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ISSUE NO. 107

CALIFORNIA

Track & Running News

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CALIFORNIA

Track & Running News



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Table of Contents

September 1985

Issue No. 107



Start of the Michelob Light Independence Day 4 Mile in Visalia. See story and results on page 42. *photo by Robert Hanashiro*

Schedule of Events

Road Racing	4
College/Open Cross Country	14

Athlete's Kitchen	14
-------------------------	----

Medical Notes for Runners	15
---------------------------------	----

Subscription Order Form	15
-------------------------------	----

High School Section

Prep Notes	16
Kinney Western X-C Preview	18
Calif. Girls All Time List	19

SoCal Diary	22
-------------------	----

Technique & Training	26
----------------------------	----

Tips from Galloway	28
--------------------------	----

Racing Report

San Francisco Marathon	30
Cable Stars 10K	32

Results

Open/Age Group Track & Field	34
Masters Track & Field	35
Road Racing	36

The heel counter stabilizer keeps your foot remarkably stable throughout your stride.

NO, IT'S NOT A FACTORY SECOND.

IT'S AN INDUSTRY FIRST.

At first glance, the lacing on this shoe might strike you as a manufacturing error, or a blatant attempt at gimmickry. But make no mistake. The new Converse Odessa™ is the most technologically advanced shoe a dedicated runner can wear.

The Dual Density removable insole gives you outstanding shock absorption.

Why the side lacing? Simple. Through biomechanical research, we proved it gives you more stability throughout the shoe. But the lacing is

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It's got three features that, together, give you an unprecedented combination of motion control and cushioning. In fact, the Odessa provides 15% more stability and 13% more cushioning than any other running shoe.

The side lacing system works to keep your foot stable.

The extended heel counter keeps your foot remarkably stable throughout your stride. The dual density midsole and urethane wedge work to cushion your foot better than any shoe in its class. And finally, our center-of-pressure outsole provides cushioning

The cushioned Dual Density Midsole provides cushioning, stability and flexibility where you need it most.

and stability, and centers your foot during your stride. But while it's heavy on features, this shoe is incredibly light on your feet.

So if you're a dedicated runner who thinks of Converse strictly as a great basketball shoe company, see the Odessa at your Converse dealer.

You'll immediately think of us as a great running shoe company.



The Dual Density Center-of-Pressure outsole is made of Vibram Infinity® for long-lasting durability. The outsole helps center your foot during your stride, without sacrificing cushioning.



CONVERSE

Reach for the stars.

Schedule

By JACK LEYDIG

Please send scheduling information directly to **Scheduling Editor**, Jack Leydig, P.O. Box 459, San Carlos, CA 94070.

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.

Road Racing

September 1:

DSE Kay Atkinson Memorial Run (& Kid's Run). 4.5 Mile, San Francisco (Golden Gate Park), Spereckels Lake @ Kennedy & 36th Ave.), 10 a.m. (9:30 a.m./Kid's Run). Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415/855-1563).

Belmont Chamber of Commerce Biathlon. Crank 'n Shank - 20K Bike, 10K Run, Pedal 'n Plod - 10K Bike, 5K Run, Trike 'n Trot - 500 Yd. Trike, 100 Yd. Run, Belmont (Canada Rd. between Edgewood Rd & Hiway 92), 8 a.m./Crank, 10:30 a.m./Pedal, noon/Trike. Belmont Chamber of Commerce, P.O. Box 645, Belmont 94002 (415/595-8696).

Run for Recovery 10K. San Francisco (Golden Gate Park, Polo Field Parking Lot), 9 am. Charles Herich, California Therapeutic Comm., 1659 Scott Blvd., #30, Santa Clara 95050. (408) 244-1834.

South Lake Tahoe 5 & 15K. So. Lake Tahoe (Central Bank near "Y" Intersection of Hwy 50 & 89), 5 pm. Michael Jones, P.O. Box 7886, So. Lake Tahoe 95731. (916) 544-2284.

Grape Race 5K. Millbrae (between Mills & Capuchino High Schools), 9 am. Millbrae Rotary Club, P.O. Box 23, Millbrae 94030. (415) 692-4490, Chuck Osborn.

Paul Bunyan Relays. Listed as 8/17 in last issue in error. 43 miles, 5-person teams, Leggett to Fort Bragg (6-10-10-7 mile legs), 7 am. Capitol City Flyers, P.O. Box 1495, Fair Oaks 95628. (916) 966-6185.

Pinedorado Days 8K & 1 Mile. Cambria (Coast Union H.S.), 8:30 am. Don Brauer, P.O. Box 1385, Cambria 93428. (805) 927-8840.

Coastal Classic 10K. Carlsbad (Cannon Park), also 2 mile, 7 am. Tom Hubbard (619) 729-8971.

September 2:

Robert Mondavi 10K Run at Field & Fair Day. Lodi, 8 am. Field & Fair Day Office, P.O. Box B-1, Lodi 95241. (209) 333-6782.

Serene Lakes 5 Mile Handicap Race. Soda Springs (off Hwy. 80 at Donner Summit), 10 am. (6800 Ft.). Dennis O'Halloran/Aggies, P.O. Box 7641, Tahoe City 95730. (916) 581-5119.

KSON Farewell to Summer 10K & 2 Mile. San Diego (Balboa Park), 7:00 am/2 mile, 7:30 am/10K. Kathy Loper (619) 437-4556.

Average Joe Biathlon. 6.1 Mile Run, 7.45 Mile Bike, Auburn (Bowman Elem. School), Time TBA, Nick Vogt, 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

"Meals on Wheels" 5 & 10K Labor Day Runs. Westlake Village, 7:30 a.m. Emily Gonzales, 2361 Adrian, Newbury Park 91320 (805/498-0192).

Pamakid Summer Relays. 5x4.464 mile (loops around Lake), San Francisco (Lake Merced, Sunset Circle Parking Lot), 9 am. Pamakid Runners, P.O. Box 16131, San Francisco 94116. (415) 681-2322.

Labor Day Buddy Run. 10.6 miles, Winters (Lake Solano, Winters Community Park), 8 am. Davis Running Club, 218 Grande Ave., Davis 95616. (916) 756-9144, Don Winters.

America's Love Run. 10K, Fresno, 8 am. MDA, 1347 No. Wishon, Fresno 93728. (209) 486-3420.

September 4:

Sri Chinmoy Runners are Smilers. 2 mile, San Francisco (Lake Merced), 6 pm. Giribar DeAngelo, 2438 16th Ave., San Francisco 94116. (415) 759-7770 or (408) 996-8036.

September 6:

Pepsi of Reno 72-Mile Lake Tahoe Run. Tahoe City (Commons Park, behind fire station), 6 am. *Must finish by 10 pm.* Loop around Lake (counterclockwise). Bill Stainbrook, 1503 13th Ave., Sacramento 95820. (916) 451-4845. *Entries must be received by August 30.*

September 7:

Tri For Real. 1 mile swim, 5 mile run, 20.6 mile bike. Antioch (Contra Loma Regional Park), 8 am. Fleet Fet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-MILE.

Big Brothers/Big Sisters Triathlon Relay. 10.5 mile bike, 7.75 mile boat, 7 mile run. Marysville (Riverfront Park), time TBA. Allan Harder, P.O. Box 2658, Marysville 95901. (916) 742-5151.

Millerton Lake Triathlon. 1 mile swim, 24 mile bike, 10K run. Millerton Lake (near Fresno), time TBA. Global Map Store, 735 N. Fulton, Fresno 93728. (209) 266-9831.

Seal Beach Triathlon. 1K swim, 20K bike, 10K run. Seal Beach (Seal Beach Pier), time TBA. Mike Braunstein, P.O. Box 30306, Long Beach 90853. (213) 431-2527.

Run Through The Roses 5 & 10K. Wasco, 7:30 am. Wasco Jr. Women's Club, 600 Minter, Shafter 93263. Attn: Gail Carty. (805) 758-2746.

Run for Shelter. 5 & 10K, Palmdale (Palmdale Hospital), 8 am. Running Promotions Unitd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

Four Mile Cross Country Race. San Diego (Balboa Park), 8 am. Mark Moran (619) 275-0996.

Toyota Distance Classic 15K & 2 Mile. San Diego (Balboa Park), 7 am. Lynn Flanagan (619) 275-0996.

World's Toughest Triathlon. 2.4 Mile Swim, 120 Mile Bike, 26.7 Mile Run, So Lake Tahoe, Time TBA. Charlie Lincoln, P.O. Box 10758, So Lake Tahoe 95731 (916/577-5073, eves).

Dave Scott Triathlon Clinic. Novato (Novato H.S.), \$30 (pre-registered), \$40 at door. Novato Aquanauts Parents, Inc., P.O. Box 743, Novato 94948 (415/897-4323).

Tri For Fun. 1 mile swim, 6.5 mile run, 20.6 mile bike. Novato (Indian Valley College), 8 am. Fleet Feet, 2086 Chestnut, San Francisco 94123. (415) 921-7188.

Park to Park 8 Mile. Lompoc (Miguelito Canyon Park) to La Purisima Mission, 8 am. LVDC, P.O. Box 694, Lompoc 93438. (805) 735-1491, Dora Martin.

Run for Your Life 3 Mile. Atascadero (Fitness Center), 8850 Santa Rosa Rd., 8 am. Atascadero Fitness Center, P.O. Box 2062, Atascadero 93423. Paula (805) 461-1500.

Orange County Blue Angels 5 & 10K. Fountain Valley (Mile Square Park), 7:30 am. OC-BA, 5302 Clark Cir., Westminster 92683. (213) 634-3027.

Strawberry Feet Race. 2 & 8 mile, near Benbow Lake State Park, 10 am(?). Bruce Strobridge, Box 431, Miranda 95553.

September 8:

Hometown Days Footrace. 5 mile, San Carlos (Burton Park/Chestnut St. cul-de-sac), 8 am. Hometown Days Footrace, P.O. Box 321, San Carlos 94070. Ruth Waters (415) 593-0572.

DSE Windmill Run. 6.5 mile, San Francisco (Golden Gate Park - Kennedy Dr. at Beach), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

Hoy's Sports 10,000 Meter Classic. San Francisco (Golden Gate Park), 9 am. Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-HOYS.

**Houston and Texas
are having a birthday party.**

Ya'll come, too!

We're 150 years young and still running strong.

The 14th Annual Houston-Tenneco Marathon • January 19, 1986

★ An official event in the year-long celebration of the founding of the City of Houston and the Republic of Texas in 1836.

★ 5,000 runners expected. Many of them world-class. Join the migration to the Sunbelt's premier marathon classic. Our flat Gulf Coastal Plain makes for easy running, and our weather's always fine, even in mid-January.

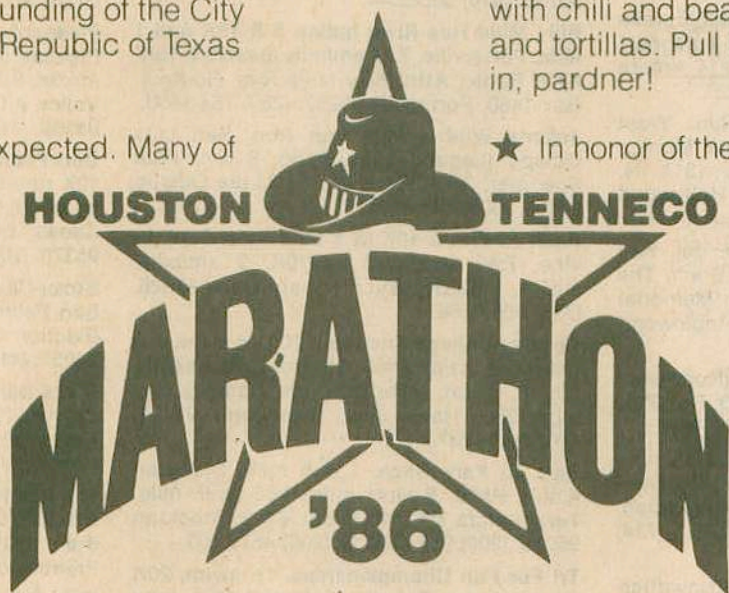
★ We've designed a new course to show off our town. Single-loop, city-wide and scenic. From towering, multi-colored downtown skyscrapers past Victorian gingerbread cottages to stately Southern mansions, you will see how Houston lives and plays. Around here,

carbo-loading is done Tex-Mex style, with chili and beans, Spanish rice and tortillas. Pull up a chair and dig in, pardner!

★ In honor of the 150th birthday, Tenneco now awards a Texas-sized \$150,000 in athletic training development funds to be divided among the top-place finishers. Male and female winners each will receive a \$100,000 life insurance policy.

★ Running clinics, trade show expo, registration packet pick-up, pre-race banquet, all at one location, the Hyatt Regency.

★ Special air travel and hotel accommodation packages offered.



Information and registration material now available. Write to:

Houston-Tenneco Marathon
PO. Box 2511
Houston, TX 77001

**Don't miss this marathon birthday bash,
ya'll hear?**

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□ Schedule

Indian Ridge Run. 5 & 10K, Moraga (St. Mary's College, Guard House), 9 am. Nancy Sundland, Moraga Jr. Women's Club, P.O. Box 462, Moraga 94556. (415) 376-6008.

Run for Your Life. 5 & 10K, Oakland (Lake Merritt Boathouse, Bellevue St.), 9 am. Eleanor Bilal (SCMS), 1652 47th Ave., Oakland 94601. (415) 436-7755.

Sportsmed Run for S.A.V.E. 10K & 1 mile, Fremont (Mowry Ave. & Paseo Padre Pkwy.), 8:30 am. Doug Ward, Recr. Dept., 38536 Knute Ct., Fremont 94536. (415) 791-4328.

Stride for Life 10K. Petaluma (Lucchesi Park), 8 am. Patty Hilligoss, P.O. Box 813, Petaluma 94953. (707) 778-1111.

The Wonderland Triathlon. 1.5K swim, 40K bike, 10K run, Redding (Whiskeytown Lake), 8 am. Redding Triathlon Club, 3331 Bechelli Ln., Redding 96001. (916) 223-2205.

Kirkwood 10K. Kirkwood, 8 am. Norm Rupp, 2608 Newlands Ave., Belmont 94002. (415) 591-2312.

Bike & Tie. Distances (?), Arcata/Eureka area, time TBA. Team event - 2 persons/1 bicycle. Six Rivers R.C., P.O. Box 214, Arcata 95521. Rich Gilchrist(707) 443-1226.

West Hollywood 5 & 10K Run. West Hollywood (San Vicente & Santa Monica Blvds.), 8 am. Tom Proctor, 1314 N. Hayworth St., Suite 203, W. Hollywood 90046. (213) 876-8550.

Marina Breakers 10K. Marina del Rey (Fisherman's Village, Fiji Way), 8 am. The Fitness Center, Daniel Freeman Memorial Hospital, 333 N. Prairie Ave., Inglewood 90301. (213) 674-7050, x3031.

Dixon Ram Runs. 5 & 10K, Dixon (Northwest Park), 7:30 am. Jim Williams, P.O. Box 732, Dixon 95620. (916) 678-5877 or 678-4548.

Greater Outdoors Triathlon Series. 1/2 mile swim, 15 mile bike, 4 mile run. Big Bear (Meadow Park Beach), time TBA. Triathlon, P.O. Box 708, Big Bear 92315. (714) 866-7322.

Sri Chinmoy 7 Miler. Foster City (Bowditch Middle School, Beach Park & Tarpon), 8 am. Giribar DeAngelo, 2438 16th Ave., San Francisco 94116. (415) 759-7770 or (408) 996-8036.

Descente Star Test 10K. Los Osos (South Bay Community Park), 8:30 am. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406. *No Pre-entries needed.*

Maccabiah 5K. Orange (Irvine Park), 9:30 am. *Plus 1/2 mile for 9/Under at 8:30 am & 1 1/4 mile at 8:45 am.*

NIKE/OTC 25K. Eugene, Oregon (Hayward Field), time TBA. Nike/OTC 25K, P.O. Box 10412, Eugene, OR 97440.

Corcoran Knights of Columbus Run. 6 & 1 mile, Corcoran (John Maroot Park), 7 am. Fred Pereira, 4048 N. Angus 93726. (209) 224-7857.

■ September 11:

Sri Chinmoy Runners are Smilers 2 Mile. San Francisco (Lake Merced), 6 pm. Giribar DeAngelo, 2438 16th Ave., San Francisco 94116. (415) 759-7770 or (408) 996-8036.

■ September 12:

Manufacturers Hanover Corporate Challenge. 3.5 mile, Los Angeles (Griffith Park), time TBA. Manufacturers Hanover Corporate Challenge, P.O. Box 49913, Los Angeles 90049. (213) 472-5058. *Note: For businesses & institutions only.*

Carson City to Sacramento 166-Mile. (approx. one-fourth of total distance each day), Time TBA. Paul Reese, Box 585, Auburn 95603 (916/823-0276).

■ September 14:

The Sutter Shuffle 5 & 10K. Davis (Sutter Davis Hospital, Rd. 99 at Covell Blvd.), 8 am. Aeon Sawyer, c/o Sutter Davis Hospital, P.O. Box 1617, Davis 95617. (916) 756-6440.

North Shore Challenge. Swim 1/2 mile, run 5 miles, bike 20 miles, Tahoe City (Commons Beach), 10 am. Janet Zalewski, Tahoe City Parks & Recr. Dept., P.O. Box 33, Tahoe City 95730. (916) 583-5544.

Billy Mills-Tule River Indian 5 & 10K and 1 Mile. Porterville, 7:45 am/5K, 8 am/5 & 10K. KTIP Radio, Attn: Billy Mills Run, Route 1, Box 1450, Porterville 93257. (209) 784-1450.

Joker's Wild 4 Mile Fun Run. San Luis Obispo (Laguna Lake Park), 9 am. Paul Spangler, 3107 Flora St., San Luis Obispo 93401. (805) 543-8364.

Fleet Feet 5 & 10K (& 1 Mile Kids Cup). Irvine, 7:30 am/5K, 8 am/10K, 9 am/mile. NBRA, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

Chaffey College Triathlon. 200 yd swim, 9.3 mile bike, 3.1 mile run. Chaffey College (Aita Loma), 8 am. Mike Dickson, Chaffey College, 5885 Haven Ave., Alta Loma 91701. (714) 987-1737.

Park to Park Race. 1 & 5 mile, Stockton (Louis Park), 8 am/1 mile, 8:30 am/5 mile. Tarahumara R.C., P.O. Box 8422, Stockton 95208. (209) 952-6950 or (209) 467-1103.

Tri For Fun Championships. 1K swim, 20K bike, 5K run. Folsom (Folsom Lake), time TBA. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Dual at the Dam Biathlon. 14K run, 36K bike. Friant Dam (Parking Area)(N.E. of Fresno), 7:30 am. Dual at the Dam, 6073 N. First St., Dept. T, Fresno 93710. (209) 252-2222, after 7 pm. *Sept. 1 Entry Deadline.*

Fall Classic 5 & 10K. Yorba Linda (Yorba Regional Park), 7:30 am/5K, 8 am/10K. Newport Beach Runners Ass'n., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

Run the Good Earth. 10K, La Mesa, time TBA. Bob Yarris (619) 465-0711, x375.

Mount Whitney Portal Run. 22 mile, Mt. Whitney, time TBA. Loeschhorn's Running Club, 10810 Warner Ave., Fountain Valley 92708. (714) 964-4587.

Joel Mena Run. 1 mile & 5K, Bakersfield (Hart Park), 5 pm. Ted Oliver, 3012 Crest Dr., Bakersfield 93306. (805) 872-3707.

■ September 15:

Cloverdale Grape Run. 3 & 10K. *Listed last issue as Sept. 8 in error.* Cloverdale (Citrus Fairgrounds), 8 am. Clint Kemp or John Kirn, P.O. Box 571, Cloverdale 95425. (707) 894-4385.

Aztec Run. Oakland (Fruitvale BART Station at E. 12th & Fruitvale Ave.), 8:30 am. Spanish Speaking Citizen's Foundation, 1900 Fruitvale Ave., Suite 1-B, Oakland 94601. (415) 261-7839.

Vasona Park 10K Wildlife Run. Los Gatos, 8:30 am. Alan & Doris Burgess, 1275 Glenn Ave., San Jose 95125. (408) 292-6568.

DSE Twin Peaks Run. 3.36 mile, San Francisco (Portola & Twin Peaks Blvd.), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

Art & Wine Festival 5K Fun Run. Mountain View (Church & Castro), 8:30 am. El Camino Hospital, Community Health Educ., 2500 Grant Rd., Mtn. View 94042. (415) 940-7202.

Pleasanton Heritage Day Run. 5 & 10K, Pleasanton (Amador Valley A.C.), 8:45 am/5K, 9 am/10K. Pam or Gretchen, Amador Valley A.C., 7090 Johnson Dr., Pleasanton 94566. (415) 846-5347.

Don Pedro Triathlon. 1.5K swim, 35K bike, 10K run, Don Pedro Lake (Blue Oaks Campground), Tuolumne County, 8 am. Leon Casas, Triathlon, 43 N. Green St., Sonoma 95370. (209) 532-8342.

Boxer-China Camp 5 & 10K. San Rafael (No. San Pedro & La Pasada), 8 am. Boxer Re-Election Committee, P.O. Box 1464, Ross 94957. (415) 435-2241 or 461-5980.

Black Bart Trail Run 10K & 2 Mile Fun Run. Clayton (Village Oak Ctr.), 8 am. Mt. Diablo Health Care Foundation, 2625 Park Ave., Concord 94520. (415) 676-8595.

The Run for Peace & Health for Nicaragua. 5 & 10K, Oakland (Lake Merritt Boathouse), 9 am. RUN CHRICA, 513 Valencia, #6, San Francisco 94110. Kim Cox (415) 431-7760.

Ellis Eye Center Run for Sight 3 & 10K. Los Angeles (Cedars-Sinai Hospital), 8 am. Barbara Markell, Cedars-Sinai Hospital, 8700 Alden Dr., Los Angeles 90048. (213) 855-3664, days.

Fiesta Fun Run. 4 mile & 1 mile(under 13), Fresno (Sacred Heart School, 4460 E. Yale), 6:45 am/1 mile, 7 am/4 mile. Fiesta Fun Run, 3713 N. Thesta, Fresno 93726. (209) 224-9749.

Bud Light U.S. Triathlon Series. 1.5K swim, 40K bike, 10K run. San Diego (Solana Beach), time TBA. USTS, Box 886, Solana Beach 92075. (619) 565-9416.

Seagull Half-Marathon & 10K. Solano Beach (San Dieguito Park), 6:30 am. Cheryl Loomis, P.O. Box 1161, Rancho Santa Fe 92067.

Corporate Classic Relay. Shelter Island (San Diego Area), 7:30 am. Kathy (619) 437-4556.

□ Schedule

■ September 18:

Sri Chinmoy Runners Are Smilers. 2 miles, San Francisco (Lake Merced), 6 pm. Giribar DeAngelo, 2438 16th Ave., San Francisco 94116. (415) 759-7770 or (408) 996-8036.

■ September 21:

U.S. Olympians International Reno Triathlon. 1 mile swim, 35 mile bike, 10K run, Pyramid Lake (near Reno, Nevada), time TBA. J.B. Bonelli, Holly Beatie, 101 Convention Center Dr., Suite 1200, Las Vegas, NV 89109. (702) 369-3101, days.

Rainbow Run. 5 & 10K, Claremont, 8 am. Julie Frick, KSPC Radio, Thatcher Music Blvd., Pomona College, Claremont 91711.

Balboa 8 Mile. San Diego (Balboa Park), 7:30 am (also 2 mile). Una Marie Pierce (619) 563-5677.

Bass Lake Classic Triathlon. 1.5K swim, 45K bike, 10K run. Bass Lake, time TBA. Franz Weinschenk, c/o Volunteer Bureau, 304 Crocker Bank Bldg., Fresno 93721. (209) 237-3101.

Del Mar Days Triathlon. 1 mile swim, 20 mile bike, 10K run. Del Mar (17th St. at beach), time TBA. Ginny Lee Wood, 1050 Caminc del mar, Del mar 92014. (619) 481-1459.

Mule Run 50K. Bishop, 7 am. Fleet Feet, 18232 Imperial Hiway, Yorba Linda 92686. (714) 528-3338.

Santa Barbara Bud Light Triathlon. 1¼ mile swim, 50 mile bike, ½-marathon. Santa Barbara, time TBA. Anito Ho, Santa Barbara Recr. Dept., P.O. Drawer P-P, Santa Barbara 93102. (805) 962-7762.

Tug's Tavern Biathlon. ½ mile swim, 5½ mile run, ½ mile swim. San Diego, time TBA. Tom Warren, 2392 La Marque St., San Diego 92109. (619) 483-2498.

Prefontaine Memorial Run. 10K, Coos Bay, Oregon. Prefontaine Memorial Run, P.O. Box 1380, Coos Bay, OR 97420. 1-800-824-8486.

■ September 22:

Auburn Classic Half-Marathon. Auburn (Fairgrounds), 8 am. Lynn St. Hillaire, Placer Women's Center, Box 9126, Auburn 95603. (916) 885-0443.

City of Fresno Centennial 2 & 6 mile runs. Fresno (1401 Fulton), 7 am. Ralph Garcia, c/o PG&E, 1401 Fulton, Fresno 93760. (209) 268-0132.

YMCA City to Port Run. San Luis Obispo, 11.2 miles, 8 am. YMCA, 1020 Southwood Dr., San Luis Obispo 93401. (805) 543-8235.

DSE South Embarcadero Run. 6.25 mile (& 1 mile kid's run), San Francisco (Dolphin Club), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

See the Sea 8K (PA/TAC Championships). San Rafael (Loch Lomond Marina on Pt. San Pedro Rd.), 8:30 a.m. Big Sisters of Marin, 1717 Fifth St., San Rafael 94901 (415/457-5838).

Lake Merritt Joggers & Striders Fourth Sunday Runs. 5, 10 & 15K, Oakland (Lake Merritt, Old Boathouse), 9 am. LMJS, 745 Arimo Ave., Oakland 94610.

Bay to Breakfast 5 & 10K. Palo Alto (Baylands), 8:30 am. Mid-Peninsula Health Service, 704 Webster St., Palo Alto 94301. Betsy Titterington (415) 324-1085 or 385-5350.

Carousel to Coaster Race/Walk 10K. Santa Clara (Marriott's Great America), 9 am. Carousel to Coaster Race, 969 Kiely Blvd., Suite C, Santa Clara 95051.

Monterey Bay 10K. Pacific Grove (Lover's Point), 9 am. Ed Enquist, P.O. Box 68, Pebble Beach 93953. (408) 649-0082.

Founders Day Run. 5 & 10K, Dublin (Amador Plaza Rd.), 9 am. Angle Burns, 6787 Dublin Blvd., Dublin 94568. (415) 829-1381.

Casa to Casa 5 & 10K. Petaluma (Ely & Casa Grande Rd.), 8 am. Everett Neil, 333 Casa Grande Rd., Petaluma 94952. (707) 778-4677.



McFARLAND, CALIFORNIA SEPTEMBER 29, 1985
15 Mile Bike-500 Yd. Swim-5 Mile Run
START: 1:00 P.M., at Sherwood & Mast, McFarland
FINISH: McFarland High School Track Stadium
COURSES: Bike - Flat, fast, 1-loop course on city & country paved roads, traffic controlled within city limits. Swim - Continuous pool swim using a maze system. Run - Loop course in town with 2 moderate hills on paved roads.
AWARDS: Custom Medallions for all age divisions, Plaques for 1st in all divisions, plus trophies for 1st male & female overall, Tee Shirts to all finishers, awards will be at least 3 deep guaranteed with more possible in the divisions that get the most entries.
CONTACTS: Gary Farrell (805) 792-3187 or Mike O'Haver (805) 792-3091, for flyer & entry form write: McFarland Recreation & Parks District, 100 S. 2nd Street, McFarland, CA, 93250.
CO-SPONSORS: STEWART TITLE, STOCKDALE SAVINGS COME and plan to stay to see the beautiful WESTWINDS HOUSING DEVELOPMENT. Bring a picnic lunch and enjoy the outstanding recreational facilities McFarland has to offer.

THE FRESNO MARATHON and HALF MARATHON



Saturday, November 9, 1985

Runners Receive: (1) Pre-registrants will receive a T-shirt in their race packets. Others will receive their T-shirt by mail. (2) Marathon certificate. (3) Bus transportation back to start of both marathon and half marathon. (4) Post race refreshments. (5) Raffle prizes at pre-race dinner and at award ceremonies, including round trip air fare to Boston for a male and female qualifier. **Pre-registration deadline: October 26.**

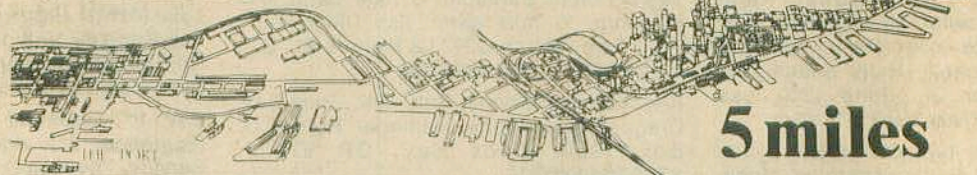
Course: Fast, flat, scenic point-to-point city course. Half and full courses are RRCA distance certified. Race sanctioned by TAC for Boston qualifiers.

Pre-race dinner & runners seminar: Saint Agnes Sports Medicine Center of Fresno will sponsor a seminar and dinner on November 8 at 6 PM. Cost is \$3.50 and seating is limited to 200.

For Entry Form, write: 1985 Fresno Marathon
4424 E. Fairmont Avenue
Fresno, CA 93726

FRIENDS OF THE PORT

FLEET WEEK CHALLENGE RUN



PORT of SAN FRANCISCO

October 13, 1985 at 8:00 A.M.

"I am sure the Navy can give the City of San Francisco and the other Armed Forces a little competition!"

Admiral S. R. Foley
Commander in Chief, United States Pacific Fleet

The Friends of the Port are proud to respond to the Navy's Fleet Week challenge by inviting runners of all ages and abilities to participate in this beautiful event along the length of the Port of San Francisco from the Presidio to Pier 30-32. Several Navy ships will be docked at the finish line and all runners will be invited aboard for post-race refreshments.

PIER 39



Continental Maritime Industries, Inc.

Distance: 5 miles (certified)

Start: Crissy Field, Presidio of San Francisco

Finish: Pier 30-32 (Just South of Bay Bridge) Bus transportation will be provided back to start.

Course: Point to point, flat, 99% paved. One hill at Fort Mason. Presidio, Marina Green, Fort Mason, Aquatic Park, Jefferson Street, Embarcadero, to Pier 30-32.

Awards: Custom designed plaques to top three men and women; Medals to first 25 men and 25 women; Admiral's Awards to first three teams.

T-Shirts: Commemorative, custom designed, long sleeve shirts will be given to all registered runners.

Entry Fee: \$8 (\$10 race day); \$5 active military personnel.

Race packets will not be mailed after October 6, 1985. Walk-in entries will be accepted up to 2 p.m., Friday, October 11, 1985 at the Ferry Building, Room 339.

Corporate (Team) Challenge: Admiral Foley has challenged both individual and team runners. Many Navy ships and shore stations will field teams, as will the Army, the Marines, the Air Force, and the Coast Guard (military personnel will be issued special bib numbers). Teams may consist of as few as five runners or as many as desired. Results of the team competition will be scored as in cross country, with the top five members' scoring based on their final position (not time). Because of the nature of the team scoring, it is necessary to know the team composition three weeks prior to the race. **No team may register after September 20, 1985.** Teams may drop runners, but may not add more than originally entered. Substitutions of runners will be permitted up to one week before the race. No substitutions on race day. Team members are eligible for individual medals. Team runners will not have a separate finish chute. Teams may be all men, women, or mixed.

RACE HOTLINE: (415) 986-3452

INFORMATION: Friends of the Port, Room 339, Ferry Building, San Francisco, CA 94111



ENTRY FORM

Make checks payable to: FRIENDS OF THE PORT

**Send check and STAMPED, SELF-ADDRESSED 4" x 9 1/2" envelope to: FLEET WEEK CHALLENGE RACE/FRIENDS OF THE PORT
Room 339, Ferry Building, San Francisco, CA 94111**

In consideration of your accepting this entry, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages, I may have against the Friends of the Port, the Port of San Francisco, Winning Team Athletic Association, the City of San Francisco, the United States Army and Navy, and any and all other sponsors for injuries suffered by me in said event. I attest and certify that I am physically fit and have trained sufficiently for the completion of this event. Further I hereby grant full permission to any and all the foregoing to use any photographs, video tapes, motion pictures, recordings, or any other record of this event for legitimate purposes. No registration will be accepted without a signature.

Signed (Parent or guardian if under 18)

**Teams must be registered no later than September 20, 1985.
THERE WILL BE NO RACE DAY TEAM REGISTRATION.**

Please Print

Name last first

Address number and street

City State Zip

Month Day Year

Date of Birth Age (on race day) Sex

T-shirt size (50% - 50%) Circle one S M L XL

Area Code Phone number

Team, Corporation, or Military Branch name

A.C. Day phone

Division: Open Corporate Military

□ Schedule

Walnut Festival 5 & 10K. 41st Annual. Walnut Creek (Heather Farms Park), 9 am. Jim Changaris, P.O. Box 2408, Walnut Creek 94598. (415) 935-6766.

Western Mountaineering Fall Equinox Run. 3 & 15K, Los Gatos (Loma Prieta School, 23845 Summit Rd.), 8:30 am. Paul Bousquet, 931 Pacific Ave., Santa Cruz 95060. (408) 429-6300.

Blue Lake 10K & 2 Mile. Arcata, 1 pm/2 mile. 1:45 pm/10K. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 668-5161.

Davis/Bud Light Triathlon. Distances (?), Davis (Stonegate Country Club), time TBA. Carol Lane, 3307 Canoe Pl., Davis 95616. (916) 753-7273.

Middle Way 10K. Geyserville (Geysers Peak Winery), time TBA. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

Run for the Animals 5 & 10K. Palo Alto (Palc Alto Baylands), time TBA. Shelley Cravalho, Palo Alto Humane Society, 546 Oxford Ave., Palo Alto 94306. (415) 856-3321.

Run for the Pumpkins. 1.25 & 5 mile, Atwater (3rd & Grove), 8 am. Pumpkin Run, Atwater Chamber of Commerce, 1020 Cedar Ave., Atwater 95301. (209) 358-4251.

YMCA Kids' Triathlon. 1.5 mile run, 4 mile bike, 125 yard swim. Whittier, time TBA. Rhonda Wood, E. Whittier YMCA, 15740 E. Starbuck, Whittier 90603. (213) 943-7241.

CHOC/KFWB South Coast Classic. 5K and 10K, Costa Mesa, time TBA. CHOC Padrinos, P.O. Box 5700, Orange 92667. (714) 532-8683.

■ September 25:

Sri Chinmoy Runners Are Smilers. 2 mile, San Francisco (Lake Merced), 6 pm. Giribar DeAngelo, 2438 - 16th Ave., San Francisco 94116. (415) 759-7770 or (408) 996-8036.

■ September 28:

Corporate Cup X-Country Challenge. Distance TBA, Location(?), 9:30 am. Culture, Inc., P.O. Box 2303, Gilroy 95021. (408) 847-1093.

Lake Tahoe Marathon. Incline Village(?), Nevada, 7 am. Jim Lagano, P.O. Box 6714, Incline Village, NV 89450. (702) 831-3317.

Malibu 10K Rum Run. Malibu (Zuma Beach parking lot), 8 am. Malibu Community Center, 6955 Fernhill Dr., Malibu 90265. (213) 457-1558, days.

Lake Arrowhead 5/15K Runs. Blue Jay, 7:30 am. Stan Perrine (714) 337-8451 or (714) 337-1995.

The Gazette Journal 5-Mile Classic. Reno (YMCA, Foster Dr.), 9 am. Dean Church, P.O. Box 2200, Reno, NV 89520. (702) 788-6232.

Ironhorse Triathlon. 2K swim, 38K bike, 10K run. Berkeley (Tilden Park, Lake Anza), 8 am. Women's Intramural Athletics, Univ. of California, Joan Parker, 177 Hearst Gym, Berkeley 94720. (415) 642-2098.

Mt. Diablo Trail Classic. 6 & 13 mile, Mt. Diablo State Park (near Walnut Creek), 8 am. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

Run So That Others May See 5 & 10K. Sacramento, 8 am. Dave Edmiston, 77 Scripps Dr., Sacramento 95825. (916) 929-4883.

Benicia Rotorun. 5 & 10K, Benicia (High School), 9 am. Benicia Rotary Club, P.O. Box 421, Benicia 94510. (707) 745-2419.

Castaic Triathlon Series. 1K swim, 40K bike, 10K run. Castaic (Castaic Lake), time TBA. Runners Up, 22946 Lyons Ave., Newhall 91321. (805) 254-1833, days.

Chuck's Steak House Triathlon. 10K run, 20K bike, 2K swim. San Diego (Fiesta Island), time TBA. *Deadline Sept. 18.* Chuck's Triathlon, Alan Olson, 2923 Cadden Way, San Diego 92117. (619) 274-4144.

■ September 29:

Harvest Festival 10 Mile. Lopez Lake to Arroyo Grande (Paulding Intermediate School), 8 am. Chuck Fellows, 202 Canyon Way, Arroyo Grande 93420.

DSE Colt Tower Run. 3.0 mile, San Francisco (Dolphin Club), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

Bud Light U.S. Triathlon Series Nat'l Championships. 1.5K Swim, 40K Bike, 10K Run, Hilton Head Island, So. Carolina, Time TBA. USTS, P.O. Box 1438, David 95617.

Bridge to Bridge. 8 Mile & 5K, San Francisco (Ferry Bldg./Embarcadero), 9 a.m. Bridge to Bridge, c/o KNBR-68, 1700 Montgomery St., San Francisco 94111 (415/951-7070, Isabelle Lemon).

Sonoma Vintage Runs. 5 & 10K, Sonoma (Sebastiani Vineyards, 389 Fourth St.), 8 am. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

Whiskeytown Relays. 19 mile relay/4-person teams. Start at Whiskeytown Lake (Brandy Creek marina) near Redding, 9 am. Info - Milt Schultz (916) 223-5700.

Santa Cruz Sentinel Tinman Triathlon. 2K swim, 25K bike, 10K run. Santa Cruz, time TBA. Santa Cruz Sentinel, 207 Church St., Santa Cruz 95060. (408) 427-1728.

Hosplice 10K. Santa Barbara (Santa Barbara City College), 9 am. John Brennand, P.O. Box 6616, Santa Barbara 93160. (805) 964-2591.

Westwinds Triathlon. 15 mile bike, 400 yard swim, 5 mile run. McFarland, 1 pm. Gary Garrett, 100 S. 2nd St., McFarland 93250. (805) 792-3187, days.

Leukemia Society 2 Mile & 10K. Coronado, 7:45 am. Donna Donan, Leukemia Society of America, 4535 - 30th St., Suite 208, San Diego 92116. (619) 283-6131.

Portland Marathon & 5 Mile. Portland, Oregon, time TBA. Oregon Road Runners Club, P.O. Box D, Beaverton, OR 97075. (506) 226-1111.

■ October 5:

San Francisco: San Francisco Fall X-Country Challenge Series. 1 mile thru 4 mile (varying distances for each division), Polo Fields (Golden Gate Park), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.

Vallejo: The Vallejo Executive Lions Club Moby Dick 10K Run. Waterfront, 8 am. Dan Donahue, 741 Tuolumne St., Vallejo 94590. (707) 644-0453.

Lancaster: The Hospital Run. Distance(?), 1600 W. Avenue J, 8 am. Running Promotions, Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

San Diego: Moving Comfort Women's 8K. Mission Bay, 7:30 am. Joni Pendleton (619) 287-8694.

Ukiah: Penofin Mile (road). (\$25,000 plus incentives) (Must be sub-4:00 miler to enter!), 3 p.m. John Mayginnnes, c/o Performance Coatings Race, P.O. Box 478, Ukiah 95482 (707/462-3023).

■ October 6:

Ukiah: Penofin 10K. (\$35,000 plus incentives), 9 a.m. (also Runners Expo). Same address as Penofin Mile (above).

Stanford: Great Race at Stanford. PA/TAC Women's Championships in addition), 10K, Stanford Univ. (stadium), 8:30 a.m. John Law, 830 Los Trancos Rd., Portola Valley 94025.

Fresno: Pepsi/Fresno Fair Cross-City Race. 2 mile & 10K, Roeding Park, 7:30 am/2 mile, 7:45 am/10K, Cross City Race, 1121 E. Chance, Fresno 93702. (209) 255-3081.

Sacramento: Sacramento Marathon. 7 am. John McIntosh, The Sports Cottage, 4120 El Camino Ave., Sacramento 95821. (916) 488-7181.

San Francisco Peninsula: Sri Chinmoy 12-Hour Run. On 1/4-mile track, 7 am. Giribar D'Angelo, 22334 Santa Paula, Cupertino 95014. (415) 759-7770 or (408) 996-8036.

San Francisco: Alcatraz Challenge. 1.5 mile swim from Alcatraz, 20 mile bike, 15 mile Double Dipsea, 7 am. *150 Limit.* Sally Bailey, 10 Camelford St., Moraga 94556. (415) 376-3468. \$100 Entry Fee.

San Francisco: DSE Mission Rock Run. 3.5 mile, 3rd St. & Mission Rock, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

Santa Rosa: Sonoma County Harvest Fair 10K Run. Herbert Slater Jr. High, 9 am. YMCA, 1111 College Ave., Santa Rosa 95404. (707) 545-9622.

Oakland: Brass Pole Run 5 & 10K. *Listed incorrectly as Sept. 8 in last issue.* Jack London Square, 9 am. Central Place, Attn: Brass Pole Run, 477 - 15th St., Oakland 94612. (415) 763-5214, days.

Modesto: Modesto Mile. 1 mile, 11th & I Sts., 9 am. Judy Keer, 913 Fontana Ct., Modesto 95355. (209) 524-6818.

□ Schedule

Novato: Mt. Burdell Challenge 5 & 10K. Rolling Hills Club, 9 am. Carol Gabriel, c/o Rolling Hills Club, 351 San Andreas Rd., Novato 94947. (415) 897-2185.

Salinas: Salinas Skyclimb Run. 7.5 mile, Toro Regional Park, 9:30 am. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-3533.

Trinidad: Summer Clam Beach Run. Distance(?), time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

Bakersfield: Bicycle Warehouse Biathlon. 10K run, 40K bike, Hart Memorial Park, 8 am. Bicycle Warehouse, 4405 Ming Ave., Bakersfield 93309. (805) 834-1512.

Barstow: Bud Light Barstow Triathlon. 30K bike, 10K run, 300 yd. swim. Al Vigil Indoor Pool. Brett Saari, 1354 E. Main St., Barstow 92311. (619) 256-2612.

Ojai: Ojai Park & Recreation 5/10K. 9 am. John Martin, P.O. Box 1570, Ojai 93023. (805) 646-1872.

San Luis Obispo: Cuesta Spirit & Body 50K Biathlon. 10K run, 40K bike, time TBA. Jeff Sloane, c/o Spirit of Cycling, 399 Foothill Blvd., San Luis Obispo 93401. (805) 541-5673.

■ October 12:

San Francisco: San Francisco Fall X-Country Challenge Series. 1 mile thru 4 mile (varying distances for each division), Golden Gate Park (Polo Fields), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.

Petaluma: Petaluma Classic. 7.5K and 15K, High School track, 9 am. Wine Valley Footraces, Box 879, Forestville 95436.

Irvine: Sports Runner 5 & 10K. Mason Park, 7:30 am/5K, 8 am/10K. Newport Beach Runners Ass'n., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

San Diego: Stroh's Run For Liberty 8K. So of Hilton Hotel, 7:30 am. Toni Deal (619) 273-5156.

Fresno: Stroh's Run for Liberty II. Court House, 7:45 am. 8K. Bob Fries, 1501 E. Browning, Fresno 93710. (209) 439-6394.

■ October 13:

San Francisco: Friends of the Port Fleet Week Challenge Run. 5 miles, Port of San Francisco, 8 am. Friends of the Port, Room 339, Ferry Building, San Francisco 94111. (415) 986-3452.

Weott: Humboldt Redwoods Marathon & Half Marathon. Dyerville Bridge, 9 am. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 688-5728 or 826-0616. *Entries must be received by Oct. 6.*

San Francisco: DSE Golden Gate Vista Run. 5.02 mile, 34th & Clement (Legion of Honor), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

Jackson: KNGT Charity 10K. Kennedy Talking Wheels Park, 8 am. Robert Mullan, P.O. Box 609, Jackson 95642. (209) 223-0241.

San Jose: XEBEC Run for the Rep 10K. Park Ave. & South Market St., 8:30 am. Run for the Rep, P.O. Box 2399, San Jose 95109. (408) 294-7595.

Lodi: Grape Race. 10K & 1 mile, Lodi Academy (1230 S. Central), 8 am. Bev Haffner, 212 Acacia, Lodi 95240. (209) 334-1355.

Danville: Primo's to Primo's 5K, 10K & Half Marathon. Time TBA. Janet Kinney, 16 Ray Ct., Danville 94526. (415) 837-0861.

Berkeley: Berkeley to Moraga 13 Mile. Claremont Resort, 8 am. Ernie Isaacs, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Sacramento: Sacramento Zoo Zoom 5 & 10K. Also ½ mile & 1 mile age group runs. Zoo, 9 am/5-10K, 8 am/½ mile, 8:30 am/1 mile. Sacramento Zoo (Attn: Zoo Zoom), 3930 W. Land Park Dr., Sacramento 95822. (916) 449-5166.

Concord: Spartan Cup 5 & 10K. De La Salle High School (Winton & Treat Blvd.), 9 am. Don Velasco, 4002 Royal Arch Ct., Concord 94519. (415) 687-0592.

Merced: Merced Bell Race. 3 & 15K, Applegate Park, 8:30 am. Merced Bell Race, 629 El Portal, Merced 95340. (209) 722-8385 or 383-3710.

Valencia: SPA/TAC 5K X-Country Championships. College of the Canyons, 8 am/Open, 8:45 am/Masters. Santa Clarita Runners, P.O. Box 298, Saugus 91350. Lorin Peterson: (805) 259-1028.

Westwood: Race Westwood 10K. UCLA, 8 am. Race Westwood, P.O. Box 2323, Whittier 90610. (213) 208-6453.

Orange County: Holy Jim 50 & 100 Mile Runs. Santa Ana Mountains (Holy Jim Canyon), 6 am. Lt. Col. D.E. Niederhaus, 25632 Heatherow Cir., El Toro 92630. *Must pre-enter by Oct. 1, 50 & 15 runner limits respectively.*

■ October 19:

San Francisco: San Francisco Fall X-Country Challenge Series. 1 mile thru 4 mile (varying distances for each division), Golden Gate Park (Polo Fields), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.

Benicia: The Heritage Run. 5 miles, Marina (266 E. "B" St.), 9 am. Sally Ryan, 310 Military West, Benicia 94510. (707) 745-6650.

Marinwood: St. Vincent's Run. 3 mile & 10K, St. Vincent's School for Boys, 8:30 am. St. Vincent's P.O. Box M, San Rafael 94903. (415) 479-8831.

Fresno: Shoes & Spokes Run & Buddy Relay. 2 & 6 mile and 8 mile relay (2x4 mile), Roeding Park, 8 am. Doug Broten, CAPH Independent Living Center, 605 W. Home, Fresno 93728. (209) 237-2055.

Baja, California: Baja Triathlon. 1 mile swim, 24 mile bike, 6 mile run. Ensenada Bay, time TBA. *600 limit.* Bicycling West, P.O. Box 15128, San Diego 92115. (619) 583-3001.

Chula Vista: Health Run. 2 mile & 10K, 240 Landis, 7:30 am. Dr. Kevin Malone (619) 422-9215.

Pasadena: Eaton Canyon to Henniger Flats Up & Down Hill Race. 9.0 mile, Mt. Wilson Toll Road (1750 N. Altadena Dr.), 1700 ft. climb and back down, 8 am. Eaton Canyon Natura Center, 1750 N. Altadena Dr., Pasadena 91107. (818) 794-1866.

Reno, Nevada: PA/TAC 30K Championship & 5 Mile Fun Run. Reno, Nevada (2707 S. Virginia), 9 am. Wayne Whiting, 1685 Bonneville Ave., Reno, NV 89503. (702) 747-1784.

■ October 20:

Chicago, Illinois: America's Marathon/Chicago. Chicago, 8:45 am. Steve Project, America's Marathon/Chicago, 214 Erie St., Chicago, IL 60610. (312) 951-0660.

San Francisco: DSE Ocean Beach Low Tide Run. 6.0 mile, end of Balboa St., 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

Santa Rosa: Young at Heart Run. 3.3 mile & 7 mile, Redwood Empire Ice Arena, 8:30 am. Redwood Empire Arena, 1667 Steele Ln., Santa Rosa 95401. (707) 546-7147.

Woodside: The Redwood Mountain Run. 10K, Bella Vista Restaurant (on Skyline Blvd. 5 miles south of Hwy 35), 8:30 am. KMYBF, 13889 Skyline Blvd., Woodside 94062.

Pleasant Hill: Run for the Roses 10K. Parks & Rec. Center (Taylor & Civic Dr.), 8:30 am. Steve Lack, P.O. Box 23635, Pleasant Hill 94523. (415) 798-3153.

Cupertino: Any Mountain 10K. Any Mountain (Sunnyvale/Saratoga Exit off I-280), 9 am. Joana Flood, 10495 N. DeAnza Blvd., Cupertino 95014. (408) 252-8000.

Antioch: Delta-Thon '85 10K. Fairgrounds, 9 am. Martha Ferring, 1700 Cavallo, P.O. Box 70, Antioch 94509. (415) 757-2525.

Hayward: Hayward Half-Marathon. Kennedy Park, 9 am. Hayward Rec. & Parks District, 1099 "E" St., Hayward 94541. (415) 881-6700.

Walnut Creek: S.O.S. (Support Our Schools) Run. 3K ? 10K, Walnut Creek (Northgate High School), 9 am. Ed Montgomery, 1254 Redlands Way, Concord 94521. (415) 672-6252.

Lake Tahoe: Angora Ridge Run. 6.2 miles, Hwy. 89 & Fallen Leaf Lake Rd., 10 am. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

Santa Monica: Jon Douglas 5/10K. Washington & Ocean Ave., 8:30 am. Michael DiGiovanni, Jon Douglas Co., 11538 San Vicente Blvd., Los Angeles 90049. (213) 820-6651.

Bonita: Bonita Half-Marathon. Plaza Bonita, 7 am. Tom Coles (619) 475-5598.

Half Moon Bay: Pumpkin Festival Run. 1½ miles and 8K, 8:30 am. Coasters Running Club, Box 1101, Half Moon Bay 94019. (415) 726-3342.



Stroh's

Run for Liberty II

October 12, 1985 • 8K • Fresno

WHAT

An 8K (5 mile) fun run open to participants of all ages and athletic ability.

WHEN

Race will begin at 7:45 a.m. on Saturday, October 12, 1985.

WHERE

The Stroh's Run For Liberty II is a double loop course which starts on Van Ness Street and finishes at Courthouse Park. Splits will be called at each mile; there will be water along the course.

ENTRY FEE

\$8.00 if postmarked by October 1 (mail-in deadline). After October 1, \$11.00 late entry fee may be paid at designated locations in your race area. (U.S. currency only.) A \$2.00 minimum from each entry fee will be donated to The Statue of Liberty restoration.

EACH PARTICIPANT WILL RECEIVE

An official Stroh's Run For Liberty II commemorative medallion cast of 100% authentic material from the Statue of Liberty, mounted in an attractive lucite case, complete with a certificate of authenticity signed by Lee A. Iacocca. A commemorative booklet highlighting individual race results and event activities will be mailed to each entrant after the race.

AWARDS & PRIZES

Award presentations will be held following the race on courthouse steps (ramp). First place overall male and female winners will receive a custom made Stroh's Run For Liberty II award. First through third places in each of the following groups will receive Stroh's Run For Liberty II commemorative awards.

MEN	WOMEN
19 and under	19 and under
20-24	20-24
25-29	25-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-49
50-59	50-59
60 and over	60 and over

Wheelchair Participants — First male and female.

RACE RESULTS/TIMING

Results will be sent to each participant showing time and place in their specific race and comparisons with all participants nationwide.


SPECIAL THANKS

To the Fresno Police Department.

MORE INFORMATION


For more information, contact Race Director Bobby Fries at (209) 439-6394.

Stroh's Run For Liberty II, 1501 East Browning, Fresno, CA 93710.

Plymouth 

KKDJ-FM

Stroh's RUN FOR LIBERTY II

adidas  athletic footwear and apparel



■ The Athlete's Kitchen

By NANCY CLARK, M.S., R.D.



Pollen Power

You've read the advertisements raving about "pollen power" - Pollen, the energy-boosting, natural food supplement that offers pure energy, contributes to zest and increased fitness; doubles your strength and stamina during training and competition. With pollen, you'll achieve your maximum anaerobic capacity and recover faster after exercise. You'll have energy to spare for all the day's activities - without drugs, chemicals or side effects. After all, bee pollen comes from nature's treasure chest of health - the Beehive. What could be a more perfect supplement for athletes?!

If these claims sound too good to be true, you're right - they are too good to be true! For most athletes, pollen is a waste of their money. But some athletes swear by pollen - it's their "security blanket". For example, Gary Fannelli (2:14 marathoner, entertainer and nutritional supplement salesman) has taken pollen for seven years. He sees it as an energizer that makes him feel stronger. After all, pollen comes from the male hormones of the plant, he says... so logically it seems that pollen should enhance strength. Marathoner Jim Henry also thrives on pollen. He takes two capsules per day as a high protein supplement. This, in addition to a multitude of other pills, seems to enhance his energy level. He's 38 - and claims that he still has the energy he had when he was 17. Triathlete Rob Spaulding uses pollen instead of caffeine when he's feeling tired. It gives him a boost to get him through another workout. The natural foods store *Bread and Circus* reports that pollen sales are substantial... pollen is a product they always keep stocked. Their customers seem to prefer the fresh pollen (@ \$8.50 per 8 ounces) over the tablets.

Not everyone, however, thrives on pollen. *Boston Running News* editor Jon Lorway once tried pollen. He felt no benefits and decided he'd rather spend his money on tastier food. Charlie Rodgers experienced a frightening allergic reaction from pollen. He vividly remembers that within seconds after taking the yellowish tablet, his throat started to constrict and his skin got red and itchy. He spit the stuff out as fast as possible and never wants any again! Runner Doug Sweezy tried pollen for four months but then decided to stop when he determined that he'd never see any magical benefits. He has since concluded that a wholesome

diet is a far superior energy booster than pollen.

These testimonials represent two sides to the pollen story. However, personal anecdotes cannot be considered as facts. That's why exercise physiologist Joe Chandler of Lander College in Greenwood, South Carolina tested the claims. He reported his findings at the May 1985 meeting of the American College of Sports Medicine. Chandler studied the effect of a 400 milligram pollen capsule (that's a horse-sized pill, mind you!) vs an identical looking placebo filled with brown sugar. Forty-six healthy adults took the mystery capsule for 75 days, not knowing if they had pollen or sugar. Before and after the program, they performed strength tests to determine if pollen really did increase their athletic abilities. The results showed that no one gained any benefits - neither the pollen takers or the abstainers. Chandler noted that most of the subjects felt no advan-

tages. Ten, however, suspected they were taking the pollen. When the "mystery" was uncovered, only two of those were pollen-takers.

This research goes to show the power of suggestion. If you believe you're taking a power-packed-pollen that will energize you, it undoubtedly will. But in terms of documented physiological advantages, the data shows that pollen power is more in the mind than in the body. The "treasure chest of health" may not be the beehive, after all, but rather the wholesome foods that contribute to a high energy diet!

Nancy Clark, MS, RD, author of *The Athlete's Kitchen* (Bantam '83; available at Dalton Bookstores), offers nutrition advice to low-energy athletes at Boston-area's Sports Medicine Brookline, 830 Boylston Street, Brookline, MA 02167.

■ Schedule

Continued from page 12:

NOV 30 - Raleigh, North Carolina: National TAC Jr. & Sr. Men's Cross Country Championships. Meredith College, time TBA. Bob Baxter, 800 Purdue St., Raleigh, NC 27609. (919) 876-5674.

College/Open Cross Country

SEP 7 - Fresno: Fresno State Watermelon Runs. 8 am. Red Estes, Athletic Dept., Fresno State University, Fresno 93740. (209) 294-4097.

SEP 14 - Rocklin: Sacramento State Invitational. Sierra College, 10 am.

SEP 21 - Fresno: Fresno State Invitational. Woodward Park, 9 am. Red Estes, Athletic Dept., Fresno State University, Fresno 93740. (209) 294-4097.

OCT 5 - Stanford: Stanford Invitational Cross Country Meet. Brooks Johnson, Athletic Dept., Stanford University, Stanford 94305. (415) 497-4591.

OCT 12 - Albany: Cal Invitational Cross Country Meet. 5K women, 5 miles men. Tony Sandoval, Athletic Dept., 100 Hearst Gym, University of California, Berkeley 94720. (415) 642-2098.

OCT 13 - Valencia: SPA/TAC 5K Cross Country Championships. College of the Canyons, 8 am. Santa Clarita Runners, P.O. Box 298, Saugus 91350. Lorin Peterson (805) 259-1028.

NOV 2 - Pullman, Washington: Nor-Pac Championships. Women. 11 am.

NOV 2 - Las Vegas, Nevada: PCAA Championships. UNLV, 11 am.

NOV 9 - San Francisco: PA/TAC 10K Cross Country Championships. Golden Gate Park (Polo Fields). Pamakid Runners (415) 681-2322.

NOV 16 - Seattle, Washington: NCAA Region 8.

NOV 25 - Milwaukee, Wisconsin: NCAA Div. I Championships.

NOV 30 - Raleigh, North Carolina: National TAC Jr. & Sr. Men's Cross Country Championships. Bob Baxter (919) 876-5674.

Medical Notes for Runners

By STEVEN I. SUBOTNICK, D.P.M., M.S.

Athlete's Feet

Athlete's feet, otherwise known as tinea pedis, is caused by fungal infection of the skin. There are two basic types of fungus that can infect the skin, the first being a yeast fungus and the second being Epidermophyton or Trichophyton. Fungus can live on the outer layers of the skin - the dead layers - and, likewise, in the thick keratin layers of toenails. They virtually live off the dead layers of skin and nails.

Fungi like a moist warm area to live in. Thus, if your feet sweat a lot and your feet are kept nice and warm in a pair of shoes with heavy socks, you'll have a tendency to develop athlete's feet or fungus.

The fungus infections can be acute or chronic. Acute means that, all of a sudden, you have quite a bit of itchiness at the bottom of your feet, and you may have little sores or vesicles that look like they have pus in them. The more chronic type consists of scaly itchy skin, red in nature, which has been with you for quite some time.

Athlete's feet between the toes may be yeast infection. If that is the case, there is a milky white substance between the toes,

and there may be cracking between the toes. The fungus on the skin on the bottom of the foot is, more often, not a yeast.

Can fungus be spread?

Yes it can; since it is an infection of either a yeast or other form of fungus, it can spread from person to person. Sometimes, you will pick up the fungus by going barefooted in a public swimming pool or shower.

What to do?

If your feet sweat a lot, I suggest you spray them with a deodorant type spray. You can also soak your feet in one-half cup vinegar per pan of water. This is good for athlete's feet since it changes the Ph of your skin, and also tends to dry out your feet. Next, change your socks once or twice a day and rotate your shoes. Let your shoes dry out in the sun if possible. Use socks made of a combination of synthetic and natural fibers that absorb perspiration.

Over the counter antifungal preparations are quite helpful. Such medications as Tinactin (R) powder and cream will usually do the job. If you have a yeast infection, you may need something stronger. There are

medications, which you can obtain from your podiatrist, that will treat the yeast and other forms of fungus quite effectively.

So, if you have athlete's feet, acute or chronic, get it taken care of. You don't need to suffer, and it's not fair for you to spread it to other people.

If you have athlete's feet of the nail, it should also be treated. The nails can be ground down by a podiatrist, and you can use a combination of antifungal medication with a weak acid to penetrate the nail plate to help get rid of the fungal condition. Fungus of the nail causes the nail to look yellow, and it starts scaling and cracking. There is some indication that fungal infections of the feet or nail go along with imbalances of the flora of the bowel. Acidophilus pills, six a day, may be helpful in reestablishing the normal bacterial flora in the gut and help with the fungal infection of the feet.

So those of you who are athletes, who have athlete's feet, get it taken care of.

Best of luck.

(R) - Schering Corporation, Kenilworth, NJ.

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Prep Notes

By KEITH CONNING

➤ **U.S. Jr. T&F Championships.**
York H.S., Elmhurst, Illinois.
June 21-22.

Douglas Smith (Dixon HS) placed seventeenth in the long jump at 22-9w. Choo Choo Knighten (World Class AC/Locke HS, L.A.) placed second in the 200 meters in 23.98w.

Knighten, the State Meet champion in the 400 in 52.72 and second in this meet last year in 52.99, won in 53.45. Soph Jeanne Vickers (Southern California Cheetahs/Pomona HS), fourth in the State Meet at 55.09 and eighth in this meet last year at 56.68, placed fifth in 54.74.

Rebecca Chamberlain (Leigh HS, San Jose), the State Meet 3200 meters champion in 10:23.85, placed sixth in the 3000 meters in 10:08.74.

Vickers, fifth in the State Meet 100 meter low hurdles in 13.91w, placed eighth in 14.75w. She had placed fourth in heat one in 14.39 (-1.3 mps).

Leslie Maxie (Millbrae Lions TC/Mills HS, Millbrae), the defending champion in the 400 hurdles in 56.95, won again in 59.84.

Kerry Bratton (Woodside Striders), the defending champion in the 3K walk, placed third in 15:23.24. Sybil Perez (Southern Calif. Roadrunners), second last year, placed fourth in 15:55.69. Kathleen Huddleston (Coast Athletics), eighth last year, placed seventh in 16:38.88. Suzette Garcia (Los Angeles Saints TC), ninth last year, was tenth in 17:15.58.

Rosalyn Mitchell (Southern Calif. Cheetahs), second in the State Meet long jump at 18-9, placed eighth at 18-11 $\frac{3}{4}$ w. Her series: 18-11 $\frac{3}{4}$ w, 18-2 $\frac{1}{2}$ w, 17-11 $\frac{1}{2}$ w, foul, 18-7 $\frac{1}{2}$ w, 18-4 $\frac{1}{4}$ w.

Christine Cerkel (Marin TC/Redwood HS, Larkspur), fourth in the State Meet at 18-3 $\frac{1}{2}$, placed twelfth at 17-6 $\frac{1}{4}$ w. Her series: 17-0 $\frac{3}{4}$ w, 17-0 $\frac{1}{2}$ w, 17-6 $\frac{1}{4}$ w.

Cerkel, who failed to qualify for the State Meet triple jump finals with a 37-6 effort, placed third in 35-0 $\frac{1}{4}$. Her series: foul, 32-10 $\frac{1}{2}$, 30-7 $\frac{1}{2}$, foul, 35-0 $\frac{1}{4}$, 34-5.

Stephanie Smith (Yreka HS), placed sixth in the shot put at 41-2 $\frac{1}{4}$. Her series: 34-6 $\frac{1}{4}$, foul, 36-8 $\frac{3}{4}$, 41-2 $\frac{1}{4}$, foul, 39-4.

Stacey Hom (Cordova HS, Rancho Cordova), sixth in the discus in this meet last year at 146-0 and second in the State Meet at 147-7, placed third at 146-5. Joey Classen (Clovis HS), fourteenth last year at 117-4 and sixth in the State Meet at 142-0, placed fifth at 134-4. Stephanie Smith (Yreka HS), tenth last year at 128-10 and third in the State Meet at 146-3, placed sixth at 128-8. Hom's series: foul, foul, 140-7, 128-8, 133-8, 146-5. Classen's series: foul, 122-4, foul, foul, 124-4, 134-4. Smith's series: foul, 123-3, foul, 128-8, 127-0, 118-0.

Men's Results

100 Meters: (second heat) (-2.0 mps) 6. Calvin Scruggs (Fresno State) 11.05.

200 Meters: (third heat) 5. Anthony Washington (UCLA) 22.16.

400 Meters: 1. Daymon Lee (So Bay TC/EI Camino College) 45.80, 7. Anthony Washington (UCLA) 47.60.

800 Meters: 6. Andy Sims (UCLA) 1:55.08 (1:54.09 3rd heat, 1st).

1500 Meters: 9. Steve Schadier (Stanford TC) 3:56.87.

5000 Meters: 2. Chris Schille (Brown Univ./Redway, CA) 14:27.22, 7. Scott Nitti (Santa Monica TC/UCLA) 15:05.52.

10,000 Meters: 7. Ted Goodlake (Knoxville TC/Fallbrook, CA) 32:55.47.

110 Meter Hurdles: (+1.9 mps) 2. Raymond Young (UCLA) 14.07, 6. Rod Jett (Cal) 14.44.

400 Meter Hurdles: 1. Gordon Bugg (LA St.) 51.62 (51.27 1st heat, 3rd).

Pole Vault: 11. Dean Starkey (Apex Vaulting Club/Logan HS, Union City 84) 15-5 $\frac{1}{4}$.

Fine Flicks by Don Gosney



Chewuakii (Choo-Choo) Knighten

Long Jump: 17. Douglas Smith (Dixon) 22-9w.

Shot Put: 1. John Bender (Fresno State) 53-0 $\frac{1}{4}$, 4. Michael Nishanian (Long Beach CC) 49-8 $\frac{1}{4}$.

Discus Throw: 3. David Wilson (UCLA) 162-2, 8. James Stephens (Unat., Canoga Park) 149-7, 11. Mike Nishanian (Long Beach CC) 134-8.

Hammer Throw: 1. David Wilson (UCLA) 190-1, 3. Chad Stearns (Unat., Monte Sereno) 163-5, 4. William Carrillo (L.A. St) 159-4.

Javelin Throw: 1. Fred Mondragon (Stanford) 225-9.

Decathlon: 2. David Dnagleis (Unat., Azusa) 6790, 3. John Gash, (Stanford) 6650.

Women's Results

200 Meters: (+2.5 mps) 2. Choo Choo Knighten (World Class AC) 23.98.

400 Meters: 1. Choo Choo Knighten (World Class AC) 53.45, 5. Jeanne Vickers (So. Calif. Cheetahs) 54.74

3000 Meters: 6. Rebecca Chamberlain (Leigh HS, San Jose) 10:08.74.

100 Meter Hurdles: (+2.3 mps) 8. Jeanne Vickers (So. Calif. Cheetahs) 14.75 (4th in 1st heat 14.39 (-1.3 mps).

400 Meter Hurdles: 1. Leslie Maxie (Millbrae Lions TC) 59.84.

3 Kilometer Walk: 3. Kerry Bratton (Woodside Striders) 15:23.24, 4. Sybil Perez (So. Calif. Roadrunners) 15:55.69, 7. Kathleen Huddleston (Coast Athletics) 16:38.88, 10. Suzette Garcia (L.A. Saints TC) 17:15.58.

Long Jump: 8. Rosalyn Mitchell (SoCal Cheetahs) 18-11 $\frac{3}{4}$ w, 12. Christine Cerkel (Marin TC) 17-6 $\frac{1}{4}$ w.

Triple Jump: 1. Renita Robinson (So. Bay TC) 40-0, 3. Christine Cerkel (Marin TC) 35-0 $\frac{1}{4}$.

Shot Put: 6. Stephanie Smith (Yreka HS) 41-2 $\frac{1}{4}$.

Discus: 1. Stacey Hom (Cordova HS, Rancho Cordova) 146-5, 5. Joey Classen (Clovis HS) 134-4, 6. Stephanie Smith (Yreka HS) 128-8.

Javelin Throw: 4. Durelle Schimek (Golden Empire Thunderbolts) 136-4.

Heptathlon: 1. Durelle Schimek (Golden Empire Thunderbolts) 4482.

➤ **Brandon Richards Sets National Record.**
All-Corers, Hayward Field, Eugene, OR., July 11.

Brandon Richards (San Marcos, Santa Barbara) set a new national high school record of 18-2. The old record of 18-1 $\frac{1}{4}$ was set by Joe Dial (Marlow, Ok.) at Stillwater, Oklahoma on August 25, 1981.

Richards is spending the summer in Eugene with Jay Davis, former South Eugene High School and future University of Oregon vaulter. Richards cleared several heights with ease including 17-6, then chose to pass at 18-0 while Earl Bell, co-winner of a pole vault bronze medal in the 1984 Olympic Games, was going over at that height.

Richards made 18-2 on his first try, while hitting the bar heavily.

➤ **Track City Int'l. Classic**
Hayward Field, Eugene, Or.
July 12-14.

There was drama at the pole vault pit, where two national age-group records were set. In each case, the old record belonged to Dave Voiz of Bloomington, Indiana.

Brant Burns (Acalanes, Lafayette), the California State Meet Champion, began the assault with a vault of 15-10 to break Voiz's 15-8 in the intermediate class. Then Brandon Richards (San Marcos, Santa Barbara) went 17-0 $\frac{1}{4}$ to snag the Voiz mark of 17-0 in the young men's class.

➤ **Henry Thomas in Europe**
Edinburgh, Scotland.
July 23.

Henry Thomas placed second in the 300 meters in 32.49. Todd Bennett (Britain), who had a best of 45.45 in the 400 and 20.36 in the 200 last year, won in 32.48. Darrell Robinson (LATC), second in the TAC 400 at 44.94, was third in 32.74.

On July 27th in Oslo, Norway at the Bislett Games, Thomas placed third in the 200 meters in 20.88. Adeoye Mafe (Britain), who had a best of 20.57 last year, won in 20.81. Chidi Imoh (Nigeria/Missouri), who finished fourth in heat 1 at the NCAA in 20.59, placed second in 20.85. Dohovan Reid (Britain), who had a best of 20.62 last year, was fourth in 20.97.

➤ **Robin Eager (Vista)**

Ed Mathews, the distance coach at Vista High School, writes that Robin Eager had the sixth fastest 800 time for girls in California this season. Eager ran 2:12.03 for fourth place in the San Diego Section.

The San Diego Section gets three qualifiers per event for the State Meet.

Therefore, the runner with the sixth best time in the state didn't get to compete in the State Meet 800. Fortunately for Robin she also qualified in the 1600 and placed tenth in the State Meet.

I feel the method of selection to the State Meet should be changed, so that outstanding performers are not excluded by virtue of being in a strong section.

Both the Pac-10 and NCAA qualify by time or performance.

Maybe a compromise could be reached between the two methods.

➤ **Junior International**

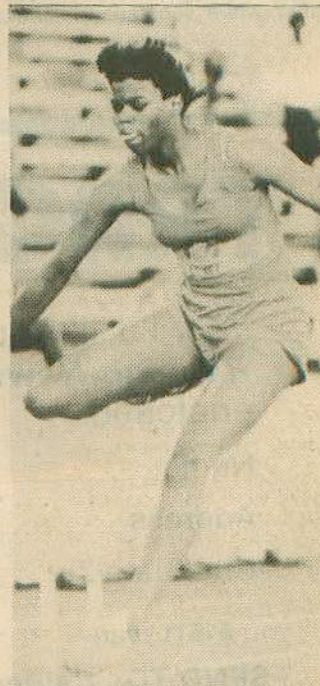
On July 21 in Pullman, Washington, Leslie Maxie (Millbrae), the California State Meet 300 hurdles champion, won an international race against Canada and Mexico. She ran the 400 hurdles in 57.73. She also ran the third leg on the winning 1600 meter relay team.

On July 27 in Burnaby, British Columbia, Canada she again won the 400 hurdles in 57.88 and ran the third leg on the 1600 meter relay that won.

➤ **Rebecca Chamberlain (Leigh, San Jose)**

Bill Hotchkiss, the coach at Leigh High School in San Jose, wrote a letter to the editor of *Track & Field News* bringing to their attention an idiotic ruling which was

Fine Flicks by Don Gosney



Leslie Maxie

□ Prep Notes

handed down by the Games Committee at TAC. The ruling was the decision to pull a certain number of women's 10,000 runners off the track upon being lapped.

Chamberlain, the California State Meet champion in the 3200 and winner of the *San Jose Mercury News* 10K, was lapped by Francie Larrieu Smith and she was not allowed to finish the race. This also happened to five others including Linda Van Housen of Woodside.

I feel strongly that an athlete should be allowed to complete the race that they start. TAC should change the qualifying standard if they want fewer runners.

✓ **U.S. Jr. Olympic T&F Championships**
Husky Stadium, U of Washington, Seattle
July 24-28.

Effie Dastz (Leigh, San Jose) won the intermediate women's 100 meter hurdles in 14.65. This final was re-run. Terry Robinson of Columbus, Ohio, the winner of the first qualifying heat on Friday, was disqualified after interfering in the first run. Effie is 5-8, 140, was born on February 14, 1969, and will graduate in 1987.

Steve Lopez (San Jose) won the intermediate men's 10K road race in 33:49 by 14 seconds.

Andrew Libert (Honolulu, Hawaii), 19th at the Kinney Western, won the young men's 10K road race in 33:09. Russ Hill (Silver Creek HS, San Jose), 3rd CCS 1600, placed third in 33:52. Libert is a 1985 graduate of Seabury High School and will attend Willamette College in the fall. He is 5-9, 128 pounds, and was born 5/12/67.

Erika Wheeler (Sequim, Wash.) set a new meet record in the young women's javelin of 168-7. The old record of 165-10 was set by Lynda Hughes (Oregon) in 1980. Wheeler is 5-8, 145 pounds. Born 11/28/67. She is a 1985 grad of Sequim HS and will attend Stanford in the fall. She is also planning to attend the World University Games Aug. 29-Sept. 4 in Kobe, Japan. Sequim (SKWIM), an Indian word meaning "bountiful creature comforts," is located 17 miles southeast of Port Angeles on the Olympic Peninsula. It is also the home of Phil Woolpert, the coach of Bill Russell at USF in the 1950's. Woolpert just retired from driving a school bus in this community of 3,000. It was the second consecutive title for Wheeler.

Heidee Ruiz (Los Gatos HS), 2nd in the CCS long jump and 3rd in the shot put, placed second in the intermediate women's heptathlon. Her breakdown by event: 100H 16.96, HJ 4-5, SP 34-5, 200 26.85, LJ 17-4, JT 109-1, 800 2:34.72, 4157 points. She was in 15th place after two events, but her shot put placed her in ninth.

Mike Wall (Lassen, Susanville) placed second in the young men's 5,000 meter run, despite taking a bad tumble into the infield during the first 150 meters of the race. His father Bob Wall, the coach at Lassen HS, felt they should have restarted the race. Mike's splits: 1:12.9, 2:23.3 (1:10.4), 3:33.8 (1:10.5), 4:46.7 (1:12.9), 6:00.9 (1:14.2) 7:16.2 (1:15.3), 8:30.6 (1:15.4), 9:47.7 (1:17.1), 11:05.2 (1:17.5), 12:21.8 (1:16.6), 13:36.9 (1:15.1), 14:08 (laps to go), 14:46.3 (1:08.4), 15:13.75 (1:05.75).

✓ **All-Corners Meet**
Chabot College, August 8.

Sally Wood (Piedmont), sixth in the State Meet 3200 at 10:42.45, won the two mile in 10:40.

Calvin Gaziano (Castro Valley), second in the State Meet 3200 in 9:03.16, won the 1800 in 4:18.8.

✓ **Mariner High School Invitational Cross Country Meet.**

October 19 at Garin Park in Hayward. For information and entry call Phil Wilder (415) 582-5851. Includes a coaches race.



Brandon Richards

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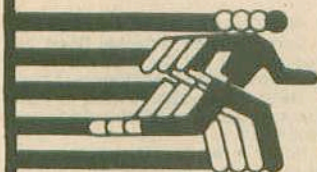
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7th Western Qualifier

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CROSS COUNTRY CHAMPIONSHIPS

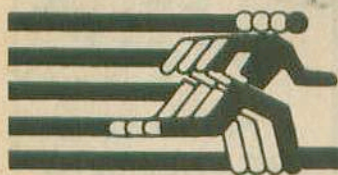
Saturday, December 7, 1985
Woodward Park
Fresno, CA



Open to all high school cross country runners from California and eleven other western states. The top eight male and top eight female finishers will be sent to the National Championships, all expenses paid.

FOR MORE INFORMATION & ENTRY BLANK:
Contact: Bill Cockerham, California Track & Running
News, Box 6103, Fresno, CA 93703 • (209) 264-5847

Prep Notes



Kinney Western Regional Cross Country Preview

by Keith Conning

Fine Flicks by Don Gosney



Rebecca Chamberlain

Fine Flicks by Don Gosney



Laurie Chapman



Jason Lienau (left) & David Naranjo

MEN

The top 14 returning finishers from the 1984 Kinney Western Regional Cross Country Championships are listed below with their cross country and track performances.

- ERIC MASTALIR, Jesuit, Carmichael**
Cross Country: 2) Sac-Joquin Section 15:02, 7) Nor Cal 15:09.5, 3) Kinney Western 15:04, 6) Kinney National 15:19.1
Track: 3) State 3200 9:03.31, 7) State 1600 4:20.15, 1600 best of 4:13.1.
- DAVID NARANJO, Sanger**
Cross Country: 1) Central Section 14:38.1, 2) Nor Cal 15:02.6, 5) Kinney Western 15:07, 26) Kinney National 16:15.4
Track: 4) State 3200 9:03.83.
- MARK MASTALIR, Jesuit, Carmichael**
Cross Country: 1) Sac-Joquin Section 15:00.7, 6) Nor Cal 15:09.0, 8) Kinney Western 15:15, 17) Kinney National 15:43.3
Track: 2) State 1600 4:16.72, best 1600 4:12.5, best 1500 3:54.8.

- GLENN MORGAN, Albuquerque, NM**
Cross Country: 12) Kinney Western 15:25.
Track: best 1500 3:55.19.
- ENRIQUE RYAN, St. Louis, Honolulu, HI**
Cross Country: 1) Hawaii State 16:53, 13) Kinney Western 15:25 (first freshman by 25 seconds).
Track: Set an age 14 national record of 4:21.2 in winning the Hawaii State 1600.
- DANNY LOPEZ, Sierra Vista, AZ**
Cross Country: 2) Arizona State 15:09, 15) Kinney Western 15:26.
- STEVE IMLAY, Temple City**
Cross Country: 6) Southern Section 3A 16:27, 20) Kinney Western 15:29.
Track: 11) State 3200 9:19.84, 3) Southern Section 9:15.62.
- JESS LLANEZ, McLane, Fresno**
Cross Country: 5) Central Section 15:00.0, 24) Nor Cal 15:44.9, 24) Kinney Western 15:34.
- JASON LIENAU, Clovis**
Cross Country: 3) Central Section 14:54.3, 8) Nor Cal 15:10.7, 25) Kinney Western 15:35.
Track: best 1600 4:15.95.

WOMEN

The top 14 returning finishers from the 1984 Kinney Western Regional Cross Country Championships are listed below with their cross country and track performances.

- REBECCA CHAMBERLAIN, Leigh, S.J.**
Cross Country: 1) Central Coast Section 16:51, 1) Nor Cal 16:53.7, 2) Kinney Western 17:09, 2) Kinney National 17:04.7
Track: 1) State 3200 10:23.85, mile best 5:00.4, 6) U.S. Junior 3000 10:08.74, best 3000 9:43.9.
Roads: 1) San Jose Mercury News 10K 34:17. Won free trip to Hawaii.
- TRACEY WILLIAMS, Mt. View, El Monte**
Cross Country: 1) Southern Section 2A 17:47, 5) Kinney Western 17:43, 24) Kinney National 18:29.3
Track: best 3200 10:39.60.
- LAURIE CHAPMAN, Gunderson, S.J.**
Cross Country: 5) Central Coast Section 17:56.7, 4) Nor Cal 17:53.8, 6) Kinney Western 17:49, 18) Kinney National 18:05.6.

- AARON MASCORRO, Rosemead**
Cross Country: 1) Southern Section 3A 15:55, 26) Kinney Western 15:37.
 - RAUL SERRATOS, El Monte**
Cross Country: 3) Southern Section 3A 18:12, 29) Kinney Western 15:42.
Track: best 1600 4:14.68.
 - DARREN STONEROCK, Saugus**
Cross Country: 2) Southern Section 3A 16:01, 30) Kinney Western 15:44.
Track: 6) State 3200 9:12.39, best 3200 9:08.65, best 3000 8:30.20.
 - ADAM MCABOY, Miramonte, Orinda**
Cross Country: 8) North Coast Section 14:48, 17) Nor Cal 15:36.9, 34) Kinney Western 15:46.
Track: 1) North Coast Section 9:07.78, best 1600 4:18.1.
 - CRAIG BLOCKHUS, Los Altos**
Cross Country: 5) Central Coast Section 15:22, 19) Nor Cal 15:38.5, 35) Kinney Western 15:47.
- The following athletes finished in the top nine in the State Track Meet 3200 and 1600.
- JOHN DOMINGUE, Leigh, San Jose**
Cross Country: 1) Central Coast Section Region III 15:26, 80) Nor Cal 16:18.3.
Track: 5) State 3200 9:10.06.
 - ROBERT ROBERTS, Casa Roble, Orangethorpe**
Track: 7) State 3200 9:17.05.
 - CHRIS HOEPKER, Encinal, Alameda**
Cross Country: 9) North Coast Section 15:03, 32) Nor Cal 15:52.5.
Track: 8) State 3200 9:18.74, 3) North Coast Section 9:12.85.
 - MARC DAVIS, San Diego**
Cross Country: 1) Kinney Western Fresh/Soph Unseeded 16:05, 1) San Diego Section 1A 17:01.
Track: 9) State 3200 no mark, 3) San Diego Section 9:20.89.
 - JIM ZIMMER, Simi Valley**
Cross Country: 9) Southern Section 4A 16:14.
Track: 3) State 1600 4:18.71, best 1600 4:13.48.
 - JEFF RACHAL, Golden West, Visalia**
Cross Country: 17) Central Section 15:35.
Track: 6) State 1600 4:18.49, 4) State Heat 2 4:18.55.
- The following athletes finished in the top 14 of the 1984 CIF Nor Cal Cross Country Championships.
- SCOTT MACHADO, Moreau, Hayward**
Cross Country: 4) North Coast Section 14:38, 9) Nor Cal 15:14.6, 43) Kinney Western 15:51.
 - JONATHAN SMITH, Miramonte, Orinda**
Cross Country: 5) North Coast Section 14:38, 11) Nor Cal 15:28.2.
 - TOM ESTES, Lassen, Susanville**
Cross Country: 7) Northern Section 16:37, 14) Nor Cal 15:32.7.
- MELISSA SUTTON, Newbury Park**
Cross Country: 1) Southern Section 4A 18:00, 7) Kinney Western 17:50, 25) Kinney National 18:34.6.
Track: 3200 best 10:44.7, 9) State no mark.
 - CHRISTY FARRELL, Thousand Oaks**
Cross Country: 2) Southern Section 4A 18:08, 8) Kinney Western 17:51.
Track: 8) State 3200 10:43.36.
 - DARCY ARREOLA, El Cajon**
Cross Country: 1) San Diego Section 3A 14:22, 10) Kinney Western 18:00.
Track: best 3200 10:39.81, 3) State 1600 4:56.35, 2) State 800 2:11.07, best 800 2:09.06.
 - LAURA GOODWIN, Tucson, AZ**
Cross Country: 1) Arizona State 13:45, 13) Kinney Western 18:07.
 - SHANNON CLARK, Mt. View**
Cross Country: 3) Central Coast Section 17:44.7, 2) Nor Cal 17:32.9, 14) Kinney Western 18:09.
Track: 1) State 1600 4:49.14, mile best 4:47.5, 1500 best 4:31.7.
 - SABRINA HAN, Westmoor, Daly City**
Cross Country: 4) Central Coast Section 17:47.3, 5) Nor Cal 18:09.4, 18) Kinney Western 18:18.
Track: 4) Central Coast Section 3200 10:42.9, mile best 5:00.0.
 - LISA RIZZO, Valencia**
Cross Country: 1) Southern Section 3A 18:32, 22) Kinney Western 18:24.
 - LISA WILLIAMS, Mt. View, El Monte**
Cross Country: 2) Southern Section 2A 18:57, 23) Kinney Western 18:24.
 - MICHELLE LEWIS, Buena, Ventura**
Cross Country: 4) Southern Section 4A 18:46, 24) Kinney Western 18:25.
 - ANN KUPHALDT, Bella Vista, Fair Oaks**
Cross Country: 2) Sac-Joquin Section 17:53.4, 7) Nor Cal 18:21.4, 27) Kinney Western 18:33.
Track: 7) State 1600 Heat 2 5:07.50.
 - KRISTI KLINNERT, Kodiak, AK**
Cross Country: 28) Kinney Western 18:35.
- The following athletes finished in the top 10 in the State Track Meet 3200 and 1600 or top three in the 800.
- MARY MENDOZA, Presentation, S.J.**
Track: 5) State 3200 10:40.54, best 3200 10:39.1c.
 - AMY DABUL, Temple City**
Cross Country: 70) Kinney Western 19:32.
Track: 7) State 3200 10:42.64.
 - TRACY WRIGHT, Irvine**
Cross Country: 11) Southern Section 4A 19:24.
Track: 10) State 3200 no mark.
 - SIDNEY THATCHER, Encinal, Alameda**
Cross Country: 13) Nor Cal 18:44, 56) Kinney Western 19:15.
Track: 4) State 1600 4:57.83.
 - NIKKI RICHOT, Edison, Huntington Beach**
Track: 5) State 1600 4:58.01, 2) Arcadia 1600 4:55.00.
 - ROBIN EAGER, Vista**
Track: 10) State 1600 5:21.34, 5) State 1600 Heat 2 5:01.60.
 - LAURA CHAPEL, University City, San Diego**
Cross Country: 52) Kinney Western 19:08.
Track: 3) State 800 2:11.97, best 800 2:09.17, 1600 best 5:01.29.
- The following athletes finished in the top 14 of the 1984 CIF Nor Cal Cross Country Championships.
- LORI ANDEEN, Menlo-Atherton, Atherton**
Cross Country: 6) Central Coast Section 17:59, 6) Nor Cal 18:18.
 - KATIE MCCANDLESS, Castilleja, Palmdale**
Cross Country: 8) Central Coast Section 18:03, 9) Nor Cal 18:30.
 - WANDA BAILEY, Fairfield**
Cross Country: 11) Nor Cal 18:38.

□ Prep Notes

CALIFORNIA HIGH SCHOOL GIRLS All-Time Best Marks List

By **BOB WOMACK**

This is the 1985 update on the all-time California high school girls best marks list.

With the California girls program a dozen years old, the lists have become progressively more stable. Only the 300-meter hurdles has as many as three changes in the all-time Top Ten this year — and the long hurdles are a relatively new (five years old) event.

Not that there hasn't been continuing progress. Of all the athletes who won titles

at that first state girls meet in 1974, only two — long jumper Jody Anderson and shot putter Kathy Devine — still rate among the all-time leaders.

The digit appearing before the year in which the mark was made represents the number of state championships won in that event. (For instance, in the shot put, the "4" indicates that Natalie Kaaliwahia won the event four times.) Note that the year of the best mark and the year in which the athlete

won her title(s) are not necessarily the same.

As usual, I have relied heavily on the research and help of others, notably (but definitely not limited to) Ron Blackwood, Keith Conning, and Howard Willman. Obviously, they bear no responsibility for any errors, for which the author is solely to blame. Additions, corrections, and comments should be directed to Bob Womack, 4270 North Blackstone, Suite 211, Fresno, CA 93726.

100 Meters

(automatic timing)

State Meet Record: 11.42 Sharon Ware (Berkeley) at Berkeley 1980. **Frosh:** 11.60 Brenda Winston (San Geronio, San Bernardino) 1976. **Soph:** 11.58 Brenda Winston (San Geronio, San Bernardino) 1977. **Junior:** 11.34 Sharon Ware (Berkeley) 1980. **Senior:** 11.50 Kim Robinson (Westchester, Los Angeles) 1977.

11.34	Sharon Ware (Berkeley)-2 at Knoxville	1980
11.50	Kim Robinson (Westchester, LA)	1977
11.51	Gail Devers (Sweetwater, Nat'l Cty)-1	1984
11.56	Jackie Thompson (Lincoln, SD)	1973
11.57	Valerie Brisco (Locke, LA)	1978
11.58	Brenda Winston (San Geronio, SanBdo)	1977
11.59	Monica Taylor (Grant, Sacramento)	1983
11.60	Gervaise McGraw (Ganesh, Pomona)	1977
11.61	Sheri Howard (Kennedy, Granada Hills)	1980
11.61	Carrie Franklin (Muir, Pasadena)	1985

200 Meters

(*220 yards minus 0.12)

State Meet Record: 23.19 Sheri Howard (Kennedy, Granada Hills) at Berkeley 1980. **Frosh:** 24.01 Monique Robinson (Freese Jr., San Diego) 1982. **Soph:** 23.44 Leslie Maxie (Mills, Millbrae) 1983. **Junior:** 23.40 Denean Howard (Kennedy, Granada Hills) 1981 & Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 23.08 Jackie Thompson (Lincoln, San Diego) 1973.

23.08	Jackie Thompson (Lincoln, SD)	1973
23.19	Sheri Howard (Kennedy, Grn Hls)-1	1980
23.25	Denean Howard (Kennedy, Grn Hls)-2	1982
23.27	Gervaise McGraw (Ganesh, Pomona)	1982
23.40	Leslie Maxie (Mills, Millbrae)	1984
23.42*	Gwen Loud (Westchester, LA)-1	1979
23.54	Paulette Blalock (Compton)-1	1984
23.56	Tami Stiles (Hawthorne)-1	1985
23.59	Cathy Roberts (Cerritos)	1984
23.62	Sharon Ware (Berkeley)	1980

Hand Timing:

23.2	Mable Ferguson (Ganesh, Pomona)	1973
23.2	Chewukil Knighton (Locke, L.A.)	1985

400 Meters

State Meet Record: 52:39 Denean Howard (Kennedy, Granada Hills) at Sacramento 1982. **Frosh:** 53.76 Leslie Maxie (Mills, Millbrae) 1982. **Soph:** 51.70 Denean Howard (Kennedy, Granada Hills) 1980. **Junior:** 51.09 Sheri Howard (San Geronio, San Bernardino) 1979. **Senior:** 50.87 Denean Howard (Kennedy, Granada Hills) 1982.

50.87	Denean Howard (Kennedy, Gran Hills)-2	1982
	at Knoxville	
51.09	Sheri Howard (San Geronio, SB)-1	1979
51.91	Mable Ferguson (Ganesh, Pomona)	1972
52.17	Chewukil Knighton (Locke, LA)-2	1985

52.85	Leslie Maxie (Mills, Millbrae)-1	1984
53.10	Linnetta Wilson (Muir, Pasadena)	1985
53.12	Freida Cobbs (Berkeley)	1978
53.13*	Charlette Cooke (? , Los Angeles)	1966
53.20	Paulette Blalock (Compton)	1984
53.34	Jeannie Arnold (Locke, Los Angeles)	1982
Hand Timing (*440 yards minus 0.3):		
51.8*	Kathy Hammond (Sacramento)	1969

Fine Flicks by Don Gosney



Polly Plumer (left) & Denise Ball

800 Meters

(*880 yards minus 0.7)

State Meet Record: 2:06.08 Donna Curtis (Culver City) at Norwalk 1981. **Frosh:** 2:02.43 Mary Decker (Portola JHS, Orange) 1973. **Soph:** 2:02.29 Mary Decker (Orange) 1974. **Junior:** 2:04.6* Ann Regan (Camden, San Jose) 1978. **Senior:** 2:03.8* Charlette Cooke (Los Angeles) 1986.

2:02.3	Mary Decker (Orange) at Durham	1974
2:03.8*	Charlette Cooke (Los Angeles)	1986
2:04.37	Ann Regan (Camden, San Jose)-3	1977
2:04.59	Kerri Zaleski (Millikan, Long Beach)-1	1985
2:04.91	Trena Hull (Compton)-1	1984
2:05.5	Linda Goen (North, Bakersfield)	1977
2:05.7	Rennie Durrand (Laguna Beach)	1980
2:05.84	Jessica Spies (Livermore)	1981
2:05.9	Francie Larrieu (Fremont, Sunnyvale)	1970
2:05.9	Lynn Hollins (Riverside)	1976

1500 Meters

(* En Route to Longer Distance)

Frosh: 4:24.17 Kathi Denz (Blair, Pasadena) 1978. **Soph:** 4:28.2* Nanette Garcia (Silver Creek, San Jose) 1983. **Junior:** 4:16.8 Francie Larrieu (Fremont, Sunnyvale) 1969. **Senior:** 4:16.8* Polly Plumer (University, Irvine) 1982.

4:16.8	Francie Larrieu (Fremont, Snyvle)	1969
	at Stuttgart	
4:16.8*	Polly Plumer (Univ., Irvine)	1982
	at Westwood	
4:20.9	Cheri Williams (Livermore)	1978
4:21.0*	Vickie Cook (Alemany, MissHills)	1981
4:21.5	Eileen Clausus (Rio Amer, Sacto)	1972
4:23.0	Linda Goen (North, Bakersfield)	1979
4:24.17	Kathi Denz (Blair, Pasadena)	1978
4:24.3	Debbie Heald (Neff, La Mirada)	1972
4:24.4	Ann Trason (Pacific Grove)	1977
4:24.6	Paula Rose (Newport Harbor)	1976
4:25.0	Regina Jacobs (Argyll, N. Holywd)	1981

1600 Meters

(* mile minus 1.8)

State Meet Record: 4:39.92 Polly Plumer (University, Irvine) at Sacramento 1982. **Frosh:** 4:40.2* Mary Decker (Portola JHS, Orange) 1973. **Soph:** 4:46.0* Linda Goen (North, Bakersfield) 1977. **Junior:** 4:40.0* Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 4:33.44* Polly Plumer (University, Irvine) 1982.

4:33.44*	Polly Plumer (Univ, Irvine)-3	1982
	at Westwood	
4:36.9*	Eileen Clausus (Rio Amer, Sacto)	1973
4:40.0*	Vickie Cook (Alemany, Wd Hls)	1981
4:40.2*	Mary Decker (Orange)	1973
4:43.15*	Cheri Williams (Livermore)-1	1978
4:43.90	Paula Bresnan (Kennedy, GrnHls)	1983
4:44.47	Denise Ball (Newbury Park)	1982

Prep Notes

Fine Flicks by Don Gosney



Cory Schubert

4:44.8*	Linda Goen (North, Bakersfield)-2	1979
4:44.76	Tracy Weber (Lynbrook, San Jose)	1981
4:44.93	Cory Schubert (Del Mar, SJ)-1	1983
4:45.00	Julie Saleine (University, Irv.)	1983

3000 Meters

(* En Route to Longer Distance)

Frosh: 9:50.4 Roxanne Bier (Independence, San Jose)
1977. Soph: 9:24.8 Vickie Cook (Alemany, Mission Hills)
1980. Junior: 9:22.3 Vickie Cook (Alemany, Mission Hills)
1981. Senior: 9:11.80 Cory Schubert (Del Mar, San Jose)
1983.

9:11.80	Cory Schubert (Del Mar, SJ)	1983
	at Indianapolis	
9:22.3	Vickie Cook (Alemany, Wood. Hills)	1981
9:30.3	Polly Plumer (University, Irv.)	1982
9:30.8	Eileen Ciaugus (Rio Amer, Sac)	1973
9:33.9	Roxanne Bier (Independ., San Jose)	1978
9:35.33	Tania Fischer (Chaminade, Canoga Park)	1982
9:35.5+	Kirsten O'Hara (Palos Verdes)	1984
9:37.7	Su-Mei Lee (Eisenhower, Rialto)	1979
9:38.2	Katie Dunsmuir (Palisades)	1983
9:38.5*	Denise Ball (Newbury Park)	1982

3200 Meters

(* 2 mile minus 3.6)

State Meet Record: 10:08.14 Cory Schubert (Del Mar, San Jose) at Bakersfield 1983. **Frosh:** 10:17.1* Vickie Cook (Chaminade, Canoga Park) 1979. **Soph:** 10:14.78 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 10:12.31 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 10:04.2 Cory Schubert (Del Mar, San Jose) 1983.

10:04.2	Cory Schubert (Del Mar, SJ)-1	1978
	at Berkeley	
10:06.2*	Cheri Williams (Livermore)-1	1978
10:11.62	Kirsten O'Hara (Palos Verdes)-1	1984
10:11.78	Vickie Cook (Alemany, Wd His)-3	1982
10:15.8*	Eileen Ciaugus (Rio Amer, Sacto)	1973
10:15.99	Denise Ball (Newbury Park)	1982
10:16.4*	Cindy Schmandt (Santa Barbara)	1979
10:18.1*	Su-Mei Lee (Eisenhower, Rialto)	1979
10:19.10	Tania Fischer (Chaminade, CP)	1983
10:19.9*	Susie Meek (Palos Verdes)	1978

100 Meter Hurdles

(* 110 yards minus 0.04)

State Meet Record: 13.41 Gail Devers (Sweetwater, National City) at Los Angeles 1984. **Frosh:** 14.10 Yvette Bates (Berkeley) 1981. **Soph:** 13.74* Yvette Bates (Berkeley) 1982. **Junior:** 13.49 Chewuakii Knighten (Locke, Los Angeles)

1984. **Senior:** 13.41 Gail Devers (Sweetwater, National City) 1984.

13.41	Gail Devers (Sweetwater, Nat'l City)-1	1984
	at Los Angeles	
13.49	Chewuakii Knighten (Locke, LA)-1	1984
13.59	Wendy Brown (Woodside)	1984
13.65	Carrie Franklin (Muir, Pasadena)	1985
13.71	Mariene Harmon (Thousand Oaks)	1980
13.71	Sheriffa Sanders (Berkeley)-1	1981
13.74	Yvette Bates (Berkeley)	1982
13.75*	Kris Costello (Lynbrook, San Jose)-2	1978
13.76	Lana Cantrell (Muir, Pasadena)-1	1985
13.80	Aladrian Hunter (Dorsey, LA)	1981
Hand timing:		
(* 33 inch hurdles)		
13.4	Judy Young (Berkeley)-1	1980
13.4	Carrie Franklin (Muir, Pasadena)	1985
13.5*	Lorna Tinney (Oceanside)	1972

300 Meter Hurdles

State Meet Record: 40.90 Leslie Maxie (Mills, Millbrae) at Los Angeles 1984. **Frosh:** 43.68 Jansene Vickers (Pomona) 1984. **Soph:** 41.91 Gayle Kellon (Walnut) 1981. **Junior:** 40.18 Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 41.45 Gayle Kellon (Walnut) 1983.

40.18	Leslie Maxie (Mills, Millbrae)-2	1984
	at Berkeley	
41.09	Gayle Kellon (Walnut)-2	1982
41.44	Michelle Taylor (Ganessa, Pomona)	1984
41.54	Linnetta Wilson (Muir, Pasadena)	1985
41.78	Ronda Brooks (Oakland)	1985
42.25	Audrey Williams (Saugus)-1	1981
42.26	Gail Devers (Sweetwater, NatCty)	1983
42.36	Lana Cantrell (Muir, Pasadena)	1985
42.37	Sheriffa Sanders (Berkeley)	1981
42.50	Janice Farwell (Millikan, LB)	1984

High Jump

State Meet Record: 6-2 Latrese Johnson (Clovis) at Sacramento 1985. **Frosh:** 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980. **Soph:** 6-0 1/4 Sue McNeal (Carlsbad) 1978. **Junior:** 6-2 Latrese Johnson (Clovis) 1984. **Senior:** 6-2 1/4 Latrese Johnson (Clovis) 1985.

6-2 1/4	Latrese Johnson (Clovis)-1	1985
	at Sanger	
6-2 1/4	Wendy Brown (Woodside)-1	1984
6-1	Sue McNeal (Carlsbad)-1	1979
6-1	Tonya Mendonca (Mt. Whit., Visalia)-1	1983
6-0	Karen Lysaght (St. Fran, Sacto)-1	1980
6-0	Yleana Carrasco (Anaheim)	1985
5-11 1/2	Tonya Alston (Chico)-1	1979
5-11	Kathy Hamilton (Beyer, Modesto)	1979
5-11	Maggie Van Zealand (Acalanes, Laf)	1981
5-11	Katrina Johnson (Marshall, LA)-2	1981
5-11	Ursula Lovely (Kennedy, La Palma)	1985

Long Jump

State Meet Record: 20-9 1/4 Wendy Brown (Woodside) at Los Angeles 1984. **Frosh:** 20-7 Dora Lee Roberts (Riverdale) 1971. **Soph:** 20-8 Wendy Brown (Woodside) 1982. **Junior:** 20-8 1/2 Jodi Anderson (Washington, LA) 1975; **Senior:** 20-9 1/4 Wendy Brown (Woodside) 1984.

20-9 1/4	Wendy Brown (Woodside)-2	1984
	at Los Angeles	
20-8 3/4	Kim Attlesey (Corona del Mar)	1971
20-8 3/4	Mariene Harmon (Thousand Oaks)-1	1980
20-8 1/2	Jodi-Anderson (Washington, LA)-3	1975
20-7	Dora Lee Roberts (Riverdale)	1971
20-7	Gail Devers (Sweetwater, NatCty)-1	1984
20-5	Gwen Loud (Westchester, LA)-1	1979
20-4 1/2	Carrie McLaughlin (Davis, Modesto)	1979
20-3 1/4	Joanna Harper (Fremont, LA)	1980
20-2 1/4	Denise Paschal (Lowell, SF)	1986

Triple Jump

State Meet Record: 42-10 1/2 Wendy Brown (Woodside) at Los Angeles 1984. **Frosh:** 39-7 Gayle Wadsworth (Hawthorne) 1982. **Soph:** 40-1 Wendy Brown (Woodside) 1982. **Junior:** 40-8 Wendy Brown (Woodside) 1983. **Senior:** 42-10 1/2 Wendy Brown (Woodside) 1984.

42-10 1/2	Wendy Brown (Woodside)-3	1984
	at Los Angeles	
42-5 1/4	Yvette Bates (Berkeley)	1984
40-9	Sheila Hudson (Rio Linda)-1	1985
40-2 1/4	Renita Robinson (Manual Arts, LA)	1983
39-11 1/2	Jackie Anderson (Mt. Miguel, SpViy)	1985
39-9 1/2	Janis Diggs (Salinas)	1984
39-8	Camille Robertson (Redlands)	1984
39-7	Gayle Wadsworth (Hawthorne)	1982
39-7	Carole Jones (Chino)	1983
39-6	Gail Devers (Sweetwater, NatCty)	1984

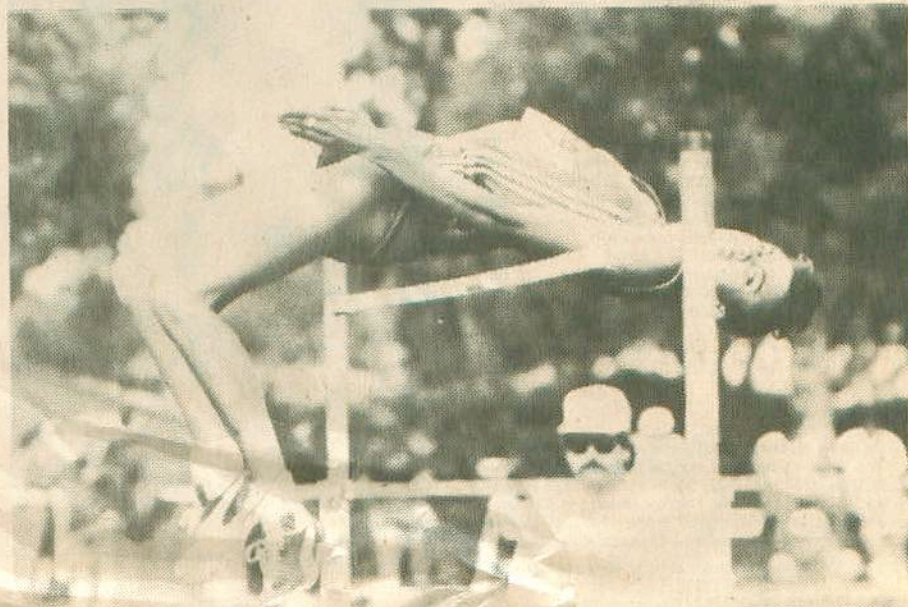
Shot Put 4k

State Meet Record: 52-7 Natalie Kaaiawahia (Fullerton) at Bakersfield 1983. **Frosh:** 48-4 1/2 Natalie Kaaiawahia (Fullerton) 1980. **Soph:** 52-4 1/2 Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 52-2 1/2 Natalie Kaaiawahia (Fullerton) 1982. **Senior:** 53-7 3/4 Natalie Kaaiawahia (Fullerton) 1983.

53-7 3/4	Natalie Kaaiawahia (Fullerton)-4	1983
	at Norwalk	
50-3 1/4	Lynn Graham (Muir, Pasadena)	1985
50-0 1/2	Emily Dole (Buena Park)	1975
49-6	Kathy Devine (Mission Bay, SD)-2	1974
48-11 3/4	Susie Ray (Villa Park)-1	1980
47-11 1/2	Iva Wright (Edison, Fresno)	1971

continued on next page...

Fine Flicks by Don Gosney



Latrese Johnson

Prep Notes

47-9 1/4	Debra Corley (Garces, Bakersfield)	1981
46-11	Elaina Oden (Irvine)-1	1985
46-9	Dot Jones (Hilmar)	1982
46-9	Latonia Floyd (Oakgrove)	1984
46-9	Heidi Adams (Mission Viejo)	1985

Discus

State Meet Record: 172-11 Leslie Deniz (Gridley) at Berkeley 1980. **Frosh:** 144-11 Leslie Deniz (Gridley) 1977. **Soph:** 162-10 Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 175-10 Leslie Deniz (Gridley) 1979. **Senior:** 183-11 Leslie Deniz (Gridley) 1980.

183-11	Leslie Deniz (Gridley)-2 at Lancaster	1980
174-9	Natalie Kaaiawahia (Fullerton)-2	1983
167-5	Jacque Norton (Mission Viejo)-1	1982
167-1	Laura DeSnoo (Washington, Frmt)	1981
164-10	Karen Nickerson (Cordova, RanCord)	1982
162-11	Kim Kesler (Vintage, Napa)	1983
162-2	Lil III (Nogales)-1	1985
161-6	Linda Langford (Leigh, San Jose)	1969
159-1	Stacy Hom (Cordova (RchCdv)-1	1984
158-7	Toni Lutjens (Righetti, SM)	1983
158-4	Christi Pyle (Hoover, Glendale)-1	1978

400 Meter Relay

(*440 yards minus 0.23)

State Meet Record: 45.13 Berkeley (King, Ware, Johnson, Rodgers) at Norwalk 1981.

45.11	Hawthorne-1 at Walnut (Wheeler, Grant, Amy, Stiles)	1985
45.13	Berkeley-1 at Norwalk (King, Ware, Johnson, Rodgers)	1981
45.23	Muir (Pasadena) (Cantrell, Miller, Wilson, Franklin)	1985

45.42	Dorsey (LA)-1 (Stewart, Peterson, Rolfe, Dawkins)	1982
45.81	Kennedy (Granada Hills)-1 (Howard, Thompson, Howard, Howard)	1980
45.91*	Crawford (San Diego)-1 (Young, Gaston, Reed, Lovelady)	1977

Fine Flicks by Don Gosney



Jacque Norton

45.99	Hawthorne-1 (Allen, Price, Burrell, Grant)	1984
46.01	Berkeley	1979
46.06	Poly (Long Beach) (Evans, Smith, Randolph, Paige)	1980
46.14	Dorsey (Los Angeles)	1981
46.15	Hawthorne-1 (Burrell, Grant, Allen, Hill)	1983
Hand Timing (* = 440 yards minus 0.2)		
45.7	Berkeley (Rodgers, Ware, King, Young)	1980
45.9*	Berkeley	1979

1600 Meter Relay

(*mile minus 1.1)

State Meet Record: 3:37.71 Kennedy (Granada Hills) (Howard, Cook, Johnson, Howard) at Norwalk 1981.

3:37.69	Muir (Pasadena)-1 at Walnut (Cantrell, Caddell, Franklin, Wilson)	1985
3:37.71	Kennedy (Granada Hills)-1 at Norwalk (Howard, Cook, Johnson, Howard)	1981
3:37.98	Kennedy (Granada Hills)-1 (Howard, Cook, Howard, Howard)	1980
3:38.65	Locke (Los Angeles)-1 (Giddens, Culliver, Sims, Knighten)	1984
3:39.07	Manual Arts (Los Angeles) (Holland, Wright, Jackson, Bonty)	1981
3:39.83	Poly (Long Beach) (Rambo, Randolph, Smith, Paige)	1980
3:40.59	Compton (Bennett, Watson, Hull, Bialock)	1984
3:41.21	Hawthorne	1985
3:41.33	Berkeley (Rice, King, Johnson, Rodgers)	1981
3:41.72	Dorsey (Los Angeles)-1 (Willis, Peterson, Rolfe, Dawkins)	1982
3:42.79	Manual Arts (Los Angeles) (Holland, Jackson, White, Wright)	1980
3:43.0*	San Geronio (San Bernardino)-1 (Howard, Howard, Howard, Howard)	1979
3:43.26	Ganesha (Pomona) (Savage, Robinson, Taylor, McGraw)	1982

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SoCal Diary

By BILL MINARIK

SoCal Cross Country Preview

PAC 10

Consistent Oregon appears to have another tittlet this year with surprizing Arizona as the runner-up. Washington State is a tough team to handicap as they are usually so small and potent that they can go from NCAA Champions to not even having a full team on the addition or loss of one athlete.

- | | |
|------------------|----------------|
| 1 Oregon | 6 Stanford |
| 2 Arizona | 7 Oregon St. |
| 3 Washington St. | 8 Washington |
| 4 UCLA | 9 USC |
| 5 Cal | 10 Arizona St. |

PCAA - Men

Fresno State is definitely the class of the conference with 2nd place up for grabs. I'll give San Jose State the edge over UC Irvine which is coming off of probation.

- | | |
|-----------------|------------------|
| 1 Fresno St. | 5 UCSB |
| 2 San Jose St. | 6 Utah St. |
| 3 UC Irvine | 7 New Mexico St. |
| 4 CS Long Beach | 8 CS Fullerton |

PCAA - Women

- | | |
|-------------|----------|
| 1 UNLV | 3 Hawaii |
| 2 UC Irvine | 4 UCSB |

CCAA - Men

CPSLO appears to be on top here, however there should be quite a battle for 2nd.

- | | |
|-------------------|------------------|
| 1 CPSLO | 5 CS Bakersfield |
| 2 Cal Poly Pomona | 6 UC Riverside |
| 3 CS Northridge | 7 CS DominguezHI |
| 4 CS Los Angeles | 8 Chapman |

CCAA - Women

- | | |
|------------------|------------------|
| 1 CPSLO | 5 UC Riverside |
| 2 CC Pomona | 6 CSDominguez HI |
| 3 CS Northridge | 7 Chapman |
| 4 CS Bakersfield | |

SCIAC - Men

As usual this will boil down to a battle between Oxy and Pomona-Pitzer with the Bengals given a slight edge this time around.

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

UCAC

Stanford appears to be the class of the conference with UCLA a strong 2nd.

- | | |
|---------------|-----------------|
| 1 Stanford | 5 San Diego St. |
| 2 UCLA | 6 USC |
| 3 Arizona | 7 CS Long Beach |
| 4 Arizona St. | |

Community College Men

Taft appears to have the beef to challenge for the Cross Country title this year, with perennial state tittlet Grossmont and 3 metro conference powers in close pursuit.

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

Community Col. Women

El Camino appears to have another powerhouse here with Mira Costa right on their heels.

- | | |
|--------------|----------------|
| 1 El Camino | 4 Mt. SAC |
| 2 Mira Costa | 5 Santa Monica |
| 3 East L.A. | |

NAIA Dist. III Men

Azusa Pacific showed their guns by winning the National Track & Field Championships, but I'll go with Point Loma in the long distances.

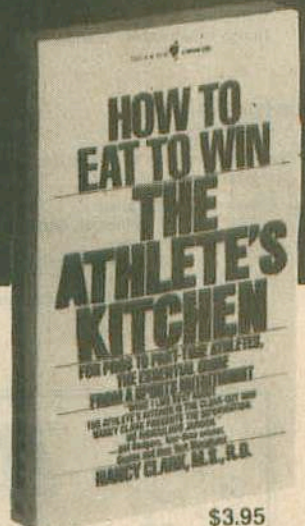
- | | |
|----------------|-----------------|
| 1 Point Loma | 3 Azusa Pacific |
| 2 Cal Lutheran | 4 Westmont |

NAIA Dist. III Women

Still in its early stages of development at most District schools, women's cross country success is built on numbers. Azusa Pacific gets 'em out.

- | |
|-----------------|
| 1 Azusa Pacific |
| 2 Point Loma |
| 3 Westmont |

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—Bill Rodgers



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WHEN MAN FIRST RUNS ON THE MOON...



Technique & Training

By ROY STEVENSON

Running Safely in the Heat

With the hot summer months upon us, it's important that we review the one factor that can seriously endanger our lives whilst we are out running; The Heat.

According to the statistics, heat is the single most serious threat to a runner's health, when taking into account heat injury and fatalities as a combined figure. (It ranks above runner's accidents with cars and frostbite). Even elite athletes have been known to have heat problems. It is no coincidence that Salazar and Bill Rodgers perform poorly under conditions of high heat and humidity. In 1978 Alberto Salazar had the last rites administered to him after suffering from heat exhaustion in a 7 mile road race. And who could forget the pitiable sight of Gabriella Anderson-Scheiss staggering around that last lap of the Olympic women's marathon in 1984? It was only a few years ago that a president of the U.S.A., Jimmy Carter, collapsed during a 10K road race.

In fact it is the semi-conditioned rank and file runner who is the most susceptible to heat problems for a variety of reasons. Even "mere" dehydration can lead to unconsciousness or death if allowed to advance to the next stages of Heat Stroke or Heat Exhaustion.

Let's look at the factors that can combine to cause heat problems for you. They are air temperature, air movement, humidity, direct exposure to the sun, the intensity and duration of your run, and your previous exposure to heat (acclimatization).

We can generally tolerate temperatures as high as 80-90 degrees F. because we can sweat as much as 2 liters per hour, and dry air evaporates most of this sweat. However, as humidity increases, less sweat is absorbed by the already saturated air (vaporization) and we have problems tolerating the ensuing build up of body heat.

The greater the air movement around us, the greater the cooling effect on us. This is because moving air currents enhance evaporation of water. A headwind facilitates evaporation, however a tail wind reduces air flow over the body and actually reduces sweat evaporation.

Direct sunlight can cause a rapid rise in body heat by elevating the skin temperature. This can cause problems because the skin temperature must always be at least 2 degrees F. cooler than your core temperature. When this gradient is

decreased, your skin can act like an insulating blanket.

The intensity and length of your workout obviously contributes to stress produced by heat. When we exercise our body heats up. Our bodies aren't particularly efficient in this respect. Seventy Five percent of our expended energy is turned into heat. Thus, the faster and/or longer we run, the higher the heat load placed on the body.

The amount a runner has previously been exposed to heat (acclimatization) is also a factor concerning our adaptation to it. We can partially adapt out thermoregulatory mechanism, but never completely.

This inability to totally adapt is the bottom line for us. We have to realize that heat will always be a major limitation to endurance activities. Unfortunately, several hundred runners find this out the hard way, every summer. For some, it is a fatal experience.

To be able to prevent or minimize our chances of getting heat problems it is useful to have a basic understanding of what happens physiologically under hot conditions.

As shown from the earlier examples even fit runners can only tolerate a narrow range of internal (core) temperatures. The good news is that a fit person can tolerate a higher internal core temperature than an inactive person. For this reason heat problems usually arise when a runner is not adequately conditioned for a race, or pushing him/herself beyond their limits.

When we get a combination of two or more of the previously outlined sources of heat, the risk of heat injury increases correspondingly. The most formidable combination are simultaneously elevated heat and humidity levels. This mixture places an extra burden on the Cardiovascular and Thermoregulatory systems. It's not coincidence that runners with undetected cardiac problems "choose" hot races to collapse in!

For example, an air temperature of 60 degrees F. with 95% humidity can be more dangerous than a dry temperature of 85 degrees.

In addition, people respond quite differently to heat; therefore adjustments to exercising in the heat should be made on an individual basis.

For most runners though, our bodies try to maintain a 2 degree F. difference between skin and core temperature. The skin



temperatures can fluctuate, but it should always be at least 2 degrees F. cooler than the core temperature.

But, with higher heat and humidity levels, combined with the heat produced by exercise, it becomes more difficult for the body to maintain this difference. This is where the sweating mechanism kicks in. Sweat evaporates to cool the skin. This is the most effective means of eliminating any internal heat load which has built up.

Heat from the body core is carried by the blood to the skin, where as we have learned, it evaporates. Thus the blood is cooled and returned to the body's core. Unfortunately, when the skin absorbs heat faster than sweat evaporation can cool it (due to the previously mentioned reasons), we start running into problems.

The Hypothalamus (thermostat center in the brain) detects this discrepancy and responds by dilating the blood vessels in the skin to permit more blood to flow under the skin to be cooled. It also makes the heart beat faster to pump more blood to the surface, and causes the sweat glands to produce more sweat (to cool the skin).

Then a vicious competition for blood ensues between the brain (which needs 25% of heart output to function), and the working muscles which need more blood but are getting less and less. It is here that inexperienced or foolish runners make a big mistake. Instead of slowing down, they keep pushing themselves. Not wise!

By continuing to push, the runner worsens his/her current stage of dehydration. With this increased sweat loss, the plasma becomes thicker and more viscous, causing the heart to pump harder.

Continued sweating without adequate fluid ingestion amplifies these demands on the circulatory system, which are by now becoming intolerable. At this stage you are now a prime candidate for heat exhaustion, and, if you ignore these signs, heat stroke.

Usually running performance declines about here, putting pressure on the imprudent runner to pick up his pace. Then the competition for blood becomes unbearable and the circulatory system and Hypothalamus shuts down. Blood pressure

□ Technique & Training

drops. Unconsciousness. Maybe death.

This is called heat stroke. It doesn't sound like a pleasant experience does it?

Now that you understand the mechanisms involved in heat injury (hyperthermia) you need to be able to recognize it in yourself or others around you. Warning signs of heat exhaustion include: dizziness, profuse sweating, weakness, dehydration, parched throat and hot red skin.

Warning signs of heat stroke are: headaches, dizziness, disorientation, nausea, pale dry skin, decrease in sweating, fatigue, blurred vision, pounding head, fainting and tingling sensation (goose bumps) on the trunk.

Treatment of Heat Exhaustion

1. Do not try to run through these symptoms!
2. Stop!
3. Find shade and pour water on yourself (or the victim).
4. Seek medical help as soon as possible.
5. Raise your legs to get blood to the brain (raise heels 8" to 12").

Helping a Victim of Heat Exhaustion

6. Keep victim lying down.
7. Give victim cold water to drink for 1 hour.
8. Loosen clothing.
9. Sponge bare skin with cold water or rubbing alcohol.
10. Use fan or air conditioner to create cooling draft.

Treatment of Heat Stroke

1. 1-6 as above.
2. Treat for shock. (shock = a condition resulting from a depressed state of many vital body functions). Do not cover the victim with blankets.
3. Take immediate measures to cool the body quickly. Such as: If the temperature is over 105 degrees F, undress victim (using bath towel to preserve modesty).
4. Sponge bare skin with cold water or rubbing alcohol.
5. OR apply cold packs continuously.
6. OR place victim in tub of cold water.
7. OR rub victim with ice.
8. Use fan or air conditioner to create draft.

Prevention of Heat Problems

Here is some advice on how to avoid heat injury.

As a rule males handle heat less efficiently than females, as do larger people who have less cooling surface for their weight than slim people. It pays to be aware of these factors.

Food digestion interferes with the blood supply to the working muscles, so avoid large breakfasts before a long distance race.

On hot or humid days don't start too fast for your current level of fitness. Don't push yourself beyond your limits under these conditions. You must know your current fitness and be adequately conditioned for your race—if you aren't, you shouldn't be competing. There will always be more 10K's around.

Wear light colored clothing which breathes well and repels the sun's rays. Don't run in races organized by amateurs unless they have adequate medical

assistance at the start/finish and along the course.

If your life is jeopardized by poor medical coverage at a race you have a right to demand your money back!

You can usually tell a "mickey mouse" race because it will be scheduled at mid-afternoon or late morning, presumably so that you can "enjoy the nice day". I ran in a race in Creswell, Oregon, two years ago which started at 2:00 p.m. in 85 degree F June weather. The race director (a supposed "physical educator") thought the heat was great and told us at the start to "enjoy the lovely weather". He wasn't so amused at the finish!

The American College of Sports Medicine in its excellent position stand of "Prevention of Thermal Injuries During Distance Running" has some first class recommendations for race directors to follow. In my opinion, any race director who does not follow these guidelines is negligent. One of the key points is that "races should be organized to avoid the hottest part of the day". Summer events in the hotter and more humid parts of the country should be scheduled before 8:00 a.m. or after 6:00 p.m. to minimize solar radiation. However, in cities with moderate climates like Seattle, any start before 10:00 a.m. should be safe. (Beware of those "freak" days though).

The ACSM also lays down recommendations for the wet bulb globe temperature (WBGT) which is a temperature/humidity index. Race Directors should have an exercise physiologist or sports medicine physician on hand as advisor for hot days. The ACSM also maintains that "an adequate supply of water should be available before the race and every 2-3 km during the race". Runners should be encouraged to consume 100-200 ml at each station.

Let's discuss drinking liquids. The best advice I can give you is to drink lots of cold water before, during and after your training and racing efforts. Make sure you eliminate excess water from the bladder a half hour before you run, then drink 200-500 mls 15 to 20 minutes before show time.

Also attempt to drink at least one cup of water about every 21 minutes during the run. Don't wait for your thirst response to indicate that you need fluids. It will be too late. You could even be dehydrated by then. You practice drinking during your training runs to get used to it. (If you live in the mid-west or east coast this is necessary for survival anyway).

Keep your body wet. Research has shown little physiological benefits in terms of reduced body temperature from icing, sponging and running through showers, etc. But the temporary relief makes this practice well worth it. I have also found that putting ice under my cap and letting it melt is quite refreshing.

A further precaution to ensure your safety during the hot/humid weather racing and training might be to run with a partner, and keep an eye on each other.

It is also not advisable to compete if you have been sick recently, prior to the competition.

On hot muggy days don't try to stick to your planned distance, and be prepared to cut back if conditions are dangerous. Also try to run in cooler shaded areas on excessively hot days.

For acclimatization purposes, attempt to run at least three days per week in conditions similar to those you will race in. If you can't do this, then avoid races held in the heat of the day. Early morning and evening runs will not fully prepare you to tolerate the midday heat. You know the old saying: "If you can't stand the heat, stay out of the kitchen".

Allow 10-14 days of slowly progressive running to adjust to the heat. The benefits of acclimatization are less perspiration at a given workload, and less elimination of electrolytes in your sweat. Also be aware that running in heat burns more calories in the form of muscle glycogen, than cold weather running. Adjust your diet correspondingly.

Now to debunk a few myths.

Salt tablets are not necessary if you are sweating heavily in hot weather. In fact, recent research has indicated that the chloride in salt has a counterproductive effect to acclimatizing to hot weather running. It can actually inhibit your body's ability to deal with heat stress.

Alcohol should be avoided before running in hot weather. It has a diuretic effect on the body and contributes to dehydration.

The use of rubber or nylon sweat suits on hot days is an extremely dangerous practice. Presumably people follow this practice because of the supposed weight loss associated with heavy sweating. This weight loss is primarily fluid loss and is replaced within an hour or two after the run when you drink water.

Lastly, there is nothing "macho" or intelligent about depriving yourself of water on your racing and training runs. In fact, this practice is usually detrimental to performance, and can even lead to heat injury.

For those of you who insist upon electrolyte replacement drinks, they are far too concentrated and can lead to gastric upsets during competition. These products (ERG, Gatorade, etc.) can be diluted 200-300% for adequate effects and also save you money.

Through this coverage of the types of heat which can cause you problems, it is hoped that you will be more familiar with them. Recognition is half the battle to dealing with heat problems.

It is hoped that the description of what happens to us on the physiological level will give you further insight into the mechanisms of heat injury. Of most importance is a basic knowledge of how to treat the victim of heat injury, and the precautions you can take to avoid these problems altogether.

Good luck and enjoy your summer running safely!

Roy Stevenson is a New Zealander who has been running competitively for 17 years. He is head cross country coach at Shoreline Community College in Washington and has a Masters Degree in Exercise Physiology from Ohio University.

Improving Marathon Performance

When you've progressed to the point where you not only want to finish the marathon but have a time goal, some different elements are added to your training program. To improve *endurance*, you increase the long run to a final run a few weeks before the race of 28-30 miles. For *speed*, you run repeat miles, 20-30 seconds faster than race pace, to get used to the hard sustained effort of the marathon.

Starting with five one-milers (walking a few hundred yards between each) you increase by 1-2 miles each session until you run 13 one-milers in your last speed workout two weeks before the race.

These workouts are strenuous and should be performed on alternate weeks. This gives you six days of easy running between each of the hard days.

It is the long run that develops endurance and the repeat miles that develop speed, so run slowly on the long ones. Your goal on the other days is to recover from the stress days. Social runs, easy runs, scenic routes can be planned for these in-between sessions.

Form. Runners of all levels can benefit from form drills—non-strenuous accelerations—twice a week.

During the Race

Pace. In your first marathon, don't worry about time. Just run to finish. Staying on your feet for 26 miles is a feat in itself. Then, after a marathon or two, you'll have an idea of what you can accomplish and you may want to run for time.

When you *do* have a time goal, run an even-paced race.

During the first 15 miles, run no faster than the pace you want to average for the entire race. If, after 15 miles, things are going well, you can increase your pace by five seconds per mile.

Run your own race. The marathon is a contest between your will and your resources. Try not to get carried away by the competitive spirit, especially early in the race. Remember that most time goals are lost by going out too fast in the beginning.

Water. Drink at each water stop—at least one cup on cool days and two cups when it's hot. Be sure to drink at the early water stops, even if you're not thirsty; it's common for runners to become dehydrated even before feeling thirsty.

Cramping. If you feel your legs cramping in the latter stages of the marathon, *don't stop* at water stations—or at any other time. Instead sip your water while you jog very slowly. This keeps the muscles working in harmony. When you stop completely, the blood pools, circulation slows, and cramping and stiffness may increase.

Recovery After the Marathon

- **Immediately after race:** Walk 1 mile.
- **Later that afternoon:** Walk 3-5 miles.
- **Remember Foster's Rule:** A 26-mile race requires 26 days rest.
- **Until "vest days" have been served:** Walk/jog for same number of minutes usually run on average days (before you started the speed section of your marathon program).
- **Long runs:** 12-14 miles about 10 days after marathon; 20+ miles about 21 days after race.

MARATHON GOAL: TO FINISH

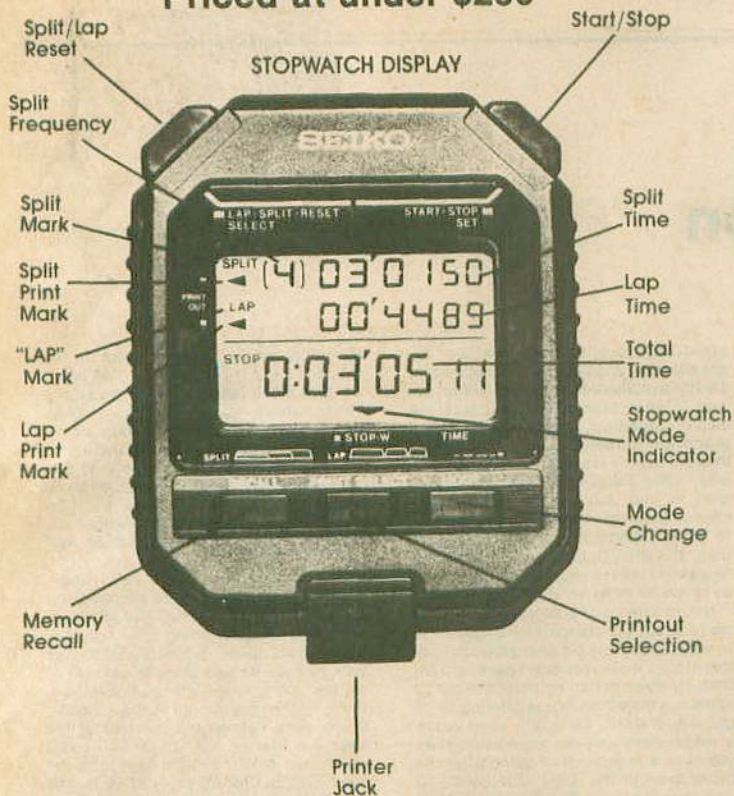
Week Number	Mon	Tue (Form)	Wed	Thur (Form)	Fri	Sat	Sun
1	0-2 m.	2	0-2	2	0-2	0	2
2	0-2	2	0-2	2	0-2	0	3
3	0-2	2	0-2	3	0-2	0	4
4 easy	0	3	0	2	0	0	4
5	3	0-2	4	0-2	3	0	5
6	0-2	3	0-2	4	0-2	0	6
7	4	0-2	3	0-2	4	0	7
8 easy	0	4	0	3	0	0	8
9	4	0-2	3	0-2	4	0	9
10	0-2	4	0-2	4	0-2	0	10
11	4	0-2	4	0-2	4	0	11
12 easy	0	4	0	4	0	0	8
13	4	0-2	4	0-2	4	0	12
14	0-2	4	0-2	4	0-2	0	6
15	4	0-2	4	0-2	4	0	14
16 easy	0	4	0	4	0	0	7
17	4	0-2	4	0-2	4	0	16
18	0-2	4	0-2	4	0-2	0	8
19	4	0-2	4	0-2	4	0	18
20 easy	0	4	0	4	0	0	9
21	4	0-2	4	0-2	4	0	20
22	0-2	4	0-2	4	0-2	0	10
23	4	0-2	4	0-2	4	0	22
24 easy	0	4	0	4	0	0	11
25	4	0-2	4	0-2	4	0	24
26	0-2	4	0-2	4	2	0	12
27	4	0-2	4	0-2	2	0	26
28 easy	0	4	0	4	0	0	13
29	4	0-2	4	0-2	4	0	12 easy or 5k race
30	0	4	0	2	1	0	Marathon!

This program is not designed for speed, but for finishing a marathon comfortably and with reduced injury risk. Hence there will be no hills or speedwork in your training program. Thousands of runners have followed this program and successfully completed marathons. As you can see, it's quite a bit different from other marathon training schedules; the unique features are the low daily mileage and the long run every other week. Shown here is a 30 week program. This assumes that your current long run is 2 miles. If your long run is longer than this, start with the week that has your current long run in it.

26 Miles, 385 Yards? The first marathon was run at the Olympic Games of 1896 from the village of Marathon to Athens, a distance of about 40 kilometers. In subsequent Olympics, the distance was roughly the same, varying slightly from year to year. In the London Olympics of 1908, the Princess of Wales was to start the race and it was decided to begin on the lawn at Windsor Castle so the royal grandchildren could see the start. The distance to the finish line at Shepherd's Bush Stadium? You guessed it: 26 miles, 385 yards and it's remained the same to this day.

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3. Places: printed to "99" then start again at "0"
4. Printed Data: printed out immediately as measured, or printed later from the memory function of the stopwatch

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

1984  9 25
START  9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 89
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 89
8-0:30'52 80
    
```

```

1984  9 25
START 10:00
SPLIT / LAP
1-0:00'45 38
0:00'45 38
2-0:01'30 48
0:00'45 10
3-0:02'16 36
0:00'45 88
4-0:03'01 23
0:00'44 87
    
```

Applications

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Racing Report

San Francisco Marathon

By RICHARD LEE SLOTKIN

July 21. San Francisco.

Ric Sayre's friends had been kidding him for about a week before the marathon. He had won a local race in his home town of Ashland, Oregon on July 4th. The girl who had taken first in that race was Kristi Jacobsen of Denmark, one of the better runners from that country. Sayre had met her in New Zealand at a marathon and they met again at the Cascade Run-off in Portland. She told him that she would be running San Francisco and that she and her boyfriend would be driving down from Portland. So, Sayre invited them to stop off at Ashland and spend a day or two as his guests, and, in the meantime, entered her in the race, much to the disgust of the local ladies. Like, what chance did they have now?

Anyway, after the race, Sayre's friends started in with the you-guys-won-here-and-you-guys-are-going-to-win-there routine. Well, for Jacobsen, that was probably a pretty safe bet. For Sayre, though, it was more like wishful thinking. I mean, like, was a guy who is running in the 2:15 to 2:18 range going to beat Gidamus Shahanga? This guy's an Olympian from a country that has more talent than some

continents. Shahanga only has a PR of 2:10:19, only 3 minutes better than Sayre's.

Then, there was Paul Cummings, nothing but speed. A couple more Kenyans one with a 2:11:48 and the other with no marathon experience, but with awesome 10K times, and this is the age of the 10K ace turned awesome marathoner.

Well, it was fun, maybe even a bit encouraging, but, forget it guys. If he could make the top ten, or maybe even the top five, well, that would be just fine. Just high enough to get at some of the prize money.

Oh yes. San Fran joined the club and had some bucks available for the fast folks. First place was worth an \$18,000 Audi 4000S Quattro, male and female. Even tenth got you enough to pay the rent, especially if you live in Ashland, and if Sayre did get 5th, the thousand dollar check that went with it would not only pay the rent but would take care of the groceries, tune up the car, take the family to a movie and supply a week's worth of beer for his optimistic but misguided friends. That's in Ashland of course. In L.A. it might have paid the rent. The guys

would have to bring their own beer. As you can see, Ashland is not exactly L.A. It's not exactly San Francisco either, except in one respect, and that was the magic ingredient that made Sayre's chances a lot better than he thought or than his friends really knew. You see, it is cold in San Francisco most of the time, even in mid July. A bit like Ashland maybe. Certainly closer to Ashland than to Kenya. Maybe not as cold as Orem, Utah, but then Cummings was claiming he wasn't really in shape and only intended to run 20 miles as a workout.

Not to change the subject away from the race, but Cummings, nice a man as he is, was just a little bit disingenuous with that story. I mean, you don't pack up from Utah, fly down to San Francisco to run 20 miles in a marathon that is offering an 18 grand Audi 4000S. Especially when you're a world class athlete. Especially when you have a reputation of going after the bucks even to the point of jeopardizing your chances for an Olympic medal. No, I think Cummings was serious about going the whole way... and doing it very quickly.

Well, things didn't go as well as they might have at this year's San Francisco

Marathon; not for Cummings, not for the Africans and not for the marathon itself. Oh, they didn't have any major disasters. The portable toilets were all there. It was people that they had a shortage of. Instead of the usual 10,000 or so, there were less than 7,000 officially registered runners at the start. And there were a few no shows in the elite category. But, the crowd was still big enough to where you couldn't miss it. And the weather held out.

Just before the start, Gary Fanelli came up to the press truck and made an announcement. Fanelli is becoming an institution here, running the first ten miles in his Blues Brothers outfit. This year, he said, he was going to set his hat on fire. Well, when the gun went off, there, right in the middle of the Africans, Sayre, Jose Gomez and the rest of the boys was Elwood, but, so far as I could see, no fire. Now, he might have done the deed later, but for all those of us on the press truck would know, Godzilla and Rodan might have eaten the first thousand runners. The powers that were, in their very finite wisdom, decided that the press truck would race to four or five preselected locations on the course and we would make do with that. We wound up going to only three and by that time we were so far behind the leaders that we would have missed the finish if we had tried to get to the other spots. As it was, we got to point number three, the entry to Chinatown, too late to see the leaders. Fortunately, someone had a transistor radio and we have some idea of what was going on from the race coverage over the radio. And, how do you think they were getting their coverage? They had a reporter, plus former winner Pete Pflitzinger, in a station wagon riding along in front of the leaders.

Exactly where we should have been. Would have been at most any other race. Used to be at this one.

Oh well.

So, at eight o'clock, right about on schedule, the gun was fired and the mob surged. Despite the fall off in size, there were enough people jamming the wide John F. Kennedy Drive in Golden Gate Park to cause those lining up as far forward as the 3:15 to 3:30 (expect finish time) sign to lose a full 45 seconds by the time they crossed the start line. Leading the festivities was Jose Gomez, accompanied by the Kenyans, Shahanga, the Blues Brother, sans firey fedora so far, Sayre, Cummings, a few no-names and some of the local talent. A little further back, Jacobsen was pushing ahead of all the other women, except for Nancy Ditz. Ditz, a former winner here, wasn't sure what she was going to do. She entered at the last minute, to the delight of race director Scott Thomason and elite athlete liaison Mike Fanelli (yes, they are brothers, but not Blues Brothers), but she didn't really expect to run the whole thing. She said she'd see how she felt at 10 miles. She ran in second place for about that far, decided she didn't really have a good marathon in her yet, and called it a day.

photo by Richard Lee Slotkin



Brad Hawthorne
3rd Overall - 1st California

photo by Richard Lee Slotkin



Kirsti Jacobsen
Women's Winner

photo by Richard Lee Slotkin



Ric Sayre
Men's Winner

Gomez was the point man for the early going, taking the pack through a 4:37 1st mile. We saw him with about a step lead at 2 1/2 miles. I don't know why he does that. Jose is a very good runner, but he's Jose, not Rodolfo. He goes out front all the time and seems to pay for it most of the time, finishing at least a bit further back than he ought to, given his talent. Anyway, he was being closely tailed by the Kenyans, Sammy Ngatia (with a PR of 2:11:48) and Joseph Kipsang, plus Shahanga, a Tanzanian, and about six others including Sayre and Cummings. By about 8 miles the Africans had taken the lead, followed by Cummings in 4th. Ngatia and Kipsang were in front with Shahanga appearing to be playing it cagey a few steps behind. As usual, because it was below 90 degrees, actually, it was more like 55 or 56, Shahanga was wearing a T-shirt. He doesn't like it to be cold.

At this time, Sayre was well off the pace, but hoping. Coming through China Basin, crossing the drawbridge, just a bit over 10 miles, it was still Ngatia with Kipsang, both just ahead of Shahanga. The time was 51:21. Not especially fast. Twenty seconds later came Cummings along with Domingo Tibadulza and Sam Sitonik, another African. Then, nothing. At 52:55, Jose came by, quite out of contention already, and 20 yards behind him came Monte Brothwell, who ended up in 10th place and the last money winner. Somewhere in there was a skinny red head from Ashland.

A few minutes later, Joel Hope, who took second two years ago came by and stopped. Still weak from Grandma's Marathon just a couple of weeks earlier, he had had enough and hopped into the press truck for a ride back to the finish line and his dry sweats.

We got to Chinatown too late for the leaders, as I said but we did see Sayre come by, looking okay, but, like who knew? So, who really paid any attention? At 1:12:00, Jacobsen pushed up the sharp hill and swung around the corner into C-town. Sixteen seconds later, last year's runner up, Karen Dunn went by. This was somewhere around 12 to 12 1/2 miles into the race. A local hot shoe Janine Aiello, 3rd at Bay to Breakers this year, came along, really struggling. The hill at this point is steep but it was also quite early; too early to be laboring. This was Aiello's first marathon and things weren't going well. Why? Who knows why? Even she wasn't sure, although she had stomach cramps by then. She dropped out at about 15 miles. She wasn't the only one. Sam Sitonik, another African and one of the early favorites, also dropped out, a bit before Aiello, at the half marathon point. Boy, things really weren't going so well for this year's edition of the San Francisco Marathon. Slowish time for the leaders, high attrition among the seeded runners, smaller than usual crowd and... well, at least the port-a-potties were there.

One very striking thing at Chinatown was a small group who were playing drums, cymbals and operating a pair of small dragons, apparently signalling good luck to the runners. It seemed rather inspiring, and some of the runners agreed, although many said they were having too much trouble with the hill to appreciate it. I suppose that's the kind of thing that's best appreciated by the middle and back of the pack runners. Anyway, I thought it was one of the best support groups I've seen anywhere.

Meanwhile, the race continued. By 1:37:00, the two Kenyans had about a 40 yard lead on Shahanga and almost a half mile on Cummings in fourth. If that be the case, where in hell was Sayre? I mean, he's going to win this thing and he's not even over the county line yet.

Now things seemed to move a bit faster. Things, not the runners. By 23 miles, Ngatia was leading, going by in 1:58:30, Kipsang nearby. Shahanga was

now 50 yards back, and if he was playing it cagey, he was overdoing it. In fact, he had overdone it. He had overdone something because he was about to drop his pace drastically. So, for that matter were the Kenyans. Cummings wasn't doing so hot either, but he wasn't going to fold. However, by now, Sayre had him in sight and although he had written off the Africans... hal ha! Little did he know... he felt quite sure he could reel in Cummings, maybe take 4th or so.

Then came the snocker. For the first time, at 2:07:30, it was announced over the P.A. at the finish line, where the press had been cooling its collective heels for about an hour, that Ric Sayre had taken the lead. Who? Sayre? Where did he come from? What happened to the Africans? To Cummings? To ANYBODY??? What the hell was Sayre doing in the lead. Okay, so the Kenyans went out too fast and would have to pay a price. But when you have a 50 yard lead at 23 miles, you can afford to slow down a bit and pull your parts back together. And when you've got a half mile lead on 4th as Shahanga did, geez, you can stop and have a cup of coffee if you want to. And Sayre wasn't even in fourth.

Well, that's why they run these things. You can't call your time in; you have to go out and do it. Ngatia was in the process of coming to terms with his marathon. Kipsang, if you can believe it, was out. Less than three miles to go to an almost certain \$750 and maybe even a grand, and he was gone. Shahanga was fading just as badly and would not break 2:20:00.

Sayre found himself in the lead at about 24 miles and was in a state of total disbelief. "This is a mistake," he told himself. "There's got to be somebody else up there. They're not looking right or something." And that was only the half of it. As he passed each of the Africans in turn, he was almost shocked to see that they were WALKING! He passed Kipsang at about 23 miles; Shahanga at 24; and then, hallelujah! Ngatia at about 24 1/2.

Okay. So now he was in first and there was still over a mile and a half to go. Behind him was an explosive kicker, a sub-four miler by the name of Cummings. Was he worried? "... a little bit..." but I thought it could be anybody. There were enough good people for somebody to come back so easily."

That wasn't to be. Sayre held his pace, he never really picked it up, and that was all he needed to get the win. Time was 2:15:08, slowest they've had on the new course, but the fastest they had this year. Worth that new red Audi and airfare to the Houston-Tenneco Marathon. Cummings came by about a minute and a half later. Coming through the last 200 meters he looked a little lackadaisical, saw the finish line, perked up for about 25 yards and then seemed to sink back into what looked like, for him, a jog. Two minutes later, third place came along. No not Ngatia, not a resurging Shahanga... we already told you of his fate... but Brad Hawthorne, running his second ever marathon and, to the pleasure of the crowd, a local boy from nearby Pleasant Hill. Then came Ngatia in 2:19:17, and Shahanga was 5th in an almost embarrassing 2:20:20. Well, he did finish, and in a time that 95% of the running population can't even dream about and earned a thou for his trouble. A thousand bucks can ease quite a bit of the sting of running a poor race.

Robert Nelson was the first master, finishing in 2:30:25 and was 25th overall.

Meanwhile, there was a women's race going on, too. Like the men's race, it was also a slow one. Jacobsen had hoped to be in the low 2:30's but found that she just couldn't hold the 5:45 pace that she had planned. Her boyfriend thought that the cool weather may have been a factor, but she herself didn't say. All she knew was that when she tried to pick up the pace, nothing happened. Karen Dunn also had a minor case of the slows, running 2 minutes slower than she ran here

last year. Last year, she went out too fast and paid for it later. This year, she planned to be more conservative early and reel folks in later. That worked for a while, and by 15 miles she moved into second, passing Patti Catalano. Catalano has been running well again as of late but she was having foot trouble today and wound up coming in 5th, literally limping, but with a 2:43:37, not bad, considering the foot and the marathon she had run only six weeks earlier, in the 2:30's yet. Meanwhile, Dunn was trying, but Jacobsen was maintaining, and Laurie Binder was gaining. So was Chariet Gilbert. Binder, who stays tough year after year, took third and Gilbert PR'd for 4th. San Diego's Oonagh Bruni ran the marathon of her life to take 8th place, get a PR by over 4 minutes to pick up a check for \$500. She said she was really feeling good with 3 miles to go. Early in the race she was as far back as 15th, but toward the end was picking up a lot of places, not to mention bucks. In the last 4 miles, she picked off three F's, the first of which was worth that \$500. The other two were insurance.

And Sandy Kiddy, 16th overall was the 1st female master, with a 2:56:23. Sandy is more inclined to the ultras, so this was just a speed workout for her.

So, that was it. Interesting, even exciting. True, the times weren't great, but they could have been. The talent was there, the weather was right, the course pretty good. Just one of those things, I suppose. For Ric Sayre, it was a great day. His best win anywhere in terms of prestigious races. For sure, his best payday. He was the only person on the course, it seemed, that ran his own race; and it paid off. I said to him afterwards,

"Ric, I saw you take second at Long Beach two years ago and you were a wreck. Here you won, in a faster time and you look great. Funny what a win does." He laughed and said, "The win does something. It gets the adrenaline going and you feel good... I'll probably feel it in a couple of days but actually, this is the best I've ever felt after a marathon." Small wonder.

Top 100 - Men

1	Ric Sayre, Ashland, OR	2:15:07
2	Paul Cummings, Provo, Utah	2:16:33
3	Brad Hawthorne, Pleasant Hill	2:18:39
4	Sam Ngatia, El Paso, TX	2:19:16
5	Gidamis Shahanga, El Paso	2:20:19
6	Stephen Barlow, San Antonio	2:20:48
7	Dennis Kurtis, Cupertino	2:20:55
8	Jeffrey Sharp, Eugene, OR	2:21:09
9	Domingo Tibadulza, Reno	2:21:55
10	Monte Brothwell, Bellevue, ID	2:21:58
11	Jim Walker	2:22:11
12	Coty Pickney, Stanford	2:22:25
13	Mike Pinocci, So. Lake Tahoe	2:22:51
14	Dave Charlez, Fair Oaks	2:24:41
15	Mike Williams, Arcata	2:25:48
16	No Name	2:26:07
17	Alan Dehlinger, Reno	2:26:13
18	Chris Pierson, Vallejo	2:26:22
19	John Mansoor, Fair Oaks	2:26:48
20	John Francis Grabowski, AZ	2:29:02
21	Albertus Reimer, Mt. Lehman BC	2:29:19
22	Emil Magallanes, Seaside	2:29:30
23	Jack Martinez, Stanford	2:29:52
24	Tim Loftos, San Antonio	2:30:01
25	Robert Nelson,	2:30:25
26	Martin Rizzo, Portola	2:30:56
27	Uintana Rodriguez, Mexicali	2:31:04

continued on next page...

Marathon Runners Tour of New Zealand

October 21 to November 6, 1985

- A 15 day tour of New Zealand for Marathon Runners and friends.
- Highlights of the tour include running the Hamilton International Marathon.
- 8 days sightseeing tour of North Island of New Zealand.
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For Itinerary and Further Information call:
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28 No Name	2:31:20	61 Tom Sloan, S.F.	2:38:01	94 Thomas Bennett, NevadaCity	2:43:13	24 Marina Boiler-Hoyt, Burnsville	3:02:12
29 Weston Press, Los Altos	2:31:26	62 Rudy Munoz, Reno	2:38:38	95 Dennis Urtiaga, UnionCity	2:43:25	25 Gigi Luthala, MenloPk	3:02:28
30 John Yeong, S.F.	2:31:31	63 Kenny Stumpf, ChulaVista	2:38:44	96 Skip Rochefort, LaJolla	2:43:31	26 Joan Reiss, Sacramento	3:04:11
31 No Name	2:31:45	64 No Name	2:38:57	97 Robert Lopez, LaHabra	2:43:47	27 Twyla Willis, Greenbrae	3:04:25
32 Enrique Castro, L.A.	2:31:50	65 Jim West, Hayward	2:39:06	98 Gerald Burke, MillValley	2:43:50	28 Anne Hamilton, Millbrae	3:05:10
33 Roberto Mendez, S.F.	2:32:00	66 George O'Connor, Piedmont	2:39:13	99 John McIntosh, Redding	2:43:58	29 Paula Beard, S.F.	3:05:18
34 Joseph Schieffer, Oakland	2:32:10	67 Joe Gassmann, Hawthorne	2:39:41	100 Joe Cavanaugh, Lafayette	2:43:57	30 Cindy Cohagen, SanDiego	3:05:50
35 John Skeels, Berkeley	2:32:20	68 Dan Alarid, ElkGrove	2:39:43			31 Kim Rupert	3:06:40
36 Thomas Iredale, Spokane	2:32:30	69 Steven Hastings, SanDiego	2:40:05			32 Marlou Heavner	3:06:45
37 Art Menchacha, Tucson	2:32:38	70 Jay Uretsky, L.A.	2:40:07			33 Debbie Sawyer	3:07:58
38 Bill Frazier, SanBruno	2:32:46	71 Lon Kincannon, S.F.	2:40:19			34 No Name	3:08:02
39 No Name	2:33:07	72 Mike Steinberg, Denver	2:40:27			35 Theresa McCourt	3:08:25
40 Juan Rivera, Mexicali	2:33:14	73 No Name	2:40:31			36 Debbie Vispo	3:08:45
41 Jack Toepfer, Ft. Carson, Col	2:33:20	74 Anthony Bebbington, AZ	2:40:33			37 Donna Troyna	3:08:48
42 No Name	2:33:50	75 Not Available, Irving, TX	2:40:38			38 Leida Lux	3:09:03
43 Douglas Chan, Mt. View	2:34:09	76 No Name	2:40:42			39 Carrie Morrison	3:09:24
44 No Name	2:34:20	77 Jose Luis Hinojosa, Mex.	2:40:48			40 Susan Eisenberg	3:09:34
45 Mark Williams, Los Altos	2:34:59	78 Ronald Navarrette, Plac.	2:41:12			41 Marsha Stephanik	3:11:54
46 Cesar Sabogal-Mora, NY	2:35:21	79 Bill Dunn, Campbell	2:41:23			42 Barbara Mayer	3:13:14
47 James Harris, Saratoga	2:35:30	80 Barry Giblin, Verona, NJ	2:41:33			43 Cindy Hart	3:13:39
48 Doug Berbara, Modesto	2:35:41	81 Jerry Wittenauer, Stanford	2:41:34			44 Susan Bryan	3:13:49
49 No Name	2:35:43	82 Cory Cooper, San Jose	2:41:49			45 Lauren Morse	3:14:17
50 Lawrence McKendall, S. Clara	2:36:07	83 Robert Coyle, Sacto	2:41:56			46 Flora Burke	3:14:20
51 Barry Starkey, Hayward	2:36:09	84 David Urbina, Hemet	2:41:58			47 Denise Bedford	3:14:57
52 Charles Maroney, Mt. View	2:36:12	85 Michael McGie, Chico	2:42:03			48 Michele Schwartz	3:15:27
53 Dan Rueckert, SanAnselmo	2:36:35	86 Don Rich, Mechanicsville, GA	2:42:07			49 Vioia Phillips	3:15:31
54 Mark Adams, S.F.	2:36:48	87 Alexander Zygaczenko, Eureka	2:42:27			50 Sharon O'Connor	N.T.
55 Jim O'Brien, SanDiego	2:37:19	88 Glenn Weichart, Austin, TX	2:42:30				
56 No Name	2:37:21	89 Perry Hayden, Reno	2:42:34				
57 Bob Goralka, Davis	2:37:29	90 Daniel Hollis, Plinoe	2:42:37				
58 Kenneth Grebenstein, MillVly	2:37:40	91 Michael Schweska, Berkeley	2:42:42				
59 Steve Ottavay, SanAnselmo	2:37:49	92 Tom Eng, Novato	2:42:52				
60 Steven Burke, Carlsbad	2:37:55	93 Jay Helgerson, S.F.	2:42:54				

Overall Results - Women

1 Kirsti Jacobsen, Copenhagen	2:38:02
2 Karen Dunn, Durham, NH	2:39:17
3 Laurie Binder, Oakland	2:40:14
4 Charlet Gilbert, Richmond	2:42:37
5 Patti Catalano, Boston	2:43:36
6 Ann Trason, Berkeley	2:48:01
7 Luanne Park, Chico	2:48:26
8 Donagh Brunl, Encinitas	2:49:20
9 Josita Morales-Baer, Bishop	2:50:53
10 Allison Unterreiner, SanCarlos	2:51:43
11 Lena Hollmann, Carrboro, NC	2:53:04
12 Rosalba Tibafulza, Reno	2:53:40
13 Debra Sharp, PortHueneme	2:54:34
14 Anita Johnson, Mt. View	2:55:36
15 Pam Burkas, Monterey	2:56:20
16 Sandra Kiddy, PalmSprings	2:56:23
17 Chris Iwashashi, Davis	2:57:03
18 No Name	2:58:00
19 Sherry Simmons, Lomita	2:58:23
20 Yumi Takahashi, S.F.	2:58:51
21 Maribeth Duffy, SanRafael	2:59:23
22 Susan Schapiro, Berkeley	3:00:42
23 Hilary Naylor, Oakland	3:00:58

Jones Intercable

"Cable Stars" 10K Run

By GREGOR ROBIN

August 10, Oxnard.

On a long straight road in an agricultural section of Oxnard, Bill Rodgers was testing Redondo Beach native and 4:03 miler Bob Leitch with little surges and an aggressive race in the third annual Jones Intercable "Cable Stars" 10K run, on August 10.

Leitch, 23, a burly runner in Adidas attire led the race until he neared the five kilometer mark. Then Rodgers, who had been content to sit back and wait, caught the ex-Kansas State 1500 meter man and ran with him until about five miles where Rodgers' surges finally made Leitch surrender for second.

Rodgers was running alone now, headed for a first place finish. His grey running outfit, with colorful designs interrupting its formal look, provided a beautiful contrast to the green fields of vegetables stretching out to his right.

It was quiet, that's the first impression one gets of Rodgers' running when there isn't a cheering crowd around. Silence and a graceful stride. Squinting eyes, fair skin and a lightness of foot unmatched by anyone in running, that's Bill Rodgers.

Except for the hum of a van carrying a television camera crew and a few bicyclists riding nearby, Rodgers was silently striding toward the tape, which he hit in 29:03.

Watching Rodgers race starts one thinking about so many stories. The Olympic Trials in 1976, when he and Frank Shorter, (also at the Oxnard race) ran so smoothly together before Shorter surged, to finish first.

You think of Boston, not just the race but the town. And all the millions of people who's acknowledged before and after races. Rodgers stands for years of racing experience, the running boom, and many people's epitome of athletic greatness.

To see him cover ground so lightly, so gracefully, it's like watching a carefully

planned ballet.

The race attracted 456 runners. It was one of the 25-27 races Rodgers plans to compete in for the year.

Rodgers, Shorter, Von Kardons, Jeff Galloway and Amby Burfoot were invited to the race and each runner competed. Shorter ended up sixth running 30:18, 12 seconds faster than the time he said he wanted to run. Kardons completed the race in about 31 minutes while the other heroes of distance running past finished further back.

The day before the race Shorter and Rodgers were relaxing at a hotel in Ventura. Shorter was the first to be interviewed. Sandy Schultz, the race promoter, walked into the interview room and said Shorter was ready and he'd be in in a minute. Rodgers would come in later, looking more glassy-eyed and fatigued, yet just as cooperative.

When Shorter walked in and sat down in the comfortable chair, he was ready to talk, ready for a look into the past and a few predictions of the future.

In his yellow running shorts and t-shirt, the tanned 38-year-old gold and silver medalist in the Olympic marathon looked fit, happy and very alert.

He said he's been traveling to two races a month, at the most. His training now consists of 50-miles a week running and five hours a week of aerobics and exercise bicycle training in his hometown of Boulder, Colo. He looked like his lifestyle has been good to him. After all, who wouldn't be happy being flown out of Boulder to classy races to be housed in the best hotels, and wine and dined in the best restaurants?

"I like the West Coast," Shorter said when asked if he'd ever think of moving here. "I have a friend who lives in Ojai. I like the weather, the vegetation and the air. I'm a warm weather person. I like the

sun. But my business is in Colorado. I would consider moving to this area for a while to get away from my business."

Throughout the interview, Shorter expressed discontent about the time he must spend with his business interest. He said he'd rather be training like the old times.

"I think the goal as I approach 40 is to spend two to three years to prepare," he said. "Go into semi-retirement in

Shorter said he knew it would be a long road back to peak fitness. It is easy to talk about, but doing it is another thing altogether.

"I wish I was sitting here telling you just how fast I'll be running instead of what kind of training I should be doing," he said. "I'd rather be able to sit here and say I'll run 28 to 30 minutes tomorrow."

But those kind of times, even for Shorter, require devotion, which he says he hasn't been able to find time for. But he doesn't look back and wish for things that can't be.

"Part of my whole orientation is not to live in the past," he said. "That goes along with my whole training to begin with. It went along with school and running. But once you get to 35 and you are injured you lose focus. It's not just the act of training, it's the whole focus. But I don't look back and reminisce."

"Whatever level I find myself at, I'll be

photo by Gregor Robin



At the starting line (left to right): Gary Tuttle, Tracy Smith, Bill Rodgers, Frank Shorter, Mickey Mouse.

business, try and get back into it. I'd kind of like to live for it again - training and racing. Working for a living is really heck on your racing."

He said that he enjoyed seeing what he could do off the lower mileage and supplementary workouts.

"It's interesting to see how I can do," Shorter said. "I've been away from racing for so long, I'm itching to get back."

very competitive. Tomorrow I'll try 30:30. I'll try and achieve my goal."

Shorter did look back and talk about the incredible amount of training he did before his gold medal run.

"A big week was probably 170 miles at 8,000 feet in altitude," he said of his training the year before the 1972 Olympics. "That's training three times a day sometimes and intense speed training

three times a week. That was the peak. The average for the year was 140 a week."

Shorter said his training was only part of his buildup for the sold medal.

"So much isn't just training," he said. "It's rest and recovery, 10 hours sleep and having time to recover."

Recovery time is something Rodgers, 37, doesn't need as much as most world class runners, Shorter said.

"I'm amazed that he is able to race as much as he does," Shorter said. "Bill is able to run a great number of very good races in a row. He does use races as workouts, (while) I would peak for a race."

Shorter said world marathon record holder and 1984 Olympic champion Carlos Lopes, 38, or Portugal trains the Frank Shorter way.

"He's a peaker," Shorter said. "He's a lot like I am. He runs only a few races a year and trains hard. Peakers have a better chance in the Olympics."

"In a sense I think Bill is saying, 'Gosh, I wish I could be able to peak that way,' and I'm sitting here wishing I could run that many (quality) races."

"You look at Lopes and say, 'Gosh, how does he do it?' Well, that's all he does. He had not been hurt for four years."

Shorter said peaking includes, "consistency, a schedule, faith and experience. The temptation to avoid is deviating from the program."

On the problems of handling his success, the publicity and the demands, Shorter said it didn't trouble him.

"It never bothers me," he said. "Most people are nice. I've been in business for 10 years, I see the good side of people. I see people at their best."

"People want to interact. They want to learn. You can teach people. Most people want to learn something from you. I don't mind that."

Shorter said he thinks one reason for the lack of success for American marathoners in the 1984 Olympics and in general is money.

"Most (top) American athletes race too much," Shorter said. "They race for money. That's OK. Money's fine. But in endurance sports money alters the perspective. To have good success in long distance you don't race very much. Even I am a victim of that."

He said there was a long way to go before American runners get out of the pattern.

One thing that saves him from over-training is the hard easy system which goes back to the Bill Bowerman days at Eugene, Oregon, where his friend and 1972 Olympic marathon fourth place finisher Kenny Moore ran.

"Bowerman told Kenny, (who would have hard days of up to 30-plus miles) that if Kenny didn't run five miles on his easy days he'd take away his scholarship."

On his Olympic experience, and if he feels he is different than the average person, Shorter said:

"I think certain personalities gravitate to certain sports. I was lucky to have the desire and be blessed with the body type. I was a downhill skier but found out very fast I didn't have the mentality. I was chicken. Running you have to go to the limit and stay just this side without going over the edge, unlike downhill racing where you go over the edge," he said.

He is still excited by the sport and is impressed with the athletes involved.

"There is a certain commonality," he said of the lifestyle. "I'm training because I want to. I get satisfaction and reduce stress. The nice thing about looking at us (Rodgers, Shorter, Kardons, Galloway, Burfoot) at 35-years-old is you can see we're all fit. I'm the kind of guy who sees three people running down the street in the same direction and I jump in and say, 'Where are we going?'"

Shorter had done a run with Rich Castro of Nike, another reporter and Burfoot earlier in the day. As he stood up get-

ting ready to leave the interview room he was asked how far they went.

"Thirty five minutes, five miles," Shorter said, as if it wasn't anything to brag about. "We're beyond the point of exaggeration!"

As Rodgers accompanied race promoter Schultz into the empty interviewing room, save one reporter, he asked, "How's the coffee?"

He didn't drink any during the interview, probably planning ahead for the nap he'd take afterwards.

photo by Gregor Robin



Bob Leetch - 2nd overall

Rodgers said he was content with his lifestyle in Sherborn, Mass. where he and his wife Gail have a home. He did say he almost moved to California in 1973, but felt intimidated because he didn't have a job or a place to live here.

"New England is where road racing began," Rodgers said. "Boston is the No. 1 city in the world for running. You see runners everywhere."

Rodgers sat in the same chair where Shorter had reclined and glanced at the reporter's pad of paper while he spoke freely about his life and running experiences.

His wife is expecting their first child. He plans to run the upcoming New York Marathon in October. He said he'd race nearly every weekend until the weekend before New York, leading up to his second marathon this year. He placed second in the New Jersey Waterfront Marathon in 2:14:46 a few months ago.

He ran the fastest time he's ever run on the course at the Bix-Seven Miler on July 27 (32:59) to place second behind Mark Curp, so Rodgers is still in the hunt.

"I think it was my best race so far in 1985," he said. "I was sort of surprised."

The basic distance work and speed work is what keeps Rodgers competing with the best. He says the training is tough, as always.

"People often think that running isn't hard," Rodgers said. "I almost never feel good on my training days. I go to a track

workout and don't believe I'm going to do it."

The way he overcomes the constant pains and strains is to tell himself to just "Do the best I can."

He's averaged 105 a week for the past six weeks, with a big mileage week of 120, he said. He does five to 10 miles of speed-work each week also.

A factor that is affecting his racing is the change from races having appearance money to having prize money for placing.

"One thing that's harder is a lot of races I was invited to had appearance money, (now) they have prize money," he said. "I've run more races for free this year than in the past 10 years."

He and Shorter have started to change their racing preferences.

"I think we both got off the big race circuit," he said. "We both go to small races to promote them."

He's changed a few of his goals, although he plans on making his third attempt for an Olympic Marathon team in the 1988 Olympics.

"My goal is to do as well as I can considering I've run 43 marathons," Rodgers said. "I'll probably aim for the Olympics in 1988. I don't expect to make it. I'll be 40. But, I think with the exception of Carlos Lopes, I have a chance to be the best masters marathoner in the world."

He said he plans on attempting to better New Zealander Jank Foster's master's marathon world record of 2:11-when he turns 40.

Like Shorter, Rodgers tries not to look back too much.

"You do tend to look back, but it's kind of a negative thing," he said. "You say, 'Well I did well in '75 and ...' You have to be leary unless you make yourself more competitive (by looking back)."

Rodgers gave his impressions of Lopes' success and put a new light on the subject of the Lopes world record 2:07:11 and his Olympic title.

"Obviously he's very exceptional just as Viren," Rodgers said. "He is living in Europe. That system allows for more peaks. Also Lopes was out for three years with injuries. It gave him a mental break. And he had been there before."

Rodgers said that once Lopes achieved the success in the 1972 Olympics (he won a silver medal in 10,000), Lopes made his goals higher. The three injury years away from racing made him that much more hungry. Rodgers said he heard Lopes was unsatisfied with the silver medal, and that he probably stored the desire for the gold throughout the injured years.

On his own training, Rodgers said that training has always been natural to him. He lives for it, yet has it under control.

"I think it's not something that you have to force yourself to do," he said. "It's my personality, the type A, or aggressive type of personality. I didn't have goals, (when he started), in a certain sense you could say I ran for the 'love of it'."

Rodgers says the amount of racing he's doing now doesn't vary much from

when he was on top of the running pyramid.

"I have a heavy fall schedule, just like the old days," he said. "But the rest of the year is not intense."

When asked what he'd like to say to California runners he said they should do exactly what he was doing that next day on the open road in Oxnard.

"I hope your running goes smoothly," he said. "You want your running not to be too hard."

After the Jones Intercable 10K Rodgers could be found surrounded by smiling faced runners happy to be close to him and acting, as Shorter said, "at their best."

Shorter signed autographs also and then walked to a car to change his shoes.

When asked how the race felt, Shorter said:

"Good! I was right on my anaerobic threshold."

His next race - "I'll go run Fairmount easy."

As Rodgers signed more autographs, joked with young and old alike, third place finisher Gary Tuttle (29:38) of Ventura spoke of the race, one which he had made a bid to win by going out with Leetch early on.

"I wish I'd of been up there with them," he said referring to when Rodgers and Leetch were dueling at about 5 miles. "He (Rodgers) is a great runner at any age."

Rodgers kept signing autographs and spoke to a reporter about the race.

"I thought it was going to be Gary (Tuttle) but it turned out to be this other guy," he said. "It's always hard to go out and lead. He (Leetch) was very strong. Maybe he would have won if he had held back."

A nice compliment from Rodgers to another one of the hundreds of young athletes trying to catch their admiring glances at his own game.

Gregor Robin is a freelance writer and a 2:35 marathoner from Santa Barbara.

Overall Results - Men's 10K

1 Bill Rodgers	29:03
2 Bob Leetch	29:17
3 Gary Tuttle	29:38
4 Gordon Christie	30:05
5 Andy DiConti	30:14
6 Frank Shorter	30:18
6 Chuck Smead	30:47

Overall Results - Women's 10

1 Elaine Campo Triplett	37:08
2 Mary Ryzher	37:31
3 Pauline Brown	37:37
4 Kathleen O'Neill	37:37
5 Susan Lunt	37:39

Overall Results - Men's 5K

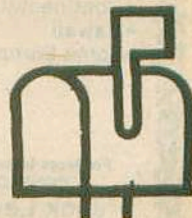
1 Steve Blum	15:48
2 Dave Babiracki	16:03
3 Dave Ortiz	16:05

Overall Results - Women's 5K

1 Anne Hayden	18:19
2 Claudia Morales	18:52
3 Terri Goodreau	18:54

Address Change?

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Results

Track & Field

Open & Age Group

Taco Bell Summer Games

July 13, Warnerdam Field, Fresno.

100 Meters (35-39) 1. Glenn Johnson 11.0, 2. Roger Trujillo 11.4, 3. Marvin Thompson 11.7. (50-54) 1. Phil Presber 11.7, 2. Jerry Stanners 13.0, 3. Tom Slaven 13.2, 4. Ray Griffin 14.9. (55-59) 1. Frank Corrales 14.8.

200 Meters (30-34) 1. Bobby Aragon 26.3. (35-39) 1. Glenn Johnson 22.5, 2. Steve Hardison 23.2. (40-44) 1. Dennis Duffy 23.6, 2. Dave Romain 25.6. (45-49) 1. Gary Carr 31.8, 2. Fred Enom 46.3, 3. Hugh Adams DNF. (50-54) 1. Phil Presber 24.8, 2. Tom Slaven 28.1. (55-59) 1. Frank Perales 31.3.

400 Meters (35-39) 1. Jerry Baladad 57.2. (40-44) 1. Dave Romain 53.8. (45-49) 1. Jerry Carr 1:10.4. (50-54) 1. Ray Griffin 1:02.3, 2. Tom Slaven 1:06.7. (55-59) 1. Frank Perales 1:12.6.

800 Meters (30-34) 1. Bruce Watkins 2:26.6. (35-39) 1. Ray Reyes 2:25.3. (40-44) 1. Dave Romain 2:00.9, 2. Fernie Montanez DNF.

110 Hh: (30-34) 1. Mike Saafir 16.4, 2. Gary Schmidt 16.8. (45-49) 1. Hugh Adams 15.8. (50-54) 1. Jerry Stanners 18.0, 2. Dave Douglass 19.6.

400 Hh: (45-49) 1. Gerald Tatham 1:15.3, 2. Hugh Adams 1:15.3. (50-54) 1. Jerry Stanners 1:15.3.

Discus: (30-34) 1. Gary Schmidt 116-6. **35-39:** 1. Mike Holzgang 90-9. (40-44) 1. Lloyd Higgins 168-5, 2. Jim Glinn 119-1. (45-49) 1. Richard Rodarte 121-11, 2. Gerald Tatham 99-2, 3. Jim Clark 91-2. (50-54) 1. Dave Douglass 101-11, 2. Jerry Stanners 90-5. (65-69) 1. Quinto Merlo 113-10.

Hammer: (40-44) 1. Lloyd Higgins 169-4. (50-54) 1. Dave Douglass 125-7.

Pole Vault: (30-34) 1. Regg Holbert 9-6. (35-39) 1. Steve Hardison 15-0, 2. Rich Ying 10-0. (40-44) 1. Mike Morris 12-0. (50-54) 1. Jerry Stanners 10-6, 2. Dave Douglass 8-6.

Javelin: (30-34) 1. Gary Schmidt 161-3. (35-39) 1. Mike Holzgang 133-1. (40-44) 1. Lloyd Higgins 182-4. (45-49) 1. Larry Stuart 207-5. (50-54) 1. Dave Douglass 106-8, 2. Jerry Stanners 101-6.

Long Jump: (30-34) 1. Mike Saafir 18-0½, 2. Gary Schmidt 17-10. (35-39) 1. Roger Trujillo 20-11½. (40-44) 1. John Lawson 17-0. (50-54) 1. Jerry Stanners 17-3.

Triple Jump: (35-39) 1. Roger Trujillo 43-9½. (40-44) 1. John Lawson 34-4. (50-54) 1. Don Smith 35-8¼, 2. Jerry Stanners 33-5.

Shot Put: (30-34) 1. Gary Schmidt 40-6. (35-39) 1. Mike Holzgang 33-7. (40-44) 1. Jim Glinn 43-4. (45-49) 1. Jim Clark 26-3. (50-54) 1. Dave Douglass 34-7, 2. Jerry Stanners 32-2. (65-69) 1. Quinto Merlo 40-0.

High Jump: (30-34) 1. Michael Saafir 6-8. (35-39) 1. Roger Trujillo 5-8. (40-44) 1. John Lawson 4-10. (45-49) 1. Gerald Tatham 5-0. (50-54) 1. Don Smith 5-2, 2. Jerry Stanners 5-0, 3. Dave Douglass 4-6, 4. Ray Griffin n.h.

110 Hurdles: 2. Malcolm Dunbar (Berkeley) 18.09.

400 Hurdles: 1. Albert Pride (Richmond) 56.76.

400m Relay: 1. Ventura County Track Club (Chambers, Gibson, Haris, Carnes) 43.39, 2. West Valley Eagles (Canoga Park) 43.6.

1 Mile Relay: 2. West Valley Eagles (Canoga Park) 3:30.15, 3. Grant Track Club, Richmond 3:32.2.

3000 Race Walk: 1. Hector Flores (San Jose) 15:21.9, 3. Joel Rapp (Ventura Co.) 19:34.5.

High Jump: 1. Luis Juico (San Jose) 6-10.

Pole Vault: 1. Brent Burns (Lafayette) 15-10, 3. Geoff Burke (Lafayette) 12-0.

Shot Put: 1. Ralph Orton (Porterville) 46-6½, 2. Ken Hoeflinger (Ventura Co.) 46-6, 3. Kevin Marks (Grass Valley) 45-10¼.

Discus: 1. Scott Paulson (San Bernardino) 138-6, 2. Ralph Orton (Porterville) 137-5, 3. Ken Hoeflinger (Ventura Co.) 135-11.

Javelin: 3. Ken Hoeflinger (Ventura Co.).

Young Women's Results

1500 Meters: 1. Angela Bonomini (Unat./Red Bluff) 4:44.24.

3000 Meters: 2. Wendy Knox (Unat.) 10:44.7, 3. Monica Daley (Los Gatos) 10:55.1.

100 Hurdles: 2. Jessica Casimir (S.F.) 15.16.

3000 Race Walk: 3. Jan Olsobrook (Forestville) 18:00.0.

Triple Jump: 2. Euphemia Neely (Long Beach) 35-7¼, 3. Christine Cerkel (Mill Valley) 35-4¼.

Javelin: 3. Lisa Johnson (Long Beach) 91-11.

Intermediate Girl's Results

100 Meters: 2. Nicole Devoe (San Jose) 12.57, 3. Stacey Rogers (Sacto) 12.58.

200 Meters: 1. Nicole Devoe (San Jose) 25.71.

800 Meters: 2. Angela Stearns (Los Gatos) 2:20.0.

1500 Meters: 1. Angela Stearns (Los Gatos) 4:48.69, 2. Kathy Dalton (Sonoma) 4:51.22.

3000 Meters: 1. Kathy Dalton (Sonoma) 10:29.4.

400 Relay: 3. Los Gatos AA 50.60.

1 Mile Relay: 1. Los Gatos AA (Ruiz, Jensen, Sprowl, Stearns) 4:04.44.

3000 Race Walk: 1. Sybil Perez (San Bernardino) 15:50.56, 2. Carolyn Holguin (San Bernardino) 17:04.20.

Triple Jump: 2. Lezli Jensen (Los Gatos) 36-1¼.

Shot Put: 3. Heidee Ruiz (Los Gatos) 34-7¼.

Javelin: 2. Brooke Reyes (Santa Barbara) 98-10.

U.S. Jr. Olympic Track & Field Championships

July 24-28, Husky Stadium, U of Wash. Seattle, WA.

Young Men's Results

200 Meters - Heat 1: 1. Fred McCoy (Indianapolis, Ind.) 21.80 (McCoy will attend Pasadena City College in the fall).

200 Meters - Final: 2. Fred McCoy 21.85. **1500 Meters - Heat 1:** 3. Eli Gonzales (Bakersfield) 4:02.16. **Heat 2:** 5. Matthew

Hopkins (Fredericksburg, VA) 4:04.95 (Hopkins placed 22nd in Kinney National)

1500 Meters - Final: 1. Matthew Hopkins 3:55.55, 5. Eli Gonzales 4:01.70.

5000 Meters - Final: 2. Mike Wall (Susanville) 15:13.75, 6. Roger Dix (South Lake Tahoe) 15:32.82.

10,000 Meters Road Race: 1. Andrew Libert (Honolulu, Hawaii) 33:09 (Libert finished 19th at Kinney Western.), 3. Russ Hill (San Jose) 33:52.

400 Hurdles - Heat 2: 5. Phillip LaCompte (Millbrae) 57.85.

3000 Meters Race Walk - Final: 7. Charles Hooks (Jamesville) 17:37.9.

High Jump - Final: 11. Gregory Brown (Elk Grove) 6-4.

Pole Vault - Final: 11. Jeff Juhaia (Antioch) 11-11¼.

Shot Put - Final: 5. Robert Strom (Sacto) 54-8¼, 13. David Lambert (Saratoga) 48-0.

Decathlon - Final: 17. John Bogler (Fresno) 5029. DNF - Mike Carpenter (Simi Valley) 2290 (4 events).

Young Women's Results

800 Meters - Heat 2: 1. Kelly Roark (Littleton, Colo) 2:17.87 (Roark will attend UCLA in the fall), 5. Jana Jarosz (Oakland) 2:29.17.

800 Meters - Final: 2. Kelly Roark 2:15.40.

1500 Meters - Final: 14. Sandrine de Marval (Portola Valley) 4:59.0(h), 16. Kim Himenes (Menlo Park) 5:05.4(h), 17. Jana Jarosz (Oakland) 5:09.7(h).

3000 Meters - Final: 10. Kim Himenes (Menlo Park) 10:43.3(h), 14. Sandrine de Marval (Portola Valley) 11:17.0(h).

100 Hurdles - Heat 1: 3. Jessica Casimir (S.F.) 15.22. **Heat 3:** 3. Staci Leach (Thousand Oaks) 15.85.

100 Hurdles - Final: 5. Jessica Casimir 15.15.

400 Hurdles - Heat 1: 2. Staci Leach (Thousand Oaks) 65.73.

400 Hurdles - Final: 8. Staci Leach 77.2(h).

4 x 800 - Final: 4. Woodside Striders 10:00.74, 7. Millbrae Lions TC 10:40.44.

Shot Put - Final: 10. Hannah Rehder (Santa Maria) 38-4½.

Discus - Final: 10. Christine Sexton (San Bruno) 121-9, 12. Lori Parker (Ramona) 120-11.

Javelin - Final: 1. Erika Wheeler (Sequim, Wash) 168-7 (better's Championship record of 165-10 by Lynda Hughes; Oregon in 1980)(Wheeler will attend Stanford in the fall), 11. Kary O'Malley (Bakersfield) 91-10, 14. Ashley Andean (Menlo Park) 67-1.

Heptathlon - Final: 11. Mara Konopasek (Sebastopol) 3801.

Intermediate Men's Results

1500 Meters - Heat 1: 1. Enrique Ryan (Honolulu, Hawaii) 4:03.55 (Ryan was the top freshman at Kinney Western).

1500 Meters - Final: 2. Enrique Ryan (Honolulu) 4:00.79.

5000 Meters - Final: 5. Steve Lopez (San Jose) 15:18.64.

10,000 Meters Road Race - Final: 1. Steve Lopez (San Jose) 33:49.

Pole Vault - Final: No Height, Patrick M. Alduenda (Pomona).

Triple Jump - Final: 8. Stephen Lewis (West Sacto) 43-0½ (+1.94 mps), 13. Timothy Young (Los Angeles) 41-3¼.

Javelin - Final: 9. Kenneth Haefflinger (Thousand Oaks) 148-11.

Intermediate Women's Results

100 Meters - Heat 2: 3. Shawnette Sapp (San Diego) 12.97.

Track City Int'l Classic

July 12-14, Hayward Field, Eugene, Or.

Young Men's Results

100 Meters: 1. Curtis Rogers (Sacto) 10.81.

200 Meters: 3. Ralph Banks (Ventura) 22.60.

400 Meters: 2. Ralph Banks (Ventura) 50.08.

1500 Meters: 2. Adam McAboy (Orinda) 4:02.63, 5. Mike Wall (Lassen TC) 4:08.

3000 Meters: 3. Adam McAboy (Orinda/Unat.) 8:44.5, 4. Mike Wall (Lassen TC) 8:45.0.

400 Hurdles: 3. Lonnie Crittenden (L.A.) 56.85.

400 Relay: 1. Philipians TC, Sacto. (Wynkoop, Rogers, Coleman, DeLeon) 42.5.

Pole Vault: 1. Brandon Richards (Unat./Santa Barbara) 17-0¼.

Long Jump: 3. Christopher Quilantang (Stockton) 21-2.

Shot Put: 2. Ken Lauther (Ventura Co.) 48-7¼.

Javelin: Marc Tourville (Unat.) 194-4.

Intermediate Boy's Results

100 Meters: 2. Quincy Watts (Canoga Park) 10.95, 3. Anthony Pack (Canoga Park) 11.01.

200 Meters: 1. Quincy Watts (Canoga Park) 22.32.

400 Meters: 2. Robert Harris (Ventura Co.) 50.39.

1500 Meters: 3. Haissam Sabra (Santa Ana) 4:04.41.

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Results

200 Meters - Heat 3: 5. Shawnette Sapp (San Diego) 26.55.

400 Meters - Heat 2: 4. Mary Sprowl (San Jose) 59.71.

800 Meters - Heat 1: 2. Joann Arnold (Palo Alto) 2:17.40.

800 Meters - Final: 6. Joann Arnold 2:19.97.

1500 Meters - Final: 3. Joann Arnold 4:49.76.

3000 Meters - Final: 11. Katy McCandless (Portola Valley) 11:03.4(h).

10,000 Meters Road Race - Final: 6. Angela Stearns (San Jose) 42:28.

100 Hurdles - Heat 2: 1. Effie Daetz (San Jose) 15.16.

400 Hurdles - Heat 1: 7. Sheryl Gwin (Santa Rosa) 74.1(h).

4 x 100 - Heat 2: 4. Los Gatos Athletic Ass'n., 49.36.

4 x 100 - Final: 5. Los Gatos AA 48.70.

4 x 440 - Heat 1: 4. Los Gatos AA 4:05.99.

4 x 440 - Final: 4. Los Gatos AA 4:01.08.

High Jump - Final: 15. Larissa Roostee (San Juan Capistrano) 5-1.

Long Jump - Final: 7. Lazli Jensen (Los Gatos) 17-5½ w (+4.76 mps).

Triple Jump - Final: 3. Lazli Jensen (Los Gatos) 36-5½ w (+3.06 mps).

Shot Put - Final: 7. Heidee Ruiz (Los Gatos) 36-7.

Discus - Final: 7. Laurie Edelbrock (Lompoc) 112-0.

Javelin - Final: 3. Ashley Seiman (Santa Ana) 127-0, 6. Laurie Edelbrock (Lompoc) 111-8.

Heptathlon - Final: 2. Heidee Ruiz (Los Gatos) 4157.

Northern Calif. Seniors Classic

July 20. Edwards Stadium, Berkeley.
Men's Results

100 Meters: (80 & O) 1. Robert Boothe 27.6. (75-79) 1. Fred Bierlein 17.8. (70-74) 1. Harry Koppel 14.4, 2. John Satti 15.2, 3. Alan Cranston 16.8. (65-69) 1. Sam Hoover 15.4. (60-64) 1. Bob Roemer 13.5, 2. Jim Johnson 14.1, 3. Bill Toaspen 14.9. (55-59) 1. Huel Washington 12.7, 2. Dick Marlin 12.7, 3. Vernon Regier 13.1. (50-54) 1. Phil Presber 12.2, 2. Richard Hansen 12.4, 3. John Poppell 12.8. (45-49) 1. Martyn Adamson 12.0, 2. Carlos Munoz 15.5. (40-44) 1. Dan Fitzsimmons 11.4, 2. Walt Butler 11.4, 3. John Hartfield 11.5. (35-39) 1. Fred Booker 11.0, 2. Norbert Payton 11.0, 3. Glenn Johnson 11.2. (30-34) 1. Akin Lewis 11.0, 2. Lee Larkins 11.4, 3. Roger Smith 11.9.

200 Meters: (55-59) 1. Huel Washington 26.6, 2. Dick Marlin 27.1, 3. Vernon Regier 27.2. (60-64) 1. James Warren 31.6. (50-54) 1. Phil Presber 25.5, 2. Richard Hansen 25.9, 3. Ed Mahany 26.8. (45-49) 1. Martyn Adamson 23.8, 2. Bill Knocke 24.0, 3. Ben Anixter 24.9. (40-44) 1. Dan Fitzsimmons 23.4, 2. Mel Brooks 24.2, 3. Bobby Simpson N.T. (35-39) 1. Fred Booker 24.3, 2. Glenn Johnson 24.6, 3. Ray Yeck 24.8. (30-34) 1. Ramon Vasquez 23.8, 2. Lee Larkins 25.0, 3. Charles Missouri 25.6.

400 Meters: (70-74) 1. Harry Koppel 1:09.9. (65-69) 1. Bob Hunt 1:08.8. (55-59) 1. Charles Rice 1:01.8, 2. Alex Pappas 1:03.8. (50-54) 1. E. Mehmedbasich 1:02.4. (45-49) 1. Martyn Adamson 52.8. (40-44) 1. Matthew Pruitt 50.9, 2. David Romain 52.0, 3. Clive Matson 56.7. (35-39) 1. Bernard Turner 53.9, 2. Dave Detlefsen 53.9, 3. Morris Turner 59.2. (30-34) 1. Ramon Vasquez 53.4, 2. Jerry Williams 53.4, 3. Alex Marchan 55.9.

800 Meters: (60-64) 1. Wallace Cole 2:42.6, 2. Don Wilgus 2:55.2. (55-59) 1. Aart Rackwitz 2:27.4. (50-54) 1. Pete Richardson 2:09.5. (45-49) 1. George Cohen 1:59.7, 2. Jack Hill 2:24.9. (40-44) 1. Robert Brown 2:02.3, 2. John Bulash 2:22.7, 3. Rick Fambriani 2:29.5. (35-39) 1. Bill McCarthy 2:05.0, 2. Michael Green 2:17.6, 3. Morris Turner 2:21.1. (30-34) 1. Phil Kay 1:57.6, 2. Robert Parks 1:59.1, 3. Jerry Williams 2:09.1.

1500 Meters: (75-79) 1. Fred Bierlein 7:43.1. (70-74) 1. Alan Waterman 8:00.2, 2. Harry Harder 6:12.7. (60-64) 1. Don Wilgus 8:04.0. (40-45) 1. Chris Looseley 4:12.3, 2. Gene Gilligan 4:29.4. (35-39) 1. Malcolm Scotchler 4:48.7.

3000 Meters: (75-79) 1. Wm. J. Monheit 18:02.7. (65-69) 1. Harry Harder 12:38.0, 2. Allan Waterman 12:39.0, 3. Tom McGee 13:25.9. (60-64) 1. John Gilkey 12:06.1. (55-59) 1. Dave Stevenson 10:30.2, 2. Don Pickett 11:27.4. (50-55) 1. Ray Hatton 9:10.2, 2. Ken Allen 10:17.2, 3. John Stayton 10:23.7. (40-45) 1. Harvey Franklin 9:08.2, 2. Neil Doherty 9:10.3, 3. Gene Gilligan 9:15.3. (35-39) 1. Allan Stanbridge 9:19.8, 2. Karl Romano 9:31.6, 3. Robert Gent 10:15.5.

100 Meter Hurdles: (65-69) 1. Bob Hunt 17.7. (60-64) 1. Bob Roemer 17.9, 2. Jim Johnson 19.5.

110 Meter Hurdles: (50-54) 1. Richard Hickman 17.3, 2. Mal Andrews 18.6, 3. Jerry Stanners N.T. (40-44) 1. Walt Butler 15.0, 2. Ted Cain 16.5. (30-34) 1. Michael Jones 16.1, 2. Gary Schmidt 16.9.

400 Meter IH: (65-69) 1. Bob Hunt 79.2. (45-49) 1. Hugh Adams 59.4DQ, 2. Bill Knocke 1:00.8. (40-44) 1. Ted Cain 58.1, 2. Michael Ackley 64.2. (35-39) 1. Don Roberts 60.3, 2. Stevon Schwartz 60.6.

4 x 100m Relay: 1. San Francisco T&F Club (Thoman, Isham, Demby, Bryant, Turner) 46.9, 2. St. George Track Club (Quilantang, Quilantang, Quilantang) 47.0.

4 x 400m Relay: 1. Pacific Bell (Missouri, Johnson, Vasquez, Parks) 3:37.5, 2. San Francisco T&F Club (Isham, French, Turner, Thoman) 3:46.7.

Shot Put: (70-75) 1. Ross Carter 45-5¼ WR. (65-69) 1. Jack Thatcher 39-2¼, 2. Hal Cronkhite 37-1½, 3. Hy Booth 35-0. (60-64) 1. Bill Toaspen 27-2½. (50-54) 1. Robert Beedle 36-10¼. (45-49) 1. James Hart 42-10, 2. R. Hotchkiss 40-1, 3. Joseph Orsini 26-9¼. (40-44) 1. Mickey Murray 37-10, 2. Roger Barisdale 27-7¼. (35-39) 1. Gary Kelmenson 37-5, 2. John Case 34-11, 3. Mike Holzgang 33-0¼. (30-34) 1. Gary Schmidt 38-10½.

Discus: (60-65) 1. Robert Boothe 68-4. (70-74) 1. Ross Carter 126-10, 2. Jim McCarthy 85-9, 3. Bill Walker 81-11. (65-69) 1. Hy Booth 132-9, 2. Jack Thatcher 114-7, 3. Hal Cronkhite 98-9. (50-54) 1. Perry O'Brien 179-0, 2. Bob Beedle 106-5, 3. Don Rose 102-8. (45-49) 1. James Hart 132-0, 2. Dick Hotchkiss 131-3, 3. Joseph Orsini 83-3. (40-44) 1. Mickey Murray 115-0, 2. Eric Westin 108-4. (35-39) 1. Gary Kelmenson 115-9, 2. John Case 101-10, 3. Mike Holzgang 94-7. (30-34) 1. Gary Schmidt 117-1, 2. Alex Marchan 107-7.

Long Jump: (70-74) 1. John Satti 12-1¼. (60-63) 1. Jim Johnson 15-10¼. (50-54) 1. Mal Andrews 16-9¼ w, 2. Jerry Stanners 16-8¼, 3. Ed Mahany 15-9¼. (45-49) 1. Darrell Horn 19-10w. (40-44) 1. John Hartfield 21-7¼, 2. Don Dvorak 17-5½. (35-39) 1. Frank Quilantang 17-3, 2. Tim Quilantang 15-4¼, 3. Rick Powers 14-2¼. (30-34) 1. Gary Schmidt 17-10¼, 2. Alex Marchan 17-7½, 3. Rich Quilantang 15-11¼.

High Jump: (70-74) 1. James McCarthy 4-2. (60-64) 1. Jim Johnson 4-4. (50-54) 1. Jerry Stanners 5-0, 2. Don Rose 5-0. (45-49) 1. Jim Brown 5-8. (40-44) 1. John Hartfield 5-10, 2. Don Dvorak 4-10.

Triple Jump: (70-74) 1. John Satti 24-1¼. (60-64) 1. Jim Johnson 29-0¼. (50-54) 1. Ed Mahany 29-7. (40-43) 1. John Hartfield 43-9½, 2. Don Dvorak 34-5¼. (35-39) 1. James Veilleux 31-1¼, 2. Jim Scileny 23-3¼. (30-34) 1. Gary Schmidt 35-10¼.

Pole Vault: (60-64) 1. Jim Johnson 9-0. (50-54) 1. Jerry Stanners 10-6. (40-44) 1. Bruce Hotelling 13-6, 2. (tie) Gary Lemen and Roger Werne 12-0. (35-39) 1. James Veilleux 11-6, 2. Rich Ying 11-8. (30-34) 1. Craig Boyak 14-6, 2. Leon Roach 14-0.

Javelin: (60-65) 1. Robert Boothe 55-4. (75-79) 1. Emery Curfice 99-4. (70-74) 1. Jim McCarthy 89-0. (65-69) 1. Hy Booth 85-8, 2. Dick Mack 83-8. (60-64) 1. Bob Roemer 129-1. (50-54) 1. Phil Conley 166-5. (40-44) 1. Mickey Murray 150-8, 2. Eric Westin 158-3, 3. Roger Barisdale 102-7. (35-39) 1. Mike Holzgang 137-11, 2. Bill Henderson 133-11, 3. Gary Kelmenson 115-11. (30-34) 1. Gary Schmidt 154-8.

Division Results - Women
100 Meters: (65-69) 1. Marjorie Hunt 23.4. (60-64) 1. Molly Jane Monheit 21.7. (55-59) 1. Shirley Dieterich 18.0, 2. Florence Stage 20.2. (50-54) 1. Irene Obera 13.2, 2. Marjorie Moore 18.2. (45-49) 1. Cherrie Sherrard 13.9. (35-39) 1. Janie Duff 14.4, 2. Maria Magana 15.6.

200 Meters: (55-59) 1. Shirley Dieterich 38.9. (50-54) 1. Irene Obera 28.3, 2. Marjorie Moore 38.8. (35-39) 1. Janie Duff 30.2, 2. Mary L. Nocietti 31.8, 3. Maria Magana 32.5.

400 Meters: (50-54) 1. Irene Obera 64.6. (45-49) 1. Almeta Parish 74.8. (35-39) 1. Janie Duff 66.2, 2. Mary L. Nocietti 73.1.

3000 Meters: (60-64) 1. Jaclyn Caselli 12:56.9. (55-59) 1. Ruth Anderson 12:34.8. (50-54) 1. Vicki Bigelow 10:54.6. (35-39) 1. Kathy Kennedy 11:08.5.

Shot Put: (45-49) 1. Cherrie Sherrard 32-6¼.

Discus: (55-59) 1. Shirley Dieterich 63-6. (35-39) 1. Janice Orsini 55-6.

Long Jump: (35-39) 1. Dianne J. Lyle 11-7¼.

Javelin: (55-59) 1. Shirley Dieterich 71-10. (40-44) 1. Fran Conley 85-0. (35-39) 1. Janie Duff 82-9.

Masters Track & Field Results

TAC Decathlon Championship

July 5-8. Point Loma College, San Diego.

Meet promoters were expecting a small attendance at the National Masters Decathlon and Heptathlon championships because it was held less than a week after the end of the world championships in Rome but they were in for a surprise. 55 athletes from 17 states entered from as far away as New Hampshire, North Carolina, Washington and all over California making it truly a national championship. Was it the challenge of the decathlon or the beauty of San Diego that attracted the competitors? That we'll never know. Missed were probable medalists Dale Lance, Gary Miller, Leon Trout, Hal Wallace, Al Brenda and Gilbert Gonzalez who were in Rome.

There were four new decathlon age records set: 6507 IAAF points for age 38 by Rex Harvey, 6450 IAAF points for age 39 by Dave Robinson in his first masters decathlon competition, 5294 IAAF points for age 48 by Ed Oleata and 3890 IAAF points for age 64 by ageless Bob Morcom. In addition Morcom set a new age 64 pole vault record of 3.64 meters (11-11¼).

There were a couple of hard fought battles with the outcome in doubt until the final event. Veteran Rex Harvey and newcomer Dave Robinson traded the lead back and forth with each event until a 14-7¼ vault by Harvey squeaked out a 57 point victory. In the 50-54 age group Ray Fitzgugh, Woody Grover, Hector Cisneros and Jerry Stanners traded positions with each event before finally finishing in the above order with only 233 points separating all four.

Age factoring was used for this meet for the first time. It presented one problem. The mathematical manipulations took so long that the scoring was always two events behind. This means that many of the athletes had no idea where they stood during the competition. This was no problem for the competitors that weren't close but it kept some of the athletes from knowing how close they were from winning or losing a medal.

Generally, it was liked by all and it was voted to continue it's use at least one more year. Age factoring offers a few advantages. It puts all athletes on an equal basis regardless of age, it shows the athlete how his performance of that day would have fared if he were in his prime, and it allows the athlete at the end of his age group to compete on an equal basis with someone at the beginning of his age group. In spite of this age factoring only



Woody Grover 50-54 placer

caused changes in two finishes over the old IAAF scoring: it swapped 2nd and 3rd in the 40-44 group and it swapped 2nd and 4th in the 50-54 group. If the entire meet had been age factored the five highest scores would have been:

1. Bob Morcom (64)	7937
2. Ed Oleata (48)	7732
3. Dave Robinson (39)	7578
4. Rex Harvey (38)	7543
5. Jerry Reiserer (55)	6959

A heptathlon competition was also held but only two athletes entered, Penny Gilkey from Oregon and Alice Leicht from San Diego. They both had a good time but would have loved some competition. Maybe next year.

Drake Stadium in Des Moines, Iowa has the inside track on the 1986 meet but there were some rumblings that Eugene, Oregon may bid for the '86 meet also. The decision will be made at the TAC convention in December. Keep practicing and we'll all get together for another friendly competition next July.

Results

The Scripps Ranch Run

July 4. San Diego. 10K.

Division Results - Men

9 & Under: 1. Shane Mullen 48:14, 2. Scott Stewart 49:02, 3. Billy Lofft 49:02. 10-13: 1. Bill Aronson 41:37, 2. Vince Wallace 43:26, 3. Darren Malloy 43:44. 14-17: 1. Richard Morales 35:02, 2. Andrew Tastad 35:56, 3. Craig Miller 37:38. 18-26: 1. Steve McCormack 30:31, 2. Jack Kalry 31:09, 3. Mark Shreckengast 31:24. 26-30: 1. Robert Lusitana 31:27, 2. Greg Marino 33:12, 3. Wilhelm Anderson 34:34. 31-35: 1. Kevin McCarey 30:54, 2. Tom Lux 31:13, 3. Andy MacKay 33:38. 36-39: 1. Steve Myhro 33:40, 2. Ron Wells 33:49, 3. John Montgomery 34:15. 40-49: 1. Peter Stern 34:20, 2. Richard Ruiz 34:33, 3. Piet Sanchez 36:00. 50 & Over: 1. Marsh Haraden 37:58, 2. Terrel Eddy 40:11, 3. John Terrell 40:15.

Division Results - Women

9 & Under: 1. Lindsey Oliver 73:34, 2. Jody Loduca 79:51. 10-13: 1. Monique Hedderon 58:14, 14-17: 1. Laura Chapel 38:41, 2. Kerry Smith 45:38, 3. Shanti Hedderon 45:46. 18-26: 1. Lita Lux 38:09, 2. Gretchen Bohan 39:50, 3. Christy Babb 41:03. 26-30: 1. Sylvia Molnar 41:32, 2. Suzanne Marinello 42:21, 3. Wanda Gunderson 44:23. 31-35: 1. Mindy Ireland 35:29, 2. Susan Eldon 40:01, 3. Renee Gerrick 42:04. 36-39: 1. Janie Shankles 41:33, 2. Jerrilyn Sober 44:42, 3. Mary Morris 48:04. 40-49: 1. Lynn Flanagan 44:10, 2. Karen Rochesau 47:42, 3. Ginni Nordstrom 48:42. 50 & Over: 1. Elsa Sandberg 51:10, 2. Wanda Scott 55:55, 3. Shirley Tobin 56:24.

Michelob Light Independence Day Four Mile

July 4. Mooney Grove, Visalia.

Gary Tuttle led from start to finish in winning his second title at the Michelob Light Independence Day Four Mile. Tuttle's time of 18:44 broke his own course record of 18:51 he set in 1991. Tony

photo by Glenn Williams



Gary Tuttle
42

Ramirez and Rob Anex both of the Adidas Regional Running Team gave Tuttle a chase. Tuttle led through splits of 4:33-9:13-14:02-18:44 finishing a comfortable five seconds ahead of Ramirez 18:49 who finished one second ahead of Anex 18:50. Heike Skaden also of the adidas Regional Team defended her title and set a course record in the process clocking 22:40.

Frank Padilla clocked 22:26 in taking the masters title while JoAnn Branco clocked 29:12 for the womens masters crown.

Overall Results - Men

1 Gary Tuttle 18:44
2 Tony Ramirez 18:49
3 Rob Anex 18:50
4 Juan Garcia 19:13
5 Juan Molina 19:24
6 Dave Rennelsen 19:29
7 Sal Layano 19:36
8 Hugo Cibrian 19:43
9 Ed Taylor 19:58
10 David Naranjo 19:59

Overall Results - Women

1 Heike Skaden 22:40
2 Tanis Leyendekker 22:55
3 Anita Johnson 23:30
4 Shirley Johnson 23:38
5 Jube Matteson 24:02
6 Ruth Vomund 25:04

Division Results - Men

14 & Under: 1. Juan Alaniz 25:26, 2. Isaac Naranjo 25:51, 3. Chris Chapman 26:31. 15-19: 1. Hugo Cibrian 19:43, 2. David Naranjo 19:59, 3. Brett Lizotte 21:20. 20-24: 1. Robert Taylor 21:14, 2. Gilbert Guzman 21:32, 3. Mike Lizotte 22:08. 25-29: 1. Juan Garcia 19:13, 2. Juan Molina 19:24, 3. Sal Lozano 19:35. 30-34: 1. Bryan Patterson 22:22, 2. Robert Aragon 22:58, 3. Tom Whitte 24:21. 35-39: 1. Thomas Williams 23:49, 2. Bert Wilgenburg 23:56, 3. Jim Hill 24:00. 40-44: 1. Dave Maza 24:05, 2. Al Branco 24:33, 3. Bob Blakely 24:34. 45-49: 1. Frank Padilla 22:26, 2. James Lipford 23:54, 3. Fred Keenom 25:29. 50-59: 1. Rick Zamarripa 23:23, 2. John Liston 26:38, 3. Mel Bone 32:08. 60 & Over: 1. Leon Alanzo 27:22, 2. Ed Preston 28:06, 3. Harry Harder 28:25.

Division Results - Women

14 & Under: 1. Stephanie Stewart 31:36, 2. Elizabeth Torres 36:02, 3. Kim Hawkins 36:02. 15-19: 1. Jennifer Baker 25:52, 2. Shannon Battles 27:26, 3. Natalie Mendoza 28:38. 20-29: 1. Tanis Leyendekker 22:55, 2. Anita Johnson 23:30, 3. Shirley Johnson 23:38. 30-39: 1. Kathy Kennedy 25:19, 2. Mauri Potts 26:27, 3. Kathy Bush 30:24. 40 & Over: 1. JoAnn Branco 29:12, 2. Julie Wilson 32:21, 3. Linda Sergrave 38:23.

photo by Glenn Williams



Tanis Leyendekker

Peachtree Road Race

July 4. Atlanta, Ga. 10K.

Picking up where they left off days earlier at the Cascade Run Off, Michael Musyoki and Grete Waltz claimed their second straight ARRA Circuit victories at Atlanta's Peachtree Road Race. Under some of the most favorable conditions in Peachtree history, 70 degrees with 75% humidity, Musyoki and Waltz led the first six men and first four women under last year's winning times, with Musyoki setting a new course mark.

After an opening mile of 4:33, Musyoki broke away from the dozen-strong lead pack, with Nzau just off his shoulder, and Kigen and Hussein a few yards back. Pressing the pace through splits of 8:50 and 13:15, Musyoki eased over the hilly fourth mile in 4:53 before gearing down for a 4:21 fifth mile. Nzau held on, but Musyoki finally dropped him with a 4:14 sixth mile, and raced home to a 27:58 victory, worth \$5,000. Musyoki's time was six seconds ahead of Craig Virgin's 1981 standard, and nine seconds ahead of Nzau. Kigen and Hussein picked up third and fourth, while Ireland's Jerry Kiernan was a close fifth, and Olympian John Tuttle, in sixth, was the top American.

"I wanted to put pressure on everybody and myself so that we could have a good time here," said Musyoki after the race. "Under 28:00... That's a great feeling."

Waltz proved once again to be the class of the women's field as she moved into an early lead, with British masters ace Priscilla Welch offering a challenge during the first few miles.

"I slowed down a bit when I ran the first uphill and started to get tired," Waltz said later. "I knew I had three miles to go, and you not only run with your legs, but with your head as well."

Waltz proved more than tough enough over the final miles, as she left behind Welch and the rest of the field to capture the \$5,000 first prize with a 32:03 clocking, just shy of her 1983 course record of 32:00, and thirty seconds ahead of Judi St. Hilaire of Marblehead, MA. Suzanne Girard (32:46), Ellen Reynolds (32:48), and Patti Sue Plummer (32:57) picked up the next three spots, while Welch, who faded from second to sixth in the last mile to finish in 32:58, won \$1,000 as the top masters competitor.

In the men's field, top master Antonio Villanueva successfully defended his Peachtree title with a 30:13 victory, over a minute ahead of Graham Tattersall of New Zealand.

Overall Results - Men

1 Michael Musyoki, Kenya, \$5,000 27:58
2 Joseph Nzau, Kenya, \$3,000 28:07
3 Simeon Kigen, Kenya, \$2,000 28:17
4 Ibrahim Hussein, Kenya, \$1,500 28:27
5 Jerry Kiernan, Ireland, \$1,000 28:29
6 John Tuttle, Douglasville, \$800 28:34
7 Adrain Leek, G.B., \$700 28:36
8 Alex Hagelsteen, Belgium, \$600 28:37
9 Keith Brantly, Gainesville, \$500 28:43
10 Martin Gomez, Mexico, \$400 28:46

Overall Results - Women

1 Grete Waltz, Norway, \$5,000 32:03
2 Judi St. Hilaire, Brighton, \$3,000 32:33
3 Suzanne Girard, Wash. DC, \$2,000 32:46
4 Ellen Reynolds, Griffin, \$1,500 32:48
5 Patti Plummer, Palo Alto, \$1,000 32:57
6 Priscilla Welch, G.B., \$1,000 32:58
7 Linda McLellan, Phoenix, 32:58
8 Veronique Marot, G.B. 33:09
9 Marty Cooksey, Kirkwood 33:09
10 Sue King, Mobile 33:11

La Palma-ADP 5K & 10K

July 4. City of La Palma.

Overall Results - Men's 5K

1 Richard Graves (19-24) 15:22
2 James McKenzie (19-24) 15:24

3 Art Cendejas (25-29) 15:43
4 Eric Ree (19-24) 15:53
5 Joseph Karnes (19-24) 16:02
6 Terrence Mahon (14&U) 16:06
7 Greg King (19-24) 16:11
8 Lorenzo Tyner (19-24) 16:12
9 Robert Thiede (19-24) 16:16
10 David Withers (19-24) 16:20

Overall Results - Women's 5K

1 Sylvia Mosqueda (19-24) 17:53
2 Helen Lopez (25-29) 18:27
3 Tammy Sargeant (25-29) 18:32
4 Julie Lloyd (35-39) 19:09
5 Carolyn Slada (35-39) 21:17
6 Marcia Chaney (30-34) 21:18
7 Maureen Mishiooka (25-29) 21:31
8 Wendy Bracamonte (30-34) 21:39
9 Ida Hendrick (45-49) 21:49
10 Diana Steller (15-18) 21:51

Overall Results - Men's 10K

1 Rory Cooper (25-29) 30:18
2 Ron Gee (30-34) 30:46
3 Dan Osburn (19-24) 30:58
4 Jeff Dettmer (19-24) 31:38
5 Ray Stewart (30-34) 33:42
6 James Curry (30-34) 33:50
7 Bernie Brizuela (25-29) 33:56
8 Mark McKinzie (25-29) 34:28
9 Kevin Cannon (19-24) 34:29
10 Stephen Webb (25-29) 34:51

Overall Results - Women's 10K

1 Rhonda Davidson (19-24) 40:46
2 Neva Ingersall (35-39) 42:12
3 Becky Garcia (25-29) 44:14
4 Karen Christoffersen (25-29) 45:08
5 Cheryl Richard (30-34) 47:30
6 Raquel Cordero (19-24) 47:59
7 Lori Matsumoto (15-18) 48:05
8 Gail Gross (25-29) 48:33
9 Margaret Waldron (40-44) 49:27
10 Jeannie Cole (30-34) 49:48

Run for Independence

July 4. Atwater. 5 Mile & 2 Mile.

Overall Results - 5 Mile

1 Doug Twilleager 25:21
2 Dan Murray 25:24
3 Eddie Buehner 26:16
4 Daniel Valdez 26:40
5 Fred Villegas 27:13
6 K. Cowley 27:30
7 E. Petersen 27:47
8 Dan Leitner 27:59
9 Jim Mabholtz 28:08
10 Charles Pittel 28:21

Division Results - Men's 5 Mile

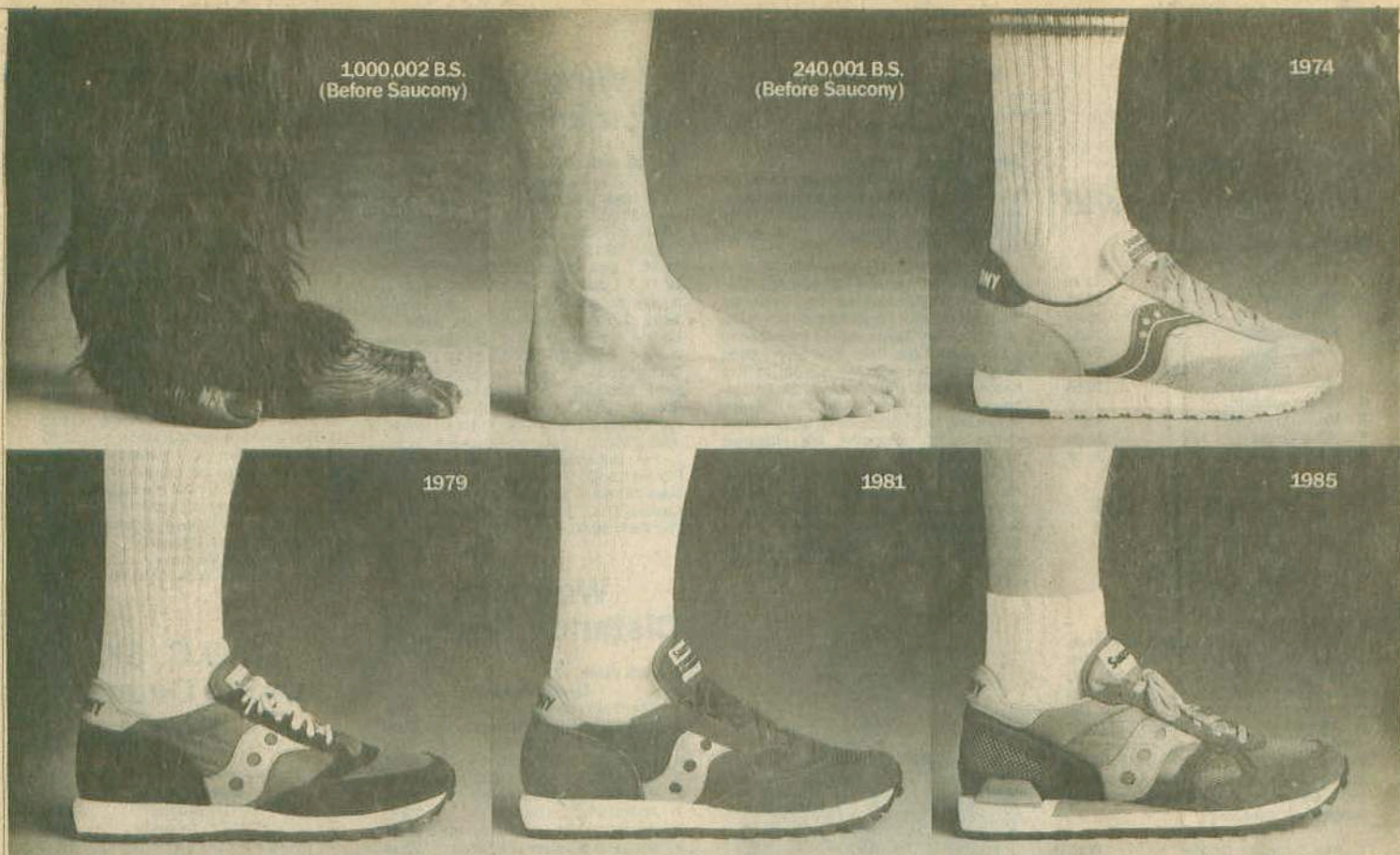
13-17: 1. J. Mabholtz 28:07, 2. C. Buehner 29:02, 3. P. Brown 31:32. 18-26: 1. D. Twilleager 25:21, 2. E. Buehner 26:16, 3. D. Valdez 26:40. 30-39: 1. D. Domant 28:32, 2. C. Royer 28:34, 3. T. Jones 28:59, 40-49: 1. D. Murray 25:24, 2. T. Parker 30:52, 3. B. Starck 31:29. 50-59: 1. L. Thornton 29:18, 2. G. Harman 40:03, 3. J. Kaufman 42:32. 60 & Over: 1. A. Lundberg 35:28.

Redwood City's 4th of July Parade Run

July 4. Redwood City. 5000 Meters.

Division Results

Open Men: 1. Calvin Gaziano 15:12, 2. Dennis Tracy 15:28, 3. Len Sperandio 15:33, 4. Steve Lopez 15:33, 5. Dava Anderson 15:43. Open Women: 1. Linda Van Housen 17:08, 2. Laura Silva 19:08, 3. Terry Juli 20:34, 4. Louise Penna 21:23, 5. Carmen Gallego 21:32. Master Men: 1. Gene Gilligan 16:32, 2. Robert Plant 17:06, 2. Robert Plant 17:06, 3. Warren Yeand 18:39, 4. J. Bramfitt 18:57, 5. David Bostic 18:58. Master Women: 1. Carol Mawson 21:47, 2. Barbara Tyson 22:36, 3. Sherry Gaskin 22:47, 4. Rose Graboski 23:57, 5. Barbara Rubben 24:26.



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