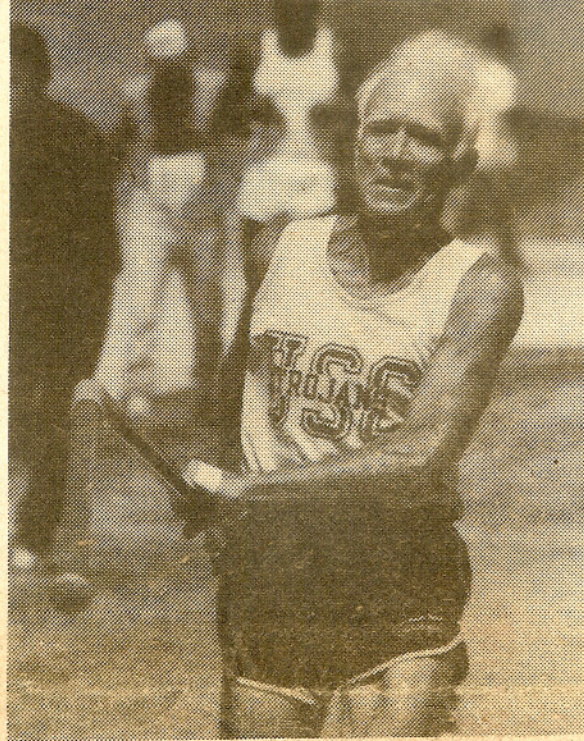


CALIFORNIA TRACK & RUNNING NEWS

**September
1981**

ISSUE 59 • \$1.00

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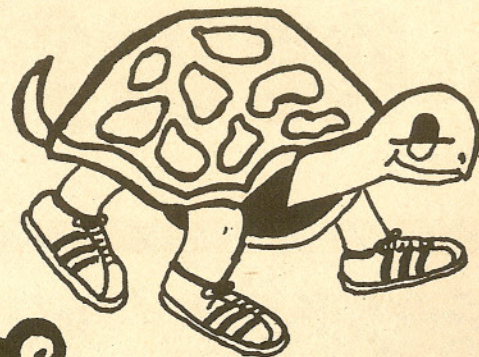
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photo by Bill Leung, Jr.

CALIFORNIA'S TRACK AND RUNNING PUBLICATION

RUN FOR SOBRIETY



Easy DOES IT

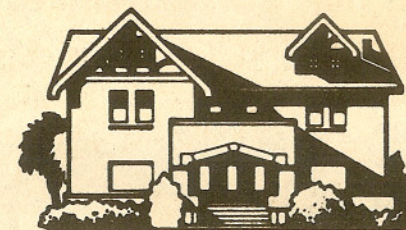
10K RUN

October 17, 1981
Griffith Park

To Benefit

The Bea Attitude Center for Women

The Bea Attitude Center is a detoxification center for alcohol and drug dependent women who wish to become chemically free and maintain their sobriety. With alcoholism being our nation's second highest killer, recovery from this disease is really a life and death situation.



Sanction: Southern Pacific Association-TAC
Race Time: Saturday, October 17, 1981 - 8:00 am
Check in on race day: 6:30 - 7:30 am
START: Near the Merry-Go-Round.
Awards: Presented by many celebrities immediately following the race.
TROPHIES - for first place.
MEDALS - for second through tenth.
CERTIFICATES - for all who finish.
SPECIAL AWARDS - for First Time Run, Oldest and Youngest runners.
NO AWARD WILL BE MAILED.

Divisions: The divisions for Male & Female are:

Entry Fee: \$8.00 includes T-shirt and raffle ticket.
\$3.00 without T-shirt.

LATE REGISTRATION (after October 1, 1981) will require an additional \$2.00.

Raffle: Among the many Raffle prizes is a one week stay at Anna Marie Bennstrom's "Ashram." The worlds most exclusive Health Spa. A prize worth over \$1,000.00.

Photos: Finish line photographs by Pat - Geri Thomson available.

Come join

Ed Asner • Michelle Phillips • Joan Van Ark

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SPECIAL AWARDS - for First Time Run, Oldest and Youngest runners.
NO AWARD WILL BE MAILED.

Divisions: The divisions for Male & Female are:
15 & Under 26 - 30 41 - 45 56 - 60
16 - 20 31 - 35 46 - 50 61 Plus
21 - 25 36 - 40 51 - 55

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\$3.00 without T-shirt.
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Photos: Finish line photographs by Pat - Geri Thomson available.

Come join

Ed Asner • Michelle Phillips • Joan Van Ark

and many other celebrities who will be with us on Race Day. Runner or Spectator we're sure you will enjoy the morning's festivities.

Info: Call: Susan Blu • Race Director
(213) 841-9839

Entry Form

NAME _____ first _____ last _____

ADDRESS _____

CITY/STATE/ZIP _____

SEX: Male Female DATE OF BIRTH _____ AGE _____

T-SHIRT SIZE: S M L XL CHECK ONE IF APPLICABLE: First Time Runner Over 200 lbs.

WAIVER: In consideration of my entry being accepted and intending to be legally bound, I do hereby, for myself, my heirs, assignees, executors and administrators, waive, release and forever discharge The Bea Attitude Center for Women, Los Angeles Recreation and Parks Department, AAU, TAC, and all other persons and entities associated with this event and all their respective officers, agents, representatives, successors and assignees from any and all damages, claims for damages, rights and rights of action, which I may hereafter accrue to me, in connection with, or arising out of my association with, entry or participation in and travel to or return from the 1981 Run for Sobriety 10K Run. I attest and verify that I am physically fit and have trained sufficiently for this event and that my physical condition has been verified by a licensed medical doctor. I will permit the use of my name and picture in broadcasts, telecasts, etc.

Parent's Signature (if under 18) _____ Date _____

Signature (applies to both medical and legal waivers) _____ Date _____

MAKE CHECK PAYABLE & MAIL TO:
The Bea Attitude Center
1650 Rockwood St.
Los Angeles, CA 90026



Central California Marathon Fresno, California

Sponsored by

Sun Giant

26 Miles, 385 Yards — Certified Course

DATE & TIME: Saturday, November 14, 1981 — 7:30 a.m.

LOCATION: Start and finish at NW corner of the campus of California State University, Fresno (near gym and track).

ENTRY FEE: \$6.00. Make check payable to Central California Marathon. Mail entry and fee to:

Central California Marathon, 8811 E. Herndon, Clovis, CA 93612.

Enclose a self-addressed, stamped envelope for confirmation of entry.

ENTRY DEADLINE: October 31, 1981. **No entries day of race!**

CHECK-IN: 6:30 - 7:15 a.m. in CSUF gym (Barstow Ave. & Cedar Ave.).

DIVISIONS & NUMBER OF AWARDS:

<u>Men</u>	<u>Awards</u>	<u>Women</u>	<u>Awards</u>	<u>Team</u>	<u>Awards</u>
15/under	(1)	15/under	(1)	First 3 Team Runners	
16-29	(10)	16-29	(3)	Total Time	
30-39	(10)	30-39	(3)		
40-49	(10)	40-49	(3)	Men's	(1)
50/over	(3)	50/over	(1)	Women's	(1)
wheelchair	(1)	wheelchair	(1)		

AWARDS: 1—\$200.00 Grand Prize Drawing for the first place winners in each men's & women's division.

2—Awards will consist of trophies to all place winners.

3—Many merchandise awards will be presented by random drawing.

4—T-shirts to all finishers

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16-29	(10)	16-29	(3)	Total Time	
30-39	(10)	30-39	(3)		
40-49	(10)	40-49	(3)	Men's	(1)
50/over	(3)	50/over	(1)	Women's	(1)
wheelchair	(1)	wheelchair	(1)		

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2—Awards will consist of trophies to all place winners.
3—Many merchandise awards will be presented by random drawing.
4—T-shirts to all finishers.
5—Awards ceremony - 12:00 noon.
6—Unofficial results for all runners age 15 and under.



ENTRY FORM AND WAIVER (Please Print)

NAME _____ AGE (as of 11/14/81) _____
(last) (first) (middle initial)

ADDRESS _____ Male Female
(number & Street) (city or town) (state) (zip)

Phone _____ School or Club _____ T-shirt size: S M L XL (circle)

Previous best marathon: Time _____ Date _____ Location _____

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims which I may have or which may hereafter accrue to me against Tenneco West, Inc.; the Fresno Joggers; the Fresno TC; RRCA; the City of Fresno; the County of Fresno; California State University, Fresno; and any other sponsors, officials or volunteers or their respective officers, agents, representatives, successors, for any and all injuries suffered by me while traveling to and from and participating in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this marathon of over 26 miles.

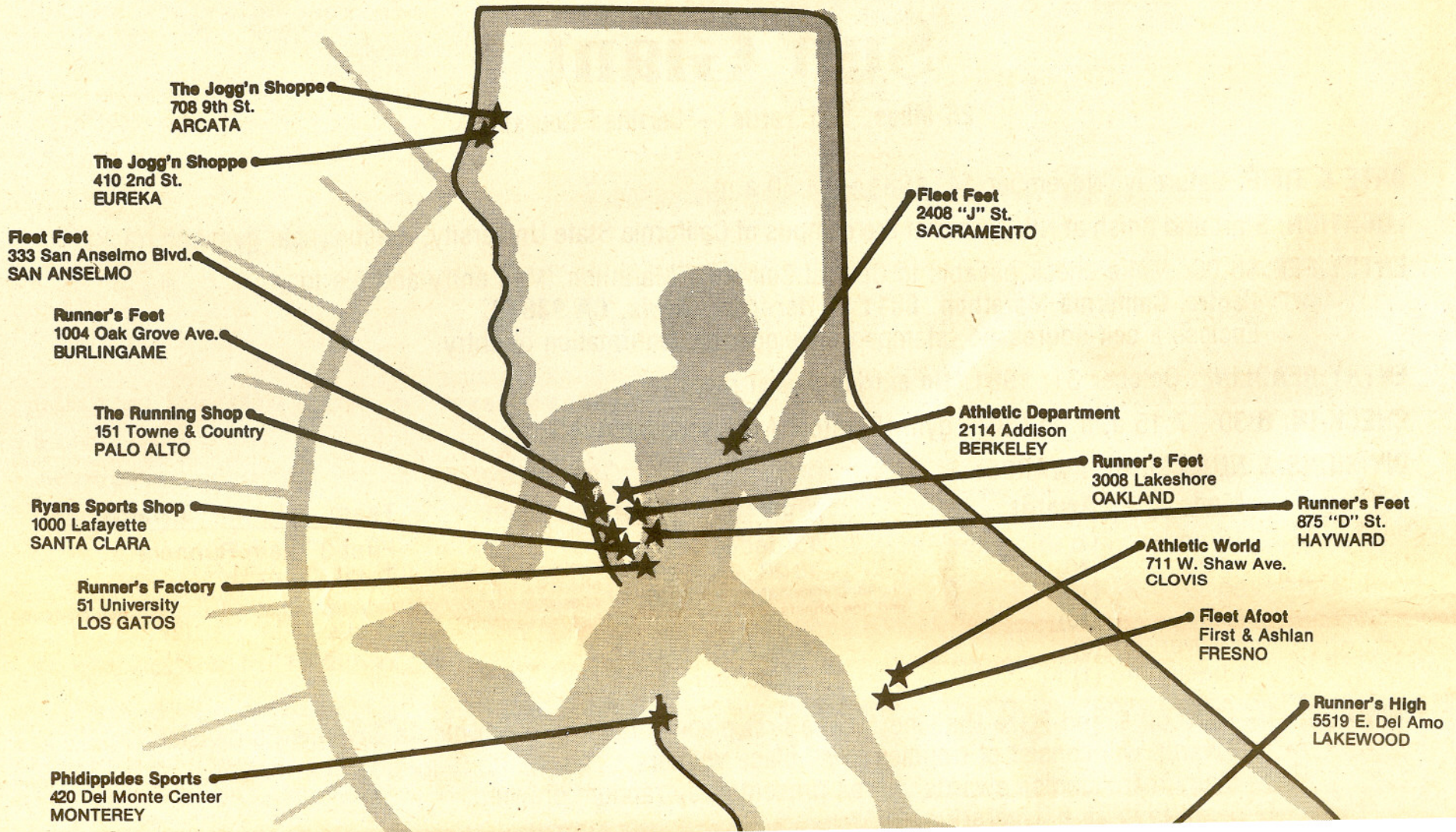
Signature _____ Date _____

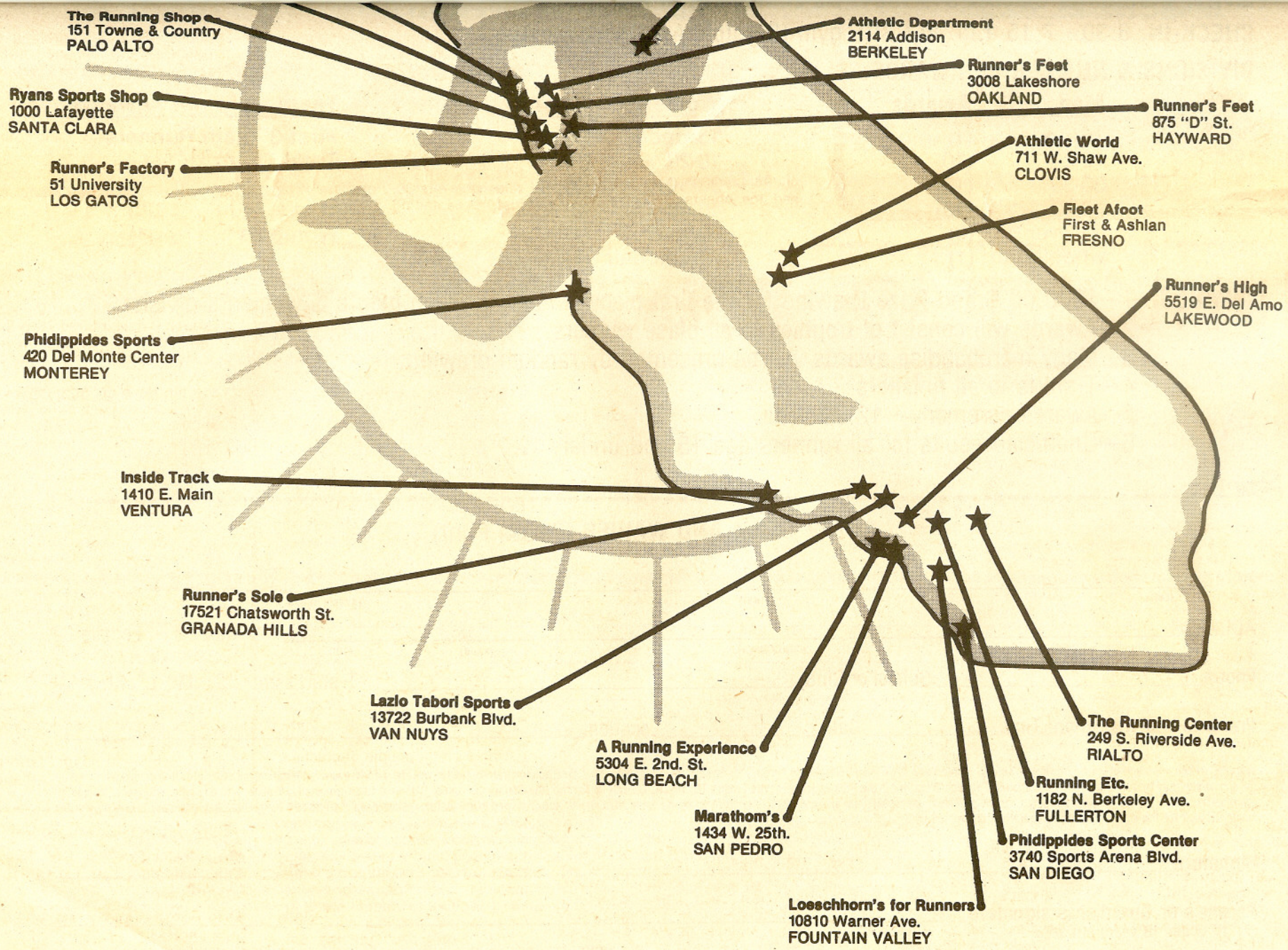
Parent's or Guardian's signature _____ Date _____
(if under 18 years of age)

Mail \$6.00 entry fee and entry form to: Central California Marathon, 8811 E. Herndon, Clovis, CA 93612. Enclose SASE for confirmation of entry; pick up number, etc., day of race.

California's Running Experts

These fine running stores will not only meet all of your equipment and apparel needs, but their staff of experienced runners can provide expert advice and information. You can also buy the latest copy of *California Track & Running News* at these locations.





California Track & Running News

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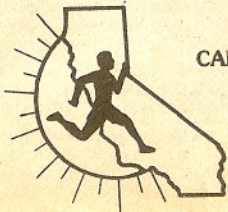
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CALIFORNIA TRACK & RUNNING NEWS
P.O. Box 6103
Fresno, CA 93703
(209) 264-5847

from the editor

It's more like a carnival - a well organized, high class carnival. I mean, there were all these booths set up, people were paying for each to have a chance to ply their skills in hopes of winning a prize. And, some people were winning 3, 4, 5 and more prizes. There was lots of visiting, picnicking and relaxing. Everybody was having a good time.

I'm talking about the various track & field meets on the masters circuit. California was blessed with a goodly number of "big" masters meets this year, such as the TFA Pacific Regionals at UCLA (355 participants), the Pan Am Games at USC (433 participants) and the National Championships at Los Gatos (602 competitors); not to mention the Senior Olympics, TAC Western Championships, and Striders Relays. Local masters athletes had a very busy schedule.

Judy and I were fortunate enough to be able to attend the 5th Annual Pan American Games sponsored by Home Savings and hosted by the Southern California Striders. We had an old-fashioned good time visiting with old friends and making new ones while watching the highly intense competition. The spectators (mostly spouses and children) mingled freely with the athletes. Lawn chairs, blankets, shade umbrellas and ice chests were spread all

over the perimeter of the track. Everybody was having a good time. It was a carnival or picnic atmosphere with everything but bar-b-ques and homemade ice cream (next year we'll bring our hibachi and hand crank freezer).

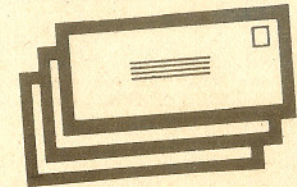
Don't get me wrong, though, these folks were here for more than a party - they came to compete and when they stepped on the starting line or into the ring - they meant business. You cannot find competition more intense or exciting. Since events are broken down into 5-year age divisions (going from 30 on up to 85) the abilities are somewhat equalized and most events are pretty close.

When a race or an event is over, everybody is best of friends - until the next race. This was also the first time I had ever seen a competitor, after the event, shake hands with each of the officials and thank them for working the event.

We couldn't help but feel that we were part of something good. People engaged in a wholesome activity and having a great time with their families. And this was a first class event: First class facilities, beautiful program, super awards, knowledgeable announcing and so on. It made my feet tingle during the sub-masters 1500 and I actually wished I were out there pushing to the limit - oh, well, the hot dogs were pretty good, too. It is encouraging to know though that life for the track and field performer doesn't end when one hits 30. For many it is just the beginning.

Each Year California Track & Running News likes to have one issue that is a "Special Masters" issue. This is our 1981 version, featuring masters on the cover, and a bigger spread of masters coverage inside. I can't wait for next year for my next masters meet. Maybe I'll bring my spikes and leave the freezer home.

A final note on the masters. Now that I've praised the masters program, I have to admit that everything isn't all rosey. I have over the years detected a bit of a fetish over awards among the older athletes. Maybe I'm wrong. I'll explore this further in a future column. Would appreciate any input.



mailbag

"Thanks," Len Wallach

Much thanks to CTRN and to Len Wallach for the nice story about my short years on the running scene. I especially like to encourage women of all ages to take up this lifestyle. It does great things for all of us in today's turbulent world.

Kay Atkinson
San Francisco

Welcome Back

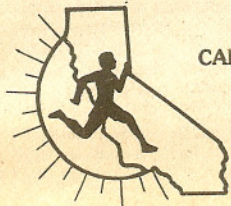
Just thought I would let you know that I have returned to Southern California after 9 years in Oregon. I have retired from the recreation profession and now am working at the Running Center in Rialto, California.

TUTTLE'S TRACK TOPICS

Runners and cyclists also differ over their choice of equipment. The runners' most expensive equipment is his shoes, which cost between \$30-\$70. The cyclist's most prized possession is his bike, which costs between \$150-\$1,500.

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Kay Atkinson
San Francisco

TUTTLE'S TRACK TOPICS

RUNNERS & BIKERS

By GARY TUTTLE

I've got a real problem. It's Sunday night, this article must be submitted on Monday morning and I'm dead tired. I'm tired because today (Sunday) I was one of 1,200 people who traveled from Ventura to Santa Barbara without a car.

Myself, Bill Scobey and Mike Baca were the only three oddballs in a field of 1,200. All the other people were riding bikes over the 27-mile course, while the three of us were running. The event was the third annual Kangaroo Baggs Tour and Tandem Rally.

This was the first time any of us had crossed over into the world of biking, and we found many similarities and even more differences between our two worlds.

First of all, the most common similarity is the fantastic comradeship that cyclists enjoy among each other which is matched by the friendship runners have for each other. Even we three party crashers were made to feel welcome both during the event, and at the big picnic held in Manning Park in Santa Barbara.

We started nearly an hour in front of the cyclists, and many of them had a kind word for us as they went tearing by.

We also found the cyclists to be equal to runners in both their love for the outdoors and their enjoyment of physical exertion.

Runners and cyclists also have common enemies: cars and unleashed dogs. I was amazed to find that cyclists are even more vulnerable to these treacherous enemies--because of the cyclists' greater speed--than the plodding runner.

Just as in running, people of all abilities were taking part in the sport, and all were treated with respect simply for being there. Neither cycling nor running are elitist sports, but are for the masses.

At many running events, a good runner will often go easy and slow, just to run alongside a good-looking lady. I found the male cyclists to be just as eager to help a lady in distress.

Perhaps the most common similarity is at the finish of the bike event. Just as at the finish of a running race, the beer and the soft drink cans came out and the festivities and stories began at the bike event.

No two sports are as close as running and cycling, and to prove

the point, I was able to recognize a large percentage of bikers whizzing by me as regular participants at most of the local running 10Ks.

Despite all the similarities, there are some striking differences between the two sports. The most recognizable difference was in the physical appearance of cyclists as compared to runners.

Bikers have well-developed thighs and skinny calves, while runners are built just the opposite. Cyclists also appeared to be heavier built than runners, all the way from the best cyclists down to the slowest.

Basically, as a whole, the cyclists who take part in long-distance touring are not as fit as people who take part in long-distance running. Many people who were cruising from Ventura to Santa Barbara, didn't look like they could run a half-mile, let alone a marathon.

Perhaps the reason several of the cyclists were out-of-shape-smokers, was because cycling can be as difficult or as easy as an individual wishes to make it. Many of the better bikers flew by us, working as hard as we were. A great number of the bikers, however, were coasting and resting along the way, a luxury even the slowest moving jogger doesn't have.

Runners and cyclists also differ over their choice of equipment. The runners' most expensive equipment is his shoes, which cost between \$30-\$70. The cyclist's most prized possession is his bike, which costs between \$150-\$1,500.

After looking at 1,200 bikers, we also decided that they wear great-looking hats, a piece of clothing that the runner hasn't caught onto yet. On the other hand, in my opinion, cyclist's shorts, although functional, are not nearly as good-looking on women bikers as Dolphin running shorts on women runners.

Compared to cycling, running is a safer and as exciting sport. At one point, in the hills of Carpinteria, we had some experienced racers tear past us downhill at what looked like 50 miles an hour.

In addition, except for a blister or an occasional broken shoe lace, running is relatively safe and free from accidents when compared to biking. We saw several flat tires and a couple of crashes as we rapidly approached the finish.

Finally, 2 hours and 45 minutes after we started, we reached the picnic site. Many bikers were there long before us. Some probably covered the 27 miles in less than an hour. Yet, surprisingly, many of the participants came in long after we had finished.

Yes, cycling and running are certainly brothers in the sporting world, and if I'm ever hurt to the point where I can't run, you'll find me on a bike racing 50 mph in the Carpinteria hills.

Welcome Back

Just thought I would let you know that I have returned to Southern California after 9 years in Oregon. I have retired from the recreation profession and now am working at the Running Center in Rialto, California.

The old days of long distance running have passed into oblivion (thank goodness), but I do have the pleasure of seeing again many of my oldtime friends who go back in the 40's, 50's and 60's. I consider anyone who started in the 70's newcomers. I am now in my 42nd year of running. My first AAU race was at Mt. SAC in 1946.

I am currently organizing a new club here in the San Bernardino area. This is the 5th club I have formed. Two of them still exist including Seniors Track Club of L.A. (400-plus members) and the Roseburg Track Club (150 members). They were started in 1966 and 1971.

Your California Track & Running News is great and I wish you continued success.

Stan Stafford
Rialto

On the cover: Masters Action

•(top left): Corona Del Mar 400m Relay- Jean Carter to Ellen Fuller.

•(top right): Jim Vernon, 60-64 pole vaulter.

•(bottom): Nick Newton hands off to Walt Butler (lft) for the Southern Cal Striders while Dave Segal gives to Gary Miller for Corona Del Mar.

POSTAL

SEP 1 - DEC 15, 1981: Puma—TFA Postal Championships. 3 mile and 2-Person 10 Mile Relay. On your own local track. Puma-TFA Postal. 10920 Ambassador Dr., Suite 322, Kansas City, MO 64153. (816) 891-1077. *Please see advertisement in this issue.*

SEPTEMBER

SEP 5: Carson 10K. Carson, 8 am. Dianne Dreaves, Box 6234, Carson 90749 (213) 830-7600, ext. 225.

SEP 5: Bellflower 10K. Thompson Park, Bellflower, 8 am. Runners High, 5519 E. Del Amo, Lakewood 90713. (213) 920-3580.

SEP 5: OFF Shore 10K. Irvine, 8 am. Mark McKenzie, 1835 Whittier F-11, Costa Mesa 92627. (714) 645-0340.

SEP 6: Outstanding Athletics 10K. Cal State Northridge, 8 am. Also District Championship and Converse Runoff. Jon Sutherland, Box 891, Tarzana 91356. (213) 908-0485. *Please see advertisement in last month's issue.*

SEP 6: Clayton Admission Day Run. 6.5 miles, Center Street, Clayton, 9 am. Bob Vasquez, 3 Barcelona Way, Clayton 94517. (415) 686-5238.

SEP 6: Rohnert Park Founders Day Lions Run. 5.8 and 13.1 miles. 9 am. James P. Pekkain, 5401 Snyder Ln., Santa Rosa 95401. (707) 584-7357.

SEP 6: Park to Park Run. 7.9 miles. Lompoc, 8 am. Bob Rich, 1105 East Hickory, Lompoc 93436. (805) 736-6787.

SEP 6: Silver State Marathon. Reno, Nevada, 6:30 am. Enter by Aug. 7. Silver State Marathon, Box 750, Reno, NV 89504.

SEP 7: Love Run. 2 mile & 10K. Fresno, 7 am. Dennis Lee, Fresno Community Hospital, P.O. Box 1232, Fresno 93715. (209) 442-6000 ext. 3118; or 298-4240.

SEP 7: Coalinga American Legion Classic 10K Run. Keck Park, Coalinga, 8 am. Dave Paygoza, 183 Harrison, Coalinga 93210 (209) 935-0141.

SEP 7: Times 9 Labor Day Races. 9.99K. Belmont Water Shed, off Halmark Drive, San Mateo, 9 am. Race day registration only.

SEP 7: Labor Day Runs. 2 & 4 miles. Napa College, 9 am. Reg Harris, 1267 Walnut C66, Napa 94558. (707) 255-8705.

SEP 7: Labor Day 10 Miller. Piner Elementary School, 9 am. Labor Day 10, 2312 Masterson Ct., Santa Rosa 95401. (707) 546-5462.

SEP 12: Sacramento Triathlon and Ironperson Race. Folsom Lake, 7 am. Sally Edwards, Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-7223. Entries limited.

SEP 12: Artichoke Festival 10K. Castrovilla Recreation Center, 8 am. Dave Lewis, 364 Main Street, Salinas 93901. (408) 424-4343.

SEP 12: Amador Marathon. Volcano, 7 am.

Please send scheduling information directly to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

Schedule is subject to change. Please verify dates and times with meet directors before travelling to an event. Keep in mind that some events require advance entries and have entry limits and/or deadlines. It is a good idea to always include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

SCHEDULE

SEP 13: Go the Distance 6.2 Miller. Santa Cruz, 8:30 am. SCCHP, c/o Dana Bushnell, 202 Chestnut, Santa Cruz 95060. (408) 425-4569.

SEP 13: California Road Runners 5 & 10K Road Race. DeAnza College, 9 am. Dennis R. Zamzow, DPM, 2500 Hospital Dr., Bldg. 9, Mountain View 94040. (415) 964-4800.

SEP 13: Buffalo Stampede. 10 miles. Rio Americano High School, Sacramento, 9 am. Elliot Eisenbud, 6401 Coyle Avenue, Carmichael 95608. (916) 482-1586.

SEP 13: Vine Village Country Run. 1 1/2 miles & 10K. Napa, 8:30 am. Tim Thulin, 4059 Old Sonoma Rd., Napa 94558. (707) 253-1399 or 253-1317.

SEP 13: Spring Lake Relays. 3x4.3 miles. Santa Rosa, 9 am. Dave Stostedt, P.O. Box 562, Bodega Bay 94923. (707) 875-9925.

SEP 18: Pepsi of Reno-Lake Tahoe 72 Miller. Tahoe City, 6 am. entries close September 18. Charles Mersereau, 8895 B Salmon Falls Dr., Sacramento 95826. (916) 362-9660.

SEP 19: CAPH Benefit 5K & 1 Mile. Hart Park, Bakersfield, 8 am. Mike O'Haver, 3512-C, Sampson Ct., Bakersfield 93309. (805) 832-0749; or Shelly Wyss (805) 871-2052.

SEP 19: Bartlett 5 Mile Run. Mooney Grove Park, Visalia, 8 am. Marty Higginbotham, 1026 W. Princeton, Visalia 93277.

SEP 20: Run for the Earth 10K. Cal State University, Long Beach, 8 am. Marty Haas, 3657 Hackett, Long Beach 90805.

SEP 20: Newport Beach 7.5K Race. Fashion

SEP 26: Heritage Day Run. 10K & 2 mile. Beard Park, 7:45 am. Don Lundberg, 12607 Lone Oak Rd., Waterford 95386. (209) 874-2229.

SEP 27: Sacramento Marathon & Half Marathon. William Land Park, Sacramento, 7 am. John McIntosh, 4120 El Camino Ave., Sacramento 95821. (916) 488-7184.

SEP 27: Tiburon Run. 8 1/2 miles, Tiburon, 8 am. Tiburon Run, 627 Galerita Wy, San Rafael 94903. Kees Tuinzing (415) 479-3839. Limited to 1000 pre-registered.

SEP 27: Out 'n Back Race. 5 miles. Burlingame Racquetball Club, 8 am. Partners, 1250 San Carlos Ave., San Carlos 94070. (415) 595-5100.

SEP 27: Jon Douglas 10K. Santa Monica, 8:30 am. Santa Monica Community Services Day, 2522 18th St., Santa Monica 90405.

SEP 27: Kit Carson 10K. Escondido, 7:30 am. Escondido Lions Club, P.O. Box 991, Escondido 92025. Wayne Cantero (714) 745-7576.

SEP 27: Kirkwood 10K Run. Kirkwood Ski Resort, 9 am. Norm or Connie Rupp, 2608 Newlands Ave., Belmont 94002. (415) 591-2312.

SEP 27: City to Port Run. San Luis Obispo, 9 am. YMCA, P.O. Box 268, San Luis Obispo 93406.

SEP 27: Monterey Bay Ford Hospice Race. 5 & 10K. Custom House Plaza, Monterey, 9 am. Skip Marguard, 312 W. Carmel Valley Rd., Carmel Valley 93924. (408) 659-5426. *Please*

OCT 4: Celebration of Architecture 10K. Santa Barbara (UCSB) 8 am. I. Sorkin, 767 Avenida Pequena, Santa Barbara 93111.

OCT 4: Pony Express Day Run. 5 & 10K. Agoura, 8 am. Dr. David Halpert, 5611 Kanan Rd., Agoura 91301.

OCT 4: SPA District 5K Cross Country. Legg Lake, 8 am.

OCT 4: Sugar Loaf Mt. Run. 5.1 miles, Sugar Loaf Mt. Lodge, 12 noon. Sugar Loaf Lodge, P.O. Box 610, Posey 93260. Bob Coons (805) 536-8922, (805) 833-2347.

OCT 10: Zoo Zoom 5K & 10K. William Land Park, Sacramento, 9 am. 7363 Farmdale Way, Sacramento 95831. Rae London (916) 422-4093.

OCT 10: Monument 10K Run. Yucca Valley. Chartered buses take runners up to stat of race in Joshua Tree Nat'l Monument, 8:30 am. George Gibbs, P.O. Box 223, Yucca Valley 92284. (714) 365-1006.

OCT 10: Columbus Run. 6 mile race, 3 mile prediction. Sanger Madison School, 8:30 am. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

OCT 10: Petaluma Classic 7.5K & 15K. Petaluma High School, 9 am. Clark Rosen, 1391 Mountain View Ave., Petaluma 94952. (707) 763-7096.

OCT 10: Special Olympics Fund 10K Race. The Woodlands, Texas. Buster Coates, 20110 Wickham Ct., Katy, TX 77450. (713) 492-0090.

OCT 18: Badger Hill Run. 10K. Near Placerville, 10 am. Jan Level, Sierra Club-Maidu Group, P.O. Box 1835, Placerville 95667. (916) 622-2450.

OCT 18: Merced Track Club Bell Race. 3K & 15K, 26th & "O" Streets, 9 am. Jane Johnson Russell, MTC, P.O. Box 2462, Merced 95344.

OCT 18: Monterey County Marathon & Half Marathon. Alisal High School, Salinas, 8 am. Monterey County Marathon, P.O. Box 475, Salinas 93902. (408) 424-4343 or 758-1783. *Please see advertisement and entry blank in this issue.*

OCT 18: SPA District 50-Mile. Rose Bowl, Pasadena, 6 am. Hully Fetico, P.O. Box 891, Tarzana 91356.

OCT 18: Santa Barbara Marathon & Half Marathon. John Brennan, Box 6616, Santa Barbara 93111.

OCT 18: Pumpkin 5K Run. El Camino High School, Woodland Hills. Don Dunn, 23461 Hamlin, Canoga Park 91307. (213) 346-8160.

OCT 18: Berkeley Waterfront Run. 5.09 miles. Nike Berkeley, 2114 Addison St., Berkeley 94704. (415) 843-7767.

OCT 18: Richmond — San Rafael Bridge Run. 5.4 miles, Marin Rod and Gun Club, San Rafael, 8 am. Greg Dabel, 1276 "A" St., Hayward 94541. (415) 886-3113.

OCT 18: Concord Classic. 2 mile & 10K. Clayton Valley High School, Concord, 10 am. Mary Roush, 1573 Laverne Way, Concord 94521. (415) 686-0369.

OCT 24: Tule River Fall Wilderness Run. Tule River Indian Reservation, 5.3 miles, 12 noon. Tule River Recreation Dept., P.O. Box 589, Porterville 93258. Mike Bisbee (209) 781-4271. *Please see advertisement in this issue.*

OCT 24: Granada Hills 10K Run. Dick Ashnault, No. Hills Racquetball Centre, 10211 Balboa Blvd., Northridge 91325. (213) 993-1107.

OCT 24: Mid-State 15K Run. Madera, 8 am. Shirley Main, 2322 W. Ashlan, Fresno 93705. (209) 222-8983.

OCT 24: Nevada Appeal Mini Marathon. Carson City, NV. David Osborn, P.O. Box 2288, Carson City, NV 89701. (702) 882-2111.

OCT 24: Tokai Bank/Athletes in Action 5 Miller. Mile Square Park, Fountain Valley, 8 am. AIA Track Team, 17102 Newporte St., Fountain Valley 92708. (714) 957-1655.

OCT 24: Big Sur River Run. 10K. Pfeiffer Big Sur State Park, 10 am. Bill Burleigh, Box 4278, Carmel 93921

OCT 25: YMCA Golden Gate Marathon. San Francisco, 7 am. Embarcadero YMCA, Room 100, San Francisco 94105. (415) 392-2191.

OCT 25: Angwin to Angwish. 7.6 mile. Pacific Union College, Angwin, 10 am. David Nieman, Pacific Union College, Angwin 94508. (707) 965-6245.

OCT 25: Pumpkin Festival Run. 6 miles. Half Moon Bay, 9 am. William N. Huya, 637 Buena Vista Avenue, Moss Beach 94038. (415) 728-5292.

8:30 am. Enter by Aug. 7. Silver State Marathon, Box 750, Reno, NV 89504.

SEP 7: Love Run. 2 mile & 10K. Fresno, 7 am. Dennis Lee, Fresno Community Hospital, P.O. Box 1232, Fresno 93715. (209) 442-6000 ext. 3116; or 298-4240.

SEP 7: Coalinga American Legion Classic 10K Run. Keck Park, Coalinga, 8 am. Dave Raygoza, 183 Harrison, Coalinga 93210 (209) 935-0141.

SEP 7: Times 9 Labor Day Races. 9.99K. Belmont Water Shed, off Halmark Drive, San Mateo, 9 am. Race day registration only.

SEP 7: Labor Day Runs. 2 & 4 miles. Napa College, 9 am. Reg Harris, 1267 Walnut C66, Napa 94558. (707) 255-8705.

SEP 7: Labor Day 10 Miler. Piner Elementary School, 9 am. Labor Day 10, 2312 Masterson Ct., Santa Rosa 95401. (707) 546-5462.

SEP 12: Sacramento Triathlon and Ironperson Race. Folsom Lake, 7 am. Sally Edwards, Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-7223. Entries limited.

SEP 12: Artichoke Festival 10K. Castrovilla Recreation Center, 8 am. Dave Lewis, 364 Main Street, Salinas 93901. (408) 424-4343.

SEP 12: Amador Marathon. Volcano, 7 am. Half marathon, too. Entries close Sept. 9. Amador High School Cross Country Team, P.O. Box 219, Sutter Creek 95685. Mary Graham (209) 296-7791.

SEP 12: Michelob Light Triathlon Challenge. Castaic Lake, 7 am. 1500 meter swim, 30,000 meter ride, 10,000 meter run. Athletics Unlimited, 9514-9 Reseda Blvd., No. 615, Northridge, CA 91324. (213) 908-0485 or (213) 993-9384. *Please see advertisement and entry blank in last month's issue.*

SEP 12: Interval House 10K. Bolsa Chica State Beach, 8 am. Kathy Shaon, Box 891, Tarzana 91356.

SEP 12: California Angels Run For Cancer. 10K, Anaheim Stadium, 8:30 am. Roy Fussell, 22432 Lombardi, Laguna Hills 92653.

SEP 12: Synanon Wheels and Heels Half Marathon. 13.1 mile race & 2 mile prediction. Badger, 7:30 am. Lunch, swim and art show following. Michele Gauthier or Don Ramirez, Synanon Running Club, Box 139, Badger 93603. (209) 337-2885.

SEP 12: Breuners Run. Modesto Junior College, 8 am. Jack Albiani, Dept. of Athletics, Modesto Junior College, College Avenue, Modesto 95350.

SEP 13: NIKE/OTC Marathon. Eugene, Oregon. Box 10412, Eugene, OR 97440. *Limited to 1000 runners chosen at random from all entries received between May 11 and June 18.*

SEP 13: TAC 25K National Championship. Brattleboro, VT. Ann Parry, Famolare AA, 4-E, 54th St., New York, NY 10022.

SEP 13: Santa Monica Mountain 4 Man Relay. Tapia Park, 8 am. Jim Pongeny, 4070 Minerva, Los Angeles 90066.

SEP 13: SPA-TAC 20K Championships. Saugus, 8 am. High Desert Runners, 2603 W. Ave. K-6, Lancaster 93534.

SEP 13: KNBC Peacock TV 10K. Los Angeles Zoo, 8 am. Chuck Amend, Greater Los Angeles Zoo Assn., 5333 Zoo Drive, Los Angeles 90027. (213) 686-5133.

Mountain View 94040. (415) 964-4800.

SEP 13: Buffalo Stampede. 10 miles. Rio Americano High School, Sacramento, 9 am. Elliot Eisenbud, 6401 Coyle Avenue, Carmichael 95608. (916) 482-1586.

SEP 13: Vine Village Country Run. 1 1/2 miles & 10K. Napa, 8:30 am. Tim Thulin, 4059 Old Sonoma Rd., Napa 94558. (707) 253-1399 or 253-1317.

SEP 13: Spring Lake Relays. 3x4.3 miles. Santa Rosa, 9 am. Dave Stostedt, P.O. Box 582, Bodega Bay 94923. (707) 875-9925.

SEP 18: Pepsi of Reno-Lake Tahoe 72 Miler. Tahoe City, 8 am. entries close September 18. Charles Mersereau, 8895 B Salmon Falls Dr., Sacramento 95826. (916) 362-9660.

SEP 19: CAPH Benefit 5K & 1 Mile. Hart Park, Bakersfield, 8 am. Mike O'Haver, 3512-C, Sampson Ct., Bakersfield 93309. (805) 832-0749; or Shelly Wyss (805) 871-2052.

SEP 19: Bartlett 5 Mile Run. Mooney Grove Park, Visalia, 8 am. Marty Higginbotham, 1026 W. Princeton, Visalia 93277.

SEP 20: Run for the Earth 10K. Cal State University, Long Beach, 8 am. Marty Haas, 3657 Hackett, Long Beach 90805.

SEP 20: Newport Beach 7.5K Race. Fashion Island, 8 am. Newport Beach Anniversary Run, City of Newport Beach, 3300 Newport Blvd., Newport Beach 92663. Roy Fussell (714) 855-1330.

SEP 20: Walnut Festival 10K. Heather Farms, Walnut Creek, 9 am. Walnut Festival Association, P.O. Box 4459, Walnut Creek 94596. Dave Klein (415) 933-7650.

SEP 20: Young At Heart 10K Run. Spring Lake, Santa Rosa, 9 am. Dolores Burden, 1165 Montgomery Dr., Santa Rosa 95401. (707) 546-3210, ext. 296.

SEP 20: Lemoore Naval Air Station Cross Country & Open Race. 6 1/2 miles, Lemoore, 9 am. Carl Whitaker, NAS, Lemoore 93245. (209) 998-3450. *Please see advertisement in this issue.*

SEP 20: Run for the Pumpkins. 5 miles & 2 miles. Ralston Park, Atwater, 8 am. Al Shortt, Atwater Chamber of Commerce, 1020 Cedar Ave, Atwater 95301. (209) 358-1604.

SEP 26: Richmond YMCA Pancake Race. 2.7 mile. Nicholl Park, Richmond, 9 am. Ken Stein, 3230 MacDonald Ave., Richmond 94804. (415) 234-1270.

SEP 28: The Great American Runners Conference 10K. Coto de Caza, 8 am. Coto Coaches College, 5901 Warner Ave., Huntington Beach 92649.

SEP 28: Raisin Day Classic Fun Run. 6 miles. El Monte Park, Dinuba, 7 am. Steven R. Nelson, P.O. Box 944, Dinuba 93618. (209) 591-7556.

SEP 28: L.A. County Fair 10K. 7:30 am. David Condit, 9977 Holly St., Alta Loma 91701. (714) 981-2961.

SEP 28: KFVB South Coast Classic 5 & 10K Runs. Mason Park, Irvine, 8:00 am. RACE, Box BC, Westminster 92683. Betty Jones (714) 997-3000.

SEP 28: Agoura (105 laps) 26.2 Miler. A marathon on the track. John Duhig, 1642 Trafalgar Pl., Westlake Village 91361. (805) 497-2011.

Sacramento 95821. (916) 488-7184.

SEP 27: Tiburon Run. 8 1/2 miles, Tiburon, 8 am. Tiburon Run, 627 Galerita Wy, San Rafael 94903. Kees Tuinzing (415) 479-3839. Limited to 1000 pre-registered.

SEP 27: Out 'n Back Race. 5 miles. Burlingame Racquetball Club, 8 am. Partners, 1250 San Carlos Ave., San Carlos 94070. (415) 956-5100.

SEP 27: Jon Douglas 10K. Santa Monica, 8:30 am. Santa Monica Community Services Day, 2522 18th St., Santa Monica 90405.

SEP 27: Kit Carson 10K. Escondido, 7:30 am. Escondido Lions Club, P.O. Box 991, Escondido 92025. Wayne Cantero (714) 745-7576.

SEP 27: Kirkwood 10K Run. Kirkwood Ski Resort, 9 am. Norm or Connie Rupp, 2608 Newlands Ave., Belmont 94002. (415) 591-2312.

SEP 27: City to Port Run. San Luis Obispo, 9 am. YMCA, P.O. Box 268, San Luis Obispo 93406.

SEP 27: Monterey Bay Ford Hospice Race. 5 & 10K. Custom House Plaza, Monterey, 9 am. Skip Marguard, 312 W. Carmel Valley Rd., Carmel Valley 93924. (408) 659-5426. *Please see advertisement and entry blank in this issue.*

SEP 27: Police & Friends 6 Mile Run. Fig Garden Village, Fresno, 8:30 am. Raul Saldana2135 Fresno Street, Suite 243, Fresno 93721. (209) 266-8155.

OCT 3: Pamakid Lake Merced Run. 8.5 miles. San Francisco, 10 am. Bill Dake, P.O. Box 27385, San Francisco 94127. (415) 583-6268.

OCT 3: Salinas Sky Climb. 7.5 miles, Torro Park, 9:30 am. Don Dugdale, 607 Kirkwood Ave., Salinas 93901. (408) 422-1681.

OCT 3: Santa Barbara Half Marathon. John Brennand, Box 6616, Santa Barbara 93111.

OCT 3: AVHMC Fitness Classic 5k and 10k. Antelope Valley Hospital, Lancaster, 7:30 am. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

OCT 4: Portland Marathon. Downtown Portland, Oregon, 8 am. Portland Marathon, 2131 N.W. Kearney, Portland, OR 97210. (503) 224-4792.

OCT 4: Calico 30K Run. Barstow, 8 am. Don Braden, 601 Kelly Dr., Barstow 92311. (714) 256-1593.

OCT 4: Great Race at Stanford. 10K, Palo Alto, 9 am. Susan Watters, Western Federal Savings, 700 Welch Rd., Palo Alto (408) 329-0410.

OCT 4: Cool Founders' Day Benefit Run. 3 & 6 miles. Cool, 9 am. Fleet Feet, 107 South Harding, Roseville 95678. Nancy March (916) 783-4558.

OCT 4: Sonoma County Harvest Faire 10K. Howarth Park, Santa Rosa, 10 am. Peter Peterson, Sonoma Co. YMCA, 1111 College Ave., Santa Rosa 95404. (707) 544-YMCA.

OCT 4: Mercury 10K. Los Angeles, 9 am. Los Angeles Athletic Club, Mercury 10K Run, 431 W. 7th St., P.O. Box 55025, Los Angeles 90014. (213) 625-2211 ext. 234.

OCTOBER

OCT 4: SPA District 5K Cross Country. Legg Lake, 8 am.

OCT 4: Sugar Loaf Mt. Run. 5.1 miles, Sugar Loaf Mt. Lodge, 12 noon. Sugar Loaf Lodge, P.O. Box 610, Posey 93260. Bob Coons (805) 536-8922, (805) 833-2347.

OCT 10: Zoo Zoom 5K & 10K. William Land Park, Sacramento, 9 am. 7363 Farmdale Way, Sacramento 95831. Rae London (916) 422-4093.

OCT 10: Monument 10K Run. Yucca Valley. Chartered buses take runners up to stat of race in Joshua Tree Nat'l Monument, 8:30 am. George Gibbs, P.O. Box 223, Yucca Valley 92284. (714) 365-1006.

OCT 10: Columbus Run. 6 mile race, 3 mile prediction. Sanger Madison School, 8:30 am. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

OCT 10: Petaluma Classic 7.5K & 15K. Petaluma High School, 9 am. Clark Rosen, 1391 Mountain View Ave., Petaluma 94952. (707) 763-7096.

OCT 10: TAC 20K National Championship. The Woodlands, Texas. Buster Coates, 20110 Wckham Ct., Katy, TX 77450. (713) 492-0090.

OCT 10: Special Olympia Fund 10K Race. Gilroy, 8 am. Gilroy Parks & Recreation Dept.

OCT 10: Valley Run. 14.4 miles. Lompoc, 8:30 am. LVDC, P.O. Box 694, Lompoc 93438. (805) 733-1767.

OCT 11: Humboldt Redwoods Marathon. Weott, 9 am. Six Rivers Running Club, P.O. Box 214, Arcata 95521. Tentative. Send SASE only. Limited to 2000 runners.

OCT 11: Mt. Play Hill Run. 7.5 miles. Bus Depot, Mill Valley, 9 am. Ann Neeley, 206 East Blithedale, Mill Valley 94941. (415) 388-4458.

OCT 11: Berkeley to Moraga Run. 13.1 miles. Claremont Hotel, Berkeley, 9 am. Jon Monteverdi, 5742 Claremont Ave., Oakland 94618. (415) 653-1974.

OCT 11: Columbus Day Golden Gate Bridge Run. 10K, Presidio Parade Grounds, San Francisco, 7:30 am. Sally Dahler, 1623 Bridgeway, No. 5, Sausalito 94965. (415) 332-8612.

OCT 17: Queen of the Valley Hospital 5K & 10K. West Covina, 8 am. Mary Ann Harvey, Queen of the Valley Hospital, P.O. Box 1980, West Covina 91793.

OCT 17: Run for Sobriety 10K. Griffith Park, near the Merry-Go-Round, 8 am. Sue Blu, Race Director, The Bea Attitude Center, 1650 Rockwood St., Los Angeles 90026. (213) 841-9839. *Please see advertisement and entry blank in this issue.*

OCT 17: Buena Park Silverado Days 10K Run. Buena Park, 8 am. Robert Thompson, Boys Club of Buena Park, P.O. Box 5158, Buena Park, CA 90620. (714) 522-7259.

OCT 17: Santa Clara Valley Central YMCA Rose Garden Run. 5 miles & 1.5 miles. San Jose, 9 am. Greg O'Brien, 1717 The Alameda, San Jose 95126. (408) 298-1717.

OCT 17 & 18: Fresno State Fund Run. One Hour on the FSU track, 9 am. Fresno State Athletic Dept., California State University, Fresno 93740. (209) 487-2644.

OCT 24: Mid-State 15K Run. Madera, 8 am. Shirley Main, 2322 W. Ashlan, Fresno 93705. (209) 222-8983.

OCT 24: Nevada Appeal Mini Marathon. Carson City, NV. David Osborn, P.O. Box 2288, Carson City, NV 89701. (702) 882-2111.

OCT 24: Tokai Bank/Athletes in Action 5 Miler. Mile Square Park, Fountain Valley, 8 am. AIA Track Team, 17102 Newhope St., Fountain Valley 92708. (714) 957-1655.

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OCT 25: YMCA Golden Gate Marathon. San Francisco, 7 am. Embarcadero YMCA, Room 100, San Francisco 94105. (415) 392-2191.

OCT 25: Angwin to Angwish: 7.6 mile. Pacific Union College, Angwin, 10 am. David Nieman, Pacific Union College, Angwin 94508. (707) 965-6245.

OCT 25: Pumpkin Festival Run. 6 miles. Half Moon Bay, 9 am. William N. Huya, 637 Buena Vista Avenue, Moss Beach 94038. (415) 728-5262.

OCT 25: Huebner's Halloween 3 Miler. 3 miles, Fresno, 10 am. Huebner Sports (209) 432-0555 or 485-5320.

OCT 25: Police 10K. Los Angeles, 8 am. James Richart, P.O. Box 19586, Los Angeles 90019.

OCT 25: "Marathon Prep" Run. 4.1 and 16.2 miles. Cal State Long Beach, 8 am. Joe Carlson, 5304 E. 2nd St., Long Beach 90803. (213) 439-6876.

OCT 25: Renegade 10K. Mt. San Antonio College, 9 am. Ted Kirby, 1319 Pecan Grove, Diamond Bar 91765. (714) 595-5902.

OCT 25: Ram 10K. Golden Gate Park (Polo Field), San Francisco, 10 am. Ann Schneider, 406 Palm Ave., Millbrae 94030. (415) 692-1908.

OCT 31: Pt. Pinole Skunk Run. 10K. Pinole, 10 am. Steve Justice, 2192 Owens Ct., Pinole 94564.

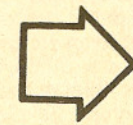
OCT 31: Earthquake Run. 1 mile & 10K. Hollister, 9 am. Ed Singleton, Earthquake Run, P.O. Box 337, Hollister 95023. (408) 637-3126.

OCT 31: Fall Color Tour 15K Run. Geyserville High School, 10 am. Call Ken Howe or Mike McGuire (707) 542-6687.

OCT 31: Run for the Rivers Halloween 10K. Zuma Beach (Malibu area), 9 am. Bud Coffey, Friends of the River Foundation, 1355 Westwood Blvd., Suite 212, Westwood 90024. (213) 477-5754.

OCT 31: Whittier Village 5K & 10K. Greenleaf & Philadelphia Streets, 9 am. Ken Box, 13215 E Penn St., Suite 101, Whittier 90602. (213) 698-8201.

OCT 31: West End 25K. Catalina Island. West End 25K, 1754 Reed St., Redondo Beach 90278.



LOOKING AHEAD

NOV 1: Orange Grove Marathon. Loma Linda, 7 am. Also 10K and Half Marathon. *Tentative.* Jim Perry, Box 495, Loma Linda 92354. (714) 824-1779.

NOV 8: UC Santa Cruz Redwood Run. 10K, UCSC East Field House; 9 am. Mark McCarroll, Office of P.E. & Recreation, U.C. Santa Cruz, Santa Cruz 95064. (408) 429-2045. *Please see advertisement and entry blank in this issue.*

NOV 8: Tahiti International Marathon. Papeete, Tahiti, 5 am. Bill Cockerham, Box 6103, Fresno 93703. *See advertisement and entry blank in last month's issue.*

NOV 11: Porterville Veterans Day Run. 5K & 10K road races, Olive & Second Streets (downtown), 8am. Dr. Allen E. Nelson, Porterville College, 900 south Main St., Porterville 93257. *See advertisement and entry blank in this issue.*

NOV 14: Central California Marathon. Fresno, 7:30 am. Gordon Keller, 8811 E. Herndon, Clovis 93612. (209) 299-4114. *See advertisement and entry blank in this issue.*

NOV 15: Tiger Newport Beach Marathon. 7 am. John Blair, 1162 Dorset Lane, Costa Mesa (714) 966-0556.

DEC 6: Western Hemisphere Marathon. Culver City, 8 am. Jack Nakanishi, Culver City Parks & Recreation, 4117 Overland Ave., Culver City 90230.

DEC 6: Oakland Marathon & Half Marathon. Cherie Swenson, P.O. Box 2501, Oakland 94621. (415) 568-8884.

CROSS COUNTRY

SEP 5: Fresno Watermelon Runs. 2, 4, & 6 miles. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno, CA 93740. (209) 487-1297.

SEP 12: Griffith Park XC Run. 8 am. Fred Honda, 3900 Chevy Chase Dr., L.A. 90039. (213) 246-5613.

SEP 12: Central Cal XC Championships. Woodward Park, Fresno. Fresno Track Club, P.O. Box 6103, Fresno 93703. (209) 264-5847.

SEP 19: Clovis High School Invitational. Woodward Park, Fresno. Preview the Kinney Western Championship course. Steve Ward, Cross Country Coach, Clovis High School, 1055 Fowler Ave., Clovis 93612. (209) 298-3388.

SEP 19: Las Vegas Invitational. Collegiate and Open.

SEP 19: Millikan High School Cross Country Invitational. Boys and girls, 3 miles. Rod Petkovic, Millikan High School, 2800 Snowden Ave., Long Beach 90815. (213) 438-2575.

SEP 19: Fresno City College Invitational. Woodward Park, Fresno. Preview the State J.C. Championship course. Bob Fries, Track Coach, Fresno City College, 1101 E. University, Fresno 93741. (209) 442-4600.

SEP 19-20: International Cross Country Clinic. Southern California area. Contact: Noel Montrucchio, 9773 Genesee Ave., San Diego 92121. (714) 453-5365.

SEP 28: Riverside Invitational. Cross Country Coach, University of California, Riverside 92521.

SEP 28: Fresno State Invitational. Woodward Park, Fresno. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 487-1297.

SEP 28: Corona Del Mar Invitational. Newport Beach Runners Association, 1162 Dorset Ln., Costa Mesa 92626. (714) 546-3663.

OCT 4: SPA-TAC District X-C Championships. Lake Legg, 8 am. Chuck Lichter, P.O. Box 891, Tarzana, CA 91356. (213) 888-5526.

OCT 10: Stanford Invitational. Stanford Golf Course. Brooks Johnson, Stanford University, Dept. of Athletics, Stanford 94305.

OCT 10: Road Runner Invitational. Cal State Bakersfield. Women 5K, Men 10K. Bob Coons, Cross Country Coach, Cal State Bakersfield, 9001 Stockdale Hwy., Bakersfield 93309. (805) 833-2189.

OCT 17: Cal Invitational Cross Country. 5 miles, Tilden Park, Berkeley, 10 am. Collegiate and club men only. Brian Maxwell, Cross Country Coach, Intercollegiate Athletics, Harmon Gym, University of California, Berkeley 94720. (415) 642-3158.

OCT 17: Morro Bay Invitational. Collegiate & men and women. Cross Country Coach, Athletic Dept., Cal Poly, San Luis Obispo 93407.

OCT 17: TFA/USA National Championships. Madison, Wisconsin. Cross Country Coach, University of Wisconsin, 1440 Monroe St., Madison, WI 53706. (608) 262-1866.

OCT 31: CCAA Championships. Crystal Springs, Belmont.

NOV 7: SPA-TAC District Championships. DeBelle Golf Course, Burbank. Preview the TAC National Championship course. Jon Sutherland, Box 891, Tarzana 91356. (213) 908-0485.

NOV 14: NCAA Division II. Boston.

NOV 14: NCAA/NCAA Dist. 8 Championships. Stanford 11 am.

NOV 21: NCAA Women's Division. Tentative.

NOV 23: NCAA Division I. Wichita, Kansas.

NOV 25: San Diego Section CIF High School Championships.

NOV 28: TAC National XC Championships. DeBelle Golf Course, Burbank. Jon Sutherland, 18308 Rayen St., No. 204, Northridge 91325. (213) 993-9384.

DEC 5: Kinney Prep Western XC Championships. Woodward Park, Fresno. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847. *Please see advertisement in this issue.*

DEC 6: Region 13 Junior Olympics Cross Country Championships. Woodward Park, Fresno. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

DEC 12: Kinney Prep National XC Championships. Orlando, Florida. Top 8 from Western meet will be sent. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847.

Coaches: Please send cross country schedules, now.

WAY AHEAD

JUL 28-AUG 12: 1984 Los Angeles Olympic Games. The track & field portion of The Games is scheduled for August 3-11.

TRACK & FIELD

OCT 4: Last Chance Decathlon. UC Santa Barbara. Sam Adams, UCSB, Santa Barbara 93106.



6.2 Miles

Tule River Fall Wilderness Run

October 24, 1981

Tule River Indian Reservation

•The road race will be approximately 5.3 miles upon asphalt with gradual increase of elevation. It's a good run... "The Bis says." Starting time will be 12:00 noon.

•Prizes will be given out for the 1-5 place finishers in each category. Categories are: **College-University, Jr. College, Track Club & Age Group: 9-11, 12-15, 16-18, 19-29, 30-39, and 40-up.**

•Entry fees will be as follows: \$4 for children under 12 years, \$5 for persons 12 years and older, \$40 for team of 8 members.

•If there are any questions pertaining to the Tule River Fall Wilderness Run, please feel free to call or write: **Tule River Recreation Dept., P.O. Box 589, Porterville, CA 93258 ATTN: Michael O. Bisbee, Rec. Dir. (209) 781-4271.**

Lemoore NAS Race 6 1/2 Mile Championship September 20, 1981



CROSS COUNTRY

SEP 5: Fresno Watermelon Runs. 2, 4, & 6 miles. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno, CA 93740. (209) 487-1297.

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SEP 12: Central Cal XC Championships. Woodward Park, Fresno. Fresno Track Club, P.O. Box 6103, Fresno 93703. (209) 264-5847.

SEP 19: Clovis High School Invitational. Woodward Park, Fresno. Preview the Kinney Western Championship course. Steve Ward, Cross Country Coach, Clovis High School, 1055 Fowler Ave., Clovis 93612. (209) 298-3388.

men and women. Cross Country Coach, Athletic Dept., Cal Poly, San Luis Obispo 93407.

OCT 17: TFA/USA National Championships. Madison, Wisconsin. Cross Country Coach, University of Wisconsin, 1440 Monroe St., Madison, WI 53706. (608) 262-1866.

OCT 31: CCAA Championships. Crystal Springs, Belmont.

NOV 7: SPA-TAC District Championships. DeBelle Golf Course, Burbank. Preview the TAC National Championship course. Jon Sutherland, Box 891, Tarzana 91356. (213) 908-0485.

NOV 14: NCAA Division II. Boston.

NOV 14: PCAA/NCAA Dist. 8 Championships. Stanford 11 am.



6½ Mile Championship September 20, 1981



6.2 Miles



WHEN: Sunday, November 8, 1981 • 9:00 a.m. Registration: 7:30 - 8:30 am

WHERE: U.C. Santa Cruz • East Field House
1156 High St. • Santa Cruz, CA 95064

COURSE: Mostly dirt, some asphalt, 60% hills.

ENTRY FEE: \$3.00 payable in advance by mail or \$4.00 on the day of the race.

PRE-REGISTRATION: Make all checks payable to U.C. Regents and send to:
UC Santa Cruz • Redwood Run
Office of P.E. & Rec. • Santa Cruz, CA 95064

WHY: All proceeds for U.C.S.C. Sports Clubs Program.

FOR MORE INFORMATION: Call Mark McCarroll • (408) 429-2045 (days).

- Starting Time: 9:00 AM
- Seven Divisions
- Entry Fee: \$5.00 before Sept. 18
\$6.00 on day of race
- For Information: Carl Whitaker, NAS,
Lemoore, CA 93245. (209) 998-3450.



Around the State

Celebrities to Run at Zoo

James B. Sikking, who plays the overly anxious Lt. Howard Hunter on "Hill Street Blues," and Jack Scalia, who portrays Rock Hudson's street-wise detective son on NBC's new show "The Devlin Connection," have both joined the growing list of celebrity runners for the second annual KNBC Peacock 10K Run at the Los Angeles Zoo, Sunday, September 13th.

An accomplished actor with feature credits like "Ordinary People" and "The Electric Horseman," and such TV credits as "General Hospital," Sikking also is a runner. Physical fitness enthusiast Jack Scalia has played baseball for the Montreal Expos Farm Team and was the number three draft choice in the nation in 1971.

Sikking and Scalia will run alongside such other stars as Mark Harmon and Woody Brown (Fielding Carlyle and Skipper Eldon respectively on "Flamingo Road"), "Hill Street Blues" Dan Travanti (Capt. Frank Furillo) serves as Grand Marshal for the event.

The 6000 runners who are expected to participate in this year's event can enjoy the festivities in the morning, then watch them on Channel 4 later in the afternoon on the "Sunday" show.

.....

Guess Who!

Guess who showed up at a recent track

Who Was That Man?

"Who was that man?" is a frequently heard phrase at Southern California road races. This is the guy that runs in the race, takes photos of the race, interviews the winners and writes an article or two about the race. It's not "Clark Kent" but the mild-mannered Dick Slotkin, your *California Track & Running News* Long Distance Editor.

Slotkin's mug is a familiar one with local runners and his coverage and style of writing has come to be enjoyed by those same runners. He not only writes for everybody's favorite track and running publication but also helps out *Runner's World* and *Running Times*. Next time you're at a run in the southern part of the state look him up - if you can find him - try the phone booth.

.....

Top Runners to Show

Many of the nations top runners will be participating in the KFWB South Coast Classic 10K Run, Saturday, September 26. Among the exceptional runners is last year's winner Tom Wysocki, whose winning time of 28:59 is the first sub 29:00 10K run in the greater Los Angeles area. In addition to Wysocki, other world class runners include Domingo Tibaduiza, Ralph Serna, Stan Mavis, Mark Scrutton, Tony Sandoval, Jeff Wells as well as many more. Teams include the Alleghaney Track Club of Pittsburgh,



Richard Slotkin

.....

Meet "Mr. Masters"

If you are a masters competitor in track and field and/or long distance running you'll want to know this man. This is Al Sheahan, the editor of the *National Masters Newsletter*. His knowledge of the sport has

Newsletter, P.O. Box 2372, Van Nuys, CA 91404.

The *National Masters Newsletter* is a good paper and Al Sheahan is a good guy. If you are a master competitor it will be to your benefit to get to know both.

.....

Free Poster

What injuries runners sustain most often, how to keep them from happening, and what to do if something hurts is the subject of a 20" X 32" illustrated wall chart called **What Every Runner Needs to Know - What To Do About Running Injuries - How To Prevent Them**. The attractive, easy to use runners' aid explains what to do when an injury occurs and how to prevent eight common running problems, including sore muscles, side stitch, bone bruises and ligament damage, tendon injuries, runners' knee, foot and heel problems and heat-related illnesses. Injury prevention is stressed, with practical advice for all types of runners.

The running injury chart, part of Kinney Shoe Corporation's Run To Be Fit Campaign, can be obtained by writing: Kinney -What Every Runner Needs to Know, P.O. Box 5006, New York, NY 10022. Please include 50¢ for postage and handling.

Keeping Track

In the past few issues we have been mentioning various travel tours for runners. Here's another one originating in Southern California: Sub-4 sponsored Puerto Vallarta 5k-10k vacation. One week in November. For more information write: Tours for non-smokers, 12123 1/2 Magnolia Blvd., N. Hollywood, CA 91607.....Looking for a running club in Orange County? How about "Team Running Etc." They offer weekly fun runs, clinics, newsletter, team races, running excursions, picnics and parties. Write or call: Team Running Etc., 1182 N. Berkeley Ave., Fullerton, CA 92632. (714) 870-5380.....New name to old face: The National Jogging Association has changed its name to that of American Running and Fitness Association. According to president Donald Fraser, "Our goals are still the same, it's only our name that has changed. Too many people though we were a club for novice joggers. People were surprised when they found out that we provide information about marathons, training, diet, running in-

Electric Horseman," and such TV credits as "General Hospital," Sikking also is a runner. Physical fitness enthusiast Jack Scallia has played baseball for the Montreal Expos Farm Team and was the number three draft choice in the nation in 1971.

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.....

Guess Who!

Guess who showed up at a recent track meet in California? Can you name these two Olympic medalists who are about to race each other in a short sprint? The answer can be found at the bottom of this page. Hint: they each won gold medals in the 1968 Olympics.



Answer to "Guess Who?" - Tommie Smith & Barbara Farrell.

writing has come to be enjoyed by those same runners. He not only writes for everybody's favorite track and running publication but also helps out *Runner's World* and *Running Times*. Next time you're at a run in the southern part of the state look him up - if you can find him - try the phone booth.

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The race starts at 8:30 am at Mason Regional Park in Irvine. Proceeds from this annual run benefit the Children's Hospital of Orange County. Entry forms may be had by calling KFWB (213) 462-5392.

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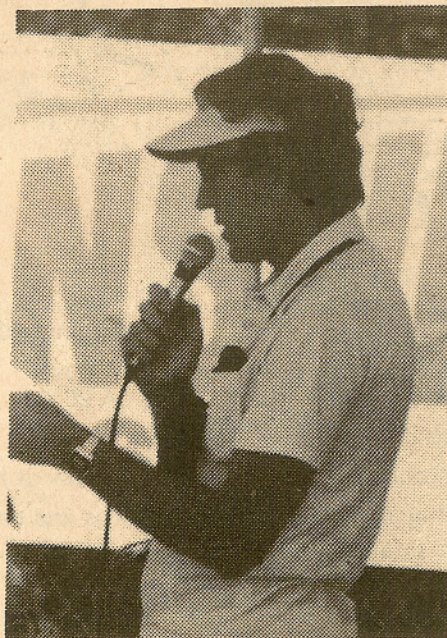
Richard Slotkin

.....

Meet "Mr. Masters"

If you are a masters competitor in track and field and/or long distance running you'll want to know this man. This is Al Sheahen, the editor of the *National Masters Newsletter*. His knowledge of the sport has led him to be the announcer at many major masters meets (who else knows all the competitors in all the events in all the age groups).

Sheahen's paper, *National Masters Newsletter*, is the authority on masters track and field in the United States. A one year subscription (12 issues) can be ordered by sending \$12 to National Masters



Al Sheahen

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Ed Chaidez, one time Cal State Northridge long distance running star, early in June won the Alhambra 10-kilometer Tavern Rally, a spirited race for the athlete who just can't wait to stop off for a tall cool one. In recording his winning time of 31:20 Chaidez not only had to be the fastest runner in the field of 400 but also the fastest drinker. Contestants were required to stop at five designated bars along the route and guzzle a brew at each one.....Several major coaching changes occurred over the summer: Cliff Abel has left Cal State Long Beach to be head coach at Cypress CC; Art Venegas who was Abel's assistant at CSULB is now assisting at UCLA; Bob Larson has left as UCLA assistant to become head at San Diego State; John Tansley has moved from Glendale CC to head man at Cal State Long Beach; Steve Miller has left Cal Poly SLO for Kansas State; Hal Harkness a former UCLA distance coach is now distance coach at Fullerton CC; Jim Peabody has left as head at Grossmont with the spot being filled by his assistant; Chip Armstrong has retired at Trade Tech CC.....How about a runner's retreat for the whole family to learn more about running and have a great time together. Two locations: September 11-13 at La Honda, and Oct. 31-Nov. 1 at Marin Headlands. For more information: Ron Markillie, Richmond District YMCA, 360 18th Ave., San Francisco, CA 94121. (415) 668-2060.

So. California X-C Diary

Cross Country Preview

By **BILL MINARIK**

4-YEAR COLLEGE MEN

PAC-10

Look for Oregon to regain the title they lost to UCLA last year as the Bruins were pretty much wiped out by graduation, and with this year's lean crop of high school senior harriers, it doesn't look like the UCLAns will do any better than fourth.

- | | |
|------------|------------------|
| 1 Oregon | 6 Arizona State |
| 2 Arizona | 7 Washington St. |
| 3 Cal | 8 Oregon St. |
| 4 UCLA | 9 Washington |
| 5 Stanford | |

PCAA

Look for UC Irvine to solidify the number one spot it earned last year with the rest of the conference falling in behind in approximately the same order.

- | | |
|------------------|---------------------|
| 1 UC Irvine | 5 Long Beach St. |
| 2 Fresno State | 6 Utah State |
| 3 San Jose State | 7 Cal St. Fullerton |
| 4 UCSB | |

CCAA

With Steve Miller gone, it will be interesting to see if CPSLO will be able to continue to dominate this conference. On paper, the Mustangs still appear to have the horses, even though the Assumma Brothers of UC Riverside appear to have regained their high school form.

- | | |
|-----------------|------------------|
| 1 Cal Poly SLO | 5 CS Bakersfield |
| 2 UC Riverside | 6 CS Los Angeles |
| 3 CS Northridge | 7 CS Dominguez |

young stable of quality returnees in Croft, Dixon and Martin.

- | | |
|----------------|----------------|
| 1 Pt. Loma | 5 Redlands |
| 2 Westmont | 6 Biola |
| 3 Cal Lutheran | 7 Cal Tech |
| 4 Azusa | 8 UC San Diego |

COMMUNITY COLLEGE

Large School Men

In the sport of cross-country, certain schools seem to be on top, year after year and the community college level probably is as good of an example as you will see. Grossmont will field another powerhouse which will run away with everything right through the State Meet. Both Orange Coast and El Camino should fight it out for 2nd with track powers Pasadena and Long Beach rounding out the top 5.

- | | |
|----------------|--------------|
| 1 Grossmont | 4 Pasadena |
| 2 Orange Coast | 5 Long Beach |
| 3 El Camino | |

Large School Women

Orange Coast has developed an awesome program which should keep the pirates on top again this year ahead of Grossmont. El Camino looks to have another solid team with the rest of the top 5 up for grabs.

- | | |
|----------------|---------------|
| 1 Orange Coast | 4 Golden West |
| 2 Grossmont | 5 Cerritos |
| 3 El Camino | |



**The PO₂
Aerobic Exerciser.**
**The first
major
advance
in running
since the
invention
of the shoe.**

- The world's first portable altitude simulator in a four-pound backpack unit pre-set to 7,500 feet (2,286 meters).
- For the first time, serious athletes can build both endurance and strength without ever leaving sea level!
- Since altitude training is more intensive, you can achieve conditioning benefits with less mileage, and decreased risk of injury!
- Following eight years of development and testing, the patented PO₂ Aerobic Exerciser is now available through major running stores at a suggested retail price of \$219.

InspirAir's PO₂ Aerobic Exerciser is *the* breakthrough training device, with application for any athletic activity where endurance conditioning is required. Completely safe for the conditioned athlete, it has been tested at major research and educational institutions, including the University of Oregon, where World Class runners recorded an increase in both red blood cell and hemoglobin counts after only three weeks of use!

Write today for a free brochure and the name of your nearest dealer!

PCAA

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|------------------|---------------------|
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| 2 Fresno State | 6 Utah State |
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- | | |
|-------------------|------------------|
| 1 Cal Poly SLO | 5 CS Bakersfield |
| 2 UC Riverside | 6 CS Los Angeles |
| 3 CS Northridge | 7 CS Dominguez |
| 4 Cal Poly Pomona | |

SCIAC

Pomona-Pitzer and Occidental have been running neck & neck in recent years, so look for Oxy to regain the title it lost last year, but by a small margin.

- | | |
|------------------|------------|
| 1 Oxy | 5 Whittier |
| 2 Pomona-Pitzer | 6 Cal-Tech |
| 3 Claremont-Mudd | 7 La Verne |
| 4 Redlands | |

NAIA Dist. III

The NAIA District 3 will continue to be a close race between the powers: Pt. Loma, Cal Lutheran and Azusa with Westmont rising to its former status among the powers.

Pt. Loma returns star Ricky Perez and back up Dan Powers. Add to this their two ace San Diego prep recruits in Andy Morabe and Mike Oleata and you've got the backbone of a championship team. Cal Lutheran surprised everyone but Coach Don Green by winning the Dist. T&F title for the first time and can usually be counted on for a few recruiting surprises in cross country - would you believe the return of Ed Ramirez (former State JC X-C champ from Oxnard)? Azusa Pacific will be coached by steeplechase All American Terry Drake who can pace the troops, but the Cougars will need another good recruiting year. Westmont will make its presence felt with a

and the community college level probably is as good of an example as you will see. Grossmont will field another powerhouse which will run away with everything right through the State Meet. Both Orange Coast and El Camino should fight it out for 2nd with track powers Pasadena and Long Beach rounding out the top 5.

- | | |
|----------------|--------------|
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- | | |
|----------------|---------------|
| 1 Orange Coast | 4 Golden West |
| 2 Grossmont | 5 Cerritos |
| 3 El Camino | |

Small School Men

Over the years, Citrus College has had a number of runner-ups, but never a State Champion. This year, however, looks like the year for Coach Vince O'Boyle's harriers as the Owls return the first 4 from last year's team, lead by Mark Ruelas, a legitimate superstar. After Citrus, there are 6 or 7 good teams which could be considered contenders. Since the departure of Coach John Tansley has left usual powerhouse Glendale without a coach, there is a question as to how many of his athletes are going to stick around to greet his successor.

- | | |
|------------|------------------|
| 1 Citrus | 4 San Bernardino |
| 2 Moorpark | 5 Hancock |
| 3 Ventura | |

Small School Women

There is nothing sure at all here except the individual state champ which will be Michelle Mason, assuming the former Buena High star decides to run for her father, Tuck, at Ventura College. Moorpark College has been getting consistently stronger over the last few years and appears ready to take it all. Glendale has lost all of the girls which carried it to championships the past two years, but should be in the top 5 just on tradition.

- | | |
|-----------------|------------|
| 1 Moorpark | 4 Glendale |
| 2 Santa Barbara | 5 Ventura |
| 3 San Diego | |

OF THE SHOE.

- The world's first portable altitude simulator in a four-pound backpack unit pre-set to 7,500 feet (2,286 meters).
- For the first time, serious athletes can build both endurance *and* strength without ever leaving sea level!
- Since altitude training is more intensive, you can achieve conditioning benefits with less mileage, and decreased risk of injury!
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Write today for a free brochure and the name of your nearest dealer!
InspirAir Corporation, 2630 Townsgate Road, Westlake Village, CA 91361 (805) 496-5550. Dealer inquiries invited.

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Please send me full information on the PO₂ Aerobic Exerciser!

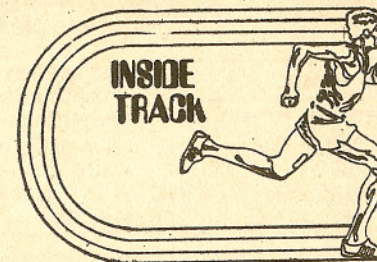
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CT19



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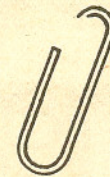
DANNY RUFFIN
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GARY TUTTLE

1410 E. MAIN ST.
VENTURA, CA 93003

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See page 31



Classifieds

TAHITI MARATHON PACKAGE — \$899 price includes round-trip air fare (San Francisco/Los Angeles), 6 nights lodging, marathon activities and much more. November 5-12. For brochure write: CT&RN, P.O. Box 6103, Fresno, CA 93703.

TAC NATIONAL CROSS COUNTRY CHAMPIONSHIPS — Saturday, November 24, 1981 at DeBelle Golf Course in Burbank, California. 10 age group races (all national championships) in addition to the Men's and Women's National Championships. For information: Jon Sutherland, c/o Laszlo Tabori Sports, 13722 Burbank Blvd., Van Nuys, CA 91401. (213) 908-0485, (213) 993-9384.

TIME STANDARDS FOR COMPETITIVE RUNNERS — Convert your time run to performance level. Analyze your performance and improvement rate. Send \$2.00 to Dr. Track, 5130 Nebraska Ave NW, Washington, DC 20008.

1981 MASTERS AGE RECORDS — Featuring World and US age records for track & field age 35 and above. Send \$4.00 to National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404.

HAWAII MARATHON — December 9 - 16. Includes round trip air fare and 7 nights lodging plus extras for \$499. Write for brochure to Runner's Mailing, P.O. Box 891, Tarzana, CA 91356. (213) 888-5526.

HIGH SCHOOL CROSS COUNTRY RUNNERS — Kinney Western X-C Championships December 5 in Fresno and National Championships December 12 in Orlando, Florida. Top 8 at Western will be sent to Nationals. For information and entry blank write: Bill Cockerham, P.O. Box 6103, Fresno, CA 93703. (209) 264-5847.

PERMANENT AWARDS — Your copy engraved in metal: awards, documents, diploms, photos, sketches, graphics by Eterna-Craft, 824 W. Hyde Park Blvd., Inglewood, CA 90302. (213) 671-1784.

BACK ISSUES AVAILABLE — All issues of *California Track & Running News* are still available except issue number 36 (June, 1979). \$1.50 per issue. Specify which issue(s) by issue number or date. Please enclose payment with order. Send to: CT&RN, P.O. Box 6103, Fresno, CA 93703.

ROAD RUNNERS CLUB — Join the Road Runners Club of America. For individual or club membership application write: Jerry Kokesh, 1226 Orchard Village Lane, Manchester, MO 63011.

JUNIOR OLYMPIC CROSS COUNTRY — Region 13 Junior Olympics Cross Country Championships. Sunday, December 6, Fresno, Woodward Park. Contact: Dave Dodson, 10518 E. California, Sanger, CA 93657. (209) 875-4072.

RACE DIRECTORS — Race results package available to races. Includes typing, printing, and mailing of complete results plus sending entry blank to all participants next year. For information write: Race Results, CT&RN, P.O. Box 6103, Fresno, CA 93703.

1981 NRDC BOOKS — The National Running Data Center has the 1981 booklets for sale: Running Records by Age \$4.95, U.S. Distance Rankings \$6.95, U.S. Marathoners (four volumes) \$13.95. Send check to NRDC, Box 42888, Tucson, AZ 85733.

T-SHIRTS — Screened T-shirts as low as \$1.85. Jack's Athletic Supply, Box 612, San Mateo, CA 94401. (415) 341-3119.

4TH ANNUAL 5K & 10K (3.1 & 6.2 MILES) FOOT RACES FOR RUNNERS AND JOGGERS OF ALL AGES SIGN UP NOW!



FROM DOWNTOWN MONTEREY PLAZA-THROUGH CANNERY ROW-ALONG PACIFIC GROVE SHORELINE AND BACK!

REGISTRATION AND FEE: Send Registration Form and check to: Skip Marquard, Race Director 312 W. Carmel Valley Road, Carmel Valley, CA 93924. Make check payable to HOSPICE RACE. Advance Registration Fee, RACE ONLY — \$5.00 RACE & T-SHIRT — \$9.00 Race Day Registration — \$6.00 A limited number of T-Shirts will be sold on Race Day for \$5.00 each. PRE-REGISTRATION DEADLINE — SEPTEMBER 17, 1981.

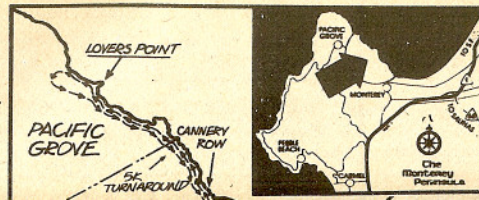
RACE DATE AND TIME: The race will begin at 9:00 a.m. sharp from the Plaza adjacent to the Doubletree Inn on Sunday, September 27, 1981.

CHECK-IN: All pre-registered runners will receive race number, name tag & instructions by return mail and will only need to be at the starting line with number pinned onto the front of singlet.

RACE DAY REGISTRATION: At the Customhouse Plaza from 7:30 a.m. 8:45 a.m.

AWARDS: Handsome 2" custom medals engraved with the Hospice Race Logo with neck ribbons & engraved on the reverse side will be awarded to the first 3 finishers in 12 divisions of each race & first 2 finishers in 4 divisions* of each race. RIBBONS to all finishers.

RACE RESULTS: Race results will be posted on large reader boards & times may be posted from electronic print-out timers. Results will also be mailed to all who address an envelope at check-in time on race day.



**ALL AGES
SIGN UP NOW!**

MONTEREY BAY FORD

**GROVE SHORELINE
AND BACK!**

REGISTRATION AND FEE: Send Registration Form and check to:
Skip Marquard, Race Director
312 W. Carmel Valley Road,
Carmel Valley, CA 93924
Make check payable to HOSPICE RACE.
Advance Registration Fee, **RACE ONLY** — \$5.00
RACE & T-SHIRT — \$9.00
Race Day Registration — \$6.00
A limited number of T-Shirts will be sold on Race Day for \$5.00 each.
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RACE DAY REGISTRATION: At the Customhouse Plaza from 7:30 a.m. 8:45 a.m.

START/FINISH: Custom House Plaza in Monterey at Fisherman's Wharf.

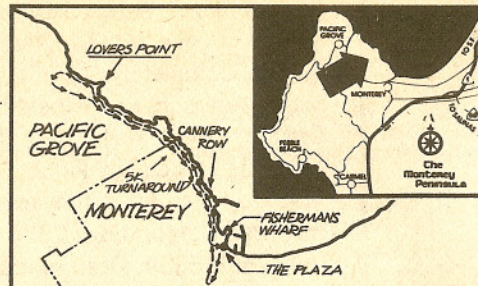
COURSE: The course is a flat pavement course from downtown Monterey through Steinbeck's Cannery Row along scenic Monterey Bay.

TIMING: Zetacron Race Clock plus individual times may be posted on reader boards from Cronmix Timers.

Any questions call: 659-5426 or 659-2267

AWARDS: Handsome 2" custom medals engraved with the Hospice Race Logo with neck ribbons & engraved on the reverse side will be awarded to the first 3 finishers in 12 divisions of each race & first 2 finishers in 4 divisions* of each race. **RIBBONS** to all finishers.

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All proceeds from race and T-shirt sales are tax deductible contribution to the Hospice of the Monterey Peninsula.



REFRESHMENTS: THROUGH THE COURTESY OF JOSEPH GEORGE DISTRIBUTORS, Salinas, WE WILL HAVE FREE OLYMPIA BEER & CALISTOGA WATER. We will also have water available at the midpoint of the 10K.



**OFFICIAL ENTRY FORM
FOURTH ANNUAL
1981 MONTEREY BAY FORD HOSPICE RACE**

Sunday September 27, 1981, Starting Time 9:00 a.m., Monterey, California

MAIL THIS FORM TO: Skip Marquard, Race Director 312 W. Carmel Valley Road Carmel Valley, CA 93924

PRE-REGISTRATION DEADLINE: September 17, 1981

NAME _____ Club _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

T-SHIRT SIZE: SMALL MED
 LARGE X-LARGE

RACE ONLY — \$5.00
 RACE & T-SHIRT — \$9.00

CATEGORIES:

<input type="checkbox"/> *10 & UNDER	<input type="checkbox"/> BOY*	<input type="checkbox"/> GIRL*	<input type="checkbox"/> SUB-MASTER (30-39)	<input type="checkbox"/> MAN	<input type="checkbox"/> WOMAN
<input type="checkbox"/> 11-13	<input type="checkbox"/> BOY	<input type="checkbox"/> GIRL	<input type="checkbox"/> MASTER (40-49)	<input type="checkbox"/> MAN	<input type="checkbox"/> WOMAN
<input type="checkbox"/> 5K	<input type="checkbox"/> JUNIOR (14-19)	<input type="checkbox"/> BOY	<input type="checkbox"/> 50-59	<input type="checkbox"/> MAN	<input type="checkbox"/> WOMAN
<input type="checkbox"/> 10K	<input type="checkbox"/> OPEN (20-29)	<input type="checkbox"/> MAN	<input type="checkbox"/> *60 & OVER	<input type="checkbox"/> MAN*	<input type="checkbox"/> WOMAN*

WAIVER: In consideration of the acceptance of my entry, I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claim damages which I may have or which may hereafter accrue to me against MONTEREY BAY FORD, the Doubletree Inn, the City of Monterey, the City of Pacific Grove, the State of California, or their respective officers, agents, representatives, successors, and/or assigns for any and all damages which may be sustained or suffered by me in connection with my said association with or entry in and/or arising out of my traveling to, participating in and returning from said athletic event. I attest & verify that I am physically fit & sufficiently trained to participate in this event. I also understand that the entry fee paid by me is non-refundable & race numbers are non-transferable.

Signature of Entrant

Date

Signature of Parent or Guardian
if under 18

Dodson, 10518 E. California, Sanger, CA 93657. (209) 875-4072.

RACE DIRECTORS — Race results package available to races. Includes typing, printing, and mailing of complete results plus sending entry blank to all participants next year. For information write: Race Results, CT&RN, P.O. Box 6103, Fresno, CA 93703.

1981 NRDC BOOKS — The National Running Data Center has the 1981 booklets for sale: Running Records by Age \$4.95, U.S. Distance Rankings \$6.95, U.S. Marathoners (four volumes) \$13.95. Send check to NRDC, Box 42888, Tucson, AZ 85733.

T-SHIRTS — Screened T-shirts as low as \$1.85. Jack's Athletic Supply, Box 612, San Mateo, CA 94401. (415) 341-3119.

plus extras for \$499. Write for brochure to Runner's Mailing, P.O. Box 891, Tarzana, CA 91356. (213) 888-5526.

HIGH SCHOOL CROSS COUNTRY RUNNERS — Kinney Western X-C Championships December 5 in Fresno and National Championships December 12 in Orlando, Florida. Top 8 at Western will be sent to Nationals. For information and entry blank write: Bill Cockerham, P.O. Box 6103, Fresno, CA 93703. (209) 264-5847.

PERMANENT AWARDS — Your copy engraved in metal: awards, documents, diploms, photos, sketches, graphics by Eterna-Craft, 824 W. Hyde Park Blvd., Inglewood, CA 90302. (213) 671-1784.

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If additional space is needed, please use blank sheet of paper.

_____ words x .25 = _____ (\$5.00 minimum)
Deadline: The 15th of the month previous to month of publication.

Mail ad with your payment to: California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

CLUB NEWS

By **MARTY HIGGINBOTHAM**

Clubs wishing to be in the "Club News" section of *California Track & Running News* should send a copy of their newsletter to: Club News Editor, Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. Also, clubs are encouraged to occasionally send a black and white photograph of a member or members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be very much appreciated.

Manteca Quicksilver

P.O. Box 125, Manteca 95336

From **PAULETTE STRACK**

Manteca Quicksilver has grown steadily since it's formation in January of 1980. We are a family oriented group with several events geared to family recreation. Our annual Wine and Cheese Fun Run and the Invitational Picnic Run. (We invite the other area running clubs to this event.) Our runners range from tots, who run for fun, to fine masters runners. Club members Ginger Burrola and Bob Strack were named as our first "Runners of the Year" for 1980.

Quicksilver produces the Bulletin 10,000 and this year wil co-sponsor the Manteca Pumpkin Run. We hold training runs at a local track in the winter and weekly, evening fun runs during the summer.

A monthly newsletter keeps members informed on upcoming events and race results.

Las Vegas Track Club

4224 Claymont St. No. 3
Las Vegas, NV 89109



Bakersfield Track Club

433 E. Belle Terrace, Bakersfield 93307

Listed below are the leaders in the BTC Championship Race Series for 1981. In the male category, Paul Anderson leads the 13-18 age group and in the 19-29 Rusty Gilbert is the leader. The 30-39 division is led by Gene Lundquist. Jim Lipford is ahead in the 40-49 while the 50 plus group is currently being led by Bert Beene. For the females Marie Erickson leads the 12 and under group. Terri Nelson is ahead in the 13-18 division. Brenda Villanueva, who recently won the Bartlett Independence Day Four Miler (23:55) and Tulare Six Miler (37:50) leads the 20-29 group. The 30-39 division is led by Susan Lucas. On top in the 40-49 division is Verla Phillips and Vivian Flick leads the 50 plus category.

Coming up in the near future for the BTC members will be the Columbus Porsche-Audi 10K on October 20.

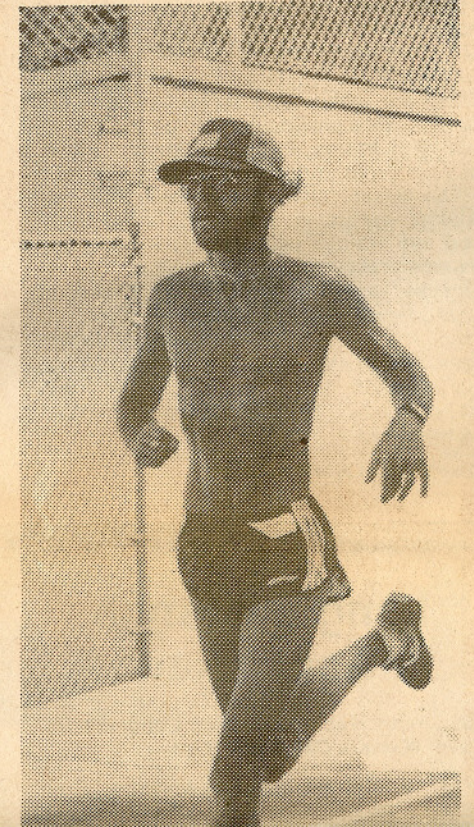
Aggie Running Club

General Delivery
Soda Springs, CA 95728

The Ags made a superb showing at the Pacific Association TAC 15K Championships held at the end of June. Leading the Ag charge was Dennis O'Halloran in fourth place at 47:30. O'Halloran led a group of Ags to the finish as Jim Van Dine took fifth (47:35), Rick McCann sixth (47:42), Harold Clems seventh (47:56) and Rich Langford eighth (47:57). This outstanding team depth earned the Aggies the team title. The Ag women also were victorious as they captured the team championship with a team of Denise Bigelow (56:09), Jolie Houston (56:39), and Kelly Geredes (59:11).

The Ags will send about eight representatives to the Nike Marathon in Eugene on September 13.

photo by Don Gosney



Southern California Striders

22736 Mulholland Dr., Woodland Hills

Walt Butler and George Cohen were both double winners at this years Senior Olympics. Butler picked up golds in the 110 hurdles at 14.2 and 100 meters at 11.2 while fellow Strider Cohen took the 800m in 2:00 and the 1500 in 4:20. Cohen's teammate Bill Knocke ran a personal record in the 800m finishing second to Cohen in 2:01 (all are in the 40-44 age group). Nick Newton competing in the 45-49 division picked up a gold with his very quick 24.1 200m victory. He also timed 11.05 to nab second in the 100m. Jesse Carrington (also 45-49 division) was victorious in the 800m with a 2:10 effort.

On the road for the Striders, Byron Potts claimed fifth in the 50-59 division of the Valley of the Flowers Marathon timing 3:24. Bill Sol also ran the 26.2 miler and finished in 3:37. The Striders standout half-miler George Cohen was also on the road earlier this year. He timed 35:16 to win his division at the Marina Freeway 10K and also ran a 36:23 at the Playa Vista 10K where he finished second.

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Las Vegas Track Club

4224 Claymont St. No. 3
Las Vegas, NV 89109

Elections were held at the end of June for new 1981-1982 club officers. New officers are: Larry Clark, President; Diane Knighton, Robin Savalli and Mike Naylor, Vice Presidents; Everett Chase, Secretary; Bill Freedman, Treasurer; Al Boka, Membership; Lydia Russell, Rob Gardner and Al Boka, Newsletter; Peppy Pepin, Robin Savalli, Publicity; Tommy Hodges, Events; and Frank Plasso, Coach/Advisor.

Coming up in Las Vegas will be a mini-marathon set for November 15.

Once again, Las Vegas Track Club members can look forward to the Las Vegas Sun Championships to be held in December.

High Sierra Track Club

112 Green Oaks, Visalia 93277

Juan Molina grabbed a second place finish (first in the 20-24 division) at the Tulare Six Mile Road Run. Frank Ortega was also a divisional winner clocking 33:45 taking the 35-39 age group title. Len Thornton and Harry Harder each were divisional winners for the club as Thornton took the 50-59 title in 33:56 and Harder captured the 60 plus group in 40:51. Dave Bronzan timed 32:46 for second in the 30-34 group, while teammate A. R. Souza finished third in the 50-59 division in 38:44.

At the Sierra Pines 40 Mile Relay, HSTC took the junior and mixed division titles and finished second in the open and masters division.



Bill Knocke
SCS speedster

Golden Gate Race Walkers

106 Sanchez St., Apt. 17
San Francisco 94114

Byron Richardson led GGRW at the Pacific Association Athletic Congress 20K Race Walking Championships. Richardson timed 1:57:10 for fifth place, he was followed by teammate Otto Sommerauer in sixth, timing 2:08:11. Richardson, who is a newcomer to the GGRW earlier this year, race walked the Keelhauler Classic 10K in 58:19; he also race walked a 4:40:59 marathon at the Pacific Sun 26.2 miler.

Sunday, September 13, the club will hold its Third Annual GGRW Picnic, at Angell Field on the Stanford campus. They also plan to hold their GGRW club 10K race walking championship. The 10K is set for 10:00 a.m. with a mile prediction walk set for the Angell Field track at 9:30 a.m. The picnic and awards ceremonies will follow the walks.

Wait Butler and George Cohen were both double winners at this year's Senior Olympics. Butler picked up golds in the 110 hurdles at 14.2 and 100 meters at 11.2 while fellow Strider Cohen took the 800m in 2:00 and the 1500 in 4:20. Cohen's teammate Bill Knocke ran a personal record in the 800m finishing second to Cohen in 2:01 (all are in the 40-44 age group). Nick Newton competing in the 45-49 division picked up a gold with his very quick 24.1 200m victory. He also timed 11.05 to nab second in the 100m. Jesse Carrington (also 45-49 division) was victorious in the 800m with a 2:10 effort.

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Visalia Runners

P.O. Box 3638, Visalia 93278

The Visalia Runners made a good showing at the Tulare Six Mile Road Run July 25. Frank Padilla timed 34:44 to finish second in the 40-44 division. Roger Sebert finished second in the 35-39 age group in 35:50. He was followed by fellow Visalia Runner Bob Blakely in fifth at 38:26. Tommy Upton ran 38:17 to finish third in the 45-49 group. For the women, Debbie Ashwanden and Cherie Stephenson went one-two in the 30-39 division; Ashwanden clocked 41:15 while Stephenson timed 42:17.

On July 26 several club members tackled the Mineral King Fifteen Miler. This is a club function which is an uphill (very tough!) run up the Mineral King Road. The masochist runners who challenged this course included Chuck Maas, Jim Hill, David Calderon, Jesse Rodriguez, Rob Stephenson, Gary Campbell, Frank Padilla, Roger Sebert and Craig Newport. Not to be left out was Debbie Ashwanden the only woman to challenge the devilish course.

Sunday morning, October 11, the Visalia Runners will host the 1981 Central California TAC Half Marathon Championship. The race will begin at 7:30 a.m. at Mooney Grove Park in Visalia.



Peanut Harms
Aggie Running Club leader

Daisy Fresh Juice Race Team

1026 W. Princeton, Visalia 93277

Ed Taylor represented the club at the Tulare Six Mile Road Race. After winning four events in the Corporate Cup the week before, Taylor came back to run a 31:29 six mile in Tulare. His effort earned him fourth place.

John Pitman, competing in the 40-44 age group, timed a 2:04 in the 800m at the Masters Pan Am Championships. His effort earned him fourth place. Pitman also traveled to the Bay Area for the National Masters Championships in Los Gatos. There he took a fifth in the 800m at 2:02:0 and timed 4:17 in a very strong 1500m field.

MASTERS SCENE

By **MARTY HIGGINBOTHAM**

In the July issue of *California Track and Running News* the results of the Pacific Association Championships showed Payton Jordan winning the 60-64 100m in 12.6. That was a mistake. His time was 12.3. He also ran an outstanding 25.3 200m. Both times are world records for age 64. The records were previously held by West German, Frit Assmy. Congratulations, Payton, on your super performances.

The Athletic Congress Western Regional Championships in Los Gatos June 20-21 saw two women establish new world age division records in the 5000m. Vickie Bigelow, age 45, already the American record holder at 18:35, blazed an 18:14.0 to snap the world mark of 18:16.6. Jaclyn Caselli also established a new world 5000m mark. Caselli competing in the 60-69 age group timed 23:19.2 erasing the old mark of 24:16.4.

The Penn Mutual Life Insurance Company plans for a 1982 National Masters Sports Festival in Philadelphia on August 12-15. The date will tie in with the city-wide celebration of William Penn's founding of Pennsylvania. Track and field and long distance running will be part of the festival. Penn Mutual Life Insurance Company has been very supportive of masters athletics.

Congratulations should go out to 76 year old Stan Herrman of Santa Barbara. Herrman ventured to the TFA National Masters Track and Field Championships in Atlanta. There he picked up five first places. He was victorious in the shot put, discus, hammer, 35 lb. weight and 56 lb. weight.

Hilliard Sumner and Bruce Springbett are to be commended for their work in hosting two of the finest masters track and field meets in the country this year. Sumner once again hosted a super Pan American Games, while Springbett directed this year's National Championships in Los Gatos. Both were very successful meets put on by two outstanding athletes!

The 8th Annual Santa Barbara Masters Track and Field Meet will take place at the University of California at Santa Barbara on October 3. Contact George Adams, P.O. Box K, Goleta, CA 93017 (805)687-6323.

The swing will now go to road racing and cross country. The Penn Mutual/TAC National Masters 5K Cross Country Championships will be held in San Diego this fall; it is scheduled for November 8 at Balboa Park. For information contact Bill Stock, 7160 Baldrick Road, La Mesa, CA 92041 (714) 466-8700.

Masters Age Records 1981, a 44-page booklet that contains men's and women's world and U.S. age best for all track and field events can be obtained by sending \$3.00 plus \$1.00 for postage and handling to *National Masters Newsletter*, P.O. Box 2372, Van Nuys, CA 91404. This fine publication lists record-setting athletes age 35 and up as of January 15, 1981 (includes the 4th World Games results). It also includes walking and championships records.

Long Distance National Races

1981 Penn Mutual/Athletics Congress National Masters Championships.

Sept. 13: 50K Road Championships. Brattleboro, Vermont. Ann Parry, Famolare AA,

Nov. 21: 10K Cross Country Championships. Houston, TX. Ed Lang, 14 Sandalwood, Houston, TX 77024. (713) 781-2810.

Nov. 21: 5K Cross Country Championships. San Diego (Balboa Park), CA. Bill Stock, 7160 Baldrick Rd., La Mesa, CA 92041. (714) 466-8700.

**NORTHERN CALIFORNIA
SENIOR OLYMPICS**

Profile on: GEORGE COHEN

By **MARTY HIGGINBOTHAM**

Master middle distance runner George Cohen is one of the top (if not *the* top) 40-49 division runners in America. Cohen, coming off a terrific 1980 track season where he set an American record of 1:54.9 in the 40-44 800m, has continued his winning ways this year. To begin 1981, George timed a 4:04.27 1500m at the Veterans World Games in New Zealand in January.

New York City born, Cohen earned a B.A. Degree in Sociology at Cal State Los Angeles and his Masters Degree in Public Administration from U.S.C. He did not compete for either school. Currently George is a State parole agent and has been for the past five years. Today, Cohen competes for the strong Southern Cal Striders team. Last

back into shape and developing wholesome outlets."

George capped off another very successful track season by winning the 800m at the National in a super 1:55.1 and coming back to nab a second in the 1500m at 4:01.5.

Congratulations George on another terrific season.!

photo by Bill Leung, Jr.



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Sept. 13: 50K Road Championships. Brattleboro, Vermont. Ann Parry, Famolare AA, 4 E. 54th St., New York, NY 10022.

Sept. 20: 20K Road Championship. Date TBA. Catskill, New York. Dick Vincent, Jct. 9W & 23A, Catskill, NY 12414. (518) 943-4767.

Sept. 26: 10K Road Championships. Kent, Washington. Bob Langenbach, 4261 So. 184th St., Seattle, WA 98188. (206) 433-8868.

Oct. 3: 15K Road Championships. Washington DC (Hains Point). SASE to Larry Noel, 105 Northway Rd., Greenbelt, MD 20770. (301) 474-9362.

Oct. 4: 15K Cross Country Championships. New York, NY. New York RRC, Box 881, FDR Station, New York, NY 10150. (212) 580-6880.

Oct. 18: 5K Road Championships. New Orleans, LA. Danny Thiel, 2609 Canal St., New Orleans, LA 70119. (504) 822-9051.

Nov. 21: 10K Cross Country Championships. Houston, TX. Ed Lang, 14 Sandalwood, Houston, TX 77024. (713) 781-2810.

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NORTHERN CALIFORNIA SENIOR OLYMPICS

The second Northern California Senior Olympics, a three-day, multi-sport event, will be held in the East Bay on September 26 and 27. Age categories are: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, and 85-Plus.

Track and field events begin at 9 a.m. Saturday, September 26, at Laney College. Competition includes the 50, 100, 400, 800, 1500, and 5000 meter events, plus shot put, discus, high jump, and long jump. A maximum of three events may be entered (no two may be less than 20 minutes apart).

For entry and information: NCSO II Headquarters, Oakland Office of Parks and Recreation, 1520 Lakeside Drive, Oakland, CA 94612 or call (415) 273-3791. Entry deadline is 5 p.m., Sept. 11.

SOUTHERN PACIFIC ASSOCIATION ATHLETICS CONGRESS

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TARZANA, CA 91356
(213) 888-5526

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With all his tremendous success at 800m and 1500m, George says his favorite event is probably the 400m which he says he will concentrate on more after he has accomplished some other goals at longer distances. George says his competition strategy in the past has been to follow the leader hoping to be around at the finish and let his speed carry him through. "That hasn't always worked," he says, "but as my strength and confidence grows, so does my daring and willingness to challenge the competition."

The World Games this year was the first time the 5 foot 10 inch 165 pounder attempted to peak for a race. Under the coaching of Chuck Foote, LAPD Captain and accomplished runner himself, Cohen went to New Zealand "feeling very ready."

George has no strict training rules. He is usually in bed by ten and up at six. He has also experimented with vitamins but hasn't found anything he would swear by.

Cohen has always used jogging as a means of reducing tension. But when the waistline began to set records and the tension was at the beltline, George increased his jogging.

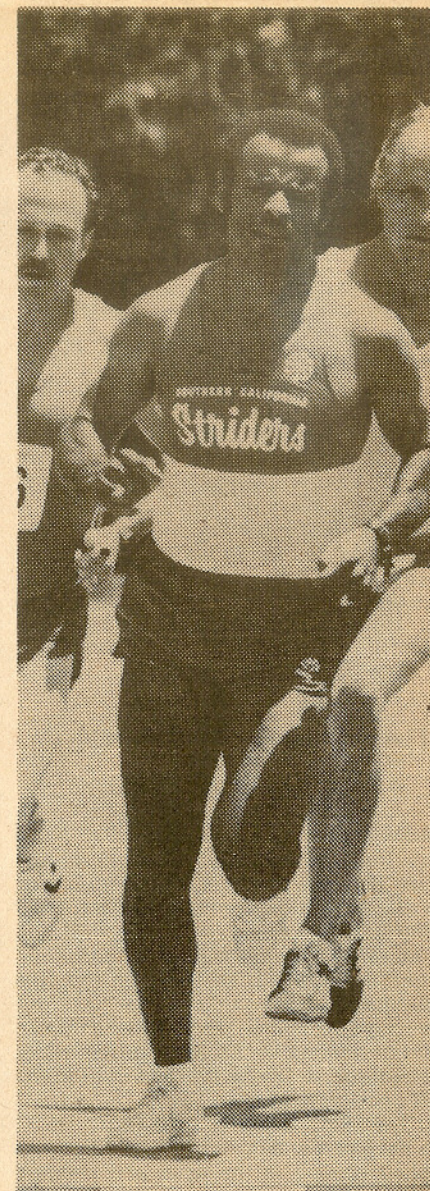
Just after turning forty years of age, someone suggested he get into the masters program, so he ran the masters 1500m at the Mt. SAC Relays and won. After that, he was invited to join the Southern Cal Striders and it's been straight ahead ever since he says. Cohen says, "participation in track seemed to be a natural extension of getting

back into shape and developing wholesome outlets."

George capped off another very successful track season by winning the 800m at the National in a super 1:55.1 and coming back to nab a second in the 1500m at 4:01.5.

Congratulations George on another terrific season!

photo by Bill Leung, Jr.



HOME SAVINGS

PAN AM GAMES



By RICHARD SLOTKIN &
BILL COCKERHAM

August 8-9: University of Southern California, Los Angeles. 5th Annual Home Savings Pan American Masters Track & Field Championships.

Anyone who thinks that the phrase "Life begins at 40" is just something to make the old folks feel good ought to come down to one of these masters meets. OK, so they do dip down to a mere 30 years of age, but the action is for real and for blood all the way through. If you need further proof, come on down and watch a George Cohen - Ernie Billups shootout. These guys are both over 40 and Billups has to go 1:56.1 in the 800m to get the win -- by a second. Let me tell you, when these guys get into it, **everyone** gathers along side the track, as close to the tape as they can get. These two can match Renaldo Nehemiah and Greg Foster for excitement.

And speaking of fast 2-lappers, what about Kelsey Brown. He runs 2:10. What's so great about that? Mary Decker can beat it. Yeah, but that's what it takes to win the 50-54 division. How fast will Decker be when she's in that division?

Helen Dick is past that division. She's in the 55-59. She did a 6:01.3 for 1500. That's about a 6:20 mile, maybe 6:25. Not that great? Well, add about 40 seconds to it and you've got her average --- for the **marathon**. OK, sceptics, run a 26 miler with Mrs. Dick and then say that these are a bunch of old fogeys trying to pretend they can still cut the mustard. Buddy, they **do** cut the mustard.

folks in Peoria would feel too threatened by a guy close to 50 who can probably beat most of their high school stars. For sure Jim Burnett could. Of course, he's only a kid, about 40 or 41. So, we'd expect him to run almost 50 flat. Listen, you better be able to go under a minute to win the 400 even if you're in the 60-64 age group. John Alexander's meet record was disturbingly close to the 58's. He ran the loop in 59.6.

Meet Director Hilliard Sumner wasn't too pleased with the media's narrow, and narrow-minded attention, especially when you realize that they weren't admiring Spangler and Salisbury. They are, in effect, treating them as cute little freaks, instead of the pioneers that they are. But, the fiery Sumner waxed philosophical: Some exposure is better than being totally ignored. Not much, though, he conceded.

Well, let's go on.

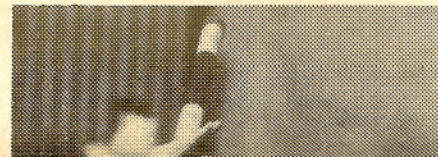
One guy we had never heard of came along and swept the 5000 and 10,000 meters. Just like last year, when South African Daniel Metsing won the same double, Greg Owings pulled it off this year. His only competition, while it lasted in both races, was just-turned-30 local Carlos



Women's 800 Meter Runners: (left to right): Miki Hervey, Jennifer Wright & Reiko Duba.

Owings also won. His time in the 10,000 was 33:01.6. Godoy was second, as he had been all the way, but he was nearly caught by Bernal, whom he beat by less than 2 seconds. Actually, Godoy attempted to shake Bernal on the final lap, and after opening up a 15 yard lead, Bernal began to eat into it a bit, taking third maybe 10 yards behind Godoy.

The next day it seemed hotter, if anything. This time Godoy seemed to be taking it to Owings. He took the early lead and Owings seemed to be content to hang a yard or two back. But, with just over 1200 meters to go, Owings took off and blitzed the field to a 15:27.6 win. Godoy got second again, but again it wasn't easy. He faded on the last lap, and Lew Faxon picked that time to come on. Winner of the 40-44 division, Faxon came just 3.7 seconds short of catching Godoy. Actually, it looked a lot closer than that.



ingua running club, out of Houston, Texas. He, himself is from Norman, Oklahoma, and he holds the course record for the Oklahoma City Marathon with a 2:32. His PR in the 26 miler is 2:27. So, Greg Owings has burst upon the masters scene with notice of being a tough customer.

An interesting sidelight on Paul Spangler. A hamstring pull was taking him out of some running, but he could walk without pain, so he tried some of the walking events, more or less for something to do. When he heard what the records for his group were, he felt he could do as well. And, that's what he did. He went out and set a WR in the 10-K and an AR in the 5-K. Of such things are champions made. That was at the Senior Olympics at UCLA. And then, he turns around and gets a WR in the 5-K here at the Pan Am, the running 5-K, that is. The time was 23:53.5.



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Helen Dick is past that division. She's in the 55-59. She did a 6:01.3 for 1500. That's about a 6:20 mile, maybe 6:25. Not that great? Well, add about 40 seconds to it and you've got her average --- for the **marathon**. OK, sceptics, run a 26 miler with Mrs. Dick and then say that these are a bunch of old fogeys trying to pretend they can still cut the mustard. Buddy, they do cut the mustard.

Unfortunately for the masters movement, the mass media choose to publicize only one end of the action. It is truly wonderful that 73 year old Marilla Salisbury started running in her very late sixties, for the first time in her life yet, and now she has a truckload of gold medals and world records for the age group. Dr. Paul Spangler is 81 and he actually runs the 5000 and 10,000 meters. He's not a shuffler. He too has a flock of awards and WR's. They have shown that age is not a barrier to physical activity. But, all due respect top them, to the *London Times* which is featuring Spangler in an article, and to ABC-TV, which was doing a special on Salisbury; the really remarkable performances, and performers are being given short shrift. Spangler has no competition at all in his age group. After all, how many of us poor guys live that long in any condition, let alone in condition to run a 10K? And, up until recently, Mrs. Salisbury hasn't had anyone to run against either. Now that some of the ladies are moving into that division, she isn't having things her own way, but the others are being ignored, along with Billups and Cohen, and the amazing Jim O'Neil, Philippa Raschker, Harold Daughters and Nick Newton, just to scratch the surface.

Nick Newton: Now, there's an example for you. Last year at this meet, Newton was sitting in a wheelchair, recuperating from a recent cancer operation. He could barely stand up. This year, Newton set a meet record in the 400 meters in his 45-49 age group. His time was a blistering 53.48. Try that on your local track. Now there would have been a story for ABC. But, I guess the

West Director Hilliard Sumner was pleased with the media's narrow, and narrow-minded attention, especially when you realize that they weren't admiring Spangler and Salisbury. They are, in effect, treating them as cute little freaks, instead of the pioneers that they are. But, the fiery Sumner waxed philosophical: Some exposure is better than being totally ignored. Not much, though, he conceded.

Well, let's go on.

One guy we had never heard of came along and swept the 5000 and 10,000 meters. Just like last year, when South African Daniel Metsing won the same double, Greg Owings pulled it off this year. His only competition, while it lasted in both races, was just-turned-30 local Carlos

seconds. Actually, Godoy attempted to shake Bernal on the final lap, and after opening up a 15 yard lead, Bernal began to eat into it a bit, taking third maybe 10 yards behind Godoy.

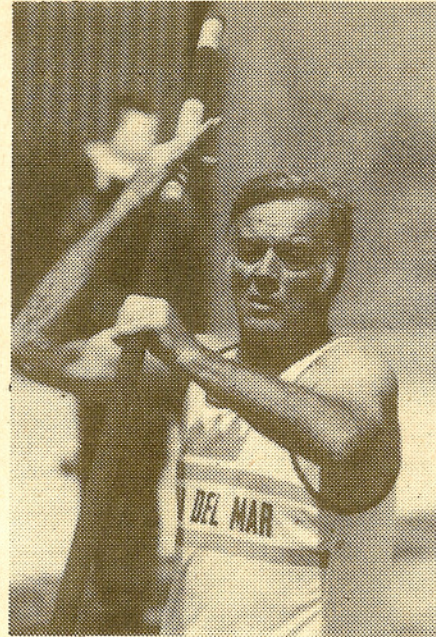
The next day it seemed hotter, if anything. This time Godoy seemed to be taking it to Owings. He took the early lead and Owings seemed to be content to hang a yard or two back. But, with just over 1200 meters to go, Owings took off and blitzed the field to a 15:27.6 win. Godoy got second again, but again it wasn't easy. He faded on the last lap, and Lew Faxon picked that time to come on. Winner of the 40-44 division, Faxon came just 3.7 seconds short of catching Godoy. Actually, it looked a lot closer than that.

At the 20 meter to 2:27.50, Greg Owings has burst upon the masters scene with notice of being a tough customer.

An interesting sidelight on Paul Spangler. A hamstring pull was taking him out of some running, but he could walk without pain, so he tried some of the walking events, more or less for something to do. When he heard what the records for his group were, he felt he could do as well. And, that's what he did. He went out and set a WR in the 10-K and an AR in the 5-K. Of such things are champions made. That was at the Senior Olympics at UCLA. And then, he turns around and gets a WR in the 5-K here at the Pan Am, the running 5-K, that is. The time was 23:53.5.



Ray Spencer



Don Grosh



Randy Hubble

Godoy. But the 33 year old Owings was too much for everyone. He got out front right away in that 10,000 meters. Godoy chased him for a while, but the heat and Owings speed were too much, and by the sixth lap, Owings had an insurmountable lead. Godoy, in turn, had a convincing lead over third, which was a small pack including Gabriel Bernal, Andre Tocco and Heriberto Silva. Although the event was one of the first to go, it was around 10:00 o'clock, and that's kind of late for a 10-k, even on the track. And, it really was hot. It was hot the next day, too, when they ran the 5000, which

It turned out that Godoy had spoken to Owings before the race and asked Owings to sort of help push him a bit, instead of running off and hiding, as he had done in the 10,000 the previous day. Owings was agreeable.

We had never seen him before and didn't know anything about him. Looking no more than maybe 25 years of age, Owings is actually 33 and never ran until he was 29. No college, no high school, no nuthin'. His best times for 5 and 10 thousand came this year, 15:14 and 31:20. No question of his being a quality runner. He's a member of the Terli-

In the walks, Ron Daniel could have just about called his time in. He was an easy winner in both the 5-K and 20-K. Spangler lowered his AR clear down to a WR for the 5-K walk, while Bonnie Dillon and Vicki Jones each set meet records in the 5-K. Those two, along with Daniel, I believe, will be representing the U.S. in an international championship in Spain next month.

Speaking of World Records: Meet Director Hilliard Sumner got in on one, himself. Hilliard's Southern California Striders 1600 relay quartet recorded a global 3:20.7 best

continued on next page.....

Pan American Games

continued from page 13

with splits of: Ralph Lee 51.4, William Bogan 51.1, Ken Stuart 50.6, Hilliard Sumner 47.6. All are 35 years old but Lee who is 40.

It was the Striders day for World Records in the running events. After a couple of false starts from nervous competitors, the race finally got under way. It was the Men's 110 Meter High Hurdles and the Striders' Walt Butler proved there is nothing false about his exceptional ability to top the timbers. The ever-present and ever consistent Butler blasted to a remarkable 14.67 World Record time, over a second ahead of second place Alvin Henry who is also an excellent hurdler in his own right. Butler's performance earned him the meet's "All Around Best Performance" trophy.

The field events proved to be just as hot as the running. Hot because of the unseason temperatures and lack of shade at the USC track, but also hot in terms of some of the competition and quality marks. Admittedly some of the competitors were "saving it" for the Nationals the following week, but that fact didn't stop others from grabbing a good number of meet marks, sprinkled with an occasional World and American mark.

Take the hot-steppin' triple jumpers, for example: Al Henry (40-44) hop-stepped-jumped out 44-6, Dave Jackson (45-49) hit 43-1/2, then a series of meet records were recorded by Novica Milicevic (50-55) at 37-2, Tom Patsalis (55-59) at 40-6 1/2 and Elias Baruch (60-64) with 33-1 1/4.

photo by Richard Slotkin



way from Georgia to fly half-way back home with a leap of 18-9 3/4 in winning the Women's 30-34 Long Jump. Also setting an impressive meet record was Christel Miller with a 14-2 1/2 in the 45-49 section.

Not to be outdone by the horizontal hoppers, the vertical jumpers had their stars, as well. Highlight of the high leapers was John Dobroth's 6-6 in the high jump in winning the 40-44. This mark earned him the "Best Field Performance" trophy. Other exceptional high jump marks were accomplished by Spotswood Hall with 5-2 in the 55-59, Burl Gist 5-2 in the 60-64 and Buell Crane 3-10 in the 80-Plus.

Dominating the submaster pole vaulters by 2 1/2 feet was Robert Pullard's 16-0 meet record. Just as dominating in the over 40 groups was James Cook's 13-6 meet record in the 45-49 - also 2 1/2 feet better than anyone else over 40.

The throwing events had some sparkle, too; especially the discus which produced seven meet records, among which were Bob Humphrey's excellent 159-8 in the 45-49, Leonard Olson's 152-7 in the 50-54 and San Aldrich's most remarkable 165-3 in the 60-64. Shirley Kinsey showed her stuff for the women's side with a meet record 78-6 in the 50-54. Edith Mendyka put her 70-74 mark out to 62-6. Kinsey was the most impressive shot putter of the day, as well, with an American Record of 29-10.

Two performances, in particular, stand out in the long throws. Francisco Gragosos-

photo by Richard Slotkin



come from ever gracious Nike) which includes stadium rental, awards, program and promotion. It was a good show - from the awards to the announcing to the athletes performances. Now, if we could just get a few trees around the track, or, I'd even settle for some bleachers.

RESULTS

100 Meters - Men— 30-34: 1. Mike Jackson (CA) 11.21; 2. Dan Thiel (LA) 11.31; 3. Jesse Whitmire (CA) 11.38. **35-39:** 1. Clarence Ray 10.89; 2. Rueben Whitney (TX) 11.15; 3. James Vicks (TX) 11.43. **40-44:** 1. Walt Butler (CA) 11.36; 2. Doug Smith (CA) 11.81; 3. Ken Dennis (CA) 11.82. **45-49:** 1. Bruce Springbett (CA) 11.99; 2. Nick Newton (CA) 12.02; 3. Matt Brown (NJ) 12.03. **50-54:** 1. Edmund Schuler (FL) 12.33; 2. Harold Green (VA) 12.44; 3. Oswald Dawkins (CA) 12.46. **55-59:** 1. Tom Patsalis (CA) 11.20WR; 2. Raymond Spencer (CA) 11.70; 3. Haydn Parks (CA) 11.80. **60-64:** 1. John Alexander (TX) 13.39; 2. Peter Fetter (CA) 13.94; 3. Clarence Killion (CA) 14.15. **65-69:** 1. Herbert Miller (CA) 14.60; 2. James Carson (CA) 17.90. **70-74:** 1. Anthony Castro (CA) 14.5; 2. Joe Caruso (CA) 13.3. **80-Plus:** 1. Buell Crane (ID) 18.8.

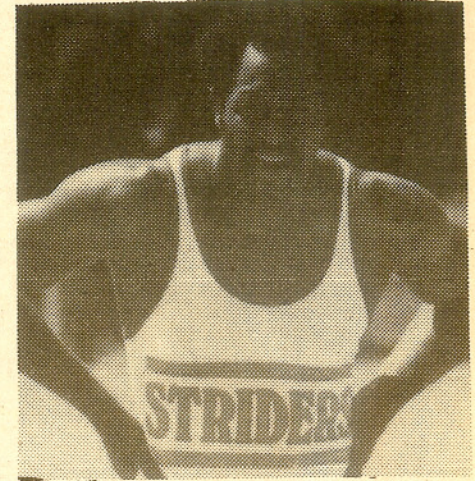
100 Meters - Women— 30-34: 1. Phil Raschker (GA) 12.69MR. **40-44:** 1. Almata Parish (CA) 14.63; 2. Jeanne Carter (CA) 14.7. **45-49:** 1. Irene Obera (CA) 13.61; 2. Christel Miller (CA) 14.61; 3. Joan Tyksinski (CA) 17.7. **50-54:** 1. Shirley Kinsey (CA) 16.27; 2. Shirley Dietderich (CA) 17.56; 3. Magdalena Kuehne (CA) 18.41. **55-59:** 1. Diana Smith (CA) 19.84. **60-64:** 1. Josephine Kolda (CA) 14.40WR; 2. Marjorie Hunt (CA) 21.24. **70-74:** 1. Bess James (CA) 20.01MR; 2. Felicitas Salazar (CA) 28.26; 3. Marilla Salisbury (CA) 29.75. **80-Plus:** 1. Marion Higgins (CA) 37.2MR.

200 Meters - Men— 30-34: 1. Mike Jackson (CA) 22.32; 2. Glenn Johnson (CA) 22.67; 3. Jesse Whitmire (CA) 22.76. **35-39:** 1. Ruben Whitney (TX) 22.27; 2. Hilliard Sumner (CA) 22.36; 3. Clarence Ray 22.86. **40-44:** 1. Jim Burnett (IL) 22.59; 2. Walt Butler (CA) 23.05; 3. Dave Segal (CA) 23.35. **45-49:** 1. Nick Newton (CA) 23.88MR; 2. Matt Brown (NJ) 23.90; 3. Bruce Springbett (CA) 23.98. **50-54:** 1. Oswald Dawkins (CA) 25.62; 2. Harold Green (VA) 25.78; 3. Edmund Schuler (FL) 26.04. **55-59:** 1. Ray Spencer (CA) 27.87; 2. Haydn Parks (CA) 28.44. **60-64:** 1. John Alexander (TX) 26.49; 2. Peter Fetter (CA) 28.51; 3. Byron Walls (CA) 29.2. **65-69:** 1. Herbert Miller (CA) 30.41. **70-74:** 1. Anthony Castro (CA) 29.66MR. **75-79:** 1. Winfield McFadden (CA) 34.9; 2. Nat Pisciotta (CA) 42.7. **80-Plus:** 1. Beull Crane (ID) 43.7MR.

200 Meters - Women— 30-34: 1. Phil Raschker (GA) 25.15MR. **40-44:** 1. Almata Parish (CA) 29.50; 2. Jeanne Carter (CA) 30.62. **45-49:** 1. Irene Obera (CA) 28.02; 2. Joan Tyksinski (CA) 36.7. **50-54:** 1. Shirley Kinsey (CA) 32.9; 2. Shirley Dietderich (CA) 36.2. **60-64:** 1. Josephine Kolda (CA) 35.28. **70-74:** 1. Bess James (CA) 40.88; 2. Felicitas Salazar (CA) 55.60; 3. Marilla Salisbury (CA) 65.6. **80-Plus:** 1. Marion Higgins (CA) 92.9MR.

400 Meters - Men— 30-34: 1. Eugene Driver (CA) 49.6; 2. Dan Thiel (LA) 49.98; 3. Ken Stuart (CA) 50.37. **35-39:** 1. Hilliard Sumner (CA) 50.13; 2. James Vicks (TX) 50.72; 3. Frank Little 53.0. **40-44:** 1. James Burnett (IL) 50.2; 2. Ralph Lee (CA) 51.65; 3. Harry Tolliver (OH) 53.04. **45-49:** 1. Nick Newton (CA) 53.48MR; 2. Haig Bohigian (NY) 53.85; 3. Cliff Pauling (NY) 53.96. **50-54:** 1. Oswald Dawkins (CA) 56.66; 2. Kelsey Brown (NJ) 58.10; 3. David Mack (CA) 58.37. **55-59:** 1. Bill Fitzgerald (CA) 58.58; 2. Raymond Spencer (CA) 63.3; 3. Haydn Parks (CA) 63.5. **60-64:** 1. John Alexander (TX) 59.06MR; 2. Clarence Killion (CA) 67.04; 3. George Poloyinis (CA) 67.67. **65-69:** 1. Donald Longnecker (NM) 69.0; 2. Paul Ganahl (CA) 71.7; 3. Robert Fredericks (CA) 93.0. **70-74:** 1. Lucian Salazar (CA) 96.2.

400 Meters - Women— 30-34: 1. Phil Raschker (GA) 58.32MR. **35-39:** 1. Frances Baxter (TX) 75.6. **40-44:** 1. Jeanne Carter (CA) 68.36; 2. Almata Parish (CA) 68.66. **45-49:** 1. Irene Obera (CA) 65.23. **50-54:** 1. Shirley Dietderich (CA) 86.77; 2. Marilyn Waste (CA) 91.98. **70-74:** 1. Bess James (CA) 1:39.05MR; 2. Felicitas Salazar (CA) 2:17.2; 3. Marilla Salisbury (CA) 2:35.9.



Walt Butler

45-49: 1. Ralph Bowles (CA) 17:01.6; 2. Robert Lopez (CA) 18:32.9; 3. Louis Simms (CA) 19:30.0. **50-54:** 1. Luis Torres 17:14.5; 2. Patrick Devine (CA) 17:48.6; 3. David Parker (CA) 18:28.5. **55-59:** 1. Jim O'Neil (CA) 17:00.5; 2. Bruce Robinson (CA) 19:10.5. **65-69:** 1. John Montoya (CA) 28:01.10; 2. Phillip Carey (CA) 26:55.00. **70-74:** 1. Raymond Neveau (CA) 24:21.3; 2. Lucian Salazar (CA) 31:47.1. **80-Plus:** 1. Paul Spangler (CA) 23:53.5.

5000 Meters - Women— 30-34: 1. Jean Chromoy (CA) 21:22.0; 2. Chiye Horiguchi (CA) 24:21.0. **50-54:** 1. Adele Milicevic (AZ) 21:16MR; 2. Marilyn Waste (CA) 21:54.1. **70-74:** 1. Bess James (CA) 31:14.0MR.

10,000 Meters - Men— 30-34: 1. Greg Owings 33:01.6; 2. Carlos Goday 33:41.5; 3. Henry Lange (CA) 34:34.5. **35-39:** 1. Heriberto Silva 35:48.8; 2. Arnold Barton (CA) 37:17.7. **40-44:** 1. Gabriel Bernal (CA) 33:43.2; 2. Arthur Mortell 38:25.0. **45-49:** 1. Andre Tocco (CA) 34:00.8; 2. Ralph Bowles (CA) 35:47.0. **50-54:** 1. Luis Torres 38:15.7; 2. Patrick Devine (CA) 38:52.6; 3. Don Lucero 40:06.0. **55-59:** 1. Robert Page 40:53.2. **60-64:** 1. Harold Daughters (CA) 40:15.1MR. **65-69:** 1. Bob Boal (NC) 49:16.0; 2. John Montoya (CA) 49:40.0. **70-74:** 1. Lucian Salazar (CA) 62.38.

10,000 Meters - Women— 40-44: 1. Joyce Momita (CA) 49:20. **50-54:** 1. Adele Milicevic (AZ) 49:20. **55-59:** 1. Helen Dick (CA) 43:34.6. **70-74:** 1. Bess James (CA) 1:06:03MR; 2. 1:19:27.

400 Meter Relay - 30-39: 1. Southern California Striders 42.68; 2. Corona Del Mar 43.16; 3. Southern California Striders 46.6. **40-49:** 1. Corona Del Mar 44.18. **Women:** 1. Corona Del Mar 58.5.

4x200m Relay— 30-39: 1. Southern California Striders 1:30.0; 2. All American Track Club 1:31.8. **40-49:** 1. Southern California Striders 1:32.0MR; 2. Corona Del Mar 1:32.2. **50-59:** 1. Southern California Striders 2:01.4.

1600 Meter Relay— 30-39: 1. Southern California Striders 3:20.7WR. **50-59:** 1. Southern California Striders 4:03.8; 2. Santa Monica Track Club 4:15.3. **60-69:** 1. Southern California Striders 4:30.2.

5000 Meter Walk - Men— 40-44: 1. Ron Daniel (CA) 23:54; 2. James Moberly (HI) 25:56. **50-54:** 1. John Kelly (CA) 24:58; 2. John MacLachlan (RX) 28:31; 3. Milton Creange 30:54. **55-59:** 1. Harry Siitonen (CA) 30:08. **60-64:** 1. Robert Long (CA) 32:14. **65-69:** 1. Harold McWilliams (CA) 31:01. **70-74:** 1. Gordon Wallace (AZ) 31:14; 2. Ches Unruh (CA) 33:31. **80-Plus:** 1. Paul Spangler (CA) 34:54WR.

5000 Meter Walk - Women— 30-34: 1. Bonnie Dillon (CA) 26:52MR. **35-39:** 1. Vicki Jones 24:56MR; 2. Jolene Steigerwalt (CA) 27:50. **40-44:** 1. Mary Blackmon 36:31. **45-49:** 1. Jeannine Burk (CA) 32:44. **60-64:** 1. Rose Kash (CA) 36:04. **70-74:** 1. Marilla Salisbury (CA) 40:21WR; 2. Fleeta Garola



Greg Owings

Patsalis not only set a MR in the three hopper, but also bagged one in the single leaper with a 19-9¼ long jump; as did Gordon Farrell in the 60-64 (17-2¼) and Joe Caruso in the 70-74 (13-2¼). But, the big news in the long jump came from the distaff side when Phyllis Raschker came all the



Ron Daniel

146-7 in the 60-64 Hammer Throw and Ralph Sutton's 163-7 in the 50-54 Javelin.

Home Savings has been the sponsors of the Pan Am Games for four years now. I must say they do an excellent job while keeping a low profile. They provide everything but shirts and numbers (which

65-69: 1. Herbert Miller (CA) 30.41. 70-74: 1. Anthony Castro (CA) 29.66MR. 75-79: 1. Winfield McFadden (CA) 34.9; 2. Nat Pisciotta (CA) 42.7. 80-Plus: 1. Beull Crane (ID) 43.7MR. 200 Meters - Women— 30-34: 1. Phil Raschker (GA) 25.15MR. 40-44: 1. Almata Parish (CA) 29.50; 2. Jeanne Carter (CA) 30.62. 45-49: 1. Irene Obera (CA) 28.02; 2. Joan Tykshinski (CA) 36.7. 50-54: 1. Shirley Kinsey (CA) 32.9; 2. Shirley Dietrich (CA) 36.2. 60-64: 1. Josephine Kolda (CA) 35.28. 70-74: 1. Bess James (CA) 40.88; 2. Felicitas Salazar (CA) 55.60; 3. Marilla Salisbury (CA) 65.6. 80-Plus: 1. Marion Higgins (CA) 92.9MR.

400 Meters - Men— 30-34: 1. Eugene Driver (CA) 49.6; 2. Dan Thiel (LA) 49.98; 3. Ken Stuart (CA) 50.37. 35-39: 1. Hilliard Sumner (CA) 50.13; 2. James Vicks (TX) 50.72; 3. Frank Little 53.0. 40-44: 1. James Burnett (IL) 50.2; 2. Ralph Lee (CA) 51.65; 3. Harry Tolliver (OH) 53.04. 45-49: 1. Nick Newton (CA) 53.48MR; 2. Haig Bohigian (NY) 53.85; 3. Cliff Pauling (NY) 53.96. 50-54: 1. Oswald Dawkins (CA) 56.66; 2. Kelsey Brown (NJ) 58.10; 3. David Mack (CA) 58.37. 55-59: 1. Bill Fitzgerald (CA) 58.58; 2. Raymond Spencer (CA) 63.3; 3. Haydn Parks (CA) 63.5. 60-64: 1. John Alexander (TX) 59.06MR; 2. Clarence Killion (CA) 67.04; 3. George Poloynis (CA) 67.87. 65-69: 1. Donald Longnecker (NM) 69.0; 2. Paul Ganahl (CA) 71.7; 3. Robert Fredericks (CA) 93.0. 70-74: 1. Lucian Salazar (CA) 96.2.

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800 Meters - Men— 30-34: 1. Ken Stuart (CA) 1:55.1MR; 2. Jim Waters (NJ) 1:56.4; 3. Reynaldo Corona (CA) 2:02.5. 35-39: 1. John Perry 1:58.9; 2. Bob Browne 1:59.8; 3. Rich Myers (NJ) 2:01.2. 40-44: 1. Ernest Billups (IL) 1:56.1; 2. George Cohen (CA) 1:57.1; 3. Harry Tolliver (OH) 2:01.1. 45-49: 1. Louis Vink 2:03.4MR; 2. Clifford Pauling (NY) 2:03.5; 3. Jesse Carrington (CA) 2:05.7. 50-54: 1. Kelsey Brown (NJ) 2:15.3; 2. Jerry Withers (CA) 2:15.3; 3. Carlos Hernandez 2:16.9. 55-59: 1. Bill Fitzgerald (CA) 2:17.5; 2. Louis Schneider (KY) 2:19.3; 3. Avery Bryant (CA) 2:21.7. 60-64: 1. Jack Rice (FL) 2:20.9; 2. George Poloynis (CA) 2:40.2; 3. Robert Long (CA) 3:15.2. 65-69: 1. Donald Longnecker (NM) 2:29.9; 2. Ed Stotsenberg (CA) 2:39.0; 3. Phillip Carey 3:03.8. 70-74: 1. Sid Madden (CA) 2:52.0; 2. Lucian Salazar (CA) 4:28.3. 75-79: 1. Harold Chapson (HI) 2:52.0. 80-Plus: 1. Paul Spangler (CA) 4:22.9MR.

800 Meters - Women— 35-39: 1. Miki Hervey 2:33.5; 2. Reiko Duba (CA) 2:36.2. 45-49: 1. Jennifer Wright (CA) 2:35.3; 2. Mary Czarapata (WI) 2:39.3. 50-54: 1. Adele Milicevic (AZ) 3:05.3; 2. Marilyn Waste (CA) 3:19.2. 60-64: 1. Dorcas Hatlen (CA) nt. 70-74: 1. Bess James (CA) 4:26.4MR; 2. Felicitas Salazar (CA) 5:02.7; 3. Marilla Salisbury (CA) 5:51.0.

1500 Meters - Men— 30-34: 1. Jim Waters (NJ) 3:58.5; 2. Rey Corona (CA) 4:06.9; 3. Carlos Goday 4:35.7. 35-39: 1. Rich Myers (NJ) 4:02.1MR; 2. Ken Kohon (WA) 4:18.7; 3. Arnold Barton (CA) 4:45.5. 40-44: 1. Ernest Billups (IL) 4:05.1; 2. George Cohen (CA) 4:11.0; 3. Chuck Downey (CO) 4:13.4. 45-49: 1. Louis Vink 4:13.3MR; 2. Robert Packard (AZ) 4:13.6; 3. Clifford Pauling (NY) 4:28.3. 50-54: 1. Kelsey Brown (NJ) 4:35.8; 2. Tom Sturak (OR) 4:42.3; 3. Carlos Hernandez 4:44.2. 55-59: 1. Avery Bryant (CA) 4:46.6; 2. Louis Schneider (KY) 4:47.5; 3. Robert Page 4:53.8. 60-64: 1. Jack Rice (FL) 5:02.4; 2. George Poloynis (CA) 6:09.8; 3. Robert Long (CA) 6:28.3. 65-69: 1. Donald Longnecker (NM) 5:05.6MR; 2. Ed Stotsenberg (CA) 5:31.9. 70-74: 1. Sid Madden (CA) 5:55.2MR; 2. Lucian Salazar (CA) 7:35.3. 75-79: 1. Harold Chapson (HI) 5:55.2MR; 2. Nat Pisciotta (CA) 7:26.6. 80-Plus: 1. Paul Spangler (CA) 7:27.2MR.

1500 Meters - Women— 35-39: 1. Reiko Duba (CA) 5:41.2; 2. Sherri Tracy (NV) 6:59.9. 45-49: 1. Martha Klopfer (NC) 5:05.2; 2. Mary Czarapata (WI) 5:08.7; 3. Jennifer Wright (CA) 5:11.8. 50-54: 1. Adele Milicevic (AZ) 6:35.7; 2. Marilyn Waste (CA) 6:44.6. 55-59: 1. Helen Dick (CA) 6:01.3. 70-74: 1. Bess James (CA) 8:21.6MR; 2. Felicitas Salazar (CA) 9:26.1; 3. Marilla Salisbury (CA) 11:55.1.

5000 Meters - Men— 30-34: 1. Greg Owings 15:27.6; 2. Carlos Goday 15:52.3; 3. Bruce Horiguchi (CA) 17:49.4. 35-39: 1. Jim Howell 16:37; 2. Otilio Corona 17:08.9; 3. Heriberto Silva 17:09.7. 40-44: 1. Lew Faxon (VA) 15:55.9; 2. Gabriel Bernal (CA) 16:19.5; 3. James Murphy (CA) 16:41.5.

(CA) 35:47.0. 50-54: 1. Luis Torres 38:15.7; 2. Patrick Devine (CA) 38:52.8; 3. Don Lucero 40:06.0. 55-59: 1. Robert Page 40:53.2. 60-64: 1. Harold Daughters (CA) 40:15.1MR. 65-69: 1. Bob Boal (NC) 49:16.0; 2. John Montoya (CA) 49:40.0. 70-74: 1. Lucian Salazar (CA) 62.38.

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400 Meter Relay - 30-39: 1. Southern California Striders 42.68; 2. Corona Del Mar 43.16; 3. Southern California Striders 46.6. 40-49: 1. Corona Del Mar 44.18. Women: 1. Corona Del Mar 58.5.

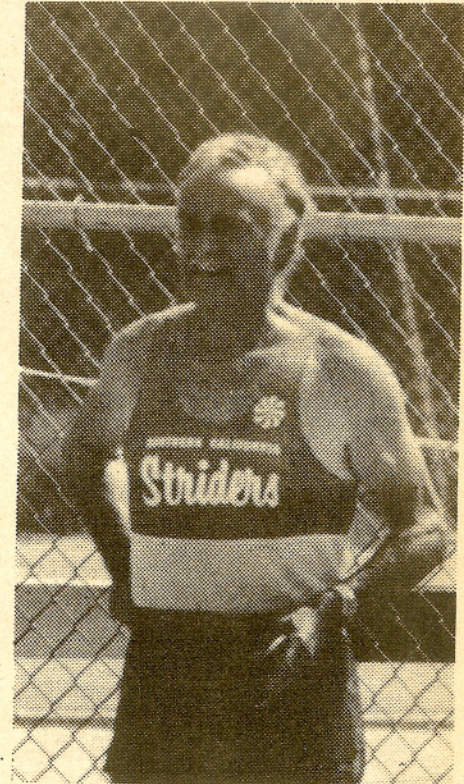
4x200m Relay— 30-39: 1. Southern California Striders 1:30.0; 2. All American Track Club 1:31.8. 40-49: 1. Southern California Striders 1:32.0MR; 2. Corona Del Mar 1:32.2. 50-59: 1. Southern California Striders 2:01.4.

1600 Meter Relay— 30-39: 1. Southern California Striders 3:20.7WR. 50-59: 1. Southern California Striders 4:03.8; 2. Santa Monica Track Club 4:15.3. 60-69: 1. Southern California Striders 4:30.2.

5000 Meter Walk - Men— 40-44: 1. Ron Daniel (CA) 23:54; 2. James Moberly (HI) 25:56. 50-54: 1. John Kelly (CA) 24:58; 2. John MacLachlan (RX) 28:31; 3. Milton Creange 30:54. 55-59: 1. Harry Siitonen (CA) 30:08. 60-64: 1. Robert Long (CA) 32:14. 65-69: 1. Harold McWilliams (CA) 31:01. 70-74: 1. Gordon Wallace (AZ) 31:14; 2. Ches Unruh (CA) 33:31. 80-Plus: 1. Paul Spangler (CA) 34:54WR.

5000 Meter Walk - Women— 30-34: 1. Bonnie Dillon (CA) 26:52MR. 35-39: 1. Vicki Jones 24:56MR; 2. Jolene Steigerwalt (CA) 27:50. 40-44: 1. Mary Blackmon 36:31. 45-49: 1. Jeannine Burk (CA) 32:44. 60-64: 1. Rose Kash (CA) 36:04. 70-74: 1. Marilla Salisbury (CA) 40:21WR; 2. Elena Carola (CA) 43:00.

20,000 Meter Walk - Men— 40-44: 1. Ron Daniel (CA) 1:45:53; 2. James Moberly (HI) 1:58:41. 50-54: 1. John Kelly (CA) 2:01:13; 2. John Friesen (CA) 2:37:14. 55-59: 1. Harry



Art Vesco

Siltonen (CA) 2:16.54. **70-74:** 1. Gordon Wallace (AZ) 2:19.44; 2. John Hanna (CA) 2:24.00; 3. Ches Unruh (CA) 2:48.48.

20,000 Meter Walk - Women— 30-34: 1. Bonnie Dillon (CA) 2:01:13. **35-39:** 1. Jolene Steigerwalt (CA) 2:06:34. **60-64:** 1. Rose Kash (CA) 2:37:22WR.

110 Meter Hurdles - Men— 30-34: 1. John Jones (CA) 15.3; 2. Al Lipscomb (FL) 15.6. **35-39:** 1. Theo Viltz (CA) 15.07; 2. Cornilius McCormick (CA) 15.76. **40-44:** 1. Walt Butler (CA) 14.67WR; 2. Alvin Henry (CA) 15.82; 3. James Thomas (CA) 17.47. **45-49:** 1. William Clark (NJ) 18.60; 2. Jerry Stanners (CA) 21.20; 3. J. Thomas (CA) 26.30. **50-54:** 1. Edmund Schuler (FL) 19.33; 2. Fred Gallardo (CA) 20.40; 3. James Waste (CA) 26.90. **55-59:** 1. Tom Patsalis (CA) 17.90; 2. Loren Noyes (CA) 25.70. **60-64:** 1. Burl Gist (CA) 18.66; 2. Robert Hunt (CA) 20.00. **65-69:** 1. Herbert Miller (CA) 22.03. **70-74:** 1. Ted Hatlen (CA) 28.34MR.

400m Intermediate Hurdles - Men— 30-34: 1. Al Lipscomb (FL) 60.28; 2. John Jones (CA) 60.99. **35-39:** 1. C. McCormick (CA) 58.55; 2. Jack Karbens (HI) 75.40. **40-44:** 1. Michael DeStefano (CA) 57.84; 2. Ed Oleata (CA) 59.38; 3. Gary Bane (CA) 63.87. **45-49:** 1. Matt Brown (NJ) 61.63; 2. Josh Culbreath 62.75; 3. William Clark (NJ) 65.23. **50-54:** 1. Harold Green (VA) 66.7; 2. Bob Holmes (CA) 72.4; 3. Richard Czarapata (WI) 79.2. **55-59:** 1. Jack Noble (CA) 76.1; 2. Loren Noyes (CA) 86.8. **60-64:** 1. Robert Hunt (CA) 71.8. **65-69:** 1. Paul Ganahl (CA) 78.6.

3000 Meter Steeplechase - Men— 30-34: 1. Henry Lange (CA) 10:31.1MR; 2. Fred Doubell (CA) 11:09.4. **35-39:** 1. Heriberto Silva 11:20.7. **40-44:** 1. Kent Guthrie (CA) 10:57.4MR; 2. James Thomas (CA) 11:29.0. **45-49:** 1. Andre Tocco (CA) 10:49.9MR; 2. P. Alexander (CA) 12:29.0. **50-54:** 1. Luis Torres (PR) 11:46.0; 2. Patrick Devine (CA) 12:30.0; 3. Richard Czarapata (WI) 12:26.0. **55-59:** 1. Jack Noble (CA) 12:07.0. **60-64:** 1. Robert Long (CA) 15:54.0. **65-69:** 1. Robert Boal (NC) 13:42.0; 2. Paul Ganahl (CA) 14:56.0. **75-79:** 1. Nat Risciotta (CA) 20:17.0. **Javelin - Men— 30-34:** 1. Steven Pellittier (ME) 170-11. **40-44:** 1. David Robertson (WA) 175-10; 2. Lloyd Higgins (CA) 169-7; 3. Edward Hill (GA) 154-3. **40-44:** 1. Malachi McGruder (MI) 159-9; 2. Anthony MacKay 158-7; 3. Charles Jurden (TX) 123-3. **45-49:** 1. Phil Conley (CA) 193-6; 2. Hal Smith (CA) 114-3; 3. Ed Martin (CA) 114-11. **50-54:** 1. Ralph Sutton (CA) 163-7MR; 2. Leonard Olson (VT) 136-8; 3. Jack Scott (IL) 123-9. **55-59:** 1. Edward Chynoweth (CA) 135-2; 2. Rusty Tracy (NV) 79-5; 3. Emson Grimm (CA) 44-2. **60-64:** 1. Pete Fetter (CA) 134-6; 2. Bob Stone (CA) 117-11; 3. Gordon Norderen (LA) 18-0. **65-69:** 1. Art Vesco (CA) 75-2. **70-74:** 1. Robert MacConaghy (CA) 100-6; 2. Red Doms (CA) 90-11; 3. Randy Hubbell (CA) 85-0. **75-79:** 1. Mert Gambito (CA) 85-5. **80-Plus:** 1. Buell Crane (ID) 56-5.

Javelin - Women— 40-44: 1. Yvonne Rojano 70-10; 2. Ursula Schreiber (CA) 69-8. **45-49:** 1. Christel Miller (CA) 98-10. **50-54:** 1. Shirley Kinsey (CA) 67-9. **70-74:** 1. Edith Mendyka (CA) 71-8.



Jerry Withers

Hammer - Men— 35-39: 1. Edward Hill (GA) 152-4. **40-44:** 1. Julian Nunez 137-9; 2. Carl Klehm (CA) 134-2; 3. James Hart (CA) 118-11. **45-49:** 1. Gilberto Garcia 127-10; 2. Jose Frawndorfer (FL) 125-8; 3. Hal Smith (CA) 116-0. **50-54:** 1. Leonard Olson (VT) 143-0; 2. Jack Scott (IL) 114-3. **55-59:** 1. Emson Grimm (CA) 55-7. **60-64:** 1. Francisco Fragoso 146-7; 2. Dan Aldrich (CA) 119-11; 3. Bob Stone (CA) 107-0. **65-69:** 1. Art Vesco (CA) 87-6. **70-74:** 1. Steve Hubble (CA) 111-0.

Triple Jump - Men— 30-34: 1. Randy Lang (CA) 42-9½; 2. Joel Whitfield 40-6; 3. Preston Hannibal (NH) 38-11. **35-39:** 1. Jack Karbens (HT) 30-10¼. **40-44:** 1. Alvin Henry (CA) 44-6; 2. Joe Isert (CA) 37-5; 3. Charles Jurden (TX) 32-0½. **45-49:** 1. Dave Jackson (CA) 43-1½; 2. William Clark (NJ) 35-3¼; 3. Haig Bohigian (NY) 34-7½. **50-54:** 1. Novica Milicevic (AZ) 37-2MR; 2. Don Donnelly (CA) 34-7¼; 3. Joe Thomas 27-11¼. **55-59:** 1. Tom Patsalis (CA) 40-6¼MR; 2. Ray Spencer (CA) 35-2; 3. Dave Brown (CA) 34-6. **60-64:** 1. Elias Baruch 33-1¼MR; 2. Richard Gansien (TX) 30-3¼; 3. George Poloynis (CA) 25-7. **65-69:** 1. Herbert Miller (CA) 27-7¼; 2. Phillip Carey (CA) 23-5¼; 3. Art Vesco (CA) 23-1. **70-74:** 1. Joe Curuso 25-9¼; 2. Red Doms (CA) 22-0. **75-79:** 1. Winifred McFadden 26-1; 2. Mert Gambito (CA) 22-10¼. **80-Plus:** 1. Buell Crane (ID) 21-0½.

Triple Jump - Women— 30-34: 1. P. Raschker (GA) 34-2½MR.

High Jump - Men— 30-34: 1. Steve Lang (CA) 6-7¼MR; 2. Charles Rader (CA) 6-4. **40-44:** 1. John Dobroth (CA) 6-6MR/AR; 2. Anthony MacKay 5-2; 3. Ed Oleata (CA) 5-0. **45-49:** 1. Nick Newton (CA) 5-10. **50-54:** 1. Leonard Olson (VT) 4-4; 2. Edmund Schuler (FL) 4-4; 3. Patrick Devine (CA) 4-2. **55-59:** 1. Spotswood Hall (VA) 5-2MR; 2. Dave Brown (CA) 4-4; 3. Rusty Tracy (NV) 4-2. **60-64:** 1. Burl Gist (CA) 5-2MR; 2. Orval Gillett (CA) 4-8; 3. Gordon Nordgren (LA) 4-4. **65-69:** 1. Calude Taggart 4-6; 2. Robert Boal (NC) 4-2; 3. Herbert Miller (CA) 3-8. **70-74:** 1. Ted Hatlen (CA) 3-10; 2. Red Doms (CA) 3-6. **75-79:** 1. Mert Gambito (CA) 3-10; 2. W. McFadden (CA) 3-10. **80-Plus:** 1. Buell Crane (ID) 3-10MR.

High Jump - Women— 30-34: 1. Phil Raschker (GA) 4-8. **45-49:** 1. Christel Miller (CA) 4-0; 2. Joan Tykinski (CA) 3-4.

Pole Vault - Men— 30-34: 1. Robert Pullard (CA) 16-0MR; 2. Skip Peterson (AZ) 13-6; 3. Joel Whitfield (AZ) 11-0. **35-39:** 1. Mardon Connelly (CA) 13-6MR; 2. Bruce Perkins (NV) 11-0; 3. James Ball 11-0. **40-44:** 1. Gary Bane (CA) 11-0; 2. Ron Fleming (CA) 11-0; 3. Murray Perkins (NV) 10-0. **45-49:** 1. James Cook 13-6; 2. Carlos Cota (CA) 11-0; 3. Jerry Stanners (CA) 10-6. **50-54:** 1. Hal Wallace (CA) 10-0; 2. Fred Gallardo (CA) 10-0. **55-59:** 1. Dave Brown (CA) 10-6; 2. Don Grosh (CA) 10-0; 3. Vern Wolfe (CA) 9-6. **60-64:** 1. Jim Vernon (CA) 11-0; 2. Orval Gillett (CA) 8-6. **65-69:** 1. Elmer Siegel (CA) 7-6; 2. Art Vesco (CA) 6-0. **70-74:** 1. Robert MacConaghy (CA) 8-0.

Long Jump - Men— 30-34: 1. Carl Flowers 22-8; 2. Preston Hannibal (NH) 18-5¼; 3. Gary Wright 17-11¼. **35-39:** 1. Rufus Morris (CA) 22-8½MR; 2. Dave Peck (CA) 16-4¼; 3. Jack Karbens (HI) 16-0½. **40-44:** 1. Alvin Henry (CA) 20-4¼; 2. Gary Miller (CA) 19-8; 3. Joe Isert (CA) 18-8¼.

45-49: 1. Dave Jackson (CA) 19-8¼; 2. William Clark (NJ) 18-6¼; 3. Roger Tsuda (CA) 17-3½. **50-54:** 1. Novica Milicevic (AZ) 19-2¼; 2. Edmund Schuler (FL) 16-8¼; 3. Fred Gallardo (CA) 14-9. **55-59:** 1. Tom Patsalis (CA) 19-9¼MR; 2. Ray Spencer (CA) 16-11¼; 3. Dave Brown (CA) 16-7. **60-64:** 1. Gordon Farrell (CA) 17-2¼MR; 2. John Alexander (TX) 16-8; 3. Jim Vernon (CA) 15-8½. **65-69:** 1. Herbert Miller (CA) 14-1½; 2. Art Vesco (CA) 10-9¼. **70-74:** 1. Joe Carusco 13-2¼MR; 2. Ted Hatlen (CA) 11-6. **75-79:** 1. Winfield McFadden (CA) 10-8¼MR; 2. Mert Gambito (CA) 10-7¼. **80-Plus:** 1. Buell Crane (ID) 9-1¼MR.

Long Jump - Women— 30-34: 1. Phil Raschker (GA) 18-9¼. **40-44:** 1. Yvonne Rojano 9-2. **45-49:** 1. Christel Miller (CA) 14-2½MR. **50-54:** 1. Magdalena Kuehne (CA) 10-10¼MR. **70-74:** 1. Edith Mendyka 8-0MR.

Shot Put - Men— 30-34: 1. Gary Kelmenson (CA) 35-7. **35-39:** 1. Edward Hill (CA) 49-10½; 2. Manuel Lechugan 40-11¼. **40-44:** 1. James Hart (CA) 42-11¼; 2. Larry Pratt (DEL) 40-10¼; 3. Carl Klehm (CA) 39-3¼. **45-49:** 1. Hal Smith (CA) 40-9¼MR; 2. Jose Frawndorfer (FL) 38-2¼. **50-54:** 1. Leonard Olson (VT) 46-9; 2. Charles Renfro (CA) 46-2¼; 3. Bob Flick (CA) 43-6. **55-59:** 1. George Ker (CA) 43-11; 2. Loren Noyes (CA) 30-11¼; 3. Emson Grimm (CA) 20-¼. **60-64:** 1. Dan Aldrich (CA) 45-2; 2. Bob Stone (CA) 40-10; 3. R. Parkinson (CA) 39-6¼. **65-69:** 1. Jack Thatcher (CA) 45-11¼MR; 2. Art Vesco (CA) 31-10; 3. James Carson (CA) 29-8. **70-74:** 1. Vernon Huddle (CA) 39-10½; 2. Red Doms (CA) 38-10; 3. Randy Hubbell 28-6¼. **75-79:** 1. Mert Gambito (CA) 26-1¼; 2. Earl Salisbury (CA) 23-7½. **80-Plus:** 1. Buell Crane (ID) 29-6MR.

Shot Put - Women— 40-44: 1. Yvonne Rojano 30-1½; 2. Ursula Schreiber (CA) 26-2½. **45-49:** 1. Joan Tysinski (CA) 20-9½. **50-54:** 1. Shirley Kinsey (CA) 29-10AR/MR; 2. Magdalena Kuehne (CA) 23-6. **70-74:** 1. Edith Mendyka (CA) 27-7½MR.

Discus - Men— 30-34: 1. Gary Kelmenson (CA) 107-4. **35-39:** 1. Lloyd Higgins (CA) 159-11MR; 2. Edward Hill (GA) 157-1; 3. Manuel Lechugan 138-1. **40-44:** 1. Larry Pratt (DEL) 150-8; 2. James Hart (CA) 138-7; 3. Carl Klehm (CA) 121-1. **45-49:** 1. Bob Humphrey (CA) 159-8MR; 2. Ed Van Pelt (CA) 131-2; 3. Jose Frawndorfer (FL) 124-7. **50-54:** 1. Leonard Olson (VT) 152-7MR; 2. Charles Olson (VT) 152-1; 3. Jack Scott (IL) 118-9. **55-59:** 1. George Ker (CA) 138-2; 2. Spotswood Hall (VA) 99-6; 3. Rusty Tracy (NV) 78-0. **60-64:** 1. Dan Aldrich (CA) 165-3MR; 2. Francisco Fragoso 130-2; 3. Bob Stone (CA) 130-1. **65-69:** 1. Jack Thatcher (CA) 120-7; 2. Art Vesco (CA) 95-11. **70-74:** 1. Vernon Huddle (CA) 127-7; 2. Red Doms (CA) 112-3; 3. Randy Hubbell 67-3. **75-79:** 1. Winfield McFadden (CA) 83-5; 2. Mert Gambito (CA) 81-3; 3. Earl Salisbury (CA) 48-10. **80-Plus:** 1. Buell Crane (ID) 75-7MR.

Discus - Women— 40-44: 1. Yvonne Rojano 101-2; 2. Ursula Schreiber (CA) 75-3. **45-49:** 1. Christel Miller (CA) 69-1. **50-54:** 1. Shirley Kinsey (CA) 78-6MR; 2. Magdalena Kuehne (CA) 41-5. **70-74:** 1. Edith Mendyka (CA) 62-6MR.

ADVICE FOR MASTERS RUNNERS

By STEVEN SUBOTNICK

Welcome to California Track & Running News' newest columnist: Steven Subotnick, D.P.M., M.S. Besides being a well-known Doctor



I talked to George Sheehan about this recently and it seems as though this happens to all of us. You have those periods when you're running well and those periods when you're not running so well. Often times during the stale periods, the reason for staleness is not only psychological but may be physiological. In other words, you're just plain tired out. It's during these periods that injuries may occur. There's a tendency to under train and over compete.

All of us know that when we get fatigued our running style changes and we're more prone towards injuries. Likewise, when we're fatigued our muscles lose their ability to protect the bones and joints and these organs become more prone to accumulative stress and eventual injury. There's also evidence that suggests that staleness is associated with over training. If

75-79: 1. Mert Gambito (CA) 85-5. 80-Plus: 1. Buell Crane (ID) 56-5.

Jayelin - Women— 40-44: 1. Yvonne Rojano 70-10; 2. Ursula Schreiber (CA) 69-8. **45-49:** 1. Christel Miller (CA) 98-10. **50-54:** 1. Shirley Kinsey (CA) 67-9. **70-74:** 1. Edith Mendyka (CA) 71-8.

Jerry Withers

non (CA) 11-0; 2. Orval Gillett (CA) 8-6. **65-69:** 1. Eimer Siegel (CA) 7-6; 2. Art Vesco (CA) 6-0. **70-74:** 1. Robert MacConaghy (CA) 8-0.

Long Jump - Men— 30-34: 1. Carl Flowers 22-8; 2. Preston Hannibal (NH) 18-5¼; 3. Gary Wright 17-11¼. **35-39:** 1. Rufus Morris (CA) 22-8½MR; 2. Dave Peck (CA) 16-4½; 3. Jack Karbens (HI) 16-0½. **40-44:** 1. Alvin Henry (CA) 20-4¼; 2. Gary Miller (CA) 19-8; 3. Joe Iseri (CA) 18-8¼.

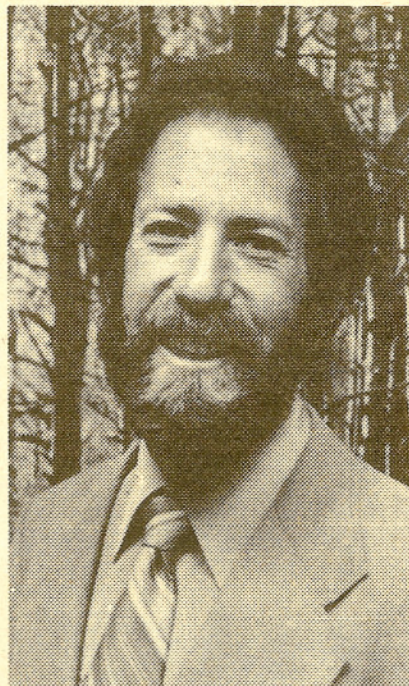
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ADVICE FOR MASTERS RUNNERS

By STEVEN SUBOTNICK

Welcome to California Track & Running News' newest columnist: Steven Subotnick, D.P.M., M.S. Besides being a well-known Doctor of Podiatric Sports Medicine and Foot Surgery, Steve is an avid long distance runner in the sub-masters division. He has, in addition to the regular Northern California races, competed in such biggies as the Boston Marathon, New York Marathon and Hawaii Marathon. He has presented lectures on sports medicine nationally and internationally and has written several books dealing with running foot injuries: The Running Foot Doctor, and Cures for Common Running Injuries. Steve will be serving as "Medical Editor" as well as writing his regular column "Advice for Masters Runners." He invites questions from readers and will answer them in his column. Address all correspondence to him in care of California Track & Running News.



I would like this column to be informational for the masters runners. Since I'm now 38 and approaching 39 and will be in this category soon, California Track and Running News is becoming more and more important to me. In fact, I'm actually looking forward to becoming a masters competitor. I ran this year, in New Zealand, in the submasters 5k race which preceded the World Games. This is quite an experience inasmuch as I was second to the last and blown off the track by people far older than myself.

As I approach the masters age and look back upon my last eight years of running I find that one of the major problems I have is staleness. In other words, I find it harder and harder to put in the training necessary and to do those intervals necessary to be in top competition at all times. I am stale and I know it.

I talked to George Sheehan about this recently and it seems as though this happens to all of us. You have those periods when you're running well and those periods when you're not running so well. Often times during the stale periods, the reason for staleness is not only psychological but may be physiological. In other words, you're just plain tired out. It's during these periods that injuries may occur. There's a tendency to under train and over compete.

All of us know that when we get fatigued our running style changes and we're more prone towards injuries. Likewise, when we're fatigued our muscles lose their ability to protect the bones and joints and these organs become more prone to accumulative stress and eventual injury. There's also evidence that suggests that staleness is associated with over training. If one wakes up in the morning and takes their pulse and finds that it's 10-15 beats faster than the normal resting pulse, then it's considered to be overtraining and over stress. The elevated pulse is a result of over training and over stress. Likewise, if there's soreness and stiffness all the time then something is wrong with the training program.

When I started getting stale, about 6-8 months ago, I was feeling stiff all over and indeed my pulse had been elevated. I was training for a marathon. I cut back on my training and started doing more stretching exercises. I likewise started doing stretching at night before I went to bed. I found that if I ran on a small trampoline for 5-10 minutes before going out on my training runs that I performed much better on my training runs. Likewise, if I spent 5-10 minutes before my runs and another 5-10 minutes after my runs a lot of the stiffness started leaving me. Apparently running on a rebounder causes the surface you're running on to return energy to the body. Running on hard surfaces, has very little energy return and in fact chronic repetitive stress may cause overuse injuries.

Thus, one way for me to combat my staleness was to do more stretching and to substitute other forms of aerobic activity and exercise for the lower extremity to help allow me to have a more balanced development of my lower extremity. As I did this, I noted my upper extremity was quite weak and began doing more exercises for this. My staleness is slowly leaving. I recently ran two marathons both with respectable yet no sensational times. The real problem, is that even with the knowledge of what staleness is and how to combat it, I'm still not sure if I want to put in all the training necessary to beat my personal best in the marathon. If I can run a marathon between 3:10 and 3:15 on 40-45 miles a week, is it worth it for me to run 80 miles a week to be in the 2:50's? This is a question that I ask myself often and I'm sure that many of the other masters likewise ask themselves. So, there you have it. After 47 marathons, I'm stale!

I'd like to have your comments on staleness and what you're doing to combat it and likewise to have your comments on any injuries that you might like to have me explain to you. In the same manner, if any information I have or which I might pick up in my travels is of interest to the master runner, I'll relate to you in this column. Let's make this column work for both of us.

Pacific Masters Championships

July 18, UCLA's Drake Stadium: 1981 Pacific Masters Track & Field Championships.

Two World Records and two National Records were set at the 1981 Pacific Masters Track & Field Championships held at UCLA's Drake Stadium.

Bess James, 70, ran the 200 meters in 43.7 seconds. She had owned the old world mark of 45.1.

Tom Patsalis set the other world record when he long jumped 20-0¼ competing in the men's 55-59 division, also extending his old record which was 19-9½.

The pair of national records were set by Walt Butler, 40, running the 110-meter high hurdles in 14.8 to finish first in the 40-44

division, and Jim Brown high jumping 6-4, also in the 40-44 division.

Approximately 400 spectators turned out to view the 355 athletes competing in the largest one-day masters meet held this year on the West Coast.

One of the highlights of the meet was the Converse Celebrity Triathlon which featured Olympic Legends, Bill Toomey, Mike Larabee, John Pannel, Mack Robinson, Dr. George Rhoden, John Carlos, Dave Thoreson and Jerry Morro.

100 Meters - Men— 30-34: 1. Mike Jackson 10.8; 2. Jess Whitmire 10.8; 3. Reggie Davis 11.2, **35-39:** 1. John Carlos 10.7; 2. Hilliard Sumner 11.2; 3. Frank Little 11.3. **40-44:** 1. Walt Butler 11.1; 2. Doug Smith 11.4; 3. Ken Dennis 11.5. **45-49:** 1. Bruce Springbett 11.7; 2. Percy Knox 11.7; 3. Milton Newton, Jr. 11.7. **50-54:** 1. Dick Marlin 12.3; 2. Ted Vick 12.5; 3. David Mack 12.8. **55-59:** 1. Robert Watanabe 12.4; 2. Tom Patsalis 12.6; 3. Raymond Spencer 13.5. **60-69:** 1. Pete Fetter 13.4; 2. Gordon Farrell 14.0; 3. Richard Parkinson 14.1. **70-74:** 1. Anthony Castro 14.2; 2. Joe Caruso 15.2. **75-Plus:** 1. Sing Lum 15.6. **Women— 30:** Martha Watson 12.9. **50:** 1. Magdalena Kuehne 17.7. **70:** 1. Bess James 20.1.

200 Meters - Men— 30-34: 1. Eugene Driver 22.25; 2. Jesse Whitmore 22.41; 3. Warren Spikes 22.79. **35-39:** 1. John Carlos 22.02; 2. Hilliard Sumner 23.04; 3. Frank Little 24.15. **40-44:** 1. Walt Butler 23.36; 2. Doug Smith 24.14; 3. Ken Dennis 24.31. **45-49:** 1. Milton Newton, Jr. 24.11; 2. Bruce Springbett 24.56; 3. Hans Bruhner 24.88. **50-54:** 1. Dick Marlin 26.56; 2. Charles Rice 28.03; 3. Bill Gentry

ranked in the single, double and mixed double Valley Section 'B' Class. In addition to her running awards she has earned sixteen trophies for her tennis playing in the last year.

Branco has a string of victories that includes most all major Central Valley races. This year, she has come out on top at Bartlett 15K Run (1:11:14), Visalia Spring Run 10K (43:55), Natural Light Cal Classic Five Miler (35:25), Lemoore Half Marathon (1:41:45), Chihuahua Six Miler (41:25) and the Bartlett Independence Day Four Miler (27:40). Besides winning her division crown, she has been in the top four females to finish several times. At the Chihuahua Six Miler, a large race in Fresno, she was the first female finisher overall.

JoAnne has shown much improvement this year. In 1980 she won the submaster division of the Visalia Spring Run 10K in 47:27; this year she won the master division in 43:55. Last year as a submaster she took the California Classic Five Mile crown in her division timing 37:11, she came back this year to win the masters title in 35:49—another example of her improvement.

Profile on:

JoAnne Branco

By MARTY HIGGINBOTHAM

JOANNE BRANCO
CLUB: Visalia Runners
BIRTHDATE: June 2, 1940

JoAnne Branco has established herself as the top female masters runner in the Central San Joaquin Valley. The Visalian, who competes for the Visalia Runners, has accumulated a long list of victories in her



photo by Maurice Wilson



Christa Romppanen

28.87. **55-59:** 1. Robert Watanabe 25.94; 2. Bob Sieben 26.55; 3. Raymond Spencer 28.50. **60-64:** 1. Pete Fetter 28.38; 2. Richard Parkinson 29.52. **65-69:** 1. Herbert Miller 32.34; 2. William Lesseman, Jr. 40.21. **75-Plus:** 1. Sing Lum 33.59. **Women— 70:** 1. Bess James 43.7.

400 Meters - Men— 30-34: 1. F. Eugene Driver 49.3; 2. James Harvey 49.7; 3. Glenn Curtis Johnson 50.0. **35-39:** 1.

35:20.0; 3. Arthur Mortell 35:31.9. **45-49:** 1. Andre Tocco 33:39.0; 2. Clayton Steffenson 38:27.1; 3. Mike Uhlberg 40:24.1. **50-54:** 1. Tracy Brown 36:41.0; 2. Patcirk Devine 36:46.0; 3. Wally Evertz 38:27.5. **60-64:** 1. Eddie Lewin 39:38.9; 2. Abe Stein 44:40.8. **Women— 30-39:** 1. Ann Bose 56:26.8. **40-49:** 1. Joyce Momita 46:39.9; 2. Kathy Kunser 50:12.2; 3. Sarah Jones 51:07.6. **50-59:** 1. Helen Dick 43:47.7; 2. Daisey Wong 51:09.9; 3. Joyce Bodecker 62:26.5. **70:** 1. Bess James 65:37.6.

100 Yard High Hurdles - Men— 60-64: 1. Burl Gist 16.6. **65-69:** 1. Herbert Miller 19.0.

110 Yard High Hurdles - Men— 30-34: 1. James Overton 15.5; 2. John Paul Jones 15.5; 3. Frank Reilly 15.7. **35-39:** 1. George Carty 14.8; 2. Theo Vitzl 14.9; 3. Cornelius McCormick 15.5. **40-44:** 1. Walt Butler 14.8; 2. Alvin Henry 15.6; 3. Ed Oleata 16.1. **45-49:** 1. Hal W. Smith 17.1; 2. Bill Adler 20.2; 3. Dave Douglas 20.5. **50-54:** 1. Fred Gallardo 18.9. **55-59:** 1. Tom Patsalis 18.2; 2. Loren Noyes 24.5.

400 Meter Low Hurdles - Men— 30-34: 1. Frank Reilly 60.7; 2. John Paul Jones 62.3. **35-39:** 1. Cornelius McCormick 59.0. **40-44:** 1. Ed Oleata 58.7; 2. Gary Miller 58.8. **45-49:** 1. Ted Oviatt 75.3. **50-54:** 1. Robert McGuire 84.9. **55-59:** 1. Jack Noble 78.3; 2. Loren Noyes 93.5. **65-69:** 1. Herbert Miller 95.0.

5,000 Meter Walk - Men— 40-44: 1. Ron Daniel 24:54.3. **45-49:** 1. Michael Devlin 34:28.8. **50-54:** 1. John Kelly 27:53.3; 2. Justin Gershuny 29:54.6; 3. Milton Creange 31:14.9. **60-64:** 1. Robert Long 33:55.8. **65-69:** 1. Harold McWilliams 31:27.1; 2. Joe Wherly 57:54.1. **70-74:** 1. Ches Unruh 32:49.1; 2. E.W. Werbel 38:12.8. **75-79:** 1. Robert Boothe 37:12.0. **80-Plus:** 1. Paul Spangler 35:47.4. **Women— 30:** 1. Vicki Jones 25:10.9; 2. Paula Kash 26:01.2; 3. Jolene Steigerwalt 27:53.2. **60:** 1. Rose Kash 36:04.4.

4x100 Meter Relay - Men— 30-34: 1. Warren Spikes, Reggie Davis, Glenn Curtis, Eugene Driver 43.6. **40-44:** 1. Ken Dennis, Doug Smith, Dave Segal, Gary Miller 44.2; 2. Bill Krocke, H. Smith, Nick Newton, Walt Butler 44.3. **60-64:** 1. Fetter, Poloyinis, Parkinson, Gist 55.6.

4x400 Meter Relay - Men— 30-34: 1. Warren Spikes, Glenn Johnson, Reggie Davis, Eugene Driver 3:28.7. **40-44:** 1. Doug Smith, Dave Segal, Ken Dennis, Gary Miller nt. **60-64:** 1. Fetter, Poloyinis, Killion, Stotsenberg 5:17.8.

High Jump - Men— 30-34: 1. Steve Lang 6-5; 2. Charles Rader 6-2; 3. Craig Wright 5-0. **40-44:** 1. Jim Brown 6-4; 2. Dave Thoreson 6-2; 3. Dee DeWitt 5-4. **45-49:** 1. Herm Wyatt 6-0; 2. Milton Newton 5-2; 3. Dave Douglas 4-10. **50-54:** 1. Ed Austin 5-2; 2. Shirley Davidson 4-10; 3. Bill Gentry 4-6. **55-59:** 1. Dave Brown 4-8. **60-64:** 1. Burl Gist 5-0; 2. Jim Vernon 4-8; 3. Orval Gillett 4-8. **65-69:** 1. Claude Taggart 4-6; 2. John Damski 4-2; 3. Herbert Miller 4-0. **70-74:** 1. Redmond Doms 3-6½. **75-Plus:** 1. Mert Gambito 3-8. **Women— 30-39:** 1. Ann Steeklenbur 4-10.

Pole Vault - Men— 30-34: 1. Tim Knappen 14-6; 2. Warren Wilke 14-6; 3. Chet McGaugh 11-6. **35-39:** 1. Mardon Connelly 12-6; 2. John Yelder 12-0; 3. James Ball 11-0. **40-44:** 1. Dave Thoreson 13-6; 2. Dee DeWitt 11-6; 3. Gary Bane 11-6. **45-49:** 1. Vic Cook 13-0; 2. Hal Smith 9-6. **50-54:** 1. Fred Gallardo 9-6; 2. Bill Gentry 7-6; 3. Dick Hoppe 6-11. **55-59:** 1. Dan Grosh 10-6; 2. Dave Brown 10-0. **60-64:** 1. Jim Vernon 10-6; 2. Ralph Biesemeyer 10-0; 3. Orval Gillett 8-6. **65-69:** 1. Elmer Siegel 7-6; 2. Arthur Vesco 6-4. **70-Plus:** 1. Robert MacConaghy 8-0.

Long Jump - Men— 30-34: 1. Richard Lewis 22-1¼; 2. Carl Flowers 22-1¼; 3. James Harvey 20-6½. **35-39:** 1. Rufus Morris 21-3; 2. Lester Bond 21-2¼; 3. Manuel Ruiz 15-7½. **40-44:** 1. Alvin Henry 20-4¼; 2. Dee DeWitt 18-0¼; 3. Al McDaniel 17-10. **45-49:** 1. Dave Jackson 20-2¼; 2. Roger Tsuda 17-4; 3. Phil Conley 16-11¼. **50-54:** 1. Shirley Davisson 19-2½; 2. Fred Gallardo 9-11½. **55-59:** 1. Tom Patsalis 20-0¼WR; 2. Dave Brown 16-1¼; 3. Raymond Spencer 15-7. **60-64:** 1. Gordon Farrell 17-1¼; 2. Burl Gist 15-7¼; 3. Jim Vernon 15-5¼. **65-69:** 1. Herbert Miller 14-4¼; 2. John Damski 14-0¼. **70-74:** 1. Michale Andors 13-3. **75-Plus:** 1. Mert Gambito 10-4. **Women— 30-39:** 1. Martha Watson 17-11¼. **40-49:** 1. Ursula Schreiber 11-10½. **50-59:** 1. Magdalena Kuehne 10-1¼. **70-Plus:** 1. Edith Men-

JoAnne Branco

By MARTY HIGGINBOTHAM

JOANNE BRANCO

CLUB: Visalia Runners
BIRTHDATE: June 2, 1940

JoAnne Branco has established herself as the top female masters runner in the Central San Joaquin Valley. The Visalian, who competes for the Visalia Runners, has accumulated a long list of victories in her



age group. Branco, who was born in Hanford, California, has been active in athletics since high school where she played on C.I.F. Championship tennis doubles team. She still plays competitive tennis and is

trophies for her tennis playing in the last year.

Branco has a string of victories that includes most all major Central Valley races. This year, she has come out on top at Bartlett 15K Run (1:11:14), Visalia Spring Run 10K (43:55), Natural Light Cal Classic Five Miler (35:25), Lemoore Half Marathon (1:41:45), Chihuahua Six Miler (41:25) and the Bartlett Independence Day Four Miler (27:40). Besides winning her division crown, she has been in the top four females to finish several times. At the Chihuahua Six Miler, a large race in Fresno, she was the first female finisher overall.

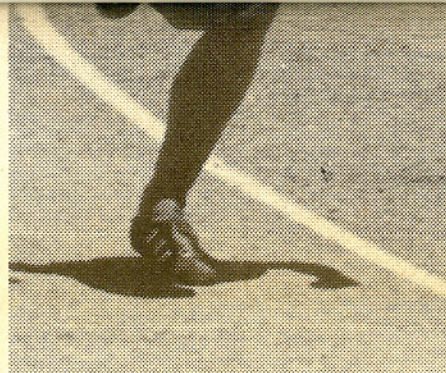
JoAnne has shown much improvement this year. In 1980 she won the submaster division of the Visalia Spring Run 10K in 47:27; this year she won the master division in 43:55. Last year as a submaster she took the California Classic Five Mile crown in her division timing 37:11, she came back this year to win the masters title in 35:49—another example of her improvement.

The 10K appears to be her favorite distance although the longer the race the stronger she appears to be. JoAnne peaked for the first time this spring when she ran her first 26.2 miler at the Avenue of the Giants Marathon. There she turned in a 3:38:21. She then came back this summer with a 3:30:40 at the San Francisco 26.2 mile in July. In preparation for the marathon, she averages between 45-60 miles a week, with one or two days of speedwork and usually two runs of 12-16 miles a week. A usual training day for JoAnne would be 8-12 miles, then two to three sets of tennis along with a jazzercise class (three times a week.) She will almost always run six to eight days before taking a rest day.

The 5-3½" 118 pound Branco probably got started in running by tagging along with her husband, Al, on his runs. Her coaching comes from discussions with friends, magazine articles and following Al on his workouts. She has no hard, fast training rules, however, she does take vitamins, gets plenty of sleep and is a very energetic eater.

JoAnne's present occupation has been described as "part-time housewife and full-time social butterfly." JoAnne competes in running because of the feeling of overall fitness and enjoyment of the people she meets at different races. JoAnne would like to continue running as long as possible and continue to improve! She very much enjoys competing and the overall good feeling of being physically fit.

California Track & Running News wishes you continued success in your running, JoAnne!



Christa Romppanen

28.87. 55-59: 1. Robert Watanabe 25.94; 2. Bob Sieben 26.55; 3. Raymond Spencer 28.50. 60-64: 1. Pete Fetter 28.38; 2. Richard Parkinson 29.52. 65-69: 1. Herbert Miller 32.34; 2. William Lesseman, Jr. 40.21. 75-Plus: 1. Sing Lum 33.59. Women—70: 1. Bess James 43.7.

400 Meters — Men—30-34: 1. F. Eugene Driver 49.3; 2. James Harvey 49.7; 3. Glenn Curtis Johnson 50.0. 35-39: 1. Hilliard Sumner 49.8; 2. Bill Knocke 51.5; 3. Bob Hildebrand 59.8. 40-44: 1. Gary Miller 53.9; 2. William J. Powell 60.0. 45-49: 1. Milton Newton, Jr. 53.8; 2. Hans Bruhner 54.7; 3. Edward Martin 60.7. 50-54: 1. David Mark 58.5; 2. Charles Rice 62.2; 3. W. Mel Elliott 67.7. 55-59: 1. Bob Sieben 57.9; 2. Robert Watanabe 60.5; 3. Raymond Spencer 62.2. 60-64: 1. Richard Parkinson 66.0; 2. Pete Fetter 71.0. 65-69: 1. William Lesseman 87.7. 70: Sid Madden 80.3. Women—40: 1. Christa Romppanen 72.0; 2. Viola Phillips 72.6. 50: 1. Helen Dick 85.1. 60: 1. Alice Werbel 1:37.0. 70: 1. Bess James 1:37.6.

800 Meters — Men—30-34: 1. Kenneth Stuart 1:56.5; 2. Reynaldo Corona 2:03.7; 3. Fred Doubell 2:03.8. 35-39: 1. Jay Cronin 2:09.8; 2. Richard Friedlander 2:16.7; 3. Wendel Hans nt. 40-44: 1. George Cohen 1:59.9; 2. Mel Elliott 2:02.6; 3. John Pitman 2:03.5. 45-49: 1. Jesse Carrington 2:10.2; 2. Lloyd McGuire 2:28.6. 50-54: 1. Jerry Withers 2:16.8; 2. Leonard Walts 2:18.3; 3. Louis Beadle 2:18.5. 55-59: 1. Avery Bryant 2:25.3; 2. David A. Lewis 2:29.0. 60-64: 1. George Poloyins 2:37.3; 2. Robert Long 3:15.4. 65-69: 1. Ed Stotsenberg 2:42.0; 2. William Lesseman 3:24.0. 70-Plus: 1. Sid Madden 3:07.9. Women—40: 1. Viola Phillips 2:42.2; 2. Cherrie Lightburne 2:45.5. 60: 1. Alice Werbel 3:46.2. 70: 1. Bess James 3:56.1.

1500 Meters — Men—30-34: 1. Reynaldo Corona 4:13.4; 2. Jeffery James 4:15.5; 3. Henry Lunge 4:20.2. 35-39: 1. Dave Himmelberger 4:12.0; 2. Ralph Lee 4:12.8; 3. Steve Waggoner 4:15.5. 40-44: 1. Richard Schupbach 4:08.7; 2. George Cohen 4:09.3; 3. Bruce Kostin 4:20.5. 45-49: 1. Andre Tocco 4:38.2; 2. P. Alexander 4:50.6. 50-54: 1. Robert McGuire 5:04.3; 2. W. Mel Elliott 5:16.0. 55-59: 1. Avery Bryant 4:58.2; 2. Jack Noble 5:01.2. 60-64: 1. George Poloyins 6:03.3; 2. Robert Long 6:35.1. 65-69: 1. Ed Stotsenberg 5:30.0; 2. Phil Cary 6:39.5. 80: 1. Paul Spangler 7:20.3. Women—30-39: 1. Judy Kewiey 5:29.8; 2. Chiye Horiguchi 6:38.2. 40-49: 1. Jennifer Wright 5:12.4; 2. Cherrie Lightburne 5:32.3. 50-59: 1. Helen Dick 6:08.7. 60-69: 1. Alice Werbel 7:36.2. 70-Plus: 1. Bess James 8:18.4.

5,000 Meters — Men—30-34: 1. Enrique Serratos 15:23.3; 2. Evan Roberts 15:57.6; 3. Henry Lange 16:01.2. 35-39: 1. Frank Duarte 15:26.3; 2. Arnold Barton 16:24.9; 3. Ira Yawnick 17:20.1. 40-44: 1. Tom Laris 15:20.0; 2. Gabriel Bernal 16:09.2; 3. Henri Salavarda 16:12.0. 45-49: 1. Andre Tocco 16:43.0; 2. Ted Oviatt 19:57.7. 50-54: 1. Robert McGuire 17:54.0; 2. Patrick Devine 18:06.1; 3. Pete Mundle 18:26.5. 55-59: 1. Stormy Sexton 28:26.1. 60-64: 1. Phil Carey 22:29.7. Women—30: 1. Tina Hohl 22:36.5. 40: 1. Jennifer Wright 19:13.9; 2. Viola Phillips 21:24.0. 60: 1. Alice Werbel nt.

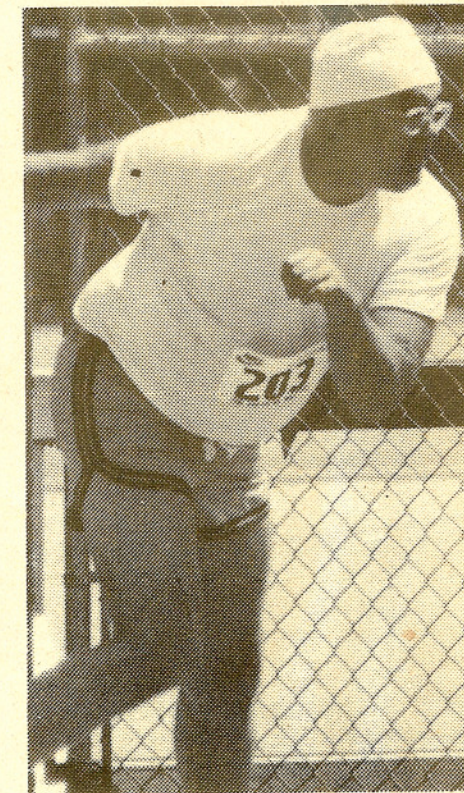
10,000 Meters — Men—30-34: 1. Mike Lozoya 34:28.8; 2. Robert Curtis 37:10.3; 3. Mike Zimmerman 37:30.7. 35-39: 1. Frank Duarte 32:06.3; 2. Jim Howell 34:40.8; 3. Arnold Barton 36:13.0. 40-44: 1. Henri Salavarda 33:38.5; 2. Skip Shaffer

60: 2. Milton Newton 5-2; 3. Dave Douglas 4-10. 50-54: 1. Ed Austin 5-2; 2. Shirley Davidson 4-10; 3. Bill Gentry 4-6. 55-59: 1. Dave Brown 4-8. 60-64: 1. Burl Gist 5-0; 2. Jim Vernon 4-8; 3. Orval Gillett 4-8. 65-69: 1. Claude Taggart 4-6; 2. John Damski 4-2; 3. Herbert Miller 4-0. 70-74: 1. Redmond Doms 3-6½. 75-Plus: 1. Mert Gambito 3-8. Women—30-39: 1. Ann Steeklenbur 4-10.

Pole Vault — Men—30-34: 1. Tim Knappen 14-6; 2. Warren Wilke 14-6; 3. Chet McCaugh 11-6. 35-39: 1. Mardon Connelly 12-6; 2. John Yelder 12-0; 3. James Ball 11-0. 40-44: 1. Dave Thorseon 13-6; 2. Dee DeWitt 11-6; 3. Gary Bane 11-6. 45-49: 1. Vic Cook 13-0; 2. Hal Smith 9-6. 50-54: 1. Fred Gallardo 9-6; 2. Bill Gentry 7-6; 3. Dick Hoppe 6-11. 55-59: 1. Dan Grosh 10-6; 2. Dave Brown 10-0. 60-64: 1. Jim Vernon 10-6; 2. Ralph Biesemeyer 10-0; 3. Orval Gillett 8-6. 65-69: 1. Emer Siegel 7-6; 2. Arthur Vesco 6-4. 70-Plus: 1. Robert MacConaghy 8-0.

Long Jump — Men—30-34: 1. Richard Lewis 22-1¼; 2. Carl Flowers 22-1¼; 3. James Harvey 20-6½. 35-39: 1. Rufus Morris 21-3; 2. Lester Bond 21-2¼; 3. Manuel Ruiz 15-7½. 40-44: 1. Alvin Henry 20-4¼; 2. Dee DeWitt 18-0¼; 3. Al McDaniel 17-10. 45-49: 1. Dave Jackson 20-2½; 2. Roger Tsuda 17-4; 3. Phil Conley 16-11¼. 50-54: 1. Shirley Davisson 19-2½; 2. Fred Gallardo 9-11½. 55-59: 1. Tom Patsalis 20-0¼WR; 2. Dave Brown 16-1½; 3. Raymond Spencer 15-7. 60-64: 1. Gordon Farrell 17-1½; 2. Burl Gist 15-7¼; 3. Jim Vernon 15-5¼. 65-69: 1. Herbert Miller 14-4¼; 2. John Damski 14-0¼. 70-74: 1. Michale Andors 13-3. 75-Plus: 1. Mert Gambito 10-4. Women—30-39: 1. Martha Watson 17-11½. 40-49: 1. Ursula Schreiber 11-10½. 50-59: 1. Magdalena Kuehne 10-1¼. 70-Plus: 1. Edith Mendyka 7-9½.

Triple Jump — Men—30-34: 1. Milan Tiff 51-11¼; 2. Steve Lang 39-7¾; 3. Craig Wright 31-1½. 40-44: 1. Alvin Henry 40-10¼; 2. Joe Iseri 37-4½. 45-49: 1. Dave Jackson 42-4½; 2. Jack Randolph 31-4¼. 50-54: 1. Bill Gentry 31-0. 55-59: 1.



Charles Renfro

Tom Patsalis 37-9; 2. Raymond Spencer 33-10½; 3. Dave Brown 33-1. **60-64:** 1. Gordon Farrell 35-5; 2. Erich Jordan 27-4½; 3. Charles Menurio 27-1¼. **65-69:** 1. Phil Carey 25-5¼; 2. Arthur Vesco 21-10. **70-74:** 1. Joe Caruso 25-1¼; 2. Redmond Doms 21-5¼. **75-Plus:** 1. Mert Gambitto 23-1¼.

Shot Put - Men— 30-34: 1. Gary Kelmenson 51-7½; 2. Chet McGaugh 39-4; 3. James Overton 38-1½. **35-39:** 1. Dan Ghormley 38-8. **40-44:** 1. Ed Kohler 49-4½; 2. James Hart 44-9¼; 3. Roy Stroessle 24-0¼. **45-49:** 1. Hal Smith 38-6; 2. Dave Douglas 30-7¼. **50-54:** 1. Charles Renfro 45-3½; 2. Harry Hawke 41-3¼; 3. Jerry Wojcik 28-11½. **55-59:** 1. George Ker 44-10½; 2. Bill Bangert 43-5¼; 3. Loren Noyes 30-1¼. **60-64:** 1. Elias Casteneda 44-6; 2. Daniel Aldrich 43-4½; 3. Richard Parkinson 42-0¼. **65-69:** 1. Jack Thatcher 43-9; 2. Ross Carter 39-4½; 3. Neil Buell 36-7. **70-74:** 1. Vernon Cheadle 39-1; 2. Redmond Doms 36-9; 3. Donald Pierotto 33-10. **75-Plus:** 1. Stan Herrman 33-8½; 2. Mert Gambito 25-10¼. **Women— 40-49:** 1. Ursula Schreiber 24-3¼. **50-69:** 1. Shirley Kinsey 29-0¼; 2. Magdalena Kuehne 24-4½. **70-Plus:** 1. Edith Mendyke 27-7.

Discus - Men— 30-34: 1. Frank Reilly 54-24; 2. Chet McGaugh 36-50; 3. Gary Kelmensor 32-44. **35-39:** 1. Lloyd Higgins 47-56; 2. Manuel Sechuga 40-30; 3. Cornelius Mc-

Cormick 37-90. **40-44:** 1. Ed Kohler 51-82; 2. James Hart 41-94; 3. Ray Straessle 30-17. **45-49:** 1. Bob Humphreys 49-00; 2. Edward Van Pelt 39-70; 3. Dave Douglas 29-62. **50-54:** 1. Clark Devebiss 30-24; 2. Jerry Wojcik 28-24. **55-59:** 1. George Ker 40-64; 2. Loren Noyes 21-76. **60-64:** 1. Daniel Aldrich 50-44; 2. Elias Casteneda 41-50; 3. Richard Parkinson 35-88. **65-69:** 1. Jack Thatcher 40-72; 2. Neil Buell 36-76; 3. Ross Carter 35-60. **70-Plus:** 1. Vernon Cheadle 39-90; 2. Redmond Doms 36-02; 3. Donald Pierotti 33-56. **40-49:** 1. Ursula Schreiber 31-13. **50-69:** 1. Shirley Kinsey 23-52; 2. Magdalena Kuehne 13-20. **70-Plus:** 1. Edith Mendyke 18-14.

Javelin - Men— 30-34: 1. Clyde Foreman 63-10; 2. Warren Wilke 58-16; 3. Chet McGaugh 51-08. **35-39:** 1. Cornelius McCormick 41-66; 2. Jason Adams 33-56; 3. Robert Smith 23-14. **40-44:** 1. Bill Toomey 53-38. **45-49:** 1. Phil Conley 59-54; 2. Hal Smith 42-66; 3. Ed Martin 30-94. **50-54:** 1. Jack Shields 46-26; 2. Harry Hawke 37-64; 3. Jerry Wojcik 35-16. **55-59:** 1. Edwin Chynoweth 45-78; 2. Emson Grimm 16-10. **60-64:** 1. Pete Fetter 44-18; 2. Jerry Siebert 38-48; 3. Richard Parkinson 34-50. **65-69:** 1. Jack Thatcher 32-78; 2. Art Vesco 23-58. **70-74:** 1. Bob MacConaghy 31-90; 2. Red Doms 27-90. **75-80:** 1. Mert Gambito 26-16. **80-84:** 1. Robert Boothe 20-12. **Women— 40-49:** 1. Ursula Schieber 21-26. **50-69:** 1. Shirley Kinsey 23-08. **70-Plus:** 1. Edith Mendyke 21-16.



photo by Ross Gentry

3rd Annual

Monterey County MARATHON & Half Marathon

Sunday, October 18, 1981 Salinas, Calif.

Attention!! PA-TAC 1/2 Marathon Championships

Place: Alisal High School, 777 Williams Rd., Salinas, Calif.

Time: 8:00 a.m., Sunday, October 18, 1981.

Course: Certified; flat, a few rolling hills, very fast.

Records: *Marathon Men:* 2:25:46 Fritz Watson 1979

Marathon Women: 3:09:16 Sally Edwards 1979

1/2 Marathon Men: 1:08:01 Tim Gruber 1980

1/2 Marathon Women: 1:19:24 Maria Trujillo 1980

Awards: Top 3 overall and top 3 in each division.

T-shirts to all finishers.

Drawings.

Weather: Usually overcast with temperatures between 45-65°

Aid: *Marathon:* 7 aid stations at 3-4 mile intervals.

1/2 Marathon: 2 aid stations at 3 and 9 miles.

Showers available after the race.

Entry: \$8 if mailed before October 11. No pre-entries accepted if postmarked after October 11. Pre-entrants pick up packets on October 17 at the Fleet Feet Store, 364 Main St., Salinas or from 7:00-7:45 a.m. at Alisal High School on race day. Race Day Registration is \$12.00

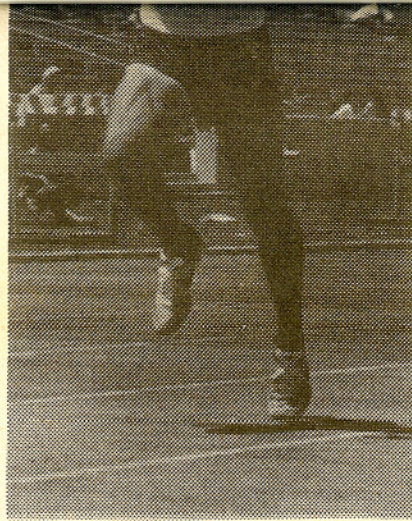


photo by Ross Gentry



Bess James
Bob Humphrey

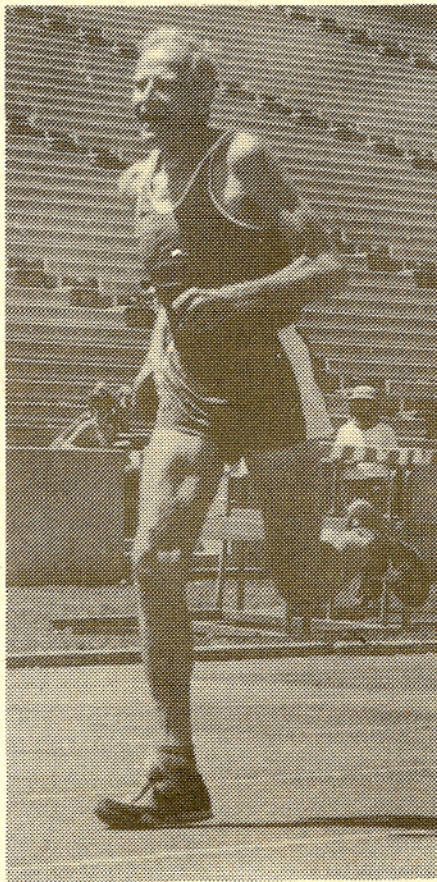


photo by Ross Gentry

Bob Sieben
Sid Madden

Records: *Marathon Men:* 2:25:46 Fritz Watson 1979
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Showers available after the race.

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Information: Call (408) 424-4343 or 758-1783.

ENTRY FORM

Please mail entries to:
Monterey County Marathon, P.O. Box 475, Salinas, CA 93902
Make checks payable to Fleet Feet Running Club of Monterey County

WAIVER: I, intending to be legally bound, hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all rights I may have against the County of Monterey, the city of Salinas, Fleet Feet store, and any and all sponsors, their agents, representatives, successors, or assigns, for any and all injuries, ailments or other consequences, suffered by me in the Monterey County Marathon or Half Marathon on October 18, 1981.

Signature _____ Date _____
Parent or guardian must sign if under 18

Name _____ Age _____

Address _____

City/State/Zip _____

Male Female T-shirt size _____

Full Marathon 1/2 Marathon

Division:

17 & Under 18-29 30-39 40-49 50-59 60 & Over

1981

California Community College Best Marks

Men

Compiled By **FRED BAER**

Director, JC Athletic Bureau

Secretary-Founder, Track and Field Writers of America

The Final WOMEN'S best marks will be in next month's issue. Please submit immediately all women's marks and championship results plus men's updates to Fred Baer, P.O. Box 5401, San Mateo, CA 94402.

California Community College track and field athletes led the nation in 13 of the 21 men's championship meet events for the 1981 season.

California CC high jumpers Milton Goode (7-5¼) of Alameda, Tyke Peacock of Modesto and Brian Stanton of Long Beach (both 7-5) led the world (outdoors) throughout the collegiate season -- with Goode taking the JC record at 7-5¼ away from the other pair with that state title winning jump at Cerritos in May.

Peacock took the national (TAC) crown (and Mobil/Grand Prix) over Goode at Sacramento in June on fewer misses at 7-4½. Then, on July 14, Peacock got the JC record back by clearing 7-5¼ at the Lausanne International in Switzerland.

Although there were no other individual state or national men's

records broken in 1981, the relay standards took a beating. Pasadena CC set a 400 meter mark of 39.56 in the state meet. Sacramento CC twice unleashed perhaps the greatest quartet of 200 meter runners in JC history for 800 meter relay record runs -- lowering the standard to 1:23.07 at the California Relays. The Panthers used the same quartet of Lyle Jackson, Ron Mosley, Nate Williams and Kelvin Hollins to post the state's top mile relay clocking of 3:08.76 and then took the state crown in the 1600 meter relay with a season-leading 3:07.94, although Mosley was unable to run on the latter unit. That helped the then week-old pending national mark of 3:06.81 by Odessa, Texas, survive as the new 1600 relay record.

Glendale set a distance medley relay national record of 9:50.7 at the Bakersfield Relays thanks to

a fine anchor mile of 4:04.3 by Jeff Nelson.

And, Long Beach CC made history by winning a third straight California state title.

NOTES ON LISTINGS:

The All-Time JC/Community College record is listed after each heading. The California record is the same as the national record unless otherwise indicated.

Fully automatic times (FAT) are in hundredths. They are given preference over hand times (which are always recorded in tenths). The official IAAF margin/differential is utilized: .24 for races up to 400, .14 for all 400/440 races.

' indicates converted mark.
w indicates wind-aided mark -- or no wind info has been submitted.



Alfredo Rojas (lft) & Nick Carr

9:08.86	Dick Isaboke (Long Beach)	14.26w	Mark Dickerson (Alameda)	14.2
9:09.8	Rodney Rivera (Grossmont)	14.28	Curtis Perry (Long Beach)	
9:10.3	Dick Onaga (Long Beach)	14.31w	John Sears (Fresno)	
9:12.5	Steve Cubillas (Fullerton)	14.1w	Tim Curry (San Jose)	
9:14.9	Julian Vinton (Fresno)	14.36	Valentino Robinson (Bakersfld)	
9:15.1	German Aranda (Porterville)	14.2	Robert Thompson (Skyline)	
9:17.9	Carlos Aranda (Porterville)	14.2	Joe Hicks (Hartnell)	
9:18.3	Scott Aquirre (Glendale)	14.2	Larry Chatterfield (Long Beach)	
9:21.6	Brad Jensen (Glendale)		National Leader: Carter 14.04 and Johnson	
9:21.6	Tino Tarantino (Sacramento)		13.08 (times are equivalent)	
National Leader: San Sitonik (TX) 8:47.3				

5000 Meters

400 Meter Intermediates

track and field athletes led the nation in 13 of the 21 men's championship meet events for the 1981 season.

California CC high jumpers Milton Goode (7-5¼) of Alameda, Tyke Peacock of Modesto and Brian Stanton of Long Beach (both 7-5) led the world (outdoors) throughout the collegiate season -- with Goode taking the JC record at 7-5¼ away from the other pair with that state title winning jump at Cerritos in May.

Peacock took the national (TAC) crown (and Mobil/Grand Prix) over Goode at Sacramento in June on fewer misses at 7-4½. Then, on July 14, Peacock got the JC record back by clearing 7-5¾ at the Lausanne International in Switzerland.

Although there were no other individual state or national men's

standards took a beating. Pasadena CC set a 400 meter mark of 39.56 in the state meet. Sacramento CC twice unleashed perhaps the greatest quartet of 200 meter runners in JC history for 800 meter relay record runs -- lowering the standard to 1:23.07 at the California Relays. The Panthers used the same quartet of Lyle Jackson, Ron Mosley, Nate Williams and Kelvin Hollins to post the state's top mile relay clocking of 3:08.76 and then took the state crown in the 1600 meter relay with a season-leading 3:07.94, although Mosley was unable to run on the latter unit. That helped the then week-old pending national mark of 3:06.81 by Odessa, Texas, survive as the new 1600 relay record.

Glendale set a distance medley relay national record of 9:50.7 at the Bakersfield Relays, thanks to

And, Long Beach CC made history by winning a third straight California state title.

NOTES ON LISTINGS:

The All-Time JC/Community College record is listed after each heading. The California record is the same as the national record unless otherwise indicated.

Fully automatic times (FAT) are in hundredths. They are given preference over hand times (which are always recorded in tenths). The official IAAF margin/differential is utilized: .24 for races up to 400, .14 for all 400/440 races.

' indicates converted mark.
w indicates wind-aided mark -- or no wind info has been submitted.



Alfredo Rojas (lft) & Nick Carr

100 Meters

JC Record: 10.13 FAT, 10.0 Hand

9.9w	Terry Neely (Taft) 10.2
10.29w	Marc Mial (Pasadena)
10.31w	Adrian Jones (Pasadena) 10.45
10.35	Jim Spotville (Mt. SAC)
10.35w	Roy Mosley (Sacramento) 10.53
10.38	Mark McNeil (Mt. SAC)
10.40	Fabian Whyms (Long Beach)
10.2w	Tyrone Ervin (Mt. SAC) 10.47
10.46w	Eric Decatur (C. Costa) 10.60
10.3w	Tom Roberts (Taft)
10.3w	Tony Sanders (Taft)
10.63	Lyle Jackson (Sacramento)
10.4	Eric Richardson (Monterey)
10.4w	John Johnson (Delta)
10.4w	Frank Robinson (LA Valley)

National Leader: Spotville 10.35 FAT

200 Meters

JC Record: 20.10

20.50w	Roy Mosley (Sacramento) 20.67
20.62	Kelvin Hollins (Sacramento)
20.5w	Terry Neely (Taft) 21.37
20.78w	Jim Spotville (Mt. SAC) 21.11
20.82	Fabian Whyms (Long Beach)
20.83	Nate Williams (Sacramento)
20.92	Eric Decatur (C. Costa)
20.94	Jim Wilson (Cerritos)
20.95	Lyle Jackson (Sacramento)
21.08w	Jeff Pigrum (Merritt)
21.13w	Adrian Jones (Pasadena)
21.23	John Bailey (Alameda)
21.29	Rufus Jackson (Pasadena)
21.31	Wayne Johnson (Marin)

National Leader: Hollins 20.62 FAT

400 Meters

JC Record: 45.2

45.92	Nate Williams (Sacramento)
46.08	Rufus Jackson (Pasadena)
46.76	Kelvin Hollins (Sacramento)



Tyke Peacock

46.8	Jack DeMello (Glendale)
47.23	Jim Wilson (Cerritos)
47.35	Robin Johnson (Merced)
47.67	Mike Thompson (Long Beach)
47.84	Clint Bradburn (So. Western)
47.87	Mike Thompson (Long Beach)
47.90	Kevin Kellum (S. Bernardino)
47.90	Jones (Los Angeles CC)
47.96	Steve Gullickson (S. Rosa)
48.02	Arthur Diaz (Skyline)

National Leader: Williams 45.92

800 Meters

JC Record: 1:45.7

1:49.61	Larry Hand (Santa Ana)
1:49.97	Glen Cunningham (Mt. SAC)

1:50.47	Reggie Green (San Jose)
1:50.64	James Isom (Santa Monica)
1:50.76	Jack Preijers (El Camino)
1:50.87	Kim Sykes (Santa Rosa)
1:51.33	Seth Roberts (Butte)
1:51.59	Ken Gilbert (Merced)
1:51.84	Juan Neucke (Mt. SAC)
1:51.85	Rod Green (Mt. SAC)
1:51.92	Rick Barbosa (Pasadena)
1:51.96	Mark Brennan (Mira Costa)
1:52.11	James Babbs (Bakersfield)
1:52.40	Arsenio Guzman (Glendale)
1:52.62	Craig Johnson (S. Rosa)

National Leader: Paul Williams (OK) 1:49.48

1500 Meters

JC Record: 3:41.6

3:47.25	Mike Pope (Grossmont)
3:49.08	Nick Carr (El Camino)
3:49.6	Steve McCormack (Grossmont)
3:49.67	Bob Leetch (El Camino)
3:50.22	Roger Soler (Hancock)
3:51.1	Jeff Nelson (Glendale)
3:51.42	Rick Barbosa (Pasadena)
3:51.8	Marlin Smith (American River)
3:52.18	Greg Williams (West Valley)
3:52.31	Greg Deheras (Golden West)
3:52.91	Mark Ruelas (Citrus)
3:53.02	Bob Ingram (West Valley)
3:53.1	Paul Carozza (Butte)
3:53.3	Mike Imoos (Cosumnes River)
3:53.6	Tom McKeown (Cuesta)

National Leader: Mark Kennard (NC) 3:45.07

3000 Meter Steeplechase

JC Record: 8:38.80

California Record: 8:47.0

8:56.68	Bob Ingram (West Valley)
8:58.85	Bob Henke (San Diego Mesa)
9:00.30	Gregg Fogg (Santa Rosa)
9:01.21	Matt Ebiner (Mt. SAC)
9:03.80	Tim Gruber (Cabrillo)

9:08.86	Dick Isaboke (Long Beach)
9:09.8	Rodney Rivera (Grossmont)
9:10.3	Dick Onaga (Long Beach)
9:12.5	Steve Cubillas (Fullerton)
9:14.9	Julian Vinton (Fresno)
9:15.1	German Aranda (Porterville)
9:17.9	Carlos Aranda (Porterville)
9:18.3	Scott Acuirre (Glendale)
9:21.6	Brad Jensen (Glendale)
9:21.6	Tino Tarantino (Sacramento)

National Leader: San Sitonik (TX) 8:47.3

5000 Meters

JC Record: 13:56.8

California Record: 14:00.9

14:03.0	Steve McCormack (Grossmont)
14:04.0	Jeff Nelson (Glendale)
14:21.94	John Gerhardt (Orange Coast)
14:26.9	John Lee (Fullerton)
14:29.0	Sean Evans (Grossmont)
14:29.09	Mark Ruelas (Citrus)
14:31.1	Matt Ebiner (Mt. SAC)
14:35.26	Mike Robbins (Grossmont)
14:36.4	Glenn Lee (Long Beach)
14:37.76	Dan Hernandez (San Jose)
14:39.0	Mike Pope (Grossmont)
14:39.1	Bill Cleves (Grossmont)
14:40.0	Willie Ayyad (Grossmont)
14:40.8	Brian Harold (Orange Coast)

National Leader: McCormack 14:03.0 and Simon Kilili (AZ) 14:03.01.

10,000 Meters

JC Record: 29:03.0

30:08.38	Mitch Clark (Saddleback)
30:12.2	Alfredo Rosas (El Camino)
30:20.6	Mike Lansdon (Orange Coast)
30:31.57	Sean Evans (Grossmont)
30:35.51	Willie Ayyad (Grossmont)
30:38.6	Ramon Garcia (Fresno)
30:43.9	Matt Ebiner (Mt. SAC)
30:51.9	Humberto Ramirez (Porterville)
30:58.1	Dave Jackson (Grossmont)
31:03.10	Kevin Broady (Fullerton)
31:08.6	Dan Hernandez (San Jose)
31:13.31	Dan Gonzalez (Foothill)
31:15.57	Ted Franse (Delta)
31:19.50	Felix Soto (San Jose)

National Leader: Wilson Kigen (TX) 29:36.66

110 Meter High Hurdles

JC Record: 13.45 FAT, 13.7 Hand

California Record: 13.7 Hand

14.04	Archie Carter (Pasadena)
13.8	John Johnson (Delta) 14.05
14.05	Albert Lane (Bakersfield)
14.12	Gary Lee (Long Beach)
14.12	Lan Robinson (San Jose)
14.15	Stan Longino (Long Beach) 14.0

14.26w	Mark Dickerson (Alameda) 14.2
14.28	Curtis Perry (Long Beach)
14.31w	John Sears (Fresno)
14.1w	Tim Curry (San Jose)
14.36	Valentino Robinson (Bakersfld)
14.2	Robert Thompson (Skyline)
14.2	Joe Hicks (Hartnell)
14.2	Larry Chatterfield (Long Beach)

National Leader: Carter 14.04 and Johnson 13.08 (times are equivalent)

400 Meter Intermediates

JC Record: 49.47

50.28	Bernie Holloway (Long Beach)
51.59	Tim Curry (San Jose)
51.61	Greg Johnson (Mt. SAC)
51.64	Taylor Eldridge (LACC)
51.81	Michael Chukes (San Jose)
51.85	Quinton James (Chaffey)
51.96	Bobby Deary (Pasadena)
52.49	Gil Wheeler (American River)
52.56	Randy Patterson (Alameda)
52.71	Terry Chappelle (El Camino)
52.6	Kevin Kellum (S. Bernardino)
52.91	Mark Dickerson (Alameda)
52.9	Agya Bath (Sequoias)
53.0	Rondo Sands (Sacramento)

National Leader: Carl Yount (TX) 50.13 American Junior Record.

High Jump

JC Record: 7-5

California Record: 7-3¼

7-5¼	Tyke Peacock (Modesto)
7-5¼	Milton Goode (Alameda)
7-5	Brian Stanton (Long Beach)
7-2¼	Mel Baker (Long Beach)
7-1	Tim Arnwine (Long Beach)
7-0	Joe Hicks (Hartnell)
7-0	Barry Uzzell (Merced)
6-10¼	Rick Parks (Glendale)
6-10¼	James Wilson (American River)
6-10	Gregg Denby (Long Beach)
6-10	Tim Polti (Alameda)
6-10	James Wallace (Taft)
6-10	Don Allsmon (Bakersfield)
6-10	C. Muller (Santa Barbara)
6-10	Greg Rackley (Palomar)
6-10	Arnie Simonsen (Modesto)

National Leader: Peacock 7-5¼ (National JC and California CC Record).

Triple Jump

JC Record: 52-9

52-5¼	Byron Criddle (C. Costa)
50-8	Danyel Kelly (Pasadena)
50-6	Floyd Gipson (American River)
50-3¼	Victor Torres (San Jose)

50-1¼w Darryl Taylor (LACC) 49-8
 49-7½w Chuck Neal (Desert) 48-11
 49-2 Willie Williams (Grossmont)
 48-11 Cedrick Merrick (Long Beach)
 48-7 Steve Alston (Taft)
 48-4½ marcellos Moore (CCSF)
 National Leader: 52-5¼

Pole Vault

JC Record: 17-4
 17-1 Dell Miller (Cerritos)
 17-0¼ Ralph Preiman (Foothill)
 16-6 Brett Hyatt (Santa Rosa)
 16-6 Bert Tardieu (West Valley)
 16-1 Steve Thomas (Diablo Valley)
 16-1 Greg Ellis (San Mateo)
 16-1 Greg McTee (Mt. SAC)
 16-0 Ken Bayless (Santa Rosa)
 15-8 Paul Earley (Butte)
 15-6 Bob Tinker (Glendale)
 15-6 Mike Bobick (Hartnell)
 15-6 Donnie Jackson (Pasadena)
 National Leader: Bubba Cavanaugh(AZ) 17-1¼

Long Jump

JC Best: 26-5, JC Record: 26-2¼
 25-8¼ Larry Clemons (Bakersfield)
 25-0 Gary McCullough (Long Beach)
 24-9½ John Sears (Fresno)
 24-9½w Tom Campbell (West Val) 24-4¼
 24-5 Darryl Miller (C. Costa)
 24-4¼w Keith White (Pasadena) 24-2½
 24-1¼w Travis Garley (C. Costa)
 24-1w Tim Morse (Pasadena)
 24-0½ Jon Hall (LA Valley)
 24-0½ Lionel Manuel (Citrus)
 24-0¼ Kevin Birks (Mt. SAC)
 23-11¾ John Cromedy (C. Costa)
 23-11¾ Ed Hollins (Santa Ana)
 23-11½w Orin Ford (Diablo Valley)
 23-11w Tyke Peacock (Modesto)
 National Leader: Clemons 25-8¼

Shot Put

JC Best: 70-½, JC Record: 62-10
 California Record: 62-5¼
 60-2 Jim Doehring (Saddleback)
 56-9 Doug Mattern (Santa Rosa)
 54-10 Andy Gillam (Santa Rosa)
 54-5 Jeff Miller (Grossmont)
 53-10¼ Jim Spillers (Mt. SAC)
 53-4½ Acevedo (Grossmont)
 53-3½ Dave Morgan (West LA)
 53-2¼ Clark Davidson (L. Medanos)
 53-0½ Cameron Baxter (Cosumnes R.)
 52-11¾ Ken Mills (Saddleback)
 52-5½ Ken Milleman (Shasta)
 52-0 Don Crow (Taft)
 51-8¼ Ray Bellantoni (West Valley)
 51-5½ Jeff Hailey (Orange Coast)
 51-4¼ Ken Gray (Antelope Valley)
 National Leader: Doehring 60-2

Discus Throw

JC Record: 194-10
 183-7 Mark Robinson (Long Beach)
 180-0 Ken Mills (Saddleback)
 172-10 Jim Doehring (Saddleback)
 171-6 Ken Milleman (Shasta)
 167-2 Eric Benson (Citrus)
 162-11 John Garvey (Skyline)
 162-10 Steve Nickerson (Americian R.)
 162-7 Steve Struble (De Anza)
 162-0 Jim Clark (West Valley)
 160-3 Dave Nagengast (West Valley)
 156-10 Phil Cookson (Grossmont)
 156-2 Greg Vittucci (Fresno)
 National Leader: Robinson 183-7

Javelin Throw

JC Record: 273-0
 California Record: 267-10
 231-2 Jason Bender (Santa Rosa)
 224-7 Mike Scarlett (Golden West)
 222-9 Paul Kulak (LA Pierce)
 219-3 Mike Vint (Grossmont)
 216-5 Mike Fritchman (Palomar)
 212-10 Mel Yarbor (Solano)
 212-2 Ron Reis (Palomar)
 211-9 Dan Lister (Cabrillo)
 211-1 Mark Richardson (Bakersfield)
 209-5 Shane Paynter (Fullerton)
 209-1 Alan Collatz (Hancock)
 209-0 Ken Mills (Saddleback)
 207-0 Sidney Cartwright (Long Beach)
 206-1 Kevin Flynn (Sacramento)
 205-7 Jeff Hailey (Orange Coast)
 205-3 Steve Finehirsh (Canyons)
 National Leader: Ronnie Melkersson (ID) 256-11

Hammer Throw

JC Record: 187-11
 174-6 Mike Fritchman (Palomar)
 170-11 Steve Nickerson (Americian R.)
 160-9 Greg Vittucci (Fresno)
 155-0 Scott Rohovit (Chabot)
 149-7 Kevin Ashford (Fresno)
 148-6 Rich Meitz (Chabot)
 145-1 Ed Nickerson (Americian River)
 141-9 Rusty McFarland (Glendale)
 141-4 Paul Farley (S. Barbara)
 140-7 Rick Beyers (Cosumnes River)
 137-0 John McClure (S. Barbara)
 137-0 Morris Kyle (Fresno)
 134-10 Doug Mattern (Santa Rosa)
 134-2 Wyatt Ross (Bakersfield)
 National Leader: Fritchman 174-6

Decathlon

JC Record: 8230
 7324 Rich Maher (Merced)
 7158 Milton Scott (Southwestern)
 7126 Shane Paynter (Fullerton)
 7044 Darren Hall (Shasta)

7038 Steve Fink (Hartnell)
 6975 Brad Harris (Long Beach)
 6705 John Knox (Orange Coast)
 6612 Clint Bradburn (Southwestern)
 6598 Mike Izzi (Mt. SAC)
 6564 Mark Hazel (West Valley)
 6511 John Gold (Mt. SAC)
 6465 Sidney Cartwright (Long Beach)
 6458 Jeff Dodd (Hancock)
 6401 Steve Roberts (Foothill)
 6286 Jim Bivins (Bakersfield)
 National Leader: Maher 7324

photo by Don Gosney



Adrian Jones

400 Meter Relay

39.56 Pasadena
 (Cliff Quarrie, Sam Chance,
 Rufus Jackson, Adrian Jones)
 Sacramento
 40.11 Long Beach
 40.09 Mt. San Antonio
 40.44 San Joaquin Delta
 40.66 CC San Francisco
 40.91 Los Angeles CC
 40.91 Taft
 41.07 Contra Costa
 41.34 Los Angeles Harbor
 41.2 Cerritos
 41.2 El Camino
 41.3 Bakersfield
 41.73 American River
 41.77 Grossmont

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National Leader: Clemons 25-8 1/4

Shot Put

JC Best: 70-1/2, JC Record: 62-10
California Record: 62-5 1/4

60-2	Jim Doehring (Saddleback)
56-9	Doug Mattern (Santa Rosa)
54-10	Andy Gillam (Santa Rosa)
54-5	Jeff Miller (Grossmont)
53-10 1/4	Jim Spillers (Mt. SAC)
53-4 1/2	Acevedo (Grossmont)
53-3 1/2	Dave Morgan (West LA)
53-2 1/4	Clark Davidson (L. Medanos)
53-0 1/2	Cameron Baxter (Cosumnes R.)
52-11 3/4	Ken Mills (Saddleback)
52-5 1/2	Ken Milleman (Shasta)
52-0	Don Crow (Taft)
51-8 3/4	Ray Bellantoni (West Valley)
51-5 1/2	Jeff Hailey (Orange Coast)
51-4 1/4	Ken Gray (Antelope Valley)

National Leader: Doehring 60-2

174-6	Mike Fritchman (Palomar)
170-11	Steve Nickerson (American R.)
160-9	Greg Vittucci (Fresno)
155-0	Scott Rohovit (Chabot)
149-7	Kevin Ashford (Fresno)
148-6	Rich Meitz (Chabot)
145-1	Ed Nickerson (American River)
141-9	Rusty McFarland (Glendale)
141-4	Paul Farley (S. Barbara)
140-7	Rick Beyers (Cosumnes River)
137-0	John McClure (S. Barbara)
137-0	Morris Kyle (Fresno)
134-10	Doug Mattern (Santa Rosa)
134-2	Wyatt Ross (Bakersfield)

National Leader: Fritchman 174-6

Decathlon

JC Record: 8230

7324	Rich Maher (Merced)
7158	Milton Scott (Southwestern)
7126	Shane Paynter (Fullerton)
7044	Darren Hall (Shasta)



Adrian Jones

400 Meter Relay

39.56	Pasadena (Cliff Quarrie, Sam Chance, Rufus Jackson, Adrian Jones)
39.96	Sacramento
40.11	Long Beach
40.09'	Mt. San Antonio
40.44	San Joaquin Delta
40.66	CC San Francisco
40.91	Los Angeles CC
40.91'	Taft
41.07	Contra Costa
41.34	Los Angeles Harbor
41.2	Cerritos
41.2	El Camino
41.3	Bakersfield
41.73'	American River
41.77	Grossmont

National Leader: Pasadena 39.56
(National JC & California CC Record)

1600 Meter Relay

JC Record: 3:06.9

3:07.66'	Sacramento (Lyle Jackson 48.4, Roy Mosley 47.9, Nate Williams 46.0, Kelvin Hollins 46.5 = 3:08.76 mile relay)
3:08.94'	Mt. San Antonio
3:09.58	Pasadena
3:09.69	Long Beach
3:11.37	Glendale
3:11.7	Santa Rosa
3:12.7	Merced
3:13.2	Los Angeles CC
3:14.4	American River
3:14.6	Alameda
3:14.6	Los Angeles Harbor
3:14.70	LA Southwest
3:14.93	Contra Costa
3:15.3	San Jose CC
3:15.8	Citrus
3:15.8	Sequoias

National Leader: Odessa, TX 3:06.81
(National JC Record)

Leaders In Other Relays:

800 Meter Relay:	
1:23.07	Sacramento (Roy Mosley 20.7, Nate Williams 20.8, Kelvin Hollins 20.7, Lyle Jackson 20.87)

Two Mile Relay:	
7:34.5	Mt. San Antonio

Four Mile Relay:	
17:15.3	Grossmont

1600 Meter Sprint Medley:	
3:21.7	Santa Ana

2 1/2 Mile Distance Medley:	
9:50.7	Glendale (R.C. Guzman 3:06.7, Jack DeMello 47.3, Paul Murphy 1:52.4, Jeff Nelson 4:04.3) (National JC & California CC Record)

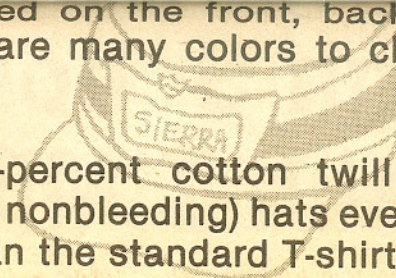


Greg McCullough



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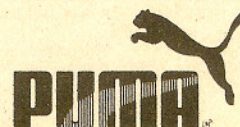




photo by Richard Slotkin

Sprint trio (left to right): Eric Brown, Bill Green & Michael Sanford. Green and Sanford, now at USC, are ranked among California's all-time top sprinters.

High School Boys ALL TIME LIST

By **BOB WOMACK**

The All-Time California High School Boys lists below are a companion to the All-Time Girls lists which CT&RN has run the past two years.

As with the girls' lists, I make no pretense of originality in research but cheerfully confess my debt to (including but definitely not limited to) Ron Blackwood, Keith Conning, Jack Starnes, and Alvin...

would also be appreciated as would corrections and additions of any kind.

Finally, a note on meet records. Where the state meet records for the old (yard) distances are superior to the metric records, I have shown the imperial marks. By "superior," I do **not** mean intrinsically superior on a converted basis but actually superior.

20.8*	James Hines (McClymonds/Oakland)-1	1964
20.8*	Dave Masters (El Cerrito)	1967
20.8*	Millard Hampton (Silver Ck/SJ)-1	1974

400 Meters

(* 440 Yards Minus 0.26)

State Meet Record: 46.60y James Sanford (Pasadena) at Los Angeles 1977. **Soph:** 47.79 Fabian Cooper (Washington/LA) 1980. **Junior:** 46.34 Bill Green (Cubberley/Palo Alto) 1978. **Senior:** 45.51 Bill Green (Cubberley/Palo Alto) 1979.

45.51	Bill Green (Cubberley/Palo Alto)-1	1979
	at Walnut	
46.34*	James Sanford (Pasadena)-1	1977
46.57*	Dave Timmons (Oakland)-1	1981
46.67*	Rod Bethany (Fontana)	1978
46.75*	Ron Williams (Chatsworth)	1977
46.86	Nate Williams (Stagg/Stockton)	1979
46.89	Tony Banks (Morse/San Diego)-1	1979
46.92	Michael Turner (Centennial/Cptn)-1	1980
46.98	Ron Brown (Muir/Pasadena)	1981
47.08	Leonard Graham (Centennial/Compton)	1981
Hand Timing (* 440 Yards Minus 0.3):		
45.8*	Ulis Williams (Compton)-2	1961
46.3*	Larance Jones (Lemoore)-1	1969
46.4*	Jerry White (Corcoran)-2	1956
46.4*	Edesel Garrison (Centennial/Compton)-1	1968
46.4*	Tony Krzyzosiak (Garden Grove)-1	1971
46.4*	Dave Timmons (Oakland)-1	1981
46.5*	Ray Johnson (Blair/Pasadena)	1971
46.5*	Rod Bethany (Fontana)	1978

800 Meters

(* 880 Yards Minus 0.7)

State Meet Record: 1:47.31 Pete Richardson (Berkeley) at Norwalk 1981. **Frosh:** 1:56.6 Harry Nicholas (Reedley) 1968. **Soph:** 1:51.9 Pete Quinonez (Tulare) 1978. **Junior:** 1:50.19 Pete Richardson (Berkeley) 1980. **Senior:** 1:47.31 Pete Richardson (Berkeley) 1981.

1:47.31	Pete Richardson (Berkeley)-1 at Norwalk	1981
1:47.8*	Dale Scott (El Cerrito)-1	1972
1:48.1*	Richard Joyce (Sierra/Whittier)-1	1965
1:48.2	Jeff West (Crenshaw/LA)	1979
1:48.3*	Clark Mitchell (Bakersfield)	1965
1:48.5*	Dennis Carr (Lowell/Whittier)-1	1963
1:48.5*	Robert Hose (Madison/San Diego)-1	1964
1:48.7*	Jim Walters (Estancia/Costa Mesa)-1	1977
1:49.0*	Dan Aldridge (Petaluma)	1975
1:49.3*	Dave Kingsland (El Modena)	1977
1:49.3	Scott Cox (Wilson/Long Beach)	1981

4:04.8*	Thom Hunt (Henry/San Diego)	1976
4:04.9*	Barrie Williams (North/Torrance)	1972
4:04.9*	Andy Clifford (Sunny Hills/Fullerton)	1974

3200 Meters

(* 2 Miles Minus 3.6)

State Meet Record: 8:45.0y Eric Hulst (Laguna Beach) at San Diego 1975. **Frosh:** 9:00.8* Eric Hulst (Laguna Beach) 1973. **Soph:** 8:46.9* Eric Hulst (Laguna Beach) 1974. **Soph:** 8:41.3* Eric Hulst (Laguna Beach) 1975. **Senior:** 8:32.7* Jeff Nelson (Burbank) 1979.

8:32.7*	Jeff Nelson (Burbank)-2 at Westwood	1979
8:41.0*	Eric Hulst (Laguna Beach)-2	1976
8:41.6*	Thom Hunt (Henry/San Diego)	1976
8:42.3*	Ralph Serna (Loara/Anaheim)	1975
8:42.9*	Rich Kimball (DeLaSalle/Concord)-1	1974
8:45.2*	Curtis Beck (Santa Monica)-1	1972
8:46.78	Jon Butler (Edison/Hunt. Bch)-1	1981
8:48.8*	Chuck Assumma (Eisenhower/Rialto)	1979
8:49.0*	Don Moses (Crescenta Valley)	1976
8:49.3*	Frank Assumma (Eisenhower/Rialto)-1	1977

110 Meter Hurdles

(* 120 Yards Plus 0.03)

State Meet Record: 13.67 David Ashford (West Covina) at Norwalk 1981. **Junior:** 13.69* Phillip Johnson (Gardena) 1977. **Senior:** 13.67* Phillip Johnson (Gardena) 1978 and 13.67 David Ashford (West Covina) 1981.

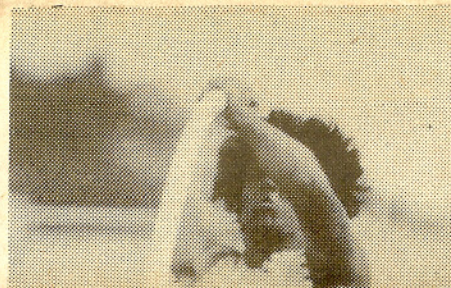
13.67*	Phillip Johnson (Gardena)-1	1978
13.67	David Ashford (West Covina)-1	1981
13.73	Don Ward (St. Mary's/Berkeley)-1	1980
13.79	Henry Andrade (Hiram Johnson/Sacto)	1980
13.81*	Ken Margerum (Fountain Valley)	1977
13.85	Ronnie McCoy (Edison/Fresno)	1981
13.87*	Milan Stewart (West Covina)-1	1978
13.89	Steve Kerho (Mission Viejo)	1981
13.90*	Jim Scannella (San Ramon/Danville)-1	1979
13.91*	Tony Campbell (Banning/Wilmington)	1978
13.91*	Gary Lee (Poly/Long Beach)	1979
Hand Timing:		
13.2y	Dedy Cooper (Harry Ells/Richmond)	1975
13.3y	Robert Gaines (Kennedy/Richmond)-1	1975
13.3y	Jon Peterson (Saddleback/Santa Ana)	1975
13.3y	Phillip Johnson (Gardena)-1	1978
13.5y	Ken Margerum (Fountain Valley)	1977

300 Meter Hurdles

(* 330 Yards Minus 0.19)

State Meet Record: 35.79 Walter Murray (Berkeley) at Norwalk 1981. **Junior:** 36.39* Gary Lee (Poly/Long Beach) 1978. **Senior:** 35.79 Wait Murray (Berkeley) 1981.

Photo by Richard Slotkin



High School Boys ALL TIME LIST

By **BOB WOMACK**

The All-Time California High School Boys lists below are a companion to the All-Time Girls lists which CT&RN has run the past two years.

As with the girls' lists, I make no pretense of originality in research but cheerfully confess my debt to (including but definitely not limited to) Ron Blackwood, Keith Conning, Jack Shepard and Howard Willman. My contribution, if any, is that of synthesis.

In events involving automatic timing, the class records for freshmen and sophomores are sketchy inasmuch as automatic timing is pretty much limited to major meets which are dominated by upperclassmen. I would appreciate any nominations for class records where none are given.

I am also certain that some pre-1976 athletes were timed automatically and their marks either converted to tenths or used as a backup for place judging and never released to the press; I'm thinking specifically about Ullis Williams although I'm sure there are other runners in this category. Any contributions in this area

would also be appreciated as would corrections and additions of any kind.

Finally, a note on meet records. Where the state meet records for the old (yard) distances are superior to the metric records, I have shown the imperial marks. By "superior," I do **not** mean intrinsically superior on a converted basis but actually faster.

The logic is this: If a course is found to be an inch short, obviously any marks on it are unacceptable for record purposes. However, if a course is found to be an inch long, the records are perfectly acceptable. In the 400 meters, the state meet record is James Sanford's 46.60, run for 440 yards in 1977. What Sanford did was to run a 400-meter race on a course that measured 2+ yards long. Therefore, he must have run 400 meters in 46.60 as well. This may seem awfully elementary but I have had great difficulty explaining it to some otherwise very intelligent people.

For statistical purposes, of course, Sanford's mark converts to 46.34 for 400 meters as shown in the charts.

1:47.8*	Dale Scott (El Cerrito)-1	1972
1:48.1*	Richard Joyce (Sierra/Whittier)-1	1965
1:48.2	Jeff West (Crenshaw/LA)	1979
1:48.3*	Clark Mitchell (Bakersfield)	1965
1:48.5*	Dennis Carr (Lowell/Whittier)-1	1963
1:48.5*	Robert Hose (Madison/San Diego)-1	1964
1:48.7*	Jim Walters (Estancia/Costa Mesa)-1	1977
1:49.0*	Dan Aldridge (Petaluma)	1975
1:49.3*	Dave Kingsland (El Modena)	1977
1:49.3	Scott Cox (Wilson/Long Beach)	1981

13.3y	Phillip Johnson (Gardena)-1	1978
13.5y	Ken Margerum (Fountain Valley)	1977

300 Meter Hurdles

(* 330 Yards Minus 0.19)

State Meet Record: 35.79 Walter Murray (Berkeley) at Norwalk 1981. Junior: 36.39* Gary Lee (Poly/Long Beach) 1978. Senior: 35.79 Walt Murray (Berkeley) 1981.

Photo by Richard Slotkin



Anthony Curran



Paul Bender

100 Meters

State Meet Record: 10.55 Howard Hawkins (Warren/Downey) at Berkeley 1980. Soph: 10.68 Antonio Manning (Hamilton/Los Angeles) 1981. Junior: 10.46 Kevin Willhite (Cordova/Rancho Cordova) 1981. Senior: 10.39 Kenny Robinson (Berkeley) 1981.

10.39	Kenny Robinson (Berkeley)-1 at Fresno	1981
10.46	Kevin Willhite (Cordova (Rancho Cor)	1981
10.50	Phillip Johnson (Gardena)	1978
10.51	Michael Sanford (Pasadena)	1978
10.55	Howard Hawkins (Warren/Downey)-1	1980
10.55	Leon Read (Banning/Wilmington)	1980
10.56	Ray Threatt (Pittsburg)	1979
10.57	Mike Turner (Centennial, Compton)	1980
10.57	Ken Smith (Palo Alto)	1981
10.59	Bill Green (Cubberley (Palo Alto)	1979
Hand Timing:		
10.2	Michael Sanford (Pasadena)	1979
10.3	Joel Andrews (West/Bakersfield)	1975
10.3	Ron Brown (Baldwin Park)	1979

200 Meters

(* 220 yards minus 0.12)

State Meet Record: 20.81 Kevin Willhite (Cordova/Rancho Cordova) at Norwalk 1981. Soph: 21.45 Antonio Manning (Hamilton/Los Angeles) 1981. Junior: 20.81 Kevin Willhite (Cordova/Rancho Cordova) 1981. Senior: 20.68* James Sanford (Pasadena) 1977.

20.68*	James Sanford (Pasadena)	1977
20.81	Kevin Willhite (Cordova/Rancho C)-1	1981
20.91	Bill Green (Cubberley (Palo Alto)	1979
21.03	Ken Robinson (Berkeley)-1	1981
21.12*	Dave Russell (Henry/San Diego)-1	1977
21.12*	Ray Threatt (Pittsburg)	1979
21.22	Gerald White (McClymonds/Oakland)	1980
21.23	Harold Todd (Serra/Gardena)	1981
21.30	Bernard Mathis (Muir/Pasadena)	1981
21.31	Kevin Jackson (Dorsey/Los Angeles)	1981
Hand Timing:		
20.6*	Phil Underwood (Dorsey/LA)-1	1966
20.6*	Mel Gray (Montgomery/Santa Rosa)-1	1967
20.7*	Carl McCullough (Sacramento)	1972
20.7*	Mike Farmer (Wilson/SF)	1975
20.7*	Dupree Branch (Barstow)	1976
20.7*	James Sanford (Pasadena)	1977

1600 Meters

(* One Mile Minus 1.8)

State Meet Record: 4:05.4y Mark Schilling (Garden Grove) at Oroville 1972. Fresh: 4:15.4* Harry Nicholas (Reedley) 1968. Soph: 4:07.3* Jim Arriola (Gahr/Cerritos) 1974. Junior: 4:02.4* Curtis Beck (Santa Monica) 1972. Senior: 3:57.6* Tim Danielson (Chula Vista) 1966.

3:57.6*	Tim Danielson (Chula Vista)-2 at S Diego	1966
4:00.6*	Rich Kimball (DeLaSalle/Concord)-1	1974
4:02.4*	Curtis Beck (Santa Monica)	1972
4:03.5*	Paul Medvin (University/LA)-2	1979
4:03.6*	Mark Schilling (Garden Grove)-1	1972
4:03.7*	Terry Cotton (Valley/El Cajon)	1972
4:04.21*	Pedro Reyes (Jesusit/Sacramento)	1980
4:04.66*	Steve Whitcomb (Helix/La Mesa)	1979

35.79	Walt Murray (Berkeley)-1 at Norwalk	1981
36.03*	Gary Lee (Poly/Long Beach)-2	1979
36.09	James Knowles (Blair/Pasadena)	1981
36.15	Willie Curran (Crespi/Encino)	1978
36.24*	Andre Phillips (Silver Ck/San Jose)-1	1977
36.25	Chris Chrisman (Poly/Riverside)	1981
36.25*	Ron Seanez (Gilroy)	1981
36.26	Don Ward (St. Mary's/Bekeley)-1	1980
36.29*	Ramon Grubbs (Blair/Pasadena)	1977
36.39	Bruce Mitchell (El Camino/Oceanside)	1981
Hand Timing: (* 330 Yards Minus 0.2)		
35.8*	Dedy Cooper (Harry Ells/Richmond)-1	1975
35.8*	Charles White (San Fernando)-1	1976
36.1*	Henry Andrade (Hiram Johnson/Sac)	1979
36.1*	Vince Newsome (Vacaville)	1979

High Jump

State Meet Record: 7-3¼ Lee Balkin (Glendale) at Sacramento 1979. **Frosh:** 6-5 Reynaldo Brown (Willowbrook JHS/LA) 1966. **Soph:** 7-0 Maurice Crumby (Mission/SF) 1981. **Junior:** 7-0¼ Reynaldo Brown (Compton) 1968. **Senior:** 7-3¼ Lee Balkin (Glendale) 1979.

7-3¼	Lee Balkin (Glendale)-1 at Sacramento	1979
7-3	Reynaldo Brown (Compton)-3	1968
7-3	Tim Polti (Alemany/Mission Hills)	1979
7-2	Billy Hice (Oakland)	1977
7-2	Dennis Smith (Santa Monica)-1	1977
7-2	Kerry Myers (Berkeley)	1978
7-2	Frank Schiefer (Madison/San Diego)	1979
7-1¾	Mark Wilson (Monte Vista/Danville)	1974
7-1½	Dwight Stones (Glendale)-1	1971
7-1¼	Otis Hailey (Wasco)	1968

Pole Vault

State Meet Record: 17-0¼ Anthony Curran (Crespi/Encino) at Bakersfield 1978. **Frosh:** 14-8¾ Anthony Curran (Crespi/Encino) 1975. **Soph:** 15-9¼ Anthony Curran (Crespi/Encino) 1976. **Junior:** 16-4¼ Anthony Curran (Crespi/Encino) 1977. **Senior:** 17-4¼ Anthony Curran (Crespi/Encino) 1978.

17-4¼	Anthony Curran (Crespi/Encino)-2	1978
	at Ventura	
16-8¾	Steve Smith (South/Torrance)-2	1969
16-8¾	Mike Tully (Millikan/Long Beach)	1974
16-7	Robert Pullard (Los Angeles)	1969
16-6¾	Paul Wilson (Warren/Downey)-2	1965
16-6	Brian Worden (Norte Dame/Sherman O)	1975
16-6	Greg Ernst (El Dorado/Placentia)	1978
16-5	Jon Vaughn (Corona)	1966
16-4¾	Paul Heglar (Muir/Pasadena)	1966
16-4½	Tom Hintnaus (Aviation/Redondo Bch)-1	1976

Long Jump

State Meet Record: 25-4½ Jerry Proctor (Muir/Pasadena) at San Diego 1967. **Frosh:** 23-10½ Johnny Johnson (Pacific Grove) 1963. **Soph:** 25-2¼ Johnny Johnson (Pacific Grove) 1964. **Junior:** 25-10¼ Heulon Hewitt (Merced) 1968. **Senior:** 26-2¼ Ken Duncan (McClatchy/Sacramento) 1972.

26-2¼	Ken Duncan (McClatchy/Sacramento)	1972
26-0¼	Jerry Proctor (Muir/Pasadena)-1	1967
25-11½	Larry Doubley (Manual Arts/LA)-1	1976
25-10¾	Heulon Hewitt (Merced)-1	1968
25-9½	Gerald Hardeman (Edison/Fresno)	1972
25-7	James McAlister (Blair/Pasadena)-1	1970
25-6¼	Ted Hammond (Compton)	1973
25-5½	Doyle Steel (San Diego)-1	1966
25-5	Carl McCullough (Sacramento)-1	1972
25-4¾	Johnny Johnson (Pacific Grove)	1965

Triple Jump

State Meet Record: 52-4¼ Ken Frazier (Mission/SF) at Norwalk 1981. **Frosh:** 48-4 David Tucker (San Joaquin Memorial/Fresno) 1968. **Soph:** 50-2½ Ken Frazier (Mission/SF) 1980. **Junior:** David Tucker (S.J. Memorial/Fresno) 1970. **Senior:** 52-6 Henry Ellard (Hoover/Fresno) 1979.

52-10½	Charles Mayfield (Muir/Pasadena)	1980
	at Arcadia	
52-6¼	David Tucker (S.J. Memorial/Fresno)	1970
52-6	Henry Ellard (Hoover/Fresno)-1	1979
52-4¾	Ken Frazier (Mission/SF)-1	1981
52-3½	Randy Williams (Edison/Fresno)	1971
51-8	Mike Woods (Manual Arts/LA)	1963
51-7¼	Vestee Jackson (McLane/Fresno)	1981
51-6½	Greg Caldwell (Fremont/LA)-1	1976
51-5¼	Freeman Miller (Fremont/LA)-1	1980
51-3	Willie Banks (Oceanside)-2	1974
51-3	Ricky Holliday (Muir/Pasadena)	1980

Shot Put

State Meet Record: 68-0 Steve Montgomery (Lassen/Susanville) at Berkeley 1976. **Frosh:** 52-5¼ Curt Hampton (El Cajon) 1971. **Soph:** 61-1 Dave Kurrasch (Santa Ana) 1973. **Junior:** 65-5 Terry Albritton (Newport Harbor) 1971. **Senior:** 69-3¼ Jim Neidhart (Newport Hbr) 1973.

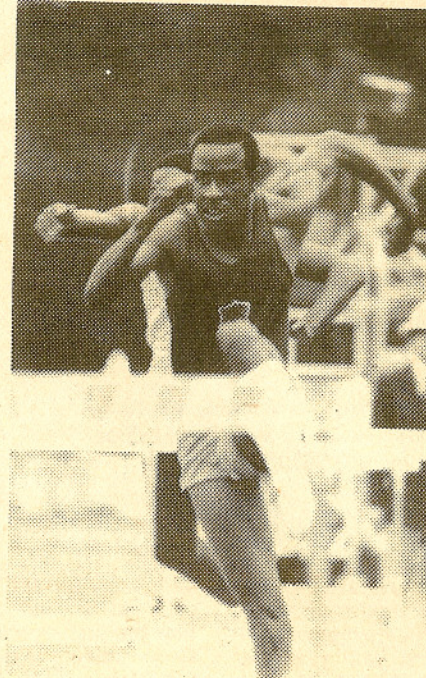
69-6¾	Jim Neidhart (Newport Harbor)-1	1973
68-5½	Steve Montgomery (Lassen/Susvi)-1	1976
68-5	Dave Kurrasch (Newport Harbor)-1	1975
67-9¾	John Hubbell (Poly/Long Beach)-1	1966
67-9	Terry Albritton (Newport Harbor)	1972
67-9	John McKenzie (Hart/Newhall)	1976
67-8¼	Dave Doupe (Inglewood)	1973
67-6½	Randy Cross (Crespi/Encino)-1	1972
67-2¼	Mark Stevens (Newport Harbor)-1	1971
67-2	Dave Murphy (Sunny Hills/Fullerton)	1966

Discus

State Meet Record: 201-3 Chris Adams (Los Altos) at Berkeley 1970. **Frosh:** 173-6 Antonio Dobbins (Burrroughs/Ridgecrest) 1979. **Soph:** 180-7 Mark McNaughton (McLane/Fresno) 1972. **Junior:** 194-10 Ray Burton (Vacaville) 1973. **Senior:** Dave Porath (Atwater) 1978.

209-6	Dave Porath (Atwater)-1 at Sacramento	1978
201-6	Ray Burton (Vacaville)-1	1974
201-3	Chris Adams (Los Altos)-2	1970
200-7	Paul Bender (Shafter)-1	1980
200-4	Scott Endler (Hoover/Fresno)-1	1976
200-1	Scott Overton (Los Altos)-1	1972
198-6	Dave Voorhees (Tulelake)	1973
195-8	Bill Joe Winchester (Mt. Miguel/SV)	1970
195-5	Lonnie Shelton (Foothill/Bakersfield)-1	1973
195-4	Bob Stoecker (Los Altos)-2	1962
195-4	Tom Birtwhistle (Gunn/Palo Alto)	1969

photo by Richard Slotkin



Tony Campbell

41.25	Serra (Gardena)	1981
41.26	Muir (Pasadena)	1981
41.28*	Gardena	1978
41.29	Berkeley	1980
	(Robinson, Walker, Smith, Clewis)	
41.30	Centennial (Compton)	1980
	(Jacksonf, Ware, Graham, Turner)	
41.32*	El Cerrito-1	1978
41.32*	Pasadena	1978
	Hand Timing: (* 440 Yards Minus 0.2)	
40.8*	Wilson/San Francisco-1	1973
	(Farmer, Whitaker, Kirtman, Walker)	
40.9*	El Cerrito-1	1971
	(Gaines, Watson, Smith, Burns)	
40.9*	Harry Ells/Richmond-1	1975
	(Miller, Gentry, Davis, Cooper)	
40.9*	Hamilton/Los Angeles	1976
	(Menzies, Goosby, Martin, Mullins)	
41.0*	Castlemont/Oakland	1970
	(Pruitt, Turner, Irvin, Gibson)	
41.0*	El Cerrito	1970
	(Smith, Battle, Lewis, Burns)	
41.0*	Hamilton/Los Angeles	1971
	(Avant, Wallace, Thomas, Reddick)	
41.0*	Crenshaw/Los Angeles	1972
	(Coulter, Franklin, Tyler, Johnson)	
41.0*	Wilson/San Francisco	1974
	(Lewis, Kirtman, Ward, Farmer)	
41.0*	Kennedy/Barstow-1	1976
	(Jones, Hill, Kelly, Jones)	
41.0*	Pasadena-1	1977
	(Cleveland, Hill, Mulloy, Sanford)	

1600 Meter Relay

(* Mile Minus 1.1)

State Meet Record: 3:08.94 Berkeley (Murray, Walker, Langerston, Robinson) at Norwalk 1981.

3:08.94	Berkeley-1	1981
	(Murray, Walker, Langerston, Robinson)	
3:10.37	Centennial/Compton-1	1980
	(Graham, Ware, Jackson, Turner)	
3:10.42	Berkeley	1980
	(Dotson, Richardson, Walker, Robinson)	
3:10.47*	Banning/Wilmington-1	1978
	(Davis, Caesar, Blalock, Lewis)	
3:11.10	Poly/Long Beach	1981
3:11.32	Compton	1980
	(Davis, Taylor, Smith, Barksdale)	
3:11.81	Centennial/Compton	1981
	(Pinchback, Ware, Jones, Graham)	
3:12.1*	Castlemont/Oakland-1	1971
	(Roberts, Morgan, Curry, Rodgers)	
3:12.3*	Westchester/Los Angeles	1978
	(Brown, Lee, Jones, Pittman)	
3:12.45	Muir/Pasadena	1981
	(Carroll, Anderson, Mathis, Brown)	

400 Meter Relay

(* 440 Yards Minus 0.23)

State Meet Record: 40.86 Berkeley (McCree, Robinson, Walker, Murray) at Norwalk 1981.

40.86	Berkeley-1	1981
	(McCree, Robinson, Walker, Murray)	
40.92	Dorsey/Los Angeles	1981
	(Boles, Williams, Williams, Jackson)	
41.21	Compton	1980
	(Johnson, Davis, Barksdale, Elleston)	
41.23*	Pasadena-1	1979
	(Ervin, Delamar, Cook, Sanford)	

PORTERVILLE VETERAN'S DAY

5,000 METER & 10,000 METER ROAD RACES

Johnson (Pacific Grove) 1963. Soph: 25-2 1/4 Johnny Johnson (Pacific Grove) 1964. Junior: 25-10 3/4 Heulon Hewitt (Merced) 1968. Senior: 26-2 1/4 Ken Duncan (McClatchy/Sacramento) 1972.

25-2 1/4 Ken Duncan (McClatchy/Sacramento) 1972
 26-0 3/4 Jerry Proctor (Muir/Pasadena)-1 1967
 25-11 1/2 Larry Doubley (Manual Arts/LA)-1 1976
 25-10 3/4 Heulon Hewitt (Merced)-1 1968
 25-9 1/2 Gerald Hardeman (Edison/Fresno) 1972
 25-7 James McAlister (Blair/Pasadena)-1 1970
 25-6 1/4 Ted Hammond (Compton) 1973
 25-5 1/4 Doyle Steel (San Diego)-1 1966
 25-5 Carl McCullough (Sacramento)-1 1972
 25-4 3/4 Johnny Johnson (Pacific Grove) 1965

Berkeley 1970. Fresh: 173-6 Antonio Dobbins (Burroughs/Ridgecrest) 1979. Soph: 180-7 Mark McNaughton (McLane/Fresno) 1972. Junior: 194-10 Ray Burton (Vacaville) 1973. Senior: Dave Porath (Atwater) 1978.

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 201-3 Chris Adams (Los Altos)-2 1970
 200-7 Paul Bender (Shafter)-1 1980
 200-4 Scott Endler (Hoover/Fresno)-1 1976
 200-1 Scott Overton (Los Altos)-1 1972
 198-6 Dave Voorhees (Tulelake) 1973
 195-8 Bill Joe Winchester (Mt. Miguel/SV) 1970
 195-5 Lonnie Shelton (Foothill/Bakersfield)-1 1973
 195-4 Bob Stoecker (Los Altos)-2 1962
 195-4 Tom Birtwhistle (Gunn/Palo Alto) 1969

400 Meter Relay

(* 440 Yards Minus 0.23)

State Meet Record: 40.86 Berkeley (McCree, Robinson, Walker, Murray) at Norwalk 1981.

40.86 Berkeley-1 1981
 (McCree, Robinson, Walker, Murray)
 40.92 Dorsey/Los Angeles 1981
 (Boles, Williams, Williams, Jackson)
 41.21 Compton 1980
 (Johnson, Davis, Barksdale, Elleston)
 41.23* Pasadena-1 1979
 (Ervin, Delamar, Cook, Sanford)

3:10.42 Berkeley 1980
 (Dotson, Richardson, Walker, Robinson)
 3:10.47* Banning/Wilmington-1 1978
 (Davis, Caesar, Blalock, Lewis)
 3:11.10 Poly/Long Beach 1981
 3:11.32 Compton 1980
 (Davis, Taylor, Smith, Barksdale)
 3:11.81 Centennial/Compton 1981
 (Pinchback, Ware, Jones, Graham)
 3:12.1* Castlemont/Oakland-1 1971
 (Roberts, Morgan, Curry, Rodgers)
 3:12.3* Westchester/Los Angeles 1978
 (Brown, Lee, Jones, Pittman)
 3:12.45 Muir/Pasadena 1981
 (Carroll, Anderson, Mathis, Brown)

PORTERVILLE VETERAN'S DAY

5,000 METER & 10,000 METER ROAD RACES

NOVEMBER 11, 1981 (Wed.) • 8:00 a.m.

Starts at the Corner of Olive & Second Streets (Downtown)

REGISTRATION: 7:00 A.M. — 7:45 A.M.

ENTRY FEE: \$5.00 — 1st 150 entries receive free "T" shirt.

RETURN ENTRY TO: Dr. Allen E. Nelson
 Porterville College
 900 South Main St.
 Porterville, CA 93257

DIVISIONS: Junior (12 & under), 13-17,
 Open, 30-39, 40-49, 50+

AWARDS: First Three Places in All Divisions
 plus Oldest & Youngest Finishers

Entry Form

WAIVER: I hereby for myself, my heirs, executors, administrators waive and release any and all rights and claims for damages I may have against the City of Porterville, Porterville College or their representatives, successors or assigns, for any and all injuries, ailments or other consequences, suffered by me in the Porterville Veterans Day Road Race. I attest and verify that I am physically fit to complete a 10,000 meter race or a 5000 meter race if entered in that event.

Signature in Full _____ Signature of Parent if under 18 years old _____

Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

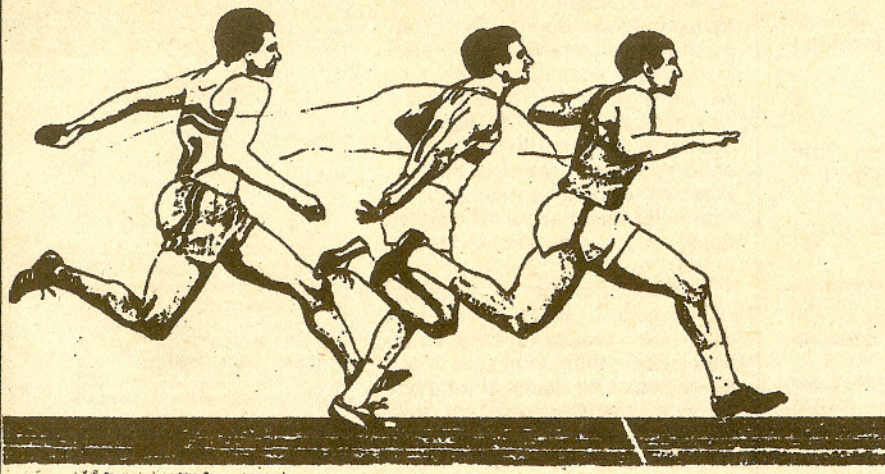
Check Appropriate Division:

Male Female
 12 & under 13-18 Open 30-39 40-49 50+

Race: 5000 Meters 10,000 Meters

Shirt Size: small medium large extra large

•make checks payable to: Porterville College Athletic Fund•



PREP NOTES

by Keith Conning

Send all high school material directly to Keith Conning, California Track & Running News High School Editor, 2235 Browning St., Berkeley, CA 94702.

Two track athletes--Kevin Willhite of Cordova and Denean Howard of Granada Hills were selected as 1980-81 California High School Athletes of the Year by Cal-Hi Sports in San Jose. Willhite, of course, is also an outstanding football player. He gained 1754 yards and scored 22 touchdowns in 12 games last season.

The Annual *Track & Field News* Relay Rankings show the Berkeley women's 4x100 team ranked tenth in the nation, the only high school receiving a ranking.

Berkeley High School's athletics program--saved by board action earlier in August--is now imperiled again. School administrators have recommended cutting the present \$71,235 budgeted for the program down to \$55,000. If the board upholds this plan, the program will have lost more than half its funding during the past two years. Two years ago,

before the financial picture worsened, the Berkeley schools spend \$125,000 on the high school athletics program. Last year the budget was cut to \$83,000, and when the board agreed on \$71,325, high school athletics coaches were saying they could barely manage. With that amount, the school could offer 18 sports and 41 teams, including men's and women's teams, and some sports, varsity, junior varsity and frosh teams. This is the present program at the high school, and it includes space for 750 participants.

Dave Cheit reported in the *Berkeley Gazette* that the Berkeley High track team may no longer be able to practice and compete at Cal's Edwards Stadium. "We were letting them use our stuff for free, and other high schools called and asked if we'd let them come too," said Erv Hunt, the Cal track coach. "We

had to say no, and they got pretty upset at us. But the problem is that the high school kids and the (Cal) women's team both use the facilities, and the stuff wears out that much faster--and then my program has to pay to replace it." Tops on the replacement list are hurdles, high-jump pits and starting blocks, but the track itself will need a resurfacing of the two inside lanes within a year or two, according to Hunt.

Unfortunately, Berkeley High's track is in very poor condition and it does not have any pits or runways. The football field was replaced a couple of years ago, but the money ran out before they could replace the track and put in pits on the field. If Berkeley High cannot practice at Cal, it will have a significant impact on their track program which has been so successful.

Profile on: JESSICA SPIES

Let's pretend you're the coach. We're going to give you 100 pounds of clay and you can build yourself a super athlete for your high school girls track team.

First, of course, she'll be fast with the fastest time in the state. Versatile - yes, she will be able to run several events. And, a team runner who likes relays. Sounds like a winner in the making. Let's make her a perfect student with a 4.0 grade point average; and have her well rounded with some musical ability, a sense of humor and a warm smile for everyone. Man, now we have something, so, let's make her a junior so you'll have her for even another year.

Now that we've built your ideal athlete, throw just 12 more pounds of clay on and you've got Jessica Spies. We think you'll agree that "Jess" is something special.

photo by Don Gosney



too many conflicts with track. You can't really do two different sports full time. So, I chose track. I have been running with the San Jose Cindergals for a year and a half now and absolutely love it.

"The highlight of the season for me had to be the Junior Nationals at UCLA and running on the team of the West at the National Sports Festival in Syracuse, New York. I really haven't given much thought as to where I want to go to college, but I do know my running will come first.

"I like to read to relax and have ten pet cats at present (since some wonderful soul abandoned two expectant females on the hills behind us). My one great weakness (besides cats) is ice-cream.

"My coach, Estelle Argabright, is fantastic. Just some of his quotables: 'How was the race? I was in the bathroom and missed it,' 'Rest is a four letter word,' and many other things that are inspirational. I'm an avid California Track & Running News subscriber, reader, and fan."

A Week's Workout: For January (warm up of one mile and 6x60 and warm down of one mile assumed). **Sunday:** road race of 3 miles; **Monday:** 6 lapper, all out 330, 10x220 acceleration. **Tuesday:** 8x440 (30 second rest) at 1:40 pace, 10x100 yard hill sprints. **Thursday, Friday & Saturday:** work distance (5 miles a day).



Letters to the High School

case I can think of was the year Montgomery and another good shot putter [from Conning] com-

California, yet they don't receive their fair share of slots in the State Meet. Automatic timing is

season.
The Annual *Track & Field News* Relay Rankings show the Berkeley women's 4x100 team ranked tenth in the nation, the only high school receiving a ranking.

Berkeley High School's athletics program--saved by board action earlier in August--is now imperilled again. School administrators have recommended cutting the present \$71,235 budgeted for the program down to \$55,000. If the board upholds this plan, the program will have lost more than half its funding during the past two years. Two years ago,

41 teams, including men's and women's teams, and some sports, varsity, junior varsity and frosh teams. This is the present program at the high school, and it includes space for 750 participants.

Dave Cheit reported in the *Berkeley Gazette* that the Berkeley High track team may no longer be able to practice and compete at Cal's Edwards Stadium. "We were letting them use our stuff for free, and other high schools called and asked if we'd let them come too," said Erv Hunt, the Cal track coach. "We

need a resurfacing of the two inside lanes within a year or two, according to Hunt.

Unfortunately, Berkeley High's track is in very poor condition and it does not have any pits or runways. The football field was replaced a couple of years ago, but the money ran out before they could replace the track and put in pits on the field. If Berkeley High cannot practice at Cal, it will have a significant impact on their track program which has been so successful.

Letters to the High School Editor

Dear Keith,

I saw your editorial in the August issue. While I agree with you completely about Frazier, I think your proposals (even if they could be carried out, which I doubt) would ruin the State Meet. What you would end up with would be a meet made up mostly of Southern Section entries. And 27 entries would be silly with maybe 18 of them from the Southern Section. Further, not every section has the facilities for automatic timing, certainly not at meets throughout the season. And if you did have section meets, what would you do if the wind was above the allowable, run and jump against it?

I made up the enclosed set of statistics to measure the "quality" of each State Meet qualifier over the past 7 years. It is very instructive, showing how strong the Southern Section is and the lack of depth in some other sections. I think it's clear that hardly ever will a "Frazier-type situation" arise in any section except for the single-qualifier sections, the Northern and Oak/SF. (In fact, the only other

case I can think of was the year Montgomery and another good shot putter [from Corning] competed in the Northern Section.) But to allow a worthy athlete like Frazier to compete in the State Meet, I would opt for an appeal possibility. The 2nd place finisher (conceivably even the 3rd) in the Northern and Oak/SF meets could appeal for State Meet acceptance to a knowledgeable review board (like Jack Shepard and you). If accepted in a track event, drop the NCS #4, Cent #3, SD #3, etc. qualifier on a rotating basis.

While the current 27 qualifiers certainly aren't the State's best, it only takes a day of heats to get close to the 9 best.

Regards,
Donn Kirk
Los Altos

Editor: I don't think my proposals would ruin the State Meet, but rather result in an improvement. The NCAA and Pac-10 meets are not ruined by using qualifying standards. Qualifying standards insure that the best athletes will be allowed to compete no matter where they may hail from. You are concerned that the Southern Section would have too many participants, but it doesn't concern you that they are now grossly under-represented. Sixty percent of the population lives in Southern

California, yet they don't receive their fair share of slots in the State Meet. Automatic timing is now generally available and would become a regular feature of all big meets. Since athletes could attain their qualifying mark anytime during the season, it wouldn't matter if one meet happened to be wind-aided.

If other readers have ideas for improving the State Meet selection process, please write.

Keith Conning:

State Meet 3200 meter run Brian Abshire 9:08.6 (jr.) pr DeAnza HS, Richmond, California. Keith, thanks for all your help!

Ron Elkin
Assistant Track Coach, DeAnza
Richmond

Keith,

State Meet 3200 meters--Girls Heidi Howell, University High, L.A. City 11:27.2. Place unknown.

Thanx for your times 2nd place throughout. Nice year.

Dick Kampmann
Coach, University High
Los Angeles

Editor: Since the State Meet did not time all the runners in the 3200 meter run, I have asked coaches and athletes to let me know what their times and places were.



As a 16-year-old Livermore High School junior she recorded best marks of: 25.3(200m), 55.3(400m), 2:05.84(800m), 4:37.0(1500m), 10:01.2(3000m). In addition to Livermore High, she also competes for the famous San Jose Cindergals Track Club coached by Augie Argabright.

In her studies the 5 foot-5 inch, 112 pound athlete has recorded a 4.0 and she plays second flute in the orchestra winds and wind ensemble.

We asked Jess to tell us a little bit about herself: "I'm from Livermore, but was born in San Francisco and raised everywhere else. My father is an oceanographer, so we have lived in Tomales, Los Angeles, and Melbourne, Australia. I'm the oldest of three children. I have a younger brother, Brennan, who is, to my disgust a foot taller than I and a little sister, Becky. My mom teaches fourth grade.

"I didn't start out in track but rather soccer, when I was nine years old. I played fullback until I was a sophomore in high school. I made two state teams and travelled with it to Germany last summer. However, I found there were

day: 6 lapper, all out 330, 10x220 acceleration. **Tuesday:** 8x440 (30 second rest) at 1:40 pace, 10x100 yard hill sprints. **Thursday, Friday & Saturday:** work distance (5 miles a day).



photo by Don Gosney

photo by Don Gosney

PREP Cross Country Preview

BOYS

North Coast Section

Brian Abshire (DeAnza, Richmond)
Track: Brian finished sixteenth in the State Meet 3200 in 9:08.6. He was third in the section in 9:12.0. His best time in the 1600 was 4:20.6.

Cross Country: He was fourteenth in the Northern California Championships and sixth in the section.

Roads: He placed 13th in the 1980 Y-to-Y Race. He defeated Jim Ryun in the "Spring Scramble with Jim Ryun" in Pleasant Hill. He ran the 6.2 mile race in 31:38 to 32:48 for Ryun.

Tim Berry (Ynacio Vly, Concord)

Track: Tim placed seventh in heat 2 of the State Meet 1600 in 4:15.83. He placed fifth in the section 1600 in 4:25.8, and seventh in the 3200. His best 3200 time was 9:12.6.

Cross Country: He placed second at the TAC National Boys Age 14-15 Championships in Santa Rosa. He was third in the section.

Roads: He placed second at the 1980 Concord Classic 10K in 33:11. He placed nineteenth in the 1980 Marin Headlands 7-miler in 42:52. He took twenty-fifth at the 1981 Devil Mountain Run in 32:11.

Doran McGee (Berkeley)

Track: Doran placed seventh in the section 1600. His seasonal best was 4:20.3.

Cross Country: He placed 33rd in the section.

***Rico Balatti (DeLaSalle, Concord)**

Track: Rico placed sixth in the section 3200 in 9:27.4.

Cross Country: He placed seventeenth in the section.

Steve Mayberry (Castro Valley)

Track: Steve placed eighteenth in the section 3200 in 10:15.0. His season best was 9:36.1.

Cross Country: He placed twenty-sixth in the section.

Roads: He has been running well this summer according to his Coach Tony Casillas.

Central Coast Section

Brian Bergstrom (Los Gatos)

Track: Brian placed third in the Top 8 mile in 4:18.1.

Northern Section

Brian Butterfield (Lassen, Susanville)

Track: Brian placed tenth in heat 2 of the State Meet 1600 in 4:19.28. He won the section in 4:24.75.

Cross Country: He placed 23rd in the section.

Don Merwin, Jr. (Hayfork)

Track: Don was a State Meet participant in the 3200. He won the section in 9:37.3.

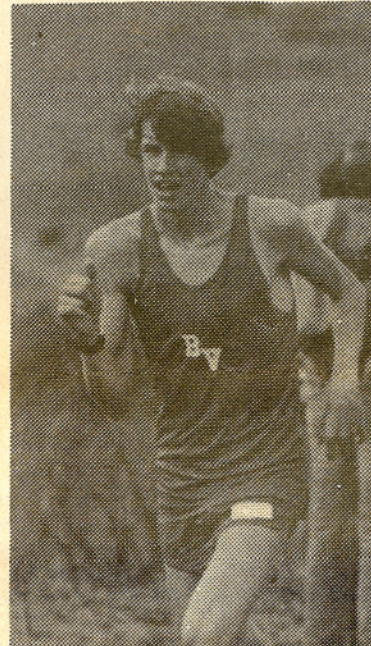
Cross Country: He placed third in the TAC Nationals Age Group 14-15.

Roads: He finished second in the Top of the State 7 mile race on July 11, 1981 in Weed.

***Kevin Allison (Anderson)**

Cross Country: Kevin placed sixth in the TAC Nationals Age Group 14-15 and twenty-eighth in the Northern California Championships, the top soph. He was fifth in the section.

photo by Don Gosney



following in the footsteps of Jay Marden, who won the Kinney Western Regional and National Championships last year. In fact, Harold's 3200 time this season was more than one second faster than what Jay ran as a junior.

Mike Lee (Bella Vista, Fair Oaks)

Cross Country: Mike placed twenty-ninth in the Northern California Championships.

San Diego Section

We also need a new correspondent for this section.

Jose Vega (Chula Vista)

Track: Jose placed fifth in the TAC Junior Olympics National Championships 5,000 in 15:19.73. He participated in the State Meet 3200. He placed second in the section in 9:26.75.

GIRLS

North Coast Section

Lori Shanoff (Petaluma)

Track: Lori competed in the State Meet 3200. She placed third in the section in 10:47.9. Her best 1600 was 5:05.6.

Cross Country: She was ranked second in the state. She placed seventeenth in the Kinney Western Regional, tenth in the Northern California Championships, and first in the section. She won three invitationals—Block P, San Rainon, and Stanford.

Robyn MacSwain (Terra Linda, San Rafael)

Track: Before an injury, which ended her season prematurely, she recorded a 5:11.2 mile and 11:19.6 two-mile.

Cross Country: She was ranked fourth in the state. She placed twenty-first in the Kinney National, seventh in the Kinney Western Regional, and second in the section. She was undefeated in three invitationals—Oakland, Artichoke, and Crystal Springs.

Roads: She placed seventh in the Bonne Bell 10K on February 1 in San Francisco.



Robyn MacSwain

Marilyn Davis (Miramonte, Orinda)

Track: Marilyn placed third in the State Meet 1600 in 4:48.88. She won the section in 5:00.2. She also ran the 800 in 2:09.7 with a second place finish at the Jenner Classic.

Cross Country: She was ranked tenth in the state. She finished fourth in the Northern California Championships and third in the section.

Roads: She took twenty-fourth in the Bonne Bell 10K on February 1 in 38:37.

Laurie Hollingworth (Piner, Rosa)

Track: Laurie placed fifth in the State Meet 1600 in 4:54.27. She placed third in the section in 5:01.2. Her 3200 best was 11:03.4.

Cross Country: She was ranked eighteenth in the state. She placed seventh in the Northern California Championships and fifth in the section. She won the Hayward Invitational.

Roads: She won the 1980 Cazadero 7-miler on February 1 in San Francisco.

Katy Dykstra (Drake, San Anselmo)

Track: Katy placed sixth in heat 2 of the State Meet 1600 in 5:02.96. She missed qualifying for the final by .86. She placed second in the section in 5:01.1.

Her coach Bill Taylor reporting by postcard from Greece, said that she ran an 800 in the rain at Zurich, Switzerland in 2:16.8.

Cross Country: She placed thirteenth in the Northern California Championships and eighth in the section.

***Wendy Sihner (Miramonte, Orinda)**

Track: Wendy placed seventh in the section 3200 in 11:12.2. Her season best time was 11:10.8.

Cross Country: She placed ninth in the Northern California Championships and ninth in the section.

***Paige Tully (Alhambra, Martinez)**

Track: Paige placed ninth in the section 3200 in 11:24.0.

Cross Country: She ranked twentieth in the state. She placed eighth in the Northern California Championships and sixth in the section.

Suzie Ames (California, San Ramon)

Track: Suzie placed twelfth in the section 3200 in 11:28.0.

Cross Country: She finished twenty-second in the Northern California Championships and seventh in the section.

Roads: She finished tenth in the Devil Mountain Run in 38:56.

***Mary Ann Morse (Carondelet, Concord)**

Cross Country: She placed nineteenth in the section.

Valerie Knafelc (Carondelet, Concord)

Cross Country: Valerie placed twentieth in the Northern California Championships and twenty-first in the section.

Central Coast Section

Linda Van Housen (Sacred Heart, Menlo Park)

Track: Linda ran the TAC Junior Olympics Nationals 3000 in 10:49.6. She finished thirteenth in the State Meet 3200 in 10:58.8. She was second in the section two mile in 10:42.2. Her best mile was 5:11.9.

Cross Country: She was ranked sixth in California. She placed third in the TAC National Age 14-15, first in the Northern California Championships, and first in the section.

Ester Berndt (Gunn, Palo Alto)

Cross Country: She was ranked sixteenth in the state. She placed eighth in the TAC National Age Group 14-15, sixth in the Northern California Championships, and third in the section.

continued on next page

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Track: Steve placed eighteenth in the section 3200 in 10:15.0. His season best was 9:36.1.

Cross Country: He placed twenty-sixth in the section.

Roads: He has been running well this summer according to his Coach Tony Casillas.

Central Coast Section

Brian Bergstrom (Los Gatos)

Track: Brian placed third in the Top 8 mile in 4:18.1.

Cross Country: He placed 99th at the Kinney Western Regional.

Robert Anderson (Santa Teresa, San Jose)

Track: Robert placed sixth in the Region 3 mile in 4:21.0.

Kent Iglehart (Gunn, Palo Alto)

Track: Kent ran the 1500 in 4:02.5 at the Bruce Jenner Classic.

Cross Country: He placed third in Region 2 of the section.

***Rod Sellard (Bellarmine, San Jose)**

Track: Rod placed second in his league 800 in 1:55.36.

Cross Country: He placed fourth in Region 1 of the section.

Central Section

Roy Vinton (Sanger)

Cross Country: Roy placed fifteenth in the Northern California Championships and fourth in the section.

***Todd Hill (Monache, Porterville)**

Track: Todd was a State Meet participant in the 3200. He placed second in the section in 9:28.99.

Dean Walker (Hoover, Fresno)

Track: Dean was a State Meet participant in the 3200. He placed third in the section in 9:29.98.

Mark Beebe (Fresno)

Track: Mark placed tenth in heat 1 of the State Meet 1600 in 4:22.55. He was third in the section in 4:23.62.

Cross Country: He placed thirteenth in the section.



Harold Kuphaldt

Sac-Joaquin Section

I would like to encourage coaches in this section to have their athlete's grade listed in the State Meet program. It is very difficult to do a preview of a section if you don't know what grade the athletes are in.

CT&RN needs a new correspondent to represent the Sac-Joaquin Section. All you have to do is send results to me.

Harold Kuphaldt (Bella Vista, Fair Oaks)

Track: Harold was the fastest junior two miler in the United States this season. He placed fifth in the State Meet 3200 in 8:54.79. He won the section in 9:12.2.

Cross Country: He was ranked seventh in the state last year, the only junior ranked in the first twenty-one men. He placed ninth at the Kinney Western Regional, fourth at the Northern California Championships, and second in the section. He was undefeated in three invitationals: Nevada Union, Crystal Springs and Soquel.

Prediction: Harold is my pick to be the number one cross country runner in California and the United States this season. He is

GIRLS

Robyn MacSwain

North Coast Section

Lori Shanoff (Petaluma)

Track: Lori competed in the State Meet 3200. She placed third in the section in 10:47.9. Her best 1600 was 5:05.6.

Cross Country: She was ranked second in the state. She placed seventeenth in the Kinney Western Regional, tenth in the Northern California Championships, and first in the section. She won three invitationals—Block P, San Ramon, and Stanford.

Robyn MacSwain (Terra Linda, San Rafael)

Track: Before an injury, which ended her season prematurely, she recorded a 5:11.2 mile and 11:19.6 two-mile.

Cross Country: She was ranked fourth in the state. She placed twenty-first in the Kinney National, seventh in the Kinney Western Regional, and second in the section. She was undefeated in three invitationals—Oakland, Artichoke, and Crystal Springs.

Roads: She placed seventh in the Bonne Bell 10K on February 1 in San Francisco's Golden Gate Park in 36:58.

Marilyn Davis (Miramonte, Orinda)

Track: Marilyn placed third in the State Meet 1600 in 4:48.88. She won the section in 5:00.2. She also ran the 800 in 2:09.7 with a second place finish at the Jenner Classic.

Cross Country: She was ranked tenth in the state. She finished fourth in the Northern California Championships and third in the section.

Roads: She took twenty-fourth in the Bonne Bell 10K on February 1 in 38:37.

Laurie Hollingworth (Piner, Rosa)

Track: Laurie placed fifth in the State Meet 1600 in 4:54.27. She placed third in the section in 5:01.2. Her 3200 best was 11:03.4.

Cross Country: She was ranked eighteenth in the state. She placed seventh in the Northern California Championships and fifth in the section. She won the Hayward Invitational.

Roads: She won the 1980 Cazadero 7-miler and was the third woman in the Moscow Road Run in Monte Rio on June 14, 1981.

Valerie Knafelc (Carondelet, Concord)

Cross Country: Valerie placed twentieth in the Northern California Championships and twenty-first in the section.

Central Coast Section

Linda Van Housen (Sacred Heart, Menlo Park)

Track: Linda ran the TAC Junior Olympics Nationals 3000 in 10:49.6. She finished thirteenth in the State Meet 3200 in 10:58.8. She was second in the section two mile in 10:42.2. Her best mile was 5:11.9.

Cross Country: She was ranked sixth in California. She placed third in the TAC National Age 14-15, first in the Northern California Championships, and first in the section.

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continued on next page....

KINNEY CROSS COUNTRY

WESTERN CHAMPIONSHIP

December 5, 1981 – Fresno, California

For high school runners from the following western states: Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming. The top eight male and top eight female finishers will be sent to the National Championships, all expenses paid.

NATIONAL CHAMPIONSHIP

December 12, 1981 – Orlando, Florida

The top eight from each of four regional championships will compete in the Nationals.

FOR MORE INFORMATION AND ENTRY BLANK:

Contact: Bill Cockerham, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Phone: (209) 264-5847.

WESTERN COURSE PREVIEW

September 19: Clovis Invitational – Woodward Park, Fresno. Boys will run the Kinney 5,000 meter course; girls will run 3,000 meters over much of the Kinney 5,000 meter course. **For Information and Entry Forms:** Steve Ward, Cross Country Coach, Clovis High School, 1055 Fowler Ave., Clovis, CA 93612. Phone: (209) 298-3388.



***Susan Brodie (St. Francis, Mountain View)**

Track: Susan had bests of 4:50.8 (1500), 10:30.7 (3000), and 11:10.4 (2 miles).

Cross Country: She placed sixteenth in the Northern California Championships and fifth in the section.

Roads: She placed third in the 1980 Dump to Dump Run 5K in 20:19.

****Connie Buckler (Saratoga)**

Track: Connie placed fifth in the Top 8 Meet two mile in 11:17.8.

Cross Country: She placed eighth in the section.

photo by Don Gosney



***Carla Halford (Leland, San Jose)**

Track: Carla placed fourth in the section mile in 5:05.9.

****Nora Williams (Menlo-Atherton, Atherton)**

Track: Nora placed seventh in the section mile in 5:13.7.

***Andrea Heimbecker (Willow Glen, San Jose)**

Track: Andrea placed fourth in the section two mile in 11:20.0.

Martha Demo (Homestead, Cupertino)

Track: Martha had a two mile best of 11:30.0.

photo by Don Gosney



Central Section

Cynthia Rogers (Mt. Whitney, Visalia)

Track: Cynthia participated in the State Meet 3200. She won the section in 11:32.09.

Cross Country: She placed sixteenth in the Kinney Western Regional, fifteenth in the Northern California Championships, and second in the section.

Roads: She won the 1980 Fathers Day Run 6 miler in 36:25.

***Mary Banales (South, Bakersfield)**

Cross Country: Mary placed twenty-sixth in the Northern California Championships and third in the section.

***Pam Ash (North, Bakersfield)**

Track: Pam participated in the State Meet 3200. She placed second in the section in 11:43.15.

Cross Country: She placed tenth in the section.

***Linda Hooke (Bullard, Fresno)**

Track: Linda placed ninth in heat 1 of the State Meet 800 in 2:18.16. She placed second in the section in 2:15.46.

Cross Country: She placed eleventh in the section.

Kathy Isham (Mt. Whitney, Visalia)

Track: Kathy placed eleventh in heat 1 of the State Meet 1600 in 5:19.04. She placed second in the section in 5:18.16.

Cross Country: She placed tenth in the Central Area of the section.

Roads: She was the ninth woman at the Bartlett Mineral Spring Water Independence Day four mile run on July 4 in Visalia.

Northern Section

***Jennifer Korte (Pleasant Valley, Chico)**

Track: Jennifer placed tenth in heat 1 of the State Meet 1600 in 5:13.23. She won the section.

Cross Country: She won the section.

Roads: She was fifth woman in the Almond Bowl Run in Chico on November 2.

****Kim Carter (Chico)**

Cross Country: Kim placed fourteenth in the Northern California Championships and second in the section.

Sac-Joaquin Section

Jeanette Slingerland (Mira Loma, Sacramento)

Cross Country: Jeanette placed eleventh in the Northern California Championships and first in the section.

Roads: She was the twenty-first woman in the California Ten in Stockton on January 4.

***Karin Haase (South Tahoe)**

Cross Country: Karin placed twelfth in the Northern California Championships and second in the section.

*Susan McKeon (Cordova)

photo by Jim Engle



Jenny Ray

Theresa Perrin (Mira Loma, Sacramento)

Cross Country: Theresa finished twenty-ninth in the Kinney Western Regional and sixth in the section.

Michelle Soto (Casa Roble, Orangevale)

Cross Country: Michelle finished thirty-fifth in the Kinney Western Regional, twenty-ninth in the Northern California Championships and seventh in the section.

****Laurie Bushling (Yuba City)**

Track: Laurie placed ninth in the State Meet 1600 in 5:12.27. She placed second in the section in 5:07.7. Her season best was 5:06.5.

Cross Country: She placed twenty-fifth in the Northern California Championships and eighth in the section.

****Stacey McAfee (Del Oro, Loomis)**

Track: Stacey competed in the State Meet 3200. She placed second in the section in 11:00.6.

Cross Country: She placed twenty-fourth in the Northern California Championships and tenth in the section.

Oakland Section

I've heard that the Oakland Section may not have the sport of cross country this fall, because of budget constraints.

Look for the Los Angeles City and Southern Section Preview in the next issue of *California Track & Running News*.

Marta McLeon (Skyline, Oakland)

Track: Marta participated in the State Meet 3200. She won the combined San Francisco/Oakland two mile in 12:18.5.

Cross Country: She won the section.

Jenny Ray (Oakland)

Track: Jenny placed ninth in heat 2 of the State Meet 800 in 2:19.50. She won the section 880 in 2:19.0 and the mile in 5:23.5.

Cross Country: She was second in the section.

San Diego Section

Shelli Lachel (Monte Vista, Spring Valley)

Track: Shelli finished seventh in the State Meet 3200 in 10:41.65. She placed second in the section with 10:58.17.

Cross Country: She placed seventh at Mt. SAC.

Roads: She won the 19 and under division of the L'eggs/YMCA 10K in 38:19.

Tina Allen (Santana, Santee)

Track: Tina finished sixth in heat 1 of the State Meet 1600 in 5:00.72. She won the section.

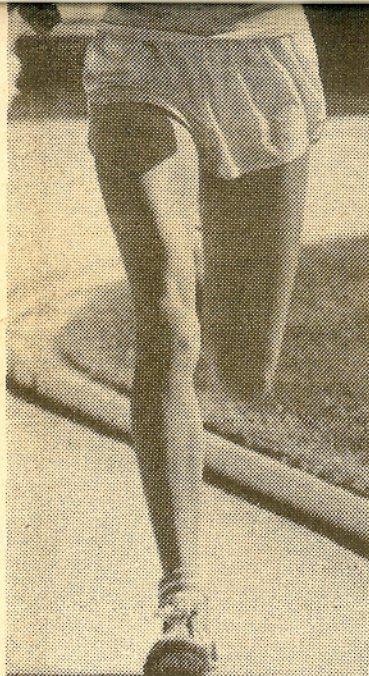
Sandy Blakeslee (Vista)

Track: Sandy finished ninth in heat 2 of the State Meet 1600 in 5:08.56. She was fourth in the section.

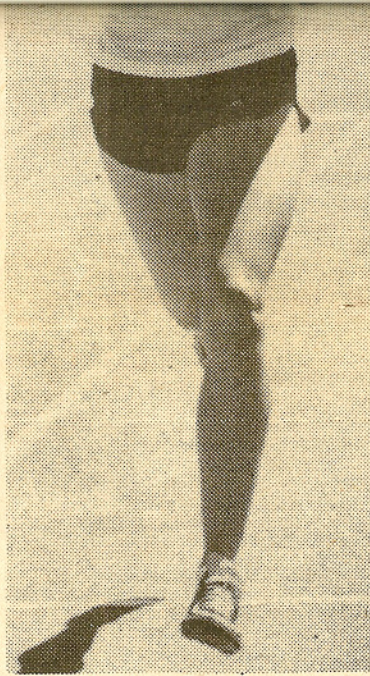
TAC Junior Olympics

From KEITH CONNING

Meter Hurdles: 1. Yvette Bates (Richmond) 14.10; 4. Ruth Whitehead (Oakland) 14.37. **400 Meter Hurdles:** 5. Diane Robinson (Pleasanton) 65.0. **4x100 Relay:** 1. East Oakland 47.8.



Laurie Hollingworth



Linda Van Housen

***Jennifer Korte (Pleasant Valley, Chico)**
Track: Jennifer placed tenth in heat 1 of the State Meet 1600 in 5:13.23. She won the section.
Cross Country: She won the section.
Roads: She was fifth woman in the Almond Bowl Run In Chico on November 2.

****Kim Carter (Chico)**
Cross Country: Kim placed fourteenth in the Northern California Championships and second in the section.

Sac-Joaquin Section

Jeanette Slingerland (Mira Loma, Sacramento)
Cross Country: Jeanette placed eleventh in the Northern California Championships and first in the section.
Roads: She was the twenty-first woman in the California Ten in Stockton on January 4.

***Karin Haase (South Tahoe)**
Cross Country: Karin placed twelfth in the Northern California Championships and second in the section.

***Suzette McKeen (Cordova, Rancho Cordova)**
Cross Country: Suzette placed seventeenth in the Northern California Championships and fourth in the section.

****Stacey McAfee (Del Oro, Loomis)**
Track: Stacey competed in the State Meet 3200. She placed second in the section in 11:00.6.
Cross Country: She placed twenty-fourth in the Northern California Championships and tenth in the section.

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Look for the Los Angeles City and Southern Section Preview in the next issue of *California Track & Running News*.

TAC Junior Olympics

From KEITH CONNING

July 31-August 2: Lincoln, Nebraska. TAC Junior Olympic Championships.

July 31
Intermediate Girls (14-15): Triple Jump: 1. Yvette Bates (Richmond) 38-7½.

Girls Young Class: Discus: 2. Jacque Norton (Mission Viejo) 158-2. 4x800 Relay: 5. Woodside Striders 10:22.08. 3000 Meter Walk: 4. Dorothy Perry (French Camp) 19:19.44.

Intermediate Boys (14-15): Shot Put: 2. Scott Gibson (El Cajon) 50-0.

August 1
Young Men (16-17): Long Jump: 1. Gunn (Oceanside) 24-0¾; 2. Nails (Oakland) 23-8.

Intermediate Boys: High Jump: 1. Maurice Crumby (San Francisco) 6-8½. Triple Jump: 5. Greg Johnson (Pleasanton) 44-3½.

Young Girls: Shot Put: Lorraine Costanzo (Valencia) 40-11¾; 4. Jacque Norton (Mission Viejo) 40-10½.

Intermediate Girls: Long Jump: 2. Yvette Bates (Richmond) 18-9¼.

August 2

Boys 16-Over: 1500 Meters: 5. Steve Gerhart (Moraga) 3:58.30. 5000 Meters: 5. Jose Vega (Chula Vista) 15:19.73. 400 Meter Hurdles: 1. Tom Hoban (Pleasanton) 53.38; 5. Ken Sumpter (San Jose) 54.51. High Jump: 4. Ken Malvino (Larkspur) 6-6¾.

Boys 14-15: 100 Meters: 1. Antonio Manning (Los Angeles) 10.88. 200 Meters: 1. Antonio Manning (Los Angeles) 21.68; 4. Dave Wallick (Santa Clara) 22.67. 800 Meters: 5. Kimmy James (Richmond) 1:55.70. 5000 Meters: 3. Jose Garcia (Los Angeles) 15:24.09.

Girls 16-Over: 1500 Meters: 1. Cecilia Hopp (Cos Cob, Conn./Stanford bound) 4:29.36 (betters meet record of 4:32.94, set by Lisa Mitchell of Washington in 1980); Denise Ball (Cerritos) 4:42.19. 3000 Meters: 1. Cecilia Hopp (Cos Cob, Conn.) 9:43.81; 2. Denise Ball (Cerritos) 10:05.29; Also Linda VanHousen (Woodside Striders) 10:49.6.

Girls 14-15: 100 Meters: 1. Nedrea Rodgers (Oakland) 11.70. 200 Meters: 1. Nedrea Rodgers (Oakland) 23.88. 1500 Meters: 4. Becky Engleman (Camarillo) 4:42.75; 8. Heather Christ (Carlsbad) 5:14.0. 3000 Meters: 4. Heather Christ (Carlsbad) 10:30.34. 100

the section with 10:58.17.
Cross Country: She placed seventh at Mt. SAC.
Roads: She won the 19 and under division of the L'eggs/YMCA 10K in 36:19.

Tina Allen (Santana, Santee)
Track: Tina finished sixth in heat 1 of the State Meet 1600 in 5:00.72. She won the section.

Sandy Blakeslee (Vista)
Track: Sandy finished ninth in heat 2 of the State Meet 1600 in 5:08.56. She was fourth in the section.

Meter Hurdles: 1. Yvette Bates (Richmond) 14.10; 4. Ruth Whitehead (Oakland) 14.37. 400 Meter Hurdles: 5. Diane Robinson (Pleasanton) 65.0. 4x100 Relay: 1. East Oakland 47.8.

Sears National Junior Olympics

From KEITH CONNING

August 9: Winston-Salem, North Carolina. Sears National Junior Olympics Championships.

Boys
Triple Jump: Phillip Anderson (Los Angeles) 49-1.

Girls
3000 Meters: Kris Katterhagen (Tacoma, Washington/competed in Kinney Western Regional) 10:11.47. Shot Put: Debra Corley (Bakersfield) 48-8.

National Sports Festival

From KEITH CONNING

July 26-27: Syracuse, New York. National Sports Festival.

Women
400: 1. Denean Howard (Granada Hills) 53.04. 800: 4. Jessica Spies (Livermore) 2:05.93. 3000: 5. Vickie Cook (Mission Hills) 9:29.97.

Cougar AC Summer Track Champs

August 5, Sacramento: Cougar Athletic Club Summer Track Championships.

Women
5000 Meters: 1. Heike Skaden (Encino High School, Sacramento) 17:57 (10th performer all-time high school).

ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event _____ Location of Event _____

Name of Event _____

Type of Event: long distance run track meet cross country other _____

Starting Time _____ Distance if a running event _____

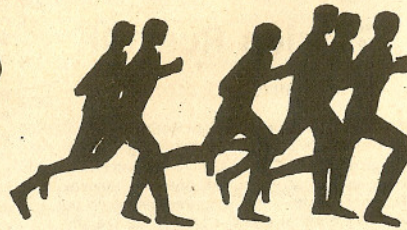
Other important info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: California Track & Running News, P.O. Box 6103, Fresno, CA 93703

LONG DISTANCE LOG



by RICHARD SLOTKIN LONG DISTANCE EDITOR
Please send road race highlights, pictures and stories directly to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230. Also send a copy of the results to the California Track & Running News office: P.O. Box 6103, Fresno, CA 93703.

POINTS OF INTEREST

By RICHARD SLOTKIN

ODDS N' ENDS:

How will the TAC vs. ARRA showdown come out? Things seem to be heading for some kind of a confrontation. The kangaroo court in Indianapolis is coming up, and a junior grade version here in Downey is due soon, courtesy of the S.P.A.T.A.C. The SPA hearing involves those who participated in the Jordache Pro-Am in March. Strangely enough, Gayle Olinekova, who not only ran in it, but was one of the organizers, was not one of those ordered to appear. Personally, I think it's because they don't have the guts to take her on face to face.

I find it a bit dismaying to meet so many people who are shying away from the ARRA races, now. They have been intimidated by TAC's hard-ball tactics. What is especially disturbing is that most of these people have little more chance of qualifying for the Olympics in '84 than I do; and you know what my chances are.

TAC is part of a loosely formed confederation of organizations that has a monopoly on amateur track, field and running events. Worse, they and their fellow organizations have severely abused this position. I fear that the ARRA, if successful, would eventually turn out to be little better

TAC 20k Walk

May 3, University of Wisconsin-Parke, Kenosha, Wisconsin. U.S. 20 Kilometer Walk Championship.

(Top 4 qualify for U.S. Lugano Cup team)

- | | | |
|---|--------------------------------|---------|
| 1 | Jim Heiring (Wisconsin) | 1:30:47 |
| 2 | Dan O'Connor (Westminster, CA) | 1:32:20 |
| 3 | Marco Evoniuk (Colorado) | 1:34:25 |
| 4 | Todd Scully (Virginia) | 1:35:37 |
| 5 | Peter Timmons (New York) | 1:37:56 |
| 6 | Steve Pecinovskiy (Illinois) | 1:38:13 |

Lake Gregory Run

10K

- Male 12 & under: Rolf Wuerch(12) 46:09 Male 13-19: 1 Frankie Jewett(17) 35:40, 2 Paul Fosser(16) 38:03, 3 Jeff Jacobs(14) 38:34. Male 20-29: 1 Steve Housettis(26) 34:58, 2 James Detweiler(28) 35:57, 3 Jack Garcia(24) 36:34, 4 Steve Untch(25) 39:48, 5 Ted Molina(20) 39:54. Male 30-39: 1 Mike Lozoya(30) 35:50, 2 Terry Toles(34) 38:08, 3 George Thomson(38) 39:01. Male 40-49: 1 Charles McClung(40) 36:44, 2 Don Cousins(47) 38:30, 2 Joaquin Granado(41) 39:45. Male 50 & over: 1 Harold Daughters(60) 40:34, 2 Robert Edmonson(56) 45:26.
- Female 12 & under: 1 Romy Jacobson(10) 56:32. Female 13-19: 1 Jennifer Meyers(16) 50:43. Female 20-29: 1 Conni McCarthy(26) 38:39, 2 Suzzi Nielsen(21) 45:29, 3 Smokey Johnson(27) 48:28. Female 30-39: 1 Patricia Jackson(30) 47:07, 2 Diane Eastman(39) 47:18. Female 40 & over: 1 Marilyn Davis(40) 43:48.

5K

- Male 12 & under: 1 Eric Starks(10) 22:30, 2 Greg Meyer(11) 22:47, 3 Steve Rosales(12) 23:06. Male 13-19: 1 Gilbert Abrego(15) 18:35, 2 Greg Letendre(17) 18:48, 3 Tim Fuetta(17) 19:50. Male 20-29: 1 John Tuttle(24) 16:42, 2 Ben Boetel(23) 17:04, 3 Burton Hume(27) 18:08, 4 Andy Orona(22) 18:36, 5 Eric Robie(25) 18:54. Male 30-39: 1 Brian Waterbury(32) 17:32, 2 Larry Roberts(38) 19:24, 3 David Hammons(30) 19:49, 4 Dan Hammons(34) 20:01, 5 Tom Schenauer(32) 20:32. Male 40-49: 1 Ray Hughes(42) 17:12, 2 Tom Richards(40) 17:22, 3 Bob Stafford(41) 19:41. Male 50 & over: 1 David Henopp(52) 20:35, 2 Richard Scully(55) 21:37. Female 12 & under: 1 Sandra Morales(10) 24:30, 2 Angela Morales(7) 26:35. Female 13-19: 1 Leslie Sholl(19) 22:32, 2 Glenna Pinyerd(14) 22:41. Female 20-29: 1 Deana Sanders(28) 21:48, 2 Roberta Soderholm(22) 24:32, 3 Debbie Lewis(27) 24:42. Female 30-39: 1 Cindy Calvert(32) 21:38, 2 Kathy Story(33) 23:11, 3 Carol Noyes(33) 24:38. Female 40 & over: 1 Wilma Maddock(47) 21:48, 2 Jane Dods(45) 24:23, 3 Camille Judd(46) 25:52.

Heritage Days 10K

- May 30. Lancaster.
1 Pat Curran(27)SanGabriel 31:34

- | | | |
|-----|-----------------------------------|-------|
| 12 | Tim Watson(15)CynCtry | 36:13 |
| 13 | John McGovern(17)LeonaVly | 36:26 |
| 14 | Santos Puentes(18)Lanc | 36:38 |
| 15 | Jim Powell(21)Lanc | 36:41 |
| 16 | Fidel Martinez(16)QH | 36:42 |
| 17 | Kurt Anderson(16)QH | 36:42 |
| 18 | Robert Martinez(27)QH | 36:54 |
| 19 | Ed Jerome(37)QH | 37:04 |
| 20 | Tom Gleason(38)Lanc | 37:04 |
| 21 | James Talley(34)Escondido | 37:17 |
| 22 | John Johnson(22)Palm | 37:26 |
| 23 | Tom Martinez(17)QH | 37:27 |
| 24 | Chip Morris(19)LeonaVly | 37:39 |
| 25 | Bob Johnson(32)QH | 37:49 |
| 33 | Frank Ogawa(46)Palm 2-40 | 38:43 |
| 35 | Jim Munson(42)Lanc 3-40 | 38:49 |
| 45 | Robin Tracey(20)Lanc 1F | 39:33 |
| 66 | Diane Smith(27)Edwards 2F | 42:07 |
| 70 | William Broyles(52)Ridge 1-50 | 42:28 |
| 76 | Jeanette Wells(43)QH 3F | 42:46 |
| 77 | Marv Powers(53)Lanc 2-50 | 42:55 |
| 85 | Maynard Mickelson(55)Newhall 3-50 | 43:37 |
| 87 | Marta Bohnmeyer(23)Lanc 4F | 43:58 |
| 91 | Carolyn Wagstaff(25)LaHabra 5F | 44:16 |
| 125 | James Talley(60)Lanc 1-60 | 46:53 |
| 136 | Anne Lawrence(22)Lanc 6F | 48:08 |

St. Jude's "Run for the Kids"

June 13. San Francisco. 10K.

- | | | |
|----|-----------------------|-------|
| 1 | Tom Lux(28) | 30:36 |
| 2 | Jim Van Dine(27) | 30:52 |
| 3 | Mike Porter(27) | 31:21 |
| 4 | Nick Martin(24) | 31:40 |
| 5 | Ron Nabors(32) | 32:10 |
| 6 | Mark Young(24) | 32:12 |
| 7 | Fidel Serrano(18) | 32:22 |
| 8 | John Partridge(32) | 32:22 |
| 9 | Angel Martinez(26) | 32:29 |
| 10 | Gerardo Canchola(25) | 32:37 |
| 11 | Mike Fanelli(25) | 32:58 |
| 12 | Kenneth Matson(19) | 33:04 |
| 13 | Bill Sevald(35) | 33:19 |
| 14 | Johnny Farlow(21) | 33:44 |
| 15 | Jeff Korando(26) | 33:46 |
| 16 | Kevin Cruikshank(23) | 33:52 |
| 17 | Spencer Ferguson(18) | 33:54 |
| 18 | Joseph Hurd(27) | 33:59 |
| 19 | Tim Rostegge(46) | 34:00 |
| 20 | Phillip LeBoit(27) | 34:44 |
| 21 | Gunther Harrison(22) | 34:48 |
| 22 | Fassil Fessaha(25) | 34:52 |
| 23 | Mark Jaqua(29) | 35:00 |
| 24 | Donald Ardel(42) | 35:03 |
| 25 | Michael Urbanski(33) | 35:14 |
| 26 | Laurie Binder(33)1F | 35:15 |
| 27 | Marc Spadar(18) | 35:28 |
| 28 | David Ganser(29) | 35:34 |
| 29 | Bill Brusher(29) | 35:44 |
| 30 | Ray Gin(39) | 36:05 |
| 31 | Miguel Solorio(31) | 36:07 |
| 32 | Shariel Gilbert(30)2F | 36:12 |
| 33 | John Kearns(41) | 36:21 |
| 34 | J. Rhody(29) | 36:27 |
| 35 | David Borsani(34) | 36:31 |
| 36 | Kenneth Johnson(17) | 36:48 |
| 37 | Tory Helfet(37) | 36:51 |
| 38 | Leonard Hiles(41) | 36:58 |
| 39 | Peter Arraboff(35) | 37:10 |
| 40 | Larry Littlefield(28) | 37:20 |

- | | |
|-------------|---|
| 44:26 | 40-49: 1 Joan Ulyot(40) 39:52, 2 Liz Ray(42) 43:36, 3 Alice Rose(45) 43:56. 50-59: 1 Marion Irvine(51) 40:28, 2 Helen Holmgren(54) 48:52, 3 Marilyn Waste(50) 50:50. 60 plus: 1 Jacqueline Caselli(60) 49:31, 2 Helen Kuziara(61) 61:18. |
| MEN | |
| 14 & under: | 1 Christopher Richards(14) 39:14, 2 Scott Templeton(14) 44:42, 3 F. Cobbarubias(12) 44:53. 15-18: 1 Fidel Serrano(18) 32:22, 2 Spencer Ferguson(18) 33:54, 3 Marc Spadar(18) 35:28. 19-29: 1 Tom Lux(28) 30:36, 2 Jim Van Dine(27) 30:52, 3 Mike Porter(27) 31:21. 30-34: 1 Ron Nabors(32) 32:10, 2 John Partridge(32) 32:22, 3 Michael Urbanski(33) 35:14. 35-39: 1 Bill Sevald(35) 33:19, 2 Ray Gin(39) 36:05, 3 Miguel Solorio(37) 36:07. 40-49: 1 Tim Rostegge(46) 34:00, 2 Don Ardel(42) 35:03, 3 John Kearns(41) 36:21. 50-59: 1 Flory Rodd(54) 38:51, 2 Don Lucerc(53) 39:58, 3 Ray Dovik(51) 42:34. 60 plus: 1 Mel Shine(72) 48:12, 2 Thomas McGee(62) 48:22, 3 Charles Hansen(61) 50:32. |

SPA 15K

From JOHN BRENNAND

July 4. Santa Barbara.

- Boys under 18:
- | | | |
|---|-------------------------------------|-------|
| 1 | Ed Callaway(18)Goleta | 48:34 |
| 2 | Gilbert Delgado Jr.(17)SantaBarbara | 53:06 |
| 3 | Paul Bachmuth(17)SanBarb | 55:29 |
| 4 | Kerk Brown(14)Lompoc | 58:51 |
| 5 | Michael Stueve(16)Newbury | 59:42 |
- Men 19-34:
- | | | |
|---|---------------------------|-------|
| 1 | Manny Bautista(23)SLO | 47:40 |
| 2 | Danny Aldridge(24)SLO | 47:42 |
| 3 | Bob Macias(30)SantaMonica | 48:26 |
| 4 | Drew Poulin(26)Ventura | 48:44 |
| 5 | Joe League(27)Goleta | 48:44 |
- Men 35-39:
- | | | |
|---|-----------------------------|-------|
| 1 | Marshall Matye(37)Sylmar | 51:22 |
| 2 | Sneddon Thomas(35)PanorCity | 52:47 |
| 3 | Steve Close(38)Montecito | 52:50 |
| 4 | John Botke(37)SanBarb | 53:07 |
| 5 | Jim Minami(37)SunVly | 53:21 |
- Men 40-44:
- | | | |
|---|----------------------------------|-------|
| 1 | Bart Coventry(40)SanPedro | 52:43 |
| 2 | Ron Wise(42)Ventura | 54:50 |
| 3 | Dennis Kavanaugh(41)Littleton,CO | 54:55 |
| 4 | Skip Shaffer(43)Fullerton | 56:00 |
| 5 | Ted Yzaguerre(43) | 57:15 |
- Men 45-49:
- | | | |
|---|-------------------------------|---------|
| 1 | Andre Tocco(45)SanPedro | 51:23 |
| 2 | John Brennand(45)SanBarb | 53:17 |
| 3 | John Starr(45)SanFernando | 56:59 |
| 4 | George Davall(47)RanchPalVerd | 59:12 |
| 5 | Andrew DiConti Jr(45)LaCanada | 1:00:28 |
- Men 50-54:
- | | | |
|---|------------------------------|---------|
| 1 | Patrick Devine(52)SanPedro | 58:01 |
| 2 | Owen Patmor(50)SanBarb | 1:02:16 |
| 3 | Bill Winstanley(52)GranHills | 1:03:27 |
- Men 55-59:
- | | | |
|---|------------------------------|---------|
| 1 | Ray Gil(56)Lompoc | 1:01:21 |
| 2 | Jim Rowe(57)SanBarb | 1:02:08 |
| 3 | Bruce Robinson(55)LosAngeles | 1:02:47 |
- Men 60 & over:
- | | | |
|---|--------------------------------|---------|
| 1 | Charles Seekins(64)Carpinteria | 1:06:49 |
| 2 | Edwin Bishop(60)SanBarb | 1:07:39 |
| 3 | John J. Schweitzer(63)SanBarb | 1:25:27 |
- Girls 18 & under:
- | | | |
|---|---------------------------|---------|
| 1 | Gina Jones(16)NewburyPark | 1:07:22 |
| 2 | Carol Werner(18)SanBarb | 1:07:41 |

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TAC is part of a loosely formed confederation of organizations that has a monopoly on amateur track, field and running events. Worse, they and their fellow organizations have severely abused this position. I fear that the ARRA, if successful, would eventually turn out to be little better in its approach to life, because the nature of power is that it tends to corrupt. But, it is about time there was some sort of successful challenge to the controllers of amateur sport, and I'd like to see more support for ARRA. You, runners, owe it to yourselves to take a stand. I'll have more to say on this in future issues of CTRN.

Normally, I don't push anybody's products on these pages, there's some sort of ethics and conflict of interest involved. But, I recently came across something that really grabbed me, and I've just got to pass the word on to anyone who might be interested: There's a fellow in Inglewood who has a little shop in which he engraves. He engraves just about any kind of document you can bring to him: Diplomas, business cards, photographs, you name it. What is especially impressive is the job he does with photos. He took a contact print of a 35mm photo someone took of me at a recent race, engraved it, along with one of my CTRN business cards, mounted the metal engravings on a piece of Carrara marble, the same stuff Michaelangelo used, I believe, and created the neatest little paperweight I've ever seen. What a way to surprise the runner you love! No, not with a picture of me. With a photo of him or her, engraved on metal and mounted on marble or a wooden plaque. He does both. You race directors looking for a new kind of award: This would really be something to look into. The guy's name is Mel Hart, his company is Eterna-Craft, and they are at 824 W. Hyde Park Blvd. in Inglewood 90302. You can call him at (213) 671-1784. On these photo engravings, when the light catches it just right, I swear, it looks 3-D. Don't bother mentioning my name...it won't help. His prices are already pretty low. At least, they seemed like it to me.

Another item I'd like to bring to everyone's attention...boy, am I the shill this month, or am I?...is a 10k to be held on October 17. It's sponsored by the Bea Attitude Center, which provides alcohol detoxification for women. Many people aren't aware of the extent to which women are victims of alcoholism, and there aren't very many programs available to provide help, especially for those who don't have the money for it. The Bea Attitude Center offers such aid. It seems like a worthy cause and they've never put on a 10K before. They even took out an ad in this issue, so I promised them I'd throw in an extra mention for them. The race will be on that fairly flat Griffith Park course, so even if you have a hangover yourself, you shouldn't have too much trouble with the course. On the other hand, the Tetrack Trail 8 Miler, which is laid out not too far away in the same park is a race for which you really ought to be drunk before you try it.

23:08. Male 13-19: 1 Gilbert Abrego(15) 18:35, 2 Greg Letendre(17) 18:48, 3 Tim Fuetter(17) 19:50. Male 20-29: 1 John Tuttle(24) 18:42, 2 Ben Boetel(23) 17:04, 3 Burton Hume(27) 18:08, 4 Andy Orona(22) 18:36, 5 Eric Robie(25) 18:54. Male 30-39: 1 Brian Waterbury(32) 17:32, 2 Larry Roberts(38) 19:24, 3 David Hammons(30) 19:49, 4 Dan Hammons(34) 20:01, 5 Tom Schenauer(32) 20:32. Male 40-49: 1 Ray Hughes(42) 17:12, 2 Tom Richards(40) 17:22, 3 Bob Stafford(41) 19:41. Male 50 & over: 1 David Henopp(52) 20:35, 2 Richard Scully(55) 21:37. Female 12 & under: 1 Sandra Morales(10) 24:30, 2 Angela Morales(7) 26:35. Female 13-19: 1 Leslie Sholl(19) 22:32, 2 Dianna Pinyerd(14) 22:41. Female 20-29: 1 Deanna Sanders(28) 21:48, 2 Roberta Soderholm(22) 24:32, 3 Debbie Lewis(27) 24:42. Female 30-39: 1 Cindy Calvert(32) 21:38, 2 Kathy Story(33) 23:11, 3 Carol Noyes(33) 24:38. Female 40 & over: 1 Wilma Maddock(47) 21:48, 2 Jane Dods(45) 24:23, 3 Camille Judd(46) 25:52.

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4 Alan Dehlinger(20)Palmdale 34:26
5 Joe Hull(36)Lancaster 34:30
6 Steve Durand(24)CynCtry 34:40
7 Sammie Culver(31)Lanc 34:50
8 Laddie Shaw(32)Ridgecrest 34:54
9 Gerry Everson(36)Lanc 34:56
10 Stephen Whitney(25)Lanc 35:44
11 Gary Maytum(20)Palm 35:58

10 Angelo Martinez(25) 32:29
11 Mike Fanelli(25) 32:58
12 Kenneth Matson(19) 33:04
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14 Johnny Farlow(21) 33:44
15 Jeff Korando(26) 33:46
16 Kevin Cruikshank(23) 33:52
17 Spencer Ferguson(18) 33:54
18 Joseph Hurd(27) 33:59
19 Tim Rostege(46) 34:00
20 Phillip LeBoit(27) 34:44
21 Gunther Harrison(22) 34:48
22 Fasil Fessaha(25) 34:52
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36 Kenneth Johnson(17) 36:48
37 Tory Helfet(37) 36:51
38 Leonard Hiles(41) 36:58
39 Peter Arraboff(35) 37:10
40 Larry Littlefield(28) 37:20
WOMEN
14 & under: 1 Kathy Sweeny(10) 60:19, 2 Marta Espitta(11) 63:16, 3 Marcia Gee(14) 63:53.
15-18: 1 Laura McHale(18) 41:24, 2 Melanie Moorehead(17) 56:42, 19-29: 1 Bev Marx(27) 37:57, 2 Vicki Randall(23) 38:39, 3 Kristian Martin(22) 38:48. 30-34: 1 Laurie Binder(33) 35:15, 2 Sharlet Gilbert(30) 36:12, 3 Janice Gee(33) 46:45. 35-39: 1 Ragna R. Zanger(37) 39:52, 2 Nadine O'Connor(39) 43:58, 3 Sally Savitz(38)

On August 12, there was a SPATAC Board Meeting held for a preliminary discussion of the possession of the Southern California Striders name. It included: Hilliard Sumner and Hank Ehrlich, the leaders of each of the groups now using the name. Sumner proposed that in 1982 his group would use the name Southern California Striders -Masters, Ehrlich's group would use Southern California Striders - Open. There would be no merger. Both parties were to report to their respective boards and back to TAC in 30 days. Despite tension, there was at least a veneer of cordiality by the time the meeting broke. So, maybe we'll see a final settlement on this dispute over who calls themselves the Southern California Striders.

Heard and seen: Gayle Olinekova is back to walking without crutches and should be back in training soon ... Dave Babiracki is back with his old coach Laszlo Tabori. Dave tried it on his own, but just couldn't get results. He claims that Laszlo's major value to him is that he keeps him from **overdoing** his workouts! Wow! Anyone who goes beyond what Tabori would give them isn't overdoing things. They're suicidal. Anyway, Dave is looking for big things this winter ... A new star in the Southern California scene is Judith Vivien. From a 37+ in the 10-K, she suddenly cranked out two successive sub-34:30 10-K's. We'll be covering one of them next issue ... Also, keep your eye on Lisa Buckley. Only 5 months into running and she's got herself into the 38's in the 10-K ... Our apologies to the Signal Hill Rotary Club for showing the wrong date on their 10-K ... Julie Brown is off and running again. An Achilles tendon has kept her sidelined for a long time, but she's getting ready for a hoped for 2:30 at New York. We hear she did pretty well at the America's Finest City Half-Marathon in San Diego. We'll have more on that next month...

That's it for now.

1 Marshall Matye(37)Sylmar 51:22
2 Sneddon Thomas(35)PanoCity 52:47
3 Steve Close(38)Montecito 52:50
4 John Botke(37)SanBarb 53:07
5 Jim Minami(37)SunVly 53:21
Men 40-44:
1 Bart Coventry(40)SanPedro 52:43
2 Ron Wise(42)Ventura 54:50
3 Dennis Kavanaugh(41)Littleton,CO 54:55
4 Skip Shaffer(43)Fullerton 56:00
5 Ted Yzaguerre(43) 57:15
Men 45-49:
1 Andre Tocco(45)SanPedro 51:23
2 John Brennand(45)SanBarb 53:17
3 John Starr(45)SanFernando 56:59
4 George Davall(47)RanchPalVerd 59:12
5 Andrew DiConti Jr(45)LaCanada 1:00:28
Men 50-54:
1 Patrick Devine(52)SanPedro 58:01
2 Owen Patmor(50)SanBarb 1:02:16
3 Bill Winstanley(52)GranHills 1:03:27
Men 55-59:
1 Ray Gil(56)Lompoc 1:01:21
2 Jim Rowe(57)SanBarb 1:02:08
3 Bruce Robinson(55)LosAngeles 1:02:47
Men 60 & over:
1 Charles Seekins(64)Carpinteria 1:06:49
2 Edwin Bishop(60)SanBarb 1:07:39
3 John J. Schweitzer(63)SanBarb 1:25:27
Girls 18 & under:
1 Gina Jones(16)NewburyPark 1:07:22
2 Carol Werner(18)SanBarb 1:07:41
3 Sarah Allaback(15)Carpinteria 1:08:44
4 Jeanne Murphy(16)Thousand Oaks 1:09:04
5 Wendy Simmons(16)Ventura 1:14:36
Women 19-29:
1 Ann Gladue(19)Ventura 58:16
2 Mary Carman(20)SanBarb 1:00:02
3 Kathleen Kinane(22)Montecito 1:00:50
4 Suzy Beugen(20)Montecito 1:00:53
5 Julie Thrupp(21)IslaVista 1:03:33
Women 30-39:
1 anette Connell(35)SanBarb 1:04:01
2 Judy Kewley(36)SimiVly 1:05:14
3 Stephanie Welch(33)SanBarb 1:07:08
4 Karol Chouinard(39)ThousOaks 1:08:07
5 Marie Stevenson(36)ThousOaks 1:10:17
Women 40-44:
1 Shirley Saunders(40)SanBarb 1:07:57
2 Alma Paige(41)Ventura 1:23:58
Women 45-49:
1 Fay Hobbs(45)SanBarb 1:12:53
2 Darline Bjornestad(45)Ventura 1:24:08
3 Carol Downer(47)LA 1:41:38
Women 50 & over:
1 Joyce Boedecker(50)Somis 1:38:35
2 Patty Frankus(54)SanBarb 1:42:46
3 Grace Schweitzer(63)SanBarb 1:44:57

Redwood City 4th of July Race

July 4. Redwood City. 3.177 miles.
1 Andy Clifford(25) 14:57
2 Dan Anderson(29) 15:06
3 William Wagsnaffe(19) 15:19
4 P. Churney(25) 15:42
5 D. Shea(18) 15:50
6 Allan Stanbridge(33) 15:52
7 H. Bashiroddin(24) 16:18
8 T. R. Morse(32) 16:22
9 S. Nayberry(17) 16:24
10 J. Gorman(32) 16:24
11 Dave Anderson(18) 16:29
12 Mark Greenough(26) 16:29
13 Paul Ghidossi(15) 16:30
14 Devine Christopher(27) 16:35
15 Gregg Harvey(27) 16:51
16 Jeff McNesby(24) 17:01

ED JEROME 1943 - 1981

At the finish line of the Tetrick Trail 8 Mile Run in Griffith Park. Trying to get one last good photo. Overheard some voices behind me. The name Ed Jerome filtered through Joe Klass's time calling over the portable loudspeaker. What about Jerome? Did he finish? I didn't know he was here. At least, I don't remember seeing him. I wouldn't have been surprised, though. Ed came down here quite often. If there was a race that he could get to, he would.

Well, Ed didn't make this one.

The word on Ed was that there had been an accident. Ed had been fatally injured. Who said? Someone heard it from Jon Sutherland.

I checked with Sutherland. Yes, that's what he heard. This was Saturday morning. Sutherland had been in a race with Jerome only three days ago, Wednesday evening, to be exact. The Twilight Run in Northridge. John Brennand might know more about it.

I checked with Brennand.

It was true. Ed Jerome had been hit by a car.

You all know who Ed Jerome was. He and that little dog of his, Shelly, ran something like 40 marathons together. I even got a picture of them finishing the San Francisco Marathon in 1979. It was only last year that Shelly ran into the street one evening while Ed was in a restaurant. Shelly was hit by a car. And killed.

And now Ed.

Now, don't misunderstand me. I was not one of Ed Jerome's close friends. I barely knew him. And, that, I think, is the point. Although I only barely knew him, I still *knew* him. It seems as though just about everyone else did, too.



photo by Richard Slotkin

Ed got around. He liked to run races. Even when Shelly was gone. He never did replace Shelly, but he kept on racing as much as ever. He was known to race as much as three times in one weekend if he could work out the timing.

Ed lived in Quartz Hill which is near Lancaster. He was training for a triathlon. It was while on one of his biking runs that the accident occur-

17 C. Beeman(29)	17:03
18 Mike Sullivan(21)	17:04
19 D. Brehmer(17)	17:15
20 Mike Bohn(18)	17:18
21 Steve Erickson(24)	17:22
22 Norman Gould(32)	17:23
23 D. Grant(23)	17:29
24 A. Puchi(17)	17:29
25 John Davidson(17)	17:30
30 John Bramfitt(48)	17:36
31 David Branning(40)	17:36
36 James Walvery(40)	17:42
43 H. Shastany(52)	18:07
44 Anne Hamilton 1F(20)	18:10
53 Don Dooley(56)	18:40
69 Rich Latine(51)	19:16
73 Margaret Fisher(25)2F	19:27
84 L. Mantinen(32)3F	19:47
99 Kary Doinofrio(16)4F	20:09
100 Terry Forsell(19)5F	20:12
120 Rush Watbrs(47)1-F 40	20:39
130 Marge Gerrity(43)2-F 40	21:04
172 Alice Adams(52)1-F 50	22:18
263 Allan Rosenberg(60)	24:18

4th of July Optimist Run for Youth

From JOHN NOTCH

1 Jim Van Dine	24:22.8
2 John Embody	24:46
3 Rich Govi	25:05
4 Mark Young	25:14
5 Noel Hanratty	25:21
6 Bill Sevald 1-35	25:35
7 Peter Day 2-35	25:41
8 David Bigelow	25:53
9 Virginio DeAraujo	26:03
10 Harvey Franklin 3-35	26:08
11 Michael Conroy 4-35	26:20
12 Scott Speinmans	26:37
13 Steven Ward	26:37
14 Dennis Coulter	26:42
15 Tom Mota 1-40	26:47
16 Thomas Geritzhoff	26:47
17 Joe Schieffer 1-30	26:52
18 Michael Jones	26:53
19 Jay Gehzig 2-30	26:55
20 Art Guerra 2-40	27:04
21 Erik Mahsson	27:13
22 Allen Gambler 5-35	27:15
23 Ron Tanaka 6-35	27:29
24 Fassil Fessaha	27:31
25 George Miller	27:32
26 Wayne Cottrell	27:33
27 John Farlow	27:34
28 Bill Jenney 3-40	27:44
29 Jamie Allen	27:45
30 Bill Brusher	27:51
33 Leigh Forsberg 4-40	28:08
36 Paul Farrier 5-40	28:12
45 Marilyn Taylor-Allen 1F	28:58
69 Flory Rodd 1-50	30:50
91 Jaynie Studenmund 2F	30:59
101 Don Lucero 2-50	31:37
102 John Gregson 3-50	31:40
104 Alizabeth Thurston 3F	31:42
107 Carol Granados 4F	31:47
112 Spacey Nichol 5F	31:53
115 Hilary Naylor 1-F30	31:56
137 Agatha Sue Lee 1-F40	32:47
147 Laury Belzer 1-F35	33:25.5
153 Morgan Peterson 2-F40	33:39
161 Beverley Richardson 3-F40	34:13
393 Maria Elsa Brown 1-F50	45:26

6 B. Galloway 2nd-30	35:36
7 L. Valley	36:21
8 D. Naranjo 1st JrHi	36:40
9 B. Johnson	36:59
10 S. Lane 1st HS Boy	37:38
11 R. Smith 3rd-30	37:50
12 L. Russel 1st-40	38:06
13 T. Morgan 2nd JrHi	38:26
14 R. Zamarripa 2nd-40	38:31
15 O. Fernandez 4th-30	39:09
23 C. Denny 3rd-30	39:58
26 J. Brooks 1st WC	40:24
31 C. Tiernan 1W	41:04
36 H. Harder 1st-60	42:20
41 T. Nichols 2W	42:59
47 K. Takeuchi 1st-50	44:07
81 S. Takayama 1stW-50	52:37

Grunion Run 10K

By RICHARD LEE SLOTKIN

July 18. Cabrillo Beach, San Pedro.

I really didn't want to bother doing this one. It's getting late, I'm tired of typing, and I'm not even sure I can make the deadline anyway. But, my buddy, Bill Leung, decided to go out and buy another camera to go with the thirteen he already has. "Thirteen is an unlucky number," he says. So, now he has to pay for the new camera and he just happens to have a photo of the Grunion Run which he got Bill Cockerham to promise to run in this issue. Now, he didn't tell Bill why he needed the money...not the real reason, that is. He said he needed it for this poor, destitute girlfriend of his who wanted to run the Grunion Run so that she could get the trophy that Thom Lacie said he could guarantee that she'd win. Then she could sell the trophy and buy food for her poor, old, sick grandmother who couldn't win the trophy herself because her best 10K time is only 38:35. Bill (Cockerham, that is) bought that, so I have to do the write-up.

Well, the Grunion Run 10K is named after that more famous happening along the coasts of Southern California in which these tiny fish swarm ashore to lay their eggs and mate, in reverse order I think, in the little puddles that form along the water's edge. It's so easy to catch the little squirts that it's illegal to use anything but your bare hands. How this ties in with a road race isn't quite clear, except for the commonality of the word "run."

This race is one of those good news/bad news routines. The good news is the start time. It starts at 6:00 p.m., so you miss the worst of the summer heat. And, as time goes by, it gets cooler instead of warmer as in the morning races. The bad news is that after a flat half mile, the course turns uphill for about 2 miles. The good news is that from there it isn't very far to the turnaround and then you have the same hill going down. The bad news is that it seems to have become customary for

photo by Bill Leung, Jr.

an unusual number of fast local runners joining in without officially entering and thereby screwing up the results tabulation.

This year was no exception. There were about 1300 registered and about 200 unregistered at the start. Of the 1300, there were 1245 finishers, which verifies that the conditions aren't too bad. They had a pretty good field this year, both in the men's and women's brackets. Unfortunately, the two best male runners were not anywhere near top form, despite the fact they officially placed first and second overall. Officially, because for the second year in a row, El Camino College runner Nick Carr was the first to approach the finish line. Being unregistered, he didn't go through the finish chute, but made something of a spectacle of himself, playing the distance runner's version of Tarzan's victory dance. It is rather questionable whether he would have been the first one through had either Tom Bryant or Ron Cornell been even 85% of their normal selves. Bryant, the Trials Qualifier in the marathon, is an Ohioan, and therefore too much of a gentleman to make anything out of Carr's grandstanding. Cornell, who was second, is a sub-four miler and knows he could wax the likes of Carr if he weren't still practically half speed from injury and a 6 week layoff. At least Carr had the good sense to stay out of the chute. Some of his teammates did not show the same good sense and they messed up the times for the registered runners who were unfortunate enough to come in after they did.

Nevertheless, Bryant, who expects to undergo knee surgery sometime after the TAC cross country championships, if his chronically bad knee holds out that long, was the official winner in a time of 31:41. Cornell was second in 32:06, followed by Joe Carlson in 32:09. Carlson won it all last year. Actually, for the course, such as it is, these aren't bad times.

The women put on a good show too. Five under 40 minutes and one pretty close. Margaret Spotts had it all the way and was quite impressive with a time of 36:45. Second was Gina Dyer in 38:25, followed closely by Laurie White four seconds later. Sherry Simmons and Jaynie Studenmund rounded out the sub-40 finishers. And Annie Healie just missed it with a 40:18.

For a minute, Laurie White thought she was second because when she crossed the line, she was handed a number card that indicated her place as second. However, Gina Dyer had already been there, as we noted just before. Dyer very definitely gave it all she had because she passed out at the finish line and was quickly carried away for some first aid. So quickly, in fact, that she didn't get her place card, and it went to White instead. See how fast things happen? Later, when Dyer recovered enough to claim her rightful due, it seems that White got a bit sticky about it. Like, she didn't want to give up her position. She seemed to take the stand that because she had the place card, everything was legal. With only four seconds separating them, even a fast paramedic team couldn't have gotten Dyer out of the way before White could have seen her. There were plenty of witnesses, though, and justice prevailed, even if fair play was temporarily sidetracked.

Two age groups that normally don't show much unless Helen Dick is around, which she wasn't, are the women's 50-59 and 60 and over. This time there were some pretty respectable showings. Dodie Filler was first in the 50-59 in 52:49, while Norma Bernardi was





photo by Richard Slotkin

Ed got around. He liked to run races. Even when Shelly was gone. He never did replace Shelly, but he kept on racing as much as ever. He was known to race as much as three times in one weekend if he could work out the timing.

Ed lived in Quartz Hill which is near Lancaster. He was training for a triathlon. It was while on one of his biking runs that the accident occurred. 13 August. An elderly woman driving with a load of lumber in her car. The boards were sticking out of the window and it seems that Ed got scooped up by those protruding boards. The driver never saw him, it was said.

Charles Horn, of the High Desert Runners, the club that Ed ran for, said that there were at least 500 T-shirts in Ed's closet, many of them never worn. Ed got around.

There were also innumerable trophies, medals and other awards filling up boxes and shelves. Ed wasn't a bad runner. A sub-2:50 marathoner. He was a frequent award winner in his age group.

There was another side to Ed Jerome that I was not aware of. Horn told me that he never knew anyone who paced as many people in their first marathon as Ed did. He said that Ed had a reputation for it. He even helped plan it out with them.

In talking to people, I came up with a lot of information about the guy. I can give you details of the accident, his apartment, background, and so on. Somehow, I don't feel like it. I don't think it's appropriate, and for sure, it's not necessary. The important thing is that so many people knew him and thought well of him, from the frontrunners like Sutherland and Brennand, to the back of the pack and the running media.

He wasn't a household word, though he was getting close. He wasn't really that special. But somehow, he really was just a little bit special.

"... and here comes Ed Jerome and his dog Shelly, first canine finisher!" That was Barry Spitz on the PA in Golden Gate Park in 1979 greeting Ed and Shelly as only Barry Spitz can, as they came home in something like 2:47. They got a pretty good hand from the crowd.

"... and here comes Ed Jerome and his dog Shelly ..."

Ed's parents have donated all his T-shirts and awards to his club, the High Desert Runners. They are planning a memorial run in his memory, and hope to make it an annual event. If it comes about, all of you who can get there, where ever it is, do it. Out of respect to a guy who was probably at at least half the ones you were in.

"... and here comes Ed Jerome and his dog Shelly ..." Give Ed and Shelly one more hand. This time, *con amore*.

16 Thomas Geritzhoff	26:47
17 Joe Schieffer 1-30	26:52
18 Michael Jones	26:53
19 Jay Gehzig 2-30	26:55
20 Art Guerra 2-40	27:04
21 Erik Mahsson	27:13
22 Allen Gambler 5-35	27:15
23 Ron Tanaka 6-35	27:29
24 Fassil Fessaha	27:31
25 George Miller	27:32
26 Wayne Cottrell	27:33
27 John Farlow	27:34
28 Bill Jenney 3-40	27:44
29 Jamie Allen	27:45
30 Bill Brusher	27:51
33 Leigh Forsberg 4-40	28:08
35 Paul Farrier 5-40	28:12
45 Marilyn Taylor-Allen 1F	28:58
89 Flory Rodd 1-50	30:50
91 Jaynie Studenmund 2F	30:59
101 Don Lucero 2-50	31:37
102 John Gregson 3-50	31:40
104 Alizabeth Thurston 3F	31:42
107 Carol Granados 4F	31:47
112 Spacey Nichol 5F	31:53
115 Hilary Naylor 1-F30	31:56
137 Agatha Sue Lee 1-F40	32:47
147 Laury Belzer 1-F35	33:25.5
153 Morgan Peterson 2-F40	33:39
161 Beverley Richardson 3-F40	34:13
393 Maria Elsa Brown 1-F50	45:26

BUNION DERBY RACE 2-5K

From LARRY LUNG

July 11. Cal State University Fresno.

1 Al Lara	15:11
2 E. Little	15:48
3 Al Lomeli	15:49
4 C. Ella 1st-30	15:51
5 M. Taylor	15:53
6 M. Hull	16:25
7 S. Ward	16:26
8 D. Williams	16:51
9 D. Naranjo 1st JrHi	16:56
10 PI McNeil 2nd JrHi	16:56
11 B. Galloway 2nd-30	16:57
12 R. Wachel 1st HS	17:02
13 B. Johnson 2nd HS	17:07
14 L. Valley	17:13
15 M. Vartanian	17:25
17 F. Delgado 1st-40	17:27
18 B. Fries 1st-50	17:28
24 R. Zamarripa 2nd-40	17:56
26 L. Russel 3rd-40	18:05
47 J. Brooks 1st WC	19:26
52 C. Tiernan 1W	19:41
57 T. Nichols 2W	20:02
72 C. Stebles 1st JrHiG	20:36

BUNION DERBY RACE 3--10K

From LARRY LUNG

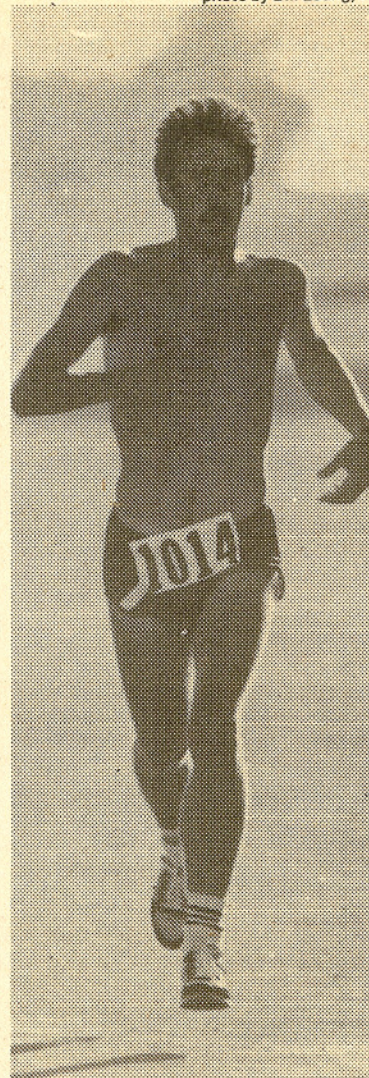
July 18. Cal State University Fresno.

1 C. Ella 1st 30 plus	33:43
2 M. Hull	34:03
3 E. Little	34:34
4 R. Clennan	35:10
5 D. Williams	35:22

any fish swarm ashore to lay their eggs and mate, in reverse order I think, in the little puddles that form along the water's edge. It's so easy to catch the little squirts that it's illegal to use anything but your bare hands. How this ties in with a road race isn't quite clear, except for the commonality of the word "run."

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photo by Bill Leung, Jr.



Tom Bryant

mons and Jaynie Studenmund rounded out the sub-40 finishers. And Annie Heallie just missed it with a 40:18.

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Two age groups that normally don't show much unless Helen Dick is around, which she wasn't, are the women's 50-59 and 60 and over. This time there were some pretty respectable showings. Dodie Filler was first in the 50-59 in 52:49, while Norma Bernardi was impressive in the 60 plus gang with an even speedier 51:05. Norma must have been whaling down that hill.

Also noteworthy was Joe Bird's performance in the 40-49 division. Joe took it in 34:20.

So, there you have it. Bill can take the three bucks and pay off his camera. And everyone is happy. Even Laurie White. She got second after all...in her division, that is.

Results:

1 Tom Bryant (first overall & 25-29)	31:41
2 Ron Cornell (first 19-24)	32:06
3 Joe Carlson (first 30-34)	32:09
4 Lou Hurtado (second 19-24)	32:12
5 Clyde Matsumura (third 19-24)	32:57
Jim Lovejoy (second 30-34)	32:49
Joe Bird (first 40-49)	34:20
John Feyk (first 50-59)	43:03
Bob Simpson (first 60-69)	47:38
Frank Morales (first 70 Plus)	53:48

Women:

1 Margaret Spotts (first 15-18)	36:45
2 Gina Dyer (first 19-24)	38:25
3 Laurie White (second 15-18)	38:29
4 Sherry Simmons (second 19-24)	38:52
5 Janie Studenmund (first 25-29)	39:48
Linda Papermaster (first 30-39)	nt
Elaine Havens (first 40-49)	46:12
Dodie Filler (first 50-59)	52:49
Norma Bernardi (first 60 Plus)	51:05

Westlake Village Run

July 19. Westlake. 3.75 miles.

1 Steve Blum	18:57
2 Joey Gomez	19:07
3 Tom Lowry	19:43
4 Brian Osmann	20:06
5 John Achenbach 1st 16-19	20:20
6 Nick Centrella	20:32
7 Carrey Neal	20:35
8 Eino Romppanen 1st 40-49	20:54

9 John Kosarich 2nd 40-49	21:49
10 Billy Gonzales 1st 16u	21:54
11 Claudio Ayestas 2nd 16-19	22:00
12 Bryan Cattell 3rd 40-49	22:02
13 Ed Kitchen	22:08
14 Aba Ramirez 4th 40-49	22:11
15 Bob Nations	22:13
18 Dick Durand 1st 50-59	22:29
52 Marie Stevenson 1st F	26:23
56 Erica Starksen 2nd F	26:48
66 Debbie Ball 3rd F	27:54
69 Joyce Momita 1st F-40	28:12
91 Roly Averett 1st 60	31:27

Marin Headlands Race-7 Mile

July 19.
15 under men: 1 Van Robbins(14) 44:24, 2 Mark Vollmer(15) 45:33, 3 John Hogan(15) 47:06. **15 under women:** Alizabeth Thurston(15) 53:28. **Men 16-18:** 1 Dave Shea(18) 40:57, 2 Steve Mayberry(17) 41:34, 3 Stacy Van Horn(17) 42:59. **Women 16-18:** 1 Laura Starett(17) 49:19, 2 Allison Namir(18) 55:02, 3 Theresa Martin(17) 55:52. **Men 19-29:** 1 Rich Govi(29) 39:10, 2 Tom Downs(20) 39:26, 3 Pete O'Reilly(23) 40:28. **Women 19-29:** 1 Andrea Echen(27) 50:49, 2 Joy Taylor(26) 51:31, 3 Lofly Hess(27) 52:49. **Men 30-34:** 1 Tomasco Keauchen(31) 40:19, 2 Mike Duncan(31) 40:46, 3 Gene Dangel(34) 42:04. **Women 30-34:** 1 Sharlett Gilbert(30) 47:49, 2 Florianne Harp(33) 48:01, 3 Jane Westonsby(30) 51:20. **Men 35-39:** 1 Dan Preston(39) 42:12, 2 Rip Talavera(32) 44:42, 3 Martin Jones(38) 45:12. **Women 35-39:** 1 Bonnie Storm(35) 49:32, 2 Laury Belzer(36) 55:09, 3 Bunny Goar(35) 55:26. **Men 40-49:** 1 Sal Vasquez(40) 41:17, 2 Tom Kirchner(40) 42:35, 3 Daryl Beardall(44) 42:57. **Women 40-49:** 1 Pat Whittingslow(40) 51:22, 2 Ann Neeley(42) 54:22, 3 Marlys Hayden(47) 55:25. **Men 50-59:** 1 Bob Malain(54) 46:19, 2 Don Pickett(53) 48:46, 3 Ralph Webb(50) 53:43. **Women 50-59:** 1 Els Tuinzing(59) 65:28, 2 Shirley Tobin(54) 66:59, 3 Annabel Marsh(58) 79:24. **Men 60 plus:** 1 William Tuinzing(60) 60:17, 2 Don Ross(67) 64:41, 3 Al Horanzy(63) 65:23.

Point to Point Santa Barbara County Fair 10 Mile Run

July 21. Guadalupe to Santa Maria.		
1 Scott Mayfield(Santa Maria)	47:58	
2 Chris Hughes(STRC)	48:38	
3 Nick Bideau(BHAAC)	54:10	
4 Craig Lowrie(CalPoly)	55:10	
5 Joe Eberhard(Santa Maria)1-HS	55:28	
6 Steve Jones(LVDC)	55:41	
7 Mark Zacrep(WVJ&S)	55:53	
8 Bob Arnold(LRC)	55:58	
9 Paul Lee(SLDC)	56:19	
10 Coy Kendrick(Santa Maria)	57:21	
11 Mark Hopkins(SMHS)2-HS	57:37	
12 Phil Sosa(Santa Maria)	57:55	
13 Bob Murtha(Stanford)	57:56	
14 Steve Hart(LVDC)	58:56	
15 Al Ramos(Santa Maria)	58:57	
16 Bobby Roberts(LVDC)	59:58	
17 Barry Bussewitz(WR)	60:03	
18 Manuel Burrola(Torrance)	61:00	
19 Louie Quintara(Nipomo)	61:28	
20 Lambert Deckers(Muncie, IN)	61:38	
23 Mary Carmen(ARC)1W	61:52	
25 Ray Gil(STC)1-40	62:01	
27 Diane Killeen(ARC)2W	62:41	
32 John Perkins(LVDC)2-40	63:11	
34 Bill VanWyngaerden(SLDC)3-40	64:15	
60 Shirley Saunders(SBAA)1W-40	69:18	
67 Kelly Buzza(AGHS)1W-HS	70:09	
81 Kay Lombardini(AGHS)2W-HS	71:35	
87 Diane Dixon(SLDC)3W	72:48	
89 Teresa Campbell(SLDC)4W	73:04	
102 Molly Ruedas(SMHS)3W-HS	74:51	

11th Annual Watermelon Run

From ROBERT DECELLE

July 25. Oakland. 8.4 Miles.		
1 Oscar Mendez	47:41	
2 Glen Walder	48:08	

P.R.'s

By RICHARD SLOTKIN

A really gratifying P.R. list this month. After so many tries, we are really glad to see Steve Scott get the American Record in the mile. And as usual, Scott gets his P.R. chasing someone else, in this case Britain's Steve Overt and Spain's Jose Luis Gonzales. We're still proud of Steve Scott, though. It was an outstanding performance, no matter where he finished.

Even though he's from Texas, we included Todd Harbour's 2nd All Time U.S. Performer/Performance because he did it while wearing Santa Monica Track Club colors. Harbour wasn't a last minute pick-up for SMTC. He has competed for the club for two years.

A correction to last month's listing for Kathy Martin lowers her Western States 100 time by an hour. We didn't know at press time what her time was, other than someone's vague recollection of "somewhere around" 24 hours. We think we've got it right this time. In any case, Kathy in

3 Dennis Urtrage	50:11
4 Dan Huber	50:32
5 Todd Martinez	50:37
6 Rudy Mundragom	50:45
7 Jeff Crane	50:49
8 Francis Mason	50:53
9 John Alvarez	51:15
10 Rex Merrill	51:58
45 Lolly Hess 1F	63:42
50 Laurel Strand 2F	65:12
55 Tina Burduis 3F	67:17



Deseret News Marathon

July 24. Salt Lake City. Demetrio Cabanillas, 26, captured his sixth straight victory in the Deseret News Marathon and set a new course record.

Cabanillas broke his own record of 1979 to finish at 2:18:13 without trying to out-pace any other runner. The next finisher, Steve Travis of Salt Lake City, came in eight minutes later at 2:26:17.

Monica Starrett, 20, running her first marathon, lead the women runners with 3:02:17. The women's record, set by Jane Wipf in 1980, is 2:45:35.

Some 1,406 runners entered the race, held in connection with Utah's Pioneer Days celebration, and 1,172 finished under five hours.

The youngest runner, running his second Deseret News Marathon, was Nathan Brockbank, 10-year-old Salt Lake runner. The oldest finisher was 67-year-old Woodrow Sigley, Colorado Springs, Colorado.

This marked the twelfth Deseret News Marathon with Cabanillas winning half of them.

Men's Overall:		
1 Demetrio Cabanillas(Provo)	2:18:13	
2 Steve Travis(SaltLake)	2:26:17	
3 John Michaels(Denver)	2:29:40	
4 Keenan Hart(Cedar City)	2:31:16	
5 Chris Pierson(Albuquerque)	2:31:34	
6 Gordon Hyde(SaltLake)	2:31:47	
7 Keith Whithauer(SaltLake)	2:34:11	
8 Tim Loftus(S. Miami)	2:34:11	
9 Guy Gertsch(SaltLake)	2:36:21	
10 Ron Nehring(SaltLake)	2:37:11	

Men's 14 and Under Division: 1 John Thalman(Claremont, CA) 3:36:49, 2 Stephen Alder(Riverton) 3:53:07, 3 Nathan Brockbank(SaltLake) 3:59:43. **Men's 15-18:** 1 Gordon Hyde(SaltLake) 2:31:47, 2 Dale Thurber(WestValley) 2:41:18, 3 Kenneth Maughn(WestValley) 2:51:02. **Men's 19-24:** 1 Steve Travis(SaltLake) 2:26:17, 2 Keenan Hart(Cedar City) 2:31:16, 3 Chris Pierson(Albuquerque) 2:31:34. **Men's 25-29:** 1 Demetrio Cabanillas 2:18:13, 2 John Michaels(Denver) 2:29:40, 3 Keith Whithauer(SaltLake) 2:32:40. **Men's 30-34:** 1 Tim Loftus(S. Miami) 2:34:11, 2 Ron Nehring(Salt Lake) 2:37:14, 3 Charles Perez(Greeley, CO) 2:40:23. **Men's 35-39:** 1 Guy Gertsch(SaltLake) 2:36:21, 2 John Holland(Yorktown, NY) 2:39:57, 3 Donald

Women's Distance Festival 5000m

July 25. Laguna Lake Park, San Luis Obispo.		
1 Claudia Morland(20)CPSLO	18:43.2	
2 Marci Stevenson(22)SLDC	18:48.8	
3 Kelly Buzza(16)NipomoStriders	19:35.9	
4 Maria Pedersen(23)	20:06.3	
5 Marleen Haverty(19)CPSLO	20:37.8	
6 Jenny Levine(16)NipomoStrid	21:39.4	
7 Nancy Knudsen(31)SLDC	21:44.8	
8 Bonita Fuhrmann(17)NipomoStr	21:54.4	
9 Tracy Castilleja(14)NipomoStr	23:29.7	
10 Marilyn Farmer(32)SLDC	23:59.5	
13 Jean Spierling(54)SLDC	24:27.8	
14 Vera Issaef(47)CPSLO Staff	24:34.7	

1981 HOUR RUN TAC POSTAL CHAMPIONSHIPS

From JOHN BRENNAND

July 25. Santa Barbara.		
1 Ed Callaway(18)SBAA	11m 985y	
2 Don Ocana(30)TIT	11m 902y	
3 Eric Sappenfield(19)SBAA	11m 667y	
4 Bob Brennan(20)SBAA	11m 547y	
5 Robert Hollister(22)SBAA	11m 510y	
6 Ken Kendall(31)	10m 1645y	
7 Daniel Davies(24)SBAA	10m 1563y	
8 John Brennan(45)SBAA	10m 1514y	
9 Don Faith(27)SBAA	10m 1368y	
10 John Botke(38)SBAA	10m 1288y	
11 Jim Minami(37)Atzlan	10m 936y	
12 Jim Williams(35)SBAA	10m 880y	

Tulare Road Run

July 25. Tulare. 6 Mile. International flavor swept through Tulare on this day as Gerry Staunton, a high school mathematics teacher from Ireland completely dominated the field to capture the 2nd Annual Tulare Road Run, a six mile event. Staunton, vacationing in the U.S. over the summer, made a special trip over from Santa Cruz the day before the race to compete. His interest in running a race over here was prompted when he saw the race listed in a national running publication. From the start, the Irishman led a pack of local runners consisting of Juan Molina, Curt Elia, Ed Taylor and defending champion Al Lomeli. Utilizing his 29:37 10K track and 49:20 ten mile road speed he opened up a sizeable 150 yard lead over Molina and the rest of the field by the midway point. Staunton breezed the combined road and dirt course in a course record 29:43. He was followed in order by Molina 30:46, Elia 31:18, Taylor 31:29 and Lomeli 31:57.

On the distaff side, Bakersfield Track Club's Brenda Villanueva established a new course record of 37:50, eliminating the 38:27

Women 15 & under: 1 Chris Martinez 43:49, Shannon Battles 45:29, 3 Christine Nielsen 51:09. **Men 16-18:** 1 David Perez 32:28, 2 Jesse Valdez 32:48, 3 Jaime Pimental 33:17. **Women 16-18:** 1 Lupe Rodriguez 41:12, 2 Stephanie Del Carmen 46:22, 3 Debbie Hernandez 49:28. **Men 19-24:** 1 Juan Molina 30:46, 2 Ed Taylor 31:29, 3 Danny Mitchell 32:17, 4 Jim Kuphaldt 33:07, 5 Jerry Shaw 33:31. **Women 19-29:** 1 Brenda Villanueva 37:50, 2 Terri Stout-Esquivel 39:25, 3 Sara Tinoco 45:38. **Men 25-29:** 1 Gerry Staunton 29:43, 2 Al Lomeli 31:57, 3 Rudy Soleno 34:38, 4 Bob Loux 35:18, 5 Joe Gonzales 36:15.

Men 30-34: 1 Curt Eliz 31:18, 2 Dave Bronzan 32:46, 3 Larry Lung 33:29, John Chapman 34:18, 5 Steve Whitwill 35:46. **Women 30-39:** 1 Debbie Ashwanden 41:15, 2 Cheri Stephenson 42:17, 3 Valerie Hawkins 43:27. **Men 35-39:** 1 Frank Ortega 33:45, 2 Roger Sebert 35:50, 2 Bill Woody 37:18, 4 Bob Owen 37:58, 5 Bob Blakely 38:26. **Men 40-44:** 1 Fernie Montanez 33:46, 2 Frank Padilla 34:44, 3 Don Ramirez 36:08, 4 Fred Mendoza 37:07, 5 Ed Lujan 37:50. **Women 40-49:** 1 Margo MacCartney 47:23, 2 Mae Rogers 48:50, 3 JoAnn Denney 52:46. **Men 45-49:** 1 Rick Zamarripa 35:53, 2 James Lipford 36:18, 3 Tommy Upton 38:17, 4 Chris Denney 38:57, 5 John Liston 42:00. **Men 50-59:** 1 Len Thornton 33:56, 2 Gil Hinz 36:42, 3 A. R. Souza 38:44, 4 Mel Elliott 40:01, 5 Don Cross 41:22. **Women 50 & over:** 1 Evelyn Krumben 58:53. **Men 60 & over:** 1 Harry Harder 40:51, 2 Woody Cape 47:14, 3 Ed Cate, Jr. 48:41.

Pear Fair 10 Miler



July 26. Courtland. Women:

1 Bev Marks	60:37
2 Kimbi Hamer	65:18
3 Joan Reiss 1-40	65:34
4 Marilyn Harbin 2-40	66:24
5 Kristen Smith	66:57
6 LaDonna Washington	68:43
7 Diane Williams	69:13
8 Laura McHale	69:51
9 Rae Bright	69:55
10 Dolores Morazzini	70:10
11 Vickie Pell	70:33
12 Ginger Burrola 3-40	70:52
13 Lis Baccigaluppi	70:55
14 Carol Doody	71:47
15 Joni Weaver	71:55
33 Erna Baker 1-50	78:35
35 Marian McKone 2-50	78:56
104 Peggy Ewing 3-50	93:11

Men:		
1 Adam Ferriera	52:10	
1 Chris Hamer	52:10	
2 Randy Sturges	NT	
3 Al Masterson	NT	
4 David Hamer	NT	
5 Wayne Bratter	NT	
6 Brent Cushenberry	NT	
7 Daniel Donohue	NT	
8 William Coughlin	NT	
9 Michael Cunningham	NT	
10 Richard Lopes	NT	
11 Don Spickelmier 1-40	NT	
12 Timothy Jordan 2-40	NT	
13 Juan Villanueva	NT	
14 Lou Daugherty 3-40	NT	

3 Ralph Webb(50) 53:43. Women 50-59: 1 E. Tuinzing(59) 65:28, 2 Shirley Tobin(54) 66:59, 3 Annabel Marsh(58) 79:24. Men 60 plus: 1 William Tuinzing(60) 60:17, 2 Don Ross(67) 64:41, 3 Al Horanzy(63) 65:23.

From ROBERT DECELE
July 25. Oakland. 8.4 Miles.
 1 Oscar Mendez 47:41
 2 Glen Walder 48:08

P.R.'s

By RICHARD SLOTKIN

A really gratifying P.R. list this month. After so many tries, we are really glad to see Steve Scott get the American Record in the mile. And as usual, Scott gets his P.R. chasing someone else, in this case Britain's Steve Ovett and Spain's Jose Luis Gonzales. We're still proud of Steve Scott, though. It was an outstanding performance, no matter where he finished.

Even though he's from Texas, we included Todd Harbour's 2nd All Time U.S. Performer/Performance because he did it while wearing Santa Monica Track Club colors. Harbour wasn't a last minute pick-up for SMTC. He has competed for the club for two years.

A correction to last month's listing for Kathy Martin lowers her Western States 100 time by an hour. We didn't know at press time what her time was, other than someone's vague recollection of "somewhere around" 24 hours. We think we've got it right, this time. In any case, Kathy intends to try it again next year, so we'll get another try at it, too.

Send your P.R.'s (that's Personal Record) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Nicole Biggers (SCRR) Age Group Nationals (UCLA) 800 meters	2:43.2
Nicole Biggers (SCRR) State Meet (UCI) 800 meters	2:18.4
Renea Biggers (SCRR) Hoag 10K	40:23
Renea Biggers (SCRR) Age Group Nationals (UCLA) 1500 meters	5:30.8
Alberta Codd (TRW) Corp Cup 5K	21:09
Laura Doering (SCRR) Randy's Runners 10K	40:33
Laura Doering (SCRR) Age Group Nationals (UCLA) 1500 meters	5:30.8
Larua Doering (SCRR) Age Group Nationals (UCLA) 800 meters	2:39.1
Mary Elwell (TRW) Corp Cup 5K	21:12
Victoria Estrada (PFF) Harbor 10K	34:38
Toni Everts (SCRR) Age Group Nationals (UCLA) 3000m walk 2nd	15:47.5
Tod Harbour (SMTC) Oslo Games - mile 2nd all time U.S.	3:50.34
Shannon Harrison (SCRR) State Meet (UCI) 1500 meters	5:35.7
Nathan Hayden (SCRR) Riverside Plaza 5K	16:21.3
Heidi Hogan (SCRR) Age Group Nationals (UCLA) 3000m walk 1st	15:48.8
Heidi Hogan (SCRR) Eugene, OR 3000 meters	10:52.2
Holly HOgan (SCRR) Age Group Nationals (UCLA) 1500 meters	4:47.4
Holly Hogan (SCRR) Age Group Nationals (UCLA) 3000 meters	10:25.5
Charles Hoover (Phidippides) Tetrick Trail 8 Mile Run	49:40
Dick Johnson (TRW) Cancer Crusade 15K 4th 40-49/8th overall	56:35.4
Rose Kash Pan Am Masters 20K walk - world record	2:37:22
Elaine Koga - San Francisco Marathon	*7:40
Michael Leong (SCRR) Celebrate UCI 10K	33:16
Thomas Leong (SCRR) Orange County Soccer Federation 10K	36:46
Kathy Martin (PFF) Harbor 10K	38:39
Kathy Martin (PFF) Marineland 10K	38:28
Kathy Martin (PFF) Western States 100 Miler	*27: 01:00
Sarah McCracken (SCRR) Eugene, OR 1500 meters	5:09.7
David Parker (SCRR) Age Group Nationals (Baton Rouge, LA) 1500 meters	4:11.3
David Parker (SCRR) Run for Mayor 5K	16:05
Richard Provost (PFF) Western States 100 Miler	27:52
Marilla Salisbury - Pan Am Masters 5000m Walk World Record 70-74	40:21
Sherman Shapiro (TRW) Fullerton 10K	34:38
Bob Schratz (TRW) Samuri 5K	17:29
Steve Scott (Sub-4) Oslo Games - mile American Record	3:49.68
Paul Spangler (SLDC) Pan Am Masters 5000m World Record (80-plus)	23:53.5
Paul Spangler (SLDC) Pan Am Masters 5000m Walk World Record (80-plus)	34:54
Corbin Strickler (TRW) Fullerton 10K	42:44
Judy Vivien - Run with the Stars 10K - 1st woman	34:25

* first time at distance.

FLASH! We just got this in: On August 26th at the International Meet in Koblenz, West Germany, Steve Scott finally did it: an American Record, a PR and a win, all in the same race! Scott broke Jim Ryan's 1500m record set back in 1967, taking 1st in the event.

This marked the twelfth Desert News Marathon with Cabanillas winning half of them.

Men's Overall:
 1 Demetrio Cabanillas(Provo) 2:18:13
 2 Steve Travis(SaltLake) 2:26:17
 3 John Michaels(Denver) 2:29:40
 4 Keenan Hart(Cedar City) 2:31:16
 5 Chris Pierson(Albuquerque) 2:31:34
 6 Gordon Hyde(SaltLake) 2:31:47
 7 Keith Whithauer(SaltLake) 2:34:11
 8 Tim Loftus(S.Miami) 2:34:11
 9 Guy Gertsch(SaltLake) 2:36:21
 10 Ron Nehring(SaltLake) 2:37:11

Men's 14 and Under Division: 1 John Thalman(Claremont, CA) 3:36:49, 2 Stephen Alder(Riverton) 3:53:07, 3 Nathan Brockbank(SaltLake) 3:59:43. **Men's 15-18:** 1 Gordon Hyde(SaltLake) 2:31:47, 2 Dale Thurber(WestValley) 2:41:16, 3 Kenneth Maughn(WestValley) 2:51:02. **Men's 19-24:** 1 Steve Travis(SaltLake) 2:28:17, 2 Keenan Hart(Cedar City) 2:31:16, 3 Chris Pierson(Albuquerque) 2:31:34. **Men's 25-29:** 1 Demetrio Cabanillas 2:18:13, 2 John Michaels(Denver) 2:29:40, 3 Keith Whithauer(SaltLake) 2:32:40. **Men's 30-34:** 1 Tim Loftus(S. Miami) 2:34:11, 2 Ron Nehring(Salt Lake) 2:37:14, 3 Charles Perez(Greeley,CO) 2:40:23. **Men's 35-39:** 1 Guy Gertsch(SaltLake) 2:36:21, 2 John Holland(Yorktown,NY) 2:39:57, 3 Donald Schultz(SaltLake) 2:40:35. **Men's 40-44:** 1 Darryl Beardall(SantaRosa, CA) 2:41:21, 2 Robert D. Nelson(Holladay) 2:43:39, 3 Edwin Hagerman(Park City) 2:47:16. **Men's 45-49:** 1 Dewitt Paul Jr.(San Marino, CA) 2:44:22, 2 Kaye Fred Nelson(SaltLake) 2:48:20, 3 Merl Glauser(Northridge, CA) 2:48:47. **Men's 50-59:** 1 Gaylon Jorgensen(Highland) 2:42:13, 2 Paul Nance(Brigham City) 2:53:18, 3 Melvin Smith(SaltLake) 3:04:04. **Men's 60 & over:** 1 Stuart Jardine(SaltLake) 3:16:20, 2 Thomas L. Howard(SaltLake) 3:44:48, 3 Gerald Kemm(SaltLake) 3:57:27. **Wheelchair:** 1 Curt Brinkman(Orem) 2:22:47, 2 Jim Peterson(Layton) 2:30:21, 3 Quintin Gray(Provo) 2:38:35.

Women's overall:
 1 Monica Starrett(SaltLake) 3:02:17
 2 Misty Larson(Price) 3:03:39
 3 Colleen Monk(SaltLake) 3:05:29
 4 Katharine Crockett(SaltLake) 3:09:28
 5 Joan Olsen(SaltLake) 3:09:32
 6 Laurie Staton-Carter(SaltLake) 3:10:40
 7 Karen Imhoff(SaltLake) 3:12:04
 8 Carolyn Ostler(SaltLake) 3:16:43
 9 Susan Wallace(SaltLake) 3:16:52
 10 Mary Glauser(SaltLake) 3:19:20
Women's 18 & under: 1 Misty Larson 3:03:39, 2 Laurel Kuehl(SaltLake) 3:33:17, 2 Alesia Hines(SaltLake) 3:35:00. **Women's 19-24:** 1 Monica Starrett 3:02:17, 2 Katharine Crockett 3:09:26, 3 Mary Glauser 3:19:20. **Women's 25-29:** 1 Colleen Monk 3:05:29, 2 Joan Olsen 3:09:32, 3 Laurie Staton-Carter 3:10:40. **Women's 30-34:** 1 Carolyn Ostler 3:16:43, 2 Olivia Moreton(SaltLake) 3:26:32, 3 Linda Williamson(Murray) 3:29:24. **Women's 35-39:** 1 Margaret C. Fee(Englewood,CO) 3:28:03, 2 Enid Rust(Sandy) 3:30:18, 3 Wilma Crane(SaltLake) 3:36:57. **Women's 40-44:** 1 Florence Steadman(Sandy) 3:29:14, 2 Yvonne Monsauret(Riverside,CA) 3:41:41, 3 Kaye M. Domgaard(SaltLake) 3:50:06. **Women's 45-49:** 1 Carol Simmonds(SaltLake) 3:26:52, 2 Elfriede Schmitt(Sandy) 3:49:04, 3 Betty J. Wright(SaltLake) 4:39:23. **Women's 50 & over:** 1 Edith Glauser(SaltLake) 4:42:10.

Tulare Road Run

July 25. Tulare. 6 Mile.

International flavor swept through Tulare on this day as Gerry Staunton, a high school mathematics teacher from Ireland completely dominated the field to capture the 2nd Annual Tulare Road Run, a six mile event. Staunton, vacationing in the U.S. over the summer, made a special trip over from Santa Cruz the day before the race to compete. His interest in running a race over here was prompted when he saw the race listed in a national running publication. From the start, the Irishman led a pack of local runners consisting of Juan Molina, Curt Elia, Ed Taylor and defending champion Al Lomeli. Utilizing his 29:37 10K track and 49:20 ten mile road speed he opened up a sizeable 150 yard lead over Molina and the rest of the field by the midway point. Staunton breezed the combined road and dirt course in a course record 29:43. He was followed in order by Molina 30:46, Elia 31:18, Taylor 31:29 and Lomeli 31:57.

On the distaff side, Bakersfield Track Club's Brenda Villanueva established a new course record of 37:50, eliminating the 38:27



photo by Ken Takeuchi

Gerry Staunton

standard set by Cynthia Rogers a year ago. Villanueva was followed by Teri Stout-Esquivel in 39:25, Lupe Rodriguez 41:12 and Debbie Aschwanden's 41:15.

Men 15 & under: 1 David Naranjo 34:14, 2 Miguel Hurtado 34:41, 3 Mario Valdez 36:44.

5 Marilyn Harbin 2-40 66:24
 6 LaDonna Washington 68:43
 7 Diane Williams 69:13
 8 Laura McHale 69:51
 9 Rae Bright 69:55
 10 Dolores Morazzini 70:10
 11 Vickie Pell 70:33
 12 Ginger Burrola 3-40 70:52
 13 Lis Baccigaluppi 70:55
 14 Carol Doody 71:47
 15 Joni Weaver 71:55
 33 Erma Baker 1-50 78:35
 35 Marlan McKone 2-50 78:56
 104 Peggy Ewing 3-50 93:11

Men:

1 Adam Ferreria 52:10
 2 Chris Hamer 52:10
 1 Chris Sturges NT
 3 Al Masterson NT
 4 David Hamer NT
 5 Wayne Bratter NT
 6 Brent Cushenberry NT
 7 Daniel Donohoue NT
 8 William Coughlin NT
 9 Michael Cunningham NT
 10 Richard Lopes NT
 11 Don Spickelmier 1-40 NT
 12 Timothy Jordan 2-40 NT
 13 Juan Villanueva NT
 14 Lou Daugherty 3-40 NT
 15 Dave Roebel NT
 16 Steve Daniels NT
 17 Jeff Hayes NT
 18 Craig Thornley NT
 19 Donnie Cabiter NT
 20 Jon Shelgren NT
 80 Carter Squires 1-50 63:36
 83 Walt Betschart 2-50 63:40

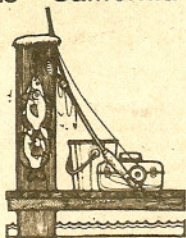
Gayrun '81

July 26. Golden Gate Park, San Francisco. 10K:

1 Virgimo Dearanjo(SF)29 32:03
 2 Fidel Serrano(SF)19 32:46
 3 Michael Graves(SF)31 32:56
 4 Ruben Garcia(LaHabra)30 33:43
 5 Larry Bechtel(DalyCity)31 35:07
 6 Mark Hall(Berkeley)21 35:48
 7 Roscoe Robinson(SF)37 36:23
 8 Ray Gin(Petaluma)39 36:25
 9 Christopher Vieliard(Geneva)18 36:57
 10 Mark Indihar(SF)28 37:00
 17 Jerry Chisam(44)1-40 37:44
 19 Bud Lackie(SantaMonica)45 2-40 38:02
 22 Robert Steidl(Alexandria,VA)40 3-40 38:18
 23 Lisa Buckley(LA)23 1F 38:20
 43 Parsla Blakis(Berkeley)33 2F 40:01
 58 M. Truitt(ForestKnolls)44 1F-40 40:58
 66 Cathy Fogarty(SanDiego)39 4F 41:13

5K:

1 Spencer Ferguson(SF)19 16:12
 2 J. Turrini(SanRafael)17 16:42
 3 Brad Carpenter(SF)23 16:59
 4 Joe Gallagher(SF)34 17:25
 5 Jerry Mahle(WashTwp,NJ)35 17:28
 6 Richard Flores(MontPark)46 1-40 17:30
 7 Danny Denning(SF)26 17:47
 8 Jim Heiser(Aurora,CO)26 17:48
 9 William Lee(SF)16 17:49
 10 Michael Rodriguez(SF)22 17:53
 14 Tom Rose(Oakland)40 2-40 18:10
 20 Teresa Jenkins(LongBch)22 1F 19:10
 22 Ted Von Hemert(Berkeley)43 3-40 19:22
 48 Sandy Vernon(SF)42 1F-40 20:26
 54 Melissa Bloom(SF)24 3F 20:34
 82 Sally Savitz(Oakland)38 4F 21:04



Wharf to Wharf

July 26. Santa Cruz to Capitola. 5.8 Miles.

Men:	
1 Duncan MacDonald(32)	26:23
2 Adrian Royle(22)	27:01
3 Tony Ramirez(26)	27:04
4 Joaquin S. Leano(23)	27:05
5 Dan Grimes(22)	27:06
6 Mike Pinocci(26)	27:07
7 Carmelo Rios(21)	27:17
8 Bill Britten(26)	27:26
9 Dan Gruber(26)	27:29
10 Richard Langford(28)	27:34
11 Brian Maxwell(29)	27:35
12 Jim Van Dine(27)	27:38
13 Kurt Graves(21)	27:48
14 Pete 'Clem' Sweeney(25)	27:50
15 Denis O'Halloran(29)	27:52
16 Rudy Munoz(22)	27:54
17 Doug Avritt(21)	27:55
18 John Mansoor(26)	27:58
19 Justin Tyme(23)	27:59
20 Richard McCann(23)	28:00
21 John Moreno(26)	28:01
22 Gregory Brock(33)	28:15
23 Steve Crowley(26)	28:16
24 Paul Sechris(22)	28:22
25 Harold Celms(24)	28:35
26 Tom Hussey(21)	28:40
27 Rob Wentworth(20)	28:40
28 E. Schelegle(27)	28:41
29 Stan Ross(22)	28:44
30 Marco Ibarra(19)	28:45
31 Salvador Berumen(25)	28:46
32 Jeff Clark(26)	28:50
33 Robert Love(20)	28:52
34 Bill Clark(37)	28:56
35 Peanut Harms(30)	28:57
36 Alex Gonzales(19)	28:58
37 Steve Palladino(25)	29:00
38 Ron Nabers(32)	29:07
39 Ernie Reith(22)	29:09
40 Jim Hartig(27)	29:11
41 John Sheehan(27)	29:12
42 Brock Hinzmann(28)	29:13
43 Dirk Rohloff(26)	29:15
44 Greg Jenkins(21)	29:19
45 Lester Mina(28)	29:24
46 Dan Brown(27)	29:27
47 Peter Churney(26)	29:32
48 Unknown	
49 Joe Rubio(18)	29:37
50 Andy Takaha(25)	29:38
51 John Routh(27)	29:44
52 Allen Sandretti(25)	29:44
53 Pete Dolan(21)	29:49
54 Daryl Zapata(36)	29:50
55 Mike Fanelli(25)	29:51
56 Mike Livingston(16)	29:51
57 Art Vedder(32)	29:52
58 John Hoch(19)	29:54
59 Kevin McCusker(24)	29:54
60 Mike White(26)	29:56
76 Tim Rostege(41) 1-40	30:25
98 Robert Welck(43) 2-40	31:06
107 Glynn Wood(47) 3-40	31:23

Nisei Week 5K

August 9, Little Tokyo, Los Angeles.

Men 12 & Under: 1. Robert Pinaraja (12) 18:42; 2. Rolf Wuerch (12) 19:30; 3. Johnny Ledesma (12) 20:00.

Men 13-17: 1. Raul Serratos (15) 15:53; 2. Martin Gonsalex (16) 16:09; 3. Robert Diaz (16) 16:16; 4. Rudy Avelar (16) 16:48; 5. Chris Abe (16) 16:57.

Men 18-29: 1. Chris Schallert (21) 14:56; 2. Percell Keeling (28) 15:06; 3. Steven Berry (22) 15:10; 4. Jeff Olson (18) 15:40; 5. Scott Winfield (20) 15:47.

Men 30-39: 1. Enrique Serratos (30) 15:30; 2. Dennis Joe (35) 16:17; 3. Frank Meza (32) 16:55; 4. Frank Zaragoza (35) 17:01; 5. Dan Ashimine (38) 17:01.

Men 40-49: 1. Vladimir Novy (40) 17:11; 2. Roy Pellerin (45) 17:22; 3. Raymond Prizgintas (44) 17:38; 4. Jose Chavez (45) 17:59; 5. Bob Mano (41) 19:12.

Men 50 & Over: 1. Bob Gerlach (51) 18:27; 2. Ryoji Akiyama (50) 20:11; 3. Tad Fujioka (55) 20:20; 4. Mitsuo Heyada (55) 21:02; 5. Clarence Weiss (53) 21:30.

Women 12 & Under: 1. Carol Doody (12) 18:14; 2. Amber Chavez (10) 20:06; 3. Pamela Carlone (10) 21:55.

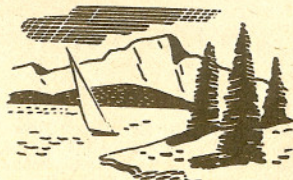
Women 13-17: 1. Trene Reyes (15) 21:37; 2. Kimberly Bryant (17) 25:30; 3. Vlerie Partridge (13) 27:43.

Women 18-29: 1. Tracey Wong (19) 18:07; 2. Gayle Cory (27) 19:43; 3. Jeanne Kawashima (24) 20:23; 4. Kristy Sherman (19) 20:28; 5. Catherine Molina (23) 20:58.

Women 30-39: 1. Reiko Duba (36) 19:49; 2. Corrine Schratz (37) 20:00; 3. Mariellen Pecot (34) 20:02; 4. Betsie Spann (36) 20:22; 5. Lenore Weber (34) 20:45.

Women 40-49: 1. Miki Gorman (46) 17:59; 2. Joyce Momita (44) 21:10; 3. Deborah Brown (44) 21:14; 4. Shirley Blush (45) 22:39; 5. Reiko Fujinami (42) 22:50.

Women 50 & Over: 1. Helen Palmer (53) 21:26; 2. Daisey Wong (57) 23:36; 3. Lupe Molina (50) 27:34.



Sierra Pines 40 Mile Relay

From JIM HARTIG

August 8, Bass Lake: Sierra Pines 40 Mile Relay.

Open Division: Fresno Track Club "A" (Gary Gonzales, Eric Little, Jim Hartig, Mike Taylor, Al Lomeli, Steve Ward) 3:41:40; 2. High Sierra Track Club "A" 3:43:59; 3. Fresno Track Club "B" 4:03:06.

Junior Boys: 1. High Sierra Track Club (David Perez, Mike Bragg, Scott Durham, Kevin Swain, Art Smalley, Kaj Wren) 4:22:08.

Women's Division: 1. Fresno Track Club (Diane Barrett, Brenda Wilcox, Elizabeth Jones, Pam Bowers, Caroline Salazar, Tone

5. Rob Satterwhite 32:06.

Men 19-29: 1. Brian Hunsaker 29:30.5; 2. Jon Brenneman 29:49; 3. Frank Plasso 29:59; 4. Charles Gray 30:09; 5. Armando Cendajas 30:15; 6. Steve Cubillas 30:38; 7. Rudy Chapins 30:40; 8. Matt Debner 30:41; 9. Kevin Broady 30:44; 10. Duane Waltmire 30:46.

Men 30-34: 1. Rick Martinez 32:07; 2. Mike Cornalaz 32:13; 3. Jeffrey Swallow 32:30; 4. Alan Lovejoy 32:34; 5. Walt Hitt 32:47.

Men 35-39: 1. Bill Landon 32:33; 2. Jim Hampton 33:38; 3. Jim Minami 33:47; 4. Tom Carras 33:59; 5. Tom Burns 34:11.

Men 40-44: 1. Peter Nichols 33:33; 2. Ted Alarcon 34:43; 3. Ron Navarette 34:44; 4. Ed Lujan 35:05; 5. Tom Richards 35:07.

Men 45-49: 1. Christopher Bourke 36:25; 2. Jack Resh 36:37; 3. Robert Higbee 37:30.

Men 50-54: 1. Wally Evertz 37:07; 2. Tracy Brown 37:11; 3. C. Turner 37:53.

Men 55-59: 1. Armin Fischer 40:34; 2. L. Kulback 41:13; 3. K. Taki 41:53.

Men 60-69: 1. Phil Castle 41:46; 2. Ferdi Gonzales 44:03; 3. Steve Chiplis 44:54.

Men 70 & Over: 1. Jim Bole 50:01; 2. Nat Pisciotta 57:40; 3. Robert Ogle 59:20.

Wheelchair: 1. David Kiley 31:27; 2. W. Burkholder 40:35; 3. Michael Smith 63:29.



Brian Hunsaker



photo by Ken Takeuchi

Sub-Masters winners at Sierra Pines 40 Mile Relay. Fresno Track Club (left to right): Curt Elia, Bob Lindsey, Craig Elia, Larry Lung & Bob Galloway. Not pictured, Gordon Keller.

Anyway, after an untypical indecisive start, Gray made his move at two miles, breaking away from Jon Sutherland. Sutherland has just begun serious training following a very serious hamstring pull, and he was unable to run with Gray from that point.

Gray went on to a 30:27 time, close to a minute ahead of the runner-up, which was Sutherland. Out of shape and all, he was in good enough shape to stay ahead of everyone else and come in not much above 31 minutes. Fourteen seconds above it, to be exact.

Last to break 31 was former Santa Monica Track Clubber, Jim Scott, who claimed just about a year and half ago that he was retiring from running. He made it sound so serious, too. But the lure of the road gets pretty strong at times, and Jim has been slipping into a few races now and then. Sixth place with a 31:48 shows that he still has some of the old zap. Pam Cox was the first woman, and 96th overall. Her time was 38:02. Sheri Lawson was second in 38:44. Sheri is only 11 years old. If you think that's something, check out her younger brother, 10 year old Craig. He beat sis by 40 seconds and was 99th overall. That has to be one of the most outstanding brother-sister finishes of the year. Naturally, both won their divisions.

On another note, a more somber one, we note finisher number 50, whose time was 36:06. That was Ed Jerome. The following evening, almost to the hour, Ed was struck by an auto while training for a triathlon near his home in Lancaster. (See page 26.)

Results:

1 Charlie Gray	30:27
2 Jon Sutherland	31:14
3 Mark Van Egan	31:28
4 Syd Leibovitch	31:31
5 Mike Trujillo	31:31
6 Jim Scott	31:48
7 Steve Schuman	32:05
8 D. Wojcik	32:33
9 Dan Davies	32:37
10 Steve Chase	32:45
11 Pat Brady	32:48
12 David Maxwell	33:01

22 Mike Gormley	34:13
23 Carl Smith	34:13
24 Brad Kearns	34:33
25 Robert Diaz	34:34
26 Steblen Whitmore	34:34
27 Ed Velarde	34:35
28 L. Parkhurst	34:36
29 Jim Pellon	34:56
30 Brian Myers	34:58
31 Mike Sterem	35:02
32 Mike Parfit	35:07
33 Charles McClung 1-40	35:07
34 Dale Kroeger	35:11
35 Michael Higgins	35:15
36 Merl Glavsel	35:23
37 Pedro Ponce	35:23
38 Phil Horn	35:34
39 Wayne Matsumura	35:34
40 Steve Koundouriofis	35:41
61 Norman Cohen 2-40	36:28
71 Richard Belliveau 3-40	37:05
96 Pam Cox 1F	38:02
115 Sheri Lawson 1F	38:44
121 Marian Mallory 3F	38:58
123 Shelly Hazlett 4F	39:06
127 Sue Simms 5F	39:22
141 Stan Block 1-50	39:41
161 Quita Lopez 6F	40:28
162 Colleen Spadoni 7F	40:29
173 Eugenia Zurich 8F	40:54
386 Fred Bruecker 1-80	48:24
451 Roberta Elliott 1F-40	51:09

Harbor 10K

Men under 20:

1 Hamid Rafijan(RedondoBch)	33:02
2 Gary Fredrickson(SanPedro)	33:31
3 Victor Estrada(SanPedro)	34:38
4 Jim Reish(LosAlamitos)	35:16
5 Greg Hoalgate(RedondoBch)	36:04
6 Don Bemowski(RedondoBch)	36:10

Men 20-29:

1 Larry Simons(Alhambra)	32:39
2 Vincent Calderone(RanPalVerd)	33:11

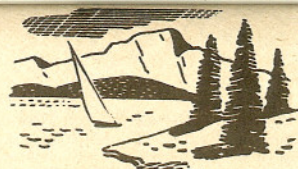
33 Robert Love(20)	28:52
34 Bill Clark(37)	28:56
35 Peanut Harms(30)	28:57
36 Alex Gonzales(19)	28:58
37 Steve Palladino(25)	29:00
38 Ron Nabers(32)	29:07
39 Ernie Reith(22)	29:09
40 Jim Hartig(27)	29:11
41 John Sheehan(27)	29:12
42 Brock Hinzmann(28)	29:13
43 Dirk Rohloff(26)	29:15
44 Greg Jenkins(21)	29:19
45 Lester Mina(28)	29:24
46 Dan Brown(27)	29:27
47 Peter Churney(26)	29:32
48 Unknown	
49 Joe Rubio(18)	29:37
50 Andy Takaha(25)	29:38
51 John Routh(27)	29:44
52 Allen Sandretti(25)	29:44
53 Pete Dolan(21)	29:49
54 Daryl Zapata(36)	29:50
55 Mike Fanelli(25)	29:51
56 Mike Livingston(16)	29:51
57 Art Vedder(32)	29:52
58 John Hoch(19)	29:54
59 Kevin McCusker(24)	29:54
60 Mike White(26)	29:56
76 Tim Rostege(41) 1-40	30:25
98 Robert Welck(43) 2-40	31:06
107 Glynn Wood(47) 3-40	31:23
155 Larry Worth(43) 4-40	32:23
164 Myron Neuraumont(46) 5-40	32:30
207 E. R. Silver(50) 1-50	33:18
288 Ed Daily(50) 2-50	

Women:	
1 Carol Gleason(18)	33:25
2 Heike Skaden(19)	33:28
3 Nancy Ditz(27)	33:34
4 Jolie Houston(25)	33:39
5 Denise Bigelow(19)	33:54
6 Florianne Harp(33)	33:55
7 Diane Gong(19)	34:27
8 Patricia English(28)	34:46
9 Teresa Jackson(23)	34:58
10 Bonnie Dwyer(24)	35:06
11 Sondra Sanchez(18)	35:17
12 Katherine Virostko(23)	35:20
13 Diane Killeen(24)	35:29
14 Paula Ramirez(23)	35:55
15 Kelly Geredes(20)	36:08
16 Allison Nemir(18)	36:22
17 Carol Stroud(38)	36:27
18 Karen Copper(18)	36:30
19 Sharon Maley(21)	36:34
20 Tina Ebrahimian(22)	36:44
21 Nancy Mullen(27)	36:50
22 Therese Fisher(14)	36:51
23 Deena Doherty(28)	36:56
24 Jennifer Larson(20)	36:58
25 Patty Selbieky(25)	37:25

Trout Creek Run

August 1. South Tahoe. 5.1 Miles.

1 Tom Trimble	28:34
Larry Grant	28:34
3 John Gailson	28:53
4 Mike Lannoy	29:08
5 Andy Takaha	29:32
6 Wilbur Rollins	30:12
7 Dave Weller	30:50
8 Dan Greco	30:55
9 Dominique Westlake	32:07
Dave Price	32:07
12 Bill Crawford 1-40	32:42
22 Debbi Waldear 1F	35:49
29 Debbie Johnson 2F	40:22



Sierra Pines 40 Mile Relay

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Open Division: Fresno Track Club "A" (Gary Gonzales, Eric Little, Jim Hartig, Mike Taylor, Al Lomell, Steve Ward) 3:41:40; 2. High Sierra Track Club "A" 3:43:59; 3. Fresno Track Club "B" 4:03:06.

Junior Boys: 1. High Sierra Track Club (David Perez, Mike Bragg, Scott Durham, Kevin Swain, Art Smalley, Kaj Wren) 4:22:08.

Women's Division: 1. Fresno Track Club (Diane Barrett, Brenda Wilcox, Elizabeth Jones, Pam Bowers, Caroline Salazar, Tone Nichols) 5:10:32.

Submasters: 1. Fresno Track Club (Bob Lindsey, Gordon Keller, Bob Galloway, Larry Lung, Curt Elia, Craig Elia) 3:55:12.

Masters: 1. Fresno Track Club (Frank Delgado, Mike Irwin, Fernie Montanez, Don Thomas, Bob Fries, Sid Toabe) 4:14:16.

Mixed Division: 1. High Sierra Track Club (Carolyn Tiernan, Bill Woody, Frank Ortega, Sylvia Santisteven, Baldemar Bettencourt, Ruby Hernandez).

N. Orange Co. 10K

August 9: Fullerton. North Orange County YMCA-Daily News Tribune 10K.

Women 12 & Under: 1. L. Padilla 40:14; 2. Eleanor Uribe 41:11; 3. Laura Doering 41:18.

Women 13-15: 1. D. Armentourts 38:22; 2. Caroline Bourke 40:42; 3. Oatruca 1/2 soaryr 42:37.

Women 16-18: 1. Laura Miller 36:52; 2. Marilyn Nichols 38:33; 3. Jamie Nourse 40:08.

Women 19-29: 1. Michelle Bush 33:52; 2. R. Bonsall 37:05; 3. Joan Lind 37:37; 4. Christine Lundy 37:39; 5. Robyn Oubach 38:10; 6. J. Studenmund 38:21; 7. W. Wilkinson 38:38.

Women 30-34: 1. Judi Vivian 34:27; 2. J. Glynn 37:45; 3. Josta Santos 43:46; 4. Deborah Hobbs 46:29.

Women 35-39: 1. Christine Trevarth 43:29; 2. Lonnie Horn 46:21; 3. Peggy Heard 46:55.

Women 40-44: 1. C. Lighburne 44:19; 2. J. Mizerski 46:19; 3. A.M. Quinonez 47:41.

Women 45-49: 1. Reina Hart 40:48; 2. Judy Martin 41:50; 3. Elaine Havens 46:53.

Women 50-54: 1. Shirley Fritcher 50:43; 2. Donna Spradlin 51:13; 3. Lorraine Johnson 59:41.

Women 55-59: 1. R. Taki 1:52:2.

Women 70 & Over: 1. Leona Vinson 1:32:00.

Men 12 & Under: 1. E. Winkler 39:20; 2. T. Winkler 39:33; 3. Joe Martin 40:10.

Men 13-15: 1. Jimmy Ortiz 32:18; 2. Ted Goodlake 33:34; 3. Don Reynolds 35:38; 4. J. Karnes 35:48; 5. Joe Rivera 35:53.

Men 16-18: 1. John Lee 30:35; 2. Tony Macey 31:27; 3. M. Carlton 31:57; 4. Benito Cruz 32:04;



Brian Hunsaker

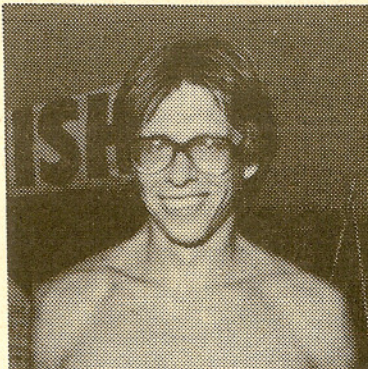
Northridge Twilight 10K

By DAVE BABIRACKI

August 12. Northridge.

Twilight and evening races ought to be pretty popular in the San Fernando Valley, especially during the summer. Strangely enough, outside of the Grunion Run, which isn't even in the Valley, and the Northridge Twilight 10K, there isn't any even action to speak of.

The Twilight 10K, however, is in its fourth year, so people must like it. Charlie Gray likes it for sure. He went out and set a record for the event, and a third fastest time for the course, which is certified. The course has been selected for the TAC District 10K Championship on September 6, so Gray might keep that in mind. The worst he ought to do that day is third. (Wouldn't it be nice if things worked out like that for all of us?)



Charlie Gray

... races now and then. Sixth place with a 31:48 shows that he still has some of the old zap. Pam Cox was the first woman, and 96th overall. Her time was 38:02. Sheri Lawson was second in 38:44. Sheri is only 11 years old. If you think that's something, check out her younger brother, 10 year old Craig. He beat sis by 40 seconds and was 99th overall. That has to be one of the most outstanding brother-sister finishes of the year. Naturally, both won their divisions.

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8 D. Wojcik	32:33
9 Dan Davies	32:37
10 Steve Chase	32:45
11 Pat Brady	32:48
12 David Maxwell	33:01



Quita Lopez
6th female overall

13 Steve Gilbert	33:03
14 Charles Hoover	33:03
15 Fred Snyder	33:07
16 Frank Peters	33:18
17 Joe Toledo	33:29
18 Steven Dietch	33:34
19 Mystery Runner	33:04
20 Steven Sherman	34:06
21 Desmond Willows	34:09

40 Steve Koundouriofis	35:41
61 Norman Cohen 2-40	36:28
71 Richard Belliveau 3-40	37:05
96 Pam Cox 1F	38:02
115 Sheri Lawson 1F	38:44
121 Marian Mallory 3F	38:58
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141 Stan Block 1-50	39:41
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451 Roberta Elliott 1F-40	51:09

Harbor 10K

Men under 20:

1 Hamid Rafijan(RedondoBch)	33:02
2 Gary Fredrickson(SanPedro)	33:31
3 Victor Estrada(LongBeach)	34:38
4 Jim Reish(LosAlamitos)	35:16
5 Greg Hoalgate(RedondoBch)	36:04
6 Don Bemowski(RedondoBch)	36:10

Men 20-29:

1 Larry Simons(Alhambra)	32:39
2 Vincent Calderone(RanPalVerd)	33:11
3 Robert Lujan(LongBeach)	33:14
4 Mitchell Hartz(Hermosa)	34:05
5 Anton Gonzalez(LakeviewTerr)	34:42
6 Antonio Gonzalez(Wilm)	34:48
7 Craig Kusunkoi(Gardena)	35:25
8 Dave Forest(HermosaBch)	35:43
9 Chris Meluin(Gardena)	36:01
10 Mike Orr(PalVerdEst)	36:01
11 Mike Shriver(Commerce)	36:39

Men 30-39:

1 Paul Maier(RanchPalVerd)	34:19
2 Thom Lacie(SP)	34:36
3 Jim Rellon(MissHills)	35:14
4 Richard Provost(SP)	35:35
5 Kurt Hegetschweiler(PVE)	36:16

Men 40-49:

1 Andre Tocco(SP)	33:20
2 Bart Coventry(SP)	34:15
3 Jim Brownfield(Alhambra)	35:55
4 Joe Gassmann(Hawthorne)	36:43

Men 50-59:

1 Conrad Eroen(RedondoBch)	37:04
2 Edward Phelan(SP)	41:02
3 Dick Venne(Gard)	43:07

Men 60 & over:

1 Frank Morales(Wilm)	52:34
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Women under 20:

1 Debby Cipiti(SP)	42:43
2 Alyssa Freas(SP)	47:49

Women 20-29:

1 Sherry Simmons(Lomita)	41:47
2 Eileen Flick(ManBeach)	47:04
3 Leslie Buchan(SP)	47:53

Women 30-39:

1 Leslie McMullin(Oakland)	36:50
2 Kathy Martin(SP)	38:39
3 Darlene Roberts(SealBch)	39:37
4 Corrine Schratz(HermBch)	43:16
5 Evon Herrera(SP)	47:36

Women's 40-49:

1 Mariana McMullen(PalVerdEst)	46:00
2 Roberta Rodin(SP)	53:19

Women 50-59:

1 Monte Newman(SP)	51:53
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Women 60 & over:

1 Norma Bernardi(SP)	51:40
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Tehachapi 10K

From MIKE O'HAVER

August 15. Tehachapi.

1 Glenn Sultor	33:57.5
2 Laddie Shaw 1-30	34:01.7
3 Alan Dehlinger	34:13.8
4 Scott Winfield	34:22.7
5 Alex Miranda	35:10.6
6 Larry Bayless	35:12.9
7 Henry Osgood 2-30	35:19.7
8 Tom Tyack 3-30	35:41.7
9 Joel Wobrock	35:46.7
10 Trent Martinez	35:47.3
11 Steve Whitmore	36:07.1
12 Paul Anderson	36:16.9
13 John Chapman 4-30	36:26.1
14 John Perry	36:39.6
15 Bill Wilson 5-30	36:43.0
16 Frank Freyne 1-40	36:46.8
17 Ted Oliver 6-30	37:15.2
18 Charlie Horn	37:38.3
19 D. Masonheimer	38:11.8
20 George Ashby	38:16.7
21 Larry Errecart	38:20.0
22 Bill Parsons 7-30	38:37.1
23 Gil Hinz 1-50	38:39.3
24 James Murray	38:40.9
25 Bill Loughry 8-30	38:41.9
26 Jim Lipford 2-40	38:44.0
32 Bob Small 2-50	39:36.1
33 Brenda Villanueva 1F	39:37.2
41 Bill Blait 3-40	40:35.4
42 Curt Brownfield 3-50	40:40.0
46 Aenor Sawyer 2F	42:14.0
99 Jeannette Wells 1-F 40	45:27.1
113 Jerry Mumford 1-F 30	46:49.7

Tetrack Trail 8 Mile

By RICHARD SLOTKIN

August 15. Griffith Park, Los Angeles.

The entry form warns that this race is not for the faint of heart. The aren't kidding, either. As you work—and I do mean work—your way up the horse trails and fire break roads that make up this course in the mountains of Griffith Park, you can get scared out of your shorts if you happen to glance to your right and look over the edge of the ridge you're running on. Long before you reach the mile mark, the elevation has risen to the point where one little slip could be quite worrisome. By the time the mile mark is reached, the view is spectacular, but who cares? Everyone is turning blue from oxygen debt and exhaustion. By two miles, they're turning blue because they've passed the timber line. If the trail went any higher, people would be coming back with nosebleeds. And icicles in their hair. This is a course for mountain goats. Or abominable snowmen. But not for people. Not normal people, anyway.

But, then, whoever said there were any normal people in Los Angeles. Two years ago this race drew a sensibly scant 166. Last year it jumped to 206 and this year the field continued to grow, reaching 318 finishers. Finishers, not starters. Actually, just about everyone who started finished. Races like this tend to have a build-in weeding out process.

the soft surface, several inches deep of loose sandy soil, pulverized by the countless horses that wander through those trails. Except for the first three or four, everyone thought they were going through a sandstorm.

For those who survived as far as the second mile, though, there was a reward. No, not the big Rock Candy Mountain. Not even a barrel of beer. Instead, there was a young lass in a very interesting state of attire holding a sign indicating that the 2 mile mark was just ahead. To tell the truth, in the condition that everyone was in by then, I rather doubt that she was fully appreciated. I suspect that the women coming by were even less impressed. Nevertheless, she was there and since the first running of the Tetrack, she, or one like her, has been part of the tradition. After the mob had gone by, she was whisked down to a spot near the finish line where she greeted the runners with the other side of the 2-mile sign showing. This side read "The End is Near." It was: about 400 yards away. At this time, the signs of appreciation were considerably more noticeable...except from the women in the race. And, of course, several of the Mr. Cools. "Nah, Never noticed her." "Nah. That stuff don't bother me." Right.

Anyway, John Brenneman was the winner all the way. Running the distance in 45:18, he lowered Steve Chase's record by 45 seconds. That's less than 5:40 per mile. Having come through the first mile in something over six minutes, Brenneman must have been going pretty close to five flat on the final mostly level stretch. Second placer, Matt Ebner, also came in under the old record, with a time of 45:36. Third, where he had been most of the way, was Brenneman's younger brother Chris. Chris is just 18. Brother John is 25.

That wasn't the only notable family act, though. With a similar sounding name, the Brennans, poppa John and son Bob ran 28th and 9th respectively.

The Griffith Park Athletic Club puts this race together each year, and they had 43 entrants. Not bad for a club that has no meetings, no officers, no dues, no ruthin'-just members. First GPAC'er to finish was Paul Simon. No, not the Paul Simon of Simon and Garfunkel. I'll bet he saw plenty of Kodachrome, though, when he passed by that signbearer. Anyway, Simon finished 24th in a time of 51:30.

There were twelve finishers under 50 minutes. Race director John Sporleder says that's the same kind of performance as a 2-30 marathon.

Joan Lind was the first female to cross the line. She was second last year in a slightly faster time, and this year she led all the way to her 59:38 win, the only woman to come in under an hour. Diana Tracy didn't miss that by much, just 19 seconds, also a very fine effort. Sue Simms was third, just under 61 minutes. Gayle Cory, wife of former LDRC chairman Tom Corey, is also on the comeback trail, and she ran a very good 68:35. She had been running side by side with Marie Field for some time, but in the last 40 yards, Field decided to kick in and came in one second ahead of Corey. Alice Rodriguez was the sixth woman with a time of 64:32. Had this been a 10K race, those first six would all have likely broken 40 minutes, based on their times for this course. That is an incredible performance in a field of only 36 women. And, Field and Corey would have been pretty close. Remember, this

11 Dave Askren(27)	49:48
12 Michael Carlton(18)	49:57
13 Art Tinge(29)	50:12
14 Pat Brady(20)	50:24
15 Tim Cammack(16)	50:33
16 Carlos Godoy(31)	50:38
17 Jim Ursulo(27)	50:46
18 Tim Alnes(29)	50:59
19 George Luna(19)	51:17
20 Jim Minami(37)	51:20
21 Brown	51:20
22 Ted Cotti(19)	51:26
23 Essertier(32)	51:27
24 Paul Simon(30)	51:30
25 Mike Salmon(19)	51:52
26 Dennis Coyle(20)	51:56
27 Eddie Lopez(21)	52:04
28 John Brennand(45) 1-40	52:33
29 Dan Stumpus(29)	52:50
30 Tom Salazar(23)	52:57
42 Dick Pallies(43) 2-40	54:37
47 Tom Musante(41) 3-40	55:22
80 Dick Durand(53) 1-50	58:08
94 Keith Albright(57) 2-50	59:24
97 Joan Lind(28) 1F	59:38
110 Diana Tracy(28) 2F	60:19
120 Sue Simms(31) 3F	60:59
136 Adrienne Stewart(23) 4F	62:37
147 Sherry Sullivan(25) 5F	63:46
182 Dick Bates(62) 1-80	66:48
263 Wendy Kaplan(41) 1F-40	75:52

Sacred Heart Parish Fiesta Six Mile Run

August 16. Fresno.

Overall Winner: Curt Elia(FTC) 32:06.02. Under 18 men: David Perez(HSTC) 32:53. 19-29 Men: Al Lomeli(FTC) 32:06.03. 30-39: 1 Curt Elia(FTC) 32:06.02, 2 Craig Elia(FTC) 34:17. 40-49 Men: Fernie Montanez(FTC) 34:27. 50-59 Men: Ken Takeuchi(FTC) 41:31. 60 plus Men: Harry Harder(HSTC) 40:51. Under 18 Women: Sylvia Sanstevan(HSTC) 43:35. 19-29 Women: Yolanda Williams 49:16. 30-39 Women: Pat Deveau(FJ) 43:55. 40-49 Women: Jeannine Semrau(FJ) 54:33. 50-59 Women: Sue Takayama(FJ) 50:22.



Red Cross Watermelon Run

From MICHAEL L. MASON

August 16. Merced. 1.5 Mile and 10K:

A record crowd of 300 runners assembled on a warm Sunday morning at the Merced County Courthouse for the third annual running of the Merced Red Cross Watermelon Run. Despite warm temperatures, records fell in eleven of the twenty-five age divisions. The

Course records were established in the 1.5 mile run by Payson Taylor (10:30) in the 50 and over division of the men's race and by Patty Martain (10:45) in the 12 and under division and by Ada Triggs (14:48) in the 50 and over division.

In the 10,000 meter race records fell in the men's division to Louis Stojanovich (39:26) in the 12 and under division; Dave Bronzan (33:33) in the 30-39 division; Dick Cain (35:31) in the 40-49 division; Charles Rodgers (39:24) in the 50-59 division; and to Don Lundberg (43:27) in the 60 and over division.

On the women's side records fell to Ginger Burrola (42:11) in the 40-49 division and to Pat Castellucci of Merced in the women's 50 and over division.

Results:

1.5 Mile Run

Men-12 & under: 1 Rennie Jester, 2 Jay Christofferson, 3 Matt Flanagan, 4 Ronald Patlan. 13-17: 1 Tom Ruckman, 2 Russell Rivera, 3 Derrick Von Prittitz. 18-29: 1 Don Woods, 2 Gabe Burrola, 3 Greg Neyman. 30-39: 1 Glen Jenkins, 2 Jerry Baladad, 3 Lee Scoles. 40-49: 1 Max Greene, 2 Jerry Harris. 50 plus: 1 Payson Taylor, 2 Tom Parker, Sr. Women-12 & under: 1 Patty Martain, 2 Krista White, 3 Nancy Tucker, 4 Amy Grunder. 13-17: 1 Varilyn Belton, 2 Telvina Luvian, 3 Sharrel Tank, 4 Arlene Martin. 18-29: 1 Vicki Helmar, 2 Rita Walsh, 3 Sheryl Nose. 30-39: 1 Cathy Chavez, 2 Dora Couture, 3 Gale Creighton. 40-49: 1 Marvella Taylor, 2 Sarah Foster. 50 plus: 1 Ada Triggs, 2 Alma Kollman.

10K Race

Men- 12 & under: 1 Louis Stojanovich 39:26, 2 Danny Howard 46:02. 13-17: 1 Danny Valdez 34:50, 2 Richard Johnson 35:58, 3 Rene Banda 38:17. 18-29: 1 Juan Molina 31:17, 2 Scott Bricker 31:34, 3 Fred Villegas 31:51, 4 Greg McKinstry 33:39. 30-39: 1 Dave Bronzan 33:33, 2 John Carter 34:01, 3 Joe Day 34:44, 4 Randy Cagle 35:33, 5 Frank Ortega 35:34. 40-49: 1 Dick Cain 35:31, 2 Helmin Hartwig 36:06, 3 Mike Erwin 37:28. 50-59: 1 Charles Rodgers 39:24, 2 John Hannah 47:12. 60 plus: 1 Don Lundberg 43:27.

Women-12 & under: 1 Lisa Wade 50:41, 2 Tawny Belton 52:27. 13-17: Diana Banda 44:52, 2 Teresa Howard 46:05, 3 Kim Donaldson 46:45. 18-29: 1 Tone Nichols 42:28, 2 Jane Johnson-Russell 44:55, 3 Ginger Hale 46:22. 30-39: 1 Pat Dahlstrom 42:42, 2 Muriel Olson 43:02, 3 Holly Jenkins, 4 Margie Timberlake 44:44. 40-49: 1 Ginger Burrola 42:11, 2 Janice Beltram 50:01. 50 plus: 1 Liz DeMonte 49:09.

line. Either way, they must have had an idea of what they were going to be up against.

Afterwards, the friendly spirit continued, as everyone gathered into small groups to discuss how it was to run a race on the beach.

As you would expect, the times weren't fantastic. Donakowski and Brandt clocked in at 34:12. That wasn't too bad, but it won't win you much in most 10k's. Not even in the sub-masters divisions. The ladies were even less notable. Winning time for Isadora Johnson was 45:03. And Elena Luna won the 21-30 age group with a very casual 57:02.

This was one of those races that people who never manage to win anything wish they had known about. Really, because of the 36 awards, 15 of them did not get presented because there was no one to claim them. Luna was the only one to finish the 21-30 division, for example. That's a pity, too, because the awards were of a quality to shame most of the bigger and more prestigious events. This was one time when it would have been advantageous to lie about your age.

Donakowski and Brandt had little trouble in their quest for tiedom. John Carrasco was the only one near them, and by the halfway point, he was pretty well out-of-it. He did finish in a reasonable 34:25, maybe 70 or 80 yards behind the winners. Ms. Johnson, likewise, had an easy time of it, winning by almost a minute, a lead which she, too, had acquired by the halfway mark.

When the word on this race gets out, you can expect that next year, if they do it again there will probably be 3,000 hopefuls showing up for the easy pickin's.

Male 14 & under: Erik Nielsen 67:42. Male 15-20: 1 Adam White 35:54, 2 Paul Lawis 36:34, 3 Eric Lonaway 39:22. Male 21-30: 1 Bill Donakowski 34:12, 2 Steven Brandt 34:12, 3 John Carrasco 34:25. Male 31-40: 1 Jerry Laverty 37:40, 2 Pablo Drobny 38:07, 3 Al Freese 40:08. Male 41-50: 1 Bob Lopez 39:47, 2 Jim Bland 41:42, 3 Manuel Parre 44:40. Female 15-20: 1 Janet Ortiz 54:39, 2 Tamara Mears 67:41, 3 Kristen Nielson 67:42. Female 21-30: Elena Luna 57:02. Female 31-40: 1 Isadora Johnson 45:03, 2 Chrissy Gaston 45:59, 3 Margaret Parmenter 50:07. Female 41-60: Elizabeth Remanick 62:39.



Bass Lake Half Marathon

August 22. Bass Lake.

Men under 18: 1 David Naranjo 1:21:32, 2 Miguel Hurtado 1:21:51, 3 Tom Morgan 1:23:12. Open Men: 1 Tony Ramirez 1:08:41, 2 Jim Hartig 1:11:54, 3 Ted Pawlak 1:14:55, 4 Pat Moss 1:15:25, 5 Danny Mitchell 1:16:45, 6 Jay Wesley Miner 1:17:22, 7 Jerry Shaw 1:17:29. Open Women: 1 Diane Barrett 1:31:56, 2 Paula Ramirez 1:34:14. 30-39 Men: 1 Bob Lindsey

Long Beach Sea Festival 10K

By LOUIS HIRSCH

August 16. Long Beach.

This was a race that had several things going for it. The weather was about 60 degrees and overcast. The course was on the beach, which made it all flat. And, because of the location, there was no traffic.

There was also very little competition. Only

August 15. Griffith Park, Los Angeles.
The entry form warns that this race is not for the faint of heart. The aren't kidding, either. As you work—and I do mean work—your way up the horse trails and fire break roads that make up this course in the mountains of Griffith Park, you can get scared out of your shorts if you happen to glance to your right and look over the edge of the ridge you're running on. Long before you reach the mile mark, the elevation has risen to the point where one little slip could be quite worrisome. By the time the mile mark is reached, the view is spectacular, but who cares? Everyone is turning blue from oxygen debt and exhaustion. By two miles, they're turning blue because they've passed the timber line. If the trail went any higher, people would be coming back with nosebleeds. And icicles in their hair. This is a course for mountain goats. Or abominable snowmen. But not for people. Not normal people, anyway.

But, then, whoever said there were any normal people in Los Angeles. Two years ago this race drew a sensibly scant 166. Last year it jumped to 206 and this year the field continued to grow, reaching 318 finishers. Finishers, not starters. Actually, just about everyone who started finished. Races like this tend to have a built-in weeding out process. People just don't even try unless they are able to finish. This course is so tough that by the first mile, there were people already walking. And this was at the front of the pack! The first three, led by eventual winner John Breneman, came through mile one looking OK, but from number four on back, it was strictly gasp-and-whoa city. And we're not talking about old, fat folks. These guys were coming through the first mile in under six minutes; guys who run 10K's under 33 minutes. Here, they looked more like candidates for Jack LaLanne. Or the intensive care unit.

And some guys made the mistake of trying it while they weren't in top shape. Carlos Godoy says he trains on those hills. Only the week before, Godoy took two silver medals in the Pan American Masters Championships, running the 5 and 10 thousand meters. Those were on the very flat USC tartan. This week, Godoy wasn't in the running for the silver. By the mile mark he was struggling in the middle of the pack making up 10th through 20th.

And he was doing well. Former 50 mile record holder, Ken Moffitt, who is pretty good on tough courses, was somewhere around 35th at that point. Ken is more or less on the comeback trail, having taken off for a while to acquire a wife and baby. Fellow comebacker Jon Sutherland—torn hamstring—had it even worse. Jon, who claims he's trying to lose as much weight as he can as fast as he can, was doing a great job towards reaching that goal as he was giving it all he had just to stay in the top 100. And this was in a field of only 318.

To add to the misery, LA is in the middle of its annual August heat wave. It was still slightly overcast at start time, and the temperature hadn't gotten into the 80's yet. But it was very muggy. By the time the middle of the pack reached the first mile, the sun had come out and the torment was in full swing.

Mercifully, if that word can be very loosely defined, the course became a bit more liveable, now. There was still plenty of climbing but it wasn't as steady as the first mile had been. There were level sections and some dips, but even here it wasn't easy. There was one tight turn after another.

And, as the final touch of perfection to this demonstration of ultra-masochism, there was

ruthin'—just members. First GPAC'er to finish was Paul Simon. No, not the Paul Simon of Simon and Garfunkel. I'll bet he saw plenty of Kodachrome, though, when he passed by that signbearer. Anyway, Simon finished 24th in a time of 51:30.

There were twelve finishers under 50 minutes. Race director John Sporleder says that's the same kind of performance as a 2:30 marathon.

Joan Lind was the first female to cross the line. She was second last year in a slightly faster time, and this year she led all the way to her 59:38 win, the only woman to come in under an hour. Diana Tracy didn't miss that by much, just 19 seconds, also a very fine effort. Sue Simms was third, just under 61 minutes. Gayle Cory, wife of former LDRC chairman Tom Corey, is also on the comeback trail, and she ran a very good 68:35. She had been running side by side with Marie Field for some time, but in the last 40 yards, Field decided to kick in and came in one second ahead of Corey. Alice Rodriguez was the sixth woman with a time of 64:32. Had this been a 10K race, those first six would all have likely broken 40 minutes, based on their times for this course. That is an incredible performance in a field of only 36 women. And, Field and Corey would have been pretty close. Remember, this wasn't an invitational, either. Mostly local running nuts.

Races like this tend to have a built-in screening factor. People who can't handle them are going to be reluctant to even try, while those who can are likely to be just a bit better than your average middle-of-the-pack jogger. That was definitely the case here. Talent like the Brennemans and the Brennands, Alvaro Palacios, Jim Minami, Sutherland, Moffitt, Godoy, Dave Askren, Jim Murphey...these are people who take firsts and seconds or win age groups in many of these local races. I don't know most of the women as well, but I have seen Diane Tracy's name in the awards lists of some races, and some of the other names sound familiar. So, despite the relative obscurity, the Tetrick Trail is a race with a developing level of prestige.

An interesting sidelight is that there were 7 father-son teams, and one mother-daughter team. There were two former 50 mile champs, Moffitt, who finally finished 39th, and last year's 50 mile winner, Charlie Hoover, who showed quite a bit of speed to take 10th overall. Also, there was 50 mile age group winner, Jim Minami, an Aztlan teammate of Moffitt, and who won his age group in the same race that Moffitt set the record (since broken). Jim was 20th. Jon Sutherland, whose living room looks like Ace Trophy Shop, came in 74th. No hardware that far back. But, Jon has been picking up some place medals recently, and he says his doctor has given the go ahead for full training now. But, what a place to start!

So, head for the hills folks...if you want to try your luck at the 4th Annual Tetrick Trails 8 Mile Run, the only race named for an active runner over the age of 58.

Results:

1	John Brenneman(25)	45:18
2	Matt Ebner(20)	45:36
3	Chris Brenneman(18)	46:32
4	Joe Carlson(30)	47:03
5	Alvaro Palacios(22)	47:44
6	Jim Arquilla(30)	47:56
7	Steve Brumwell(23)	48:08
8	Steve Durand(24)	48:18
9	Bob Brennan(20)	48:28
10	Charles Hoover(32)	49:40

Male: Ken Takeuchi(FJ) 41:31. 60 plus Men: Harry Harder(HSTC) 40:51. Under 18 Women: Sylvia Sanstevan(HSTC) 43:35. 19-29 Women: Yolanda Williams 49:16. 30-39 Women: Pat Deveau(FJ) 43:55. 40-49 Women: Jeannine Semrau(FJ) 54:33. 50-59 Women: Sue Takayama(FJ) 50:22.



Red Cross Watermelon Run

From MICHAEL L. MASON

August 16. Merced. 1.5 Mile and 10K:

A record crowd of 300 runners assembled on a warm Sunday morning at the Merced County Courthouse for the third annual running of the Merced Red Cross Watermelon Run. Despite warm temperatures, records fell in eleven of the twenty-five age divisions. The divisions were spread evenly between a 1.5 mile race and a 10,000 meter race (6.2 Miles).

The men's overall champion, for the second time in three years, was Fresno's Juan Molina in a time of 31 minutes and 17 seconds over the flat, fast course.

In the women's division it was Manteca's fleet Ginger Burrola who won top honors in a time of 42 minutes and 11 seconds.

In the 1.5 mile event the men's champion was Atwater's Don Woods, while Patty Martain of the Merced Track Club was taking overall honors in the women's division.

39:24, 2 John Hannah 47:12. 60 plus Men: Lundberg 43:27.
Women-12 & under: 1 Lisa Wade 50:41, 2 Tawny Belton 52:27. 13-17: Diana Banda 44:52, 2 Teresa Howard 46:05, 3 Kim Donaldson 46:45. 18-29: 1 Tone Nichols 42:28, 2 Jane Johnson-Russell 44:55, 3 Ginger Hale 46:22. 30-39: 1 Pat Dahistrom 42:42, 2 Muriel Olson 43:02, 3 Holly Jenkins, 4 Margie Timberlake 44:44. 40-49: 1 Ginger Burrola 42:11, 2 Janice Beltram 50:01. 50 plus: 1 Liz DeMonte 49:09.



Bass Lake Half Marathon

August 22. Bass Lake.

Men under 18: 1 David Naranjo 1:21:32, 2 Miguel Hurtado 1:21:51, 3 Tom Morgan 1:23:12. **Open Men:** 1 Tony Ramirez 1:08:41, 2 Jim Hartig 1:11:54, 3 Ted Pawlak 1:14:55, 4 Pat Moss 1:15:25, 5 Danny Mitchell 1:16:45, 6 Jay Wesley Miner 1:17:22, 7 Jerry Shaw 1:17:29.

Open Women: 1 Diane Barrett 1:31:56, 2 Paula Ramirez 1:34:14. **30-39 Men:** 1 Bob Lindsey 1:17:23, 2 Gary Campbell 1:17:57, 3 Larry Lung 1:18:15, 4 Ross Rowley 1:19:54, 5 Robert Stephenson 1:20:49, 6 Tom Waller 1:21:46, 7 Roger Sebert 1:26:05. **30-39 Women:** 1 Sharlet Gilbert 1:21:57, 2 Debbi Aschwanden 1:38:04, 3 Cheri Stephenson 1:44:46. **40-49 Men:** 1 Frank Delgado 1:24:09, 2 Mike Erwin 1:25:41, 3 Flick Zamarripa 1:26:10, 4 Don Ramirez 1:28:33, 5 Dick Cain 1:28:54. **40 plus Women:** 1 Michele Gauthier 1:41:02. **50 plus Men:** 1 Len Thornton 1:20:17, 2 Ken Takeuchi 1:40:22.

ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event _____ Location of Event _____

Name of Event _____

Type of Event: long distance run track meet cross country other _____

Starting Time _____ Distance if a running event _____

Other Important Info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: California Track & Running News, P.O. Box 6103, Fresno, CA 93703

Track & Field Results

USA Heptathlon Championships

June 26-27, Spokane, Washington: U.S. Heptathlon Championships.

1 Jane Frederick (Athletics West)	6011
(14.01w, 49-9/4, 5-6 1/4, 24.98w, 21-2 3/4, 118-6, 2:19.46)	
2 Jackie Joyner (UCLA Sakhlee TC)	5827
3 Patsy Walker (Houston)	5704
4 Mary Harrington (Pocatello TC)	5698
5 Theresa Smith (Sports West)	5583
6 Jenny Stary (Metroplex Striders)	5583
7 Cindy Greiner (Oregon State Sp)	5534
8 Joan Russell (Coast Athletics)	5431
9 Susan Brownell (Virginia)	5419
10 Linda Hightower (Coast Athletics)	5412
11 Ann Bair (Virginia)	5378
12 Kathy Wilson (Sports West)	5074
13 Kathy Raugust (Hartnell College)	4864
14 Renee Nickles (Oklahoma)	4295

USA Decathlon Championship

June 27-28, Santa Barbara: U.S. Decathlon Championships.

1 John Crist (Athletics West)	8005
(11.08, 22-8, 44-6, 6-9 1/2, 48.61, 14.85, 149-7, 13-9 1/2, 211-7, 4:28.29)	
2 Tony Allen-Cooksey (AW)	7972
3 Jim Howell (Philadelphia P)	7795
4 Steve Alexander (New York AC)	7787
5 Jim Wooding (Shore AC)	7683
6 Steve Jacobs (Unatt)	7678
7 Ron Wopat (SAME)	7650
8 Mike Hill (Unatt)	7631
9 Rohn Stark (Athletic Attic)	7330
10 Dave Saye (Houston)	7312
11 Grant Niederhaus (SC Striders)	7240

DNF Roger George after 5 events.

TAC 56 lb. Weight

June 27, Manchester, Connecticut: U.S. 56-Pound Weight Throw Championship.

Open:

1 George Frenn (Unatt)	46-5
2 Bill Borden (Groton TC)	42-7
3 Bill Sutherland (New York AC)	41-8
4 Bob Backus (New York AC)	38-6
5 Al Hall (Unatt)	37-6
6 Mark Borelli (So. Conn. SC)	35-5

Juniors:

1 Richard LeMaire (Canada)	29-3
2 Dave Chessbough (So. Conn. SC)	28-0
3 Paul Gilligan (Unatt)	25-5

Womens Decathlon

From JOHN DOBROTH

July 18-19, Ventura High School: Third Annual Ventura Women's Decathlon.

1 Linda Hightower (Coast Athletics)	5989
(12.82, 16-8, 24-5, 5-7 1/2, 57.78, 15.19, 92-7, nh, 100-7, 5:24.21)	
2 Sharon Hanson (Ventura Girls TC)	5882
(12.94, 16-9 3/4, 31-4 1/2, 4-5 1/2, 62.71, 15.76, 80-6, 7-10 1/2, 97-11, 5:52.36)	
3 Vanessa Denniston (Orange CC)	5270
4 Cindy Morrison (Orange CC)	5210
5 Mary Anne Miller (Redondo Bch)	4786
6 Keira Troxell (Claremont)	4694
7 Patti Wise (Occidental)	4655
8 Valerie Thorpe (Unatt)	4355
9 Monica Bednar (Unatt)	4288
10 Kathy Erickson (Canoga Pk HS)	4094

L.A. All Comers

Los Angeles City Schools All Comers Track & Field Meets Series. Week 3.

OPEN DIVISION: 120HH: 1. Marcus Allen 14.8. 100 Yard Dash: 1. Guy Abrams 9.9; 2. Thomas Byas 9.9. 440: 1. Sean Bowels 51.8. 330 IH: 1. James Avery 40.0. Mile: 1. Peter Mogg 4:25. 880: 1. Tony Veney 1:58. 220: 1. Thomas Byas 21.7; 2. Guy Abrahams 21.8. 3 Mile: 1. Jeff Shaver 14:58. Long Jump: 1. Greg McGee 21-3. Pole Vault: 1. Tim Knappen 15-0; 2. Donny Jackson 14-6; 3. T. Wekner 14-6. Shot Put: 1. Rothchild 50-7 1/2. High Jump: 1. John Hives 6-10; 2. Rich Parks 6-10; 3. Mel Embry 6-10; 4. Mel Baker 6-10. Triple Jump: 1. Greg Timberlake 48-10.

NOVICE DIVISION: 120HH: 1. Steven Daniels 14.6. 100 Yards: 1. Ed Reily 10.1. 440: 1. Mac Osburne 49.4; 2. McCulough 50.0. 330 IH: 1. Reginald Decree 38.6; 2. Ramon Bunns 38.7. 2 Mile: 1. Mike Trujillo 9:28; 2. Paul Farina 9:40. Mile: 1. Robert Barkas 4:27; 2. Tyrus Deminter 4:28. 880: 1. Hector Romero 2:02; 2. Steve Gilbert 2:02. 220: 1. Ed Reily 22.4. Long Jump: 1. Avery 21-1 1/2. High Jump: 1. Phillip Anderson 6-8. Triple Jump: 1. Phillip Anderson 46-9. Shot Put: 1. Roupe 53-1 1/4; 2. Pulliam 52-8 1/2. Pole Vault: 1. Jeff Block 12-6.

WOMEN: Mile: 1. Michelle Bush 4:46. 880: 1. Karen Looser 2:35. 220: Debbie McElroy 26.1. 2 Mile: 1. Michelle Bush 11:06. High Jump: 1. Linda Soja 5-10. 100 Yards: 1. Daphne Dowell 11.5; 2. Debie McElroy 11.5. 440: 1. Andrea Rolfe 57.6. 330 IH: 1. Kathy Erickson 51.8. Shot Put: 1. Elander Sherrills 33-8 1/2. Long Jump: 1. Marilyn Kind 16-3.

MASTERS: Mile: 1. Robert Montelongo 4:45. 880: 1. C. Bourke 2:26.2. 220: 1. Gary Miller 24.8; 2. David Segal 24.0; 3. Nick Newton 24.7; 4. Ken Dennis 25.9. 2 Mile: 1. Jim Bevins 11:05. Pole Vault: 1. M. Connelly 13-0. 100 Yards: 1. Nick Newton 11.1. 440: 1. Jerry Withers 63.5. 330 IH: 1. Skip Loera 47.3. High Jump: 1. John Dobroth 6-3.



Linda Hightower Women's Decathlon winner

Los Gatos All Comers Meet

From HOWARD WILLMAN

July 23, Los Gatos High School, Los Gatos: Los Gatos All Comers Track & Field Meet.

OPEN DIVISION: 100 Yards: Greggans (Unat) 9.9. 220: Greggans 22.0. 440: Redding (Unat) 50.4. 880: Redding 1:59.9. Mile: Crowley (Unat) 4:12.5; 2. Sup (Cal) 4:12.7. 2 Mile: Maxwell (Unat) 9:09.6. 70yHH: Carty (Unat) 8.4. 330 LH: Clay (Unat) 40.8. 440 Relay: Open Team 43.9. HJ: Norman (West Valley College) 6-8. PV: Babitsf (SJ State) 16-0. LJ: O'Neal (Unat) 22-0. TJ: Norman 42-1. SP: Feuerbach (Athletics West) 64-1 1/4. DT: Brady (SJ State) 162-5.

HIGH SCHOOL BOYS DIVISION: 100 Yards: (tie) Mills (Independence, SJ) and Harrison

Sterling (Unat) 45-6. SP: Feuerbach (Athletics West) 62-11. DT: Brady (SJ State) 173-4.

HIGH SCHOOL BOYS' DIVISION: 100 Meters: Harrison (Eureka) 11.3. 200: Harrison 22.9. 400: Green (Palo Alto) 51.2. 800: Lewis (Gunderson, SJ) 1:59.0. 1500: Britton (Los Gatos) 4:17.6. 5000: Zamczyk (Homestead, Cupertino) 15:26.0. 65mHH: Harrison (Eureka) 8.5. 330yLH: Mudra (Woodside) 41.9. HJ: Andree (Mt. Pleasant, SJ) 6-0. PV: Kibort (Freemont, Sunnyvale) 14-0. LJ: Harrison (Eureka) 21-8. SP: Harrison 45-5. DT: Carpenter (Unat) 124-9.

WOMEN'S DIVISION: 100 Meters: Clayden (Lynbrook HS, SJ) 13.0. 200: Griffith (Stan TC-Guyana) 23.9mr. 400: Griffith 52.7. 800: Williams (Menlo-Atherton HS, Atherton) 2:22.8. 1500: Williams 4:46.1mr. 55mLH: Luttrell (Menlo Park) 8.6. 440 Relay: Saratoga HS 49.8. HJ: K. Barry (Unat) 5-4. LJ: Orlove (Leigh HS, SJ) 14-10 1/2. DT: Cady (Stanford) 168-3.

MASTERS' DIVISION: 100 Meters: Mitchell (Los Gatos AA) 11.9. 200: LaTorre (NorCal Seniors) 24.2. 400: Green (Unat) 54.5mr. 800: Banning (Unat) 2:16.0. 1500: Laris (Unat) 4:02.9mr. LJ: Mitchell (LGAA) 16-1 1/2.

Los Gatos All Comers Meet

From HOWARD WILLMAN

August 6, Los Gatos High School, Los Gatos: Los Gatos All-Comers Track & Field Meet.

1976 Olympic 5,000-meter runner Duncan Macdonald, second in the recent TAC Championships 10,000 (a PR 28:45.59), left the pack on the third lap to win the "Dream Mile" in 4:01.4. The 1971 Stanford grad, ranked seventh in the U.S. 5,000 by *Track & Field News* last year, went through the 220 in 29.5, then came through with lap splits of 59.5, 2:00 and 3:01 to match his best mile time for 1980. The winning mark broke a Helm Field and meet record previously held by Pete Churney (4:11.7), who was sixth in this race. Macdonald, 32, didn't break his mile PR of 3:58.4 set in 1972 when he also ran 3:40.9 for 1,500 meters and was ranked seventh in the U.S. for that distance, but he did lead the pace from nearly start to finish.

Seventh in his heat of the '76 Oly 5K, Macdonald has a fine set of PRs: 7:51.0 for 3,000 (76); 8:18.85 for two miles (76); 13:19.40 for 5,000 (76); and 2:15:28 for a marathon (79). His two mile time is 12th all-time in the U.S. and his 5,000 is fifth.

The event was staged by Meet Director Willie Harmatz in an attempt to get together all the middle distance runners who've entered his popular all-comers series. Rumor is that there'll be a "Golden Mile" during his winter series.

Also entered in the race were Joe Fabris of the Aggie RC (formerly of Cal Poly-SLO and San Jose CC), who's run 3:43.2 for 1,500 this year; former Stanford runner Steve Crowley (3:45.6 for 1,500 in 1977); Mark Schilling of the Aggie RC (1973 Junior AAU mile champ in 3:59.2 and PRs of 3:38.9 in '75 and 3:58.6 in '73 while at San Jose State); and West Valley College freshman Bobby Ingram, recent Junior TAC 3,000 steeplechase champ (8:58.31).

Another nice addition to the race would have been 1968 10,000-meter Olympian Tom Laris, who won the masters' 5,000 the same day in 14:40.1. Laris, who's 1972 10K PR of 28:12.6 is 13th all-time in the U.S., has been in the low 4:20's in preparing for the National



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HALF MARATHON CHAMPIONSHIPS

14.85, 149-7, 13-9 1/2, 211-7, 4:28.29)
 2 Tony Allen-Cooksey (AW) 7972
 3 Jim Howell (Philadelphia P) 7795
 4 Steve Alexander (New York AC) 7787
 5 Jim Wooding (Shore AC) 7683
 6 Steve Jacobs (Unatt) 7678
 7 Ron Wopat (SAME) 7650
 8 Mike Hill (Unat) 7631
 9 Rohn Stark (Athletic Attic) 7330
 10 Dave Saye (Houston) 7312
 11 Grant Niederhaus (SC Striders) 7240
 DNF Roger George after 5 events.

15.76, 80-6, 7-10 1/2, 97-11, 5:52.36)
 3 Vanessa Denniston (Orange CC) 5270
 4 Cindy Morrison (Orange CC) 5210
 5 Mary Anne Miller (Redondo Bch) 4766
 6 Keira Troxell (Claremont) 4694
 7 Patti Wise (Occidental) 4655
 8 Valerie Thorpe (Unatt) 4355
 9 Monica Bednar (Unatt) 4288
 10 Kathy Erickson (Canoga Pk HS) 4094

11.5; 2. Debie McElroy 11.5. 440: 1. Andrea Rolfe 57.6. 330 IH: 1. Kathy Erickson 51.8. Shot Put: 1. Elander Sherrills 33-8 1/4. Long Jump: 1. Marilyn Kind 16-3. MASTERS: Mile: 1. Robert Montalongo 4:45. 800: 1. C. Bourke 2:26.2. 220: 1. Gary Miller 24.8; 2. David Segal 24.0; 3. Nick Newton 24.7; 4. Ken Dennis 25.9. 2 Mile: 1. Jim Bevins 11:05. Pole Vault: 1. M. Connelly 13-0. 100 Yards: 1. Nick Newton 11.1. 440: 1. Jerry Withers 63.5. 330 IH: 1. Skip Loera 47.3. High Jump: 1. John Dobroth 6-3.



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Central California Athletics Congress HALF MARATHON CHAMPIONSHIPS

SPONSORED BY: Visalia Runners, Rosita-Si Burritos

PLACE: Mooney Grove Park, Visalia. Mooney Grove Park is located on South Mooney Blvd. 3 miles south of Highway 198 in Visalia.

DATE: Sunday, October 11, 1981

TIME: 7:30 A.M.

CHECK-IN: 6:30-7:15 A.M.

COURSE: Asphalt, flat, fast, aid stations every two miles, splits at each mile mark.

ENTRY FEE: \$5.00. 75 pre-entries will receive championship race T-shirts. Pre-entries must be in by October 1, 1981. Mail entries to Visalia Runners, P.O. Box 3638, Visalia, CA 93278. Make checks payable to Visalia Runners.

The Rosita-Si Half Marathon has been designated as the Athletics Congress Half Marathon Championship for the Central Valley. A.C. awards will be given to the top finishers who have A.C. membership. Athletics Congress applications will be available the day of the race. You must have an Athletics Congress card to receive an award.

MEN		WOMEN	
Divisions	Awards	Divisions	Awards
29 & under	5	29 and under	5
30-39	5	30 and over	5
40-49	5		
50 and over	3		

Rosita-Si Half Marathon Entry Form

In consideration of my entry being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release Ruiz Food Products, Inc., Tulare County, Visalia Runners and any and all sponsors of this race for any injury suffered by me while traveling to and from or competing in the Rosita-Si Half Marathon on Sunday, October 11, 1981.

Signed: (parent or guardian if a minor) _____

Print name clearly _____

Address _____ City _____ Zip _____

Club _____ Age _____ Birthdate _____

Athletics Congress Number _____

Please check appropriate boxes:

Male 29 & under 30-39 40-49 50 & over

Female 29 & under 30 and over

Linda Hightower Women's Decathlon winner

Los Gatos All Comers Meet

From HOWARD WILLMAN

July 23, Los Gatos High School, Los Gatos: Los Gatos All Comers Track & Field Meet.

OPEN DIVISION: 100 Yards: Greggans (Unat) 9.9. 220: Greggans 22.0. 440: Redding (Unat) 50.4. 880: Redding 1:59.9. Mile: Crowley (Unat) 4:12.5. 2. Sup (Cal) 4:12.7. 2 Mile: Maxwell (Unat) 9:09.6. 70yHH: Carty (Unat) 8.4. 330 LH: Clay (Unat) 40.8. 440 Relay: Open Team 43.9. HJ: Norman (West Valley College) 6-8. PV: Babitsf (SJ State) 16-0. LJ: O'Neal (Unat) 22-0. TJ: Norman 42-1. SP: Feuerbach (Athletics West) 64-1 1/4. DT: Brady (SJ State) 162-5.

HIGH SCHOOL BOYS DIVISION: 100 Yards: (tie) Mills (Independence, SJ) and Harrison (Eureka) 9.9. 220: Mills 22.7. 440: Green (Palo Alto) 50.1. 880: Lewis (Gunderson, SJ) 1:59.7. Mile: Zamczyk (Homestead, Cupertino) 4:35.2. 70yHH: Harrison (Eureka) 8.3. 330 LH: Sumpter (Independence, SJ) 38.8. HJ: Underwood (Leigh, SJ) 6-2. PV: Galvez (Menlo-Atherton, Atherton) 13-6. LJ: Harrison (Eureka) 21-10. TJ: Northington (Independence, SJ) 38-9 1/2. SP: Harrison (Eureka) 44-7. DT: Katches (Mills, Milbrae) 162-10.

WOMEN'S DIVISION: 100 Yards: Demorest (Buchser HS, Santa Clara) 11.4. 220: Griffith (Stanford TC-Guyana) 24.3. 440: Williams (Menlo-Atherton HS, Atherton) 57.5. 880: Williams 2:18.8. Mile: Muth (Soquel HS) 5:31.0. 2 Mile: Williams 12:25.0. 60yLH: Horn (Soquel HS) 8.3. 440 Relay: Saratoga HS 50.9. HJ: Cummins (Los Gatos HS) 55-4. LJ: Orlove (Leigh HS) 15-9 1/2. SP: Oswalt (Los Gatos HS) 35-8. DT: Oswalt 128-8.

MASTERS' DIVISION: 100 Yards: Anexter (Unat) 10.4. 220: LaTorre (NorCal Seniors) 24.8. 440: Green (Unat) 55.0. 880: Davis (Unat) 2:13.8. 2 Mile: Laris (Unat) 9:08.3. PV: Chase (Unat) 13-0. LJ: Mitchell (Los Gatos AA) 16-4.

Los Gatos All Comers Meet

From HOWARD WILLMAN

July 30, Los Gatos High School, Los Gatos: Los Gatos All Comers Track & Field Meet.

OPEN DIVISION: 100 Meters: Greggans (Unatt) 10.7. 200: Greggans 21.9. 400: Green (Mt. SAC) 50.9. 800: Oliver (Los Gatos AA) 1:56.8. 1500: Sup (Cal) 3:51.5; 2. Crowley (Unat) 3:51.6. Mile: Tracy (Unat) 4:25.0. 5000: Maxwell (Unat) 14:36.0. 65mHH: Ragster (Unat) 8.6. 330yLH: Deagan (Unat) 43.7. 440y Relay: Open Team (Neabauer, Norman, Lindberg, Mallic) 44.4. Mile Relay: Open Team (Green, Green, Sperlock, Masino) 3:42.0. HJ: Wyrick (SJ State) 6-8. PV: Preiman (SJ State) 16-0. LJ: Campbell (West Valley College) 23-6 1/2. TJ:

set in 1972 when he also ran 3:40.9 for 1,500 meters and was ranked seventh in the U.S. for that distance, but he did lead the pace from nearly start to finish. Seventh in his heat of the '76 Oly 5K, MacDonald has a fine set of PRs: 7:51.0 for 3,000 ('76); 8:18.85 for two miles ('76); 13:19.40 for 5,000 ('76); and 2:15:28 for a marathon ('79). His two mile time is 12th all-time in the U.S. and his 5,000 is fifth.

The event was staged by Meet Director Willie Hartz in an attempt to get together all the middle distance runners who've entered his popular all-comers series. Rumor is that there'll be a "Golden Mile" during his winter series.

Also entered in the race were Joe Fabris of the Aggie RC (formerly of Cal Poly-SLO and San Jose CC), who's run 3:43.2 for 1,500 this year; former Stanford runner Steve Crowley (3:45.6 for 1,500 in 1977); Mark Schilling of the Aggie RC (1973 Junior AAU mile champ in 3:59.2 and PRs of 3:38.9 in '75 and 3:58.6 in '73 while at San Jose State); and West Valley College freshman Bobby Ingram, recent Junior TAC 3,000 steeplechase champ (8:58.31).

Another nice addition to the race would have been 1968 10,000-meter Olympian Tom Laris, who won the masters' 5,000 the same day in 14:40.1. Laris, who's 1972 10K PR of 28:12.6 is 13th all-time in the U.S., has been in the low 4:20's in preparing for the National Masters' Championships, which were held Aug. 15-16 at Los Gatos.

OPEN DIVISION: Dream Mile: Duncan MacDonald (Athletics West) 4:01.4 (meet and field records; previous records 4:11.7, Pete Churney, Cal, 1980); 2. Joe Fabris (Aggie RC) 4:06.4; 3. Steve Crowley (Unat) 4:07.3; 4. Mark Schilling (Aggie RC) 4:07.7; 5. Bobby Ingram (West Valley College) 4:13.6; 6. Pete Churney (Cal) 4:17.0; 7. Bill Oliver (Los Gatos AA) 4:17.8; 8. John Sup (Cal) 4:19.1; 9. Tom Hussey (Unat) 4:19.8; 10. Mitchell (Unat) 4:20.1.

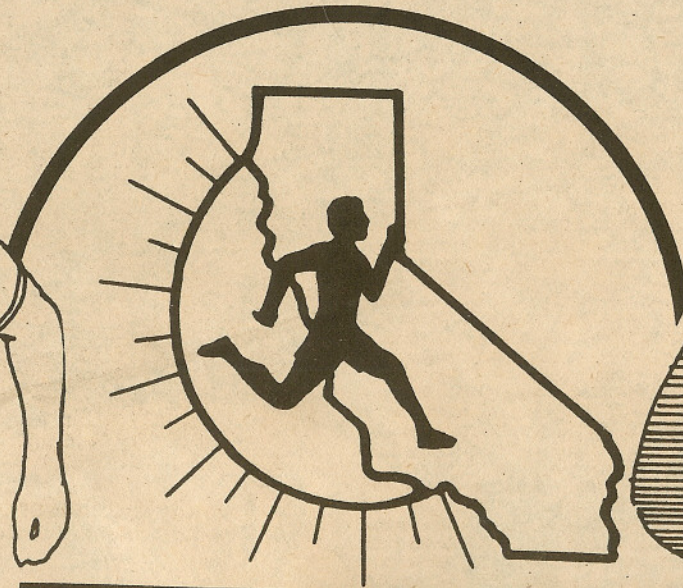
OPEN DIVISION: 100 Meters: Greggans (Unat) 10.5. 200: Greggans 21.9. 400: Seasstiano (Unat) 53.1. 800: Green (Pacific West) 1:59.5. 1500: Irving (Unat) 4:11.1. 5000: Van Dine (Aggie RC) 14:25.0. 65mHH: Ragster (Unat) 8.8. 330yLH: Sumpter (Independence HS, SJ) 38.2. 440 Relay: Open Team (Mills, Neubauer, Sumpter, O'Neal) 42.5. HJ: Norman (WVC) and Edwards (U. Pacific) 6-2. PV: McAlexander (Cal) 16-6; 2. Preiman (SJ State) 16-6; 3. Babits (SJ State) 16-0. LJ: Campbell (WVC) 23-3 1/2. SP: Brady (SJ State) 58-3. DT: McGoldrick (SJ Stars) 199-8; 2. Overton (Unat) 179-3.

HIGH SCHOOL BOYS' DIVISION: 100 Meters: Mills (Independence, SJ) 11.0. 200: Mills 23.2. 400: Green (Palo Alto) 50.7. 800: Avelberg (San Lorenzo Valley) 2:04.3. 1500: Salazar (Saratoga) 4:12.8. 65mHH: Harrison (Eureka) 8.3mr. HJ: Bartel (Westmont, Campbell) 6-0. PV: Galvez (Menlo-Atherton, Atherton) 12-6. LJ: Duncan (Unat) 21-1. SP: Carpenter (Unat) 51-5 1/2. DT: Thomas (Unat) 139-3.

WOMEN'S DIVISION: 100 Meters: Demorestr (Buchser HS, Santa Clara) 12.2. 400: Williams (Menlo-Atherton HS, Atherton) 57.8. 800: Williams 2:17.0. 55mLH: (tie) Demorestr and Horn (Soquel HS) 8.4. HJ: Cummins (Los Gatos) 5-4. LJ: Cady (Stanford) 16-8. SP: Cady 45-11. DT: Cady 168-0.

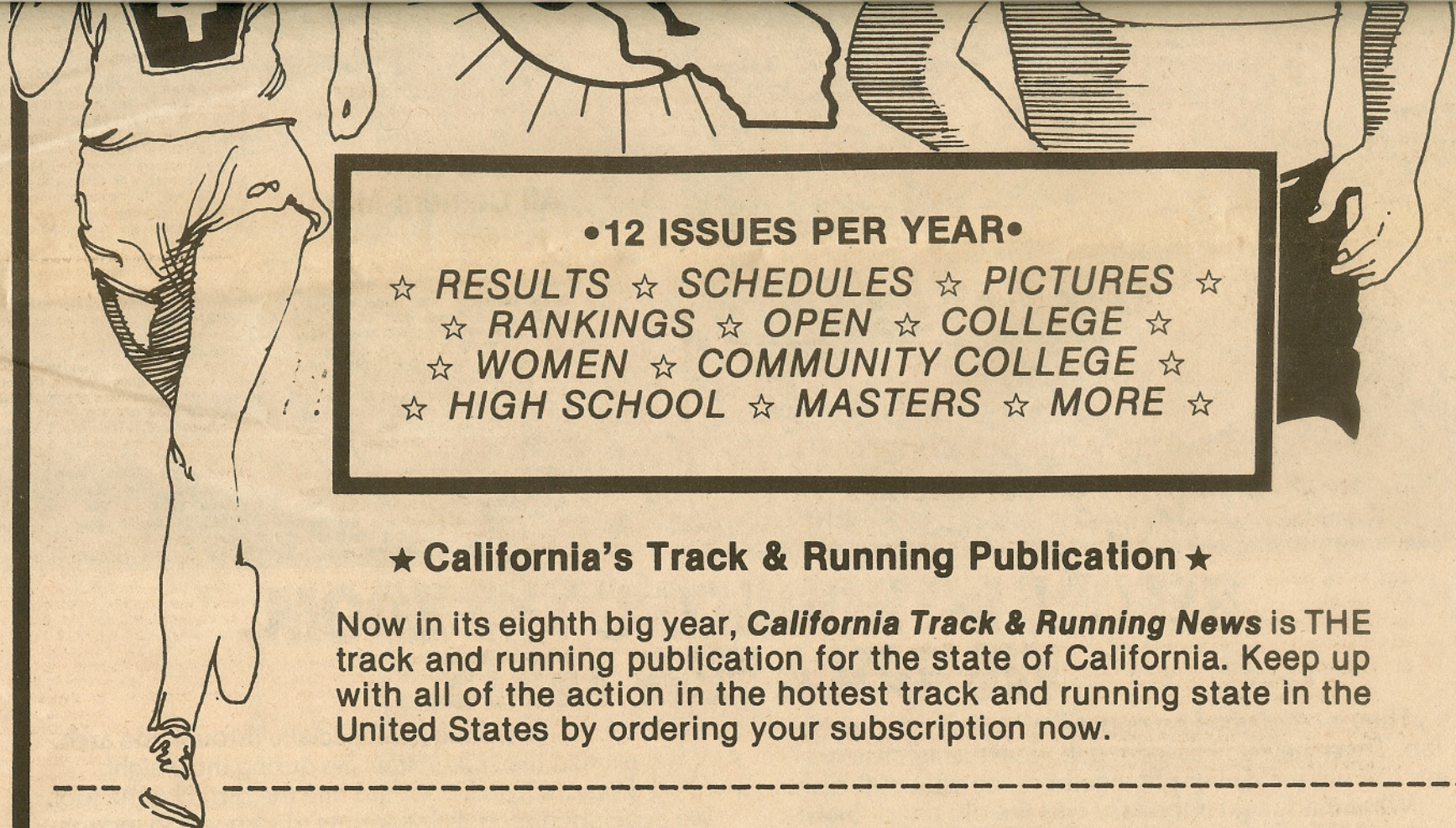
MASTERS' DIVISION: 100 Meters: Springbett (Los Gatos AA) 11.5mr. 200: LaTorre (NorCal Seniors) 24.1. 400: Olsten (Unat) 54.2mr. 800: Van Zant (Unat) 2:13.4. 5000: Laris (Unat) 14:40.1mr. LJ: Mitchell (Los Gatos AA) 15-10.

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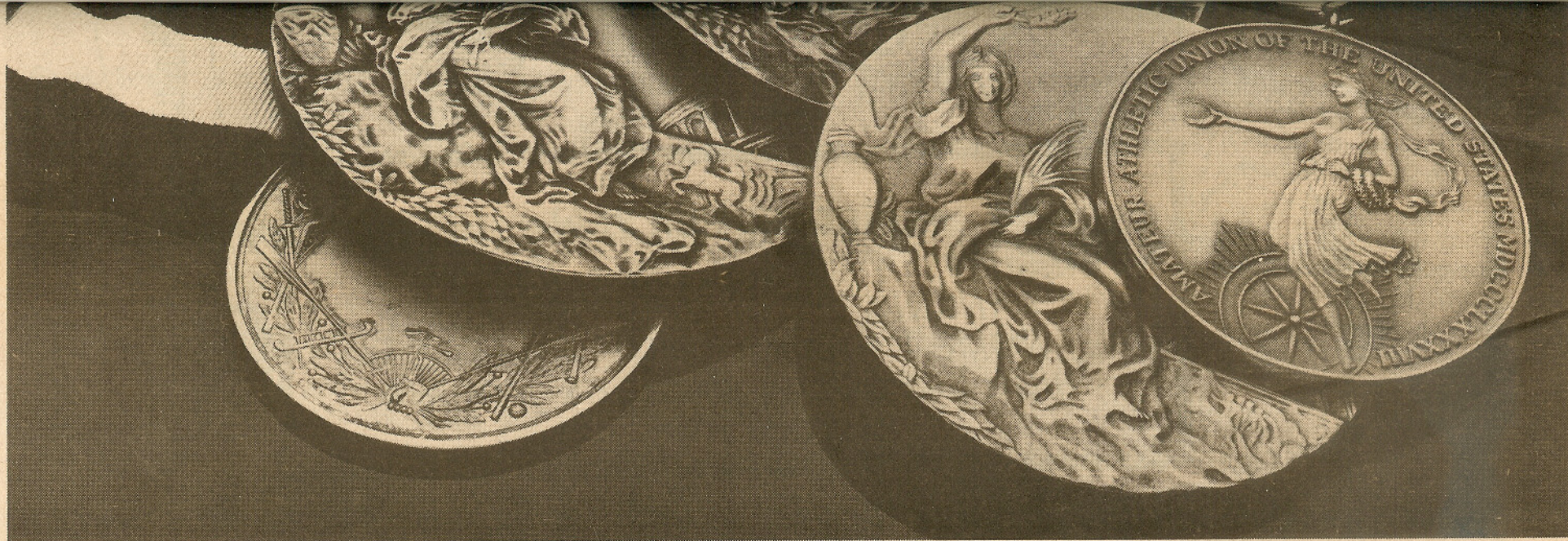
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BEFORE INTRODUCING THE ZOOM, WE RAN A FEW TESTS.

They looked good on paper. And even better in the lab. These new spikes were definitely the lightest prototypes we'd ever put together—by about 90 grams.

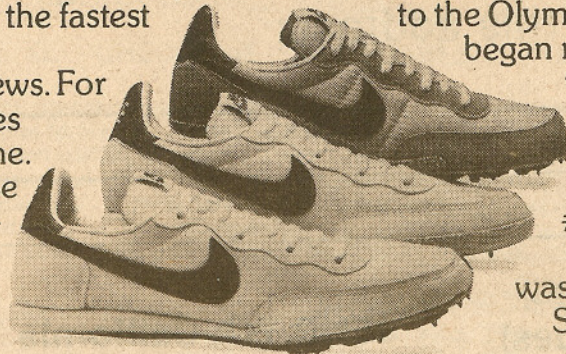
What made that important was the old physiologist's rule-of-foot: for every 100 grams you knock off a pair of shoes, you also cut energy costs by about one percent.

It appeared; we'd come up with the fastest Nikes ever.

But that wasn't the only good news. For all the weight loss, these prototypes showed no loss in cushioning. None.

That really got us going. Because our own studies showed that comfort can also save runners energy.

So we went even further. Introduced the Variable Width Lacing



System™, for a nice, snug fit, especially through the arch. And redesigned the spike plate. So during the weight-bearing phase, the spikes would bite the dirt. Not the foot.

We developed models for sprints, distance and indoor. Then the heavy research began. We put them on international tour. And from the Pan American Games, to the Olympic Trials, to Moscow itself, these spikes began rewriting the record books. Taking more than their share of victory laps.

That started a lot of people talking.

But nobody, nowhere used their proper name: Prototype #45711 TF.

All they could say was ZOOM.

Sounded good to us.



Beaverton, Oregon