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CALIFORNIA

Track & Running News



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CALIFORNIA

Track & Running News



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MEMBER OF RUNNING USA

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ON THE COVER: #1 IN THE NATION — Scott "The Terminator" Molina leads the AT&T pro rankings for the 1986 Bud Light U.S. Triathlon Series after three events. Molina is two for three on the '86 circuit. See page 13 for story.

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 (Monday)

Concord: Fallfest 10K, Todos Santos Plaza (Salvio & Grant St.), 8:30 am. Susan Linn, Concord Leisure Services, 2885 Concord Blvd., Concord 94519. (415) 621-3289.

Auburn: "Average Joe" Biathlon, 6.1 mile run, 7.45 mile bike. Bowman Elem. School, 8 am. 200 Limit. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Gualala: Acorn Fall Festival 10K, time TBA. Mickey Chalsin, State Route 2, Gualala 95545. (707) 884-4782.

McFarland: Westwinds Triathlon, 1/2 mile swim, 18 mile bike, 6 mile run. Lake Woollomes, 9 am. McFarland Recreation & Park District, 100 S. Second St., McFarland 93250. (805) 792-3091, days; (805) 832-0749, eves. - Mike O'Haver.

Belmont: Belmont Chamber of Commerce Biathlon, 5K run, 10K ride, 5K run; also trike/n/trot (children under 6 at 10:30 am). Canada Rd. at Hwy. 92, 8 am. Nancy Hegarty, Belmont Chamber of Commerce, Box 645, Belmont 94002. (415) 595-8696.

Mount Baldy: Mt. Baldy 8-Mile Trail Run, Mt. Baldy Village (beyond village at foot of Ski Lift), 9 am. 6,000 to 10,000 ft. climb. Bob Barlet, P.O. Box 681, Mt. Baldy 91759. (714) 982-7379.

Westlake Village: Labor Day 5K Run, Westlake Elem. School, 9 am. No pre-entry. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

Santa Rosa: Labor Day Ten-Miler, Piner Elem. School, 8:30 am. Empire Runners, 4100 Siskiyou Ave., Santa Rosa 95405. (707) 546-7892.

Mt. Shasta: Lake Siskiyou Labor Day Tinman Triathlon, 600 yard swim, 10 mile bike, 4.5 mile run. Lake Siskiyou Marina, 9 am. K. Tover, 825 W. Ream, Mt. Shasta 96056. (916) 926-4223.

Ventura: Sweatheart 10K Relay. Females run 5K and hand off to male partners who run 5K. 8:30 am. Must pre-register. (805) 643-1104.

Redondo Beach: South Bay Labor Day Two-Way 5K Relay. Space Park, 8 am. Runner's Image, P.O. Box 7000-470, Redondo Beach 90277.

September 3 (Wednesday)

San Francisco: Sri Chinmoy Runners are Smilers 2-Miler, Lake Merced (Sunset Parking Lot), 6 pm. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

September 4 (Thursday)

Merced: Fall Fun Runs, 1500m, 3K, 5K, Applegate Park, 6 pm. Merced TC Newsletter, 642 Berkeley Ct., Merced 95348.

San Diego: Navy Surface Warfare School 10K, Naval Amphibious Base, 7 am. Ray Hollenbeck, EOL, P.O. Box 1049, Coronado 92118. (619) 437-4556.

Huntington Beach: Sunset in the Park Runs. 3 and 5 miles. Central Park (West), 6 pm/3 mile, 6:30 pm/5 mile. Sunset in the Park Runs, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

September 5 (Friday)

Trinidad: Clam Beach Sunset Run, 4.5 mile (south end of beach near parking lot), 7:30 pm. Six Rivers R.C., P.O. Box 214, Arcata 95521. Rich Gilchrist (707) 443-1226.

September 6 (Saturday)

San Francisco: Golden Gate Park X-Country Series & BACAA Grand Prix Event, 4 mile (& 1 mile kids run), Lindley Meadow (near Spreckles Lake), 10 am. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

Antioch: Tri For Real Triathlon, 1 mile swim, 6 1/2 mile run, 20.6 mile bike, Contra Loma Regional Park, 8 am. Team Challenge, P.O. Box 303, Pinole 94564. (415) 841-1190.

Oakland: Anti-Klan Run, 5 & 10K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 am. John Brown, Anti-Klan Ctr., Box 443, 220 Ninth St., San Francisco 94103. (415) 431-8339.

Fresno: Millerton Lake Triathlon, 1.5K swim, 40K bike, 10K run. Time TBA. Triathlon, c/o 735 N. Fulton Ave., Fresno 93728. (209) 266-9834.

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

Seal Beach: Seal Beach Triathlon, 1K swim, 20K bike, 10K run. Seal Beach Pier, 7:30 am. Info: CAP (213) 433-4557.

San Diego: 4 Mile Cross Country, Balboa Park, 8 am. San Diego TC (619) 270-SDTC.

San Diego: PB Toyota Distance Classic, 10K & 1 Mile, Mission Bay Visitor Center, 7:30 am. Lynn Flanagan (619) 483-9501.

Gilroy Area: Mt. Madonna Challenge, 4 mile & 20K, Mt. Madonna County Park (Sprig Lake, east side of Mt. Madonna on Hwy 152), 8:30 am/4 mile, 9 am. South Valley Symphony, Mt. Madonna Challenge, P.O. Box 598, Morgan Hill 95037. Bill Flodberg (408) 683-2453.

Volcano: Jug & Rose 7.7 Mile Run, Sutter Creek-Volcano Rd., time TBA. Giles Turner (209) 223-0587.

Lompoc: Park to Park Cross-City Race, 7 mile, Miguelito Canyon Park to La Purisima Mission Park, time TBA. Norm Yiskis, Lompoc Valley DC, P.O. Box 694, Lompoc 93438. (805) 733-3044.

Lynwood: Nun Run. 20K Relay (4x5K). \$200 per team. Lynwood City Park, 8 am. St. Francis Medical Center Foundation, 3630 E. Imperial Hwy., 90262. (213) 603-6350.

September 7 (Sunday)

San Francisco: DSE Windmill Run, 6.5 mile, Golden Gate Park (windmill), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Fremont: Sportsmed Run for S.A.V.E., 10K & 1 Mile, 8:30 am/1 mile, 9 am/10K. S.A.V.E., P.O. Box 8283, Fremont 94537. (415) 794-6056.

Dublin: Dublin Founders Run, 5 & 10K, Amador Plaza Rd. (Stafford's Restaurant), 9 am. Angle Burns, Sorooptimist, P.O. Box 2175, Dublin 94568. (415) 829-1381.

San Francisco: Hoy's Sports 10,000 Meter Classic, Golden Gate Park (Rainbow Falls), 9 am. Geoff Henderson, c/o Hoy's Sports, 1860 Fillmore, San Francisco 94115. (415) 921-3677 or 861-4697.

Palo Alto: Bay to Breakfast Run, 5 & 10K, Palo Alto Baylands (Embarcadero East exit off Hwy 101), 8:30 am. Mid-Peninsula Health Service, 704 Webster St., Palo Alto 94301. (415) 324-1085.

Valencia: Valencia Arts & Sports Festival 8K, Valencia Meadows Park (2561 Fedala Rd.), 8 am. Gene Blankenship, P.O. Box 481, Newhall 91322. (805) 251-5562 or 254-1833.

West Hollywood: West Hollywood 5 & 10K, San Vicente & Melrose (Pacific Design Center), 8:30 am. City of West Hollywood, 8611 Santa Monica Blvd., West Hollywood 90069. (213) 854-7471.

Bishop: Mule Run Ultra 50K, 7 am. 200 limit, \$35 fee. Bill Kissell, 1135 Calle Ortega, San Dimas 91773. (714) 599-4211, eves; (818) 966-3526, days.

Foster City: Bud Light/USTS Triathlon Series — San Francisco 1.5K swim, 40K bike, 10K run, time TBA. Limit 1300, Aug. 1 Entry Deadline. USTS, P.O. Box 1438, Davis 95617. (916) 758-9868.

Woodland: Woodland Triathlon, distance TBA (2 courses), Woodland Swim Center, 8 am. Foy's Schwinn Cyclery, 96 W. Main St., Woodland 95695.

■ September 11 (Thursday)

Merced: Fall Run Runs, 1500m, 3K & 5K, Applegate Park, 6 pm. Merced TC Newsletter, 642 Berkeley Ct., Merced 95348.

■ September 12 (Friday)

Tahoe City: Pepsi of Reno 72-Mile Lake Tahoe Run, Commons Park (behind fire station), counter-clockwise around lake, 6 am. Mike Hernandez, 8220 Woodlake Hills Dr., Orangevale 95662. (916) 725-1526. Entry Deadline: August 31.

■ September 13 (Saturday)

Lake Berryessa: Berryessa Biathlon, 1 1/4 mile swim, 24 mile bike, Oak Shores Park (Foxtail Flat), 9 am. Team Challenge, P.O. Box 303, Pinole 94564. (415) 841-1190.

Stockton: Park to Park Race, 5 miles, Louis Park, time TBA. Tarahumara R.C., P.O. Box 8422, Stockton 95208. (209) 931-5866.

Fair Oaks: Tri For Fun Triathlon, 1K swim, 20K bike, 5K run. Time TBA. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Bakersfield: Joel Mena Memorial/Foothill Alumni 5K & 1 Mile. Hart Park, 5 pm. Ted Oliver, 3012 Crest, Bakersfield 93306. (805) 872-3707.

Encino: Cycle World Biathlon Series, 6 mile run, 27 mile bike, time TBA. Jennifer Sande, 16161 Ventura Blvd., C-784, Encino 91436.

La Mesa: Run the Good Earth 10K & 2 Mile, 7:30 am. Bob Yarris (619) 465-0711, x375.

Newark: Newark Mile, 2.5 mile, Newark Community Center, 9:30 am. No contact listed.

Tahoe City: North Shore Challenge, 1/2 mile swim, 5 mile run, 20 mile bike. Commons Beach, time TBA. Janet Zalewski, TCPUD Parks & Rec., P.O. Box 33, Tahoe City 95730. (916) 583-5544.

■ September 14 (Sunday)

San Francisco: DSE Twin Peaks Run, 3.36 miles, Portola & Twin Peaks Blvd., 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Foster City: Sri Chinmoy Seacloud 10K Run, Seacloud Park, 8 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

Castro Valley: Krayons for Kids 10K, (3477 Castro Valley Blvd.), 8 am. Krayons Run for MDA, P.O. Box 20295, Castro Valley 94546. (415) 886-1139.

Albany: The People Chase, 5 & 10K, Golden Gate Fields (racetrack), 9 am. MS Society, 520 Third St., Oakland 94607. (800) FIGHT MS.

Mountain View: Art & Wine Festival 5K, Church & Castro, 9:30 am. Mary McGee, Mtn. View/Los Altos YMCA, 650 Castro St., Mtn. View 94041. (415) 969-4033.

Moraga: Indian Ridge Run, 5 & 10K, St. Mary's College, 9 am. Moraga Jr. Women's Club, 80 Gaywood Pl., Moraga 94556. (415) 376-5199.

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

Cloverdale: Cloverdale Grape Run, 3 & 10K (*3K walk), Cloverdale Citrus Fairgrounds (32 miles north of Santa Rosa), 8 am. Clint Kemp, 480 Josephine Dr., Cloverdale 95425. (707) 894-4385.

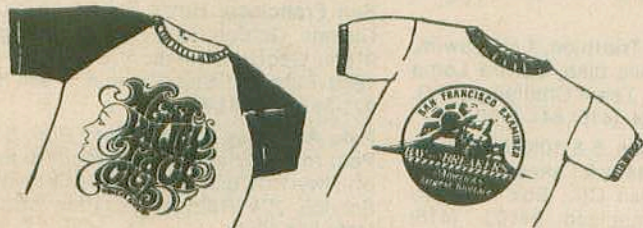
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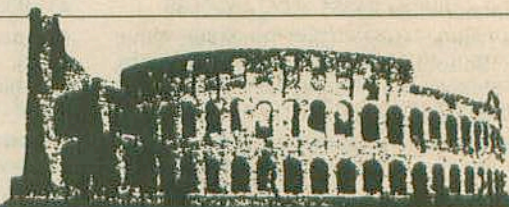


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CHAMPIONSHIPS

R O M E, I T A L Y
Aug. 27-Sept. 7, 1987

Sign up now for the track and travel trip of a lifetime! The World Championships (remember Helsinki '83?) is a showcase for all the world's best track athletes, and you can be there with the T&FN tour. Tour package includes air, hotel, tickets, sightseeing, optional European touring, much more. Signups before Sept. 30 get best stadium seating, preferred hotels. Write for information to Track & Field News, Box 296, Los Altos, CA 94023. Phone 415/948-8188.



□ Schedule

Los Gatos: YSI Vasona Park 10K Wildlife Run, Vasona Park, 8:30 am. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030. (408) 356-4945.

Pleasanton: The Heritage Days 10K & 2 Mile Fun Run, Amador Valley Athletic Club, time TBA. Gretchen Sloan, Amador Valley A.C., 7090 Johnson Dr., Pleasanton 94566. (415) 463-2822.

Santa Rosa: The Annadel Loop 7.2 Miller, Annadel State Park (Channel Dr. & Cobblestone Trail), 8 am. (Handicapped Starting Times). *Raceday registration only.* Mort Gray, P.O. Box 1627, Santa Rosa 95402. (707) 539-7808.

Nevada City: Banner Mountain Stampede, 4 & 12K, Pioneer Park, 9:30 am/12K, 10 am/4K. Nancy Martin, Placer-Nevada County Cowbells, P.O. Box 217, Browns Valley 95918. (916) 639-2501, days; or (916) 639-2204, eves.

Big Bear Lake: Big Bear Triathlon Series & California Short Course Championship, ½ mile swim, 15 mile bike, 4 mile run, time TBA. The Great Outdoors, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

San Diego: KSON Farewell to Summer 10K & 2 Mile, Mission Bay Park, So. of Hilton, 7:30 am. Kathy Loper, EOL, P.O. Box 1049, Coronado 92118. (619) 437-4556.

Philadelphia, PA: TAC National Masters Half-Marathon Championships, time TBA. Steve Anderson, West Moreland Coal Co., 123 S. Broad St., Philadelphia, PA 19107. (215) 252-4500.

San Diego: Bud Light/USTS Triathlon Series — San Diego, 1.5K swim, 40K bike, 10K run. Time TBA. USTS, P.O. Box 1438, Davis 95617. (916) 758-9868.

Thousand Oaks: SCA/TAC District 10K Championships & Masters 10K (separate race), location TBA, 8 am/Champs, 9 am/Masters. Robert & Jan Radnoti, 6173 Fremont Cir., Camarillo 93010. (805) 987-8052.

Sacramento: Buffalo Stampede, 10 miles, Rio Americano High School, 8 am. George Parrott, Sacramento State Univ., Psychology Dept., Sacramento 95819. (916) 278-5605.

Richmond: Point Isabel Run, 5K, Point Isabel, 9 am. Helen Lehman, 2605 Ellerhorst St., El Cerrito 94530. (415) 841-3283.

Oakland: Aztec Run, 10K, Lake Merritt (Sailboat House, 568 Bellevue), 8:30 am. Cookie Robles, 1900 Fruitvale Ave., #1-B, Oakland 94601. (415) 261-7839.

San Francisco: Asian Runners Club Legion of Honor Run, 4.3 miles, Legion of Honor, 9 am. Contact: (415) 387-2533 or 343-5101.

■ September 17 (Wednesday)

Los Angeles: Manny Hanny Corporate Challenge, Griffith Park, 6 pm. Race Central, Box 828, Rialto 92376. (714) 874-5480.

■ September 18 (Thursday)

Palo Alto: Palo Alto Weekly Moonlight Run, 5 & 10K, Palo Alto Baylands Athletic Center (Embarcadero & Gerg Rd.), time TBA. Anne Cribbs, P.A. Recreation (415) 329-2429.

Merced: Fall Fun Runs, 1500m, 3K & 5K, Applegate Park, 6 pm. Merced TC Newsletter, 642 Berkeley Ct., Merced 95348.

■ September 20 (Saturday)

Benicia: Benicia Roto Run. Benicia Rotary Club, P.O. Box 421, Benicia 94510. (707) 745-2419. *Cancelled.*

Bass Lake: Bass Lake Classic Triathlon, 1K swim, 40K bike, 10K run. Pines Resort Beach (\$15,000 prize money), time TBA. Franz Weinschenk, c/o Volunteer Bureau, 304 Crocker Bank Bldg., Fresno 93721. (209) 237-3101. *Entry Limits: 500 individuals, 100 relay teams.*

Lomita: Jim Thorpe Memorial 5 & 10K Runs, City Hall (24300 Narbonne), 7 am. Lomita Chamber of Commerce, P.O. Box 425, Lomita 90917. (213) 326-6378.

Santa Barbara: Santa Barbara Bud Light Triathlon, 1.5 mile swim, 30-50 mile bike, 13.1 mile run. Time TBA. Bob Hubbel, Santa Barbara Rec., P.O. Drawer P-P, Santa Barbara 93102. (805) 967-2614 or (805) 962-7762.

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

Jackson, MI: Ultimate Runner IV, 10K, 1 mile, 100 meter, 400 meter, marathon (5 individual races), 8:30 am. \$20,000 prize money. Mike McGlynn, Ultimate Runner IV, Jackson Comm. College, 2111 Emmons Rd., Jackson, MI 49201. (517) 787-0800, x331.

Lake Terris: Ski & Sport Triathlon, ½K swim, 6K bike, 5K run, 9 am. Inland Empire Ski & Sport Club, Box 1102, Riverside 92502. (714) 783-1610, evenings.

■ September 21 (Sunday)

San Francisco: DSE South Embarcadero Run, 6.25 miles (& 1 mile kid's run, Muni Pier), Dolphin Club (502 Jefferson St.), 10 am. (9:30 am/kid's run). Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Walnut Creek: Walnut Festival Runs, 5 & 10K, Heather Farms Park, 8:30 am. Walnut Festival Assoc., P.O. Box 3408, Walnut Creek 94598. (415) 935-6766.

San Jose: Willow Glen Founder's Day 10K, Willow Glen Elem. School (Lincoln & Minnesota Aves.), 8:30 am. Steve Murphy, P.O. Box 8644, San Jose 95155.

San Jose: Business Journal Home Run, 10K, Spartan Stadium (10th St. & Alma), 10 am. Home Run, c/o Grubb & Ellis, 224 Airport Pkwy., San Jose 95110. (408) 920-2374.

Oakland: Run for Health & Peace in Central America, 5 & 10K, Lake Merritt (Boathouse), 9 am. Kim Cox, c/o 513 Valencia St., #6, San Francisco 94110. (415) 431-7760.

Castro Valley: Skyline 50K, Lake Chabot (Marina). *New out-and-back course.* 7 am. Zephyr A.C., 100 Iris Ct., Hercules 94547. Fleet Feet (415) 222-0188.

Pacific Grove: Monterey Bay 10K, Lovers Point Park, 9 am. Monterey Bay 10K, P.O. Box 68, Pebble Beach 93953. (408) 649-0082.

Tuolumne County: Don Pedro Triathlon. *Postponed until 1987.* Leon Casas, c/o Tuolumne County Rec. Dept., 43 No. Green St., Sonora 95370. (209) 533-5663.

Squaw Valley: Pacific Crest Trail Ultramarathon, Half-Marathon & Relay, 28.4 miles, 14.2 miles, 10 am. Team Challenge, P.O. Box 303, Pinole 94564. (415) 841-1190, or David Roth (916) 587-6282.

Willits: Brooktrails Cross Country Run, 12 & 3K, 9 am. Sanford Dorbin, P.O. Box 1106, Willits 95490. (707) 459-5941.

Atwater: Pumpkin Runs, 2 & 5 miles, Ralston Park, 8 am. Merced TC Newsletter, 642 Berkeley Ct., Merced 95348.

Fresno: Shinzen Garden Run, distance TBA, Woodward Park (Mtn. View Shelter), 7:30 am. Nadine Nishio, 19440 Panoramic Dr., Madera 93638. (209) 661-2074.

Costa Mesa: CHOC/KFWB South Coast Classic 5 & 10K, South Coast Plaza Town Center (Anton & Avenue of the Arts), 7:30 am. CHOC Padrinos, P.O. Box 5700, Orange 92667. Charlene (714) 532-8683.

San Diego: Autumn 10K & 2 Mile, Balboa Park, 7:30 am. Kathy Loper, EOL, P.O. Box 1049, Coronado 92118. (619) 437-4556.

Joliet, IL: TAC National Masters 25K Championships, time TBA. Henrietta Agency, 306 N. Larkin Ave., Joliet, IL 60435. (815) 744-5560.

Blue Lake: Blue Lake Race, 2 & 6.2 miles, Blue Lake School, 1 pm/2 mile, 1:45 pm/6.2 mile. Six Rivers R.C., P.O. Box 214, Arcata 95521. Bob Dickerson (707) 668-5161.

■ September 25 (Thursday)

Merced: Fall Fun Runs, 1500m, 3K & 5K, Applegate Park, 6 pm. Merced TC Newsletter, 642 Berkeley Ct., Merced 95348.

■ September 27 (Saturday)

San Bruno: San Bruno Mountain Elfin Run, 6.7 mile, Guadalupe Canyon Pkwy. & Radio Rd., 9 am. Team Challenge, P.O. Box 303, Pinole 94564. (415) 841-1190.

Livermore: Mulberry County Stride, 1, 2 & 5 miles (walks), Gardella Green (So. Livermore Ave.), 10 am. Pam Smith, 1707 Creek Rd., Livermore 94556. (415) 447-5396.

Sacramento: Run so That Others May See, 5 & 10K, Rio Americano High School, 9 am. Society for the Blind, 77 Scripps Rd., Sacramento 95825.

Lodi: Tokay Triathlon, 1.1 mile run, 2 mile bike, 100 meter swim. Tokay High School (West Century Blvd. & Ham Lane), 9 am. Tokay Triathlon, 1111 W. Century Blvd., Lodi 95240. Ken Israel (209) 478-3090.

Simi Valley: Simi Valley Bank Round Up 5 & 10K, 7:45 am/5K, 8:30 am/10K. Simi Valley Bank, 1475 Los Angeles Ave., Simi Valley 93065. Barbara Williamson (805) 581-2800, x210.

Avalon: Avalon Lions Club 5 & 10K Run for Sight, 11:30 am/5K, 11:45 am/10K. Avalon Lions Club, P.O. Box 305, Avalon 90704. Paul McIlroy (213) 510-0787.

□ Schedule

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

Elko, NV: Man-Mule Race, 20 miles (Lamoille to Elko), 10 am. Separate categories for runners, horses/mules, bicycles). David Charlebois, 149 Walnut St., Elko, NV 89801. (702) 738-8570.

Wrightwood: Angeles Crest 100 Mile Endurance Run, Wrightwood to Rose Bowl (Pasadena) through Angeles National Forest (18,000 feet of ascent, 23,470 feet of descent), 5 am. Ken Hamada, 370 W. Colorado St., Arcadia 91006. (818) 447-0584.

Atascadero: Atascadero Recr. Dept. 10K Run, time TBA. Recreation Dept., 6500 Palma Ave., Atascadero 93422.

South El Monte: Legg Lake Runners 8K Evening Run, 6:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

■ September 28 (Sunday)

Oakland: Lake Merritt J&S Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse), 9 am. Lake Merritt J&S, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Antioch: Women's Challenge Triathlon, 1 mile swim, 7 mile run, 22 mile bike. Contra Loma Regional Park, 9 am. *Women Only.* Team Challenge, P.O. Box 303, Pinole 94564. (415) 841-1190.

Merced: Gateway to Yosemite Triathlon, (6.2 mile run, 22 mile bike, 800 meter swim or 2 mile run, 6 mile bike, 400 meter swim), Yosemite Lake Park, 9 am. Ted Rench, 2875 Green St., Merced 95340. (209) 723-2661.

Ventura: SCA/TAC Half-Marathon District Championships, Mission Park, 8 am. Gary Tuttle, Team Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

Lake Isabella: Dam Tough Run, 38.6 mile ultra or 4-person relay (2x10K & 2x½-marathon), 7 am. Lake Isabella Chamber of Commerce, P.O. Box 567, Lake Isabella 93240.

Marina del Rey: Marina Breakers 10K Run, 8 am. Fatina Johnston, 4435 Calle Mayor, Torrance 90505. (213) 378-1246 or 375-4480.

San Diego: Leukemia Society 10K & 2 Mile, 7:45 am. Annalee Levy (619) 283-6131.

San Francisco: Bridge to Bridge Run, 8 mile & 5K, 9 am. KNBR, 1700 Montgomery St., San Francisco 94111. (415) 951-7070.

Portland, OR: Portland Marathon & 5 Miler, 8 am/Marathon, 8:30 am/5 mile. Portland Marathon, P.O. Box D, Beaverton, OR 97005. (503) 226-1111.

Redding Area: Whiskeytown Relays, 19.3 mile (4-person teams), Whiskeytown Lake, time TBA. SWEAT, P.O. Box 188, Redding 96099. Milt Schultz (916) 243-5100.

San Luis Obispo: Y.M.C.A. City to Port Run, 11.2 miles, 695 Higuera St., time TBA. Vicki Fisher, YMCA, 1020 Southwood Dr., San Luis Obispo 93401.

■ October 2 (Thursday)

Merced: Fall Fun Runs, 1500m, 3 & 5K, Applegate Park, 6 pm. Merced TC Newsletter, 642 Berkeley Ct., Merced 95348.

■ October 4 (Saturday)

Santa Rosa: 24-Hour Run for the Children, 5 person teams (on track), 9 am. Sue Oaks, 2050 W. Steele Ln., E-2, Santa Rosa 95401. (707) 545-5548.

San Francisco: Golden Gate Park X-Country Series, 4 mile (1 mile/kids), Polo Fields, 10 am. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

San Francisco: Pámakid Lake Merced Race, 8.5 mile (1 mile/kids), Sunset Blvd., Parking Lot, Lake Merced, 9:15 am/1 mile, 10 am/8.5 mile. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves.

Berkeley: Berkeley Ironhorse Triathlon, 2K swim, 38K bike, 10K run. Tilden Park, time TBA. 1000 limit. Joan Parker, Women's Athletics, 177 Hearst Gym, UC Berkeley, Berkeley 94720. (415) 643-7940.

Reno: Reno 5-Miler, Reno YMCA, 9 am. Reno Gazette Journal, P.O. Box 2200, Reno, NV 89520. (702) 788-6263.

Paradise: Apple Ridge Run, 3 & 5 mile, Paradise Lake, 9 am. *No contact listed.*

Morro Bay: Harbor Spring Triathlon, ¼ mile swim, 13 mile bike, 2½ mile run, 8 am. Morro Bay Recreation Dept., 535 Harbor St., Morro Bay 93442. (805) 772-1214, x229.

Lancaster: AVHMC "The Hospital Run," 5 & 10K, time TBA. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

South El Monte: Legg Lake San Gabriel River 10 Mile Evening Run, 5 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

San Jacinto: Lions Run 10K & 2K. San Jacinto High School, 8 am/2K; 8:30 am/10K. Ben Stuart, P.O. Box 883, San Jacinto 92383. (714) 528-6601.

Richmond, B.C., Canada: World Veterans 10K and Marathon Champs. 40+ men/35+ women. Vancouver Masters, 4640 Fairlawn Dr., Burnaby B.C. V5C 3R6.

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□ Schedule

■ October 5 (Sunday)

Fresno: Pepsi/Fresno Fair Cross-City Race, 10K & 2 Mile. Roeding Park and Ventura & Hazelwood starts, respectively, 7:30 am/2 mile, 7:45 am/10K. Fresno Fair, 1121 Chance Ave., Fresno 93702. (209) 255-3081.

Minneapolis/St. Paul, MN: Twin Cities Marathon (U.S. Trials for World Championships), time TBA. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424. (612) 929-8646. *Listed as October 12 in some sources.*

Sacramento: Sacramento Marathon, 8 am. Randall Sturgeon, 4020 El Camino Ave., #A-5, Sacramento 95821.

Burlingame: Sri Chinmoy 12-Hour Run, Burlingame High School (track), Oak Grove & Carolan, 7 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

San Francisco: DSE Mission Rock Run, 3.5 mile, 3rd. St. & Mission Rock, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

San Bruno: Artichoke Joes 5K Run, San Bruno & Huntington Ave., 9 am. Chamber of Commerce, P.O. Box 713, San Bruno 94066. (415) 872-3805, Runner's Inn.

Oakland: Oakland Brass Pole Run, 5 & 10K, 9 am. Oakland Brass Pole Run, P.O. Box 13037, Oakland 94611. (415) 763-5214.

Novato: Mt. Burdell Challenge, 5 & 10K, 351 San Andreas Dr., 9 am. Kathy Boyle, Rolling Hills Club, 351 San Andreas Dr., Novato 94947. (415) 897-2185.

Santa Cruz: Santa Cruz Tinman Triathlon, 1 mile swim, 23 mile bike, 10K run. Santa Cruz Municipal Wharf, 8 am. *Sept. 29 Entry Deadline, 1000 Limit.* Santa Cruz Sentinel, 207 Church St., Santa Cruz 95060. Bonnie (408) 423-4242, x301.

San Francisco: US Sprint California Mile, California & Drumm Sts., 8:30 am. The Winning Team, P.O. Box 416, Belmont 94002. (415) 593-2788.

Santa Rosa: Harvest Fair 10K Run, Herbert Slater Jr. H.S. (3500 Sonoma Ave.), 9 am. James Starmer, Sonoma YMCA, 1111 College Ave., Santa Rosa 95404. (707) 545-9622.

Stanford: Great Race at Stanford, 10K, Stanford Stadium, 8:30 am. Kim Carlisle, Great Race, Dept. of Athletics, Stanford Univ., Stanford 94305. (415) 723-9002.

Barstow: Barstow Bud Light Triathlon, 30K bike, 10K run, 300 yd swim, time TBA. Brett Saari, 1336 E. Main St., Barstow 92311. (619) 256-2612.

Los Angeles: Cathy Lee Crosby 5 & 10K, Griffith Park (Riverside/Los Feliz entrance), 8 am. Pro Motion Events, 1501 Glenavon Ave., Venice 90291. (213) 396-7727.

San Diego: San Diego Zoo 70th. Birthday 10K & 2 Mile Fun Run, Balboa Park, 7:30 am. End of the Line Race Consulting, P.O. Box 1049, Coronado 92118. Jeff Jouett (619) 437-4667.

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

San Diego: Fairbanks Ranch 10K (and 1 mile), 8 am. Lynn Flanagan (619) 483-9501.

Sandy Hook, New Jersey: Jersey Shore Half Marathon. *Entry Deadline Sept. 20.* The Running Store, Hwy 35, Eatontown, NJ 07724. (201) 542-3077.

■ October 6 (Monday)

Bakersfield: Bicycle Warehouse Biathlon, 10K run, 40K bike, time TBA. Bob Eiling, 4405 Ming Ave., Bakersfield 93309. (805) 834-1521.

■ October 11 (Saturday)

San Francisco: Alcatraz Challenge Triathlon, 1.5 mile swim (Alcatraz to shore), 1 mile run, 14 mile bike, 14.5 mile run (Double Dipsea), time TBA. Joe Oakes, QCON, P.O. Drawer K, Los Altos 94022. (415) 941-5530.

Pinole: Bear Valley Biathlons, 5K run, 10 mile bike or 12 mile run and 25 mile bike. Ellerhorst Grammar School, Pinole Valley Rd., time TBA. Team Challenge, P.O. Box 303, Pinole 94564. (415) 841-1190.

Stockton: Bacon Bash '86, 1 & 5 mile, 8 am. Ernie Rodriguez, P.O. Box 8831, Stockton 95208. (209) 931-5866.

Delano: Great Grape Run, 5 & 10K, Delano Civic Center, 8 am. Jim Nagatani, 1319 Main St., Delano 93215. (805) 725-9105.

Playa Del Rey: Learn Not to Burn 5 & 10K, Imperial & Vista del mar, 8 am. Davis Parksons, L.A. City Fire Dept., 3937 Fairman St., Lakewood 90112.

Oceanside: Oceanside Jaycees Harbor Days 10K & 2 Mile Fun Run, 8 am. Paul Solowik, End of the Line Race Consulting, P.O. Box 1049, Coronado 92118. (619) 437-4556.

■ October 12 (Sunday)

East Meadow, NY: TAC National Masters 20K Championships, Eisenhower Park, time TBA. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. (516) 731-3452.

Weott: Humboldt Redwoods Marathon & Half Marathon, Dyerville Bridge, 9 am. *No raceday registration.* Ken Angel, c/o SRRRC, P.O. Box 214, Arcata 95521. (707) 826-0616.

San Francisco: DSE Golden Gate Bridge Vista Run, 5.04 mile Legion of Honor, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Danville: Primo's to Primo's, 5 & 10K and Half-Marathon, 7:30 am/half marathon, 8 am/5 & 10K. Primo's Run, 16 Ray Ct., Danville 94526.

Alameda: Sri Chinmoy 10 Mile Run, Crown Memorial State Beach (west end of 8th St.), 8 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

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.

Santa Clara: Carousel to Coaster Race, 10K, Great America Parking Lot, 9 am.

Carousel to Coaster 10K, 1500 Warburton Ave., Santa Clara 95050. Larry Wolfe (408) 984-3223.

Berkeley: Berkeley to Moraga 13 Miler, Claremont Hotel, 8 am. LMJS, Evelyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Morgan Hill: Columbus Day Biathlon, 5 mile run, 15 mile bike. Live Oak H.S. (1505 E. Main St.), 9 am. Gavilan Wheelers, 14735 Amberwood Ln., Morgan Hill 95037. (408) 779-2054.

Antioch: Delta-thon '86, 10K & 1 mile fun run, Contra Costa Fairgrounds, 9 am. Laurie Rolin, Daily Ledger, P.O. Box 70, Antioch 94509. (415) 757-2525, x218.

Beal's Point: Camellia Capital Triathlon, 1K swim, 30K bike, 8K run. Time TBA. Diane Kato, 2409 "J" St., Sacramento 95816. (916) 687-6737.

Merced: MTC Bell Race, 3 & 15K, Applegate Park, 8:30 am. Pat Castellucci, P.O. Box 3275, Merced 95344. (209) 383-3710.

San Luis Obispo: Cuesta-Spirit 50K Biathlon, 10K run, 40K bike. Cuesta College, 8 am. Warren Hansen, Cuesta College, P.O. Box 8106, San Luis Obispo 93403. (805) 544-2943, x289.

Century City: Dennis Weaver 5 & 10K Runs for Life, Rancho Park, 8 am. Fatina Johnston, 4435 Calle Mayor, Torrance 90505. (213) 378-1246 or 375-4480.

San Diego: Rancho Penasquitos 10K & 1 mile, 8 am. Lynn Flanagan (619) 483-9501.

San Francisco: Friends of the Port Fleet Week Challenge Run, 5 miles. Crissy Field, Presidio of San Francisco, 8 am. Friends of the Port, Ferry Building, San Francisco 94111.

■ October 18 (Saturday)

Sausalito: Golden Gate 100 (100 mile, 100K, 50 mile, 50K), East Ft. Baker to Pt. Reyes on trails, time TBA. Athlete's Foot, #3 Embarcadero Ctr., San Francisco 94111. (415) 433-7266.

Clovis: Golden Valley Masters 10 Mile, Clovis West H.S., 9 am. *40 and over only.* Don Trout, 1595 E. Magill, Fresno 93710. (209) 435-9993.

Fresno: Shoes & Spokes Run & Buddy Relay, 2 & 6 mile, and 8 mile relay (2x4 mile), Roeding Park, 8 am. Karen Kovac, 4310 E. San Gabriel, Fresno 93726. (209) 442-3910.

Pasadena: Eaton Canyon Nine Mile Trail Run, 8 am. Eaton Canyon Nature Center, 1750 No. Altadena Dr., Pasadena 91107. (818) 794-1866.

San Dimas: San Dimas 5 & 10K and 1 Mile, San Dimas City Hall (245 E. Bonita), 7:30 am. San Dimas Runs, 245 E. Bonita Ave., San Dimas 91773. (714) 599-1261 or 599-6713.

Huntington Beach: Running is for the Birds, 10K (& 5K walk), Bolsa Chica State Beach, 8:30 am. Amigos de Bolsa Chica, P.O. Box 1563, Huntington Beach 92647. (714) 897-7003.

Ensenada, BC (Mexico): Baja Triathlon, 1 mile ocean swim, 24 mile bike, 6 mile run. 9 am. *750 Limit.* Bicycling West, P.O. Box 15128, San Diego 92115.

□ Schedule

San Diego: Awareness Run, 10K & 2 Mile, South of Hilton, 8 am. Lynn Flanagan (619) 483-9501.

Encino: Cycle World Biathlon Series, 6 mile run, 27 mile bike. Time TBA. Jennifer Sande, 16161 Ventura Blvd. #C-784, Encino 91436.

Visalia: Visalia Half Marathon, Mooney Grove Park, 8 am. Alan Zacharin, P.O. Box 1733, Tulare 93275. (209) 686-4310.

■ October 19 (Sunday)

Hayward: Hayward Half-Marathon, Kennedy Park (new course), 8 am. Jim Bruno, H.A.R.D., 1099 "E" St., Hayward 94541. (415) 881-6778.

Berkeley: Spectrum Run 5 & 10K, UC Berkeley, 9 am. Paul Heavenridge, 1150 Virginia St., Berkeley 94702. (415) 527-6839.

San Francisco: DSE Low Tide Run, 6.0 mile, Great Hiway & Balboa, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Half Moon Bay: Pumpkin Festival Runs, 1 1/2 mile & 8K, Higgins-Purisima & Main St., 8:30 am/1 1/2 mile, 9 am/8K. Dave Stamper, P.O. Box 1101 (Half Moon Bay Coasters), Half Moon Bay 94019. (415) 726-6453, eves.

Van Nuys: Pumpkin 5 & 10K Classic, Woodley Park, 8 am/5K, 8:30 am/10K. John Black, VPH Health & Fitness Center, 15350 Sherman Way, #140, Van Nuys 91406. (818) 989-2567.

Santa Barbara: Santa Barbara Women's 5 & 10K, Leadbetter Beach, 8:30 am. *Women Only*. SBWR, P.O. Box 6616, Santa Barbara 93160. (805) 964-2591.

Lawndale: City of Lawndale 5 & 10K Runs, El Camino College (16007 Crenshaw), 7:45 am. Larry Corrington, City of Lawndale, 14717 Burin Ave., Lawndale 90260. (213) 973-4321, x136.

Cleveland National Forest: Holy Jim 50-Mile Run, 6 am. Dave Niederhaus, 25632 Heatherow Cir., El Toro 92630.

Ukiah: Penofin 10K (National TAC Open Men's Championship), 8 am/Elite Women, 8:20 am/Elite Men & Open. *35,000 in prize money*. Penofin 10K, P.O. Box 384, Ukiah 95482. (707) 462-7413.

■ October 25 (Saturday)

Castro Valley: Firetrails 50 Mile, Lake Chabot (Marina), 6:30 am. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

Los Angeles: Foot Locker Partners (National Championships) BK Run, Griffith Park (Riverside/Los Feliz entrance. *Runners start together and add times*). 8:30 am. Pro Motion Events, 1501 Glenavon Ave., Venice 90291. (213) 396-7727.

Menlo Park: Run for the Kids, 10K, Menlo College, 8:30 am. Gale Holm, 927 Laurel Ave., Menlo Park 94025. (415) 321-2184.

Sanger Area: Harris Ranch River Run, 2 mile and 10K, Harris River Ranch (21011 East Trimmer Springs Rd.), 9 am. Harris Ranch Beef Co., P.O. Box 220, Selma 93662. (209) 233-4116.

Big Sur: Big Sur River Run VI, Pfeiffer Big Sur State Park (30 miles south of Carmel), 10 am. Big Sur River Run, P.O. Box 201, Big Sur 93920. (408) 667-2182.

Mariposa: Mountain Goat Marathon, time TBA. Frank Russell, P.O. Box 111, Midpines 95345. (209) 966-3146, weekends.

Fresno: Great Cookie Caper, 2 mile and 10K, 8 am. Jane Martin, 5665 E. Westover, Suite 101, Fresno 93727. (209) 291-9181.

Hawthorne: Hawthorne Rotary 5 & 10K, 4500 W. 116th St., 8 am. Reese Walton, c/o Hawthorne City Hall, 4455 W. 126th St., Hawthorne 90250. (213) 970-7923.

Catalina Island: Catalina Island Triathlon Weekend, 1/2 mile swim, 14 1/2 mile bike, 4 mile run. Time TBA. Catalina Triathlon Weekend, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

San Diego: San Dieguito Handicap 10 Mile, San Dieguito Park, 7:30 am. Kevin Heaton (619) 578-7539.

San Diego: Swiftest Business 10K, General Dynamics, 8 am. Lynn Flanagan: (619) 483-9501.

Paramount: The Senior Strut. Walking events for 60 and over only. 1/2 mile, 2 mile and 4 mile, 8 am. The Finish Line International 7846 Connie Dr., Huntington Beach 90723. (714) 841-5417.

Lancaster: Ed Jerome Memorial 5K & Half Marathon, 55th West and Ave. L-8, time TBA. Marv Powers, 1386 West Indian Sage Rd., Lancaster 93534. (805) 948-1150.

■ October 26 (Sunday)

Chicago, IL: America's Marathon/Chicago, time TBA. *Sept. 1 Entry Deadline*. Pete Kozura, America's Marathon/Chicago, 214 Erie St., Chicago, IL 60610. (312) 951-0660.

Cupertino: Any Mountain 10 Mile & 10K, 10495 N. DeAnza Blvd., 8:30 am. Joanna Flood, c/o 10495 N. DeAnza Blvd., Cupertino 95014. (408) 255-6162.

San Francisco: DSE Land's End Run, 3.0 mile, Great Hwy. & Balboa, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Santa Rosa: Snoopy's Young at Heart Run, 3.2 & 7 mile, Redwood Empire Ice Arena, 9 am. Redwood Empire Ice Arena, 1667 W. Steele Ln., Santa Rosa 95401. (707) 546-7147.

Modesto: Modesto 10K Footrace & 2 Mile Fun Run, Modesto J.C. West Campus, 8:15 am/2 mile, 9 am/10K. Jeff Highlet, 229 Charlemagne Way, Modesto 95350. (209) 527-7597, eves.

Talmage: Fall Fitness Runs, 5K & 6.5 mile, 10 am. Al Bellon (707) 462-8404.

Los Angeles: St. Joseph Medical Center 5/10/15K Runs, Griffith Park, 8 am. Joanne Sugar, c/o SJMC Foundation, Buena Vista & Alameda, Burbank 91505. (818) 247-3783.

San Diego: Bonita Half-Marathon & 5K, Plaza Bonita, 7 am. Tom Coles (619) 475-5598.

Westlake Village: The Great Pumpkin 5 & 10K & 1 Mile. Reyes Park, 8 am. Chamber of Commerce, 3183B Village Center Rd., West Lake Village 91361. (818) 991-3101.

Looking Ahead

Marathons, Relays, Important Deadlines, Major Events, Etc.

November 1. Oakland: Sri Chinmoy 24-Hour Run. Eddewater Drive., time TBA. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

November 2. New York, NY: New York City Marathon, time TBA. NYCM, Box 1388, GPO, New York, NY 10116. (212) 860-4455.

November 2. San Francisco: CCPM Waterfront 10-Miler (PA-TAC champ), Hyde & Jefferson (Fisherman's Wharf), 8 am. \$2,100 prize money. Ed Lopez 1210 Scott St., San Francisco 94115. (415) 563-3444, ext. 253.

November 8. Fresno: Fresno Marathon and Half Marathon, Fresno State University, 7 am/Marathon, 8 am/Half. Dick Rozier, 4424 E. Fairmont, Fresno 93726. (209) 222-9401.

November 9. San Francisco: PA-TAC Cross Country Champs. 10K. Golden Gate Park (Polo Fields), 10 am. Pamakid Runners, Box 27557, San Francisco 94127. (415) 681-2323.

November 16. Clarksburg: Clarksburg Pepsi 20 Miler & 5 mile kids run. Delta High School, 11 am. *PA-TAC 30K Champs en route*. Clarksburg-Pepsi 20 Mile, Box 20, Clarksburg 95612. (916) 665-1712.

November 16. Cleveland National Forest: San Juan Trail 50 Mile Run, 6 am. Barry Hawley, 1619 Calle Las Bolas, San Clemente 92672. (714) 492-8191.

November 16. Holmdel, New Jersey: National TAC Masters 10K Cross Country. Ron Saliro, c/o Century 21 AC, Box 116A, Hwy 33, Englishtown, NJ 07726. (201) 446-4959 or 928-3852.



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Mailbag

BACK ON TRACK

I'm not sure why I've waited so long to subscribe. You people produce (and have for a long time) a fine magazine. In my opinion the high school coverage is overemphasized and not enough attention is paid to the post-collegiate track and cross country scene. Nonetheless, I want to be back on your list.

Peter G. Sweeney
Aggie Ironhorse
San Luis Obispo

BEHIND SCHEDULE

I enjoy CT&RN and have used it in the past to plan my race schedule. I am almost reluctant to re-order it for another year. The reason for this is I find it arriving so late in the month so as to be less than valuable. It is often mid-month and the magazine has not arrived.

I see little excuse for such unprofessional behavior! I plan to make this my final renewal if late delivery continues.

You are now facing heavy competition in the S.F. Bay Area from "The Schedule." I hope your delivery problems are rectified and can expect prompt delivery of CT&RN.

Les Solaro
Vacaville

WHEELCHAIR COMPLAINT

The "Central Coast Lite 10K Run" was held in Arroyo Grande and some 29:00 after the start, the first runner finished, the ap-

parent winner of the advertised 1st prize trip to the Boston Marathon.

Mark Conover was the first runner, but was dismayed to see the trip going to first finisher, Rory Cooper a wheelchair athlete. Rory was given the benefit of starting 30 seconds ahead of the runners and beat Mark's time by 4 seconds, finishing just under 29:00.

I and many of the areas runners are very upset at the decision made by the race director in awarding the trip to Boston to Rory Cooper.

To award either one over the other is wrong, because we compete in two different sports. I wouldn't even begin to race a bike, a roller skater or a wheelchair.

The meet director defended his award by saying... "the first male and female finishers, regardless of division, win trips to the Boston Marathon. Rory Cooper, a disabled veteran, was the first male finisher. Mark Conover was the second male finisher. Cooper quite properly was awarded the trip."

I feel runners and wheelchairs should not be made to race each other, and certainly a race billed as a 10K and Mile Fun Run should not combine awards.

I saw the entry blank and considered making the drive to Arroyo Grande to try for the prize, never dreaming I'd have to race wheelchairs. (Wheelchairs are faster than runners.)

Gary Tuttle
Ventura

ERROR OF FACT

There is an error in fact in the August issue writeup of the Pacific Sun 10K of May 26. The article states that "Jaclyn Caselli easily won the 60-plus category in 48:16 repeating last year's win for her age group." She may have won this year's, but she certainly did not repeat since she was beaten by Mary Storey from Riverside in this race in 1985.

Storey Also beat Caselli at Pacific Sun in 1984, so Caselli has not repeated since at least 1983. We didn't make the trip this year due to a conflict. You might want to check our sources on this race.

Furthermore, Caselli has never beaten Storey in any of their five (at least) head-to-head meetings.

One other point. We notice that some results stop at the 50-plus class even though there may have been a 60-plus class, or a 60-69 and 70-plus. Any chance of getting these included?

We enjoy your magazine.

Ted Storey
Riverside



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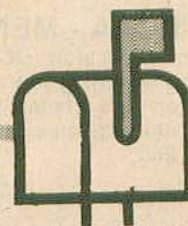
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By BILL MINARIK

1986 SoCal College Cross Country Preview

By Bill Minarik

PAC-10 MEN

Oregon appears to be as strong as last year and should have a slight edge over an up and coming Stanford team which may be the strongest in the schools history.

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

PAC-10 WOMEN

This may now be the strongest conference in the country with the top four teams all being national class and capable of winning here.

- | | |
|--------------|------------------|
| 1 Oregon | 6 Oregon State |
| 2 UCLA | 7 Arizona |
| 3 Stanford | 8 USC |
| 4 WSU | 9 Washington |
| 5 California | 10 Arizona State |

PCAA - MEN

Defending champion UC Irvine had another good recruiting year which should keep them on top. Fresno State will be stronger in the distances this year and should grab 2nd.

- | | |
|-----------------|------------------|
| 1 UC Irvine | 5 Utah State |
| 2 Fresno State | 6 C/S Long Beach |
| 3 New Mexico St | 7 UCSB |
| 4 San Jose St | 8 C/S Fullerton |

PCAA - WOMEN

UC Irvine should again come out on top however San Diego State could win it all on a given day.

- | | |
|-----------------|-------------|
| 1 UC Irvine | 5 Hawaii |
| 2 San Diego St | 6 UNLV |
| 3 C/S Fullerton | 7 Fresno St |
| 4 UCSB | |

CCAA - MEN

Senior laden Cal Poly Pomona will be a strong favorite here ahead of CPSLO. C/S Northridge which tripled its recruiting budget will have its strongest team in years while C/S Los Angeles looks solid through its first seven.

- | | |
|-------------------|-------------------|
| 1 CPP | 5 UC Riverside |
| 2 CPSLO | 6 C/S Bakersfield |
| 3 C/S Northridge | 7 Chapman |
| 4 C/S Los Angeles | 8 C/S Dominguez |

CCAA - WOMEN

This conference has long belonged to CPSLO and this year will be no exception. However, Cal State L.A. has upgraded its program and with the addition of Coach Greg Ryan and superstar Sylvia Mosqueda, it appears to be number 2.

- | | |
|------------------|-------------------|
| 1 CPSLO | 5 C/S Bakersfield |
| 2 CSLA | 6 UC Riverside |
| 3 C/S Northridge | 7 C/S Dominguez |
| 4 CPP | 8 Chapman |

SCIAC - WOMEN

Oxy should take the top spot again and this time by a bigger margin than their tie-breaker of last year.

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

NAIA DISTRICT 3 - MEN

The question is: How does a team beat a Jim Crakes coached Pt. Loma squad? They have won it six of the last eight years and have the individual champ returning.

- | | |
|------------------|----------------|
| 1 Pt. Loma | 6 Biola |
| 2 Westmont | 7 Masters |
| 3 Cal Lutheran | 8 Christ |
| 4 Azusa | 9 Southern Cal |
| 5 Fresno Pacific | |

NAIA DISTRICT 3 - WOMEN

The women's program is still in the stabilizing stages with Azusa and Westmont the most consistent. First spot is a toss-up between the two with third up for grabs among the rest.

- | | |
|------------------|-------------------|
| 1 Westmont | 6 Cal Luther |
| 2 Azusa | 7 Southern Cal |
| 3 Fresno Pacific | 8 St. Mary's |
| 4 Masters | 9 Christ |
| 5 Pt. Loma | 10 Mt. St. Mary's |

COMMUNITY COL - MEN

This was not a big recruiting year for most SoCal Community Colleges with the result that talent deep Grossmont should grab another title now that Taft is in NorCal.

- | | |
|-------------|-----------------|
| 1 Grossmont | 4 Long Beach CC |
| 2 El Camino | 5 Mira Costa |
| 3 Pasadena | |

COMMUNITY COL - WOMEN

Since last years state champion L.A. Valley has dropped the sport of Cross Country, it appears that Mira Costa remains the best of the rest with Santa Monica close behind.

- | | |
|-----------------|----------------|
| 1 Mira Costa | 4 Mt. SAC |
| 2 Santa Monica | 5 Orange Coast |
| 3 Santa Barbara | |



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A Tribute to Bob Roggy

By Gregor Robin

Former American record holder in the javelin throw and recent Santa Barbara resident Bob Roggy never got a chance to make an Olympic team in the javelin.

All the friends he left behind are probably overlooking that point as they mourn the death of the world class athlete. But if Roggy had been able to make one last wish, you can bet he'd have wanted to be in the 1988 Olympics in Seoul, South Korea.

Roggy fell out of the back of a friend's truck while it was turning into a parking lot at the University of Houston campus and died from a broken neck on August 3 as the U.S. Olympic festival was drawing to a close.

Many would say there is much more to life than making the Olympic team, but before his death, Roggy was committed to the sport of javelin throwing like Edwin Moses is to the 400-meter intermediate hurdles.

Like any world class athlete, making the Olympic team was his ultimate goal and he never did. He finished fifth in the U.S. Olympic Festival javelin competition on August 2 in Houston. His 30th birthday would have been August 6. He had many good years of competition ahead of him.

Roggy moved to Santa Barbara in 1980 and lived there until he moved to Torrance about six months ago. He was engaged to a woman from Santa Barbara.

Dave Laut, the bronze medalist in the shot put in the 1984 Olympics lived and trained with Roggy in Santa Barbara. Laut was reached in Oxnard where he lives with his wife Jane.

"What can you say, it's just a tragic incident," said Laut. "It shocked everybody. My wife Jane and I were totally shocked. We were close to Bob. He lived with us in Santa Barbara. He was the best friend we had. For about two to three years we lived and trained together."

Laut met Roggy in 1978. Roggy was a member of the Athletics West track club at the time.

"I joined in 1979," said Laut. "We got acquainted in Eugene, Oregon, our club headquarters. In 1980 we both didn't make the Olympic team and felt pretty disappointed. We decided Santa Barbara was a good place to live and train, under UCSB Coach Sam Adams. He is an excellent coach."

Adams was on vacation and unavailable for comment.

Roggy came to Santa Barbara to refine his javelin techniques under Adams. Roggy used Santa Barbara as a home base as he travelled all over the world to compete. By 1982 Roggy had become the highest-ranking javelinist since 1968 in *Track and Field News'* Athlete of the Year list with his third place ranking.

That year Roggy had eight tosses beyond the 300-foot barrier to post (at the time) the

most ever over-300-foot throws in a lifetime. His best throw of 314-4 made him the second best of all time and earned him an American record that year. He lost only once that year in an exhibition. He was ranked first in the United States in 1978, '79, '81 and '82.

Roggy had the ninth best throw in the world for 1985 (300-10). After his 1982 heroics, Roggy fell victim to numerous injuries.



Dr. Sal Arria a Santa Barbara chiropractor, knew Roggy both as a doctor and a personal friend for six years.

"Bob lived his life to the fullest," said Arria. "He was one of the best all-around athletes that I've ever known. It's one of those things where he was fortunate that he did what he did in the short span of his life. He played hard and trained hard and enjoyed every moment of it."

"In relationship to other male athletes, Roggy did his own thing. He depended predominately on Adams for advice and tried to capitalize on his own mistakes. There weren't many athletes of his caliber to train with here other than Laut. That's why they got along so well and supported each other."

"It just brings to light that we should appreciate it when we have it. We as doctors and athletes and friends of his should appreciate Bob as he was and be thankful he didn't go in a long and painful way."

In 1980 Roggy was hit by Arria with a back injury and in the ensuing years Arria helped him with injuries ranging from shoulders to knees, elbows, groin pulls, "all of which at various times kept him out of competition," said Arria.

Arria agreed that 1982 was by far Roggy's most successful year.

"He was peaking strength-wise and his technique improved dramatically that year," said Arria. "Then he suffered a groin (adductor) injury. You take a 245-pound, six-foot-four-inch athlete and run the runway with all that speed, weight and velocity, those are the makings for some of the various injuries he sustained in throwing that distance."

Physical therapist David Dallmeyer, owner of the Santa Barbara Fitness Center, a gym where Roggy worked out, said he trained with Roggy and got to know him in the last year.

"We trained together on several occasions," said Dallmeyer. "He was real lovable, friendly and carefree guy with just a great outlook on life. Just one of the nicest guys you would want to meet. He had a chronic groin pull that I worked on. I knew him for about a year. I guess when your time's up... Gosh, what a tragedy."

Laut said Roggy was masterful at handling the pressure a world class athlete must face.

"He was a real fun-loving guy," said Laut. "He was great to be around. He was a person who relieved a lot of tension. We were always under a lot of stress, with the Olympic trials and other meets. He was the kind of guy who was fun to be with. In 1982 he had a fantastic year. Things clicked for him. It was one of the years we dream about. He was still plagued with injuries, but he came through and broke the American record a few times after a severe rupture of groin. We travelled throughout Europe. We had a great comradery with the other athletes. We had an excellent time."

"We would party pretty hearty. After a meet and stuff athletes share a good time, but it did shock me. *Something like that. Tragic.*"

With Roggy's second place finish at the TAC meet he qualified for the Goodwill Games in Moscow but finished out of the medals. In his career he was sponsored by Athletics West, Adidas and finally Puma. Roggy was born on August 6, 1956.

"Bob is definitely going to be missed," said Laut. "We've been calling other throwers and keeping in touch, consoling. He was such a good competitor and an asset to his friends. As a person he was fantastic. It's a tragic ending. He had such a future ahead of him."

Roggy, who started throwing the javelin because his high school did not have a baseball team, accepted a partial track scholarship at Southern Illinois in 1974. He won the 1978 NCAA javelin and set a collegiate record with a throw of 293 feet. The university was about to announce that Roggy would be inducted into its sports hall of fame on Sept. 6. Roggy had not been told yet.

Jack Kelley, executive director of the U.S. Olympic Festival, said Roggy's blood-alcohol level at the time of death was equivalent to two or three beers, and urine tests indicated no drugs were involved.

Around the State

Scott Molina Tightens Grip

When was the last time a major league baseball team lead its division wire to wire? It doesn't happen often. In that respect, the apparent ease with which Scott Molina has held onto his season long lead in the AT&T rankings for the 1986 Bud Light U.S. Triathlon Series (USTS) is impressive.

Following the 6th event of the season in Portland on July 13, where he won his fifth of six outings on the Bud Lights circuit this season, Molina built a huge 298-point lead over John Devere of Clovis, California, and now claims a total of 925 Coca-Cola Grand Prix points for the season.



Devere has been steadily climbing up in the rankings with strong, consistent showings in each of the last four Bud Light USTS events. A second-place finish behind Molina in Portland now gives Devere a 162-point lead over the #3 man, Mike Pigg of Arcata, California.

Molina will sit out Detroit, July 20, and Denver, July 27. However Devere, Pigg, and the #4 and #5 men, Jim Riccitello of Tucson and Michael Garcia of Palo Alto, are all scheduled to race in Detroit, as well as in Denver. Top-5 or top-10 finishes among the leaders will set the stage for a points showdown that may come down to the wire at the national championship in Hilton Head Island, South Carolina, on September 27.

On the women's side, Juli Brening of Kirkland, Washington, holds a 92-point edge on Kirsten Hanssen of Denver. The big mover in the rankings is Linda Buchanan of Leucadia, California, who won in Portland and placed second on June 29 in Baltimore. Buchanan was far down in the AT&T rankings prior to those two races, but now sits only 319 points off the lead for the \$25,000 Coca-Cola bonus pool.

The final two races leading into the National Championships will be held in California. San Francisco will host the September 7th event, then San Diego will be the site of the September 14 contest.



It looks like there will finally be a California High School State Cross Country Meet. Most of the details have been worked out and it is tentatively scheduled for Thanksgiving weekend of 1987 at Fresno's Woodward Park. Coaches and runners have a couple of chances to preview the suggested course this year. The Clovis Invitational on September 27 and the Kinney Western Regional on December 6 will be traversing the suggested route. The Kinney and Clovis course has been changed slightly in anticipation of being used for the State Meet. The course will conform to the same 5,000 meters as used in the J.C. State Meet, NCAA Dist. 8, FSU Invitational, and PCAA. It is 95% the same as the old Kinney route. A Fall track meet for all ages has been announced. The Tahoe Track and Field Meet to be held September 6 and 7 at South Lake Tahoe Intermediate School. For info, write Joan Stratton, P.O. Box

9089, South Lake Tahoe 95731. . . We are saddened to announce the recent death of long time long distance running supporter Art Butt. Those of you who were running before the "boom" will recognize his name as a faithful and helper at many running events in the San Jose area. . . Another Bay Area name associated with running over many years, Jim Nicholson, died July 22 at age fifty-five. He died suddenly while out on a training ride on his



The Athletics Congress of the USA

bicycle. Jim had been a top bicycle racer, both in his native England and the San Francisco area, before he took up running over twenty-five years ago.

The West Valley Track Club sent a full contingent to the Masters National Championships held in July at Mitchell Field in Long Island, New York, and came back with a slew of gold medals. National champions included: Janie Duff in the 40-44 400m, Bill Knocke in the 45-49 400m/H, Jim Hart in the 45-49 shot, plus the 40-49 and 50-59 400m relays, 40-49 1600 relay and 40-49 3200 relay. . . The Athletics Congress has announced a date change for the 1986 TAC/USA Masters 15K Cross Country Championships to November 23, with the contact changed to: Kurt Steiner, 1660 E. 21st St., Brooklyn, NY 11210. (718) 336-3025. . . Also announced by TAC was the date of the 1987 IAAF World Cross Country Championships to be held March 22, 1987, in Warsaw, Poland. . . More from TAC, in case you missed it, the qualifying time for the 1988 U.S. Olympic Marathon Trials for men will be 2:20. The standard must be attained between October 12, 1986 and the date of the 1988 Boston Marathon. Earlier the New Jersey Waterfront Marathon was announced as the site of the 1988 Trials. Qualifying time for women is 2:49:59 set from January 1, 1986 to 60 days prior to Trials. Date and place of Women's Trials still TBA.

Wally Egger, owner of Rainbow Racing System, has announced a unique new product that combines hand weights and fluid replacement in what he has named **Hanteens**. For information about this new concept contact Wally at (800) 962-1011. . . Fresno Pacific College will, after a 6 year hiatus, once again field a cross country team. Both men and women squads will complete a full schedule in the Golden State Athletic Conference and N.A.I.A. District III. For more information about this small four-year Christian college, contact: Cross Country Coach, Fresno Pacific College, 1717 S. Chestnut Ave., Fresno, CA 93702. . . Tom Lionvale, former UC Santa Barbara and Santa Barbara City College coach, has been hired as head track and field coach at Adams State College in Alamosa, Colorado. He will hold the position of Assoc. Professor of HPER at the 7,500 foot elevation school. Tom says they have two all-weather tracks and are offering 14 full-ride track scholarships. He invites interested athletes to contact him at the school. . . We didn't get much response from meet directors and coaches to our plea for cross country meet information and schedules. Two that we did receive are the Roadrunner Invitational on October 4 at Cal State Bakersfield and the Cross Country Carnival on September 6 at the University of Nevada at Reno.



The 1987 Central California Long Distance Running Schedule Handbook is now being put together. If you are planning a race in 1987 and would like to have it listed in the Handbook, please contact: LDR Handbook, 4957 E. Heaton, Fresno, CA 93727. . . October 25 is the date set for the annual Foot Locker Partners Race at Griffith Park in Los Angeles. The Foot Locker Partners races are unique in that runners are paired together and judged by their combined time. Eight family categories are included in the competition. The Los Angeles event is the Western Regional and National event of a five race series. For more information see the contact listed in the schedule. . . Many heavy runners — big men over six feet and 200 pounds or more — assume they need a soft, heavily-cushioned sole in their running shoe but, in fact, they should be looking for a running shoe with a firm midsole, according to Tom Brunick, head of footwear testing at Runner's World Magazine. . . Sunday, September 28, will mark the 10th anniversary of the KNBR Bridge to Bridge Run, ranked as the 12th largest run in the United States in 1985. See schedule for contact information. The Indianapolis-based National Track and Field Hall of Fame added four new members in June, two from California. The four were: Bob Seagren, the 1968 Olympic pole vault champion; Barney Ewell, a 1948 Olympic gold medalist in the 400 meter relay; Ron Laird, whose 65 career race walk victories spanned three decades; and Andy Bakjian, one of the sport's leading officials who died last February.



New Books on the Scene

The Athletics Congress has recently published a wealth of informative books relating to our sport. These include: **1986 USA/Mobil Outdoor Track and Field Championships Media Guide**. We don't know the price, or if it is even available to the general public, but it's an interesting 180 page booklet on the TAC Championships. **1986 U.S. Junior Track & Field Annual**, 80 page booklet, \$6.00. **The 1986 Competition Rules**, 170 page, \$7.50. **The United States' National Championships in Track and Field Athletics 1876-1985**, 300 pages, \$12.00. **1986 U.S. Race Walk Handbook**, 90 pages, \$6.00. **1986 U.S. Decathlon/Heptathlon Handbook**, 110 pages, \$6.00. **1986 TAC Directory**, 200 pages, \$7.50. **American Athletics Annual 1986**, 300 pages, \$10.00. **Road Race and Finish Line Management**, 130 pages, \$6.00. All of the above books may be ordered from TAC/USA Book Order Dept., P.O. Box 120, Indianapolis, IN 46260. (317) 638-9155. No C.O.D. orders.

Track & Field News' founding editor Cordner Nelson has a superb new book titled: **Track's Greatest Champions**. In addition to the 21 chapters on the "greatest," there are short profiles on 257 other record breakers and Olympic heroes. 385 pages, \$15.00. Order from TAFNEWS Press, P.O. Box 296, Los Altos, CA 94022.

Donn Kirk and David Cooper have done it again with their 1986 version of **The California State Track Meet**. The new edition gives an exciting history of the State High School Meet from 1951 to 1985. 100 pages, \$4.00. Order from KCC Press, 627 Springer Terrace, Los Altos, CA 94022.

Running with Man's Best Friend by Davia Anne Gallup will only appeal to those who like to run with their dogs. If you do, this is the book for you - lots of helpful hints and advice. 102 pages, \$7.95. To find out how to get a copy call Alpine Publications (303) 667-2017.

Dean Reinke on Running

By DEAN REINKE

Mr. Chriss' Neighborhood

Alvin Chriss was recently affectionately described by Association of Road Racing Athletes President Don Kardong as "the only person not allowed in Mr. Roger's Neighborhood!" The Athletics Congress (TAC) legal counsel and special assistant to TAC executive director Ollan Cassell is no stranger to controversy in his thankless role with the governing body that oversees road racing and track and field in the United States. With offices in New York City (at Fred Lebow's clubhouse, no less, the New York Roadrunner Club's headquarters) and Indianapolis, no one keeps a closer pulse on the sport than the feisty Chriss.

When prize money came on to the road racing scene in 1979 with the \$25,000 Jordache Marathon, TAC was ill-prepared to meet this new challenge. With numerous other sponsors stepping forward with their checkbooks open, "amateur" distance runners were questioning the validity of rules not allowing them to accept prize, or later to be termed "development" funds for their efforts. "Didn't we," they felt, "have a right to make a living like everyone else and be entitled to a decent standard of living?"

"When prize money came on to the road racing scene in 1979 with the \$25,000 Jordache Marathon, TAC was ill-prepared to meet this new challenge."

Following the Jordache Marathon came the prestigious Portland Cascade Runoff, one of the nation's finest 15K runs. Patti Catalano and Greg Meyer were among the "name" runners who were taking a stand and saying "to hell with the TAC, we want our prize money." Rather than dealing head on with the crises, Cassell told then TAC Long Distance Running Chairman Vince Chiapetta to "settle the situation." His "settling" was to ignore the issues as he quickly suspended the athletes from the sport who had accepted prize money. Bad

move number one! The athletes held their ground and their ranks swelled spawning the formation of the Association of Road Racing Athletes (ARRA).

Then finally good move number one occurred. Chiapetta went to fellow runner and New York attorney Alvin Chriss to consult about the situation. Chriss was instrumental in staving off an all out war, a settlement was reached, and like any good attorney, sent off his bill for services. It arrived, Cassell refused to pay, earning him a select audience with the forceful Chriss. Of course, Cassell, the former internationalist at 600 yards indoors during the Martin McGrady era, is no milquetoast either but was savvy enough to propose he and Chriss join forces so they could work together. Chriss was hired to implement the "TACtrust development fund" allowing athletes to legally except money for "development purposes" and as they say, the rest is history. Six years later, the sport has prospered and the fiery Chriss has earned the respect, if not necessarily the love of the running community.

I had the opportunity recently to have lunch with the outspoken Chriss and found out that he is indeed a runner, and in fact, both of us have bests of "4:02". Myself a 4:02 miler while at Indiana with Chriss establishing his PR of "4:02" at the Yonkers Marathon. The 20-mile-per-week, 11-time marathoner proudly displays a picture of himself on his office wall finishing that momentous Yonkers marathon running his lifetime best.

A conversation with Alvin is like plugging into a hard disk drive with all the information he holds on the sport. There is never a doubt as to where the outspoken Chriss stands on any issue in running. In recent numerous heated exchanges on the future of the National Running Data Center, he clashed repeatedly with founders Ken and Jennifer Young on the future role of the Center in the sport. After numerous discussions and frequent interventions from many respected leaders in the running community the function will now take place out of the Indianapolis TAC headquarters, just down the hall from Alvin's office.

If you want something to happen in the sport, Alvin can make it happen - just ask Bill Burke, director of the first time Los Angeles Marathon. With absolutely no background in running but with a politically well-connected wife and experience

heading up the Tennis venue in the Peter Ueberroth Olympics, Burke was the least likely of 6 candidates to bid for the rights to conduct the event. All put together elaborate proposals while Burke concentrated on one major aspect: getting Alvin Chriss to appear at the bid hearing on his behalf. Alvin flew in and Burke won in a near unanimous vote. And you can be sure that their house will be in order next year and the established prize purse will not be lowered once it is announced.

One promoter who didn't appreciate the strength of Mr. Chriss was David D'Allesandro who attempted to bring Boston back through the deep pockets of his company, John Hancock. With the much needed TAC insurance package as ammunition and an open check waiting for TAC, the men's and women's trials were Hancock's for the asking. But, according to Chriss, "Nobody wanted to do business with D'Allesandro. He's got an ego bigger than the statue of liberty." Confirming that, America's Marathon director Bob Bright supports Chriss when he stated, "anybody that's got a problem with D'Allesandro is all right by me." With the deftness that only Chriss enjoys, TAC got the insurance package it badly needed while Boston ended up with considerable in-fighting regarding it's comeback approach to the marathon.

As for the United States Olympic Marathon Trials? The men will go to the two year old New Jersey Waterfront Marathon. "Runners don't care where they run as long as the money is right," says Chriss, "and People's Express will fly in all qualifiers and give the Men's LDR Committee an additional \$350,000 to boot." And that's not too shabby considering the Men's LDR budget traditionally hovers around no man's land for the powerful committee. "Hopefully", he continued, "as the committee becomes financially viable, membership will have more meaning and we will get the best people vying for it's positions."

While the men can look forward to the "garden state," the women, led by LDR committee chairperson Julie McKinney will wait until the December TAC meeting in Tampa to decide. "They will still have over \$150,000 in their account once the decision is made", says Chriss, "so they too will be on their way." It certainly appears that way as thanks to his efforts in working with a number of leaders in the sport, all is and will continue to be well in Mr. Chriss' Neighborhood.

Dean Reinke writes a monthly newsletter, "Dean Reinke on Running," covering the national running scene from his perspective as a Television Commentator/Announcer and consultant to major events throughout the country. He resides in Orlando, Florida where he is also a "Corporate/Hospital Fitness Consultant." He is the former National Promotion Director for the Brooks Shoe Company and was a 4:02 miler at Indiana University.

The Athlete's Kitchen

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



The Compulsive Athlete

Some athletes are more than athletes - they're slave drivers. Not only do they train hard and excel in competitions, they also constantly drive themselves to train even harder. They mentally punish and pound themselves if they fail to meet their often unrealistic expectations. You may have noticed these slave drivers training at all hours of the day and night, above and beyond a "normal" training program. They are seemingly dedicated, disciplined athletes, but they may border on the fine line of self-abuse. Exercise may not be for fun, fitness or sport. It's often a compulsive means to reach deep-rooted personal goals. In 1983, Dr. Yates at the University of Arizona likened a group of compulsive exercisers to anorexics, suggesting that these men ("obligatory runners") used exercise as a means to be perfectly thin, gain an identity and feel "in control".

I commonly counsel these exercise-holics. They come to me because they have trouble balancing food and exercise. They routinely exercise for hours, but try to limit their food intake. They become ravenously hungry and then become seemingly uncontrollable food-a-holics and lose their ability to eat "normally". One exhausted cyclist, for example, ate not only the whole pint of ice cream but also the whole bag of oreos. She couldn't seem to stop herself until the food was ALL gone. She

then felt guilty and worked off the calories with another training session that was the equivalent of punishment. This vicious cycle of food and exercise abuse lacked a healthy balance.

A common bond between many food and exercise-a-holics is that they grew up in an alcoholic family. Now, instead of abusing alcohol like their parent(s), they abuse food and exercise. They may express the addictive personality in the form of hard training and a very controlled diet. Many of the Adult Children of Alcoholics (ACAs) are exceptional athletes. In fact, in a recent survey of the nation's top female runners, 24% reported a family history of alcohol abuse. I suspect that a driving force behind many of these competitive athletes includes the compulsive desire for control and perfection - two characteristics common to ACAs.

Of those women runners who are adult children of alcoholics, 32% reported disordered eating - a rate much higher than the 7-20% reported in college students. Not only does "anecdotal research" by coaches and trainers indicate a high prevalence of eating disorders in athletes, but also formal surveys. One study of 150 high school students indicated that 10½% of the athletes were bulimic, in contrast to only 1½% of the non-athletes. I'd be interested to know which came first - the anorexia that drove the student to exercise compulsively

and become a star athlete, or the athletic interest that contributed to the desire to be just a little bit thinner and hopefully a little bit better. I'd also like to know how many of the athletes had an alcoholic parent.

As a nutritionist, 40% of my client-visits are with eating disordered athletes who want to learn how to "eat normally". They come to me thinking that FOOD is the problem. They're wrong. LIFE is the problem. I help them recognize that the REAL problem may be the alcoholic personality that gets expressed via exercise and food abuse.

If you grew up in an alcoholic family (a common occurrence, since one in eleven adults is an alcoholic), you're likely to have certain personality traits that you carry with you into adulthood. These traits can affect your attitudes towards food, exercise and weight. For example, you may have an inordinant need for control. Since you couldn't control your alcoholic parent, you now overreact and control your food, weight and exercise program. You live by rigid rules and regulations and strive for perfection... to be the perfect athlete, have the perfect weight and maintain the perfect training schedule. You may behave compulsively to meet these goals. If these traits sound familiar to you, and you'd like more information and a reading list, you're welcome to send a self-addressed stamped envelope to me at Sports Medicine Brookline, 830 Boylston Street, Brookline, MA 02167.

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Technique & Training

By ROY STEVENSON

Pyramid Power

When you sit down to write out your own training programs, or to re-evaluate them, there are three training modes which you must take into consideration: frequency, intensity and duration.

We must establish some basic principles and guidelines which runners of all levels, ages and both sexes safely can use to enhance their performances.

Frequency

Let's start with frequency. What's the minimum amount of running we should do each week for improvement? The American College of Sports Medicine recommends a minimum of four sessions per week, lasting at least half an hour each, for improvement to take place. And the maximum? Elite runners in Seattle will often train twice per day for several days a week, which means up to 10 or 12 training sessions a week.

I recommend that beginning runners (less than two years) run four to five times per week. On your days off you might even try cross-training: swimming, cycling, or weight training. This new training system, designed for triathletes, can help prevent injuries, reduce boredom from a "running only" training regimen, while still giving good cardiorespiratory improvements.

Elite and more experienced runners would be well advised to incorporate some swimming or cycling into their program for the injury prevention benefits. For serious runners, six to seven days per week of running is recommended, with at least three of these days being slower, recovery type runs.

Consistency in your training is also of the essence. By this I mean a relatively uninterrupted, year-round program, which should be modified to suit the prevailing conditions and season, but never abandoned.

A typical "fair weather" runner who hibernates in the short, cold, dark winter days starts getting the running bug again by March, with those nice sunny spring days. This runner (whom I estimate comprises over 50% of all summer fun runners) is faced with starting the whole cycle over again every spring, thus predisposing him/her to injury. This risk could be avoided by cutting back running to a few days a week, and introducing cross-training, indoor running, or a combination of these through the winter.

Consistency and faith in your own training program are also vital. It's difficult for runners to have confidence in a training system when, every month, they pick up a

running magazine advocating a "new" or "different" training system. These conflicting systems (Long Slow Distance, Short Fast Running, Intervals, Hard/Easy, Hill Running, Fartlek, etc.) merely confuse the inexperienced or uneducated runner.

I have known dozens of promising runners who have never achieved anywhere near their true potential because they have flitted from training system to training system. They have never given one system a chance to prove itself, because they lack confidence in it if it doesn't produce dramatic results overnight. Such runners change training methods like underwear and are thus easily swayed by what the latest glossy running literature recommends.

Duration

Once you have established how many days per week you can run, you need to find out how much running you can handle on a day-to-day basis. Long running is vital in your training program to stress the central oxygen transport system and to stimulate adaptive changes in heart musculature.

This type of steady-state, continuous exercise should involve running at about 75% of your VO₂ maximum (Maximal oxygen uptake). One way to tell if you are training close to this rate is by setting a target heart rate (THR) and checking it halfway through your long training runs.

RHR = 55 beats/minute
MHR = (220-age) = 190
THR = 55 + 75% (190-55)
= 55 + 101
= 166 beats/min.

Common sense tells us that if we are increasing the duration, or length, of our runs (we have already set our frequency), we must compromise the intensity, or speed, of these long runs. This is important, at least initially, until our bodies have adapted.

You would be surprised how many runners transgress this basic premise. This, I suspect, is the prime cause of acute training injuries which cause runners by the dozens to limp into sports medicine clinics.

Increasing the length of your runs should not cause injuries if you start out for the first few weeks at a slower than normal pace. Some people do have severe biomechanical problems or wear inadequate running shoes, which might make them prone to injuries. These people should seek advice from a sportsmedicine physician or podiatrist.

It is important that you find your own maximum level of endurance running. Once you have established this level, back off a bit, and spend a month or two consolidating this aerobic base you have established. (1) When increasing your mileage, run it slowly and hold yourself back. You are inviting trouble if you continue to run the new, longer

"Common sense tells us that if we are increasing the duration, or length of our runs, we must compromise the intensity or speed . . ."

A THR can be estimated from the following equation:

THR = RHR + 75% (MHR-RHR)

Where: RHR = resting heart rate

MHR = maximal heart rate
(estimated from 220 beats per minute minus age of athlete)

For example:

Age = 30

distances at the same pace you ran your old, shorter distances. In other words, compromise the intensity of your long runs temporarily. (2) Novice runners should start out running by time, not mileage, to further eliminate the "mileage" mentality. You might start running for 10 minutes south, then turning around and running back for 10 minutes. (3) Vary the time (length) of your runs from day to day. Thus you will be doing

a long run/short run/long run/short run pattern. (Not to be confused with the hard/easy/hard/easy pattern which entails high intensity running followed by low intensity running). Varying your runs prevents boredom, allows recovery on the short run days, and further develops your endurance on the long run days. (4) Avoid racing during this first 6 to 8 weeks. (5) Continually examine your shoes for excessive wear during this increased running period. (6) Stretch before and especially after your runs. (7) Keep a training diary and record your running.

After a few weeks of adjusting to this increase in your running, you will notice that your pace will naturally increase without any extra effort. In fact, you should be feeling better and stronger each week, barring the occasional day of acute fatigue.

At some stage during these weeks you will start getting some warning signals that you are approaching your own limits of mileage. These signs are manifested in tired, aching legs for several days, lethargy on your runs for two or more days in a row, and perhaps crankiness due to glycogen depletion. Back off and consolidate your new, evaluated fitness level for a month or two.

Adding Intensity to your Training

Now that you have developed your endurance and aerobic base, you are ready to proceed to higher intensity training. Your training is now becoming more specific to your desired goals (racing your best), rather than general long endurance type running. Through this running you have prepared your musculo-skeletal system for the short, fast running which is to follow. Your muscles, tendons, ligaments and connective tissue are stronger and more tensile as a result of your long running.

To be able to run faster in races, you must run fast in training at some stage. By simulating fast running in your training workouts, your body learns to reduce lactic acid levels at sub-maximal workloads and becomes more effective at recruiting fast twitch (speed enhancing) muscle fibers.

What this jargon means is that biochemical and metabolic changes take place which help you improve or sustain your optimum racing pace longer.

Here are four different techniques that I have used with success.

Time Trials — The idea is to run trials under or near the distance you are training for. For 10K, you should run 5K or 8K time trials, with the occasional 10K. These are important in bringing about coordination of speed and stamina.

Time trials should not be run at full effort, but with strong, even efforts, leaving you with some reserves. Simply go out and push yourself at a fast (but not all out) pace over these distances, perhaps once a week.

Don't place too much emphasis on the times resulting from these efforts. Use a flat, accurately marked course, such as a track, Green Lake, or the Burke-Gilman Trail.

Hill Training — (1) Short Form: Find a nice reasonably sloped hill and run up it hard 6, 8, or 10 times depending on your

fitness. Warm up before and jog after this workout. (Twice/week).

(2) Advanced Form: Spring up the hill on your toes, not running, but bouncing. Use your body weight as a form of resistance to the leg muscles. This gives you muscular development and flexibility through the extreme actions of the legs in first driving upwards with a high knee lift, and then taking the force of your body weight as it comes down again. (Twice/week).

Fartlek — Swedish for "speed-play". Running at various speeds over forest trails, parks, and the countryside at will. One of my favorite workouts is 15 minute jog (warm-up), hard 5 minute burst, recovery jog, five or six 30 second fast stride-outs, warm down jog.

Interval (Track) Training — For development of speed and anaerobic capacity. This consists of fast, repeated, shorter runs with brief rest intervals between each bout. The fast sessions are done at (10K) race pace or faster. The short fast runs can be 100m, 200m, 400m, 800m, 1200m, or 1600m (1 mile). As the distance increases, the number of repeats performed should decrease.

Allows at least two days after each interval workout to recover. You may have heard of the hard/easy/hard training principle, which means a fast paced training session followed by one day of easier, slower recovery running, then a fast run the next day, etc. Beware: this is all very well on paper, but most runners need a good two days' recovery running following "short and nasty" workouts.

Your cardio-respiratory system may adjust by the following day, but your musculo-skeletal system will need least 48 hours of recovery because the "lag time" required

for proteins and collagens to come in and rebuild the microscopic tears and damaged muscle tissue, and flush away the waste products and metabolites caused by the trauma.

Summary — As you may have noticed, the training outlined here has tended to follow a sequential ordering, rather than a blending of the three training modes. Emphasis was placed first upon reaching the desired frequency of training sessions per week, followed by extending these workouts to develop endurance.

Once a conditioning period has been successfully completed, the runner should proceed to higher intensity running to prepare him/her for upcoming races. Thus each phase introduces a new, more race-related type of running. This can be likened to a pyramid (diagram) with frequency, duration, intensity, then racing forming the layers.

It is quite possible to simultaneously blend all training modes into a year-round training program. In fact, elite athletes in the USA must train this way to some extent due to the extended length of the road racing season. For them, the racing season begins in April and continues for 6 months. Thus a blend is critical to them and their continued performance at a high level.

The rest of us mortals, however, can take the luxury of a structured, sequential training program. Here is an example of a full year's training program which you can follow:

Nov, Dec, Jan: Build up-base aerobic training. Feb: Hill training and long running. Mar: Commence time trials. April: Commence fartlek and continue time trials. May: Commence interval/anaerobic training. June-Sept: Road Racing Season. Oct: Active rest month (swimming, cross-training).

ABC's of TRAVEL PRESENTS Marathon Runner's Tour of New Zealand

Tour Highlights: *Winstone International Marathon, Auckland, New Zealand. Sightseeing at NZ's most interesting and exciting places including Rotorua Thermal Geyser Wonderland, Maori concert and hangi (feast), sheep show/shearing demonstration, Waimangu Thermal Valley. Northland bus tour, Wellington, Auckland sightseeing, one week sightseeing in South Island, Queenstown, Christchurch, Franz Josef Glacier, Mount Cook, three days on Mana Island Resort in Fiji.*

Tour Dates: November 9-30, 1986.

Tour Cost: Two and three week packages available. Prices \$1500 and \$2100 (subject to confirmation).

First week's accommodation in NZ is free. Tour group stays with New Zealand runners in their own homes. Normal price for a tour of this length would be \$3100!!! Exchange rate now U.S. \$100 = N.Z. \$175!!

Runner's spouses, friends and supporters welcome. A good time was had by all on last year's trip!! Tour led by Roy Stevenson, Seattle's resident New Zealand running coach.

Call Sharon Olliger for free detailed itinerary of trip at: ABC's of Travel, Inc., 18521 Des Moines Way South, Seattle, WA 98148. (206) 244-4477 or 1-800-633-0616, ext. 444.

Prep Notes

By KEITH CONNING

Coach Plato Yanicks Retires

Menlo-Atherton High School track coach Plato Yanicks will retire from coaching next spring because he is being transferred from the physical education department to the history department.

Yanicks has been Menlo-Atherton's track coach since 1965. He inherited a program that had finished last in the league the three preceding years. He lost 16 dual meets during his first two years at Menlo-Atherton. He won eight of the last ten Peninsula Athletic League track championships in boys varsity and four of the last five in girls varsity.

Yanicks coached at Alameda High School from 1959 to 1962 and at Hillsdale High School from 1963 to 1964. He coached Marcel Hetu, the current track coach at Cal State Hayward, and Ralph Likens, who placed third in the State Meet mile.

Yanicks' greatest all-around athletes were Paul Bates (1977) LJ-TJ-440; Reggie DuPee (1981) HJ-HH-LH-440; Ken Jones (1983) HH-LH-LJ-100; and Steve Toney (1986) decathlon and State Meet pole vault champion.

I have known Plato for many years. His contribution to our sport in Northern California has been immense. He was the originator of the Northern California Cross Country Championship meet. He has an excellent library of track statistics, articles, and programs, which he allowed Donn Kirk to use in the writing of the *California State Track Meet*.

We will miss you Plato!

'C' Average Pass-To-Play Law Signed

Los Angeles, July 21. A so-called "pass-to-play" bill requiring junior and senior high school students to maintain at least a "C" average to participate in sports and other extracurricular activities became law Monday as Gov. George Deukmejian signed the measure.

Students who fail to meet the standard, the equivalent of a "C" grade, may continue to participate for no more than one semester. Those who do not bring up their grades during the probationary period will be dismissed from the activity.

"This law will help to ensure that our best athletes become good students as well, that they train their minds as well as their bodies," Deukmejian said. "It has already been tried in a number of major school districts. All reports are that it is working well."

Asked if he regards a "C" average as a high enough scholastic standard for California, Deukmejian said, "What we're trying to do is to ensure that athletes are at least average. . . . There's nothing in this bill, you know, that prevents them from being above average."

"There have been unfortunately, too many cases in the past where a number of young athletes. . . have gone through the system. . . (who) were not well prepared for what are going to be the demands upon them, their lifetimes and their families in the future," Deukmejian said.

About 70 percent of the state's school districts already have set grade-point requirements for participation in extracurricular activities, state schools chief Bill Honig said.

In the Bay Area, for example, Berkeley requires a 1.75 grade average, Novato 1.6 and Alameda 1.5, on a scale of 4.0.

In San Francisco, a 2.0, or "C" average, has been required for student athletes since 1979.

The Los Angeles Unified School District bars any student with a failing grade in any course from participating in extracurricular activities regardless of his overall average. A provision in the new law authorized local districts to impose higher minimum standards.

School boards across the state had argued against the new law, on grounds that it would weaken local flexibility and control. Those that fail to set the "C" standard now will lose their annual cost-of-living adjustments in state aid.

Some opponents believe the law is unfair to students who are more talented on the playing field or in the school band, than they are in the classroom. The California Interscholastic Federation, which governs state high school athletics, has long been opposed to the grade requirement.

Other critics contend that young athletes will be steered into easier classes to ensure that they maintain a "C" average.

The law, authored by state Assembly Speaker Willie Brown (Democrat-San Francisco), goes into effect January 1 and makes California the second state-Texas was the first-to establish minimum academic standards for extracurricular activities.

Corrections & Clarifications

Donn Kirk, the author of the *California State Track Meet*, points out three errors in the State Meet write up. (1) 100m-Hubie Watson (Jordan, LA) won the 100y in 58 & 59. Bill Cowings (not Cowlings) won the 100 only in 1960. (2) The 2 Mile is more than 20 yards longer than the 3200. To say Eric Mastalir tied the record is ridiculous. That's like saying a 10.5 100 yds. ties the 100 meter record. (3) Marcus Hooks set a new State Meet record (52:54).

San Francisco Marathon

July 20. Rebecca Chamberlain (Leigh High School, San Jose), fourth in the State Meet 3200, was the sixth woman finisher. She placed 86th overall in 2:45:52, which qualifies her for the Olympic Trials according to her coach Bill Hotchkiss.

Only four preps have ever run taster-Cathy Schiro (Dover, NH) 2:34:24 in 1984, Gail Volk (Ballard, Seattle, WA) 2:39:48 in 1979, sophomore Karlene Erickson (Wheeler Central, Bartlett, Nc) 2:41:50 in 1980, and Heike Skaden (Encina, Sacramento, CA) 2:43:00 in 1980.

In June Chamberlain ran 1:32.01 for the San Francisco 25K run (15.53 miles)-her average was 5:54 per mile.

Schiro set the outdoor record in the 1984 Olympic Trials on May 12 in Olympia, Washington.

David Naranjo (Sanger), ninth in the State Meet 3200 in 9:09.0, placed 17th in 2:30:26.

Two Mile Postal Meet

The two mile postal meet will be held in Los Gatos on the morning of Saturday, November 1 at 9:00 A.M.

Write to Bill Hotchkiss, Leigh High School, 5324 Leigh Avenue, San Jose 95124, for information.

16-Year-Old Leads U.S. Team to 1,600 Relay Mark

Athens, Greece, July 20. William Reed of Philadelphia, who almost lost his place on the team after contracting chicken pox, ran the final leg in 44.44 seconds to lead the U.S. team to a world junior record of 3:01.90 in the men's 1600 meter relay on the final day of the first World Track and Field Championships.

Reed, a 16-year-old high school junior, was joined by Chip Rish, 19, of Huntington Beach, Clifton Campbell, 19, of Sanford, Florida, and 18-year-old Texan Percy Waddle, to break the mark of 3:02.46, set by a United States team in 1983.

"This team is so good I think we can win the 1988 Olympics," said 19-year-old Chip Rish of Arizona State, the 1984 and 1985 State Meet 400-meter champion.

Bob Seagren

Bob Seagren, 1968 Olympic pole vault champion, was one of four new members elected to the National Track and Field Hall of Fame, The Athletics Congress announced. Besides Seagren, the other inductees for 1986 are Barney Ewell, a 1948 Olympic Gold medalist in the 400-meter relay; Ron Laird, who won 65 race walk victories in a career that spanned three decades; and the late Andy Bakjam, one of the sport's leading officials.

Seagren placed fourth in the 1963 State Meet at Berkeley with a vault of 14-4.

Eric Mastalir and Laurie Chapman

The Northern California Chapter of California High School Sports Journalists selected Eric Mastalir from Jesuit of Carmichael and Laurie Chapman from Gunderson of San Jose as the 1986 track and field athletes of the year. Mastalir has a national best of 8:44.95 for the 3200 meters. Chapman is ranked second nationally in the mile. Mike Wilson of Vallejo was named coach of the year.

Prep Results

San Diego County High School Heptathlon/Decathlon Championships

June 13-14. El Capitan HS, Lakeside.

Overall Results - Boys Decathlon	
1	Matt Farmer, MonteVista 5790
2	Bruce Stone, University 5622
3	Mike Tapley, ElCapitan 4947
4	Mike Polos, Helix 4880
5	Dave Burton, Mt.Carmel 4706
6	Jim Barton, ElCapitan 4579
7	Andy Bocko, Helix 4136
8	Cary Gregorio, MonteVista 4076
9	Romeo Mapanao, Mt.Carmel 3994
10	Matt Lehman, SanDieguito 3285
Overall Results - Girls Heptathlon	
1	Karoliina Leppaluoto, Madison 3747
2	Kristi Kaufmann, SanPasqual 3536

Fine Flicks by Don Gosney



8th Western Qualifier

KINNEY

Cross Country Championships

December 6, 1986
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
4957 E. Heaton, Fresno, CA 93727 • (209) 255-4904

Rating the State High School Track & Field Programs

By Mike Kennedy, Greg Jones and Doug Speck

As indicated in our last issue we would expand our rankings for the Prep Track & Field squads to the statewide level with this issue. We took the top twenty marks in the regularly contested prep events and awarded 20 points for the top mark, 19 for the second best, and so on down to 1 point if you had the twentieth best effort statewide. Wind-Aided efforts were not considered.

Women's Division

1 Hawthorne	153½
2 Oakland	80½
3 Poly (Long Beach)	76
4 Mt. Miguel (San Diego)	76
5 St. Francis (Mt. View)	75
6 Grossmont (La Mesa)	75
7 Locke (L.A.)	72½
8 Quartz Hill	67
9 Pomona	64
10 Thousand Oaks	59
11 Hueneme (Oxnard)	57
12 Los Gatos	55½
13 Roosevelt (Fresno)	53
14 Van Nuys	51
15 Rio Mesa	51
16 Compton	49
17 Gunderson (San Jose)	44
18 Newport Harbor	44
19 Westlake (Westlake Village)	44
20 Hogan (Vallejo)	43

Guess what! There is no surprise on top, as State Champion Hawthorne easily totalled up a much higher score than

anyone with 153½ points for first. The Cougars feature a torrid sprint crew reviewed in the last issue, and Coach Kye Courtney and crew could challenge any dual meet group in the country. A comparison with Sterling of Houston (Texas) and Lake Braddock of Burke (Virginia) might be interesting on paper. Hawthorne returns a lot, but loses big gun Tami Stiles next season, so it should be a bit more competitive along the way. Oakland, the runner-up squad in June's State Meet was also second here, with super all-around athlete Ronda Brooks heading a fine team. Poly (Long Beach) and a fine Mt. Miguel of San Diego group tied for third. St. Francis (Mt. View), scoring in seven events, and a Darcy Arreola-led Grossmont of La Mesa team, tied for fifth at 75 points. Thousand Oaks (59) and Los Gatos (55½) featured the most scorers, outside of Hawthorne, with eight each from their fine all-around programs (Hawthorne scored in thirteen spots).

Men's Division

1 Jesuit (Sacramento)	95
2 Muir (Pasadena)	91
3 Duarte	87½
4 Hawthorne	86
5 Taft (Woodland Hills)	84
6 Saugus	81
7 Independence (San Jose)	66½
8 Johnson (Sacramento)	65½
9 Madera	59

10 Loyola (L.A.)	54
11 Galileo (San Francisco)	52½
12 Locke (L.A.)	50
13 Silver Creek (San Jose)	49
14 Eisenhower (Rialto)	47½
15 American (Fremont)	47
16 Simi Valley	45
17 Riordan (San Francisco)	44
18 Katella (Anaheim)	43
19 Menlo Atherton (Atherton)	43
20 Grant (Sacramento)	42

In the Men's scoring it was the distance power of Jesuit that carried the Sacramento area school to a 95 point total and team victory. Acclaimed as among the top handful of Cross Country squads ever in California during the Fall harrier season the Jesuit trio of Eric and Mark Mastalir and Paul Thomas continued their fine running into the Spring. A National Distance Medley Relay Record of 8:56.3 and nation leading Mile and Two Mile marks by the Mastalirs along the way were season highlights for Coach Walt Lange's crew. Their scoring here lends ammo to the argument of some that doubling the Mastalirs at the State Meet could have brought Jesuit the first ever State Title for a team that did not score in the sprints, hurdles, or relays.

Muir of Pasadena encountered some late season problems with injuries and relay exchanges that removed them from contention for the State Meet scoring title, but the Mustang's 91 points edged

San Gabriel Valley rivals Duarte (87½) for second. Duarte, under young coach Mike Ramos has to be the program statewide that has come the longest distance in the shortest time, and will be heard from next year with some solid returnees. Hawthorne was fourth with 86 points, edging State Finals Champion Taft of Woodland Hills (84). Southern Section scoring leader from the last issue, Saugus, was sixth with 91. Muir, Duarte, Hawthorne, and Duarte all return quality speedsters, so 1987 should be an interesting year.

A special note of congratulations must go out to those schools who were able to place both their Men's and Women's programs in a high position statewide. Hawthorne, with a 239½ point total when programs are combined close to doubled anyone else's score. Coach Kye Courtney, "El Comandante," "The Legend," "The Great," or whatever you want to call him heads one heck of a program covered by a very capable assistant coaching staff. Coach Jimmy Lee (Locke, Los Angeles) had his teams in the seventh and twelfth positions and their points totals add up to 122½. Coach Eural Smothers had his Hiram Johnson of Sacramento group also able to total over 100 points with 104½ (his Women's group was just short of the top twenty with 39 points).

photo by Burt Davis

The Legend of KYE COURTNEY

By Doug Speck



One week when you see this Coach he is walking purposefully in front of the bleachers at an Invitational competition, mumbling something under his breath that you sense from his demeanor is not for publication. The next time you see him is at a Southern California Track Writers' Luncheon, where the Head Coach of one of the area's most academic Universities states that this High School Coach's athletes are the best counseled on classroom work that will lead to college that he has dealt with. One of this Coach's National Record Set-

ting Relay teams a couple of years back had its season interrupted with a week in 6th period study hall instead of workouts when they were not following through on directions just the way coach wanted. This

Coach's Track & Field team handbook starts with a discussion of academic preparation, team, and school responsibilities, then later gets around to a discussion of things on the track. Probably more news for his program this year than anything else had to do with the politics of tossing off the team the anchor runner for a National Record setting relay squad. Who is the Coach about whom the above information applies? Perhaps you already have a clue, because there is no one in recent Southern California prep Track & Field history who comes close to the aura that surrounds Hawthorne High School's Kye Courtney.

Four consecutive State Track & Field Championships in the most competitive area of the nation speak for themselves. Twenty athletes from a high school program who are currently still involved in the sport of Track & Field at the four year university level is a statistic that speaks for itself. In the past seven years eight Section Team Championships and twenty-five League Championships by the squads that make up the program are stats that need no explanation. The School Record Board at Hawthorne is headlined by three National Outdoor records and seven California State Outdoor records, all set in the last two

continued on next page...

□ Prep Notes

years. Two National Indoor Relay Records and four California "under-cover" bests have been set during the winter indoor season by Cougar athletes competing "unattached". In the last five years forty-two athletes from Hawthorne have been accorded All-American status. Three members of the USA Junior Track & Field Championships in Greece this summer are former or current Hawthorne stars (that trio does not include Henry Thomas, as the super UCLA frosh). The statistics go on and on about this Coach's program.

Success at such a high level is no accident, and there is a method to the success that has been arrived at Hawthorne under Courtney. Head Coach for the last eight years Courtney is the first to credit Assistant Coaches Archie Amy, Alex Bravo, Pat Camaranesi, and Larry Reed, but there is more. A popular topic in dealing with the young people of today a few years back was "Tough Love," where some distinct limits and guidelines were coupled with a sincere caring for the individuals involved. This might be a way to describe the unique blend of love and discipline that makes up the Hawthorne High Track & Field program under Coach Kye Courtney. The success at Hawthorne is the result of a carefully thought out philosophy and guidelines, coupled with one heck of a lot of hard work. Coach Courtney can explain at great length the "why" behind what is done at any time of the year with his athletes, and his descriptions of training lead you to believe that no one is "under worked" at Hawthorne.

Yet there is a real humanity to Courtney. Kids today just plain quit on Coaches they do not feel respect and some affection for. In a strange way it seemed fitting that with the State Championship on the line at Sacramento a year back Sean Kelly joked about the 4x400 relay team having to walk back to LA if they lost. By the way Kelly anchored the team to victory and the team state title despite having what was soon diagnosed as mononucleosis. The intensity level shows through, but Courtney has been seen keeping his cool in situations where others would pull their hair out. No team has ever had a sprinter the quality of Henry Thomas (appendectomy) yanked away from a team shortly before the State Meet, as Hawthorne did in 1985, and come through to win the title. For each of the last two years Courtney has undertaken \$5000 fundraising projects to sponsor his teams to travel to the Texas Relays, where they established a National Record in the 4x400m relay for prep males with their 3:07.40 in 1985.

Courtney brings a "back east" orientation to the sport of Track & Field to his coaching at Hawthorne. A product of New York City area schools, he was a member of Manhattan College's record setting 4x880 yard relay teams in the early 1960's, and

twice placed second in the AAU Indoor Championships at 600y. The New York City environment and indoor season of running may have given Courtney a slightly different outlook on life and running. Hawthorne athletes are very aggressive and competitive, a reflection of their mentor's "Big Apple" approach to life. Cougar athletes are encouraged to compete unattached during the couple of month long winter all-comer schedule of meets in the greater Los Angeles area each year. Courtney's experience with the indoor season in the east seems to have blended with the Southern California sunshine during our winter all-comer's season to turn out athletes who can go fast for a number of months and remain relatively injury-free.

photo by Burt Davis



Travis Hanna - super Soph.

Any High School or University program that wins very, very big finds itself scrutinized very closely with the ever-present rumors that something special is going on to cause

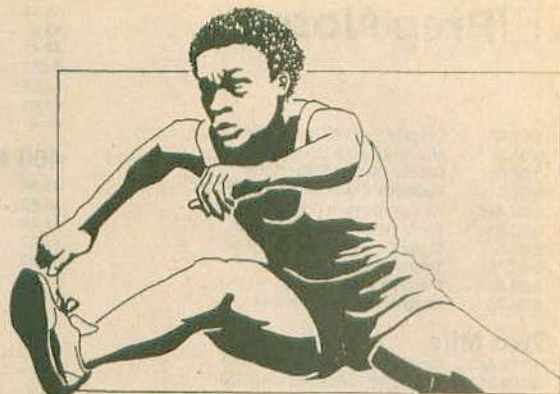
the program to rise and remain at extra-successful heights. It is a fact that there have been a number of transfers to the Hawthorne program in the past few years. There is not a coach anywhere who would not put an athlete who is legally residing in the attendance area and fulfilling Section and School eligibility requirements out on the athletic field to compete. Be very assured that the Hawthorne School District has very close tabs on any student that transfers in. With many Southern California high school track programs nothing more than a couple of relay teams and extra sprinter of two it does not seem surprising that parents would want to see their children in the best program possible. Transfers to Hawthorne have often followed this basic right guaranteed American families under the Constitution where they can live where they wish to. The Hawthorne Track & Field Coaching staff is very supportive of the other activities that their athletes take part in, with Courtney and staff members present at the school's Cross Country meets, and Cougar tracksters forming the nucleus of a recently very successful football program.

Hawthorne does just fine with home-grown talent. Henry Thomas was a community product all the way, as was the majority of the twenty who are competing at the four-year level. Courtney is very, very excited about the future of the Cougar program. The 1986 Women's State Champion group was made up of a number of underclass athletes, with the Men's squad featuring mostly junior and sophomore stars. Travis Hanna, who as a soph anchored the all underclass Cougar 1600m relay group to victory in the State Meet with his patented flying final 100m, was as exciting a new star as there was to the sport in Southern California this spring. You can be assured that no California prep team has had an entire State Championship (national record setting) relay group graduate, then return to that competition the next June with an all underclass squad to win once again as Hawthorne did in the Men's 4x400m event. They must be doing something right in the preparation of athletes at Hawthorne. Credit goes where it is due, and lately there is no one in the Western United States who deserves more credit as the mentor of a Prep Track & Field program than Kye Courtney of Hawthorne High School.

Incidentally, the legend of Travis Hanna has also spread to the East Coast. One June 14th the State Champion 1600m relay group from Hawthorne competed unattached against the top relay squads from the Northeastern U.S. at the Jumbo Elliott Meet at Villanova. Curtis Conway, Yki Vallery, and Robert Carroll gave Hanna a narrow lead as he started his anchor leg, but after 300m of the final lap Travis had slipped to seventh place. On the homestretch the precocious Cougar anchor runner simply moved out into Lane 4 and blew by everyone on the way to a 47.8 anchor and 3:16.29 overall time. Hanna's performance left spectators gasping and was one of the highlights of the entire meet.

1986 High School BEST MARKS

By Doug Speck, Mike Kennedy and Keith Conning



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The following are believed to be the top marks achieved by California preps during the 1986 track and field season. Marks listed in hundredths are fully automatic Accutrack clockings, marks followed by a "c" are converted from the equivalent yard or metric distance. * = junior, ** = sophomore, *** = freshman, ? = grade unknown.

Please send any corrections to: Doug Speck, 563 Willowgrove, Glendora, CA 91740.

Girls

100 Meters

11.71	Tami Stiles (Hawthorne)
11.77	Angela Burnham(RMesa,Ox)***
11.94	Aldenna Thomas (Hawthorne)*
11.94	LaShawn Simmons (ElMonte)
11.97	Shadon Jones (Hogan,Vallejo)**
12.00	Sojandrala Vaughn(Wilson,LB)
11.8	LeAnn Tinkshell(Locke,LA)***
11.8	Madette Smith (QuartzHill)*
12.07	Stacey Rogers (Johnson,Sacto)*
12.08	Ashley Rhodes (Mt.Miguel, SD)
12.08	Nicole Caldwell (RedwChr, CV)
12.09	Yolanda Fitch(Morse, SD)*
12.13	Simon Cain (Hueneme,Ox)**
11.9	Deanna Amy (Hawthorne)**
11.9	Ronda Brooks (Oakland)*
11.9	Kierstin Church (GranadaHills)
11.9	Martina Roland (Galileo, SF)*
12.15	Princess Bennett (Compton)
12.19	Lashun Peters (Woodside)
12.23	Angie Davidson (Wasco)***
12.0	Anna Ralph (Redondo Beach)
12.0	Michelle Green(PlusX,Downey)**
12.0	Valerie Simpson(DosPueblos)
12.0	Tina Johnson (Hueneme,Ox)***
12.0	Nikyaa Prevost (S.Fernando)**

Wind-Aided

11.92	Madette Smith(QuartzHill)*
11.94	Shadon Jones (Hogan,Vallejo)**
11.98	Nicole Caldwell(RedwChr, CV)
11.99	Nicki DeVoe(PiedmontH,SJ)***
11.8	Janeene Vickers (Pomona)*
11.8	Rosalyn Mitchell(DiamondBar)
11.9	Karen Lawson(St.Francis,Mt.V)*
11.9	Lashun Peters (Woodside)
12.18	Tracy Bonner (Vallejo)?
12.0	Bradley (Morningside,Inglew)
12.0	Tina Whatley(MenloAth)**
12.0	Lori Finnerty(PiedmontHl)***

200 Meters

23.61	Tami Stiles (Hawthorne)
23.87	Madette Smith (QuartzHil)*
24.08	Angela Burnham(RMesa,Ox)***
24.15	Sjondrala Vaughn(Wilson,LB)
24.54	Stacey Rogers(Johnson,Sacto)*
24.65	Deanna Amy (Hawthorne)**
24.85	Rosie Williams(EastNoccoiaus)*
24.6	Roslyn Mack(St.Fran,Mt.V)***
24.88	Shadon Jones(Hogan,Vallejo)**
24.98	LeAnn Tinkshell (Locke,LA)***
25.03	Nicki DeVoe(PiedmontHl,SJ)***
24.8	Simone Cain (Hueneme,Oxn)**
24.8	Nicole Caldwell(RedwChr, CV)
25.08	Brenda Wells(W.Bakersfield)
25.10	Kim Matthews (Morse, SD)*

25.11	Charmaine Williams(Marshall,P)
25.11	Latrese Watson(Edison,Fres)
25.12	Shenas Mills(Regina Caeli)**
24.9	Deaudra Wheeler (Hawthorne)**
24.9	Karen Lawson(St.Francis,Mt.V)*
25.17	Lashun Peters (Woodside)
25.20	LaFrانيا West(Grossmont)***
25.24	Johnson (Modesto)
25.24	Nichelle Strachan(Mt.Miguel,SD)
25.0	Jessica Johnson (Aptos)

Wind-Aided

24.29	Andreen Alvarenga(Mitty,SJ)**
24.30	Nicki DeVoe(PiedmontH,SJ)***
24.44	Nicole Caldwell (Redw Chr, CV)
24.74	Jessica Johnson (Aptos)
24.87	Roslyn Mack(St.Franc,MtV)***
24.91	Marie Jones (Mt.Plesant,SJ)***
24.97	Lashun Peters (Woodside)
24.99	Aidenna Thomas (Hawthorne)*
24.8c	Princess Bennett (Compton)
25.19	Valerie Simpson (DosPueblos)

400 Meters

52.25	Janeene Vickers (Pomona)*
53.49	Princess Bennett (Compton)
54.43	Chrystal Irving(Poly, LB)**
54.82	Kim Turner (Beverly Hills)
55.01	Roslyn Mack (St.Fran,Mt.V)***
55.32	Madette Smith (Quartz Hill)*
55.51	Sonya Mitchell (Bakersfield)
55.71	Andreen Alvarenga(Mitty,SJ)**
55.6	Kim McAllister (Locke,LA)***
55.76	Deanna Amy (Hawthorne)**
55.92	Trudy Palmer (Westchester)
56.17	Yolanda Fitch (Morse, SD)*
56.17	Chelle Cardenas(BishopMontg)
56.34	Mary Coleman (Irvine)*
56.38	Lezli Jensen (Los Gatos)
56.5	Tami Stiles (Hawthorne)
56.68	Tarsha Handy (Piedmont,SJ)***
56.90	Jackie Bullett(Banning,Wilm)*
57.08	Michele Lowe(American,Frem)
57.15	Wendi Simmons (SantaRosa)*
57.16	Kathy Grayson(MissionViejo)**
57.29	Kitty Ohenmus(DelCampo,FairO)
57.2	Denise Upsher(TorreyPines)**
57.2	Nicole Rothey(SanPasqual,Es)**
57.40	Nicky Adams(Reseda)

800 Meters

2:08.42	Laura Chapel (Univ.City,SD)
2:09.17	Maggie Henson(NewportHarbor)
2:09.27	Darcy Arreola(Grossmont)
2:09.62	Desiree Joubert(Westlake,WV)**
2:10.15	Denise Upsher(TorreyPines,DM)
2:10.63	Molly Burke(MarinCath,Kentf)
2:10.97	Kathy Grayson(MissionViejo)**
2:11.01	Kris Koehel (Ventura)*
2:11.09	Nicole Ritchot(Edison,HB)
2:11.22	Sherri Smith(Woodbridge,Irv)
2:12.52	Kim McAllister(Locke,LA)***
2:12.66	Kristina Hand (Fallbrook)**
2:12.8	Shannon Clark(MtView)
2:13.31	Andrea Dellamonica(Calabas)**
2:13.63	Glenda Smith (Upland)*
2:13.7	Laurie Chapman(Gunderson,SJ)
2:14.83	Christy Bache (Univ,SD)?
2:15.04	Althea Moses(Morningside)**

Fine Flicks by Don Gosney



Laura Chapel - 800 leader

2:15.1	Alica Guckenhiemer(Westmoor)
2:15.2	Jeannie Young (San Marino)**
2:15.2	Amanda Hess (WillowGlen,SJ)
2:15.2	Joann Arnold (PaloAlto)**
2:15.37	Kim Milligan (Compton)
2:15.50	Trudy Palmer (Westchester)
2:15.93	Kristin Harkins(LaQuinta,GG)*
2:15.53	Ginger Connolly (Atwater)?

One Mile

4:44.43c	Darcy Arreola(Grossmont)
4:46.80c	Laurie Chapman(Gunderson,SJ)
4:50.23c	Shannon Clark (Mt.View)
4:51.23c	Laura Chapel (Univ.City,SD)
4:51.30c	Robbyn Bryant (Hesperia)**
4:53.62c	Amy Dabul (Temple City)
4:54.31c	Tracey Williams(Mt.V, EM)**
4:54.74c	Maggie Henson(NewportHarbor)
4:56.26c	Heather Scobie (Saugus)***
4:57.10c	Sheri Smith (Woodbridge,Iv)
4:57.10c	Desiree Joubert(Westlake,WV)**
4:57.69c	Sabrina Han (Westmoor, DC)
4:58.8c	Mary Mendoza(Presentation)*
4:59.11c	Megan Warner(DelOro,Lomis)**
4:59.39c	Michelle Lewis(Buena,Ventura)*

Prep Notes

5:01.08	Christy Farrell(ThousOaks)*
5:01.31	Melissa Sutton(NewburyPk)*
5:02.08c	Nicole Ritchof(Edison,HB)
5:02.2	Rebecca Chamberlain(Leigh,SJ)
5:02.44c	Kira Jorgenson (Vista)**
5:02.93c	Buffy Rabbitt(NewportHarb)
5:03.5	Molly Burke(MarinCath,Kentf)
5:03.70c	Teresa Poy (ElCerrito)
5:03.8c	Melanie Hiatt (Davis)*
5:04.2c	Betty Chavez (Modesto)?

Two Mile

10:16.44c	Laurie Chapman(Gunderson)
10:28.35c	Tracey Williams (Mt.View,EM)**
10:30.38c	Mary Mendoza (Presentation, SJ)*
10:33.0c	Rebecca Chamberlain (Leigh, SJ)
10:33.64c	Melissa Sutton (Newbury Park)*
10:38.98c	Christy Farrell (Thousand Oaks)*
10:39.77c	Darcy Arreola (Grossmont, La Mesa)
10:40.32c	Amy Dabul (Temple City)
10:45.92c	Buffy Rabbitt (Newport Harbor)
10:47.64c	Susetta Basore (Pasadena)*
10:48.06c	Heather Scobie (Saugus)***
10:53.72c	Lisa Rizzo (Hart, Newhall)
10:53.77c	Kira Jorgenson (Vista)***
10:55.82c	Wendy Logsdon (St. Monica, SM)
10:58.41c	Nicole Nugent (Torrey Pines, DM)
10:57.6	Katie McCandless (Castilleja, PA)**
10:58.51c	Megan Warner (Del Oro, Loomis)**
11:04.97c	Ashley Black (Palos Verdes)***
11:05.5	Kristen Hansen (Monte Vista, Danv)
11:05.8c	Sabrina Han (Westmoor, DC)
11:08.0	Julie Castello (Willow Glen, SJ)
11:08.56c	Jennifer Baker (Monache, Porteville)
11:08.8c	Wanda Bailey (Fairfield)?
11:09.0	Angela Stearns (Silver Creek, SJJ)?
11:09.4	Shannon Clark (Mt.View)

100m Hurdles

13.47	Janeene Vickers (Pomona)*
13.94	LaShawn Simmons (El Monte)*
14.00	Effie Daetz (Leigh, SJ)**
14.01	Kelley Peacock (Van Nuys)
14.04	Michelle Colium (Pt. Loma,SD)
14.08	LaShawn McBride (Poly, LB)*
14.14	Lori Finnerty (Piedmont Hills, SJ)***
14.17	Michelle Outlaw (Lincoln, SD)*
14.19	Darla Vaughn (Mira Mesa)**
14.20	LaTanya Davenport (Locke, LA)***
14.21	Stacy Kuehnis (Los Gatos)*
14.26	Jessica Johnson (Aptos)
14.34	Michelle DeCoux (O'Dowd, Oakland)**
14.1	Chriselle Johnson (Stagg, Stockton)?
14.39	Amy Ice (Cajon, San Bern)
14.40	Kristen Edwards (So. Pasadena)*
14.44	Gina Albanese (Branham, SJ)**
14.2	Sharon Edmonds (Hawthorne)**
14.47	Raven Viltz (Beverly Hills)
14.51	Staci Leach (Thousand Oaks)*
14.52	Shiana Mosby (East Bakersfield)*
14.3	Doris Williams (Riverside Poly, Riv)*
14.55	Mary Olson (Palo Alto)
14.58	Kim Lassair (Northgate, WC)
14.58	Tamico White (Hawthorne)

Wind-Aided

13.90	Kelley Peacock (Van Nuys)
14.04	Gina Albanese (Branham, SJ)*
14.06	Stacey Kuehnis (Los Gatos)*
14.09	Lori Finnerty (Piedmont Hills, SJ)***
14.39	Lori Smith (Valley, Sacto)*

300m Hurdles

41.32	Janeene Vickers (Pomona)*
42.58	Ronda Brooks (Oakland)*
42.74	Lori Smith (Valley, Sacto)*
42.79	Kelley Peacock (Van Nuys)
42.86	Gina Albanese (Branham, SJ)*
42.92	Amy Ice (Cajon, San Bern)
42.95	Tamico White (Hawthorne)
42.99	Laura Ainsworth (Fremont, LA)*
43.50	Sharon Manship (ThousOaks)*
43.55	Wendy Simmons (Santa Rosa)*
43.60	Kristen Edwards (So. Pasadena)*
43.87	Mary Olson (Palo Alto)
43.91	Loni Larson (Fillmore)**
43.96	Michelle Outlaw (Lincoln, SD)*
44.05	Annette Spear (Manual Arts, LA)
44.08	Michelle Wootton (Bella Vista, FO)
44.10	Stacy Kuehnis (Los Gatos)*
44.10	Chriselle Johnson (Stagg, Stockton)?

44.14	Staci Leach (Thousand Oaks)*
43.9	Sharon Edmonds (Hawthorne)*
44.41	Effie Daetz (Leigh, SJ)**
44.51	Kim Petway (Canoga Park)
44.57	Lori Finnerty (Piedmont Hills,SJ)***
44.61	Marcie Braggs (Roosevelt, Fresno)
44.4	Felicia Harris (San Lorenzo)*

400 Meter Relay

45.54	Hawthorne
46.65	Oakland
47.08	Hueneme, Oxnard
47.22	St. Francis, Mountain View
47.53	Vallejo
47.4	Hogan, Vallejo
47.63	Locke, Los Angeles
47.71	Edison, Fresno
47.83	Roosevelt, Fresno
47.90	Dorsey, Los Angeles
47.91	Morse, San Diego
48.05	Rio Mesa, Oxnard
48.05	Morningside, Ingelwood
48.14	Compton
48.15	Crawford, San Diego
48.25	Thousand Oaks
48.35	Pomona
48.47	Poly, Long Beach
48.52	Cajon, San Bernardino
48.52	Burbank, Sacramento
48.60	Mira Mesa, San Diego
48.65	Piedmont Hills, San Jose
48.80	Plus X, Downey
48.88	Crenshaw, LA
48.91	Los Gatos

1600 Meter Relay

3:42.31	Compton
3:43.15	Hawthorne
3:46.04	Oakland
3:48.89	Mission Viejo
3:49.10	St. Francis, Mountain View
3:50.25	Poly, Long Beach
3:54.13	Morningside, Ingelwood
3:54.39	Thousand Oaks
3:54.3	Hueneme, Oxnard
3:54.62	Woodbridge, Irvine
3:54.75	Vallejo
3:54.86	Los Gatos
3:54.94	Roosevelt, Fresno
3:55.01	Westlake, Westlake Village
3:55.27	Edison, Huntington Beach
3:55.55	Rio Mesa, Oxnard
3:55.85	Morse, San Diego
3:56.3	Grant, Sacramento
3:56.7c	Piedmont Hills, San Jose
3:57.04	Locke, Los Angeles
3:57.09	Crenshaw, Los Angeles
3:57.22	Corona Del Mar
3:57.22	Hogan, Vallejo
3:57.58	Edison, Fresno
3:58.19	Foothill, Sacramento

Fine Flicks by Don Gosney



(left to right): Mary Mendoza, Laurie Chapman and Rebecca Chamberlain.

High Jump

5-10	Yeana Carrasco (Anaheim)
5-10	LaShawn McBride (Poly, Long Beach)*
5-10	Debbie Orr (Ocean View, Hunt.Bch)
5-8	Jackie Anderson (Mt. Miguel)*
5-8	Michelle Wootton (Bella Vista)
5-8	Angie Evans (Vanden, TAFB)*
5-8	Eugenia Miller (Crenshaw, LA)*
5-7	Staci Pollock (Westlake, WV)*
5-7	Celia Willis (Clovis West, Fresno)**
5-7	Durrelle Schimek (Nevada Union, Grass Vly)
5-7	Lisa Jackson (Laton)*
5-7	Noreen Flynn (Bell-Jeff, Burbank)
5-7	Maria Runyan (Camarillo)*
5-7	Karol Damon (Redlands)**
5-6	Lori Svoboda (El Dorado, Placentia)***
5-6	Lucie Von Scheliba (Skyline, Oakland)
5-6	Melanie Williams (Western, Anaheim)
5-6	Jill Johnson (Gahr, Cerritos)*
5-6	Mary Dixon (Santa Monica)?
5-6	Kris Kuhn (El Grove)?
5-6	Heidi Ivie (Vista)
5-6	Kristi Ahlstedt (Oakmont)*
5-6	Nicola Misner (Lemoore)**
5-6	Kya Robinson (Rolling Hills, PV Est)*
5-6	Kisa Coleman (Marina, Huntington Beach)*
5-6	Janine Bonin (Tracey)?
5-6	Amy Pierce (Lassen, Susanville)

Long Jump

20-11 1/4	Madette Smith (Quartz Hill)*
19-7	Ronda Brooks (Oakland)*
19-4	Nichelle Strachan (Mt. Miguel, SD)
19-2 1/2	Kelley Peacock (Van Nuys)
19-2 1/2	Rosalyn Mitchell (Diamond Bar)
19-0 1/2	Angie Evans (Vanden, TAFB)*
18-9 1/2	Lezli Jensen (Los Gatos)*
18-9 1/2	Cynthia Salery (Roosevelt, Fresno)
18-9 1/2	Lolita Pile (North Highlands, Sacto)
18-9	Stacey Rogers (Johnson, Sacto)*
18-8 1/2	Venessa Henlon (Lynwood)
18-7 1/2	Kristen Edwards (So. Pasadena)*
18-6 1/2	Marcy Braggs (Roosevelt, Fresno)
18-5 1/2	Wendy Simmons (Santa Rosa)*
18-5 1/2	Michelle Outlaw (Lincoln, SD)*
18-5	Karen Lawson (St. Francis, Mt. View)*
18-3 1/2	Chris Ahlstedt (Oakmont, Roseville)
18-3	Arienne Dickson (Upland)*
18-2 1/2	Charvena Williams (Lynwood)
18-2 1/2	Suzi Patteri (Los Gatos)?
18-2 1/2	Saeida Washington (Logan, Union City)
18-2	Stacie Haro (Gilroy)
18-1 1/2	Jennifer Haws (Pleasant Vly, Chico)*
18-1 1/4	Jackie Anderson (Mt. Miguel, SD)*

Wind-Aided

18-8	Jackie Anderson (Mt. Miguel, SD)*
18-5 1/2	Cheyenne Brinkley (Muri, Pasadena)
18-3 1/4	Suzi Patteri (Los Gatos)?
18-2	Meiyne Bass (Vacaville)?

Triple Jump

41-0 1/2	Jackie Anderson (Mt.Miguel, SD)*
40-2	Felicia Harris (San Lorenzo)*
39-8 1/4	Debbie Orr (Ocean View, HB)
39-3	Diana West (Logan, Union City)
38-4 1/4	LaFrancia West (Grossmont, LaMesa)***
38-3 1/2	Kim Lassair (Northgate, WC)*
38-2	Althia Moses (Morningside, Ingelwood)**
38-1	Lolita Pile (No.Highlands, Sacto)
37-9 1/2	Venessa Henlon (Lynwood)
37-9 1/2	Chance Poole (Patrick Henry, SD)*
37-8 1/2	Serina Strange (Indio)*
37-8 1/2	Tanya Connor (Barstow)**
37-8	Kauri Tarman (Chico)*
37-6	Jennifer Jackson (St. Francis, Mt.View)**
37-5 1/4	Sharon Manship (Thousand Oaks)*
37-5 1/2	Kim Lloyd (Mt. Miguel, SD)*
37-5 1/2	Michelle Coley (Edgewood, W.Covina)**
37-5	Lezli Jensen (Los Gatos)?
37-4 1/2	Susan Guest (Troy, Fullerton)
37-3 1/2	Lara Wright (Esperanza, Anaheim)?
37-3 1/2	Heather Beach (Gunn, Palo Alto)
37-2 1/2	Doneisa Anderson (Tustin)*
37-2 1/2	Stacy Haro (Gilroy)
37-2 1/2	Cheyenne Brinkley (Muri, Pasadena)
37-1 1/2	Shundra Holland (Saddleback, Santa Ana)*

Wind-Aided

38-9	Carrie Marquez (Mariposa)?
38-1 1/4	Venessa Henlon (Lynwood)
37-11	Tessa Jackson (Foothill, Sacto)
37-9 1/2	Joan Haller (Garces, Bakersfield)*

continued on next page...

Prep Notes

- 37-8½ Stacy Haro (Gilroy)
- 37-7½ Lara Wright (Esperanza, Anaheim)?
- 37-7 Brooke Bartholomew (Fremont, Sunnyva)**
- 37-5 Lisa Rogers (Yucaipa)
- 37-4 Heather Beach (Gunn, Palo Alto)
- 37-2½ Nicole Nortier (Vacaville)
- 37-2 Joyce Cunningham (Silver Creek, SJ)*

Shot Put

- 47-4½ Brandi Gail (Rowland, Rowland Hts)
- 45-0¼ Tracy Crawford (Southwest, SD)
- 44-1½ Shelly Lovati (El Modena, Orange)
- 43-3 Nancy Wannamaker (Pleasant Vly, Chico)**
- 43-2½ Karsti Leppaluoto (Madison, SD)
- 42-9½ Buffy Sexton (Mills, Millbrae)
- 42-5½ Lii Ili (Nogales, La Puente)
- 42-4½ Latrice Hagen (Fremont, LA)
- 42-1½ Jackie Tables (Vacaville)?
- 41-10¼ Maureen McKinney (Reedley)*
- 41-8½ Renee James (Casa Grande, Petaluma)
- 41-6½ Heidee Ruiz (Los Gatos)**
- 41-5¾ Tammi Williamson (Madera)
- 41-3½ Jennifer Welch (Agoura)**
- 41-2 Melanie Jones (Poly, Long Beach)**
- 41-1½ Durrelle Schimek (Nevada Union, Grass Vly)
- 41-0¾ Kim Giguire (Placer, Auburn)
- 41-0 Martresia Mitchell (Vallejo)
- 40-10 Cheryl Villaran (Arroyo Grande)
- 40-7 Becky Barragan (Piner, Santa Rosa)
- 40-4 Owen (Menlo Atherton, Atherton)?
- 40-4 Vicki Laszlo (Apple Valley)
- 40-2½ Felycia King (Selma)
- 40-1 Yolanda Kelley (Crenshaw, LA)
- 40-1 Starla Ahu (Vista)*

Fine Flicks by Don Gosney



Lori Parker - discus leader

Discus

- 162-0 Lori Parker (Ramona, SD)
- 157-6 Tracy Crawford (Southwest, SD)
- 150-7 Lii Ili (Nogales, La Puente)
- 149-8 Brandi Gail (Rowland, Rowland Hts)
- 148-7 Terri Mann (Pl. Loma, SD)*
- 141-8 Margaret Georgan (Antioch)
- 139-5 Shelly Lovati (El Modena, Orange)
- 137-5 Becky Wright (Atascadero)?
- 137-0 Monie McMurry (Roosevelt, Fresno)
- 136-7 Tammi Williamson (Madera)
- 134-7 Buffy Sexton (Mills, Millbrae)
- 134-1 Denise Murphy (Foothill, Pleasanton)
- 133-4 Karsti Leppaluoto (Madison, SD)
- 132-9 Robin Longwell (Grossmont, La Mesa)
- 132-3 Nina Gray (Tokay, Lodi)?
- 131-7 Angela Jones (Mt. Miguel, SD)
- 131-5 Cheryl Villaran (Arroyo Grande)

- 130-7 Laurie Edelbrock (St. Joseph, S.Maria)**
- 130-7 Jennifer Ruff (Sequoia, RC)*
- 130-6 Lisa Wood (Saddleback, Santa Ana)?
- 130-5 Louise Coulter (Redwood, Larkspur)*
- 130-0 Sandy Stevens (Fallbrook)
- 129-1 Melanie Decker (Irvington, Fremont)
- 129-0 Diane Stewart (Santa Teresa, SJ)
- 128-5 Mira Taylor (Rio Linda)?

Boys

100 Meters

- 10.49 Ron McCree (Madera)
- 10.56 Quincy Watts (Taft, Woodland Hills)**
- 10.59 Corey Ealy (Muir, Pasadena)*
- 10.59 Martin Cannady (Duarte)*
- 10.61 Kevin Hendrix (Roosevelt, Fresno)
- 10.61 Chip Vargas (Wilcox, Santa Clara)
- 10.62 Tony Miller (Riordan, SF)**
- 10.63 Skipper Johnson (Mills, Millbrae)
- 10.67 Gary Wellman (Westlake, WV)
- 10.70 Curtis Rogers (Johnson, Sacramento)
- 10.74 Donovan Stephens (Mission Viejo)
- 10.5 Eric Bixler (Dos Pueblos, Goleta)
- 10.5 Mike Carnes (Simi Valley)*
- 10.5 Leland Adams (West Covina)
- 10.5 Andre White (Vallejo)
- 10.79 Jeff Sundquist (Bellarmine, SJ)
- 10.80 Mark Anderson (Washington, LA)
- 10.82 Calvin Holmes (Carson)*
- 10.82 Travonn Johnson (Gahr, Cerritos)
- 10.83 Pee Wee Smith (Gardena)
- 10.83 Ron Young (Mt. Miguel, CV)

Wind-Aided

- 10.52 Curtis Rogers (Johnson, Sacto)
- 10.54 Andre White (Vallejo)
- 10.60 Calvin Holmes (Carson)*
- 10.4 Gary Wellman (Westlake, WV)
- 10.4 Karl Stewart (Galileo, S.F.)
- 10.72 Patrick Rowe (Lincoln, SD)*
- 10.5 Joseph Hart (Locke, L.A.)
- 10.5 Otis Dixon (Morningside, Inglewood)
- 10.5 Michael Ford (San Pedro)
- 10.5 Eric Broussard (Oakland)?
- 10.5 Jeff Sundquist (Bellarmine, SJ)
- 10.80 Ron Young (Mt. Miguel, CV)
- 10.80 Glen Reyes (Orange Glen)***
- 10.83 Larry King (Johnson, Sacto)*
- 10.84 Charles Hampton (Patrick Henry, SD)*
- 10.84 Ray McGee (Duarte)**

200 Meters

- 20.97 Quincy Watts (Taft, Woodland Hills)**
- 21.14 Ron McCree (Madera)
- 21.19 Corey Ealy (Muir, Pasadena)*
- 21.31 Martin Cannady (Duarte)*
- 21.38 Curtis Rogers (Johnson, Sacto)
- 21.2 William Ray (Bullard, Fresno)
- 21.56 Devon Goodlow (Stagg, Stockton)?
- 21.57 Troy Miller (Riordan, S.F.)**
- 21.62 Cedric Riles (Norte Vista, Riverside)
- 21.66 Darron Minor (Berkeley)
- 21.71 Ron Young (Mt. Miguel, SD)
- 21.72 Mike Fritz (Anaheim)
- 21.73 Robert Harris (Simi Valley)*
- 21.75 Cedric Coleman (Duarte)
- 21.76 Travonn Johnson (Gahr, Cerritos)
- 21.78 Karl Stewart (Galileo, S.F.)
- 21.79 Terry Johnson (Katella, Anaheim)
- 21.80 Otis Dixon (Morningside, Inglewood)
- 21.81 Terry Rodgers (Sweetwater, Nat'l City)
- 21.82 Andre White (Vallejo)

Wind-Aided

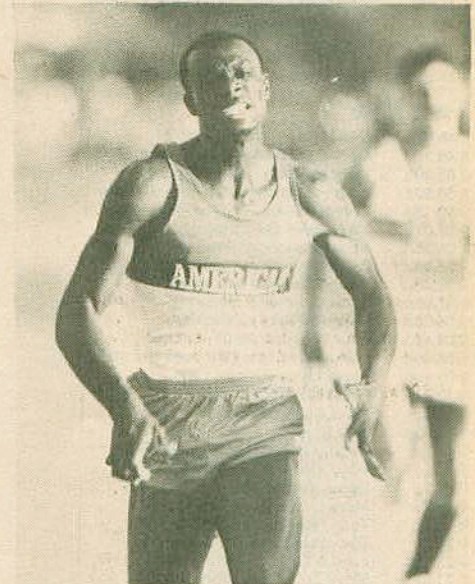
- 20.9 Curtis Rogers (Johnson, Sacto)
- 21.37 Chris Taylor (Yerba Buena, SJ)
- 21.38 Benari Burroughs (Independence, SJ)**
- 21.42 Troy Miller (Riordan, S.F.)**
- 21.2 Andre White (Vallejo)
- 21.3 Anthony Newsome (Montclair)
- 21.4 Darron Minor (Berkeley)
- 21.4c Michael Ford (San Pedro)
- 21.5c Pee Wee Smith (Gardena)
- 21.5 Ed Taylor (Clairemont, SD)
- 21.5 Karl Stewart (Galileo, S.F.)
- 21.5 Ronnie Brown (Johnson, Sacto)*
- 21.75 Karrell Robinson (Prospect, SJ)
- 21.81 Chip Vargas (Wilcox, Santa Clara)

400 Meters

- 46.50 Steve Lewis (American, Fremont)*
- 47.00 Marvin Douglas (Fremont, L.A.)
- 47.15 Vincent Thompson (Locke, L.A.)

- 47.37 Kevin Hendrix (Roosevelt, Fresno)
- 47.47 Floyd Barco (Monterey)
- 47.5 Darron Huston (Salinas)
- 47.67 Demitrius Carter (American, Fremont)
- 47.6 Eric Bixler (Dos Pueblos, Goleta)
- 47.80 Chris Taylor (Yerba Buena, SJ)
- 47.85 Travis Hanna (Hawthorne)**
- 47.99 Kent Johnson (Westchester)
- 48.03 Cedric Coleman (Duarte)
- 48.12 Greg Jefferson (Oakmont, Rose.)
- 48.26 Mike Fritz (Anaheim)
- 48.27c Quincy Watts (Taft, Woodland Hills)**
- 48.30 Leland Adams (West Covina)
- 48.31 John Hollis (Santa Ana Valley)
- 48.54 Robert Harris (Simi Valley)*
- 48.58 Geno Howard (Los Amigos, GG)
- 48.65 Mark Briggs (Centennial, Compton)
- 48.66 Glen Stewart (West Covina)
- 48.69 James Wilson (Crenshaw, L.A.)
- 48.73 Reggie Johnson (Compton)*
- 48.6 Bill Thurmond (Saddleback, Santa Ana)*
- 48.6 Tim Pipes (Fallbrook)*
- 48.6 Robert Myles (North Monterey County)*

Fine Flicks by Don Gosney



Steve Lewis - 400 leader

800 Meters

- 1:50.25 Vincent Thompson (Locke, L.A.)
- 1:50.83 Neil Fitzgerald (St. Ignatius, S.F.)
- 1:51.47 Matt Large (Desert, Edwards)
- 1:52.23 Mike McCracken (Loyola, L.A.)
- 1:52.28 Anthony John (El Cerrito)
- 1:52.36 Mark Spina (Montgomery, S.Rosa)
- 1:52.38 Jim Sorenson (Villa Park)
- 1:52.60 Tony Perez (Manteca)
- 1:52.63 Dan Gabor (Amador Valley, Pleasanton)*
- 1:52.88 Kevin Blazona (Casa Roble, Orange)*
- 1:53.38 Raul Serratos (Moreno Valley)*
- 1:53.96 Art Gonzales (St. Mary's, Stockton)?
- 1:53.97 Will Breckenridge (Immanuel, Reedley)*
- 1:54.20 Smith (Beyer, Modesto)?
- 1:54.2 Davin Markham (Terra Linda, San Rafael)
- 1:54.2 Tom Loftus (St. Ignatius, S.F.)
- 1:54.39 Craig Olson (El Dorado, Placentia)*
- 1:54.45 Larry Williams (Morse, SD)
- 1:54.59 Robert Breslin (Taft)
- 1:54.5 Adriene Olivier (Santa Teresa, SJ)*
- 1:54.66 Mike O'Boyle (Hemet)
- 1:54.71 Norlan Ewell (Palisades, Pac. Palisades)
- 1:54.71 George Puryear (Patrick Henry, SD)
- 1:54.6 Eric Mastalir (Jesusit, Sacto)
- 1:54.6 Ron Jones (Leigh, SJ)?
- 1:54.6 Eric Wendling (Los Gatos)?

One Mile

- 4:05.58c Mark Mastalir (Jesusit, Sacto)
- 4:05.66c Eric Mastalir (Jesusit, Sacto)
- 4:10.31i Mark Dani (Valhalla, El Cajon)

Prep Notes

photo by Burt Davis



Mike McCracken - fourth best 800 time

- 4:11.29c Tony Perez (Manitaca)
- 4:12.62c Raul Serratos (Moreno Valley)*
- 4:12.81c Jim Zimmer (Simi Valley)
- 4:13.07c Rich Hirschmann (Torrance)
- 4:13.15c Mike McCracken (Loyola, L.A.)
- 4:13.61c Adam McAboy (Miramonte, Orinda)
- 4:13.84c Kirk Stonerock (Saugus)
- 4:14.40c Jeff Rachel (Golden West, Visalia)*
- 4:14.4c Paul Thomas (Jesuit, Sacto)*
- 4:15.00c Jorge Castro (Ramona)*
- 4:15.12c Greg Scattini (Palma, Salinas)
- 4:15.43c Russell Hill (Hill, San Jose)
- 4:16.16c Jason Lineau (Clovis)*
- 4:16.1c Kevin Blazona (Casa Robles, Orangevale)*
- 4:16.28c Daren Stonerock (Saugus)
- 4:16.73c David Naranjo (Sanger)
- 4:16.76c Charlie Van Wye (St. Paul, Whit)
- 4:17.16c Jonathon Smith (Miramonte, Orinda)*
- 4:17.21c Stuart Wiseman (El Cerrito)
- 4:17.40c Bill Meyer (Villa Park)
- 4:17.3c Mason Myers (Vallejo)*
- 4:17.53c Tom MacKen (Santa Rosa)

Two Mile

- 8:48.02c Eric Mastalir (Jesuit, Sacto)
- 8:49.11 Mark Dani (Valhalla, El Cajon)
- 8:55.10c Mark Mastalir (Jesuit, Sacto)
- 8:58.83c Adam McAboy (Miramonte, Orinda)
- 9:00.18c Chris Hoepker (Encinal, Alameda)
- 9:01.07c Mark Davis (San Diego)*
- 9:03.26c Aaron Mascorro (Rosemead)*
- 9:05.20c Daren Stonerock (Saugus)
- 9:06.4c Craig Blockhus (Mt. View)
- 9:07.06c Scott LaForce (Los Gatos)
- 9:08.38c Richard Erbes (Glendale)*
- 9:08.46c Paul Thomas (Jesuit, Sacto)*
- 9:08.46c Cameron Mitchell (Nevada Union, GV)
- 9:09.48c Steve Imlay (Temple City)
- 9:12.3c David Naranjo (Sanger)
- 9:13.0c Mark Callon (Bellarmine, SJ)
- 9:13.73c Kirk Stonerock (Saugus)
- 9:14.8c Robbie Lopes (Monte Vista, SD)*
- 9:15.2c Scott Cole (Yosemite, Oak)**
- 9:16.2c Derek Vett (Buena, Ventura)
- 9:19.79c Mark Lindrud (Mission Viejo)
- 9:19.8c Tony Hernandez (Garfield, L.A.)
- 9:20.2c Tom Estes (Lassen, Susanville)
- 9:21.13c Jose Alcaez (Santa Ana Valley)
- 9:21.0c Steve Lopez (Hill, San Jose)*
- 9:21.93c Jeff McCarty (Hoover, Glendale)

110m High Hurdles

- 13.88 Terry Johnson (Katella, Anaheim)
- 14.02 Rodney Bradshaw (Saugus)
- 14.13 Albert Pride (Grant, Sacto)*
- 14.14 Pete Kolatouris (Lynbrook, SJ)
- 14.18 Dana Hall (Ganesha, Pomona)*
- 14.21 Derick Davis (Fairfax, L.A.)
- 14.21 Chris Floyd (Eisenhower, Rialto)
- 14.23 Anthony Burnett (Lynwood)
- 14.0 Mike Englehart (DeLaSalle, Concord)
- 14.27 Tim James (San Dimas)
- 14.34 Aaron Blakely (McCloud)
- 14.1 Jason Munoz (Quincy)
- 14.38 Robert Morris (Hawthorne)
- 14.44 Steve Kemp (Independence, SJ)
- 14.47 Tyrone Jeffries (Muri, Pasadena)
- 14.47 George Smith (Clovis West, Fresno)
- 14.51 Derrek Pye (Wilson, Long Beach)
- 14.51 Walter Harris (Banning, Wilm)
- 14.52 Don Powell (Palo Alto)
- 14.52 Mike Koellsted (Calistoga)
- 14.54 Anthony Verratt (Perris)
- 14.3 Ricky Barfield (Lynwood)
- 14.3 Anthony Beaty (Blair, Pasadena)
- 14.3 Shelton Boykin (San Fernando)*
- 14.55 Henry Bausley (University, L.A.)

Wind-Aided

- 14.28 John Montgomery (Independence, SJ)**
- 14.29 Steve Kemp (Independence, SJ)
- 14.1 Lavine White (Montclair)
- 14.36 Walter Harris (Banning, Wilm)
- 14.37 Tyrone Jeffries (Muri, Pasadena)
- 14.41 Craig Gilbert (Overfelt, SJ)*
- 14.43 Bernard Ellison (Vallejo)
- 14.49 Shelton Boykin (San Fernando)*
- 14.3 Jon Bryant (Eisenhower, Rialto)
- 14.3 Henry Bausley (University, L.A.)

300m Intermediate Hurdles

- 36.90 Billy Gaines (Independence, SJ)
- 37.26 Terry Johnson (Katella, Anaheim)
- 37.30 Rodney Bradshaw (Saugus)
- 37.61 Chris Fisher (Notre Dame, SO)
- 37.79 Walter Harris (Banning, Wilmington)
- 37.82 Darryl Lockett (Dorsey, L.A.)*
- 37.83 Y'ki Valley (Hawthorne)*
- 37.7c Freddie Leslie (Washington, L.A.)
- 37.95 Steve Kemp (Independence, SJ)
- 37.97 Bernard Ellison (Vallejo)
- 37.99 Eddie McElroy (Loyola, L.A.)
- 38.00 Gary Worrell (Monte Vista, Cupertino)
- 38.01 Anthony Burnett (Lynwood)
- 38.01 Albert Pride (Grant, Sacto)*
- 38.06 John Montgomery (Independence, SJ)**
- 38.15 Jon Bryant (Eisenhower, Rialto)
- 38.23 John Hollis (Santa Ana Valley)
- 38.24 Glenn Stewart (West Covina)
- 38.31 Dana Hall (Ganesha, Pomona)*
- 38.33 Jason Munoz (Quincy)
- 38.1 Mike Englehart (DeLaSalle, Concord)
- 38.35 Lavelle Parker (Hamilton, L.A.)
- 38.39 Andy Shaber (Lincoln, Stockton)
- 38.40 Anthony Verratt (Perris)
- 38.42 Darin Maiden (So. Bakersfield)*
- 38.42 Osmand Swanegan (Morse, SD)

400 Meter Relay

- 40.93 Muri, Pasadena
- 41.13 Taft, Woodland Hills
- 41.24 Johnson, Sacramento
- 41.47 Duarte
- 41.48 Hawthorne
- 41.50 Galileo, San Francisco
- 41.55 Dorsey, Los Angeles
- 41.67 Eisenhower, Rialto
- 41.68 Madera
- 41.73 Vallejo
- 41.6 Lemoore
- 41.93 Morningside, Inglewood
- 42.01 Simi Valley
- 42.04 Kennedy, GH
- 41.9 Fremont, Los Angeles
- 42.05 Santa Ana Valley
- 42.18 Merced
- 42.1 Fairfax, Los Angeles
- 42.1 Moreau, Hayward
- 42.25 Reseda

- 42.31 Banning, Wilmington
- 42.32 Foothill, Sacramento
- 42.34 Lynwood
- 42.36 Tokay, Lodi
- 42.37 Washington, Los Angeles
- 42.38 Patrick Henry, San Diego

1600 Meter Relay

- 3:14.35 Hawthorne
- 3:14.73 Duarte
- 3:14.93 Centennial, Compton
- 3:15.06 Berkeley
- 3:15.39 Galileo, San Francisco
- 3:15.60 Eisenhower, Rialto
- 3:15.89 Muri, Pasadena
- 3:16.12 American, Fremont
- 3:16.75 Locke, Los Angeles
- 3:16.92 Santa Ana Valley
- 3:17.03 Taft, Woodland Hills
- 3:17.33 Morningside, Inglewood
- 3:17.59 Fremont
- 3:17.82 Dorsey
- 3:17.87 Crenshaw, Los Angeles
- 3:17.96 Washington, Los Angeles
- 3:18.0 Independence, San Jose
- 3:18.61 Poly, Sun Valley
- 3:18.82 West Covina
- 3:18.97 Millikan, Long Beach
- 3:19.09 Poly, Long Beach
- 3:19.17 Morse, San Diego
- 3:19.35 Loyola, Los Angeles
- 3:19.39 Madera
- 3:19.41 University, Los Angeles

High Jump

- 7-0 Jeff Novitzky (Mills, Millbrae)
- 7-0 Dave Swanson (Alemany, Mission Hills)*
- 6-11 Richard Thomas (Ventura)
- 6-10 Eric Young (Fremont, Oakland)*
- 6-10 George Smith (Clovis West, Fresno)
- 6-10 Mark Tilson (Loyola, Los Angeles)
- 6-10 Dave Heidebrecht (Immanuel, Reedley)
- 6-10 Derrick Moore (Millikan, Long Beach)
- 6-10 Rob Martin (Arcadia)
- 6-10 Sedrick Bonner (Azusa)
- 6-9 1/4 Tim Prince (Logan, Union City)**
- 6-9 1/4 Lewis Juico (Piedmont Hills, SJ)*
- 6-9 Troy Brown (Christian Bros, Sacto)
- 6-9 Eric Dorn (Estancia, Costa Mesa)
- 6-9 Mike Moran (San Marcos, Santa Barbara)
- 6-8 1/2 Eric Peterson (Monte Vista, SD)
- 6-8 1/4 Lamont Allen (Riordan, S.F.)*
- 6-8 1/4 James Robertson (Northgate, Walnut Ck)*
- 6-8 Walter Stewart (Notre Dame, Sherman Oaks)
- 6-8 Matt Batham (Burbank)*
- 6-8 Dwayne Quinn (Vanden, TAFB)?
- 6-8 Carrick DeHart (Santa Monica)
- 6-8 Matt Curtis (Elsinore, Lake Elsinore)
- 6-8 White (Carlmont, Belmont)?
- 6-8 Keith Franklin (Taft, Woodland Hills)*
- 6-8 Rick Weich (Westlake, WV)*
- 6-8 Corwin Anthony (So. Bakersfield)
- 6-8 Scott Proctor (Willow Glen, SJ)
- 6-8 Blake Risner (Vista)
- 6-8 Lance Crewse (Hanford)*
- 6-8 Victor Elliot (Poly, LB)*
- 6-8 Albert Dawson (Carson)
- 6-8 McDowell (Stagg, Stockton)?
- 6-8 Ricky Pickett (Clovis)***
- 6-8 Tony Castiglioni (Moreau, Hayward)
- 6-8 Jason Krumwiede (Saratoga)*
- 6-8 Steve Becker (South Bay Ch, SJ)*
- 6-8 Chris Laquay (Vacaville)*

Pole Vault

- 16-7 1/4 Brent Burns (Acalanes, Lafayette)*
- 16-2 Steve Toney (Menlo Atherton, Atherton)
- 16-0 1/4 Rett Summerville (San Ramon, Danville)*
- 16-0 Steve Williams (Servite, Anaheim)
- 16-0 Dan Covarubias (Jordan, Long Beach)
- 16-0 Kevin Rankin (Los Gatos)
- 15-6 Doug Miller (Estancia, Costa Mesa)
- 15-1 1/2 Steve Juhaia (Antioch)
- 15-0 Todd Arnett (Los Altos)?
- 15-0 Curt Brown (San Pasqual, Escondido)
- 15-0 Rick Gordon (Rio Vista)?
- 15-0 Pat Alduenda (Ramona)*
- 14-10 Anthony Perryman (Lemoore)*
- 14-9 1/4 Jay Borick (Taft, Woodland Hills)*
- 14-9 Mickey Charles (South Torrance)
- 14-8 Peter Yee (Rolling Hills, PV Est.)
- 14-8 Steve Slocum (Foothill, Santa Ana)*
- 14-8 Eric Peary (Enterprise, Chico)
- 14-7 Brooks Morris (Burroughs, Burbank)
- 14-6 Andy Cammack (South Hills, Covina)
- 14-6 Paul Rodriguez (Valley, Sacto)**

continued on next page...

Prep Notes

- 14-6 Danny Arrias (Canoga Park)
- 14-6 Dan Pinto (Alemany, Mission Hills)
- 14-6 Tony Castillani (Moreau, Hayward)
- 14-6 Dennis Cordoniz (Arroyo Grande)
- 14-6 Jay Rafail (Vista)*
- 14-6 Lane Polette (Woodland)*
- 14-6 Mike Guevera (Clovis West, Fresno)**

Long Jump

- 24-11 Curtis Rogers (Johnson, Sacto)
- 24-3 1/2 Percy Knox (Antelope Valley, Lancaster)*
- 23-9 1/2 Larry Todd (Helix, La Mesa)
- 23-9 Albert Pride (Grant, Sacto)*
- 23-9 Gary Spires (Galileo, S.F.)
- 23-7 1/2 Harold Rucker (Silver Creek, San Jose)
- 23-7 Paul Rivera (Oakdale)
- 23-6 Marcus Hooks (Lakewood)*
- 23-6 Reggie Jackson (Riordan, S.F.)*
- 23-5 1/2 Jerrell Waddell (Downey)
- 23-5 1/2 Anthony Beaty (Blair, Pasadena)
- 23-5 1/2 Leonard Hudson (Pomona)*
- 23-5 1/2 Jerry Gilmore (Poly, Sun Valley)
- 23-5 Andre White (Vallejo)
- 23-5 Glen Reyes (Orange Glen, Escondido)***
- 23-4 1/2 Charles Young (La Jolla)**
- 23-4 1/2 Eric Snyder (Hollister)
- 23-4 Mike Carnes (Simi Valley)*
- 23-3 Kirk Ayers (Western, Anaheim)*
- 23-3 Ben White (Carlmont, Belmont)
- 23-2 1/2 Darrell Bruce (Lemoore)
- 23-2 1/2 Billy Wright (Edison, Fresno)**
- 23-2 1/2 Eric Dorn (Estancia, Costa Mesa)
- 23-2 1/2 Harley North (Gridley)**

Wind-Aided

- 25-5 Curtis Rogers (Johnson, Sacto)
- 24-9 Harold Rucker (Silver Creek, SJ)
- 24-2 1/2 Glen Stewart (West Covina)
- 23-7 1/2 Marcus Hooks (Lakewood)
- 23-6 Billy Wright (Edison, Fresno)**
- 23-6 Leonard Hudson (Pomona)*
- 23-6 Kerrell Robinson (Prospect, SJ)
- 23-4 1/2 Kirk Ayers (Western, Anaheim)*

photo by Burt Davis



Jeff Hooper - discus leader

Triple Jump

- 52-5 1/4 Marcus Hooks (Lakewood)
- 50-11 1/2 Harold Rucker (Silver Creek, SJ)
- 50-8 1/2 Anthony Burnett (Lynwood)
- 50-0 1/2 Trini Woods (Hawthorne)
- 49-10 Terrence Williams (Muri, Pasadena)
- 49-1 1/4 Joel Smith (Cordova, RC)*
- 49-1 Herman McCullough (Edgewood, W.Cov.)*

- 48-11 3/4 Dario Robinson (Covina)
- 48-7 1/2 Eric Snyder (Hollister)
- 48-6 MacArthur Anderson (Bakersfield)*
- 48-5 1/2 Dirk Johnson (West Bakersfield)
- 48-1 1/2 Jon Rivera (Oakdale)
- 47-11 3/4 Tim Prince (Logan, Union City)**
- 47-7 1/2 Anthony Terrell (Mission San Jose)*
- 47-7 1/4 Lance Holt (Vacaville)?
- 47-5 1/2 Lawrence Miller (Palmdale)**
- 47-5 1/2 Thad Linderman (San Marino)
- 47-3 Percy Knox (Antelope Valley, Lancaster)*
- 47-2 1/2 Ricky Barfield (Lynwood)
- 47-2 1/4 Henry Martin (Rolling Hills, PV Est.)
- 47-2 Reggie Jackson (Riordan, S.F.)*
- 47-1 Derrick Sesson (Downey)
- 47-1 Cederic Boyd (Stagg, Stockton)?
- 47-0 1/2 Larry Livers (Overfelt, San Jose)
- 47-0 1/2 Joe Thomas (McAteer, S.F.)

Wind-Aided

- 50-5 1/4 Terrence Williams (Muri, Pasadena)
- 49-10 Herman McCullough (Edgewood, W.Covina)*
- 49-5 Joel Smith (Cordova, Rancho Cordova)*
- 49-0 Cederic Boyd (Stagg, Stockton)?
- 48-7 Dana Florence (Leuzinger, Lawndale)
- 48-5 1/2 Lance Holt (Vacaville)
- 48-4 Alfonso Davis (Fairfield)?
- 48-3 Ramey (Davis)?
- 47-9 Ricky Barfield (Lynwood)
- 47-2 1/4 Henry Martin (Rolling Hills, PV Est.)

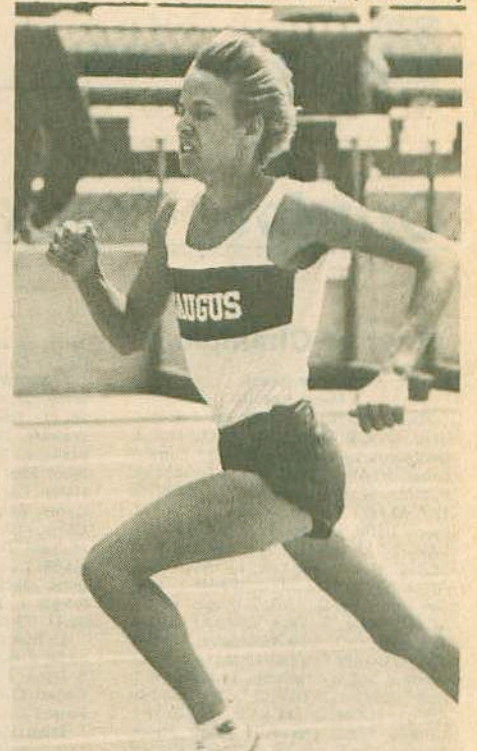
Shot Put

- 63-2 1/2 Scott Bunnell (Gunn, Palo Alto)
- 61-11 Kaleaph Carter (Edison, HB)**
- 61-10 Brian Boggess (El Capitan, Lakeside)
- 59-10 Roland Anderson (Menlo Atherton, Ather)
- 59-8 1/4 Trent Barnes (Clovis West, Fresno)
- 59-6 1/2 Don Squiers (Moreau, Hayward)
- 58-9 1/2 Dan Tunnicliff (Arcadia)
- 58-3 1/2 Mark Lambert (Palisades, Pac. Palisades)
- 58-3 Andy Harris (Clovis)
- 57-11 1/4 John Murphy (Antioch)
- 57-5 1/2 Matt Comfort (St.Francis, Mt.View)
- 57-4 Richard Harris (Merced)?
- 56-10 1/2 Allan Smith (Madera)*
- 56-7 1/2 Rick Cox (San Ramon, Danville)*
- 56-6 1/2 Kevin Smith (Skyline, Oakland)
- 56-6 Bob Van Zandt (Hogan, Vallejo)
- 56-5 Jim Ramirez (Oceana)
- 56-3 1/2 Jeff Miller (No.Bakersfield)
- 56-2 1/2 Judd Goodrich (Saugus)
- 56-2 1/2 David Bultman (Independence, SJ)*
- 56-2 1/4 Dan Hampton (Millikan, LB)
- 56-2 Mike Guest (Shasta)
- 56-2 Edward Vega (Hamilton, L.A.)
- 56-1 1/2 Bill Lutjens (Righetti, Santa Maria)
- 55-11 Robert Strom (Christian Bros, Sacto)?
- 55-9 Ray East (Sanger)

Discus

- 192-3 Jeff Hooper (Del Campo, Fair Oaks)
- 191-3 Brian Boggess (El Capitan, Lakes)
- 183-3 Mike Coffino (Tamalpais, Mill Valley)
- 180-8 Eric Waddell (Casa Roble, Orangevale)
- 179-1 Mike Bain (Corona Del Mar)*
- 176-6 Pellom McDaniels (Silver Creek, SJ)

Fine Flicks by Don Gosney



Daren Stonerock - eighth best 2 mile time

- 175-3 Bob Van Zandt (Hogan, Vallejo)
- 175-1 David Bultman (Independence, SJ)*
- 174-1 Mike Morales (Garden Grove)?
- 173-1 Lance Ane (Saugus)
- 172-6 Mike Stubblefield (So.Bakersfield)**
- 172-6 Al Navarro (Northview, Covina)
- 171-4 Ken Henderson (Mt.Eden, Hayward)*
- 171-1 Roland Anderson (Menlo Atherton, Athert)
- 170-10 Jim Ramirez (Oceana)
- 170-7 Jason Soares (Gridley)
- 169-11 Milton Hartogh (Northgate, Walnut Creek)
- 169-1 Chris Baze (Hesperia)
- 167-8 Anthony Boone (Sequoia, Redwood City)
- 166-9 Scott Bunnell (Gunn, Palo Alto)
- 166-8 Andy Scheaffer (Carpinteria)
- 166-4 Mark Lambert (Palisades, Pac. Palisades)
- 165-9 Mike McCormick (West Bakersfield)
- 163-6 Sal Luatemago (Galileo, S.F.)*
- 163-4 Andy Harris (Clovis)

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Outdoor Track & Field

Meet of Champions

May 31. Huntington Beach.

Men's Results

100m: (30-34) 1. Cleveland Streeter, Unat., 11.4, 2. Mike Black, Unat., 11.5, 3. Ian Zuniga, LAVAC, 11.6. **(35-39)** 1. Eugene Driver, All-Am., 11.1, 2. Marvin Thompson, Patriots, 12.0, 3. George Wong, CDMTC, 12.4. **(40-44)** 1. Walt Butler, LAVAC, 11.1, 2. Frank Little, LAVAC, 11.4, 3. Theo Viltz, LAVAC, 11.9. **(45-49)** 1. Fred Neidermeyer, SCSTC, 11.8, 2. Stan King, LAVAC, 11.8, 3. Al Henry, CDMTC, 12.3. **(50-54)** 1. Nick Newton, LAVAC, 11.8, 2. Roger Tsuda, SCSTC, 12.2, 3. Dick Glasgow, SDA, 12.2. **(60-64)** 1. Bob Watanabe, LAVAC, 13.0, 2. Claude Taggart, Unat., 14.0, 3. Jim Warren, SoCal Cheetahs, 14.4. **(65-69)** 1. Bob Hunt, SCSTC, 13.7, 2. Clarence Killion, CDMTC, 14.3, 3. Al Guidet, CDMTC, 14.3. **(70-74)** 1. Herb Miller, CDMTC, 14.2. **(75-79)** 1. Tony Castro, SCSTC, 14.7.

200m: (30-34) 1. Mike Black, Unat., 23.6, 2. G. Ginseng 23.8, 3. Wayne Johnson 24.2. **(35-39)** 1. Eugene Driver 22.9, 2. Ron Beadle, LAVAC, 23.1. **(40-44)** 1. Frank Little, LAVAC, 24.3, 2. Rick Tibben, FrontRunners, 26.2, 3. Juan Bustamonte, SCSTC, 30.7. **(45-49)** 1. Stan King, LAVAC, 24.9, 2. Walt Spawr, Unat., 27.6. **(50-54)** 1. Nick Newton, LAVAC, 25.0, 2. Dick Glasgow, SDA, 25.5, 3. Roger Tsuda, SCSTC, 26.1. **(55-59)** 1. Louis Beadle, CDMTC 27.0. **(60-64)** 1. Bob Watanabe, LAVAC, 28.0, 2. Claude Taggart, Unat., 29.7, 3. Jim Warren, SoCal Cheetahs, 29.9. **(65-69)** 1. Al Guidet, CDMTC, 29.5, 2. Clarence Killion, CDMTC, 29.5, 3. Byron Walls, CDMTC, 29.9. **(70-74)** 1. Herb Miller, CDMTC, 32.4. **(75-79)** 1. Tony Castro, SCSTC, 30.7.

400m: (30-34) 1. Howard Keeley 53.4, 2. Wayne Johnson 54.0, 3. Kirby McMillan 54.4. **(35-39)** 1. Eugene Driver 55.0, 2. Bill Sevilla, Unat., 67.0. **(40-44)** 1. Lynn Eves, Portland Masters, 56.2, 2. Rick Tibben, FrontRunners, 60.2, 3. Cardon Collins 60.5. **(45-49)** 1. Fred Neidermeyer, SCSTC, 56.2, 2. Robert Jones 58.0. **(50-54)** 1. Jesse Carrington, SCSTC, 59.4, 2. Raymond Griffin, LAVAC, 61.3, 3. Tony Nasralla 61.4. **(60-64)** 1. Bob Watanabe, LAVAC, 67.5. **(65-69)** 1. Bob Hunt, SCSTC, 67.9. **(70-74)** 1. Fraser McMinn 1:44.3.

800 Meters: (30-34) 1. Paul McClelland, SMT, 2:04.7, 2. Kirby McMillan, US Navy, 2:06.43, 3. Steve Morgan, Hughes TC, 2:19.6. **(35-39)** 1. Nolan Smith 1:58.7, 2. James Gelsomini, SDTC, 2:02.1, 3. Wayne Douglas, Pegasus TC, 2:07.9. **(40-44)** 1. George Cohen, SMT, 2:00.9, 2. Bill Perry, Unat., 2:16.2, 3. Robert Larsen, Unat., 2:22.5. **(50-54)** 1. Jesse Carrington, SCSTC, 2:14.6, 2. Fred Lehr, SCSTC, 2:22.0, 3. Ross Dunton 2:30.0. **(55-59)** 1. Louis Beadle, CDM, 2:21.4, 2. Jerry Withers, SCSTC, 2:21.8, 3. Leonard Walts 2:25.3. **(60-64)** 1. Bill Fitzgerald 2:30.9. **(65-69)** 1. David Cohen 2:49.6. **(70-74)** 1. Ed Stotsenberg 2:56.6.

1500m: (30-34) 1. Jerry Williams, Patriots, 4:52.4. **(35-39)** 1. Ron Rook, Trojan Masters, 4:53.2, 3. Roger Perkins, SDTC, 4:54.0. **(45-49)** 1. Mel Elliot 4:17.3, 2.

Jerry Hackett, SFVTC, 4:19.8. **(50-54)** 1. Robert Cullins, SCSTC, 5:05.7.

5000m Walk: (30-34) 1. Larry Aviles, US Army, 31:30, 2. Victor Petring, SCSTC, 35:47. **(35-39)** 1. Enrique Flores, LA Walkers, 23:15, 2. Roberto Gallegos, LA Walkers, 28:59. **(40-44)** 1. Bob Brewer Fleet Feet YorbaLinda, 29:20, 2. Bruce Hatch, Easy Striders, 35:40. **(45-49)** 1. Jim Coots, Easy Striders, 25:58, 2. Richard Oliver, LA Walkers, 28:31. **(50-54)** 1. Michael Dempsey, LA Walkers, 29:59. **(55-59)** 1. John Kelly, Cal Walkers, 27:59, 2. John MacLachlan, Cal Walkers, 28:17. **(65-69)** 1. John Garcia, Culver City AC, 35:37. **(75-79)** 1. Ches Unruh 33:48.

5K Run: (35-39) 1. Henry Lange, SCSTC, 16:56, 2. Ron Rook, Trojan Masters, 18:17, 3. Roger Perkins, SDTC, 19:29. **(50-54)** 1. Robert Cullins, SCSTC, 18:56. **(55-59)** 1. Patrick Devine, Hughes TC, 18:10.

110m Hurdles: (30-34) 1. G. Ginseng 15.2, 2. Marv Thompson, Patriots, 15.2, 3. Michael Saafir, Syracuse Chargers, 18.8. **(40-44)** 1. Walt Butler, LAVAC, 14.7, 2. Theo Viltz 15.0, 3. Cornelius McCormick, Unat., 16.1. **(45-49)** 1. Al Henry, CDMTC, 16.8, 2. Gary Bane, CDMTC, 18.8. **(50-54)** 1. Dave Douglass, SCSTC, 19.6, 2. Tony Nasralla 19.9. **(60-64)** 1. Chuck McFate, SDA, 20.4. **(65-69)** 1. Bob Hunt, SCSTC, 17.8. **(70-74)** 1. Herb Miller, CDMTC, 15.0.

400m Hurdles: (30-34) 1. Edward Hauck, Unat., 1:01.6, 2. Footh William 1:02.7. **(35-39)** 1. Bill Sevilla, Unat., 1:15.4. **(45-49)** 1. Bill Knocke 1:01.9, 2. Bob Morgan, SDA, 1:07.6. **(65-69)** 1. Bob Hunt, SCSTC, 1:18.4.

4x100m Relay: (30-34) 1. Scott, Harris, Streeter, Zuniga, LAVAC, 48.2. **(40-49)** 1. Stallworth, King, Viltz, Little, LAVAC, 47.4. **(50-59)** 1. Newton, Griffin, Benton, Tsuda, LAVAC, 48.0. **(60-69)** 1. LAVAC, 57.0.

4x200m Relay: (40-49) 1. LAVAC 1:38.9, 2. SCSTC & Unat., 1:43.4. **(50-59)** 1. LAVAC, 2:11.0.

Shot Put: (30-34) 1. William Pendleton 44.2½, 2. Russ Reabold 40.8½. **(35-39)** 1. Alan Stephens 47.1, 2. Mike Deller, CDM, 45.1, 3. Gary Kelmenson, W.Valley TC, 37.8. **(40-44)** 1. Jim Glinn, Unat., 42.6, 2. Cornelius McCormick, Unat., 39.7½, 3. Roger Birdsdales, All-AmerTC, 26.9½. **(45-49)** 1. John White 32.9½, 2. Clifford Johnson, SCSTC, 32.5. **(50-54)** 1. Bob Humphreys, CDM, 49.1½, 2. Stewart Thompson 48.2½, 3. Bob Frahm, SCSTC, 40.½. **(55-59)** 1. Richard Kennerly 31.4. **(60-64)** 1. Bill Bangert, SCSTC, 45.0, 2. Ken Mitchell, SCSTC, 37.10. **(65-69)** 1. Mike Castenada, SCSTC, 44.1½, 2. Seymour Lampert, Trojan Masters, 37.10, 3. Bob Stone, NoCal Srs, 33.4. **(70-74)** 1. Ross Carter, SCSTC, 44.2, 2. James York, NoCalSr, 37.4.

Discus: (30-34) 1. Dennis Umshler, Lobo TC, 160.8, 2. Russ Reabold 128.1. **(35-39)** 1. Mike Deller, CDM, 148.11, 2. Gary Kelmenson, W.Valley TC, 105.11, 3. Richard Rook, 87.2. **(40-44)** 1. Jim Glinn, Unat., 115.9, 2. Cornelius McCormick, Unat., 115.0, 3. Roger Birdsdales, All-Am, 82.11. **(45-49)** 1. John White, SCSTC, 100.0, 2. Abe Sheinker, Unat., 89.4, 3. Willard Johnson, SCSTC, 73.8. **(50-54)** 1. Stewart Thompson

165.9, 2. Bob Frahm, SCSTC, 113.9, 3. Edward Martin, CDM, 109.2. **(55-59)** 1. Richard Kennerly 113.0. **(60-64)** 1. Bill Bangert, SCSTC, 131.6, 2. Ken Mitchell 96.4. **(65-69)** 1. Mike Castenada, SCSTC, 142.5, 2. Seymour Lampert, Trojan Masters, 99.8, 3. Bob Stone, NoCal Srs, 95.0. **(70-74)** 1. Ross Carter, SCSTC, 131.3, 2. James York, NoCalSr, 92.1.

Javelin: (30-34) 1. Larry Price 138.4, 2. Footh Williams 120.7. **(35-39)** 1. Steve Jarvis, Bearhouse TC, 175.10, 2. Ron Rook, Trojan Masters, 133.7, 3. Richard Rook 132.0. **(40-44)** 1. Doug Shaw 169.1, 2. Caridon Collins 133.11, 3. Roger Birdsdales, All-Amer, 100.8. **(45-49)** 1. Larry Stuart 215.3, 2. Gary Bane, CDM, 116.10, 3. Robert Jones 115.5. **(50-54)** 1. Ralph Hudson 155.7, 2. Edward Martin, CDM, 123.9, 3. Dave Douglas, SCSTC, 106.10. **(60-64)** 1. Ken Mitchell, SCSTC, 101.8. **(65-69)** 1. Bob Stone, NoCal Sr., 115.0. **(70-74)** 1. James York, NoCal Sr, 72.7, 2. Art Desco, SCSTC, 70.3. **(75-79)** 1. Robert MacConaghy, CDM, 81.6.

Hammer: (35-39) 1. Mike Deller, CDM, 158.9, 2. Gary Kelmenson, W.Valley TC, 144.9. **(40-44)** 1. Jim Glinn, Unat., 136.0, 2. Roger Birdsdales, All-Amer TC, 71.3. **(45-49)** 1. John White, SCSTC, 102.6, 2. Abe Sheinker, Unat., 95.5. **(50-54)** 1. Stewart Thompson 146.9, 2. Dave Douglass, SCSTC, 127.2. **(60-64)** 1. Tom DeVaughn, Trojan Masters, 105.0. **(65-69)** 1. Bob Stone, NoCal Sr, 106.2, 2. Seymour Lampert, Trojan Masters, 96.10. **(70-74)** 1. James York, NoCal Sr, 108.6, 2. Art Vesco, SCSTC, 95.1.

35 Lb. Weight: (35-39) 1. Gary Kelmenson, W.Valley TC, 42.7. **(40-44)** 1. Jim Glinn, Unat., 37.5, 2. Roger Birdsdales, All-Am TC, 23.7. **(45-49)** 1. John White, SCSTC, 28.2, 2. Abe Sheinker, Unat., 22.2. **(50-54)** 1. Stewart Thompson 48.3, 2. Dave Douglass, SCSTC, 27.8. **(65-69)** 1. Bob Stone, NoCal Sr, 28.7, 2. Seymour Lampert, Trojan Masters, 20.9. **(70-74)** 1. James York, NoCal Sr, 29.8½, 2. Art Vesco, SCSTC, 25.4.

Pole Vault: (30-34) 1. James Kielger 15.0. **(35-39)** 1. Richard Ying 11.6. **(40-44)** 1. Bob Bly 10.6, 2. Jim Ball 10.0. **(45-49)** 1. Gary Bane, CDM, 10.6. **(50-54)** 1. Vic Cook, SCSTC, 12.0, 2. Dave Douglass, SCSTC, 9.0. **(60-64)** 1. Tom DeVaughn, Trojan Masters, 6.6. **(65-69)** 1. Jim Vernon, Trojan Masters, 10.0. **(70-74)** 1. Carol Johnston, Trojan Masters, 8.6. **(75-79)** 1. Robert MacConaghy, CDM, 7.0.

High Jump: (30-34) 1. Larry Price 5-10, 2. Michael Saafir, Syracuse Masters, 5.4. **(35-39)** 1. Charlie Rader, LAVAC, 6-0, 2. Roberto Gallegos, LA Walkers, 4-6. **(40-44)** 1. Caridon Collins 5-2, 2. Don Dvorak 5-2, 3. Ben Lavery, LAVAC, 5-2. **(45-49)** 1. Gary Bane, CDM, 5-0, 2. Clifford Johnson, SCSTC, 4-2. **(50-54)** 1. Nick Newton, LAVAC 5-2, 2. Dave Douglass, SCSTC, 4-8, 3. Raymond Griffin, LAVAC, 4-6. **(55-59)** 1. Jerry Withers, SCSTC, 3-10. **(60-64)** 1. Chuck McFate, SDA, 4-4, 2. Tom DeVaughn, Trojan Masters, 3-0. **(65-69)** 1. Jim Vernon, Trojans Masters, 4-2. **(70-74)** 1. Carol Johnston, Trojan Masters, 3-10, 2. Herb Miller, CDM, 3-10.

Long Jump: (30-34) 1. John Ruechle 20.6. **(35-39)** 1. Ron Beadle 20.8, 2. Leonard Plotkin, CDM, 16.1. **(40-44)** 1. Caridon Collins 19.3, 2. Don Dvorak 18.4½, 3. Ben Lavery, LAVAC, 18.1. **(45-49)** 1. Rick Schmidt 18.9, 2. Robert Jones 16.7. **(50-54)** 1. Roger Tsuda, SCSTC, 16.9, 2. Edward Martin, CDM, 14.6½. **(60-64)** 1. Ken Mitchell 12.4½.

(70-74) 1. Herb Miller, CDM, 13.2½, 2. Art Vesco, SCSTC, 9.7.

Triple Jump: (40-44) 1. Doug Shaw 40.7½, 2. Caridon Collins 38.8½, 3. Ben Lavery, LAVAC, 36.0½. **(45-49)** 1. Robert Jones 32.5½. **(65-69)** 1. Charles Mercurio, CDM, 25.5. **(70-74)** 1. Herb Miller, CDM, 27.¾.



Louis Beadle - 200m

Women's Results

100m: (30-34) 1. Linda Simmons, Unat., 14.0. **(45-49)** 1. Jeanne Carter, CDMTC, 14.1. **(60-64)** 1. Grace Tronvold, SCSTC, 21.9. **(65-69)** 1. Marjorie Hunt, SCSTC, 23.4.

200m: (45-49) 1. Jeanne Carter, CDMTC, 29.7. **(50-54)** 1. Christel Miller, CDMTC, 29.7. **(60-64)** 1. Grace Tronvold, SCSTC, 51.4.

400m: (35-39) 1. Latanya Glass, CDMTC, 1:18.4. **(70-74)** 1. Dorothy Stotsenberg 1:57.1.

5000m Walk: (30-34) 1. Terri Petring, Easy Striders, 39:17, 2. Cathy Wenzel, Easy Striders, 47:17. **(35-39)** 1. Caroline Butler, Coast Athletics, 32:04. **(40-44)** 1. Barbara Krieger, Bob Bullets, 35:54, 2. Melody Norris, Easy Striders, 36:21, 3. Donna Oliviera, Easy Stiders, 36:58. **(45-49)** 1. Esperanza Lassanyi, LA Walkers, 33:38, 2. Lynne Marsh, Easy Striders, 35:03, 3. Mary Jane Steed, Easy Striders, 36:23. **(50-54)** 1. Nancy Kahn, Easy Striders, 42:30. **(60-64)** 1. Joann Beers, Easy Striders, 40:04, 2. Helen Bogue, Unat., 40:05, 3. Jolie Brod 40:37.

800m Hurdles: (50-59) 1. Shirley Kinsey, CDMTC, 17.1.

Long Jump: (55-59) 1. Shirley Kinsey, CDMTC, 11.6½. **(75-79)** 1. Edith Mendyka 7-1½.

Hammer: (30-34) 1. Hillary White 58-7. **Javelin: (75-79)** 1. Edith Mendyka, CDM, 68-0.

Shot Put: (30-34) 1. Janet Wilson 35-6½, 2. Linda Simmons 32-10, 3. Hillary White, SCSTC, 20-4. **(35-39)** 1. Latanya Glass, CDMTC, 27-6½. **(75-79)** 1. Edith Mendyka, CDMTC, 25-6½.

Discus: (30-34) 1. Janet Wilson 153-0, 2. Linda Simmons 59-1, 3. Hillary White, SCSTC, 58-5. **(75-79)** 1. Edith Mendyka, CSMT, 57-4.

High Jump: (35-39) 1. Latanya Glass, CDMTC, 3-10. **(50-54)** 1. Christel Miller, CDMTC, 4-2. **(55-59)** 1. Shirley Kinsey, CDMTC, 3-6.

Results

United States Olympic Festival

Californians Win Sixteen Gold Medals

By Keith Conning

Men

800 Meters

James Robinson (Oakland) won in 1:46.73. He led at 200 meters in 24.5. Randy Moore (Fairfield, Conn.) led at 400 meters in 51.8 and at 600 meters in 1:18.8. Robinson took the lead at the start of the final turn and built a 5 meter advantage over Stanley Redwine (Fayetteville, Ark.) and managed to hold off Redwine in the final straightaway.

"This race was nowhere near my personal best (1:43.92)," said Robinson. "It's my fourth fastest time all season. The heat was not a factor... I wasn't too concerned with it. I warmed up and I was perspiring, but it really didn't bother me during the race. I was hoping it would be a fast pace... I wanted it at 51 seconds through the first quarter. I was hoping someone would take the lead. It slowed down just a little bit on the backstretch and I was just content to run for the win. I resumed the lead with 200 meters to go. The wind at the finish was definitely a factor. I was concentrating on listening for anyone coming up on me. I didn't feel it on the first lap, but near the end of the race I started feeling the wind, then my concentration broke. I started feeling wind, seeing shadows of people coming behind me, hearing them. I lost my concentration starting with the wind."

1500 Meters

Doug Padilla (Orem, Utah/ex-Marina HS, San Leandro) won in 13:53.56. Chris Fox (Pittsboro, N.C.) led at the start with 1:05.5, 2:12.8 (1:07.3), 3:20.0 (1:07.2), 4:28.1 (1:08.1), 5:36.9 (1:08.8), 6:47.2 (1:10.3). Ivan Huff (San Luis Obispo) led at 2800 meters in 7:55.0 (1:07.8), 3200 in 9:02.1 (1:07.1), 3600 in 10:10.3 (1:08.2), 4000 in 11:19.0 (1:09.7), 4400 in 12:25.1 (1:06.1), 4600 (gun lap) in 12:57.6 (32.5). Padilla led at 4800 in 13:26.9 (29.3), Padilla ran the last 200 meters in 26.6.

"I am very pleased," said Padilla. "I haven't had a good season and this really means a lot to me to win here tonight. I just wanted to be competitive and get off to a good start for Europe. The heat bothered me just a little. I hope I can be competitive in the next few weeks and really not gear toward a particular race... just be consistent. I leave for Europe at 11:59 p.m. tonight so I had better get going."

35 Kilometer Walk

Marco Evoniuk (San Francisco) set a new meet record of 2:55:08.4 as this was a new event. The 50K had been used in earlier festivals except for 1985 when they went 30K.

"Thanks for cheering me on (to crowd at finish)," said Evoniuk. "I feel good. It's not that hot. It's just humid. I wanted to maintain a 24-minute pace for each 5K. I wanted to break three hours, and I did, and I feel good about that... I wanted to race with someone, but no one was there so I concentrated on my time... I've raced in Puerto Rico before and the conditions are similar here. It's much easier in drier air."

Each lap of the 14-lap race was 2.5K. Evoniuk had fastest lap of 11:49 (2nd) and slowest of 13:45 (10th). His lap times were: 12:56, 24:44, 36:33, 48:35 (10K),

1:00:47, 1:12:53, 1:25:15, 1:38:15 (20K), 1:50:38, 2:03:33, 2:16:38, 2:29:42 (30K), 2:42:31.

Evoniuk plans to walk the New York Marathon (record 3:16, PR 3:21) and try to break the record. He said he's at the start of a two-year program which includes the World Championships next year in Rome and the 1988 Olympics in Seoul, Korea. He lapped all competitors except runner-up Randy Mimm (Colorado Springs, Colorado).

Fine Flicks by Don Gosney



Toni Campbell

110 Hurdles

Toni Campbell (Carson) won in 13.57. There was a false start. Albert Lane (Glassboro, N.J./ex-Bakersfield CC) got out first with Campbell close behind. Campbell took the lead four hurdles into the race with Jack Pierce (Woodbury, N.J.) pulling up on the inside. Greg Foster (Los Angeles) hit the first three hurdles and did not finish.

"Tonight wasn't a race to concentrate on running fast," said Campbell. "It was a race to concentrate on winning. I have never won a Sports (Olympic) Festival Championship and I was curious about what I would do here. I wasn't concentrating on the clock for once. I knew I could beat everybody here. I knew I was in good shape. Two weeks ago I ran a 12.9 hand-time at an all-comers meet, so I knew I was in good shape. This was just one to relax and have fun, which I haven't done in a long time. I wanted to beat (Keith) Talley (Indianapolis, Ind.), Foster and (Roger) Kingdom (Monroeville, Pa.), and I did. This was good for my world ranking since I am calling it quits for the summer. I need a rest. I've been running for seven straight seasons and I need some time off. I am going to summer school for what's left of the summer and get that degree (marine biology) that I have put off for four years."

"My legs started cramping as soon as I got into the blocks, and I really felt them (his calves) on the first step out," said Foster. "I just don't know what happened. I took a stretch right before but they both started hurting (he reached right below his knees). Maybe it was the heat, but the only time I really went out was to eat, except to watch a little of the meet last night. Maybe I just need to rest."

400m Hurdles

Bernie Holloway (San Jose) won in 49.71. Bernard Williams (Baton Rouge,

La.) had the early lead before Kevin Young (Los Angeles) moved to the front on the back stretch. Holloway caught the leaders just after the last hurdle and outprinted the field to claim the win.

"It was far from it (his P.R.)," said Holloway. "400 meters takes a lot out of you. It (the heat) does effect you. I felt better in the second part of the race. I got a slow start so maybe it took me a little more time to get going."

photo by Burt Davis



Tom Petranoff

High Jump

Doug Nordquist (La Habra) set a new stadium record of 7-7. The old stadium record of 7-6 1/2 was set by Jake Jacoby (Houston TC) on May 4, 1986. Nordquist cleared 2.22 (7-3 1/4) on his first attempt. He passed 2.25 (7-4 1/2). He cleared 2.28 (7-5 1/4) and 2.31 (7-7) on his first attempt. He passed 2.34 (7-8). He missed three attempts at what would have been a new American record 2.36 (7-8 3/4).

"The heat was effecting me psychologically more than it was physically," said Nordquist. "Physically, I was doing fine, but before the meet I was having a little trouble getting into my pre-meet mind set. Once it got started, I was jumping fine. I wasn't executing technically correct as I would like to, but once I got going I was getting off the ground pretty well. I'm having a good time. I'm not worried about what the other guys are jumping. I'm just worried about the bar. When you're competing against the bar you're not stressed-out about what so-and-so is jumping and that takes the pressure off and makes it fun. The bar is your competition. You have no control over any other athlete but yourself. I was really pleased with what I did tonight considering I didn't have the pre-meet focus I have had in the last two meets. The Goodwill Games and TAC were both emotional, big wins for me and I'm trying to keep them all in perspective. After three weeks off I was able to hold the peak."

Nordquist works as a high school band and social studies teacher. He recently won the 1986 TAC high jump, clearing 7-7 1/4, but almost didn't make it at all. Unsure if he would be able to compete at the TAC because of work, Doug showed up the day high jump competition was to begin and had to pay a \$25 late entry fee. Most recently, Nordquist captured first at the Goodwill Games with a 7-8 jump.

Long Jump

Larry Myricks (Ontario) won with a leap of 8.49 (27-10 1/4). Carl Lewis (Houston) scratched from the competition.

Myricks series: 8.04 (26.4 1/4), 8.25 (27-0 3/4), 8.49 (27-10 1/4), foul, foul, 8.34 (27-4 1/4).

"Carl (Lewis) made the right decision not to jump tonight," said Myricks. "There's no need to make his injury worse. It would have been better for me if

Fine Flicks by Don Gosney



Larry Myricks

he had jumped because I feel I would have jumped better. I'm a competitor, and with Carl there, I would have really pushed it. I'm happy, though, with this meet. My coach and I have been working a few things out and I'm pleased. I'll take about a week off then head off to Europe. I've got four more meets to jump in this season."

Javelin

Tom Petranoff (Oceanside) won with a toss of 80.68 (264-8). It was a new Robertson Stadium record. The old stadium record of 237-1 was set by Bob Erskine of Houston on April 12, 1986.

Bob Roggy (Santa Barbara) placed fifth at 70.30 (230-8). Roggy set the meet record of 288-1 with the old javelin in 1978. Roggy died the next morning, when he fell from a pickup truck entering the University of Houston campus.

"My throw tonight... 264 and some change... wasn't that much less than my world record throw... only two or so lengths," said Petranoff. "I'm tired and the headwinds were strong. I just came from Stockholm where I set the world record (280-1). I came here to support the U.S. Olympic Festival. The heat was not a factor for me, only the bad headwinds. I just happened to win."

Hammer Throw

Ken Flax (San Francisco) set a new meet record of 74.20 (243-5). The old meet record of 73.90 (242-5) was set by Jud Logan (North Canton, Ohio) in 1985.

Flax recently won the NCAA hammer throw and by doing so became the first American to capture the collegiate title since 1975.

"Personally, I don't throw very well in the heat," said Flax. "I was scheduled to

continued on next page...

Results

come in on the 28th but I changed that so I could arrive here as late as possible (came in Thursday afternoon). I just don't do very well in the heat. I felt kind of funny, because I felt confident even though I hadn't been throwing very well lately. Physically, I felt good. I've had a hard year with a lot of throws (He's been in Europe where he participated in four meets in two weeks—won the hammer in two of those meets). Today surprised me because I expected to throw about 10 feet shorter than I did. I was really happy with my throw."

"The heat didn't bother me," said Logan. "It was my timing... it just wasn't there. I hadn't trained since returning from the Soviet Union where I competed in the Goodwill Games (7th). After that it was time for a rest. I thought I could come here and still throw 240 without training. The timing just wasn't there and that disappointed me. My strength was still there and my speed was still there, but when your timing is missing it's like a race car trying to run when it's missing."

Decathlon

Dave Johnson (Corvallis, Oregon/ex-Azusa Pacific) won with 8123 points.

Johnson's performances, points, and place in competition: 100 11.23 810 6th, LJ 7.30/23-11½ 886 1696 3rd, Shot 14.29/45-10¼ 746 2442 5th, High Jump 2.02/6-7½ 822 3264 2nd, 400 48.92 865 4129 1st, 1100H 14.56 903 5032 1st, Discus 45.16/148-2 770 5802 1st, Pole Vault 4.60/15-1 790 6592 1st, Javelin 66.54/218-4 837 7429 1st, 1500 4:37.88 694 8123 1st.

"That lady (Jackie Joyner) is pretty remarkable," said Johnson after the first day. "I'm just waiting for her to start competing in the decathlon, then we all will have to watch out. It is pretty amazing how she can keep coming up with those super efforts despite the heat and humidity and the toll it takes on your legs and body. I guess the only time I ever competed (in the decathlon) in heat like this was in Baton Rouge last year. Actually it wasn't as hot but the humidity was similar. About all you can do (about the weather) is start out each day taking a lot of liquids, eating foods for carbohydrates and trying to stay out of the heat as much as you can. My first day went pretty well, I thought. About the only thing I fell down (over TAC) was my high jump dipped a couple of inches, but I did about the same or better in other first day events. Actually, the second day is my best day... that is comparing my second day scores and performances to other competitors. My goal in this meet is to raise my overall score by about 50 points over my previous best (7,948). If I could do that then I would be able to go to France and compete in a meet there and that would really be neat since I have never been to Europe. Really, the only time I've ever been out of the country was to Mexico shopping and I came back with... (diarrhea)."

"The meet got pretty rough right after the pole vault, that's when (Gary) Kinder (Creve Cour, Mo.) decided to make me work hard," said Johnson after the second day. "Overall, it was a pretty average meet. I set only one personal best, that being the javelin and equaled it in the long jump—only two good events in the whole meet. I was really average, nothing really good happened, I just scored the right points at the right time. I thank the good Lord for keeping me healthy, that's the most important point."

Women

100 Meters

Evelyn Ashford (Pomona) set a new Robertson Stadium record of 11.09. The old record of 11.20 was set by Merlene Ottey (Nebraska) on June 1, 1983.

Ashford lead all the way with Jennifer Inniss (Monterey Park) second early with Gwen Torrence (Decatur, GA) right behind. Diane Dixon (Brooklyn, New York) pulled past Inniss in the final meters for third.

"For me this was a sharpening up meet before Europe," said Ashford. "I wanted to come here and find out if I am on schedule, and I am glad to say that I am. I am happy to win. I don't really care about the time. The air here is heavy and makes me feel lethargic. Because of that I have to be happy with my time, whatever it is. I'm just glad to win. My goal this year is to be consistently under 11 seconds. If I can do that, it will be a good season for me. My strength and endurance is right where I want it to be now. I probably need to work on my speed a little more, but that's all right. It's coming along well for me."

4x100m Relay

The West team of Alice Brown (Altadena), Pam Marshall (Inglewood), Diane Williams (Monterey Park) and Evelyn Ashford (Pomona) set a new meet and stadium record of 42.49. The old meet record of 43.26 was set by the West team in 1982. The old stadium record of 42.94 was set by Florida State on June 4, 1983.

"As a team we would love to run together and break 41.00 during the European season," said Brown. "We've got the speed and the desire... it would be great to do. Maybe we'll get a meet where we can request it (to run together)."

"I was pleased with my run," said Marshall. "I knew I had some distance to make up. I leave for Europe on Monday and will run some 200's to finish the season."

Fine Flicks by Don Gosney



Evelyn Ashford

running any better. We're going to get the record because we have all run 11 flat. I don't think Alice and I had a wobbly hand-off."

"Our hand-offs were not good tonight," said Ashford. "We had the overall speed to beat everyone. We are not pleased. I thought that we would run under 42.0 when I saw the wobbly hand-off I knew our chances were out the window. Next year for the Pan Ams maybe we'll get a chance to work together."

Shot Put

Bonnie Dasse (Costa Mesa) set a new meet record of 18.15/59-6¼. The old meet record of 17.45/57-3 was set by Lorna Griffin (West) in 1983.

Dasse's series: 18.15/59-6¼, 17.99 (59-0¼), 17.72/58-1¼, 17.60/57-9, 17.55/57-5, 18.04/59-2¼.

"I'm happy with the series, but I really wanted to get it into the 60's," said Dasse. "I couldn't quite get my lift down. There's a certain feel or touch that you get that is usually the difference between a good throw and a great one. It just wasn't there today. The distance is a little low compared to my personal best, but it's about what I've been throwing the last few months. I've had a wrist injury that I've been trying to come back from, so I wasn't expecting to be at my peak. It's time to take a break in competition now and get in some rest."

Discus

Carol Gady (Stanford) threw 58.32/191-0. Her series: 57.78/189-7, 56.68/185-11, 56.32/184-9, 58.32/191-0, foul, foul.

photo by Barbara De Groot



Bonnie Dasse

Javelin

Karin Smith (Arcata) won with a throw of 56.90/186-8. Smith's series: 55.36/181-7, 56.90/186-8, foul, foul, 53.60/175-10, 55.90/183-5.

"I'm not the same thrower I was when I threw the 212 (PR)," said Smith. "I have no anterior cruciate in my left knee. I'm not as spicy on the runway because of that. I hurt my knee in a pick-up basketball game back in 1985 and am trying to avoid surgery. I know I'm playing with fire but I talked to three different doctors last year and they gave me so little chance (to come back to her previous form), that they just told me to get as strong as I can and avoid the surgery. I think about the possibility of my knee going when I throw, but it was more of a factor at the Nationals (4th) than it was for me here. This was my revenge here. I beat two of the three women who beat me at the Nationals. This is only my fourth meet of the season (since May) while everyone else is in top-meet form. I didn't have my meet nerves at the nationals, but I'm just getting going now."

Heptathlon

Jackie Joyner (Long Beach) set a new world record of 7161. The old world record of 7148 was set by Joyner on July 6-7, 1986 at Moscow.

Joyner's performances, points, and place: 100 hurdles 13.16 meet best 1100 points, 1st; High Jump 1.88/6-2 meet best 1080 points 2180 points 1st; Shot Put 15.20/49-10½ meet best 874 points 3054 points 1st; 200 meters 22.85 world best 1094 points 4148 points 1st; Long Jump 7.03/23-0¼ world best 1182 points 5330 points 1st; Javelin 50.12/164-5 meet best 862 points 6192 points 1st; 800 meters 2:09.69 meet best 969 points 7161 points 1st.

Joyner is the first athlete to ever score over 3000 points in the second day of competition. She scored 3,018 points.

"As far as today's competition goes, I went into the hurdles wanting under 12.75," said Joyner after the first day. "I ran 13.16, but I was very pleased considering the problems I had getting over a couple of the hurdles. I just said to myself, 'forget about that and go on to the high jump'. I wanted 1.91 in the high jump and got 1.88. This was enough to please me, although it wasn't what I really wanted. I don't want to sound ungrateful, but I set very high standards for myself, and I get a little upset when I don't reach them. I went 49-something in the shot put, and I really wanted to go 50 to 51. I was wanting 22.85 in the 200, and I got 22.86, so that's good. Hopefully, tomorrow I'll be able to take all three jumps. I would like to go seven meters in the long jump. I also want to throw competitively in the javelin, then I want about a 2:08 in the 800 I realize it's hot and humid, and that's a factor, but I try not to think about adversities such as weather conditions."

"I had doubts that I wouldn't make it when I was first coming around the quarter in the 800 meters," said Joyner after the competition. "When Jolanda Jones passed me on that second lap I knew I had to get going. I said to myself 'Go-keep going, don't give up', I knew I was alright when I got my second wind. All the time I was running that 800 I kept remembering what Bobby (coach) says in the morning when I'm doing my road work 'go to your arms, start using your arms, start pumping'. As soon as I did that I started to relax."

"Winning this one was a lot harder than Moscow. It was a lot harder to motivate myself. After my first jump (long jump), I thought 'you jumped seven meters a few weeks ago what is your problem?' But then I did okay... In the javelin, I threw out of sector and I remembered that I had PR'd and I wondered what my problem was then. But I came through on the next throw."

"We were all working together in the 800. I asked Cindy (Greiner), Jolanda (Jones) and Lana (Zimmerman) what time they were going to go out. I think Lana went through the first 400 in what felt like 60. All through the competition we were helping one another and it's a big help. I wanted to go with Lana, she was flying

"I won't be pleased until we run 41.00," said Williams. "Pam Marshall ran a fantastic leg. Unfortunately, the four of us don't have a chance to work together. We're not going to give excuses for not

Results

and I was afraid of going into oxygen debt and again I had to tell myself 'use your arms', 'don't look up at people... just run hard and keep looking down'. When I heard the crowd, I got my third wind and I was flying."

Men's Results

100 Meters: 1. Harvey Glance, West, Phoenix, AZ, 10.27, 2. Michael Morris, East, NY, 10.39, 3. Lee McRae, East, NJ, 10.39, 4. Wallace Spearmon, South, Ill, 10.52, 5. Harvey McSwain, South, NC, 10.53, 6. Desmond Ross, North, Okla, 10.60, 7. Robert Hackett, North, Wisc, 10.71, DNF-Mark Witherspoon, West, Ill.

200 Meters: 1. Kirk Baptiste, South, Tex, 20.41, 2. Floyd Heard, South, Tex, 20.45, 3. Dwayne Evans, West, Az, 20.90, 4. Mark Witherspoon, West, Ill, 21.15, 5. Thomas Jefferson, North, Ohio, 21.30, 6. Devlon Dunn, North, Colo, 21.56, 7. Brady Crain, East, NY, 21.73, 8. Tony Dees, East, NJ, 21.78.

400 Meters: 1. Ray Armstead, North, MO, 45.25, 2. Danny Everett, West, CA, 45.27, 3. Walter McCoy, South, Fla, 45.69, 4. Charles Jenkins Jr., East, Pa, 45.69, 5. Michael Franks, North, Mo, 45.94, 6. Oliver Bridges, East, Md, 46.00, 7. Peter Howard, West, Ca, 47.93, DQ-Laron Brown, South, Tex.

800 Meters: 1. James Robinson, West, Ca, 1:46.73, 2. Stanley Redwine, South, Ark, 1:46.93, 3. Jack Armour, West, NJ xFresno St., 1:47.29, 4. Dan Futrell, North, Mo, 1:47.58, 5. Randy Moore, East, Conn, 1:47.96, 6. Mike Elliott, North, Ill, 1:48.11, 7. Ocky Clark, South, Fla, 1:49.29, 8. John Marshall, East, Pa, 1:51.52.

1500 Meters: 1. Sydney Maree, East, Pa, 3:39.05, 2. Mike Stahr, East, NY, 3:39.61, 3. Dub Myers, West, Or, 3:40.65, 4. Maurice Smith, North, Colo, 3:41.04, 5. Roosevelt Jackson, North, Ohio, 3:41.25, 6. Jeff Atkinson, West, Ca, 3:41.34, 7. Gwain Guy, South, Tex, 3:42.16, 8. John Hinton, South, Va, 3:46.81.

3000m Steeplechase: 1. Henry Marsh, West, Ut, 8:21.1, 2. Bret Hyde, North, Ohio, 8:27.2, 3. Brian Abshire, South, Ca, 8:29.36, 4. Mark Smith, North, Mich, 8:29.84, 5. Jim Cooper, South, NC, 8:45.49, 6. Greg Beardsley, East, Pa, 9:02.72, 7. Farley Gerber, West, Utah, 9:07.89, 8. Dan Foley, East, Mass, 9:07.9.

5000 Meters: 1. Doug Padilla, West, Ut xMarina HS, Ca, 13:53.56, 2. Kevin King, East, NJ, 13:55.46, 3. Ivan Huff, West, Ca, 13:55.86, 4. Brian Jaeger, South, Fla, 13:58.57, 5. Brian Diemer, North, Mich,

14:04.01, 6. Dan Reese, North, Colo, 14:10.92, DNF-Chris Fox, South, NC, DNF-Sydney Maree, East, Pa.

10,000 Meters: 1. Greg Meyer, North, Mich, 29:28.95, 2. Charlie Bevier, East, NY, 29:32.70, 3. Randa Reina, South, Tex, 30:03.60, 4. Dave Barney, West, Az, 30:09.99, 5. Mike Blaney, South, Fla, 30:17.27, 6. Steve McCormack, West, Ca, 30:21.59, 7. Ken Halla, East, Va, 30:56.26, DNF-Scott Jenkins, North, Wisc.

Half Marathon: 1. Keith Hanson, North, Wisc, 1:06:03.4, 2. Tony Williams, East, NJ, 1:06:49, 3. Tom Wysocki, West, Ca, 1:07:56, 4. Terry Cotton, West, Ca, 1:08:43, 5. Rick Brownsberger, West, Ca, 1:09:22, 6. Joe Leuchtmann, North, Mo, 1:09:32, 7. Dave Ulrich, North, Colo, 1:11:15, 8. Steve Taylor, East, Va, 1:11:36, 9. Dave Odom, South, Tex, 1:11:46, 10. Mark Sheehan, South, Fla, 1:15:33, 11. Jeff Wentworth, South, SC, 1:19:16, DNF-Eric Carter, East, Pa.

20K Walk: 1. Tim Lewis, North, Colo, 1:29:15.22, 2. Carl Schueler, North, Colo, 1:30:31, 3. David McGovern, East, NY, 1:36:59, 4. Mel McGinnis, South, NC, 1:38:52, 5. Mike Stauch, North, Wisc, 1:40:07, 6. Ray Sharp, West, Ca, 1:42:14, 7. Curtis Fisher, East, NY, 1:44:31, 8. Mike Morris, East, NY, 1:45:28, 9. Eric Bighan, South, NC, 1:45:28, 120. Ray McKinnis, South, NC, 1:46:33, DNF-Dave Cummings, West, Washington, DNF-John Ratto, West, Ca.

35K Walk: 1. Marco Evoniuk, West, Ca, 2:55:08.4, 2. Randy Mimm, North, Colo, 3:06:09, 3. Mark Fenton, East, NY, 3:16:35, 4. Marc Bagan, East, NY, 3:21:40, 5. Dan Pierce, West, Washington, 3:23:27, 6. Scott Demaree, South, Tex, 3:28:46, 7. John Knifton, South, Tex, 3:42:18, 8. Jim Rowley, South, Tex, 4:11:23, DNF-Don Lawrence, North, Mo, DNF-Aian Jacobson, East, NY.

110m Hurdles: 1. Toni Campbell, West, Ca, 13.57, 2. Jack Pierce, East, NJ, 13.63, 3. Albert Lane, North, NJ xBakersfield CC, 13.72, 4. Cletus Clark, South, Tex, 13.76, 5. Roger Kingdom, East, Pa, 13.93, 6. Malcolm Dixon, West, Ca 13.95, 7. Keith Talley, South, Ind, 13.96, 8. Alex Washington, North, Ind, 14.08, DNF-Greg Foster, West, Ca.

400m Hurdles: 1. Bernie Holloway, West, Ca, 49.71, 2. Bernard Williams, South, LA, 50.12, 3. Kevin Young, West, Ca, 50.14, 4. Pat McGee, North, Iowa, 50.39, 5. Patrick Mann, East, DC, 50.91, 6. John Thomas, North, Ind, 51.42, 7. Tony Valentine, East, NJ, 51.55, DQ-Kevin Henderson, South, Ohio, 50.97.

4x100m Relay: 1. East (McRae, Pierce, Dees, Morris) 38.64, 2. West (Cook, Witherspoon, Glance, Evans) 39.13, 3. North (Ross, Jefferson, Hackett, Dunn) 39.35, DQ-South (Heard, Spearmon, Baptiste, Lewis) 38.52.

4x400m Relay: 1. East (Valmon, Bridges, Jenkins, Reed) 3:01.67, 2. West (Howard, Page, Young, Everett) 3:03.79, 3. North (Steverson, Armstead, McGhee, Lowery) 3:06.46, DNF-South (Brown, Daniels, McCoy, Haley).

Discus: 1. Rick Meyer, South, Tex, 211-0, 2. Greg McSeveny, West, Ca, 201-3, 3. Randy Heister, North, Ind, 198-7, 4. Ed Wade, North, Okla, 190-11, 5. Jay Kovar, West, Ca, 187-1, 6. Jim Seifert, East, NY, 176-5, 7. Jonathan Quinn, South, NJ, 168-11, 8. Tony Lindsey, East, Conn, 151-2.

Hammer Throw: 1. Ken Flax, West, Ca, 243-5, 2. Jud Logan, North, Ohio, 231-11, 3. Lance Deal, West, Or, 223-4, 4. Pat Egan, East, RI, 222-0, 5. Doug Gillard, South, Ga, 215-7, 6. Dave Duchene, North, Ohio, 212-2, 7. Jim Driscoll, East, Conn, 198-11, 8. Alvin Jackson, South, Tex, 194-7.

High Jump: 1. Doug Nordquist, West, Ca, 7-7, 2. Jim Howard, South, Tex, 7-5 3/4, 3. Brian Whitehead, North, Ill, 7-4 1/2, 4. Jake Jacoby, South, Tex, 7-2 1/4, 5. Kenneth Banks, North, Ill, 7-2 1/4, 6. Greg Jones, West, Washington, 7-1, NH-Jerome Carter, East, Md xPasadena CC, DNF-Greg Gonsalves, East, Mass.

Javelin: 1. Tom Petranoff, West, Ca, 264-8, 2. John Amabile, South, NJ, 248-5, 3. John Tullo, East, NY, 236-9, 4. Clint Butler, South, Tex, 231-0, 5. Bob Roggy, West, NJ, Santa Barbara, 230-8, 6. Robert Sing, East, NJ, 220-10, 7. Craig Kleity, North, Mich, 213-1, 8. Chuck Greene, North, Mich, 210-6.

Long Jump: 1. Larry Myricks, West, Ca, 27-10 1/2, 2. Tyrus Jefferson, South, Tex xLBCC, 26-5 1/4, 3. David Coney, East, Pa, 24-11 1/4, 4. Dannie Jackson, West, Az, L.A., 24-11 1/4, 5. Sharrieff Hazim, North, Kan, 24-7 1/4, 6. Ray Mitchell, North, Alaska, 23-11 1/2, 7. Robert Boulware, East, Pa, 23-9.

Pole Vault: 1. Earl Bell, South, Jonesboro, 19-0 1/4, 2. Kory Tarpenning, West, Or, 18-4 1/4, 3. Doug Fraley, West, Ca, 17-11, 4. Scott Huffman, North, Kansas, 16-1 1/4, 5. Glenn Archer, East, Va, 16-1 1/4, 6. Lane Lohr, North, Mo, 16-1 1/4, NH-Dale Jenkins, South, Tex, NH-Mike Jordan, East, Mass.

Shot Put: 1. Ron Backes, North, Minn, 67-2 1/4, 2. Jim Doehring, West, Ca, 64-1, 3. Joe Zelezniak, East, NY, 63-1 1/4, 4. Brian Faul, West, Ca, 61-6 1/4, 5. John Smith, North, Ind, 57-3 1/4, 6. Pat Reid, South, Tenn, 54-0 1/2, 7. Shawn Purcell, East, NJ, 51-3.

Triple Jump: 1. Mike Conley, South, Ark, 57-5, 2. David McFadden, East, NY, 56-9 1/4, 3. Ray Kimble, West, Ark xHayward HS, 55-8 1/4, 4. Willie Banks, West, Ca, 55-3 1/4, 5. John Tillman, South, NC, 54-7 1/4, 6. Derek McKinley, North,

Ohio, 51-7 1/4, 7. Earl Gamble, East, NY, 49-2 1/2, 8. Kip Wright, North, Ill, 48-11 1/2.

Decathlon: 1. Dave Johnson, West, Or xAzusa Pacific, 8123, 2. Gary Kinder, North, Mo, 7998, 3. Rob Muzzio, East, Va, 7746, 4. Gary Armstrong, East, Mich, 7725, 5. Steve Odgers, North, Ill xUCI, 6940, 6. Sheldon Blockburger, South, Ca, 6851.

Team Scores: 1. West 267, 2. North 210, 3. East 189, 4. South 172.

Women's Results

100 Meters: 1. Evelyn Ashford, West, Ca, 11.09, 2. Gwen Torrence, South, Ga, 11.36, 3. Diane Dixon, East, NY, 11.53, 4. Jennifer Inniss, West, Ca, 11.57, 5. Michelle Finn, South, Fla, 11.63, 6. Caryl Smith, North, Colo, 11.75, 7. Wendy Vereen, East, NJ, 11.81, 8. Kim Dunlap, North, Kent, 11.98.

200 Meters: 1. Gwen Torrence, South, Ga, 22.94, 2. Randy Givens, West, Ca, 23.20, 3. Diane Dixon, East, NY, 23.34, 4. Odessa Smalls, North, Mich, 23.76, 5. Maicel Malone, North, Ind., 23.85, 6. Wendy Vereen, East, NJ, 24.25, 7. Pam Qualls, West, Wash. xBurbank HS, Sacto, 24.39, DNS-Brenda Cilette, South, Ga.

400 Meters: 1. Lillie Leatherwood, South, Ala, 51.31, 2. Alice Jackson, South, Ga, 51.75, 3. Terri Dendy, East, Del, 52.95, 4. Rochelle Stevens, East, Md, 53.70, 5. Patrice Carpenter, West, Ca, 53.76, 6. Natasha Kaiser, North, Iowa, 54.01, 7. Renne Ross, West, Ca, 54.34, 8. Michelle Maxey, North, Neb, 54.50.

800 Meters: 1. Joetta Clark, East, NJ, 2:00.65, 2. Julie Jenkins, West, Utah, 2:03.60, 3. Deann Gutowski, West, Ca, 2:03.98, 4. Essie Kelley-Washington, South, Tex, 2:04.41, 5. Gail Bryant, East, NJ, 2:04.69, 6. Tina Parrott, North, Ind, 2:08.62, DNF-Delisa Walton-Floyd, South, Tex, DNS-Sue Addison, North, Colo.

1500 Meters: 1. Linda Detlefsen, South, Ga, 4:10.11, 2. Suzanne Girard, East, DC, 4:11.05, 3. Cindy Bremser, North, Wisc, 4:11.37, 4. Darlene Beckford, East, Mass, 4:13.38, 5. Alisha Harvey, South, Tenn, 4:16.52, 6. Camille Rivard, West, Wash, 4:21.65, 7. Cathy Schmidt, North, Mich, 4:27.25, 8. Jill Harrington, West, Ca, 4:39.00.

3000 Meters: 1. Mary Knisely, South, Tex, 8:58.80, 2. Patti Sue Plumer, West, Ca, 9:00.05, 3. Sue Girard, East, DC, 9:00.45, 4. Sabrina Dornhoefer, North, Mo, 9:05.55, 5. Cathie Twomey, West, Or, 9:07.10, 6. Brenda Webb, South, Tex, 9:16.56, 7. Stacy Prey, East, NY, 9:53.09, DNF-Leslie Seymour, North, Minn.

10,000 Meters: 1. Stephanie Herbst, North, Wisc, 34:26.16, 2. Sue Schroeder,

continued on next page...

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Results

North, Mich, 34:27.91, 3. Robyn Root, West, Ca, 34:35.55, 4. Michele Bush, East, Ca, 34:36.95, 5. Carol Urish-McLachle, South, Tex, 34:47.26, 6. Kathy Pfeifer, West, NM xMcClatchy HS, Sacto, 34:52.24, 7. Renee Odom, South, Tex, 35:22.69, DNF-Cindi Girard-Kline, East.

Half Marathon: 1. Sue Schnieder, North, Minn, 1:17:11, 2. Cyndie Welte, North, Ohio, 1:17:38, 3. Jennifer Colgrove, East, NY, 1:18:59, 4. Patti Gray, West, Ca, 1:19:51, 5. Julie Brown, West, Ca, 1:20:35, 6. Erin Gillespie, North, Mich, 1:21:51, 7. Kathy Kane, West, Ca, 1:22:14, 8. Natalie Updegrave, East, Pa, 1:22:22, 9. Roxan Polo, East, N.J., 1:23:36, 10. Debbie Warner, South, Tex, 1:23:55, 11. Beth Farmer, South, Fla, 1:24:10.

10K Walk: 1. Teresa Vaill, East, NY, 51:33.4, 2. Debbie Lawrence, North, Mo, 52:07, 3. Mary Howell, West, Wash, 53:58, 4. Gwen Robertson, West, Wash, 54:03, 5. Susan Liers, East, NY, 54:39, 6. Lisa Vaill, East, NY, 55:22, 7. Vilsha Sediak, North, Colo, 55:44, 8. Kathy Donley, South, NC, 56:47, 9. Yvonne Warner, South, Tex, 57:51, 10. Kerry Bratton, West, Ca, 58:09, 11. Carol Romano, North, Wisc, 1:00:05, 12. Mary Ann Ingram, South, Ga, 1:06:40.

100 Hurdles: 1. Benita Fitzgerald-Brown, South, Tex, 13.44, 2. Candy Young, East, Pa, 13.64, 3. Rosalind Council, South, Ala, 13.67, 4. Pam Page, West, Ca, 13.70, 5. Fay Barrett, North, Ill, 13.96, 6. Natalie Day, West, Ca, 14.12, 7. Leticia Beverly, North, Ill, 14.16, 8. Glenda Truesdale, East, Pa, 14.50.

400 Hurdles: 1. Sharietta Barksdale, South, Tenn, 56.41, 2. Lisa Davis-Knowles, North, Okla, 57.53, 3. Gayle Kellon, West, Ohio xWalnut HS, 58.05, 4. Latanya Sheffield, West, Ca, 58.85, 5. Kathy Freeman, South, La, 59.39, 6. Kellie Roberts, East, Md, 59.86, 7. Sybil Perry, North, Ind, 1:02:27, 8. Janet Williams, East, Md, 1:03:81.

4x100m Relay: 1. West (Brown, Marshall, Williams, Ashford) 42.49, 2. South (Finn, Washington, Cheeseborough, Torrence) 42.83, 3. East (Dixon, Stevens, Vereen, Fridy) 44.34, 4. North (Dunlap, Smith, Malone, McKenzie) 45.38.

4x400m Relay: 1. South (Cheeseborough, Cilette, Jackson, Leatherwood) 3:25.25, 2. East (Stevens, Clark, Roberts, Dendi) 3:30.40, 3. North (Davis, Maxey, Perry, Kaiser) 3:34.55, 4. West (Carpenter, Ross, Vickers, Kellon) 3:35.72.

Discus: 1. Carol Gady, West, Ca, 191.0, 2. Penny Neer, North, Mich, 190.3, 3. Pia Iacovo, East, Mass, 179.7, 4. Becki Levi, West, Az, 179.5, 5. Becky Fellig, North, Minn, 170.3, 6. Janet Matthews, South, Kan, 169.7, 7. Marilyn Senz, East, Pa, 158.0, 8. Kelly Landry, South, Fla, 139.7.

High Jump: 1. Jan Chesbro, North, Tex, 6-1½, 2. Rita Graves, North, Kan, 6-1½, 3. Camille Harding, West, Or, 6-1½, 4. Yolanda Henry, South, Tex, 6-0½, 5. Holly Kelly, South, Fla, 5-10, 6. Candy Cashell, East, Del, 5-10, 7. Felicia Hodges, East, NY, 5-7¼, 8. Katrina Johnson, West, Az, 5-5½.

Javelin: 1. Karin Smith, West, Ca, 186.8, 2. Meg Warren, South, Fla, 184.2, 3. Karyn Szarkowski, North, ND, 174.0, 4. Debbie Williams, North, Mich, 172.10, 5. Jane Woodhead, East, Maine, 171.7, 6. Donna

Mayhew, West, Ca, 170.6, 7. Julia Solo, East, Pa, 160.4, 8. Clarinda Wilson, South, Fla, 154.3.

Long Jump: 1. Carol Lewis, South, Tex, 21-10¼, 2. Jennifer Inniss, West, Ca, 21-6¼, 3. Jodi Anderson, West, Ca, 21-0, 4. Lorinda Richardson, North, Mo, 20-3¼, 5. Teresa Allen, East, NC, 20-2½, 6. Dorothea Brown, North, Ill, 20-2½, 7. Brenda Bailey, East, Tex, 19-11, 8. Claire Connor, South, La, 18-11¼.

Shot Put: 1. Bonnie Dasse, West, Ca, 59-6¼, 2. Connie Price, North, Ind, 56-6, 3. Peggy Pollock, West, Ca, 54-3¼, 4. Cheryl Klein, South, NY, 51-3¼, 5. Annette

Bohach, North, Mich, 49-4½, 6. Marilyn Senz, East, Pa, 48-8, 7. Lauren Andrews, East, Mass, 45-1¼, 8. Teresa Williford, South, Fla, 44-0.

Heptathlon: 1. Jackie Joyner, West, Ca, 7161, 2. Cindy Greiner, West, Or, 6137, 3. Jolanda Jones, South, Tex, 5747, 4. Lana Zimmerman, South, La, 5571, 5. Cathey Tyree, North, Ind, 5383, 6. Beth Sheehan, East, NY, 5022, 7. Peggy Odita, North, Ohio, 4937, 8. Carla Criste, East, Va, 4911.
Team Scores: 1. West 196, 2. North 166, 3. South 163, 4. East 149.

Road Racing Results

In Motion 8K

June 1. San Diego.

Overall Results - Men

1	Brad Lakin (28) Oceanside	24:25
2	Gary Blume (30)	24:50
3	Jonathan Haberkern(34)S.Diego	24:59
4	Gilberto Alvarez (28)	25:00
5	Norberto Avila (28) ChulaVista	25:01
6	Rory Trup (32) SanDiego	25:09
7	Willy Ayad (24) SanDiego	25:12
8	Jose Vega (22)	25:23
9	Norman Hammon (25)	25:26
10	Manny Bautista (26) ElCajon	25:27

Division Results - Men

12 & Under: 1. Jason Beatty 33:12, 2. Joseph Viginelli 36:18, 3. Bobby Akers 37:18. **13-17:** 1. Carter Yarborough 26:12, 2. Rick Penman 26:31, 3. Kevin Ledwith 28:03. **18-29:** 1. Brad Lakin 24:25, 2. Gilberto Alvarez 25:00, 3. Norberto Avila 25:01. **30-34:** 1. Gary Blume 24:50, 2. Jonathan Haberkern 24:59, 3. Rory Trup 25:09. **35-39:** 1. Graham Garcia 26:28, 2. Ed Nares 27:03, 3. Craig Weimer 27:28. **40-49:** 1. Peter Stern 28:46, 2. Ozzie Osgood 27:15, 3. Richard Green 27:52. **50-59:** 1. Sam Mayo 30:34, 2. Wally Ingram 31:27, 3. Alberto Reyes 31:36. **60 & Over:** 1. Tom Leedham 33:48, 2. Lowell Tozer 36:58, 3. Brownlow Miller 45:32.

Overall Results - Women

1	Darcy Arreola (17) ElCajon	28:23
2	Alma Cabrera (24)	29:01
3	Mary Akins (26) SanDiego	29:09
4	Beverly Wassmer (26) SanDiego	30:00
5	Kristen Naldoo (22)	30:39
6	Kaye Wentworth (28)	30:58
7	Carrie Morrison (29)	31:12
8	Kathy Loper (44)	31:19
9	Deb Kosmatka (33)	31:23
10	Cindy Cohagen (37) SanDiego	32:13

Division Results - Women

12 & Under: 1. Nancy Tan 37:47, 2. Sheri Savel 39:49, 3. Shana Purvis 44:27. **13-17:** 1. Darcy Arreola 28:23, 2. Jeni Beatty 32:37, 3. Julianna Ringer 33:44. **18-29:** 1. Alma Cabrera 29:01, 2. Mary Akins 29:09, 3. Beverly Wassmer 30:00. **30-34:** 1. Deb Kosmatka 31:23, 2. Terry Flynn 33:14, 3. Cion Ruiz 33:28. **35-39:** 1. Cindy Cohagen 32:13, 2. Marilee Ramsey 32:58, 3. Sandra Marshall 33:08. **40-49:** 1. Kathy Loper 31:19, 2. Ursula Rains 33:19, 3. Carolyn Balkwell 34:12. **50-59:** 1. Martha Walker 37:49, 2. Margaret Sellers 41:16, 3. Elsa Sandberg 42:00. **60 & Over:** 1. Mary Storey 38:04, 2. Gerry Davidson 38:58, 3. Judy Simon 43:32.

Wildcat Triathlon

June 8. Tilden Park, Berkeley.

Overall Results

1	Wendy Phelps Team, GrassVly	1:14:07
2	Jerry Cvecko, PleasantHill	1:19:07
3	Everett Reed, Berkeley	1:19:15
4	Carl Galewski, Berkeley	1:20:28
5	Christopher Payne Tm,Concd	1:20:29
6	Rick Schmitt, Alameda	1:20:30

7	David Fonseca, Kihel,HI	1:21:37
8	Kem Akol, Dixon	1:21:47
9	Margaret Cahir Team,Oakland	1:21:47
10	Walter Radloff, SanJose	1:21:52
11	Tom Dunscombe, Alameda	1:22:13
12	Brian Cuneo, Berkeley	1:22:23
13	Marilyn Acquistapace Tm,Pl.R	1:22:24
14	Brad Williamson, Dixon	1:23:11
15	Andy Kelsey, Danville	1:23:13
16	Peter Sasmore, SanCarlos	1:23:13
17	Chris Ward, SanLeandro	1:23:18
18	Robert Weatherwax, S.F.	1:23:21
19	Morgan Stebbins, Berkeley	1:23:23
20	Jim Orlear Team, Alameda	1:25:25
21	Robbie James Santos, SanJose	1:25:33
22	Mike Muller, Lafayette	1:25:35
23	Steve Bartis, Moraga	1:25:36
24	John Ellis, SanJose	1:25:40
25	Stephen Pacadi, S.F.	1:25:44
26	John Murphy, Alameda	1:26:07
27	John Jeha, Danville	1:27:04
28	Tom Cooper, Sacto	1:27:16
29	John Scales, Sacto	1:27:17
30	Wade Stock, Sausalito	1:27:19

Division Results - Men

19 & Under: 1. Andy Kelsey 1:23:13, 2. Mike Muller 1:25:35, 3. Stephen Pacadi 1:25:44. **20-29:** 1. Everett Randy Reed 1:19:15, 2. Carl Galewski 1:20:28, 3. Rick Schmitt 1:20:30. **30-39:** 1. Jerry Cvecko 1:19:07, 2. David Fonseca 1:21:37, 3. Kem J. Akol 1:21:47. **40-49:** 1. Walter Radloff 1:21:52, 2. John Campbell 1:29:30, 3. Mike Ziaskas 1:31:20. **50-59:** 1. David Stevenson 1:35:26, 2. Jack Riley 1:43:27, 3. Dieter Heycke 1:43:37.

Division Results - Women

19 & Under: 1. Beth Baker 1:53:22, 2. Megan O'Keefe 2:00:11, 3. Melinda Meyer 2:04:05. **20-29:** 1. Eva Oberth Uelitzen 1:27:50, 2. Maureen Kalla 1:31:24, 3. Kate Kansas 1:37:09. **30-39:** 1. Martha Seauer 1:36:12, 2. Cynthia Nesvick 1:36:20, 3. Mary Beth Novak 1:42:30. **40-49:** 1. Lisa Ross 1:57:18, 2. Dexter Dobberpuhl 2:02:49, 3. Cathie Crawford 2:14:07. **50-59:** 1. Betty Heycke 2:02:16.

Dipsea Race

June 8. Mill Valley, 7.1 Mile.

Division Results - Men

Fastest Time: Michael McManus 49:53. **First Man Over 40:** Sal Vasquez 50:19 (4 min.).

First Dipsea Runner: John Hodge 53:22. **Winning Team:** Tamalpa Runners: Eva Pell, 2nd place, 1:05:01 (20); Christie Patterson, 6th, 1:00:43 (13); Russ Kiernan, 7th, 54:13 (6); Roger Daniels, 9th, 56:15 (7); Kay Willoughby, 11th 1:10:13 (20).

Winning Family: Dan Pickett, 26th, 1:04:49 (12); Toby Pickett, 30th, 53:25 (0).

Division Results - Women

Fastest Time: Peggy Smyth 57:25 (11). **First Woman Over 40:** Gail Scott 58:19 (14). **First Dipsea Runner:** Twyla Willis 1:09:57 (11). **Winners with head start:** Gail Scott 58:19 (14); Eva Pell, 1:05:01 (20); Peggy Smyth 57:25 (11); Debbie Waldear, 58:45 (12).



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Results

Centerpoint Runs

by Juan Hernandez

June 15, Oxnard, 10K & 2K.

The 3rd Annual Centerpoint Mall/Yolanda's Father's Day 10K & 2K Races were a success according to race officials. Sunday's event drew a record total of 425 finishers, including 338 in the 10K run and 87 in the 2K fun run and walk. Last year's event totalled 340 finishers, which means there was an increase of 8.5 finishers this year. The Centerpoint race now becomes the second largest 10K and combined event in Oxnard, behind the popular Strawberry Festival 10K (600) and 2 mile run (200).

Gary Tuttle, 38, of Ventura, set a new course record for the 6.2 mile event in 30:22, breaking Gordon Christie's 1985 record of 30:34. Tuttle averaged 4:52 per mile over the flat, fast course which started at the Centerpoint Mall and finished in front of Yolanda's Mexican Cafe. Besides winning the overall race, Tuttle also won the 35-39 age group with a division record and the special "Fastest Father" award.

Debbie Sharp, 32, of Port Hueneme, ran a fast time of 35:28 to win first woman honors as she placed 17th overall out of the 338 10K runners. Sharp averaged 5.43 per mile to also set a course record by 14 seconds, breaking Bobby Schipper's 1985 mark of 35:42. Sharp's time would also be a record for her 30-34 age group. Sharp recently represented California women in the Stroh's Super Run II at Stateline, Nevada where the winner won \$500,000. Sharp placed 7th in 36:14.

Twelve new division records were broken out of the 21 contested races, including 7 men's records and the wheelchair race.

The top runner in the 2K run was Tom O'Brien of Port Hueneme in 8:09, while the first female was Tammy Worley of Oxnard in 9:46.

"We expected a total of 500, but we're not disappointed with 425 because we know we will continue to grow," stated Coach Juan Hernandez, race director and track coach at Oxnard College. The OC track and field teams will receive the proceeds which were donated by the four race sponsors - The Centerpoint Mall, Yolanda's Mexican Cafe, LA Beer and Med Center Medical Group.

Overall Results - Men's 10K

1	Gary Tuttle (38) Ventura	30:22
2	Chuck Smead (34) SantaPaula	30:36
3	Jim Triplett (28) S.B.	30:42
4	Ray Knerr (26) Ventura	31:01
5	Leonard Aceves (21) Oxnard	32:06
6	Jim Kornell (34) S.B.	32:58
7	Larry Montag (33) Ventura	33:19
8	Jose Garcia (20) L.A.	33:31
9	Anthony Williams (16) Oxnard	33:47
10	Salvador Paniagua (32) Pt.Hue	33:56

Overall Results - Women's 10K

1	Debra Sharp (32) Pt.Hueneme	35:28
2	Elaine Triplett (35) S.B.	36:32
3	Sharon Moley (25) Goleta	37:38
4	Bobbie Schipper (27) L.A.	38:04
5	Terri Goodreau (36) No.Hollyw	38:17
6	Gina Faust (49) WoodlandHls	39:38
7	Pauline Brown (30) WestlakeVlg	39:55
8	Ruth Vomund (28) Ventura	40:05
9	Kathleen Roos (35) Oxnard	40:24
10	Laurie Singer (26) Oxnard	42:18

Division Results - Men's 10K

13 & Under: 1. Scott Werve 37:11, 2. Charles English 40:20, 3. Danny Duchal 40:46. 14-19: 1. Anthony Williams 33:47, 2. Alfredo DeLeon 37:11, 3. William Schrader 37:18. 20-24: 1. Leonard Aceves 32:06, 2. Jose Garcia 33:31, 3. Mike Zaragoza 36:48. 25-29: 1. Jim Triplett 30:42, 2. Ray Knerr 31:01, 3. Mark Hibbert 35:17. 30-34: 1. Chuck Smead 30:36, 2. Jim Kornell 32:58, 3. Larry Montag 33:19.

35-39: 1. Gary Tuttle 30:22, 2. Ralph Casillas 35:21, 3. Al Sanchez 36:47. 40-44: 1. Arturo Fausto 34:33, 2. Gene Ball 36:43, 3. Jorge Paz 38:19. 45-49: 1. Kemp Aaberg 35:48, 2. Charles McClung 36:24, 3. Art Mortel 36:56. 50-59: 1. Jim Knerr 35:48, 2. Wayne Nelson 36:39, 3. James Van Manen 42:08. 60 & Over: 1. Fred Nagelschmidt 37:44, 2. John Britton 48:02, 3. John Ramirez 65:18. **Wheelchair:** 1. Kirby Haley 34:56, 2. Jim Bucher 45:24.

Division Results - Women's 10K

13 & Under: 1. Josephina Sanchez 48:29, 2. Amy Crawford 48:45, 3. Sandy Perez 52:45. 14-19: 1. Anna Howard 48:28, 2. Adele Gamboa 57:34. 20-24: 1. Jill Mazuchi 44:05, 2. Lisa Scobey 47:09, 3. Maria Silvas 47:14. 25-29: 1. Sharon Moley 37:38, 2. Bobby Schipper 38:04, 3. Ruth Vomund 40:05. 30-34: 1. Debbie Sharp 35:28, 2. Pauline Brown 39:55, 3. Lynn Horton 42:48. 35-39: 1. Elaine Triplett 36:32, 2. Terri Goodreau 38:17, 3. Kathleen Roos 40:29. 40-44: 1. Liz Cushman 45:33, 2. Trina Nagale 49:11, 3. Camille DeJonge 50:24. 45-49: 1. Gina Faust 39:38, 2. Ingrid Hainline 47:38, 3. Barbara Camp 47:47. 50-59: 1. Lynn Hurrell 49:59, 2. Rossanna Borsay 54:02, 3. Barbara Boyes 58:34. **60 & Over:** 1. Grace Schweitzer 1:08, 2. Rose Lea Davis 1:22.

Laguna Lake Relays

June 15. San Luis Obispo.

Overall Results		
1	Limon/Newby (1st Open)	21:17
2	Rand/Reed (2nd Open)	21:50
3	Harter/Root (1st Coed)	22:11
4	Hayden/Halblom (2nd Coed)	22:17
5	Humphrey/Ellingwood(1st Jr.)	22:31
6	Rodriguez/Rodriguez (3 Coed)	23:02
7	Sharp/Blatter (3rd Open)	23:16
8	Mark/Roundy (1st Masters)	24:29
9	Dearden/Roundy (2nd Jr.)	24:52
10	Smith/Fellows (4th Open)	25:14
11	Ellingboe/Harris (1st P-Child)	26:48
12	Cohn/Welch (4th Coed)	26:54
13	Lingo/Perry (2nd Masters)	27:28
14	Mark/Roundy (3rd Jr)	27:37
15	Hosken/Purkerson (5 Coed)	28:13
16	Roundy/Ellingwood (1st Women)	29:26
17	Wright/Wright (1st H-Wife)	30:11
18	Befck/Beck (2nd P-Child)	30:16
19	Sitzmann/Ellingwood (2nd F)	30:25
20	Walters/Walters (2nd H-Wife)	30:30
21	Skiba/Dvorak (5th Open)	30:44
22	Marole/Fisher (6th Coed)	30:47
23	Marple/Marple (3rd H-Wife)	30:47
24	Jones/Jones (3rd Masters)	30:56
25	Jones/Jones (3rd P-Child)	32:27
26	Jones/Jones (7 Coed)	32:27

Dick Houston Memorial Woodminster Race

June 15. Oakland. 8.3 Miles.

(Run Time)(Finish Time)		
1	Mike Wheeler (39)	68:10 58:10
2	Tad Beach (28)	69:52 49:52
3	Eve Pell (49)	70:12 65:12
4	Brett Freshwater (27)	71:17 51:17
5	Joss Walter (22)	71:27 51:27
6	Robert Malain (59)	71:55 60:55
7	Patrick Buzbee (34)	71:58 51:58
8	Julios Ratti (35)	71:58 54:58
9	Marilyn Harbin (48)	72:07 67:07
10	John Swyers (46)	72:20 58:20
11	George Frazier (39)	72:54 55:54
12	Jim Myers (37)	75:05 58:05
13	Melissa Behr (31)	75:14 64:14
14	Richard Keene (48)	75:19 61:19
15	Dino Daniels (12)	75:38 64:38
16	Richard Laine (56)	75:56 64:56
17	Art Banos (43)	76:11 59:11
18	Leslie Brown (38)	76:12 68:12
19	Bruce Oliver (58)	76:47 65:47
20	Wm. Floodberg (52)	76:57 65:57

June Jubilation

June 15. San Diego. 10K.

Overall Results - Men		
1	Jose Vega	31:11
2	Juan Maranjo	32:00
3	Avilla Norberto	32:07
4	Barry Manuel	33:18
5	Carter Yarborough	33:41
6	D.J. Smalley	33:56
7	Peter Stern	34:09
8	Mark Woods	34:13
9	Scott Hurst	34:17
10	Randy Saletnik	35:33

Overall Results - Women		
1	Carole Denton	42:51
2	Cindy Cohagen	42:55
3	Jan Wilson	42:56
4	Kelly Howard	43:53
5	Monique Price	44:43
6	Gall Zucker	45:34
7	Carlyn Greer	46:23
8	Linda Gorman	46:50
9	Christi Lauritsen	47:16
10	Solance Szwarc	48:00

Division Results - Men

17 & Under: 1. Carter Yarborough 33:41, 2. Bryon Devore 36:15, 3. Steven Bramson 37:20. 18-29: 1. Jose Vega 31:11, 2. Juan Naranjo 32:00, 3. Norberta Avilla 32:07. 30-39: 1. D. J. Smalley 33:56, 2. Scott Hurst 34:17, 3. Randy Saletnik 35:33. 40-49: 1. Peter Stern 34:09, 2. Jim Williams 35:49, 3. Russ Webster 38:12. 50-59: 1. John Lienert 46:15, 2. Raymond Parra 46:35, 3. Eugene Helsel 48:20. **60 & Over:** 1. Art Holzman 43:50, 2. Wayne Zook 45:02, 3. Brownlee Miller 56:12. **Wheelchair:** 1. Al Alicocer 38:04, 2. Daniel Larson 38:10, 3. Wes Johnson 46:39. **Military:** 1. Mark Woods 34:13, 2. David Collins 36:00, 3. Mark Thibault 36:22.

Division Results - Women

17 & Under: 1. Kelly Howard 43:53, 2. Alicka Pistek 59:41. 18-29: 1. Carole Denton 42:51, 2. Jan Wilson 42:56, 3. Monique Price 44:43. 30-39: 1. Cindy Cohagen 42:55, 2. Gall Zucker 45:34, 3. Carlyn Greer 46:23. 40-49: 1. Linda Gorman 46:43, 2. Kathy Cieal 54:16, 3. Susan Andrews 54:35. 50-59: 1. Chris Cramer 52:30, 2. Genevieve LaFontain 1:01:59. **60 & Over:** 1. Ethel Spahn 1:23:30. **Wheelchair:** 1. Mary Thompson 41:20, 2. Sherrill Alstadt 56:37, 3. Nancy Sarohney 65:58. **Military:** 1. Susan Fitzgerald 48:34.

San Francisco 25K

June 15. San Francisco.

Division Results - Men	
18 & Under: 1. Thomas Kay 1:49:22, 2. Stephen Woo 2:12:14, 3. Richie McMichael 2:48:54. 19-24: 1. Sam Lopez 1:31:31, 2. Daniel Rosenthal 1:32:10, 3. Steve Lewis 1:36:14. 25-29: 1. Kevin Jones 1:20:37, 2. Robert Herndon 1:25:14, 3. Barry Starkey 1:26:27. 30-34: 1. Brad Hawthorne 1:19:05, 2. Nathan Smith 1:29:14, 3. Guillermo Barron 1:29:15. 35-39: 1. Charles Thompson 1:26:26, 2. Joe Shieffer 1:27:16, 3. Michael Graves 1:31:57. 40-44: 1. Robert Davison 1:32:30, 2. Jim Howell 1:35:53, 3. Miguel Solorio 1:36:38. 45-49: 1. Theodore Jones 1:40:34, 2. Andy Anderson 1:45:06, 3. Robert Groff 1:46:51. 50-54: 1. Jerry O'Hanlon 1:44:41, 2. Ken Mills 1:47:28, 3. Jim Pommier 1:51:34. 55-59: 1. Robert Gehl 1:43:52, 2. Geoff Bardsley 1:47:48, 3. Homer Zugelder 1:52:35.	

Division Results - Women

19-24: 1. Rebecca Chamberlain 1:32:01, 2. Mary Kay Chippendale 1:46:10, 3. Denise Bigelow 1:48:32. 25-29: 1. Audrey Kemp 1:40:56, 2. Yumi Takahashi 1:43:39, 3. Debbie Bispo 1:46:37. 30-34: 1. Joann Dahikoetter 1:37:18, 2. Kim Rupert 1:45:17, 3. Barbara Zimmer 1:46:08. 35-39: 1. Laurie Binder 1:36:48, 2. Laurel Strand 1:52:55, 3. Loretta Gutierrez 1:55:11. 40-44: 1. Christine Cohen 1:51:58, 2. Judith Hooper 1:57:53, 3. Lois Hamilton 2:00:31. 45-49: 1. Clara Herzog 2:02:58, 2. Ann Grove 2:06:38, 3. Ann Neeley 2:07:38. 50-54: 1. Margaret Houston 2:10:35, 2. Marjorie Macris 2:18:12, 3. Danna Gonnea 2:19:47. 55-59: 1. Gale Lakera 2:15:42, 2. Pat Hale 2:39:50, 3. Ellen Rapozo 2:44:45. **60 & Over:** 1. Mary Lisen Lentz 2:34:54, 2. Judy Golding 2:51:33.

Bacardi Rum Run

June 15. Oakland. 5K & 10K.

Overall Results - Men's 5K		
1	Jeff Adkins (25) Martinez	14:09
2	Daniel Gonzales (24) Mt.View	14:10
3	Derrick May (30) Reno	14:11
4	Matt Giusto (19) Foster City	14:24
5	John Sup (26) Fair Oaks	14:24
6	Ray Cook (25)	14:27
7	Don Aldridge (29) Rohnert Pk	14:29

Overall Results - Women's 5K		
1	Terry Puckett (30) Reno	16:45
2	Ingrid Hemenway (30) Oakland	16:45
3	Maria Trujillo (27) Mexico	16:55
4	Sharlet Gilbert (35) Richmond	16:59
5	Peggy Smythe (34) SanAnselmo	17:01
6	Sarah Tabbott (27) Berkeley	17:21
7	Sandy Sup (27) Fair Oaks	17:27

Overall Results - Men's 10K		
1	Bill Knapp (26) Reno	31:39
2	Howard Worrell (30) Oakland	33:20
3	Ronald Souza (32) Sacto	33:28
4	David Cardenas (16) UnionCity	33:49
5	Brian Schendell (25) Davis	34:08

Overall Results - Women's 10K		
1	Honor Featherston (31) MillVly	39:17
2	Barbara Shubert (44) WalnutCk	40:19
3	Cindy Seikkuila (28) PleasantHl	40:36
4	June Baldwin (25) S.F.	40:52
5	Lori Fulkerson (29) Davis	40:56

Run For The Health Of It

June 15. Hollister. 5 Mile & 1 Mile.

Division Results - 5 Mile	
13-18: 1. Joseph Casarez 29:12, 2. Steve Vallejo 29:49, 3. John Hosler 31:21. 19-29: 1. Sherman Martinez 27:36, 2. Chris Aispuro 28:2, 3. Henry Gonzales 29:12. 30-39: 1. Guy Pruitt 27:29, 2. Scott Peters 27:39, 3. Ron Parravano 27:53. 40-49: 1. Dete Kraus 27:18, 2. Ron Tanaka 29:18, 3. John Brzaskynsky 29:39. 50-59: 1. Glynn Wood 30:55, 2. Richard Young 32:13, 3. Floyd Okada 32:59. 60 & Over: 1. Fred Foster 42:38, 2. Toby Solorzano 43:22, 3. W. D. Barber 45:17.	

Overall Results - One Mile		
1	Mike Kraus	6:12
2	Benjamin Arimoto	6:36
3	Richard Mariottini	6:37
4	Michael Lyter	6:42
5	Brian Weaver	6:46

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Results

Dad's Day Dash

from Lori Wall

June 15. Hermosa Beach. 10K.

Division Results - Men

13 & Under: 1. Ricky Delgado Jr. 44:56, 2. Bobby Wiley 45:26, 3. James Brown 45:34.
14-18: 1. Greg Houlgate 32:39, 2. Jan Freidank 34:05, 3. Mark Hatch 37:13.
19-24: 1. Tracy Garrison 30:40, 2. Rick Dodson 31:43, 3. Jeff Harbell 32:30. **25-29:** 1. Mario Ortiz 32:07, 2. Chuck Bell 34:11, 3. Richard Watts 35:01. **30-34:** 1. Bruce Johnson 34:44, 2. John Bacon 36:01, 3. Robert McDermott 36:26. **35-39:** 1. Stephen Keyes 34:49, 2. Salvador Gonzalez 35:40, 3. Richard Kuegler 36:18.
40-44: 1. Catrino Gonzalez 34:28, 2. Russ Omye 36:39, 3. John Mossbacher 37:25.
45-49: 1. Bill Tostevin 37:53, 2. Mark Levine 41:06, 3. Clarence Hunter 41:27.
50-54: 1. Aldo Mora 36:19, 2. Frank Greene 38:41, 3. Dave Burgess 39:31. **55-59:** 1. Patrick Devine 37:20, 2. Leo Prado 41:15, 3. Bill Stowell 41:28. **60-65:** 1. Larry Banuelos 39:47, 2. Tom Leedham 42:14, 3. Ed Hornung 43:41. **66 & Over:** 1. Eddie Lewin 43:22, 2. John Hales 48:17, 3. Russ Halton 54:51. **Big Brothers:** 1. Robert McDermott 36:26, 2. Don McCarthy 40:42, 3. George McKinnon 42:00. **Little Brothers:** 1. Tommy Macias 46:19, 2. Willie Kuykendall 49:35, 3. Rashaan Washington 49:35.

Division Results - Women

13 & Under: 1. Jessica Reifer 48:04, 2. Jodi Dailey 53:12, 3. Samantha Brown 53:29.
14-18: 1. Traci Goodrich 41:40, 2. Lynne Kennedy 42:55, 3. Wendy Miller 46:52.
19-24: 1. Katherine Bustafon 40:32, 2. Rosemarie McCabe 42:19, 3. Jeanette Pascua 44:21. **25-29:** 1. Marie Earl 39:28, 2. Linda Salafia 41:28, 3. Jane Lieberman 41:49. **30-34:** 1. Laurel Hyde 46:46, 2. Diane Silvas 46:50, 3. Ulla Lundberg 48:18. **34-39:** 1. Sherry Lanier 43:50, 2. Cindy Sterling 44:31, 3. Sharon Taylor 47:23. **40-44:** 1. Donna Hodge 46:01, 2. Nancy Welly 46:24, 3. Cathy Virtue 47:53. **45-49:** 1. Marilyn Clark 49:36, 2. Carolyn Plowman 55:00, 3. Sarah Jones 55:18. **50-54:** 1. Ann Martin 53:59, 2. Dixie Girard 60:10, 3. Ruth Geerots 60:34. **60 & Over:** 1. Katherine Wetterau 62:59, 2. Amy Coury 63:46, 3. Joyce Monk 66:47.

Round the Runway Footrace

June 15. Moffett Field. 5K & 10K.

Overall Results - 5K

1. N. Yray (30-39) 15:21
 2. B. Zamczyk (18-29) 15:41
 3. K. Terry (18-29) 15:42
 4. Brock (18-29) 15:45
 5. C. Lighty (30-39) 15:59
 6. A. Walsh (12-17) 16:00
 7. T. Moore (18-29) 16:34
 8. J. Cooperthwaite (18-29) 16:43
 9. E. Arvesen (12-17) 16:49
 10. T. Westerheide (18-29) 16:54

Division Results - Men's 5K

11 & Under: 1. P. Bendzick 22:33, 2. J. Avilio 26:44, 3. P. Benozick 28:19. **12-17:** 1. A. Walsh 18:00, 2. E. Arvesen 16:44, 3. A. Gaxiola 18:03. **18-29:** 1. B. Zamczyk 15:41, 2. K. Terry 15:42, 3. Brock 15:41. **30-39:** 1. N. Yray 15:21, 2. C. Lighty 15:59, 3. R. Zolidan 17:40. **40-55:** 1. J. Bulash 18:21, 2. F. P. Mahony 19:58, 3. B. Obley 21:13. **56 & Over:** 1. G. Sievert 22:25, 2. F. Stefan 32:11. **Military:** 1. D. Martin 19:37, 2. E. Fryer 27:15, 3. R. D. Sanchez 24:37.

Division Results - Women's 5K

11 & Under: 1. K. Reimer 29:16, 12-17: 1. J. Johnson 23:08, 2. M. T. Matthews 24:45. **18-29:** 1. M. King 18:58, 2. K. Bragan 19:43.

3. C. Kenyon 22:07. **30-39:** 1. B. Zolidan 21:47, 2. M. Henderson 23:54, 3. M. Dage Forde 23:59. **40-55:** 1. M. Vassigh 21:26, 2. B. Ainscow 26:46, 3. P. King 27:54. **56 & Over:** 1. R. Carlson 25:01, 2. A. Sievert 28:02, 3. P. Pridmore 29:48. **Military:** 1. J. A. Baker 25:51, 2. M. G. Foster 34:49, 3. D. E. Jacobson 34:57.

Overall Results - 10K

1. T. Durham (Wheelchair) 32:13
 2. A. Scott (Mil.) 32:15
 3. H. Stahl (30-39) 34:12
 4. M. Matthews (18-29) 34:25
 5. A. Takuta (30-39) 34:28
 6. D. H. Hatakeyama (18-29) 34:32
 7. B. Fulan (Wheelchair) 34:42
 8. R. Witherell (Wheelchair) 34:32
 9. V. Robinson (18-29) 34:50
 10. P. Borden (30-39) 36:10

Division Results - Men's 10K

17 & Under: 1. K. Vergho 37:58, 2. D. Rosenfeld 43:40, 3. R. Martinez 49:39.
18-29: 1. M. Matthew 34:25, 2. D. Hatakeyama 34:32, 3. V. Robinson 34:50.
30-39: 1. H. Stahl 34:12, 2. A. Takuta 34:28, 3. P. Borden 36:10. **40-45:** 1. B. Barber 36:23, 2. R. L. Velly 37:10, 3. D. Augustine 37:44. **56 & Over:** 1. J. Matthews 43:29, 2. M. Pamanian 53:55. **Military:** 1. A. Scott 32:15, 2. A. Garcia 37:59, 3. J. Haugen 38:00.

Division Results - Women's 10K

17 & Under: 1. P. Sites 43:49, 2. M. Masui 48:28, 3. J. Myers 59:40. **18-29:** 1. Tapia 41:18, 2. H. B. Purinton 43:55, 3. L. Warren 46:40. **30-39:** 1. Shama 49:30, 2. D. J. Baker 53:34, 3. J. Wright 54:33. **40-55:** 1. F. Smith 43:59, 2. M. Vassigh 46:26, 3. M. M. Robinson 46:48. **56 & Over:** 1. C. Maddock 55:05. **Military:** 1. A. Munoz 48:47, 2. J. Gitters 54:30, 3. C. Bothwell 56:37. **Wheelchair:** 1. T. Durham 32:13, 2. B. Gulan 34:32, 3. R. Bothwell 34:42.

Fiesta La Ballona

by Richard Lee Slotkin

June 17. Culver City. 10K.

It must have felt like *deja vu* to Eugene Muslar. Last year in this same race on this same course he found this same guy, Rafael Sanguino alongside him. A little less than a mile to go at the point where Overland Boulevard crosses Jefferson. A little less than 2 years ago the greatest marathoners in the world were running over this very spot, the 30K mark of the Olympic Marathon. They, however, turned out on Jefferson and headed for the coliseum, some 7 or so miles away. Muslar probably wasn't thinking about that, though. The only history he was worried about was last year and would it repeat itself. Sanguino, on the other hand hadn't even planned to run this year, but near the last minute decided to defend his title, so now here he was ... again.

If you looked, you could actually see the finish from the intersection, but it was still a long haul and the weather was warm, warm enough to be uncomfortable now.

Crossing Jefferson, Muslar had a step lead, but he knew that he was in trouble again. He just didn't feel that strong and it finally caught up with him as Sanguino put together a go-for-it surge that opened up to a 25 second lead as he crossed the finish line, the same one they use for the Western Hemisphere Marathon. So, for the second year in a row, Sanguino got the win and Muslar settled for second. Winning time was 32:42. Third place went to local Eric Faiz, who won it a few years ago and is trying to work himself back into some kind of shape after being out of it for a while. Rita Stumps found herself in a new situation: She was the leading female at the start. After the first mile she was still the leader and coming into the last mile she was not only still leading all the women, but as near as she could tell, there weren't any even in sight. It was a

photo by Richard Lee Slotkin

photo by Richard Lee Slotkin



Rafael Sanguino (left) and Eugene Muslar with just under a mile to go.



Rita Stumps, at half mile to go.

good thing because she was very tired, hot and uncomfortable. With a PR of something like 42:30, this was definitely new territory for Stumps and it would have been nice to savor it. She was hurting too much for that, though. Fortunately, hurting or not, she was going too fast and had too big a lead for anyone to even pretend to challenge her in this low key event. So, coming in just a few seconds over her PR, Stumps got her first win ever. Her time was 42:37. Cathy Fitzgerald, who is trained by the same coach as is Stumps was second in 44:05. OK, the times aren't impressive, but keep in mind that this is Culver City and they do things low key here. Most of the runners were from CC itself or the immediate vicinity. And, regarding these 2 girls, Stumps has only recently begun serious training and Fitzgerald, a former captain on the UCLA women's basketball team, still has basketball as her top sports priority. She runs mostly to stay in shape for basketball ... and soccer.

Tom Snedon, just about to turn 40, isn't from the neighborhood. He's from the San Fernando Valley. He finished 5th overall in 34:09, making him also the first submaster. A week later and he'd have been the first master, which is probably just a bit more prestigious. Either way, he ran pretty well. The guy who got the warmest reception at the finish line was Bruce Robinson. Just a week or so away from his 60th birthday, Bruce managed to break the 60 minute mark by about 2 seconds. But that's not the story. Bruce is a pretty popular guy in Culver City; he's pretty well liked and well known around the whole area for that matter. Besides being active in the SPATAC, Bruce is normally a sub-40 10Ker. But serious illness and a motorcycle wreck or two have taken Bruce out of it for the time being and he's just starting his comeback. Even that isn't what it's all about, though. Bruce is the coach of the two girls who finished first and second, and he also coaches the third place overall finisher, Faiz. In fact, Bruce coaches a lot of people in the neighborhood and doesn't take a cent from anyone for it. And, he's a damned good coach, too. I owe a good piece of my last marathon PR, right here in Culver City, to Bruce.

So, all's well that ends ... one way or another.

Overall Men's Results

1. Rafael Sanguino 32:42
 2. Eugene Muslar 33:07
 3. Eric Faiz 33:58
 4. Michael Lawrence 34:06
 5. Thomas Snedon 34:09

Overall Women's Results

1. Rita Stumps 42:37
 2. Cathy Fitzgerald 44:05
 3. Kathy Kusner 45:25

Division Results - Men

18 & Under: 1. Jason Hollingsworth 37:16, 2. John Papp 38:21. **19-29:** 1. Rafael Sanguino 32:42, 2. Eugene Muslar 33:07. **30-34:** 1. John Bacon 36:13, 2. Arturo Balboa 37:34. **35-39:** 1. Thomas Snedon 34:09, 2. Richard Miller 35:47. **40-44:** 1. Joe T. Dennis 34:23, 2. Joel Shield 37:47. **45-49:** 1. Joe Macias 40:25, 2. Pedraza Baldomer 40:36. **50-54:** 1. Aldo Morg 36:17, 2. Mark Gaverka 40:52. **55-59:** 1. Bill McGray 44:22, 2. Remy Burkel 45:04. **60 & Over:** 1. Ruben Heredia 47:37, 2. Clyde Alling 47:48.

Division Results - Women

18 & Under: 1. Seema Sutarwala 53:32. **19-29:** 1. Rita Stumps 42:37, 2. Kelly Takanashi 47:01. **30-34:** 1. Cathy Fitzgerald 44:05, 2. Beverly Gibbs 49:10. **35-39:** 1. Pamela Dorsey 46:12, 2. Margie Tenenbaum 46:59. **40-44:** 1. Cherie Gruenfeld 50:56, 2. Karen Dolce 50:57. **45-49:** 1. Kathy Kusner 45:25, 2. Karen Nestande 49:37. **50-54:** 1. Jane Dods 51:15.

Run For Vision

June 21. San Diego. 8K & One Mile.

Overall Results - Men's 8K

1. Rob Lopes 25:21
 2. Emreto Nava 25:28
 3. Emilio De Soto, II 26:34

Overall Results - Women's 8K

1. Julie Devenenzi 37:07

Winner - One Mile

Michael Warnock 5:49
 Romel Paulson 7:50

Results

The Main Event

June 21. Garden Grove. 5K.
Division Results - Men
12 & Under: 1. Marc Lawson 18:04, 2. David Smith 22:18, 3. Larry Soliven 22:37, 13-16: 1. Reginald Greene 15:51, 2. Craig

Lawson 17:24, 3. Nate Conkle 19:37. **19-24:** 1. Alan Venable 16:34, 2. Bobby Entzminger 16:49, 3. Pat Watson 16:58. **25-29:** 1. Steve Moreno 16:22, 2. Manuel Castanon 16:42, 3. John Frey 17:35. **30-39:** 1. Fred Ortega 16:04, 2. Dale Frank 16:06, 3. Stephen Keyes 16:13. **40-49:** 1. Lee Baca 16:55, 2. Dale Fairchild 17:08, 3. Stan Stauble 17:16. **50-59:** 1. Jüvenal Herrera 17:53, 2. Sonny Monioz 18:14, 3. Tony Keavey 18:23. **60 & Over:** 1. Larry Banuelos 19:24, 2. Gildardo Gomez 22:54, 3. Ellery Slick 23:08.

8 Jon Myers (28) 16:29
9 Andy Avalos (34) 16:55
10 John Combs (39) 17:02
11 Lee Gilbert (44) 17:04
12 Mel Sanchez (35) 17:08
13 Craig Duerr (24) 17:14
14 Randal Sheley (42) 17:20
15 Dan Morales (39) 17:21

Marathon. His time of 2:25:22 fell short of Tim McKeonn's course record of 2:18:45, but his strong effort outlasted a field of 122 finishers, including last year's winner Tom Sneddon, who finished fourth in 2:36:42. Louise Cooper-Lovelace from Canoga Park led all females with a 3:16:38 performance over the flat course.

Danilo Perez-Baron from Arroyo Grande set a course record in the half-marathon with a 1:09:35. He outlasted the previous record holder from Santa Maria, Rudy Hernandez, who finished in 1:09:56. Santa Monica's Mary Tracey also set a course record for the women as she posted a 1:19:56. Sharon Maley from Goleta finished second at 2:22:12 and the previous record holder, Debbie Heston from Redlands followed with a 1:23:36. A total of 435 runners finished the fast course.

photo by Richard Lee Slotkin



Steve Flynn

Division Results - Women
12 & Under: 1. Marci Lawson 20:53, 2. Vicky Velasquez 29:34. **13-18:** 1. Lynne Kennedy 18:44, 2. Sheri Lawson 18:59, 3. Kathy Karpel 19:17. **19-24:** 1. Maria Eschenbrenner 19:10, 2. Laura Essy 21:42, 3. Lynn McCain 23:04. **25-29:** 1. Helen Lopez 18:27, 2. Patti Georges 21:26, 3. Kelley Herr 23:25. **30-39:** 1. Mellie Clark 22:57, 2. Roxann Eriksen 23:26, 3. Bobbi Horowitz 25:22. **40-49:** 1. Terri Karwatt 24:32, 2. Hwasa Andrade 26:03, 3. Jill Hunting 26:42. **50-59:** 1. Carole Cade 26:38, 2. Margaret Cook 27:05, 3. Jean Windishar 27:55. **60 & Over:** 1. Evelyn Johnstone 28:26, 2. Alline Davis 53:16.

Division Results - Men's 5K
14 & Under: 1. Tony Draft 21:14, 2. Jason Heler 25:55, 3. Craig Schaeffer 26:31. **15-20:** 1. Marcial Beltran 15:27, 2. Alex Espinoza 15:28, 3. Albert Martinez 17:34. **21-29:** 1. Alfredo Rosas 15:09, 2. Rick Csin-talan 15:29, 3. Billy Jones 15:48. **30-34:** 1. Rob Such 16:18, 2. Andy Avalos 16:55, 3. Danny Martinez 17:42. **35-39:** 1. John Comas 17:02, 2. Mel Sanchez 17:08, 3. Dan Morales 17:21. **40-44:** 1. Lee Gilbert 17:04, 2. Shelby Ronal 17:20, 3. Mike Schey 17:44. **45-49:** 1. Ray Hughes 17:25, 2. Richard Cheek 18:04, 3. Fred Glover 18:38. **50-59:** 1. Frank Husk 21:06, 2. Olie Harter 21:16, 3. Warren Miyashico 23:21. **60 & Over:** 1. Daniel Luyan 21:49, 2. Ed Rumble 24:30, 3. J. E. Swarr 27:40.

Division Results - Women's 5K
14 & Under: 1. Sunny Winkler 21:35, 2. Kim Robinson 22:00, 3. Elsie Jacobson 24:08. **15-20:** 1. Carl Barragan 22:18, 2. Jane Miyashiro 25:30, 3. Rosemary Zofrea 25:45. **21-29:** 1. Lora Vinergar 21:04, 2. Robin Hipp 23:15, 3. Maureen Smith 24:02. **30-34:** 1. Cynthia Jewell 18:53, 2. Nancy Brandon 21:26, 3. M. Rodriguez 23:58. **35-39:** 1. Susan Scott 23:42, 2. Marilyn Bates 24:44, 3. Maureen Zehatner 25:16. **40-44:** 1. Cornell Portia 23:57, 2. Fran Goodman 25:01, 3. Carolyn Williams 25:03. **45-49:** 1. Margaret Shields 23:02, 2. Patti Kopaho 23:46, 3. Johanna Oremus 27:51. **50-59:** 1. Patricia Pruitt 23:17, 2. Mary Shook N.T.

4-H Fair Fun Run

June 21. Pleasanton. 5K.
Division Results - Men
(No Times Available)
8 & Under: 1. Ronald Lyman. **9-13:** 1. Steve Meyers. **14-19:** 1. Dan Gabor. **20-29:** 1. Steve Kovisto. **30-39:** 1. Julios Ratti. **40-49:** 1. Jake White. **50 & Over:** 1. Roger Bryan. **Wheelchair:** 1. Troy Durham. **Walkers:** 1. Jose Martinez.

Overall Results - 10K
 1 Alfredo Rosas (26) 31:57
 2 Kevin O'Hara (28) 33:16
 3 Eric Ruona (17) 35:21
 4 Eric Winkler (17) 35:55
 5 Raul Orozco (38) 36:33
 6 Tony Winkler (16) 36:43
 7 Wayne Mitchell (41) 36:52
 8 Gary Burton (40) 37:04
 9 Ray Hughes (47) 37:31
 10 Jay Buchanan (33) 37:43
 11 Gary Brooks (29) 37:49
 12 Steve Waltner (25) 37:50
 13 Paul Saucen (25) 37:56
 14 Mike Cockrell (37) 38:08
 15 Thomas Morse (29) 38:12

Overall Results - Marathon
 1 Steve Flynn (30-34) Pismo 2:25:22
 2 Jim Kornell (30-34) S.Barb 2:34:44
 3 Steve Jones (18-29) Beale AFB 2:36:28
 4 Tom Sneddon (40-44) PanorCity 2:36:42
 5 Chris Crawford (18-29) Fullerton 2:40:30
 6 Phil Hood (18-29) L.A. 2:43:32
 7 William Lovelace (35-39) CanPk 2:44:33
 8 Christopher Connors (30-34) 2:46:21
 9 Brian Stansaul (30-34) Reseda 2:54:35
 10 Jeffrey Dahlby (30-34) WdHills 2:54:37
 11 Gary Hooker (45-49) Leucadia 2:57:09
 12 Don McLean (40-44) Saugus 2:57:45
 13 Phillip Gibson (18-29) Edwards 2:58:13
 14 Mike Uema (40-44) Lompoc 2:58:19
 15 Frank Russo (45-49) Pasadena 2:58:46

Men's 4-H
9-13: 1. Troy Patterson. **14-19:** 1. Mike Jensen. **30-39:** 1. Bob Mantz. **40-49:** 1. David Jacobs.
Division Results - Women
8 & Under: 1. Andree Walker. **9-13:** 1. Niki Dukellis. **14-19:** 1. Molly Burke. **20-29:** 1. Elaine Giobig. **30-39:** 1. Barbara Zoldan. **40-49:** 1. Diane Bromstead. **50 & Over:** 1. Jeanne Steen. **Walkers:** 1. Gwyneth McMillan.
Women's 4-H
8 & Under: 1. Shannon Lee. **9-13:** 1. Cindy Bierman. **14-19:** 1. Jennie Porter. **30-39:** 1. Chris Mantz. **40-49:** 1. Linda Myers.

Anne Kiyasu Run

June 21. Anaheim. 5K & 10K.
 The Third Annual Anne Kiyasu Run held at Yorba Regional Park in Anaheim on June 21 was a great success. Over 500 participants competed in 5K, 10K and Kids cup divisions.
 Alfredo Rosas age 26 was the top finisher in both the 5K and 10K with time of 15:09, and 31:57 respectively. Alfredo has recently relocated back to California. Earlier this year he participated in the Boston Marathon for the first time and finished 59th overall.
 We had another dual winner in the women's division. Cynthia Jewell, age 30, clocked in at 18:53 and 40:34 respectively. As always the Kids Cup was a most entertaining race. Eighty three children were registered to run where the objective was to finish. Our youngest participant was 3 1/2 year old Charles Knief of Orange.
 Not to be outdone, our oldest senior in the 5K was Dr. Ed Rumble of Alta Loma at age 76 and in the 10K Jack Blshen at age 85 was our oldest runner.

Division Results - Men's 10K
14 & Under: 1. Kenneth Berges 43:47, 2. Kyle Berger 44:14, 3. Matthew Berger 47:14. **15-20:** 1. Eric Ruona 35:21, 2. Eric Winkler 35:55, 3. Tony Winkler 36:43. **21-29:** 1. A. Roasa 31:57, 2. Kevin O'Hara 33:16, 3. Gary Brooks 37:44. **30-34:** 1. Jay Buchanan 37:43, 2. Daniel Galindi 40:07, 3. Tim Freeman 41:03. **35-39:** 1. Raul Orozco 36:33, 2. Mike Cockrell 38:08, 3. G. Ochoa 38:18. **40-44:** 1. Wayne Mitchell 36:52, 2. Gary Burton 37:04, 3. Jim Powers 39:25. **45-49:** 1. Ray Hughes 37:31, 2. Steve Waltner 37:50, 3. Fred Glover 39:26. **50-54:** 1. Sam Moya 38:48, 2. Ronald Gatcher 42:00, 3. Robert Matthews 42:07. **55-59:** 1. Paul Sauciola 37:56, 2. Billy Stowell 41:50, 3. Bob Koch 44:10. **60 & Over:** 1. M. Ohashi 48:32.
Division Results - Women's 10K
15-20: 1. Tami Tenelshof N.T. **21-29:** 1. Melia Long 47:03, 2. Grace O'Malley 50:44, 3. Beth Albright 51:40. **30-34:** 1. Cynthia Jewell 40:34, 2. Laurel Brier 42:12, 3. Donna Morin 46:22. **35-39:** 1. Cheri Allan 43:12, 2. Cynthia Garrett 51:24, 3. Sally Gomez 51:38. **45-49:** 1. Viola Phillips 41:31, 2. Sandy Pendorf N.T. **50-54:** 1. Elaine Havens 47:24.

Overall Results - Half Marathon
 1 Danilo Perez-Baron (18-29) AG 1:09:35
 2 Rudy Hernandez (30-34) S.M. 1:09:56
 3 Dennis Odion (18-29) S.B. 1:12:38
 4 Andy Ligeti (18-29) SherOaks 1:14:24
 5 Alan Anzai (18-29) Redlands 1:14:46
 6 David Garcia (35-39) SanJose 1:14:57
 7 Peter Puhek (18-29) VAFB 1:15:29
 8 Felix Areag (40-44) S.M. 1:15:49
 9 Janos Ronaszeki (35-39) Gindra 1:18:01
 10 Allan Johnson (40-44) HarborC 1:18:09
 11 Ted Brown (17&U) Lompoc 1:18:10
 12 Martin Briones (30-34) S.M. 1:19:43
 13 Michael Schuttan (18-29) Fontna 1:19:43
 14 Robert Heaton (35-39) Redland 1:19:46
 15 Mary Tracey (18-29) S.Monica 1:19:56
 16 Dennis Grossini (35-39) Lompoc 1:20:18
 17 Keith Kirkpatrick (40-44) L.Osos 1:20:36
 18 Kemp Aaberg (45-49) Goleta 1:20:57
 19 Curtis Riddling (45-49) S.B. 1:21:08
 20 Arne Rosa (30-34) S.B. 1:21:10
 21 Matthew Halsey (18-29) Goleta 1:21:12
 22 Elber Camacho (35-39) L.Linda 1:21:31
 23 Daniel Contreras (35-39) Rivside 1:21:33
 24 Steve Dornish (40-44) Encinitas 1:21:50
 25 Bobby Roberts (40-44) Highlnd 1:21:57

Overall Results - 5K
 1 Alfredo Rosas (26) 15:09
 2 Marcial Beltran (18) 15:27
 3 Rick Csin-talan (23) 15:29
 4 Billy Jones (28) 15:48
 5 Alex Esponosa, III (20) 15:58
 6 Julio Gonzales (25) 16:00
 7 Rob Slick (30) 16:18

Valley of the Flowers

June 22. Lompoc. Marathon & Half.
 Steve Flynn led all the way to win the 10th Annual Valley of the Flowers

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Results

11 Allen Peterson	2:31:14
12 Rod Johnson	2:31:28
13 A.J. DeRuyter	2:32:38
14 Bob Brubaker	2:32:49
15 John Borchert	2:33:10

Stroh's Run for Liberty III

June 28. Santa Barbara.

Overall Results

1 Jim Triplett (28) S.B.	24:47
2 Hollis Reed (27) SLO	24:55
3 Bill Tokar (29) ThousOaks	24:57
4 Michael Hunt (27) Oxnard	25:34
5 Gus Hermes (23) S.B.	25:44
6 Ted Cotti (24) L.A.	25:59
7 Noel Vaughan (29) S.B.	26:00
8 Dennis Odion (278) S.B.	26:06
9 Dan Lowery (29) S.B.	26:21
10 Corey Welles (22) S.B.	26:38
11 Joseph Lambert (31) S.B.	27:05
12 Mike Callahan (18) S.B.	27:32
13 John Jones (37) S.B.	27:41
14 Raymond Maranda (46) Bakersf	28:00
15 Phil Grant (41) S.B.	28:27
16 Erick Carman (20) S.B.	28:29
17 Andrew Wignot (14) Goleta	28:35
18 Richard Hallblom (37) S.B.	28:40
19 Bob Milam (40) Agoura	29:03
20 Elaine Triplett (35) S.B.	29:10
21 Karl Springer (37) Norman	29:16
22 Kirby Haley (28) Oxnard	29:27
23 Richard Flores (51) Monterey Pk	29:29
24 Anne Hayden (31) S.B.	29:37
25 Phillip Casanta (16) Ventura	29:38
26 Jay Fayloga (17) Ventura	29:45
27 Stephen Webster (26) S.B.	29:46
28 Benedetta Bedford(32)Acton	29:50
29 John Danforth(38)WinstonSalem	29:55
30 Ken Reeves (35) Ventura	30:08

Division Results - Men

19 & Under: 1. Mike Callahan 27:32, 2. Andrew Wignot 28:35, 3. Phillip Casanta 29:38. 20-24: 1. Gus Hermes 25:44, 2. Ted Cotti 25:59, 3. Cory Wells 26:38. 25-29: 1. Hollis Reed 24:55, 2. Bill Tokar 24:57, 3. Michael Hunt 25:34. 30-34: 1. Joseph Lambert 27:05, 2. Don Delaney 31:11, 3. Jim Batterson 31:12. 35-39: 1. John Jones 27:41, 2. Richard Hallblom 28:40, 3. Karl Springer 29:16. 40-44: 1. Phil Grant 28:27, 2. Bob Milan 29:03, 3. Ralph Gonzales 30:45. 45-49: 1. Raymond Maranda 28:00, 2. Doug McCain 33:43, 3. Joel Maki 33:47. 50-59: 1. Richard Flores 29:29, 2. George Medina 31:45, 3. Skip Montie 33:30. 60 & Over: 1. Ray Gil 31:42, 2. Andy Zeko 38:23, 3. John Schweitzer 44:03. **Wheelchair:** 1. Kirby Haley 29:27.

Division Results - Women

19 & Under: 1. Jamie Park 30:26, 2. Susan Carey 32:37, 3. Kris Kochel 32:49. 20-24: 1. Jane Balsiger 31:48, 2. Deborah Pate 34:07, 3. Sherrie Sellmeyer 34:10. 25-29: 1. Diane Odion 30:35, 2. Janice Minor 32:01, 3. Patricia Graham-Lewis 33:38. 30-34: 1. Anne Hayden 29:37, 2. Mary Ryzner 30:28, 3. Vanessa Koerner 36:22. 35-39: 1. Katherine Anderson 34:57, 2. Britt Mosby 36:06, 3. Mary Jo Chrestenson 39:33. 40-44: 1. Ginger Beebe 38:13, 2. Pat Kelly 40:44, 3. Ruth Stevenson 42:49. 45-49: 1. Joanne Barker 36:37, 2. Barbara Camp 39:16, 3. Patty Landis 40:46. 50-59: 1. Jane Dods 39:31, 2. Margie Withrow 44:35, 3. Bobby Bally 45:05. 60 & Over: 1. Grace Schweitzer 51:04, 2. Maija Pekkanen 52:13, 3. Elizabeth Baker 53:24.

Otay Lakes Biathlon

June 28. San Diego.

Overall Results

1 Larry Murray	2:13:15
2 Jim Brown	2:17:06
3 Mark Johnson	2:19:47
4 Jim Nelson	2:21:05
5 John Arce	2:22:47
6 Rick Pinnell	2:26:28
7 Terry Cruggs	2:27:46
8 John Brandes	2:27:56
9 Rex Johnson	2:27:58
10 Dick Robinson	2:29:48

Castaic Triathlon Series

June 28. Lake Castaic.

1K Swim, 40K Bike, 10K Run.

Overall Results

1 Doug Roberts	1:52:49
2 Barry Irvine	1:54:59
3 Scott Matthews	1:55:10
4 Tony Adler	1:55:24
5 Thomas Fink	1:56:13
6 Picker/Carolus/Meyers	1:56:28
7 Tim Sheeper	1:56:55
8 Carazo/Caldwell/Enguidanos	1:57:20
9 Craig Neher	1:57:43
10 John Skorstad	1:57:57
11 Larry Roberts	1:58:01
12 Tony Ogden	1:58:01
13 David Herr	1:58:02
14 David Hataj	1:59:23
16 Ralph Searcy	1:59:39
17 David Mackey	2:00:04
18 Bill McDermott	2:00:27
19 Gary Flacke	2:00:37
20 Eric Chapman	2:00:59
21 Andrew McNaughton	2:01:21
22 Kemp Aaberg	2:01:52
23 Clay Sherman	2:02:10
24 Charles Brown	2:02:26
25 Chase Watts	2:02:41
26 Paul Johnson	2:02:43
27 John Fletcher	2:02:01
28 Paul Sheldon	2:03:13
29 Bill Carlson	2:03:29
30 Kyle Heron	2:03:33
31 Doug Merritt	2:03:39
32 Bruce Smart	2:03:44
33 Brian Weintraub	2:04:09
34 Herman/Pavoni/Duble	2:04:14
35 George Burpee	2:04:23
36 Dave Rice	2:04:41
37 Michael Smith	2:05:01
38 Allan Saadus	2:05:01
39 James Kelley	2:05:23
40 Jeff Thornton	2:05:23
41 Joe Fogelstrom	2:05:38
42 Edwin Rambuski	2:05:40
43 Robert Beck	2:05:44
44 Craig Meadows	2:05:57
45 Roy Ervin	2:05:57
46 David Lester	2:05:58
47 Kenny Atkins	2:06:10
48 Douglas Moore	2:06:13
49 Elaine Alrutz	2:06:17
50 James Davis	2:06:29

Watts Health Foundation Runs

June 28. Los Angeles. 5K & 10K.

The Watts Eighth Annual 10K/5K run and Celebrity Walk for Health which took place in Los Angeles attracted nearly 500 participants. And once again Tyrus DeMinter, last year's winner, outran his competitors in the 10K event with a time of 31:30. In second place was Frank Womack with a time of 34:22. In the 5K race, winner Carlos Rodriguez topped the field in 15:10, followed closely by Fernando Vasquez with 15:29.

In the women's division, Ramona Brigham, a nutritionist with the Watts Health Foundation, won the 10K event in 44:15. Michelle Aubuchon, a 26 year old, tore through the 5K field with a time of 17:43.

Held in the Watts community each year and sponsored by the Watts Health Foundation and United Health Plan, the Run/Walk continues to attract runners from throughout Southern California. A fundraising activity, the event benefits the Foundation's Birdell Chew Moore Scholarship Fund. Since the Fund's inception in 1977, over \$10,000 have been



Start of Watts Health Foundation Runs/Walk

awarded to high school students in the South Central Los Angeles area who are pursuing their higher education in a health related field.

Overall Results - 5K

1 Carlos Rodriguez	15:10
2 Fernando Vasquez	15:29
3 Alonzo German	16:32
4 Geoff Guerrero	16:49
5 Antonio Carriero	16:54
6 Salvador Gonzalez	17:12
7 Fernando Fantroy	17:19
8 Fred Doubell	17:19
9 August Simien	17:20
10 Stan Stauble	17:26
11 David Diaz	17:32
12 Bruce HoriGuihi	17:38
13 Michelle Aubuchon	17:43
14 Carl Allen	17:55
15 Donald Cooper	18:09
16 Jerry Skinner	18:22
17 Wally Evertz	18:28
18 Roy Gardner	18:37
19 Luis Vasquez	18:47
20 Willie Dawson	19:03

Division Results - Men's 5K

13 & Under: 1. Jeremiah Powell 23:50. 14-18: 1. Antonio Carriero 16:54. 19-24: 1. Carlos Rodriguez 15:10. 25-29: 1. Luis Vasquez 18:47. 30-34: 1. Fernando Fantroy 17:19. 35-39: 1. Alonzo German 16:32. 40-44: 1. Stan Stauble 17:26. 45-49: 1. Booker Washington 19:40. 50 & Over: 1. Wally Evertz 18:28.

Division Results - Women's 5K

13 & Under: 1. Tamu A'Giza 22:47. 14-18: 1. Veronica Taylor 30:43. 19-24: 1. Marie Deary 20:04. 25-29: 1. Michelle Aubuchon 17:43. 30-34: 1. Diane Anderson 26:06. 35-39: 1. Deborah Hobbs 22:57. 40-44: 1. Lorraine Silver 24:33. 45-49: 1. Barbara Bramwell 25:28. 50 & Over: 1. Inez Phillips 37:26.

Overall Results - 10K

1 Tyrus DeMinter	31:30
2 Frank Womack	34:22
3 Dale Frank	34:51
4 Dan Ashimine	37:02
5 Miquel Golan	37:34
6 Steve Auls	38:03
7 Vic Laverdiere	38:04
8 Conrad Brooks	38:06
9 Michel Eduando	38:07
10 K. Levin	38:23
11 Rigoberto Vega	38:37
12 Dennis Ogren	39:57
13 Ronald Crittendon	40:09
14 Samuel Gardner	40:19
15 Arnold Barton	40:30
16 Herman Duncan	40:32
17 Dave Dieter	40:44
18 Joe Maelias	40:50
19 Vincent Owens	40:51
20 Eugene Hampton	40:51

Division Results - Men's 10K

13 & Under: 1. Steve Auls 38:03. 14-18: 1. James Regaludo Jr. 44:58. 19-24: 1. Tyrus

DeMinter 31:30. 25-29: 1. Vic Laverdiere 38:04. 30-34: 1. Dale Frank 34:51. 35-39: 1. Michel Eduardo 38:07. 40-44: 1. Dan Ashimine 37:02. 45-49: 1. Dave Dieter 40:44. 50 & Over: 1. Cornelius Lino 41:22.

Division Results - Women's 10K

13 & Under: 1. Claire Penn 47:19. 14-18: 1. Diane Cox 50:37. 19-24: 1. Shirley Lewis 52:52. 25-29: 1. E. Davis 54:25. 30-34: 1. Ramona Brigham 44:15. 35-39: 1. Adell Williams 51:22. 40-44: 1. Sarah Jones 56:59.

Benicia Historical Runs

June 28. Benicia. 5K & 10K.

Division Results - Men's 10K

15-19: 1. Karl Wurzbach 37:23, 2. Scott Brown 45:46, 3. Kevin Coyle 50:24. 20-29: 1. Tom Barlow 35:37, 2. Daniel Rosenthal 35:41, 3. Brad Johnson 38:19. 30-39: 1. Steve Gregory 34:56, 2. Dennis Kurowsky 38:33, 3. Jeff Olpin 38:5. 40-49: 1. David Taylor 36:01, 2. Ted Anderson 39:35, 3. Larry Arata 41:15. 50 & Over: 1. Paul Ligda 39:16, 2. Don Hildebrand 41:19, 3. Ed Giblin 45:39.

Division Results - Women's 10K

15-19: 1. Christine Ma 57:48, 2. Patty Keene 60:06. 20-29: 1. Suzy Hensel 43:03, 2. Delphine Shaw 43:07, 3. Barbara Pelletreau 44:5. 30-39: 1. Susan Griffin 44:36, 2. Linda Wimmer 45:29, 3. E. Brumley 46:46. 40-49: 1. Barbara Schubert 42:27, 2. Naba Matthiessen 51:04, 3. Sheryl Rasse 53:25. 50 & Over: 1. Mayrene Bates 50:26, 2. Barbara Robben 52:3, 3. Mary Ellen Lentz 56:47.

Division Results - Men's 5K

14 & Under: 1. Jame Raun-Linde 25:53, 2. Brian O'Neal 31:3, 3. Sylvester Coons 50:37. 15-19: 1. Bert Meyers 18:55, 2. Klaus Meyers 20:07, 3. Steven Gaul 29:11. 20-29: 1. Kevin Cowley 16:54, 2. Frederic Oren 17:57, 3. Roger Hann 18:11. 30-39: 1. Jim Viglienzona 18:4, 2. Mike Erickson 21:55, 3. William Johnson 24:3. 40-49: 1. Jaques Pittet 17:38, 2. John Meyers 19:39, 3. San Juliano 20:52. 50 & Over: 1. Gene Belknap 22:21, 2. Richard Shafer 23:13, 3. Robert Stellato 28:52.

Division Results - Women's 5K

14 & Under: 1. Lisa Thurlo 35:03, 2. Angelina Brooks 38:18, 3. Erin Thurlo 52:52. 20-29: 1. Audrey Kemp 18:29, 2. Mary Matteson 21:32, 3. Kelley Silva 22:17. 30-39: 1. Cheng-gr Mehmedbasich 21:23, 2. Jeanne Krall 22:35, 3. Lesley Fels 26:13. 40-49: 1. Sandra Perez 22:5, 2. Carol Duenas 28:49, 3. Sandy Montague 28:59. 50 & Over: 1. Ginny Estabrook 32:46, 2. Marge Tait 34:29, 3. Shirley Filarski 45:56.

Results

Century City 10K & 5K

June 28. Beverly Hills.

Top 3 - Men's 10K		
1 Gary Tuttle	31:23	
2 Bob Daniels	31:43	
3 Chris Weston	31:54	
Top 3 - Women's 10K		
1 Jennifer Henderson	39:22	
2 Ruth Vomund	41:15	
3 Ann Morell	41:27	
Top 3 - Men's 5K		
1 Steve Bishop	14:56	
2 Benito Cruz	15:23	
3 Mario Ortiz	15:27	
Top 3 - Women's 5K		
1 Carol Keller	17:02	
2 Evelyn Silvey	18:03	
3 Jena Haggemiller	19:23	

Cascade Run Off

June 29. Portland, OR. 15K.

Mexico's Arturo Barrios scored another come-from-behind win with a scorching stretch drive against Ibrahim Hussein and Michael Musyoki, and Lorraine Moller upset top-ranked Grete Waitz to claim the 1988 Cascade Run Off championships in Portland, Oregon.

Waitz, the overwhelming pre-race favorite, and two-time defending champion, pulled out to her usual lead over the first two-thirds of the 15K race. New Zealander Moller caught the Norwegian star in the late stages of the race and pulled away to win in a breathtaking 49:09, running nearly one minute faster than her previous best. Moller's time makes her the fourth fastest woman at that distance. Waitz claimed second with 49:38, a great time for any runner.

The men's race presented an intriguing contrast in tactics, matching aggressive hill runners, Michael Musyoki and Jon Sinclair, against stretch-runner Arturo Barrios.

Barrios bucked conventional wisdom that the Cascade Run Off winner must be leading at the top of the race's 500-foot elevation gain. Barrios hung back in a second pack going up the long hill behind leaders Musyoki, Sinclair, Hussein, Zak Barie, Gidamis Shahanga, Gier Kvermmo and Dirk Lakeman. By the top of the hill Musyoki had thinned the lead pack to himself, Sinclair and Hussein, and Barrios had begun to move up. By mile 5 the Mexican was in striking distance of the three leaders and soon passed a fading Sinclair.

Barrios continued to gain ground on the Kenyans, Musyoki and Hussein, finally pulling abreast near the 7-mile mark. At that point, Hussein, who looked most fatigued of the trio, put the hammer down and ran the next mile in 4:10.

Barrios ran with Musyoki for awhile, expecting Hussein to drop back. Instead, Hussein continued to widen his lead and Barrios began an incredible stretch drive with approximately one mile left in the race, disposing of Musyoki in the process. Although Hussein ran the 9th mile in 4:11, Barrios caught and passed the Kenyan by mile 9 and continued his sprint to finish in 42:36, the second fastest time in history.

Knowledgeable observers estimate that Barrios clocked mile 9 in close to four minutes flat and covered the last five kilometers in a stunning 13:10. Hussein finished in 42:44, history's fourth fastest time, despite running 13:23 over the race's last five kilometers.

Five of the six fastest 15K times in history have been set on the hilly

Cascade Run Off course, which has been certified and validated as being slightly long by The Athletics Congress. Top men and women open runners shared the \$55,000 purse, courtesy of Nike.

This year's Cascade Run Off also served as the National 15K Championships of The Athletics Congress. As first American, Jon Sinclair became national 15K champion and shared a supplemental purse with the next three Americans, Mark Curp, Mark Stickley and Dick LeDoux.

In the Masters Division, Canadian Chris McCubbins upset world masters record-holder Guenter Mielke and England's Mike Hurd.

Race conditions were favorable with cloud cover and low temperatures near 60 degrees but high humidity of 88%.

Overall Results - Men			
1 Arturo Barrios(23)Mex.	\$7000	42:36	
2 Ibrahim Hussein(28)Kenya.	\$5000	42:44	
3 Michael Musyoki(30)Ken.	\$4000	43:30	
4 Jon Sinclair(28)Ft.Col.	\$3000	43:39	
5 Gidamis Shahanga(28)	\$2,500	43:42	
6 Guillermo Serrano(25)Mex.	\$2000	43:48	
7 Mark Curp(27)MI.	\$1,500	43:51	
8 Zac Barie(27)Tanzania.	\$1000	43:54	
9 Gier Kvermmo(30)Norway.	\$750	43:55	
10 Geoff Smith(32)England.	\$500	44:11	
11 Mark Stickley(23)CO.	\$250	44:23	

Overall Results - Women			
1 Lorraine Moller(31)NZ.	\$7000	49:09	
2 Grete Waitz(32)Norway.	\$5000	49:38	
3 Debbie Elsmore(28)NZ.	\$4000	50:19	
4 Maureen Custy(30)CO.	\$3000	50:23	
5 Janine Aiello(26)S.F.	\$2,500	51:30	
6 Kim Rosenquist(28)WA.	\$2000	51:38	
7 Priscilla Welch(41)GB.	\$1,500	51:43	
8 Kathy Pfeifer(26)NM.	\$1000	51:54	
9 Vicki Rojas(29)OR.	\$750	51:59	
10 Deborah Raunig(30)Mont.	\$500	52:01	
11 Lynn Nelson(24)AR.	\$250	52:06	

Division Results - Men			
18 & Under: 1. Matt Messner 49:37, 2. Neil Olsen 49:54, 3. Andy Crick 52:57, 19:29, 2. Arturo Barrios 42:35, 2. Ibrahim Hussein 42:43, 3. Jon Sinclair 43:39, 30:34; 1. Michael Musyoki 43:29, 2. Gier Kvermmo 43:55, 3. Geoff Smith 44:11, 35:39; 1. Don Paul 47:21, 2. Derek McIver 47:23, 3. James Stone 48:27, 40:44; 1. Chris McCubbins 46:07, 2. Guenter Mielke 46:19, 3. Mike Hurd 46:44, 45:49; 1. John Davies 50:46, 2. George Buckner 51:54, 3. Martin Gorman 52:17, 50:54; 1. Ray Hatton 51:38, 2. Bruce Holtzman 51:44, 3. Roger Bryan 55:58, 55:59; 1. Earle Kettrick 56:28, 2. John McFaull 57:41, 3. Buz Masters 57:49, 60:64; 1. Bill Williams 1:05:55, 2. George Putterbaugh 1:06:07, 3. Albert Nakata 1:08:09, 65 & Over: 1. Clive Davies 1:02:02, 2. Bill Lauderback 1:07:14, 3. Grant Valentine 1:09:58.			

Division Results - Women			
18 & Under: 1. Karl Krebsbach 59:55, 2. Susan Bonogofski 1:05:39, 3. Kristin Berdan 1:06:33, 19:29; 1. Debra Elsmore 50:17, 2. Janine Aiello 51:26, 3. Kim Rosenquist 51:30, 30:34; 1. Lorraine Moller 49:06, 2. Grete Waitz 49:37, 3. Maureen Custy 50:23, 35:39; 1. Marilyn Nippold 59:54, 2. Georgia Gustafson 1:00:18, 3. Elizabeth Chamberlain 1:01:50, 40:45; 1. Priscilla Welch 51:43, 2. Juana Stavelone 55:48, 3. Betsy Harshbarger 58:18, 45:49; 1. Shirley Matson 55:51, 2. Gina Faust 1:01:05, 3. Rose Gardner 1:03:01.			

50-54: 1. Nancy Heilyer 1:03:38, 2. Jo Ann Phillips 1:11:21, 3. Kenny Goering 1:13:23, 55:59; 1. Colleen Mershon 1:15:50, 2. Gisela Conrad 1:26:10, 3. Ann Thomas 1:26:10, 60:64; 1. Doris Tisch 1:20:20, 2. Lorraine Purnell 1:33:11, 3. Merri Lynn Coleman 1:36:21, 60 & Over: 1. Josephine Hess 1:25:29, 2. Irene Crane 1:46:12, 3. Gay Rutledge 1:48:13.			
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Spirit of America

July 4. Torrance. 5K & 1K.

The Exchange Club of Torrance held its Third Annual Spirit of America 5K Run

and Children's Run. The run raised in excess of \$7,000 and attracted more than a thousand runners to the 5K and more than sixty runners in the children's 1K.

The first place male runner was Fernando Vasquez with a time of 15:32, and the first place female runner was Annie Seawright with a time of 18:22.

Mayor Katy Geisbert handed out the awards along with disc jockey Jay Gardner from KRTH-FM 101 and Tom Irvine from the Exchange Club of Torrance.

Overall Results - 5K	
1 Fernando Vasquez(22)	15:32
2 Eric Renfro(25)	15:35
3 Harold Ketting(32)	15:37
4 M. Nuelcastanon(27)	16:17
5 Daniel Hall(22)	16:33
6 Bob Wilder(28)	16:37
7 David Delgado(17)	16:39
8 Herminio Garcia(30)	16:50
9 Mike Ward(17)	16:50
10 Juan Mercado(22)	16:52

Division Results - Men's 5K	
12 & Under: 1. Richard Falt 19:32, 2. Alex Dederer 21:09, 3. Scott Anderson 22:07, 13-15: 1. Mike Farrell 17:32, 2. Israel Pose 18:15, 3. Kurt Beraskin 18:15, 16-18: 1. David Delgado 16:39, 2. Mike Ward 16:50, 3. Eric Ruona 17:03, 19-24: 1. Fernando Vasquez 15:32, 2. Daniel Hall 16:33, 3. Juan Mercado 16:52, 25-29: 1. Eric Renfro 15:35, 2. M. Nuelcastanon 16:17, 3. Bob Wilder 16:37, 30-34: 1. Harold Ketting 15:37, 2. Herminio Garcia 16:50, 3. Dennis Hall 17:34, 35-39: 1. Geoff Guerrero 16:53, 2. Steve Notaro 17:42, 3. Charles Hodge 18:03, 40-44: 1. Tom Duket 16:58, 2. Manny Burrola 17:46, 3. Juan Cabeza 18:27, 45-49: 1. Jerry Holland 19:09, 2. Rick Jones 19:59, 3. Larry Templeman 20:13, 50-54: 1. Andre Tocco 17:22, 2. Ron Poston 18:19, 3. Sonny Monioz 18:38, 55-59: 1. Don Alexander 21:12, 2. Milo Sather 21:26, 3. Meredith Eick 22:45, 60 & Over: 1. John Hales 23:02, 2. Reese Walton 24:02, 3. Robert Smith 26:14.	

Division Results - Women's 5K	
12 & Under: 1. Kathleen Kay 25:04, 2. Tomoe Takahashi 27:51, 3. Jennifer McDonald 29:41, 13-15: 1. Sandy Tregarthen 23:05, 2. Emily Grogan 25:41, 3. Jennifer Hillier 27:27, 16-18: 1. Christine Hamilton 20:18, 2. Kit Gluckman 21:45, 3. Sandra Funk 21:53, 19-24: 1. Annie Seawright 18:22, 2. Leslie Paoletti 19:33, 3. Lynn Christopher 20:45, 25-29: 1. Diane Hattori 22:45, 2. Sandi Schmitt 22:48, 3. Sybilla Bartram 22:57, 30-34: 1. Diane Casele 21:09, 2. Diane Scurluck 21:59, 3. Suzy Nelson 23:20, 35-39: 1. Kuniko Takahashi 20:51, 2. Jonna Hoppes 21:50, 3. Mary Walker 22:36, 40-44: 1. Sue Reinhardt 20:55, 2. Corrine Schratz 21:37, 3. Dianne Pales 22:46, 45-49: 1. Marilyn Stephens 23:25, 2. Jeannif Lfiscord 24:42, 3. Roberta Rodin 25:30, 50-54: 1. Ginie Mains 24:41, 2. Joann Booth 28:34, 3. Ruth Geerds 29:25, 55-59: 1. Jean Windishar 29:10, 2. Miyoko O'Hara 29:18, 60 & Over: 1. Sue Hyde 27:48, 2. Evelyn Johnstone 29:42, 3. Amy Coury 30:34.	

Overall Results - 1K	
1 Alex Hedeler(7)	3:41
2 Jerod Olson(7)	4:13
3 Justin Carroll(8)	4:13
4 Christopher Berry(8)	4:17
5 Timmy Anderson(6)	4:20
6 Keenta Takahashi(7)	4:21
7 Eric Elliott(7)	4:28
8 Miguel Cintron Jr.(6)	4:38
9 Lee Elliott(7)	4:38
10 Ray Morgan(7)	4:43

La Palma-ADP Running Celebration

July 4. La Palma. 5K & 10K.

Overall Results - Men's 5K	
1 Mike Bojorquez	15:31
2 George Marquez	15:32
3 Ben Martinez	15:47
4 Ernest Becaria	15:52
5 Morris Rehn	16:20
6 Randall Little	16:32
7 Jesus Morales	16:34

8 Don McCarthy	16:50
9 Phillip Torres	16:52
10 Lee Baca	16:53

Overall Results - Women's 5K	
1 Sandy Robbins	19:01
2 Sandra Hernandez	19:21
3 Rose Garcia	19:32
4 Marri Matsumoto	19:43
5 Pam Crockett	20:36
6 Wendy Bracamonte	21:52
7 Nicole Robbins	22:13
8 Nanc Hemp	22:29
9 Lisa Molina	22:49
10 Georgina Nuttall	22:52

Overall Results - Men's 10K	
1 Robynne Roberts	40:14
2 Debbie Brown	42:35
3 Jennie Cole	42:46
4 Marcia Este	42:56
5 Darla Harrison	44:19
6 Cecily Parke	45:55
7 Denise Severlooh	48:02
8 Lori Smith	48:37
9 Bonnie Jark	50:07
10 Margaret Walkdron	50:54

Overall Results - Women's 10K	
1 Eric Ree	34:38
2 David Lothian	33:22
3 Peter McConnell	33:23
4 Sergio Torres	33:39
5 Steve Boaz	33:55
6 David Bower	34:10
7 Kevin Cannon	34:14
8 Robert Thiede	34:16
9 Eric Winkler	34:38
10 George Dinsmore	34:42

Independence Day Classic

July 4. Newhall. 5K.

Runners from as far as Alaska and as close by as Newhall made up the field of almost 500 runners competing in the Santa Clarita Runners' Independence Day 5K Classic. Greg Michaud, race director, noted that the perfect weather and flat course helped the class athletes bring in the fastest 5K times ever for the Santa Clarita Valley. Winners Mark Luevano of Santa Monica Track Club ran 14:36 and Marie Rollins of Gardena Auto Track Club completed the course in 17:08. Five athletes finished under 15 minutes and 15 under 16:00, making this the strongest July 4th field in Southern California.

Over \$1000 in prize money, donated by SCRs and the Leona Valley Horse & Cattle Company, was awarded to top finishers.

Overall Results	
1 Mark Luevano(31)Valencia	14:36
2 Tyrus Deminters(23)LongBch	14:47
3 Christopher Schallert(26)CanPk	14:49
4 Chuck Smead(34)SantaPaula	14:54
5 Ron Cornell(27)Torrance	14:57
6 David Walsh(22)CanyonCo	15:13
7 Daren Stonerock(18)Saugus	15:17
8 Rich Burns(31)Newhall	15:22
9 Mark Shreckengak(24)Montrose	15:22
10 Luis Pinon Jr.(21)S.Pedro	15:29
11 Charles Hubbard(24)Burbank	15:37
12 Dan Rattary(18)CanyonCo	15:42
13 Tom Lowry(33)Malibu	15:54
14 Frank Peters(25)Glendale	15:57
15 Tom Hackley(30)	15:58
16 Mike Wagenbach(36)GranadaHl	16:01
17 Enrique Castro(28)SunVly	16:02
18 Tom Moriarty(30)Burbank	16:05
19 Martin Dinsenbacher(17)Saugus	16:08
20 Mike Starsmere(28)Burbank	16:11
21 Ray Viramonte(14)Fillmore	16:20
22 John Johnston(27)Saugus	16:37
23 Jose Montanez(26)S.Paula	16:41
24 Steven Durand(29)CanyonCo	16:41
25 Ignacio Fonseca(20)Pacoima	16:45
34 Marie Rollins(26)Glendale	17:08
37 Jeanne Lasee-Johnson(28)J.Veg	17:23
41 Shella Raiston(26)CanyonCo	17:38
56 Elaine Triplett(35)S.Barbara	18:03
61 Susan Lunt(27)CanogaPark	18:12
70 Lisa Rizzo(18)Valencia	18:24
72 Joyce Klausmeier(29)SimiVly	18:27
73 Pauline Brown(30)WestlakeVlg	18:29
90 Annetta Weber(25)L.A.	18:53
101 Judy Kewley(41)SimiVly	19:05

Results

Peachtree Road Race

July 4. Atlanta, GA. 10K.

It took a strong kick and a course record for England's John Doherty, who is known throughout the Northeast for his running talents but who is relatively unknown throughout the rest of the country, to score an upset victory in this year's Peachtree Road Race, while Grete Waitz had to battle a persistently sore hamstring and a strong challenge from Marty Cooksey to capture her third Peachtree victory in as many tries.

Temperatures in the low sixties and moderate humidity made for the most favorable weather in Peachtree history, and the lead runners responded well to the conditions. Michael Musyoki, Ed Eyestone, and John Doherty were among a pack of twenty that scorched the first mile in 4:12, leaving no doubt that the course record was in danger of falling.

Nine men ran through the second mile in 8:55 and three miles in 13:22. By four miles (17:56) a pack of six—John Tuttle, Guillermo Serrano, Adrian Leek, Michael Musyoki, John Doherty, and Ed Eyestone—had broken away from the remainder of the field, but by five miles (22:36) only Doherty, Musyoki, and Eyestone were left in front.

As Doherty entered Piedmont Park in the final mile of the race, only Musyoki was still with him. Doherty attempted a long finishing kick to lose Musyoki, but was unsure of how much further it was to the finish.

"I kicked in stages, waves of effort," said the Englishman. "I was glancing over at Michael and could see he was breathing hard. With a half-mile to go, I thought I had it." In the end it was Doherty the victor in a course record of 27:56, breaking runner-up Musyoki's record by two seconds. American Ed Eyestone took third with a 28:07 clocking.

In the women's race, Grete Waitz started with a conservative 5:11 mile, followed closely by Marty Cooksey of Kirkwood, MO. Still bothered by hamstring problems that plagued her a week earlier in the Cascade Run Off, Waitz had to run conservatively on the downhill sections of the course and attempt to increase the pace uphill. Like a yo-yo, the women's race thus saw Waitz gaining ground on the uphills and Cooksey closing on the downhills, then Waitz gaining again on the way back up.

"The last part of the race was like running an interval workout," said Waitz. "I would slow down, then I would try to stride out, then I would slow down again. I knew Marty was catching up."

As the two entered the park on the final downhill Waitz slowed again, but this time Cooksey was unable to gain any ground, having expended all her energy trying to keep up with the Norwegian over the previous six miles.

"I'd spent all my strength on the hills," said Cooksey, "and I had nothing left at the end."

Waitz sprinted to a 32:10 victory, ten seconds short of her course record and eight seconds ahead of Cooksey. The victory was worth \$5,000, part of \$31,000 in prize money paid in this year's run.

The top Masters runner in this year's Peachtree was Gunter Mielke with a 30:22, followed by Graham Tattersall in 30:45. Priscilla Welch clocked 33:21 and Juana Stavolone ran 36:11 to capture the top two positions among the Masters women. Overall in the field of 25,000, 68 men broke 31:00 minutes, while 11 women cracked the 34:00 minute mark.

Men's Overall Results

1	John Doherty, England, \$5000	27:56
2	Michael Musyoki, Kenya, \$3000	28:00
3	Ed Eyestone, Utah, \$2000	28:07
4	John Tuttle, GA, \$1,500	28:21
5	Adrian Leek, England, \$1000	28:28
6	Guillermo Serrano, Mexico, \$800	28:29
7	Ronald Lanzoni, PA, \$700	28:30
8	Gidamis Shahanga, Tanz, \$600	28:34
9	Gabriel Kamau, Kenya, \$500	28:39
10	Keith Hanson, Wisc, \$400	28:42
11	Rob de Castella, Australia	28:44
12	Greg Meyer, Grand Rapids, MI	28:47
16	Thom Hunt, San Diego	28:54
17	Terry Cotton, Lakeside	28:55
18	Brian Abshire, Auburn, AL	28:59
19	Pete Pfitzinger, Magnolia, MA	29:03

Women's Overall Results

1	Grete Waitz, Norway, \$5000	32:10
2	Marty Cooksey, MO, \$3000	32:18
3	Sue Berenda, Canada, \$2000	32:49
4	Cyndie Welte, Ohio, \$1,500	32:58
5	Margaret Thomas, GA, \$1000	33:06
19	Juana Stavolone, S. Jose, \$500	Ma 36:11

18	Ron Ross (44)	38:11
19	Peter Jain (28)	38:21
20	George Zibilich (37)	38:26
21	Tom Halley (24)	38:45
22	Bobbi Fyten (36F)	39:23
23	Bill Brock (36)	39:49
24	Ben Duff (31)	39:55
25	George Morris (15)	40:25

Overall Results - 3K

1	Jack Kalry (23)	9:40
2	Jon Myers (18)	9:45
3	Ron Flenner (39)	10:21
4	Nathan Zibilich (14)	10:55
5	Mike Phillips (39)	11:15
6	Billy Honsal (13)	11:17
7	Casey Brose (33)	11:26
8	Vince Zinselmelr (12)	11:39
9	Larry Tubbs (47)	12:22
10	Margaret Tauzer (26F)	13:18

Run For Independence

July 4. Atwater. 5 MI. & 2 MI.

Doug Twilleager made it two in a row, winning the five mile division of the eighth annual Run for Independence for the second straight year.

The race, run through the streets of Atwater to kick off the city's Independence Day celebration, attracted 631 runners, breaking the record of 607 set last year.

Twilleager's winning time was 25:37.0. Consuelo Garcia was the winner of the women's five mile with a 32:42.0.

The men's two mile run was won by Angel Tejada in 10:16.8, with Jamie Johnston took the women's race in 15:02.6.

Division Results - Men's 5 Mile

12 & Under:	1. Jeff Hartman 28:34. 13-17:
1.	Jeff Hartman 28:34, 2. Jim Nabholz 28:53, 3. Phil Brown 31:00. 18-29: 1. Doug Twilleager 25:37, 2. B. Loux 26:10, 3. Phillip Buckley 27:19. 30-39: 1. Phelan 27:31, 2. Wayne Miles 27:34, 3. Curt Royer 28:31. 40-49: 1. Dan Murray 26:46, 2. Gary Holmer 29:55, 3. K. Schwisow 30:58. 50-59:

1. Frank Russell 32:17, 2. Shorman 32:35, 3. Bob Ballard 37:38. 60 & Over: 1. Don Lundberg 36:00, 2. Leon Casas 39:48.

Division Results - Women's 5 Mile

13-17:	1. Stephanie Powell 38:11, 2. Karl Donaldson 41:37, 3. Stacey Wainwright 41:42. 18-29: 1. Consuelo Garcia 31:42, 2. Kelley Donaldson 33:26, 3. R. Broadway 35:22. 30-39: 1. D. Grafius 32:48, 2. I. Cattanachi 35:49, 3. Deb Butler 37:20. 40-49: 1. Barb Miller 32:22, 2. Jean Schwisow 37:56, 3. Joann Blankenship 40:14. 50-59: 1. J. Harman 47:38, 2. S. Ouellette 47:54.
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Division Results - Men's 2 Mile

12 & Under:	1. S. Crass 13:18, 2. T. Randall 13:20, 3. B. Botill 13:48. 13-17: 1. Dan French 11:48, 2. Trey Ozenbaugh 11:59, 3. Jason Cleckler 12:03. 18-29: 1. Angel Tejada 10:16, 2. David Garcez 10:41, 3. Tim Stevens 10:50. 30-39: 1. Tony Webb 11:21, 2. Randy Avellar 11:54, 3. M. Rensch 12:04. 40-49: 1. L. Botill 12:59, 2. Roger Wood 14:24. 50-59: 1. R. Graham 14:24, 2. M. Bodley 15:10. 60 & Over: 1. Payson Taylor 15:21, 2. J. Schanze 23:31.
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Division Results - Women's 2 Mile

12 & Under:	1. Carolyn Frost 15:38, 2. Jennifer Vann 15:49. 13-17: 1. T. Belton 16:10, 2. Nancy Schwisow 16:33, 3. Andrea Lewis 16:34. 18-29: 1. Jamie Johnston 15:02, 2. D. Keltner 15:16, 3. Ginny Swigart 15:23. 30-39: 1. N. Bolanos 14:02, 2. V. Belton 14:58, 3. S. Narita 16:03. 40-49: 1. Lois Havel 16:13, 2. M. Eastlee 16:36. 50-59: 1. Mary Ann Buckley 20:55, 2. Mary Jo Fitchhorn 21:30.
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SCA 15K Championships

July 4. Santa Barbara.

Overall Results		
1	Jerry Alexander (32) VanNuys	46:16
2	Jose Iniguez (20) Solvang	48:19

3	Rudy Hernandez (34) Santa Maria	48:49
4	Danilo Perez (25) Arroyo Grande	49:12
5	Hollis Reed (26) SLO	49:16
6	Gus Hermes (23) Santa Barbara	49:25
7	Robert Hollister (27) S. Barbara	50:33
8	Larry Montag (34) Ventura	50:43
9	Michael Gregg (28) Pasadena	51:24
10	Joquin Rojas (10) Pico Rivera	51:27
11	Donald Faith (32) S. Barbara	51:30
12	Andy Lief (20) Isla Vista	51:35
13	Terry Howell (30) Thousand Oaks	51:37
14	Randy Thwing (32) S. Barbara	51:39
15	Joseph Lambert (31) S. Barbara	51:44
16	Felix Mantilla (41) Santa Maria	51:47
17	Hans Van Koppen (31) Ventura	51:52
18	Juan Perez (18) Oxnard	52:02
19	Alfredo Crisanto (15) Pico Rivera	52:25
20	Ramon Tello (20) Carpinteria	52:33
21	Russ Beste (24) Santa Barbara	52:57
22	Phillip Cohen (29) L.A.	53:22
23	Michael Smith (22) Santa Barbara	53:26
24	John Brennan (50) S. Barbara	53:44
25	Andy Ligeti (35) Canoga Park	53:44
26	Phil Grant (41) Santa Barbara	54:14
27	John Madvig (31) Arleta	54:18
28	Gerardo Puentes (15) El Monte	54:19
29	Steve Elder (34) La Crescenta	54:27
30	Bradley Cox (31) San Diego	54:42

Milpitas Firecracker 10,000m

July 4. Milpitas.

Overall Results

1	Troy Durham, Hayward	30:02
2	Mark Patterson, Sacto	30:34
3	Steve Blakemore, Reno	30:51
4	Alan Dehlinger, Reno	31:06
5	Robert Anax, Menlo Park	31:18
6	Michael Livingston, San Jose	31:44
7	Alan Scott, Palo Alto	31:57
8	Nick Yray, Morgan Hill	32:47
9	Grant Foster, Berkeley	33:03
10	Gary Gomez, Fremont	33:14
11	Guillermo Barron, Oakland	33:15
12	John Robles, Fremont	33:18
13	Doug McLean, Los Altos	33:41
14	Kerry Terry, San Jose	33:48
15	Cleve Wogslund, Fremont	33:56
16	Dennis Uriaga, Union City	34:00
17	Weston Press, Los Altos	34:05
18	Thomas Downes, E. Palo Alto	34:07
19	Dave Waterman, San Jose	34:20
20	Scott Kennedy, San Leandro	34:31
21	Daniel Rosenthal, Kensington	34:37
22	Rod Johnson, Milpitas	34:39
23	Hank Lawson, Cupertino	34:46
24	Michael Arevalo, San Jose	34:59
25	Matthew Bogdanowicz, Fremont	35:07
26	Don Jedlovec, Fremont	35:14
27	Shariet Gilbert, Richmond	35:33
28	Tom Eiler, Campbell	35:37
29	Mark Reiss, Newark	35:42
30	Arturo Ramirez, San Lorenzo	35:47

Division Results - Men

13 & Under:	1. Dino Daniels 39:43, 2. Jason Ysip 42:17, 3. Roger Penny 44:29. 14-19: 1. Scott Kennedy 34:31, 2. Matthew Bogdanowicz 35:07, 3. Victor Diaz 36:05. 20-29: 1. Mark Patterson 30:34, 2. Steve Blakemore 30:51, 3. Alan Dehlinger 31:06. 30-39: 1. Nick Yray 32:47, 2. Guillermo Barron 33:15, 3. Doug McLean 33:41. 40-49: 1. Russell Bennett 36:31, 2. David Starratt 37:47, 3. Larry Gomez 37:49. 50-59: 1. John Finch 37:09, 2. Ken Mills 37:14, 3. Glenn Unsicker 39:32. 60 & Over: 1. Bill Wallace 46:56, 2. Glenn Sievert 47:08, 3. Howard Powers 49:56. Wheelchair: 1. Troy Durham 30:02, 2. Brian Gulan 37:40, 3. Robert Witherell 41:18.
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Division Results - Women

13 & Under:	1. Crystal Miks 42:22, 2. Erin Bellamy 42:33, 3. Jennifer Silman 49:47. 14-19: 1. Melody Hillier 45:13, 2. Kim Austin 45:28, 3. Shelly Brown 47:01. 20-29: 1. Anita Johnson 40:19, 2. Lucy Leebug 42:08, 3. Elizabeth Young 42:24. 30-39: 1. Shariet Gilbert 35:33, 2. Joann Dahkoelter 37:10, 3. Amanda Goldner 39:25. 40-49: 1. Judi Shady 39:22, 2. Susan Horr 43:43, 3. Betsy Frasersmith 44:09. 50-59: 1. Elizabeth Ross 45:27, 2. Mary Rodriguez 55:58, 3. Dee Keys, Sunnyvale, 56:43. 60 & Over: 1. Peggy Pridmore 1:08:04. Wheelchair: 1. Colleen Sweet 39:38.
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Results

RRCA Women's Distance Festival

July 19. San Luis Obispo. 5000m.

Overall Results

1 Kathleen Manning (21) ShellBch	18:07
2 Bridget Freyne (15) Riverside	18:39
3 Mary Ryzner (32) SLO	19:13
4 Sharon Plante (16) Grover City	19:39
5 Karen Munoz (29) SLO	19:43
6 Barbara Barcellona (16) GroverC	20:35
7 Tracy Gaston (25) Lompoc	21:12
8 Hope Ramey (14) ArroyoGrande	21:51
9 Gudrun Fink (42) Lompoc	21:59
10 Christy Binns (20) SLO	22:34
11 Victoria Lopez (16) Oceano	22:41
12 Carol Noonan (39) SantaMonica	23:07
13 Kim Wright (20) Cayucos	23:19
14 Shannon Felix (12) Nipomo	23:21
15 Stephanie Miller (16) ArroyoG	23:41

photo by Elaine Rosenfield



Cal Poly's Kathy Manning on her way to a new course record at the RRCA Women's Distance Festival in San Luis Obispo.

Fair Classic

July 19. Roseville. 5 Mile.

Overall Results

1 Robin Desota	25:57
2 Mark Gregor	26:25
3 Dean Rinde	26:52
4 Jim McElroy	29:15
5 Herb Fernandez	29:30
6 P.J. Downey	29:37
7 George Paddeck	30:12
8 Phil Dynan	30:24
9 Corey Scalice	31:00
10 Megan Warner	31:08

Division Results - Men

15 & Under: 1. Jason Sumner, 2. Tim Stitt, 3. Jeff Coppert. **16-19:** 1. Robin Sesota, 2. Cory Scalice, 3. Jim Skellenger. **20-29:** 1. Mark Gregor, 2. Dean Rinde, 3. George Paddeck. **30-39:** 1. Jim McElroy, 2. Herb Fernandez, 3. Phil Dynan. **40-49:** 1. P.J. Downey, 2. Lary Sumner, 3. Bill Azevedo. **50-59:** 1. Charles Whitaker, 2. Woody Wooden, 3. Richard Green.

Division Results - Women

15 & Under: 1. Megan Warner 31:08. **20-29:** 1. Adele Atlender, 2. Susan Colley, 3. Jane Markland. **30-39:** 1. Mimi Lopez, 2. Gail Millsap-Stolp, 3. Barbara Ruhkala. **40-49:** 1. Peggy Grow, 2. Pi Frei, 3. Carol Clark. **50-59:** 1. Marge Britt. **60 & Over:** 1. Grace Gammill.

Oxnard Sports Festival Triathlon

July 19. Oxnard.

1.5K Swim, 40K Bike, 10K Run.
Tom Fink, 24, of San Pedro, won the 4th Annual Oxnard Sports Festival Bud Light Triathlon held in Oxnard on Saturday, July 19th, with a time of 2:02:48. Tom led the race from start to finish as he finished first in both the swim and bicycle sections of the event. Fink completed the 1.5K Ocean Swim in 20:58 approximately 30 seconds ahead of second place finisher Bob Belzer of Irvine, who finished the course in a time of 2:04:32. The course consisted of a 1.5K Ocean Swim, a 40K Bicycle Leg, and a 10K Run. The bicycle and 10K run courses were flat and fast, allowing for some very good split times. The difficult leg was the swim due to the coldness of the water. It was approximately 60 to 61 degrees at the time of the race. Several people had to be pulled from the water due to hypothermia.

photo by Elaine Rosenfield



Sharon Plante (#264) and Barbara Barcellona (#271) of Arroyo Grande HS lead Mary Ryzner of San Luis Obispo during the Women's Distance Festival 5000 Meters on July 19.

however, they recovered quickly once they reached the shore.

Bonnie Durdy finished first in the women's divisions with a time of 2:41:11. She excelled in the swim section of the course finishing the 1.5K loop race in 21:16.

Overall Results - Men

1 Tom Fink (24)	2:02:48
2 Bob Belzer (30)	2:04:32
3 Chase Wattso (18)	2:08:09
4 Michael Colling (20)	2:08:41
5 Pete Kain (22)	2:09:35
6 Jeff Reilly (25)	2:10:47
7 Peter Sasmore (23)	2:11:15
8 Kenneth Hinkle (26)	2:11:42
9 James Davis (32)	2:11:47
10 Ron Benavidez (26)	2:11:59
11 Kyle Heron (25)	2:12:14
12 David Hataj (23)	2:12:17
13 Dave Rice (24)	2:12:21
14 Ken Kiss (25)	2:13:01
15 Matt Oday (25)	2:13:49

16 Bob Crane (24)	2:14:06
17 Edwin Rambuski (28)	2:14:35
18 Kemp Aaberg (46)	2:14:47
19 Michael Larbig (26)	2:14:50
20 Dan Empfield (29)	2:15:35
21 Richard Reyes (39)	2:15:45
22 Greg Seale (20)	2:16:05
23 Jay McLafferty (38)	2:16:40
24 Ted Roack (26)	2:18:03
25 Rick Daniels (33)	2:18:10

Overall Results - Women

1 Bonnie Durdy (27)	2:24:11
2 Susan Lunt (27)	2:25:36
3 Diana Ritchie (27)	2:30:44
4 Miriam Vendelbosch (30)	2:32:11
5 Janet Mamon (27)	2:33:56
6 Kristen Ritchie (25)	2:35:24
7 Susan Morgan (25)	2:37:25
8 Shari Latta (27)	2:39:51
9 Barbara Bissett (31)	2:40:48
10 Mary Barsaleau (27)	2:42:11

PR's

By RICHARD LEE SLOTKIN

Janine Aiello, San Francisco Marathon, 2nd F	2:39:30
Jerry Alexander, SCATAC 15K Championships, 1st O/A	46:12
Yvette Bates (USC) NCAA, TJ	44:6
Bruce Bryan (SCR) Brentwood 5K	20:08
Bruce Bryan (SCR) Valley of the Flowers Half Marathon	1:31:39
Andrew Chick (Hamilton HS) League Finals 800m	2:08
Andrew Chick (Hamilton HS) League Finals Mile	4:46
Andrew Chick (Hamilton HS) Brentwood 10K	38:20
Keith Davis (Hamilton HS) League Prelims 800m	2:08
Keith Davis (Hamilton HS) League Finals 800m	2:06
Keith Davis (Hamilton HS) City Quarter Finals 800m	2:03.4
Keith Davis (Hamilton HS) City Semis, 800m	2:03.2
Rose Diaz, San Francisco Marathon	*3:45:11
Chip English, Valley Striders (age 12), Deacon Jones 5K	18:40.4
Ann Foose (SCR) Pasadena YMCA 5K	21:33
Barry Foose (SCR) McDonalds Summer Fun Run 5K	16:31
Barry Foose (SCR) Pasadena YMCA 5K, 1st 30-39	16:24.7
Barry Foose (SCR) Fiesta Days 5K	16:17
Jan Friedank (Hamilton HS) League Prelims Miles	4:40.5
Jan Friedank (Hamilton HS) vs Pailsades, 2M, 1st	9:59
Jan Friedank (Hamilton HS) League Finals, 2M, 1st	9:47
Jan Friedank (Hamilton HS) City Quarter Finals, 3200m	9:35
Jan Friedank (Hamilton HS) City Semis, 3200m	9:28
Jan Friedank (Club Hack) Jr. Olympics, 5000m	15:32
Jan Friedank (Club Hack) Dad's Day Dash, 10K	34:05
Felipe Gonzalez (Fresno Pacific) Bass Lake Half Marathon	1:24:42
Andrew Grist (SCR) Alive & Well in L.A. 5K	*28:15
Ken Hamrick (SCR) Brentwood 5K	18:05
Sharon Hatfield (USC) NCAA Hept., 100m H	14.64
Jim Hogue (Hack) 5K, Lawrence Kansas	16:06.3
Jim Hogue (Hack) 400m, Logan, Utah	54.20
Jackie Joyner, Goodwill Games, Hept, WR	7148
Jackie Joyner, Olympic Festival Hept, WR	7161
Gervaise McCraw (USC) NCAA 400m, Heat, SR	52:35
Gervaise McCraw (USC) NCAA 400m Finals, SR	52:24
Homer Munoz (Hamilton HS) City Quarter Finals, 1600m	4:43.9
Homer Munoz (Hamilton HS) City Semis, 1600m	4:40.9
Homer Munoz (Hack) Brentwood 10K	35:25
Nobby Orens (SCR) Rec. and Parks 5K	18:54
Kelley Peacock (Van Nuys HS) City Finals, 300LH	42.79
Kelley Peacock (Van Nuys HS) State Finals, LJ	19:2½
Karen Rocker (Fresno Pacific) Tulare Crazy Days 4 Mile	29:35
Chris Rodriguez (Fresno Pacific) Bass Lake Half Marathon	1:27:35
Royce Smith (SCR) Run for Pride 5K	19:51
Royce Smith (SCR) Aztlan Health 5K	19:02
Royce Smith (SCR) Bob Seagren VA Hosp. 10K	40:23
Rick Tanner (Stanford) 3000m Stpl.	9:45
USC (Simmons, McCraw, Cabell, Mayberry) NCAA Women's 400m Relay, Heat	43.90
Eric Zorawowics (SCR) Palos Verdes Marathon	3:28:18

* = first time at event

FRIENDS • OF • THE • PORT

FLEET WEEK CHALLENGE RUN

5 miles

PORT of SAN FRANCISCO

October 12, 1986 at 8:00 A.M.

"Pacific Fleet Sailors and Marines this year are tough and lean and we expect to take home all the Fleet Week Challenge Run trophies. Although we don't expect much competition from the other military services or the citizens of the San Francisco Bay Area, we'd be pleased to see a large turnout to follow us across the finish line."

Regards,
Admiral "Ace" Lyons
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: \$5 (\$10 race day)

Race packets will not be mailed after October 5, 1986.

Corporate (Team) Challenge: Admiral Lyons 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 19, 1986.** 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.

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

In consideration of your accepting this entry, I, 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, Authorized Race Director, 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 verify 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)

Please Print

Name: last first

Address: number and street

City State Zip

Date of Birth Age (on race day) Sex

Area Code Phone number T-shirt size (50% - 50%) Circle one S M L XL

Team, Corporation, or Military Branch name

Day phone

Teams must be registered no later than September 19, 1986.
THERE WILL BE NO RACE DAY TEAM REGISTRATION.

A.C. Division: | | Open | | Corporate | | Military