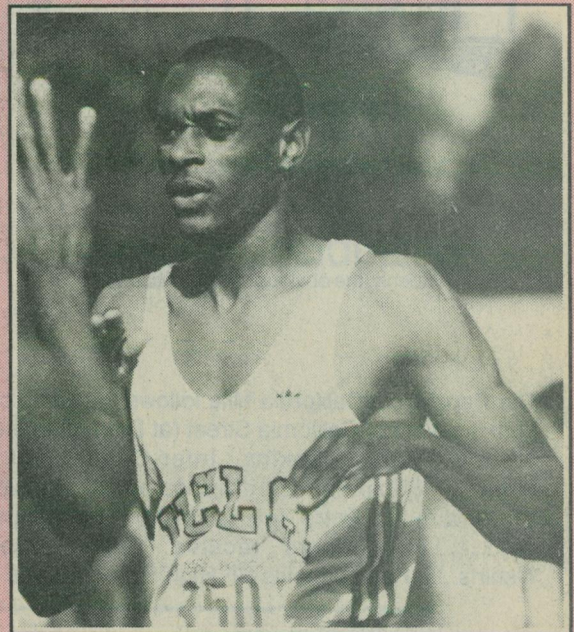
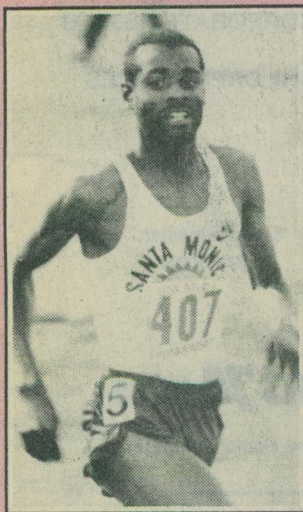


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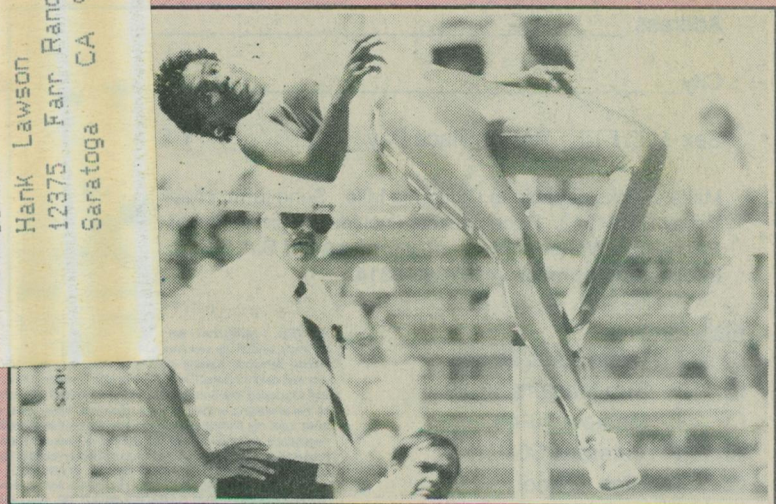
Track & Running News

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SUNDAY OCTOBER 30th

San Francisco, California

ONE MILE TO THE TOP OF NOB HILL!

- | | |
|-------------------|------------------|
| OPEN DIVISIONS | ALL AGE GROUPS |
| HIGH SCHOOL (CIF) | WAITER'S RACE |
| ELITE RUNNERS | CORPORATE RELAYS |
| HEAVYWEIGHTS | CHILDREN'S RACES |

The Pepsi-Cola California Mile follows the cable car tracks one mile from the base of California Street (at Drumm) to the finish line in front of the Mark Hopkins Inter-Continental Hotel (Mason Street).....Separate race divisions are run between 8:00 a.m. and 11:00 a.m.....Entry fee is \$10.00 in advance, \$12.00 race day.....All runners receive 100% cotton official race T-shirts.....Race benefits SF High School Sports.



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Broadcast

NEWS 74 KCBS

Live Radio Coverage

Last Name _____ First Name _____

Address _____ Phone _____

City _____ State _____ Zip _____

Sex M F Age on Race Day _____ T-Shirt Size S M L XL

Make checks payable to California Mile. Send form, check and S.A.S.E. to the California Mile, P.O. Box 2417, Mill Valley CA 94942. Race packets (including starting times) will be mailed to entrants. **For Mountain Bike, Corporate Relay, and Waiter's Race entry forms send S.A.S.E. to California Mile at same address.** Information number (415) 383-0314.

Male Female

- Open 29 & Under
- Sub Masters 30-39
- Masters 40-49
- Veterans 50+
- High School
- Middle School (Grds. 6-8)
- Elementary School (K-5)
- Heavyweight 200+ lbs.

T.A.C. sanctioned event

WAIVER: I certify that I am physically fit and sufficiently trained to participate in this strenuous footrace. In consideration of my entry, and of my own free will, I for myself, my heirs, executors and administrators, forever waive, release and give up any claims, demands, liability, damages, costs and expenses of any kind whatsoever (including personal injuries to me or my wrongful death) against The California Mile Company, KRON Television, The Winning Team, KCBS Radio, the City and County of San Francisco, the San Francisco Unified School District and any other sponsor or business affiliated with the event, including all the preceding entities' officers, directors, employees, representatives, agents, contractors and subcontractors which may arise from my participation in the event, or while travelling to or from the event, even if caused in whole or in part by the negligence or other fault of the parties or persons I am hereby releasing, by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of their liability without fault. I FULLY UNDERSTAND I AM FOREVER GIVING UP, IN ADVANCE, ANY RIGHT TO SUE OR MAKE ANY CLAIM AGAINST THE PARTIES I AM RELEASING IF I SUFFER SUCH INJURIES AND DAMAGES, EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES AND DAMAGES MIGHT BE, AND AM VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES AND DAMAGES. I freely and fully grant permission for my likeness to be shown on TV or reproduced for any purpose whatsoever. I have read and understand all of the above.

Signature _____ Date _____

(Parent or guardian if under 18)

CALIFORNIA

Track & Running News



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MEMBER OF RUNNING INTERNATIONAL

Table of Contents

SEPTEMBER 1988

ISSUE NO. 140

Schedule	4
Keeping Pace "Trailing the Olympic Trials"	16
PA-TAC Notes	20
1988 California High School Best Marks List	22
Athlete's in Action "Quiet Man--Worthy Goals"	26
Athlete's Kitchen "When You're Having More Than One..."	27
Prep Notes Former California High Schoolers on the 1988 U.S. Olympic Team	28
Profile on Ashley Black	32
Southern Section X-C Preview	33
Results Track & Field Meet	36
Road Racing	37
Subscription Order Form	47



ON THE COVER: California Olympians (clockwise from left) Johnny Gray -- 800 (photo by Mark Winitz), Steve Scott -- 1500 (Fine Flicks by Don Gosney), Kevin Young -- 400 Intermediate Hurdles (photo by Bill Leung, Jr.) and Wendy Brown -- Heptathlon (Fine Flicks by Don Gosney).

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.

September 1 (Thursday)

San Francisco: Hoy's Sports 10,000 Meter Classic (Women's PA/TAC 10K Championships), Golden Gate Park (Kennedy Dr. & Stow Lake Dr.), 9 a.m. Mike Fanelli, Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-4697.

So. El Monte: Legg Lake 5K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Huntington Beach: Sunset in the Park, 2.8 Mi. & 4.8 Mi. cross-country run, Central Park West, 6 p.m./2.8 Mi., 6:30 p.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

Agoura: Paramount Ranch Cross Country 2 & 3 Mile Grand Prix Final, 6:30 p.m./2 Mi., 7 p.m. Bill Duley: (818) 992-6219.

September 3 (Saturday)

Sausalito: Puffin Power I, 4 & 7 Mi., Ft. Cronkhite (GGNRA), Rodeo Lagoon (Marin Headlands) 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Jose: Menhune 5 & 10K Runs, Santa Clara County Fairgrounds, 9 a.m. Jane Alvarado, P.O. Box 1619, Cupertino 95014. (408) 296-0217.

Santa Rosa: Caledonian Run, 3K & 8K, Sonoma County Fairgrounds (Aston Ave.), 8 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 874-2830.

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Lompoc: Park to Park 8 Mile Run, Miguelito

Canyon Park (to La Purisima Mission Park), 8 a.m. Don Kundich, 4250 Serius, Lompoc 93436. (805) 733-1650, eves.

So. El Monte: Born to Run 2 Miler, Legg Lake Park, 8 a.m. (1 Mi. Fun Run at 7:30 a.m.), Jim Brandados, 13413 Melody Rd., Chino Hills 91710. (No Raceday Entry).

So. El Monte: San Gabriel River 5K Run, 9 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: 4 Mile Cross Country Runs, Balboa Park, 7 a.m./Men, 7:05 a.m./Women. Keith Jeffers: (619) 452-SDTC.

September 4 (Sunday)

San Francisco: Hoy's Sports 10,000 Meter Classic (Women's PA/TAC 10K Championships), Golden Gate Park (Kennedy Dr. & Stow Lake Dr.), 9 a.m. Mike Fanelli, Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-4697.

New York: National TAC Masters 20K. Jack Dowling, 25-47 Beech St., East Meadow, New York 11556. (516) 731-3452.

Livermore: Wente's Cellar to Cellar Run, 10K, Wente Bros., (Champagne Cellars), 9 a.m. Wente Bros., 5565 Tesla Rd., Livermore 94550.

Seaside: Circle Seaside 10K, Seaside High School, 9 a.m. Waddell Sports, 225 Light-house, Monterey 93940. (408) 646-1487.

Mariposa: Amigo de Oro 5 & 10 Mi., Mariposa Fairgrounds, 7:30 a.m. Amigo de Oro Race, P.O. Box 155, Mariposa 95338.

Korbell: (Arcata Area) Mad River Ultra Run, 50 Mi. or less, 6 a.m. Daphne Hodgson (707) 444-8437.

Crescent City: Crescent City Triathlon, 0.5 Mi. Swim, 12 Mi. Bike, 4 Mi. Run, Time TBA. Mike Mathews, 1500 Dundas Rd., Crescent City 95531. (707) 464-3976.

Pyramid Lake, Nv: Pyramid Lake Triathlon, 1K Swim, 10K Run, 30K Bike, Sutcliffe (Community Center), 9 a.m. Friends of Pyramid Lake, P.O. Box 8947, Reno, NV. 89507. Nancy Vucinich: (702) 673-6335.

Cambria: Pinedorado Days 8K and 1 Mile.. Coast Union High School (Santa Rosa Creek Rd.). 8:30 am/8k, 10:30 am. Don Brauer (805) 927-8840.

September 5 (Monday)

San Francisco: DSE Diamond Heights Run, 2.99 Mi., McAteer High School (Portola & O'Shaughnessy), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Lodi: Field & Fair Day 10K Run, Hutchins St. Square, 8 a.m. Shelley Janson, P.O. Box 1252, Lodi 95241. (209) 333-6782.

Sacramento: Doug Pope Run for the Children, 5 Mi., Glen Hall Park (River Park), 9 a.m. (free children's half-mile at 8:30 a.m.). Steve Cippa, 50 Fullerton Ct., Sacramento 95825. (916) 446-8288.

Auburn: "Average Joe" Biathlon, 6.1 Mi. Run, 7.45 Mi. Bike, Bowman Elementary School, 8 a.m. (200 limit). Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Mt. Shasta: Lake Siskiyou Tinman Triathlon, 0.42 Mi. Swim, 10 Mi. Bike, 4.5 Mi. Run, Time TBA. Kurt Brown, 1225 W. Scenic Dr., Mt. Shasta 96067. (916) 926-3119.

McFarland: Westwinds Triathlon, 1K Swim, 38K Bike, 8K Run. Lake Woollomes to McFarland. 8 am., Mike O'Haver, c/o City of McFarland, 401 Kern Ave., McFarland 93250. (805) 792-3091.

Mt. Baldy: Mt. Baldy 8 Mile Trail Run, 9 a.m. Roger Rüd, 2 Oak Dr., P.O. Box 786, Mt. Blady 91759. (714) 981-7487.

Soda Springs: Serene Lakes 5 Mile Handicap Run, Serene Lakes Lodge. 10 am. Denis O'Halloran, PO Box 7641, Tahoe City 95730 (916) 581-5119.

September 9 (Friday)

Tahoe City: Pepsi of Reno Tahoe 72 Miler, 6 a.m. Toni Belausteguir, 75 Mt. Rose St., Reno, NV. 89509. (702) 747-2708.

September 10 (Sat.)

Santa Barbara: The Festival 30K (Nat'l TAC Championships) Leddbetter Beach, Santa Barbara News-Press Runs, 3x10K Relay, 5K. 8 a.m. Santa Barbara City College. Chris Holmberg, 3836 Pemm Pl., Santa Barbara 93105. (805) 563-1008.

Oakland: Run Against the Ku Klux Klan 5 & 10K, Lake Merritt (14th & Lakeside), 9 a.m. John Brown, 220 Ninth St., #443, San Fran-

Schedule

cisco 94103. (415) 431-8339.

Lake Berryessa: Berryessa Biathlon, 1.25 Mi. Swim, 22 Mi. Bike, Oak Shores Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 941-1190.

Gilroy: Mt. Madonna Challenge Runs, 6 & 12K, Spring Lake (Mt. Madonna Park), 8 a.m./6K, 8:45 a.m. Bill Flodberg, 12925 Foothill Avenue, San Martin 95046. (408) 683-2453.

Tracy: Tracy 2 Mi. & 10K, Dr. Powers Park (Tracy Blvd., & Lowell), 7 a.m. Bob Milliorn, 7759 W. Cabe, Tracy 95376. (209) 832-1054.

Oakhurst: Oakhurst 8K and 2 Mi., 49269 Golden Oak Dr., 8 a.m. Sierra Fitness Club, P.O. Box 243, Oakhurst 93644. (209) 683-4211

Tahoe City: North Shore Challenge, 1/2 Mi. Swim, 5 Mi. Run, 20 Mi. Bike, Commons Beach, 10 a.m. TCPUD Dept. of Parks & Recreation, P.O. Box 33, Tahoe City 95730. (916) 546-7248.

Carson City, NV: Jim Frank Invitational

5K, Mills Park, 8 a.m. Butch Cattanaach, c/o Fleet Feet, 3771 So. Carson St., Carson City, NV. 89701. (702)_883-3361.

Lompoc: Space Country Triathlon, 1/2 Mi. Swim, 14 Mi. Bike, 3 Mi. Run, Lompoc Municipal Pool ("C" St. & Ocean Ave.), 8:30 a.m. (Sept. 2 entry deadline, 125 entry limit). Lompoc Parks & Recreation Dept., 125 W. Walnut Ave., Lompoc 93436. (805) 736-6565.

Santa Ana: YMCA New Horizons 5K Run, Centennial Park, 7:30 a.m. YMCA, New Horizons, 205 W. Civic Center, Santa Ana 92701. (714) 547-4121.

So. El Monte: Legg Lake 099'ers 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Irvine: Pridemark Realtors "Say No To Drugs", 5 & 10K and 1 Mi. Fun Run, Sky Park Blvd. South & Main St., 7:30 a.m./10K, 8:15 a.m. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417, (213) 634-3027.

Penasquitos: Penasquitos Town Center 8K, near Mt. Carmel High School, 7:30 a.m. Kathy Loper: (619) 437-4556.

Bakersfield: Joel Mena Memorial Run. Distance TBA. 5 p.m. Bakersfield TC, PO Box 6154, Bakersfield 93386.

Wasco: Wasco Run Thru the Roses. Distance & Time TBA. Bakersfield TC, PO Box 6154, Bakersfield 93386.

Atascadero: Atascadero Lake Park 50K Biathlon. Time TBA. Atascadero Recreation Dept., PO Box x 747, Atascadero 93423 (805) 466-8000, x123).

Quartz Hill: One Hour Run. Quarts Hill High School (track), 65th St. West & Avenue L. 6 p.m. Keith McPeek (805) 948-1412.

September 11 (Sunday)

Eugene, OR: Nike/OTC 25K (National TAC Masters 25K.) Nike OTC 25K, PO Box 10412,

The SILVER STATE STRIDERS present the

SILVER STATE 15K/5K

PA/TAC 15K Championship and 5K Fun Run
 Sunday, October 9, 1988- 9:00a.m. Start/Finish: Fisherman's Park, Reno
 Benefit: Reno Junior Striders Running Club



"We Fit Your Lifestyle"

Incline Village



Registration:	15k	5k
Early (Postmarked by Oct.1)	\$8.00	\$5.00
Late (6-9p.m. Race Day Eve)	\$10.00	\$6.00
Race Day (At 7:30a.m.)	\$12.00	\$7.00

Race Information:
 For course map, prize breakdown, final instructions and acceptance send SASE with check and completed application to:
 Silver State Striders
 P.O. Box 21171
 Reno, NV 89515

or pick up packets 6-9p.m. October 8, 1988 at Race Headquarters during Late Registration or on Race Day Morning at Start Line.

Refreshments:
 Post Race Refreshments for all runners at Finish Line. Awards Ceremony as soon as computerized results tabulated. Complete results mailed to all 15K entrants later.

Course:
 Follows Truckee River Path and quiet streets in Sparks. No traffic. Fast & Flat. Aid at Miles 3&6. Splits at Miles 1,3 &6.

Send SASE to Above Address for Race Entry Form!

Awards:
 15K Championship
 \$2000.00 Prize Fund for Men and Women Individuals and Teams, Open, Masters and Seniors. MUST be PA/TAC Members for cash awards and medals.
 For PA/TAC Applications write:
 PA/TAC
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 Fair Oaks, CA 95628
 TAC Medals 3 deep in 5 yr. age div.
 Special Awards to top Open and Masters, Men and Women.

5K Fun Run
 Medals, 3 deep each ten year age div.
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 For Reservations call 1-800 FOR RENO
 or (702) 786-8888
 Please mention the 15K Championship!

Eugene, OR 97440. Pete Gribkov (503) 342-8082.

Fremont: Spoons Run & Stride for S.A.V.E., 10K Run, 3K Stride, Paseo Padre Pkwy. & Mowry Ave., 8:30 a.m. S.A.V.E., P.O. Box 8283, Fremont 94537. (415) 794-6056.

Albany: People Chase 5 & 10K, Golden Gate Fields race track, 9 a.m. Golden Gate Fields, "People Chase", P.O. Box 6027, Albany 94706. (415) 527-6195.

Richmond: Brickyard Landing 2 Mi., 10 & 15K Runs, Pt. Richmond Brickyard Landing, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Lafayette: Run for Sight 5 & 10K, Lafayette Reservoir, 8 a.m. ACCOS, 5321 College Ave., Oakland 94618. (415) 655-3797.

Oakland: Sport Aid 5K, Lake Merritt (Boathouse), 9 a.m. Pamakid Runners Club, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

Redwood Shores: Couch Potato 10K, Hotel Sofitel (Marine World Pkwy. & Twin Dolphin Dr.), 9 a.m. TCI Cable, 894 Industrial Ave., San Carlos 94070. (415) 592-0469.

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

Mountain View: Art & Wine Festival 5K, Pioneer Park, 8:30 a.m. Lois Farley, YMCA, 415 E. Middlefield Rd., Mt. View 94043. (415) 969-4033.

Napa: Napa Valley Grape Stomper's Run, 10K, Napa Valley Shopping Center (First St. & Hwy. 29), 8 a.m. Napa Youth Soccer, PO Box 443, Napa 94559 (707) 255-6525

San Francisco: DSE Kay Atkinson Memorial Run, 4.5 Mi., Golden Gate Park (Kennedy Dr. & 36th Ave.), 10 a.m. (9:30 a.m./1 Mi. Kid's Run). Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Sausalito: The Great Headlands Race, 6.2 Mi., Headlands Center for the Arts (Bunker Rd., Fort Barry), 9 a.m. Headlands Center for the Arts, 944 Fort Barry, Sausalito 94965. (415) 331-2799.

San Francisco: Pontiac 5K Jazz Beat/The Corporate Jazz and More, Golden Gate Park, Polo Fields, 9 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

Drake's Bay: Drake's Bay 50 Mile, 6 a.m. Contact: Cathy (415) 488-0852.

Foresthill: Foresthill 25K, Foresthill Rd. (15 1/2 Mi. East of Foresthill), 1,775 Foot Elev. Drop! (certified), 9 a.m. (50 runner limit!!) Paul Reese, 308 Forest Ct., Auburn 95603.

(916) 823-0276.

Sacramento: Sacramento Triathlon, 1 Mi. Swim, 24 Mi. Bike, 10K Run, or 2 Mi. Swim, 50 Mi. Bike, 20K Run, Time TBA. Sally Edwards, Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-3338.

Oxnard: David Odgers 5 & 10K (& 1 Mi. Fun Run), Oxnard High School (937 W. Fifth St.) 8 a.m. American Lung Association, P.O. Box 1627, Ventura 93002. (805) 643-2189.

Big Bear Lake: King of the Hill Triathlon, 1K Swim, 40K Bike, 10K Run, Time TBA. Don Frantz, 11617 Low Chaparral Dr., Victorville 92392. (619) 949-1978 or 241-8513.

Huntington Beach: Triple Crown Triathlon, 2.5K Swim, 60K Bike, 10K Run, Time TBA. Ida Goodman, DeLaRosa Racing, 1015 W. Mission Ave., Suite 146, Pomona 91766.

September 14 (Wed.)

Trinidad: Sunset Run. Clam Beach (south end). Approx. 4 mi. 6 p.m. Rich Gilchrist (707) 443-1226.

September 17 (Sat.)

Squaw Valley: Pacific Crest Trail Ultra 50K, 25K, 12K, 2x25K Relay, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Francisco: Pro Bowl Super Series 5K, Golden Gate Park (South Side Polo Fields), 9 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

Mt. Tamalpais: Muir Woods Half-Marathon, Rock Springs Parking Lot Continued next page...

(trail run), 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705.

Folsom: Pacific Swim & Sport Biathlon, 2K Swim, 10K Run, Beals' Point (Folsom Lake), 8 a.m. CCT, 2310 J Street, Sacramento 95816. (916) 924-8311.

San Mateo: Nun Run, 10K, College of San Mateo, Time TBA (probably evening). The Runner's Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

Davis: The Sutter Shuffle, 5 & 10K, 8 a.m. Steve Plummer, Sutter Davis Hospital, Road 99 at Covell Blvd., Davis 95616. (916) 756-6440.

Stockton: Park to Park 5 Mile, Louis Park, 8 a.m. Tarahumara Running Club, P.O. Box 8422, Stockton 95208. (209) 948-0938.

Bass Lake: Coors Bass Lake Classic Triathlon, 1500m Swim, 40K Bike, 10K Run, 9 a.m. Bass Lake Triathlon, P.O. Box 126, Bass Lake 93604. (209) 642-3676.

Bakersfield: Phase One/Bakersfield T.C. Run, Distance TBA, Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Santa Barbara: Bud Light Triathlon, 1 Mi. Swim, 32 Mi. Bike, 10 Mi. Run, 7 a.m. Second Sole, 3969 State St., Santa Barbara 93105. (805) 967-2614.

South El Monte: CANCEL Date changed to Sept. 18. Legg Lake 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: Balboa 8 Miler (& 3 Mi.), Balboa Park, 7 a.m. Al Alcocer: (619) 561-7629.

Alta Loma: Chaffey College Triathlon, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, Chaffey College, Time TBA. Mike Dickson, 1510 W. Fourth St., Ontario 91762. (714) 986-7696, eves.

Pico Rivera: Pico Rivera Park Sunset 5 & 10K. Smith Park (8110 Mines Ave.), 6 pm Ken Elisaldez, PO Box 1016, Pico Rivera 90660 (213) 949-5648.

Colton: Colton Run for Recycling. 1K, 5K & 10K. Colton City Hall. 7:30 am/1K, 8 am. Colton Run, c/o Race Central PO Box 828, Pico Rivera 90660 (213) 949-5648.

Rolling Hills: Rolling Hills Estates X-C 5 & 10K. Moccasin Lane. 7:30 am/5k, 8:30 am. Anne Giltner (213) 3377-1577.

September 18 (Sunday)

San Francisco: DSE North Embarcadero Run, 6.25 Mi., 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Daly City: Jazz Stride, 2.5 & 5 Mi., Westlake Shopping Center, 8 a.m. Contact: (415) 755-8528.

Daly City: John Madden's Mountain Challenge 5 & 10Mi. Fun Run, Westlake Shopping Center, 6 p.m. Contact: (415) 755-8528.

Cupertino: Apple Computer Silicon Rally 5 & 10K & Kid's Run, Time TBA. Apple Computer, 20525 Mariani, MS 26AZ, Cupertino 95014. (408) 973-6802.

San Jose: Willow Glen Founders Day 10K, Willow Glen Elementary School (Lincoln & Minnesota Ave.), 8 a.m. Steve Murphy, P.O. Box 8644, San Jose 95155.

Walnut Creek: Walnut Festival 5 & 10K (44th Annual), Heather Farms Park, 8:30 a.m. Walnut Festival, P.O. Box 3408, Walnut Creek 94598. (415) 935-6766.

Oakland: Aztec Run for Education, 5 & 10K, Lake Merritt (Boathouse), 9 a.m. Rosario Flores, 1900 Fruitvale Ave., #1B, Oakland 94601. (415) 261-7839.

Sacramento: Mercy General Hospital Buf-

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Sheraton at Fisherman's Wharf



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RACE MANAGEMENT
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FRIDAY NIGHT • OCTOBER 28th 1988 • 9 PM
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- Prizes Include: Weeklong & Weekend Vacation Packages.
- Special "Sponsor Costume" prizes include a year's worth of Häagen-Dazs Ice Cream to the best Häagen-Daz costume.
- Race Prizes: Medals, dinners or merchandise, 3-deep for Men & Women in Open (18-39) and Masters (40 +).
- ALL FINISHERS: T-shirts, refreshments, random prizes and...

POST-RACE HALLOWEEN PARTY
• In Lighted Tents • Live Rock n'Roll •
• KMEL D.J. Hosts •



CLEARLY CANADIAN



Benefiting:



Registration: \$10 pre-reg.; \$15 race night.
Complete entry form, sign waiver and send check with self-addressed-stamped-envelope. NO REFUNDS.
(Pre-Registration Deadline: Oct. 22nd.)

Mail to:
Monster Chase
c/o Bonnie Hill
2000 Lucas Valley Road
San Rafael, CA 94903

MONSTER CHASE

SEX M/F DATE OF BIRTH Month Day Year
 AGE ON RACE DAY : Best '88 10K Time

LAST NAME FIRST
 STREET
 CITY STATE ZIP

For Official Use Only

WAIVER: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound do hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may accrue against RhodyCo Productions, KMEL Radio, Century Broadcasting Corporation, The Sheraton at Fisherman's Wharf, Total Race Systems, San Francisco Special Olympics, the U.S. Government/ Dept. of the Army/U.S. Army Presidio and any and all other sponsors for any and all injuries suffered by me or enroute to or from this event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver I acknowledge that I have read and understand all of the above.

Signature: _____ Date: _____

Schedule

falo Stampede 10 Miler, 4540 American River Dr. (Rio Americana H.S.), 8 a.m. George Parrott, 1988 University Park Dr., Sacramento 95825. (916) 488-6580.

Nevada City: Banner Mountain Stampede, 4K, 12K, Pioneer Park (challenging hill run), 9 a.m./12K, 9:30 a.m. Jeanne Reaume, 1375 Wise Rd., Lincoln 95648. (916) 645-1847.

Lassen Park: Lassen Park Ultra 50K, trail run, 7 a.m. Contact: (916) 597-2944.

Atwater: Pumpkin Run, 2 & 5 Mi., Ralston Park, 8 a.m. Atwater Chamber of Commerce, 1181 Third St., Atwater 95301. (209) 358-4251.

Bakersfield: Ultimate Fun Run, Distance TBA, Bakersfield College, 7 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Costa Mesa: Taco Bell South Coast 5 & 10K Classic, South Coast Plaza Town Center, 7:30 a.m. CHOC Padrinos, P.O. Box 5700, Orange 92667. (714) 532-8683.

Zuma Beach: Malibu Triathlon, 1/2 Mi. Swim, 18 Mi. Bike, 5 Mi. Run, Time TBA. Michael Epstein, 26048 Farmfield Rd., Calabasas 91302. (818) 880-4915.

Pacific Grove: Monterey Bay 10K. Lover's Point Park. 9 am. Will Frank, PO Box 301, Pacific Grove 93950 (408) 372-2334.

South El Monte: Legg Lake 5K Run. 8 am. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660 (213) 949-0394.

Hermosa Beach. 10K Run to Make a Difference. Hermosa Beach Pier. 8 am. Pro-Motion Events, PO Box 3095, Redondo Beach 90277 (213) 374-8990.

September 23 (Friday)

Palo Alto: Palo Alto Weekly "Moonlight Run", Baylands Athletic Center (Embarcadero & Geng), 9 p.m. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

September 24 (Sat.)

Independence: Trans-Sierra Crossing 23 or 37.5 Mi., Onion Valley Trailhead, 7 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705.

Fresno: Clovis Invitational. Woodward Park, State Meet Course, Seeded Races, Custom Medals, Top Competition. Carlo Prandini (209) 299-7211.

San Francisco: Puffin Power II, 5 & 10K, Ft. Funston (GGNRA), trails & beach courses, (Note: Handicap Runs), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Mendocino: The Mendocino Classic, 5 &

10K, Big River State Beach, 9 a.m. Mendocino Art Center, P.O. Box 765, Mendocino 95460. (707) 937-5818.

Fresno: The Amigo Run. 2 mile and 10K. Corner of Cedar & Church. 7 a.m./7:30 a.m. 10K. (209) 225-2337.

Santa Barbara: (Tentative) Sri Chinmoy 5 Mile, Palm Park (Red Lion Restaurant), 8 a.m. Adit Carnahan: (805) 685-3325.

So. El Monte: Legg Lake Chaparral 8K, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Dimas: San Dimas Runs, 5 & 10K (& 1 Mi.), 245 E. Bonita, 7:30 a.m. San Dimas Runs, City Hall, 245 E. Bonita Ave., San Dimas 91773. Ken Duran: (714) 592-4344.

Fremont: 5K Hill Run for Education. Ohlone College (Mission Blvd.) 9 am. Leona Schneck, 36248 Worthing Dr., Newark 94560 (Betty Purcell {415} 490-4458.

September 25 (Sunday)

Portland, OR: Portland Marathon (& 5 Mi.), 8 a.m. Portland Marathon, P.O. Box 4040, Beaverton, OR 97076.

San Francisco: Bridge to Bridge Run, 5K & 8 Mi., Ferry Bldg., 9 a.m. KNBR-68, Bridge to Bridge Run, 1700 Montgomery St., San Francisco 94111. (415) 951-7070.

San Jose: Home Run 10K, Spartan Stadium, 8:30 a.m. Denis McNulty, San Jose Shelter Foundation, 607 No. First St., San Jose 95112. (408) 297-1737.

Santa Clara: Carousel to Coaster 10K Run & 5K Stride, Great America Amusement Park (Great America Pkwy & US 101), 9 a.m. Larry Wolfe, City Hall, Room 103, Santa Clara 95050. (408) 984-3223.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

Lafayette: Lafayesta Stride, 2.2 & 5.2 Mi., Community Center (500 St. Mary's Rd.), 8:30 a.m. Lafayette Community Center Foundation, 500 St. Mary's Rd., Lafayette 94549. (415) 284-5047.

Sonoma: Sonoma Vintage Run, 5 & 10K & 5K Walk, Sebastiani Winery, 8 a.m. Stan Augustine, P.O. Box 608, Glen Ellen 95442. (707) 996-4815.

Merced: Gateway to Yosemite Triathlon, 10K Run, 22 Mi. Bike, 800m Swim or 2 Mi. Run, 6 Mi. Bike & 400m Swim, Fish & Game Bldg., Lake Yosemite Park, 8 a.m. Ted Rench, 2875 Green St., Merced 95340. (209)

723-2661.

Lake Isabella: "Dam Tough Run", 38.6 Mi. Ultra-Marathon or 4-Person Relay (around the Lake), 7 a.m. Lake Isabella Chamber of Commerce, P.O. Box 567, Lake Isabella 93240. (619) 379-5236.

Ventura: SCA/TAC Half-Marathon District Championships, Mission Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

El Segundo: City of El Segundo 10K, 2250 Park Pl., 8 a.m. Sports Connection, 2250 Park Pl., El Segundo 90245. (213) 643-6878.

Coronado: Leukemia Society/Conorodo Bridge Road Race, 6.5 Mi. & 3 Mi. Walk/Run, Glorietta Blvd., 7:45 a.m. In Motion, 2204 Garnet Ave., Suite 303, San Diego 92109. (619) 483-9501.

San Diego: Bud Light USTS Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. CAT Sports, P.O. Box 1389, Solana Beach 92075. (619) 943-7500.

San Dimas: Steamboat Tri-Al. 0.5K Swim, 20K Bike, 4K Run. Bonelli Park. Time TBA. Bill Fulton, 2654 E. Garvey Ave., West Covina 91791 (818) 331-0169.

September 27 (Tuesday)

Los Angeles: Manufacturers Hanover Corporate Challenge, 3.5 Mi., Griffith Park, 5:30 p.m. Manufacturer's Hanover Corporate Challenge, Box 828, Rialto 92376. Valerie Johnson: (408) 458-9984, or (714) 874-5870.

October. 1 (Sat.):

Wrightwood: Angeles Crest 100 Mile Endurance Run, 5 a.m. Ken Hamada, 370 W. Colorado St., Arcadia 91006. (818) 447-0584.

Brannan Island: Brannan Island Biathlon. 1/2 mile Swim, 4 mile Run, 1/4 mile swim. Brannan Island State Park. 9 am. Team Challenge, Box 963, El Sobrante 94803 (415) 841-1190.

Reno, NV: Journal Jog 8K (PA/TAC Open Men's & Women's Championships). 9 am. Wayne Whiting, 1870 Peavine Rd., Reno, NV 89503 (702) 747-1784.

Bakersfield: Hart Park Fun Run. Distance TBA. 8 am. Bakersfield TC, PO Box 6154, Bakersfield 93386.

Morro Bay: Harbor Sprint Triathlon. 1/4 mi. Swim, 13 mi. Bike, 2 2/1 mi. Run. Time TBA. Andrea Lueker, 535 Harbor St., Morro Bay 93422 (805) 772-1214.

Schedule

Quartz Hill: AVHMC Hospital 5 & 10K and Kiddie Kilo. Mayflower Gardens. 8:30 am. Running Promotions Unltd., PO Box 128, Lancaster 93534 (805) 948-5034.

Catalina Island: Run for Sight. 3.4 mile and 10K and 10.8 mile. Avalon. 8 am/10.8 mi., noon. Run for Sight, PO Box 305 (Avalon Lions Club), Avalon 90704 (213) 510-0787.

South El Monte: 5K Legg Lake Run. 8 am. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660 (213) 949-0394.

Watts: 5 & 10K Runs and 3K Celebrity Walk for Health. 103rd & Compton (Watts Health Center). 8 am. Watts Health Foundation, 3405 W. Imperial Hwy. #401, Inglewood 90303 (213) 671-3465, x360 or x359.

October 2 (Sunday)

Minneapolis, MN: Twin Cities Marathon. 8 am. Twin Cities Marathon, PO Box 24193, Minneapolis, MN 55424 (612) 929-8646.

San Francisco: Walt Stack Birthday Run. CHANGE TO OCTOBER 9.

San Francisco: DSE Kennedy Drive Run. 4.7 miles. 10 am. S/F South Side, Polo Fields, Golden Gate Park. Jim Skophammer (415) 994-5727.

Moraga: Saint Mary's College Oktoberfest Run. 5 & 10K. 8:30 am. Kelly Collins, St. Mary's College, PO Box 0, Moraga 94575 (415) 631-4218.

San Bruno: Artichoke Joe's 5 Mile Fun Run & 2 Mile Walk. San Bruno Ave. & Huntington. 9 am. The Runner's Inn, 486 San Mateo Ave., San Bruno 94066 (415) 872-3805.

San Francisco: Perry's to Perry's Half-Marathon & 5K Run/Walk. (Note: 5K in Mill Valley). 8 am. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118 (415) 387-2178.

San Rafael: The Fourth Street Mile. New George's (842 Fourth St.). 8 am to noon. New George's, 842 Fourth St., San Rafael 94901 (415) 459-3853.

Palo Alto: Stanford Great Race. 10K. Stanford University. Time TBA. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301 (415) 329-2380.

Santa Cruz: Santa Cruz Sentinel Triathlon. 1 mi. Swim, 23 mi. Bike, 10K Run. Main Beach. 8 am. Alice Hemler, Santa Cruz Sentinel, 207 Church St., Santa Cruz 95060 (408) 423-4242, x301.

Santa Rosa: Sonoma County Harvest Fair 10K Run. Sonoma County Fairgrounds. 9 am. Sonoma County Family YMCA, 1111 College Ave., Santa Rosa 95404 (707) 545-YMCA.

Napa: Northwood Classic & Fun Run. 8K & 1.5 mile. Northwood School. 8:30 am. Yoli Rankenburg, 1275 Orchard Ave., Napa 94558 (707) 226-8350.

Fresno: Fresno Fair Cross-City Race, 10K & 2 mile. Roeding Park (10K), 1st & Huntington (2 mi.), 7:30 am/2 mile, 7:45 am. Fresno Fair Cross-City Race, 1121 Chance Ave., Fresno 93702.

Ventura: Avenue Days River Bed Run. 5K and 1 mile. 115 W. Main St. 8 am/1 mi., 8:25 am. Inside Track 1410 E. Main St., Ventura 93001 (805) 643-1104.

South El Monte: San Gabriel River 10 Mile Run. Legg Lake area. 8 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

Woodland Hills: Michael Cooper 5 & 10K Runs for Hope, plus 2 mile Fun Run/Walk. To-panga Plaza (Victory & Owensmouth). 8:30 am. Drew Pomerance, 5044 Mammoth Ave., Sherman Oaks 91423 (818) 501-8309 or (213) 626-4611.

San Diego: California 1st Bank Triathlon. 0.5K Swim, 7K Run, 18K Bike. Mission Bay. Time TBA. R.A. Kozlowski, KOZ Enterprises, PO Box 5031, San Diego 92105 (619) 222-7595.

Camarillo: Tri-Clubs Championships. 1.5K Swim, 40K Bike, 10K Run. Ventura State Beach. Time TBA. Ron O'Keefe, PO Box 28, Camarillo 93011 (805) 388-3912.

Sacramento: The Sacramento Marathon & Half-Marathon. William Land Park. 8 am. Ron Sturgeon, PO Box 995, Dixon 95620 (916) 678-5005.

October 8 (Sat.):

San Francisco: Golden Gate Park X-Country Series. 4 miles. Lindley Meadow (30th & JFK Drive). 9 am. Fleet Feet, 2086 Chestnut St., San Francisco 94123 (415) 921-7188/days or (415) 753-1215/eves.

Sunol: Geary Grinder. 10 mile age handicap or 4 mile. Sunol Regional Wilderness (Calaveras Rd. to Geary Rd.). 9 am. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

Ukiah: Cow Mountain 50 Mile Run. 6 am. Robin Rossow, 2640 Post St. #3, San Francisco 94115 (415) 922-8540.

Rio Vista: Bass Derby Run. 5 & 10K. City Park (4th & Bruning Sts.) 8:30 am (plus kids run at 8 am), Chamber of Commerce, 60 Main St., Rio Vista 94571 (707) 374-2700.

Colusa: Bridge to Bridge 5 & 10 mile. 9 am. Colusa RR, c/o Jennifer Vennery, PO Box

Remember the exhilaration
of cross country?



Golden Gate Park Cross Country Series

4 miles
October 8, 15 & 22, 1988
9 a.m.

Golden Gate Park, San Francisco
Start at Lindley Meadow
(30th & JFK Drive)

COURSE: Same grass and dirt course as 1987. **AWARDS:** "Dirty Shoe" trophy to top male and female running all three races. **DIVISIONS:** Open, Submaster (30-39), Masters (40+). **COST:** \$20 for series of 3 races (includes t-shirt; \$10 each individual race (includes t-shirt) or \$7 each individual race (without t-shirt).

FOR MORE INFORMATION SEND S.A.S.E. TO: Fleet Feet, 2086 Chestnut, San Francisco, CA 94123 (415) 921-7188 days, or Tim Wason (415) 753-1215 evenings.

1063, Colusa 95932.

Delano: The Great Grape Run. 5 & 10K. Civic Center (1009 11th Ave.). 8 am. Jim Nagatani, 1319 Main St., Delano 93215.

Ojai: New Beginnings 5K Run. Location TBA. 8 am. Cathleen Schlichter, Ojai Valley Community Center, 1306 Maricopa Way, Ojai 93023 (805) 646-1401.

Los Angeles: Run for the Homeless 5 & 10K. Griffith Park (merry-go-round). 8:30 am. Chrysalis Center, 702 S. San Pedro St., Los Angeles 90014 (John Dillon: 213-623-2932).

Lynwood: Nun Run 4 x 5K Relay and One-Hour Run. Lynwood City Park. 8 am/realy, 10 am. June Arima, St. Francis Medical Center Foundation, 3630 E. Imperial, Lynwood 90262 (213) 603-6350.

Fullerton: Nite Lite 10K. (200 E. Commonwealth). 5:30 pm. Joe Felz, 303 W. Commonwealth, Fullerton 92632 (714) 738-6545.

Playa del Rey: Learn Not to Burn 5 & 10K. Imperial & Vista del Mar. 8 am. Alisa Ann

Schedule

Ruch Burn Foundation, 20944 Sherman Way, Suite 115, Canoga Park 91303 (818) 883-7700.

Tustin: Tustin Tiller 5 & 10K. Columbus Tustin School (Prospect & Beneta). 7:30 am. Steve Blankenship, City of Tustin, 300 Centennial Way, Tustin 92680 (714) 544-8890.

San Diego: Moving Comfort 8K for Women (& 8K for Men). South of Hilton Hotel. 7 am men, 7:30/women. Paul Greer (619) 755-1639.

Yosemite: Yosemite Cloud's Rest Marathon. Tuolumne Meadows. Time TBA. Tri-Sports, 21 Live Oak, Berkeley 94705.

Fountain Valley: SCA/TAC 50 Mile Championship, Mile Square Regional Park. 6:30 am. Lee Preble, West Coast Univ., 550 S. Main St., Orange 92668 (714) 953-2700 or (213) 532-5043, eves.

Paramount: Senior Strut (for competitive fitness walkers from 50 years +). 1/2 mi., 2 mi., 4 mi. Charter Suburban Hospital (16543

Colorado Ave.) 8 am. Charter Suburban Hospital, 16453 Colorado Ave., Paramount 90723 (213) 531-3110 x415 or 1-800 647-2583.

Encinitas: Say No to Drugs Run. 5K, 10K & 1 mi. Fun Run. North Coast Presbyterian Church (1831 South El Camino Real) 7:30 am/5K, 8 am/10K, 8:30 am. North Coast Presbyterian Church, 1831 South El Camino Real, Encinitas 92024. Steve Krentel (619) 753-2535.

October 9 (Sunday)

San Francisco: DSE/GGNRA "Walt Stack Run" ? miles. 9 am. S/F Crissy Field, the Presidio. Jim Skophammer (415) 994-5727.

Danville: Primo's to Primo's 5 & 10K, and 0.5 mi. 7:30 am. Janet Kinney, 16 Ray Ct., Danville 94526 (415) 837-0861.

Concord: Spartan Cup 5 & 10K, DeLaSalle High School (Winton & Treat Blvd). 9 am. Jim Seven, 132 Mt. Everest Ct., Clayton 94517

(415) 672-7598.

Fremont: Pumpkin Patch Fun Run/Walk, 5K. Central Park Swim Lagoon (Paseo Padre Pkwy). 9 am. Ginny Duffy, City of Fremont, PO Box 5006, Fremont 94537 (415) 791-4320.

Novato: Mt. Burdell Challenge. 5 & 10K. 351 San Andreas Dr. 9 am. Ray Young, 2050 Shady Ln., Novato 94945 (415) 892-3228 or 897-6417.

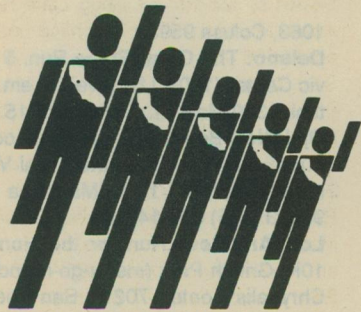
Palo Alto: Run for the Animals. 5 & 10K. 9 am. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301 (415) 329-2380.

Aptos: Run for Your Life. 6.5 mi. & 2 mi. Fun Run. Aptos Village Park. 9 am. Joel B. Doss, 358 Searidge #1, Aptos 95003 (408) 658-2504.

Morgan Hill: Columbus Day Biathlon. 5 mi. Run, 15 mi. Bike. Live Oak High School (1505 E. Main St.). 9 am. (500 limit). Gavilan Wheelers, 14735 Amberwood Ln., Morgan Hill 95037 (408) 729-2504.

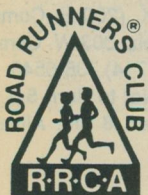


National Masters Championship



CALIFORNIA INTERNATIONAL MARATHON

DECEMBER 4, 1988



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 PHONE: (916) 447-2786



Schedule

San Mateo: Forty Niners Run, 5 & 10K. Special Walk & Children's Event. Coyote Point Recreation Area. 8 am. Sister Mary Rose Christy, Sisters of Mercy, 2300 Adeline Dr., Burlingame 94010 (415) 340-7400.

Sparks/Reno, NV: PA/TAC 15K Championships (all divisions) & 5K Fun Run. Fisherman's Park. 9 am. Silver State Striders, PO Box 21171, Reno, NV 89515 (Bill Meister 702-852-5037).

Merced: Bell Race. 3K & 15K. Applegate Park (26th & "O" Sts.). 8:30 am. MTC Bell Race, 629 El Portal Dr., Merced 95340 (Jean Schwisow 209-722-8385).

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

Valencia: "Run for the Health of It" 5K. Henry Mayo Newhall Memorial Hospital (23845 W. McBean Pkwy). 8:30 am. Tamra Kraye, HMNMH, 23845 W. McBean Pkwy, Valencia 91355 (805) 253-8082.

South El Monte: Legg Lake 5K Challenge. 8 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

Los Angeles: Travel Town 5K Run. Griffith Park. 8 am. Kern's Classic, 11811 W. Olympic, Los Angeles 90064 (213) 478-7878.

Newport Beach: Human Race Triathlon. 1.5 mi. Swim, 35 mi. Bike, 10K Run. Time TBA. Matt O'Day, 4255 Campus Dr., #A-100, Irvine 92715 (800) 331-4871, (800) 223-4871.

San Diego: Running Wild 10K, plus 5K Walk. Wild Animal Park. 7:30 am. Kathy Loper (619) 437-4556.

Weott: Humboldt Redwoods Marathon & Half-Marathon. 9 am. Karen Angel, Six Rivers RC, PO Box 214, Arcata 95521 (707) 442-6463.

October 15 (Sat.):

Vallejo: Blue Rock Classic. 10K. Hanns Park (Redwood Pkwy). 9 am. Dan Donahue, PO Box 872, Vallejo 94590 (707) 552-4004.

Pinole/Bear Valley Biathlons, Bearathon: 15K Run, 24 mi. Bike, or Hare-athon 5K Run, 10 mi. Bike. Ellerhorst School (Pinole Valley Rd.) 9-am. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

San Francisco: Golden Gate Park X-Country Series. 4 mile. Lindley Meadow (30th Ave. & JFK Dr.) 9 am. Fleet Feet, 2086 Chestnut St., San Francisco 94123 (415) 921-7188/ days, or (415) 753-1214/eves.

Mountain View: Mountain View Rotary Club

10K Run. Mtn. Bay Plaza (444 Castro St.) 8:30 am. Jerry (408) 735-7739.

San Jacinto: Lions Run, 2K & 10K. San Jacinto High School. 8 am/2K, 8:30 am. Ben Stuart, San Jacinto Lions Club, PO Box 883, San Jacinto 92383 (714) 654-7774 or (714) 528-6601.

West Covina: City of West Covina Festival 5 & 10K Runs. City Hall (1444 W. Garvey). 8 am. Scott Smilowitz, City of West Covina, 1444 W. Garvey Ave., West Covina 91793 (818) 814-8420.

Newport Beach: Newport Beach/Harbor Heritage 5K Run & 2K Fun Run. Newport Harbor High School (16th St., btwn. Dover & Irvine). 8 am. NHHS Harbor Heritage Run, 600 Irvine, Newport Beach 92663 (714) 760-3339.

Long Beach: Long Beach State University 1K, 5K & 10K Homecoming Run. CSULB Track. 8 am. Intramural Sports., CSULB, SAR-179, 1250 Bellflower Blvd., Long Beach 90840 (213) 985-4668.

Encinitas: Encinitas Family 5K & Kids 1 mi. Run. North Coast Health Center. 8 am/5K, 9 am. In Motion, Inc., 2204 Garnet Ave., Suite 303, San Diego 92109 (619) 483-9501.

October 16 (Sunday):

San Francisco: GayRun '88. 5 & 10K. Golden Gate Park (Polo Fields). 9 am. San Francisco Frontrunners, 1550 California St., Suite 6L200, San Francisco 94109 (415) 621-4284, 956-2893, Peter Trevino.

San Francisco: DSE U.S.S. San Francisco Monument Run. 6.5 mile. Parking lot above Clement & El Camino Del mar (48th Ave.). 10 am. Jim Skophammer, 666 Orange St., Daly City 94014 (415) 994-5727.

Danville: Las Trampas Wilderness Run & Stride. 8 mi. & 3.5 mi. Bollinger Canyon Rd. 9 am. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

Oakland: Oakland Brass Pole Run. 5K run/walk, 10K Run. Jack London Square. 9 am. Volunteers of America, 519-17th St., Suite 600, Oakland 94612 (415) 834-4650.

Half Moon Bay: Half Moon Bay Pumpkin Festival Run. 1.5 mi. & 10K. Time TBA. Pumpkin Festival Run, PO Box 1101, Half Moon Bay 94029.

San Jose: Rose Garden Run/STride. 1.5 & 5 mi. runs, 3 mi. stride. Central YMCA. 8:30 am. YMCA, 1717 The Alameda, San Jose 95126 (408) 298-1717.

Orinda: Miramonte Foot Feet. 2 mi. run/walk, 10K run. Miramonte High School (750

Moraga Way). 9 am. John Bannister, Jr., 116 Corliss Dr., Moraga 94556 (415) 376-0365.

Santa Clara: Eat'N Run 88. 5 & 10K. Mission College. 9 am/5K, 9:20 am. World Runners, Box 18132, San Jose 95158 (Andre Pascal 415-968-0300).

Santa Cruz: Long Marine Lab Half-Marathon. End of Delaware (Natural Bridges State Park). 8 am. Mike Moser, Long Marine Lab, 100 Shafter Rd., Santa Cruz 95060 (408) 429-4675.

St. Helena: Valley View Run. 5 mi. & 1 mi. Fun Run/Walk. St. Helena High School. 9 am. Patrick Lecourt, St. Helena Hospital, Deer Park 94508 (707) 963-6207.

San Francisco: Fleet Week Challenge Run. 5 miles. Crissy Field (Presidio). 8 am. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

Hayward: Hayward Half-Marathon. Kennedy Park. 8 am. Debra Park, 1099 "E" St., Hayward 94541 (415) 881-6778.

Bakersfield: Ultimate Fun Run. Distance TBA. Bakersfield College. 8 am. Bakersfield TC, PO Box 6154, Bakersfield 93386.

Lawndale: City of Lawndale 5 & 10K, El Camino College (16007 Crenshaw). 7:45 am. Gary Di Corpo, City of Lawndale, 14717 Burin Ave., Lawndale 90260 (213) 973-4321, x 129.

Van Nuys: Pumpkin 5 & 10K Classic & Kid-die K. Woodley Park. 7:45 am/1K, 8 am/5K, 8:30 am. John Black, VPH Cardiac Rehab, 15107 Vanowen St., Van Nuys 91405 (818) 902-5776.

South El Monte: 5K Legg Lake Run. 8 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

San Dimas: U.S. Relay Championships & Bonelli Park International. 1K Swim, 40K Bike, 8K Run. Bonelli Park. Time TBA. Bill Fulton, 2654 E. Garvey Ave., West Covina 91791 (818) 331-0169.

Rancho Bernardo: Rancho Bernardo Half-Marathon & 2 mi. Rancho Bernardo Park. 7 am. Ozzie Osgood (619) 485-7536.

San Diego: Swiftest Business 10K. General Dynamics. 8 am. Amy Garfield (619) 573-9921.

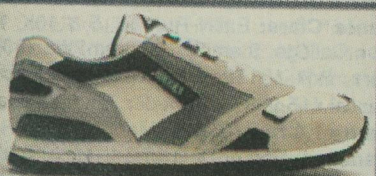
October 22 (Sat.):

San Francisco: Golden Gate Park X-Country Series. 4 mi. Lindley Meadow (30th Ave. & JFK Drive). 9 am. Fleet Feet, 2086 Chestnut St., San Francisco 94123 (415) 921-7188 days, (415) 753-1215 eves.

Menlo Park: Run for the Kids. 10K. Menlo



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DAVIS Fleet Feet	Athlete's Corner Doherty & Dunne
DUBLIN World of Shoes	Fleet Feet/Lakeside Village, Marina, Market Street
EUREKA Jogg'n Shoppe	Hoy's Sports
FAIR OAKS Fleet Feet	Lombardi Sports On The Run
FORT BRAGG Sports Locker	PR Sport Shoes
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Schedule

College (1000 E. El Camino). 8:30 am. Gale Holm, 927 Laurel Ave., Menlo Park 94025 (415) 321-2184.

San Francisco: 1988 First World Corporate Games (thru November 5). Track events, 5K, 10K, Half-Marathon, Marathon, plus 19 other sports. \$150 fee. World Corporate Games, Shaklee Terraces, 444 Market St., San Francisco 94111 (415) 781-1988.

Santa Rosa: Annadel Trail Race. 6.8 & 9.1 mile. Annadel State Park. 9 am. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

Cool: Trail Blazer Biathlon. 4 mi. run/ 14 mi. bike. (Near Sacramento) 300 limit. 8 am. Delmar Fralick, Fleet Feet, 8128 Madison Ave., Fair Oaks 95628 (916) 965-8326.

Harris Ranch: Harris Ranch River Run. 2 mi. & 10K (21011 E. Trimmer Springs Rd., 6 mi. east of Fresno). Time TBA. Harris Ranch, Route 1, Box 420, Coalinga 93210 (209) 884-2477.

Bakersfield: Hart Park Relays. Distance & Time TBA. Bakersfield TC, PO Box 6154, Bakersfield 93386

Hawthorne: Hawthorne Rotary 5 & 10K. Robert F. Kennedy Medical Center (4600 W. 116th St.) 8 am. Reese Walton, 4565 W. 130th St., Hawthorne 90250 (213) 679-6361.

Ventura: Inside Out & Back 10K. Inside Track. 9 am. Gary Tuttle, Inside Track, 1410 E. Main St., Ventura 93001 (805) 643-1104.

San Diego: San Dieguito Handicap. 10 mi. San Dieguito Park. 7:30 am. Dennis Kasische (619) 280-7327.

Grossmont: Grossmont Hospital 10K. Grossmont Center Dr. 8 am. Tim Murphy (619) 275-5440.

Kona, HI: Bud Light Ironman Triathlon World Championship. 2.4 mi. Swim/ 112 mi. Bike/Marathon Run. Time TBA. Debbie Baker, 1100 Ward Ave., #815, Honolulu, HI 96814 (808)528-2050.

October 23 (Sunday):

Daly City: DSE San Bruno Mountain Run. 5 & 10K. San Bruno Mountain State Park (top of Guadalupe Canyon Pkwy). 10 am. Jim Skophammer, 666 Orange St., Daly City 94014 (415) 994-5727.

Redwood City: The Perfect Race Half-Marathon. 20K Racewalk & 10K Fun Stride. Canada College (Farm Hill Blvd.). Time TBA. Terri Texeira, YMCA, 1445 Hudson, Redwood City 94061 (415) 368-4168, mornings.

Livermore: Mulberry Grape Escape. 5 & 10K Run & 5K Stride. Went Bros. Winery

(5565 Tesla Rd.). 9 am. Rae Dorough, 614 Escondido Circle, Livermore 94550 (415) 447-8100.

Fremont: Coyote Hills to-the-Bay Race. 3.5 & 7 mile. Coyote Hills Regional Park (8000 Patterson Ranch Rd.). 10 am. Newark Recreation Division, 35501 Cedar Blvd., Newark 94560 (415) 790-7252.

Antioch: Deltathon & Biathlon. 1 mi. & 10K Run, or biathlon: 10K Run & 12 Mi. Bike. Contra Costa County Fairgrounds. 8 am. Laurie Rollin, California Delta Newspapers, 1700 Cavallo Rd., Antioch 94509 (415) 757-2525.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs. 5, 10 & 15K. Lake Merritt (Old Boathouse), 14th & Lakeside. 9 am. Elvyn Blair, 3136 California St., Oakland 94602 (415) 530-9151.

Santa Rosa: Snoopy's Young at Heart Run. 5K & 7 mi. Redwood Empire Arena (Steele Ln. exit off 101). 9 am. Redwood Empire Ice Arena, 1667 W. Steele Ln., Santa Rosa 95401 (707) 546-7147.

So. El Monte: 5K Legg Lake Run. 8 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

October 28 (Friday):

San Francisco: KMEL Monster Chase 5K Night Run. Crissy Field (Presidio). Time TBA. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

October 29 (Sat.):

Kenwood: The Sugarloaf Half-Marathon. 7 mi. & 13.5 mi. Sugarloaf Ridge State Park. 9 am. (hilly trail course). Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

Folsom: Sierra Nevada Endurance Run. 52.4 miles. Folsom Lake (trail run). Time TBA. Delmar Fralick, PO Box 5299, El Dorado Hills 95630 (916) 965-8326, days.

Santa Barbara: Sri Chinmoy 3 Mile. Palm Park (across from Red Lion Resort). 8 am. Aditi Camahan (805) 685-3325.

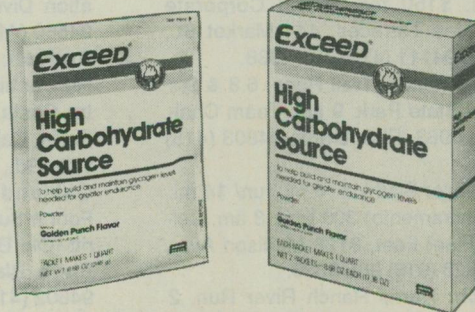
Ventura: "Twilight's Last Gleaming" 4 Mile X-Country. Arroyo Verde Park (Day Rd.). 5 p.m. (Raceday entry only.) Andrew Hecker, Box 7793, Ventura 93006 (805) 983-0044, days, or (805) 642-3879, eves.

Whittier: Whittier Village YMCA 5 & 10K. Whittier Hilton Hotel. 8 am. Marilyn Grant, E. Whittier, YMCA, 15740 Starbuck, Whittier 90603 (213) 943-7241.

Bellflower: City of Bellflower Liberty 5 & 10K Runs. T. Mayne Thompson Park (14001 So. Bellflower Blvd.). 8 am. George Sturtz,

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City of Bellflower, 16600 Civic Center Dr., Bellflower 90706 (213) 804-1424, x262

Alhambra: Alhambra's Moonlight 8K (NATL TAC WOMEN'S 8K CHAMPIONSHIPS), Alhambra Park (500 N. Palm Ave.) 7 p.m. City of Alhambra, Human Services Dept. 111 So. First St., Alhambra 91801 (818) 570-5044.

Ontario: Bud Light Trick or Treat Triathlon. 3 mi. run / 9 mi. bike / 200 yd. swim. Clarion Hotel. Time TBA. Rob Hogan, 7211 Ramona Ave., Alta Loma 91701 (714) 989-6512.

San Diego: Quarter-Note Classic 10K. Organ Pavilion. 8 am. In Motion (619) 483-9501.

October 30 (Sunday):

San Francisco: DSE Legion of Honor Run. 4.3 mi. Legion of Honor, 34th Ave., & Clement. 10 am. Jim Skophammer, 666 Orange St., Daly City 94014 (415) 994-5727.

San Francisco: Pepsi-Cola California Mile. 8 am. (Up California St. hill). Winning Team, PO Box 416, Belmont 94002 (415) 593-2788.

Santa Clara: Special Olympics 20th Year Celebration. 1 mi., 5 & 10K. Location TBA. Time TBA. (For runners, race-walkers, wheelchairs) Contact (408) 353-3013.

Westlake Village: Great Pumpkin 5K, 10K & 1 Mile. Westlake Plaza Hotel. 8 am. Chamber of Commerce, 31838 Village Center Rd., Westlake Village 91361 (818) 991-3101.

VERIFY DATE **Carson City, NV:** Nevada Day Classic. 8K Run, 3K Stride. 8 am. Butch Cattanch, Fleet Feet, 3771 S. Carson St., Carson City, NV 89701 (702) 883-3361.

LOOKING AHEAD

(Marathons, Relays, Important Deadlines, Major Events, etc.)

Nov. 6 (Sunday): Los Gatos: J&J Sports Los Gatos Summit Marathon & Half-Marathon. 8 am. (\$3000 prize money/marathon only). Runner's Factory, 51 University Ave., Los Gatos 95030 (408) 395-4311.

Nov. 6 (Sunday): New York, NY: New York City Marathon. 10:30 am. Entries by first-come, first-served and lottery. NYC Marathon, 8 E. 89th Street, New York, NY 10128 (212) 860-4455.

Nov. 13 (Sunday): Clarksburg: Clarksburg 30K & 5K Fun Run. (NATL TAC MASTERS 30K CHAMPIONSHIPS). Delta High School. 11 am. Skip Seebeck, PO Box 20, Clarksburg 95612 (916) 665-1712.

Nov. 13 (Sunday): Fresno: Fresno Marathon & Half Marathon. 8 am. Woodward Park. Fresno Marathon, Box 17097, Fresno 93744-7097 (209) 237-4718..

November 20 (Sunday): Holmdel, NJ: Masters Nat'l TAC 10K X-Country Championships. Time TBA. Ron Salvio, 116-A Highway 33, Englishtown, NJ 07726 (609) 259-9268.

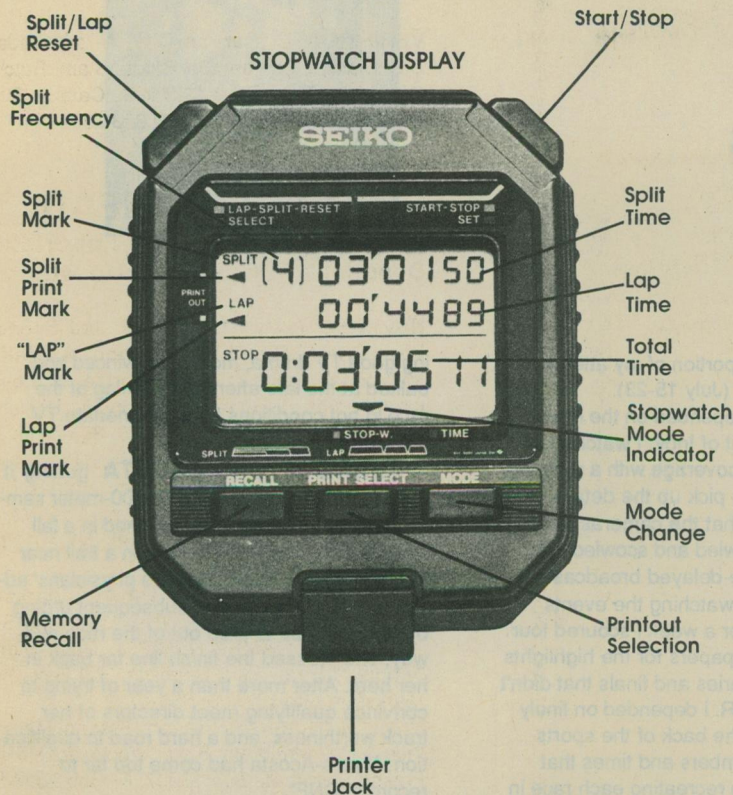
Nov. 20 (Sunday): San Francisco: Golden Pacific Marathon & 10K. Golden Gate Park. 8 am. Golden Pacific Marathon, 21 Live Oak, Berkeley 94705.

November 25 (Friday): Raleigh, NC: Nat'l TAC Masters 5K X-Country Championships. Time TBA. Bob Baxter, 800 Purdue St., Raleigh, NC 27609 (919) 872-4450.

November 26 (Saturday): Raleigh, NC: Nat'l TAC Sr. Men's 10K X-C, Sr. Women's 6K X-C, Jr. Women's 5K X-C Championships. Time TBA. Same contact as November 25 above.

December 4 (Sunday): Folsom: California International Marathon. Folsom Dam. 7 am. (NATL TAC MASTERS CHAMPIONSHIPS AND PATAC CHAMPIONSHIPS all divisions). SLDR, PO Box 161149, Sacramento 95816 (916) 447-2786.

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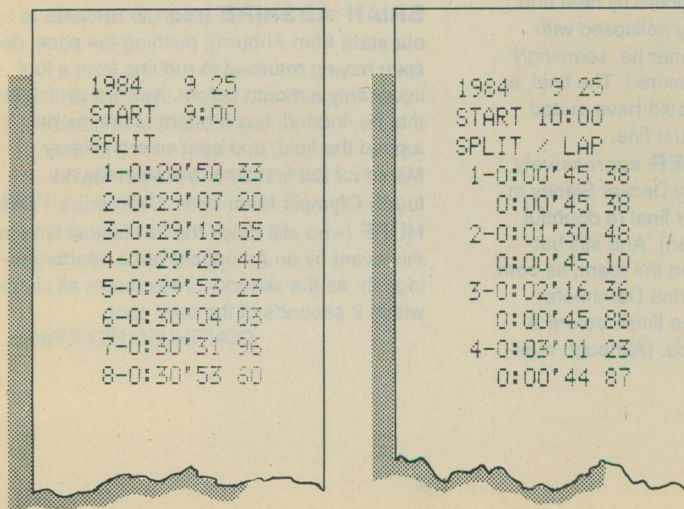


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3. Places: printed to "99," then start again at "0"
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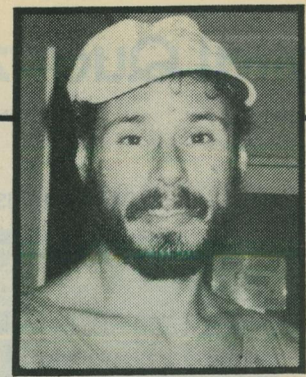
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Keeping Pace

By MARK WINITZ



Trailing the Olympic Trials

FACT: Californians or transplanted Californians earned 1988 U.S. Olympic Team berths in every running event (both men's and women's) from 400 meters on up -- except for one. The exception was the men's 10,000 meters.

FACT: In a total of 42 Olympic events (in track and field, the marathon, and race walking), Californians or transplanted Californians made the 1988 Olympic Team in 37 of them.

To a running journalist who hails from California, these statistics are truly overwhelming. A multitude of local stories emerging from last July's U.S. Olympic Track and Field Trials in Indianapolis cry to be told. A popular question directed my way over the last few weeks has been "Are you going to do a story on so-and-so? He/She is a Californian, you know."

Yes, I know. And I am inspired and overflowing with individual glories to tell. The inkwell is full and our California Olympians await their well-deserved recognition. But like the aspiring elite athlete who must work full-time, and train "after hours" towards a lofty goal--so must this runner journalist direct only a portion of each too-short day towards his first love and true talent.

And so, given limited time and means, this column trails the trials by several months. Some of you have read the story here before. But some tales are never too old to tell or retell. And I will stick to what I know best: Distance Running.

VIEWS FROM HOME

Although the realities of making a living forced me to "cover" the events in Indianapolis from my desk (while depending on my friends and acquaintances for first-hand reports), the U.S. Olympic Track and Field

Trials held the major portion of my attention for more than a week (July 15-23).

Like you, I largely depended on the media for reports coming out of Indy. I watched ABC's two-weekend coverage with a magnifying glass, straining to pick up the details of the distance events that the cameras didn't show enough of. I howled and scowled and raved during the tape-delayed broadcasts as if I were at the track, watching the events live. Every morning for a week I scoured four or five different newspapers for the highlights of the many preliminaries and finals that didn't come through my VCR. I depended on finely printed results near the back of the sports pages to fill in the numbers and times that were my only clues in recreating each race in my imagination. And I became a detective, dotting on the real and imagined images, looking for hints about the happenings at the Trials that I could pass along to you. Here are the pictures and details from the Trials that I'll remember, particularly those about the California distance runners that many of us know, at least by name.

I won't forget these images from the 1988 U.S. Track and Field Trials:

~**JAY MARDEN** coming within 200 meters of making it to a 10,000-meter men's final that subsequently unfolded as a race he could have won. On the first night of competition, running in a prelim marked by heat and humidity, Marden suddenly collapsed with less than half a lap to go after he, seemingly, had a route to the finals secured. The final, a sit-and-kick-type affair, would have suited the swift-closing Marden just fine.

~**PATTISUE PLUMER** aggressively going out right behind Mary Decker Slaney in a cauldron-like 3000-meter final (a doubtful strategy, I had thought then). And still battling to a third place spot on the team, as both she and fourth-placer Sabrina Dornhoefer crumbled to the track at the finish before a national television audience. (Although mak-

ing good TV drama, most of us winced and balked at the late afternoon running of the race in hot conditions to accommodate TV coverage.)

~**BARB MYERS-ACOSTA** gutting it out around the track in her 10,000-meter semifinal on an ankle she had sprained in a fall while training the week before on a trail near her Santa Cruz home. Despite physicians' advice not to compete, and subsequent urging by race officials to drop out of the race midway, she crossed the finish line far back in her heat. After more than a year of trying to convince qualifying meet directors of her track worthiness, and a hard road to qualification, Myers-Acosta had come too far to record a "DNF".

~**SYLVIA MOSQUEDA** leaving the odds-makers scratching their heads after failing to advance in a cooler, early morning 10,000 first round.

~New California resident and American 10K (track) recordholder **MARK NENOW** seeing a 10,000-meter berth slip away as he bided the slow pace of the final, giving kickers Bruce Bickford, Steve Plasencia, and Pat Porter, the upper foot on the last lap. (Nenow has been living and training in Carmichael, near Sacramento.)

~A gutsy group of 3,000-meter steeple finalists, competing in their third race in five days. Former El Sobrante, CA schoolboy **BRIAN ABSHIRE** (soon to relocate to our state from Auburn), pushing the pace, despite having returned to running from a foot injury only a month before. Abshire confirmed that he, indeed, has a bright future, as he topped the field, and beat veteran Henry Marsh for the first time. Marsh made his fourth Olympic team here. California's **IVAN HUFF** (who still holds the 3rd fastest time in this event by an American) ran a heart-breaking 6th, as the second three placers all came within 2 seconds of the third spot.

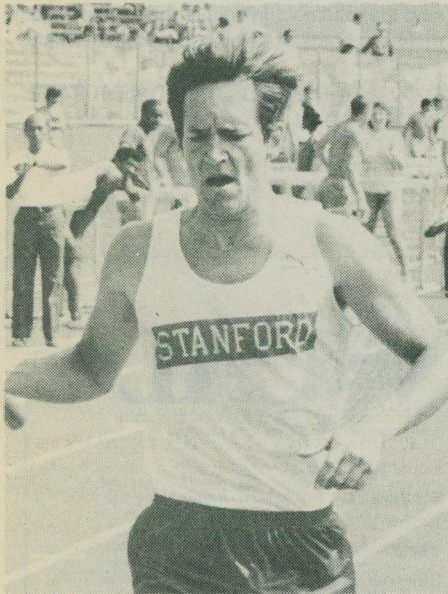
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Keeping Pace

~Ex-Stanford 4-lapper **JEFF ATKINSON** laying it on over the last 200 meters to win a 1500-meter final after steering clear of trouble in this slow, pushy-shovey kind of race. "Who's Atkinson?" was the question ringing the Indiana University stadium as the Nike Coast TC man took his victory lap and did a Flo Griffith-style down-on-the-knees salute before a group of Reebok Aggie acquaintances in the stands.

(Atkinson is the man who answered my own questions posed in the June issue of my *RunCal* Newsletter: Will someone who lives in your town pull a Mark Conover-type upset? Jeff lives about a mile and a half from my own home in Los Altos.)

~Veteran **STEVE SCOTT** kicking it in



Fine Flicks by Don Gooney

JEFF ATKINSON

on Atkinson's shoulder, making this race look easy while other milers with international credentials (like Jim Spivey and Chuck Aragon) were finding it was just the opposite.

~Another ex-Stanford runner, **REGINA JACOBS**, shadowing winner Mary Decker Slaney in the women's 1500 until the last straightaway and grabbing second spot on the team in front of another Los Angeles-area resident, **KIM GALLAGHER**. For Jacobs, it was a big step up the ladder of promising potential. For Gallagher, it was her third berth on a U.S. Olympic team. The 1984 Games 800-meter silver medalist had already

earned a repeat spot in this event earlier in the week. An amazing story for a woman who has wrestled with physical problems and surgery over the last three years.

~Olympian **RUTH WYSOCKI**, running amidst a career change to a stenographer, gaining little notice or mention by the press this time around. (Memories are short in the general press corps.) After placing 6th in the 3,000 final, Wysocki held onto the 4th-place alternate spot in her stronger event (the 1500). Should Gallagher stick with the 800 in Seoul (she plans on doubling at this point), Wysocki will be an Olympic 1500-meter competitor once again.

~35-year-old **FRANCIE LARRIEU-SMITH** (alas, an ex-Californian for some time now), making her third Olympic team. It is fitting that Larrieu, who competed in her first Olympics in 1972, should be among the U.S. three to run the inaugural Olympics' women's 10,000. I only regret that I wasn't in Indy to yell "Gooooo, Francie," as I have oval-side many times in years past.

~Another ex-Californian (San Leandro's Marina High), **DOUG PADILLA**'s, camera-close expression of relief and joy as he crossed the finish first in the men's 5,000. Even under fire for some difficult and misunderstood races last year, Padilla remained a gentleman's gentleman. In the same 5,000 final, places 4-6 were taken by competitors who were already weary from 10,000 efforts, Jay Marden (6th) ran admirably in his fourth race in a week. Both Keith Brantly (4th) and Nenow (5th) ran five races during the same time period.

~And I won't forgive ABC commentator Al Trautwig's unnerving comment before coverage pulled away to the long jump during the women's 3,000. As a heated battle ensued in blistering conditions Trautwig commented matter-of-factly: "It's a calm pace, looking like everyone's happy where they are. As we continue our live coverage of the women's 3,000, we are going to step away for a moment...."

And even Marty Liquori's experienced, and valuable words about the distance events couldn't override another commentator's chatty discussion with Florence Griffith-Joyner about her wardrobe as an uncommen-
tated men's 5,000 ensued in the background.

THE STANFORD CONNECTION

Is it a coincidence that three of the distance runners who made our team spent their recent collegiate days in the track and field program at a certain prestigious university in Palo Alto, California? Is it happenstance that another woman—who made the team in the marathon—trained with these same Stanford runners and credits their coach as highly influential in her running development? I think not.

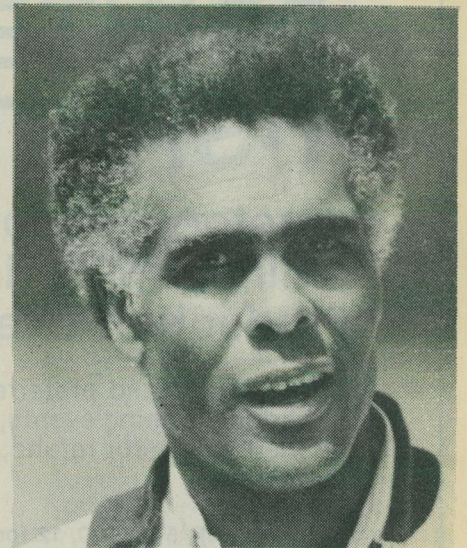
Jeff Atkinson, a 1986 graduate of Stanford, earned All-America status in the 1500 in his last two years there. He ran a 3:55 mile during those same years. His coach at Stanford and also this day? Brooks Johnson.

PattiSue Plumer received All-America honors 12 times in track and cross country while at Stanford ('82-'85). She was NCAA champion for 3,000 (indoors) and 5,000-meters (outdoors) in 1984. Her coach then, and right through the 1988 Trials? A man named Johnson.

Regina Jacobs was a 6-time All-American at both 800 and 1500 meters, as well as in cross country, during her years at Stanford ('82-'85). Her coach in school? You guessed it.

And who is the coach that Nancy Ditz credited during her emerging world class days? Well....

photo by Richard Lee Slotkin



BROOKS JOHNSON

Keeping Pace

In Indianapolis Johnson's influence was exerted mostly behind the scenes or on the sidelines. Not many observers thought about Johnson, but I did as I followed the happenings from across the country.

This coach is not a man that encourages neutral relationships or unbiased thoughts. Most of his runners, both past and present, admit that he is one hard coach to run under. His coaching philosophies are different from today's widely accepted norm. Sometimes they are avante garde. You don't go around saying that most non-sprinters (e.g. distance runners) never get fast because they are afraid of pitching forward flat on their faces--without raising a few eyebrows.

I talked to this man, who headed the women's track and field team at the '84 Olympics, two days after he returned from the track trials. What did he have to say?

On Jeff Atkinson: "He was a kid who came into college at 4:19, determined to make him-

self good. That's what he did. He restructured his style; he restructured his body through weights; he restructured his mentality; he went through an attitude adjustment. He put himself through a total metamorphosis.

On Atkinson's races: It (the 1500 final) was a race where it came down to beating people, rather than worrying about time or pace. We had a heated discussion after his first heat because after leading he let a couple of people pass him, instead of winning it. That made it tougher for him in the next round. If you are going to slow down with the idea of saving energy, it's stupid. By virtue of not finishing first, you have another winner to contend with, instead of another second place person to contend with.

"In 1986 we decided that Jeff had to run 55 seconds over the last lap, no matter what kind of debt he was in. This year it was 53 seconds. And that's what allowed him to win the (trials) race. Over the last 200 meters, he

was to change gears every 50 meters--faster, faster, faster, faster. That's a trained phenomenon. We do that all the time. Earlier in the race, he kept himself out of trouble by not getting caught in Death Valley or on the rail. He kept himself free and clear to execute his own race strategy."

On Regina Jacobs: "She always had an awesome range and ability. And at Stanford, she ran well in cross country. Her problem was the ability to do that on the track in the big races. But she seems to have solved that in her two years out of Stanford. She now has excellent coaching (in Ron Allice of Long Beach City College), and they have solved some problems in two years that I couldn't do in four."

On PattiSue Plumer: "PattiSue posed a real challenge for me. All the so-called experts said that she couldn't make the Olympic team on four months of training, particularly when

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—Coach Peanut Harms, Aggie Running Club

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Keeping Pace

she was having respiratory problems. But our feeling has been that we can peak just about anybody in 12 weeks.

"In our training we focussed only on the essentials. We knew what the problem was going to be in the race, and we simulated that problem many times in practice. PattiSue had to become race callous after not running for months.

photo by Mark Winitz



PATTISUE PLUMER

On Plumer's race: "With two laps to go, we were pretty confident that she was going to make the team because we had worked on that specific aspect of the race. With the possible exception of Wysocki, who has 2 minute (half mile) speed, no one in the second group had Patti's speed. Under no circumstances, was Patti to let somebody get ahead of her on the last two laps. With two laps to go we were confident nobody was going to beat her in a passing contest."

On his training methods: "During the '70's Americans generated speed in their automobiles by putting in big engines. That concept of wastefulness and inefficiency permeates throughout our society. More is always better here. But in Europe, they were making their cars faster through the transmission and the differential. My feeling is that less is best.

"Anybody can run the first three quarters of almost any race. But the race is won in the last quarter. So you train for that last quarter. Most people spend months and months get-

ting in shape to run the first three quarters of the race when that's a 'gimme'.

"All that stuff that you hear about building a base, and background, and peaking once a year is bull. If you consider that Patti really didn't start training for this meet with intensity until after she had her law exams in May, you realize that we really only had five weeks to get her ready. The proof is in the pudding."

BRIAN'S BARRIER

It wasn't until the trials were about to begin that I learned Brian Abshire (winner of the steeplechase) is a temporarily removed Californian. During his high school years at De Anza High in Richmond, CA and as a junior college runner, Abshire didn't run attention-getting times. But he went with his Clackamus (Oregon) JC coach, Kelley Sullivan, to Alabama's Auburn (a school known more for fast sprinters) and he blossomed.

As a 5-time NCAA All-American, the 5'11", 125-pound Abshire excelled at the 3,000 indoors and in the 5,000 and steeple outdoors. Then, last February, he uncorked a 7:41.57 indoor 3K at the Vitalis meet in New Jersey (an American record and the second best time ever recorded worldwide).

But plantar fasciitis then kept him from training until late last May. Abshire had barriers to overcome before Indy, but was eventually confident going in. "My training went really well the last two weeks," he told me.

And what's in Brian's future? "I still have another six years of good running, maybe longer," says the 24-year old. "Indoors, I want to get the world record in the 3,000. I'm pretty close now (to Emiel Puttemans' 7:39.2). In the steeple, I'm confident that I can go 8:15. Eventually, I'd like to get the American record. It's a good record." (That's Henry Marsh's 8:09.17.)

Following the Olympics in October, Abshire plans on moving back to San Francisco's Bay Area. "I really like California," he admits. "It's a great place to train."

And it's a great place to write about running. Although (perhaps like you) I wish that I was in Seoul this month, watching our state's athletes compete against the world's best.

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, California. He is Bay Area Editor for *California Track & Running News* and publishes the *RunCal* Newsletter on California running. He also announces, publicizes and helps promote running events. Please direct any correspondence on S.F. Bay Area running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

CTRN' S MARK WINITZ TO HELP SELECT ROAD RACE MANAGEMENT'S RACE DIRECTOR OF THE YEAR

Road Race Management, the professional newsletter for race directors, is seeking nominations for the second annual Road Race Management Race Director of the Year Award. According to publisher and editor Phil Stewart, "This annual award is designed to recognize and promote excellence in race directing." Nominees are judged on several factors including overall ability, reputation of race, entry fee/services provided ratio, sponsor relations, creativity and organizational ability. Last year's winner was Fred Lebow, Race Director of the New York City Marathon.

A committee consisting of Jeff Darman, long-time race official and consultant to several companies associated with running; Henry Gible, President of the Road Runners Club of America; Linda Honikman, Managing Trustee of TACSTATS; Elizabeth Phillips, President, Special Events Marketing; Jon Sinclair, nationally ranked road racer; and Phil Stewart, editor and publisher of *Road Race Management* and Director of the Nike Cherry Blossom; Mark Winitz, editor and publisher of *RunCal* Newsletter and *California Track & Running News* columnist, will judge the entries.

Nominations close September 26 and the winner will be announced at the annual Road Race Management Race Director's Meeting November 12 in Washington D.C. Nomination forms will be mailed to all subscribers to *Road Race Management*, or may be obtained by sending a self-addressed, stamped envelope to Jeff Darman, c/o Race Director of the Year, 1201 S. Eads St., #2, Arlington, VA 22202.

PA-TAC Notes

By JOHN MANSOOR

PACIFIC LDR GRAND PRIX UPDATE

Listed here is the updated standings for the Pacific Association Grand Prix through the 50K Championship. As you can see, the competition is keen with still many events yet to come. The fall events should be very exciting so plan on being there!

FALL CHAMPIONSHIP EVENTS

Sept 4	Hoy's 10K	Open Women
Sept 18	Buffalo Stampede	All Divisions
Oct 1	Journal Jog 8K	Open Men & Women
Oct 9	Silver State 15K	All Divisions
Nov 6	Examiner X-C	All Divisions
Nov 13	Foundation 30K	All Divisions
Dec 4	Cal International	All Divisions

LDR MEETING SET FOR RENO

The Championship meeting of the LDR Committee to determine the 1989 Championships has been set for Reno on October 9, in conjunction with the Silver State 15K. All are welcome including bidders for the 1989 Championships. For more information on the meeting, or bidding for a Championship, please contact the TAC office at (916) 933-4913.



GRAND PRIX STANDINGS

OPEN MEN

PLC NAME	PTS
1 Domingo Tibaduiza	151
2 Miguel Tibaduiza	139
3 Craig Steinmaus	110
4 Thomas Wood	90
5 Alan Dehlinger	89
6 Mark Hoefer	82
7 David Minter	80
8 Kevin Ostenberg	78
9 Jose Aispuro	71
10 Charles Alexander	70
11 Rich McCandless	45
12 Mike McManus	42
13 Denis O'Halloran	40
15 John Barrett	35
15 Juan Rameriz	35
15 Joe Rubio	35
18 Jon Klinkman	34
19 Carmelo Rios	33
20 Jeff Shaver	31
21 Frank Ruona	30
21 Ivan Huff	30
23 Perry Hayden	28
23 Rich Langford	28
25 Scott Steinmaus	27
26 Terry Nephew	24
26 Jeff Adkins	24
26 Rob Anex	24
26 Daniel Grimes	24
30 Bob Lindsey	22
30 Tom Borschel	22
32 Jim Minami	20
32 David Frank	20
32 Mark Patterson	20
35 Scott Buttinghausen	19
35 Robert Herndon	19
37 Martin Jones	18
37 Ray Cook	18
37 Dan Stefanisko	18
40 Lourival Sampaio	17
41 Randy Accetta	15
42 Alan Stanbridge	14
42 Casey Reinking	14
42 Jeff Stein	14
45 Ronald Nelson	12
45 John Sup	12

47 John Hancock	11	24 Robyn Root	22
48 Bruce Vonborstel	10	27 Ruth Anderson	20
48 Monty Schafer	10	27 Johanna Reneke	20
50 Joaquin Leano	9	27 Tamara Sayre	20
50 Craig Moore	9	27 Laura Schmitt	20
52 Patrick Shaughnessy	8	31 Alison Orofino	19
52 Tom Schmitt	8	32 Sandy Whyte	18
54 Wayne Miles	6	32 Yumi Takahashi	18
54 Mike Lundblad	6	32 Julie Thomas	18
54 Carl Stempel	6	35 Joan Colman	17
57 Joe Green	5	35 Karen Scholte	17
57 Larry Guinee	5	37 Rita Austin	16
59 Jim Bevins	4	37 Heike Skaden	16
59 Pete Carpenter	4	37 Debbi Waldear	16
59 Dave Chairez	4	40 Sharon Maley	15
59 Steve Ferraz	4	41 Terri Hayes	14
59 Dean Rinde	3	41 Bev Marx	14
64 Charles Thompson	3	43 Mary Pincini-Wells	13
65 Glenn Bailey	2	44 Debe Holmberg	12
65 Sean Crom	2	44 Eileen Brennan	12
67 Greg Brock	1	46 Susan Boon	11
		46 Suzette Moore	11
		48 Connie Kondo	9
		49 Juana Stavolone	7
		49 Joan Ulylot	7
		51 Sandy Sup	6
		51 Nelly Wright	6
		53 Patty Moggi	5
		53 Barbara Zimmer	5
		55 Heidi Skaden	4
		56 Melanie Gilbertson	3
		56 Linda Mantynen	3
		56 Teresa Rayacich	3
		59 Suzanne Bryan	2
		59 Margaret Lang	2
		61 Sandrine Demarval	1
		61 Donna Hinshaw	1
		61 Susan Nehse	1

OPEN WOMEN

PLC NAME	PTS
1 Terry Puckett	144
2 Peggy Smyth	109
3 Linda VanHousen	89
4 Chris Iwahashi	85
5 Kathy D'Onofrio	72
6 Rossy Cardenas	57
7 Lorena Ferreira	52
8 April Powers	47
9 Margie Timberlake	45
10 Mary Gail Dumphy	44
11 Susan Putney	43
12 Joyce Rankin	42
13 Jean Spirlock	38
14 Pat English	37
15 Susan Horstmeyer	35
16 Hilary Naylor	31
17 Barbara Acosta	30
18 Jan Levet	28
19 Sue Brusher	27
20 Laura Vaughan	26
21 Anitra Seitamo	24
21 Nancy Ditz	24
23 Linda Somers	23
24 Marty Maricle	22
24 Eileen Bickford	22

PLC NAME	PTS
1 Joyce Rankin	87
2 Margie Timberlake	76
3 Hilary Naylor	48
4 Joan Ulylot	46
5 Jean Spirlock	40
5 Joan Colman	40
7 Heidi Skaden	37
8 Nelly Wright	34
9 Anitra Seitamo	33
10 Gail Rodd	26

MASTER WOMEN

PA-TAC Notes

10	Barbara Zoldan	26
12	Marty Maricle	24
13	Ruth Anderson	22
13	Vicki Bigelow	22
15	Sandy Whyte	20
15	Laurie Binder	20
17	Laury Fisher	19
18	Rita Austin	18
19	June Lane	17
20	Terri Hayes	16
21	Alice Rose	15
22	Debe Holmberg	14
22	Kay Willoughby	14
24	Ginny Olson	13
24	Juana Stavalone	13
26	Karen Lanterman	12
27	Karen Scannell	10
28	Kit Pickles	9
29	Marion Irvine	7
29	Eve Pell	7
31	Mary Fox	4
32	Nora Smiriga	3
33	Katie Martin	2
34	Sandra Clarke	1
34	Pam Deweerd	1
34	Jeri Wright	1

MASTER MEN

PLC NAME	PTS
1 Steve Ferraz	80
2 Greg Brock	68
3 Frank Ruona	66
4 Jerry Jobski	64
5 Bob Lindsey	63
6 Perry Hayden	44
7 Bill Sevald	40
8 David Furst	37
9 Jim Gibbons	30
10 Jim Minami	29
11 Alan Stanbridge	28
11 Sal Vasquez	28
13 David Rivera	25
14 Doug Butt	21
15 Martin Jones	20
15 Jon MacPherson	20
17 Bruce VonBorstel	18
18 Bill Dunn	17
18 Mike Holbrook	17
20 Ronald Nelson	16
21 Bill Clark	15
22 Jim Bevins	13
22 George Mason	13
24 Wayne Miles	12
25 Ken Adams	11
26 Herve Pastre	9
26 Dennis Tracy	9
28 Glenn Bailey	8

29	Eric Ianacone	6
30	Joe Cavanaugh	5
30	Frank Krebs	5
32	Russ Kiernan	4
32	David Barry	4
32	Dete Kraus	4
32	James Maslach	4
32	Tom Wright	4
36	Darryl Beardall	3
36	James Hampton	3
38	Keith Henriques	2
38	Eric Ivary	2
40	Ramsay Thomas	1
40	Roger Zoldan	1

SENIOR MEN

PLC NAME	PTS
1 Darryl Beardall	40
2 Jim Bevins	30
3 Russ Kiernan	28
4 Fred Mattos	11
5 John Finch	10
6 Ron Ogilvie	8
6 Peter Todd	8
8 Joe Hancock	7
9 Roger Bryan	6
10 Everett Riggie	4
11 Mort Gray	2
11 Ken Noel	2
11 Ray Stewart	2
14 Don Hildebrand	1
14 Joe King	1
14 Peter Leal	1

SENIOR WOMEN

PLC NAME	PTS
1 Heidi Skaden	36
2 Marty Maricle	23
3 Vicki Bigelow	20
4 Ruth Anderson	12
5 Alice Rose	10
6 Kit Pickles	8
6 Kay Willoughby	8
8 Marion Irvine	6
9 Sandra Clarke	4
9 Eve Pell	4
9 Nora Smiriga	4
12 Jackie Casselli	2
13 Margaret Ghatge	1
13 Maj-Br Mobrand-Robinson	1

SUPER SENIOR WOMEN

PLC NAME	PTS
1 Kit Pickles	3
2 Jaclyn Casselli	2

SUPER SENIOR MEN

PLC NAME	PTS
1 Joe King	2
1 Ray Stewart	2
2 Boyce Jacques	1

TEAM SCORING

OPEN MEN'S TEAM

1. Pacific Flyers 13, 2. Reebok Aggies 9, 3. Reebok Racing 8.

OPEN WOMEN'S TEAM

1. Pacific Flyers 12, 2. Woodside Striders 6, 3. Ryan's Racing Team 3, 4. Buffalo Chips 2, 4. Reebok Aggies 2, 4. Impalas 2, 7. Tamalpa 1.

MASTER MEN'S TEAMS

1. Pacific Flyers 10, 2. West Valley J&S 10, 3. Excelsior 9, 4. West Valley TC 8, 5. Lake Merrit J&S 2, 6. Buffalo Chips 1.

MASTER WOMEN'S TEAMS

1. West Valley TC 9, 2. Pacific Flyers 5, 3. Impalas 4, 4. Tamalpa 2.

SENIOR MEN'S TEAMS

1. Tamalpa 3, 2. Lake Merrit J&S 1.

SENIOR WOMEN'S TEAMS

1. Nor Cal Seniors 2, 2. Tamalpa 1.

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1988 California BEST MARKS LIST



By DOUG SPECK & MIKE KENNEDY

The following are believed to be the best marks achieved by California Preps during the 1988 Track & Field season. - = senior, * = junior, ** = sophomore, *** = frosh. "c" following a mark means a time that is converted from the yard or metric equivalent distance.

Left to right: Gordon Johnson, Darius Frelix & Mark Senior.

Fine Flicks by Don Gosney

MEN

100 Meters

10.48	-Quincy Watts (Taft, Woodland Hills)
10.49	*Barry Smith (Mission, San Francisco)
10.55	-Brian Bridgewater (Washington, LA)
10.58	**Donovan Burks (Washington, LA)
10.61	*Curtis Conway (Hawthorne)
10.63	-Dan Dinkins (Carson)
10.64	*Jeff Laynes (Oakland)
10.65	-Darren Stringer (Vacaville)
10.76	*Beno Bryant (Dorsey, LA)
10.77	-Benari Burroughs (Independ., SanJose)
10.77	*Leslie Haymon (Edison, Fresno)

Wind-Aided:

10.28	-Brian Bridgewater (Washington, LA)
10.42	-Benari Burroughs (Independ., SanJose)
10.52	-Darren Stringer (Vacaville)
10.53	**Donovan Burks (Washington, LA)
10.53	*Anthony Crouts (Yerba Buena, SanJose)
10.54	-Bonzell Jenkins (Silver Crk, San Jose)
10.56	-Tony Miller (Riordan, San Francisco)
10.60	-Ron Harris (Valley Christian, San Jose)

200 Meters

20.53	-Brian Bridgewater (Washington, LA)
20.67	-Quincy Watts (Taft, Woodland Hills)
21.20	-Benari Burroughs (Independ., SanJose)
21.22	*Curtis Conway (Hawthorne)
21.31	-Michael Stevenson (Morse, San Diego)
21.36	*Barry Smith (Mission, San Francisco)
21.37	**Donovan Burks (Washington, LA)
21.43	-Ron Harris (Valley Christian, San Jose)

21.47	-Darren Stringer (Vacaville)
21.48	*Jeff Laynes (Oakland)
Wind-Aided:	
20.78	*Barry Smith (Mission, San Francisco)
21.10	-Benari Burroughs (Independ., SanJose)
21.44	-Bonzell Jenkins (Silver Crk, San Jose)

400 Meters

46.67	-Quincy Watts (Taft, Woodland Hills)
46.84	-Travis Hannah (Hawthorne)
47.22	-Michael Stevenson (Morse, San Diego)
47.41	-Ferric Webster (Morningside, Inglewd)
47.49	-Frank Jones (Hoover, Fresno)
47.67	-Khelvin Pratt (Crenshaw, LA)
47.90	*Beno Bryant (Dorsey, LA)
48.00	*Simon Jones (Washington, LA)
48.05	*Nate Wright (Oakland)
48.0	-Tony Miller (Riordan, San Francisco)

800 Meters

1:50.25	-Mark Senior (Mt. Miguel, Spring Valley)
1:50.75	-Joe Amendt (Lick, San Jose)
1:51.69	*Gordon Johnson (Piedmont)
1:51.75	-Scott Smoot (Vacaville)
1:51.96	-Darius Frelix (Washington, LA)
1:52.22	*Eric Smith (Redlands)
1:52.55	*Frances O'Neill (San Pasqual, Escond)
1:52.56	-Edgar Montes (Nogales, La Puente)
1:52.7	-Derrick Miller (Johnson, Sacramento)
1:52.9	-Luis Luna (Vacaville)
1:52.92	-John Carrow (Esperanza, Anaheim)

One Mile

4:10.24c	-Reggie Williams (River City, W.Sacto)
----------	--

4:10.43	-Jim Geerlings (Newport Harbor)
4:11.12c	-Ian Alsen (Granada Hills)
4:11.87c	-Joe Devine (Saugus)
4:12.21c	-Jim Robbins (Corona del Mar)
4:12.51c	**Coley Candaele (Carpinteria)
4:12.81c	-Brian Ochs (MissCollPrep, SanLuisOb)
4:13.48c	-Kevin Berko (Covina)
4:14.68	-Steve Zirkelbach (Concord)
4:15.32c	*Frances O'Neill (San Pasqual, Escond)

Two Mile

9:02.29	-Reggie Williams (River City, W.Sacto)
9:02.70c	-Ian Alsen (Granada Hills)
9:04.73c	*Scott Hempel (Walnut)
9:05.55c	-David Scudamore (Palos Verdes)
9:06.08c	*Eddie Lavelle (Corona del Mar)
9:06.24c	*Jim Rodriguez (Santa Ana Valley)
9:06.57c	-Jeff Gilkey (Arroyo, El Monte)
9:06.75c	-Shannon Winkelman (Marina, Hunt Bch)
9:09.66c	**Bryan Dameworth (Agoura)
9:09.94c	-Javier Barrera (Dana Hills)

110 Meter High Hurdles

13.95	-Ron Copeland (Dorsey, LA)
14.25	-Darrell Thompson (Cerritos)
14.29	-John Montgomery (Independ., San Jose)
14.29	*William Henry (Arroyo Grande)
14.33	-Zack Uribe (Capuchino, San Bruno)
14.35	-Diatori Gildersleeve (Grant, Sacto)
14.38	-Chris Gordon (Jefferson, Daly City)
14.44	-Bryan Addison (Chatsworth)
14.46	*Dean Dunbar (Hawthorne)
14.46	-Sylvester Barron (Crenshaw, LA)
14.46	-Eric Kieling (Crespi, Encino)

Wind-Aided

13.88 -John Montgomery (Independ., San Jose)
 14.37 -Martin Greer (Silver Crk, San Jose)
 14.40 -Dion Phillips (Silver Crk, San Jose)

300 Meter Intermediate Hurdles

36.43 -John Montgomery (Independ., San Jose)
 36.44 -Kevin Jones (Mt. Miguel, Spring Valley)
 37.08 *Nate Wright (Oakland)
 37.17 -Diatori Gildersleeve (Grant, Sacto)
 37.25 -John Berry (Ygnacio Valley, Concord)
 37.37 -Anthony Hale (Garden Grove)
 37.3c -Kevin Dallas (Castlemont, Oakl)
 37.4 -Marcus McFarland (Castlemont, Oakl)
 37.70 -Zack Uribe (Capuchino, San Bruno)
 37.80 -Bryan Addison (Chatsworth)
 37.6 -Ron Copeland (Dorsey, LA)

400 Meter Relay

41.05 Washington, Los Angeles
 41.14 Oakland
 41.22 Hawthorne
 41.25 Taft, Woodland Hills
 41.40 Poly, Long Beach
 41.46 Tulare
 41.49 Crenshaw, LA
 41.50 Fontana
 41.54 Independence, San Jose
 41.57 Eisenhower, Rialto

1600 Meter Relay

3:10.46 Hawthorne
 3:13.69 Dorsey, LA
 3:14.0 Independence, San Jose
 3:15.18 Morningside, Inglewood
 3:15.23 Poly, Long Beach
 3:15.55 Oakland
 3:15.93 Crenshaw, LA
 3:16.10 Washington, LA
 3:16.11 Mt. Miguel, Spring Valley
 3:16.33 Silver Creek, San Jose

High Jump

7-2 -Reggie Betton (Antelope Vly, Lancastr)
 7-1 -Andre LaCoste (Lakewood)
 6-11 *Mark Wilson (Charter Oak, Covina)
 6-10.75 -Craig Short (Santa Fe, Santa Fe Sprgs)
 6-10.25 -Colman Conroy (St. Ignatius, San Fran)
 6-10 **Ruben Hendrix (South Bakersfield)
 6-10 *Ricky Pickett (Clovis)
 6-10 *Kevon Keane (De la Salle, Concord)
 6-9.25 -Ed Cogan (Notre Dame, Sherman Oaks)
 6-9.25 ?Brian Negrette (El Cajon)

Pole Vault

17-0.75 -Matt Warwick (Hesperia)
 16-9.5 -Tom Parker (Notre Dame, Sherman Oaks)
 16-6 -Tom Richards (San Marcos, SantaBarb)
 16-4 -Dave Noel (Edison, Huntington Bch)
 15-9 -Mike Dietch (Arroyo, El Monte)
 15-8 -Jay Bettinger (Chatsworth)
 15-7 -Matt Lehman (San Dieguito, Encinitas)
 15-6 -Rick Lotterer (San Pasqual, Escondid)
 15-4 -Mike Guevara (Clovis West, Clovis)
 15-3 -Andrew Curran (Crespi, Encino)
 15-3 -R.W. Henson (Newport Harbor)

Long Jump

25-2.75 -Diatori Gildersleeve (Grant, Sacto)
 23-10.75 *Glen Reyes (Orange Glen, Escondido)

23-10.5 *James Stallworth (Tulare)
 23-10 *Ed Stewart (Oroville)
 23-9.25 -Ron Martin (Chatsworth)
 23-9 -Brynee Hudson (Pomona)
 23-8 -Derrick Baker (Cerritos)
 23-6.75 -Charlie Tyler (Edison, Huntington Bch)
 23-6.5 -Billy Wright (Edison, Fresno)
 23-6 *William Dancy (Santa Ana Valley)

Wind-Aided

25-2.75 -Diatori Gildersleeve (Grant, Sacto)
 24-1 -Ken McKelvey (Independence, SanJo)
 23-11.25 -Frank Jones (Hoover, Fresno)
 23-9.25 -Ed Carbin (Washington, Fremont)
 23-7.75 -Tim Prince (Logan, Union City)
 23-7 -J.J. Cisneros (Los Alamitos)

Triple Jump

51-2.5 -Tim Prince (Logan, Union City)
 50-8 -Tyrone Scott (Mesa Verde, CitrusHts)
 50-5.5 -Damon Carson (San Diego)
 50-3.5 -Charles Huff (La Jolla)
 50-0.5 -Diatori Gildersleeve (Grant, Sacto)
 49-6 -Mingo Hosey (Pasadena)
 49-1.25 **Billy Ivey (Edgewood, West Covina)
 49-0.5 *Russell White (Crespi, Encino)
 48-11.5 *Patrick Scott (Wilson, Long Beach)
 48-11.5 *Lenny McGill (Orange Glen, Escondido)
 Wind-Aided
 51-3 -Tyrone Scott (Mesa Verde, Citrus Hts)
 50-11.75 -Diatori Gildersleeve (Grant, Sacto)
 50-0.25 *Tony Rogers (Johnson, Sacramento)
 49-8 *Lenny McGill (Orange Glen, Escondido)

Shot Put

64-0.5 -Kaleaph Carter (Edison, Huntington Bch)
 62-3.5 **Brent Noon (Fallbrook)
 62-0.75 *Joe Hicks (San Benito, Hollister)
 61-6 -Rick Fuller (Arroyo, El Monte)
 60-5.5 -Jason Miller (Clovis West, Clovis)
 59-9 -Ro James (Enterprise, Redding)
 58-4 -Chris Carter (Jesuit, Sacramento)
 58-2.5 *Joe Bailey (Wilson, Long Beach)
 58-2 -John Wirtz (Leland, San Jose)

Discus Throw

199-10 -John Wirtz (Leland, San Jose)
 186-2 -Kaleaph Carter (Edison, Huntington Bch)
 178-11 -Damaean Jenkins (Saugus)
 177-11 -Rick Fuller (Arroyo, El Monte)
 177-4 **Brent Noon (Fallbrook)
 175-4 *John Fowler (Los Altos)
 174-2 -Mike Stubblefield (Taft)
 173-7 -Chris Carter (Jesuit, Sacramento)
 173-6 -Greg Hirschler (Lompoc)
 173-6 *John Gallagher (Palm Desert)

WOMEN

100 Meters

11.28 *Angela Burnham (Rio Mesa, Oxnard)
 11.64 **Inger Miller (Muir, Pasadena)
 11.80 -Simone Cain (Hueneme, Oxnard)
 11.99 -Deaudra Wheeler (Hawthorne)
 12.11 *Debra Hamilton (Locke, LA)
 12.13 *Annette Coleman (Carlmont, Belmont)
 12.18 -Sheri Bertell (Mission Viejo)
 12.20 **Kee-Sha Adams (Hawthorne)
 12.20 **Felicia Jones (St. Elizabeth, Oakland)
 12.22 *Chris Williams (Vallejo)

Wind-Aided

11.26 *Angela Burnham (Rio Mesa, Oxnard)
 11.43 **Inger Miller (Muir, Pasadena)
 11.66 -Deaudra Wheeler (Hawthorne)
 11.70 -Simone Cain (Hueneme, Oxnard)
 11.93 -Sheri Bertell (Mission Viejo)
 11.95 *Annette Coleman (Carlmont, Belmont)

200 Meters

23.45 *Angela Burnham (Rio Mesa, Oxnard)
 23.59 **Inger Miller (Muir, Pasadena)
 23.59 -Simone Cain (Hueneme, Oxnard)
 24.25 **Roslyn Mack (St. Francis, Mtn. View)
 24.41 *Chris Williams (Vallejo)
 24.45 -Crystal Irving (Poly, Long Beach)
 24.48 -Deaudra Wheeler (Hawthorne)
 24.54 *Tarsha Handy (Mitty, San Jose)
 24.55 -Sheri Bertell (Mission Viejo)
 24.63 *Annette Coleman (Carlmont, Belmont)

400 Meters

53.95 **Tanya Dooley (Bret Harte, AngelsCmp)
 54.17 *Angela Rolfe (Dorsey, LA)
 54.48 -Crystal Irving (Poly, Long Beach)
 54.73 *Roslyn Mack (St. Francis, Mtn. View)
 54.93 -Andreen Alvarenga (Mitty, San Jose)
 55.1 -Simone Cain (Hueneme, Oxnard)
 55.48 -Tonya Irick (Apple Valley)
 55.49 **Jeanine Stewart (Duarte)
 55.62 *Kim McAllister (Locke, LA)
 55.5 *Debra Hamilton (Locke, LA)

800 Meters

2:11.0 *Kim McAllister (Locke, LA)
 2:11.62 -Courtney Clark (Las Lomas, WalCrk)
 2:11.89 *Tarsha Handy (Mitty, San Jose)
 2:12.0 -Kristina Hand (Fallbrook)
 2:12.11 *Kathi Roldan (Mt. Whitney, Visalia)
 2:13.26 -Kristi Bache (University, San Diego)
 2:13.31 ***Becky Spies (Livermore)
 2:13.63 -Andrea Sansom (Glendora)
 2:14.29*****Shalynn Carr (Elementary, LaVerne, CA)
 2:14.44 **Gina Westby (Torrey Pines, Del Mar)

One Mile Run

4:51.24c *Kira Jorgensen (RanchoBuena Vista, Vi)
 4:52.45c -Tracey Williams (Mtn. View, El Monte)
 4:52.63c **Karen Hecox (So Hills, West Covina)
 4:53.01c *Rayna Cervantes (Montebello)
 4:53.49c -Robbyn Bryant (Hesperia)
 4:54.41c -Janet bowie (Woodside)
 4:55.71 -Kristi Bache (University, San Diego)
 4:56.81c -Katy McCandless (Castilleja, Palo Alto)
 5:00.0 **Beth Bartholomew (Fremont, Sunnyvl)
 5:02.33c **Nicole Robbins (Hesperia)

Two Miles

10:19.74c **Karen Hecox (So Hills, West Covina)
 10:22.42c *Rayna Cervantes (Montebello)
 10:28.80c -Katy McCandless (Castilleja, Palo Alto)
 10:29.21c *Kira Jorgensen (RanchoBuenaVista, Vi)
 10:35.02c -Jennifer Ashe (Leland, San Jose)
 10:45.62c -Nicole Houle (Hesperia)
 10:48.96c *Jamie Park (Santa Barbara)
 10:50.81c *Ashley Black (Palos Verdes)
 10:51.09c -Tracey Williams (Mtn. View, El Monte)
 10:51.82c ***Deena Drossin (Agoura)

100 Meter Low Hurdles

13.81 *LaTanya Davenport (Locke, LA)

High School Best Marks List

13.86	-Michelle DeCoux (Bishop O'Dowd, Oak)
13.99	***Keri Sanchez (Santa Teresa, San Jose)
14.00	**Felicia Lipscomb (Santa Monica)
14.01	-Sharon Edmonds (Hawthorne)
14.15	-Sharon Swift (Eisenhower, Rialto)
14.16	*Suzanne Kerho (Mission Viejo)
14.25	-Regina Weatherford (Locke, LA)
14.27	*Aldora George (Upland)
14.29	Lisa Hale (Riverside Poly)
Wind-Aided	
14.11	*Aldora George (Upland)
14.26	-Sharon Polley (El Molino, Forestville)
14.28	-Lisa Fisher (Gunn, Palo Alto)

300 Meter Low Hurdles

42.16	-Michelle DeCoux (Bishop O'Dowd, Oak)
42.78	-Regina Weatherford (Locke, LA)
42.96	***Keri Sanchez (Santa Teresa, San Jose)
43.47	*Cindy Byrne (Canyon, Canyon Country)
43.75	*Kim Young (Madera)
43.95	-Sharon Edmonds (Hawthorne)
44.00	-Ada Alger (Sequoia, Redwood City)
44.30	-Danielle Reaves (Esperanza, Anaheim)
44.1	*Kathi Roldan (Mt. Whitney, Visalia)
44.43	***Shanee Somerville (Palm Springs)

400 Meter Relay

46.73	Hawthorne
47.07	St. Francis, Mountain View
47.35	Rio Mesa, Oxnard
47.42	Muir, Pasadena
47.66	Locke, LA
47.71	Dorsey, LA
48.01	Poly, Long Beach
48.08	Morse, San Diego
48.09	Crawford, San Diego
48.19	Esperanza, Anaheim

1600 Meter Relay

3:47.14	Locke, LA
3:47.32	Hawthorne
3:48.28	Corona del Mar
3:48.62	St. Francis, Mountain View
3:50.14	Muir, Pasadena
3:51.10	Mitty, San Jose
3:51.22	Pomona
3:51.57	Woodbridge, Irvine
3:53.14	Dorsey, LA
3:53.35	Poly, Long Beach

High Jump

6-0	-Celia Willis (Clovis West, Clovis)
5-11.25	*J.C. Broughton (Woodland)
5-10	-Karol Damon (Redlands)
5-10	**Crissy Mills (Campbell Hall, NoHollywd)
5-10	*Lynn Patrick (Serra, San Diego)
5-9.75	-Mary Prince (Paradise)
5-8	*Lori Svoboda (El Dorado, Placentia)
5-8	***Kari Gibbs (Glendora)
5-8	*Edwina Ammonds (Roosevelt, Fresno)
5-8	**Kris Kurras (Poway)
5-8	***Karyn Armstrong (TorPines, Del Mar)
5-8	*Melanie Clarke (El Cam Real, WoodHls)
5-8	*Marilyn Cragin (Miraleste, Palos Verdes)

Long Jump

19-5.75	-Tonya Conner (Barstow)
19-0	**Nicole Smith (Montclair Prep, VanNuys)
18-11	-Mario Aubert (Milpitas)
18-8.75	*Annette Coleman (Carlmont, Belmont)

18-8.5	*Marieke Veltman (Leland, San Jose)
18-8	*Lynette Christian (Dorsey, LA)
18-5.75	**Yolanda Burton (McAteer, San Fran)
18-4	-Heidee Ruiz (Los Gatos)
18-4	-Melynee Bass (Vacaville)
18-3.5	*Kim Young (Madera)
Wind-Aided	
19-4.5	*Annette Coleman (Carlmont, Belmont)
18-9.5	-Heidee Ruiz (Los Gatos)
18-5.5	*Rene Santibanes (Leigh, San Jose)
18-4.5	-Mary Bittner (Rio Mesa, Oxnard)
18-4	*Kim Young (Madera)

Triple Jump

40-9.75	-Althea Moses (Morningside, Inglewood)
40-8.75	*La Frania West (Grossmont, LA Mesa)
39-9.5	***Keri Sanchez (Santa Teresa, San Jo)
39-6.5	-Carlene Turner (Muir, Pasadena)
39-2.75	-Marji Gilles (Burbank)
39-2	**Stacy Thompson (Morse, San Diego)
38-11.75	*Roshanda Glenn (West Covina)
38-7	*Rachelle Johnson (Patrick Henry, SanD)
38-6.5	**Lisa Fager (Mission Viejo)
38-6.5	*Ally Kolb (Monte Vista, Cupertino)
Wind-Aided	
40-4.5	***Keri Sanchez (Santa Teresa, San Jo)
39-4	**Lisda Fager (Mission Viejo)
38-6.25	-Lisa Gill (Alemany, Mission Hills)

Shot Put

48-2.5	**Dawn Dumble (Bakersfield)
45-7	-Tracy Wilson (Taft, Woodland Hills)
44-9.5	-Heidee Ruiz (Los Gatos)
44-8.5	-Jennifer Wheelchel (Agoura)
44-4	-Melanie Jones (Poly, Long Beach)
43-10.25	-Laura Hughes (Orange Glen, Escondido)
43-5	**Angie Arrington (Palmdale)
43-1.75	*Jennifer Viavia (Madison, San Diego)
42-3.75	**Melisa Weis (Bakersfield)
42-2.75	-Michelle Cortez (Delano)

Discus

163-0	**Melisa Weis (Bakersfield)
158-4	*Alison Franke (Canyon, Anaheim)
156-0	**Dawn Dumble (Bakersfield)
*154-8	*Jennifer Peters (Gunn, Palo Alto)
153-9	**Reneeka Williams (Nogales, LaPuente)
149-0	-Donna McKinnen (Yreka)
145-7	-Heidee Ruiz (Los Gatos)
145-0	**Candy Roberts (Don Lugo, Chino)
142-6	-Kelsey Allen (CapistrVly, Mission Viejo)
142-0	-Micheline Shaeffer (Carpinteria)



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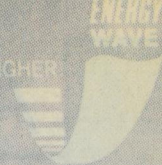
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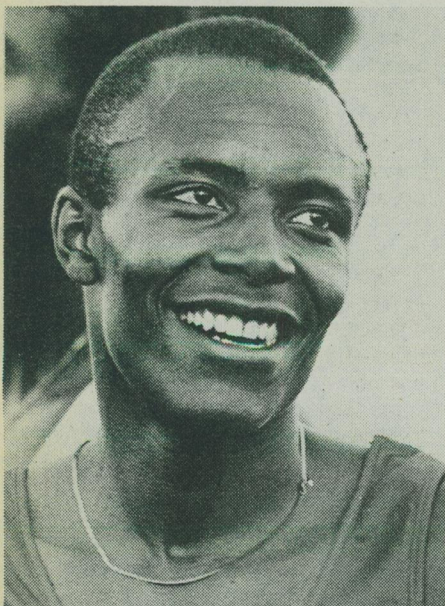
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Athletes in Action

By FRED CARPENTER

CALVIN SMITH... Quiet Man -- Worthy Goals

As former world champion in the 200 meters, 84 Olympic team member, 84 Olympic gold medalist, and the current American and former world record holder in the 100 meters Calvin at 28, is a man of high aspirations and accomplishments. Recently we caught up with Calvin following his successful attempt to make the U.S. Olympic Team (3rd in the 100 meters). As we talked it was ob-



Fine Flicks by Don Gosney

vious that Calvin's goals were high. He still wanted to also make the 200 meters

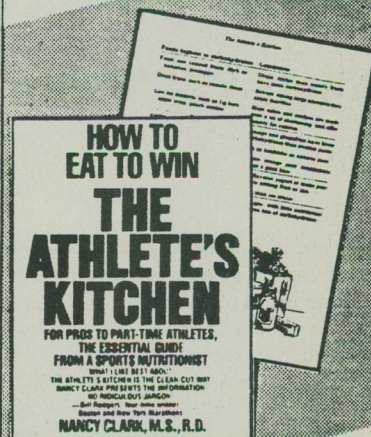
team. Yet, the most important goal Calvin has set for himself is that people will see the "real" Calvin wherever and whatever he is doing. Calvin says he knows many people look to him as a model and, as such, he feels that unlike many athletes it is important to be himself without putting on any fronts. More importantly he wants people to know that his belief in Christ makes a difference to him on and off the track. Unlike most of the world he does not accept the lie that there is a spiritual world and a secular world. He does not believe your faith is only to make a difference on Sundays and Wednesday nights. He believes it is to make a difference in all you do-- work, athletics, school, etc.

He further hopes when people see Calvin that maybe they would say to themselves, "maybe I'll read the Bible today, or say a prayer or get close to the Lord." Without judging Calvin shares one of his concerns that there are Christians who are not walking the way they should. In fact, many do it just for show and often they make statements that are not true. Many say God has given them all their strength, but from the way they run and do things, they seem to be doing other things. They need to follow Jesus totally or not at all.

"I guess the main thing I want to say is God is the answer to all our problems. With Him all things are possible."

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By Nancy Clark, MS, RD

Sports Nutritionist
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The Athlete's Kitchen

By Nancy Clark, M.S., R.D.

When You're Having More Than One...

The lure of a few beers to "replace sweat losses" can be an enticing reward for enduring tough workouts. Active Folks can easily rationalize this choice. After all, beer provides both fluid and nutrients, right...?

The beer industry spends about \$500 million dollars to promote their product. And good consumers that we are, Americans respond by drinking an average of 24 gallons of beer per person. That's 250 cans! So what's the nutritional value for athletes of those 38,000 calories of gusto? Here're a few questions to test your Beer IQ.

True or False: Beer is a good source of carbohydrates?

False: A can of beer (12 oz.) has less than half the carbohydrates as the same amount of juice or soft drink: --A can of beer provides 16 grams of carbohydrates. The same amount of orange juice has 40 grams. -- They both have the same amount of calories, 160. However, the calories come from different sources. All the calories in orange juice are from carbohydrates, beer-calories are only one-third carbohydrate.

The majority of the beer-calories are alcohol derived. A can of Michelob, for example, has 160 calories, of which only 64 are from carbohydrates. The remaining two-thirds of the calories come from the alcohol content. Alcohol calories differ from carbohydrate-calories. They are used primarily for heat, not for muscle fuel. You can get "loaded" on beer but not "carbo-loaded"!

True or False: Beer is good for replacing fluids after a hard workout?

False: Although beer is fluid, it's alcohol content has a dehydrating effect. Alcohol inhibits the action of ADH, a hormone that holds

water in your body. That's why, when you have a few drinks, you end up running to the bathroom. After sweaty exercise, you want to replace body fluids, not lose them!

Since beer and sporting events seem to go hand-in-hand, I recommend that you first drink one or two large glasses of water to replace sweat losses. Then, after you've cooled down, stretched and showered, have a beer or two in moderation. Marathoner Jim Murphy prefers to abstain from beer immediately after he runs because when he's dehydrated, one can of beer "does him in". He's learned that he'd rather enjoy the "natural high" after exercise than be pulled down by alcohol's depressant effect.

True or False: Beer is a good source of B-vitamins?

False: Small amounts of vitamin B-2 (riboflavin) are found in beer... but barely enough to be considered "nutritious" unless you drink eleven cans of the stuff, at which point you'd have gotten the R.D.A. for this one nutrient -- along with 1650 calories and a hang-over! Thiamin (B-1) is used by the yeast during fermentation and little is left in the finished brew.

Small amounts of other B-vitamins (niacin, biotin, pyridoxine and pantothenic acid) are in beer. However, other wholesome grain products such as a slice of whole wheat toast, a pumpernickel bagel or a bowl of raisin bran will offer you far more nutritional value. Most folks drink beer for fun, not for nutrients!

True or False: When you've had too much beer, exercise will have a sobering effect?

False: Your liver determines the rate that you can process alcohol out of your system. Specific liver enzymes metabolize alcohol at the rate of about .75 ounce per hour. That's about five hours for three cans of beer. Exer-

cise does not speed up this process. After a night of heavy drinking, you might lose a little alcohol through your sweat and end up smelling like a brewery during your next workout.

True or False: When you've had too much beer, coffee will have a sobering effect?

False: Coffee simply makes you a wide-awake drunk. The only way to get sober is to metabolize the alcohol. The water in coffee, once absorbed, dilutes the alcohol in the blood. This does have a sobering effect.

True or False: Beer is a good source of potassium to replace what you lose during sweaty exercise?

False: On a summer's day, you might lose 400-800 milligrams of potassium during two hours of strenuous exercise. A beer (12 oz.) has about 90 milligrams; 12 oz. of orange juice - 380 mg.; a medium banana - 550; a large potato - 600. You'll be better off replacing potassium with fruit juice and wholesome food than with beer.

True or False: Beer, in moderation, in enjoyable and nicely compliments pizza and/or pretzels?

True!

Nancy Clark, MS, RD, nutritionist at Boston-area's Sports Medicine Brookline, encourages athletes to balance "fun foods", such as beer, with "first foods" such as water or juice. Her "how to" book *The Athlete's Kitchen* is available by sending \$6 to New England Sports Publ., P.O. Box 252, Boston, MA 02113.

Prep Notes

By KEITH CONNING



1988 UNITED STATES OLYMPIC TRACK AND FIELD TRIALS

Indiana University Track & Field Stadium
Indianapolis, Indiana
July 15-23, 1988

...19 Men and 20 Women who attended California High Schools made the 1988 Olympic Track and Field team.

MEN

400 Meters

DANNY EVERETT placed second in 43.98. Everett graduated from Fairfax High School in Los Angeles in 1985. He placed second in the 1985 California State Meet in 46.37.

"I felt very fine, nice and relaxed," said Everett after winning the second heat. "I wanted to come off the last curve well. Being in the top four was important. I was surprised the time (44.64) was that fast.

"I knew in this race that three-four guys could be under 44 seconds and that any of us could win," said Everett after the final. "This time I happened to be second.

"I just wanted to get out quickly. That is one thing I hadn't done well in the heats here. I don't think anyone was moving faster than me on the backstretch so I must have gotten out quickly. I backed off a little into the last curve. Butch (Reynolds) and I were even down the final stretch but I lost concentration a little in the last 15 meters."

Nearly two inches of rain and a cool evening (68 degrees during the 400) may have prevented a new world mark.

"Otherwise, I think you might have seen three or four people under the world record," said Everett.

"We weren't able to get a nice consistent warmup because you had to watch out for people. It was so crowded and the warmups were tailored for the crowd."

STEVE LEWIS placed third in 44.37. Lewis graduated from American High School in Fremont in 1987. He won the 1986 and 1987 California State Meets in 46.59 and 46.7.

"I didn't expect anything like that (world junior record in heat one)," said Lewis. "I just wanted to qualify. I was worried about qualifying. So I wanted to get out strongly. I had a good lane, I could key off Kevin Robinzine. I wanted to come home good, and I did. I wasn't worried about winning, but since I had a

good stride coming off the final curve, it just carried me through the tape and I won it. Tomorrow's race might be even faster.

"The false start (his) didn't hurt me at all," said Lewis after the final. "I guess I was a little anxious, but it's been a long week of competition. I tried to pass the guys in lanes 8 and 9 before the 200-mark. I felt coming in I had a good chance to at least make the relay (1600), but I also felt I had a good chance to be in the top three. I've been running with Danny all year, that helped me a lot. I had a lot more coming home in the semis, I was a little tense and tight. At Seoul, I think we (the team) can set a world record.

"Three years ago, nobody ever heard of Butch, Danny, or Steve," said UCLA assistant coach John Smith, himself a great quarter-miler of the 1970s. "They're all faster than us, bigger than us. Our era was good, but this era you can't even compare. I just wish Lee were here to see this."

800 Meters

JOHNNY GRAY won in 1:43.96. Gray graduated from Crenshaw High School in Los Angeles in 1978. He placed seventh in the 1978 California State Meet in 1:53.2.

"There wasn't anyone in that heat who was better prepared than me," said Gray after winning the first heat in round one. "I felt very easy, and didn't have to strain at all to qualify.

"It was definitely slow, but that was to my advantage," said Gray after winning heat one of round two. "I wanted to control the race and I did. Tomorrow my plan will be different. I'll try to take more out of my competitor's legs, run a 51 and then ease it up over the last 200. The wind was a factor today--with the power I was putting in my stride, it felt like I should have been going faster. But we have to deal with the conditions, no matter what they are. Tomorrow I won't have any mercy.

"I just wanted to get out there and be in command," said Gray after winning the second semi-final. "I'm not afraid to run from the lead. That way I can get out there and run relaxed and the other guys have got to press to come and get me. There are a lot of good runners out there tomorrow and I can't take anything away from them. But I think I'm going to win.

"I was rarin' to go," said Gray after the final. "I was never worried; when I'm out in front I'm never worried. Had they jumped me, I would just have run harder. I had some left, honestly. The pace that I ran made me sluggish. In order for me to really get a fast time, I have to run a fast pace the whole time. I can promise you better races in the future. I know Johnny Gray can do better, but I did the best for today. I want a medal (in Seoul), because it's something I've never gotten. I'll even take a copper. But I would like the gold; that would wrap it up for Johnny Gray. I

would have fulfilled my dreams in the 800 and I could work on my dreams in the 1500."

1500 Meters

JEFF ATKINSON won in 3:40.94. Atkinson graduated from Mira Costa High School in Manhattan Beach in 1981.

"I'm not new in my book or anyone else's book who knows me," Atkinson said. "The press follows young phenoms like Joe Falcon (NCAA champion from Arkansas, who was 11th). He deserves attention, but old guys who have run a long time and worked just as hard get slighted."

Atkinson once lived in Palo Alto in one room with two other runners, unbeknownst to his landlady. He moved to Los Altos and lived on money from Nike until April, when he ran out of money and became the beneficiary of an anonymous donor, allowing him to maintain training.

"I have no car, no health insurance. All I do is pay rent, buy food, and drive a Vespa scooter."

STEVE SCOTT placed second in 3:41.12. Scott graduated from Upland High School in 1974. He placed second in the 800 at the 1974 California State Meet in 1:52.4.

"I just couldn't reel him in," Scott said of Atkinson.

3000 Meter Steeplechase

BRIAN ABSHIRE won in 8:23.64. Abshire graduated from DeAnza High School in Richmond in 1982.

"I hadn't run a steeplechase in two months," said Abshire after winning heat one. "I did what I like to do: Get out and control the race. Blow it out. That's what I did. It was relatively easy. I could have been under 8:30, but I eased up in the last 50m."

"It was an easy race but I had to work the last lap," said Abshire after the final. "I had a foot injury and I'm just now getting into shape. With three laps to go I started to jump on it. I was real strong. It was the first time I beat Henry (Marsh)."

5000 Meters

DOUG PADILLA won in 13:37.86. Padilla graduated from Marina High School in San Leandro in 1974.

Marathon (Trials held at Jersey City on April 24)

MARK CONOVER won in 2:12.26. Conover graduated from Miramonte High School in Orinda. He placed fifth in the 1978 California State Meet two mile in 9:08.75.

110 Meter Hurdles

TONIE CAMPBELL placed second in 13.25 wind-aided. Campbell graduated from Banning High School in Wilmington in 1978. He placed third in

Prep Notes

14.27 at the 1978 California State Meet.

400 Meter Hurdles

ANDRE PHILLIPS placed second in 47.58. Phillips graduated from Silver Creek High School in San Jose in 1977. He won the 330 yard low hurdles in 36.43 at the 1977 California State Meet.

"I was the underdog coming in here, but I put everything behind me," said Phillips. "This was it for me. I turned into a gladiator here and I'm glad. The hardest part was making the team. We got the top three right here. Now I try to make the team in the highs for a little extra gravy.

"I felt like there was a real drama going on out there. From the time we stepped on the track, it felt like we were Roman gladiators going on the field. It was like we were treated as meat. I mean, as the (stadium) announcer read off each of the participants and his accomplishments, you could hear segments of the crowd yell out for that person: 'C'mon Edwin,' 'C'mon Danny,' 'C'mon Kevin,' and 'C'mon Andre.'

"Of course, it's easy in the stands to say 'C'mon and 'Go,' but it's a whole lot different to get out there and do it."

About the race: "My left hamstring was a little sore. I drew lane three and that was kind of a blessing. I could see all the other top hurdlers. I knew Kevin (Young) would go out fast, that's the key for him. I just came home strong. I felt strong the whole way. I found myself coming close to Edwin (Moses) (near the finish) and I knew I was on the team.

"Making the Olympic team is like Christmas dinner for me--the hardest part is making the team."

KEVIN YOUNG placed third in 47.72. Young graduated from Jordan High School in Los Angeles in 1984. He placed third in the 110 high hurdles in the 1984 California State Meet in 14.34.

"I ran this one differently than my other races this year," said Young after winning the first round in 48.23. "I ran 12 steps to the 4th hurdle, usually I run 12 to the 5th. My coaches decided I should do that because I had been getting tired by the 10th hurdle and would chop it. I am really surprised that I ran as fast as I did today."

"I had a scary moment when I hit that hurdle, but I still felt strong coming home," said Young after the final.

400 Meter Relay

MIKE MARSH placed sixth in the 100 in 9.94w. Marsh graduated from Hawthorne High School in 1985. He won the 200 in 20.83w at the 1985 California State Meet.

1600 Meter Relay

DANNY EVERETT placed second in the 400. **STEVE LEWIS** placed third in the 400. **KEVIN YOUNG** placed third in the 400 hurdles. **ANDRE PHILLIPS** placed second in the 400 hurdles.

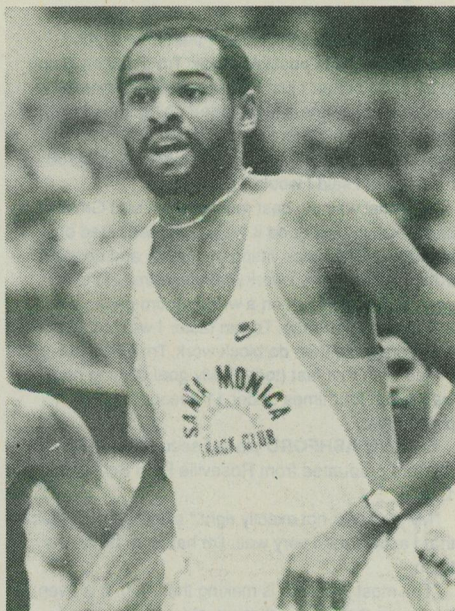
High Jump

BRIAN STANTON placed third at 7-7 1/4. Stan-

ton graduated from Inglewood High School in 1979.

Long Jump

MIKE POWELL placed third at 27-5 1/4. Powell graduated from Edgewood High School in West Co-



JOHNNY GRAY photo by Bill Leung, Jr.

vina in 1981. He placed second in the high jump at 7-0 and was a long jump finalist at the 1981 California State Meet.

"I was thinking of actually winning the competition, but I'm just happy to be on the team," said Powell. "I felt great. I've been training three-four years for this (Olympics). On the final jump it just came down to relaxing and getting the job done."

Triple Jump

WILLIE BANKS won at 18.20 (59-8 1/4) wind-aided. Banks graduated from Oceanside High School in 1974. He won the 1973 and 1974 California State Meets at 49-1 and 50-9.

"This is still my favorite pit," said Banks after the qualifying round. "I have a tough time getting psyched up for qualifying, but I did it (qualify) on my first jump (55 plus). It was a good jump for me but as soon as I straighten my foot out, I should be able to do 58. In this heat, you get drained after jumping 4-5 times. I think it'll take 57-plus to qualify (for Seoul)."

"I was hurt in 1986," said Banks after the final. "I broke my foot, and that wiped out the whole year for me. I spent the summer and fall of 1986 recuperating. I kept jumping on the foot, not knowing it was broken. I jumped for three months on it. Then I stopped, and went into three-four months of intense physical therapy for four-five hours a day. Then my mind was set on regaining my 1985 form.

"The big key for me today was my position. I was

the first jumper. If you get one out early, it causes the other jumpers to press. And that's just what happened. I think there were four straight fouls after my jump. After that, I knew I had something going. But I didn't pass any of my jumps right away, because any of those guys is capable of jumping over 18 meters too.

"I let the wind work in my favor. I worked hard on keeping my feet under me and getting my steps right. Sometimes you have a tendency to re-adjust your steps. But that's not what you should do. You need to keep your feet under you and put your final plant down.

"On that first jump, I felt like a bird. I was flying and didn't want to come down.

"Really, all I wanted to do was get a good jump. When I saw I was wearing No. 1, and the weather was 100 degrees...that's perfect. I was raised in the desert. (Banks was born at Travis Air Force Base near Fairfield, which is between San Francisco and Sacramento, on March 11, 1956.) Every time I've set a record, it's been over 90 degrees. And then when they said I was going to jump first, I figured if I put a big jump out on my first jump, everyone would have to press--and that's what we saw. I was ready for this to start two weeks ago. Last Saturday, I was doing a workout and I took off and FLASH-FLASH-FLASH I saw myself going 60 feet. I've dreamed every night of going 60 feet and I put near made it. (Responding to why he passed two times and then jumped): 'I'm 32 years old! I had to take a breather. Then I came back and surprised myself when I jumped 18.20.'

Shot Put

GREGG TAFRALIS placed second in 68-6. Tafralis graduated from Capuchino High School in San Bruno in 1976.

"It feels good," said Tafralis. "I wish I could have done better; but a meet is a meet. I'm just very happy to make the Olympic Team. I wanted to beat (Randy) Barnes to prove a point but he threw well.

"Jim (Doehring) said this was going to happen and it did. It's amazing."

JIM DOEHRING placed third in 67-8 1/4. Doehring graduated from San Clemente High School in 1980. He placed second in the 1980 California State Meet at 61-5 1/2.

"Oh man, I still can't believe it!" said Doehring. "It's the thrill of my life, being able to compete in the Olympics. Three years ago I broke my back. I just praise the Lord that I'm able to compete. Without Him, I couldn't have done it.

"I knew I had to do something to take third place back and I got just enough. But he (Backes) is a good thrower and I knew he could come back. It was all up in the air until the very end.

"After I broke my back, my only goal was to come back and see how far I could go. This was my ultimate goal right here. It was a dream."

Doehring said he had a recent dream in which "Gregg and I were in Seoul, Korea. I didn't know how we got there or what was going on."

Continued next page....

Prep Notes

Javelin

DAVE STEPHENS won at 261-4. Stephens graduated from Chico High School in 1980.

"It started out rough for me," said Stephens. "After the third throw I changed shoes. I went to longer spikes. That gave me a better plant. My fourth and sixth throws were good (he won competition on his last throw). I'm not surprised by the outcome. I've been throwing 79m all year long. I think our chances (at Seoul) are pretty good. You have to throw far the first three times to qualify and usually, I'm a fast starter. Today I didn't know how far I threw, but it was far enough...farther than 2nd place."

Hammer Throw

KEN FLAX won at 253-6. Flax graduated from Redwood High School in Larkspur in 1981.

"After my first throw I knew I was on the (Olympic) team. It was pretty intense out there. I just had a great day. Indianapolis has been very good to me (won NCAA here two years ago as senior at Oregon). My main concern was making the team. Now we're going to see if we can put American hammer throwing back on the map. The good Lord gave us great (weather) conditions today. I was afraid it might be 105 out there."

Decathlon

TIM BRIGHT placed second with 8,287 points. Bright attended Sequel High School in 1976 before moving to Phoenix, Oregon.

"I haven't done a decathlon this year," said Bright after the first day. "I don't know if that's wise...I went out too fast in the 400 in about 22.1. Silly me. I got too inspired by those other guys (21.9)...I missed the board on my first (long) jump and still went 23-5 1/2. That was probably a 25-foot jump. I hit it on my second jump and went 24-2 1/2, which is good considering the rain...it looks OK for tomorrow. I've just got to hang in there. I thought I was in better shape."

Bright was asked about the contrast between surprise qualification for the team in 1984 and the favorite roll in 1988. "It's a nice feeling in a way. It puts pressure on me, but I can use that to my advantage because of my maturity.

"I'm really happy right now," said Bright.

Bright rose at 5:00 a.m., ate breakfast (two pancakes); only other food all day consisted of two apples and two bananas "and lots of water."

WOMEN

100 Meters

FLORENCE GRIFFITH JOYNER won in 10.61. Griffith graduated from Jordan High School in Los Angeles in 1978. She finished fourth in heat one of the 100 yards in the 1978 California State Meet in 11.30.

"My start was good," said Griffith after winning heat one in 10.60w, the fastest time ever under all conditions. "I'm capable of going for the (world) record. I knew the wind was blowing. I was just concentrating

on what I was doing. I knew it was wind-aided. 10.6 with or without wind is extremely fast. 3.2 is a strong wind.

"I felt good, I had a very good start and relaxed in the middle and brought it home," said Griffith after setting a new world record in round two heat one. "I tried to keep my knees up, and concentrated on staying relaxed. I can't believe the time--10.49. I didn't think it was possible today. I'm definitely going to try to do better. I just try to go faster--tomorrow I can't predict a time. I just started doing speed work two weeks ago. Before that I did fast distance work like 700s. Nobody even considers me being a 100 runner, but I said I would try.

"The final was the best race for me," said Griffith. "I can't explain how good it feels. I concentrated on pushing off the block, lifting my knees and concentrating some more. I worked on leg strength this year. Right now I am on a world record pace...the 200 is my better race. To run faster I want to take a week and rest, then do block work. I'm a little surprised I ran that fast (today). My goal coming here was to run four times under 11 seconds. I accomplished that."

EVELYN ASHFORD placed second in 10.81. Ashford graduated from Roseville High School in 1975.

"My start was not exactly right," said Ashford. "I felt that I accelerated very well. I'm happy to be on the team.

"The most pressure is making the team. It is even harder on those of us that are older. What would make me feel good is to run faster and get the gold medal."

200 Meters

FLORENCE GRIFFITH JOYNER won in 21.85. Griffith finished sixth in the 1978 California State Meet in 24.57.

"The race was okay," said Griffith. "I came to qualify for the Olympic Games and to stay healthy. And I accomplished that. I wanted to run the best curve of my life and I feel when I run it strongly and relaxed, like I did today, I accomplished my purpose.

"Now I'm one step from my final goal--some Olympic Gold."

PAM MARSHALL placed second in 21.93. Marshall graduated from Jordan High School in Long Beach in 1978. She placed second in the 1978 California State Meet in 24.05.

400 Meters

DENEAN HOWARD placed second in 50.40. Howard attended San Geronio High School in San Bernardino in 1979 and graduated from Kennedy High School in Granada Hills in 1982. She won the 1980 and 1982 California State Meets in 53.04 and 52.39.

"I ran very, very easy--a controlled race," said Howard after heat two. (Bothered by heat?) "Not really, I trained for the Trials in California, and in California it's just as hot. They also experienced some humidity there--39 percent, which is a lot for California. So the heat did not bother me at all."

"I knew it would be a quality race and very fast," said Howard after the final. "I was trying to get out well and to keep the momentum. I had a lot of problems mentally this year but it was a great race for me. I focused on making the team. I ran a PR today, but I know I can go faster. The biggest pressure was just making the team."

VALERIE BRISCO placed third in 50.53. Brisco graduated from Locke High School in Los Angeles in 1978. She won the 1977 California State Meet in 55.14.

"I just worked on two phases of my race today--at the head of the backstretch and the final 50m," said Brisco after heat one. "I was pleased with my race. My toes cramped a little bit, but other than that, I feel good.

"Making the team...that's what is important," said Brisco after the final. "We have a good team. We'll give them (the East Germans and others) a good show (at Seoul)."

In the race: "I just tried to stay with the people in front of me. I just tried to keep my feet going. I knew Lillie (Leatherwood) was coming on strong. Luckily, I was able to hold her off. I knew I had another gear in me and I found it. Now we have two months to work on conditioning and speed."

1500 Meters

MARY DECKER SLANEY won in 3:58.92. Decker graduated from Orange High School in 1976.

"My form is starting to come," said Slaney. "It's all just fine. It was really a little slower than I had hoped. But it's been hot here all week. Winning the Trials is just what I wanted. It felt really good to have Regina Jacobs there with me. I'm very happy for her.

"Now I have to try to peak for Seoul. I will pick a few meets to run in Europe in August and then I should be ready."

REGINA JACOBS placed second in 4:00.46. Jacobs graduated from Argyll Episcopal Academy in North Hollywood in 1981.

"I stayed back the first two laps and moved up with 500 to go," said Jacobs. "I tried to take the lead between 300 and 200. Mary (Slaney) is one of my idols, she's done so much for track. At the same time, I want to beat her, too. I was strong. When I made my move I wasn't really aggressive. It was great, I enjoyed it. I was dreaming about it (making the Olympic Team) since I started to run."

3000 Meters

MARY SLANEY won in 8:42.53.

"I tried to run under control," said Slaney after winning the second heat. "I thought after the first heat we'd have to go much faster. I'm concerned about the weather (the heat). The sprinters say it's fine, but on us it works the opposite. It seems to me the longer I am here the more energy it takes (to compete)."

"I probably slowed a little in the middle part, as usual," said Slaney after the final. "I was happy to see Vicki (Huber) come up with me. This is the first time, in all the years and years I've been running, that at a race or prior to a race, I wasn't sure how I would react to the weather. I've been planning for this day

Prep Notes

for a year—at least since my surgery on my Achilles tendon last year. Basically, this is my first major step."

Slaney was asked about running the 1500. "The forecast should be a little better. Yesterday was the worst weather conditions that I have ever run in. I was glad that I was not Sabrina Dornhoefer or Patti-Sue Plumer yesterday. I don't have any injury - problems today--knock on wood. I was skeptical with the weather. I don't train for this kind of weather. I live in Eugene and we don't have weather like this there. I was relieved, and after yesterday (with the conditions as they were) it seems like the 1500 is no problem. Now I'm looking at what I can do in the 1500. I hope the weather forecasts are right and it will be cooler."

(On the 3000 at the Olympics) "I think the U.S. can have two people in the final. I'm looking for a medal."

"I'm in better condition than I was in 1983 or 1985. It has taken me much longer to get to this level though. I haven't done a lot of speed training yet. I'm looking forward to getting to run 600s and 125s and doing the peak type stuff that I have to do to be in contention for a medal. I'm probably 75 percent close to peak (right now).

(On having the baby and training since then.) "Being here and concentrating on running seems like being on vacation. At home I organize my training and track around her (the baby) schedule. I get up in the morning and do my workout and then spend time doing things with the baby. With this being an Olympic year, I'm focusing all around that."

(How had the baby helped?) "I don't think I'm putting as much pressure on myself as early this year. Possibly I won't get to the edge so early."

(How have you changed over the years?) "I think I'm much more relaxed. I try to stay relaxed and not let things bother me. If they do I try to take it out when I'm on the track. I must be able to deal with it (the pressures) to a certain extent since I've been in the sport a long time. I think I've calmed down a little bit. I realized what things I can and can't do. I'm running for me and not for anyone else. I love to run. I have to do what will benefit me and what I'm seeking, and that is a gold medal."

"I'd like to be in this a number of years. I'd like to be at the 1992 Trials and Olympics. Past that, I haven't looked at it yet."

10,000 Meters

FRANCIE LARRIEU-SMITH placed second in 32:03.63. Larrieu graduated from Fremont High School in Sunnyvale in 1970.

Marathon (Trials held May 1 in Pittsburg, PA)

NANCY DITZ placed second in 2:30.14. Ditz graduated from Castilleja High School in Palo Alto in 1972.

100 Meter Hurdles

GAIL DEVERS-ROBERTS placed second in 12.90. Devers graduated from Sweetwater High School in National City in 1984. She won the 1984 California State Meet in 13.41.

"My goal was to make the team," said Devers. "Now I can go home and work on my mechanics. I felt good (but) I would have liked to have done better. My hamstrings are really sore. I think we will do very well (at Seoul). We have three women who are very determined, ready to win."

400 Meter Hurdles

LESLIE MAXIE placed second in 55.29. Maxie graduated from Mills High School in Millbrae in 1985. She won the 1984 and 1985 California State Meet 300 low hurdles in 40.90 and 41.80.

LATANYA SHEFFIELD placed third in 55.70. Sheffield graduated from Pius X in Downey in 1981.

"I am relieved that I got through this first day," said Sheffield after winning heat three. "It was critical for me. It's always hard to get started...with anything, studying, the first day of practice, anything. I held back just a little in this race. Why push it if you're already in first?"

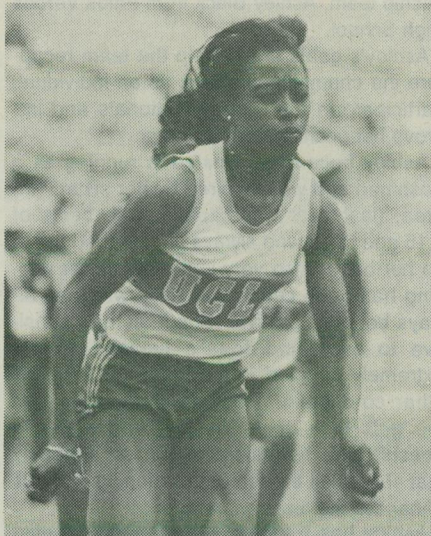
"I made a lot of technical errors, like not being aggressive on the last curve," said Sheffield after the final. "And chopping some steps. And doing a stutter step. But I had a lot of determination and mental strength."

400 Meter Relay

FLORENCE GRIFFITH JOYNER won the 100 and 200. **EVELYN ASHFORD** placed second in the 100. **GAIL DEVERS-ROBERTS** placed second in the 100 hurdles. **ALICE BROWN** placed fifth in the 100 in 11.04. Brown graduated from John Muir High School in Pasadena in 1978. She placed second in the 1978 California State Meet in 10.96 (100 yards).

1600 Meter Relay

DENEAN HOWARD placed second in the 400.



GAIL DEVERS-ROBERTS

photo by Bill Leung, Jr.

VALERIE BRISCO placed third in the 400. **SHERIE HOWARD** placed fifth in the 400 in 51.63. Howard attended San Geronio High School in San Bernardino in 1979 and graduated from Kennedy High School in Granada Hills in 1980. She won the 1979 California State Meet in 53.65.

High Jump

TRISH KING placed second at 6-5. King graduated from Menlo-Atherton High School in Atherton in 1980. She placed third in the 1979 California State Meet at 5-9, and fourth in 1980 at 5-8.

Shot Put

RAMONA EBERT PAGEL won at 63-5. Ebert graduated from Schurr High School in Montebello in 1979. She placed third in the 1979 California State Meet at 46-5 1/4 with the old eight pound shot.

BONNIE DASSE placed second at 61-9 1/2. Dasse graduated from Costa Mesa High School in 1977. She placed third in the 1977 California State Meet in 42-4.

Discus

RAMONA PAGEL placed second at 201-0.

Javelin

DONNA MAYHEW won at 208-10. Mayhew graduated from Crescenta Valley High School in 1978.

"It's an unbelievable thrill to make the team," said Mayhew. "Several newspapers listed me as the favorite but I tried not to let that affect me. I knew if I kept my head together I had a chance to pull it off. At the TAC meet, which I won, I threw a PR. That gave me a lot of confidence heading into this meet. My throw today was a personal best by 14 feet. There are two Europeans who can throw 250 feet but the rest of the field drops to about 220. If God is willing, I believe I can throw that far as well. I'm not going to be awed by the field since I competed in the Goodwill Games against the very best."

KARIN SMITH placed second in 185-3. Smith graduated from La Jolla High School in 1973.

Heptathlon

WENDY BROWN placed third with 6,079 points. Brown graduated from Woodside High School in 1984. She won the high jump at 6-1 1/4, the long jump at 20-9 3/4, the triple jump at 42-10 1/2, and placed second in the 100 low hurdles in 13.59 at the 1984 California State Meet. She won the state title by herself!

"I made two goals for this year: To graduate (from USC) and to make the Olympic Team," said Brown. "I made them both and I'm real happy. Coming in here I thought I had a 50-50 chance to make the team. I was solid in the high jump and hurdles. I had personal records in the hurdles and 200. And overall, it was my best score by about 200 points."

Continued Next Page...

Prep Notes

MT. DIABLO DISTRICT VOTES TO ASK FOR REIN- STATEMENT TO THE NORTH COAST SECTION

(From the *Oakland Tribune* and *Contra Costa Times*)

Concord, August 10 -- The Mt. Diablo Unified School District board voted unanimously last night to apply for reinstatement to the North Coast Section.

The schools were expelled from the North Coast Section of the California Interscholastic Federation on July 11th and banned from any post-season play.

The vote means the district accepts a league realignment that puts Clayton Valley and Ygnacio Valley high schools into a large school 3-A league that includes Berkeley, El Cerrito, Pinole Valley, De La Salle, Antioch, and Pittsburg. The other four district schools--Mt. Diablo, College Park, Northgate and Concord, which have fewer students, will be put in a 2-A league.

The North Coast Section board of managers will meet next week to consider reinstating the six high schools.

The Mt. Diablo district filed suit earlier in an attempt to avoid the NCS realignment, which it considered detrimental because of lost school time and travel costs. It also increases the risk of traffic accidents.

During the meeting, parents and students spoke of dashed hopes and high school memories. Many were dismayed that college scouts might not see Mt. Diablo district athletes in post-season competition.

"A lot of kids won't come out for sports if there are no playoffs and no goals," said Cory Candelario, a Concord High senior on the football and track varsity teams, to Denise Murphy (Staff Writer, *Contra Costa Times*).

Candelario said many of his fellow students keep their grades high to participate in sports.

Bruce Iversen, Clayton Valley High's athletic director said before the meeting that he didn't like the idea of splitting the district's teams and called the scholarship argument hogwash.

"I don't think we're in the business of getting scholarships for kids," Iversen said.

STATE MEET FIRSTS

Coach Scott Semar of Bakersfield points out some California State Meet firsts.

This year is the only time that first and second places in the state high school discus event came from the same high school (Bakersfield).

The State Meet was won with points earned only by throwers. (Sophomore Dawn Dumble won the shot and placed second in the discus. Sophomore Melissa Weis won the discus.)

Here are some statistics on Weis and Dumble.

Melissa Weis: 5-9, 155-160; b. May 22, 1971; Front Squats--205 x 2 (legal depth); Bench Press--120; Cleans--125-135; Snatch--175-95.

Dawn Dumble: 5-8, 155-160; b. February 25, 1972; Front Squats--185 (2"03" high); Bench Press--125.

CORRECTION TO THE STATE MEET RESULTS -- BOYS SHOT PUT

It appears that a transcribing error will change the order of the men's shot put results from the California State Meet. Joe Hicks of San Benito High School threw 62-0.75 on his third toss in the prelims, and somehow that put was recorded at 62-3.25 on the best space for that day. These marks carried over to the finals in this year's State affair, and Brent Noon (Fallbrook), at 62-3, was awarded third place (Kaleaph Carterr of Edison in Huntington Beach was the event winner at 64-0.5) at the close of the meet. Results should be amended to show Carter 1st, Noon 2nd (62-3) and Hicks 3rd (62-0.75).

Profile on...

ASHLEY BLACK

Story & Photo by Bill Leung, Jr.

Returning this year is the top runner from last year's girls state cross-country championship team, Ashley Black from Palos Verdes High School.

Ashley's goals are to help the team recapture the championship and, as an individual, participate in the Kinney Nationals and improve her position from last year.

Ashley became interested in running as a freshman and was inspired by her sister, Andrea, (last year's co-captain, with bests of 2:15 and 5:12) who always encouraged her to do her best. Also very important to her running has been coach Joe Kelly who has always been supportive. She feels he's sensitive to every individual's feelings and is extremely devoted to the team. Last year's other co-captain, Tracy Leichter, says that the girls look up to Ashley, and that she doesn't take her talent to run so seriously that she takes the fun out of running and this enhances the team camaraderie.

Ashley has a variety of top marks ranging from a relay leg of 60.0 in the mile relay to a 3200 best of 10:44. Other marks include 800-2:14, 1600-4:56 and a road 5K of 17:45.



"Competing in track and cross-country helps me organize my time and keeps me in shape," Ashley says. Most importantly she enjoys the competition. She has no favorite event because she enjoys them all and likes to compete once or twice a week.

She would like to major in business in college and is interested in attending either UC Berkeley, UCLA, Stanford, Duke or Penn. Her long range goals are to compete through college and from there see where her running will take her.

Ashley's racing strategy is basic. Maintain contact with the leader then surge. Her training rules are to get a lot of sleep and drink plenty of water. She plans out her season and peaks for what she considers her most important competition.

Her track training schedule:

Sunday:	Long distance run (1 1/2 hours)
Monday:	Varies from fartlek road runs
Tuesday:	to repeats on the track (200s,
Wednesday:	400s, 800s)
Thursday:	(Sometimes race, usually as workout)
Friday:	Pre meet (easy run 3-5 miles withstriders)
Saturday:	Race

Southern Section Cross Country Preview

By Doug Speck & Ray Scofield

As we head into Fall the Prep cross Country season is upon us, with the Southern Section of California once again having its frightening crew of individuals and teams. There are male and female squads that can challenge as among the best in the country once again, with a very, very strong group of individuals, especially on the Women's side. The Section overpowered the rest of California in the first ever State Prep Cross Country Championships last Fall, sweeping to team victories in five of the six team divisions, with individuals packed up near the front of each of those State Championship races. In the following preview Cross Country times quoted are from the Mt. SAC course, used for Southern Section Championship competition. Track times are for the obvious metric "m" or yard "y" distances, with off-distances (1500 or 3000 meters) noted as such.

Palos Verdes should once again be the nation's top prep female harrier squad. Destroying the best from the East last year in a victory at the Manhattan College Invitational, the most competitive competition in that part of the country, PV waltzed through the California season with comfortable wins that should be duplicated in 1988. Ashley Black, 24th nationally in the Kinney Cross Country Championships and 5:01.08m and 10:47.02m on the track, will headline another PV powerhouse. Women's Division II State Champions Newport Harbor will be very solid once again, as should Division III tittlest Maranatha (Sierra Madre). Individually, the Southern Section's Women are unreal! Besides Black, Deena Drossin (Agoura-11th), Rayna Cervantes (Montebello-15th), and Nicole Robbins (Hesperia-17th) were Kinney National Finalists, an honor accorded the top 32 runners in the nation through regional competitions. Add to that group Karen Hecox (South Hills, West Covina), the nation's quickest two miler in track (10:16.14 3200m state win), Jamie Park (Santa Barbara-10:45.19m), and some others, and at the top end of races things will be cooking! No other section of the nation can point to such quality of athletes in the sport.

Arroyo (El Monte) set a pretty good standard for the State's Men's squads to measure themselves against in the future with last year's performances in the State Division I title run, recording a Woodward Park Course Team Time Record of 78:23 (15:40 average for its top five). Arroyo was considered along with Christian Brothers Academy of Lincroft, New Jersey, right at the top of any national rankings last year in the harrier sport. CBA's fifth best miler this past spring in track was 4:22. Four Southern Section Men's squads have the ability to be as tough as any-

one around this Fall. Dana Hills, Corona del Mar, Camarillo, and Upland are all very solid groups. Experienced, you ask? Try 2nd, 2nd, 4th, and 6th, respectively in their divisions of the State Finals last year. Dana Hills returns four of its top seven and plugs in 9:14.07 3200m performer for DH in the Spring Steve Niednagel, an ineligible transfer last Fall, but okay for competition this Cross Country season. Corona del Mar leads with Eddie Lavelle, 9:02.90 in the Spring for 3200m. Peter Burks and Dan Galindo lead a talented, deep Upland squad. Walnut, the Division II team Champions, returns Scott Hempel, the individual tittlest there, who heads a solid trio from its 79:16 (#3 All-Time Team) group from last year. Bryan Dameworth (Agoura) was the State Division I winner with the #2 time ever run for a soph at Woodward Park (15:12). Luis Quintana (Arroyo Grande) had an amazing frosh year in 87-88, finishing 7th in State (Division I) in Cross Country with the #3 All-Time clocking for 9th graders at Woodward at 15:30, and a 4:19.6 mile before injury in the spring.

Women's Division

Women's 4A--There are certainly no changes on top in this division, as Palos Verdes HS will continue to roll through 1988. Easily the nation's top female harrier squad in 87, the Sea Kings should be just as tough during this Olympic Fall. Led by Kinney National Finalist Ashley Black (24th last December in the entire country), Heidi DeLibero, Tracy Goodrich (11:05.45m), and Dana Sublett were bolstered by transfer Lori Lucas during track (from Colorado) who was 11:29.25 for 3200m in track. It should be another season of others chasing the Black and Red of PV with miniscule scores at the front end of big races. State Division II team champion Newport Harbor will be solid once again, but at least a couple of minutes behind PV. Kim Robinson and Stacy Pando (2:22.2m) lead a group that should be the favorites once again for State honors (if the enrollment stays below the magic 1600 figure). Newbury Park came on nicely to finish 7th at the 4A level last year and returns everyone from that group. Vet Amy Nesbitt (19:11) is in front of what could develop into a very tough group. Villa Park, 4th last year here, will be very solid if they can develop a quick fifth scorer. Laura Doering (19:18-5:17.55m), Susannah Thrasher (4:57.13 1500m), and Traci Ruble (19:51) lead VP.

Tustin, tied for 11th here last go-round, returns what should be Coach Tom Coffey's best squad in a while, with fine junior, Erin Cunningham (19:53-5:20.8m-10:52.9 3000m) on top. El Toro was 9th in 87, with Shannon Liddy (19:17) heading six back from last team. Irvine was 5th last go-round, with Andrea Caminiti (19:09-2:21.5m) on top of a crew that could be very competitive with group improvement. Last year's runner-ups here, Santa Ana Valley, a program that Coach George Payan has taken as far as any in the Section in the last few years, has Maria Vargas (19:28) leading what has the potential to be another strong squad. Mission Viejo (10th in 87) continues to have a wave of talented young runners come through, with their continued dedication

to the sport having the sky as the limit in their development. It does not appear the talent pipeline is slowing down, as the Time Machine Track Club in the area continues to develop amazing young runners. MV returns five between 20:30 and 21:40 for 1988. Marina (Huntington Beach) had as fine a frosh-soph group as there was in the Section last year, with Stacy Wright and Heather McComb pacing what could be a tough group this season. Dana Hills was perhaps the Section's best ever non-qualifier out of League last year, with Regina Schudlich (19:58-4:58.51 1500m) heading a solid group of returnees faced again with the problem of working its way out of the South Coast League.

A number of other squads could develop as the year goes on. Santa Ana tied for 11th at the 4A level in 87, and has Virginia Emiliano (20:25) leading five back under 22:00. Thousand Oaks, 8th last Fall, has young, and has Mandy Kossoris (20:49) and Santi Goetzinger (20:42) leading a capable group. Natalie Adams (19:31) leads what could be a very good Huntington Beach team, Traci Skeen (20:24) leads another tough group out of the South Coast League, Capistrano Valley, and Foothill (Santa Ana) has Anne Mary Ordway leading potentially a good squad. Surprise 6th place team from 1987, Ventura, has Chris Sirchum (19:31) leading a fine trio back, with defending individual Divisional Champion Jamie Park (18:01) leading a capable Channel League rival Santa Barbara squad. The Angeles League has been booted up into the 4A Division from the 3A level, with Bishop Montgomery (Torrance), and Mater Dei (Santa Ana), led by Kelly Flathers (20:00), teams worth watching from that group. San Clemente, yet another fine squad from the South Coast League, will feature Amy King (4:58.58 1500m-11:26.0m) and Teri Smythers (4:59.69 1500m-11:32.6m).

Women's 3A--Montebello, with the returning 1-2 individual placers at this level, should be the favorites. Rayna Cervantes was 15th Nationally in the Kinney Cross Country Championships, and she also raced 4:51.30m and 10:18.80 for 3200m in Track in that amazing State Finals race for 2nd behind Karen Hecox to take her place as among the elite prep distance runners nationally. Teammate Teresa Sandoval was 18:33 for 2nd 3A 1987 (11:12.00m) and should be back for a big senior year. Norco, 3rd in 1987, had difficulty with the favorite's spotlight, with Coach Larry Nugent favoring the role of the dark-horse, bringing his squad to some amazing peaks in the last decade. Held back with injuries last Fall watch for the Cougars, led by Persephone Lowery (19:20-2:15.33), in 1988.

The first duo is far ahead of the rest of the pack. Claremont was 9th in 1987, with Wendy Griffith (11:36.11m) leading what should be a capable team this season. La Habra, 6th at the 3A level last year, has Tish Williams (20:01-5:19.22m-11:34.01m) and Yvette Leon (20:07) leading five respectable returnees.

Hart (Newhall) has Ann Flores (21:28) leading six back from its 87 Varsity. Jamie Barnes (19:57) is the leader of what could be a good Corona squad. Alta Loma was 5th in 1987 here, with Nancy Ragon

Prep Notes

(19:28) leading the nucleus of what could be another good team this season. Fine soph, Monique Smith (19:59-5:16.92m), leads Diamond Bar. Upland, 12th in 87, has a talented young group that has the potential to move to a much higher position this Fall.

Palmdale returns a trio, led by Mindy Rantanen (20:31) from its 1987 4th placers, Julie Gilbert (20:11) heads the same number back from 8th placers Esperanza (Anaheim), with Cypress another with potential for the coming season.

Other individuals who could threaten are 1987 placers (as frosh) Marta Pinto (Katella, Anaheim) 18:46 (4th) (11:16.46m) and Giesela Lopez (Fullerton) 19:37 (9th-10:48.28 3000m). Joanne Ulibarri (Mira Costa, Manhattan Beach) 19:42 and Maria Cruz (Colton) 19:45 are refugees from the 4A level, as their Ocean and Citrus Belt League's were moved down a division. Angie Miranda (Palm Springs) ran very strongly in track, with 5:21.9y and 11:12.41m bests.

Women's 2A--The 2A division has some fine teams, but it is once again the level that features some frightening individual talent up front. A trio of athletes among the best in the entire nation and a very competent supporting cast grace this level, with their Divisional show-down worth the trip out to Mt. SAC in mid-November. Deena Drossin (Agoura) established a Mt. SAC frosh record last Fall with a 17:37 best, and was the #2 frosh nationally in the harrier sport in 1987, with fellow frosh Sarah Schwald (Liberty HS, Colorado Springs, Colorado) finishing fourth in the Kinney Nationals with Drossin in 9th. Drossin clocked 5:03.21m and 10:48.03m during Track. Karen Hecox (South Hills, West Covina) was 2nd at the 2A level in 1987 (18:00) as a soph, but emerged during the spring track season as probably the second best prep distance runner in the nation behind Laurie Gomez (Boardman, Youngstown, Ohio). Hecox ran the nation's quickest 3200m-2 mile for preps during the spring with her amazing 10:16.14 State win, with the slight West Covina a certain factor nationally in both sports if healthy. Karen also had a fine 4:50.93 1600m in chasing Gomez at the Arcadia Invitational. Nicole Robbins (Hesperia-5:00.57m) was 17th in the Kinney National Finals in the sport after an 18:35 for 4th individually at the Section 2A level and that same place in the State Division I Finals. Sandra Acosta (Walnut) was tough last Fall, 3rd in the 2A division at 18:15 and very capable of keeping Hecox honest in their Valle Vista League races. Tiffany York (Agoura) raced a fine 18:19 last year as a frosh to complement Drossin for the Chargers.

Defending Team Champions Agoura returns Drossin, York (5:20.15m-11:19.3m), and the duo of Stacy Kreation and Tally Rowland around 20:00 to assume the favorite's role once again. The Las Virgines area lately has cranked out a number of outstanding young age-group stars, with no one being surprised if Agoura shows up with another frosh flyer in 1988. Woodbridge (Irvine) was 3rd in this Division last year (and 2nd statewide at the Division II level), and they return a very good crew. Amy Robles (19:28-2:17.64m-4:56.1 1500m) leads Cathi (20:04-

5:20.96m) and Laura (20:20) Peck, and Kaci Keffer (20:24) for Woodbridge, with a strong effort on the hills making the Warriors a possible threat to Agoura. South Hills (West Covina) has Karen Steiner (19:58-2:17.93m) and Lisa Chao (20:27) and three others off a 4th place 2A 1987 Varsity to assist Hecox in a drive towards a successful 88 season.

Etiwanda was 5th in 1987 here, with Tina Soto (20:19) leading a solid five, with the entire 1987 Varsity returning for this season. Coach Joe Gomez of Hesperia has proven lately that he has the ability to develop female distance runners with anyone, with Nicole Robbins very capable up front, a respectable trio backing her, with the need for someone to come around as a fifth scorer for the Scorpions. A dropping down of the Northern League from 3A to 2A status will toughen up this division. Arroyo Grande was the Section 3A titlest in 1987 (and 5th in State Division I). Denise Condit (19:31) and Hope Ramey (19:48) lead a trio returning from the Championship group for AG.

South Pasadena was 11th at the 2A level in 1987, with a returning fivesome that gaps within a minute of Stacy Hoshimaya (20:55). Nordhoff (Ojai) was 8th in 87, with Alice Atkinson (20:55) and Michelle Wilson (20:57) leading six back from that team. Morro Bay, 9th in 87, has Kim Gilmski (19:34) and Meg George (20:33) leading four good returnees from that team. St. Joseph (Santa Maria) (6th in 1987) has Steffi Ambrozak (19:52) and five other varsity runners returning. La Canada was 12th 2A in 1987, and has everyone back, led by Stacy DeLima (19:53). Yucaipa sends an army out to each meet, with continued improvement by a young group assuring 1988 success. Apple Valley was 10th in 1987, and Louanne Duncan (20:40) leads five Varsity team members who return for this campaign. San Luis Obispo, led by Nona Harkins (19:58) and five 1987 other Varsity teammates, is another Northern League refugee from the 3A that could have an impact here.

Laguna Hills has five from its 87 Varsity back, with Denise Brunstetter (20:18) leading. Monrovia has Heidi Hanke (21:02) leading six Varsity returnees, with 87 7th placers Calxico having Kiki Pellegrin (19:49) leading a good trio back for 88.

There are some other good individuals at this level. Suzanne Castruita (West Covina) was sixth in the 2A division at 18:49 last Fall, with soph Heather Killen (Valencia, Placentia) 9th at 19:13 (5:18.48m-11:24.25m). Ivanka Boras (Temple City) made a big improvement in Track to 11:24.72m.

Women's 1A--This should be another very competitive year at this level. Defending Section 1A and State Division III Champions Maranatha (Sierra Madre) returns four behind Carolee Prescott (21:07) within 1:15, but Coach Ken Cronquist will be shaking the trees for the number five scorer. We have confidence in his abilities to round someone up, as the job he has done in bringing his squads around in the last couple of years the equal of anyone in the State. Alemany (Mission Hills), led by Kelly Dwyer (19:31) has six of its 87 4th place 1A squad back, and will definitely keep Maranatha honest. St. Bernard

(Playa del Rey) was 2nd in 1987 off another outstanding peaking effort, with Toia Thompson (21:26) and Tara Guillovine (21:31) leading five off that group.

Webb (Claremont) was 5th in 1987 here, with Sarah Phillips (21:27) and four other Varsity teammates who will be good this year. Paraclete (Lancaster) was 3rd in 1987 (and 7th in State Div. III), with a fine tradition in the sport. Jean Harvey (20:30) is strong up front, but the Spirits need to find some depth to back her up to be a factor in 88.

LA Baptist (Sepulveda) was 12th 1A in 1987, with Gina Johnson (22:31) and Kirsten Berger (22:34) the leaders of six who return from last year's Varsity. Moorpark is traditionally very strong for Coach Dale Smith, with the 6th place team headlined by April Beaver (20:50) and five others from that group. Bishop also has six back from its 1987 8th place squad, led by star Brandi Waters (19:55). Orange Lutheran has a good group of four back, led by Tanya Sondermann (21:56) and Mary McKiernan.

Notre Dame (Sherman Oaks) was 10th here in 87, and lost only one of that Varsity--Lynn Hosek (21:33) leads the 88 Varsity. Brentwood has Becca Ranson (22:41) leading five returnees from a team that could be a factor this Fall. Chaminade (Canoga Park) and Thacher (Ojai) are other schools with teams that could develop during the season.

Individually, two time defending 1A Champion, Tanya Thayer (Serrano, Phelan) (18:37-5:18.18m) should be a big favorite once again, with teammate Zita Hillinger (4th 87 19:36-2:15.99m) keeping her honest on her own squad. Karen Talamantes (Western Christian, Covina) was 2nd in 1987 at the 1A level at 19:23 (11:36.0m).

Men's Results

Men's 4A--Three very strong teams jump out at you at this level. State runner-ups in 1987 at the Division I level (and defending champions 4A here), Dana Hills, will be very, very tough once again. The Dolphins of Coach Tim Butler return 4 of 7 from last year's Varsity, but add transfer Steve Niednagel (15:59-4:20.22m-9:14.07m) to Mike (15:29-9:36.0m) and Andrew (16:10) Tansley, Chris Roberts (16:36), and a very deep group of lower level athletes. A couple of squads will keep DH honest this Fall. Corona del Mar, led by Eddie Lavelle (15:37-4:17.00m-9:02.90m), Greg Shyrook (16:05-4:24.1y), and Hunter Pierce (16:11) is another very, very solid crew with a tone of back-up that could develop nicely as the season goes along. Coach Bill Sumner's squad was 4th in the Section 4A last year, but a close 2nd

to Walnut in the State Division II title run in December. Camarillo, 3rd in the Southern Section 4A and 4th in State Division I, is another monster squad. The Scorpions feature four juniors in Abe Valdez (15:42), Shawn Goetzinger (15:56), Chad Malesich (16:19-4:21.54m), Joel Gonzalez (16:29) and senior Matt Aukstkams (16:20), with the potential to take both the Section and State titles if all are running well. It should make for an interesting year!

Canyon (Canyon Country) has been building under Coach Ed Chaidez, with five of the top seven back from a 5th place 1987 4A team. Mike Rattary

(15:39) and super soph Dave Hartman (16:01-9:38.89m) will lead the Cowboys. Thousand Oaks was 6th last Fall, with Tim Farrell (15:58-9:30.88m) leading a good foursome from that team that could develop. Torrance was 10th in 87 with only one senior graduating from the top five. Coach Gerald Holland does an outstanding job each year in bringing his group along, 1988 is set up as another big winner for the Tartars.

Antelope Valley (Lancaster) was 7th in 87 at the 4A level, with J.T. Vida (16:24) leading five back from that Varsity. Santa Ana was a very strong non-qualifier for the Section 4A Finals, with Roger Naya (15:49) leading a good group back that will be a big threat in 88. Fountain Valley was 12th in 87, with juniors Richie Lockwood (16:24) and David Flatley (16:39) leading five who return from that team.

A number of other squads could develop into Division finalists. El Modena (Orange) was 8th in 1987, and has a fine trio, led by Joseph Segona (16:08) and Joe Komaranski (16:33-4:21.51m) back. Glendale Hoover leads with outstanding junior Elizar Herrera (16:10-9:31.23m). Katella (Anaheim) has Shaun Nichols (16:07) and four others back from a good group. Ventura has five of its top seven returning, with junior Roman Morales (16:07-4:22.3m) a fine team leader. Battling Ventura in the Channel League will be Dos Pueblos, with six of its top seven back, led by fine junior Andrew Wignot (16:20). Tustin has Pablo Guzman (16:11) leading a good trio, with Santa Ana Jimmy Rodriguez (15:51-9:03.06m) and Gus Brito returning. Eisenhower (Rialto) and Saddleback (Santa Ana) had truly outstanding soph/frosh teams last year that will move up to the Varsity level.

Mike Esparza (Newbury Park) was 4th individually here last year at 15:34 (1:57.6m-4:27.4y-9:15.6m). Robert Nelson (Muir, Pasadena) is an interesting talent, running 4:18.50m-9:26.24m in track with seemingly very little sophistication in the events. Mike Farrell (San Clemente) was an outstanding runner at the soph level last Fall.

Men's 3A—Upland, 6th in last year's State Division I affair (and 2nd behind Arroyo of El Monte in the Section 3A Meet), has the ability to run with anyone. Coach Bob Loney, 139-15 for the last 21 years in dual meets with a team or individual in the Section Championships 20 of the last 22 years, is no stranger to the big time. Peter Burks (15:46-9:04.7 3000m), Dan Galindo (15:47), and Bob Charlebois (16:09) lead a program with depth that will have others come along during the season and threaten as the best team in the State. Rubidoux (Riverside) was 3rd in 87 3A, and is a very talented group. Marco Ocegura (15:32) was 4th individually, with fine soph Javier Chavez (16:32) part of all but one that returns from the 1987 Varsity.

Hart (Newhall) is annually very tough, with Pete Delacera (16:19-9:33.1m) and Steve Lepken (16:25) heading six that return from a 1987 4th place crew. Hemet, 6th in 1987, also has six back, led by Casey Jensen (15:57-4:24.93m) and 1:53.27 800m runner Troy Collins (16:15).

Rowland (Rowland Heights) was 8th in 87, with

Brian Johnson (15:57-4:21.94m) and Ernie Delgado (9:24.34m) leading five from that group. Norco has 6 of its top 7 back, with Rudy Arguelles (16:50) leading a tight group. Burbank was 9th 3A last Fall, with Todd Lewis (15:53-4:14.5m-9:23.43m), leading five back from that team. Buena Park, 5th in 1987, has Gabriel Sanchez (16:09) and five others back from the Varsity. Montebello had a young group the equal of any in the Section in 87, with all but one of the top six returning from their 10th place 87 squad. Junior Richie Kirby (16:34), with sophs Gabriel Lopez (16:46) and Mark Castaneda (16:47) lead.

Perris was 11th in 87, with five of the seven back from that team, led by Mario Madrigal (16:53) for Coach John Hanzlik. Loyola (LA) was 12th in 1987 at the 3A level, with injuries a big problem. Rene Rigal and Peter Hogañ (16:32) could lead a fine 1988 squad. Arroyo (El Monte) has come back to earth in 1988 after the first 2/3 of the decade of the 80's somewhere out there in the stratosphere. For the first time in a while the Knights must be considered mortal, as their 1987 squad, considered among the top handful of teams in the entire nation and an easy California Division I winner, graduated about everyone. Coach Tim O'Rourke did have some fine young runners in 1987, so we will not count his crew out totally in 1988. Rosemead, 7th in 1987 3A, will try to take Arroyo in the Mission Valley League, featuring a fine group of young runners from last year.

Redlands, with John Flores (16:33) and 1:52.22 800m star Eric Smith, and Nogales (La Puente), led by Danny Levevre (16:11-9:21.7) could be tough.

Men's 2A—This will be a very, very competitive division. Walnut was the 87 Champions on their way to a Division II California State title. The Mustangs return State individual winner Scott Hempel (15:16-9:01.56m), Eric Christopherson (15:53) and Matt Hempel (16:18-9:30.96m), but need to develop some backup to be as successful in 88. Arroyo Grande was 3rd at the 2A level last Fall, with super soph Luis Quintana (15:23 frosh Mt. SAC record and 4:19y-9:33.48m during track before stress fracturing out), Greg Hines (16:10) and four others from that team returning to be very, very tough in 1988. Agoura was 2nd in 87, with Bryan Dameworth (15:25 and a State Division I individual championship-4:15.88m-9:06.88m), Derek Kite (16:12), and Bob Gorman (4:27.79m) leading a nucleus of a good squad.

La Puente was 8th in 87, and Tony Castellon (16:14) leads five off that squad, as the Warriors always manage to keep Valle Vista League rivals Walnut on their toes. Coachella Valley was 10th last year, with Alex Zamora (15:37-4:22.66m-9:31.83m) leading all but one who return off that group.

Lompoc was 11th in 1987 here, and has four returning from that team, led by Roy Campbell (17:04). Paso Robles was a much-improved 5th last Fall at the 2A level, with Justin Redman (17:06) leading four from that team. Laguna Hills leads with the fine duo of Tony Gibney (15:51-9:27.68m) and Steve Frisone (16:02-4:25.23m-8:47.1 3000m), and with anything to back them up the Hawks will be very tough. Calexico has five back off its Varsity, led by super soph Harvey Martinez (16:22). Ontario returns its top five,

with Ed Garduno (16:57) and Armando Huizar (16:27) leading what could be a very strong squad.

Valencia (Placentia) has Jaime Lugo (16:42-4:21.82m) leading four off its 7th place 1987 team who are back. Trabuco Hills was 12th last year, with Mike Cowdry (16:37) leading four who return from that team. Brea returns a respectable foursome to start 1988, and Morro Bay has Richard George (17:20) leading five back from its 1987 Varsity. Nordhoff has six of its top seven back, led by Andy Oviatt (16:42), South Pasadena five from its 1987 Varsity, with Brian Nott (17:07) the team leader, and Santa Paula David Tryk (17:07) and Jon Terrazas (17:12) leading its top five that are back. Up to this level from the 1A with the Montview League's realignment is Azusa, defending Champion at that lower division, with half of its top eight runners returning.

Gary Stoltz (Miraleste, Palos Verdes) (15:21-9:18.05m) is a top returnee here, with the latest word that the Palos Verdes school district will keep the small capus open (otherwise Gary might show up at Rolling Hills or Palos Verdes HS).

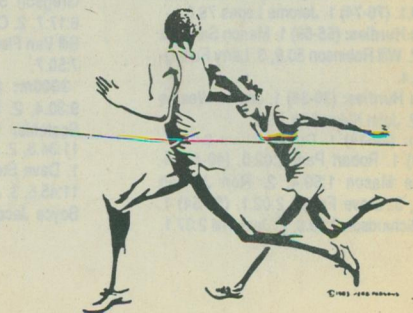
Men's 1A—With the booting upstairs into the 2A Division of the Montview League, the 1A Division is back to pretty legitimate smaller schools. Sherman Indian (Riverside) was 3rd here in 1987, and with six back from that Varsity the tribe should be on the warpath in 1988. Salesian (LA) has made steady improvement of late to rise towards the heights of success under former Coach, Brother Tom Keegan, with its top eight back from a 1987 7th place 1A squad destined to do some big damage in 88. La Salle (Pasadena) also returns its entire Varsity squad that was 10th last go-round, with Kevin Delaney (16:51) a solid leader.

Whittier Christian was 11th in 87, with junior Tony Bergman (16:25) leading six from that team who are back. Maranatha (Sierra Madre) was 2nd in 87 1A, with four scorers back from that team, led by Trent Middleton (17:12).

Fillmore, 6th last Fall, also returns a foursome who scored in last year's championship run here. Moorpark has five of its top seven back, led by Ricky DeLeon (16:09-4:25.19m).

Harvard (North Hollywood), 8th 1A in 87, has a respectable trio back. Carpinteria returns six of its top seven, St. Margaret's (San Juan Capistrano) returns its top six for 1988, and Crossroads (Riverside) four of its top five, with Jason Nagler (17:20) on top. Thacher (Ojai) has done a fine job in the sport lately, with 29 Palms another squad with potential.

Ryan Coudy (Village Christian, Sun Valley) (16:38) and Wes Smith (LA Baptist, Sepulveda) (16:48) are other strong individuals at this level.



Results

TRACK & FIELD

Northern California Senior Track & Field Classic

July 30, Berkeley.

Men's Results

100m: (30-34) 1. Lee Pope 11.3, 2. Ken Cook 12.3. **(35-39)** 1. Earl Bryant 11.9, 2. Marica Vallentine 12.0, 3. Frank Demby 12.1. **(40-44)** 1. Tom Allen 11.6. **(45-49)** 1. Martyn Adamson 11.6. **(50-54)** 1. Roger Tsuda 12.2, 2. Marvin Smoller 13.0. **(55-59)** 1. Bruce Springbett 11.9, 2. Marion Sanchez 12.3, 3. Dick Marlin 12.8. **(65-69)** 1. Bill Toasperm 15.9, 2. Sam Hoover 17.3, 3. Jim Stephenson 19.7. **(70-74)** 1. John Satti 15.5. **(75-79)** 1. Harry Koppel 14.4, 2. Les Holmquist 18.3.

100m HH: (50-54) 1. Jerry Stanners 17.4w, 2. Steve Richmond 20.0w. **(55-59)** 1. Marion Sanchez 19.3w, 2. Larry Fullington 21.6w.

110m HH: (30-34) 1. James Weems 14.6w, 2. William Smith N.T. **(35-39)** 1. Ed Baskauskas N.T., 2. Gary Schmidt N.T. **(40-44)** 1. Fred Johnston N.T., 2. James Hollister N.T.

200m: (30-34) 1. Lee Pope 22.5, 2. James Weems 23.0, 3. John Kirkpatrick 25.1. **(35-39)** 1. Earl Bryant 24.8, 2. Frank Demby 24.8, 3. Rick Thoman 25.1. **(40-44)** 1. Matt Pruitt 22.8, 2. George Smith 24.2, 3. Tom Allen 24.2. **(45-49)** 1. Martyn Adamson 23.9. **(50-54)** 1. Roger Tsuda 25.7. **(55-59)** 1. Bruce Springbett 25.2, 2. Marion Sanchez 25.4, 3. Ed Manougian 27.6. **(65-69)** 1. Chuck Mercurio 30.9, 2. Walter Dahlin 31.1, 3. Bill Toasperm 33.7. **(60-64)** 1. Lee Sorenson 30.6. **(75-79)** 1. Harry Koppel 30.0.

400m: (35-39) 1. Max Naegele 57.4. **(40-44)** 1. Matt Pruitt 51.0, 2. George Smith 51.6, 3. Drew Stevick 58.6. **(45-49)** 1. Martyn Adamson 53.1, 2. Dennis Duffy 54.6. **(50-54)** 1. Marvin Smoller 61.7, 2. Jack Hill 62.6. **(55-59)** 1. Bernie Stevens 64.5, 2. E. Mehmedbasich 64.8. **(60-64)** 1. Lee Sorenson 69.1. **(70-74)** 1. Jerome Lopes 79.6.

300m Hurdles: (55-59) 1. Marion Sanchez 49.1, 2. Will Robinson 50.9, 3. Larry Fullington 56.4.

400m Hurdles: (30-34) 1. James Weems 56.2, 2. John Kirkpatrick 56.9.

800m: (30-34) 1. Duane Isham 2:03.1. **(35-39)** 1. Robert Park 2:02.0. **(40-44)** 1. George Mason 1:59.4, 2. Ron Jensen 1:59.4, 3. Steve Ferraz 2:02.1. **(50-54)** 1. Pete Richardson 2:09.6, 2. Jack Hill 2:37.1.

(55-59) 1. Lloyd McGuire 2:40.2, 2. Bernie Stevens 2:45.6, 3. John Gregson 2:54.1. **(65-69)** 1. Don Wilgus 3:01.5. **(70-74)** 1. Bill Van Fleet 3:04.9. **(80-84)** 1. Sid Madden 3:57.2.

1500m: (35-39) 1. Daryl Katch



DENNIS DUFFY

photo by Robert Downing

George Green 4:22.4, 3. Leonardo Stoute 5:30.1. **(40-44)** 1. Wayne Douglas 4:28.3, 2. Jime McMillen 4:35.4, 3. Michael Green 4:35.3. **(45-49)** 1. Michael Holbrook 4:14.5, 2. Steve Schumacher 4:48.3. **(50-54)** 1. Pete Richardson 4:47.2, 2. Don Martin 4:53.2, 3. Jack Hill 5:37.0. **(55-59)** 1. John Gregson 5:52.3. **(65-69)** 1. Don Wilgus 6:17.7, 2. Carl Reiterman 7:36.2. **(70-74)** 1. Bill Van Fleet 6:36.1. **(80-84)** 1. Sid Madden 7:50.7.

3000m: (40-44) 1. Ramsey Thomas 9:30.4, 2. Michael Green 9:51.2, 3. Paul Scotchler 10:36.4. **(50-54)** 1. Ken Allen 11:34.3, 2. James Jacobs 11:37.1. **(55-59)** 1. Dave Stevenson 10:57.8, 2. Ed Mooney 11:45.5, 3. John Gregson 11:55.2. **(60-64)** 1. Boyce Jacques 10:55.2, 2. Rex Dietderich

14:06.4. **(65-69)** 1. Don Wilgus 13:32.2, 2. Carl Reiterman 15:55.0. **(70-74)** 1. Bill Van Fleet 13:39.6.

Hammer: (45-49) 1. Joe Orsini 30.92. **(50-54)** 1. Jim Hart 37.80. **(60-64)** 1. Jack Morrill 29.48. **(75-79)** 1. Jim York 32.06. **(80-84)** 1. Bob Ush 25.22.

Javelin: (30-34) 1. Jim Scileny 35.62. **(35-39)** 1. Gary Schmidt 46.86. **(40-44)** 1. Drew Stevick 54.46, 2. Richard Stepp 45.62. **(45-49)** 1. Dennis Neufeld 49.00, 2. Rich Hotchkiss 46.70. **(50-54)** 1. Phil Conley 53.83, 2. Don Rose 44.54. **(60-64)** 1. Jack Morrill 27.48. **(65-69)** 1. Boyde Porch 38.70, 2. Alden Bryant 32.30, 3. Rich Hustace 26.20. **(70-74)** 1. Dick Mack 25.68.

Shot Put: (30-34) 1. Rich Gorbet 14.90, 2. Jim Scileny 7.76. **(35-39)** 1. Gary Schmidt 12.02. **(40-44)** 1. Mike Holzgang 10.84. **(45-49)** 1. Rich Hotchkiss 11.58, 2. Al Ferreira 9.40. **(50-54)** 1. Jim Hart 13.57, 2. Robert Beedle 11.11. **(60-64)** 1. Mike Orlich 12.77, 2. Jerry Silsdorf 9.39. **(65-69)** 1. M. Quinto 10.34, 2. Hy Booth 9.44. **(70-74)** 1. Hal Cronkrite 9.99, 2. Dick Mack 7.98. **(75-79)** 1. Jim York 9.16.

High Jump: (35-39) 1. Ed Baskauskas 5-10, 2. Jay Johnson 5-2, 3. B. Sorrano 4-10. **(40-44)** 1. Drew Stevick 5-0, 2. Mike Holzgang 4-4. **(45-49)** 1. Don Dvorak 4-10. **(50-54)** 1. Don Rose 5-0, 2. Steve Richmond 4-10, 3. Jerry Stanners 4-10. **(55-59)** 1. Marion Sanchez 5-2. **(60-64)** 1. Jerry Silsdorf N.H. **(65-69)** 1. Walter Dahlin 4-4, 2. Jim Johnson 4-2. **(75-79)** 1. Wilfred Bigelow 3-8, 2. Les Holmquist 3-6.

Long Jump: (30-34) 1. Jim Scileny 11-9 1/2. **(35-39)** 1. Maurice Valentine 19-3 1/2, 3. Gary Schmidt 18-0. **(40-44)** 1. James Hollister 18-7 1/2, 2. Alan Hunken 17-9. **(45-49)** 1. Don Dvorak 17-3. **(50-54)** 1. Roger Tsuda 18-0 1/2, 2. Steve Richmond 15-3. **(60-64)** 1. Jerry Silsdorf 9-10. **(65-69)** 1. Jim Johnson 14-0, 2. Rich Bennett 11-10 1/2, 3. Chuck Mercurio 11-3w. **(70-74)** 1. John Satti 12-7. **(75-79)** 1. Wilfred Bigelow 10-6 1/2, 2. Les Holmquist 10-0 1/4.

Triple Jump: (30-34) 1. Ric. Quilantang 33-7 1/2, 2. Jim Scileny 22-3 3/4. **(35-39)** 1. Maurice Valentine 35-2. **(40-44)** 1. James Hollister 38-1 1/4. **(65-69)** 1. Jim Johnson 29-8, 2. Chuck Mercurio 27-10. **(70-74)** 1. John Satti 22-3.

Pole Vault: (35-39) 1. Bert Serrano 12-6. **(40-44)** 1. Richard Ying 12-0 3/4, 2. Joe Miyoshi 11-6, 3. Richard Stepp 11-6. **(50-54)** 1. Jerry Stanners 10-6 3/4. **(65-69)** 1. Jim Johnson 8-0, 2. Dick Bennett 7-3. **(70-74)** 1. Jim Vernon 10-0.

Discus: (30-34) 1. Rich Gorbet 38.68, 2. Jim Scileny 23.50. **(35-39)** 1. Gary Schmidt 36.14, 2. Alan Hunken 30.90. **(45-49)** 1. Dick Hotchkiss 39.56. **(50-54)** 1. Jim Hart 46.18. **(55-59)** 1. S. Orlich 27.14. **(60-64)** 1. Mike Orlich 35.40, 2. Jack Morrill 27.72, 3.

Jerry Silsdorf 24.82. **(65-69)** 1. Hy Booth 39.54, 2. Quinto Merlo 33.0, 3. H. Husey 32.16. **(70-74)** 1. Hal Cronkrite 26.50, 2. Dick Mack 23.06, 3. Oiva Nurmela 22.48. **4x100: (40-49)** 1. West Valley T.C. 50.1. **4x200: (30-39)** 1. IDN's 1:34.8, 2. S.F. TC 1:38.8. **(40-49)** 1. S.B. Artists 1:41.1.

Women's Results

100m: (30-34) 1. Becky Post 14.1. **(45-49)** 1. Nadine O'Connor 14.3. **(50-54)** 1. Irene Obera 13.6. **(55-59)** 1. Marjorie Moore 17.1. **(65-69)** 1. Els Tuinzing 17.5, 2. Molly Monheit 18.5, 3. Ruth Talley 20.7.

200m: (30-34) 1. Becky Post 29.6, 2. Ch. Mehmedbasich 32.2. **(45-49)** 1. Nadine O'Connor 29.8. **(50-54)** 1. Irene Obera 27.9. **(55-59)** 1. Marg Moore N.T. **(60-64)** 1. Shirley Dietderich N.T. **(65-69)** 1. Molly Monheit N.T., 2. Diana Smith N.T. **400m: (30-34)** 1. Ch. Mehmedbasich 71.9. **(50-54)** 1. Irene Obera 69.1. **(65-69)** 1. Els Tuinzing 85.5.

800m: (30-34) 1. Ch. Mehmedbasich 2:46.1. **1500m: (50-54)** 1. Vicki Bigelow 5:23.3, 2. Heidi Skaden 5:30.1. **(60-64)** 1. Kit Pickles 7:06.8.

3000m: (40-44) 1. Laurie Binder 9:58.9. **(60-64)** 1. Kit Pickles 14:29.1. **(65-69)** 1. Jaclyn Caselli 13:37.1.

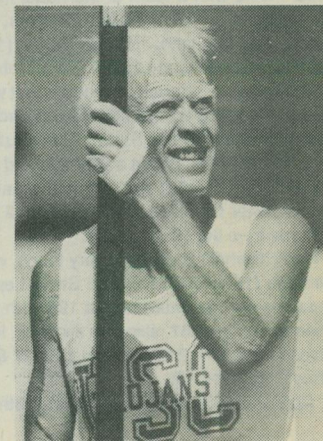
Javelin: (45-49) 1. Fran Conley 29.56. **(60-64)** 1. Shirley Dietderich 20.52.

Shot Put: (40-44) 1. Rosie Ferreira 5.77. **(50-54)** 1. Barbara Racine 7.48. **(65-69)** 1. Ricki Corvello 5.75.

Long Jump: (30-34) 1. Ch. Mehmedbasich 11-8 1/2. **(50-54)** 1. Irene Obera 14-6 1/2. **(65-69)** 1. Ruth Talley 7-5.

Discus: (50-54) 1. Barbara Racine 20.66. **(60-64)** 1. Shirley Dietderich 20.54. **(65-69)** 1. Ricki Corvello 14.68, 2. Ruth Talley.

VERN WOLFE



Results

ROAD RACING

Cinco De Mayo

May 7. Stockton Waterfront. 5K.

Overall Results

1	Michael O'Conner (20) OR	15:46
2	Bill Seaver (38) Byron	15:53
3	David Welch (16) MVista	15:58
4	Richard Johnson (22) Stock	17:07
5	Brian Butler (19) Stockton	17:07
6	Chris Maier (19) Stockton	17:28
7	John Gaherty (35) Livermore	17:35
8	Jose Casillas (36) San Jose	17:43
9	Joss Walter (23) Stockton	17:55
10	Alfredo Ortiz (23) Stockton	18:09
11	Elmer Watanabe (22) Stock	18:15
12	Chuck Arellano (33) Stock	18:27
13	Jill Perry (23 F) Stockton	18:39
14	John Semler (46) Stockton	18:40
15	Jerry Martinez (35) Stockton	18:43

Up & Running

May 22. Cupertino. 10K.

Overall Results - Men

1	Gary Kerr (34) Clovis	28:29
2	Daniel Grimes (29)	30:00
3	Joe Rubio (25)	30:27
4	Charles Alexander (24) MtV	30:37
5	Casey Reinking (27) Santa Cl	30:56
6	Dan Stefanisko (26)	31:19
7	Richard McCann (30)	31:32
8	Troy Durham (54)	31:51
9	Larry (Uncle Ralphs Audio) (26)	31:55
10	Mark Callon (19)	31:58

Overall Results - Women

1	April Powers (30) Kentfield	34:00
2	Heidi Nooney-Perham (30)	35:29
3	Rosa Gutierrez (24)	35:58
4	Joanne Ernst (29)	36:01
5	Sharon Swann (37) Menlo Park	37:16
6	Jacquelyn Russum (36)	37:38
7	Holly Stevenson (25) PortValley	38:14
8	Colleen Sweet (38) Carmel	38:16
9	Julie L'Heureux (26)	38:41
10	Suzanne Sarto (29)	38:49

Division Results - Men

13 & Under: 1. Jeremiah Steen 40:07, 2. Stephen Slauson 40:52, 3. Jose Perez 41:10. 14-18: 1. Michael Graves 34:15, 2. Scott Fairbanks 36:30, 3. Michael Dupre 36:32. 19-29: 1. Daniel Grimes 30:00, 2. Joe Rubio 30:27, 3. Charles Alexander 30:37. 30-39: 1. Casey Reinking 30:56, 2. Richard McCann 31:32, 3. Paul Zucker 31:58. 40-49: 1. David Furst 32:35, 2. David Rivera 33:42, 3. Frank Ruona 34:17. 50-59: 1. Ken Noel 37:25, 2. Robert Barber 37:36, 3. Don Savant 38:45. 60-69: 1. Frank Cunningham 44:41, 2. Marcel Diraison 44:52, 3. Leo Gries 45:20. 70 & Over: 1. Mel Shine 52:01. Wheelchair: 1. Gary Kerr 28:29, 2. Troy Durham 31:51, 3. Jim Schoenherr 32:32, 4. Jerry Deets 33:59, 5. Robert Witherell 35:38, 6. Brian Guian 39:49.

Division Results - Women

13 & Under: 1. Rene Huerta 46:38, 2. Shefali Shah 58:00, 3. Karra Perkins 58:01. 14-18: 1. Thea Roberts 44:06, 2. Jennifer Franklin 46:15, 3. Alicia Ruvolo 46:34. 19-29: 1. Rosa Gutierrez 35:58, 2. Joanne Ernst 36:01, 3. Holly Stevenson 38:14. 30-39: 1. April Powers 34:00, 2. Heidi Nooney-Perham 35:29, 3. Sharon Swann 37:16. 40-49: 1. Gloria Ploss 45:07, 2. Jutta McCormick 45:08, 3. Jonni Schween 46:04. 50-59: 1. Mary Young 52:50, 2. Marjorie Mikael 53:46, 3. Melva Vollersen 54:16. 60 & Over: 1. Annie Sievert 1:01:59, 2. Pat Hale 1:02:34.

Elby's Distance Race

May 28. Wheeling, WV. 20K.

Rob De Castella won the 12th annual Elby's Distance Race missing the course record by eight seconds. Mark Curp finished second for the third year in a row and as the first American finisher successfully defended his title as the US Men's champion at 20K.

De Castella and two-time winner Jon Sinclair led the field through the first seven miles. It was here that the Australian began to pull away. The top ten male finishers and their times are as follows:

Kellie Cathey finished first in the women's Division with a time of 1:12:30. Maureen Custy-Roben was second in 1:13:54 and Leatrice Hayer of Connecticut was third with a time of 1:14:39.

In the Master's Division, Michael Hurd successfully defended his title although he could not match last year's record setting pace on the Elby's course. Darlene Norman of Charleston was the winner in the women's masters division.

This year marks the fourth consecutive year that Elby's has been the US Championship at 20K (12.4 miles). Mark Curp earned an additional \$1000 as the first American finisher and Jon Sinclair picked up an additional \$500 for finishing second in the TAC competition.

Overall Results - Men

1	Rob De Castella (29) Boulder	1:01:08
2	Mark Curp (29) Lee's Summit	1:02:26
3	Brian Sheriff (22) Patum, NM	1:02:53
4	Jon Sinclair (31) Fort Collins, CO	1:03:08
5	Derrick Froude (29) Boulder, CO	1:03:25
6	Gerard Nijboer (32) Uffelte, Holla	1:04:02
7	Zack Barie (30) El Paso, TX	1:04:36
8	Bos Hodge (32) Clinton, MA	1:04:45
9	Derrick May (32) Balboa	1:05:34
10	William King (25) Scranton, PA	1:05:57

Overall Results - Women

1	Kellie Cathey (27) AZ	1:12:26
2	Maureen Custy-Roben (32) Dnv	1:13:54
3	Leatrice Hayer (32)	1:14:39
4	Gail Kingma (27) Seattle, WA	1:15:19
5	Susan Stone (24) Toronto, Can	1:17:13

Masters Men - 40-44

1	Michael Hurd (42) Oxfordsh, Eng	1:07:06
2	Allan Rushmore (44) Dudley, Engl	1:11:48
3	Daniel Giner (41) Kettering, OH	1:14:43
4	Barry Firestone (41) Connll, PA	1:14:46
5	Ronald Norman (41) Christ, WV	1:15:20

Masters Women - 40-49

1	Darlene Norman (40) Christ, WV	1:29:41
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2	Pamela Gibson (42) Cadiz, OH	1:35:49
3	Cindy Farnsworth (41) Elen, WV	1:38:09

Freihofer's Run for Women TAC USA Road Championship

May 28. Albany, N.Y. 10K.

The Freihofer's Run for Women/TAC National 10K road championship is, it seems, a race made for exciting finishes. In 1986 Francie Larrieu-Smith and Betty Springs finished so close together that judges were unable to separate them. In this year's race in downtown Albany, it was only within sight of the finish adjacent to Empire State Plaza that a definitive winner emerged.

From the outset, Lynn Jennings, 27 years old from New Market, New Hampshire, was at the forefront of the field of 614 women who had arrived from 34 states to contest the tenth edition of this event. Jennings had won this race twelve months previously and was heavily favored to repeat this time around, particularly in view of her fourth place finish in the World Cross Country Championships in New Zealand in March. Both Lisa Weidenbach from Issaquah, Washington and Patty Murray from Park Ridge, Illinois, appeared intent on upsetting the form book, however.

"I'm going to have to capitalize on my strength," Weidenbach commented one day before the race. That strength had been evidenced by a fourth place finish at the US Olympic Trials Marathon in Pittsburgh on May 1st.

For Murray, although this was her first road race since last October, NCAA and World University Games 10,000m track titles from 1987 were indicative of her immense potential.

"I had the best workout of my life last week," she smiled. "And I love the hot weather."

As the 80 degree temperature began to make itself felt, therefore, both Weidenbach and Murray stayed close to Jennings as she injected a surge following a 5.11 first mile. Thereafter, while Eleanor Simonsick from Baltimore, Maryland, Liz Miller from Peru, Vermont, Julie Isphording from Cincinnati, Ohio and Cyndie Welte from Lorain, Ohio worked hard to close the gap, essentially it was a three woman race.

At the half way mark, reached in 16:26, Murray assumed the role of aggressor.

"I haven't seen someone take the race by the throat like that for a long time," Jennings was to say later.

At four miles Weidenbach began to feel the effects of her recent marathon and, with 21:09 showing on the clock, it was left to Murray and Jennings to decide who would claim the winner's prize of \$5000 and a new Honda CRX HF.

Although Murray maintained pace through

five miles in 26:25 and six in 31:45, once the finish line at Empire State Plaza hauled into view Jennings decided the issue with devastating finality. Her 300 yard kick to the line opened an advantage of five seconds and gave her the national title for the second successive year.

"I felt good but I didn't know what Patty had up her sleeve," observed Jennings. "At 5K I was ready to start pressing, but Patty came and took my job away from me. I was feeling pretty confident that if I could stay with her I could probably win, but if I hadn't been able to concentrate the race would have been hers today."

Jennings crossed the line in 32:38, the sixth fastest time ever for this race, while Murray ran 32:43. Weidenbach held on for third (33:35) with Simonsick fourth (34:07) and Miller fifth (34:17).

The master's race brought together the three finest runners in the country, Laurie Binder from Oakland, Calif., Barbara Fultze from Erie, Pennsylvania and Gabrielle Andersen from Sun Valley, Idaho. Although Andersen was the only one of the three not to have contested the Olympic Trials marathon four weeks previously, still she could not match Binder's race-winning 35:32, which placed her 14th overall.

"I didn't expect to have fast legs after the marathon," observed Binder. "This is my slowest time this year. If it had been real humid I wouldn't have run well, but there was a slight breeze after the turnaround and that saved me."

Binder earned \$1500 for her victory while, in second, Andersen claimed \$1000 and Filutze, third, \$700.

The wheelchair race, as expected went to five-time Boston Marathon champion, Candace Cable-Brooks who led from gun to tape. This was Cable-Brooks' second consecutive Freihofer's victory.

The 5K fitness run which followed the 10K featured 1076 starters and produced a new winner in Pamela Crandall from Hanover, New Hampshire. Her front-running tactics allowed her to improve the course record of 17:22 to 17:16, bringing her victory by 34 seconds. Pamela Allie-Morrill from Averill Park, New York placed second with defending champion, Denise Herman, third in 18:03.

Next year's Freihofer's Run for Women will host the inaugural TAC National 5K Championship. Without doubt the competition will be as intense as it was - over twice that distance - this year, which is, after all, a Freihofer's tradition.

Overall Results - 10K

1	Lynn Jennings (27) New Hamps.,	\$5000	32:38
2	Patty Murray (26) IL.,	\$4000	32:43
3	Lisa Weidenbach (26) Washington,	\$3000	33:35
4	Eleanor Simonsick (30) Maryland,	\$2000	34:07
5	Liz Miller (29) Vermont,	\$1000	34:17
6	Julie Isphording (28) Ohio,	\$900	

Results

- 34:21
 7 Cyndie Welte (26) Ohio, \$800 34:29
 8 Nancy Corsaro (29) Mass., \$700 34:40
 9 Inge Schuurmans (25) Virginia, \$600 34:46
 10 Jennifer Colgrove (26) PA, \$500 34:46
 11 Mary Lammi (31) Mass., \$400 34:56
 12 Janis Klecker (27) MN, \$300 35:05
 13 Gina Sperry (27) Vermont, \$200 35:29
 14 Laurie Binder (40) Oakland, \$100 35:32
 15 Jeanne Lasse-Johnson (30) NV, \$100 35:35
 16 Gabrielle Andersen (43) Idaho 35:52
 17 Katie Ishmael (23) Madison, WI 36:01
 18 Gigi Sixour (29) NY 36:05
 19 Kimberlee Campo (32) San Diego 36:14
 20 Barbara Filutze (41) PA 36:34
- Masters Results**

- Over 40:**
 1 Laurie Binder (40) Oakland, \$1500 35:32
 2 Gabrielle Andersen (43) Idaho, \$1000 35:52
 3 Barbara Filutze (41) PA, \$700 36:34
 4 Angella Hearn (42) NY, \$500 36:59
 5 Christine Hearn (42) NY, \$300 37:33
- Over 50:**
 1 Diane Palmason (50) Ottawa, OW 39:23

- Over 60:**
 1 Dolores Quinn (60) Whitesboro, NY 53:42

- Wheelchair:**
 1 Candace Cable-Brooks (33) SLO 30:27

- Overall Results - 5K**
- 1 Pamela Crandall (NH) 17:16
 2 Pamela Allie-Morrill, Averill Park, NY 17:50
 3 Denise Herman, Saratoga Springs, NY 18:03
 4 Inge Aiken (East Greenbush, NY 18:17
 5 Marisa Sutura-Ebbets (Schenectady, NY 18:24
 26 Suzi Morris, Encinitas 37:19
 35 Juana Stivolone, San Jose 38:05
 71 Judy Kewley, Simi Valley 41:47

Memorial Run

- May 28. Sanger. 6 Mi. & 3 Mi. Prediction.
Division Results - Men's 6 Mile
15 & Under: 1. Brent Fernandez 37:35. 16-18: 1. Robert Cardenas 35:51. 19-29: 1. Dan Vega 34:53. 30-34: 1. Robert Garcia 35:00. 35-39: 1. Joe Schlereth 35:28. 40-44: 1. Obed Fernandez 39:42. 45-49: 1.

- Evan Orme 36:53. **50-59:** 1. Tony Bush 41:37. **70 & Over:** 1. Harry Harder 48:37.

- Division Results - Women's 6 Mile**
30-34: 1. Ann Phillips 42:25. **35-39:** 1. Rosa Medina 39:27. **40-44:** 1. Charlene Enoch 52:17. **50-59:** 1. Heidi Fialho 52:17.

- 3 Mile Time Prediction**
 1. Mark Johnson 22:07, 2. Jim O'Brien 25:00, 3. Scott Fernandez 19:16.

Strawberry Canyon Run

May 28. Berkeley.

Winners

- Men:** 1. Tom Borschel (30) Oakland, 32:37.
Women: 1. Char Levitt (29) Virgin Islands, 42:23.

Wildcat Ramble

May 28. El Sobrante. 14.4 Mi. & 7.2 Mi.

- Overall Results - Full Ramble**
- 1 Dennis Rinde (29) Orangevale 1:18:05
 2 Robert Weatherwax (30) Oakl 1:27:39
 3 Brad Cinto (30) Concord 1:36:34
 4 Robert Groff (49) Larkspur 1:36:56
 5 Kenneth Jackman (49) El Sobr 1:37:58
 6 Tom Verna (24) San Carlos 1:39:15
 7 Andrew Del Matto (29) San Fra 1:40:34
 8 Bill Scott (38) FPO San Franc 1:40:44
 9 Mark Richey (38) Oakland 1:40:57
 10 Jorge Castelo (30) Daly City 1:41:12

- Overall Results - Half Ramble**
- 1 Joan Steidinger (33) Oakland 1:05:00
 2 Matt McGraw (10) Vacaville 1:11:37
 3 Margaret Riley (35) Burke 1:14:30
 4 Ann Yergin (34) San Francisco 1:20:31

Memorial Cross Country Run

May 28. San Bruno City Park. 4 Miles.

- Division Results - Men**
19 & Under: 1. Mark Keyser 21:42, 2. Aaron Moore 23:56. **20-29:** 1. Leon Shordon 21:28, 2. Ron Kampos 23:37, 3. Mark Ryan 24:11. **30-39:** 1. Mike Timmerman 23:47, 2. Dwayne Knutson 27:56, 3. Carlos Martinez 28:34. **40-49:** 1. John Galletta 25:14, 2. Steve Parker 27:55, 3. James Rich 29:53. **50-59:** 1. Jim Kauffold 29:12.

- Division Results - Women**
19 & Under: 1. Sherri Woods 34:35. **20-29:** 1. Heidi Bastable 30:31, 2. Audrey Harris 33:33, 3. Stephanie Bzdek 34:32. **30-39:** 1. Kim Rupert 27:08, 2. Katie Scott 27:59, 3. Ginger Hood-Akers 28:38.

Brentwood Runs

By Richard Lee Slotkin

- May 29. Brentwood. 5K & 10K.
 Samson Obwacha had an easy time. He only wanted to run a comfortable 30 minutes pace for the 10K so as to save himself for a tough steeplechase effort in the up-

coming UCLA/Pepsi Invitational. It almost boggles the mind to think of 30 minutes as comfortable for a 10K, but when you can run in the low 29s or the high 28s, I suppose 30 minutes is no big deal if you're in pretty decent shape.

Which Obwacha was.
 So he ran for half an hour and, of course, easily won the 10K. Well, don't get carried away by that "of course". There have been some times past where merely being in the 29s didn't win here; or even get second place. Not today, though.

Not that there wasn't anyone else who could do it. There was, for instance, Steve Ortiz who won this thing last year in 29:43. Another former winner, Frank Plasso, was down from Vegas to try for a repeat. Then, there were guys like Angel Hernandez, Alan



Hernandez, Samson Obwacha, Tyrus Deminter, Steve Ortiz. photo by Richard Lee Slotkin

Just, Tyrus Deminter and Luis Pinon, any one of whom could have had a good day and won.

But, in the end, it was a moderate workout day for Obwacha. An NCAA Division II champ in his recent East Texas State days, he was clearly the class of this field, and, fortunately for his plans, no one else was in top shape for one reason or another.

So, after running with the lead pack for about 2 1/2 miles, Obwacha began to tighten the screws. Easing into a lead, he kept up the pressure and by the 5K he had about 10 yards. Going into the 2nd loop of this two loop course, what was left of what had been a 10 man lead pack made a final surge to reel the Kenyan in. No way, though. Following a few blocks of flat the course takes mild

up hill character and Obwacha tightened the screws just a bit more. Without really exerting himself, he just added a foot or two at a time to his lead and by the time he reached the final turnaround, meaning about a mile and a half to go, his lead was 8 seconds, or about 40 yards in not that much of a lead at this point, especially at Brentwood where I've seen guys make up more with less to go. But, Obwacha simply looked so much better than anyone else, so effortless, that you knew the race had been over back at the 2 1/2 mile point.

Obwacha got his 30 minute workout. Officially, it was 30:03, about as close as you could call a shot. Hernandez had a lock on 2nd, finishing 16 seconds behind Obwacha and 16 seconds ahead of Deminter, who took 3rd.

Nancy Bowman led the women for all but

the first 1/2. Actually, there was one other in there for the first couple hundred yards. This one, wearing number 2651, took off right in front with Ortiz, Obwacha and the rest of the boys. She was really moving for a block or two. Then, she was gone and later I saw her finishing with, if I remember correctly, the joggers in the back.

Anyway, chasing Bowman was the ubiquitous Carrie Garritson. Although Carrie actually beat Bowman once, the 5 time all-American from CSUN hasn't let it become a habit and her 34:39 clocking was almost a minute ahead of the little one. However, it's a bit hard to find fault with a 35:33 effort when it's turned in by an eleven year old.

Bowman and Obwacha gave the Gardena Valley Runners an impressive double victory, and not because of the times. It's the roster this club is putting together. The GVR's are definitely coming of age.

Results

The 5K was more closely contested. With UCLA's Drake Stadium only about 2 miles away, if you cut through the V.A. Hospital grounds, it was only fitting that the fight for first was between a pair of Bruin teammates. UCLA's Jim Ortiz and Joe Nitti took over just before the 1 mile mark and they were the whole show from there on. Ortiz, Steve's younger brother, held the lead most of the way, but at 2 miles, in 9:23, Nitti pulled even. A minute later Nitti surged, a desperate move, he later confided, because he was worried about Ortiz's kick. But it held and he moved out to a 10 yard lead when Ortiz's response turned out to be rather feeble, as he too later confided. From there to the finish Nitti pulled away. Got himself a road PR, too: 14:34.

Andrea Ward led the women wire to wire. Gretchen Cruz was the only one close

photo by Richard Lee Stollin



NANCY BOWMAN

enough to have a shot at her, but Ward, a former sprinter, has just a little bit too much leg speed and she went on to a 12 second win. Cruz had an even bigger lead on third: 32 seconds.

Incidentally, Cruz's new husband, Bennie, was 3rd behind Ortiz in the men's race. The honeymooners are also GVRs, as is Ortiz, so it was a good day for the Gardena team. Following the race, the Santa Clarita Run-

ners had their usual cookout on the island divider on San Vicente near the finish line. As CTRN's restaurant editor I felt it was my duty to cover the event. The menu consisted of charbroiled hamburgers and hot dogs, homemade chocolate bit cookies and... well, no need to go through the whole thing. In any case, Guide CTRN rated the spread as a * * *. Chef Steve Watanabe's lack of photogenicity cost the event one star, which would have given it a top rating. He's working on it, though, along with his marathon time, so maybe next year.

And that was Brentwood 88. As usual, Valerie Johnson gets a tip of the hat for keeping the thing going so smoothly. Since she moved up to Santa Cruz a few years ago Brad Malamud has been helping her to carry on the tradition. It's a good example of a quality local event.

Division Results - Men's 5K

15 & Under: 1. Jaime Rigal 18:03, 2. Ali Binazir 18:58, 3. Jonaahan Lindsay 19:32, 16-19: 1. Sasha Vujic 15:39, 2. Peter Oviatt 15:40, 3. Rolando Reyes 16:16, 20-29: 1. Jim Ortiz 14:46, 2. Eugene Cruz 14:56, 3. Greg Clark 15:24. **30-39:** 1. Tim Hampton 15:28, 2. Tony Colon 15:34, 3. Paul McClelland 16:11, 40-49: 1. Richard Greene 16:19, 2. Fred Orteg 16:22, 3. Don McCarthy 16:24. **50-59:** 1. Brian Fernee 16:58, 2. Pat Connelly 17:52, 3. Robert Lyons 18:20. **60 & Over:** 1. Larry Banuelos 18:56, 2. Fred Goldman 20:47, 3. Jack Green 21:07.

Division Results - Women's 5K

15 & Under: 1. Jullion Stem 20:41, 2. Wendy Hromadka 21:06, 3. Signe Jensen 21:10, 16-19: 1. Tarek Hamoui 19:10, 2. Socorro Vazquez 19:31, 3. Irma Ramirez 21:01. **20-29:** 1. Gretchen Cruz 17:14, 2. Sandra Rodriguez 17:46, 3. Lari Bright 18:26. **30-39:** 1. Michele Tiff 17:54, 2. Michelle Buchicchio 17:55, 3. Jeanne Kawashina 18:46. **40-49:** 1. Linda King 20:00, 2. Roberta Lamping 20:46, 3. June Lane 21:07. **50-59:** 1. Atsuko Fujimoto 22:11, 2. Jane Dods 22:32, 3. Carolyn Leacock 23:52. **60 & Over:** 1. Doris Gordon 25:35, 2. Hilda Fogelsoh 37:47, 3. Phyllis Plaso 38:40.

Division Results - Men's 10K

15 & Under: 1. James Garrison 34:37, 2. Bill Kidder 38:19, 3. Jarrod Garrison 39:21. **16-19:** 1. Tarek Hamoui 32:40, 2. John Fedoroff 32:43, 3. Don Patti 32:59. **20-29:** 1. Angel Hernandez 30:19, 2. Tyrus Deminter 30:35, 3. Frank Plaso 30:42. **30-39:** 1. Bob Daniels 30:38, 2. Rick O'Bryan 32:54, 3. Barry Molony 33:06. **40-49:** 1. Byrle Smallen 33:49, 2. Phil Grant 33:56, 3. Tom Bennet 34:16. **50-59:** 1. John Brennan 36:09, 2. Arnold Way 38:50, 3. Tracy Brown 39:16. **60 & Over:** 1. William Arnold 43:20, 2. Bill Stowell 43:29, 3. Murray Cohen 44:43.

Division Results - Women's 10K

15 & Under: 1. Carrie Garrison 35:33, 2. Heather Garrison 41:28, 3. Norma Edge 52:35. **16-19:** 1. Brigid Freyne 37:57, 2. Caitlin Gabor 39:52, 3. Mindy Pelz 46:22. **20-29:** 1. Pennie McLaughlin 36:01, 2. Tammy Babiracki 36:17, 3. Donna Chin 36:45. **30-39:** 1. Julie Madison 37:16, 2. Terri Goo-dreau 39:58, 3. Arlene Ucinski 41:21. **40-49:**

1. Jan Bartosik 39:31, 2. Karen McIntosh 43:46, 3. Lesley Calise 44:17. **50-59:** 1. Debbie Brown 47:14, 2. Carol Dav 47:14, 3. Darlene Peterson 47:27. **60 & Over:** 1. Helen Dick 46:00, 2. Serea Weathington 53:40, 3. Doris Gordon 55:43.

Redding Bud Light Triathlon

May 29. Redding. 2.5K Swim, 65K Bike, 15K Run.

Overall Results - Men

1 Bryan Fahrenbach 3:07:58
2 Michael Meteyer 3:11:03
3 Eric Mason 3:14:03
4 Tom Fowler 3:14:10
5 Bob Hammond 3:15:25
6 Bob Korock 3:15:55
7 Dominic Panziera 3:17:06
8 Micki Kozuschek 3:19:22
9 Paulo Fontana 3:19:24
10 Jim Mollerus 3:19:36

Overall Results - Women

1 Luanne Park 3:35:07
2 Lisa Ann Verke 3:49:05
3 Robin Black 3:53:39
4 Renee Thomas 3:55:15
5 Elia Hernandez 3:59:42
6 Kathleen Atkins 4:00:06
7 Anne Brimhall 4:03:20
8 Leslee Parr 4:03:52
9 Terri Kolb 4:04:38
10 Judy Glynn 4:04:40

Division Results - Men

Pro: 1. Bryan Fahrenbach 3:07:58, 2. Michael Meteyer 3:11:03, 3. Eric Mason 3:14:03. **18-24:** 1. Tom Davies 3:23:05, 2. Brook Claibourne 3:28:43, 3. Dan Heaney 3:31:33. **25-29:** 1. Jim Mollerus 3:19:36, 2. Chris Ward 3:22:51, 3. Bill Carlson 3:26:13. **30-34:** 1. Eric Johnson 3:21:28, 2. Dave Stothower 3:31:56, 3. Rick Sutton 3:33:19. **35-39:** 1. Cliff Rigsbee 3:26:59, 2. Scott Davis 3:27:13, 3. John King 3:34:02. **40-44:** 1. Dennis Good 3:30:18, 2. Curt Haury 3:31:37, 3. Dick Nordquest 3:40:28. **45-49:** 1. Hans Dieben 3:33:08, 2. Forrest Bond 3:43:17, 3. John Whisler 4:13:36. **50-54:** 1. William O'Brien 4:09:10, 2. James Theiring 4:11:18, 3. Robert Blackburn 4:28:29. **60 & Over:** 1. Robert Fletcher 4:56:34, 2. John Griffin 4:56:41. **Youth:** 1. Stan Johnson 4:11:46, 2. Shad Turney 4:18:43, 3. Darren Mounts 4:22:48.

Division Results - Women

Pro: 1. Luanne Park 3:35:07, 2. Renee Thomas 3:55:15, 3. Lyne Farrington 5:09:20. **18-24:** 1. Lisa Ann Verke 3:49:05, 2. Stephanie Danzig 4:05:52, 3. Nora Lee 4:16:51. **25-29:** 1. Elia Hernandez 3:59:42, 2. Kathleen Atkins 4:00:06, 3. Terri Kolb 4:04:38. **30-34:** 1. Robin Black 3:53:39, 2. Anne Brimhall 4:03:20, 3. Leslee Parr 4:03:52. **35-39:** 1. Nancy Huber 4:12:25, 2. Jeanette Sullivan 4:21:11. **40-44:** 1. Judy Glynn 4:04:40, 2. Constance Smith 4:33:58, 3. Bonnie Jo Nay 4:46:07. **45-49:** 1. Maryann Buxton 4:34:37, 2. Mardi Briggs 4:44:54, 3. Isabelle Moser 4:58:56. **50-54:** 1. Kitty Brown 4:53:56, 2. Barbara Larrieu 5:32:13.

Bolder Boulder

May 30. Boulder, CO. 10K.

Overall Results - Men

1 Rolando Vera (23) Ecuador 29:53
2 Ed Eyestone (26) Orem, UT 30:01
3 Pat Porter (29) Alamosa, CO 30:05
4 Salvador Garcia (24) Mexico 30:13
5 Joseph Kipsang (27) Takoma Park, MD 30:15
6 Steve Harris (26) England 30:17
7 Rafael Zepeda (26) Mexico 30:18
8 Dennis Leck (26) Northglenn, CO 30:43
9 Tommy Ekblom (28) Lynchburg, VA 30:52
10 Domingo Tibaduiza (37) Reno, NV 30:56
11 Bill Reifsnnyder (26) Williamsport, PA 31:00
12 Geoff Turnbull (27) England 31:01
13 Jose Gomez (32) Mexico 31:06
14 Steve Spence (26) Hanover, PA 31:10
15 Gerardo Alcalá (26) Mexico 31:16
16 Martin Mondragon (34) DF Mexico 31:18
17 J.P. Ndayisenga (25) Boulder, CO 31:20
18 Mark Stickley (25) Boulder, CO 31:21
19 Gabriel Kamau (30) El Paso, TX 31:24
20 Zak Barie (28) Tanzania 31:33
21 Rodolfo Gomez (36) Mexico 31:33
22 Danny Gimes (29) Cloverdale 31:36
23 Ronnie Carroll (28) Tucson, AZ 31:38
24 Don Janicki (28) Tucson, AZ 31:40
25 Charlie Gray (34) Lee's Sum, MO 31:41
26 Pablo Vigil (36) Alamosa, CO 31:44
27 John Doub (31) Waynesboro, PA 31:47
28 Steve Crowley (33) Denver, CO 31:51
29 Carey Pinkowski (29) Hammond, IN 31:54
30 Ramon Diaz (24) Mexico 31:54
31 Paul Pilkington (29) Roy, UT 31:55
32 Chuck DeGarmo (28) Boulder, CO 31:56
33 Carlos Reyes (26) Mexico 31:59
34 Silvio Guerra (19) Ecuadorian 31:59
35 Mike O'Reilly (30) Boulder, CO 32:02
36 Ivan Huff (28) SLO 32:03
37 Dave Dunham (24) Lowell, MA 32:04
38 Dave Cuadrado (26) Arvada, CO 32:04
39 Dave Gordon (28) Eugene, OR 32:05
40 John Esquibel (30) Alamosa, CO 32:09
41 John Hunsaker (31) Boulder, CO 32:11
42 Troy Billings (27) Lakewood, CO 32:14
43 Luis Nemer (28) Mexico 32:19
44 Allan Dehlinger (27) Reno, NV 32:20
45 Dave Johnson (27) Boulder, CO 32:22
46 Timothy Wunsch (26) Boulder, CO 32:26
47 John McCracken (31) Lincoln, NB 32:26
48 Daniel Gonzalez (26) Mt. View 32:26
49 Mike Cronin (27) Washington, DC 32:28
50 Steve Benson (36) Boulder, CO 32:35
51 Miguel Tibaduiza (31) Reno, NV 32:38
52 Scott Molina (28) Boulder, CO 33:30

Masters Men's Results

1 Web Loudat (41) Albuquerque, NM 32:50
2 Hipolito Islas (41) Mexico 33:07
3 Steve Lester (45) Magna, UT 33:50
4 Larry Ingram (43) Grand Junction, CO 34:44

TAC Championship Results

1 Ed Eyestone (26) Orem, UT 30:01
2 Pat Porter (29) Alamosa, CO 30:05
3 Dennis Leck (26) Northglenn, CO 30:43
4 Bill Reifsnnyder (26) Williamsport, PA 31:00
5 Steve Spence (26) Hanover, PA 31:10
6 Mark Stickley (25) Boulder, CO 31:21
7 Danny Gimes (29) Cloverdale 31:36
8 Don Janicki (28) Tucson, AZ 31:40
9 Charlie Gray (34) Lee's Summit, MO 31:41
10 Pablo Vigil (36) Alamosa, CO 31:44
11 John Doub (31) Waynesboro, PA 31:47

Results

Pacific Sun 10K

May 30. Kentfield.

Overall Results - Men

1	Dan Aldridge (31) Santa Rosa	30:07
2	Lourival Sampaio (29) San Francisco	30:09
3	John Barrett (24) Davis	30:19
4	Craig Steinmaus (26) Davis	30:47
5	Scott Buttinghausen (31) Berk	30:57
6	Juan Ramirez (23) San Francisco	31:00
7	Scott Steinmaus (27) Davis	31:01
8	Michael Lundblad (35) OlymVa	31:19
9	Thomas Schmitt (25) Kentfield	31:35
10	Steve Ferraz (40) San Francisco	31:38

Overall Results - Women

1	April Powers (30) Kentfield	33:26
2	Laurie Binder (40) Oakland	34:57
3	Heidi Mooney-Perham (30)Pal	35:06
4	Patricia English (35) San Anse	36:18
5	Nan Hall (33) Occidental	36:41
6	Susan Putney (25) Berkeley	37:07
7	Bev Marx (34) Fair Oaks	37:08
8	Chris Iwahashi (32) Sacrao	37:10
9	Laura Schmitt (24) Kentfield	37:12
10	Joyce Rankin (40) Mt. View	37:22

Division Results - Men

18 & Under: 1. Brian McClines 34:12, 2. Willie Guerrero 35:40, 3. Paul Dachauer 37:12. **19-29:** 1. Lourival Sampaio 30:09, 2. John Barrett 30:19, 3. Craig Steinmaus 30:47. **30-34:** 1. Dan Aldridge 30:07, 2. Scott Buttinghausen 30:57, 3. Mike Fanelli 33:14. **35-39:** 1. Michael Lundblad 31:19, 2. Charles Thompson 32:23, 3. Kazik Tadrusz 32:27. **40-44:** 1. Steve Ferraz 31:38, 2. Bill Sevald 32:11, 3. David Furst 32:22. **45-49:** 1. Michael Holbrook 32:54, 2. Jon MacPherson 33:47, 3. Peter White 34:48. **50-54:** 1. Darryl Beardall 35:05, 2. Russ Kiernan 36:00, 3. Frederick Mattos 36:29. **55-59:** 1. Norm Green 33:20, 2. Don Hildebrand 39:22, 3. Robert Drude 41:48. **60-69:** 1. Joe King 39:11, 2. Ray Stewart 39:12, 3. Wally Strauss 40:46. **70 & Over:** 1. Paul Reese 44:55, 2. Mel Shine 50:21, 3. Ted Flagg 51:05.

Division Results - Women

18 & Under: 1. Amy McConnell 38:45, 2. Patty Pender 39:46, 3. Shannon Alexander 45:57. **19-29:** 1. Susan Putney 37:07, 2. Laura Schmitt 37:12, 3. Eileen Brennan 38:23. **30-34:** 1. April Powers 33:26, 2. Heidi Mooney-Perham 35:06, 3. Nan Hall 36:41. **35-39:** 1. Patricia English 36:18, 2. Patty Shackleton 37:51, 3. Maureen Luca 39:50. **40-44:** 1. Laurie Binder 34:57, 2. Joyce Rankin 37:22, 3. Joan Colman 38:39. **45-49:** 1. Margie Timberlake 39:30, 2. Gail Rodd 41:23, 3. Karen Scannell 43:05. **50-54:** 1. Heidi Skaden 40:53, 2. Kay Willoughby 41:17, 3. Eve Pell 41:32. **55-59:** 1. Mary Maricle 46:51, 2. Hanna Szoke 51:58, 3. Inez Skog 1:04:48. **60-69:** 1. Kit Pickles 51:23, 2. Els Tuinzing 55:48, 3. Liese Rapozo 58:57. **70 & Over:** 1. Evelyn Kionig 59:46.

Legg Lake 5K Evening

Run

June 2. So. El Monte. 5K.

Overall Results

1	Heliodoro Jauregui (223)	16:43
2	Jose Rodriguez (33)	17:03
3	Steve Corona (27)	17:09
4	Bob McGeough (46)	17:12
5	Eduardo Valencia (18)	17:29
6	Adolfo Serrato (33)	17:36
7	Cliff Stolba (52)	18:59
8	Glenn Gorelick (43)	19:00
9	Joseph Valle (21)	19:05
10	Wally Ingram (55)	19:10
27	Marky Molina (48F)	26:47
31	Jasmine Shahid (7F)	31:24
32	Joy Shirashi (34F)	31:46
35	J. Kizu (47F)	37:57

Legg Lake 5 Mile Evening

Run

June 9. So. El Monte.

Overall Results

1	Bob McGeough (46)	28:19
2	Jose Dominguez (33)	28:37
3	Moore James (29)	29:25
4	John Carrasco (27)	31:20
5	Glenn Gorelick (43)	31:56
6	Mark Oldenkamp (16)	32:32
7	J. Oliver (31)	32:54
8	Wally Ingram (55)	32:55
9	Jim Perez (25)	33:11
10	Mike Brannon (34)	33:15
17	Marky Molina (48F)	44:25
18	Patricia Kelly (38F)	47:34
19	Elaine Ghost (17F)	55:30

Sundowner Road Run

June 2, and June 16 combined. Tulare. 3K.

Overall Results

(Times are combined from 6/2 and 6/16)

1	Joe Carnegie	17:36
2	Emanuel Mensah	18:16
3	Ron Jones	18:07
4	Scott Pierce (June 2 only)	9:30
5	Guy Schott (June 2 only)	9:43
6	Adrian Huerta (June 2 only)	9:55
7	David Bronzon	20:75
8	Russel Thomas	22:02
9	Elias Zamora	21:20
10	John Acala	25:24

Moorpark 5K

June 4. Moorpark. 5K.

Overall Results

1	Peter Mogg (30-34) Moorpark	15:28
2	Neff McGhie (19-29) Simi Vall	15:33
3	Peter Oviatt (16-18) Agoura	15:38
4	Robert Radnoti (30-34) Cama	15:50
5	Jussi Hamalainen (40-44) Ago	16:11
6	Tom Hall (35-39) Agoura	16:14
7	Byrle Smallen (40-44) Agoura	16:18
8	Steve Graham (19-29) Sylmar	17:01
9	Vicente Zaragoza (30-34) Ox	17:04
10	Tim Martinez (19-29) Simi Va	17:21
11	Allan Baxter (35-39) Thous O	17:25
12	Mike Shriver, Simi Valley	17:29

13	Geoffrey Glassner (45-49) Ws	17:43
14	Tom Stalberger (35-39) Calab	17:51
15	Lott Steffey (40-44) NewbPk	18:09

Festival De Primavera

June 4. Rosarito Beach, Baja, CA. 5/10K, 10 MI.

Division Results - Men's 5K

13 & Under: 1. Michael Schuricht 22:58, 2. Kameron Guasti 24:16, 3. James Ortega 25:44. **14-17:** 1. Hector Salazar 15:24, 2. Juan Carlos 15:46, 3. Scott Urner 16:30. **18-23:** 1. Antonio Contreras 15:03, 2. Esteban Valdez 15:53, 3. Jose Zuniga 16:08. **24-29:** 1. Mark Huschle 17:17, 2. Gary Greenberg 17:24, 3. Mare Rodriguez 18:40. **30-34:** 1. Francisco Garcia 16:28, 2. Jack Baldwin 17:29, 3. Alfredo Bannios 18:19. **35-39:** 1. Ted Vanarsdale 15:34, 2. Steve Levon 16:46, 3. Gustavo Bedoy 17:57. **40-44:** 1. Steve Myhro 15:50, 2. Juan Garcia 19:06, 3. Adolfo Padilla 19:38. **45-49:** 1. James McDiarmid 18:36, 2. Joe Martinez 20:19, 3. Gary Stephens 20:35. **50-54:** 1. Robert Deming 19:03, 2. Carlos Vega 20:10, 3. Herbert Miller 22:44. **55-59:** 1. Martin Hicks 20:15, 2. John Rameriz 25:52. **60 & Over:** 1. Ted Horner 21:52, 2. James Wilkie 24:22, 3. Leslie McClean 44:45.

Division Results - Women's 5K

13 & Under: 1. Nicole Ortega 26:07, 2. Erin Gurbutt 30:22, 3. Melissa Thompson 37:03. **14-17:** 1. Leslie Moffett 26:53, 2. Kimi Lopez 37:21. **18-23:** 1. Amy Anderson 22:59, 2. Heidi Klann 24:40, 3. Irene Saldana 25:16. **24-29:** 1. Jaimie Matlock 21:43, 2. Lorrie Martinez 22:51, 3. Regina Escasans 22:53. **30-34:** 1. Janet Ditz 19:39, 2. Raquel de Cruz 20:21, 3. Cindee Johnson 21:50. **35-39:** 1. Beatrice Luna 22:32, 2. Lupe Delgado 24:11, 3. Susan Skabelund 24:12. **40-44:** 1. Rosalia Mireles 23:27, 2. Cheryl Nelson 27:57, 3. Sandy Glen 28:24. **45-49:** 1. Janice Hill 24:39, 2. Mary McElmeel 26:29, 3. Sue Lloyd 26:30. **50-54:** 1. Sylvia Crise 23:22, 2. Dolores Vega 27:28.

Division Results - Men's 10K

13 & Under: 1. Jamie Brooks 40:16, 2. Doug Spencer 41:50, 3. Roberto Aceves 44:03. **14-17:** 1. Jorge Barajas 33:51, 2. Julio Gallardo 34:44, 3. Jorge Ramirez 34:45. **18-23:** 1. Juan Alvarado 35:02, 2. Oscar Martinez 37:42, 3. Jaime Cano 40:36. **24-29:** 1. Marco Leon 31:24, 2. Armando Rivera 36:43, 3. George Mejia 36:45. **30-34:** 1. Bob Harker 32:23, 2. David Ortega 36:49, 3. Adam Gonzalez 37:47. **35-39:** 1. Gordon Robertson 36:09, 2. Francisco Salcedo 38:32, 3. Tom Williams 39:54. **40-44:** 1. Ruben Sandoval 34:04, 2. John Mossbacher 34:27, 3. David Whittington 38:42. **45-49:** 1. Frank Aplice 38:51, 2. Joe Kooklin 40:04, 3. Tony Skvarla 40:22. **50-54:** 1. Anastacio Arce 42:04, 2. Manuel Garcia 44:36, 3. Jim Thompson 48:34. **55-59:** 1. Antonio Verdin 38:18, 2. Tracy Brown 38:46, 3. Jesus Nuno 41:46. **60 & Over:** 1. Jorge Palos 39:29.

Division Results - Women's 10K

18-23: 1. Kristi Kramer 48:00, 2. Kathleen Brennan 56:33. **24-29:** 1. Elma Hernandez 41:14, 2. Susan Castenda 48:43, 3. Linda

Storch 48:55. **30-34:** 1. Beverly Dolva 39:28, 2. Jean Besta 47:36, 3. Nancy Rose 50:11. **35-39:** 1. Eva Beltran 44:20, 2. Martha Cisneros 46:55, 3. Mellie Clark 49:41. **40-44:** 1. Marcela Gutierrez 45:52, 2. Elaine McNamara 49:32, 3. Terry Whittington 50:22. **45-49:** 1. Barbara Hutchinson 46:37, 2. Eloisa Cesares 48:54, 3. Carole Felker 53:50. **50-54:** 1. Gerry Martin 53:51, 2. Marcia Lasher 61:27, 3. Elaine Anderson 62:28. **60 & Over:** 1. Jean McClean 59:03.

Division Results - Men's 10 Mile

18-23: 1. James Emmert 58:49, 2. Jesus Huesias 59:34, 3. Mike McDonald N.T. **24-29:** 1. Vicente Rivera 57:47, 2. Brent Swanson 58:33, 3. Vicent Macias 59:34. **30-34:** 1. Ed Lawee 55:33, 2. Joe Snyder 56:03, 3. Memo Curiel 56:07. **35-39:** 1. Jim Berka 55:28, 2. Gary Stang 56:15, 3. Sam Cortez 56:16. **40-44:** 1. Ozzie Osgood 57:30, 2. Cliff Gorgy 58:49, 3. Chris Kronick 66:37. **45-49:** 1. Jason Stephens 65:07, 2. Maurice Jourdain 65:38, 3. James Cooper N.T. **50-54:** 1. Frank Vasquez 65:57, 2. Tom Flenkiken 72:50, 3. R.J. Lovelace 74:04. **55-59:** 1. Mort Kanter 77:31, 2. Bill Holt 82:15, 3. Authur Karma 87:52. **60 & Over:** 1. Parker Tshuhako 78:14, 2. Douglas Irvine 80:01, 3. Paul Boland 95:31.

Division Results - Women's 10 Mile

18-23: 1. Maureen O'Reilly 86:08, 2. Bonnie Guffey 95:31. **24-29:** 1. Sandra Dettmann 72:27, 2. Judith Crawford 77:07, 3. Melissa Preat N.T. **30-34:** 1. Maureen Marcellino 73:21, 2. Michele Rucker 91:22. **35-39:** 1. Lena Cortez 77:36, 2. Lynda Crossland 78:34, 3. Sally Gomez 81:20. **40-44:** 1. Mickey Cruz 80:31, 2. Katy Stewart 84:34, 3. Shirley Konya 89:17. **45-49:** 1. Raquel Magana 92:33, 2. Ruth Carter 134:02. **55-59:** 1. Ruth Boland 87:35.

Run for the Crown

June 4. Corona. 5K & 10K.

Division Results - Men's 5K

12 & Under: 1. Donald Clark 19:58, 2. Aaron Segar 23:29, 3. Chris Christianson 23:57. **13-15:** 1. David Ranney 21:00, 2. Joe Henderson 22:31, 3. Steve Martin 24:04. **16-19:** 1. Dario Comez 18:53, 2. Ruben Munoz 21:52, 3. Issac McCornell 29:24. **20-29:** 1. Jeff Wright 17:52, 2. Ascension Mora 20:23, 3. Charles Hooyng 21:24. **30-39:** 1. Rich Valdez 17:21, 2. Rob Slick 17:40, 3. Luis Alvarado 17:59. **40-49:** 1. Joaquin Granado 19:20, 2. Art DeTomaso 19:44, 3. Luis Kedoy 22:29. **50-59:** 1. Lawrence Johnson 21:52, 2. Greg Gutierrez 24:22, 3. Rich Jacygi 24:59. **60 & Over:** 1. Fred Deavila 30:05.

Division Results - Women's 5K

12 & Under: 1. Heather Serena 37:47. **13-15:** 1. Monica Silva 40:36. **20-29:** 1. Isabel Valdez 25:59, 2. Theresa Brown 27:00, 3. Alecia Jolly 27:23. **30-39:** 1. Barbara Swanger 29:02, 2. Marsha McCornell 32:51, 3. Sylvia Christianson 35:40. **40-49:** 1. Dolores Blair 32:29, 2. Cathy Wedel 32:44, 3. Brenda 38:11. **50-59:** 1. Anita Fairfield 27:58.

Results

Division Results - Men's 10K

12 & Under: 1. Bo Wheldon 46:30, 2. Juan Deanda 52:39, 3. David Gaston 59:27. 13-15: 1. Enasmo Salgado 44:01, 2. Jason Diller 46:59, 3. Charles Serena 53:53. 16-19: 1. Jose Nava 35:05, 2. Donald Sharp 51:24. 20-29: 1. Michael Buckhoff 32:18, 2. Javier Resendiz 36:45, 3. Jon Anderson 38:19. 30-39: 1. Gene Warner 35:19, 2. Fioel Diaz 36:30, 3. Santiago Apias 38:14. 40-49: 1. Mike Grady 41:06, 2. Gary Osantowski 41:27, 3. Comrad Christiansen 43:21. 50-59: 1. Neal LeGpston 43:18, 2. Rafael Valoria 47:09, 3. Jini Shane 51:30. Senior Walk: 1. Mary Tomes 42:18, 2. Walter Heppner 45:40, 3. Dram Bennete 46:34, 4. Kay Glenn 47:48.

Run For The Hungry II

June 4, Burbank 8K

With \$3000 in prize money and the Burbank Airport Hilton providing rooms the Burbank Run For The Hungry 8K once again attracted an outstanding field.

Derrick May of Balboa, a new arrival to the SoCal road scene after several years in Reno carried a pack of 15 thru opening splits of 4:30 and 9:20 before former Nevada Reno teammate Alan Dehlinger took over the lead. At 2 1/2 miles Kevin Jones started a surge only to make a turn and find a short but steep hill staring at him, feeling committed Jones charged the hill and opened up a six second lead which he held thru mile 3 (13:57) and mile 4 (18:38). The Reebok Aggie runner tired in the final mile but was able to hold off defending champ Dr. John Koningh of Gardena Auto Repair to win by 2 seconds 23:32 to 23:34 and take \$400 back to San Luis Obispo.

Meanwhile Nancy Bowman ran away with the women's race and successfully defended her title with a course record 27:16. Jani Johnson of the Reebok Aggies placed second in 27:39 to break up the Gardena Auto sweep.

Fifty one year old Gina Faust set a new national age group record of 31:14 and take home \$180 as first master and senior woman while Ron Jensen earned \$100 as first master and Andre Tocco \$80 for first senior.

Division Results - Men

Open:		
1	Kevin Jones (San Luis Obi)	23:32
2	John Koningh (Newport h)	23:34
3	Alan Dehlinger (Reno, NV)	23:43
4	Paul Pilkington (Roy, UT)	23:48
5	Rafael Colmanerez (Albuqu)	23:51
6	Angel Hernandez (Los Angeles)	24:04
7	Derrick May (Balboa)	24:05
8	Tyrus Deminter (Los Angeles)	24:08
9	Raul Hernandez (Los Angeles)	24:15
10	Allan Just (Los Alamitos)	24:23
11	Lin Whatcott (Burbank)	24:25
12	Jerry Hernandez (SLO)	24:27
13	Porfirio Huerta (Long Beach)	24:30
14	Joe Rubio (SLO)	24:33
15	Sal Rodriguez (Diamond Bar)	24:59

Masters:		
1	Ron Jensen (La Mirada)	\$100 26:42
2	Bill Sumner (Long Beach)	\$80 26:47
3	Catarino Gonzales (Lennox)	\$60 26:51
4	Don McCarthy (Torrance)	27:25

5	Mickey DePalo (Burbank)	27:50
Seniors:		
1	Andre Tocco (San Pedro)	\$80 28:12
2	Peter Faust (Woodland Hills)	\$50 30:48
3	Gary Osborn (Burbank)	34:28



photo by Bonnie Burrow

JOHN KONINGH congratulates KEVIN JONES (left) after the race

Division Results - Women

Open:		
1	Nancy Bowman (Northridge)	\$400 27:16
2	Jani Johnson (Atascadero)	\$200 27:39
3	Marie Rollins (Glendale)	\$120 27:47
4	Gretchen Lohr-Cruz (Los Ang)	\$80 27:59
5	Julie Matheson (El Segundo)	\$60 29:11
6	Donna Chin (Gardena)	29:22
7	Sally Hung (Burbank)	29:57
8	Jill Perry (Stockton)	30:40
9	Michelle Hopper-Buchochio (San G)	31:02
10	Gina Faust (Woodland Hills)	31:14

Gold Medal Triathlon

June 4, Fairfield.

Overall Results - Men

1	Don Seymour (29) Pleasant Hill	1:06:47
2	Eric Mason (24) Redwood City	1:09:30
3	Chris Ward (29) Oakland	1:09:52
4	Greg Ward (31) Oakland	1:09:55
5	Rick Shand (29) Pleasant Hill	1:10:09
6	Jerry Cvecko (34) Vallejo	1:10:20
7	Dennis Good (40) Fairfield	1:10:53
8	Marcel Vifian (18) Davis	1:10:59
9	Dean Harper (35) Walnut Cre	1:11:03
10	Lucio Perez (26) So. San Fra	1:11:06

Overall Results - Women

1	Joan Alley (26) Redwood City	1:16:16
2	Judy Sambrailo (30) Berkeley	1:21:20
3	Debbie Ingram (34) Redwo City	1:22:24
4	Suzie Ames (23) Sunnyvale	1:25:26
5	Kip Freytag (25) Berkeley	1:25:32

6	Lauren Alexander (25) San Jo	1:25:39
7	Nancy Stover (35) Berkeley	1:26:07
8	Stefanie Lund (20) Davis	1:26:40
9	Susan Fox (21) Davis	1:27:14
10	Kari Logwood (30) Sacto	1:27:20

Division Results - Men

19 & Under: 1. Marcel Vifian 1:10:59, 2. Bruce Lin 1:14:21, 3. John Gotelli 1:17:28. 20-24: 1. Eric Mason 1:09:30, 2. Craig Reynolds 1:14:18, 3. Dave rouse 1:16:41. 25-29: 1. Don Seymour 1:06:47, 2. Chris Ward 1:09:52, 3. Rick Shand 1:10:09. 30-34: 1. Greg Ward 1:09:55, 2. Jerry Cvecko 1:10:20, 3. Bill Yates 1:12:00. 35-39: 1. Dean Harper 1:11:03, 2. Nelson Brady 1:19:53, 3. Ted Sheppard 1:21:00. 40-44: 1. Dennis Good 1:10:53, 2. Walter Radloff 1:18:45, 3. John Campbell 1:19:47. 45-49: 1. David Hobler 1:25:08, 2. Bill Hartman 1:26:26, 3. Rich Svendsen 1:27:00. 50-54: 1. Alan Schmeiser 1:19:57, 2. Joe Dana 1:25:01, 3. William O'Brien 1:27:26. 55-59: 1. James Kidder 1:28:39, 2. Jack Riley 1:29:53, 3. Ray Whitaker 1:38:34.

Division Results - Women

20-24: 1. Suzie Ames 1:25:26, 2. Stefanie Lund 1:26:40, 3. Susan Fox 1:27:14. 25-29: 1. Joan Alley 1:16:16, 2. Kip Freytag 1:25:32, 3. Lauren Alexander 1:25:39. 30-34: 1. Judy Sambrailo 1:21:20, 2. Debbie Ingram 1:22:24, 3. Kari Logwood 1:27:20. 35-39: 1. Nancy Stover 1:26:07, 2. Mary Murphy 1:27:34, 3. Kathy Woolcock 1:47:22. 40-44: 1. Michele Chaboudy 1:40:16, 2. Helen Resneck 1:41:52, 3. Dexter Dobberpuhl 1:46:13. 45-49: 1. Linda Winter 1:55:1. 50-54: 1. Harriet Anderson 1:47:0, 2. Sally Morner 1:54:3.

Boardwalk Baylands

Runs

June 5, 5K & 10K.

Overall Results - 5K

1	Mark Greenough (30-39)	18:33
2	J. Martinelli (30-39)	19:18
3	Perry Shimanoff (40-49)	20:01
4	Lloyd Goldfarb (20-29)	20:40
5	Carlos Cisneros (20-29)	21:21
6	Jons Chao (20-29)	21:42
7	Patricia Kelly (14-19)	22:21
8	Ron Perle (40-49)	22:39
9	Troy Rice (14-19)	23:10
10	Chuck McGadden (30-39)	24:31
11	Martha Greenough (30-39)	24:40
12	Brian Juri (40-49)	24:49
13	Dan Fraisl (20-29)	25:08
14	John Perez (40-49)	25:16
15	Dan Ihrke (30-39)	25:47

Overall Results - 10K

1	Peter Churney (20-29)	32:49
2	Marshall Varano (20-29)	33:13
3	Ulises Farnandez (20-29)	33:19
4	David Rivera (40-49)	34:40
5	Daniel Rusk (20-29)	34:58
6	Wolf Schmulewicz (30-39)	35:12
7	Dan Martinez (20-29)	35:42
8	Garry Carrillo (14-19)	35:57
9	Jim Misener (20-29)	36:03
10	Tom Robinson (40-49)	36:14
11	Jim Lawson (30-39)	36:22
12	Herb Phillips (40-49)	36:59

13	David Fergus (30-39)	37:07
14	Preben Mortensen (40-49)	37:11
15	Chris Nunez (30-39)	37:17
16	Miguel Solorio (40-49)	37:29
17	Armen Khachadourian (30-39)	38:19
18	Graciano Najera (30-39)	38:36
19	Gladden Marfori (20-29)	38:39
20	Herbert Bowlds (30-39)	38:59
21	Jerome Brolan (30-39)	39:16
22	Joe Hancock (50-59)	39:19
23	Jill Horne (20-29)	39:30
24	Bruce Eaton (30-39)	39:37
25	Derek Blazensky (30-39)	39:50

DeAnza Day 5K

June 5, Cupertino.

Division Results - Men

7-14: 1. Dino Daniels 18:35, 2. Greg Kato 18:51, 3. Joe Simas 19:41. 15-21: 1. Jordan Carroll 16:03, 2. Herb Pepper 16:29, 3. Ted Stone 17:26. 22-28: 1. Dale Porter 15:43, 2. Jim Christensen 16:18, 3. Tim Groseclose 16:35. 29-35: 1. Joe Stermitz 15:40, 2. Curt Karbowski 16:16, 3. Jerry O'Dell 16:32. 36-42: 1. Jim Howell 17:03, 2. Don Anderson 17:21, 3. Kevin Worley 17:54. 43-50: 1. Barry Scholtes 18:09, 2. Jack Wheeler 18:21, 3. Stan Benkoski 18:29. 51-59: 1. Sam Vandenburg 18:15, 2. Allan Bury 19:31, 3. Geoffrey Dodson 20:29. 60 & Over: 1. Glenn Sievert 23:16, 2. Don Newmark 26:07, 3. Dean Chowning 27:39. Wheelchair: 1. Troy Durham 17:30, 2. Bruce Reh 39:50.

Division Results - Women

7-14: 1. Carly Ko 24:00, 2. Alison Pagura 24:37, 3. Rebecca Pitt 26:37. 15-21: 1. Laura Broers 22:03, 2. Marta Barreras 24:29, 3. Deborah Siddens 25:54. 22-28: 1. Marian Fiorentino 19:44, 2. Joann Moreno 20:37, 3. Mary O'Connell 20:51. 29-35: 1. Amy Berglund 20:26, 2. Sue Francis 20:49, 3. Kathy Griggs 21:02. 36-42: 1. Connie Miks 21:19, 2. Linda Johnson 21:36, 3. Angela Jerman 22:18. 43-50: 1. Jutta McCormick 20:48, 2. Jo Feeney 20:55, 3. Betsy Frasersmith 21:27. 51-59: 1. Marjorie Mikael 25:40, 2. Mary Smith 26:29, 3. Dorothy Scull 31:10. 60 & Over: 1. Annie Sievert 28:56, 2. Eloise Danto 31:03, 3. Laurie Jordan 31:47.

Golden Triangle 10K

June 5, La Jolla.

Division Results - Men

17 & Under: 1. Joe Carvahlo 36:52. 18-29: 1. Bobby Franks 32:02. 30-39: 1. Marty King 36:07. 40-49: 1. Graham Garcia 33:21. 50-59: 1. Oscar Lumpkin 38:44. 60 & Over: 1. Hank Frazer 52:54.

Division Results - Women

17 & Under: 1. Lisa Harris 53:09. 18-29: 1. Alexis Miller 40:05. 30-39: 1. Charlotte Thomas 35:52. 40-49: 1. Kathy Feeney 48:59. 50-59: 1. Dorothy Stock 44:43. 60 & Over: 1. Dorothy Mylin 77:00.

Results

Hotel Del Coronado Centennial Bridge Run

June 12. Coronado to San Diego. 10K.

Division Results - Men

17 & Under: 1. Paul Hoffman 36:40. 18-29: 1. Ed Cordova 30:52. 30-39: 1. Timothy Robinson 33:04. 40-49: 1. Ozzie Osgood 35:22. 50-59: 1. Bob Holland 38:25. 60 & Over: 1. Jack Smothers 49:38.

Division Results - Women

17 & Under: 1. Lee Hendrix 43:07. 18-29: 1. Colleen Gallagher 38:36. 30-39: 1. Oonagh Bruni 37:15. 40-49: 1. Ann Hawbaker 43:40. 50-59: 1. Sylvia Crise 48:50. 60 & Over: 1. Ruby Plunkett 72:00.

Coronado Memorial Day

May 26. Coronado. 10K.

Division Results - Men

17 & Under: 1. Ian Hansen 36:40. 18-29: 1. Marshall Varano 32:15. 30-39: 1. Steve Flynn 33:19. 40-49: 1. Ozzie Osgood 35:33. 50-59: 1. Ken Brown 41:43. 60 & Over: 1. Brownlon Miller 58:30. Wheelchair: 1. William Fricke 30:22.

Division Results - Women

17 & Under: 1. Lee Henfrix 42:30. 18-29: 1. Kathy Kinane 37:33. 30-39: 1. OPonagh Bruni 38:13. 40-49: 1. Ursula Rains 42:51. 50-59: 1. Dorothy Stock 44:01. 60 & Over: 1. Enid Parr 68:50. Wheelchair: 1. Mary Thompson 40:42.

KNXT-Channel 49

Benefit Run

June 5. Fresno. 4 Mile.

Division Results - Men's 4 Mile

Overall: Al Lara. 18 & Under: 1. Rudy Espinoza 23:27. 19-24: 1. Emmanuel Mensah 21:16. 25-29: 1. Adrian Huerta 20:46. 35-39: 1. Paul Garcia 22:23. 40-44: 1. Mark Haymond 23:09. 45-49: 1. Doug Sprinkle 24:39. 50-59: 1. Tommy Upton 23:56. 60-69: 1. John Paredes 29:44. 70 & Over: 1. Harry Harder 30:53. Wheelchair: 1. Jim Brooks 27:32.

Division Results - Women's 4 Mile

Overall: Diane Vartanian. 30-39: 1. Laurie Potts 25:10. 40-49: 1. Barbara Duenes 28:55. 50-59: 1. Heidi Fialho 34:08.

Division Results - Men's One Mile

Overall: Danny Escobar 4:54. 6 & Under: 1. Juan Aldape 7:20. 7-8: 1. Mike McCarthy 7:25. 9-10: 1. Noah Dye 5:25. 11-13: 1. Jason Gonzales 6:07. 14-18: 1. Mike Konkle 4:56. 30-39: 1. Sal Espino 5:18. 40-49: 1. Steve Freeland 6:08. 60 & Over: 1. Bob Musso 6:20.

Division Results - Women's One Mile

Overall: Sonia Medina 5:50. 6 & Under: 1. Natalie Monk 8:13. 7-8: 1. Rochelle Monk 7:06. 9-10: 1. Terra Davis 7:33. 14-18: 1.

Anita Campbell 6:44. 19-29: 1. Maria Lopez 6:41. 30-39: 1. Mary Bell Norris 5:50. 40-49: 1. Cathy Boice 6:38. 50-59: 1. Mae Rogers 11:21.

Shore-to-Shore Optimist Run

June 5. Mountain View. 10K.

Overall Results

1	Jim Misner	35:49
2	Rosa Gutierrez	37:29
3	Rene Delaney	39:32
4	Mark Koziel	40:08
5	Jim Blake	40:18
6	Pete Padilla	40:40
7	Scott Lanciano	40:54
8	Gary Howard	41:27
9	Gregory Madsen	42:23
10	Andrew Chmielewski	42:25
11	Shaun Larsen	42:31
12	David Henderson	42:42
13	Phil Peterson	43:07
14	Kenneth Peterson	43:23
15	Andrew Ruff	43:39
16	Dennis Heller	43:50
17	David Wood	44:08
18	Robert Overton	44:12
19	Dan Frazier	44:32
20	Dale Pitman	44:37

Shoreline Run

June 5. San Leandro. 10K.

Hayward's Valerie Jensen was the top women's finisher in the 10K race for the second year in a row.

The 19-year-old Jensen clocked a 37:12 to finish well ahead of second-place finisher Catherine Porter at the San Leandro Marina course.

Jensen won the 14-18 category as well as the overall race a year ago while finishing the 10K in 36:14.

Meanwhile, Calvin Gaziano was the overall men's winner as he finished in 31:02. Peter Churney took second in 31:05.

Gaziano's time was well off the record of 30:39, set last year by John Darrett.

Finishing third in the men's 10K was Craig Steinmaus in 31:08.

The Venables, Cathrine and Blair, completed a clean sweep in the 3K race. Cathrine, competing in the 13 & Under category, was the top women's finisher in 11:43. While entered in the 14-18 division, Blair wound up as the top men's runner with a 9:21 showing.

Brian Davis finished second in 9:30 and Rick Reitz was third in 9:31.

The winner of the men's wheelchair division was David Elsner in 47:23. Top woman in wheelchair was Elyse Wesendunk in 58:49.

Division Results - Men's 10K

13 & Under: 1. Paul Sorrensen 43:59, 2. Brian Castille 48:53, 3. Joseph Loftus 48:56. 14-18: 1. Clive Lobo 35:21, 2. Peter Johnson 36:26, 3. Brock Pickle 38:22. 19-

29: 1. Calvin Gaziano 31:02, 2. Peter Churney 31:05, 3. Craig Steinmaus 31:08. 30-39: 1. Julius Ratti 32:59, 2. Lloyd George 34:25, 3. Jim Gorman 34:47. 40-49: 1. James Cunningham 34:29, 2. David Taylor 34:34, 3. Richard DeGlymes 35:09. 50-59: 1. Joe Hancock 37:34, 2. Row Grabowski 39:05, 3. Jerry O'Hanion 40:25. 60 & Over: 1. Joe King 39:48, 42:48, 2. Bruce Oliver 42:39, 3. Dewey McMickle, Jr. 42:48. Wheelchair: 1. David Elsner 47:23.

Division Results - Women's 10K

13 & Under: 1. Melody Bradford 44:38, 2. Tia Luclano 53:00, 3. Penny Hodges 56:46. 14-18: 1. Carrie Frates 44:22, 2. Sandy Faeth 50:46, 3. Cynthia Watts 53:39. 19-29: 1. Valerie Jensen 37:12, 2. Catherine Porter 38:16, 3. Candice Charles 39:57. 30-39: 1. Sue Vinella-Brusher 39:07, 2. Mary Gail Dunphy 39:09, 3. Kathy Kennedy 39:51. 40-49: 1. Marian Loftin 44:58, 2. Pat Falsone 45:27, 3. Margaret Cooke 45:27. 50-59: 1. Barbara Carlisoro 47:30, 2. Barbara Robben 48:21, 3. Betty Bickhart 54:15. 60 & Over: 1. June Thompson 1:01:33, 2. Helen Sowers 1:06:03, 3. Viola Asher 1:11:05. Wheelchair: 1. Elyse Wesendunk 58:49.

Division Results - Men's 3K

13 & Under: 1. Patrick Foster 11:23, 2. Mark Overton 12:58, 3. John Kirk 13:46. 14-18: 1. Blair Venables 9:21, 2. Rick Reitz 9:31, 3. Matthew Boone 9:35. 19-29: 1. Noah Hinkston 9:33, 2. Richard Lucas 10:12, 3. Todd Gillespie 10:17. 30-39: 1. Brian David 9:30, 2. Kevin Cowley 9:45, 3. David Anaya 10:13. 40-49: 1. Jim Reitz 9:46, 2. John Downing 10:04, 3. Ralph Likens 10:44. 50-59: 1. Arnold DeLaRosa 11:35, 2. Gary Hartstock 12:30, 3. James Conway 13:50. 60 & Over: 1. Don Lucero 12:59, 2. Frank Rodriguez 13:02, 3. Don Wilgus 14:29.

Division Results - Women's 3K

13 & Under: 1. Cathrine Venables 11:43, 2. Michelle Klyono 14:46, 3. Autumn Hernandez 14:50. 14-18: 1. Britt Eilers 11:54, 2. Heather Meyer 12:59, 3. Colleen Kennedy 13:33. 19-29: 1. Rachael Bates 12:05, 2. Consuelo Garcia 12:11, 3. Cheri Blitz 12:57. 30-39: 1. Val Bates 12:26, 2. Colt Addison 14:20, 3. Elaine Goodey 15:15. 40-49: 1. Laurel Strand 12:18, 2. Linda Dodge 14:19, 3. Muriel Venables 15:35. 50-59: 1. Jacqueline Vosbrink 15:55, 2. Helen Gallagher N.T., 3. Carmen Del Castiallo N.T. 60 & Over: 1. Marge Bueina 12:59.

O.C.P.A.C. Triathlon

June 5. Costa Mesa. 1.5K swim, 35K bike, 10K run.

Overall Results - Men

1	Andrew MacNaughton (25) Wt Hills	1:32:23
2	Scott Tinley (31) Del Mar	1:32:55
3	Gordon Duff (26) Seal Beach	1:34:24
4	Brooks Clark (21) WChes, PA	1:34:51
5	Garrett McCarthy (24) SanG	1:34:54
6	Bryan Fahrenbach (31) Clovis	1:35:02
7	Emilio DeSoto (28) Encinitas	1:35:29
8	Chris Butze (25) Los Angeles	1:35:48

9 Jon Black (28) Oceanside 1:35:58
10 Pater Kain (24) San Diego 1:36:46

Overall Results - Women

1	Colleen Cannon (27) Boulder	1:45:47
2	Laurie Samuelson (32) Carls	1:48:46
3	Donna Lange (28) Riverside	1:49:48
4	Janine Daley (27) Encinitas	1:50:32
5	Kristen Frost (31) Hood River	1:50:56
6	Janet Greenleaf-Herman (27)	1:51:53
7	Linda Jannelli (32) Cardiff	1:52:44
8	Janet Mamon (29) Pacific P	1:56:26
9	Suzanna Sandrock (24) Cardiff	1:56:38
10	Alicia Steinhart (24) San A	1:58:54

Overall Results - Relays

1	Saeger, Ferdi, Jenkins	1:40:09
2	Timpson, Tallman, Haskett	1:40:16
3	Cole, Wescott, Green	1:41:22
4	Sromalla, Koningh, Springer	1:41:31
5	First Interstate Bank #20	1:42:37
6	Acosta, Salber, Zorning	1:42:57
7	Allan, Smith, Edwards	1:44:26
8	The Irvine Company, #1	1:46:25
9	University of Calif., Irvine	1:47:23
10	Pierog, Munson, Cramm	1:47:44

Division Results - Men

15-19: 1. Kerry Classen 1:44:37, 2. Chris Anderson 1:46:21, 3. Jason Middleton 1:47:27. 20-24: 1. Pauloserio Fontana 1:43:46, 2. Jeff Jacobs 1:45:23, 3. Matthew Kresser 1:45:41. 25-29: 1. Alex Begg 1:41:53, 2. Gregory Bohdan 1:45:02, 3. Jay Hunter 1:45:53. 30-34: 1. Bob Belzer 1:40:23, 2. Runar Boman 1:44:10, 3. Daniel Empfield 1:45:21. 35-39: 1. William Hippe 1:43:29, 2. Bill McDermott 1:44:32, 3. Bob Cuyler 1:45:13. 40-44: 1. Bill Leach 1:46:38, 2. William Lovelace 1:50:56, 3. Michael Burner 1:51:18. 45-49: 1. George Wright 1:45:35, 2. Gary Nash 1:54:51, 3. Rene Ruiz 1:56:58. 50-54: 1. Harry Pantelas 2:00:37, 2. Eric Piper 2:02:40, 3. Peter Newman 2:14:09. 55-59: 1. Doug Maijala 1:51:38, 2. Jim Demetriou 2:09:56, 3. Norm Dickinson 2:22:30. 60 & Over: 1. Robert Armstrong 2:25:31, 2. Franks 2:56:23.

Division Results - Women

20-24: Suzanna Sandrock 1:56:38, 2. Tina Albert 1:59:50, 3. Vickie Merrell 2:01:08. 25-29: 1. Kirsten Raudenbush 1:59:14, 2. Mary Ellen Mahoney 2:00:45, 3. Suzy Reilly 2:02:32. 30-34: 1. Linda Jannelli 1:52:44, 2. Laura Anthony 1:59:46, 3. Sue Ann Buck 2:04:52. 35-39: 1. Nancy Baird 2:02:10, 2. Margaret Sullivan 2:10:42, 3. Lois Classen 2:15:19. 40-44: 1. Schery Braunhardt 2:12:01, 2. Barbara Wright 2:17:07, 3. Carolyn Trindle 2:30:12. 45-49: 1. Joan Jeter 2:13:40, 2. Mardi Briggs 2:22:51, 3. Marion Mehrtash 2:39:59. 50-54: 1. Sue Hutchison 2:19:35, 2. Carol Hemus 2:32:46, 3. Margaret Speer 2:39:44.

Division Results - Relays

Mens: 1. Saeger, Ferdi, Jenkins 1:40:09, 2. Cole, Wescott, Green 1:41:22, 3. Sromalla, Koningh, Springer 1:41:31. Womens: 1. Brown, Smith, Brubaker 1:50:12, 2. Owen, Stonesifer, Jarrett 2:01:30, 3. Beneduce, Stanbra, Angel 2:08:02. Mixed: 1. Timpson, Tallman, Haskett 1:40:16, 2. Carlson, Keny, Plummer 1:48:38, 3. Vasquez, Matlack,

Results

Dominguez 1:48:59. **Corporate:** 1. First Interstate Bank, #20 1:42:37, 2. The Irvine Company, #1 1:46:25, 3. University of Calif., Irvine 1:47:23. **Pro Men:** 1. Andrew MacNaughton 1:32:23, 2. Scott Tinley 1:32:55, 3. Gordun Duff 1:34:24. **Pro Women:** 1. Colleen Cannon 1:45:47, 2. Laurie Samuelson 1:48:46, 3. Donna Lange 1:49:48.

L'eggs Mini Marathon

June 7.

Overall Results

1	Ingrid Kristiansen (32) Oslo, Norw	31:31
2	Lisa Martin (28) Australia	32:04
3	Francie Larrieu Smith (35) Dallas	32:10
4	Mary Decker-Slaney (29) Eugene	32:18
5	Anne Audain (32) Boise, ID	32:33
6	Margaret Gfoos (28) Tallahassee	32:43
7	Joan Samuelson (31) Freeport	33:05
8	Susan Tooby (27) England	33:09
9	Joan Nesbit (26) Durham, NC	33:16
10	Lynn Nelson (26) Phoenix, AZ	33:21
11	Lisa Weidenbach (26) Issaquah,	33:27
12	Teresa Ornduff (31) Abingdon	33:27
13	Eleanor Simonsick (30) Baltimore	33:35
14	Cyndie Welte (26) Lorain, OH	33:52
15	Erika Vereb (25) Hungary	34:03
16	Malgorzata Birbach (28) Poland	34:14
17	Liz Miller (30) Peru, VT	34:15
18	Bente Moe (27) Seattle, Norway	34:23
19	Carol Urish-McLachie (36) TX	34:32
20	Midde Hamrin (31) Sweden	34:44

Division Results

15 & Under: 1. Marissa Tiamfook 43:29, 2. Berre Smith 46:42, 3. Cheryl Johnson 50:33. **16-19:** 1. Jill Vollweiler 38:38, 2. Jeanne Peterson 38:47, 3. Karen Peterson 38:56. **20-29:** 1. Malgorzata Birbach 34:14, 2. Bente Moe 34:23, 3. Maria Trujillo 34:46. **30-39:** 1. Liz Miller 34:15, 2. Carol Urish-McLachie 34:32, 3. Midde Hamrin 34:44. **40-49:** 1. Angella Hearn 36:08, 2. Barbara Filutze 36:46, 3. Christine Hearn Grenning 37:00. **50-59:** 1. Diane Palmason 38:57, 2. Helene Bedrock 40:55, 3. Jill Martin 41:35. **60-69:** 1. Aslaug Tomas 51:37, 2. Edith Farias 51:40, 3. Muriel Merl 51:53. **70 & Over:** 1. Harriet Kaufman 1:00:06, 2. Althea Jureidini 1:08:06. **Racewalkers:** 1. Mary Howell 50:17, 2. Dorit Attias 52:31, 3. Stella Cashman 1:01:16.

Port of Subs Captain's Cup 5K

By DAVID MINTER

The second annual Port of Subs race attracted over 400 entrants assisted by a \$4000 purse and a PA-TAC championship. The increased competition was in evidence as 34 runners broke 16 minutes compared to only 8 last year.

An interesting twist in the men's race was that it attracted two defending champions: Domingo Tibaduiza, defending his Captain's Cup title; and Danny Grimes, the reigning PA-TAC 5K champion.

After a variety of leaders in the first mile, covered in just outside 4:40, Mark Hoefler

broke away and looked in command. During the last mile and a quarter, however, Domingo started a long kick for home and reeled in Hoefler. Although Tibaduiza's winning margin was only 2 seconds, he was never really in danger of being caught and losing the \$300 first prize. Domingo's time of 14:40 equalled his own course record although he admitted to running a lot harder than last year. Danny Grimes moved into second in the last mile and held on for the runnerup spot.

Jerry Jobski (16:08) broke his own course record by 23 seconds and yet still found himself 28 seconds behind the outstanding run of Steve Ferraz (15:40) who continued his domination of the masters in the PA-TAC Grand Prix. In fact, Jobski finished just 3 seconds in front of third master Bill Sevald and 5 seconds ahead of Greg Brock.

The senior men were topped by Jim Bevins (17:50), followed by John Finch (18:24). Ray Stewart (19:45) scored an excellent win in the men's Super Senior (60+) category.

The women's race saw Terry Schmidt Puckett retain her title and smash her own course record with an excellent time of 16:50. Her tactics to go off hard were well rewarded with a time faster than she expected. Also breaking the old record was second placer April Powers (17:10), who later admitted that she felt like dropping out in the first mile. Third was filled by Linda Sommers (17:14), just 4 seconds behind Powers.

15-year-old Hesperia school girl Nicole Robbins (18:29) produced an outstanding run to win the 19 under age group. A few seconds later the winner of the women's masters crossed the line--Joyce Rankin (18:37). Second master was Joan Ulloty (19:27). Vicki Bigelow (20:17) was an easy winner in the Senior Women's race.

OVERALL RESULTS

1	Domingo Tibaduiza (38)	14:40
2	Daniel Grimes (29)	14:42
3	Kevin Ostenberg (27) Aggies	14:43
4	Rich McCandless (32) Flyers	14:55
5	Charles Alexander (24) Aggies	14:56
6	Miguel Tibaduiza (31) Flyers	14:57
7	Craig Steinmaus (26) Reebok	14:59
8	John Barret (24) Reebok	15:01
9	Phil Schoensee (22)	15:02
10	Mark Hoefler (25) Fleet Feet	15:04
11	Juan Ramirez (23) Reebok	15:08
12	David Minter (26) PacificF	15:09
13	Alan Dehlinger (27) PacificF	15:11
14	Thomas Wood (25)	15:13
15	John Sup (27) PacificF	15:16
25	Steve Ferraz (40)Exc	15:40
38	Jerry Jobski (43)	16:08
39	Bill Sevald (42)	16:11
40	Gregory Brock (40)WVTC	16:13
52	Terry Puckett (32F-1)PacificF	16:50
60	April Powers (30F-2) Tamalpa	17:10
64	Linda Somers (20F-3) PacificF	17:14
66	Robyn Root (28F-4) NikeCoast	17:22
72	Linda Vanhousen (24F-5)	17:43
76	Tamara Sayre (26F-6) PacificF	17:46
77	Pat English (35F-7) Mach I	17:47
78	Jim Bevins (50-1st)	17:50
80	Julie Rohloff-Thomas (25F-8)Ree	17:59
84	Peggy Smyth (36F-9)PacIF	18:01
87	Debbi Waldear (38F-10)	18:05
91	Susan Putney (25F-11)Reebok	18:23
94	Kathy D'Onofrio-Wood(23F-12)	18:25
01	Joyce Rankin (40F-1st) WVTC	18:37
29	Ray Stewart (61-1st)	19:45
45	Vicki Bigelow (52F-1st)	20:17

Stafford Lake Biathlon

June 11. Novato. 5 Mi. Run, 21 Mi. Bike.

Overall Results

1	Lucio Perez (26) San Franci	1:23:56
2	Brett Van Natta (26)	1:24:42
3	Bortfeld/Toomey	1:25:27
4	Ron Callison (25) San Fran	1:25:37
5	Gary Davis (33) San Franc	1:26:05
6	Clint McClellan (23) Berkel	1:26:50
7	Bob Bush (29) Santa Clara	1:27:56
8	Paul Solon (34) Corte Made	1:28:25
9	Mark Richard (25) Saratoga	1:29:01
10	Peter Gallenz (23) Mill Valle	1:29:05
11	Reynaldo Toro (31) San Fran	1:29:13
12	John Leonard (17) Napa	1:29:20
13	R. Walters (37) San Rafael	1:29:28
14	Glenn Goodman (31) Mill Vall	1:29:56
15	Hogan/Littlefield	1:30:01

Palos Verdes Marathon

June 11. Palos Verdes.

Overall Results

1	Tyrus Deminter	2:26:33
2	Harold Ketting	2:36:05
3	Scott David	2:39:57
4	Isaac Silva	2:43:21
5	Stephen Harris	2:44:44
6	Leonard Aguilar	2:45:02
7	Rob McNair	2:45:07
8	Bob Wilder	2:46:39
9	Ed Mora	2:47:03
10	Earl Towner	2:47:03
11	Andre Tocco	2:47:12
12	Frank Figueroa	2:47:35
13	Phil Gerard	2:48:00
14	Todd Broberg	2:48:35
15	Dennis Hall	2:49:10
16	Pablo Drobny	2:49:56
17	Masa Hasegawa	2:49:58
18	Michael Marckx	2:50:01
19	Steve Corona	2:50:20
20	Patrick Devine	2:52:00
21	Jaime Ortiz	2:53:05
22	Not Available	2:55:17
23	Steve Zarb	2:55:25
24	Juan Cabeza	2:55:52
25	Allan Siposs	2:56:05
26	Ronald Navarrette	2:56:09
27	Kenneth Jewett	2:56:42
28	Nancy Mateljan	3:57:15
29	Bill Harns	2:57:51
30	Jeff Padilla	2:58:17
31	Tom Duket	2:59:17
32	Martin Doviak	2:59:40
33	Kent Wyatt	2:59:47
34	Matt Carroll	2:59:56
35	Larry Turner	3:00:40
36	Steven Ware	3:01:11
37	Joe Glassman	3:01:25
38	David Graham	3:01:44
39	Geoffrey Smit	3:02:02
40	Gary Craig	3:02:37
41	Kevin O'Keefe	3:03:10
42	Bob Holgun	3:03:37
43	Hao Jen Jim WU	3:04:30
44	Myles Helm	3:05:26
45	Kurt Hoel	3:05:30
46	Lew Hawkins, Jr.	3:05:39
47	Bob King	3:06:48
48	Wayne Scott	3:07:02

49	Clyde Denison Jr.	3:07:32
50	Dennis Huffman	3:07:50

Captain Robert E. DeCelle II

Memorial Tahoe Relay

June 11. So. Lake Tahoe. 72 Mile, 7- Person.

Division Results

Open Men: 1. Cool Breeze (Jobski, Lawson, Dinnell, Hoefler, Hammell, Westlake, Dix) 6:59.44, 2. Buffalo Chips Limited (Scott, Miller, Marx, Woods, Sunza, Michel, Harris) 7:09.35, 3. High Sierra Track Club (Pierce, Sheller, Ayon, Cozano, Schott, Diaz, Hurnblad) 7:22.54.

Open Women: 1. Buffalo Chips #1 (Wahashi, Flaherty, Smith, McCourt, Havez, Coe, Kondo) 8:13.05, 2. Impala Racing Team (Boon, Gray, Cohen, Brennan, Bispo, Herman, Braisted) 8:14.16, 3. Dungle Belles (Pell, Allenky, Marsh, Steph, Iwadashi, Teachout, Robichaud) 8:28.15.

High School: 1. Stockton Roadrunners (Coburn, Lopez, Mills, Opiela, Frey, Tryden, Tong) 8:12.58, 2. Board Party (Johnson, Norris, Gonzalez, Brogie, Rickman, Foster, Bush) 8:28.04, 3. Ralphmen Ponorose (Hansen, Garcia, Garcia, Leyen, Bourdreau, Kawalczky, Schmudlach) 9:48.18.

Master Men: 1. Weathered Old Chumps (Webb, Ragsdale, Beland, Parrott, Summers, Ammon, Park) 8:10.03, 2. Napa Valley Masters (Wolter, Daugherty, Leighton, Smith, Slatka, Newell, Engle) 8:11.50, 3. Runner's Paradise (Schafer, Leese, McKenna, McGee, Fredsnickerson, Gardner, Bathantyne) 8:15.23.

Open Mixed: 1. East Bay Striders (Sheader, Staub, Whalen, Wheatfill, Fero, Trimble, Sheader) 8:01.55, 2. The Cougars (Connors, Burger, Williams, Mellor, Eckhart, Hutton, Chippendale) 8:05.03, 3. Washoe Med "1205" (Stover, Young, Parker, Howell, Sibbye, Lokke, Lokke) 8:19.52.

Master Women: 1. Lake Merritt Joggers & Striders (Colman, Reichel, Anderson, Robinson, Maricle, Hauck, Smith) 10:48.56.



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Results

Corona Del Mar Scenic

5K

June 11, Corona Del Mar.

Division Results - Men

14 & Under: 1. Steve Jensen 20:04, 2. Shawn McGookin 20:14, 3. Chris Shaw 20:35. 15-18: 1. Steve Frisone 15:56, 2. Mike Dixon 16:02, 3. Tim Colson 16:28. 19-

24: 1. Robert Sibley 15:04, 2. Roman DeSota 15:32, 3. Aaron Mascorro 15:36. 25-29: 1. Kevin Broady 14:56, 2. Rick Csintalan 15:12, 3. Tom Cheese 15:30. 30-34: 1. John Koning 14:30, 2. Derrick May 14:45, 3. Brian Theriot 15:10. 35-39: 1. Rich Valdez 16:05, 2. Jim O'Brien 16:33, 3. Walt Hitt 17:02. 40-44: 1. John Combs 17:07, 2. Ken Mazur 17:39, 3. Carl Brown 17:54. 45-49: 1. Ben Jackson 17:04, 2. Rich Quintanilla 17:35, 3. Gary Riley 17:37. 50-54: 1. James Bond 18:26, 2. Rex Lundquist 18:46, 3. Dick Hemus 19:37. 55-59: 1. Wally Evertz 18:31, 2. Al Treichel 18:49, 3. Jack Eberly 20:08. 60 & Over: 1. Larry Banuelos 19:27, 2. Jack Molina 23:20, 3. Salvador Avila 23:37.

Division Results - Women

14 & Under: 1. Joanne Cox 21:19, 2. Cassandra Higgins 21:43, 3. Wendy Hromadka 21:52. 15-18: 1. Johanna Wallin 19:56, 2. Kim Robinson 20:13, 3. Jennifer Craft 21:22. 19-24: 1. Kathleen Smith 17:39, 2. Kim Nelson 17:49, 3. Marilyn Broady 18:10. 25-29: 1. Barbie Ludovise 19:03, 2. Kathleen O'Neill 19:06, 3. Susan Davis 19:25. 30-34: 1. Nancy Hunsaker 18:02, 2. Heather Dibdin 18:32, 3. Jeanne Kawashima 19:13. 35-39: 1. Kerry Stabler 19:32, 2. Kay Price 19:35, 3. Lupe Eberly 20:21. 40-44: 1. Karen Bancroft 22:08, 2. Marian Loftin 22:39, 3. Ginger Franks 22:56. 45-49: 1. Harolene Walters 18:27, 2. Marcia Martyn 21:25, 3. Suzanne Skinner 23:15. 50-54: 1. Vera Kennedy 23:27, 2. Marnie O'Brien 23:51, 3. Carol Hemus 23:56. 55-59: 1. Amy Goldstein 23:19, 2. Maureen Treichel 27:03, 3. Beverly Langston 27:36. 60 & Over: 1. Dorothy Hall 29:45, 2. Pat Englert 31:16, 3. Dorothy Clark 40:43.

Salute The Legends

June 11, Banning, 5K.

Overall Results - Men

1 Ben Wilson 16:40
2 Steve Myhr 16:45
3 Armand Valencia 16:58

Overall Results - Women

1 Judy Kewley 20:35
2 Sandy Shockey 22:42
3 Carol Carter 23:19

Division Results - Men

40-44: 1. Dennis Kasischke 17:10, 2. Ozzie Osgood 17:21, 3. Michael Figueroa 17:16. 45-49: 1. Raymond Miranda 17:51, 2. John Brown 18:17, 3. Ray Hughes 18:37. 50-54: 1. Dick Pallies 18:13, 2. Bill Crum 18:43, 3. Christopher Bourke 18:54. 55-59: 1. Wally Ingram 19:37, 2. Jim Franklin 21:31, 3. Robert Fauteux 22:33. 60-64: 1. Jim O'Neil 18:38, 2. Eugene Young 20:49, 3. Bob Koch 21:49. 65-69: 1. Rudy Ceja 23:21, 2. Joe Flieschmann 24:23, 3. Robert Davidson

38:56. 70-79: 1. Eddie Lewin 22:15, 2. Fraser MacMinn 26:10, 3. J.R. Smith 29:54. 80 & Over: 1. Jack Bishin 43:12, 2. Joe Glander 50:13.

Division Results - Women

40-44: 1. Theresa Riley 24:20, 2. June Johnson 25:14, 3. Jackie Johnson 34:58. 45-49: 1. Cate Senelly 29:36, 2. Virginia Scales 30:41, 3. Karen Horner 30:42. 50-54: 1. Diane Presley 25:33, 2. Jill Latham 30:45, 3. Deanna Ashford 32:08. 55-59: 1. Dixie Grimes 31:27, 2. Barbara Clark 47:49, 3. Dorie Little 49:05. 60-64: 1. Mary Storey 25:14, 2. Sumiyee Onodera 27:54, 3. Ruth Mosberg 41:47. 65-69: 1. Gerry Davidson 36:11, 2. Nyla Cook 38:33, 3. Bonnie Gardner 41:47. 70-79: 1. Judy Simpson 28:42, 2. Bess James 34:37, 3. Alice Bryant 41:03.

Rosarito Beach Triathlon

June 11, Baja, California.

(0.3 MI. Ocean Swim, 12 MI. Bike, 3 MI. Run)

Division Results - Men

19 & Under: 1. Jason Nanetti 1:13, 2. Dean Halstead 1:15. 20-29: 1. Joel Thompson 1:04, 2. Drew Renick 1:07, 3. Greg Clarke 1:08. 30-39: 1. Jose Garcia 1:11, 2. Clifford Sweatte 1:12, 3. Brad Magit 1:13. 40-49: 1. Bart Hackley Jr. 1:14, 2. Douglas Tremaine 1:17. 50 & Over: 1. Don Wright 1:25.

Division Results - Women

19 & Under: 1. Dess Aldredge 1:42, 2. Denise Weiland 1:49. 20-29: 1. Tina Albert 1:15, 2. Cindy Watson 1:16, 3. Kathy Breidenbach 1:17. 30-39: 1. Dianne Sims 1:30, 2. Barbara Lincoln 1:34. 40 & Over: 1. Mary Bradbury 1:39.

Aptos Women's 5 Miler

June 12, Aptos.

Overall Results

1 Barbara Myers-Acosta (30) S C 28:35
2 Eileen Bickard (30) Santa Cruz 29:39
3 Rosa Gutierrez (24) San Jose 29:49
4 Katie Scott (35) Santa Cruz 32:31
5 Catherine Payne (19) Berkeley 32:40
6 Linda Strong (36) Bonny Doon 32:48
7 Stella Romo (17) Watsonville 33:04
8 Janet Bowie (17) Redwood City 33:23
9 Katy McCandless (17) Portola VI 33:24
10 Kerry Sivaletti (17) San Jose 33:33

Division Results

13 & Under: 1. Erin Hayes-Ferguson 34:57, 2. Nicole Silva 37:06, 3. Jennifer Keil 41:02. 14-19: 1. Catherine Payne 32:41, 2. Stella Roma 33:05, 3. Janet Bowie and Katie McCandless 33:24. 20-29: 1. Rosa Gutierrez 29:49, 2. Chrissy Duryea-Baker 33:43, 3. Paia Levine 34:58. 30-39: 1. Barbara Myers-Acosta 28:35, 2. Eilenn Bickard 29:39, 3. Katie Scott 32:31. 40-49: 1. Loretta Poldsdorfer 33:50, 2. Karen Lanterman 34:17, 3. Gail Bernardi 35:37. 50-59: 1. Khartoon Tudhope 39:15, 2. Katherine Beiers 42:11, 3. Gerri Psick 42:15. 60 & Over: 1. Jaclyn Caselli 39:57, 2. Jeanne Lefers 52:56.

Dipsea Race

June 12, Mill Valley, 7.1 Mile.

For the second year in a row, a woman Tamalpa Runner moved up from 6th place the year before to win the Dipsea Race. Kay Willoughby, from Mill Valley, used her 22 minute head start perfectly in holding off Peggy Smythe for a seven second victory. Smythe began with an 11 minute head start and battled the entire distance with Patricia English, who finished a close third. An exciting finish to a very tough competition! Smythe set an all time course record for women, but Willoughby wins the first Dipsea "Running Bear", a sculpture commissioned to serve as the winner's trophy henceforward. The weather on race day was warm and sunny.

Overall Results

(number in () is minutes head start)

1 Kay Willoughby (52) 1:06:40 (22)
2 Peggy Smythe (36) 55:47 (11)
3 Patricia English (35) 55:49 (11)
4 Eve Pell (51) 1:06:08 (21)
5 Debbi Waldear (38) 57:04 (11)
6 Sal Vasquez (48) 51:48 (5)
7 P. Russ Kiernan (50) 53:57 (7)
8 Nan Hall (33) 58:09 (11)
9 Darryl Beardall (51) 55:53 (8)
10 Joan Colman (44) 1:03:11 (15)
11 Tom Borschel (30) 49:21 (1)
12 Erin Vali (16) 52:48 (4)
13 Paul Mankin (16) 52:56 (4)
14 Michael McManus (22) 49:14 (0)
15 Wally Strauss (61) 1:04:59 (15)
16 Caron Potts (24) 1:01:06 (11)
17 Robin Davis (27) 1:01:32 (11)
18 Robert Alexander (35) 52:33 (2)
19 Judie Donovan (52) 1:12:34 (22)
20 Arnold Knepler (57) 1:02:39 (12)
21 Ken Grace (31) 51:40 (1)
22 Peter Sweeney (32) 51:43 (1)
23 Phillip Bellan (26) 50:53 (0)
24 Steve Ottaway (35) 53:00 (2)
25 Milan Zeman (46) 56:06 (5)
26 Butche Alexander (34) 52:09 (1)
27 Stephen Lyons (47) 57:10 (6)
28 Floy Dawson (52) 59:12 (8)
29 Heimer Aslaksen (28) 52:13 (1)
30 Thomas Iredale (43) 54:14 (3)
31 Robert Dickinson (31) 52:14 (1)
32 Don Pickett (60) 1:05:15 (14)
33 Michael Hoy (46) 56:18 (5)
34 Larry McKendell (26) 51:20 (0)
35 John Cobourn (41) 54:25 (3)
36 Joan Ulyot (47) 1:09:35 (18)
37 Ann Hardham (45) 1:07:43 (16)
38 John Hodge (26) 51:50 (0)
39 Ray Morris (62) 1:08:06 (16)
40 Greg Nacco (28) 53:18 (1)
41 Wink Luskin (37) 1:03:23 (11)
42 Raymond Coutinho (29) 53:33 (1)
43 Karen Byrd (26) 1:03:36 (11)
44 Brian Purcell (32) 53:36 (1)
45 Lloyd Kahn (53) 1:01:39 (9)
46 Toby Knepler (22) 52:46 (0)
47 Mitchell Powers (32) 53:48 (1)
48 Hans Roenau (60) 1:07:05 (14)
49 George O'Hara (65) 1:11:06 (18)
50 Tomas Pastalka (41) 56:13 (3)

Isleton Crawdad Festival

Classic

June 12, Isleton, 5 Mile.

Division Results - Men

17-19: 1. Tony Hernandez 31:01, 2. Oliver Refson 33:06, 3. James Biagioni 37:45. 20-29: 1. Richard Pardee 26:40, 2. Chad Marquart 27:16, 3. Richard Johnson 27:44. 30-39: 1. Monty Schaffer 25:09, 2. Bill Secuer 26:02, 3. Mike Ercolini 26:06. 40-49: 1. Roger Zoldan 28:19, 2. Ron Tonaka 29:12, 3. Don Bryan 30:04. 50 & Over: 1. Mort Ward 31:15, 2. Gary Hollinger 33:47, 3. Tony Anton 35:47. 70 & Over: 1. Lawrence Viglienza 55:30.

Division Results - Women

16 & Under: 1. Cyndi Dawson 43:58. 17-19: 1. Gretchen Bruce 45:50. 20-29: 1. Isabelle Gaston 33:52, 2. Alicia Telles 35:05, 3. Sandra Falat 38:39. 30-39: 1. Nancy Ruffner 32:18, 2. Susan Bazala 38:10, 3. Maureen Monroe 38:53. 40-49: 1. Jessie Straton 33:32, 2. Barbara Zoldan 35:12, 3. Sandy Bogel 35:59. 50 & Over: 1. Mayrene Bates 39:05, 2. Dina Fields 41:16, 3. Angie Giruen N.T.

Quicksilver Challenge

June 12, San Jose, Half Marathon.

Division Results - Men

18 & Under: 1. Mark Franklin 1:35:38, 2. Steven Fong 1:38:32, 3. Shawn Hattey 1:51:51. 20-29: 1. Don Stefanski 1:19:20, 2. Ed Bomber 1:19:43, 3. Michael White 1:20:32. 30-39: 1. Weston Press 1:23:27, 2. Tom Bartasi 1:24:05, 3. David Garcia 1:25:55. 40-49: 1. Frank Ruona 1:24:33, 2. Mike Hicks 1:31:01, 3. Jack Wheeler 1:31:25. 50-59: 1. Don Savant 1:36:39, 2. Warren Yeeno 1:42:42, 3. Eph Romsberg 1:43:00. 60 & Over: 1. David Weber 2:00:20, 2. Ken Takeuchi 2:01:43, 3. Don McPherson 2:25:59.

Division Results - Women

20-29: 1. Debbie Holst 1:38:09, 2. Nathlia McManion 1:44:36, 3. Lenore Studt 1:46:52. 30-39: 1. Debbie Ingram 1:39:03, 2. Donna Troyna 1:39:44, 3. Sue Tarter 1:43:38. 40-49: 1. Judi Shade 1:40:48, 2. Carol Schweppe 1:51:51, 3. Ginger Bell 2:05:00.

Riverside Medical Clinic

Runs

June 12, Riverside, 5K & 10K.

Division Results - Men's 5K

12 & Under: 1. Bryce Pekar 21:58, 2. Steven Messner 23:01, 3. Chris Christianson 23:16. 13-17: 1. Shawn Cummins 17:41, 2. Colin Clemons 18:02, 3. Eric Karnjanapang 20:25. 18-29: 1. Steve Kovisto 15:06, 2. Nicolas Vargas 16:26, 3. Tom Zappas 19:25. 30-39: 1. John Lemar 17:24, 2. Steve Lucero 17:36, 3. Carlos Turnes 17:47. 40-49: 1. Denni Kavanaugh 17:19, 2. Elber Camacho 17:47, 3. Dave Labonte 18:28. 50-59: 1. Fran Ogawa 19:22, 2. Ter-

Results

ry Foley 19:26, 3. John Gilfoil 19:28. **60 & Over:** 1. Bob Koch 21:04, 2. John Bowers 21:59.

Division Results - Women's 5K

12 & Under: 1. Anne Klaasenvanor 24:25, 2. Sheri Aragon 25:32, 3. Lindsey Keller 31:08. **13-17:** 1. Moneca Lemos 23:02, 2. Jean Busek 23:44, 3. Julie Busek 23:58. **18-29:** 1. Mary Shelton 19:14, 2. Jeri Bracamonte 23:23, 3. Robin Kovatch 23:36. **30-39:** 1. Ellen Coleman 18:53, 2. Kathy Smith 21:22, 3. Dianne Huppman 21:56. **40-49:** 1. Merrie English 24:40, 2. Cathy Wedel 28:26, 3. Linda Hansen 30:21. **50-59:** 1. Nancy Goggin 32:28, 2. Gracene Moss 38:46.

Division Results - Men's 10K

12 & Under: 1. Jordan McInroe 56:55, 2. Erri West 1:10:49. **13-17:** 1. Vincent Hott 36:47, 2. Billy Sandlin 38:16, 3. Nick Mechikoff 40:03. **18-29:** 1. Daniel Reed 30:53, 2. Steve Kovatch 33:25, 3. Jimmy Price 34:19. **30-39:** 1. Gilbert Brooks 32:51, 2. Fidel Diaz 36:39, 3. David Roche 36:48. **40-49:** 1. Jon Calvin 35:38, 2. John Scribner 37:21, 3. Jess Maxcy 38:01. **50-59:** 1. Frank Avasquez 38:27, 2. Paul Sutherland 39:11, 3. Ted McNutt 45:09. **60 & Over:** 1. Bob Kroger 47:06, 2. Allen Bergman 48:23.

Division Results - Women's 10K

13-17: 1. Claudia Gonzalez 38:14. **18-29:** 1. Linda Nellany 41:46, 2. Tami Henning 47:07, 3. Stefani Boron 47:23. **30-39:** 1. Doreen Assumma-Fay 39:23, 2. Sandra Buran 46:51, 3. Terry Welker 53:48. **40-49:** 1. Anne Coy 48:05, 2. Theresa Riley 52:43, 3. Lydia Ramos 53:14. **50-59:** 1. Dixie Grimes 1:05:15. **60 & Over:** 1. Nyla Cook 1:16:26.

Sierra Cup

June 12. Napa. 10K & 2 Mile.

161 runners gathered at Mt. George School for the Fifth Annual Sierra Cup 10K and 2 Mile runs.

New age group records were set in the 10K run by Chris Cole of St. Helena, Submaster (30-39) Men, 33:58; Suzanne Jennings of Martinez, Open (18-29) women, 41:13; and Cindy Van Natta of Santa Rosa, Submaster (30-39) women, 43:09.

A new age group record of 13:53 in the two mile run was set by Ruth Grimes of Berkeley in the Submaster (30-39) women division.

Division Results - Men's 10K

13-17: 1. Michael Grimes 44:02, 2. Dustin Gasser 46:59. **18-29:** 1. Robin Madgwick 35:12, 2. David Abbott 38:03, 3. Medardo Arroya 38:46. **30-39:** 1. Chris Cole 33:58, 2. Dennis Kurovsky 34:10, 3. Stephen Thurston 37:15. **40-49:** 1. Carl Cull 37:23, 2. Roger Sharpe 39:59, 3. Frank Cavanaugh 40:17. **50-59:** 1. Joe Dana 41:13, 2. Douglas Delaney 50:39, 3. Ken Fisher 50:58. **60 & Over:** 1. Jim Reardon 45:20, 2. Charles Hoagland 49:04, 3. William Castelli 55:03.

Division Results - Women's 10K

18-29: 1. Suzanne Jennings 41:13, 2. Amy Warren 45:14, 3. Mary Walsh 46:57. **30-39:** 1. Cindy Van Natta 38:39, 2. Kate Gray 40:27, 3. Anita Lee 43:10. **40-49:** 1.

Dottie Charon 45:31, 2. Sherri Guinn 50:45, 3. Cheryle Stanley 50:53. **50-59:** 1. Marion Jacob 1:07:08.

Division Results - Men's 2 Mile

12 & Under: 1. Chris Horn 26:00, 2. Adam Horn 26:00, 3. Vincent Arpo 30:24. **13-17:** 1. Jason Apau 14:48. **18-29:** 1. Steve Anderson 12:05, 2. David Mitchell 15:15, 3. Todd Anderson 18:35. **30-39:** 1. David Emery 11:26, 2. Sal Pagano 13:09, 3. James terbill 13:12. **40-49:** 1. Tom Stephen 18:19, 2. Dent Shuey 20:25, 3. Jerry Conway 22:12. **50-59:** 1. Gilman Jung 13:49.

Division Results - Women's 2 Mile

12 & Under: 1. Dante Gasser 16:21, 2. Amanda Fry 17:50, 3. Jennifer Crittendon 22:09. **18-29:** 1. Diane Fisher 16:44, 2. Valerie Mamone 17:33, 3. Marnie Shuey 18:18. **30-39:** 1. Ruth Grimes 13:53, 2. Christine Fry 15:38, 3. Davney Gasser 16:55. **40-49:** 1. Teresa Matta 16:03, 2. Linda Winters 17:04, 3. Billie Valdez 17:53. **50-59:** 1. Mimi Grammens 18:08.

Gold Coast Triathlon Series

June 12. Ventura.

Overall Results

1	Peter Kain (24)	1:47:32
2	Tim Sheefer (24)	1:48:14
3	Michael Collins (22)	1:48:45
4	Rick Hellery (22)	1:48:56
5	Michael Smith (24)	1:50:46
6	Brian Flick (24)	1:51:17
7	Roger De Meales (22)	1:51:25
8	Ralph Sears (27)	1:51:36
9	Kirk Carmello (21)	1:52:21
10	Paulo Sergio Fontana (23)	1:52:44
11	Michael Arcee (27)	1:54:06
12	Matthew Kresser (23)	1:54:26
13	Gregory Green (25)	1:54:24
14	David Kalne (25)	1:55:26
15	Kenny Slaughter (30)	1:56:24
16	Jason Middleton (15)	1:56:31
17	David Nelson (27)	1:56:55
18	Tony Miller (36)	1:57:04
19	Kemt Hinkle (28)	1:57:54
20	Paul Pantlas (25)	1:58:12

Legg Lake Evening Run

June 16. So. El Monte. 5K

Overall Results

1	Thomas Cogitore (21)	16:47
2	Carl Stromberg (33)	16:51
3	Steve Lassegard (36)	16:54
4	Jose Rodriguez (37)	16:56
5	Gregorio Gomez (24)	18:04
6	Michael Nunez (25)	18:54
7	Mike Brannon (34)	19:48
8	Mario Munoz (35)	20:23
9	Juan Arcos (43)	20:38
10	Mike Lalum (43)	21:02

El Segundo Main Street Run

June 18. El Segundo. 5K & 10K.

Overall Results - Men's 5K

1	Tony Gerbino (23)	16:05
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2	Mark Roth (26)	16:28
3	Llan Reynolds (24)	16:36
4	Shawn Page (15)	16:40
5	Tom Hall (38)	16:43
6	Bob Streets (35)	16:49
7	Steve Kaldon (25)	16:54
8	Yann Engel (27)	17:17
9	Steven Whetstone (16)	17:32
10	Dave Otis (23)	17:35

Division Results - Men's 5K

14 & Under: 1. Joey Johnson 19:58, 2. Bryan Morris 20:13, 3. Clifford Sakata 24:04. **15-18:** 1. Shawn Page 16:40, 2. Steven Whetstone 17:32, 3. Chris Kenyon 18:50. **19-24:** 1. Tony Gerbino 16:05, 2. Llan Reynolds 16:36, 3. Dave Otis 17:35. **25-29:** 1. Mark Roth 16:28, 2. Steve Kaldon 16:54, 3. Yann Engel 17:17. **30-34:** 1. Robert Earle 17:47, 2. Thom Narita 18:10, 3. Michel VanBiezen 18:14. **35-39:** 1. Tom Hall 16:43, 2. Bob Streets 16:49, 3. Jerry Sommers 17:45. **40-49:** Bill Roth 19:12, 2. Adolfo Padilla 20:00, 3. Pierre Cavalcanti 20:10. **50-59:** 1. Jack Larson 18:39, 2. Tom Rodda 20:14, 3. Leroy Carter 20:24. **50-59:** 1. Jack Larson 18:39, 2. Tom Rodda 20:14, 3. Leroy Carter 20:24. **60 & Over:** 1. Mik Sather 21:23, 2. Jack Green 21:56, 3. Robert Dorren 27:47.

Overall Results - Women's 5K

1	Kim Gallagher (24)	17:44
2	Jill Hoffman (19)	19:03
3	Christi Bach (25)	19:12
4	Donna Silveria (31)	20:16
5	Sue Reinhardt (45)	20:28
6	Heidi Clarke (28)	20:39
7	Gay Pelletier (25)	22:14
8	Jaime Babbitt (10)	22:18
9	Fredi Grove (37)	22:26
10	Jamie Clippard (16)	22:32

Division Results - Women's 5K

14 & Under: 1. Jaime Babbitt 22:18, 2. Katie Larson 23:27, 3. Stefanie Fieri 23:29. **15-18:** 1. Jamie Clippard 22:32, 2. Wendy Smith 24:36, 3. Beth Miles 26:19. **19-24:** 1. Kim Gallagher 17:44, 2. Jill Hoffman 19:03, 3. Veronica Pallares 25:14. **25-29:** 1. Christi Bach 19:12, 2. Heidi Clarke 20:39, 3. Gay Pelletier 22:14. **30-34:** 1. Donna Silveria 20:16, 2. Lori Motz 25:04, 3. Laura Uyemura 26:00. **35-39:** 1. Fredi Grove 22:26, 2. Harman Diane 24:11, 3. Sue McManus 24:35. **40-49:** 1. Sue Reinhardt 20:28, 2. Sandy McKean 22:41, 3. Carol Dougherty 23:12. **50 & Over:** 1. Greta Jones 24:54, 2. Carol Forster 26:31, 3. Jean Windishar 29:46.

Overall Results - Men's 10K

1	Mark Eisenmenger (25)	31:35
2	Sean Konrudy (20)	34:50
3	Bill Balcer (31)	35:29
4	Kie SooHoo (31)	36:34
5	Ricardo Gutierrez (24)	37:01
6	Mark Gross (34)	37:19
7	Jim Flanigan (38)	37:32
8	John McIntyre (24)	37:44
9	Kurt Hoel (28)	37:49
10	Rex Keep (40)	38:19

Division Results - Men

14 & Under: 1. Surachet Sodkorkum 40:01, 2. Tom Henneberg 50:15, 3. Kevin Tank 53:39. **15-18:** 1. Vahid Einollahi 39:06, 2.

Paul June 41:16, 3. James Weldon 43:42. **19-24:** 1. Sean Konrudy 34:50, 2. Ricardo Gutierrez 37:01, 3. John McIntyre 37:44. **25-29:** 1. Mark Eisenmenger 31:55, 2. Kurt Hoel 37:49, 3. Darryl Giel 38:27. **30-34:** 1. Bill Balcer 35:29, 2. Kie SooHoo 36:34, 3. Mark Gross 37:19. **35-39:** 1. Jim Flanigan 37:32, 2. Richard Walton 39:39, 3. Leip Magden 39:50. **40-49:** 1. Rex Keep 38:19, 2. Rich Ruwell 40:43, 3. Pat Woods 41:52. **50-59:** 1. Bob Beathard 39:14, 2. John Martin 42:30, 3. John Marshall 43:49. **60 & Over:** 1. Ignacio Molina 49:51, 2. Sam Iacobellis 53:17.

Overall Results - Women's 10K

1	Vera Elson (29)	41:56
2	Christina Gold (23)	43:24
3	Christine Beathard (43)	44:22
4	Cyndi Hoffman (29)	45:13
5	Carla Phillips (34)	46:12
6	Karen Bancroft (41)	46:21
7	Barbara Moulton (25)	46:49
8	Manuel Lara (66)	47:23
9	Karin Handsaker (45)	47:25
10	Carolyn Ward (28)	49:07

Division Results - Women's 10K

15-18: 1. Crystal Newhaus 53:39. **19-24:** 1. Christina Gold 43:24, 2. MaryCarol Garo 53:12, 3. Molly Steber 53:58. **25-29:** 1. Vera Elson 41:56, 2. Cyndi Hoffman 45:13, 3. Barbara Moulton 46:49. **30-34:** 1. Carla Phillips 46:12, 2. Kathie Vancuren 49:37, 3. Elizabeth Walton 50:49. **35-39:** 1. Julie Strickler 49:14, 2. Patti McDonough 49:35, 3. Peggy Sullivan 49:57. **40-49:** 1. Christine Beathard 44:22, 2. Karen Bancroft 46:21, 3. Karin Handsaker 47:25. **50 & Over:** 1. Manuel Lara 47:23.

Potrero 8K Scenic Scamper

June 18. San Francisco. 8K

Overall Results

1	Eddie Lanzarin (30-39)	25:39
2	Reynoldo Toro (30-39)	26:23
3	Martin Padget (18-29)	26:30
4	James Misener (18-29)	27:20
5	Carl Rose (18-29)	27:21
6	Esequiel Rodriguez (18-29)	28:48
7	Marilyn Taylor Wallach (30-39)	29:27
8	Terrence Rodriguez (18-29)	31:01
9	Douglas Perez (40-49)	31:05
10	David Ysaguirre (18-29)	31:07
11	Tom Massery (30-39)	31:30
12	James Mace (30-39)	31:32
13	Robert Ross (18-29)	32:14
14	Loretta Purish (30-39)	32:39
15	Not Available	32:42
16	James Rich (40-49)	32:53
17	Rolf Nebelung (40-49)	32:53
18	Dale Freeman (40-49)	33:14
19	Rick Timko (40-49)	33:34
20	Joe Ysaguirre (18-29)	33:58
21	Jim Krueger (18-29)	34:31
22	Richard Sobrero (30-39)	34:46
23	Laurel Strand (40-49)	34:59
24	Jason Ysip (14-17)	35:36
25	David Walker (18-29)	35:48

Results

Tug's Tavern Memorial Biathlon

June 18, San Diego.
(1/2 Mi. Swim, 5 1/2 Mi. Run, 1/2 Mi. Swim)

Division Results - Men

7-13: 1. Erik Burgan 57:07, 2. Masis Ke-
vorkian 57:20, 3. Sean McInerney 78:53.
14-17: 1. Sevan Kevorkian 53:53, 2. Jacob
Barret 60:05, 3. Todd Yenche 63:52. 18-
24: 1. Greg Clarke 48:59, 2. Philip Molina
50:35, 3. Patrick Richardson 50:36. 25-29:
1. Alan Voisard 48:50, 2. Tim Rhodes
50:23, 3. Sean Richardson 51:42. 30-34: 1.
Jay Larson 47:30, 2. Mark Montgomery
48:53, 3. Murphy Reinschrei 49:00. 35-39:
1. Wally Buckingham 48:12, 2. James Wil-
liams 48:56, 3. Bob Janis 50:15. 40-44: 1.
Andrew O'Leary 52:35, 2. George Warren
52:49, 3. Mike Morey 54:10. 45-49: 1. Pete
Pettigrew 61:49, 2. William Scott 62:22, 3.
Tom Morrow 63:42. 50-54: 1. Buddy Belshe
57:38, 2. Frank Adler 60:22, 3. David La-
mott 64:54. 55-59: 1. Doug Majjala 65:40,
2. Harold Dunnigan 65:55, 3. Rod Johnson
67:06. 60-64: 1. H. Langdon Smith 77:40,
2. Lew Roberts 79:20. 65 & Over: 1. Thom-
as Oakes 75:36.

Division Results - Women

18-24: 1. Veronica Wilson 55:55, 2. Lisa
Tallman 56:19, 3. Julie Rankine 58:25. 25-
29: 1. Sheri Leorna 54:22, 2. Jenny Lamott
55:03, 3. Cathi Carlton 56:52. 30-34: 1.
Rachelle Roberts 56:40, 2. Larua Athony
56:10, 3. Sue Osborn 58:24. 35-39: 1. Mar-
ta Zaharson 64:22, 2. Lise Rasmussen
72:04, 3. Julie Martel 77:46. 40-44: 1. Isa-
dora Johnson 69:45, 2. Mary Pinkard
72:36, 3. Diana Barrett 73:58. 45-49: 1.
Joan Jetter 65:06, 2. Judy Collins 77:08.
50-54: 1. Janet Lamott 77:47. 55-59: 1.
Claire Auckerman 95:51. 60-64: 1. Alicia
Coleman 86:03.

Headlands Wolf Ridge

Classic

June 18, Sausalito, 12 Miles.

Overall Results

1	Peter Franks (42)	1:09:16
2	Greg Kitagawa (27)	1:11:56
3	Bruce Baker (35)	1:12:29
4	Ron Griswold (40)	1:13:01
5	Ian Ross (28)	1:13:09
6	Kirk Weber (24)	1:13:13
7	Robert Weatherwax (30)	1:13:41
8	Gabe Perez (26)	1:14:25
9	Dick Malkin (48)	1:16:05
10	Doug Mullins (33)	1:16:07
11	Barry Blue (37)	1:18:27
12	Brian Moyer (41)	1:18:42
13	Maurice Monserez (34)	1:19:04
14	Gary Hilliard (33)	1:19:51
15	Jim Irving (37)	1:20:43
16	Nancy DeMattei (30)	1:20:44
17	Jose Guerrero (40)	1:22:30
18	Fiedler	1:24:56
19	David Kasses (32)	1:26:25
20	Mark Frappier (33)	1:26:32

Tinman Triathlon

June 18, Riverside, 5K Run, 10.3 Mi. Bike,
75m Swim.

Overall Results

1	Steve Driscoll (Relay)	42:29
2	Charles Hubbard (25-29)	43:16
3	Bruce Balch (25-29)	44:16
4	Bruce Funk (Relay)	44:40
5	Ricky Shanks (Relay)	44:52
6	Howard Jones (30-34)	45:12
7	Douglas Marocco (20-24)	45:15
8	Dave Stevens (30-34)	45:16
9	Steve Rohde (30-34)	45:32
10	Steve White (20-24)	45:33
11	Jesse Mellor (Relay)	45:34
12	Steve Hermanson (20-24)	45:38
13	Rex Johnson (16-19)	45:41
14	Nestor Rodriguez (16-19)	45:51
15	Bob Macy (40-44)	45:58
16	Rich Simons (20-24)	46:01
17	Carlos Oliva (16-19)	46:03
18	Jeffrey Wright (20-24)	46:34
19	Jeffrey Newcomb (25-29)	46:35
20	Michael Lynch (25-29)	46:56

Division Results - Men

12 & Under: 1. Benton Wolverton. 13-15: 1.
Donald Tipping. 16-19: 1. Rex Johnson. 20-
24: 1. Douglas Marocco. 25-29: 1. Charles
Hubbard. 30-34: 1. Howard Jones. 35-39: 1.
Peter Gallup. 40-44: 1. Bob Macy. 45-49: 1.
Bryce Larkin. 50-59: 1. Peter Alexander. 60
& Over: 1. Lono Tyson.

Division Results - Women

12 & Under: 1. Renee Dutton. 16-19: 1. Erika
Moss. 20-24: 1. Cherie Moore. 25-29: 1. Ka-
thy Jennings. 30-34: 1. Pam Roesch. 35-39:
1. Debby Pierce. 40-44: 1. Carol Schiel. 45-
49: 1. Sigrid McAllister. 50-59: 1. Joann
Oliver. Relay: 1. #404, Riverside, 2. #1, 3.
#10, Etiwanda.

Valley of the Flowers

Marathon & Half Marathon

June 19, Lompoc.

Overall Results - Marathon

1	Issac Silva (25-29) Anaheim	2:35:37
2	Gregg Horner (30-34) Santa Barba	2:40:02
3	Rob McNair (30-34) Huntington Boh	2:44:08
4	Graig Johnson (25-29) Torrence	2:49:27
5	Charlie Hoover (35-39) Sepulveda	2:49:32
6	Joe Schlereth (35-39) Fresno	2:51:25
7	Harry Van Den Hop (30-34) Riverside	2:52:11
8	Bill Breakiron (35-39) Scottsdale, AZ	2:52:13
9	Steven Watanabe (30-34) Saugus	2:52:26
10	John Hanley (30-34) Simi Valley	2:52:28
11	Christopher Conners (35-39) San Luis Obispo	2:52:37
12	William Lovelace (40-44) West Hills	2:54:31
13	Gary Taylor (30-34) Hamilton, Bermuda	2:55:17
14	Joseph Young (25-29) Huntington Beach	2:56:28
15	Michael Newman (35-39) Saipan	2:56:34
16	Jay Carroll (35-39) Los Osos	2:56:42
17	Don McLean (40-44) Saugus	2:57:21
18	Brian Waterbury (35-39) SLO	2:57:52
19	Simon Moore (30-34) Hamilton, Bermuda	2:58:27
20	Peter Schneekloth (30-34) Buellton	2:59:37

Overall Results - Half Marathon

1	Adolfo Lopez (25-29) Santa Maria	1:09:16
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2	Alex Miranda (25-29) Claremont	1:11:56
3	Robert Hollister (25-29) Carpinteria	1:12:10
4	Mark Mesler (25-29) Santa Barbara	1:12:28
5	William Pittenger (35-39) Santa Barbara	1:12:55
6	Page Thibodeaux (30-34) Los Angeles	1:14:26
7	Danilo Perez Baron (25-29) Santa Maria	1:14:30
8	Spencer Allen, Jr. (20-24) Pasadena	1:14:57
9	Craig Gully (30-34) Fullerton	1:15:28
10	Gary Silva (35-39) Santa Maria	1:15:36
11	Charles Douglas (20-24) Tatum	1:16:11
12	Robert Sooti (35-39) Granada Hills	1:16:56
13	Bradley Cox (30-34) Santa Barbara	1:17:28
14	Michael Schutten (30-34) Fontana	1:18:28
15	Mike Tomasulo (40-44) Alhambra	1:18:50
16	Matt Holloway (19 & U) Lompoc	1:18:51
17	Robert Ortiz (19 & U) Lompoc	1:18:51
18	Tony Burton (25-29) Riverside	1:18:59
19	Keith Kirkpatrick (40-44) SLO	1:19:20
20	Charlie Pondella (45-49) Sherman Oaks	1:19:31
21	John Hathaway (35-39) Glendale	1:19:56
22	Willy Furnes (19 & U) Santa Maria	1:20:32
23	Philip Wright (45-49) Glendale	1:20:35
24	Mary Tracy (25-29) Playa Del Rey	1:20:41
25	Dean King (40-44) Hemet	1:20:55
26	John Kearney (25-29) Encino	1:21:00
27	Marvin Bartel (35-39) Los Angeles	1:21:16
28	Rick Snekuik (40-44) Santa Ynez	1:21:48
29	Mike Uema (45-49) Lompoc	1:22:01
30	Elber Camacho (40-44) Loma Linda	1:22:11

Moscow Road Race

June 19, Monte Rio, 5K & 10K.

Division Results - Men's 5K

12 & Under: 1. Jonathan Sargent 19:39, 2.
Tim Sanborn 22:29, 3. Jesse Burke 22:35.
13-15: 1. Hanns Detlefsen 18:17, 2. Shan-
non Lewis 19:36, 3. Nathan Bisbee 21:28.
16-18: 1. Jim Rodriguez 21:54, 2. Chris Wil-
liams 22:05. 19-24: 1. Erick Studenicka
16:06, 2. Danny Valdez 16:30, 3. Bryan
MacKay 16:53. 25-29: 1. Raymond Coutin-
ho 17:00, 2. Carlos Lopez 17:14, 3. Richard
Dougherty 21:14. 30-34: 1. Larry Meredith
16:17, 2. Mark McLoughlin 19:11, 3. Spencer
Scheer 19:26. 35-39: 1. John Zaremski
18:16, 2. Bruce Christensen 19:04, 3. Ron
Howard 19:06. 40-44: 1. John Demeds
17:47, 2. Thomas Anderson 17:50, 3. Dave
Sjostedt 18:13. 45-49: 1. Russell Teves
19:52, 2. Harvey Sargetn 19:53, 3. Stude-
nicka 22:14. 50-54: 1. James Erbes 18:16,
2. Jim Clay 19:20, 3. Ralph Harms 19:25.
55-59: 1. Carl Ellsworth 18:34, 2. Carl Jack-
son 19:53, 3. Tom Dubay 19:56. 60 & Over:
1. Kenneth Smith 24:28, 2. Herb Lowe
29:04. Wheelchair: 1. David Elsner 19:24, 2.
Thomas Patrick 31:52.

Division Results - Women's 5K

12 & Under: 1. Diana Wesendunk 23:44, 2.
Summer Beckwith 24:42, 3. Steva Kent
26:00. 13-15: 1. Stephanie Cox 35:43. 16-
18: 1. Jennifer Dempsey 20:11, 2. Julie Flath
23:42, 3. Theresa Rebella 33:09. 19-24: 1.
Valerie Jensen 17:59, 2. Chris Ferguson
19:46, 3. Carol Dubay 24:06. 25-29: 1. Holly
McCaslin 28:46, 2. Linda Barton 29:29, 3.
Karen Brandon 31:23. 30-34: 1. Anne
Prouty 19:37, 2. Sherrilyn Roth 22:20, 3.
Patty Sowers 23:55. 35-39: 1. Linda Lewis
23:54, 2. Vicky Zetocha 25:21, 3. Sandy
Conner 25:42. 40-44: 1. Marcia Parker
18:57, 2. Rosemary Blaney 24:58, 3. Cyn-
thia Smith 25:08. 45-49: 1. Patti Brown

27:03, 2. Kay Johnson 17:16, 3. Mary Ellen
Howard 28:27. 50-54: 1. Ann Johnson
31:03, 2. Doris Morabito 31:25. 55-59: 1.
Harriet Kelly 33:39, 2. Donna Ferrari 41:45,
3. Jenny Torgeson 50:40. 60 & Over: 1.
Betty Jones 31:16, 2. Olive Danzer 35:03,
3. Beatrice Minkin 35:22.

Division Results - Men's 10K

12 & Under: 1. Sean Fisher 48:09, 2. Brian
Johnson 58:44. 13-15: 1. Star Stevenson
39:08, 2. Peter Keith 39:54, 3. David Inner
41:30. 16-18: 1. Chris Myers 37:12, 2. Ste-
ven Cachun 38:00, 3. Lee Lewis 38:09. 19-
24: 1. Shawn Phillips 32:45, 2. Tom MacKen
33:11, 3. Todd Willis 33:19. 25-29: 1. Jim
Noonan 32:10, 2. Alec Isabeau 34:19, 3.
Jim Coughlin 34:52. 30-34: 1. Chris Cole
33:34, 2. Jon Ahnberg 34:55, 3. Daniel Tu-
rek 36:08. 35-39: 1. Butch Alexander
33:22, 2. John Paul McIntoch-King 34:31,
3. Tadesse Gebrehawariat 35:31. 40-44: 1.
Ron Smith 33:29, 2. Craig Steele 35:41, 3.
Brendan Hutchinson 35:43. 45-49: 1. Steve
Lyons 35:16, 2. Robert Groff 39:28, 3.
Lloyd Blackwell 39:35. 50-54: 1. Tom Grant
35:38, 2. Warren Fairbanks 38:35, 3. Joe
Dana 41:00. 55-59: 1. Tom Steele 41:50, 2.
Bob Chadwick 42:34, 3. Tony Kelly 50:30.
60 & Over: 1. Herm Jensen 46:46, 2. Otto
Horst 51:26, 3. Phil Simma 55:04. Wheel-
chair: 1. Don Levy 53:18.

Division Results - Women's 10K

12 & Under: 1. Nancy Herring 43:38. 13-15:
1. Cezanne Cartier 53:20. 16-19: 1. Eliza-
beth Mosier 38:40, 2. Shawn Ryan 39:08,
3. Sheila O'Hanlon 43:45. 25-29: 1. Irene
McAuliffe 38:58, 2. E. Hernandez 39:13, 3.
Laura McGinn 39:13. 30-34: 1. Nan Hall
37:23, 2. Dorothy Foster 39:57, 3. Elisab-
eth Black 41:18. 35-39: 1. Vicki French
41:41, 2. Sue Clive 44:08, 3. Alicia Goepf
44:09. 40-44: 1. Joyce Bennett 46:24, 2.
Reta Barton 47:49, 3. Thea Goldstone
50:08. 45-49: 1. Karen Eberhardt 39:48, 2.
Carol Kelly 47:10, 3. Kathleen Wandke
53:51. 50-54: 1. Roger Price 40:41, 2. J.
Reinhhermern 45:41, 3. Dorothy Danner
1:01:35. 60 & Over: 1. Fran Brocco 41:21.

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Results

Houston Memorial Woodminster Run

June 19, Oakland, 8 Mile.

Overall Results

- 1 Leslie McMullen (37F) Oakland 52:27
- 2 Mike Wheeler (39) Oakland 54:14
- 3 Darryl Beardall (51) Santa Rosa 54:54
- 4 Michael Hoy (46) Sausalito 55:55
- 5 Helmer Aslaksen (28) Berkeley 56:18
- 6 Eye Pell (51F) Mill Valley 57:50
- 7 Julios Ratti (37) Oakland 59:14
- 8 Michael Homess (39) Dublin 59:40
- 9 Peter White (46) Moraga 59:46
- 10 Bruce Oliver (60) Oakland 59:51
- 11 Jim Myers (39) Mill Valley 60:30
- 12 Byron Choiniere (32) Pleasant Hill 60:34
- 13 Noah Rollins (39) Oakland 61:40
- 14 Galen Rowell (47) Albany 61:48
- 15 Jennifer Biddulph (23F) Berkeley 61:48
- 16 Steve Sidney (39) Piedmont 62:13
- 17 Robert Sharpe (47) Berkeley 62:33
- 18 Valerie Doyle (46F) Berkeley 62:33
- 19 Richard Chimenti (45) San Jose 62:33
- 20 Judie Donovan (52F) San Rafael 62:39

Run For Gay Pride

June 19, Los Angeles, 5K & 10K

Overall Results - 5K

1 Gerardo Araiza (22) 15:28, 2 Shawn Elmore (22) 16:17, 3 Heliodoro Jauregui (23) 16:31, 4 Victor Fonseca (26) 16:34, 5 Dennis Chamberlain (33) 16:36, 6 Efrén Garcia (26) 16:43, 7 Paul Maier (40) 16:43, 8 Manuel Castanon (29) 17:37, 9 Unknown 17:45, 10 Fonseca (22) 17:53

Division Results - Men's 5K

19 & Under: 1. Eddy Jara 18:27, 2. Marcello Lopez 24:18, 3. Anthony Barton 26:40. 20-24: 1. Gerardo Araiza 15:28, 2. Shawn Elmore 16:17, 3. Heliodoro Jauregui 16:31. 25-29: 1. Victor Fonseca 16:34, 2. Efrén Garcia 16:43, 3. Manuel Castanon 17:37. 30-34: 1. Dennis Chamberlain 16:36, 2. Bill Austin 17:45, 3. Mario Solano 18:30. 35-39: 1. Bill Winkelmann 19:12, 2. Carlos Ferreira 19:43, 3. Daniel Coles 19:43. 40-49: 1. Paul Maier 16:43, 2. Augustin Medina, Jr. 19:04, 3. Michael Froman 19:05. 50-59: 1. Jerry Chism 19:53, 2. Martin Lipp 23:40, 3. David Heaberlin 23:56. 60 & Over: 1. Harold Willis 22:37, 2. Jack Bishin 41:58.

Division Results - Women's 5K

19 & Under: 1. Luisa Fonseca 27:37, 2. Angie Heine 40:39. 20-24: 1. Laura Farinella 25:58, 2. Maylaine Yep 28:29, 3. Elvira Be-

doy 29:41. 25-29: 1. Marcia Estes 21:34, 2. Frances Edwards 22:10, 3. Maria Beltran 22:17. 30-34: 1. Susan Levitt 20:47, 2. Jennifer Stary 21:39, 3. Janet Mellott 21:53. 35-39: 1. Ceil Miller 22:37, 2. M. J. Willoughby 24:32, 3. Deb Helmann 25:30. 40-49: 1. Cathy Crown 22:27, 2. Bonnie Baer 24:08, 3. Lorraine Silver 26:49. 50-59: 1. Beverly Stundén 27:56, 2. Mary Salinas 29:34, 3. Phyllis Badger 30:48. 60 & Over: 1. Barbara Foley 33:09, 2. Marjorie Wood 46:00, 3. Helen Parker 53:23.

Overall Results - 10K

1 John Jericiau (26) 33:21, 2 Jorge Tobar (25-29) 33:50, 3 Philip Grant (43) 34:23, 4 Not Available, 5 Jorge Alvarez (28) 35:17, 6 Jose Rodriguez (33) 35:18, 7 Javier Hernandez (22) 35:42, 8 Rafael Vizcaya (32) 36:03, 9 Not Available 37:29, 10 Richard Nelson (41) 37:36. Division Results - Men's 10K

19 & Under: 1. Moses Hernandez 43:13, 2. Sedacy Solloman 44:07. 20-24: 1. Javier Hernandez 35:42, 2. Miguel Mercado 38:15, 3. Jose Torres 38:39. 25-29: 1. John Jericiau 33:21, 2. Jorge Tobar 33:50, 3. Jorge Alvarez 35:17. 30-34: 1. Jose Rodriguez 35:18,

2. Rafael Vizcaya 36:03, 3. Brad Altman 37:46. 35-39: 1. Vince Lopez 37:56, 2. Bob Kichenbotham 39:33, 3. Mark Coolidge 40:56. 40-49: 1. Philip Grant 34:23, 2. Richard Nelson 37:36, 3. Frank O'Donnell 39:21. 40-49: 1. John Lockhart 40:58, 2. David Wake 45:42, 3. Emile Bareng 47:43. 60 & Over: 1. Ken Britt 55:17.

Division Results - Women's 10K

20-24: 1. Jill Weckerly 49:44, 2. Jenna White 51:52, 3. Blanca Rivera 52:55. 25-29: 1. Debbie Chaddock 38:22, 2. Diane Swick 40:36, 3. Amy Johnson 41:36. 30-34: 1. Crystal Cody 41:48, 2. Margaret Stearns 45:10, 3. Gail Husson 46:45. 35-39: 1. Sue Ellis 39:37, 2. Mary Stephanou 50:19, 3. Linda Whiting 51:15. 40-49: 1. Lesley Fuller 46:00, 2. Mig Hunter 50:41, 3. Patricia Butt 53:13. 50-59: 1. Jane Dods 46:04, 2. Shirley Blush 46:49, 3. Joan Potter 58:31.

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