

PACIFIC *Athlete*



Pacific Association of USA Track & Field

May-June, 1997 • \$2.50

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



Chaniqua Ross

John Badovinac

Badovinac photo by Anne Chadwick Williams



Ross & Badovinac

PA throwers among top preps at CIF Championships, June 6-7 at Hughes Stadium in Sacramento

LDR Grand Prix

Cal 10

Houlihan's to Houlihan's 12 km

Run for Their Lives 8 km

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The Second Annual Fleet Feet Capitol Mile, a flat and fast mile race, is the Pacific Association of USA Track & Field Road Mile Championship.

Last year's race featured 400 entrants in nine heats. This year, more heats have been added for smooth timing and race management.

Date, Time and Place

- Sunday, June 29, starting at 8 a.m.
- Capitol Mall, 9th and N Streets, downtown Sacramento

Entry Fee

- \$13 For mail entries postmarked on or before Wednesday, June 18
 - \$16 For entries postmarked on or after Thursday, June 19 or race weekend
- Entry fee includes race memento and post-race refreshments.

Please register early to help seeding. Packets/Late Registration

- Pick-up race packets or register on:
 - Friday, June 27, Noon-7 p.m. Fleet Feet Sports, 2311 J Street, Sacramento
 - Saturday, June 28, 10 a.m. to 6 p.m. Fleet Feet Sports, 2311 J Street, Sacto.
- **Race Day:** Sunday, June 29, continuous from 7:30 a.m. at race site, 9th and Capitol Mall, Sacramento

USATF Membership Requirement

- Current USATF membership and PA residency (min. 90 days) is **required** to participate in the Grand Prix or to receive prize money (Western Region for walkers).
- Non-Grand Prix/prize money runners may run without USATF membership.
- USATF contact: Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630 (916) 983-4622



"Thanks for a great event...The course is superb! This was a fantastic race and we hope it really grows."

-Comments from runners after the 1996 race

Race Schedule, Sunday, June 29

7:30 a.m.	Registration and packet pick-up opens
8:15	Kids race, Boys/Girls 13 & under
8:30	Junior Girls/Boys ages 14-19
8:45	Men 60-over (super seniors, veterans)
9:00	Men 50-59 (senior)
9:15	Women 50-over (seniors, super seniors, veterans)
9:30	Women 40-49 (masters)
9:45	Youth Race Walk Girls/Boys (19-under/judged)**
10:05	Men 40 to 49 (masters) (2 heats)
10:25	Women Adult Race Walk (20-over/judged)*
10:40	Open Women 39 and under (2 heats)
11:05	Men Adult Race Walk (20-over/judged)*
11:20	Open Men 39 and under (2-3 heats, as needed)
Noon	Awards ceremony for open & masters, race walk,

*Race walk heats are judged for legal technique.

**Part of the PA Youth Race Walk Grand Prix

Flat and Fast Course

- Certified key-hole shaped course on the Capitol Mall (no. CA 96014PR)
- Splits every quarter mile

Directions to Race/Parking

- Follow signs from I-5 or Bus-80 to the Capitol. Race begins at 9th and N Streets.
- Limited street parking; many private lots a few blocks from race site.

Grand Prix Divisions

- Open (ages 39-under); Masters (40-49); Seniors (50-59), Super Seniors (60-69) and Veterans (70 & over)

\$2,600 Prize Purse

- Prize money winners must be Pacific USATF members and Association residents for 90+ days
- Men's and women's purse is equal:

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

* Race walk prize money provided by Fleet Feet Sports and Sierra Race Walkers.

Time Bonuses for Winners

- **New Balance Sub 4:00/4:30 Bonus:** \$500 total bonus for winning and breaking 4:00 (men) or 4:30 (women); \$250 total each if both marks are broken.
- **PowerBar Course Record Bonus:** Open men sub-4:06.41 • Women sub-4:43.59: \$150 (winners only) Masters: men sub-4:27.20 • Women sub-5:11.32: \$100 (winners only)

Division Awards

- New Balance shoes to first place finisher in each division.
- Division awards 3-10 deep based on number of entrants in division.

Contact for More Information

Doug Thurston, Race Director
DeBencik & Hensley Special Events
P.O. Box 388, Sacramento, CA 95812
Phone: (916) 443-6223 (days)
E-mail: thurston60@aol.com

Entry Form, Fleet Feet Capitol Mile, June 29, Sacramento

Thanks for printing neatly!

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

USATF NUMBER _____ USATF TEAM _____
Grand Prix runners please complete lines above. PA-USATF membership is required for Grand Prix points and prize money eligibility.

FIRST NAME _____ LAST NAME _____

ADDRESS _____ Apt. No. _____

CITY _____ STATE _____ ZIP _____

DAY PHONE _____ PREDICTED TIME (MIN/SEC) _____: _____
Accurate predictions required for seeding

Circle Sex: MALE FEMALE BIRTHDATE (MO/DAY/YR) ____/____/____ AGE ON 6/29/97 _____

WALKERS: CHECK DIVISION: RACE WALK

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

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

Entry Fees and Deadlines:

\$13 if postmarked on or before June 18
\$16 if postmarked on or after June 19 & race weekend.
Do not mail after June 23.

Mail Form with Payment to:

Fleet Feet Capitol Mile
P. O. Box 388
Sacramento, CA 95812-0388
Check or money order payable to "Fleet Feet Capitol Mile"

PA

The Fast Track...

PA Open Championships Changed to Chabot College

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 raiser for Doug Padilla, a two-time Olympian (5 km), and a former Chabot College athlete who was hit by a car. For more information, call 510-786-6929.

Bruce Jenner Classic Track Meet Cancelled

The Bruce Jenner Classic track and field meet scheduled for May 18 in San Jose has been cancelled due to lack of sponsorship. Meet director Bert Bonanno announced the cancellation of the 20-year-old event on April 16. The Prefontaine Classic, scheduled for May 25 in Eugene, Ore., is now the only U.S. event on the Grand Prix circuit.

Pacific Sun Races Postponed to Monday, September 1

Due to construction on the course, the Pacific Sun 10 km, 2.5 mile and youth track race events have been postponed from May 26, 1997 to **Labor Day, Monday, September 1, 1997**. The 10 km race is a Pacific Association Grand Prix event for Masters and Open Division individuals and teams. For information, call 415-472-RACE.

Senior (Open) and Junior Travel Fund Changes

This year, in lieu of money, Southwest Airline tickets will be awarded to Pacific Association top qualifiers. Athletes must apply no later than June 1st by submitting to the PA office their best qualifying mark and state that they are not receiving funding from any other source.

San Francisco SEMICON Marathon Relay Details Announced

The San Francisco SEMICON Relay will be run in conjunction with the San Francisco Marathon on Sunday, July 13, 1997. The legs are approximately 8 km, 5 km, 10 km, 15 km, and 5 km in that order. The divisions are:

<u>PA Championship</u>	<u>RRCA Clubs</u>	<u>College</u>	<u>Corporate</u>	<u>SEMICON</u>
Open Men	Open Men	Men	Men	Men
Open Women	Open Women	Women	Women	Women
Master Men	Open Co-ed (2 women)		Co-ed-Large	Co-ed
Master Women	Master Men			
Senior Men	Master Women			
Senior Women	Master Co-ed			
Co-ed				

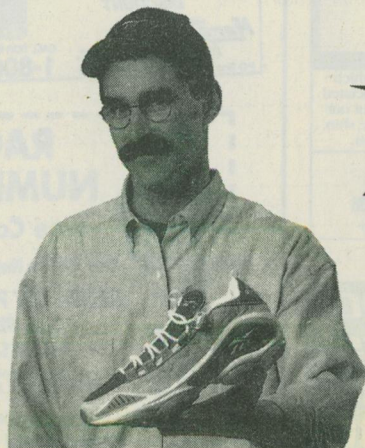


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The San Francisco Marathon 20th Anniversary Sunday, July 13, 1997

Special events are planned for the 20th San Francisco Marathon, including an award to the runners who have finished the race the most times. Has anyone run all 19, or even 18 or 17? If so, contact John Mansoor, Race Director, 120 Ponderosa St., Folsom, CA 95630, (916) 983-4622.

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

THE MARKETPLACE

FOR MORE INFORMATION ON THE MARKETPLACE CALL JEREMY SOLOMON AT 847-675-0200

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The Athlete's Log - 97

Month	Day	Time	Temp	Wind	Humidity	Pressure	Clouds	Visibility	Notes
1997	1	6:00	65	10	65	30.0	100	10	Clear
1997	2	6:00	65	10	65	30.0	100	10	Clear
1997	3	6:00	65	10	65	30.0	100	10	Clear
1997	4	6:00	65	10	65	30.0	100	10	Clear
1997	5	6:00	65	10	65	30.0	100	10	Clear
1997	6	6:00	65	10	65	30.0	100	10	Clear
1997	7	6:00	65	10	65	30.0	100	10	Clear
1997	8	6:00	65	10	65	30.0	100	10	Clear
1997	9	6:00	65	10	65	30.0	100	10	Clear
1997	10	6:00	65	10	65	30.0	100	10	Clear
1997	11	6:00	65	10	65	30.0	100	10	Clear
1997	12	6:00	65	10	65	30.0	100	10	Clear
1997	13	6:00	65	10	65	30.0	100	10	Clear
1997	14	6:00	65	10	65	30.0	100	10	Clear
1997	15	6:00	65	10	65	30.0	100	10	Clear
1997	16	6:00	65	10	65	30.0	100	10	Clear
1997	17	6:00	65	10	65	30.0	100	10	Clear
1997	18	6:00	65	10	65	30.0	100	10	Clear
1997	19	6:00	65	10	65	30.0	100	10	Clear
1997	20	6:00	65	10	65	30.0	100	10	Clear
1997	21	6:00	65	10	65	30.0	100	10	Clear
1997	22	6:00	65	10	65	30.0	100	10	Clear
1997	23	6:00	65	10	65	30.0	100	10	Clear
1997	24	6:00	65	10	65	30.0	100	10	Clear
1997	25	6:00	65	10	65	30.0	100	10	Clear
1997	26	6:00	65	10	65	30.0	100	10	Clear
1997	27	6:00	65	10	65	30.0	100	10	Clear
1997	28	6:00	65	10	65	30.0	100	10	Clear
1997	29	6:00	65	10	65	30.0	100	10	Clear
1997	30	6:00	65	10	65	30.0	100	10	Clear
1997	31	6:00	65	10	65	30.0	100	10	Clear

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

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PACIFIC Athlete Magazine

May-June, 1997

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

Insert and advertising rates are available on request.

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For Membership Questions

Contact the PA office at (916) 983-4622
PA-USATF Annual Membership Dues are \$15 for an individual athlete. Membership expires Dec. 31 of each year. Use the form below to join for this year.

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

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 member ship must submit copy of birth certificate or other ID.

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



New membership Renewal from last year
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PACIFIC ASSOCIATION/USA TRACK & FIELD
 120 Ponderosa Court
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APPLICATION DATE
 [][][][][][]

MEMBERSHIP NUMBER
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LAST NAME FIRST INITIAL

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CITY STATE ZIP CODE

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 \$100 \$500 Other is enclosed.

By my signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Rules of Competition for my level(s) and category(ies) of membership.

SIGNATURE (if athlete is under age 18, parent/guardian must sign instead of athlete) DATE

PLEASE PRINT OR TYPE INFORMATION

SEX M F AGE TODAY [][] [][] DATE OF BIRTH [][][][][][][]

USA CITIZEN YES NO IF NO, COUNTRY OF CITIZENSHIP [][][][][][]

PHONE NUMBER [][][][][][][][][]

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Please check the codes described above for use here...
 PLEASE INDICATE UP TO SIX MEMBER CODES HERE.
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 Contribution: \$ _____
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Notes from Around The World of Track & Field

PA Athletes Score at Indoor Nationals

Jamey Harris of San Mateo and the Reebok Aggies placed third in the mile in 4:02.33 to lead Pacific Association athletes at the USATF Indoor Championships, Feb. 28-March 1, in Atlanta. Other PA athletes placing among the top eight were Richie Boulet, of Palo Alto and the New Balance TC, 4th in 3,000, 7:56.48; Juan Ball, Mizuno TC, 7th in the women's 60 meters, 7.36; and Chryste Gaines, Nike TC, 8th in the 60 in 7.42.

Helen Klein 50 Mile Named Championship; Soderlund Takes Over Cool Canyon 50 km

The Helen Klein 50-mile classic on Nov. 15 in Sacramento has been named the inaugural USATF 50-mile road championship. The flat, fast course is a double out-and-back along the American River bike trail. A title sponsor is being pursued to develop travel and prize money.

In another development, Soderlund and his wife Mary have agreed to resurrect the popular Cool Canyon Crawl 50 km. The trail event in the Sierra Nevada foothills will be retitled the Way Too Cool 50 km and will be held Saturday, March 14, 1998, the same weekend its predecessor had been held for eight years.

Pat and Sandy Whyte of Cool began the race in 1990. But they decided shortly after this year's event on March 15 to step away as race directors. The event had 480 registered runners this year, its largest field, and was won by Tom Johnson, the three-time winner and course record-holder of the Western States 100.

Contact Greg Soderlund, 242 Hartnell Place, Sacramento, CA, 95825. Tel. (916) 929-7858; e-mail: Soderlundultras@msn.com.

Bartley First Master at 100 km

Mo Bartley of Cool finished fourth overall and first master in the U.S. 100 km Championships in Pittsburgh, Penn., on April 12. Bartley's time was 9:51:14. The overall winner was Kris Clark-Setnes of Wisconsin in 8:45:44. The men's winner was Kevin Setnes of Wisconsin in 7:26:22.

New World Records

183 miles, 616 yards, 24 hours

Yiannis Kouros, Greece

12:59.04, Indoor 5000 m

Haile Gebrselassie, Ethiopia

1:42.67, Indoor 800 m

Wilson Kipketer, Denmark

Wow, What Fantastic Races!

Kipketer Sets New 800m Indoor Mark

At the IAAF World Indoor Championships in Paris-Bercy, France, Mar. 7-9, Wilson Kipketer of Denmark blasted the world record for 800 meters twice. In the final, Kipketer ran 1:42.67, winning by more than three seconds, and besting his mark of 1:43.96 set in a heat.

Kouros Sets Four World Records

Ultramarathon veteran Yiannis Kouros, 41, produced four new world records in a 24 hour race organized by Sri Chinmoy in Canberra,

Australia, on March 2. His world records were for 200 km (15:29:07), 150 miles (19:15:42), 250 km (20:00:38) and an awesome 295.030 km (183 miles, 616 yards) for the 24 hours. Other splits were for the marathon (3:04:00), 50 miles (5:53:43) and 100 km (7:23:54).

Gebrselassie Lowers Indoor 5000 Mark

Ethiopia's Haile Gebrselassie continues his assault on all distance records by breaking the indoor 5000 meter record in 12:59.04 in the DN Games in Stockholm on Feb. 20. The old mark was his own 13:10.98 set in January of 1996.

First Microsoft Silicon Valley Marathon

Microsoft is the title sponsor of the inaugural Silicon Valley Marathon Sept. 21 in San Jose. Organizers estimate 3,000 runners will participate in the marathon with 1,000 runners and walkers in the 5 km.

"We are proud to have one of the world's leading high-technology companies make the commitment and endorsement that Microsoft has with its selection of this event," said Tom Bradley, Firstwave Events President. "Their financial support sets the stage for the Silicon Valley Marathon to become the premier marathon on the international circuit."

A portion of the event proceeds will benefit the Tech Museum of Innovation.

For event information, contact FirstWave Events, Tom Bradley, 408-354-0857, firstwav@ix.netcom.com.

London: Somers 14th; Boston: Trujillo 16th

Linda Somers of San Luis Obispo ran 2:31:49 and finished 14th in the London Marathon on April 13th.

Maria Trujillo of Marina ran 2:40:49 to finish 16th in the Boston Marathon April 21st.

Danny Aldridge Third in Masters Mile

Santa Rosa's Danny Aldridge finished third in the Mobil Invitational Masters Mile Feb. 22 in Fairfax, Va., in 4:24.23. Steve Scott broke the American indoor masters mark with his winning time of 4:14.27.

CBS to Air "World's Fastest Man" June 1st

"The World's Fastest Man: Johnson vs. Bailey" will be broadcast by CBS sports live on Sunday, June 1 (2:30-3 p.m. PST) from the SkyDome in Toronto.

Contd. on page 8

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Letter to the Editor

from: Darrell Hampton
re: Book review of *Run for Your Life*
(*Pacific Athlete*, July/August, 1996)

Doug,
Thank you for your superbly written article about our book. I'm sure the article was a catalyst in getting the book voted as one of the "Best Books For Young Adults 1997."
Again, Thanks,
Darrell

The main event pits double-gold medalists from the 1996 Olympic Summer Games in Atlanta, Canada's Donovan Bailey and the U.S.'s Michael Johnson, in a 150 meter sprint.

The "Showdown" will also involve other one-to-one competitions between Olympic medalists and world record holders.

Other CBS track telecasts this spring include the **NCAA Outdoor Championships** from Bloomington, Ind., on Sunday June 8 (1-3 p.m. ET/Tape) and the **USA Outdoor Championships** from Indianapolis, Ind., on Saturday, June 14, noon-2 p.m. PST/live.

Bay Area Club Seeks 100 x 1 mile Record

AC's Athletics Club in San Francisco is preparing to reclaim the world record in the women's 100 x 1 mile relay.

On Sunday, June 15 at Foothill College in Los Altos, 100 of the Bay Area's fastest female runners will each run a one-mile leg of this nearly 10-hour relay. To break the record of 9:49:08 by the Houston Area Road Runners Club, the team must average under 5:53.

San Francisco's Dolphin South End Runners (DSE) set the original record at the height of the running boom in 1977 under the direction of the late Walt Stack. The record stood until 1994 when the Syracuse (N.Y.) Chargers shaved 14 minutes off DSE's mark. In June, 1995, DSE reclaimed the record by 17 minutes. Since then, however, both the Syracuse and Houston teams have broken DSE's mark.

Women interested in running the relay must be able to run a mile in under 6:00, although women able to run under 6:20 will be accepted as much-needed alternates. For more information on joining the relay team, call Dan Shore, assistant coach, at (415) 292-9942.

Seville Awarded 1999 World Championships

The Council of the International Amateur Athletic Federation voted in March to give the 1999 World Outdoor Track and Field Championships to Seville, Spain.

Seville was chosen over Stanford, Calif., the United States candidate, Helsinki and New Delhi. That Seville won in the first round with 14 votes said much for the prominence, and all-powerful role, of European television. The 1999 Championships will be the sixth of seven championships to have been staged in Europe. Bidders for 2001 include London and Paris

Entries Available for National Masters Outdoor Championships Aug 7-10 in San Jose

Top masters athletes from across the country are heading west for the National Masters Outdoor Track & Field Championships at San Jose City College in San Jose Aug. 7-10.





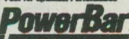



For an entry form for the event, write to the San Jose Sports Authority, 99 Almaden Blvd., Suite 925, San Jose, CA 95113, or telephone (408) 288-2935.

1997 PACIFIC ASSOCIATION LDR ROAD GRAND PRIX CHAMPIONSHIPS SCHEDULE

Date	Event	Location	Div./Pts/Section**	Contact
Feb. 23	Cal 10	Stockton	All/1.0/Long	Completed
Mar. 23	Houlihan's 12 km	San Francisco	All, 1.0, Long	Completed
April 5	Run for Their Lives 8 km	Sacramento	Open & 40-49, 1.0, Short	Completed
April 6	Fifty-Plus 8 km	Stanford	50+, 1.0, NA	Completed
April 27	Big Sur KCCN 5 km	Carmel	All, 1.0, Short	Completed (story next issue)
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 13	SEMICON Road Relay	San Francisco	Team All, 2.0, NA	PA-USATF, 916-983-4622
Aug. 3	Alameda Run for the Parks 10 km	Alameda	All, 1.0, Short	Dale Lillard, 510-748-4565
Sept. 1	Pacific Sun 10 km	Kentfield	Masters & Open 1.0, Short	Total Race Systems, 415-472-7223
Sept. 21	NOTE DATE CHANGE! 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 Marathon	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

Date/Location/Race	Divisions	Difficulty	Contact
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 American River 50 Miler (trail)	All	2.4	Completed 
April 19, 1997 Ruth Anderson 100 km (road)	All	3.5	Completed* 
May 10, 1997 San Jose Quicksilver 50 km (trail)	All	2.0	Gene Weddell, 6007 Paxton San Jose, CA 94123 (408) 225-6527
May 17, 1997 Reno Silver State 50 km (trail)	All	2.25	Ken McKim 2358 Camelot Way Reno, NV 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

*Ruth Anderson 100 km story and results to be published in the July-August issue.

Track and Field Calendar Notes

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, June 6-7. 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

Hey Kids, Why Not "Tri" Something Different?

The Iron Kids Individual and Relay Triathlon comes to Sacramento on August 2. For more information contact Kelly Hunkins, 916-774-5242.

Senior Track & Field Events Schedule

May Solano County Senior Games (50+) (707) 428-7421
May 29-June 1 Calif. Senior Games, Sacto. (916) 277-6094

1997 Open Track and Field Schedule

Date	Meet	Location/Contact
May 3	Pat Ryan Invit. cancelled	Santa Rosa CC, 707-538-3568
May 3	Chico Invit.	CSU Chico, 916-898-5150
May 9	Cardinal Invit.	Stanford Univ., 41-723-2736
May 10	Modesto Relays	Modesto 20-524-3116
May 17	Davis Open Invit.	UC Davis 91-752-8608
May 17	Cardinal Qualifier	Stanford Univ., 415-723-2736
May 24	PA/USATF Championships	Chabot College, 510-786-6929
May 31	Bruce Jenner Classic cancelled	San Jose City, 408-298-2181
June 11	Buffalo Chips All Comers	Rancho Cordova HS, 916-631-0998
June 11-15	USATF Outdoor Champs.	Indianapolis, IN 317-261-0500
June 14	PA Masters/Open Meet	Los Gatos HS 40-354-7333
June 25	Buffalo Chips All Comers	Rancho Cordova HS, 916-631-0998
June 28	SCTC Age-Graded PA Championships	Soquel HS, Santa Cruz 408-335-0460
July 1, 3, 8, 15, 17, 24, 29, 31	Chabot All Comers	Chabot City College, Hayward Norm Guest, 510-786-6936
July 8-10	PA Masters Track & Field Championships	San Jose CC, 408-288-2935
July 9	Buffalo Chips All Comers	Rancho Cordova HS, 916-631-0998
July 12-13	Masters Western Regional	San Jose CC
July 19-20	PA Masters Decathlon/ Heptathlon plus Women DEC	Soquel HS, Santa Cruz
July 23	Buffalo Chips All Comers	Rancho Cordova HS, 916-631-0998
Aug. 7-10	Nat'l. Masters T & F Champs.	San Jose CC, 408-288-2933

Pacific Association Youth Track & Field Schedule

Day/Date	Track Meet	Location	Director
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	To be announced	James Wynn, 408-770-1964
5/31	Classic TC Relay	UC Davis	Elmer Haynes 916-924-8883
6/15	Youth Committee	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 Junior National Championships	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 International	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	TBA	Billy Ray Smith, 510-534-9650
8/12-13	Region 14 JO Championships	TBA	Billy Ray Smith, 510-534-9650

1997 Pacific Cross Country Series Schedule

Date	Race	Location	Distance	Fee (early/ late)
9/6	Golden Gate Park	GGP	M/W 4 mi.	\$8/\$15
9/20	Sierra College Chall.	Rocklin	M 4 mi./W 5 km	\$8/\$10
9/27	Aggie Invitational	Davis	M 8 km/W 5 km	\$8/\$30 teams*
10/4	Empire Open	Santa Rosa	M 8 km/W 6 km	\$8/\$12**
10/11	Mills Invitational	Oakland	M/W 5 km	\$8/*, ****
10/25	Crystal Springs Chall.	Belmont	M 4.19 mi./ W 2.95 mi.	\$10/\$20***
11/1	Nor Cal Open	Stanford	M 8 km/W 5 km	\$8/\$12
11/8	Tamalpa Challenge	Marin	M/W 8 km	\$8/\$15**
11/22	GP Champs/W. Regional	GGP	M10 km/W 8 km	\$15/\$18**

Notes: Early registration by mail must be received by prior Sat.; Grand Prix Scoring: best 6 of 8 for open divisions, 6 of 9 for masters; * NO RACE DAY ENTRY; ** Double Grand Prix points *** Double Grand Prix points, open div. only; **** MASTERS ONLY

PA Open Track & Field Championships May 24th to Raise Funds for Doug Padilla Location changed to Chabot College in Hayward

The PA Open Championships May 24th at Chabot College will raise funds for Doug Padilla, a two-time Olympian, and a former Chabot College athlete (see story this issue).

Also, at noon before the meet, the PA Track & Field Committee will have a short meeting to elect a chair.

For more information on the meet or the fund, call 510-786-6929.

USATF-Pacific Association Calendar of LDR and Ultra Events

May 10 to July 27, 1997

Saturday, May 10

Sacramento: The Race for the Cure 5 km & 1 mi., 8 am/Men, 8:25 am/Women, 9:30 am/Coed 1mi. Doug Thurston, DeBencik & Hensley, 918 Second St., #200, 95814, Email: thurston60@aol.com, 916/443-6223

Santa Rosa: Human Race 3 km/10 km, 8 am, Slater Middle School, Julie Cole, Volunteer Center of Sonoma Co., 1041-4th St., 95404, 707-573-3370

Stinson Beach: Muir Woods Marathon, 25 km & 7 mi., Stinson Beach Park, 9 am Enviro-Sports, P.O. Box 1040, Stinson Beach 94970, Email: envirosp@well.com, URL: www.envirosports.com, 415/868-1829

Larkspur: The Human Race 5 mi., Larkspur Ferry Terminal, 8 am, Dianne Faw, Volunteer Center, 650 Las Gallinas, San Rafael 94903, 415/479-5660

Burlingame: All About Science 5 km, Burlingame HS, 9 am, Shaun Larsen, c/o Magic Sports, 1024 Oak Grove Av., Burlingame 94010, 415/343-42242

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

Stanford: Stanford Powwow Run, 5 km & 1 mi. Youth Run, Stanford Univ. (Angell Field), 8:30 am, Stanford Powwow Committee, PO Box 2990, Stanford 94309, 415/725-6944

San Jose: The Human Race 10 km/5 km Run/Walk, Cadence Design Systems (2655 Seely Rd.), 8:30 am, Katie Gough, Volunteer Exchange, 1922 The Alameda, #211, San Jose 95126, 408/247-1126

San Jose: PA-Ultra Mike Popolizio Quicksilver 50 km, Quicksilver County Park (Mockingbird Hill Ln.), 6 am, Gene Weddle, 6007 Paxton Ct., San Jose 95123, 408/225-6527

San Jose: Mike Popolizio Quicksilver 50 mi., information above

Pleasanton: Human Race 10 km/5 km Run/Walk, 4400 Rosewood Dr., 8:30 am, Volunteer Center, 333 Division St., 94566, 510/462-3570

Antioch: Skip to Skips 10 Mile Challenge Run or Mtn. Bike, Skipolini's Pizza, 7 am/Bike, 8 am/Run. Darryll Whaley, PO Box 824, Clayton 94517, 510/672-5286

Truckee: Donner Lake 7 & 14 mi., Donner Lake State Park (east end of Lake), 9 am, Sky High, PO Box 20963, El Sobrante 94803, 510/223-5778

Sunday, May 11

San Francisco: DSE The Right to Assemble Run, 7.46 mi., Howard & Spear Sts., 8 am, DSE Runners, PO Box 210482, 94121, 415/978-0837

Palo Alto: Skyline Ridge 1/2 Marathon/10 km, Skyline Park on Hwy. 35 (1 mi. south of Page Mill Rd.), 8 am, Enviro-Sports, PO Box 1040, Stinson Beach 94970, URL: www.envirosports.com, 415-868-1829

Email: envirosp@well.com

Watsonville: Mothers Day Run for Shelter 10 km run, walk, 1mi. run, 7:30 am, Callahan Park, Pajaro Valley Shelter Services, 115 Brennan, 95076, Email: tpouse@got.net; URL: got.net/~tpouse/pvss, 408-728-5649

Saturday, May 17

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

San Francisco: Escape to Land's End 5 mi./10 mi., Crissy Field (Presidio of S.F.), 9 am, Enviro-Sports, P.O. box 1040, Stinson Beach 94970, 415/868-1829

Oakland: Port of Oakland's Run for the Cranes 5 km/10 km, 8 am, Jack London Square, Richard Matthews, MCM, 1612 John St., Oakland, 94611, 510/601-7095

Pleasanton: Outdoor Adventure Expo 5 km, Shadow Cliffs Lake, 10 am, Reservations Dept., 2950 Peralta Oaks Ct., Oakland 94605, 510/636-1684

Oakdale: Oakdale Chocolate Festival 5 km Fun Run, "H" St./Yosemite Blvd., 7 am, Oakdale Chamber of Commerce, 590 N. Yosemite Av., Oakdale 95361, 209/847-2244

Davis: Mutt Strut 5 km, UCD Vet School, 8 am, A Change of Pace, 221 "G" St., #205, Davis 95616, 916/757-6017

Roseville: Annual Foothills Fun Run 5 km/kids' Mile & 0.5 Mile, Woodcreek HS, 8:30 am, Karen Darst, 7501 Foothills Blvd., Roseville 95747, 916/789-4652

Morgan Hill: Mushroom Mardi Gras Fun Run 10 km/5 km Run, Walk, 8:30 am, S/F tba, Mushroom Mardi Gras Festival, 305 Vineyard Town Center, #184, 95037, 408/778-1786

Sunday, May 18

San Francisco: Examiner Bay to Breakers 12 km, Howard/Spear Sts. to Ocean Beach (Elite qualify by 4/15), 8 am, EXBB, PO Box 429200, San Francisco 94142, 415/510/408/808-5000, x2222

Fremont: Ohlone Wilderness 50 km Trail run, 7 am, limited to 75, Jon Vorhof, 510/797-8169

Berkeley: Tilden Tough Ten 10 mi., Tilden Park (Inspiration Point, parking lot off Wildcat Canyon), 9 am, LMJ&S, 12001 Broadway Terr., Oakland 94611, 510/601-7887

Auburn: Bill Francis Memorial 5 km/10 km Run/Walk, Auburn Dam Overlook, 9 am, Steve Stephenson, 6270 Ralph Ct., Auburn 956021, 916/878-0450

Saturday, May 24

Pinole: Pinole Spring Festival 4 mi. Run, 9 am, race day reg. only, Sky High, PO Box 20963, El Sobrante, 94803, 510/223-5778

Sunday, May 25

San Francisco: DSE Polo Field 5 km "Lotto" Run & kids' Run, Golden Gate Park (south side of Polo Fields), 9 am/kids, 9:30 am, DSE Runners, PO Box 210482, San Francisco 94121, 415/978-0837

Grass Valley: Memorial 8 km Run/Walk, 8:30 am, Memorial Park, Lee Potts, Sierra Trail Blazers, PO Box 1811, Cedar ridge, 95924, 916/432-9379

Incline Village, NV: Run for Drug Free Youth 2 mi./10 km Walk/Run, 10:30 am, Aspen Grove Community Center, Steve Baker, Fleet Feet, PO Box 5004, 89450, 702/831-0668 (FAX-6363), URL: www.sierra.net/ican/ican.htm

Oakland: LMJ&S Fourth Sunday Runs, 5 km/10 km/15 km, Lake Merritt (Old Boathouse, 14th St./Lakeside Dr.), 9 am, LMJ&S Hotline, 510/601-7887

San Ramon: Wind Breaker 5 km Run, Bishop Dr./Camino Ramon, 8:45 am, City of San Ramon, 12501 Alcosta Blvd., 94583, 510/275-2311

Monday, May 26

NOTE: Pacific Sun Races have been rescheduled to September 1!

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

Vacaville: Fiesta Days 8 km/1 mi., Texas Jacks (Orange Tree Cir.), 8 am, Track Central, 878 Tulare Dr., Vacaville 95687, 707/446-7388

Thursday, May 29-Sunday, June 1st

Sacramento: Senior Games, 916/277-6094

Saturday, May 31

San Mateo: Sawyer Camp Trail Day 10 km Run/5 km Walk/12 mi. Bike/kids events, Crystal Springs Rd. & Skyline Blvd., 8 am, Lois Koenig, P.O. Box 626, Belmont 94002, Email: koenig@mail.co.sanmateo.ca.us, 415/342-9328

Gridley: Coot Scott 5 km/10 km/1 mi., Gray Lodge Wildlife Area, 8:30 a.m. Bruce Forman, Calif. Dept. of Fish & Game, 1701 Nimbus Rd., Rancho Cordova 95670, 916/358-2885

Pleasanton: Chevy's Fresh Mex 5 km/10 km, 8 am, Chevy's Restaurant on 5877 Owens Drive, A Change of Pace, 221 "G" St., Davis, 95616, 916/757-6017

Vallejo: Hit and Miss PAL Boxing 5 km/10 km Fun run, 8 am, Sanhorn Field, Mare island, Arnie Graboyes, 832 Oakwood Ave., 94590, 707/644-2540

Santa Cruz: Circle Trail 10 km and Ecothon 27 mi. Relay, 8:30 am, Silicon Systems parking lot, Don Weiss, Ecotopia/USA, 131 Spring St., 95060, 408/426-8810

Sunday, June 1

Reno, NV: PA-USATF LDR Grand Prix Reno Air Championship 15 km, Boomtown, 8 am, Bill Meister, 13235 Fellowship Way, Reno, NV 89511, 702/852-5037

Reno, NV: Reno Air 5 km & 3x5 km Relay, Boomtown, 8 am, see above.

Sacramento: American Radio System's Challenge for the Roses 5 km Run & Walk and Kid's 1 mi. Run, 15th St. and Capitol, World Peace Rose Garden Memorial, PO Box 276130, 95827-6130, 916/381-5433

Talmage: Russian River Run Half-Marathon/8 km & kids' 2 km (12/Under), East Side Rd./Talmage, 6 am, H-M; 8 am, 8 km; 9:30 am, 2 km; North Coast Striders, PO Box 518, Ukiah 95482, 707/462-3329, 468-8024

Sonoma: Hit the Road Jack 10 km/2.3 mi., Sonoma Cheese Factory (downtown square), 8 am, Hit the Road Jack, PO Box 1857, Sonoma 95476, 707/938-8544, 935-7504

Mill Valley: DSE Practice Dipsea, 6.8 mi., Old Mill Park (to Stinson Beach), 8 am, DSE Runners, PO Box 210482, San Francisco 94121, 415/978-0837

Hillsborough: Hillsborough Concours Family Fun Run, 5 km/10 km, North School, 8 am, Hillsborough Concours Fun Run Office, 2600 Ralston Ave., 94010, 415/344-2272

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

San Jose: Alum Rock Run 10 km/0.5 mi. kids' Run, Alum Rock Park (Visitor's Center), 8:30 am/10 km, 10 am/ kids, Gary Hafley, 1671 The Alameda, Suite 100, 95126, 408/295-0320

Pleasanton: Pleasanton Spirit Run, 5 km/10 km, downtown, 8 a.m./10 km, 8:30 a.m./5 km., Brian Gentry, 6654 Knoll Center Pkwy., #345, 94566, Larry Lindsey, 510/417-7672

Stockton: The Bagel Chase 5 km Run/Walk, Temple Israel (March Ln. & El Dorado Blvd.), 9:30 am, Lauri Merrill, 1116 Edgewood Dr., Lodi 95240, 209/367-1787

Modesto: Modesto Downtown Classic 8 km/1 mi., 11th & "I" Sts., 7:45 am, Dale Ghaner, Shadow Chase R.C., PO Box 3605, Modesto 95352, 209/521-9582

Nevada City: Gold Country Trail Marathon & Road Races, Half-Marathon/10 km/5 km, Pioneer Park, 6:30 am, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722, 916/878-0697

Saturday, June 7

Los Altos: Bay Area Corporate Relays & 5 km, Foothill College Track, 8 am/5 km, 10 am/ T&F, Kaye Donnelly/BACAA, P.O. Box 898, Menlo Park 94026, 415/573-4703

Aptos: Forest of Nisene Marks Marathon/Half-Marathon/5 km, Park HQ, 8 am, Harry Taub, Lions Club, PO Box 1676, Soquel 95073, 408/479-5485

Sacramento: Lawyers Have Heart 5 km/10 km & Kids Runs, 8:30 am, William Land Park, American Heart Assoc., Lawyers Have Heart, 2007 "O" St., PO Box 160126, 95816, 916/446-6505

Folsom: Folsom Family Fun Run 5 km/10 km, kids' race, 8 am, Willow Creek Town Center, Try All Sports, 813 Harbor Blvd., West Sacramento, 95691, 916/372-7367

Lathrop: Go for the Gold 5 km/10 km, 8:30 am, Dell'Osso Ranch Fruit Stand, Ann Wall, Lathrop Recreation Dept., PO Box 473, 95330, 209/858-4214

Pollock Pines: Run of the Pines 5 km/10 km/ 13 mi., Sierra Ridge Middle School, 8 a.m. Bruce Boom, 6126 Dolly Varden, Pollock Pines 95726, 916/644-5908

Calif./Nevada Border: Mojave 250 Mile Death Race (2-Day Event), run & bike various distances (12 teams, 21 legs), 6 am, Ron Cooke, 1000 N. Parton St., #E, Santa Ana 92701, 714/953-4440

South Lake Tahoe: Capt. Robert De Celle II Tahoe Memorial Relay 72 mi., 7 am, 7 person team, 5th St (Hwy 50/89), Robert De Celle, PO Box 1606, Alameda, 94501-0176, 510/523-2264

Sunday, June 8

Healdsburg: Fitch Mountain Foot Race, 3 km/ 10 km, Downtown Plaza, 8 am, Jerry Strong, 14685 Grove St., 95448, 707/433-1856

Saratoga: Strawberry Festival 5 km Run & Walk, 8 am, West Valley College Track, Bay Area Lupus Foundation, 2635 N. 1st St., #206, San Jose, 95134, 408/954-8600

San Francisco: San Francisco Italian A.C.'s Statuto Race, 4.2 Mi., S.F.A.C., 9 am, Ray Piva, San Francisco Italian A.C., 1630 Stockton St., 94133, 415/781-0165

Mill Valley: Dipsea Race, 7.1 Mi. (to Stinson Beach), 8:30 a.m. (handicapped). Dipsea, PO Box 30, 94942, 415/331-3550

San Francisco: DSE Ferry Building Run, 3.83 mi. & Kids' Run, Dolphin Club (Jefferson & Hyde), 9 am, DSE Runners, PO Box 210482, San Francisco 94121, 415/978-0837

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

Menlo Park: Otter Run 5 km/1.5 mi. Kids' Run, Oak Knoll Elem. School, 8:30 am, Cici St. Geme, 415/323-4161

Aptos: Aptos Women's 5-Miler, Aptos Village Park (entrance to Forest of Nisene Marks), 9 am, Carol Cuminale, Santa Cruz T.C., P.O. Box 358, Santa Cruz 95063, 408/458-9028

Saturday, June 14

San Jose: Fujitsu KNTV "Run for the Kids" 8 km/2 mi. and Kids' Races (200m, 400m, Mile), near No. First & Rio Robles, 8:30 am/8 km & 2 mi., 9:30 am/ kids. Jackson Ross, 3545 N. First St., 95134, 800/866-8608

Sloughhouse: Sloughhouse Country Runs 5 km/10 km & kids' 0.5 mi., 12700 Meiss Rd. (near Sloughhouse Inn), 8 am, Lou Edgar, P.O. Box 160488, Sacramento 95816, 916/424-2624

Sunday, June 15

San Francisco: DSE North Embaradero Run, 6.25 Mi. & kmids' Run, Embarcadero & Townsend (Java Cafe), 9 am, DSE Runners, PO Box 210482, San Francisco 94121, 415/978-0837

Isleton: Crawdad Festival Classic 5 mi., 8 am, Delta Ave./Jackson Rd. on Main St., E-Z Living Casuals, PO Box 1025, Walnut Grove, 95690, 916/776-1627

Oakland: Dick Houston Memorial Woodminster X-C Race 9 mi., Joaquin Miller Park (Pinewood Area), 9 am, Gareth Fong, c/o Island City Runners, PO Box 1493, Alameda 94501, 510/655-8228

Friday, June 20

Los Gatos: Festival for Life, 18 Hour Relay (10-18 Runners), Los Gatos HS. Track, 7 pm, Peggy Miller, American Cancer Society, 1715 So. Bascom Ave., #100, Campbell 95008, 408/287-5973, x160

Saturday, June 21

Stinson Beach: DSE Double Dipsea, 13.7 Mi. (to Mill Valley & return), 9 am, DSE Runners, PO Box 210482, San Francisco 94121, 415/978-0837

Los Gatos: Skyland Mountain Run, 10 km/5 km/1 km Kids' Run, Radonich Farms (Highland Way), 8:30 am/10 km & 5 km, 9:45 am/1 km, Karen Izzo, 25059 Skyland Rd., 95030, 408/353-5945

Ashford, WA: Mt. Rainier to the Pacific Relay, 155 Mi. (11-person teams), Mt. Rainier (Overland Lodge), Time TBA. Mt. Rainier to the Pacific Relay, PO Box 17086, Seattle, WA 98107, 206/782-6547

Sunday, June 22

San Francisco: Perry's to Perry's 10 km, Perry's Restaurant (Union Sst.), 9 am, RhodyCo Prods., 415/564-0532

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

Oakland: LMJ&S Fourth Sunday Runs, 5 km/ 10 km/15 km, Lake Merritt (Old Boathouse, 14th St. & Lakeside Dr.), 9 am, LMJ&S Hotline, 510/601-7887

Soda Springs: High Sierra Marathon and Half Marathon, 8 am, Serene Lakes Lodge, Sky High, Box 20963, El Sobrante, 94803, 510/223-5778

Saturday, June 28

Squaw Valley: PA-Ultra Western States 100 Mile Endurance Run (finishes in Auburn) (entries closed), 5 am, Helen & Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670, 916/638-1161

Arnold: Two Rivers Trail Run, 7.9 mi./2.9 mi., Cedar Center (Hwy. 4), 9 am, On Your Mark, P.O. Box 2061, 95223, 209/795-7832

Sunday, June 29

Sacramento: PA-Road Fleet Feet Capitol Mile (multiple heats), Capitol Mall, 8:15-11:30 a.m. Doug Thurston, P.O. Box 388, Sacramento 95812, Email: thurston60@aol.com, 916/443-6223

San Francisco: DSE Twin Peaks Run, 3.36 mi., Portola Dr./Twin Peaks Blvd., 9:30 am, DSE Runners, P.O. Box 210482, 94121, 415/978-0837

Burlingame: Run for Youth 5 km, Burlingame Ave./Lorton, 12:15 am, John Martin, Peninsula Family YMCA, 1877 So. Grant St., San Mateo 94402, 415/759-9632, x344

Friday, July 4

San Ramon: Run San Ramon Independence Day Classic 5 km/10 km, 8:30 am, San Ramon Central Park, San Ramon Parks Community Services, PO Box 5148, 94583, 510/275-2300

Graegle: Graegle Outpost 5 km/10 km, 9 am, Graegle Outpost, Sky High, Box 20963, El Sobrante, 94803, 510/223-5778

Vacaville: TCI Cable July 4th 5 km Fun Run, 7:30 am, Three Oaks Community Center, Todd Grames, 1100 Alamo Dr., 95687-1606, 707/449-5619

Kenwood: Kenwood Footrace 10 km/3 km, 7:30 am, Warm Springs Rd., Catherine duBay, Empire Runners, 1525 Fair Oaks Ct., Santa Rosa, 95404, 707/523-6990

Mt. Shasta: July 4th Foot Event 2mi./5 mi., 8:30 am, downtown, Marcia Smith, Mt Shasta Runners, PO Box 415, 96067, 916/926-5651

Pacifica: "No Frills" 4th of July 5 mi. Run/2.5 mi. Stride, 9 am, Pacifica Community Center, City of Pacifica, c/o Walt Kohnert, 170 Santa Maria Ave., 94044, 415/738-7381, Email: scenic@sirius.com

Sacramento: Buffalo Chips 4th of July River Run 5 Miler, 8 am, FREE!, Glen Hall Park, Dick Kinter, 6847 Sutter Ave., Carmichael, 95608, 916/944-1503

Saturday, July 5

Avery: Hernia Hill 1/2 Marathon/10 km/5 km, 8:30 am, On Your Mark, PO Box 2061, Arnold, 95223, 209/795-7832

Weaverville: Timber Ridge 5 km/10 km, 8 am, Weaverville Post Office, Larry Forero, PO Box 687, 96093, 916/623-6522

Sunday, July 6

Johnsville: Plumas Eureka 5 km/10 km/ 10 mi., 9 am, Plumas Eureka State Park, Sky High, Box 20963, El Sobrante, 94803, 510/223-5778

Continued on next page

Sunday, July 13

San Francisco: PA/USATF Road SEMICON Marathon Relay Champs (see page 3 for info), held in conjunction with the S.F. Marathon, c/o USATF, 120 Ponderosa Ct., Folsom 95630, 916/983-4622)

San Francisco: San Francisco Marathon/5 km, Golden Gate Bridge (mandatory shuttle to start), 8 am, S.F. Marathon, c/o USATF, 120 Ponderosa Ct., Folsom 95630, 916/983-4622)

Castro Valley: Lake Chabot Trail Challenge 1/2 Marathon/5 km, 8 am, Lake Chabot Marina, Michael Raffee, Golden Bay Runners, 4340 Krause St., Pleasanton, 94588-8304, 510/484-1339

Near Lake Tahoe: Spooner Lake 1/2 Marathon/5 km, 9 am, Spooner Lake Nevada State Park, Sky High, Box 20963, El Sobrante, 94803, 510/223-5778

Ukiah: Women's Distance Festival 5 km Run/Walk, 8 am, Pomolita School, Ruth Powell, North Coast Striders, PO Box 1556, 95482, 707/468-0888

Saturday, July 19

Sacramento: Eppie's Great Race (5.82 mi. Run-12.5 mi. Bike-6.35 mi. Paddle), 8 am, American River Bike Trail, The Great Race, 3711 Branch Center Road, 95827, 916/366-2940

Saturday, July 26

Squaw Valley: The Mountain Run 3.6 mi. Run and Fitness Walk, 9 am, Olympic Village, Holly Beatie, Image Promotions, PO Box 2575, Olympic Valley, 96146, 916/426-9559

San Francisco: Giants Run to Home Plate 5 km, 10 am, 3Com Park, SF Giants Promotions, 3Com Park at Candlestick Point, 94124, 415/330-2516

Sunday, July 27

Oakland: LMJ&S Fourth Sunday Runs, 5 km/10 km/15 km, Lake Merritt (Old Boathouse, 14th St. & Lakeside Dr.), 9 am, LMJ&S Hotline, 510/601-7887

San Francisco: Golden Gate Promenade 10M/5M, 9 am, Crissy Field, Enviro-Sports, P.O. Box 1040, Stinson Beach 94970, 415/868-1829, Email: envirosp@well.com, URL: www.envirosports.com,

Santa Cruz: Wharf to Wharf 10 km, 8:30 am, SASE to Wharf to Wharf, PO Box 307, Capitola, 95010, Email: nicolinc@aol.com, URL: www.infopoint.com/orgs/wtwtace

**LOOKING AHEAD TO
MAJOR ASSOCIATION EVENTS**

Sunday, August 3

Alameda: PA-Road Alameda Run for the Parks 10 km, also a 2 mi., 9 am, South Shore Shopping Center, Dale Lillard, 2250 Central Ave., #140, 94501, 510/748-4565

Castro Valley: PA Ultra Skyline 50 km Endurance Run, 7 am, Lake Chabot Marina Golden Bay Runners, Mary Weston, 707 Victoria Ave., San Leandro, 94577, 510/430-1591

Friday September 19

Calistoga to Santa Cruz: The Relay-Napa to Santa Cruz (194M, 12 member team), The Relay, 570 El Camino Real, Ste. 150, Redwood City, 94063, Email: run@therelay.com, URL: www.therelay.com

Sunday, September 21

Eureka: PA-Road Cox Cable Run for Goodwill 10 km (open division), also a 2M, Cox Communications, 911 W. Wabash Ave., 95501, 707/443-5706

The Sky's Their Limit

Ross, Badovinac Run in Winning Circles

By Bob Burns, Bee Staff Writer

Reprinted with permission from *The Sacramento Bee*

It takes one to know one. A thrower, that is. Chaniqua Ross and John Badovinac understand each other, even if others often don't.

They understand why they spend hours and hours literally spinning in circles. They see the rewards of their work—the travel, the attention from some of the top colleges in the nation, the All-America honors.

And what they do might not make much sense to some of their classmates right now, it should in June, when Ross and Badovinac likely will leave the California Interscholastic Federation State Track and Field Championships at Hughes Stadium in Sacramento with a weighty collection of medals.

For Ross, a 5-foot-7, 170-pound junior at Laguna Creek High School and the defending state champion in the discus throw, the queries revolve around what an intelligent, attractive girl is doing lifting and throwing weights.

"People I go to school with look at me like this Superwoman kind of a girl, a fighting Hercules," Ross said. "I get a lot of those kind of jokes. I just laugh along with it and say, 'We'll see where this takes me in a few years.'"

For Badovinac, a 6-5, 245-pound senior at Jesuit High School in Sacramento, the common question seems to be why he throws everything—the discus, the shot, and hammer—but his weight around the football field.

"People who don't know me always ask me if I play football," Badovinac says in a quiet, almost inaudible voice. "I reply, 'No, I don't.' I just felt it wasn't for me. I really like throwing."

Badovinac will attend Cal next fall on a track scholarship, and Ross, a 3.9 student, will have her pick of the nation's top college programs when she graduates from Laguna Creek in 1998. But they're not thinking that far ahead yet.

The state meet will take place in Sacramento for the first time since 1987 following a 10-year run at Cerritos College in Southern California. Ross finished first in the discus and second in the shot put last year. Badovinac was sixth in both events.

Already this year, Ross has improved her personal bests in both throwing events. Indoors, she put the shot 16 feet, 9 inches, and

she threw the discus 163-3 in April in Berkeley, more than three feet farther than her previous best. She won both events at the March 22 Stanford Invitational, where she was named the meet's outstanding field athlete.

Her discus throw currently ranks first in the country, and her best shot is third. Ross expects to be throwing a lot farther come June 7 at the state finals.

"State meet would be exciting regardless, but I feel like I'll have a little edge since it's in my home town," she said. "I'm expecting really big things this year. I'm a lot stronger than I was last year. I can already tell the difference."

Badovinac is off to a slower start this winter, in part due to medication he's taking for a skin condition that leaves him feeling lethargic. His seasonal best in the shot trails his 1996 best of 60-71/2 by nearly 6 feet, but he threw a lifetime-best 178-8 to win the discus at Stanford.

"I'm expecting really big things this year. I'm a lot stronger than I was last year. I can already tell the difference."

That's a good early season mark, but Badovinac's best event might be the hammer throw, which is not contested on the scholastic level outside of a few Northeast states.

He won last year's Golden West Invitational at American River College with a throw of 211-4, a mark that earned Badovinac All America honors from Track and Field News magazine—Ross made it in the discus—and moved him into the top 20 on the all-time prep list.

Badovinac started throwing the hammer—a 12-pound iron ball attached to a wire chain—by accident. He broke his ankle playing soccer two and a half years ago and heard about the obscure event through his physical therapist, Ed Nickerson.

Nickerson's sister, Karen, a Cordova High School graduate and discus standout at

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Stanford, is married to Brian Masterson, a former All-American in the hammer at Stanford. Masterson, a mechanical engineer who lives with his wife and two children in Placerville, has been coaching Badovinac in the hammer ever since.

"In the hammer, I'm optimistic. I'm going to break the national (prep) record," Badovinac said, referring to the mark of 231-11, set by Manny Silverio of North Bergen, N. J., in 1976.

The question now is which event will turn out to be Badovinac's best. At Cal, he plans to throw all three implements, which will make him an invaluable dual-meet performer.

"He's got the size to be a discus thrower or a shot putter," Masterson said. "He's a little on the big side for a hammer thrower. But he can do whatever he wants."

Ross, on the other hand, is small for a national -class thrower. She has excellent speed and is strong enough to squat 245 pounds five times in the weight room.

She also has a ton of experience for someone her age. Ross started putting the shot when she was in the third grade. Her father, James, the principal at William Daylor Continuation School, threw in high school and college, and her older brother, Adrian, won the Sac-Joaquin Section title in the shot put as an Elk Grove senior in 1993.

Chaniqua Ross won section titles in the shot and discus as a freshman and repeated as a sophomore. Interestingly, her father says he believes she will eventually achieve her greatest success in the hammer, which only recently became a women's event at the college level.

"I'm looking forward to college," said Ross, who is leaning toward UCLA and Southern Methodist. "If I continue to do as well as I have so far, I'm definitely looking toward the Olympics. It would be a great accomplishment to even try out."

But first things first, which is what Ross will be looking for at the state meet. The Sacramento area will have other title contenders, most notably Placer's Lindsay Hyatt, who as a freshman last year won a state title in the 800 meter run (Hyatt ran 2:09.35, the fastest in the nation, in the Arcadia Invitational in April-Ed.).

Valley sprinter Zhauntel Holman, Yuba City jumper Joe Augustine and distance runners Anne Gunnison (McClatchy) and Jen Schindler (Ponderosa) are also capable of placing high.

But in terms of providing Hughes Stadium security against a horde of southern invaders, the kindred spirits look like a nice match.



Chaniqua Ross Career Highlights

1991-1996: Shot Put and Discus Pacific Association Youth Champion; 5-time National Youth Champion in the discus and 3-time National Youth Champion in the shot put.
1995 & 1996: San Joaquin Most Outstanding Field Athlete

1996: All American (*Track & Field News*)
1996: All-American Team (*USA Today*)
1995-1997: California Scholastic Federation member with a GPA of 3.91

At Laguna Creek High School:

(Freshman) Won Delta League, and Sub-Section and Section titles in shot put and discus; 4th in the discus at the State meet. (Sophomore) Repeated Delta League, Sub-Section and Section titles. Won State in the discus; second in the shot put

Personal Records (as of 4/15/97)

Shot put: 46 feet, 9 inches
Discus: 167 feet, 4 inches

John Badovinac Career Highlights

1996: All American (*Track & Field News*)
1996: Made the top 20 all-time prep list for the hammer throw
1996: Golden West Invitational Champion in the hammer throw.
1997: 3rd in the discus at the Arcadia National Track & Field Meet

Personal Records (as of 4/15/97)

Shot put: 60 feet, 7.5 inches
Discus: 185 feet, 2 inches
Hammer: 211 feet, 4 inches

Chaniqua Ross is watched by her father, James, as she throws.

Two Great Weekends of High School Track in Sacramento

The 79th California Interscholastic Federation Championships return to Hughes Stadium, Sacramento on June 6th and 7th.

For more information or to volunteer for the State Championship meet, contact Mike Larsen, 707/446-7388.

The Golden West Invitational Brings the nation's best prep athletes to Sacramento, June 14. The meet is at American River College with field events starting at 1 p.m. and track events at 3 p.m. The Golden West is the only high school national championship in any sport.

For ticket information, call Gene Dyson, 916/989-2411.



American River 50

Sacramento to Auburn

April 5, 1997

by Hollis Lenderking

Now in its 18th year of traversing bike path and foothill trail from Sacramento to Auburn, the American River 50 still manages to break with ultra precedent. In a mild-weather year like this one, certain standards beg to fall, and so they did: a record number of finishers (495), and a record number of sub-seven-hour times (27). But both the men's and women's races featured competitive surprises as well, not in the "who" of winning, but in the "how."

"I have never seen a real pack of women running together competitively in an ultra," exclaimed Chrissy Duryea. "Never!" Now in her sixth year of ultrarunning, Duryea knows whereof she speaks, having attained world-class status with her scoring 7:44:23 finish (for the world champion American women) in the 100 km World Challenge in 1995. Very rarely is women's ultra competition a head-knocker: Ann Trason leaps continents in a typically vain quest for women able to pester her; mostly she swats them like flies and settles for hounding the male dogs. Even when she is not in the field, however, one woman—often Duryea—usually runs away and hides. The '94 AR50 was a close year—three women within twelve minutes at the finish, with a late dramatic pass by Duryea to win—but each ran her own race.

This year's women's race was no Ladies' Day In Riparian Habitat, but a fast-packin', front-runnin' field of many of Northern California's finest. There was Duryea, who bowed here in '92 and has since won twice. There were Denise Ellestad and Suzie Lister, each with six finishes, each having grazed the seven-hour barrier once before. And, at the opposite end of the experience curve: young Jennifer Devine, who muscled her way into the local ultra elite with her come-from-behind win at the Jed Smith 50 km in January, here making her 50 Mile debut. Supplementing the top Californians was Arizona's Sherry Johns, the defending masters champion at the Western States 100.

For 20 miles the women worked together, when Duryea's husband's repeated warning calls along the bike path ("too fast!") finally penetrated their target, she was the first to drop off the pace, just as the field entered the first single-track trail segment. Minor separations emerged over the next seven miles, with Ellestad pushing ahead to a 2:35 lead at the marathon split (3:10:05). Ellestad's performance curve at AR charts her progress in the sport: from an 8:43:48 debut (18th place) in 1990, she has never failed to improve each year—both in time and place—through her runner-up 7:09:38 a year ago.

Next at the marathon split were age and youth, Johns and Devine, with Lister just an eyelash behind. Trailing in fifth was Duryea, four minutes off Ellestad's pace in 3:14:03. From the 27.6-mile checkpoint the course becomes a rocky, rolling—you could even say *rollicking*-trail challenge, until the final, brutal three-mile ascent on the road up to Auburn. This, the leading women can attest, is Duryea Territory.

The toughest tactical challenge on the course is the 6.6-mile segment from Granite Bay to Horseshoe Bar (38.3 miles), especially for the leader, who runs in isolation, intoxicated by nature's sights and sounds but blind and deaf to competitive data. At least pursuers might get an occasional interval split from scattered observers. There's plenty of direct sun and, even on 70-degree days like this one, some "canyon effect" of heat build-up. A slight miscalculation can transform the overly bold leader into trail bait over the final 10 miles. For their part, hunters must run hard enough to "set their table" for "Rattlesnake steak" (41-mile checkpoint) and the final chase that lies beyond. Duryea's mastery of this strategem is nonpareil. No one knows better how to wait.

For a while, if Ellestad were to succumb to a charge, it seemed as if



Photo by Abe Underwood

Cathy Hilton of Walnut Creek enjoying the trails of the AR50.

Devine was heir-apparent. She dropped Johns and Lister and took off after Ellestad, only to be herself overtaken by Duryea around 35 miles. Less than a mile from Horseshoe, Duryea spied the leader and took no prisoner, blasting to the checkpoint 1:10 ahead of Ellestad, with Devine holding on just another two minutes behind. Duryea's passage seemed especially timely, with Trason there to encourage her friend Ellestad; who could ask for a greater emotional jump-start?

Thus buoyed, Ellestad halved Duryea's lead going into Rattlesnake Bar, but the better part of her challenge was spent. She slumped along the final trail section, rebounding for a strong hill-climb—her specialty—up to Auburn and a finish 3:42 behind Duryea. Ellestad was justly pleased with her effort, having sustained her now seven-year skein of relentless time-and-place improvement, but she was not immune from strategic self-reproach: "I should have pushed harder on the bike path. Four minutes is just not enough (of a marathon-split lead) on Chrissy."

For Duryea—featured in the April *Women's Sports and Fitness*—her 6:58:20 finish (26th overall) was good for AR win number three, placing her behind only Trason (with five) in that department. Devine erased any question of "beginner's luck" at Jed Smith with her third-place 7:09:28, while Lister also finished strongly in 7:14:54. Johns easily took masters honors in a course-record 7:19:26, while Edith Bogenhuber likewise captured an age-group standard for the Seniors, shaving 2:37 from Joan Reiss' 1988 mark with her 8:33:12. Never before have the top five women

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finished within 21:00 of each other at AR. Extensive research just might reveal that this is a competitive women's finish without precedent for any 50-miler.

The men's race featured drama of a different order. Carl Andersen has had some unfinished business, of six year's standing, at American River. In his two previous starts he has crashed the six-hour barrier; the faster of his finishes (5:50:50) would have won the race in all but three years, as he fell to course record-holder Tom Johnson (5:33:21) in '94 and to six-time winner Sean Crom in '91.

The solid men's pack held a conservative pace through 16 miles, when 1985 winner and current masters standout Rae Clark inched ahead. Tom Greene, 18th here in '96 (7:01:45) and recently relocated to San Diego, followed closely, with Andersen, Dave Scott and defending Western States champion Tim Twietmeyer close behind. Greene is no neophyte, but that is, by any estimate, an intimidating cluster of experience—both in general competitive measure as well as specific AR background—confronting anyone unaccustomed to the snake pit of elite competition.

Greene pushed past Clark en route to Folsom Dam, clipping the marathon split in 2:40:23. Andersen followed three minutes off the pace, with Scott another 1:30 in back and the unflappable Twietmeyer 0:30 behind Scott. Just another minute off the pace were Clark and the masters course-record holder, Southern California's elite elder statesman, Jussi Hamalainen, now 50. You don't have to say "Paavo Nurmi" or "Lasse Viren" to invoke great Flying Finns: there were many before Nurmi, and after Viren there is Hamalainen, who has made his homeland's mark in ultrarunning.

There, in a six-minute envelope, would be the day's race. The top margins held through 50 km, where the going gets tough and you know what that means. Unable to spot his prey, Andersen pushed hard along the rugged and isolated single-track section, reaching Horseshoe Bar with the wish that someone could tell him that he'd at least split Greene's lead in two. But in his haste he didn't ask, and no one offered. In truth, Greene's position still looked solid, three minutes and holding. "I'm glad no one told me that," Andersen later recounted. "I was running my best and would have been discouraged to learn that I hadn't gained any ground."

If ignorance was bliss for Andersen, it was fatal for Greene. With a great 40-miler under his belt and knowing the big boys loomed over his shoulder, he let his attention wander at a crucial fork, and missed a marker. He was not gone long before the bolt of recognition struck, but it was long enough. Andersen was past, though he did not learn of his inheritance until a broad bend in the trail afforded him a back-sighting of his fallen foe. "I still didn't feel the race was mine," Andersen recalled. "I waited a long time for

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American River 50 Miler

April 5, 1997

Top Age Division Finishers

Open Men (39 & under)

1	Carl Andersen	5:58:54
2	Tim Twietmeyer	6:04:41
3	Tom Greene	6:07:42
4	Eric Rappold	6:10:50
5	Greg Nacco	6:16:34
6	Dave Scott	6:18:32
7	Kevin Rumon	6:39:23
8	Jake Niebaum	6:40:22
9	Dan Barger	6:42:55
10	Rick Simonsen	6:44:54
11	Ian Torrence	6:45:19
12	Geoff Vaughan	6:48:48
13	Bruce Mace	6:48:50
14	John Cooper	6:51:52
15	Tom Lyons	6:54:18
16	Mark Romalia	6:56:29
17	John Lundy	6:57:32
18	Mike Topper	6:58:28
19	Dana Taylor	7:03:11
20	Joseph Kulak	7:12:30
21	Will Aarsheim	7:14:31
22	Alex Garcia	7:16:06
23	Ken Gregorich	7:20:18
24	Al Val Verde	7:23:12
25	Jim Scott	7:24:59

Master Men (40-49)

1	Rae Clark	6:28:35
2	Steve Mahieu	6:29:35
3	Joe Schieffer	6:33:32
4	Bill Rose	6:42:48
5	Dale Petersen	6:49:36
6	Bruce Aldrich	6:49:41
7	Herb Tanzer	6:51:31
8	Todd Holmes	7:01:55
9	Gary Neel	7:02:40
10	Charles Crompton	7:06:56
11	Michael Roberts	7:28:12
12	Dennis Huffman	7:30:13
13	Jean-Paul Mazalid	7:31:04
14	Charlie Cox	7:33:04
15	Bill Hambrick	7:39:08
16	Ralph Argenal	7:44:25
17	David Kamp	7:45:14
18	John Mark	8:09:14
19	Raymond Scannell	8:11:53
20	Reid Walden	8:14:20

Senior Men (50-59)

1	Jussi Hamalainen	6:24:34
2	Howard Ferris	7:05:42
3	Dana Gard	7:10:55
4	Ken Young	7:21:08
5	Joe Braninburg	7:37:16
6	Eric Ianacone	7:43:13
7	Wally Hesseltine	7:57:43
8	Nick Bassett	7:59:29
9	Gene Weddle	8:02:19
10	Bernd Leupold	8:07:47
11	Stan Wegner	8:15:07
12	Roger Dellor	8:20:21
13	Raymond Maranda	8:20:27
14	Jim Magill	8:20:42
15	Jim Drake	8:22:58

Super Senior Men (60-69)

1	Gard Leighton	7:33:39
2	Wellington Henderson	8:20:21
3	Marvin Johnson	9:34:03
4	Robin Smit	9:45:59
5	Don Adolf	9:56:09
6	Sherman Hodges	10:00:34
7	Neil Moore	10:33:50
8	Richard Laine	10:58:50
9	John Scott	11:06:59
10	Hap Arnold	11:16:38

Veteran Men (70& over)

1	Mike Tselentis	11:38:23
2	Frank Rodriguez	12:42:08

Open Women (39 & under)

1	Chrissy Duryea-Ferguson	6:58:20
2	Denise Ellestad	7:02:02
3	Jennifer Devine	7:09:28
4	Suzie Lister	7:14:54
5	Terry Schneider	7:37:20
6	Maryann Murphy	7:58:05
7	Rena Schumann	8:05:45
8	Jennifer Henderson	8:10:30
9	Laura Kulsik	8:13:37
10	Beth Gouge	8:23:19
11	Barbara Frazier	8:36:59
12	Gayla Johnson	8:39:27
13	Bozena Maslanka	8:43:38
14	Ellen Banaghan	8:47:12
15	Kathy Watkins	8:51:59
16	Marie Gonzales	8:52:14
17	Tracie Essick	9:20:29
18	Michele Herrera-Mefford	9:24:00
19	Linda McFadden	9:25:34
20	Kristina Irvin	9:27:54

Master Women (40-49)

1	Sherry Johns	7:19:26
2	Kathy Welch	8:20:55
3	Janice Levett	8:23:17
4	Chris Flaherty	8:30:38
5	June Gessner	8:31:31
6	Nancy March	8:34:29
7	Vicki DeVita	8:37:56
8	Nancy Huber	8:40:42
9	Leslie Vitale	8:41:18
10	Lynn O'Malley	8:44:37
11	Renda Gail	8:45:53
12	Laurette Fox	8:49:25
13	Cathie Simonsen	9:00:00
14	Teri Rose	9:16:34
15	Donna Quisenberry	9:17:10

Senior Women (50-59)

1	Edith Bogenhuber	8:33:12
2	Marge Dunlap	8:49:14
3	Linda Elam	9:04:58
4	Noel Relyea	9:19:42
5	Carol La Plant	9:24:54
6	Barbara Elia	9:39:46
7	Ann Grove	9:41:18
8	Judy Shipman	10:07:09
9	Joan Szarfinski	10:09:38
10	Joanie Matheson	10:17:06

Super Senior Women

1	Khartoon Brown	11:03:07
2	Pat Devita	12:33:26

(Through The Ruth Anderson 100 km)

OPEN MEN (39 & Under)

PI	Name	Club	Points
1	Rick Simonsen	FleetFeetEDH	334.2
2	Ken Gregorich	East Bay Str	327.0
3	Geoff Vaughn	Tamalpa	323.4
4	Jake Niebaum	Humboldt TC	297.5
5	Greg Nacco	Tamalpa	197.2
6	Eric Robinson	BAUR	166.1
7	Ken Cicinelli	Unatt	126.4
8	Will Aarsheim	Unatt	113.2
9	Bruce Mace	Tamalpa	105.6
10	George Rehmet	BAUR	94.6
11	Kevin Rumon	Unatt	89.6
12	James Ross	FleetFeetEDH	86.8
13	Tim Twietmeyer	Unatt	72.0
14	Mark Romalia	Chips	64.8
15	Mike Gottardi	Chips	60.0
16	Damon Lease	Unatt	52.0
17	Jeff Teeters	East Bay Str	48.0
18	Robert King	River City	42.0
19	Brad Lael	Chips	40.0
20	Joe Green	Tamalpa	40.0
21	Dave Covey	Tamalpa	40.0
22	Kirk Boisseree	BAUR	38.4
23	Stan Wingate	Unatt	36.0
24	John Edgcomb	Tamalpa	36.0
25	Charles Ehm	Tamalpa	35.2

OPEN WOMEN (39 & Under)

1	Rena Schumann	FleetFeetEDH	385.0
2	Maryann Murphy	BAUR	231.4
3	Suzie Lister	BAUR	204.0
4	Suzanna Sandrock	Tamalpa	132.0
5	Chrissy Duryea-Ferguson	Unatt	132.0
6	Lisa Macias	FleetFeetEDH	100.0
7	Jennifer Devine	Chips	90.0
8	Marie Gonzales	FleetFeetEDH	89.6
9	Karen Brown	Tamalpa	60.0
10	Kristina Irvin	Unatt	52.0
11	Michelle Holman	Tamalpa	50.0
12	Jane Baldwin	Tamalpa	43.2
13	Terry Schneider	SantaCruzTC	43.2
14	Jodi Isaacs	Unatt	40.0
15	Linda McFadden	Unatt	39.6
16	Jill Johnson	Tamalpa	36.0
17	Laura Kulsik	Chips	28.8
18	Chris Lyons	Tamalpa	28.0
19	Barbara Frazier	Tamalpa	26.4
20	Judy Shaffer	Unatt	24.0

MASTER MEN (40-49)

1	Joe Schieffer	East Bay Str	409.5
2	Rae Clark	Chips	277.0
3	Mike Palmer	East Bay Str	236.8
4	Gary Neel	Tamalpa	207.2
5	Eric Ianacone	Chips	188.4
6	Kevin Purcell	Tamalpa	139.2
7	Earl Looney	Tarahumara	123.0
8	David Kamp	BAUR	122.0
9	Mark Richtman	Tamalpa	120.0
10	Charles Crompton	SantaCruz TC	103.6
11	Herb Tanzer	Chips	91.2
12	Stan Jensen	BAUR	88.8
13	Paul Peterson	Unatt	85.6
14	Bruce Aldrich	Chips	81.6
15	Bob Lapanja	FleetFeetEDH	79.5
16	Richard Pon	Unatt	78.7
17	Dan Martin	Unatt	63.0

18	Brian Purcell	Tamalpa	60.0
19	Michael Duncan	Excelsior RC	60.0
20	Bill Hambrick	Chips	55.6
21	John Rhodes	Silver State	53.4
22	Todd Hayes	WVJS	48.8
23	Syl Pascale	Unatt	48.0
24	Bogdan Ambrozewicz	Unatt	44.0
25	Ken Cox	Unatt	38.4
26	Dan Hintz	Unatt	37.6
27	Jim Myers	Tamalpa	36.8
28	Ray Scannell	FleetFeetEDH	30.4
29	Michael Roberts	Unatt	28.8
30	Tom O'Connell	BAUR	28.0
31	John Catts	Unatt	28.0
32	Dennis Huffman	Unatt	26.4
33	Don James	East Bay Str	26.4
34	George Staub	FleetFeetEDH	25.0
35	Dan Williams	East Bay Str	24.0

MASTER WOMEN (40-49)

1	Leslie Mattingly-Vitale	FleetFeetEDH	304.4
2	Kathy Welch	FleetFeetEDH	300.0
3	Renda Gail	FleetFeetEDH	293.6
4	Terry Cray	Silver State	195.8
5	Joanie Mork	FleetFeetEDH	146.4
6	Jan Levet	FleetFeetEDH	110.0
7	Toni Miller	Unatt	107.6
8	Linda Parr	Unatt	84.4
9	Christine Flaherty	Chips	84.0
10	Pat Wellington	BAUR	75.4
11	Lisa Felder	Impala	72.8
12	Famida Hanif-Weddle	Quicksilver	71.2
13	Nancy March	Unatt	67.2
14	Tina Scalise	FleetFeetEDH	44.4
15	Janet Rivard	Unatt	44.0
16	Debra Mayhew	Unatt	40.0
17	Janice O'Grady	Unatt	38.4
18	Leslie Nacanis	Impala	36.0
19	Jan Lambert	Unatt	35.2
20	Mary Weston	BAUR	34.0

SENIOR MEN (50-59)

1	Dana Gard	FleetFeetEDH	378.0
2	Wayne Miles	FleetFeetEDH	314.0
3	Dave Kim	BAUR	255.4
4	Roger Dellor	Unatt	202.9
5	Ron Vertrees	Unatt	96.8
6	Wayne Kocher	Unatt	86.8
7	Joe Holmberg	Chips	79.8
8	Will Uher	Golden Bay	79.2
9	Ken Young	Unatt	78.0
10	Jim Drake	Chips	72.0
11	Ferris Howard	Chips	72.0
12	Peter Franks	Unatt	70.4
13	Ron Dunlap	Unatt	66.8
14	Gene Weddle	Quicksilver	64.8
15	Martin Jones	Ultramarin	61.6
16	Tom Wright	Chips	60.0
17	Richard Bartel	Unatt	51.2
18	George Forman	East Bay Str	50.0
19	Tony Rossman	Unatt	48.4
20	David Molina	Tarahumara	44.0
21	Richard Phelps	Unatt	43.2
22	Joe Brabinburg	Silver State	43.2
23	Jack Burns	Tamalpa	40.0
24	Doug Arnold	Chips	33.6
25	Wally Hesselstine	Unatt	33.6

SENIOR WOMEN (50-59)

1	Barbara Elia	Chips	377.1
2	Linda Elam	Silver State	363.0
3	Marge Dunlap	Unatt	296.0
4	Shirley Church	BAUR	175.0
5	Lucinda Fisher	Unatt	168.4
6	Jane Colman	Impala	100.8
7	Noel Relyea	Unatt	93.2
8	Eldrith Gosney	Unatt	92.8
9	Dina Kovash	Impala	90.0
10	Judy Shipman	Unatt	79.2
11	Ann Grove	BAUR	72.0
12	Marie Harmon	Unatt	40.0
13	Elaine Koga	Impala	31.0
14	Shannon Lyons	Unatt	28.8
15	Dina Fields	Tarahumara	26.4

SUPER SENIOR MEN (60-69)

1	Mike Tselentis	BAUR	84.0
2	Gard Leighton	FleetFeetEDH	72.0
3	Dieter Walz	BAUR	54.0
4	Dwaine Batt	FleetFeetEDH	30.0
5	Richard Laine	WVJS	27.2
6	Marvin Johnson	Unatt	24.0
7	Dick Collins	BAUR	16.0
8	Wallace Rapozo	Unatt	15.0
9	Neil Moore	Unatt	12.0
10	Ken Takeuchi	Unatt	10.0

SUPER SENIOR WOMEN (60-69)

1	Juliane Scheberies	Unatt	55.0
2	Khartoon Brown	Unatt	36.0
3	Ruth Anderson	BAUR	30.0
4	Liese Rapozo	Unatt	5.0

VETERAN MEN (70+)

1	Frank Rodriguez	BAUR	129
2	Dennis Egly	Unatt	46

VETERAN WOMEN (70+)

1	Po Adams	Chips	15
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Bonus Points - 10 points for course records, etc.
Mark Richtman - Skyline; Wayne Miles - Skyline, Firetrails; Juliane Scheberies - Skyline; Suzie Lister - Firetrails; Dennis Egly - Quad Dipsea; Nancy March - Jed Smith; Joe Schieffer - Jed Smith; Ken Young - Jed Smith

MENS TEAMS

1	East Bay Striders	152.6
2	Fleet Feet EDH	128.4
3	Tamalpa	125.0
4	BAUR	122.0
5	Buffalo Chips	38.5

WOMENS TEAMS

1	Fleet Feet EDH	127.0
2	BAUR	71.2
3	Impala	42.2
4	Tamalpa	20.0
5	Buffalo Chips	10.0

MIXED TEAMS

1	BAUR	121.2
2	Fleet Feet EDH	86.2
3	Tamalpa	66.0
4	Buffalo Chips	8.0

TOTAL CLUB POINTS

1	Fleet Feet EDH	341.6
2	BAUR	314.4
3	Tamalpa	211.0
4	East Bay Striders	152.6
5	Buffalo Chips	56.5
6	Impala	42.2

Continued from page 15

someone to get me. I was not at all confident that I could respond to a charge, at least not until I got to the hill." A peerless climber, Andersen could finally cut himself some mental slack with just the three mile ascent remaining. The ultrarunner who can nail Andersen late-race on a major grade has not yet emerged from hibernation.

Greene, beaten by runners who would not misstep on this course even if there were not one marker, was gracious in defeat. His third-place 6:07:42 finish would have been good enough to win in some years, and clearly earned him an elite credential. He estimated his detour at about a five-minute debit, noting that Andersen prevailed by nearly twice that time. Maybe it was not a decisive mistake; maybe he was slumping and would have fallen to Andersen's relentless pace. But the pain is in never knowing if the rush of being set upon by one of the sport's giants might have provided—at that moment, on that day—a timely surge of untapped reserves he has yet to utilize.

Twietmeyer, too, lunched on Greene's remains, powering home to a runner-up 6:04:41, a PR on this course that adds fuel to the firestorm of "Timgossip" this spring. The four-time Western States champ has performed well above his standard form this spring, as he prepares to defend his crown for the third consecutive year. Usually Twietmeyer, 38, keeps as low a competitive profile as one of his stature can manage, running conservatively and using spring's "short ultras" as mere training runs for the Big Dance in June. Second-place showings at AR and the Cool Canyon Crawl (50 km) have broken decisively with his tradition. Of his excellent outing along the river, he glanced sideways at an alert Trason and offered, "I was definitely thinking 6:09," alluding to The Woman's course record.

A surprising "guest" fourth was Atlanta's Eric Rappold, who made his unfamiliarity with the terrain work in his favor. He started conservatively, was just 16th at the marathon split, passed eight runners on the trail to Horseshoe, and clipped the summit in 6:10:50. Trail-smart runners can make that strategy work for them as well, as proven by Tamalpa's Mr. Dependable, Greg Nacco, just 13th through the marathon, but as solid as ever thereafter, earning a fifth-place 6:16:34. Dave Scott, despite a late surge of intestinal upheaval, held on for sixth in 6:18:32.

Age-group records fell for the men too. Hamalainen added the Seniors standard to his Masters mark, finishing seventh in 6:24:34, while pioneering elder-runner Fred Nagelschmidt's venerable (1985) Super Seniors mark fell to the inexorable force known as Gard Leighton (7:33:39). Rae Clark (8th) held off New Mexico's Steve Mahieu by just a minute for a 6:28:35 Masters win. Pacific Association Grand Prix Masters leader Joe Schieffer (6:33:32) rounded out the top 10 and, in a notable turn of the screw, capped a sweep of the top three division places by the upper end (45-49) of the decade.



Photo by Abe Underwood

Eric Ianacone on his way to a sixth place senior finish.



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HISTORY OF THE SAN FRANCISCO MARATHON

Part II: The All City Course Years, 1982-1987

By Barry Spitz

By 1982, after several smoothly conducted races, the Pamakids felt ready to bring the San Francisco Marathon out of the City's western fringes and into the neighborhoods. It was a momentous decision. Logistical problems increased enormously; Scott Thomason became full-time race director out of an office on Taraval Avenue. Entries immediately tripled, and would rise even more. The race now lured major sponsors, who made big prize purses possible. For the years when Audi was the main sponsor, winners received luxury automobiles. The prizes, in turn, brought international-class runners to what had been a basically local race.

San Francisco appeared poised to become the third leg of a mythical "triple crown" of American marathons, with Boston and New York.

But going City-wide was also a fateful decision, one that ultimately cost the Pamakids control of the race, and nearly brought down the marathon itself.

Finding an acceptable course through a compact city like San Francisco, reknown for its hills, was a monumental task. The goal was to pass through as many neighborhoods as possible, yet not have too many climbs, turns, or street crossings. A key architect was the Pamakids' Tom Benjamin, who spent months planning and measuring. A host of San Francisco agencies needed to give approvals. Ruben Glickman, a running buddy of Mayor (now Senator) Dianne Feinstein's husband, helped guide the club through the process.

The 42-turn, three-hill, course finally chosen for 1982 would be regularly fine-tuned over the next six years.

Neighborhoods would be added or dropped, the start moved from inside Golden

Gate Park to the Palace of the Legion of Honor. The finish line was near City Hall, just after a run on Market Street. An out-and-back to the foot of the Golden Gate Bridge was an annual highlight.

1982 (July 11, Edition #6)

The debut City-wide San Francisco Marathon drew a record crowd of 7,000 starters. It included New York Marathon guru Fred Lebow, who had advised the Pamakids on going City-wide. He ran 4:01 and said, "It was a very pretty course and the most picturesque finish I've ever seen."

Stanford grad Nancy Ditz, in her debut marathon, led all women in 2:44:05. Six years later, Ditz would be the first American finisher at the Olympic marathon in Seoul. Retired from racing, she now serves as the San Francisco Marathon's expert analyst in television coverage. Kathy Pfeifer came on strong for second in 2:44:27, just 19 ticks ahead of Heidi Skaden. Early leader, and former winner, Sue Petersen, faded to fifth.

Sandra Kiddy demolished the American 45-49 age group record with her 10th place 2:53:23. And 51-year-old Sister Marion Irvine, rounding into the form that would qualify her for the Olympic

Trials the following year, blazed a 3:06:25.

Domingo Tibaduiza, a member of four Colombian Olympic teams, was a men's favorite. But it was his unheralded 23-year-old younger brother, Miguel, who surprised with the win. Canadian Art Boileau, Ric Sayre, Mike Smith, defending champion Hal Schulz, Mike Pinocci, and the Tibaduiza brothers all took turns heading the lead pack. By the halfway mark, in Chinatown, only Miguel and Schulz remained. They stayed shoulder to shoulder for 10 miles, when Miguel made a decisive surge. He then held off his hard-charging brother to win by 21 seconds, in 2:14:32. Schulz (2:15:29), Sayre (2:15:29) and Pinocci (2:15:42) followed.

Athol Barton, winner of the first S.F. Marathon, ran seven minutes faster than in '77 but was now sixth. Jim Bowers, 43, won the masters division in a sizzling 2:23:58 and was 15th overall.



Runners from around the world enjoyed the new course.

Photo by Ken Lee

1983 (July 24, Edition #7)

The nation was gripped with marathon fever; the Olympics were coming to Los Angeles the following year. The field for the '83 San Francisco Marathon swelled to nearly 10,000 starters, the most ever in the west. Among them were scores of top men and women runners hoping to make the U.S. Olympic Trials Marathon qualifying times of 2:20 and 2:51:16 respectively. An impressive total of 24 succeeded. And both '83 SF Marathon winners, Pete Pfitzinger and Janis Klecker, would go on to win Trials marathons; Pfitzinger in '84, Klecker in '92.

(Continued on page 20)

Pfitzinger, who hadn't run a 26.2-miler in two years, dropped Tim Varley at 20 miles, then finished solo in 2:14:45. Joel Hope was closest, nearly two minutes back. A year later, Pfitzinger stunned the running world by out sprinting Alberto Salazar to win the Trials. Jim Bowers improved to 2:23:15 to again pace the masters. Bart van Housen finished last in 8:38 on an artificial leg.

Klecker pulled away for good at 7 miles and won by nearly a half-mile. Klecker's 2:35:43 was then a California state record. The runner-up was 38-year-old Gabriele Andersen, who would capture the world's heart in Los Angeles by staggering around the track to finish the Olympic Marathon. Katy Schilly, who would win San Francisco the following year, was third. A young Linda Somers, who would make the '96 U.S. Olympic marathon team, placed fourth. Cindy Dalrymple was fifth in a national age-41 record 2:44:17.

The race's biggest snafu was the non-delivery of porta-potties to the start in Golden Gate Park. Race director Thomason hastily bought out all the toilet paper in nearby stores.

1984 (July 22, Edition #8)

To some veteran observers the 2:10:17 that Simeon Kigen ran at the '84 San Francisco Marathon is not only the greatest performance in the race's history, it holds a place in the history of marathoning in America.

It was a California State record, albeit for just 21 days.

(Continued on page 20)

Simeon Kigen on his way to a 2:10:17 win at the 1984 San Francisco Marathon

Photo by Ken Lee



Kigen was perhaps the top Kenyan distance star, which meant almost as much then as it does now, and a definite contender for a medal at the Los Angeles Olympics. But a dispute with his federation kept him off the team. San Francisco was just a week before the Games opened. Kigen was talented and fit—he beat the world's best roadies at the Cascade Runoff a week earlier—and had something to prove. It showed. His time was just 57 seconds slower than what Olympic champion Carlos Lopes would run over a faster course, with much tougher competition and infinitely more on the line.

All but lost in Kigen's stunner was the 2:12:22 turned in by runner-up Dave Gordon of Oregon. It remains the race's no. 2 time ever. Massimo Magnani (2:13:44), Martyn Brewer (2:14:06) and Doug Avrit (2:14:21) were also under the old S.F. Marathon race record.

Schilly, returning from Georgia, passed a faltering Karen Dunn at 24.5 miles and went on to break the women's tape in 2:35:55. Dunn hung on for second in 2:37:35, followed by other young Americans Laura Albers (2:38:08), Gail Volk-Kingma (2:39:03), and the Bay Area's Michelle Aubuchon (2:41:43).

1985 (July 21, Edition #9)

In the glow of the Olympics, and its own successful '84 race, the 1985 San Francisco Marathon was able to offer a hefty prize purse. The overall winners received Audis, a plane trip and cameras, while another \$30,000 cash was earmarked for places 2 through 10. Nearly 10,000 runners ran in classic San Francisco summer weather; foggy, very cool and blustery.

Eight Africans comprised the bulk of the men's early lead pack. The group thinned but as late as mile 24, it appeared an African, either Sam Ngatia or Gidamis Shahanga, would win. Both then blew up, finally reduced to walking. Ashland, Oregon's Ric Sayre sped by the pair to win in 2:15:07. Paul Cummings, a U.S. Olympian in '84 at 10,000 meters, followed in 2:16:33. Bay Area ace Brad Hawthorne also passed the struggling Africans for third.

A foreigner had better luck on the women's side, in this case Kirsti Jacobsen of Denmark. Leading throughout, she won in 2:38:04. Karen Dunn, the previous year's runner-up, pulled even with Jacobsen at 16 miles but again settled for second in 2:39:18. Laurie Binder was third and Richmond's Sharlet Gilbert, in a breakthrough race, fourth. Patti Catalano, who

had held the American marathon record, finished fifth. And Ann Trason, destined to become the world's greatest ultramarathoner, was sixth in 2:48:01.

1986 (July 20, Edition #10)

For the 10th anniversary of the race, the starting line was moved from Golden Gate Park to the Palace of the Legion of Honor, perched on a cliff above the Golden Gate. This produced a downhill first mile, which was covered by early leader Don Paul in 4:34. New Audis again awaited the winners, this time plus \$5,000 cash.

Easily the biggest name in the race was Allison Roe of New Zealand. She had set a world record in winning New York and was also a two-time winner at Boston. But Roe was recovering from hamstring surgery and ended up fifth woman in 2:43:38.

Instead, Marie Trujillo, who had represented her native Mexico in the '84 Olympic marathon, claimed the Audi in 2:37:58. Now an American citizen, Trujillo still races at the highest levels in open Pacific Association competitions. Janine Aiello crossed next in 2:39:30, just 12 seconds up on Sharlet Gilbert.

Peter Pfitzinger, the 1983 winner, returned and won again. Pfitzinger made his decisive surge at 18 miles, drawing only Kenyan Joseph Kipsang for company. Pfitzinger then broke Kipsang over the last three miles and cruised home in 2:13:29. Tanzanian Gidamis Shahanga, who had faded the year before, hung on for second, nearly two minutes back. Americans David Olds (2:15:18) and Dick Ledoux (2:16:41) turned in sparkling times for 3-4, ahead of Kipsang. Two former SF champs followed: Miguel Tibaduiza, then defender Ric Sayre.

Two runners who crossed among the first 10, Redge Heislitz and Thomas Augat, were later disqualified for cutting into the race. The San Francisco Marathon quickly earned a reputation for its vigilance in seeking out cheaters; until then, despite the Rosie Ruiz incident at Boston, few thought any runners cheated. Video cameras were posted at several unannounced checkpoints and those not passing through, including several age division trophy winners, were ignominiously disqualified.

1987 (July 19, Edition #11)

Ominous clouds were appearing over the San Francisco Marathon. There was sniping in the local media and by some elected officials over traffic problems. Citizens complained about being unable to drive to church. Marathon organizers were forced to make course changes, eliminating some

scenic sections and neighborhoods. And it was the third and final year of the contract with deep-pockets sponsor Audi. Would they renew? Could they be replaced? Still, another mega-crowd turned out on a very warm and humid morning.

The heat played a role in whittling the lead packs. On the men's side, it was down to Turkey's Mehmet Terzi, Mexico's Carlos Rivas Salas, and Kenya's Sam Ngatia at 20 miles. A mile later, Terzi, owner of a 2:10 PR, surged away for good. His time was 2:14:07. Foreigners also took the next five places—in order, Salas, Ngatia, Ahmet Altun, and Fraser Clyne. On the men's side at least, San Francisco was clearly no longer a local's race, nor even an American's race.

Two U.S. men did make the '88 Olympic Trials Marathon cutoff time of 2:20; Walt Adams and Bay Area runner Jeff Adkins. In Adkins case, it came down to a sprint towards the City Hall Plaza finish line (he made it by two seconds) in one of the race's most memorable moments.

Eileen Claugus, who had been second here in 1981, was now a winner in 2:39:02. She was on a faster pace through 23 miles, then was slowed by a fall and the humidity. By the finish, Claugus had "slowed to a survival shuffle and was barely jogging" according to one account. Claugus had long held the high school mile record holder from her prep days in Sacramento, and had also won the 1982 Honolulu Marathon.

Sharlet Gilbert was again a factor, this time second in 2:39:45. Laura Albers, Cindy James, and Rainey-Kay Stolp rounded out the top five.

The 1987 San Francisco Marathon proved to be the Pamakids last. Opponents of the Marathon and of the Pamakids proved more adept at the nasty political infighting that dogged the race. In the end, the Marathon was forced to skip a year. It returned in 1989 with new organizers, a new title sponsor, Mercedes, and a spectacular new start—the north end of the Golden Gate Bridge.

Part III in the next issue of Pacific Athlete.

The San Francisco Marathon 20th Anniversary Sunday, July 13, 1997

Special events are planned for the 20th San Francisco Marathon, including an award to the runners who have finished the race the most times. Has anyone run all 19, or even 18 or 17? If so, contact John Mansoor, Race Director, 120 Ponderosa St., Folsom, CA 95630, (916) 983-4622.

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



Marathon Training:

Final Tips...as race day approaches

by Jeff Galloway

Whether you're running the Olympic Marathon, or the little church fund raiser a block away, it helps to have a checklist. If you follow the instructions below, you'll avoid most of the problem areas. But it's up to you to build in the most important ingredient: fun. You're headed for a great race, regardless of your finish time, if you go out slowly, and appreciate the experience.

This list should be modified for specific events and staging areas. Insert your own special fluids or inspirational sayings. Make this race countdown your special checklist.

The Night Before

- Drink 4-6 oz of water every hour.
- Eat light carbohydrate snacks like PowerBars.
- Relax, laugh, enjoy the moment.
- Go over procedure, route, etc. for getting to the start (see race instructions).
- Do a very relaxed mental rehearsal of your event, concentrating on the positive.
- Pack your bag.

Your Event Bag should contain:

- Race number and pins
- Race instructions, map etc
- Copy of "Race Morning List" (below)
- Prepare to bring: a controversial issue, at least one interesting story, and at least 1 joke
- Shoes, socks, shirt, shorts, and warm-up suit (other clothes if it's cold: tights, polypro top, long sleeve T-shirt, gloves, hat, ear covering etc.)
- Water (about 32-64 oz) to drink before and afterward
- Bandages, vaseline, etc.
- \$20-30 for reserve funds (rapid transit tokens, etc.)
- PowerBars or your chosen carbohydrate source (enough for start, 2nd half, and after)
- Fanny pack or plastic bags, pins
- Some extra "give away" shirts and/or pants as extra layers in case staging area is cold
- A garbage bag provides an inexpensive waterproof top and ground cover.

Race Morning List:

- Drink 4-6 oz of water every 30 minutes until you hear "sloshing."
- Eat—according to the schedule which has worked for you in the long runs (example: one PowerBar with 8oz water, 1-2 hours before the start).
- Bring your bag, car keys, etc.
- Leave at least 30 minutes before you think you'll need to leave...in case of traffic, etc.
- If you have several hours at race site before start, stay warm, get off your feet and relax.

The Next Goal

Be sure to look beyond your race. While your training program for each season is winding down, envision yourself two, three and four weeks after the "big day" getting out for a slow and enjoyable run, 3-4 days a week. These runs don't put pressure on you, they keep you motivated and give you a boost when your motivation is likely to take a vacation.

The next goal needn't be a specific time, race or date on a calendar. Picture yourself going to a beautiful trail, or beach. Your next running boost could also be joining a group for the camaraderie, support, and social fun. Whatever you choose to do, build it into your checklist. By the time you've reached the end of one program, you're already involved in another one.

- 60 minutes before the start, walk around the staging area to mentally rehearse lining up.
- 30 minutes before the start, walk around for 15 minutes to get the legs moving.
- Jog for 3-5 minutes (very slowly) just before lining up.
- Keep the legs moving, in place if necessary as you stand waiting for the start.
- If going for a time goal, get to the starting area early enough to secure a good place.
- Most of us with the goal "to finish" should line up in the back of the crowd.
- Joke around, enjoy the energy and personalities of the folks nearby.
- Go out slowly. If it's hot, go out even slower!
- Get over to the side of the road and take every walk break, from the beginning (most should take a one minute walk break every mile for the first half of the race).
- Drink at every aid station until you hear sloshing in your stomach.
- If you feel warm, pour water over your head at each water stop.
- Each walking break lets you appreciate & enjoy each mile.
- When tired, shorten stride.
- Don't stretch during the run or immediately afterward.
- You may cut out the walk breaks during the last third of the race, if you're feeling good.

Immediately Afterward:

- Grab water and carbohydrate food(s).
- Walk, eat and drink, for at least a mile.

Recovery:

- If possible, immerse your legs in a cold bath, as soon after the finish as possible.
- Walk for 30-60 minutes later in the day
- Eat carbohydrate snacks, continuously for the rest of the day.
- Drink 4-6 oz of water or electrolyte fluid (at least) every hour.
- Walk for 30-60 minutes the next day.
- Walk-Jog for 30-45 minutes two days after the race.
- Continue to alternate: walk 30-60 minutes and walk-jog 30-45 minutes.
- Wait at least a week before you 1) schedule your next race, and 2) vow never to do another race!

Olympian Jeff Galloway has written the current best seller among running books, and the current best selling marathon training book. To receive his free newsletter or fitness vacation info (including Tahoe, Greece and Finland with Lasse Viren) call 1-800-200-2771 x29.

Do It!

Support the First World Peace Rose Garden
Memorial Dedicated to Women and Children

ON THE GROUNDS OF THE CALIFORNIA STATE CAPITOL, SACRAMENTO

The American Radio System's Challenge For The Roses

A 5K Run & Walk & Kid's Memorial Mile

SUNDAY, JUNE 1, 1997 AT STATE CAPITOL PARK

5K RUN & WALK

On and around the beautiful grounds of the State Capitol.

- ❖ Starts at the State Capitol on 15th Street and Capitol Avenue
- ❖ Race through the scenic downtown area of Sacramento.
- ❖ Finish at the State Capitol Park
- ❖ American Radio Systems will provide:
P-D-P-A: Pre/During/Post Race Amusement

TIMES & DATES & PARTICULARS

MARK YOUR CALENDAR
NOW!

Sunday, June 1, 1997

- 🏠 All events begin and end on the east side of Capitol Park, at 15th Street (Near the Vietnam Veteran's Memorial)
- 🏠 LATE REGISTRATION: 6:30 a.m.
5K RUN & WALK: 8:00 a.m.
Kid's Memorial Mile: 9:00 a.m.
- 🏠 Awards to be given to the 1st, 2nd and 3rd place winners in each run division

Kid's Memorial Mile

I'll Bet You Can!

- ✂ For kid's 12 and under
- ✂ Starts at 9 a.m. and circles the State Capitol Park
- ✂ All kids receive a prize and a *surprise*

The Sanctioned Course Is

F.F.F.F.

Fun

Fast

Flat

Friendly

About the World Peace Rose Garden Memorial...

The California Legislature has called for the establishment of a privately funded Rose Garden Memorial on the Grounds of the State Capitol. A Garden established to bring attention the need of women and children to live in love and peace. With your help this Garden will become a reality. You can dedicate a brick in the Garden, in your name or that of a loved one, for just \$25.00. **Call 1-800-205-1223 to order your brick.**

INFORMATION? CALL: 916/381-5433 World Peace Rose Garden Memorial P.O. Box 276130, Sac. CA 95827

Race Form Developed and Designed by J.F. Hutchison

Entry Form PLEASE PRINT [Photocopies O.K.]

MAIL ENTRY AND NON-REFUNDABLE FEE PAYABLE TO:
World Peace Rose Garden Memorial
P.O. Box 276130, Sacramento, CA 95827-6130

- REGULAR PRICE ENTRY
BEFORE MAY 20 \$18.00
- LATE ENTRY
AFTER MAY 20 \$22.00
- PROCRASTINATOR ENTRY
RACE DAY JUNE 1 \$25.00
- kid's memorial mile
BEFORE MAY 20 \$8.00
AFTER MAY 20 \$10.00
- TEAM ENTRY (3-5 MEMBERS) LAW ENFORCEMENT
 OPEN WOMEN CORPORATE MILITARY CIVIL SERVICE
BEFORE MAY 20 \$90.00
AFTER MAY 20 \$110.00

TOTAL \$

CHARGE MY:   EXP:

CARD NUMBER

PLEASE COMPLETE ALL INFORMATION

LAST NAME

SEX M F

BIRTH DATE

AGE

PHONE

-

STREET ADDRESS

APT. NUMBER

CITY

STATE

ZIP

Waiver: I hereby certify and guarantee that I am in good condition and health and able to safely participate in this event. I am fully aware of the hazards and voluntarily assume all risks of injury that I may sustain as a result of my participation in the 5K CHALLENGE For The Roses. I hereby release and waive any claim by myself, my heirs or personal representatives for damages caused by the negligence of International World Peace Rose Gardens, J.F. Hutchison Co., the State of California, the City of Sacramento, the American Radio Systems and all participating sponsors. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures etc. for promotional purposes. I also understand that the entry fee is non-refundable. As a participating athlete I certify that all information provided in this form is true and complete. I have read the entry information provided for the event and certify my compliance by signature below. If athlete is under the age of 18: This is to certify that my son/daughter has my permission to compete in the 5K CHALLENGE For The Roses, is in good physical condition and that the race officials have my permission to authorize emergency treatment if necessary.

X

PARTICIPANT'S SIGNATURE (OR PARENT/GUARDIAN IF PARTICIPANT IS UNDER 18 YEARS)

DATE

X

CARDHOLDER'S SIGNATURE FOR CREDIT CARD ENTRIES

Cal 10

Stockton, Calif., Feb. 23, 1997

Cal 10's postponement due to January flood complications did not discourage California's best from appearing to compete in this valley tradition of 26 years. The later date arrived with no fog and the valley views were spectacular, although the athletes faced a stout headwind as they rounded the turn in the final mile. Both Dave Scudamore and Olympic Marathoner Linda Somers ran unchallenged and notched Cal 10 wins for the second time.

Open 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	Jeff Shaver	53:08
9	Dirk Vandepol	53:52
10	Gary Towne	54:23

Master Men (40-49)

1	Miguel Tibaduiza	52:58
2	Lloyd Stephenson	53:33
3	Richard Flores	54:22
4	Matt Yeo	55:01
5	Brian Davis	55:43

Senior Men (50-59)

1	Sal Vasquez	56:35
2	Ewar Gordillo	57:42
3	Chuck Macdonald	59:01

Super Senior Men (60-69)

1	Jim Moore	1:04:56
2	Darryl Beardall	1:06:28

Veteran Men (70 & over)

1	Frank Cunningham	1:29:58
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Open Women (39 & under)

1	Linda Somers	55:56
2	Nathalie McManamon	1:01:24
3	Tenaya Soderman	1:01:32
4	Laura Sanchez	1:02:15
5	Kristin Jacobs	1:02:30
6	Martha Perkins	1:02:33
7	Jennifer Devine	1:02:38
8	Christine Lincke	1:03:01
9	Ramona Young	1:03:03
10	Alexandra Newman	1:03:09

Master Women (40-49)

1	Kim Rupert	1:06:20
2	Dee Dee Grafius	1:06:50
3	Claire Fry	1:07:48
4	Christine Iwahashi	1:08:20
5	Cindy Scott	1:08:48

Senior Women

1	Melody Anne Schultz	1:07:09
2	Barbara Miller	1:08:09
3	Eve Pell	1:13:33

Super Senior Women (60-69)

1	Myra Rhodes	1:24:25
2	Juliane Scheberies	1:34:45

Veteran Women (70 & over)

1	Po Adams	1:56:49
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4,500 Enjoy Beautiful Weather at 14th Houlihan's to Houlihan's 12 km

Sausalito to San Francisco, March 23, 1997



With the Golden Gate Bridge in the background, the lead pack of men work together in the Houlihan's to Houlihan's.

A picture-perfect, clear, cool morning dawned for the 14th running of this scenic Pacific Association event. Perhaps this weather was a factor in the record number of race finishers (3,964 of the 4,479 registered). The lead pack of men held together until Chrissy Field, when Jamey Harris and Chris Schille pulled away. After running together through the Marina and over the Fort Mason hill, Jamey edged out Chris in the final downhill charge for a thrilling two second win. In the women's race, Maria Trujillo ran uncontested. A women's 55-59 course record was set by senior age division phenom, Shirley Matson, with her overall women's masters winning time of 47:36. She also holds the 50-54 record (45:18) established in '93. Miguel Tibaduiza men's masters winning time (38:14) did not quite better his brother's master's record of 37:59 set in '92.

Open Men

1	Jamey Harris	37:32
2	Chris Schille	37:34
3	Jose Aispuro	37:41
4	Russell Hill	37:54
5	Aaron Pierson	38:13
6	Carmello Rios	38:29
7	Jeff Shauer	38:36
8	Eric Walker	38:54
9	Joseph Karnes	39:01
10	Brian Richter	39:07

Masters Men (40-49)

1	Miguel Tibaduiza	38:14
2	Brad Hawthorne	38:20
3	Danny Aldridge	38:51
4	Richard Flores	40:25
5	Louis Garcia	41:13

Senior Men (50-59)

1	Michael Dove	41:42
2	Enar Gordillo	42:21
3	Chuck Mac Donald	42:53

Super Senior Men (60-69)

1	Darryl Beardall	50:24
2	Bernie Hollander	50:26

Veteran Men (70 & over)

1	Ray Stewart	57:55
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Open Women

1	Maria Trujillo	43:34
2	Tenaya Soderman	44:47
3	Ramona Young	45:03
4	Amanda Gerhardt	45:13
5	Andrea Hamlin	45:25

6	Jennifer Devine	45:31
7	Laura Sanchez	45:41
8	Becki Kriege	45:47
9	Christine Lincke	45:51
10	Sissel Berntsen-Heber	45:53

Masters Women

1	Joann Dahlkoetter	49:11
2	Elizabeth Edwards	49:31
3	Marianne Zerebko	49:33
4	Sue Francis	49:52
5	Sharlet Gilbert	50:14

Senior Women (50-59)

1	Shirley Matson	47:36
2	Barbara E Miller	49:39
3	Delma Jones	55:44

Super Senior Women

1	Margarethe Styskel	1:00:08
2	Sylvia Hughes	1:02:13

Veteran Women

1	Mary Storey	1:10:22
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Fifty-Plus Fitness Paul Spangler Memorial 8 km

Palo Alto, Calif., April 6, 1997

Shirley Matson was the headliner at the Fifty-Plus Fitness Association weekend. She blasted the 8 km national 55-59 record by 2:40 with her 30:10 win (age graded time = 94.7%). Michael Dove, 50, was the men's winner in 26:50 (age-graded time = 88.6%). Over 300 runners competed, including 21 in the 70-79 and five in the 80-89 age divisions.

Senior men (50-59)

1	Michael Dove	26:50
2	Sal Vasquez	27:17
3	Ewar Gordillo	28:08
4	Frank Ruona	28:18
5	Alphonzo Jackson	28:31

6	Jim Reitz	28:45
7	Jim Williams	29:13
8	Jon Mac Pherson	29:19
9	Byron Melendy	29:21
10	Herb Phillips	29:22

Contd. on page 26

1997 Pacific Association LDR Grand Prix Standings

(through Run for their Lives 8 km and the Fifty Plus 8 km)

OPEN MEN (Long Division)

Place	Name	Team	Total
1	Jose Aispuro	Aggies	45
1	Russell Hill	Aggies	45
3	Miguel Tibaduiza	Silver State	39
4	Joseph Karnes	Humboldt TC	37
5	Jeff Shaver	Aggies	36
6	Brian Richter	Excelsior	35
7	Dave Scudamore		30
7	Jamey Harris	Aggies	30
9	Gary Towne	Chico TC	27
10	Chris Schille	Aggies	24
10	Rey Flores	Farm Team	24
12	Richard Flores	Empire	23
13	Terence Boynton	Aggies	22
14	Brad Hawthorne	Hoy's	20
15	Bret Kimple	Aggies	19
16	Danny Aldridge	Empire	18
17	Eric Walker	Empire	17
18	Lloyd Stephenson	Excelsior	16
19	Dirk Vandepol	Aggies	15
20	Juan Torrealba	WVTC	14

OPEN WOMEN (Long Division)

Place	Name	Team	Total
1	Tenaya Soderman		47
2	Laura Sanchez	Ryan's	42
3	Nathalie Mcmanamon	WVJS	40
3	Jennifer Devine	Chips	40
3	Ramona Young	Ryan's	40
6	Amanda Gerhardt	Aggies	37
7	Christine Lincke	Ryan's	36
8	Kristin Jacobs	Ryan's	34
9	Linda Somers	ASICS	30
9	Maria Trujillo	Ryan's	30
11	S. Bernitsen-Herber	WVTC	26
12	Sandy Patterson	Impala	22
13	Martha Perkins	Unatt	20
13	Meg Svoboda	Chips	20
13	Kristina Mathias	WVJS	20
13	Stephanie Vannicola	Excelsior	20
17	Becki Kriege	WVJS	19
18	Alexandra Newman	Impala	16
19	Michelle Deasy	Farm Team	15
20	Shannon Sweeney	Aggies	14
20	Julie Rohloff	Aggies	14

OPEN MEN (Short Division)

Place	Name	Team	Total
1	Ben Ayers	Unatt	30
2	Chris Schille	Aggies	24
3	Jose Aispuro	Aggies	23
4	Ray Flores	Unatt	22
5	Russell Hill	Aggies	21
6	Corey Trovinger	Humboldt TC	20
7	Miguel Tibaduiza	Silver State	19
8	Ben Turman	Unatt	18
9	Lloyd Stephenson	Excelsior	17
10	Eric Walker	Empire	16
11	Brian Buscay	Silver State	15
12	Richard Reitz	WVJS	14
13	Rich Mccandless	Ryan's	13
14	Juan Torrealba	WVTC	12
15	Tom Cushman	Aggies	11
16	Matt Yeo	Aggies	10
17	Ty Strange	Empire	9
18	Crispin Hetherington	East Bay	8
19	Richard Flores	Empire	7
20	Alan Dehlinger	Silver State	6

OPEN WOMEN (Short Division)

Place	Name	Team	Total
1	Tenaya Soderman	Aggies	30
2	Kristin Jacobs	Ryan's	24
3	S. Bernitsen-Herber	WVTC	23
4	Christine Lincke	Ryan's	22
5	Amanda Gerhardt	Aggies	21
6	Shannon Sweeney	Aggies	20
7	Joanne Harper	Aggies	19
8	Sandy Patterson	Impala	18
9	Malia Masoh	East Bay	17
10	Bz Chruhman	East Bay	16
11	Karen Johnson	Fleet Feet	15
12	Jill Strangio	Aggies	14
13	Karin Kuffel	East Bay	13
14	Kim Rupert	WVTC	12
15	Dawn Eggerts	Impala	11
16	Michelle Holman	Tamalpa	0
17	Joann Dahlkoetter	Aggies	9
18	Terrie West	WVTC	8
19	Connie Kondo	Chips	7
20	Christine Iwahashi	Chips	6
21	Cheryl Kruse	Impala	5

MASTER MEN (40-49)

Place	Name	Team	Total
1	Miguel Tibaduiza	Silver State	90
2	Richard Flores	Empire	65
3	Brian Davis	WVJS	58
4	Hank Lawson	Aggies	51
5	Joerg Herbrechtsmeir	Silver State	48
5	Lloyd Stephenson	Excelsior	48
7	James Tracy	Excelsior	47
8	Matt Yeo	Aggies	43
9	Louis Garcia	Empire	41
9	Michael Johnson	Aggies	41
11	Ewar Gordillo	Silver State	33
11	Bob Rogers	Empire	33
13	Kitt Flynn	Chips	29
13	Sal Vasquez	Unatt	28

MASTER WOMMEN (40-49)

Place	Name	Team	Total
1	Joann Dahlkoetter	Aggies	57
2	Claire Malonson-Fry	Chips	43
2	Sue Francis	WVJS	43
2	Kim Rupert	WVTC	43
5	Christine Iwahashi	Chips	37
6	Lourdes Livingston	Impala	34
6	Darlene Wallach	Ryan's	34
8	Barbara Miller	Chips	33
9	Deedee Grafius	Chips	32
9	Marianne Zerebko	Silver State	32
11	Sharlet Gilbert	Unatt	31
12	Missy Sandeman	Silver State	25
12	Shirley Matson	Impala	25
14	Cindy Scott	Chips	24

SENIOR MEN (50-59)

Place	Name	Team	Total
1	Sal Vasquez	Unatt	61
2	Ewar Gordillo	Silver State	56
3	Michael Dove	Wed. Laundry	50
4	Alphonzo Jackson	Tamalpa	48
5	Franklin Ruona	Tamalpa	43
6	James Reitz	WVJS	42
7	Chuck MacDonald	WVJS	36
8	Jon Macpherson	Tamalpa	26
9	Walt Radloff	WVJS	24
10	Perry Hayden	Silver State	23

11	James Williams	Tamalpa	21
12	David Taylor	East Bay	19
13	Jim Jones	Unatt	18
14	John Monteverdi	East Bay	17
15	David Furst	WVJS	16

SENIOR WOMEN

Place	Name	Team	Total
1	Barbara Miller	Chips	27
2	Shirley Matson	Impala	24
3	Louise Walters	Impala	16

SUPER SENIOR MEN (60-69)

Place	Name	Team	Total
1	James Moore	Tamalpa	30
2	Darryl Beardall	Tamalpa	28
3	Bernie Hollander	Tamalpa	26

SUPER SENIOR WOMEN (60-69)

Place	Name	Team	Total
1	Juliane Scheberies		25
2	Peggy Hansen	Unatt	14
3	Myra Rhodes	Chips	12

VETERAN MEN

Place	Name	Team	Total
1	Ray Stewart	WVJS	20
2	Frank Cunningham	WVJS	19
3	Howard Powers	WVJS	18

VETERAN WOMEN

Place	Name	Team	Total
1	Jaclyn Caselli	NCSTC	21
2	Kit Pickles	LMJS	12
3	Po Adams	Chips	9

LDR Grand Prix Team Points (Through Run for Their Lives 8 km and the Fifty Plus 8 km) (Place, Name, Total points)

OPEN MEN

1	Aggies	30
2	WVTC	23.5
3	Excelsior	23

OPEN WOMEN

1	Aggies	28
2	Impala	24
3	East Bay	21

MASTER MEN

1	Excelsior	27
2	Aggies	25
3	Empire	24

MASTER WOMEN

1	Chips	30
2	WVJS	27
3	Impala	21

SENIOR MEN

1	Tamalpa	30
2	WVJS	27
3	Chips	18

SENIOR WOMEN

1	Tamalpa	27
1	Impala	27
3	WVJS	21

SUPER SENIOR MEN

1	Tamalpa	30
2	WVJS	26

SUPER SENIOR WOMEN

1	Tarahumara	10
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VETERAN MEN

1	WVJS	20
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VETERAN WOMEN

No veteran women's teams have scored

ACHILLES' HEEL REVISITED

by Amol Saxena, DPM

Just mention Achilles tendon to a runner or a tennis player and you'll see him squirm. Achilles tendon problems are no fun to deal with and often take a long time to get over. Why? Because the Achilles tendon is the most important tendon in pulling you up on your toes and because it has minimal blood supply. The tendon comes from two calf muscles, the gastrocnemius and soleus muscles. The heel cord that attaches to your heel bone is the actual tendon two third's of the way down your leg. There are a myriad of injuries associated with this tendon; I see 150 cases of Achilles-related pain a year.

Achilles tendon tears or ruptures are fairly common in middle-aged males, particularly those involved in ballistic sports such as basketball and racquet sports. Generally a patient feels a "pop," as if hit in the back of his leg and then he can't stand on his toes. People who don't stretch their calves much, who have chronic Achilles pain, or who have had steroids (particularly injections for tendonitis and bursitis) are more susceptible to rupture. Athletic patients should have the ruptured Achilles tendon repaired surgically so that they have as close to normal strength.

Achilles tendonitis and tendonosis (a chronic case of tendon swelling) are by far the most common ailments I treat. The tendon feels bruised, stiff or sore, especially in the morning and the early part of a run. But during the majority of the run or sport the Achilles does not hurt; the patient thinks the injury can't be too bad and fools himself into a false sense of security. As the condition gets worse a burning sensation may develop, and, at this point, sports activity should stop. Unfortunately, patients continue and scar tissue develops within the tendon. There is often a partial tearing, resulting in the chronic swelling of tendonosis. Typical initial treatment includes rest, heel lifts, anti-inflammatories, ice, physical and massage therapy, and sometimes orthoses. Surgery is reserved for resistant cases.

Achilles paratendonosis is inflammation of the fatty covering of the Achilles tendon. This condition often presents as diffuse swelling of the tendon, and, in contrast to tendonitis, it usually gets worse with activity. Massage directly on the tendon, heel lifts and ice all seem to make paratendonosis worse. Calf (not tendon) massage, physical therapy, and complete rest seem to have the best effects. Chronic cases do very well with surgery. One should note that tendonosis and paratendonosis can co-exist. This is especially common with runners who have ignored symptoms for more than a year.

Other common conditions of the Achilles tendon is a heel spur (tendocalcinosis), "pump bump", and bursitis. Any tendon or ligament can calcify when it undergoes stress. Occasionally the Achilles calcification fragments or breaks making it symptomatic. If the usual measures mentioned above for tendonitis don't calm symptoms down, then surgery may be recommended. This is more likely if the calcification is fragmented and toe stands cause pain. These "functional" ruptures can happen with any Achilles problem, because...you guessed it...patients ignored the symptoms (and are easy to spot limping into the office).

Pump Bumps and bursitis in the back of the heel are due to bony prominences on the heel bone itself. High-heeled shoes ("pumps") were once thought to cause the problem, but in fact anyone who has an irregularly shaped heel bone that "rocks and rolls" (pronates or supinates excessively) and who wears a hard contoured heel cup in their shoe is susceptible. Bursitis is an inflammation of the sack or cushion that protects the bone from pressure. Conservative measures mentioned above along with accommodative padding are helpful. Surgery is less likely for these conditions than for the others mentioned above. I usually don't recommend surgery for the chronic Achilles conditions unless patients have tried six months or more of conservative treatment. When surgery is indicated, I've found it to be 95% successful, with the remaining 5% still having some discomfort, decreased activity level, or the need for additional surgery.

Patients must rule out that the "Achilles" problem is not a stress fracture of the heel bone, a nerve problem, nor a deep ankle injury, all of which may refer pain to the Achilles region. As with any health problem, the treatment is more successful with an accurate diagnosis.

The problems mentioned in this article can be prevented by doing the wall stretch (held for 30 seconds with the knee straight and then bent), icing when sore for 5-10 minutes, and wearing appropriate shoes. Achilles tendon problems don't have to be your weakness. Don't fool yourself thinking it can't be that bad if it doesn't hurt while you exercise. Get the injuries treated early to minimize downtime and potential complications.

Amol Saxena, DPM

Palo Alto Medical Foundation

415/853-2943

USA Track & Field Sports Medicine Committee

Fifty Plus, Contd. from page 25

Super Senior men (60-69)

1 Jim Moore	30:54
2 Bernie Hollander	31:16
3 Norman Saucedo	31:16

Veteran Men (70 & over)

1 John Keston	32:06
2 Joe King	33:07

Senior Women (50-59)

1 Shirley Matson	30:10
2 Barbara Miller	32:52
3 Jutta Mc Cormick	35:00
4 Mary Jo Feeney	35:37
5 Lynne Fonda-Kosorek	36:46
6 Edda Stickle	36:53
7 Louise Walters	37:26
8 Ann Hardham	38:09
9 Jean Schwisow	38:32
10 Barbara Brady	38:39

Super Senior Women (60-69)

1 Sylvia Hughes	38:33
2 Sally Gidaro	40:16
3 Gloria Dake	42:27

Veteran Women (70 & over)

1 Joy Johnson	42:11
2 Harriet Couson	43:09

Run for Their Lives 8 km

Sacramento, Calif., April 5, 1997

Ben Ayers of Sacramento jumped into the lead at the start and held off many of Northern California's top runners to win the inaugural Run For Their Lives 8 km in Sacramento on April 5. Ayers, 26, was timed in 24:11, an average pace of 4:51 per mile. Ayers won \$200 in the race, the Pacific Association open and masters 8 km championship.

Tenaya Soderman of Palo Alto pulled away from the women's field to place first in 28:51, a 5:48 per mile average pace. Soderman, 23, also won \$200 for the victory.

Chris Schille of Lafayette, 30, placed second in the men's race in 24:27 (\$100). Jose Aispuro, of Watsonville, 35, was third in 24:41 (\$50).

Kristin Jacobs, 32, of San Jose (29:04, \$100) and Sissel Berntsen-Heber, 32, of San Francisco (29:27, \$50) rounded out the top three women.

The best race of the day was the battle for male masters crown. Miguel Tibaduiza of Reno, Nev., prevailed 24:55 to 25:14 over Lloyd Stephenson of San Francisco. Tibaduiza, 40, earned \$200 for his run, including a \$100 time bonus; Stephenson, 42, \$50.

The first woman master was Karen Johnson, 42, of Citrus Heights in 30:41, earning \$100. Kim Rupert, 42,

of Burlingame was second 40-49 woman in 31:21, earning \$50.

The race and accompanying one mile fun run attracted 831 runners to the State Capitol. Run for Their Lives was presented by the California Department of Social Services and raised more than \$67,000 for the California State Children's Trust Fund for the Prevention of Child Abuse.

Open Men

1 Ben Ayers	24:11
2 Chris Schille	24:27
3 Jose Aispuro	24:41
4 Rey Flores	24:43
5 Russell Hill	24:47
6 Corey Trovinger	24:53
7 Ben Turman	24:59
8 Eric Walker	25:19
9 Brian Buscay	25:27
10 Rick Reitz	25:28

Masters Men

1 Miguel Tibaduiza	24:55
2 Lloyd Stephenson	25:14
3 Rich McCandless	25:36
4 Matt Yeo	26:00
5 Brian Davis	26:27

Open Women (39 & under)

1 Tenaya Soderman	28:51
2 Kristin Jacobs	29:04
3 Sissel Berntsen-Heber	29:27
4 Christine Lincke	29:38
5 Amanda Gerhardt	30:01
6 Shannon Sweeney	30:07
7 Joanne Harper	30:15
8 Sandy Patterson	30:27
9 Malia Mason	30:28
10 Midori Waugh	30:36

Masters Women (40-49)

1 Karen Johnson	30:41
2 Kim Rupert	31:21
3 JoAnn Dahlkoetter	31:37
4 Christine Iwanhashi	31:58
5 Sharlet Gilbert	32:09

RACE WALKING REPORT

by Ron Daniel, Race Walking Chair



PRO 8 Kilometer

Welborn and Sakelarios Reverse Places, Ackeret Repeats

Roseville, Calif.
Feb 22, 1997

The second annual PRO 8 km got the 1997 Pacific Association Club racing season off to a great start. Walking in mild and breezy conditions, last year's second place finisher turned the tables on the defending champion **Chris Sakelarios**. With a 1:36 improvement from last year, **Roger Welborn** of the host club easily pulled away from the leader of the newly formed Redwood City Race Walkers (with six racing today). Roger's winning time of 42:49 established a meet and course record. Chris trailed Roger by only 39 seconds (43:28) as she also beat her 1996 winning time of 44:08. After a race-long battle, **Therese Iknoian**, GGRW, slipped to third overall in 43:55.

It must be noted that the top three finishers beat last year's winning time, although this year's course was lengthened by 25 feet per lap. The extra distance was added to make an easier turn around, making each lap 2008 meters.

Matching last year's time, race director **Dick Petruzzi** out-sprinted teammate **Terri Brothers** by two seconds to grab fourth place. **Bob Eisner** in ninth and **Pete Giachetti** in 13th joined Roger, Dick and Terri in the Team Cup winner's circle.

Ericka Ackeret, GGRW, 1996 Youth Junior Olympic Champion, began her 1997 assault on the season with a solid win over **Brooke Szody**. Ericka also beat her '96 winning time, posting a 11:15 for the 2 km. This was the first race of the Youth Grand Prix.

Congratulations once again to PRO for a "pro" job. Try All Sports provided the timing and Paula Kash-Mendell provided the medical and massage services.

CHAIRMAN'S NOTES

• **YOUTH GRAND PRIX** The Pacific Association Youth Race Walking Grand Prix has begun, but it's not too late to join. 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 is being conducted in cooperation with the PA Youth and RW Committees and under direction of Therese Iknoian. For GP information contact Therese at (408) 297-3376.

• **OPERATING PROCEDURES** The Operating Procedures have been distributed to all registered PA RW Clubs. The four paragraphs needing review will be discussed at the April 27 RW Committee meeting.

• **RACE BIDS** The following PA Championships and Grand Prix Races are open to bidding; 15 km, 20 km, One Hour and GP 5 km. 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; also, list the judges and enclose a copy of the judges summary sheet.

PRO 8 km results

Place	Name	Club	Time	Age	Gender
1	Roger Welborn	PRO	42:49	45	M
2	Chris Sakelarios	RCRW	43:28	37	F
3	Therese Iknoian	GGRW	43:55	40	F
4	Dick Petruzzi	PRO	47:33	64	M
5	Terri Brothers	PRO	47:35	40	F
6	Marlene Coe	RCRW	48:22	35	F
7	Bill Penner	S/St. Geo	48:24	50	M
8	John Doane	SCTC	49:43	54	M
9	Bob Eisner	PRO	49:55	68	M
10	Sandy Womack	GGRW	49:57	48	F
11	Art Klein	SCTC	50:02	43	M
12	Bill Morman	GGRW	50:57	69	M
13	Pete Giachetti	PRO	51:05	53	M
14	Loribeth Jacobs	RCRW	51:56	30	F
15	Leslie Brown	PRO	52:31	29	F
16	Helen Storrs	PRO	54:39	30	F
17	Nicholas Sakelarios	RCRW	55:27	30	M
18	Amy Savage	RCRW	55:49	30	F
19	Anke Dosedal	GGRW	56:10	29	F
20	Audrey Struve	RCRW	57:38	40	F
21	Ernie Lucken	GGRW	62:09	81	M
22	Ralph Wheeler	GGRW	62:48	62	M
23	Grace Moreman	GGRW	65:06	66	F

Youth 2km

Place	Name	Club	Time	Age
1	Ericka Ackeret	GGRW	11:15	13
2	Brooke Szody	Unat	11:26	16

Judges: Ron Daniel, Toni Harvey, Marie McNulty, Jim Petruzzi, Bob Wilson, Bob Bowman (Chief)

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

1997 Race Walk Schedule

- **May 18**, Western Regional and GP 10 Kilometer (W) & 20 (M), Palo Alto, Contact Gary Bower, GGRW, (415) 747-0342
- **May 24**, PA Track & Field Championships and RW Committee Meeting, Chabot
- **May 25**, PA Youth Championships, Chabot
- **June 14**, PA Masters Championships, Los Gatos
- **June 29**, PA Mile Championship, Sacramento
- **July 12-13**, Masters Western Regional Championships, SJCC
- **Aug 8-12**, USATF Masters Championships, SJCC
- **Oct 25**, 10 Kilometer Megawalk and GP, Monterey, Contact Kim Wilkinson, MPWWWC, (408) 372-2592

Optimistic Padilla Recovering from Injury

by Matt Johanson

Many runners know the distress injury causes when it ruins months or years of training, but few suffer the kind of life-changing setback that fate handed Doug Padilla on a training run last summer.

Padilla, 40, needs no introduction to most of the running community. A San Leandro native and alum of Chabot College in Hayward, Padilla became a two-time Olympian and one of the country's best distance runners of the 1980's. Padilla won 12 American titles and set a national record in the indoor 5,000 of 13:20.

In the spring of 1996, Padilla was recovering from a long bout with mononucleosis, preparing for masters competition and perhaps even a shot at the '96 Olympic Team.

But on June 19, during a workout in his new hometown of Orem, Utah, a driver speeding nearly 50 miles per hour to beat a red light struck him in an intersection.

The collision sent him "flying through the air like a rag doll," injured his shoulder and shattered his lower left leg into 15 pieces. Padilla hasn't walked, much less run, another step since.

But he's more cheerful than one would think possible for a man who's spent the better part of a year in a wheelchair or bed.

"I got lucky," said Padilla, a married man with "only four" children. "I should be dead, I really should. Instead I get to spend time with my family and see my kids grow up. I'm very blessed."

Yet his condition remains quite serious. Doctors have struggled to graft two remaining fractures and defeat infection which still threatens to force amputation.

In the first of many operations after the accident, they reconstructed his tibia with two plates and 15 screws. Complications forced Padilla to return to the hospital in August when doctors removed tissue that the impact destroyed. Then he needed a portable IV unit at home and heavy antibiotics for three months to counter a staph infection.

By this point, Padilla had "progressed from 38 fractures to two," as one doctor optimistically observed.

But those two were, and are, quite challenging. In November, Padilla underwent another operation as doctors used a fragment of his hip to graft the upper fracture—in effect, bridging the gap of the broken bone.

X-rays show the graft is taking and the top fracture healing, which leaves the lower fracture and potential infection as Padilla's greatest obstacles. He's regained full range of motion of his shoulder, even if it still "looks a little funny."

In March, doctors observed the screws were slipping on the plate of the bottom fracture. "Of course my wife could've told you I had a

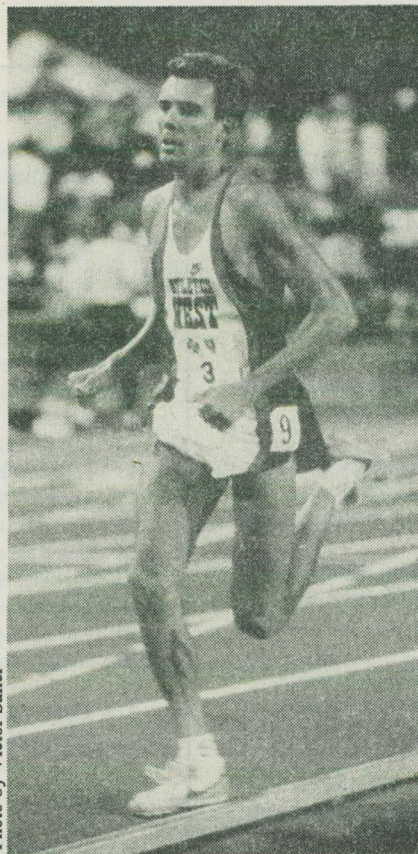


Photo by Victor Sailer

Doug Padilla, in the 1988 Olympic Trials

screw loose long ago," Padilla joked. So his surgeons removed the plates and screws, replacing them with an external metal brace to hold the bone in place.

With most of the metal outside the leg, the antibiotics can keep a better hold on the infection, although the procedure left an 18-inch open wound with six inches of exposed bone. "It was a little disconcerting to see the bone end on both sides," Padilla said.

Now Padilla's wife administers IV therapy four times a day, hooking a bag of antibiotics to a tube into his arm at 4 a.m. each morning and every six hours after that.

"I feel like I'm starting to recover," Padilla said. "I lost a lot of blood in the last operation; you don't have any energy when that happens."

"But at this point we're optimistic that the grafts will take. One encouraging fact is that we don't see a lot of pus. The wound is fairly clean, which is hopeful."

"It's been a long road," Padilla admitted. "I think I'm starting to get tired. I was never into these ultra events."

"I feel like I'm getting ready for the Western States 100, but I wish it was the 800 instead," he quipped. "I was always better at middle distances!"

Support from Padilla's family (his parents, Joe and Gerry Padilla, still live in San Leandro) is one reason that he can still, incredibly, laugh and joke during this ordeal.

Another is the ground swell of support from the running community, both emotional and financial, which he admits took him off guard.

Padilla had no medical insurance when the Pontiac Grand Am hit him and can't get any now. The out-of-court settlement he recently reached with the driver only covers a fraction of his staggering medical bills.

But private contributions from runners, the Millrose Games in New York where Padilla set his indoor 5,000 record, Nike and other well-wishers have helped ease the burden. The Pacific Association Open Track & Field Championships on May 24th will benefit Doug.

"As an athlete running well, it's not unusual for people to come up to you with support and congratulations," Padilla said. "This has been different. All the cards, letters and words of encouragement... I didn't have any idea of the effect they would have on me."

"I've heard from people I haven't seen in years who I probably could have never tracked down, guys I ran with in high school and the Palo Alto Running Club," he said. "It renews your faith in people."

There's no question that Padilla would like nothing better than to return to running after his recovery. He spoke fondly of the workouts he used to run at Rita Park, Lake Chabot and along the San Francisco Bay, and he's clearly missed competing and meeting with the runners on the road racing scene who made up the 1996 and 1997 national teams.

But before he can run again Padilla and his doctors have to overcome a challenge greater than any he faced as a competitor. His courage in this effort is moving.

"I plan on walking," Padilla said. "Beyond that, I don't know. My orthopedist says if we can beat the infection and heal this thing, there's no reason I shouldn't be able to run again."

"I'd sure like to," he said. "That would be great, especially after watching Mary (Slaney) run this year. That was so encouraging. She looks as good as she has since '83. She's finally learned to handle the injuries. It's been fun to see."

Contributions may be sent to the Doug Padilla Recovery Fund, c/o First Security Bank, 77 N. State St., Orem, UT 84057.

Inaugural PA LDR Awards Banquet Scores High Marks

By Mark Winitz

The Pacific Association held its First Awards Banquet for Long Distance Running on March 1st in San Francisco. The turnout of about 100 attendees at the banquet hall of Hunan Restaurant belied the extravaganza-like significance of the event. For the first time, PA/USATF recognized its well-deserving top LDR athletes and clubs from the previous year in a formal gathering. Numerous awards were presented in the categories of road running, cross country, and ultrarunning. Awards were bestowed based on excellence during the 1996 Grand Prix seasons (1995-96 season for ultrarunning). Every attendee—award winner or not—left the banquet with the intent of booking reservations for next year's affair.

A hefty number of LDR clubs were represented—several booked whole tables. In addition to athletes, friends, and family members, several "dignitaries" were in attendance: John Mansoor (PA/USATF Executive Director), Charles DesJardins (former USATF National Masters LDR Chair), keynote speaker Regina Jacobs and her husband/coach, Tom Craig, and *Pacific Athlete* Editor, Doug Thurston, who ably served as banquet Emcee. In addition, all five PA/USATF LDR Committee and Subcommittee Chairs were present—several had devoted long hours to banquet planning before the event (see below).

The festivities kicked off at 5:30 PM with a social hour during which everyone was presented with a 20-page banquet program that detailed some 280 award winners, plus a listing of every Grand Prix individual and team champion on the roads, cross country, and ultrarunning from 1986-1996. A slide show of photos snapped by local photographer Phillip Cox, documenting PA/USATF LDR competition, clicked in the background.

Once the delicious, seven-course, sit-down dinner was complete—well-traveled Olympian, Regina Jacobs, complimented the Hunan chefs on their excellent Chinese cuisine before the entire assembly—the formal program began. Thurston ably provided a recap highlighting PA/USATF runners in national and international competitions during the 1996 Olympic year. Indeed, our association—as usual—



Photo by Irene Herman

Jerry Wittenaurer (l) and Rae Clark.

produced many stars in the LDR category. Mansoor followed with a short preview of the "road ahead" for LDR within USATF. He mentioned plans for the creation of a national USATF division devoted to distance running, regional USATF LDR centers to enhance service to members, and comprehensive member benefits package.

LDR Chair-in-Chief, Mark Winitz, followed with a short talk on the successes of PA/USATF running programs. "I'm proud to say that the Pacific Association is the leader within USA Track and Field when it comes to providing developmental programs and recreational opportunities for runners," Winitz said. "It's been that way for over a decade. And, in many respects, 1996 was a banner year for Pacific Association long distance running..."

Certainly that was reflected in the numerous awards presented. While 58 individuals and clubs were formally recognized and received "hardware" mementos commemorating their 1996 efforts, another some-odd 200 received attractive "champion" certificates on-the-spot, or by mail.

Among the top special-category award earners were:

- **Runners of the Year:** *Road Racing:* Terry Adams-Schmidt, and Lloyd Stephenson; *Cross Country:* Kathy Ward and Richie Boulet; *Ultrarunning:* Mo Bartley and Jerry Wittenauer (each received handsome ebony glass plaques)

- **Club of the Year** (based on participation and achievement): Tamalpa Runners
- **Volunteers of the Year:** *Road Racing:* Jim Whalen and Ken Napier (road G.P. scoring); *Cross Country:* Cary Craig (work at U.S. Championships)
- **Contributor of the Year/ Ultrarunning:** Dick Collins (posthumous)

The award in memory of Collins' longtime efforts was the most sentiment-evoking of the evening. Dick passed away recently of a heart attack. He was a father figure to ultrarunning in Northern California. He will be missed. The annual Dick Collins Ultra Running Contributor of the Year Award was established.

Following the awards, featured speaker, three-time Olympian Regina Jacobs of Oakland, shared some of her motivational "ingredients" with the crowd. While joking that even though she didn't receive an award on the evening, Jacobs emphasized that the true rewards for athletic competition come from within. (Jacobs is primarily a 1,500-meter track competitor of international caliber. The awards did not include track competition, and were based on competitive excellence within Pacific Association, rather than national or international, competition.)

The Tamalpa Band rocked and rolled the crowd following the awards presentation.

Special thanks to the following individuals for their significant efforts in making the banquet a success: Irene Herman (overall organization), Phil Phythian (overall organization, awards, and program), Kathi Berman (awards), Doug Thurston (creative thought and Emcee duties), Mark Winitz (general organization and program).

Since the effort to produce such an event is substantial, a Banquet Organizing Committee is being established for next year's gathering to relieve the already overburdened LDR Chairs. If you are interested in serving (please do!) contact Irene Herman at 415-397-6931 (day) now.

Next year's LDR Awards Banquet will be held in late January or early February. Look for details here starting in the September-October issue. Plan to attend!

LDR Notes

From Mark Winitz, LDR Chair

• **PACIFIC SUN 10 km CHAMPIONSHIP RESCHEDULED.** Due to unforeseen ongoing repair work on a major portion of the Pacific Sun course, the race has been rescheduled from its longtime Memorial Day date to Labor Day (Monday, September 1). The event serves as the PA/USATF 10 km Road Grand Prix Championship for masters divisions. Given the short notice concerning construction, and challenges in getting municipal clearances for a course alternative in a timely manner, rescheduling was the only option. Scheduling on a Sunday is impossible due to church access on the course, so Labor Day was selected. The event will return to its usual Memorial Day date next year.

• **GIUSTO TO APPEAR AT RENO AIR 15 KM.** Former Pacific Association competitor and 1996 U.S. Olympian, Matt Giusto, will compete in the June 1 Reno Air 15 km Championship, and give a motivational talk on Saturday, May 31st at 4 p.m., prior to the complimentary (for entrants) pre-race Pasta Feed at the Boomtown Hotel and Casino. A graduate of San Mateo High School, Giusto now resides in Albuquerque, N.M. He has PR's of 27:59 and 13:23. Last year's winners, Eddy Hellebuyck and Maria Trujillo, are expected to defend.

The event sports a new host hotel (Boomtown, call 1-800-648-3790 and mention the race—limited rooms available), a new course starting/finishing at Boomtown (in Verdi, Nev., 7-miles west of Reno on I-80). Shuttle transportation will be available to/from downtown Reno on Saturday and Sunday. See the race's web site for further details (www.renoairrun.com), or telephone the hot line at (702) 688-3926.

• **NEW TEAM REPORTING PROCEDURES BECOME OFFICIAL JUNE 1ST.** Starting with the Reno Air 15 km Championship, all clubs will be required to comply with the new procedures for reporting their team scores in the road Grand Prix events or face automatic disqualification. Similar procedures for the ultra and cross country circuits will be introduced later this year. The new procedures—which require recording each athlete's USATF number and club affiliation (as it appears on their USATF card), plus explanations for any discrepancies, on team score sheets—have been in use on an unofficial basis for the road G.P. since the beginning of the year. Compliance by clubs during the unofficial period has varied. For your assistance, the PA/USATF web site now carries regular updates of our LDR member list (<http://www.bdt.com/home/trimble/PAUSATF.html>).

• **SEMICON CLUB MARATHON RELAY CHAMPIONSHIP SET.** A PA/USATF double-points, Ekiden-style Road Grand Prix Championship relay event is scheduled for the San Francisco Marathon on July 13th. PA/USATF clubs may enter as many 5-person teams in each Grand Prix age division as they wish. Only each club's top-placing team in each age division will be scored (although displacement scoring will be used, as usual, in the senior men's division). In addition, a mixed male/female PA/USATF team division (at least two team members must be women) will be scored on an unofficial basis (no prize money or G.P. points awarded).

The relay legs, in order, are as follows (distances are approximate due to logistical staging of exchange points): 8 km, 5 km, 10 km, 15 km, 5 km.

\$5,000 in prize money for PA/USATF clubs will be awarded as follows: *Open Men/Women:* 1-\$500; 2-\$400; 3-\$300; 4-\$200; 5-\$100. *Master Men/Women:* 1-\$300; 2-\$200; 3-\$100; 4-\$50. *Senior Men/Women:* 1-\$150; 2-\$100. *Super Senior Men/Women:* 1-\$100.

Applications will be sent directly to clubs.

• **LDR E-MAIL LIST FOR MEMBERS.** PA/USATF LDR maintains an e-mail list which provides timely updates, results, announcements, and other pertinent information about our Grand Prix circuits and other LDR programs. Currently, list members receive e-mail messages a couple of times a week, at most. Get the latest info first!

For example, when the California 10 was postponed, list members were prompted immediately. If you would like to be placed on the list, send a message request to list manager Jim Whalen (jwhalen@accesscom.com) with "Add LDR Email List" as the subject. Be sure to include your name.

• **LDR COMMITTEE MEETING.** Saturday, May 31st, at the Boomtown Hotel and Casino (Verdi, NV), 5 p.m. (day before Reno Air 15 km, and just before pre-race Pasta Feed). All club representatives, unattached athletes, and interested parties welcome. For further information, contact your club's USATF representative, or LDR Chair Mark Winitz.



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Reebok Human Performance Engineering Lab

Date: 2/27/97

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To: Editor

Company:

Fax #:

From: Spencer White,
Director

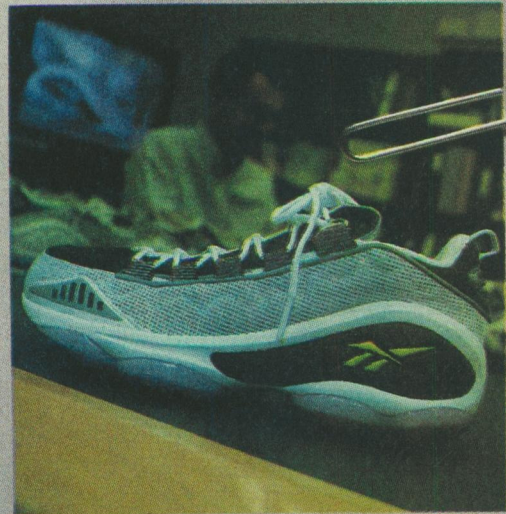
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Just thought your readers might be interested.

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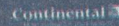
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The Top 20 Reasons to Run the 20th Anniversary of the San Francisco Marathon

Sunday, July 13, 1997



20. You're training anyway.
19. It will get you out of the house and away from the kids.
18. You needed to do your long run anyway and San Francisco is the only cool spot in the country in July.
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.
8. Because it's there.
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.
4. You always wanted to run across the Golden Gate Bridge.
3. You're too cheap to pay for a city tour and the marathon takes in all the sights you want to see.
2. If Oprah can do it, you can too.
1. After this year, it will be the 21st anniversary of the Marathon and you will have missed the 20th.



Yes. I want to run the 20th annual San Francisco Marathon. Please send me a race brochure.

Name _____

Address _____

City _____

State _____

Zip _____

Mail to: San Francisco Marathon c/o Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630 For additional information: Call 1-800-722-3466 (CA only), 916/983-4622.