

# CALIFORNIA

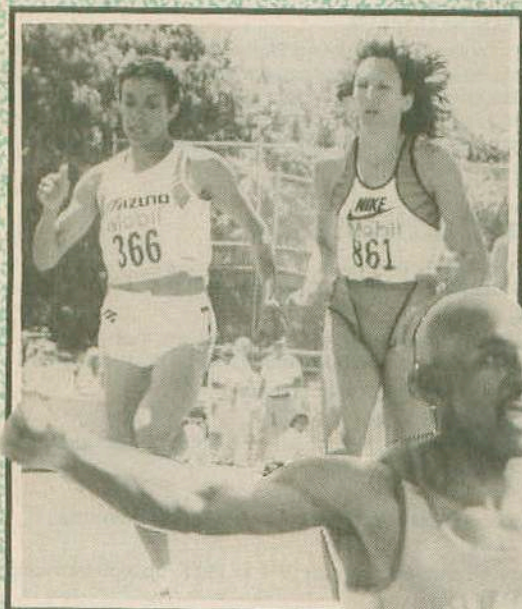
## Track & Running News

SEPTEMBER 1995

❖ Since 1974 ❖

ISSUE NO. 214

- ✓ 1995 USA / Mobil Outdoor Track & Field Championships
- ✓ U. S. Olympic Festival
- ✓ '96 Olympic Team Predictions
- ✓ Building Self-Esteem
- ✓ Providing Precise & Positive Input
- ✓ Shoes for Cross Country
- ✓ The Athlete's Guide to Fast Food
- ✓ Collegiate X-C Preview
- ✓ Schedule, Results and more...



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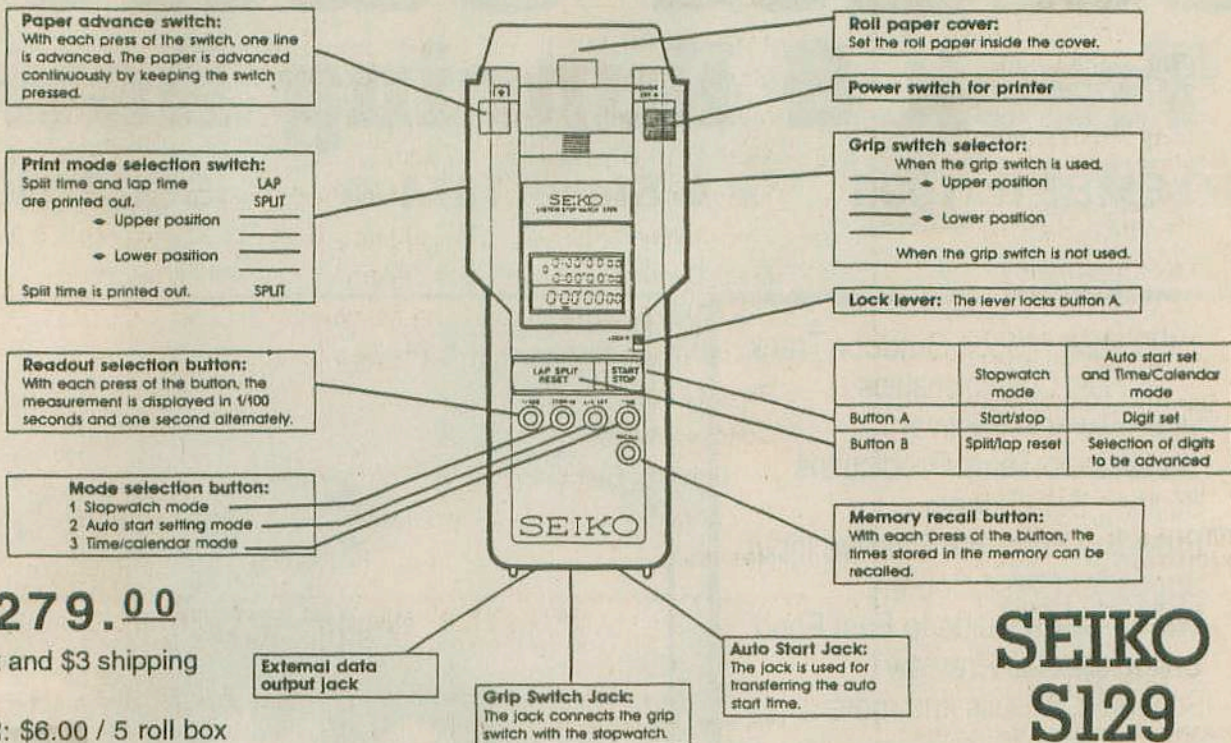
ERAGE OF TRACK & FIELD,  
TRY AND ROAD RACING

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# Digital Quartz Printing Stopwatch S129

## DISPLAY AND BUTTON/SWITCH OPERATION



**\$279.00**

+ Tax and \$3 shipping

PAPER: \$6.00 / 5 roll box

### 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

```

1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'23 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
    
```

```

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
    
```

### 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 845, Duracell MN1500. Will print approx. 10,000 lines.

#### Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

**JACK'S ATHLETIC SUPPLY**

2 P.O. Box 459, San Carlos, CA 94070 ■ (415) 372-0678



# CALIFORNIA Track & Running News

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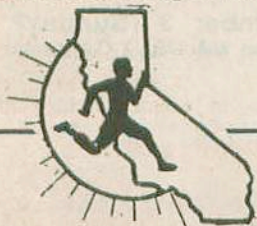
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Since 1974

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## FROM THE EDITOR

It's all coming back to me once again. It arrives every Fall just about the same time school begins it's new academic year. What it is is a wonderful feeling of excitement and anticipation. These good feelings have been coming faithfully, year after year. I have come to eagerly expect them at the end of each summer.

This euphoria is triggered by the simultaneous bombardment of a number of sensory receptors. It comes from the smells of fresh mowed grass, dust and analgesic rubbing compound. Add to the smells the sensation of the season's first cool breeze in your face and the sounds of thundering feet and panting breath. When all of that happens, the good feelings begin and you know IT'S CROSS COUNTRY SEASON.

Cross country in California is a big deal and a long season at all levels. Here at CTRN, we, once again, plan to bring you all of the major action from the preps on up. Stay tuned all the way to the end of 1995. Look for results, photos, stories, rankings, and other features all about cross country in California.

This issue of CTRN not only launches the new harrier season, but also puts a wrap on the recently concluded track and field year. Here you'll find track and field features on such meets as the USA/Mobil Outdoor Track & Field Championships and the U.S. Olympic

Festival, as well as other end of the year action.

In addition to wrapping up the old and bringing in the new, in this issue you will also find informative articles on sports nutrition, sports psychology, cross country shoes, as well as schedules of upcoming events, miscellaneous interesting results, and an update on Bob Womack's bold 1996 US Olympic Team prediction. It's the kind of stuff I would like to read when I was a competitive athlete, when I was a coach, and now that my biggest role is that of fan. If you are an athlete, coach or fan, I am sure you will enjoy this issue just as much as I will.

ON THE COVER: GAIL DEVERS hurdled to a fourth national win (photo by Kirby Lee). REGINA JACOBS (left) battles the resilient RUTH WY SOCKI for Jacobs' fifth national championship (photo by Bill Leung, Jr./Geek Media). A jubilant MICHAEL MARSH outspurred the field in the 100 meters (photo by Bill Leung, Jr./Geek Media). Look for the story and results of the Mobil Outdoor Track & Field Championships inside.



# SCHEDULE

Please send schedule information...

Cross country and track information--  
CTRN, 4957 E. Heaton Ave.,  
Fresno, CA 93727  
FAX (209) 255-4904

Road Racing information--  
Jack Leydig, PO Box 1390,  
San Mateo, CA 94401  
FAX (415) 372-0789

The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

## TRACK & FIELD

### High School

#### Track & Field

#### September 1-3

**Santiago, Chile:** Pan American Junior Championships.

#### Cross Country

#### September 23 (Saturday)

**Concord:** DLS/CHS adidas Cross Country Invitational. 9 a.m. Newhall Park (North Coast Section Meet of Champions course). Contact Helen Lehman at Carondelet HS (510) 686-5347 or Rico Balatti at De La Salle HS (510) 686-3310.

#### October 7 (Saturday)

**Fresno:** Clovis Invitational. Woodward Park.

#### October 13 (Friday)

**Fresno:** Rough Rider Invitational. 5K. Woodward Park. Limit 50 teams. Various divisions. Contact Bruce Wade (209) 441-3777.

#### October 14 (Saturday)

**Kamuela, HI (The Big Island):** 22nd Annual Hawaii Preparatory Academy XC Invitational. Boys and girls. Varsity and Jr. Varsity races.

Info: Steve Perry, Athletic Director (808) 885-8227, Coach Joy Upshaw-Margerum (808) 885-8261 or Coach Phil Conley (808) 885-8218. No entry fee!

#### December 2 (Saturday)

**Fresno:** Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 9 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

#### December 3 (Sunday)

**Boston, MA:** US Junior Cross Country Championships.

#### December 9 (Saturday)

**San Diego:** Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships, 233 Broadway, 4th Floor, New York, NY 10279 (212) 720-3752.

**Baton Rouge, LA:** Junior Olympic National Cross Country. Highland Road Park. Pete Boudreaux, 855 Hearstone Dr., Baton Rouge, LA 70806 (504) 383-3843.

## College & Open

#### Track & Field

#### September 9 (Saturday)

**Monte Carlo, Monaco:** IAAF Mobil Grand Prix Finals.

1996

#### February 10

**Las Vegas:** Las Vegas Invitational Indoor Track Meet. Contact Franken Enterprises (310) 278-2030.

**Columbia, SC:** Women's Olympic Marathon Trials.

#### February 17

**Charlotte, NC:** Men's Olympic Marathon Trials.

#### June 14-23

**Atlanta, GA:** US Olympic Trials.

#### July 20-August 4

**Atlanta, GA:** Olympic Games.

#### Cross Country

#### September 2 (Saturday)

**Fresno:** Watermelon Run. Fresno State campus. 6 mile, 4 mile, 2 mile.

#### September 9 (Saturday)

**Buena Park:** Whittier Invitational.

**Turlock:** Stanislaus Invitational. 10 am.

#### September 16 (Saturday)

**Santa Barbara:** Westmont Invitational.

#### September 23 (Saturday)

**Fresno:** 31st Annual Fresno Cross Country Invitational. Woodward Park. 9 a.m./5 Mile/Men. 9:40 a.m./5K/Women. Info: Red Estes (209) 278-4097. FAX (209) 278-6611.

#### September 30 (Saturday)

**Palo Alto:** Stanford Invitational. 3 p.m.

#### October 7 (Saturday)

**San Diego:** Triton X-Country Invitational. UC San Diego campus--North Rec. Field. 9 a.m./5K/Women. 9:45 a.m./8K/Men. Info: Ted Van Arsdale. Cross Country, UC San Diego, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531 (619) 534-0328. FAX: Ted Van Arsdale. Triton X-Ctry Invitational, (619) 534-8172.

#### October 14 (Saturday)

**San Diego:** Balboa Classic X-Ctry Invitational. Balboa Park--West side, corner 6th Ave. & Laurel. 8 a.m./8K/Men. 8:45 a.m./5K/Women. Info: Ted Van Arsdale. Cross Country, UC San Diego, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531 (619) 534-0328. FAX: Ted Van Arsdale. Balboa Classic Invitational, (619) 534-8172.

**San Luis Obispo:** Cal/Nev Invitational. 8:30 a.m.

#### October 21 (Saturday)

**Belmont:** Crystal Springs Challenge. PA/USATF Grand Prix Series. Open & collegiate. Men/4.2 miles; women 2.96 miles. Info: Dave Shrock (415) 574-6448.

**Pomona:** Bronco Invitational. 8:30 a.m.

#### November 4 (Saturday)

**Azusa:** Golden State Athletic Conference.

#### November 11 (Saturday)

**Azusa:** Cougar Collegiate 2 Miler. 8 a.m. Walnut: USATF Western Regionals. Mt. SAC. 11 a.m.

**San Diego:** NCAA Div. III Western Regionals. 9:00 a.m./5K/Women. 9:45 a.m./8K/Men. UC San Diego campus--North Rec. Field. Info: Ted Van Arsdale (619) 534-0328.

#### November 18 (Saturday)

**Kenosha, WI:** NAIA X-C Nationals.

#### November 20 (Monday)

**Ames, IA:** NCAA Cross Country Championships.

#### December 3 (Sunday)

**Boston, MA:** USA X-C Nationals.



# SCHEDULE

## Masters

### September 2 (Saturday)

**Berkeley:** NorCal Seniors TC Classic. Dan Behrens, 2838 Enea Way, Antioch 94509-4755 (510) 754-3318.

### September 16 (Saturday)

**Santa Cruz:** KELfield 2nd Anniversary Meet. All throwing events. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

### September 16-17

**Sylvania, OH:** USA Men's/Women's Masters 24-Hour National Championship. Olander Park. Tom Falvey/Dave Payette, 2338 Lasky Rd., Toledo, OH 43613 (419) 475-0731 or 1341, FAX (419) 473-3590.

### September 17 (Sunday)

**Long Beach:** Sri Chinmoy Masters Games. CSU Long Beach. 40+. Bigalita Egger (310) 645-0271.

### October 1 (Sunday)

**Long Beach:** Sri Chinmoy Masters Games. CSU Long Beach. 40+. Bigalita Egger (310) 645-0271. Sri Chinmoy Marathon Team, 6199 Canterbury Dr., #202, Culver City 90230.

### October 7 (Saturday)

**Santa Barbara:** Club West Masters Meet. Santa Barbara City College. Club West, 937 Arcady Rd., Montecito 93108 (805) 969-5851.

**Minneapolis, MN:** Twin Cities Marathon (US Master's National Championships). Scott Schneider, 708 N. First St., Suite 33, Minneapolis, MN 55401 (612) 673-0778, FAX (612) 673-0780.

**Canandaigua, NY:** Masters 10K Cross Country Championships. Peter Glavin, 160 Lantry Rd., Rochester, NY 14620 (716) 242-9031.

### November 11 (Saturday)

**Landen, OH:** US Masters 5K X-C Championships.

### November 18 (Saturday)

**Boston, MA:** US Masters 8K X-C Championships.

### December 3 (Sunday)

**Boston, MA:** US Cross Country Championships.

## All-Comers

### September 10 & 24 (Sunday)

**Sacramento:** Timber Wolf T&F Club All-Comers Track & Field Meets. Encina High School (1400 Bell St., Sacramento). All ages and abilities--field events only Timber Wolf Track & Field Club. PO Box 19142, Sacramento 95819 (916) 489-2708. (Other dates: October 1, 15, 22--field events only; November 11, 18; December 2, 16--throws only).

### October 1, 15 & 22 (Sunday)

**Sacramento:** Timber Wolf T&F Club All-

Comers Track & Field Meets. Encina High School (1400 Bell St., Sacramento). All ages and abilities--field events only Timber Wolf Track & Field Club. PO Box 19142, Sacramento 95819 (916) 489-2708. (Other dates: November 11, 18; December 2, 16--throws only).

### October 21 (Saturday)

**Santa Cruz:** KELfield Throws Series #42. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

### November 11 & 18 (Saturday)

**Sacramento:** Timber Wolf T&F Club All-Comers Track & Field Meets. Encina High School (1400 Bell St., Sacramento). All ages and abilities--throws only Timber Wolf Track & Field Club. PO Box 19142, Sacramento 95819 (916) 489-2708. (Other dates: December 2, 16--throws only).

### November 18 (Saturday)

**Santa Cruz:** KELfield Throws Series #43. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

### December 2 & 16 (Saturday)

**Sacramento:** Timber Wolf T&F Club All-Comers Track & Field Meets. Encina High School (1400 Bell St., Sacramento). All ages and abilities--throws only Timber Wolf Track & Field Club. PO Box 19142, Sacramento 95819 (916) 489-2708.

### December 16 (Saturday)

**Santa Cruz:** KELfield Throws Series #44.

WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

## 1996

### January 13 (Saturday)

**Santa Cruz:** KELfield Throws Series #45. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

## Camps & Clinics

### Sept. 29-30: San Francisco

### October 13-14: Sacramento

(Also 1996 dates below)

**Nutrition & Exercise Workshop.** Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

### December 3-7

**San Francisco:** USATF National Convention.

### December 27-31

**Atascadero:** Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

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# SCHEDULE

1996

**Jan. 19-26: Las Vegas, NV**  
**February 2-3: San Diego & Los Angeles**

Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

**January 20-21**

**San Mateo:** Track Clinic. San Mateo CC. Contact Al Hernandez (415) 651-3162.

## ROAD RACING

Compiled by Jack Leydig

### September 2 (Saturday)

**Pescadero:** Boothill Half Marathon & 10K, Duarte's Tavern, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Sausalito:** Sausalito Marathon/Half-Marathon/7M, Rodeo Beach (Ft. Cronkrite/GGNRA), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Soledad:** Soledad Mission & the Y Triathlon (0.25mS-11.8mB-3.1mR), Soledad Mission Pool, 9 a.m. Luke Seward, So. County YMCA, P.O. Box 1106, Soledad 93960 (408/678-1239).

**Kirkwood:** A Run With a View 5K/10K Run, 9 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**Bakersfield:** Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Santa Barbara:** Pier to Peak Half-Marathon, Stearns Wharf to La Cumbre Peak, 7:30 a.m. Power Endurance Events, Bob Powers, 6 Harbor Wy., Santa Barbara 93109 (800/967-8758).

**San Diego:** Balboa 4M X-Country, Balboa Park (6th & Laurel), 7:30 a.m./40+ Men, 8:15 a.m./Women, 8:45 a.m./Open Men. San Diego TC, P.O. Box 7853, San Diego 92167 (Mark Leisinger: 619/239-3622).

**Las Vegas, NV:** LVTC 5K/2M, Bruce Trent Park (Rampart & Vegas Dr.), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

### September 3 (Sunday)

**San Francisco:** Alcatraz Challenge Biathlon (2.5kS-15kR), Aquatic Park (Maritime Museum), 8 a.m. Peter Butler, 90 New Montgomery St., Suite 1500, San Francisco 94105 (415/281-0946).

**San Francisco:** DSE Diamond Heights Run, 2.99 Mi., McAteer H.S. (Portola & O'Shaughnessy), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Manteca:** Delicato Charity Grape Stomp Romp 5K, Delicato Vineyards (Hwy 99 at French Camp Rd.), 8 a.m. Dorothy Indelicato, 12001 S. Highway 99, Manteca 95336 (209/825-6213).

**Kirkwood:** Kirkwood 5K/10K, Kirkwood Main Lodge, 10 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**Pollock Pines:** Run On The Sky 30K/50K/50M, Fresh Pond, 6:15 a.m./50K-50M, 7:15 a.m./30K. Margie Lopez, P.O. Box 245, Placerville 95667 (916/626-8846).

**Bear Valley:** Bear Valley Triathlon (660yS-12mB-3.1mR), Bear Valley Lake, 10 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

**Mariposa:** Amigo de Oro 5 & 10 Mile. Mariposa County Fairgrounds. Amigo de Oro Race, PO Box 1991, Mariposa 95338.

**Los Angeles:** Home Run 10K/5K, Dodger Stadium, 8 a.m. Info: 213/298-8282.

**San Diego:** Neighbors Helping Neighbors 5K/10K, Balboa Park, 6:45 a.m. Info: Koz Enterprises (619/627-9111).

### September 4 (Monday)

**Portola Valley:** Windy Hill Trail Marathon/Half-Marathon/8M, Corte Madera School (Alpine Rd.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Lodi:** Run for the Square, 5K/10K, Hutchins Street Square, 8:30 a.m. Field & Fair Day Office, 125 So. Hutchins St., Lodi 95240 (209/333-7863).

**Auburn:** 49<sup>r</sup> Canyon Classic Biathlon (6.1mR-7.45mB), Bowman Elem. School, 8 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

**Auburn:** Stage Coach Mountain Run, 10.45 Mi., Bowman Elem. School, 8 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

**McFarland:** McFarland Labor Day Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Ventura:** Sweatheart 10K Relay (male/female) (2x5K), Ventura Beach Promenade (405 E. Harbor Blvd.), 8 a.m. Info: 805/643-1104.

**San Diego:** 5K for MDA, Horton Plaza (downtown), 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

**Las Vegas, NV:** Pioche 10K, Location TBA, 8 a.m. Info: Tony Pryatel (702/255-1952).

### September 8 (Friday)

**Palo Alto:** Palo Alto Weekly Moonlight Run/Walk, 5K/10K, Baylands Athletic Center, 9 p.m./5K, 9:15 p.m./10K, Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

**Tustin:** Volkslauf 6.2M run with obstacles (6-person teams), MCAS Tustin, noon. Cpt. Dave Heronemus, Volkslauf '95 HMM-163, MCAS Tustin 92710.

### September 9 (Saturday)

**San Francisco:** Pacific Cross Country Series #1, 4 Mi., Golden Gate Park (30th Av. & JFK Dr.), 9 a.m./Women, 9:45 a.m./Men. American Harriers, 4475 - 23rd St., #4, San Francisco 94114 (415/648-1467).

**Stinson Beach:** Bolinas Ridge Wild Boar Marathon/18M/8M, Mar/18M (Five Brooks btwn. Olema & Stinson Beach), 8M (Bolinas/Fairfax/Ridgecrest on Mt. Tam), 9 a.m./Mara-18M, 10 a.m./8M. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Castro Valley:** Rotary's Castro Valley Fall Festival 8K, Lake Chabot Regional Park, 8 a.m. Fall Festival 8K, 3343 Castro Valley Blvd., Castro Valley 94546 (510/538-3334, 510/582-5282).

**Larkspur:** Historic Downtown Larkspur Race, 5K & 1 Mi. Kids' Race, Magnolia/Ward, 9 a.m./1M, 9:30 a.m./5K. Larkspur Rec. Dept., 400 Magnolia Av., Larkspur 94939 (415/927-5110).

**Pacific Grove:** The Triathlon at Pacific Grove (1.5kS-40kB-10kR), Lovers Point/Monterey Bay Aquarium, 7 a.m./amateurs, 11 a.m./pro elite (1000 Limit). Terry Davis, Tri-California, P.O. Box 5116, Pacific Grove 93950 (408/373-0678).

**Lake Berryessa:** Lake Berryessa Biathlon (1.25mS-21mB or 0.25mS-21mB), Putah Creek Resort, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Sacramento:** Doggy Dash, 2K/5K, Cal-State Univ. (6000 J St.), 9 a.m. Charlene Mattson, 6201 Florin Perkins Rd., Sacramento 95828 (916/383-7387, x43).

**Volcano:** Jug & Rose 7.7 Mi. Run, Jug & Rose, 8 a.m. Drama Club Scholarship, Amador High School, 330 Spanish St., Sutter Creek 95685 (209/267-0108).

**Marysville:** John Orogren Memorial 5K X-Country Classic, 3.1 Mi. (X-C), River Front Park, 9 a.m. Nick Vogt, X-C Coach, Yuba College, 2088 No. Beale Rd., Marysville 95901 (916/741-6839 or 878-0697).

**Wasco:** Wasco Rose Runs, Distance & Location TBA, 7:30 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Lompoc:** Park to Park 8 Mile Run, Miguelito County Park (south of Lompoc), 8 a.m. Lompoc Valley DC, P.O. Box 694, Lompoc 93437 (Kathi Froemming: 805/736-0677).

**Morro Bay:** K-Otter Central Coast Youth Triathlon Series (various distances for age-groups up to 14-15), Morro Bay H.S., Time TBA. Info: 805/772-6278 or 7871-7305.

**Malibu:** Bulldog 50K Ultrarun, 6 a.m. (250 Limit). Info: Ingrid Stattuck (619/495-2248).

**Newport Beach:** Danskin Women's Triathlon (750mS-20kB-5kR), Time TBA. Info: 800/452-9526.

**San Pedro:** Harbor Half Marathon & 5K (& Kids' 1 Mi.), 7:45 a.m./H-M, 8 a.m./5K, 10 a.m./1M. Elite Racing, Harbor Half Marathon, 1904 Church St., Suite B, Costa Mesa 92627 (714/548-4897).

**Tustin:** Run Through the Hangars, 5K/10K, MCAS Tustin, 8 a.m. Info: Dave Shelton (714/726-7872).

**Torrey Pines State Park:** Suicide Shuffle Half Marathon, 8 a.m. Info: Power Endurance Events (800/967-8758).

**Las Vegas, NV:** Forest Challenge, 18M/8M/4M, Mt. Charleston, 6:45 a.m. (start times vary). Info: Mike Naylor (702/483-1276).

### September 10 (Sunday)

**San Francisco:** Golden Gate Presidio 10M/3M, Presidio Parade Grounds, 8:30 a.m. The Guardsmen, 115 Sansome St., Suite 130, San



# SCHEDULE

Francisco 94104 (415/781-6785).

**San Francisco:** DSE Roller Coaster Run, 3 Mi. (& Kids' Run), Mountain Lake Park (12th Av. & Lake), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121.

**Angel Island:** Romancing the Island 12K/25K, Angel Island State Park, 9 a.m. (ferry from Tiburon only at 8:30 a.m.). Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Fremont:** Bayside Technology Park 8K/1M, south end of Fremont Blvd., 8:30 a.m. Marc Lund, WVTC, 1265 Montecito Av., #105, Mtn. View 94043 (415/966-1511).

**Lafayette:** The Gruel Dual Series #2 (3kR-15kR-3kR) (mountain bike duathlon), Briones Regional Park (Bear Creek staging area), Time TBA. John & Kate, Terrasport, P.O. Box 10951, Truckee 96162 (916/587-8789).

**Walnut Creek:** Walnut Festival 10K/5K, Heather Farms Park, 8:30 a.m. Walnut Festival Assoc., P.O. Box 3048, Walnut Creek 94598 (Sue Palmer/Bob Olin: 510/746-7175).

**Ukiah:** Ukiah Triathlon (0.5mS-21mB-3mR), Lake Mendocino to Ukiah H.S., 8 a.m. Greater Ukiah Chamber of Commerce, 200 So. School St., Ukiah 95482 (707/462-4705).

**Sacramento:** Buffalo Stampede, 10M/5K, Rio Americano H.S., 8 a.m. Carol Parise, 2428 Larkspur Ln., #276, Sacramento 95825 (916/484-0116).

**Yuba City:** California Prune Festival Fun Run, 5K/10K, Boyd & Bridge Sts., 8 a.m. California Prune Festival, P.O. Box 785, Yuba City 95992 (916/671-3100).

**Fresno:** Shin Zen Run, 2M/10K/1K Kids' Run, Woodward Park, 7:15 a.m./1K, 7:30 a.m./2M, 8 a.m./10K. Shin Zen Run, c/o Fresno JACL, 1713 Tulare St., Suite 133, Fresno 93721 (209/434-1264).

## September 10 (Sunday)

**Baywood Park:** Bear Festival 5K Run.  
**CANCELLED.**

**Newport Beach:** Danskin Women's Triathlon Series (0.75kS-20kR-5kR), Newport Dunes 7 a.m. Michael Braunstein, California Athletic Prods., 21 - 39th Pl., Long Beach 90803 (800/452-9526).

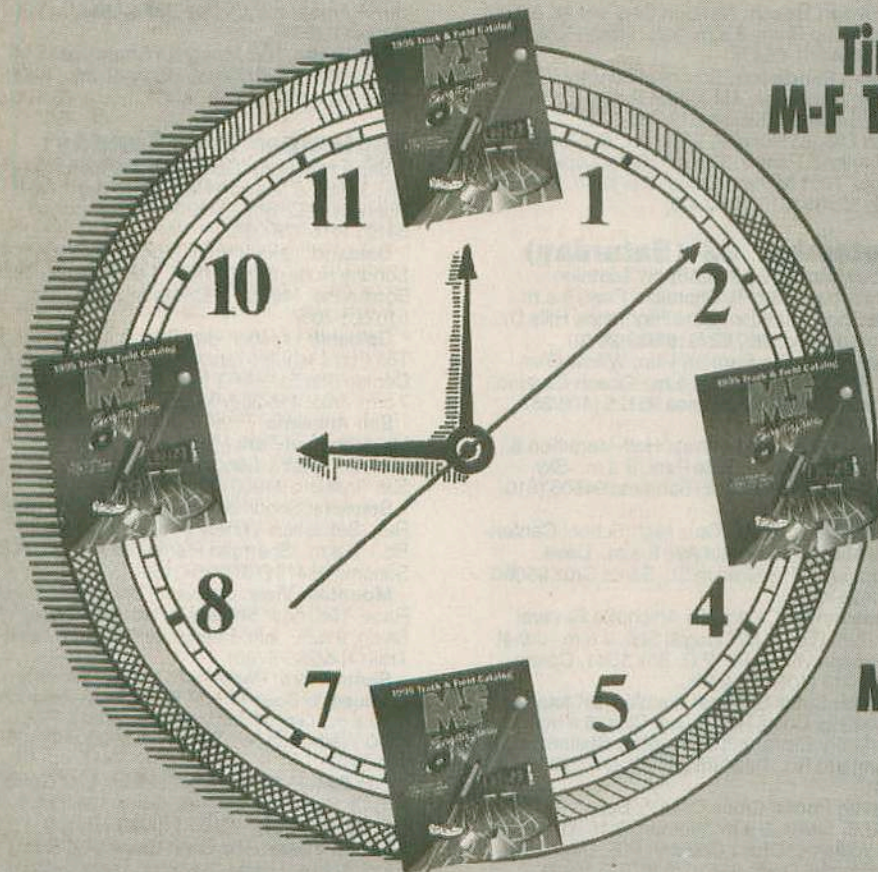
**Torrance:** Beach Cities Torrance Team Triathlon (1kS-15kR-5kR), 7 a.m. Info: W2 Promotions (310/828-4123).

**Torrance Beach:** The Beach Cities Team Triathlon (1kS-10kR-5kR), 7:30 a.m. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

## September 16 (Saturday)

**Rocklin:** Pacific Cross Country Series #2, 5K/Women, 4M/Men, Sierra College, 9 a.m. (first race). Ron Richardson, 2551 Crenshaw Way, Sacramento 95826 (916/368-8815).

**South Lake Tahoe:** Tahoe To-Run-Asaurus 10K/5K, Bijou Park, 9 a.m. Kiwanis Sunrisers, Box 555, So. Lake Tahoe 96156 (916/544-6771).



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# SCHEDULE

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

**Bass Lake:** Bass Lake Triathlon (1.5kS-40kB-10kR), 8:30 a.m. (no raceday reg.). Sierra T.C., P.O. Box 3021, Oakhurst 93644 (209/432-0800).

**Bakersfield (?):** Mexican Independence Day Run, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Santa Maria:** Golden State Air Fair 5K/10K, Santa Maria Airport Hilton Tarmac (33455 Skyway Dr.), 9 a.m. Golden State Air Fair Runs, 1657 Premier Ct., Santa Maria 93454 (John Carmichael: 805/937-8551(x476), 928-1345(eves)).

**Pt. Mugu:** Runway 10K & 2 Mile Run/Walk. 8 a.m. NAWS Point Mugu. Info: (805) 989-7728 between 8 a.m. and 5 p.m. M-F.

**Lake Hughes:** High Desert Shootout: Summer Biathlon Race Series, 6 Mi. with air rifle shooting, Lake Hughes Community Club, 9 a.m. High Desert Shootout, c/o Stephen Whitmore, 46620 Dogwood Rd., Lake Elizabeth 93532.

**San Diego:** Juvenile Diabetes Frndn. 5K/10K, Embarcadero Marina Park, 9 a.m. Info: JDF (619/279-9160).

**Solano Beach:** Frog's 5K Beach Run & 1M Kids' Run, 511 S. Hwy. 101, 8 a.m./1M, 8:30 a.m. Frog's AC, c/o Breaking 40, 4060 Morena Blvd., San Diego 92117 (619/272-8316).

**Las Vegas, NV:** Juan in a Million 20K & 5K, W. Sahara at Lake Dr., 7 a.m./20K, 7:30 a.m. Info: Ed Presiado (702/366-7289).

## September 17 (Sunday)

**San Francisco:** DSE Fun at Fort Funston Run, 5K, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Los Gatos:** Ron's Wildlife Run, 10K/5K/Kids 2K, Vasona Park, 8:30 a.m. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030 (408/356-4945).

**San Leandro:** Shoreline Run & Festival 10K/3K, San Leandro Marina, 8:45 a.m./3K, 9:05 a.m. Mary Ann Wilkman, San Leandro Comm. Services, 300 Estudillo Av., San Leandro 94577 (510/577-3469).

**Pleasanton:** Tri for Real (700yS-16mB-4mR), Shadow Cliffs Regional Park, 8 a.m. On Your Mark, Box 2061, Arnold 95223 (209/795-7832).

**Pacific Grove:** Monterey Bay 10K/5K "Run for the Beacon" (& kids' mile), Lover's Point Park, 9 a.m. Dan Gearhart, Beacon House, P.O. Box 301, Pacific Grove 93950 (408/372-2334).

**Carmichael:** Carmichael Classic 5K/10K Runs, Ancil Hoffman Park (6700 Tarshes Dr.), 8 a.m./Kids' Run, 8:15 a.m. Tracy Kerth, 5750 Grant Av., Carmichael 95608 (916/485-5322).

**Sacramento:** Portfest Triathlon (0.75mS-24mB-6mR), Port of Sac'to, 7:30 a.m. Tri All Sport, 813 Harbor Blvd., Suite 228, West Sacramento 95691 (916/372-7367).

**Shingle Springs:** Ponderosa SAC Attack 5K/10K, Ponderosa H.S., 8:30 a.m. Brian Smith, 3450 Palmer Dr., P.O. Box 123, Shingle Springs 95682 (916/677-5463).

**Oakhurst:** Head for the Hills 8K & 2M Fun Run, Visitor's Center, 7:30 a.m./2M, 7:40 a.m./8K. Baz Hawley, P.O. Box 25, Fish Camp 93623 (209/683-7426).

**Verdi, NV:** Heart of Gold Run to Aid Abused Women 5K/10K/10M, Crystal Peak Park (Old Hwy. 40), 10 a.m. Chuck Martin, Eclipse Running, 937 W. Moana Ln., Reno, NV 89509 (702-827-2279).

**Burney:** Burney Classic Marathon/Half-Marathon/10K/5K, Burney H.S., 8 a.m./Mara., 9:15 a.m./HM, 10 a.m./10K, 10:15 a.m./5K. Don Jacobs, Burney Lions Club, P.O. Box 217, Dept. M, Burney 96013 (916/335-2825).

**Blue Lake:** Blue Lake Run, 2M/10K, Blue Lake Elem. School, 1:45 p.m./10K. Info: Bob Dickerson (707/668-5161).

**Ferndale:** Walk for the Rep. 5K, 1 p.m. Main Street at City Hall. Walk Coordinator: Ron Lajoie (707) 786-9300 or the Ferndale Rep Box Office (707) 725-2378.

**Pismo Beach:** The Beach Run, 4 hours (run out beach as far as you can and still get back by 1 p.m.), start at pier, 9 a.m. Larry Jones, 3623 Johnson Av., San Luis Obispo 93401 (805/544-8782).

**Malibu:** A Day at the Beach Triathlon (0.25mS-18mB-5mR), Zuma Beach, 7:30 a.m. MESP Inc., 29397 Agoura Rd., #109, Agoura 91301 (818/707-8867).

**Pasadena:** The 5 Acres Rose Bowl Run, 5K/10K, Rose Bowl, Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

**Newport Beach:** Newport SeaFest 8K & 10M & Kids' Cup Runs, 8 a.m. Info: Race Pace Promos (714/661-6547).

**Camp Pendleton:** School of Infantry X-C Terrain Challenge, 4M & 20M Relay, 8 a.m. Info: Staff Sgt. Oliveras (619/725-7122).

**San Diego:** Running Wild 10K, San Diego Wild Animal Park, 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

## September 23 (Saturday)

**Mountain View:** MetroSport Triathlon (0.5mS-10mB-3mR), Shoreline Park, 8 a.m. MetroSport Triathlon, 2516 Highlands Hills Dr., El Dorado Hills 95762 (916/933-2676).

**San Jose:** The Ram 5K Run, Willow Glen H.S. (track/Cherry St.), 9 a.m. Coach Cesario, 860 Buchser Way, San Jose 95125 (408/287-0172).

**Santa Cruz:** Wilder West Half-Marathon & 10K, Wilder Ranch State Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Santa Cruz:** Santa Cruz High School Centennial 5 Miller, 415 Walnut Av., 8 a.m. Dave Brockmann, 218 Mission St., Santa Cruz 95060 (408/423-4022).

**Castroville:** Castroville Artichoke Festival 10K Run, Pico & McDougall Sts., 9 a.m. Janet Epperson/Lynn Clark, P.O. Box 1041, Castroville 95012 (408/633-2465).

**Cotati:** Cotati Summer Biathlon, 5K total run & shooting, Cotati Rod & Gun Club, 8 a.m./Mandatory Clinic, 9:30 a.m. Mike Stafford, 1607 Colombaro Rd., Petaluma 94954 (707/794-9644).

**Davis:** Pacific Cross Country Series #3, 5K/8K, U.C. Davis, 9 a.m./Women, 9:45 a.m./Men. Sue Williams, Cross Country, P.E. Dept., Univ. of California, Davis 95616 (916/752-1942).

**Sacramento:** Chevy's to Chevy's 12K, Howe Herley, Time TBA. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

**Grass Valley:** Empire Mine Gold Rush 5.1 Mi Run, Empire Mine State Park, 9 a.m. Paul Shigley, Sierra Trailblazers R.C., P.O. Box 1811, Cedar Ridge 95924 (Don Bradford: 916/273-3276).

**Three Rivers:** 22nd Annual Kaweah River Valley Race, 5 miles, 8 a.m. Hwy. 198 and Old Three Rivers Road. David Bronzan, 112 Green Oaks Dr., Visalia 93277 (209) 625-9537.

**Bakersfield:** BTC Hill & Dale 10K, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Los Angeles:** The Cacique Run to Save the Children, 5K/10K, Griffith Park, Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

**San Dimas:** San Dimas Run, 5K & 1M Fun Run, Time TBA. Mike Dotson, 245 E. Bonita Av., San Dimas 91773 (909/394-6236).

**Avalon (Catalina Island):** Lion's Club Run for Sight, 5K/10K/10.8M, 7:30 a.m. Info: 310/510-0787.

**Encinitas:** Encinitas Day 5K/1M, Moonlight Beach, 7:30 a.m. Info: Chris Hazeltine (619/633-2756).

**Del Mar:** Do the Beach '95 5K/8K Run, Torrey Pines State Beach, 3 p.m. Joan-Run USA/Stride America, P.O. Box 2293, Del Mar 92014 (619/481-1607).

**Las Vegas, NV:** Mountain Challenge, 5 Mi., Spring Mtn. Youth Camp, 10 a.m. Info: Mark Larsen (702/382-3570).

## September 24 (Sunday)

**San Francisco:** DSE Mission Rock Run, 3.5 Mi., 3rd St. & Mission Rock, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

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

**Oakland:** Lifespan Bay Bridge 10K (to S.F.), Toll Plaza (shuttle buses req'd to start from City Center/12th St. BART from 5:30-6:30 a.m. only), 7 a.m. Info: 415/362-RACE.

**San Anselmo:** Run/Walk for Open Space, 4 Mi., Memorial Park (1000 Sir Francis Drake), 8:30 a.m. Kathy Sanders, 310 Redwood Rd., San Anselmo 94960 (415/456-9912).

**Sonoma:** Sonoma Vintage 5K & 0.5M Kids' Run, Sebastiani Winery (4th E/Lovall Valley Rd.), 8 a.m. Sherman Harris, 969 Madison Dr., Sonoma 95476 (707/938-2153).

**Mountain View:** Stevens Creek Trailblazer Race, 10K, near Shoreline Park (off Shoreline Blvd.), 9 a.m. Info: Friends of Stevens Creek Trail (408/255-5780).

**Santa Clara:** Paramount's Great American Carousel to Coaster 10K Run, Great American, 8:30 a.m. City of Santa Clara Parks & Recr., 1500 Warburton Av., Santa Clara 95050 (408/984-3223).

**Los Gatos:** 5 Mile Wildcat Run, Los Gatos H.S., 8:30 a.m. Valene Hopkins, 136 Tait Av., Los Gatos 95030 (408/354-5444).

**Scotts Valley:** The Bean Creek 10K Run, Scotts Valley Middle School (6 Bean Creek





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Rd.), 8:30 a.m. Bean Creek Run, 4944 Scotts Valley Dr., Suite 5B, Scotts Valley 95066 (408/438-1820).

**Fresno:** The Big Fresno Fair Cross-City Race. 10K -- Roeding Park at 8 a.m. 2 Mile Run/Walk -- Huntington Blvd. and First Streets at 7:30 a.m. The big Fresno Fair Cross-City Race, 1121 Chance Ave. Fresno 93702.

**Santa Cruz:** Wilder Ranch Biathlon (5mR-12mB), Wilder Ranch State Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Big Bear City:** Big Bear Classic 5K/10K, 7:30 a.m. Info: Energy Outlet (909/866-4674).

**Newport Beach:** Race for the Cure 5K & 1 Mi., Pacific Mutual Bldg. (Fashion Island), 8:15 a.m./Women, 8:27 a.m./Adult 1M, 9:20 a.m./Kids, 9:30 a.m./Coed. Info: Kinane Events (619/434-7706).

**Newport Beach:** Fibar Human Race Triathlon (0.5mS-14mB-5mR), 7 a.m. Info: Pacific Sports Management (714/731-8433).

### September 30 (Saturday)

**San Francisco:** San Francisco Coastal Trail Race, 5K/10K, Marina Green (Lyon St.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Santa Rosa:** Pacific Cross Country Series #4, 5K/Women, 8K/Men, Spring Lake Park, 9 a.m./5K, 9:45 a.m./8K-Masters, 10:45 a.m./8K-Open. Mike Weddington, 751 Beaver St., Santa Rosa 95404 (707/544-2756).

**Winton:** Almond Harvest Run. 5 Mile & 3K Run/Walk. 8:30 a.m. Winton Park. Almond Harvest Run, PO Box 130, Winton 95388.

**Bakersfield:** Runway Runs & BBQ, 5K/10K, Meadows Field, 8 a.m. Skyway Flight Center, 907 Douglas St., Bakersfield 93308 (805/391-0676).

**Bakersfield:** KRRC Bike Path 30K, 7 a.m. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

**Rolling Hills Estates:** 5K-10K Cross Country Runs, Ernie Howlett Park (25851 Hawthorne Blvd.), 8 a.m. Anne Giltner, Recr. Supervisor, City Hall, 4045 Palos Verdes Dr. North, Rolling Hills Estates 90274 (310/377-1577).

**Las Vegas, NV:** LVTC 5M/2M, Silver Bowl (near Russell Rd. & Boulder Hwy.), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

### October 1 (Sunday)

**San Francisco:** KNBR 68 Bridge to Bridge Run, 12K/5K, Ferry Bldg. to Presidio, 9 a.m. KNBR-68, Attn: Isabel Lemon, 55 Hawthorne, Suite 1100, San Francisco 94105 (415/995-6868).

**San Francisco:** DSE Memorial Run, 4.5 Mi. & Kids' Run, Golden Gate Park (Kennedy Dr. & 36th Av.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Saratoga:** Falcon Run for the Track, 5K/10K Run, Saratoga H.S., 9 a.m. Hank Nothhaft, Sar-

atoga H.S., 20300 Herriman Av., Saratoga 95070 (408/867-3411).

**San Jose:** Happy Hollow 5K, Happy Hollow Park & Zoo, 8:30 a.m. Mike Rudd, 1300 Senter Rd., San Jose 95112 (408/295-8383).

**Santa Cruz:** Santa Cruz County Sentinel Triathlon (1mS-23mB-10kR), Main beach by Boardwalk, 8 a.m. Santa Cruz Sentinel Triathlon, P.O. Box 638, Santa Cruz 95061 (408/423-4242, x301).

**Novato:** Novato Stampede 1M/5K/10K, San Marin H.S., 8 a.m./1M, 8:30 a.m. Novato Educ. Fndn., P.O. Box 1472, Novato 94948 (415/897-4254).

**Oakley:** Oakley Almond Festival "Love a Nut" 5K Fun Run, O'Hara & Cypress, 9 a.m. Pam Painter, Oakley Almond Festival, P.O. Box 8, Oakley 94561 (510/625-1881).

**Sacramento:** Sacramento Marathon/Half-Marathon, William Land Park, 8 a.m. Ronald Sturgeon, P.O. Box 995, Dixon 95620 (916/678-5005).

**Camp Pendleton:** "Do the Tri, Try the Du Series" #3 (0.5mS or 2mR-30kB-5mR), Club Del Beach, 8:30 a.m. Russ Jones, 32946 Paseo Miraflores, San Juan Capistrano 92675 (714/240-8547).

**Portland, OR:** Portland Marathon/5M/2M Kids' Run/Biathlon/24-Hr. Ultra, City Hall, 7 a.m. Portland Marathon, P.O. Box 4040, Beaverton, OR 97076 (503/226-1111).



# SCHEDULE

## October 6 (Friday)

**Calistoga:** Napa Golden Gate Cruz Relay, 200 Mi. (12/Team), finishes at Santa Cruz, 2 p.m. Randy Shapiro, 751 Laurel St., Suite 401, San Carlos 94070 (415/508-9700).

## October 7 (Saturday)

**San Francisco:** DSE Distance Classic, 12 Hours (Golden Gate Park, upper Polo Fields track) & 5K, 7 a.m./12-Hr., 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Oakland:** Pacific Cross Country Series #5, 5K/Women, 8K/Men, Mills College, 9 a.m./Women, 10 a.m./Men. Carla Jackson, Mills College Athletics, 5000 MacArthur Blvd., Oakland 94613 (510/430-3282).

**San Jose:** Quicksilver Challenge Half-Marathon, Castillero Middle School (Leyland Park Dr.), 8 a.m. Susan Brazelton, 6363 Firefly Dr., San Jose 95120 (408/778-3862).

**Monterey:** Seaside Fall Festival 1 Miler, age-group heats, Canyon Del Rey, 9 a.m. Les Wadell, 1009 Sonoma Av., Monterey 93955 (408/394-7382).

**Murphy:** Gold Rush 4 Miler, Murphy's Park, 9 a.m. On Your Mark, P.O. Box 2061, Amold 95223 (209/795-7832).

**Fresno:** Pillar to Pillar Run, 2 Mile (prediction) & 4 Mile, McDonald Hall at Fresno Pacific College. Check-in at 6:30 a.m./Start at 7:30 a.m. Info: Ken Isaak (209) 453-2000.

**Fresno:** 2nd Annual Kid's Race, Fresno Fairgrounds, The Big Fresno Fair, Kid's Race, 1121 Chance Ave., Fresno 93702.

**Delano:** Delano Great Grape Runs, Distances, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

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

**Wrightwood:** Wrightwood Mountain Challenge Half-Marathon & 5K, Time TBA. Info: Kathy Smith (619/249-5414).

**Manhattan Beach:** Manhattan Beach Old Hometown 10K Run, 3rd & Valley, 7:30 a.m. Info: 310/372-3553.

**Newport Beach:** Annual Heritage 5K/2K, Newport Harbor H.S. (600 Irvine Av.), 8 a.m./2K, 8:30 a.m. Info: 714/760-3339.

**Yorba Linda:** Canning Hunger Run, 5K & Kids' 1K, 4221 Rose Dr., 8 a.m./5K, 9:30 a.m./1K, Rocky Whan, 420 W. Lambert, #E, Yorba Linda 92621 (714/990-9551).

**Chula Vista:** Arturo Barrios Fiesta Kids Runs (12 & Under, varying distances of 1 Mi. and less), 8 a.m. Info: Elite Racing (619/450-6510).

**St. George, UT:** St. George Marathon, Pine Valley Mtns., 6:45 a.m. Carlene Baron, 86 S. Main St., St. George, UT 84770 (801/634-5850).

**Kona, HI:** Gatorade Hawaii Ironman Triathlon (2.4mS-112mB-26.2mR), Time TBA. Sharon Ackles, 7127 Lunapule Rd., Suite 11, Kailua-Kona, HI 96740 (808/329-0063).

## October 8 (Sunday)

**San Francisco:** The American Airlines California Mile, various heats & sports on uphill mile (California St.), various start times. Info: 415/383-0314.

**Palo Alto:** Great Race 10K, Stanford Univ. (football stadium), 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

**San Ramon:** Primo's to Primo's 5K/10K/Half-Marathon, The Marketplace (Bollinger/Alcosta) (Half starts in Danville), 7:30 a.m./HM, 8 a.m./5K-10K, Primo's Run, P.O. Box 1463, San Ramon 94583 (510/279-6670).

**Morgan Hill:** Columbus Day Biathlon (5mR-15mB), Live Oak H.S. (1505 E. Main St.), 9 a.m. South Valley Tri Sports, P.O. Box 1927, Morgan Hill 95038 (408/778-1443, 779-1482 or 779-2054).

**Salinas:** Salinas Skyclimb, 5K/7.5M, Toro Park, 9:30 a.m. Skip Latham, 105 Harvest St., Salinas 93901 (408/424-6155).

**Carmel:** Fine Arts 5K, Scenic Dr. (near Ocean Av.), 9 a.m. Bill Burleigh, P.O. Box 222620, Carmel 93922 (408/625-6287).

**Santa Rosa:** Harvest Fair 10K/3K, Sonoma County Fairgrounds, 8 a.m. Don Hicks/Kevin Kostoff, YMCA, 1111 College Av., Santa Rosa 95404 (707/545-9622).

**Merced:** Gateway to Yosemite Triathlon (2mR-6mB-400yS or 10kR-22mB-800yS), Yosemite Lake Park, 8:30 a.m. Gordon Wilkinson, 3326 Lagoon Av., Atwater 95301 (209/358-9385 or 384-1727).

**San Luis Obispo:** Cuesta Biathlon (10kR-40kB), Cuesta College gymnasium, 8 a.m. Cuesta Biathlon, P.O. Box 8106, San Luis Obispo 93403 (805/546-3207).

**Santa Clarita:** Newhall-Sauaugus Kiwanis Club Six Flags 5K Run, 8 a.m. Kiwanis Club, P.O. Box 221205, Newhall 91322.

**Huntington Beach:** Coastline College Classic, 5K/10K/1K, pier, 7:30 a.m. Info: Race Pace Promotions (714/661-6547).

**Chula Vista:** Arturo Barrios Invit. 10K/5K, Bayside Park, 7:30 a.m./5K, 8:15 a.m./10K, 9:45/Elite 10K. Info: 619/450-6510 or 714/548-4897.

**San Diego:** Mission Bay Triathlon (500mS-15kB-5kR), Mission Bay, 7:30 a.m. Info: Koz Enterprises (619/627-9111).

## October 14 (Saturday)

**Aptos:** Aptos Earthquake Scramble Marathon/Half-Marathon/12K, Aptos Village, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Auburn:** Cool Ride & Tie, 11/22M (1 horse, 2 riders alternate running/riding), Time TBA. Bill McKean, 1670 Crockett Rd., Auburn 95603 (916/885-8610).

**Sacramento:** Wenmat Classic, 5K/10K/Kids' 0.5M, Arden Bar (William Pond Park, American River), 8:30 a.m./Kids, 9 a.m. Valerie Yocom, 5800 Winding Way, Carmichael 95608 (916/481-5004).

**Reedley:** Reedley Fiesta 5000, 7:15 a.m. Pioneer Park, Fiesta 5000, c/o Pirate Foundation, 675 W. Manning Ave., Reedley 93654.

**Bakersfield:** Police Memorial Runs, Distance, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

**Lompoc:** Lompoc Red Ribbon Run, 5K Run/Walk-8 a.m., 10K run-8:30 a.m., 1K Run/Walk-8:35 a.m. La Purisima Mission. Info: Laurie Lane (805) 735-6751 or Ray Gil (805) 736-4233.

**Los Angeles:** National Crime Prevention 5K, Griffith Park, Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

**Huntington Beach:** Running is for the Birds 5K/10K/1K Kids' Run, Bolsa Chica State Beach (north end), 8:30 a.m./10K, 8:40 a.m./5K, 9 a.m./1K. Amigos de Bolsa Chica, P.O. Box 3748, Huntington Beach 92605 (714/897-7003).

**San Dimas:** Shield of Faith 5K/10K Runs, Bonelli Park, 8 a.m./5K, 8:30 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

**San Diego:** Alzheimer's Assoc. 5K Fun Run, Harbor Island, 9 a.m. Info: 619/541-1776.

**San Diego:** 10-Mile Handicap Race, Scripps Ranch (Lake Miramar), 7:30 a.m. San Diego TC, P.O. Box 7853, San Diego 92167 (Kevin Heaton: 619/578-7539).

## October 15 (Sunday)

**San Francisco:** DSE Single & Double Lake Merced Runs, 4.6M/9.2M/Kids' Run, Sunset Blvd. Parking Lot, 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Palo Alto:** Theta Breakers 5K/10K, Stanford Stadium, 9 a.m. Susanne Waher, 1731 No. First St., Suite 3, San Jose 95112 (408/436-6459).

**San Jose:** Almaden Classic Run for Youth Counseling 10K/2M, Leland H.S., 8:30 a.m. Kate Chimenti, 7188 Brooktree Ct., San Jose 95120 (408/268-2904).

**Marina:** Marina Cross-Country Challenge, 10K, Fritzsche Airfield (off Reservation Rd.), 9 a.m. Marina Challenge, Grace Santella, P.O. Box 1325, Marina 93933 (408/883-1861).

**San Anselmo:** Run to the Heavens 6.4M/2M, San Domenico School, 8:30 a.m./Kids, 9 a.m./6.4M, 9:15 a.m./2M. San Domenico School, 1500 Butterfield Rd., San Anselmo 94960 (415/258-1931).

**Kelseyville:** Vineyard Run for Literacy, 5K/10K, Knocoti Winery (Hwy. 29 & Thomas Dr.), 9 a.m. Dallas Cook, Lake County Literacy Coalition, 1425 No. High St., Lakeport 95453 (707/263-7633).

**Davis:** Nor-Cal Duathlon #2 (5kR-30kB-5kR), Davis Community Park (14th/F St.), 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

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

**Weott:** Humboldt Redwoods Marathon & Half-Marathon, Founder's Grove/Dyerville Bridge, 9 a.m. Karen Angel, 351 Roundhouse Creek Rd., Trinidad 95570 (707/443-1220).

**Fresno:** Central California Asian/Pacific Women 10K/2M/1K Kids' Runs, Woodward Park (Mountain View Area), 7:15 a.m./1K, 7:45 a.m./2M, 8 a.m./10K. CCAPW, P.O. Box 26803, Fresno 93729 (Julia: 209/233-5330).

**Moreno Valley:** Tour de Moreno Valley Half Marathon, 7:30 a.m. Info: MV Parks & Rec. (909/243-3280).

**Hermosa Beach:** A Day at the Beach Triathlon (0.25mS-10mB-3mR), Hermosa Pier, 7:30 a.m. MESP, Inc., 29397 Agoura Rd., #109, Agoura Hills 91301 (818/707-8867).



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# SCHEDULE

**Coronado:** Do the Bridge 4M, Gaslamp Quarter (5th/Harbor), 8 a.m. Joan-Run USA/Stride America, P.O. Box 2293, Del Mar 92014 (619/736-1001).

## October 21 (Saturday)

**Belmont:** Pacific Cross-Country Series #6, 2.95M/4.2M, Crystal Springs X-C Course (Hallmark Dr.), 10 a.m./2.95M-Women, 11 a.m./4.2M-Men. Dave Shrock, College of San Mateo Athletics, 1700 W. Hillsdale Blvd., San Mateo 94402 (415/574-6448, days; 415/342-9551, eve).

**San Leandro:** Firetrails Fifty, 50 Mi., Lake Chabor Marina, 6:30 a.m. Dick Collins, 1015 Hollywood Av., Oakland 94602 (510/530-6634).

**Saratoga Gap:** Skyline to the Sea Trail Marathon/50M/30K, Hwy 9 & 35, 7 a.m./50M, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Watsonville:** Autumn Challenge 7K/13K, St. Francis Field (College Rd.), 8 a.m. Mary Hallett-Hernandez, P.O. Box 2672, Watsonville 95077 (408/722-4751).

**Davis:** Davis-Rutilio Grande City-to-City Benefit Fun Run, 5K/10K, S.E. corner of U.C. Davis Quad, 9 a.m. Terry Turner, 1224 Beech Ln., Davis 95616 (916/756-7681).

**Bakersfield:** Nova Care 5K, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Fountain Valley:** Goblin Gallo 5K, Mile Square Park, 8 a.m. Info: 714/965-4446.

**Orange County:** O.C.M.D. 60 Mile Relay (3.5M-5.5M-7.5M-8M), Anaheim (Angel) Stadium, 7 a.m. (\$375/Team). Ron Cooke, 1000 No. Parton St. "E", Santa Ana 92701 (714/953-4440).

## October 22 (Sunday)

**San Francisco:** Race for the Cure 5K, Golden Gate Park (Sharon Meadow), 8:30 a.m. Judy Ikenberry, P.O. Box 828, Rialto 92377 (800/698-8699, 909/874-5870).

**San Francisco:** DSE Beach Esplanade Run, 5.6M, Balboa Ave./Great Hwy., 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Oakland:** Lake Merritt Joggers & Striders Fourth Sunday Run, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th Sts. & Lakeside Dr.), 9 a.m. Info: 510/601-7787.

**Menlo Park:** Red Ribbon Run, 8K, Burgess Park, 8:30 a.m. Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

**Woodland:** Fall Mall Run, 10M/3M, Country Fair Mall (East St. & Gibson Rd.), 9 a.m. Jim Rademaker, 808 Helen Way, Woodland 95776 (916/662-0498).

**Fresno:** Brian Sturgeon Run, Mountain View Shelter, Woodward Park. Check-in 6:30 a.m. 1K Kid's Run, 2 Mile Walk, 2 Mile Run, 4 Mile Run. For entry form call: (209) 221-8272.

**Nevada City:** Run Through the Colors 5K/10K, Pioneer Park, 8:30 a.m. Richard Thomas, Sierra Club, 10066 Rob-King Rd., Nevada City 95959 (916/265-2666).

## October 28 (Saturday)

**Gilroy:** Halloween VI 10K/5K, Christmas Hill Park (near Gilroy H.S.), 9 a.m./10K, 9:15 a.m./5K. Gavilan Joggers & Striders, 7393 Egleberry St., Gilroy 95020 (408/842-4145).

**St. Helena:** St. Helena Hometown Harvest Festival Run, 5K/10K/1M Kids' Run, St. Helena Church (Oak/Tainter St.), 8 a.m./Kids, 8:30 a.m. Rick Pina, P.O. Box 1007, St. Helena 94574 (707/963-5928).

**Calistoga:** Napa Valley Wine Country Classic Marathon/Half-Marathon/5M, Napa State Park (Hwy 29 btwn. St. Helena & Calistoga), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

**Big Sur:** Big Sur River Run, 10K, Pfeiffer Big Sur State Park, 10 a.m. The Treadmill Sports Boutique, 149 Crossroad Blvd., Carmel 93922 (408/624-4112).

**Merced:** Bell Fun Run 15K, Applegate Park. Info: David Simenson (209) 383-7441 or (209) 723-4589.

**Fresno:** Shoes & Spokes Run, 2M/10K/1K Kids' Run, 7:45 a.m. M.A. Bongiovanni, CAPH-ILC, 1617 E. Saginas, #109, Fresno 93704 (209/222-2274) or 276-6777.

**Bakersfield:** Monster Bash, Distance, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

**Ridgecrest:** Ridgecrest Half-Marathon, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

**Santa Clarita:** Run Against Hunger 5K, Rye Canyon, 9 a.m. Santa Clarita Valley Food Pantry, 24133 Railroad Av., Newhall 91321 (Ellen Cutler: 805/255-9078).

**Whittier:** The Village & The Hills Halloween Run for the YMCA 5K/10K, Hilton Hotel, 8 a.m. Marilyn Grant, YMCA, 15740 E. Starbuck, Whittier 90603 (310/943-7241).

**San Diego:** Crimestoppers Light the Night Against Crime 5K/8K, downtown, 7 p.m. Info: Elite Racing (619/450-6510).

**San Diego:** Cuyamaca Ride & Tie, 15M/33M (1 horse, 2 runners alternate riding/running), Time TBA. Arlene Foster, 38230 Lorenzo Ln., Hemet 92544 (909/767-1237).

## October 29 (Sunday)

**San Francisco:** San Francisco Classic 10K/5K, Golden Gate Park (10th Av./JFK Dr.), 8 a.m. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

**Daly City:** DSE San Bruno Mountain Run, 5K/10K, San Bruno Mtn. State Park (Guadalupe Canyon Pkwy.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Stanford:** Pacific Cross Country Series #7, 5K/Women, 8K/Men, Stanford Golf Course, 4:30

p.m. Info: Hoy's Sports (415/648-1467).

**Alameda:** Streamline Half Marathon, Harbor Bay, 8:30 a.m. Streamline Fitness, 909 Marina Village Pkwy., #139, Alameda 94501 (510/521-6460).

**Lafayette:** Lafayette Reservoir Run, 10K/2M, downtown (Mt. Diablo Blvd.), 8 a.m. Sue Cross, Lafayette Chamber of Commerce, 100 Lafayette Cir., #103, Lafayette 94549 (510/284-7404).

**Pleasanton:** YMCA Red Ribbon & Teddy Bear Trot, 5K/Kids' Mile, 9 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

**Santa Cruz:** Ocean Chevrolet/Santa Cruz Distance Classic, 15K/5K, Long Marine Lab (UC Santa Cruz), 8:30 a.m./15K, 8:45 a.m. Marty Kruger, Santa Cruz T.C., P.O. Box 3568, Santa Cruz 95063 (408/662-0886).

**Bakersfield:** KRRC Bike Path Marathon, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

**Marina del Rey:** The Marina Breakers Run, 5K/10K, Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

**Rancho Santa Margarita:** Run Beneath the Peaks 8K, 8 a.m. SBR Sports Prods., 5404 Alton Parkway, #445, Irvine 92714 (714/858-7386).

**San Diego:** Light the Night 8K, 1st Av. near Broadway, 7 p.m. Info: Elite Racing (619/450-6510).

## November 4 (Sat.)

**San Francisco:** Pacific Cross Country Race #8, 4M/Women, 6M/Men, Golden Gate Park (30th Av. & JFK Dr.), 9 a.m./Women, 9:45 a.m./Men. Hoy's Sports, 1632 Haight St., San Francisco 94117 (415/252-5370, days; 415/648-1467, eve).

**Morgan Hill:** Morgan Hill Marathon & Half-Marathon, 8 a.m. Dan Barger, California Sports Mktg., P.O. Box 794, Morgan Hill 95037 (408/776-3035, 779-5653).

**Big Sur:** Big Sur Trail Marathon/Half-Marathon/5M, Andrew Molera State Park, 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Sacramento:** Jingle Bell Run for Arthritis, 5K/10K, William Land Park, 8:30 a.m./Kids' Run, 9 a.m. Arthritis Fdn., Jon Stevie, 3040 Explorer Dr., #1, Sacramento 95827 (800/571-3456).

**Freshwater:** Bridgeville Relays, Distance TBA, 3 Corners on Old Arcata Rd., start between 5-8:30 a.m. Info: Jim Griggs (707/445-9377).

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

**Julian:** Julian 10K, Julian H.S., 8 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

## November 5 (Sun.)

**San Francisco:** DSE Land's End Run 5K, Balboa Av. & Great Hwy., 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

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# SCHEDULE

**San Francisco:** Olympic Circle 4.5M, Lake Merced (Sunset Blvd. Parking Lot), 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

**Camino:** Apple Hill Harvest Run, 8M/3.5M/Kids' 0.5M, Larsen's Apple Barn, 8:30 a.m. Snowline Hospice, 3097 Cedar Ravine, Placerville 95667 (916/621-7828).

**Fresno:** Central California Half Marathon & 5K Run, 8 a.m. (half marathon walkers begin at 7 a.m.). Half marathon start at Woodward Park, 5K start at Lost Lake Park. Info: Ron Gates, PO Box 17097, Fresno 93744 (209) 261-1284.

**Newport Beach:** Hard Rock Run for Cove, 10K/5K/Kids' 1K, Fashion Island (Hard Rock Cafe), 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

**Riverside:** Mission Inn Run, 5K/19K, Time TBA. Info: Elite Racing (714/548-4897).

**Upland:** Stride & Ride 5K/10K, Upland Memorial Park (Campus & Grove Sts.), 8 a.m./5K, 8:30 a.m. Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

## November 11 (Sat.)

**Stinson Beach:** Stinson Beach Marathon/Half-Marathon/7M, Parkside Cafe, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Arcata:** Arcata Bottoms Race, 2.4 & 8 Mi., St. Mary's School (Janes Rd.), 10 a.m./2.4M, 10:45 a.m. Info: Jim Griggs (707/445-9377).

**Bakersfield:** Feline Fun Run 8K, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

## November 12 (Sun.)

**San Francisco:** DSE Rainbow Falls 5K & Kids' Run, Golden Gate Park (Transverse & JFK Dr.), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/9778-0837).

**Alameda:** Harbor Bay 5K/10K, Harbor Bay Ferry Terminal, 8:30 a.m. Streamline Fitness, 909 Marina Village Pkwy., #139, Alameda 94501 (510/521-6460).

**Pacific Grove:** Scenic Run, 3K/10K, Lover's Point, 9 a.m. Monterey County Special Olympics, Cindy Myers, 211 Pearl St., Monterey 93940 (408/373-1972).

**Clarksburg:** Clarksburg Country Run, 5K/30K/Kids' 1M, Delta H.S., 10 a.m./30K, 10:15 a.m./5K, 11:05 a.m./1M. Skip Seebeck, P.O. Box 20, Clarksburg 95612 (916/665-1712 or 983-4622).

**Santa Clarita:** City of Santa Clarita Marathon, Canyon Country, 7 a.m. (500 Limit). Santa Clarita Runners, 26032 Laguna Ct., Santa Clarita 91355 (805/259-5441).

**Universal City:** The Backlot Run of Universal Studios Hollywood, 5K/10K, Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

**Tustin:** Dinosaur Dash 5K/25K, Tustin Market Place, 8 a.m. Info: Tustin Public School Fndn. (714/544-7723).

**New York City, NY:** New York City Marathon (25,000 accepted), time TBA. New York City Marathon, P.O. Box 1388 GPO, New York, NY 10116 (212/423-2284).

## November 18 (Sat.)

**San Francisco:** Pacific Cross Country Series Finale (Race #9), 6K/10K, Golden Gate Park (Polo Fields), 9 a.m./Citizens 6K, 10 a.m./MM10K, 11 a.m./Women's 6K, 11:45 a.m./Men's 10K. Hoy's Sports, 1632 Haight St., San Francisco 94117 (415/252-5370, days, 648-1467, eves).

**So. San Francisco:** Thanksgiving Fun Run, 5 Mi., Genentech (460 Point San Bruno Blvd.), 9 a.m. Elaine Porter, So. S.F. Parks & Recr., 33 Arroyo Dr., So. San Francisco 94080 (415/877-8560).

**Santa Rosa:** The Call of the Wild 10K/Half-Marathon/Marathon, Annadel State Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Davis:** Davis Turkey Trot, 5K/10K, Civic Center Field, Time TBA. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

**Los Angeles:** The Friendship Run for L.A., 10M/5K, Coliseum, 8 a.m. Info: W2 Promotions (310/828-4123).

**Fullerton:** La Salida del Sol 5K/10K, Cal State Univ., 8 a.m./5K, 8:30 a.m. The Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

**San Diego:** Mission Bay 25K, Fiesta Island, 7:30 a.m. San Diego TC, P.O. Box 7853, San Diego 92167 (Joni Shirley: 619/292-6132).

## November 19 (Sun.)

**San Francisco:** DSE Legion of Honor Run, 4.3 Mi., 34th & Clement, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Montecito:** Terry Fox Run & Fay Hobbs 10K Race (also 1M Kids' Run), Montecito Union School (385 San Ysidro Rd.), 8 a.m. Tana Chesky, Cancer Fndn., 2410 Fletcher St., #104, Santa Barbara 93105 (805/898-2116).

**East Los Angeles:** Corrida de Campeones, 5K/10K/1M Kids' Run (11 & Under), Belvedere Park, 8 a.m./5K, 8:45 a.m./10K, 10:15 a.m./1M, 10:45 a.m./Invit. 10K. Elite Racing, 1904 Church St., Suite B, Costa Mesa 92627 (714/548-4897).

**San Diego:** Race for the Cure, 5K, County Admin. Bldg. (Harbor Dr.), 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

## November 23 (Thu.)

**Sacramento:** Run to Feed the Hungry, 10K/2K, Sacramento State Univ., 9 a.m./10K, 9:15 a.m./2K. Up & Running, 11114 Oberun River Ct., Rancho Cordova 95670 (916/852-TIME).

**Bakersfield:** Phantom Pie Run, Distance, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

**Dana Point:** Dana Point Turkey Trot, 5K/10K/2K, Dana Point Harbor, 7:30 a.m. Info: Dana Point Chamber of Commerce (714/496-1555).

## November 25 (Sat.)

**Mill Valley:** Quadruple Dipsea, 28.4M, out-and-back twice over Dipsea Trail, 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 94611 (415/894-1336, days).

**La Jolla:** Hard Rock Cafe 5K, Prospect St., 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

## November 26 (Sun.)

**San Francisco:** Run to the Far Side, 5K/10K, Golden Gate Park (Calif. Academy of Sciences), 8:30 a.m. RhodyCo Prods., 3929 California St., San Francisco 94118 (415/668-2243 (hotline), 564-0532).

**San Francisco:** DSE Coit Tower Run, 3 Mi., Dolphin Club, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Oakland:** Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. LMJS Hotline (510/601-7887).

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# SCHEDULE

## LOOKING AHEAD

(Marathons, Ultra, Relays, Important Dates, Major Events, etc.)

### November 12

**Columbus, OH:** 16th Annual Columbus Marathon, Marathon Relay and 5K. Info: Columbus Marathon, PO Box 26806, Columbus, OH 43226. SASE. Or call: (614) 433-0395.

### December 3 (Sun.)

**Folsom:** California International Marathon, Folsom Dam to downtown Sacto, 7:05 a.m. CIM, P.O. Box 161149, Sacramento 95816 (916/983-4622).

**Culver City:** Western Hemisphere Marathon & 5K, Overland & Culver, 8 a.m./Marathon, 9 a.m./5K. Jack Nakanishi, 4117 Overland, Culver City 90230 (310/202-5689).

### December 9 (Sat.)

**La Quinta:** Desert Cities Marathon/Half-Marathon/Kids' 3K, Lake Cahuilla Regional Park, 7 a.m. Stephanie Mapelli, 36-066 W. Ave., Cathedral City 92234 (619/321-7564).

### December 10 (Sun.)

**Tucson, AZ:** Tucson Marathon/Marathon Relay/Half-Marathon/5K, Biosphere 2, 8 a.m. Pat Lekacz, 1715 E. Water St., Tucson, AZ 85719 (502/325-2736).

**Honolulu, HI:** Honolulu Marathon, 5:30 a.m. Honolulu Marathon Assoc., 3435 Waiialae Av., Room 208, Honolulu, HI 96816 (808/734-7200) December 16 (Sat.)

**Sausalito:** Golden Christmas Trail Marathon/Half-Marathon/7M, E. Fort Baker (Mara. & HM), Rodeo Beach (7M), 8 a.m./Mara-HM, 9

a.m./7M. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

### December 17 (Sun.)

**San Francisco:** 22nd Annual Christmas Relays, 4x4.464M, Lake Merced (Sunset Blvd. Pkg. Lot), 9 a.m. West Valley TC, Marc Lund, 1433 Norman Dr., Sunnyvale 94087 (Searcy Barnett: 510/635-9508).

### December 30 (Sat.)

**Mill Valley:** New Year's Resolution Marathon/12K/31K, Muir Beach (Mara. & 31K), Mtn. Home Inn on Panoramic Hwy. (12K), 9 a.m./Mara-31K, 10 a.m./12K. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

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# MOSTLY SHOES

By Cregg A. Weinmann



## Shoes for Cross Country

The year was 1903, and a loose association of nations, which became the International Cross Country Union, held their inaugural championships. A short 64 years later they initiated a championship race for the ladies as well. The rules allowed participation for member nations only, which consisted largely of countries of Western Europe. The opening of the competition to women also allowed the addition of some new blood to the previously exclusive club. The United States was allowed to join (but only the women) as well as other interested countries. This new venue for competition was welcomed by some highly competitive individuals looking for excellence in distance running, in particular a young woman from Seattle, Washington, named Doris Brown Heritage. Doris was a prodigious trainer and ferocious competitor who paid attention to the small details. She lined up for that first race in 1967 with the intention of getting to the finish line first. She accomplished that goal, and then came back and did it again, for FIVE STRAIGHT YEARS...

If it's 102 degrees in the California's Central Valley and vacation is over, it must be cross-country season. Now that the preseason is over, the real running is set to begin. Runners all over are looking for an edge, something which will provide a breakthrough. Most recognize that they aren't about to get something for nothing. Perhaps, what you are looking for is as simple as a downward glance. Mars Blackmon insisted to Michael Jordan in bygone commercials that, "It's gotta be da shoes!" I'm not talking about your stable, highly cushioned, motion controlling, big bucks, training shoes. To be sure, they do their part, but at an average weight of about 3/4 of a pound each, they may be causing a problem of their own. The problem is fatigue - unwanted fatigue. I'm pretty sure fatigue is never wanted, but this is especially unwanted because of timing. The tic-toc variety. Training shoes are heavy. When your aim is to trim off a couple of minutes per mile, during a race, the last thing you want is a tired feeling. What can you do about it? Change your shoes!

There are currently about 15-20 athletic shoe companies hawking their wares on our shores. Of those, at least 12 have a whole line of running shoes. What you are interested in (if you've read this far) is the shoe that is going to improve your cross-country performance. This makes things a little easier because we are now able to narrow that search down to seven companies which market cross-country racing shoes. These com-

panies are, in fairness, listed alphabetically: adidas, Asics, Avia, Mizuno, New Balance, Nike and Reebok.

### What is a cross-country shoe?

To get to that question, perhaps we need to answer another question: what is cross-country? A back-to-school commercial announced that the cross country team had made it through 4 states. But we're talking about the hill and dale sport, not a Trans-America race. In California there is a wide disparity between cross-country courses. Some include any combination of concrete, sand, track, brush, dirt, pavement, and grass. Some are nearly pure road races. Some are mountainous, while others are as flat as a track. All coaches deal with what's available when setting up their courses. This has prompted shoemakers to respond with a variety of racing models. All are lightweight (8 ounces or less for men's size 9), made for speed, and not intended for training. Most tend to have fairly loud color schemes. A listing and description follows for the best candidates to help you fly. /

#### adidas - Advance Cross

The Advance Cross is a hybrid shoe combining the last of a track shoe, including the spikes, with a rugged studded sole to handle grass and dirt cross-country courses. It has a six spike layout for extra traction or track racing, but may be worn with or without the spikes. Probably intended for courses without concrete or pavement. It weighs in at 8 ounces. Suggested retail price, \$50.

#### Asics - Harrier

The Harrier provides good traction on all surfaces. It is built on a spike last, but with a rubber studded sole instead of spikes. It features lightweight cushioning in the heel, and weighs a very lightweight 7 ounces. Suggested retail price \$45.

#### Avia - Mantis

The Mantis, while not specifically designated by Avia as a cross-country shoe, is nevertheless well-suited because of the tread pattern and stable cantilever heel. It is quite well-cushioned, and still weighs only 7.8 ounces. It is also snug fitting featuring "bilateral lacing." Suggested retail price, \$65.

#### Mizuno - Cross

Track lasted but laterally stable, the Cross has rubber nubs in a spike pattern layout. Well-suited to all surfaces. Weighing just 7 ounces, it does not inhibit quickness. Suggested retail price, \$60.

#### New Balance - RXC 650B

The RXC 650B is the lightest of the cross country racers at 7 ounces for size 9 1/2. Track shoe lasted, they feature a studded forefoot tread with a stable heel. Well-suited to all surfaces. Suggested retail price, \$60.

#### Nike - Zoom Country, Zoom Waffle

The two Zooms are nearly identical in every respect except color, price, and weight (due to the spikeplate in the Country). They are built on a spike last. Both are intended for rugged cross country courses of any type of surface. The Country has the feature of using metal spikes or interchangeable rubber nubs. The Waffle has non-detachable nubs. Both come in loud colors. Suggested retail price: Zoom Waffle \$45, Zoom Country \$60.

#### Reebok - Harrier

The Harrier is built on a track last, which affords a snug fit. It has nubs in the place of spikes which allows the versatility of good traction on all surfaces. Suggested retail price \$45.

Barring a massive dead heat, there will be only one person who finishes first in a race. Doris Brown Heritage figured out what it takes to be that one person. Take care of the small details. Do this and you will find that you are getting closer to the front. Have a great season!



Cregg A. Weinmann, an ardent fan and long-time participant in the sport of track and road racing, is a teacher living and working in Bakersfield, CA. Cregg's E-mail address is: shuz2run@lightspeed.net



# MEET SPOTLIGHT

By Bob Womack

## 1995 USA Mobil Track & Field Championships

**June 14-18. Hughes Stadium, Sacramento.**

Some new faces. Some old faces. A few very old faces.

That was the collage of American track presented by the 1995 USA National Championships held at Hughes Stadium, Sacramento. Since the meet also served as the final selector for the U.S. World Championships Team, it was a pretty good glimpse of the prospects for Atlanta. Absenteeism was confined to the injured and retired.

The most prominent faces were familiar -- **Michael Johnson** on the men's side and **Gwen Torrence** on the women's. Johnson, the only athlete to win both the 200 meters (1991) and 400 meters (1993) in the World Championships, became the first male in this century to win that double in one national championships, running a U.S. all-comers best of 43.66 in the long sprint.

Torrence, the defending Olympic 200 champ, scored a 100-200 double despite a pesky hamstring that caused her to break down at the finish of the short race. She and Johnson were voted the meet's outstanding female and male athletes.

Other familiar faces included Olympic men's 200 champ **Michael Marsh**, who missed the team in that event but won the 100; **Regina Jacobs**, who grabbed her fifth title at 1500; **Mike Powell**, who tuned up for what he hopes will be his third straight world championship by winning the men's long jump; and **Gail Devers**, who won the women's



REGINA JACOBS

Photo by Kirby Lee

high hurdles for the fourth time.

Of even older vintage, 1984-88 Olympic high hurdles champion **Roger Kingdom** claimed his fifth national crown (but his first since 1990). And the **Jackie Joyner-Kersey** era appeared to be winding down. JJK, battling a variety of minor ailments, barely hung

on to win the heptathlon by 23 points from the steady **Kym Carter** and surprising **Kelly Blair**, then added the long jump title with a mark somewhat below her standards.

The **Carl Lewis** era may actually be over, even though King Carl did make the World Championship team in the long jump. He and Joyner-Kersey are the only Americans to make all five WC squads. In the 100, he was left in the blocks and the patented Lewis surge in the last 50 meters never materialized.

Ah, but the new faces. There's **Brandon Rock**, who had the program shot from under him at Nevada, bobbed up at Arkansas and scored a rare NCAA-USATF double at 800. **Paul McMullen** may look more like a power forward than a miler, but, after getting beat in the NCAA's, won a 1500 race that appeared to be all set up for the kickers like **Steve Holman** and **Terrence Herrington** with a 1:52.2 final 800. **Brian Hyde**, another new face, was second with Herrington barely making the team and Holman, the fastest American miler this year, staying home and wondering why in the name of **Steve Scott** he permitted a 66 first lap.

Maybe the most typical new face was a college sophomore triple jumper from Rice named **Ivory Angello**. Only fourth in the NCAA, the lightly-regarded Angello had only one fair jump in the finals--but it was 56-1 1/4, 18 inches over his previous best and good enough for a tentative spot on the WC team. But for **Mike Conley's** typical last-round he-

*continued next page...*



## MEET SPOTLIGHT

roics, it would have made him American Champion.

Unfortunately for Angello, it was wind-aided and the IAAF, unlike the more tolerant USATF and NCAA, does not accept wind-aided qualifying marks. This left Angello in a group of about a dozen nominal team members scrambling to meet the qualifying deadline of July 26th.

Among these were a number of Californians: Discus throwers **Pam Dukes** and **Danyel Mitchell**, hammer thrower **Dave Popejoy**, and javelin throwers **Erik Smith**, **Jim Connolly**, **Ashley Selman** and **Erica Wheeler**. Some other Californians stood to get to Goteborg through the back door if they didn't make it, including Bakersfield's **Melissa Weis** in the discus and javelinists **Todd Riech** and **Nicole Carroll**.

As it fell out, most of these wound up staying home. Of a dozen non-qualifiers on the WC team, only four made the qualifier and only one of those was a Californian, former Vacaville High School standout Mitchell, who hit the discus standard of 196-10 right on the button. All four of the javelin throwers were frustrated; former Azusa Pacific throwers **Mike Barnett** was the first alternate on the men's team and despite a series of meets in which he threw in the high 240's, never got farther.

That left Riech, who would have been the first man from Fresno State ever to represent the United States in either Olympic or World Championship competition. He was hurt and couldn't go. (Weis and Carroll did get plane tickets as did Californian **Ruth Wysocki**, fourth in the 1500, who was flown to Goteborg the day before the meet when national champ **Regina Jacobs** turned up ailing.)

Of the non-qualifiers, San Francisco-based **Allen James** had the least worries. James, who won his fourth straight 20K walk title, hadn't met the "A" qualifying standard for the worlds. But neither had any other American--and unless two of them made it in the six weeks after

*continued next page...*

## 1996 U.S. Olympic Team Picks

By Bob Womack

Three years ago, this writer made some long-range predictions for the 1996 U.S. Olympic Team (7-part series, September 1992 through May 1993). This is a progress (?) report on how those picks look one year before Atlanta.

The story itself made ideal filler, as they say in the trade for CT&RN. Since it was relatively timeless and lent itself to being divided into segments, Bill Cockerham ran it to fit available space, so that the last segment didn't get published until early 1993.

Making the picks was a lot of fun. Certainly, they seemed to be widely-read, judging from the comments we got over the next several months--mostly negative, of course. Nobody ever tells you about the comments they agree with.

At the time, I thought 50% accuracy would be terrific and I'd be happy with 33%. At this point, even that might be a high target. The kind of things you run into are these:

- ~ **Quincy Watts** and **Kevin Young**, just to name two, looked like money in the bank for five to ten years at Barcelona. That bank looked like Baring's at this year's nationals.

- ~ People came out of nowhere, as usual. Bell Gardens prep **Michael Granville** recently told CT&RN's Doug Speck that he plans to be on the medal stand at Atlanta. This seems a little premature (Sydney in 2000 sounds more realistic) given that there are not going to be all that many college students on the 1996 U.S. Olympic team and Michael will go almost direct from his high school graduation to the Trials. Nevertheless, I wouldn't be shocked to see him make the finals at the Trials and it's not beyond the realm of possibili-



Quincy Watts

Photo by Bill Leung, Jr.



Gail Devers

Photo by Bill Leung, Jr.

ty that he could make the team.

- ~ The IAAF monkeys with the rules. I had made picks for the women's 3000; it's been replaced by the 5000. I didn't pick **Michael Johnson** in both the 200 and 400 because the schedule is never set up to permit a double. It still isn't at this writing, but the World Championship schedule was changed to accommodate Johnson and NBC wants to showcase Michael awful badly. Given the amount they're paying for the TV rights, wanna bet the IAAF doesn't give them their way?

- One rule change that was expected never happened. The move from 33-inch hurdles to 36 inches in the women's highs. Counting on this, I left **Gail Devers** off the picks. Wrong again. The hurdles are still at 33 and Devers is still No. 1 in the world.

- ~ A final excuse--and I clearly need these--is the act of making the picks may have affected the process; I have at least one confirmed case. In the decathlon, I wrote that **Chris Huffins** "needs to get serious and work on the technique events, in which he would have to improve to be mediocre." At the time he was comparable to **Dan O'Brien** in six

*continued next page...*



# MEET SPOTLIGHT

Sacramento, about as likely as peace in Bosnia, James was safe.

Curiously, the only American records set were in a non-world championship event, the women's pole vault, where June Kingsburg High School graduate **Melissa Price** pushed the AR to 12-7 and 12-9 before missing at 13-0 3/4. The pole vault--and hammer--are scheduled to be added to the WC program in 1997.

The most welcome faces were those of the spectators, just under 50,000 of them for the five days, despite some really abysmal weather the first two of those days. That's the best crowd at a National Championships in recent years and should entitle Sacramento to a return visit before the end of the century.

## RESULTS

### MEN

**100** -- Final: 1. Mike Marsh (ex-UCLA) 10.23; 2. Maurice Greene 10.23; 3. Dennis Mitchell 10.23; 4. Jon Drummond 10.26; 5. Leroy Burrell 10.31; 6. Carl Lewis 10.32; 7. Tony McCall 10.38; 8. Jeff Williams (ex-LACC) 10.40. Heats -- II: 1.

Marsh 10.14; 2. Terrence Bowen (ex-Fresno State) 10.37; 3. Aaron Thigpen (ex-San Diego St.) 10.54; III: 1. Williams 10.37; 2. Anthony Barnes (ex-Fresno State) 10.38; 6. Barry Smith (ex-Long Beach CC) 10.69; IV: 5. Jeff Laynes (ex-USC). Semis -- I: 1. Marsh 10.02w; 5. Bowen 10.20w; II: Williams 10.19; 5. Barnes 10.26.

**200** -- Final: 1. Michael Johnson 19.83w; 2. Kevin Little 20.16w; 3. Jeff Williams (ex-LACC) 20.20w; 4. Anthuan Maybank 20.27w; 5. Jon Drummond 20.28w; 6. Mike Marsh (ex-UCLA) 20.35w; 7. Dave Dopak 20.37w; 8. Rohsaan Griffin 20.55w. Heats -- I: 1. Williams 20.25; III: 1. Marsh 20.42w; 3. Ed Hervey (Cal State Bakersfield) 20.67w; V: 2. Brian Bridgewater (ex-Cal State LA) 20.60; 5. Barry Smith (ex-Long Beach CC) 20.92; VI: 3. Pat Johnson (ex-Redlands HS) 20.56w; VII: 1. Bryan Krill (USC) 20.85w; 5. Jeff Laynes (ex-USC) 20.85w; VIII: 5. Aaron Thigpen (ex-San Diego St.) 21.08w. Semis -- I: 6. Hervey 20.48w; II: 2. Marsh 20.19; 5. Johnson 20.71; III: 3. Williams 20.12w; 6. Bridgewater 20.46w.

**400** -- Final: 1. Michael Johnson 43.66; 2. Butch Reynolds 44.42; 3. Darnell Hall 44.55; 4. Derek Mills 44.58; 5. Marion Ramsey 45.03; 6. Kevin Lyles 45.03; 7. Antonio Pettigrew 45.74. Heats -- I: 2. Tony Miller (ex-UCLA) 45.74; 4. Steve Lewis (ex-UCLA) 46.48; 5. Bryan Krill (USC) 46.75; II: 4. Quincy Watts (ex-USC) 46.21; III: 2. Pat Johnson (ex-Redlands HS) 45.94; 5. Danny Everett (ex-UCLA) 46.74; V: 4. Jason Rouser (Los Angeles) 46.89. Semis -- I: 5. Miller 45.93; 6. P. Johnson 46.13; II: Watts 47.34.

**800** -- Final: 1. Brandon Rock (ex-Taft CC) 1:46.50; 2. Mark Everett 1:47.63; 3. Jose Pamilla 1:48.14; 4. Rich Kenah 1:48.29; 5. Bryan Woodward (ex-Long Beach Poly HS) 1:48.41; 6. Brad Sumner 1:48.90; 7. Shaun Benefield 1:49.57; 8. Kevin Murphy 1:49.66. Heats -- I: 5. George Kersh (ex-Taft CC) 1:51.16; II: 1. Rock 1:47.33; 5. Michael Granville (Bell Gardens

HS) 1:49.92; 6. Mike Graham (ex-Hawthorne HS) 1:53.01; III: 3. Woodward 1:48.49; 6. Sean Maye (ex-Merritt CC) 1:51.62. **1500** -- Final: 1. Paul McMullen 3:43.90; 2. Brian Hyde 3:43.90; 3. Terrance Herrington 3:44.03; 4. Erik Nedeeau 3:44.31; 5. Steve Holman 3:45.10; 6. Michael Cox 3:46.19; 7. Scott Anderson 3:47.79; 8. Mark Dailey 3:48.07. Also: 11. Greg Whitley (ex-Woodbridge HS, Irvine) 3:52.93. Heats -- I: 4. Jim Sorensen (ex-CPSLO) 3:45.98; 7. Gordon Johnson (ex-Merritt CC) 3:46.86; II: 5. Chris Cushing-Murray (ex-UCLA) 3:43.40; III: 3. Whitley 3:42.42.

**5000** -- 1. Bob Kennedy 13:19.99; 2. Mark Coogan 13:23.72; 3. Matt Giusto (ex-San Mateo HS) 13:27.87; 4. Jim Spivey 13:42.85; 5. Ron Harris (ex-Eisenhower HS, Rialto) 13:44.36; 6. Dan Middleman 13:49.33; 7. Brian Baker 13:53.43. Also: 14. Wesley Ashford (Gardena) 14:32.95.

**10,000** -- 1. Todd Williams 28:01.84; 2. Chris Iox 28:23.94; 3. Tom Ansberry 28:27.85; 4. Rodney Dehavan 28:28.42; 5. Joe Lemay 28:32.07; 6. Bradley Barquist 28:39.05; 7. Brian Clas 28:42.11; 8. Dan Nelson 28:47.10. Also: 19. David Welsh (ex-Jesuit HS, Carmichael) 30:01.10.

**3000 SC** -- 1. Mark Croghan 8:17.54; 2. Tom Nohilly (ex-Taft CC) 8:26.54; 3. Karl Van Calcar 8:27.38; 4. Brian Diemer 8:27.72; 5. Dan Reese 8:31.90; 6. Gavin Gaynor 8:34.68; 7. Samuel Wilbur 8:36.17; 8. Francis O'Neill (ex-Long Beach CC) 8:37.61. Also: 10. Fred Carter (ex-Stanford) 8:47.47. Heats -- I: 1. Nohilly 8:35.48; 4. O'Neill 8:37.31; 6. Carter 8:37.39.

**110H** -- Final: 1. Roger Kingdom 13.09w; 2. Allen Johnson 13.11; 3. Jack Pierce 13.26w; 4. Terry Reese 13.39w; 5. Michael Dees 13.47w; 6. Larry Harrington (ex-Porterville CC) 13.49w; 7. Derek Knight 13.51; Courtney Hawkins FS. Heats -- I: 1. Mark Crear (ex-USC) 13.26; 3. Robert Reading (ex-USC) 13.42; 5. Patrick Duffy (ex-Cal) 13.58; Roderick Jeff (ex-Cal) dnf; II: 6. Richard Benoy 14.02w; III: 4. Eugene Swift (ex-

continued next page...

## '96 Predictions, continued

events and was spotting him 1,000 points in the other four. Chris taped the article up in his locker for motivational purposes and since has made up about half the deficit, putting him into world class. Another 50 points in each event would not only clinch an Olympic team berth but a medal at Atlanta.

An event-by-event look at the picks.

### MEN

**100** -- Michael Marsh; Leroy Burrell; Ricky Carrigan. I can live with these. Marsh looks solid and Burrell should be back in '96.

**200** -- Michael Johnson; Michael Marsh; James Trapp. Trapp has disappeared into pro football, but two out of three won't be bad.

**400** -- Quincy Watts; Steve Lewis; Deon Minor. Based on 1995 form, one out of three would be a minor miracle.

**800** -- Tony Pamilla; Mark Everett; Milton Hughes. Could be two out of three here. Is Hughes even still running?

**1500** -- Steve Holman; Mark Dailey; Terrance Herrington. Holman is a cinch if he learned anything from this year's nationals. If

not, Herrington is a cinch.

**Steeplechase** -- Mark Croghan; Marc Davis; Danny Lopez. This will look much better if Davis can stay healthy for a change.

**5000** -- Bob Kennedy; John Troutman; Louie Quintana. Kennedy for sure. The others have been held back by injury.

**10,000** -- Todd Williams; Ruben Reina; Bob Kennedy. Still no signs of interest in the 10K by Kennedy.

**Marathon** -- Bob Kempainen; Steve Spence; Aaron Ramirez.

**110H** -- Tony Dees; Mark Crear; Arthur Blake. Blake appears to have retired and Dees was off form in 1995. And who would have thought Roger Kingdom would be a real contender, 12 years after LA?

**400H** -- Kevin Young; Danny Harris; McClinton Neal. None of them looked good in Sacramento.

**High Jump** -- Hollis Conway; Darrin Plab; Tony Barton. Darrin who? Oh, well, if Conway is healthy, two out of three is OK.

**Pole Vault** -- Dean Starkey; Kory Tarpenning; Mike Holloway. I described this as a lottery and it still is. Not a bad trio to have in the draw, but I'd be more comfortable if I'd picked Scott Huffman.

**Long Jump** -- Joe Greene; Mike Powell; Erick Walder. Again, not too bad a set, although Greene still hasn't much progress with his foul

problems.

**Triple Jump** -- Erick Walder; Kenny Harrison; Brian Ellis. Can't win them all. Walder appears to have dropped this event for the LJ.

**Shot Put** -- Mike Stulce; Randy Barnes; C. J. Hunter.

**Discus** -- Anthony Washington; Brian Milne; John Godina. Godina might have been my best pick of the series. I don't know what happened to Washington this year, but he should be back in '96.

**Hammer** -- Lance Deal; Brian McMahon; Ken Flax. Flax's injury problems got worse instead of better and he retired. I hatpinned McMahon out of a group of young lions, including Gerald Sagio, who hasn't progressed, and Dave Popejoy who now probably will make the team.

**Javelin** -- Tom Pukstys; Art Skipper; Dave Kaminski. Again, not a bad set to be holding, although if I'd known Todd Riech was going to stay healthy for a while, I would have picked him instead of Kaminski.

**Decathlon** -- Dan O'Brien; Eric Long; Brian Brophy. Unless Huffins no-marks somewhere, the only question is who he'll replace here. Not O'Brien, probably, although Dan isn't far enough ahead of the field to no-height the vault and still be on the team.

continued next page...



# MEET SPOTLIGHT

Merritt CC) 13.79. IV: 2. Harrington 13.44. **Semis** -- I: 2. Harrington 13.35w, 3. Crear 13.43w. II: 4. Reading 13.44w, 5. Duffy 13.63w, 7. Swift 13.77w.

**400H** -- **Final**: 1. Derrick Adkins 48.44, 2. Ryan Hayden 49.04, 3. Octavius Terry 49.20, 4. Bryan Bronson 49.22, 5. Eric Thomas 49.61, 6. McClinton Neal 50.09, 7. Martin Beck (ex-UCLA) 50.10, 8. Maurice Mitchell 50.45. **Heats** -- I: 3. Marcus Carter (ex-USC) 53.23. II: 4. Kevin Young (ex-UCLA) 50.76. III: 5. Kenny Hall (ex-Mt. SAC) 51.46. IV: 3. Beck 51.24. V: 1. Danny Harris (ex-Perris HS) 50.68. **Semis** -- I: 4. Beck 49.83, 5. Harris 50.13, 7. Young 50.82.

**HJ** -- Charles Austin 7-6 1/2, 2. Tony Barton 7-5 1/4, 3. Rick Noji 7-5 1/4, 4. Stephen Smith 7-4 1/4, 5. Ray Doakes 7-4 1/4, 6. Chris O'Neill-Olsson (ex-Rubidoux HS, Riverside) 7-4 1/4, ... 10. Brian Stanton (ex-Long Beach CC) 7-2 1/2. No prelims.

**PV** -- 1. Scott Huffman 19-0 1/4, 2. Dean Starkey (ex-Logan HS, Union City) 18-10 1/4, 3. Bill Payne 18-10 1/4, 4. Joe Dial 18-10 1/4, 5. Lawrence Johnson 18-8 1/4, 6. Pat Manson 18-6 1/2, 7. Jeff Hartwig 18-0 1/2, 8. Kory Tarpenning & Mike Holloway 18-0 1/2. **Qualifying** -- T1. Starkey 17-8 1/2, Brent Burns (ex-Cal) nh, Tim Bright (ex-Sequel HS) nh.

**LJ** -- 1. Mike Powell (ex-UCLA) 28-0 3/4w, 2. Carl Lewis 27-8 3/4w, 3. Kareem Streete-Thompson 27-5 1/4w, 4. Roland McGhee 27-4 3/4w, 5. Percy Knox (ex-Antelope Valley HS, Lancaster) 27-2 1/2w, 6. Erick Walder 26-9 3/4, 7. Marcus Bailey 26-00, 8. Sean Robbins 25-10 3/4. **Qualifying** -- 1. Powell 26-8 1/4, T8. Knox 24-11 1/4, Lee Adkins (Cal) nh.

**TJ** -- Mike Conley 56-4 1/2, 2. Ivory Angello 56-1 1/4w, 3. Lamark Carter 54-7 1/4w, 4. Tyrone Scott (ex-Mesa Verde HS, Citrus Heights) 54-6 1/2w (54-3 ok), 5. Charles Rogers (ex-Cal) 54-2w (53-6 1/2ok), 6. Clifton Etheridge 54-1, 7. Ricardo Hall 53-11 3/4, 8. Antoine Howard 53-3 3/4, Dmitry Pit-

erman (ex-Cal) nm, No prelims.

**SP** -- 1. Brent Noon (ex-Fallbrook HS) 69-2, 2. John Godina (UCLA) 68-7, 3. Randy Barnes 68-5, 4. CJ Hunter 67-3 1/2, 5. Kevin Toth 63-8 1/4, 6. Scott Petersen 63-2 1/4, 7. Pete Kaligis 61-10 1/4, 8. Mark Parlin (UCLA) 60-7 1/4. **Qualifying** -- 2. Noon 66-5 1/4, 4. Godina 65-0 1/2, 9. Parlin 59-5, 15. Rene Bustamante (Azusa Pacific) 56-1.

**DT** -- 2. Mike Buncic (San Jose) 212-8, 2. John Godina (UCLA) 211-11, 3. Randy Heiser 208-8, 4. Adam Setliff 204-10, 5. Kevin Fitzpatrick 204-9, 6. Gregg Hart 202-3, ... 10. Brian Blutreich (ex-UCLA) 186-10, 11. John Wirtz (ex-Cal) 186-7. **Qualifying** -- 4. Blutreich 198-0, 5. Godina 196-10, 6. Buncic 195-9, 9. Wirtz 190-0.

**HT** -- 1. Lance Deal 254-10, 2. David Popejoy (Stanford) 240-10, 3. Kevin McMahon (ex-Bellarmine HS, San Jose) 233-11, 4. James Driscoll 227-2, 5. John Walker 221-10, 6. Brian Murer 220-5, ... 12. Toby Norwood (Stanford) 200-5. **Qualifying** -- 2. Popejoy 227-8, 3. McMahon 220-1, 11. Norwood 206-7, 14. David Lunde (ex-Sacramento State) 201-0, 15. Ken Norlen (ex-UC Davis) 200-8, 21. David McKenzie (ex-Sacramento State) 192-10, 22. David Debus (ex-Hayward State) 189-10, 23. Robert Dilts (ex-UC Davis) 189-3.

**JT** -- 1. Thomas Pukstys 267-4, 2. Erik Smith (ex-UCLA) 242-11, 3. Jim Connolly (ex-UCLA) 242-4, 4. Michael Barnett (ex-Azusa Pacific) 240-3, 5. Todd Riech (ex-Fresno State) 237-3, 6. Gerard Langlois 236-10, 7. Art Skipper 235-4, 8. Robert Curtis 232-6, Greg Johnson (UCLA) nm. **Qualifying** -- 2. Connolly 248-1, 4. Barnett 239-11, 7. Smith 236-3, 10. Riech 230-9, 12. Johnson 229-6, 14. Alan Collatz (ex-Cal State Bakersfield) 226-10.

**Decathlon** -- 1. Dan O'Brien 8882, 2. Chris Huffins (ex-Cal) 8351 (10.33w, 26-0 1/4w, 51-5 3/4, 6-6 3/4, 48.61, 14.33, 167-10, 15-1 1/4, 178-11, 5:09.86), 3. Brian Brophy 8257, 4.

Ricky Barker 8170, 5. Dan Steele 8102, Rob Muzzio 8090, 7. Kip Janwin 8037, 8. Mario Sategna 7909. Also: 12. Chris Wilcox (ex-Cal State LA) 7714 (10.79, 24-6 1/4w, 49-7 1/4, 6-5 1/2, 49.35, 15.00, 136-9, 14-1 1/4, 184-8, 5:05.30), 14. David Pope (Azusa Pacific) 7361 (11.10w, 22-5w, 42-4 1/4, 6-3 1/4, 50.18, 15.51, 151-11, 14-9 1/4, 168-0, 4:51.61), 17. Dave Johnson (ex-Azusa Pacific) 7208 (11.09w, 22-11 3/4w, 48-0, 6-2, 50.54, 14.68, 145-6, 15-1 1/4, 225-1, dnf), 19. Tige Peterson (Azusa Pacific) 10.89w, 23-6 1/4w, 40-2 1/4, 6-3 1/4, 51.93, 15.98w, 115-1, 14-5 1/4, 190-5, 5:04.41), Shawn Wilbourn (ex-Long Beach State) dnf (11.10, 13-5, 46-4 1/4, 6-5 1/2, 51.77, 15.06w, 154-11, dnc).

**20K Walk** -- 1. Allen James (San Francisco) 1:24:46.00, 2. Herm Nelson 1:27:14.71, 3. Gary Morgan 1:28:40.98. Also: Jonathan Matthews (San Francisco) dnf.

## Women

**100** -- **Final**: 1. Gwen Torrence 11.04, 2. Carlette Guidry 11.12, 3. Celena Mondie-Milner 11.22, 4. D'Andre Hill 11.34, 5. Chryste Gaines (ex-Stanford) 11.45, 6. Sabrina Kelly 11.47, 7. Cheryl Taplin 11.48, 8. Inger Miller (ex-USC) 11.62. **Heats** -- I: 5. Juan Ball (Humboldt St.) 12.04. II: 1. Keisha Criswell (Fresno St.) 12.40, 6. Lesa Parker (ex-Bishop O'Dowd, Oakland) 12.50. III: 1. Gaines 11.55, 3. Miller 11.70. **Semis** -- I: 1. Gaines 11.02, 8. Ball 11.56. II: 4. Miller 11.47.

**200** -- **Final**: 1. Gwen Torrence 22.03w, 2. Carlette Guidry 22.57w, 3. Celena Mondie-Milner 22.76w, 4. Aspen Burkett 22.77, 5. Chryste Gaines (ex-Stanford) 23.07w, 6. Kenya Walton 23.28, 7. Zundra Feagin 23.26, 8. Dannielle Young-Stone 23.31. **Heats** -- I: 1. Gaines 23.11w, II: 5. Juan Ball (Humboldt St.) 23.46w, III: 5. LaTina Jones (ex-USC) 23.33w. **Semis** -- I: 7. Ball 23.21w, II: 3. Gaines 23.19, 5. Jones 23.32.

continued next page..

## '96 Predictions, continued

### WOMEN

**100** -- **Gail Devers**; **Carlette Guidry**; **Marion Jones**. Devers apparently is going to stick to the hurdles and Jones to the long jump. And while I thought Gwen Torrence would move up to the 400, so far she hasn't.

**200** -- **Gwen Torrence**; **Carlette Guidry**; **Marion Jones**.

**400** -- **Gwen Torrence**; **Rochelle Stevens**; **Maicel Malone**.

**800** -- **Celeste Halliday**; **Nikita Beasley**; **Meredith Rainey**. Halliday seems to have disappeared, but Rainey looks solid.

**1500** -- **Suzy Hamilton**; **PattiSue Plumer**; **Liz Mueller**. No word yet on a possible comeback by Plumer.

**3000** -- **Vickie Huber**; **PattiSue Plumer**; **Shelly Stealy**. These picks are probably no worse at 5000 than they were at 3000, and may be slightly better.

**10,000** -- **Annette Peters**; **Lynn Jennings**; **Anne Marie Letko**. Except for the fact that Letko is now Lauck, these picks look as good today as they did three years ago.

**Marathon** -- **Cathy O'Brien**; **Judy St. Hilaire**; **Sylvia Mosqueda**. Mosqueda was a long-shot special. Given Sylvia's track record, she might come out of nowhere to make the team at that.

**100H** -- **Lavonna Martin**; **Monifa Taylor**; **Dawn Burrell**. No Devers. See above. No



Jackie Joyner Kersee

Photo by Bill Cockerham

Dawn Bowles and I really can't remember why.

**400H** -- **Janeene Vickers**; **Tonja Buford**; **Kim Batten**. Vickers seems to have retired, but the other two look good.

**High Jump** -- **Tanya Hughes**; **Amy Acuff**; **Angie Bradburn**. "One of the safer bets for the 1996

U.S. women's team is Tanya Hughes, who ought to be in world record, if not 7-foot, range in four years." Ouch.

**Long Jump** -- **Sharon Couch**; **Juliana Yendorik**; **Moneta Haynesworth**. I thought JJK would be a full-time heptathlete. At least Couch looks solid.

**Triple Jump** -- **Sheila Hudson**; **Juliana Yendorik**; **Diana Wills-Orange**. Now that's not too bad.

**Shot Put** -- **Paulette Mitchell**; **Dawn Dumble**; **Eileen Vanisi**. I had expected a changing of the guard here, but reschedule that for Sydney 2000. Connie Price-Smith and Ramona Pagel went 1-2 at Sacramento.

**Discus** -- **Alana Preston**; **Melissa Weis**; **Pam Dukes**. I don't know what happened to Preston. I do know that I didn't even consider Edie Boyer and Kris Kuehl, the two best-looking prospects at this year's nationals.

**Javelin** -- **Paula Berry**; **Nicole Carroll**; **Meg Foster**. Foster retired. Donna Mayhew, who I expected to retire, didn't.

**Heptathlon** -- **Jackie Joyner-Kersee**; **Kym Carter**; **Cris Hall**. Again, two out of three ain't bad.

Begin the countdown to Atlanta...it will be interesting!



# MEET SPOTLIGHT

**400** - **Final**: 1. Jearl Miles 50.90, 2. Kim Graham 51.48, 3. Malcel Malone 51.56, 4. Rochelle Stevens 51.97, 5. Nicole Green 52.02, 6. Camara Jones 52.23, 7. Youlanda Warren 52.25, 8. Michelle Collins 52.56. **Heats** - II: 5. Cecily Scott (UCLA) 54.65. III: 5. Crystal Irving (ex-Long Beach CC) 58.83. **Semis** - II: 6. Scott 53.44.

**800** - **Final**: 1. Meredith Rainey 2:00.07, 2. Joetta Clark 2:01.02, 3. Amy Wickus 2:01.26, 4. Jill Stamison 2:01.85, 5. Alisa Hill (Los Angeles) 2:02.59, 6. Nicole Teter (ex-West Valley HS, Cottonwood), 7. Debbie Marshall 2:05.79, 8. Nekita Beasley 2:08.40. **Heats** - I: 3. Teter 2:04.44, 4. Shola Lynch (Fresno) 2:04.60. II: 1. Hill 2:05.64, 7. Kim Toney (ex-Atascadero HS) 2:10.25. III: 7. Miesha Marzell (ex-Bishop O'Dowd HS, Oakland) 2:10.26. **Semis** - I: 4. Teter 2:03.81. II: 1. Hill 2:03.54, 8. Lynch 2:06.29.

**1500** - **Final**: 1. Regina Jacobs (ex-Stanford) 4:06.18, 2. Suzy Hamilton 4:07.97, 3. Sarah Thorsett 4:07.49, 4. Ruth Wysocki (ex-Citrus CC) 4:08.22, 5. Kathy Franey 4:09.40, 6. Amy Rudolph 4:11.18, 7. Kate Fongshell 4:13.02, 8. Cheri Goddard 4:14.20. **Heats** - I: 1. Jacobs 4:13.94, 6. Darcy Arreola (ex-Northridge State) 4:17.75, 9. Becky Spies (ex-Livermore HS) 4:21.26, 11. Lesley Noll-Mayne (ex-USC) 4:35.05. II: 4. Wysocki 4:15.36.

**5000** - 1. Gina Procaccio 15:26.34, 2. Laura Mykytok 15:27.52, 3. Libbie Johnson 15:28.27, 4. Joan Nesbit 15:29.35, 5. Cheri Goddard 15:29.68, 6. Annette Peters 15:39.84, 7. Katy McCandless (ex-Castilleja HS, Palo Alto) 15:45.87, 8. Shelly Stealy 15:47.58. Also: 14. Beth Bartholomew (ex-UCLA) 16:06.02, 23. Karen Hecox (UCLA) 16:24.04, Sylvia Mosqueda (ex-Cal State LA) dnf.

**10,000** - 1. Lynn Jennings 31:57.19, 2. Leslie Henes 32:05.32, 3. Anne Marie Lauck 32:07.43, 4. Olga Appell 32:19.60, 5. Trina Painter 32:41.35, 6. Colette Murphy 32:45.37, 7. Nan Doak-Davis 32:51.27, 8. Laura Lamena 33:23.04.

**3000SC** - 1. Chris Morgan (ex-Long Beach State) 10:51.92, 2. Melissa Teemont 10:56.96, 3. Teressa Diperna 11:07.02, 4. Monica Townsend 11:07.16, 5. Gina Wilbanks 11:26.42, 6. Pam Allie-Morrill 11:27.24, 7. Kristin Diggs (ex-American River CC) 11:29.42, 8. Gretchen Lohr (ex-Cal State LA) 11:48.78.

**100H** - **Final**: 1. Gail Devers (ex-UCLA) 12.77, 2. Marsha Guidaldo (ex-Cal State LA) 12.98, 3. Doris Williams (ex-Cal Poly Pomona) 13.03, 4. Dawn Bowles 13.04, 5. Cheryl Dickey 13.10, 6. Donna Walker 13.25, 7. Monifa Taylor 13.25, 8. Lynda Tolbert-Goode 13.34. **Heats** - I: 1. Devers 12.63w, 2. Williams 13.09w, 7. Kwani Stewart (ex-Yuba City HS) 13.65w. III: 4. Valerie Manning (Sacramento) 13.63. IV: 2. Guidaldo 13.01w, 6. Monica Missick (ex-Fresno St) 15.75w; Samone Cole (Fresno St) dnf. **Semis** - I: 1. Devers 12.61. II: 2. Williams 12.97w, 3. Guidaldo 12.99w.

**400H** - **Final**: 1. Kim Batten 54.74, 2. Tonja Buford 54.82, 3. Trevaia Williams 55.43, 4. Sandra Farmer-Patrick (ex-Cal State LA) 55.63, 5. Tonya Williams 57.17, 6. Rebecca Russell 57.36, 7. Tonya Lee 57.61, 8. Michelle Johnson 58.92. **Heats** - III: 1. Farmer-Patrick 58.16, IV: 3. LeGretta Hinds (Long Beach St.) 59.29. **Semis** - I: 1. Farmer-Patrick 55.77. II: 7. Hinds 1:02.11.

**10k Walk** - 1. Teresa Valli 45:01.00, 2. Michelle Rohl 45:16.14, 3. Debbie Lawrence 45:45.92, 4. Victoria Herazo (Hollywood) 45:52.63. Also: 8. Susan Armenta (Cal Poly Pomona) 49:15.18, 10. Kerry Moskaliuk (San Francisco) 50:11.05, 11. Kimberly Wilkinson (Monterey) 50:22.59, 16. Sara Standey (Norco) 52:12.35.

**HJ** - 1. Amy Acuff (UCLA) 6-4 3/4, 2. Tisha Walker 6-3 1/2, 3. Connie Teaberry 6-3 1/2, 4. Gwen Wentland 6-1 1/2, T5. Yolanda Henry & Claire Look-Jaeger (Los Angeles) 6-1 1/4, 7. Angela Bradburn 6-1 1/4, 8. Tanya Hughes 6-1 1/4. Also: 11. Sue Remabo (ex-Cal Poly SLO) 5-10 3/4, 15. Julie Broughton-Barr (ex-Woodland HS) 5-9 3/4, Lisa Coleman (ex-UCLA) nh.

**PV** - 1. Melissa Price (Kingsburg HS) 12-9, 2. Stacy Dragila (ex-Placer HS, Auburn) 11-5 3/4, 3. Phil Raschker 10-10, 4.



**BRENT NOON**

Melissa Feinstein 10-10, T5. Tyra Holt (Stanford) & Shannon Walker 10-10. Also: T7. Kristi Draher (Mira Mesa HS, San Diego) 10-6, 15. Jennifer Dalton (Stanford) 10-6, T16. Bridget Pearson (Toll JHS, Burbank) 10-2, T19. Shannon Flett (Acalanes HS, Lafayette) 10-2, T19. Tiffany Smith (ex-UCLA) 10-2, T21. Jocelyn Chase (ex-Agoura HS) 10-2, T21. Paula Serrano (San Marcos HS, Santa Barbara) 10-2, T24. Julie Patton (Foothill HS, Santa Ana) 9-10 1/2, Kolby Kelsner (Sanger HS) nh, Amanda Bauer (Mission San Jose HS, Fremont) nh.

**LJ** - **Final**: 1. Jackie Joyner-Kersey (ex-UCLA) 22-7w, 2. Marieke Velman (ex-UCLA) 22-1 1/2w, 3. Sharon Couch (Fresno) 21-11w, 4. Shana Williams 21-9, 5. Tonya Sedwick (ex-UCLA) 21-8 3/4, 6. Vonetta Jeffery 21-4 3/4, 7. Tameka Roberts 21-0 1/2, 8. Cynthea Rhodes 20-10. Also: 11. Marion Jones (ex-Thousand Oaks HS) 19-11 1/2w. **Qualifying** - 1. Joyner-Kersey 22-3 1/2, 2. Velman 21-8 3/4w, 4. Couch 21-4 1/4, 7. Jones 21-0 3/4, 8. Sedwick 20-10.

**TJ** - 1. Sheila Strudwick-Hudson (ex-Cal) 48-1 1/4w (44-9 1/2 ok), 2. Cynthea Rhodes 46-4w (45-0 ok), 3. Diana Orrange 45-7w (44-9 1/4 ok), 4. Amanda Banks 45-2 1/4, 5. Wendy Brown (ex-USC) 44-4 3/4w (43-4 ok), 6. Carla Shannon 44-1 1/2, 7. Robyne Johnson (ex-Berkeley HS) 43-8. Also: 9. Juliana Yendork (UCLA) 43-1, 13. Roshanda Glenn (ex-UCLA) 42-6w (42-0 1/2 ok), 18. Angel Carver (ex-Long Beach CC) 40-6 3/4w. No qualifying.

**SP** - **Final**: 1. Connie Price-Smith 62-6, 2. Ramona Pagel (ex-San Diego State) 61-2 1/4, 3. Eileen Vanisi 57-8 1/4, 4. Valeyta Althouse (UCLA) 57-5, 5. Dawn Dumble (UCLA) 56-5 1/4, 6. Amy Christiansen 51-7 3/4, 7. Tressa Thompson 51-5 1/2. Also: Crystal Brownlee (ex-Westlake HS, Westlake Village) 50-4, 10. Lisa Misapeka (ex-Temecula Valley HS) 48-8, 12. Kristin Heaston (ex-Ygnacio Valley HS, Concord) 47-2 1/4. **Qualifying** - 2. Pagel 61-2 1/4, 4. Althouse 57-6 1/4, 5. Dumble 57-0, 9. Brownlee 50-0, 10. Heaston 49-7 3/4, T11. Misapeka 49-0 1/4, 13. Peggy Pollock (ex-Long Beach St.) 48-2 1/2, 14. Rica Brown (ex-Cal State Bakersfield) 47-11.

**DT** - **Final**: 1. Edie Boyer 205-4, 2. Pamela Dukes (ex-Stanford) 195-0, 3. Danyel Mitchell (ex-Vacaville HS) 194-9, 4. Melissa Weis (ex-Bakersfield HS) 194-4, 5. Connie Price-Smith 192-8, 6. Dawn Dumble (UCLA) 189-9, 7. Carla Garrett 187-4, 8. Erica Ahman (CPSLO) 177-7. Also: 10. Tracie Millett (ex-UCLA) 172-11, 11. Suzy Powell (UCLA) 16-4, 12. Janet Hill (ex-Cal State LA) 165-0. **Qualifying** - 3. Mitchell 195-2, 2. Weis 195-2, 6. Dukes 192-5, 7. Powell 186-9, 8.



**MARIEKE VELTMAN**

Photo by Kirby Lee

Dumble 184-6, 10. Ahman 181-10, 11. Hill 180-1, 12. Millett 179-5, 13. Melinda Wirtz (ex-Leland HS, San Jose) 177-3, 14. Lacy Barnes-Mieham (ex-Fresno State) 168-2, 19. Sarah Andrews (UCLA) 162-6, 21. Laura DeSnoo (ex-San Diego St.) 146-3.

**HT** - **Final**: 1. Dawn Ellerbe 181-8, 2. Sonja Fitts 180-7, 3. Alexandra Earl-Girvan 178-10, 4. Leslie Coons (ex-San Diego Mesa CC) 176-0, 5. Bonnie Edmondson 175-3, 6. Lisa Misapeka (ex-Temecula Valley HS) 168-8, 7. Kiza Brunner 167-11, 8. Kiyomi Parish 167-1. Also: 11. Debbie Templeton (ex-Stanford) 156-6. **Qualifying** - 3. Coons 178-2, 7. Templeton 171-0, 8. Misapeka 169-2, 13. Ericka Dice (Cal) 164-0, 32. Staci Darden (Fresno State) 148-1.

**JT** - **Final**: 1. Donna Mayhew (ex-Glendale CC) 194-1, 2. Ashley Selman (ex-Foothill HS, Santa Ana) 191-4, 3. Erica Wheeler (ex-Stanford) 183-9, 4. Chris Stanciff 178-10, 5. Nicole Carroll (ex-Fresno State) 178-2, 6. Lynda Lipson 172-1, 7. Jenny McCormick (ex-Stanford) 168-8, 8. Heather Berlin 167-2. Also: 10. Kristin Dunn (Cal State Northridge) 160-2. **Qualifying** - 1. Mayhew 185-1, 2. Carroll 178-4, 4. Wheeler 170-1, 5. Selman 168-1, 6. McCormick 167-9, 11. Dunn 155-0, 13. Staci Raine (ex-San Francisco St.) 153-9.

**Heptathlon** - 1. Jackie Joyner-Kersey (ex-UCLA) 6375w (13.06, 6-0, 44-2 3/4, 24.36, 22-3w, 136-11, 2:26.39), 2. Kym Carter 6354, 3. Kelly Blair 6354, 4. Dedee Nathan 6283, 5. Sharon Hanson (ex-CPSLO) 6202 (13.29, 5-8 1/2, 41-8, 24.76, 19-11 1/2w, 155-3, 2:13.09), 6. Tonya Sedwick (ex-UCLA) 6074 (13.64, 5-9 3/4, 38-4 1/4, 23.87, 21-3 1/4w, 133-6, 2:22.68), 7. Ali McKnight 5787, 8. Sheila Burrell (UCLA) 5735 (13.94, 5-6, 38-8 1/4, 24.30, 18-9, 145-1, 2:18.49), 9. Maria Ruryan (ex-San Diego St.) 5723 (13.83, 5-8 1/2, 35-2, 24.50, 18-11 1/4w, 113-1, 2:09.86), 10. Crystal Young (ex-Mt. SAC) 5640 (14.44, 5-8 1/2, 48-7 1/2, 25.86, 18-5 1/4, 124-2, 2:21.58). Also: 12. Wendi Simmons (ex-Santa Rosa HS) 5523 (14.69w, 5-7 1/4, 37-5 3/4, 25.00, 19-2 3/4, 123-6, 2:19.21), 15. Kelly Delph (San Luis Obispo) 5349 (14.27w, 5-3 3/4, 37-6 1/2, 24.69, 20-2 1/4w, 106-0, 2:29.95), 16. Peggy Odit (ex-Stanford) 5346 (14.01, 5-6, 39-7 3/4, 26.13, 18-7 3/4, 133-0, 2:33.94), 17. Kristi McGilhon (ex-UC Irvine) 4757 (14.36, 5-3 3/4, 37-4, 26.05, nm, 160-4, 2:20.35), 18. Catrina Bindei (ex-Eureka HS) 4573 (14.95, 5-8 1/2, 41-6 1/2, dq, 17-6, 134-5, 2:23.22), Marieke Velman (ex-UCLA) dnf (13.33, 5-6, 36-11, 24.15, 21-10, dnc), Tiffany Janssen (Cal) dnf (100h).



# THE HEART WAY

By Ellen E. Sampson

## Zoning In On Peak Performance

**A**lthough running at less than 80 percent of your maximum heart rate (Max HR) has many benefits, you must also train above that number if you strive for better performance. Training in the upper two HR zones--Anaerobic Threshold and Red Line--will be hard, and even painful, as your body accumulates lactate and lacks enough oxygen. That's the major reason performance improves.

### Anaerobic Threshold Zone

In the Anaerobic Threshold Zone of 80 to 90 percent of true Max HR, most fit people will reach their anaerobic threshold (AT) or that point when you become short of breath and go into oxygen debt. To estimate your AT HR, take your average HR during the middle of a 5K race and subtract approximately five beats.

By training in the Anaerobic Threshold Zone, "at, about or around" your AT HR, you are teaching your body to sustain a higher HR before your performance suffers.

If you incorporate at least two weekly workouts at 80-90 percent of Max HR in your training program, you will see significant improvements in speed, as well as lower HR at the same speed.

As your AT HR moves up closer to your Max HR, your body is better able to distribute and utilize more oxygen and nutrients (ie. energy) at higher exercise intensities. Hence, you can perform better with less effort. In other words, you can run faster at a lower HR.

### Red Line Zone

Only the extremely fit should even consider training in the Red Line Zone at about 90 percent of Max HR. In this zone it feels like you can't get enough oxygen and specific muscles burn. It is the best zone to reach peak performance, but if

you spend too much time "red-lining" you can suffer performance losses or decreases which will require long-term recovery. Overuse injuries, staleness and cumulative fatigue are just a few of the potential negative impacts.

By limiting your Red Line training to interval workouts which allow you to do short hard high HR intervals followed by easier recovery intervals, you can reduce the risk of long-term damage. As a general rule, no more than 25 percent of

your weekly training "time" should be in this zone.

Having learned how differently the body responds cardiovascularly and metabolically from training in each of the five HR zones, you are now ready to prepare your own heart zone training program. The next column will explain how to calculate your own training zones based on Max HR, goals and your current level of fitness.

*Ellen Sampson and Sally Edwards publish The Fitness Monitor, a bi-monthly newsletter for heart rate monitor users. For more information, call, write or fax: TFM, 2636 Fulton Avenue, Sacramento, CA 95821 (916) 451-7043. Mention this publication in your request.*

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Published in association with Trinity Fitness Company



# THE ATHLETE'S KITCHEN

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



## The Athlete's Guide To Fast Foods

**F**ast but fatty foods are what quick service restaurants historically of fered--an array of dietary disasters that filled the stomach with fat, clogged arteries, but left the muscles unfueled with carbs. Today's quick service restaurants offer higher-carbohydrate and lower-fat options. You can actually choose a decent sports diet at most places. But only the most dedicated of athletes seems to partake of the healthier menu items. Fatty foods taste the best, as confirmed by the strong sales of Big Macs (26 grams fat) but weak sales of the McLean Deluxe burger (12 grams fat). Many active people who are on-the-road or in-a-rush appreciate the convenience, affordable prices and consistent foods of quick service restaurants; that's why these places are so popular. While the occasional burger and fries type meal is of little health concern, fast foods that are a common part of your daily diet should be counter-balanced with nutritious carbohydrates. Be sure to pack your gym bag with supplemental muscle fuel, such as apples, pretzels, fig cookies, bagels, pita, crackers, raisins, dried fruits, juice boxes, sports bars or granola bars.

Your best bets for fast-foods-that-fuel include the following options at quick service restaurants:

### Breakfast

■ For a high carbohydrate breakfast, choose pancakes with syrup, hot or cold cereal, juice, plain bagels, English muffins, or other muffins (preferably lowfat). Jam and honey adds extra carbs. Skip the egg, bacon, sausage, croissant or biscuit combinations. Treat yourself to

hot cocoa for a higher carb choice than coffee.

■ If you are staying at a hotel, save yourself time, money and temptations by bringing your own cereal and raisins (and spoon). Either pack powdered milk or buy fresh milk at the corner store. Use a water glass or the milk carton for the cereal bowl. Or, find a deli with nice fresh bagels, fruit, juice, and yogurt.

### Lunch and Dinner

■ Any way you look at them, burgers and French fries have a high fat content. You'll be better off finding an eatery that offers more than just burger-type meals. (Note: Active people can appropriately eat some fat for calories and eating pleasure; 60 to 120 grams fat would be considered a *low* fat diet for most hungry athletes who eat 2,400 to 4,800 calories. But too much fat interferes with optimal health and muscle fueling.) If you do order a burger, request an extra roll or extra bread. Squish the grease into the first roll, then replace it with the fat-free one. Boost carbs with fluids such as juice, soft drinks and lowfat shakes and enjoy your gym-bag snacks (pretzels, fig bars) for dessert.

Better yet, satisfy your meat hankering with a lean roast beef sandwich. A Roy Rogers Beef Sandwich has only 4 grams fat--preferable to Burger King Hamburger that has 10 grams fat. Both are 260 calories.

■ Beware of grilled chicken sandwiches if they come with a special sauce. The 29 grams of fat in the BK Broiler makes it as bad as a fried chicken sandwich. Wipe that mayo off!

■ Meals with chicken that is roasted or

grilled are generally preferable to fried chicken meals--*if you remove the skin*. By removing the skin and wing from a KFC Rotisserie Gold Quarter Breast, you remove 13 grams of fat and 115 calories. If you do order fried chicken, get the larger pieces, peel off the skin, and eat just the meat. Order extra rolls, biscuits with honey or jam, corn on the cob, potatoes, baked beans, and other vegetables for more carbohydrates. Although many of the accompaniments are buttery, they are still better to eat than no veggies.

■ At the salad bar, be generous with the colorful vegetables, chick peas, kidney beans, pasta salads and hearty breads, and carefully choose lite dressings. Beware of Caesar salads. Boston Chicken's Chicken Caesar Salad with 4 tablespoons of dressing totals 670 calories, of which two-thirds are from fat (47 grams). The better bet is a chicken breast (w/o skin and wing), corn bread, steamed vegetables, and corn--80 fewer calories, only 15 grams fat.

■ Baked potatoes smothered with cheese sauce and fatty toppings are a poor addition to a sports diet. Wendy's cheese-stuffed potato, for example, gets 35% of its calories from fat (23 grams, the equivalent of 6 teaspoons of butter). The chili & cheese topping isn't much better--36% fat (24 grams fat). Your best bet is to order an extra plain potato and split the broccoli & cheese topping (14 grams fat) between the two. That way, you end up with a hearty 770 calorie, higher carbohydrate meal that fuels your muscles. For protein, drink a glass of lowfat milk.

■ Order a pizza that's thick with extra

*continued next page...*



# THE ATHLETE'S KITCHEN

crust rather than extra cheese. The more dough, the more carbohydrates. For example, a slice of Pizza Hut's pan pizza (250 calories) has 10 more grams carbohydrates than does a slice of their thin 'n crispy pizza (200 calories). Pile on veggies (broccoli, peppers, mushrooms, onions) for a vitamin boost.

■ Seek out a deli that offers a sandwich with more bread than filling. For example, a large submarine roll provides far more carbohydrates than a small pita. "Hold the mayo" and add moistness with lite salad dressings (if available), mustard or ketchup, tomatoes, and lettuce. Best bet fillings: turkey, ham, roast beef.

■ Hearty bean soups accompanied by crackers, plain bread, an English muffin,

or corn bread provides a satisfying, carbohydrate-rich low-fat meal. Chili, if not glistening with a layer of grease, can be a good choice. For example, a Wendy's large chili with 8 saltines provides 400 calories, of which only 25% are from fat (11 grams).

■ Lowfat frozen yogurt is a 75% carb (read that, sugar-laden) dessert. Preferable to gourmet ice creams (only 35% carb but gobs of calories from fat). Frozen yogurt is fun, refreshing, and a fast food that fuels. A "best bet"!

*Nancy Clark, MS, RD, offers private nutrition consultations at SportsMedicine Brookline in the Boston area. Her popular Sports Nutrition Guidebook (\$18) and The New York City Marathon Cookbook (\$23) are available by asking at your local bookstore or by sending a check payable to Sports Nutrition Services to: 830 Boylston St., #205, Brookline, MA 02167.*

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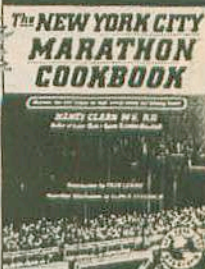
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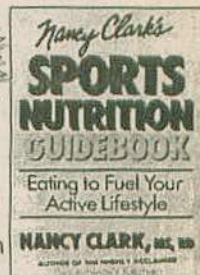
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# MEET SPOTLIGHT

By Keith Conning

## United States Olympic Festival

**United States Air Force Academy, Colorado, July 28-30, 1995** -- The U.S. Olympic Festival track competition returned to the Air Force Academy's Cadet Track for the fourth time. Thirty-four years ago I ran on this track as a freshman at the Academy. I passed up the Junior Olympics in San Jose this year, because I wanted to visit my old school.

Four Festival records from Colorado Springs were still in the books--all from the last visit in 1983. Most notable are the world-record performances in the 100 meters within 15 minutes by Evelyn Ashford (Roseville High School 1975) (10.79) and Calvin Smith (9.93). Neither are still world records, but both remain Festival records.

### Men

Vincent Henderson (Pine Bluff, Arkansas) won the 100 meter dash in 10.42 seconds. **Peter Hargraves** (Bellflower/UC Riverside 1993) placed second in 10.46. **Brian Lewis** (Sacramento), who had a personal best of 10.24 at the Lewis & Clark Invitational in Portland, Oregon, tied for fifth in 10.58.

David Dopek (Romeoville, Illinois) won the 200 meters in 20.54 seconds. Ronnie Williams (Los Angeles), who posted a time of 20.80 in a qualifying heat at USATF, was sixth in 20.94. **Jeff Laynes** (Oakland/Southern California 1993) was seventh in 21.14.

Marion Ramsey (Galveston, Texas) won the 400 meter dash in 45.10 seconds. **Quincy Watts** (Detroit, Michigan/Southern California 1992), despite collapsing with dehydration, placed second in 45.28. Watts won the 1982 Olympics. **Bryan Krill** (Oakland/Southern California) was sixth in 46.15. Krill was a 3-time MVP at Thousand Oaks High School, but never qualified for the state high school meet in any event. He is majoring in accounting at USC.

Terrill Davis (Austin, Texas) won the 800 meters in 1 minute, 47.84 seconds. **Jim Sorensen** (Cal Poly SLO 1992) was fifth in 1:50.50. **Aaron Richberg** (James Logan High School, Union City 1995), the California State Meet champion (1:48.40), was seventh in 1:53.83.

Carleton Jones (Stanford/Oregon 1990), silver medalist at USOF 1994 (3:40.34), won the 1,500 meters in 3:49.23.

Jon Warren (Akron, Ohio) won the 3,000-meter steeplechase in 9 minutes, 12.17 seconds. **Francis O'Neill** (Escondido/Long Beach City College 1992), the defending champion who took a spill during the race, was fourth in 9:17.76. **Robert Nelson** (Los Angeles) was eighth in 10:07.52.

**Eric Mack** (Riverside), a senior at the U.S. Air Force Academy who was born at March Air

Force Base, won the 5,000 meters in 14 minutes, 44.01 seconds.

"Yeah, I had an advantage," Mack said to the *Denver Post*. "I've got 4,000 fans that live a half-mile away (in the Academy residence halls) plus those who remember me in Colorado Springs from high school. I'm used to maybe hearing some teammates around one corner, but with all these fans there were cheers all the way around. It was amazing."

Mack won the Western Athletic Conference indoor 5,000 and 3,000 this year, but was considered a surprise winner.

Dudley Dorival (Trenton, New Jersey) won the 110 meter hurdles in 13.53 seconds. **Rich Benoy** (Santa Rosa), who has a best this year of 13.49 to rank among the top 10 performers in the U.S., was sixth in 14.07. **Eric Bell** (San Diego) was eighth in 14.30.

Maurice Mitchell (Chicago, Illinois) won the 400 meter hurdles in 48.68. **Marty Beck** (Kansas City, Missouri/UCLA 1992), seventh (50.10)

at USATF, placed second in 49.42. **Kevin Young** (Los Angeles/UCLA 1988), the world-record holder, was sixth in 50.66.

"America loves fairy tales and comeback stories," Young said. "I did my fairy tale in '92. Now this is my comeback story."

"I'm still the big star. It's true. He (Maurice Mitchell) knows. They all do. When Edwin Moses was still running, I... would run my butt off, but I knew who the big dogs were. Make no mistake about it."

"I think there's going to be a resurrection for Kevin Young. And I'm going to enjoy telling everyone, 'I told you so.'"

Young, the '92 Olympic champion, has switched coaches for the second time in two years and will train under Bob Kersee.

The North won the 4x100-meter relay in 38.60. The West team of **Jeff Laynes** (Oakland/Southern California 1993), **Peter Hargraves** (Bellflower/UC Riverside 1993), **Aaron Thigpen** (Suisun/San Diego State 1986), and

*continued next page...*



FRANCIS O'NEILL

Photo by Bill Cockerham



KEVIN YOUNG

Photo by Bill Leung, Jr./Geek Media



# MEET SPOTLIGHT

**Brian Lewis** (Sacramento) was fourth in 38.90. The South 1,600 meter relay won in 3:00.34. The West team of **Kevin Young** (Los Angeles/UCLA 1988), **Ronnie Williams** (Los Angeles), **Marty Beck** (Kansas City, Missouri/UCLA 1992), and **Bryan Krill** (Thousand Oaks/Southern California) was fourth in 3:05.86.

**Chris Olsson-O'Neill** (Arcadia/CSU Los Angeles), seventh in the USATF, won the high jump at 7 feet, 6 inches.

**Pat Manson** (West Point, New York) won the pole vault at 18 feet, 4 1/2 inches. **Tim Bright** (Taft/Soquel High School 1976), a 1984 and 1988 Olympian in the decathlon, tied for fourth at 17-8 1/2.

**Carl Lewis** (Willingboro, New Jersey) won the long jump at 26 feet, 7 3/4 inches. **Tyrone Scott** (Greencastle, Indiana/Mesa Verde High School, Citrus Heights 1988) was seventh at 24-6 1/2.

**Mike Conley** (Chicago) won the triple jump with a hop, step and jump of 55 feet, 3/4 inches (+0.50). **Tyrone Scott** (Greencastle, Indiana/Mesa Verde High School, Citrus Heights 1988) placed third at 54-1 3/4 (+1.90). **Charles Rogers** (West Covina/UCLA 1993) was sixth at 51-8 1/2 (0.00).

**Pete Kaligis** (Bellingham, Washington) won the shot put at 61-0 3/4. **Mark Parlin** (Yorba Linda/UCLA 1996), third at NCAA (63-6 3/4 PR), placed second at 60-10. **Richard Pulver** (Yorba

Linda), had a PR of 56-6 in the NCAA III, was eighth at 54-8.

**Adam Setliff** (El Dorada, Alaska) won the discus at 202 feet, 0 inches. **Brian Blutreich** (Newport Beach/UCLA 1990), a 1992 Olympian, placed third at 196-0. **Erik Johnson** (Dana Point/UCLA 1992) was seventh at 178-0.

**David Popejoy** (San Francisco/Stanford 1995) won the hammer throw with a toss of 231 feet. **Scott Sargent** (UC San Diego 1992) was fifth at 210-5. **Toby Norwood** (Columbus, Georgia/Stanford) was sixth at 209-4. Popejoy finished as runner-up at the 1995 USA Championships (240-11). He was ranked 6th in the U.S. in 1994. He placed fifth in the 1995 NCAA (234-1).

"I threw pretty well," said Popejoy. "I was happy with the mark. Since U.S. Nationals, I have thrown well. I have improved 12 feet this year and I am happy with that. Going into the nationals, I had two goals: one was to qualify for the World University Games and the other was to win the Festival. I did both."

**Ed Kaminski** (Merriam, Kansas) won the javelin with a throw of 260-0. **Mike Barnett** (Montebello/Azusa Pacific 1983), 4th at USATF, placed second at 252-7. **Dave Johnson** (Missoula, Montana/Azusa Pacific 1985), the bronze medalist in 1992 Olympic Games decathlon, was third at 245-10. **Jim Connolly** (Culver City/UCLA 1987) was fourth at 237-8.

"I need to stay home and train, and really go for it next year," said Johnson, who at 32 is America's oldest decathlete.

"If it's (the javelin throw) any indication for me next year, watch out," Johnson said. "Winning the bronze was a lot of fun. I'll be at my best next year."

Connolly's mother and father won Olympic gold medals in 1956 in Melbourne, Australia. Jim's father, Harold, won the gold for the U.S. in the hammer, while his mother Olga Fikotova of Czechoslovakia, captured the gold in the discus.

## Women

**Juan Ball** (Eureka/Humboldt State 1995), semifinalist at USATF (23.21w), won the 200 meters in 23.41. **LaTima Jones** (Harbor City/Southern California 1994), who ran 23.33 in heats at USATF, was fifth in 23.69.

**Michele Collins** (Houston, Texas) won the 400 meters in 50.84. **Carla Estes** (James Logan High School, Union City 1997) was fifth in 53.59. Estes turned in the fastest time by a high schooler this year (53.27) in winning the USATF junior championship last month. **Kelli White** (James Logan High School, Union City 1995) was sixth in 53.94.

**Alisa Hill** (Newton, Mass.) won the 800 meters in 2:02.20. **Lesley Noll-Mayne** (Orange/Southern California 1990), the defending champion, was sixth in 2:09.25. **Kristie Johnston** (Fresno/Central High School 1995), the California State Meet champion, was seventh in 2:12.40.

**Katrina Price** (Riverside, Illinois) won the 5,000 meters in 17:15.76. **Beth Bartholomew** (Mountain View/UCLA 1994), seventh in NCAA,

placed third in 17:29.22. **Karen Hecox** (West Covina/UCLA 1995), third at NCAA outdoors in 3,000 meters, was seventh in 17:41.01.

**Melissa Morrison** (Mooresville, North Carolina) won the 100-meter hurdles in 13.05 seconds (-1.00). **Donna Waller** (Vallejo) placed second in 13.09. **Doris Williams** (Riverside/Cal Poly Pomona 1991), the two-time NCAA Division II champion (1989-90), placed third in 13.15. **Rhonda Colvin** (Vacaville) was eighth in 13.88.

**Tonya Williams** (Norfolk, Virginia) won the 400 meter hurdles in 56.68. **Le'gretta Hinds** (Sacramento/Long Beach State), sixth in '95 NCAA outdoor (57.64, PR 57.58 semis), was seventh in 1:03.16.

**Victoria Herazo** (West Palm Beach, Florida/Cal State Northridge 1986), a 1992 Olympian, won the 10-kilometer walk in 49 minutes, 33.93 seconds. **Kerry Moskalik** (Santa Clara), who competes for the Golden State Racewalkers, was fourth in 52:44.13. **Susan Armenta** (Riverside) was tenth in 54:39.96. Herazo is a member of the Screen Actors Guild and has been in numerous television commercials. She has modeled for Barbizon and John Robert Powers agencies.

Herazo said: "We all started out slowly, slower than I planned, but with the altitude had to take a different strategy. I was more conservative today. I have been training hard in the heat in Las Vegas and Los Angeles, but not use to the altitude. I was in good shape coming in though."

The South won the 4x100 meter relay in 43.72 seconds. The West team of **LaTima Jones** (Harbor City/Southern California 1994), **Inger Miller** (Los Angeles/Southern California 1994), **Juan Ball** (Eureka/Humboldt State 1995), and **Cheryl Taplin** (Seattle) placed second in 43.80.

Inger Miller's father, **Lennox Miller**, was a two-time Olympic medalist for his native Jamaica. Lennox Miller won a silver medal at the 1968 Olympics in Mexico City and a bronze in 1972 in Munich. Inger calls Los Angeles home.

The South won the 1,600 meter relay in 3:29.20. The West team of **Kelli White** (James Logan High School, Union City 1995), **Carla Estes** (James Logan High School, Union City 1997), **Michelle Johnson** (Portland, Oregon), and **Sheila Burrell** (Albuquerque, New Mexico/UCLA 1995) was fourth in 3:37.73.

**Tisha Waller** (South Boston, Virginia) set new track and USOF records in the high jump at 6-4 1/4. The old track record of 6-2 3/4 was set by Pam Spencer in 1983. The old USOF record of 6-3 1/2 was set by Colleen Summer in Durham, North Carolina in 1987. **Amy Acuff** (Port Arthur, Texas/UCLA 1998) placed second at 6-3 1/4.

**Tanya Sedwick** (Culver City/UCLA 1991), fifth at '95 USATF (PR 21-8 3/4), won the long jump at 21-6 3/4. **Robyne Johnson** (Oakland/Berkeley High School 1991), an assistant track coach at California, was fifth at 20-7 3/4. **Glory Dolphin** (Santa Monica/Southern California), fourth at '95 Pac-10 outdoor (19-5), was eighth at 19-1 1/2.

continued next page...



JIM CONNOLLY

Photo by Bill Leung, Jr./Geed Media



# MEET SPOTLIGHT

Diane Orrange (Jasper, Texas) won the triple jump at 46-5 1/4w (+2.5). She set a new Olympic Festival record of 46-2 (+1.4). The old record of 45-2 1/4 was set by **Sheila Hudson** (California) in 1994. **Robyne Johnson** (Oakland/Berkeley High School 1981), ranked in U.S. top 10 six times since 1985, placed third at 44-2 1/2w (+4.6). **Wendy Brown** (Ocala, Florida/Southern California 1988), a 1988 Olympian in the heptathlon, was fourth at 43-10w (+3.2).

**Crystal Brownlee** (Westlake High School, Westlake Village 1993), third at '95 SEC outdoor for South Carolina (PR 51-2 3/4), won the shot put with a toss of 54 feet, 3 3/4 inches, a new personal record by 3 feet, 1 inch. **Janet Hill** (Los Angeles/Cal State Los Angeles 1994) was sixth at 48-9 1/2.

Lynda Lipson (Lynn, Mass.) won the javelin at 186-6. **Ashley Selman** (Orange/Southern California 1991), second at USATF with third-best mark in the nation this year (PR 191-4), placed third at 178-5. **Erica Wheeler** (Sequim, Washington/Stanford 1989) was fourth at 176-9.

**Edie Boyer** (Hastings, Minnesota) won the discus at 192 feet, 1 inch. **Danyel Mitchell** (Vallejo High School 1990) placed second at 186-5. Mitchell's series: 183-7, 162-10, 152-9, 186-5, 154-11, 153-3. **Pamela Dukes** (Freehold, New Jersey/Stanford 1986), a 1992 Olympian in the shot put, was fourth at 177-5. Dukes' series: foul, 177-5, 177-5, foul, 177-1, foul. **Janet Hill**

(Los Angeles/Cal State Los Angeles 1994) was fifth at 177-0. **Erica Ahmann** (Cal Poly-SLO) was sixth at 158-9.

Dukes said: "I'm not pleased with my performance, but I had trouble sleeping last night and I lost my luggage. I'm not looking for excuses, but one likes to have their own shoes."

Boyer, Mitchell, and Dukes qualified for the World Championships in Sacramento. Dukes, who has modeled for various sports magazines, has medaled in each of the last six festivals.

Jamie McNeair (Buffalo, New York) won the heptathlon with 6,374 points. **Sharon Hanson** (Houston/Cal Poly SLO 1987), the defending champion, placed second with 6,039 points. **Marla Runyan** (Camarillo), who is legally blind, was third with 5,741 points, a personal best. Runyan finished ninth in the national championships with 5,723 points. According to officials, Runyan became the first disabled athlete to medal outside the disabled events in the history of the Festival.

"I'm so happy right now," Runyan said to the *Denver Post*. "I can't believe it."

Runyan said: (on competing in the high jump) "I think that's why I jump well, because of my new approach. I really can't see the bar, I just take 12 steps and jump."

(About competing against seeing athletes): "I really don't like to think about it. I lost my sight between the ages of nine and 13, and I learned to

hurdle after my loss so I really don't know any difference. Hurdling is a rhythmic step, you know you're going to count to eight and hurdle. I learned to hurdle in 1990 when I started the heptathlon."

(About her future): "I have qualified for the Olympic Trials, and I just received my Masters in education for the deaf and blind. I have two teaching certifications in California, and presently I'm teaching summer school in San Diego. When I take time off to train for the Olympics, I'm going to miss teaching."

The 26-year-old athlete has Stargardt's disease, a macular degeneration of the retina. Her vision started to decline when she was 9 and continued to deteriorate until she was 16. Legally blind with 20/400 vision, she won four gold medals at the 1992 Barcelona Paralympics, but her bronze was her first top-three finish against sighted athletes in a major national event.

"Paralympics is awesome, but for me, I could never reach my potential," Runyan said. "This is the real standard to what I want to be compared with."

"And it's an honor to be here. (Placing third) is a breakthrough for all disabled athletes." ♦

## U. S. Olympic Trials Qualifying Standards

### Men

	Auto. FAT/Hd	Provis. FAT/Hd	Fe Size
100	10.20	10.30	32
200	20.45	20.75	32
400	45.40	46.10	32
800	1:47.50/1:47.5	1:48.40/1:48.4	32
1500	3:39.90/3:39.9	3:42.00/3:42.0	36
Stee	8:35.00/8:35.0	8:45.00/8:45.0	36
5000	13:44.00/13:44.0	13:50.00/13:50.0	36
10K	28:33.00/28:33.0	29:10.00/29:10.0	24
20KW	1:28:00	Top 15	15
50KW	4:25:00	Top 15	15
110H	13.60	13.85	32
400H	50.20	51.00	32
<hr/>			
	Metr/Imper.	Metr/Imper.	
HJ	2.29/7-6	2.24/7-4.25	24
PV	5.75/18-10.25	5.50/18-0.5	24
LJ	8.15/26-9	7.90/25-11	24
TJ	16.50/54-1.75	16.20/53-1.75	24
SP	19.50/63-11.75	18.50/60-8.5	24
DT	61.00/200-1	57.50/188-8	24
HT	70.00/229-8	64.00/210-0	24
JT	75.00/246-1	70.00/229-8	24
Dec	8000	7500	24

### Women

	Auto. FAT/Hand	Provis. FAT/Hand	Fld. Size
100	11.40	11.60	32
200	23.00	23.60	32
400	52.50	53.25	32
800	2:02.50/2:02.5	2:05.50/2:05.5	24
1500	4:15.50/4:15.5	4:19.00/4:19.0	36
5000	15:45.00/15:45.0	16:10.00/16:10.0	24
10k	33:25.00/33:25.0	34:10.00/34:10.0	24
10KW	49:45.0	Top 15	15
100H	13.30	13.55	32
400H	57.80	59.00	32
<hr/>			
	Metr/Imper.	Metr/Imper.	
HJ	1.88/6-2	1.84/6-0.5	24
LJ	6.42/21-0.75	6.30/20-8	24
TJ	13.25/43-5.75	12.75/41-10	24
SP	16.25/53-3.75	15.50/50-10.25	24
DT	55.00/180-5	52.00/170-7	24
JT	53.00/173-11	50.00/164-0	24
Hep	5600	5350	24

Note: The women's 3000m Steeplechase, Pole Vault and Hammer will be conducted as exhibition events. Entries will be comprised of the top 12 athletes selected by the Women's Track & Field Chair.

### NOTES:

-- A wind-aided performance mark will not be accepted under any circumstances as per IAAF rules in the following events: 100m, 200m, 100mH, 110mH, long jump and triple jump.

-- Except for the women's 10-kilometer race walk and the men's 20k race walk, no road times will be accepted for entry into the 1996 U.S. Olympic Track & Field Trials. Road walk performances must be achieved on a USATF certified course and be judged in accordance with the regulations for record performances.

-- A qualifying mark in a field event must be measured using the metric system, with the metric performance submitted on the entry form.

-- A qualifying mark in the discus, hammer, javelin and shot put must be made in a meet where implements have been weighed, measured and certified according to IAAF specifications. Proof of certification may be required.

Qualifying standards must be met between January 1, 1995 and June 9, 1996.

Competition dates:  
June 14-23  
Olympic Stadium, Atlanta



# SoCAL DIARY

By Bill Minarik

## Collegiate X-C Preview

### PAC-10 Men

Arizona still has the front line strength to be considered the favorite here, but three other schools have superior depth which should make this a four-school battle.

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

### PAC-10 Women

Stanford's fabulous freshmen are back as sophomores which should translate into another title for the Cardinals. However, Oregon's depth-laden Ducks should keep them honest.

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

### Big West Men

Utah State still appears to be the class of this conference with second place a close battle between UC Irvine and UCSB.

- |             |                   |
|-------------|-------------------|
| 1. Utah St. | 4. Long Beach St. |
| 2. UCSB     | 5. New Mexico St. |
| 3. UCI      | 6. CS Fullerton   |

### Big West Women

UC Irvine appears ready to catch the UCSB swarm with Cal State Fullerton also in pursuit.

- |                  |                   |
|------------------|-------------------|
| 1. UCI           | 5. Utah St.       |
| 2. UCSB          | 6. Nevada         |
| 3. CS Fullerton  | 7. New Mexico St. |
| 4. CS Long Beach | 8. UNLV           |

### American West Men

While Cal Poly SLO is not the power it used to be, it should still be able to use the conference meet as a workout. Cal State Sacramento appears to have the best shot for second.

- |                  |                  |
|------------------|------------------|
| 1. CPSLO         | 3. Southern Utah |
| 2. CS Sacramento | 4. CS Northridge |

### American West Women

CPSLO is in a class of its own here. CS Northridge should be a solid second.

- |                  |                  |
|------------------|------------------|
| 1. CPSLO         | 3. Southern Utah |
| 2. CS Northridge | 4. CS Sacramento |

### CCAA Men

Cal Poly Pomona's depth will be the key factor here, although UC Riverside's front line strength could prove to be decisive if the rest of the conference turns out to be weak.

- |                  |                   |
|------------------|-------------------|
| 1. C Poly Pomona | 4. CS Los Angeles |
| 2. UC Riverside  | 5. Grand Canyon   |
| 3. UCSD          |                   |

### CCAA Women

Despite their program controversy, Cal State Los Angeles should waltz past the opposition here.

- |                  |                 |
|------------------|-----------------|
| 1. CSLA          | 4. UCSD         |
| 2. C Poly Pomona | 5. Grand Canyon |
| 3. UC Riverside  |                 |

### SCIAC Men

Oxy will be trying to hang on to its last area of dominance in this conference, but Claremont-Mudd appears to be in a position to stop them with Pomona-Pitzer in the show position.

- |                  |                 |
|------------------|-----------------|
| 1. Clare.-Mudd   | 5. Redlands     |
| 2. Oxy           | 6. Whittier     |
| 3. Pomona-Pitzer | 7. Cal Lutheran |
| 4. LaVerne       | 8. Cal Tech     |

### SCIAC Women

Claremont-Mudd has the depth here, but Whittier's front line strength could challenge.

- |                  |             |
|------------------|-------------|
| 1. Clare.-Mudd   | 5. LaVerne  |
| 2. Whittier      | 6. Cal Tech |
| 3. Oxy           | 7. Redlands |
| 4. Pomona-Pitzer |             |

### SoCal Community College Men

Mt. SAC, El Camino and Saddleback appear ready for a three-way battle with Pasadena and Glendale a few steps behind.

- |               |             |
|---------------|-------------|
| 1. Mt. SAC    | 4. Pasadena |
| 2. Saddleback | 5. Glendale |
| 3. El Camino  |             |

### SoCal Community College Women

San Diego Mesa will return their entire team from last year for what should be a state championship run. The next four spots are up for grabs among four traditional contenders.

- |                   |                  |
|-------------------|------------------|
| 1. San Diego Mesa | 4. Irvine Valley |
| 2. El Camino      | 5. Mt. SAC       |
| 3. Long Beach     |                  |

### Golden State Athletic Men

Talented returnees at Azusa Pacific puts this potential national #1 in the top spot. Dominated by seniors, Westmont is returning 6 of its top 7.

- |                     |                |
|---------------------|----------------|
| 1. Azusa Pacific    | 5. Biola       |
| 2. Westmont         | 6. Pt. Loma    |
| 3. So. Calif. Coll. | 7. Concordia   |
| 4. Fresno Pacific   | 8. Cal Baptist |

### Golden State Athletic Women

Azusa and Westmont will battle for the top spot here, with both teams talented enough to get into the top 10 nationally. Southern California College, Fresno Pacific and Pt. Loma are very close to each other, but we will give FPC the nod for third this year.

- |                     |                |
|---------------------|----------------|
| 1. Westmont         | 5. Pt. Loma    |
| 2. Azusa Pacific    | 6. Biola       |
| 3. Fresno Pacific   | 7. Concordia   |
| 4. So. Calif. Coll. | 8. Cal Baptist |



# PREP NOTES

By KEITH CONNING



## ■ HIGH SCHOOL CROSS COUNTRY RESULTS WANTED

Please send Northern California high school cross country results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823; FAX: (510) 849-3342; E-MAIL: CONNING@AOL.COM

Southern California results should be sent to Doug Speck, 563 North Willowgrove Avenue, Glendora, CA 91740.

Central Section results should be sent to California Track and Running News, 4957 East Heaton, Fresno, CA 93727.

## ■ GOLDEN WEST INVITATIONAL

American River College, Sacramento, June 10—Senior Deworski Odom (Overbrook, Philadelphia, PA), the Arcadia Invitational winner, won the 100 meters in 10.48 (-2.6).

Senior Trevor Rush (Mosley, Panama City, FL) won the 200 meters in 21.38 (-3.6). Sophomore Bryan Harrison (Dana Hills, Dana Point), the state meet champion at 20.82w (+2.90), placed sixth in 21.86. Sophomore Demetrius Guidry (Bear Creek, Stockton), sixth in the state meet at 21.38w, was eighth in 22.22.

Sophomore Obea Moore (Muir, Pasadena), the state meet champion in 46.08, won the 400 meters with his traditional big kick in 45.88, his personal best. He was just able to overtake senior Jerome Young (Prince Tech, Hartford, CT) by .01.

Senior Aaron Richberg (James Logan, Union City), the state meet champion in 1:48.40, won the 800 meters in 1:49.72. Richberg's splits: 25.1, 54.5 (29.4), 1:22.4 (27.9), 1:49.72 (27.3). Senior Brandon Pacheco (Brethren Christian, Cypress), third in the state meet at 1:52.02, was fourth in 1:51.24. Senior Brian Duff (Loyola, Los Angeles) was seventh in 1:52.89. Senior Jonevan Hornsby (St. Mary's, Berkeley), fifth in the state meet at 1:52.66, was eighth in 1:53.56.

Junior Michael Stember (Jesuit, Carmichael), the state meet champion in the 1600 meters in 4:04.00, won the mile in 4:08.51. Senior Steven Hansen (Napa) led the first lap in 1:00.5. Senior Seneca Lassiter (Lafayette, Williamsburg, VA) led at 880 yards in 2:06.3 (1:05.8). Stember took over the lead with a furious kick at about 1100 yards. Stember's splits: 31.0, 1:02.3 (31.3), 1:34.8 (32.5), 2:06.5 (31.7) (1:04.2), 2:40.1 (33.6), 3:07.5 (27.4) (1:01.0), 3:36.4 (28.9), 4:08.51 (32.1) (1:01.0). Stember blew the race open at 1100 yards with two 220's in 27.4 and 28.9 (56.3). Hansen was sixth in 4:18.2. Senior Gregory Nett (Mt. Carmel, San Diego) was seventh in 4:20.35. Senior Michael Blair (Napa), fourth in the state meet at 4:10.91, was ninth in 4:23.0. Lassiter, who defeated Stember twice indoors, was eighth in 4:22.6.

Senior Antonio Arce (Palmdale), fifth in the

state meet at 9:13.98, won the 3,200 meters in 9:04.13. Arce kicked by junior Billy Harper (Junction City, Oregon), who placed second in 9:04.42. Senior Matt Downin (Pinkerton Academy, Derry, NH) led the first lap in 1:09.2. The lead runners came through two laps in 2:19.1 (1:09.9). Senior Micah Davis (Mead, Spokane, WA) led at 1200 meters in 3:26.6 (1:07.5). Senior Skiy DeTray (Mead, Spokane, WA) led at 1600 meters in 4:34.7 (1:08.1) and at 2000 meters in 5:41.6 (1:06.9). Harper led at 2400 meters in 6:51.4 (1:09.8) and at 2800 meters in 7:59.2 (1:07.8). Senior Jeff McLarty (Ayala, Chino Hills), second in the state meet at 9:07.79, was fifth in 9:19.23. Senior Eleazar Hernandez (Camarillo) was ninth in 9:35.80.

Senior Deworski Odom (Overbrook, Philadelphia, PA) won the 110 meter high hurdles in 13.68 (-3.8). Senior Chey Walker (West Covina) was fifth in 14.69.

Senior Rodriques Pfister (Frank W. Ballou, Washington, DC) won the 300 meter intermediate hurdles in 36.6. Senior Felix Sanchez (University City, San Diego), third in the state meet at 37.30, was fourth in 38.1. Senior Chey Walker (West Covina), second in the state meet at 37.11, was fifth in 38.7.

Buchholz (Gainesville, FL) set a new meet record of 40.47 in the 4 x 100 relay. The old meet record of 40.79 was set by Permian (Odessa, TX) in 1993. It was the second fastest time ever by a team outside of Texas. Ball (Galveston, TX), the winner of the Oakland Invitational in April, was third in 40.73. El Camino (Oceanside), fifth in the state meet at 41.84, was fourth in 41.63.

Senior Shane Lavy (Southern Cloud, Glasco, KS) won the high jump at 7-0. Lavy series: 6-4 X, 6-6 X, 6-8 X, 6-10 X, 7-0 OOX, 7-2 OOO. Senior Patrick Leonard (Piner, Santa Rosa), fourth in the state meet at 6-9, was fifth at 6-8. Senior Michael Wilkins (Red Bluff), the state meet champion at 7-0, and Marty Brosset (South Torrance), fifth in the state meet at 6-8, tied for sixth at 6-6. Senior Brendon Zeidler (Bellarmine, San Jose), seventh in the state meet at 6-6, was ninth at 6-4.

Senior Shane Stewart (Everman, TX) won the pole vault at 17-0. Stewart's series: 14-0 P, 14-6 X, 15-0 OX, 15-6 OOX, 16-0 X, 16-6 X, 17-0 OOX, 17-4 OOO. Senior Ewan Hart (Christian Brothers, Sacramento), third in the state meet at 15-6, was fifth at 15-0.

Junior Clarence Scott (Fremont, Los Angeles), the state meet champion at 24-7 3/4, won the long jump at 24-4w (+3.2) with his first jump of the competition. Scott's series: 24-4 (+3.2), f, 23-7 3/4 (+3.0), 22-1 3/4 (+3.3), 24-3 1/4 (+3.4), and 22-10 (+4.0). Senior Ronald Stewart (Gardena), fifth in the state meet at 22-8 3/4, was seventh at 23-4w (+3.3).

Senior Marnell Mayfield (Leeds, AL) won the triple jump at 48-3 3/4. Mayfield's series: 46-1 1/2, 46-9 1/2, 45-11, 48-3 3/4, f, f. Senior Ra-

sheed Abdullah (James Logan, Union City), fourth in the state meet at 48-2 1/2, placed second at 45-11 1/2.

Senior Steve Frazier (Kingwood, TX) won the shot put at 63-4 1/4. Frazier's series: 59-7, f, 63-4 1/4, f, f, f. Senior Matt Pentecost (Loyola, Los Angeles), the state meet champion at 62-3 3/4, was third at 61-9 3/4. Junior J.D. Martin (Madera), second in the state meet at 60-7, was eighth at 58-6 1/2.

Senior Ian Waltz (Post Falls, ID) won the discus at 201-9 with his fourth throw of the competition. Waltz's series: 190-11, 190-8, 195-8, 201-9, 196-3, and 187-7. Senior John Davis (Wilson, Long Beach) was fourth at 177-1.

Senior Troy Burkholder (Cocalico, Denver, PA) won the javelin at 229-7. Burkholder's series: 195-0, 220-8, 199-11, f, 229-7, f.

Freshman Angela Williams (Chino), the state meet 400 meters champion, won the 100 meters in 12.01 (-4.0). Senior Kelli White (James Logan, Union City), fourth in the state meet at 11.56w, placed second in 12.11. Junior Jernae Wright (James Logan, Union City), second in the state meet at 11.50w, was third at 12.17. Senior Krystal Walden (West Covina), sixth in the state meet at 11.73w, was fourth at 12.34.

Williams also won the 200 meters in 24.0 hand-timed (-3.2). White, second in the state meet at 23.38w, was second in 24.0. Senior La-Keisha Backus (Wilson, Long Beach), the state meet champion at 23.01w, was fourth in 24.1.

Senior Suziann Reid (Eleanor Roosevelt, Greenbelt, MD) won the 400 meters in 52.5. Sophomore Carla Estes (James Logan, Union City), second in the state meet at 53.65, placed second in 54.02. Junior Julia Gray (John W. North, Riverside), third in the state meet at 54.86, was fourth in 55.81. Sophomore Kinshasa Davis (Woodrow Wilson, Long Beach), fifth in the state meet at 55.39, was fifth in 57.26.

Senior Hazel Clark (Columbia, Maplewood, NJ), the younger sister of Joetta Clark who will run in the USA Mobil Championships in Sacramento next week, set a new meet record of 2:05.50 in the 800 meters. The old meet record of 2:07.20 was set by Bethany Lucas (Eugene, Oregon) in 1994. Clark's splits: 28.5, 1:00.4 (31.9), 1:31.9 (31.5), 2:05.50 (33.6). Senior Kristie Johnston (Central, Fresno), the state meet champion in 2:08.68, was third in 2:11.50. Senior Elissa Riedy (Mission San Jose, Fremont), the state meet 1600 champion, was fifth in 2:12.91.

Sophomore Julia Stamps (Santa Rosa), the state meet 3200 meters champion, set a new meet record of 4:48.08 in the mile. The old meet record of 4:48.80 was set by Rosy Gardner (Salt Lake City, UT) in 1994. Stamps' splits: 1:13.9, 2:23.9 (1:10.0), 3:35.5 (1:11.6),

continued next page.



# PREP NOTES

4:48.80 (1:13.3). Senior **Lori Riedy** (Mission San Jose, Fremont), fourth in the state meet 1600 meters in 4:54.87, was third in 4:56.39.

Senior **Donna Fidler** (Normstown Area, PA) won the 3200 meters in 10:23.5. Junior **Cassidy Wall** (Mt. Assisi Academy, Lemont, IL) led the first lap in 1:18.1. Fidler led the remainder of the way in 2:33.5 (1:15.4), 3:50.1 (1:16.6), 5:07.9 (1:17.8), 6:28.2 (1:20.3), 7:48.3 (1:20.1), 9:07.7 (1:19.4), 10:23.5 (1:15.8). Junior **Anne Gunnison** (McClatchy, Sacramento), seventh in the state meet at 10:54.01, was sixth in 11:10.3. Sophomore **Kristen Gordon** (Carondelet, Concord), fifth in the state meet 1600 meters, was seventh in 11:11.8.

Senior **Joanna Hayes** (John W. North, Riverside), the state meet champion in 13.45, won the 100 meter high hurdles in 13.3 hand-timed (-2.3). Sophomore **Daveetta Shepherd** (Salesian, Richmond), fourth in the state meet at 14.31, was third in 14.2. Junior **Rori Kelly** (Morning-side, Inglewood), second in the state meet at 14.18, was fifth in 14.6. Senior **Felicia Stone** (Kennedy, Sacramento), sixth in the state meet at 14.54, was sixth in 14.6.

**Hayes**, the state meet champion at 41.20, set a new meet record of 40.81 in the 300 meter low hurdles. The old meet record of 41.68 was set by **Brandi Nunez** (Austin, TX) in 1991. Freshman **Char Foster** (Clearwater Central Catholic, FL) placed second in 40.99, also under the old meet record. Foster's time is a frosh and age-15 record. Shepherd, third in the state meet at 43.13, was third in 43.03.

Junior **Erin Aldrich** (Lake Highlands, Dallas, TX) won the high jump at 6-0. Senior **Tracye Lawyer** (Cate, Carpinteria) was third at 5-8. Senior **Jamilla Churchill** (Bishop O'Dowd, Oakland) and junior **Tara Fleming** (Immanuel, Reedley) were also entered.

Senior **Melissa Price** (Kingsburg), who set an American best of 12-6 in the state meet, won the pole vault at 12-2. It was the second best American junior and high school performance ever. Price missed three times at a new American best of 12-7. Price's series: 10-0 X, 10-6 P, 11-0 X, 11-4 P, 11-8 X, 12-2 X, 12-7 000. Senior **Kristi Draher** (Mira Mesa, San Diego), second in the state meet at 10-10, placed second at 11-0. Draher's is equal eighth best American, and equal number two high schooler of all-time.

**Shannon Flett** (Acalanes, Lafayette), sixth in the state meet at 10-2, tied for third at 10-6 with junior **Karina Elstrom** (McMinnville, OR). Flett and Elstrom equal the seventh best high school performers ever. Senior **Kolby Keiser** (Sanger) was seventh at 9-0. Junior **Stacy Dodson** (Sanger), the daughter of Sanger coach Dave Dodson, was eighth at 8-0.

Junior **Jernae Wright** (James Logan, Union City), the state meet champion at 20-8w, won the long jump at 20-9 1/4w (+2.7) on her sixth and final attempt. Wright's series: 20-1 3/4 (+5.7), 19-1 (+0.9), 19-10 1/4 (+2.9), 19-9 (+4.4), f, 20-9 1/4 (+2.7). Senior **Camela West** (Gardena) was fifth at 18-2 1/4 (+1.5).

Junior **Alisha Broussard** (Dobie, Houston, TX) won the triple jump at 40-5 1/4w. Broussard's series: 39-11, f, 39-8 3/4, 40-5 1/4, f, and 39-4. Senior **Jeanarta Jackson** (Central, Fresno), fifth in the state meet at 38-6 1/4w, was third at 39-0w. Senior **Jennifer Test** (Bret Harte,

Murphys), ninth in the state meet at 37-3, was fifth at 37-9 1/2w. Junior **Connie Smith** (Modesto), fourth in the state meet at 38-8 1/4, was sixth at 37-7 1/4w. Freshman **Darnasha Griffith** (Trabuco Hill, Mission Viejo), second in the state meet at 39-2w, was seventh at 37-6 3/4w. Senior **Christina Etuale** (Jefferson, Daly City), second in the state meet at 44-11 1/4, won the shot put at 46-2 1/4. Etuale's series: 41-6 1/2, 42-10, 44-2 1/4, 43-4 1/2, 46-2 1/4, and 42-2 1/2. Senior **Rebecca Morrison** (Presentation, San Jose), the state meet champion at 47-5 3/4, placed second at 44-8. Junior **Darlene Tulua** (Carmel), third in the state meet at 42-9 3/4, was fifth at 39-10 1/2.

Senior **Stephanie Wigness** (Red River, Grand Forks, ND) won the discus at 157-9. Wigness' series: 144-8, 149-4, 154-8, 152-6, 157-9, f. Junior **Mandy Buckley** (Bakersfield), second in the state meet at 150-4, was third at 148-0. Junior **Darlene Tulua** (Carmel), third in the state meet at 147-8, was sixth at 141-5.

Senior **Shauna Rohbock** (Mt. View, Orem, UT) won the javelin at 147-2. Rohbock's series: 147-2, 140-6, 123-9, 133-6, 129-10, and 143-8.

## ■ CECELIA BARNES-MILEHAM (CLOVIS WEST) FOLLOWS MOM'S FOOTSTEPS

**Sacramento, June 13**—In the recorded history of the national championships, no mother and daughter have ever competed in the same meet.

That may soon change. Former Fresno Stater **Lacy Barnes-Mileham**, 30, is a two-time USA Mobil discus champion (1988, 1991) and was ranked number two for 1994 in the U.S. by *Track & Field News*.

Lacy's daughter, **Cecelia**, is a freshman at Clovis West High School who placed fourth in the discus at the California State Championships in Norwalk earlier this month.

Mom's PR for the disc is 206-4 while Cecelia's is 145-4. Lacy is married to another ex-Fresno State star, former Commonwealth Games hammer throw record holder **Matt Mileham**.

(Source: TUESDAY NOTES - USA MOBIL T&F CHAMPIONSHIPS, by Pete Cava.)

(Prep Editor: **Lenora Barnes** (Burroughs, Ridgecrest) placed third in the 1983 California State Meet discus with a throw of 155-0. Barnes' had a best of 157-6 in 1983.)

## ■ 1995 USA MOBIL OUTDOOR CHAMPIONSHIPS

**Hughes Stadium, Sacramento, June 14-18** -- Top finishers were looking to qualify for spots on this summer's IAAF World Championships -- and the makeup of the team is an intriguing mix of veterans and rising stars.

This year's USA Mobil Championships was highlighted by sizeable and knowledgeable crowds as well as impressive performances.

In the men's 100, the top three finishers -- **Michael Marsh** (Hawthorne High School 1985), **Maurice Greene** and **Dennis Mitchell** -- were all given identical times of 10.23 (-1.2) (broken

into thousands, it was 10.222, 10.224 and 10.230); Marsh's closing surge earned him his first national 100 title. Marsh had never finished in the first three. In 1990 Marsh was fourth.

Marsh said: "It was a good race; I'm very proud of myself. I had another crummy start, but I was able to run my own race and relax and nip them at the finish. I knew I was on the team, but I didn't know if I had won."

**Jeff Williams** (Washington High School, Los Angeles 1982) was third in the 200 meters in 20.20w (+3.5).

**Matt Giusto** (San Mateo High School 1984) was third in the 5,000 meters in 13:27.87. He ran his last lap in 60.7.

**Dean Starkey** (James Logan High School, Union City 1984) placed second in the pole vault at 18-10 1/4 (5.75) with a clearance on his first jump. Starkey's progression: 18-0 1/2 (5.50) p, 18-4 1/2 (5.60) xo, 18-6 1/2 (5.65) p, 18-8 1/4 (5.70) p, 18-10 1/4 (5.75) o, 19-0 1/4 (5.80) p, 19-2 1/4 (5.85) xxx.

**Mike Powell's** (Edgewood High School, West Covina 1981) first jump (28-0 3/4w) was his best, and carried him to his fourth straight and fifth victory overall. Powell's series: 28-0 3/4w, 26-11 1/4w, 22-7 3/4w, 27-2 3/4w, f, p. Powell jumped 26-8 1/4 in the qualifying. Powell said: "I feel like I jumped well today. My plan was to come in and just make the team. I was fortunate because I got a good jump on my first attempt. But after that I kind of lost my motivation. I just laid back and watched the competition from there on out. I wanted to make sure that no one got a better jump than I." (On being a role model for kids:) "That's a compliment to me. I'm glad I can be a role model. I think that's really nice."

**Brent Noel** (Fallbrook High School 1990) won the shot put at 69-2. Noon's series: 62-8 3/4, 65-11 3/4, 67-0, 66-6, 69-2, 67-2. Noon said: "I've been throwing far all year, so I came in with high expectations."

**David Popejoy** (Bellarmine Prep, San Jose 1990) placed second in the hammer throw at 240-10 a personal record. Popejoy has not hit a qualifying mark for the World Championships yet this season. **Kevin McMahon** (Bellarmine Prep, San Jose 1990) placed third at 233-11.

**Jim Connolly** (Culver City High School 1981) was third in the javelin at 242-4. He doesn't have a qualifying mark for the World Championships yet.

**Regina Jacob's** (Argyll Episcopal Academy, North Hollywood 1981) 4:05.18 winning time in the 1500 was the fastest time in the world this year. Jacob's splits: 66.5, 68.3 (2:14.8), 64.4, (3:19.2), 46.0, 30.7/61.3. Jacobs said: "I'm very happy with my race. It's really good practice for the World Championships. A lot of times it gets strategic like that in the rounds. I was very surprised by the time. While this is the trials, this



Prep phenom **MICHAEL GRANVILLE** placed 5th in Heat 2 (1:49.92)

Photo by Kirby Lee

continued next page.



# PREP NOTES

is another opportunity to practice. I felt so easy the first three laps. That's my third 1500 in the last eight days and my second 4:05 (in that stretch). I definitely have a shot at going under 4 this year."

**Gail Devers** (Sweetwater High School, National City 1984) overcame a bad start out of the blocks to win her third U.S. title in the 100 meter hurdles in 12.77. **Doris Williams** (Riverside High School 1987) was third in 13.03. Devers said: "I didn't get out at all. That was the main problem which set my race up for being terrible. Once I got my mechanics down, I'll be faster."

More than 25 competitors were involved in the women's pole vault exhibition, with **Melissa Price** (Kingsburg High School 1995) upping her own American Record, American Junior Record, and High School Record with a 12-9 clearance. Price becomes the fourth best world junior with the eighth best performance. Price said: "Coming into this meet I was aiming for 13 feet. That was my goal. I got a little bit tired at the end. This was the longest competition I have ever been in. I hope this exhibition encourages more women to compete in this event. It's really exciting."

**Marieke Veltman** (Leland High School, San Jose 1989) placed second in the long jump at 22-1 1/2w on her sixth and last jump. Veltman's series: 21-10 1/4w, 21-8w, 21-5 1/2w, 22-1 1/2w, 21-4 3/4w, 22-1 1/2w. Veltman qualified at 21-8 3/4w.

**Sheila Hudson-Strudwick's** (Rio Linda High School 1985) 48-1 1/4w is the top mark by an American under all-conditions and is the seventh-best performance in the world under any conditions; it was her second consecutive in the TJ, and sixth overall. Hudson-Strudwick's series: 46-2w, 46-1 1/4, 46-10 3/4w, f, 48-1 1/4w, 45-10w. Hudson said: "It's been a good day for me, I'm happy. The fifth day was weird for me. It felt good, effortless, the way it should be. It's taken me a lot of meets to get here and I see myself improving. Yes, I think I can jump further. I went to Brazil instead of Modesto, a meet I really like, because I knew the Russians would be there. After that I knew I could jump 48 feet. I've been focused on training and competing. Before



**RAMONA PAGEL**  
Photo by Bill Cockerham

I've always worked or went to school while training. Now I'm a full-time athlete and it's making a difference. The best chance for me to medal is '96 and I'm going to put everything into it. I have no idea what I'll be doing in the year 2000. 48 feet -- it's a whole other class."

**Ramona Pagel** (Schurr High School, Montebello 1979) placed second in the shot put at 61-2 1/2. Pagel's series: 60-9 1/2, 58-10 3/4, 60-5 1/4, 61-2 1/4, 60-10, 59-9 1/2. **Danyel Mitchell** (Vallejo High School 1990) placed third in the discus at 194-9.

In her first meet of 1995, javelin-thrower **Donna Mayhew** (Crescenta Valley High School 1978) won her fourth U.S. title in-a-row and her

fifth overall with a throw of 194-1. Mayhew's series: 183-2, 181-11, 194-1, f, f, 192-3. **Ashley Selman** (Foothill High School, Tustin 1988) placed second at 191-4 a personal record. Selman's series: 181-10, 191-4, 167-10, 164-11, 190-3, f. Selman doesn't not have a World Championships qualifying mark yet. Mayhew said: "I was glad she (Selman) threw that (191-4) on second throw. I was hoping to throw over 200-feet, but this was my first meet of the season, and I'm happy with my mark."

## ■ LUCERNE

**LUCERNE, Switzerland, June 27--Terry Bowen** (Madera High School 1989) placed second in the 100 meters in 10.28 (+1.1). Powell (Jamaica) won in 10.21.

**Mark Crear** (Rowland High School, Rowland Heights 1987) won the 110 meter high hurdles in 13.02 (+1.5), a personal record. His previous best was 13.07 (+0.9) in Berlin on August 30, 1994. It was the fastest time in the world this year. He is the fifth best performer with the equal 12th performance in the world all-time. He became the No. 3 American all-time with the equal sixth best performance.

**Percy Knox** (Antelope Valley High School, Lancaster 1987) won the long jump at 26-6 1/4w. **Regina Jacobs** (Argyll Episcopal Academy, North Hollywood 1981) won the 800 meters in 1:59.57.

## 110 METER HURDLES WORLD ALL-TIME LIST THROUGH 27 JUN 95

12.91 (+0.5)	Colin Jackson (GBR)	Stuttgart	20Aug93
12.92 (-0.1)	Roger Kingdom (USA)	Zurich	16Aug89
12.93 (-0.2)	Ren. Nehemiah (USA)	Zurich	19Aug91
13.00 (+0.5)	Tony Jarrett (GBR)	Stuttgart	20Aug93
13.02 (+1.5)	Mark Crear (Rowl, R.H.)	Lucerne	27Jun95
13.03 (-0.2)	Greg Foster (UCLA)	Zurich	19Aug91

## ■ REIMS

**REIMS, France, July 1--Regina Jacobs** (Argyll Episcopal Academy, North Hollywood 1981) placed second in the mile in 4:27.59, a outdoor personal record. She is the outdoor American leader. **Lyudmila Rogachova** (Russia) won in 4:26.06, the world leader.

## ■ GATESHEAD GP II

**GATESHEAD, England, July 2--Jeff Williams** (Washington High School, Los Angeles 1982) won the 200 meters in 20.58w (+2.2).

## ■ GAZ DE PARIS GRAND PRIX

**PARIS, France, July 3--Michael Marsh** (Hawthorne High School 1985) placed second in the 200 meters in 20.24w (+3.7). **Michael Johnson** (U.S.) won in 19.92w.

**Mark Crear** (Rowland High School, Rowland Heights 1987) won the 110 meter high hurdles in 13.08w (+3.0). **Allen Johnson** (U.S.), who went on to win the World Championships, placed second also in 13.08w.

**Dean Starkey** (James Logan High School, Union City 1984) placed third in the pole vault at 18-10 1/4. **Sergey Bubka** (Ukraine) won at 19-4 1/4.

**Mike Powell** (Edgewood High School, West Covina 1981) placed second in the long jump at 27-11 1/2. **Ivan Pedroso** (Cuba) won at 27-11 1/2.

## ■ LAUSANNE GP

**LAUSANNE, Switzerland, July 5--Ato Boldon** (Piedmont Hills High School, San Jose 1991) won section one of the 100 meters in 10.06 (+0.7), which equals the national record for Trinidad and Tobago. **Michael Marsh** (Hawthorne High School 1985) won section II in 9.96w (+2.3). **Donovan Bailey** (Canada) was second in 10.02.

**Mark Crear** (Rowland High School, Rowland Heights 1987) placed third in the 110 meter high hurdles in 13.19 (+1.5). **Roger Kingdom** (U.S.) won in 13.11. **Allen Johnson** (U.S.) placed second in 13.16, which makes him the seventh fastest all-time.

**Mike Powell** (Edgewood High School, West Covina 1981) placed second in the long jump at 27-2w. **Ivan Pedroso** (Cuba) won at 28-1.

## ■ LONDON GP

**LONDON, England, July 7--Ato Boldon** (Piedmont Hills High School, San Jose 1991) placed fourth in the 100 meters in 10.20 (-0.3). **Donovan Bailey** (Canada) won in 10.16.

**Danny Harris** (Perris High School 1983) placed second in the 400 meter hurdles in 47.89. **Derrick Adkins** (U.S.) won in 47.78.

**Regina Jacobs** (Argyll Episcopal Academy, North Hollywood 1981) placed fifth in the 800 meters in 1:59.61. **Kelly Holmes** (Great Britain) won in 1:58.77.

## ■ STOCKHOLM GP

**STOCKHOLM, Sweden, July 10--Ato Boldon** (Piedmont Hills High School, San Jose 1991) placed second in the 100 meters in 10.23 (+0.5). **Dennis Mitchell** (U.S.) won in 10.21. Boldon also placed second in the 200 meters in 20.45 (-0.1). **Jeff Williams** (Washington High School, Los Angeles 1982) was fourth in 20.72. **Michael Johnson** (U.S.) won in 20.15.

**Mark Crear** (Rowland High School, Rowland Heights 1987) won the 110 meter high hurdles in 13.20 (+0.8). **Danny Harris** (Perris High School 1983) won the 400 meter intermediate hurdles in 48.46.

**Mike Powell** (Edgewood High School, West Covina 1981) placed third in the long jump at 26-6 1/2. It was his first third place since July 1990, and his first three losses in a row since August 1990. **Kareem Streete-Thompson** (U.S.) won at 26-9 1/4.

**Regina Jacobs** (Argyll Episcopal Academy, North Hollywood 1981) placed second in the 1000 meters in 2:35.46. It was the sixth best American performance ever. **Maria Mutola** (Mozambique/Springfield High School, Oregon 1992) set a new national record of 2:30.72, a world leader. She becomes the second best performer of all-time, with the second best performance.

**Doris Williams** (Poly High School, Riverside 1987) placed fourth in the 100 meter hurdles in 13.06 (+0.2). **Olga Shishigina** (Kazakhstan) won in 12.57.

**Sheila Hudson-Strudwick** (Rio Linda High School 1985) was eighth in the triple jump at 44-10 3/4. **Inessa Kravets** (Ukraine) won at 48-0 3/4.

continued next page.



# PREP NOTES

## ■ NICE

**NICE, France, July 12--Danny Harris** (Perris High School 1983) won the 400 meter intermediate hurdles in 47.98.

## ■ JONATHAN EDWARDS SMASHES WILLIE BANKS' WORLD TRIPLE JUMP RECORD

**SALAMANCA, Spain, July 18 (Reuter)** - Briton **Jonathan Edwards** broke the world triple jump record on Tuesday with a leap of 17.98 metres (59-0) at an international athletics meeting he had entered to prove his fitness. Edwards made the historic leap on his second jump to beat the 10-year-old mark set in Indianapolis by American **Willie Banks** (Oceanside High School 1974) by one centimetre (1/4 inch). "The first thing I did was look at the wind speed," he said.

"The day has been perfect and the Salamanca track is very fast. Under these conditions I knew I could beat the record again.

"Technically (the jump) was not good. I started the run too far forward.

"Yesterday, while training, I made some good jumps and noticed the speed of the course. I thought it would be a great contest."

The wind speed of 1.8 metres per second was within the legal maximum of two metres per second. Edwards sat out the third round after setting the record and then ran into the sand on his fourth attempt. He appeared to have strained a leg muscle on the final step as he started his take-off.

The Briton was one of several athletes who were asked to prove their fitness for next month's world championships in Gothenburg when British selectors announced their team on Monday.

He missed the national trials in Birmingham at the weekend after pulling out of his last competition, the grand prix at Crystal Palace 11 days ago, with a sore ankle.

A Salamanca track official said Edwards first needed to pass the mandatory dope test at the end of the meeting to make the record official.

"He needs to pass anti-doping controls, but he definitely set a new world record, the wind was within legal limits," he said.

Last month, Edwards recorded the longest jump in history, but the 18.43 (60-5 3/4) effort did not qualify as a record because he had a tailwind of 2.4 metres per second in his favour.

He continued that outstanding form in Gateshead, England, a week later with a leap of 18.03. Again the world record was ruled out because of an excessive tail wind.

## MEN'S TRIPLE JUMP EVOLUTION SALAMANCA, Spain, July 18 (Reuter) - Evolution of the men's triple jump world record since 1960:

Meters	Feet-inches	Name (Country)	Day, Mo, Yr
17.03	55-10 1/2	Jozef Schmidt (Poland)	5.8.60
17.10	56-1 1/4	Giuseppe Gentile (Italy)	16.10.68
17.22	56-6	Gentile	17.10.68
17.23	56-6 1/2	Viktor Saneyev (Russia)	17.10.68
17.27	56-8	Nelson Prudencio (Brazil)	17.10.68
17.39	57-0 3/4	Saneyev	17.10.68
17.40	57-1	Pedro Perez (Cuba)	5.8.71
17.44	57-2 3/4	Saneyev	17.10.72

17.89	58-8 1/2	Joao Carlos de Oliveira (Brazil)	15.10.75
17.97	58-11 1/2	Willie Banks (Ocean, HS 74)	16.6.85
17.98	59-0	Jonathan Edwards (Britain)	18.7.95

## ■ TORRENCE SAYS WOMEN STILL SUFFERING FROM FLO-JO ERA

**OSLO, July 22 (Reuter)** - **Gwen Torrence**, the Olympic 200 metres champion, has reopened old wounds by saying she does not acknowledge **Florence Griffith-Joyner's** (Jordan High School, Los Angeles 1978) world 100 and 200 metre records set seven years ago.

After beating her great rival Jamaican **Merlene Ottey** to win the 200 at the Bislett Games Grand Prix on Friday night, Torrence launched a verbal broadside on the "unbeatable" records set by her American compatriot in 1988.

"Women sprinters are still suffering as a result of what she did to the times in the 100 and 200," said Torrence, 30. "In fact I don't acknowledge those times as world records. To me they don't exist. They cannot be beaten as far as I can see for maybe five, 10, 15 years. Not by anyone running today, anyway.

"And they mean that women sprinters are losing out financially. We never can have a world record holder running in our races so we can't get the pay we deserve; we can't go for the records because they are unbeatable, no women sprinter can ever be introduced to the crowd as the world record holder, and I think that we are all suffering as a result of that.

"I certainly feel cheated by it, not being able to go for a world record -- unless you run at altitude with a wind behind you. But I just can't see them being beaten."

Griffith-Joyner, who won the 100 and 200 double at the Seoul Olympics in 1988 and then surprisingly retired from athletics shortly afterwards, set the world 100 record of 10.49 at Indianapolis on July 16, 1988 beating the previous mark of 10.79 established by American **Evelyn Ashford** in 1983. Then on September 29, 1988 she set two 200 world records on the same day, winning her Olympic semifinal in 21.56 and then lowering that in the final to 21.34 seconds.

Athletes, including Torrence, have said some women's times over the past 10 years could only have been achieved with the aid of performance-enhancing drugs, but Griffith-Joyner has consistently denied any claims hers were helped by drugs. Torrence herself made further allegations about women's athletics after the 1992 Olympic sprint finals in Barcelona saying some of the competitors "were not clean" and added on Friday she still stood by her remarks.

In the seven years since the 100 time was set the closest anyone has come to it is Russian **Irina Privalova** who ran 10.77 in Lausanne a year ago. Griffith-Joyner still owns the four fastest times ever run. The 200 record has never been remotely challenged either. In 1991 **Ottey** ran 21.64 seconds in Brussels and a year before that clocked 21.66 in Zurich, the third and fourth fastest times ever. Torrence herself ranks eighth on the all-time 100 list with a best of 10.82. She is joint-fifth on the 200 list at 21.72 seconds.

"As far as I am concerned Evelyn Ashford (Roseville High School 1975) still holds the 100

world record and Merlene's 21.64 is the 200 world record." Asked why she thought Griffith-Joyner was able to produce such remarkable times, Torrence replied: "It was a very windy day."

When Griffith-Joyner did set the 100 time, the official wind reading was zero, but in races immediately prior to her win, and immediately afterwards, the wind-meter registered readings of a following wind of 5.0 metres per second. The maximum legal limit for world records to be officially ratified is 2.0 metres per second.

"I guess the meter man just fell asleep when she was running -- that's a joke," she said.

Torrence is attempting to emulate Griffith-Joyner's sprint double at next month's world championships in Gothenburg and said she was pleased with her victory over Ottey although not impressed by her winning time of 22.36 seconds. Ottey also said she felt "very flat indeed" to clock 22.66.

(Prep Editor: **Florence Griffith** (Jordan High School, Los Angeles) placed sixth in the 1978 state meet 220 yards in 24.57 (-1.3).)

## ■ PEDROSO BREAKS POWELL'S WORLD LONG JUMP RECORD

**SESTRIERE, Italy, July 29 (Reuter)** - Cuba's **Ivan Pedroso** set a new world long jump record on Saturday leaping 8.96 metres (29-4 3/4) at an athletics meeting in this high-altitude ski resort. The jump just beat the previous record of 8.95 metres (29-4 1/2) set by U.S. athlete **Mike Powell** (Edgewood High School, West Covina 1981) at the world athletics championships in Tokyo in August, 1991.

The 22-year-old Pedroso broke the mark in the final jump of Saturday's competition, which was held in chilly conditions with the winds sweeping dense cold clouds across the track of the Sestriere stadium, 2,035 metres above sea level.

Pedroso managed an earlier jump of 8.89 metres (29-2) but with a strong tail-wind. His next jump, with the wind within the legal speeds of under two metres per second, was 8.30 metres (27-2 3/4). For his world record leap, through the thin mountain air, the gusty wind fell to just 1.25 metres per second. Pedroso's foot appeared to be fractionally over the take-off board at the start of the jump but it was not enough to make a mark and the leap was judged good.

The Cuban did not at first realise he had broken the Powell record, walking away from the sand pit showing no sign of excitement. But he was swiftly hauled back when the result became clear and jumped up and down with glee as he was mobbed by photographers.

The slight Cuban from Havana was world indoor champion in 1993 after coming fourth at the Barcelona Olympics the year before when he won the World Cup. He was injured for the World Championships in 1993, but his record-breaking performance comes just one week before this year's championships open in Gothenburg.

Pedroso was given a \$130,000 red Ferrari sports car by the event organisers to mark his feat. Last year at the same event Ukrainian **Ser-**

*continued next page.*



# PREP NOTES

gei **Bubka** also won a Ferrari after breaking his own pole vault record.

Pedroso, who trains in Spain, and is sponsored by a local drinks company has enjoyed a magnificent season jumping 8.71 metres (28-7) in Salamanca earlier this month - the longest leap of the year.

It is only the second time since 1968, when **Bob Beamon** produced an enormous high-altitude effort of 8.90 metres (29-2 1/2) at the Mexico Olympic Games, that the record has been broken. Beamon's leap, which many felt was unbeatable, shattered the previous mark by 55 centimetres (1-9 1/2). But Mike Powell finally broke Beamon's record at sea level in Tokyo four years ago.

Powell has had a disappointing season so far this year, but he is on the U.S. team for the long jump in Gothenburg alongside **Carl Lewis**.

## WORLD LONG JUMP EVOLUTION

SESTRIERE, Italy, July 29 (Reuter) -

Evolution of the men's long jump world record this century:

Meters	Feet-inches	Name (Country)	Day, Mo. Yr
7.61	24-11 3/4	Peter O'Connor (Britain)	5.8.01
7.69	25-2 3/4	Edwin Gourdin (U.S.)	23.7.21
7.76	25-5 1/2	Robert LeGendre (U.S.)	7.7.24
7.89	25-10 3/4	William DeHart Hubbard (U.S.)	13.6.25
7.93	26-0 1/4	Sylvio Cator (Haiti)	9.9.28
7.98	26-2 1/4	Chuhai Nambu (Japan)	27.10.31
8.13	26-8 1/4	Jesse Owens (U.S.)	25.5.35
8.21	26-11 1/4	Ralph Boston (U.S.)	12.8.60
8.24	27-0 1/2	Boston	27.5.61
8.28	27-2	Boston	16.7.61
8.31	27-3 1/4	Igor Ter-Ovanesyan (Soviet Un)	10.6.62
8.34	27-4 1/2	Boston	12.9.64
8.35	27-4 3/4	Boston	29.5.65
8.90	29-2 1/2	Bob Beamon (U.S.)	18.10.68
8.95	29-4 1/2	Mike Powell (Edgewood HS, WCovina)	30.8.91
8.96	29-4 3/4	Ivan Pedroso (Cuba)	29.7.95

## NEBRASKA ATHLETE CHARGED WITH ATTEMPTED MURDER

**LINCOLN, Nebraska, August 3 (Chicago Tribune)** - Nebraska backup receiver and track star **Riley Washington** has been charged with attempted murder in a late-night shooting at a convenience store in Lincoln, Neb. Washington surrendered to police Wednesday after an arrest warrant was issued accusing him of attempted second-degree murder and using a weapon to commit a felony. He is accused of shooting **Jermaine Cole**, 22, outside a Lincoln convenience store Tuesday night. Cole was reported in fair condition Thursday at a Lincoln hospital.

Washington, a 5-foot-9, 170-pound native of Chula Vista, Calif., was moved from split end to wingback this year. Washington also holds indoor and outdoor track records at Nebraska and was a 1993 outdoor track All-American.

(Prep Editor: **Riley Washington**, Southwest High School, San Diego 1992, won the 1992 California State Meet 100 meters in 10.30, a meet record, and placed second in the 200 meters in 21.02.)

## WOMEN'S POLE VAULT AND HAMMER

GOTHENBURG, Aug 3 (Reuter) - The

women's pole vault and hammer will be introduced to the world outdoor athletics championships for the first time in 1999, the International Amateur Athletic Federation (IAAF) said on Thursday. Women will also compete in the pole vault for the first time at the world indoor championships in Paris in 1997, the IAAF agreed at its congress. The two new events had already been added to the programme for the next European outdoor championships in 1998 in Budapest. Women will also pole vault at next year's European indoor championships in Stockholm.

## LONG JUMP RECORD TO BE RECLAIMED BY MIKE POWELL

GOTEBORG, Sweden, August 4 (N.Y. Times) - **Ivan Pedroso** of Cuba apparently set the world record in the long jump at altitude on Saturday, but he landed hard at sea level Thursday with the news that the record will likely be returned to **Mike Powell** (Edgewood High School, West Covina 1981).

The Italian track and field federation recommended that Pedroso's jump of 29 feet 4 3/4 inches not be considered for a world record because an Italian coach had interfered with the wind gauge during all six of Pedroso's jumps at Saturday's meet in Sestriere, Italy.

The matter must still be reviewed by the International Amateur Athletic Federation, track's world governing body, but there seems almost no chance that Pedroso will hold onto his record. It is believed that this is the first time a world record will not be submitted to the IAAF for ratification.

"It's finished," said **Istvan Gyulai**, secretary general of the IAAF while the Italian federation will still be queried as to its decision, Gyulai said, no world record has ever been ratified after a national federation declined to submit a recommendation.

The record appears certain to be reclaimed by Powell, who jumped 29-4 1/2 at the 1991 world championships in Tokyo. A final decision on Pedroso will likely be made before long-jumping competition begins Aug. 11 here at the 1995 world track and field championships, Gyulai said.

As word spread Thursday morning that his world mark was in jeopardy, Pedroso, 22, said at a news conference that he was "mentally prepared" to accept that his record would not stand.

"Of course, I'll be highly disappointed," he said, adding that he did not know whether he would pursue legal action.

Powell, 31, reached at his home in Rancho Cucamonga, Calif., said he was "happy and relieved" to apparently reclaim the world record. "The first couple of days, it was hard for me," Powell said. "But after I saw all the stories that it was being questioned, I started believing it may not be ratified. I appreciate the record now. I didn't realize how important it was for me. This was my wakeup call."

This is the second scandal involving a long-jump event held in Italy. At the 1987 world championships in Rome, an official rigged the measuring device to give Italian **Giovanni Evangelisti** a bronze medal. The medal was later taken away and awarded to **Larry Myricks** of the

United States, who had actually jumped farther than Evangelisti.

Sestriere, situated at 6,726 feet in the Italian Alps, is considered the favorite spot by many long jumpers, given the thin air at altitude. The trick is to make an impressive jump while the swirling winds are under the allowable limit of 4.47 miles per hour. Of the 60 jumps measured on Saturday, only four were under the legal limit -- three by Pedroso, including the apparent record jump with a wind measured at 2.68 miles per hour.

An Italian coach, identified as a former pole vaulter in his mid-30s named **Luciano Gemello**, stood no more than half a foot from the wind gauge during Pedroso's six jumps but did not approach the gauge while others jumped, said **Enrico Jacomini**, a spokesman for the Italian track and field federation. Three videos taken during the competition have been submitted as evidence, and two others are expected to be submitted, Jacomini said.

"His presence affected the wind gauge," Jacomini said of Gemello.

There was no reason to believe that Gemello had conspired with Pedroso or any Cuban official, Jacomini said. "We have no reason to think he did it on purpose, but on purpose or not, he was there," Jacomini said of Gemello. He added that Gemello "had no reason" to be near the wind gauge, which is situated in the infield area near the runway.

Gemello could not be reached for comment. Jacomini said that Gemello claimed he did not try to interfere with the wind gauge, but was simply interested in watching Pedroso.

"because he's a fan of long jumping and that Pedroso was by far the best man in the field."

Jumping in fog and 55-degree temperatures, Pedroso said he waited for the swirling wind to recede before making his unprecedented jump. The wind is measured for five seconds during each long jump. It was clocked at 9.8 miles an hour when American **Kareem Streete-Thompson** jumped just before Pedroso broke Powell's record.

"I was told someone was standing next to the wind gauge; of course, I didn't notice when I was jumping," Pedroso said. "What am I supposed to say?"

Even though his record appears gone, Pedroso will be a prohibitive favorite at the world championships. Powell is injured and not in top form. **Carl Lewis**, who has jumped poorly this season, may not even compete here after injuring a hamstring muscle last weekend at the U.S. Olympic Sports Festival.

"I'm convinced I will be able to break an even bigger record," Pedroso said, adding that his goal is 9 meters, or 29-6 1/2. His previous best jump this summer was 28-7. "He can break the record at the next meet; he's a great jumper," Powell said. "If he does it at the world championships, it will be in a legitimate setting."

## MARSH FIRES FINAL VOLLEY IN WAR OF WORDS

GOTHENBURG, Aug 5 (Reuter) - American 100 metres champion **Mike Marsh** (Hawthorne High School 1985) fired the final volley in

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# PREP NOTES

the war of words before the start of the world championships on Saturday. Marsh, who heads the American challenge to reclaim the world 100 title, said he did not believe Britain's defending champion **Linford Christie** was invincible.

"No one out here is invincible," Marsh said. "My career is testimony to that. Linford has been very successful and pretty consistent over the years.

"You can put out that image but I don't think he really believes it."

Christie, running in what he says will be his last season, told reporters a world record might be necessary for the gold medal in Sunday's final.

"If it takes a world record to win then I feel I am capable of achieving that," Christie said. The 35-year-old Christie also said he was serious about attempting a 100-200 double, despite the presence of 1991 world champion **Michael Johnson**.

"I've got nothing to win and everything to lose in the 100," Christie said. "But the 200 is a real challenge, it's unknown territory for me."

## WORLD CHAMPIONSHIPS

**GOTEBORG, Sweden, August 5-13**--Four former California high school athletes won medals at the World Championships: **Ato Boldon**, **Jeff Williams**, **Mike Powell**, and **Gail Devers**.

Ato Boldon (Piedmont Hills High School, San Jose 1991/Trinidad and Tobago), who at 21 was the youngest of the eight finalists, won the bronze medal in the 100 meters in 10.03 (+1.0). It was a new national record for Trinidad and Tobago. Sacramento winner **Mike Marsh** (Hawthorne High School 1985), who got the worst start among the eight finalists, placed fifth in 10.10. It was the lowest U.S. finish in a major final since 1896. **Donovan Bailey** (Canada) won in 9.97.

Boldon said: "It's not a surprise to me at all. Sure, it was my first major final, and I will have all the pressure now, but I love it. Now I am primetime."

Boldon, who won the 1992 world junior championship in both the 100 and 200, made it to the California state high school finals in 1991. He finished third in the 200 but failed to qualify for the 100-meter final.

"Now's when I wanted to be peaking," Boldon said. "I came here under no pressure. One publication picked me to finish ninth, and only the top eight make the final. So once I reached the final, I had nothing to lose."

Marsh said: "I had such a terrible start, you can't recover with that kind of competition. Personally, and as a federation, we have to go back to the drawing board. We don't have a younger talent base. It's the same guys getting older and older."

The top three finishers in the 100 have Caribbean roots, although only Boldon competes for his native land. Top two finishers Bailey (Jamaica) and **Bruny Surin** (Haiti) are Canadians.

"Everyone is going to America to train," Bailey said. "People from the Caribbean are getting equal training and an equal chance to race."

"I've said for years that the greatest talent pool in the world is in the Caribbean," said Boldon. "I wanted to come here and put my name up there with all the great ones. As God would have it,

here I am at 21 years old, with a bronze medal around my neck at the world championships."

**Jeff Williams** (Washington High School, Los Angeles 1982), third in Sacramento in 20.20w, won the bronze medal in the 200 meters in 20.18 (+0.5), a personal record. **Michael Johnson** (United States) won in 19.79, a meet record.

Williams said: "I wanted to see if I could go get them and win a medal. I can run fast. My problem has been consistency."

**Jim Spivey** replaced a hobbled **Matt Giusto** (San Mateo High School 1984) in the 5,000 heats.

The United States 4x100 meter relay team of **Maurice Greene**, **Jon Drummond**, **Tony McCall**, and **Mike Marsh** botched a handoff and didn't get out of the first round. The pass between Drummond and McCall was not completed in the zone.

Marsh said: "We had no competitions with this team... No one's to blame. We were switching everything around at the last minute after **Dennis (Mitchell)** went out."

**Dean Starkey** (James Logan High School, Union City 1984), second in Sacramento at 18-10 1/4, made 18-4 1/2 on his opening attempt to take eighth in the pole vault. Starkey's progression: 5.40 (17-8 1/2) p, 5.60 (18-4 1/2) o, 5.70 (18-8 1/4) xxx. **Sergey Bubka** (Ukraine) won at 19-5.

**Mike Powell** (Edgewood High School, West Covina 1981), the defending champion, won the bronze medal in the long jump at 27-2 1/2. Powell's series: 8.18 (26-10), f, 8.29 (27-2 1/2), 8.18 (26-10), f, f. Ailing Powell was suffering his fifth consecutive loss. Powell's various injuries include a misaligned vertebra. **Ivan Pedroso** (Cuba) won at 28-6 1/2. Powell said he was certain that Pedroso eventually would get the world record.

"He's capable of breaking it," Powell said.

"We have similar technique -- the hitch-kick, but he has great extension."

"I'm never happy when I don't win. It's been a bad year -- bad meets. I have to go back and train for next year."

USA Mobil shot champ **Brent Noon** (Fallbrook High School 1990) finished fifth with a toss of 66-0 1/2, overcoming injury problems that included broken ribs suffered three weeks ago. He fell on the toeboard in practice. Noon's series: 20.13 (66-0 1/2), 19.90 (65-3 1/2), f, 19.59 (64-3 1/4), f, 20.01 (65-7 3/4). **John Godina** (UCLA) won at 70-5 1/4.

"I think we can do something about his (**Miko Halvari**, Finland) plans to win," said Noon.

**Kevin McMahon** (Bellarmine Prep, San Jose 1990), third in Sacramento at 233-11, placed a non-qualifying 14th in Group B of the hammer throw at 226-10. It took a throw of 244-4 to qualify for the final.

The ageless one, **Ruth Wysocki** (Azusa High School 1974), placed seventh in the women's 1,500 meters, completing a saga that would do made-for-TV-movie writers well. Wysocki's splits: (67.7, 65.4 [2:13.1], 65.2 [3:18.3], 48.8) (33.2, 65.1). Wysocki, 38, was out of the sport for three years after she was suspended for running in South Africa in the '80s. A finalist at 800m and 1500m at the '84 Olympics, she returned to top-class running at the USA Mobil meet in Sacramento, where she finished a gal-

lant fourth. When national champ **Regina Jacobs** (Argyll Episcopal Academy, North Hollywood 1981) pulled out of the world meet due to injury (plantar fasciitis), the call went out to Wysocki. She hopped on a plane for Gothenburg, and it has been non-stop action for her ever since. Her 4:07.08 in the final has to rank as one of the top stories of this eventful championship meet.

"I'll be up till 3 in the morning," the jet-lagged Wysocki told reporters. "If any of you guys get bored, give me a call. I've got a deck of cards."

**Linda Somers** (Indio High School 1979) placed seventh in the marathon in 2:32.12. They ran 25.95 miles instead of 26.2. **Manuela Machado** (Portugal) won in 2:25:39. Somers said: "My training the last six weeks gave me a lot of confidence. It was a good course. The variations are good for your legs."

**Gail Devers** (Sweetwater High School, National City 1984), the national champion in 12.77, gave the United States its first gold medal by defending her title in the 100 meter hurdles in 12.68 (+0.2).

"This means a lot because I sat out last year and haven't hurdled much this year," said Devers. **Doris Williams** (Poly High School, Riverside 1987), third in Sacramento at 13.03, placed a non-qualifying fifth in heat four of the 100 meter hurdles in 13.33 (-0.2).

**Marieke Veltman** (Leland High School, San Jose 1989), second in Sacramento at 22-1 1/2w, making her first international appearance for the U.S. jumped well in the long jump, but her 21-4 wasn't quite enough to get her into the final. She placed seventh in group B of the long jump. It took 21-5 1/4 to advance to the final.

American record holder **Sheila Hudson-Strudwick** (Rio Linda High School 1985), the national champion at 48-1 1/4w, was a non-qualifying 16th overall in the triple jump at 45-3 1/2. It took 46-0 1/2 to qualify for the final.

**Ramona Pagel** (Schurr High School, Montebello 1979), second in Sacramento at 61-2 1/2, lofted the 4-kilo iron ball 61-8 1/2 on her third attempt to take seventh. It was Pagel's best finish in four trips to the Worlds. It was the best ever by an American woman at the Worlds. Pagel's series: f, 18.39, 18.81, 18.11, f, 17.78. **Astrid Kumbennuss** (Germany) won at 69-7 1/2.

**Melisa Weis** (Bakersfield High School 1990), fourth in Sacramento at 194-4, who replaced **Pam Dukes** (Stanford 1986) on the team, had the top American throw of 188-1 to place a non-qualifying 22nd in the qualifying. **Danyel Mitchell** (Vallejo High School 1990), third in Sacramento at 194-9, was 27th at 179-2. It took 196-1 to qualify for the final.

**Nicole Carroll** (Alameda High School 1986), fifth in Sacramento at 178-2, was a non-qualifying 23rd in the qualifying at 181-6. **Donna Mayhew** (Crescenta Valley High School 1978), the national champion at 194-1, was 27th at 174-2. It took 195-3 to make the final.

## WORLD RECORDS SET IN THE 1980'S

**GOTHENBURG, Aug 9 (Reuter)** -- **Marie-Jose Perec** and **Jearl Miles** added their voices on Wednesday to the increasing chorus of frus-

continued next page.



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tration women sprinters are expressing over world records set in their events in the 1980s.

A day after France's Percec regained her world championship 400 metres title from American Miles in the Ullevi Stadium, both women turned their focus to the world record time of 47.60 seconds set by East German **Marita Koch** almost 10 years ago.

"I don't think it is human and there is no way I am capable of beating it. That is one of the reasons I have also started running the 400 hurdles," Percec said.

Miles agreed, saying: "I don't think its possible for anyone running now to beat it. Maybe by the year 2000 or 2002 as the human body progresses. But not now."

Their remarks follow those made by American **Gwen Torrence** in Oslo last month when she re-opened the debate about **Florence Griffith-Joyner's** (Jordan High School, Los Angeles) world 100 metres (10.49) and 200 metres (21.34) records which were both set in 1988.

Torrence said: "Women sprinters are still suffering as a result of what Florence did to the times in the 100 and 200. In fact, I don't acknowledge (her) times as world records. To me they don't exist. They cannot be beaten, as far as I can see for maybe five, 10, 15 years."

Many athletes, including Torrence, have said some women's times over the past 10 years could only have been achieved with the aid of performance-enhancing drugs but Griffith-Joyner has consistently denied any claims she took dope.

Percec also agreed with Torrence that today's runners are missing out financially as a result of the now-seemingly unbeatable times set in the last decade. Asked whether she was frustrated at never being able to have the chance in the 400 flat of the big pay-days accorded to world record holders and world record performances on the lucrative European circuit, Percec said: "Of course, it is a problem. Yes, I do think we miss out. It would help if the world record was obtainable."

Percec won the 400 metres in 49.28 seconds on Tuesday night -- the fastest time of the year and her third fastest ever at the distance. Her fastest ever time of 48.83 seconds came when she won the Olympic title in 1992 but it was only the 17th fastest time ever run. All 16 better times were set between 1979 and 1988.

Miles's best time of 49.82 seconds, set when she won the world title two years ago, is only the 50th fastest time ever run.

Before the start of the championships, Percec told the French daily *l'Equipe*: "Let's be realistic. Koch's 47.60 world record, and I am not afraid to say it, has to be placed in its special context."

"It was set in 1985 and we all know what was going on in East Germany in those days. I won't torture myself over it, it's unbeatable. **Sally Gunnell's** 52.74 seconds in the 400 metres hurdles, on the other hand, does interest me now."

Unfortunately, a slight hamstring injury has prevented Percec from attempting to beat that record in Gothenburg, forcing her to abandon her plans of running both the 400 flat and hurdles. But it did not prevent her from winning the 400 flat with an awesome display of speed on Tuesday and she can still win a second gold in the 4x400 metres relay on Sunday.

## ■ RUNNING NEVER GETS OLD FOR WYSOCKI

**GOTEBOURG, Sweden, August 9 (Chicago Tribune)** -- **Ruth Wysocki** (Azusa High School 1974) is like the cat in the old American folk song, with the emphasis on old. Wysocki, 38, keeps coming back to the sport because she can't stay away. She is the oldest member of the U.S. team in the World Track and Field Championships.

Eleven years ago, Wysocki had her career highlight, an upset of **Mary Slaney** in the 1,500 meters at the U.S. Olympic Trials. Three years ago, she retired for the third time. Two months ago, Wysocki finished fourth in the 1,500 at the U.S. Championships, making the world team as an alternate. Six days ago, she jumped on a plane to Sweden as a last-minute replacement for injured U.S. champion **Regina Jacobs**.

Wysocki, mother of a 4-year-old boy, recently had been concentrating on a real-estate business with her husband, Tom. She was motivated to return by seeing a listing of the top 1,500 times in 1994.

"I thought, if that was as well as they were doing, there was a place for me," she said.

She was right. Wysocki will be the only U.S. runner among a dozen finalists in the 1,500 meters.

"This means a lot more to me than it did the last time around," she said.

Wysocki, of Canyon Lake, CA, served a three-year suspension (1988-91) from the sport for joining a competitive tour of South Africa in violation of the ban against such contacts in place at the time. She has no regrets about having made the trip, presumably a last chance for her to earn money as a track athlete.

"In 1984, my shoe sponsor said they would take care of me for life," she said. "I guess I died in 1988."

## ■ MARION JONES FRACTURES BONE IN LEFT FOOT

**NORTH CAROLINA, August 10** --Point guard **Marion Jones** of North Carolina fractured a bone in her left foot and will miss the women's basketball competition in the World University Games. Jones suffered a non-displaced base of the fifth metatarsal and will undergo surgery in North Carolina.

"I am going to miss traveling to Japan to compete for the USA," said Jones. "This (the team) is a great bunch of young ladies and I was really looking forward to playing with them."

Jones, going into her junior year, averaged 17.9 points last season. Her replacement on the team will be announced later in the week.

The basketball competition will take place August 24th-September 2nd.

(Prep Editor: **Marion Jones**, Thousand Oaks High School 1993, won the California State Meet



**RUTH WYSOCKI**  
Photo by Kirby Lee

100 meters and 200 meters four times from 1990 to 1993.)

## ■ CALIFORNIA TRACK STADIUM TO GET A MAJOR FACELIFT

**BERKELEY, August 11 (S.F. Chronicle)** -- Berkeley's Edwards Stadium, the oldest track-only facility in the country, will undergo a major renovation to the tune of \$3 million, the University of California announced yesterday.

"We've tried to make some inroads on the (athletic) facilities on campus," athletic director **John Kasser** said. "We have great coaches; we have great student-athletes; we have a great campus in a great area. We are now getting up to current-date facilities."

The venerable stadium, which was built in 1929 at the southwest corner of the campus, will be turned into a dual-purpose facility, for track and field and for men's and women's soccer, and will be called Goldman Field, in recognition for a \$1.5 million donation from Richard and Rhoda Goldman.

The major construction work will entail reconfiguration of the track so that the infield portion will be of suitable dimensions for soccer matches. Construction is expected to be completed by 1997.

"There has been such a heritage of track and field (at Edwards) . . . we want to make sure we preserve that heritage . . . by upgrading (the stadium) into an international track facility," Kasser said.

The major renovation will be the running surface itself, which will go from its current equi-quadrant alignment (straights and turns of same distance, 100 meters) to one that meets international standards.

"The curves will now be 119 meters long, and the straights about 85 meters," associate track coach **Tony Sandoval** said. "This will serve a dual purpose: The turns will not be as sharp so the track will be fast, and it allows us to have companion field events in the turns."

"We both (track and soccer programs) had our own wish list (for redesign). I think we came out with what's best for everybody."

By lengthening the two turns on the track, Cal then will be able to install a 75-by-115-yard soccer pitch within the running surface that will meet international specifications. It will also help boost Cal's soccer program, which has led something of a gypsy existence the last few seasons. ("Our soccer program was played all over the Bay Area," Kasser said.)

"I'm extremely excited about being able to play on grass," said men's soccer coach **Mark Malone**. "It's hard to recruit players to play on AstroTurf (the Bears' current home-field surface). We are looking at building a national championship team. This is a good start."

With the upgraded facilities (the stadium proper will retain its 22,000 seating capacity), Cal hopes to lure some big events, such as collegiate and national track championships, and NCAA regional and national soccer tournaments. "We've already put in a bid for the 2001 NCAA track championships," Kasser said.

(Prep Editor: *I have been attending track meets in Edwards Stadium for over forty years. Edwards Stadium is the site for the Oakland Invitational and the North Coast Section Meet of*

*continued next page.*



# PREP NOTES

Champions each year. It has also been the site of several California State Meets. The last one was in 1980. Hopefully, it can be used again if the C.I.F. decides to rotate the State Meet. Unfortunately, the current track only has eight lanes, and I believe that is the plan for the new track as well.)

## ■ DRUG SUSPENSION BEHIND HIM, HARRIS HOPES TO TURN HEADS

**ZURICH, Switzerland, August 16, N.Y. Times** -- For four years **Danny Harris** (Perris High School 1983), the 1984 Olympic silver medalist in the 400-meter hurdles and the runner who ended **Edwin Moses**'s 10-year unbeaten streak, led a double life.

Competing on the Grand Prix circuit in Europe, Harris won most of his races, set records and, in 1990, was ranked No. 1 in the world. At home in Los Angeles during the off season, Harris was a cocaine addict.

Now Harris, who turns 30 next month, has only one life to live. And in Zurich on Wednesday night at the Weltklasse track and field meet, he will face his biggest challenge since returning to competition after a drug suspension.

Harris, the only track and field athlete in the world ever suspended for cocaine use, will compete against **Derrick Adkins** of Atlanta, the gold medalist at last week's world championships in Sweden.

"My goal this summer is to beat all the medalists from the World games," said Harris, who did not make this summer's U.S. team because of a hamstring muscle injury.

Last month, after the injury cleared up, Harris won a race in Nice, France, in 47.98 seconds, the same time run by Adkins in Sweden. Harris also won in Stockholm and was a close second to Adkins in London.

"It's exciting to be running again," Harris said. "Staying healthy is the most important thing."

The London meet, in Crystal Palace, was especially poignant for Harris. It was there a year ago when he was denied entry on the eve of the event. Despite being reinstated months earlier by U.S.A. Track and Field, the American governing body, Harris was still considered ineligible by the International Amateur Athletic Federation, which rules the sport worldwide.

Harris had tested positive for cocaine use in February 1992 at the U.S. National Indoor Meet in Madison Square Garden. He was given a four-year suspension. In 1994, following successful drug rehabilitation, Harris' ban was cut to two years by American authorities, who permitted him to compete immediately. But the IAAF did not concur with the U.S. ruling until the end of the season.

Harris first turned to cocaine while on the threshold of becoming one of the sport's superstars. As an 18-year-old Iowa State freshman, he was considered the baby of the 1984 Olympic team, coming within a stride of Moses in Los Angeles. That year, he broke the world junior record five times. After winning three successive NCAA titles, Harris left Iowa State to compete on the international circuit.

"It was an economic decision," said Harris,

the youngest of six children who was raised by his grandmother in Perris, Calif., after both his parents died. Harris earned money from races and received a shoe contract with Nike. He was considered Moses' successor when he stopped Moses' streak at 107 straight victories during 1987 and ran 47.48 to finish a close second to Moses at the world meet in Rome.

In 1988, Harris was the Olympic gold-medal favorite but was crushed when he did not make the U.S. team. "That's when I started experimenting with cocaine," said Harris, who now lives in Ames, Iowa. Harris insisted he did not use the drug while competing abroad. He said the overall effects of cocaine, however, may have contributed to his fifth-place showing at the 1991 world meet in Tokyo.

While banned substances like anabolic steroids are considered an aid to performance, for their muscle-building tendencies, cocaine can be a hindrance, especially in technical events like the 400 hurdles.

"Cocaine can impair neurological function, and upset your stride pattern between the hurdles," said **Bob Adams**, a sports medicine physician, who was with the American squad in Sweden.

"Because of cocaine," said Harris' coach, **Steve Lynn** of Iowa State, "Danny probably lost a world record."

When the positive test was announced, Harris also lost his new home and his shoe contract. He was broke.

"It was devastating," he said. "But at the same time I felt relief. My secret was out. I did not have to protect it any longer."

Harris completed two drug rehabilitation programs in California and still attends counseling sessions regularly.

"I've been clean for a couple of years," he said. "Have I licked it? Cocaine is not something you lick. It's something you respect and are on guard about every day."

## ■ ZURICH

**ZURICH, Switzerland, August 16--Ato Boldon** (Piedmont Hills High School, San Jose), the bronze medalist in the World Championships, placed fifth in the 100 meters in 10.20. **Linford Christie** (Britain), the Olympic champion, won in 10.03.

**Johnny Gray** (Crenshaw High School, Los Angeles 1978) placed second in the 800 meters in 1:43.36. **Wilson Kipketer** (Denmark), the world champion, won in 1:42.87.

**Mark Crear** (Rowland High School, Rowland Heights 1987) won the 110 meter high hurdles, which featured six finalists from Gothenburg, in 13.18. Crear was the fastest man in the world this year before the World Championship, who missed out on a place in the U.S. team. **Colin Jackson** (Britain), the former world champion, placed second in 13.21. **Allen Johnson** (United States), the world champion, was third in 13.22.

**Danny Harris** (Perris High School 1983) placed seventh in the 400 meter intermediate hurdles in 49.46. **Derrick Adkins** (United States), the world champion, won in 47.65.

**Dean Starkey** (James Logan High School, Union City 1984) placed seventh in the pole vault at 18-8 1/2. **Sergey Bubka** (Ukraine), the

world champion, won at 19-4 1/4.

**Mike Powell** (Edgewood High School, West Covina 1981) placed 11th in the long jump at 24-5 1/2. **Ivan Pedroso** (Cuba), the world champion won at 28-2 3/4.

**Gail Devers** (Sweetwater High School, National City 1984), the world champion, won the 100 meter hurdles in 12.75.

## ■ USA TEAM TO ENTER PAN AM JR. T&F MEET IN SANTIAGO

**INDIANAPOLIS, August 16--USA Track & Field** on Wednesday announced the United States team roster for the eighth Pan American Junior Championships, September 1-3 in Santiago, Chile. The U.S. team was selected from among the top finishers at this year's U.S. Junior Championships in Walnut, Calif., June 23-24.

Notables on this year's squad include California state 100 meters champion **Marques Holiwell**. Holiwell notched his best time of the year (10.33) in winning the U.S. title in Walnut.

Quarter-miler **Jerome Young** from Hartford, Conn., shattered the one-lap Junior Championships meet record with a 45.01 clocking at this year's meet. Young's winning time bettered the mark of 45.17 by **William Reed** set in 1987. Young is ranked 14th in the world for 400m this year.

**Jeremichael Williams** of Blinn College in Texas won the 110 meter high hurdles in Walnut with his best time of the year, 13.86. Last year's sixth-place finisher, **Braxton Cosby** from the University of Miami, finished second to Williams in 14.00. Cosby also made the team in the 400 meter hurdles (51.03), placing second to **Rodriguez Pfister** of Washington, D.C., who finished in 50.56.

University of Florida freshman **Dominick Millner** will lead the U.S. contingent in the long jump. Millner finished fourth at the 1995 NCAA Outdoor Championships, and third at the Southeastern Conference meet. Millner's best leap this season is 25-10 3/4.

**Angela Williams**, a 15-year-old high schooler from Ontario, Calif., set a meet record in winning the 100 meters at this year's Junior Championships. Williams' time of 11.24 bettered the previous standard of 11.29 by **Marion Jones** in 1991. Williams is joined by runnerup **Kwajalein Butler** (11.43) of Louisiana State University.

**Julia Stamps**, the California state champion from Santa Rosa, successfully defended her U.S. 3000 meter title in 9:21.99. Stamps is joined by runnerup **Courtney Adams** from Indianapolis (9:43.07), who also finished second to Stamps in the 1500 meters at this year's Golden West Invitational.

California state champ **Joanna Hayes** defeated an impressive field in the 100 meter hurdles at Walnut in a windy 13.06. The prepster from North High School in Riverside, finished seventh at last year's nationals, and ran away with this year's Golden West title. Hayes' teammate, **Yolanda McCray** of the University of Miami, has a 13.27 to her credit this year. She finished third at the 1995 Big East Conference Championships.

American junior discus record holder **Suzu Powell** returns to the national team after winning

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a bronze medal at the IAAF World Junior Championships in Lisbon last year. Along with being a finalist at the USA Mobil Outdoor Championships in Sacramento in June, the freshman from UCLA has won the last three junior titles and was fifth at this year's NCAA championships.

Here are the rosters:

## Men

**100 meters:** Margus Holiwell (Bakersfield, CA), Billy Fobbs (Channelview, TX), Brian Raspberry (Louisville, KY).  
**200 meters:** Bobby Williams (Gainesville, FL), Robert Staten (Missouri City, TX).  
**400 meters:** Jerome Young (Hartford, CT), Obea Moore (Los Angeles, CA).  
**800 meters:** Curtis Lassiter, Jr. (Williamsburg, VA), Jeremy Huffman (Pineville, LA).  
**1500 meters:** Michael Stember (Carmichael, CA), Brandon Pacheco (Los Alamitos, CA).  
**Steplechase:** Hugh Christiansen (Emery, UT), Konrad Knutsen (Fair Oaks, CA).  
**5000 meters:** Travis Landreth (Newburgport, MA), Dean Fulmer (Cincinnati, OH).  
**10,000 meters:** Tim Briggs (Davenport, WA), Rondie Gibbs (Riverside, CA).  
**110m hurdles:** Jeremichael Williams (Dallas, TX), Braxton Cosby (Miami, FL).  
**400m hurdles:** Rodrigues Pfister (Washington, DC), Braxton Cosby (Miami, FL).  
**10 kilometer walk:** Justin Marrujo (Temecula, CA), Kevin Eastler (Farmington, ME).  
**4x100m relay:** To be announced.  
**4x400m relay:** To be announced.  
**High jump:** Jason McGinnis (Walnut, CA), Jeremy Fischer (Madison, WI).  
**Pole vault:** Borya Orloff (Paramount, CA), Jason Pearce (Abilene, TX).  
**Long jump:** Dominick Millner (Roanoke, VA), Clarence Scott (Los Angeles, CA).  
**Triple jump:** Benju Prebyl (Beatrice, NE), Steve Pina (Philadelphia, PA).  
**Shot put:** Steve Santoli (Hauppauge, NY), Kevin Mannon (West Jefferson, OH).  
**Discus throw:** Luke Sullivan (Verona, WI), Scott McPherran (Los Angeles, CA).  
**Hammer throw:** Mark Mazzoni (Los Gatos, CA), Kevin Mannon (West Jefferson, OH).  
**Javelin throw:** Aaron Gumm (Ottawa, KS), Darin File (Beloit, KS).  
**Decathlon:** Tom Pappas (Azalea, OR), Daniel Haag (Northridge, CA).

## Women

**100 meters:** Angela Williams (Ontario, CA), Kwajalein Butler (West Monroe, LA).  
**200 meters:** Kelli White (El Sobrante, CA), Aminah Gorley-Haddad (Long Beach, CA).  
**400 meters:** Carla Estes (Union City, CA), Kadrina Coffee (Lancaster, CA).  
**800 meters:** Kristie Johnston (Fresno, CA), Tara Mendoza (Aurora, CO).  
**1500 meters:** Kristen Nicolini (Annapolis, MD), Carrie Tollefson (Dawson, MN).  
**3000 meters:** Julia Stamps (Santa Rosa, CA), Courtney Adams (Indianapolis, IN).  
**10,000 meters:** Donna Fidler (Norristown, PA), Casi Florida (Joshua, TX).  
**100m hurdles:** Joanna Hayes (Riverside, CA), Yolanda McCray (Miami, FL).  
**400m hurdles:** Stacy Jordan (Lanham, MD), Ryan Tolbert (Clovis, NM).

**5 kilometer walk:** Anya Maria Ruoss (Fayetteville, AR), Lisa Chumbley (Houston, TX).

**4x100m relay:** To be announced.

**4x400m relay:** To be announced.

**High jump:** Jeana McDowell (Gilbert, AZ), Tara Fleming (Reedley, CA).

**Long jump:** Marita Hunt (Shreveport, LA), Angela Brown (Philadelphia, PA).

**Triple jump:** Lashonda Christopher (Olympia, WA), Deana Simmons (Decatur, IL).

**Shot put:** Alisa Raymond (Newburgh, IN), Seilala Sua (Cooper City, FL).

**Discus throw:** Suzu Powell (Modesto, CA), Seilala Sua (Cooper City, FL).

**Javelin throw:** Windy Dean (Milwaukee, OR), Ann Crouse (Old Myshi, CT).

**Heptathlon:** Janet Blomstedt (Hershey, PA), Erin Narzinski (St. Louis, MO).

## ■ LUZAR IS SELECTED AS OAL'S NEW DIRECTOR

**OAKLAND, August 18 (Oakland Tribune)** - The Oakland Unified Public School District last week named an in-house replacement to fill the position of director of the Oakland Athletic League, in charge of overseeing the athletic programs of all six public schools.

**Jerry Luzar**, formerly athletic director and baseball coach at Castlemont High, will become only the fourth person to hold the title of director of the OAL and commissioner of the Oakland Section in the league's 53-year history. Luzar replaces **Lou Jones**, a staple in the league office the last 15 years, who retired in June.

The job is made more important by the fact the OAL director also acts as the commissioner of the Oakland section - with only six schools the smallest of the California Interscholastic Federation's 10 sections.

One of Jones' accomplishments was in defending the Oakland section from attempts to combine it with the North Coast Section, which oversees the rest of the East Bay.

The OAL has been its own section since 1942 and Jones said it will remain so as long as the commissioner defends that right. It is written into the section's bylaws negotiated with the California Interscholastic Federation that it remain autonomous.

For the last 53 years, the OAL has been its own autonomous section, essentially free to govern itself. Over the past five decades, schools have joined and left the league, but the five charters remain: Oakland, McClymonds, Castlemont, Tech and Fremont, with Skyline joining in 1961.

## ■ ARCO, CIF TO NEGOTIATE \$1.5 MILLION AGREEMENT FOR ARCE SPONSORSHIP OF CIF CHAMPIONSHIP GAMES

**LOS ANGELES, Aug. 18 /PRNewswire/** - ARCO and the California Interscholastic Federation (CIF) today announced the signing of a Letter of Intent to negotiate a three-year agreement under which ARCO will become title sponsor

for all CIF sectional, regional and statewide championship events. The CIF is the governing body for all interscholastic athletics at public and private high schools in California.

Under the proposed agreement, ARCO Products Company, the refining and marketing division of ARCO, will pay a sponsorship contribution of \$500,000 per year over the next three years -- a total of \$1.5 million. Additional details of the CIF/ARCO partnership will be announced at a media briefing to be scheduled later this month after all agreements are finalized.

**Margaret Davis**, acting CIF commissioner, said: "Over 40 percent of the 1.3 million young men and women at more than 1,100 public and private high schools in California participate in CIF sports. ARCO's sponsorship will benefit playoffs and championships in each of CIF's ten regional sections. School sports build pathways to excellence. We are privileged and grateful that ARCO wants to participate in the journey, and we welcome ARCO as title sponsor."

Also commenting on the agreement was **Stephen M. Rullo**, Senior Vice President of Marketing for ARCO Products Company. "As the father of three children who have participated in CIF sports for a number of years, I know how interscholastic sports provide a boost to school morale and a lifetime of memories," said Rullo. "The preparation that the teams and support groups experience prepares them mentally and physically for a life of competition and ethical behavior in the business and professional worlds."

"As the West's largest gasoline retailer, ARCO is pleased that it can help keep the competitive spirit of interscholastic sports alive on California's high school campuses."

## ■ COLOGNE

**COLOGNE, Germany, August 18** -- American world champion **Derrick Adkins** looked tired after some tough racing in the last few weeks and could only finish fourth in the men's 400 meter hurdles. Compatriot **Danny Harris** (Parris High School 1983) won in 47.63 seconds. Adkins clocked 48.45.

## ■ U.S.-BRITAIN

**GATESHEAD, England, August 21** -- **Danny Harris** (Parris High School 1983) won the 400 hurdles in 48.70.

**Tyrone Scott** (Mesa Verde High School, Citrus Heights 1988) placed third in the triple jump at 54-4 3/4. **Jonathan Edwards** (Britain), the world champion, won at 57-4 3/4.

**Percy Knox** (Antelope Valley High School, Lancaster 1987) won the long jump at 25-11.

**Ruth Wysocki** (Azusa High School 1974) won the 1,500 meters in 4:05.03. **Darcy Arreola** (Grossmont High School, La Mesa 1986) placed third in the 3,000 meters in 9:04.78. **Yvonne Murray** (Britain) won in 8:59.80.

**Melissa Price** (Kingsburg High School 1995) won the pole vault at 12-5 1/2.

**Ramona Pagel** (Schurr High School, Montebello 1979) placed second in the shot put at 62-4. **Connie Price-Smith** (U.S.) won at 64-0 1/2.

➔ NEXT ISSUE -- ALL-TIME GIRL'S HIGH SCHOOL LIST



# California Track and Cross Country Coaches Alliance

## Why Should I Join The Coaches Alliance?

Now in its sixth year, the CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

The Alliance provides your only unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns. The COACHES ALLIANCE directly represents you on the state Track & Cross Country Advisory Board that meets twice a year.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the COACHES ALLIANCE is involved with clinics in San Diego, Los Angeles, Fresno, and San Francisco.

## What Do I Receive For My Membership?

COACHES ALLIANCE members will receive a year's editions of **California Track & Running News**, the official publication of the ALLIANCE. Each month, members will be kept current with happenings around the state in the COACHES ALLIANCE section of the magazine. Both cross country and track will be covered.

COACHES ALLIANCE meetings are organized around the State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.

The COACHES ALLIANCE works directly with the State CIF regarding the selection of the Honor Coaches from each section in our sports. Starting in the fall of 1994, as a member of the Alliance, you will be able to vote in this process.

## To join, please fill out and return the following: (Please Print)

Name: \_\_\_\_\_ School: \_\_\_\_\_

Section: \_\_\_\_\_ Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ School (\_\_\_\_) \_\_\_\_\_

**Dues for 1995/96 year (Tax Deductible) -- \$25.00.**

**Make check out to "Coaches Alliance" and send to:**

Dennis McClanahan, Treasurer  
c/o California Track & Running News  
4957 East Heaton Ave., Fresno, CA 93727

**Associate Member \$12** -- If you want to join the Coaches Alliance, but do not want the magazine. You will receive clinic discounts and any membership mailouts during the year.

**School Membership \$50** -- Schools will receive discounts for all members of their staff at clinics, as well as a second copy of *California Track & Running News* (you can have it sent to the library, assistant coach, etc.). Please indicate name and/or address for the second copy below.



# Building Self-Esteem

By Randy Rossi, Irvine High School

I believe that self-esteem plays an important role in the success of both an individual and a team in cross country. In fact, I am convinced that the effort to build self-esteem is one of the most important elements of the cross country program at Irvine High School. Today there is a great deal of debate regarding the pros and cons of mental training techniques and their usefulness. I do not intend to enter into the discussion of mental training techniques because I feel that the endeavor to build self-esteem is an essential element of the program at Irvine High School and, as such, is something that I try to do on a daily basis.

I have found that the easiest way to begin to build self-esteem in an athlete is through the use of continual positive reinforcement. My assistant coach and I make an effort to praise each one of the athletes as often as possible on a daily basis. I have coached the girls at Irvine High School for the past 15 years, and I feel very strongly about the benefits of using **unconditional positive reinforcement** with the female athlete. Although I have much less experience coaching the boys, I feel that this approach can easily be adapted to coaching the male athlete.

The following is a quick look at how we try to build self-esteem throughout the cross country season.

## **Summer Program**

We begin to run as a team during the last week of July. Monday through Friday, we meet in the gym where we warm up as a team. We divide the athletes into groups by their current level of training for the daily run. The coaches always

run with the athletes. This gives us an opportunity to observe each individual, as well as the group, and the opportunity to offer encouragement and guidance to the athletes during the run.

All of the runs we do from Irvine High School end in front of the school at one of two locations. The athletes know that they are required to meet with at least one of the coaches at the finish every day. We wait at the finish until each athlete has returned from the run. First, we congratulate each athlete as she finishes, and then we briefly discuss how each girl feels about her daily run. This is a great opportunity to point out progress and improvement. It also gives us a chance to monitor aches, pains and any sign of injury.

We recruit the returning varsity athletes and team leaders as part of the network of positive reinforcement. Before the summer running program begins, I invite these athletes to offer guidance and praise to their teammates, especially newcomers and freshman. As a part of this process, we try to do a "Big Sister" run at least once a week during the early phase of our summer training. A "Big Sister" run is generally three miles long and done on our home course, which is on campus. We normally do these runs the day after a long run. The experienced runners must choose a newcomer who they don't know as a running partner. This provides the new runners the opportunity to learn the ins and outs of our course and to receive guidance and praise from an experienced runner. It also offers everyone the opportunity to get to know each other better. I have learned that the positive reinforcement that the athletes offer to

each other is extremely beneficial in developing their self-esteem, as well as the development of team spirit and unity.

## **Cross Country Season**

**Daily Practice** -- During the cross country season we normally do our quality work on Mondays. All of our faster training (ie. repeats and intervals) are done on our course which is 90% grass. We have found that this is a great time to work on building self-esteem. My assistant coach and I divide the team into two equal groups for these workouts. We both like to use the rest phase between segments for the purpose of building self-esteem and instruction.

We congratulate each athlete as she finishes the segment. We try to point out what each athlete has done well, and we try to offer positive guidance to those who have fallen short of their training goal. As we either walk or jog between segments, we continually point out training progress and improvement both individually and as a team. We also tell stories about previous teams and graduates who have overcome adversity or achieved success. This contributes to the self-esteem of each individual as well as to pride in the Irvine tradition and team. The athletes, themselves, learn to welcome an important source of support for each other during these workouts.

During the rest of the week, we continue the custom we began during the summer. We meet each athlete at the finish of each run for a quick daily conference and continued positive reinforcement. Our pre-meet routine is always the

*continued next page.*



same. We warm up, jog our course, and do 6 x 100 meter strides. The coaches meet each athlete at the finish for a quick word of praise.

**Race Preparation** -- As we prepare for a race, we never focus on our opponents. We focus solely on our team and on the team's potential. We try to take as much pressure as possible off of each athlete. We make it a point never to tell an athlete that she must beat a specific runner from another team. We stress that each athlete must run her own race. This is where we offer the athlete strong positive reinforcement. We remind them of their daily progress and of the improvement that we have seen them make. We try to guide them toward confidence in their ability to achieve the goals that they have set for themselves.

On race day, the coaches refrain from any discussion of the race. In fact, we try to provide the team with as relaxed an environment as possible. We simply offer positive reinforcement regarding our confidence in the team. During the final hour before the race, we send the team out to warm up, and only check on them periodically. We prefer that the athletes have this time to quietly prepare themselves for their race. At the starting line ten minutes before the race, we give the team a brief vote of confidence and do our team cheer. Then the coaches leave for the course where we enthusiastically continue the positive reinforcement during the race.

**Post Race** -- The coaches meet with each athlete at the finish chute after every race. We immediately celebrate team success and individual success or improvement. We congratulate each athlete on her race. The positive reinforcement is unconditional. Regardless of her time or her finish place, each athlete receives strong positive reinforcement. The coaches then briefly discuss the race with each girl. After the individual conferences, the coaches decide who needs the most immediate attention. If a girl is deeply distressed about

*continued next page...*

## Sport Psychology

# Providing Precise & Positive Input

By Eric Gumby Anderson, M.A.

Huntington Beach High School &  
Saddleback Junior College Coach



As distance runners we readily acknowledge the science of our sport. We follow specified and often rigid training regimes. We pay great detail to the amount of miles we run, the length and time of our intervals, and the amount of recovery we take. Distance running however, is much more than a science—it is also an art. To the extent that a runner derives benefit from his training, he is dependent not only on the workout designed, but the enthusiasm and enjoyment he receives from running it. A well-crafted interval workout is of little value if the athlete's level of motivation is insufficient to do it with effort. This is where the art of distance running is valued.

In the next five issues I plan on bringing you a series of 5 articles centered around sport psychology. This first article deals with how athletes talk to themselves, and how coaches talk to their athletes. You will find useful information you can take to your coaching the next day. Some of what is said is critical of the way most coaches communicate. Read it with an open mind.

### COACH TO ATHLETE

Stand before the start of any given race at any given invitational and note the directions given from coach to athlete. "Don't go out too fast." "Don't get caught up in the pack." "Get a good start." "Get a good position." All are common comments. Just what, however, is the athlete supposed to actually do? What does the coach mean by, "Don't go out too fast"? How could a coach better communicate to his athlete just what it is he wants him to do?

We, as coaches, often make general or vague coaching suggestions. Let us look at the comment of "Don't go out too fast" in detail. This comment is usually the function of three reasons: 1) it is probable that the coach doesn't know what the athlete should go out in, and feels that he has to say something to the athlete anyhow; 2) the coach may simply have failed to convey to the athlete what he wanted him to do with his vague language; and 3) finally, such a statement is an insurance policy for the coach. Should the athlete slow the third quarter, and suffer a relatively slower total time than expected, the coach can say, "I told you not to go out too fast." It's a safe thing for a coach to say. Unfortunately, it leaves the athlete without specific instructions as to what to do. In fact, the only thing that the mind really picks up on is the key words in the sentence, "go out" and "fast". The probability of this athlete going out "too

fast" may actually be increased.

Contrast this to the athlete who hears his coach say, "Go out in 67, come through in 2:15, 3:34, and then run all out the last lap." This athlete has been given specific and detailed instructions of what to do.

This is how to talk to yourself or your athletes. The subconscious mind only accepts positives. For example, picture in your head a dog not chasing a cat. OK, what did you see? Whatever you saw, you didn't see a dog not chasing a cat. Perhaps you saw a dog and a cat sitting. Perhaps you saw a dog playing the cello. What you saw was a positive image of something. Now you can begin to understand how the mind works; it only works in positives. Or, if you want to put it in the negative, try this: Don't work.

Using the computer as an analogy, I ask you what would happen if you wrote a sterling report on "Gluconeogenesis As It Relates To Submaximal Running Velocity," and not wanting to lose the article, you typed into the computer "Don't erase this"? What would happen? Obviously, the computer would, in some fashion, tell you that you have made an error. Seeing your error, you would then type in something along the lines of "save" and the computer would do just that. You see the computer, too, only works in positives. If you want to program your brain to accomplish something, tell it exactly what it is that you desire and give it specific instructions on how to get there.

For example, look at the difference in specificity of the instructions to "Have a good race" vs. "Pull out quickly, establish position in the top 3, run 5:30, 10:20, and 15:40." Or compare the following dialogue: the coach asks "What are you going to go out in?" and the athlete answers "Sub 5:00" vs. the response of "4:55". Yes, the response of "sub 5:00" is better than something like "not too fast" but it lacks the specificity of "4:55". In fact, the chances of the athlete running 5:00 are pretty good.

When you, as an athlete or coach, begin to examine how you provide instructions to either yourself or your athletes, you will likely notice just how often it is we use "don't" or give unspecified directions. By making yourself consciously aware of the nature of your directives, you will be able to change them to be specific and positive. Almost any sentence can be converted to a positive. The general concept is to say what you want the athlete to do as opposed to what not to do. Coaches, ask your athletes to "catch" you when you make a negative statement or directive. Sim-

*continued next page...*



## California Track and Cross Country **COACHES ALLIANCE**

her race, then we have a more extended conversation with her regarding her specific concerns about her performance. We always treat each race as a learning experience. We ask the athletes not to focus on the negative, but instead try to learn from the negative experience and then forget it. We remind them that they only have to do the best that they can. We tell them that they can learn from the experience and then begin to work immediately so that it doesn't happen again.

### **Running Journals**

The coaches give a daily running journal to each athlete. The journal is contained in a looseleaf binder and includes the following pages:

**Goal Page** -- The goal page gives each athlete the opportunity to list her goals. This page includes a place for both team and individual goals.

**Daily Running Log** -- The log offers the athlete the opportunity to keep track of her daily workouts. The form allows the athlete to grade herself on her daily run, as well as keep track of fatigue and variety of other training factors. Each weekly log includes a spot for the runner to list her weekly goals for both herself and her team.

**Race Analysis** -- The race analysis form offers the athlete the opportunity to examine her race and a chance to record her observations.

**Weekly Newsletter** -- The weekly newsletter is prepared by the coaches and includes all of the results from the previous meet. The time and finish place of each athlete is listed along with their previous course best. The newsletter also includes important team information such as team finish, 5-girl gap, 7-girl gap, and team time. The newsletter includes the names of the athletes of the meet and a key thought for the week.

**Important Cross Country Information** -- This section includes articles and publications about cross coun-

try. Here we like to include the high school cross country edition of *Runner's World* magazine, articles from *The Harrier* magazine, articles on racing, training, nutrition, hydration and injury prevention, and any other information pertinent to our sport.

**Roster** -- The final item included in the running journal is the current team roster with the address and phone number of each member of the team.

The weekly newsletter plays an important role in building self-esteem. The athletes look forward to seeing the meet results. The newsletter includes recognition for personal records, improvement over previous course bests, and athletes of the meet. The key thought for the week provides the coaches with the opportunity to highlight an important aspect of racing or training.

However, the important page in the journal, in terms of building self-esteem, is the race analysis page. The first time we included this page in the journal, the coaches only read the observations. The athletes immediately requested that the coaches add comments to their observations. This provided the coaches with an excellent opportunity to give individual, personalized positive reinforcement and guidance to each athlete.

We collect the journals at practice each Monday in order to insert the latest information. My assistant coach and I divide the journals evenly. I write comments in the journals of those athletes who run the quality workout in my group, and she writes in the journals of those in her group. We respond to the observations of each athlete. This gives us the opportunity to offer positive reinforcement, guidance, and support to each member of the team. It is time-consuming, but well worth the investment in time. We have noticed that

Tuesday after practice when we return the journals to the team, they turn immediately to the race analysis page to read what we have written.

### **Conclusion**

Building self-esteem is an important element of coaching cross country. I feel that the simplest method of improving or building self-esteem is unconditional positive reinforcement. At Irvine High

School, we try to offer continual positive reinforcement on a daily basis. We praise each athlete as often as we can. We praise the athletes daily in practice, before and after each race, and through the running journals. At first, we were afraid that such constant praise may produce a negative result. However, we have learned over the years that there is no point of diminishing returns with positive reinforcement. It never loses its value, and it pays great dividends throughout the course of the season. The more positive reinforcement and praise you lavish on your athletes, the more positive the results.

*The information in the Coaches' Corner column is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California*

*coaches. George Payan (Head Cross Country and Track coach at Valley High School in Santa Ana) serves the Coaches Alliance and CTRN as column editor.*



*California is fortunate to have many capable and successful coaches in track, field and cross country. If you are interested in sharing your coaching expertise within this forum, or would like to comment on a*

*past article, please contact George Payan, 23931 Catbird Ct., Laguna Niguel, CA 92677.*

*In addition, please send any information you have on California coaching clinics. Thank you!*

# Join YOUR COACHES ALLIANCE today!



# Foot Locker CROSS COUNTRY CHAMPIONSHIPS

## WEST REGIONAL

Saturday, December 2, 1995

Woodward Park, Fresno CA

New Headquarters: Holiday Inn Centre Plaza

Write for entry blank: FLCC, 4957 East Heaton Avenue,  
Fresno, CA 93727 (209) 456-0535

### Sports Psychology continued

ply reply, "You're right. I mean do this...."

Sometimes providing precise and positive instructions is not enough. Timing, too, is a variable. Coaches are notorious for giving last minute instructions. This is simply the worst time to do so. In the minutes to hours preceding a race, athletes usually experience a heightened nervousness and sense of awareness. They are often thinking about the upcoming race or even stressing over it. If, at this point, the coach gives the runner instructions, it is likely that the coach's plan athlete will enter one ear and escape out the other. Or, worse, the instructions will provide just that much more pressure to the athlete, increasing the chances of over-arousing (adding too much pressure) the athlete.

A runner needs to know his race plan several days in advance. I recommend that a coach wait a few days after the last race before giving instructions for the next. Why wait? If I perform poorly on day one, I will experience negative emotions. If, at this point, my coach gives me instructions on how to run the next race, I may associate those emotions with my images of what is going to happen in the next race. I may be setting myself up for a failure. Conversely, if I just had a glorious race, the coach should allow me time to revel in that personal victory before worrying about the next one. Therefore, it is usually advisable to give race instructions to an athlete 2-5 days before an event.

You now understand just how the coach should talk to the athlete--with precise and positive directives. We can now look at how the athlete with precise and positive directives should talk to himself.

### ATHLETE TO SELF

Enter affirmations. What is an affirmation? Positive self-talk. Positive, present self-talk. It's the manner in which an athlete should talk to himself. An affirmation should be positive in two senses of the word. The first is obvious. The first manner in which an affirmation should be positive is that it should have something desirable to say. Secondly, it should say it in a positive tense.

In addition to being positive, an affirmation should be present. The concept of an affirmation is to program your mind toward

success in whatever your affirmation shows you desire. If I desired to be a 4:15 miler, I would profit from developing an affirmation that programs my subconscious into believing that I am currently a 4:15 miler. Once I believe I am a 4:15 miler, I accomplish two things: 1) I help break down mental barriers that might prevent me from psychologically running this pace; and 2) If I believe I am a 4:15 miler, then I start to act like a 4:15 miler and I help myself become such. Thus, the ideal affirmation would read: "I am a 4:15 miler." It's not, "I am going to be a 4:15 miler" or "I believe I am a 4:15 miler." It is simply, "I am a 4:15 miler."

If a runner's dream goal is to win his league, he might say, "I am the fastest runner in the league." This certainly is not to say that future tense affirmations do not work--they do, just not as well. Remember that some of the best affirmations for you might be the biggest bold-faced lies when you first begin using them. It is important that you say them as if they are already true. The more you say them, the more they will be true.

Affirmations are simple. Just decide what you desire and create your own affirmation. Make sure it is positive and present. I also recommend that affirmations be kept short, memorable, and usually begin with an "I". It proves advantageous if an affirmation rhymes. "Loose and relaxed, I run my max". Other ideas might include: "I am the fastest 800 meter runner in the league" or "I always perform well under pressure" or "I love hills" or "I run smoothly" or "I am in control of the race" or "I am a master of the mile."

So just how can you use affirmations to help you? Ideally you not only use them to achieve your goals, but you can utilize them to help you with your weaknesses. For example, if you have a difficult time with the hills halfway through your race, you can develop an affirmation(s) to help you with them--"I utilize hills to my advantage", "I am the greatest hill runner in the race", "I bound up Death Hill with ease", "I love hills", "Hills are my friend", "Hills are the strongest part of my race"--are good examples.

Once you develop an affirmation, it is beneficial to repeatedly say it aloud to yourself. The little caboose had it right when he said, "I think I can, I think I can." In fact, he would have been better to say, "I am". Either way, what the little caboose knew before us was that the more we repeat an affirmation, or any message for that matter, the more we will store it, believe it and be it. Say them daily and aloud to yourself in the mirror--they will become true. I encourage all runners to develop an affirmation that they can utilize during a race. I have even been known to say my affirmations aloud while racing. In fact,

once in a race I continued to exclaim (not too loudly) "I'm a stud. I'm a stud." All affirmations, both positive and negative, become self-fulfilling prophecies.

"Hey, Jeremy, that was a great race. I'm sure you will do well in league finals." "No coach, those guys are too fast for me. I am not that good." What do we have here? Sure a negative affirmation that is serving to program Jeremy's subconscious. First Jeremy told himself that he was no good, and then he told himself that he is going to do poorly in league. "What do you want to run today, Lisa?" "I'm just trying not to die." She will die.

A self-fulfilling prophecy is closely related to both affirmations and self-talk. It is when something becomes true because it is expected or because it is believed. It can work either positively or negatively. If a parent says, "You are irresponsible," the kid will become irresponsible. He simply met the expectations of his parents. If a coach says, "You're not very fast," you may never become fast. If you bought the ticket! Fortunately through the use of affirmations, we can make self-fulfilling prophecies work toward our advantage. Accepting the positive things people say to you, or creating your own affirmations and believing them will serve to program your subconscious.

It's no surprise that negative things said to you are often done out of jealousy, fear or in an attempt to make someone feel better at your expense. By not accepting what they say, you can not only avoid becoming that, but can "face" them in the same time. For example, if someone says to you, "That was a great race Tony, but you'll never break 15:00." Simply reply, "Perhaps you ought to spend more time telling yourself what you should be doing and less telling me what I am doing." Or, I heard a great one once from a friend. Someone didn't believe that his kid had run the time he had. This guy went on about how the course had to have been short or the course was cut. The father looked to him and said, "Of course there is always the outside chance that he is a good runner, too."

Lastly, it does no good and indeed much harm, to say negative things in attempts to be modest. It is OK to compliment yourself and to accept praise. When someone congratulates you at the end of the race, say, "Thank you. I am proud." If you thought you could, you were probably correct. If you thought you couldn't you were probably correct then, too.



# RESULTS

Please send results directly to: CTRN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

## ▲ Track & Field

### USATF Tune-up Meet

June 10. Long Beach State University.

#### Men

**100m:** 1. Dino Napier (Army) 10.59, 2. Denton Guy-Williams (un) 10.63, 3. Lorenzo Hathorne (Tucson Elite) 10.66. **200m:** 1. Dino Napier (Army) 20.97, 2. Lorenzo Hathorne (Tucson) 21.35, 3. David Coates Jr. (Ath N. Wisc) 21.52. **400m:** 1. David Coates Jr. (AthNWisc) 48.73, 2. Kettrell Berry (Team SD) 50.03, 3. Randy Thompson (Team SD) 50.50. **800m:** 1. Erick McBride (Cal Coast) 1:49.41, 2. Paul Marron (Nike) 1:50.55, 3. Jean Destine (SMT) 1:50.70. **1500m:** 1. Sven Haug (SMT) 3:58.04, 2. Bing Gverin (SMT) 4:01.04, 3. Juan Sotelo (UCLA) 4:02.38.

**3000mSC:** 1. Matt Olin (UCLA) 9:27.48, 2. Jeremy Lyon (un) 9:57.34. **5000m:** 1. Danny Reed (Reebok) 14:52.22, 2. Stanton Florea (Akwakee) 15:50.87, 3. Jose Villanueva (un) 17:11.30. **110m:** 1. Robert Reading (Accusplit) 13.40, 2. Larry Harrington (un) 13.58, 3. Robert Foster (un) 14.05. **400mH:** 1. Keadrick Washington (Cheetahs) 51.64, 2. Kenny Hill (S. Cal) 51.90, 3. Mike Genert-LaHaye (Canada) 51.98.

**HJ:** 1. Jim McHugh (APTC) 7-0 1/2, 2. Richard Pitchford (UCLA) 6-10 3/4, 3. Dan Raatjes (AIA) 6-10 3/4. **PV:** 1. Scott Slover (un) 17-6 3/4, 2. John Sommers (un) 17-0 3/4, 3. Jay Bettinger (un) 16-6 3/4. **LJ:** 1. Marc Kimbravah (Pittsb) 24-7 1/4, 2. Jimmy Devine (Ramona HS) 24-5 1/2, 3. William Person (un) 22-7. **TJ:** 1. Dale Johnson (Buck Wilder) 50-6, 2. JT Smith (Team SD) 45-2 1/2, 3. Jesse Guzman (AlhambraHS) 44-11 1/2. **SP:** 1. Paul Quirke (Ireland) 56-8 3/4, 2. Martin Perkins (Army) 55-4, 3. Wade Titt (un) 53-8. **DT:** 1. John Godina (UCLA) 211-10, 2. Erik Johnson (Goldwin) 189-0, 3. Michael Opp (un) 180-2. **JT:** 1. Mike Barnett (NYAL) 242-7, 2. Jim Connolly (un) 240-3, 3. Josh Johnson (UCLA) 226-0. **HT:** 1. Marvin Williams (un) 207-7, 2. Conor McCullough (un) 195-6, 3. David Dumble (un) 182-10. **HT/HS 12#:** 1. Bobby Block (Ayala HS) 147-3.

#### Women

**100m:** 1. Latima Jones (un) 11.67, 2. Michelle Campbell (AzusaPU) 12.34, 3. Ruth Moecks (SMC) 13.14. **200m:** 1. Cheryl Paster (un) 25.88. **400m:** 1. Dawn Williams (WCIA) 57.01, 2. April Hincson (un) 57.92, 3. Jeanne Hoagland (un) 1:14.31. **800m:** 1. Annie Lunsman (AsicsW) 2:15.76, 2. Guadalupe Ambriz (PILomaTC) 2:18.02, 3.

Megan Crawford (Beach TC) 2:22.57. **1500m:** 1. Suzy Jones (UCD) 4:21.01, 2. Valerie Vaughan (Asics) 4:33.90, 3. Guadalupe Ambriz (PILomaTC) 4:41.08. **1500m (Y):** 1. Vicki Bigelow (Impala) 5:38.83, 2. Ta-



DAWN DUMBLE

Photo by Bill Cockerham

rah Norelli (un) 5:40.23, 3. Jeanne Hoagland (un) 5:50.14. **3000m:** 1. Debra Carney (AIA) 10:42.03. **100mH:** 1. Marsha Guialdo (WCIA) 13.08, 2. Michelle Campbell (AzusaPU) 13.37, 3. Sonia Paquette (Canada) 13.64. **400mH:** 1. Stacy Hebert (Buena HS) 1:04.53.

**HJ:** 1. Clare Look-Jaeger (NikeCoast) 6-0 3/4, 2. Lisa Coleman (NikeCst) 5-10 1/2, 3. Tonia Hughes (un) 5-8 3/4. **PV:** 1. Jocelyn Chase (No LimitTC) 11-0, 2. Tiffany Smith (WCIA) 10-6, 3. Julie Patton (No Limit) 10-0. **LJ:** 1. Tara Oettinger (NikeCst) 19-2, 2. Glory Dolphin (USC) 18-11 1/4, 3. Michelle Nelson (LBCC) 18-3 1/4. **TJ:** 1. Tessa Young (Anderson Intl) 43-9 3/4, 2. Wendy Brown (un) 43-9 3/4, 3. Tammy Graham (un) 40-7 1/4. **SP:** 1. Dawn Dumble (UCLA) 55-0, 2. Rica Brown (Cheetah) 52-3 3/4, 3. Lisa Misineka (un) 47-8. **DT:** 1. Suzy Powell (UCLA) 187-3, 2. Dawn Dumble (UCLA) 186-8, 3. Lisa Misineka (un) 155-8, 4. Laura DeSnoo (Army) 144-3. **JT:** 1. Junista Brown (Army) 147-5, 2. Wendi Simmons (Ni-

keCst) 123-11, 3. Kerry O'Bric (un) 113-6. **HT:** 1. Donna Beard (AIA) 154-9, 2. Dani Darrow (un) 153-10, 3. Yvette Turner (Army) 142-7.

## USATF National Pole Vaulting Championships

August 11. Clovis.

No American records were set, but the sport of pole vaulting reached new heights in Old Town (Clovis). More than 7,000 spectators gathered to attend the 1995 USA Track and Field National Pole Vaulting Championships, featuring some of the nation's top pole vaulters.

"I never expected anything like this," said Jeff Core of Morgantown, West Virginia, who won the men's developmental championship with a vault of 18-1/2.

"There are so many people in one little area. It's easy to get fired up when there is an excited crowd like this."

Last year, about 5,000 attended the national pole vaulting championships at the French Quarter in New Orleans.

"This is a great turnout," said co-director Bob Fraley, head indoor track and field coach at Fresno State University. "It's the perfect way to give pole vaulting the exposure it deserves."

The event started with the women's exhibition championship. Melissa Price, the American indoor and outdoor record holder from Kingsburg High School, won the competition with a vault of 12-9. She was unable to clear 13-2 1/4, a half-inch better than her record, in three attempts.

"I felt like it was within my reach," said Price, who will be attending Fresno State in the fall. "There are still some things I need to work on if I'm going to get better."

Kory Tarpenning, a former standout at Oregon, won \$3,000 in first place prize money with a vault of 18-8 3/4. His personal best is 19-3 3/4, which is ranked No. 5 in the U.S.

Nick Hysong was second at 18-4 1/2 and Bill Deering finished third at 18-0 1/2.

Brian Wedemeyer, Clovis Independent

#### National Championships

1. Kory Tarpenning 18-8 3/4, 2. Nick Hysong 18-4 1/2, 3. Bill Deering 18-0 1/2, 4. Tim Bright 18-0 1/2, 5. Joe Dial 18-0 1/2, 6. Lance White 17-6 1/2, 7. John Besmer 17-0 3/4.

#### Development Championships

1. Jeff Core 18-0 1/2, 2. Garth Willard 17-8 1/2, 3. Jason Hinkin 17-8 1/2, 4. Tim Mack 17-8 1/2, 5. Mike Drummy 17-4 1/2, 6. Dustin DeRosier 16-4 3/4, 7. Lon Badeaux 16-0 3/4.

#### Women's Exhibition

1. Melissa Price 12-9.

## ▲ Road Racing

### Palos Verdes Marathon & 5K

June 10. Palos Verdes Peninsula.

#### Marathon—Men

1. Gus Hermes (32) Irvine 2:33:42, 2. Eric Huss (27) Los Angeles 2:37:09, 3. Rob McNair (40) Huntington Beach 2:41:46, 4. Frank Tai (40) Playa Del Rey 2:49:55, 5. Sergio Correa (30) Oceanside 2:49:58, 6. Stephen Harris (41) San Pedro 2:53:28, 7. Scott Smith (29) San Luis Obispo 2:53:46, 8. Danny Westergaard (36) Redondo Beach 2:54:47, 9. Bill Kissell (42) Covina 2:56:53, 10. Craig Davidson (41) Phoenix, AZ 2:57:03.

11. Bill Sampson (48) Sylmar 2:57:12, 12. Steven Watanbe (41) Santa Clarita 2:57:52, 13. Greg Hill (29) Rancho Palos Verdes 3:00:42, 14. David Korb (38) Lemon Grove 3:01:16, 15. Gabriel Flores (29) Hawthorne 3:03:18, 16. Ernesto Henriquez (38) Carson 3:03:46, 17. John Hunter (48) Torrance 3:04:39, 18. Bruce Urguhart (40) San Diego 3:04:54, 19. Gary Craig (35) Harbor City 3:04:55, 20. Norton Compton (40) Torrance 3:04:55.

21. Brian Nelson (37) Bakersfield 3:05:39, 22. Michael Marclox (30) Palos Verdes Peninsula 3:05:59, 23. Juan Pacheco (30) Los Angeles 3:06:07, 24. Larry Owens (50) Bellflower 3:06:47, 25. Frank Benson (36) Palos Verdes Peninsula 3:09:30.

#### Marathon—Division Winners—Men

**14&u:** 1. Brian Shapiro (14) RPV 5:06:50. **15-19:** 1. Mike Mosier (18) PVP 3:49:07, 2. David Liu (18) RPV 4:07:01, 3. Andrew Elizalde (17) RPV 4:20:18. **20-24:** 1. Eric Klingsporn (23) Yorba Linda 3:29:46, 2. Lew Hankins, Jr. (24) PVP 3:43:19, 3. James Haines (24) PVP 3:54:50. **25-29:** 1. Huss 2:37:09, 2. Smith 2:53:46, 3. Hill 3:00:42. **30-34:** 1. Hermes 2:33:42, 2. Correa 2:49:58, 3. Marckc 3:05:59. **35-39:** 1. Westergaard 2:54:47, 2. Korb 3:01:16, 3. Henriquez 3:03:46. **40-44:** 1. McNair 2:41:46, 2. Tai 2:49:55, 3. Harris 2:53:28. **45-49:** 1. Sampson 2:57:12, 2. Hunter 3:04:39, 3. Paul Liming (46) Anaheim 3:14:23. **50-54:** 1. Owens 3:06:47, 2. Patrick Clark (50) Man Bch 3:27:01, 3. Ray Eastwood (53) RPV 3:30:07, 55-59: 1. Paul Weber (59) Oceanside 3:33:40, 2. Alan Banks (55) Crestline 3:37:36, 3. Claude Bruni (59) Los Angeles 3:37:41. **60-64:** 1. Gordon Watson (60) Fountain Vly 3:22:11, 2. Eugene Cook (63) Redondo Bch 3:54:43, 3. Charlie Unger (61) Hunt Bch



# RESULTS

4:16.04. **65-69:** 1. Charles LePere (65) El Centro 3:49:58, 2. Dan Sheeran (68) Orange 3:57:59, 3. Allen Richardson (66) Fullerton 4:08:27. **70-74:** 1. Bill Wallace (72) Victorville 5:01:59, 2. Alonzo Monk (71) PVP 5:06:13, 3. James Conrad (74) N. Hollywood 5:37:27.

## Marathon-Women

1. Robin Cannon (36) Chatsworth 3:10:21, 2. EJ Harpham (38) San Pedro 3:24:36, 3. Julie Lister (48) Glendale 3:26:58, 4. Jane Wichers (47) Manhattan Bch 3:30:12, 5. Lori Poulos (32) Vienna, VA 3:31:14, 6. Laura Tanabe (25) Mission Viejo 3:31:47, 7. Denise Weed (39) Torrance 3:32:39, 8. Lana Jochelson (35) San Diego 3:32:58, 9. Cathy Milostan (42) Lomita 3:37:09, 10. Catherine Moore (34) Gardena 3:37:36.

11. Elizabeth Van Dalen (24) Rancho Palos Verdes 3:39:29, 12. Jennie Cole (40) Harbor city 3:40:34, 13. Isadora Johnson (49) 3:42:42, 14. Linda McFadden (32) Modesto 3:42:59, 15. Audrey Scott (38) Rancho Palos Verdes 3:45:22, 16. Debra Schrotz (42) Sherman Oaks 3:47:14, 17. Gale Chatham (45) Walnut 3:47:42, 18. Karen Toshiyuki (37) Gardena 3:48:16, 19. P. Galbraith (48) La Quinta 3:49:06, 20. Kathy Bender (38) Huntington Beach 3:49:24.

21. Sue Williams (31) Tustin 3:49:50, 22. Jennifer Weems (24) Manhattan Bch 3:50:16, 23. Amy Van Dusen (30) Hermosa Bch 3:51:52, 24. Shella Gainsky (49) Camarillo 3:52:03, 25. Colleen Bruns (40) Oxnard 3:52:35.

## Marathon-Division Winners-Women

15-19: 1. Katie Morrison (19) Goleta 4:45:26, 2. Bartelle Brinkley (17) Claremont 5:20:52, 20-24: 1. Van Dalen 3:39:29, 2. Weems 3:50:16, 3. Julianne Millar (23) Torrance 3:54:36, 25-29: 1. Tanabe 3:31:47, 2. April Martin (27) Santa Ana 4:09:51, 3. Nina Kleinert (29) Los Angeles 4:15:56, 30-34: 1. Poulos 3:31:14, 2. Moore 3:37:36, 3. McFadden 3:42:59, 35-39: 1. Cannon 3:10:21, 2. Harpham 3:24:36, 3. Weed 3:32:39, 40-44: 1. Milostan 3:37:09, 2. Cole 3:40:34, 3. Schrotz 3:47:14, 45-49: 1. Lister 3:26:58, 2. Wichers 3:30:12, 3. Johnson 3:42:42, 50-54: 1. Joycie Yee (50) Playa Del Rey 3:54:37, 2. Polly Goodman (53) RPV 4:13:30, 3. Judy Overholzer (54) Prescott, AZ 4:20:37, 55-59: 1. Gloria Bassier (58) PVP 5:18:18, 60-64: 1. Pat Devita (61) Granada Hills 5:10:57, 2. Hazel Phillips (62) Vista 5:14:28.

## 5K-Men

1. Ricardo Sarabia (26) Hermosa Bch 15:50, 2. Catarino Gonzales (51) Hermosa Bch 16:41, 3. Dan Takahashi (39) Torrance 16:49, 4. Mike Delgado (38) Hermosa Bch 17:18, 5. Salvador Gonzales (48) Hermosa Bch 17:32, 6. Sai Natarajan (24) Agoura Hills 17:49, 7. David Quadamer (20) San Pedro 18:15, 8. Donald McMackin (37) Long Beach 18:25, 9. Richard Zapor (32) PVP 18:27, 10. Bert Perry (28) Riverside 18:29.

11. Tony Smith (36) Los Angeles 18:30, 12. Dennis Arguelles (28) Gardena 19:26, 13. Mike Ishikawa (57) PVP 19:34, 14.

Jack DuLong (55) San Diego 19:45, 15. Mike Sherbo (43) Lomita 19:52, 16. Tom Bray (21) RPV 20:04, 17. Stephen Sullens (28) Burbank 20:17, 18. Mitch Hill (36) PVP 20:17, 19. Robert Kawamoto (46) Gardena 20:27, 20. Bob Stagner (48) Torrance 20:40.

21. Bob Simpson (43) Lomita 20:49, 22. Michael Schwartz (42) PVP 20:49, 23. James Dvis (43) Torrance 20:52, 24. David Blocker (24) Rowland Hts. 20:53, 25. Alan Valukonis (35) RPV 20:59.

## 5K-Division Winners-Men

**14&u:** 1. Robert Jones (12) Redondo Bch 21:22, 2. Derek Reese (9) Redondo Bch 23:45, 3. Yoshi Yamada (13) RPV 24:02, 15-19: 1. Nori Sato (15) RPV 23:08, 2. Phillip Sanchez (18) San Pedro 23:36, 3. Ryan Schell (18) RPV 26:23, 20-24: 1. Natarajan 17:49, 2. Quadamer 18:15, 3. Bray 20:04, 25-29: 1. Sarabia 15:50, 2. Perry 18:29, 3. Arguelles 19:26, 30-34: 1. Zapor 18:27, 2. Thomas Wildfeuer (33) Gardena 21:37, 3. Scott Halsema (32) Agoura Hills 21:38, 35-39: 1. Takahashi 16:49, 2. Delgado 17:18, 3. McMackin 18:25, 40-44: 1. Sherbo 19:52, 2. Simpson 20:49, 3. Schwartz 20:49, 45-49: 1. Gonzales 17:32, 2. Kawamoto 20:27, 3. Stagner 20:40, 50-54: 1. Gonzales 16:41, 2. Bob Greg (53) Herm Bch 21:31, 3. Terrance Hughes (54) Redondo Bch 22:36, 55-59: 1. Ishikawa 19:34, 2. DuLong 19:45, 3. Eugene Hampton (Montclair) 21:27, 60-64: 1. Steve Mager (60) Herm Bch 22:46, 2. Bruce Bampbell (62) PVP 22:54, 3. Constantine Lackides (60) Redondo Bch 33:08, 65-69: 1. Milo Sather (68) Los Angeles 21:41, 2. Bob Vitale (65) PVP 21:54, 3. Lew Mohrfeld (66) Torrance 23:11, 70-74: 1. Bleeker Graham (70) Long Beach 26:30, 2. Tau Fan (73) RPV 28:13, 75&o: 1. Art Milow (77) RPV 37:32.

## 5K-Women

1. Theresa Uhrig (28) Los Angeles 19:34, 2. Stephanie Davis (15) Torrance 21:13, 3. Kim Coffelt (29) Long Beach 21:55, 4. Margaret Doherty (33) PVP 22:03, 5. Cary Strumpf (18) RPV 22:19, 6. Courtney Stenden (12) RPV 22:23, 7. Keren Noble (29) Ontario 22:33, 8. Corrine Schratz (50) Hermosa Bch 22:40, 9. Cristine Otonari (30) Manhattan Bch 22:47, 10. Jody Browning (39) PVP 23:12.

11. Elizabeth Barry (14) RPV 23:12, 12. Camille Green (43) Redondo Bch 23:37, 13. Mary Ewell (54) PVP 23:42, 14. Valerie Garza (30) Laguna Bch 23:57, 15. Maureen Hughes (21) Redondo Bch 24:08, 16. Kristen Konopka (12) Redondo Bch 24:33, 17. Lindsey Green (11) Redondo Bch 24:36, 18. Mary Renuart (37) Redondo Bch 24:54, 19. Gayle Sakaguchi (32) Redondo Bch 25:05, 20. Carmen Flores (23) South Gate 25:20, 21. Diana DeDios (24) South Gate 25:35, 22. Stacie Reeve (36) Manhattan Bch 25:38, 23. Suzanne Martin (36) PVP 25:56, 24. Dixie Denman (41) Redondo Bch 26:02, 25. Wendy Phillips, PVP 26:39.

## 5K-Division Winners-Women

**14&u:** 1. Stenden 22:23, 2. Barry 23:12, 3. Konopka 24:33, 15-19: 1. Davis 21:13, 2. Strumpf 22:19, 3. Noel Meyer (18) Harbor

City 28:11, 20-24: 1. Hughes 24:08, 2. Flores 25:20, 3. DeDios 25:35, 25-29: 1. Uhrig 19:34, 2. Coffelt 21:55, 3. Noble 22:33, 30-34: 1. Doherty 22:03, 2. Otonari 22:37, 3. Garza 23:57, 35-39: 1. Browning 23:12, 2. Renuart 24:54, 3. Reeve 25:38, 40-44: 1. Green 23:37, 2. Denman 26:02, 3. Marsha King (44) PVP 28:37, 45-49: 1. Judy Myers (49) Redondo Bch 27:20, 2. Peggy Magnusson (49) Manhattan Bch 31:15, 3. Hannah Barry (47) RPV 31:34, 50-54: 1. Schratz 22:40, 2. Ewell 23:42, 3. V. Elderkin-Thomas (53) PVP 30:32, 55-59: 1. Sandra Feldman (57) Torrance 31:38, 2. Joy Marcon (55) Torrance 47:43, 3. Joy Caswell (55) RPV 47:48, 60-64: 1. Maxine Brown (60) Manhattan Bch 27:06, 2. June Moberg (62) Man Bch 31:00, 3. Jean Windishar (64) Man Bch 35:39, 65-69: 1. Marlene Key (65) Redondo Bch 41:46, 2. Mary Urashima (68) RPV 43:09, 3. Jacqueline Hopper (69) PVP 44:47, 70-74: 1. Risty Wood (70) PVP 42:24, 75&o: 1. Vera Zimmerhaki (81) Torrance 57:19.

## 85th Annual Dipsea Race

June 11.

First competing in the Dipsea in 1947 Joe King's time had come. Joe finished third in 1994 and returned this year to become the 85th Dipsea Champion. He not only won, but ran faster than his 69 years by 2 minutes and 57 seconds, only the fifth competitor to run faster than their age. Second was Dave Dunham, with a minute handicap, third, and still carrying 2 penalty minutes from his previous wins, was six-time Dipsea Champion Sal Vasquez. Fourth was perennial favorite, Russ Kiernan. The first scratch runner, in fifth place, was Mike McManus. It was a great day with many outstanding performances. Jack Kirk finished his sixtieth consecutive race.

Pic	Name	Time (Hdstrl)
1.	Joe King (69)	1:06.03 (22 min.)
2.	Dave Dunham (31)	47.36 (1 min.)
3.	Sal Vasquez (55)	53.51 (7 min.)
4.	Russ Kiernan (57)	58.40 (11 min.)
5.	Mike McManus (29)	48.06
6.	Eve Pell (58F)	1:11.59 (22 min.)
7.	Link Lindquist (67)	1:10.06 (20 min.)
8.	Jim Bowers (56)	1:00.22 (10 min.)
9.	Brian Purcell (39)	52.38 (2 min.)
10.	Rod Berry (35)	51.39 (1 min.)
11.	Roger Daniels (59)	1:02.44 (12 min.)
12.	Robert Dickinson (38)	52.49 (2 min.)
13.	Craig Roland (60)	1:03.52 (13 min.)
14.	Dan Preston (53)	57.57 (7 min.)
15.	Gordon Abbott (51)	57.08 (6 min.)
16.	Bruce Mace (36)	52.25 (1 min.)
17.	Robert Malain (68)	1:12.43 (21 min.)
18.	Hank Lawson (40)	53.46 (2 min.)
19.	Richard Clark (56)	1:01.47 (10 min.)
20.	Whit Raymond (35)	52.48 (1 min.)
21.	Bradford Bryon (37)	53.00 (1 min.)
22.	Margaux Joffe (10F)	1:08.12 (16 min.)
23.	Stephen Lyons (54)	1:00.13 (8 min.)
24.	Mike Gottardi (28)	52.24
25.	Butch Alexander (41)	54.27 (2 min.)

**Fastest Times:** Dave Dunham 47.36 (1

min.) and Linda Broderick-Gill 1:00:39 (8 min.). **First High School Finisher:** Peter Carter (16) 1:01:30.

## Chevy's to Chevy's 5K

June 18, Del Mar.

## 5K

1. Marty King (43) San Diego 16:53, 2. Phillip Wright (39) Thous Oaks 17:05, 3. Allan Cibert (40) Irvine 17:27, 4. Mike Vanderyde (26) San Diego 17:38, 5. Rodolfo Torres (24) Oceanside 18:25, 6. Juan Limon (23) Tijuana, Mex 18:26, 7. Peter Espitia (31) San Diego 18:41, 8. Jeff Frankel (39) San Diego 18:48, 9. Luis Hernandez (33) Carlsbad 18:53, 10. James Lawson (31) Hercules 19:04.

11. Cole Knight (35) Del Mar 19:19, 12. Gregory Guerrero (24) Santee 19:38, 13. Doug Restaino (27) San Diego 19:39, 14. Robert Seidner (54) Carlsbad 19:40, 15. Eric Zapala (33) Anaheim 19:46, 16. Kate Loin (31F) San Diego 19:49, 17. Ryan Eddy (14) El Cajon 19:55, 18. Tom Steiner (44) Vista 20:18, 19. Marc Lopez (27) San Diego 20:31, 20. Aaron Marquis (22) National City 20:39.

21. Alisa Casiano (32F) Encinitas 20:50, 22. Roy Lafleur (39) Carlsbad 20:54, 23. Raquel Flores (39F) Tijuana, Mex 21:10, 24. Matthew Youngberg (28) San Diego 21:24, 25. Ann Walker (49F) Encinitas 21:30.

## 10K

1. Javier Labalazavala (22) Tijuana, Mex 32:13, 2. Richard Verney (33) Leucadia 33:21, 3. Robert Kleibowicz (35) San Diego 33:22, 4. Terry Schalow (32) San Diego 35:58, 5. Yee Feng (17) San Diego 37:13, 6. Robert Strong (29) Solana Bch 39:21, 7. Stefan Schreck (35) Vista 39:32, 8. Eric Contreras (37) Cardiff 39:34, 9. Mark Savel (16) San Diego 39:38, 10. Buzz Mills (41) Carlsbad 39:40.

11. Jill Newman (27F) Costa Mesa 39:49, 12. John Collias (40) San Diego 39:52, 13. Reid Bracken (31) Phoenix, AZ 40:00, 14. Khronos Muthos (38) San Diego 40:03, 15. Rick Ferrell (36) Aptos 40:09, 16. Roger Austin (33) Carlsbad 40:13, 17. Eric Drummond (37) Rancho Santa Fe 40:14, 18. Carl Vause (25) Coronado 40:15, 19. Thomas McDonough (38) San Diego 40:34, 20. Jack White (31) Encinitas 40:55.

21. Harry Maher (47) Carlsbad 40:57, 22. Mike Bianco (32) Solana Bch 40:59, 23. Richard Koenig (41) San Diego 41:00, 24. Chuck Long (53) Encinitas 41:01, 25. Frank Lopez (33) Escondido 41:02.

## Houston Memorial/Woodminster Run

June 18, Oatland.

Pic.	Name (Age)	Hometown	Time (HC)
1.	R. Kiernan (57)	Mill Vly	66:29 (16)
2.	M. Duncan (45)	SMateo	63:45 (8)
3.	B. Bradford (37)	Petalum	59:50 (4)
4.	P. White (53)		67:00 (8)
5.	B. Malain (68)	Redding	79:30 (20)
6.	J. Myers (41)	Mill Vly	63:47 (4)
7.	G. Cazares (30)	Alam	59:53 (0)



# RESULTS

8. B. Simmons (45) Wai Crk	67.56 (8)
9. K. Gregorich (36) Oakld	64.12 (4)
10. L. Lindquist (67) Danville	80.28 (20)
11. J. Scarborough (21) Oak	60.28 (0)
12. K. Lawson (34F) ForKnoll	73.05 (12)
13. D. Tracy (49) Concord	69.11 (8)
14. B. Duncan (46)	69.45 (8)
15. J. Ratti (44) Oakland	65.53 (4)
16. S. Gilbert (44F) Richmond	82.03 (20)
17. W. Flodberg (61) San Mar	83.35 (20)
18. B. Auld (37) Alameda	67.38 (4)
19. K. Walker (32) Moab, UT	63.44 (0)
20. C. Garvin (33) Half Moon	64.04 (0)
21. J. Roser (46) Oaklnd	72.06 (8)
22. J. Ball (51) Berkeley	72.16 (8)
23. R. Kell (51) Burlingame	72.16 (8)
24. G. Hood-Akers (39F) Pac	80.19 (16)
25. G. Clevenger (59) Berk	80.25 (16)

## Western States 100

### June 24, Squaw Valley.

Times are in hours and minutes (seconds omitted). Conditions: clear, very hot. Temperature at the start at Squaw Valley (6200 feet) at 5 a.m. was 46 degrees F. Saturday's high in Auburn was 105 degrees F, low 71 degrees F. Sunday's high was 107 degrees F. Trail was bare for the first mile, then solid snow from mile 1 to mile 22. Miles 23 and 24 had patchy snow.

<b>Men:</b>	
1. Tim Twietmeyer	18:34:58
2. Gabriel Bautista, Mexico	18:46
3. Dave Scott	19:49
4. Scott St. John, UT	20:17
5. Rick Simonsen	20:22
6. Brian Purcel	20:28
7. Jim Scott	20:33
8. John Loeschhorn	20:50
9. Joe Braninburg, NV	20:50
10. Madero Herrera, Mexico	21:07
11. Martin Ramirez, Mexico	21:41
12. Mike Pelechaty, OH	21:42
13. Alfred Bogenhuber	21:55
14. Joe Schlereth	22:10
15. Howie Breinan, MA	22:15
16. Dana Taylor	22:37
17. Kurt Madden	22:44
18. Greg Barton, Australia	22:46
19. Darren Statt	22:47
20. James Ross	22:55
21. Dennis Huffman	22:58
22. Dan Williams	23:02
23. Dave Hannaford	23:12
24. Larry Vandenberg	23:28
25. Gard Leighton	23:30
<b>Women:</b>	
1. Ann Trason (2nd overall)	18:40:01
2. Helga Backhaus, Germ (22nd)	22:57
3. Chrissy Duryea (24th)	23:02
4. Mo Bartley (26th)	23:15
5. Theresa Daus-Weber, CO (38)	24:30
6. Lynn O'Malley, WA	25:02
7. Eialna McMahon	25:29
8. Denise Ellestad	25:38
9. Janice DeHaye-Anderson, GA	26:36
10. Karyn Kroljic	26:52
376 starters in all	

## Run for Independence

### July 4, Atwater.

#### Men-2 Mile-Division Results

**9&u:** 1. Michael Hunsuckle 25:52. 10-12: 1. Thomas Peterson 13:31. 13-17: 1. Mike Caver 11:42. **18-29:** 1. Santiago Bustamante 10:02. 2. Peter Cuadros 10:52. **30-39:** 1. Daniel Rusk 10:08. 2. Tom Diehl 11:37. 3. George Ortega 11:52. **40-49:** 1. Tim Quinn 11:29. 2. Bill McCarthy 11:40. 3. Michael Miles 11:57. **50-59:** 1. Robert Perry 12:11. 2. Jerry Hayward 13:48. 3. Steve Nugent 14:39. **60-69:** 1. Earle Priset NT. **70+:** 1. Payson Taylor NT.

#### Women-2 Mile-Division Results

**9&u:** 1. Sofia Leon 16:08. 10-12: 1. Maura Mooney 15:17. 13-17: 1. Lori Duroy 12:30. **18-29:** 1. Laura Bracht 12:37. 2. Paula Gonzales 13:59. 3. Becky Bell 15:46. **30-39:** 1. Sandra Kerwan 15:23. 2. Jan Yonan 16:08. 3. Yolanda Gardini 21:07. **40-49:** 1. Marilyn Arguelles 15:08. 2. Ursula Huddleston 16:25. 3. Sonja Perret 17:44. **50-59:** 1. Donna Phillip 23:20. **60-69:** 1. Marvele Taylor.

#### Men-5 Mile-Division Results

**13-17:** 1. Emiliano Figueroa 28:04. **18-29:** 1. Santiago Bustamante 27:43. 2. Donald Ellis 31:17. 3. Khai Nguyen 31:54. **30-39:** 1. Fred Villegas 27:23. 2. Daniel Rusk 27:36. 3. Terry Richardson 29:05. **40-49:** 1. Jim Harlig 28:14. 2. Jessie Brown 31:26. 3. Craig Elia 31:36. **50-59:** 1. Kenneth Schwisow 31:49. 2. Robert Perry 34:28. 3. Larry Lusk 36:11. **60-69:** 1. Len Thornton 36:58. 2. Charlie Rodgers 37:15. 3. Howard Neyes 41:18. **70+:** 1. Don Lundberg 44:49.

#### Women-5 Mile-Division Results

**18-29:** 1. Tangi Galloway 30:14. 2. Karen Brown 40:35. 3. Wendy Clark 40:36. **30-39:** 1. Karen Steele 31:33. 2. Lisa Hunter 35:29. 3. Laurie Lusk 39:07. **40-49:** 1. Pam Royer 37:36. 2. Maria Anderson 39:18. 3. Kris Reiman 45:44. **50-59:** 1. Barbara Elia 38:46. 2. Jean Schwisow 41:54. 3. Anita Walker 48:42. **60-69:** 1. Barbara Neyes 50:31. 2. Florence Seely 1:09:45.

## Coronado Independence Day 15K Run

### July 4, Tideland Park, Coronado.

#### Men-Division Results

**17 &u:** 1. Jaon Talbott (17) Coronado 58:11. 2. Steven Daynes (17) El Cajon 1:00:55. 3. Bob King (15) San Diego 1:05:14. **18-24:** 1. Jamie Monroe (19) Cor 52:51. 2. Joseph Bell (23) Imperial Bch 56:24. 3. Brian Murphy (24) Oakland 56:44. **25-29:** 1. Greg Lopez (25) SD 50:56. 2. Alexander Hetherington (28) Vista 51:56. 3. Eric Kaltenberger (26) Oceanside 54:22. **30-34:** 1. Daniel Martinez (33) Placentia 48:15. 2. Robert Franks (34) Santa Ana 50:19. 3. Paul Huddle (32) Encinitas 51:41. **35-39:** 1. Mark Leisinger (37) SD 54:08. 2. Thom Hunt (37) SD 54:11. 3. Bryan Thoreson (35) El Centro

54:24. **40-44:** 1. Sam Hajj (44) SD 52:14. 2. Dale Fleet (40) SD 52:26. 3. Ian Cumming (43) Chula Vista 54:18. **45-49:** 1. Donald Ocana (48) Placentia 56:57. 2. Jan Kalka (47) SD 57:15. 3. Larry Clendenin (49) Escondido 58:40. **50-54:** 1. Michael Carnes (53) Kingwood, TX 55:40. 2. Gordon Lutes (50) SD 57:33. 3. Allen Gamber (51) Crestline 58:04. **55-59:** 1. Tom Morrow (56) SD 1:01:01. 2. Jerry Albert (58) SD 1:03:24. 3. Ken McIntyre (55) SD 1:03:31. **60-64:** 1. Ed West (62) SD 1:12:13. 2. Raymond Parra (61) SD 1:12:59. 3. Stuart Swett (60) Coronado 1:15:09. **65&o:** 1. Harry Cromer (65) Chula Vista 1:15:32. 2. Jim Nelson (67) Carlsbad 1:23:47. 3. Bill Prichard (67) SD 1:43:13.

#### Women-Division Results

**17&u:** 1. Lori Olsen (14) La Mesa 1:25:08. **18-24:** 1. Karen Laslo (24) SD 57:41. 2. Elizabeth Skane (23) SD 1:04:23. 3. Julie Kaden (23) Poway 1:05:11. **25-29:** 1. Susie Stewart (25) SD 59:10. 2. Candy Hower (26) Cor 1:06:07. 3. Anne Mudie (27) LA 1:06:36. **30-34:** 1. Marylynn Mayo (33) Del Mar 1:00:36. 2. Anne Langstaff (33) El Cajon 1:01:22. 3. Jacqueline Hayes (30) SD 1:01:38. **35-39:** 1. Mary Burns-Prine (37) SD 56:55. 2. Jennifer Henderson (36) Rancho Mirage 58:23. 3. Donna Stocker (35) Man Bch 58:40. **40-44:** 1. Marcella Teran (40) SD 57:29. 2. Marina Jones (43) RSMarg 59:22. 3. Mariat Fernandez (42) Bonita 1:02:03. **45-49:** 1. Sandra Marshall (47) SD 1:04:34. 2. Betty Rosenberg (47) SD 1:07:05. 3. Karen Bancroft (48) Vista 1:12:09. **50-54:** 1. Ursula Rains (54) Chula Vista 1:13:07. 2. Josie Chalmers (52) Tempe 1:15:33. 3. Sandy Madden (51) SD 1:16:11. **55-59:** 1. Imme Dyson (59) SD 1:10:59. 2. Judy Larkin (57) La Mesa 1:28:19. 3. Kathleen Clark (55) Cor 1:34:43. **60-64:** 1. Chris Cromer (63) Chula Vista 1:19:30. 2. Marys Criegh (60) Cor 1:23:40. 3. Jaily Byram (60) SD 1:25:12. **65&o:** 1. Mary Storey (71) Riverside 1:26:24. 2. Frances Stinchcomb (65) Lemon Grove 1:45:46.

## 4th of July Jubilee

### July 4, Arcata.

#### 2 Mile

1. Rick Hrdina 11:30. 2. Melissa Martel-Acetta 11:37. 3. Nick Gail 11:47. 4. Shaun Lyle 11:49. 5. George Spinas 12:46. 6. Yoshi Uemura 12:49. 7. Chris Conway 13:17. 8. Joe Bremm 13:19. 9. Bob Munther 13:55. 10. Alisa Reynolds 14:09. 11. Stephanie Guyer-Stevens 14:14. 12. Karen Garrahan 14:21. 13. Nick Parker-Ortiz 14:31. 14. Emily Chan 15:09. 15. Bryan Newkirk.

#### 10K

1. Randy Accetta 32:22. 2. Greg Heistuman 33:57. 3. James Washington 34:57. 4. Dane Hart 35:20. 5. Cody Clark-Thompson 35:59. 6. Carolyn Oviatt 37:43. 7. Joanne Slater 38:20. 8. Adam Knoeller 39:12. 9. Bob Thompson 39:36. 10. Pete Jain 39:55.

11. Adam Smith 39:57. 12. Steve Sipma 40:11. 13. Margaret Lang 40:19. 14. Andy Jones 40:23. 15. Christine Mateer 40:27.

## Lake Chabot Trail Challenge RRCA State Trail Half Marathon Championships

### July 9, Castro Valley.

#### Men-Division Results

**0-17:** 1. Alex Teekell 1:30:25. 2. David Ackerman 1:35:42. 3. Mike Boruta 1:37:00. **18-29:** 1. Scott Kennedy 1:17:20. 2. Erich Ackerman 1:18:11. 3. Joe Pendleton 1:23:27. **30-39:** 1. Jeff Teeters 1:21:46. 2. Jeff Cowling 1:25:21. 3. Ken Gregorich 1:26:39. **40-49:** 1. Michael Duncan 1:28:36. 2. Dan Anderson 1:31:10. 3. Glen Walder 1:31:37. **50-59:** 1. Karl Gripenburg 1:34:06. 2. Fred Martin 1:37:37. 3. Robert Gormley 1:39:14. **60-69:** 1. Roy Thomas 2:04:31. 2. John Farley 2:11:17. 3. David Reichel 2:12:27. **70+:** 1. Howard Powers 2:29:50.

#### Women-Division Results

**0-17:** 1. Eve Phillips 1:59:34. **18-29:** 1. Amy Grafius 1:36:42. 2. Julie Oehlschlaeger 1:38:14. 3. Jennifer Hom 1:52:46. **30-39:** 1. Elizabeth Vitalis 1:39:50. 2. Diane Swick 1:41:17. 3. Suzanne Kowalski 1:45:53. **40-49:** 1. Sharlet Gilbert 1:43:10. 2. Judy Fulton 1:52:19. 3. Carole Bruton 1:57:13. **50-59:** 1. Susan Brown 1:57:26. 2. Barbara Elia 2:00:29. 3. Barbara Brady 2:06:55. **60-69:** 1. Juliane Scheberies 2:18:07. 2. Shirley Hart 2:59:54. 3. Bernice Brucker-Vincent 3:07:06. **70+:** 1. Judy Golding 2:50:47.

## San Francisco Marathon & 5K

### July 9, San Francisco.

#### Men-Marathon

1. Hector Lopez (28) Los Angeles 2:23:38. 2. David Mullan (35) Slidell, LA 2:33:40. 3. Alfonso Nunez (31) Hunt Bch 2:34:52. 4. Tim Dunlap (38) PA 2:35:29. 5. Jim Christoph (42) Boulder, CO 2:36:45. 6. Justin Courcelle (24) Mtn View 2:37:55. 7. Jaime Ortiz (34) Villa Juarez 2:38:28. 8. Jeffrey Milliman (36) Greenville, SC 2:39:01. 9. Andreas Nolte (34) Essex, Canada 2:39:42. 10. Robert Allen (19) Stockton 2:42:05. 11. Genaro Elizondo (34) Pinole 2:43:18. 12. Michael Tyler (28) Pittsburg 2:43:51. 13. Trini Robles (32) Placentia 2:44:04. 14. Brad Laei (30) Sacto 2:44:31. 15. Ruben Macedo (31) San Fran 2:44:38. 16. Nicolas Hernandez (40) Whittier 2:45:13. 17. Charles Possin (46) Madison, WI 2:45:23. 18. David Depasquale (30) Manaimo, BC 2:45:26. 19. Jorge Penado (32) Huntington 2:45:28. 20. Bryce Jacobsen (23) San Jose 2:46:05. 21. Jussi Hamalainen (49) Agoura Hills 2:46:13. 22. Paul Strode (28) Seattle, WA 2:47:41. 23. Jesus Garcia (33) Half Moon

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# RESULTS

Bay 2:48:33, 24. John Zinselmeier (47) Mad River 2:48:34, 25. Scott Carlson (29) Sherman Oaks 2:48:49.

## Men-Marathon-Division Results

**18&u:** 1. Brian Maul (17) Davis 3:15:39, 2. Jason Espino (13) Altadena 3:25:16, 3. Daniel Hinojosa (15) Altadena 3:25:16, 19-24: 1. Courcelle 2:37:55, 2. Allen 2:42:05, 3. Jacobsen 2:46:05, 25-29: 1. Lopez 2:23:38, 2. Tyler 2:43:51, 3. Strobe 2:47:41. **30-34:** 1. Nunez 2:34:52, 2. Ortiz 2:38:28, 3. Noite 2:39:42. **35-39:** 1. Mullan 2:33:40, 2. Dunlap 2:35:29, 3. Millman 2:39:01. **40-44:** 1. Christoph 2:36:45, 2. Hernandez 2:45:13, 3. Claude Leterrier (43) Clifty Bois 2:55:28. **45-49:** 1. Possin 2:45:23, 2. Hamalainen 2:46:13, 3. Zinselmeier 2:48:34. **50-54:** 1. Don Van Dell (53) Aurora, IL 3:06:24, 2. Dale Johnson (51) Bloomfield, MI 3:13:06, 3. Leland Jonas (50) Price, UT 3:16:24. **55-59:** 1. Brent Pinder (55) Tempe, AZ 3:12:55, 2. James Carey (58) Chicago, IL 3:20:02, 3. Andrew Kotulski (56) Danville 3:28:52. **60-64:** 1. Tom Walsh (61) Oakland 3:25:24, 2. Vladimir Babichev (62) LA 3:36:32, 3. Ed Mooney (63) San Fran 3:47:24. **65-69:** 1. Dick Yeager (66) Aptos 3:49:17, 2. Lee Jones (65) Daly City 4:02:32, 3. Kiyoshi Sugawara (66) San Fran 4:26:10. **70&o:** 1. Fred Nagelschmidt (71) Ventura 3:57:13, 2. Frank Rodriguez (70) San Lorenzo 4:52:31, 3. Warrenner Pait (70) San Fran 4:58:48.

## Women-Marathon

1. Lisa Kelp (30) Cranberry, PA 2:51:12, 2. Barb Wood (32) Victoria, BC 2:58:56, 3. Diane Tødfor (29) Dalton, MA 3:03:17, 4. Suzette Neas (27) Madison, WI 3:06:25, 5. Jennifer Kjar (34) Salt Lake City, UT 3:06:54, 6. Deanna O'Neil (30) Carby, OR 3:07:45, 7. Christine Iwahashi (39) Sacto 3:10:16, 8. Ruth Marie Millman (38) Greenville, SC 3:12:09, 9. Catherine O'Donnell (29) San Fran 3:12:22, 10. Lisa Peloso (29) San Fran 3:13:07, 11. Raewyn Kayte (26) Windsor 3:14:01, 12. Maria Figueroa (37) Winnemucca, NV 3:16:25, 13. Margi Guthrie (39) Manzanita, OR 3:16:48, 14. Kimberly Harbaugh (29) San Fran 3:17:09, 15. Athena Countouriotis (23) Foster City 3:18:00, 16. Sara De Ruyck (26) San Fran 3:18:11, 17. Kelly Opbroek (27) San Fran 3:19:02, 18. Char Levitt (37) Berkeley 3:19:59, 19. Laura Powell (27) Woodbury, MN 3:20:41, 20. Georgeanne Welde (43) Silver Spr, MD 3:21:55, 21. Carol Richardson (43) LA 3:22:13, 22. Mary Mitchell (33) Jackson, WY 3:22:59, 23. Alexis Vaivoda (21) West Linn, OR 3:23:07, 24. Wendi Hovet (25) Coon Rapids 3:23:21, 25. Randi O'Neill (20) Benicia 3:23:38.

## Woman-Marathon-Division Results

**18&u:** 1. Jessica Marken (18) San Fran 4:01:07, 2. Melissa Bonds (16) Camarillo 4:15:30, 3. Heather Bryce (18) Camarillo 4:21:11. **19-24:** 1. Countouriotis 3:18:00, 2. Vaivoda 3:23:07, 3. O'Neill 3:23:38. **25-29:** 1. Tødfor 3:03:17, 2. Neas 3:06:25, 3. O'Donnell 3:12:22. **30-34:** 1. Kelp 2:51:12, 2. Wood 2:58:56, 3. Kjar 3:06:54. **35-39:** 1.

Iwahashi 3:10:16, 2. Millman 3:12:09, 3. Figueroa 3:16:25. **40-44:** 1. Wolke 3:21:55, 2. Richardson 3:22:13, 3. Lorraine Gerstz (41) Fullerton 3:27:43. **45-49:** 1. Sharon Grant (45) Agoura Hills 3:37:28, 2. Reyna Arriola Pacheco (47) San Bruno 3:41:03, 3. Julie Serjak (48) Visalia 3:52:50. **50-54:** 1. Pamela Horton (51) Santa Rosa 3:31:49, 2. Anitra Serrano (51) Fairfax 3:51:42, 3. Marie Harmon (53) Fair Oaks 4:04:34. **55-59:** 1. Louise Walters (55) Foresthill 3:36:06, 2. Joan Reiss (57) San Fran 3:48:19, 3. Denise Smith (56) Compton 4:04:26. **60-64:** 1. Ann Bennet (61) Bethesda, MD 5:07:08, 2. Mary Young (60) Antelope 5:38:33, 3. Kathleen Callaway (63) Redlands 6:12:12. **65-69:** 1. Margie Withrow (68) Lumpoc 5:11:21, 2. Miyoko O'Hara (67) RPV 5:15:42, 3. Mary Ehrlich (67) Perris 6:12:16. **70&o:** 1. Po Adams (71) Carmichael 5:23:07.

## Men-5K

1. Ben Turman (25) Emeryville 15:47, 2. Aaron Pierson (32) Daly City 15:51, 3. Dan Mancini (31) San Fran 15:53, 4. Kipp Ortenburger (22) Cambria 16:04, 5. Gary Fanelli (44) Meadowbrook, PA 16:13, 6. Jake Furber (28) San Fran 16:22, 7. Javier Naranjo (36) 16:25, 8. Charles Thompson (45) San Fran 16:35, 9. Brad Zamczyk (32) San Fran 16:37, 10. Joseph Urbanski (15) Tucson, AZ 16:39, 11. Rich Joseph (32) Mt. Kisco, NY 16:46, 12. Aldo Virano (27) Brazil 16:51, 13. Juan Carlos Ortega (30) San Mateo 17:03, 14. Chris Rogers (17) Moorhead, MN 17:07, 15. Lynn Mentzer (36) Sparks, NV 17:10, 16. Ryan Moore (21) Sparks, NV 17:21, 17. Dan Takasashi (38) Torrance 17:31, 18. Bob Cooper (40) San Anselmo 17:32, 19. Peter Hsia (35) San Fran 17:42, 20. Barry Braun (36) San Fran 17:43, 21. Jim Musante (37) Ormond Bch, FL 17:45, 22. Chris Phipps (25) Davis 17:46, 23. James McLaren (33) San Fran 17:51, 24. Michael Johnson (39) Monterey 17:58, 25. Gerard Pearlberg (32) Santa Cruz 17:59.

## Men-5K-Division Winners

**18&u:** 1. Urbanski 16:39, 2. Rogers 17:07, 3. Wayne Tam (15) San Jose 18:45. **19-29:** 1. Turman 15:47, 2. Ortenburger 16:04, 3. Fubler 16:22. **30-39:** 1. Pierson 15:51, 2. Mancini 15:53, 3. Naranjo 16:25. **40-49:** 1. Fanelli 16:13, 2. Thompson 16:35, 3. Cooper 17:32. **50-59:** 1. Max Bogenhuber (53) Epping, Australia 19:05, 2. Alfred Bogenhuber (55) San Mateo 19:10, 3. Eddie Schneider (54) Conifer, CO 19:49. **60-69:** 1. Adoff Blonner (60) Australia 18:03, 2. Carl Ellsworth (64) New City 20:02, 3. Jerome Lewis (60) Mt. View 22:52. **70&o:** 1. Don Wilgus (73) Richmond 29:26.

## Women-5K

1. Linda Gill (37) San Anselmo 18:08, 2. Lisa Gay (21) Santa Rosa 18:20, 3. Sissell Heber (31) San Fran 19:02, 4. Laura Schmitt (31) Greenbrae 19:11, 5. Lexy Loewenstein (33) San Fran 20:23, 6. Shelly Padovani (30) New York, NY 20:29, 7. Kristen Schriver (28) Seattle, WA 20:50, 8. Kathy Thomas (38) Corpus Christi, TX 20:55,

9. Lee Dalessandro (26) San Fran 21:08, 10. Lauren Wiener (16) Portland, OR 21:09, 11. Brooke Wheeland (14) Walnut Crk 21:09, 12. Kris Rushing (16) Santa Rosa 21:33, 13. Gary Craig (37) Esparto 21:39, 14. Danielle Cane (47) San Rafael 21:55, 15. Marcia Young (22) San Fran 21:56, 16. Tiffany Hansen (15) Larkspur 21:59, 17. Melody Page (15) San Jose 22:12, 18. Gillian Duncan (22) San Fran 22:44, 19. Barbara Foltz (44) Seneca, SC 22:47, 20. Julie Yaffee (51) San Carcus 22:55, 21. Laura Vega (27) 23:26, 22. Judy Waitz (35) San Fran 23:30, 23. Julie Racinet (25) San Fran 23:36, 24. Kathleen Walsh (44) Oakland 23:40, 25. Debby Ross (25) Louisville, KY 23:42.

## Women-5K-Division Winners

**18&u:** 1. Wiener 21:09, 2. Wheeland 21:09, 19:11. **40-49:** 1. Cane 21:55, 2. Foltz 22:47, 3. Walsh 23:40. **50-59:** 1. Yaffee 22:55, 2. Peggy Kang (59) San Fran 24:38, 3. Heide Skaden (57) Sacto 25:19. **60-69:** 1. Nena Ventura (62) Monterey Park 40:05, 2. Barbara Farren (62) Sacto 43:55, 3. Marjorie Comyns (63) Petaluma 50:08. **70&o:** 1. Jessie Mickie (76) Petaluma 50:07.

## Bay to Breakfast 5K & 10K

July 16. Palo Alto.

## Men-5K

1. Ole Agesen (25) 16:53, 2. David Rodriguez (13) 17:07, 3. Charley Case 17:12, 4. Amol Saxena (30) 17:28.

## Men-5K-Division Results

**12&u:** 1. David Kehn (12) 23:29, 13-18: 1. Rodriguez 17:07. **19-24:** 1. Andy Beugen (19) 18:43. **25-29:** 1. Agesen 16:53. **30-34:** 1. Case 17:12. **35-39:** 1. John Doyal 18:32. **40-44:** 1. Bill Brusher 18:23. **45-49:** 1. Martin Bernstein 17:54. **50-54:** 1. Bill Clark 18:36. **55-59:** 1. Rich DeYoung 20:57. **60-69:** 1. Charles Botsford 23:41. **70&o:** 1. David Cole 28:40.

## Women-5K

1. Heather Iverson (13) 19:48, 2. Julie Giacomini (30) 20:14, 3. Christine Thorburn (25) 21:18, 4. Nancy Ikeda (30) 21:49.

## Women-5K-Division Results

**12&u:** 1. Laura Boyd 26:13. **13-18:** 1. Iverson 19:48. **19-24:** 1. Cressey Rice 22:49. **25-29:** 1. Thorburn 21:18. **30-34:** 1. Giacomini 20:14. **35-39:** 1. Judith Waitz 22:21. **40-44:** 1. Sue Vinella 22:43. **45-49:** 1. Kathy Frank 22:30. **50-54:** 1. Georgia Riley 23:21. **55-59:** 1. Sylvia Hughes 26:50. **60-69:** 1. Roberta Carlson 26:48.

## Wharf to Wharf

July 23. Santa Cruz to Capitola.

## Men

1. Danny Gonzalez (Rancho Santa Margarita) 29:55, 2. David Welsh (Reno) 29:59, 3. Stephen Isbel (Modesto) 29:59, 4. Ivan Huff (Sacramento) 30:32, 5. Victor Santa Maria (San Jose) 30:46, 6. Rey Flores

(Oakland) 30:50, 7. Jose Pilar Aispuro (Watsonville) 30:52, 8. Armando Siqueros (SLO) 31:08, 9. Jeff Hacker (San Fran) 31:10, 10. Alan Dehlinger (Reno) 31:19, 11. Jason Perscheid (Fair Oaks) 31:20, 12. Ben Turman (Berkeley) 31:21, 13. Ian Blair (Scotts Vly) 31:37, 14. Lanway Ling (San Fran) 31:41, 15. Eric Walker (Santa Rosa) 31:45, 16. John Hancock (Stockton) 31:49, 17. Dale Porter (Sunnyvale) 31:50, 18. Willie Clark (Los Altos) 31:55, 19. Steve Pappa (Hayward) 31:58, 20. Bob Ebert (Santa Cruz) 32:05.

21. Kennick Sealy (Los Gatos) 32:09, 22. Patrick Bendzick (Fremont) 32:10, 23. Christopher Spitz (Thous Oaks) 32:12, 24. Dan Olmstead (Chico) 32:17, 25. Noah Marcus (Chico) 32:18, 26. Mark Hoeler (So Lake Tahoe) 32:18, 27. Mike Gottardi (Fair Oaks) 32:18, 28. Brad Lael (Sacto) 32:19, 29. Javier Naranjo (Watsonville) 32:28, 30. Liam Jones (Aptos) 32:36, 31. Kennick Sealy (Santa Rosa) 32:36, 32. Gary Towne (Chico) 32:39, 33. Bill Elliott (Redding) 32:40, 34. Michael Seaman (Edna, MN) 32:44, 35. Clyde Matsumura (Santa Monica) 32:46, 36. Steven Chavez (San Ramon) 32:47, 37. Michelle Tapia (Fremont) 32:49, 38. Randy Maestrett (Oakley) 32:50, 39. Jeff Townsend (Los Gatos) 32:52, 40. Kyle Dando (San Jose) 32:54,

41. Tim Nash (Santa Cruz) 32:54, 42. Robert Vanderlip (Sunnyvale) 32:55, 43. Patrick Rainey (Rocklin) 32:55, 44. Donnie Nelson (Pleasanton) 32:58, 45. Sam Liccardo (Saratoga) 33:03, 46. Bradley Zamczyk (Berkeley) 33:05, 47. Jim Christensen (Cupertino) 33:07, 48. Albert DeLaTorre (Watsonville) 33:10, 49. Gilbert Munoz (Watsonville) 33:14, 50. Fred Villegas (Merced) 33:18.

## Women

1. Linda Somers (Oakland) 33:04, 2. Staci Snider (Reno) 34:51, 3. Christine Kennedy (Cupertino) 35:07, 4. Barb Acosta (Santa Cruz) 35:29, 5. Luanne Park (Redding) 35:59, 6. Monica Townsend (Los Gatos) 36:11, 7. Cathy Christensen (San Jose) 36:42, 8. Laura Sanchez (Salinas) 36:58, 9. Jennifer Cubillas (Walnut Creek) 37:00, 10. Catherine Dubay (Santa Rosa) 37:01, 11. Daniela Chuhantseff (Fresno) 37:11, 12. Lynice Benton (Reno) 37:16, 13. Margaret Svoboda (Sacto) 37:31, 14. Lengberg (San Fran) 37:36, 15. Kristin Jacobs (San Jose) 37:38, 16. Kathy Ward (Sacramento) 37:40, 17. Susie Blake (Campbell) 37:59, 18. April Powers (Corte Madera) 38:42, 19. Connie Kondo (Folsom) 38:43, 20. Leslie McMullin (San Rafael) 38:52.

21. Rachel Atchley (Reno) 38:53, 22. Ramona Young (Watsonville) 38:56, 23. Kathi Berman (San Fran) 38:58, 24. Erika Watson (Scotts Vly) 39:13, 25. Liz Leigh-Wood (Soquel) 39:18, 26. Megan Sheehy (Redding) 39:24, 27. Jackie McCleary (Los Gatos) 39:28, 28. Nika Horn (Santa Rosa) 39:29, 29. Julie Rohloff (Los Gatos) 39:52, 30. Marianne Zerebko (Tahoe City) 39:55, 31. Anne Gosch (Bloomington, IL) 40:00, 32. Lorena Harrigan (Half Moon Bay)



# RESULTS

40:02, 33. Melissa Fox (Capitola) 40:05, 34. Barbara Miller (Modesto) 40:8, 35. Carla Gottardi (Fair Oaks) 40:15, 36. Jean Grammer (Pullman, WA) 40:22, 37. Debi Stewart (Emeryville) 40:37, 38. Michelle Mason (San Jose) 40:49, 39. Kelly Van Dyke (San Jose) 40:57, 40. Jill Cartwright (Oakland) 41:02.

41. Carol Parise (Sacto) 41:04, 42. Bridget Kranz (Palo Alto) 41:05, 43. Angela Schmidt (Sacto) 41:08, 44. Paula Mauck (Chico) 41:16, 45. Lisa Travaglini (San Fran) 41:16, 46. Melissa Freeberg (Palo Alto) 41:32, 47. Nicole Silva (Aptos) 41:34, 48. Brigitte Schlatter (Carmel) 41:38, 49. Sarah Arterburn (Cupertino) 41:48, 50. Libby Muller (Vallejo) 41:49.

## Point Loma Scenic Runs

July 29, San Diego.

### Men-10K

1. Phil Vannette (37) 32:07, 2. David Adams (34) Redondo Bch 32:23, 3. Robert Franks (33) Costa Mesa 32:28, 4. Jerry Hernandez (31) Harbor City 32:32, 5. Matt Harris (19) Manhattan Bch 33:13, 6. Paul Harshman (34) 33:27, 7. Terry Schalov (32) 33:28, 8. Dale Fleet (41) 34:03, 9. Jeff Scofield (24) Carlsbad 34:09, 10. George Vontsoles (30) 34:14.

### Men-10K-Division Results

12&u: 1. Casey Lange (12) Spring Vly 47:00, 13-18: 1. Mark Savel (16) SD 36:17, 19-24: 1. Harris 33:13, 2. Scofield 34:09, 3. Jose Carreon (24) 36:46, 25-29: 1. Jim Leahy (28) 35:29, 2. Tom Aisheskie (25) SD 35:34, 3. Christopher Saucedo (29) 36:18, 30-34: 1. Adams 32:23, 2. Franks 32:28, 3. Hernandez 32:32, 35-39: 1. Vannette 32:07, 2. Chris Mollahan (39) 34:43, 3. Bryan Thoreson (35) El Centro 35:38, 40-44: 1. Fleet 34:03, 2. Carroll Pope (40) SD 35:58, 3. Rick Ruiz (40) 38:11, 45-49: 1. David Parker (45) 39:20, 2. Gary Manson (45) SD 39:46, 3. Ed Payne (47) 42:13, 50-54: 1. Gordon Lutes (50) SD 36:56, 2. Frank Murphy (53) 42:22, 3. Rob Mulcaty (53) SD 44:08, 55-59: 1. Jerry Albert (58) SD 40:43, 2. Roy Kekahuna (55) Del Mar 41:58, 3. Marty Weiss (57) SD 47:03, 60&u: 1. Jim O'Neil (70) 44:11, 2. Jim McCown (73) SD 45:36, 3. Brian McCarthy (62) SD 53:28.

### Women-10K

1. Kelly Fay (22) San Diego 40:03, 2. Kira Looftbourrow (26) 40:57, 3. Kathryn Wilson (28) 42:21, 4. Erin Ensminger (35) SD 42:28, 5. Julie Manson (13) SD 42:36, 6. Maureen Showalter (28) 43:37, 7. Kate Cabello (30) 44:10, 8. Denise Luna (31) La Jolla 45:56, 9. Donna Presswood (34) 46:02, 10. Willie Tennant (48) 46:18.

### Women-10K-Division Results

12&u: 1. Rachel Fohr (10) SD 1:43:49, 13-18: 1. Julie Manson (13) SD 42:36, 19-24: 1. Fay 40:03, 2. Bridget Bowler (21) SD 46:48, 3. Toni Mohr (23) 47:21, 25-29: 1. Looftbourrow 40:57, 2. Wilson 42:21, 3. Showalter 43:37, 30-34: 1. Cabello 44:10, 2. Luna 45:56, 3. Presswood 46:02, 35-39: 1. Ensminger 42:28, 2. Mary Campilongo (37) SD 46:26, 3. Kathy Castello (36) 49:39.

40-44: 1. Bonnee Esterbrook (40) 46:42, 2. Debra Broyles (42) Lakeside 51:47, 3. Kathryn Smith (41) San Marcos 53:04, 45-49: 1. Tennant 46:18, 2. Linda Shadlow (47) 48:22, 3. Marjorie Lynn (45) SD 53:38, 50-54: 1. Sandy Madden (51) SD 48:24, 2. Kathie Maxwell (50) SD 52:14, 3. Maryann Zounes (52) San Marcos 56:27, 55-59: 1. Sharon Leitner (56) Carlsbad 53:34, 2. Maxine Tomisser (58) SD 54:51, 3. Karen McGlamery (58) SD 1:05:23, 60&u: 1. Barbara Brown (62) SD 1:08:13, 2. Frances Stinchcomb (65) SD 1:09:32, 3. Jacquelyn Johnson (64) Carlsbad 1:20:45.

### Men-5K

1. Kevin Bowes (18) SD 16:14, 2. Marty King (44) 17:10, 3. Andrew Vano (43) Oceanside 17:41, 4. Marc Miller (29) 17:58, 5. Juan Limon (18) 18:07, 6. Jay Rubino (39) Oceanside 18:46, 7. Steve Rohde (41) 19:00, 8. David Sessions (17) 19:03, 9. Robert Schaefer (34) 19:03, 10. Ron White (45) SD 19:07.

### Men-5K-Division Results

12&u: 1. Drew Robinson (12) 21:17, 13-18: 1. Bowes 16:14, 19-24: 1. Albert Husny (22) 21:44, 2. Justin Rawlinson (21) 27:01, 3. Sean Willette (24) SD 29:07, 25-29: 1. Miller 17:58, 2. Jerome Stockemer (28) SD 20:51, 3. Marcus Toneatto (27) 21:22, 30-34: 1. Schaefer (34) 19:03, 2. Jon-Bret Hart (30) SD 20:48, 3. Ernest Jimenez (32) 23:00, 35-39: 1. Rubino 18:46, 2. Michael Kimer (36) SD 20:03, 3. David Kuchta (35) SD 21:14, 40-44: 1. King 17:10, 2. Vano 17:41, 3. Rohde 19:00, 45-49: 1. White 19:07, 2. Bob Stagner (48) Torrance 20:05, 3. David Costello (47) SD 21:10, 50-54: 1. Pete Kane (51) 20:12, 2. Eric Jones (52) 21:00, 3. Roger Sessions (50) 21:25, 55-59: 1. Jerry Selby (57) Poway 20:21, 2. Tom Berghage (58) SD 27:48, 3. Lee Correia (58) Poway 27:59, 60&u: 1. Wayne Watson (63) 23:17, 2. Peter Kopkowski (60) Del Mar 24:00, 3. Jim Bolly (62) 24:10.

### Women-5K

1. Laurie Chapman (27) SD 17:43, 2. Jina Rohde (16) 19:00, 3. Shannon O'Connor (15) 19:57, 4. Joanna Veltri (20) SD 20:42, 5. Michelle O'Connor (17) 21:28, 6. Darlene Crowder (32) Vista 21:34, 7. Nancy Wahlig (39) 21:54, 8. Victoria Trunnell (33) Vienna, VA 22:07, 9. Jenny Roane (15) 22:12, 10. Sarah Shepherd (14) 22:20.

### Women-5K-Division Results

12&u: 1. Majja Rohde (11) 22:26, 13-18: 1. Rohde 19:00, 19-24: 1. Veltri 20:42, 2. Mariabel Padilla (22) 25:49, 3. Sandra Arguilla (24) SD 26:41, 25-29: 1. Chapman 17:43, 2. Rebecca Irving (26) SD 24:03, 3. Nicole Hisam (27) SD 24:27, 30-34: 1. Darlene Crowder (32) Vista 21:34, 2. Victoria Trunnell (33) Vienna, VA 22:07, 3. Vicki King (33) 23:17, 35-39: 1. Nancy Wahlig (39) 21:54, 2. Patty Blunck (35) SD 23:24, 3. Colleen Palmer (35) 23:29, 40-44: 1. Connie Alpert (41) Encinitas 25:51, 2. Jane Renner (42) SD 28:00, 3. Clara Drose (43) SD 28:25, 45-49: 1. Gail Thompson (48) 27:50, 2. Elizabeth O'Brien (47) SD 28:15, 3. Peggy Small (49) SD 30:50, 50-54: 1. Wendy Kristiansen (50) 24:55, 2. Jean Jones (50)

28:04, 3. Reta Crowder (52) Vista 28:17, 55-59: 1. Martha Walker (59) SD 25:31, 2. Gail Hanna (55) SD 27:21, 3. Anita Stern (56) SD 30:44, 60&u: 1. Jackie Delbaugh (67) SD 36:00, 2. Pat Nickolls (67) Ran-Santa Fe 42:06, 3. Mary Carrillo (64) SD 46:59.

## Bass Lake Run Thru the Pines

August 5, Bass Lake, Half Marthon & 4.5 Mile.

### 4.5 Mile

1. Barry Proctor (36) Three Rivers 24:40, 2. Dale Campbell (41) Fresno 25:26, 3. Manuel Hernandez (42) Fresno 25:48, 4. Arthur Negrete (16) Clovis 26:07, 5. Jim Hartig (41) Clovis 27:13, 6. Ray Winter (19) Fresno 27:18, 7. Scott Curtis (22) Fresno 27:34, 8. Eric Snook (20) Fresno 27:47, 9. Jim Lambe (43) Fresno 28:08, 10. Armando Negrete (16) Clovis 28:16.

11. Robert Lindsey (50) Fresno 28:41, 12. Daniela Chuhliantseff (26F) Fresno 28:47, 13. Gary Lawrence (41) Fresno 29:01, 14. Mark Hays (45) Fresno 29:05, 15. Jay Geary (31) Clovis 29:09, 16. Joey Lacey (15) Fresno 29:14, 17. Karen Steele (37F) Merced 29:21, 18. Dan Makey (49) Visalia 29:29, 19. Shannon Battles (28F) Bakersfield 30:12, 20. Nathan Robinson (20) Fresno 30:36.

### 4.5 Mile Division Results-Men

18&u: 1. Arthur Negrete 26:07, 2. Armando Negrete 28:16, 3. Lacey 29:14, 19-29: 1. Winter 27:18, 2. Curtis 27:34, 3. Snook 27:47, 30-39: 1. Proctor 24:40, 2. Geary 29:09, 3. Robert Taylor (38) Fresno 31:07, 40-49: 1. Campbell 25:26, 2. Hernandez 25:48, 3. Hartig 27:13, 50-59: 1. Lindsey 28:41, 2. Alfred Leal (53) Fresno 30:45, 3. Allen Greulich (50) Fresno 32:13, 60-69: 1. Klaus Penning (68) Oakhurst 42:40, 2. Joseph Rhoan (63) Fresno 44:28, 3. Ron Gates (63) Pinedale 56:48, 70&u: 1. Harry Harder (78) Reedley 51:57.

### 4.5 Mile Division Results-Women

18&u: 1. Amber McCrea (14) Los Banos 36:23, 2. Ashley McCrea (12) Los Banos 41:44, 3. Christina Weaver (15) Clovis 41:56, 19-29: 1. Chuhliantseff 28:47, 2. Battles 30:12, 3. Kerry Sue Houchin (20) Fresno 32:39, 30-39: 1. Steele 29:21, 2. Lisa Hunter (39) Merced 31:25, 3. Michele Figueroa (32) Visalia 33:29, 40-49: 1. Ann Phillips (40) Sanger 35:48, 2. Julie Serjak (48) Visalia 37:52, 3. Sharon Mayo (48) Hanford 38:52, 50-59: 1. Marjorie Lindsey (53) Fresno 35:40, 2. Theanne Woodruff (59) Fresno 58:17, 60-69: 1. Sydney Loo (63) Clovis 50:19.

### Half Marathon

1. Karl Polivka (25) Norman, OK 1:13:14, 2. Michael Young (37) Tulare 1:18:38, 3. Mark Hodges (42) Bishop 1:19:20, 4. Michael Kasahun (17) Fresno 1:22:12, 5. Robert Taylor (35) Visalia 1:22:14, 6. Felipe Lemus (28) Fresno 1:23:18, 7. Steve Barrus (16) Clovis 1:26:42, 8. Michael Buckley (16) Clovis 1:27:22, 9. Gerd Pokorra (38) Oakhurst 1:27:46, 10. Steven Alves (17) Clovis

1:28:20.

11. Elias Avila (41) Raymond 1:28:37, 12. Adrian Reyes (27) Clovis 1:29:09, 13. Faron Reed (42) Fresno 1:30:48, 14. Julie Oehlschlaeger (24F) Madera 1:30:48, 15. Rob Brenner (30) Clovis 1:31:53, 16. Andrew Murphy (22) Bakersfield 1:33:15, 17. C.J. Nakayama (16) Clovis 1:33:40, 18. Erik Myers (16) Clovis 1:34:01, 19. Andy McCawley (36) Lemoore 1:35:05, 20. Sharlet Gilbert (44F) Richmond 1:35:41.

### Half Marathon Division Results-Men

18&u: 1. Kasahun 1:22:12, 2. Barrus 1:26:42, 3. Buckley 1:27:22, 19-29: 1. Polivka 1:13:14, 2. Lemus 1:23:18, 3. Reyes 1:29:09, 30-39: 1. Young 1:18:38, 2. Taylor 1:22:14, 3. Pokorra 1:27:46, 40-49: 1. Hodges 1:19:20, 2. Avila 1:28:37, 3. Reed 1:30:48, 50-59: 1. Juan Sobenes (57) Fresno 1:41:29, 2. Robert Perry (54) Tulare 1:42:07, 3. Isaac Melo (53) Fresno 1:47:00, 60-69: 1. Ernesto Malagon (64) Fresno 1:48:55, 2. Lee Miller (65) Visalia 1:54:30.

### Half Marathon Division Results-Women

18&u: 1. Kym Pilger (16) Clovis 1:40:48, 19-29: 1. Oehlschlaeger 1:30:48, 2. Christy Bard (21) Los Angeles 1:45:35, 3. Karen Thorsett (29) Hanford 1:50:00, 30-39: 1. Shellie Taylor (30) Visalia 1:44:15, 2. Irene Orr (39) Irvine 1:49:10, 3. Angelica Malagon (31) Fresno 1:58:58, 40-49: 1. Gilbert 1:35:41, 2. Sally Crawford (47) Laguna Niguel 1:46:53, 3. Trudi Manfreda (48) Clovis 1:48:47, 50-59: 1. Maryann Barroso (51) Fresno 2:08:43, 2. Jackie Ryle (54) Fresno 2:12:33.

## Summit Challenge 10K Run

August 5, Los Gatos.

1st Overall Male: 1. Keith Hansen 40:28.  
1st Overall Female: Judi Shade 47:17.

### Division Results-Men

15&u: 1. Matthew Bates 51:37, 18-29: 1. Armin Trevino 42:34, 30-39: 1. Hansen 40:17, 40-49: 1. Scotty Fallier 42:45, 50-59: 1. Paolo Bruni 48:59, 60-69: 1. Ron Strout 55:46, High School: 1. Hank Notthoff 43:19.

### Division Results-Women

18-29: 1. Kelly VanDyke 47:58, 30-39: 1. Suzanne Kowalski 49:16, 40-49: 1. Katie Scott 50:37, High School: 1. Melody Page 53:07.

## San Diego Embarcadero Alpha Project for the Homeless Run

August 13, San Diego, 5K & 10K.

### Men-5K

1. Daniel O'Conner 17:24, 2. Andy Vano 18:14, 3. Juna Limon 18:21.

### Women-5K

1. Katherine Nichols 18:48, 2. Shannon O'Connor 20:28, 3. Ros Ponce 22:12.

### Men-10K

1. Robert Franks 32:40, 2. Ian Smith 33:19, 3. Brad Ingram 35:19.



# RESULTS

## Women-10K

1. Janine Daley 39:15, 2. Kate Loin 43:09, 3. Kris Bauer 43:32.

## PruCare Eat & Run 5000

August 19, Westwood.

### Men

1. Mark La Plant (30) Santa Monica 14:48, 2. Steve Scott (39) Upland 15:05, 3. Brian Godsey (21) 15:07, 4. Troy Rowtham (24) Santa Monica 15:22, 5. Alfonso Nunez (32) 15:28, 6. Dave Olds (34) Santa Monica 15:32, 7. Pat Hill (25) Santa Monica 15:35, 8. Eddie Gonzalez (24) Santa Monica 15:36, 9. Ron Markezich (28) 15:38, 10. Gary Nitti (41) 15:39.

11. Chris Ellsasser (31) Santa Monica 15:43, 12. Clyde Matsumura (35) 15:47, 13. Joey Broxmeyer (30) 15:54, 14. Carl Kemmerer (28) Santa Monica 15:56, 15. Dave Kunselman (28) Santa Monica 15:59, 16. Bill Scott (34) 16:19, 17. David Foote (28) Santa Monica 16:26, 18. Jim Reed (34) Santa Monica 16:27, 19. Jeff Snyder (39) San Marino 16:30, 20. Rob Slick (39) 16:34.

21. Barte Topalian (36) 16:39, 22. Ricardo Sarabia (27) 16:40, 23. Jose Alonson (25) 16:41, 24. Henock Ocubay (17) 16:44, 25. Rich Gatahi (22) Santa Monica 16:47.

### Women

1. Sylvia Mosqueda (29) 15:44, 2. Beth Bartholomew (22) 16:50, 3. Carmen Martinez (28) 16:59, 4. Annetta Luevano (34) 17:45, 5. Tracy Clark (18) 17:51, 6. Christi Bengston (33) 18:15, 7. Alfreda Iglehart (15) Los Angeles 18:39, 8. Kirsten Kabo (49) Granada Hills 18:41, 9. Kathleen Smith (28) 18:56, 10. Kris Pister (23) 19:02.

11. Tara Whitfield (18) Santa Ana 19:03, 12. Annie Lunsman (26) Santa Monica 19:31, 13. Theresa Uhrig (28) 19:33, 14. Carol Wallace (29) 19:39, 15. Andrea Delamona (22) Santa Monica 19:42, 16. Kim Ojeda (26) Santa Monica 19:44, 17. Jill Walker (33) 19:56, 18. Tina Santana (22) Santa Monica 20:17, 19. Mayola Martinez (26) 21:00, 20. Linda Jacoboni (37) 21:06, 21. Michelle Zayas (18) 21:07, 22. Sarah MacDougall (21) 21:09, 23. Janice Williams (26) 21:15, 24. Krissy Smiley (33) Santa Monica 21:34, 25. Bonnie Frankel (50) 21:38.

## Saucony/RRCA Women's Distance Festival 5K

August 19, San Luis Obispo.

1. Janell Davolina (26) SLO 17:54, 2. Angela Orefice (20) Arroyo Gr 18:05, 3. Lori Fancon (19) SLO 18:40, 4. Jennifer Lacovara (22) SLO 18:50, 5. Nikki Shaw (20) SLO 18:54, 6. Janet Norem (38) SLO 18:55, 7. Mary Cooper (38) SLO 20:20, 8. Holly Rohne (24) SLO 20:28, 9. Lorena Solis (16) Guadalupe 20:49, 10. Catherine Arnold (35) Los Osos 20:49.

11. Katherine Niblett (14) Pismo Bch 20:55, 12. Kim Schoensee (31) SLO 20:57, 13. Sharon Ryan (25) Santa Maria 21:07.

14. Niki Canby (14) Arroyo Gr 21:20, 15. Sonia Hibberd (17) Pismo Bch 21:21, 16. Naomi Chihara (16) Atascadero 21:29, 17. Louise Walters (55) Foresthill 21:35, 18. Catherine Moore (34) Gardena 21:38, 19. Sue Tarter (37) SLO 21:50, 20. Margaret Jones (36) Santa Maria 21:56, 21. Mary Ogle (32) Morro Bay 21:57, 22. Karly Kolb (19) Los Osos 22:04, 23. Samantha Michel (13) Los Osos 22:05, 24. Karen Gorton (33) SLO 22:05, 25. Kathy Fox (38) Arroyo Gr 22:06.

## Men's Electric City Challenge Series 5K

August 19, San Luis Obispo.

1. Eric Engel (20) SLO 15:43, 2. Phil Schoensee (29) SLO 16:01, 3. Aaron Burch (21) SLO 16:13, 4. Ronnie Buchanan (16) Santa Maria 16:14, 5. Sean McCormick (31) Paso Robles 16:28, 6. Frank Tardevat (30) Arroyo Gr 16:41, 7. Brian King (28) SLO 16:57, 8. Garth Wilwand (31) Los Osos 17:03, 9. Kevin Cooper (36) SLO 17:18, 10. Paul Lara (17) Atascadero 17:21.

11. Joe Bergquist (31) Atascadero 17:24, 12. Alan Bell (38) Grover Beach 17:35, 13. Brian Waterbury (47) SLO 17:37, 14. Vernon Sallaz (36) SLO 17:42, 15. Jarrell Meier (16) Santa Maria 17:46, 16. Louie Quintana (42) Nipomo 17:47, 17. Joe Morris (16) SLO 18:19, 18. Dominic Lacovara (46) Los Osos 18:23, 19. Bruce Phinney (35) Los Gatos 18:30, 20. Don Chacez (48) Yorba Linda 18:34, 21. Isaac Correa (17) Santa Maria 18:39, 22. John Emmatt (31) SLO 18:42, 23. James Lawrence (16) Santa Maria 18:45, 24. Ryan McRae (14) Santa Maria 18:49, 25. Russ Raymond (47) SLO 18:54.

## Pier Run 5K & 10K

August 20, Huntington Beach.

### Men-5K

15&u: 1. Jed Dineen (14) 18:56, 2. Anthony Morillo (14) 19:12, 3. Joshua Tillema (14) 20:50, 15-18: 1. Zeke Noonan (17) 17:04, 2. William Zamora (17) 17:50, 3. Aaron Becenti (15) 18:15, 19-24: 1. Reggie Ramos (19) 16:46, 2. Mike Vlachos (23) 20:19, 3. Jason Tillema (23) 20:55, 25-29: 1. Dan Kash (26) 16:15, 2. Brian McElroy (28) 18:39, 3. Chris Whitney (27) 18:42, 30-34: 1. James Hagel (34) 18:00, 2. Jeff Carter (33) 18:23, 3. Mitchell Smith (30) 18:54, 35-39: 1. Bill McQuown (38) 17:41, 2. Pablo Fernandez (36) 17:54, 3. Rick Berrios (38) 18:03, 40-44: 1. Larry Graham (43) 16:27, 2. Terry Alkana (42) 17:18, 3. Carlos Lopez (42) 19:28, 45-49: 1. Bill Sampson (48) 18:06, 2. Gordon Dooley (46) 19:23, 3. Alfonso Ramirez (49) 19:59, 50-54: 1. John Gonzalez (51) 18:32, 2. Richard Lewis (51) 18:57, 3. Bruce Wagner (54) 20:37, 55-59: 1. Mike Ishikawa (57) 20:34, 2. Duane Ringel (57) 23:39, 3. Bill Coomes (55) 24:11, 60-64: 1. John Harper (62) 21:27, 2. Calvin Ken (60) 23:43, 3. Herb Hoggard (63) 24:19, 65-69: 1. Jim Heltzman (67) 26:21, 2. Jack Adkins (65) 28:26, 3. Bob Berg (67) 29:52, 70&u: 1. Leo



Winner JANELL DAVOLINA (right) battles with runner-up ANGELA OREFICE at the Women's Distance Festival 5K in San Luis Obispo.

Photo by Vikki Waterbury



Electric City Challenge Series 5K winner ERIC ENGEL.

Photo by Vikki Waterbury

Santiago (70) 35:58.

### Women-5K

15&u: 1. Kristin Deatherage (14) 22:00, 2. Mylie Tillema (12) 23:20, 3. Bonny Thomas (12) 23:58, 15-18: 1. Stacey Young (15) 20:42, 2. Crystal Nylander (15) 21:33, 3. Erin Nelson (18) 22:05, 19-24: 1. Edwina Foley 924) 17:58, 2. Dersephone Lowery (23) 19:21, 3. Monique Allenbaugh (23) 22:18, 25-29: 1. Patricia Wisniewski (29) 18:43, 2. Cathy Andrew (28) 19:07, 3. Mary Schumacher (27) 19:36, 30-34: 1. Wendy Gawronski (34) 23:02, 2. Francine Clausen (31) 23:47, 3. Becky Ward (34) 23:52, 35-39: 1. Gina Krieg (36) 18:50, 2. Christine Boardman (38) 22:17, 3. Ellen Davila (39) 22:29, 40-44: 1. Lorraine Gersitz (41) 19:41, 2. Pamela Fisher (43) 21:56, 3. Shari Feducia (41) 27:21, 45-49: 1. Debby Jamieson (45) 18:46, 2. Sally Fimiani (48) 26:35, 3. Peggy Coon (48) 27:16, 50-54: 1. Nancy Tenberge (53) 22:26, 2. Diann Heyer (52) 25:10, 3. Sue Robbins (50) 25:46, 55-59: 1. Marilyn McMann (57) 36:05, 2. Joan Guisar (57) 42:14, 3. Georgeann Mollet (55) 46:37, 60-64: 1. Lois Calhoun (60) 24:30, 2. Charlene McCarthy (61) 46:39, 3. Josephine Trujillo (61) 49:17, 65-69: 1. Shirley Blackman (68) 39:58, 2. Louise Martin (66) 40:10, 3. Florentine Dittmar (66) 42:17, 70&u: 1. Dolores Russell (72) 49:00.

### 10K Men

15&u: 1. Surliel Vargas (14) 39:18, 2. Nef-talin Vargas (11) 48:34, 3. Drew Ashcraft (9) 52:20, 15-18: 1. Wayne Chen (18) 34:07, 2. Andy Kastor (18) 36:17, 3. Michael Solis (17) 43:58, 19-24: 1. John Taylor (23) 38:27, 2. Waller Jones (19) 38:34, 3. Martin Rosales (24) 39:13, 25-29: 1. Dennis Arnds (26) 35:09, 2. Alvaro Jimenez (29) 37:59, 3. Larkin James (28) 39:05, 30-34: 1. Dale Matsuda (33) 35:24, 2. Joseph Hageman (31) 37:12, 3. Kevin Taylor (32) 38:02, 35-39: 1. Nick Peach (35) 31:14, 2.

Tom Bertch (36) 34:00, 3. Rick Waterman (37) 34:49, 40-44: 1. Bruce Guter (41) 37:29, 2. Bob Morris (43) 38:57, 3. Lama Giuseppe (42) 39:19, 45-49: 1. Charles Nax (48) 38:26, 2. Richard Warren (47) 38:37, 3. Bill Sampson (48) 39:57, 50-54: 1. Wayne Mitchell (50) 36:37, 2. Andy Anderson (54) 41:28, 3. Bob Giblin (50) 41:43, 55-59: 1. Dave Hurburt (57) 41:51, 2. Jim Crandall (59) 42:53, 3. John Williams (58) 47:16, 60-64: 1. Charlie Unger (61) 49:54, 2. Ken Calvin (60) 56:15, 3. Jim Smith (62) 59:25, 65-69: 1. Tom Menchaca (65) 49:33, 2. James Brown (69) 1:01:24, 3. Harvey Levin (67) 1:02:31, 70&u: 1. Larry Banuelos (71) 46:14, 2. Sal Avila (72) 57:38.

### 10K Women

15&u: 1. Kirsten Clark (13) 54:22, 2. Kendra Shanley (13) 56:00, 3. Lindsey Dexter (14) 57:43, 15-18: 1. Jennifer Spahr (16) 41:00, 2. Jade Jamieson (18) 49:09, 3. Cynthia Cuno (17) 51:18, 19-24: 1. Summer Douglas (23) 48:22, 2. Karina Scharenberg (24) 52:16, 3. Diane Pratt (19) 53:40, 25-29: 1. Kim Coffelt (29) 45:28, 2. Beth Carr (27) 46:17, 3. Darby Hutcheson (27) 50:41, 30-34: 1. Jane Despas (30) 38:32, 2. Jacqui Vaskovich (31) 39:15, 3. Lisa Pate (33) 47:17, 35-39: 1. Michelle Singleton (38) 42:41, 2. Catherine Lama (39) 44:45, 3. Rebecca Lewis (36) 49:46, 40-44: 1. Holly Alvarez (40) 44:00, 2. Carol Wimbish (43) 44:22, 3. Mary Fee (43) 45:43, 45-49: 1. Silvia Rodriguez (45) 56:51, 2. Lyn Stroberh (48) 57:04, 3. Yung Park (48) 58:22, 50-54: 1. Patricia Dulan (50) 58:31, 2. Christina Cole (53) 58:56, 3. Thurston (51) 1:16:23, 55-59: 1. Dolores Holbrook (57) 1:02:39, 2. Kay Brown (55) 1:39:20, 60-64: 1. Selma Carr (62) 1:37:56, 65-69: 1. Mary Jane Brown (68) 1:23:10.



16th Annual  
**BRIAN STURGEON RUN**

To benefit United Cerebral Palsy & Winners On Wheels

**Sunday, October 22**

**Woodward Park, Mountain View Shelter**

Race day registration: 6:30 a.m.

Race director: Ken Takeuchi

**ENTRY FEES**

One Kilometer Kid's Run (after 9/29 will be \$7).....	\$5
Pre-registered Entrants (after 9/29 will be \$12).....	\$10
Race-Day Registrants.....	\$15
Centipede Teams.....	\$50

Entry fee waived for collected pledges of \$25 or more

**RACE DIVISIONS**

1-K Kid's Run ■ 2-Mile Walk, 2-Mile Run ■ 4-Mile Run

Age groups range from stroller to 70 years & older

**ENTRY FORMS AVAILABLE AT...**

United Cerebral Palsy, Valley Sports,  
Huebner Sports, Copeland's or  
call (209) 221-8272 to have an entry sent.

**AWARDS & PRIZES**

T-shirts for every entrant. Winners will receive medals.

Raffle for a mountain bike.

Grand prize drawing: Trip for 2 to Las Vegas (includes airfare)

Prizes ■ Raffles ■ Drawings

Donated from local businesses.



Sponsored by: California Fresh Grape Farmers; Quickie Designs, Inc.;  
Bobby Salazar's Mexican Restaurant & Cantina; Mix 102.7;  
A&M Carpet; American Eagle and Steven's Bike Shop