



Pacific Association of USA Track & Field

September-October, 1996 • \$2.50

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



Photo by Ken Lee

Annabel Marsh Completes Her 100th Marathon at the San Francisco Marathon last July.

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Complete Olympic Track & Field Results

Fleet Feet Mile Debuts on LDR Grand Prix

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

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

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

1996 Pacific Association of USA Track & Field Membership Application

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

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

SPORT CODES:

T = Track Events, **F** = Field Events, **R** = Road Running, **U** = Ultra Running, **W** = Race Walking, **X** = Cross-Country

MEMBER CATEGORY CODES:

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

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

IMPORTANT INFORMATION FOR PROSPECTIVE YOUTH ATHLETE MEMBERS

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



National governing body for track & field, race walking, cross-country, long distance running, and ultra running

New membership Renewal from last year
 Previous member (last year)

PACIFIC ASSOCIATION/USA TRACK & FIELD
120 Ponderosa Court
Folsom, CA 95630

**SEND SELF-ADDRESSED STAMPED ENVELOPE
MEMBERSHIP FEE: \$15**

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ADDRESS

CITY STATE ZIP CODE

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 Training Centers Other _____ in the amount of \$10 \$25 \$50
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SIGNATURE (if athlete is under age 18, parent/guardian must sign instead of athlete) DATE

PLEASE PRINT OR TYPE INFORMATION

SEX M F AGE TODAY DATE OF BIRTH

USA CITIZEN YES NO IF NO, COUNTRY OF CITIZENSHIP

PHONE NUMBER

CLUB NO CLUB NAME

Please check the codes described above for use here... PLEASE INDICATE UP TO SIX MEMBER CODES HERE.

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Contribution: \$ _____
Total: \$ _____

PLEASE LEAVE THESE BOXES BLANK

Bids Sought for 1997 Road Grand Prix Championship Circuit

Pacific Association/USATF is now accepting bids for its 1997 Championship Road Grand Prix Circuit. Going into its 15th season, this is one of the oldest and most popular road running circuits in the nation. Road events at distances from 1 mile to the marathon may apply for championship status. Bids are due October 15, 1996. For more information and a championship application, contact LDR Chair, Mark Winitz, Pacific/USATF LDR Office, P.O. Box 1621, Los Altos, CA 94023. Tel: 415-948-0618. Fax: 415-949-2172. E-Mail: winitusatf@aol.com.

Kennedy Breaks American 5000 Record and Lowers His Own 3000 Mark

Bob Kennedy lowered the U.S. 5000 meter record twice, once before the Olympics and again after the games. The first mark came in the DN Galan Grand Prix in Stockholm, Sweden on July 12. Kennedy ran a close second to Kenyan Daniel Komen to record 12:58.75, breaking the old mark of 13:01.15 set by Sydnee Maree in 1985.

In possibly the greatest 5000 meter race ever August 14 in the Weltklasse meet in Zurich, Switzerland, Kennedy lowered the mark to 12:58.21.

Here are the top 10 from that historic Zurich race: 1. Komen (KEN), 12:45.09; 2. Gebrselassie (ETH), 12:52.70; 3. Tergat (KEN), 12:54.72; 4. Boulami (MAR), 12:55.76; 5. Kennedy (USA), 12:58.21 AR; 6. Sghir (MAR), 12:58.99; 7. P. Koech (KEN), 13:00.22; 8. Nyariki (KEN), 13:04.84; 9. Bayesa (ETH), 13:07.44; 10. Kororia (KEN), 13:19.71. Note that the world record of 12:44.39, set at this meet last year by Haile Gebreselassie, was thought to be out of reach and that, prior to 1994, 13:00 had only been broken once (Said Aouita, 1987)!

The week before Zurich, Kennedy lowered his own American Record in the 3000 meters in Monaco, running 7:33.96—which placed him 8th behind Komen's world-leading time of 7:25.16! Kennedy's old U.S. record was 7:35.33, set in 1994. (Note: Sydnee Maree ran 7:33.37 in 1982, but the mark was never ratified, according to the International Track and Field Annual.)

Masterkova Breaks Mile Record

Russian Svetlana Masterkova, fresh off her 800-1500 Olympic gold medal double, shattered the women's mile record in Zurich August 14, in 4:12:56. The old record was 4:15.61 by Paula Ivan of Romania, set in 1989. Oakland's Regina Jacobs was second in Zurich in 4:22.20, a personal best.

Rudolph Lowers AR in 5000 Meters

Amy Rudolph showed off her pre-Olympic fitness by trimming the American Record for 5000 meters in Stockholm July 12th in 14:56.04, placing second to Victoria Nenacheva of Russia. That bettered Annette Peters' 14:56.07, set in 1993.

Officials Clinic Sites Sought

With the start of the new Olympiad, all local track and field officials need to recertify. George Kleeman, Training Coordinator for the PA's Officials Committee, reports that following the Olympic Games in Atlanta, he expects to see a decrease in the number of officials willing to work meets. In the last few years, however, the Association has struggled to meet the minimum standards for certified officials at some meets.

"We never have enough officials," Kleeman said.

To certify more officials, Kleeman is seeking locations to conduct clinics. USATF is the only group that trains and certifies track and field officials. Classes are about six hours and can be arranged on weekends from early December through February. There is no cost to put on a clinic and all that is required is a classroom/meeting location, a VCR and a monitor.

Officials certification covers all four disciplines of athletics: track and field, long distance running, race walking, and cross country. All rule books are also covered: USATF—youth, masters and open; high school; NCAA; and IAAF.

For more information or to schedule a clinic, contact George Kleeman at 5104 Alhambra Valley Rd., Martinez, CA 94553-9773, evening phone (510) 229-2927.

USATF National Convention in San Francisco in December

The Westin St. Francis Hotel in San Francisco will host the USATF National Convention Dec. 2-7. This meeting attracts hundreds of athletes, officials, coaches, and administrators from around the country.

There are many meetings open to the

USATF general membership. For information and a convention schedule, contact Rita Ramsey at the USATF National Office in Indianapolis, (317) 261-0500.

Volunteers Needed for Cross Country Championships and USATF Convention

The Pacific Association of USATF needs your help! The Association hosts two major national events the first week of December. The USATF national convention with up to 1,000 attendees will be in San Francisco. Volunteers are sought to staff a hospitality desk at the San Francisco airport and at the host hotel, the Westin St. Francis, from Dec. 1-8.

Volunteers are also needed for the National Cross Country Championships at Stanford on Saturday, Dec. 7.

To help with these events, please contact the PA office at (916) 983-4622.

All-Comers Pole Vault Competition Scheduled

Pole vaulters wanting to keep in shape in their event can attend the upcoming All-Comers Pole Vault competitions at Vacaville. Competition dates are Sept. 28, Oct. 26, Nov. 16, and Dec. 21 (Fall Championships). There's no entry fee for the events.

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.

Weight Pentathlon Results Listed

The Pacific Association and Western Regional Masters and Submasters Weight Pentathlon Championships were held recently. The PA event was May 25th at Santa Cruz. Top finishers were Gee Gee Toscano, M70-74, 1542; James Hart, M55-59, 3398; Rick Behrens, M50-54, 2593; Gary Kelmenson, M45-49, 3100, and Rich Watson, M40-44, 2752.

In the Western Regional Meet on August 3 at the same location, the winners were: Stewart Thomson, M60-64, 4332; Jim Hart, M55-59, 3500; Rick Behrens, M50-54, 2715; Gary Kelmenson, M45-49, 3025; Richard Watson, M40-44, 2864; and Andrew Miller, M35-39, 2853.

The weight pentathlon consists of the hammer, shot put, discus, javelin, and weight throw.

DECA•JAM planned for Sept. 14-15

Contd. on page 5

DECA•JAM, the first major decathlon-only competition in the U.S. with significant prize money, is scheduled for Cobb Track and Angell Field at Stanford University Sept. 14-15.

The event is billed as a crowd-oriented, music-blaring, adreneline-pumping competition featuring 12 of the world's greatest athletes. Prize money totals \$30,000 with \$10,000 for first place and \$500 for every event winner.

For more information on the event, contact First Down Promotions, (415) 326-7797.

State Track Meet Returns to Sacramento

The California State High Track & Field Championships return to Sacramento in June, 1997, as part of an annual rotation with a Southern California site. Plan now to attend this meet at Cal-State Sacramento, to see the track stars of the future.

USA Track & Field Memorabilia on Display at SFO

San Francisco airport visitors can enjoy items from the USA Track & Field Hall of Fame in a special Bay Area sports exhibit on display in the Delta wing of the San Francisco International Airport through September. The exhibit can be viewed free of charge 24 hours a day.

Results of Association Athletes, USATF Junior Nationals, Columbus, Ohio, June 28-29

The Pacific Association crowned four individual champions in the Junior National Championships at Memorial Stadium on the campus of Ohio State University in Columbus, Ohio. Juniors are athletes who have not yet turned 20 years old.

Pacific Association Top-10 Finishers

Men's Results

1500 meters-2. Michael Stember (Fair Oaks, CA) 3:49.48.

Pole Vault-3. Scott Wenholz (Gilroy, CA) 4.80 (15-9).

Long Jump-7. Jim McGee (Sacramento, CA) 7.30 (23-11.5);

8. Jauron Pigg (Stanford, CA) 7.28 (23-10.75).

Shot Put-9. Billy Bush (Modesto, CA) 14.42 (47-3.75).

Hammer Throw-2. Marc Mazzoni (LosGatos, CA) 55.92 (183-5);

4. David Spitz (Alamo, CA) 53.34 (175-0)

9. Derek Baumer (Cameron Park, CA) 44.24 (145-2).

Decathlon-2. Bevan Hart (Sacramento, CA) 6674;

4. Patrick Leonard (Windsor, CA) 6146.

Women's Results

100 meters-1. Jernae Wright (Hayward, CA) 11.54.

400 meters-3. Theodoesha Rivers (Moreno Valley, CA) 53.39;

8. Carla Estes (Union City, CA) 56.63.

1500 meters-1. Elissa Riedy (Fremont, CA) 4:28.19.

3000 meters-1. Julia Stamps (Santa Rosa, CA) 9:40.33;

2. Kristen Gordon (Alamo, CA) 9:55.72

Pole Vault-6. Ashley Feinberg (Sparks, NV) 3.25 (10-8);

7. Denise Warner (Placerville, CA) 3.25 (10-8);

9. Marylou Badillo (San Jose, CA) 3.25 (10-8).

Long Jump-1. Jernae Wright (Hayward, CA) 6.32 (20-9);

4. Tisha Ponder (Santa Clara, CA) 6.01w (19-8.75).

Hammer Throw-3. Rebecca Morrison (San Jose) 47.34 (155-4);

9. Jill Wool (Modesto, CA) 42.32 (138-10).

Congratulations to Pacific Association athletes, coaches and officials for their great performances in Columbus!

THE OLYMPIC GAMES

Official Enjoys a Once-in-a-Lifetime Thrill

By Dick Connors, Officials Chair

This patient is now slowly going through the recovery phases of "Five Ring Fever," and was doing quite nicely in isolation until Dick Petruzzi, (an official from Sacramento) and my brother from Houston both called within a hour of each other on the same day. They insisted that we start planning now to spend four weeks in Sydney, Australia, during September and October of 2000!

My wife feels I have suffered enough in my sheltered track and field world this summer and it is now time to pay serious attention to the long neglected, "honey-do list," and the other "pride-in-ownership," activities she has so carefully planned for my post Olympic recovery program. I trust I will make a full recovery, but it was a fantastic two weeks of living track and field at it's finest.

Upon returning home from Atlanta and talking with my friends and neighbors about NBC's television coverage of track and field during prime time, I became quite discouraged. It was disappointing to hear that very little time was given to our favorite sport, that the field events were almost totally neglected, and that Michael Johnson's world record run was shown taped delayed.

When the meet occurred for us in real time, the atmosphere was electrically charged. Eighty-five thousand screaming track and field enthusiasts gave the stadium a feeling second to none that I have ever experienced. The roar of the faithful was deafening when Carl jumped, Lance threw, Jackie jumped, or Michael ran. Our officials working in the field during these events found it impossible to verbally communicate, even when standing next to each other. During an athlete's flag draped victory lap, a standing ovation by the entire throng was the rule not the exception. The quality of the competition and the efforts of the athletes were truly appreciated by those in attendance.

On the first morning of the competition while I was working as a clerk, I was assigned the task of putting heats three and four of the women's 400 meters trials on the track. The check-in area for the athletes at the Games was at Chaney Field, a warm-up practice track compound 800 meters plus from the entrance to the Olympic Stadium. It was necessary to bus the competitors with a clerk to the stadium at least 18 minutes before the scheduled start of the competition. This particular morning, on my ride to the stadium with the 15 athletes that had checked-in, the bus became entangled in the President's motorcade and we were late arriving at the stadium entrance. As I was escorting the athletes down the tunnel toward the starting line, I was approached by a very excited and frightened young athlete from the country of Cameroon. The young lady explained to me she and her coach had become lost trying to find the practice track, came directly to the stadium, had not checked in yet, had forgotten her competitors number in the Olympic Village and that she was scheduled to be the eighth runner in the fourth heat. Working with my fellow clerks, we located a set of competitor numbers for her and re-entered her in the competition. About this time, the runners were moving up through the tunnel and made a sharp right turn onto a walkway. It was there that they were exposed to the jam packed stadium for the first time. The young lady still trying to recover from the frenzied situation of being lost and missing the bus was totally overwhelmed by the 85,000 screaming voices.

The athlete did start and successfully completed the race, but unfortunately did not advance to the semi-finals. She had the honor of representing her country and the experience of having competed in the Atlanta Centennial Olympic Games...and that is what the whole experience was all about.

Track & Field Stars in Olympic Games

By Doug Thurston

For more than two weeks this summer, most of America was absorbed with the Centennial Olympic Games in Atlanta. And, once again, track and field took center stage for much of the meet.

For track fans, the results below are a mixture of favorites and veterans performing up to or surpassing expectations, new stars emerging, startling upsets, and some shocking collapses.

By now, most followers of the sport know about the gold-medal performances of Michael Johnson, Carl Lewis, Dan O'Brien, Gail Devers, Derek Adkins, Kenny Harrison, Randy Barnes, Charles Austin, and Alan Johnson. And, although the U.S. swept three of four relays, we're all familiar with the men's 400 meter relay "controversy" and defeat at the hands of the Canadians (who, not incidentally, ran the fastest non-U.S. time ever).

Listed below is a complete list of all track and field medal winners, their winning performances, and a listing of how the U.S. athletes performed that did not medal. Note that the U.S. did not field three-person teams in every event due to injury or because not all qualifiers achieved an "A" standard qualifying time.

It's interesting to compare the performances of the U.S. athletes in the Olympic games with their qualifying performances in the U.S. Olympic Trials on the same facility (listed in the July-August *Pacific Athlete*, except for marathon and 50 km race walk). Some athletes clearly peaked for the games while others had much better performances at the Trials.

The only Pacific Association athletes to medal at the games were relay team members Chrystie Gaines (gold, 400 Meter Relay) and Alvin Harrison (gold, 1600 Meter Relay). Here's how PA athletes fared in Atlanta: Nicole Carroll of San Francisco threw the javelin 179-7 in qualifying. Alvin Harrison, Salinas, placed fourth in the 400M final. Sheila Hudson, Berkeley, was 10th in the inaugural Olympic triple jump. Chris Huffins, Berkeley, was 10th in the decathlon. Regina Jacobs, Oakland, was 10th in the 1500. Kevin McMahon and Dave Popejoy, San Jose, finished 12th and 14th in their respective hammer prelims. Suzy Powell of Modesto threw the discus

183-10 in her qualifying round. Oakland's Linda Somers finished 31st in the marathon. Eugene Swift of Oakland was sixth in the 110M hurdle final. Men's track coach Irv Hunt of Berkeley was in the middle of the men's 400 meter relay debate while women's coach Deanne Vochatzer avoided any such controversy.

Congratulations to PA athletes, coaches, and officials for their performances in Atlanta. It's on to Sydney in 2000!

OLYMPIC GAMES RESULTS

Gold, Silver and Bronze Medalists listed; performances of USA athletes not among the top three are also listed.

WOMEN'S RESULTS

100 METERS

- | | |
|-----------------------|-------|
| 1. Gail Devers, USA | 10.94 |
| 2. Merlene Ottey, JAM | 10.94 |
| 3. Gwen Torrence, US | 10.91 |
- D'Andre Hill, 6th in semifinal, 11.20*

200 METERS

- | | |
|--------------------------|-------|
| 1. Marie-Jose Perek, FRA | 22.12 |
| 2. Merlene Ottey, JAM | 22.24 |
| 3. Mary Onyali, JAM | 22.38 |
- Inger Miller, 22.41; 8. Carlette Guidry, 22.61; Dannette Young, 5th in Semi, 22.49.*

400 METERS

- | | |
|--------------------------|-------|
| 1. Marie-Jose Perek, FRA | 48.25 |
| 2. Cathy Freeman, AUS | 48.63 |
| 3. Falilat Ogunkoya, NIG | 49.10 |
- Jearl Miles, 49.55; Kim Graham, 5th in Semi, 51:13; Maicel Malone, 6th in Semi, 51:16.*

800 METERS

- | | |
|-----------------------------|---------|
| 1. Svetlana Masterkova, RUS | 1:57.73 |
| 2. Ana Quirot, CUBA | 1:58:11 |
| 3. Maria Mutola, MOZ | 1:58.71 |
- Meredith Rainey, 7th in semifinal, 1:59.36; Joetta Clark, 3rd in heat, 2:00.38; Suzy Hamilton, 4th in heat, 2:00.47.*

1500 METERS

- | | |
|-----------------------------|---------|
| 1. Svetlana Masterkova, RUS | 4:00.83 |
| 2. Gabriela Szabo, ROM | 4:01.54 |
| 3. Theresa Kiesel, AUS | 4:03.02 |
- 10. Regina Jacobs, 4:07.21; Juli Henner, 10th in heat, 4:27.14; Vicki Huber, 9th in heat, 4:14.82*

5000 METERS

- | | |
|------------------------|----------|
| 1. Wang Junxia, CHN | 14:59.88 |
| 2. Pauline Konga, KEN | 15:03.49 |
| 3. Roberta Bruner, ITA | 15:07.52 |
- 9. Lynn Jennings, 15:17.50; 10. Amy Rudolph, 15:19.77; Mary Slaney, 7th in heat, 15:41.30.*

10,000 METERS

- | | |
|--------------------------|----------|
| 1. Fernanda Ribeiro, POR | 31:01.63 |
| 2. Wang Junxia, CHN | 31:02.58 |
| 3. Gete Wami, ETH | 31:06.65 |
- Kate Fonshell, 9th in heat 1, 32:48.05; Joan Nesbit, 13th in heat 2, 33:33.48; Olga Appell, 17th in heat 2, 34:12.54.*

MARATHON

Finishers: 65 of 86 starters; Weather: 70 deg. F, 90% Humidity

- | | |
|----------------------------|---------|
| 1. Fatuma Roba, ETH | 2:26:05 |
| 2. Valentina Yegorova, RUS | 2:28:05 |
| 3. Yuko Arimori, JPN | 2:28:39 |

10. Anne Marie Lauck, 2:31:30; 31. Linda Somers, 2:36:58; Jenny Spangler, DNF.

10 KM WALK

- | | |
|----------------------------|-------|
| 1. Yelena Nikolayeva, RUS | 41:49 |
| 2. Elisabetta Perrone, ITA | 42:12 |
| 3. Wang Yan, CHN | 42:19 |

14. Michelle Rohl, 44:29; 20. Debbie Lawrence, 45:32; Victoria Herazo, DNF.

100 METER HURDLES

- | | |
|-----------------------------|-------|
| 1. Ludmilla Enquist, SWE | 12.58 |
| 2. Bridget Nukovec, SLOV | 12.59 |
| 3. Patricia Girardleno, FRA | 12.65 |

4. Gail Devers, 12.66; 8. Lynda Tolbert-Goode, 13.11; Cheryl Dickey, 6th in second round, 12.92

400 METER HURDLES

- | | |
|-----------------------------|-------|
| 1. Deon Hemmings, JAM | 52.82 |
| 2. Kim Batten, USA | 53.08 |
| 3. Tonja Buford-Bailey, USA | 53.22 |

Sandra Farmer-Patrick, 5th in Semifinal, 54.73

HEPTATHLON

- | | |
|----------------------------|------|
| 1. Ghada Shouaa, SYR | 6780 |
| 2. Natasha Sazanovich, BEL | 6563 |
| 3. Denise Lewis, Britain | 6489 |

8. Kelly Blair, 6307; 9. Sharon Hanson, 6292; Jackie Joyner-Kersey, DNF

SHOT PUT

- | | |
|-----------------------------|----------|
| 1. Astrid Kumbernuss, GER | 67-5 1/2 |
| 2. Sui Xinmei, CHN | 65-2 3/4 |
| 3. Irina Khudorozhkina, RUS | 63-6 |

5. Connie Price-Smith, 63-03/4; 9. Ramona Pagel, 60-7 3/4; Valeyta Althouse, 8th in Prelim, 59-7

LONG JUMP

- | | |
|--------------------------|-----------|
| 1. Chuoma Ajunwa, JAM | 23-4 1/2 |
| 2. Fiona May, ITA | 23-0 1/2 |
| 3. J. Joyner-Kersey, USA | 22-11 3/4 |

Marieke Veltman, 12th in Prelims, 21 3 1/2; Shana Williams, NA

JAVELIN

- | | |
|------------------------|--------|
| 1. Heli Rantanen, FIN | 222-11 |
| 2. Louise Mcpaul, AUS | 215-0 |
| 3. Trine Hatestad, NOR | 213-2 |

Nicole Carroll, 12th in qualifying, 179-7; Erica Wheeler, 15th in qualifying, 175-0.

TRIPLE JUMP

- | | |
|---------------------------|----------|
| 1. Inessa Kravets, UKR | 50-3 1/2 |
| 2. Inna Lasovskaya, RUS | 49-1 3/4 |
| 3. Sarka Kasparikova, CZR | 49-1 3/4 |

10. Sheila Hudson, 46-0; Cynthia Rhodes, 10th in Prelims, 45-9 1/4; Diana Orrange, NM.

HIGH JUMP

- | | |
|----------------------------|---------|
| 1. Stefka Kostadinova, BUL | 6-8 3/4 |
| 2. Niki Bakogianni, GRE | 6-8 |
| 3. Inha Babakova, UKR | 6-7 |

Contd. on page 7

Olympic Results. Contd. from page 5

11. Tisha Waller, 6-4; Connie Teaberry, NA; Amy Acuff, 14th in Prelims, 6-0 3/4.

DISCUS

- 1. Ilke Wyludda, GER 228-6
- 2. Natalya Sadova, RUS 218-1
- 3. Elya Zvereva, BEL 215-4

Lacy Barnes-Mileham, 14th in Prelim, 188-7; Aretha Hill, 16th in Prelim, 183-10; Suzy Powell, 18th in Prelim, 184-6.

400 METER RELAY

- 1. USA 41.95
- 2. Bahamas 42.14
- 3. Jamaica 42.24

1600 METER RELAY

- 1. USA 3:20.91
- 2. Nigeria 3:21.04
- 3. Germany 3:21.14

MEN'S RESULTS

100 METERS

- 1. Donovan Bailey, CAN 9.84 (WR)
- 2. Frank Fredericks, NAM 9.89
- 3. Atol Bolden, TRI 9.89
- 4. Dennis Mitchell, 9.99; 5. Michael Marsh, 10.00; 6th in semifinal, Jon Drummond, 10.16.

200 METERS

- 1. Michael Johnson, USA 19.32 WR
- 2. Frank Fredericks, NAM 19.68
- 3. Ato Boldon, TRI 19.80
- 5. Jeff Williams, 20.17; 8. Michael Marsh, 20.48.

400 METERS

- 1. Michael Johnson, USA 43.49
- 2. Roger Black, GBR 44:41
- 3. Davis Kamonga, Uganda 44.53
- 4. Alvin Harrison, 44.09; Butch Reynolds, DNF, semifinal

800 METERS

- 1. Vebjoern Rodal, NOR 1:42.58 (OR)
- 2. Hezekiel Sepeng, RSA 1:42.74
- 3. Fred Onyancha, KEN 1:42.79
- 7. Johnny Gray, USA, 1:44.21; Jose Parrilla, sixth in heat, 1:49.99; Brandon Rock, NA.

1500 METERS

- 1. Noureddine Morceli, ALG 3:35.78
- 2. Fermin Cacho, ESP 3:36.40
- 3. Stephen Kipkorir, KEN 3:36.72
- Paul McMullen, 9th in Semis, 3:37.81; Brian Hyde, 9th in first round, 3:48.20; Jason Pyrah, 9th in first round, 3:39.91.

5000 METERS

- 1. Venuste Niyongabo, BDI 13:07.96
- 2. Paul Bitok, KEN 13:08.16
- 3. Khalid Boulami, MAR 13:08.37
- 6. Bob Kennedy, USA, 13:12.35; Jim Spivey, 13th in Semi, 14:27.72; Matt Giusto, 9th in first round, 14:30.76

10,000 METERS

- 1. Haile Gebrselassie, ETH 27:07.34 (OR)
- 2. Paul Tergat, KEN 27:08.17
- 3. Salah Hissou, MAR 27:28.59
- Brad Barquist, 16th in heat 2, 29:11.20; Dan Middleman, 17th in heat 1, 29:50.72; Todd Williams, DNF heat 1.

3000M STEEPLECHASE

- 1. Joseph Keter, KEN 8:07.12
- 2. Moses Kitanui, KEN 8:08.33
- 3. Alessandro Lambruschini, ITA 8:11.28
- 5. Mark Croghan, USA, 8:17.84. 12. Marc Davis, USA, 9:51.96; Robert Gary, 11th in heat 1, 8:49.68.

MARATHON

Finishers: 111 of 124 starters; weather: 74 deg. F, 95% humidity at the start

- 1. Josiah Thugwane, 25, RSA 2:12:36
- 2. Lee Bong-Ju, 27, Korea 2:12:39
- 3. Eric Wainaina, 22, Kenya 2:12:44
- 28. Keith Brantly, USA, 2:18:17; 31. Bob Kempainen, USA, 2:18:38; 41. Mark Coogan, USA, 2:20:27.

110 METER HURDLES (W- 0.9)

- 1. Allen Johnson, USA 12.95
- 2. Mark Crear, USA 13.09
- 3. Florian Schwartoff, GER 13.17
- 6. Eugene Swift, 13.21.

400 METER HURDLES

- 1. Derrick Adkins, USA 47.54
- 2. Samuel Matete, ZIM 47.78
- 3. Calvin Davis, USA 47.96
- Bryan Bronson, 8th in Semi, 50.32

20 KM WALK

- 1. Jefferson Perez, ECU 1:20:07
- 2. Ilya Markov, RUS 1:20.16
- 3. Bernardo Segura, MEX 1:20.23
- 50. Curt Clausen, 1:32:11

50 KM WALK

- 1. Robert Korzeniowski, POL 3:43.20
- 2. Mikhail Shchennikov, RUS 3:43.46
- 3. Valentin Massana, SPA 3:44.19
- 24. Alan James, 4:01.18.

DECATHLON

- 1. Dan O'Brien, USA 8824
- 2. Frank Busemann, GER 8706
- 3. Thomas Dvorak, CZR 8664
- 4. Steve Fritz; 8644; 10. Chris Huffins, 8300.

TRIPLE JUMP

- 1. Kenny Harrison, USA 18.09/59-41/4
- 2. Jonathon Edwards, GBR 17.88/58-8
- 3. Yoelbi Quesada, CUBA 57-23/4
- 4. Mike Conley, 17.40; 8. Robert Howard, 16.90.

SHOT PUT

- 1. Randy Barnes, USA 70-11 1/4
- 2. John Godina, USA 68-2 1/2
- 3. Oleksandr Bagach, UKR 68-1
- 7. CJ Hunter, 66-10 3/4

POLE VAULT

- 1. Jean Zelezny, FRA 19-5
- 2. Igor Trandekov, RUS 19-5
- 3. Andrei Tivontchik, GER 19-5
- 8. Lawrence Johnson, 18-8 1/4; 11. Jeff Hartwig, 18-4 1/2; 13. Scott Huffman, 18-4 1/2.

JAVELIN

- 1. Jan Zelezny, CZR 289-3
- 2. Steve Backley, GBR 286-10
- 3. Seppo Raty, FIN 185-4
- 8. Tom Pukstys, 274-2; Dave Stephens, 9th in Prelims, 259-9; Todd Riech, 8th in Prelims, 255-11.

DISCUS

- 1. Lars Riedel, GER 227-8
- 2. Vladimir Dubrovshchik, BELA 218-6
- 3. Vasily Kaptyukh, BELA 215-10
- 4. Anthony Washington, 214-7; 12. Adam Setliff, 184-8; John Godina, 7th in round 1, 202-10

HAMMER

- 1. Balazs Kiss, HUN 266-6
- 2. Lance Deal, USA 266-2
- 3. Oleksiy Krykun, UKR 262-6
- Ken McMahon, 12th in Prelim., 241-0; Ken Popejoy, 14th in Prelim, 237-9.

LONG JUMP

- 1. Carl Lewis, USA 27-10 3/4
- 2. James Beckford, JAM 27-2 1/2
- 3. Joe Greene, USA 27-0 1/2
- 5. Mike Powell, 26-9 3/4.

HIGH JUMP

- 1. Charles Austin, USA 7-10
- 2. Artur Partyka, POL 7-9 1/4
- 3. Steve Smith, GBR 7-8 1/2
- Cameron Wright, 13th in Round 1, 7-21/2; Ed Broxterman, 15th in Round 1, 7-1/2.

400 METER RELAY

- 1. Canada 37.69
- 2. USA 38.05
- 3. Brazil 38.41

1600 METER RELAY

- 1. USA 2:55.99
- 2. Britain 2:56.60
- 3. Jamaica 2:59.42

Junior Olympics National

Championships, Houston, July 23-28

Pacific Association Boys Results

Division Guide: YM=Young Men's; IB=Intermediate Boys; YB=Young Boys; MB=Midget Boys;

BB=Bantam Boys

YM 400 M DASH -3. Tim Brown, Oakland, CA 47.36; 5. Derek Prior, San Jose, CA 47.94.

YM 1500 M RUN -4. Bolota Asmeron, San Francisco, CA 4:00.74.

YM 4 X 100 M RELAY -5. S F SENATORS, San Francisco, CA 41.27; 8. CENTRAL COAST SECTION, Sunnyvale, CA 42.57

YM 4 X 400 M RELAY -9. ALAMEDA CONTRA COSTA, Oakland, CA 3:17.22;

YM 4 X 800 M RELAY -6. ALAMEDA CONTRA COSTA, Oakland, CA 7:57.41 9. S F SENATORS, San Francisco, CA 8:07.71.

YM POLE VAULT -1. Scott Wenzholz, Gilroy, CA 4.85; 11. Nguyen Veng, San Jose, CA 4.40.

YM LONG JUMP -9. Ryan Hollister, Turlock, CA 6.76.

YM TRIPLE JUMP -10. Myron Washington, San Francisco, CA 13.69.

YM DISCUS -1. Lance Juaron, Elk Grove, CA 55.60.

YM JAVELIN -5. Nate Marum, Napa, CA 56.50; 10. Jason Pease, Union City, CA 48.86.

IB 800 M RUN final -1. Ryan Meuse, Simi Valley, CA 1:54.36.

IB 400 M HURDLES finals -5. Thomas Hocker, Sacramento, CA 55.69.

IB 3000 M RACE WALK -3. Nathan Williams, Stockton, CA 15:57.88.

IB TRIPLE JUMP -4. Glen Stone, Sacramento, CA 13.83.

IB DECATHLON-9 Edward Garcia SANTA CRUZ TC 4935

Contd. on page 25

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

September 7 to December 8, 1996

Saturday, September 7

PA Cross-Country: Golden Gate Park, SF, 4M/4M, Tim Wason, 415-648-1467 (eve.)
4th Annual Historic Downtown Larkspur 5 km Run/ 1 mi. Kids Run, 9 am, downtown Larkspur bikepath, Nancy Spivey, Larkspur Rec. Dept., 400 Magnolia Ave., Larkspur, 94939, 415-927-5004

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

Humane Society Benefit 10 km Run/ Walk, time, fee tba, Spooner Lake near Lake Tahoe, Dawn Armstrong, Box PET, South Lake Tahoe, CA 96158, 916-577-4521

John Orogden Memorial Cross Country 5 km, 8 am, River Front Park, Nick Vogt, Yuba College, 2088 North Beale Rd., Marysville, CA 95901, 916-634-7727

Doggy Dash 2 km/ 5 km Run/ Walk, 9:15 am, CSU Sacramento, Charlene Mattison, SPCA, 6201 Florin Perkins Rd., Sacramento, CA 95828, 916-383-7387, x43

Peninsula Humane Soc. Mutt Strutt 5 km, 9 am, Coyote Pt. Park, Judy Calhoun, 12 Airport Blvd., San Mateo, CA 94401, 415-340-7022, x327

Sunday, September 8

The 22nd Annual Buffalo Stampede 10 miler and 5 km, 8 am, Rio Americano High School, Carol Parise, PO Box 19908, Sacramento, CA 95819-0908, 916-481-3653

Walnut Festival 10 km/ 5 km Run & Walk, 8:30 am, Heather Farms Park, Sue Palmer, PO Box 3223, Walnut Creek, CA 94598, 510-746-7175

St. Dominic's Harvest Faire 5 km/10 km, 8 am, Benicia City Park, St. Dominic's School, 935 E. 5th St., 94510, 707-745-1266

Saturday, September 14

PA Cross-Country: Humboldt Invitational 10 km/5 km, Arcata, David Wells, 707-826-5955

Tahoe To Run-Osaurus 5 km/ 10 km & Tot Trot, 8:30 am, Bijou Park, Kiwanis Sunrises, Box 555, So. Lake Tahoe, 96156, 916-544-6771

Park to Park 1 mi./ 5 mi., 8 am, Louis Park, Lloyd Medlin, TRC, PO Box 8422, Stockton, CA 95208, 209-239-9347

Run to the Angel 13.1 M, 7 am (walk), 7:30 am (run), 585 6th Ave., Wells, Nevada, Tommi Reynolds, PO Box 365, Wells NV, 89835

Sunday, September 15

Burney Classic Marathon/ 1/2 Marathon/ 10 km/ 5 km, 8 am, Burney HS, Don Jacobs, PO Box 217, Dept. M, Burney, CA 96013-0217, 916-335-2825

Ponderosa Sac Attack 5 km/ 10 km & 5 km Race Walk, Ponderosa HS in Shingle Springs, 8 am, J. Lapanja, 3450 Palmer Dr., Box 123, Cameron Park, CA 95682, 916-677-3986

Ron's Wildlife 10 km/5 km/ Kids' 2 km, Vasona Park, Youth Science Institute, 296 Garden Hill Dr., Los Gatos, 95030, 408-356-4945

Golden Gate Presidio 10 Mile & 3 Mile Runs for the Kids, 8:30 am, Presidio Park Parade Grounds, San Francisco, Andy Fitzpatrick, 7 Azalea Dr., Mill Valley, CA 94941, The Guardsmen, 415- 781-6785

Prune Festival 5 km/ 10 km Run & Walk, 8 am, Boyd St. at Bridge St. in Yuba City, Marie Kroeger, Yuba College, 2088 North Beale Rd., Marysville, CA 95901, 916-634-7727
NCFBA 5 km/ 10 km, 8:30 am, Hacienda Business Park in Pleasanton, On Your Mark, PO Box 2061, Arnold, 209-795-7832

Friday, September 20

Prime of Life Fitness Games 1/2 Marathon, time TBA, San Mateo Co. Fairgrounds, Arthur Stubbs, 4295 24th St., San Francisco, 94114, 415-285-8853

Saturday, September 21

PA-Cross-Country: Sierra College X-C Challenge, 4 mi./5 km, Rocklin, Ron Richardson, 916-688-7258

Chevy's to Chevy's 12 km, 8:30 am, Chevy's Sacramento Riverfront location, A Change of Pace, 221 G St. #205, Davis, CA 95616, 916-757-6017

Healthy Choice American Heart 5 km/ 10 km Run/ Walk (& a 10 km bike), 9 am, Laguna Seca Raceway, Bobby Price, 1514 Moffett St., Ste. A, Salinas, CA 93905, 408-757-6221

Pacific Crest Trail 50 km/ 25 km/ 50 km Relay, 8 am, Olympic Village at Squaw Valley, Sky High, PO Box 20963, El Sobrante, CA 94803, 510-223-5778

Sunday, September 22

Cordova Fall Classic 5 mi. Run/ Walk, 9 am, Cordova HS, Up & Running, 11114 Oberun River Ct., Rancho Cordova, CA 95670, 916-362-1841

Run for the Future 10 km/ 3 km, 8:30 am, Rohnert Park Comm. Center, Boys & Girls Club, Po Box 2426, Rohnert Park, CA 94927, 707-795-0139

Run & Walk for Open Space 4 mi., 8:30 am, Memorial Park, Kathy Sanders, 310 Redwood Rd., San Anselmo, CA 94960, 415-456-5476

San Francisco Hillstride 7 mi., 9 am, Marina Green, Rhodyco Prod., 3929 California St., San Francisco, 94118, 415-564-0532

Coyote Trail 6 mi. Run/ Walk, 9 am, Lake Mendocino, Vic Crosetti, North Coast Striders, Po Box 1556, Ukiah, CA 95482, 707-462-3329

SWEAT Whiskeytown Lake Relays, 4 legs, 8 am, Brandy Creek Marina, Kim Stempien/SWEAT, PO Box 990188, 96099-0188, 916-221-4601

Friday, September 27

Napa to Santa Cruz Relay, 12 members, 10 am, Old Faithful Geyser in Calistoga, Napa/ GG/Santa Cruz Relay, 751 Laurel St., #401, San Carlos, 94070, 415-508-9700

Palo Alto Moonlight Run/Walk 5 km/ 10 km, 9 pm, Baylands Athletic Center, The final Result, 460 Winsom, San Mateo, 94401, 800-491-8988

Saturday, September 28

PA Cross-Country: UC-Davis Aggie Invitational, 8 km/5 km, Davis, Sue Williams, 916-752-1942, no race day entry; mandatory pre-reg. by 9/20.

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

Shoreline Run & Festival 10 km/ 3 km, 8:45 am, San Leandro Marina, Dan Piva, San Leandro Comm. Services, 300 Estudillo Ave., San Leandro, 94577, 510-577-3462

Marti Nelson Cancer Research Foundation 5 km/10 km, time tba, Vaca-Valley Pkwy, 707-446-5507

Healthy Choice/American Heart Assoc. 3M/ 5M Walk, 10 am, Hanna Ranch Park in Hercules, Gordon Speck, 6350, San Pablo Dam Rd., El Sobrante, 94803, 510-222-2500

American Heart Walk 5 km/ 10 km, no fee, 9 am, Larkspur Landing Ferry Terminal, Sharon Golden, Herm Arrow, 361 3rd St., Ste. F, Montcito Plaza, San Rafael, 94901

Shoreline Run & Festival 10 km/ 3 km Run, 8:45 am, San Leandro Marina, Dan Piva, San Leandro Comm. Services, 300 Estudillo Ave., 94577, 510-577-3479

Sunday September 29

Empire Mine Gold Rush 5.1 mi. Run/ 3.37 mi. Walk, Sherree Bell, Sierra Trail Blazers RC, 101 Providence Mine Rd., Ste. 202, Nevada City, CA 95959, 916-265-5841

Peralta 8 km Run, 9 am, Laney College, Richard Williams, Peralta Colleges Alumni Assoc., 333 East 8th St., Oakland, CA 94606, 501-466-7314

Peralta Youth Track Races, 50, 100, 200, 400, 800M & mile, 4-14 yrs, 8 am, Laney College, Richard Williams, Peralta Colleges Alumni Assoc., 333 East 8th St., Oakland, CA 94606, 501-466-7314

Almond Festival "Love a Nut" 5 km Fun Run/ Walk, 8:30 am, Pam Painter, Oakley Almond Festival, PO Box 8, Oakley, CA 94561, 510-625-1881

"Run for the Beacon" Monterey Bay 10 km/ 5 km & kids mi., 8:15 am, Lover's Point Park, Dan Gearhart, 370 Trinity Ave., Seaside, CA 93955, 408-899-1570

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

Fog Jog 5 mi./ 3 mi. Stride, 9 am, Davis G. Barry, Pacifica Rec. Dept., 170 Santa Maria Ave., Pacifica, CA 94044, 415-738-7354
Carousel to Coaster 10 km Run & 5 km Stride, 8:30 am, Paramount's Great America, City of Santa Clara Parks & Rec. Dept., 1500 Warburton Ave., Santa Clara, CA 95050, 408-984-3223

Bean Creek 10 km Run/ 5 km Walk, 8:30 am, Scotts Valley Middle School, Fran Kaplan, 2 Cielo Dr., Scott's Valley, 95066, 408-438-1820, fax-1028

Sonoma Vintage Run 5 km, 8 am, Sebastiani winery, Sherman Harris, 969 Madison Dr., 95476, 707-938-215

Saturday, October 5

PA Cross-Country: Empire Cross-Country Open, 8 km/6 km, Santa Rosa, Mike Weddington, 707-544-2756, \$1,800 prize money

Hopland Harvest 5 km/ 8 km, 8 am, Fetzer Tasting Room, SASE to Ready Set Go, PO Box 518, Ukiah, 95482, 800-959-4035
Gold Rush 5-Miler, 9 am, Murphy's Park, On Your Mark, PO Box 2061, Arnold, 95223, 209-795-7832

Run For The Library 5 km/10 km/3 km Run/Walks, 8:30am, Natomas Racquet Club, Jim Sandberg-Larsen, 1620 W. El Camino #170, Sacramento, 95833, 916/863-9622

Quicksilver Challenge Half Marathon, 8 am, Castillero Middle School, Susan Brazelton, SASE 17145 Munro Way, Morgan Hill, 95037

Sunday, October 6

Sacramento Marathon/Half Marathon (20th), 7:30am, William Land Park in Sacramento, Ronald Sturgeon, PO Box 995, Dixon, 916/678-5005

KNBR Bridge to Bridge 12 km/5 km Run/Walk, 9am, Ferry Building-Presidio, San Francisco, Isabel Lemon, 55 Hawthorne, Ste, 1100, 94105, 415/995-6868

Fine Arts 5 km Run/Walk, 9 am, S/F at Scenic & 8th, Carmel, Fine Arts 5 km, PO Box 222620, Carmel, 93922-2620, 408-625-6287

The Great Race 10 km, 8:30 am, Stanford Stadium, The Final Result, 460 Winsom Ave., San Mateo, 94401, 800-491-8988
Harvest Fair 10 km/ 3 km, 8 am, Santa Rosa Fairgrounds, Sonoma Co. YMCA, 1111 College Ave., 95404, 707-545-YMCA

Saturday, October 12

PA Cross-Country: Mills Invitational, 8 km/5 km, Oakland, Carla Jackson, 510-430-3282, no race day entry; pre-reg. by 10/5

PA-Ultra: Firetrails Fifty Mi., 6:30 am, Lake Chabot Marina in San Leandro, Bay Area Ultrarunners, 1015 Hollywood Ave., Oakland, 94602, 510-530-6634

Folsom's Run With Nature 5 km/10 km, 4.2m Walk, .5 mi. Youth, 8 am, Robyn Scrimmager, 50 Natoma St., Folsom, 95630, 916-355-7285

Mule Run Ultra, 7 am, Mill Pond Rec. Park in Bishop, Bax Hawley, PO Box 25, Fish Camp, 93623
October 13 1996 - Sunday
Mt. Harvest Festival 5 km, 10 km, 3 mi., 10 am, Quincy, Jerry Thomas, 2631 American Way, 95971, 916-283-4283

Sunday, October 13

Theta Breakers 5 km/ 10 km, 9 am, Stanford Stadium in Palo Alto, Vince Lin, 20102 Northcrest Square, Cupertino, 95014, 408-252-8842

Salinas Skyclimb 7.5 mi./ 5 km, 9:30 am, Toro Park, Skip Latham, 105 Harvevt St., Salinas, 93901-3210, 408-424-6155

Almaden Classic 10 km/2 mi., 8:30 am, Leland HS in San Jose, Kate Chimenti, 7188 Brooktree Ct., 95120, 408-268-2904
Primo's Run for Education 5 km/ 10 km (8 am at The Marketplace in San Ramon) and Half Marathon (7:30 am at Primo's in Danville), Primo's Run, PO Box 1463, San Ramon, 94583, 510-279-6670

Lake Tahoe Marathon/Relay/Half Marathon/10 km/5 km, 10 am; Fanny Bridge in Tahoe City, Les Wright, 2261 Cold Creek Trail, S. Lake Tahoe, 96150, 916-544-7095, fax 6061

Saturday, October 19

PA Cross-Country: Crystal Springs Challenge, 4.2 mi./ 2.95 mi., Belmont, Ken Grace, 510-786-6929, \$600 prize money for PA Open athletes/teams only.

Autumn Challenge '96 5.7 mi. Run/ 3.3 mi. Run.Walk, 8 am, Aldridge Park in Corralitos, SASE to Tisha Scurich, Salesian Sister's School, PO Box 508, Freedom, 95019, 408-761-7481

Wenmat Classic 5 km/10 km Kids Half Mile, 8:30 am, William Pond Park in Sacramento, Sally Mello, Wenmat Inc., 5800 Winding Way, Carmichael, 95608, 916/481-5004

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

Kids "I Did It" Fun Runs (3rd), 9 am, S/F tba, Dottie Deerwester/North Coast Striders, PO Box 1556, Ukiah, 95482, 707/468-8024

Winters Rotary 13.1 mi. Run or Ride/ 10 km Run, 8 am, Main & 4th St. in Winters, Rotary Run or Ride, PO Box 565, Winters, 95694, 916-795-4587

Sunday, October 20

San Luis Obispo City to the Sea Mini-Marathon 13.1 mi. (downtown SLO to Avila Beach)/5 km (Avila Beach), 9 am, SASE to SLO City to the Sea Mini-Marathon, PO Box 12160, 93406, 800-676-7463

Foster City Wildcard 8 km, 8:30 am, The Final Result, 460 Winsom Ave., San Mateo, 94401, 800-491-8988

Grizzley Runs 10 km/ 5 km/ .5 mi. Run.Walk, 8:30 am, Golden Sierra HS in Garden Valley, 2059 Hotchkiss Ct., Cool, 95614, 916-885-9948

Pumpkin Festival 10 km/ 1.4 mi. Run/Walk, 8 am, Church & Kelly Ave. in Half Moon Bay, Cougar Boosters, PO Box 3183, 94019, 415-726-9691

Run Through The Colors 5 km/10 km, 8:30 am, Pioneer Park in Nevada City, Richard or Theresa Thomas, 10066 Rob-King Rd., 95959, 916-265-2666

Race Judicata 5 km/ 10 km, 9:30 am, Boat House at Lake Marritt in Oakland, Sandy Black, 360-22nd. St., #800, 94612, 510-893-7160

Race For The Cure 5 km Run/1 mi.Walk, 8:30 am, Golden Gate Park in San Francisco, Judy Ikenberry, PO Box 828, Rialto, 92377, 800/698-8699

PA-Road: Humboldt Redwoods Half Marathon (18th), 9 am, Dyerville Bridge near Weott: Six Rivers RC, PO Box 4989, Arcata, 95518-4989, 707/443-1220

Humboldt Redwoods Marathon (18th), 9 am, Dyerville Bridge near Weott: Six Rivers RC, PO Box 4989, Arcata, 95518-4989, 707/443-1220

Saturday, October 26

Rutillo Grande City for City Fun Run 10 km/ 5 km, 9 am, UC Davis Quad, Terry Turner, 1224 Beech Ln., Davis, 95616, 916-756-7681

Halloween VII 10 km/ 5 km, Christmas Hill Park in gilroy, Richard Young, 7393 Eagleberry St., 95020, 408-842-4145

St. Helena Hometown Harvest Festival Fun Run Walk 5 km/ 10 km/ 1 mi. Kids, 8:30 am, St. Helena Church, Rick Pina, 199 Randolph St., Napa, 94559, 707-258-2521

Pumpkin Super Mile, 10:45 am, N. State St. in Ukiah, Dottie Deerwester/North Coast Striders, PO Box 1556, Ukiah, 95482, 707/468-8024

(calendar continued on next page)

(Calendar, continued from previous page)

Blue Rock Classic 10 km Run, 2 mi. Walk, 8 am, S/F tba, Dan Donahue, PO Box 4427, Vallejo, 94590, 707-554-6080

Sunday, October 27

Streamline Half Marathon/ 5 km, 8 am, Harbor Bay in Alameda, Streamline Fitness, 909 Marina Village Pkwy., #139, 94501, 510-521-6460

Lafayette Reservoir Run 10 km/ 2 mi. Run, Walk, 8 am, Mt. Diablo Blvd. in Lafayette, Sue Cross, Lafayette Chamber of Commerce, 100 Lafayette Circle, Ste. #103, 94549, 510-284-7404

Run to the Heavens 6.4 mi. & 2 mi. Run/ Walk, 1 mi. Kids Run, 8 am, San Domenico Campus in San Anselmo, San Domenico School, 1500 Butterfield Rd., 94960, 4150721-2602, x29, fax 415-454-2701

San Francisco Classic 10 km/ 5 km Run/ Walk Against AIDS, 8 am, Golden Gate Park (10th Ave./JFK Dr.), SASE People Events, 528 Larch Ave., S. San Francisco, 94048-1612, 415-589-7417 (fax 10 am-6 pm)

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

Saturday, November 2

PA Cross-Country: NorCal Open, 8 km/5 km, Palo Alto (Stanford), Marc Lund, 415-966-1511

Get Dirty! Trail Adventure 7 km/ 12 km, 8 am, Mt. Diablo, Forward Motion Sports, 412 Hartz Ave., Danville, 94526, 510-820-9966

Morgan Hill Marathon/ Half Marathon, 8 am, Dan Barger, CA Sports Marketing, PO Box 794, 95037, 408-776-3035

Chevy's to Chevy's 5 km/ 10 km, 8 am, Chevy's in San Jose, A Change of Pace, 221 G St., #205, Davis, 95616, 916-757-6017

Sunday, November 3

Apple Hill Harvest Run 8 mi./3.5 mi. Run/ Walk & Kids' .5 mi. Run, 8:30 am, Larsen's Apple Barn in Camino, Snowline Hospice, 3097 Cedar Ravine, Placerville, 95667, 916-621-7828

Almond Bowl 3 mi./ 6 mi. Run/Walk, 10 am, Bidwell Park, Chico Running Club, PO Box 1182, 95927-1182, 916-898-4791

Olympic Circle 4.5 mi. Run/Walk, 8:30 am, Lake Merced in San Francisco, The Final Result, 460 Winsom Ave., San Mateo, 94401, 800-491-8988

DSE Saucony/RRCA Women's Distance Festival 5 km, 9:30 am, Golden Gate Park (south side of Polo Fields), SASE to DSE, c/o Pauline Drake, 528 Larch Ave., So. San Francisco, 94090, 415-978-0837

Ocean Chevrolet-GEO-Honda Santa Cruz Distance Classic 15 km/5 km, 8:30 am, Long Marine Lab in Santa Cruz, Marty Kruger, Santa Cruz Track Club, 306 Younglove Ave., 95060, 408-662-0886

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 fund, 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

Saturday, November 16

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, 916-678-5005, 665-1712, or 916-775-1318 (eves.) for information
Clarksburg 1 mi. Kids Race, 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

Saturday, November 23

PA Cross-Country & PA-Road: Pacific Association 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

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

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

Saturday, November 30

PA-Ultra: Quadruple Dipsea (28.4 mi. on trails), Mt. Tamalpias, John Medinger, 415-894-1336

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

Sunday, December 8

PA-Road: California International Marathon, Folsom to Sacramento, Pacific Association, USATF, 120 Ponderosa Ct., Folsom, CA 95630, 916-983-4622

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

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



PA Grand Prix Event Calendars

Ultra	page 26
Cross-Country	page 13
Road	page 17

Track & Field Calendar Notes:

All-Comers Paul Vault Competitions are scheduled for Sept. 28, Oct. 26, 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.
DECA-JAM, an invitational prize-money decathlon, is scheduled for Angell Field at Stanford University on Sept 14-15. Contact First Down Promotions, (415) 326-7797.

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

Race Walking: Catching Up With the Trials and Qualifying Races

By Ron Daniel, Race Walk Chair

Wilkinson and Matthews Win PA

Championship, Wilkinson Qualifies for Trials

April 28, PA 10 km Championships and Grand Prix, College of San Mateo

Kim Wilkinson, many time member of the US National Race Walking Team, qualified for her second Olympic Trials at CSM. Needing to average just under two minutes per lap for the 25 laps (an 8 minute-per-mile pace) to make the automatic qualifying time of 49:45, Kim put away the standard over the last 6 laps to finish in 49:31. After a mid race battle, Chris Sakelarios pulled away from Therese Iknoian to take the silver medal.

In the men's race, Jonathan Matthews continued his march back to national level fitness. With his fastest effort in over a year, Jonathan clocked a steady paced 43:44 (a 7:02 per mile pace) to take the gold. In his upcoming 20 km efforts, Jonathan will be shooting for a 1hr 28min time for the automatic qualifier to the Trials. If he is to have any chance of making the Team, he also must make 1:26, the Olympic B standard. Roger Wellborn and Dick Petruzzi, both representing PRO took the silver and bronze medals as the only other men to go under 1 hour.

Thanks to the GGRW for organizing the races and CSM for use of the facility.

Armenta and Matthews Take Regionals, Matthews Into Olympic Trials

May 19, Western Regional Championship and Grand Prix, 10 km/20 km, Baylands-Palo Alto

In this third annual Western Regional and sixth May 10 km/20 km race, Susan Armenta and Jonathan Matthews led 43 other contestants to victory. With thoughts of Olympic Trials qualifying times, walkers from 11 states and Guatemala converged on the Palo Alto-Baylands course.

In the first race, 22 year old Susan Armenta out of Southern California (and sometime PA resident) was able to hold off PA walker Kim Wilkinson as they both set PRs. Susan's winning time of 47:46 establishes her as one of the fastest-rising young walkers in the U.S. To everyone's delight, Kim shadowed Susan to the very end to finish in 47:58. Third woman overall was Maryanne Torrellas from Conn. in 50:17, she is a former American record holder in this event. Chris Sakelarios and Therese Iknoian were the second and third PA finishers.

In the late morning 20 km, PA walker Jonathan Matthews took a major step toward Atlanta by eclipsing the Trials standard (1:28) to win in 1hr 27min 30 sec. Jonathan finished comfortably ahead of five men still recovering from the April 20 50 km Trials, Whately, Marchese, Yeager, Evoniuk and Green. With a three-minute-plus margin of victory, Jonathan was never threatened as he made his coveted qualifying standard. Art Klein and Fred Dunn were the second and third PA finishers.

Many thanks to the GGRW, hosts, and the Palo Alto Parks and Recreation for course set-up. Sponsors were Guiltless Gourmet, Thorlo, Zanotto's Deluxe Markets, Power Bar and Sun Precautions.

Gerke of Canada Takes Women's 10 km, Funes of Guatemala in 20 km, No One at 50 km

June 2, Last Chance 10, 20 and 50 km,

Baylands-Palo Alto

With the 10 and 20 km U.S. Olympic Trials race walks just three weeks away and the 50 km Trial six weeks earlier, Palo Alto once again became a gathering place as walkers from around the U.S., Canada and Guatemala continued to shoot for Trials and Olympic standards. In order to beat the heat, all three distances were off at the crack of dawn (6:30 a.m.).

The 50 km field was comprised of the numbers 2, 4, 5 and 6th (Herman, Evoniuk, Whately and Marchese respectively) place finishers from the April 20, La Grange 50 km Olympic Trial. They all had a common goal, four hours or faster, the Olympic A standard. However this day, Mother Nature was unkind, with clear skies and mild temperatures at the start it became obvious before mid-way the task was going to be too difficult as the temperatures shot into the 80's. Most likely, these four had not yet fully recovered from April 20 to try again in the heat.

The first to call it a day was four time Olympian Marco Evoniuk who dropped at 10 km in 45:49. Meanwhile, Ian Whately opened a strong lead by 20 km in 1:35:02 (1:36:00 is 4 hour pace) over Andrew Herman and Dave Marchese (1:36:19 at 20 km). Working together, Andrew and Dave were under the four hour pace by 30 km (2:23:51) and pulling away from Ian (2:25:14). Fading rapidly, Ian called it quits at 37.5 km in 3:07:09. Between 30 and 35 km, Andrew pulled away from Dave to pass 35 km in 2:47:38 (22 seconds under 4 hour pace) to Dave's 2:52:48. Very suddenly, Andrew hit the wall as he took 13:21 to cover the next 2.5 km (12 min is the four hour pace), realizing that he wasn't going to recover in time to break four hours, he reluctantly stopped before 40 km. For Dave the possibilities of getting a PR were also fading rapidly as he stepped off the course at 40 km in 3:21:40. The 50 km contestants showed their appreciation for the opportunity as they personally thanked volunteers and judges.

The 20 km featured Rob Cole, 7th place 50 km Olympic Trial finisher, showing some speed as he clocked 42:42 for 10 km. Nelson Funes became the only 20 km finisher as he continued his quest to be named to the Guatemala Team.

The 10 km was probably more affected by the early hour than the weather as everyone seemed sluggish at the start. First across the line was Holly Gerke from Edmonton, her time of 47:39, good on most days, was over two minutes off the Olympic A standard of 45:30 that she needed to be named to the Canadian Team. With a recent sub 46 minute 10 km, Sara Standley was expected to push Holly, but a slight thigh strain encouraged her to stop at 2.5 km in 11:23. In second place, Susan Armenta was just 11 seconds short of her PR here in May finishing in 47:56. Most disappointed were Danielle Kirk, 49:54 and Molly Lavacek, 50:06 as they

narrowly missed the US Olympic Trials standard of 49:45. In all, eight women finished in under 52 minutes, another demonstration of quality race walking.

Fifth Olympic Team Eludes Evoniuk, Whately Sole Finisher

July 7, Very Last Chance, 50 km, Kezar Stadium, San Francisco

With Olympic rings beckoning, Marco Evoniuk and Ian Whately wanted to take advantage of the morning fog in San Francisco as they raced the closing date for establishing the Olympic A standard. For Marco, if he had beaten the four hour time standard he would have joined Carl Lewis as the only other US male to have made five US Olympic Teams.

Having last broken four hours at the 1988 Games in Seoul, Korea, Marco looked very fit as he paced the field through the first 20 km right on pace. Within the next few laps, Marco sustained a freak thigh strain as he stumbled while reaching for a water bottle. Finding himself almost a minute off the 4 hour pace by 25 km, Marco let his dream go.

Meanwhile, ever optimistic, Ian Whately stayed below the four pace through 30 km when the weight of his long season hit him. Hoping to get a PR, Ian stayed on to finish in 4:18:09; missing his PR set in LaGrange by 3:21.

CLUB RACES

Carpino and Bray Lead Field at Sierra High 5

April 21, Sierra High 5, Auburn (results from Sierra RW Newsletter)

Racing at an altitude of 1100 feet, Brenda Carpino and Jack Bray showed their superiority in winning their sections of the Sierra High 5 conducted at Placer HS in Auburn. With a time of 29:51, Carpino defeated 19 other women, with Virginia Fong in second place at 31:06. In the men's race, Bray "exploded" away from the field (13 starters) at the start to easily beat Bill Penner and his "impeccable style" 26:09 to 26:52.

Evoniuk Wins Alongi Event in Trials Tune-up
May 26, Alongi 5 km Ladder Race Walk (results from Sierra RW Newsletter)

Four time Olympian, Marco Evoniuk was the overall winner of the Alongi Classic 5 km. Using the race as speed work, Marco easily walked away from 23 (two sections of mixed men and women) other contestants to win in meet record time of 21:58. Second overall was Rezak Ghafara in 24:16. Brenda Carpino was the first women in 29:51.

OLYMPIC TRIALS

James and Chylinsky Finish 1 & 3 to Clinch Team Berth; Evoniuk in 4th

April 20, 50 km Olympic Trial, LaGrange, Ga.

With frequent Pacific Association visitors Allen James and Andrzej Chylinsky being the only U.S. walkers under the Olympic A standard of four hours, their first and third place finishes clinched US Olympic Team berths. Racing on a hilly 2 km loop under overcast and muggy conditions, Allen was the only walker to break four hours (3:59:27)

Contd. on page 12

Race Walking, Contd. from page 11

on this day. Walking strongly to grab second place was Andrew Herman (4:07:52), with his best 50 km at 4:04, he, like all the other finishers, needs to break four hours to be considered for the U.S. Team. The finishing order of this race determines the selection ranking.

Being no stranger to Olympic Trials, PA race walker Marco Evoniuk sought his fifth team as he finished a steady fourth place in 4 hr 10 min 45 sec. With Jonathan Matthews not back to 50 km shape, he vacated his 50 km Trials invitation to allow number 16 ranked Ian Whatley to compete. Ian took full advantage of his invitation as he surprised everyone with his huge PR finish in 5th place at 4:14:48 (previous PR 4:36). Another former PA walker, Dave Marchese finished 6th with a several minute PR in 4:15:31.

Clausen Survives Seaman Challenge; Debbie Lawrence Returns to Form

June 22, 10 km Women and 20 km Men's Olympic Trials, Atlanta, Ga.

On a scorching Atlanta morning, 15 men and 18 women tried out the Olympic Race Walking course. Starting at 7 a.m., the men saw 78° at the start and 95° at the finish; the women at 9:50 a.m. saw 97° in the sun (on a shadeless course) with over 100° on the road surface. The men had a 2 km hilly loop as the women raced on the hilly 1 km portion of the men's loop.

With defending 20 km Trials champion Allen James leading a small pack of four, the men cautiously set out to vie for the 1996 Olympic 20 km race walk team. Before 10 km, James was struggling and the lead was turned over to Tim Seaman, Phil Dunn and Curt Clausen. Next to fade was Dunn as veteran Gary Morgan charged into position. Meanwhile, Jonathan Matthews underscored the weather and settled into too slow a pace to make himself a contender. With two laps to go Curt Clausen powered himself away from Tim Seaman to a 37 second victory in 1:29:50. Morgan grabbed 3rd in 1:31:00, 17 seconds ahead of James. With a late surge, Jonathan finished 7th in 1:33:47.

After a conservative start, Debbie Lawrence displayed the form and determination that has kept her at the top of U.S. women race walking for over 10 years as she made her second Olympic Team with an impressive 46:05 victory. Only 32 seconds behind, recent US record setter, Michelle Rohl also made her second Team. After being the early pace setter, Victoria Herazo hung on for third in 48:12 as she too made her second Team.

Walking one of the strongest performances of her life, PA walker Kim Wilkinson finished 8th in 50:47 defeating several women who had entered the race with faster qualifying times. Kerry Moskalik who was just returning to form after a year of hamstring problems succumbed to the heat at 6 km.

Chairman's Notes

• Race Directors: If you want the results of your races included in *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

• Clarification: The USATF Rules define which events are conducted as part of the Youth, Junior, Senior and Masters T&F Championships. Within these rules, race walking is listed as one of the events to be conducted as part of the Championship. As such, that meet's management is responsible for the conduct of all the events on the program. That includes the timers, lap counters and officials (judges). Often the meet director will request assistance from the RW Committee.

Regarding the CSM Championship, lap counters were requested right before the event and four volunteers were quickly assembled. Even then, those lap counters were over ruled by another official who had started counting on his own. Meanwhile, at the Los Gatos event, judges were solicited for several weeks before the event. However, with the event coming in the later stages of a very busy track schedule, the usual collection of judges were committed to other activities.

It's unfortunate that only two officials responded to the request; but, it also shouldn't be forgotten that the officials are volunteers and are not assigned.

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

Schedule through November

- **Sept. 8,** GGRW Founders Race and Grand Prix 10 km, Oakland; Susan Heiser, (415) 594-1254
- **Oct. 5,** Pacific Association 5 km Grand Prix, Stockton; Contact P. Smith (916) 725-4326
- **Oct 26,** Peter Ferrante Mega Walk and Grand Prix 10 km, CS Monterey Bay; Contact Lee Sorenson (408) 461-1672
- **Nov. 17** PA 1Hour Championship and Grand Prix, CSM; Contact Susan Heiser, (415) 594-1254

PA 10 km Championships, April 28

College of San Mateo

PL	NAME	CLUB	TIME	AGE	G
1	Jon. Matthews	REEBOK	0:43:44	39	A
2	Roger Wellborn	PRO	0:56:15	44	A
3	Dick Petruzzi	PRO	0:59:15	63	C
4	Art Klein	SCTC	1:00:52	42	A
5	Bill Penner	S-St G TC	1:01:44	49	B
6	Quan Than	MPWWWC	1:02:08	40	A
7	Bob Eisner	PRO	1:03:23	67	C
8	Fred Dunn	GGRW	1:03:31	67	C
9	Gary Bower	GGRW	1:04:50	52	B
10	Bill Moreman	GGRW	1:05:37	68	C
11	Charles Woods	PRO	1:12:18	57	B
12	Ralph Wheeler	GGRW	1:12:21	61	C
13	Ernie Lucken	GGRW	1:18:09	81	C

Women's 10 km

1	Kim Wilkinson	MPWWWC	0:49:31	37	A
2	Chris Sakelarios	Unatt	0:53:29	36	A
3	Therese Iknioan	GGRW	0:53:52	39	A
4	Susan Heiser	GGRW	0:56:14	36	A
5	Terri Brothers	PRO	0:01:52	38	A
6	Marlene Coe	Unatt	1:04:07	34	A
7	Ruth Van Sandt	MPWWWC	1:13:54	74	C

G=Age Groups: A-up to 44; B-45-59; C-60+

Last Chance Women's 10 km

June 2, Baylands-Palo Alto

PL	NAME	CLUB	TIME	AGE
1	Holly Gerke	Edm. Har.	47:39	31
2	Susan Armenta	Unatt	47:57	22
3	Danielle Kirk	UW-Park.	49:54	22
4	Molly Lavacek	Unatt	50:06	30
5	Mary. Torrellas	Abraxas	50:07	37
6	Sally Richards	HART	51:18	43
7	Chris Sakelarios	Unatt	51:41	36
8	Fran Bustos	Unatt	51:43	32

Men's 20 km

1	Nelson Funes	Guatemala	1:34:13	38
	Rob Cole	La Grange	DNF	26
	Art Klein	SCTC	DNF	43

Men's 50 km

	Marco Evoniuk	Unatt	DNF	37
	Andrew Herman	Adidas	DNF	25
	Dave Marchese	AIA	DNF	30
	Ian Whatley	PVTC	DNF	37

Western Regional Championship

May 19, 10 km/20 km, Baylands, Palo Alto

Women's 10 km

PL	NAME	CLUB	TIME	AGE
1	Susan Armenta		0:47:46	22
2	Kim Wilkinson	MPWWWC	0:47:58	37
3	Mary. Torrellas	Abraxas	0:50:17	37
4	D.A. Walker	HART	0:50:53	29
5	Sally Richards	HART	0:51:03	43
6	Kerry Moskalik	Unatt	0:51:12	28
7	Molly Lavacek		0:51:41	30
8	Fran Bustos		0:51:41	32
9	Chris Sakelarios	Unatt	0:52:30	36
10	Therese Iknioan	GGRW	0:53:16	39
11	Susan Heiser	GGRW	0:56:58	36
12	Linda Adams	LV Walkers	0:58:44	34
13	Marlene Coe	Unatt	0:59:07	34
14	Jackie Kerby Moore		0:59:31	35
15	Terri Brothers	PRO	0:59:58	39
16	Susan Mears	LV Walkers	1:02:25	41
17	Jenny Watson	GGRW	1:03:57	39
18	Janet Sirett	GGRW	1:05:22	35
19	LoniLeBlanc	MRW	1:05:40	53
20	Helen Storrs	PRO	1:10:48	30
21	Ruth Van Sandt	MPWWWC	1:12:48	74

Men's 20 km

1	Jon. Matthews	Rebook	RC1:27:30	39
2	Ian Whatley	PVTC	1:30:38	37
3	Dave Marchese	AIA	1:30:59	30
4	Warrick Yeager	US Navy	1:31:25	41
5	Marco Evoniuk	Unatt	1:31:39	37
6	Curtis Fisher	NYAC	1:33:55	29
7	Nelson Funes	Guatemala	1:35:38	38
8	Mark Green	LV Walkers	1:36:58	40
9	Steve Petrakis	NM RW	1:55:28	46
10	Alex Woelper	El Paso	2:02:41	38
11	Art Klein	SCTC	2:05:25	43
12	Fred Dunn	GGRW	2:08:41	67
13	Gary Bower	GGRW	2:15:57	53
14	Ralph Wheeler	GGRW	2:29:21	62
15	Rysz. Nawrocki	NM RW	2:29:21	67
16	Jon Borset	GGRW	2:36:37	67
17	Ernie Lucken	GGRW	2:50:30	81

Judges: Jim Petruzzi, Dick Petruzzi, Toni Harvey, Bob Wilson, Bob Bowman, Ron Daniel (Chief), Joe Sheppard (Recorder)



PA-USTAF Cross-Country Preview

by Mike Weddington

Perhaps no other aspect of PA-USATF running, and Northern California running in general, has surged in popularity over the last three years as has cross-country. Although PA-USATF (formerly known as TAC, and prior to that, AAU), has hosted XC Championship-caliber events in one form or another for over two decades (see related story below), there has never been a pre-Championship "season" to match the one that will delight harrier fans in 1996.

In 1991, the Pacific Association kicked off a new Cross Country Grand Prix schedule that included current sites Sierra College, U.C. Davis, Mills College and Golden Gate Park, with G.G.P. hosting 4 total events, including the PA-USATF Championships. Seasonal team and individual scoring was instituted, with seasonal and championship prize money offered to the top performers. The new Grand Prix attracted many veteran Northern California/Nevada racing clubs into occasional competition, including such now-defunct units as the Sacramento-based Pacific Flyers and the South Bay-based Woodside Striders. Over the entire season, however, the total amount of individual and club participation was lower than what it had become by 1994 and '95, thanks to some very dedicated work by such PA-USATF officers and cross-country chairs as Mark Winitz, Randy Accetta, Tim Wason, Irene Herman, and John Mansoor.

What seemed to be the primary cause of the current Cross Country craze is the emergence of several community-based running clubs that sprouted up within the last two years. Prior to '94, Pacific Association and Northern California cross-country was primarily peopled by elite-level clubs such as the Reebok Aggies, Pacific Flyers, a powerful version of the Hoy's Sports Racing Team, and such bygone outfits as an illustrious West Valley Track Club and the University of Nevada Reno Running Club. Cross Country running was treated by the running public as basically the domain of the hard-core elite, and the elite focused mainly on the PA-USATF/TAC Championships, with tiny fields populating most of the pre-Championship meets available in Golden Gate Park and elsewhere.

Of course, there is nothing at all wrong with having an elite in any type of endeavor. Indeed, they provide the professionalism, dedication and inspirational achievements necessary to popularize and sustain any given enterprise. However, if an organization like PA-USATF desires to reach further beyond the converted to fresh grass roots, in order to bring needed young blood into the sport, then an injection of new community-oriented participation is vitally important. And over the last two years, this has occurred. Clubs with core memberships primarily confined to a given city or county have emerged, serving young and old members alike in many cases.

(continued on the next page)

The 1996 Pacific Association Grand Prix Schedule

**AMERICAN
Track & Field**

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

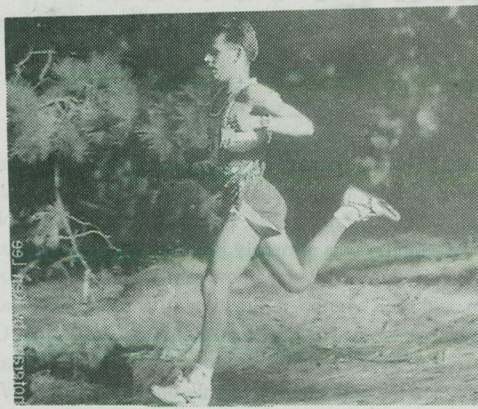
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Cross Country Grand Prix should be directed to Charles Alexander (Cross Country Subcommittee Men's Chair) at (415) 964-0643 (eve.) or Kathi Berman (Cross Country Subcommittee Women's Chair) at (415) 647-2429 (eve). For '96 entry flyer or Cross Country 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
9/7/96	Golden Gate Park	S.F	4M/4M	1.0	Tim Wason, 415-648-1467 (eve.)
9/14/95	Humboldt Invitational	Arcata	10K/5K	1.0	David Wells, 707-826-5955
9/21/96	Sierra College X-C Challenge	Rocklin	4M/5K	1.0	Ron Richardson, 916-688-7258
9/28/96	UC-Davis Aggie Invitational -1	Davis	8K/5K	1.0	Sue Williams, 916-752-1942
10/5/96	Empire Cross Country Open-2	Santa Rosa	8K/6K	2.0	Mike Weddington, 707-544-2756
10/12/96	Mills Invitational-3	Oakland	8K/5K	1.0	Carla Jackson, 510-430-3282
10/19/96	Crystal Springs Challenge-4	Belmont	4M/3M	2.0	Ken Grace, 510-786-6929
11/2/96	NorCal Open -5	Palo Alto/Stanford	8K/5K	1.0	Marc Lund, 415-966-1511 or Kieran Sherlock, 415-325-9258
11/9/96	Tamalpa Challenge	Marin Headlands	5.5M/5.5M	1.0	Craig Stern, 415-892-0597
11/23/96	PA/USATF Championship -6 (Also a USATF Western Regional & Reebok National G.P. Event)	S.F./GG Park	10K/6K	2.0	Tim Wason (see above)

1. Davis-No race day entry; pre-registration by 9/20 is mandatory for guaranteed entry
2. Empire Inv. - \$1,800 prize money available for Pacific Association athletes/teams only
3. Mills Inv.-No race day entry; pre-register by 10/5
4. Crystal Springs-Actual distances are 4.2M/2.95M (same as Community College courses); \$600 in prizes available for Pacific Assoc. OPEN athletes/teams only
5. NorCal Open-PA/USATF Grand Prix event precedes Pac 10 Conference Collegiate Cross Country Championships
6. 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)



Ken Lee photo

(Cross-Country, continued from previous page)

And many of these clubs have taken to the *entire* PA-XC season, treating the campaign as seasonal recreation onto itself, as opposed to, say, strength training necessary for producing top-level road and track times.

New PA participants such as the Empire Runners, Humboldt State Track Club, Santa Cruz Track Club, Merced Road Runners, Golden Valley Harriers, Chico Track Club, Nike Farm Team and revitalized PA clubs such as Tamalpa and Silver State have joined veteran clubs such as the Reebok Aggies, Hoys Sports, East Bay Striders, Impala, West Valley Track Club and West Valley Joggers and Striders to produce what is likely the most active club cross-country and road running scene in the United States today.

It is the more recreational members of these clubs that are swelling PA-XC's attendance figures these days, and who are indirectly responsible for our growing slate of cross-country events. Many are come-backing cross-country runners in their 30's on up, lured by the memories of team camaraderie and experiences no longer available elsewhere. Others, however, are first-time harriers, and it is this segment that may really speak for the future health and vitality of our (and any) running scene. Let us hope they take to the mud, clouds of dust, spittle and hay bales as much as we grizzled veterans.

The 1996 Schedule includes two additions to last year's: the *Humboldt Invitational* and the *Tamalpa Challenge*. Both provide lovely and challenging venues for off-road running, with the Humboldt Meet held on a golf course which will also serve as the site for the 1996 Division II Nationals. The Tamalpa Challenge takes place on a brand new course situated in the breath-taking Marin Headlands Recreational Area located just beyond the Golden Gate Bridge in Marin, and consists entirely of dirt trails. With their inclusion, the PA-XC Grand Prix will feature nine different courses in '96, substantially up from the four provided in 1991.

Besides growing larger, the XC Grand Prix will witness other changes in 1996: 1) Each team or individual's best 6 out of 10 race performances—as opposed to last year's 7 of 9—will be totaled at the end of the season to determine standings for prize money distribution; 2) Three events will offer prize money to top performing athletes and/or teams, as opposed to last year's two or '91's one. The Crystal Springs Challenge will join the Empire Open and the Championships as a prize money provider, thereby making the Challenge a double-points scoring event (Note: Open Division only) as are Empire and the Championships; 3) Charles Alexander and Kathi Berman will preside during the season as XC Co-chairs, replacing Tim Wason, whose gallant efforts at juggling both multiple race and Grand Prix direction are to be greatly appreciated by anyone who has participated in PA-XC these last few years.

The PA hosts both USATF Western Regionals and Nationals in 1996!

1996 promises to be one of the most exciting cross country seasons in Northern California/Nevada history, as our Pacific Association will host

both the USATF Western Regional and National Championship meets. As such, they will rather be extensions of our Grand Prix schedule, and will greatly benefit from substantial PA club involvement and support.

As has been the case in recent years, our PA-USATF Championship meet on November 23 in Golden Gate Park will *concurrently* serve as the Western Regional USATF-XC Meeting. There is also a National USATF Grand Prix (modeled, incidentally, after our own) Cross Country Grand Prix these days, with several regional meets leading up to Nationals. The Western Regional is the last of these regional meets, and we, as usual, are hosting it.

What makes this USATF Western Regional Meet a particularly entertaining one is that, in addition to our own PA Grand Prix Championship Meet taking place, separately scored team and individual competition will feature our top seasonal PA performers (mostly of Open Division age) against top teams and stars from over a dozen western states. The quality of competition is perhaps superior than that found in any other USATF meet save for the Nationals, as our meet annually serves as the final tune-up prior to Nationals. This being said, it should be mentioned that our PA Championship and the simultaneously held Western Regional will be scored *separately* as two different meets. Brightly colored bib numbers will provide clues as to who will meanwhile also be running for the PA against other regional teams during this Meet-within-a-Meet.

USATF Nationals returns to Northern California for the first time since 1989, when the Big Enchilada was held at Golden Gate Park. This time, the Meet will be held at Stanford. What makes Nationals a different animal than Western Regionals is that they will include truly national-class fields in both the Junior and Masters age categories as well as the Open.

National Meet Tid Bits

Date: Saturday, December 7, 1996

Location: at the Stanford University Golf Course

Hosted by: PA-USATF & Stanford University

Title Sponsor: Reebok

Contributing Sponsor: American Track & Field Magazine,

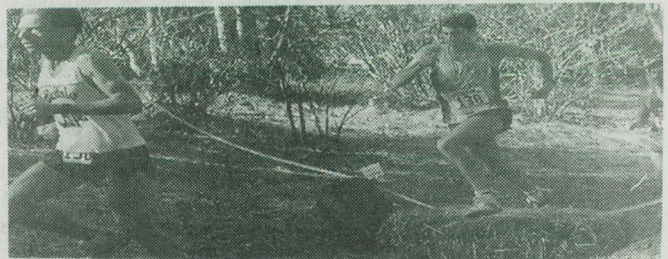
Local Sponsor: The Hyatt Rickey's, Bay Area Rental

Meet Headquarters: Hyatt Rickey's in Palo Alto

Schedule:

9:15AM	Jr. Women's Championship 5.3 km
9:45AM	Sr. Women's Championship 6.5 km (You must be a USATF member to enter)
10:30AM	Jr. Men's Championship 8.1 km
11:15AM	Sr. Men's Championship 10 km
12:00PM	Sr. Men's "B" Race 10 km
1:00PM	Masters Men's Championship 10 km
2:00PM	Masters Women's Championship 10 km

All PA-USATF members are encouraged to enter! The only limitation will be a selection process necessary for entry into the Senior Men's Championship Race, as more Open Men are expected to enter than the course can reasonably accommodate. All men not qualifying for the "A" race will be allowed to enter the "B" **For further information** on Nationals, contact your PA-USATF cross-country chairs listed above, or refer to the next issue of the *Pacific Athlete*.



Ken Lee photo

Blasts from the PA Cross -Country Past!

As mentioned above in the introduction to this article, Northern California Cross Country did not exactly begin with the advent of the PA-XC Grand Prix in '91. There were some fabulous meets and individuals in the past who did their thing over many of the same courses you may be navigating this Autumn. Here is a brief, and somewhat incomplete, look back at notable past PA-USATF/TAC/AAU Cross-Country Championship Meets (as the XC Grand Prix season is a recent phenomenon, only the XC Championships will be surveyed here):

Past Open & Masters Champions of Northern California & Nevada

<u>Yr.</u>	<u>Course</u>	<u>Open Men</u>	<u>Open Women</u>	<u>Masters Men</u>	<u>Masters Women</u>
1995	G.G.P. -SF	Fred Carter	Beth Bartholomew	Sal Vasquez	Melody Anne Schultz
1994	G.G.P. -SF	Chris Schille	Ceci St. Geme	F. John Gailson	Leslie McHampton
1993	G.G.P. -SF	Chris Schille	Ceci St. Geme	Dom. Tibaduiza	Debbie Waldear
1992-1	G.G.P. -SF	Marc Davis	Carol Stubbs	Dom. Tibaduiza	Pat English-Fanelli
1991-2	Crystal Springs	Jim Sapienza	Sabrina Han	Dom. Tibaduiza	Linda Mantynen
1990	Crystal Springs	Matt Guisto	Linda Somers	C. Thompson	Linda Mantynen
1989-3	G.G.P. -SF	Steve Schadler	Linda Somers	Chris Thomas	Hilary Naylor
1988	Sierra College	Rich McCandless	Patti Gray	Jerry Jobski	Hilary Naylor
1987	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable
1986	G.G.P. -SF	Carmelo Rios	Sharlet Gilbert	Sal Vasquez	Hilary Naylor
1985	G.G.P. -SF	Ivan Huff	Janine Aiello	Sal Vasquez	Karen Lanterman
1984 -4	Pt. Pinole Park	Carmelo Rios	Janine Aiello	Sal Vasquez	Karen Lanterman
1983	Pt. Pinole Park	Carmelo Rios	Laurie Binder	Sal Vasquez	Vicki Bigelow
1982	G.G.P. -SF	Larry Lawson	M. Aubuchon	Bill Meinhardt	Heidi Skaden
1981	G.G.P. -SF	Adrian Royle	Eileen Claugus	Sal Vasquez	Joan Ulyot
1980 -5	G.G.P. -SF	Benton Hart	M. Aubuchon	not available	not available
1979	G.G.P. -SF	not available	not available	not available	not available
1978	U.C. Davis	Tom Wysocki	Tena Anex	not available	not available
1977 -6	Woodward Park	Tony Ramirez	not available	not available	not available
1976	Woodward Park	Ron Zarate	not available	not available	not available
1975 -7	Crystal Springs	Ron Zarate	not available	not available	not available

Notes:

1. PA-TAC changed in name to the PA-USATF.
2. The PA Grand Prix Cross Country Season was inaugurated. Prior, there was no officially organized Club Cross-Country Season.
3. Nationals were held on the same course after the PA-TAC Championships. The women raced a different distance than the men (6 kmvs. 10 km) for the first time since 1978; they would continue to race 6k at the PA Championships except for in 1991. The men, meanwhile have raced a 10 km at the Championships since 1977 (6 miles).
4. The Point Pinole Course was held in Richmond, in the East Bay.
5. Beginning in 1981, the PA regional Championships became known as the PA-TAC meet, encompassing our current Pacific Association Geography. Prior, various PA-AAU and All-California Club Meets were the proving grounds for determining the best Northern California/PA region cross-country runners & teams.
6. Woodward Park is located in Fresno.
7. Championship XC meets were held prior to 1975, but I have been unable to locate their records.

Past Senior, Super Senior, and Veteran Champions of Northern California & Nevada

<u>Year</u>	<u>Senior Men</u>	<u>Senior Women</u>	<u>Sup. Senior Men</u>	<u>Sup. Senior Women</u>	<u>Veteran Men</u>
1995 -1	Sal Vasquez	Melody A. Schultz	William Flodberg	Barbara Robben	Howard Powers
1994	Jim Gibbons	Eve Pell	Tom Guldman	Margarethe Styskel	Stan DeMartinis
1993	Sal Vasquez	Barbara Miller	Bob Malain	Margarethe Styskel	Unavailable
1992	Jon Macpherson	Shirley Matson	Bob Malain	Ruth Anderson	Unavailable
1991	Sal Vasquez	Barbara Miller	Bob Malain	Ruth Anderson	Unavailable
1990	Sal Vasquez	Barbara Miller	David Stevenson	Ruth Anderson	Unavailable
1989	Jim Bevins	Vicki Bigelow	Fred Dunn	Kit Pickles	Unavailable
1988	Jim Bevins	Vicki Bigelow	Ross Smith	Unavailable	Unavailable
1987	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable
1986 -2	Fred Mattos	Vicki Bigelow	Karl Bollinger	Jaclyn Caselli	Mel Shine
1985	Morton Gray	Vicki Bigelow			
1984	M. Neuraumont	Ruth Anderson			
1983	Unavailable	Unavailable			
1982	Norm McAbee	Ruth Anderson			
1981 -3	Don Pickett	Unavailable			

Notes:

1. Seniors are 50-59 aged men & women, Super Seniors 60-69, Veterans 70+; No woman 70+ finisher has ever finished a PA Championship Cross Country, according to my research.
2. Results for the Super Senior and Veteran Age categories unavailable prior to 1986.
3. Results for Senior aged runners unavailable prior to 1981.

(more Blasts from the Past on next page)

The Best of The Best

In a later article I will attempt to give such a subject all of the in-depth attention it richly deserves, particularly in light of the fact that our great individual and team champions of the past have been given such scant recognition over the years. For now, for the limited purposes of this article, I will simply mention a "Who's Who List" of top age category performers.

The Open Division Legends

Who are the best Open Division XC performers in the history of the Pacific Association? Without getting into a lengthy if delicious analysis, a simple determining factor would be multiple PA-XC Championship wins. Since 1975, without taking into account currently unavailable records from 1979 and '87, male multiple champions would be Chris Schille (2), Carmelo Rios (3), and Ron Zarate (2). All are great champions, considering that the XC Championships have always lured most of the best road and track performers into their fields, these fellows have bested Nor Cal and Nevada's cream of the crop. Other candidates for All-Time consideration would have to include Marc Davis (a former Kinney XC National Champ and multiple NCAA track champion and world class track performer), Matt Guisto (also a former Kinney XC National prep champion and National 5000m champion), and Adrian Royle (a British star who defeated Alberto Salazar on both the roads and trails during Alberto's prime, and had run 27:47 in the 10 km). Who was the best? Let's leave that selection to wiser heads and a more detailed discussion at another time.

Insofar as the women go, Ceci St. Geme (2 crowns), Linda Somers (2 crowns), and Janine Aiello (2 wins) are obvious notables, with special consideration given to St. Geme, who finished 2nd in the 1994 National Meet to Lynn Jennings.

Most Top Ten Finishes at PA Championship Meets

(missing 87, 79, pre-75 results for men, and complete top 10 results in a few other years for women)

Men		Women	
Anex, Rob	3	Aiello, Janine	3
Barton, Athol	3	Binder, Laurie	3
Huff, Ivan	6	Berry, Robyn	3
Gonzalez, Danny	4	Boyd, Chris	4
Dehlinger, Alan	3	Geoffrion, Lisa	3
Frank, David	3	Gilbert, Sharlet	3
Grimes, Danny	5	Henderson, Rae	4
Gruber, Dan	3	Martel-Accetta, Melissa	6
Harms, Peanut	4	Skaden-Mansoor, Heike	3
Lawson, Larry	3	Smyth, Peggy	3
Lienau, Jason	5	Somers, Linda	3
McCandless, Rich	4	Schmidt, T. Adams	5
Porter, Mike	3		
Rios, Carmelo	4		
Romesser, Gary	3		
Schille, Chris	3		
Scudamore, David	3		
Stone, Mike	3		
Sweeney, Pete	6		
Wysocki, Tom	3		

The Masters and Senior Division Legends

Unfortunately, my preliminary research via several sources yielded scanty Masters and Senior Divisional results prior to 1992, with only the top 1 to 3 finishers listed in each age category, if at all, for each PA Championship Cross-Country Meet. Based on simply winning the Big One, however, Domingo Tibaduiza and Sal Vasquez rise head and shoulders above the rest of the male 40-49 performers. Not only did they win more crowns (Domingo-3, Vasquez-5) than anyone else, but they usually did it in utterly dominating fashion. As they were also both world class performers on the roads, their running dominance was unquestioned. For the women, Linda Mantynen (2), Hilary Naylor (3), and Karen Lanterman (2), were multiple champions given the available data, while every other Masters 40-49 Female Champion was also of national class stature as these ladies were. A very tough call as to who achieved first ranking status.

In the Senior (50-59), Super Senior (60-69), and Veteran (70+) divisions, Sal Vasquez (4) and Jim Bevins (2) are multiple 50-59 champions on the men's side, while Barbara Miller (3), Vicki Bigelow (4), and Ruth Anderson (2) were also multiple champions, while World 10k record holder Shirley Matson won her only(?) contesting of the XC Championship in 1992. Vasquez clearly emerges here as our best male 50-59 XC performer ever, while Miller, Bigelow, and Anderson can all make a strong claim on the women's side. In the 60-69 ranks, Bob Malain (3), Margarathe Styskel (2) and the aforementioned Ruth Anderson (3) are multiple champions, with Malain and Anderson staking legitimate claims to being our best 60-69 big meet performers ever. 70+ year olds? There haven't been many recorded finishers! Thus, special credit goes to Howard Powers, Stanley DeMartinis and Mel Shine for being perhaps our only 3 Veterans tough and healthy enough to tackle this most grueling of running disciplines.

Please note, however, that my research—culled from several different sources—is far from complete; much more in the way of detailed interviews and other work will be necessary to provide a better look at our rich cross country past. I will hopefully be able to meet this challenge in further issues of the *Pacific Athlete*.

And Coming In The Next Issue Of the Pacific Athlete... Look for detailed club reports, a mid-season race update, and other cross-country tid bits.

When out on the trails and dales, keep in mind who helps make it all possible in 1996: American Track and Field Magazine, PowerBar, Gatorade, Venue Sports, Reebok, Amol Saxena, D.P.M. of the Palo Alto Medical Foundation, The Runner's High Sports Store, and MetroSport Running Specialists are our Cross Country sponsors. Anthony Davies will be the seasonal scorer in assisting Charles and Kathi with their duties. And most of the same race directors and their loyal volunteers who manage our PA-XC meets will once again return this Fall. Please extend them and our new Humboldt and Tamalpa Meet meet staff every courtesy.

For complete information on Pacific Association Cross-Country, and to obtain a copy of the Cross-Country Program or series rules, contact PA Cross-Country Co-Chairs **Charles Alexander** at (415)964-0643 (email:charlesa@esd.sgi.com) or **Kathi Berman** at (415)647-2429(email:kkkl@pge.com). Cross-Country results and related information will also be presented on the PA/USATF web page at <http://www.bdt.com/home/trimble/PAUSATF.html>. Information is provided in the Cross-Country Program regarding event entry, meet details, and individual and team scoring guidelines. Finally, look for the big, blue PA-USATF tents with the identifying USATF banner on top for Grand Prix results and standings at each actual meet.

Harris, Trujillo Nab Titles at Eureka 10 km

By Doug Thurston

The northernmost race on the PA-LDR Grand Prix circuit was won by two of the circuit's southern runners as Fresno's Jamey Harris and Salinas' Maria Trujillo captured the Cox Communications Run for Goodwill 10 km, August 4, in Eureka. The \$3,650 prize money purse and double Grand Prix points attracted small but competitive field.

Harris, who competed in the final of the U.S. Olympic Trials 1500-meter, used his miler's speed to zip past Russell Hill in the last 200 meters to win in 31:16.

"The later the sprint, the better the race for me," Harris said. "I just wanted to cover all the moves and wait until the last 200 meters."

A pack of 8-10 runners bunched together on the figure-eight shaped course until Danny Aldridge, one month from joining the masters ranks, made a dramatic surge at four miles, stringing out the field. Fellow Aggie Hill tried to take the sting out of Harris' kick with a move with a quarter mile left, by Harris easily sped by within sight of the finish line.

Jose Aispuro moved by Aldridge to capture third with dueling 39-year-olds Aldridge (31:28) and Miguel Tibaduiza of Reno (31:31) rounding out the top five.

Among the older age groups, the Aggie's Jeff Townsend of Los Gatos (33:31) edged rising circuit star Joerg Herbrechtsmeier of Reno and the Silver State Striders (33:35). Right behind in the usual tight masters battle was James Tracy (33:36) and Lloyd Stephenson (33:39) of Excelsior. Watch for Aldridge and Tibaduiza to shake up the masters ranks in the next circuit event, the Humboldt half, in October as both turn 40 within a few weeks of each other in September.

Ewar Gordillo ran almost 90 seconds faster than he did last year to win the seniors race in 34:35. Sal Vasquez, gradually rounding into shape from early 1996 injuries, was second in 35:00.

Roger Bryan of St. Helena was first among the seniors in 39:37 while David Valles of Santa Clara powered the West Valley Joggers and Striders to a sweep of the veterans places.

On the distaff side, Maria Trujillo three-peated in the open division in 35:37, a time more than a minute off her winning time last year. Terry Adams-Schmidt moved up from third last year to second, and first master, in 36:02.

"I took it easy in July after three marathons in three months," Trujillo said. "I took some days off, hiked Mt. Whitney, and did no speed work. I just got lucky today that no one caught me."

Trujillo is planning to back off the marathons until next spring, focusing on running a fast time at Los Angeles.

Adams-Schmidt used the race as part of her preparations for the Twin Cities Marathon in October, site of the National Masters Championships.

Rounding out the top five were West Valley Track Club member Sissel Berntsen-Heber, 36:24; Kristin Jacobs from San Jose, running for Ryan's (36:37); and Monica Townsend of Los Gatos and the Aggies, 36:45.

Finishing as second master was Joann Dahlkotter of Redwood and the Aggies, edging the Chips Kathy Ward, 39:23 to 39:26. It was the first race in almost five months for Ward, who has finally overcome several injuries since her spectacular 2:46 marathon debut last December.

Barbara Miller of Modesto and the Buffalo Chips captured the senior title in 42:02. Fellow Chips Myra Rhodes and Po Adams took home the super senior and veterans titles.

Just under 200 runners finished the event, which raised money for the Northcoast Advocacy Services, providing long term ombudsman and senior legal services, and Fire P.A.L.S., a fire prevention and life safety program.

Remaining PA-LDR Grand Prix Events...

Oct. 20	Humboldt 1/2 Marathon	Weott, 2.0 Pt. Value, \$4,000
Nov. 17	Clarksburg 30 km, Clarksburg,	2.0 Pt. Value, \$2,500
Nov. 23	PA Cross Country Champs., 6	km/10 km, San Fran., 1.0 Pts. \$2,000
Dec. 8	Cal. International Marathon,	Sacramento, 2.0 Pt. Value, \$4,000

Refer to the calendar on pp. 8-10 for more race info.. For information on the series, send a S.A.S.E. to Mark Winix, LDR Chair, P.O. Box 1621, Los Altos, CA 94023 (415) 948-0618.

Cox Communications Run for Goodwill, August 4, Eureka; PA 10 km Championships

Open Men (0-39)

1.	Jamey Harris	AGGIES	31:14
2.	Russell Hill	AGGIES	31:16
3.	Jose Aispuro	AGGIES	31:20
4.	Danny Aldridge	EMPIRE	31:28
5.	Miguel Tibaduiza	SSS	31:31
6.	Ken Keyte	EMPIRE	31:41
7.	Eric Walker	EMPIRE	31:44
8.	Rick Reitz	WVJS	31:45
9.	Ian Blai	HTC	31:48
10.	Ernie Freer	AGGIES	31:53

Open Women (0-39)

1.	Maria Trujillo		35:37
2.	Sissel Berntsen-Heber	WVTC	36:24
3.	Kristin Jacobs	RYANS	36:37
4.	Monica Townsend	AGGIES	36:45
5.	Lisbet Engberg	IMPALA	37:20
6.	Amanda Gerhardt	AGGIES	37:22
7.	Sandy Patterson	IMPALA	37:23
8.	Rae Henderson	AGGIES	37:50
9.	Luanne Park		38:19
10.	Laura Stanfield	AGGIES	38:26

Master Men (40-49)

1.	Jeff Townsend	AGGIES	33:31
2.	Joerg Herbrechtsmeier	SSS	33:35
3.	James Tracy	EXCELS	33:36
4.	Lloyd Stephenson	EXCELS	33:39
5.	Don Paul	EXCELS	34:19

Master Women (40-49)

1.	Terry Adams-Schmidt	SSS	36:02
2.	Joann Dahlkotter	AGGIES	39:23
3.	Kathy Ward	CHIPS	39:26
4.	Dee Dee Grafius	CHIPS	40:08
5.	Sue Francis	WVJS	40:59

Senior Men (50-59)

1.	Ewar Gordillo	SSS	34:35
2.	Sal Vasquez	WVJS	35:00
3.	Frank Ruona	TAMALPA	35:52
4.	Jim Reitz	WVJS	36:30
5.	Jim Williams	TAMALPA	36:51

Senior Women (50-59)

1.	Barbara Miller	CHIPS	42:02
2.	Eve Pell	IMPALA	43:45
3.	Cynci Calvin	CHIPS	43:49
4.	Pamela Horton	EMPIRE	43:56
5.	Sue Johnston	IMPALA	46:39

Super Senior Men (60-69)

1.	Roger Bryan	WVJS	39:37
2.	Bernie Hollande	TAMALPA	41:22
3.	Philip Erath		41:41
4.	William Flodberg	WVJS	42:41
5.	Forrest Williams		42:57

Super Senior Women (60-69)

1.	Myra Rhodes	CHIPS	47:54
2.	Georgia Buxton	CHIPS	1:12:22
3.	Lynn Lawrence		1:19:20

Veteran Men (70 & Over)

1.	David Valles	WVJS	48:43
2.	Stan Demartinis	WVJS	53:30
3.	Howard Powers	WVJS	1:01:31

Veteran Women (70 & Over)

1.	Po Adams	CHIPS	1:05:47
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Fleet Feet Capitol Mile

PA-USATF Road Mile Championship

July 7, Sacramento

by Mike Weddington

The PA-USATF Road Mile Championships were revived in the state capital this year, after an extended stay in the Sierra foothill town of Sonora. The new venue follows the old in offering a viewer-friendly course and a toasty climate generally conducive to distances of one mile or less. Although lacking the small-town charm of the "Mother Lode Mile," the Sacramento location is generally easier to reach for those PA members unable or unwilling to spend most of a weekend contesting a four to six minute race. Also, the flat Sacramento course is a swifter one than its hilly if distinctly charming predecessor.

Sacramento used to stage an annual road mile during the early to mid-80's; the route then was an L-shaped one that turned onto the Capitol Mall just in front of the Tower Bridge for a slightly downhill, 3/4 mile dash to the Capitol Dome. The current course is an bell-shaped one that starts and finishes in front of the Dome, making for a flatter and easier to observe version than its ancestor. Digital clocked splits at each quarter provided a welcomed touch of professionalism.

The return of the Sacramento Mile was highlighted by several stellar and exciting performances, beginning with the **Senior Men's Mile**. At about 10:30 A.M., following youth and fun-runner heats, the PA-USATF action was jump-started by a sterling duel in the front ranks by regular PA rivals Jim Gibbons, Ewar Gordillo, Sal Vasquez, Jim Reitz and Jim Williams. This venerable 50+ plus crowd reached the half way mark in a blazing time of 2:23, with Gordillo and Gibbons leading the pack. It was clearly Gordillo and Gibbons for the lead at the 1320, reached in about 3:33. From there, a very large bear leaped onto the bearded Gibbons' back down the stretch, whereupon Gordillo cruised in for a fine 4:51.1 win. Meanwhile, it was all Gibbons could do to hobble in ahead of a surging Sal "I am not a miler" Vasquez, who edged out Reitz and Williams for third. Meanwhile, the race featured one of the deepest Senior-aged mile fields in the nation this past year, with Gibbons (4:54.8), Vasquez (4:57.0), Williams (4:57.4), Reitz (4:58.6), and Alphonso Jackson (4:59.5) all breaking 5 minutes.

Meanwhile, the 60-69 Super Senior set was led to the line by Tamalpa's Bernie Hollander in 5:29.3. Bernie, incidentally, has been a driving force in organizing a world-record attempt by Tamalpa at the 4 x 1 Mile mark for 50-59 year olds; an attempt that will take place at Marin Community College in August. The Veteran 70+ Division was won by David Valles in 6:37.4—a time that some 80-90 % of the entire American population would be unable to currently muster.

The **Masters/Senior Women's Mile** was next, and it showcased the talent of new PA Masters star Terry Adams-Schmidt of Silver State, who is displaying remarkable range in winning Masters Divisions from the Reno PA-USATF 15 km Championships and the 12 km Bay to Breakers on down to the mile. Never really pressed during the latter stages of the race, she finished in an excellent masters time of 5:11.4. Sprinting in some 8 seconds later was national class and West Valley Track Club star Honor Fetherston in 5:19.2. Dee Dee Grafius (5:26.2), Fetherston's triplet sister Shelly Sumner (5:31.1), and Sue Francis (5:34.1) rounded out the top five in the 40-49 division.

The female Seniors were paced to the line by WVTC's Joan Ottaway in an outstanding 50+ time of 5:33, with Juda McCormick also dipping below 6:00 (5:50.2). Long-time Masters/Seniors Bay Area star Vickie Bigelow was first Super Senior in an excellent 6:27, and Po Adams nearly broke 9 minutes (9:08) in being the sole 70+ year old female to enter the event.

Then it was the **Masters Men's Mile**, and Dan Gruber of Aptos and the Reebok Aggies continued the day's trend by decisively winning the race by a rather comfortable margin. The former 4:15 prep and 4:02.8

collegiate miler went out with ubiquitous PA long distance star Lloyd Stephenson of Excelsior and Nevada-resident Joerg Herbrechtsmeier through the half, as Gruber re-acquainted himself with competitive miling for the first time in nearly two decades. Over the last 880, Gruber called upon the strength that earned him a PA-USATF Cross-Country title over Stephenson last Fall, and had once carried him to some 18 under 30 minute 10 km performances within a single year, and muscled a 4:27.2 win. Herbrechtsmeier—a sub 2:00 Masters 800 meter performer—outkicked Stephenson for second (4:28.4 to 4:29.9).

Next on tap was the **Women's Open Mile**. The crowd of roughly 500 spectators and athletes was abuzz with the news that both Olympic Trials 1500 meter Champion Regina Jacobs and national junior star Julia Stamps were present. Only Stamps toed the line in the Women's Open Event, however, as Jacobs obtained permission to run with the open guys in the Men's Open Mile. And so it was the 2-time California state 3200 and Kinney National Cross-Country champion that immediately seized the lead a hundred meters in the event, as is her style. Coming off of a solid mile win at Golden West and a third consecutive USATF Junior National 3000 win, the Santa Rosa senior to-be ran a strong solo effort of 4:43.6, which computes to about a 4:42 for 1600 meters, making the race one of Julia's best ever at one mile/1600/1500. Not possessing tremendous foot speed, according to coach Danny Aldridge, Julia's remarkable strength nevertheless makes her a prime contender to be one of the few prep women ever to dip below 4:40 in the mile during her coming senior year.

Behind Julia was a spirited battle for second, with fellow Santa Rosa resident Shannon Sweeney charging through the line in 5:00.2 for second—a fine time for a 37 year-old, male or female. The veteran Reebok Aggie leader was followed by former NCAA Division II 1500 meter champion Kristina Mathias (5:02.6), teammate and training partner Lisa Geoffrion (5:04.5), and one of the top female steepplers in the nation, Monica Townsend (5:05.4).

Regina Jacobs, meanwhile, had come to Sacramento from a training camp in the nearby Sierra to "relax" and get in some simulated racing while sharpening for the approaching Games. "Slightly injured" at the Trials with a case of posterior tibialis syndrome, Regina had taken some time off from speed work and heavy training immediately after the Trials, especially since the hard and fast Mondo Track in Olympic Stadium exacted a further toll on her aching legs. The week of the Sacramento Mile, however, Jacobs resumed with the speed, and had even did some interval work the day before the Fleet Feet Mile!

The **Open Men's Mile** capped off the day's schedule of events. The finale was controlled from the onset by PA mile kingpin Jamey Harris of the Reebok Aggies, who acquitted himself well at the Trials by making the final of the 1500 meters. The Fresno state alum unpressed here, as no one in the field could currently match his sub-4:00 mile degree of fitness. His long strides eating up the asphalt, Harris glided to a 4:06.4 victory, with fellow Fresno State grad Joe Carnegie making an unusual PA appearance with a fine 4:10.8 effort for second. The big story, however, was Empire Runner Danny Aldridge's third-place performance (4:17.9). Holding off Reebok Aggie Mike Spencer (4:18.4) and a faltering fellow Empire Runner Eric Walker, a former Sacramento State Hornet (4:18.9). The 39 year old Aldridge displayed a degree of fitness that could eventually carry him below 4:10 and—who knows—to his ultimate goal of sub-4:00 as a master. Turning 40 in September, the former 3:55/13:31 performer has the graceful form, relative health, and talent to become one of America's finest masters milers in history, especially when considering that he has "yet to do any concentrated speedwork" during his current mile training. Regina Jacobs, meanwhile, impressed on-lookers with a controlled 4:28.3 clocking, which would have scored (top 5 team) for every Open Men's team present save the Reebok Aggies.

Fleet Feet Capitol Mile

Partial Race Results, Open and Masters Competition

Sunday, July 7, Sacramento, PA/USATF Road Mile Championship

Entrants: 400; Finishers: 379 (inc. youth); Weather: Sunny, 77°-94°

Men 50 and Over

Pl	Time	Div*	Last	First	City	Age	Club/\$
1	4:51.11	1	Gordillo	Ewar	Reno	51	Silver St\$50
2	4:54.74	2	Gibbons	Jim	Willits	52	WVTC
3	4:56.93	1	Vasquez	Sal	Suison	56	WVJS
4	4:57.32	2	Williams	Jim	Novato	55	Tamalpa
5	4:58.54	3	Reitz	Jim	Livermore	52	WVJS
6	4:59.43		Jackson	Alfonso	Oakland	50	Hoy's
7	5:03.29		Ruona	Frank	Novato	50	Tamalpa
8	5:04.58		Taylor	David	Benecia	52	East Bay
9	5:05.91		Chimenti	Dick	San Jose	53	WVJS
10	5:08.88		Franklin	Harvey	Oakland	53	WVTC
11	5:11.28		La Sala	Ben	Ran. Cord.	52	Chips
12	5:12.66	3	Chappell	Neal	Stateline	57	WVJS
13	5:15.02		Hayden	Perry	Reno	51	Silver State
14	5:19.03		Preston	Dan	S. Rosa	54	Empire
15	5:20.22		Goldman	Len	Oakland	51	East Bay
16	5:20.95		Gilligan	Gene	Nev. City	54	
17	5:23.08		Eason	Dick	El Macero	50	
18	5:23.71		Morrill	Glen	Reno	53	Silver State
19	5:24.83		Shelgren	John	Sacto	56	
20	5:27.10		Bartolini	Giovanni	San Fran	50	Excel
21	5:29.23	1	Hollander	Bernie	Novato	60	Tamalpa
22	5:29.86		Hurtado	Joe	Sunnyvale	55	WVJS
23	5:30.50		Edwards	Craig	San Fran	50	Excel
24	5:31.14		Krebs	Franks	Orangevale	53	WVTC
25	5:34.41		Valencia	Jan	Seaside	51	Ryan
26	5:36.65	2	Richardson	Pete	Manteca	61	WVTC
27	5:37.51		Contreras	Todd	Carmi'l	52	Chips
28	5:37.91		Dorman	Lins	Jamestown	52	
29	5:38.99		McNeil	Terry	S. Rosa	53	Empire
30	5:39.66	3	Meyer	Horst	Kentfield	60	Tamalpa
31	5:40.23		Saucedo	Norman	Los Gatos	60	WVJS
32	5:43.84		Guidolin	Ricardo	Stockton	58	
33	5:47.03		Riley	Time	Campbell	52	WVJS
34	5:47.94		Park	Eric	Sacto	50	Chips
35	5:49.46		Collins	Richard	Saratoga	53	
36	5:51.85		Harms	Ralph	S. Rosa	60	Tamalpa
37	5:53.59		Vanzant	Walt	Sunnyvale	57	WVJS
38	5:54.73		Antonides	Gene	Saratoga	60	WVJS
39	5:56.74		Scotchler	Malcolm	Berkeley	50	East Bay
40	5:57.44		Flodberg	William	San Martin	62	WVJS
41	5:58.20		McCladdie	Joe	N. Highl'ds	58	Chips
42	6:00.22		Tronrud	David	Sacto	53	
43	6:07.77	1	Carter	Marion	San Jose	65	WVJS
44	6:12.19		Gratton	John	Sacto	53	
45	6:19.68	2	Jacques	Boyce	Reno	69	
46	6:23.01		Moss	George	El Cerrito	60	WVJS
47	6:25.59		Glenman	Don	Greenbrea	60	Tamalpa
48	6:31.01	3	Gregson	John	San Fran	65	WVJS
49	6:34.02		Wago	Dave	Sonoma	63	Tamalpa
50	6:37.36	1	Valles	David	S'ta Clara	72	WVJS
51	6:40.49		Dunn	John	Sacto	62	Chips
52	6:41.45		Parrott	George	Sacto	52	Chips
53	6:41.91		Watson	Merele	Cts. Hts.	50	
54	6:52.63		Hunt	Patrick	Larkspur	55	
55	6:53.67	2	Demartinis	Stan	Saratoga	73	WVJS
56	7:23.84	3	Kaplan	David	Sacto	73	
57	7:38.40		Urdzik	George	S. Rosa	53	Empire
58	7:40.02		Holtzman	Ken	Yuba City	52	
59	7:45.48		Powers	Howard	S. Valley	71	WVJS
60	8:00.23		Pooley	Tom	Auburn	67	
61	8:01.31		Tidey	Clayton	Sacto		
62	8:27.53		Duran	Gilbert	Roseville	69	
63	8:51.99		Lyons	Vic	Murphys	70	

Women 40-and-over

Pl	Time	Div*	Last Name	First	City	Age	Club/\$
1	5:11.32	1	Adams-Schmidt	Terry	St'line, NV	40	Silver \$100
2	5:19.12	2	Fetherston	Honor	Mill Valley	41	WVTC \$50
3	5:26.17	1	Grafius	Dee Dee	Modesto	47	Chips

4	5:31.08	3	Sumner	Shelley	San Jose	41	WVJS
5	5:32.78	1	Ottaway	Joan	Sonora	52	WVTC
6	5:34.06	4	Francis	Sue	Sunnyvale	43	WVJS
7	5:44.22	5	Fry	Claire	Benicia	43	Chips
8	5:46.02		Scott	Cindi	Sacto	41	Chips
9	5:47.92		Howell	Patty	Reno, NV	40	Silver State
10	5:48.75		Dahlkoetter	Joann	Redw'd City	42	Aggies
11	5:50.19	1	McCormick	Juda	Cupertino	55	WVTC
12	5:51.89	2	Wallach	Darlene	San Jose	45	Ryans
13	5:54.89		Iwahashi	Christime	Sacto	40	Chips
14	5:58.45		Gray	Katie	Novato	41	Tamalpa
15	5:59.46		Velling	Anne	Auburn	43	Chips
16	6:02.55		Livingstone	Lourdes	San Fran	41	Impala
17	6:07.53	3	Ryan	Margaret	San Fran	45	Impala
18	6:19.19	2	Pell	Eve	Mill Valley	59	Impala
19	6:20.03		Herman	Irene	San Fran	46	Impala
20	6:22.55		Ettare	Antonia	San Jose	42	WVJS
21	6:23.85	2	Horton	Pamela	S. Rosa	52	Empire
22	6:26.00	3	Calvin	Cynci	Auburn	50	Chips
23	6:26.82		DiNapoli-Tietz	Karen	San Jose	40	Ryans
24	6:27.11	1	Biegelow	Vickie	S. Lorenzo	60	
25	6:28.77		McPhail	Annette	Saratoga	44	WVJS
26	6:30.81		Stickler	Edda	Novato	54	Tamalpa
27	6:31.50		Cronk	Susan	Aptos	49	Ryans
28	6:32.39	3	Walters	Louise	Foresthill	56	Impala
29	6:33.04		Quartarolo	Becky	F. Oaks	49	
30	6:36.48		Johnston	Sue	Oakland	54	Impala
31	6:41.38	2	Rhodes	Myra	Sacto	63	Chips
32	6:43.56		Hannan	Christina	Danville	41	Eastbay
33	6:44.73		Tronrud	Helga	Sacto	43	
34	6:54.71		Carpenter	Sandy	Campbell	41	WVJS
35	7:01.19		Moon	Madelyn	Saratoga	54	WVJS
36	7:08.72	1	Styskle	Margar.	Murphys	66	
37	7:23.08		Root	Betty	Campbell	50	WVJS
38	7:33.23		McCulligan	Maureen	Carmi'l	58	Chips
39	7:36.36		Valencia	Cathy	Seaside	47	
40	7:44.95		Orouke	Michelle	M'dowvista	40	
41	7:49.05		Olson	Jeanne	Cas. Valley	49	
42	7:52.30		Hurtado	Ruby	Sunnyvale	54	WVJS
43	7:55.08		Koppe	Pam	San Rafeal	53	Tamalpa
44	8:31.75	2	Ewing	Peggy	Sacto	68	Chips
45	8:33.47		Meyer	Heidi	Kentfield	59	Tamalpa
46	9:08.13	1	Adams	Po	Carmi'l	72	Chips
47	9:18.08		Grijalva	Lily	Sacto	44	

Men 40-49

Pl	Time	Div*	Last Name	First	City	Age	Club/\$
1	4:27.20	1	Gruber	Daniel	Aptos	40	Agg's\$200 ¹
2	4:28.32	2	Herbrechtsmeier	Joerg	Reno	40	Silver S \$50
3	4:29.92	3	Stephenson	Lloyd	San Fran	41	Excel
4	4:41.22	4	Standifer	Eric	Oakland	40	Excel
5	4:42.70	1	Gorman	Jim	Palo Alto	47	Excel
6	4:44.89	2	Tracy	James	San Fran	46	Excel
7	4:46.27	3	Paul	Don	San Fran	45	Excel
8	4:47.79	5	Fanelli	Mike	San Fran	40	Hoys
9	4:48.92	4	Franklin	Sylvester	Daly City	45	Excel
10	4:49.37		Lighty	Charles	Stockton	41	WVJS
11	4:49.85		Anderson	Andre	Reno	41	Silver State
12	4:50.31		Casey	Ed	San Jose	41	Ryans
13	4:51.14		Dunn	Bill	Sunnyvale	48	WVJS
14	4:51.43		Sturgeon	Randy	Folsom	44	Chips
15	4:51.87		Sharman	Bob	Sacto	40	Chips
16	4:52.25		Magnin	Dale	Reno	43	
17	4:52.78		Hinzmann	Brock	Palo Alto	43	Excel
18	4:53.22		McDonald	Vince	Elk Grove	42	
19	4:53.80		Petto	Steve	Burlingame	40	
20	4:55.44		Flynn	Kitt	Gr. Valley	43	WVJS
21	4:55:85		Woodhouse	Bryan	Elk Grove	40	Chips
23	4:57.58		Moon	Danny	Saratoga	48	WVJS
24	4:57.82		Yee	Steven	Sacto	43	Chips
22	4:57.22		Shannon	Tim	El Macero	46	Chips
25	4:59.55		Knapp	Bill	Verdi	46	Excel
26	5:00.03		Ramos	Dan	Daly City	46	Hoy's
27	5:01.55		Penry	Matt	Morgan Hill	42	Ryan's
28	5:02.36		Tietz	Steve	San Jose	40	Ryan's

(Continued on next page)

FLEET FEET MILE, Contd. from page 19

29	5:03.85	Aldrich	Bruce	Sacto	40	Chips	41	5:55.22	Galligani	Janine	San Fran	32	
30	5:06.54	Lilot	Kim	San Fran	45	Excel	42	5:57.63	Fitzpatrick	Elizabeth	San Fran	32	West Valley
31	5:09.20	Watanabe	Karl	Fremont	41	Ryan's	43	5:58.42	Craig	Cary	Esparto	38	
32	5:10:19	Martinez	Daniel	Sparks	43	Silver State	44	6:01.79	Richard	Marian	Cupertino	36	WVJS
33	5:11.07	Darling	Robert	San Fran	46	Excel	45	6:05.59	Ludington	Soraya	Sacto	31	Chips
34	5:11.61	Ong	Lee	San Fran	46	Hoy's	46	6:12.15	Chase	Mary Jo	Palo Alto	26	WVTC
36	5:12.62	Beal	Hank	Sacto	41	Chips	47	6:22.78	Crowley	Cathy	Sacto	34	
35	5:12:26	Carr	Pat	San Rafael	42	Tamalpa	48	6:33.04	Martin	Elizabeth	Elk Grove	34	
37	5:13.20	James	Donald	Oakland	47	Unattached	49	6:40.05	Edwards	Artaria	Sacto	34	
38	5:14.21	Ratti	Julios	Oakland	45	East Bay	50	6:45.46	Dodd	Michelle	San Fran	37	Impala
39	5:15.00	Hayes	Todd	San Jose	46	WVJS	51	6:47:07	Kuhn	Diane	Folsom	39	
40	5:16.52	Deschter	Steven	Novato	45	Tamalpa	52	6:47.69	Lee	Anna	San Fran	31	Impala
41	5:16.89	Freitas	Stephen	Danville	46	East Bay	53	6:53.65	Riego	Irene	Sacto	30	
42	5:17.80	Duncan	Matthew	Sacto	49	Chips	53	7:54.31	Ortiz	Francisca	Sacto	33	
43	5:18.66	Ellis	Ken	Sacto	43	Chips			Geyer	Cathy	Sacto	33	
44	5:18:96	Jang	David	Rancho Cord	40	Aggies							
45	5:19.92	Sibley	Ray	Sparks	41	Silver State							
46	5:20.42	Yasuhara	Stan	San Fran	46	Hoy's							
47	5:20.85	Pass	Steve	Sacto	45								
48	5:24.40	Hernandez	Fabio	Sunnyvale	48	Ryan's							
49	5:27.37	Johnston	Bill	Pleasanton	46	WVJS							
50	5:28.70	Frankfurt	Michael	Berkeley	44	East Bay							
51	5:29.32	Smeloff	Edward	Sacto	45								
52	5:30.01	Backlund	Steve	F. Oaks	43								
53	5:31.12	Williams	Frank	Mt View	43	Ryan's							
54	5:31.74	Fredenburg	Bob	Sacto	43								
55	5:32.17	Baumgartner	Cecil	Sunnyvale	40	WVJS							
56	5:33.48	Blecka	John	Petaluma	42								
57	5:34.40	Murray	Rick	San Fran	44								
58	5:34.81	Mathenson	Craig	Granite Bay	40								
59	5:36.58	Lok	D.H.	Oakland	42	East Bay							
60	5:37.57	Utterback	Arnold	Sacto	49								

**Stamps is a high school student and ineligible for prize money.*

Open Men 20-39

Pl	Time	Div*	Last Name	First	City	Age	Club/\$	Pl	Time	Div*	Last Name	First	City	Age	Club/\$
1	4:43.59	1	Stamps	Julia	S. Rosa	17	Unatt \$0 ¹	1	4:06.41	1	Harris	Jamey	Fresno	25	Agg's \$300 ¹
2	5:00.20	2	Sweeney	Shannon	S. Rosa	37	Agg's \$150	2	4:10.80	2	Carnegie	Joe	Fresno	30	\$100
3	5:02.56	3	Mathias	Kristina	Sunnyvale	26	\$100	3	4:17.86	3	Aldridge	Danny	S. Rosa	39	Empire \$50
4	5:04:50	4	Geoffrion	Lisa	Petaluma	36	Aggies \$50	4	4:18.39	4	Spencer	Michael	Cas. Valley	31	Aggies
5	5:05.34	5	Townsend	Monica	Los Gatos	28	Aggies	5	4:18.94	5	Walker	Eric	S. Rosa	27	Empire
6	5:08.03	6	Gerhardt	Amanda	Woodside	28	Aggies	6	4:20.32	6	Hill	Russell	Milpitas	28	
7	5:09.83	7	Berntsen-Herber	Sissel	San Fran	32	WVTC	7	4:21.00	7	Stephens	Bart	Danville	28	Aggies
8	5:10.53	8	Jacobs	Kristin	San Jose	31	Ryan's	8	4:21.78	8	Berkowitz	Kevin	Hayward	24	
9	5:11.22	9	Jacobson	Kelly	Fresno	21		9	4:25.27	9	Reitz	Rick	Livermore	26	WVJS
10	5:11.99	10	Svoboda	Meg	Sacto	30	Chips	10	4:25.59	10	Aispuro	Jose Pilar	Watsonville	34	Aggies
11	5:15.00	11	Kriege	Becki	San Jose	29	WVTC	11	4:25.91	11	Blair	Ian	Sco. Valley	25	Humboldt
12	5:17.93	12	Patterson	Sandy	San Fran	38	Impala	12	4:26.19	12	Tibaduiza	Miguel	Reno	39	Silver State
13	5:18.45		Lincke	Christine	Mt. View	31	Ryans	13	4:26.45	13	Phipps	Christo.	San Fran	26	Aggies
14	5:20.66		Brennan-Erler	Eileen	San Fran	35		14	4:27.63	14	Trovinger	Corey	Lafayette	28	Humboldt
15	5:22.09		Worthen	Stacey	Sacto	23		15	4:28.01	15	Mancini	Dan	San Fran	32	Hoy's
16	5:23.79		Brunton	Staci	Turlock	25	Aggies	16	4:28.22		Jacobs	Regina (F)	Oakland	32	Unofficial
17	5:24.02		Churchman	BZ	Oakland	34	East Bay	17	4:31.92		Strange	Ty	R'wood Va.	35	Empire
18	5:24.22		Bartlett	Shelly	Po'la valley	31	Impala	18	4:33.58		Barnes	Jeremy	Sacto	23	
19	5:25.13		Devine	Jen	Sacto	24	Chips	19	4:35.64		Bohaty	Spencer	Sacto	20	
20	5:26.06		D'Onofrio-Wood	Kathy	Truckee	31	Silver State	20	4:36.20		Adams	Jeffrey	Sacto	39	Chips
21	5:27.07		Kondo	Connie	Folsom	38	Chips	21	4:37.15		Rodefer	Ben	Berkeley	33	East Bay
22	5:27.62		Freeman	Alison	San Mateo	36	Impala	22	4:37.61		Goode	Bruce	Berkeley	30	East Bay
23	5:28.60		McDowell	Nancy	Sacto	34	Chips	23	4:38.35		Kameyer	Joshua	Woodland	21	
24	5:28.93		Almeida	Libby	El Dor. Hills	28	Chips	24	4:38.69		Sheppard	Jeff	Antelope	34	
25	5:29.22		Castillo	Ann	Fresno	36	Aggies	25	4:39.01		Picci'io	Mark	Berkeley	39	
26	5:31.84		Benson	Carolyn	Los Gatos	39	WVJS	26	4:39.26		Trimble	Thom	Wal. Creek	37	
27	5:34.31		West	Terrie	Pleasanton	32	Tamalpa	27	4:39.64		Dehlinger	Alan	Reno	35	Silver State
28	5:35.12		Nelson-Aldridge	Teresa	S. Rosa	36		28	4:39.94		Garcia	Louis	S. Rosa	39	Empire
29	5:36.17		Grafius	Amy	Reno	22		29	4:40.19		Parod	Chris	Carmi'l	22	
30	5:40.62		Kuffel	Karin	Oakland	33	East Bay	30	4:40.44		Russell	Ray	San Jose	37	
31	5:43.18		Schwartz	Malia	Berkeley	33	East Bay	31	4:41.11		Lucey	Chris		30	Hoy's
32	5:43.72		Smith	Janet	Cupertino	35		32	4:41.99		Mansouri	Ali	Fremont	27	East Bay
33	5:45.99		Murmane	Jennifer	San Mateo	30	WVTC	33	4:43.15		Bohn	Eric	Rohn. Park	30	Empire
34	5:46.88		LeFebre	Karen	Camino	28		34	4:44.29		Landrum	Richard	Orangevale	22	
35	5:48.44		McQuirk	Sandra	Reno	29		35	4:45.04		Swain	Chris	Kentfield	24	
36	5:51.64		Wang	Amy	Palo Alto	30	WVTC	36	4:46.07		Turkey				
37	5:52.19		Emo	Kelley	Campbell	31	WVJS	37	4:46.33		Davies	Anthony	San Fran	31	
38	5:54.32		McAllister	Lucy	San Fran	38		38	4:46.69		Richardson	Ron	Sacto	39	
								39	4:47.24		Abbott	Tyler	San Fran	35	Excel
								40	4:47.56		Glaubitz	Kurt	San Fran	31	Hoy's
								41	4:47.79		Fergus	David	San Jose	38	WVJS
								42	4:48.12		Cabrera	Jose	San Fran	39	Excel
								43	4:49.19		Lizarraga	Jose	San Fran	35	Hoy's
								44	4:50.40		Fabris	Joe	Los Gatos	38	Aggies
								45	4:51.28		Worthen	Chad	Sacto	22	
								46	4:51.55		Bang	Scott	San Jose	28	
								47	4:51.78		Fong	Tony	Alameda	37	Tamalpa
								48	4:53.19		Martin	John	Campbell	33	No. 131
								49	4:55.02		Stark	Rob	Elk Grove	36	
								50	4:55.87		Keenan	Tim	Concord	na	East Bay
								51	4:56.10		Grove	Robert	Folsom	28	Aggies
								52	4:56.44		Michaels	Jacob	San Fran	29	West Valley
								53	4:57.88		Youngren	Jack	San Fran	33	Tamalpa
								54	4:58.97		Murray	Alistair	Palo Alto	38	WVJS
								55	5:01.64		Legras	Jean-Cl.	Gr. Valley	30	
								56	5:02.23		Gerhardt	Floyd	Woodside	31	Aggies
								57	5:04.22		Phinney	Bruce	San Rafael	36	Hoy's

1996 Pacific Association Long Distance Running Grand Prix Standings

(Through The Cox Cable 10 km on August 4, 1996)

OPEN MEN (39 & under)

Place	Name	Team	Total
1	Jose Aispuro	Aggies	168.0
2	Jamey Harris	Aggies	147.0
3	Danny Aldridge	Empire	126.0
4	Russell Hill	Aggies	119.0
5	Miguel Tibaduiza	Silver State	109.0
6	Ken Keyte	Empire	108.0
6	Ty Strange	Empire	108.0
8	Earnest Freer	Aggies	92.0
9	Richard Reitz	WVJS	88.0
10	Eric Walker	Empire	84.0
11	Lloyd Stephenson	Excelsior	81.0
12	Alan Dehlinger	Silver State	80.0
13	Ian Blair	Humboldt TC	61.0
14	Rod Heskett	Aggies	60.0
15	Jeff Hacker	Ryan's	59.0
16	John Moreno	Hoy's	52.0
17	Brent Griffiths	Aggies	49.0
18	Chris Phipps	Aggies	48.0
18	Chris Schille	Aggies	48.0
18	Eric Bohn	Empire	48.0
18	Mark Conover	Aggies	48.0
22	Joseph Karnes	Unatt	46.0
23	Joe Rubio	Aggies	40.0
24	Aaron Pierson	Hoy's	39.0

OPEN WOMEN (39 & under)

Place	Name	Team	Total
1	Maria Trujillo	Ryan's	192.0
2	T. Adams-Schmidt	Silver State	174.0
3	Amanda Gerhardt	Aggies	142.0
4	Lisbet Engberg	Impala	136.0
5	Lisa Geoffrion	Aggies	103.0
6	Kristin Jacobs	Ryan's	98.0
7	Sissel Berntsen-Heber	WVTC	88.0
8	Christine Lincke	Ryan's	87.0
9	Sandy Patterson	Impala	85.0
10	Kristina Mathias	WVJS	83.0
11	Shannon Sweeney	Aggies	69.0
12	Monica Townsend	Aggies	63.0
13	Lynice Benton	Silver State	61.0
13	Becki Kriege	WVJS	61.0
15	Regina Jacobs	Unatt	60.0
15	Laura Sanchez	Ryan's	60.0
17	Linda Somers	Unatt	58.0
17	Laura Stanfield	Aggies	58.0
19	Margaret Svoboda	Chips	54.0
20	Rae Henderson	Aggies	49.0
21	Malia Schwartz	East Bay	47.0
22	Barb Acosta	Unatt	46.0
23	Joann Dahlkoetter	Aggies	44.0

MASTER MEN (40-49)

Place	Name	Team	Total
1	Lloyd Stephenson	Excelsior	175.0
2	James Tracy	Excelsior	147.0
3	Joerg Herbrechtsmeier	Silver State	131.0
4	Jeff Townsend	Aggies	129.0
5	Sylvester Franklin	Excelsior	123.0
6	Sal Vasquez	WVJS	102.0
7	Brock Hinzmann	Excelsior	98.0
8	Don Paul	Excelsior	97.0
9	John Moreno	Hoy's	90.0
9	Ewar Gordillo	Silver State	90.0
11	Eric Standifer	Excelsior	80.0
12	Dan Sauers	WVJS	79.0
13	William Dunn	WVJS	74.0
14	Bill Knapp	Excelsior	70.0
15	Bob Ebert	WVJS	67.0
16	Dan Preston	Empire	60.0

17	Richard Flores	Empire	50.0
18	Joseph Schieffer	East Bay	48.0
19	Francesjohn Gailson	Excelsior	46.0
20	Kitt Flynn	WVJS	45.0
21	Frank Ruona	Tamalpa	42.0
22	Jim Gorman	Excelsior	41.0
23	Dave Reed	Unatt	36.0
24	Dale Magann	Silver State	35.0
24	James Reitz	WVJS	35.0

MASTER WOMEN (40-49)

Place	Name	Team	Total
1	Terry Adams-Schmidt	Silver State	140.0
2	Joann Dahlkoetter	Aggies	96.0
3	Sue Francis	WVJS	75.0
4	B. Simmie-Kesecker	Impala	48.0
5	Barbara Miller	Chips	44.0
5	Dee Dee Grafius	Chips	44.0
7	Melody-Anne Schultz	Tamalpa	42.0
8	Anne Jeffrey	Tamalpa	39.0
8	Kathy Ward	Chips	39.0
10	Honor Fetherston	WVTC	34.0
11	Christine Iwahashi	Chips	30.0
11	Patty Howell	Silver State	30.0
13	Darlene Wallach	Ryan's	25.0
14	Elizabeth Edwards	WVTC	24.0
14	Cindy Scott	Chips	24.0

SENIOR MEN (50-59)

Place	Name	Team	Total
1	Ewar Gordillo	Silver State	134.0
2	Sal Vasquez	WVJS	115.0
3	Dan Preston	Empire	92.0
4	James Reitz	WVJS	86.0
5	James Williams	Tamalpa	69.0
5	Frank Ruona	Tamalpa	69.0
7	Alphonzo Jackson	Hoy's	68.0
8	Jon Macpherson	Tamalpa	46.0
9	Perry Hayden	Silver State	43.0
9	Dick Chimenti	WVJS	43.0
11	David Taylor	East Bay	33.0
12	Doug Butt	WVTC	28.0
13	James Gibbons	WVTC	26.0
14	Joe Hurtado	WVJS	18.0
15	Steve Stephens	Tamalpa	15.0
16	Karl Gripenburg	Tamalpa	14.0
17	Skip Houk	Silver State	11.0
18	Andrew Jensen	Empire	10.0
19	Martin Jones	Empire	9.0

SENIOR WOMEN (50-59)

Place	Name	Team	Total
1	Barbara Miller	Chips	42.0
2	Melody-Anne Schultz	Tamalpa	36.0
3	Eve Pell	Impala	22.0
4	Joan Ottaway	WVTC	20.0
5	Pamela Horton	Empire	15.0
6	Jutta McCormick	WVTC	14.0
7	Cynci Calvin	Chips	11.0

SUPER SENIOR MEN (60-69)

Place	Name	Team	Total
1	Bernie Hollander	Tamalpa	58.0
2	Roger Bryan	WVJS	48.0
3	William Flodberg	WVJS	20.0
4	Carl Ellsworth	Chips	8.0
4	Norman Salicedo	WVJS	8.0
4	Philip Erath	Unatt	8.0
7	Stephen Gaal	Sundance	6.0
7	Pete Richardson	WVTC	6.0

SUPER SENIOR WOMEN (60-69)

Place	Name	Team	Total
1	Myra Rhodes	Chips	46.0
2	Margarethe Styskel	Tarahumara	36.0
3	Vicki Bigelow	Unatt	30.0
4	Juliane Scheberies	Unatt	18.0
4	Po Adams	Chips	18.0
7	Georgina Buxton	Chips	8.0
8	Marlene Kinser	Tarahumara	6.0
9	Ruth P. Anderson	BAU	4.0
11	Jean Lafever	Tarahumara	2.0
11	Joanne Kambur	Tamalpa	2.0

VETERAN MEN (70 & over)

Place	Name	Team	Total
1	David Valles	WVJS	70.0
2	Stanley Demartinis	WVJS	42.0
3	Howard Powers	WVJS	28.0
4	Gary Toji	Unatt	18.0
5	Frank Cunningham	WVJS	10.0
6	Jack Friedlander	WVJS	3.0
7	William Redmond	Unatt	2.0

VETERAN WOMEN (70 & over)

Place	Name	Team	Total
1	Po Adams	Chips	62.0
2	Jaclyn Caselli	NCSTC	20.0

1996 Long Distance Grand Prix Team Standings

(Through Cox Cable 10 km)

Standings tentative until confirmed by Clubs

OPEN MEN

Pl	Name	Total
1	Aggies	90.0
2	Empire	77.0
3	East Bay	65.0
4	Silver State	49.0
5	WVJS	42.0
6	Excelsior	37.0
7	Hoy's	20.0
8	Chips	19.0

OPEN WOMEN

Pl	Name	Total
1	Aggies	83.0
2	Impala	71.0
3	Ryan's	55.0
4	East Bay	39.0
5	Chips	38.0
6	Silver State	37.0
7	WVTC	30.0
8	WVJS	23.0

MASTER MEN

Pl	Name	Total
1	Excelsior	90.0
2	WVJS	68.0
3	Ryan's	67.0
4	East Bay	58.0
5	Silver State	52.0
6	Chips	18.0
7	Tamalpa	15.0
8	Hoy's	14.0
9	Aggies	10.0

MASTER WOMEN

Pl	Name	Total
1	Impala	71.0
2	WVJS	66.0
3	Chips	65.0
4	Silver State	50.0
5	Tamalpa	26.0

SENIOR MEN

Pl	Name	Total
1	WVJS	87.0
2	Tamalpa	75.0
3	Silver State	60.0
4	Empire	54.0
5	East Bay	21.0
6	Chips	14.0

SENIOR WOMEN

Pl	Name	Total
1	Impala	82.0
2	Tamalpa	64.0
3	WVJS	57.0
4	Chips	20.0

SUPER SENIOR MEN

Pl	Name	Total
1	WVJS	87.0
2	Tamalpa	57.0

SUPER SENIOR WOMEN

Pl	Name	Total
1	Chips	30.0

VETERAN MEN

Pl	Name	Total
1	WVJS	90.0

VETERAN WOMEN

(no Super Senior or Veteran Women's Teams scored)

Western States 100-Mile Endurance Run Squaw Valley to Auburn, July 29-30

by Hollis Lenderking

In track and road running, speed and endurance are always complimentary; the optimal balance of the two defines an athlete's training objective.

Heading towards the farther reaches of ultradistance competition, however, the two goals gradually part company and, in multi-day competition, divorce altogether. Endurance gets to keep the house, car and kids, while speed, now a peripheral player, resigns itself to a meager maintenance subsidy and maybe monthly visitation-rights.

And now the term endurance has been re-defined once more, by Berkeley's Ann Trason. Last June 17, she won the Comrades Marathon, the storied South African road-ultra hatched in the aftermath of World War I. Comrades features an extremely hilly 90 km course run in the net-ascent direction one year and in reverse the next. Her 6:13:23 finish in an ascent year earned her another course record on a third continent, and crushed the defending champion, Germany's Maria Bak, by 11 minutes.

Trason's mere participation in Comrades—unrivaled as the world's largest (over 13,000 starters) and most prestigious ultra—was an issue which had tormented her for months. She did not run a step for seven weeks in February and March to recover from a mysterious and debilitating neurological disorder—never definitively diagnosed—which crippled her leg with a multitude of maladies from knee to foot.

The radical rest period had semi-restored her leg biomechanically, but she dreaded the prospect of returning to Comrades with her engine still in its re-building phase. A severe virus had toppled her there in '95, and another washout or even just a sub-par showing, would be intolerable for such an athlete on her sport's most prominent stage. Finally, on May 12, she took to the track and cranked an auspicious 20-mile workout that would fix her decision. She would go—squandered winter training base be damned—and she would survive and prosper.

What to do for an encore? First she flew for 30 hours, then caught a chest cold with a rasping cough, then started to think about how little time she'd spent on the trail—any trail—in preparation for Western States, which is normally the focus of three months' preparation. The world's most competitive ultradistance trail run—100 miles, 40,000 feet of gross elevation displacement, triple-digit heat to fry the carelessly bold competitor—also might be worth begging off, a scant twelve days after one has humbled the field in the world's most competitive road-ultra.

"I was exhausted as much from the jet lag as from Comrades itself," said Trason, who has won the last seven Western States. "But Western States is home to me; it's what recharges me emotionally every year. It's like Christmas."

"I was clueless," she admitted, about her chances, "Because I'd always taken time to recover after something as intense as Comrades."

Women who compete against Trason must summon a hefty measure of ingenious self-delusion in order to envision themselves as factors in the Main Chase. Trason's "South African legs" gave a whispered hint of possible vulnerability. The best of her challengers was on hand, Campbell's Chrissy Duryea, confronting her 30th ultra—a proven winner at this trail distance (three-times defending champion at the Arkansas Traveller 100), third-ranked American at 100 km and normally a superb handler of scorching race-day temperatures.

"I made some stupid mistakes," Duryea would later lament, "Starting with telling my fiance that I'd see him at Foresthill (100 km) in 12 hours."

Duryea had never before succumbed to the often fatal obsession with splits, a focus which tends to preoccupy trail-runners to the exclusion of far more crucial factors, both short and long-term. Her unholy distraction might have started with the competitive snare provided by Trason's implicit handicap, for, just maybe, the Queen of Western States would need a few

extra hours—more than 20, anyway—to get to Auburn. Or, maybe her road-battered legs would self-destruct, leaving the field to her challengers. Such foolishness!

"I wanted to break 21 hours," Duryea admitted, "and once I fixed on that idea, I was determined to stay on top of my splits." It is the rarest of runners who does her best at States by deciding in advance what that best is, and what she must do in order to achieve it. "I was jumping some downed logs along Red Star Ridge (mile 16)" she recalled, "then I side-stepped another one near a turn-off, and just missed it. I stayed on that trail for at least ten minutes before I realized I wasn't seeing any (course-confirming) ribbons, and turned back. I lost at least 20 minutes and felt like I had to get them back."

One place you do not recover lost time at States is at aid stations. "I was skimming them," Duryea confessed. "I took plenty of fluids, but I wasn't getting my usual electrolytes." Still, despite pushing her pace, she was running and feeling well. Trason, while comfortably ahead after Duryea's detour, was still a wild card.

In El Dorado Canyon (mile 52), with the mid-afternoon mercury lifting into triple digits, it was time for Duryea to play the early withdrawal penalty for the mistakes she'd deposited along the way, with interest compounded hourly. There would be, of course, no consolation for her having recovered most of the time she'd lost hours ago. Not when you're on the verge of smothering in paroxysms of your own vomit. With assistance she was barely able to stagger up to Michigan Bluff (mile 56), her day at a close, a fit and experienced athlete left to her rancid musings of just how she could have let such petty concerns—'gotta make up the time I lost, gotta get to Foresthill by 5pm, gotta cut corners'—supercede all the hard-earned lessons and common sense instilled by years on the trail.

Trason, by contrast, had plenty of gain to show for her pain. No, she would not quite pick up where she left off last year, bearing down on the outright crown which no one now thinks is beyond her reach. In 1995, she was fourth into Foresthill (100 km), 14:00 behind the eventual male champion; she would finally close to second, a razor's width 5 minutes to the rear. Now she was an hour off the front, in seventh place overall, 11 hours of running behind her. Hurting, but relieved not to be hurt, Trason contemplated all the negative relativities she could formulate.

"It hurt more when I stopped, so I decided to keep going," Trason recalled thinking. "Without being sick or injured, I couldn't think of a good reason to quit."

But for its treacly tone, she might have added the axiom, "Home is where the heart is." You have to really love a trail to run it under such torturous conditions, when you're enduring unprecedented discomfort—"no legs" from the start and an ugly cough erupting now and then. You've got nothing left to prove—not here anyway—and you've got the handiest (and well-known) excuse possible for calling it a day.

"You know, you don't have to do this," said former champion Tom Johnson earlier in the day (himself just returning from a terrific seventh-place finish at Comrades).

Still she pressed ahead, because the passion prevailed and the trail—her trail—gave her no choice. Quit on it and she faced a nightmare of self-recrimination. Continue and the romance survives to flare another day.

It is this all-sustaining passion—Trason's life-force transcending acts of mere will—which propels her onward when again, as last year, she encounters her husband's collapse late in the race. Carl Andersen was better prepared this year than he had ever been, ready to lay it all on the line. There he was, at Auburn Lake Trails (mile 85), down for the count. Distraught

beyond words, Trason was again well-served by her instinct, swallowing the trail's bait, choking on her empathy, and surging onward.

Trason crested Robie Point and labored through the midnight darkness of Auburn's streets, greeted here and there by shadowy applause and exclamations of amazement from both those who know her and those who know merely the legend. She circles the track and finishes in 18:57:36, only 7 minutes from the second place slot she has filled the last two years.

Disregarding (arbitrarily) her lost winter training base, her "South African legs" seem to have cost her about an hour. Her 1994 course record (17:37:51) would have won this year's race outright by five minutes, but such comparisons are partly foolish, failing to account for the often radical variations in conditions from year to year. Like '94, this year's course was dry (no snow), but completion numbers were down at all levels, suggesting that this year's race may have been tougher in some respects—maybe a little longer (due to some trail re-routing in the high country), maybe a little hotter earlier.

Trason has scored countless breakthroughs in endurance running over the last seven years, since she invaded the overall Top Ten at Western States in 1989 with her then-record 18:47:46. Her Quicksilver 50-mile in 1992 heralded her elevation to a plane of ability that no woman anywhere could match. A 100 km world road record followed the next year; her standing course record at States the year after that; in last year's *Evil Conditions of the Century*, her challenge to the wire for the outright championship; and, in September, her gutting of her own look world road standard. Now she has exhibited a *consistency in the two most competitive ultras in the world—55 miles of paved hills, 100 miles of unpaved Sierra, twelve days and 11,000 miles apart—yielding a course record in the former and a third-place overall in the latter.*

Given the backdrop of Trason's unprecedented effort, it was only fair that Auburn's Tim Twietmeyer is a true homeboy. Were he not, his own undertaking, itself without precedent, might have largely escaped pre-race notice. It was Twietmeyer whom Trason had nudged to a slim five-minute victory in 1995. Now, in the 20th official Western States, he was bidding to become its first four-time winner, as well as the first to claim three consecutive crowns.

Twietmeyer defies some stereotypes of elite trail ultrarunners. At 6'3" and 170 lbs., he is bigger than most, in a sport where conditions typically place a premium on heat tolerance and vertical stability, factors favoring the more compact athlete. At around 70 miles per week, his training regimen, even during peak preparation periods, is pointedly lightweight. However, to say that Twietmeyer knows how to *compete* on the Western States trail is to utter a ludicrous understatement. "I only worry about my race, the things I can control," he insists. "I don't know how to run any other way." His rivals know what he can do, how he will run. He enjoys the serenity and self-possession of an unfolding competitive agenda uncluttered by tactical concerns, a proven strategy earmarked by his invitation to his rivals to find their own way to win, for he won't be beaten on his own terms. *The man executes.* On the basis of experience then, if not raw ability, the favorite son was the pre-race favorite.

Were it not for her rattling his cage in 1995, Twietmeyer might have discounted the likelihood of Trason's pestering him this year. "If anyone can bounce back from Comrades," he figured, "Ann can. She won't give in to anything." A more conventional handicapper would have touted Carl Andersen, coming off his exceptional showing at Quicksilver and in the best shape of his life; Scott St. John, who had shared the lead with Twietmeyer at Michigan Bluff (mile 56) in 1995, only to fade to fifth; and the sleeper in the crowd, Palo Alto's Jerry Wittenauer, with only an eighth on his Western States (19:27:30 in '94) but with a string of outstanding performances on the PA Ultra Grand Prix circuit this season, good enough to claim a substantial, but still vulnerable, lead in the standings, as the season climaxed at States.

While 1995's element of competitive mystery had been furnished by a trio of Tarahuinara Indians—the best of whom finished third, 6:42 behind Trason—this year's out-of-state field featured the most formidable contingent of eastern challengers in the race's history, headed by a pair of Annapolis residents, Mike Morton and Eric Clifton. Making his first trip

to Western States, Morton, at just 24, has become the fastest rising young star in American ultrarunning, with his brilliant turn at last year's Vermont 100-mile Trail Run, where he sped to a 14:08:40 course record. It was Clifton's record that he broke there, but, at 38, Clifton has dominated trail ultras east of the Mississippi for so long that he may well have lost track of the course records he still owns. He has never run close to his physical ability at Western States, however, departing mostly with a non-finisher's frustration. The leading quartet of eastern entrants was rounded out by Virginia's Courtney Campbell and Massachusetts' James Garcia, both novices here.

St. John and Andersen dominated the first half of the race. Twietmeyer, for his part, has never held the lead there. The earliest he has taken over was last year, when he dropped St. John at 56 miles. (He led Trason there too, by 13:00, and she would outrun him by eight minutes to the finish.) Now, at Foresthill (100 km), Twietmeyer was a comfortable third, 27:00 down and anticipating chaos ahead. In fact, naked drama had already preceded him, as Andersen, arriving at the checkpoint within a minute of a struggling St. John, throttled past him and looked so utterly self-composed that many were convinced he'd be the first new champion since Twietmeyer's win in 1992. In fact, 27:00 being a fair chunk of change, if this were not Western States and Twietmeyer were not the nonpareil strategist that he is, Andersen might then have been crowned by acclamation.

There was some thoroughly ordinary chaos behind, though. Morton and Campbell, who had never set foot on the trail before race day, fell prey to both youthful exuberance and the pitfalls of apprenticeship: running together and tied for third at 50 miles, they missed the turn into El Dorado Canyon and dropped several notches during their 40:00 detour. Though the training partners have often competed and finished side-by-side, Morton's impetuous nature baited him to surge away from his comrade, so anxious was he to retrieve those precious lost minutes. Veteran observers know the moral of this story.

"I really didn't run except to win," Morton later admitted. "I never changed my goal in order just to finish." In another event, something shorter or cooler or flatter, the narrative might now read that Morton muscled his way back into contention by Foresthill, for he did indeed recover a chunk of clock, coasting into the checkpoint in fourth, 15:00 behind Twietmeyer. In fact, what experience here teaches, above all other rules of mental gamesmanship, is the folly of short-term obsessions, at least at any point prior to No Hands Bridge (mile 97). Fourth and running well—as Morton would for still another hour—held cooked his goose hours before. He would be held for weight loss at the river (mile 78)—a mandatory medical precaution for all who have lost more than 5% of body weight—and, although he pushed on desperately for another seven miles, never recovered his form. Plagued by back spasms as well as dehydration, he was held again at Auburn Lake Trails (mile 85), and called it a day, hard lessons his sole reward.

Campbell, older (at 31) and perhaps wiser, backed off, eighth into Foresthill (six minutes behind Trason). Both he and Morton learned gruesome lessons in fluid management, among other things. Campbell's self-assessment was brutally honest: "I was fooled by the lack of sweat on my skin. I figured I was drinking enough, even though I was feeling awful. I couldn't believe I'd dropped 11 pounds by the river crossing." With Morton out of touch and his own fortunes sagging, how did he re-group just enough to finish? "I make so little money (as a school teacher) that I couldn't bear going home without a buckle, no matter how stupid I felt, 31 years old and crying in the wilderness."

Clifton was among the many who slipped past Morton and Campbell during their off-course excursion, and was among the many whom Morton reeled in on his fool's chase back into the hunt. He was the fifth to reach Foresthill, 6:30 behind Morton, but like the man he chased, he came unglued on the California loop (miles 62-78), the litmus test that slithers and rolls from ridge to river.

This is the trail segment—not a loop at all, really, and itself only moderately difficult—which issues report cards on runners' mid-race

(continued on next page)

(Western States, continued from previous page)

you have finessed the furnace-like canyons—the right pace, adequate fluids and nutrients, and so on—you get a passing grade on the loop. If you have miscalculated, if you have failed to adapt to the unforeseeable, or if you have committed some seemingly petty deviation from your brilliantly conceived game plan, the Cal loop metes out an ayatollah's justice. Clifton earned another thumb-down, and, like Morton, staggered on across the river toward Auburn Lake Trails, where he collapsed. Campbell's arrival would lure him back into the fray in time for the pair to badger each other into a death-shuffle to the finish, tied for 39th in 22:57:44.

Meanwhile, Andersen's buoyant departure from Foresthill had also unraveled on the Cal loop. St. John, no better off, had remained in contention, waiting for Andersen's other shoe, not his own, to drop. When they both dropped, it was, of course, Twietmeyer who played the valet. Just across the American River, St. John was the first to find his ambition put to rest, his predator muscling ahead. Then, cresting the hill at Green Gate (mile 80), Twietmeyer learned of Andersen's demise, just ahead.

"The other guys ran into trouble, and I didn't." Twietmeyer thus summarizes his annual adventure here, his standard-issue race report thinly disguised as strategy. On a track it might look like "wait and kick." At States it's just "wait and do the body-count." If he were not universally liked and respected—on and off the battlefield—he might sound a bit smug, for his scenario, dumbed down as it is, has played out with unnerving regularity over recent years. He is, after all, an uncanny crafter of plot, the pitcher who can dominate a lineup with a brazen assortment of tantalizing curves and change-ups, who can paint the corners when his big heat takes a holiday.

Given relative appearances back at Foresthill, it was Andersen who whiffed most unaccountably, his hefty lead in monumental meltdown by the river. Incredulous that he could be giving it up in the same place for the second year in a row, he willed himself onward to the Auburn Lake Morgue, violently sick, wasted beyond recovery, finished. Twietmeyer sailed on, no one left to challenge, breaking the tape in 17:42:06. He could not account for his relatively slow time, nor for those of the Top Ten which followed. "Weird" was what he offered. But where others may have checked their watches and found their pace lagging; might have surged a tad when patience was the better prescription; might have cut back a little on the fluids when competitive distractions intervened; where others wavered in their self-discipline, there was Twietmeyer, not weirdly at all but smartly atop the heap.

Among the men following Twietmeyer into Auburn, it was the relatively unsung (except in these pages) Wittenauer who would package his abilities most economically. He admitted to preparing target splits, but, crucially, he paid them little heed. He was 15:00 off his goal at just 50 km, but stayed relaxed and focused on the long haul, cruising into Foresthill in sixth, eight minutes ahead of Trason. He still trailed the staggering Morton by four minutes at the river, running down both him and St. John before Auburn Lake Trails, where Andersen had retired. Suddenly, with 15 miles to go, he was in second, and, like Twietmeyer, finishing strong, prodded by vestigial surges of adrenaline whenever he heard cheers erupting at an aid station just behind him. It was the unrelenting Trason.

"I didn't walk a step after Auburn Lake Trails," Wittenauer recalled. "I'm just shocked that my time (18:50:31) was good enough for second." Or shocked, anyone might say, that he'd yielded just one minute to Trason over the last 38 miles.

Among Open division males, top Tamalpa Bruce Linscott earned a hard-fighting fifth overall in 19:45:56, closing from 13th at Foresthill. After chasing the Bay Area Ultrarunners for a year, Linscott and his teammates finally caught them with their strong showing in the last two Grand Prix races of the year. With Linscott leading the way to a 24-point margin at Western States, Tamalpa can celebrate a 1.3 point victory for the season, 243.5 to 242.2. Trail runners of supreme ability and virtuosity, Tamalpa ultrarunners had laid claim to five Dipsea blackshirts, just three weeks before States; five also bettered 23 hours at the Big One, with Linscott, Greg Nacco (22:51:04) and Bruce Mace (22:56:14) placing on both lists. And no, these are not homeboys. Although Linscott could not personally corral Wittenauer for the Grand Prix individual Open title, it was his best showing since his remarkable rookie season of 1993, when his eighth-place finish at States capped his Grand Prix seasonal championship. Now, besides his three-place improvement in the race, he chipped two minutes off his '93 time.

Notwithstanding the misfortunes of Morton, Campbell and Clifton, there were happy Eastern stories to be told. It was Garcia, the one who let the hard chargers go, who prevailed, patiently parlaying his tenth-place standing at Foresthill into a sixth-place finish, in 19:49:22. Likewise, top Eastern Master Scott Mills, 45, surged from 25th at Foresthill to a strong-finishing 12th, while other impressive finishes were registered by 17th-place Cli.ip Merrow (33rd at Foresthill) and 21st-place Derrick Carr (40th).

Collectively, these runners demonstrated that, despite unfamiliarity with the conditions—only Mills has big experience here—Eastern runners of varying ability levels can succeed if they approach the challenge with attentive preparation and appropriate humility. Indeed, this year's Top Ten forcefully rebuts the "homeboy bias" charge leveled against the race's competitive integrity. Only Twietmeyer, Sean Crom and Joe Brallinburg (the latter two of Reno) can be counted as truly local, although the trail is surely Trason's home-away-from-home. Wittenauer and the surprising Mike Topper (from 32nd to 10th in 20:38:19) are Peninsulans who train mainly in a coastal climate, as do the Tamalpan.

Crom, now 40, returned to Western States after several years' absence, earning the Masters crown with a smart 19:34:30 for fourth overall. Just 17th at Foresthill, Crom should enjoy many rewarding age-group victories, now that prudent pacing seems to come more easily than in his front-running days. At Foresthill Crom trailed his veteran age-group rival, Fresno's Joe Schlereth, 46, by 30:00 and eight places, but covered the final 38 miles an hour faster. Schlereth still improved one place at the finish, to eighth.

In the Seniors division, the remarkable Bralinburg, now 52, copped the crown which barely eluded him, by just 4:30, in 195. His remarkable late-race surge, from 26th place at Foresthill to ninth in Auburn, was exceeded only by his veteran Senior rival, Alfred Bogenhuber, 56, who skipped past no fewer than one runner per mile over the same distance. Fifty-first at Foresthill, he blasted home in 21:09:51, 13th overall.

The Super Seniors (upwards of 60) competition was heated and, to be honest, compromised by a generous display of the kind of sportsmanship that ultrarunners cherish. Age-group record-holder Harold Carling and Grand Prix leader Dwaine Batt were set to duel with defending champion Gard Leighton.

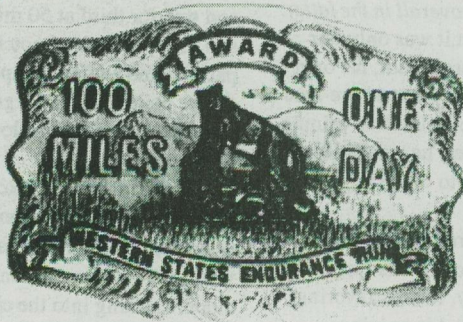
As related above, elite Open female Chrissy Duryea suffered a severe bout of nausea and vomiting in El Dorado Canyon (mile 53). She was lying unconscious along the trail in 106-degree heat, still vomiting, when Carling approached. He stopped immediately to ensure her safety, sending the next runner ahead to Michigan Bluff to alert medical personnel to her distress. He remained with her until she was out of danger, expending a minimum of 20:00 for the sake of a fellow athlete on the brink, and eventually losing his division by 15:00 (Leighton withdrew and Batt prevailed in 23:41:06). There is no trophy for humanitarian heroism, only the actor's inner solace and the gratitude—spoken to Carling, one hopes—of all who share in the magnitude, spiritual as well as physical, of our endeavor.

Western States' eccentric age-group record—the one that won't stop talking, mocking successive efforts to topple it—is the women's Masters' mark established in Year One of the modern course, 1986, when, by definition, no one knew what they were doing on the to-bedreaded California loop because it had never been contested before. Tennessee's Vicki Johnson (the only out-of-state division record-holder) posted the 21:17:48 standard which has rebuffed many a serious assault in intervening years, only to survive into its second decade.

As well as she has run during the past year, homegal Mo Bartley figured to be primed to strip it from its place of honor. But, as we have seen, pre-figuring any outcomes at States—save the prevailing figures of Twietmeyer and Trason, of course—is pure balderdash and poppycock. Or, as Bartley later offered in atonement, "There are so many variables." She suffered uncharacteristic nausea—not on the Cal loop when it clobbers most of the sub-24-hour field, but earlier, starting in the canyons and plaguing her for 30 miles. Leg cramps, possibly signaling electrolyte depletion, hampered her for even longer—the 45 miles from Devil's Thumb (mile 48) to the Highway 49 crossing (mile 93).

Still, she maintained her focus on the record book, although for most runners that would be a shortcut to the next exit: "My splits were still okay to Green Gate (mile 80)," she recounted. "I was still on record pace, but by the highway I'd lost it. 11 By then she'd also lost the division race to Arizona's Sherry Kae Johns. Just four minutes and four places behind Johns at Foresthill—despite several hours' distress beforehand—Bartley utilized her superior downhill ability to pressure her along the predominantly downhill Cal loop, ultimately leading Johns down to the river. But Johns seized the moment after the crossing, inching away on the climb to Green Gate.

Depleted as she was by hour after hour of intestinal revolt, and tormented by misfiring calf muscles, Bartley remained undaunted, and actually recovered for the final haul. "I felt great by No Hands Bridge," she declared with the doughty air of one who sees nothing at all odd about running sick for ten hours in order to run strong for one. She closed to within sixteen minutes of her rival, finishing as third overall woman in 22:07:26. Johns was Trason's runner-up in 21:50:54.



1996 Western States 100 Mile Endurance Run Sub-24 Hour Finishers

After twenty years of pouring over race statistics and nutritional science reviews, after all the shared experimentation and mutual advisories, this race continues to pose more questions than it answers. Sure, 1995's numbers were abysmally low, for obvious reasons. But this year, with conditions in the average range—"average" being a concept which, at Western States, makes normality of extremity—the completion numbers painted a curious picture. Based on the 11-year modern-course history, 1996's 227 official (cumulative sub-30-hour) finishers were slightly above average (220); the 75 silver bucklers (sub-24-hour) slightly below average (80); and the mere seven sub-20-hour elitists well below average (12). The latter has become a statistically significant trend: not since the mild, cloud-covered year of 1991 have more than ten runners broken 20 hours. Compare this with the first five years on this course, when an average of 14 runners eclipsed the elite standard. 1988, officially the hottest year on record, saw record numbers of 24 and 30-hour finishers—118 and 250 (cumulative), respectively—including 21 sub-20's (second only to 1991's 22). No one wants to see those temperatures again—114 in El Dorado Canyon—but the return of those completion stats would be welcome.

Are many of our best athletes running more competitively, taking more chances, more willing to risk a DNF? Has the proliferation of 100-mile trail runs throughout the country—there are now upwards of a dozen, versus just four a decade ago—depleted the elite and sub-elite ranks of entrants? Are Californians in particular overtrained by a more rigorous schedule of appealing spring ultras, all those irresistible "training runs" that have a knack of becoming races once the testosterone starts to drip? (By way of contrast, the highly selective racing schedules of enduring States stars Johnson, Trason and Twietmeyer might lend credence to this hypothesis.) Have the new wealth of high-tech fluids and foods lured runners away from more common-sensical competition diets? No answers, just questions. Even Twietmeyer had to settle simply for "weird." See you in '97.

(Note: the Duryea-Carling episode described above deserves another poke. A minority of eastern-based ultra pundits and officials considers the misnamed "pacing" which occurs at 100-mile trail ultras to be a fatal tarnishing of the sport, corrupting the competition. Some who vote annual awards to ultrarunners automatically dismiss or downgrade achievements in "paced" events. If "pacing" in its practical application indicated anything close to its literal meaning, their argument would be credible.)

Of course, it is plainly and simply a safety issue. In the course of providing companionship and supervision for a severely stressed athlete navigating a nocturnal wilderness with a flashlight, the pacer ideally provides both distraction and focus, in a mix tailored to the competitor's persona. This, of course, is not only performance-enhancing assistance, it is also "unfair", to those who decline the opportunity to utilize one. But that's their choice, one that every entrant must have, to accept or decline such assistance.

Chrissy Duryea, an elite athlete who is America's third-ranked ultrawoman on the road—and arguably second-ranked on the trail—could have suffocated in her own vomit in El Dorado Canyon. IN THE MID-AFTERNOON. What if her attack had occurred, without a pacer, in the dark of night, when losing consciousness could have meant falling down an embankment, with the field then widely spaced and the next runner maybe twenty minutes away? That's the question the critics would prefer to ignore.)

Pl	Name	Time
1.	Tim Twietmeyer	17:42:06
2	Jerry Wittennauer	18:50:31
3.	Ann Trason-F	18:57:36
4.	Sean Crom	19:34:30
5.	Bruce Linscott	19:45:56
6.	James Garcia	19:49:22
7.	Mark Marcelli	19:51:22
8.	Joe Schlereth	20:05:10
9.	Joseph Braninburg	20:37:29
10.	Mike Topper	20:38:19
11.	Jeff Hines	20:50:36
12.	Scott Mills	20:55:57
13.	Alfred Bogenhuber	21:09:51
14.	Ray Scannell	21:19:02
15.	James Ross	21:32:56
16.	John Travers	21:38:09
17.	Chip Merrow	21:38:10
18.	Mike Pelechaty	21:38:41
19.	Stephen Harris	21:39:10
20.	Tim Seminoff	21:44:35
21.	Derrick Carr	21:50:32
22.	Sherry Johns-F	21:50:54
23.	Kevin Sawchuk	21:53:39
24.	Bill Hembrick	21:56:18
25.	Gregory Atchley	22:06:50
26	Mo Bartley-F	22:07:25
27.	Dean Kamazes	22:19:29
28.	John Edgcomb	22:21:33
29	Bill Davis	22:29:43
30.	Glenn Vencill	22:31:12
31	Helga Backhaus-F	22:37:10
32.	Mark Romalia	22:41:22
33.	Greg Nacco	22:51:04
34.	Randy Calvert	22:52:30
35.	Charles Crompton	22:54:38
36.	Bruce Mace	22:56:14
37.	Tom Lyons	22:56:14
38.	Shawn McDonald	22:57:37
39.	Donald Aycock	22:57:44
40.	Eric Clifton	22:57:44
41.	Courtney Campbell	22:57:38
42.	Martin Ackermann	23:00:36
43.	Clement Grum	23:08:01
44.	Larry England	23:12:53
45.	Bernard Coudurier	23:13:59
46.	Bill Thomas	23:15:07
47.	Monte Mackey	23:16:15
48.	Randy Albrecht	23:16:23
49.	Bill Kee	23:19:24
50.	David Kim	23:20:57
51.	Ty Russell	23:21:21
52.	David Flynt	23:22:53
53.	Daniel Martin	23:23:50
54.	Jim Scott	23:24:11
55.	Rob Byrne	23:25:24
56.	Eric Ianacone	23:26:20
57.	Sally Booster-F	23:27:04
58.	Kevin Mazzu	23:29:02
59.	Harry Islas	23:32:34
60.	Dwayne Batt	23:41:06
61.	Gordy Ainsleigh	23:42:52
62.	Syl Pascale	23:42:52
63.	Rick Gates	23:43:58
64.	Robert Meckessel	23:44:26
65.	Derrick DeLong	23:46:55
66.	Steven Harrold	23:47:56
67.	Jean-Benoit Jaouen	23:49:24
68.	Joe Winch	23:50:20
69.	Scott Serpa	23:51:06
70.	Helen Hull -F	23:53:59
71.	Ian Maddieson	23:56:04
72.	Harold Carling	23:56:05
73.	Gary Wang	23:56:06
74.	Steve Benjamin	23:57:18
75.	Lynn O'Malley-F	23:58:59

(Junior Olympic Results, continued from page 7)

YB 100 M DASH—7. Willie Dixon, Stockton 11.57.
YB 200 M DASH final—7. Willie Dixon, Stockton 23.83; 9. Andrew White, Oakland 24.02;
YB 200 M HURDLES—7. Andre Haynes, Sacramento 27.01.
YB 3000 M RACE WALK—6. Kelvin Bush, Fairfield 17:55.76.
YB 4 X 100 M RELAY—8. KIDS ON TRACK, Stockton 45.21.
YB 4 X 100 M RELAY heats—3. WEST SIDE KICKERS, Oakland 46.50.
YB HIGH JUMP—7. Brian Rattazzi, Santa Clarita 1.65T; 8. Tony Allmond, Walnut 1.65T.
YB TRIPLE JUMP—5. Taj Stone, Sacramento 11.89; 6. Matt Mason, San Jose 11.73.
YB SHOT PUT—2. Rusty Price, Snelling 16.40.
MB 1500 M RUN—4. Sean Drake, San Francisco 4:42.76.
MB 4 X 800 M RELAY—4. S.F. STRIDERS, San Francisco 10.08.4.
BB 100m dash—final—7. Devin Bishop, Stockton 13.95.
BB 400 M DASH—4. Kevin Craddock, Castro Valley 1:02.96; 9. Jonathan White, Sacramento 1:05.45.
BB 4 X 100 M RELAY—6. KIDS ON TRACK, Stockton 54.27.
4 X 400 M RELAY—3. 3M T C, Castro Valley 4:34.30.
BB HIGH JUMP—1. Richard Hernandez, Moreno Valley 1.35.
BB SHOT PUT—1. Kyle Hammerquist, Castro Valley 9.66.

Girls Results

YW 100 M DASH—3. Jernae Wright, Union City 12.03; 4. Akiba MCKinney 12.06; 9. Zhauntel Holman, S. F. 12.29.
YW 100 M DASH—2. Jernae Wright, Union City 12.01; 6. Kalena Barnes, CA 12.73; 8. Zhauntel Holman, S. F. 12.09.
YW 200 M DASH—Regine Canuther 24.38.
YW 100 M HURDLES—8. Michelle Perry 14.94.
YW 400 M HURDLES—2. Michelle Perry 1:01.17.
YW 4 X 100 M—9. S.F. SENATORS, S. F. 48.06.
YW 4 X 400 M RELAY—9. S.F. SENATORS, S. F. 3:59.76.
YW LONG JUMP—1. Jernae Wright, Union City 5.76.
YW DISCUS—1. Amy Thiel, Union City 40.22.
Intemed. Girls 400 M DASH—4. Randi Smith, Santa Clarita 56.32.
IG 1500 M RUN—9. Kira Morser, San Francisco, CA 4:54.70.
IG 400 M HURDLES—3. Randi Smith, Santa Clarita 1:01.68.
IG 3000 M RACE WALK—4. Brooke Szody, Shingletown 16:50.64.
IG POLE VAULT—1. Vanessa Yebra, Salinas 3.00.
IG SHOT PUT—3. Chaniqua Ross, Elk Grove 12.50.
IG DISCUS—1. Chaniqua Ross, Elk Grove 44.82.
YG 200 M HURDLES—2. Tenia Green, Sacramento 28.76.
TG 3000 M RACE WALK—1. Ericka Ackeret, San Jose 15:33.84.
YG 4 X 100 M RELAY—5. GOLDEN STATE T C, Palo Alto 49.48.
YG 4 X 400 M RELAY—5. CLASSIC T C, Sacramento 3:58.58; 9. GOLDEN STATE T C, San Jose 4:05.47.
YG HIGH JUMP—2. Schquay Brignac, Sun Valley 1.72.
YG LONG JUMP—4. Sharonda Robinson, San Francisco 5.12.
YG TRIPLE JUMP (7/26) 9. Sarah Smith, Campbell 9.92.
MG 100 M DASH—7. Latalia Goins, San Francisco 12.90.
MG 800 M RUN—8. Angelica Curiel, Castro Valley 2:26.71
MG 80 M HURDLES—6. Whitney Larson, Rancho Santa Ma. 13.38.
MG 4 X 100 M RELAY—7. S.F. STRIDERS, S. F. 51.61.
MG DISCUS—7. Kimaiya Warren, Sacramento 25.52.
BG 100 M DASH—1. Courtney Champion, S. F. 13.69.
BG 200 M DASH—1. Cheri Craddock, Castro Valley 27.85; 5. Courtney Champion, S. F. 28.20.
BG 400 M DASH—3. Cheri Craddock, Castro Valley 1:04.05.
BG 800 M RUN—1. Talia Stewart, Castro Valley 2:29.28.
BG 1500 M RUN—7. Jennifer Nash, Sacramento 5:27.39.
BG 4 X 100 M RELAY—1. 3M TC A, Castro Valley 54.82; 9. WEST CONTRA COSTA YM, Vallejo 59.69;
BG 4 X 400 M RELAY—6. 3M TC, Castro Valley 4:43.32.
BG LONG JUMP—9. Jermelle Newman, Castro Valley 3.82.

NorCal Notes

by Hollis Lenderking

The Pac Association's fifth annual Ultra Grand Prix season concluded at Western States, with continuing growth in both participation and competitiveness. As detailed in the Western States coverage, the headline competitions occurred in the Men's Open and Team divisions, with Jerry Wittenauer fending off Bruce Linscott's relentless attacks for a whole year to claim the individual crown; and with Tamalpa, led by Linscott, staging a dramatic, States-based, come-from-behind triumph over the Bay Area Ultrarunners, team leaders since last fall. On the strength of both the quality and consistency of his performances throughout the season, Wittenauer is clearly the PA's singular ultrarunner of the year. Good thing he doesn't live in Marin; without him, Tamalpa still claimed eight of the top 15 positions on the Open division ladder.

With her Western States finish—and defending Grand Prix champion Suzie Lister's painful DNF—Sparks' Terry Cray powered her way to the Open Women's title. Among the Masters, Santa Cruz' Charles Crompton dominated the men from last summer's start to his 22:54:38 finish at Western States (35th place), holding off the steady challenge of Sacramento's Eric Ianacone. Mo Bartley's valiant first-place among PA Masters at States closed only about half of the gap between her and Kathy Welch, whose PA-second there preserved enough of her lead to earn the championship.

For the third year running, Dave Kim coasted to the Senior Men's title, taking over the Ironman title claimed last year by Senior Women's champion Barbara Ann Elia. Elia easily re-claimed her division crown this year, but (gasp!) missed the Silver State 50k, while Kim started—and finished—every race on the circuit, the only athlete to do so. Dwaine Batt captured the Super Senior division from 1995's winner, Gard Leighton.

Skyline 50 km

by Hollis Lenderking

The Pacific Association's 6th Ultra Grand Prix season opened at the East Bay's Lake Chabot for the start of the 15th Skyline 50k Endurance Run, contested along a double-ended lollipop of a route between the lake's marina and Redwood Regional Park's Skyline Gate to the distant north.

With its regular enrollment of over 200 runners—and growing every year—Skyline has become the third largest 50 km in the country (on any surface). With one exception a few years ago, it has benefitted from the region's typically mild summer morning weather, as well as from the unsurpassed attention to care-and-feeding details by the sponsoring Golden Bay Runners. This year the grateful field of entrants—199 starters, 189 finishers—would contribute its own treats in the form of no fewer than five age-group course records.

Berkeley's hard-charging Jeff Teeters bounded to an early lead, holding steady to the turnaround. owing to the different starting and finishing segments, as well as to the different routes into and out of Skyline Gate, the return is the tougher of the course's two halves, and Teeters would pay a price for his aggressive start.

Mill Valley's Geoff Vaughan, 31, was on hand to defend his 1995 title, and incidentally to get the Tamalpans off to a strong start in defense of their Ultra Grand Prix team title. Like Teeters, Vaughan is known for his take-no-prisoners aggression on the trails, while Novato's Mark Richtman, 40, brought a more conservative agenda to the table. "I was just looking for a long tune-up for the Pt. Reyes 50 km (three weeks later)," he declared, "so I planned just to coast at a conversational pace for ten miles or so, and then run a hard 20 to the finish." Running comfortably in sixth place for the first hour-and-a-half, Richtman never expected that such a reserved strategy would make a real race of it. "I thought that four hours would be a great workout," he projected modestly.

First Vaughan, at Skyline Gate—and then Richtman, a couple of miles later—dropped Teeters. Suddenly Richtman found himself in second, a mere 45 seconds behind Vaughan. Phenomenally, the pair ran home at virtually a matched pace, with Richtman never quite close enough to catch Vaughan's dust, and never far enough back to lose interest. "I was still 50 seconds down at the final checkpoint," he recalled, "and I didn't want to forget what I came for, to prepare for Pt. Reyes, so I backed off a little at the end." Vaughan's final surge earned him a 3:50:30 finish, 1:50 ahead of the steady Richtman, whose 3:52:20 was a six-minute improvement on Joe Schieffer's 1995 Masters record.

Schieffer's 4:13:17 placed him second master, well off last year's performance but—also well excused: six weeks before, he had been the 220th finisher at the Comrades Marathon (90 km) in South Africa, in 6:46:36. Also noteworthy was the thirdplace Master finish of Dan Williams (4:32:12), who won his first ultra here (on a point-to-point course from Wildcat Canyon to the lake) 15 years ago (Skyline's inaugural installment).

Karen Brown, 33, made it twin open division victories for Mill Valley with her 4:34:37 triumph over Suzie Lister's 4:43:43, and another Masters record was established on the women's side as well, with Southern Californian June Gessner's 4:53:33 triumph over Kathy Welch. Barbara Miller's 4:55:35 had been one of the oldest standards on the books, dating from 1988.

Another 1988 record was the Senior Men's standard, and it too was sent packing, as El Dorado's Wayne Miles posted a solid, tenth-place overall 4:19:22, good enough to hold Dana Gard at bay (4:33:59). Linda Elam prevailed among the Senior Women in 5:45:20.

The Super Seniors made some noise of their own, with Oakland's 62-year-

old Juliane Scheberies' 7:23:32 knocking the immortal Ruth Anderson's standard off its pedestal. The male division was won by 61-year-old Dieter Walz in 5:33:34.

A fifth course record was probable but unofficial, as Moraga's Ryan Gallagher, a mere lad of 19, posted an eighth place 4:13:41, most likely the fastest junior finish in the race's history.

PA/USATF 1996-97 Ultra Grand Prix Schedule

Date/ Location/ Race	Divisions	Difficulty	Contact
Aug. 4, 1996 Skyline 50K			Completed
Aug. 17, 1996 Cameron Park 50 Miler			Completed
Aug. 24, 1996 Pt. Reyes 50K			Completed
Oct. 12, 1996 San Leandro Firetrails 50 Miler (trail)	All	3.2	Dick Collins 1015 Hollywood Ave. Oakland, CA 94602 Tel: (510) 530-6634
Nov. 30, 1996 Mt. Tamalpais Quadruple Dipsea (28.4 Miles, trail)	All	2.4	John Medinger 2060 Manzanita Drive Oakland, CA 94611 Tel: (415) 894-1336 (w)
Jan. 18, 1997 Sacramento Jed Smith 50 km	All	1.0	Jim Drake (Buff. Chips) 3442 Whitnor Ct. Sacramento, CA 95821 Tel.: (916) 485-8013 (h)
April 5, 1997 Sacramento American River 50 Miler (trail)	All	2.4	Delmar Fralick 28188 Moulton Pkwy. #627 Laguna Niguel, CA 92677 Tel: (714) 360-0583 or (916) 965-8326
April 19, 1997 San Francisco Ruth Anderson 100 km (road)	All	3.5	Dick Collins (see information above)
May 10, 1997 Quicksilver 50km (trail)	All	2.0	TBA
May 17, 1997 Reno Silver State 50km (trail)	All	2.25	Ken McKim 2358 Camelot Way Reno, Nevada 89509 Tel: (702) 329-6122
June 28, 1997 Squaw Valley Western States 100 Miler (trail)	All	8.0	Norm Klein 1139 Mace River Court Rancho Cordova, CA 95670 Tel: (916) 638-1161

PowerBar
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Remaining 1996 National Ultra Championships

Date	Distance	Location/ Contact
September 15	24 hour	Olander Park, Toledo, Ohio Dave Payette (419) 475-0731
October 19	Edmund Fitzgerald 100 km	Duluth, Minn. Bill Wenmark (612) 476-0015
December 14	50 km/ 50 mi.	Sunmart Texas Trail Endurance Run Huntsville, Texas Norman Klein (916) 638-1161

1995-96 Pacific Association/USATF Ultra Running Grand Prix Final Standings

Here are the final standings for the 12-event Pacific Association/USATF Ultra Grand Prix, which concluded with the Western States 100. Asterisked (*) athletes in the "Prize Earnings" column did not run the required three-event minimum to be eligible for Grand Prix prize money. USATF membership and Pacific Association residency were mandatory to earn Grand Prix points and prize money. Many thanks to **POWERBAR!**

The new season has already begun; see the schedule on page 26. For more information, contact Rae Clark at (916) 885-0502 (home) or the Pacific Association office at (916) 983-4622.



Pl	Name	Team	Points	\$\$
OPEN MEN (39 & Under)				
1	Jerry Wittenaur	FFSEDH	708	\$150
2	Bruce Linscott	Tamalpa	612.5	\$100
3	Greg Nacco	Tamalpa	395.8	\$75
4	John Edgcomb	Tamalpa	301.9	\$50
5	Jim Ross	FFSEDH	282.8	\$50
6	Brian Purcell	Tamalpa	250	\$50
7	Eric Robinson	BAUR	229.2	
8	Greg Atchley	Silver State	177.6	
9	Geoff Vaughn	Tamalpa	167.2	
10	Mike Gottardi	Chips	145.2	
11	Tom Larson	Chips	138.6	
12	Bruce Mace	Tamalpa	130.4	
13	Rick Simonsen	FFSEDH	128	
14	John Lundy	Tamalpa	117.6	
15	Tom Lyons	Tamalpa	92	
16	Ken Cicinelli	Unatt	86.1	
17	Kirk Boisseree	BAUR	82.4	
18	George Rehmet	BAUR	78.4	
19	Dave Scott	Unatt	76	
20	Mike Baume	FFSEDH	72	
21	Stan Wingate	Unatt	50	
22	Bob Crowley	Unatt	38.4	
23	Jack Powell	Silver State	38.4	
24	Grant Irwin	Chips	36.4	
25	Greg Fernbacher	Unatt	36	
OPEN WOMEN (39 & Under)				
1	Terry Cray	Silver State	569.5	\$150
2	M. Kadkhodayan	BAUR	500	\$100
3	Suzie Lister	BAUR	451	\$50
4	Rena Schumann	Unatt	296.1	\$50
5	Ann Trason	Impala	240	
6	Helen Hull	Unatt	164	
7	Dhvaja Dorn	Impala	120.4	
8	Maryann Murphy	Unatt	120	
9	Chrissy Duryea	Unatt	112.5	
10	Emma Davies	Unatt	110	
11	Laurie Riebeling	Tamalpa	72	
12	Lisa Macias	FFSEDH	56.3	
13	Karen LeFebre	Silver State	48	
14	Cynthia Lindsey	Unatt	43.2	
15	B. Geringer-Frazier	Tamalpa	40	
16	Karen Geryk	Unatt	38.4	
17	M. Herrera-Mefford	Unatt	38.4	
18	Marie Gonzales	FFSEDH	32	
19	Rachel Atchley	Silver State	25	
MASTER MEN (40-49)				
1	C. Crompton	Santa Cruz	645.3	\$150
2	Eric Ianacone	Chips	432.2	\$100
3	Mike Palmer	East Bay	335.6	\$75
4	Joe Schelerth	FFSEDH	327.5	\$50
5	Ray Scannell	Unatt	313.2	\$50
6	Sean Crom	Unatt	312	*
7	Syl Pascale	Unatt	304.4	\$50
8	John Rhodes	Silver State	264.5	\$50
9	Harry Islas	Tarahumara	226.6	
10	Bill Hambrick	Chips	212.8	
11	B. Coudurier	Silver State	157	
12	Stan Jensen	BAUR	147.8	
MASTER WOMEN (40-49)				
1	Kathy Welch	Unatt	461.3	\$150
2	Mo Bartley	FFSEDH	429.5	\$100
3	F. Hanif-Weddle	Quicksilver	389.1	\$75
4	Joanie Mork	Unatt	335.8	\$50
5	Carol Cuminale	Santa Cruz	270.2	
6	Jan Levet	FFSEDH	261	
7	L. Mattingly-Vitale	Ultramarin	253.6	
8	Linda Elam	Silver State	200	
9	Pat Wellington	BAUR	148.4	
10	Christine Flaherty	Chips	98.4	
11	Lisa Felder	Impala	79.2	
12	Toni Miller	Unatt	66.9	
13	Leslie Nacanisi	Impala	50	
14	T. Belaustegui	Silver State	43.2	
15	Janet Rivard	Unatt	38.4	
SENIOR MEN (50-59)				
1	David Kim	BAUR	919.5	\$75
2	Gene Weddle	Quicksilver	285.9	\$50
3	Floyd Whiting	Silver State	275.4	
4	Lyal Holmberg	BAUR	246	
5	Joe Holmberg	Chips	237	
6	Dave Remington	Tamalpa	216.4	
7	Roger Dellor	Unatt	200	
8	Bob Longwell	Unatt	196.4	
9	Martin Jones	Ultramarin	188	
10	Al Bogenhuber	BAUR	168	
11	Barry Turner	Unatt	156	
12	Jerry Colletto	Tamalpa	136	
13	Joseph Pope	Chips	128	
14	Ed Frisch	Silver State	127.5	
15	John Clark	Unatt	88	
16	Dana Gard	FFSEDH	72	
17	Frank Ruona	Tamalpa	70	
18	Richard Phelps	Unatt	69.6	
19	Richard Clark	Unatt	60	
20	Bill Roehr	Unatt	56	
21	Charles Johnson	WVTC	54.8	
22	Joshua Babad	Unatt	45.6	
23	Ben La Sala	Chips	43.2	
24	Raymond Padilla	Unatt	40	
25	George Parrot	Chips	28.8	
SENIOR WOMEN (50-59)				
1	Barbara Elia	Chips	865.4	\$50
2	Shirley Church	BAUR	422.3	
3	Dina Kovash	Impala	257.8	
4	Lucinda Fisher	Unatt	181	
5	Joan Szarfinski	BAUR	180	
6	Eldrith Gosney	Unatt	161.2	
7	Ann Grove	BAUR	139.2	
8	Noel Relyea	Unatt	120	
9	Jane Colman	Impala	105.5	
10	Linda Elam	Silver State	72	
11	Joan Scannell	Unatt	67.5	
12	Sandy Becker	Tarahumara	60	
13	Diana Fields	Tarahumara	33.6	
14	Barbara Brady	Impala	28	
15	Judy Shipman	Unatt	25	
16	Elaine Koga	WVTC	14	
SUPER SENIOR MEN (60-69)				
1	Dwaine Batt	FFSEDH	425.5	\$50
2	Stephen Gaal	Sundance	168	
3	Gard Leighton	FFSEDH	164.8	
4	Dieter Walz	BAUR	90.5	
5	Ephraim Romesberg	WVJS	43.8	
6	John Chappel	Silver State	33.2	
7	Dick Laine	Pamakids	30.4	
8	Dick Collins	BAUR	26.6	
9	Neil Moore	Unatt	22	
10	Mike Tselentis	BAUR	7.2	
11	John Mortell	Unatt	2.4	
SUPER SENIOR WOMEN (60-69)				
1	Ruth Anderson	BAUR	90	*
2	Gloria Dake	Unatt	30	*
VETERAN MEN (70+)				
1	Frank Rodriguez	BAUR	122.5	\$50
VETERAN WOMEN (70+)				
1	Po Adams	Chips	15	*

PA Ultra Team Standings			
MENS TEAMS *			
1	Tamalpa	243.5	
2	BAUR	242.2	
3	FFSEDH	119.6	
4	Chips	113.6	
5	Silver State	76.3	
WOMENS TEAMS *			
1	BAUR	95.6	
2	Impala	66.6	
3	Chips	24	
MIXED TEAMS *			
1	BAUR	157.9	
2	FFSEDH	136.5	
3	Silver State	72	
4	Chips	64	
5	Tamalpa	44	

* All team results are tentative until verified by all clubs

Thousands Enjoy Cool San Francisco Marathon

The cool, foggy conditions typical of San Francisco in the summer were enjoyed by more than 3,500 runners in the 19th San Francisco Marathon July 14th. Brad Lael, 31, of Sacramento and Margee Brown, 33, of Shoreview, Minn., passed early leaders in the race's final miles to capture the overall titles.

Lael, running his 12th marathon, ran a patient race, not moving to the front until 22 miles to record his first marathon win in 2:37:27. Fast-closing Jaime Ortiz of Lynnwood, Calif., was second, 12 seconds back. Third place male was Juan Manuel Hernandez of Bakersfield, 2:38:17.

Brown overtook pace-setting Suzanne Morris at the 24th mile and cruised to a 2:57:45 clocking. Morris, of Leucadia in Southern California, held on to finish second in 2:59:32. Lori Stitch of Houston was third in 3:09:04.

The race's most notable finisher might have been San Franciscan Annabel Marsh, who finished her 100th marathon at age 72. Even San Francisco Mayor Willie Brown wore a special T-shirt in honor of Marsh's accomplishment.

Following a unique start on the foggy Golden Gate Bridge, the rolling course took runners by many of San Francisco's landmarks, including the Presidio, the Marina District, Fisherman's Wharf, Chinatown, Little Italy and Haight-Ashbury. The Marathon finishes on the track of Kezar Stadium in Golden Gate Park, the early home of the San Francisco 49ers professional football team.

The San Francisco Marathon attracted 3,500 runners from 39 states and 27 countries. More than 600 runners from around the country used the race to raise funds through Team in Training, the Leukemia Society of America's endurance training program.

More than 900 runners participated in the accompanying San Francisco Marathon 5 K.

The race is owned by International Management Group. The Pacific Association of USA Track & Field directs the event.

Race sponsors were FILA Sportswear, Kaiser Permanente, Continental Airlines, Volkswagen, Men's Health Magazine, Castle Rock Spring Water, Golden Grain Pasta, Healthy Choice Pasta Sauce, XLR8, San Francisco Marriott, 101.3 FM, Sumitomo Bank, Eller Media, TDI, Leukemia Society Team in Training, Sports Illustrated, Spyroflex, and Levy's Bagels.



Above—San Francisco Mayor Willie Brown (C) congratulates Race Winners Brad Lael (L) and Margee Brown.

Photos by Doug Thurston



Above—A Happy Runner Meets a Loved One at the Finish Line.

Dear Runner:

Thank you for running the San Francisco Marathon. This year's race was bigger and better than ever! We hope to see you next year at the 20th Annual San Francisco Marathon July 13, 1997. The Marriott Hotel in San Francisco will again be the headquarters hotel and the site of the Expo and Pasta Dinner.

Make plans now to be a part of the 20th San Francisco Marathon. Best wishes for your running and racing.

IMG and Pacific Association-USATF, Event Managers
San Francisco Marathon
P.O. Box 77148
San Francisco, CA 94107
(916) 983-4622

Photos by Ken Lee



Above, Left—Another Team in Training Runner Heads to the Finish Line as a Young Fan Waits with a Sign of Encouragement.

1996 San Francisco Marathon Age Division Results

July 14, 1996 • San Francisco, Calif.

Female, 19 & under

1	Sherman	Julie	18	Strongsville	OH	3:59:27
2	Rothman	Kimberly	18	Olmsted Twp	OH	4:09:16
3	Underhill	Moriah	17	San Rafael	CA	4:17:16

Female, 20-24

1	Boyle	Mary	24	New York	NY	3:19:02
2	Rahl	Riva	22	Piedmont	CA	3:25:45
3	Hayward	Laura	21	Stanford	CA	3:28:31

Female, 25-29

1	Stich	Lori	26	Houston	TX	3:09:04
2	Schroeder	Jennifer	29	Encinitas	CA	3:10:55
3	Coordt	Mary	27	Elk Grove	CA	3:11:36

Female, 30-34

1	Brown	Margee	33	Shoreview	MN	2:57:45
2	Harris	Carolyn	31	San Diego	CA	3:17:50
3	Erickson	Kari	31	Berkeley	CA	3:18:59

Female, 35-39

1	Morris	Suzanne	38	Leucadia	CA	2:59:32
2	Brambila	Rozanne	35	Santa Ana	CA	3:24:53
3	Hanson	Lisa	35	Bellevue	WA	3:26:16

Female, 40-44

1	Riddoch	Penny	42	Peninsula	CA	3:29:25
2	Enlow	Susan	40	Unknown		3:34:35
3	Geoffrion	Chantal	42	S F	CA	3:40:16

Female, 45-49

1	Gilbert	Sharlet	45	Richmond	CA	3:15:08
2	Olson	Christina	49	Spokane	WA	3:17:00
3	Fuller	Marian	47	Littleton	CO	3:31:10

Female, 50-54

1	Calvin	Cynci	50	Auburn	CA	3:27:01
2	Stratton	Jessie	50	Redding	CA	3:40:02
3	Niegas	Glenn	54	Trabuco Cyn	CA	3:53:08

Female, 55-59

1	Palm	Mae	56	Whistler	BC	3:35:56
2	Grove	Ann	55	Orinda	CA	4:03:15
3	Shipman	Judy	55	Rncho Cordova	CA	4:18:23

Female, 60-64

1	Callaway	Kathleen	64	Redlands	CA	4:58:46
2	Bassler	Gloria	60	Palos Verdes	CA	5:17:27
3	Young	Mary	61	Antelope	CA	5:29:55

Female, 65-69

1	Hill	Antoinette	69	Long Beach	CA	4:32:21
2	Withrow	Margie	69	Lompoc	CA	5:10:08
3	Mckone	Marian	66	Carmichael	CA	5:10:58

Female 70 & over

1	Adams	Po	72	Carmichael	CA	4:53:25
2	Parsons	Paulette	70	Newark	CA	5:39:45
3	Marsh	Annabel	73	S F	CA	7:19:17

Male, 19 & under

1	Dietsch	Brad	17	Alamo	CA	3:10:29
2	Hwang	Albert	16	Sacramento	CA	3:23:27
3	Suchite	Cesar	17	Lynwood	CA	3:29:47

Male, 20-24

1	Jacobsen	Bryce	24	San Jose	CA	2:40:14
2	Hawkins	Brad	20	Wentachee	WA	2:43:25
3	Hansen	Noel	24	Oakland	CA	2:44:36

Male, 25-29

1	Rodriguez	Antonio	28	S F	CA	2:41:57
2	Courcelle	Justin	25	Mountain View	CA	2:44:48
3	Walters	Greg	26	Albuquerque	NA	2:45:58

Male, 30-34

1	Lael	Brad	31	Sacramento	CA	2:37:27
2	Macedo	Ruben	32	S F	CA	2:50:48
3	Bullock	Clayton	30	S F	CA	2:56:52

Male, 35-39

1	Ortiz	Jaime	35	Lynwood	CA	2:37:39
2	Hernandez	Juan Manuel	35	Lamort	CA	2:38:17
3	Moroney	Brian	39	Salt Lake City	UT	2:39:48

Male, 40-44

1	Martinez	Enrique	40	Los Angeles	CA	2:47:53
2	Castaneda	Jose	41	So. S F	CA	2:49:42
3	Valdez	Gerald	42	Vallejo	CA	2:49:46

Male, 45-49

1	Dove	Michael	49	Salinas	CA	2:51:56
2	Julin	Gary	49	Omaha	NE	2:55:05
3	Graves	Mark	46	Berkeley	CA	2:55:29

Male, 50-54

1	Saari	Doug	54	Bloomington	MN	3:02:32
2	Maxey	Dan	50	Visalia	CA	3:05:25
3	Smithton	Rcbert	53	Ross	CA	3:08:37

Male, 55-59

1	Jones	Jim	55	Alameda	CA	3:18:42
2	Leutzing	Richard	57	Pacific Grove	CA	3:22:13
3	Heuer	Karl	56	Berlin	GR	3:24:13

Male, 60-64

1	Walsh	Tom	62	Oakland	CA	3:17:01
2	Constanantin	Charles	61	S F	CA	3:40:15
3	Bernal	Ben	61	LA	CA	3:41:02

Male, 65-69

1	Yaeger	Dick	67	Aptos	CA	3:34:34
2	Vance	Harold	67	San Carlos	CA	4:05:33
3	Jones	Lee	66	Daly City	CA	4:15:47

Male 70 & over

1	Toji	Gary	73	Berkeley	CA	4:30:37
2	Pait	Warrener	71	S F	CA	4:40:39
3	Rodriguez	Frank	71	San Lorenzo	CA	5:05:32

Notes on San Francisco Marathon Race Results:

Race results for the 1996 San Francisco Marathon begin on the next page (pg. 30). Marathon results are listed by overall women finishers followed by overall men finishers. Each finisher's name, age, city, state, official finish time, and place within age division is listed (divisions are the same as above).

Early starters: More than 100 runners began the Marathon one hour before the official race starting time of 8 a.m. The times shown on the enclosed pages reflect adjustment for

this early start. For example, pictured on the cover of this magazine is Annabel Marsh finishing the Marathon. The digital clock at the finish line displays "6:19:17"; however, Marsh's actual time was one hour more due to her early start.

For questions about the San Francisco Marathon, contact the Pacific Association of USA Track & Field, 120 Ponderosa Ct., Folsom, CA 95630; phone (916) 983-4622.

Thank you for running!

1996 San Francisco Marathon Female Finishers by Overall Time

O'all	Name	Age	City	ST	Time	Pl in Div									
1	Brown	Margee	33	Shoreview	MN	2:57:45	1								
2	Morris	Suzanne	38	Leucadia	CA	2:59:32	1								
3	Stich	Lori	26	Houston	TX	3:09:04	1								
4	Schroeder	Jennifer	29	Encinitas	CA	3:10:55	2								
5	Coordt	Mary	27	Elk Grove	CA	3:11:36	3								
6	Gilbert	Sharlet	45	Richmond	CA	3:15:08	1								
7	Olson	Christina	49	Spokane	WA	3:17:00	2								
8	Harris	Carolyn	31	San Diego	CA	3:17:50	2								
9	Erickson	Kari	31	Berkeley	CA	3:18:59	3								
10	Boyle	Mary	24	New York	NY	3:19:02	1								
11	Lochbaum	Mary-Ann	34	Abbotsford	BC	3:21:16	4								
12	Clarkson	Janet	32	San Francisco	CA	3:21:31	5								
13	Serch	Cheryl	26	Riverside	CA	3:21:32	4								
14	Juri	Terry	34	San Carlos	CA	3:21:33	6								
15	Riley	Karin	28	San Carlos	CA	3:22:35	5								
16	Brambila	Rozanne	35	Santa Ana	CA	3:24:53	2								
17	Sperry	Jeanne	25	San Francisco	CA	3:25:33	6								
18	Rahl	Riva	22	Piedmont	CA	3:25:45	2								
19	Digiacomio	Judy	25	Menlo Park	CA	3:25:47	7								
20	Hanson	Lisa	35	Bellevue	WA	3:26:16	3								
21	Johnson	Katelyn	30	Piedmont	CA	3:26:40	7								
22	Calvin	Cynci	50	Auburn	CA	3:27:01	1								
23	Hauth	Audrey	35	Seal Beach	CA	3:27:15	4								
24	Isaacs	Jodi	29	Danville	CA	3:27:16	8								
26	Levitt	Char	38	Berkeley	CA	3:28:14	6								
27	Hayward	Laura	21	Stanford	CA	3:28:31	3								
28	Riddoch	Penny	42	Peninsula	CA	3:29:25	1								
29	Aplin	Maureen	30	Irvine	CA	3:29:41	8								
30	Bailes	Christy	24	Fairfield	CA	3:29:52	4								
31	Marcis	Renee	27	Unknown		3:30:03	9								
32	Hollingsworth	Carolyn	31	Sausalito	CA	3:30:46	9								
33	Vargas	Virginia	35	Carson	CA	3:30:56	7								
34	Fuller	Marian	47	Littleton	CO	3:31:10	3								
35	Fujiwara	Alyce	36	Gardena	CA	3:31:53	8								
36	Dupuis	Dana	35	Berkeley	CA	3:32:49	9								
37	Maslanka	Bozena	29	Santa Cruz	CA	3:33:22	10								
38	Zidar	Maggy	46	Pontiac	MI	3:33:35	4								
39	Callard	Anne	29	Corona Del Mar	CA	3:33:37	11								
40	Wagner	Betty	45	Portland	OR	3:33:42	5								
41	Pillsbury	Heather	27	Washington	DC	3:33:58	12								
42	Brandt	Melissa	30	Vineyard Haven	MA	3:34:23	10								
43	Peterson	Diane	28	San Francisco	CA	3:34:29	13								
44	Pucay	Maia	34	Fresno	CA	3:34:35	11								
45	Enlow	Susan	40	Unknown		3:34:35	2								
46	Hittner	Lori	28	Piedmont	CA	3:34:42	14								
47	White Eag	Tina	34	Foster City	CA	3:35:09	12								
48	Moore	Beth	39	Oakland	CA	3:35:26	10								
49	Cooke	Colleen	24	Arcadia	CA	3:35:26	5								
50	Chavez	Angela	32	Foothill Ranch	CA	3:35:30	13								
51	Oei	Sabrina	21	Berkeley	CA	3:35:53	6								
53	Palm	Mae	56	Whistler	BA	3:35:56	1								
52	Stippich	Christel	47	San Jose	CA	3:35:56	6								
54	Hackett	Andrea	28	Lafayette	CA	3:35:57	15								
55	Cepeda	Lauren	31	Monrovia	CA	3:36:09	14								
56	Heckscher	Sarah	25	S F	CA	3:36:26	16								
57	Kim	Helen	27	Milipitas	CA	3:36:42	17								
58	Day	Lisa	30	Walnut Creek	CA	3:37:34	15								
59	Ciuba	June	35	Arlington	VA	3:37:46	11								
60	Cowley	Jane	30	S F	CA	3:38:00	16								
61	Randolph	Aimee	26	S F	CA	3:38:18	18								
62	Longworth	Angela	29	San Pablo	CA	3:38:51	19								
63	Pena	Lesvia	25	Pico Rivera	Ca	3:39:16	2064								
64	Leach	Tammera	28	Tacoma	WA	3:39:20	21								
65	Maecker	Heather	27	Mountain View	CA	3:39:24	22								
66	Bencheikh	Rizlene	23	Stanford	CA	3:39:29	7								
67	Cangan	Celeste	39	Burlingame	CA	3:39:40	12								
68	Stratton	Jessie	50	Redding	CA	3:40:02	2								
69	Yiu	Suk-King	37	Oakland	CA	3:40:07	13								
70	Low	Joanne	35	Beverly Hills	CA	3:40:13	14								
71	Geoffrion	Chantal	42	S F	CA	3:40:16	3								
72	Klein	Betsy	37	Shawnee Mission	KS	3:41:31	15								
73	Mitchell	Lillian	33	Berkeley	CA	3:41:33	17								
74	Anderson	Carol	31	Walnut Creek	CA	3:41:48	18								
75	Swanson	Kathleen	40	Del Ray Bch	FL	3:41:50	4								
76	Carroll	Suzanne	27	Santa Cruz	CA	3:42:02	23								
77	Randall	Rosemarie	48	Del Ray Beach	FL	3:42:24	7								
78	Griffiths	Gwen	31	West Vancouver	BC	3:42:33	19								
79	Henson	Lisa	35	Unknown		3:42:35	16								
80	Gordon	Jeanette	25	Reno	NV	3:42:37	24								
81	Endres	Stacy	24	Oregon	WI	3:43:00	8								
82	Davis	Carol	36	Davis	CA	3:43:11	17								
83	Mitchell	Monica	22	Kansas City	MO	3:43:18	9								
84	Eiler	Melissa	24	S F	CA	3:43:20	10								
86	Park-Mar	Sarah	27	Millbrae	CA	3:43:45	26								
87	Nicknish	Virginia	25	Vail	CO	3:43:50	27								
88	Shearer	Annette	35	Mill Valley	CA	3:44:02	18								
89	Sutton	Elizabeth	30	Venice	CA	3:44:09	20								
90	Comes-Bat	Rita	35	Redwood City	CA	3:44:11	19								
91	Grisso	Cindy	38	Tulsa	OK	3:44:21	20								
92	Callahan	Genevieve	38	Unknown		3:44:23	21								
93	Herbstman	Jamie	24	S F	CA	3:44:26	11								
94	Pertcheck	Darcy	25	S F	CA	3:44:30	28								
95	Allison	Julie	27	Irvine	CA	3:44:38	29								
96	Moore	Molly	26	S F	CA	3:45:13	30								
97	Everett	Pam	36	Monarch	CA	3:45:20	22								
98	Zisch-Stu	Corinne	31	Del Mar	CA	3:45:49	21								
99	Leptich	Adelaida	34	Boulder	CO	3:45:58	22								
100	Mcfadden	Linda	33	Modesto	CA	3:46:07	23								
101	Niederhau	Kristin	25	Costa Mesa	CA	3:46:18	31								
102	Babcock	Liz	28	Omaha	NE	3:46:26	32								
103	Vallieres	Ann	41	Silver Spring	MD	3:46:32	5								
104	Meiselman	Paula	29	San Francisco	CA	3:46:38	33								
105	Kane	Stephanie	23	Olympic Valley	CA	3:46:41	12								
106	Purnell	Julie	32	S F	CA	3:46:48	24								
107	Christens	Cathy	29	Fairfield	CA	3:46:49	34								
108	Skokan	Allison	26	Corona Del Mar	CA	3:47:06	35								
109	Madison	Lynne	44	Portolla Valley	CA	3:47:23	6								
110	Fujinaka	Mariko	30	North Fork	CA	3:47:37	25								
111	Rogers	Angelica	38	Visalia	CA	3:47:54	23								
112	Mcneil	Leslie	34	S F	CA	3:48:12	26								
113	Givas	Kristine	29	S F	CA	3:48:17	36								
114	Peterson	Elizabeth	26	Orinda	CA	3:48:28	37								
115	Almeida	Libby	28	El Dorado Hills	CA	3:48:33	38								
116	Nolan	Ellie	36	Portland	OR	3:48:36	24								
117	Kitayama	Diane	29	San Francisco	CA	3:49:15	39								
118	Briscoe	Diva	28	Temple City	CA	3:49:50	40								
119	Burch	Marne	26	S.L.O.	CA	3:50:01	41								
120	Mitchel	Margan	43	Menlo Park	CA	3:50:04	7								
121	Askew	Sandi	48	Redlands	CA	3:50:37	8								
122	Derolf	Pam	37	Middletown	RI	3:50:42	25								
123	Raposo	Berta	33	San Jose	CA	3:50:45	27								
124	Frederick	Susan	26	S F	CA	3:51:46	42								
125	Belot-Weaver	Kathleen	35	Mill Valley	CA	3:51:50	26								
126	Johnson	Gayla	33	Sunnyvale	CA	3:52:02	28								
127	Fasciano	Ellen	33	San Francisco	CA	3:52:06	29								
128	Trijillo	Rene	26	Unknown		3:52:10	43								

O'all	Name	Age	City	ST	Time	Pl in Div									
129	Terry	Cindy	32	Visalia	CA	3:52:13	30	193	Shaffer	Judi	36	Berkeley	CA	3:59:23	37
130	Hoodman	Sena	38	Huntington Bch	CA	3:52:16	27	194	Sherman	Julie	18	Strongsville	OH	3:59:27	1
131	Guillet	Susan	23	S F	CA	3:52:17	13	195	Parr	Jennifer	24	S F	CA	3:59:30	20
132	Troy	Megan	25	S F	CA	3:52:28	44	196	Belton	Linda	41	Sacramento	CA	3:59:32	16
133	Whitlow	Lynn	39	San Francisco	CA	3:52:35	28	197	Ballantyn	Catherine	28	Los Altos	CA	3:59:36	66
134	Burns	Teresa	28	Redding	CA	3:52:38	45	198	Jacquez	Patricia	49	Stockton	CA	3:59:37	12
135	Lilley	Angela	27	Berkeley	CA	3:52:41	46	199	Sherman	Elena	43	Culver City	CA	3:59:38	17
136	Hoopes	Doris	40	W. Chester	PA	3:52:42	8	200	Faint	Karen	37	Unknown		3:59:42	38
137	Sheridan	Susanne	26	San Clemente	CA	3:52:42	47	201	Keuper	Penny	38	Lexington	SC	3:59:44	39
138	Loftus	Jan	45	Toronto	ON	3:52:59	9	202	Shea	Catherine	31	Washington	DC	3:59:53	42
139	Gauvin	Tina	33	Pasadena	CA	3:52:59	31	203	Nguyen	Pamela	24	San Mateo	CA	4:00:27	21
140	Niegas	Glenn	54	Trabuco Cyn	CA	3:53:08	3	204	Ulstrup	Karin	29	La Jolla	CA	4:00:31	67
141	Henson	Susanne	37	Marion	IA	3:53:52	29	205	Stricklan	Valerie	37	Mtn View	CA	4:00:32	40
142	Gibbens	Monique	38	Orleans	ON	3:53:58	30	206	Williams	Lisa	31	Santa Barb	CA	4:00:37	43
143	Saidenber	Jocelyn	33	S F	CA	3:53:59	32	207	Demasi	Michelle	29	San Mateo	CA	4:00:45	68
144	Manring	Maika	24	S F	CA	3:54:01	14	208	Cox	Julie	37	Eugene	OR	4:00:49	41
145	Stoneciph	Jo	43	Portland	OR	3:54:02	9	209	Putnam	Rochelle	34	Rancho Sf	CA	4:00:52	44
146	Russo	Kristen	26	S F	CA	3:54:18	48	210	Lum	Dianne	41	Santa Monica	CA	4:00:54	18
148	Srebrenic	Erica	24	Morristown	NJ	3:54:36	15	211	Bolen	Anne	35	San Francisco	CA	4:00:58	42
147	Mcdevitt	Jo-Ann	44	San Francisco	CA	3:54:36	10	212	Curtis	Kathy	40	Los Altos	CA	4:01:04	19
149	Cherne	Sara	47	Ouluth	MN	3:54:38	10	213	Miller	Phyllis	45	Pleasant	CA	4:01:06	13
151	Dong	Christina	50	S F	CA	3:54:50	4	214	Su	Jennifer	25	Sf	CA	4:01:09	69
150	Nguyen	Jane	34	Red Bank	NJ	3:54:50	33	215	Archambau	Claudette	23	Vienna	VA	4:01:11	22
152	Fields	Helen	36	Los Angeles	CA	3:55:17	31	216	Serjak	Julie	49	Visalia	CA	4:01:12	14
153	Klute	Sandi	27	Blacksbury	VA	3:55:28	49	217	Mcmanus	Erin	29	S F	CA	4:01:21	70
154	Warford	Jolyn	28	S F	CA	3:55:30	50	218	Touchette	Nancy	40	Cockeysvill	MD	4:01:25	20
156	Dolloff	Elizabeth	28	Millwaukee	WI	3:55:34	52	219	Chang	Emily	23	Sf	CA	4:01:25	23
155	Kriegel	Melina	25	S F	CA	3:55:34	51	220	Wegbrett	Jeny	21	Palo Alto	CA	4:01:28	24
157	Neuhaus	Jeannette	29	Gtenchen		3:55:35	53	221	Mcgrimsey	Tonya	25	Johnson City	TN	4:01:39	71
158	Springer	Eden	27	Washington	DC	3:55:46	54	222	Chan	Rita	32	Burlingame	CA	4:01:41	45
159	Logan	Nicole	22	Novato	CA	3:56:00	16	223	Hamilton	Barbara	37	Sac	CA	4:01:44	43
161	Carpenter	Sandy	41	Campbell	CA	3:56:03	11	224	Datellis	Nicolette	32	Oakland	CA	4:02:03	46
160	Adams	Ann	46	Charlotte	NC	3:56:03	11	225	Anderson	Valerie	30	Sausalito	CA	4:02:11	47
162	Kohler	Andrea	30	Newark	CA	3:56:13	34	226	Bandler	Joanna	27	S F	CA	4:02:15	72
163	Ehrlich	Susan	36	Millbrae	CA	3:56:19	32	227	Cain	Annette	30	Lodi	CA	4:02:22	48
164	Holm	Leann	27	Fresno	CA	3:56:23	55	228	Ginner	Debby	32	Santa Cruz	CA	4:02:26	49
165	Cooper	Elizabeth	26	San Francisco	CA	3:56:39	56	229	Mcdonald	Sheryl	31	Sf	CA	4:02:50	50
166	Mazzola	Anna	28	S F	CA	3:56:42	57	230	Burgess	Deb	37	Lakewood	CA	4:02:58	44
167	Crook	Melissa	29	Sf	CA	3:56:43	58	231	Bozek	Amy	30	Carlsbad	CA	4:03:00	51
168	Stover	Nancy	44	El Sobrante	CA	3:56:49	12	232	Koski	Lilah	26	S F	CA	4:03:02	73
169	Janku	Laura	27	S F	CA	3:56:53	59	233	Kearns	Michel	28	S F	CA	4:03:07	74
170	Maier	Marlene	36	Palo Alto	CA	3:56:54	33	234	Hinton	Elizabeth	29	S F	CA	4:03:08	75
171	Hayes	Suzanne	34	Littleton	CA	3:57:05	35	235	Grove	Ann	55	Orinda	CA	4:03:15	2
172	Barnett	Michele	26	Sf	CA	3:57:07	60	236	Shore	Mary	24	S F	CA	4:03:32	25
173	Martinez	Maedalena	24	Hacienda Hts	CA	3:57:19	17	237	Lengquist	Beverly	33	Capitola	CA	4:03:43	52
174	Wood	Suzanne	32	S F	CA	3:57:20	36	238	Coppola	Tracy	33	Phoenix	AZ	4:03:47	53
175	Bershers	Patricia	30	S F	CA	3:57:34	37	239	Van Stral	Cindy	48	Westminster	CA	4:03:50	15
176	Drew	Tammy	37	Menlo Park	CA	3:57:40	34	240	Garsick	Nancy	30	Red Bank	NJ	4:03:54	54
177	Olszewski	Lynda	28	Pleasanton	CA	3:57:45	61	241	Yturri	Frances	21	Berkeley	CA	4:03:58	26
178	Knitt	Deborah	26	Palo Alto	CA	3:57:52	62	242	Hammer	Marilyn	30	Hayward	CA	4:04:03	55
179	Lowe	Jessica	19	San Jose	CA	3:57:53	18	243	Kaplan	Beth	33	S F	CA	4:04:16	56
180	Johnson	Lisa	25	Concord	CA	3:57:56	63	244	Franck	Susan	46	Aurora	OR	4:04:20	16
181	Martin	J.	41	Unknown		3:57:56	13	245	Emorine	Josiane	37	Emeryville	CA	4:04:29	45
182	Callen	Lori	33	S F	CA	3:58:10	38	246	Buckman	Lisa	28	Berkeley	CA	4:04:33	76
183	Sharp	Stefanie	30	S F	CA	3:58:11	39	247	Simonds	Holly	24	San Francisco	CA	4:04:55	27
184	Mccrea	Katherine	40	Nashville	TN	3:58:24	14	249	Kimura	Atsuko	35	Cupertino	CA	4:04:56	47
185	Phillips	Carla	42	Moraga	CA	3:58:28	15	248	Espinosa	Julie	37	Santa Monica	CA	4:04:56	46
186	Pownall	Perry	27	San Francisco	CA	3:58:31	64	250	Wooten	Kimberly	36	Baton Rouge	LA	4:04:59	48
187	Slye	Angelique	31	S F	CA	3:58:39	40	251	Clifford	Amy	27	S F	CA	4:05:17	77
188	Slichter	Emily	34	Burlingame	CA	3:58:49	41	252	Nelson	Sara	30	Seattle	WA	4:05:22	57
189	Kasbohm	Madonna	25	Minneapolis	MN	3:58:58	65	253	Juson	Justine	28	Walnut Creek	CA	4:05:26	78
190	Fracas	Lyell	37	Newcastle	WA	3:59:09	35	254	Lalley	Audra	28	Balboa Island	CA	4:05:31	79
191	Valkema	Denise	36	Pacifica	CA	3:59:13	36	255	Ogle	Raquel	31	Reno	NV	4:05:35	58
192	Diehl	Melissa	23	Novato	CA	3:59:21	19	256	Infurna-B	Dawn	28	Belmont	CA	4:05:45	80
								257	Mc Lennan	Lisa	38	Danville	CA	4:05:47	49

O'all	Name	Age	City	ST	Time	Pl in Div									
258	Arboit	Tamara	25	S F	CA	4:05:58	81	322	Limacher	Janine	28	San Mateo	CA	4:11:42	102
259	Hamill	Karen	24	Mountain View	CA	4:06:14	28	323	Weber	Angela	21	Lexington	SC	4:11:43	32
260	Vanstone	Heather	28	Torrance	CA	4:06:17	82	324	Yee	Teri	27	Fremont	CA	4:11:49	103
261	Lopez	Gina	35	El Cerrito	CA	4:06:22	50	325	Carnazzo	Mary	28	Omaha	NE	4:12:04	104
262	Boring	Lisa	26	Daly City	CA	4:06:30	83	326	Mihara	Keiko	48	Chiba		4:12:05	17
263	Homan	Linda	35	San Ramon	CA	4:06:35	51	327	Svatora	Linda	41	Omaha	NE	4:12:19	29
264	Schaffer	Mary Ann	25	Louisville	KY	4:06:41	84	328	Schmidt	Karen	36	S F	CA	4:12:21	60
265	Montoya	Debra	38	29 Palms	CA	4:06:56	52	329	Herrera	Vickie	37	Stockton	CA	4:12:26	61
266	Morris-Kh	Lina	33	Indialantic	FL	4:06:57	59	330	Jones-Sal	Jennifer	27	Vancouver	WA	4:12:27	105
267	Dabalos	Adel	43	Sac	CA	4:07:16	21	331	Vuorikoski	Hannele	38	Unknown		4:12:36	62
268	Thomas	Kelly	31	Berkeley	CA	4:07:17	60	332	Mueda	Marilyn	34	S F	CA	4:12:39	77
269	Davis	Tamy	27	Mill Valley	CA	4:07:19	85	333	De Narvae	Marcela	26	S F	CA	4:12:41	106
270	Laframboise	Mary	43	Mill Valley	CA	4:07:22	22	334	Burke	Isabelle	40	Converse	TX	4:12:44	30
271	Smith	Jennifer	26	Unknown		4:07:24	86	335	Vidal	Alison	26	S F	CA	4:12:47	107
272	Davidson	Linda	40	Visalia	CA	4:07:27	23	336	Horsfield	Robin	33	Santa Monica	CA	4:12:53	78
273	Wan	Donna	24	San Francisco	CA	4:07:35	29	337	Cundith	Loretta	42	Cameron Park	CA	4:12:57	31
274	Goes	Jennifer	25	San Jose	CA	4:07:40	87	338	Olks	Mary	28	San Jose	CA	4:13:04	108
275	Lee	Cindy	34	Walnut Creek	CA	4:07:46	61	339	Birchell	Pamela	37	Gladstone	MO	4:13:18	63
276	Keegan	Kelly	28	Costa Mesa	CA	4:07:47	88	340	Tralongo	Colleen	35	San Jose	CA	4:13:30	64
277	Holmes	Susan	33	Issaquah	WA	4:07:56	62	341	Shutt	Barbara	46	Vinton	VA	4:13:38	18
279	Perloff	Laura	44	Lafayette	CA	4:08:01	24	342	Broes	Robyn	43	Albuquerque	NM	4:13:48	32
278	Sgro	Laurel	38	Orinda	CA	4:08:01	53	343	Ellen	Cheryl	46	Albuquerque	NM	4:13:49	19
280	Evans	Jeanette	26	San Mateo	CA	4:08:08	89	344	Balmuth	Nancy	48	San Diego	CA	4:13:52	20
281	Gibson	Tracy	35	Burlingame	CA	4:08:24	54	345	Kinney	Mary	34	Walnut Creek	CA	4:14:00	79
282	Post	Debra	34	Livermore	CA	4:08:40	63	346	Bower	Ann	38	S F	CA	4:14:02	65
283	Wilcox	Kristin	25	Southington	CT	4:08:48	90	347	Hayward	Kriss	34	Menlo Park	CA	4:14:09	80
284	Imhoff	Grace	36	Antelope	CA	4:08:56	55	348	Walsh	Kathleen	45	Oakland	CA	4:14:11	21
285	Ordonio	Arlene	32	Suisun City	CA	4:09:05	64	349	Medhurst	Pam	42	San Diego	CA	4:14:22	33
286	Tice	Sandi	29	Los Altos	CA	4:09:07	91	350	Shafer	Shephanie	30	Costa Mesa	CA	4:14:25	81
287	Rothman	Kimberly	18	Olmsted Twp	OH	4:09:16	2	351	Costantin	Mary	23	S F	CA	4:14:26	33
288	Dye	Mary	23	Middleburg	VA	4:09:17	30	352	Von Borck	Van	45	Alameda	CA	4:14:34	22
289	Cooper	Lauren	38	La Mesa	CA	4:09:30	56	353	Brant	Yolanda	45	Waukesha	WI	4:14:46	23
290	Binnard	Gina	26	San Francisco	CA	4:09:31	92	354	Mcgregor	Andrea	34	Sacramento	CA	4:14:51	82
291	Hilderbra	Sandra	26	Novato	CA	4:09:32	93	355	St. John	Marjory	39	Oakland	CA	4:14:52	66
292	Geiger	Elaine	44	Snellville	GA	4:09:33	25	356	Martin	Ami	25	S F	CA	4:14:53	109
293	Sinclair	Carole	28	Oakland	CA	4:09:35	94	357	Harmon	Marie	54	Fair Oaks	CA	4:15:03	7
294	Walker	Ariana	31	Walnut Creek	CA	4:09:36	65	358	Harcourt	Avril	37	S. Lake Tahoe	CA	4:15:05	67
295	Heintz	Terry	43	San Bernardino	CA	4:09:39	26	359	Achermann	Brigitte	33	Unknown		4:15:06	83
296	Pabon	Susan	31	Cupertino	CA	4:09:44	66	360	Barrett	Linda	29	Walnut Creek	CA	4:15:13	110
297	Gregory	Bonnie	33	Rianoke	VA	4:09:47	67	361	Fields	Angela	21	Belmont	CA	4:15:16	34
298	Seitamo	Anitra	52	Fairfax	CA	4:09:51	5	362	Best	Susan	22	San Francisco	CA	4:15:18	35
299	Tobin	Diane	30	Unknown		4:09:51	68	363	Geffert	Kieran	29	S F	CA	4:15:18	111
300	Malagon	Angelica	32	Fresno	CA	4:09:54	69	364	Murphy	Jeanie	29	Tucson	AZ	4:15:33	24
301	Sobenes	Juzanne	44	Fresno	CA	4:09:59	27	366	Radvany	Barbara	29	Trenton	NJ	4:15:33	113
303	Niziolek	Gina	36	Frederick	MD	4:10:02	57	367	Schutte	Betty	36	Boyce	VA	4:15:39	68
302	Moreno	Regina	32	S F	CA	4:10:02	70	368	Walsh	Bridget	28	S F	CA	4:15:40	114
304	Dega	Mimi	31	Gig Harbor	WA	4:10:18	71	369	Hammer	Tyrrell	27	S F	CA	4:15:46	115
305	Laughlin	Linda	27	Salt Lake	UT	4:10:20	95	370	Rauner	Mary	30	Menlo Park	CA	4:15:49	84
306	Butler	Katherine	28	Salt Lake City	UT	4:10:22	96	371	Levine	Kristen	33	S F	CA	4:15:51	85
307	Quinn	Shelle	25	Sunnyvale	CA	4:10:29	97	372	Lyons	Marian	49	S F	CA	4:15:58	25
308	Keeler	Pamela	29	Sacramento	CA	4:10:32	98	373	Maniscalco	Barbara	30	Unknown		4:16:11	86
309	Hegarty	Mary	33	Santa Ana	CA	4:10:35	72	374	Levy	Merryl	26	S F	CA	4:16:12	116
310	Turner	Nora	33	Foster City	CA	4:10:49	73	375	Sullivan	Denise	38	San Diego	CA	4:16:15	69
311	Do	Nga	21	Santa Clara	CA	4:10:53	31	376	Boman	Kimberly	28	Palo Alto	CA	4:16:34	117
312	Portis	Carrie	30	San Francisco	CA	4:11:00	74	377	Milanovic	Narandja	40	Bakersfield	CA	4:16:40	34
313	Ortiz	Sheila	41	S F	CA	4:11:02	28	378	Villavice	Elizabeth	35	S F	CA	4:16:43	70
314	Lewis	Barbara	39	Riverside	CA	4:11:07	58	379	Battaini	Joan	37	S F	CA	4:16:49	71
315	Frazier	Ann	36	Santa Ana	CA	4:11:08	59	380	Santos	Claudia	27	Palo Alto	CA	4:16:51	118
316	Sato	Mika	30	Sunnyvale	CA	4:11:11	75	381	Oznowicz	Sassa	35	Orinda	CA	4:16:54	72
317	Blount	Michelle	25	Silversprings	MD	4:11:21	99	382	Jasperse	Sher	41	Cedar Rapids	IA	4:17:04	35
318	Bley	Erika	26	S F	CA	4:11:24	100	383	Rosenwald	Erin	25	S F	CA	4:17:06	119
319	Macnutt	Shannon	32	Washington	DC	4:11:31	76	384	Underhill	Moriah	17	San Rafael	CA	4:17:16	3
320	Reinhardt	Sue	50	R. Palos Verdes	CA	4:11:35	6	385	Ray	Susan	25	S F	CA	4:17:17	120
321	Dawe	Terri	29	Belmar	NA	4:11:38	101	386	Daniel	Diana	35	Oakland	CA	4:17:21	73
								387	Viole	Dawnell	28	Mission Viejo	CA	4:17:51	121

O'all	Name	Age	City	ST	Time	Pl in Div	452	Cea	Mary	28	S F	CA	4:25:21	130	
388	Mcgee	Virginia	33	Charlotte	NC	4:17:58	87	453	Van Noste	Kim	44	Tierra Verde	FL	4:25:25	46
389	Shaffer	Caley	34	S F	CA	4:18:09	88	454	Buchanan	Nancy	52	Long Beach	CA	4:25:26	9
390	Perry	Patti	32	S F	CA	4:18:12	89	455	Kerr	Jill	35	Reston	VA	4:25:28	88
391	Lindelef	Lisa	45	S F	CA	4:18:15	26	456	Lee	Cynthia	47	S F	CA	4:25:29	28
392	Shipman	Judy	55	Rncho Cordova	CA	4:18:23	3	457	Usher	Kimberly	27	S F	CA	4:25:34	131
393	Nguyen	Trang	30	Falls Chur	VA	4:18:32	90	458	Strand	Laurel	48	San Francisco	CA	4:25:39	29
394	Naddaff	Nancy	38	Foster City	CA	4:18:36	74	459	Tinloy	Joanne	37	Roseville	CA	4:25:40	89
395	Kozinets	Ida	36	S F	CA	4:18:38	75	460	Chiang	Jean	40	Bakersfield	CA	4:25:43	47
396	Quirk	Terri	33	Ventura	CA	4:18:42	91	461	Ruiz	Maria	35	Irving	TX	4:25:51	90
397	Silva	Sandra	36	Stockton	CA	4:18:49	76	462	Benson	Alisa Dian	24	Portland	OR	4:26:07	41
398	Poe	Tracy	30	Summerland	CA	4:18:55	92	463	Sutro	Sarah	23	S F	CA	4:26:16	42
399	Humes	Marcia	31	Corvallis	OR	4:18:57	93	464	Zivitz	Kali	27	S F	CA	4:26:22	132
400	Toyama	Kathee	36	Pasadena	CA	4:19:02	77	465	Stapleton	Lucy	26	San Francisco	CA	4:26:22	133
401	Seidel	Kimberly	25	Potomac	MD	4:19:09	122	466	Howard	Melanie	42	Saratoga Spr.	NY	4:26:35	48
402	Mcgee	Margaret	24	Charlotte	NC	4:19:16	36	467	Sinclair	Suzie	22	Menlo Park	CA	4:26:41	43
403	Gray	Beth	27	S F	CA	4:19:22	123	468	Koren	Pat	40	Cupertino	CA	4:26:46	49
404	Legg	Jennifer	25	Monterey	CA	4:19:23	124	469	Rodoni	Catherine	28	Santa Clara	CA	4:26:50	134
405	Hansard	Cynthia	38	Burbank	CA	4:19:26	78	470	Smeland	Barbara	39	Logan	UT	4:26:52	91
406	Schleiche	Kristie	23	Pleasanton	CA	4:19:38	37	471	Massullo	Anne-Chris	36	S F	CA	4:27:09	92
407	Wu	Greta	31	New York	NV	4:19:40	94	472	Fox	Christina	26	S F	CA	4:27:21	135
408	Fitzsimmo	Camille	42	Burlingame	CA	4:19:46	36	473	Nishio	Jo Anne	45	Menlo Park	CA	4:27:21	30
409	Luyties	Ute	57	Little River	CA	4:19:49	4	474	Jung	Hyonsoon	48	Studio	CA	4:27:27	31
410	Sjoberg	Susan	35	Redwood City	CA	4:19:52	79	475	Davidson	Jennifer	27	Atlanta	GA	4:27:31	136
411	Jacobsen	Betsy	40	Spokane	WA	4:19:59	37	476	Guattery	Joann	47	Santa Rosa	CA	4:27:34	32
412	Shannon	Susan	32	S F	CA	4:20:23	95	477	Chiang	Nancy	37	San Francisco	CA	4:27:40	93
413	Kent-Salzer	Allison	33	San Francisco	CA	4:20:32	96	478	Chiang	Ellen	39	San Francisco	CA	4:27:41	94
414	Druepple	Debra	41	Houston	TX	4:20:36	38	479	Sourial	Heather	32	Playa Del Rey	CA	4:27:46	106
415	Ruble	Cameron	24	Washington	DE	4:20:37	38	480	Chandler	Loretta	46	Oakland	CA	4:27:46	33
416	Bouchard	Meg	43	Spokane	WA	4:20:39	39	481	Chaplin	Jennifer	19	Santa Maria	CA	4:27:49	44
417	Young	Karen	35	Burlingame	CA	4:20:43	80	482	Rossi	Karen	34	S F	CA	4:27:55	107
418	Streukens	Kristin	26	Washington	DC	4:21:11	125	483	Duncan	Gillian	23	S F	CA	4:27:56	45
419	Mckinley	Sara	37	Alamo	CA	4:21:19	81	484	Sernett	Lisa	30	Simi Valley	CA	4:28:00	108
420	Wiegiers	Kristin	36	Unknown		4:21:36	82	486	Courey	Sondra	26	S F	CA	4:28:01	137
421	Priegnitz	Dolores	43	Pleasanton	CA	4:21:38	40	485	Pfalzer	Margie	47	Moraga	CA	4:28:01	34
422	Ochel	Lori	27	San Jose	CA	4:21:51	126	487	Strayer	Ann	36	S F	CA	4:28:04	95
423	Powell	Meghan	23	San Francisco	CA	4:21:52	39	488	Sather	Becky	32	Loveland	CA	4:28:05	109
424	Frederic	Diane	33	Manhtn. Beach	CA	4:22:04	97	489	Simon	Patricia	43	S F	CA	4:28:07	50
425	Weins	Kim	32	Atherton	CA	4:22:34	98	490	Tucker	Deborah	23	S F	CA	4:28:10	46
426	Romo	Mary	41	North Ridge	CA	4:22:36	41	491	Goggins	Renee	31	Anaheim Hills	CA	4:28:22	110
427	Cortez	Laura	44	Fremont	CA	4:23:00	42	492	Czobakows	Jerilynn	28	Riverside	CA	4:28:49	138
428	Wallman	Keira	17	Camarillo	CA	4:23:08	4	493	Farley	Beth	33	Silver Spg	MD	4:28:53	111
429	Weiss	Sara	18	Camarillo	CA	4:23:08	5	494	Ortisi	Rosanna	27	S F	CA	4:29:04	139
430	Emad	Lela	34	Santa Rosa	CA	4:23:11	99	495	Whiting	Ann	34	S F	CA	4:29:18	112
431	Bernal	Susan	44	Palo Alto	CA	4:23:17	43	497	Laird	Elisse	30	Unknown		4:29:21	114
432	Rubal	Kimberly	33	L A	CA	4:23:30	100	496	Donovan	Linda	30	Sac	CA	4:29:21	113
433	Hoban	Robyn	32	Vacaville	CA	4:23:30	101	498	Lane	Mary Ellen	29	Lexington	KY	4:29:35	140
434	Schramm	Laurie	37	S. L. Obispo	CA	4:23:37	83	499	Carlin	Mary	34	Rocky Mt	VA	4:29:35	115
435	Mark	Erika	23	Huntsville	AL	4:23:37	40	500	Lovell	Diane	36	Rocky Mtn.	VA	4:29:36	96
436	Harbron	Joyce	49	Cleator Cumbria	UK	4:23:42	27	501	Fierman	Meredith	26	Atlanta	GA	4:29:47	141
437	Bishop	Tracey	28	San Francisco	CA	4:23:49	127	502	Parrott	Mary	30	Montara	CA	4:29:49	116
438	Scates	Melanie	33	San Jose	CA	4:23:49	102	503	Robertson	Michelle	39	Yorba Linda	CA	4:29:53	97
439	Cooper	Sue	52	Westminster	CA	4:23:52	8	504	Dowd	Billie	43	Manasquan	NJ	4:30:06	51
440	Snyder	Leisa	58	S F	CA	4:24:18	5	506	Hinz	Debra	44	La Habra Ht	CA	4:30:06	52
441	Luse	Cynthia	39	Cedar Rapids	IA	4:24:26	84	505	Andersen	Heidi	20	Chapel Hill	NE	4:30:06	47
442	Wang	Nora	39	Belmont	CA	4:24:31	85	507	Sidman	Pamela	23	Arlington	VA	4:30:06	48
443	Britton	Molly	28	Berkeley	CA	4:24:32	128	508	Herrera	Patricia	27	Santa Clara	CA	4:30:08	142
444	Moorhead	Kerry	26	S F	CA	4:24:39	129	509	Maxwell	Joan	59	Burbank	CA	4:30:14	6
445	Dietz	Sue	39	Mojare	CA	4:24:40	86	510	Mcastrhur	Keri	23	Cupertino	CA	4:30:40	49
446	Patterson	Frances	41	Fresno	CA	4:24:41	44	511	Williams	Cindy	39	S F	CA	4:30:41	98
447	Miller	Carol	43	Pt Pleasant	NJ	4:24:45	45	512	Miller	Cindy	41	Visalia	CA	4:30:53	53
448	Staab	Georgia	34	Santa Barbara	CA	4:24:50	103	513	Lichty	Mary Jo	46	Visalia	Ca	4:31:09	35
449	Zecca	Theresa	30	S F	CA	4:24:58	104	514	Byrne	Maureen	30	Santa Barbara	Ca	4:31:15	117
450	Carroll	Marilyn	33	Radford	Ca	4:25:02	105	515	Sokoloff	Diann	30	S F	Ca	4:31:19	118
451	Maseili	Pamela	35	Petaluma	CA	4:25:11	87	516	Carlin	Shannon	22	Springfield	VA	4:31:28	50

O'all	Name	Age	City	ST	Time	Pl in Div									
517	Sweeney	Debra	34	Sac	CA	4:31:30	119	581	Ellsworth	Deanne	24	Phoenix	AZ	4:37:32	57
518	Clark	Jane	39	Chula Vista	CA	4:31:36	99	582	Mccormick	Madonna	33	Palm Beach	FL	4:37:50	137
519	Raskin	Terrie	37	Blue Ridge	VA	4:31:51	100	583	Long	Valerie	39	San Jose	CA	4:37:52	108
520	Baird	Laura	27	Seattle	WA	4:31:52	143	584	Gaehwiler	Jeannette	23	S F	CA	4:37:59	58
522	Horsma	Jennifer	26	Palo Alto	CA	4:31:55	144	585	Giesey	Marisa	39	San Jose	CA	4:38:04	109
521	Horsma	Amy	23	Palo Alto	CA	4:31:55	51	586	Timms	Judy	32	Coarsegold	CA	4:38:11	138
523	Deming	Kathleen	30	San Diego	CA	4:31:57	120	588	Ellis	Marianne	43	Santa Cruz	CA	4:38:17	65
524	Clancy	Kathleen	51	Martinez	CA	4:32:01	10	587	Madden	Nan	53	Unknown		4:38:17	11
525	Petrillo	Karen	38	Hull	MA	4:32:03	101	589	Orsak	Catherine	25	Mesa	Az	4:38:19	157
526	Cohn	Jennifer	28	San Francisco	CA	4:32:04	145	591	Penna	Louise	39	Santa Rosa	CA	4:38:42	110
527	Hager	Susan	41	Oakland	CA	4:32:05	54	590	Mccaffrey	Peggy	32	Irvine	CA	4:38:42	139
528	Hill	Antoinette	69	Long Beach	CA	4:32:21	1	592	Luo	Anna	33	S F	CA	4:38:47	140
529	Culp	Patricia	31	S F	CA	4:32:27	121	593	Blake	Marienella	30	Dancille	CA	4:38:59	141
530	Loverde	Toni	32	S F	CA	4:32:36	122	594	Guenard	Susan	48	Sac	CA	4:39:12	39
531	Mogelnick	Mishana	30	Atlanta	GA	4:32:44	123	595	Holt	Laura	36	Moraga	CA	4:39:14	111
532	Lisagor	Kimberly	22	Los Angeles	CA	4:32:45	52	596	Wines	Jenifer	33	Moraga	CA	4:39:14	142
533	Standley	Dee	41	S F	CA	4:32:48	55	597	Linkewic	Andrea	26	S F	CA	4:39:23	158
534	Schuster	Lyanne	38	Fairfax	CA	4:32:55	102	598	Koenig	Cindy	33	West Point	NY	4:39:26	143
535	Wood	Lisa	26	San Francisco	CA	4:32:56	146	599	Locke	Shelley	29	S F	CA	4:39:29	159
536	Pereira	Gabrielle	40	S. Lake Tahoe	CA	4:33:00	56	600	Bradbury	Susan	33	Decatur	GA	4:39:44	144
537	Mehlhoff	Betty	46	Tacoma	WA	4:33:10	36	601	Parsons	Paulette	70	Newark	CA	4:39:45	1
538	Sagmoen	Cindy	29	Seattle	WA	4:33:10	147	602	Talansky	Ruthy	30	S F	CA	4:39:57	145
539	Haberzetzl	Jan	58	Daly City	CA	4:33:16	7	603	Scales	Sarah	24	S F	CA	4:39:57	59
540	Dethloff	Lynette	34	Tustin	CA	4:33:18	124	604	Brooks	Stephanie	44	Nashville	TN	4:40:01	66
541	Kroupa	Klara	30	Vancouver	BC	4:33:19	125	605	Geist	Rebecca	26	Cincinnati	OH	4:40:09	160
542	Fleurette	Renee	31	Arlington	VA	4:33:47	126	606	Tiberti	Velma	51	S. L. Obispo	CA	4:40:10	12
543	Lopez	Kathryn	44	Pt Plsnt	NJ	4:33:48	57	607	Kush	Happy	25	Tempe	AZ	4:40:16	161
544	Fernandez	Monica	27	S F	CA	4:33:54	148	608	Brodsky	Amy	28	New York	NV	4:40:21	162
545	Corrigan	Elizabeth	26	S F	CA	4:33:54	149	609	Madden	Theresa	28	San Francisco	CA	4:40:42	163
546	Zembrycki	Elaine	49	San Diego	CA	4:34:22	37	610	Huffman	Sabrina	26	S F	CA	4:40:48	164
547	Bissey	Tina	28	Sf	CA	4:34:23	150	611	Dickenson	Julia	39	Corvallis	OR	4:40:49	112
548	Budin	Katherine	24	Sf	CA	4:34:24	53	612	Segal	Edna	26	San Francisco	CA	4:40:56	165
549	Schizas	Karen	38	Santa Barbara	CA	4:34:25	103	613	Ridlem	Alison	31	Roanoke	VA	4:40:58	146
550	Bailey	Kelli	31	S F	CA	4:34:29	127	614	Price	Paula	32	Portland	OR	4:41:08	147
551	Isom	Cynthia	38	S F	CA	4:34:31	104	615	Brown	Britt	29	Walnut Creek	CA	4:41:10	166
552	Brody	Jackie	27	Valparaiso	IN	4:34:33	151	616	Clark	Joan	43	San Jose	CA	4:41:14	67
553	Snider	Lucy	42	S F	CA	4:34:37	58	617	Ruby	Toni	30	Los Gatos	CA	4:41:15	148
554	Christens	Jytte Moll	42	Copenhagen	D	4:34:40	59	618	Philpott	Joni	27	Walnut Creek	CA	4:41:17	167
555	Cattani	Kathleen	33	Menlo Park	CA	4:34:53	128	619	Darland	Marina	28	Anaheim	CA	4:41:27	168
556	Broman	Susan	42	Grand Rapids	MI	4:34:57	60	620	Pinuelas	Margaret	47	Sanger	CA	4:41:38	40
557	Behrens	Kerri	36	S F	CA	4:35:01	105	621	Dougherty	Mo	30	Hunt Beach	CA	4:42:03	149
558	Cavendish	Mary	38	Mtn. View	CA	4:35:01	106	622	Bryant	Penny	27	Anaheim	CA	4:42:18	169
559	Hockman	Amy	29	S F	CA	4:35:01	152	623	Marks	Maria	40	Satellite	FL	4:42:30	68
560	Markham	Drew	28	S F	CA	4:35:04	153	624	Alston	Karen	52	Irvine	CA	4:42:32	13
561	Smith	Sherri	29	Roswell	GA	4:35:05	154	625	Rohrer	Cynthia	38	Redndo Beach	CA	4:42:48	113
562	Ceci	Leigh	31	Tallahasse	FL	4:35:25	129	626	Brown	Sharon	24	Piedmont	CA	4:43:19	60
563	Havlicek	Mila	40	S F	CA	4:35:28	61	627	Villero	Rita	31	S. Laguna	CA	4:43:26	150
564	Mussman	Lisa	24	Sherman Oaks	CA	4:35:32	54	628	Foster	Nuvit	35	Santa Rosa	CA	4:43:27	114
565	Feigl	Jennifer	34	Mill Valley	CA	4:35:32	130	629	Hedges	Carol	35	Visalia	CA	4:43:28	115
566	Brakeman	Anne	33	Canyon Ctry.	CA	4:35:33	131	630	Guzman	Marycarmen	35	Lawndale	CA	4:43:36	116
567	Ruston	Delaney	29	S F	CA	4:35:43	155	631	Braithwai	Jean	42	Ogden	UT	4:43:48	69
568	Geurtsen	Tricia	23	Los Gatos	CA	4:35:49	55	632	Brennesse	Kathy	42	S F	CA	4:43:54	70
569	Feiner	Shana	34	Menlo Park	CA	4:36:00	132	633	Gill	Michelle	23	Foster City	CA	4:43:58	61
570	Reilly	Michele	40	Pomona	CA	4:36:07	62	634	Orozco	Barbra	27	Whittier	CA	4:44:03	170
571	Oconnor	Sarah	23	Pasadena	CA	4:36:08	56	635	Taylor	Joan	41	S F	CA	4:44:10	71
572	Woldin	Lisa	32	S F	CA	4:36:34	133	636	Richardso	Lisa	35	Los Gatos	CA	4:44:13	117
573	Howard	Allison	41	S F	CA	4:36:36	63	637	O'hare	Tracey	30	Unknown		4:44:19	151
574	Wong	Corinne	36	S F	CA	4:36:36	107	638	Mcknight	Wendy	27	Wall	NJ	4:44:23	171
575	Bates	Margaret	43	Bedford	VA	4:36:39	64	639	Weir	Pat	45	Wall	NJ	4:44:35	41
576	Ekvall	Kristin	46	Livermore	CA	4:36:48	38	640	Bradshaw	Patricia	21	Berkeley	CA	4:44:39	62
577	Rodriquez	Mary	32	Agoura Hills	CA	4:36:52	134	641	Orozco	Melinda	31	Whittier	CA	4:44:40	152
578	Taylor	Kristen	31	Orinda	CA	4:37:19	135	642	Meter	Gina	27	Olney	MD	4:44:56	172
579	Lapierre	Adrienne	30	S F	Ca	4:37:26	136	643	Brown	Debbie	30	Unknown		4:45:01	153
580	Marks	Laurie	26	S F	CA	4:37:31	156	644	Smith	Deborah	44	S F	Ca	4:45:04	72
								645	Slatery	Moira	34	San Francisco	CA	4:45:05	154

O'all	Name	Age	City	ST	Time	Pl in Div	710	Gochal	Jennifer	25	Newport	RI	4:53:19	192
646	Smart	29	Tiburon	CA	4:45:09	173	711	Tyler	Kate	30	S F	CA	4:53:22	175
647	Corbett	31	Fremont	CA	4:45:17	155	712	Adams	Po	72	Carmichael	CA	4:53:25	2
648	Shankel	28	San Francisco	CA	4:45:18	174	713	Harrington	Virginia	32	S F	CA	4:53:37	176
649	Wing	39	S F	CA	4:45:30	118	714	Storm	Nicole	29	Unknown		4:53:52	193
650	Kleinstub	48	Portland	OR	4:45:43	42	715	Brown	Tracy	27	Belmont	CA	4:53:58	194
651	Loel	28	S. Barbara	CA	4:45:46	175	716	Burror	Heather	23	Pleasant Hill	CA	4:54:08	67
652	Fort	30	Balboa Isl	CA	4:45:49	156	717	Spielman	Amanda	56	Redwood City	CA	4:54:17	8
653	Chin	25	Berkeley	CA	4:45:58	176	718	Geryk	Karen	38	Mill Valley	CA	4:54:22	131
654	Shura	46	Agoura Hills	CA	4:45:59	43	719	Wikler	Karen	26	Weiset	ID	4:54:30	195
655	Pittaluga	22	Lake Forest	CA	4:46:01	63	720	Miller	Heather	26	Weiser	ID	4:54:31	196
656	Ngo	31	San Jose	CA	4:46:04	157	721	Panders	Jennifer	25	Sunnyvale	CA	4:54:45	197
657	Sultan	27	Berkeley	CA	4:46:06	177	722	Poehling	Ursula	25	Winston-Salem	NC	4:54:46	198
658	Sims	36	Alameda	CA	4:46:08	119	723	Hill	Beverly	25	Signal Mtn	TN	4:54:51	199
659	Ng	32	Foster City	CA	4:46:08	158	724	Turner	Lisa	39	Lithia Springs	GA	4:54:58	132
660	Wagner	24	S F	CA	4:46:09	64	725	Zimmerman	Jennifer	26	San Mateo	CA	4:54:59	200
661	Usher	26	S F	CA	4:46:16	178	726	Cichacki	Lisa	25	Belmont	CA	4:55:01	201
662	Villero	31	Balboa	CA	4:46:38	159	727	Goodman	Jindra	52	San Jose	CA	4:55:02	14
663	Collier	33	San Jose	CA	4:46:43	160	728	Duenckel	Kelly	29	Burbank	CA	4:55:05	202
664	Smith	28	S F	CA	4:46:47	179	729	Nguyen	Camtu	21	Davis	CA	4:55:20	68
665	Brown	38	S F	CA	4:47:01	120	730	Gala	Theresa	31	Belmont	CA	4:55:43	177
666	Sandoval	39	S F	CA	4:47:03	121	731	Whalen	Laurie	29	Norwalk	CT	4:55:44	203
667	Myall	32	Santa Cruz	CA	4:47:28	161	732	Rademaker	Angelina	49	Woodland	CA	4:55:54	47
668	Ericson	26	S F	CA	4:47:36	180	733	Buchholz	Jennifer	19	Santa Rosa	CA	4:55:55	69
669	Lynch	31	Menlo Park	CA	4:47:37	162	734	Solis	Nargis	24	Berkeley	CA	4:56:27	70
670	Garat	28	S F	CA	4:48:08	181	735	Kimmell	Elizabeth	30	S F	CA	4:56:42	178
671	Budiman	32	Livermore	CA	4:48:09	163	736	Margarett	Mary Ann	53	Hillsborough	CA	4:56:52	15
672	Camago	29	San Jose	CA	4:48:15	182	737	Alauria	Linda	40	Unknown		4:56:54	76
673	Reed	37	Phoenix	AZ	4:48:22	122	738	Lopez	Gina	35	Unknown		4:57:13	133
674	Muro	45	Los Angeles	CA	4:48:25	44	739	Rapp	Carla	29	Mhnttan Beach	CA	4:57:18	204
675	Schambach	23	Overland Park	KS	4:48:26	65	740	Grant	Bernadette	22	Vienna	VA	4:57:25	71
676	Tissert	26	Los Angeles	CA	4:48:29	183	741	Baker	Laura	33	Long Beach	CA	4:57:59	179
677	Atencio	28	S F	CA	4:48:34	184	742	Holscher	Phoebe	30	Tiburon	CA	4:58:06	180
678	Ruocco	29	S F	CA	4:48:35	185	743	Nance	Mary Byrd	38	Frisco	CO	4:58:10	134
679	Dellacroce	26	San Leandro	CA	4:48:43	186	744	Cali	Anna	40	Los Gatos	CA	4:58:20	77
680	Fair	27	Manhattan	KS	4:48:53	187	745	Gecils	Isabelle	27	S F	CA	4:58:26	205
681	Riker	37	Los Altos	CA	4:48:56	123	746	Newland	Teresa	28	Campbell	CA	4:58:32	206
682	Mearns	37	Santa Monica	CA	4:49:05	124	748	Ramirez	Lisa	28	S F	CA	4:58:37	207
683	Schoenber	30	Cornelia	GA	4:49:27	164	747	Kearny	Jan	48	San Jose	CA	4:58:37	48
684	Hackett	33	Ny	NY	4:49:33	165	749	Agarwala	Tulika	32	San Jose	CA	4:58:40	181
685	Tague	39	Brentwood	CA	4:49:50	125	751	Peters	Jan	38	Chino Hills	CA	4:58:41	135
686	Gorski	31	Hortonville	WI	0:50:17	166	750	Birmingha	Margaret	24	Menlo Park	CA	4:58:41	72
687	Perry	26	Mt View	CA	4:50:39	188	752	Burke	Tina	26	Fremont	CA	4:58:45	208
688	Shroyer	30	Washington	DC	4:50:40	167	753	Callaway	Kathieen	64	Redlands	CA	4:58:46	1
689	Claman	37	Oakland	CR	4:50:53	126	754	Carrillo	Catherine	44	Los Angeles	CA	4:58:55	78
690	Glen	31	Portland	Or	4:50:56	168	755	Dawson	Janette	33	Redndo Beach	CA	4:58:56	182
691	Doherty	33	Santa Monica	CA	4:50:57	169	756	Miller	Jane	42	S F	CA	4:58:57	79
692	Zecca	33	S F	CA	4:51:07	170	757	Brown	Sally	36	Los Angeles	CA	4:59:03	136
693	Watanabe	24	Los Angeles	CA	4:51:19	66	758	Steinbeck	Stephanie	26	Cupertino	CA	4:59:13	209
694	Sargent	46	Vista	CA	4:51:20	45	759	Hans	Susan	30	San Francisco	CA	4:59:15	183
695	Black	30	S F	CA	4:51:31	171	760	Watson	Marguerite	49	Ft Lauderdale	FL	4:59:23	49
696	Obregon	37	Folsom	CA	4:51:41	127	761	Felton	Kirsten	29	Longmont	CO	4:59:28	210
697	Adams	36	San Jose	CA	4:51:53	128	762	Brandt	Cheri	52	Unknown		4:59:32	16
698	Bell	45	R. Cucamonga	CA	4:52:03	46	763	Schanklie	Lynn	29	Orinda	CA	4:59:46	211
699	Schneider	25	Cambridge	MA	4:52:12	189	764	Gishi	Michele	40	Fremont	CA	4:59:48	80
700	Ahn	36	S F	CA	4:52:13	129	765	Maxey	Jill	45	Visalia	CA	5:00:02	50
701	Bergamo	32	Portola Valley	CA	4:52:25	172	766	Cross	Karin	26	Costa Mesa	CA	5:00:29	212
702	Topper	41	Sac	CA	4:52:27	73	767	Samson	Rebecca	31	Dublin	VA	5:00:40	184
703	Welch	27	N. Quincy	MA	4:52:49	190	768	Sharp	Shelly	34	Unknown		5:00:43	185
705	Wells	36	Pawleys Is.	SC	4:52:50	130	769	Norman	Thea	30	Berkeley	CA	5:01:34	186
704	Solin	29	Boulder	CO	4:52:50	191	770	Iafrate	Gillian	43	Big Bear City	CA	5:01:58	81
706	Vega	33	Whittier	CA	4:53:05	173	771	Pollock	Gale	41	Alexandria	VA	5:02:18	82
707	Capnick	40	New York	NY	4:53:07	74	772	Yeter	Sharon	51	S F	CA	5:02:22	17
708	Mcgee	34	San Mateo	CA	4:53:08	174	773	Chung	Carolyn	27	S F	Ca	5:02:54	213
709	Gillis	44	Newport Beach	CA	4:53:12	75	774	Frew	Jeanne	50	Monterey	CA	5:03:01	18

O'all	Name	Age	City	ST	Time	Pl in Div	840	Yee	Daisy	52	S F	CA	5:16:22	22	
775	Gaudet	Amanda	33	Berkeley	CA	5:03:15	187	841	Der	Annabelle	48	S F	CA	5:16:52	56
776	Burdette	Rhonda	35	Calhoun	GA	5:03:19	137	842	Wantink	Michele	44	Santa Ana	CA	5:17:16	90
777	Mitchell	Cherita	39	Modesto	CA	5:03:26	138	843	Vorhees	Denise	27	S F	CA	5:17:17	222
778	Hendricks	Maria	41	Waco	TX	5:03:28	83	844	Bassler	Gloria	60	Palos Verdes	CA	5:17:27	2
779	Stayer-Wa	Sharon	24	Johnson	TN	5:03:51	73	845	Brackman	Ellen	41	Berkeley	Ca	5:17:52	91
780	Paxton	Heather	25	Spokane	WA	5:04:16	214	846	Dellinger	Carol	34	Spokane	WA	5:17:54	203
781	Powell-Mi	Christine	49	Carmichael	CA	5:04:55	51	847	Engahl	Linda	48	S F	CA	5:17:58	57
783	Palmer	Maura	35	Palo Alto	CA	5:05:19	140	848	Decious	Randi	52	San Jose	CA	5:19:07	23
782	Graham	Catherine	36	S F	CA	5:05:19	139	850	Kirkland	Dorothy	51	Pasadena	CA	5:19:10	24
784	Leone	Susan	37	Bethlehem	PA	5:05:25	141	849	Pattison	Kimberly	31	Seattle	WA	5:19:10	204
785	Bmger	Sarah	25	Oakland	CA	5:05:39	215	851	Fahmy	Judy	49	San Francisco	CA	5:19:23	58
786	Zarkades	Lisa	37	Playa Del Rey	CA	5:06:01	142	852	Burnett	Marya	39	Roanoke	VA	5:19:58	155
787	Rafael	Betsy	35	Campbell	CA	5:06:02	143	853	Reybine	Brierly	57	S F	CA	5:20:11	10
788	Gross	Julie	39	Menlo Park	CA	5:06:17	144	854	Delagarza	Cecilia	49	Seguin	TX	5:20:47	59
789	Wester	Kimberly	36	S F	CA	5:06:34	145	855	Ehrlich	Mary	68	Perris	CA	5:21:10	4
790	Mingus	Keri	30	S F	CA	5:06:34	188	856	Hiltumen	Linda	48	Alta Loma	CA	5:21:11	60
791	Wyland	Jill	34	Tustin	CA	5:06:50	189	857	Stewart	Cheryl	35	Redondo	CA	5:21:35	156
792	Andersen	Suzanne	43	Corte Madera	CA	5:06:52	84	858	Gould	Lee	27	Oison	NJ	5:22:06	223
793	Silveria	Susan	31	R. Cucamonga	CA	5:07:06	190	859	Kritzer	Lori	40	Aliso Viejo	CA	5:22:30	92
794	Sawyer	Madelyn	41	Redndo Beach	CA	5:07:07	85	860	O'connor	Kathy	22	S F	CA	5:22:32	78
795	Castillo	Terry	49	Lemon Grove	CA	5:07:12	52	861	Harris	Debra	43	Pt Pl Beach	NJ	5:23:01	93
796	Carr	Denise	51	Redwood City	CA	5:07:58	19	862	Fraguna	Nadia	32	S F	CA	5:23:13	205
797	Debaug	Sarah	28	S F	CA	5:08:27	216	863	Pollock	Krista	28	Walnut Crk	CA	5:23:26	224
798	Streich	Diane	39	Wausau	WI	5:08:28	146	864	Mcnerney	Carol	33	Los Angeles	CA	5:23:31	206
799	Stalter	Kathleen	43	Rohnert Pk	CA	5:08:34	86	865	Hammond	Samantha	22	Redlands	CA	5:23:41	79
800	Leach	Pat	52	Sea Girt	NJ	5:08:35	20	866	Fyee	Ann	45	San Mateo	CA	5:24:11	61
801	Connery	Cathleen	27	Forest Hills	NY	5:08:39	217	867	Sakamoto	Arleen	42	Oakland	CA	5:24:32	94
802	Jank	Jackie	31	Laguna Beach	CA	5:09:00	191	868	West	Pamela	29	S.S F	CA	5:24:54	225
803	Ebert	Bonnie	33	S F	CA	5:09:05	192	869	Uharriet	Danisile	33	Santa Cruz	CA	5:25:18	207
804	Wong	Alice	34	Oakland	CA	5:09:19	193	870	Gutierrez	Beatriz	33	Torreon	CO	5:25:27	208
805	Hauptman	Bambi	23	Los Angeles	CA	5:09:25	74	871	Doherty	Linda	47	Mt. View	CA	5:25:38	62
806	Rosas	Rosemary	35	Chicago	IL	5:09:34	147	872	Martinez	Gloria	41	Chicago	IL	5:26:07	95
807	Rose	Jerie	57	Modesto	CA	5:09:40	9	873	Sandbach	Alyce	33	San Francisco	CA	5:26:16	209
808	Egensperg	Lisel	22	Walnut Crk	CA	5:09:57	75	874	Haley	Julie	33	San Francisco	CA	5:26:17	210
809	Withrow	Margie	69	Lompoc	CA	5:10:08	2	875	Demoor	Ingrid	31	Mill Valley	CA	5:26:18	211
810	Powell	Lauren	31	Manhattan	CA	5:10:22	148	876	Brownson	Christina	45	Cupertino	CA	5:26:45	63
812	Rash	Keri	39	Berkeley	CA	5:10:26	149	877	Child	Julie	26	S F	CA	5:28:50	226
813	Daoust	Molly	28	Unknown		5:10:56	218	878	Froker	Helen	40	Portola Va	CA	5:28:51	96
814	Mckone	Marian	66	Carmichael	CA	5:10:58	3	879	Hawkins	Deborah	49	Palo Alto	CA	5:28:58	64
815	Becker	Judy	34	S F	CA	5:11:14	195	880	Lay	Gregory	33	Saratoga	CA	5:29:00	212
816	Sabine	Arlene	35	Freehold	NJ	5:11:32	150	881	Cerreta	Laurie	37	Rumson	NJ	5:29:06	157
817	Kennedy	Connie	33	Salem	VA	5:11:49	196	882	Young	Mary	61	Antelope	CA	5:29:55	3
818	Florkowsk	Cathleen	28	S F	CA	5:11:57	219	883	O'brien	Gerry	43	Torrance	CA	5:30:17	97
819	Daley	Susan	37	Chicago	IL	5:12:04	151	884	Pope	Debbie	38	Santa Rosa	CA	5:30:31	158
820	Merrill	Elaine	49	Berkeley	CA	5:12:10	53	885	Whitfield	Deanna	24	San Jose	CA	5:30:49	80
821	Fleming	Artis	48	Santa Monica	CA	5:12:11	54	886	Goh	Cindy	33	Sausalito	CA	5:30:52	213
822	Boyle	Cailin	34	S F	CA	5:12:13	197	887	Tarqvinio	Diane	41	San Bruno	CA	5:30:55	98
823	Guy	Laura	22	S F	CA	5:12:30	76	888	Reagan	Marianne	41	Colts Neck	NJ	5:31:07	99
824	Forman	Marjorie	43	Corte Madera	CA	5:12:49	87	889	Clancy	Kathleen	51	Martinez	CA	5:32:01	25
825	Knoll	Diane	37	S F	CA	5:13:01	152	890	Cornely	Ursula	30	Mt Vernon	NY	5:32:48	214
826	Sullivan	Cathy	33	S F	CA	5:13:07	198	891	Macarthur	Laura	26	S F	CA	5:34:24	227
827	Nymon	Jeanette	40	Export	PA	5:13:27	88	892	Luna	Shella M.	23	S F	CA	5:34:36	81
828	Carman	Heidi	31	Tiburon	CA	5:13:30	199	893	Mcroberts	Karen	33	S F	CA	5:35:19	215
829	Wright	Bonnie	47	L.A.	CA	5:13:41	55	894	Kastner	Kathleen	48	Salinas	CA	5:35:27	65
830	Bellingha	Deborah	42	S F	CA	5:13:43	89	895	Marker	Wendy	26	S F	CA	5:35:30	228
831	Desanti	Michele	27	Playa Del Ray	CA	5:13:57	220	896	James	Jodie	31	Blacksburg	VA	5:37:04	216
832	Leung	Stacey	33	Sacramento	CA	5:13:58	200	897	Magid	Jane	34	Berkeley	CA	5:37:24	217
833	Matthews	Cheryl	33	Freehold	NJ	5:14:05	201	898	Koga	Elaine	54	Half Moon Bay	CA	5:38:14	26
834	Truax	Margaret	32	S F	CA	5:14:09	202	899	Nowlin	Betty	45	Los Angeles	CA	5:38:29	66
835	Bradford	Debra	29	Folsom	CA	5:14:33	221	900	Roudebush	Diane	49	New Palest	INI	5:38:44	67
836	Rosan	Katie	38	Simi Valley	Ca	5:15:59	153	901	Rosberg	Jennifer	28	Los Angeles	Ca	5:39:15	229
837	Meadows	Janis	54	Portland	Or	5:16:32	21	902	Alvarez	Sarah	37	Fresno	Ca	5:39:31	159
839	Cocchi	Meg	39	Danville	CA	5:16:36	154	903	Boyce	Marianne	33	Stockton	CA	5:39:35	218
838	Stroud	Melissa	20	Aliso Viejo	CA	5:16:36	77	904	Astramowi	Jennifer	29	Capitola	CA	5:39:43	230

1996 San Francisco Marathon Male Finishers by Overall Time

905	Hoppe	Bobbi	27	Minneapolis	MN	5:39:46	231
906	Samuels	Carolyn	54	Portola Va	CA	5:40:01	27
907	Majka	Maria	42	San Mateo	CA	5:40:08	100
908	Kletz	Ann	27	Unknown		5:40:17	232
909	Adlington	Denise	44	Santa Rosa	CA	5:41:03	101
910	Bow	May-Ling	48	Cucamong	CA	5:41:23	68
911	O'neal	Diane	44	Alta Loma	CA	5:41:34	102
912	Palmer	Etta	69	Saratoga	CA	5:42:31	5
913	James	Dixie	53	San Rafael	CA	5:42:31	28
914	Miller	Sharron	52	Redwood City	CA	5:42:39	29
915	Smoke	Kimberly	30	S F	CA	5:42:51	219
916	Gustavson	Carrie	28	S F	CA	5:43:46	233
917	Williams	Courtney	30	S F	CA	5:44:01	220
918	Wojskowicz	Anne	30	San Diego	CA	5:45:03	221
919	Wojskowic	Lucy	28	San Diego	C	5:45:06	234
921	Young-Cap	Yvonne	31	Indianapolis	IN	5:45:11	222
920	Brandwie	Christine	37	Blacksburg	VA	5:45:11	160
922	Vega	Ed	44	Los Angeles	CA	5:45:35	103
923	Poff	Marie	45	Roanoke	VA	5:47:11	69
924	Rivera	Sharon	49	Rumson	NJ	5:48:05	70
925	Halte	Barbara	55	El Cajon	CA	5:49:08	11
927	Bass	Polly	22	Sewanee	TN	5:50:22	82
926	Player	Joan	48	Norcross	GA	5:50:22	71
928	Wu	Helena	26	Pleasanton	CA	5:50:23	235
929	Elder	Mia	25	Berkeley	CA	5:51:29	236
930	Gandhi	Kalpna	35	Fremont	CA	5:53:25	161
931	Loris	Gael	40	Monterey	CA	5:53:34	104
932	Wheeler	Kristi	42	Carmel Valley	CA	5:53:36	105
933	Thatcher	Terri	35	Bradley Beach	NJ	5:53:56	162
934	Stefani	Catherine	26	Walnut Creek	CA	5:53:59	237
935	Stift	Leah	32	Oakland	CA	5:55:04	223
936	Shebi	Catherine	27	S F	CA	5:56:09	238
937	Hibbard	Debbie	27	S F	CA	5:56:09	239
938	Bouchard	Karen	29	San Mateo	CA	5:56:10	240
939	Juri	Sandra	37	Burlingame	CA	5:56:14	163
940	Shaw	Nyanza	26	S F	CA	5:57:47	241
941	Glazer	Sarina	26	Bethesda	MD	5:58:26	242
942	Hammock	Shelli	24	Mechanicville	VA	5:59:00	83
943	Milask	Sharron	49	Falls Church	VA	6:01:35	72
944	Young	Lenore	52	San Bernardino	CA	6:01:56	30
945	Nieves	Shubhra	44	S F	CA	6:02:01	106
946	Bidwell	Arlene	57	Redding	CA	6:03:58	12
947	Rasco	Christina	32	Palo Alto	CA	6:04:54	224
948	Arena	Jo Ann	47	Lakewood	NJ	6:07:30	73
949	Letsinger	Renee	32	Mtn View	CA	6:08:55	225
951	McClune	Karin	50	San Francisco	CA	6:13:51	31
950	Bostick	Kathy	38	San Francisco	CA	6:13:51	164
952	Cherringt	Stephanie	33	Menlo Park	CA	6:16:25	226
953	Wheat	Kimberly	38	Sausalito	CA	6:28:49	165
954	Alvarado	Jane	52	San Jose	CA	6:33:39	32
955	Knafelc	Janice I.	56	Lafayette	CA	6:34:08	13
956	Knafelc-R	Valerie	32	Fremont	CA	6:34:09	227
957	Sekits	Victoria	29	Mnhhtan Beach	CA	6:34:10	243
958	Ramirez	Maria	42	S F	CA	6:43:27	107
959	Brewingto	Barbara	36	Germantown	MD	6:43:49	166
960	Seifert	Rebecca	44	Indianapolis	IN	6:48:19	108
961	Britton	Denise	38	Harrisburg	PA	6:48:21	167
962	Maccubbin	Bonnie	35	Blacksburg	VA	6:52:39	168
963	Bruker-V	Bernice	69	Berkeley	CA	7:04:59	6
964	Stiles	Terri	39	Johnson City	TN	7:07:42	169
965	Marsh	Annabel	73	S F	CA	7:19:17	3
966	Burrell	Betty Mae	52	Harrison	TN	7:51:10	33

O'all	Name	Age	City	ST	Time	Pl in Div	
1	Lael	Brad	31	Sacramento	CA	2:37:27	1
2	Ortiz	Jaime	35	Lynwood	CA	2:37:39	1
3	Hernandez	Juan Manue	35	Lamort	CA	2:38:17	2
4	Moroney	Brian	39	Salt Lake City	UT	2:39:48	3
5	Jacobsen	Bryce	24	San Jose	CA	2:40:14	1
6	Rodriguez	Antonio	28	SF	CA	2:41:57	1
7	Hawkins	Brad	20	Wentachee	WA	2:43:25	2
8	Hansen	Noel	24	Oakland	CA	2:44:36	3
9	Courcelle	Justin	25	Mountain View	CA	2:44:48	2
1	Cornell	Bruce	43	Truckee	CA	2:45:33	1
10	Walters	Greg	26	Albuquerque	NM	2:45:58	3
11	Skoufos	David	37	San Francisco	CA	2:46:09	4
12	Martinez	Enrique	40	L.A.	CA	2:47:53	1
13	Giangrand	David	24	San Diego	CA	2:49:26	4
14	Hodgett	Brian	28	Washington	DC	2:49:39	4
15	Castaneda	Jose	41	So. S F	CA	2:49:42	2
16	Valdez	Gerald	42	Vallejo	CA	2:49:46	3
17	Higgins	Kevin	37	Randolph	NJ	2:49:52	5
18	Macedo	Ruben	32	S F	CA	2:50:48	2
19	Kubokawa	Ronald	43	El Cerrito	CA	2:51:35	4
20	Dove	Michael	49	Salinas	CA	2:51:56	1
21	Puente	Antonio Jo	28	S F	CA	2:52:18	5
22	Casey	Ed	41	Unknown		2:52:28	5
23	Dudacy	Gerald	41	Halle	Ger	2:53:13	6
24	Rodriguez	Alejandro	26	San Francisco	CA	2:53:22	6
25	Shore	Daniel	27	S F	CA	2:53:45	7
26	Zimmerman	Tom	39	Hopkins	MA	2:53:50	6
27	Miekley	John	36	Mill Valley	CA	2:53:59	7
28	Mccarty	Kevin	37	S F	CA	2:54:01	8
29	Flores	Raul	40	Kansas City	MO	2:54:09	7
30	Paspaliaris	Angelo	29	Unknown		2:54:30	8
31	Julin	Gary	49	Omaha	NE	2:55:05	2
32	Graves	Mark	46	Berkeley	CA	2:55:29	3
33	Chavez	David	22	San Jose	CA	2:56:31	5
34	Clark	Rae	44	Auburn	CA	2:56:34	8
35	Bullock	Clayton	30	S F	CA	2:56:52	3
36	Luyet	Rick	44	Morgan Hill	CA	2:56:57	9
37	Mantel	Mark	29	Reno	NV	2:56:58	9
38	Tomaszewz	Art	32	Novato	CA	2:57:06	4
39	Scheu	David	37	Louisville	KY	2:57:08	9
40	Hoopes	Richard	41	W Chester	PA	2:57:13	10
41	Kellison	Eric	29	Indianapolis	IN	2:57:44	10
43	Srivatsa	Jay	29	Los Gatos	CA	2:58:03	11
44	Seeley	Sean	24	Unknown		2:58:31	6
45	Boche-Sagan	Eomercindo	37	Los Angeles	CA	2:58:44	10
46	Piazza	David	37	San Mateo	CA	2:58:46	11
47	Fujita	Larry	38	El Cerrito	CA	2:58:50	12
48	Fong	Tony	37	Alameda	CA	2:58:50	13
49	Piechocki	Michael	23	Duisburg		2:59:09	7
50	Williams	Neil	28	S F	CA	2:59:13	12
51	Luberecki	Christophe	29	Tahoe City	CA	2:59:15	13
52	Flores	Javier	28	Unknown		2:59:28	14
53	Matsuura	Tadashi	29	San Bruno	CA	2:59:32	15
55	Kim	Peter	40	La Canada	CA	2:59:36	11
56	Daer	Jeff	29	Tempe	AZ	2:59:37	16
57	Rowe	Russell	28	San Diego	CA	2:59:42	17
58	Lavin	Jerome	30	Saint Denis		3:00:07	5
59	Dunn	Ken	47	San Dimas	CA	3:00:17	4
60	Benn	Chris	36	Unknown		3:00:41	14
61	Miguel	Jorge	34	Hollywood	CA	3:00:48	6
62	Jonsson	Peter	27	Lund		3:01:24	18
63	Priedkaln	Erik	25	Thousand Oaks	CA	3:01:44	19
64	Sloane	Christian	27	Pacific Beach	CA	3:02:27	20
65	Garcia-Me	Peter	31	S F	CA	3:02:29	7

O'all	Name	Age	City	ST	Time	Pl in Div								
66	Cushenber	Brent	Yuba City	CA	3:02:31	15	134	Kennedy	Kevin	22	Menlo Park	CA	3:11:34	14
67	Saari	Doug	Bloomington	MN	3:02:32	1	136	Jordan	Patric	45	Atlanta	GA	3:11:37	8
68	Laret	Eugene	Sacramento	CA	3:02:33	16	137	Miller	Mark	30	Vail	CO	3:12:22	28
69	Huss	Robert	San Diego	CA	3:02:43	21	138	Gallagher	Douglas	28	San Francisco	CA	3:12:32	29
70	Harvell	Samuel	Daly City	CA	3:02:43	8	139	Jamison	Larry	54	S.L. Obispo	CA	3:12:36	4
71	Szalaniewicz	Carlos	Unknown		3:03:06	22	140	Farnell	Francis	50	London	Eng	3:12:49	5
72	Vera	Pablo	Alexandria	VA	3:03:18	5	141	Levine	Ted	47	San Bruno	CA	3:12:49	9
73	Branson	Cornelius	Seaside	OR	3:03:51	6	142	Powers	Bobby	40	Santa Barbara	CA	3:12:57	20
74	Jebian	Anthony	Fresno	CA	3:04:04	17	143	Calkins	Edward	25	New York	NY	3:12:59	30
75	Chism	Ken	Unknown		3:04:13	12	144	Pile	Sky	20	Santa Rosa	CA	3:13:00	15
76	Burnette	David	Santa Ana	CA	3:04:17	8	146	Fitzgeral	Joseph	30	Silver Spring	Md	3:13:01	29
77	Punales	Juan	San Jose	CA	3:04:32	9	145	Riordan	David	28	San Francisco	CA	3:13:01	31
78	Hannawalt	James	S F	CA	3:04:49	18	147	Arevalo	Luis	42	San Jose	CA	3:13:03	21
79	Facchino	Curt	Menlo Park	CA	3:04:50	9	148	Kunz	Harvey	50	Omaha	NE	3:13:06	6
80	Day	Jonathan	S F	CA	3:04:52	10	149	Santharam	Mari	23	Philadelphia	PA	3:13:25	16
81	Yuen	George	Belmont	CA	3:05:09	11	150	Resendez	Ovidio	30	San Jose	CA	3:13:28	30
82	Brown	Roger	San Francisco	CA	3:05:10	12	151	Orsi	Thomas	30	San Francisco	CA	3:13:42	31
83	Malmsheimer	Karl	Capitola	CA	3:05:15	13	152	Wallis	Luke	42	San Jose	CA	3:13:57	22
84	Maxey	Dan	Visalia	CA	3:05:25	2	153	Nilson	Bill	38	Cambridge	MA	3:13:59	32
85	Hergert	Andy	Seaside	CA	3:05:37	13	154	Bott	Jeffrey	24	Alameda	CA	3:14:07	17
86	Clark	Gregg	Los Gatos	CA	3:06:12	14	155	Jourdane	Maurice	53	San Diego	CA	3:14:26	7
87	Jacob	Javier	L A	CA	3:06:19	19	156	Riley	James	31	San Carlos	CA	3:14:31	32
88	Whiteside	Tim	Tulsa	OK	3:06:20	20	157	Cedeno	Estevan	37	La Puente	CA	3:14:37	33
89	Fajardo	Remy	Santa Ana	CA	3:06:38	21	158	Hamlin	Romell	42	Oakland	CA	3:14:39	23
90	Stanley	John	Wgc Herts	AL	3:06:44	15	159	Hurst	Michael	38	Sunnyvale	CA	3:14:42	34
91	Boyce	Albert	Stockton	CA	3:06:52	16	160	Dams	Eric	35	Santa Barbara	CA	3:14:44	35
92	Tower	Bruce	Herm. Beach	CA	3:06:56	17	161	Roberts	Chuck	45	Rockwall	TX	3:14:55	10
93	Catherwoo	Paul	S F	CA	3:06:57	23	163	Garfein	Evan	25	New York	NY	3:14:57	32
94	Giangrand	Chris	San Diego	CA	3:07:08	10	162	Gale	Russell	30	Oakland	CA	3:14:57	33
95	Measows	Gregory	Chico	CA	3:07:27	22	164	Nagy	Andrew	24	Vancouver	BC	3:15:02	18
96	Wittmer	Wade	Topeka	KS	3:07:28	24	165	Thomas	Simon	32	Venice	CA	3:15:05	34
97	Suchomel	Michael	Berkeley	CA	3:07:37	23	167	Barbosa	Luiz	31	S F	CA	3:15:12	35
98	Bergan	Rick	Redwd. Shores	CA	3:07:38	14	168	Charbon	Christian	29	Los Alamos	NM	3:15:17	33
99	Gardella	Devlin	S F	CA	3:07:52	25	169	Orouke	Patrick	38	Seattle	WA	3:15:35	36
100	Schuck	Patrick	Mt View	CA	3:07:58	18	170	Moorhead	Tom	47	Vail	CO	3:15:37	11
101	Cennerazz	Michael	Hachensack	NJ	3:08:12	19	171	Krehnke	Jurgen	33	Sunnyvale	CA	3:15:38	36
102	Micallef	David	Austin	TX	3:08:13	26	172	Del La Ro	Joe	45	Austin	TX	3:15:49	12
103	Dent	Ian	Homburg	Ger	3:08:15	24	173	Apfelberg	Steven	26	S F	CA	3:15:51	34
104	Deonaldso	Mark	Mill Valley	CA	3:08:20	20	174	Hansgaard	Jeppe	23	Unknown		3:15:55	19
105	Smith	Darrell	S F	CA	3:08:24	21	175	Beaucoues	Michel	40	Arhez D'a		3:16:06	24
106	Olsen	Peter	Bend	OR	3:08:24	7	176	Kruse	John	34	S F	CA	3:16:13	37
107	Sena	Leroy	Barstow	CA	3:08:33	15	177	Meek	Ken	34	Falls Church	VA	3:16:13	38
109	Suarez	Vincent	S F	CA	3:08:37	22	178	Beck	Paul	42	Los Altos	CA	3:16:17	25
108	Smithton	Robert	Ross	CA	3:08:37	3	179	Ceja	Jesus	47	Salem	OR	3:16:26	13
110	Cruz	Adelfo	L A	CA	3:08:38	11	180	Jenkins	Gary	49	Lithia Springs	GA	3:16:29	14
111	Chang	Evan	Woodland	CA	3:08:43	25	181	Zuidland	William	43	Unknown		3:16:33	26
112	Cascio	Jamiz	Novato	CA	3:08:59	12	182	Kleemann	Marcio	31	Torrance	CA	3:16:45	39
114	Rivera	Mars	S F	CA	3:09:07	27	183	Galvin	William	25	S F	CA	3:16:57	35
115	Etmektzog	Thanos	Milpitas	CA	3:09:41	26	185	Walsh	Tom	62	Oakland	CA	3:17:01	1
116	Lanier	Dave	Wheaton	IL	3:09:42	23	186	Carlson	Brian	37	Visalia	CA	3:17:11	37
117	Isham	Kim	Sac	CA	3:09:52	16	187	Villasana	Juan Manue	27	L A	CA	3:17:14	36
118	O'farrell	Phil	W.G City Herts	AL	3:10:11	24	188	Duarte	Jesse	32	La Puente	CA	3:17:28	40
119	Parisek	Theo	San Jose	CA	3:10:16	27	189	Cochrane	Kevin	23	San Francisco	CA	3:17:31	20
120	Baumann	Michael	Visalia	CA	3:10:27	28	190	Daer	David	30	Tempe	AZ	3:17:33	41
121	Dietsch	Brad	Alamo	CA	3:10:29	1	191	Gerrie	Mark	41	Aliso Viejo	CA	3:17:37	27
123	Pellicano	Dino	Alameda	CA	3:10:33	25	192	Zulaica	Daniel	38	Carmel Valley	CA	3:17:42	38
122	Novo	Dustin	S F	CA	3:10:33	28	193	Sewell	Thor	27	Millbrae	CA	3:17:46	37
124	Schweitze	Jason	Marysville	CA	3:10:37	13	194	Brown	Patrick	41	Stanford	CA	3:17:49	28
125	Gialenell	Tony	Arlinton Heights	IL	3:10:38	17	196	Bauer	Terrence	40	Salinas	CA	3:18:00	29
126	Van Baal	Cees	Grave		3:10:44	18	197	Camarda	Joel	47	San Francisco	CA	3:18:08	15
128	Cabico	Carl	Foster City	CA	3:11:00	26	198	Gangwer	Mike	43	Keizer	OR	3:18:19	30
129	Morris	Robert	Raleigh	NC	3:11:01	27	199	Alonso	Jose	26	Unknown		3:18:34	38
130	Marques	Stephen	Los Angeles	CA	3:11:12	19	200	Mallo	Kevin	26	S F	CA	3:18:41	39
131	Verley	Matthew	San Francisco	CA	3:11:18	29	201	Jones	Jim	55	Alameda	CA	3:18:42	1
132	Estrada	Zeus	Boxboro	MA	3:11:23	30	202	Cocchi	Craig	31	Danville	CA	3:18:44	42
133	Boatman	Gary	Sacramento	CA	3:11:29	31	203	Dat	Lock	41	Oakland	CA	3:18:47	31
							204	Caruso	Thomas	26	S F	CA	3:18:54	40

O'all	Name	Age	City	ST	Time	Pl in Div								
205	Singer	Brett	Berkeley	CA	3:18:57	41	278	Hodges	Grant	40	Sugar Land	TX	3:24:36	43
208	Finnegan	John	Spokane	WA	3:19:09	42	279	Benumof	Ben	25	Capitola	CA	3:24:42	51
209	Braasch	Grant	Union City	CA	3:19:10	21	280	Riggins	Dave	26	Belmont	CA	3:24:42	52
211	Rodriguez	Francisco	Jersey City	NJ	3:19:11	16	282	Auber	John	28	S F	CA	3:24:53	53
210	Guven	Jason	San Jose	CA	3:19:11	22	283	Parker	Richard	50	San Francisco	CA	3:24:56	9
212	Schmoldt	Daniel	Christiansburg	VA	3:19:14	32	284	Cerda	Adrian	31	Colton	CA	3:24:58	56
213	Payne	Tony	San Francisco	CA	3:19:15	39	285	Hirschaut	Bruce	40	High Point	NC	3:25:08	44
214	Garr	Roy	Mt. Juliet	TN	3:19:19	33	286	Kanouse	Craig	35	Visalia	CA	3:25:16	50
215	Havlina	Doug	Weiser	ID	3:19:25	43	287	Dimiceli	Robert	38	Oakland	CA	3:25:20	51
216	Cepeda	Caesar	Monrovia	CA	3:19:34	43	288	Morigaki	Glenn	47	Redondo Bch	CA	3:25:22	26
217	Bartsch	Jeffrey	S F	CA	3:19:37	44	289	Nakano	Glen	45	Torrance	CA	3:25:23	27
218	Beach	Dave	Berkeley	CA	3:19:43	34	290	Barnes	John	43	Corpus Christi	TX	3:25:26	45
219	Mandleur	Richard	Unknown		3:19:44	44	291	Hernandez	Moises	25	S F	CA	3:25:30	54
220	Jennings	Michael	Sparks	NV	3:19:47	45	292	Altman	Andrew	42	Orange	CA	3:25:31	46
221	Whitfield	Paul	Louisville	KY	3:20:08	46	293	Gomez	Richard	36	El Paso	TX	3:25:32	52
222	Davis	Gilbert	Mmillerstown	PA	3:20:09	47	296	Bunting	Josiah	26	S F	CA	3:25:36	55
223	Husk	Bill	Lexington	SC	3:20:19	40	295	Gold	Andrew	24	Unknown	CA	3:25:36	28
224	Trump	Pete	Montgomery	AL	3:20:21	35	298	Von Bothm	Bernard	29	Berkeley	CA	3:25:38	56
225	Martin	Darrell	Santa Clara	CA	3:20:37	48	297	Kies	Richard	39	Dubuque	IA	3:25:38	53
226	Ackert	Daniel	S F	CA	3:20:46	49	299	Calderon	Diego	30	Bethesda	MD	3:25:40	57
227	Whitehead	Jay	San Francisco	CA	3:20:52	41	300	Dellner	Tom	31	Los Angeles	CA	3:25:45	58
228	Schiff	Michael	Menlo Park	CA	3:21:06	36	302	Burt	Timothy	35	Pittsburg	PA	3:25:46	54
229	Mclean	David	Unknown		3:21:07	50	304	Oldani	James	38	Dublin	CA	3:25:51	55
231	Kauffman	Samuel	Portland	OR	3:21:16	45	305	Gutzwiller	David	55	Los Altos	CA	3:25:53	4
232	Klein	Art	San Francisco	CA	3:21:17	46	306	Cid	Manuel	25	Stanford	CA	3:25:59	57
233	Mathias	Steven	Palo Alto	CA	3:21:21	23	307	Davis	Bruce	35	S F	CA	3:26:10	56
234	Berro	Nick	Redwood City	CA	3:21:24	17	308	Cooper	Daniel	32	New York	NY	3:26:11	59
235	Shanks	Douglas	Portland	OR	3:21:25	47	309	Shaw, Jr.	Bob	32	Sacramento	CA	3:26:15	60
236	Harrison	James	Mountain View	CA	3:21:27	42	311	Bugarin	Edward	46	Honolulu	HI	3:26:19	28
237	Koo	Brain	Castro Valley	CA	3:21:30	18	312	Punz	Erwin	34	Berkeley	CA	3:26:27	61
241	Abdo	Ahmed	Berkeley	CA	3:21:36	24	313	Chapman	Evan	29	Mt Baldy	CA	3:26:27	58
242	Nakamura	Tomassa	S F	CA	3:21:39	37	314	Ernlein	Georg	41	Sac	CA	3:26:31	47
244	Van Dien	Stephen	Berkeley	CA	3:21:41	48	315	Walden	Michael	26	Washington	DC	3:26:33	59
243	Pecota	Jeffrey	Shingle Springs	CA	3:21:41	19	316	Stanford	Donald	45	Lexington	KY	3:26:34	29
246	Seiler	Michael	Louisville	KY	3:22:04	51	318	Kaplan	Mitch	39	San Francisco	CA	3:26:53	57
245	Hunt	Robert	Vincennes	IN	3:22:04	38	319	Ebina	Hiroshi	36	Tokyo		3:26:54	58
247	Robins	Bill	San Francisco	CA	3:22:06	25	321	Spencer	Jonathan	26	S F	CA	3:27:02	60
248	Gomez	Rafael	Downey	CA	3:22:09	43	322	Schindele	Harald	26	Corvallis	OR	3:27:05	61
249	White	Scott	Unknown		3:22:10	52	323	Landsverk	Craig	41	Fountain Valley	CA	3:27:08	48
250	O'Brien	Gregory	S F	CA	3:22:12	49	325	Vargas	Gerardo	33	Saratoga	CA	3:27:14	63
251	Leutzinge	Richard	Pacific Grove	CA	3:22:13	2	326	Takahashi	Dan	39	Torrance	CA	3:27:14	59
252	Hague	Tracy	Monterey	CA	3:22:15	44	324	Schneider	Nick	33	Santa Barbara	CA	3:27:14	62
253	Hunter	Gregory	St. Helena	CA	3:22:17	20	329	Bool	Herbert	33	San Rafael	CA	3:27:28	64
254	Zeller	Robert	C. Girardeau	MO	3:22:31	21	330	Jones	Michael	44	Clovis	CA	3:27:29	49
255	Goulet	Ray	Redwood City	CA	3:22:33	53	331	Calamas	Peter	26	Pineville	NC	3:27:31	62
257	Alcantar	Scott	Sparks	NV	3:22:35	45	332	Wong	Jeff	31	San Jose	CA	3:27:33	65
258	Coyer	James	Monterey	CA	3:22:43	22	334	Vuorikoski	Mikko	37	Unknown		3:27:43	60
259	Wilhite	Jeff	Chula Vista	CA	3:22:49	54	335	Black	Andy	38	Unknown		3:27:44	61
261	Alvarez	Ricardo	Ny	NY	3:22:50	46	336	Black	John A.	36	Atlanta	GA	3:27:46	62
260	Carron	Gilbert	Unknown		3:22:50	23	337	Rosenberg	Douglas	25	San Diego	CA	3:27:50	63
262	Leitch	Mark	Aptos	CA	3:22:51	39	338	Patterson	Richard	38	Sausalito	CA	3:27:52	63
263	Stoll	Daniel	Carmel	NY	3:22:53	47	339	Lee	Tom	29	Carmichael	CA	3:27:54	64
264	Castillo	Michael	Fresno	CA	3:23:06	40	340	Hewson	Craig	31	Vancouver	BC	3:27:56	66
265	Pfeiffer	David	Louisville	KY	3:23:09	41	341	Marrufo	Lenno	33	Unknown		3:27:58	67
266	Couto	Joseph	Pleasanton	CA	3:23:13	42	343	Umogbai	Abel	48	Culver City	CA	3:28:21	30
267	Rankenburg	Maximilian	Napa	CA	3:23:16	26	344	Sklarz	Erj	30	San Francisco	CA	3:28:25	68
269	Flores	David	Phoenix	AZ	3:23:17	55	345	Gonsalves	Gregg	36	San Francisco	CA	3:28:28	64
268	Pacheco	Jorge	Los Angeles	CA	3:23:17	50	347	Mcguinness	Kevin	42	San Diego	CA	3:28:34	50
270	Luk	Martin	S F	CA	3:23:22	8	348	Mcmanus	Andrew	23	San Francisco	CA	3:28:41	29
271	Hwang	Albert	Sacramento	CA	3:23:27	2	349	Garcia	Antonio	44	Oakland	CA	3:28:43	51
272	Nelson	Ron	Grand Rapids	MI	3:23:33	24	350	Peterson	Craig	36	Mountain View	CA	3:28:46	65
273	Watanabe	Steven	Irvine	CA	3:23:45	48	351	Riordan	James	30	Los Angeles	CA	3:28:48	69
274	Jay	David	S F	CA	3:24:00	49	353	Bugaj	Gregory	28	S F	CA	3:28:49	65
275	Heuer	Karl	D-Berlin	Ger	3:24:13	3	352	Loo	J.D.	42	Berekeley	CA	3:28:49	52
276	Mccabe	Matthew	S F	CA	3:24:15	27	354	Zanelli	Ed	30	San Mateo	CA	3:28:53	70
277	Broy	Eckart	Berlin	Ger	3:24:32	25	355	Wollesen	Martin	34	Santa Cruz	CA	3:28:54	71
							356	Bell	Griffin	27	Columbus	GA	3:28:57	66

O'all	Name	Age	City	ST	Time	Pl in Div									
357	Howerton	Jason	23	S F	CA	3:28:59	30	432	Wodchis	Michael	35	Baltimore	MD	3:32:39	81
359	Scanlon	Gregory	29	San Francisco	CA	3:29:04	67	433	Shiach	Michael	46	Port Ludlow	WA	3:32:43	34
358	Meeuws	Stefaan	31	San Francisco	CA	3:29:04	72	434	Schroth	Gert	35	Remseck		3:32:44	82
360	Steere	Matthew	25	Arlington	VA	3:29:06	68	435	Goodman	Bret	30	S F	CA	3:32:46	80
361	Jensen	Raleigh	56	Boise	ID	3:29:08	5	437	Gelerter	Josh	24	Carlsbad	CA	3:32:51	32
362	Zak	Chris	28	S F	CA	3:29:17	69	438	Dumas	Jeffrey	50	Fort Collins	CO	3:32:52	15
363	Favela	Oscar	35	Beale Afb	CA	3:29:19	66	439	Cimino	Thomas	28	Washington	DC	3:32:55	81
364	Sinclair	Ian	29	S F	CA	3:29:21	70	440	Baybayan	Primo	34	So. S F	CA	3:32:55	81
367	Peterson	Hugh	30	Cupertino	CA	3:29:22	73	441	Fain	Michael	26	Oceano	CA	3:33:02	82
366	Bradfish	Greg	39	San Diego	CA	3:29:22	67	442	Mcginty	Steven	36	L A	CA	3:33:06	83
365	Kraetzer	Bradford	29	New York	NY	3:29:22	71	443	Gadgaard	Carsten	24	Unknown		3:33:18	33
370	Dellosso	Daniel	43	S F	CA	3:29:32	53	444	Cortenbac	Raymond	42	Mendmonee	WI	3:33:20	68
369	Stovall	Ferdinand	54	Stockton	CA	3:29:32	10	446	Duke	Brian	31	Unknown		3:33:24	82
371	Feldschlo	Lager	37	Sacramento	CA	3:29:34	68	447	Senosk	Ron	51	Shrewsbury	MA	3:33:25	16
372	Bales	Randy	36	Big Bear City	CA	3:29:38	69	448	Gaal	Ken	56	Yuba City	CA	3:33:29	9
375	Laport	Vic	56	Clarksburg	MA	3:29:43	6	449	Walthert	Henry	41	Orleans	ON	3:33:32	69
374	Pon	Richard	45	S F	CA	3:29:43	31	450	Breidenba	Scott	34	Olympia	Wa	3:33:33	83
376	Orth	Matthias	32	San Francisco	CA	3:29:44	74	453	Burns	Chip	37	S F	CA	3:33:39	84
377	Suchite	Cesar	17	Lynwood	CA	3:29:47	3	455	Mow	Robert	45	Portland	OR	3:33:43	35
378	Sullivan	Scott	36	Culver City	CA	3:29:48	70	456	Vetter	Johann	57	S F	CA	3:33:49	10
379	Wood	David	29	San Francisco	CA	3:29:50	72	457	Garcia	Alfredo	43	El Segundo	CA	3:33:53	70
381	Noble	Michael	29	So. Lake Tahoe	CA	3:29:53	73	458	Budlong	Andrew	29	S F	CA	3:33:55	83
382	Goulard	Frank	43	Lake Oswego	OR	3:29:53	54	459	Palomares	Ben	49	Los Angeles	CA	3:33:57	36
383	Mckenzie	James	37	Unknown		3:29:57	71	460	Johnson	Jed	17	Piedmont	CA	3:33:57	4
384	Kenna	Michael	42	S F	CA	3:29:58	55	462	Neugebaue	Joachim	53	Berlin	Ger	3:33:59	17
385	Ybarra	Ramon	38	Downey	CA	3:30:02	72	463	Messenger	Joel	28	Unknown		3:33:59	84
387	Lennon	Patrick	57	Welwyngarden	HE	3:30:09	7	464	Swanson	Timothy	46	Del Ray Bch	FL	3:34:08	37
388	Ellis	Roy	44	Vancouver	WA	3:30:10	56	465	Lile	Richard	28	Cuyahoga Falls	Oh	3:34:12	85
389	Gear	Dick	54	San Jose	CA	3:30:11	11	466	Wheeler	Kevin	44	San Jose	CA	3:34:19	71
390	Berreur	Jean	42	Unknown		3:30:12	57	469	Vertrees	Ron	58	Vallejo	CA	3:34:29	11
391	Ganis	Richard	33	Berkeley	CA	3:30:20	75	470	Andrews	Matthew	28	Oakland	CA	3:34:30	86
392	Fitzgeral	John	42	Palm Desert	CA	3:30:29	58	471	Furuki	Masao	44	Carmel	CA	3:34:33	72
393	Grant	Eric	51	Concord	CA	3:30:35	12	472	Yaeger	Dick	67	Aptos	CA	3:34:34	1
394	Docili	Robert	50	Concord	CA	3:30:40	13	475	Weinkoetz	Christoph	34	Sindeligen	Ger	3:34:35	84
395	Quigley	Michael	44	Santa Rosa	CA	3:30:45	59	476	Beckhusen	Laurin	49	Vacaville	CA	3:34:36	38
397	Cote	Denis	42	San Carlos	CA	3:30:49	60	477	Sobenes	Juan	58	Fresno	CA	3:34:36	12
398	Juratovac	Michael	36	S F	CA	3:30:52	73	478	Chun	Ted	40	Santa Rosa	CA	3:34:39	73
399	Ostendorf	Eric	35	Torrance	CA	3:30:53	74	480	Krueger	Jim	36	Agoura	CA	3:34:40	85
400	Mitchell	Bob	44	Tiburon	CA	3:30:55	61	479	Garcia	David	30	San Diego	CA	3:34:40	85
402	Jaramillo	Julio	40	LA	CA	3:30:56	62	481	Basler	Michael	32	Warson Woods	MO	3:34:41	86
404	Abacherli	Damon	33	Reseda	CA	3:31:18	76	483	Richardso	Graham	57	New Market	AU	3:34:43	13
405	Herrera	Juan Carlo	34	Aliso Viejo	CA	3:31:24	77	484	Niebauer	Unknwn	33	Unknown		3:34:45	87
406	Mullins	David	42	Blacksburg	VA	3:31:35	63	485	Zeron	Marvin	49	Coquitlam	BC	3:34:47	39
407	Gordon	Stuart	55	S F	CA	3:31:36	8	486	Kerr	Michael	56	Napa	CA	3:34:55	14
408	Hurt	Douglas	44	Visalia	CA	3:31:41	64	487	Pabon	Gus	38	Cupertino	CA	3:34:57	86
409	Rodgers	William	34	Rancho Stdmg	CA	3:31:42	78	489	Topper	Steve	50	Sac	CA	3:34:59	18
410	Caspillo	Glen	45	Oakland	CA	3:31:43	32	488	Watson	Mark	42	Oakland	CA	3:34:59	74
411	Hardiman	Kirk	27	S F	CA	3:31:44	74	490	Cameron	Jay	29	Montreal	QU	3:35:04	87
413	Paquette	Todd	25	S F	CA	3:31:53	75	492	Morelli	Joseph	45	Los Gatos	CA	3:35:06	40
414	Humbert	Fabrice	30	Costa Mesa	CA	3:31:54	79	491	Myers	Dayne	34	San Francisco	CA	3:35:06	88
415	Fisher	Michael	23	Unknown		3:31:56	31	493	Knas	Karl	54	Oakland	CA	3:35:07	19
416	Barker	Mathew	27	Washington	DC	3:31:57	76	494	Nostrand	Michael	38	Springfield	VA	3:35:09	87
417	Johnson	Tom	42	Salinas	CA	3:31:58	65	496	Richards	Mike	44	S F	CA	3:35:11	75
418	Ellen	David	49	Albuquerque	NM	3:32:00	33	497	Farrell	John	45	Las Vegas	NV	3:35:12	41
419	Helmuth	Lou	37	Mill Valley	CA	3:32:02	75	498	Donahue	Dave	36	San Francisco	CA	3:35:12	88
420	Slate	Bob	41	Los Altos	CA	3:32:04	66	499	Mitchell	John	23	Berkeley	CA	3:35:13	34
421	Toge	Ryuko	36	Kanagawa		3:32:06	76	500	Chaapel	Bob	50	Norcross	GA	3:35:16	20
422	Mack	Bill	40	Cupertino	CA	3:32:09	67	501	Brown	Ray	49	Hayward	CA	3:35:17	42
423	Boggs	Richard	29	S F	CA	3:32:18	77	503	Duffy	Mike	35	Unknown		3:35:20	89
424	Dziuk	Carl	29	S F	CA	3:32:19	78	502	Pilson	Micahel	28	S F	CA	3:35:20	88
425	Farrell	Kevin	28	S F	CA	3:32:19	79	506	Cerri	Ric	38	San Rafael	CA	3:35:27	90
426	Jennings	Gregg	26	Santa Rosa	CA	3:32:22	80	507	Schilling	Bruce	43	Burlingame	CA	3:35:30	76
427	Cha	Bruce	39	Cheshire	CT	3:32:23	77	509	Niven	Andy	49	S F	CA	3:35:47	43
428	Martinez	Alejanfro	35	L A	CA	3:32:27	78	510	O'donnell	Kevin	31	S F	CA	3:35:47	89
429	Hahn	Glenn	39	Menlo Park	CA	3:32:29	79	511	White	William	30	Berekeley	CA	3:35:49	90
430	Donnellan	Scott	38	Mill Valley	CA	3:32:34	80	512	Ferguson	Stewart	23	Unknown		3:35:49	35
431	Buechele	Andrew	53	Washington	DC	3:32:36	14	516	Partida	Eduardo	38	Guadalajara		3:35:57	91

O'all	Name	Age	City	ST	Time	Pl in Div								
518	Sloan Tom	48	S F	CA	3:35:58	44	597	Tomlinson	Ray	45	L A	CA	3:39:57	53
519	Dienhart Chad	22	Santa Rosa	CA	3:36:05	36	599	Mckinley	Lee	35	Alamo	CA	3:39:59	102
520	Laviola Steven	45	Lodi	CA	3:36:08	45	600	Linnemeye	Paul	37	S F	CA	3:40:00	103
522	Rhines Gregory	31	Lodi	CA	3:36:09	91	601	Pentimont	Robert	26	S F	CA	3:40:01	102
523	McMahon Patrick	25	Boulder	Co	3:36:11	89	603	Letwin	Jamie	32	Vancouver	BC	3:40:02	104
524	Delman Glen	30	Boulder	Co	3:36:17	92	604	Fries	Daniel	42	Pleasanton	CA	3:40:03	90
525	Putris George	44	Berkeley	CA	3:36:19	77	605	Michaels	Martin	39	Dalton	GA	3:40:05	104
526	Bauer Mike	37	Riverwoods	IL	3:36:21	92	608	Brady	Don	36	San Jose	CA	3:40:14	105
528	Cobb Henry	27	Albany	CA	3:36:27	90	609	Constantin	Charles	61	San Francisco	CA	3:40:15	2
530	Choy Clement	48	Alamo	CA	3:36:28	46	611	Peterson	Matthew	26	Novato	CA	3:40:21	103
529	Cooper Johnnie	38	Unknown		3:36:28	93	612	Jost	Christoph	42	Oberglatt	SW	3:40:22	91
531	Lewis Craig	47	Saratoga	CA	3:36:39	47	613	Schuur	Robert	22	Berkeley	CA	3:40:32	43
533	Mcintyre Tim	29	Ventura	CA	3:36:43	91	614	Walls	Matt	28	Herm. Beach	CA	3:40:34	104
534	Garcia Jaime	30	Emeryville	CA	3:36:45	93	615	Mclaughli	Ralph	46	San Jose	CA	3:40:39	54
535	Chin Steve	25	San Mateo	CA	3:36:48	92	616	Holm	Steve	38	Fresno	CA	3:40:43	106
536	Mashita Tony	31	Montebello	CA	3:36:54	94	617	Milligan	Jim	40	Atascadero	CA	3:40:44	92
537	Wolfe Alan	42	S F	CA	3:36:56	78	619	Claderon	Claudio	27	Rosemead	CA	3:40:45	105
538	Hubbard Edward	29	Niwot	CO	3:37:04	93	618	Tillou	Tim	37	Kent	WA	3:40:45	107
539	Cross Andy	39	San Lorenzo	CA	3:37:08	94	620	Woody	David	59	Novato	CA	3:40:46	15
540	Travis Robert	27	San Francisco	CA	3:37:08	94	621	Coldsmith	Gary	43	Olney	MD	3:41:00	93
541	Johnson David	33	San Jose	CA	3:37:10	95	622	Santos	Francisco	30	Unknown		3:41:00	105
542	Louie Emil	42	Milpitas	CA	3:37:11	79	623	Lazo	Jose	16	L.A.	CA	3:41:00	5
543	Layelle Michael	40	Capitola	CA	3:37:15	80	624	Krause	Paul	21	Kensington	MD	3:41:01	44
544	Suttmeier Bruce	27	Palo Alto	CA	3:37:21	95	625	Bernal	Ben	61	L A	CA	3:41:02	3
545	Evans Peter	37	Moraga	CA	3:37:22	95	626	Kennedy	Joseph	33	Milpitas	CA	3:41:04	106
546	Lapanja Robert	42	Shingle Springs	CA	3:37:23	81	627	Turneare	Stefan	24	Upp. Arlington	OH	3:41:20	45
547	Johnson Erik	27	Redwood City	CA	3:37:25	96	628	Oliver	Daryl	28	Charlotte	NC	3:41:25	106
548	Krenzer Wolfgang	46	D-Berlin		3:37:30	48	629	Naylor	Roger	31	Takoma Park	MD	3:41:30	107
549	Doherty Chuck	44	Spring Valley	CA	3:37:31	82	630	Galiano	Cesar	20	Los Angeles	CA	3:41:30	46
550	Sheehan Greg	40	Unknown		3:37:32	83	633	Saunders	Alan	49	Kansas City	MO	3:41:37	55
551	Rapp Glenn	33	Louisville	KY	3:37:34	96	634	Kim	Jinwoo	29	Sac	CA	3:41:40	107
552	Rodgers Craig	34	Santa Barbara	CA	3:37:34	97	635	Lloyd	David	34	Washington	DC	3:41:44	108
554	Donner Thomas	25	Atlanta	GA	3:37:39	97	638	Shannon	Kevin	38	Fullerton	CA	3:41:52	108
555	Johnson Joseph	36	Weymouth	MA	3:37:41	96	639	Mcamis	Wayne	52	Carrollton	Ga	3:41:58	23
557	Kleier Ken	46	S F	CA	3:37:48	49	640	Tinnon	Richard	33	Alameda	CA	3:41:59	109
558	Morganti Nick	39	Leesport	PA	3:37:57	97	641	Toomey	Michael	42	Redwood	CA	3:42:00	94
560	Sanchez Humberto	33	Cleveland	OH	3:38:00	98	643	Grade	Michael	30	Santa Rosa	CA	3:42:06	110
561	Malone Greg	23	Louisville	KY	3:38:06	37	644	Apparao	Vidur	25	Palo Alto	CA	3:42:06	108
562	Gronkowski Roman	32	San Francisco	CA	3:38:09	99	645	Kavouksor	Paul	43	S F	CA	3:42:13	95
563	Stadlin David	31	S F	CA	3:38:10	100	646	Frederick	Robert	57	S F	CA	3:42:18	16
564	Fulton Thomas	25	Concord	CA	3:38:12	98	647	Albavera	Raul	27	Unknown		3:42:19	109
565	Aviles Moises	23	L A	CA	3:38:14	38	648	Merrell	Bill	32	Bay Point	CA	3:42:22	111
566	Chuck Allan	48	Petaluma	CA	3:38:14	50	649	Resendiz	Camerino	48	Los Angeles	CA	3:42:23	56
567	Norris Chuck	19	29 Palms	CA	3:38:18	39	651	Durkin	Dennis	25	S F	CA	3:42:25	110
569	Blakeney Charles	33	Piedmont	CA	3:38:23	101	653	Priedkain	Juris	52	Thousand Oaks	CA	3:42:26	24
570	Warner Joe	20	S. L. Obispo	CA	3:38:41	40	652	Radulovich	Bill	47	Danville	CA	3:42:26	57
571	Ouellette Paul	51	Atlanta	GA	3:38:48	21	654	Betsch	Michael	51	Berlin		3:42:28	25
573	Seaton Ronald	48	Union City	CA	3:39:07	51	658	Omhovere	Gerard	39	San Diego	CA	3:42:44	109
575	Boylan David	36	Menlo Park	CA	3:39:17	98	659	Thomsen	Mark	34	Berkeley	CA	3:42:45	112
576	Sansbury Andy	43	Lexington	SC	3:39:18	84	660	Martinez	Alfred	45	Oxnard	CA	3:42:46	58
578	Brandt James	40	Danville	CA	3:39:22	85	661	Cooper	Miles	22	Berkeley	CA	3:42:50	47
580	Hostetler Robert	40	Los Altos	CA	3:39:27	86	662	Mccullough	Dan	39	Santa Rosa	CA	3:42:54	110
581	Bewley Thomas	29	San Carlos	CA	3:39:28	99	664	Hoffman	Wolfgang	37	Unknown		3:43:02	111
583	Johns Travis	25	Nashville	TN	3:39:29	100	665	Sanders	Ron	54	Columbia	SC	3:43:04	26
584	Hardtke David	23	Columbus	OH	3:39:34	41	666	Larson	Kirk	34	Bullhead	AZ	3:43:05	113
585	Delgado Stephen	32	S F	CA	3:39:36	102	667	Baron	Jerry	37	Neshanic	NJ	3:43:09	112
586	Kelly Larry	36	Irving	CA	3:39:38	99	669	Rheaume	Jerry	53	Hillsborough	CA	3:43:14	27
588	Horwitz Howard	44	Salt Lake City	UT	3:39:40	87	670	Schwartz	Garrett	27	San Francisco	CA	3:43:16	111
589	Schultz Steve	24	Menlo Park	CA	3:39:47	42	672	Wu	Charles	44	Lexington	KY	3:43:20	96
590	Adair Tom	54	Atlanta	GA	3:39:50	22	674	Kneale	David	38	Auckland	NE	3:43:27	113
591	Triplett Dave	38	Oakland	CA	3:39:52	100	675	Graham	Kris	31	Livermore	CA	3:43:28	114
594	Bellone Bud	30	St Louis	MO	3:39:54	103	676	Siglin	Page	31	Livermore	CA	3:43:29	115
592	Lawler Kevin	47	Unknown		3:39:54	52	677	Reepmeyer	Oskar	41	Houston	TX	3:43:29	97
595	Duda John	41	S F	CA	3:39:54	89	678	Cooper	Lou	39	Houston	TX	3:43:30	114
593	Visak Lawrence	40	Concord	CA	3:39:54	88	679	Goldman	Ryan	35	Oakland	CA	3:43:35	115
596	Fernald Robert	29	Santa Clara	CA	3:39:55	101	680	Kampfner	Roberto	26	San Francisco	CA	3:43:36	112
598	Mcganty John	37	Los Angeles	CA	3:39:57	101	681	Smith	Kevin	42	Cupertino	CA	3:43:37	98

O'all	Name	Age	City	ST	Time	Pl in Div									
682	Mortensen	Preben	54	Redwood City	CA	3:43:39	28	765	Healy	Patrick	33	San Francisco	CA	3:46:19	135
684	Fleckten	Eric	23	San Diego	CA	3:43:42	48	767	Tripp	Gavin	33	Scotts Valley	CA	3:46:20	136
685	Brynjelsen	Jacob	23	San Diego	CA	3:43:42	49	768	Eriksson	Stefan	42	Alamo	CA	3:46:20	105
686	Orum	Nicholas	26	S F	CA	3:43:44	113	769	Murray	Michael	42	Yellowstone	WY	3:46:22	106
688	Clark	David	46	San Diego	CA	3:43:48	59	770	Matsuki	Hiroyoshi	52	Fujisawa City	JA	3:46:24	32
689	Flanagan	Patrick	32	San Diego	CA	3:43:50	116	771	Hagio	Hiroyasu	54	Unknown		3:46:25	33
691	Hartley	Dennis	57	Santa Cruz	CA	3:43:51	17	773	Mccready	Bruce	41	San Francisco	CA	3:46:29	107
692	Crampton	Kenny	36	Pacifica	CA	3:43:51	116	774	Rivera	Jose'	21	Los Angeles	CA	3:46:30	54
693	Walter	Joseph	54	Cupertino	CA	3:43:52	29	775	Desjardin	Marc	29	S F	CA	3:46:32	131
694	Rizza	Joe	37	Palo Alto	CA	3:43:56	117	777	Kaler	Robert	31	Washington	DC	3:46:34	137
698	Sklavopoulos	Dimitri	51	Unknown		3:44:09	30	778	Vance	Paul	32	San Carlos	CA	3:46:34	138
697	Friden	Chris	32	Berkeley	CA	3:44:09	117	779	Ortega	Mark	36	Sacramento	CA	3:46:35	123
700	Draxler	Dick	47	S F	CA	3:44:14	60	780	Garcia	Raul	46	San Jose	CA	3:46:36	64
701	Schnorr	Raymond	42	San Diego	CA	3:44:17	99	781	Vejdani	Kio	57	Unknown		3:46:37	19
703	Austria	Victor	36	S S F	CA	3:44:19	118	785	Hudson	Brett	36	Burney	CA	3:46:45	124
702	Mclaughli	Brendan	26	S F	CA	3:44:19	114	784	Hanson	Mike	23	Unknown		3:46:45	55
704	Osborn	Chris	28	S F	CA	3:44:20	115	787	Curley	Dennis	39	Auburn	CA	3:46:46	125
706	Short	Philo	58	Monterey	CA	3:44:21	18	786	Ho	Eric	30	S F	CA	3:46:46	139
708	Holtz	Brent	33	S F	CA	3:44:24	118	789	Mah	Randolph	32	El Dorado Hills	CA	3:46:47	141
711	Eppinger	Andy	24	Sausalito	CA	3:44:30	50	788	Liu	K.C.	31	S F	CA	3:46:47	140
712	Green	Michael	24	Sausalito	CA	3:44:31	51	792	Buhl	David	25	Davis	CA	3:46:51	132
713	Joness	Wayne	34	Van Nuys	CA	3:44:36	119	793	White	Raymond	48	Remuera	Aus	3:46:58	65
714	Mitchell	Fred	27	Vine Grove	KY	3:44:37	116	794	CArlin	John	35	Rocky Mt	VA	3:46:59	126
716	Oursler	Robert	42	Silver Spring	MD	3:44:38	100	795	Traller	Robert	48	Redwood City	CA	3:47:05	66
717	Crebbin	Anthony	43	Oceanside	CA	3:44:40	101	797	Brownstei	Adam	26	Palo Alto	CA	3:47:10	133
718	Rieck	Willi	52	Berlin D	Ger	3:44:43	31	798	Samaras	Ernie	40	Seattle	WA	3:47:14	108
719	Khazalpou	Micheal	32	S F	CA	3:44:46	120	799	Holm	Michael	23	Renç	NV	3:47:22	56
720	Monroe	Nicholas	32	Del Mar	CA	3:44:54	121	801	Ploss	Norm	48	Santa Cruz	CA	3:47:24	67
721	Mcdonagh	Tom	25	Davis	CA	3:44:58	117	802	Witkowski	Benny	18	Danville	CA	3:47:32	6
722	Gerszewski	Lawrence	47	Sunnyvale	CA	3:44:59	61	803	Kay	Randall	30	San Diego	CA	3:47:33	142
724	Johnson	Mark	27	Seattle	WA	3:45:00	118	804	Rhodes	David	40	Merced	CA	3:47:34	109
725	Mullarkey	Markus	25	Albany	CA	3:45:00	119	805	Bergholt	Jeffrey	26	S F	CA	3:47:36	134
723	Hassing	Thomas	33	Minneapolis	MN	3:45:00	122	806	Nagel	Jeffrey	46	CAmeron Park	CA	3:47:37	68
726	Walker	Thomas	33	Bakersfield	CA	3:45:04	123	808	Nagel	Jonothon	47	Howell	NJ	3:47:38	69
727	Noll	Matthew	28	S F	CA	3:45:06	120	809	Huff	Kenneth	26	Orlando	FL	3:47:39	135
728	Nicknish	Tim	26	S F	CA	3:45:08	121	810	Sisk	Adam	29	Oakland	CA	3:47:41	136
729	Todd	Michael	23	S F	CA	3:45:10	52	811	Hamdouch	Jay	44	Burlingame	CA	3:47:42	110
730	Todd	James	25	Arlington	VA	3:45:11	122	812	Muller	Sean	26	Missouri City	TX	3:47:43	137
731	Mackensen	Roger	31	Sacramento	CA	3:45:12	124	814	Hewitt	Brian	39	S F	CA	3:47:44	127
733	Brown	David	26	Fresno	CA	3:45:16	123	813	Buzbee	Michael	44	Yuba City	CA	3:47:44	111
735	Byrne	Brian	29	Tiburon	CA	3:45:23	124	815	Hine	Charles	40	S F	CA	3:47:47	112
736	Teh	Roderick	34	Minneapolis	MN	3:45:23	125	816	Bailey	John	54	Alexandria	VA	3:47:50	34
737	Benavente	David	35	Valley Village	CA	3:45:26	119	817	White	Thomas	42	Cherryville	NC	3:47:52	113
738	Rowe	Robert	41	Piedmont	CA	3:45:28	102	818	Anslinger	Erik	29	Los Gatos	CA	3:47:52	138
739	Lavallee	Rich	38	Brentwood	CA	3:45:31	120	819	Baldwin	Jebby	36	Baton Rouge	LA	3:47:53	128
740	Robarge	Scott	28	Mill Valley	CA	3:45:34	125	820	Austin	Steven	43	Tucson	AZ	3:47:54	114
741	Cooper	Martin	32	Kensington	CA	3:45:36	126	822	Ramos	Luis	29	Los Gatos	CA	3:47:54	139
742	Day	John	29	Santa Clara	CA	3:45:38	126	823	Nishiyama	Yas	46	Albany	CA	3:47:55	70
743	Friedland	Arron	24	L A	CA	3:45:40	53	824	Emswiller	Jon	25	Hoboken	NJ	3:47:56	140
744	Stephenso	Michael	43	Jenner	CA	3:45:46	103	825	Buys	Daniel	28	Hntngtn Beach	CA	3:47:57	141
746	Yager	Scott	32	Chicago	IL	3:45:54	127	826	Gearheard	Jake	25	Seattle	WA	3:48:04	142
747	Feingold	Richard	49	Tracy	CA	3:45:54	62	827	Lenderkin	Hollis	46	S F	CA	3:48:08	71
748	Whitham	Rusty	30	Vacaville	CA	3:45:55	128	830	Tyndorf	Timothy	27	Herm. Beach	CA	3:48:17	143
749	Murray	David	28	Johnson City	TN	3:45:55	127	831	Rayhill	Kevin	36	San Francisco	CA	3:48:18	129
750	Elder	Greg	33	Cuperino	CA	3:45:56	129	832	Binkley	Alan	41	Alpharetta	Ga	3:48:24	115
751	Nakagawa	Art	30	La	CA	3:45:57	130	834	Britz	Manfred	30	Mt. View	CA	3:48:27	143
753	Louden	Chuck	34	San Francisco	CA	3:46:00	131	833	Peterson	Steven	28	Orinda	CA	3:48:27	144
755	Panzenboe	Gerhard	43	Puchberg	AZ	3:46:01	104	836	Davis	John	50	Menlo Park	CA	3:48:28	35
754	Schipperi	Peter	35	Houston	TX	3:46:01	121	837	Kouchi	Gerald	49	Tualatin	OR	3:48:29	72
756	Baird	Scott	30	S F	CA	3:46:01	132	840	Parker	Greg	23	Carmel	IN	3:48:41	57
757	Borders	David	35	San Jose	CA	3:46:03	122	841	Gray	Eric	40	S F	CA	3:48:49	116
759	Franko	Joe	49	Los Angeles	CA	3:46:05	63	842	Wong	Kenneth	48	Charlotte	NC	3:48:50	73
758	Wade	Scot	31	S F	CA	3:46:05	133	843	Kimura	Justin	23	Silver Springs	MD	3:49:11	58
761	Hange	Herbert	33	Hannover		3:46:09	134	844	Balter	David	41	Millbrae	CA	3:49:12	117
762	Fano	Andrew	26	Campbell	CA	3:46:10	128	845	Cheng	Alex	34	Los Altos	CA	3:49:14	144
763	Barry	Kevin	28	S F	CA	3:46:16	129	847	Ditchey	Robert	55	Santa Monica	CA	3:49:16	20
766	Greenspon	Bruce	28	Herm. Beach	CA	3:46:19	130	848	Vargas	Jose	40	Santa Monica	CA	3:49:17	118

O'all	Name	Age	City	ST	Time	Pl in Div									
849	Grooms	Scott	27	Redding	CA	3:49:18	145	927	Gongaware	Dick	41	Vienna	VA	3:52:15	130
850	Stephanik	Michael	36	Lakewood	WA	3:49:19	130	930	Jensen	Patti	32	S F	CA	3:52:19	157
851	Malte	Brian	34	San Francisco	CA	3:49:22	145	931	Mormorunn	Carlo	27	S F	CA	3:52:20	154
852	Mccall	Patrick	26	San Diego	CA	3:49:24	146	932	Weeks	Douglas	28	Westminster	MD	3:52:23	155
854	Brown	Michael	40	Vienna	VA	3:49:26	120	933	Guzie	Philip	32	Lake Oswego	OR	3:52:24	158
853	Cordova	Anthony	43	Seattle	WA	3:49:26	119	935	Andonov	Michael	29	San Jose	CA	3:52:31	156
856	Fernbache	John	39	Orinda	CA	3:49:27	131	936	Mullane	Thomas	34	Vacaville	CA	3:52:34	159
857	Bergano	Allan	43	Va Beach	VA	3:49:27	121	938	Fibish	Sam	36	Toluda Lake	CA	3:52:36	145
855	Cannon	Lee	48	Pleasanton	CA	3:49:27	74	940	Huse	Johannes	61	Oslo	Nor	3:52:40	4
858	Linet-Bacon	Beth	32	Unknown		3:49:32	146	944	West	Owen	26	Unknown		3:52:42	157
859	Fahey	Thomas	30	S F	CA	3:49:33	147	945	Culver	Keith	48	Palm Spring	CA	3:52:44	82
861	Kingston	Tim	38	Cheyenne	WY	3:49:34	133	946	Renfro	Jeff	39	San Francisco	CA	3:52:48	146
860	Washingto	Perry	37	Gaithersbu	MD	3:49:34	132	947	Lee	Kevin	41	S F	CA	3:52:51	131
862	Castillo	Jesus	39	Inglewood	CA	3:49:35	134	948	Brandi	Al	50	S F	CA	3:52:54	40
863	Aufdermau	Stefan	27	Huenenberg		3:49:36	147	949	James	Robert	23	Visalia	CA	3:52:57	65
864	Monterroso	Antonio	34	Hawthorne	CA	3:49:36	148	952	Arrizon	Tony	36	Sunnyvale	CA	3:53:00	147
865	Matejka	Ken	33	S F	CA	3:49:37	149	953	Kukuchka	Mike	41	Sylmar	CA	3:53:07	132
866	Matrinez	Carl	21	29 Palms	CA	3:49:38	59	955	Murcott	Robert	51	San Pedro	CA	3:53:13	41
867	Kennedy	Steve	39	Petaluma	CA	3:49:40	135	956	Denlinger	Barry	32	Tustin	CA	3:53:15	160
868	Quiroz	Jesse	35	Garden Grove	CA	3:49:46	136	957	Howard	Gregory	38	San Marcos	CA	3:53:17	148
870	Tyndall	Joe	43	Laguna Bch	CA	3:49:52	122	958	Rossmann	Tony	55	Oakland	CA	3:53:17	21
871	Minato	Yoshio	38	San Francisco	CA	3:49:54	137	959	Munguia	Carlos	31	Los Angeles	CA	3:53:18	161
873	Turner	Mark	39	Indianapolis	IN	3:50:03	138	960	Preizer	Henry	36	Madera	CA	3:53:21	149
875	Nguyen	David	34	Houston	TX	3:50:05	150	961	Smith	Duncan	37	San Francisco	CA	3:53:22	150
876	Rodriguez	Javier	47	Los Angeles	CA	3:50:07	75	962	Weisickle	John	49	L A	CA	3:53:26	83
877	Domash	David	28	San Jose	CA	3:50:08	148	963	Boles	John	32	New York	NY	3:53:32	162
878	Wong	Lawrence	24	Vancouver	BC	3:50:10	60	964	Miyajima	Masakatsu	40	Palo Alto	CA	3:53:34	133
879	Weeks	Christophe	23	Pendleton	OR	3:50:10	61	965	Martel	James	31	San Francisco	CA	3:53:41	163
880	Abner	Ray	39	Montgomery	AL	3:50:11	139	966	Seidel	Howard	34	San Francisco	CA	3:53:42	164
881	Prescott	Moss	22	S F	CA	3:50:12	62	967	Wenner	Eric	38	Gardena	CA	3:53:44	151
882	Irwin	James	51	Shoreline	Wa	3:50:25	36	968	Rizzolo	David	41	Albany	CA	3:53:45	134
883	Morin	Tom	51	Santa Rosa	CA	3:50:28	37	969	Lojan	Oscar	25	29 Palms	CA	3:53:46	158
884	Mcmahon	Bert	45	Cupertino	CA	3:50:29	76	970	Oberski	Tom	41	S F	CA	3:53:48	135
885	Elliot	Gene	39	S F	CA	3:50:31	140	971	Corona	Ron	32	Covina	CA	3:53:52	165
886	Yee	Gene	37	S F	CA	3:50:33	141	972	De Vos	Suen	34	Santa Monica	CA	3:53:52	166
887	Robideaux	David	40	Santa Cruz	CA	3:50:33	123	974	Gold	Kenneth	43	Delmar	NY	3:53:52	136
888	Verbeck	Jerry	44	Golden	CO	3:50:34	124	975	Henson	Tom	40	Marion	la	3:53:53	137
890	Moussa	Tarek	36	Mill Valley	CA	3:50:41	142	976	Herschlag	Dan	37	Menlo Park	CA	3:53:55	152
892	Dummel	Eric	34	San Francisco	CA	3:50:44	151	977	Diamond	Michael	32	S F	CA	3:53:57	167
894	Bianchi	Kenneth	46	S F	CA	3:50:45	77	978	Brinderso	Chad	28	Carlsbad	CA	3:53:58	159
895	McCabe	Richard	45	Lake Forest	CA	3:50:47	78	983	Schroeder	Jon	42	Alexandria	Va	3:54:04	138
896	Molloy	Mark	39	Tracy	CA	3:50:49	143	984	Price	William	40	Belvedere	CA	3:54:04	139
897	Siababa	Dom	43	Fremont	CA	3:50:49	125	985	Heinz	Jim	56	Las Vegas	NV	3:54:07	22
898	Meyers	David	26	Kings Beach	CA	3:50:50	149	986	Duncan	David	42	Auburn	CA	3:54:09	140
899	Whiting	Grant	44	Oakland	CA	3:50:51	126	987	Loewenstein	Lexy	34	San Francisco	CA	3:54:09	168
900	Satchwell	Mark	43	Oakland	CA	3:50:52	127	988	Triplett	Willie	37	S F	CA	3:54:11	153
901	Takao	Junichi	41	Mililani	HI	3:50:55	128	990	George	Robert	33	San Jose	CA	3:54:12	169
902	Herrick	Stephen L.	49	Granite Bay	CA	3:50:58	79	989	Mergil	Daniel	49	Pomona	CA	3:54:12	84
903	Soderquis	Chris	27	W. Sacramento	CA	3:50:58	150	991	Rieke	Dan	40	San Bruno	CA	3:54:13	141
904	Ginsborg	Michael	31	S F	CA	3:51:03	152	992	Jackson	Christophe	30	S F	CA	3:54:14	170
905	Bassler	David	25	San Francisco	CA	3:51:04	151	993	Tait	Mark	42	Hayward	CA	3:54:15	142
906	Salvador	Ramon	40	Seattle	WA	3:51:05	129	994	House	Mike	33	Unknown		3:54:17	171
907	Izu Kiyoshige		23	San Jose	CA	3:51:13	63	996	Coonan	Dennis	26	Sunnyvale	CA	3:54:22	160
909	Sussman	Myles	31	Mtn. View	CA	3:51:19	153	997	Smith	Kevin	33	San Ramon	CA	3:54:24	172
908	Piel	Alex	17	Novato	CA	3:51:19	7	998	Yeager	Ken	43	San Jose	CA	3:54:25	143
911	Fisher	David	28	Piedmont	CA	3:51:30	152	999	Cabiness	Greg	40	S F	CA	3:54:26	144
910	Martinez	Rogelio	46	Juarez	CH	3:51:30	80	1000	Rogers	Dw	35	S F	CA	3:54:27	154
912	Ratcliffe	Gavin	30	Atherton	CA	3:51:36	154	1001	Vogt	Gary	48	San Jose	CA	3:54:35	85
913	Porter	Joel	33	Seattle	Wa	3:51:37	155	1002	Sponzilli	Anthony	34	Walnut Creek	CA	3:54:36	173
914	Boyle	Kelly	20	Berkeley	CA	3:51:38	64	1006	Niegas	Nelson	32	Alhambra	CA	3:54:40	174
915	Kominiak	Lawrence	31	Teaneck	NJ	3:51:39	156	1007	KuoYu-Shyang		46	Saratoga	CA	3:54:41	86
916	Macdonald	Bryan	38	Mill Valley	CA	3:51:43	144	1008	Perillo	Chris	26	Elk Grove	CA	3:54:49	161
919	Rivas	Jim	49	San Leandro	CA	3:51:52	81	1011	Wise	Larry	54	Reno	NV	3:54:53	42
921	Layag	Nelson	27	S F	CA	3:52:04	153	1012	Johnson	Bill	35	Mill Valley	CA	3:54:55	155
923	Williams	Larry	53	R. Santa Fe	CA	3:52:08	38	1013	Poehling	Hermann	50	Ratingen		3:54:58	43
925	Reynolds	Dave	51	Hntngtn Beach	CA	3:52:13	39	1014	Shepard	Frederick	37	Houston	TX	3:55:00	156
								1015	Parris	James	34	PacifiCA	CA	3:55:04	175

O'all	Name	Age	City	ST	Time	Pl in Div								
1016	Boone	Kevin	Santa Clara	CA	3:55:06	157	1110	Hacker	Michael	49	Red Bank	NJ	3:57:54	96
1017	Maguire	Scott	Huntington Bch	CA	3:55:09	176	1109	Ross	Aaron	24	San Francisco	CA	3:57:54	70
1018	Blackburn	Steven	San Francisco	CA	3:55:13	158	1113	Lewis	Keith	39	San Pablo	CA	3:57:59	167
1020	Daley	Steve	S F	CA	3:55:18	162	1114	Mcgrath	Dennis	26	S F	CA	3:58:00	172
1021	Naar	David	St Pete	FL	3:55:23	159	1115	Ellis	Scott	39	Walnut Creek	CA	3:58:01	168
1022	Thompson	Clark	Orinda	CA	3:55:24	87	1116	Vanalst	Ryan	19	Middletown	IN	3:58:09	71
1023	Solis	Ismael	Salinas	CA	3:55:25	145	1119	Swafford	Mathew	29	Unknown		3:58:12	173
1024	Anooshehp	Rasool	Reno	NV	3:55:25	146	1120	Siehl	Daniel	43	Menlo Park	CA	3:58:13	155
1025	Nolan	Ted	Portland	OR	3:55:29	160	1121	Teitschei	Bob	47	Auburn	CA	3:58:19	97
1027	Sandvig	Mel	Encino	CA	3:55:32	44	1122	Jensen	Richard	35	Washougal	WA	3:58:21	169
1028	Lewis	Jd	Corvallis	OR	3:55:32	163	1123	Osaulenko	Yeugeniy	55	Riga	LU	3:58:22	29
1032	Henning Jr.	Brian	San Francisco	CA	3:55:37	164	1125	Roop	Steve	46	Rock Island	IL	3:58:27	98
1033	Mahoney	Patrick	S F	CA	3:55:38	45	1126	Mocmanus	Patrick	34	Cupertino	CA	3:58:28	189
1034	Yamamoto	Steve	San Jose	CA	3:55:40	161	1128	Wada	Ted	34	Rosemead	CA	3:58:29	190
1035	Rodriguez	Ruben	San Antonio	TX	3:55:45	165	1129	Hester	Joel	31	Northport	AL	3:58:30	191
1037	Thompson	Greg	Pleasanton	CA	3:55:46	177	1131	Gowda	Nanda	30	Cupertino	CA	3:58:32	192
1038	Munson	James	Costa Mesa	CA	3:55:49	5	1132	Allison	Lee	40	Almond	NC	3:58:37	156
1039	Clipperton	Neil	S. L. Obispo	CA	3:55:51	66	1134	Buckley	Jack	37	Burlingame	CA	3:58:40	170
1040	Gray	Jonathan	S F	CA	3:55:52	166	1135	Porretta	Phil	60	Diamond Bar	CA	3:58:44	7
1042	Andrew	Brett	San Carlos	CA	3:55:55	167	1136	Reagan	Patrick	38	Saratoga	CA	3:58:47	171
1041	Harper	Rick	Davis	CA	3:55:55	178	1138	Brown	David	44	Boulder	CO	3:58:49	157
1043	Cullinane	Robert	Wall	NJ	3:55:59	147	1139	Jackson	Randy	28	New Orleans	LA	3:58:50	174
1044	Lindsay	David	S F	CA	3:55:59	179	1140	Mclaughli	Mark	38	San Rafael	CA	3:58:52	172
1045	Fabrizi	Joseph	Crockett	CA	3:56:00	180	1141	Mulheren	Edward	39	Charlotte	NC	3:58:54	173
1047	Hoodman	Michael	Huntington Bch	CA	3:56:01	148	1142	Lamotte	Bruce	29	Minneapolis	MN	3:58:58	175
1050	Rodriguez	Francisco	S F	CA	3:56:04	88	1144	Silhan	Jerry	46	Glendale	CA	3:58:59	99
1051	Mullen	William	S F	CA	3:56:05	181	1145	Loyd	Henry	48	Ann Arbor	MI	3:59:00	100
1054	Jones	Douglas	La Mesa	CA	3:56:22	89	1146	Romano	John	29	Union	NJ	3:59:02	176
1056	Buoy	Scott	Unknown		3:56:28	168	1147	Mandell	Peter	44	S F	CA	3:59:04	158
1057	Yamada	George	Playa Del Rey	CA	3:56:29	23	1148	Ramos	Arnold	45	Oakland	CA	3:59:07	101
1058	Archer	Robert	Seattle	WA	3:56:30	169	1150	Oliver	David	41	Roanoke	VA	3:59:10	159
1059	Green	Terry	Spring	TX	3:56:31	149	1151	Kervella	Dominique	35	Unknown		3:59:11	174
1061	Smith	J.R.	Mountain View	CA	3:56:32	170	1153	Brown	Gregory	47	S F	CA	3:59:14	102
1060	Polucha	Kevin	Alisovicjo	CA	3:56:32	182	1155	Nomen	Santiago	3	Irvine	CA	3:59:15	1
1062	Hurst	Wiley	Yakima	WA	3:56:35	24	1156	Simpson	James	54	Anaheim	CA	3:59:15	47
1064	Kreisberg	Bobby	S F	CA	3:56:38	25	1154	Marshall	Wayne	53	Corona	CA	3:59:15	46
1063	Hernandez	Saturnino	Los Angeles	CA	3:56:38	90	1157	Pisarock	Bill	41	San Francisco	CA	3:59:15	160
1066	Lee	Dennis	Berkeley	CA	3:56:40	67	1158	Gee	Frank	37	San Bruno	CA	3:59:16	175
1067	Frederich	Gary	Unknown		3:56:42	68	1159	Gauwey	Garry	31	San Francisco	CA	3:59:17	193
1072	Herrman	Fred	Mhhttan Beach	CA	3:56:44	183	1160	Wee	Kenny	34	Mtn. View	CA	3:59:18	194
1071	Levy	Brandon	Sunnyvale	CA	3:56:44	171	1162	Schulte	Joseph	26	Arlington	VA	3:59:22	177
1070	Traceski	Jim	Foster City	CA	3:56:44	150	1164	Ray	Robert	39	Spokane	WA	3:59:24	176
1073	Sohn	James	Oakland	CA	3:56:46	184	1166	Chmielews	Michael	37	S F	CA	3:59:24	178
1074	Montalvo	Thomas	Mhhttan Beach	CA	3:56:48	185	1165	Samson	Michael	39	Dublin	VA	3:59:24	177
1076	Aguirre	George	Watchung	NJ	3:56:51	151	1167	Buetemeis	Tom	36	Ridgecrest	CA	3:59:26	179
1080	Hindmarsh	Richard	Placerville	CA	3:56:58	152	1168	Leix	Charles	50	San Diego	CA	3:59:26	48
1079	Kamp	David	Sunnyvale	CA	3:56:58	91	1170	Henerlau	Eric	36	Corte Madera	CA	3:59:27	180
1081	Babichev	Vladimir	Los Angeles	CA	3:56:59	6	1173	Lutz	Tony	31	S F	CA	3:59:33	195
1082	Terry	Robert	Lafayette	CA	3:57:02	26	1175	Silver	Adam	30	Redwood City	CA	3:59:34	196
1084	Sawady	Joel	Orange	OH	3:57:05	69	1174	Cevallos	Mattnew	26	Sausalito	CA	3:59:34	178
1085	Smith	R	Unknown		3:57:06	92	1179	Perkins	Robby	33	San Francisco	CA	3:59:39	197
1086	Currie	Daniel	Danville	CA	3:57:06	186	1180	Boro	Greg	31	Belmont	CA	3:59:41	198
1087	Tweeden	Mel	Milwaukee	WI	3:57:06	27	1181	Witte	Marten	21	Orlando	FL	3:59:41	72
1089	Del Grana	Bruno	Miami	FL	3:57:08	187	1183	Lobel	Joel	51	Las Vegas	NV	3:59:42	49
1090	Choi	Donald	S F	CA	3:57:08	93	1184	Weeden	Michael	23	29 Palms	CA	3:59:43	73
1091	Diaz	Mike	Camarillo	CA	3:57:13	153	1186	Brickert	Edward	22	29 Palms	CA	3:59:44	74
1092	Knoll	Al	S F	CA	3:57:14	28	1187	Lopez	Mark	41	San Diego	CA	3:59:47	161
1095	Contreras	Fernando	San Jose	CA	3:57:21	162	1189	Eva	Jack	51	Newark	CA	3:59:48	50
1096	Lovell	James	Rocky Mtn.	VA	3:57:23	163	1188	Canham	Geoffrey	49	San Leandro	CA	3:59:48	103
1097	Scott	James	Long Beach	CA	3:57:25	164	1190	Saragoza	Alfred	48	Woodland	CA	3:59:51	104
1098	Rutherford	John	S F	CA	3:57:32	165	1192	Williams	Phil	25	San Ramon	CA	3:59:56	179
1101	Archuleta	Mike	Pueblo	CO	3:57:40	166	1193	Roberts	Gary	52	Santa Monica	CA	3:59:57	51
1102	Holder	Larry	S F	CA	3:57:42	94	1194	Kin Kee	Frank	51	Unknown		3:59:58	52
1104	Nelligan	James	Ridgeville On	LO	3:57:47	154	1196	English	Mike	49	Salinas	CA	4:00:00	105
1105	Martin	J. Allen	Vienna	VA	3:57:49	95	1195	Beggs	Don	52	Unknown		4:00:00	53
1107	Anassian	Armen	Altadena	CA	3:57:53	188	1197	Peluszkw	Peter	44	Lorain	OH	4:00:02	162
							1198	Sellers	John	61	San Leandro	CA	4:00:06	8

O'all	Name	Age	City	ST	Time	Pl in Div									
1199	Tong	Tonson	29	Long Beach	CA	4:00:14	180	1301	Gillespie	Michael	40	S F	CA	4:03:50	173
1200	Mulligan	Shawn	35	Boulder	CO	4:00:19	181	1303	Ohaire	Tom	53	Novato	CA	4:03:53	62
1201	Krug	Daniel	24	Tahoe City	CA	4:00:21	75	1304	Clark	Matthew	33	Louisville	KY	4:03:54	217
1202	Mosel, Sr	Paul	54	S F	CA	4:00:22	54	1305	Perrone	Thomas	31	Louisville	KY	4:03:54	218
1203	Emblidge	Scott	35	Mill Valley	CA	4:00:24	182	1307	Blackwell	Unknown	38	Asheboro	NC	4:03:58	191
1204	Apostol	Kurt	37	Orem	UT	4:00:26	183	1309	Devlin	Michael	45	Honolulu	HI	4:03:59	117
1206	Mccabe	Paul	34	San Carlos	CA	4:00:29	199	1312	Jaeger	Fritz	51	Berkeley	CA	4:04:03	63
1209	Aranda	Francisco	53	Rosemead	CA	4:00:33	55	1310	Moore	Garrett	25	Los Altos	CA	4:04:03	183
1211	Smith	David	56	Carmichael	CA	4:00:39	30	1314	Grossman	Richard	33	S F	CA	4:04:04	219
1212	Ramirez	David	27	Santa Barbara	CA	4:00:40	181	1313	Alladio	Pat	36	Santa Rosa	CA	4:04:04	192
1213	Hurley	Christopher	31	San Francisco	CA	4:00:42	200	1315	Valles	Enrigue	36	Pacoima	CA	4:04:13	193
1214	Wcislo	Paul	50	Santa Cruz	CA	4:00:44	56	1316	Tusiri	Chowdee	33	San Rafael	CA	4:04:14	220
1216	Ambrose	Gregory	39	Santa Monica	CA	4:00:46	184	1319	Dong	Darryl	38	Mill Valley	CA	4:04:21	194
1217	Mutters	Les	46	Santa Cruz	CA	4:00:49	106	1320	Miranoa	Carlos	33	Unknown		4:04:28	221
1224	Balmuth	Bruce	49	San Diego	CA	4:01:07	107	1322	Avasarala	Madhu	38	San Jose	CA	4:04:30	195
1225	Letoile	Joseph	31	29 Palms	CA	4:01:07	201	1324	Hornbeek	Gary	27	San Francisco	CA	4:04:35	184
1226	Sanchez	Arnulfo	42	Sanger	CA	4:01:07	163	1325	Daron	Tom	35	Unknown		4:04:41	196
1228	Guilbeau	Darrel	34	Los Angeles	CA	4:01:08	203	1326	Chalk	Larry	45	Unknown		4:04:43	118
1227	Terry	Steven	31	Visalia	CA	4:01:08	202	1327	Kinder	Darrell	45	Houston	TX	4:04:52	119
1230	Harris	Andrew	34	San Diego	CA	4:01:10	204	1331	Korzick	John	49	San Ramon	CA	4:04:57	120
1231	Roberts	Jeff	42	Santa Monica	CA	4:01:10	164	1332	Wooten	James	63	Biloxi	MS	4:04:59	9
1232	Lackey	Craig	40	Long Beach	CA	4:01:11	165	1334	Marzella	Vincent	39	Newark	CA	4:05:04	197
1236	Jun	Cecil	54	Atherton	CA	4:01:13	57	1336	Adams	Anthony	40	Roseville	CA	4:05:05	174
1235	Cooper	Perry	35	Fresno	CA	4:01:13	185	1335	Tanner	Duane	32	29 Palms	CA	4:05:05	222
1237	Grossi	Thomas	51	Oakland	CA	4:01:18	58	1337	Fritsche	Donald	33	San Leandro	CA	4:05:06	223
1239	Remorca	Virgilio	41	Alameda	CA	4:01:22	166	1338	Alford	Mike	35	San Carlos	CA	4:05:07	198
1240	Pflugrath	Richard	44	Carmichael	CA	4:01:24	167	1339	Delgado	Juan Carlo	25	Menlo Park	CA	4:05:12	185
1244	Frazier	Thomas	35	Santa Ana	CA	4:01:32	186	1340	Keenan	John	34	Jolon	CA	4:05:15	224
1245	Folsom	Art	37	Bakersfield	CA	4:01:36	187	1342	Wasden	Tommy	31	Goshen	AL	4:05:20	225
1246	Peck	Ted	46	Millbrae	CA	4:01:37	108	1343	Cullen	Shawn	28	Fairfield	CA	4:05:20	186
1247	Wald	Rob	30	San Mateo	CA	4:01:38	205	1346	Nakamata	Peter	32	Hntngtn Beach	CA	4:05:29	226
1248	Orozco	Fernando	34	Los Angeles	CA	4:01:39	206	1348	Vance	Harold	65	San Carlos	CA	4:05:33	2
1252	Wright	Daniel N.	49	Roanoke	VA	4:01:46	109	1350	Lisseck	David	33	San Francisco	CA	4:05:36	227
1253	Evangelis	David	47	So S F	CA	4:01:55	110	1351	Mike	Bouley	49	St. Louis Pk.	MN	4:05:40	121
1254	Wackler	Hermann	50	S F	CA	4:02:00	59	1352	Lane	John	33	Lexington	KY	4:05:43	228
1255	Dowd	Robert	49	Madison	WI	4:02:02	111	1354	Sawady	Joram	44	Orange	OH	4:05:46	175
1257	Brockman	Daniel	31	Sac	CA	4:02:04	207	1356	Cerny	Dan	27	Campbell	CA	4:05:50	187
1260	Mracek	John	34	Cupertino	CA	4:02:11	208	1358	Holder	David	56	Fairview	TN	4:05:59	34
1258	Marinsik	Daniel	37	San Jose	CA	4:02:11	188	1359	Dailey	Will	39	Unknown		4:06:01	199
1262	Abney	Michael	28	San Francisco	CA	4:02:21	182	1360	Green	Mike	39	Portland	OR	4:06:01	200
1263	Locey	Ron	34	Visalia	CA	4:02:22	209	1361	Lupping	Daryl	36	Daly City	CA	4:06:03	201
1266	Lam	Jeffrey	44	North York	Ont	4:02:27	168	1362	Arriaga	Daniel	40	West Linn	Or	4:06:04	176
1267	Hostetler	Jim	37	Crockett	CA	4:02:30	189	1363	Arriaga	Rick	32	Millbrae	CA	4:06:04	229
1268	Stump	George	59	Sharonville	Oh	4:02:31	31	1364	Snipes	Henry	44	Sunnyvale	CA	4:06:06	177
1269	Goggand	Steve	43	Redwood City	CA	4:02:38	169	1365	Weiner	Michael	41	S F	CA	4:06:12	230
1270	Joffe	David	24	Mountain View	CA	4:02:44	76	1366	Gifford	James	32	Valley Village	CA	4:06:13	231
1271	Loenneker	Otto	51	San Jose	CA	4:02:46	60	1367	Negoro	Yukihiko	35	Foster City	CA	4:06:14	202
1272	Collins	David	41	Unknown		4:02:47	170	1369	Diggs	Ray'	32	Unknown		4:06:15	232
1273	Amrani	Joel	43	Santa Cruz	CA	4:02:50	171	1371	Cooper	Michael	42	Pleasanton	CA	4:06:19	178
1275	Romano	Glenn	32	S F	CA	4:02:52	210	1372	Dresden	Phil	60	Stanford	CT	4:06:22	10
1276	Doty	Robert	33	Berkeley	CA	4:02:54	211	1373	Wilkins	Douglas	41	S F	CA	4:06:24	179
1278	Gruber	Karl	45	Lancaster	OH	4:03:00	112	1374	Williams	Brian	36	Daly City	CA	4:06:27	203
1282	Nelson	Michael	50	Philadelphia	PA	4:03:02	61	1377	Krikke	Mafred	27	San Francisco	CA	4:06:37	188
1280	Whitehouse	Paul	45	North Hills	CA	4:03:02	113	1378	Fye	Scottie	34	Reno	NV	4:06:38	233
1283	Zika	CArl	49	North Hills	CA	4:03:03	114	1380	Anderson	Ruben	57	Castro Valley	CA	4:06:42	35
1287	Conklin	Mark	32	Seattle	WA	4:03:19	212	1381	Striver	Todd	28	Unknown		4:06:45	189
1288	Shore, Jr	Thomas	57	Cincinnati	OH	4:03:23	32	1382	Nagel	William	37	Charlotte	NC	4:06:46	204
1289	Monavar	Ray	33	San Jose	CA	4:03:23	213	1383	Pappalardo	Robert	30	Hollister	CA	4:06:48	234
1290	Crosson	Charles	59	Roanoke	VA	4:03:24	33	1384	Hanna	Dennis	39	S F	CA	4:06:49	205
1291	Smith	R.	45	Washington	DC	4:03:25	115	1385	Ferguson	Jay	32	Austin	TX	4:06:53	235
1292	Rogers	Christophe	36	Visalia	CA	4:03:30	190	1386	Escano	Ed	47	Newport Beach	CA	4:06:54	122
1294	Lattanzio	Mark	33	Lexington	SC	4:03:34	214	1388	Lamb	Thomas	36	Los Angeles	CA	4:06:57	206
1295	Penney	Doug	33	Martinez	CA	4:03:36	215	1390	Lachman	Simcha	25	Oakland	CA	4:06:59	190
1296	Paquin	Gary	45	Cda	ID	4:03:38	116	1391	Brown	Jay	31	S F	CA	4:07:00	236
1297	Paquin	David	41	Ratdrum	ID	4:03:38	172	1392	Reimer	Daniel	26	Boulder	CO	4:07:01	191
1299	Coppola	Craig	34	Phoenix	AZ	4:03:47	216	1393	Nieman	Peter	40	Calgary	Alb	4:07:05	180
								1394	Rivas	Silverio	39	Cucamonga	CA	4:07:06	207

O'all	Name	Age	City	ST	Time	Pl in Div									
1395	Gallup	David	32	S F	CA	4:07:12	237	1516	Peters	Mark	39	San Francisco	CA	4:11:42	227
1398	Haastrup	Morten	25	Rancho Cuca	CA	4:07:18	192	1519	Germany	Bill	60	Yosemite	CA	4:11:48	12
1399	Lutkenhou	Dan	36	San Mateo	CA	4:07:19	208	1521	Clauson	Andrew	27	S F	CA	4:11:58:	197
1402	Bugge	Al	48	Duluth	MN	4:07:23	123	1524	Romera	Robert	49	Atas Cadero	CA	4:12:10	132
1403	Rookard	Joe	42	Irvine	CA	4:07:23	181	1525	Lin Lawrence		41	Long Beach	CA	4:12:11	192
1406	Plummer	Robert	36	Houston	TX	4:07:30	209	1530	Harvey	Jonathan	24	Lexington	SC	4:12:32	80
1407	Young	Charlie	38	Monte Sereno	CA	4:07:31	210	1531	Ohrn	George	33	Mtn. View	CA	4:12:33	244
1410	Sturmer	Marty	40	San Carlos	CA	4:07:42	182	1533	Haynes	Troy	32	Berkeley	CA	4:12:36	245
1411	Balatti	John	39	S F	CA	4:07:44	211	1536	Sanford	Thomas	43	Ocean Grove	NJ	4:12:41	193
1412	Zavala	Adrian	21	Pico River	CA	4:07:44	77	1538	Maria	Felipe	49	Fremont	CA	4:12:42	133
1413	Winetzky	Richard	37	San Bruno	CA	4:07:46	212	1537	Espino	Hugo	41	San Diego	CA	4:12:42	194
1416	Haastrup	Hermann	52	Rancho Cuca	CA	4:07:49	64	1539	Brown	Blake	35	San Francisco	CA	4:12:43	228
1417	Cheney	Russell	54	Torrance	CA	4:07:50	65	1541	Leonard	Rod	51	La Canada	CA	4:12:46	72
1418	Ortega	Javier	37	El Paso	TX	4:07:52	213	1543	Roach	Thomas	28	Petaluma	CA	4:12:49	198
1419	Schulz	John	41	St Paul	MN	4:07:53	183	1544	Regula	Donald	40	Stanford	CA	4:12:51	195
1420	Kriegel	Gary	40	San Jose	CA	4:07:55	184	1545	Lawhorn	Larry	53	Salinas	CA	4:12:52	73
1421	Neagley	Matthew	23	S.L.Obispo	CA	4:07:55	78	1547	Simpson	James	38	Pollock Pines	CA	4:12:54	229
1426	Schlesing	Paul	34	Pleasanton	CA	4:08:11	238	1548	Cornwell	Woody	52	Dalton	GA	4:12:57	74
1427	Hencke	John	43	Blacksburg	VA	4:08:12	185	1550	Flaten	Davis	38	Vallejo	CA	4:13:03	230
1428	Walters	Walt	47	Yorba Linda	CA	4:08:16	124	1552	Miller	Ultra Al	42	Deer Island	OR	4:13:05	196
1429	Mattox	Jack	55	Winnetka	IL	4:08:21	36	1553	Crandall	David	29	Boise	ID	4:13:07	199
1431	Okimoto	Paul	29	San Francisco	CA	4:08:24	193	1555	Snelson	Gergory	35	Charlotte	NC	4:13:11	231
1432	Orsak	John	22	Amherst	MA	4:08:30	79	1554	Tarango	Benjamin	31	Petaluma	CA	4:13:11	246
1433	Edwards	Graham	28	San Francisco	CA	4:08:36	194	1557	James	Geoffrey	30	Blacksburg	VA	4:13:12	247
1436	Mccall	Kevin	38	S F	CA	4:08:49	214	1556	Matthews	Bo	51	Lake Osweed	OR	4:13:12	75
1437	Astiasaran	Manuel	36	Granby	CT	4:08:49	215	1558	Hagemann	Paul	56	Beaverton	OR	4:13:17	39
1438	Shankar	Shiv	51	Granada Hills	CA	4:08:50	66	1560	Christens	Ney	27	Pittsburg	CA	4:13:19	200
1440	Novak	Francis	32	Monterey	CA	4:09:01	239	1561	Kobayashi	Hidemitsu	45	Chigasaki City	KA	4:13:19	134
1441	Weinstein	Norman	56	S F	CA	4:09:05	37	1562	Hafner	Richard	48	Palo Alto	CA	4:13:27	135
1444	Blackwood	Gregory	31	Santa Clara	CA	4:09:07	240	1563	Castro	Robert	35	Spring	TX	4:13:28	232
1445	Patterson	Rick	42	Fresno	CA	4:09:09	186	1564	Castillo	Julian	34	Unknown		4:13:30	248
1448	Mobasser	Shapour	51	Atlanta	GA	4:09:21	67	1566	Mccambrid	Vincent	36	San Francisco	CA	4:13:31	233
1449	Carmon	Willie	46	Las Vegas	NV	4:09:22	125	1567	Said	Jonathan	48	L.A.	CA	4:13:35	136
1451	Marion	Daniel	46	Cupertino	CA	4:09:28	126	1568	Hayden	Curt	51	Unknown	CA	4:13:36	76
1450	Mason, Jr	Johnny	39	Atlanta	Ga	4:09:28	216	1569	Anderson	Chuck	46	Kalama	WA	4:13:36	137
1453	Cooper	Dale L.	54	La Mesa	CA	4:09:31	68	1573	Burrirt	Brian	27	Richmond	CA	4:13:51	201
1457	Nguyen	Dat	32	Rdondo Beach	CA	4:09:35	241	1575	Telander	Thomas	47	Wichita	KS	4:13:57	138
1459	Schoonove	Michael	41	Modesto	CA	4:09:36	187	1576	Moorman	Trent	25	Seattle	WA	4:14:00	202
1461	Buckley	Scott	35	San Francisco	CA	4:09:38	217	1579	Perkins	Jon	30	San Francisco	CA	4:14:03	249
1465	Hudson	Anthony J.	40	Hntngtn Beach	CA	4:09:50	188	1580	Miller	Chris	38	Turlock	CA	4:14:04	234
1468	Dennedy	James	40	Albuquerque	NM	4:09:51	189	1581	Hayward	Errol	34	Menlo Park	CA	4:14:06	250
1469	Foshay	Fairn	39	Mt View	CA	4:09:53	218	1582	Rahaim	Stephen	36	Roswell	GA	4:14:09	235
1472	Davison	Jim	63	Tacoma	WA	4:10:01	11	1584	Skiles	Jonathan	34	Sunnyvale	CA	4:14:11	251
1475	Brunner	Douglas	30	San Francisco	CA	4:10:09	242	1587	Vorobyoff	Igor	53	Fremont	CA	4:14:12	77
1476	Noble	Mitchel	43	Santa Monica	CA	4:10:12	190	1586	Trevellya	Brian	34	Scottsdale	AZ	4:14:12	252
1477	Kulaga	Jeff	35	Chandler	AZ	4:10:13	219	1588	Gracia	Jose	48	Unknown		4:14:16	139
1478	Levine	Jonathon	26	Saratoga	CA	4:10:15	195	1589	Messer	Gregory	50	Piedmont	CA	4:14:17	78
1479	Sherringt	Kyle	38	San Antonio	TX	4:10:17	220	1590	Stadlen	Andrew	19	Los Altos	CA	4:14:17	81
1483	Batt	Russell	46	Sebastopol	CA	4:10:25	127	1591	Nelson	Jim	20	Los Altos	CA	4:14:18	82
1487	Regnery	Rolland	50	Vista	CA	4:10:39	69	1592	Lopez	Marvin	27	Sacramento	CA	4:14:19	203
1488	Michelis	Angelo D.	51	Port Coquitlam	BC	4:10:40	70	1593	Fenton	Mike	43	Fresno	CA	4:14:19	197
1489	Clarke	William	38	San Francisco	CA	4:10:41	221	1594	Urbina	Gregory	26	San Mateo	CA	4:14:21	204
1492	Huerta	Thomas	34	Jacksonville	FL	4:10:54	243	1596	Calibo	Brian	27	Suisun	CA	4:14:22	205
1493	Lee	Dennis	45	Alameda	CA	4:10:57	128	1597	Lasa	Peter	32	Madrid		4:14:23	253
1498	Lee	Gin	38	Saratoga	CA	4:11:08	222	1598	Fonseca	Pedro	43	Madrid		4:14:23	198
1499	Jones	Robert	57	Los Gatos	CA	4:11:09	38	1599	Daly	Jack	47	La Jolla	CA	4:14:24	140
1500	Noceto	Jay	37	Pleasant Hill	CA	4:11:09	223	1601	Daley	Rod	57	Laguna Bch	CA	4:14:25	40
1501	Watanabe	Stephen	42	Pittsburg	CA	4:11:10	191	1602	Mathison	Glen	33	S F	CA	4:14:26	254
1503	Kurita	Shigeru	39	Unknown		4:11:15	224	1604	Spleen	Anthony	32	S F	CA	4:14:30	255
1504	Yamat	Errol	47	San Jose	CA	4:11:18	129	1605	Navarro	Ralph	48	Livermore	CA	4:14:33	141
1506	Watson	William	50	New Orleans	LA	4:11:23	71	1607	Pierce	Jeff	49	Oakland	CA	4:14:35	142
1508	Mullen	Robert	46	San Jose	CA	4:11:25	130	1608	Aguilar	ignacio	25	Stanton	CA	4:14:39	206
1509	Adelman	Andrew	29	Redwood City	CA	4:11:27	196	1609	Turnley	Ray	35	St Louis	MO	4:14:41	236
1511	Gruman	Peter	35	Albany	CA	4:11:34	225	1610	Sengewalt	Larry	26	Alameda	CA	4:14:43	207
1513	Mcbride	Paul	39	Irvine	CA	4:11:36	226	1612	Robie	Steph	41	Cupertino	CA	4:14:47	199
1515	Hernandez	Michael	46	Gardena	CA	4:11:40	131	1613	Mihara	Taiji	54	Chiba		4:14:50	79
								1617	Boyle	John	52	Long Beach	CA	4:14:57	80

O'all	Name	Age	City	ST	Time	Pl in Div							
1619	Dong Edward	38	S F	CA	4:15:01	238	1729	Brantley Adam	24	Lexington	SC	4:19:14	88
1618	Martinell Dennis	37	Phoenix	AZ	4:15:01	237	1730	Lawrence Matthew	37	Martinez	CA	4:19:15	247
1620	Knipe Jeff	31	Casselberry	FL	4:15:02	256	1732	Stephens Paul	53	Santa Cruz	CA	4:19:17	87
1621	Kazem Wanid	22	San Jose	CA	4:15:03	83	1733	Desio Sebastian	29	S F	CA	4:19:20	217
1625	Barraza John	31	Los Angeles	CA	4:15:06	257	1736	Rainero David	41	Danville	CA	4:19:24	207
1626	Hornbruch Fred	54	Palo Alto	CA	4:15:07	81	1738	Single Paul	37	Half Moon	CA	4:19:27	248
1627	Pagatpata Felix	50	S F	CA	4:15:10	82	1740	Stackwood Terry	35	S F	CA	4:19:28	249
1629	Kirkman Albert	63	Richmond	CA	4:15:13	13	1739	Sigal Martin	57	L A	CA	4:19:28	42
1633	Choy Darrell	28	Castro Valley	CA	4:15:24	208	1741	Cook Eugene	64	Rdondo Beach	CA	4:19:36	15
1634	Mishkin Paul	24	San Carlos	CA	4:15:28	84	1743	Eichler Ronald	50	Valencia	CA	4:19:40	88
1635	Roberts Michael	29	Belmont	CA	4:15:29	209	1745	Broos Dan	39	Atlanta	GA	4:19:45	250
1636	Stafford Thomas	42	San Leandro	CA	4:15:30	200	1747	Schuck John	44	Palo Alto	CA	4:19:48	208
1642	Shepherd Tom	40	Salinas	CA	4:15:43	201	1750	Harvel Joey	34	Unknown		4:19:55	269
1643	Clarke Patrick	27	S F	CA	4:15:44	210	1751	Kornell Gary	49	San Mateo	CA	4:19:58	153
1645	Chalk Larry	45	Pasadena	CA	4:15:46	143	1753	Sumner Ed	48	Brentwood	CA	4:20:01	154
1646	Jones Lee	66	Daly City	CA	4:15:47	3	1754	Bushaw Keith	32	Evergreen	CO	4:20:05	270
1649	Podshadle Gregory	39	Gilroy	CA	4:15:53	239	1755	Allison Mike	24	R. St. Margari	CA	4:20:05	89
1651	Bitters Kurt	41	Irvine	CA	4:16:01	202	1756	Yamashita Jeffrey	36	Monterey	CA	4:20:12	251
1653	Ruskey Matthew	31	Charlotte	NC	4:16:11	258	1757	Puno Joel	34	Houston	TX	4:20:17	271
1655	Chintala George	29	S F	CA	4:16:12	211	1758	Levitt Robert	29	Redondo Bch	CA	4:20:18	218
1656	Paul Rodney	33	Oakland	CA	4:16:15	259	1759	Cook Scott	34	Pawleys Island	SC	4:20:21	272
1658	Lewis Gerald	28	Austin	TX	4:16:18	212	1761	Baldwin Dan	37	S F	CA	4:20:29	252
1659	Haynie Robert	51	Los Gatos	CA	4:16:19	83	1762	Richards Phil	48	San Jose	CA	4:20:30	155
1660	Barkley Don	34	Long Beach	CA	4:16:20	260	1764	Mackie Fred	44	Houston	TX	4:20:36	209
1662	Riccio Michael	32	Blairstown	NJ	4:16:37	261	1768	Psychoyos Anthony	34	San Rafael	CA	4:20:40	273
1664	Pariseau David	36	Fremont	CA	4:16:41	240	1769	Royce Peter	61	S F	CA	4:20:43	16
1666	Ramos Ryan	27	S F	CA	4:16:45	213	1771	Santos Rodrigo	37	S F	CA	4:20:45	253
1667	Gregory Roger	26	Houston	TX	4:16:47	214	1772	Calibo Keith	27	Suisun	CA	4:20:48	219
1669	Nosek James	45	Walnut Creek	CA	4:16:50	144	1773	West Owen	26	San Clemente	CA	4:20:52	220
1671	Jackson Stuart		L A	CA	4:16:54	2	1774	Lewis Damon	23	Unknown		4:20:57	90
1673	Glasgow David	33	L A	CA	4:16:56	262	1776	Helfrick John	34	Placentia	CA	4:21:02	275
1674	Granade Francois	27	San Francisco	CA	4:16:56	215	1775	Henry Jon	34	Rnch Cordova	CA	4:21:02	274
1675	Rock Richard	61	Alexandria	VA	4:17:02	14	1777	Ruiz Miguel	34	Unknown		4:21:03	276
1677	Julich Daryl	40	Cedar Rapids	IA	4:17:05	203	1778	Adams Ron	48	Sacramento	CA	4:21:11	156
1680	Barnes Dean	30	Richmond	VA	4:17:11	263	1781	Murphy Michael	30	Salamanca	NY	4:21:19	277
1679	Bernhagen Randy	37	Richmond	VA	4:17:11	241	1782	Long Richard	30	S F	CA	4:21:21	278
1681	Cherney Phillip	47	Visalia	CA	4:17:15	145	1783	Potel-Psy Roger	64	Levallois-Perret		4:21:22	17
1684	Almanzan Latif	22	Auburn	CA	4:17:18	85	1784	Edwards Charles	56	Sonora	CA	4:21:23	43
1686	Taus Roger	57	Santa Monica	CA	4:17:24	41	1785	Schwartz Larry	43	Bethesda	MD	4:21:23	210
1687	Plizga Roberto	34	Antelope	CA	4:17:29	264	1786	Mozaffari Kayvan	36	Santa Clara	CA	4:21:27	254
1688	Stanley Jerrel	43	Colgate	WI	4:17:38	204	1788	Lance Derek	40	East Ridge	TN	4:21:28	211
1689	Chan Pierre	33	Menlo Park	CA	4:17:39	265	1787	Chrismer Bob	52	Portland	OR	4:21:28	89
1690	Karasik Paul	49	Union City	NJ	4:17:40	146	1791	Estebat Alex	43	Pleasanton	CA	4:21:44	212
1691	Smith Will	54	Albany	NY	4:17:42	84	1792	Schnitele Jim	61	Antioch	CA	4:21:46	18
1692	Soriano Catalino	46	El Sobrante	CA	4:17:46	147	1793	Pope Brian	29	Herm. Beach	CA	4:21:47	221
1694	Naick Patrick	22	Berkeley	CA	4:17:52	86	1794	Maulawizada Matin-Ali	32	Berkeley	CA	4:21:51	279
1695	Sheridan Robert	21	Berkeley	CA	4:17:53	87	1798	Rountree Carl	48	Granite Bay	CA	4:22:06	157
1696	Engelhardt Richard	47	Daly City	CA	4:17:55	148	1799	Leek Mark	40	Unknown		4:22:07	213
1697	Maeder Thomas	39	Island City	CA	4:17:57	242	1800	Moore Clayton	37	Tustin	CA	4:22:09	255
1699	Sufka Edwin	51	Plymouth	MN	4:18:04	85	1801	Burden Jim	45	Woodland	CA	4:22:10	158
1704	Teng Jon	65	Galveston	TX	4:18:28	4	1802	Mckenna Kevin	39	Alameda	CA	4:22:28	256
1705	Ryan Greg	44	Hillsborow	CA	4:18:31	205	1805	Macklin Rick	50	L A	CA	4:22:37	90
1707	Lee Gordon	47	Cerritos	CA	4:18:34	149	1806	Patterson Greg	26	S F	CA	4:22:38	222
1710	Gien Michel	48	Campbell	CA	4:18:40	150	1807	Rosito Francisco	46	Glendale	CA	4:22:39	159
1712	Quirk Shawn	35	Ventura	CA	4:18:44	243	1808	Beekley Bruce	39	San Carlos	CA	4:22:40	257
1713	Lucas Tony	33	Marina	CA	4:18:48	266	1809	Mulligan Patrick	65	Boulder	CA	4:22:41	5
1714	Jones Charles	46	San Jose	CA	4:18:48	151	1810	Huntress Robert	34	Magalia	CA	4:22:47	280
1716	Brown Alphonse	52	Mt View	CA	4:18:49	86	1811	Huhn Ross	26	Santa Barbara	CA	4:22:49	223
1717	Garcia Arturo	28	Los Angeles	CA	4:18:53	216	1812	Bleich Daniel	39	Camarillo	CA	4:22:50	258
1719	Jimenez James	46	Sunnyvale	CA	4:18:56	152	1813	Phuong Hai	40	Rocklin	CA	4:22:59	214
1720	Glassel Anders	39	Unknown		4:18:56	244	1815	Cortez Jose	44	Fremont	CA	4:23:01	215
1722	Kwek Stephen	32	Foster City	CA	4:18:59	267	1816	Balch Chad	38	Palo Alto	CA	4:23:02	259
1724	Belick Michael	44	Oakland	CA	4:19:02	206	1817	Roen Bruce	52	Danville	CA	4:23:03	91
1725	Fastert Denis	33	Santa Clara	CA	4:19:05	268	1818	Tong Samuel	36	Los Gatos	CA	4:23:05	260
1726	Delarambe Peter	37	Tucson	AZ	4:19:05	245	1822	King Robert A.	37	San Jose	CA	4:23:13	261
1728	Robnett Ray	35	San Jose	CA	4:19:12	246	1823	Sutton Steve	33	Houston	TX	4:23:16	281
							1825	Vismara Louis	53	Sacramento	CA	4:23:18	92

O'all	Name	Age	City	ST	Time	Pl in Div	1944	1945	1946	1947	1949	1952	1954	1956	1957	1959	1961	1962	1963	1964	1966	1967	1968	1969	1972	1973	1975	1976	1978	1981	1982	1983	1985	1984	1989	1990	1991	1992	1993	1996	1997	1999	2001	2006	2007	2009	2010	2011	2012	2016	2017	2018	2020	2022	2023	2024	2026	2030	2031	2032	2034	2035	2037	2038	2042	2044	2048	2049	2051	2052	2055	2056	2062
1826	Kraskin	Andrew	32	S F	CA	4:23:20	282	Nistler	Werner	50	Beaverton	OR	4:27:57	99																																																											
1829	Nitsche	Norbart	45	D-Berlin		4:23:34	160	Paul	Allan	41	Watertown	CT	4:27:59	224																																																											
1830	Petrak	Armin	56	Berlin		4:23:35	44	Ogami	Nobutoshi	49	Sunnyvale	CA	4:28:00	169																																																											
1831	Mcfarlane	Joe	25	Huntsville	AL	4:23:37	224	Kakuzuka	Yukita	51	Sunnyvale	CA	4:28:00	100																																																											
1834	Fox	Steven	29	S F	CA	4:23:41	225	Wallman	Barry	44	Camarillo	CA	4:28:00	225																																																											
1839	Alessio	Chris	28	San Jose	CA	4:23:55	226	Eng	Andrew	35	S F	CA	4:28:02	276																																																											
1840	Matz	Dean	29	Franklin	NJ	4:23:55	227	Bradison	Gary	44	Burbank	CA	4:28:05	226																																																											
1841	Hernandez	George	36	Fremont	CA	4:24:01	262	Allison	Michael	39	S F	CA	4:28:06	277																																																											
1842	Rose	Arnold	45	Suisun	CA	4:24:08	161	Baransy	Terry	55	S F	CA	4:28:07	48																																																											
1843	Klefasz	Wolfgang	50	Unknown		4:24:11	93	Underhill	Walter	48	San Rafael	CA	4:28:10	170																																																											
1845	Miller	Chris	40	Roanoke	VA	4:24:19	216	Tucker	Ron	34	San Francisco	CA	4:28:10	292																																																											
1846	Quest	Rob	32	Newport Beach	CA	4:24:21	283	Essig	Hartmut	33	Roseville	CA	4:28:15	293																																																											
1847	Knowlton	Charles	39	Newport	CA	4:24:21	263	Greco	Nick	36	Cincinnati	OH	4:28:17	49																																																											
1848	Dennis	Gary	46	Louisville	KY	4:24:25	162	Hoey	Barton	52	San Quentn	CA	4:28:21	294																																																											
1849	Luse	Joseph	39	Cedar Rapids	IA	4:24:26	264	Herr	Bruce	52	Santa Fe	NM	4:28:25	101																																																											
1851	Navas	Bickford	16	La	CA	4:24:28	8	Abbott	Rod	43	Walnut Creek	CA	4:28:37	227																																																											
1852	Rafalski	Robert	39	Alamo	CA	4:24:29	265	Jayaraman	Spikant	25	Los Angeles	CA	4:28:40	235																																																											
1853	Tang	Michael	30	Sac	CA	4:24:30	284	Delong	Kent	43	YuCAipa	CA	4:28:42	228																																																											
1856	Griffiths	Frank	45	W.Vancouver	BC	4:24:32	163	Jensen	Doug	41	West Jordan	UT	4:28:54	229																																																											
1857	Andrews	James	38	San Rafael	CA	4:24:37	266	Alexander	Scott	33	Redding	CA	4:29:02	295																																																											
1859	Schaefer	James	41	Mojave	CA	4:24:40	217	Domhoff	Ivan	46	S F	CA	4:29:14	171																																																											
1862	Mancini	Skip	35	San Ramon	CA	4:24:42	267	Frost	Marc	37	Atlanta	GA	4:29:15	278																																																											
1864	Lightfoot	Robb	41	Palo Cedro	CA	4:24:46	218	Bernard	Bruce	45	Universal City	CA	4:29:19	172																																																											
1865	Enquist	Sigisha	40	Unknown		4:24:48	219	Leblanc	James	42	Ridgecrest	CA	4:29:22	230																																																											
1867	Hagler	James	35	Unknown		4:24:49	268	Rieve	Roy	48	Oakland	CA	4:29:24	173																																																											
1866	Pitard	Ed	50	San Diego	CA	4:24:49	94	Kocourek	Kurt	65	La Canada	CA	4:29:28	6																																																											
1871	Fitch	Todd	25	Orinda	CA	4:25:05	228	Young	Don	40	S. Pasadena	CA	4:29:30	231																																																											
1872	Dickson	Jim	49	Nashville	TN	4:25:06	164	Donnelly	Ray	52	Bethesda	MD	4:29:30	102																																																											
1873	Bowen	David	35	Piedmont	CA	4:25:10	269	Griffin	Preston	45	Syracuse	NY	4:29:38	174																																																											
1875	Bacon	David	39	Elizabethton	TN	4:25:13	270	Schloesse	Juergen	57	10825 Berlin		4:29:38	50																																																											
1876	Ming	Chiou	30	Unknown		4:25:14	285	Willis	Rodney	36	Chico	CA	4:29:42	279																																																											
1877	Welsh	Tony	30	Unknown		4:25:16	286	Munroe	Mike	34	Randolph	NJ	4:29:43	296																																																											
1879	Madrid	Gil	31	S F	CA	4:25:23	287	Escobedo	Jose M.	39	Sylmar	CA	4:29:45	280																																																											
1880	Teele	Brett	26	Foster City	CA	4:25:25	229	Greer	Randolph	33	Northridge	CA	4:29:50	297																																																											
1883	Pepanich	Matthew	36	Campbell	CA	4:25:27	271	Claytor	Warren	26	Wayne	PA	4:29:51	236																																																											
1887	Kauffman	Charlie	56	Arvada	CO	4:25:31	45	Martinez	Armando	58	San Jose	CA	4:29:54	51																																																											
1888	May	John	51	Modesto	CA	4:25:31	95	Wood	Paul	41	Champaion	IL	4:30:06	232																																																											
1886	CAseres	Armando	49	San Bruno	CA	4:25:31	165	Erikson	Tom	38	Garden Grove	CA	4:30:10	281																																																											
1889	Fitts	Joseph	36	Marina	CA	4:25:32	272	Williams	Jan	51	Boston	MA	4:30:11	103																																																											
1894	Nelson	Eric	57	Unknown		4:25:45	46	Kraft	Kevin	35	Foster City	CA	4:30:20	282																																																											
1896	Hook	Shawn	30	San Jose	CA	4:25:48	288	Rosner	Mike	50	Danville	CA	4:30:27	104																																																											
1895	Ringenbach	Kurt	23	San Francisco	CA	4:25:48	91	Babcock	Jim	51	Redwood City	CA	4:30:33	105																																																											
1897	Vasquez	Victor	28	Sac	CA	4:25:49	230	Toji	Gary	73	Berkeley	CA	4:30:37	1																																																											
1898	Blaine	Stuart	37	Mhnassas	VA	4:25:50	273	CAvin	Will	33	Belv.-Tiburon	CA	4:30:54	298																																																											
1902	Jennings	David	27	Lafayette	CA	4:25:52	232	Ogata	Steven	43	San Gabrie	CA	4:30:59	233																																																											
1900	Pope	Barry	50	Kingsport	TN	4:25:52	96	Ng	Paul	31	Freemont	CA	4:31:02	299																																																											
1901	Kawahara	Kent	28	San Jose	CA	4:25:52	231	Beisel	Bronson	29	Winston Salem	NC	4:31:13	237																																																											
1903	Weber	Paul	60	Oceanside	CA	4:25:54	19	Branham	Roe W.	53	Louisville	KY	4:31:16	106																																																											
1904	Lee	Keith	30	Northridge	CA	4:25:56	289	Tyler	Todd	26	Lexington	SC	4:31:16	238																																																											
1905	Yamaguchi	Norimi	61	San Francisco	CA	4:25:59	20	Abernethy	Carl	23	29 Palms	CA	4:31:18	92																																																											
1906	Janney	Randy	44	Portland	OR	4:26:03	220	Camacho	George	45	Seattle	WA	4:31:20	175																																																											
1909	Pleyte	Jim	52	Hollister	CA	4:26:18	97	Schuman	Timothy	32	S F	CA	4:31:41	300																																																											
1910	Rollins J	Noah	47	Oakland	CA	4:26:20	166	Sugawara	Kiyoshi	67	S F	CA	4:31:42	7																																																											
1913	Levander	Mark	43	Aliso Viejo	CA	4:26:26	221	Hall	Kevin	47	Ft Lauderdale	FL	4:31:47	176																																																											
1914	Gibbons	Ron	34	Glendale	AZ	4:26:28	290	Wellwood	Mark	42	Slo	CA	4:31:51	234																																																											
1916	Hinz	William	47	La Habra Hts	CA	4:26:39	167	Tachiyama	Glenr.	39	Seattle	WA	4:31:52	283																																																											
1919	Jackson	Stuart	29	Santa MoniCA	CA	4:26:48	233	Wong	Him	25	S F	CA	4:31:53	239																																																											
1921	Smeland	Chris	44	Logan	UT	4:26:52	222	Fisher	Kevin	33	Seattle	WA	4:31:53	301																																																											
1923	Victa	Vernne	29	Fairfield	CA	4:26:59	234	Finch	Jim	43	Sterling	MA	4:31:59	235																																																											
1924	Nelson	Guy	47	Vallejo	CA	4:27:03	168	Kimmell	Robert	59	La Canada	CA	4:32:02	52																																																											
1929	Putnam	James	41	Rancho S F	CA	4:27:31	223	Maravigli	Renzo	52	Daly City	CA	4:32:09	107																																																											
1932	Tran	Tuan	37	Sunnyvale	CA	4:27:36	274	O'Neill	Sean	37	Long Beach	CA	4:32:20	284																																																											
1935	Magpiong	Glen	36	Concord	CA	4:27:43	275	Pettit	Van Meter	29	Lexington	KY	4:32:22	240																																																											
1938	Hansen	Ed	50	Stayton	OR	4:27:47	98	Pachler	Roman	30	Kirchberg A	##	4:32:27	302																																																											
1940	Nayak	Chip	34	Redwood City	CA	4:27:52	291	Whipple	Scott	33	S F	CA	4:32:37	303																																																											
1941	Kirk	Cliff	58	San Ramon	CA	4:27:52	47	Hancock	Andy	34	Unknown		4:32:38	304																																																											
								Norris	Andrew	27	Oakland	CA	4:32:57	241																																																											

O'all	Name	Age	City	ST	Time	PI in Div									
2064	Vishwanat	Vasanth	35	Fresno	CA	4:33:02	285	2176	Lane	David	32	Foster City	CA	4:37:47	321
2067	Sellars	Jim	40	San Leandro	CA	4:33:12	236	2180	Burt	Phillip	26	Elk Grove	CA	4:37:59	249
2068	Murphy	Tim	33	Alameda	CA	4:33:13	305	2181	Fong	Arthur	32	Rowland Hts	CA	4:38:04	322
2069	Niewiada	Jarostaw	27	Unknown		4:33:13	242	2183	Hollingsh	James	48	Johnson City	TN	4:38:10	189
2073	Davidson	John	27	Atlanta	GA	4:33:19	243	2189	Movassagh	Mohammad	22	Pasadena	CA	4:38:30	96
2074	Rentfro	Richard	51	Shingle Springs	CA	4:33:22	108	2188	Liu	Jim	40	Cupertino	CA	4:38:30	244
2075	Kelley	Thomas	30	San Francisco	CA	4:33:29	306	2192	Boone	Daniel	60	Asheville	NC	4:38:43	24
2076	Lee	Peter	37	Unknown		4:33:30	286	2194	Mayer	Scott	40	Sacramento	CA	4:38:50	245
2078	Breger	Sam	36	Hollister	CA	4:33:37	287	2195	Carmichae	Tom	47	Los Angeles	CA	4:38:54	190
2077	Sutton	Will	41	Hollister	CA	4:33:37	237	2196	Kehew	Jonathan	26	Oakland	CA	4:38:56	250
2079	Shane	Craig	33	Oakland	CA	4:33:39	307	2197	Crook, Jr	Charles	35	Lexington	SC	4:38:59	297
2080	Rebucas	Andrew	45	San Francisco	CA	4:33:43	177	2199	Kappeler	John	29	Hntngtn. Beach	CA	4:39:01	251
2085	Recable	Wes	30	Sunnyvale	CA	4:33:57	308	2201	Becker	Ulrich	48	Kronshagen		4:39:09	191
2087	Mcintyre	Ryan	24	S F	CA	4:34:23	93	2200	Ogle	David	54	Reno	NV	4:39:09	112
2088	Dack	Jay	38	Sunnyvale	CA	4:34:23	288	2206	Quosig	Rick	42	S F	CA	4:39:24	246
2091	Craig	James	49	Sacramento	CA	4:34:25	178	2208	Serbin	Paul	38	San Rafael	CA	4:39:26	298
2093	Gilbert	Stephen	34	San Antonio	TX	4:34:26	309	2210	Jr Bolden	Robert	38	Milpitas	CA	4:39:35	299
2094	Mcginn	Patrick	31	Yuba City	CA	4:34:28	310	2211	Helewicz	Eric	23	Louisville	KY	4:39:37	97
2098	Edwards	Terry	31	San Francisco	CA	4:34:34	311	2214	Parsons	Mike	46	Newark	CA	4:39:46	192
2100	Nakaso	Stan	38	Torrance	CA	4:34:38	289	2215	O'brien	William	59	Redwood City	CA	4:39:51	55
2101	Baxter	Larry	28	Danville	CA	4:34:39	244	2216	Urband	Jeffrey	46	N. Hollywood	CA	4:39:55	193
2103	Akeyson	Jim	40	San Clemente	CA	4:34:47	238	2219	Rademaker	James	44	Woodland	CA	4:39:57	247
2104	Haziitt	Robert	36	Seaside	CA	4:34:48	290	2221	Hanson	Jason	22	29 Palms	CA	4:40:05	98
2106	Brown	Timothy	27	San Rafael	CA	4:34:55	245	2224	Cook	Andrew	36	Kafb	NM	4:40:10	300
2108	Findikakis	Angelos	51	Los Altos	CA	4:34:58	109	2225	Russell-C	John	46	Merced	CA	4:40:15	194
2110	Moore	Douglas	64	Stockton	CA	4:35:01	21	2227	Kundu	Shubhashish	36	Sunnyvale	CA	4:40:19	301
2115	Rogers	Rick	45	Pleasanton	CA	4:35:08	179	2229	Mcentire	J. Andrew	36	New York	NY	4:40:22	302
2116	Wilkinson	Gordon	48	Atwater	CA	4:35:20	180	2230	Vincent	Ted	60	Berkeley	CA	4:40:26	25
2117	Lucas	John	49	Modesto	CA	4:35:21	181	2231	Yogi	Clark	28	Unknown		4:40:28	252
2118	Ceci	Leonard	34	Tallahasse	FL	4:35:24	312	2232	Pait	Warrener	71	S F	CA	4:40:39	2
2121	Steur	Larry	60	Lexington	KY	4:35:28	22	2233	Scheuller	Sam	15	Kaysville	UT	4:40:40	9
2120	Kastner	William	51	Unknown		4:35:28	110	2237	Moran	Timothy	48	Barrington	RI	4:40:52	195
2126	Louis	Walter	39	Richardson	TX	4:35:34	291	2240	Segal	Alon	30	San Francisco	CA	4:41:01	323
2127	Sheehan	Richard	58	Orchard Park	NY	4:35:35	53	2241	Livsey	Daniel	21	Piedmont	CA	4:41:04	99
2129	Hagan	Douglas	31	Los Gatos	CA	4:35:48	313	2242	Banfield	Jason	27	S F	CA	4:41:08	253
2131	Tabacco	Anthony	48	Orinda	CA	4:35:50	182	2243	Thayer	David	30	S F	CA	4:41:08	324
2132	Martoia	Bernard	41	NY	NY	4:35:51	239	2245	Brown	Thomas	30	Walnut Creek	CA	4:41:10	325
2133	Schwarm	Kurt	41	West Lake VII.	CA	4:35:52	240	2250	Eldridge	Kip	46	Tampa	FL	4:41:17	196
2134	Pederson	Ron	49	Laramie	WY	4:35:55	183	2251	Baxter	Loren	56	Danville	CA	4:41:20	56
2135	Cones	William	27	S F	CA	4:35:57	246	2252	Somoza	Bill	40	Lafayette	CA	4:41:24	248
2136	Davidson	Mark	40	Visalia	CA	4:35:58	241	2254	Tolwani	Ravi	33	Sunnyvale	CA	4:41:31	326
2138	Kelly	Michael	33	Seattle	WA	4:36:03	314	2256	Cox	Ted	32	Roswell	GA	4:41:42	327
2141	Merrill	Craig	35	Monterey	CA	4:36:14	292	2258	Burke	Don	49	Converse	TX	4:42:12	197
2142	Siew	Calvin	30	Unknown		4:36:15	315	2260	Person	Wayne	52	Portland	OR	4:42:20	113
2143	Aguirre	Michael	46	San Diego	CA	4:36:16	184	2261	Chen	David	54	Woodside	CA	4:42:25	114
2144	Hillstrand	Andrew	22	Thousand Oaks	CA	4:36:19	94	2263	Altman	Bradley	28	Olympia	WA	4:42:30	254
2145	Woolf	William	61	S F	CA	4:36:20	23	2265	Le	Thi	34	Westminister	CA	4:42:32	328
2146	Glickman	Mark	47	Kentfield	CA	4:36:22	185	2266	Verna	Nick	22	Fullerton	CA	4:42:32	100
2147	Rawal	Sanjay	21	San Leandro	CA	4:36:24	95	2268	Cole	Scott	49	Las Vegas	NV	4:42:51	198
2148	Richardso	Kimm	49	Orange	CA	4:36:33	186	2269	Myall	Edward	57	Capitola	CA	4:42:52	57
2149	Kenney	John	30	Unknown		4:36:34	316	2270	Tan	George	37	S F	CA	4:42:56	303
2153	Montoya	Jose	48	Riverside	CA	4:36:38	187	2271	Heywood	Andrew	19	Fremont	CA	4:43:02	101
2154	Beresford	Andy	28	Phoenix	AZ	4:36:38	247	2272	Montelib	Larry	23	S F	CA	4:43:18	102
2156	Anastasio	Mike	51	Fairfax	VA	4:36:39	111	2274	Cox	Carl	42	Lodi	CA	4:43:21	249
2157	Meyer	Michael	59	Sacramento	CA	4:36:41	54	2275	Starr	Mike	55	La Habra	CA	4:43:23	58
2159	Macgowan	Brian	36	Livermore	CA	4:36:48	293	2278	Anderson	Ray	40	Sacramento	CA	4:43:27	250
2160	Ong	Chang	34	Sunnyvale	CA	4:36:49	317	2281	Rahman	Muhammad	49	Fort Knox	KT	4:43:36	199
2163	Chou	Chuempu	45	Saratoga	CA	4:36:54	188	2282	Jackson	Charles	51	Liburn	GA	4:43:42	115
2162	Sahr	Werner	41	Unknown		4:36:54	242	2283	Henningse	Calvin	68	Ogden	UT	4:43:46	8
2164	Mullan	Richard	37	Elizabethon	TN	4:37:02	294	2285	Fitzgerald	Billy	28	S F	CA	4:43:49	255
2165	Hoewisch	David	30	Unknown		4:37:08	318	2288	Madwed	David	32	Palo Alto	CA	4:43:59	329
2166	Terauchi	Kazuhiro	30	Honolulu	HI	4:37:16	319	2294	Mckethan	John	34	Portland	OR	4:44:25	330
2168	Solari	Larry	39	Stockton	CA	4:37:22	295	2295	Mahlstedt	Bob	69	St George	UT	4:44:26	9
2169	Mulligan	Brian	34	Walnut Crk	CA	4:37:24	320	2296	Boris	Tom	57	Corona Del Mar	CA	4:44:31	59
2173	Zuniga	Nazario	41	San Francisco	CA	4:37:33	243	2300	Casco	Leopoldo	29	Riverside	CA	4:44:44	256
2174	Mahindrakar	Harish	37	Santa Clara	CA	4:37:34	296	2301	Capen	John	58	Newburgh	NV	4:44:48	60
2175	Neisel	Philip	28	Houston	TX	4:37:38	248	2302	Stark	Cortland	50	San Marcos	CA	4:44:55	116

O'all	Name	Age	City	ST	Time	Pl in Div									
2304	Lien	Chung-Hsie	46	San Jose	CA	4:45:00	200	2446	Lopez	William	49	Sacramento	CA	4:54:05	208
2306	Franco	Ismael	30	Berkeley	CA	4:45:01	331	2447	Wallace	Stephen	26	High Point		4:54:06	266
2310	Lucas	Robert	43	Redondo Bch	CA	4:45:13	251	2449	Vabn Nost	Gale	41	Tierra Verde	FL	4:54:14	260
2311	Spellman	Mark	33	S F	CA	4:45:15	332	2452	Jaber	Steve	44	Mill Valley	CA	4:54:22	261
2314	Cesaro	Gianni	43	Rovigo	RO	4:45:29	252	2453	Heffernan	Sean	16	Palmdale	CA	4:54:23	10
2316	Hirsch	Rick	36	Gilbert	AZ	4:45:39	304	2458	Royce	Gerald	54	Dahlgren	VA	4:54:48	122
2318	Kleinstub	Paul	56	Portland	OR	4:45:43	61	2459	Castellan	Jorge	40	Bellevue	WA	4:54:50	262
2319	Schuman	Earl	52	Lake Oswego	OR	4:45:44	117	2461	Bailey	Bryan	50	Roseville	CA	4:54:57	123
2324	Deryin	Larry	60	Agoura Hills	CA	4:46:00	26	2466	Gershman	Ari	22	Studio City	CA	4:55:02	104
2330	Douglas	Mark	35	Foster City	CA	4:46:08	305	2468	Wettergre	David	30	Mtn View	CA	4:55:05	347
2332	McWilliams	Fred	44	Oakland	CA	4:46:12	253	2469	Stanton	Patrick	60	Los Angeles	CA	4:55:06	29
2334	Shaughnes	Patrick	44	S F	CA	4:46:18	254	2470	Delagarza	Jon	27	Seguin	TX	4:55:07	267
2335	Mcintire	Clancy	32	Fremont	CA	4:46:30	333	2471	Blumenthal	Michael	49	Greenbrae	CA	4:55:10	209
2339	Kopshever	John	37	Petaluma	CA	4:46:56	306	2472	Fitzgerla	Ed	34	Walnut Crk	CA	4:55:12	348
2340	Quinn	Kevin	45	Fremont	CA	4:46:57	201	2475	Taputuara	Irvin	30	S F	CA	4:55:32	349
2343	Palm	Ronald	25	Des Moines	IA	4:47:15	257	2476	Swenberge	Jay	33	Northridge	CA	4:55:39	350
2344	Blair	Chuck	64	S. L. Obispo	CA	4:47:19	27	2479	Carlyle	Darrell	37	Union City	CA	4:55:48	315
2345	Javier	Levy	29	Milpitas	CA	4:47:21	258	2480	Dale	Luke	30	Gilbert	AZ	4:55:50	351
2347	Atkins	Paul	27	Palo Alto	CA	4:47:34	259	2481	Mack	Jay	39	Lexington	SC	4:55:50	316
2350	Nuosce	Larry	47	Arlington	TX	4:47:43	202	2484	St. John-	Paul	57	Redlands	CA	4:55:59	66
2351	Reed	Mark	30	Roanoke	VA	4:47:49	334	2485	Mclean	Douglas	60	Itasca	IL	4:56:22	30
2352	Alcorn	Wayne	51	Eden	NC	4:47:51	118	2487	Haddon	Bill	54	Corte Madera	CA	4:56:30	124
2353	Unknown	Unknown	30	Unknown		4:47:56	335	2488	Clow	Terry	57	San Jose	CA	4:56:35	67
2354	Almgren	Eric	30	San Francisco	CA	4:47:57	336	2489	Wilson	Samuel	27	Rio Vista	CA	4:56:38	268
2355	VanDenHoed	Ruut	58	Saratoga	CA	4:48:00	62	2491	Buhrmeste	Wes	38	Pasadena	CA	4:56:50	317
2356	Frew	Brent	30	San Francisco	CA	4:48:07	337	2492	Shek	Victor	28	San Bruno	CA	4:56:51	269
2359	CArter	Ethan	32	S F	CA	4:48:09	338	2494	Ong	William	29	S F	CA	4:56:52	270
2360	Domingo	Joseph	31	Hercules	CA	4:48:10	339	2496	Williamso	Nathan	25	Louisville	KY	4:57:03	271
2361	Martin	Craig	50	San Jose	CA	4:48:12	119	2497	Martinell	Joe	49	Redwood City	CA	4:57:05	210
2362	Vanen Hoed	Vincent	30	San Rafael	CA	4:48:12	340	2498	Millar	Glenn	57	Carmichael	CA	4:57:08	68
2364	Brantley	Benjamin	26	Lexington	SC	4:48:16	260	2502	Decker	Ray	37	S F	CA	4:57:17	318
2367	Mcnerney	James	32	Chandler	AZ	4:48:26	341	2500	Hines	Alex	31	Forest	VA	4:57:17	352
2369	Santos Jr	Nelson	30	El Sobrante	CA	4:48:28	342	2501	Oliver	Daniel	46	San Francisco	CA	4:57:17	211
2371	Greenwood	Tom	43	Berkeley	CA	4:48:30	255	2504	Lyle	Richard	39	Hercules	CA	4:57:19	319
2372	Thomas	Joseph	27	Los Angeles	CA	4:48:31	261	2506	Vitug	Albert	48	Pinole	CA	4:57:30	212
2376	Alexander	Zachary	37	Los Angeles	CA	4:48:45	307	2507	Lucian	Young	25	Unknown		4:57:43	272
2379	Morris	Peter	45	Los Angeles	CA	4:49:05	203	2508	Tobin	William	36	Seaside	CA	4:57:50	320
2382	Defronzo	Eugene	60	Waterbury	CT	4:49:32	28	2510	Lockhart	Jim	49	San Jose	CA	4:58:00	213
2384	Slaven	Stanley	52	Cypress	CA	4:49:45	120	2512	Mckean-Re	Thomas	30	Richmond	CA	4:58:06	353
2386	Hsi	Don	39	CAMPbell	CA	4:50:01	308	2513	Knowles	Jonathan	58	Oakland	CA	4:58:08	69
2387	Powers	Mark	48	Brodhead	WI	4:50:04	204	2518	Evangelis	Ferdinand	27	S F	CA	4:58:36	273
2388	Stuart	Michael	33	L. A.	CA	4:50:10	343	2521	Thomen	William	40	Belmont	CA	4:58:39	263
2389	Mcnally	Edward	38	Santa Monica	CA	4:50:11	309	2526	Bellingha	Jack	48	S F	CA	4:58:46	214
2391	Kukoyi	Yomi	44	Castro Valley	CA	4:50:25	256	2528	Kim	David	30	Anaheim	CA	4:58:47	354
2392	Butt	William	40	Hercules	CA	4:50:26	257	2529	Claypool	Steven	41	San Rafael	CA	4:58:51	264
2393	Tuel	Todd	34	Sacramento	CA	4:50:35	344	2533	Gubits	Daniel	27	Piedmont	CA	4:59:02	274
2396	Stone	Michael	50	Nevada City	CA	4:50:42	121	2535	Agrawal	Newton	25	Woodland Hills	CA	4:59:04	275
2397	Burcham	Leonard	55	Roanoke	VA	4:50:44	63	2536	Sandoval	Jose	37	Garden Grove	CA	4:59:07	321
2398	Smith	Richard	56	Rncho Cordova	CA	4:50:47	64	2539	D'angelo	Joe	62	Conifer	CO	4:59:17	31
2399	Ellis	David	38	Folsom	CA	4:50:52	310	2540	Teele	Stephen	55	Redlands	CA	4:59:19	70
2401	Shilliday	Robert	28	Beverly Hills	CA	4:50:56	262	2541	Gold	Garry	33	Palo Alto	CA	4:59:21	355
2404	Morris	Derric	39	Alhambra	CA	4:51:01	311	2545	Knafelc	Frank M.	57	Lafayette	CA	4:59:38	71
2405	Brandt	Edward	36	East Earl	PA	4:51:02	312	2546	Young	Jerry	43	Woodland	CA	4:59:44	265
2407	Pedot	Bob	47	Foster City	CA	4:51:12	205	2549	Orsak	John	58	Woodstock	CT	4:59:53	72
2411	Raynal	Jean-Paul	36	S F	CA	4:51:32	313	2550	Izui	Hiroshi	41	Bellevue	WA	4:59:56	266
2412	Fujii	Robert	46	Berkeley	CA	4:51:36	206	2552	Baxter	Lon	18	Danville	CA	5:00:02	11
2413	Madhira	Ramesh	39	Unknown		4:51:38	314	2553	Brisch	Matthew	26	S F	CA	5:00:04	276
2415	Shimmel	Robert	66	Grosse Ile	MI	4:51:43	10	2554	Hernandez	Gilbert H.	31	LA	CA	5:00:04	356
2416	Hsuan	Wei	68	Modesto	CA	4:51:49	11	2555	Kendrick	Jack	68	Edmonds	WA	5:00:07	12
2418	Akita	Taiyo	25	Napa	CA	4:51:57	263	2557	Borio	Micahel	41	Simi Valley	CA	5:00:36	267
2420	Li	Koji	27	Berkeley	CA	4:52:08	264	2559	Hernandez	Jose	16	LA	CA	5:00:41	12
2423	Bottlik	Geza	58	Sherman Oaks	CA	4:52:14	65	2561	Spencer	Tony	47	Morgan Hills	CA	5:00:58	215
2424	Frischer	Dana	41	Redwood	CA	4:52:20	258	2562	Lazalde	Ignacio	33	Torrenc	CO	5:00:59	357
2427	Menchaca	David	30	Ventura	CA	4:52:30	345	2563	Moberly	Thomas	30	Unknown		5:01:22	358
2428	Spangler	David	45	Vinton	VA	4:52:48	207	2565	Kobayashi	Takeshi	20	Unknown		5:01:35	105
2432	Tam	Patrick	19	San Jose	CA	4:52:52	103	2566	Driggers	Edward	29	Berkeley	CA	5:01:46	277
2436	Laura	Daniel	26	Vienna	VA	4:53:08	265	2571	Leukefeld	Kurt	24	Delta	BC	5:02:57	106
2441	Legg	Bill	30	Unknown		4:53:29	346	2572	Leukefeld	Harald	47	Delta	BC	5:02:58	216
2444	Jenkins	Willy	40	Rncho Cordova	CA	4:53:56	259	2573	Frew	Barry	48	Monterey	CA	5:03:01	217
								2577	Kay	Rob	43	Menlo Park	CA	5:03:24	268

O'all	Name	Age	City	ST	Time	Pl in Div									
2579	Leininger	Bart	31	Danville	CA	5:03:27	359	2725	Leahy	Thomas	54	S F	CA	5:20:35	135
2581	Prescott	William	51	Menlo Park	CA	5:03:33	125	2735	Silveria	Kelly	45	San Francisco	CA	5:23:18	228
2582	Burdette	William	37	Calhoun	GA	5:03:34	322	2736	Denver	Connie	31	Ontario	CA	5:23:21	366
2583	Nguyen	Ta	63	Abilene	TX	5:03:38	32	2739	Gordon	Jeffrey	28	So. Laguna	CA	5:23:39	282
2584	Mclucas	John	35	Redwood	CA	5:03:40	323	2741	Ramirez	Fernando	15	LA	CA	5:24:05	14
2587	Nickle	Harry	63	Las Vegas	NV	5:04:37	33	2745	Duncan	Joseph	48	Berkeley	CT	5:25:00	229
2589	Moore	Michael	61	Palos Verdes	CA	5:04:56	34	2746	Bennett	Bob	47	Williston	VT	5:25:12	230
2593	Rodriguez	Frank	71	San Lorenzo	CA	5:05:32	3	2747	Farrell	Matt	45	Santa Cruz	CA	5:25:15	231
2594	Smith	Leon	63	Costa Mesa	CA	5:05:35	35	2748	Kapsalis	Ted	44	Alameda	CA	5:25:18	281
2596	Pinuelas	David	43	Sanger	CA	5:05:48	269	2751	Blallock	John	52	Unknown		5:25:36	136
2597	Bondade	Deepak	46	Long Beach	CA	5:05:56	218	2753	Cowdrey	Bob	52	San Mateo	CA	5:25:40	137
2598	Philbrick	Ralph	62	Santa Barbara	CA	5:05:59	36	2754	Riley	Jose	47	LA	CA	5:25:48	232
2601	Rafael	Steve	44	Campbell	CA	5:06:03	270	2755	Tran	Ken	42	Unknown		5:26:02	282
2603	Shodiss	David	30	Sunnyvale	CA	5:06:29	360	2756	Wong	Raymond	38	San Mateo	CA	5:26:05	331
2611	Golladay	Matt	27	Charlotte	NC	5:07:12	278	2758	Haley	David	26	San Francisco	CA	5:26:15	283
2612	Spillman	Gerald	61	Redwood City	CA	5:07:29	37	2761	Suzuki	Arata	19	Chico	CA	5:26:18	108
2613	Norkin	Rick	53	S F	CA	5:07:34	126	2763	Rudnicki	Chris	46	Redwood City	CA	5:26:19	233
2614	Gabonia	Cesar	64	Los Angeles	CA	5:07:42	38	2765	Breunig	Roland	44	Hartland	WI	5:28:39	283
2615	Akbar	Adoni	47	Oakland	CA	5:07:56	219	2766	Carey	William	64	Dalton	MA	5:28:44	42
2617	Shanefelt	Alan	37	New Stanton	PA	5:08:08	324	2772	Milar	Michael	43	Manitouspgs	CA	5:29:08	284
2618	Coolidge	Bob	43	MilaCA	MN	5:08:25	271	2774	Raubitschek	Al	48	San Mateo	CA	5:30:04	234
2626	Dhami	Yadrindra	28	Unknown		5:09:15	279	2776	Walker	Les	28	Fair Oaks	CA	5:30:20	284
2629	Gonzales	Steven	38	Fremont	CA	5:09:29	325	2778	Risley	John	40	Portland	OR	5:30:47	285
2631	Joyce	John	51	Chicago	IL	5:09:34	127	2783	Long	James	52	Garden Grove	CA	5:31:35	138
2634	Rockwell	Charles	63	Santa Barbara	CA	5:10:01	39	2784	Biag	Don	31	Los Angeles	CA	5:31:38	367
2639	Postma	James	61	Steilacoom	WA	5:10:43	40	2786	Larson	Rob	51	Sunnyvale	CA	5:32:15	139
2642	Mullin	Tom	46	So. S F	CA	5:11:03	220	2788	Ota	Frank	65	Los Angeles	CA	5:33:15	13
2643	Monaghan	Joseph	42	Lexington	SC	5:11:05	272	2789	Brock	Ron	45	Larkspur	CA	5:33:48	235
2644	Monaghan	Patrick	34	Renton	WA	5:11:05	361	2790	Kruse	Mark	59	Newport Beach	CA	5:33:49	75
2645	Conway	Michael	42	CAstro Valley	CA	5:11:13	273	2793	Krause	Ronald	60	Berkeley	CA	5:35:14	43
2647	Cueva	Jimmie	44	Glendora	CA	5:11:28	274	2797	Borset	Jon	67	S F	CA	5:35:48	14
2649	Salazar	Luis	31	Inglewood	CA	5:11:44	362	2799	Templin	Benjamin	37	San Francisco	CA	5:37:24	332
2656	Smith	Jimmy	55	Bremerton	WA	5:12:25	73	2806	Pulido	Gregory	24	Sacramento	CA	5:39:17	110
2658	Rhea	Andrew	40	Christnburg	VA	5:12:39	275	2805	Wu	Frank	23	Sacramento	CA	5:39:17	109
2662	Johnson	Randy	38	Emeryville	CA	5:13:08	326	2812	Samuels	Robert	56	Portola Va	CA	5:40:01	76
2663	Dickerson	Joseph	35	Worthville	KY	5:13:17	327	2813	Forrester	John	44	Unknown		5:40:05	286
2664	Desmond	Robert	45	San Anselmo	CA	5:13:26	221	2816	Wilson	Dale	49	Houston	TX	5:40:35	236
2667	Colthurst	Dennis	45	Sebastopol	CA	5:13:32	222	2819	Gaudioso	Ryan	16	Simi Valley	CA	5:41:33	15
2668	Honrath	Thomas	48	Santa Rosa	CA	5:13:33	223	2825	Shafer	James	30	Costa Mesa	CA	5:42:46	368
2671	Ellen	William	46	Missoula	MT	5:13:48	224	2824	Ensman	Eric	22	Chino Hills	CA	5:42:46	111
2676	Driver	John	31	S F	CA	5:14:09	363	2827	Devine	Thomas	67	Millbrae	CA	5:43:12	15
2677	De Lucia	Frank	55	Sanpedro	CA	5:14:24	74	2830	Campi	Joseph	48	S F	CA	5:44:22	237
2678	Gundlach	Mark	41	Alb	NM	5:14:27	276	2831	Nunnally	Donald	16	Rn. Cucamnga	CA	5:44:57	16
2680	Lincoln	Vincent	35	Glendale	CA	5:15:03	328	2837	Mejia	Paul	27	San Jose	CA	5:46:32	285
2681	Tam	Bill	47	Santa Clara	CA	5:15:25	225	2838	Smith	Luis	29	Rncho Cordova	CA	5:46:56	286
2682	Kasmer	Roger	50	Minnetonka	MN	5:15:41	128	2839	Chio	Micahel	24	S F	CA	5:47:32	112
2683	Kendrick	Roy	50	Roanoke	VA	5:15:45	129	2841	Daum	Rick	31	S F	CA	5:48:48	369
2684	Maxwell	Tom	61	Burbank	CA	5:15:53	41	2843	Elgenbrod	Frederick	55	San Mateo	CA	5:49:15	77
2686	Taylor	Jack	71	Agouga	CA	5:16:21	4	2844	Teevan	Jim	51	S F	CA	5:49:35	140
2687	Ong	Tan	52	Huntington Bch	CA	5:16:24	130	2845	Maes	Vince	48	Fremont	CA	5:50:08	238
2693	Wild	Harrison	50	Richmond	CA	5:16:58	131	2849	Arkwright	Thomas	52	Hmb	CA	5:50:23	141
2694	Muzeau	Eric	30	Unknown		5:17:03	364	2850	Herrera	Robert	69	Stockton	CA	5:50:53	16
2695	Artemoff	George	53	Sausalito	CA	5:17:12	132	2851	Crosier	William	27	Salem	Va	5:50:55	287
2697	Lala	Biraj	24	S F	CA	5:17:17	107	2854	Gandhi	Pradeep	37	Remont	CA	5:53:26	333
2699	Malden	Christophe	28	Aboura Hills	CA	5:17:19	280	2859	Dip	Umesh	50	Sunnyvale	CA	5:54:05	142
2701	Weatherfo	Jeremiah	15	Renton	WA	5:17:37	13	2861	Ebbs	Edward	41	Lebanon	Or	5:55:47	287
2702	Kramedjia	Armand	52	Atlanta	GA	5:17:47	133	2862	Housiaux	John	71	Shreveport	LA	5:55:56	7
2704	Eigenbrod	Dick	53	San Mateo	CA	5:17:53	134	2863	Sun	Robert	29	S F	CA	5:56:04	288
2707	Saiki	William	27	Unknown		5:18:05	281	2868	Whiting	Chris	33	Lafayette	CA	5:56:25	370
2708	Galvan	Nicholas	42	Pittsburg	CA	5:18:08	277	2869	Skrivanic	Matt	64	Walnut Crk	CA	5:56:35	44
2709	Monk	Alonzo	72	Pls Vrdes Est.	CA	5:18:24	5	2870	Pham	Hoane	62	Fountain Valley	CA	5:56:55	45
2710	Schanfiel	Arnold	46	Fort Lee	NJ	5:18:37	226	2874	Roth	Irwin	67	Palo Alto	CA	5:59:52	17
2711	Edwards	Tom	75	Oceanside	CA	5:18:45	6	2876	Hamamoto	Masao	41	Burlingame	CA	6:01:48	288
2712	Sanceda	Ron	42	La Puente	CA	5:19:07	278	2879	Quach	Danh	57	Huntington	CA	6:02:14	78
2717	Wheeler	Mark	33	Golden Valley	MN	5:19:28	365	2880	Gutierrez	Jose Luis	16	L A	CA	6:02:25	17
2718	Hirai	Kuniyuki	41	El Sobrante	CA	5:19:50	279	2881	Man	Missionary	38	San Francisco	CA	6:03:57	334
2720	Thompson	Tim	40	Northplatt	NE	5:20:04	280	2885	Juri	Jeff	42	Burlingame	CA	6:08:47	289
2721	Grant	Preston	36	San Francisco	CA	5:20:07	329	2890	Spero	Mark	43	Lake Forrest	CA	6:17:06	290
2723	Osorio	Oscar	46	S F	CA	5:20:18	227	2891	Luker	Kelly	44	Soquel	CA	6:26:49	291
2724	Castro	Eli	36	Las Vegas	NV	5:20:28	330	2893	Mckenna	Mark	37	Del Moines	IA	6:33:38	335
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