

# PACIFIC Athlete

Pacific Association of USA Track & Field

November-December, 1997 • \$2.50

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

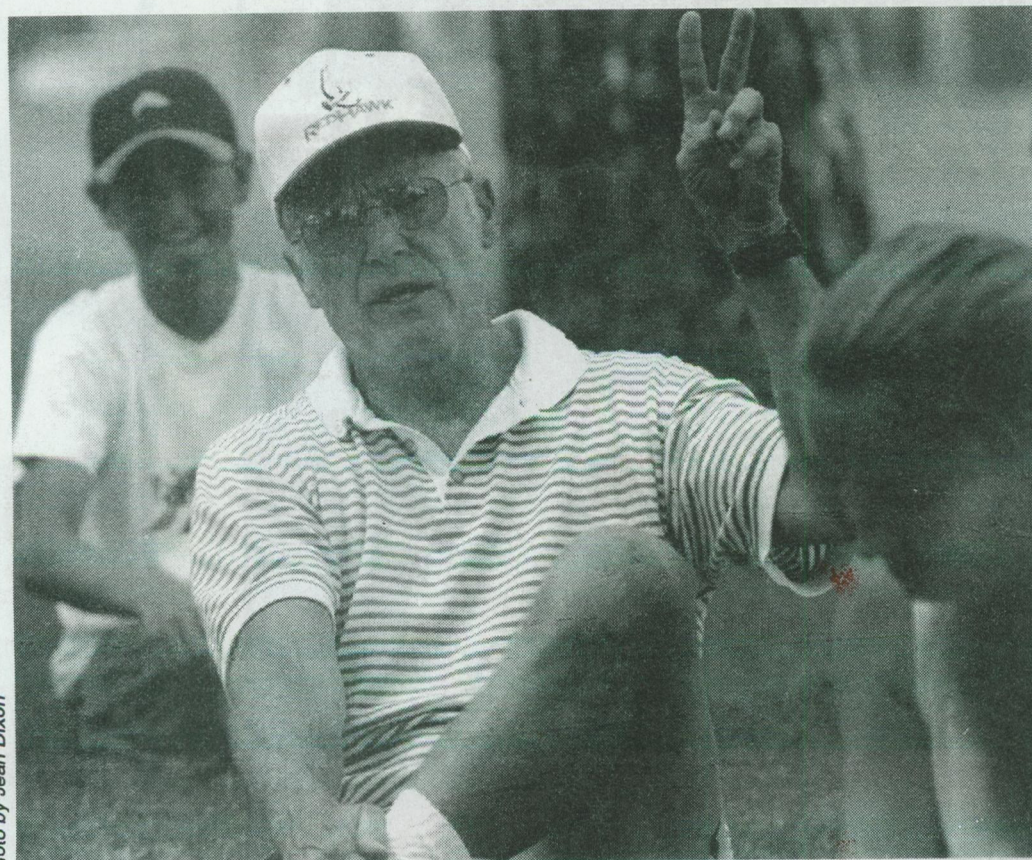


photo by Jean Dixon

Coach Bruce Susong, "Running Guru" of the Silver State Junior Striders

## Masback Promotes USATF

at PA Annual Meeting


**PA-Cross Country Grand Prix**  
*Off and Running*

**DON'T MISS OUT!**  
Renew your Pacific Association Membership NOW!  
Application on page 5.


## Bigger & Better Pacific Association Magazine for 1998!

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# CALIFORNIA INTERNATIONAL MARATHON




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***Training To Set A  
Personal Best?***

***Trying To Win A  
Million Dollars?***

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The CIM is the final event of the 1997 Pacific Association-USA Track and Field Grand Prix.

**California International Marathon**

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# The Fast Track...

## Pacific Athlete Magazine joins forces with California Track & Running News

The Pacific Association is pleased to announce that beginning with the 1998 January/February issue, *Pacific Athlete Magazine* will be combined with Bill and Judy Cockerham's well-respected publication, *California Track & Running News*, which will be the title of the new magazine. It will be published by Shooting Star Media (publisher of *American Track & Field*) and will be upgraded to a beautiful four color, glossy paper format with more photographs, more news, and more features than ever before. It will be received by all registered Pacific Association members. Don't miss out; renew your Pacific Association membership for 1998!

## Pacific Association first in USATF to approve youth coach background checks.

At the September PA Board of Athletics Annual Meeting, a motion to require background checks of youth coaches, introduced by Youth Chair Billy Ray Smith, was unanimously passed. More information on page 10 under USATF Convention Preview.

## Sam Skinner Award goes to Pacific Association's Tom Moore

Tom Moore, director of the Modesto Relays and a member of the National Track and Field Hall of Fame, is the winner of the Sam Skinner Award for 1997. The 83-year-old Moore, who has directed the Modesto meet for half a century, was cited for cooperation with the media over the years. The Sam Skinner Award, presented by Track and Field Writers of America, is named for the late Bay Area radio journalist.

## Sign up now for the LDR Annual Awards Banquet

A deposit to reserve the restaurant for the banquet must be made by November 30, so your reservation is needed now for this great evening of camaraderie and fun, scheduled to take place on January 31, 1998 in San Francisco. Don't miss out! Be sure your club is represented! The cost (a bargain!) is \$18.50 per person. Make checks payable to "Pacific Association LDR Banquet.", 120 Ponderosa Court, Folsom, CA 95630. Detailed information is on page 22.

## And then there was Eve...

Better late than never to highlight PA athlete Eve Pell's World Record 60-64 age division 10,000 meter performance of 43:07.45 at the 1997 National Master's Track & Field event in San Jose. She bettered Shirley Brasher's previous mark by over 51 seconds. Congratulations, Eve!

## Ryan's Open Women's Team Wins the San Francisco Marathon Relay

*Pacific Athlete* errata on the cover of the last issue now stands corrected. Congratulations to Ryan's women (and apologies for our mistake) for their victory over the Reebok Aggies women. Finishing times were Ryan's: 2:38:53, Aggies: 2:42:41.

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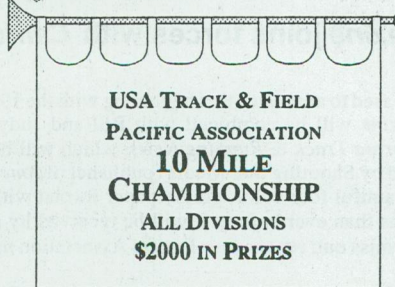


# 26th California-10

Sunday, January 11, 1998

9:00 AM Stockton

Free Brunch Following Run



Club 185



Sundance RC

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

**START/FINISH:**

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

**AWARDS:**

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

**COURSE:**

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

*Shirts to sub-runners only this year.  
Division winner awards three deep.*

**REGISTRATION:**

Send \$15 (non-refundable) post-marked by 12/31/97. Please don't mail applications after this date!  
\$20 Race Day 7:30 - 8:30 AM

**PRIZE MONEY:**

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

**BENEFITS:**

Hospice of San Joaquin

**INFORMATION:**

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

**CALIFORNIA 10 Waiver and Registration** Send to:

Sundance Running Club, c/o Larry Frank, 3627 Fourteen Mile Dr., Stockton, California 95219-3804

<b>Last Name</b>										<b>First Name</b>														
<b>Address</b>																								
																				<input type="checkbox"/>				
<b>City</b>										<b>State</b>					<b>Zip Code</b>					<b>Wheeler</b>				
<b>Sex</b>		<input type="radio"/> M		<input type="radio"/> F		<b>Date of Birth</b>				<b>Age (Race Day)</b>		<b>Shirt Size</b>		<b>Phone</b>										
<div style="display: flex; justify-content: space-between;"> <span>Circle One</span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> <span></span> </div>																								
<b>Team/Club</b>										<b>USATF #</b>														

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

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





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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**November-December, 1997**

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**For Membership Questions and Address Changes, Contact :**

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120 Ponderosa Ct.  
Folsom, CA 94630  
(916) 983-4622

Pacific Athlete is not forwarded.

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

**1998 Pacific Association of USA Track & Field Membership Application**

To Join USATF for 1998, 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 & Masters
- CH = Coach
- OF = Official
- AD = Administrator
- CO = Contributing member
- PA = Parent

**IMPORTANT INFORMATION FOR PROSPECTIVE YOUTH ATHLETE MEMBERS**

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

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



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

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

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

MEMBERSHIP NUMBER \_\_\_\_\_  
USATF memberships expire at the end of the calendar year. Your new membership number will be affixed in this space.

LAST NAME \_\_\_\_\_ FIRST \_\_\_\_\_ INITIAL \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

My tax deductible contribution to  Junior Olympics  Local Association  National Teams  
 Training Centers  Other \_\_\_\_\_ in the amount of  \$10  \$25  \$50  
 \$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 \_\_\_\_\_

CLUB NO \_\_\_\_\_    CLUB NAME \_\_\_\_\_

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

\_\_\_\_\_

**PLEASE CHECK ALL APPLICABLE SPORT CODES HERE**  
**OT OFR OU W X**

Check here  if you do not want your address to be used as part of a running related direct mail list.

**AMOUNT ENCLOSED**

Fees: \$ \_\_\_\_\_  
Extras: \$ \_\_\_\_\_  
Contribution: \$ \_\_\_\_\_  
Total: \$ \_\_\_\_\_

PLEASE LEAVE THESE BOXES BLANK



# Notes from Around The PA and The World

compiled by Doug Thurston

## Trials or no Trials, Spanos Donates \$1 Million for New Sac State Track Facility

Sacramento's bid to host the 2000 Olympic Track and Field Trials received a million-dollar boost Sept. 23, when Stockton developer Alex Spanos pledged \$1 million donation to upgrade the track facility at Hornet Stadium.

The planned improvements include a new surface for the existing track and a new 400 meter practice oval outside the stadium. The practice track is considered essential to Sacramento's chances of landing the Olympic Trials. The improvements will be built regardless if Sacramento is selected to host the Trials.

Other finalists for the event are Houston and New Orleans. The winning bid will be announced Dec. 3 at the USATF convention in Dallas.

## Stamps Off to a Fast Start at Stanford

Pacific Association high school star Julia Stamps, now a freshman at Stanford, launched her college cross country career by running the second fastest time ever (behind Arizona's Amy Skierez' course record) to win Stanford's home meet. Then, on October 11, she won the NCAA Preview Meet in Greenville, SC when she beat Villanova's Carrie Tollefson by ten seconds.

Look for a battle royale between Stamps and Skierez at the NCAA championship meet November 24, Greenville, S. C.

## Napa Valley Marathon Prepares for 20th Year

The traditional rolling, rural, wine country course, distinguished running world luminaries and many special events will highlight the 20th running of the Sutter Home Napa Valley Marathon. The fully paved, certified and point-to-point 26.2-miler, sponsored for the sixth consecutive year by Sutter Home winery, will begin at 7 a.m. Sunday, March 1, 1998, just south of Calistoga.

An estimated 1,800 runners will follow the scenic Silverado Trail route through the vineyards of St. Helena, Rutherford, Oakville, and Yountville before finishing at Vintage High School in Napa.

The race's 20th edition will serve as the Road Runners Club of America (RRCA) National Championship and will also be held on the final day of qualifying for the 1998 Boston Marathon. To help celebrate the event's 20th running, course record-holder Dick Beardsley, former Boston Marathon winner Amby Burfoot, women's marathon pioneer Kathrine Switzer, age-group marathon world record-holder John Keston and best-selling running authors Jeff Galloway, Joe Henderson and RRCA president Don Kardong will be among the numerous dignitaries in attendance race weekend.

The Sutter Home Napa Valley Marathon's guests will participate in a series of events, including an author's breakfast and the popular pre-race running seminar held in conjunction with the marathon expo. For race information or a marathon application, contact the board of directors, c/o David Hill, P.O. Box 4307, Napa, Calif., 94558 (707) 257-6515 or via e-mail at dahnkk@napanet.net. Complete race information will also be available on the marathon's website: <http://www.napa-marathon.com>.

## Houston, Pittsburgh Host '98 Marathon Championships

It may seem like the Atlanta Olympics were only yesterday, but for U.S. marathon runners, the 2000 Sydney Games are already a goal. America's top women marathoners can take a step toward those games by qualifying for the 2000 U.S. Olympic Marathon Trials in the January 18, 1998, Methodist Health Care Houston Marathon. Men runners can qualify at the University of Pittsburgh Medical Center Health System/City of Pittsburgh Marathon on May 3, 1998. The host city for the 2000 marathon trials is yet to be selected. The criteria for bidding cities/races is expected to be announced by the USATF National Convention in Dallas, Texas, December 1-6.

Houston will offer a \$100,500 purse in the '98 women's championship, the largest-ever payout for a non-Olympic Trials U.S. championship. The first place winner will earn \$30,000. The money goes 15 places deep. All eligible U.S. women under the "A" (2:42) or "B" (2:50) time standard will qualify for the 2000 Trials. The "regular" qualifying period for the trials will begin in mid-1998. For more information, write to the race at 720 N. Post Oak Road, Suite 335, Houston, TX 77204, (713) 957-3453, <http://www.houstonmarathon.com>.

In Pittsburgh, the winner will receive \$100,000 if he breaks 2:12:57, the best time ever achieved on the course by an American (Ken Martin, 1985). If achieved, this would equal the highest prize payout in American marathoning history, part of a total prize purse which could reach \$157,000.

The bonus was increased four-fold from the \$25,000 offered at the 1997 edition of the event, won by Pacific Association resident David Scudamore in 2:13:48.

Other athletes placing in the top 10 will benefit if the winner earns the \$100,000 bonus, because the prize money structure "bumps down" one place. This should contribute to a fast pace.

In addition, places 11 through 15 can receive a special time bonus to encourage athletes to use Pittsburgh to qualify for the 2000 Olympic Trials Marathon. The bonus for places 11-15 is \$500 for breaking 2:20 and \$250 for running from 2:20:01 to 2:22:00.

The 2000 Olympic Trials qualifying window opens the day after the Pittsburgh Marathon (May 4) for other certified marathons.

## 10 Mile Record Goes Under 45:00

Kenyan Paul Koech jumped in the Dam tot Dam 10 mile race in Amsterdam Sept. 21 and ran 44:45, the first time a runner has broken a 4:30 pace for 10 miles.

## Chinese Smash Records — Again

In 1993, Chinese women distance athletes ran remarkable times, lowering records in the 1500M, 5000M, and 10,000M. At the Chinese National Games in Shanghai, China October 17-23, the Chinese are back with a new 5000 meter record, and world-leading times and world junior records in 1500 and 10,000 meters.

Jiang Bo knocked almost six seconds off Fernanda Ribeira's 5000 meter record with a stunning 14:28.09. Dong Yanmei, born in 1979, set a world junior record with her second place 14:29.28 time. Yanmei went on to break the world junior record for 10,000 meters in 30:38.09, best in the world this year, but far from countrywoman Wang Junxia's amazing 29:31.78 from the 1993 National Games.

Bo, second in the 5000, came back to run a 3:50.98 1500 meter, the best in the world this year. Lang Yinglai set a world junior record in second place, 3:51.34.

To the Chinese, their national games, held every four years, are as significant as the Olympic Games.

## Athens to host 2004 Olympic Games

Athens, founder of the ancient and modern Olympics, was chosen Sept. 5 by the International Olympic Committee to host the 2004 Summer Olympic Games.

Athens hosted the first modern Olympics in 1896. Spiritually, it had the strongest claim for the 2004 Games; practically it faced an uphill battle to persuade the (IOC) that it could stage the biggest modern sports spectacle.

The Greeks, who failed in a bid eight years earlier when they applied to host the centennial Olympics in 1996, won in a five-way fight with Rome, Cape Town, South Africa; Buenos Aires, Argentina; and Stockholm, Sweden.

Conventional wisdom had pointed to the Olympics going back to Europe after 10 years and four games away from the continent, but the choice of Athens surprised many.

Rome had hoped to minimize any backlash against Primo Nebiolo, the Italian who heads the International Amateur Athletic Federation. Nebiolo has great influence but also many enemies. He didn't help Rome's cause by making scathing attacks against Greece during the world championships in Athens last month.

The 2000 Olympic Games will be in Sydney, Australia.



# Masback Visits with PA Members

by Doug Thurston

On September 17, new USATF Executive Director Craig Masback stopped in Northern California as part of his "First 100 Days Tour" of various federation constituencies. Masback's talked preceded a PA-USATF board meeting in Foster City. An overflow crowd of more than 100 listened to Masback talk about his vision for the organization and answer a variety of questions. Masback's opening statement is printed below as well as highlights of some of the questions and answers.

## Craig Masback's Opening Statement

When I took the job on July 17, I talked about the fact that I wanted to tour the United States over a 100 day period to listen to what people's concerns are by virtue of their questions or points they have to make.

It's been a very active 70-plus days thus far, and very exhilarating. So exhilarating that I'm exhausted! Everyone I meet, everyplace I go, every meeting I have, I see new examples of what an incredible sport we're involved in. We all know that, that's why we all dedicate ourselves in different ways to the sport and that's one of the incredible things in the sport. As I look around at the variety of backgrounds that people come from and the variety of ways in which people contribute, I am really astounded. Our people are more diverse and greater in scope than in any other sport in the United States, I'm very confident about that.

As I go out and meet the people, be it individuals, or corporations, or great races—I spent a couple of hours with Bay to Breakers earlier today—or great institutions like Stanford University, where I was this morning talking about the chance of holding the 2001 World Championships in this area, everybody, and I mean everybody, believes we are a great sport; believes we can be a bigger and better sport; believes that we already make incredible contributions to our community and to our country and to the world in the sport; and want to help us take it to the next level.

It's incredibly exciting to sit with people who, as we do, love this sport and want to help us. Where they've been and why they haven't stepped up, we can't be sure and that's not important now. The fact is they are there for us and we have to marshal these resources and marshal our resources as a sport and move forward. When I say the sport, I mean every aspect of it: I mean running, track and field, race walking, youth, masters, elite and participatory. A lot of people felt when the Amateur Sports Act was passed in 1978 and the AAU was broken up and each sport was given one national governing body, that the responsibility for USA Track & Field, or TAC as it was known at the time, to be in charge of the sport from cradle to grave was a burden and an unfortunate responsibility. I look at it in a completely different way. It's an incredible opportunity. Because when I'm talking to VISA, the only thing anyone has ever tried to sell VISA was our

elite program. And we've sold that to them. They've embraced it. They are part of our decathlon program and a bit more widely involved in wanting to help our indoor and outdoor series of elite track meets on television. But when I listen to VISA, they want to talk about the mass participatory base of our road running community. They are excited about our masters program. There are incredible opportunities in every part of our sport that sponsors want to hook into, that television wants to cover, that communities are anxious to have us contribute with, and the opportunities are limitless.

I'd be happy through the process of questions to sort of paint what I think is the vision, but the vision is changing every day and expanding every day. Because through this 100 days, I'm listening and taking things; I hope to do an assessment at the end of the 100 days that then charts the course for years to come. The future is bright. It only happens through the dedicated volunteers that you all represent and are; that's our advantage over all other sports. People do it because they love it. And the people that get up every Saturday morning to run youth track meets; the people that put together incredible road races that lead the world in participation and fun; the people that are coaching at the university level; the people that are putting on elite track meets for decades in places like Modesto: those are the people, and many more like them, that make our sport the best sport in the world. The great news is that we are the best country in the best sport in the world. And that's something to be proud of; something were going to build on; and something that I hope we take to a new level.

## Question: What kind of plans do you have to market the sport?

**Masback:** Well, who knows why they hired me, but I have to think my marketing vision as I expressed it to the people who did the interviewing and hiring sang with somebody. After I left track and field where, in my career in that sort-of transition from amateurism to professionalism, I did go into the sports marketing and sports television production business for about five years. I think I did learn that business at a time when it was in its infancy. I paid a lot of dues to learn it. Also, in my legal career, we represented a small sports team entity called the Dallas Cowboys, and when they got into trouble with the NFL over marketing related issues, I got to spend about a year focusing on marketing and learning what leagues do in terms of marketing. That helps me sort of sense what our assets are and how they can be marketed.

Let's take the high school level for example: high school sports are alive and well in the track and field level. They are the number one sport in terms of participation of any sport in America right now: over a million participants. We have something unique: within our high school sports community, we are the sole sport that offers national championship opportunities. You can't



Craig Masback, new Executive Director of USA Track & Field

Kimberly Butler, NBC

call them that because the high school federations don't like that, but in fact that exists. You've got the Foot Locker Cross Country, the National Scholastic Indoor Meet, and at least two outdoor championships, the Golden West and the National Scholastic Outdoors. We are in a unique position to market the sport at the high school level. Why do we want to do that? We have 1.1 million defined teenagers taking part in an activity. And if you talk to corporations, they can't figure out how to get to teenagers; it's hard to tie into something they care about. Well, we have something they care about. They go every day after school and participate in our sport, so we have a way to connect to them.

How do we get to them? Well, with our assistance with the Foot Locker and those other two meets, an indoor and outdoor meet, we can deliver national sponsorship opportunities that the dedicated volunteers conducting those meets really don't have the expertise or time to go out and sell. We can get, through our connections with television networks, coverage of those meets on major cable television channels so the youth taking part in those meets can get exposure to their peers and to youth nationwide to give younger kids something to aspire to. And for our benefit, to start to develop the brand names of great athletes that we need in order to create heroes at an older age.

We also can help develop the mechanism for helping sponsors get to those kids, be it through a magazine that we help create with a publishing partner or be it through the television shows we're talking about. Suddenly, what you have is an existing asset, one that the educational institutions in this country are literally spending tens of millions of dollars on, with this incredible participatory base of kids, that we start to serve through communicating with them, through tying them into our elite athletes who we can get to come at the national high school championships, and through developing new relationships with sponsors.

(continued on the next page)



(Masback, continued from the previous page)

How does that help us further? Let's say McDonald's wants to be a national title sponsor of our high school program. We give them those national championship programs. We go around the country and find 50 regional high school meets, cross country, indoor, and outdoor, that we also involve them with. We say to McDonald's: We'll give you that opportunity and that access to those teenagers you want, but, you have to sponsor our television shows, and, you know what, you need to use our elite athletes as spokespeople for your involvement in the high school program. Put Michael Johnson or Jackie Joyner-Kersey on your trayliners in the month of June which we'll call "The Month of Track & Field." We'll put a schedule of meets on these trayliners: the high school championships, the NCAA's, our outdoor championships, our youth championships, all of which can be grouped in that time period. Put that on your trayliner so that everyone who goes to McDonald's knows that this is what is happening in track and field in the month of June. Here are some superstars. Here's how you watch it on TV. And suddenly, through a sponsorship of one narrow niche of our program, just high school track and field, we've expanded the promotion of our sport to all other areas. Because, let's assume we get the masters championships in that same time period.

We have tremendous opportunities to take these, what I call assets, the different part of our sport, and leverage them into different areas to help all the different constituent groups and, at the same time, grow the image of the sport.

**Q: What do you think we can do, all of us, with you helping to lead us, to build USA Track and Field and bring it back and sell it to the general public so that we have what should be our greatest sport in the United States? Your previous answer is fine, but it's only partial.**

**Masback:** I could spend a whole hour and go event by event. I could tell you that we're going to have a national campaign to return America to the best in the marathon. It's going to be funded by a million bucks a year and go out 10 years. That's going to lead to more exposure of road running on TV. I could go division by division, constituent group by constituent group, sponsorship by sponsorship. I just wanted to give you an example of what it is.

No one program is going to do it. We got to where we are over 30 years. We're not going to snap our fingers and be back to where we were when we had 60,000 people at the US-USSR meet. It's going to take some time. It's going to be a multi-front war. We have to hit it at all angles. We got to have a weekly kids show on television that starts to reintroduce the sport to a generation that's never heard of our sport, except for last summer's Olympics. They've never seen it. It doesn't appear on any advertising they see. They don't read about it. When kids get books to read about heroes, there aren't track athletes involved in that anymore. It's football players. It's basketball players. We've disappeared from the American consciousness. We don't get Sports Illustrated articles anymore. We don't get on the cover

of Sports Illustrated anymore. When Michael Johnson's 56 meet winning streak was broken in Paris, an eight-and-a-half year streak in the 400 meters, it is tiny in our newspaper. It's a multi-front war. When I go into towns that I visit, I meet with sports editors and ask them why is that true (that they don't write about our sport) and what can we do to change that. How can my organization be proactive and educating you and your writers about our sport so you feel more comfortable covering it so that you give it more column inches? That's important.

Having better events is important. Should our nationals be five days long at the elite level? No. Nobody wants to see, in some cases, one hour gaps in the schedule when you have a five day meet. Let's have the meet in two days. Maybe we have to start with three days. So that it's concentrated, exciting, so that we do what other sports do to entertain the spectators that come out and see us. Because that's the marketplace that we're in.

Will the traditionists like that? No, they'll hate some of the things we're going to do. Indoor, I would like to see the shotput become a 10-

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*"What we need...is to have what I call a coherent and consistent presence for the sport."*

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minute event. Five people, two throws each: that's it! But you know what, nothing else will be going on while the shot put is going on. We're gonna have spotlights on it. Maybe we're going to have music playing. And that's going to be people's favorite event of the night instead of an event they had no idea even took place because there's no indicator board, no announcing of it, and no one knew who was even competing.

It's not one thing. The high school program is not the answer. But there's no one thing that will be the answer.

**Question: We in the Pacific Association have a great history of meets. But in the past year, we've lost two: the Reno Indoor and the Bruce Jenner meet in San Jose. You're intimating that we want to get these things back. How immediate are these programs going to be and can we in the Pacific Association plan on having two or three major meets a year?**

**Masback:** First of all, it's no coincidence that I'm here. Maybe in terms of members, the Pacific Association is number two, but in terms of programs, particularly in track and field, there's no question it's the number one association. Those meets that you mentioned and those of the past are critical to both our history in track and field and, in my view, our future.

How quickly can things turn around? It's going to be tough. I look at September 1 as our start date. As any of you in the marketing field

know, VISA's marketing budget for 1998 closed in July. And that's going to be true in a lot of cases. We're not going to drive these events without money and that money may not be available even in 1998. But let me talk about 1999 and beyond and what we aspire to for '98 if we can find some money lying around in different places.

What we need to have in order to get newspapers to cover our sport with beat writers who make a career covering our sport is to have what I call a coherent and consistent presence for the sport. Everybody knows when the baseball season starts and when it ends. Track and field has appeared intermittently in everybody's calendar. Shows up and goes away. Frankly if we want to copy the NFL model, they're there all year now. We need to be on the sports pages 12 months a year. We have the events to do it, we just need to let people know about them and package them in a coherent way.

Let's talk about the future, 1999 is what I hope to aim for. January until mid-March: indoor track season. A coherent series of major invitational meets. Let's get one maybe in the new Oakland arena, or back up in Reno where we had such a successful meet. These indoor meets are on television in some form. Beginning in 1998, we're gonna fill what has been the traditional gap between the indoor season and the outdoor season with an eight week series of college track and field. We're going to start with the indoor NCAA's in mid-March. We're going to follow it with a combination of the Penn Relays, which will be a network television exposure on CBS, then six weekends of college quadrangular track and field. So for that

period in a gap when track and field has been nonexistent on television, we're going to have eight exposures.

On the back of that we're going to have our invitational and championship outdoor season: national championship, NCAA's, and I would hope another six meets that we would develop. Only one of those exist on television now: the Prefontaine meet (Eugene, Oregon). We have the meets, be it Modesto, be it a return for Jenner, or be it a new meet in Berkeley. This area is going to be critical to that growth. But we have to do something to turn the tide against diminishing turn-outs at these meets.

The only thing I can say about that is that we as a federation cannot associate with any events that are not successful. And every event that anybody puts on that we consider part of a series, we have to be intimately involved in and help. Too often people were given meets and said, here, go ahead, good luck. And we at a national level didn't come in and assist and use our resources to take the meet to a new level.

As I said, it's tough out there.

After this U.S. season, we know the athletes head off to Europe. I've talked to the networks about upping their coverage of the meets in Europe and that there is a strong constituency for those meets and we need to satisfy that. And, obviously, there will be a championship meet in the summer every two years that is part of that European mix.



That takes us through August. I haven't mentioned road racing which is critically important, and also has an opportunity for increased visibility, and I've only really been talking about the elite side. I think we have to look at a vision for the future where every one of our championships can be on television. Albeit the masters, the race walking, or the youth championship. Someday there's going to be something called Track TV that we all have on our cable or satellite system and we need to be ready with programming for that new channel.

**Q: This is a big distance running association. What are we going to do to get the American distance runner back in the competition on the international level; and, secondly, as far as the recreational runner, is there a space for them at USA Track & Field?**

**A:** I think we need to do for long distance running what VISA did for the decathlon. We had great athletes but they were out on their own. VISA came in and funded a program where they provided basic financial support for the athletes, they provided additional coaching support to the existing coaching relationships, they provided mentoring opportunities by bringing together our great Olympic champions from the past in the decathlon with the athletes in a training camp environment two or three times a year, and they did physiological testing. What were the results? By 1992, we had two of the world's best; by 1996 we had a gold medal.

I think that provides a little bit of a blueprint for what we need to do for not just long distance running and, frankly, the men's and women's mile and, you know what, we also need to do it for our sprints. Just because we happen to be doing well in the sprints now doesn't mean that we shouldn't look to how we can support the athletes and their coaches in the future.

How that might work is what I've been alluding to earlier. I've been contacted by a group of major race directors who themselves have been in touch with major sponsors and with television to try to create a moon-landing type program with the marathon. What the networks are saying is the reason the New York City Marathon is not on network television (it's on cable) is that there are no Americans doing well. If the Americans were doing well, we'd have more marathons being featured on American television. These races are willing to participate, as are sponsors, as are the major city marathons in particular, to ask, 'What do we need to do?' I'm open to ideas. They've asked me to write the program, but basically I want to take the VISA-type program, tweak it in ways that would be necessary for distance running, and use that as a point of departure, a point of discussion, for this group that is now planning to get together around the New York City Marathon (Nov. 2). I think the resources are out there.

We have just submitted a grant proposal for the USOC to provide a program similar to this for several targeted events in track and field. With any luck, it will not just be distance running that has this or the decathlon, it would be several targeted events where we have not been performing up to standard and where we hope to help athletes, particularly in this day and age where 28 years old is our average age of team and medal winner. How do you get these athletes from graduating from college at age 21 or 22 to that top elite medal winning level at age 28. That's a challenge, but I think in the distance running area, as in these other areas, I think we can meet it.

With respect for what we do to get the recreational runner involved in the sport: we are the national governing body for everything that has to do with the sports of race walking, track and field, and running from cradle to grave. That means the 85,000 people in the Bay to Breakers are our concern, whether they require the purchase of a USA Track & Field card, whether it's a championship event for us, that is a success for our sport. And it's an opportunity for us to build our sport. One of the things that I'm absolutely committed to is making the membership in our organization worth something. What do you get when you join USA Track & Field? What are the benefits that accrue to a member of USA Track & Field? Why can't we have benefits to joining USATF beyond what we all know are the existing benefits. We have heard talks in Association workshops from people who believe we can grow substantially in our membership to a million to two million. And those won't be people who are trying to make the Olympic

team, they will be people who are running for recreational purposes for whom running has changed their life; who want to be part of our movement; who we need to tie into our sport to understand that when they buy a USATF card and they became a member of this organization, that they are helping us at the Olympic level. We have never made that connection, and we need to do that.

I don't have a magic wand to wave to make that happen. Ours is a very political sport. It takes lobbying, it takes thinking, it takes lots of things for things to happen. I think we need to make a statement to the distance running community that it is important to our sport. I think many times it has been ignored within our sport. What that means exactly, I don't have the wand and even if I did, I probably wouldn't articulate my exact thoughts for fears of being pinned against the wall, but why not have a separate distance running division recognizing the fact that there is this mass participatory base which is slightly different than our mission in our core areas of track and field and race walking participation, let's find a way to have under our umbrella this mass participatory base, but assessing their needs and speaking to their needs specifically as opposed to trying to jam them into our existing framework which is really oriented toward competitive athletes, people seeking their competitive dreams, be it masters, youth, or whatever. But that's going to be an evolving conversation, I expect.

**Q: Can you envision a race walking program that helps provide a structure coming out of Indianapolis towards the school so at least we can get something interjected so that there is the opportunity for some of those really good talented athletes to say that, yes, race walking would be their sport as the first thing they would be trying rather than something they wait until they are 35 to try?**

**A:** I view our role as being a role to speak out on the growth of the sport at all levels. So, for example, in the past when the number of scholarships in track and field at the NCAA Division I level for men went from unlimited to 24 to 18 and now down to 11 1/2 or 12 1/2, we didn't speak out as a sport. It's very hard for individual coaches to speak out, they

report to athletic directors and school presidents. That's a function we could play. By the same token, we should be speaking out for race walking within the university level. Can we automatically win the battle, I don't know. But, if it becomes a sport that's more ubiquitous at the university level, then high schools will want to prepare people for that and it drives it from that perspective. We can also do the same sort of lobbying at both the state and national level for high school participation.

Thinking opportunistically, there's no reason why we can't be the best race walking country in the world. We are great in any number of other events if we apply ourselves and provide opportunities for people to get into the sport. It's particularly important in an event like race walking where's there are not, currently, economic opportunities for the athletes. I think we have a chance of success.

Having said that, we have 70 million people who call themselves walkers in this country. And I refuse to believe that there's not a way for us as a sport to connect with those people. I believe we can connect some of these people to competitive race walking. I don't think we've made enough attempts to do that. It's a hard battle, I think we all know that.

**Q: What about national office programs for youth that employ educational programs?**

**A:** First of all, we should have a director of youth programs in our national office. We have a wonderful youth programs. I hope everybody saw the Wall Street Journal article about our Junior Olympics this year. On a mass participatory base, on exposing kids to a great sport and the discipline that comes from training for the sport, and on the level of discovering our superstars of the future, everything is great about our youth program.

Quite simply we need to support it more, just like I said about race walking. There are many things we can do, both by seeking sponsorships for our youth programs and by expanding it as you suggest. We have a good program in place. It can grow and we can help it. I don't know about the particulars of your program here (in San Francisco), but I'd like to know more about it. If it's a good program, let's raise more money for it and expand it.

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*"One of the things that I'm absolutely committed to is making the membership in our organization worth something."*

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# USATF National Convention Preview

**Pacific Association hopes are high for the Trials and will promote youth coach background checks.**

At press time, preparations were being made by the Pacific Association's 20 delegates to attend the 1997 USATF National Convention in Dallas, Texas, December 1-6. Those planning to represent the Pacific Association include: Jerry Coleman, Ron Daniel, George Kleeman, Lori Maynard, Bob Rusch, Charles Sheppard, Gail Wetzorg, Ruth Anderson, Billy Ray Smith, Tony Williams, Bob Podkaminer, James Wynn, Al Hernandez, Therese Ikoian, Mark Winitz, Karin Kuffel, Darryl Hampton, Fred Baer, Ed Hicks, Mike Larson, Lori Larson, and Dave Shrock. Alternates are Phil Phythian, Irene Herman, and Dick Connors.

Pacific Association members will be anxiously awaiting USATF's decision on the location of the year 2000 Olympic Trials location. The cities in contention are Sacramento, Houston, and New Orleans.

Also high on the agenda this year, to be introduced by a subcommittee spearheaded by the Pacific Association's Youth Chair, Billy Ray Smith, and including Pacific Association Executive Director John Mansoor, and Rob Miller, Executive Director of the California Police Athletic League, will be a motion to have USATF mandate background checks for all coaches involved in youth cross country and track and field sports. After a series of incidents within the Pacific Association, including the multiple assaults by the alleged "East Bay Rapist" who was discovered to be a high school track coach, the Pacific Association set a precedent in September by passing a motion that Pacific Association Youth coaches, starting in 1998, will be required to have the background check done and to wear a photo-badge attesting to this. The cost of the check and the badge will be approximately \$50.

## PA Officials Clinics

**Learn, volunteer, be a big part of Track & Field action!**

**January 16 - 18, 1998**

USATF Coaches Education School Level I  
Menlo College, Menlo Park, Jerry Colman, 916/487-3175

**Saturday January 17, 1998**

USATF Coaches Education School Level I & Level 2  
Clinics. American River College, Raef Hall, 9 am, Bill Edgar, 916/966-5814

**Saturday, January 31, 1998**

USATF Coaches Education School Level I & Starters Clinic,  
Modesto Junior College, Health Ed. classroom MPE-110  
next to the men's locker room on MJC's East Campus (on  
Coldwell between Tulley and College). Coffee provided,  
lunch cafes are close by.

**Level 1 Officials Clinic:** 9:00 am to 4:00 pm with 1 hour lunch  
Learn track & field officiating skills, protocols and event  
paperwork

Cost: \$15 pre-reg. and \$20 same day reg., includes  
USATF rules book and the officials take home exam that  
needs to be completed to become an Association Official.

**Starters Clinic:** noon to 4:00 pm

Learn starting procedures with ample practice.

Bring your own pistol and blanks.

Cost is \$5 pre-reg. and \$10 same day.

Contact George Kleeman (510-229-2927) or MJC Track & Field  
Coach Dave Schrock (209-575-6279) for registration form.

## Open Track & Field News

from Open Track & Field Chair, Jerry Colman

New for 1998!

**The Pacific Association is proud to announce the 1998 Track & Field Grand Prix**

The purpose of the PA Track & field Grand Prix is to give motivation to our Pacific Association athletes of national and international caliber, and to increase their participation in events close to home.

The events are:

Men	Women
110 Meter Hurdles	100 Meter Hurdles
1500 Meter Race	1500 Meter Race
Hammer	Javelin
Long or Triple Jump	Long or Triple Jump

There will be three placers in each event, with the overall winner receiving \$500, second \$300, and the third, \$100. A total of five meets from a prescribed list will earn points from the Finnish Scoring Table, and placings will be earned by the total points earned. Points will be doubled in value at the Pacific Association USATF Championships. A total of five meets will be used to score, three or more from within the Pacific Association, and no more than two from outside the Association.

**From within the Pacific Association the following meets will score:**

Stanford Invitational  
Modesto Relays  
Woody Wilson Invitational  
Panther/Stan Wright Invitational  
Chico Invitational  
Cardinal Invitationa

**From outside the Pacific Association, two of the following meets can be scored:**

Mt. SAC relays  
Adidas Oregon Invitational  
Bob Mathias Fresno Relays

All participants in the '98 Pacific Association Track & field Grand Prix must be members of the Pacific Association of USATF, and will have to be registered with the Association before scoring any points.

For more information, contact Track & Field Chair Jerry Colman, (916-487-3175) or the Pacific Association office (916-983-4622, FAX 916-983-4624). Details will be FAXed or sent to you. Be sure to leave a FAX number or address.

### Olympic Developmental Track & Field Clinic

*Learn by doing! Learn from the best!*

**Where:** James Logan High School, Union City

**When:** February 7, 1998

**For Whom:** athletes and coaches of all ages

**Cost:** \$10.00 Individuals, \$200 Teams

Guest Clinicians include: **Jay Sylvester**, 4 times Olympian, 7 time Former World Record Holder in the discus; **Ray Kimble**, Triple Jump Olympian; **Remi Korchemi**, National sprint coord.; **Ladislav Pataki**, Olympic throws coach; **Brooks Johnson**, Olympic Coach; **Jim Santos**, 1980 Olympic Coach; **Butch Reynolds**, Olympian, 400M world record holder; **Marcel Hetu**, 1980 Olympic Coach; **Barbara Edmundson**, Olympian, USC Sprint Coach; **Jerry Donley**, Masters World Record Holder in the pole vault.

**And Many More!**

*Start your season with a great learning experience!*

For more information contact:

Coach Lee Webb  
(510) 505-9557  
(510)471-2520 ex. 5113



## A Day for Annual Personal Records

October 4, 1997

By Eddie Seese, Pacific Association Master Track and Field Chair

A pole vault development meet was held at "Chucks Place" in Vacaville, CA on October 4. The conditions were above average (meaning a tail wind most of the time) and the results were incredible. Everyone with exception of one vaulter cleared or tied their annual best.

Bruce Hotaling (M50-54) and I (M45-49) opened up at 12' and cleared on our first tries. Bruce needed two tries at 12' 6" due to going up to a stiffer pole and I cleared on my first. At 13' Bruce and I both looked like we forgot how to vault. Bruce kept getting off the pole too early and I forgot how to run. On my last vault I smoked 13' and tied my annual PR.

Roger Werne (M50-54) cleared 11' and 11' 6" on his first attempts but needed two tries at 12'. His 12' clearance was an annual PR.

Mike Garzillo (M35-38) and Rett Summerville (Open) cleared 12' and 12' 6" on their first attempts. Rett cleared 13' but Mike bowed out there. Mike and Retts vaults were both annual PR's.

Now the fun really starts. Matt Kendall (1997 National Masters M30-35 Vault Champ), who is slowly recovering from an ACL tear, opened at 14'. Next he clears 14' 6" and 15' on his first attempts. Paul Sinatra (1997 National Masters M35-39 Champ) enters the competition at 15' but needs two. As a side note Paul has a bad cold and was only running 6 lefts (~68") instead of his usual 9 lefts. He is also using my 14' Carbon Poles instead of his 15' Spirits. They both clear 15' 4" on the second try. Matt's 15' 4" clearance is a post-ACL tear PR. Paul keeps going on to stiffer Carbon Poles and makes 15' 8" and 16'. His annual 9 stride PR was 16' 2" so we set the bar at 16' 3." and made it on his third attempt. Paul finally ran out of gas at 16' 6".

As we ate some watermelon and reviewed the day, we managed *not* to tell Mike Garzillo about the surprise party we were having for him and his wife Carol that night. Mike is being transferred and we'll all miss him and Carol. Good luck from all of us.

For more information about Pole Vault Development in the Pacific Association call Eddie Seese at (707) 645-0200.

### Results

#### Open

1st Rett Summerville 13'

#### Men 30-34

1st Matt Kendall 15' 4"

#### Men 35-39

1st Paul Sinatra 16' 3"

2nd Mike Garzillo 12' 6"

#### Men 45-49

1st Eddie Seese 13'

#### Men 50-54

1st Bruce Hotaling 12' 6"

2nd Roger Werne 12'

# Masters Track & Field News

## Irene Obera set Another World Record

1997 World Veteran Games, Durban, South Africa, July 17 - 27

Previewing her 100 meter world record time of 10.86 set in August at the National USA Track & Field Championships in San Jose, Irene ran a world record time of 29.57 for the 200 meter distance in Durban. Another Pacific Association athlete of note was 60-64 age division competitor, Eve Pell, who was voted to carry the American flag in the opening ceremonies. Congratulations to Irene and to the following Pacific Association medal winners, to all Pacific Association competitors, and especially to anyone we might have missed, for their fine performances!

Name	Division	Medal	Event	Score/time
Stan Vegar	M40	Silver	Decathlon	7403
Marion Sanchez	M65	Bronze	100 m	13.48
Marion Sanchez	M65	Gold	100 H	17.20
Marion Sanchez	M65	Gold	300 H	49.11
Marion Sanchez	M65	Gold	High Jump	1.51
Joe Keshmiri	M55	Gold	Discus	48.78
Armandi Ricciardi	M75	Silver	Pole Vault	2.00
Ernest Lucken	M80	Silver	20 km RW	2:48:38
Melody-Anne Schultz	W55	Silver	1500 m	5:18.09
Melody-Anne Schultz	W55	Bronze	5000 m	19:24.26
Melody-Anne Schultz	W55	Silver	10000 m	40:47.05
Melody-Anne Schultz	W55	Gold	Marathon	3:12:03
Melody-Anne Schultz	W55	Bronze	Cross Country	42:22.8
Eve Pell	W60	Gold	5000 m	20:31
Eve Pell	W60	Gold	Cross Country	45:20
Irene Obera (W60)	W60	Gold	100 m	13.93
Irene Obera (W60)	W60	Gold	200 m	29.57-WR!
Ruth Anderson (W65)	W65	Bronze	Marathon	4:49:47
Shirley Dietderich	W70	Silver	4X100 M	1:12.05
Shirley Dietderich	W70	Gold	4X400 M	6:33.91
Dorothy Roberts	W85	Silver	5 km RW	44:30.84

## Decathlon 40-44 National Record set by Stan Vegar

Stan Vegar has traveled a very long and sports-filled road on his way to achieving this national record. He was a track star in high school with a high jump best of 6-2 and pole vault of 13-9. At University of Washington he rowed his freshman year, played football his sophomore year, and was on the track team all 4 years. His senior year culminated with a decathlon second place in the then Pac 8 Conference and a personal best of 7,065 points. He continued with his decathlon training while he worked as an assistant track coach at San Diego State. After a disappointing decathlon performance at the Olympic Trials in 1984, he returned to rowing. He won two consecutive national masters singles sculls titles in 1993. (note: In rowing, masters are athletes over 27 years old.)

He came back to the track and in 1994, he won the U. S. Masters Pentathlon. In 1995 he came full circle back to the decathlon, first winning the U. S. National Masters Decathlon and three weeks later, he won the gold medal at the World Veteran Games in Buffalo New York. He also settled in Marin County and became a regular at Redwood High School and Marin Junior College tracks for his 4- to 5-hour weekend workouts.

Stan set his sights on achieving the U. S. decathlon record at the July 1997 World Veteran Games in Durban. However, he just missed the U. S. record but came in second in the decathlons's highly competitive 40-44 division. He scored 7403 points and lost by only 193 points to Italian Hubert Indura. He comments that they would have been very well matched in 1984, when Vegar's PR was 7796 and Hubert's 7820. Then, in August, he won the 40-44 division of the Pentathlon at the USATF Masters Championship in San Jose in August. The scene was set for his performance in Greenville, North Carolina.

Here, in what he describes as Bill Busby's excellent venue and very well-organized meet, he competed against approximately 70 other US decathletes. His score of 7551 broke Rex Harvey's 8-year National Record of 7476 by 75 points.



Stan Vegar high jumping 6'2" on his way to the new National men's 40-44 Decathlon record.



# Bruce Susong:

## The Running Guru of the Junior Striders

by Cyni Calvin

Bruce Susong is no stranger to team athletics. From the late 1950's on, as school and work caused him to move from Mississippi to Indiana and finally to Reno in the early 1970's, he donated his time and talent to organizing and coaching basketball and softball teams.

Susong was no stranger to running, either. Susong ran for Miami of Ohio under Coach George Rider and lettered 4 times. His cross country team was Mid America Conference champion twice, and his track team won three MAC Championships. His PR 400 meter time was 48 flat, part of a team effort, too. It happened while running the 3rd leg of the winning 4 X 400 relay team at the 1954 Mid-America Conference, a win that insured Miami of Ohio's Conference Championship.

Soon after settling in Reno, Susong became a member of the Reno Track Club. He was nationally ranked at the 800 meter distance as an over-40 and over-50 competitor. When two young girls who loved to run but had no running programs at their school asked him for advice, he agreed to help. As more youths joined these two, he combined his coaching and organizational skills with his love of running and has never looked back. By 1980, he coached a group of youths talented enough to attend the AAU/TAC Junior Open Championships in Cheyenne, Wyoming, where they won two National Championships.

In the next two years, Susong and his young runners became affiliated with the more family-oriented Silver State Striders, and he began his work with the Junior Striders. For the last 15 seasons, he has coached 40 to 50 kids,

ages 7 to 18. He chaired the Pacific Association's Youth Cross Country Chair from the late 1980's to 1994, and he was Meet Director for two Junior Olympic Nationals in Reno (1988, 1994). In 1990, Susong was awarded the J. C. Penney Golden Rule Award for his achievements among the youth community. Now 65 and retired from his family business, he has been hired by Reno High School to coach their cross country and track teams. He will continue to coach the Silver State Junior Striders.

During 22 seasons of coaching, Bruce Susong's youths have won 13 individual age group national champions and 30 national team championships. Among his many success stories is Melissa Johnson, one of the above-mentioned young girls he first coached, who went on to participate on a USATF record setting team in the 4X100 relay in Eugene 1978. Others include Junior Striders Brad Meyers and Miesha Marzell. Six years ago, Brad was Golden West Champion with a 4:10 mile. Susong coached Miesha in youth competitions until she was in the 8th grade. She went on to a track scholarship to Georgetown, was the 1996 Outdoor 1500 Meter NCAA Champion, and was second in the mile at the 1997 World University Games in Sicily.

Susong attributes his years of success to some very basic principles: consistency, hard work, making running fun, and getting his kids to feel good about their accomplishments, whether it's finishing a race or winning a national championship. Susong's consistency is well-documented. He is there for his kids, week in week out. He organizes trips to meets in and out of state, including championship events. He marks courses, hauls equipment around, organizes volunteers, and hosts pancake breakfasts. Once he drove to Mexico to bring back a pick-up truck-full of 250 custom awards (hand-carved wooden eagles) for the 1994 Junior Open Nationals.

Susong knows that running in itself is hard work, but he builds the hard work into drills that help to make running fun: drills like cheetahs and antelopes — the assigned "cheetah" tries to run down the remaining "antelopes" within a 100 meter distance. The drills hold the kids' interest and help them to run strong, improve, and achieve their goals.

Susong also believes in the importance of family participation. Parents not only help him with their volunteering, but they are often found on the cross country courses training with the kids. Junior Striders learn that running is not something delegated to a P. E. program, or to an adult's weight loss program. It can be a fun family activity as well.

Bruce Susong would be the first to say his success is measured not just in championships alone, but in having each Junior Strider learn the benefits of running. Susong states that running is a basic component of almost all sports. Improving running skills will improve chances for success in other sports.

Perhaps the key ingredient to Bruce's success is the sincere interest he takes in each one of his youths. His encouragement, support, and praise make his kids feel good about themselves. This will keep the Junior Striders returning each year and will teach them that running can be a positive part of their entire lives.

### 1997 Pacific Association Youth Cross Country Schedule

Day/Date	Sponsored by	Meet Location
Sun., Sept. 28	Pleasanton Hares	Pleasanton
Sun., Oct. 5	Richmond Jaguars	Richmond
Sun., Oct. 12	San Francisco Striders	Golden Gate Park, SF
Sun., Oct. 19	City Track	Golden Gate Park, SF
Sun., Oct. 26	Tony Williams Track Club	Merritt College, Oakland
Sat., Nov. 1	Salinas Track Club	Salinas
Sun., Nov. 9	NorCal Cheetahs	Alum Rock Park, San Jose

The following meets are part of the Junior Olympics Program and require advance qualifying to enter:

Sun., Nov. 16 The Pacific Association Championships/Junior Olympics Association Meet

Sponsor: The Santa Rosa Express

Location: Spring Lake Park in Santa Rosa.

Sun., Nov. 23 The Junior Olympics Region 14 Meet

Sponsor: The Pleasanton Heats

Location: Pleasanton, CA

Sat. Dec. 13 National Junior Olympics

Location: Portland, Oregon

Categories	Distance	Year of Birth
Sub-Bantams*	2000 meters	born 1989 or later
Bantams	3000 meters	Born 1987-1988
Midgets	3000 meters	Born 1985-1986
Youth	4000 meters	Born 1983-1984
Intermediate	5000 meters	Born 1981-1982
Young	5000 meters	Born 1979-1980

\*Not all meets will have a sub-bantam event, but sub-bantams may run as bantams.

For more information, contact Pacific Association Youth Cross Country Chair Bob Shor, 1730 St. Francis Roads, Santa Rosa, CA 95409 (707) 539-6787 (eves.).

### The Susong Wish List for the Future of Youth Track & Cross Country

- ★ Guidelines to encourage maximum participation, like later start times for cross country meets that would enable teams coming from long distances to participate.
- ★ Changes in track meets to make them more appealing to competitors and spectators. For example, shorten meet times by separating field events from track events. Be innovative.
- ★ More cooperation and communication among all the organizations on every level of youth running events.
- ★ Year-round training programs for running sports similar to the ones that are now being established for soccer, basketball and football. Allow youth to participate in more than one sport.



# Youth Track and Field

## PA Youth Chair Teams Up Youth Educational Workshops with Physical Fitness Training for Fifth Consecutive Year

San Francisco Striders = SF STRIDERS = Scholastics First!  
Striding Toward Responsible Individuals, Developing Education, Respect, and Self-Esteem

by Officer Billy Ray Smith

San Francisco Striders Youth Track Club cordially invite all youth to participate in its educational workshops and physical fitness training program. We are proud to announce NIKE as our 1997-98 sponsor.

The program is conducted each Saturday, beginning October 4th and continuing through March 28, 1998. The training site is McAteer High School in San Francisco, from 9 am to 12 noon. This enables youth to participate in our Pacific Association's Youth Cross Country events, that are held on Sundays.

The program includes breakfast served at 9 am. When the program was started in 1993, input from the community revealed that breakfast was not available to some of the targeted youth. Some had not eaten since their school lunch on Friday! Research shows that children comprehend much more information when they have eaten than when they are hungry. The educational workshop begins at 9:30.

For more information, contact Officer Billy Ray Smith, SFPD Juvenile Division Youth Programs Section, 415-558-5553.

Topics will follow and reinforce local school districts schedule of youth issues.

- October: "Red Ribbon Month," celebrating "Red Ribbon Week." All the topics are related to drug awareness education.
- November: "The Great American Smoke Out" month. All topics are related to the hazards of smoking and alcohol.
- December: HIV/AIDS month.
- January - March: A variety of life skills topics are offered, including Crime against Children, Crime Prevention, How to Say "No," Conflict Resolutions, and other workshops by request. Our speakers are experts in their fields and will present the most updated information on their topics.

We are networking with many agencies who are concerned about our youth and their future, including law enforcement, health care, American Lung Society, American Cancer Society and many others. Our basic goal is to inform youth so they can make good decisions knowing both the upside and the downside of these many issues.

The Saturday workshops and training programs conclude on the last weekend of March (March 28, 1998) with "Da Mayor's" Fifth Annual 100 and 1500 Meter Championships. This track meet will be held at Kezar Stadium in San Francisco. It will begin at 9 am with an opening ceremony that will include "The Lion King Parade of Athletes." There will be no entry fee for the entrants, but admission will be charged, depending on the cost of the main attraction and performer(s). The 100 meter will be run by boys and girls, ages 6-14. The 1500 meter will be run by boys and girls, ages 9-14. Participants will only run against participants born in the same year. Boys will compete against boys and girls will compete against girls. All entrants will receive a certificate, the top eight finalists will be awarded plaques, and all winners will receive a Nike shoe gift certificate.

Officer Billy Ray Smith and the people who work with this program have a long term vision that USATF and local communities around the country will adopt this program to provide this combination of educational workshops and physical fitness training to all youth.

### Pacific Association Youth Track & Field 1998 Schedule

<u>Day</u>	<u>Date</u>	<u>Track Meet</u>	<u>Location</u>	<u>Director</u>
Sat.	2/28	All Comer	Berkeley HS	Larry Brooks, 510-649-8596
Sat.	3/7	All Comer	U. C. Berkeley	Joshua Tezeno, 510-223-9101
Sat.	3/14	Golden Gate Race Walkers Race Walk Clinic	College of San Mateo	Therese Iknoian, 408-998-1520
Sat.	3/21	San Francisco Striders	TBA, San Francisco	Billy Ray Smith, 415-558-5553
Sat.	3/28	"Da Mayor's" 100 & 1500	Kezar Stadium, S. F.	Billy Ray Smith, 415-558-5553
Sat.	4/4	Bay Area Track Club	Contra Costa College, Richmond	Jered Butler, 510-261-1819
Sat.	4/18	Nor-Cal Pacesetters	Vallejo H. S.	Alan Hayson, 707-643-3145
Sat.	4/25	Santa Rosa Express	Petaluma H. S.	Bob Shor, 707-538-0708
Sat./Sun.	5/2 & 3	Speed City Invitational	Newark H. S., Newark	Cliff Scott, 408-448-9069
Sat.	5/9	Amy Blanc Westwind Flyers Multi Event	Vanden H. S., Fairfield	Claudia Wilde, 707-425-7438
Sat./Sun.	5/16 & 17	3M Invitational	Chabot College, Hayward	Will Pittman, 510-581-4428
Sat./Sun.	5/30 & 31	Pacific Assoc. Championship	Hartnell College, Salinas	Dick Casper, 408-753-5815
Sat.	6/13	Richmond Flying Jaguars	U. C. Berkeley	Joshua Tezeno, 510-223-9101
Sun.	6/14	Fleet Feet Capitol Mile	State Capitol, Sacramento	Doug Thurston, 916-447-2786
Sat./Sun.	6/20 & 21	Pac. Assoc. Junior Champs.	Petaluma H. S.	Bob Shor, 707-538-0708
Sat./Sun.	6/27 & 28	West Coast Classic	Southern Calif., site TBA	TBA
Wed.-Sun.	7/1 - 7/5	Age Group National Champs.	Spokane, Washington	Vernie Foxley, 509-533-7228
Sat./Sun.	7/11 & 12	Youth Committee	Youth Committee	Billy Ray Smith, 415-558-5553
Thur.-Sun.	7/16 - 19	Region 4 Championships	TBA	Billy Ray Smith, 415-558-5553
Fri.-Sun.	7/24-26	Track City International	Univ. of Oregon, Portland	Glen Fortune, 510-782-3771
Wed.-Sun.	7/29-8/2	USATF Junior Olympic Nationals	Univ. of Washington, Seattle	Kenney Emerick, 206-361-2234



# Pacific Association Youth Track & Field

## Record Performances at Championship Meets, 1992-1997

Compiled by Charles Sheppard, Secretary, Pacific Association of USATF

The Pacific Association is compiling a complete record of best times and scores for Pacific Association Youths. If you have additional information, particularly scores and times pre-dating 1992, or information about other people or organizations who might have this data, contact the Pacific Association office as soon as possible. (phone: 916-823-4622, fax: 916-983-4624).

### Bantam Girls

100 M Dash	Tracy Stewart	13.35	6/21/97	3M TC
200 M Dash	Courtney Champion	27.48	6/16/96	SF Striders
400 M Dash	Cherokee Osborne	1:05.13	7/5/92	Silver State Striders
800 M Run	Talia Stewart	2:37.06	6/16/96	3M TC
1500 M Run	Cherie Mcpherson	5:23.00	6/10/95	Golden State TC
1500 M RW	Sarai Boyle	8:49.65	6/30/95	Westwind Flyers
Shot Put	Lasha Hill	28'01.5"	7/7/94	3M TC
Long Jump	Shelly Quinley	13'7.75"	6/21/97	Rich/SJ Jaguars
High Jump	Rachael Terry	4'01.75"	7/7/94	Santa Rosa Express
4 X 100 My	3M TC	0:54.77	6/21/97	3M TC
4 X 400 M	3M TC	4:22.30	7/13/97	3M TC
Triathlon	Tracy Devon	903	7/30/95	Billy Hutton TC

### Bantam Boys

100 M Dash	Desean Watson	13.09	6/21/97	3M TC
200 M Dash	T.J. Quinley	27.5	6/19/93	Norcal Cheetahs
400 M Dash	Kevin Craddock	1:02.37	7/13/97	3M TC
800 M Run	Zach Clark	2:26.96	7/30/95	Diablo Valley TC
1500 M Run	Chris Coucha	5:00.93	6/11/94	Silver State Striders
1500 M RW	Carl Lederman	7:50	6/19/93	Diablo Valley TC
Shot Put	Kyle Hammerquist	29'11.75"	6/16/96	3M TC
High Jump	David Shortenhouse	4'07.25"	5/29/94	Diablo Valley TC
Long Jump	Lamarr Coutien	14'11.25"	7/30/95	3M TC
4 X 100 M	S. F. Striders	0:53.91	7/30/95	SF Striders
4 X 400 M	3M TC	4:22.90	7/13/97	3M TC
Triathlon	Austin George	677	7/30/95	Westwind Flyers

### Midget Girls

80 M Hurdles	Janae Mitchell	12.49	6/13/92	
100 M Dash	Janae Mitchell	12.6	6/13/92	
200 M Dash	Sani Roseby-Barber	26.11	6/11/94	Jaguar TC
400 M Dash	Deanna Slaton	0:59.03	7/7/95	Classic TC
800 M Run	Cherokee Osborne	2:24.80	7/18/93	Silver State Striders
1500 M Run	Cherokee Osborne	5:00.33	7/18/93	Silver State Striders
3000 M Run	Jennifer Randazzo	11:01	6/21/97	Pleasanton
1500 M RW	Ericka Ackeret	7:27.54	7/30/95	Golden Gate

### Racewalkers

Shot Put	Chaniqua Ross	37'09.75"	7/5/92	Elk Grove
Discus	Chaniqua Ross	103'06.75"	6/13/92	Elk Grove
Long Jump	Sharonda Robinson	15'10"	7/30/95	SF Striders
High Jump	Shahidrah Roberts	4'10"	7/18/93	Billy Hutton TC
4 X 100 M	Bay Area TC	0:51.31	7/30/95	Bay Area TC
4 X 400 M	Acorn TC	4:12.83	7/30/95	Acorn TC
4 X 800 M	3M TC	10:42.80	6/21/97	3M TC
Pentathlon	Cherokee Osborne	2583	7/7/94	Silver State Striders

### Midget Boys

80 M Hurdles	Andrew White	12.7	7/7/94	Westwind Flyers
100 M Dash	Maurice Dosty	11.77	6/30/95	Kids On Track
200 M Dash	Maurice Dosty	23.99	7/30/95	Kids On Track
400 M Dash	Hillary Mckenney	0:56.76	7/13/97	SF Striders
800 M Run	Jordan Kingley	2:18.61	6/16/96	Santa Rosa Express
1500 M Run	Jordon Kingley	4:40.50	5/27/96	Santa Rosa Express

3000 M Run	Thomas Peterson	10:01.00	5/27/96	Silverwings
1500 M RW	Carl Lederman	7:36.73	6/10/95	Diablo Valley TC
Shot Put	Marchaune Armon	41'02.5"	7/30/95	Golden State TC
Discus	Justin Wulbrecht	99'0.75"	7/5/92	Santa Rosa Express
Long Jump	Trevell Quinley	18'0.5"	7/30/95	Golden State TC
High Jump	David Shortenhaus	5'04.25"	5/27/96	Diablo Valley TC
4 X 100 M	Billy Hutton TC	0:50.18	7/10/95	Billy Hutton TC
4 X 400 M	Norcal Cheetahs	4:07.22	7/7/94	Norcal Cheetahs
4 X 800 M	Billy Hutton TC	10:31.35	7/18/93	Billy Hutton TC
Pentathlon	Rudy Barton	2532	7/5/92	Pleasant Hill

### Youth Girls

100 M Dash	Tori Parsons	12.34	7/30/95	Pleasanton Heat TC
100 M Hurdles	Janae Mitchell	14.39	7/7/94	Bay Area TC
200 M Dash	Aisha Margain	24.74	7/30/95	Acorn TC
200 M Hurdles	Natasha Neal	27.12	6/11/94	3m TC
400 M Dash	T'carra Penick	0:56.64	7/13/97	Acorn Oscar Bailey
800 M Run	Deanna Slaton	2:18.75	7/10/95	Classic TC
1500 M Run	Tatyana Tibaduiza	4:45.59	7/30/95	Silver State Striders
3000 M Run	Tatyana Tibaduiza	10:21.64	7/30/95	Silver State Striders
3000 M RW	Ericka Ackeret	13:57.1	6/16/96	Golden Gate Racewalkers
Shot Put	Chaniqua Ross	45'03.75"	7/7/94	Unity TC
Discus	Chaniqua Ross	133'09.5"	6/11/94	Unity TC
Javelin	Kori Reid	121'00"	6/19/93	Napa TC
Long Jump	Jernae Wright	17'02"	6/13/92	Berk. East Bay TC
Triple Jump	Shanee Singleton	34'09"	7/5/92	3M TC
High Jump	Jenna Grimalodi	5'04"	7/13/97	Unattached
Pole Vault	A.Schwellenbach	6'6.75"	7/13/97	Sacramento Valley
4 X 100 M	3M TC	0:48.90	7/7/94	3M TC
4 X 400 M	Classic Tc	3:54.72	7/30/95	Classic TC
4 X 800 M	Silver State Str	9:47.85	7/10/95	Silver State Striders
Pentathlon	Trina Hendrickson	2353	7/5/92	Westwind Flyers

### Youth Boys

100 M Dash	Maurice Doty	11.24	6/21/97	MP Striders
100 M Hurdles	Kevin Ardoin	13.73	6/13/92	3M TC TC
200 M Dash	Maurice Washington	23.17	7/30/95	Kids On Track
200 M Hurdles	Kevin Ardoin	26	6/13/92	3m TC
400 M Dash	Maurice Washington	52.14	7/30/95	Kids On Track
800 M Run	Daryl Terrell	2:04.03	7/13/97	City TC
1500 M Run	Shaun Lyle	4:26.33	7/13/97	Unattached
3000 M Run	Shaun Lyle	9:39.0	6/21/97	Unattached
3000 M RW	Nathan Williams	16:06.93	7/30/95	Stockton St. George
Shot Put	Steven Parker	47'03.5"	6/13/92	3m TC
Discus	Seth Barrett	147'00"	6/19/93	Santa Rosa Express
Javelin	Nic Bonotto	146'00"	6/13/92	
Long Jump	Matthew Mason	19'6.5"	6/16/96	Golden State TC
Triple Jump	Anthony Colson	40'07"	6/19/93	Faith TC
High Jump	Chucky Ryan	6'02.75"	7/30/95	Santa Rosa Express
Pole Vault	Ray Serrano	10'0"	6/16/96	Silver State Striders
4 X 100	Westside Kickers	44.99	7/30/95	Westside Kickers
4 X 400	Westside Kickers	3:38.29	7/30/95	Westside Kickers
4 X 800	Billy Hutton Tc	9:17.72	7/7/94	Billy Hutton TC
Pentathlon	Jason Pease	2858	7/18/93	



San Diego 92121 (619/450-6510; 714/548-4897)

**Honolulu, HI:** Honolulu Marathon, 5 am, Honolulu Marathon Assoc., 3435 Waiialae Av., Rm. 208, Honolulu, HI 96816 (808/734-7200)

#### Sunday, Dec. 21

**San Francisco:** Christmas Classic 5km & Miracle Mile Run/Walk Against Leukemia, Golden Gate Park (1M (downhill): Rainbowl Falls @ JFK Dr. & Transverse Dr.; 5km: JFK Dr. @ Polo Fields), 8 am/1M, 8:30 am/5km. People Events, 528 Larch Av., So. San Francisco 94080 (650/589-7417)

**San Francisco:** DSE Kennedy Dr. Run, 4.7M & Kids' Run, Golden Gate Park (south side of Polo Fields), 9 am/Kids, 9:30 am, DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837)

#### Thursday, Dec. 25

**San Francisco:** DSE Christmas Blind Date Relays (male/female teams by blind drawing), 2x2 Mi., Golden Gate Park (Stow Lake Boathouse), 9:30 am, DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837)

**Richmond:** Santa's Gold Rush 5 Mile, Mariotts Courtyard Hotel (Hilltop Shopping Center), 10 am, Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778)

#### Sunday, Dec. 28

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

#### Wednesday, Dec. 31

**San Francisco:** Safeway First Run, 2 Mi., Crissy Field (Presidio of S.F.), midnight. Info: RhodyCo Prods. (415/759-2690)  
**Sacramento:** Safeway First Run, 2 Mi., Capitol Gardens (10th & N Sts.), midnight. Info: RhodyCo Prods. (415/759-2690)

#### Thursday, Jan. 1

**San Francisco:** DSE Hangover Run, 3.53M, Site TBA, 9:30 am, DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837)  
**Berkeley:** Sea Breeze 5 Mile, Sea Breeze Deli (foot of University Av. @ I-80), 10 am, Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778)

**Carmel:** Rio Resolution Run, 6.8M/3M, Rio Grill (Crossroads Shopping Center @ Hwy. 1 & Rio Rd.), 9 am, Rio Grill, 101 Crossroads Blvd., Carmel 93923 (408/644-2427)

#### Sunday, Jan. 11

**Stockton:** PA-LDR California 10 Mile, San Joaquin General Hospital (French Camp), 9 am, Larry Frank, 3627 Fourteen Mile Dr., Stockton 95219 (209/478-2802)

## LOOKING AHEAD

#### Sunday, Jan. 25

**San Francisco:** Home Depot San Francisco Half Marathon/5km, Golden Gate Park (JFK Dr./Stow Lake Dr.), 8 am, Pamakids, P.O. Box 27557, San Francisco 94127 (415/333-4780)

#### Saturday, Feb. 7

**Sacramento:** Jed Smith Ultra Classic 30km/50km/50M, Gibson Ranch Park (3.31M certified loop), 6 am, (No Raceday Reg.) Buffalo Chips R.C., c/o Tom Winter, 1132 - 57th St., Sacramento 95819 (916/454-2714)

#### Sunday, Mar. 1

**Calistoga:** Sutter Home Napa Valley Marathon/5km, 7 am, (No Raceday Reg.) SHNVM, P.O. Box 4307, Napa 94558 (707/255-2609), see page 6 for more information.

### For FREE Event Listings

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

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

PA-Road = Long Distance Running Grand Prix Event, PA-Ultra = Ultra Running Grand Prix Event;  
PA XC = Cross Country Grand Prix Event; ▲ = PA-USATF sanctioned event as of October 17, 1997

## New California ("Pacific") Road Race Encyclopedia Debuts by Christmas; Submissions Wanted

**Want to be in a book? Editor desires old race photos, results, and anecdotes!**

by Mike Weddington

Dear Pacific Athlete Readers,

Want to contribute to a first-of-a-kind running book? And, one specifically developed for our region?

My partner Barry Perilli and I are already midway through our second road running encyclopedia—the "Pacific" volume. Almost identical to our already-released National volume, it will feature comprehensive general information, photos, maps, folklore, and tens of thousands of runners like you and your training partners with regards to 100+ of the most popular runs in California, Hawaii, and Nevada.

Runs featured will include the mega-events already covered in our National volume, such as the Cal International, Los Angeles, and San Francisco Marathons, Bay to Breakers, Bridge to Bridge, Houlihan's to Houlihan's, Run to the Far Side, Wharf to Wharf, Carlsbad 5000, Old Home-town Manhattan Beach Run, Great Aloha Run, America's Finest Half Marathon, and the Honolulu Marathon. Also featured will be about 90 other popular classics, such as Big Sur and Humboldt Half & Full Marathons, Dipsea, the Las

Vegas & San Diego Full and Half Marathons, Alameda Run for the Parks, Devil Mountain, Pacific Sun Races, San Francisco Half Marathon, Gardena 5000, Davis & Dana Point Turkey Trots, Reno Air 15 km, La Jolla Half Marathon, San Francisco Race for the Cure, Run for the Seals, Chevy to Chevy's 12 km, Maui Marathon, KoleKole Pass Half Marathon, and the Napa Marathon.

The PA-USATF 1996 and 1997 LDR Grand Prix road races will also be featured, including Cal-10, Clarksburg 30 km, Cox Cable 10 km, Stanford 50-Plus 8 km, and the Fleet Feet Mile.

We already have a great deal of information amassed over two years of rummaging through garages, micro-fiche files, and back issues of *Nor-Cal Running Review*, *California Track & Running News*, *RunCal*, *Pacific Athlete*, and *Running Times*. However, to really make the book complete, we invite you the reader and runner to send in your old photos and race results. (We will return materials sent; however, please allow 4-8 weeks research time. Even if your results aren't used, they may have value for cross-reference purposes). Those that contribute material used in this inaugural Pacific Volume will receive published credit, and a personal copy of the book at 30% off of retail (\$17.50 instead of \$24.95).

Please consider participating in this regional running history project. As we discovered to

our chagrin with regards to even the majority of the largest and most famous races in the nation, much of the lore and results of the past have been buried and even irretrievably lost over the years. Help us recover and piece together what remains! Our sport is worth recording, don't you think?

## Weddington's



### Running Series

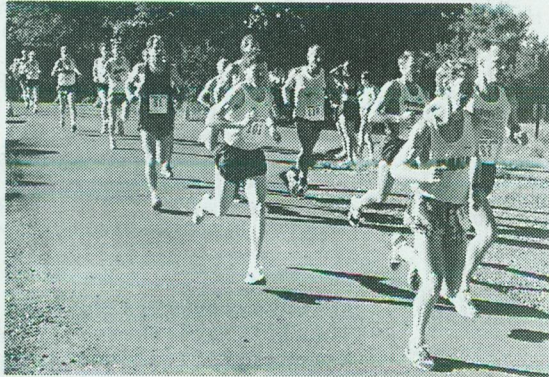
Send materials to:  
Weddington's Running Series  
P.O. Box 5469  
Santa Rosa, CA 95402-5469  
(707)528-8226  
Fax: (707)528-8239;  
e-mail: wedrun@sonic.net



# Cross Country Grand Prix Off and Running

by Charles Alexander, Men's XC Chair and Kathi Berman, Women's XC Chair

photo by Doug Thurston



They're off! Masters Men hit the trails at Empire XC.

Five meets into the 1997 cross country season and things are looking good. Individual and team competitions are heating up. New faces are giving Pacific Association stalwarts a run for their money. The weather has been fairly cooperative (OK, it was a bit on the hot side in Rocklin). All in all, it should be an exciting fall culminating with the PA Championships/Western Regional meet on November 22nd.

## Golden Gate Park Cross Country

San Francisco

Saturday, September 6

women: 4 miles, men: 4 miles

Over 258 harriers representing 36 PA teams toed the line for the season opener in San Francisco's Golden Gate Park. Polly Plumer-St. Geme and Jim Sorenson came away with the wins. Sorenson is new to the PA and won't satisfy the residency requirement for grand prix scoring until the Championships so Ken Berkowitz (adidas Transport) took top points. Both Plumer-St. Geme and Sorenson looked tough over the 4-mile course and should be the favorites at the end of the season. The Reebok Aggies swept the open competition, beating perennial rivals Chico Track Club on the men's side and the Impala Racing Team on the women's side.

In age group competition, Brian Davis and Kim Rupert were top masters, Louise Walters and Chuck MacDonald aced the senior competition, and Bernie Hollander and Ruth Anderson took top honors for the super seniors.

## Sierra College XC Challenge

Rocklin

Saturday, September 20

women: 5 km, men: 4 miles

The second race took our cross country athletes east of Sacramento to the town of Rocklin. Sierra College hosted a day of cross country races starting with the open and masters competition. Only the masters men's race finished with the expected Reebok Aggie domination (the Aggies organize and run the PA/USATF races at Sierra College.) Matt Yeo led a strong Aggie squad that grabbed places one through five. Sorenson out raced the open competition once again, winning over Aggies Jason Lienau and Chris Schille. Boyce Jacques also recorded a 33:47 in the veteran's division. Not bad and a divisional record!

Fast times were the highlight of the women's competition. Becky Spies (New Balance) set a new course record of 17:36 for 5 km in her win over Lisa Lopez (adidas) and Plumer-St. Geme (Asics.) Another age division record was set by newcomer to the super seniors, Heidi Skaden (Buffalo Chips), with a time of 23:44. The previous record of 28:38 was held by Ruth Anderson in 1994. Sharlet Gilbert moved up from her second place showing at the Golden Gate Park event to win the masters race. Walters repeated her place at the top for the seniors.

### Golden Gate Park 4 Mile Top Finishers

#### Open Women, 39 & under

1	P. Plumer-St. Geme	Asics	23:51
2	Amy Avrit	Aggies	24:01
3	Melissa Martel	Aggies	24:03
4	Rae Henderson	Aggies	24:09
5	Chris Lundy	Impalas	24:26
6	Ramona Young	Ryan's	24:29
7	Berntsen-Heber	WVTC	24:38
8	Michelle Conlay	unattach.	24:46
9	Carol Stubbs	Impalas	24:51
10	Kathy Wood	unattach.	24:56
11	Cathy DuBay	Aggies	25:12
12	Janet Bowie	Aggies	25:16
13	Sandy Patterson	Impalas	25:28
14	Jackie McCleary	unattach.	25:42
15	Sandra Tignor	WVTC	26:00

#### Master Women, 40-49

1	Kim Rupert	WVTC	26:26
2	T. Gevry	Wolfpack	26:36
3	Sharlet Gilbert	unattach.	26:45
4	Simmie-Keseckr	Impalas	26:58
5	Anne Hayden	SCTC	28:15
6	L. Anderson	Tamalpa	28:33
7	Sobczak-Martn	SCTC	28:49
8	Amy Haberman	SCTC	29:19
9	Sue MacDonald	unattach.	29:22
10	L. Samuelson	Wolfpack	29:26

#### Senior Women, 50-59

1	Louise Walters	Impalas	30:01
2	Jutta McCormick	unattach.	30:22
3	Edda Stickle	Tamalpa	31:17
4	Danielle Cane	Tamalpa	31:43
5	Ellen Clark	WVTC	35:07
6	Pam Koppe	Tamalpa	36:32

#### Super Senior Women, 60-69

1	Ruth Anderson	BAUR	39:25
2	Barbara Robben	unattach.	42:43

#### Open Men, 39 & Under

1	Jim Sorensen	unattach.	20:13
2	K. Berkowitz	adidas	20:29
3	Tom Coogan	unattach.	20:35
4	C. Lundstrom	unattach.	20:41

5	Mike McManus	adidas	20:47
6	Scott Kennedy	adidas	20:49
7	Kendrick Sealy	adidas	20:53
8	Jeff Shaver	Aggies	20:53
9	Spencer Punter	unattach.	21:12
10	A. Boudreau	unattach.	21:13
11	Carmelo Rios	Aggies	21:24
12	Yuri Smirnof	Aggies	21:37
13	Dirk VandePol	Aggies	21:38
14	Todd Stevens	Chico TC	21:41
15	B Rothschild	Davis TC	21:44

#### Master Men, 40-49

1	Brian Davis	WVJS	22:08
2	Ron Richardson	Aggies	22:53
3	Fletcher Lesley	unattach.	23:02
4	Steve Palladino	Aggies	23:13
5	M. Johnson	Aggies	23:26
6	Timo Stewart	unattach.	23:40
7	M Radcliffe	unattach.	23:56
8	Bruce Minard	unattach.	24:03
9	Joseph Kammer	SCTC	24:17
10	J. Christianson	unattach.	24:18
11	Larry Meredith	Empire	24:30
12	Brian Conroy	unattach.	24:35
13	Brooks Geiken	Aggies	24:52
14	Don Jedlovac	unattach.	24:56
15	Patrick Buzbee	WVJS	24:57

#### Senior Men, 50-59

1	Chuck MacDonald	WVJ&S	23:45
2	David Furst	WVJ&S	24:21
3	Jim Hampton	WVTC	24:29
4	Doug Butt	WVTC	25:31
5	Arnold Utterback	Buffalo Chips	26:08
6	J. Monteverdi	EB Striders	26:20
7	Bill Clark	WVTC	26:23
8	Tom Bennett	unattach.	27:18
9	Mike Repp	unattach.	27:28
10	Steve Brenneck	EB Striders	27:33

#### Super Senior Men

1	B. Hollander	Tamalpa	27:58
2	Gene Antonides	WVJ&S	28:35
3	Alex Derieux	Tamalpa	29:02

### Sierra College Cross Country Results

#### Open Women, 30 & Under

1	CR! Becky Spies	New Balance	17:36
2	Lisa Lopez	Adidas	17:42
3	P. Plumer-St. Geme	Asics	18:08
4	Rae Henderson	Aggies	18:24
5	Kathy Wood	unattach.	18:52
6	Monica Townsend	Aggies	18:54
7	Janet Bowie	Aggies	19:33
8	Liz Leigh-Wood	Aggies	19:36
9	Jackie McCleary	Wolf Pack	19:40
10	Jill Strangio	Aggies	19:47
11	Kristen Dowell	Wolf Pack	19:52
12	S. Schweitzer	unattach.	20:07
13	M. Schweitzer	unattach.	20:09
14	Meg Svoboda	Buffalo Chips	20:20
15	Aeron Arlin	Aggies	20:30

#### Master Women, 40-49

1	Sharlet Gilbert	Unatt.	20:43
2	Laurel Anderson	Tamalpa	22:03
3	Janet Calmes	Tamalpa	23:21
4	Maggie Fillmore	Impala	24:13

#### Senior Women, 50-59

1	Louise Walters	Impala	23:32
2	Cynci Calvin	Buffalo Chips	25:06
3	Carolyn Russell	Impala	35:32

#### Super Senior Women, 60-69

1	DivR! Heidi Skaden	Buffalo Chips	23:44
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#### Open Men, 30 & Under

1	Jim Sorensen	unattach.	20:12
2	Jason Lienau	Aggies	20:16
3	Chris Schille	Aggies	20:32
4	Kevin Berkowitz	adidas	20:50
5	Noah Marcus	Chico TC	21:10
6	Chris Gaston	unattach.	21:21
7	Tim Minor	Silver State	21:25
8	Todd Stevens	Chico TC	21:33
9	David Oleachea	unattach.	21:34
10	Martin Brenner	unattach.	21:37
11	Kipp Ortenburger	Aggies	21:43
12	Kenny Brown	Empire	21:46
13	Arthur Martin	Chico TC	21:47
14	Gary Blanco	Chico TC	22:05
15	Brad Lael	Buffalo Chips	22:08
16	Jeff Oberlatz	Chico TC	22:12
17	Patrick Rainey	Davis TC	22:22
18	Joe Rubio	Aggies	22:24
19	Dale Porter	Chico TC	22:27
20	Dan D'Ottavio	unattach.	22:28

#### Master Men, 40-49

1	Matt Yeo	Aggies	22:00
2	Tom Cushman	Aggies	22:26

(continued on the next page)



(Sierra College XC, continued from previous page)

3 Ron Richardson	Aggies	22:44	11 Brian Woodhouse	Buffalo Chips	24:27	4 Arnold Utterback	Buffalo Chips	26:45
4 Leo Lenting	Aggies	23:22	12 Daniel Martinez	Silver State	24:41	5 Robin Rogerson	Buffalo Chips	27:26
5 Michael Johnson	Aggies	23:42	13 Doug Steedman	Aggies	25:17	6 Bill Clark	WVTC	27:43
6 Kitt Flynn	Buffalo Chips	23:43	14 Herb Tanzer	Buffalo Chips	25:40	7 Ron Peck	Buffalo Chips	29:50
7 Richard Govi	Buffalo Chips	23:47	<b>Senior Men, 50-59</b>			8 Doug Essary	Buffalo Chips	30:05
8 Bruce Aldrich	Buffalo Chips	23:49	1 David Furst	WVJ&S	25:03	<b>Super Senior Men, 60-69</b>		
9 Timothy Stewart	Empire	23:54	2 Jim Hampton	WVTC	25:20	1 Pete Richardson	WVTC	31:50
10 Adam Ferreira	Buffalo Chips	24:12	3 John Monteverdi	EB Striders	26:03	<b>Veteran, 70 &amp; over</b>		
						1 Div. R/ Boyce Jacques	WVJ&S	33:47

## Empire Open Cross Country

Santa Rosa

Saturday, September 27

men: 8 km, women: 6 km

Race prize money and double grand-prix points were added incentive to travel to Spring Lake Park in Santa Rosa for race number three in the series. Plumer-St. Geme continued her dominance of the women's competition with a nearly 20 second win over the fierce second place finish-line battle between Rae Henderson (Reebok Aggies) and Chris Lundy (Impala RT.) Henderson won by a lean as both received the same time. Rupert bested Gilbert for masters points while Walters maintained her unbeaten streak in the senior division. The masters women provided the excitement in the team competition with relative new-comer Santa Cruz Track Club losing to the Impala RT by less than 20 seconds.

The men's team competition was a very close race between the Reebok Aggies and the Chico TC. The Aggies came out on top, but by less than one minute. Lienau and Schille finally stole a race from Sorenson as the Aggie pair finished one-two to Sorenson's third. Brian Purcell (Tamalpa) dropped down from his usual ultra distances to break up an Aggie sweep of the top five masters places. Matt Yeo and Bernie Hollander notched second wins in the masters and super seniors age groups. Jim Hampton led the seniors for the first time this season.

### Empire XC Open Top Finishers

#### Open Women, 39 & under

1 P. Plummer-St. Geme	ASICS	21:46
2 Rae Henderson	Aggies	22:05
3 Chris Lundy	Impala	22:05
4 Amy Avrit	Aggies	22:15
5 Berntsen-Heber	WVTC	22:18
6 Carol Stubbs	Impala	22:24
7 Cathy DuBay	Aggies	22:36
8 Tenaya Soderman	Aggies	22:58
9 Kathy Wood	unattach.	23:20
10 Amanda Gerhardt	Aggies	23:53
11 Suzanne Cordes	Impala	24:12
12 A. Newman	Impala	24:32
13 Robyn Barnato	Impala	24:52
14 Shelly Lydon	Empire	25:05
15 Malia Dinell	EB Striders	25:07
16 Blake Grenier	Tamalpa	25:09
17 E. Fitzpatrick	WVTC	25:14
18 Anne Hayden	SCTC	25:15
19 Linda Braly	EB Striders	25:16
20 J. Maxwell	Impala	25:38

#### Master Women, 40-49

1 Kim Rupert	WVTC	23:42
2 Sharlet Gilbert	unattach.	24:15
3 Teri Gevry	Wolf Pack	24:27
4 Sirmie-Kesecker	Impala	24:42
5 Anne Hayden	SCTC	25:15
6 Amy Haberson	SCTC	26:31
7 Kathryn Demas	Impala	26:37
8 Laurel Anderson	Tamalpa	26:37
9 L. Samuelson	Wolf Pack	27:03
10 Ki Bowman	SCTC	27:17
11 Janet Camels	Tamalpa	27:17
12 Maggie Fillmore	Impala	27:28
13 Hazel Wood	Tamalpa	27:39
14 Patti Pickett	Tamalpa	27:51
15 Barbara Demas	Impala	29:31

#### Senior Women, 50-59

1 Louise Walters	Impala	27:59
2 Gayle Murphy	Tamalpa	31:42

3 Aracely Areas	Wolf Pack	32:32
4 Chickie O'Toole	Tamalpa	36:47
5 Dina Kovash	Impala	38:19
6 Carolyn Russel	Impala	38:19

#### Super Senior Women, 60-69

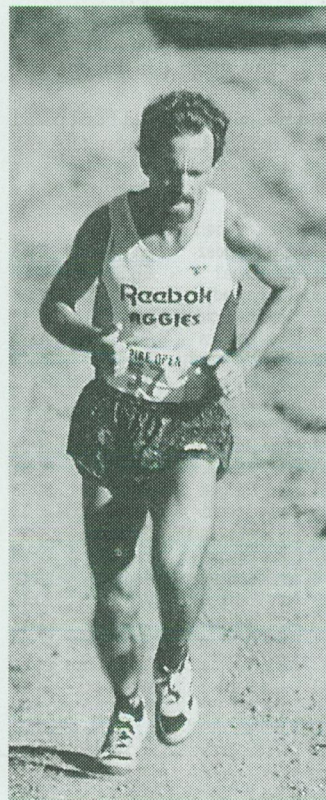
1 Ruth Anderson	BAUR	36:01
2 Chickie O'Toole	Tamalpa	36:47
3 Kelly Lawson	Tamalpa	36:49
4 Dina Kovash	Impala	38:19
5 Carolyn Russel	Impala	38:19

#### Open Men, 39 & under

1 Jason Lienau	Aggies	24:52
2 Chris Schille	Aggies	24:57
3 Jim Sorenson	unattach.	25:15
4 K. Berkowitz	adidas	25:16
5 Dan Olmstead	Chico TC	25:20
6 Kevin Selby	Chico TC	25:40
7 Noah Marcus	Chico TC	25:42
8 Bret Kimple	Aggies	25:59
9 Jeff Shaver	Aggies	26:22
10 Todd Stevens	Chico TC	26:48
11 Fernando Rojas	Excelsior	26:56
12 Martin Brenner	unattach.	26:57
13 Jason Young	Chico TC	27:05
14 Ernest Stanton	Excelsior	27:08
15 Gary Blanco	Chico TC	27:15
16 Thom Trimble	EB Striders	27:16
17 Kenny Brown	Empire	27:26
18 Jeff Oberlatz	Chico TC	27:28
19 Steve Brusig	Chico TC	27:30
20 Kieran Sherlock	Aggies	27:33

#### Master Men, 40-49

1 Matt Yeo	Aggies	26:50
2 Tom Cushman	Aggies	27:36
3 Ron Richardson	Aggies	28:08
4 Leo Lenting	Aggies	28:11
5 Brian Purcell	Tamalpa	28:13
6 Steve Palladino	Aggies	28:19
7 Fletcher Lesley	WVTC	28:49
8 Dave Smith	Buffalo Chips	28:54



Jason Lienau,  
Open Winner at Empire XC

photo by Doug Thurston

Matt Yeo,  
1st Master at Empire XC

photo by Doug Thurston

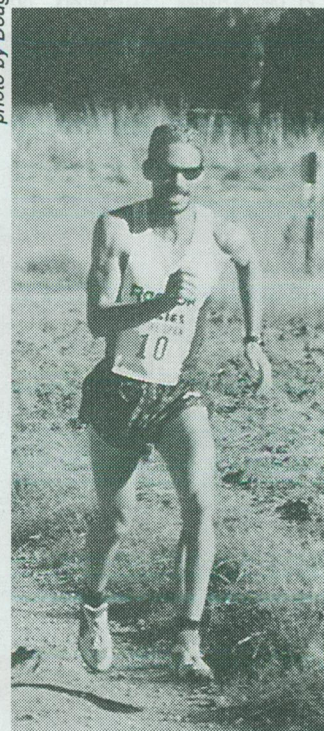
9 Kitt Flynn	Buffalo Chips	29:03
10 Rich Govi	Buffalo Chips	29:07
11 Jim Freeman	Buffalo Chips	29:09
12 Tim Stewart	Empire	29:17
13 Adam Ferreira	Buffalo Chips	29:44
14 M Radcliffe	Tamalpa	29:54
15 Bruce Minard	unattach.	30:10

#### Senior Men, 50-59

1 Jim Hampton	WVTC	30:51
2 John Monteverdi	EB Striders	31:44
3 Doug Butt	WVTC	31:47
4 Jack Burns	Tamalpa	32:59
5 K. Griepenburg	Tamalpa	33:16
6 Bill Clark	WVTC	33:24
7 Robin Rogerson	Buffalo Chips	33:45
8 A. Utterback	Buffalo Chips	34:39
9 Daryl Zapata	Excelsior	35:30
10 Bob Holland	Empire	37:00

#### Super Senior Men, 60-69

1 B Hollander	Tamalpa	35:18
2 Ed Mooney	Tamalpa	40:57
3 Don Pickett	Tamalpa	42:41



Tom Cushman,  
2nd Master at Empire XC

photo by Doug Thurston



## Aggie Invitational

U. C. Davis

Saturday, October 4

men: 8 km, women: 5 km

The meet at Davis was a huge field — 230 women and 201 men! Collegiate runners took top honors with Hector Delgado of Sacramento State leading Kevin Selby and Noah Marcus from the Chico TC in the men's race and Lori Reidy of UC Berkeley squeaking by Amy Avrit (Reebok Aggies) in the women's event by half a second. In the masters category, DeeDee Grafius of the Buffalo Chips took a strong 30-second win over division leader Sharlet Gilbert. In the men's masters, Miguel Tibaduiza raced for the first time this season and won by a narrow seven seconds over division leader Matt Yeo. Team competition was somewhat lacking here with the exception of open women who scored six teams. In that division, the Aggies took another one from the Impalas.

In other age group competition, Louise Walters and David Furst paced the senior competition, and Bernie Hollander and Heidi Skaden took top honors for the super seniors.

### UC Davis Aggie Invitational

#### PA Overall Top Women Finishers

1 Amy Avrit	Aggies	17:54	23 M. Hernandez	unattach.	19:55
2 Carol Stubbs	Impala	18:11	24 Malia Dinell	EB Striders	19:59
3 Cris Lundy	Impala	18:12	25 Gen Farnady	Wolfpack	20:06
4 Cathy Dubay	Aggies	18:16	26 Suzanne Cordes	Impala	20:13
5 Melissa Martel	Aggies	18:24	27 Linda Casillas	GV Harriers	20:14
6 Monica Townsend	Aggies	18:37	28 Denise Rummelhart	Excelsior	20:16
7 Kathy Wood	unattach.	18:43	29 Carol Parise	Buffalo Chips	20:17
8 Jill Strangio	Aggies	18:47	30 Michelle Martin	unattach.	20:18
9 Jackie McCleary	Wolfpack	18:48	31 Jennifer Maxwell	Impala	20:21
10 Sandra Tignor	WVTC	18:50	32 Linda Braly	EB Striders	20:27
11 Trisha Ziemer	unattach.	18:55	33 Eliz. Fitzpatrick	WVTC	20:31
12 Amy Grafius	unattach.	18:56	34 Kerry Padgett	EB Striders	20:33
13 Andrea Gibbens	Aggies	19:09	35 Carla Gottardi	Buffalo Chips	20:34
14 Meg Svoboda	Buffalo Chips	19:10	36 Antoinette Marsh	GV Harriers	20:34
15 Laura Shackelton	unattach.	19:10	37 Blake Grenier	Tamalpa	20:38
16 Sarah Iley	GV Harriers	19:24	38 Jennifer Staggs	Aggies	20:46
17 DeeDee Grafius	Buffalo Chips	19:25	39 Amy Wang	WVTC	20:46
18 Pam Runquist	GV Harriers	19:35	40 April Anderson	Davis TC	20:51
19 Alexandra Newman	Impala	19:41	41 Felicia Wilkerson	EB Striders	20:56
20 Riva Rahl	EB Striders	19:46	42 Jodie Newman	Buffalo Chips	21:01
21 Debbie Haines	GV Harriers	19:50	43 Laura Ezell	Wolfpack	21:06

44 Laurel Anderson	Tamalpa	21:10	35 Blair Venables	unattach.	27:18
45 Laurie Samuelson	Wolfpack	21:11	36 Thom Trimble	EB Striders	27:20
46 Tia Rosen	Impala	21:14	37 Jeff Hongo	unattach.	27:26
47 Chris Sakelarios	RC RW	21:17	38 Eric Bohn	Empire RC	27:33
48 Jill Cartwright	EB Striders	21:18	39 Michael Amorosa	unattach.	27:36
49 Jeannie Fishback	unattach.	21:24	40 Mike Bradley	unattach.	27:41
50 Keri Nelson	EB Striders	21:27	41 Greg Nacco	Tamalpa	27:43
67 Louise Walters	Impala	22:40	42 Matt Romersa	Hayward	27:43
69 Heidi Skaden	Buffalo Chips	23:12	43 Chris Evans	WVTC	27:46
<b>PA Overall Top Men Finishers</b>					
1 Kevin Selby	Chico TC	24:55	45 Victor Sloan	Davis TC	27:54
2 Noah Marcus	Chico TC	24:57	46 Ron Richardson	unattach.	28:00
3 Ben Ayers	unattach.	25:09	47 Anthony Davies	Aggies	28:06
4 Jeff Hildenbrandt	unattach.	25:19	48 Scott Johnsen	WVTC	28:07
5 Dan Olmstead	Chico TC	25:25	49 Aaron Ferguson	unattach.	28:08
6 Paul Wellman	unattach.	25:26	50 Eric Patterson	Davis TC	28:10
7 Todd Stevens	Chico TC	25:41	51 Dan Ambrose	WVTC	28:46
8 Blake Rothschild	Davis TC	25:45	52 Dan Ambrose	unattach.	28:48
9 Mark McManus	Farm Team	25:51	53 Fletcher Lesley	WVTC	28:52
10 Miguel Tibaduiza	Silver State	25:52	54 Norman Lawrence	Excelsior	28:54
11 Chris Gaston	Chico TC	25:58	55 Timothy Stewart	unattach.	29:01
12 Mike Tapia	Hayward	25:58	56 Paul Blodgett	Davis TC	29:02
13 Matt Yeo	Aggies	25:59	57 Steve Shaffer	GV Harriers	29:02
14 Dan Cline	unattach.	26:02	58 Ben Harmon	unattach.	29:05
15 Brian Cooke	unattach.	26:08	59 Marlowe Eldridge	GV Harriers	29:15
16 Jonathan Magasin	EB Striders	26:18	60 Chris Ross	EB Striders	29:21
17 Jeff Oberlatz	Chico TC	26:21	61 Michael Tuffly	GV Harriers	29:23
18 Gary Blanco	Chico TC	26:21	62 John McGuire	WVTC	29:27
19 Ryan Luce	Chico TC	26:22	63 G.Hernandez	GV Harriers	29:30
20 Dan D'Otavio	unattach.	26:24	64 David Furst	WVJ&S	29:30
21 Ryan Miller	unattach.	26:24	65 John Lawson	Tamalpa	29:39
22 Ted Paaske	unattach.	26:28	66 Steven Palladino	Aggies	29:53
23 Eric Dube	Humboldt TC	26:31	67 J. Herbrechtsmeier	Silver State	29:54
24 David Oleachea	unattach.	26:32	68 Tim Shannon	Buffalo Chips	29:55
25 Dirk Vandepol	Aggies	26:36	69 Max Rodriguez	unattach.	29:56
26 Patrick Rainey	Davis TC	26:39	70 Tom Hull	unattach.	30:06
27 Steve Moreno	unattach.	26:40	71 Lawren Smithline	EB Striders	30:12
28 Chris Phipps	Aggies	26:42	72 Darius Seddiqui	unattach.	30:12
29 Zak McGahey	unattached	26:48	73 Benton Runquist	GV Harriers	30:17
30 Brian McGuire	EB Striders	26:50	74 Yi Mao	unattached	30:26
31 Tom Cushman	Aggies	26:52	75 Bill Knapp	Excelsior	30:28
32 Juan Torrealba	WVTC	26:57	76 Jim Hampton	WVTC	30:31
33 Scott Schneider	Davis TC	27:05	77 John Monteverdi	EB Striders	30:41
34 Caleb Casey	unattach.	27:15	78 Doug Butt	WVTC	30:52
			79 Bernie Hollander	Tamalpa	34:33

## Mills Invitational

Mills College, Oakland

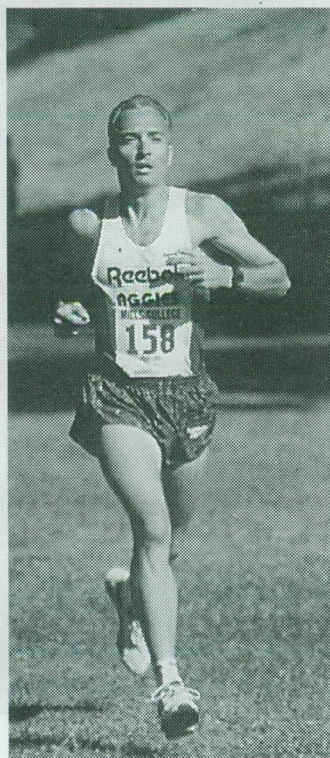
Saturday, October 11

men's open: 8 km, men's masters: 5 km

all women: 5 km

The shady Mills campus was the site of PA masters competition only this year. There was sub-40 competition, as this is a collegiate event, but the PA decided to award grand prix points exclusively in the masters and above categories. The course was also modified this year to lessen some of the tough hills. The women all ran together and many PA open runners did come to race. In fact, Wolfpack Int'l. fielded a full squad. The first masters runner was unattached Sharlet Gilbert, eighth overall. The Santa Cruz TC and Impalas battled back and forth with the SCTC taking their first victory over the Impalas this year. Louise Walters and Heidi Skaden both continued their winning ways in the senior and super senior divisions respectively.

On the men's side, the masters got their own race this year. Two lone Aggies came all the way from San Luis Obispo to take first and second — Leo Lenting in 1st and Steve Boaz in 2nd. After that is was almost pure Chips who locked up the win. David Furst took another win over senior division rivals Doug Butt and Jim Hampton as did Ralph Harms in the super senior race.



Leo Lenting, Masters Winner at Mills



Kristen McDowell, Women's Winner at Mills

(top finishers on next page)

photo by Charles Alexander

photo by Charles Alexander



### Mills Invitational Top Finishers

#### Open Women

1	Kristen Dowell	Wolfpack	19:01
2	Jackie McCleary	Wolfpack	19:03
3	J. Maxwell	Impalas	19:57
4	Amy Hawkins	Arete	20:33
5	C. Sakelarios	RCRW	21:26
6	Laura Ezell	Wolfpack	21:28
7	Heidi Karnofel	Wolfpack	22:13
8	Kelly Lawson	Tamalpa	22:18
9	Maria Blake	Wolfpack	30:25

#### Master Women

1	Sharlet Gilbert	Unattach.	20:09
2	Anne Hayden	SCTC	20:56
3	L. Anderson	Tamalpa	21:26
4	Tia Rosen	Impalas	21:30
5	Amy Haberman	SCTC	21:40
6	Irene Herman	Impalas	21:50
7	M. Fillmore	Impalas	22:03
8	Ki Bowman	SCTC	22:19
9	Aracely Areas	Wolfpack	26:30

#### Senior Women

1	Louise Walters	Impalas	23:06
2	Barbara Brady	Impalas	25:29
3	Jeanne Olson	Impalas	28:43

4	Carolyn Russell	Impalas	30:38
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#### Super Senior Women

1	Heidi Skaden	Buffalo Chips	23:09
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#### Master Men

1	Leo Lenting	Aggies	16:46
2	Steve Boaz	Aggies	17:00
3	Dave Smith	Buffalo Chips	17:19
4	Jim Freeman	Buffalo Chips	17:26
5	Kitt Flynn	Buffalo Chips	17:35
6	Tim Stewart	Buffalo Chips	17:45
7	B Woodhouse	Buffalo Chips	17:47
8	Steve Hall	Buffalo Chips	17:54
9	Rich Govi	Buffalo Chips	17:56
10	F Lesley	WVTC	18:04
12	John Lawson	Tamalpa	18:21
13	Don Jedlovec	Unatt	18:26
14	Brian Conroy	Spartan	18:33
15	Julios Ratti	EB Striders	18:54
16	Bernard Demai	unattach.	19:16
17	Steve Radigan	Spartan	19:23
18	Jim Flanigan	GV Harriers	19:27
19	Mark Huffman	unattach.	20:35
20	K. Gravenhorst	Spartan	21:48
21	Dale Peterson	Empire	22:04
22	F. Verduzco	Spartan	22:53

#### Senior Men

1	David Furst	WVTC	18:07
2	Doug Butt	WVTC	18:44
3	Jim Hampton	WVTC	18:48
4	J. Monteverdi	East B	19:07
5	A. Utterback	Chips	19:20
6	Tom Bennet	Hoys	20:04
7	Robin Rogerson	Chips	20:14
8	Doug Brooms	Spartan	20:38
9	Phil Widener	Empire	20:45

10	Jerome Woehl	Spartan	20:53
11	Joel Contreras	Chips	21:59
12	M. Scotchlen	East B	22:22
<b>Super Senior Men</b>			
1	Ralph Harms	Tamalpa	21:19
2	E. Shropshire	Tamalpa	22:45
3	Dave Waco	Tamalpa	23:29
4	Ed Mooney	Tamalpa	24:11
5	Ed Valencia	SCTC	25:11

## The Remaining Season

The competition should be intense for the rest of the season. Three of the remaining four races are double-point races. There is also word that a couple Southern California teams are coming up for the NorCal Open. Even more Southern California teams are expected for the PA Championship/Western Regional meet on November 22. The Pacific Northwest associations are holding their own regional meet on the same day, so our meet should be a real Northern vs. Southern California rivalry. At press time, an elite men's group from Colorado also announced they would be coming to the race. The PA cross Country Committee has put up Western Region team prize money for the Open Team category to enhance interest even more.

*See you at the finish line!*

### National USA Senior/Junior Cross Country Championships

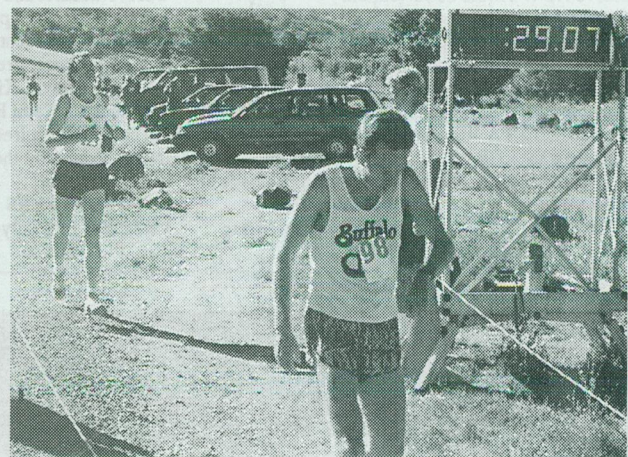
*note:* Masters nationals is not part of this year's meet.  
presented by adidas

Blue Lake Park - Portland, Oregon  
Sunday December 7, 1997

senior men	12,000 m
senior women	8,000 m
junior men	8,000 m
junior women	6,000 m

For USATF XC Nationals entry forms contact:

Harry Simonis, meet director  
39400 Pioneer Bl. Suite 11  
Sandy, OR 97055  
ph / fax (503) 668-0998  
e-mail: runjumpthrow@compuserve.com



At the Empire XC finish line: Kit Flynn followed by Jim Freeman.

## 1997 Pacific Cross Country Series Schedule

Presented by Weddington's Running Series. All races are part of the PA/USATF Cross Country Grand Prix.



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	Empire Open	Santa Rosa	M 8 km/W 6 km	\$8/\$12**
10/4	Aggie Invitational	Davis	M 8 km/W 5 km	\$8/\$30 teams*
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 Saturday. 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

### Important Information about Cross Country Grand Prix points and eligibility

🇺🇸 Grand Prix points go 15 deep (20, 14, 13, 12...) in the open and masters (ages 40-49) divisions and 5 deep (6, 4, 3, 2, 1) in the seniors (ages 50-59), super seniors (ages 60-69) and veterans (ages 70+) divisions. Team points run 10 deep (10, 9, 8...) in all divisions. Four 1997 races offer prize money and double points. All races are open to everyone except the PA championship race where you must have a current USATF card to enter.

🇺🇸 To collect Grand Prix points and prize money, you must also have a current USATF card and have lived in the PA boundaries for 90 days. Scoring team members all must have proper team affiliation on their USATF cards or contact the PA office in writing. For a copy of the XC series program, XC rules and/or LDR rules, send a self-addressed, stamped envelope for each to: Pacific Association, 120 Ponderosa Court, Folsom, CA, 94530.



# LDR Notes

from Mark Winitz, LDR Chair

## Second Annual LDR Awards Banquet Set for Jan. 31, 1998

The Pacific Association is planning its Second Long Distance Running Awards Banquet. Saturday, January 31, 1998. It's time to reserve your table now, because the deposit for the restaurant must be made by November 30th! Here are the details about this great evening.

Hunan Restaurant Banquet Room  
924 Sansome Street, San Francisco  
5:30 pm Social Hour and Cocktails  
6:30 pm Dinner  
7:15 pm Awards  
9:00 pm Entertainment  
Cost Per Person: \$18.50 (\$185 table of 10)  
Reservation Deadline January 16th!

Our first ever LDR awards dinner was a resounding success earlier this year. It's not too early to reserve NOW for the 1998 version.

- Meet the PA's finest athletes and not have to race against them—just hob-knob
- Formally recognize our **1997 Grand Prix Champions**—road, cross country, and ultra
- Be present for the announcements that all the world awaits: The **PA Runner of the Year Awards**, for the best in LDR, cross country, and Ultra
- Plus, **Club of the Year Awards** paying homage to our finest running clubs in all categories
- Take home the coveted awards program listing

current and past champions and award winners

- Make a night on the town as San Francisco opens its arms to the finest athletes in the best sport. Seating is banquet-table style, limited to the first 300 reservations! The banquet consists of 7-courses (enough to fuel you for several races at the cost of a single race!).

Reservations by check are being accepted NOW. Clubs: Send a check to cover as many attendees as you desire at \$18.50 each (\$185 for a table of 10). No need to provide exact names now. Individuals and unattached athletes: Reserve right away. Significant others/non-runners welcome.

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

Require further details? Call Pacific Association Women's LDR Chair Irene Herman at 415-397-6931 or e-mail her at [iherman@USA.net](mailto:iherman@USA.net). *Volunteers needed! Call Irene.*

### NEW TEAM REPORTING PROCEDURES IN EFFECT FOR CROSS COUNTRY AND ULTRARUNNING.

As described in the last issue of *Pacific Athlete*, the new procedures 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. The new team sheets, plus procedures, are available at each Grand Prix event (see David Kim at ultra events, and Charles Alexander or Kathi Berman at cross country events). All clubs are required to comply with the new reporting procedures for their team scores or face automatic disqualification.

- **VOLUNTEERS NEEDED!** PA/USATF seeks volunteers (not only in LDR, but in all areas of our

sport). Contact any of the LDR Chairs if you'd like to volunteer. Pacific Association LDR is seeking volunteers to sit on the following Association Committees and Task Forces:

Membership Committee

1998 LDR Awards Dinner Task Force

For the Membership Committee we are seeking volunteers from all LDR disciplines (roads, XC, ultra). This committee will concentrate on member recruitment, securing member benefits packages, and generally serving our members.

Time commitments for serving on these committees is flexible, although it is important to attend the committee meetings (several a year).

Also, we are immediately in need of folks that can help plan and produce our 2nd Annual PA/USATF LDR Awards Dinner, scheduled for January 31, 1998 in San Francisco.

Please distribute this notice within your club. Individuals interested in serving our great organization can contact me directly. Remember, a few people can't keep doing all the work all the time. Please volunteer!

- **PA/USATF Web Site** is located at: <http://home.earthlink.net/thomtrimble/webdocs/PAUSATF.html>

Check out the site for the latest results, standings, schedules, LDR member list, and other great information about PA/USATF.

- **LDR E-mail list available for all members**  
PA/USATF LDR's e-mail list provides timely updates, results, announcements, and pertinent information about all LDR activities. To be placed on the list, send a request to list manager Jim Whalen ([jwhalen@accesscom.com](mailto:jwhalen@accesscom.com)) with "Add LDR Email List" as the subject. Be sure to include your name



Meg (back row, 4th from the left) and new fast friends

## Pacific Athlete Inspired by ATP/ AADP Experience

by Meg Svoboda

On Labor Day weekend, 1997, I had the privilege of representing the Association Athlete Development Program (AADP) co-funded by The Pacific Association's Athlete Travel Program, at the Park Forest 10-Mile Championship in Park Forest, Illinois. The AADP invitation involved a three-day experience that was truly inspirational.

The inspiration began when I arrived at the hotel in Park Forest the Saturday before the race, which was to be held on Monday, Labor Day. Gathered in the lobby were obviously fit and elite looking runners, some of whom were clad in what appeared to be their respective sponsors' sportswear—big corporate names in running like Brooks, Nike and

Adidas marking their territory. At first, I felt intimidated by what seemed to be a high-powered scene. Soon however, as we runners were introduced to one another and started mingling, the intimidation began transforming to inspiration.

The next day, Sunday, the day before the race, more introductions were made among the runners. The AADP is a program designed to afford locally talented runners the opportunity and experience of competition at National Championships. Along with regional runners like me, there was a field of elite women competing for the championship. This field was remarkably talented, including Chris McNamara, Kim Jones, Shelly Steely, and Linda Somers, to name just a few. As one group, we started the day's pre-race events.

The first of these events was a 4 mile easy run on the early part of the race course, followed by a drive along the remainder of the course. This allowed us to get acquainted with the course and to get a feel for what we had in store the next day. The rest of the day was filled with a Running Clinic, featuring panels of elite athletes, sports medicine experts, and AADP representatives highlighting more opportunities for women runners. As you can see, the invitation by the AADP included much more than a "comp'd" entry to the race.

The race itself was the highlight of the weekend. On race day our group was driven to the starting line. Upon our arrival, I was struck that the AADP provided us special access to a locker-room and warm-up area. "Wow!" I thought, "Elite privileges. Really nice!" After warming up, it was time to start the race.

The race was one of the best I've ever run—punctual starting time, a clearly marked course every half-mile, bands playing along the way, and good variety in the terrain, including a stretch through a shady park. And, running among such a talented field of runners was incredibly motivating in itself!

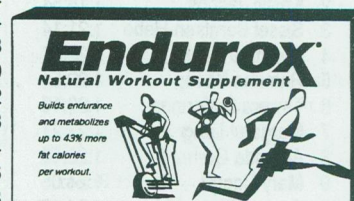
All in all, I am truly grateful to have had this experience provided to me by the AADP and the ATP. Hopefully these are growing programs and ones that hold many more opportunities for women runners. Thank you, Pacific Association, for a weekend of events and people that continue to inspire me!

*Ed. Note:* Meg qualified for this event by her 1st PA woman's finish at the Reno Air 15 km. The Pacific Association's Athlete Travel Program is supplemented by funds from USATF's Association of Athletic Development Program. In combination these funds are made available to qualified athletes to help them compete in championship races. For more information, contact PA Vice President, Irene Herman.



# PA LDR Grand Prix Race Top Finishers

**Endurox**  
Natural Workout Supplement



## Pacific Sun 10 km

Kentfield, Calif.  
September 1, 1997

### Open Women, 39 & under

1 Kristin Jacobs	35:04
2 April Powers	35:59
3 Cathy Dubay	37:11
4 Laura Schmitt	38:44
5 Sarah Cowles	39:33
6 Niki Lafreniere	39:36
7 Tina Lount	39:41
8 Liv Mills-Carlisle	39:54
9 Stephanie Vannicola	40:31
10 Shelly Lydon	40:44
11 Eileen Brennan Erler	40:50
12 Kari Soderberg	40:59
13 Sara Skidmore	41:21
14 Angela Longworth	41:59
15 Carol Parise	42:22
16 Susan Perez	42:34
17 Andrea Peterson	42:46
18 Pauline Wilhelm	42:47
19 Samantha Gross	43:02
20 Karen Stenberg	43:15
21 Elizabeth Shortino	43:22
22 Lisa Isabeau	43:49
23 Helen Kim	43:49
24 Ailis Bosmn	43:54
25 Kimberly Rodrigues	43:54

### Master Women, 40-49

1 Kim Rupert	38:58
2 Joann Dahlkoetter	39:48
3 Sharlet Gilbert	39:59
4 Cindy Scott	40:07
5 B. Simmie-Kesecker	40:26
6 Sue Francis	41:10
7 Marianne Zerebko	41:27
8 Sherie Schmidt	41:47
9 Debora Busse	42:00

10 Laurel Anderson	42:08
11 Lourdes Livingston	42:24
12 Christine Iwahashi	42:36
13 Sue Mac Donald	42:49
14 Missy Sandeman	43:59
15 Irene Herman	44:04
16 Sheila Roebuck	44:22
17 Charlene Bayless	44:22
18 Hazel Wood	44:29
19 Maureen Luca	44:29
20 Maggie Fillmore	44:36

### Senior Women, 50-59

1 Shirley Matson	39:08
2 Barbara E Miller	40:58
3 Jessie Stratton	43:04
4 Cynci Calvin	43:20
5 Louise Walters	43:34
6 Edda Stickle	45:40
7 Danielle Cane	46:26
8 Georgia Riley	48:18
9 Ann Hardham	48:59
10 Sue Johnston	49:24

### Super Senior Women, 60-69

1 Myra Rhodes	49:05
2 Margarethe Styskel	49:27
3 Joan Reiss	50:09
4 Heidi Meyer	1:02:09
5 Ellen Luca	1:06:32

### Veteran Women, 70 & over

1 Evelyn Kiomig	1:06:30
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### Open Men, 39 & under

1 Mike Spence	31:00
2 Tesfaye Bekele	31:08
3 Yuri Smirnov	31:20
4 Kevin Berkowitz	31:21
5 Aaron Pierson	31:27
6 Andrew Boudreau	31:32
7 Mike McManus	31:46
8 Colin Solomon	32:22
9 Gerardo Gay	32:46

10 Carmelo Rios	33:11
11 Brian McGuire	33:12
12 Carlos Castelo	33:14
13 Ernest Stanton	33:18
14 Paul Catherwood	33:30
15 Mike Maguire	33:52
16 Tom Schmitt	33:53
17 Mitchell Shandley	34:04
18 Christopher Craig	34:26
19 Bill Mumua	34:33
20 Nate Knuth	35:26
21 Arthur Welch	35:32
22 Brent Shaw	35:34
23 Kurt Glaubitz	35:35
24 Paul Berensmeier	35:37
25 Cesare Valesi	35:44

### Masters Men, 40-49

1 Lloyd Stephenson	31:26
2 Bob Ebert	31:53
3 Miyshael Gailson	32:48
4 Richard Flores	32:59
5 Brian Davis	33:14
6 Thom Trimble	33:33
7 Efrey Adams	33:48
8 Charles Thompson	33:54
9 James Tracy	34:11
10 Mark Graves	34:19
11 Dennis Kurtis	34:22
12 Jim Gorman	34:37
13 Les Ong	34:38
14 Tom Bernhard	34:48
15 Louis Jr Garcia	34:56
16 Kitt Flynn	34:56
17 Richard Govi	35:10
18 Dave Smith	35:15
19 Michael Johnson	35:26
20 Michael Radcliffe	35:28

### Senior Men, 50-59

1 Michael Dove	33:55
2 Bill Dunn	34:57

3 Chuck Mac Donald	35:41
4 Frank Ruona	35:44
5 Jerry Neal	35:54
6 Dan Preston	35:55
7 Alphonzo Jackson	36:14
8 Jim Reitz	37:13
9 Don Porteous	37:14
10 Len Goldman	37:15
11 Bill Allman	37:39
12 Jim Williams	37:49
13 John Monteverdi	38:30
14 Joe Hurtado	38:43
15 Jerry Goodwin	38:48

### Super Senior Men, 60-69

1 Norman Saucedo	40:05
2 Horst Meter	40:34
3 Bernie Hollander	41:13
4 Jim Moore	41:54
5 Darryl Beardall	42:27
6 Gene Antonides	43:19
7 David Woody	43:27
8 William Flodberg	45:03
9 Marion Carter	47:05
10 Elmo Shropshire	47:54

### Veteran Men, 70 & over

1 Boyce Jacques	46:11
2 Stan Demartinis	52:52
3 Sam Hirabayshi	53:06

## Cox Cable 10 km

Eureka, Calif.  
September 21, 1997  
(only Open Division points scored)

### Open Men, 39 & under

1 Jose Aispuro	31:25
2 Corey Trovinger	31:28
3 Jeff Shaver	31:35
4 Alan Dehlinger	31:39
5 Stephen Nudge	31:41
6 Ben Turman	31:49
7 Eric Walker	32:00
8 Brian Buscay	32:02
9 Brian Richter	32:07
10 Brian Cullum	32:25
11 Rick Reitz	32:30
12 Francisco Ruballava	32:43
13 Billy Morris	32:48

14 Ernest Stanton	33:25
15 Eric Bohn	33:35
16 Kieran Sherlock	33:37
17 Terence Boynton	33:38
18 Mitchell Shandley	33:41
19 Jesus Garcia	33:48
20 Daniel Shore	33:51
21 Joseph Karnes	33:59
22 Chris Ross	34:15
23 Tyler Abbott	34:16
24 Greg Nacco	34:28
25 Tim Keenan	34:29
26 Christopher Evans	34:46
27 Kevin White	34:50
28 Ty Strange	34:59
29 Carlos Castelo	35:09
30 Mike Maguire	35:18
33 Steve Mangiapane	35:41
34 Andrew Chan	35:45
35 Anthony Davies	35:56

36 Charles Ehm	36:25
37 Juan Torrealba	36:29
38 Michael Gma	36:32
40 Oscar Perez	37:08
46 Sieg Lindstrom	41:43
47 Ed Klotz	42:22
48 Peter Martin	43:40
50 Scott Harn	44:26
52 Jon Jr Davis	46:07
57 Dan Scofield	48:22
63 Constantino Romero	51:08
67 Jon Davis	58:24
69 Don Glavich	1:01:57
70 Brian Mau	1:04:38

### Open Women, 39 & under

1 Kristin Jacobs	35:51
2 Sissel Berntsen-Hebe	36:46
3 Diana Fitzpatrick	37:11
4 Ramona Young	37:11
5 Melissa Martel	37:45

6 Carol Stubbs	38:04
8 Sandy Patterson	38:37
9 Tenaya Soderman	38:55
10 Margaret Lang	39:17
11 Christine Lincke	39:21
13 Janet Smith	40:08
14 Christina Garcia	40:20
15 Dawn Eggerts	40:36
16 Andrea Gibbens	40:55
17 Jill Gisvold	41:48
19 Amy Wang	42:24
20 Elizabeth Fitzpatrick	42:30
21 Marie Appel	44:43
22 Janine Galligani	44:56
24 Shaun Larsen	45:41
25 Caroline Pope	46:56
26 Mary Jo Chase	47:22
27 Erin McBride	48:20



## Humboldt 1/2 Marathon

Weott, Calif.  
October 19, 1997

### Open Women, 30-39

1	Diana Fitzpatrick	1:18:48
2	Kristin Jacobs	1:18:54
3	Sissel Berntsen-Hebe	1:21:14
4	Christine Lincke	1:22:37
5	Ramona Young	1:22:51
6	Tenaya Soderman	1:23:16
7	Margaret Lang	1:23:21
8	Amanda Gerhardt	1:23:52
9	Mary Coordt	1:24:05
10	Joanne Slater-Vides	1:24:18
11	Riva Rahl	1:24:35
12	Peggy Lavelle	1:24:54
13	Karin Kuffel	1:25:36
14	Louise Tenich	1:25:56
15	Connie Kondo	1:26:19
16	Andrea Gibbens	1:27:23
17	Terrie Brown-West	1:27:39
18	Janet Smith	1:27:42
19	Kari Soderberg	1:28:08
20	Jill Gisvold	1:28:30
21	Sonya Patton	1:28:38
22	Kerry Padgett	1:28:49
23	Laura Sanchez	1:28:55
24	Sara Freitas	1:28:58
25	Carla Gottardi	1:29:05
26	Angela Longworth	1:29:07
27	Lisa Travaglini	1:30:49
28	Jodi Newman	1:31:06
29	Angela Hessler	1:31:23
30	Stella Piccone	1:31:38

### Master Women, 40-49

1	Kim Rupert	1:24:55
2	Joann Dahlkoetter	1:29:09
3	Darlene Wallach	1:30:37
4	Sue Francis	1:31:05
5	Marianne Zerebko	1:31:25
6	Cindy Scott	1:32:01
7	Lourdes Livingston	1:33:21
8	Christine Iwahashi	1:34:02
9	Jackie Buratovich	1:35:34
10	Sue Mac Donald	1:35:59
11	Terry Richard	1:36:45
12	Karen Kelley-Day	1:36:46
13	Jane Brett	1:37:19
14	Sheila Roebuck	1:37:48
15	Mary Massee	1:38:10
16	Irene Herman	1:38:43
17	Jeri Weingart Wascoe	1:38:54
18	Jane Buskirk	1:39:10
19	Betty Koufos	1:39:32
20	Tia Rosen	1:39:45

### Senior Women, 50-59

1	Shirley Matson	1:26:12
2	Barbara Miller	1:29:16
3	Cynci Calvin	1:37:26
4	Jessie Stratton	1:38:52
5	Louise Walters	1:39:23
6	Pamela Horton	1:43:31
7	Georgia Riley	1:46:47
8	Marian Lyons	1:47:15
9	Joanne Sidwell	1:49:53
10	Ellen Clark	1:50:56
11	Lisa Felder	1:51:50
12	Sue Johnson	1:52:25
13	Norma Andreadis	1:52:36

14	Ann Hardham	1:53:33
15	Grace Voss	1:54:54

### Super Senior Women, 60-69

1	Eve Pell	1:36:43
2	Myra Rhodes	1:47:48
3	Khartoon Brown	1:57:51
4	Inge Hendron	2:01:55
5	Joanne Kambur	2:05:01
6	Mary Welz	2:05:39

### Veteran Women, 70 & over

1	Liese Rapozo	2:37:36
2	Thelma Jackson	4:11:50

### Open Men, 39 & under

1	Jeff Hildebrandt	1:07:44
2	Bobbee Palmer	1:07:54
3	Fernando Rojas Marti	1:08:04
4	Noah Marcus	1:08:09
5	Jose Aispuro	1:09:14
6	Tim Ketron	1:09:21
7	Brian Richter	1:09:26
8	Blake Rothschild	1:09:47
9	Christopher Phipps	1:10:18
10	Colin Solomon	1:10:53
11	Jef Shaver	1:10:59
12	Alan Dehlinger	1:11:02
13	Juan Torrealba	1:11:05
14	Aaron Pierson	1:11:18
15	Mike Gottardi	1:11:40
16	Chris Evans	1:11:54
17	Kieran Sherlock	1:11:55
18	Thom Trimble	1:11:58
19	Eric Bohn	1:11:59
20	Mitchell Shandley	1:12:05
21	Lanse Whitcomb	1:13:03
22	Tim Keenan	1:13:28

23	Tyler Abbott	1:14:00
24	Jesus Garcia	1:14:21
25	Tony Fong	1:14:52
26	Joseph Karnes	1:15:09
27	Scott Schneider	1:15:48
28	Daniel Shore	1:16:02
29	Ang Macdonald	1:16:31
30	Benji Whalen	1:16:34
31	Andrew Chan	1:16:50
32	Bill Aronson	1:17:01
33	Anthony Davies	1:17:27
34	Scott Ames	1:17:33
35	Brad Driver	1:18:09

### Master Men, 40-49

1	J. Miguel Tibaduiza	1:09:12
2	Leonard Hill	1:10:44
3	Danny Aldridge	1:11:53
4	Lloyd Stephenson	1:11:56
5	Richard Flores	1:11:58
6	Jeff Townsend	1:13:51
7	Brian Davis	1:15:31
8	J. Herbrechtsmeier	1:15:33
9	Antonio Corgas	1:16:17
10	Les Ong	1:16:45
11	Jim Gorman	1:16:53
12	Robert Darling	1:17:09
13	Brock Hinzmann	1:17:11
14	Tom Bernhard	1:17:19
15	Dane Hart	1:17:44
16	Michael Ignatius	1:17:44
17	Mark Piccillo	1:17:52
18	Sylvester Franklin	1:18:00
19	Matt Penry	1:18:28
20	Doug Rasmussen	1:18:34
21	James Tracy	1:18:43
22	Bob Rogers	1:19:13
23	Dan Ramos	1:20:59
24	Timothy Stewart	1:21:06
25	Marlowe Eldridge	1:21:13

### Senior Men, 50-59

1	Chuck Mac Donald	1:17:18
2	Alphonzo Jackson	1:18:29
3	Bill Dunn	1:18:48
4	Dan Preston	1:19:36
5	Jim Reitz	1:21:40
6	Frank Ruona	1:22:19
7	John Monteverdi	1:22:50
8	Joe Hurtado	1:23:13
9	Allan Stanbridge	1:23:23
10	David Weamer	1:24:10
11	Ron Barker	1:25:18
12	Michael Hawkes	1:28:52
13	Valentine Pisarski	1:29:19
14	Tom Anderson	1:29:53
15	Bill Clark	1:30:10

### Super Senior Men, 60-69

1	Ralph Harms	1:32:08
2	Bernie Hollander	1:33:20
3	Gene Antonides	1:34:56
4	Karl Misner	1:35:14
5	Alex Derieux	1:35:45
6	Carl Ellsworth	1:35:57
7	Bill Flodberg	1:39:59
8	James Donnelly	1:41:05
9	Elmo Shropshire	1:42:10
10	Marion Carter	1:42:23

### Veteran Men, 70 & over

1	Bill Stowell	1:39:43
2	Stan Demartinis	1:56:02
3	Delbert Wichelman	2:08:14

## 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 KION 5 km	Carmel	All, 1.0, Short	Completed
June 1	Reno Air 15 km	Reno	All, 2.0, Long	Completed
June 29	Fleet Feet Capitol Mile	Sacramento	All, 1.0, Short	Completed
July 13	SEMICON Road Relay	San Francisco	Team All, 2.0, NA	Completed
Aug. 3	Alameda Run for the Parks 10 km	Alameda	All, 1.0, Short	Completed
Sept. 1	Pacific Sun 10 km	Kentfield	Masters & up 1.0, Short	Completed
Sept. 21	Cox Cable 10 km	Eureka	Open only, 2.0, Short	Completed
Oct. 19	Humboldt 1/2 Marathon	Weott	All, 2.0, Long	Completed
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.



# Pacific Association Top Scorers for the 1997 LDR Grand Prix

(through The Cox Cable 10 km)

## OPEN MEN, 39 & under (Long Distance Div.)

1	Russell Hill	Aggies	75
2	Jose Aispuro	Aggies	68
3	Miguel Tibaduiza	Silver State	63
4	Jeff Shaver	Aggies	58
5	Brian Richter	Excelsior	50
6	Joseph Karnes	Aggies	48
7	Richard Flores	Empire	40
8	Gary Towne	Chico TC	32
9	Christopher Phipps	Aggies	30
9	Dave Scudamore	Farm Team	30
9	Jamey Harris	Aggies	30
12	Juan Torrealba	WVTC	30
13	Matt Yeo	Aggies	26
14	Chris Schille	Aggies	24
14	Rey Flores	Farm Team	24
16	Terence Boynton	Aggies	22
17	Brian Buscay	Silver State	21
18	Brad Hawthorne	Hoy's	20
18	Daniel Shore	Excelsior	20
18	Nick Bingham	Silver State	20
21	Bret Kimple	Aggies	19

## Open Women, 39 & under (Long Distance Div.)

1	Ramona Young	Ryan's	62
2	S. Berntsen-Herber	WVTC	56
3	Laura Sanchez	Ryan's	53
4	Christine Lincke	Ryan's	51
5	Tenaya Soderman	Aggies	47
6	Meg Svoboda	Chips	44
7	Nathalie Mcmanamon	WVJS	40
7	Jennifer Devine	Chips	40
9	Amanda Gerhardt	Aggies	37
10	Alexandra Newman	Impala	35
11	Kristin Jacobs	Ryan's	34
12	Linda Somers	ASICS	30
12	Maria Trujillo	Ryan's	30
14	Amy Grafius	Aggies	23
14	Christine H. Lundy	Impala	23
16	Sandy Patterson	Impala	22
17	L. Benton-Anderson	Silver State	21
18	Martha Perkins	Unatt	20
18	Kristina Mathias	WVJS	20
18	Stephanie Vannicola	Excelsior	20
18	S. Robbins-Sydney	Unatt	20
22	Becki Kriege	WVJS	19

## Open Men, 39 & under (Short Distance Div.)

1	Jose Aispuro	Aggies	131
2	Ben Turman	AdiTrans	129
3	Brian Buscay	Silver State	105
4	Eric Walker	Empire	100
5	Corey Trovinger	Farm Team	99
6	Alan Dehlinger	Silver State	78
7	Richard Reitz	WVJS	75
8	Jeff Shaver	Aggies	74
9	Brian Richter	Excelsior	52
10	Lloyd Stephenson	Excelsior	51
11	Rey Flores	Farm Team	46
12	Steven Nudge	Grassroots	42
13	Russell S. Hill	Aggies	39
14	Danny Aldridge	Empire	36
15	Daniel Shore	Excelsior	32
15	Cullum, Brian	Grassroots	32
17	Carmelo Rios	Aggies	31
18	Ben Ayers	Unatt	30
18	Fernando Rojas	Excelsior	30
18	Jason Lienau	Aggies	30
21	Juan Torrealba	WVTC	29
22	Francisco Rubalcava	Grassroots	28

## Open Women, 39 & under (Short Distance Div.)

1	Kristin Jacobs	Ryan's	133
2	S. Berntsen-Herber	WVTC	116
3	Ramona T. Young	Ryan's	89
4	Christine Lincke	Ryan's	88
5	Tenaya Soderman	Aggies	87
6	Sandy Patterson	Impala	82
7	Amanda Gerhardt	Aggies	73
7	Carol Stubbs	Impala	73
9	Shannon Sweeney	Aggies	66
10	Maria Trujillo	Ryan's	60
10	Melissa Martel	Aggies	60
12	Diana Fitzpatrick	Impala	55
13	Rae Henderson	Aggies	52
14	Kristina Mathias	WVJS	51
14	Dawn Eggerts	Impala	51
16	Joan Ottaway	WVTC	50
17	Kim Rupert	WVTC	48
18	Becki Kriege	WVJS	46
19	Joanne Harper	Aggies	39
20	Amy Avrit	Aggies	37
21	Margaret Lang	Aggies	34
22	Malia Mason	East Bay	33

## Master Men, 40-49

1	Richard Flores	Empire	178
2	Brian Davis	WVJS	164
3	Lloyd Stephenson	Excelsior	155
4	Miguel J. Tibaduiza	Silver State	144
5	Joerg Herbrechtsmeir	Silver State	129
6	James Tracy	Excelsior	128
7	Danny Aldridge	Empire	106
8	Louis Jr. Garcia	Empire	99
9	Hank Lawson	Aggies	72
10	Matt Yeo	Aggies	67
10	Michael Johnson	Aggies	67
12	Mike Ignatius	East Bay	65
13	Les Ong	Hoy's	63
14	Chuck Mac Donald	WVJS	62
15	Michael Dove	WNLW	59
16	Fletcher Lesley	Hoy's	56
17	Bob Rogers	Empire	51
18	Sal Vasquez	Unatt	49
19	Bob Ebert	WVJS	46
20	Jim Gorman	Excelsior	42
21	Kitt Flynn	Chips	40

## Master Women, 40-49

1	Kim Rupert	WVTC	140
2	Joann Dahlkoetter	Aggies	131
3	Sue Francis	WVJS	113
4	Lourdes Livingston	Impala	88
5	Claire Malonson Fry	Chips	74
6	Cristine Iwahashi	Chips	73
7	Cindy Scott	Chips	67
8	Sharlet Gilbert	Unatt	65
9	Barbara Miller	Chips	63
10	Marianne Zerebko	Silver State	62
11	Darlene Wallach	Ryan's	60
12	Deedee Grafius	Chips	57
13	Sue MacDonald	WVJS	50
14	Melody-Anne Schultz	Tamalpa	48
14	Honor Fetherston	WVTC	44
16	Shirley Matson	Impala	44
17	B. Simmie-Kesecker	Impala	40
18	Joan Ottaway	WVTC	37
19	Missy Sandeman	Silver State	33
19	Sandra Sanchez	Ryan's	33
21	Jessie Stratton	Chips	26
22	Kathy Ward	Chips	25

## Senior Men, 50-59

1	Chuck MacDonald	WVJS	133
2	Franklin Ruona	Tamalpa	130
3	Alphonzo Jackson	Tamalpa	126
4	Michael Dove	WNLW	125
5	James Reitz	WVJS	112
6	Sal Vasquez	Unatt	86
7	Ewar Gordillo	Silver State	56
7	James Williams	Tamalpa	56
7	Dan Preston	Empire	56
7	Jerry Neal	Tamalpa	56
11	Allen Stanbridge	Excelsior	49
12	Robin Rogerson	Chips	42
12	Donald Porteous	Tamalpa	42
14	Perry Hayden	Silver State	38
15	William Dunn	WVJS	34

## Senior Women, 50-59

1	Jessie Stratton	Chips	55
2	Louise Walters	Impala	49
3	Edda Stickle	Tamalpa	45
3	Barbara Miller	Chips	45
5	Cynici Calvin	Chips	40
6	Shirley Matson	Impala	36
7	Melody-Anne Schultz	Tamalpa	32
8	Joan Ottaway	WVTC	24

## Super Senior Men, 60-69

1	James Moore	Tamalpa	80
2	Bernie Hollander	Tamalpa	73
3	Darryl Beardall	Tamalpa	43
3	Norman Saucedo	WVJS	43
5	Ralph Harms	Tamalpa	35
6	Bill Flodberg	WVJS	28
7	Gene Antonides	WVJS	27
8	Joe King	Unatt	19
9	Phil Phythian	Tamalpa	17
10	Roger Bryan	WVJS	15

## Super Senior Women, 60-69

1	Myra Rhodes	Chips	54
2	Margarethe Styskel	Tarahumara	53
3	Juliane Scheberies	Unatt	40
4	Po Adams	Chips	24
5	Joan Reiss	WVTC	17
6	Marlene Kinser	Tarahumara	15

## Veteran Men, 70 & over

1	Stanley Demartinis	WVJS	58
2	Ray Stewart	WVJS	49
3	Howard Powers	WVJS	43
4	Joe King	Unatt	36
5	Boyce Jacques	WVJS	30

## Veteran Women, 70 & over

1	Po Adams	Chips	45
2	Jaclyn Caselli	NCSTC	21
3	Kit P. Pickles	LMJS	12

## Top Scoring Teams

(through The Cox Cable 10 km)

Open Men		Senior Men	
1	Aggies 119	1	Tamalpa 107
2	Excelsior 93	2	WVJ&S 102
3	East Bay 79.5	3	Chips 60
Open Women		Senior Women	
1	Ryan's 101	1	Tamalpa 99
2	Impala 96	2	Impala 88
3	WVTC 85	3	WVJS 81
Master Men		Super Senior Men	
1	Excelsior 100	1	Tamalpa 110
2	Empire 95	2	WVJ&S 97
3	Aggies 76	Super Senior Women	
Master Women		1	Tarahumara 10
1	WVJ&S 89	Veteran Men	
2	Impala 86	1	WVJ&S 80
3	Chips 83	Veteran Women	
<i>none scored</i>			



# Purcell is more than Master of Pt. Reyes

**Point Reyes 50 km  
Point Reyes, Calif.  
Saturday, September 6, 1997**

by Greg Nacco

Star ultra-runner Brian Purcell continued his domination at the 3rd annual Pt. Reyes 50 km Endurance Run held on September 6th. Purcell has won this event every year of its existence, including the past two years when he has competed in the Master's Division.

In 1997, Brian had little competition as he rolled to victory in 4:06:39, five minutes off his 1996 course record. The women's race was much closer as 37 year old Luanne Park repeated by shaving 13 minutes off her 1996 time to clock a superb 4:48:09 (a new course record!). Suzanna Sandrock came in second for the second straight year, crossing the line just four minutes behind Park.

Purcell highlighted his experience and ultra prowess by running his own race. With the talented Jeff Teeters opening up a commanding early lead, Purcell was content to pace himself along the Ridge Trail in a pack of 30-some-things — Geoff Vaughan, Ken Gregorich, Joe Green and Greg Nacco. At Palomarin Aid Station (8.9 miles), the gang of five broke up, with Purcell taking second position behind Teeters. Joe Green, a periodic dabbler in the ultra world, displayed his unwillingness to concede victory by surging ahead of Vaughan, Nacco and Gregorich for the number three spot.

For those who have not been out to Pt. Reyes National Seashore, the stretch from Palomarin to Wildcat Camp is utterly gorgeous. The trail winds its way along coastal bluffs and ravines, and past Bass, Pelican, Crystal, Ocean and Wildcat Lakes. Upon reaching Wildcat Camp, you realize that you are "out there" in the wilderness and the water-only aid station is a welcome sight.

From Wildcat, the runners have an opportunity to view who's ahead and who's behind, as the trail turns to The Dirt Road and climbs steeply with many curves for panoramic views. The Dirt Road is exposed to the heat of mid-morning and wreaks havoc on those who have not properly hydrated. For a little more than a mile, runners trudge up the road before a sharp left turn sends them back on rugged trail towards their next aid. Glen Camp Aid Station is one of several "humps" runners crest throughout Pt. Reyes. At 16.62 miles, Glen Camp is the half-way point in the race, the second of three significant climbs, and the first available aid after the march from Wildcat. From here the course goes through a densely wooded descent to the Bear Valley road, before heading west to Arch Rock.

With half the race over, Teeters slowed with pain in his feet. He has been an experimenter of sorts with various footwear in an attempt to strengthen his feet. Unfortunately for Jeff, today's shoes did not pass the comfort test. First Purcell, then Green, Nacco, Vaughan and Gregorich sailed by a struggling Teeters.

From Arch Rock, the trail heads north and offers runners extended views of both prey and predator...and the scenery isn't so bad either. For Vaughan and Nacco, the stretch to Woodward Valley Aid Station offered sights of a little white dot way up ahead (Purcell) and another white dot that seemed to be getting bigger (Green). At this point, feeling strong, Nacco thought, "hey, we're not out of this thing yet!" The mind of a hunter (but, we'll get back to that thought later).

Pulling into Woodward Valley Aid Station was certainly one of the highlights of the race. This is the aid station before the vicious 3.2 mile climb to Sky Camp. One could have thought that it was time to be airlift by magic carpet to a hospital for hallucinating, as the aid station personnel came right out of The Arabian Nights...music, costumes, dancing, and miles of smiles - very tempting to just stay put.

For Vaughan the race was just beginning; for Nacco it was crashing and burning. In just a couple of miles, the "hey, we're not out of this thing yet" turned into looking behind to see the new hunters. Vaughan chased after Green up Woodward Valley and caught him after only a half mile. Nacco managed to limp passed Green who mumbled "my legs have just given out." The two shuffle brothers crept into Sky Camp Aid Station only a minute apart, but with no energy and little hope of catching anyone or holding off an inevitable charge from behind.

Vaughan finished eight minutes behind Purcell in 4:14, a truly inspiring first effort following his Silver Buckle performance at Western States. A steady Ken Gregorich poised himself for a move past Green and Nacco to finish solidly in third place, six minutes behind Vaughan. With Nacco and Green stumbling down Horse Trail and through the Bear Valley Aid Station, two new figures appeared on the back horizon: newly-crowned master Dave Scott and 38 year old John Edgcomb! Helpless, it was an agonizingly slow death as the two ultra stars gobbled up Green and then, with a little over a mile to go, they blistered by Nacco for fourth and fifth, respectively.

Shirley Matson, National age-group superstar in numerous distances, decided to go longer than she ever has in running Pt. Reyes. At 56, Shirley is so talented, that she can solidly compete in the 40 and over division. Her time of 5:43 set a new age-group record for the 50-59 year olds, and was 14 minutes

ahead of Christine Flaherty, the Masters Division winner. Maeve Garvey was second Master, just two minutes behind Christine and four minutes up on Jennifer Kalfsbeek - quite a tight race! Suzi Thibeault and Marge Dunlap took second and third behind the great Matson.

In the rising star category, Charles Ehm, Bill Keene and Will Aarsheim (all three only 28 years old), clocked impressive finishes of 4:46, 4:52 and 5:05, respectively. On the women's side, Kristin Dantagnan (also only 28 - seems to be the age!) ran an impressive first ultra for third place overall. Kristin's time of 5:14 was just two minutes ahead of Patricia Gibbs, third sub-master. Miriam Tope, also running her first ultra at age 25, crossed the line in an outstanding time of 5:24. 27 year old Ellen Licking filled out the top three in the young guns division with a 6:17 effort.

Wayne Miles ripped it up with a course record bashing of 4:47 to take the 50-59 year old division. Wayne has been running well all year and he sliced 18 minutes off the old record! Elsewhere in the Senior world, Jim Longwith edged Jim Furman for second.

The Untouchable, Gard Leighton, pounded out another victory in the 60-69 division. Gard's 5:12 finish was just 13 minutes off his own course record time set in 1995. Josie Coffey, Gard's mid-sixties female counter, ran an impressive 7:55, establishing the women's Super Senior course record!

That about raps it up for the 1997 version of the Pt. Reyes 50 km Endurance Run. As to the rumors of this possibly being our last year, they are sadly true. It is not for lack of energy or funding, it is some problems with permits and such. However, hope is eternal and that includes annual, right? So, you can count on Tamalpa Runners to do all that we can to make Pt. Reyes happen in 1998! We are optimistic and we will certainly keep everyone up to date. Look for announcements on what you can do to help in the mail and on the Tamalpa Runners internet address:

<http://www.tamalparunners.org/50k/Pr.50k.htm>

One final note is that while we do understand that \$50 is a lot of dough, our goal and hope was that everyone enjoy themselves and come away with something a little extra. It was the belief of the Race Committee and Tamalpa Runners to staff and stock great aid stations, have a super post-race party, award nice prizes, and have a bunch of fun stuff for everyone who participated. I hope those of you there came away with nothing less — let's do it again next year!



# Cameron Park 50 Miler

by Stan Jensen

Cameron Park, Calif.  
September 13, 1997

Last year, the PA-ULTRA Cameron Park 50-Mile event preceded the Pt. Reyes 50 km event by one week. This year, the roles were reversed, as only one week after the Pt. Reyes 50 km came the Cameron Park 50m event. Event organizers promise to fix this in 1998!

43 runners showed up at Cameron Park Lake, about 20 miles east of Sacramento, with the prospect of a long, hot day ahead of them. 14 of these brave souls were recovering from the hills of Marin County the week before. The Cameron Park 50m is both easy and hard: easy because it's a flat 1.25m loop around a lake; hard because it often gets hot and the 40 laps give the runner many opportunities to call it quits. This year the weather was cooler than usual, with a slight breeze most of the day, but 10 of the starters still didn't manage to finish.

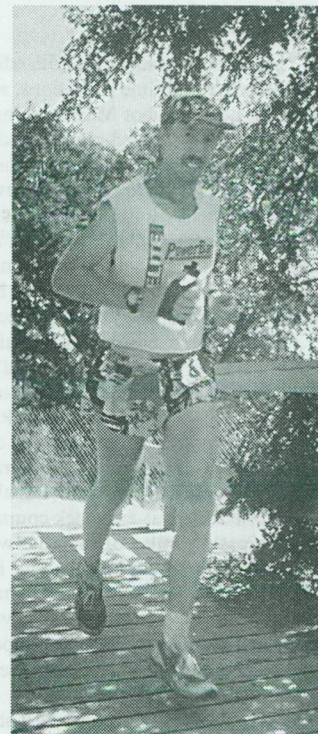
In the open men's division, Ken Gregorich (2nd last year and leading this year's Open Men's division) chased Brian Purcell for several miles, but eventually settled for beating Jim Ross by half a lap to take 1st in their division. Brian ran consistently for just under six hours to win his third Master's title in a row this year! In the Senior Men's division, Wayne Miles managed to stay ahead of Wally Hesselstine, Jeff Vieyra and Eric Ianacone, as they finished in the same order they'd finished at Pt. Reyes the previous week.

The open women's division was won by Rena Schumann (1st in the Open Women's division last season), taking almost 20 minutes off her PR from last year. Second place went to Christine Flaherty, who held off Tina Scalise and Pat Wellington in the Master Women's division. Special notice goes to Dina Kovash, who'd run the previous two Grand Prix events and always manages to finish!

Race Director George Staub provided a perfect setting for the runners (and their crews), with friendly, competent lap counters, a well-stocked aid station (every 1.25 miles), and showers with a massage at the finish. This is definitely an ultra to put on your calendar!

## Cameron 50-Miler Finishers

1 Brian Purcell, 41	5:58:25	17 John Clark, 55	8:39:58
2 Ken Gregorich, 38	6:43:07	18 Gary Gade, 38	9:04:44
3 Jim Ross, 33	6:47:23	19 Tina Scalise(F), 42	9:16:57
4 Wayne Miles, 51	6:57:27	20 Barbara Elia(F), 52	9:30:28
5 Jean-Paul Mazaud, 45	7:29:56	21 John Scott, 60	9:42:37
6 Michael Loney, 26	7:31:39	22 Stan Jensen, 44	9:45:07
7 Wally Hesselstine, 54	7:32:44	23 Allan Kaplan, 42	9:45:42
8 Rena Schumann(F), 36	7:41:34	24 Bill Wood, 68	10:02:05
9 Jeff Vieyra, 50	7:53:19	25 Brenda Hill(F), 49	10:20:05
10 Christine Flaherty(F), 44	7:59:45	26 Lon Monroe, 50 NV	10:20:36
11 Eric Ianacone, 50	8:02:22	27 Linda Kircher(F), 52	10:30:11
12 Mike Palmer, 43	8:08:58	28 Karen Ide(F), 47 NV	10:49:31
13 Earl Looney, 49	8:11:12	29 Ron Vertrees, 60	10:57:32
14 Roger Dike, 43	8:19:12	30 Robert Mathis, 32, OR	11:06:19
15 Eric Robinson, 29	8:24:10	31 Mike Tselentis, 71	11:11:57
16 Mark Falcone, 40	8:35:35	32 Pat Wellington(F), 49	11:14:20
		33 Dina Kovash(F), 59	11:39:36



Brian Purcell,  
Cameron Park 50-Mile Winner

photo by Laura Kulisk



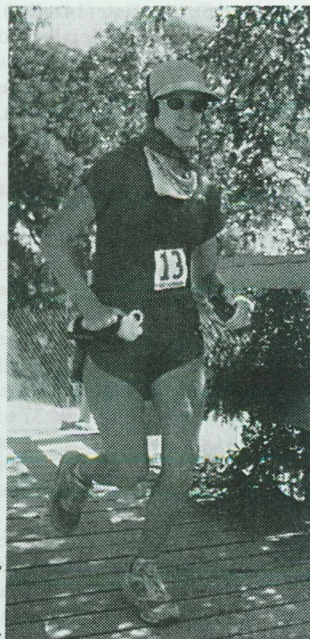
Rena Schuman

photo by Laura Kulisk



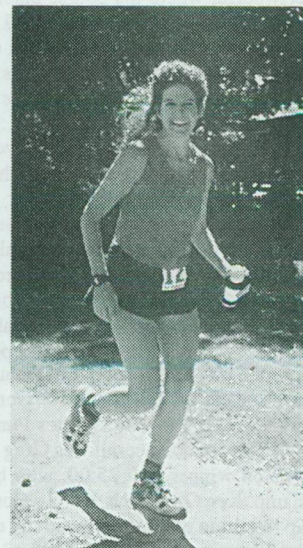
Wayne Miles

photo by Laura Kulisk



Chris Flaherty

photo by Laura Kulisk



Tina Scalise

photo by Laura Kulisk



# Dick Collins Firetrails 50-mile Run

San Leandro, Calif.

October 11, 1997

by Hollis Lenderking

Most appropriately, the 15th edition of the Firetrails 50-mile trail run was blessed by sublime conditions, as a record starting field of 101 set out from the Lake Chabot Marina along the East Bay Skyline Trail to pay homage to their beloved pioneer and compatriot, Dick Collins, the race's longtime director who passed away last winter in his nearby Oakland home. Those familiar with Firetrails' somewhat star-crossed history know better than to take those sublime conditions for granted: scorching heat, smoldering wildfires, torrential downpours and even a killer quake have played havoc with this date before. But all misfortune, save the premature loss of the legendary master himself, was banished from memory on this most ideal of ultra days, as close to perfect as they come.

Mastery and perfection prevailed as the dominant themes of the competition, as well. Brian Purcell's intention to sustain his sweep of Grand Prix Masters crowns seemed in serious jeopardy after he was tossed by his mount in his previous week's Ride & Tie, crunching his shoulder and afflicting him with an intermittent trickle of painful jabs. Firetrails, the fourth installment of the Ultra Grand Prix season, was clearly the stiffest challenge to date: a relentless out-and-back course scrambling across 25 miles of regional watershed from ridge line to streamside, and back and forth and so on and so on. More than usual, Purcell would have to rely upon his vast experience and his training base built upon rigorous Sonoma County hillwork to keep him in the hunt this day.

"I've decided to take my best shot at the Grand Prix this year," Purcell declared, delighted with his unblemished early-season record. "I'd like to finish [the season] with as close to a perfect score as I can." Let the Masters field beware, then: nothing less than perfection will suffice for this consummate competitor, who nine years ago was the course record-holder at the circuit's ultimate test, the Western States 100.

As befits a runner taking a dagger to the shoulder with every irregular stride on an often irregular surface, Purcell started modestly, not running up on early leader Joe Kulak until the pair reached Skyline Gate (14 miles). Kulak, a 28-year-old Coloradan short on ultra experience generally and Firetrails experience particularly, wisely declined to duel the veteran at this early stage, where the course enters its favored but treacherous six-mile stretch of woody single-track trail. Here, you can't see what's before you, so the novice smartly insists on a conservative approach, sticking to the comfort zone. Plainly, Kulak's legs, lungs and brain are uncommonly well-interconnected for a newcomer, as he debuted at the Leadville 100-miler this summer with a sixth-place 21:35.

Purcell took an estimated five-minute lead into the turnaround, and then exploited his greatest strength, as a climber, to expand his margin to eight minutes by mile 30. Kulak was far from beaten, however, as he chipped away at Purcell's lead the rest of the way, closing within three minutes at the finish for a thoroughly impressive outing by an initiate to the terrain. "The last 10 miles were a real struggle with my shoulder," Purcell recounted wincingly. You tire, your form droops a little, you take some jolts. Still, he prevailed over Kulak in age-group record time, 7:04:37 to 7:07:31, which not only kept him perfect among Grand Prix Masters — as it turned out, the Masters field leaned toward lightweight this day — but near-perfect overall for the season. Only Tom Johnson's victory at the Skyline 50 km in August mars Purcell's skein of outright triumphs.

Third-place overall was Greg Nacco, the Grand Prix (PA only) open division winner in 7:25:00, who barely out dueled last year's Firetrails champ, Ken Gregorich, by 37 seconds. Atypically, after Purcell the entire top ten (nine of whom nipped the eight-hour barrier) was rounded out by Open runners. As in 1996, Wayne Miles led the Seniors into the stable with a fine 8:01:02, prevailing over Roger Dellor's 8:30:40. Ron Vertrees was

the first Super Senior in 10:34:58, while Link Lindquist edged Mike Tselentis with an 11:55:04 to become the new Veteran record-holder.

At Firetrails in 1993, Suzie Lister served early notice that the season's Ultra Grand Prix, women's open division, would be under her heavy, if inexperienced, assault. Indeed, she won easily in 8:32:13 — actually a "ladies' tie" with training partner Maryann Murphy — en route to a slam-dunking of her competition by season's end. Since then, here is Lister's skein of finishes: 8:27:37, 8:19:41, and now 8:14:16 — each a winner. That could pass for spectacularly steady improvement over such a demanding and variable layout as Firetrails, but maybe just a touch dull, a little too schematic. Like, where's the Bad Day by the Bay, the Great Leap Forward, the flippant screw-up!? Any impression of plodding progress, however, is way off the mark. In her fifth year of ultrarunning, Lister is anything but a jaded veteran who merely does her homework and "mails it in."

Listen: "After Western States [third woman in 21:23:39], I was really excited. I felt great. I wanted more! I decided to work on my marathon time,

to get it under 3:00, so I just kept training without a break. By August I was trashed, just dead in the water right when I should have been peaking." Her mediocre finish at the Skyline 50 km brought the lesson home: the high that follows a strong showing can be a fatal lure, if you think it signals "green" when all common sense says "red."

Wounded but wiser, Lister backed off after that spate of exuberant overtraining. She cut back her mileage and played around with her cross-training, competing in a

triathlon just the week before Firetrails. Though she left the sport five years ago to become an ultrarunner, she has retained her casual interest, entering at least one every summer since. After her midsummer collapse, Lister could have been forgiven a fallow period, ultras shunted aside. But there was the C-factor for this year's Firetrails — "C" as in Collins. "This year's race," she offered, "meant so much more than ever before."

Lister ran her first 10 miles with Murphy and then inched away, discovering en route that her mini-sabbatical had worked wonders of renewal. Still just 32, on top of five years' relentless rise, it's hard to predict just how far Lister can go with the sport, but learning when to apply the brakes is a crucial ingredient boding future success. So, too, is the sheer joy she elicits from a strong run: "I really didn't think I was ready to do well this year, but I was grateful to honor Dick with a strong run." Not jaded. Just getting better.

Murphy finished a strong 8:45:19 for 19th-place overall, joining Lister (12th) in the top 20. And third woman Rena Schumann, the ironwoman who blitzed through last season's Ultra Grand Prix to hammer the open women's division, continued her Lister-like pace of improvement in spite of her unrelenting run-them-all race schedule. She limbo'd under the nine-hour bar with a fine 8:59:02, carving 43 minutes from last year's time.

Sacramento's Chris Flaherty outdueled San Francisco's Kellie Sheehan for the women's Masters title, her second at Firetrails. In her only prior outing in 1993, her 9:57:10 was good enough, but Sheehan called for more this year, and Flaherty answered with a 9:33:48. "I think I'm regaining the form I had in the 1993-94 season," Flaherty reflected modestly. Actually, she seems to have already surpassed it, the march of time notwithstanding. "I have more experience now," she observed, "and I recover faster after hard runs." One reason for that recovery may be her exceptional pacing: on her best days, as at Firetrails, she runs negative splits. "I run best when I finish strong," she says. Sheehan can attest to that, having been on Flaherty's heels at 30 miles, only to lose contact shortly thereafter.

Among senior women, Linda Elam outpaced Carol LaPlant (still the Masters course record-holder from 1988), 10:30:57 to 11:03:04. In all, 88 finishers said "Thank you, Mr. Collins." in the way that the Man himself would have most appreciated.

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*"I've decided to take my best shot at the Grand Prix this year," Purcell declared... "I'd like to finish [the season] with as close to a perfect score as I can."*

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# Johnson & Duryea Lead American Ultra Teams in World Challenge

September 13, 1997

by Hollis Lenderking

America's finest 100 km runners — teams of six men and six women, plus world record-holder Ann Trason running independently — revisited the mid-size town of Winschoten in the very northern Netherlands for the 11th annual IAU 100 km World challenge, contested over a turn-enhanced variant of the 10 km loop course through the town that in 1995 provided the stage for America's finest moment in international ultrarunning. Then, Ann Trason shattered her own world record with a 7:00:48 clocking, leading the American women's team (top three scoring) to the Gold Medal over Germany by nearly an hour.

Then, Tom Johnson turned heads both at home and abroad by blasting the 15-year-old American 100 km record with his stunning 6:30:11, good for third place overall for himself, and hoisting his teammates to the Silver Medal behind Russia and ahead of Poland.

Then, Chrissy Duryea ran the race of her life to score as the third American woman, in 7:44:23. That was then. This is now.

Trason, despite grand outings at the Comrades Marathon (90 km) in South Africa — outings that have yielded an unquestioned "up" course record (6:13:23), an unofficial "down"

course record (5:58:24), and, last June, the most dramatic victory in women's ultrarunning history — has not been truly healthy ever since. Due to a still undiagnosed biomechanical flaw, her foot-flex differential has steadily increased and compounded other latent problems. Her ruptured hamstring of last winter was merely symptomatic of the essential problem. Distress over her questionable condition, combined with her continuing differences with USATF regarding management of the 100 km team, led her to opt off the team this year.

In retrospect, she would have preferred to opt off the entire trip. Beleaguered by accelerating pain from foot to hip, she dropped out at 20 km, leading but unable, so early, to countenance the prospect of the self-inflicted damage she could do were she to continue her duel with her arch-rival, Germany's Maria Bak, who would win in 7:06:54, second fastest all-time to Trason.

Duryea, meanwhile, steadied herself in the increasingly blustery wind to lead the American women home with a fine 8:03:29 (14th woman). Unlike 1995 when conditions remained ideal throughout, this year's race was jinxed by its 2 pm start. The gentle zephyrs that buffeted the runners for their early loops around the town later esca-

lated into full frontal northerly blasts, just as the air temperature was declining naturally in the evening. From 5 until 7:30 pm there was hell to pay, just as runners were tiring naturally from the stress of distance.

It was a great year to be small. Unheralded Ukrainian Sergi Yanenko offered little wind resistance and profited greatly for it, touring the course in 6:25:26 for a six-minute win over Russian Mikail Kokorev.

Johnson, meanwhile, had the race where he wanted it at 50 km. He was in 14th place, but his 3:12:50 was within one minute of fourth. Then came the wind. Combined with the drop in air temperature, it was a brutal slap for Johnson, never at his best in cold. So desperate did he become that, on his eighth lap, he stopped to don his half-tights, sacrificing three minutes to the process. As luck would have it, about ten minutes later the wind subsided dramatically, becoming no more than a mere nuisance as night fell. But it had done its dirty work.

Johnson toughed it out for a superb team-leading 6:44:39 (eighth place overall). "I only wish I had gone to the tights earlier," he reflected. "It's such a tough call, because you know it takes time."

## 1997-98 PACIFIC ASSOCIATION ULTRA GRAND PRIX CHAMPIONSHIPS SCHEDULE

Date	Event	Surface/Difficulty	Contact
Aug. 3	Skyline 50 km	trail/2.0	COMPLETED
Sept. 6*	Point Reyes 50 km	trail/2.2	COMPLETED
Sept. 13*	Point Reyes Cameron Park 50 Miler	hard-pack/2.2	COMPLETED
Oct 11	Dick Collins 50 Mile (formerly Firetrails 50 Miler), San Leandro	trail/3.2	COMPLETED
Oct. 25**	Sierra Nevada Double Marathon	trail/3.5	COMPLETED (results in next issue)
Nov. 15**	Helen Klein 50 Miler Sacramento, USATF Nat'l. Championship	pavement/2.2	Greg Soderlund: 242 Hartnell Pl. Sacramento, CA 95825 916-929-7858
Nov. 29	Quadruple Dipsea 28.4 mi. Mt. Tamalpais	trail/2.4	John Medinger: 2060 Manzanita Dr., Oakland 94611 415-894-1336
Feb. 7	Jed Smith 50 km Sacramento	pavement, dirt/1.2	Tom Winter: 1132 57th St., Sacramento 95819 916-454-2714
April 4	American River 50 Miler Sacramento	pavement, trail/2.8	Delmar Fralick 714-360-0583 Wil Roxburgh 916-965-8326
April 18	Ruth Anderson 100 km San Francisco	pavement, 3.5	8128 Madison Ave., Fair Oaks 95628 Jim Skophammer: 666 Orange St., Daly City, 94602 650-994-6128
May 9	Quicksilver 50 km San Jose	trail/2.0	Gene Weddell: 6007 Paxton, San Jose 94123 408-225-6527
May 16	Silver State 50 km Reno	trail/2.6	Ken McKim: 2358 Camelot Way, Reno, NV 89509 702-329-6122
June 27	Western States 100 Miler Squaw Valley	trail, 8.0	Norm Klein: 1139 Mace River Ct., Rancho Cordova, CA 95670 916-638-1161

\* "Piggybacking" of these events is by accident for 1997, and will be corrected in 1998 by Pt. Reyes' return to its original August date, providing 3-week intervals among the first three events \*\* events new to Grand Prix for 1997-98

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# PA/USATF 1997-1998 ULTRA GRAND PRIX STANDINGS

## Through The Dick Collins 50-Miler

(standings courtesy of PA/USATF Ultra scorer, David Kim)



### Open Men (39 & Under)

1	Ken Gregorich	East Bay Str	218.2
2	James Ross	FFEDH	120
3	Tom Johnson	Chips	90
4	Geoff Vaughan	Tamalpa	88
5	John Edgcomb	Tamalpa	74.8
6	Greg Nacco	Tamalpa	69.8
7	Michael Loney	FFEDH	52.8
8	Rick Simonsen	FFEDH	48.2
9	Alex Garcia	Unatt	48
10	Dave Covey	Tamalpa	44.8
11	Jeff Teeters	East Bay Str	44.6
12	Eric Robinson	BAUR	41.8
13	Erol Ackdoe	East Bay Str	35.4
14	Joe Green	Tamalpa	35.2
15	Doug Fontaine	East Bay Str	26.4
16	Theo Parisek	unatt	22
17	Jerry Wittenauer	FFEDH	18
18	Charles Ehm	Tamalpa	17.6
19	Stan Ferguson	unatt	16
20	Eric Ellison	East Bay Str	13.2
21	Will Aarsheim	Tamalpa	12.2
22	Rob Byrne	unatt	12
23	Bill Keene	Tamalpa	11
24	David Leipsic	Tamalpa	8.8
25	Daniel McDevitt	unatt	8

### Open Women (39 & Under)

1	Rena Schumann	FFEDH	151.2
2	Suzanna Sandrock	Tamalpa	88
3	Jennifer Devine	Chips	80
4	Kristin Dantagnan	Tamalpa	68.2
5	C. Duryea-Ferguson	Unatt	62
6	Elisabeth Remick	unatt	54.8
7	Miriam Tope	Tamalpa	52.8
8	Carol Parise	Chips	48
9	Michelle Holman	Tamalpa	41.8
10	Linda McFadden	unatt	40.2
11	Suzie Lister	BAUR	38
12	Maryann Murphy	BAUR	32
13	Becky D'Aoust	Tamalpa	26.4
14	B. Geringer-Frazier	Tamalpa	22
15	Cathy Haas	unatt	22
16	Cathy Hilton	unatt	20
17	Meredith Thomason	unatt	19.8
18	Sherry Bartosik	unatt	18
19	Judi Shaffer	unatt	17.6
20	Masters Flamingo	Silver State	14
21	Dawn Infurna-Bean	unatt	12
22	Sandra Finlayson	unatt	10

### Master Men (40-49)

1	Brian Purcell	Tamalpa	256
2	Mike Palmer	East Bay Str	107.2
3	Kevin Purcell	Tamalpa	103.8
4	Jean-Paul Mazaud	Unatt	100.2

5	Dave Scott	Unatt	68.2
6	Robert Montuori	unatt	62.2
7	Earl Looney	Tarahumara	59.8
8	Joe Schieffer	East Bay Str	52.8
9	Rae Clark	Chips	48
10	Stan Jensen	BAUR	47.2
11	Mike Soltesz	Tamalpa	44.8
12	Tom Windsperger	unatt	37.6
13	Ken Grebenstein	Tamalpa	35.2
14	Richard Pon	BAUR	32
15	Bob Lapanja	FFEDH	24
16	B. Ambrozewicz	Unatt	22
17	Thomas Stephens	Tamalpa	19.8
18	Clement Choy	East Bay Str	16
19	Ken Cox	unatt	15.4
20	David Handsher	unatt	13.2
21	Mat Kavanaugh	unatt	11
22	John Blecka	Tamalpa	8.8
23	Fred Kaiser	Chips	8
24	Hans Lothander	Tamalpa	6.6
25	Ken Crouse	Chips	6

### Master Women (40-49)

1	Christine Flaherty	Chips	256
2	Tina Scalise	FFEDH	158
3	June Montuori	unatt	90.8
4	Pat Wellington	BAUR	85.6
5	Jennifer Kalfsbeek	unatt	68.2
6	Kellie Sheehan	Impala	62
7	Brenda Hill	unatt	52.8
8	Karen Ide	Silver State	41.8
9	Linda Parr	unatt	35.2
10	Lucille Wing	Impala	32
11	F. Hanif-Weddle	unatt	30.8
12	Van Von Borcke	unatt	28
13	Kathl. Mckenna	unatt	24.2
14	Noel Dybdal	unatt	22
15	Susanne Gallo	unatt	22

### Senior Men (50-59)

1	Wayne Miles	FFEDH	192
2	Wally Hesseltine	BAUR	131
3	Eric Ianacone	Chips	110.4
4	Jeff Vieyra	unatt	103.2
5	Dave Kim	BAUR	62.4
6	Jim Furman	Tamalpa	55
7	Louis Quiggle	unatt	52.2
8	Tom Wright	Chips	50
9	Frank Ruona	Tamalpa	39.6
9	Lon Monroe	unatt	35.2
10	Richard Phelps	unatt	22
11	George Forman	East Bay Str	22
12	Thomas Grossi	unatt	20
13	Gene Weddle	unatt	19.8
14	Joe Holmberg	Chips	18
15	Raleh Hirt	unatt	17.6

16	Ray Brown	unatt	16
17	Steven Harrold	unatt	15.4
18	Joe Pope	Chips	14
19	Malcolm Scotchler	East Bay Str	13.2
20	Ruben Anderson	unatt	12

### Senior Women (50-59)

1	Dina Kovash	Impala	114.2
2	Barbara Elia	Chips	102
3	Shirley Matson	Impala	66
4	Linda Elam	Silver State	60
5	Marge Dunlap	SWEAT	55
6	Judy Shipman	Chips	50
7	Marie Harmon	unatt	44
8	Ann Grove	BAUR	40
9	Lisa Felder	Impala	39.6
10	Lucinda Fisher	Unatt	32
11	Tana Leigh Gabriel	Chips	28
12	Gudrun Dybdal	unatt	22

### Super Senior Men (60-69)

1	Gard Leighton	FFEDH	63
2	John Scott	Chips	45.6
3	Ron Vertrees	Tarahumara	44
4	Wayne Kocher	Silver State	20
5	David Woody	Tamalpa	11
6	Marvin Johnson	Chips	10

### Super Senior Women (60-69)

1	Juliane Scheberies	Unatt	40
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### Veteran Men (70+)

1	Ken Takeuchi	unatt	30
2	Frank Rodriguez	BAUR	20

### Veteran Women (70+)

1	Helen Klein	unatt	40
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### Bonus Points - 10 points for course records

Tom Johnson - Skyline  
Juliane Scheberies - Skyline  
Helen Klein - Skyline

### 1997-98 PA-ULTRA TEAM STANDINGS

#### MENS TEAMS

1	FFEDH	57.6
2	Tamalpa	42
3	East Bay Striders	35.8
4	BAUR	29.4

#### WOMENS TEAMS

1	Impala	37.8
2	Tamalpa	22
3	BAUR	20

#### MIXED TEAMS

1	BAUR	59.8
2	Tamalpa	38
2	FFEDH	37.6





# Pre & Post Marathon Tips

by Amol Saxena, DPM, PA Medical Committee

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stretching more, and staying well hydrated. Ice massage any sore spots for 5-10 minutes (i.e. calves or Iliotibial Bands). Be wary of dramatic diet changes. Not everyone does well on carbohydrate loading nor the fat/protein load as well. Remember, try this out beforehand on some long runs.

I won't dwell on race day tips, except have confidence in your training. Olympian Mark Coogan says you can't do much more to get yourself in shape during the last couple of weeks anyway. The recovery phase after the marathon starts immediately after the race. Re-hydrate and refuel.

Change your clothes! This year at the San Francisco Marathon we had many people that were close to hypothermia because they didn't have warm clothes to change into, nor a hat! Don't pop your blisters until after you shower. (Use a sterilized needle to pop TWO holes on opposite sides of the blister and leave the roof on. Lubricate the area with antibiotic ointment, and only cover them if you absolutely need to. (Second skin, Compeed or Tegaderm work best.) Leaving the blisters open and soaking in Epsom Salts dries them out faster, which is the goal. (Luckily, in California you can wear sandals to work.) Get the black and blue toenails drained as soon as possible though, and you may be able to save your toenails, and avoid a lot of unnecessary pain.

Keep moving around as much as possible in the ensuing days. Alternate hot and cold soaks, and get a massage. Anti-inflammatories (as long as you are not allergic nor have ulcers) such as Aleve or Advil will help in the first post-marathon week. Getting a massage helps flush out all the waste products in your muscles. Mark Coogan says he doesn't bother running until all the soreness is gone which may be in two weeks (running 5-minute miles!) Use your judgement, when to run. Basically, if anything is swollen, bruised or gets sharply painful as you try to jog out your post race soreness, stop! If it doesn't get better in a week, seek medical advice. I recommend taking it easy for a month after the marathon, so you can make sure any lingering tightness won't lead to an overuse injury when you ramp back up your running mileage. Good Luck!

Amol Saxena, DPM, practices at the Dept. of Sports Medicine, Palo Alto Medical Foundation, 913 Emerson St., Palo Alto, CA 94301, 650/853-2943. He is a regular contributor to Pacific Athlete, and welcomes your questions.

Having run several marathons and having the fortune of treating some of the best marathoners in the country, I thought I could pass on some advice on completing your goal without ending up in the doctor's office. Being prepared for perhaps your longest and toughest race can be hard on your body and detrimental to your running health. There are many common mistakes novice marathoners make, so perhaps you will find this information useful prior to your big day.

Most of the top runners say it is not the marathon that will injure you, it's the training. I do feel that a minimum of 40 miles/week, and three long runs of at least 75% of the time you plan to run or 20 miles (whichever is longer) is needed to survive properly. Joan Benoit Samuelson and Jeff Galloways' respective books have well thought out programs, particularly for novices. The Team in Training groups seem to have less than a 10% attrition rate, if you need the group effect to train with. Keep in mind, the marathon isn't for everyone. Seasoned marathoner Joe Rubio tells me that the more miles you can run at race pace per week, the less likely you'll "crash". I also find a high percentage of runners get injured if they don't take at least one of their long runs on similar race terrain and surface (i.e. ROADS!). If you don't do this, your legs go into shock absorbing mode during the race & if you're lucky, only your quads and glutes cramp. If you're unlucky, you get a stress fracture. Taking some gentle downhill runs helps build-up these muscles.

Though it is often repeated, novice marathoners don't head to the advice "don't try anything new on race day!" This means socks, cloths, shoes, gels etc. Use acrylic fiber socks, and vaseline on any blister prone areas. Cotton socks get wet and cause blisters faster. Run at least 50 miles in the shoes you plan to race in. Make sure you bring layers for race day, especially "disposable" (i.e. for the homeless) clothing. This means second set of socks, gloves, hats too. (See later on)

Make sure you rest enough prior to the marathon. Mark Conover has a taper program of running successively less quarter-mile repeats at race pace on the days prior to race day, working from six down to two. A lot of elite marathoners like to run a 10 km or less race one to three weeks prior to the big day; for novices make it a 10 km or less, two weeks out, with your last long run three weeks prior. I advise taking the day off two days before the marathon, and then jog two-three miles easy the day before. Getting a massage a few days prior is helpful, as is



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# Race Walk News

by Ron Daniel, Race Walk Chair

## Tune-ups for the National Masters

### Petruzzi and Nedelco Lead Way in Los Gatos

PA Master's 5 km, Los Gatos, Calif.  
June 14, 1997

With a race-long battle, Dick Petruzzi, PRO (28:09) held off JoAnn Nedelco, GGRW, by 5 seconds in winning this year's PA Master's Championship. Not far behind was Petruzzi's PRO clubmate Terri Brothers with a 28:32. Also breaking 28 minutes was Laura Cribbins, GGRW.

### PA Master's 5 km Results

Pl.	Name	Age/Gender	Club	Time
1	Petruzzi, Dick	64 M	PRO	28:09
2	Nedelco, JoAnn	53 F	GGRW	28:15
3	Brothers, Terri	40 F	PRO	28:32
4	Cribbins, Laura	40 F	GGRW	28:55
5	Klein, Art	44 M	STC	29:32
6	Winter, Bryan	40 M	MRW	29:39
7	Doane, John	54 M	SCTC	31:03
8	Moremen, Bill	69 M	GGRW	31:03
9	Fisher, Jim	61 M	MRW	31:31
10	Kinney, Stu	57 M	GGRW	32:02
11	Coppola, Lori	57 F	GGRW	33:32
12	Borsset, Jon	67 M	GGRW	35:51
13	Geldin, Judy	46 F	GGRW	35:56
14	Wheeler, Ralph	63 M	GGRW	36:13
15	Pait, Tom	73 M	GGRW	36:34
16	Lucken, Ernest	81 M	GGRW	38:09
17	Moremen, Grace	66 F	GGRW	38:57
18	Miller, Arlene	62 F	WVTC	44:59

Judges: Charles Sheppard, Helen Storrs, Jim Petruzzi (Chief)

### Moremens Win in Soquel

PA Age Graded Championships 1500 m  
Soquel HS, Calif.  
June 28, 1997

Using age grading tables to calculate performances, both Grace and Bill Moremen came home winners on a clear cool day in the coastal town of Soquel. Grace and Bill beat six other walkers in the age graded event with performances above the 70% level.

### PA Age Graded Championships 1500 m Results

WOMEN				
Pl	Name	Age Graded Time	Actual Time	AG %
1	Grace Moremen	8:07.98	10:55	70.3%
2	Judy Geldin	9:01.27	10:01	63.4%
3	Bonnie Turner	9:05.93	10:32	62.8%
4	Millicent Duccini	9:38.45	10:18	59.3%

MEN				
Pl	Name	Age Graded Time	Actual Time	AG %
1	Bill Moremen	6:37.8	8:43	77.7%
2	Quang Than	7:32.41	8:02	68.3%
3	John Doane	7:34.11	8:41	68.1%
4	Stu Kinney	7:49.00	9:21	65.9%

Judges: Art Klein-Chief, George Peter, Lee Sorensen

### Remaining 1997 RW Schedule

- Nov. 16, PA Champ 1Hr and GP, Foothill College, Los Altos, contact: Gary Bower, GGRW, (650)747-0342
- Dec 14, PA Champ 20Km and GP, Baylands Course, Palo Alto, contact: Andria Flynn, GGRW, (408) 321-8493

### Wilkinson and Adams in Preview at San Jose CC

Western Regional Master's 5 km, San Jose City College  
July 12, 1997  
National Team member Kim Wilkinson walked away from the field in the preview event in San Jose. Kim comfortably won with a time of 24:29.7. Second (and second overall) among the women was Therese Iknoian at 26:35.7. In the men's competition visitor M. Adams beat PA walker Dick Petruzzi 26:57.3 to 28:08.6

### Master's Western Reg. 5000 m Results

W35	K. Wilkinson	24:29.7
	J. Sirett	31:48.7
W40	T. Iknoian	26:35.7
	T. Brothers	28:36.5
W50	J. Nedelco	28:04.2
W60	M. Carter	54:52.4
M40	A. Klein	29:24.7
M50	J. Doane	30:49.2
	G. Bower	32:52.9
M55	M. Adams	26:57.3
	S. Kinney	34:09.2
M60	D. Petruzzi	28:08.6
M65	L. McGuire	32:06.3

### GGRW Founder's Day 10 km PA Grand Prix won by Master's Champ JoAnn Nedelco

GGRW 10 km PA Grand Prix, MLK Park, Oakland  
Sept. 7, 1997

Leading from wire-to-wire, JoAnn Nedelco of the host club GGRW, easily won this annual event. Overcast, cool weather aided the walkers. Returning to her U. S. ranking form of several years ago, JoAnn's time of 58:58 is a 84% age graded performance.

Art Klein, SCTC, narrowly defeated last year's winner Ron Day, GGRW, to gain the silver medal. Art's time was a PR of 59:44, Ron finished in 60:18.

Fifteen walkers finished the 10 km, five more completed a non-championship 5 km.

In a special youth 2.5 km, Kevin Bush (16), West Wind Flyers, pulled away from teammate Robyn Stevens (14), JO silver medalist.

The post race pot luck was enjoyed by athletes and officials. It was a special tribute to former GGRW President and valuable volunteer Wally Brooks. Wally is leaving for the East Coast shores of Massachusetts.

### GGRW Founder's Day 10 km Results

Pl	Name	Age/Gender	Club	Time	AG %
1	Turner, Bonnie	52 F	GGRW	0:39:00	61.2%
2	Draves, Pat	63 F	GGRW	0:40:24	65.8%
3	Garcia, Silvia	35 F	SCTC	0:40:31	51.5%
4	Hutton, Janet	45 F	SCTC	0:42:40	52.7%
5	Wm-France, Joan	58 F	GGRW	0:46:56	53.8%

### Youth 2.5K Results

1	Bush, Kevin	16 M	WWF	0:14:05
1	Stevens, Robyn	14 F	WWF	0:14:31

Clubs: GGRW, Golden Gate RW; MRW, Marin RW; SCTC, Santa Cruz Track Club; WWF, West Wind Flyers

Judges: Therese Iknoian, Lori Maynard, Sonny Maynard, Dick Petruzzi, Jim Petruzzi, Bob Wilson, Helen Storrs (Apprentice), Toni Harvey, Chief

## Chairman's Notes

- ✓ **Youth Race Walking:** After the inaugural season, plans are being made for the 1998 Youth RW Grand Prix. Stay tuned and be prepared to participate. The program is being conducted in cooperation with the PA Youth and RW Committees under direction of Therese Iknoian, Youth RW Coordinator. For Youth GP information contact Therese at (408) 297-3376.
- ✓ **Olympic Training Coach:** A recent memo from Rich Torrellas, USATF RW Chair, explained the dilemma of having members of the U. S. National Team stay at the Olympic Training Center in Chula Vista and the requirement to have a "coach in residence". Bohdan Bulakowski who filled that roll while employed in LaGrange, Georgia, prior to the '96 games is willing to continue at the Training Center. While Bohdan receives room and board and no other remuneration for his time and there is no USATF budget to hire a race walking coach. If the RW community wishes to continue having its National Team stay at the Training Center, some funds are necessary to keep Bohdan there as well. Tax deductible donations can be made through the North American Racewalking Institute (c/o Elaine Ward), PO box 50312, Pasadena, CA 91115-0312.
- ✓ **1998 50 km Bid:** Spearheaded by Gary Bower, GGRW, a PA bid has been submitted to once again host the National 50K Championship in 1998. Starting in Dec. 1991, the PA has conducted at least one 50 km each year. In '93, '94, '95 and '97 we have hosted the National race.
- ✓ **Thanks Wally!** Wally Brooks has been a mainstay volunteers here in the PA for almost 10 years. He has always taken on major tasks in the production of our events. His support will be sorely missed. Our loss is the New England Association's gain. Good luck and thanks again.
- ✓ **Election Results** Ron Daniel was re-elected by a 10 to 3 vote. Bob Bowman and Dick Petruzzi were elected to the PA Board of Athletics.
- ✓ **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.
- ✓ **Race Walk Training:** Contact Ron Daniel to arrange for training clinics, beginner, intermediate and advanced.
- ✓ **Call for Judges:** In order to support enthusiastic race directors in Reno, Sacramento and other areas of the PA, new judges are needed. Recently in training are Helen Storrs and Leslie Brown. Contact Lori Maynard, officials committee representative, to arrange for a judging clinic and to schedule apprentice judging activities. (415) 369-2801



# Ericka Ackerat

## Youth Race Walk Champion

by Therese Iknioan

Ericka Ackerat, 14, gets a giggly little thrill out of passing runners when she race walks in weekend road runs.

"Look!" she hears runners say from behind her. "She's walking! And she's beating us!"

Inside, Ericka just laughs.

Of course, those runners eating her dust don't know they're watching a three-time National Junior Olympic champion race walker who can knock down a mile in about 7:30. Walking.

Ericka was a natural race walker from the first time she tried it when she was 9. Always athletic, she was one of the fastest runners in her elementary school in San Jose and swam almost daily on the West Coast Aquatics team. Coaches from other sports would call her parents to try to recruit her, says her Mom, Kris. The other coaches would tell them how good Ericka could be at their sport. It got to the point when another coach would call that she would think, "Oh no, here comes another one."

So when Ericka came bouncing home from the fourth grade one spring day in 1993 to tell her mother that a race walking coach was going to call, Kris said she sort of moaned inside. After revisiting the school in early 1994, the coach — that was me — called to offer assistance if Ericka wanted to try more race walking. The extra carrot was that the National Junior Olympics Track & Field Championships were going to be in San Jose in July 1995, making qualification easier and expenses nonexistent.

Kris didn't think much about it since the family was so busy, but Ericka wouldn't let go of the idea. That day in the fourth grade she'd had fun and wanted to do it again.

"I do remember it looked like a funny sport, and I'd never heard of it before," says Ericka.

But it didn't hurt her desire that she'd flashed ahead of all of her classmates in a short race that day, winning with stunningly fluid walking form as a first-timer.

"When I was ahead, I felt excited, and I wanted to learn more," she says. "It was fun."

And her Mom never heard the end of it.

"Ericka kept kind of pushing me and pushing me to call," Kris recalls. So she finally did, and Mom and daughter showed up in March, 1994 at

a novice clinic sponsored by the Golden Gate Race Walkers. Ericka even forgot her running shoes that day, doing the clinic and a one-mile race walk in everyday loafers.

She still managed a 12-minute mile.

Five months later, Kris called me again. OK, she said, the family had been busy, but Ericka was ready to come out and try race walking again.

A week later, Ericka did an 11-minute mile, and a couple of weeks later, she brought that down to a 10:30, already pretty speedy for a midget girl. And she had nine months until the National Junior Olympics came to town.

"I knew that I wanted to compete," Ericka says she recalls, "but I wasn't that excited about it because I didn't really know what the championship really meant. Then, as I was going through all the preliminary meets and different levels, I realized it was a big deal because it was nationals."

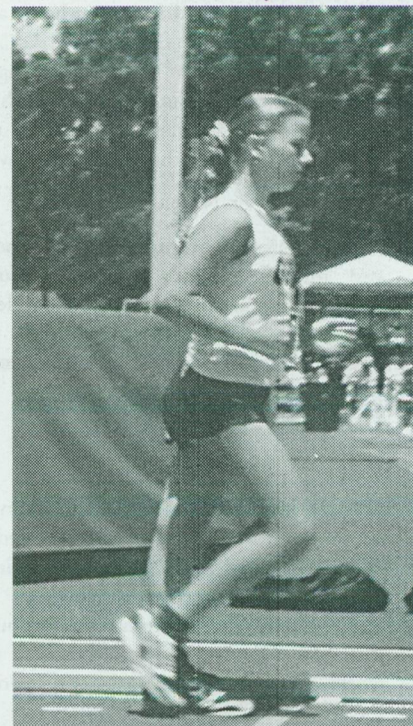
As a straight-A student with homework to maintain and a West Coast Aquatics team swimmer with practice every afternoon, fitting in walking workouts took some juggling. Kris, who had never been an athlete but had wanted to get into shape, became Ericka's workout partner 2-3 times a week "because I knew that if I didn't go to workouts, she wouldn't go."

For more than three years now, the alarm in the Ackerat house goes off for Kris and Ericka at 5 a.m. on Tuesday and Thursday mornings. They meet a couple of Kris's friends at 5:20 a.m. for a workout. Ericka race walks and the others jog until 6 a.m., then everybody's off to school and work. "It gives me the incentive, too," says Kris, who has toned up, now runs faster and has done some road runs herself. "We help each other."

Until early spring, Ericka focuses on the two early-bird walks for basic conditioning, and one longer walk on the weekend that has grown from 4 miles at about a 12-minute pace to today's 5-6 miles at faster than a 10:30 pace. Once March rolls around, it's time to head to the track once a week for faster workouts, technical fine-tuning, and some practice races for mental focus.

Ericka's father, Tim, and Kris coordinate schedules, depending on who can get her to the track and what their son Jeffrey, 12, has to do. Ericka still swims after-school five days a week (except when she does evening track workouts), and on Saturday mornings when there aren't track meets. Last year, she even was on a four-person freestyle relay team that set a national age-group record.

She won the 1995 National title in the Midget 1500-meter race in 7:27.54, which is about an 8-minute mile, or 3 minutes faster than she'd done 10 months earlier. Moving up to the 3,000-meter distance as a Youth Girl was a little difficult for Ericka, but she claimed those national titles, too, in



Ericka Ackerat race walks to another age group championship.

1996 and 1997. In 1996, her best time was 14:57.0, only 11 seconds off the national record for her age group. Although she won this year's nationals in Houston, she says her training wasn't that great. Workouts — track or swimming — weren't going well. Her times were slower, and sometimes she wasn't having as much fun as usual.

"But I never wanted to quit," she says.

Now, she's looking forward to moving up to the 5,000-meter distance at the Junior Nationals in June 1998.

"It's like a new challenge to me," she says. "I feel as if I've done well at the Junior Olympics, now I'd like to go up and do well at another level."

Both her swimming training (she's conquered a sub-60-second 100-meter freestyle) and her walking training are on the upswing.

At her 1997 swim team banquet, she says she felt good when her coaches also recognized her in front of the crowd for her race walking accomplishments. But she's sometimes still a little embarrassed about doing a rather unusual track and field event. No one at Independence High School in San Jose, where she's in her first year, know anything about what she does on the side.

Neither Ericka nor her family know what the future could hold for her. "People say I could go to the Olympics someday, but I'm just working on doing well at the junior, then the senior, nationals," she says. "I'll just take it one year at a time and see how I'm doing."



Therese Iknioan (R) and Ericka give a youth race walk clinic.



# Runners Discover New Energy Source

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*Glucose tablets: a convenient  
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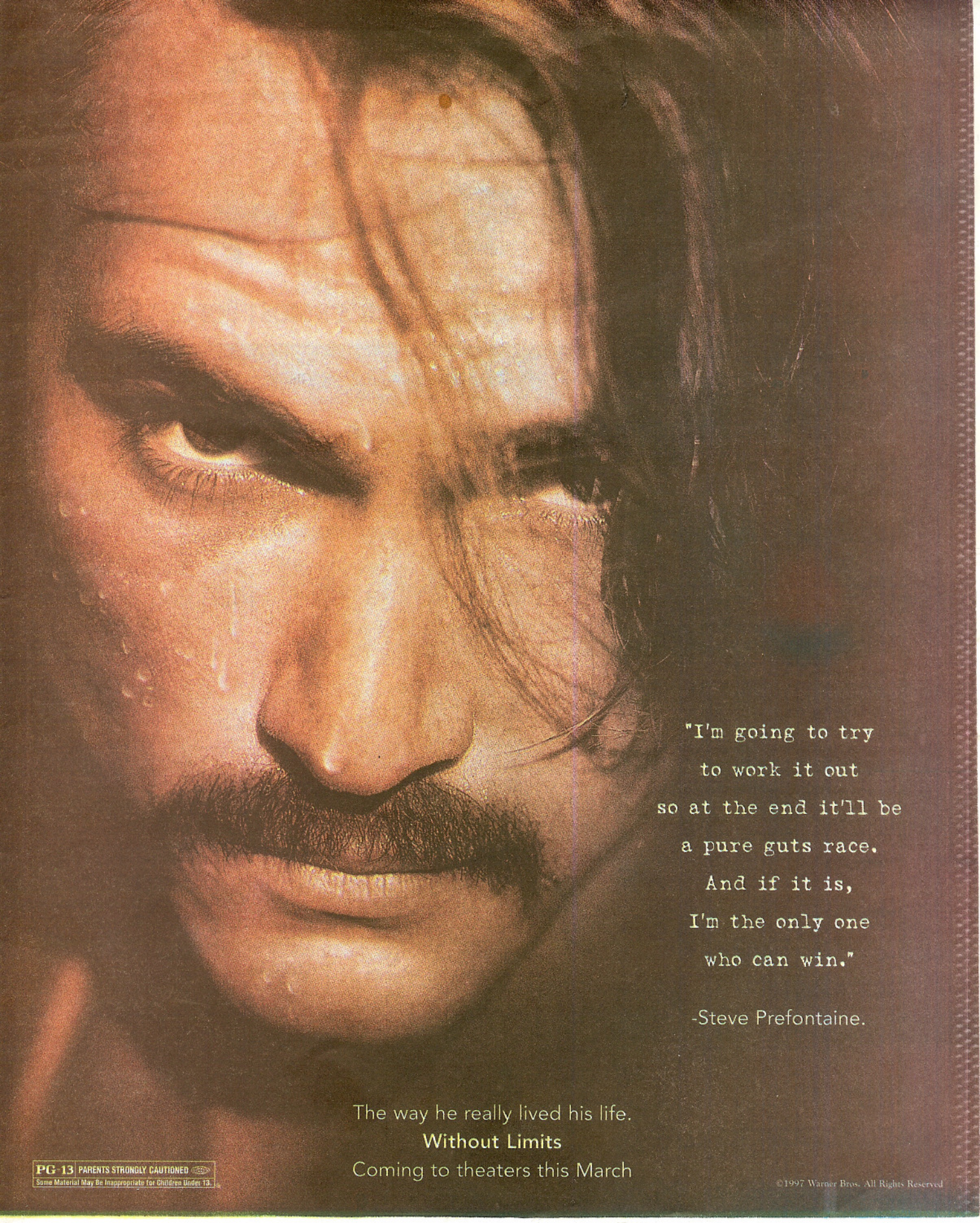
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3. ...	...	3. ...

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Year	Men	Women
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1977	Bill Rodgers	Joan Benoit

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1977	Bill Rodgers	Joan Benoit

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