

SEPTEMBER 1993

ISSUE NO. 194

CALIFORNIA

Running News



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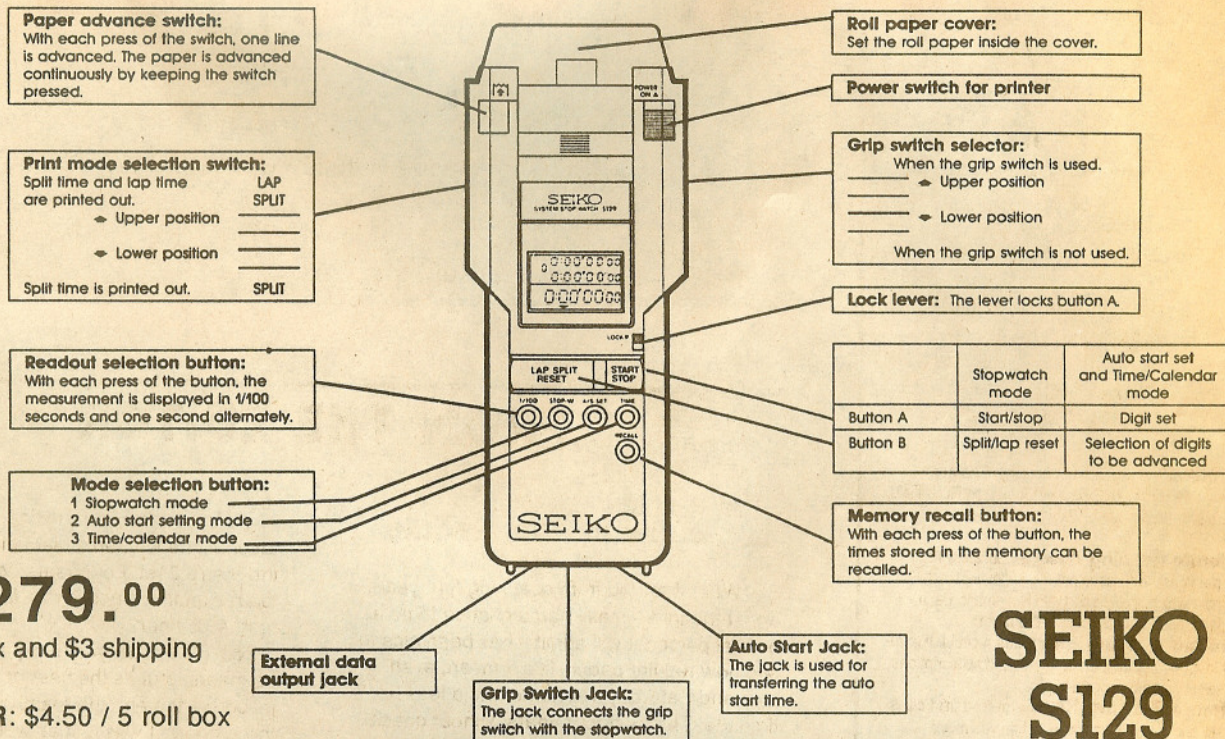
Twentieth Year

- ✓ Schedule
- ✓ Results
- ✓ Features

\$2.25

Digital Quartz Printing Stopwatch S129

DISPLAY AND BUTTON/SWITCH OPERATION



\$279.00

+ Tax and \$3 shipping

PAPER: \$4.50 / 5 roll box

**SEIKO
S129**

System Printer

The following data is printed permanently on tape:

1. Year, Month, Date and Time are automatically printed
2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99," then start again at "0"
4. Printed Data: printed out immediately as measured or printed later from the memory function of the stopwatch.

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

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1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
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1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04
    
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Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

Specifications

Time Base and Accuracy:

Quartz oscillator, ±0.5 seconds (24 hours/70°F)

Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

6 digits Split/Lap Time, 7 digits Running Time, 2 digits show Place or Lap Number.

Modes:

Split Time and Split/Lap Time, time of day and calendar.

Temperature:

Accuracy guaranteed ranges 23°F to 104°F; operational ranges 5°F to 131°F.

Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

Batteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).
 Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

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P.O. Box 459, San Carlos, CA 94070 ● (415) 595-2249

CALIFORNIA Running News

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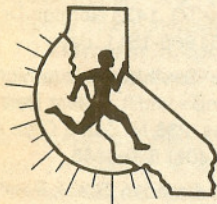
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FROM THE EDITOR

Back in the Saddle

When I retired from coaching four years ago, I thought I finally had a chance to be a normal person. I will admit it has been nice to see how regular people live. I mean, evenings and Saturday's at home and a less hectic pace. The past four years without coaching have been good and the hollow place inside has been getting smaller.

Then, just before school began this Fall, my boss (the academic dean) at Fresno Pacific College, asks me if I couldn't take the cross country team for the semester -- on an emergency basis. I have a deep love for Fresno Pacific and the cross country program, so, of course, I said "yes." I had been the coach all through the 70's and 80's so I should know what to do.

Due to health problems and family priorities, I hadn't planned on ever coaching again. As it turned out there were only a couple men and women scheduled to be on the team, not enough to score. So, first priority: round up runners from among the 600 undergraduate students on campus. We now have ten enthusiastic men and six courageous women to field scoring teams.

Second, after pulling together a team, was to create an appropriate, yet challenging schedule. That was done with a couple of small college invitationals, the league meet, the district meet, and four road races.

Then, what about uniforms? Thanks to Judy and our two daughters, enough of the various old unis were pieced together to outfit the troops.

We were off and running. At our first invitational, the women's team placed 15th and the men's 21st. Four years ago, my men's team won first place. From first to twenty-first. A downer?

NO WAY! This year's experience was just as meaningful as the year of victory. I enjoyed the trip and the teamness shared with the runners. I was just as well received by my coaching peers as when we won. The runners all ran with heart and gave it their all --many running life-time bests.

So, what was the difference between the year of first and the year of twenty-first? The only thing missing is another plaque in the gym. Everything else was just as good. What does it mean?

Well, I guess it means that you don't have to win to get an awful lot out of running. So, take the pressure off, and **JUST DO IT!**



ON THE COVER: What a finish! **TYRUS DEMINTER** (left) and **DANIEL MARTINEZ** tie for first place in the Union Bank Heart of the City 5K in Los Angeles. See results on page 22.

Photo by Kenneth Lee.

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.

Sept. 10 (Fri):

Tahoe City: Pepsi/Tahoe 72 Mile Run, Commons Beach (lap around Lake Tahoe), Time TBA. Dee McKim, 75 Mt. Rose St., #B, Reno, NV. 89502. (702) 329-6696, days.

September 11 (Sat):

Ukiah: South Ukiah Rotary Triathlon (0.5mS/21mB/5kR). Lake Mendocino. 8 a.m. South Ukiah Rotary Triathlon. 495 E. Perkins, Ukiah 95482 (707) 462-4706.

Prunedale: Prunedale Days 5K/10K. Prunedale Shopping Center (San Miguel Rd.). 9 a.m. Cindy Martinez, 326 E. Alisal, Suite A, Salinas 93901 (408) 753-6207.

San Francisco: PA/USATF Cross Country Grand Prix. 4 Mille. Golden Gate Park (Lindley Meadow). 9 a.m. Info: Tim Wason (415) 648-1467 or 921-7188.

Stinson Beach: Bolinas Ridge Wild Boar Runs. 9 miles, 18 miles & Marathon. Five Brooks (18 Mi. & mara.), Mt. Tam (Bolinas/Fairfax Rd/Ridgecrest--9 mi). 9 a.m./Mara & 18 mi, 10 a.m./9 mi. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Larkspur: Historic Downtown Larkspur Back-to-School Runs. 5K & Kids' Mile. 9 a.m. Larkspur Recr. Dept., 400 Magnolia Ave., Larkspur 94939 (415) 927-5110.

Mountain View: Fleet Feet Triathlon Series (0.5mS/10mB/3mR). Shoreline Park. 8 a.m.

Fleet Feet Sports, 34 Towne & Country Village, Palo Alto 94301 (415) 321-6453.

Concord: Shout on the Green 5K/10K. 8 a.m. Mike Parker, Shout Productions, 4255 Clayton Rd., Concord 94521 (510) 686-4357.

Berryessa: Lake Berryessa Biathlon (1.25mS/21mB). Putah Creek Resort. 9 a.m. Sky High, Box 20963, El Sobrante 94803 (510) 223-5778.

Stockton: Park to Park Race. 5 Mile & 1 Mile. Louis Park (off I-5). 8 a.m./1 mile, 8:30 a.m./5 mile. Tarahumara RC, PO Box 8422, Stockton 95208 Rudy (209) 948-0938, eves.

Volcano: Jug & Rose 7.7 Mile. TIME CHANGE TO: 8:00 a.m. Drama Scholarship, Amador High School, 330 Spanish St., Sutter Creek 95685. Giles Turner (209) 267-5484.

Santa Cruz: Champagne Ride & Tie 30 Miles. Steve Shaw, 155 Baltrusol Dr., Aptos 95003 (408) 685-3436.

Santa Maria: Golden State Air Fair "Top Gun" 10K & 5K Run 10K & 5K. Santa maria Airport. Info: (805) 928-8275.

Wasco: Wasco Rose Runs. Distance, location and time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Bakersfield: Joel Mena Memorial Foothill Alumni Runs. 1 Mile & 5K, Foothill HS. 5 p.m./1 Mile, 5:30 p.m./5K. Ted Oliver 3012 Crest Dr., Bakersfield 93306 (805) 872-3707.

Bass Lake: Bass Lake Classic Triathlon (1.5kS - 40kB - 10kR) Pines Resort. 9 a.m. Kevin Kilgore, 5252 E. Heaton, Fresno 93727 (209) 432-0800.

Pt. Mugu: Admiral's Cup Triathlon #3 (500mS - 11mB - 3mR). Location & time TBA. Info: (805) 989-8317.

Newport Beach / Irvine: The Celebration of Women in Sports 5K/10K Run/Walk. Time TBA. Women in Sports Promotions, PO Box 385, Manhattan Beach 90266 (310) 546-7887.

Malibu: Bulldog 50K. 6:30 a.m. Info: Ingrid Shattuck (310) 495-2248.

San Pedro: YMCA Harbor Light Half Marathon & 5K. 7th & Harbor Blvd. 7:30 a.m. Info: W2 Promotions (310) 828-4123.

Cuyamaca: Cuyamaca Half-Marathon. 8 a.m. Info: Butch Paddock (619) 765-1939.

Buena Park: Cross-Country Invitational. 4 mile/men, 5K/women. 8:30 a.m. Info: Greg at Whittier College (714) 871-2937.

Encinitas: Encinitas Family Fit-Fest. 5 Mille (El Camino & Gardenview) & 1 Mile (Pacific Coast Hwy). 7 a.m./5 mile, 5:30 p.m./1 mile. Info: CAT Sports (619) 438-8080.

Irvine: Odyssey 12,000 (12K). 6 p.m. Info: (714) 841-5883.

South El Monte: Sunset 1 mi, 5K, 10K, 12K, 15K. San Gabriel River. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

September 12 (Sun):

San Francisco: DSE Biathlon (2.5mR/0.5mS). Jefferson & Hyde St. 9:30 a.m. info: (415) 978-0837.

Inverness: Out Where the Tule Elk Roam 15K. Pierce Point. 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Fremont: Bayside Technology Park 8K. Lakeview & Bayside Dr. 9 a.m. Marc Lund, West Valley TC, 1433 Norman Dr., Sunnyvale 94087 (415) 966-1511, days.

San Jose: Southbay's Duathlon Series #1 (2mR - 14mB - 2mR). Calero Park. 8 a.m. J&A Productions, 236 N. Santa Cruz Av., Los Gatos 95030 (408) 399-8848.

San Jose: Almaden Greek Festival 10K & 2 Mille. St. Basil Church. 9 a.m. St. Basil Church, 6430 Bose Lane, San Jose 95120. Karen (408) 268-3214 or 269-5490.

Burney: Burney Classic Marathon, Half-Marathon, 10K/5K, Burney H.S., 8 a.m./Mara., 9:30 a.m./H-M & 10K, 10 a.m./5K. Burney Lions Club, Don Jacobs, P.O. Box 217, Dept., M, Burney 96013. (916) 335-2825.

SCHEDULE

Santa Rosa: Annadel Loop 6.5 Mile run. (Age/sex handicapped). Annadel State Park (Cobblestone Trailhead on Channel Dr.). 8 a.m. Alec Isabeau, 1932 Yolo Ct., Santa Rosa 95404 (707) 578-3025.

Sacramento: Buffalo Stampede 10 Miler. Rio Americano H.S. (4540 American River Dr.). 8 a.m. Lee Rhodes, Buffalo Chips, PO Box 660066, Sacramento 95866 (916) 482-8528.

Bear Valley: Bear Valley Triathlon (600yS - 12mB - 3.5mR). 10 a.m. "On Your Mark", Box 2061 Arnold 95223 (209) 795-7832.

Pismo Beach: SeaVenture Beach Triathlon (1.5kS/40kR/10kR). and Duathlon (2mR/10mB/2mR). Pismo Beach Pier. 7:30 a.m./du, 9 a.m./tri. SeaVenture Beach Triathlon 290 Pismo, San Luis Obispo 93401 (805) 544-4444.

Kirkwood: Kirkwood 10K (& Kids' 1 Mile / 12 & under). Main Lodge. 10 a.m. Kirkwood 10K, PO Box 295, Kirkwood 95646 (209) 258-6000, (916) 694-2475.

Ventura: North Bank Plaza 5K/10K. Time TBA. Inside Track, 1410 E. Main St., Ventura 93001 (805) 643-1104.

Simi Valley: Simi Valley Days 5K & 10K. Fairgrounds. 7:30 a.m./10K, 8:30 a.m./5K. Info: (805) 378-4652.

Los Angeles: Home Run '93. 5K/10K & 1 Mile Fun Run. Elysian Park (Recr. Center). 8 a.m. Sue Swanson, Exceptional Children's Fund, 3750 W. Martin Luther King, Jr. Blvd., Los Angeles 90008 (213) 298-8282.

Torrance/ Redondo Beach: Torrance Team Triathlon (1KS - 20kR - 5kR). 7:15 a.m. Info: Elite Racing (714) 548-4897.

Newport Beach/Irvine: The Celebration of Women in Sports Triathlon (0.5mS - 12mB - 5kR). Time TBA. Women in Sports Promotions, PO Box 385, Manhattan Beach 90266 (310) 546-7887.

Tustin: Run Through the Hangars. 5K/10K. Marine Corps Air Station. 8 a.m. 5K/10K Crash Fire Rescue, MCAS Tustin, Santa Ana 92710 (714) 726-7873.

South El Monte: Spirit 1 Mile, 5K, 10 Mile. Legg Lake. 7:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

San Diego: San Diego Light Triathlon (0.75mS - 20kR - 5kR). Location TBA. 7 a.m. CAT Sports, Inc., 5962 La Place Ct., #145, Carlsbad 92008 (619) 438-8080.

Sparks, NV: Canyon to Canyon. Distance, location & time TBA. Info: Butch Townsell (702) 626-6458.

September 16 (Thurs.)

Los Angeles: Chemical Bank Corporate Challenge. 3.5 Mile. Griffith Park (merry-go-round). 7 p.m. Race Central, PO Box 828, Rialto 92377 (909) 874-5480.

Sacramento: Sacramento Triathlon. Long Course: 1.5kS/40kR/10kR -- 8 a.m. Short course 800ydS/14miB/5KR. Port of Sacramento. (916) 442-RACE.

September 18 (Sat):

Kingsport, TN. USA Track & Field Men's 10K National Championships (Eastman 10K Run). USATF Masters 5K Racewalk Championships. Hank Brown, 1548 Belmeade Dr., Kingsport, TN 37664 (615) 229-1167, FAX (619) 229-1280.

Grass Valley: Bloomfield Boogie Ride & Tie. 12 & 25 Miles. Donna Jones, 10791 East Empire St., Grass Valley 95945 (916) 477-8657 or 273-7714.

Sausalito: Escape from Marin Marathon, Half-Marathon & 7 Mile. East Ft. Baker: Mara/Half; Rodeo Beach: 7 Mile. 8 a.m./Mara & Half, 9 a.m./7 Mile. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Rocklin: PA/USATF Cross Country Grand Prix. 4 Mile/men, 5K/women. Sierra College. Time TBA. Info: Ron Richardson (916) 368-8815.

Squaw Valley: Pacific Crest Trail 50K, 25K, 12K & 50K Relay. Olympic Village. 8 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

Sonoma: Run for Sight 12-Hour Track Run (PA/USATF Ultra Grand Prix event). Time TBA. Info: Wayne Cannon (707) 996-2509.

Bakersfield: BTC Hill & Dale Run. 10K. Hart Park (Pistol Range on south side). 8 a.m. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Lompoc: Park to Park 8 Mile. San Miguelito Park. Time TBA. Paul Hill, Lompoc Valley DC, PO Box 694, Lompoc 93438 (805) 736-7621.

Paso Robles: Central Coast Youth Triathlon Series (distances TBA). 16 & under. Time TBA. Info: (805) 237-3994.

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SCHEDULE

Diamond Bar: Diamond Bar Ranch Festival Runs. 5K/10K. Country Hills Towne Center. 8 a.m. Diamond Bar YMCA, 22600 Sunset Crossing, Diamond Bar 91765 (909) 860-0387.

Playa del Rey: Run for the Children 5K/10K and Kids' Run. dockweiler Beach. 8 a.m./5K, 8:30 a.m./10K. Info: Y.O.U. (213) 351-5554.

South El Monte: Roadrunners 1 Mile, 5K, 10K, 12K, 10K Runs. San Gabriel River. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Bonita: Bonita Road Runners 10K X-C Classic. 6K. Rohr Park. 7:30 a.m. Info: Bob Hulstar (619) 267-6112, or 576-7334.

Del Mar: The Saucony Del Mar 5K Run/Walk. Torrey Pines State Beach Park. 6:30 p.m. Info: (619) 481-1607.

San Diego: Lions Roar Down 52. 10K run & 5K walk. I-15 & Santo Rd. (Tierrasanta Area). 7:30 a.m. Info: Kathy Loper (619) 298-7400.

Sylvania, OH: USA Track & Field National 24-Hour Run Championships (1.1 mile certified paved loop). Olander Park. Time TBA. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613 (419) 475-0731.

September 19 (Sun):

San Francisco: California Mile (some flat & then up California St. hill; multiple heats & categories). 8 a.m. Info: RhodyCo Productions (415) 387-2178.

San Francisco: DSE Stern Grove Run. 4 Mile. 33rd Ave. & Wawona (enter at 34th Ave. & Sunset Blvd.). 9:30 a.m. Info: (415) 978-0837.

Rohnert Park: Dog Jog (10K) or (3K with or w/o dog). Ancio Park (300 Arden Dr.). 8 a.m./10K, 9 a.m./3K. Robin Stovall of FAIRE, PO Box 2001, Rohnert Park 94928 (707) 935-1553.

Palo Alto: Run for Your Heart 5K/10K. Baylands Athletic Center (Embarcadero & Geng Rds.). 8:30 a.m. Final Result A.A., 460 Wisconsin Ave., San Mateo 94401 (800) 491-8988.

Los Gatos: Ron's Wildlife Run. 10K Run/5K Walk. Vasona Park. 8:30 a.m. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030 (408) 356-4945.

Walnut Creek: Walnut Festival 5K/10K. Heather Farm Park. 8:30 a.m. Nancy King, Walnut Festival Assoc., PO Box 3408, Walnut Creek 94598 (510) 947-5348, days.

Oakley: Love-A-Nut 5K Run. O'Hara Park. 9 a.m. Oakley Almond Festival, PO Box 1340, Oakley 94561 (510) 625-7924.

Clarksburg: Delta Duathlon Series (3.2mR - 15.2mB - 3.2mR). Delta H.S. 8 a.m. Race Ready Race Management, 813 Harbor Blvd., #228, West Sacramento 95691 (916) 372-7367.

Carmichael: Carmichael Classic 5K/10K. Carmichael Elem. School (6141 Sutter Ave.). 8 a.m. Carmichael Rec. & Park District, 5750 Grant Ave., Carmichael 95608 (916) 485-5322.

Woodland: Woodland Triathlon. Course A 1.6kS/40kR/10kR or Course B .8kS/20kR/5kR. 8 a.m./Course A, 9 a.m. Course B1, 9:30 a.m. Course B2. Woodland Swim Center (155 N. West St.). Info: (916) 661-5880.

Lakeport: Quail Run. Location, distance & time TBA. Info: Len Martin 263-4564.

Pacific Grove: Monterey Bay 10K "Run for the Beacon" & 1 Mile Kids' Run. Lover's Point Park. 8:30 a.m./Kids, 9 a.m./10K. Vincent Raj, The Beacon House, PO Box 301, Pacific Grove 93950 (408) 372-2334.

Atwater: Fall Festival Run. 5 Mile & 1.25 Mile. Ralston Park. Time TBA. Info: Gordon Wilkinson (209) 384-1727.

Fresno: Shin Zen Run. Woodward Park. 10K, 2 Mile Run/Walk, 1K for Kids. 7:15 -8:00 a.m. Info: Debbie Ikeda (209) 434-1264. Fresno JACL 1713 Tulare St., Suite 126, Fresno 93721-2529.

Newport Beach: Seafest 8K (4K & Kids' 1K Family Fun Run/Walk). Fashion Island. 8 a.m./8K, 9:30 a.m./4K, 10 a.m. 1K. Info: Chamber of Commerce (714) 729-4400.

Malibu: Hard Rock Malibu Triathlon (0.5mS - 18mB - 5mR). Zuma Beach. 7:30 a.m. Michael Epstein, PO Box 9122, Calabasas 91372 (818) 880-4915.

Squaw Valley: DATE CHANGED TO 9/18. SEE ABOVE. Pacific Crest Trail 50K, 25K & 12K & 50K Relay. 8 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 841-1190.

Pasadena: Five Acres "EGBOK" 5K/10K Run & Kids' 1K. Raymond & Holly Sts. 8 a.m. Info: W2 Promotions (310) 828-4123.

South El Monte: Indian 1 Mile, 5K, 10 Mile. Legg Lake. 7:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

September 23 (Thurs):

San Diego: Marine Corps Marathon Relay. 8:30 a.m. Info: (619) 524-6058.

September 25 (Sat):

Muir Beach: Muir Beach Marathon, Half Marathon & 7 Mile. Mt. Tam (Rock Springs). 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Davis: PA/USATF Cross Country Grand Prix. 8K/men, 5K/women. UC Davis Aggie Invitational. Time TBA (Pre-reg. by 9/15). Info: Sue Williams (916) 752-1942.

Sacramento: Chevy's to Chevy's Run. 12K. Start at Chevy's Restaurant, Howe Ave. A Change of Pace, 221 G Street, Suite 205, Davis 95616 (916) 757-6017.

Columbia: Tortoise and Hare Run. 3K/10K. Columbia State Historical Park. 8 a.m./3K, 8:45 a.m./10K. Judy Villalobos, VNAHospice, PO Box 4805, Sonoma 95370 (209) 532-7166.

Cool: Down & Up Ruck a Chuck. Distance, location & time TBA. Info: Sandy & Pat Whyte (916) 885-3438.

Morro Bay: Morro Bay Triathlon (0.5mS/25mB/4mR). Coleman Park. 8:30 a.m. Andrea, c/o Morro Bay Parks & Rec., 1001 Kennedy, Morro Bay 93442 (805) 772-6278.

San Jose: Lake Cunningham Classic 5K. Lake Cunningham Park (Cypress Pavillion). 8:30 a.m. Jim Howe, NCADD, 1922 The Alameda, #212, San Jose 95126 (408) 241-5577, days.

Cotati: Cotati Summer Biathlon (Run/shoot; 5K run with 2 shooting stops). Time TBA. Mike Stafford, 1711 Baywood Ct., Cotati 94928 (707) 763-7219.

Grass Valley: Bear River Runner's Classic & Quadrathlon (100m, 400m, 1500m on track & 5K x-country...enter 1 to 4 events). Bear River HS. 4:30 p.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

Arroyo Grande. Harvest Festival 10K Run/Walk. 8 a.m. Kennedy Nautilus, 188 Station Way, Arroyo Grande 93420.

Anaheim: Orange County Marshall's Dept. Athletic Team 60 Mile Relay (3.5/5.5/7.5/8.0 Mile legs; 10 runners & 4 bikers per team). Anaheim Stadium. 7 a.m. Ron Cooke, 1000 No. Parton St., #E, Santa Ana 92701 (714) 953-4440.

Avalon, Catalina Island: Avalon Lions Club "Run for Sight" 5K/10K and 10.8 Mile.

SCHEDULE

8:30 a.m./10.8 mile, noon/10K, 12:10 p.m./5K. Info: (310) 510-0787 or 510-1341.

Temecula: Linfield Lion Classic 5K/10K. The Linfield School. 7:30 a.m. The Linfield School, 31950 Pauba Rd., Temecula 92592. Jerry Smith (909) 676-6045.

El Cajon: Steve Scott Runs. 5K Road Race & 4 Mile X-C. Cuyamaca College. 7:15 a.m./5K, 8 a.m./4 Mile. Info: Ron Tabb (619) 284-5575.

Watts: 5K Run/Walk. 103rd St. & Compton. Time TBA. Info: (310) 671-3465 x 520.

South El Monte: Roadrunners 1 Mile, 5K, 10K, 12K, 10K Runs. San Gabriel River. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

September 26 (Sun):

San Francisco: "Run Down the Deficit" 4.5 Mile. Lake Merced (Sunset Blvd. parking lot). 8:30 a.m. The Final A.A., 460 Wisnom Ave., San Mateo 94401 (800) 491-8988.

San Francisco: DSE "Walt Stack Birthday Run." 3 Mile. Golden Gate Park (south side of Polo Field). 9:30 a.m. Info: (415) 978-0837.

Pacifica: Pacifica Fog Jog Run/Stride. 5 mile/3 mile. 1810 Francisco Blvd. 9 a.m. Pacifica Parks, Beaches & Recr. Dept., 1810 Francisco Blvd., Pacifica 94044 (415) 738-7381.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs. 5K/10K/15K/5K-walk. Lake Merritt (14th St. & Lakeside). 9 a.m. Info: (510) 601-7887.

Oakland: Lifespan Bay Bridge 10K (City Ctr. BART Station--bus to start at Bay Bridge toll plaza). 8 a.m. Lifespan, #2 Embarcadero Center, Suite 770, San Francisco 94111 (415) 362-RACE.

Stinson Beach: Mt. Tam TRI-BI Athlon (1kS or 5kR, 14mB & 5mR). 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Santa Clara: Great American Carousel to Coaster 10K Run/5K Stride. Great America Amusement Park. 8:30 a.m. Larry Wolfe, Santa Clara Parks & Recr., 1500 Warburton Ave., Rm. 103, Santa Clara 95050 (408) 984-3223.

Sacramento: Sacramento Triathlon Sprint & International Distance. Port of Sacramento. 8 a.m./sprint; 9 a.m. Bruce Canon, c/o 2408 "J" St., Sacramento 95816 (916) 442-RACE.

Santa Cruz: Northwind Santa Cruz Triathlon & Clinic (1mS/23mB/10kR). Dream Inn. 8 a.m. to 2 p.m. Northwind Promotions, PO box 2451, Aptos 95001 (408) 688-6072.

Sonoma: Sonoma Vintage Run. 10K/5K. Sebastiani Winery (4th St. East). 8 a.m. Butch Alexander, 454 Andrieux St., Sonoma 95476 (707) 996-5960.

Portland, OR: Portland Marathon & 5 Mi., City Hall, 7 a.m. ORRC, P.O. Box 4040, Beaverton, OR 97076. (503) 226-1111.

Redding: SWEAT's Whiskeytown Lake Relay, 19.3 Mi. (4-Person teams), Brandy Creek Marina parking lot, 9 a.m. Kim Stempien, SWEAT, P.O. Box 188, Redding 96099. (916) 246-7144.

Sparks, NV: Silver State 15K Championships & 5K. Cottonwood Park. 9 a.m. Bill Meister, PO Box 21171, Reno, NV 89515 (702) 852-5037.

Fresno: Cross-City Race. 10K & 2 Mile. 7:30 a.m./2 mile, 8:00 a.m./10K. Fresno Fair Cross-City Race, 1121 Chance Ave., Fresno 93702 (209) 453-3247 days.

Merced: Gateway to Yosemite Triathlon. Distances TBA. Lake Yosemite. Time TBA. Info: Kyle Stockard (209) 385-6895.

Lake Isabella: Dam Tough Run. Distance & time TBA. Info: (805) 379-5236.

Newport Beach: Race for the Cure. 5K & 1 Mile. Fashion Island. 7:30 a.m. Info: Kathy Kinane (619) 630-4980 or (714) 953-2264.

Ventura: Rincon Half Marathon. Mission Park. 8 a.m. Fleet Feet sports, 4269 E. Main St., Ventura 93003 (805) 644-9712.

Los Angeles: The Cacique 5K/10K Runs. Griffith Park. 8 a.m. Info: W2 Promotions (310) 828-4123.

Santa Ana: C.M.D. Athletic Team 60 Mile Relay. Santa Ana River Trail. 7 a.m. Info: (714) 834-2258.

La Quinta: Coachella Valley Western Regional Tri Club Championships (Red Cross Triathlon) (1.5kS/40kB/10kR or 0.75kS/20kB/5kR). Time TBA. Info: (619) 773-9105.

Claremont: LA Sprint Triathlon (5kR/10mB/100meterS) & 5K Community Run. The Claremont Club. 7 a.m./5K, 7:15 a.m./Tri. ESCO, PO Box 1176, Alta Loma 91701 (909) 466-0952.

South El Monte: Indian Summer 1 Mile, 5K & 10 Mile. Legg Lake. 7:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Escondido: Running Wild 10K (& 5K Walk). San Diego Wild Animal Park. 7:30 a.m. Info: Kathy Loper (619) 298-7400.

Berlin, Germany: Berlin Marathon. Run through the wall. Berlin Marathon, ALT-Moabit 92, 1000 Berlin 21, Germany 30/392 11 02, FAX: 30/392 23 82.

September 30 (Thurs)

Merced: Applegate Park Fall Fun Run. 5K/3K/1.5K (time predicted). 26th & "O" Sts. Time TBA. Merced TC, PO Box 3275, Merced 95344.

October 1 (Friday)

Palo Alto: Palo Alto Weekley Moonlight Run. 5K/10K. Baylands Athletic Center (Embarcadero/Geng Rds.). 9 p.m. Tom Osborne, Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301 (415) 329-2342.

October 2 (Saturday)

St. George, UT: St. George Marathon. 6:45 a.m. Info: (801) 634-5850.

Stanford: Stanford Homecoming Runs. 5K/10K. Stanford Univ. 8 a.m. The Final Result, 460 Wisnom Ave., San Mateo 94401 (800) 491-8988, (415) 696-1196.

San Jose: Quicksilver Half Marathon Challenge. Castillero Middle School. 8 a.m. Quicksilver RC, 6363 Firefly Dr., San Jose 95120 (408) 778-3862.

Magalia: Apple Ridge Run-Walk. Paradise Lake. 8 a.m./3 mile walk, 9 a.m./3 mile run, 9:15 a.m./5 mile run. Paradise Hospice & Homecare, PO Box 2287, Paradise 95967. Info: Kimberlee Silver (916) 877-8755.

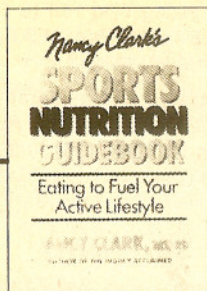
West Point: Lumber Jack Days 5K/10K & Kids' 80 yd Dash. 8 a.m./5K, 8:30 a.m./10K. Gene Pumphrey, PO Box 570, West Point 95255 (209) 293-4679 or 298-4325.

Bishop: Mule Run Ultra 50K. Time TBA. Baz Hawley, PO Box 25 Fish Camp 93623 (209) 683-7426.

Fresno: Pillar to Pillar. 2 Mile & 4 Mile. 7 a.m. Fresno Pacific College (1717 S. Chestnut). Ken Isaak, FPC, 1717 S. Chestnut, Fresno 93702 (209) 453-2000.

Bakersfield: Hart Park Fun Run. Distance TBA. 8 a.m. Bakersfield TC, PO Box 6581, Bakersfield 93386.

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SCHEDULE

Irvine: Eagle 5000. 5K. Concordia Univ. 8 a.m. Info: Amanda Smith (714) 854-8002, x423.

San Dimas: City of San Dimas Run. 5K & 1 Mile. City Hall. 7:30 a.m./5K, 8:30 a.m./1 Mile. City of San Dimas, 245 E. Bonita Ave., San Dimas 91773 (909) 394-6230.

So. El Monte: Sunset Health. 1 Mile, 5K, 10K, 12K, 15K. San Gabriel River. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Newport Beach: Harbor Heritage Run. 5K/2K. Newport Heights. 8 a.m. Info: (714) 760-3339.

Claremont: Claremont 12 Hour Run. Claremont McKenna College. Time TBA. Info: John or Ken Davis (909) 626-7965.

Manhattan Beach: Manhattan Beach Old Hometown 10K Run. 3rd & Valley. 7:30 a.m. (Pre-reg only). Info: (310) 372-3553.

Encinitas: Encinitas Day 5K & 1 Mile. Moonlight Beach. 7:30 a.m. Info: Chris Hazel-tine (619) 633-2756.

October 3 (Sunday)

San Francisco: DSE Single & Double Lake Merced Runs. 4.6 Mile, 9.2 Mile & Kids' Run. 90 a.m./Kids, 9:30 a.m. Info: (415) 978-0837.

San Francisco: KNBR 68 Bridge to Bridge Runs. 5K/12K. Ferry Bldg. 9 a.m. Isabel Lem-on, KNBR-68 Radio, 55 Hawthorne, Suite 1100, San Francisco 94105 (415) 995-6868.

Mill Valley: Mill Valley 5K. Bayfront Park bi-kepath. 8:30 a.m./men, 9:15 a.m./women. Free-raceday regis. only. Jim Myers, Box 1713, Mill Valley 94942 (415) 383-3961.

Fremont: "Run for the Hills" 5K/10K. Coyote Hills Regional Park. 8:30 a.m. Katrina Kristof, City of Newark, 37101 Newark Blvd., 3rd Fl., Newark 94560 (510) 793-1400, x350.

Sacramento. Sacramento Marathon & Half Marathon. William Land Park. Time TBA. Sports Scene Promotions, 7666 Leisuretown Rd., Vacaville 95688 (916) 678-5005, eves.

Santa Cruz: Santa Cruz Sentinel Triathlon (1mS/23mB/10kR). Time TBA. Santa Cruz Sentinel, PO Box 638, Santa Cruz 95061 (408) 423-4242, x301.

Murphys: Gold Rush Run. 4 Mile. Murphys Park. 9 a.m. "On Your Mark", PO Box 2061, Arnold 95223 (209) 795-7832.

Moorpark: Moorpark Country Days 5K/10K & 1 Mile. Moorpark HS. 7:45 a.m./5K, 8:30

a.m./10K, 8:45 a.m./1 Mile. Moorpark Country Days, 903 Cedar Bluff Ct., Moorpark 93021.

So. El Monte: Sunset Sprint. 1 Mile, 5K, 10 Mile. Legg Lake. 7:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Vista: Fun in the Sun 5K & 1 Mile. The Fitness Club. 7 a.m. Info: (619) 471-5314.

La Jolla: Danskin Women's Triathlon Series (0.75mS/20kB/5kR). 7 a.m. Info: Kinane Events (619) 434-7706 or (800) 452-9526.

October 7 (Thurs)

Merced: Applegate Park Fall Fun Run. 5K/3K/1.5K (time prediction). 26th & "O" Sts. Time TBA. Merced TC, PO Box 3275, Merced 95344.

October 7-10 (Thurs-Sun)

Wrightwood. Angeles Crest 100 Mile Endurance Run. Time TBA. Info: Ken Hamada (818) 447-0584.

October 9 (Saturday)

Oakland: PA/USATF Cross Country Grand Prix. 8K/men--9:45 a.m., 5K/women--9:00 a.m.. Mills College. Info: Patti Gray-Bellan (510) 569-5277.

Nevada City: Site to Site 8 Mile & 5K Runs. (5K starts in Grass Valley). 8 a.m. Colleen Sabatino, PO Box 1002, Cedar Ridge 95924 (916) 273-5148.

Reno, NV: Reno Gazette-Journal Jog. 8K. Reno Family YMCA (Foster Dr.). 8:30 a.m. Reno Gazette-Journal, 955 Kuenzli St., Reno, NV 89520 (702) 342-0225, Cd 1564.

Winton: Almond Harvest Festival Run. 5 Mile & 3K. Winton Park. 8 a.m. Almond Harvest Run, PO Box 130, Winton 95388 Info: Toby Masterson (209) 358-9061.

Los Angeles: Run for the Homeless. 5K/10K. Griffith Park. Time TBA. Info: (213) 895-7777.

Huntington Beach: "Running is for the Birds" 5K/10K. Bolsa Chica State Beach (Pacific Coast Hwy & Warner). 8:30 a.m./10K, 8:40 a.m./5K. Amigos de Bolsa Chica, PO Box 3748, Huntington Beach 92605 (714) 897-7003.

Walnut: Walnut Family Festival 5K, 2K Kid's Run and 2K Fitness Walk. Suzanne Park. 7:30 a.m. Info: Shelly Wishner (909) 595-7543.

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SCHEDULE

Irvine: Odyssey 12000. 5 p.m. Info: Bill Sumner (714) 854-3266.

Castaic Lake: Castaic Lake Duathlon (5kR/30kR/5kR). Time TBA. Info: Tri-Events (818) 915-3224.

Wrightwood: Mark Christopher Auto Center Wrightwood Mountain Challenge. 5K/Half-marathon. 8 a.m. Info: Kathy Smith (619) 249-5414.

La Jolla: UCSD 8K X-Country Run. 8 a.m. Info: Tom Van Arsdale (619) 534-0328.

San Diego: Alzheimer's Memory 5K. Harbor Island. 9 a.m. Info: (619) 541-1776.

So. El Monte: Art's 46th Birthday. 1 Mile, 5K, 10K, 12K, 15K. San Gabriel River. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Las Vegas, NV: Juan in a Million 5K. End of W. Sahara. 7:45 a.m./Fun Run, 8 a.m./5K. Juan in a Million 5K, 700 E. Charleston Blvd., Las Vegas, NV 89104 (702) 366-7289.

October 10 (Sunday)

Daly City: DSE San Bruno Mountain 5K/10K. Guadalupe Canyon Pkwy. (San Bruno Mountain State Park). 9:30 a.m. Info: (415) 978-0837.

San Francisco: Alcatraz Challenge biathlon (1.5mS & 10K or 26.2mR). Swim Alcatraz to Aquatic Park & then run(s) to Ft. Baker. 7:30 a.m. Sally Bailey, PO Box 888, Lake Oswego, OR 97034 (503) 697-6937 or Joe Oakes (415) 941-6287.

Stanford: The Great Race at Stanford 10K. Stanford Stadium. 8:30 a.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301 (415) 329-2342.

San Ramon: Primo's to Primo's Run for Education. 5K/10K & Half-Marathon. San Ramon Community Center (Alcosta Blvd & Bollinger Rd.). 7:30 a.m./H-M, 8 a.m. Total Race Systems, 80 Mitchell Blvd., San Rafael 94903 (415) 472-RACE.

Novato: Mt. Burdell Challenge. 5K/10K. Rolling Hills Club (351 San Andreas Dr.). 9 a.m. Edda Stickle, 25 La Costa Ct., Novato 94947 (415) 897-6417 or 892-3228.

Morgan Hill: Columbus Day Biathlon (5mR/15mB). Live Oak HS (1505 Main St.). 9 a.m. South Valley Tri Sports Club, PO Box 1927, Morgan Hill 95037 (408) 778-1782.

Salinas: Salinas Skyclimb. 7.5 Mile. Toro Park (Quail Meadow picnic area). 9:30 a.m. Skip Latham, 105 Harvest St., Salinas 93901 (408) 424-6155.

Rio Vista: Bass Derby Run. 5K/10K and Kids' 0.5 Mile. City Park (4th & Montezuma). 8 a.m./kids, 8:30 a.m. Tarahumara RC, PO Box 8422, Stockton 95208 (Jean LaFever (707) 374-2701, Dave Valentine (209) 951-8941.

Clarksburg: Delta Duathlon Series (1.7mR/11.5mB/1.7mR). Delta HS. 8 a.m. Race Ready Race Management, 813 Harbor Blvd, #228, W. Sacramento 95691 (916) 372-7367.

San Luis Obispo: Cuesta 50K Biathlon (10kR/40kR). Cuesta College. 8 a.m. Warren Hansen, Cuesta College, PO box 8106, San Luis Obispo 93403.

So. El Monte: Blue Stream. 1 Mile, 5K, 10 Mile. Legg Lake. 7:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

West Hollywood: City of West Hollywood and LA Frontrunners Tom Protor 5K & 10K. 8 a.m. W. Hollywood Park. Info: Erik T. Lemons (310) 854-7471.

Newport Beach: Fibar Human Race Triathlon (0.5mS/14mB/5kR). USA S.W. Regional Sprint Championship. Time TBA. Pacific Sports Mgmt., 1811 Windsor Lane, Santa Ana 92705 (714) 731-8433.

Newport Beach: Walk on the Wild Side. 5 Mile/3 Mile Stride. 3 p.m. Kathy Kinane (714) 548-1438.

La Jolla: Race of the Champions Half Mar-

athon. 7 a.m. Race of the Champions, 8895 Towne Centre Dr., Suite 105, San Diego 92122 (619) 622-0773 or (800) 959-3588.

Montclair: Montclair Baldy View Races. 5K/10K & 2K Kids' Run. Civic Center (5111 Benito St.). Time TBA. Info: (909) 626-8571.

October 14 (Thurs)

Merced: Applegate Park Fall Fun Run. 5K/3K/1.5K (time prediction). 26th & "O" Sts. Time TBA. Merced TC, PO Box 3275, Merced 95344.

October 16 (Saturday)

San Francisco: PA/USATF Cross Country Grand Prix. 4 Mile. Golden Gate Park (Lindley Meadow, 30th Ave. & JFK Dr.). 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123 (415) 921-7188.

Marin County: Miwoks 50K, Marathon, 50 Mile & 25K. (Five Brooks: 50K/50M; Pantoll Ranger Station: 25K). 7 a.m./50K & 50M, 9 a.m./25K. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Salinas: Heart & Sole 5K/10K. Laguna Seca Raceway venue. Time TBA. Mike Hutchinson, Salinas Valley Memorial Hospital, 450 E. Rommie Ln., Salinas 93901 (408) 755-0747.

Sacramento: Wenmat Classic 5K/10K & Kids' 0.5 Mile. William Land Park (Arden Bar). 8:30 a.m./kids, 9 a.m. Michele Canny Giles, 5800 Winding Way, Carmichael 95608 (916) 481-5004.

Folsom: Albertson's Fun Run & Fitness Walk. 5K/10K, 0.5 Mile & 4 Mile Walk. Folsom Recr. Area. 7:30 a.m./Kids, 8 a.m. Leann Schummer, Folsom Recr. Dept., 1328 Riley St., Folsom 95630 (916) 355-7285.

Tuolumne: SRT Duathlon (5kR/30kR/5kF). Tuolumne Memorial Park. 8 a.m. Sierra Repertory Theatre, PO Box 3030, Sonora 95370 (209) 532-3120.



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SCHEDULE

Springville: Apple Festival Runs. 5K/10K. Time TBA. Springville Apple Festival, Springville Community Club, PO Box 424, Springville 93265 (209) 539-0619.

Bakersfield: Police Memorial Runs. Distance, location & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Vandenberg AFB: Triathlon. Distance TBA. Fitness Center. Time TBA. Info: (805) 734-8232.

Los Angeles: The Los Angeles Philharmonic 5K/10K. Griffith Park. 8 a.m. W2 Promotions, 1501 Glenavon, Venice 90291 (310) 828-4123.

Pt. Mugu: Air Show 10K & 1 Mile Fun Run. Time TBA. Info: (805) 989-8317.

Etiwanda: Carleton Lightfoot 5K/10K Wildcat Run. Etiwanda Intermediate School (6925 Etiwanda Ave.). 7:30 a.m./5K, 8 a.m. Mark Duffy, 6584 Redbud Pl., Etiwanda 91739 (909) 899-1701 or 899-2153.

Seal Beach: Seal Beach Autumn Run. 10K Run/5K Fun Walk. Info: Ruth (714) 754-0441.

Hawthorne: Hawthorne Rotary Tenth Anniversary 5K/10K Races (+ Kids' 1/2K Fun Run). RFK Medical Center. 8 a.m. Info: (310) 970-7243 or (310) 970-7907.

So. El Monte: Hate Crime. 1 Mile, 5K, 10K, 12K, 15K. San Gabriel River. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Orange County: Cruise the Corridor 5K, 10K & 1/2 Marathon. Foothill Ranch. 7:30 a.m./5K & 1/2, 8:30 a.m./10K. Info: Saddleback Memorial Foundation (714) 557-3388 x444.

October 17 (Sunday)

Weott: Humboldt Redwoods Marathon & Half Marathon. Dyerville Bridge (Ave. of the Giants). Pacific USATF Half Marathon Championships. 9 a.m. Karen Angel, 351 Roundhouse Creek Rd., Trinidad 95570 (707) 442-6463, 2-4 pm weekdays only.

San Francisco: DSE Presidio Gate Run. 3.3 Mile & Kids' Run. Dolphin Club (502 Jefferson at Hyde). 9 a.m./Kids, 9:30 a.m. Info: (415) 978-0837.

San Francisco: "Run Down the Deficit" 4.5 Mile. Lake Merced (Sunset Blvd. parking lot). 8:30 a.m. The Final Results A.A., 460 Wisnom Ave., San Mateo 94401 (800) 491-8988 or (415) 969-1196.

Half Moon Bay: The Pumpkin Festival Run. 10K & 1.5 Mile. Church & Kelly Sts. 8 a.m. Half Moon Bay Coasters, PO Box 1101, Half Moon Bay 94109 (415) 726-2178.

Novato: Novato Stampede. 1 Mile, 5K/10K. San Marin HS. 8 a.m. Barbara Travis, Novato Education Found., PO Box 1472, Novato 94948 (415) 897-4254.

Fremont: Pumpkin Patch Run/Stride. 5K. Central park Swim Lagoon parking lot. 9 a.m. City of Fremont Leisure Services, 3350 Capitol Ave., Fremont 94538 (510) 791-4324.

Cupertino: Oxford Eat & Run 5K/10K. De Anza College. 9 a.m. Oxford, 20111 Stevens Creek Blvd., #220, Cupertino 95014 (408) 996-9961.

Livermore: Mulberry Grape Escape 10K (& 5K Walk). 8:30 a.m. Info: RhodyCo Productions (415) 387-2178.

Garden Valley: Grizzly Runs. 5K & 10K. Golden Sierra HS. 9:30 a.m. Jim Sullivan, 3425 Secret Lake Trail, Cool 95614 (916) 888-7372.

Hermosa Beach: Hermosa Beach Triathlon (0.25mS/10mB/3mR). 7:30 a.m. Michael Epstein, PO Box 9122, Calabasas 91372 (818) 880-4915.

Ventura: First Annual Salmon Run. 5K. Main Street & Ventura River bottom. 8:30 a.m. Info: Rob Devericks or Bryan McDonald (805) 643-6075.

So. El Monte: Orange Tree. 1 Mile, 5K, 10 Mile. Legg Lake. 7:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Hollywood: Hollywood Run for Youth. 5K/10K. Paramount Studios. Time TBA. Info: (213) 485-4301.

Chula Vista: Arturo Barrios Invitational 5K/10K & Kids' Run. Chula Vista Harbor. 7:30 a.m./5K, 8:15 a.m./People's 10K, 9:45 a.m./Elite 10K. Elite Racing, Inc., 1904 Church St., Suite B, Costa Mesa 92110 (714) 548-4897.

Santa Barbara County: El Capitan Triathlon. (1.5kS/40kB/10kR or 0.75kS / 20kB/5kR). El Capitan State Beach. Time TBA. Info: (805) 563-0641.

October 21 (Thurs)

Merced: Applegate Park Fall Fun Run. 5K/3K/1.5K (time prediction). 26th & "O" Sts.

Time TBA. Merced TC, PO Box 3275, Merced 95344.

October 23 (Saturday)

San Francisco: The Great Escape Alcatraz Triathlon (1.5mS/21mB/14mR). 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Merced: Castle AFB Air Show 10K. Fitness Center. 9 a.m. Merced TC, PO Box 3275, Merced 95344.

Visalia: Harvest 8K & 1 Mile. Prediction Run/Walk. Mooney Grove Park. 8 a.m. John Whipple, 3218 Oakview Dr., Visalia 93277 Don Aamodt (209) 732-2391.

Claremont: Claremont 12-Hour Run. Claremont McKenna College. 7 a.m. Info: John or Ken Davis (909) 626-7965.

Costa Mesa: Monster Mash Dash. 2K/5K. Planet Hollywood (Race #1 of Saturn Super Series "Triple Crown"). 8 a.m./5K, 9 a.m./2K. South Coast Plaza Village. Race Pace Promotions, PO Box 795, Dana Point 92629 (714) 661-6062.

Bellflower: Liberty Run 10K/5K and 1 Mile Fun Run. 8:00 a.m. T. Mayne Thompson Park. Info: Paul Samuelson (310) 804-1424 x261.

So. El Monte: Morning Dip. 1 Mile, 5K, 10K, 15K. San Gabriel River. 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Marina del Rey: The Marina Breakers Run. 3K/5K/10K. 8 a.m. W2 Promotions, 1501 Glenavon, Venice 90291 (310) 828-4123.

San Diego: PowerBar of San Diego Challenge 5000m. Morley Field. 9 a.m. Info: Manny Bautista (619) 627-2739, (619) 576-7334.

San Diego: Crimestoppers Crusade Against Crime. 5K/10K. Sea World (Mission Bay Park). 5:30 p.m./5K, 6 p.m. Info: Breaking 40 (619) 272-8316.

October 24 (Sunday)

San Francisco: DSE Mission Rock Run. 3.5 Mile. Mission Rock & Third St. 9:30 a.m. Info: (415) 978-0837.

San Francisco: Race for the Cure 5K & 1 Mile Walk. Golden Gate Park. 8:30 a.m. Info: Esta Swig (415) 332-0881.

San Anselmo: Run to the Heavens. 4 Mile, 6.4 Mile & Kids' Mile. San Domenico School. 8:30 a.m./Kids, 9 a.m. Danielle Cane, 1500

SCHEDULE

Butterfield Rd., San Anselmo 94960 (415) 258-1931.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs. 5K/10K/15K. Lake Merritt (14th & Lakeside). 9 a.m. Info: (510) 601-7887.

Lafayette: Lafayette Reservoir Run. 10K & 2 Mile. Mt. Diablo Blvd. 8 a.m. Ivor Samson, 1133 Garden Lane, Lafayette 94549 (510) 284-7404.

Menlo Park: Red Ribbon Run. Distance TBA. Burgess Park. 8:30 a.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301 (415) 329-2342.

San Jose: Software Publishing Biathlon (12mB/5mR). 8 a.m. Info: RhodyCo Productions (415) 387-2178.

Woodland: Fall Mall Runs. 3 Mile & 10 Mile. County Fair Mall. 9 a.m. Jim Rademaker, 808 Helen Way, Woodland 95776 (916) 662-0498.

Incline Village: Trick or Trot 8K & 2 Mile. Incline Middle School. Time TBA. Debbie Devine, PO Box 404, Crystal Bay, NV 89402 (702) 832-7120.

Merced: Turkey Trot. Distance TBA. Apple-gate Park. 10 a.m. Info: Dave Olsen (209) 723-6579.

Fresno: Brian Sturgeon Run. 2 Mile, 4 Mile & 1K Kids' Run. Woodward Park (Lakeview Shelter). 7:45 a.m./1K, 8 a.m./2 Mile, 8:15 a.m. United Cerebral Palsy, 4224 No. Cedar Ave., Fresno 93726. Pat Morton (209) 221-8272.

Ventura: Road Scholars Run. 1 Mile, 5K/10K. Mission Park. Time TBA. Fleet Feet Sports, 4269 E. Main St., Ventura 93003 (805) 64-9712.

Belmont Shore: Belmont Shore Red Rib-bon Run. 5K & 1K Kid's Run. 7:30 a.m. Bel-mont Plaza Olympic Pool. Info: (310) 438-8229.

Los Angeles: Walk/Run on the Wild side. 5K/10K. Griffith Park. Time TBA. Info: (310) 842-6742.

So. El Monte: Sunday. 1 Mile, 5K, 10 Mile. Legg Lake. 8 a.m. Arthur Martinez, 9502 Re-ichling Ln., Pico Rivera 90660 (310) 949-0394.

October 30 (Saturday)

San Francisco: PA/USATF Cross Country Grand Prix 4 Mile. Golden Gate Park (Lindley Meadow at 30th Ave. & JFK Drive). 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123 (415) 921-7188.

Oakland: Sri Chinmoy 12/24 Hour Race. Edgewater Dr. Time TBA. Sri Chinmoy Mara-thon Team, 529 Moraga St., San Francisco 94122 (415) 665-8626.

St. Helena: Cross Country Vineyard Run 5K. Crane Park (behind St. Helena HS). 11 a.m. Linda Klein, 1420 Spruce, Napa 94559 (707) 252-4480.

Big Sur: Big Sur Trail Marathon, Half-Marathon & 10K. Andrew Molera State Park. 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Sacramento: Monster Mash Fun Run. 0.5K/5K/10K. William Land Park. 8:15 a.m. Kiwanis, 4417 Briarwood Dr., Sacramento 95821 (916) 487-8358.

Bakersfield: B-Rock Monster Bash Runs. Distance, location & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Ventura: Twilight's Last Gleaming X-C Chal-lenge. 4 Miles. Arroyo Verde Park. 5 p.m. (No pre-reg required.). No Contact.

Ventura: Wayne Pulley Memorial Relay Race. San Bueno Ventura State Beach. Info: Jack Nosco (805) 376-2493.

Alhambra: Moonlight 8K Run, Relay & Walk. Alhambra Park (500 N. Palm Ave.). Info: Alhambra C of C (818) 282-8481.

Whittier: Village and the Hills 5K/10K Hallo-ween Run for the Whittier YMCA. Whittier Hil-ton Hotel. 8 a.m. Info: Marilyn Grant (310) 943-7241.

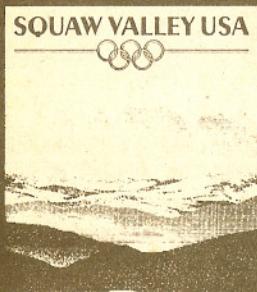
Temecula: Great Temecula Pumpkin Run. 1 Mile, 5K, 10K. Community Center in Old Town. 7 a.m. Temecula Town Assoc., PO Box 435, Temecula 92593 (909) 676-4718, (800) 300-4038.

No. San Diego: Bronco Stampede 5K & 1 Mile Kids' Run. Rancho Bernardo HS. 7:30 a.m. Info: Kathy Loper (619) 298-7400.

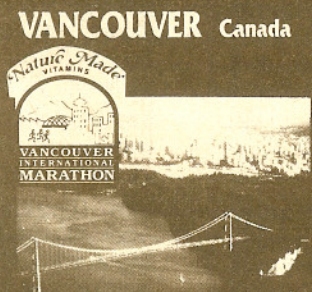
San Diego: Cuyamaca Ride & Tie. 15/33 Miles. Kathy Appleby, 894 Van Horn Way, El Cajon 92019 (619) 698-3788.

Laughlin, NV: Colorado Belle Dam River Run. 8 mile run/relay. Colorado Belle Hotel Casino. 7:30 a.m. Colorado Belle, Marketing/Special Events, PO Box 77000, Laughlin, NV 89028 (702) 298-4000, x2610.

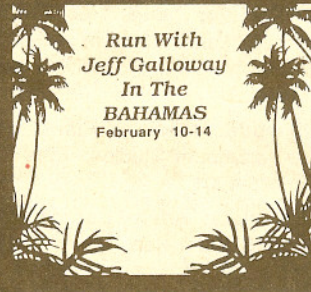
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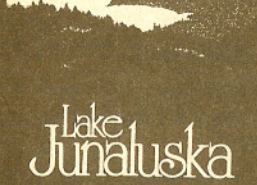
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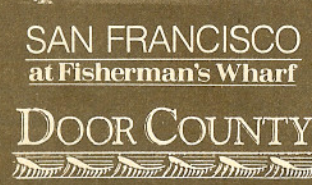
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Phidippides Runners, RRCA

SCHEDULE

Kona, HI: Gatorade Ironman Triathlon (2.4mS/112mB/26.2mR). Time TBA. Ironman, 75-170 Hualalai Rd., #D-124, Kailua-Kona, HI 96740 (808) 329-0063.

October 31 (Sunday)

San Francisco: Project Projimo 5K/10K. Golden Gate Park (10th Ave. & JFK Dr.). 8:30 a.m. People Events, 528 Larch Ave., So. San Francisco 94080 (415) 583-6268.

San Francisco: DSE Golden Gate Promenade. 7.13 Mile. Dolphin Club (502 Jefferson at Hyde). 9:30 a.m. Info: (415) 978-0837.

Pleasanton: Red Ribbon Run 5K and Teddy Bear Trot 1 Mile. Hacienda Business Park (Tri-Valley YMCA). 8:30 a.m. "On Your Mark", PO Box 156, Pleasanton 94566 (209) 795-7832.

Clarksburg: Delta Duathlon Series (3.2mR/15.2mB/3.2mR). Delta HS. 8 a.m. Race Ready Race Management, 813 Harbor Blvd., #228, West Sacramento 95691 (916) 732-7367.

Ojai: Ojai Valley Run 'n Ride. Lake Casitas. 5K Run/Walk 7:30 a.m. 10K Run/8:15 a.m. 6, 12 & 18-mile Mountain Bike Challenge/10 a.m. Ojai Valley Run 'N Ride, PO Box 284, Ojai 93024 (805) 646-6195.

El Segundo: Rogers Run. El Segundo & Douglas. Info: Carolyn Jeffers (310) 607-2278.

Westlake Village: Great Pumpkin Runs 5K/10K/1 Mile. Info: Janet (805) 496-5630.

So. El Monte: Halloween 1 Mile, 5K/10K/15K. San Gabriel River. 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

San Diego: Race for Life 5K/10K. Balboa Park to Civic Center. 7:30 a.m. Info: Kathy Loper (619) 298-7400.

November 6 (Saturday)

Saratoga: Skyline to the Sea Trail Marathon. 50 Mile & 30K. Saratoga Gap (Hwy 9 & 35). 6 a.m./50 Mile, 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Bakersfield: Hart Park Fun Run. Distance TBA. 8 a.m. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Porterville: City of Porterville's Veteran's Day 10K Challenge. 10K, 5K & 2 Mile Walk. 8 a.m. Contact Benny Sorenson (209) 782-7461. City of Porterville Parks & Leisure Services, PO Box 432, Porterville 93258.

Santa Barbara: Santa Barbara Half-Marathon. Time TBA. Santa Barbara AAJ, 4476 Meadowlark Ln., Santa Barbara 93105.

Avalon: Catalina Island Triathlon (1kS/16kB/5kR). Time TBA. Info: (818) 597-1383.

Baldwin Park: Celebrate Baldwin Park 5K Run. Morgan Park. 8:00 a.m. Info: Bob Roessler (818) 813-5245.

Orange County: San Juan Trail 50 Mile. Cleveland Nat'l Forest. Time TBA. Baz Hawley, PO Box 25, Fish Camp 93623 (209) 683-7426.

San Diego: District USAT&F 8K X-Country Championships. Morley Field, Balboa Park. 8 a.m. Info: Ken Bernard (619) 281-5585.

Rosarito Beach, Baja, CA: Rosarito Beach Holiday 5K/10K & 1 Mile Fun Run. 7:45 a.m./1 mile, 8 a.m./5K, 8:10 a.m./10K. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714) 841-5417.

November 7 (Sunday)

San Francisco: DSE Diamond Heights run. 2.99 Mile. McAteer HS (Portola & O'Shaughnessy). 9 a.m./Kids run, 9:30 a.m. Info: (415) 978-0837.

San Francisco: Waterfront 10 Mile & 5K. Hyde & Jefferson St. 8 a.m./10 Mile, 8:10 a.m./5K. Brian McInnes, c/o CCPM, 1210 Scott St., San Francisco (415) 563-3444, x535.

Cupertino: South Bay Duathlon #2 (2mR/13mB/2mR). Stevens Creek Park. 8 a.m. J&A Productions, 236 N. Santa Cruz Ave., Los Gatos 95030 (408) 399-8848.

Clarksburg: Clarksburg 30K-5K-1 Mile. Delta HS (PA/USAT&F 30K Championships). 10 a.m. Clarksburg 30K, PO Box 20, Clarksburg 95612 Ron Sturgeon (916) 678-5005.

Camino: Apple Hill Harvest Run. 8 Mile, 3.6 Mile. Larsen's Apple Barn. 8:30 a.m. Snowline Hospice, 3097 Cedar Ravine, Placerville 95667 (916) 621-7828.

Sonora: Sonora Heart & Sole Classic. 10K & 2 Mile. Courthouse Square. 8:30 a.m. American Heart Assoc., Box 1064, Twain Harte 95383 Info: Sonora Community Hospital (209) 532-3161, x 2890.

Fresno: The Fox Trot--Fresno's Half Marathon. 8 a.m. Woodward Park (River View Shelter). The Fox Trot, PO Box 17097, Fresno 93744-7097. Info: Fresno Joggers (209) 439-8093.

Universal City: The Starscene Foundation Run & Walk. 5K/10K/5K Walk. Time TBA. W2 Promotions, 1501 Glenavon, Venice 90291 (310) 828-4123.

Tustin: Dinosaur Dash 2K/5K. Tustin Market Place. 8 a.m./5K, 9:30 a.m./2K. Info: Tustin Public Schools Fnd (714) 544-7723.

So. El Monte: Whittier Narrows 8K & 5 Mile. Legg Lake. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Monterey Park: Aztlan 5K & 10K Classic. East LA College. 7:50 a.m./5K Walk, 8 a.m./5K Run, 8:45 a.m./10K Run. Aztlan Athletic Congress, 1703 Laurel St., S. Pasadena 91030 (818) 799-2357.

Newport Beach: Hard Rock 5K/10K & Kids' 1K. Fashion Island. 7:30 a.m. Info: (714) 553-9510 or (619) 434-7706.

November 13 (Sat)

San Francisco: PA/USAT&F X-C Championships. 6K/Women, 10K/Men. Golden Gate Park. Noon/6K, 1 p.m. (?)/10K Masters Men, 2 p.m./10K Open Men. Tim Wason, 4427 23rd St., #4, San Francisco 94114 (415) 648-1467.

Bakersfield: Feline Fun Run 8K. Location & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Ridgecrest: OTHTC Half-Marathon. Location & time TBA. Bakersfield TC, PO Box 6581 Bakersfield 93386.

Pt. Mugu: Laguna Peak Challenge. 5K. Time TBA. Info: (805) 989-8317.

Anaheim: Time of Your Life 5K Masters Run. Anaheim Convention Center. Time TBA. W2 Promotions, 1501 Glenavon Ave., Venice 90291 (310) 828-4123.

November 14 (Sunday)

New York City: New York City Marathon. 10:50 a.m. Marathon Entries, PO Box 1388 GPO, New York, NY 10116. (Send SASE #10 size with \$5.00 non-refundable handling fee payable to NYRR...fill out & return entry when received. 1st 12,000 received are entered, plus 5,000 from lottery held in late July.

SCHEDULE

Limited number of applicants accepted based on fast times. Info: (212) 860-4455.

San Francisco: The "Women's Way" 5K/10K/3 Mile Walk. Golden Gate Park (Conservatory). 9 a.m. Options for Women Over 40, 3543 18th St., San Francisco 94110 (415) 431-6944.

San Francisco: DSE Legion of Honor Run. 4.3 Mile. Legion of Honor (34th & Clement). 9:30 a.m. Info: (415) 978-0837.

Sunnyvale: Dash for Diabetes 8K Run/2 Mile Walk. 301 Old San Francisco Rd., 9 a.m. Diabetes Society, 1261 Lincoln Ave., #208, San Jose 95125 (408) 287-3785.

Riverside: Riverside 5K, 10K Mission Inn Run. Downtown. Info: Allene Archibald, Mission Inn Foundation (714) 781-8241.

San Diego: San Diego Harbor Run & Walk. 10K/2 Mile. Marina Park & 8th Ave. 7:30 a.m. Lyn Lacye, Home of Guiding Hands, 10025 Los Ranchitos, Lakeside 92040 (619) 236-0842.

November 20 (Saturday)

So. San Francisco: Thanksgiving Fun Run. 5 Mile. 460 Pt. San Bruno Blvd. (in front of Genentech). 8:30 a.m./Walk, 9 a.m./Run. Tim Chenette, SSF Parks & Recr., Dept., 33 Arroyo Dr., So. San Francisco 94080 (415) 877-8560.

Davis: Davis Turkey Trot. 5K/10K. Civic Center Field. 8:30 a.m./5K, 9 a.m. A Change of Pace, 221 G St., Suite 205, Davis 95616 (916) 757-6017.

Walnut Creek: Mt. Diablo Marathon & Half-Marathon. Northgate HS (Castle Rock Rd.). 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Merced: Turkey Trot. 8K Run, 3K Walk, 1/4 Mile Kid's Run. Applegate Park. 9 a.m. Merced TC, Po Box 3275, Merced 95344.

Lompoc: LVDC 5K/10K Thanksgiving Turkey Trots. Location & time TBA. Mary Brown, LVDC, PO Box 694, Lompoc 93438 (805) 736-5129.

Santa Barbara: Fay Hobbs Run. Distance, location & time TBA. Santa Barbara AA, 4476 Meadowlark Ln., Santa Barbara 93105.

Vandenberg AFB: Turkey Trot. Distance TBA. Fitness Center. Time TBA. Info: (805) 734-8232 x3832.

Playa del Rey: Jet to Jetty 5K/10K Run & 5K Family Run/Walk. Dockweiler Beach. 8 a.m. Airport Marina Counseling Service, 6228 W. Manchester Ave., Westchester 90045. Info: Danna Cope (310) 670-1410.

November 21 (Sun)

San Francisco: DSE Windmill Run. 6.5 Mile. Kennedy Dr./Ocean Beach. 9:30 a.m. Info: (415) 978-0837.

Encino: The Purina Hi-Pro/Fit & Trim Fun Run. 2 Mile (with dog). Woodley Park. Time TBA. W2 Promotions, 1501 Glenavon Ave., Venice 90291 (310) 828-4123.

Ontario: Friends of Ontario Runway 5K/10K. Ontario Airport. 7:45 a.m./5K, 8:15 a.m./10K. Info: (909) 988-2720.

November 25 (Thurs)

Merced: Thanksgiving Day Run. Distance, location & time TBA. Merced TC, PO Box 3275, Merced 95344.

Dana Point: Dana Point Turkey Trot. 2K/10K. Dana Point Harbor. 8 a.m./10K, 9:30 a.m. Info: Dana Point Chamber of Commerce (714) 496-1555.

November 27 (Sat)

La Jolla: Hard Rock 5K & 1 Mile. Hard Rock Cafe (Propsect St.). 7:30 a.m. Info: Kathy Loper (619) 298-7400.

November 28 (Sun)

San Francisco: DSE Roller Coaster Run. 3 Mile & Kid's Run. Mountain Lake Park (12th Ave. & Lake). 9 a.m./Kids, 9:30 a.m. Info: (415) 978-0837.

San Francisco: Run to the Far Side 10K/5K. Golden Gate Park. Time TBA. Info: Rho-dyCo Productions (415) 387-2178.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs. 5K/10K/15K. 14th St./Lakeside Dr. 9 a.m. Info: (510) 601-7887.

Looking Ahead

(Marathons, Ultras, Relays, Important Dates, Major Events, Etc.)

December 5 (Sunday)

Folsom: California International Marathon (PA Championships). 7 a.m. CIM/USATF, PO Box 161149, Sacramento 95816 (916) 983-4622.

Culver City: Western Hemisphere Marathon & 5K. Time TBA. Info: (310) 204-2965.

December 12 (Sunday)

La Quinta: Desert Cities Marathon. Lake Cahuilla Regional Park. Desert Cities Marathon, c/o Swim-Bike-Run, 44-250 Town Center Way, #C-10, Palm Desert 92260 (619) 568-6785.

Honolulu, HI: Honolulu Marathon. 5:30 a.m. Honolulu Marathon Assoc., 3435 Waialae Ave., Rm. 208, Honolulu, HI 96816 (808) 734-7200.

December 18 (Sat)

Las Vegas, NV: Las Vegas Mini-Half-Marathon & Relay. Stardust Hotel. 7:30 a.m. Info: Jan or Bill Callanan (702) 870-8269.

December 19 (Sunday)

San Francisco: 20th Annual Christmas Relays. 4x4.464 Mile. Lake Merced (Sunset Blvd. Parking Lot). 9 a.m./9:10 a.m. Mark Lund, 1433 Norman Dr., Sunnyvale 94087. Searcy Barnett (510) 635-9508.

1994

February 6 (Sunday)

Long Beach: Long Beach Marathon. (5 person relay, marathon, half-marathon, 4 mile stroll/walk). Contact: Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804 (310) 494-7089 or 494-2664 (24-hour message center).

February 19 (Sat)

Tahiti: Tahiti Marathon & Half-Marathon. Island of Moorea, French Polynesia. 4:30 a.m. Start. Contact: David Nordquist, Tahiti Tourism Board, 300 N. Continental Blvd., Suite 180, El Segundo 90245 (310) 414-8484, FAX (310) 404-8490.

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BOOK REVIEW

By Barbara T. Erskine, **CAVU Company/Books for Runners**

Best Efforts

By Kenny Moore (1982, reprinted by Cedarwinds, \$12.95)

The day after Frank Shorter took the Olympic gold medal for the marathon in 1972, first U.S. runner in 64 years to win, he had this conversation with Kenny Moore, who placed 4th. In Moore's words, "We were caught in the melancholy that follows a well-run race. Neither of us said much, but the feeling persisted that something ought to be said..." "You know," I said, "all this time I thought the Olympic champion was somebody incredibly special." Frank gave me a consoling look, as though he would have liked to protect me from this final disillusionment. "And then you found out," he said, "that it was only me."

This is but one of the many insightful, honest sometimes poignant vignettes of great runners in Moore's book, *Best Efforts*. His first-hand acquaintance with many of them--he was friend of some, competed against others--give authenticity and emotion to what otherwise would be a normal biographical cameo. He writes of not only names and faces, but also of dates and places. His prose is fluid, vibrant, pacing the reader off the track or roads into the quiet lanes of the athletes' lives.

Steve Prefontaine is a legend in the world of track. Moore raced and ran with him, valued their friendship. They were together just hours before his untimely death, and his reminiscences help us understand a little more about Pre, to look past the idol and tough competitor and see a considerate young man.

Moore visits Roger Bannister 20 years after his record 4-minute mile and draws a nostalgic, somewhat melancholy portrait of the English hero. Bannister feels his "ideal athlete was first and foremost a human being who ran his sport and did not allow it to run him." He seems outnumbered now, when the media and

fans demand total sacrifice to one's sport.

In the Golden Mile of 1979, Sebastian Coe broke the world record. Through an absorbing account of the race and its diverse contenders, Coe appears the quintessential champion. It is when Moore describes spending Christmas with Coe and his family in England that the star becomes fallible, human, yet still very special. Coe looks into the future and muses, "records are only borrowed, precious aspects of the sport, temporarily in one's keeping."

Moore is also a sportswriter. He spins tales of exhilarating events which completely envelop the armchair runner. Travel to the stands as Henry Rono sets one of four world records in 1978, this in the 5,000 meter heat: "His arms, when he was not blasting down each homestretch, were carried in effortless rhythm; his stride was mesmerizing in its fluid power. The Eugene crowd rose to him and began clapping and stamping in time with his footfalls. These were moments of awe, a sense of privilege to be witnessing this unexpected, truly profligate display."

These are running stories, of exceptional runners and influences on their lives. Grete Waitz uses the weather of Norway to help her train. Lasse Viren draws strength from the peaceful countryside of the small Finnish village where he lives. Eamonn Coghlan has become the mystic fatalist of Irish lore. Mary Decker longs for the successes and adulation of her teenage years. Moore doesn't judge, but candidly presents individuals who, through talent, hard work, luck, faith, become world class athletes. In this entertaining book, Moore paints sketches of people creating moments in time which, when the clock stopped, made history.

For information or a free catalog, contact her at 386 Portlock Road, Honolulu, HI 96825. ♦

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THE ATHLETE'S KITCHEN

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

Sports Nutrition Update 1993

HEAR ALL ABOUT IT! Hot-off-the-press research findings were presented at the 1993 annual meeting of The American College of Sports Medicine in Seattle, June 2-5. The following is a brief summary of a few of hundreds of presentations made by exercise and nutrition scientists. (For a complete report of all the abstracts, refer to ACSM's journal *Medicine and Science in Sports and Exercise*, Volume 25, May Supplement.)

● **Is pre-exercise candy a bad choice pre-exercise?** According to studies at both U CO-Colorado Springs and U Mass-Amherst, pre-exercise candy can enhance an athlete's energy level. J. Berning (CO) looked at the effect of both sugary and chocolatey candy (Skittles and Snickers) eaten before a 90 minute endurance bike ride (65% VO₂ max). The subjects first ate a 500-600 calorie breakfast two and one-half hours pre-exercise, then the candy one-half hour prior. None of the subjects reported negative hypoglycemic reactions. The higher levels of blood glucose and fats in the athletes who ate Snickers suggests that a fat-containing candy bar may provide greater stamina and endurance and be preferable to a more sugary candy such as Skittles.

In the other study, P. Clarkson (MA) reported that among ten men who cycled to exhaustion, only three became hypoglycemic during exercise when they had eaten a pre-exercise candy bar as compared to six when the men ate nothing pre-exercise. Even candy bars can help maintain normal blood sugar and prevent hypoglycemia.

● **Do amino acid supplements enhance growth hormone secretion?** Arginine and Ornithine supposedly enhance muscular growth and strength by stimulating growth hormone secretion. In this Cleveland Clinic study with experienced male body builders, 1,500 mg Arginine and 1,500 mg Ornithine per day for eight weeks contributed to no changes in body composition or strength. Exercise itself stimulates growth hormone secretion similar to that seen after taking amino acids.

● **Are the Met Life weight charts appropriate standards for obese people?** No. In this study with 15 obese men and 5 obese women who dieted to an appropriate percent body fat, the men and women averaged 10-16 lbs. heavier than "desireable weight" according to the charts. The researchers at the William Beaumont Hospital in Royal Oak, MI, concluded that the Metropolitan Life charts underestimate desireable body weight in the previously obese population and warn this may contribute to unrealistic weight loss expectations.

● **Do swimmers become dehydrated?** Researchers at US Swimming in Colorado Springs wondered if three hours of moderate and interval swimming in 78°F water would contribute to dehydration. They compared six world class swimmers who drank either nothing or 6 oz. of a sports drink every 15 minutes during swimming. With no fluids, the swimmers had higher body temperatures and losses in plasma volume--signs that dehydration occurred despite the cooling effect of the pool water. This suggests fluids are important to all athletes, including swimmers.

● **Does body fat hinder swimmers?** Some swimmers believe that a layer of body fat helps them float better and swim more easily, whereas others believe the body fat slows them down. In a study done at U GA-Athens, both male and female recreational and competitive collegiate swimmers performed a 12 minute swim test. There was little or no relationship between % body fat and 12-minute swim performance.

● **Should you rest or do last-minute hard training to enhance performance?** Researchers at U WY-Laramie looked at the effects of tapering exercise prior to a cycling event. They found that after a six week high intensity training program, a one to two week taper resulted in 8-9% strength gains and enhanced performance in collegiate cyclists. This study suggests that rest is a *very important part* of a training program.

● **How many calories get burned during a step aerobics class?** Researchers at Baylor College monitored calorie expenditure in ten women participating in a 12" bench step class. The women burned about 8 calories per minute, which comes to about 240 calories per 30 minutes of stepping...the equivalent of one slice of pizza.

● **Do runners tend to eat enough carbs?** To listen to marathoners, you'd think they eat a very high carb diet. According to this study of 344 participants in the Los Angeles Marathon, no the case. Evaluation of three days of food records showed the runners averaged 52% carbs, 31% fat and 16% protein. This misses the recommended 60-70% carb target. The runners ate only half their calories before 4 p.m. ... and the rest after that in fattier foods.

● **Can young amenorrheic runners regain lost bone mineral density?** Yes, according to researchers at Texas Woman's University and the Cooper Clinic. Runners who resumed menses restored lost bone mineral density, *as long as they were younger than 17-18 years old*. One runner who remained amenorrheic between 1989-1992 lost 5.6% bone mineral density, whereas all the other runners who resumed menstruating attained expected bone density. Amenorrhea can lead to stress fractures and osteoporosis, a needless risk for competitive athletes.

Nancy Clark, MS, RD, nutrition counselor at Boston-area's SportsMedicine Brookline and fellow of The American College of Sports Medicine, is author of Nancy Clark's Sports Nutrition Guidebook, available by asking at your local bookstore or by sending \$17 to NESF, PO Box 252, Boston 02113.



RESULTS

MEET DIRECTORS . . . Please send your road race results directly to CRN, 4957 E. Heaton Ave., Fresno, CA 93727 or FAX (209) 255-4904.

Ocean Beach 10K

May 9. San Francisco.

Overall Results

1. James McLaren 40:26, 2. Romell Hamlin 41:42, 3. Martin McDerroit 42:11, 4. James Stratta 42:24, 5. Gregory Smiley 42:30, 6. Gar Wilson 42:32, 7. Steve Aikenhead 42:52, 8. Larry Wuerstle 43:26, 9. Paul Swink 43:53, 10. Dave Donahue 44:34.

11. Casey Wallace 44:45, 12. James York 44:49, 13. Robert Salinas 45:19, 14. Steven Gunha 45:26, 15. Francois Lariviere 46:18, 16. Brad Haigis 46:21, 17. Russell Breslawer 46:29, 18. John Tomooka 46:40, 19. James Caruso 46:44, 20. Ken Lehto 46:50.

Male--16u: 1. Philip Batlin 1:00:36, 17-20: 1. Amit Kumar 47:20, 21-29: 1. Gregory Smiley 42:30, 30-39: 1. James McLaren 40:26, 40-49: 1. Paul Swink 43:53, 50-59: 1. Steve Aikenhead 42:52, 60-69: 1. Leonard Cascio 1:13:01, 70-79: 1. Gary Toji 55:17.

Women--17-20: 1. Rachel Goldstein 59:38, 21-29: 1. Sjoukje Geerling 47:54, 30-39: 1. Sue Fitzgerald 47:49, 40-49: 1. Linda Wimmer 51:08, 50-59: 1. Hilda Ayala 57:58.

CHP Protector Run

May 22. Fresno.

Division Results--Men's 10K

Overall: Carengie 32:39, 19-24: Fiano 41:08, 25-29: 1. Nordin 33:01, 30-34: 1. Farris 32:40, 35-39: 1. Lara 33:26, 40-44: 1. Levy 36:41, 45-49: 1. Lindsey 35:17, 50-59: 1. Upton 39:19, 60-69: 1. Zamarripa 41:30, 70+: 1. Thomas 1:02:00. Wheelchair: 1. Yank 33:38.

Division Results--Women's 10K

Overall: Buehner 38:29, 19-24: 1. Chulantseff 38:53, 25-29: 1. York 44:25, 30-34: 1. Wilgenburg 39:45, 35-39: 1. Ho 48:15, 40-44: 1. Case 46:14, 45-49: 1. Duenes 48:22, 50-59: 1. Lindsey 43:43, 60-69: 1. Thomas 59:04.

Division Results--Men's 2 Mile

Overall: J. Robinson 10:35, 0-14: 1. D. Robinson 11:45, 15-18: 1. Fox 12:07, 19-24: 1. Quintana 16:32, 25-29: 1. Geary 11:16, 30-34: 1. Santellano 10:52, 35-39: 1. Phillips 11:36, 40-44: 1. McCarthy 12:47, 45-49: 1. Hall 12:02, 50-59: 1. Leal 12:54, 60-69: 1. Thornton 13:02, 70+: 1. Musson 15:13. Wheelchair: 1. Lang 32:11.

Division Results--Women's 2 Mile

Overall: 1. Flores 13:16, 0-14: 1. Cockerham 16:21, 15-18: 1. Anzaldo 18:32, 19-24: 1. Flores 20:20, 25-29: 1. Sherwood 16:16, 30-34: 1. Morse 14:47, 35-39: 1. Chavez 15:31, 40-44: 1. Esquivel-Aguilar 15:22, 45-49: 1. Ramos 24:34, 50-59: 1. Caffrey 20:10, 70+: 1. Robinson 37:57.

Hughson Fruit & Nut Festival Fun Run

May 23.

Men's 10K

1. Jim Elam 34:42, 2. Michael Ercolini 35:21, 3. John Mason 36:03.

Men's 5K

1. Ron Stone 33:06, 2. Leonard Costa 35:06.

Men's 10K Wheelchair

1. James Umpleby 17:30, 2. Matt Larson 17:42, 3. Tom Diehl 18:06.

Women's 10K

1. Doreen Brown 43:07, 2. Heidi Ryan 43:37, 3. Irene Cattanch 49:22.

Women's 5K

1. Marilyn Wear 23:08, 2. Jill Chiesa 26:10, 3. Amber Silva 26:19.

Golden Triangle 10K

May 23. San Diego area.

Division Results--Male

1-17: 1. Nick Stephens (17) Coronado 34:59, 2. Trevor Clarke (915) Coronado 35:48, 3. Michael Aguilar (15) Coronado 37:17, 18-24: 1. Gabino Toledo (23) Escondido 30:18, 2. Cesar Lopez (21) Escondido 30:33, 3. Greg Lopez (23) San Diego 33:21, 25-29: 1. Jose Rosendo (25) La Mesa 30:23, 2. Greg Welch (28) Encinitas 30:32, 3. Todd Deminter (29) Long Beach 30:41, 30-34: 1. Rei Yamada (31) SD 31:58, 2. Jim Knight (32) Solana Bch 32:09, 3. Bill McNemey (30) Cor 32:58, 35-39: 1. Thom Hunt (35) SD 30:30, 2. Nathan Smith III (37) Alameda 35:26, 3. Gary Pavlick (35) SD 35:42, 40-44: 1. Wayne buckingham (40) Encin 33:46, 2. Sam Hajj (42) SD 33:59, 3. Craig Weirnerman (42) SD 36:37, 45-49: 1. Dennis Bergren (45) Vista 37:42, 2. Arthur Lahan (46) El Cajon 37:59, 3. Bill Sumner (45) Irvine 39:02, 50-59: 1. Terry Jones (52) San Marcos 39:12, 2. Michael Nash (50) SD 39:55, 3. Stan Kotanan (50) Poway 40:03, 60-69: 1. Jilim O'Neil (68) La Jolla 41:07, 2. John Terrell (60) SD 42:52, 3. Harry Cromer (63) Chula Vista 49:50.

Division Results--Women

1-17: 1. Lexis Clarke (12) 58:11, 18-24: 1. Melissa Johnson (24) Ft. Collins, CO 36:54, 2. Edwina Foley (921) Lk Forest 39:14, 3. Lara Salamacha (24) SD 44:49, 25-29: 1. Kathleen Smith (27) Newport Bch 34:57, 2. Laura Stuart (28) Del Mar 35:33, 3. Sian Williams (26) Encin 38:16, 30-34: 1. Janine Daley (32) Encin 37:43, 2. Ruth Jones (33) SD 41:13, 3. Lisa Ziemba (31) SD 42:08, 35-39: 1. Oonagh Bruni (37) Sol Bch 38:38, 2. Lorraine Gersitz (39) Fullerton 40:16, 3. Julia Guetz (39) Encin 44:28, 40-44: 1. Diana Tracy (40) El Segun 36:35, 2. Marina Jones (41) RanSanMarg 38:42, 3. Beverly

Clendening (41) SD 40:37, 45-49: 1. Betty Rosenberg (45) SD 45:03, 2. Karen Bancroft (46) Vista 45:54, 3. Gaye Garcia (45) SD 49:50, 50-59: 1. Joann Oliver (55) Lk Elsinore 57:47, 2. Barbara Roberts (50) La Mesa 1:03:38, 60-99: 1. Judy Simon (77) La Mesa 1:03:53, 2. Jean McClean (73) SD 1:06:52.

Festival De Primavera

June 5. Rosarito Beach, Baja Calif., Mexico.

Division Results--10K Female

18-23: 1. Lucina Lana 46:58, 24-29: 1. Victoria Aguilera 44:42, 30-34: 1. Leticia Melgoza (1st overall) 42:00, 35-39: 1. Raquel Flores 42:49, 40-44: 1. Marian Cristobal 52:36, 45-49: 1. Katherine Wolfe 50:52, 50+: 1. Martha Walker 52:12.

Division Results--10K Male

14-17: 1. Jose Padilla 35:40, 18-23: 1. Homero Silva 47:22, 24-29: 1. Rodolfo Gonzalez (1st overall) 33:26, 30-34: 1. Tim Nielsen 37:18, 35-39: 1. Pete De LaGardell 42:18, 40-44: 1. Antonio Morales 44:55, 45-49: 1. Gil Hernandez 45:31, 50-54: 1. Ron Heifner 43:30, 60+: 1. Antonio Verdin 42:22.

Division Results--5K Women

13u: 1. Leliana Rosales 21:09, 14-17: 1. Stephanie Patton 21:01, 18-23: 1. Angie Straub 20:23, 24-29: 1. Jennifer Briggs (1st overall) 17:48, 30-34: 1. Kerry Bell 20:05, 35-39: 1. Diana Milich 24:33, 40-44: 1. Giullesminia Anes 24:36, 45-49: 1. Barbara Penderson 23:22, 50+: 1. Barb Hutchinson 25:15.

Division Results--5K Men

13u: 1. Alfredo Duron 19:24, 14-17: 1. Francisco Martinez 17:37, 18-23: 1. Esteban Valdez (1st overall) 16:32, 24-29: 1. Manuel Eduardo 17:48, 30-34: 1. Silvano Garcia 18:49, 35-39: 1. Josima Marquez 17:16, 40-44: 1. Jose Velasquez 19:16, 45-49: 1. Richard Lacy 19:30, 50-54: 1. Robert McAlpine 18:54, 55-59: 1. Lara Rogello 19:22, 60+: 1. Leroy Carter 21:17.

Division Results--10 Mile Female

18-23: 1. Vicki Young 87:43, 24-29: 1. Heather Laurie NT, 30-34: 1. Beverly Buss 70:04, 35-39: 1. Mary Ryzner (1st overall) 67:18, 45-49: 1. Kathy Stewart 89:18, 50+: 1. Diane Eastman 73:09.

Division Results--10 Mile Men

18-23: 1. Jerry Swartz 63:28, 24-29: 1. Salomon Gonzalez (1st overall) 58:07, 30-34: 1. Warren Barnes 63:45, 35-39: 1. Julio Jaramillo 65:13, 40-44: 1. Hector Sanchez 68:44, 45-49: 1. Benito Garcia 66:11, 50-54: 1. Manouch Lankaran 71:48, 55-59: 1. Frank Vasquez 73:48, 60+: 1. Bill Holt 91:51.

Fontana Half Marathon & 5K

June 5. Fontana.

Overall Results--Half Marathon

1. Hector Lopez (25) 1:05:53, 2. Gus Hermes (30) 1:06:51, 3. Keith Witthauer (37) 1:07:41, 4. Daniel Artega (31) 1:09:40, 5. Mario Trejo (27) 1:10:33, 6. Trini Robles (30) 1:10:51, 7. Arnulfo Zuniga (32) 1:11:17, 8. Dexanuerter (21) 1:11:35, 9. Barte Topalian (34) 1:11:35, 10. Alan Lovell (23) 1:13:14,

11. Tom Curry (51) 1:13:38, 12. Faustino Fausto (26) 1:13:58, 13. Sergio Nava (28) 1:14:49, 14. David Granado (35) 1:14:59, 15. Ed Lopez (33) 1:15:23, 16. Kevin Barda (26) 1:15:34, 17. Albert Villasana (18) 1:15:48, 18. Juan Gutierrez (33) 1:16:05, 19. Dave Cook (36) 1:16:23, 20. Patrick Rea (26) 1:16:50,

21. Wayne Mitchell (48) 1:16:59, 22. Steve McCandless (21) 1:17:34, 23. David McCarthy (43) 1:18:06, 24. John Thomas (21) 1:18:08, 25. Angel Castillo (35) 1:18:15, 26. Suzy Hermes (31F) 1:18:24, 27. David Saenz (45) 1:18:30, 28. Josh Oxan (24) 1:18:38, 29. Unknown 1:18:44, 30. Marina Jones (41) 1:18:46,

41. Lilian Mendoza (25) 1:22:12, 48. Jovita Nunez (36) 1:22:59, 49. Lorraine Gersitz (39) 1:23:02, 60. Jennifer Henserson (36) 1:24:00.

Overall Results--5K

1. Brian Abshire (29) 13:20, 2. Ian Alsen (22) 13:47, 3. Ralph ? (30) 13:51, 4. Mario Gutierrez (29) 13:56, 5. Eduardo Macias (27) 14:04, 6. Bobby Adams (30) 14:32, 7. Rich Medellin (34) 15:13, 8. Allen Russell (32) 15:25, 9. Arthur Cooper (25) 15:26, 10. Juan Nunez (24) 15:29,

11. Charles Sanchez (17) 15:35, 12. Rigo Chavez (26) 15:39, 13. Ray Butman (18) 15:48, 14. Jose Alvarado (17) 15:53, 15. Valerie Vaughan (26F) 16:05, 16. Antonio Uribe (18) 16:06, 17. Bryan Wilkins (32) 16:09, 18. Mario Reyes (16) 16:12, 19. Fred Vartanian (38) 16:17, 20. Donald Ocana (42) 16:20,

21. Ryan Anderson (16) 16:23, 22. Jim Ratigan (25) 16:25, 23. Larry Gillen (20) 16:30, 24. James Morehart (33) 16:32, 25. John Montgomery (46) 16:38,

39. Sandy Robbins (41F) 17:07, 47. Anet Cooper (32F) 17:34, 50. Tracy Golba (32F) 17:48, 62. Jodie Peyton (26F) 18:05, 65. Brigid Freyne (22F) 18:19.

Forest of Nisene Marks

June 5. Aptos. 5K, Half, Marathon.

Overall Results--5K

1. Jonathan Lee (29) 17:44, 2. Ken John-

RESULTS

son (40) 17:49, 3. Nikos (35) 17:59, 4. Mel Flores (17) 18:02, 5. Jorge Solorio (41) 18:06, 6. Ronald Canjusa (17) 18:36, 7. Daniel Saldana (24) 18:52, 8. Jim Poje (33) 19:38, 9. Mark Dammann (29) 19:43, 10. Rick Holstetter (38) 19:47.

11. Steve Wattier (33) 19:49, 12. Chris Saul (32) 19:51, 13. Craig Broadhurst (30) 19:52, 14. Michael Jones (44) 20:05, 15. Unofficial, 16. Terry Boyd (37) 20:16, 17. Leighton Reynolds (46) 20:29, 18. Mark Lobue (28) 20:30, 19. Wayne Nolen (44) 20:42, 20. Unofficial,

21. Jeff Arnett (44) 20:44, 22. Sonya Patton (20) 20:45, 23. Diane Delucchi (33) 20:59, 24. Dan Dowd (13) 21:05, 25. Jay Bartow (47) 21:12.

Overall Results--Marathon

1. Skip Brown (43) 2:56:09, 2. Larry Goodman (36) 3:09:46, 3. Charles Crompton (45) 3:11:54, 4. Jerry Stephenson (36) 3:16:30, 5. Timothy Clemente (35) 3:18:38, 6. Jim Moyles (41) 3:19:21, 7. George Staub (37) 3:25:41, 8. Dennis Hartley (54) 3:25:58, 9. Scott Vail (45) 3:26:13, 10. Paul Lennon (39) 3:26:18.

Overall Results--Half-Marathon

1. Michael Bepstis (20) 1:20:31, 2. Sean Drake (25) 1:21:08, 3. Liam Jones (17) 1:22:04, 4. Frank Hutchinson (40) 1:22:17, 5. Ian Shearer (24) 1:24:02, 6. Adam Rhoads (32) 1:24:22, 7. Marco Cruz (26) 1:24:28, 8. Robert Scott (23) 1:24:28, 9. Page Karsteter (26) 1:24:46, 10. Bill John (29) 1:25:10,

11. Tim Nash (32) 1:26:00, 12. Marty Kruger (36) 1:27:21, 13. Pablo Chagolla (35) 1:27:49, 14. Norman Houser (25) 1:27:55, 15. Ken Hale (25) 1:28:19, 16. Bruce Barrell (37) 1:28:25, 17. Rick Ferrell (34) 1:28:40, 18. James Walton (16) 1:30:33, 19. Daniel Chavez, Jr. (18) 1:30:33, 20. Ken DeBond (33) 1:30:40,

21. Mike Herlihy (35) 1:30:44, 22. Chris Tryde (32) 1:31:23, 23. Gary Heidinger (40) 1:31:28, 24. Barb Myers-Acosta (35) 1:31:48, 25. Eileen Brown (35) 1:33:00.

Martin Bros. Winery 5/10K Run

June 5, Paso Robles.

Overall Results--5K

1. Paul Lee (M30) 16:48, 2. Sean McCormick (M21) 16:57, 3. Robert Perry (M50) 21:23, 4. Amanda Lynch (F21) 21:30, 5. Mike Kinkade (M40) 21:42, 6. George Marrett (M50) 22:51, 7. Jeremy Patton (M20) 22:29, 8. Sylvia Paleo (F30) 22:39, 9. Ryan Hickman (M20) 22:47, 10. Mike Mikkelsen (M30) 22:30, 11. Cathy Gristerd (F30) 23:02, 12. Chris Rizzo (M30) 23:13, 13. Dana Nelson (M40) 23:31, 14. Dale McVay (F40) 25:16, 15. Dom Martin (M40) 25:39.

Overall Results--10K

1. Paul Lee (M30) 35:54, 2. Tim Wing (M30) 42:18, 3. Michael Garcia (M40) 43:00, 4. Lenny Garza (M40) 44:20, 5. Kevin Kennedy (M30) 44:39, 6. Terry Rose (F30) 44:57, 7. Michael Selby (M40) 44:58, 8. Steven McCartney (M40) 46:19, 9. Car-

los Barbosa (M30) 44:39, 10. Charley Penrose (M60) 48:12, 11. Gail Shipley (F40) 48:48, 12. Steve Whitely (M30) 49:00, 13. Diana Young (F30) 50:06, 14. Marlene Craig (F30) 51:42, 15. Lynn Walton (F40) 53:37.

Overall--10K Walk

1. Doug Powell (M30) 73:36, 2. Pauline Gamino (F50) 79:19, 3. Glenn Allen (M40) 79:19.

Hit the Road Jack 10K

June 6, Sonoma.

Overall Results--Top 10 Men

1. Alan Dehlinger (32) Reno, NV 30:44, 2. Kenny Brown (23) Rohnert Park 31:52, 3. Jose-Maria Lizarraga (32) San Francisco 32:10, 4. Ruben Carrillo (22) 32:49, 5. Scott Schneider (25) Reno, NV 32:51, 6. Joe Green (34) Novato 33:12, 7. Kitt Flynn (40) Grass Vly 33:45, 8. Tim Tottle (32) Martinez 34:07, 9. Rick Esponda (18) Petaluma, 10. Tim Keenan (31) Pleasant Hill 34:47.

Division Results--Men

5-12: 1. Jeremy Whiteaker (11) 49:48, 13-15: 1. Jerry Finlay 915) Santa Rosa 39:26, 2. John Staroga (14) S Rosa 39:29, 3. Nathan Sweeney (14) Sonoma 47:07, 16-18: 1. Rick Esponda 34:26, 2. Tom Sweeney (16) Sonoma 36:42, 3. Ryan Deford (17) Sonoma 39:12, 19-29: 1. Kenny Brown 31:52, 2. Ruben Carrillo 32:49, 3. Scott Schneider 32:51, 30-34: 1. Alan Dehlinger 30:44, 2. Jose-Maria Lizarraga 32:10, 3. Joe Green 33:12, 35-39: 1. Larry Fujita (35) El Cerrito 35:41, 2. Sean Lanham (35) Petaluma 35:53, 3. Richard Easton (37) Tiburon 36:51, 40-44: 1. Kitt Flynn 33:45, 2. Les Glasgow (41) Novato 36:12, 3. Jon Hermsstad (44) Rohnert Park 36:58, 45-49: 1. Tim Quinn (46) Wai Crk 38:56, 2. Jim Crumpler (45) Novato 40:33, 3. Don Sampson (45) Forestville 41:56, 50-59: 1. John Burns (50) Corte Madera 39:18, 2. Lloyd Blackwell (52) S Rosa 39:32, 3. Terry McNeill (50) S Rosa 40:06, 60-69: 1. John Bramfitt (60) Woodside 42:49, 2. Bob Chadwick (62) Penngrove 43:48, 3. Leo McMillan (63) Sonoma 46:41, 70-95: 1. Daniel F. Barreto, Jr. (71) Sonoma 59:54, 2. Mel Shine (84) Medford, OR 1:02:50, 3. John Jilson (71) Kenwood 1:21:43.

Overall Results--Top 10 Women

1. Lisa Geoffrion (33) 36:43, 2. Audrey Schrift (33) Santa Rosa 41:07, 3. Juli Fife (37) Sonoma 42:06, 4. Randi O'Neill (18) Benicia 42:26, 5. O.B. Juan Flamingo (33) Sonoma 42:57, 6. Mary Lothrop (31) Walnut Creek 43:23, 7. Stephanie Sheets (21) Sonoma 43:45, 8. Cindy Roach (34) Santa Rosa 43:50, 9. Sherri Lotridge (31) Napa 43:53, 10. Elia Hutchins (34) Santa Rosa 44:29.

Division Results--Women

5-12: 1. Alicia Herrick (10) Sonoma 53:28, 13-15: 1. Jeanette Dito (15) Sonoma 54:03, 2. Alexandra McPencow (14) San Fran 1:01:49, 3. Danielle Feidman (13) Sonoma 1:36:16, 16-18: 1. Randi O'Neill (18) Benicia 42:26, 19-29: 1. Stephanie Sheets 43:45, 2. Mandi Robertson (25) Napa

45:33, 3. Amy Buttici (23) Folsom 45:44, 30-34: 1. Lisa Geoffrion 36:43, 2. Audrey Schrift 41:07, 3. O.B. Juan Flamingo 42:57, 35-39: 1. Juli Fife 42:06, 2. Susan Deicke (36) Napa 44:48, 3. Karen Topping (37) Pleas Hill 45:09, 40-44: 1. Donna McKenna (42) Petaluma 47:10, 2. Sue Clive (41) S Rosa 47:24, 3. Caroline Lambert (40) Benicia 50:12, 45-49: 1. Suzy Stockdale (47) Minden, NV 45:48, 2. Sherri Guinn (47) S Rosa 48:24, 3. Mercedes Escobedo (48) San Rafael 51:34, 50-59: 1. Paulette Timmer (50) Napa 51:02, 2. Elaine Frank (56) Petaluma 51:42, 3. Karen Kelly (55) Sonoma 52:18, 60-69: 1. Jill Simmons (60) Vacaville 59:28, 2. Maryjane Woebecke (60) Sonoma 1:30:53, 3. Janet Anderson (60) Middletown 1:32:36, 70-95: 1. Rosemarie Indelicato (78) Sonoma 1:40:35, 2. Maxine Williams (75) Napa 1:45:24, 3. Lotti Klugman (73) Sonoma 1:47:44.

Wheelchair/Men: 1. Bert Egle (33) Walnut Creek 29:42.

Top 10 Men -- 2.3 Mile

1. Mitchell Shandley (35) San Fran 11:46, 2. John Edcomb (34) Corte Madera 11:48, 3. David Serafini (15) Sonoma 11:50, 4. Darren Dwyer (34) S Rosa 11:55, 5. Edward Russell (34) Pleas Hill 12:41, 6. Douglas Rustad (52) S Rosa 12:53, 7. Michael Fioridan (37) Redwd City 13:02, 8. Brian Chiara (15) Novato 13:02, 9. Wolf Hillesheim (47) El Sobrante 13:08, 10. Rick Sumner (50) Concord 13:11.

Division Results--2.3 Mile Men

1-4: 1. Ryan Guinan (3) Novato 33:52, 5-12: 1. Brent Shaw (12) S Rosa 13:24, 13-15: 1. David Serafini 11:50, 16-18: 1. Robin Chao (17) El Verano 16:51, 19-29: 1. Moises Martinez (27) Vallejo 13:47, 30-34: 1. John Edcomb 11:48, 35-39: 1. Mitchell Shandley 11:46, 40-44: 1. Steven Deschler (42) Novato 13:19, 45-49: 1. Wolf Hillesheim 13:08, 50-59: 1. Douglas Rustad 12:53, 60-69: 1. Carl Jackson (60) S Rosa 14:56, 70-95: 1. David Cole (70) Sonoma 18:00.

Top 10 Women -- 2.3 Mile

1. Robin Stovali (34) Sonoma 13:20, 2. Shelly Lowery (15) Sebastopol 14:23, 3. Maria Frey (26) Rer'w' City 15:03, 4. Elizabeth Hillesheim (37) El Sobrante 16:11, 5. Elizabeth Dilley (16) Sonoma 16:34, 6. Gloria Redmond (46) WaiCrik 16:44, 7. Laurinda Stout (28) Benicia 16:52, 8. Kristin Van Fleet (12) Sonoma 17:07, 9. Deborah Lozano (40) San Pablo 17:29, 10. Kathleen Westerhoff (33) 17:31.

Division Results--2.3 Mile Women

1-4: 1. Brittany Hites (2) Sonoma 34:21, 5-12: 1. Kristin Van Fleet 17:07, 13-15: 1. Shelly Lowery 14:23, 16-18: 1. Elizabeth Dilley 16:34, 19-29: 1. Maria Frey 15:03, 30-34: 1. Robin Stovali 13:20, 35-39: 1. Elizabeth Hillesheim 16:11, 40-44: 1. Deborah Lozano 17:29, 45-49: 1. Gloria Redmond 16:44, 50-59: 1. Millie Merle (54) Sonoma 18:08, 60-69: 1. Phyllis Serafini (68) Sonoma 21:53, 70-95: 1. Dorothea Cole (70) Sonoma 35:56.

Wheelchair/Men 2.3 Mile: 1. Jeffrey Stuhr (39) Sonoma 27:00.

Advil Mini Marathon

June 12, New York City.

Overall Results

1. Tecla Lorupe (20) Kenya 32:30, 2. Carolyn Schuwalov (27) Australia 32:49, 3. Lisa Ondieki (33) Australia 33:01, 4. Gladys Ondeyo (17) Kenya 33:05, 5. Jane Amoro (19) Kenya 33:17, 6. Colleen De Reuck (29) South Africa 33:22, 7. Olga Appell (29) Mexico 33:26, 8. Barbara Moore (35) New Zealand 33:32, 9. Veronique Collard (30) Belgium 33:35, 10. Wilma Van Onna (27) Netherlands 33:45.

11. Gordon Bakouls (30) New York 33:58, 12. Wanda Panfil (34) Poland 34:02, 13. Francie Larrieu-Smith (40) Dallas 34:08, 14. Debbi Kilpatrick-Morris (29) Strongville, OH 34:46, 15. Helen Moros (25) New Zea 34:52, 16. Marcia Narloch (24) Brazil 35:18, 17. Rosa Gutierrez (29) Sunnyvale, CA 35:23, 18. Jane Welzel (38) Ft. Collins, CO 35:34, 19. Janet Bowie (22) Redwood City 35:45, 20. Chika Ishigai (19) Japan 35:48.

21. Gillian Horovitz (38) New York 35:50, 22. Stacey Nicholson (30) Baltimore, MD 35:51, 23. Gillian Beschloss (34) New York 35:53, 24. Glenda Moore (31) Australia 35:59, 25. Tigist Moreda (21) Ethiopia 36:05.

Division Results

16u: 1. Reggie Benoit (13) Woodstock, NY 42:57, 16-19: 1. Chika Ishigai 35:48, 20-29: 1. Marcia Narloch 35:18, 2. Rosa Gutierrez 35:23, 3. Janet Bowie 35:45, 30-39: 1. Jane Welzel 35:34, 2. Gillian Horovitz 35:50, 3. Stacey Nicholson 35:51, 40-49: 1. S. Rae Baymiller (49) New York 39:21, 2. Barbara Blaszak (43) Syracuse 40:12, 3. Cheryl Ralya (46) New York 40:18, 50-59: 1. Evy Palm (50) Sweden 39:19, 2. Nancy Frisillo (50) New Hartford, NY 40:24, 3. Marion Stanjones (54) Northport, NY 42:55, 60-69: 1. Sylvia Weiner (62) Montreal 48:57, 2. Muriel Merl (67) Pomona, NY 52:52, 3. Janine Maltas (66) Clifton, NJ 53:14, 70 & over: 1. Althea Wetherbee (74) Huntington St., NY 1:04:51, 2. Ann Gilmore (73) W Islip, NY 1:13:16, 3. Althea Jureidini (75) Bronx, NY 1:19:35.

Happy Hollow 5K Run

June 13, San Jose.

Division Results--Men

5-12: 1. Carlos Siqueros 19:12, 13-18: 1. William Rice 15:41, 19-29: 1. Shawn Johns 15:40, 2. Erik Bost 16:49, 3. Jose Bico 17:06, 30-39: 1. Stephen Thomas (1st overall) 15:27, 2. Rod Johnson 15:56, 3. Carlos Siqueros 16:52, 40-49: 1. Don Charisworth 18:05, 2. Leroy Daleen 18:36, 3. Don Zick 19:58, 50-59: 1. Bob Feldman 19:44, 2. Terry Clow 20:38, 3. Luis Reyes 22:22, 60 & up: 1. Lloyd Anderson 21:34, 2. Lawrence Vigienzone 29:58, 3. Andrew Musante 36:08.

Division Results--Women

5-12: 1. Andrea Garcia 33:46, 13-18: 1. Janelle Timmons 38:25, 19-29: 1. Betty

RESULTS

Gougora (1st overall) 19:45, 2. Lorraine Alves 25:51, 3. Maria Gullegos 27:08. 30-39: 1. Elizabeth Nast 21:21, 2. Cindy Armstrong 22:35, 3. Pat Siqueros 25:31. 40-49: 1. Lolita Rice 27:11, 2. Kathy Caputo 30:34, 3. Jody McKellar 31:25. 50-59: 1. Doty Glass 27:45. 60& up: 1. Chalot Nick 40:19, 2. Alice Musante 53:28.

Tiburon 8 Mile & Fun Run

June 19, Tiburon.

Overall Results—Men

1. Dan Aldridge (36) Santa Rosa 41:52, 2. Ernest Stanton (30) San Francisco 42:04, 3. Thom Trimble (33) Concord 43:19, 4. Dale Londos (28) Mill Vly 44:11, 5. Tim Keenan (31) Pleas Hill 45:40, 6. Kevin Cowan (35) San Rafael 45:41, 7. Mike McLoughlin (31) Napa 45:58, 8. Jon Genant (16) Tiburon 46:27, 9. Steve Ruegg (27) San Fran 47:13, 10. Chester Judah (46) Tiburon 47:24.

11. Richard Easton (37) Tiburon 47:56, 12. Bart Ferrell (32) Corte Madera 48:44, 13. Bruce Phinney (33) San Rafael 49:03, 14. Barry Hampshire (43) Walnut Creek 49:17, 15. Joshua Clover (30) Oakland 49:28, 16. Jon Klinkman (33) Novato 49:58, 17. Tim Quinn (46) Walnut Creek 50:31, 18. Eamon Cooke (50) Mill Vly 50:32, 19. Jeff Rosenthal (31) Lafayette 50:38, 20. Edward Russell (34) Pleas Hill 51:21.

Division Results—Men

15-19: 1. Jon Genant 46:27, 20-24: 1. Duncan Lyon (24) San Fran 54:39, 2. Joel Rubenstein (23) Berkeley 54:44, 3. David Franklin (23) San Fran 1:00:39. 25-29: 1. Dale Londos 44:11, 2. Steve Ruegg 47:13, 3. Robert Chrum (26) Terra Linda 58:29. 30-34: 1. Ernest Stanton 42:04, 2. Thom Trimble 43:19, 3. Tim Keenan 45:40, 35-39: 1. Dan Aldridge 41:52, 2. Kevin Cowan 45:51, 3. Richard Easton 47:56. 40-44: 1. Barry Hampshire (43) Walnut Creek 49:17, 2. Douglas Harrison (40) Novato 52:41, 3. Daniel Hollis (43) Pinole 56:54. 45-49: 1. Chester Judah 47:24, 2. Tim Quinn 50:31, 3. Richard Parker (47) San Fran 51:51. 50-54: 1. Eamon Cooke 50:32, 2. Bill Catanese (54) Mill Vly 53:44, 3. Mike Moser (50) Mill Vly 56:41. 55-59: 1. Harvey Poppel (55) Tiburon 58:32, 2. Gary Osborn (56) San Rafael 1:02:27, 3. Elmo Shopshire (56) Larkspur 1:05:12. 60-64: 1. Richard Couvillion (64) San Rafael 1:07:13, 2. Ron Kinney (62) San Rafael 1:12:29, 3. Robert Grabowski (60) Ketchum, ID 1:16:14. 65-69: 1. Joe King (67) Alameda 53:25. 70-95: 1. Fred Ullner (73) San Rafael 1:23:50, 2. David Allen (74) Belvedere 1:26:11.

Overall Results—Women

1. Terry Schmidt (36) Reno, NV 47:22, 2. Nancy Vallance (28) S Rosa 49:44, 3. Niamh Zwagerman (20) Mill Vly 52:28, 4. Kelly Opbroek (26) San Fran 52:48, 5. Kim McCord (32) Los Altos 55:50, 6. Terri Hanoy (28) Oakland 56:11, 7. Hope Strout (24) San Fran 57:16, 8. Shirley Sliompson (31) Napa 58:43, 9. Sherri Lotridge (31) Napa 58:59, 10. Jill Cartwright (33) Oak-

land 59:42, 11. Patricia Cahill (31) Mill Vly 59:44, 12. Christy Allen (31) Tiburon 59:59, 13. Nancy Clary (29) Novato 1:00:07, 14. Colleen Bellows (34) San Rafael 1:00:19, 15. Emily Diskin (19) Greenbrae 1:00:58, 16. Jan Bisno (35) Berkeley 1:01:01, 17. Lisa Poett (24) Kentfield 1:01:50, 18. Anne Courtney (33) Mill Vly 1:02:16, 19. Barbara Gatley (44) Ross 1:02:31, 20. Danielle Herrerias (35) Fairfax.

Division Results—Women

1-14: 1. Megan Perkins (12) Mill Vly 1:46:42, 15-19: 1. Emily Diskin (19) Greenbrae 1:00:58, 20-24: 1. Niamh Zwagerman 52:28, 2. Hope Strout 57:16, 3. Lisa Poett 1:01:50. 25-29: 1. Nancy Vallance 49:44, 2. Kelly Opbroek 52:48, 3. Terry Hanoy 56:11. 30-34: 1. Kim McCord 55:50, 2. Shirley Simpson 58:43, 3. Sherri Lotridge 58:59. 35-39: 1. Terry Schmidt 47:22, 2. Jan Bisno 1:01:01, 3. Danielle Herrerias 1:02:39. 40-44: 1. Barbara Gatley 1:02:31, 2. Anne Libbin (42) Tiburon 1:05:15, 3. Gate Diskin (43) Greenbrae 1:06:10. 45-49: 1. Lois Markovich (46) Greenbrae 1:07:29, 2. Brenda Pollard (45) Sacramento 1:08:41, 3. Nancy Bellinger (46) Tiburon 1:09:38. 50-54: 1. Joann Kramer (50) Pleas Hill 1:08:23, 2. Marit Roman (51) Mill Vly 1:09:58, 3. Joann Nedelco (50) Sausalito 1:15:31. 55-59: 1. Ida Mae Berg (57) Tiburon 1:13:44, 2. Marjorie Macris (58) Fairfax 1:16:08, 3. Rosemary Grow (59) Mill Vly 1:19:22. 60-64: 1. Shirley Parlan (60) Kentfield 1:27:58.

DSE Fort Point Run

June 20, San Francisco. 3.8 Miles.

Overall Results

1. Mathieu Des Jardins 19:14, 2. Anthony Beron 19:34, 3. Tom Robinson 19:38, 4. Wayne Linse 20:15, 5. Randall Lee 20:20, 6. Tom Crofton 20:50, 7. Jeff Monje 20:59, 8. Tyler Abbott 21:21, 9. Rosendo Gonzalez 21:39, 10. George McKeever 21:41.

29. Judith Taksu Webb 24:23, 30. Sarah Nestel 24:29, 39. Marilyn Hands 25:33.

Benicia Historical Runs

June 26, Benicia. 5K & 10K.

Division Results—5K Women

12&u: 1. Sarah Higgins (Benicia) 28:02, 13-19: 1. Shanon Lemmons (Ben) 29:37, 20-29: 1. Maureen Speros (Wal Crk) 19:26, 2. Kathryn Danzeisen (Vacaville) 22:15, 3. Patricia Renova (Ben) 24:56. 30-39: 1. Suzanne Cordes (Alamo) 18:55, 2. Julie Kuo (Vallejo) 22:24, 3. Kathleen Higgins (Ben) 22:48. 40-49: 1. Mary Verwoert (Ben) 21:50, 2. Maureen Adamo (Medway) 23:46, 3. Rebecca Labog (Danville) 25:16. 50-59: 1. Diane Reber (Martinez) 23:41, 2. Jill Simmonds (Oakland) 27:44, 3. Jean Adamo (Vacaville) 29:54. 70&Over: 1. Dorothea Cole (Sonoma) 52:55.

Division Results—5K Men

13-19: 1. Jason Perscheid (Fair Oaks) 15:51. 20-29: 1. Michael Rambarose 19:46, 2. Dean Bretsch (Mare Isl) 19:49, 3. David

Danzeisen (Vacaville) 22:16. 30-39: 1. Brian McGuire (Martinez) 16:39, 2. John Ferraro (Pleas Hill) 17:14, 3. Thomas Arbuckle (Wal Crk) 17:32. 40-49: 1. David Taylor (Benicia) 17:46, 2. Roger Zoldan (Fremont) 18:33, 3. Philip Belisle (Ben) 22:20. 50-59: 1. Rolf Nebelung (Dublin) 18:36, 2. Larry Prudhomme (Ukiah) 19:51, 3. Ron Iriyama (Oakland) 23:18. 60-69: 1. Carl Jackson (S Rosa) 21:44, 2. Gillman Jung (Pellauma) 23:03, 3. Gough Reinhard (Amer Cyn) 28:11. 70 & over: 1. David Cole (Sonoma) 25:14, 2. Lawrence Viglienzona (Martinez) 34:02, 3. Hans Beetz (Wal Crk) 35:02.

Division Results—10K Women

12&u: 1. Mari Wallace (Ben) 1:22:10. 20-29: 1. Sharon Boire (Davis) 44:29, 2. Kelly Emerton (Lafayette) 48:18, 3. Julie Wilgenbusch (Brentwood) 51:40. 30-39: 1. Libby Muller (Vallejo) 44:39, 2. Sherri Lotridge (Napa) 45:08, 3. Karen Zanetell (Yountville) 46:37. 40-49: 1. Sue Clive (S Rosa) 48:31, 2. Caroline Lambert (Ben) 49:06, 3. Shannon Butler (Vallejo) 52:56. 50-59: 1. Joan Kramer (Pleas Hill) 53:12, 2. Claire Ward (Vallejo) 1:05:57, 3. Doris Morimoto (Vallejo) 1:26:08. 60-69: 1. Frances Miller (Ben) 1:26:08.

Division Results—10K Men

12&u: 1. Daniel Garcia (Manteca) 38:13. 13-19: 1. Sylvester Coons (Ben) 37:12. 20-29: 1. Michael Tyler (Pi Hill) 35:23, 2. Bryan MacMillan (Ben) 36:37, 3. Moises Martinez (Vallejo) 39:15. 30-39: 1. Kevin Searls (Martinez) 34:20, 2. Jon Tannehill (Alam) 34:38, 3. Gary Johnsrud (Fair Oaks) 35:15. 40-49: 1. Daniel Ortiz (Vacaville) 37:11, 2. John Cummings (Ben) 37:59, 3. Mike Patrick (Pleas Hill) 38:07. 50-59: 1. Alex Vago (San Jose) 41:19, 2. Allen Wyly (Ben) 43:06, 3. Jerry Young (Fairfield) 44:34. 60-69: 1. John Milne (Vallejo) 44:46.

Double Dipsea

June 26, 13.7 Miles.

Overall Results

1. Russ Kieran 1:31:43, 2. Elizabeth Vitalis 1:33:56, 3. Alec Isabeau 1:35:44, 4. Kelly Lawson 1:37:13, 5. Jolly Earle 1:39:08, 6. Mike McManus 1:39:48, 7. Susan Lewis 1:39:58, 8. Tomas Pastalka 1:40:18, 9. Brian Purcell 1:40:22, 10. Christie Patterson 1:40:33, 11. Eamon Cooke 1:41:49, 12. Jamie Wendell 1:42:03, 13. Unknown. 14. Bert Johnson 1:43:33, 15. Bob Dickinson 1:44:06.

Oceanside Firecracker 8K Run

June 26, Oceanside.

Division Results—Men

1-17: 1. Kevin Bowes (16) San Diego 28:02, 18-24: 1. Travis Hubbard (21) Camp Pend 25:38, 2. Chuck Mullane (24) San Clemente 26:01, 3. Dennis Bourland (23) Ocean 26:10. 25-29: 1. Jim Maynard (25) Hunt Bch 26:16, 2. Robert Kellog (28) SD 26:55, 3. Orin Lucas (26) Ocean 28:33. 30-34: 1. Terry Schalow (30) La Jolla 26:33, 2.

Pete Dolan (33) Goleta 26:43, 3. Diaz Luis (31) Compton 27:00. 35-39: 1. Roger DePriest (35) SD 26:21, 2. Luc Teyton (36) SD 27:21, 3. Bob Hawker (39) La Mesa 28:16. 40-44: 1. Jim Engel (41) SD 29:07, 2. Jim Pool (44) San Marcos 29:56, 3. Andrew Vano (40) Vista 30:15. 45-49: 1. Dennis Bergren (45) Vista 29:23, 2. John McNeal (45) Ocean 30:28, 3. Michael Tuffley (45) SD 30:41. 50-59: 1. Bill Porter (54) Julian 31:03, 2. Terry Jones (52) San Marcos 31:14, 3. Malcolm McGawn (51) Vista 31:36. 60-69: 1. Jim O'Neil (68) La Jolla 32:53, 2. John Terrell (60) SD 34:23, 3. Terrel Eddy (60) Poway 36:25. 70-99: 1. Jim McCown (71) SD 34:18, 2. Robert Balfour (71) Carlsbad 45:00, 3. Manny Cano (72) Ocean 46:32.

Division Results—Women

1-17: 1. Lynne Hermansen (16) Vista 40:13. 18-24: 1. Linn Damon (24) Escon 34:24, 2. Amy Steidle (21) Santa Ana 38:42, 3. Rebecca Vandercook (22) SD 39:31. 25-29: 1. Laura Stuart (28) Del Mar 29:26, 2. Cherrie LaPorte (27) Encinitas 34:50, 3. Astrid Brassing (28) Ocean 35:36. 30-34: 1. Janet Hatfield (31) SD 29:31, 2. Janice Riedel (30) SD 30:47, 3. Sheri Ball-Garcia (30) Carlsbad 33:31. 35-39: 1. Beth Ortiz (35) Ocean 31:33, 2. Linda Riley (36) Vista 36:55, 3. Deanne Clark (39) Carlsbad 39:44. 40-44: 1. Jennifer Beyer (41) Solana Bch 42:05, 2. Susan Tyson (40) SD 43:25, 3. Francie Freetly (42) Valley Ctr 46:19. 45-49: 1. Betty Rosenberg (45) SD 35:37, 2. Lou Detwiler (46) Escon 44:45, 3. Verna Rutledge (45) Escon 45:59. 50-59: 1. Martha Walker (57) SD 41:33, 2. Lexie Fry (52) Milpitas 44:04, 3. Patti Kopcho (55) Ocean 45:16. 60-69: 1. Mary Storey (69) Riverside 41:12, 2. Chris Cromer (61) Chula Vista 41:54, 3. Doris Gordon (66) Carlsbad 44:32. 70-99: 1. Judy Simon (77) La Mesa 49:35, 2. Marygeren Schoen (72) Ocean 1:14:55.

Parade Route 5K

June 26, Lompoc.

Overall Results

1. Sean McCormick (29) Paso Robles 15:34, 2. Paul Lee (32, 1st 30-39) Santa Maria 15:41, 3. Scott Coe (33) Lompoc 16:11, 4. Chris Allen (33) Lompoc 16:11, 5. Marcos Torres (19, 1st 18-29) Lompoc 16:59, 6. Joseph Padilla (31) Lompoc 17:03, 7. Shawn Herrick (17, 1st 13-17) Lompoc 17:22, 8. Ed Grand (30) Lompoc 17:37, 9. Shelly Calvert (24, 1st Female overall) 17:39, 10. Daniel Rangel (32) Santa Maria 17:52.

11. Bill Hysell (38, 1st Clydesdale) Hickory, NC 17:57, 12. John Yee (33) Santa Maria 18:05, 13. Alex Jones (44, 1st 40-49) Lompoc 19:01, 14. John Hernandez (42) Lompoc 19:08, 15. David Aguirre (39) Lompoc 19:13, 16. Sheri Yokozeki (31, 1st Female 30-39) Santa Monica 19:38, 17. Darryl Dalcerrri (34) Lompoc 19:51, 18. Michael Dalcerrri (30) Lompoc 19:52, 19. John Imura (38) Torrance 19:54, 20. John Imura (38) Torrance 19:54.

RESULTS

24. Susan Hayes (16, 1st F 13-17) Lompoc 20:23, 25. Larry LaMay (61, 1st 60+) Lompoc 20:41, 35. Chris Barclay (12, 1st M 1-12) Lompoc 22:55, 36. Leo Aragon (55, 1st 50-59) Lompoc 23:18, 39. Lisa Norcutt (57, 1st F 50-59) Lompoc 25:02, 42. Kay Baker (41, 1st F 40-49) Los Alamos 27:30.

Western States 100 Mile Endurance Run

June 26. Squaw Valley to Auburn.

Overall Results

1. Thomas Johnson (34) 17:08:34, 2. Tim Tweitmeyer (34) 17:56:12, 3. Ann Trason (32/F) 19:05:22, 4. Dow Mattingly (41) 19:29:49, 5. Joe Schlereth (43) 19:37:16, 6. Ray Scannell (43) 19:45:57, 7. Jim Scott (33) 19:47:57, 8. Bruce Linscott (35) 20:46:11, 9. Bernd Leupold (51) 20:46:58, 10. Earl Towner (43) 20:50:45, 11. Alfred Bogenhuber (53) 20:52:56, 12. Ray Deschenes (42) 20:56:55, 13. Kathy O'Onofrio-Wood (28/F) 21:02:41, 14. Joseph Braninburg (49) NV 21:34:48, 15. Stephen Harris (39) 21:40:36, 16. Dale Capewell (29) 21:54:06, 17. Don Aycock (41) CT 21:57:03, 18. Bill Finkbeiner (37) 21:58:52, 19. Fred Shuffelbarger (45) 21:59:53, 20. Eric Ianacone (46) 22:22:55, 21. Andrew Baurath (31) KS 22:23:26, 22. Randy Stillman (43) OR 22:23:51, 23. Terry Nephew (41) 22:29:48, 24. David Hannaford (42) & Dane Larsen (42) 22:32:51, 27. Lynn O'Malley (42/F) WA 22:37:59, 35. Chrissy Duryea (32/F) 23:16:36, 37. Donna Perkins (34/F) WI 23:22:14, 50. Diane Ridgeway (44/F) HI 23:47:21, 55. Mo Bartley (38/F) 23:55:45, 64. Shelley Dunlap (43/F) 24:58:09, 65. Theresa Daus-Weber (38/F) CO 25:10:11.

Class 5 Fitness Mother Lode Mile

June 27. Sonora.

Overall Results—Juniors 18 & under

1. Christopher Cotton (17) Sacto/Buf Chps 4:43.4, 2. Darren Holman (17) Sonora 4:50.0, 3. Joe Menchara (15) Pittsburg 4:55.8, 4. Chris La Salla (16) Rancho Cordova/Buf Chps 5:13.5, 5. Thomas Hurst (15) Jamestown 5:23.7.

Overall Results—Fun Run

1. Daniel Rusk (33) Winton 5:01.8, 2. John Caughey (34) Sonora 5:04.1, 3. Scott Henning (31) Sonora 5:38.1, 4. Wenona Amies (16) Modesto 6:47.0, 5. Mike Watkins (38) Sonora 6:56.9.

Overall Results—Men 50 & Over

1. Harvey Franklin (50) Oak/WVTC 4:57.6, 2. Stephen Lyons (52) Quentin Vill/Tamapa 5:00.2, 3. Dan Preston (51) S.Rosa/Tamapa 5:02.9, 4. Tim Rostege (53) San Jose/WVJS 5:06.5, 5. Tyrone Nelson (51) Dixon/BufChps 5:10.4, 6. Jon MacPherson (52) S Rosa/Tamapa 5:12.5, 7. Michael Minietta (50) Pittsburg/EastBayStrid 5:21.1, 8. Dick Chimenti (50)

San Jose/WVJS 5:22.3, 9. Glenn Morill (50) Reno/Silver State 5:22.90, 10. Frank Kerbs (50) Orangeville/East Bay Strid 5:23.1.

Overall Results—Women 40 & Over

1. Patricia Fanelli (40) Mill Vly/Impala 5:29.1, 2. Melinda Villar (41) San Ramon 5:31.4, 3. Robn Cadmus (40) Oakdale/WVTC 5:35.5, 4. Linda Mantynen (44) Markeville 5:37.3, 5. Sue Francis (40) Sunnyvale/WVJS 5:46.2, 6. Barbara Miller (53) Modesto/WVTC 5:59.0, 7. Ann Gerhardt (41) Sacto/Buf Chps 6:04.4, 8. Vicky Bigelow (55) San Leandro/Impala 6:07.3, 9. Charlene Bayles (42) Concord/WVTC 6:18.0, 10. Kazuko Aoyagi (41) Berkeley 6:25.2.

Overall Results—Men 40-49

1. Domingo Tibaduiza (43) Reno/Hoy's 4:34.9, 2. James Tracy (43) San Fran/ExcelTC 4:40.2, 3. David Amster (42) Carson City/Silver State 4:40.4, 4. Richard Govi (41) Sacto/Buf Chps 4:40.9, 5. Jim Roberts (40) Wal Crk/Silver State 4:46.0, 6. Jim Gorman (44) Palo Alto/ExcelTC 4:46.0, 7. David Stancliffe (42) San Rafael/Tamapa 4:46.7, 8. Charles Thompson (43) San Fran/Greater SFTC 4:47.9, 9. Kim Lilot (42) San Fran/ExcelTC 4:48.7, 10. Denis O'Halloran (41) Tahoe City/Reebok Aggies 4:49.3.

Overall Results—Women 19-39

1. Jennifer Cobb (23) San Fran/Impala 4:56.7 (new course record, old by Patricia Stone, 5:11, 1992), 2. Jeanne Sapienza (26) San Fran 5:04.9, 3. Jennifer O'Reilly (27) Mill Vly/Impala 5:08.8, 4. Carol Stubbs (33) San Fran/Impala 5:09.0, 5. Shannon Sweeney (34) S.Rosa/Reebok Aggies 5:09.6, 6. Terry Schmidt (37) Reno 5:09.9, 7. Margaret Lang (31) Stanford/Reebok Aggies 5:10.0, 8. Sandy Patterson (34) Lafayette 5:10.2, 9. Aaron Arlin (25) Soquel/Reebok Aggies 5:10.5, 10. Julie Rohloff (30) Los Gatos/Reebok Aggies 5:14.2.

Overall Results—Men 19-39

1. Roger Dix (26) Chico 4:17.9, 2. Joe Carnegie (26) Fresno 4:18.8, 3. Robert Thwala (31) Reno/Silver State 4:19.1, 4. Mike Stone (23) Oakland/Hoys 4:20.5, 5. Pedram Aram (20) San Mateo/Reebok Aggies 4:21.0, 6. Alan Dehlinger (32) Reno/Silver State 4:21.7, 7. Kenrick Sealy (26) San Jose 4:22.0, 8. Art Huff (20) Sacto, 9. Joseph Karnes (25) San Fran/Hoys 4:22.7, 10. Brent Griffiths (30) Morro Bay 4:22.3.

Alamo 5-Miler & Alumni Rally

June 27. Lake Merced, San Francisco.

From Randy Kambic

Twenty-one years separated Bill Rodgers from his chief rival today, but at the finish there were only six seconds between them.

Pat Johnson (age 24) of Mountain View, a cross country All-American at University of Washington, held off a late charge by the four-time winner of both the New York City and Boston Marathons to win the Alamo 5-Miler and Alumni Rally around Lake Merced, 24:30 to 24:36. Rodgers, a 1970 Wesleyan alumni, won the men's 40-49 division for the



MAGI EZZARD

Photo by Ken Lee

third time in this year's national Alamo alumni running series with previous victories in Boston, where he set the U.S. masters record for the distance at 24:32, and New York City.

His long-time nemesis, Frank Shorter (age 45) of Boulder, CO, and running for Yale, 1972 Olympic Marathon gold medalist, finished ninth overall and second in the age division at 26 minutes.

In her first-ever race at this distance, Magi Ezzard (age 31) of Albuquerque, NM, led all female participants at 27:50. San Francisco's Diana Fitzpatrick (age 35) followed her by one minute and one second.

In the team divisions, University of California Berkeley and University of California Davis won the men's and women's titles with respective aggregate time of their top five and three finishers of 2:38:53 and 1:30:12.

Event sponsor Alamo Rent-A-Car presented the Fred Lebow Endowment Fund award, a \$1500 donation, to Berkeley for fielding the most participants with 23. A total of 479 runners participated in the event. Alamo provided cash donations of another \$8500 to schools whose teams finished first through third in various male and female age divisions.

Overall Results—Men's Open

1. Pat Johnson (24) Mtn View 24:30, 2. Bill Rodgers (45) Shrewsbury, MA 24:36, 3. Bret Kimple (24) Davis 24:59, 4. Michael Smith (26) Oakland 25:21, 5. Parker Kelly, Belmont 25:29.

Overall Results—Women's Open

1. Magi Ezzard (31) Albuquerque, NM 27:50, 2. Diana Fitzpatrick (35) San Fran 28:51, 3. Suzanne Lehmkohl (27) Davis 29:33, 4. Patti Gray-Bellan (30) San Fran 30:13, 5. Stacey Wainwright (24) Merced 30:26.

Overall Results—Men 40-49:

1. Rodgers 24:36, 2. Frank Shorter (45) Boulder, CO 26:00, 3. David Hunter (43) Silver Lake, OH 27:41, 4. Jim Poulos (40) Carmel 27:45, 5. Bill Clark (49) Los Altos 28:46.

Overall Results—Women 40-49

1. Kay Bolla (41) Fairfax 33:29, 2. Carolyn Tiernan (42) San Fran 33:58, 3. Marian Lyons (46) San Fran 34:30, 4. Laurie Shulman (42) Dallas, TX 35:02, 5. Sharlet Gilbert (42) Richmond 35:31.

Team Results

Men's Open (5 members): UC Berkeley (John Clark, Keene Matsuda, Ed Cohen, Kurt Kumli, Larry Mercer) 2:38:53. Women's Open (3 members): UC Davis (Suzanne Lehmkohl, Patti Gary-Bellan, Stacey Wainwright) 1:30:12.

The Summer Stroll 5K Run For Epilepsy

June 27. Brentwood.

Overall Results

1. Andy Roth 17:43, 2. Michael Turner 18:27, 3. David Butler 18:30, 4. Jim Garfield 18:43, 5. Jim Flanigan 18:47, 6. Martin Borja 19:01, 7. Nick Trozzi 19:15, 8. Siminole Callillie 19:27, 9. Paul Chelf 19:28, 10. David Perry 19:30, 11. Lara Nesbitt (1F) 19:31, 12. Louis Turner 19:58, 13. Roberto Burgos 20:11, 14. Mike Mench 20:18, 15. Paul Silka 20:40, 16. Ricardo Garcia 20:53, 17. Harley Harding 21:06, 18. Felix Gonzales 21:10, 19. Curt Toppel 21:13, 20. Ray Tomlinson 21:19.

26. Michele Gravel (2F) 21:54, 32. Tecia Barton (3F) 23:01, 38. Lara Galpin (4F) 24:27, 42. Clinshia Nyher (5F) 25:08.

The Summer Stroll 5K Run For Epilepsy

June 27. Fountain Valley

Overall Results

1. Rudy Miramontes 17:36, 2. Andrew Vannote 17:40, 3. Modesto Perez 17:42, 4. Carlos Castaneda 17:42, 5. Mario Laria 18:11, 6. Jorge Garcia 18:22, 7. Bill Donald 18:27, 8. Angel Castillo 18:28, 9. Jesus Sanchez 18:33, 10. William Strand 19:01, 11. David Jones 19:02, 12. Patrick Metivier 19:02, 13. David Schiller 19:05, 14. Robert Arellanes 19:09, 15. Derek Malloy 19:31, 16. Jose Meza 19:48, 17. Joey Miramontes 19:49, 18. Kim Beck (1st F)

RESULTS

20:03, 19. Bill Benson 20:21, 20. Tom Barr 20:24.
26. Lori O'Neil (2F) 21:38, 36. Wendy Sandler (3F) 23:08, 39. Pamela Cooksley (4F) 23:17, 43. Brenda Tilford (5F) 23:46.

Korbel Champagne 5K

July 3. Sonoma.

Overall Results

1. Dale Londos 16:47, 2. Jose Lizarraga 17:01, 3. T. J. Murphy 17:30, 4. Brad Lael 17:33, 5. Terry Buller 17:54.1, 6. Michael Tyler 17:54.9, 7. Larry Guinee 18:11, 8. Tim Hampton 18:15, 9. Lynn Nelson 18:21.3, 10. Pat Devaney 18:21.8,
11. Bruce Phinney 18:33, 12. Jerry Martin 18:37, 13. Julios Ratti 18:38, 14. Sandy Patterson 18:39, 15. David Collins 18:59, 16. Ed Carr 19:15, 17. P. Fanelli 19:18, 18. Ed Creighton 19:23, 19. Curtis Shank 19:30, 20. Mike DiSalvo 19:33,
21. Niamh Zwagerman 19:37, 22. Bill Benigno 19:42, 23. Miké Fanelli 19:53, 24. Ken Reid 20:12, 25. Brett Evar 20:45,
33. S. Kowalski 21:48, 35. Kathy Kennedy 22:05, 42. Colleen Bellows 22:49, 47. Sharlet Gilbert 23:11, 57. Barbara Ginos 24:13.

Milpitas Firecracker Festival Run

July 4. Milpitas. 5K & 10K.

Overall Results--10K

1. Mike Spencer (28) 32:31, 2. Lucas Castillo (23) 32:42, 3. Willie Clark (20) 33:20, 4. Stephen Overgaard (29) 33:47, 5. Mike Ercolini (36) 34:04, 6. Shawn Johns (28) 34:24, 7. David Fergus (35) 34:39, 8. Eduardo Avila (19) 35:32, 9. Janet Bowie (22F) 36:05, 10. Don Eedlovec (38) 36:17,
11. Tim Stewart (38) 36:27, 12. Bill Clark (49) 36:57, 13. Anthony Guinane (39) 37:33, 14. Tim Hess (29) 37:53, 15. Steve Cote (36) 37:55, 16. George Bruder (34) 38:07, 17. Gil Garcia (45) 38:08, 18. Troy Soares (24) 38:40, 19. Ralph Velasquez (39) 39:09, 20. Dave Maycon (26) 39:12,
21. Stephen Stearns (43) 40:01, 22. Douglas Bamford (36) 40:04, 23. Jim Garrison (35) 40:11, 24. John Perkins (28) 40:19, 25. Peter Sanchez, 30. Deanne Klimkosky (28F) 40:57, 33. Laura Quirke (31) 41:14.

Division Results--10K Men

13&u: 1. Steven Garza (13) 45:15, 14-19: 1. Eduardo Avila (19) 35:32, 2. Erbele David (16) 44:01, 3. Peter Rakitin (17) 44:54, 20-29: 1. Mike Spencer 32:31, 2. Lucas Castillo 32:42, 3. Willie Clark 33:20, 30-39: 1. Mike Ercolini 34:04, 2. David Fergus 34:39, 3. Don Eedlovec 36:17, 40-49: 1. Bill Clark 36:47, 2. Gil Garcia 38:08, 3. Stephen Stearns 40:01, 50-59: 1. Joe Hancock (55) 40:41, 2. James Girard (55) 44:36, 3. Gary Borchardt (53) 45:00, 60&over: 1. Roy Thomas (61) 47:14, 2. Lupe Correa (60) 50:57, 3. Thomas Marrin (60) 51:02.

Division Results--10K Women

13&u: 1. Colleen Tom (12) 1:00:17, 20-29: 1. Janet Bowie 36:05, 2. Deanne Klimkosky

40:57, 3. Dolores Anaya (21) 44:00, 30-39: 1. Laura Quirke (31) 41:14, 2. Theresa Garza (37) 46:18, 3. Candace Wilson (38) 46:48, 40-49: 1. Agnes Bellamy (42) 48:58, 2. Linda Chin-Wong (40) 52:44, 3. Darlene Schaub (41) 52:59, 50-59: 1. Diane Bromstead (56) 51:40, 2. Barbara Robben (59) 52:24, 3. Pat Vorreiter (52) 53:50, 60&+: 1. roxy Iknoin (61) 1:30:46.

Overall Results--5K

1. Kenrick Sealy (26) 15:09, 2. Ernie Freer (27) 15:13, 3. Brad Zamczyk (30) 15:55, 4. Randall Stone (20) 16:39, 5. Paul Todd (20) 16:40, 6. Jose Casillas (41) 16:42, 7. Sabrina Han (25F) 16:43, 8. Jose Rico (21) 17:01, 9. Carlos Siqueros (35) 17:56, 10. Neo Wei (35F) 17:59,
11. Matt Romero (16) 19:01, 12. Oscar Alfaro (19) 19:19, 13. Jerry Roninger (47) 19:22, 14. Marc Lund (43) 19:43, 15. Mike Dunn (38) 19:48, 16. Dolmingo Jauregui (35) 20:21, 17. Paul Rakitin (915) 20:32, 18. John Nelson (45) 20:35, 19. Edward Tanaka (45) 20:41, 20. Jack Fry (44) 20:54,
21. Samantha Ginos (27F) 21:00, 22. Zack Reneau (11) 21:08, 23. Bob Feldman (54) 21:12, 24. J. Bonilla (13) 21:17, 25. Carlos Siqueros (12) 21:24.

Divisions Results--5K Men

13&u: 1. Zack Reneau 21:08, 14-19: 1. Matt Romero 19:01, 2. Oscar Alfaro 19:19, 3. Paul Rakitin 20:32, 20-29: 1. Kenrick Sealy 15:09, 2. Ernie Freer 15:13, 3. Randall Stone 16:39, 30-39: 1. Brad Zamczyk 15:55, 2. Carlos Siqueros 17:56, 3. Mike Dunn 19:48, 40-49: 1. Jose Casillas 16:42, 2. Jerry Roninger 19:22, 3. Marc Lund 19:43, 50-59: 1. Bob Feldman 21:12, 2. Tony Alaniz (53) 22:12, 3. Floyd Okada (57) 22:57, 60&+: 1. Norman Frederickson (62) 23:15, 2. Chuck Utley (66) 28:26, 3. Ted Martin (68) 31:54.

Division Results--5K Women

13&u: 1. Melody Page (13) 23:12, 14-19: 1. Aimee Harlib (16) 25:09, 2. Rachael Wiseman (14) 25:27, 3. Erin Bellamy (19) 27:08, 20-29: 1. Sabrina Han 16:43, 2. Samantha Ginos 21:00, 3. Marleen Mastrini (22) 26:12, 30-39: 1. Nao Wei 17:59, 2. Joyce Tanaka (39) 21:52, 3. Faith Fry (31) 24:57, 40-49: 1. Maria Rizzo (48) 21:27, 2. Ellen Clark (46) 23:30, 3. Victoria Starr (40) 24:31, 50-59: 1. Lexie Fry (52) 26:59, 2. Sally Garcia (53) 28:59, 3. Anne Riddle (55) 33:04, 60&+: 1. Ruth Levitan (62) 32:32, 2. Anne Rader (60) 36:51, 3. Dina Olver (62) 39:55.

Peak Busters Benefit Run

July 4. San Francisco

Overall Results--Kids 1/2 Mile

1. Lance Dawson 4:33, 2. Spring Dawson 4:35, 3. Robbie Smiley 4:52.

Overall Results--4.6 Miles Run

1. Mike McManus 22:51, 2. Tom Robinson 24:52, 3. Antonio Corgas 24:57, 4. Anthony Beron 25:08, 5. Mike Bolgatz 25:23, 6. Jerry Lee 26:03, 7. Herman Escajadillo 26:17, 8. Randall Lee 26:32, 9. Unofficial, 10. Jose Portillo 26:46.

Pozo Firecracker 5K

July 4. Pozo.

Overall Results--Men

1. Ivan Huff 14:49, 2. Richard Raya 15:10, 3. Adolfo Lopez 15:22, 4. Armando Siqueros 15:24, 5. Carmel Rios 15:57, 6. Jerry Hernandez 15:57, 7. Paul Lee 16:09, 8. Steve Boaz 16:19, 9. Terry Lentz 16:36, 10. Barry Oliver 16:45.

Division Results--Men

19&u: 1. Steve Mowrey 19:34, 2. Ronnie Buchanan 19:38, 3. Eddie Viennan 21:40, 20-29: 1. Rich Raya 15:10, 2. Barry Oliver 16:45, 3. Mike Bonnetto 18:20, 30-39: 1. Ivan Huff 14:49, 2. Adolfo Lopez 15:22, 3. Armando Siqueros 15:24, 40-49: 1. Russ Raymond 18:54, 2. Bill Norman 19:10, 3. David Lawrence 20:00, 50-59: 1. Jim Casper 19:29, 2. Alfred Leal 20:12, 3. Marcel Fote 27:58, 60+: 1. Norm Salisbury 25:07.

Overall Results--Women

1. Susan Carey 18:39, 2. Janet Norem 19:18, 3. Mary Cooper 19:49, 4. Traci Skeen 20:09, 5. Tami Dobel 20:19, 6. Nancy McKnell 20:46, 7. Lauren Jefferson 20:49, 8. Tammy Zimmerman 21:28, 9. Wendy Schille 21:45, 10. Kathy Shaw 21:52.

Division Results--Women

19&u: 1. Lauren Jefferson 20:49, 2. Kate Seely 27:44, 20-29: 1. Susan Carey 18:39, 2. Tracy Skeen 20:09, 3. Tami Dobel 20:19, 30-39: 1. Janet Norem 19:18, 2. Mary Cooper 19:49, 3. Tammy Zimmerman 21:28, 40-49: 1. Charlotte Coyes 23:36, 2. Cathy Penock 25:40, 3. Susan Hand 28:18, 50-59: 1. Marilyn Rehorm 25:46, 60+: 1. Phyllis Rodenberger 29:39.

Semana Nautica

July 4. Santa Barbara. 15K.

Overall Results

1. Jose Iniguez (27) Solvang 48:08, 2. Gus Hermes (30) Santa Barbara 48:39, 3. Jeffrey Jacobs (26) Goleta 48:40, 4. Michael Georgi (40) Honolulu 50:33, 5. Gregg Horner (39) SB 51:17, 6. Harold Ketting (39) SB 51:23, 7. Clyde Matsumura (33) Santa Monica 51:30, 8. Peter Hopkins (30) SB 52:43, 9. David Holt (36) Goleta 53:05, 10. Stephen Kong (27) SB 53:20, 11. Pete Feldman (28) SB 54:06, 12. David Larson (34) SB 54:37, 13. Rod Garratt (29) SB 55:07, 14. David McGuire (34) Goleta 55:12, 15. Roger Henderson (39) Santa Paula 55:27.
Wheelchair: 1. Peter Brookes (38) SB 52:41.

Division Results--Women

18u: 1. Victoria Folks (18) SB 1:13.19, 19-29: 1. Jenny Martin (27) SB 1:02.26, 2. Margaret Barbour (23) SB 1:03.35, 30-39: 1. Ruth Vomund (35) Ventura 56:18, 2. Rebecca Summers (32) Ventura 1:00.20, 3. Suzy Hermes (31) SB 1:00.25, 40-49: 1. Elaine Triplett (42) Goleta 1:00.03, 2. Angeles Ramirez (41) Santa Maria 1:06.42, 3. Florianne Gordon (45) San Fran 1:12.35, 50+: 1. Jane Dods (57) Springfield, OR 1:22.03.

Division Results--Men

18u: 1. Rafael Iniguez (17) Solvang 48:08, 19-29: 1. Jose Iniguez (27) Solvang 48:08, 2. Jeffrey Jacobs (26) Goleta 48:40, 3. Stephen Kong (27) SB 53:20, 30-34: 1. Gus Hermes (30) SB 48:39, 2. Clyde Matsumura (33) Santa Monica 51:30, 3. Peter Hopkins (30) SB 52:43, 35-39: 1. Gregg Horner (39) SB 51:17, 2. Harold Ketting (39) SB 51:23, 3. David Holt (36) Goleta 53:05, 40-44: 1. Michael Georgi (40) Honolulu 50:33, 2. Rodolfo Zavala (43) SB 1:03.10, 3. Jim Kyriaco (41) SB 1:04.17, 45-49: 1. Daniel Kelly (46) Long Bch 56:08, 2. Dennis Mihora (48) SB 58:15, 3. Joseph Banach (45) SB 58:39, 50-59: 1. Abe Valdez (51) Camarillo 57:32, 2. John Brennan (57) SB 58:02, 3. Vic Birtalan (50) Goleta 1:00.00, 60+: 1. Ray Laub (60) Ojai 1:05.43, 2. Luis Perez (66) Santa Monica 1:06.03, 3. Richard Bartek (60) SB 1:09.47.

Legg Lake Runs Independence Road Run

July 3. South El Monte.

Overall Results

2K: 1. Jerom Williams 11:45, 5K: 1. Earl Anderson 19:00, 5. Cathy Plantenga (1F) 26:41, 15K: 1. Sergio Gonzalez 58:55.
July 4. Legg Lake.
.8 Mile: 1. Arthur Martinez 5:45, 1 mile: 1. Mike Lalum 7:11, 5K: 1. Pete Contreras 22:03.

Fish Pole Road Run

July 10. San Gabriel River.

1/2 Mile: 1. Dr. Bruce Odou 3:16, 2K: 1. David Williams, 5K: 1. Cathy Plantenga, 12K: 1. Mike Lalum 52:12.

4th Run for Fresh Air

July 11. Legg Lake.

1 Mile: Mike Lalum 7:14, 5K: 1. Mike Lalum 24:29.

Summertime 5K

July 17. Pasadena.

1. Mike Kaelon 19:15.

Fish Bait Road Run

1 Mile: 1. Dr. Bruce Odou 6:40, 2 Mile: 1. David Williams 21:48, 5K: 1. Earl Anderson, Jr. 18:20.

Running Creek Run

July 18. Legg Lake, 5K.

1. Robert McGeough 17:30, 2. Wally Ingram 20:39, 3. Dutch Benedetti 26:40.

Antelope Road Run

July 24. San Gabriel River, 5K.

1. Bill King 22:51, 2. Mario Vasques 24:04, 3. Rao Paladugu 25:06.

Watermelon Road Run

July 25. Legg Lake.

2.3 Mile: 1. Linda Garcia 21:27, 5K: 1. Dutch Benedetti 25:57.

Carrera de Noche

July 31. San Gabriel River.

1 Mile: 1. Mario Vasquez 7:23, 2K: 1. David Williams 11:14, 5K: 1. Jim Perez 17:22, 10K: 1. James Munoz 53:04.

Jack Rabbit Road Run

August 1. Legg Lake, 5K.

RESULTS

1. Anthony Smith 19:13, 2. Gerald Werner 20:44, 3. Dr. Bruce Odou 24:38.

World Ride & Tie Championships

July 10. Arroyo Grande.

Overall Results

The 1993 World Ride & Tie Championship was held at Ranchita Estates near Arroyo Grande. Seventy-five teams started the thirty-six mile race and sixty-six teams finished the twenty-third annual event. This year's course was one of the most demanding ever with several climbs and descents of over 1000 feet. There were no serious injuries to humans or equines although one runner did suffer a broken ankle in the seventh mile.

The first team overall and also the first man-man team was Tom Johnson and Mark Richtman with Eli. They completed the cross-country course in 3 hours and 27 minutes at an average pace of 5:45 minutes per mile. Two weeks earlier, Tom Johnson won the Western States 100 ultra-endurance running event in the Sierra Nevada. Their horse, Eli, also took top honors as Best Conditioned. Finishing second with a time of 3:30 was the team of Dan Barger and Jim Howard with Absolute Monarch. Finishing third with a time of 3:31 was Greg Brown and Chris Knoch riding Saxx.

The first woman-woman team with a time of 3:50 was Deborah and Wendy Wagner (mother and daughter) with Jimmy. The first woman-man team with a time of 4:28 was Aileen Johnson and Steve Shaw with Bugs. Aileen and Steve were also the first wife-husband team.

Lauren Jefferson was the youngest finisher (18 years old) and John Melville was the oldest finisher (73 years old). The oldest team (runners plus horses) was Joan and Ted Ruprecht with Black Samba. The team's combined age was 122 years.

1. Tom Johnson & Mark Richtman (on Eli) 3:27.36, 2. Dan Barger & Jim Howard (on Absolute Monarch) 3:30.30, 3. Greg Brown & Chris Knoch (on Saxx) 3:31.23, 4. Jeff Townsend & Dennis Tracy (on Star) 1-80+ combined ages 3:35.30, 5. Pat Browning (on Willie) & Chris Turney 3:43.43, 6. Con Wadsworth & Tod Wadsworth (on Sir Abel) 3:44.41, 7. Gina Pomilla (on Joe Wee) & Erik Stensens 3:50.08, 8. Deborah Wagner & Wendy Wagner (on Jimmy) 1-F) 3:50.30, 9. Gary Ceragioli (on Cody) & Wayne Hinrichs 3:52.45, 10. Dave Andreotti & Russ Kieran (Scooter) 3:56.07.

Ferry Building Run

July 11. San Francisco. 3.83 Miles.

Overall Results

1. Tom Robinson 21:05, 2. Pete Nowicki 21:10, 3. Anthony Beron 21:23, 4. Dimitris Sklavopoulos 23:13, 5. Jean Germani 23:25, 6. Jeff Monje 23:28, 7. Dennis Lawlor 23:44, 8. Fred Haber 24:08, 9. Len Garri-

ott 24:11, 10. Mark Scheuer 24:22.
26. Marian Lyons 26:41, 28. Dana Rohde 26:47, 30. Melissa Alves 27:07.

Ranchos Run

July 17. Madera. 10K, 2 Mile Walk, 1 Mile Run.

Division Results--10K--Men

18u: 1. Noah Dye 38:44, 19-29: 1. Jay Geary 37:23, 2. Nathan Trout 42:05, 3. Mark McKinney 43:38. 30-39: 1. Artemio Villegas 35:27, 2. Gonzalo Hernandez 37:35, 3. Robert Garcia 38:19. 40-49: 1. Mike Lennemann 39:04, 2. Bill Schwartz 39:58, 3. Allen Greulich 40:35. 50-59: 1. Phil Carroll 44:33, 2. Larry Allred 45:13, 3. Mike Kubar 46:40. 60-69: 1. Tony Bush 47:31, 2. David Fung 51:23, 3. Joseph Rhoan 54:56. 70+: 1. Harry Harder 55:15. **Heavyweight:** 1. Gary Winter 51:23. **Wheelchair:** 1. Austin Snyder 34:43.

Division Results--10K--Women

19-29: 1. Kim Kubar 47:30, 2. Angelica Malagon 51:04. 30-39: 1. Nellie Gonzales 44:55, 2. Meryl Leigh Brainerd 51:31, 3. Belinda York 55:16. 40-49: 1. Regina Harry 55:22, 2. Mary Ann Borroso 55:25. 50-59: 1. Deborah Schwartz 49:35.

2 Mile Walk

Male: 1. Michael Margosian. **Female:** 1. Rita Selmon.

1 Mile Run--Male

Under 6: 1. Drew Kirchert 6:58. 7-9: 1. Sam Gilman 6:59. 10-12: 1. Matt Towle 6:24. 13-15: 1. Noah Dye 5:05. 16-18: 1. Mike Gambero 5:29.

1 Mile Run--Female

Under 6: 1. Karli Gartner 8:06. 7-9: 1. Rica Brunoli 7:18. 13-15: 1. Anne Minney 6:42. 16-18: 1. Jaynee Daniel 6:16.

Spoooner Lake

July 17. Lake Tahoe.

Overall Results--10K Wilderness Run

1. Julie Shorter (26F) 44:06, 2. Stacy Snider (19F) 45:56, 3. Alan McKay (41M) 46:52, 4. Patty Howell (37F) 47:17, 5. Roy Anderozzi (25M) 47:17, 6. Carl Avery (20M) 49:06, 7. Janet Saccomanno (28F) 51:34, 8. Steven Walters (29M) 52:25, 9. John Malone (41M) 52:34, 10. Gary Osborn (56M) 54:58.

Overall Results--1/2 Marathon

1. John Downing (27M) 1:29.54 (new course record, old record 1:32.57), 2. Doug Rasmussen (37M) 1:42.18, 3. Greg Atchley (26M) 1:48.11, 4. Mike Longero (35M) 1:49.27, 5. Frank Malczyk (35M) 1:50.30, 6. Fred Zarokar (33M) 1:52.43, 7. Ralph Johnson (45M) 1:55.29, 8. Rickey Boucher (36M) 1:57.46, 9. Pete Vidal (33M) 1:57.54, 10. Marianne Zerebko (36F) 1:58.18, 11. Andrew Canniff (26M) 1:59.40, 12. Eric Paulsen (41M) 1:59.43, 13. Kathy Hess (31F) 1:59.47, 14. Fernand Michaud (50M) 2:00.21, 15. Ken Cicinelli (27M) 2:00.36.

Union Bank Heart of the City

June 17. Los Angeles. 5K.

Overall Results--Women

1. Marisol Cossio (29) 17:51, 2. Nora Collas (29) 18:45, 3. Lori Miller (19) 19:01, 4. Beverly Buss (32) 19:43, 5. Nancy Scharf (26) 20:14, 6. Demura De Franje (29) 20:43, 7. Marty Little (30) 20:43, 8. Victoria Aguilera (29) 20:53, 9. Linda Iacoboni (34) 21:08, 10. Vicki Kennedy (29) 21:12, 11. Erin Havey (23) 21:26, 12. Catherine Molina (35) 21:38, 13. Dawn Andrews (26) 21:36, 14. Rosa Torres (32) 21:37, 15. Nella Abelson (29) 21:37, 16. Kristine Ristaino (36) 21:41, 17. Coleen Kinsalla (34) 21:47, 18. Leah Riordan (29) 21:55, 19. Kathryn Sherman (13) 22:00, 20. Peggy Devine (26) 22:02, 21. Sheri Pogue (33) 22:04, 22. Colleen Weber (29) 22:05, 23. Juli Sheils (34) 22:07, 24. Christine Kaliardos (32) 22:08, 25. Sharon Smyth (35) 22:08, 26. Andrea Black (23) 22:12, 27. Lynn McTaggart (48) 22:17, 28. Melinda Becker (37) 22:18, 29. Alicia Chavez (30) 22:24, 30. Dianne Lum (38) 22:26, 31. Michelle Vannoy (35) 22:28, 32. Carmen Ramirez (24) 22:31, 33. Janet Peacock (33) 22:33, 34. Carmen Martinez (26) 22:39, 35. Caprice Sottles (34) 22:43, 36. Janet Zumpstein (32) 22:47, 37. Jennifer Davis (23) 22:47, 38. Judy Komatsu (24) 22:54, 39. Yayoi Hayama (27) 22:55, 40. Shirley Blush (57) 22:56.

Division Results--Women

13&u: 1. Kathryn Sherman (13) 22:00. 14-19: 1. Lori Miller (19) 19:01. 20-29: 1. Marisol Cossio 17:51, 2. Nora Collas 18:45, 3. Nancy Scharf (26) 20:14. 30-39: 1. Beverly Buss 19:43, 2. Marty Little 20:43, 3. Linda Iacoboni 21:08. 40-49: 1. Lynn McTaggart 22:17, 2. Sheila Daniel 22:57, 3. Nandy Dyer (40) 23:40. 50-59: 1. Shirley Blush 22:56, 2. Diana Wallach (56) 23:13, 3. Christie Holoubek (50) 24:20. 60-69: 1. Nancy McShane (60) 38:04, 2. Louise Martin (63) 38:47, 3. Catherine Weizser (67) 39:32. 70&o: 1. Hannah Lowe (73) 45:09, 2. Mary Suto (72) 46:55.

Overall Results--Men

1. Tyrus Deminter (28) & Daniel Martinez (31) (tie) 14:58, 3. Matt Blaty (33) 15:18, 4. Eduardo Macias (27) 15:32, 5.

Mark Laplant (28) 15:33, 6. Andrew Boudreau (23) 15:47, 7. Emigdio Zarazua (26) 15:49, 8. Steven Berry (34) 15:59, 9. David Cabrera (25) 16:06, 10. Dave Fleishman (27) 16:06.

11. Alfonso Nunez (29) 16:09, 12. Kieran Morrow (24) 16:10, 13. Dave Ortiz (32) 16:20, 14. Ezequiel Hernandez (30) 16:22, 15. Alejandro Cruz (33) 16:26, 16. George Juarez (27) 16:30, 17. Javier Estrada (26) 16:31, 18. Julian Cuevas (24) 16:34, 19. Polin Belisle (20) 16:40, 20. Don Orr (30) 16:41.

21. Andrew Dunn (26) 16:42, 22. Charles Wardell (26) 16:44, 23. Wayne Best (25) 16:45, 24. Alvaro Morales (23) 16:50, 25. Jeff Snyder (37) 16:51, 26. Yahuda Packer (34) 16:52, 27. Brendan Gallagher (38) 16:52, 28. Craig Nelson (31) 16:54, 29. Donald Ocana (42) 16:58, 30. Carl Kemmerere (27) 17:01.

31. Chris Tregillis (25) 17:02, 32. Bruce Vermatt (32) 17:05, 33. Adrian Gonzalez (27) 17:07, 34. Tom Williams (43) 17:09, 35. Enrique Castro (36) 17:10, 36. Rodrigo Casas (33) 17:16, 37. Philip Sanderson (25) 17:18, 38. Ramon Estrada (31) 17:23, 39. Brendan Harris (30) 17:25, 40. David Fisher (33) 17:28.

Division Results--Men

13&u: 1. Danny Santana (13) 19:07. 14-19: 1. Joaquin Chavez (16) 18:35. 20-29: 1. Tyrus Deminter 14:58, 2. Eduardo Macias 15:32, 3. Mark Laplant 15:33. 30-39: 1. Daniel Martinez 14:58, 2. Matt Blaty 15:18, 3. Steven Berry 15:59. 40-49: 1. Donald Ocana 16:58, 2. Tom Williams 17:05, 3. Adalberto Mendoza (42) 17:39. 50-59: 1. Sonny Monioz (56) 18:12, 2. Dan Ashimine (50) 18:48, 3. Heriberto Landa (51) 19:23. 60-69: 1. Albert Nobuto (64) 20:33, 2. Carl Barnes (62) 24:37, 3. Mike McGoldrick (63) 25:43. 70&o: 1. Eddie Lewin (76) 24:14, 2. Stanley Neufeld (70) 25:58, 3. Fred Suto (74) 46:55.

Overall Results--Corporate Teams
1. Walt Disney Imagineering 5559 seconds, 2. Ernst & Young 6096 seconds, 3. Bank of America 6330 seconds, 4. Union Bank #1 6340 seconds, 5. Toyota Motor Sales 6464 seconds.

Brannan Island

"Outback" Triathlon

July 24. Rio Vista. Swim 900 yds, Bike 14 miles, Run 3.6 miles.

Overall Results

1. Bob Kurock (26) 1:14.45, 2. Norman Thomas (23) 1:21.36, 3. Curtis Fritz (30) 1:21.40, 4. Mark Pretti (33) 1:21.50, 5. Ed Baker (42) 1:22.00, 6. Cris Garvin (31) 1:23.26, 7. Bob Vanvliet (48) 1:24.16, 8.

Jim Sharpe (36) 1:24.31, 9. Scott Smith (17) 1:24.38, 10. Wilson Park (23) 1:24.45. 11. Team Old Blues 1:25.10, 12. Bob Mullen (31) 1:26.39, 13. Alan Schmeiser (58) 1:27.58, 14. John Hyun (31) 1:28.10, 15. Neil Leary (27) 1:28.38.

16. Cindy Sharpe (31F) 1:28.50, 23. Holly Landers (31F) 1:36.16, 24. Deborah Tharp (26F) 1:36.59, 28. Jennifer Perkins (28F) 1:38.23, 30. Sherri Elliott (32F) 1:38.56, 60. Jack Riley (61) 1:53.04.

The Primeval Need to Run

By Jeff Galloway

STUDIES HAVE SHOWN that only certain animals are capable of enjoying the experience of running as a behavior to itself. Horses, dogs and men form this elite group. While a large number of the human sub-species called "couch potatoes" will deny any of these inherent inclinations, our bodies were designed for endurance traveling. But the rewards for regular exercise are not merely physical--our minds seem to be quite well-programmed for our favorite activity.

The ancient beings who began the evolution of our bodies (and minds) were not able to compete very well for the food supply. Friends of mine who are anthropologists tell

While many want to deny or ignore it, our minds were also programmed for activity. While our bodies evolved into endurance-trained structures, our minds adapted to this regular activity. One might surmise that the endorphins which gave us a wonderful relaxation after running were the reward for doing something we needed for survival.

Because running helped human predecessors survive for many millions of years, we may have developed an aversive reaction. Such mental programming is very complex, but the pressure of having to do endurance activity for survival could create a negative mental pattern, similar to job stress. The last

adapt to changes and new opportunities. Running has a hand in this, too.

Running stimulates the right brain, which can help us to become more creative. When all of the solutions seem to be exhausted, a run will take an edge off the tension and help the right brain search for solutions. Our ancestors had to find them--or die!

When we back away from the obligation and pressure to exercise, there's a wonderful world out there. Very few activities in our modern lifestyle offer such a gentle and convenient way to confront nature, and come away the better for it--every time. The basic and simple act of continuously lifting oneself off the earth requires exertion and forces us to pull together our internal resources. Each time we run, we get back to our gut reactions--and they're often our best. This offers us the opportunity to confront life as it is

So the internal circuits are there. In some cases repairs must be made, and new wires installed, but the infrastructure is in place. When we put it to use regularly, we experience a little bit of true joy.

If your running is not fun, back off, run every other day, and slow down significantly to get it back. Who knows--you may be creating more beneficial adaptations to pass on to your descendants.

Very few activities in our modern lifestyle offer such a gentle and convenient way to confront nature, and come away the better for it--every time

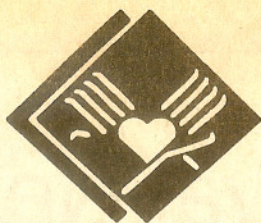
me that our ancestors lacked the speed, strength and other physical attributes which helped other animals carve out their niche on the food chain. Eventually, we developed some degree of intelligence which has helped us compete very well (most of time). But for millions of years, the beings who developed these bodies we now inhabit, had to cover great distances just to find enough of the "scraps" from nature's leftovers to survive. This regular endurance activity developed the cardiovascular bodies and endorphin-receptive minds which we now possess.

thing a bus driver wants to do after a hectic shift in traffic, for example, is to volunteer for carpool duty. So, maybe, the negative reactions to exercise experienced by couch potatoes (and would-be CP's) have a bit of evolution on their side, too.

We probably owe our very existence to those ancestors who, in times of famine, trekked on and on until they had gathered enough to live. Fortunately, they also continued moving until they found an environment where the food was available. Today we survive by being creative--being quickly able to

Olympian Jeff Galloway has written the nation's best-selling running book and conducts vacations and seminars where runners can get back to their roots. JFG, PO Box 76843, Atlanta, GA 30358 (404) 255-1033. ♦

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5K

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10K

SAN FRANCISCO CLASSIC

1 9 9 3

5K & 10K WALK/RUN

Sunday, October 31, 1993 5K/8:30 AM Start ~ 10K/8:45 AM Start

Golden Gate Park ~ San Francisco ~ TAC Sanctioned and Certified



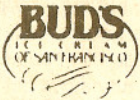
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Running
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ENTRY: \$15. Includes T-shirt & commemorative mug/ \$7. without (until October 24th)

RACE DAY ENTRY: \$20./ \$10. From 7:00 AM at START

AWARDS 3-Deep in all age divisions & PRIZE DRAWINGS!



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REGISTRATION: \$15./ \$7. pre-registration (by 10/24/93); \$20.00/ \$10. after October 24, 1993. Make checks payable to: People Events.

Mail to 153 Lunado Way, San Francisco, CA 94127 (Race numbers mailed if you provide SASE self-addressed, stamped envelope)

*Mugs & T-shirts must be picked up at the event.

AGE DIVISIONS
CIRCLE A 1 2 3 4 5 6 7 8 AWARDS
16/under 17-20 21-29 30-39 40-49 50-59 60-69 70-79 80+ (3-deep)

LAST NAME FIRST

PLEASE SEND ME A
PROJECT OPEN HAND
PLEDGE SHEET

ADDRESS

M F
SEX

CITY STATE ZIP

S M L XL
Check T-shirt Size

Phone Number

5K run/walk
 CHECK ONE
 10K run

AGE
 ON EVENT DAY

DATE OF BIRTH
 MONTH - DAY - YEAR

WAIVER: I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims that I may have against People Events, the City & County of San Francisco, Project Open Hand, Ultrahealth, The Athletics Congress, and any other officials, sponsors, persons and organizations affiliated with the San Francisco Classic 5K & 10K on October 31, 1993. I further attest that I am physically fit, have been examined by a licensed M.D. in the last six months and have trained for this event. Further, I hereby grant full permission to the Sponsors of this event to use any photographs, videotapes, motion pictures or recordings for any legitimate purpose.

PARTICIPANTS SIGNATURE (Parent's signature required if under 18 years of age)

Date