

PACIFIC *Athlete*

Pacific Association of USA Track & Field

March-April, 1997 • \$2.50

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



Walkers Race to 50 km Titles

*PA Hosts Nationals
in Palo Alto*

Spring Shoe Review

What's New in 1997

Records Set at Jed Smith

Chryste Gaines: Good as Gold

Photo by Wayne Glousker

Marco Evoniuk (4) was the top Pacific Association finisher and 5th overall in the USATF 50 km Race Walk Championship Feb. 16 in Palo Alto. Former PA walker Jonathon Matthews (6) finished second overall.

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Reebok Human Performance Engineering Lab

Date: 2/27/97

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To: Editor

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From: Spencer White,
Director

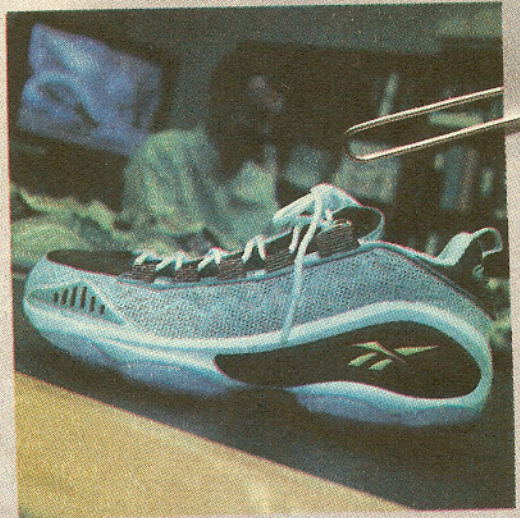
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REEBOK DMX RUN beat NIKE AIR MAX and NIKE AIR ZOOM ALPHA in an independent test with serious runners. In fact, in a cushioning test, it beat AIR ZOOM ALPHA 3 to 1.

Just thought your readers might be interested.

Sincerely,



Test the shoe that beat NIKE!



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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 March-April, 1997**

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 available on request.*

Member of The Running Network

For Membership Questions

Contact the PA office at (916) 983-4622
PA-USATF Annual Membership Dues
 are \$15 for an individual athlete. Member-
 ship 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>

1997 Pacific Association of USA Track & Field Membership Application

To Join USATF for 1997, 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
CH = Coach
OF = Official
AD = Administrator
CO = Contributing member
PA = Parent

**IMPORTANT INFORMATION
 FOR PROSPECTIVE YOUTH
 ATHLETE MEMBERS**

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

Notes from Around The World of Track & Field

IAAF Will Pick '99 World Site in March

The International Amateur Athletic Federation will decide in March whether or not Palo Alto will be the site of its 1999 World Track and Field Championships. The March session coincides with the IAAF World Cross Country Championships on March 23 in Turin, Italy.

The Palo Alto bid is one of four under consideration by the IAAF. Also in contention are Helsinki, Finland; Seville, Spain, and New Delhi, India.

The Palo Alto bid is led by San Jose attorneys Nick Petredis and Tom Bartasi. Petredis and Bartasi head an organization called The 1999 Partnership. The group hopes to bring the world championships to Stanford Stadium with August 20-29, 1999, as the projected dates.

The first IAAF world track and field championships took place in Helsinki in 1983. Since then each world track meet has been staged in Europe except for the 1991 championships, which were held in Tokyo, Japan. World championship sites have included Helsinki, Rome (1987), Tokyo, Stuttgart (1993) and Gothenburg, Sweden (1995). The 1997 championships will take place in Athens. **Cross Country Championship to Portland**

From among the three bidding cities, Portland, Oregon, has been singled out for a return visit from the nation's cross country elite. Portland hosted the 1994 championships at the same site—Blue Lake Park—which has been awarded the 1997 event. Other bidding cities were Kenosha, Wisconsin, which hosted the event in 1992, and Orlando, Florida, which has already been awarded the 1998 championships.

The event returns to a Sunday date, December 7. This is because of the USATF Annual Meeting,

Kathy Ward, Sacramento, 1:17:37 (\$200); 50-59, 1st, Joan Ottaway, Sonora, 1:25:03 (\$600).

Athletes Committee Meeting on March 22

All Pacific Association athletes are invited to attend the formative meeting of the Pacific Association Athletes Committee following day one of the Stanford Track & Field Invitational on Saturday, March 22. The committee will gather at 8 pm in the finish straight bleachers at Angel Field on the Stanford campus and head out for pizza.

The purpose of the meeting will be to form the Athletes Committee and elect a Chair. The Athletes Committee will then have the power to elect representatives to the Board of Athletics. Long range planning issues will also be discussed.

Board of Athletics representatives will elect Pacific Association Officers later this year.

Contact Jamey Harris at (415) 299-9853 or e-mail: jameyh@charles.stanford.edu for details.

Second Edition of Almanac Now Available

The reworked second edition of the best-selling *The Total Runner's Almanac* is now available. One reviewer wrote: "The almanac provides substantial amounts of racing and training advice from expert coaches and elite athletes, as well as the authors themselves...the writing is clear and concise...the log pages are well designed...the total package is a good one."

For information, check either of the following two web sites: <http://w3.one.net/~triweb> or <http://www.enduranceplus.com/trimarket>.

New Indoor Mile World Record

Hicham El Guerrouj of Morocco set a new indoor mile world record of 3:48.45, in Ghent, Belgium, Feb. 12, clipping Eamon Coghlan's 1983 mark of 3:49.78 set at the Meadowlands Sports

results, and slide presentations. The web site will also offer race-day coverage of the 101st race on Monday, April 21. The address is: <http://www.bostonmarathon.org>.

Meyers-Acosta 11th in Championship

Barb Meyers-Acosta of Santa Cruz placed 11th in 2:51:23 in the Feb. 8th U.S. Women's Marathon Championships in Columbia, S.C.

Anderson, Obera, Jordan Elected to First USATF Masters Hall of Fame

Ruth Anderson of Oakland, Irene Obera of Fremont, and former Stanford coach Payton Jordan of Palo Alto were three of seven athletes elected to the inaugural class of the USATF Masters Hall of Fame for long distance running and track and field.

Anderson, 67, has racked up dozens of national and world age group records on the roads, track, and trail, ranging from 800 meters to 100 miles.

Obera, 63, a sprinter and long jumper, is undefeated in age-group competition since 1975.

Jordan, former Stanford coach and coach of the 1968 Mexico City U.S. Olympic Team, holds scores of senior sprinting records.

Look for a feature story on these masters superstars in an upcoming issue.

Special Thanks to Two PA Administrators

Two valued contributors to the PA-USATF have recently stepped down. Renee Manfredi, office manager at the PA for five years, left recently to work as an event coordinator for DeBencik and Hensley Special Events of Sacramento (managers of the Fleet Feet Capitol Mile and Run for Their Lives, among other races). Lisa Bacon and Heike Mansoor will manage the office affairs including athlete memberships and event sanctions. Renee will help in the PA office during the peak press of June-July (San Francisco November-December (California Marathon).

Retired as Northern California USATF Road Running Technical Director, Lisa has been a powerful force in the organization for more than 15 years. Heike will organize the group measurement of the Los Angeles Marathon course in Los Angeles. Renee will help in the PA office during the peak press of June-July (San Francisco November-December (California Marathon).

RCA Convention

The Runners Club of America's 40th Annual Convention is scheduled for March 19-21, 1997, in Colorado Springs, Colorado. The convention includes workshops, runs, and social events. The convention will conclude with an awards banquet and the RRCA National Championship Road Race held in conjunction with the Garden of the Gods 10-Miler. For more information, contact Patricia Adams, N. Calif. State Rep, 1009 Fairway, San Francisco, CA 95608, 916-481-3983, e-mail: pat@rrca.com, or visit the RRCA website at www.rrca.com.

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The Running Center
Redlands, CA

The Runner's High II
Menlo Park, CA









1997 PACIFIC ASSOCIATION LDR ROAD GRAND PRIX CHAMPIONSHIPS SCHEDULE

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Div./Pts/Section**</u>	<u>contact</u>
Mar. 23	Houlihan's 12 km	San Francisco	All, 1.0, Long	RhodyCo Prods., 415-564-0532
April 5	Run for Their Lives 8 km	Sacramento	Open & 40-49, 1.0, Short	Doug Thurston, 916-443-6223
April 6	Fifty-Plus 8 km	Stanford	50+, 1.0, NA	Fifty-Plus Fitness Assoc., 415-323-6160
April 27	Big Sur KCCN 5 km	Carmel	All, 1.0, Short	Joe Sweeney, 408-625-6226
May 26	Pacific Sun 10 km	Kentfield	Masters & Open 1.0, Short	Total Race Systems, 415-472-7223
June 1	Reno Air 15 km	Reno	All, 2.0, Long	Bill Meister, 702-688-3926
June 29	Fleet Feet Capitol Mile	Sacramento	All, 1.0, Short	Doug Thurston, 916-443-6223
July 1	Road Relay	San Francisco	All, TBA, N/A	PA-USATF, 800-722-3466
Aug. 3	Alameda Run for the Parks 10 km	Alameda	All, 1.0, Short	Dale Hillard, 510-748-4565
Sept. 21	Cox Cable 10 km	Eureka	Open only, 2.0, Short	Cox Cable Communications, 707-443-5706
Oct. 19	Humboldt 1/2 Marathon	Weott	All, 2.0, Long	Six Rivers RC, 707-443-1220
Nov. 16	Clarksburg 30 km	Clarksburg	All, 2.0, Long	Skip Seebeck, 916-665-1712
Nov. 22	PA Cross Country Champs.	San Francisco	All, 1.0, Short	Tim Wason, 415-648-1467
Dec. 7	Cal International	Sacramento	All, 2.0, Long	PA-USATF, 916-983-4624

** Short/Long G.P. sections to apply to scoring of open individuals only. Season-end prize money for open individuals will be awarded separately for both short and long sections. Open division athletes can compete in both short and long sections, and their GP points will be scored respectively in each section.

PA/USATF 1996-97 Ultra Grand Prix Schedule

<u>Date/ Location/ Race</u>	<u>Divisions</u>	<u>Difficulty</u>	<u>Contact</u>
Aug. 4, 1996 Skyline 50 km	All	2.0	Completed 
Aug. 17, 1996 Cameron Park 50 Miler	All	2.0	Completed 
Aug. 24, 1996 Pt. Reyes 50 km	All	2.0	Completed 
Oct. 12, 1996 Firetrails 50-Miler (trail)	All	3.2	Completed 
Nov. 30, 1996 Quadruple Dipsea	All	2.4	Completed 
Jan. 18, 1997 Jed Smith 50 km	All	1.0	Completed 
April 5, 1997 Sacramento American River 50 Miler (trail)	All	2.4	Delmar Fralick 28188 Moulton Pkwy. #627 Laguna Niguel, CA 92677 (714) 360-0583 or (916) 965-8326
April 19, 1997 Ruth Anderson 100 km (road)	All	3.5	Jim Skophammer 666 Orange St. Daly City 94602, 415-994-6218
May 10, 1997 Quicksilver 50 km (trail)	All	2.0	Gene Weddell, 6007 Paxton San Jose 94123, (408) 225-6527
May 17, 1997 Reno Silver State 50 km (trail)	All	2.25	Ken McKim 2358 Camelot Way Reno, Nevada 89509 (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 (916) 638-1161

Track and Field Calendar Notes

Martinez Relays. (oldest relays in CA-since 1933!)

March 29, 1997, Alhambra HS, 510-313-0439

Buffalo Chips Running Club All Comers Meets:

Rancho Cordova HS, June 11 & 25, July 9 & 23, 6:00 pm, running events only, including 100m, 200m, 400m, 800m, mile, 3200 and 5000. For more information, contact Ben LaSala, 916-631-0998.

Volunteers Needed: CIF Championships return to N. Calif., Hughes Stadium, Sacramento on June 6 & 7. If you can help, contact Mike Larsen, 707-446-3293.

June 28, 1997

**Santa Cruz Track Club presents the
PA/USATF Age-Graded Championships
Call Bill Johnson
408-335-0460**

PA/Youth Committee Track & Field Season begins March 1!

Life skill educational workshops are scheduled before the four March meets, 7:30 am to 8:00 am.

3/1	Peer Pressure
3/8	Gang Violence Prevention
3/15	Drug Education
3/22	Child Abuse

Parents, coaches, and friends are encouraged to attend and support the workshops and track meets for the 1997 season. For more information, contact Billy Ray Smith, 510-534-9560.

1997 Open Track and Field Schedule

<u>Date</u>	<u>Meet</u>	<u>Location/Contact</u>
Mar. 1, 8, 15	All-comers	UC Berkeley, Ed Miller (510)642-3158
Feb. 28-Mar. 1	USATF Indoor Champs.	Atlanta, GA (317)261-0500
Mar. 8	Sacramento Jamboree	CSU Sacramento (916)278-6208
Mar. 15	NIKE Cal Poly Invit.	San Luis Obispo (805)756-1130
Mar. 22-23	Stanford T & F Invit.	Stanford University (415)723-2736
Mar. 22	Wildcat Invit.	CSU Chico (916)898-5150
Mar. 29	Stan Wright/Panther Invit.	Hughes Stadium (916)558-2610
April 5	Johnny Mathis Invit.	SF State (415)338-1561
April 4-5	Fresno Relays	Radcliff Stadium (209)278-4097
April 12	Stanislaus Invit.	Turlock (209)667-3312
April 19	Woody Wilson Invit.	UC Davis (916)752-8608
April 19-20	Mt. SAC Relays	Mt. SAC (909)594-5611
April 26-27	Warrior Invit.	Turlock (209)667-3312
May 3	Pat Ryan Invit.	Santa Rosa JC (707)538-3568
May 3	Chico Invit.	CSU Chico (916) 898-5150
May 9	Cardinal Invit.	Stanford University (415)723-2736
May 10	Modesto Relays	Modesto (209)524-3116
May 17	Davis Open Invit.	UC Davis (916)752-8608
May 17	Cardinal Qualifier	Stanford University (415)723-2736
May 24	PA/USATF Champs.	Chabot College (510)786-6929
May 31	Bruce Jenner Classic	San Jose City (408)298-2181
June 11-15	USATF Outdoor Champs.	Indianapolis, IN (317)261-0500
June 14	PA Masters/Open Meet	Los Gatos High School
June 28	SCTC Age-Graded PA Champs.	Soquel HS, Santa Cruz (408)335-0460
July 1, 3, 8, 15, 17, 24, 29, 31	Chabot All Comers	Chabot CC, Hayward Norm Guest, 510-786-6936
July 12-13	Masters Western Regional	San Jose City College
July 19-20	PA Masters Decathlon/ Heptathlon plus Women DEC	Soquel High School
Aug. 7-10	Nat'l. Masters T & F Champs.	San Jose City College
Multi Events		
Mar. 7-8	Chico Multi	CSU Chico (916)898-5150
Mar. 15-16	U. of Arizona	Tucson AZ, (602)621-8420
Mar. 24-25	Fresno State Multi	Fresno State U.
April 17-28	Azuza Pacific	Los Angeles
April 24-25	CAL-NEV	Turlock (209)667-3312

Pacific Association Youth Track & Field 1997 Schedule

<u>Day/Date</u>	<u>Track Meet</u>	<u>Location</u>	<u>Director</u>
3/1 & 8	Youth Committee	Berkeley HS, Berkeley	Larry Brooks, 510-535-9576
3/15	5th Ann. Section Track Meet	Laney College, Oakland	Sharon Carter, 510-638-6849
3/22	Youth Committee	McAteer High School	Billy Ray Smith, 510-534-9560
3/29	Youth Committee SF Striders TC	Kezar Stadium 100m & 1500m Championships	Billy Ray Smith, 510-534-9650
4/5	Relay Invit. Track, Bay Area TC	Contra Costa College, Richmond	Jered Butler, 510-261-1819
4/12	Youth Committee	Hartnell Coll., Salinas	Dick Casper, 408-753-5815
4/19	Santa Rosa Express	TBA, Santa Rosa	Bob Shor, 707-538-0708
4/26	Classic Track Club	Independence HS, San Jose	Elmer Haynes, 916-924-8883
5/3	Richmond Jaguars	Contra Cosa College	Joshua Tezeno, 510-223-9101
5/10	Classic Track Club	Newark HS, Newark	Cliff Scott, 408-195-9105
5/17 & 18	3M Track Club Invit. Track Meet	Chabot CC, Hayward	Will Pittman, 510-581-4428
5/25 & 26	RaiderTrack Club PA Championships	Stanford, Palo Alto	James Wynn 408-263-1607
5/31	Classic TC Relay	UC Davis	Elmer Haynes 916-924-8883
6/7	Youth Committee	TBA (Sacramento)	Billy Ray Smith, 510-534-9650
6/14 & 15	PA Championships	Logan HS, Union City	Billy Ray Smith, 510-534-9650
6/21-22	Santa Rosa Express	PA Jr. Olympics, Santa Rosa	Bob Shor, 707-538-0708
6/21-22	USATF Jr. Nat'l. Champs.	SIU, Edwardsville, IL	(317)261-0500
6/28	West Coast Classic	Logan HS, Union City	Billy Ray Smith, 510-534-9650
7/2-5	Nat'l. Championship	Orlando, FL	Billy Ray Smith, 510-534-9650
7/10-13	PA Region 14	Logan HS, Union City	Billy Ray Smith, 510-534-9650
7/18-20	Track City Classic Internat'l.	Eugene, OR	Billy Ray Smith, 510-534-9650
7/23-28	JO Nationals	Southern U., Baton Rouge, LA	Billy Ray Smith, 510-534-9650
8/10-11	Youth Committee Region 14 Multi Events		Billy Ray Smith, 510-534-9650
8/12-13	Region 14 Jr Olympic Championships		Billy Ray Smith, 510-534-9650

Open Track & Field Championships Will Raise Funds for Doug Padilla Note change of location!

The May 24th Pacific Association Open Track & Field Championships (originally scheduled to take place at San Mateo College) will be held at Chabot College in Hayward. The meet will be a fund raising event for Doug Padilla, one of America's great milers, a two-time Olympian (5 km), and a former Chabot College athlete. Doug Padilla suffered massive injuries when he was hit by a speeding car in June. The most serious involved a leg broken into 15 pieces, which required the insertion of two plates and 15 screws.

All profits from the meet will be sent to the Doug Padilla Relief Fund. For more information on the meet or the fund, call 510-786-6929, leave your name and address, and all information will be sent.

The Festival of Miles held on Saturday, February 8 at Chabot College raised \$1500 for Doug. His family took part in the one mile walk at the end of the Festival.

Senior Track & Field Events Schedule

Mar.	No. California Winter Games (50+)	(916)277-6094
Apr.	San Francisco Senior Games (50+)	(415)750-4952
Apr.	Crown Valley-Pasadena (50+)	(818)397-4064
May	Solano County Senior Games (50+)	(707)428-7421
June	Calif. Senior Games, Sacramento	(916)277-6094

USATF-Pacific Association Calendar of LDR and Ultra Events

Sunday, March 9

Fairfield 5 km/10 km, 8:30 am, Lee Bell Park in Fairfield, James Fiori, 841 Brookdale Ct., Cordelia 94585, 707-864-8196

Mercury News 10 km Race/5 km Walk, 9 am, Park Ave. at Almaden Ave. in San Jose, Angela Liberman, 750 Ridder Park Dr., 95190, 408-920-5602

DSE Walt Stack Trail Run 10 km, 9:30 am, Jefferson & Hyde St., San Francisco, DSE Runners, PO Box 210482, 94121-0482, 415-978-0837

Saturday, March 15

Whale Run/Walk 10 km/5 km Run/5 km Competitive Walk/Fun Walk, 8:30 am, Haul Rd. 1 mi. N of Fort Bragg, Barbara D'Arezzo, PO Box 131, 95437, 707-964-0994

Cool Canyon Crawl 50 km, no more entries available, for information call 916-885-8438
Irish Sprint & Stride 4.5 mi. run/4 mi. walk, 10 am, Lake Merced, San Francisco, Rich Faranger, 1359 Highton St., Manteca 95336-6233, 415-905-0647

Hit the Road Jack Friedlander's 75th Birthday 5 km Run/Walk, 8:30 am, Gerry Mon Trail, San Mateo, Vintage Athl. Assoc., PO Box 620732, Woodside 94062, 415-851-2555

Sunday, March 16

Berkeley Rainbow Run 5 km/10 km, 8 am, Berkeley Marina, Rachel Dent, Canned Foods Grocery Outlets, 2000 Fifth St., 94710, 510-704-2813

County Bank Run at RASCAL Creek 10 km/3 km/1 mi. Youth, 8:30 am, Bill Rogers special guest, RRCA State Champs., David Zacharias, 860 W. Olive St., Ste. B, Merced, 209-723-4016

Prime of Life Fitness Games Half Marathon, 7:30 am, San Mateo Co. Fairgrounds, Arthur Stubbs, 4295-24th St., San Francisco 94114, 415-0285-8853, fax 415-643-3863

Prime of Life Fitness Games (78 masters events over 3 weekends), contact same as above.

Applegate 5 km Spring Run, 9 am, Applegate Christian School, Nick Vogt, 1025 Grange Rd., Meadow Vista, 95722, 916-878-0697

Sunday, March 23

Lake Merritt Joggers and Striders 4th Sunday Runs 5 km/ 10 km/ 15 km/ 5 km Walk, 9 am, Old Boathouse at Lake Merritt in Oakland, 510-601-7887

PA-Road: Houlihan's to Houlihan's 12 km (14th), 8 am, Sausalito to San Francisco, RhodyCo Prods., 415-564-0532

Saturday, March 29

Greek Independence Day Run/Strider 5 km/10 km/ 5 km Walk, 8:30 am, New Boathouse at Lake Merritt in Oakland, George Zuras, 601 Fortress Isle, Alameda 94501, 510-521-3310 after 4 pm

March 9 to June 1, 1997

Easter Rise. Rejoice 10 km/5 km walk, 9 am, Baylands Park, Sunnyvale, Eric Bergles, 807 Inverness 94087, www.baldomain.com/stonebread/run, 408-730-4949

Saturday, April 5

PA-Road (open & 40-49): Run for Their Lives 8 km, 9 a.m., State Capitol, Sacramento, Doug Thurston, 918 2nd St. # 200, Sacramento 95814, 916-443-6223

PA-Ultra: American River 50 Miler, 6 am, CSU-Sacramento, Delmar Fraalick, 28188 Moulton Parkway, #627, Laguna Niguel, CA 92677, 714-360-0583 or 916-965-8326
Run for the Diamonds 5 km/10 km, 8:30 am, Gavilan College, Gilroy, Dave Fronckowiak, 1200 Ayer Dr., Gilroy 95020, 408-848-3117

Sunday, April 6

PA Road (50 & O): Fifty-Plus Generation Celebration 8 km, 9 am, Stanford Stadium, Fifty-Plus Fitness Assoc., Box D., Stanford 94309, 415-323-6160

Fifty-Plus Generation Celebration 8 km Run/5 km Racewalk (judged), 5 km Walk, contact same as above

Mutt Strutt 5 km Run/Walk, 8:30 am, Vasona Park, Los Gatos, J & A Prods., 1032 Hacienda Ave., Campbell 95008, www.japroductions.com, 408-866-8848
San Antonio Community Hospital 5 km Run & Walk /10 km Run & Wheelchair, 7:30 am, Memorial Park, Upland, Vicki Mosby, 909-920-4964

Saturday, April 12

AMSA Heart Beat Run 10 km Run/5 km Run/Walk, 9 am, UC Davis School of Medicine, Barbara Napoletano, UCD School of Medicine, 95616, 916-752-3170
Rotary Run to Literacy 5 km/10 km, 8:30 am, Yountville, Carol Stein, Napa Co. Library, 580 Coombs St., Napa, 94559, 707-253-4283

Sunday, April 13

Brickyard Run 8 mi./4 mi. Fun Run/Walk, 8:30 am, Martinez Municipal Park, Diablo RR, PO Box 31236, Walnut Creek 94598, 510-672-2478

Tortoise and Hare 10 km/5 km, 8:30 am, Los Gatos HS, Good Samaritan Charitable Trust, 1701-A S. Bascom Ave., Campbell 95008, 408-559-9385

Wild Flower 10 km Run/5 km Fun Run/2 km kids' run, 9 am, Live Oak HS in Morgan Hill, AAUW/Run, PO Box 451, 95038, 408-778-3924

Dave's 4 mi. & Team Challenge, 9:30 am, Grupe park, Stockton, Lloyd Medlin, PO Box 8422, 95208, 209-948-0938
email: elmedlin@alo.com

Saturday, April 19

PA-Ultra: Ruth Anderson 100 km, 6:30 am, Lake Merced in San Francisco, Jim Skophammer, 666 Orange St., Daly City 94014, 415-994-6218

Sunday, April 20

Tandem's Up & Running 10 km/2 mi. (13th), also kids' races, 9 am at Tandem Inc. HQ, 19333 Vallco Pkwy., Cupertino, 415-564-0532

Old Mill Run 10 km/2 mi., 8 am, Columbia State Park, Dan Ryan, PO Box 323, Jamestown 95327, 209-984-4308

Rally Round the Lake 5 km, 9:30 am, Athletic Club on Discovery Bay Blvd. in Discovery Bay, Phil Paulson, 5514 Marlin Ct., 94514, 510-634-6654

Marshall Mash Run 5 km/ 10 km & kids' runs, 8:30 am, Ponderosa HS in Shingle Springs, Amy Stephans, Community Relations, Marshall Hospital, Marshall Way, Placerville 95667, 916-626-2675

Monday, April 21

101st B. A. A. Boston Marathon, entries closed; for information see website <http://www.bostonmarathon.org>

Saturday, April 26

Nevada City Spring Run 5 km/10 km, 8:30 am, Mill & Spring St., Nevada City, Methodist Church, 433 Broad St. 95959, 916-265-2797

California 50 Mi. Endurance Run, 6 am, Tom & Nancy Crawford, 2828 Rollo Rd., 95404, 707-526-0661

10th Annual Law Day Run 15 km/3X5 Relay/5 km/Kid's 1 km, Santa Barbara Palm Park, Joe Howell, c/o Santa Barbara Bar Association, 805-962-3443

Sunday, April 27

PA-Road: Big Sur KCCN 5 km, 7:30 am, Carmel, Joe Sweeney, PO Box 222620-2620, Carmel 93922, 408-625-6226

Big Sur International Marathon, 7 am, Big Sur to Carmel, also 5 person relay, 5 km/7 mi./ 10 mi. Walk and 21 mi. Power Walk, contact same as above.

Boggs Mtn. Bash 12 mi./24 mi., 8 am, Boggs Mtn. Demonstration Forest, Cobb, Dan Barger, PO Box 794, Morgan Hill 95037, 408-779-5653

Livermore Fitness Days 5 km/10 km Walk/Run (& 11 mi./20 mi. bike-8:00 am), 8:30 am, The Barn in Livermore, Livermore Rec. Parks District, Brian Tibbetts, 71 Trevarno Rd., 94550, 510-373-5723
Summer Breakaway 5 km, 8:30 am, Alum Rock Park in San Jose, Hewitt Joyner, 408-274-1398

(continued on next page)

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

Saturday, May 3

Guardsmen Angel Island 4.5 mi. Run/Fun Run/Walk, 12:30 pm, take ferry from SF & Tiburon, The Guardsmen, 115 Sansome St., San Francisco 94104, 415-781-6785
What-Mi-Wok Trail 100 km, 5 am, Rodeo Lagoon in Marin Headlands, Kellie Sheehan, 6 Gerke Alley, 94133, 415-291-8772

Sunday, May 4

Summer BreakAway 5 km, 8:30 am, Alum Rock Park in San Jose, Hewitt Joy, 3200 Millbrook Dr., 95140, 408-274-1398, e-mail flyninburr@aol.com

DSE Wait Stack Trail 25 km/10 km/5 km, 8 am, RRCA State Championship, Jefferson St. & Hyde in San Francisco, DSE Runners, PO Box 210482, 94121-0482, 415-978-0837

Avenue of the Giants Marathon & 10 km, 9 am, Humboldt Redwoods State Park, Ken Yonasko, 281 Hidden Valley Rd., Bayside 95524, 707-443-1226

Devil Mtn. Run 5 km/10 km/ kids' runs, 8 am, Town & Country Village Shopping Center in Danville, DMR, PO Box 93, Pleasanton 94566, 510-425-1435

May Day Run/Walk 5 km/10 km & kids' run, 8:30 am, American Heart Assoc., 120 Montgomery St., #1650, 94104, 415-433-2273

Boontling Classic 5 km Run/Walk, 10 am, Anderson Valley Elementary School N of Boonville, Mike McDonald, PO Box 671, Boonville 95415, 707-895-2701

Saturday, May 10

The Race for the Cure, 8 am-men's 5 km race, 8:25 am-women's 5 km race, 9:30 am-1 mi. coed fun run, State Capitol, Sacramento, Doug Thurston, 918 2nd St. # 200, Sacramento 95814, 916-443-6223 e-mail: thurston60@aol.com

Skip to Skip's 10 mi. Challenge (or mtn. bike-7 am), 8 am, Skipolini's Pizza in Antioch, SASE to Darrell Whaley, PO Box 824, Clayton 94517-9998, 510-672-5286

PA-Ultra: Mike Popolizio Quicksilver 50 km, 6 am, Quicksilver County Park in San Jose, Gene Weddle, 6007 Paxton Ct., 95123, 408-225-6527

Mike Popolizio Quicksilver 50 mi., 6 am, contact same as above.

The Human Race 10 km/5 km Run Walk, 8:30 am, Coyote Pt. Park in San Mateo, Lois Koenig, PO Box 626, Belmont 94002, 415-342-9328

The Human Race 5 mi., 8 am, Larkspur Ferry Terminal in Larkspur, Diane Faw, 650 Las Galinas, San Rafael 94903 415-479-5660

The Human Race 10 km Run/5 km Run Walk, 8:30 am, Katie Gough, 1922 The Alameda #211, 95126, 408-247-1126

Sunday, May 11

DSE Right To Assemble Run 7.46 mi., 8 am, Howard & Spear in San Francisco, DSE Runners, PO Box 210482, 94121-0482, 415-978-0837

Saturday, May 17

PA-Ultra: Silver State 50 km, Reno, Ken McKim, 2358 Camelot Way, Reno, NV 89509, 702-329-6122

Oakdale Chocolate Festival 5 km Fun Run, 7 am, "I" St. & Yosemite Blvd., Oakdale Chamber of Commerce, 590 N. Yosemite Ave., 95361, 209-847-2244

Outdoor Adventure Expo 5 km, 10 am, Shadow Cliffs Lake in Pleasanton, Reservations Dept., 2950 Peralta Oaks Ct., Oakland 94605-0381, 510-636-1684
4th Annual Fun Run 5 km/kids' mile & .5 mile, 8:30 am, Woodcreek HS in Roseville, Karen Darst, 7501 Foothills Blvd., 95747, 916-789-4652

Sunday, May 18

Bill Francis Memorial 5 km/10 km Run/Walk, Auburn Dam Overlook, Steve Stephenson, 6270 Ralph court, Auburn 95602, 916-878-0450

Tilden Tough Ten 10 Mi., 9 am, Inspiration Pt. in Tilden Park in Berkeley, SASE to LMJS, 12001 Broadway Terr., Oakland 94611, 510-601-7887

Examiner Bay to Breakers 12 km, 8 am, Howard & Spear Sts. in San Francisco, EXBB, PO box 429200, 94142, 415, 510, or 408-808-5000, ex 2222.

Sunday, May 25

I Can Run For Drug Free Youth 2 Mi./10 km Walk/Run and .5 Mi. kids' run, Aspen Grove community Center in Incline Village, Steve Baker, PO Box 5004, 89450, www.sierra.net/ican/ican.htm, 702-831-0668

Wind Breaker 5 km Run, 8:30 am, (5 km Inline-8:45 am) Bishop Dr. & Camino Ramon in San Ramon, Rick Reed, 12501 Acosta Blvd., 94583-1350, 510-275-2311

Monday, May 26

PA-Road: Pacific Sun 10 km, 8 am, College of Marin in Kentfield, TRS, 80 Mitchell Blvd., San Rafael 94903, 415-472-7223

Pacific Sun Races (2.5 Mi., YMCA Youth Track Races, see above for info.

Clayton Memorial Day Challenge 5 km/10 km/Half Marathon, 8 am, Mitchell Canyon Park, Hank Stratford, PO Box 30, 94517, 510-672-9200, e-mail: hank@ccnet.com

Saturday, May 31

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

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

Sunday, June 1

PA-Road: Reno Air Championship 15 km, 8 am, Bill Meister, 13235 Fellowship Way, Reno NV 89511, 702-852-5037, e-mail: bethj@intercomm.com
Reno Air 5 km and 15 km Relay, see information above.

Hillsborough Concours Family Fun Run 5 km/10 km, 8 am, North School, Hillsborough Concours Fun Run Office, 2500 Ralston Ave., 94010, 415-344-2272
Pleasanton Spirit Run 5 km/10 km, 8 am, Pleasanton Sports Park, Tim Lundell/Rotary Club, 2358 Greenberry Ct., 94566, 510-484-4874

San Francisco Italian Athletic Club's 76th Statuto Race 4.2 Mi. Run/2 Mi. Walk, 9 am, SF Italian club, Ray Piva, 1630 Stockton St., 94133, 415-781-0165
Alum Rock Run 10 km/4 Mi. kids' run, 8:30 am, Alum Rock Park in San Jose, Gary Hafley, 1671 The Alameda #100, 95126-2222

Hit the Road Jack 10 km/2.3 Mi., 8 am, Sonoma Cheese Factory in downtown Sonoma, Hit the Road Jack, PO Box 1857, 95476, 707-938-8544

Gold Country Trail Marathon & Road Races (1/2 Marathon, 5 & 10 km), 6:30 am, Pioneer Park in Nevada City, Nick Vogt, 1025 Grange Rd., Meadow Vista, 95722, 916-878-0697



Looking Ahead to Major Pacific Association Events:

Sunday, June 29: Fleet Feet Capitol Mile, 10-1 mile heats beginning at 8:30 am; **PA/USATF LDR Grand Prix** event with \$2500 in prize money; Doug Thurston, 918 2nd St. #200, Sacramento 95814, 916-443-6223, e-mail: thurston60@aol.com

Saturday, June 28: Western States 100 Mile Endurance Run, Squaw Valley to Auburn, final event of the 1996-97 **PA-Ultra Grand Prix**; Norm Klein, 1139 Mace River ct., Rancho Cordova 95670, 916-638-1161

Sunday, July 13: San Francisco Marathon and 5 km; 8 am. The Marathon will include a **PA/USATF LDR Grand Prix 5 person Team Relay Championship**. Pacific Association, 120 Ponderosa Ct., Folsom 95630, 800-722-3466

Sunday, July 24: Wharf to Wharf 10 km; 8:30 am. SASE to Wharf to Wharf, PO Box 307, Capitola 95010.

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

RACE WALKING REPORT

by Ron Daniel, Race Walking Chair

Andrew Hermann: 3 Hours 58 Minutes 54 Seconds at the 1997 USATF 50 km Race Walking National Championship

Feb. 16, 1997, Palo Alto, Calif.

With his 26th birthday just nine days away, Andrew Hermann of Portland, Oregon will have lots to celebrate. On a near perfect day at the Palo Alto Baylands course, Andrew succeeded Allen James as the 50 km National Champion. His sub-four hour victory (a 7:41 per mile pace) guarantees him an invitation to the IAAF Race Walking World Cup in Czechoslovakia, in April and the IAAF World Championships in Greece, in August.

Joining Andrew on the World Cup team are former and current Pacific Association race walkers Jonathan Matthews, 4:12:36 (2nd), Mark Green 4:14:20 (3rd), and four time Olympian ('80, '84, '88 and '92) Marco Evoniuk, 4:16:59 (5th). Also making the team is 1996 Olympian, Andrzej Chylinski, 4:16:06 (4th). Two time Olympian ('92 and '96) and one of the pre-race favorites, Herm Nelson, suffered a groin strain two weeks earlier and had to "stroll" through in 4:55:13 in order to keep alive any hopes of being selected for World Championships. This possibility exists because he had broken the "A" standard last July.

Although he had a large margin at the end, Andrew was joined by Warrick Yeager for the first 22.5 km. Fighting off the flu most of the week, Warrick withdrew at 32.5 km. Passing 25 km in 2:00:10, Andrew had 1:47 on Jonathan and was on his way to a strong negative split. With an average 2.5 km lap time of 11:56.7, Andrew's slowest lap was his first (12:23), and his fastest was the next to last lap (11:47). Andrew's time is a PR by almost seven minutes (4:05:43, 1996). This is the fourth consecutive year, and the only years, that the 50 km Championship has been won in under four hours.

Much to his surprise, by 27.5 km (2:14:08), Jonathan moved into second place (passing the faltering Yeager) to stay. Meanwhile, Chylinski, Evoniuk and

Green were within six seconds of each other in fourth through sixth place, with Green eventually moving into third as he recorded a PR of three minutes.

The unofficial masters race within the race had 1993 Champion Jonathan Matthews, who turned 40 last July, nailing several US master's records on the way; 25 km in 2:01:57, 30 km in 2:26:26; 35 km in 2:51:18, 40 km in 3:17:12 and 50 km. The other speedy masters were Warrick Yeager (42), Mark Green (41), and four time Olympic teammate of Evoniuk, Carl Schueler (41).

In the concurrent 30 km race, National Team member Kim Wilkinson won in the excellent time of 2:43:57. Ralph Wheeler, GGRW, finished second in 4:04:11.

This is the fourth time in the last five years that the Pacific Association has hosted the 50 km Championship. As in 1995, the Pacific Association hosted the race at the request of the National Committee and at the request of the athletes. Once again, thanks go to Palo Alto Parks and Recreation for their assistance with the course, Collagen Corp. for the use of their facilities for the post-race awards brunch, and to our other sponsors: Zannotto's Deluxe Markets, Power Bar, Guiltless Gourmet, and Una Mas. And special thanks go to all the volunteers and clubs of the Association for their personal support.

1997 USATF Race Walking National Championship results

USATF National 50 km

pl.	name	club	time	state
1	Hermann, A.	adidas	3:58:54	OR
2	Matthews, J.	Reebok	4:12:36	IN
3	Green, M.	LV Walkers	4:14:20	NV
4	Chilinski, A.	NYAC	4:16:06	CO
5	Evoniuk, M.	Unatt.	4:16:59	CA
6	Schueler, C.	Unatt.	4:28:55	CO
7	Nelson, H.	Club NW	4:55:13	GA

All Comers 30 km

pl.	name	club	time	state
1	Wilkinson, K.	MPWWWC	2:43:57	CA
2	Wheeler, R.	GGRW	4:04:11	CA

Judges: Bob Bowman, Bob Hickey, Lori Maynard, Bob Wilson, Laura Cribbins, Jim Petruzzi, Dick Petruzzi, and Martin Rudow, Chief; Recorder: Toni Harvey
Race Director: Ron Daniel

1996 Close Out

Wilkinson, Szody and PRO Winners at 16th Annual MEGAWALK

Oct. 26, 1996, Megawalk 10 km, Monterey

One week after walking a 20 km in blizzard conditions in Canada, MPWWWC Vice-President and race director, Kim Wilkinson easily won this year's Megawalk. In near perfect weather, Kim once again broke 50 minutes (49:51), as she steadily pulled away from PRO's Roger Wellborn who finished second in a big PR of 53:00. The host club's Quang Than, 6th place, also PR'd in 59:42. Others breaking 60 minutes in 3rd, 4th and 5th were Therese Iknoian, GGRW (56:46), Bill Penner, St.G TC (58:10) and Dick Petruzzi, PRO (58:24).

With Roger leading the way, PRO won the team trophy by over 12 minutes from the host Monterey Peninsula WWW Club. Roger's teammates Dick Petruzzi, Terri Brothers, Robert Eisner, and Leslie Brown had a combined time of 4:58:31.

In an accompanying Youth 3km, Brooke Szody showed mid-season speed as she turned in a 16:30, 80 meters ahead of Nathan Williams and Ericka Ackeret, who followed in 16:50.

The post-race luncheon and awards were once again superb. Congratulations MPWWWC.

Schedule into 1997

- April 27, PA Sr. & Masters 10 km Championship and Grand Prix (site and director TBA)
- May 18, Western Regional and Grand Prix 10 km (W) & 20 km (M), Palo Alto. Contact Ralph Wheeler, (415) 493-2652
- May 24, PA Track & Field Championships and RW Committee Meeting, Chabot
- May 25, PA Youth Championships, Chabot
- June ??, PA Masters Championships, Los Gatos
- Aug 8-12, USATF Masters Championships, SJCC



16th Annual MEGAWALK results

pl.	name	age	M or F	club*	time
1	Wilkinson, Kim	37	F	MPWWWC	0:49:51
2	Wellborn, Roger	44	M	PRO	0:53:00
3	Iknoian, Therese	39	F	GGRW	0:56:46
4	Penner, Bill	49	M	S/ST G.	0:58:10
5	Petruzzi, Dick	63	M	PRO	0:58:24
6	Than, Quang	40	M	MPWWWC	0:59:42
7	Brothers, Terri	39	F	PRO	1:00:01
8	Doane, John	50	M	SCTC	1:00:44
9	Klein, Art	43	M	SCTC	1:01:32
10	Eisner, Robert	67	M	PRO	1:02:19
11	Fisher, James	60	M	Marin	1:02:40
12	Moremen, Bill	68	M	GGRW	1:03:16
13	Baribeau, Mary	38	F	MPWWWC	1:03:23
14	Brown, Leslie	28	F	PRO	1:04:47
15	Storrs, Helen	30	F	PRO	1:05:08
16	Ortiz, Eugenia	24	F	MPWWWC	1:07:26
17	Bower, Gary	53	M	GGRW	1:08:26
18	Coppola, Lorraine	56	F	Marin	1:08:30
19	Nicely, Deetta	50	F	MPWWWC	1:10:22
20	de Petra, Peter		M	Unat	1:10:22
21	Geldin, Judy	45	F	GGRW	1:12:57
22	Wheeler, Ralph	61	M	GGRW	1:15:02
23	Borset, Jon	67	M	GGRW	1:16:15
24	Lucken, Ernest	81	M	GGRW	1:17:43
25	Robertson, Paul	56	M	GGRW	1:18:25
26	Perryman, Sid	59	F	Sierra	1:19:22
27	Moremen, Grace	65	F	GGRW	1:19:53
28	Hansen, Richard	60	M	GGRW	1:20:46

Age Group: A, up to 44; B, 45 to 59; C, 60 & over

Judges: Jim Petruzzi, Bob Wilson, Laura Cribbins, Marie McNulty, Toni Harvey and Ron Daniel (Chief & Recorder)

*See page 11 for club names.

Iknoian and Sheppard Win Last Championship of '96

Nov. 17, PA Championship One Hour, College of San Mateo

With heavy rains the night before and light showers in the morning, many walkers stayed away from the CSM track this day. Race time saw eight walkers brave the showers and cool breezes for an hour's example of competitive drive.

Wanting to finish the season on a high note, Therese Iknoian, GGRW, went right to the lead and turned in an exceptional distance of 10,861 meters. After a year's absence from race walking, Joe Sheppard started hard and challenged for the lead through two miles. Joe completed 10,587 meters to be men's champion.

One Hour results

pl.	name	age	M or F	club*	distance
1	Iknoian, Therese	39	F	GGRW	10861 m
2	Sheppard, Joe	21	M	GGRW	10587 m
3	Klein, Art	43	M	SCTC	9727 m
4	Moremen, Bill	68	M	GGRW	9598 m
5	Geldin, Judy	46	F	GGRW	8046 m
6	Lucken, Ernest	81	M	GGRW	7819 m
7	Moremen, Grace	66	F	GGRW	7576 m

Age Group: A, up to 44; B, 45 to 59; C, 60 & over

Judges: Jim Petruzzi, Bob Wilson, Laura Cribbins, Toni Harvey and Dick Petruzzi (Chief), Marie McNulty (Recorder)

*See lower right corner for club names.

Pacific Association Outstanding Walkers of the Year

There are several methods to determine the outstanding walkers of the year. I'll leave it up to the readers to decide which method they prefer.

1. Performance in major championships or trials: in the Olympic Trials, Marco Evoniuk was fourth in the 50 km, Jonathan Matthews, seventh in the 20 km and Kim Wilkinson, eighth in the 10 km. In the Junior Olympic Championships, Sarai Boyle, Scott Boyle and Ericka Ackeret were all gold medal winners. In the Masters Championships, Jack Bray, Dorothy Robarts, Helen Storrs, Lani LeBlanc, Charlotte Walker and Robert Eisner were all age division winners.

2. National rankings (Track and Field News and Ohio Racewalker): 10 km: Wilkinson (9), Kerry Moskalik (23), Chris Sakelarios (25), Therese Iknoian (33), Susan Heiser (45); 20 km: Matthews (7), Evoniuk (16); 50 km: Evoniuk (5).

3. PA Grand Prix (which recognizes Association participation): Therese and Ernie Lucken scored top points; top age-graded percentages are as follows: (W) Kim Wilkinson, 90%; Ruth VanSandt, 84.6%; Therese Iknoian, 82.2%; (M) Matthews, 92.4%, Evoniuk, 87%, Dick Petruzzi, 82.5%.

Chairman's Notes

- YOUTH GRAND PRIX:** A Grand Prix for Pacific Association Youth race walkers will begin in 1997. Therese Iknoian has turned this long overdue idea into reality. The Grand Prix will combine results from three established PA Race Walking calendar events, two PA Youth meets and the PA Road Mile Championship. Each participant will receive a specially designed event T-shirt. Other awards will be provided throughout the program as well as overall recognition awards. The program will be conducted in cooperation with the PA Youth and Race Walk Committees and under direction of Therese. For Grand Prix information, contact Therese at (408) 297-3376.
- OPERATING PROCEDURES:** With over 100 paragraphs for review, only three were completely rejected. About one third were subject to "friendly" amendments. A completed document will have been distributed by the time *Pacific Athlete* is published.
- RACE BIDS:** The following PA Championships and Grand Prix Races are open to bidding: 5 km, 10 km, 15 km, 20 km, One Hour. The bidding process is described in the new Operating Procedures.
- RACE DIRECTORS:** If you want the results of your races included in the *Pacific Athlete*, please send the results to the RW Chairman within two weeks of the event. Please include: competition number, name, club, time and age for each competitor; list the judges and enclose a copy of the judges summary sheet.
- Contact Ron Daniel to arrange for training clinics for beginner, intermediate and advanced race walking.
- Contact Lori Maenad, Officials Committee representative, to arrange for a judging clinic and to schedule apprentice judging activities. (415) 369-2801

1996 Grand Prix: Iknoian and Lucken Repeat

While several associations offer grand prix's, the PA Grand Prix is the only one to level the playing field by adjusting each competitor's performance using the WAVA age-graded tables. After adjustment, first place receives 10 points, second 8, third 7, down to 1 point for ninth place. All additional finishers receive 0.5 points. In 1996 there were six PA Grand Prix races: 20 km, 3/17; 10 km, 4/28; W10 km/M20 km, 5/26; 10 km, 9/8; 10 km, 10/26; and One Hour, 11/17.

Winning for the third year in a row, Therese scored 32 points in four races narrowly beating Kim Wilkinson who had 30 points in three races. In winning for the second time, Ernie scored 38 points while competing in all races; in four races, Bill Moremen had 29 points for second place. Rounding out the top five places were: (W) Terrie Brothers (20), Grace Moremen (19), Ruth VanSandt (16); (M) Robert Eisner (25), Jonathan Matthews (20), and Roger Welborn (20). Jonathan was placed in front of Roger because he had the higher age-graded percentage, 92.4% to 77.4% for Roger.

Twenty-one women and twenty men scored points in 1996.

We thank Ralph Wheeler for being the statistician.

Pacific Association Race Walker Grand Prix Championships (Women)

pl.	name	age	club*	max %	# races	pts.
1	Iknoian, Therese	39	GGRW	82.2	4	32
2	Wilkinson, Kim	37	MPWWWC	90	3	30
3	Brothers, Terri	39	PRO	75	4	20
4	Moremen, Grace	66	GGRW	71	3	19
5	Van Sandt, Ruth	74	MPWWWC	84.6	2	16
6	Coppola, Lorraine	56	Marin	73.5	2	14
7	Sakelarios, Chris	36	Unatt	81.6	2	11
8	Geldin, Judy	46	GGRW	63.8	3	10.5
9	Womack, Sandy	48	GGRW	76.7	1	10
10	Heiser, Susan	36	GGRW	76.2	2	9
11	Moskalik, Kerry	28	Unatt	81.9	1	6
12	Leiker, Lorrie	42	GGRW	65.2	1	5
13	Sirett, Janet	35	GGRW	65.1	2	4.5
14	Coe, Marlene	34	Unatt	71.5	2	4
14	Baribeau, Mary	38	MPWWWC	68.6	1	4
16	LeBlanc, Loni	53	MRW	74.6	1	3
16	Nicely, Deetta	50	MPWWWC	67.8	1	3
18	Brown, Leslie	28	PRO	64.7	1	2
19	Storrs, Helen	30	PRO	64.4	2	1
20	Perryman, Sid	59	Sierra	58.4	1	1
21	Watson, Jenny	39	GGRW	68.4	1	0.5
21	Ortiz, Eugenia	24	MPWWWC	62.2	1	0.5

Pacific Association Race Walker Grand Prix Championships (Men)

pl.	name	age	club*	max %	# races	pts.
1	Lucken, Ernest	80	GGRW	77.8	6	38
2	Moremen, Bill	68	GGRW	81.9	4	29
3	Eisner, Robert	67	PRO	82.2	3	25
4	Matthews, J.	39	Reebok RC	92.4	2	20
4	Wellborn, Roger	44	PRO	77.4	4	20
6	Petruzzi, Dick	63	PRO	82.5	2	18
7	Klein, Art	42	SCTC	67	6	14.5
8	Dunn, Fred	67	GGRW	80.2	2	13
8	Penner, Bill	49	S/ST G.	75.6	3	13
10	Borset, Jon	66	GGRW	69.1	4	12.5
10	Bower, Gary	52	GGRW	68.8	5	12.5
12	Fisher, James	60	Marin	74.7	2	10
13	Wheeler, Ralph	61	GGRW	65.6	5	8.5
14	Evoniuk, Marco	37	Unatt	87	1	8
15	Sheppard, Joe	21	GGRW	68.7	1	7
16	Doane, John	50	SCTC	71.6	2	6
17	Than, Quang	40	MPWWWC	66.8	3	4.5
17	Woods, Charles	57	PRO	63	2	4.5
19	Robertson, Paul	56	GGRW	58	2	1
20	Dorinson, David	54	GGRW	67.5	1	0.5
20	Day, Ron	36	GGRW	61.9	1	0.5
20	de Petra, Peter		Unatt	59.6	1	0.5
20	Hansen, Richard	60	GGRW	57.9	1	0.5

*Clubs: GGRW=Golden Gate Race Walkers; Marin=Marin Racewalkers; MPWWWC=Monterey Pacific Walk Walk Club; PRO=Pacific Racewalk Organization; SCTC=Santa Cruz TC; Sierra=Sierra Race Walkers; S/ST G=Stockton/St. George TC



**8 KM ROAD RACE & 1 MILE FUN RUN • APRIL 5, 1997
A BENEFIT FOR THE CALIFORNIA STATE CHILDREN'S TRUST FUND**

Run to Raise Funds for the State Children's Trust Fund

The inaugural Run for Their Lives is an 8 km road race and 1 mile fun run/walk to raise funds for and awareness of the California State Children's Trust Fund for the Prevention of Child Abuse.

The race is in conjunction with other activities to promote April as "Child Abuse Prevention Month."

Date, Time and Place

- Saturday, April 5, 1997, 9 a.m.
- California State Capitol, 10th & N Streets, Sacto.

Entry Fee/Memento

- All entry fees are 100-percent tax deductible
- \$15 For 8 km entries postmarked on or before Wednesday, March 26 (fee without T-shirt \$10)
 - \$20 For 8 km entries postmarked on or after March 26 or race day (without T-shirt \$15)
 - One Mile Fun Run: \$10 entry anytime.

No entry refunds, exchanges, or transfers

Note: As a first-time run, it is difficult to predict entry totals. Therefore, we can guarantee a T-shirt to the first 500 entrants only. Runners not receiving a T-shirt can ask for a \$5 refund on race day.

Optional Pledge Program

- Collect pledges from your friends and co-workers for the California State Children's Trust Fund and receive merchandise and gift certificates! All donations are 100% tax deductible. Check box on form below or call for details, (916) 443-6223.

Packets/Late Registration

- Friday, April 4, 3-7 p.m., Fleet Feet Sports, 2311 J Street, Sacramento
- Saturday, April 5 (race day), 7-8:45 a.m., California State Capitol, 10th & N, Sacramento

Prize Money Eligibility

- Prize money is available only to open division (ages 20-39) and masters (ages 40-49) runners.
- Current USATF membership and Pacific Association residency (min. 90 days) is required to receive prize money.
- Non-Grand Prix/prize money runners may compete without USATF membership.
- For USATF membership questions, call: Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630 (916) 983-4622. USATF memberships will be sold race day.

State Children's Trust Fund

The California State Children's Trust Fund (SCTF) for the Prevention of Child Abuse supports innovative child abuse and neglect prevention and intervention projects. Your entry fee is 100% tax deductible as a charitable contribution to SCTF.

Make a Donation to the Children's Trust Fund on Your State Income Tax Return

We encourage you to make a donation to the SCTF when filing your California State Income Tax. Thank you for helping California's children.

For information on the SCTF, contact the California Dept. of Social Services, Office of Child Abuse Prevention, at (916) 445-2771.



Pacific Association of USA
Track & Field 8 km Open and
Masters (40-49) Championship

The Course: Flat and Fast

- 8 km course: mostly flat, loop, start and finish at the State Capitol. Course will be USATF certified.
- Important notice: the 8 km course passes over tracks for Sacramento's mass transit system two blocks from the finish. We will try to avoid runner delays; however, short delays are possible. We will try to adjust finish times of any affected runners.
- One mile course is a loop near the Capitol.
- NO strollers, baby joggers, in-line skates, skateboards, bicycles, dogs, or headphones

Driving to the Race/Parking

- Follow signs from I-5, Bus-80 (Capital City Freeway), or Highway 50 to the State Capitol.
- Limited street parking (meters are enforced). Parking garage at Downtown Plaza, 6th & N St.

Schedule, Saturday, April 5

7:00 a.m. Registration and packet pick-up opens
9:00 a.m. Run for Their Lives 8 km
9:05 a.m. 1 Mile Fun Run/Walk

Grand Prix Purse of \$2,000

- Prize money winner must be Pacific USATF member and Association resident for 90+ days
- Prize money is equal for men and women:
Open (20-39): 1. \$200 2. \$100 3. \$50
Masters (40-49): 1. \$100 2. \$50
Open Teams: 1. \$250 2. \$100
Masters Teams: 1. \$150 2. \$50

Bonuses for First-Place Finishers

- Open: men sub-24:00/women sub-27:30: \$150
- Masters: men sub-25:30/women sub-29:00: \$100

Division Awards/Race Results

- 8 km age divisions (awards): 12-under (3); 13-15 (3); 16-19 (3) 20-34 (10); 35-39 (5); 40-44 (5); 45-49 (3); 50-54 (3); 55-59 (3); 60-64 (3); 65-69 (3); 70-74 (2); 75-79 (2); 80-over (2); wheelchair (2).
- One Mile is not timed or scored--no awards.
- Results mailed to 8 km finishers in 6-8 weeks and posted on PAUSATF WWW page: <http://www.bdt.com/home/trimble/PAUSATF.html>.

Contact for More Race Information

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

Entry Form, Run for Their Lives, April 5, Sacramento

- One person per entry; photocopied forms OK
- Save race information; no confirmation sent
- Please do not staple check to entry form
- Check box for information about pledge option

Thanks for printing neatly!

USATF NUMBER _____ USATF TEAM _____

LAST NAME _____ FIRST NAME _____

ADDRESS _____ Apt. No. _____

CITY _____ STATE _____ ZIP _____

DAY PHONE _____ Circle Shirt Size: S M L XL NO SHIRT OPTION

Circle Sex: MALE FEMALE BIRTHDATE (MO/DAY/YR) ____/____/____ AGE ON 4/5/97 _____

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

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

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

Entry Fees and Deadlines:

- 8 km-\$15 if postmarked on or before March 26 (\$10 w/out T-shirt)
- 8 km-\$20 if postmarked after March 26 & at race (\$15 w/out shirt)
- 1 Mile Fun Run: \$10 anytime
- Entry fees are 100% tax deductible

Mail Form with Payment to:

Run for Their Lives
P. O. Box 388
Sacramento, CA 95812-0388
Pay to "California State Children's Trust Fund" PA

THE RUNNING *Network* and PACIFIC Athlete

Presents

Running Network Shoe Review

By Cregg Weinmann

Editor and Publisher of Running ShoesLetter, Bakersfield, Calif.

The 1997 spring running shoe review is brought to you by *Pacific Athlete* and the Running Network.

Thirteen brands are reviewed, all of which are brand new for spring, or retooled to incorporate improvements. After photographing the shoes, analyzing them closely, and interviewing the technical experts for hidden details, the shoes were put to the test. When time permitted, testers attempted to put in 100 miles on the shoes to get a good idea about performance and durability. Here's what was found.

adidas

Response

Price: \$75

Color: White/Navy/Black

Weight: 12.5 oz. Men - 9.7 oz. Women

Last: Slightly curved, light combination lasted

Outstanding Features: Lightweight mesh and synthetic leather upper with supportive loop lacing (flat laces) and reflective heel. Duo-density CM-EVA midsole with medial post and New Torsion System in the arch. Visible adiPRENE insert between the outsole and midsole in heel. Microflex rubber forefoot, carbon rubber heel.

Road Test: The Response is aptly named. The ride is nicely cushioned, with the soft adiPRENE pad incorporated between the outsole and the midsole. The slip lasting allows good flexibility, and the fabric "board" in the heel adds a bit of stability with the assistance of the Torsion device in the midfoot. The well padded tongue and ankle collar allow the laces to snug the foot securely, with a comfortable feel. The outsole provides a good balance between traction and durability.

Galaxy

Price: \$65

Color: Navy/White/Bordeaux

Weight: 11 oz. Men - 9.2 oz. Women

Last: Slightly curved, Strobal stitched last

Outstanding Features: Nylon mesh and synthetic leather upper with reflective trim. CM-EVA with adiPrene insert in heel, New Torsion System and carbon rubber outsole.

Road Test: The Galaxy is an update, and well-improved. The bulky feel of the original is gone, along with the annoying trim. They have retained the durability and cushioning of the original while lightening the shoe overall. There's a lot to like about the Galaxy: it is well cushioned, durable, attractive and affordable.

Honorable Mention: adidas is introducing several new shoes in late spring which will be welcome additions. Among those are the Salvation, the new Feet You Wear shoe scheduled for unveiling at the Boston Marathon.

ASICS

Kayano

Price: \$125

Color: White/Yellow/Blue/Orange

Weight: 13 oz. Men - 11 oz. Women

Last: Slightly curved, combination lasted

Outstanding Features: ASICS has made a number of adjustments to their flagship. The orthotic-like sockliner in the previous model has been

replaced by a traditional EVA sockliner in favor of stabilizing features of the midsole. The upper is redesigned in cool mesh with a well padded tongue, snug securing lace loops, and plenty of reflectivity. The midsole is CM-EVA, with strategically placed shock absorbing GEL in the heel and forefoot with a stabilizing DuoMax medial post. The Trusstic system allows the natural torsional movement of the foot. The AHAR heel and DuoSole forefoot provide excellent durability, lightened by blown rubber encircling the DuoSole.

Road Test: The ride that is associated with ASICS shoes is best demonstrated by the Kayano. The well cushioned ride offered by the springy new CM-EVA is very welcome. The secure fit and feel of the shoe allows you to focus on the run. If you are looking for a stable, well-cushioned, durable shoe, check out the Kayano.

2020

Price: \$85

Color: White/Navy/Gold

Weight: 12.5 oz. Men - 9.7 oz. Women

Last: Slightly curved slip lasted

Outstanding Features: The upper is unchanged from the 2010. The midsole is CM-EVA, with GEL in the heel and forefoot and a stabilizing DuoMax medial post. The Trusstic system, AHAR heel and blown rubber forefoot round out the package.

Road Test: The ride that made the 2001 and 2010 best sellers has been improved. The 2020 is a better cushioned ride than its predecessors, thanks to the springy new CM-EVA. The fit and flexibility of the shoe worked well for us. If you are looking for a stable, well cushioned, mid-priced, durable shoe, the 2020 may be for you.

Honorable Mention: The 126 is the successor to the 125, and is a nice improvement. The features preferred by 125 lovers have been preserved, and improved. It is stable, well cushioned, durable, and affordable—with no increase in price.

Brooks

Radius SC

Price: \$80

Color: White/Green/Black/Orange

Weight: 11.3 oz. Men - 9.6 oz. Women

Last: Semi-curved, Strobal stitched last

Outstanding Features: Lightweight mesh upper with synthetic leather and reflective trim; Hydroflow ST for cushioned stability in heel and Hydroflow in forefoot; blown rubber forefoot with HPR heel.

Road Test: Brooks best-cushioned shoe has gotten better. The flexible, well-cushioned ride has been improved by the addition of more podular divisions in the forefoot. Designed for high mileage runners, the Radius SC performs very well day in and day out.

Addiction II

Price: \$75

Color: White/Green/Gold

Weight: 13 oz. Men - 11 oz. Women

Last: Straight, combination lasted

Outstanding Features: Breathable mesh upper with synthetic trim and high reflectivity; Hydroflow ST, diagonal rollbar, crumple zone for improved cushioning at touchdown, stability, and motion control; HPR

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heel and carbon rubber outersole.

Road Test: Brooks has shown an ability to produce "bullet-proof" motion control shoes. The Addiction II has moved into that category. Very well-cushioned in both heel and forefoot, it provides a stable, comfortable ride, with highly effective motion control. The interior is well finished, providing a high performance feel, with excellent toe room.

Diadora

Mythos 300

Price: \$60

Color: Corsair/White/Gray

Weight: 11 oz.

Last: Semi-curved, light board lasted

Outstanding Features: Lightweight mesh and synthetic leather upper with reflective trademark stripes and trim, and special lacing system. Removable footbed with Hitrel, for arch support and added stability. Two-density CM-EVA with Competition Comfort Bridge offers substantial support and stability. Double action elastomer pads provide shock absorption in midsole of heel and forefoot, with Duratech 5000 outsole for durability.

Road Test: The Mythos 300 is shoe number two of the Mythos series, along with last year's Mythos 230 lightweight trainer/racer, and the soon to be released Mythos 280. Diadora has packed many admirable features into this performance model, and it pays off with a comfortable, supportive, cushioned ride, which is still flexible. 1988 Olympic Marathon champion Gelindo Bordin is credited with the design of the Mythos series, and he deserves praise for a product that really performs.

Etonic

Eon

Price: \$90

Color: Navy/White/Black

Weight: 12.3 oz. Men - 10.7 oz. Women

Last: Semi-curved, slip lasted

Outstanding Features: New look Eon logo, mesh and synthetic leather upper with PVC heel counter; CM-EVA midsole with medial TPU post; carbon and fiberglass Dynamic Reaction Plate, and Eon Air units in heel and forefoot; Everdure heel and blown rubber forefoot outersole. Men's and women's models are available in wide widths.

Road Test: Etonic has made a name for itself with quality motion control shoes. The Eon leads the latest wave. Its roomy toebox provides a comfortable ride with noticeable forefoot cushioning, augmented by the stabilizing effect of the motion control device in the heel. The impression is one of stability and a lightweight feel, combined with forefoot flexibility on a durable sole.

Pro4ormance

Price: \$85

Color: White/Navy/Green/Red

Weight: 12.7 oz. Men - 11 oz. Women

Last: Semi-straight slip lasted

Outstanding Features: New look Eon logo, mesh and synthetic leather upper with PVC heel counter; full-length, Polyurethane midsole with medial TPU pos; carbon and fiberglass Dynamic Reaction Plate, and Eon Air units in heel and forefoot; Everdure outersole.

Road Test: Etonic's number two new shoe delivers a stable, supportive, firm ride. The durability associated with the PU midsole and carbon rubber outersole promise to provide many miles in an effective, protective, high performing shoe. The name indicates the eventual succession of the Pro III.

Fila

Silva Trainer

Price: \$85

Color: White/Blue/Red

Weight: 11.5 oz. Men - 10.3 oz. Women

Last: slightly curved, combination lasted

Outstanding Features: Ripstop nylon and synthetic leather upper with reflective trim; CM-EVA with 2A cushioning pads in heel and forefoot; solid rubber outersole.

Road Test: The Silva Trainer has a futuristic appearance which raises eyebrows when first seen. The performance is surprising. The 2A cushioning system is more effective than might be predicted, providing a very comfortable and stable ride, thanks to the combination last. The forefoot is equally cushioned, but due to the articulated design of the midsole/outsole, amazingly flexible. The sensation is one of lightness and security. The sole has a good combination of durability and traction, and the upper is snug and secure. The Silva Trainer deserves a serious look.

Replicate

Price: \$65

Color: Navy/White

Weight: 10.2 oz. Men - 8.5 oz. Women

Last: Slightly curved, slip lasted

Outstanding Features: Nylon and synthetic leather upper; CM-EVA midsole with 2A cushioning in heel, and carbon rubber outersole.

Road Test: The most noticeable aspect of the Replicate, when first trying it on, is how light it feels. It looks as though the thick slab of EVA would make it feel heavier, instead it gives it a very cushioned feeling. The slip lasting makes it extremely flexible, perhaps sacrificing a bit of stability, but providing plenty of bounce. After a few preliminary footplants, the ride is quite predictable; well cushioned feel, especially in the heel, coupled with unhindered toe-off.

Mizuno

Stratus

Price: \$80

Color: White/Blue

Weight: 11 oz. Men

Last: Slightly curved, combination lasted.

Outstanding Features: Mesh with synthetic leather trim, and optional lacing loops; CM-EVA with modified DFC in heel, and multi surface traction, hard carbon rubber outersole.

Road Test: The Stratus has a light well cushioned ride, it is named for a cloud, after all. The DFC device effectively curbs motion, without adding bulk or getting in the way. This is an ideal shoe for someone seeking a little control in a lightweight package.

Discovery

Price: \$85

Color: White/Navy/Aqua

Weight: 11.5 oz. Men

Last: Slightly curved, slip lasted.

Outstanding Features: Mesh with synthetic leather trim, optional lacing loops, and F3 foam; CM-EVA with DFC and multi surface tread, hard, carbon rubber outersole.

Road Test: Designed as a stable well cushioned shoe, the Discovery is just that. A pleasant discovery. The customized fit of the F3 foam enhances the comfort of the ride. The sole is very durable, and the ride is well cushioned. You may discover it to be easy on the joints, muscles, and connective tissue.

New Balance

800 AT

Price: \$80

Color: Buckskin/Black/Red

Weight: 13 oz. Men - 11 oz. Women

Last: Semi-straight, slip lasted

Outstanding Features: Mesh and synthetic leather upper with plastic lace grommets; CM-EVA with Abzorb pad in heel, trail lugged carbon rubber outersole.

Road Test: The 800 AT is an all terrain model which will take you from roads to trails and back. The ride is well-cushioned, stable and comfort-

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Outstanding Features: Mesh and synthetic leather upper with optional, securing, lace loop; CM-EVA with Rollbar and Abzorb in midsole and XAR-3000 outersole.

Road Test: The update to the 850 keeps the benefits of the old with some improvements. The ride of the 850 : good cushioning, stable motion control, and secure fit are all maintained. The Abzorb pad has been enhanced in the forefoot to provide better cushioning up front. The 851 is durable and comfortable with effective motion control.

Honorable Mention: The 502 fills the niche of a mid-priced lightweight trainer. The styling of the upper coincides with a shift to more dynamic looking New Balance shoes, to go along with the performance and durability they were already known for.

Nike

Air Max Lite III

Price: \$125

Color: Gray/Black/Teal/Blue

Weight: 12.2 oz. Men - 10.3 oz. Women

Last: Semi-curved, slip lasted.

Outstanding Features: Mesh and synthetic leather upper with reflective, supportive webbing straps, and round core, covered laces; Air Max dual pressure air sole heel, and Zoom Air forefoot, with Sculpted Phylon; Duralon forefoot outersole and carbon rubber heel.

Road Test: Nike's aim with the Air Max Lite III was to not only make a shoe which had the Air Max ride, though lighter than the Air Max, but to make a truly lightweight trainer with the ride of the Air Max. They have succeeded. The cushioning is superior, the weight, truly light. You will feel fast in this shoe, and avoid the beating you might otherwise take on the roads. Speedwork and tempo runs will be "just the ticket," as will longer races in the Air Max Lite III.

Air Terra Humara

Price: \$95

Color: Gray/Black/Blue/Orange

Weight: 14 oz. Men - 11.2 oz. Women

Last: Slightly curved, Strobal stitched last.

Outstanding Features: Mesh and synthetic leather upper with high abrasion materials front and rear, as well as the foxin.; wrapped Phylon midsole with large volume Air unit in heel, Zoom Air in forefoot. Fabric web to prevent stone bruises.; aggressive multi-directional studded outersole for durability and traction.

Road Test: The trail bug has bitten more and more runners each season. Nike has thrown its efforts into producing a shoe which will bite back. The ride, traction, fit and performance, are impressive. The aggressive grip and cushioning protect the runner from the trail, with an upper that fits snugly, while allowing breathability and rapid drying. The emphasis on a running shoe which can handle trails is apparent, as the Humara has a comfortable ride on pavement as well. You'll be on your way off-road when the trail bug bites.

Honorable Mention: The Triax series shoes are metamorphosed for spring. The features have been preserved, and improved where better materials have become available. Most notable? The fit and ride of the Structure and Skylon.

Puma

Cell Speed

Price: \$100

Color: White/Blue

Weight: 15 oz. Men - 12.5 oz. Women

Last: Slightly curved Strobal stitched last.

Outstanding Features: Mesh and synthetic leather upper with abundant reflective trim, and supportive, orthotic-like sockliner; minimal sculpted polyurethane midsole with exposed Cell technology predominating the midsole; solid carbon rubber heel with perforated carbon rubber in the forefoot, exposing the underlying Cells.

Road Test: The Cell speed is aimed at the runner seeking a stable, well cushioned ride. It is not coincidental that this is the way the shoe

performs. The orthotic-like support of the insole combines nicely with the cushioning of the exposed Cells to provide a supportive, cushioned ride.

Control II

Price: \$75

Color: White/Patriot Blue/Lime

Weight: 11.7 oz. Men

Last: Straight, combination lasted

Outstanding Features: Mesh and synthetic leather upper with reflective trim and stabilizing strap under arch; removable, pre-molded, firm heel/arch cradle sockliner; dual density CM-EVA with Trinomic cushioning in the heel; EverTrack carbon rubber outersole.

Road Test: What is better than a truly new and improved product? The Control II builds on the strengths and successes of the Control. The well cushioned ride is maintained from the original, as is the control of the straight, combination last. The extra support of the strap under the arch allows a snug fit. Good performance, lightweight, attractive price. What are you waiting for?

Honorable Mention: The Horizon is a new stability shoe from Puma which looks like a good bargain. The features which many prefer; stability (large medial post), cushioning (Trinomic cells), durability, and affordability (\$65) are all there. What more do you need?

Reebok

Run DMX

Price: \$110

Color: Gray/Green/White

Weight: 13 oz. Men - 11 oz. Women

Last: Slightly curved, Strobal stitched last.

Outstanding Features: Spandex tongue and vamp with synthetic and mesh upper trimmed with reflective piping; CM-EVA with DMX active air transfer cushioning system and high sidewall EVA to cup heel; high traction crystal rubber outersole for visible DMX.

Road Test: The designers at Reebok have created a shoe to turn heads. Let me describe the ride in three words; cushion, cushion, cushion. The Run DMX utilizes an improved version of the cushioning technology they have used the past several seasons in their walking shoes, for running. The snug fit and good traction enhance the ride and allow a feeling of security on the run.

Virago ST

Price: \$85

Color: Blue/White/Red/Black

Weight: 12.5 oz. Men - 9.7 oz. Women

Last: Slightly curved, slip lasted

Outstanding Features: Triple mesh upper with synthetic leather, Gilley lacing and reflective trim; Ultra Hexalite in dual density CM-EVA with medial TPU and carbon rubber outersole.

Road Test: The Virago ST provides a well-cushioned ride for the runner who needs the stability of a motion control shoe. The TPU device and medial post are effective motion controllers. The ride is well-cushioned by the soft EVA, and the slip lasting offers good flexibility.

Honorable Mention: The Interval II is replacing the Interval. Reebok is listening. This seems obvious because the best features of the Interval are still there, while new improvements have been incorporated to the midsole, both lightening and improving cushioning in the shoe. When you take a good shoe and make it better ... well, that's what it's all about, isn't it?

Rykä

10K Lite

Price: \$70

Color: White/Black/Yellow

Weight: 11 oz. Women

Last: Slightly curved, Strobal stitched last.

Outstanding Features: Mesh and synthetic leather upper with Gilley lacing system, and well padded Nitrocel sockliner; CM-EVA midsole with Nitrogen cushioning system in heel; two part outersole, Indy 500 heel, blown rubber forefoot.

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Road Test: The Nitrogen system really gives a smooth ride. The nicely curved shape of the shoe gives a fast feel to this good little lightweight model. Good cushioning, good flexibility. If you are a neutral runner looking for a shoe with understated extras, lady, take a close look at the 10k Lite.

10K Stability

Price: \$75

Color: Navy/White/Gold

Weight: 12.5 oz. Men - 9.7 oz. Women

Last: Semi-straight, Strobal stitched last.

Outstanding Features: Mesh and synthetic leather upper with reflective trim and Gilley lacing system; double density CM-EVA with Nitrogen cushioning and medial stability bridge; Indy 500 Plus outersole.

Road Test: The 10k Stability is reinforced like a tank. This shoe is a legitimate MOTION CONTROL shoe. The CM-EVA on the lateral side is nicely cushioned, but the medial side is designed to prevent over-pronation before it can even think about getting started. The limited choices of good motion control shoes for women make this entry from Rykå all the more appealing.

Honorable Mention: The third shoe in the line is the 10K Fit. It fills the bill for women looking for a stable, well cushioned, durable, daily trainer. Rykå has arrived with a nice trio of shoes. They really look good, and perform well. How about a women's size 13 D?

Saucony

GRID Procyon

Price: \$85

Color: White/Blue/Black/Orange

Weight: 13 oz. Men - 11 oz. Women

Last: Slightly curved, slip lasted

Outstanding Features: Mesh upper with synthetic leather and reflective trim; full-length sculpted PU midsole with GRID matrix in the heel. Carbon rubber outersole.

Road Test: The Procyon is newly updated for '97, and the ride is stellar. I suppose that is to be expected from a shoe named after a constellation. The midsole gives a stable, firm, cushioned ride. The upper provides a secure, nicely padded fit, with multiple lacing options to choose from. The polyurethane midsole is durable and responsive, especially for those runners not possessing ectomorphic characteristics or proportions. Looking for a long lasting, firm, stable, durable trainer? Include the Procyon in your search.

GRID Jazz

Price: \$85

Color: White/Teal/Royal

Weight: 12.5 oz. Men - 9.7 oz. Women

Last: Slightly curved, slip lasted.

Outstanding Features: Mesh upper with synthetic leather and reflective tri; CM-EVA midsole with GRID matrix in the heel; carbon rubber, triangular lugged, outersole.

Road Test: Then Jazz has carried over from last year with new colors, and it seems to

perform just like the 1996 GRID Jazz. It still has the stable, well-cushioned ride which gained it favor as a preferred mid-priced trainer. This is good news to Jazz fans, as the fit and features they have come to love are still available.

Glossary

Abzorb: Visco-elastic (elastomer) polymer pads to absorb shock (New Balance).

adiPRENE: Special process, compressed EVA foam insert (adidas).

AHAR: ASICS High Abrasion Rubber.

Air: Pressurized air pads (some with varied air pressure) to absorb shock of impact (Nike).

CCB: Device which causes the shoe to return to a stable base, after allowing the foot to twist in its natural movement, during the gait cycle (Diadora).

CM-EVA: Compression molded ethylene vinyl acetate foam.

Cell: Hexagonal polyurethane cells of varying size with various amounts of CM-EVA or PU foam for support, with a slower rate of compression or breakdown than foam (Puma).

DFC: Dynamic Foot Contour. Device to support foot while preventing over-pronation (Mizuno).

DMX: Connected air bladders which exchange air from one end of the system to the other, and back, on impact (Reebok).

Diagonal Rollbar: TPU device to prevent over-pronation (Brooks).

Double Action: Visco-elastic (elastomer) polymer pads which absorb shock and return energy (Diadora).

DuoMax: Denser CM-EVA, for pronation control (ASICS).

DuoSole: High traction and durability, segmented outsole for forefoot (ASICS).

Duralon: Durable rubber compound (Nike).

Duratech: High durability rubber (Diadora).

Everdure: High abrasion rubber (Etonic).

EverTrack: High abrasion rubber (Puma).

F1 foam: Resilient cushioning foam, used in heel of sockliners (Mizuno).

F3 foam: Form fitting foam used to improve fit of heel and tongue (Mizuno).

GEL: Encapsulated, semi-solid silicon gel (ASICS).

GRID: Matrix of synthetic strands to absorb shock, like a tennis racquet absorbs and releases shock from a ball (Saucony).

Groove Technology: Incorporation of a full length groove in the sole, which causes the shoe to return to a stable base, after allowing the foot to twist in its natural movement, during the gait cycle (Mizuno).

HPR: High performance rubber (Brooks).

Hexalite: Lightweight hexagonal cells encapsulated within the CM-EVA which absorb shock, with a slower rate of breakdown than foam (Reebok).

Hitel: Stabilizing thermoplastic, used to reinforce sockliner (Diadora).

Hydroflow: Divided chamber filled with liquid silicon to flow from chamber to chamber under pressure of impact (Brooks).

Indy 500: High abrasion rubber (Rykå).

Medial Post: Denser CM-EVA foam on the inside edge of the shoe to curb pronation.

Microflex: High traction rubber (adidas).

Nitrogen Cushioning System: Use of nitrogen impregnated rubber foam above the CM-EVA to absorb shock (Rykå).

PU: Polyurethane foam.

Phylon: Lightweight CM-EVA (Nike).

Rollbar: TPU device to prevent over-pronation (New Balance).

Stable Air: Air filled pads which absorb and deflect the shock of impact (Etonic).

TPU: Thermoplastic Urethane device to prevent over-pronation.

Torsion: Device which causes the shoe to return to a stable base, after allowing the foot to twist in its natural movement, during the gait cycle (adidas).

Trusstic System: Device which causes the shoe to return to a stable base, after allowing the foot to twist in its natural movement, during the gait cycle (ASICS).

2A: Visco-elastic (elastomer) polymer units which absorb shock (Pila).

XAR-3000: High abrasion rubber (New Balance).

Zoom Air: Very thin air filled cushions for forefoot or thin soled shoes (Nike).

Facts

- All shoes were tested by experienced, competitive runners, to match the biomechanical purpose of each model of shoe.
- All wear testers submitted to foot examinations by Mark Miller, D.P.M., an experienced podiatrist and competitive runner. He examined foot type, foot joint motion, and gait analysis.
- Some shoes come in a wider variety of colors than we have room to include.
- Shoe weights are based on Men's size 9 and Women's size 7.

Cregg Weinmann is the Editor and Publisher of Running ShoesLetter, a monthly publication about running shoes, runners, and the shoe business. He is a competitive runner, currently in his 32nd year of active participation. He has closely followed shoe development for more than 25 years.

You can reach Cregg with comments or questions at his e-mail address: shuz2run@lightspeed.net, or his fax number: (805) 872-1233.

For a three month trial subscription to Cregg's newsletter, send a check for \$5, and the name of this publication to: Running ShoesLetter, 2416 Kayoming Way, Bakersfield, CA 93306



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COURSES: Feature rolling hills; A very scenic route! (See website for map and latest information)

Participants qualify for cash awards, medals and trophies based on finishing times in age groups. The pre-race Pasta Feed, included with your entry fee, will be Saturday, May 31, 1997, 6:00 PM to 8:00 PM at Boomtown Hotel & Casino. Awards ceremony, entertainment and food will follow the events.

Finish line by Race Central.

Packet pickup and late registration: Boomtown Hotel & Casino, 9:00 AM - 8:00 PM, May 31. On race day: 6:00 AM - 7:30 AM at the Finish Line. For Boomtown Hotel Reservations (limited rooms available), call 1-800-648-3790. Mention the race.

HOT LINE — (702) 688-3926 WEBSITE — <http://users.intercomm.com/bethj>

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ENTRY FORM IF APPLICABLE: USATF CLUB NAME _____ USATF # _____

First Name: _____ MI: _____ Last Name: _____

Street Address: _____ City/State: _____ Zip Code: _____

M F Age on Race Day: _____ Evening Phone #: (_____) T-SHIRT: S M L XL

(All registered participants will receive a T-Shirt. Extra shirts may be purchased for \$8.00 each.)

ENTRY FEE (non-refundable) Please check your chosen event:
15K Run: \$20.00 () 15K Relay: \$15.00 () 5K Run: \$15.00 () 5K Walk: \$15.00 () Kirby Kaper \$ 8.00 ()

Fees must be mailed and postmarked no later than 5:00 PM May 1, 1997, to avoid a late fee. After May 1, add a late charge of \$5.00. Do not mail entries after May 24.

EXTRA DINNER TICKETS will be available at the door: \$8.00 Adults \$5.00 Children under 10.

MY CHOSEN EVENT _____ TOTAL ENCLOSED: US \$ _____ (15K Relay entries must be mailed together.)

Make Checks Payable and Mail to:

RENO AIR CHAMPIONSHIP RUN
13235 FELLOWSHIP WAY
RENO NV 89511

RACE DAY REGISTRATION: \$10.00 late fee for all events applies if you register at the Finish Line from 6:00 AM to 7:45 AM the morning of the race.

RULES: 15K Championship Event: Pacific Association/USATF Championship for all divisions, men and women. Award winners must be Pacific USATF members; prize money of \$3,050 is awarded to Pacific USATF residents only. Other cash prizes available to non-USATF runners. Medals awarded to top three men and women finishers in 12 age brackets: 15-19, 20-24, ... through 70 plus. Half Marathon and 5K Run prizes will be awarded in seven age brackets: 12 and under, 13-19, 20-29, ... through 60 plus. 5K Walk has three age divisions: 29 and under, 30-49 and 50 plus. (Shuttle service to 5K Start and Relay Points will be furnished.) All races have categories for men and women. Relay teams will compete against other age/sex-normed teams. Teams may be same-sex or mixed. See website for details.

RELEASE FORM: In consideration of this entry I hereby for myself, my heirs, executors and administrators, waive any and all claims I may have for damages against Reno Air, Inc, its representatives, agents, officers and affiliated companies, The Silver State Striders, MDA, Boomtown Hotel & Casino, Washoe County, Washoe County School District, The State of Nevada, Union Pacific Railroad, all sponsors and individuals associated with the event, their representatives, successors and assigns for any and all injuries suffered by me in connection with this event, including pre- and post-race activities. I am aware that running and/or walking an event may be dangerous, and I must be in good health and physical condition to participate. Therefore, I hereby attest and verify that I am physically fit and able to participate in the chosen event.

SIGNATURE _____ DATE: _____
(If under 18, Parent's or Legal Guardian's Signature)

HISTORY OF THE SAN FRANCISCO MARATHON

Part I: The Golden Gate Park Years, 1977-1981

By Barry Spitz

The mid-1970's saw the running boom at its peak; it seemed as if everybody was jogging and racing. Jim Fixx' *The Complete Book of Running* rose to the top of the national best-seller lists. The New York Marathon moved out of Central Park onto the streets of the city, igniting a national mania for urban 26-milers. In San Francisco, entries for the venerable Bay to Breakers Race, as low as 25 in 1963, soared above 5,000 in 1975 and over 8,000 in '76.

San Francisco certainly seemed ready for a major marathon, and Jim Scannell played the lead role in organizing it. He was assisted by several members of his family-oriented running club, the Pamakids. Only scant thought was given to a city-wide course; San Francisco was considered too hilly and there were permit problems aplenty just with staying in the city's sparsely populated western fringe. Indeed, cancellation and course change threats loomed right until race morning.

But the maiden San Francisco Marathon did come off, on July 10, 1977. The July date was an inspiration. San Francisco, with its notorious summer fog, is the only North American city that could "guarantee" cool weather for a summer marathon. But, ironically, warm conditions prevailed for the first race.

The auto-free course started and ended in Golden Gate Park. It included a long jaunt south on the Great Highway, a circuit of Lake Merced, a return on the Great Highway, and a finish inside the Polo Field. There were just over 1,000 official starters, all wearing handwritten, hand-cut entry numbers. There would be 841 finishers.

Athol Barton, a New Zealander living in Reno, took the lead at the six-mile mark, then pulled steadily away. He won handily in 2:24:59. The battles for the next spots were more competitive. Les Myers, out of San Diego, broke from the chase pack to finish second in 2:27:46. Bob Cooper, a future editor of *Running Times* magazine, was third in 2:28:29. Daryl Zapata, later to become one of the most respected coaches in Northern California, was next in 2:28:54. Bill Clark, second in the 1968 Boston Marathon, was fifth in 2:29:14. Pete Flores, now a top master, was sixth in 2:30:12. And Gary Goettlmann, future owner of the runners' haven Ryan's Sports, took seventh in 2:31:44.

There were other now-familiar names among the 111 men who broke three hours. Marty Post, *Runner's World* magazine statistician, was 48th in 2:51:48. Kees Tuinzing and Gordon Stewart, co-founders of *The Schedule* magazine, finished together in 2:55:52. Jay Helgerson, who would become



photo by Ken Lee

John Moreno on his way to winning the 1979 San Francisco Marathon

the first person to run a marathon-a-week for a full year, ran 2:59:14.

Ulrich Kaempf led ten sub-three-hour masters in 2:42:46.

Tena Anex (later Harms, after marrying top runner Peanut Harms) took three minutes off her previous best to win the women's title in 2:53:20. She was the 59th finisher overall. Penny DeMoss, who had been eighth at Boston three months earlier, was the only other woman under three hours, in 2:57:33. Patricia Cutler was a distant third in 3:09:15.

Dr. Joan Ullyot, soon to write a landmark book on women's running, was fifth in 3:17:10. Ruth Anderson, one of the pioneers of American masters running, was sixth (and first over-40) in 3:19:11. Race director Scannell's wife Karen, soon to set several national masters records of her own, finished in 3:28:25.

The success of the first San Francisco Marathon led to a dramatic rise in entries for the second edition, on July 9, 1978. Unfortunately, this surge—the number of finishers nearly tripled, to 2,281—created some of the worst problems ever encountered in a major marathon. Water stations were depleted by the time middle-of-the packers arrived. This

writer vividly recalls joining others in scraping moist green algae out of an empty water barrel! Army re-supply vehicles called in from the Presidio saved the day. Just as bad was the backed-up finish line; exhausted runners had to push and shove to turn in their tags.

Up front, Steve Palladino and Athol Barton battled through 20 miles before the defending champion dropped out with leg cramps. Palladino, like Barton now a successful master competitor, cruised in first with a course record 2:21:15. Runners-up Mark Sisson (2:22:17) and Victor Cary (2:22:44) also bested the old mark.

Ron Nabers, soon to win the nation's first professional, prize-purse marathon (Jordache), was fifth. Ulrich Kaempf again was lead master, improving to 2:35:42. Forty-three runners broke 2:40, 112 cracked 2:50, and 302 were under three hours.

Sue Petersen, out of Laguna Beach, ran a personal best, and course record, 2:50:14 to pace all women. Judy Gumbs Leydig, 11th in the 1976 Boston Marathon, was runner-up in 2:53:42. Carol Young (2:54:15) and Penny DeMoss (2:55:25) were the only other sub-three women. Lyn Levy claimed masters honors with her 3:08:09.

The problems with the '78 race led to a formal Pamakid Runners takeover of the marathon, with Scott Thomason installed as new race director. Thomason would become the figure most closely associated with the San Francisco Marathon, guiding it to an all-City course, then presiding over its peak 1980's years of growth and prominence.

The Marathon also faced several new San Francisco rivals in 1979, including the YMCA Golden Gate Marathon (which started in the City, then crossed the Golden Gate Bridge to a finish in Marin County), and the Mayor's Cup Marathon. There were also other new nearby suburban marathons, such as Paul Masson and Pacific Sun.

But the San Francisco Marathon remained the pre-eminent 26.2-miler in Northern California. The smoothly staged third edition was held on July 8, 1979. Pacifica's 24-year-old John Moreno, who would remain for years among the best distance runners in the State, proved that marathoning in San Francisco need not be all that slow with his winning 2:18:54. Leonard Hill (2:21:16) and Dave Smith (2:22:13) were the nearest, albeit distant, pursuers. Kaempf made it three-for-three masters titles with his 2:36:18. In all, 62 runners dipped under 2:40 and 300 broke three hours.

Carol Young moved up two places from the previous year to win the women's title in a personal record 2:49:46. The defending champion, Sue Petersen, was now second in 2:55:26. Sandra Kiddy, a master soon to make her mark in the ultra-world, took third in 2:59:01.

In 1980 (July 13), Oregonian Joann Dahlkoetter broke the women's tape. Her 2:43:20 not only destroyed Young's course record, it was then the 19th fastest marathon ever by an American woman. Dahlkoetter now holds a doctorate in sports psychology, and practices in the Bay Area.

Heike Skaden, a Buffalo Chip a week shy of her 18th birthday, was runner-up in a sensational 2:49:44. It is still #2 on the all-time U.S. list for 17-year-olds on an unaided course, bettered only by the 2:46:57 Skaden had run four months earlier. Denise Bigelow was third in 3:00:17.

Patricia Whittingslow took home the masters trophy with her 3:07:29. Skaden's mom, Heidi, was fourth over-40 in 3:14:49.

The men's race also produced a new course record. Fresno's Tony Ramirez finally shook defending champion Moreno to win in 2:18:15. Moreno struggled in three minutes later. John Mansoor, now Executive Director of both the San Francisco Marathon and the Pacific Association/USATF, was next in 2:22:27. Mansoor and Heike Skaden later married.

Ron Nabers, who had won the maiden Mayor's Cup Marathon, was fourth in 2:22:55. Twelve seconds behind was Brian Maxwell, a Canadian Olympian and Cal coach who would go on to fame as the founder of PowerBar.

Jim Bowers was the masters champ in a race record 2:31:27. He was 19th overall. Four years later, Bowers set a U.S. age 45-plus marathon record of 2:21:32 that still stands. In all, there were 1,940 finishers.

The 1981 race (July 12) marked the end of the marathon's "Golden Gate Park era," and it went out in style with both the men's and women's records shattered. Hal Schulz, a recent Cal graduate and former member of the U.S. junior world cross country team, scorched a 2:15:17 on the rolling course. Jim Howard, who had won the Western States 100 Mile Endurance Run in record time just two weeks earlier, was a distant second in 2:19:24, after leading early.

Dennis O'Halloran (2:20:06) and Skip Brown (2:20:36) were next back to the Polo Field. In fifth place, in his debut marathon, was Paul Pilkington. A decade later, Pilkington would earn fame as the rabbit who "stole" a Los Angeles Marathon title.

The leading master was Tim Rostege in 2:35:12. Several years later, Rostege was videotaped cutting the new cross-city course, briefly clouding his otherwise brilliant career. Ulrich Kaempf, turned 50, won his division in 2:38:09.

Laurie Binder, newly arrived in the Bay Area and establishing herself as among the nation's very best marathoners, was the unchallenged women's winner in 2:38:04. Fourteen days earlier, Binder participated as a professional in the nation's first openly "over-the-table" prize money race, the pioneering Cascade Runoff, and was second American.

Eileen Claugus, 26 but still holder of the national prep mile record, was Binder's closest pursuer, crossing in 2:42:31. Karen Scannell, so closely tied to the race, was a brilliant third, as a master, in 2:52:48. Two other over-40's—Joan Ulyot and Sandra Kiddy—were among the nine women under three hours.

There were 2,270 finishers, within a whisker of the all-time high. All participation records would be smashed when the San Francisco Marathon moved to a new course, through the City, the following year.

The next issue will feature the San Francisco Marathon in the mid- to late 1980's, including the move to a city-wide course, the glory years of big crowds, big purses, and national prominence, Simeon Kigen's mind-boggling 2:10:17, then late-decade turmoil.

Barry Spitz is a Bay Area writer, a San Francisco Marathon finisher in 1978, and the race's finish line announcer ever since.

The San Francisco Marathon will be celebrating its 20th anniversary edition on Sunday, July 13, 1997!

Many special events are being planned to mark the occasion. One will be a presentation to the runners who have finished the race the most times. Has anyone out there run all 19? If you have, or missed only one or two, please write to John Mansoor, Race Director, 120 Ponderosa St., Folsom, CA 95630, or call him at (916) 983-4622.

For an application for this year's race, write or call San Francisco Marathon, c/o Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630, 916-983-4622.

The Low Mileage Marathon:

Almost anyone can finish a marathon... and have fun doing it!

by Jeff Galloway

To celebrate their 40th birthdays, Teresa and Jan (who had been good friends in college) went to dinner and gave one another a few tacky "over the hill" gifts. After two glasses of Chardonnay the conversation turned unexpectedly serious as they found themselves exchanging personal goals for the next 40 years. Jan confessed that only during the last year did she own up to the reality that the extra fat on her thighs wasn't going to come off by itself. Teresa, who like Jan had done no exercise in the past 10 years, revealed that heart disease and diabetes were an unfortunate part of the trunk on her family tree. Both decided to take action.

As they shifted thoughts to their husbands who had positively changed lifestyle habits during the past year by joining a low mileage, marathon training group, a light went on in each at the same time. Maybe they could show the world (and themselves) that they still "had it" by finishing a marathon. At first they laughed about themselves, "queens of the couch" doing the San Francisco Marathon or the California International Marathon. But as they talked through their common goals of a more positive mental attitude, better eating habits, and a vitality-giving exercise program, they made a pact to join the group and pull one another along.

Jan and Teresa (and their husbands) joined one of the greatest revolutions in US health history: lifestyle marathon fitness. More people are entering—and completing marathons—than at any time in history. The growth rate is surpassing almost every other form of exercise. Why? Here are the replies given by these former couch potatoes:

- * Training for a marathon commands respect from just about anyone.
- * The marathon goal scares them enough to get out there three times a week.
- * Regular exercise develops an appetite for healthier foods, to feel better.
- * A goal-oriented exercise program bestows a positive mental attitude in other areas.
- * Group support pulls them along and makes it FUN.

The Program

About 20 years ago, upon returning from the Olympic marathon trials, I designed a minimal program which average runners could use to enjoy the unequalled sense of accomplishment bestowed by finishing the classic 26.2 mile challenge. The lower mileage with days of rest between has reduced injury to almost zero.

Tues. & Thurs.: 30 min run

Sat. or Sun.: 30 min run, Gradually increasing long run
Long Runs (for the last 12 weeks of training)

First Time Marathoners:

Week # (length in miles of long* run)

1(2), 2(3), 3(4), 4(5), 5(6), 6(7), 7(8), 8(9), 9(10), 10(5), 11(12), 12(6), 13(14), 14(6), 15(16), 16(7), 17(18), 18(8), 19(8), 20(21), 21(8), 22(8), 23(24), 24(8), 25(8), 26(Marathon!)

Veterans (already running a long run of 9-12 mi.):

Week # (length in miles of long* run)

1(6), 2(15), 3(8), 4(18), 5(9), 6(22), 7(9), 8(9), 9(26), 10(9), 11(9), 12(Marathon!)

**To increase the long ones like this, run 2.5 min/mi slower than you could run that distance on that day.*

Walk Breaks

Jan and Teresa started with a group that was going to walk the Portland Marathon together. They gradually increased the length of their walks, as per the schedule. After a great experience in Portland, they decided to shift into the "fat-burning" segment of their marathon group and not only improved their time by 45 minutes in Sacramento—they lost 10 pounds apiece. They were hooked.

(continued on next page)

(continued from previous page)

You'll receive the same endurance conditioning from a slow 17 miler than from a fast one—but will recover much faster from the slow one. Run each long one at least 2 minutes per mile slower than you could run that distance on that day. Walk breaks (of 1-3 minutes) strategically placed every 3-8 minutes (from the beginning of the run), are the "miracle ingredient" allowing many older, heavier or couch-potato runners to do the long ones, recover fast, and avoid injuries.

Group Support

The other secret of success is the fun which erupts during the group long runs. Pick a marathon program which organizes groups according to fitness level. The primary mission of each group leader is to keep the pace slow during each long run so that a congenial bonding occurs. Lifelong friendships are forged in virtually every group, each year. Teresa admitted that there were numerous early morning risings when she would have turned over in bed, were it not for the group waiting for her. On those few oppressively hot summer runs, when she would have cut the run short (if she were running by herself), the group pulled her along. And while she was inspired by the inner strength shown by each member of the group, she was continually surprised to find herself rising to the challenges. Jan had such a great time training for and running the California International Marathon, that she continued with several members of her pace group, using the San Francisco Marathon as the next goal. She was hooked on a new lifestyle, and had lost 20 pounds along the way.

The Bottom Line

If you slow down on the long runs, you'll enjoy the training and the marathon, while receiving all of the endurance and fat burning from the distance covered. Slow long runs not only lead to more bonding with friends and a good attitude, they can be fun. Their group leader required each to bring to the session 4 items: 1) an energetic attitude, 2) at least one joke, 3) a juicy story, and 4) a controversial issue. Even the 26 mile training run was finished before hitting the wall. Time-goal runners discover that the slower pace helps to maintain leg muscle freshness, which can be carried into the marathon itself.

If you have fun, the rest will follow.

Note: Olympian Jeff Galloway has written the best-selling running book in North America, Galloway's Book On Running, and the most comprehensive book on marathon training ever, MARATHON!. For info on programs in the Bay Area, Sacramento, or other cities call 1-800-200-2771

FLASH! Cal 10 Top 10 Finishers*

Stockton, Calif., Feb. 23, 1997

Men:

- 1) Dave Scudamore 49:04
- 2) Rey Flores 50:57
- 3) Russell Hill 51:02
- 4) Jose Aispuro 51:40
- 5) Joseph Karnes 51:59
- 6) Brian Richter 52:31
- 7) Bret Kimple 52:53
- 8) Miguel Tibaduiza 52:58
- 9) Jeff Shaver 53:08
- 10) Lloyd Stephenson 53:33

Women:

- | | |
|------------------|---------|
| Linda Somers | 55:56 |
| Nathalie McMano | 1:01:24 |
| Tenaya Soderman | 1:01:32 |
| Laura Sanchez | 1:02:15 |
| Kristin Jacobs | 1:02:30 |
| Martha Perkins | 1:02:33 |
| Jennifer Devine | 1:02:38 |
| Christine Lincke | 1:03:01 |
| Alexandra Newman | 1:03:09 |
| Amanda Gerhardt | 1:03:10 |

*more results and story in the May/June issue of Pacific Athlete.

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Racing Shoes?

Make the Right Choice

By David Hannaford, DPM

Just about any runner can lower his or her race times by choosing the right racing shoe. And making the right shoe choice is a matter of finding the perfect compromise between minimal weight, maximum shock absorption, and maximum stability. The proportional importance of these three factors depends on the length and terrain of the race and the individual characteristics of the racer.

Common sense says that lighter shoes mean less weight for the legs to swing and therefore less work. This was actually proven in a scientific study performed at the Nike research facility. Researchers discovered that runners saved one percent (1%) in racing time for every 100 grams (about 3.5 ounces) of weight removed from their running shoes. This means that a runner could conceivably shave 24 seconds off a 40-minute 10 km time by using lighter-weight racing shoes. A typical size 9 training shoe weighs about 11 ounces and a typical racing flat about 7.5 ounces. That's a difference of 3.5 ounces which is enough to cause the one percent improvement. Most experienced runners will say that this one percent savings estimate is conservative.

Perhaps a more interesting finding from this research was that this time saving effect was greater at slower (7 minute/mile) racing speeds. Less benefit was noted as racing speed approached 5:30 per mile pace. This should encourage more "average" runners to consider the possible advantages of lighter-weight racing shoes.

So, what exactly are these racing "flats" and why do they allow you to run faster? First of all, they are called "flats" because they were originally spiked track shoes with the spikes removed (hence "flat"), so they could be used to run on the roads. Through the years, these racing flats have become much more sophisticated and specialized.

"Traditional" flats still have thin soles with minimal padding and support. Weighing as little as 5.5 ounces, traditional flats are used in short races by light-weight runners.

For longer races (10 km and over), and for average-weight runners, "modern" flats have been designed with better padding and a slightly elevated heel. Modern flats also incorporate shock absorption systems (air, gel, multi-density midsoles, etc.), similar to those found in training shoes, and several models can accommodate orthotics.

Both the traditional and the modern racing flats are designed for fast, light-weight runners who run with their weight forward, on the balls of their feet, and who have the strength and balance to accept the inherent instability of these specialized shoes. If you are a heavier runner or a strong heel stiker, or if you have not developed the strength and balance to tolerate racing flats, you should race in shoes with more support and padding. Remember that the intensity of your efforts during a race may increase the risk of injury from racing flats. Blisters, ankle sprains, bone bruises, tendon and knee injuries, even stress fractures can result from racing in the wrong shoes.

A runner could conceivably shave 24 seconds off a 40-minute 10 km by using lighter weight racing shoes.

A new shoe category has recently evolved, the "light-weight trainer," that promises significant weight reduction in a relatively stable shoe. At 9 ounces, these lightweight trainers are typically 2-3 ounces lighter than most training shoes (enough to achieve significant time improvement). Many are very stable with shock absorption systems, thicker soles, and a fuller cut for added support.

Experts agree that runners with structural foot problems (warning signs include excessive/uneven shoe wear, foot pains, weak ankles) should choose stable shoes that prevent side-to-side motion. Unstable shoes, no matter what their weight, not only increase the risk of injury, they can actually slow you down. When you force your feet and legs to work "incorrectly" in unstable shoes, you risk muscle strains and you work harder to remain stable.

Your muscles fatigue much faster resulting in slower running times.

Runners with extremely weak ankles or other foot injuries may be forced to wear their regular, stable training shoes for racing. However, they will probably run faster in their trainers than they would in lighter, but far less stable, shoes—and they may avoid injury.

The final factor in choosing racing shoes is terrain. Most races are held on paved streets but quite a few Northern California/Nevada events are on trails or dirt roads. These softer surfaces require less shock absorption in your racing shoes, but traction and stability become more important. There are racing flats and lightweight trainers designed specifically for trail running. They incorporate waffle soles, protective toe "bumpers," and thinner midsoles for extra stability on uneven surfaces. These shoes can significantly enhance your performance on the trails, and many models can also be used on the streets.

When you choose your racing shoes, be realistic. Choose shoes that fit both you and the type of races you enter. Don't fall victim to imitating the race winners. The flashy racing flats that they wear have been modified to increase stability and cushion. Many elite runners put lightweight wedges and inserts (custom-made by a sport podiatrist) in their racing flats to compensate for foot imbalances. And the top athletes often wear shoes custom made by their sponsoring shoe company.

Racing shoes can be a wonderful way to lower race times as long as you realize that they may pose a risk of injury. If running as fast as possible is your goal, get yourself a pair of racing flats. If you have had injuries or your feet are unstable, choose a light-weight trainer. If you have weak ankles or you run for fun rather than fast times, race in your stable training shoes. By following these guidelines, you may improve your race times—and you should be able to keep on running and racing without injury.

David Hannaford is owner of Hannaford Podiatry in San Rafael.

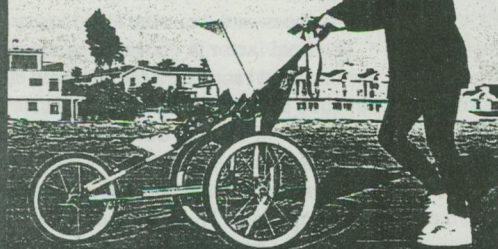
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Chryste Gaines: she's motivated by hard work.

by Paula Snow, USATF Media Info

At the 1992 NCAA Indoor meet, sprinter Chryste Gaines met her idol, Wilma Rudolph, the 1960 Olympic gold medalist in the 100 meters. While Gaines prepared for her event, the 55 meters, she and Rudolph talked a bit. Gaines hoped to improve on her fourth place finish from the year before. "Are you ready?" Rudolph asked.

"I'm as ready as I'll ever be," declared Gaines. "I'm going to be the best that I can." Then she won.

Rudolph, suitably impressed, said later, "I guess you were ready."

Gaines looks back now and says, "That's one of my fondest memories... being an athlete, and an admirer of hers. She was very inspirational. I do appreciate the people before me, and meeting them has helped me get an idea what I'm going to go through and what I'm going to need to go through it."

One of the things Gaines has had to get through is the knowledge that in the best shape of her life, she sped to a lightening-fast 10.96 for 100 meters at the Olympic Trials last year, but placed only fifth. "Running 10.96 wasn't too shabby," she says. "I was glad to run fast. You don't have an opportunity to run that fast and not win races very often. But, you know, it's the U. S. Trials, and we have the best sprinters in the world, so you have to deal with it."

One big consolation was that Gaines was selected to run the 4 X 100 relay in Atlanta, and her lead-off leg sparked a gold medal performance by the American foursome. "That was the high point," she says. "You can't really top that."

Still, Gaines deals with the disappointment of not competing in an individual event at the Games. "That was one thing I wanted to do," she says.

Her training for 1997 is geared at remedying that, and she is training with coach Remy Korchemny in central California with some big goals in mind. She says, "I want to be an individual World Champion in either the 100 or the 200. And I want a sub-10.90."

Gaines credits Korchemny with her gradual improvement since she left Stanford and the tutelage of the then-coach Brooks Johnson in 1992. "I had a couple of down years after graduating," she says. "It's hard to make the transition from collegiate athlete to elite. But I do think that working with Remy has made a lot of difference."

Not that there aren't occasional conflicts. "If you ask Remy, he would say that I'm coachable but I am extremely stubborn," admits Gaines. "We have to fight over our workouts because Remy's from Russia. When he was coaching there, there were a lot of other aspects that I don't have. I require rest, and he doesn't know a whole lot about rest. He has a

photo from USATF



Chryste Gaines

Ph.D. in physiology, and he knows statistically what rest is, but he doesn't know what rest is to the human body. Rest is the biggest thing we fight about."

Then there's the hurdles. Gaines has never raced them. Back in her days as a Stanford undergrad, when she would encounter a hurdle someone left in her way on the track, she would sometimes leap over it, prompting Johnson to yell, "You're going to be a hurdler!"

Now Korchemny has Gaines doing occasional barrier drills with hurdler Rhonda Colvin (a trials semifinalist). "He's trying to make me a hurdler," charges Gaines. "He's a hurdle coach, and we do so many drills, he says, 'I can see you hurdling in 2004.'

"I'm like, 'No, you can't.'

"and he says, 'Maybe that will be our event. Maybe we'll do the Gail Devers double.'

"I'm like, 'Maybe we won't.'"

For Gaines, the sprints have always been the thing. She started running in a summer track program sponsored by the YMCA. She won the Jesse Owens nationals in 1983; the meet was held in the Los Angeles Coliseum, and sparked her desire to be an Olympian. "From then on, I figured out if they could do it, I could do it," she says.

A superstar for powerful South Oak Cliff High School in Dallas, Gaines clocked 11.50 and 23.30 as a prep, competing in the Olympic Trials at age 17.

At Stanford, she overcame hamstring problems to improve every year, capping her career with NCAA victories, indoors and out, as a senior. While most of her success came in the 100 meters, she reveals that she actually prefers the longer sprint: "I came into college

injured, and the 100 was the easiest event for me to train for without putting a lot of stress on the hamstring. I'm hoping this year I can bring my 200 around to where it should be."

At Stanford, Gaines earned a degree in psychology, completing the pre-med requirements as well. After her competitive career is over, she anticipates pursuing psychology or medical school. For now, while she is training, she works at J. C. Penny.

Despite the gold medal, Gaines has yet to reach a high level of recognition with the American public. The situation doesn't distress her at all. "It gives me a mental edge," she says, "because I don't get involved in all the media hype. They usually hype up a couple of people, but they never say anything about me or a couple of other people. I like them to do that. That's just fine with me."

If the fame is going to come, figures Gaines, it's going to come. Hard work will make the difference, and that's what motivates her to keep practicing.

Chryste Gaines Career Highlights

PR's (outdoor):

100	10.96 '96 (10.90w '92)
200	22.81 '93 (22.63w '93)
LJ	19-2w '86

PR's (indoor):

50	6.26 '92
55	6.68 '92
60	7.15 '95
200	23.54 (alt.) '95
	23.67 (low alt.) '95

Some Major Meets

year	place	event
1987	2	USA Junior 100
1988	2h	USA Junior 200
	7qf	Olympic Trials
1989	1	USA Junior
	2	Pan Am. Junior 100
1991	3	NCAA 100
	2	Pan Am 100
1992	1	NCAA Indoor 55
	1	NCAA Indoor 100
	qf	Olympic Trials 200
1993	3h	USA Indoor 60
1994	3h	USA Indoor 200
	3	USA 200
1995	3	USA Indoor 60
	1	Pan Am 100
1996	5	Olympic Trials 100
	4	GP Final 100

Major Relays

1989	1	Pan Am Jr. 4X100
1991	3	Pan Am 4X100
1995	1	Pan Am 4X100
	1	World Cup 4X100
1996	1	Olympics 4X100

Ultra Standings

Through The Jed Smith 50 km

OPEN MEN (39 & Under)

Pl.	Name	Team	Total
1	Geoff Vaughn	Tamalpa	285
2	Ken Gregorich	E. Bay Str	244.8
3	Rick Simonsen	FFEDH	190.8
4	Jake Niebaum	Humboldt TC	162
5	Ken Cicinelli	Unatt	126.4
6	Eric Robinson	BAUR	125.2
7	Kevin Rumon	Unatt	89.6
8	Will Aarsheim	Unatt	89.2
9	Greg Nacco	Tamalpa	81.2
10	Bruce Mace	Tamalpa	72
11	Mike Gottardi	Chips	60
12	Damon Lease	Unatt	52
13	Jeff Teeters	E. Bay Str.	48
14	George Rehmet	BAUR	45.6
15	Brad Lael	Chips	40
16	Joe Green	Tamalpa	40
17	Kirk Boisseree	BAUR	38.4
18	Mark Romalia	Chips	38.4
19	Stan Wingate	Unatt	36
20	John Edgcomb	Tamalpa	36
21	Charles Ehm	Tamalpa	35.2
22	Dave Covey	Tamalpa	30.4
23	David Leipsic	Tamalpa	28
24	Greg Atchley	Silver State	26.4
25	Devlin Gardella	Unatt	24

OPEN WOMEN (39 & Under)

Pl.	Name	Team	Total
1	Rena Schumann	Unatt	246.4
2	Maryann Murphy	BAUR	193
3	Suzie Lister	BAUR	156
4	Suzanna Sandrock	Tamalpa	132
5	Lisa Macias	FFEDH	100
6	Marie Gonzales	FFEDH	89.6
7	Karen Brown	Tamalpa	60
8	Chrissy Duryea	Unatt	60
9	Kristina Irvin	Unatt	52
10	Michelle Holman	Tamalpa	50
11	Jane Baldwin	Tamalpa	43.2
12	Jodi Isaacs	Unatt	40
13	Jill Johnson	Tamalpa	36
14	Jennifer Devine	Chips	30
15	Chris Lyons	Tamalpa	28
16	Judy Shaffer	Unatt	24
17	Paity Grady	Unatt	24
18	Marjory St. John	Unatt	22
19	Pamela Neronha	Unatt	22
20	Linda McFadden	Unatt	18

MASTER MEN (40-49)

Pl.	Name	Team	Total
1	Joe Schieffer	E Bay Str	252
2	Mike Palmer	E Bay Str	180.8
3	Gary Neel	Tamalpa	168.8
4	Kevin Purcell	Tamalpa	139.2
5	Eric Ianacone	Chips	124.8
6	Mark Richtman	Tamalpa	120
7	David Kamp	BAUR	102.8
8	Rae Clark	Chips	100
9	Stan Jensen	BAUR	88.8
10	Paul Peterson	Unatt	85.6
11	Earl Looney	Tarahumara	74
12	Brian Purcell	Tamalpa	60
13	Michael Duncan	Excelsior RC	60
14	John Rhodes	Sil. State	53.4

15	Syl Pascale	Unatt	48
16	Herb Tanzer	Chips	48
17	Richard Pon	Unatt	47.2
18	B. Ambrozewicz	Unatt	44
19	Bob Lapanja	FFEDH	41
20	Ken Cox	Unatt.	38.4
21	Dan Hintz	Unatt	37.6
22	Jim Myers	Tamalpa	36.8
23	Bruce Aldrich	Chips	33.6
24	Todd Hayes	WVJS	32
25	Bill Hambrick	Chips	31.6
26	Tom O'Connell	BAUR	28
27	John Catts	Unatt	28
28	Don James	E Bay Str	26.4
29	George Staub	FFEDH	25
30	Dan Williams	E Bay Str	24
31	John Blecka	Tamalpa	20
32	Steven Patt	Unatt	19.2
33	Scott Borges	Unatt	18
34	Ray Scannell	FFEDH	16
35	Bill Mack	Unatt	16

MASTER WOMEN (40-49)

Pl.	Name	Team	Total
1	Leslie Mattingly-Vitale	Unatt	266
2	Renda Gail	FFEDH	260
3	Kathy Welch	FFEDH	228
4	Terry Cray	Sil. State	174.2
5	Joanie Mork	FFEDH	134.4
6	Toni Miller	Unatt	107.6
7	Lisa Felder	Impala	72.8
8	Pat Wellington	BAUR	70.6
9	Linda Parr	Unatt	60.4
10	F. Hanif-Weddle	Quicksil.	52
11	Jan Levett	FFEDH	50
12	Janet Rivard	Unatt	44
13	Debra Mayhew	Unatt	40
14	Janice O'Grady	Unatt	38.4
15	Christine Flaherty	Chips	36
16	Leslie Nacanisi	Impala	36
17	Jan Lambert	Unatt	35.2
18	Mary Weston	BAUR	34
19	Joan Risse	Unatt	33.6
20	Christine Iwahashi	Chips	30

SENIOR MEN (50-59)

Pl.	Name	Team	Total
1	Dana Gard	FFEDH	318
2	Wayne Miles	FFEDH	314
3	Dave Kim	BAUR	112
4	Ron Vertrees	Unatt	96.8
5	Roger Dellor	Unatt	89
6	Will Uher	Golden Bay	79.2
7	Peter Franks	Unatt	70.4
8	Tom Wright	Chips	60
9	Ron Dunlap	Unatt	54.8
10	Richard Bartel	Unatt	51.2
11	George Forman	E Bay Str	50
12	Tony Rossman	Unatt	48.4
13	Jim Drake	Chips	48
14	David Molina	Unatt	44
15	Richard Phelps	Unatt	43.2
16	Martin Jones	Ultramarin	40
17	Jack Burns	Tamalpa	40
18	Gene Weddle	Quicksil.	36
19	Doug Arnold	Chips	33.6
20	Doug Miller	Unatt	32
21	Bob Longwell	BAUR	24
22	Ralph Hirt	Unatt	24
23	Thomas Grossi	Unatt	22
24	Tim Carr	Unatt	20
25	Ken Young	Unatt	20
26	Malcom Scotchler	E Bay Str	18

SENIOR WOMEN (50-59)

Pl.	Name	Team	Total
1	Barbara Elia	Chips	241.6
2	Marge Dunlap	Unatt	224
3	Linda Elam	Sil. State	198
4	Shirley Church	BAUR	175
5	Lucinda Fisher	Unatt	134.8
6	Noel Relyea	Unatt	93.2
7	Jane Colman	Impala	81.6
8	Ann Grove	BAUR	72
9	Dina Kovash	Impala	66
10	Eldrith Gosney	Unatt	54.4
11	Marie Harmon	Unatt	40
12	Judy Shipman	Unatt	36
13	Elaine Koga	Impala	31

SUPER SENIOR MEN (60-69)

Pl.	Name	Team	Total
1	Mike Tselentis	BAUR	84
2	Dieter Walz	BAUR	54
3	Gard Leighton	FFEDH	36
4	Dwaine Batt	FFEDH	30
5	Richard Laine	WVJS	20
6	Dick Collins	BAUR	16
7	Wallace Rapozo	Unatt	15
8	Ken Takeuchi	Unatt	10

SUPER SENIOR WOMEN (60-69)

Pl.	Name	Team	Total
1	Juliane Scheberies	Unatt	55
2	Ruth Anderson	BAUR	30
3	Liese Rapozo	Uanatt	5

VETERAN MEN (70+)

Pl.	Name	Team	Total
1	Frank Rodriguez	BAUR	93
2	Dennis Egley	Unatt	46

VETERAN WOMEN (70+)

Pl.	Name	Team	Total
1	Po Adams	Chips	15

Bonus Points (10 points for course records, etc):
Mark Richtman - Skyline; Wayne Miles - Skyline,
Firetrails; Juliane Scheberies - Skyline; Suzie Lister
- Firetrails; Dennis Egley - Quad Dipsea

MENS TEAMS

Pl.	Name	Total
1	FFEDH	106.8
2	Tamalpa	101
3	E Bay Striders	98.4
4	BAUR	77.2
5	Buffalo Chips	7

WOMENS TEAMS

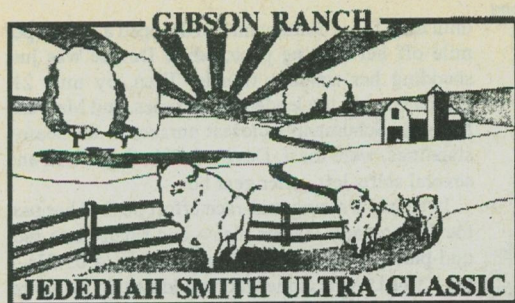
Pl.	Name	Total
1	FFEDH	103
2	BAUR	49.6
3	Impala	23
4	Tamalpa	20
5	Buffalo Chips	10

MIXED TEAMS

Pl.	Name	Total
1	BAUR	121.2
2	Tamalpa	42
3	FFEDH	30.6
3	Buffalo Chips	8

TOTAL CLUB POINTS

	Men	Women	Mix	Total	
1	BAUR	77.2	49.6	121.2	248
2	FFEDH	106.8	103	30.6	240.4
3	Tamalpa	101	20	42	163
4	E Bay Striders	98.4			98.4
5	Buffalo Chips	7	10	8	25
6	Impala		23		23



**Pacific Association
Ultra Grand Prix 50 km
50 Mile, and 30 km Sprint
Gibson Ranch County Park,
Elverta, Calif.
January 18, 1997**

by Hollis Lenderking

The eighth modern-course (Gibson Ranch) edition of the Jed Smith Ultra Classic lived up to its name despite itself. In a move hailed for its vision and success, race director Jim Drake added a sub-ultra race to the program last year, the 30 km event joining its big brethren 50 km and 50 Miler, thus creating a unique "crossover" stop on the PA's Ultra Grand Prix circuit.

A mainly sub-ultra crowd hauled away most of the 30 km goodies the first time around, but that did not spell subversion by the Easy Way Out. This year the ultra community held its biggest guns back for the low-mileage event, and ran off with most of the major prize slots.

First among unequals were homeboys Tom Johnson and Mike Gottardi, kicking off their midwinter recoveries with a one-two finish—Johnson in a course-record 1:52:36 and Gottardi a mere two minutes 16 seconds behind. Just five weeks before, the pair had finished one-four in the USATF (Sunmart) National 50-mile Trail Championship in Texas, Johnson in a masterly 5:40:35 record performance and Gottardi 18:11 to the rear.

1996 PA Female Ultrarunner of the Year Mo Bartley shared the women's laurels with triathlete Karen Johnson (both 41), the pair tying for eighth overall in 2:16:11, while part-time ultrarunner Bruce Aldrich took the men's masters title with his 1:59:20 for third place. Former masters ultra-standout Tom Wright, now 52, was second senior with his tenth place 2:17:09. And thus it was that the Jed Smith Ultra Classic legitimized its copyright, distance be damned.

The festival's centerpiece, however, remains the 50 km, now standing as a solitary oasis amidst the barren expanse of the Ultra Grand Prix

photo by Abe Underwood



Ken Young sets a 50 km 55-59 national age group record.

Thanksgiving-to-April schedule. As befits a venue where the race director himself set the standing American age-group (50-54) record for 48 hours—213 miles in 1990—the 50 km has hosted many rewrites of the record books, both world and American. That proud tradition continued this year.

Oakland's Joe Schieffer, 45, rolled into town with two objectives: (1) to pad his leading margin in the Masters Grand Prix standings; and (2), more urgently, to pick off the American age group road record (3:34:31). His 3:18:03 here last year gave him plenty of room for confidence, and he would use that room to reward himself with an unexpected entry in ultra annals.

Defending San Francisco Marathon champion Brad

Lael—last year's runner-up at this race—joined Firetrails 50-mile winner Ken Gregorich, second in the open standings, in shadowing Schieffer for the early 3.3-mile laps around Gibson Ranch's mostly paved roadway (with about one mile of dirt, wet and lumpy). "After the first couple of laps, I was slower than last year by about four minutes,"

Schieffer recalled, adding, "I was also working as hard as I should." The voice of experience whispered in his ear: he would not run as fast as last year, but, if he backed off now, he would still have a solid shot at holding steady for that American road record.

By ten miles, Lael could no longer bear the itch on his trigger feet, and slipped past Schieffer, lopping ten seconds off his early mile pace and holding steady in the 6:07 to 6:10 range almost to the marathon distance. From his 6:17/mile start, Schieffer found his niche at a 6:25 to 6:28 pace/mile through 20 miles. By then he could afford to droop and still keep his focus on the record book.

"Brad really disappeared and Ken couldn't stick," Schieffer lamented, "so I had to do all the work myself." But the ethic paid unforeseen dividends, as Schieffer sustained a sub-seven pace through the concluding laps and not only buried the road standard he'd been eyeing, but also clipped the more formidable, longer-standing 50 km track mark (3:25:28) of the legendary Bernd Heinrich, 16-year owner of the American 100 km road record that Johnson finally shredded at the '95 Worlds. That makes Schieffer, with his 3:24:24, the owner of the American 45-49 all-surface ratified record for 50 km.

"This is my year for the Grand Prix," said family-man and attorney Schieffer, heretofore mainly an ultra part-timer who dips often into the sub-ultra road-racing fray. Although unusual among western ultrarunners in his avowed preference for the roads, Schieffer has demonstrated a noteworthy versatility this season, especially with his recent masters victory over the most treacherous of local trail layouts, the Quadruple Dipsea. That makes consecutive Grand Prix division wins at a pair of events comparable only in distance; two courses could hardly be more dissimilar than the Quad and Jed.

Lael finally slumped on the penultimate lap—after timing a 2:42 marathon—touring the last 6.6 miles at a 6:35/mile clip to finish in 3:14:31. Lael will desist from the ultra circuit until after he defends his San Francisco Marathon crown in July. In the meantime, he will drop down for the 10 km track season in the spring and will demonstrate to his teammates the virtues of building your distance base early in the year.

Gregorich held on for third in 3:29:39, chipping away at open points leader Geoff Vaughan, sixth in 3:41:22, but still atop the Grand Prix by 40 points.



Joe Schieffer, on his way to a new national 50 km 45-49 M record at Jed Smith

(continued on next page)

(continued from previous page)

Schieffer did not hog the American record action to himself, as veteran ultrarunner Ken Young, 55, newly transplanted to PA territory (Folsom), notched another day in his fast-closing assault on the 10,000th-straight-running-day barrier. Few whose durability is the stuff of such legend can lay claim to time-based records, but that is what Young has now accomplished. He ran most of this race in the 7:05 to 7:15/mile range, fading only late and establishing a national age-group road standard of 3:51:10.

In the Grand Prix' ten-year age-group system, Young was outpaced by Dana Gard, 51, who rode his outstanding 3:47:37 (eighth overall) to the top of the senior heap, vaulting past arch-rival Wayne Miles, the season-to-date leader who finished just seconds behind Young at Jed Smith. The tightest race on the circuit now stands at Gard 318, Miles 314. This is fun.

The women's side of the competition responded to the male record-book-burning by featuring the ultrarunning debut of Jennifer Devine, at 25 joining the mere five of her predecessors who had sped under the four-hour standard at this event. Devine ran cross-country and track at Half Moon Bay High, whence she migrated southward to live among the Banana Slugs at UCSC and run for the Santa Cruz Track Club.

She caught the cross country bug with particular zeal during a year of hotly competitive university competition in England, where, she recalled, "They were expert at running messy courses." Indeed, the mental mix of strength and dexterity required for mud-belt cross-country conditions is perfect grooming for tomorrow's ultra runners, especially the trail dogs of the West.

After honing her marathon PR to a 2:59 at CIM, she was coaxed into the 50 km by her Buffalo Chip teammates and Jed Smith veterans Cindy Scott and Chris Iwahashi, the course record holder at 3:37:48 (1992). "I just wanted to stay with them," she spoke of her goal for the day. And they made it as easy for her as only veterans, both 41, can make it for a neophyte: "We started very slowly, letting several women take big leads. After three laps with Chris and Cindy," Devine related, "I started to pull away and pick people off."

After ten miles, she had exactly four heads to hunt as she slipped away from her teammates. First to topple was open division Grand Prix leader Rena Schumann, but even then Devine took her time wielding the axe. Down three minutes to Schumann after ten miles, Devine didn't reel her in

photo by Abe Underwood



Jennifer Devine finishes and wins The Jed Smith 50 km, feelin' good!

until mile 16, as Schumann had dropped a minute per mile off her starting pace, while Devine was just shedding her training wheels. Then, by mile 21, Emma Davies, the leader for 18 miles, and Maryann Murphy, Schumann's closest pursuer in the season standings, were toast. Devine had both the lead and several shifts left in her gear box.

Iwahashi's strong mid-race effort pushed her past the fading early leaders also—and finally into second-place overall and the masters title (4:09:21)—but it was Devine alone who would sustain the surge. With one minor (0:02) relapse, she ran each of the race's nine laps faster than the previous one—starting modestly at an 8:14/mile pace and finishing at 7:11. Of the comparative joys of ultrarunning, the novice-no-longer simply concluded, "I felt better at the finish than I did after CIM." If she continues to run that smartly, she will feel even better in no time.

With her third-place masters' finish behind Iwahashi and Scott (4:14:21), Renda Gail (4:26:07) took advantage of standings leader Leslie Mattingly-Vitale's absence to pounce within six points of her, 266 to 260, in the closest of the women's divisions.

An upset played itself out among the Senior women as Judy Shipman, 55, whose ultra debut took place here a year ago, led from start to finish over her vastly experienced competition, Linda Elam, 51, and Shirley Church, 55. Judy's 4:43:15 age-group win seemed to

shock this woman who started running 18 years ago just for weight loss. She had finished only one other ultra—the Skyline 50 km last August—and had DNF'd at American River last spring. "I don't know who the people are," she said almost apologetically, as if one were obliged to know one's rivals before one beats them. From now on, they are likely to know who Shipman is.

Once upon a time, before the weird idea began to fester that, in midwinter at least, maybe ultrarunners should be able to exercise an option to run less than 50 miles—maybe, someday, even less than an ultra—Jed Smith was a strictly 50-mile event. Now, with less than a third of the 50 km's field, the 50-miler seems almost an afterthought. However, while the swift went short this year, stiff competition attended both the men's race—won by Craig Cocchi, 31, in the event's only sub-seven-hour performance (6:58:57 to 48-year-old Daniel Martinis' 7:03:42)—and the women's, won by Jan Levet, 45, in 7:44:01 to Diane Kato's 7:48:25.

Jed Smith Pacific Association Ultra Grand Prix 50 km Top Finishers

pl.	name (age)	finish time						
1	Brad Lael (32)	3:14:31	26	Lee McKinley (35F)	4:12:39	51	George Parrott (53)	4:38:13
2	Joe Schieffer (45)	3:24:24	27	Maryann Murphy (32F)	4:13:00	52	Nancy March (49F)	4:38:52
3	Ken Gregorich (38)	3:29:39	28	Emma Davies (32F)	4:13:01	53	James Raia (41)	4:39:24
4	Jean-Paul Mazaud (45)	3:38:49	29	Ken Cicinelli (31)	4:13:01	54	Fred Kaiser (44)	4:40:35
5	George Staub (41)	3:39:18	30	Robin Rogerson (57)	4:13:23	55	Martha Jennings (32F)	4:43:00
6	Geoff Vaughan (32)	3:41:22	31	Bob Slate (42)	4:13:33	56	Judy Shipman (55F)	4:43:15
7	Greg Nacco (37)	3:41:22	32	Bill Hambrick (42)	4:13:48	57	Stephen Elliott (34)	4:44:13
8	Dana Gard (51)	3:47:37	33	Cindy Scott (41F)	4:14:24	58	Christopher Terrill (33)	4:44:29
9	Gary Neel (42)	3:49:06	34	Lisa Macias (32F)	4:18:43	59	John Caselli (44)	4:46:36
10	Roger Dellor (54)	3:50:17	35	Eric Robinson (28)	4:20:24	60	John Clark (54)	4:48:01
11	Charles Crompton (49)	3:50:38	36	Jeff Pettigrew (33)	4:20:26	61	Paul Rork (49)	4:48:31
12	Ken Young (55)	3:51:10	37	David Williams (43)	4:20:51	62	Ron Dunlap (57)	4:48:42
13	Wayne Miles (50)	3:51:50	38	Robert Lapanja (43)	4:21:01	63	Linda Elam (51F)	4:50:52
14	Mark Engemann (36)	3:52:02	39	Roger Dike 9(42)	4:21:30	64	Shirley Church (55F)	4:50:54
15	Scott Borges (44)	3:56:45	40	Rena Schumann (35F)	4:22:07	65	Daniel Brockman (31)	4:51:39
16	Dave Covey (35)	3:56:59	41	Renda Gail (42F)	4:26:21	66	Soraya Ludington (32F)	4:54:21
17	Tom Osman (26)	3:57:30	42	Early Looney (48)	4:27:43	67	John Danby (43)	4:54:59
18	Jennifer Devine (25F)	3:57:36	43	Ruben Gonzalez (28)	4:28:54	68	Dennis Scott (48)	4:55:18
19	Ray Scannell (47)	3:59:20	44	Marie Gonzales (35F)	4:30:30	69	Kathy Hamilton (46F)	4:56:06
20	Eric Ianacone (49)	4:03:50	45	Jerry Lile (38)	4:30:57	101	Jullane Scheberies (62F)	6:03:08
21	Christine Iwahashi (41F)	4:09:46	46	Tina Scalise (41F)	4:32:33	104	Ruth Anderson (67F)	6:14:49
22	Michael Hernandez (43)	4:10:03	47	Kathy Welch (43F)	4:34:25	110	Frank Rodriguez (71)	6:37:13
23	Wally Hesseltine (53)	4:10:52	48	Herb Tanimoto (48)	4:35:11	115	Wallace Rapozo (68)	6:47:44
24	Mike Palmer (43)	4:10:57	49	Joe Holmberg (56)	4:36:37	117	Liese Rapozo (69F)	7:12:20
25	David Kim (54)	4:10:57	50	Dan Koellen (39)	4:36:45	119	Po Adams (72F)	7:43:23

Dick Collins, In Memoriam

by Hollis Lenderking

On February 18, the Northern California ultrarunning community lost a major chunk of its soul, with the sudden death of Dick Collins at age 63. Dick passed away quietly at his family home in Oakland.

Born and raised in Oregon, Dick founded his own mechanical contracting company in San Francisco, while raising five children with his wife, Barbara. In 1975, at age 42, he graduated from a lifestyle of overwork and smoking to running; deer hunting, his previous avocation, was a natural link to ultrarunning, whose off-road emphasis was the sport's primary attraction to Dick.

He first completed the Western States 100 in 1979, and two years later earned the silver buckle with his 23:11 finish. In 1991, he was awarded his gold buckle for his tenth completion of the event. Upon the latter feat, Collins, who will always be cherished for both his self-effacing wit and his open-hearted sharing of hard-earned wisdom, reflected on his achievement thus: "I figure I have spent more time on the Western States trail during the race than anyone else, since most of my finishes have taken longer than just about anyone else."

Among his thousand-plus races of every description are counted over 200 ultras and over 200 marathons. Overall his finest outing was likely his 403-mile effort at the Gibson Ranch 6-day run in 1991 (age 57). But his greatest legacy to ultrarunning, as to his household, are the people he left behind: all of us who run in events sponsored by Bay Area Ultrarunners, which he co-founded in 1981, and in the pair of races he has directed since shortly after that—the Firetrails 50-mile in October, and the Ruth Anderson 100-km in April. Dick embodied everything that ultrarunners love about their sport—its camaraderie, its unpretentiousness, the bonding that comes naturally to those who share extreme rigor.

Dick always gave of himself to others, relishing the growth of the sport as he himself contributed so much to its nurture. Without ever preaching, he was—and remains—the model for ultrarunner etiquette.

He is truly The Legend.



1996 Ultra Review and Performance Rankings

by Hollis Lenderking

Hindsight is so much safer than prognostication. Who would have predicted, on New Year's Day 1996, that NBC would decree the toppling of track and field by gymnastics as the centerpiece sport of the Olympic Games? Yeah sure, and *Cigar Aficionado* will be the year's magazine overachiever.

But, looking back at 1995, one thing seemed pretty clear about our cozy little corner of the athletic world: in terms of individual achievements by a single USATF region's best ultrarunners, the year just completed would be a monster to match. And indeed, as we review the year just concluded, 1995 remains for now safely enshrined as the PA's untouchable moment atop American ultrarunning—the year Ann Trason nearly won Western States outright, and followed that with another 100 km world record (62 miles at 6:46/mi.), leading the American women to the world team championship (with Chrissy Duryea a scoring third with her outstanding 7:44:23); and the year Tom Johnson shattered the most venerable American ultra record with his 6:30:11 for the bronze medal at the worlds, after training partner Rich Hanna had earlier won the USATF title with his superb 6:42:09.

To be sure, Northern California retained its place atop American ultrarunning in 1996, just not as broadly or deeply as the year before. Trason and Johnson were again awarded USATF's Ruth Anderson and Ted Corbitt awards, respectively, as Female and Male Ultrarunners of the Year. In the space of 12 days and 10,000 miles, Trason won a very hilly Comrades Marathon in course-record time, and then claimed her eighth consecutive Western States crown. This burst of hyperactivity was sandwiched among fifty weeks of injury-plagued anxiety and intermittent spells of inconsistent training. Her explosive summer equinox was bracketed by a seven-week layoff during the winter preceding, and, in the winter following, by major surgery for a belatedly diagnosed ruptured hamstring and associated nerve damage, followed by six weeks in a cast. Other top PA women were hampered by a variety of circumstances both unlucky and self-inflicted: Suzie Lister was plagued by a destabilizing job change and recurrent strep throat, while newlywed Chrissy Duryea-Ferguson ran below her '95 form both mentally and physically.

For his part, Johnson registered a pair of headline-worthy marks at Comrades and at USATF's National 50-mile Trail Championship (Sunmart 50 in Texas), but he is characteristically more selective than our other elite competitors in setting his year's racing schedule. With Hanna injured and only just starting the long road back, Johnson didn't have as much depth of quality behind him as in '95. Still, the men's side of the elite performance ledger held up better than the women's, suggesting a "Five & Dime" structure for the 1996 ranking of the PA's best ultra performances: five picks for the women, ten for the men.

WOMEN

1. **Ann Trason**, Western States 100 mile
Her 18:57:36 triumph, just 12 days after Comrades, ranks with her greatest ever, just seven minutes out of second place overall.
2. **Trason**, Comrades (54 miles, 2,000, net ascent)
A course-record win (uphill direction) in 6:14:12 at the world's biggest and oldest ultra, with awards presented by Nelson Mandela.
3. **Chrissy Duryea-Ferguson**, Arkansas Traveler 100 Miler
Her 19:28:13 win (7th overall) was well off her course record, but sustained her victory string at the race she has impacted in much the same way as Trason has Western States.
4. **Mo Bartley** (41), Western States
A strong 22:07:26 for the third-place woman.
5. **Helen Klein** (74), Sunmart 50 km (USATF National Trail Championship) 6:54:25 over roots, rocks and risers for the world 70-74 record holder (5:44:04 on the road).

Honorable Mention: Trason

Survived two days of back talk from Errol Jones in Death Valley, while crewing for him during his successful completion of the Badwater 139 (Badwater to Whitney Portal, in July; see below "Honorable Mention").

MEN

1. **Tom Johnson**, Comrades Marathon (54 mi., 2,000 ft. net ascent)
Johnson, a downhill fiend, was just doing reconnaissance in 1996, taking his measure of a course that will reverse direction for '97, accommodating his strength. Still, he finished strongly for seventh overall in 5:41:57, just 12:24 behind the winning Ukrainian. By comparison, Alberto Salazar's 5:38:39 was good enough to win over the same layout in 1994.
2. **Johnson**, Sunmart 50 Miler (USATF National Trail Championship)
Blitzed the course in 5:40:35, blasting his own course record among the strongest field for any national ultra championship in 1996.
3. **Tim Twietmeyer**, Western States
Faster runners from every ultra nook and cranny continue to bury him early—and continue to implode later—as Twietmeyer's distinctive mastery of this event lies in neither his natural ability nor his training regimen. It's in his head. This time his body took 17:42:06 to get to Auburn, making him the first four-time male champion and the first to win three straight.
4. **Carl Andersen**, Quicksilver 50-Miler
A course-record 6:24:31 in broiling conditions over one of the toughest layouts in the Bay Area.

(continued on next page)

5. **Ray Piva** (70), Helen Klein 50-Miler
Another age-group world (road) record, in 7:48:58, for South San Francisco's supreme sausage-maker, still grinding the record books after all these years.
6. **Scott St. John**, Sierra Nevada Endurance Run (double-marathon)
A 7:19:43 win over the hilly (8,500 foot gross ascent) trail layout along the American River, just one week after his second-place at the USATF National 100 km (road) Championship in Duluth, where he led for 90 km before fading in the stretch, losing by 4:45. (St. John is a part-time, spring-summer PA resident who works fall-winter in St. George, Utah.)
7. **Rick Gillespie** (49-50), twelve 100-mile trail runs in nine months One facet of ultra-running is going, athletically speaking, where none has tread before. Gillespie, who ripened into the senior age group during the year, tested the limit and found it surmountable, in this case, by two—breaking a four-year-old standard of ten. Bracketed by a 21:21:10 (Rocky Raccoon in Texas) and a 32:28:47 (Wasatch), Gillespie averaged just under 27 hours (and 36th place) for his dirty dozen, not including Western States. Average body, great brain.
8. **Mike Gottardi**, Sunmart 50 Miler (USATF National Trail Championship).
His introduction to national-class competition was a rousing success, with a 5:58:46 for fourth place.
9. **Joe Braninburg** (51), Western States
The ageless wonder followed his tenth-place 20:55:26 from '95 with a ninth-place 20:37:29 last year.
10. a tie between: **Wayne Miles** (50), Firetrails 50 Miler
Dashed a long-standing age-group course-record over 7,000 feet ascent in the East Bay hills. and **Greg Nacco**, Quicksilver 50 km
A course record 3:44:03 in a historically competitive toughie.

Honorable Mention: **Errol Jones**, Badwater 139

Survived two days of being crewed by Ann "TLC" Trason to conquer the Badwater 139 in 42:56, fifth overall and first among the few Californians twisted enough to run through Death Valley in midsummer. "She was so sweet and gentle, it was like she spoon-fed me all the way to the finish," reflected a grateful Jones. While Race Director Ben Jones (no relation) keenly observed, "Heat was a major factor this year," Jones (no relation), when questioned about the ordeal's pain and suffering, replied, "Thanks to Ann, I never felt a thing."



World 1996 Update

by Hollis Lenderking

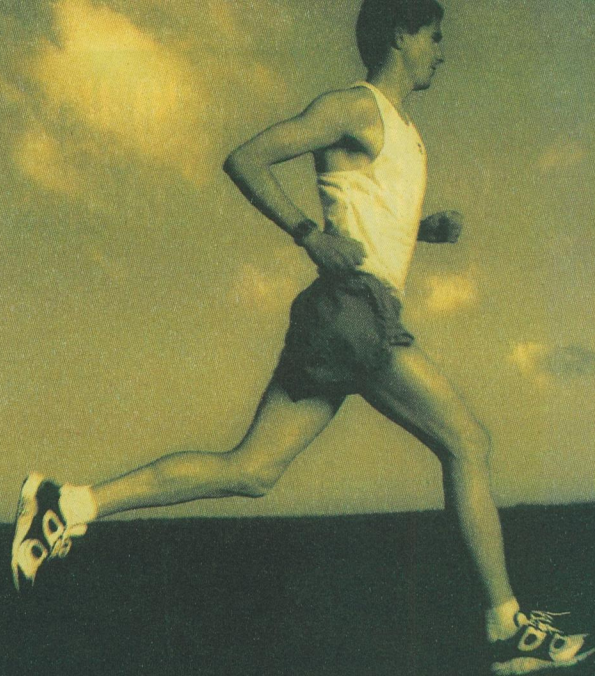
Noting, to be fair, that there is a huge perception gap between foreign and American ultra values—not to mention quite a range of dispute among Americans themselves—I should designate a quartet of astonishing international performances as the supreme accomplishments for 1996:

1. **Roland Vuilleminot** (50), European 100 km (road) Championships
The Frenchman, who, at 44, won the only world 100 km championship staged in the U.S. (in Duluth in 1990), became the first 50-year-old to break 7 hours over the distance. He did not run a 6:59, but instead recorded a still world-class open time of 6:43:33 for fifth place, good enough to win many continental 100 km's outright.
2. **Yiannis Kouros**, 24 Hour Track Run (Australia)
The Greek-Australian legend shattered his world standard by over four miles, recording 293.7 km (182.1 mi.) in often ankle-deep water due to heavy overnight rain.
3. **Yelena Siderenkova**, 24 Hour Track (indoor) Run (Moscow)
The Russian raised the women's 24-hour standard by almost three miles with her 248 km performance (154.1 mi.). At 29, she is alarmingly young for such a breakthrough performance at such a grueling event.
4. **Kouros**, 48 Hour Track Run (Surgeres, France)
By adding over a mile to his previous world best, Kouros—now with 293.75 miles—has raised the prospect of a 300/300 career move: 300 miles for 48 hours, 300 km for 24. Unthinkable for mere mortals.

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17. You are not a real runner until you run a marathon.
16. You always wanted to see a windmill in a big city.
15. You've always wondered how far 26 miles really is.
14. It will impress your friends.
13. You would like to stay in San Francisco at a discounted rate.
12. You heard so much about Haight Ashbury and you have been waiting all these years to exhale.
11. You've already run Boston, New York and Los Angeles.
10. You've heard that the San Francisco Marathon is all down hill... at least from the Golden Gate Bridge to Fishermen's Wharf.
9. You've always wanted to see how you look in a space blanket.
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7. You always wanted to see how well you could walk after running 26 miles.
6. The many volunteers waiting at Kezar Stadium would be disappointed if you didn't make it.
5. When you train for a marathon you get to eat all you want.
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