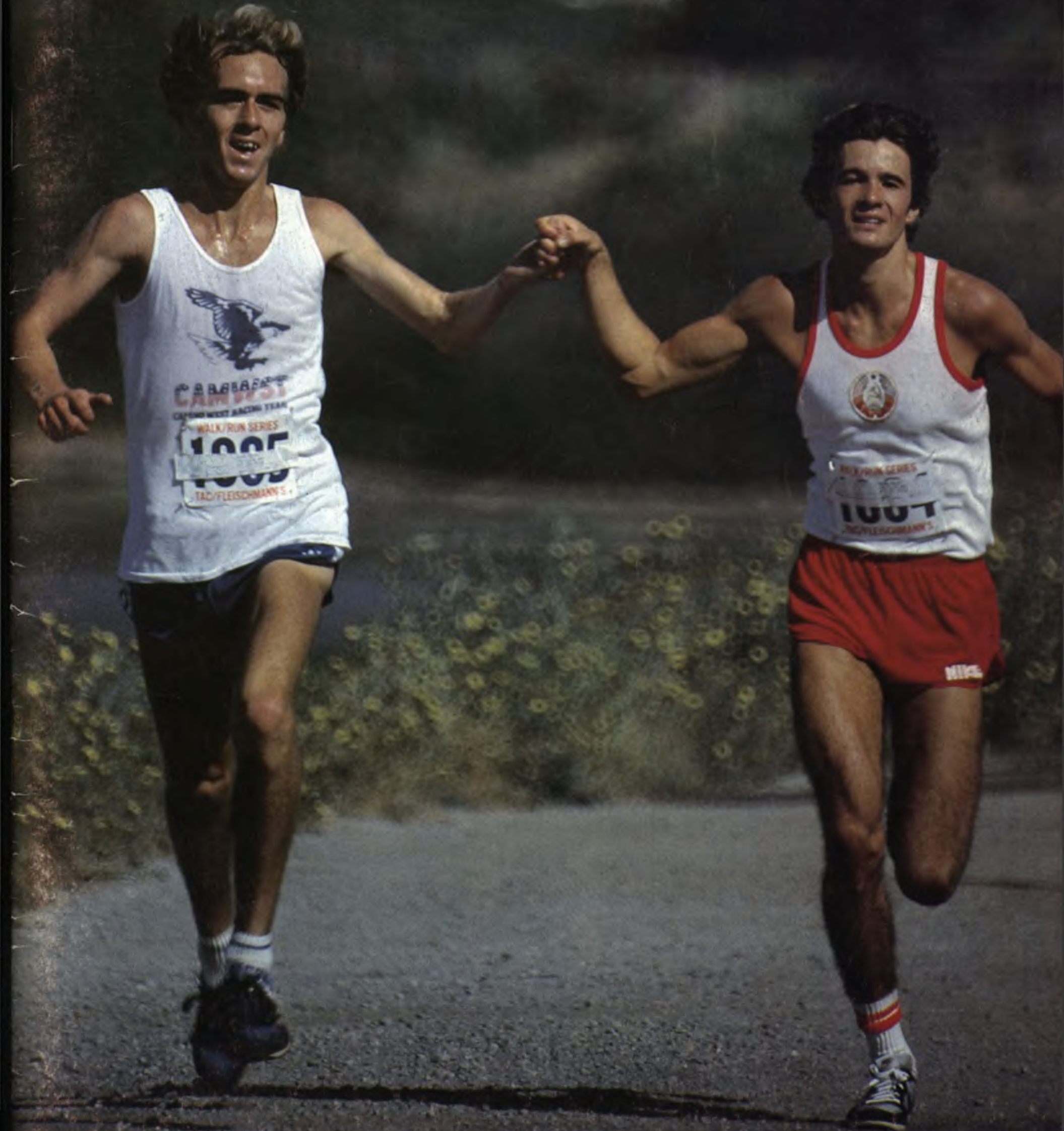


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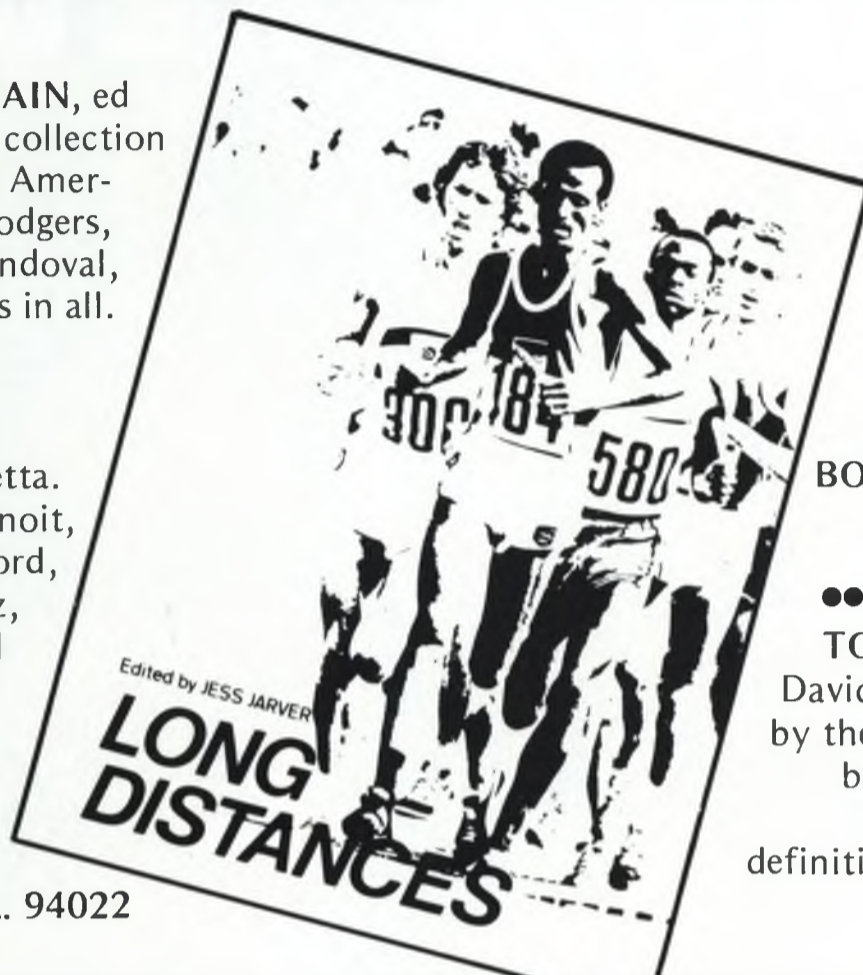


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January 1, 1981

8:30 AM 50 Plus Association 10K (Stanford Univ.)
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10:00 AM 1st Annual Runner's World Women's 10K Track Invitational (Stanford University)

11:00 AM 2nd Annual Runner's World Men's 15K Track Invitational (Stanford University)

12 Noon New Year's Day Saucony 10K (Stanford University)

1:00 PM Corporate Cup Trials for Indoor Meet (Stanford University)

January 2, 1981

7:00 PM 2nd Annual Runner's World Indoor Classic (Cow Palace)

January 3, 1981

10:00 AM — 5:00 PM Runner's World Health & Fitness Show (Rickeys Hyatt House)

7:30 PM 3rd Annual Nurmi Awards Dinner
Runner's World 15th Anniversary Celebration (Hyatt Palo Alto)

January 4, 1981

11:15 AM 3rd Annual Runner's World Women's 5-Mile Invitational (Downtown Los Altos)

12 Noon 4th Annual Runner's World Men's 5-Mile Invitational (Downtown Los Altos)

1:00 PM Converse Open 5-Miler (Downtown Los Altos)

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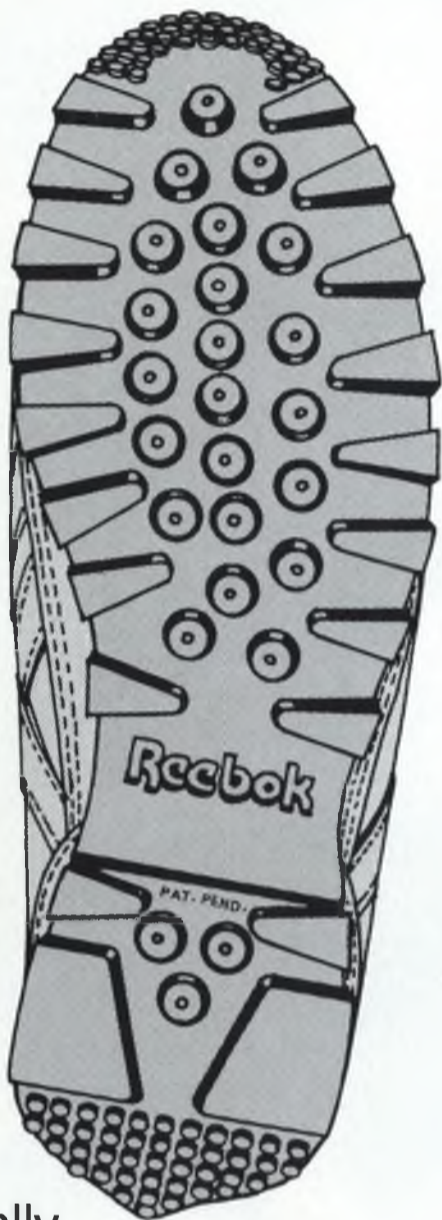
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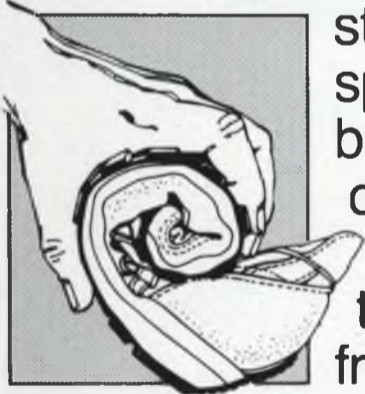
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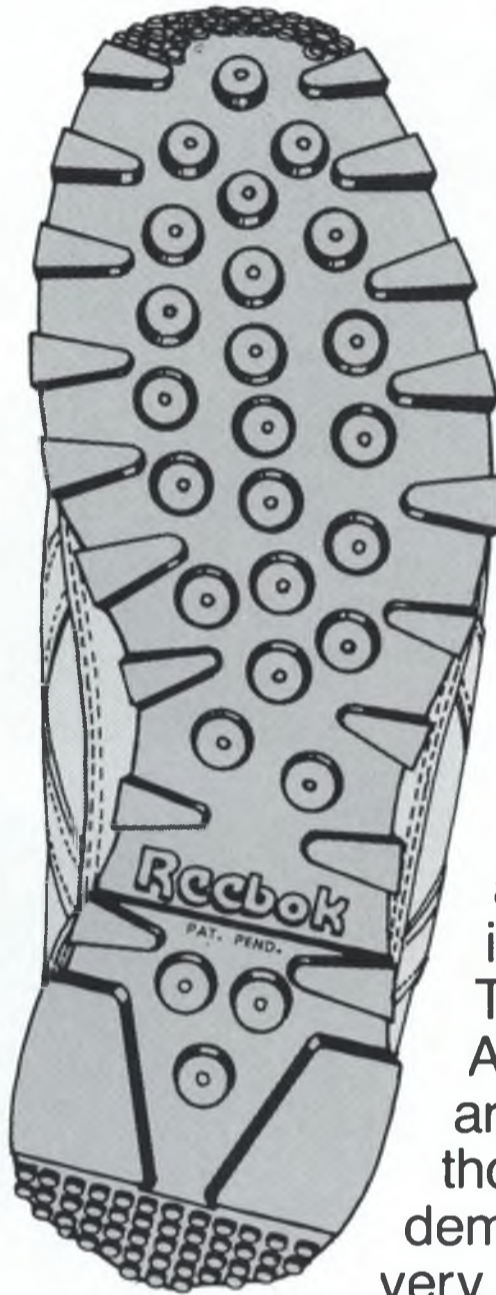


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UP FRONT

(L-R) John Moreno and Rod Berry intentionally tie for first at the super-competitive "Round Tiburon" Run, with both getting credit for a new course record in 41:02 (Mike Ruffatto held the old standard at 41:06). Full results in this issue. John Moreno is featured in this issue's "NorCal Portrait" column as one of the area's hottest distance runners. /Jim Engle/

FALL 1980 - No. 81

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CONTRIBUTORS: We cannot pay for articles because we are on a "shoestring" budget, but welcome any and all contributions for possible publication...please type if possible. Photographers may submit black & white prints or color slides (for cover)...we pay \$3.00 for each photo used (\$25 for cover photo/color).

CONTENTS

PHOTO QUIZ	8	RUNNING & STRESS	23
T.U.R.D. OF THE MONTH	8	SCHEDULING	24
THIS & THAT	10	RACE WALKING	30
CLASSIFIEDS	11	PREP RAMBLINGS	30
OUR READERS SPEAK OUT	12	NORCAL PREP BESTS (T&F)	31
THE HUMAN RACE	14	PREP X-C HIGHLIGHTS	34
NOR-CAL PORTRAIT	15	TRACK & FIELD RESULTS	35
RUNNERS' ZOO	18	CROSS-COUNTRY REPORT	37
THE RUNNING PODIATRIST	18	LONG DISTANCE RESULTS	40
SWEDISH MASSAGE	19	LATE GNUS	54

EDITOR'S MESSAGE

● NEW FIRST CLASS & FOREIGN RATES - We have been losing money on these two types of mailings and have therefore had to increase them in order to cover our costs. With the new heavier paper, the mailing rates have noticeably increased, so first class subscriptions will now cost \$5/year more than regular third class mailings (bulkrate), or \$13/year. The rate for all foreign third class mailings will now be \$11 per year (includes Canada & Mexico). Foreign air rates are generally about \$10/year more, but less for some countries. Actually, the above rates are for 8 issues, not for a year, because our frequency is no longer 8/year. These rates are effective immediately. By early 1981 we expect to have to increase our third class domestic rates to about \$10 for an 8-issue subscription because of expected postal increases and skyrocketing paper costs. This is the first increase we will have had in quite a few years. If you're planning on subscribing to NCRR, we suggest you do it before the end of 1980 to protect yourself against this increase. Also, please note that if you're a new subscriber, you can get a free book just by asking (see ad elsewhere in this issue).

● OLYMPIC REPORT - Your editor took a much-needed vacation to Moscow for the 1980 Games. It was a most educational experience but I won't go into details because our publication is not too concerned with events that aren't "local". I will say that I am not disappointed in having gone. I took 20+ rolls of color motion pictures of most the track & field finals and am in the process of editing them down to a presentation of about 45-50 minutes. Also included are some highlights from the closing ceremonies. I am in the process of trying to locate a suitable place to show these films (8mm). The charge will probably be \$1-2 per person (with possible discounts for families). While they are not what you'd call "professional", they show a lot more than Americans saw on local T.V. I am only trying to recover my costs, so I'm not attempting to pay for renting an auditorium, etc. The date(s) and location(s) of the showing(s) are not yet set, but if any of our readers can suggest place(s) to show them (with little or no rental charge), please contact your editor at your earliest possible convenience (415/341-3119). Those interested in seeing the film should send a S.A.S.E. for further information to the NCRR. We will mail you information when it becomes available. Incidentally, the film will be shown in conjunction with the first annual WVTC Sports Medicine Seminar, set for Dec. 20th at the Hyatt Union Square in San Francisco. It will be shown in the evening, along with a banquet dinner and concert, featuring Country Joe & The Fish. All subscribers will either receive a brochure on this Seminar with this issue, or in a separate mailing. Others may receive full information by sending a S.A.S.E. to NCRR. Hope to see you all there! □

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The NorCal "Photo Quiz" is sponsored by Clossco, local distributor for adidas. The winner of the quiz gets a choice of any pair of adidas shoes (subject to availability)... winner will be sent shoes by UPS or can pick them up at Clossco in San Jose. From time to time we may feature other things besides photos. Any and all materials should be sent directly to NCRR, Box 1551, San Mateo, CA 94401.

All entries for the quiz at right must be postmarked not later than Dec. 10th. All ties will be eliminated by a drawing...only one winner!

Last issue's winner was Vince Oronzi of Kentfield. Only one other correct guess was submitted (by Bruce Carradine). The photo is of Bill Catanese. We got other guesses that included: Paul Reese, Ralph Bowles, Darryl Beardall, Bob Beattie...the "lives in a North Bay county" clue doesn't fit either Reese or Bowles, however. Photo was taken in 1947! □



Name this well-known marathoner. No hints!

Perhaps our feature has drawn enough attention to the problem of unofficial runners and cheaters to get the point across. Although I still see as many as 10% "unofficial" entries in many of the local runs, perhaps the violations are not as problematic at the finishline as they used to be? We just hope that we have served some good purpose in bringing the problem out in the open so people can see WHY being unofficial can cause problems for race directors. The following letter from Tim Smith, who instituted the acronym "T.U.R.D." (The Unofficial Running Deviate), expresses his reasons for wishing the elimination of the column.

"A word or two may be in order in reference to this on-going T.U.R.D. controversy. You will no doubt recall that the original raison d'etre of the whole wretched business was the problem of the UNOFFICIAL runner. We all agreed that he/she constituted a real problem at races for ALL the runners, not just the trophy chasers. The unofficial runner takes advantage of the official course, the aid stations, the timing, the competition, the results, etc., and even often screws up the latter by slipping out of the finish area unaccounted for, having enjoyed all of this for nothing...well, actually paid for by the other runners. Every runner should take umbrage at this arrogance.

The extension of this concept to include cheaters is quite another matter, I think. It's rather difficult for me to imagine anyone getting worked up because someone else cheated, but I suppose that's only because I am a back-of-the-packer who never wins anything anyway. The NorCal running scene has a little of everything, even a few well-known cheats and course-cutters. So what?! The only people who get worked up about it are those who are into the point-total game and then some of them have their own little brand of cheating, like dropping out of a race when someone passes into first or second place so their place standings won't suffer. Those of us who know who the good, fast and honorable runners are don't need NCRR to tell us. Those of us who know who the cheaters are don't need NCRR to point a finger. Those who don't know, for the most part, don't care either. If a person has to have an award to reassure himself/herself that he/she is indeed a wonderful person then he/she has a problem that NorCal isn't going to be able to help a lot anyway. So let the cheaters cheat, (Pg. 10)

T.U.R.D. of the Month

For several reasons we have decided to eliminate this feature. First of all, we haven't had anyone submitted for our dubious honor in several issues now, and secondly, we have had enough letters indicating that the column was either "out of line" or not necessary to warrant its discontinuation.



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(T.U.R.D. of the Month, Cont'd...) the hotshots run their little hearts out (make no mistake...I wish I could run fast too) and the majority of us have fun watching the scene. Please, however, restore the proper tone and class of NCRR by dropping the T.U.R.D. into merciful oblivion!"□

THIS & THAT

●PEOPLE NEWS: - Noel Hitchcock, Sacramento State's cross-country coach and ex-All-American, took his life on Oct. 10th as a result of marital problems. His tragic death was discovered by a team member the morning of the 11th when he did not show up for the trip to the Stanford Invitational. --- Frank Geis, the grand old man of the Pacific AAU, has been hit by cancer of the kidney and was confined to Franklin Hospital the first week of July. He has undergone numerous radiation treatments already. We are not sure if Frank is still at Franklin or not, but perhaps our readers could take the time to cheer up an old friend by either: (1) Making a personal call (11 a.m. to 8 p.m.), (2) A phone call, or (3) A few written lines (Franklin Hospital, Castro & Debuca, San Francisco, CA 94114. His room number was 266 (phone 415/565-6779 to see if he's still at the hospital). --- Heike Skaden, who just set a new PA Women's Marathon Record at the OTC/Nike Marathon in 2:43:00, is reportedly out of action with a stress fracture. --- A special salute to our local Pacific Association Olympians who qualified for the U.S. "team" at Eugene... Bill Green (400m), Bruce Kennedy and Mary Osborne (javelin), John Powell (discus), Dedy Cooper (110mHH), Maren Seidler (shot put), Ben Plucknett (discus), and Robin Campbell (800m). --- Marcel Hetu is the new Associate Director of Northern California for TFA/USA (that's Track & Field Ass'n). TFA will probably host some clinics and all-comers meets in 1981 in the Bay Area. For further information on TFA activities, contact Marcel at 415/797-7424. --- With virtually all the big-name roadies holding onto their "amateur" status until the TAC/ARRA fight over the Grand Prix professional circuit is resolved, Tom Fleming was a big favorite in the Atlantic City Marathon, a race that offered big "over-the-table" prize money. But he went out too fast and the 82-degree weather caught up to him before he could make 20 miles. The winner was local runner, Ron Nabers, 31, of San Francisco, who finished in a slowish 2:31:10. Both Nabers and the women's winner, Katie McDonald (3:04:51), took home \$15,000 for their efforts. The local TAC is now trying to determine just what to do about Nabers' ama-

teur standing since he apparently did not turn over his winnings to his club, Greater San Francisco TC, as specified by the rules of the "game", as approved recently by the IAAF on a trial one-year basis. But more importantly, the race was not on the "approved" Grand Prix circuit for professional races and thus a true "professional" race. More on this when we find out! --- Michele Aubuchon of Cal-State Hayward placed a brilliant 11th in the international field at Falmouth in mid-August with a 39:10 clocking for the 7.1-mile course (5:31 per mile). --- West Valley TC's masters 2-mile relay team set a U.S. over-40 record in the Postal Relay Championships for Masters, sponsored by TAC on Sept. 6 at Edwards Stadium (UC Berkeley). Their time of 8:25.4 bettered the record of 8:27.2, held by the NY Pioneers since 1975. The team consisted of Tom Cathcart, Jack Knebel, Pete Richardson, and Dave Donaldson.



WVTC's record-setting masters 2-mile relay team (8:25.4) consists of (l-r): Jack Knebel, Dave Donaldson, Pete Richardson, and Tom Cathcart.

●RACE INFORMATION: - The 1981 Boston Marathon has announced a new set of qualifying standards for the 85th running of the race, set for Apr. 20. For male runners under 40, the qualifying time is still 2:50, set on a certified course since April 21, 1980, but there are three separate age brackets for masters now: 40-49 (3:10), 50-59 (3:20) and 60+ (3:30). Women under 40 must have run 3:20, while women over 40 need to have gone 3:30. Blanks will be available in January from BAA Marathon, Box 223, Boston, MA 02199 (send a SASE - legal size). See elsewhere in this issue for preliminary info on NCRR's 1981 Boston Marathon group package. --- The West Valley Marathon will probably not be held in 1981, due primarily to the fact that your editor no longer has the time to be race director, let alone get out timely issues! If you want to know for sure, a final decision will be made within the next few weeks...send a S.A.S.E. to NCRR: please do not call! --- Paul Masson Marathon will also go by the wayside for at least one year, but will probably be brought to life again in 1982 under new directorship. --- IAAF Cross Country Championships will be held in Madrid, Spain, on the 28th of March.

●The PA-AAU Office has moved - to 2200 Central Av., Suite 208, Alameda, CA 94501 (phone number not known). Robert De-Celle was elected the new PA-AAU President.

●NEW NOR-CAL LDR HANDBOOK: - Yes, there will be a 1981 LDR Handbook, featuring among other things...a schedule, of course, listing all races that paid an advertising fee of \$25. Also, there will be a listing of PA records for the four major age divisions at standard distances, and other goodies. The booklet will now cost \$1.50 due to increased printing costs, or add 50¢ for mailed copies. See ad in scheduling section of this issue for mail-order instructions. John Lehrer is the man mostly behind the volunteer effort to get this booklet off and running this time around. Nancy Lewis of Devil Mountain fame is helping with the mail order process. Discounts will be given to stores...write John Lehrer, 15468 Kavin Ln., Monte Sereno, CA 95030 (408/354-9935). All profits are to go to the local LDR Travel Funds.

●ROAD COURSE CERTIFICATION: - Persons desiring to certify a course should request details by sending a S.A.S.E. to Sheldon Gersh, 316 N. El Camino, #112, San Mateo, CA 94401. He also has "counters" available for use (free) which are needed to count bicycle wheel revolutions. Remember, times run on non-certified courses do not qualify for records purposes!

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• **NCRR LDR RANKINGS:** - Starting this year the NorCal Running Review will be using a panel of knowledgeable people to come up with the top long distance runners in the district. The exact method has not yet been devised, but it will involve at least one meeting and discussion, followed by some sort of balloting procedure. If you are knowledgeable in terms of knowing the best runners (in any division--open men & women; masters men & women), please give us a call and we'll be most happy to include you in most cases. We'd prefer having people knowledgeable about all divisions, but that is not mandatory. I already have some volunteers but we need more...if I don't get enough, then I will start asking! The meeting will take place in early 1981 (or possibly late 1980). The traditional perpetual trophy will be offered in each division, as well as a solid brass "#1" that can be kept by each division winner. This year we will also pick the top masters woman...something we have not done in the past. It will probably be necessary to have been a master for at least 6 months to be eligible (meaning that those who turned 40 after July 1 will probably have to wait until 1981 to be considered).

• **WVTC PREVENTIVE SPORTS MEDICINE SEMINAR:** - On Dec. 20th, the West Valley Track Club will present a major all-day seminar at the Hyatt Union Square in San Francisco (see full-page ad in this issue; write for brochure - WVTC Seminar, Box 1551, San Mateo, CA 94401). Proceeds from this event will go towards supporting the WVTC "Medical Annex" Research and Preventive Medical Care Program for national-class athletes. Featured will be such speakers as George Sheehan, Steve Subotnick, Bob Anderson of *Runner's World*, Harry Hlavac, Sue Stricklin, Andrew Carver, etc. The evening program will feature Dr. George Sheehan, highlights of the track & field events (color super-8 film) at the Moscow Olympics, including some of the Closing Ceremonies, and a benefit concert by Country Joe & The Fish. There are special family and club rates, as well as reduced rates for students. The main program will feature numerous lecture topics related to training and athletic injuries and also a series of workshops. There will also be space for exhibitors who will display a wide variety of products and services related to athletics and sports medicine. Individuals and businesses interested in purchasing display booths or in offering sponsorships for the Seminar or Medical Annex should contact Carol Jenna at Box 724, San Leandro, CA 94577 (Ph. 415/489-5662). The Seminar

currently has two major sponsors in *Runner's World Magazine* & Brooks Shoe Co. These two companies have shown a great deal of interest in supporting running and athletics on both the national and local levels. It is encouraging to see large corporations put back into running on a level equal to the benefits they receive. Their support of our local medical research program on sports medicine is a big step, showing that corporate sponsorship in the U.S. can show the way for increased government aid that will hopefully put our country's athletes in a position where they can compete on a level equal to those in the socialist camp. We encourage our readers to support the two above-mentioned sponsors through the purchase of their products, and we encourage other corporations to follow their example. □

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CORRECTION

Unfortunately previous announcements regarding the races may have given people the impression that all runners listed would appear at all races when such was not the case. In addition, due to an oversight, Ruth Anderson was not contacted regarding these races and, therefore, never committed to run at any of the races. We apologize to Ruth and to those who may have been misled by our oversights.

 **BROOKS**

WANTED--VOLUNTEER TYPISTS: The *NCRR* is in the process of purchasing a small computer with word-processing capabilities... actually it is being purchased by Jack's Athletic Supply and the *NCRR* will get free use of it. This is especially directed at WVTC members who have some typing skill and would like to learn (or already know) something about computers. The system will give us the flexibility we have needed for a long time... a way to have more people share in the work! Since all the profits go to supporting the club's travel fund, and since the magazine doesn't really make all that much profit anyway, it is absolutely necessary to have volunteers...hopefully that will be able to help on a regular basis (not just one issue). In the past, we've had numerous volunteer typists, but it's been more time-consuming editing and pasting-up than doing it as a "one-man operation", which is how it's currently done. With the editing now being done electronically, before it's actually printed, a large block of the work can be done by others at a real savings in time to your editor. It's not necessary that you've had experience with a computer, although it would be helpful. The main thing is that you have fairly good typing speed and have a desire to help! Even if you aren't fast, we can use you! Most of the typing will probably have to be done "in house" (San Mateo), but could be done elsewhere on diskette.

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Our Readers Speak Out

QUANTITY NOT QUALITY

THE AGGIE RUNNING CLUB (Davis, CA) - "After reading the suggestions by Joe Henderson, printed in the Summer edition, we all said: YES! We are disappointed that you do not consider his suggestions more seriously. It would seem that your plans to cut back on track and cross-country and the low "quality" races is completely contrary to the NCRR concept. We should be able to find results for all the obscure races in NCRR. It is our *ONLY* source! Big-time running magazines and *T&FN* cover the "quality" races, so don't compete. You can't do better; they have the bucks. NCRR is the right place, however, to publish results of fun runs and all-comers meets. It is really our firm belief that NCRR should emphasize *quantity, not quality.*"
(Ed. - I think that you'll find a lot of "obscure" little races in the results section of this issue. I will still cover the "quality" races within NorCal because they are local and need mention. I have cut back on races in Southern California unless they are important (I don't receive a lot of SoCal results anyway). I will/have cut back a lot on college/high school results because the local newspapers usually do a pretty good job. Since I can't let NCRR grow too big (number of pages per issue), I really don't have a choice but to cut back somewhere. I regret that this displeases some of you, but we feel that if we can please most of the readers, that should be our main goal. If I'm having trouble getting NCRR out 4 times a year, it's obvious I can't make issues BIGGER! So if I stress more races, we'll have to go not quite as deep...hope we're hitting a happy medium? Let us know what you think!)



CORRECTION

JOHN WEIDINGER (San Francisco, CA) - "The April 14, 1980, editions of the *San Francisco Chronicle* and *San Francisco Examiner* printed a story of hikers walking across the San Francisco-Oakland Bay Bridge on April 13th. The stories stated that this was the first time since 1936 that the bridge had been opened to pedestrian traffic. The two writers were WRONG. During the last several years there has been a marathon footrace which started at Treasure Island and came across the San Francisco side of the bridge and into San Francisco. There has also been a footrace that has come across the entire bridge, starting on the Oakland side and coming into San Francisco."

REBUTTAL

KEN ISRAEL (San Mateo, CA) - "Scott Molina complained in NCRR #80 about the Pulgas Peddle 'N Plod Relay. He made the following charges which I wish to clarify. (1) He stated that no access to the bike or run portions by car made things very difficult...there was TOTAL access to both starting points by car up until twenty minutes before the race began. Cars were stopped at that time to insure the safety of all participants. (2) No restrooms at the start and finish points...there were chemical toilets at the start and finish line. (3) Insufficient course guides and markers...the course was clearly marked with paint, chalk and flagmen. Out of 550 participants, only one person got lost! (4) Bike pile-up and confusion at the exchange point... there was confusion at the exchange point as bikers attempted to find their running partners. I'm sorry to say this situation is unavoidable. If Mr. Molina wants to see some real confusion, I recommend he witness the exchange point in the Great Race (Rancho Cordova), a race that has been staged seven years! (5) A fifteen minute wait at the finish chute...there was a delay at the finishline, as we had to take names and addresses of the last 125 runners to mail-out T-shirts (we only ordered 300 because this was the first year the race has been held). Those additional T-shirts were mailed out three days after the race! (6) A totally inadequate aid supply at the finish...there was orange drink for 500 participants and water fountains in the area. (7) Cracker-Jack prizes for the winners was an insult... for a \$4 entry fee, all participants received a high-quality, race T-shirt, beverage, 35 custom plaques to division winners, and \$600 worth of gift certificates at California Sports & Cyclery drawn randomly so all participants could have a chance to win! What does this blood-sucker want? A Porsche? The truth of the matter is that this individual arrived at the race site so late that (1) he couldn't drive to the starting line; and (2) he didn't receive an instruction sheet that was passed out during registration which contained the course directions.

In conclusion, Scott Molina said he had been to over 100 road races, and this was "the all-time loser." To that, I can only say, it takes one to know one!"

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T.U.R.D. SUPPORT

JOHN WEIDINGER (San Francisco, CA) - "I support the 'T.U.R.D. of the Month' (The Unofficial Running Deviate) article. Something must be done to discourage and stop runners who violate the rules of long distance running and disregard the concept of good sportsmanship. If the governing body of this sport will not take appropriate action against runners who violate the rules, then something must be done to help correct this growing problem. It is hoped that the 'T.U.R.D. of the Month' article will help prevent runners from willfully and knowingly violating the rules of long distance running.

I have to question the integrity of those runners who say they gladly accept the 'T.U.R.D. of the Month' award, as well as question their conduct which led to their being selected in the first place. I feel the readers should question the runners who are selected for this dubious honor...not the article that exposes them. It is the T.U.R.D. who hurts the integrity of the sport, and it is the article which tries to protect the integrity of long distance running."

CHANGES

JOE OAKES (Los Altos, CA) - (Ed. - The following letter was sent to Bob DeCelle, current President of the PA-AAU, and is being reprinted here because it is essential that local clubs and runners be aware of the changes taking place in the process of changing control from the AAU, now merely a service organization, to TAC (The Athletics Congress)...cont'd on pg. 14.

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TFA National Masters
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Joe Oakes is the newly elected PA-TAC Men's Long Distance Running Chairman. See "Area Contacts" under Scheduling Section of this issue for his address.) - "Dr. Harmon Brown called a meeting of the PA Athletics Congress at his home in Foster City on Oct. 13, 1980. Among other things, it was decided that the local Athletics Congress (TAC) would set up its own offices independent of the PA-AAU and would, as of Jan. 1, 1981, no longer utilize the services of the Pacific Association, AAU.

We expect some thorns in the turnover and request your assistance in making it as smooth as possible in order that the needs of the athletes be best served. We therefore make the following requests of the PA-AAU:

(1) Please give us a complete and up-to-date financial statement of the accounts of the various sports committees which are to be part of the Athletics Congress;

(2) Please issue a letter under your name advising all athletics clubs (LDR, Track & Field, etc.) that they are to send their 1981 registration to the Athletics Congress, not the AAU. We will use the home of Dr. Harmon Brown as a temporary address until we find permanent facilities. Dr. Brown's address is: 345 Bowfin Ct., Foster City, CA 94404;

(3) Please do not accept any further funds relating to Athletics Congress activities. These funds should revert to the appropriate sports committees and be available to the athletes, to whom they rightfully belong. Should such funds be sent to you, please return them with an explanation or send them to the Athletics Congress, who will then explain the changes to the appropriate people;

(4) We do not believe that it is your desire to take advantage of the ignorance generated by confusion in the minds of certain clubs. We therefore request that any clubs relating to athletics activities which have already paid their 1981 club dues to the AAU be advised by you that those funds should be sent to the Athletics Congress in care of Dr. Brown, and we request that you arrange to have those such funds in your possession transferred over to him.

The next several months will be a trying time for both the AAU and the Athletics Congress. In order to get over this trying period, it will be necessary for the PA-AAU to openly and

honestly cooperate and encourage clubs to move in the right direction. We thank you in advance for that cooperation." □

THE HUMAN RACE



Runners seem to be an opinionated lot, especially when it comes to those international affairs which touch on their lives. Few of them like the idea of the draft, the Olympic boycott, or anything which tampers with their sense of how they should work out a destiny.

That's part of the appeal of running, perhaps, as it is kind of an adventure in freedom. The only trouble with a solo view of the world is that occasionally some sword-rattler rankles some other sword-rattler and the hot heads get into a scrap that involves us all.

Take, for instance, Fidel Castro...probably a nice guy on a one-on-one basis if you happen to like dictators, but Angel Ramon Martinez doesn't, and he's Cuban to his brown fingertips and toenails. He's every muscle and fiber a runner as well. These two characteristics give him a vantage point to examine the precious gift of American freedom, and what he's willing to say or do to protect it.

The mature athlete has one of those swarthy complexions which almost makes him look like he invented the five o'clock shadow. His ordinarily serious demeanor, coupled with an introspective style gives him an air of scholarship usually reserved for people who write dictionaries. But it's partly a facade, as he is one of the two eccentrics who put together the centipede division when it first made its 26-legged debut in the Bay to Breakers. He's a beret-wearing member of the Aggie Running Club, which takes its running with tongue in cheek.

But there's a brooding undercurrent in Martinez which surfaces when he looks mistily into his past and hungers for his family--still under the thumb of an oppressive regime. Safely tucked into a typical American lifestyle in Alameda, he has deeper yearnings for his motherland and to see his parents, brothers and sisters and to share his blessed adopted country with them.

His humble beginnings in Camaguey, Cuba, the mountainous provincial capital, give his strong peasant identity with the agriculture of sugar cane, coffee and tobacco, the economic base of the island nation. His father labored on the railroad, laying ties in the back-breaking toil so familiar to the downtrodden. His mother, an illiterate barmaid from Havana, more than documents his share of being on the bottom of the social scale and economic ladder.

It's in these beginnings that lay his emigration to the United States while all the rest of his family remained behind. One brother became a member of the Cuban army, a sister became a government nurse, and his father a conductor on the federal railroad. There was a plan for all to leave, but like most human endeavors, they went astray. Philosophically, Martinez shrugged about his family's relationship to the government..."At least you get to eat properly and get things to wear; that's the way things are in this world."

His arrival in the United States came as a result of being sent by his father at age 3 to reside with his great aunt who worked as a domestic in New York City. Growing up in a tough, gang-oriented neighborhood, he developed a crime-oriented lifestyle. "The South Bronx apprenticeship in a gang is approval to rape, pillage and plunder," he explained. But fortunately another move, to Alameda, came just before he became a fairly experienced criminal.

By the time he arrived in California, his accent of Cuban and New York influences, plus his South Bronx clothing, branded Martinez as an outcast, with resultant fist-fights. "I got respect," he explained, "but not from my peer group!" That type of acceptance came through his running, which also helped him regain his self-confidence. It was a sad commentary

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on high school physical education that he, although fairly competent at basketball in New York, couldn't even get a try-out with the California team because the coach would only accept tall players.

But running became his specialty, and with it he ran a 4:19 high school mile and a 9:25 two-mile in 1973. "We didn't even have a track, and Alameda Community College put up a fence and hired a guard to keep us out," Martinez continued, in soft criticism of the educational system in the West.

He turned to AAU club running, participating for the Alameda Track Club. "We kind of ran by ourselves as the club was merely an umbrella organization," he explained. And run he did, a 2:56 in the Golden Gate Marathon at age 15, and a 1:52 the same year in the Pepsi 20 Mile. He was second in the Statuto at age 17, the near the course record was broken by Phil Camp.

But it was at U.C. Davis that he centered in on running and learning. He earned a B.A. in Rhetoric and became an All-American in both track and cross-country. He still holds the record for the Davis 5-mile cross-country course at 24:13 (school record).

Subsequently he joined the Aggie Running Club, which he and Peanut Harms helped vitalize. The Aggies' record speaks for itself, but Martinez also speaks for himself with eloquence when looking back at running and the future of his newly adopted country and its treasured rights.

"I was one of the few athletes who supported the boycott, and I don't mean Carter's boycott but the freedom boycott,"



Angel Martinez /Dennis O'Rorke/

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he angrily pointed out the difference. "I lost some friends as a result and alienated many others, but the real issue wasn't athletics, politics, or the Olympics; the real issue was freedom, and I had to make my own choices," Martinez related. It's twisting facts for self-serving purposes to view the boycott any other way," he added.

There was a sudden hush as he labored at the next sentence. "I just had to take a step back and ask, what the hell I was doing. I had left the group thinking and had matured from excellence in athletics to excellence in citizenship," he went on to advise. Running, he felt, was stifling him and his viewpoint. Consequently, the boycott gave him both the opportunity and agony to decide his own correct course of action.

"I was no longer just a long distance athlete; I was an American, or better yet, an American individual," he concluded.

The rest remains with the future. Martinez still continues his association with running and runners, but more mildly. "I jog with my dog for enjoyment and maintenance running," the former Cuban smiled. "I can now run or not run; it's up to me and not the group."

His other associations with running comes from his continuation with his leadership in Starting Line Sports in Mountain View and his own new sports store in Alameda, Island City Sports. He also continues his relationship with the Aggies but on his own conditions.

"After all, running faster doesn't mean you're better; running also doesn't validate you as an individual," he concluded.

We talked lightly about some other things after the heavy part of the conversation was over. Something deep and urging wanted me to tell him that he was on the right track, but it's not one all that familiar to runners and contemporary generations. It's the oval circuit of the solitary--tormented by having to run in the opposite direction of the pack.

One thing for sure about Angel Ramon Martinez. If I ever had to put my money on a patriot, he's one Cuban-American whose a sure thing in a fist fight or any other battle in defense of his adopted country. □



NOR-CAL PORTRAIT

BY STEVE PALLADINO

Not too long ago, John Moreno and I decided to do a fartlek run of 16 miles along the beautiful Sawyer Camp Road and its adjoining trails in the San Francisco Watershed area. We had done the same run two evenings earlier and produced some fast (it seemed to me) times for our half-mile and mile repetitions. Thus, I was quite fatigued before we even started out on this particular run. After our first four miles, which we used as a warmup, I told John that I was only going to run 14 miles because I was tired. John decided to go the full 16 and just pick up the pace so we could finish the last few miles together. John picked it up alright...he covered the next 4 miles of the measured (with mile markers) course in 19:33! Needless to say, he caught me on the way back in and we finished together. You would think I'd be surprised and envious of that kind of performance during a 16-mile training run. (Continued next pg)

Envious, I was. Surprised? No way! As a Camino West team mate of John's for so long now, I've come to know very well John's ability to consistently turn in great times.

John feels that consistency is dictated to him by the Bay Area race schedule. He points out, "There are so many races each weekend, that it spreads out the runners." At one race there are maybe only 3-5 runners that show up that are capable of offering a challenge to John. "Every race has the same competition, only the names and faces change," says John. Therefore, John has to be ready each race for a challenge, but he rarely has to really dig all that deep into his reserves. The result is that he's able to go week-in and week-out performing superbly, but never over-extending himself. Furthermore, he feels the Bay Area lacks the "really big" races that draw the best local runners plus some of the big national names together at one time. The Wharf to Wharf (Santa Cruz) and Runner's World Invitational are the ones he thinks most closely approach the ideal big race. So, without the big race to point for in the Bay Area, John competes every week or two without training down. In order to win under these circumstances, John developed into a runner that is able to consistently come up with good times.

But there has to be more than the local race schedule that developed John to his level of performance. What has enabled John to attain his recent PR's of 14:10m, 23:02 (5 mile), 29:13m, 45:23 (15K) and 2:18 (marathon)? The key has been that John has been able to build his training up to an *average* of about 120 miles per week without any sidelining colds or injuries since February 1979. The last time John was sick was February 1979, with bronchitis. The last time John was injured was April 1978, with a sprained ankle. Being able to train for that long without any layoffs longer than a day or two has enabled him to very, very gradually increase his weekly mileage level. This has allowed his body to adapt to the training, rather than be broken down by it. The training level John has attained over this time period is as follows:

Monday--16 miles easy (6:20 to 6:30/mile)
 Tuesday--(a.m.) 15 miles in 95 minutes
 (p.m.) 5-7 miles fartlek (400-1000 yds. racepace
 Wednesday--18 miles medium (split or all at once, depending on work)
 Thursday--same as on Tuesday
 Friday--15 to 20 miles, split up
 Saturday--16 miles easy
 Sunday--20 to 25 miles good pace (6 min./mile if flat);
 occasionally on Mt. Tamalpais

When, by chance, John finds his pavement pounders growing sore, he'll ease up on the throttle a bit and try to find more grass and soft surfaces to run on. He finds this is a good method to avoid injuries. To avoid colds, John will try to get a little more sleep (when work will allow) when he feels one coming on. Also, John has been augmenting his diet with vitamin C for the last year in an effort to avoid colds.

John's running career has been one that has been a series of confidence boosting "breakthroughs". Each breakthrough would push John to a new level of expertise, never to return to the old one. John's high school and junior college careers at Terra Nova (Pacifica) and Skyline (San Bruno) were marked by an abundant number of honors, but he never trained all year around, only training during the season. He had times of 2:01, 4:24 and 9:39 in high school; 1:57 and 4:20 in J.C. One of John's first big breakthroughs was finding out how much he loved racing on the roads. This took place following his second year at Skyline. John raced Felton and placed seventh. The place isn't all that outstanding, but John impressed himself with the number of people he defeated. This spurred John on to train year-round and attempt double workouts. When he began track at San Francisco State, he had another breakthrough...when he ran 14:45m early in the season against Nevada-Reno.

The summer following that 1976 season John ran a 28:33 for the 5.813-mile Wharf to Wharf Race, the first time he had gone under five-minute pace in a road race. By the 1977 sum-



John Moreno /John Sheretz/

mer road race season John was consistently training 100 miles per week for the first time. The training produced seventh place finishes at Holy City and the PA-AAU 15K (48:00), a third at the Wharf to Wharf (28:13), and second place finishes at Felton and the Daly City 10K (30:45). In the 1977 cross-country season John had another breakthrough, this time at the Aggie Invitational at U.C. Davis. He ran 24:32 for 5 miles, finishing fourth. This was his first big finish in a major college meet. He followed that performance with a second place Far Western Conference finish (30:32 10K) and then took 20th at the NCAA Division II Championships (All-American status). In the Runner's World Midnight Run that winter John ran 24:09 for 5 miles, beating every top local runner except Duncan Macdonald (who won over Bill Rodgers) and Mike Pinocci.

The spring of 1978 found John starting to win road races consistently, with a 30:30 solo 10K at the adidasathon in San Jose his most notable performance. That summer John lowered his 10K PR to 30:18 at the Daly City 10K, an impressive time considering the hills. He also broke Brian Maxwell's course record for the Belmont Steaks. John ran cross-country for Camino West in 1978. During that season John lowered his 10K PR again at the PA 10K Championships, this time to 30:09. He then went on to place 46th at the National AAU Cross-Country Championships. At the Runner's World Midnight Run that winter, he ran what he considers the biggest breakthrough of his career. That cold winter night John came to run a race where there would be no holding back. He would run this race as fast as he could for as long as he could. His effort resulted in

a scorching 23:02 5-mile clocking for ninth place in a world-class field. Since that time, it has been a very rare occasion when John would lose a race. In August of 1979 John was married to his girlfriend, Linda. Soon after, he lowered his 10K to 29:36 at the Diet Pepsi Regionals. He recently lowered his 10K PR again to 29:13 at the 1980 Martin Luther King Games.

In case I have made it sound as though John never encounters any problems, I apologize. John does indeed have some major hinderances to his realizing his full ability. The first is his work schedule. John's job at a supermarket chain is reset every week. Therefore, John can never develop a planned training schedule for any lengthy period of time. Furthermore, he often has to work swing shifts and odd hours. This is an added disruptive factor to his training. The second hindurance John meets is his difficulty in peaking himself for a specific race. John can go through a whole year, never training down, but running superb times. Yet, in the two races in the past year that John trained down for in an attempt to peak, both resulted in disappointing races. One was the Olympic Trials Marathon, where he DNF'd, and the other was the 1980 San Francisco Marathon (he won in 1979), where he finished second in a time well off his PR for the distance.

In the future John hopes to perfect his ability to peak. He would like to travel more often to the "big" races around the country to test himself against the top national competition. He is seeking continued improvement over the next two to three years, if all goes well. I wouldn't be surprised in the least if Bay Area running fans see John Moreno's name next to the number one spot of some of the top national races in the near future. □

MOSCOW OLYMPIC FILMS!

Did you ever wonder how some of the races developed at the Olympic track & field competition this year? Your editor was in Moscow and took over an hour of Super-8 movies of the athletic competitions and closing ceremonies. We have yet to find a suitable (cheap or free) location to show them (other than at the WVTC Seminar on Dec. 20), so we are open to suggestions. If you are interested in seeing the films, please send a S.A.S.E. for full information when available (use NCRR address). Cost of the showing will be \$1.50 to \$2.00 at most.



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RUNNERS' ZOO

by Jim Nuccio



WELCOME TO THE EIGHTIES!!

The worst thing about making the transition from one decade to another is reading all those inane articles comparing the two decades, predicting what to look for in the new decade, etc. Being almost a year into the 80's, you're probably relieved that you've read the last of those articles, right? Wrong!!

Since the NCRR is published only once every other new moon, I haven't had the opportunity to write my inane article comparing and contrasting the 70's and 80's and making some bold prognostications for the new decade. Unfortunately, here it is. Some of my predictions will shock you; others will utterly amaze you. All of them, though, will make you wonder if I didn't spend the majority of the last decade sniffing Testor's model airplane blue.

In 1983 Herb Lindsay will win the Bay-to-Breakers in 35:03, 7 seconds under the old record and 7 minutes before the last finisher starts!

The pets of the 70's were tarantulas, piranhas, king snakes, hermit crabs and ocelots. The pets of the 80's will be earwigs, sloths, carp and warthogs.

Regarding injuries, in the 70's it was posh to have a stress fracture. Now, knee injuries are in, especially if you have it examined with an arthroscope ("Hey, I just had my knee 'scoped'").

Arnold Schwarzenegger will win the 1984 LA Olympic Marathon as he will be the only runner (and only finisher) who won't be mugged while running through MacArthur Park in downtown LA. Before the start of the race, all contestants will receive mandatory physical examinations and rabies shots.

Awards at West Coast road runs in the 70's were recycled motocross trophies, finisher ribbons and t-shirts. Awards at West Coast road races in the 80's will be recycled motocross trophies, finisher ribbons and t-shirts. Awards at East Coast road runs in the 70's were black and white TV sets, Timex watches, and \$5,000. Awards for East Coast road runs in the 80's will be color TV's, Rolex watches and \$10,000.

In the suburbs of LA and SF, pup tents and abandoned '57 Chevys will be the abodes of the 80's, as the median price for a 3-bedroom stucco track house (without Genie garage door opener or hot tub) hits \$325,000!

After the "Big Quake", SF Bay will extend inland to Council Bluffs, Iowa. Pismo Beach will become the new state capitol of Hawaii.

The Academy Award in 1988 for Best Movie will go to George Lucas', "The Empire Strikes Back - For the 23rd Time." Lubbock, Texas, will replace the Castro as the gay Capitol of the U.S. The Castro will become a hangout for retired Croation cabbage farmers.

The drinks of the 70's were Perrier, white wine and apricot nectar. The drink of the 80's will be anything served after an athletic event that tastes like the fluid exuding from your pores.

The foods of the 70's were tofu, chili dogs, soy beans,

frozen yogurt, granola, quiche and anything organic. The foods of the 80's will be toast, turnips, chocolate-covered baby bees and buffalo helper.

In 1982, 879 people will starve to death waiting for their luggage at SF Airport. The Airport Commission will announce that the completion date for the parking lot renovation program will be in mid-November of 1992, 3 weeks before the completion of a passenger monorail system that will render the parking lot obsolete.

The 1984 Olympics will add such internationally popular events as roller ballroom dancing, competition buffet brunching, and brown-water frisbee floating on the LA river.

The 80's will see a new wave of realism in movies about running. No longer will we see Ryan O'Neal, in gleaming Converse All-Stars, popping Vitamin-C tablets during the Rome Marathon minutes before crashing into a statue depicting the rape of the Sabine Women. Nor will we have to endure Michael Douglas, after years of intensive training on beer nuts and gimlets at the local tavern, workout for 2 months and make the Olympic team. Runners will now be portrayed by actors with a runner's physique, such as Woody Allen.

The apparel of the 70's consisted of jogging togs, designer jeans, the Lumberjack look, the running bra, and anything with a French name stitched on a pocket. The clothes of the 80's will be designer jocks, epaulets and Calipso pants.

The 1984 Olympic men's 1500 meters will be won in 3:52! The slow time will be attributed to the tactical aspects of the race. The oxygen masks and air tanks the runners will need to wear might also contribute to the slow time.

The Scent of the Seventies: marijuana finger.

The Odor of the Eighties: DMSO breath.

Welcome to the Eighties!! □



Harry F. Hlavac, D.P.M.

Any readers who have some sort of foot or leg problem can take advantage of our free "Medical Advice Column". ALL QUESTIONS SHOULD BE SENT TO: -- Dr. Harry Hlavac, DPM, 36 Tiburon Blvd., Mill Valley, CA 94941 (Ph. 415/388-0650). Thanks for your support of this column! From time to time we will reprint letters written by our readers.

"FOOT ORTHOTICS - PANACEA, CRUTCH, RIPOFF OR NECESSITY"?

(Current thoughts on orthotics)

The use of orthotic devices in athletes is the practical application of biomechanics to enhance performance. The term "orthotic" refers to a "straightening or correcting" device. Biomechanics is the study of the physical mechanical aspects of movement. Efficient foot and leg movement will maximize performance and minimize injuries. Professionally made orthotics have become well-known by athletes and the subject of research studies and articles. Many world-class athletes wear orthotic foot supports. The decision for the sports medical professional to make appropriate orthotics and for the athlete to wear these devices is quite complex and depends on many factors. Orthotic devices have been used by Podiatrists for many years and applied to sports medicine more recently. It is difficult for the athlete to know where to turn when these devices may be made with or without foot measurements or making a cast model, for a wide variety of fees, and by many different, well-intentioned professionals--podiatrists, orthopedists, certified orthotists/prosthetists, physical therapists, athletic trainers, chiropractors, custom shoemakers, shoe repair shops, and even ski boot fitters and running shops. There are mail order casting systems and prefabricated devices, and over 50 orthotic laboratories throughout the nation, some of which advertise in sports magazines and have "marketing" influence on the frequently confused athlete who comes to the doctor with specific requests that may or may not be in his best interest.

Research has shown that there are many different body and foot types, and that the normal foot during walking and running should be a pronating mobile adaptor during the contact phase and a supinating rigid lever during the lift-off phase of the gait cycle. If the foot is excessively pronated or flattened during contact it becomes an inefficient loose "bag of bones", incapable of firm support and stability, producing hypermobility

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with strain on joints and fatigue of muscles. Excessive pronation leads to a majority of medial or inside problems of the foot and leg, such as bunions, arch pains, plantar fasciitis, shin splints along the inside third of the leg, medial knee pains, "runner's knee", chondromalacia patella, and muscle strains of the medial thigh muscles. If one foot pronates more than the other it produces a functional limb shortage on that side. Pronated foot types need firm supportive materials in orthotics and shoes. If the foot is incapable of adequate (cushioned) pronation during the contact phase or is a high-arched rigid type, then it remains supinated during contact and produces impact shock injuries, especially affecting the lateral, outside area of the foot and leg: calluses under the fourth and fifth metatarsal bones, cuboid bone pains, peroneal muscle pains, stress fractures of the fibula, lateral knee pains, thigh muscle problems, and hip joint pain. Supinated rigid feet require treatment with softer materials in shoes and orthotics.

The main objective of treatment with orthotics is to cushion, balance and control the moving foot around the ideal positions for the individual. This prevents inefficient compensations and guides the foot and leg through the proper position and range of motion. The analogy is often made with eyeglasses which correct the vision, not the eyes. Orthotics correct gait and foot function but do not "correct" the foot structure. Many times an athlete requires a simple arch support or (wedged) heel cup rather than a custom-made orthotic device. The "over the counter" supports we often recommend are the Scholls 610 or 611, Pro-comfort, Spenco Flexible or Soft orthotic supports, the Runski, the permafoam insert and various heel cups, cushions, lifts, and wedges. There are many other worthwhile supports available through running magazines and stores which may be tried before getting a custom-made orthotic. Many sports professionals use temporary orthotics or tape strapping methods before considering a custom laboratory-made device. This helps define whether mechanical therapy is helpful and separates a short-term acute injury from long-term mechanical imbalance requiring on-going treatment.

There are many materials used to construct orthotics such as leather, firm or flexible plastic, steel, rubber, and foam. Soft materials cushion well but change shape, dynamics and tend to break down with use. Soft orthotics are best for impact shock related injuries as found in high-arched rigid feet. The more rigid materials are excellent for balance but not for shock absorption. They hold up well and are recommended for flexible foot types. The general acceptance among sports medical practitioners is that it is not the material so much as how it is used and what follow-up care is included. Patients should know that the fees they pay are for the services, not devices. The cost for construction of orthotics is not so much for the device itself as for the time, knowledge, competence, integrity and reasonable business profit of the practitioner. Laboratory cost for the doctor is about 30% of the orthotic case fee, which includes a thorough history, gait evaluation, measurements, casting, the orthotics themselves, and follow-up care.

Foot orthotics are good for all mechanical foot problems and helpful for related (secondary) imbalance or impact shock involvement of the leg, knee, thigh, hip and frequently the low back area. If there is any primary injury of, for example, the knee, where there is swelling, clicking, popping, locking or giving way, then that should be treated by the appropriate professional independent of the use of foot supports.

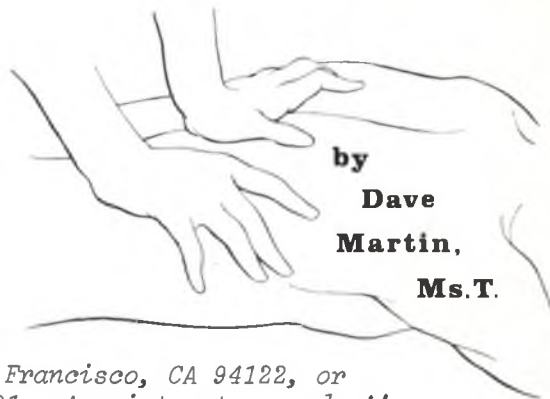
The design of many walking and sport shoes frequently includes orthotic principles and provides a removable insole which can be individually modified. This trend throughout the sport shoe industry shows that there are specific needs for the individual athlete and his sport, and that there is no "number one" shoe for all people. Normally, orthotics fit in regular size shoes, but it is a good idea to bring existing orthotics when buying shoes, or to purchase shoes one size wider.

Athletes need to know that orthotics are one more form of treatment available to practitioners beyond rest, pills, shots, surgery, and physical therapy. They should know that the re-

sults of orthotic therapy are only as good as the sport medicine professionals who are taking the measurements, forming the cast, and making the orthotic. Before orthotics were available to athletes, there was a natural selection system of the biomechanically sound body types; now orthotics make it possible for many more to compete. Orthotics are not a cure-all but often enable an athlete to maintain training and improve performance. □

Swedish Massage

This is Part 12 of our series on massage by Dave Martin. Any direct questions on massage should be sent directly to Dave at 1219 Fifth Av., San Francisco, CA 94122, or call him at 415/566-4321. Appointments any day!!



TOXINS, VEINS AND THE LEGS

Most runners know of the debilitating effects from the lactic acid build-up following a hard marathon. The increased lactic acid remains in the body for several days unless you do something special to remove it. The muscles feel tired, sore, and they ache, plus there is a general feeling of low vitality until the condition dissipates. Some runners do a short 5-mile run a few days later, hoping this will speed up the elimination of the problem. The extra effort doesn't always overcome it. There is a feeling of flatness as the body fails to respond. Others try using heat.

The fastest and most direct way to eliminate excess lactic acid is by *scientific* Swedish Massage as soon as possible after a race. Not just any old kind of massage. Swedish increases the blood supply and nutrition to the muscles without adding to their load of toxic lactic acid, produced through voluntary muscle contraction. Massage thus helps to overcome

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(Swedish Massage, Cont'd...) harmful "fatigue" products resulting from strenuous exercise or injury.

How does the lactic acid condition develop? If a muscle or group of muscles are continuously stimulated, after a point the strength of contraction becomes progressively weaker, until the muscles refuse to respond. This condition is referred to as fatigue. Remember how difficult it was to run those last five miles?

It results partly from diminished availability of oxygen and partly from the toxic effects of lactic acid and carbon dioxide accumulated during the exercise. There are four significant factors that contribute to muscle fatigue:

(1) Excessive activity resulting in the accumulation of toxic products.

(2) Malnutrition resulting in insufficient supplies of glucose and ATP, which is the principal energy-storing molecule in the body.

(3) Circulatory disturbances that impair the delivery of useful substances to muscles and the removal of waste products from the muscles.

(4) Respiratory disturbances that interfere with the oxygen supply and increase the oxygen debt.

A good example of that last item is the young man who made the fatal mistake of eating a heavy breakfast of pancakes before running the 7.6-mile Bay-to-Breakers race two years ago. As everyone knows, he died along the route. The oxygen debt was a contributing factor.

The arteries are the vessels carrying blood from the heart to the tissues. The veins are the "return highway" tubes used by the blood to carry impurities to be returned directly to the heart for purification.

There is no such thing as "impure blood", but blood that contains less oxygen due to increased amounts of excretory products such as urea, uric acid, creatinine, etc. Lactic acid appears both in the arteries as well as in the veins.

Let's take a look at the system of veins in the legs. As in the upper extremities, the lower extremities (legs) also have both a superficial and deep system of veins that are charged with the return of all the toxic blood in the limb, to be purified in the lungs and body organs. The location of the veins is shown in the drawings below.

The deep veins usually accompany the arteries and carry the same name as that of the artery near which they are located. Most of the venous blood, however, is returned by the superficial veins. These veins are found to be larger than the deep veins and can usually be seen on the foot and lower leg.

After passing from the arteries to the capillaries (which are the connecting links between the arteries and veins), the blood that has now become toxic from the waste products, such as carbon dioxide, lactic acid, etc., then enters very fine veins in the area.

In the foot, these fine veins connect, forming a type of arch, such as the dorsal venous arch shown in the drawing. The small veins, in turn, form two large veins known as the Great Saphenous Vein, which is the largest in the leg, and the Small Saphenous, which is second in size (see diagrams).

The Great Saphenous begins at the top of the foot, going upward along the inside border of the lower limb, finally to form the femoral vein, which enters the body. The Small Saphenous in turn, has its beginning at the lower part of the leg and receives most of the venous blood from the sole of the foot. Going up the back of the leg, the Small Saphenous gives off many branches, which unite with the Great Saphenous. Just above the knee, a large branch of the Small Saphenous goes deeper into the thigh to unite with one of the deep veins, the Popliteal. All of the other branches of the Small Saphenous then unite or run into the Great Saphenous.

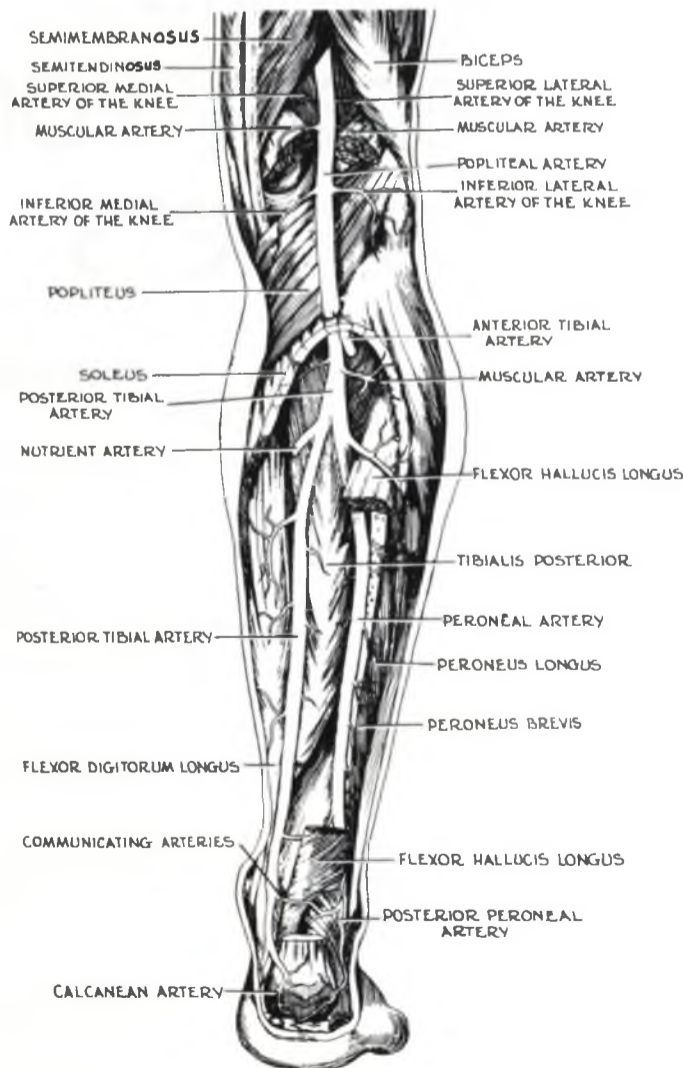
The leg contains many muscles, veins and lymphatic vessels. By improving their condition and circulation with massage, health and well-being are promoted.

To Build Powerful Legs: An excellent way to strengthen all of your leg muscles is to walk up and down stairs. This makes use of all of the leg muscles and concentrates on using the muscles in positions necessary for running.

Another excellent general leg strengthening exercise is step-ups. Start by alternately stepping up and down with each leg on a 10-inch high block of wood. Be sure to extend your knee freely before stepping down again. When you can do this 25 times, use a 20-inch block and repeat. I've done this at home, using a heavy side table next to my sofa. The table is exactly 20 inches high.

You can also strengthen your legs by lifting weights. The most efficient way to work at home is with a weight boot (this is available at most sporting goods stores), but if you use weights, work must be done on all leg muscles.

The quadriceps (anterior thigh muscles) are best exercised in several fixed positions. Lie on your back, keep your leg straight, and lift as much weight as you can eight times. Stay with that amount until you can lift it twelve times. Then add 5 to 10 pounds. Do the same thing with your knee bent 30 degrees and 45 degrees.



- Arteries below knee.



- Veins of front of lower extremities.



- Veins of back of lower limb.

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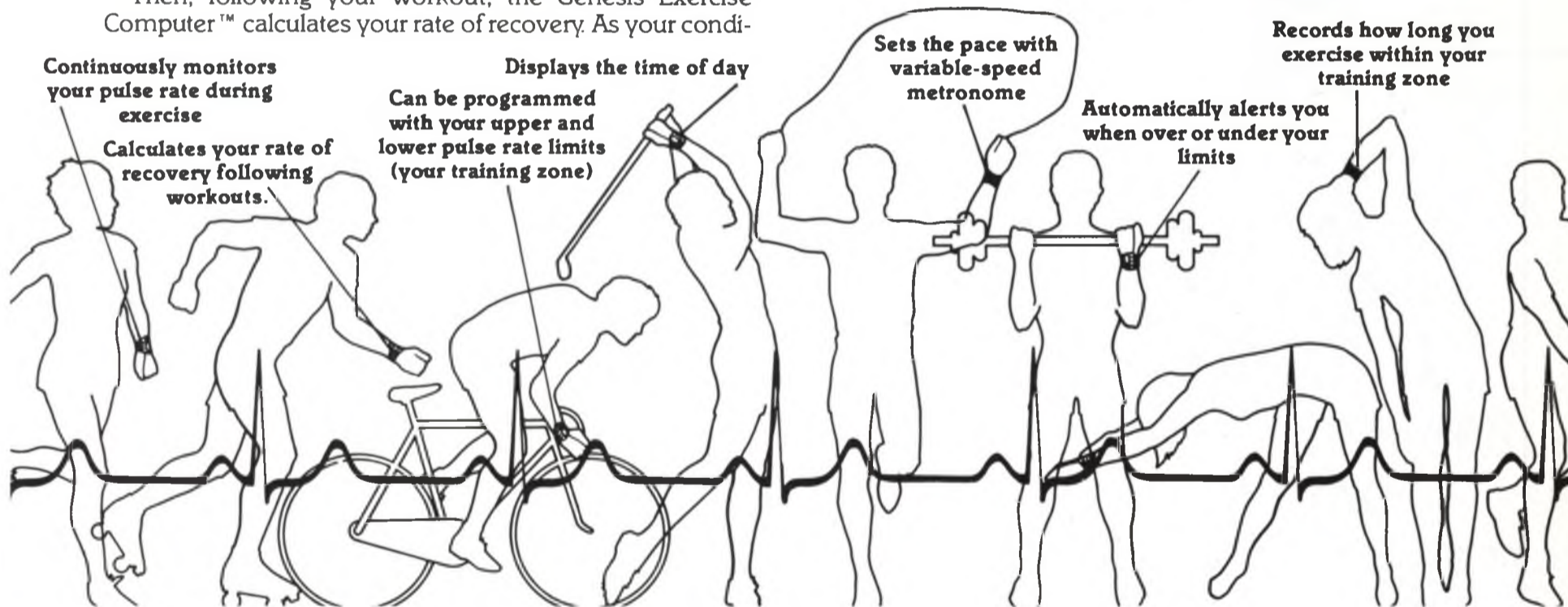
The Genesis Exercise Computer™ is a technical breakthrough in the field of exercise equipment. There is no other device available today that can duplicate all of its functions. And many of these functions are totally unique.

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Although the Genesis Exercise Computer™ will appeal to a wide assortment of people—including joggers, cyclists,

skaters and other exercisers—there is one thing they will all have in common: an intense desire to perfect their physical conditioning.

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RUNNERS' FEET



SHOES

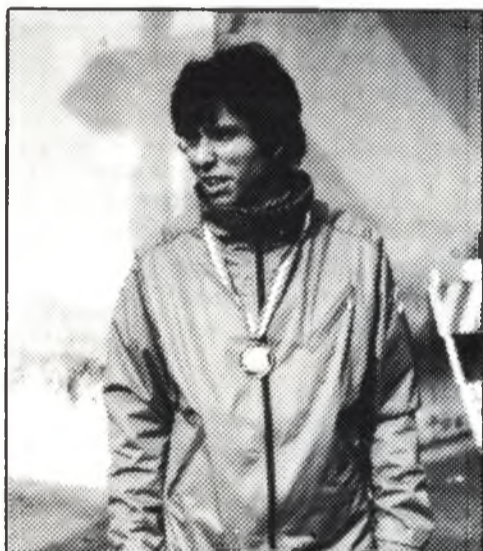
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Hamstrings (posterior thigh muscles): Lie face down and lift by bending your knee to a 90-degree angle and back down again. Use the same formula of eight and twelve repetitions. Stay face down to work on your gluteal muscles (buttocks). This time lift up with your leg straight.

Your hip abductor muscles (muscles that lift your leg sideways) can be strengthened that way too, by lying on one side and lifting the other leg straight up. Again, use the 8-12 times formula.

Finally work on your calf muscles. There are several ways of doing this. One good way is to lie face down with your foot extending over the bed. Move the ankle up and pull it back as far as you can. Don't increase the weight by more than five pounds at a time. Leg muscle flexibility should be directed toward the calf muscles and hamstrings--principal areas of injury.

In my next article I'll add a few more exercises you can do to build super-legs.□

Running & Stress

by Walt Schafer

This is the second article in a series(?) by Walt Schafer pertaining to running in the control of stress...and sometimes in the creation of stress. If you would like to see this as a regular feature, please let us know...or would our readers rather see this type of article along with others relating to different areas of sports medicine? -- Walt is Director of the Stress Management Center at Chico's N.T. Enloe Memorial Hospital and Prof. of Sociology at California State Univ., Chico. He is also a top NorCal masters runner and directs the Bidwell Classic Marathon & Road Races, among others.

Several persons who recently completed a three-month program at our Stress Management Center illustrate distinct difficulties with stress.

(1) Joan, a 32-year-old divorcee, experienced chronic anxiety and insomnia as she tried to cope with adjustments of divorce, responsibilities of single parenthood, moving to a new town, returning to college, and dating again. Her base-line stress level was too high. (Stress is arousal of mind and body which can turn into harmful distress if left uncontrolled.)

(2) Sydney, father of four with persistent back pain, a drinking problem, and a high-pressure sales job, exhibited little patience with others and a quick-flair temper. His stress problem was an easily-triggered, overly-sensitive stress response in mind and body.

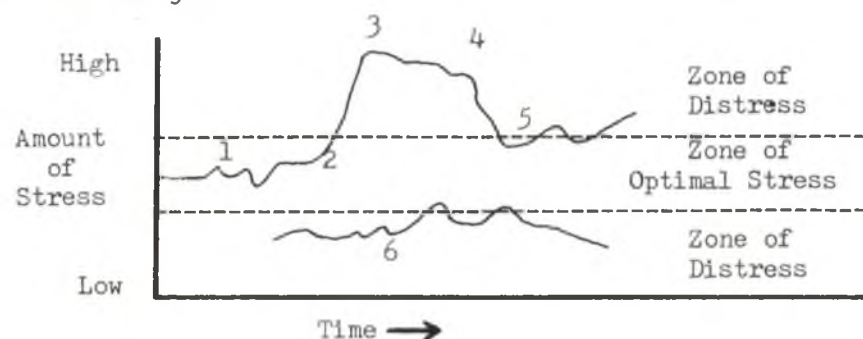
(3) Gene, a highway patrolman who seemed outwardly calm, found his emotional tension, pulse rate, and blood pressure all soaring during stressful events such as court appearances and dangerous confrontations. His peak stress rose too high.

(4) Virginia, an elementary school teacher, was unable to leave work behind at 3:30 each day, instead fretting, pondering, and worrying into the evening. Family relations and sleep were eroded by this "residual stress". For her, recovery from stress was too slow and incomplete.

(5) Ted, a 58-year-old bank manager, not only had several of the above difficulties, he also had been unable to find any methods of genuinely relaxing, bringing his tension down to a level lower than his base-line. For him, recovery from stress was not low enough.

(6) Alice, a 62-year-old retired accountant accustomed to the challenge and variety of her job until her heart attack and by-pass operation forced her to retire two years ago, was understimulated, stagnant and listless. Her base-line stress level was too low.

Each of these stress problems is illustrated by numbers in the following chart:



"Zone of optimal stress" refers to your own range of physical and emotional arousal within which you are productive,

satisfied, and healthy. Of course, the upper and lower limits of this zone vary from person to person and from one time to another. Note also that distress can result from overload or underload.

Our whole-person approach with each of the individuals described here focused upon a number of simultaneous targets of stress management with varying emphases according to the need. Included, for example, were time-management steps, social support, good nutrition, sensitivity to body signals, daily deep relaxation, alternative coping behavior in distressful situations--and beginning some form of aerobic exercise, usually a progressive walking-running program.

Running and other aerobic fitness activities have helped ameliorate these stress problems in several ways. Muscle and emotional tension (that is, "bound energy") is released. Adrenalin from daily tension is burned off, with a lowering of adrenalin output and quieting of the sympathetic nervous system after the workout. Anxiety is controlled, mood is stabilized. New confidence and self-esteem appear, with an accompanying sense of strength and mastery. These persons report greater patience and more tolerance with challenge and overload. Meeting others who are also starting aerobic exercise offers new social support. In each case, these changes are reflected in a lower score on our 50-item Distress Symptom Scale.

Running offers no panacea. But in conjunction with other positive life-style steps, we have found running and other aerobic activities--even at a very moderate level--to be highly effective in controlling the variety of stress problems described above.□

• READER POLL •

In future issues of NCRR we are seriously considering limiting the number of articles, as we've gotten quite a lot of letters saying we should concentrate more on results and scheduling. Please drop us a note, listing the four articles (or others we don't currently write about) you'd like to see remain on a regular basis...or, if you would rather we drop all articles, let us know that too!



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Kansas City, MO 64153
816/891-1077



Scheduling

LONG DISTANCE (Also see "Late News")

WHEN REQUESTING INFORMATION on any of the races listed in our scheduling section, be sure to enclose a S.A.S.E. (self-addressed, stamped envelope)--otherwise you may find your correspondence unanswered! ALWAYS check to verify date, time and location of races on the schedule...mistakes do occur and races are sometimes changed or cancelled due to unforeseen problems. The NCRS assumes no responsibility for incorrect information being listed, whether it be our fault or the race director's.

AREA CONTACTS: - The TAC "District Contact" can sometimes be of help in cases where no meet director is listed...but use him/her as a "last resort" only! Contacts listed below may not necessarily be the TAC/LDRC Chairpersons. *** PACIFIC ASSN: - Joe Oakes (Men's LDRC), 518 Outlook Dr., Los Altos, CA 94022 (415/941-6287); Sue Stricklin (Women's LDRC), 3759 Fillmore, #10, San Francisco, CA 94123 (415/346-2280); Ruth Anderson (Masters' LDRC), 1901 Gaspar Dr., Oakland, CA 94611 (415/339-0563); SOUTHERN PACIFIC ASSN: (SPA) Chuck Lichter, Box 9192 Victory Center Sta., No. Hollywood, CA 91606; PACIFIC SOUTHWEST ASSN: (PSA) Will Rasmussen, 1542 Hillsmont Dr., El Cajon,

CA 92020; CENTRAL CALIFORNIA ASSN: (CCA) Dave Bronzan, 112 Green Oaks Dr., Visalia, CA 93277 (209/625-9537); SOUTHERN NEVADA ASSN: (SNA) Las Vegas TC, c/o 602 S. Maryland Pkwy., Las Vegas, NV 89101; OREGON ASSN: (OA) John Frey, 1450 Fir South, Salem, OR 97302, or Marilyn Paul, 2626 SW Ravensview, Portland, OR 97201.

AAU OFFICE: - The Pacific Ass'n AAU Office has moved to 2200 Central Av., Suite 208, Alameda, CA 94501 (Ph. 415/865-1355). However, it appears that TAC (Athletics Congress) will be doing their own registration (see "Letters to Editor") this coming year, and fees/procedures are being determined as we go to press. We would suggest holding off on registration until final outcome is known.

U.S. REGIONAL SCHEDULES: - The Road Runners Club of America has five individuals who compile quarterly schedules of races in their areas. Anyone interested in a regional schedule should send a S.A.S.E. to: WEST: Charlie Rice, 10055 E. Cactus Rd., Scottsdale, AZ 85260; CENTRAL-ROCKIES: Steve Ryan, 9804 W. 12th St., Wichita, KS 67212; NORTH-MIDWEST: Jesse Bond, 829 Asbury, Evanston, IL 60202; SOUTH: Nick Costes, c/o Troy State Univ., Dept. of HPER, Troy, AL 36081; EAST: Dale Van Meter, 66 Summit Av., Sharon, MA 02067. (Note: *The NCRS covers Oregon, California & most of Nevada schedules.*)

- Nov 8 - Central California Marathon, Fresno (Fresno State Univ.), 7:30 a.m. Entries closed Oct. 24...no raceday entries!
Nov 8 - Pioneer Road Runs, 5Km & 9 Mi., Phoenix H.S., Ore., 10 a.m. So. Oregon Sizzlers (Donna Whalen - 503/772-6295).
Nov 8 - Diet Pepsi/Steve Garvey M.S. 5 & 10K, Woodland Hills, 8 a.m. Steve Garvey Sport Classic (213/888-7406).
Nov 8 - Big Brothers of San Diego County 10K, Mission Bay Park, San Diego, 7:30 a.m. Big Bros., 625 Broadway, #1117, S.D. 92101.
Nov 9 - PA-TAC Sr. Men's 10K X-C & West End Run, Polo Fields, G.G. Pk., S.F., 10 a.m. Tom Mann, 2661 Rollingwood, San Bruno 94066
Nov 9 - Stanford Grand Prix 5 & 10K Fun Runs, Stanford Stadium, 9 a.m. Raceday Registration Only! For info: 415/497-1051.
Nov 9 - Turkey Trot, 2.4 & 5.7 Mi., San Lorenzo Valley H.S., Felton, 10 a.m. San Lorenzo Valley Recr. Dept. (408/336-2278).
Nov 9 - Nat'l. TAC Masters Men's & Women's 10K X-C Championships, Seattle, WA. Bob Langenbach, 4261 S. 184th, Seattle, WA 98188.
Nov 9 - Cup & Saucer Runs, 2 & 8.6 Mi., Silverado J.H.S., Napa, 10 a.m. Reg Harris, 1267 Walnut, #C-66, Napa 94558 (707/255-8705)
Nov 9 - DSE Ferry Bldg. 4-Mile Run, Dolphin Club, San Francisco, 10 a.m. Walt Stack, 741 Kansas, San Francisco 94107.
Nov 9 - Mini-Marathon (13.1 Mi.), El Cortez, NV, 8 a.m. Las Vegas TC, c/o 602 S. Maryland Pkwy, Las Vegas, NV 89101.
Nov 9 - Laurelwood Valley 15-Miler (& 2 Mi.), nr. Gaston, Ore., 10 a.m. Dan Deakins (503/985-7346); Curt Hartung (503/645-3007).
Nov 9 - A Winter's Breeze Marathon, Newport Beach, 7 a.m. Second Sole, 1162 Dorset, Costa Mesa 92626 (714/546-3663).
Nov 9 - Mazola Corn Oil/YMCA Shape-Up 10K (& 5K), Westwood (UCLA Campus), 8:30 a.m. YMCA (213/489-3200); eves (213/488-0484).
Nov 11 - Porterville Veteran's Day 5 & 10K, Porterville College, 8 a.m. Allen Nelson, Porterville Coll., 900 S. Main, P'vle 93257
Nov 11 - All Clovis Week 8-Mile Run, Clovis West H.S., 8 a.m. Bill Nixon, 5545 E. Herndon, Clovis 93612.
Nov 15 - The Challenge Cup Fifty Miler, Polo Fields, G.G. Pk., S.F., 8 a.m. (\$25 Fee). Fleet Feet (415/921-7188). Enter by 11/1.
Nov 15 - Turkey Trot, 10Km, Lompoc ("H" & Pine St.), 9:30 a.m. Bill Arnerich, 3902 Riegel, Lompoc 93436 (805/733-3059).
Nov 15 - OPS Civil War 10K, Corvallis (Stadium), Ore., 1:45 p.m. Wally Larsen (503/639-1087).
Nov 15 - Hunger Project Marathon & ½-Mara., San Luis Obispo. Pete Dorn, 1365 Cazadero, S.L.O. 93401 (805/543-4723).
Nov 15 - Run 10K/Bike 40 Mi., San Diego area. Al Jarvi, P.O. Box 12172, San Diego 92112.
Nov 15 - Coronado to Balboa Park 13K Turkey Trot, 7:30 a.m. Annalee Levy (714/239-7781).
Nov 15 - Saucony 10K, Balboa Pk., San Diego, 7:30 a.m. Neil Finn, Phidippides TC, 4630 Bonita Rd., Bonita Rd., Bonita 92002.
Nov 15 - (??--Date unknown) Masters Canadian/USA X-C Dual Meet. Richard Kendall, 1306 Statler, Buffalo, NY 14202.
Nov 16 - Lake Merritt Blind Duck Relays (3 x 5K random draw), Oakland, 10 a.m. Bill Jenney, 2515 Delmer St., Oakland 94602.
Nov 16 - The Stanford Run, 10K, Angell Field, Stanford, noon. The Stanford Run, P.O. Box 6507 (SAE), Stanford 94305.
Nov 16 - DSE Diamond Heights Run, 4 Mi., McAteer H.S. @ Portola, S.F., 10 a.m. Walt Stack, 741 Kansas, San Francisco 94107.
Nov 16 - Summit Marathon (Los Gatos to Soquel), L.G.H.S., 7 a.m. Enter by 11/1. Runner's Factory, 51 Univ., Los Gatos 95030.
Nov 16 - BAOC Long-0 Orienteering Meet, Oakland, time TBA. Pre-Reg. Req'd. Joe Scarborough (415/530-3059).
Nov 16 - Kane Hall/Palm Tag YMCA Turkey Trot, Pajaro River levee, Watsonville (@ 0.05 marker) (2, 4 & 6 Mi.), 1 p.m. Bernie Swanson, Watsonville YMCA (408/724-1161).
Nov 16 - RTC Couples Classic, 5 Km., Stewart Pk., Roseburg, OR, 2 p.m. Jackie Peterson, 260 Raspberry Wy, Roseburg, OR 97470.
Nov 16 - Gobble Jog (1 & 3 Mi.), Gresham, Or. (Mt. Hood C.C.), 2 p.m. Earl Gerber, 44 N.E. 188th, Portland, OR 97230.
Nov 16 - Lasse Viren Finnish Invit. 20K (& open race), Malibu(?), 8 a.m. Eino, 32926 Mulholland Hwy, Malibu 90265 (Enter by 11/9)
Nov 16 - Run For Your Life 10K, Griffith Pk., Los Angeles, 8:30 a.m. S. Stramier, USC School of Pharmacy, 1985 Zonal, L.A. 90033.
Nov 16 - Sri Chinmoy 7-Miler, Santa Barbara, 8 a.m. Tom Scheaffer, 1218 Castillo, Santa Barbara 93101 (805/962-3450).
Nov 22 - Turkey Trots (5 & 10 Mi.), Yreka, time TBA. So. Oregon Sizzlers, Box 1072, Phoenix, OR 97535 (503/535-1205).
Nov 22 - Gilroy Jaycees & Gilroy Parks & Recr. Dept. 2-Mile Turkey Trot, 9 a.m. Gilroy Parks & Recr., 7371 Hanna, Gilroy 95020.
Nov 22 - DSE Mt. Davidson Run, 3.5 Mi., Riordan H.S., San Francisco, 10 a.m. Walt Stack, 741 Kansas, San Francisco 94107.
Nov 22 - Pico Rivera Turkey Trot (2.5, 5 & 10 Mi.), Smith Pk., 9 a.m. Ralph Aranda, 6615 Passons Blvd., Pico Rivera 90660.
Nov 22 - Santa Maria Scholarship Run, 5 & 10K, 9 a.m. John Rodriguez, 901 S. Broadway, Santa Maria 93454.
Nov 22 - State Center 5-Person 15-Mile Relay, Roeding Pk., Fresno (Palm Pt.), 11 a.m. Fresno T.C., P.O. Box 6103, Fresno 93703.
Nov 22 - Great American Smokeout (G.A.S.), ¼, ½ & Full Marathons, So. Calif. For info: Dale Holmes (213/787-6692).
Nov 22 - 2 & 5 Mile Runs, Lions Pk., Las Vegas, NV, 9 a.m. Las Vegas TC, c/o 602 S. Maryland Pkwy, Las Vegas, NV 89101.
Nov 23 - Stanford Grand Prix Series 10Km, Stanford Stadium, 9 a.m. Raceday Reg. Only! For info: 415/497-1051.
Nov 23 - Palo Alto Area YMCA Turkey Trot, 5 Mi., Y Fitness Ctr., Palo Alto, 9 a.m. Steve Totten, 3412 Ross Rd., Palo Alto 94303.
Nov 23 - Pepsi 20-Miler, Delta H.S., Clarksburg, 11 a.m. Limit 1600; No Raceday Reg. George Parott, 1524 Little Ct., Carmichael
Nov 23 - Pasadena YMCA Rose Bowl Marathon, 7 a.m., also 13.1 & 6.55 Mi. Tony Nixon, Pasadena YMCA, 235 E. Holly, Pasadena 91101.
Nov 23 - Run For Freedom 5 & 10K, Rancho Pk., West L.A., 8 a.m. R.A.C.E., Box BC, Westminster 92683 (213/852-1234).
Nov 27 - Carmel Beach to Lover's Point 10.5-Miler, 7:30 a.m. Bill Flodberg, 12925 Foothill Av., San Martin 95046.
Nov 29 - Nat'l. TAC Masters 5K X-C Championships, San Diego (Balboa Pk.). Ken Bernard, Box 80512, San Diego 92138 (714/488-3960).
Nov 29 - Galloping Gobbler 8-Miler, Hart Pk., Bakersfield, time TBA. Ted Oliver, 3012 Crest, Bakersfield 93306 (805/872-3707).
Nov 29 - Seattle Marathon, Seward Park, 10 a.m. Enter by 11/15. Club NW, 320 N.E. 72nd St., Seattle, WA 98115 (206/522-7787).
Nov 29 - Glenn Ivy Hot Springs 5 & 10K. For Info: Dave Sarbeck (213/737-4723).
Nov 29 - 5,000-Meter Run, Sunset Pk., Las Vegas, NV, noon. Las Vegas TC, c/o 602 S. Maryland Pkwy, Las Vegas 89101.
Nov 29 - Nat'l TAC Jr./Sr. Men's/Women's X-C (5K except 10K Sr. Men), Pocatello, ID, 11 a.m. TAC X-C, Idaho State Univ., Campus Box 8173, Pocatello, ID 83209. No Raceday Entries.
Nov 30 - Milpitas Turkey Trot, 10Km, Milpitas H.S., 10 a.m. Paul Erotte, 1285 Escuela Park Way, Milpitas 95035 (415/262-3131,x29)
Nov 30 - DSE Lands End Run, 3 Mi., Balboa & Great Hwy, S.F., 10 a.m. Walt Stack, 741 Kansas, San Francisco 94107.

OAKLAND MARATHON & HALF MARATHON

Sunday, November 30, 1980

Start— Marathon 8 AM
Half-Marathon 7:45 AM

- AAU Sanctioned
- Certified Course
- Flat and Fast
- Entry Fee— \$8.00 on or before November 10, 1980.
Late entry after November 10— \$10.00. Fees include T-shirt to entrant.
- Organized by the Oakland Marathon Association.
- Hosting the PA-AAU Women's Championships, 1980
- 100% pavement, city streets
- Course record— Open Men 2:20:47
- Course record— Open Women 2:47:54

RACE INFORMATION—

Cherie Swenson, 415-568-8884 or
Runner's Feet, 415-465-1070

INDIVIDUAL MEN'S AND WOMEN'S DIVISIONS

Open 18-29 ● Sub Master 30-39
Master 40-49 ● 50/Over ● 17/Under

MAIL ENTRY TO The Oakland Marathon (c/o C. Swenson), P.O. Box 2501, Oakland Airport Station, Oakland, CA 94621. Make checks payable to Oakland Marathon Association Tax Deductible

NAME		DATE OF BIRTH			
	(LAST FIRST)		MO	DAY	YEAR
ADDRESS					
CITY		STATE		ZIP	
				PHONE NUMBER	
AGE		SEX		T-SHIRT SIZE S M L XL	
ON RACE DATE				(CIRCLE ONE)	
		PERSONAL BEST TIME			
				FULL MARATHON	
				HALF MARATHON	

In consideration of your accepting my entry, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims against the persons and/or organizations affiliated with the race, the AAU, the Roadrunners, the officials, the Oakland Marathon Association, the county of Alameda, the State of California, any and all sponsors of the race, volunteers and committee members while participating in or traveling to the Oakland Marathon, November 30, 1980. I further attest that I am physically fit and have sufficiently trained for this event.

SIGNATURE _____ **DATE** _____
(parent/guardian's signature if under 18)

OAKLAND MARATHON & HALF MARATHON

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NAME	<input style="width: 100%;" type="text"/>	DATE OF BIRTH	<input style="width: 100%;" type="text"/>
	(LAST FIRST)		MO DAY YEAR
ADDRESS	<input style="width: 100%;" type="text"/>		
CITY	<input style="width: 30%;" type="text"/>	STATE	<input style="width: 10%;" type="text"/>
		ZIP	<input style="width: 15%;" type="text"/>
		PHONE NUMBER	<input style="width: 20%;" type="text"/>
AGE	<input style="width: 10%;" type="text"/>	SEX	<input style="width: 10%;" type="checkbox"/>
ON RACE DATE		T-SHIRT SIZE	S M L XL
		(CIRCLE ONE)	
	PERSONAL BEST TIME	<input style="width: 10%;" type="text"/>	<input style="width: 10%;" type="text"/>
		FULL MARATHON	<input style="width: 10%;" type="checkbox"/>
		HALF MARATHON	<input style="width: 10%;" type="checkbox"/>

In consideration of your accepting my entry, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims against the persons and/or organizations affiliated with the race, the AAU, the Roadrunners, the officials, the Oakland Marathon Association, the county of Alameda, the State of California, any and all sponsors of the race, volunteers and committee members while participating in or traveling to the Oakland Marathon, November 30, 1980. I further attest that I am physically fit and have sufficiently trained for this event.

SIGNATURE _____ DATE _____
(parent/guardian's signature if under 18)

FUN-RUN SCHEDULE

These races usually follow the *Runner's World* format, having at least one short race (mile or less) and a longer run of up to 6 miles. No entry fee (or 50¢ maximum in some cases); enter on raceday; certificate awards to all finishers on those runs with *Runner's World* format (contact meet directors for full information). Be sure to enclose a self-

addressed, stamped envelope, or you will receive no reply. **DSE RUNS:** Since these runs follow no particular weekly pattern, they are listed in the main scheduling section, but they are still 'Fun Runs', with a 50¢ entry fee, usually only one race, and ribbons to all finishers. **IF YOU KNOW OF ANY OTHER FUN-RUN LOCATIONS, PLEASE SEND US FULL INFO.**

LOS ALTOS HILLS: Foothill College; every Sunday, 9:30 am; Bob Anderson, Runner's World, Box 366, Mtn. View, CA 94042.

CHICO: Bidwell Park (Hooker Oak Recreation Area); every Saturday, 9:00 am; Jim Remillard, Rte. 5, Box 79-DA, Stilson Canyon Rd., Chico, CA 95926.

WALNUT CREEK: Heather Farm Park; every Sunday, 10:00 am; Rich Vasquez, 3 Barcelona Way, Clayton, CA 94517.

FRESNO: Cal-State Fresno (1st Sat.), or Roeding Park (3rd & 5th Sat.), 7:00 am; Sid Toabe, 4566 N. Del Mar, Fresno 93704.

BAKERSFIELD: West H.S. & Beach Park, alternately; every other Saturday, 8:00 am; Larry Arnt, 5000 Belle Terr., #72, Bakersfield, CA 93309.

STOCKTON: Fritz Grupe Park; every Saturday, 9:00 am; Frank Hagerty, 7309 Camellia Ln., Stockton, CA 95207.

HUNTINGTON BEACH: Huntington Central Park; every Sunday, 10:00 am; Rick Russ, 17733 Newland, Huntington Beach, CA 92647.

RANCHO CORDOVA: Cordova H.S. or Mills JHS; various Sat. dates, 9:00 a.m.; H. Rosendale, 2513 Augibi Way, Rancho Cordova, CA 95670.

APTOS: Cabrillo College; bi-monthly (Sundays), 10:00 am; John Smead, Box 718, Soquel, CA 95073.

TRACY: Dr. Powers Park; every Sunday, 11:00 am; Kurt Schroers, 1801 Newport Ct., Tracy, CA 95376.

UKIAH: Ukiah High School; 1st & 3rd Sundays; Chris Jenkins, P.O. Box 355, Ukiah, CA 95482.

VILLA PARK: alternates Villa Park H.S. and Canyon H.S.; every Sunday, 10 a.m.; Bill Holt, 2733 Villa Vista Wy, Orange, CA 92667.

PLACERVILLE: El Dorado H.S.; every other Saturday, 9 a.m.; Placerville Parks & Recr. Dept., 487 Main St., Placerville, CA 95667.

SAN BRUNO: Capuchino High School; 1st & 3rd Sat., 9:30 am; Bill Frisbie, 567 El Camino Real, San Bruno, CA 94066

DEL MAR: Seagrove Park; bi-weekly (Sat.), 9 am; Brent Thorne, 118 Solana Hills Dr., Solana Beach, CA 92075.

SANTA ROSA: Spring Lake Park; every Saturday, 8:15 am; Bob Yee, 1200 Sonoma Ave., Santa Rosa, CA 95405.

VENTURA: Arroyo Verde Park; monthly (Saturday), 9:00 am; Inside Track, 1451 E. Main, Ventura, CA 93001.

PACIFICA: Terra Nova H.S.; every other Sunday, 10:30 am; Dave Barry III, 170 Santa Maria Ave., Pacifica, CA 94044.

RENO: Foster Field Track; monthly (Saturday), 8:00 am; Susie Gosar, 1970 S. Marsh Ave., Reno, Nev. 89509.

PACIFIC GROVE: Lover's Pt.; every Sunday, 8 a.m.; Joe Henderson, 1126 Pelican Rd., Pebble Beach, CA 93953.

SOLANA BEACH: San Dieguito Park; every other Saturday, 9:00 am; Wayne Whiting, 244 Hillcrest Dr., Leucadia, CA 92024.

MODESTO: Legion Park; every Saturday, 10:00 am; Bob Gausman, 810 Lucerne, Modesto, CA 95350.

COLUSA: Colusa-Sacramento River State Park; 2nd & 4th Saturdays, 9:00 am; Dr. Paul Williams, 813 Webster St., Colusa, CA 95932.

PALM DESERT: College of the Desert; every other Sunday, 9:00 am. Larry Bloom 56-209 Oasis, Indio, CA 92201.

SANTA BARBARA: The Lagoon behind UCEN, U.C. Santa Barbara; every Sunday, 10:00 am; Chuck Rundgren, 193 N. Kellogg, Santa Barbara, CA 93111.

SAN FRANCISCO: Embarcadero YMCA; every Friday, 12:15 pm; Ralph Love, 74 Lloyd Dr., Atherton, CA 94025.

LOS ANGELES: Encino Velodrome Parking Lot; every 3rd Sat., 8 a.m.; Paul Ritschel, 2133 Lemoyne St., Los Angeles, CA 90026.

SANTA ANA: Pat's Ski & Sport Shop; every Sunday, 9 a.m.; Pat's Ski & Sport Shop, 2235 N. Tustin Av., Santa Ana, CA 92701.

CUPERTINO: DeAnza College (Parking Lot C); every Sat., 9 a.m.; Dennis Zamzow, 2500 Hospital Dr., Bldg. 9, Mtn. View, CA 94040.

SUSANVILLE: Athletic Field at Lassen High School; 2nd & 4th Sat., 9 am; Bob Wall, 512 Lakewood Way, Susanville, CA 96130.

SAN DIEGO: Mira Mesa Mall Shopping Ctr.; monthly (Sat.), 8:30 am; B4 Sports, 8150 Mira Mesa, San Diego, CA 92126.

SAN DIEGO: Westwood Club; every Sunday, 7:30 am; Gary Leander, 17394 W. Bernardo Dr., San Diego, CA 92127.

SAN PEDRO: Pt. Fernum Pk.; monthly (Sat.), 7:30 am. John Norton, 1342 W. 36th St., San Pedro, CA 90731.

THOUSAND OAKS: California Luthern College; every Sunday, 8:00 am; Joseph Nardo, 573 Houston Dr., Thousand Oaks, CA 91360.

SAN FRANCISCO: Various locations; every Sun., 10 am. Non-competitive runs sponsored by "Front Runners", a gay running group (no fee). Call 863-4942; 552-3439.

NORTHRIDGE: Cal-State Northridge; every other Sunday, 10:30 am; Charlie Horn, 714 E. Acacia Ave., Glendale, CA 91205.

LOS ANGELES: Westchester H.S. (track); every Saturday, 8:00 am; Westchester YMCA, 8015 S. Sepulveda Blvd., Los Angeles, CA 90045.

DAVIS: Univ. of California (Main Quad); every other Saturday, 9:00 am; Rich Harley (Ph. 916/758-2687).

CASTRO VALLEY: Lake Chabot Regional Pk.; every Sunday, 9:00 am; Sharon Donovan, 26381 Whitman St., #110, Hayward, CA 94544.

MERCED: Applegate Park; every Thursday, 6:00 pm; Dave Donaldson, 1931 Carol Ave., Merced, CA 95340.

FOSTER CITY: Bowditch School Field; every Saturday, 9:00 am; Foster City R&J, 917 Lido Ln., Foster City, CA 94404.

TREASURE ISLAND: S.F. Bay; every Sunday, 10 a.m.; Charles Payne, Special Services Base Gym, Bldg. 9402, Treasure Is. 94130

RIVERSIDE: Arlington H.S.; every Sunday, 10:30 a.m.; Riverside Runners, 10749 Cass St., Riverside, CA 92505.

AUBURN: Auburn Recr. Dist. Regional Park; every other Sat., 9 a.m.; Auburn Recr. District, 123 Recreation Dr., Auburn, CA 95603.

RICHMOND: Nicholl Pk.; bi-monthly, Sunday, 9 a.m.; Richmond YMCA (415/234-1270).

- Nov 30 - Oakland Marathon (& ½-Marathon); & Women's PA/TAC Marathon Champs, 7:45 a.m. - Oakland Marathon, Box 2501, Oakland 94621.
- Nov 30 - Wine Country X-C Championships, 5 & 8Km, Sugarloaf State Pk., nr. Kenwood, 9:30 a.m. Butch Alexander, Box 632, Sonoma.
- Nov 30 - Merced Turkey Trot, 10Km (& 1 Mi.), Applegate Pk., Merced, 10 a.m. Jack McCabe/Dave Olson, Box 2538, Merced 95340.
- Nov 30 - Dominican Hospital Run For Fitness, 4.6 Mi., Delaveaga Pk. (Santa Cruz?), 10 a.m. Hospital Comm. Relations: 408/476-0220
- Nov 30 - Brooks Master Run, 25 Km., G.G. Pk., San Francisco, 9 a.m. Women 35+; Men 40+. Len Wallach, 1060 Continentals, #104, Belmont 94002 (415/591-8327).
- Nov 30 - Mad Jack Mission Bay 10K, San Diego, time TBA. Scott McCarthy (714/291-6480).
- Nov 30 - Firestone Scouts 5 & 10K, Brea (Scout Reservation), 8 a.m. Greg Risser, 2333 Scout Way, Los Angeles 90026.
- Nov 30 - Pt. Loma Jubilee 5-Mile Run, 9 a.m. Alan Olson/Tom La Puzza, 10183 Arrowrock Av., San Diego 92126 (714/271-7033).
- Dec 4 - Las Vegas Sun Celebrity 10,000 Meter Run, 8 a.m. Sports Promotions, Hacienda Resort Hotel, #500, 3950 Las Vegas Blvd. South, Las Vegas, NV 89119 (800/634-6611).
- Dec 5 - Las Vegas Sun Celebrity Half-Marathon, 8 a.m. See contact above (Dec. 4).
- Dec 6 - Bay Area Orienteering Club Night Event III, Lafayette, 5 p.m. Leonard Holmes (415/284-1876).
- Dec 6 - Spartan Park Races (2 Mi. & 10K), Hellyer Pk., San Jose, 9:30 a.m. Coach Bullard, San Jose State Athletics, S.J. 95192.
- Dec 6 - UC Santa Cruz Cardiac Pacer 5-Miler, E. Field House, S.Cruz, 10 a.m. Terry Warner (408/429-2806 or 429-2531).
- Dec 6 - Fresno Road Race, 6.0 Mi., Chandler Field to Kearney Pk., Fresno, 11 a.m. Fresno T.C., Box 6103, Fresno 93703.
- Dec 6 - So. Calif. Open X-C Champs (all div.), Walnut. Don Ruh, Mt. San Antonio College, Walnut 91789.
- Dec 6 - Oxy Women's 5K, Occidental Coll., L.A., 9 a.m. Woody Studenmund, 1956 Escarpa Dr., Los Angeles 90041 (213/254-0440).
- Dec 6 - "Olympians" 5 & 10K Runs, Niguel Regional Pk., 9 a.m. Second Sole, 1162 Dorset, Costa Mesa 92626 (714/546-3663).
- Dec 6 - Datsun's Dash for Breath/Natl. Asthma Ctr. 15K, San Diego, 8 a.m. Polly Christianson, NAC, Box 26544, San Diego 92126.
- Dec 6 - Balboa Boogie Women's 5K X-C, San Diego, 9 a.m. Nicki Hobson, 12991 Caminito Bodega, Del Mar 92014 (714/755-7562).
- Dec 6 - ORRC Oak Hills Runs (2 & 7 Mi.), Oak Hills, Ore., 9 a.m. Stan Stafford, 900 S.E. Douglas, Roseburg, OR 97470.
- Dec 7 - Las Vegas Sun Marathon, 8 a.m. Sports Promotions, Hacienda Resort Hotel, Suite 500, 3950 Las Vegas Blvd. So., LV 89119.
- Dec 7 - Mt. Madonna Challenge, 12.1 Mi., Sprig Lake, Mt. Madonna County Pk. nr. Watsonville, 11 a.m. Bill Flodberg, 12925 Foot-hill Av., San Martin 95046 (408/683-2453).

JACK'S ATHLETIC SUPPLY
BOX 1551 - SAN MATEO, CA 94401
PH: 415/341-3119

Compusport 721

Cross Country

This mode is used for timing marathons and other races by place. CC721 "stacks" up to 100 finishes until the printer can print times. This mode can be used with up to nine chutes; it then prints chute number and place. Running time is displayed on the front panel and can also be printed. In this mode, the CC721 can be started at a preset time.

Split Times

A useful mode for timing laps in relays, etc. The CC721 adds up all intermediate laps and gives a total. It prints lane number, lap number and split times—and it can print totals for all lanes during the race. Running time is displayed on the front panel. At the end of the race, the CC721 prints final results with lane, time and place. This data is retained in the memory and extra copies can be printed until the unit is reset.

Independent Lane Timing

This mode is used for timing events with individual starts (racing against the clock). Each of the nine lane buttons can be used as an individual stopwatch. Each lane will be identified by a lane number and lap count which is printed along with the time. This mode can also print split times and provide totals for all lanes at any time during the event. At the end of the event, the CC721 will print the results showing lane, place and time. Each lane can be reset during a race, then started again without affecting any other lane.

Display Clock cc811

36" long with large, easy-to-read "Turn-A-Matic" digits, this 35 pound marvel operates from either 115 volt AC current or 12 volt car battery. It features: automatic reset to zero, remote or local start, independent set time for each digit (for time-to-start). Write for our new data sheet on the revolutionary CC811 Display Clock.

ALSO AVAILABLE - ZETACHRON RACELOCKS



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Also... popular CC-707's for \$745. We can also supply T-Shirts, Patches, Ribbons, Customized Medals, etc. We specialize in large volume team & race sales...top quality, very low prices & quick delivery.

- Dec 7 - Santa's Stampede, 2 & 5 Mi., Napa College, Napa, 10:30 a.m. Reg Harris, 1267 Walnut, #C-66, Napa 94558 (707/255-8705).
- Dec 7 - DSE "Pearl Harbor Day Run", 4.5 Mi., Legion of Honor, S.F., 10 a.m. Walt Stack, 741 Kansas, San Francisco 94107.
- Dec 7 - Misty Redwood Run, 7.6 Mi., Redwood Regional Pk., Oakland, 8:30 a.m. Joe Rubini, Park Dist., 11500 Skyline, Okld. 94619
- Dec 7 - Over the River Run, 20Km Postal, place & time TBA. Tom Crawford, 1981 Silverwood St., Santa Rosa 95405 (707/526-0661).
- Dec 7 - Beverly Hills-Perrier 10K, 8 a.m. 3500 Limit. Recreation Dept. 10K, 450 N. Crescent, Beverly Hills 90210.
- Dec 7 - Anaheim River Run/SUB-4 Invit. 10K, Anaheim Stadium, 8:15 a.m. R.A.C.E., Box BC, Westminster 92683 (714/754-0491).
- Dec 7 - Hanukah Torch Run, 8Km, Beverly Hills City Hall, 10 a.m. Dr. Paul Berns, 2080 Century Park East, #401, L.A. 90067.
- Dec 7 - OTC Pre's Trail Run, 10Km, (Autzen Stadium, Eugene, Ore., 1 p.m. Lary Simpson, Sugar Pine Ridge, 877 E. 13th, Eugene.
- Dec 7 - Honolulu Marathon, 6 a.m. Entries Close Nov. 10. Marathon, P.O. Box 27244, Chinatown Sta., Honolulu, HI 96827.
- Dec 13 - "Santa Claus" 5-Miler, Sunset Park, Las Vegas, NV, 9 a.m. Las Vegas TC, c/o 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Dec 13 - Heart of the Valley Road Run, 3 & 7 Mi., Corvallis, OR, 11 a.m. Dan Eden, Parks & Recr., 601 S.W. Washington, Corvallis.
- Dec 13 - SPA/TAC 10K Championships, Griffith Park, L.A., 8 a.m. Register on raceday only. No contact listed.
- Dec 13 - Clovis Stampede, 8 Km. (4.97 Mi.), Clovis H.S., 11 a.m. Sandy McPherson, 1023 Oxford, Clovis 93612 (209/299-8495).
- Dec 14 - Five Miles Before Christmas, Redwood City(?), 10 a.m. Mike Porter, c/o 2013 Broadway (The Running Shop), R.C. 94063.
- Dec 14 - Christmas Carol Charity Run, Sansome & Washington, S.F., 10 Km., 8:30 a.m. Fred Campbell, c/o 1 Post St., 31st Floor, San Francisco 94104. Entry Fee--toy on day of race; no fee for sponsored runners; benefits SF Firefighters Toy Program.
- Dec 14 - DSE North Beach Run, 4 Mi., (1640 Stockton), S.F., 10 a.m. Walt Stack, 741 Kansas, San Francisco 94107.
- Dec 14 - SCTC Sunset Bay Runs (1, 3.2 & 6.2 Mi.), Coos Bay, Ore., 1 p.m. Mike Hodges (503/267-7225).
- Dec 20 - WVTC Preventive Sports Medicine Seminar, Hyatt Union Sq., San Francisco, 7 a.m. Registration (8 a.m. to 6 p.m.), featuring George Sheehan & others; evening banquet with Country Joe & The Fish and 1980 Olympic Films. See full-page advertisement at back of this issue. Full info: WVTC, Box 1551, San Mateo 94401.
- Dec 20 - Petaluma Relays, 26.2 Mi. (5 runners/team), Petaluma H.S., 9 a.m. Stan Hockerson, c/o 719 Coddington Ctr., S.Rosa 95401
- Dec 20 - Tunnel Hill Invit. X-Country Race, 2.14 Mi., Ft. Bragg, noon. George Bratsberg, 2066 Mendocino Av., #37, SantaRosa 95401
- Dec 20 - Striders 50-Miler, Santa Monica C.C. (track), 3 p.m. SPA Masters Champs (all others by invitation only). Tom Sturak, Box 1602, Santa Monica 90406.
- Dec 20 - Rose Bowl 10-Miler, Pasadena, 8 a.m. Bill Pickrell, 666 Longfellow, Hermosa Beach 90254 (213/374-7314).
- Dec 20 - 25-Kilometer Run, Sunset Park, Las Vegas, NV, 9 a.m. LVTC, c/o 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Dec 20 - Mission Bay 25K, San Diego, time TBA. San Diego TC, P.O. Box 1124, San Diego 92112.
- Dec 21 - 7th Annual Christmas Relays, 5/team--Approx. 4.5 Mi./leg, Lake Merced (Sunset Blvd. Pkg. Lot), S.F., 9 a.m. Please enter prior to Dec. 16 (much higher fee after that). Marc Lund, 902 Rockefeller, #11-B, Sunnyvale 94087 (408/739-6560, eves).
- Dec 21 - L.A. Bicentennial Founders' Trek Half-Marathon, San Gabriel, 9 a.m. Eric Rawlings, Box 1119, San Gabriel 91778.
- Dec 24 - Merced Christmas Eve Run (tentative), 5.4 Mi., Applegate Pk., Merced, time TBA. No contact listed.
- Dec 25 - DSE Men/Women Xmas Relays, Stow Lake (G.G. Pk.), San Francisco (2 Mi. each), 10 a.m. W. Stack, 741 Kansas, S.F. 94107.
- Dec 27 - Holiday Half-Marathon, San Luis Rey Downs, 9 a.m. Carl Maier, Oceanside Recr. Dept., 350 N. Ditmar St., Oceanside 92054.
- Dec 27 - 10-Kilometer Run, Sunset Pk., Las Vegas, NV, noon. Las Vegas TC, c/o 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Dec 27 - Mt. Lowe Trained Run to Inspiration Pt., 13Km, 8:30 a.m. Joseph Wilson, c/o 181 S. Los Robles, Pasadena 91101.
- Dec 28 - Westlake 20-Miler, time TBA. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361 (805/495-8705).
- Dec 28 - LMJS Fourth Sunday Runs (5, 10 & 15K), Lake Merritt (Old Boathouse), Oakland, 9 a.m. LMJS, c/o 230 Marlow, Oakland 94605
- Dec 31 - Napa Midnight Run - New Years Run, 1.25 & 5.7 Mi., Napa College, midnight. Kaye Hall, 4516 Dry Creek Rd., Napa 94558.
- Dec 31 - Midnight Masquerade Runs, 1.5 & 3 Mi., Cal-State Sac'to, midnight. Cruz Acevado, c/o 2408 "J" St., Sacramento 95816.
- Dec 31 - Midnight Family Fun Run, 1 Mi., Vandenberg Village Shopping Ctr., 11:15 p.m. J. Perkins, 3304 Via Dona, Lompoc 93436.

Race Equipment Rental

TRYING TO SAVE TIME? GIVE US A CALL AND SEE HOW MANY ITEMS WE CAN SUPPLY FOR YOUR RACE. PURCHASE OR RENTAL. WE HAVE SUCH ITEMS AS--TRAFFIC CONES--ROPE--FINISH-LINE SUPPORT STANDARDS--STOPWATCHES--CHRONOMIX TIMERS--MEGAPHONES--AID-STATION MATERIALS --BANNER STANDARDS--DIGITAL CLOCK--E.R.G.--RRCA HANDBOOKS--FLAGS--T-SHIRTS--SHORTS --PA-SYSTEM!! *** WRITE OR CALL: JACK LEYDIG, BOX 1551, SAN MATEO 94401 (341-3119).

MAILING LIST

Rent the NCRR's mailing list at only 3¢/label...already ZIPCODE order for bulk-mailing on self-adhesive labels. Race director use of list: Save 25%! - *NorCal Running Review*, Box 1551, San Mateo, CA 94401 (415/341-3119).

- Dec 31 - 21st Annual Midnight Run, 3 Mi. Fun Run, Foothill College, Los Altos Hills, midnight. c/o 1400 Stierlin, Mtn. Vw. 94043
- Jan 1 - 50-Plus Ass'n 3K & 10K, Stanford Univ., 8:30 a.m. Natl. Running Week, 1400 Stierlin Rd., Mountain View 94043 (965-8777)
- Jan 1 - Runner's World Women's 10K Track Invit., Stanford Univ., 10 a.m. Same address as above.
Runner's World Men's 15K Track Invit., Stanford Univ., 11 a.m. Same address as above.
- Jan 1 - New Year's Day Saucony 10K, Stanford Univ., noon. Same address as above.
- Jan 1 - DSE New Year's Day Hangover Run, 3.4 Mi., Toll Gate Plaza Parking Lot, G.G. Bridge, 10 a.m. Walt Stack, 741 Kansas, SF.
- Jan 1 - ~~CANCELLED~~--Masters West Half-Marathon, Marin Civic Center, 9 a.m. Frank Smith (415/658-9888).
- Jan 3 - Red Rock 20Km Championship, Red Rock Cnyn., Nev., 9 a.m. Las Vegas TC, c/o 602 S. Maryland Pkwy., Las Vegas, NV 89101.
- Jan 3 - RTC/Oregon AAU 15Km Championship, Lookingglass, OR, 1 p.m. Carolyn Egenes, 2753 W. Bradford Dr., Roseburg, OR 97470.
- Jan 4 - Runner's World Women's 5-Mile Invit., Dntn. Los Altos, 11:15 a.m. Nat'l Running Wk., 1400 Stierlin, Mtn. View 94043.
Runner's World Men's 5-Mile Invit., Dntn. Los Altos, noon. Same address as above (415/965-8777).
Converse Open 5-Miler, Dntn. Los Altos, 1 p.m. Same address as above.
- Jan 4 - Daisy Hill X, 13 Mi., Sonoma State Univ., time TBA. Bob Lynde, P.E. Dept., Sonoma State Univ., Rohnert Park 94928.
- Jan 4 - California "10" (10 Mi.), Lincoln Sr. High School, Stockton, 10 a.m. 800 Limit. Frank Hagerty, Box 4802, Stockton 95204
- Jan 4 - Match Maker 5-Miler, U.O. Track, Eugene, OR, 11 a.m. Lary Simpson, Sugar Pine Ridge, 877 E. 13th, Eugene, OR 97401.
- Jan 10 - High Sierra TC 5-Miler, Hwy. 41 & Rd. 204 (No. of Fresno), 11 a.m. Joe Herzog, 822 S. Claremont, Fresno 93727.
- Jan 10 - 15-Kilometer Run, Sunset Pk., Las Vegas, Nev., 9 a.m. Las Vegas TC, c/o 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Jan 10 - SCTC Bullards Beach Runs (1, 3.1 & 6.2 Mi.), nr. Bandon, Ore., noon. Tom Brown (503/347-3362).
- Jan 11 - Crystal Springs Ribbon Runs, (2, 4.6 Mi. & 15Km), Bell Cnyn. Rd. (NE of St. Helena), 10 a.m. Reg Harris, 1267 Walnut, #C-66, Napa 94558 (707/255-8705).
- Jan 11 - Burlingame Fun Runs, 2.85 Mi., Coyote Point Pk. Beach, 8:30 a.m. Brock Riddle, 850 Burlingame Av., Burlingame 94010.
- Jan 11 - Winterland Half-Marathon, 13.1 Mi., Shasta College, Redding, 10 a.m. Regina Silva, 1642 Market St., Redding 96001.
- Jan 11 - Mission Bay Marathon, San Diego Stadium, 7 a.m. Entries Close Jan. 7. Mission Bay Marathon, Box 1124, San Diego 92112.
- Jan 11 - Governor's Trophy Run (2 Mi., 10K, 13.2 Mi.), Willamette Univ., Salem, Ore., 1 p.m. Pre-Enter by Jan. 3 for 13.2 Miler.
Governor's Trophy Run, Willamette Univ., Salem, OR 97301.
- Jan 17 - Cascade Loop Run, 4.3 Mi., Cascade H.S., nr. Turner, Ore., 10 a.m. John Frey, 1450 Fir South, Salem, OR 97302.
- Jan 17 - SNA/TAC 10Km Championship, Sunset Pk., Las Vegas, Nev., 9 a.m. Las Vegas TC, c/o 602 S. Maryland Pkwy, Las Vegas 89101.
- Jan 18 - Zoo Run, 3.9 Mi., South Gate, S.F. Zoo, 9 a.m. Zoo Run, c/o Larry Brainard, S.F. Zoo, Zoo Rd. & Skyline, S.F. 94132.
- Jan 18 - Red Cross Water Temple Run, Canada College, Redwood City (2 & 8 Mi.), 9 a.m. Jan Otto, c/o Sunset Mag., Menlo Pk. 94025
- Jan 24 - 5-Mile Run, Sunset Park, Las Vegas, Nev., noon. Las Vegas TC, 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Jan 24 - Willy's Five & One-Milers, St. William Parish Hall, Los Altos, 9 a.m. Ellen Clark, 156 Marvin, Los Altos 94022.
- Jan 25 - Redondo Beach Super Bowl Sunday 10K, 8 a.m. 10K Run, P.O. Box 3185, Redondo Beach 90277 (213/376-6912).
- Feb 1 - OTC 10-Miler, Eugene (Alton Baker Pk.), Ore., 1 p.m. Lary Simpson, Sugar Pine Ridge, 877 E. 13th, Eugene, OR 97401.
- Feb 1 - Las Vegas TC Marathon, Univ. of Nevada, L.V., Nev., 8 a.m. Las Vegas TC, c/o 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Feb 7 - 10-Kilometer Run, Sunset Pk., Las Vegas, Nev., 9 a.m. Las Vegas TC, c/o 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Feb 7 - ORRC/OA-TAC 30Km Championships, Delta Pk., Portland, Ore., 9 a.m. David Granum, 7135 N. Montana, Portland, OR 97217.
- Feb 7 - Salem Zena Road Runs (3, 6 & 9 Mi.), nr. Salem, Ore., 1:30 p.m. Chuck Bowles, Willamette Univ., Salem, OR 97301.
- Feb 8 - Golden State Women's Runs, 5 & 10K, Miller Pk., Sacramento, 9 a.m. Suzie Clark, P.O. Box 121, Elk Grove 95624.
- Feb 8? - Trinidad Beach Run, 8.5 Mi., Trinidad (nr. Arcata), time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521.
- Feb 14 - Valentine's Day Run, 5 & 10K, Old Boathouse, Lake Merritt, Oakland, 10 a.m. Cliff Lura, 11200 Golf Links, Okld. 94605.
- Feb 14 - Have a Heart Run, 3 & 10 Mi., American River Coll., Sacramento, 9 a.m. Barbara Douglas, 9029 La Valencia Ct, E.G. 95624
- Feb 15 - Valentine's 5K Run, Crane Pk., St. Helena, 10 a.m. Reg Harris, 1267 Walnut, #C-66, Napa 94558 (707/255-8705).
- Feb 15 - Jediah Smith 50-Mile Classic/PA-TAC Champs, Discovery Pk., Sac'to, 8 a.m. Entries Close Feb. 14...must provide your own handler. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831 (916/392-7672).
- Feb 15 - Don't Tell a Lie 10Km, Roseburg, Ore., 1 p.m. Keith Smothers, 261 Tipton Rd., Roseburg, OR 97470 (503/672-4516).
- Feb 15 - SCTC Winchester Bay Run (S. of Reedsport, Ore.), (1, 3.5 & 7 Mi.), 1 p.m. Stan Stafford, 900 SE Douglas, Roseburg 97470
- Feb 21 - SPA/TAC 15Km Championship, Sunset Pk., Las Vegas, Nev., 9 a.m. LVTC, c/o 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Feb 22 - YMCA Chinese New Year Run, 3 & 6 Mi., (Bush & Grant) San Francisco, 9 a.m. Mary Wong, YMCA, 855 Sacramento, S.F. 94108.
- Feb 22 - Excelsior East End Run, 8.2 Mi., McLaren Lodge, G.G. Pk., S.F., 9 a.m. Terrence Casey, 163 Beulah, San Francisco 94117.
- Feb 22 - Three Peaks Mountain Run, 15 Mi., Pacific Union Coll., Angwin, 10 a.m. Dave Nieman, Box 362, Angwin 94508.
- Feb 28 - 13th Martinez to Port Costa Brickyard Run, 8.4 Mi., Municipal Pk., 10 a.m. Luka Sekulich, 1485 Darlene, Concord 94520.
- Feb 28 - Trail's End Marathon, Seaside, Ore., 11:30 a.m. Enter By 2/14; 2500 Limit. Chamber of Commerce, Box 7, Seaside 97138.
- Feb 28 - Mystery Relay, Univ. of Nevada, Las Vegas, Nev., 9 a.m. LVTC, c/o 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Mar 1 - City of Fremont 10,000 Meter Run, Swim Lagoon Pkg. Lot, 9 a.m. Claudia Clark, P.O. Box 5006, Fremont 94538.
- Mar 1 - Channel to Lake Run, 10 Mi., dntn. Vallejo, 10 a.m. Sid Nickolas, 395 Amador St., Vallejo 94590 (707/642-7556).
- Mar 7 - Bidwell Classic Marathon (& 3 Mi. and ½-Mara.), Bidwell Pk., Chico, 8 a.m. Enter by 2/21; 1500 Limit for Half & Full-Marathon. Walt Schafer, P.O. Box 1182, Chico 95927 (916/343-6857).

- Mar 8 - Napa Valley Marathon (Internat'l Women's Day Marathon), Calistoga to Vintage H.S., Napa, 7 a.m. No Late Req.
Chuck Hall, 4516 Dry Creek Rd., Napa 94558.
- Mar 15 - Burlingame Fun Runs, 2.85 Mi., Coyote Point Pk. Beach, 8:30 a.m. Brock Riddle, 850 B'game Av., B'game 94019.
- Mar 8 - Camellia Capital Marathon (& ½-Mara.), Cal-State Univ., Sacramento (Stadium), 7 a.m. Marjie Cuthbert, Box 449, Sacramento 95802 (916/441-1138).
- Mar 8 - Lake Merritt Couples Relay (2 person), 5K each, Oakland, 9 a.m. John Notch, 230 Marlow Dr., Oakland 94605.
- Mar 15 - Sports Cobbler St. Patrick's Day 5-Miler, Sacramento, time TBA. Bill Britten, 2408 "J" St., Sacramento 95816.
- Mar 29 - Pinole Marathon, Pinole Valley H.S., 8 a.m. Steve Justice, 2192 Owens Ct., Pinole 94564 (415/758-1023).
- Apr 20 - Boston Marathon, noon. Enter by Mar. 9. See "standards" in "This & That". BAA Marathon, Box 223, Boston 02199.

Christmas Relays

DEC. 21, SUNDAY - LAKE MERCED, SAN FRANCISCO - 9:00 A.M.

New course this year (not down Hiway 1 from Half Moon Bay to Santa Cruz) around popular Lake Merced (approx. 4.5-mile loop). Many divisions; 5-person teams; approximately 300 plaques give out last time. ENTRY FEE - \$15/TEAM (\$25 after Dec. 15th).

SEND S.A.S.E. - Marc Lund, 902 Rockefeller, 11-B, Sunnyvale, CA 94087 (408/739-6560, evenings).

CROSS-COUNTRY

Because of the lateness of this issue, we were not able to list a great deal of X-C races...only the late-season meets. We got very poor response in regards to people sending us schedules (especially on the college level). Thanks to the various CIF Section Offices for sending us the High School Invitational listings, although we're too late to list them.

- Nov 8 - Northern Section CIF Finals, site unknown.
- Nov 9 - Nat'l TAC Masters 10K X-C Championships, Mercer Island, WA, 10 a.m., see LDR Schedule for contact.
- Nov 11 - Redwood Empire J.O. Trial Meet, Santa Rosa area, Fred Kenyon, 1570 North St., #22, Santa Rosa 95404. J.O. Trial Meet, Pleasant Hill H.S., 3 p.m., DVTCF, 4949 Boxer Blvd., Concord 94521.
- Nov 12 - Central Coast Section Region III, Crystal Springs, Belmont (HS).
- Nov 13 - CCS Region I & II, Crystal Springs, Belmont (HS). CCS Region IV, Toro Park (nr. Salinas) (HS).
- Nov 15 - AIAW Nationals, Univ. of Washington, Seattle, noon. NCAA District 8 (and PAC-10/PCAA Champs), Stanford Golf Course, 11 a.m.
- Nov 16 - Monterey Peninsula College Invit. (open club X-C meet), Monterey Area, 10Km, Dave Stern (Monterey Peninsula College).
- Nov 18 - CCS Section CIF Finals, Crystal Springs, Belmont.
- Nov 22 - NorCal High School Championships, Crystal Sprgs.
- Nov 24 - NCAA Div. I Championships, 10Km, Wichita, KS, 11 am.
- Nov 29 - Boys Nat'l TAC Championships, Spring Lake Pk., Santa Rosa (Entries Close Nov. 22), VMTC, 1609 Mariner Dr., Sebastopol 95472. Kinney Western Regional H.S. Meet, Woodward Pk., Fresno, noon (Enter by Nov. 15), Bill Cockerham, Box 6103, Fresno 93703. Nat'l TAC Masters 5K X-C, Balboa Pk., San Diego, see LDR Schedule for contact. Nat'l TAC Men's (Jr./Sr.) and Women's (Jr./Sr.) X-C Champs, Pocatello, Idaho, see LDR Schedule for contact.
- Dec 13 - Nat'l Kinney H.S. X-C Championships, Balboa Pk., San Diego (must qualify at Regionals on 11/29).

Note Re: IAAF X-C Trials--Dates & locations of these meets are not known as of this date and will not be decided until after the T.A.C. Convention. Contact the district office for more information around mid-December. Trial meets for Jr. & Sr. Men will probably be in mid-January to early-February. Women's team usually chosen entirely from TAC Nationals on Nov. 29th at Pocatello.

TRACK & FIELD

ALL-COMERS MEETS: - As far as we know, there are only two regularly scheduled series in Northern California this winter, as follows: **UC BERKELEY**--At Edwards Field, 400m all-weather surface, held on Dec. 6, 13, 20, Jan. 3, 10, 17, 24, 31, Feb. 7, 14, starting at 11 a.m. All running events in metric distances. High school and open divisions only but others can run in these divisions (women, masters, etc.). Entry is 50¢/person, and all meets will be held unless raining heavily. For further information, contact the UC Track Office at 415/642-3158. **LOS GATOS H.S.**--Just off Hiway 17; all-weather surface with field events starting at noon and running events at 1 p.m. Entry is 50¢/person. Meets on Dec. 20, Jan. 3, 10, 17, 24, 31, Feb. 7...distance events only (800m thru 10,000m, and mile relay) on Dec. 20 and Feb. 7 meets. Open, high school and also masters & women's events when warranted. For further information contact Glenn Harmatz at 408/356-2225, evenings. *****THE ABOVE INFORMATION WAS SUPPLIED BY THE MEN'S TRACK AND FIELD COMMITTEE OF THE PA/TAC.*****

OTHER MISC. MEETS, INCLUDING ONE-TIME ALL-COMERS MEETS: - Dec. 6-7, TFA Winter Decathlon at Glendale College - John Tansley, Athletic Dep., Glendale Coll., 1500 N. Verdugo Rd., Glendale 91208. Dec. 13, All-Comers Meet at Cal-State, Northridge, noon (no throwing events) - Bill Webb, Track Coach, CSUN, Northridge 91330 (213/885-3205). Dec. 14, West Coast Weight Pentathlon at Glendale College, sponsored by TFA - John Tansley (see Dec. 6-7). Dec. 27, All-Comers Meet, Mt. SAC, Walnut, 10 a.m. - Don Ruh, Athletic Dept., MSAC, Walnut 91789.

TFA NATIONAL POSTAL CHAMPIONSHIPS: - TFA/USA and Puma are sponsoring this event with a new and expanded format (more divisions). Races include 2 & 3 Miles and 2-Person 10-Mile Relay (alternating 440's). All competition in any category must be

KINNEY CROSS COUNTRY CHAMPIONSHIPS

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United States of America



Western Championship

November 29, 1980 — Fresno, California.

For high school runners from the following western states: California, Montana, Wyoming, Idaho, Utah, Arizona, Nevada, Washington, and Oregon. The top seven male and top seven female competitors will be sent to the National Championship, all expenses paid.

National Championship

December 13, 1980 — San Diego, California

The top seven from each of five regional championships will compete in the National Championships.

FOR MORE INFORMATION:

Contact: Bill Cockerham, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Phone: (209) 264-5847.



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held between Sept. 1 and Dec. 15, 1980, and submitted results must be postmarked by Dec. 20 to be accepted. All communications should be directed to: PUMA-TFA Postal Championships, 10920 Ambassador Dr., Suite 322, Kansas City, MO 64153 (Ph. 816/891-1077). Certificates awarded to top ten teams and top fifteen individuals in each category. See advertisement elsewhere in this issue.

INDOOR MEETS: - No information as we go to press, but the S.F. Examiner Indoor Games will probably be held in February again this year, held at the Cow Palace in Daly City. -- The 2nd Annual Runner's World Indoor Classic will be held on Jan. 2, also at the Cow Palace, starting at 7 p.m. For information, see full-page ad on page 3 of this issue.

EXAMINER TRIALS: - Trial locations and dates for S.F. Examiner Indoor Games not known at this time, but will probably be at San Jose C.C., UC Berkeley and possibly College of San Mateo, which just had a new track installed, replacing their old one, which had "bubbled" apart. For further information on Trials contact either the Examiner Promotions Dept. or Fred Baer, PO Box 5401, San Mateo, CA 94402. □

BOSTON MARATHON TOUR

NorCal Running Review is all set for the 1981 BAA Marathon and we hope to have about 80-100 running enthusiasts join us. We've blocked rooms at the Boston Sheraton, which is right on the finish-line, but the hotel will most likely be optional again this year. We all must leave together on Apr. 17 (Friday), but you may return when you like, although we've blocked seats on Apr. 21 (Tuesday). Since airfares are fluctuating a lot nowadays, we don't have a specific fare quote yet, but send a S.A.S.E. to Box 1551, San Mateo, CA 94401, and we will get you a flier before the end of the year. **NOTE:** - If you pay for your ticket now (in advance), you protect yourself against any fare increases! And airfare is completely refundable should you decide not to go (or get injured, etc.).

Race Walking

SCHEDULING: - For all information on scheduling please contact the following individuals--(NorCal) Bill Ranney, 101 Sunnyhills Dr., #65, San Anselmo 94960 (Ph. 415/456-2641) or Tom Dooley, 2250 Sherwin Av., Santa Clara 95050 (Ph. 408/243-5454); (SoCal) Connie Rodewald, 852 Sharon Dr., Camarillo 93010; (Oregon) Jim Bean, 336 Jerris St. SE, Salem, OR 97302.

Nov 16 - PA/TAC 25Km, Golden Gate Pk., S.F. (Polo Fields), 9:30 a.m.
Dec 14 - PA/TAC 10-Mile Handicap, Northgate Shopping Center, Terra Linda (Marin County), 9:30 a.m.

PAN-AM MASTERS T&F CHAMPIONSHIPS (Aug. 16-17, Los Angeles): /5000m-Track/ 1-Ed Bouldin/BSW 22:53.5, 2-Walt Jaquith/Unat/37 24:01, 3-Bill Ranney/45/WVTC 24:56...5-Lori Maynard/44/WDS 25:46, 6-John Kelly/50/CW 25:47...11-Siitonen/54/NCS 28:39... 24 finishers. /20Km/ 1-Bouldin 1:40:25, 2-Ranney & Jaquith 1:44:48...6-Maynard 1:54:31, 7-Kelly 1:54:35, 10-Siitonen 2:04:19...19 finishers (road course). /Harry Siitonen/

NATIONAL TAC 35K (Sep. 7, Belvedere): 1-Dan O'Connor/ACA 3:00:31, 2-Reilly/BSW 3:11:28, 3-Ranney/45/WVTC 3:13:01, 4-Jaquith/WVTC 3:18:37, 5-Jansen/ShoreAC 3:19:01, 6-Parker/WVTC 3:33:02, 7-Gustafson/SFPDAC 3:35:02, 8-Adriano/SSC 3:39:51, 9-Dunn/PMK/40+ 3:44:18, 10-Siitonen/50+/NCS 3:54:12, 11-Diane Mendoza/GGRW 4:02:52. West Valley TC won the team title. /Harry Siitonen/

PA/TAC 10K CHAMPIONSHIPS (Sep. 14, Stanford): 1-Reilly/BSW 49:33, 2-Adriano/SSC 52:52, 3-Lori Maynard/44/WDS 53:47, 4-Marut/GGRW/40+ 54:20, 5-Dunn/PMK/40+ 54:34, 6-Kathy Curtis/Unat 56:05, 7-Allen/DVTC 58:00, 8-Siitonen/NCS/50+ 59:28...23 finishers. /Harry Siitonen/□

Prep Ramblings

by Keith Conning

CONTRIBUTIONS APPRECIATED: - Please send results & stories of high school athletes and competitions directly to me: Keith Conning, 2235 Browning St., Berkeley, CA 94702 (Ph. 415/849-4406).

Track & Field

NAT'L TAC JR. CHAMPIONSHIPS (Jun. 16-17, Knoxville, TN): - Sharon Ware (Berkeley East Bay TC/Berkeley HS) set a meet record of 11.34 in the 100 meters. Ware, 16, easily pulled away from Michelle Glover (New Jersey) to beat the old meet record of 11.50, set by Kim Robinson (LA Merc.) in 1977. The time was a personal record for Ware, who on June 7 qualified for the U.S. Olympic Trials in Eugene, Oregon, with a winning time of 11.42 in the State Meet. Ware's mark makes her the third fastest performer of all-time behind Chandra Cheesborough and Margaret Bailes. -- Don Ward (St. Mary's, Berkeley) won the 400-meter hurdles with a time of 51.84 to rank him as the eighth fastest performer of all-time and number two in Northern California behind Rich Greybehl. Ward also placed fifth in the 110-meter hurdles with a 14.71 clocking. It was the first time that Ward had run the college high hurdles, which are three inches higher than the high school barriers. -- Defending champion Leslie Deniz (Gridley) hurled the discus 174-10 to break her own meet record of 166-8, set last year. Deniz, 17, is also the national junior record holder with a throw of 175-10 in Los Angeles in May 1979. She had a throw of 178-8 in May at a hometown meet, but it was not allowed as a national high school record because not enough officials were present. -- Darren Hall (Enterprise, Redding), who qualified for the State Meet in the discus, placed fifth in the decathlon with 6,529. Hall now ranks as the second best in NorCal history behind Dixon Farmer, who scored 6607 in 1958. -- Robyne Johnson (BEBTC/Berkeley HS), who didn't qualify for the State finals, came back to place second here with her personal best of 19-4. Sherifa Sanders (BEBTC/Berkeley) was fifth at 19-1½. -- Raymond Threatt (Arizona/ex-Pittsburg HS) placed third in the 100 at 10.55. He was followed by Kenny Robinson (BEBTC/Berkeley) in a personal best of 10.60. -- Alonzo Jackson (Alabama TC/ex-Oakland HS) was fourth in the long jump with a leap of 23-5. -- Pete Richardson (BEBTC/Berkeley) got into trouble in the first lap of the 800, was unable to free himself in time, and finished sixth with a time of 1:52.66. -- Judy Young (BEBTC/Berkeley), the State Meet champ in the low hurdles, caught her foot on the last hurdle

and finished last. -- Sherifa Sanders placed second in the lows, and Valerie Flemmings (BEBTC/Northgate HS) was sixth in 15.07. -- Sharon Ware also placed third in the 200 with a time of 24.50. -- Kenny Robinson (BEBTC/Berkeley) placed third in the 200 with 21.36. -- Berkeley East Bay TC teams finished third in the women's 800-meter medley relay and fourth in the women's 1600-meter relay. /Keith Conning/

INTERNATIONAL PREP INVITATIONAL (Jun. 20, Naperville, IL): - Only NorCal finishers (and winners of those events, if different) are listed. -- 110HH: 1-Morris/NJ 13.8, 2-Andrade/HJ-Sacto 13.9; 300mIH: 1-Morris 37.1, 2-Williamson/Skyline-Okld 37.5, 4-Andrade 37.7; Mile: 1-Smith/KS 4:10.2, 3-Reyes/Jesuit 4:11.7. /York High School/

TAC CALIFORNIA BOYS AGE-GROUP CHAMPIONSHIPS (Jun. 28-29, Santa Rosa): - /14-15/ 400m: 2-Williams/1980TC 49.6; 1500m: Kuphaldt/RG 4:04.1; 3000m: Kuphaldt & Berry/DVTC 8:55.3(tie). /16-17/ 100m: Robinson/BEBTC 10.4, 3-White/BEBTC 10.7; 200m: Robinson 21.4, White 21.4; 400m: Dotson/BEBTC 49.0; 800m: Richardson/BEBTC 1:55.1; 110mHH: 2-Ward/BEBTC 14.2; 400mR: BEBTC 41.2; 800mR: BEBTC 1:28.2, 3-1980TC 1:29.4; 1600mR: BEBTC 4:16.0; SP: Rosati/AcalanesHS 54-11½; DT: Rosati 151-6; HJ: Swanson/AnalyHS 6-4; LJ: Bailey/BEBTC 23-0 3/4; TJ: Bailey 48-4½; 3000mRW: Allen/DVTC 17:49.5. /Keith Conning; John Gash/

TAC BOYS AGE-GROUP NATIONALS (Jul. 25-29, Pleasant Hill): - /14-15/ 1500m: 3-Carroll/Nevada 4:06.8, 4-Berry/DVTC 4:07.8; 3000m: Carroll 8:57.9, Berry 8:58.1; 800mR: 1980TC 1:29.11; DT: 2-Katches/MLTC 157-5. /16-17/ 100m: 3-Robinson/BEBTC 10.72, 5-White/BEBTC 10.93, 7-Decatur/VP 11.01; 200m: White 21.47; 400m: 8-Dotson/BEBTC 51.6; 800m: 2-Richardson/BEBTC 1:52.3, 8-Langerston/BEBTC 1:59.5; 1500m: 6-Cox/LGAA 3:59.6; 3000mRW: 4-Allen/DVTC 15:42.5; 110mHH: Williamson/SkylineHS 14.28; 300mIH: 8-Williamson 41.0; 400mR: BEBTC (McCane/Robinson/Pigrum, White) 41.31, 4-Vallejo Pacesetters 42.16, 6-1980TC 44.0; 800mR: 2-VP (Dilworth, Decatur, Bonner, Williams) 1:27.0, 4-1980TC 1:29.8; 1600mR: BEBTC (Dotson, Richardson, White, Green) 3:15.5; HJ: 2-Caldwell/BEBTC 6-8, 6-Malvino/ArW 6-6, 7-Swanson/VMT 6-6; PV: Ellis/M-A 14-11; LJ: 2-Frazier/MissionHS 23-4 3/4, 5-Wright/VP 22-1½, 7-Nails/1980TC 21-2; TJ: Frazier 50-2½; SP: 2-Rosati/AcalanesHS 57-7, 7-Swedlund/SLVHS 52-11½; JT: 4-Cathoun/DVTC 153-7; DT: 4-Colvin/LowellHS 158-0, 5-Rosati 154-6. /Keith Conning; DVTC/

TAC GIRLS AGE-GROUP NATIONALS (Jul. 5-7, Tempe, AZ): /14-15/ 100m: 3-Carpenter/Hilltop 12.03 (11.97 semis), 5-Rodgers/BEBTC 12.08 (11.96 heat); 200m: 3-Rodgers 24.56 (24.52 heat)...also Miller/Cupertino 25.16 (heat); 400m: 2-Miller 55.66, 6-Williams/BEBTC 57.91; 100mH(30"): 3-Bates/BEBTC 14.58; 3000m: 3-Van Housen/WDS 10:15.96; 400mR: 2-BEBTC 47.42, 4-Hilltop TC 47.96; 800mR: 4-BEBTC 1:46.41. /Keith Conning/

NATIONAL JR. OLYMPICS (Aug. 15-17, San Jose): /BOYS/ 100m: 4-Williams/Sac 10.85, 5-White/Oak 10.87; 200m: 3-White 21.20 (DQ'd for running out of lane), (Semi 1) 6-Willhite/Sac 21.92, (Semi 2) 2-White 21.22; 400m: 3-Green/PA 47.74; 800m: 3-Richardson/Berk 1:50.71; 1500m: 5-Long/Roseville 3:57.12, 6-Yeager/Snyvle 4:01.4; 110mHH: 3-Williamson/Oak 14.2 (14.26 Semi), (Prelims 1) 6-Bradley/Sac 15.6; 400mIH: (Semi 1) 6-Bailey/PH 56.81; 1500mRW: Campbell/Reno 6:26.72, 17-Wade/Cup nt; 400mR: BEBTC (McCane, Robinson, Pigrum, White) 40.86 (Semi) 40.70 (new Natl. Meet Rcd.); LJ: 4-Wright/Suisun 23-2, 11-Ahearn/SJose 21-2 3/4; TJ: Miller/LosAngeles 51-5 3/4; PV: 5-Ellis/MenloPk 15-0; DT: 10-Katches/Millbrae 155-7. /GIRLS/ 100m: 2-Ware/Berk 11.7 (11.75 Semi), (Semi 2) 5-Spence/Oak 12.42 (12.41 heat); 200m: 7-Spence 24.7, (Semi) Ware 24.52 (scratched from final); 400m: 5-Miller/Snyvle 56.11, 7-Williams/Oak 57.6; 800m: 4-Spies/Liv 2:17.37, 11-Hollingworth/SRosa 2:18.6, (Semi 1) 4-Spies 2:11.8, (Semi 2) 3-Hollingworth 2:14.75; 1500m: (Semi 2) 5-Brogan/MVw 4:52.8; More on Pg. 31



Ken Robinson (BEBTC/Berkeley HS) won both sprints at the TAC California Boys Age-Group Championships. /Keith Conning/

(Jr. Olympic Nat'l's, Continued) 3000m: Martini/Del 9:49.3, 8-Van Housen/Woodside 10:04.9, (Semi 2) 7-Gong/Lo 10:27.8; 100mH: Redo/KS 13.66, 3-Sanders/Berk 13.82; 400mIH: Harmon/ThOaks 58.77, 3-Demorest/SCI 60.65; 1500mRW: Paudler/WA 7:12.1, 20-Perry/Stktn 8:22.1, 21-Ross/Oro 8:55.6; 400mR: BEBTC (Spence, Ware, Johnson, Rodgers) 46.04 (45.89 in semis, new Nat'l meet record); LJ: Joyner/IL 21-0 3/4w, 5-Sanders/Berk 19-10 1/4w, 7-Johnson/OKld 19-4 1/4w; HJ: Lind/NB 6-0, 10-Bishop/OKld 5-6 (5-8 qual.); SP: Ramos/Anaheim 45-11 1/2; DT: Johnson/AZ 157-6, 8-Nickerson/RanCord 124-6 1/2 (132-3 qual.); JT: Hughes/OR 165-10.
/Keith Conning; Jim Hume/

ADDITIONS: Nat'l TAC Girls Age-Group (July 5-7, Tempe, AZ) - 800mMR: 7-Hilltop TC 1:49.69; 2MR: 3-Woodside Str. 10:13.43; DT: 3-Durchslag/WDS 117-0; SP(8#): 3-Durchslag 40-1 1/2; JT: 5-Durchslag/WDS 120-0; LJ: 2-Bates/BEB 18-11 1/2; /12-13 DIV./ 100m: 2-Hutchins/GG 12.25. /Keith Conning/

— NorCal Prep Bests —

(Compiled by Keith Conning) - Here are the 1980 NorCal Prep Bests (by performer), ten deep. Any corrections or additions should be sent directly to Keith at 2235 Browning St., Berkeley, CA 94702. *** KEY: *=junior; **=sophomore; ***=frosh; c=yard mark converted to meters; ****=8th grade. The automatic times (listed in 100ths) which make the lists have been placed in positions of relative "value" by assigning a conversion factor of either 0.24 (100, 200, 110HH) or 0.14 (400). A question mark before the name (?) indicates that year in school is unknown. Thanks to Howard Willman for the Central Coast Section marks. - Note that all running events are in meters this year!

100 METERS

- 10.59 *Ken Robinson (Berkeley)
- 10.4 Carl Montgomery (So. San Francisco)
- 10.4c *Gerald White (McClymonds, Oakland) (9.5y)
- 10.72 Fred Williams (Norte del Rio, Sacramento)
- 10.73 Eric Washington (Woodside)
- 10.6 Wayne Johnson (Terra Linda, San Rafael)
- *Rick Mills (Independence, San Jose)
- *Ken Smith (Palo Alto)
- Troy Brooks (Washington, Fremont)
- 10.6c *Emile Armstrong (Sacred Heart, S.F.) (9.7y)
- **Kevin Wilhite (Cordova, Rancho Cordova) (9.7y)

200 METERS

- 21.21 *Ken Robinson (Berkeley)
- 21.22 *Gerald White (McClymonds, Oakland)
- 21.35 Eric Washington (Woodside)
- 21.40 *Anthony Toney (No. Salinas, Salinas)
- 21.44c Carl Montgomery (So. San Francisco)
- 21.62c Tommy Ford (Berkeley)
- 21.65c *Ken Smith (Palo Alto)
- 21.68c Harry Campbell (Mt. Pleasant, San Jose)
- 21.5c *Homer Dotson (Berkeley)
- Wayne Johnson (Terra Linda, San Rafael)

400 METERS

- 47.49 Mike Barber (Highlands, No. Highlands)
- 47.60 Harry Campbell (Mt. Pleasant, San Jose)
- 47.68c ?Carl Bonner (Vallejo)
- 47.74 Rod M. Green (Palo Alto)
- 47.6 *Chris Prietto (De La Salle, Concord)
- 47.79 *Anthony Toney (No. Salinas, Salinas)
- 47.92 Tony Eddings (Johnson, Sacramento)
- 47.9 *Ulysee Walker (Berkeley)
- 48.2 *Homer Dotson (Berkeley)
- 48.6 Doug Loisel (Mission San Jose, Fremont)
- *David White (St. Mary's, Berkeley)

800 METERS

- 1:50.19 *Pete Richardson (Berkeley)
- 1:51.87 *Dave Rodriguez (Montgomery, Santa Rosa)
- 1:52.5c Vincent Wilkins (Oakland)
- 1:53.51 ?John O'Dell (Vintage, Napa)
- 1:53.62 Scott Oliver (Los Gatos)
- 1:53.7c Willie Cage (Galileo, San Francisco)
- 1:53.71 *Brendan Saunders (Bellarmine, San Jose)
- 1:53.9 Larry Guinee (Castro Valley)
- 1:54.2 Greg Long (Calaveras, San Andreas)
- 1:54.3 Andre Preston (Berkeley)



(Left) Rich Read, Mission San Jose, did a 4:17.3 for sixth best NorCal time in the mile; (Right) John Frank, Central Valley (Redding), clocked 9:05.49 to rank second in the 8-lap event (3200m) behind Jay Marden. /Don Gosney Photos/

1600 METERS

- 4:04.58c Pedro Reyes (Jesuit, Carmichael) (4:06.01 Mi.)
- 4:06.18 Larry Guinee (Castro Valley)
- 4:13.2c *Jay Marden (Mission San Jose, Fremont) (4:14.6)
- 4:13.29 Greg Long (Calaveras, San Andreas)
- 4:15.2c Mike Vail (Mira Loma, Sacramento) (4:16.7)
- 4:15.8c Rich Read (Mission San Jose, Fremont) (4:17.3)
- 4:16.0c Mario Springer (Mountain View) (4:17.4)
- 4:16.2c *Jesse Torres (Independence, San Jose) (4:17.6)
- 4:16.5c Ken Bergkamp (Leigh, San Jose) (4:18.0)
- 4:16.6c *Tito Torres (Johnson, Sacramento) (4:18.1)

3200 METERS

- 8:56.08 *Jay Marden (Mission San Jose, Fremont)
- 9:05.49 John Frank (Central Valley, Redding)
- 9:05.7c Mike Vail (Mira Loma, Sacramento) (9:08.8 2-Mi.)
- 9:08.5c Greg Long (Calaveras, San Andreas) (9:11.7)
- 9:10.18c *Tito Torres (Johnson, Sacramento) (9:13.39)
- 9:10.2c *Jesse Torres (Independence, San Jose) (9:13.4)
- 9:11.1c Jeff Magallanes (Seaside) (9:14.3)
- 9:11.2c *Mike McCollum (Palo Alto) (9:14.4)
- 9:11.3c *Jeff Scott (El Camino, Sacramento) (9:14.7)
- 9:14.68 Marco Ibarra (Wilson, San Francisco)

110 METER HIGHS

- 13.73 Don Ward (St. Mary's, Berkeley)
- 13.79 Henry Andrade (Johnson, Sacramento)
- 14.02 Daryl Hill (O'Dowd, Oakland)
- 14.10 Frank Williamson (Skyline, Oakland)
- 14.0 Hiram Mack (McClymonds, Oakland)
- 14.1 Chad Le Fever (Washington, Fremont)
- ?Sherron Grant (Sacramento)
- John Zukowski (Hillsdale, San Mateo)
- 14.2 Don Rogers (Norte Del Rio, Sacramento)
- *Reggie Hawkins (Hillsdale, San Mateo)



300 METER LOW HURDLES

36.26	Don Ward (St. Mary's, Berkeley)
36.2c	Frank Williamson (Skyline, Oakland)
36.8	*Ronnie Seanez (Gilroy)
36.8c	Henry Andrade (Johnson, Sacramento)
37.71	John Zukowski (Hillsdale, San Mateo)
37.5	?Ernest Dumas (Galileo, San Francisco)
	*Walter Murray (Berkeley)
37.75	*Tim Redick (Woodside)
37.6	?Charlie Harper (Tracy)
	Joe Jackson (Monterey)

400 METER RELAY

41.29	Berkeley
41.76	Silver Creek, San Jose
41.87	Woodside
41.94	Johnson, Sacramento
42.05	Mt. Pleasant, San Jose
42.10	Cordova, Rancho Cordova
42.0c	Skyline, Oakland
42.1c	Norte Del Rio, Sacramento
42.2	De Anza, Richmond
	Grant, Sacramento

1600 METER RELAY

3:10.42	Berkeley
3:15.0	St. Mary's, Berkeley
3:15.93	Highlands, North Highlands
3:16.2c	Johnson, Sacramento
3:16.59	Oakland
3:16.6c	Vallejo
3:19.4c	Mt. Pleasant, San Jose
3:19.8	Galileo, San Francisco
3:20.0c	Skyline, Oakland
3:20.4c	El Cerrito

HIGH JUMP

6-11½	Ivan Morris (Johnson, Sacramento)
6-10 3/4	?Arne Simonsen (Ceres)
6-10	?Doug Williams (Vacaville)
6-9	Ricky Caldwell (Berkeley)
	Bob Lucas (Pittsburg)
	James Modkins (Pittsburg)
6-8½	?Farrar (Encina, Sacramento)
6-8	*T.J. Bartel (Westmont, Campbell)
	Dan Iliff (Palma, Salinas)
	Edre Luster (Oakland Technical)
	Jim Moran (Berkeley)
	?Brian Spears (DeAnza, Richmond)
	*Darrell Washington (Oak Grove, San Jose)
	James Wilson (Hayward)
	Paul Warrin (Castro Valley)

POLE VAULT

15-6½	Greg Ellis (Menlo-Atherton, Atherton)
15-6¼	D.J. Bahl (Awalt, Mountain View)
15-6	Ben Mahoney (St. Francis, Mountain View)
15-2	Robert Crumpler (Menlo-Atherton, Atherton)
	*Mitch Norris (Del Mar, San Jose)
15-1	Warren Jaques (Del Mar, San Jose)
15-0½	Leon Hanson (Antioch)
15-0	Ken Payless (Sunnyvale)
	*Marc Anderson (Buchser, Santa Clara)
14-9¼	Tony Faber (Yuba City)

LONG JUMP

23-10 3/4	**Ken Frazier (Mission, San Francisco)
23-7½	Carl Burton (Ceres)
23-4½	Byron Criddle (El Cerrito)
23-3	Ralph Lumactod (Buchser, Santa Clara)
23-1 3/4	?Eric Wright (Armijo, Fairfield)
23-1	*Ken Smith (Palo Alto)
23-0 3/4	John Bailey (Berkeley)
22-11	Mike Berry (Oak Grove, San Jose)
	*Steve Green (Salinas)
22-10½	*Carl Nelson (Las Plumas, Oroville)

TRIPLE JUMP

50-4 3/4	Byron Criddle (El Cerrito)
50-2½	**Ken Frazier (Mission, San Francisco)
48-10 3/4	John Bailey (Berkeley)
47-9	Mike Metoyer (Tamalpais, Mill Valley)
47-8½	Victor Torres (Silver Creek, San Jose)
47-8¼	Leonard Robinson (Yerba Buena, San Jose)

TRIPLE JUMP (Continued)

47-3	Donald Franks (Serramonte, Daly City)
46-7 3/4	Greg Marshall (Mt. Pleasant, San Jose)
	Robert Stroughter (San Mateo)
46-5	?Brian Spears (De Anza, Richmond)

SHOT PUT

61-1½	Cameron Baxter (Folsom)
60-7¼	*Dennis DeSoto (Santa Rosa)
59-1	*Dave Maggard (Acalanes, Lafayette)
59-0	Rey Mendizabel (Gunderson, San Jose)
58-8½	Clark Davidson (Antioch)
58-5	Ray Bellantoni (Del Mar, San Jose)
58-4¼	*Tim Sutro (Del Mar, San Jose)
58-3 3/4	Beau Babka (Stagg, Stockton)
58-2½	Rodney Cupp (Mt. Eden, Hayward)
57-9½	Don Boyd (Fortuna)

DISCUS

185-7	Eric Olson (Northgate, Walnut Creek)
183-2	Steve Colvin (Lowell, San Francisco)
180-4½	*Chris Day (Montgomery, Santa Rosa)
179-7	Rodney Cupp (Mt. Eden, Hayward)
176-7	?Brad Smith (Tracy)
176-6	*Henry Hall (Westmoor, Daly City)
174-3	Don Boyd (Fortuna)
173-2	*Dave Maggard (Acalanes, Lafayette)
172-3	Marc Barnum (Salinas)
	Dave Nagengast (Del Mar, San Jose)
	Bruce Owen (Silver Creek, San Jose)

--- GIRLS ---

100 METERS

11.34	*Sharon Ware (Berkeley)
11.6c	***Patrice Carpenter (De Anza, Richmond) (10.6y)
11.92	*Qwendolyn Ward (De Anza, Richmond)
11.7c	Kim Webster (Berkeley)
12.08	***Nedra Rodgers (Berkeley)
11.9c	?Barbara Ballard (Cordova, Rancho Cordova)
	*Robyne Johnson (Berkeley)
	***Delisa Lynch (Oakland Technical)
11.9	*Valerie Spence (San Lorenzo)
12.0c	**Karen Schaefer (Central Catholic, Modesto)
	***Monica Taylor (Del Paso, Sacramento)

200 METERS

23.62	*Sharon Ware (Berkeley)
24.3c	Volaney Harris (Oakland)
24.3	*Tanaya King (Berkeley)
24.63	*Qwendolyn Ward (DeAnza, Richmond)
24.4	**Gurtha Pounds (Live Oak, Morgan Hill)
24.5	***Patrice Carpenter (De Anza, Richmond)
24.7c	?Cheryl Griffin (Kennedy, Sacramento)
	Lisa Peters (Northgate, Walnut Creek)
24.7	*Valerie Spence (San Lorenzo)
	Kim Webster (Berkeley)

400 METERS

54.36	Volaney Harris (Oakland)
54.38	**Sherrill Miller (Fremont, Sunnyvale)
55.3	Lisa Peters (Northgate, Walnut Creek)
	**Jessica Spies (Livermore)
55.49	?Deby Sanders (Edison, Stockton)
55.6	Alison Adams (Campolindo, Moraga)
55.9	?Cheryl Griffin (Kennedy, Sacramento)
	Kim Webster (Berkeley)
56.2	**Maree Hansen (Alhambra, Martinez)
56.55	*Margaret Demorest (Buchser, Santa Clara)

800 METERS

2:09.73	**Marilyn Davis (Miramonte, Orinda)
2:09.87	**Maria King (Ayer, Milpitas)
2:11.1	**Jessica Spies (Livermore)
2:11.4	*Tracy Weber (Lynbrook, San Jose)
2:11.56	*Kathy Douglas (Kennedy, Richmond)
2:11.6	*Kerry Brogan (Los Altos)
2:13.0	**Jill Ellingson (Hayward)
2:13.16	**Laurie Hollingworth (Piner, Santa Rosa)
2:13.2	Lisa Sandel (Campolindo, Moraga)
2:14.3c	**Jenny Ray (Oakland)
2:14.34	***Sharon Yaninek (Presentation, San Jose)

1600 METERS

- 4:48.57 Lisa Sandel (Campolindo, Moraga)
- 4:49.94 Roxanne Bier (Independence, San Jose)
- 4:55.2c *Tracy Weber (Lynbrook, San Jose)
- 4:56.6c **Maria King (Ayer, Milpitas)
- 4:57.5c *Heike Skaden (Encina, Sacramento)
- 4:57.7c *Kerry Brogan (Los Altos)
- 4:59.9c *Joni Weaver (Ponderosa, Shingle Springs)
- 5:04.05c Liz Strangio (Mission San Jose, Fremont)
- 5:04.8 ?Shelly Nieto (Merced)
- 5:05.7c **Mary Ann Morse (Carondelet, Concord)

3200 METERS

- 10:28.9c *Heiki Skaden (Encina, Sacramento)
- 10:36.36 Liz Strangio (Mission San Jose, Fremont)
- 10:41.5 **Robyn MacSwain (Terra Linda, San Rafael)
- 10:42.17 *Mary Gaffield (El Cerrito)
- 10:42.8c Roxanne Bier (Independence, San Jose)
- 10:46.1 *Karin Lambden (Castro Valley)
- 10:46.6c *Kerry Brogan (Los Altos)
- 10:49.1 Diane Gong (Lowell, San Francisco)
- 10:52.3 Lisa Dailey (Petaluma)
- 10:53.4c Amy Harper (Prospect, Saratoga)

100 METER LOW HURDLES

- 13.4 Judy Young (Berkeley)
- 13.82 *Sherifa Sanders (Berkeley)
- 13.6 *Robyne Johnson (Berkeley)
- 13.97 Alesia Sweeney (Tamalpais, Mill Valley)
- 13.9 *Val Flamingo (Northgate, Walnut Creek)
- 14.0 Sally Meinbress (Acalanes, Lafayette)
- 14.52 Gretchen Mills (Gunn, Palo Alto)
- 14.3 ?Shiri Milton (Fairfield)
- 14.59 ****Evette Bates (King Junior HS, Berkeley)
- 14.4 *Teri Haynes (El Cerrito)

400 METER RELAY

- 45.7 Berkeley
- 46.23 De Anza, Richmond
- 47.0c Kennedy, Sacramento
- 47.2c Cordova, Rancho Cordova
- 48.37 San Carlos
- 48.3 Logan, Union City
- 48.5c Ells, Richmond
- 48.66 Silver Creek, San Jose
- 48.79 Fremont, Sunnyvale
- 48.84 Saratoga
- Overfelt (San Jose)

1600 METER RELAY

- 3:46.7 Berkeley
- 3:53.4 Campolindo (Moraga)
- 3:53.67 Livermore
- 3:55.7 Miramonte (Orinda)
- 3:56.2 El Cerrito
- 3:57.53 Carlmont (Belmont)
- 3:57.5 Drake (San Anselmo)
- Castro Valley
- 3:58.53c Oakland
- 3:59.59 Fremont (Sunnyvale)

HIGH JUMP

- 6-0 *Karen Lysaght (St. Francis, Sacramento)
- 5-10 Lisa Greenfield (Redwood, Larkspur)
- 5-9½ Trish King (Menlo-Atherton, Atherton)
- 5-9 **Cheryl Bishop (Berkeley)
- 5-8½ *Karen Robinson (Fremont, Sunnyvale)
- 5-7 *Maggie Van Zeeland (Acalanes, Lafayette)
- ?Jennifer Jacobsen (Woodland)
- ?Keri Johnson (South Lake Tahoe)
- 5-6 ¾ Joy Dana (Colusa)
- 5-6 Dana Davidson (Lynbrook, San Jose)
- Kathy Barry (Leigh, San Jose)

LONG JUMP

- 19-5½ *Sherifa Sanders (Berkeley)
- 19-4 *Robyne Johnson (Berkeley)
- 19-1½ Lesia Jackson (Terra Linda, San Rafael)
- 18-11½ ****Evette Bates (Pinole Jr. HS, Pinole)
- 18-9½ Tammie Sullivan (Ayer, Milpitas)
- 18-9½ Lisa Greenfield (Redwood, Larkspur)
- 18-6½ *Maggie Van Zeeland (Acalanes, Lafayette)
- 18-3½ *Margaret Demorest (Buchser, Santa Clara)
- 18-2 ¾ **Kelly Abruzzini (Gilroy)
- Judy Young (Berkeley)

SHOT PUT (4KG)

- 44-8½ Leslie Deniz (Gridley)
- 44-1½ *Mel Rodriguez (Mariposa)
- 41-10 *Laura DeSnoo (Washington, Fremont)
- 40-9½ La Ree Dinnin (O'Dowd, Oakland)
- 40-6 ¾ ?Becky Koch (Escalon)
- 40-5½ Kathy Callaghan (Monte Vista, Danville)
- 39-11 ¾ *Jeanne Gallegos (Liberty, Brentwood)
- 39-8 ¾ Wendy Fortner (Liberty, Brentwood)
- 39-8½c *Deanne Phillips (Mira Loma, Sacramento)
- 39-6 Deanna Ramirez (Hill, San Jose)

DISCUS

- 183-1 Leslie Deniz (Gridley)
- 160-2 *Laura DeSnoo (Washington, Fremont)
- 142-11 *Mel Rodriguez (Mariposa)
- 141-6 Carolyn Perkins (Westmoor, Daly City)
- 139-0 Mellisa Kennedy (Roseville)
- 136-4 ¾ ?Karen Nickerson (Cordova, Rancho Cordova)
- 134-10 **Stephanie Townsel (Silver Creek, San Jose)
- 133-2 *Jane Hambleton (Buchser, Santa Clara)
- 130-2 ¾ **Cindi Durschlag (San Carlos)
- 129-3 ?Mary Dentinger (El Camino, Sacramento)



(Left) Roxanne Bier had second best 1600m and fifth best 3200m clockings for the season. /Gosney/ (Right) Marilyn Davis (L) had top 800. /Stock/



(Left) Kerry Brogan was ranked in 800, 1600 & 3200. (Right) Sherifa Sanders (L) and Judy Young (R) had two best hurdles times. /D. Gosney/

PREP X-C HIGHLIGHTS

Following are the Varsity & Girls' results from some of the big early-season invitationals. Only top finishers are listed in line with cutting back on our high school results.

ALUM ROCK INVIT. (Sep. 27, San Jose): 2.25 Mi./ Champ. Boys: Amador Vly 65, MSJ 66, Lick 87. 1-Marden/MSJ 11:07, 2-Carroll/ML 11:34, 3-Wogsland/MSJ 11:37, 4-Stefanisko/ST 11:40, 5-Anderson/ST 11:42, 6-Munoz/L 11:43, 7-Hill/AV 11:52, 8-Paredes/B 11:52, 9-Sellard/B 11:55, 10-Vargas/AV 11:55. Boys: Monta Vista 31, Leigh 71, Newark 126. 1-Salazar/Sar 11:40, 2-Johnson/L 11:50, 3-Ernest/MV 12:04. Girls: Mira Loma 34, Soquel 79, Amador Valley 119. 1-Slingerland/ML 14:01, 2-Mackland/ML 14:11, 3-Muth/So 14:38, 4-Santa Cruz/ML 14:54, 5-Catheter/AV 14:59.

OAL INVIT. (Sep. 27, Joaquin Mill Pk., Oakland): Large Boys: Castro Valley 44, San Ramon 64, Berkeley 72, Skyline 90. 1-Wilson/B 11:29, 2-Grabowsky/SR 11:30, 3-Pluth/S 11:38, 4-Matull/SR 11:44, 5-Shea/CV 11:50, 6-Berry/YV 11:54, 7-Anderson/CV 11:55, 8-Kessler/CV 12:04, 9-Charleston/B 12:07, 10-Mayberry/CV 12:09. Small Boys: Terra Linda 44, Alameda 72, O'Dowd 87. 1-Hill/En 12:14, 2-Malley/OD 12:19, 3-Schorno/OD 12:20. Large Girls: Terra Linda 41, Skyline 53, Berkeley 79. 1-MacSwain/TL 9:48(CR), 2-McLeod/S 10:28, 3-Van Buskirk/CV 10:55, 4-Turner/S 10:56, 5-Watkins/B 10:58, 6-Holzgang/TL 10:59, 7-Rader/B 11:08, 8-Hansen/SR 11:10, 9-Hoerber/Con 11:11, 10-Hamilton/TL 11:17. Small Girls: Piedmont 34, Encinal 63, Notre Dame 76. 1-Ryan/P 10:30, 2-Ellingson/H 10:44, 3-Hopkins/E 10:57, 4-Benson/P 11:32, 5-Noe/P 11:35. /Keith Conning/

CHICO INVIT. (Sep. 27, Chico): 3.0 Mi./ Boys: Woodland 93, Lassen 112, Vacaville 124, Enterprise 136, Paradise 148. 1-Vanderbush/L 15:39, 2-Knowles/V 15:46, 3-Brattan/V 15:56, 4-Williams/Ch 15:57, 5-Bladorn/Ch 16:19, 6-Rice/W 16:20, 7-Rider/Ar 16:23, 8-Healey/E 16:29, 9-Prigmore/Sh 16:31, 10-Medina/W 16:33. 1.87 Mi./ Girls: Shasta 93, Petaluma 102, Del Oro 104. 1-Shanoff/P 10:17(CR), 2-McDowell/DO 10:51, 3-Dolan/S 10:54, 4-Bushling/YC 11:02, 5-Bertucci/P 11:04. /Keith Conning/

APTOS INVIT. (Oct. 4, Aptos): Large Boys: Los Gatos 33, Homestead 64, Santa Teresa 132, Palo Alto 132, Soquel 148. 1-Stefaniski/ST 12:38, 2-McCollum/PA 12:46, 3-Cox/LG 12:47, 4-Zamczyk/H 13:01, 5-Bergstrom/LG 13:08. Small Boys: Hollister 48, Aptos 61, N.Monterey 121. 1-Guaracha/H 12:59, 2-Scattini/Pal 12:59, 3-Vasquez/H 13:29, 4-Goettelmann/A 13:32, 5-Weaver/A 13:46. Girls: Los Gatos 53, Soquel 57, Homestead 110. 1-Stearns/SCk 15:38, 2-Kwong/H 15:53, 3-Muth/S 16:01, 4-Parker/LG 16:23, 5-Morris/LG 16:34. /Keith Conning/

SOUTH TAHOE INVIT. (Oct. 4, Lake Tahoe): Boys: El Dorado 55, Reed/Nev. 68, Watsonville 69, Reno 86, Carson City 114. 1-Vasquez/W 15:15, 2-Ortez/W 15:51, 3-Dunn/CC 15:55, 4-Govette/ED 16:02, 5-Chamarro/R 16:07. Girls: Reno 20, El Dorado 81, Carson City 91. 1-Thompson/R 12:38, 2-Baker/ED 13:11, 3-Whithead/R 13:17, 4-Cummings/R 13:38, 5-Condron/R 13:50. /K. Conning/



(L) Aubrey Wilson (Berkeley) winning OAL Invt. in course record. /Conning/ (R) Jesse Torres (Independence). /Gosney/

ARTICHOKE INVIT. (Oct. 4, Half Moon Bay): 2.3 Mi./ Large Boys: Castro Vly 107, Amador Vly 120, MSJ 131, Bellarmine 142, Berkeley 151. 1-Marden/MSJ 11:08.7(CR), 2-Wilson/Ber 11:20, 3-Vanderbush/Las 11:28, 4-Carroll/Doug-CC 11:32, 5-Naughten/Fre 11:32, 6-She/CV 11:33, 7-Iglehart/Gunn 11:33, 8-Carroll/ML 11:36, 9-Sellard/Bel 11:36, 10-Barber/WG 11:39. Small Boys: Lick 59, Riverbank 94, St. Francis 108. 1-Munoz/L 11:44, 2-Marlonga/Menlo 11:45, 3-Brown/SLO 11:49, 4-Gale/SF 11:54, 5-Anderson/R 12:02. Girls: St. Francis 120, Castro Vly 134, Mira Loma 134, Terra Linda 160, Redwood 177. 1-MacSwain/TL 12:55 (CR), 2-Van Housen/SH 13:29, 3-Brogan/LA 13:34, 4-Gaffield/EC 13:41, 5-Slingerland/ML 13:49, 6-Brodie/SF 13:52, 7-Buzza/AG 13:53, 8-Macklin/ML 14:03, 9-Starrett/R 14:07, 10-Kelly Brogan/LA 14:15. /Keith Conning/

COLFAX INVIT. (Oct. 4, Rocklin): Boys: Colfax 37, Brett Harte 56, Ft. Bragg 61. 1-Tinney/FB 16:33, 2-Morette/NT 16:44, 3-Kolter/BH 16:54, 4-Ramirez/C 16:57, 5-Snelson/RL 17:00. Girls: Portola 74, Amador 88, Colfax 95. 1-Rite/P 13:45, 2-Valadez/P 13:57, 3-Nieto/U 14:02, 4-Maloney/SV 14:04, 5-Knoodle/BH 14:33. /Conning/

NEVADA UNION INVIT. (Oct. 4, Grass Valley): 3 Mi./ Boys: Bella Vista 57, Jesuit 86, Cordova 104, Woodland 115, Reed(Nev.) 134, Carson City 142. 1-Kuphaldt/BV 15:40, 2-Knowles/VAC 16:10, 3-Scott/EC 16:16, 4-Whaler/Plac 16:19, 5-Peavy/NU 16:29. Girls: Reno 19, Cordova 78, Del Oro 88. 1-Thompson/R 12:35, 2-Martin/CR 13:09, 3-Corndage/R 13:13, 4-Moss/BV 13:22, 5-Whitehead/R 13:28. 2 Mi./

SAN RAMON INVIT. (Oct. 4, Danville): Large Boys: San Ramon 36, Skyline 54, Vintage 75, Livermore 92. 1-Grabowsky/SR 7:45, 2-Matull/SR 7:47, 3-Odelli/V 8:07, 4-Schuwder/S 8:08, 5-Victor/PV 8:09. Med. Boys: Acalanes 46, Northgate 61, Petaluma 65. 1-Phillips/Con 8:06, 2-Hanseil/A 8:07, 3-Ricksecker/P 8:15, 4-Beach/NG 8:18, 5-Stankus/Camp 8:21. Small Boys: Las Lomas 43, DeLaSalle 53, Drake 77. 1-Hooker/LL 7:54, 2-Abshia/DA 7:56, 3-Barlow/LL 7:58, 4-McComb/DLS 8:02, 5-Fisher/DLS 8:06. Large Girls: Skyline 52, Petaluma 70, San Ramon 74, Concord 74. 1-Shanoff/P 7:20, 2-Bertucci/P 7:40, 3-Richardson/Con 7:48, 4-McLeod/Sk 7:49, 5-Hoerber/Con 7:54. Small Girls: Carondelet 44, Miramonte 77, Marin Catholic 104. 1-Morse/Car 7:18, 2-White/Mir 7:20, 3-Dickson/Aca 7:29, 4-Knafelc/Car 7:31, 5-Ames/Cal 7:37. /K.C./

OAK GROVE INVIT. (Oct. 11, Tracy): 3 Mi./ Boys: Jesuit 47, Riverbank 63, St. Mary's 117. Corvalho/SM 15:03, 2-Ternes/J 15:13, 3-Honeychurch/SM 15:25, 4-Orr/J 15:28, 5-Garcia/R 15:33. 2 Mi./ Girls: Lincoln(Stktn) 37, Lodi 44, Turlock 55. 1-Jenson/Oakmont 11:48, 2-Anderson/Bey 11:50, 3-Smith/Tr 11:53, 4-Perry/Li 11:56, 5-Smith/Lo 12:01. /Keith Conning/

CRYSTAL SPRINGS INVIT. (Oct. 11, Belmont): 2.9 Mi./ Boys: Independence 69, Skyline 75, Granada 126. 1-Torres/I 15:21, 2-Pluth/Sk 15:34, 3-Alexander/I 15:38, 4-Vazzuez/I 15:54, 5-Carter/MA 16:05. Champ. Boys: Bella Vista 55, Leigh 79, Berkeley 81, Vacaville 94, Piner 126. 1-Kuphaldt/BV 15:01, 2-Bernal/W 15:10, 3-Dulin/L 15:27, 4-Knowles/V 15:30, 5-Johnson/L 15:38. Girls: Skyline 77, Merced 121, Terra Linda 128, Piner 131, Granada 138. 1-MacSwain/TL 17:14, 2-Hollingworth/P 17:58, 3-McLeod/S 18:33, 4-Stearns/SCrk 18:49, 5-Dubay/P 19:00.

HERSCHEL MILES INVIT. (Oct. 11, Antioch): 1.95 Mi./ Large Boys: Amador Vly 34, San Ramon 42, Northgate 90. 1-Grabowsky/SR 9:33, 2-Berry/YV 9:41, 3-Matull/SR 9:43, 4-Hill/AV 9:47, 5-Vargas/AV 9:49, 6-Robinson/AV 9:50, 7-Scott/SR 9:52, 8-Walker/AV 10:00, 9-Bloomer/EC 10:06, 10-Peissner/YV 10:07. Girls: Carondelet 36, Acalanes 108, El Cerrito 110. 1-White/Mir 11:11, 2-Morse/C 11:13, 3-Gaffield/EC 11:19, 4-Knafelc/C 11:34, 5-Davis/M 11:41, 6-Sihner/M 11:42, 7-Dixon/Aca 11:43, 8-Hansen/SR 11:50, 9-C.Manning/C 11:58, 10-Perkins/C 12:04. /Conning/

STANFORD INVIT. (Oct. 13, Stanford): Boys: Castro Valley 98, Berkeley 111, DeLaSalle 131, Watsonville 142, Saratoga 174. 1-Shea/CV 16:09, 2-Vasquez/W 16:13, 3-Salazar/S 16:21, --MORE



Robyn MacSwain of Terra Linda, a junior, was undefeated in three invitationals: Oakland, Artichoke & Crystal Springs. /Keith Conning/

(Stanford Invit., Continued)...4-Anderson/CV 16:22, 5-Iglehart/Gu 16:24, 6-Gutierrez/W 16:30, 7-Hamer/SJ 16:32, 8-Phillips/Con 16:33, 9-Ortiz/W 16:36, 10-Hancock/St 16:37. Girls: St. Francis 94, Drake 113, Petaluma 116, Castro Vly 132, Los Altos 172. 1-Shanoff/Pet 18:22, 2-Brogan/LA 18:51, 3-Flint/UK 19:08, 4-Gaffield/EC 19:16, 5-Brodie/SF 19:25, 6-Dykstra/D 19:32, 7-Malone/SV 19:35, 8-Bertucci/Pet 19:41, 9-Thorner/D 19:56, 10-Berndt/Gunn 20:00. /Keith Conning/

HAYWARD INVIT. (Oct. 18, Castro Valley): /5KM/ Small Boys: Las Lomas 45, DeLaSalle 51, Acalanes 82, Newark 104. 1-Hooker/LL 16:29, 2-Barlow/LL 16:30, 3-McComb/DLS 16:41, 4-Bacatti/DLS 16:57, 5-Hansell/Ac 17:03, 6-Hill/Enc 17:05, 7-Bartlett/Nwk 17:09, 8-Machek/LL 17:11, 9-Fischer/DLS 17:12, 10-Lucas/Ac 17:13. Large Boys: MSJ 71, Castro Vly 84, Bellarmine 90, San Ramon 148, Cordova 156, Skyline 160, Carlmont 183. 1-Marden/MSJ 15:34, 2-Grabowsky/SR 16:09, 3-Shea/CV 16:13, 4-Berry/YV 16:19, 5-Phillips/Con 16:22, 6-Mulcahy/MSJ 16:27, 7-Anderson/CV 16:34, 8-Matull/SR 16:39, 9-Pluth/Sky 16:39, 10-Kessler/CV 16:44. /2 Mi./ Small Girls: Carondelet 31, Miramonte 62, Campolindo 88, Piedmont 116. 1-Morse/Car 12:51, 2-K felc/Car 12:58, 3-Sihner/Mir 13:05, 4-Ryan/P 13:09, 5-Ellingson/Hay 13:14, 6-Mueser/Camp 13:31, 7-Hopkins/Enc 13:34, 8-Canio/LL 13:36, 9-Vicki Knafelc/Car 13:37, 10-Perkins/Car 13:39. Large Girls: Castro Vly 74, Cordova 90, Piner 97, San Ramon 98, Skyline 109, Carlmont 132, MSJ 152. 1-Hollingworth/Pin 13:05, 2-Hansen/SR 13:06, 3-McLeod/Sky 13:17, 4-Lambden/CV 13:23, 5-DuBay/Pin 13:27, 6-Davis/Cor 13:29, 7-Foianini/Ca 13:36, 8-Hoerber/Con 13:46, 9-Boldt/I 13:51, 10-Petusky/Cor 13:52. /K.C./

SOQUEL INVIT. (Oct. 18, Soquel): /2.5 Mi./ Small Boys: Lick 42, Terra Linda 66, Soquel 112. 1-Munoz/L 13:18, 2-Scattini/Palma 13:23, 3-Santos/Har 13:28, 4-Trujillo/L 13:33, 5-Franko/Linc 13:34. Large Boys: Berkeley 57, Bella Vista 75, Monte Vista 76, Madera 120, Mira Loma 120. 1-Kuphaldt/BV 12:41, 2-Wilson/B 12:54, 3-Stefanisko/ST 12:59, 4-Skinner/Red 13:03, 5-Carroll/ML 13:05, 6-Ernst/MV 13:08, 7-P.Stefanisko/ST 13:10, 8-Foster/MV 13:12, 9-McGee/B 13:14, 10-Lee/BV 13:15. Large Girls: Redwood 30, Soquel 63, El Cerrito 70, Seaside 133, Cupertino 142. 1-Gaffield/EC 15:07, 2-Starret/Red 15:32, 3-Wilson/Red 16:18, 4-Gustafser/LO 16:24, 5-Lehman/EC 16:29. Girls F/S: 1-Muth/Sq 16:08, 2-Watkins/B 16:38, 3-Johnson/B 16:49. /Conning/

POSTAL MEET (Oct. 25, Los Gatos): Boys: MSJ 48:10.2, Los Gatos 48:47.3, Leigh 48:53.2, Bellarmine 48:55.8, Watsonville 49:37.6, St. Francis 49:44.9, Carlmont 50:05.5, St. Ignatius 50:09.9, Willow Glen 50:19.1, Saratoga 50:21.8. 1-Marden/MSJ 9:04.2, 2-Torres/I 9:04.8, 3-Rubio/WG 9:06.9, 4-Dulin/Lei 9:09.3, 5-Cox/LG 9:10.0, 6-Bernal/Wstmt 9:14.1, 7-Gutierrez/Wat 9:25.6, 8-Vasquez/Wat 9:28.5, 9-Gonzalez/Gund 9:32.3, 10-Shea/CV 9:33.2. Girls: St. Francis 59:56.1, Los Gatos 61:11.2, Carlmont 62:49.1, Saratoga 62:52.9, Homestead 63:01.8, Leigh 63:20.7, Granada/Liv 63:36.2, Independence 64:09.2, Prospect 64:40.0, Seaside 65:27.7. 1-Brodie/SFr 11:18.9, 2-Foianini/Ca 11:19.7, 3-Kwong/Hom 11:29.2, 4-Morris/LG 11:31.2, 5-Wright/Hom 11:38.7, 6-Parker/LG 11:41.0, 7-Radford/Sea 11:44.8, 8-Grassi/SFr 11:46.7, 9-Lambden/CV 11:50.1, 10-Barry/Lei 11:55.6. /Keith Conning/□

TRACK AND FIELD



RESULTS



SCHEDULING: - We got this information too late to include in the scheduling or "Late News" sections, so we're including a brief mention here. ALL-COMERS MEETS: In addition to those we've listed in the scheduling section, there will be meets on Jan. 17 & 24 at Fresno State's all-weather track, with running events at metric distances. Field events include a javelin & hammer, with first field events starting at 11:30 a.m. and the running events at 1 p.m. For further information, contact Red Estes (209/487-2167) or Carlo Prandini (209/299-7211). Entry fee is 50¢/person with separate divisions for open, high school, women & masters if participation warrants. *** Modesto JC will host a meet on Jan. 31, with same divisions as at Fresno St., and 50¢/person fee. For more information, contact Jack Albiani (209/526-2000). *** Merced JC will host a meet on Feb. 14, with same divisions as at Fresno St., and 50¢/person fee. For further info on this meet, contact Tom McCall at 209/723-4321. All of the above meets on all-weather tracks.

CALIFORNIA STATE GIRLS & WOMEN'S CHAMPIONSHIPS (Jun. 8, Stanford): - We're only listing finishers in the 14-15 and 14/Over Divisions. -- /14-15/ 100m: 2-Hill/BEB 12.5, 3-Murray/BEB 12.5; 200m: 1-Rice/BEB 25.3, 2-Murray/BEB 25.7; 400m: 1-Miller/Un 56.3, 2-Williams/BEB 57.0; 800m: 4-Williams/BEB 2:20.2; 1500m: 1-Berndt/Fthl 4:42.3, 4-Yaninek/SJC 4:58.5, 5-Bonnet/SJC 4:58.8, 6-Watkins/BEB 4:58.8; 3000m: 1-Van Housen/WDS 10:30.2; 3000mRW: 1-Ramirez/SCRR 16:01.7; 100mH: 1-Bates/BEB 14.8, 3-Jacobs/WDS 16.9; 300mH: 1-Jacobs/WDS 49.2; 440R: Hilltop 48.0, BEBTC 48.2; 880MR: Hilltop 1:50.5; MileR: 2-Capitol City Flyers 4:12.6; 2MR: Woodside Str. 10:15.9; HJ: Schoenlein/Un 4-10; LJ: 1-Bates/BEB 18-0½, 2-Schoenlein 17-7; SP: 1-Durchslag/WDS 39-7½, 2-Moro/App 32-2; DT: 1-Durchslag/WDS 122-8½, 2-Moro/App 107-6; JT: 1-Durchslag/WDS 107-10; /14 & OVER/ 100m: 1-Parker/ML 11.7, 2-Dennison/BEB 11.9, 3-Fuller/BEB 12.1; 200m: 1-Franklin/ML 24.3, 3-Fuller/BEB 25.7; 400m: White/BEB 55.8, 2-Van Warmerdam/BearCrk 56.8; 800m: 1-Regan/SJC 2:07.3, 2-Trumbly/GBrTC 2:08.7, 3-Neal/Un 2:10.4, 4-King/SJC 2:11.0, 5-Spies/SJC 2:11.1, 6-Weber/SJC 2:13.2; 1500m: 1-Manning/ORob 4:21.3, 2-Campbell/StantC 4:23.4, 3-Olrich/WVTC 4:37.4, 4-Kwong/Un 4:47.4; 3000m: 1-Peters/MPC 9:31.2, 2-Schnurpfeil/StantC 9:54.3, 3-Scannell/CSUS 9:58.1, 4-Donat/MPC 10:02.6, 5-Wotherspoon/SJC 10:03.2; 10,000m: 1-Cox/S&S 36:09.7, 2-Stout/CSUH 36:46.1, 3-Brusher/WVTC 38:23.3; 5000mRW: 2-Maynard/WDS/40+ 26:48.0, 3-Curtis/CSH 28:42.4; 100mH: 1-Hawthorne/BEB 14.0, 3-Milis/BEB 15.1; 400mH: 3-Van Warmerdam/BearCrk 63.5; 440R: BEBTC 47.2; 880MR: BEB 1:46.6; MileR: SJC 3:49.1, Orinda 3:54.9; 2MR: 2-WDS 10:27.1, 3-Golden Girls 10:41.0; HJ: Johnson/Un 5-6; LJ: Donald/StantC 19-7; SP: Pryor/BEB 47-2; DT: Burt/Un 125-4; JT: 2-Shoaff/ML 117-6.



Some of NorCal's top prep x-country runners (L-R): Jay Marden/Mission San Jose, Paul Grabowsky/San Ramon, Lori Shanoff/Petaluma, Jeff Scott/El Camino-Sacramento, and Harold Kuphaldt/Bella Vista. /Keith Conning Photos/

NAT'L TAC WOMEN'S PENTATHLON CHAMPIONSHIPS (Jun. 8, Santa Barbara): 1-Zambrzycki/AI 4299, 2-Waltman/Un 4187, 3-King/MLTC 4169 (14.35, 40-5, 5-7½, 19-9, 2:23.09)...8-Banks/GBrTC 3958 (15.23, 44-2 3/4, 5-5½, 18-4, 2:25.20). /JUNIORS/ 1-Hatfield/CI 3925...4-Hurley/MLTC 3416 (15.66, 34-7, 5-2½, 17-1½, 2:40.68), 6-Viguie/MLTC 3311 (16.60, 28-6½, 5-5 3/4, 16-2, 2:26.51), 9-Ellis/OrindaTC 3009 (16.73, 29-6, 4-10, 15-5½, 2:35:56). /Cava/

WESTERN REGIONAL MASTERS CHAMPIONSHIPS (Jun. 21-22, San Diego):

Note: No club affiliations listed, so we are listing only NorCal finishers that we recognize. 100m: (OA) Marshall/WVTC 11.12; (1B) 2-Springbett 11.96; (3B) Koppel 13.12; (4A) 2-Carnine 14.96; (W-OB) Girard 14.78; (W-1A) Sherrard 13.52, Parish 14.02; (W-1B) Obera 13.33; (W-2A) 2-Dietderich/NCS 16.6; 200m: (OA) Pruitt/WVTC 22.59, Marshall/WVTC 22.62; (1B) 2-Springbett 24.7; (3B) Koppel nt; (4A) 2-Carnine nt; (W-1A) Sherrard 27.81, Parish 30.34; (W-1B) Obera 28.09; (W-2A) 2-Dietderich/NCS nt; 400m: (OA) 2-Pruitt/WVTC 48.7; (OB) Romain/WVTC 49.6, 3-Simpson/WVTC 53.0; (3B) Koppel 67.8; (W-OB) 2-Gerard 69.8; (W-1A) Parish 69.8; (W-1B) Obera 63.21; (W-2A) Dietderich/NCS 85.1; 800m: (OB) Romain/WVTC 1:58.3, Mason/WVTC 1:58.7; (1A) 3-Donaldson/WVTC 2:02.6; (2A) Stevenson 2:17.0; (3A) Mahannah 2:37.0; (W-OB) 3-Gerard 2:41.5; 1500m: (OB) Romain/WVTC 4:21.0; (3A) Mahannah 5:32.2; (W-OB) Gerard 5:43.0; 5000m: (3A) 3-Waste/NCS 20:37.4; 10,000m: (1A) 2-Guthrie/WVJS 34:46.0; (2A) 2-Stevenson 36:56.4; 110mHH: (3B) Koppel 20.8; 400mIH: (OA) Pruitt/WVTC 56.3; (3B) Koppel 86.9; 3000mSC: (1A) Guthrie/WVJS 10:39.8; (2A) Stevenson 11:05.6; 5000mRW: (2A) 2-Dunn 26:26; (W-OA) 2-Dunn 32:16; HJ: (2A) Wyatt 6-0; (W-1A) Sherrard 4-6 (Amer.Rcd.); LJ: (OA) 2-Marshall/WVTC 18-11½; SP: (W-1A) Sherrard 38-11½ (Amer.Rcd.); DT: (OA) Fahey/WVTC 144-8; (4A) Carnine/NCS 127-8; (W-1A) Sherrard 94-10 (Amer.Rcd.); HT: (3B) York 93-3; JT: (4A) Carnine 114-1. /Nat'l Masters Newsletter/

U.S. OLYMPIC TRACK & FIELD TRIALS (Jun. 21-29, Eugene, Ore.):

Note: Only NorCal athletes are listed in most cases. -- /MEN/ 100m: (Semi 1) 8-Hart/BAS 10.57w, (Heat 2) 7-Rochee/BAS 10.57w, (Heat 3) 3(tie)-Hart 10.45; 200m: (Semi 1) 6(tie)-Krullee/Macc 21.14, (Semi 2) Hampton dnf, (Qtr 4) 2-Hampton/BAS 20.97; 400m: 1-Green/Un 45.85; 800m: 2-Robinson/ICAC 1:45.58, (Heat 3) 7-White/Cal 1:49.18; 1500m: (Semi 2) 7-Aldridge/Sub-4 3:43.15; 5000m: Macdonald/WVTC dnf (Semi 1) 4-Macdonald 13:43.75; 10,000m: 6-Wysocki/SSTC 28:19.56, 8-Sandoval/AW 28:29.94, 12-Tuttle/TIT 28:47.4; 20KWalk: 10-Reilly/BSW 1:38:33, 11-Glusker/WVTC 1:39:07, 15-Ranney/WVTC/40+ 1:44:11, DQ'd-Pyke/SSC & Sharp/Un; 110mHH: 2-Cooper/BAS 13.39, (Semi 2) 6-Whitfield/Army 13.96w, (Qtr 2) 4-Whitfield 14.01, (Qtr 3) 7-Dixon/FthlJC 14.55, (Qtr 4) 5-Cowling/Cal 14.37, (Heat 2) 2-Cowling 13.83, 6-Florant/ICAC 14.21, 7-Hart/BAS 14.56, (Heat 3) 7-Carmichael/Cal 14.56, (Heat 4) 4-Dixon 14.23, 7-Roberts/WVTC 14.63, (Heat 5) 6-Turner/S&S 14.54; 400mIH: 3(tie)-Williams/S&S 49.34, 6-Graybehl/PCC 50.10, 8-Phillips/Alf 1:36.0, (Semi 1) 3-Williams 49.25, (Semi 2) 3-Phillips 49.72, (Heat 2) 1(tie)-Greybehl 49.82, (Heat 4) 5-Turner/S&S 50.98; HJ: (non-qualifiers, missed at 7-1 3/4 qual. hgt.) Pritchett/SJS & Radan/Sac St; PV: 2(tie)-Ripley/PCC 18-2½, 8-Bockmiller/WVTC 17-6 3/4, (non-qual. missed at 17-2 3/4) Woepse/S&S, Lipinski/WVTC & Maestretti/Nev-Reno; LJ: (Non-qual.) McRae/BAS 23-2 3/4; TJ: Marlow/GBrTC qual. 5th at 52-7½ but had no mark in finals; SP: 2-Feuerbach/AW 68-3 3/4, 4-Oldfield/Un 67-4½, 5-Pyke/SJStrs 66-9½; DT: 1-Wilkins/AW 225-4, 2-Powell/Un 223-1, 3-Plucknett/SCTC 218-2, 6-Stadel/AW 208-2, 10-McGoldrick/SJStrs 195-3, 11-Burns/SJStrs 194-0, (non-qual.) Weeks/Un 183-5, Vorhees/Un 182-1; HT: 4-McKenzie/Un 225-10 (228-6 in trials), 5-Buss/Stan 222-5, 8-Burke/SJStrs 214-8, (non-qual.) Thompson/Stan 192-11; JT: 2-Kennedy/SJStrs 274-5 (278-3 trials), 5-Ransford/Un 269-3 (276-7 trials); Decathlon: George/AW (withdrew after 5 events). /WOMEN/ 200m: 6-Bolton/MLTC 23.42w (23.50(ok) in heats); 400m: (Heat 1) Franklin/MLTC DQ'd; 800m: 3-Campbell/StanTC 2:01.23, (Semi 1) 5-Weston/PCC 2:04.31, (Semi 2) 8-Regan/SJC 2:09.89 (2:08.58 in heats), (Heat 3) 5-Romesser/AGRC 2:12.30; 1500m: 4-Larrieu/PCC 4:15.32, 8-M. Keyes/Un 4:18.38, (Semi 2) 6-Trumbly/GBrTC 4:21.85; 5000m: (Exhib.) 7-Schnurpfeil/Stan 16:27.0, 12-Hjelte/GBrTC 17:46.7; 10,000m: (Exhib.) 11-Aubuchon/GBrTC 34:45.8, 15-Fox/WVTC 36:00.3; 100mH: (Semi 2) 6-Hawthorne/BEB 13.90w (14.17(ok) in heats); 400mH: (Exhib.) (Semi 3) 7-Hightower/UCSB 64.86; SP: Seidler/SJStrs 58-9½; DT: 5-Deniz/Un 175-0, 7-Svensden/Un 170-3 (170-8 in trials), 9-Zaphiropoulos/GBrTC 167-8 (177-2 in trials); JT: 3-Osborne/StanTC 181-3; Pentathlon: 2-King/MLTC 4199 (14.2, 42-11½, 5-7, 19-6½, 2:23.73), 9-Harrington/Un 3987 (14.3, 35-2½, 5-8½, 18-6½, 2:25.10), 10-Banks/GBrTC 3979 (14.7, 42-1½, 5-5 3/4, 17-10½, 2:24.07). -- A total of 10 men and 4 women from Northern California (or ex-NorCal) made the 1980 "Olympic Team"! /Cava/

NAT'L MASTERS TRACK & FIELD CHAMPIONSHIPS (Jul. 4-6, Philadelphia, PA): - **Note:** Affiliations or homestates were not listed in the results we received, so if we missed any NorCal athletes below, please drop us a note so we can mention you next time.

100m: (3B) 2-Satti/NCS 14.13; 200m: (3B) 2-Satti/NCS 29.22; 400m: (3B) 2-Satti/NCS 66.60; 1500m: (2A) 7-Waste/NCS 5:37.3; 5000m: (OB) 1-Franklin/WVTC 15:52.4, (2B) 1-O'Neil/BC 16:50.1 (AR), (4A) 2-Carmichael/OC 31:22.9; 10,000m: (2B) 1-O'Neil/BC 35:35.6(AR), (4A) 2-Carmichael/OC 54:37.1; 5000mW: (2A) 1-Dunn 26:53, 2-Siitonen/NCS 29:03; 20KMW: (2A) 1-Dunn 1:55:18; 3000mSC: (2A) 2-Waste/NCS 13:15.0, (4A) 2-Carmichael/OC 19:58; HJ: (1B) 1-Wyatt 6-0; LJ: (3B) 1-Satti/NCS 15-11; TJ: (3B) 2-Satti/NCS 31-10½; SP: (3B) 1-J.York/NCS 44-8½; DT: (3B) 5-J.York/NCS 110-1); JT: (1B) 1-Conley/Un 195-10; Pentathlon: (1B) 2-Conley/Un 3,059, (4A) 2-Bierlein 1,507. /National Masters Newsletter/

ALL-COMERS MEET (Jul. 10, Los Gatos): /OPEN/ 880: Grady 1:53.0; 70HH: Dixon/Fthl 8.1; 100y: Krullee 9.4; 440: Prince/SJS 49.4; Mile: Churney/GBrTC 4:12.3; 330LH: Kennon 39.7; 220: Krullee 21.0; 2 Mi: Martin 9:24.0; HJ: Bolden 6-2; PV: McA1-exander 16-6; LJ: Ragster/WVTC 22-1; SP: McKee 52-7½; DT: Burns/SJStrs 211-6; /HIGH SCHOOL/ 880: Zamczyk/WVTC 2:04.0; 70LH: Roberts 8.6; 100y: Mills 10.1; Mile: Hoch/CW 4:31.2; 220: White 22.5; 2 Mi: Degán 9:55.0; HJ: Caldwell 6-8; PV: McGraw 13-0; LJ: Wanrich 20-9½; DT: Katches 162-1; /WOMEN/ 880: Hammell 2:26.6; 60LH: Reimann 8.4; 100y: Chewing 11.0; Mile: Grigsby 5:18.9; 2 Mi: Grigsby 11:49.0; HJ: Bishop 5-4; /MASTERS/ 100y: Latore 10.9; Mile: Moon 5:03.9; 2 Mi: Van Zant 10:37.0; 880: Legend 2:24.8. /Glenn Harmatz/

ALL-COMERS MEET (Jul. 17, Los Gatos): /OPEN/ 100: Prince/SJS 9.8; 220: Stallard/WVTC 22.5; 440: Prince/SJS 48.5; 880: Brady/Cal 1:52.4, Smith/Un 1:54.3; Mile: Churney/GBrTC 4:11.8; 2 Mi: P.Gyorey/PW 9:29.7; 70HH: Dixon/Fthl 8.1; 330LH: Kennon /Un 39.0; HJ: Dixon 6-4; PV: Linn/Un 16-6; LJ: Bond & Campbell/WVC 22-4; SP: Brady/Un 51-8; DT: Burns/SJStrs 205-5, McGoldrick/SJStrs 199-1; /HIGH SCHOOL/ 220: White/Wsmt 22.5; 440: Green/PAHS 49.1; 880: Johnson/Peterson 1:59.8; Mile: Yaeger/Frmt 4:22.6; 2 Mi: Salazar/Sar 10:13; 70HH: Marzette 8.9; 330LH: Boeker/Frmt 39.3; HJ: Dupree/M-A 6-4; PV: Weatherwax/Leland 13-6; LJ: Wenrich/Ind 22-8; TJ: Wenrich/Ind 46-3; SP: Swendlund/SLV 54-11; DT: McGraw/LG 158-7; /WOMEN/ 100: Chewing/Sar 11.1, Miller/Frmt 11.2, Carr/Ovflit 11.2, Demorest/Buch 11.3; 220: Miller/Frmt 25.2, Chewing/Sar 25.4; 440: Miller/Frmt 57.1, Demorest/Buch 59.8; 880: Gong/Lowell 2:23.0; Mile: Gong/Lowell 5:11.5; 2 Mi: Gong/Lowell 11:07.0; 60LH: Reimann/CPSLO 8.4; DT: Zaphiropoulos/Cal 168-6; /MASTERS/ 100: Lettore/Un 10.7; 440: Green/NCS 54.9; 880: Green/NCS 2:11.0; Mile: Van Zant/WVJS 4:50.1; 2 Mi: Van Zant /WVJS 10:49.2. /Glenn Harmatz/



Stanford's Mary Osborne threw 181-3 to make Olympic team.

ALL-COMERS MEET (Jul. 31, Los Gatos): /OPEN/ 800m: Brady/Cal 1:51.2; 70HH: Thomas/Un 8.6; 100: Prince/SJS 9.8; 1500m: Churney/GBrTC 3:51.0; 220: Kemp/Un 22.1; 5000m: Engleman /WVTC 14:48.4; HJ: Wyrick/SJS 7-0; TJ: Wyrick/SJS 44-6; LJ: Wyrick/SJS 22-0; DT: Burns/SJStrs 204-0; SP: Bishop/Un 65-3; PV: McA1-exander/PW 16-6; /HIGH SCHOOL/ 800m: Salazar/Sar 2:04.8; 70HH: Roberts/Lyn 8.6; 100: White/Wsmt 10.3; 440: Green/PA 49.3; 1500m: Yeager/Frmt 4:02.2; 330LH: Sumpter/Ind 38.8; 220: Green/PA 22.0; HJ: Norman/Wsmt 6-6; LJ: Dupree/M-A 21-8; DT: McGraw/LG 148-7; PV: Eubank/Pet 12-6; /GIRLS/ 800m: Baltzer/Un 2:18; 100: Hutchins/Un 11.7; 440: Spies/SJC 57.5; 1500m: Yaniek/SJC 5:05.5; 5000m: Grigsby/Un 18:51.0; DT: Zaphiropoulos/Col 155-6; SP: Zaphiropoulos/Col 38-1; /MASTERS/ 440: Springbett/NCS 56.4; 220: Maresca/Un 24.9; 5000m: Lewis/TRAC 16:21.6; 100: Hansen/Un 11.1. /Glenn Harmatz/

PAN AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS (Aug. 16-17, Los Angeles): - Note: Hometowns and/or affiliations were not listed in results, so we may have missed some NorCal athletes we didn't recognize by name...please send any additions directly to the editor. -- 100m: (OB) 3-Robinson/WVTC 11.3, (3B) Koppel/NCS 13.4, Satti/NCS 13.5, (4A) 3-Puglizevich/NCS 16.2, (W1) Obera 12.9, (W3) 2-Kolda/NCS 17.1; 200m: (OA) Evans 22.28, (OB) Pruitt/WVTC 22.07, (1B) 6-Springbett/NCS 25.41, (2A) 4-Marlin 25.97, (3B) Koppel 29.61, (4A) 3-Puglizevich 33.95, (W1) Obera 26.6, 3-Parish 29.6, (W3) 2-Kolda 34.7; 400m: (OA) Evans 46.5, (OB) Pruitt/WVTC 51.3, (2B) 3-Springbett/NCS 59.5, (3B) Koppel/NCS 64.5, Satti/NCS 65.0, (W1) Obera 61.1(AR), 4-Parish/NCS 68.2, (W3) 2-Kolda 82.7(AR); 800m: (OA) Williams/Nev 1:58.5, Corona 1:59.0, (1A) 6-Blanchard 2:12.0, (1B) 2-Richardson/WVTC 2:04.5; 1500m: (OA) Williams/Nev 4:05.4, Corona 4:09.6, (1B) Richardson/WVTC 4:27.1, (W1) 4-Bigelow/AGRC 5:17.9, (W2) 2-Caselli/WVTC 6:39.9; 5000m: (1B) Lewis/TRAC 16:27.7, (2B) O'Neil/BC 16:38.3(AR), (W1) 2-Bigelow/AGRC 19:14.6, (W2) Caselli/WVTC 23:32.2(AR); 10,000m: (2B) O'Neil/BC 35:03.1(AR), (W2) 4-Caselli/WVTC 48:41.7; 110mH: (OB) 3-McCormick 15.5, (3B) Koppel/NCS 20.9; 400mH: (OB) McCormick 58.8, (2A) 2-Waste/NCS 89.0, (3B) Satti/NCS 77.1; 3000mSC: (1B) 2-Lewis/TRAC 11:47.0, (2A) 3-Waste 13:23.4; 5000mW: (OB) Jaquith/WVTC 24:01.0, (1B) Ranney/WVTC 24:55.5, (2A) 2-Siitonen/NCS 28:39.3, (W1) Maynard/WDS 25:46.0; 20KW: (OB) Jaquith/WVTC 1:44:48, (1B) Ranney/WVTC 1:44:48, (2A) 2-Siitonen/NCS 2:04:19, (W1) Maynard/WDS 1:54:32(?); HJ: (1B) Wyatt 6-0, (W1) Sherrard 4-3; LJ: (OB) Robinson/WVTC 20-1½, (3B) Satti/NCS 16-2, 3-Koppel/NCS 12-5½, (W1) Sherrard 14-6; TJ: (3B) 2-Satti/NCS 27-5½, 3-Koppel/NCS 23-5½; SP: (3B) J.York 43-11, (W1) Sherrard 37-1, 4-Parish/NCS 25-7; DT: (OB) 4-McCormick 138-8, (3B) 2-York/NCS 113-8; JT: (OB) 3-McCormick 159-8, (1B) Conley 203-4(AR), (3B) 2-Koppel/NCS 76-9; HT: (3B) York/NCS 121-6. /National Masters Newsletter/

SAC-FIVE PENTATHLON (Sep. 20, Sacramento): /OPEN/ 1-Bob Fournier 3168 (6.07, 47.40, 24.3, 41.56, 4:25.9), 2-O'Donoghue 2458, 3-Yund 2371; /30-39/ 1-Mac McCormick 2923 (5.67, 46.94, 24.84, 44.66, 4:51.1), 2-Ackley 2687, 3-Cochran 2217; /40-49/ 1-Gary Miller 2679 (5.33, 42.30, 23.9, 27.16, 5:10.0), 2-Forsyth 2140, 3-Sanchez 1479; /50-59/ 1-Bob Roemer/NCS 2949 (5.11, 38.08, 26.2, 24.86, 5:26.6), 2-Nordquist 2297, 3-Wigginton 2120; /60-69/ 1-Mark Henderson 2225 (3.55, 23.24, 30.50, 33.95, 6:52.2). - Events are LJ, JT, 200m, DT and 1500m, with field events being noted in meters. /Bob Roemer/□

Cross Country Report



We haven't received a whole lot of cross-country results to date, but we'll have the big late-season meets in our next issue. Please send "open" and "collegiate" results directly to the NCCR. Don't assume that we've gotten results already... we'd rather have multiple sets of the same results than nothing! We're interested primarily in results from larger invitational and end-of-season championships.

CENTRAL CALIFORNIA CROSS-COUNTRY MEET (Sep. 13, Fresno): /MEN - 5.0 Mi./ 1-Mike Van Horn/YFC 25:05, 2-Tonnemaker/Idaho 25:08, 3-Carrillo/CSUS 25:15, 4-Edmonds/YFC 25:21, 5-Foley/FTC 25:28, 6-Fernandez/CSUS 25:40, 7-Gonzales/CRE 25:44, 8-Christensen/CSUS 25:45, 9-Fitzgerald/FSU 25:49, 10-Aranda/PortJC 25:50, 11-Tapia/FSU 25:53, 12-Pincombe/CSUS 25:55, 13-Thornton/FCC 25:58, 14-Drew/CSUS 25:59, 15-Gonser/Idaho 26:02, 16-Nicholson/CSUS 26:05, 17-Farmer/CSUH 26:06, 18-Winkley/CSUS 26:13, 19-Geating/YFC 26:16, 20-Garcia/FCC 26:19. Teams: (Open) Fresno CC (RamTC) 23, 2-Porterville JC 33, 3-Bakersfield TC 86. (Univ.) CSUS 24, Idaho St. 57, FSU 58. /WOMEN - 2.0 Mi./ 1-Sharples/Idaho 11:33, 2-Ramirez/RRTC 12:06, 3-Roloff/Idaho 12:11, 4-Hagopian/RRTC 12:18, 5-Lopes/FCC 12:29. Teams: Road Runner TC 30, Kaweah Runners 43, Fresno CC (RamTC) 47. /Fresno Track Club/

FRESNO INVITATIONAL (Sep. 27, Fresno): /MEN - 10,000m/ Teams: Nevada-Reno 30, Stanford 50, Cal-Poly SLO 96, San Jose State 133, Fresno State 137. 1-Correa/Nev 30:41, 2-Thompson/Nev-LV 30:45, 3-J.Leano/Nev 30:47, 4-Berry/Stan 30:49, 5-Bautista/Un 30:54, 6-Elleton/Nev 30:56, 7-Harvey/SJS 31:00, 8-Smith/Stan 31:01, 9-Van Horn/YFC 31:04, 10-R.Munoz/Nev 31:06, 11-May/UNTC 31:08, 12-Ramirez/CW 31:10, 13-Edmonds/YFC 31:11, 14-O'Neil/Stan 31:14, 15-Gibson/SLO 31:18, 16-Navarro/Nev(B) 31:21, 17-Melendez/Stan 31:26, 18-Jorgen/Nev 31:30, 19-Graham/Stan 31:31, 20-Lynch/Nev-LV 31:34, 21-Medvin/SLO 31:36, 22-Tapia/FSU 31:39, 23-Rios/SLO 31:42, 24-Hamer/FSU 31:43, 25-Avrit/SLO 31:43, 26-Baffert/SJS 31:49, 27-DiConti/SLO 31:53, 28-Bauer/SLO 31:55, 29-Foley/FTC 31:57, 30-Knerr/FSU 32:01...121 finishers! - See next page for women's results...



Maggie Keyes /Don Gosney/



Jairo Correa /John Sheretz/



Kim Schnurpfeil /Don Gosney/

(Fresno Invit., Continued) /WOMEN - 5Km/ Teams: Arizona 40, Cal 58, CP-SLO 78, Stanford 128, CSUH 134, CSUS 146, Arizona St. 176, SJ Cindergals 181. 1-Schnurpfeil/Stan 16:48, 2-Hansen/A 16:51, 3-Keyes/CP 16:51, 4-Peters/ASU 16:59, 5-Oehm/Cal 17:09, 6-Lyons/Stan 17:15, 7-Crystal/A 17:16, 8-Kaput/A 17:22, 9-James/A 17:24, 10-Richter/Cal 17:27, 11-Trumbly/Cal 17:35, 12-Schmandt/Cal 17:36, 13-Kraemer/CP 17:45, 14-Holmes/A 17:52, 15-Stoutt/CSUH 17:52, 16-Plumer/Stan 17:58, 17-Scannell/CSUS 17:59, 18-Castro/CSUH 18:01, 19-Harper/CP 18:02, 20-Flowers/Cal 18:03, 21-Strangio/CP 18:05, 22-Kelley/CP 18:07, 23-Hjelte/Cal 18:11, 24-Trason/Cal 18:12, 25-Hannigan/CSUS 18:16...109 finishers. /Red Estes; Steve Miller/

CAL NIKE INVITATIONAL (Oct. 4, Berkeley): /5000m/ Teams: Cal 51, CP-SLO 61, Wisconsin 75, Washington 94, Stanford 116, CSUH 119. 1-Maggie Keyes/CP 17:44.4, 2-Oehm/C 17:46.5, 3-Schnurpfeil/Stan 17:53, 4-Lyons/Stan 18:00, 5-Joyce/Wa 18:10, 6-Richter/C 18:17, 7-Thomsen/Wi 18:20, 8-Trumbly/C 18:27, 9-Houston/Wi 18:27, 10-Kraemer/CP 18:29. /Vern Gambetta/

STANFORD INVITATIONAL (Oct. 11, Stanford): /MEN - 10Km/ Teams: UCLA 48, SUB-4 93, Cal 131, CP-SLO 154, Stanford 175, Humboldt 242, UCSB 248, CW 252. 1-Ortiz/UCLA 30:04, 2-Cornell/UCLA 30:16, 3-Daniels/UCLA 30:18, 4-Macdonald/WVTC 30:24, 5-Schankel/SUB-4 30:27, 6-Boileau/OTC 30:44, 7-Wysocki/SUB-4 30:46, 8-Hart/WVTC 30:48, 9-Moreno/CW 30:49, 10-Grimes/HSU 31:02, 11-Harvey/SJS 31:07, 12-Conover/HSU 31:09, 13-Gibson/CP 31:09, 14-Triplett/UCSB 31:11, 15-O'Neil/Stan 31:15, 16-Holmes/FSU 31:20, 17-Graham/Stan 31:21, 18-Moses/UCLA 31:22, 19-Aldridge/SUB-4 31:23, 20-Downs/Cal 31:24, 21-Sequerios/LCTC 31:24, 22-O'Reilly/Cal 31:24, 23-Bautista/SUB-4 31:26, 24-Clark/Cal 31:28, 25-Avrit/CP 31:30, 26-Hamblin/UCI 31:31, 27-Rose/UCLA 31:31, 28-Fabris/CP 31:33, 29-VanHorn/YFC 31:33, 30-Berry/Stan 31:34. /WOMEN - 5Km/ Teams: CSUH 38, Stanford 48, CP-SLO 49, UCSB 100, SJC 150, Nev-Reno 242, GSF 255, WVTC 263. 1-Peters/ASU 17:13.7, 2-Lyons/Stan 17:20, 3-Schnurpfeil/Stan 17:30, 4-Kraemer/CP 17:42, 5-Castro/CSUH 17:49, 6-Aubuchon/CSUH 17:56 ...incomplete results at this time. Complete results next issue, including top masters finishers (men and women) in 10Km, which served as a qualifier for Natl. Masters X-C in Seattle (for funding from PA/TAC Travel Fund). /Steve Miller; Bob McGuire/

CAL INVITATIONAL (Oct. 18, Berkeley): /5.1 Mi./ Teams: Cal Varsity 20, San Jose St. 74, Cal JV 117, Aggie RC 130, Golden Bear TC 173. 1-Mark Conover/HSU 24:37, 2-Clark/Cal 24:43, 3-Downs/

Cal 24:48, 4-LeBonte/Cal 24:50, 5-Elieff/Cal 24:57, 6-O'Reilly/Cal 24:57, 7-McCann/Cal 25:04, 8-Dyer/Cal 25:05, 9-Porter/WVTC 25:09, 10-Baffert/SJS 25:10, 11-Shaver/SJS 25:14, 12-Seaver/WVTC 25:52, 13-Becker/HSU 25:55, 14-Salazar/SJS 26:20, 15-Tiba-duiza/WVTC 26:22...58 finished. /Brian Maxwell/

CAL POLY SLO INVITATIONAL (Oct. 18, Morro Bay State Pk.): /10K/ Teams: CPSLO 31, UC Riverside 56, CPP 82, SacSt 108, CSUN 125, UCSB 137. 1-Benton Hart/WVTC 31:16, 2-Alvarez/UCR 31:20, 3-Gibson/CPSLO 31:28, 4-Hughes/JT 31:35, 5-Borbon/CP 31:38, 6-I.Huff/CPSLO 31:45, 7-Jones/SBAA 31:47, 8-Blaty/CP 31:48, 9-Avrit/CPSLO 31:49, 10-Jones/CPSLO 31:50, 11-F.Assumma/UCR 31:58, 12-Reyes/CP 32:06, 13-Packer/CSUN 32:12, 14-Nicholson/SacSt 32:22, 15-Fabris/CPSLO 32:25, 16-Parks/UCR 32:26, 17-Pincombe/SacSt 32:31, 18-C.Assumma/UCR 32:35, 19-Mendoza/UCSB 32:42, 20-Rios/CPSLO 32:44, 21-Langford/AGRC 32:45, 22-Strangio/CPSLO 32:49, 23-Jenness/UCR 32:54, 24-Gomez/CPSLO 32:55, 25-DeLau/UCSB 32:58. /Steve Miller/

FAR WEST CONFERENCE WOMEN'S CHAMPIONSHIPS (Oct. 25, Chico): /5,000m/ Teams: Hayward 15, Sacramento 46, Humboldt 85, Davis 90, Chico 131, Sonoma 196, SF State 198. 1-Stefani Stout/Hay 17:49, 2-Aubuchon/Hay 18:00, 3-Castro/Hay 18:12, 4-Hester/Hay 18:13, 5-K. Robinson/Hay 18:14, 6-Scannell/Sac 18:24, 7-Hannigan/Sac 18:24, 8-Bergsohn/Hum 18:33, 9-Pappas/Sac 18:38, 10-Tracey/Sac 18:49. /Bob McGuire/

NCAA WESTERN REGIONAL DIVISION II X-C CHAMPS (Nov. 1, Morro Bay State Pk.): /10,000m/ Teams: CPSLO 36, Humboldt 74, UCR 95, CSUN 114, CPP 138, SacSt 153, E. Washington 176, USIU 181, UC Davis 193, CSUH 307. 1-Mark Conover/Hum 30:56, 2-Alvarez/UCR 30:59, 3-Gibson/CPSLO 31:15, 4-F.Assumma/UCR 31:20, 5-Grimes/Hum 31:35, 6-I.Huff/CPSLO 31:47, 7-Jones/CPSLO 31:49, 8-Avrit/CPSLO 31:53, 9-Borbon/CP 31:59, 10-Reyes/CP 32:02, 11-Packer/CSUN 32:06, 12-Rios/CPSLO 32:10, 13-Blaty/CP 32:16, 14-C.Assumma/UCR 32:20, 15-Ebner/Hum 32:24, 16-Medvin/CPSLO 32:29, 17-Nicholson/Sac 32:30, 18-Innes/Hum 32:36, 19-Pincombe/Sac 32:40, 20-Starinieri/CSUN 32:48. /Steve Miller/

WESTERN REGIONAL AIAW CHAMPIONSHIPS (Nov. 1, Long Beach): - We only received Div. III results (partial) as we went to press. Other results in next issue, assuming we receive them! Teams: Hayward 34, Sacramento 60, Humboldt 101, Occidental 125, Loyola Marymount 149, Claremont 166. 1-Koslowski/LM 17:18, 2-Aubuchon/Hay 17:28, 3-Stoutt/Hay 17:42, 4-Scannell/Sac 17:46, 5-Tracey/Clar 17:54, 6-Fulkerson/Cal 17:56, 7-Castro/Hay 17:57, 8-Pappas/Sac 18:03, 9-K.Robinson/Hay 18:08, 10-Bergsohn/Hum 18:12. /Bob McGuire/□



(Left to Right) Cal's Jan Oehm, runnerup at Cal-Nike Invitational. /Don Gosney/ Humboldt's Mark Conover. /John Sheretz/ Cal Women's X-C Coach, Vern Gambetta. Cal-State Hayward's Michelle Aubuchon, runnerup at AIAW Western Regional Div. III Meet. /Don Gosney/

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LONG DISTANCE RESULTS

RACE DIRECTORS: - Please submit all race results promptly to this publication and also to the Nat'l Running Data Center, Box 42888, Tucson, AZ 85733. Be sure to show the date, location, and distance of the race, and whether or not it was run on a certified course, as approved by the Nat'l Standards Committee. The NDRC requires a listing of all finishers (and the NCCR is also interested in this), with name, sex, age, hometown and finish time of each. Thanks for your cooperation.

9TH LIVERMORE 8.56 MILER (Apr. 19, Livermore): 1-William Dunlop/LVRC 49:55, 2-Bob Myers/40+/PMK 50:03*, 3-Goubau 50:21, 4-Pruitt 51:38, 5-Sanchez 52:06, 6-Sage/SUND 52:30, 7-Sadik/LVRC 53:07, 8-Gane/40+/LVRC 54:12*, 9-Erickson/LVRC 54:13, 10-Piper 54:17, 11-West 54:24, 12-Murray/LLLRA 54:30, 13-Arata 55:25, 14-Weiss 55:28, 15-Miller/LVRC 55:43, 16-Basinger 55:55, 17-R. Anderson 56:14, 18-Pinckard/40+ 56:35*, 19-Gough Reinhardt/50+/LVRC 57:08*, 20-Flory Rodd/50+ 57:28*...44-Joyce Rankin 61:40, 46-Nora Smiriga/40+/NCS 62:04*, 49-Jeanne Shuler/LVRC 62:58, 54-Gail Rodd/WVTC 64:17...101 finishers. /Nick Winter-LVRC/

BOSTON MARATHON (Apr. 21, Hopkinton, MA): - We listed some results in last issue but are trying to list all other NorCal runners below who broke 3 hours (3:10 for masters; 3:30 for women). However, since the results booklet did not list hometown, we may have missed some whose names we didn't recognize or just simply overlooked. If you know of someone we did miss, please let us know and we'll be happy to list them next issue. *** 625-James Rocha 2:45:34, 631-Hawkes/WVTC 2:45:40, 772-Boggs 2:48:07, 826-Meintzer 2:49:05, 834-Stagliano/TAM 2:49:13*, 903-Coleman 2:50:13, 921-Brusher/WVTC 2:50:29, 962-Blankenship 2:51:06, 1020-Stainbrook 2:52:11, 1112-Yamauchi 2:53:45, 1158-Benjamin 2:54:36, 1241-Twesten 2:55:54, 1267-McManus 2:56:13, 1293-Moorman/PMK 2:56:36*, 1362-Hart/WVTC 2:57:35*, 1376-Frisbie 2:57:44, 1407-Escarda/SRRC 2:58:14*, 1454-Savatgy 2:58:53, 1558-Helfet 3:00:03...1751-Coke 3:02:33*, 1897-Roenau/TAM 3:04:35*, 1978-Taylor/WVTC 3:05:40*, 2010-Baltzer 3:06:06*, 2089-T. McManus 3:07:19*. /Women/ 52-Karen Scannel/IMP 3:03:47*(2nd 40+), 54-Johnston/IMP 3:04:40, 64-Stricklin/WVTC 3:06:04*(4th 40+), 112-Crans/IMP 3:16:09, 147-Anderson/NCS 3:21:24*, 178-Schumacher 3:25:56. Teams: Excelsior TC finished 7th and Greater S.F. was 11th. West Valley TC, with a team of Pinocci (10th), Engleman (48th), and McLean (66th) would have won the team title but Engleman wasn't declared on the scoring team because nobody even knew he was running the race! WVTC somehow got omitted from the scoring in any case, and with their "declared" 3 scoring members would most likely have placed just in front of Excelsior (Rae Clark in 549th was third scorer). /Boston A.A./

MAY DAY RUNS (Apr. 26, San Francisco): /5K/ 1-Bob Lange 15:09, 2-M. Faneli/GSF 15:20, 3-Rostege/WVTC 15:54, 4-Gehrig 16:32, 5-Torres/WVTC 16:37, 6-Cottrell 16:41, 7-Carpenter 16:49, 8-Gallagher 17:00, 9-Shewalter 17:15, 10-Kring/WVTC 17:18...15-Dawson 17:58*, 19-Smith/PMK 18:17*, 20-Unsicker 18:27*, 21-Irene Rudolf/WVTC 18:33, 25-Joan Kring/WVTC 19:08...60-Frances Sackerman/50 22:06*...272 finishers. /10K/ 1-Ron Nabers/GSF 31:45, 2-Christ 33:14, 3-McVeigh 33:49, 4-P. Stordahl 34:28, 5-Klein 34:39(?), 6-Jacobs 35:06, 7-Falk 35:08, 8-Lazar 35:53, 9-Navarro 36:25*, 10-Martin/PMK 36:43...20-Bridget Flynn 38:09, 26-Ward 39:00*, 31-Sharon Jordan 39:46, 43-Gail Rodd/WVTC 42:27...279 finishers. /20K/ 1-Brian Maxwell/GBTC 63:56, 2-Sershen/ETC 65:10, 3-DeAraujo 68:07, 4-Zapata/GSF 68:54, 5-Morse 70:04, 6-Emry/CW 71:42, 7-Notch/LMJS 73:31, 8-Bashiruddin/ETC 74:17, 9-Mattern/PMK 74:27*, 10-Nathanson 74:45, 11-Bachrach/WVTC 75:24*...28-Murphy 80:21*...41-Florianne Harp/TAM 82:12, 76-Karen Kressenberg/WVTC 91:06, 77-Stacie Ragland 91:06...179 finishers. /S.F. Heart Association/

RUN FOR LIFE 10K (Apr. 27, Stanford): 1-Greg Hodson/WVTC 33:07, 2-Howe 33:08, 3-Routh 33:22, 4-Lisowski 33:44, 5-Harris/WVTC 33:47, 6-D. Martinez 34:04, 7-Sidney 34:16, 8-DiMagno 34:52, 9-Zamczyk/WVTC 35:04, 10-Kirkby 35:34, 11-Dunn 35:41, 12-Ulate 36:19, 13-Nevraumont/WVJS 36:26*, 14-Michele Aubuchon/CSH 36:38, 15-Newton 37:06, 16-Poulsen 37:07, 17-Hower 37:21, 18-Billmaier 37:21, 19-Kilby 37:30, 20-Fetter 37:33*...24-Whitis 37:49*, 27-Wood/NCS 38:00*...109-Laura Ressen 41:56, 117-B. Paul 42:18...approx. 1300 finishers. /American Heart Ass'n./

EARTHQUAKE RUN (May 3, Hollister): /10K/ 1-Gary Romesser/AGRC 32:59, 2-Rostege/WVTC 33:13, 3-Acosta 33:56, 4-Gaytan 35:00, 5-Garcia 35:01, 6-Li 35:24, 7-Appleby 35:30, 8-Vasquez 35:59, 9-Tharp 36:01, 10-Lamberson 36:26, 11-Pomeroy 36:33...more--

(Earthquake Run, Cont'd) 12-Williams 36:56, 13-DesJardins 37:18, 14-Eisenman 37:23, 15-K.Brown 37:34...17-Larry Worth/41 37:58*, 33-L.King/44 42:30*, 36-Diane Wayman 42:41, 68-Joanne Hall/43 47:43*...107 finishers. /Edward Singleton/

ASS TO ASS RUN (May 25, Santa Rosa): /13.2 Mi./ 1-Hersh Jenkins 68:15, 2-Knudsen/TAM 70:32, 3-Jameson 70:52, 4-Ottaway/TAM 70:54, 5-Weir/AGRC 71:21, 6-Scott 71:56, 7-S.Williams 72:52, 8-Cusick 73:27, 9-Jim Bowers/VMRC 73:36*, 10-Noonan 74:11, 11-Fanning 74:29, 12-Johnson/TAM 74:30, 13-Christopher 74:41, 14-Fritz 74:43, 15-Conrad 75:36, 16-Mathieu 76:38, 17-Pedrola 77:32, 18-Black 77:32, 19-Lilygren 77:42, 20-Henderson 77:45...27-Bugler/PMK 79:11*, 29-Schaumburg 79:40...Carol Young/AGRC 83:12, Deryl Elijah 84:49, Caron Schaumburg 89:05...Marlys Hayden 1:32:43*...670 finishers. /HALF ASS RUN - 7.1 Mi./ 1-Stan Hockerson 40:52, 2-Ron Gomez 42:36, 3-K.O'Connor/CW 42:37, 4-Kirkland nt, 5-Reasoner 42:35, 6-Laskier 43:38, 7-Hidas 43:39, 8-G.Miller 44:41, 9-Cahill 44:44, 10-Nemeth 44:49, 11-McCullogh 44:52, 12-Hire 45:20, 13-Lyons 45:47, 14-London 45:49, 15-Ziegenhirt 46:03F, 16-Carr 46:05, 17-Kramer 46:37, 18-Lund/WVTC 47:00...Mary Scannel 47:24, Don Pickett/50+/TAM 47:35, Dickerson/50+ 49:34, Dana Hooper/TAM 50:02F...688 finishers. /Peter W. Shidler/

MIRASSOU-NIKE GRAPE RUN (Jun. 7, San Jose): /3.5 Mi./ 1-Dave Himmelberger/SSC 18:42, 2-McGinnis 19:33, 3-Lilygren 20:05, 4-P.Knudsen 20:15, 5-Ricks 20:23, 6-Radigan 20:38, 7-Worth/40+ 20:55*, 8-Morris 20:58, 9-LaCasse 21:26*, 10-Leal 21:27*...34-Nancy Alleman 22:33, 41-Kathy Himmelberger 22:47, 60-Teresa Rementer 23:27, 64-Diane Young 23:42...576 finishers. /R. Wayne/

ROUND-THE-RUNWAY RACES (Jun. 8, Moffett Field): /3.04 Mi./ The course was intended to be 5K (3.107 Mi.), but was found short as measured afterward by Rich Stiller & Sheldon Gersh. Also, times were out of synch by 2 places after the first few places, but were corrected by Walt Van Zant, based upon times he knew to be correct from his club mates. 1-Paul Gyorey 14:48, 2-Doug Schmenk/WVTC 15:05, 3-Niemiec/WVTC 15:06, 4-John Marden/WVTC 15:07, 5-Hodson/WVTC 15:08, 6-White/WVJS 15:12, 7-Stiller/WVJS 15:31, 8-Rostege/WVTC 15:31, 9-Kramer 15:34, 10-D.Garcia 15:43, 11-Eder 15:57, 12-Greco 15:58, 13-Carey 16:24, 14-Castillo 16:36, 15-Dobbins 16:44...22-Walt Van Zant/WVJS 17:01*, 25-M. Stewart 17:12*, 28-Cross/WVTC 17:27*, 30-Holloszy 17:35*...54-Tracy Williams 19:29F, 59-Martie Comarell/WVTC 19:45...92-Julie Kyle/40+ 21:40*...199 finishers. /7.6 Mi./ Problems here too, as someone evidently walked off with the finishboard(?) and a lot of the top 50 finishers aren't known (nor are divisions for any of those). 1-Dan Harvey/CW 38:21, 2-A.Swenson 40:40, 3-Parish 41:05...319 finished. /Walt Van Zant/

RUSSIAN RIVER MARATHON (Jun. 8, Ukiah): 1-John Notch/LMJS 2:32:37, 2-Tom Mota/LMJS/40+ 2:34:01, 3-Simoni 2:34:59, 4-Neiman 2:37:24, 5-Howe 2:40:24, 6-Samuelson 2:40:46, 7-Fanning 2:41:21, 8-K.George 2:42:18, 9-Bruen 2:45:50*, 10-Epanchin 2:48:38*, 11-Turner 2:50:40, 12-Gross 2:50:57, 13-Jansen 2:51:06, 14-J.Lucero 2:52:12, 15-J.Myers 2:53:38...23-Kovacs/TRAC 3:01:32*...62-Pamela Bartko 3:27:04, 68-Debbie Sanders 3:33:44...84-Erma Baker 3:40:00*...149 finishers. /1/2-Marathon/ 1-Jim Lovejoy 71:58, 2-Singer 72:01, 3-Gibbons 73:01, 4-Keehn 73:51, 5-Spinas 74:58...9-Theo Jones/PMK 80:59*, (see next pg.)



Dave Himmelberger, shown during a steeplechase several years ago, easily won the Mirassou-Nike Grape Run, clocking 18:42 for the 3.5-mile course. /John Marconi/

(Russian River Run, Cont'd) 14-Bellon/50+ 1:23:39...28-Vicki Blankenship 1:28:56, 63-Jeanie Jones/PMK 1:38:43*...199 finishers. /John Notch; Dori Vallone/

DSE GOLDEN GATE PROMENADE (Jun. 8, San Francisco): /7.5 Mi./ 1-Jan Sershen/ETC 36:44, 2-Palladino/CW 37:47, 3-Weir/AGRC 38:46, 4-Reager 39:57, 5-Wise 40:18, 6-Kadish 40:19, 7-Gehrig 40:40, 8-Benz/WVTC 40:57, 9-Sampson 41:03, 10-Guinee 41:36... 47-Marion Irvine/50+/NCS 46:40*, 72-Trish Morrissey 48:55, 75-Sheryl Hausman 49:02...360 finishers. /DSE Newsletter/

DISPATCH RUN-FOR-FUN (Jun. 14, Gilroy?/Los Animas Pk.): /3KM/ 1-Ed Kolofer 9:31.2, 2-Dan Minutillo/WVTC 9:39, 3-C. Kolofer 9:57, 4-Florez 10:01, 5-T. Gutierrez, Jr. 10:02, 6-A. Rivas 10:09, 7-Drew 10:13, 8-Hicks 10:22, 9-Sullivan 10:31, 10-Costa 10:36. /15KM/ 1-Gil Munoz 50:30, 2-Bautista nt, 3-Mercado nt, 4-C.J. Ruona 53:32, 5-B. Smith nt, 6-F. Ruona 54:13, 7-Miller nt, 8-R. Smith nt, 9-Escobedo 55:45, 10-Adams nt, 11-Davidson 56:03 ...47-Marrie Nelson 64:41, 52-Charlene Gilroy 65:47...112 finishers in 3K and 133 finishers in 15K. /M.H.-Gilroy Dispatch/

Y-TO-Y RACE (Jun. 21, Pinole): /5.3 Mi./ 1-Tom Smith 25:37, 2-Kotchevar 26:15, 3-Slawson/CM 26:49, 4-A. Smith 27:07, 5-Alderman 27:21, 6-Rekly 27:30, 7-Corona 27:45, 8-Berg 27:47, 9-Watts 28:04, 10-Casey/ETC 28:31, 11-Goubau 28:34, 12-Hanley 28:54, 13-Abshire 29:10, 14-Victor 29:36, 15-M. Brown 29:47...18-Gerald McMahon 30:07*, 22-Mary Gaffield/ECHS 30:49, 26-Gough Reinhardt/50+ 31:46*, 28-Leslie McMullin 32:06...128 finishers. /2.1 Mi./ 1-Eric Edmondson 11:36, 2-Char 11:44, 3-Wade 11:49, 4-Riggio 11:50...55 finishers. /Pinole Family YMCA/

FITCH MOUNTAIN FOOTRACE (Jun. 22, Healdsburg): /6.2 Mi./ 1-Hersh Jenkins 32:41, 2-Hansen 32:57, 3-Kesecker 34:56, 4-Gibbons 35:11, 5-Ramsey 35:31, 6-Bratsberg 35:32, 7-Peterson 35:39, 8-Miller 35:56, 9-McGuire 36:00, 10-Fanning 36:03, 11-Roger Daniels 36:33*...Gray 38:33*, Beckie Simmie 40:26, Carol Muller 41:41, Margaret Oakes 43:27*...264 finished (race director noted 21 "unregistered" finishers!). /Healdsburg C of C/

VALLEY OF THE FLOWERS MARATHON (Jun. 22, Lompoc): 1-David Hughes 2:37:36, 2-Hartley 2:41:16, 3-Cook 2:44:35, 4-Jefferies 2:48:20, 5-Feeny 2:48:55, 6-Gonzalez 2:50:04, 7-Weston 2:51:41, 8-Anderson/50+ 2:52:48*, 9-Aaberg 2:55:01*, 10-Larsen 2:55:21, 11-Clark 2:55:24*, 12-Evans 2:55:42*, 13-P. Anderson 2:55:43, 14-Murray 2:55:46*, 15-Cheney 2:55:58...19-Churchman 2:58:51* ...32-Margo Elson 3:05:15, 51-Dorothy Lash 3:17:41, 59-Sue Ellen Trapp 3:23:26...160 finishers. /1/2-Marathon/ 1-Jon Jackson 71:16, 2-Young 75:53, 3-Flynn 76:37, 4-Sneddon 79:20, 5-Robinson 79:52, 6-Mack 81:04, 7-G. Young 81:35, 8-Coffey 81:59*, 9-Ramos 82:00, 10-Opdyke 82:42*, 11-Kemp 83:15*, 12-Hinzo/50+ 83:18*...31-Sandra Marshall 87:49, 44-Fay Hobbs 91:53*, 62-Shirley Saunders 96:19...194 finishers. /John Perkins/

DSE DIAMOND HEIGHTS 4-MILER (Jun. 22, San Francisco): /Obviously short course!/ 1-Bob Darling/ETC 16:34, 2-Serrano 16:44, 3-Paulsen 17:07, 4-Reager 17:08, 5-Gallagher 17:26, 6-Erickson 17:31, 7-Anderson 17:37, 8-Pattis 17:39, 9-Henderson 17:44, 10-Heim 17:47, 11-Chaffee/ETC 17:49*...78-Colleen Fox 22:28, 91-Delia Barton 22:58...227 finishers. /DSE Newsletter/

LAKE TAHOE MARATHON (Jun. 29, Incline Village, NV): - High overcast, 50-60 degrees, light winds. 1-Miguel Tibaduiza/WVTC 2:35:46, 2-Ron Barker/Idaho 2:51:40, 3-Takaha/CW 2:52:30, 4-Bailey/NV 2:52:54, 5-Lannoy 2:56:34, 6-Strang/Iowa 2:58:35, 7-Angell/STTC 3:01:58, 8-Alarcon/CCAC 3:04:13*, 9-Ballew/STC 3:05:40, 10-Treacy/PMK 3:06:39*...12-Malain/53/BC 3:07:13*, 17-Pamela Schmidt/SSS 3:17:35...92 finished. /Reg Bedell/

CASCADE RUN OFF (Jun. 29, Portland, Ore.): /15K, Certified/ 1-Herb Lindsay/CO 43:49.6, 2-Paul Williams/Canada 43:50.7, 3-Pfzinger/NY 44:15, 4-Butler/Canada 44:19, 5-Buhmann/CO 44:24, 6-Ide/Japan 44:34, 7-Malley/OR 44:35, 8-Durden/ATC 44:44, 9-Castaneda/CO 44:54, 10-Vigil/CO 44:57, 11-Roche/NJ 44:59, 12-Jon Anderson/OTC 45:05, 13-Mark Anderson/CO 45:10, 14-Boileau/OR 45:13, 15-Shorter/FSRT 45:14...35-Fritzke/CW 46:47, 43-Dave Smith/YFC 47:27, 50-Rinde/WVTC 47:54, ??-Zapata/GSF 49:36, 79-Wayne/GSF 49:42...Patti Lyons-Catalano 49:42.5 (Amer.Rcd.), Gareau/Canada 51:16, Moller/NZ 51:22, Benoit 51:52, Sullivan 52:15, Cooksey 52:42, Conz 52:46, Quatier/WA 53:11, Eide/OR 53:42, Dahlkoetter/OR 53:52...25-Karen Scannell/IMP 58:21* (1st 40+ woman)...Ulyot/WVTC(39) 60:29...Krause/43/Alameda 74:07* (5th 40+ woman)...4144 finishers! - Highlight of the race was Lyons' 49:43, which destroyed Benoit's old American record of 51:28! /Charles Galford/

SOLEDAD MISSION 10K (Jun. 29, Soledad): - Only top 3 finishers in each division were sent to NCRR. 1-Gary Romesser/AGRC 33:12.5, 2-Rostege/40/WVTC 33:46, 3-Vasquez 35:43, 4-Nevraumont/WVJS 35:48*, 5-Castillo 35:54, 6-Canales 36:11...Marcia Romesser/AGRC 40:20, Nelly Alandia 41:37, Sandy McPherson 43:30... Isabel Rivas 50:19*. /Gary DeCarli/

SPA-AAU 15K CHAMPIONSHIPS (Jul. 4, Santa Barbara): 1-Gary Tuttle/TIT 46:06, 2-Smead/Un 47:08, 3-Mayfield/OTUS 47:34, 4-Triplett 47:50, 5-Brown/BB 47:55, 6-Chambliss/BB 48:30, 7-Macias/SMTC 48:42, 8-Hollister/SBAA 48:42, 9-Callaway/SBAA 48:59, 10-League/SBAA 49:56, 11-Boyet/AGRC 50:34, 12-Thomas/SBAA 50:55, 13-Scobey/TIT 50:57, 14-O'Brien/SLDC 51:04, 15-R. Knerr 51:04... 20-Tim Minor 51:59, 23-J. Knerr/STC 52:32*, 24-Brennand/SBAA 52:50*, 31-Anderson/CCAC 53:28*, 32-Bartek/SBAA 53:42*, 36-Shaffer/CCAC 53:59*...66-Patricia Story/SMTC 57:34, 74-Ann Gladue 58:05, 81-Ellen Gerken 59:28, 85-Kathleen Kinane 59:49... 103-Jennifer Wright/44/STC 61:16*, 110-Margaret Miller/54/STC 61:41*...296 finishers. /John Brennand/

DSE DOUBLE LAKE MERCED (Jul. 4, San Francisco): /9.5 Mi./ 1-Mike Fanelli/GSF 50:40, 2-Gary Fanelli 50:40, 3-S. O'Brien 53:09, 4-Kadish 53:32, 5-Basinger 55:31, 6-Zaparolli 56:00, 7-Parker 56:02, 8-Forand 56:18, 9-Rouse 56:32, 10-Resignato 56:57...14-Theo Jones/PMK 57:28*...45-Maria Ng 63:02, 53-Marion Irvine/50+/NCS 63:42*, 72-Agnes Duterte 67:18, 73-Karen Scannell/41/IMP 67:27*...226 finishers. /DSE Newsletter/

PIER TO PARK 6-MILER (Jul. 4, Pacifica): 1-Bob Lange/CW 31:07, 2-Baldocchi 31:40, 3-Robertson/WVTC 34:07, 4-Heim 34:34, 5-Bugler/PMK 34:39*, 6-Gerrans 35:38, 7-McGowan 36:19*, 8-Peter-son 36:30, 9-B. Williams 36:54, 10-Amable 37:00...33-Pearl Anit 40:59, 40-Marge Gerrity 41:30*...176 finishers.

RUN FOR YOUTH (Jul. 4, Oakland): /5.0 Mi./ 1-Ted Quintana/AGRC 24:55, 2-Weir/AGRC 25:03, 3-Jewett/ETC 25:45, 4-DeAraujo/Braz 25:59, 5-Reilly 26:33, 6-Hollenbeck 26:47, 7-Coleman 26:53, 8-Gleason 26:56, 9-Gehrig 27:04, 10-Goubau 27:14, 11-Mota/LMJS 27:22*, 12-Kindle 27:35, 13-Sampson 27:44, 14-McGrael 28:02, 15-Dodge 28:18...23-Huff 29:00*, 26-Schalager 29:15*...36-Carol Young/AGRC 29:32, 40-Sue Brusher/WVTC 29:50, 52-Denise Bigelow/AGRC 30:41, 53-Vicki Bigelow/AGRC 30:42*, 56-Jolie Houston/AGRC 30:44...290 finishers. /Neil Berg/

REDWOOD CITY PARADE RUN (Jul. 4, Redwood City): /3.177 Mi./ 1-Larry Mangan 14:54, 2-Porter/WVTC 15:26, 3-Anderson/CTC 15:33, 4-Pincombe 15:40, 5-Routh 15:48, 6-Seaver/WVTC 15:50, 7-Tracy/WVTC 15:51, 8-Rohloff/AGRC 15:51, 9-Gomez 15:58, 10-O'Connor/CW 15:58, 11-Harris/WVTC 16:08*, 12-Niemiec/WVTC 16:10, 13-Marconda 16:11, 14-McClure 16:16, 15-Shea 16:18, 16-Dave Anderson/CTC 16:24, 17-Mandanis 16:37, 18-Sidney 16:38, 19-Guinee/CTC 16:39, 20-Cruikshank 16:49...32-Mattern/43 17:59*, 34-Ramirez/48 18:04*...89-Margaret Fischer 19:41, 119-Karen Wolfe 20:34, 144-Martie Comarell/WVTC 21:15...405 finished. /Mawson/

DSE DALY CITY SCENIC RUN (Jul. 6, Daly City): /6.2 Mi./ 1-Fidel Serrano 39:23, 2-Bennett 41:34, 3-Gallagher 43:04, 4-Erickson 43:10, 5-Zapanolli 43:15, 6-Tatro 43:43, 7-Nicholson/PMK 44:47*, 8-R. Cruikshank 45:25, 9-Bourne 45:34, 10-Spitz 45:54...22-Jane Sowersby/WVTC 48:15, 27-Marion Irvine/50+/NCS 49:11*, 56-Elsa Ruff 55:48, 61-Pearl Anit 56:17...128 finished. /DSE News/

COASTSIDE COUNTRY FAIR FIRECRACKER 10K (Jul. 6, Half Moon Bay): 1-Clint Miller 37:49, 2-Figoni 39:05, 3-Aulisio 39:49, 4-Monterrosa/Alaska 40:42, 5-Stamper 41:29...8-Varela/44 44:28*, 9-Davis/45 44:40*...23-JoAnn Kerrick/42 53:15*, 26-Claire Camp 53:42, 27-Roslyn Muller 53:43...45 finished. /Bill Hurja/

MORRO BAY TO CAYUCOS FUN RUN (Jul. 19, Morro Bay): /6 Mi.+ of sandy beach/ 1-Eric Huff/CP 30:58, 2-DiConti/CCAC 32:09, 3-Sallaz/CP 32:26, 4-Beaton/SLDC 32:28, 5-Rueckert/SLDC 32:43, 6-Hiserman/AGRC 33:06, 7-Cathey 33:15, 8-Hutchinson/SLDC 33:20, 9-Breish 33:24, 10-Nanninga/SLDC 33:26, 11-O'Brien/SLDC 33:35, 12-Dahl/LCHS 33:40, 13-Taylor/HSTC 33:42, 14-E. Taylor/HSTC 33:43, 15-Silva/SMHS 33:45, 16-Shaffer/CCAC 33:52*...23-Tocco/CCAC 34:28*, 33-Freyne/CCAC 36:10...94-Valerie McVicar 40:20, 109-Tone Nichols/FTC 41:20...446 finishers. /San Luis D.C./

LAKE TAHOE SERIES 10K (Jul. 20, No. Tahoe H.S.): 1-Ron Cornell 35:10, 2-Nelson 36:39, 3-Talco 38:23, 4-Vincent 38:43, 5-Rizzo 38:48, 6-Richardson 39:06, 7-Moretti 39:52...12-Worth 41:32*, 29-Anderson 47:01*...34-Holly Beatie 48:11, 37-Marilyn McCormick 48:51, 38-Carrie Flores 48:55...91 finished. /Stephanie Atwood/

OAKLAND 8.4 MILE WATERMELON RUN (Jul. 26, Oakland): Weather was extremely hot, with 25 of the 150 starters not finishing, most dropping after the first 4.2-mile out-and-back leg. 1-Frank Duarte/38/Irvine 46:30, 2-Hornig 47:26, 3-Hill 47:59, 4-Reilly 48:41, 5-Bowles 49:38*, 6-Pawlak/WVJS 49:46, 7-Hollenbeck 49:54, 8-Clark 50:24, 9-Acosta 50:36, 10-Hamilton 50:52, 11-Urriaga 51:28, 12-Sampson 51:45, 13-Robinson 51:57, 14-Falk 52:35, 15-Richardson 53:03, 16-Deewaltowski 53:04, 17-Scarid 53:19, 18-Vargas 53:48, 19-Maratsos 54:10, 20-Walker 54:13...25-Karen Eggerman 55:15, 26-Rodd/56 55:26*, 28-Garrison 56:06*, 30-Nancy Talavera 56:21, 46-Teresa Barrios/13 61:40. /Robert DeCelle/

DAM TEST RUN (Jul. 26, San Mateo): /10Km/ 1-Mike Duncan/WVTC 34:04, 2-Mandanis 35:20, 3-Stanbridge/PMK 36:05, 4-Graham 37:22, 5-Cowled 37:46, 6-Mattern/PMK 37:49*, 7-Litcher 38:06, 8-M. Ruona 38:12, 9-Moore 38:21, 10-Rosa 38:26, 11-Santiseban 38:51, 12-Koch 40:06...14-Shastany/50+/WVTC 40:14*, 15-Taylor/WVTC 40:17*, 55-Karen Lanterman 45:40, 58-S. Maley 46:00F, 62-Judy Russo 46:27, 71-G. Baciocco 47:53F...149 finished. /W. Dale/

EXCELSIOR BEACH RUN (Jul. 27, San Francisco): /6.2 Mi. - New course, all sand/ 1-Bob Darling/ETC 33:33, 2-Schmulewicz/WVTC 34:03, 3-Warr/MR 34:30, 4-Duarte/OCBA 34:49, 5-Moore/ETC 35:29, 6-Stanbridge/PMK 35:47, 7-Williams/LMJS 36:22, 8-Gehrig/ETC 36:46, 9-Sauers 37:37, 10-Jacobs/SCS 37:44, 11-Henderson 37:45, 12-Boitano/SFS 38:43, 13-Monteverdi/LMJS 38:47, 14-Breland/DSE 38:49, 15-Mattern/PMK 39:02*...17-Nicholson/PMK 39:59*, 32-C.Becker 41:11*...78-Pearl Anit/IMP 45:44, 85-Ruth Anderson/51/NCS 46:27*, 89-Rachel Anderson/LMJS 46:45...179 finished. /Tom Mann/

GAY RUN '80 (Jul. 27, San Francisco): /5KM/ 1-John Morrissey 15:30, 2-Ottoway/TAM 16:04, 3-Chain 16:33, 4-Gallagher 16:52, 5-M.Molina 17:31, 6-Cox 17:54, 7-Yu 17:55, 8-Smith/PMK 18:04*, 9-Bestaccini/CT 18:37, 10-Dunning 18:45...14-Maryann Truitt 19:14, 17-Patricia English/WVTC 19:49, 18-Boone 19:51*...182 finishers. /10KM/ 1-Russell Knudsen/TAM 32:17, 2-Dubie/NYC 35:03, 3-Leno 35:10, 4-Armstrong 35:38, 5-Paulson 35:54, 6-Gilbert 36:38, 7-Bernard 36:52, 8-Felce/Eng 36:54, 9-Garvin/OH 36:55, 10-Robinson/NYC 37:13*, 11-Martin/PMK 37:38, 12-Scogins 37:48, 13-Lambert 37:57, 14-Flores 38:13*, 15-Estrada 38:42, 16-Hamilton/WA 38:48, 17-White/50 38:50*, 18-Volkner 39:16, 19-McCarthy/MA 39:32, 20-Shane 39:54...24-Janice Wambaugh 40:35, 62-Jane Maxwell 43:49, 76-JoAnna Hatfield 45:15, 77-Eugenia Schmidley 45:20, 78-Claudia Shaw/AZ 45:22...175 finishers. /Scott P. Anderson/

SOQUEL 10-MILE AEROBIC RACE (Aug. 3, Soquel): 1-Darren George/AIA 53:38, 2-Chairez/BC 55:20, 3-Thompson/PUC 56:19, 4-Nieman/HMRF 57:23, 5-Riding 60:04*, 6-Ketelsen/HMRF 60:13, 7-Merians 60:18, 8-Telles 60:29, 9-Nevraumont/WVJS 60:32*, 10-Jenkins/SALZ 61:17, 11-Williams/WVJS 61:21*...Erma Baker/51 79:44*...84 finishers. /3 MI./ 1-Mark McConnell 15:44, 2-Thompson/PUC 16:22, 3-Myers/HMRF 17:04, 4-Ketelsen/PUC 17:13, 5-Osterkamp 17:35...18-E.G. Blackburn/STC-NVRC 19:37*...21-Helen Muth 19:45, 23-Teresa Bargetto 20:30...378 finishers. /Wayne Griffith/

CHINESE LITTLE OLYMPICS 5-MILER (Aug. 9, Cupertino): 1-Kobert Smith 25:47, 2-Colvin 25:59, 3-Mark Osuma 26:04, 4-White/WVJS 26:05, 5-Hoch/CW 26:15, 6-Gomez 26:23, 7-Rostege/WVTC 26:31*, 8-Bryan/WVTC 26:56*, 9-Butt/WVTC 27:09, 10-Garcia 27:15, 11-Stanbridge 27:33, 12-Castillo 27:37, 13-S.Clark 27:42, 14-Riggle 28:02, 15-Pruitt 28:13, 16-Judy Fox/WVTC 28:15, 17-Benjamin 28:16, 18-Stevens 28:40, 19-F.Ruona 28:47, 20-Mattern/PMK 28:52*...22-Meyer 29:28*, 26-Riggle 29:39*, 29-Carpenter/WVTC /50+ 29:49*...38-Tracy Wong 31:00, 43-Anne Hamilton 31:21, 49-Sue Grigsby 32:26...124 finishers. /Dale Yee/

CAZADERO 7-MILER (Aug. 9, Cazadero): 1-Jim Noonan 37:52, 2-L. D'Acquisto 38:12, 3-Nieto 38:41, 4-Tuinzing/TAM 38:54, 5-Jones 39:05, 6-Webb 39:20, 7-Balli 39:32, 8-Von Seeburg 39:41 (more),



Mike Duncan won the Dam Test Run in San Mateo by a quarter-mile margin in 34:04 for a hilly 10K. /John Sheretz/



Bob Darling won his club's Excelsior Beach Run in 33:33. /Dennis O'Rorke/

9-Daniels/TAM 40:07*, 10-Larsen 40:12, 11-Bates 40:36, 12-Sjostedt 40:40, 13-McGuire 40:51, 14-A.D'Acquisto 40:58, 15-Klein 41:14...21-Schultz 42:15*, 35-Pickett/50+/TAM 44:58*...36-Laurie Hollingworth 45:01, 44-Margaret Oakes/44 47:23*, 54-R.Nieto 50:00F...?? finishers. /Dave Sjostedt/

NIKE/CONTINENTAL 6-MILE RELAY (Aug. 9, Oakland): /3-person teams, 2-miles per leg/ 1-Runner's Feet 29:25, 2-Pinole TC 29:34, 3-Sequoia Sports Club 30:24, 4-Boofer TC 31:20, 5-Willsinbeck 31:39, 6-Bay Area Striders 33:42...8-Cal-State Hywd Women 34:41, 10-Impala Racing Team 35:55F. **Fastest Men:** 1-Ted Quintana 9:24, 2-A.Smith 9:34, 3-Matt O'Brien 9:41, 4-Steve O'Brien 9:52, 5-Himmelberger 9:55. **Fastest Women:** 1-Michelle Aubuchon & Jane Denton 11:06, 3-Denise Bigelow 11:45, 4-Jordan 11:48, 5-L. Robinson 11:50...33 teams finished. /Ron Wayne/

DSE TWIN PEAKS RUN (Aug. 10, San Francisco): /3.6 Mi./ 1-Dale Eisenhut 18:57, 2-Steer 19:14, 3-Lancaran 19:22, 4-Jim Meyer 19:29, 5-Thaning/WVTC 19:31, 6-Kindle 19:44, 7-Stanbridge/PMK 19:53, 8-Erikson 20:14, 9-Merling 20:16, 10-Paise 20:36...30-Marion Irvine/50+/NCS 22:50*, 42-Betsy White/WVTC 24:35*, 57-Susan Blake 25:54...130 finishers. /DSE Newsletter/

HOOK & LADDER 10K (Aug. 10, San Francisco): 1-Wolfgang Schmulewicz/WVTC 30:43, 2-Kearcher/GSF 30:55, 3-Nabers/GSF 31:16, 4-Fanelli/GSF 31:35, 5-Morrissey 31:46, 6-Gulli/GSF 31:58, 7-Kay/SFFD 32:44, 8-Crowhurst/BA 33:04, 9-Holloway 33:23, 10-DeArayo/GSF 33:30, 11-Peterson/GSF 33:35, 12-Torres 33:53, 13-LeBoit/CW 33:54, 14-Ferra 34:17, 15-Nowicici/PMK 34:29...23-Mattern/PMK 35:21*, 26-Michelle Aubuchon/CSH 35:45, 30-Stagliano 36:16*, 34-Ryan/SFFD 36:26*, 37-Hollander/PMK 36:41*, 38-Nicholson/PMK 36:42*...119-P. Morrissey 40:41F, 142-M. Papale 41:38F...440 finishers. /Tim O'Brien/

JOHN STEINBECK COUNTRY RUN (Aug. 10, Salinas): /10K/ 1-Dan Gruber/AGRC 30:41, 2-Romesser/AGRC 30:44, 3-T. Munoz/CW 31:00, 4-H.Huff 32:34, 5-Mercado 32:48, 6-Bernard 33:07, 7-Wellck/WVTC 33:22*, 8-DelaTorre 33:29, 9-Guaracha 33:33, 10-Bautista 33:42, 11-Bettencourt 33:51, 12-Hennessy 34:05, 13-Wile 34:14, 14-F.Vasquez 34:17, 15-James 34:43...19-Leutzinger/MPAC 35:31*, 27-Elster 36:26*, 29-Maria Trujillo 36:51, 36-Dally/WVTC 37:05*, 38-Paula Jackson 37:13, 58-Pam Burkes/WVTC 38:57, 66-Nelly Wright 39:07...342 finishers. /Salinas Community YMCA/

DUMP TO DUMP RUNS (Aug. 10, San Mateo): /10K/ 1-Ted Quintana/AGRC 31:57, 2-Engleman/WVTC 32:28, 3-Alexander 32:59, 4-Green/WVTC 33:56, 5-M.Williams 34:08, 6-D.Martinez 34:08, 7-Gomez 34:16, 8-Laris 35:13*, 9-Horiuchi 35:21, 10-Lucas 35:41, 11-Cowled 35:46, 12-Moyles 36:13, 13-Harvey 36:39, 14-Solorio 37:10, 15-James 37:13...35-Denise Bigelow/AGRC 39:52...238 finishers (no age or sex denoted on results)! /5K/ 1-John Embody 15:32, 2-Farmer 15:52, 3-Harbaugh 15:55, 4-Stiller/WVJS 16:43, 5-Clary 16:43, 6-Sauers 16:50, 7-Cilia 17:35, 8-Nevraumont/WVJS 17:42*, 9-Ferry 18:12, 10-Hunt 18:26...18-Lauri Hoffman 19:14, 21-Vicki Bigelow/AGRC 19:23*, 35-Susan Brodie 20:19...196 finishers. /Vicki Thomas/

TOP-OF-THE-STATE FOOTRACES (Aug. 16, Weed): /4.7 Mi./ 1-Fernie Fernandez 24:35, 2-Ferrero 24:59, 3-VontungeIn 27:38, 4-Forbes 27:44, 5-Silva 27:54, 6-Frank 28:08, 7-Robinson 28:11, 8-Edholm 29:13*, 9-Finnegan 29:25*, 10-Friend 29:13...21-Linda Jo Doniak 33:05, 23-Lynn Johnston 33:21, 29-Theresa Birdwell 35:41...72 finishers. /7 Mi./ 1-Leonard Hill/SOS 38:29, 2-Curtin 42:08, 3-Parr 42:55, 3-Fisher 43:20, 5-Lewis 43:47, 6-John Frank 43:47, 7-Young 43:47, 8-DeMercurio 45:42, 9-Wexner 45:48*, 10-Reed 45:49*...23-Jennifer Daniel 49:51, 44-Dianna David 53:24...84 finishers. /Lee Ferrero/



LARKSPUR LANDING COUPLES RELAY (Aug. 16, Larkspur): /1.96 miles per leg/
 1-Alice Trumbly/Hal Schulz 19:14, 2-Robyn McSwain/Rod Berry 19:24, 3-Rainey Stolp/Bill Stolp 20:00, 4-Donna Andrews/Chris Johnson 20:02, 5-Deryl Elijah/Bob Bunnell 21:19, 6-Jane Sowersby/Tom Bennett 21:27, 7-Anne Hamilton/Jeff Price 21:37, 8-Kathy & Dave Himmelberger 21:47, 9-Jenny Brekhus/Henry Tyson 21:52, 10-Susan Trott/Bill Catanese 22:00, 11-Mary Gaffield/Nichols 22:05, 12-Laurie Saia/Tom Guerin 22:05, 13-Mary Holzgang/Robert Govi 22:09, 14-Joan Don/Dave Houston 22:22, 15-Janet Wilson/Larry Butti 22:35...94 teams finished. /B. Spitz/

DOUBLE BACK BEACH RUN (Aug. 16, Cayucos): /12.2 Mi/
 1-Pete Sweeney/AGRC 66:07, 2-Jackson/SBAA 67:08, 3-Beaton/SLDC 68:32, 4-Bushey/SBAA 70:34, 5-Cadena/SLDC 70:48, 6-Weston/SLDC 71:18, 7-Stewart 72:04, 8-O'Brien/SLDC 72:23, 9-Yuchum/SBAA 73:03, 10-White 73:42...23-Leslie/47 81:48*, 27-Herd/53 83:51...50-Lori Swedburg/SBCC 93:34, 61-Teresa Campbell/SLDC 97:11...112 finishers. /San Luis Obispo H.S. Track Team/

NIKE EARTHQUAKES 6-MILE CLASSIC (Aug. 16, San Jose): 1-Doug Padilla 30:27, 2-Gary Goettelmann 30:39, 3-Pinckney 30:39, 4-Laris 31:20*, 5-White/WVJS 32:34, 6-Rostege/WVTC 32:40*, 7-Boynnton 32:45, 8-Ottaway/TAM 33:06, 9-Ingram 33:33, 10-Garcia 33:38, 11-Raymond 33:43, 12-Kearns 34:23*, 13-Lilygren/AGRC 34:32, 14-Castillo 34:49, 15-Smith 35:02...27-Tena Harms/AGRC 36:54, 43-Denise Bigelow/AGRC 38:19, 48-Kelly Brogan 39:16, 64-Dana Hooper/TAM 42:43, 74-Lois Kalmbach 45:14...132 finishers. /Ron Wayne/

DSE PRESIDIO ROLLER COASTER RUN (Aug. 17, San Francisco): /3.6 Mi., short/
 1-Steve O'Brien 16:30, 2-Mezel 16:42, 3-Paulson 16:53, 4-Jim Myers 17:17, 5-Acosta 17:17, 6-Sherwood 17:47, 7-Dean 17:57, 8-Jones/PMK 17:59*, 9-Basinger 18:02, 10-Martin/PMK 18:06...45-Terry Forssell 21:02, 47-Peg Lavelle 21:16, 48-Nancy Stoecker 21:19, 60-Colleen Fox 21:54, 61-Jeanie Jones/PMK 21:54*...207 finishers. /DSE Newsletter/

I-G PRESS RUN (Aug. 17, Richmond): /10Km/
 1-Ted Quintana/GSF 30:30, 2-Stolp 30:43, 3-McCann 31:04, 4-Kearcher/GSF 31:18, 5-Nabers/GSF 31:42, 6-Knowles 32:19, 7-Churney/GBTC 32:20, 8-Larson 32:43, 9-DeAraujo/GSF 32:50, 10-Mina/AGRC 32:59, 11-Bachand/Etonic 33:17, 12-Gil Dean/CW 33:22, 13-Dave Anderson/CTC 33:31, 14-Urtiaga/CTC 33:37, 15-Williams/LMJS 33:40, 16-Bigelow 33:49, 17-Vegas 34:03, 18-Muela 34:10, 19-O'Reilly 34:23, 20-Ferrez/GSF 34:42...38-Huff/PMK 36:53*, 44-Kavlie 37:20*, 53-Teegarden/NCS 38:09...72-Mary Gaffield 39:28, 90-Sharlet Gilbert/Zephyr 40:55, 103-Heidi Ertl 41:48...315 finishers. /Ken Stein/

OLD TOWN HALF-MARATHON (Aug. 17, Eureka): 1-Leonard Hill/SOS 68:03, 2-Wells 69:33, 3-Scholl 70:15, 4-R.Innes & Cottrell 71:15, 6-Little 71:56, 7-Borland 72:05, 8-Lovejoy 72:44, 9-Heistman 73:32, 10-Davy 74:08, 11-Washington 74:21, 12-Reeder 76:23, 13-Rousseau 77:01, 14-Rocha 77:25, 15-Eaves 77:30...29-Escarda 81:53*, 36-Sheila Maskovich 83:43, 37-Jackson 83:47*, 52-Jane Wooten 87:42...186 finishers. /SRRC News/

RED CROSS WATERMELON RUN (Aug. 17, Merced): /10K/
 1-Dennis Rinde/WVTC 31:07, 2-Hamer/WVTC 32:18, 3-Dean Rinde 32:55, 4-McKinstry 32:56...(40+) Dave Donaldson/WVTC 36:14, K. Schwisow 37:15, Russell 38:14...(Women) Barb Meihaus/MTC 36:53, Elaine Janes 39:51, Toni Nichols 40:44, Patty Dahlstrom 41:54...incomplete results received. /Mike Mason/

WORLD VETERAN CHAMPIONSHIPS (Aug. 23-24, Glasgow, Scotland): /10KM/
 (45-49) 1-Ray Hatton 33:00. /Marathon/
 (40-44) 1-MacGregor/Scot 2:19:23... 24-Kent Guthrie/WVJS 2:37:13. /Nat'l. Masters News/



Hal Schulz teamed up with Alice Trumbly, a sub-4:20 1500m runner from Cal, to win the Larkspur Landing Couples Relay, 10 seconds up on Rod Berry & Robyn McSwain. /Don Gosney/

NAT'L TAC 20KM (Aug. 23, Concord, NH):
 1-Bob Hodge/GBTC 62:35, 2-Murray/GBTC 63:13, 3-Reed/GBTC 63:51, 4-Olsen 64:23, 5-Wallace/GBTC 64:40, 6-Crossan 64:55, 7-E.Sheehan 65:14, 8-Joyce/GBTC 66:03, 9-Greenplate 66:04, 10-Pearson 66:15, 11-Nabers/GSF 66:23...42-Palladino/CW 72:19...66-Eleonora Mendonca 77:40, 69-Robin Snyder 77:48...294 finishers. /Larry Patz/

LODI TRIATHLON (Aug. 23, Lodi): /3.1 Mi. Run, 5 Mi. Bike, 1000 Yd. Swim/
 1-John Griffin 40:16, 2-Horning 40:19, 3-Chan 41:13, 4-Sheeler 41:52, 5-Waddel 42:18, 6-Helm 42:55, 7-Lang 43:10, 8-Nelson 43:11, 9-Junker 43:26, 10-Moller 43:37...28-Korene Mangleson 48:03, 31-Liz Junker 48:26...146 finishers. /Fleet Feet, Stockton/

BASS LAKE RUN THRU THE PINES (Aug. 23, Bass Lake): /Half-Marathon/
 1-Gary Gonzales/CRE 72:32, 2-Hamer/WVTC 74:27, 3-Hendry/CRE 74:30, 4-Pawlak/WVJS 75:21, 5-Williams/WR 78:11, 6-Hemphill/FTC 78:46, 7-Lung/FTC 78:56, 8-S.Moreno/FTC 79:49, 9-Peck/BTC 80:44*, 10-Wong/Un 81:43...18-G.Smith/SCS 87:18*...49-Kim Hamer/WVTC & Leslie Hoegh & Helen Lopez /FTC 1:37:09, 52-Dianne Stauffer/FJ 1:38:04, 55-Tone Nichols/FTC 1:38:50... 117 finishers. /Bill Cockerham/

SALMON CREEK BEACH RUN (Aug. 23, Bodega Bay): /5 Mi./
 1-Ed Nieto 33:32, 2-Webb 34:27, 3-Grames 35:36, 4-Varrebug 35:50, 5-Sjostedt 36:35...8-Machol 39:48*, 9-Forsburg 40:05*, 10-Sue Grigsby 40:06, 18-Margaret Oakes/44 44:30*...32 finishers. /Glenn McCarthy/

DSE OCEAN BEACH RUN (Aug. 24, San Francisco): /6 Mi./
 1-Bob Darling/ETC 32:30, 2-Osena 33:15, 3-Serrano 33:39, 4-Paulson 34:39, 5-Reager 35:09, 6-Basinger 35:49, 7-Moon 35:50, 8-Steer 35:55, 9-Rosch 36:28, 10-Jones/PMK 36:50*...39-Marion Irvine/50+/NCS 39:54*, 60-Nancy Stoecker 42:05, 66-Janice Prudhomme 42:47...253 finishers. /DSE Newsletter/

LAKE MERRITT JOGGERS & STRIDERS RUNS (Aug. 24, Oakland): /5KM/
 1-Phil Kay 15:49, 2-Dan Williams/LMJS 16:19, 3-Charleston 16:32, 4-Griffith 17:13, 5-Cross/WVTC 17:24, 6-Ivary 17:28, 7-Keene/42 18:01*, 8-White/46 18:30*, 9-Moss/45 18:42*, 10-Sue Brusher/WVTC 18:52(?)...23-Laura Craig 20:07, 25-Patty Gray 20:24...66 finishers. /10K/
 1-John Notch/LMJS 33:55, 2-Montello 34:23, 3-Monteverdi 34:31, 4-Rice 35:11*, 5-Nevraumont/WVJS 35:23*, 6-Ramos 35:40, 7-Brusher/WVTC 35:57, 8-Becker 37:39*, 9-Lapera 37:48, 10-Gerlach 38:08...13-Cross/WVTC 39:04*... 17-Louise Adamson 42:03, 19-Betsy White/WVTC 44:29*, 20-Linda Karne 44:30...40 finishers. /15KM/
 1-Tom Gwise 52:52, 2-Sampson 54:51, 3-S.Clark 55:19, 4-McCarthy 57:07, 5-Rodd/56 57:10* (Nat'l. age-56 Rcd.; certified course?), 6-McLain 57:32, 7-F.Smith/PMK 58:22*, 8-O'Donnell 59:51, 9-J.Chavez/49 59:54*, 10-Goodrich 59:58*...16-Florianne Harp/TAM 65:01, 19-Valerie Doyle 69:27...26 finishers. /John Notch/

DSE LAKE MERCED RUN (Aug. 31, San Francisco): /4.95 Mi./
 1-Mike Fanelli/GSF 24:31, 2-Seaver/WVTC 24:32, 3-Darling/ETC 24:37, 4-Smith/CNW 24:57, 5-Morrissey 26:15, 6-Paul/PMK 26:22, 7-Conroy/ETC 26:22, 8-Stillier/WVJS 26:28, 9-Casey/ETC 26:42, 10-Gehrig 26:58, 11-Paulson 27:22, 12-Erickson 27:33, 13-Harper 27:37, 14-B.Knight 27:40, 15-Bernick 27:42, 16-Bashiruddin 27:54, 17-Thompson 27:57, 18-Bassingier 27:59, 19-Cohen 27:59, 20-Mattner/PMK 28:05*, 21-Bowers 28:07, 22-McLean 28:15, 23-Brusher/WVTC 28:30, 24-Henderson 28:33, 25-T. Jones/PMK 28:39*...61-Sue Brusher/WVTC 30:47, 79-Marion Irvine/50+/NCS 31:58*, 98-Pat Whittingslow /WVTC 32:56*, 107-Terry Forsell 33:35, 125-Pat Cutler 34:22, 145-Ruth Anderson/50+/NCS 35:19*... 400+ finishers. (Note: Race is advertised as a 5-Miler, but has been accurately measured at 4.95 Miles.) /DSE Newsletter/



Mike Fanelli won a close race over Bill Seaver at the DSE Lake Merced Run. /Jim Engle Photo/

COW MOUNTAIN 50-MILER (Sept. ??, Cow Mtn.): (*Note: Distance actually run was 47 miles*). - 1-Bruce LaBelle/AGRC 6:27, 2-Notch/LMJS 6:46, 3-Lujan/41 7:10*, 4-Berkett 7:19, 5-Williams 7:32, 6-Carniglia 7:32, 7-Fletcher 7:34, 8-Johnson 7:40, 9-Dahl/42 7:42*, 10-Alexander 7:52, 11-Ruth Anderson/51/NCS 7:54...13-Marty Maricle/47/NCS 7:55...26 finishers. /John Notch/

LABOR DAY RUNS (Sep. 1, Santa Rosa): /10 Mi., Nat'l Certified/ 1-Dan Aldridge/SUB4 54:12, 2-D. Beardall/MW 54:54*, 3-McCarthy/ER 55:29, 4-Gibbons/ER 55:31, 5-Lawson 55:35, 6-Jones/ER 56:03, 7-Webb/ER 56:26, 8-Stanbridge/PMK 56:32, 9-McWilliams/ER 57:28, 10-McGuire/ER 58:07, 11-Batz 58:53, 12-Elliot 59:22, 13-Bechtel 59:32, 14-J.Lawson 60:23, 15-Leupold 60:49...18-Schultz/ER 61:27*...61-Dottie Charon/ZAC 76:10, 62-Lisa Homen 77:43...78 finishers. /Glenn McCarthy/

WESTERN REGIONAL DIET PEPSI 10KM (Sep. 6, Coronado): 1-Thom Hunt 28:37, 2-Bill Rodgers 28:43, 3-Wysocki 29:33, 4-T.Marino 29:36, 5-Mendoza/JT 29:45, 6-Eggeer 29:54, 7-Adams 30:11, 8-Evans/18 30:14, 9-Hamblin/19 30:16, 10-Sutherland 30:25, 11-Reed/19 30:33, 12-Mollahan 30:37, 13-Aragon 30:38, 14-Johnson 30:38, 15-Mosher 30:38, 16-Yeoman 30:43, 17-Ysais 30:50, 18-Breen 30:53, 19-Tom O'Neil/CW 30:57, 20-Cook 30:57, 21-Camp 31:09, 22-Barron 31:13, 23-Heaton 31:14, 24-Rios 31:15, 25-Jackson 31:16...29-Steve Holl/AGRC 31:52, 33-Jim Bowers/VMRC 32:10*(1st 40+), 55-Faerber/Hawaii 33:42*, 56-Karlene Erickson 33:46, 71-Laurie Binder/KCBQ 34:12, 79-Jim O'Neil/BC/55 34:35 (Amer. 55-59 Rcd.), 92-Sue Latter 34:46, 104-Millicent Anderson 35:04, 106-Vicki Cook 35:08. /CT&RN; Jeff Rigdon/

MARCH OF DIMES 10K (Sep. 6, Petaluma): 1-Dan Aldridge/SUB-4 31:44, 2-Sershen/ETC 32:29, 3-Kissin/WVTC 33:11, 4-Balli 33:49, 5-Ramsey 34:21, 6-D. Beardall/MW 34:24*, 7-Paula 35:10, 8-Chauner 35:56, 9-Von Seeburg 35:57, 10-Gin 35:58, 11-Brewer 36:12, 12-Dunn 36:23, 13-Grames 36:23, 14-Maurer 36:37, 15-Stewart 37:08...19-Robyn MacSwain/TLHS 38:08, 32-Haley 41:52*, 51-Vicki Brown 43:53...124 finishers. /Annegra Hart/

NIKE/OTC MARATHON (Sep. 7, Eugene, OR): 1-Dick Quax/AW-NZ 2:10:47, 2-Hodge/GBTC 2:10:59, 3-Dave Smith/YFC 2:11:09 (new NorCal record), 4-Jon Anderson/AW 2:12:03, 5-Buhmann/FSRT 2:12:38, 6-Boileau/OTC 2:13:38, 7-J.Foster/AllegTC 2:14:04, 8-Graham/Scotland 2:15:04, 9-Atkins/CNW 2:15:09, 10-Beardsley/NB 2:15:11...17-Mason/AIA 2:18:20, 25-D.Waltmire 2:19:00, 30-Bill Seaver/WVTC 2:19:43, 36-Hoglund/CW 2:21:17, 40-Mansoor/CCF 2:22:15, 41-Alphen/50/Netherlands 2:22:49*, 43-Goettelmann 2:23:48, 51-Fanelli/GSF 2:25:57, 56-Hamer/WVTC 2:28:22, 59-J. Brennand/44/SBAA 2:28:46*, 65-Chun/GSF 2:29:32, 75-Lorraine Moller/NZ 2:31:42, 78-Marja Wokke/Neth 2:32:29, 84-Allison Roe/NZ 2:34:29, 85-Dean Rinde/16 2:34:58, 86-Russell 2:35:34, 89-Coleman/GSF 2:36:09, 96-Dobson/PMK 2:37:17, 98-Hines/ETC 2:37:39, 104-Norton/LCTC 2:38:10, 106-Kirkby 2:38:25, 109-Kraus/WVJS 2:38:36, 118-Gillian Adams/Eng 2:40:34, 128-Anne Sullivan/RI 2:42:45, 130-Heike Skaden/BC/18 2:43:00 (new NorCal women's record), 141-Parr/SWEAT 2:44:49, 144-Radloff/WUYS 2:44:52...185-Hager/MW 2:48:42*, 187-Yank/LMJS 2:48:51, 244-Taylor/WVTC 2:53:50*, 246-Sue Brusher/WVTC 2:53:53, 250-Schaleger/LMJS 2:54:13*, 293-Diekmeier/SUND 2:57:01*, 325-Daniell/SWEAT/52 2:59:16*, 375-Jennifer Daniell/SWEAT 3:04:08, 398-Jane Sowersby/WVTC 3:05:43, 416-Bev Marx/BC 3:07:49, 437-Florianne Harp/TAM 3:09:54, 493-Marty Minjares/IMP 3:14:25, 507-Heidi Skaden-Poyser/BC/43 3:15:53*, 539-Elaine Schumacher/LCTC 3:19:27, 543-Ruth Anderson/51/NCS 3:20:15*, 553-Karen Diekmeyer/SUND/40 3:21:06*...809 finishers.

CLAYTON ADMISSION DAY RUN (Sep. 7, Clayton): /6.5 Mi./ 1-Dan Martinez/WDS 34:53, 2-Dan Anderson/CTC 35:32, 3-Routh 36:16, 4-Alderman/DRR 36:43, 5-Marcanda 37:05, 6-Tilcock 37:16, 7-Bettencourt 37:30, 8-Williams/LMJS 38:03, 9-Wieand/WDS 38:39, 10-Zumwalt 39:04, 11-Riggle 39:09, 12-Gillana 39:16, 13-Hyland 39:17, 14-Vasquez 39:23, 15-Chesterman 39:32...(results did not indicate 40+ finishers so we may be missing top masters) 26-Jim Moore 41:22*, 30-Linda Van Housen/WDS 41:35, 31-McMahon 41:40*, 39-Williams/WVJS 42:22*, 40-Janice Prudhome 42:32, 54-Becky Schmidt-Hill 43:53, 56-Linda Jungston 44:04, 68-Marilynn Harbin/WVTC 44:52*...327 finishers. New course records were established in all age-groups, both men and women! Age-groups were unusual: 18-25, 26-35, and 36 & over. /Bob Vasquez/



Dennis Rinde, who placed 10th at the Olympic Trials Marathon, won "Run for the Cheese of It". /Sheretz/

WHERE IN THE HELL IS TRUCKEE 18-MILER (Sep. 7, Tahoe City to Truckee): /All run on dirt trails; sunny, 60 degrees/ 1-Miguel Tibaduiza/Colombia-WVTC 1:48:00, 2-O'Halloran/AGRC 1:48:45, 3-Duncan/WVTC 1:54:34, 4-Jobski/SLT 1:55:42, 5-Jones/WVTC 1:56:19, 6-Lonergan/SLO 2:03:23, 7-Roeber 2:05:58, 8-Rae Clark/WVTC 2:08:14, 9-Roberts 2:10:13, 10-Senn 2:11:38, 11-Kane 2:11:39*, 12-Treabuss 2:11:58, 13-Kercher 2:12:16, 14-Janacone 2:13:17, 15-Bedell 2:14:42...26-Krista Roberts 2:20:03, 29-Silver/49 2:22:23*, 35-Colleen Connors 2:24:45, 42-Bonnie Storm/WVTC 2:27:15, 60-Joan Reiss/43 2:34:47*...124 finished. /Barb Dietz/

NAT'L TAC 50KM CHAMPIONSHIPS (Sep. 14, Brattleboro, VT): 1-Bill DeVoe/Millrose 3:01:12, 2-Greenplate 3:03:35, 3-Heinrich/40 3:03:56*, 4-Pittenger/TIT 3:07:26, 5-Cleary/Millrose 3:09:23... 8-Bozanich/CNW 3:14:27...79 finishers. /Pete Cava/

LAKE TAHOE 72 MILE RUN (Sep. 19, Tahoe City): /Course consists of one lap around Lake Tahoe/ - Ideal weather conditions helped 3 men break Don Choi's old mark and also enabled Martha Maricle (47) to set a new women's masters record and finish as first female in 13:14:38. ** 1-Robert Perez/TX 9:20:28, 2-Finke/OR 9:33:48, 3-Rae Clark/WVTC 9:37:38, 4-TJ Key/San Diego 10:08:33, 5-T. Miller/Sacto 10:16:01, 6-Coleman 10:25:30, 7-Scellato 10:30:08, 8-Kovacs/TRAC 10:42:07*, 9-Born Again Smitty/Hawaii 11:00:24*, 10-Twietmeyer 11:08:06...18-Billingsley/58 12:02:55*...31-Martha Maricle/47/NCS 13:14:28*...70 finishers (82% of starters finished!). /Charles Mersereau/

GUADALUPE RIVER RUN (Sep. 20, San Jose): /5 Mi./ 1-Robert Rupprecht 26:41, 2-Sommer 27:16, 3-Mercado 27:18, 4-Howell/WVTC 27:19, 5-Vasquez 28:06, 6-Smith 28:44, 7-Wasilchen 29:14, 8-Tanaka 29:38, 9-Drew 30:15, 10-Hershey 30:49, 11-Baltzer 31:09*...32-Shelly Grieb 36:08, 35-Mimi Mooltrie 36:52, 36-Diane Bromstead 37:05...88 finishers. /Frank Ruona/

GREAT GRAPE RACE (Sep. 21, San Jose): /10KM/ 1-Tony Ramirez/CW 32:46, 2-Szanto 33:42, 3-Laris 34:33*, 4-Clark/WVTC 34:45, 5-Hernandez/WVTC 35:17, 6-Levitsky/WVTC 35:56, 7-Bellah/WSSAC 35:56, 8-Ahnberg/TTC 36:39, 9-Brani 37:13, 10-Bertani 37:29, 11-Holst 38:10, 12-Nevraumont/WVJS 38:21*, 13-Radloff/WVJS 38:28, 14-Gould/WVJS 38:41, 15-Hawkes/WVTC 38:42...23-Van Zant/WVJS 39:19*, 33-Williams/WVJS 40:43*, 36-Stevenson/52 40:53*, 39-Ann Wotherspoon/SJC 41:05, 45-King/SJC 42:18, 48-Bray/SJC 42:23, 51-Stearns/SJC 42:35, 62-Clark/11 43:10, 65-Kerry Brogan 43:40, 71-Paula Ramirez 44:22...22-Retta Albers/RR 55:38*... 296 finishers. /Almaden Women's Club - Gaye Haven/

BIG BEAR LAKE 10-MILE RUN (Sep. 27, Big Bear Lake): 1-Steve Brown 55:24, 2-J. Tuttle 57:21, 3-Vanderveen/CNW 58:21, 4-Swan-son/BS 59:17, 5-Sayward/AZTL 59:33, 6-Kimble/OCTC 60:37, 7-Comlossy 61:10, 8-Ruiz/BB 61:24, 9-Hoogendyke/BBR 61:45, 10-Helms 61:48...15-Cousins/BBR 65:20*, 20-Niks 68:14*, 21-Kim Vollmer/AdidasW 68:33F, 42-Debbie Keagy 78:13...79 finishers. Run at altitude of 6850 feet! /Edgar Hunt, Jr./

RICHMOND YMCA PANCAKE RACE (Sep. 27, Richmond): /2.7 Mi./ 1-Allan Smith 13:29, 2-Bachand 13:50, 3-Barry/GBTC 14:09, 4-Corona 14:16, 5-Thompson/WVTC 14:24, 6-Vizas 14:36, 7-Blackman 14:40, 8-Swezey 14:42, 9-Bamford/WVTC 14:44, 10-Gowen 14:45, 11-Larson 14:47, 12-Rowley/GSF 14:50, 13-Myers/PMK 14:53, 14-Banks 15:10, 15-Kavlie 15:19...results had no indication for masters (40+)...31-Mary Gaffield/ECHS 16:11, 33-Sharlet Gilbert 16:30, 69-Kathryn Singer 18:09...215 finishers. /Ken Stein/

PA-TAC ONE HOUR RUN (Oct. 5, College of San Mateo): 1-Bill Stolp/WVTC 11 miles, 1387 yards, 2-Stahl/PW 11-1214, 3-Hinzmann/ETC 11-1097, 4-Engleman/WVTC 11-548, 5-Darling/ETC 11-307, 6-Day/Un 11-207, 7-Hines/ETC 10-1246, 8-Moore/ETC 10-1086, 9-Hollenbeck/SRR 10-1067, 10-Thaning/WVTC 10-1055, 11-Tracy/ETC 10-832, 12-Catanese/MW 10-449*, 13-McAbee/PMK 10-181*, 14-Jacobs/PMK 9-1462*, 15-Wood/51/NCS 9-1331*, 16-Nicholson/50/PMK 9-1135*, 17-Marilynn Harbin/WVTC 9-83*, 18-Linda Wettstein/ETC 8-509... 21 finishers (ETC won team title). /Jack Leydig/

RUN FOR CONSERVATION (Oct. 11, Mtn. View?): /10KM/? 1-Charley Wise 34:31, 2-Lewis/TRAC 34:48*, 3-Bryan/WVTC 34:57*, 4-Hawkes/WVTC 35:09, 5-Pitt 35:30, 6-Phillips 36:06, 7-Dom 36:06, 8-Stevens 36:14, 9-Rivers 36:28, 10-Roze 36:37...16-Kim Hayes 39:32...106 finishers. /Jerome Lewis/

FOLLOWING RESULTS NOT IN CHRONOLOGICAL SEQUENCE WITH PAGE 44.

FALMOUTH ROAD RACE (Aug. 17, Falmouth, MA): /7.1 Mi./ 1-Rod Dixon/NZ 32:20.4, 2-Lindsay/FSRT 32:32, 3-Rojas/CO 32:34, 4-Hodge/GBTC 32:38, 5-Meyer/GBTC 32:49...31-Brian Maxwell/GBrTC 34:33. /Women/ 1-Grete Waitz/Nor 37:12.3, 2-Merrill/AGAA 37:57, 3-St. Hilaire/VT 38:04, 4-Benoit/ME 38:21, 5-Moller/NZ 38:46... 11-Michelle Aubuchon/CSUH 40:32, 26-Vicki Maxwell/GBrTC 43:26, 32-Kathy Schlerer/Oakville 44:29. /Runner's Gazette/

AVON WOMEN'S HALF-MARATHON (Sep. 6, New York City): 1-Kristen Bankes/PA 1:18:38, 2-Sweigart/WSSAC 1:18:59, 3-Lapas/GNYAA 1:20:26...7-Carol Young/AGRC 1:22:33...774 finished. /Runner's Gazette/

RUN FOR THE CHEESE OF IT (Oct. 11, Riverbank): /7.65 Mi./ 1-Dennis Rinde/WVTC 39:26, 2-Vargus 41:30, 3-Pittel 41:49, 4-Garrison 42:00, 5-Murray 42:52, 6-Chan 43:30, 7-Mowbray 44:05, 8-Philbrook 45:13, 9-Cotton 45:36, 10-Suarez 45:39, 11-Lawrence 45:59, 12-Hartwig/41 46:28*, 13-Malain/53 46:32, 14-Martinez 46:37, 15-Salas 46:48...25-Richardson/45/WVTC 48:46*...69-Trish Maino 53:41, 109-Ginger Burrola/42 57:33*...205 finishers. /Don Lenkeit/

SRI CHINMOY 7-MILER (Oct. 12, San Francisco): 1-Ron Richardson 36:56, 2-O'Brien 38:06, 3-Strong 38:29, 4-J. Batz 39:26, 5-Solorio 39:31, 6-Zaparolli 39:47, 7-Lanterman/WVTC 39:55*, 8-Krawiec 39:59*, 9-Gallagher 40:15, 10-Jones 40:22, 11-Navarro 40:29*, 12-Grabon 40:34, 13-McCain 40:37*, 14-Rouse 40:43, 15-Taylor 40:49, 16-Wheeler 40:53, 17-Gehl/50+ 41:27*, 18-Wong 41:32, 19-Koslofsky 41:36, 20-Breland 41:36...47-Marion Irvine /50/NCS 44:19*, 51-Karen Lanterman/WVTC 44:45, 71-Colleen Gillmore 48:43, 73-Sandy Vernon/40+ 48:55*, 76-Daphne Dunn 49:27... 173 finishers. /Sundari Michaelian/

COLUMBUS DAY GOLDEN GATE BRIDGE RUN (Oct. 12, S.F. Presidio to Ft. Baker): /10Km/ 1-Hal Schulz/GBrTC 29:11, 2-Dzewaltowski 33:02, 3-Johnson 33:08, 4-Tardy 33:10, 5-Locke 35:01, 6-Schoy 35:41, 7-Wistrick 35:54, 8-Knight 35:57, 9-Jones 36:10, 10-Lit-tig 36:11, 11-Ritter 36:15, 12-Jensen 36:19, 13-Fish 36:23, 14-Swyers/41 36:48*, 15-Kimball/42 37:15*...18-Liebenberg/40 38:08* ...27-Florianne Harp 39:04, 54-Chew 41:55F, 82-Miller 44:06F, 89-Marrero 44:19F, 92-Ginger Burrola/42 44:38*...254 finishers. /Sally Dahler; Chris Johnson/

LOS ANGELES HARBOR MARATHON (Oct. 19, Los Angeles): 1-Bill Britten/AGRC-Canada 2:30:35, 2-Willis/Fullerton 2:37:26, 3-Matsuda 2:39:26, 4-Placencio 2:39:49, 5-Lacie 2:41:08. /Women/ 1-Sally Edwards/FF 2:58:16, 2-Martin 3:18:43, 3-Taggart 3:26:50...appx. 1000 participants. /Rudy Garza/

NEW YORK CITY MARATHON (Oct. 26, N.Y.C.): - Univ. of Oregon senior Alberto Salazar, who had never run a race of more than 10 miles before, won the wind-whipped 11th running of the NYC Marathon with a world record first-time effort of 2:09:41, the eighth fastest in history. Bill Rodgers took a spill at 12 miles and was unable to recover, finishing fifth in 2:13:20. Grete Waitz won her third straight NY Marathon (and lowered her record for the third time, clocking 2:25:41 for a new world standard, ahead of Patti Lyons-Catalano's new American standard of 2:29:33. Ex-San Francisco resident Frank Richardson of Ames, Iowa, was tenth in 2:14:14, while Jaime White of Sacramento got 16th in 2:16:38. Thirty-seven-year-old Gary Goettelmann of Aptos captured 54th in 2:22:55. Results did not list home state so we're only listing those NorCal finishers we recognized in a brief sweep of the results. 1-Salazar/GBTC 2:09:41, 2-Gomez/ ex 2:10:13, 3-Graham/Eng 2:11:47, 4-Wells/AW 2:11:59, 5-Rodgers/ GBTC 2:13:20, 6-Simonsen/Nor 2:13:29, 7-Wright/Eng 2:13:31, 8-Marczak/Poland 2:13:45, 9-Beardsley/Minn 2:13:56, 10-Richardson/ IA 2:14:14...16-White/AGRC 2:16:38, 48-Tuttle/TIT 2:22:13, 54-Goettelmann 2:22:55, 789-Stagliano/40 2:52:12, 1280-Rodd/57 2:59:22. /Women/ 1-Waitz/Nor 2:25:41, 2-Catalano 2:29:33, 3-Christensen/Nor 2:34:24, 4-Gould/Eng 2:35:04, 5-Adams/GB 2:37:55.

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● **RUN FOR DAYLIGHT** ●

(April 20)

/Lafayette/ - The husband-and-wife team of Bill & Rainey Stolp, recently transplanted in Lafayette by way of the Pacific Northwest, easily took the top spots at this second annual event. Although the course was a certified 10K, the lead runners (we're not sure how many) were led off course for a block, adding over a minute to their times. A record 1537 finished and nearly \$10,000 was contributed in the fight against cancer. /Marian Lemke/

Table of runners and times for Run for Daylight, including names like Bill Stolp, Ted Quintana, and L. Kotchevar.

Table of runners and times for Run for Daylight, including names like Vicki Bigelow, Bonnie Storm, and S. Anderson.

● **AVE. OF THE GIANTS MARATHON** ●

(May 4)

/Weott/ - Preliminary results were listed in last issue and we continue here. /Don Hughes/

Table of runners and times for Ave. of the Giants Marathon, including names like Jim Washington, Bill Molloy, and Bob Porter.

● *****MASTERS*****

Table of runners and times for Masters, including names like Richard Scott, Wayne Meyer, and Lenny Escarda.

● *****WOMEN*****

Note: - We listed Lynn Walker as first woman in error last issue because she was listed as female in preliminary results (was actually a "he"). Audrey Burns of San Diego was actually the first female.

Table of runners and times for Women, including names like Hillary Naylor, Donna Andrews, and Char. Roth.

● **DEVIL MOUNTAIN RUN** ●

(May 4)

/Danville/ - We're not sure how many actually finished in this year's race, but there were 2484 listed on the printed results we received, and that wasn't all! Records went in the men's open as John Moreno soundly beat Bill Stolp, 29:26 to 29:46, and led two others under Mike Pinocci's old mark of 30:18.

Table of runners and times for Devil Mountain Run, including names like John Moreno, Bill Stolp, and Roy Kissin.



Vicki Bigelow ran 38:26 for 10K to set a course record for masters women at the Devil Mountain Run. /John Sheretz/

Table of runners and times for Devil Mountain Run, including names like Paul Sechrist, Virginio DeAraujo, and Harvey Franklin.

...more on next page...

(Devil Mtn., Continued...)

63-Scott Faulkner	35:35
64-Adrian Taekas	35:36
65-Norm McAbee/PMK	35:38*
66-Joe Cavanaugh	35:38
67-Knut Frostad	35:39
68-Leo Reihsen	35:40
69-Chris McCracken	35:42
70-John Bennett	35:49
71-Steven S. Cowell	35:54
72-Howard Machek	35:58
73-Bill Brusher/WVTC	35:58
74-Greg Lawrence	35:59
75-Steve Scarich	35:59
MASTERS	
83-Glen Krawiec	36:08
87-Gerald McMahon	36:10
94-John Myers	36:24
113-Wes Hurlburt	36:54
115-Dave Ragsdale	36:58
124-Walter Williams/WVJS	37:08
132-Don Huff	37:17
142-Ken Allen	37:22
158-Bruce Carter	37:35
172-Glenn Unsicker	37:48
175-Keith Whittingslow/OC	37:51
176-Bob Curtis	37:52
WOMEN	
112-Rainey Stolp/CNW	36:51
151-Teresa Barrios	37:30
154-Sue Brusher/WVTC	37:33
200-Suzie Ames	38:14
212-Vicki Bigelow/AGRC	38:26*
227-Irene Rudolf/WVTC	38:43
281-Leslie McMullin	39:24
296-Allison Nemir	39:36
323-Marilynn Harbin	40:02*
360-Pat Whittingslow/WVTC	40:43*
382-Susie Anderson	40:57
420-Ruth Anderson/NCS	41:21*
446-Mari Kolb/WVTC	41:39
474-Joanne Sidwell	42:00

● **BAY TO BREAKERS** ●
(May 18)

/San Francisco/ - Craig Virgin and Laurie Binder established new course records of 35:11.8 and 42:20, respectively, over the 7.63 mile course...averaging 4:37 and 5:33 per mile! Don Ardell's 43:21 appeared to lead the masters, but no mention was made of that to our knowledge. Tim Rostege, only a month shy of 40, turned in a sparkling 40:57 in 62nd place. The Aggies defended their centipede title virtually unchallenged, but having to start from the back this year could only manage a 48:36. Proceeds from this year's Bay-to-Breakers T-shirt sales were generously donated to the local long-distance travel fund by the Examiner. /SF Examiner/

1-Craig Virgin/IL	35:12
2-John Andrews/Australia	36:15
3-Bob Hodge/GBTC	36:29
4-Terry Cotton/JT	36:40
5-Gary Tuttle/TIT	36:41
6-Tom Lux/JT	36:48
7-Steve Floto/CO	36:58
8-Rick Gentry/CW	37:00
9-Mike Cassaday/WVTC	37:25
10-Brian Maxwell/GBrTC	37:37
11-Roy Hogle/CW	37:39
12-Wilfred Jackisch/GSF	37:43
13-Ted Quintana/AGRC	37:49
14-Denis O'Halloran/AGRC	38:11
15-George Hernandez/Reno	38:18

16-Bob Love/CW	38:25
17-Wayne Brennan/Austral.	38:29
18-Matt Thornsberry/JT	38:33
19-Hugh Stahl/PW	38:40
20-Ken Hunter/YFC	38:43
21-Tom O'Neil/CW	38:45
22-Scott Boyd/Oregon	38:54
23-Atkins Chun/GSF	38:59
24-David Brennan/Austral.	39:00
25-Vince Engel/TIT	39:02
26-John Sheehan/AGRC	39:13
27-Dave Collins/PMK	39:16
28-Dave Smith/YFC	39:18
29-Pete Flores/AGRC	39:42
30-Mike O'Rourke/HSU	39:43
31-Tim Chain/HMB	39:43
32-Fred Villegas/Merced	39:50
33-Warren Devlin/Austral.	39:52
34-Mike Niemiec/WVTC	39:53
35-Stan Hockerson/AGRC	39:59
36-Bob Woodliff	40:00
37-Joe Salazar	40:00
38-Mike Emry/CW	40:01
39-Bruce Degen/MR	40:05
40-Jeff Johnston/TAM	40:07
41-Arik Wathne/Norway	40:14
42-Russell Knudsen/TAM	40:17
43-Lester Mina/AGRC	40:25
44-Chris Copenhagen	40:26
45-Tom Wier/AGRC	40:27
46-Bob Miller/CW	40:28
47-Steve Ottaway/TAM	40:29
48-Claude Neuenschwander	40:34
49-Kent Gleason/LosGatos	40:39
50-Mike Lisowski	40:43
51-Virginio DeAraujo	40:44
52-Harold Huff	40:44
53-Mike Conroy/ETC	40:45
54-Greg Hodson/WVTC	40:46
55-Eric Ellisen	40:50
56-Dave Smith	40:51
57-Gary Alderman	40:51
58-Philip Kay/PMK	40:52
59-Dan Rueckert/SLO	40:53
60-Tim Morse	40:55
61-Dave Parish/WVTC	40:56
62-Tim Rostege/WVTC	40:57
63-Chris Carlson	41:02
64-Tim Lawrence	41:03
65-Barry Weisch	41:09
66-Daniel Saurers	41:12
67-Tim Killeen	41:12
68-Joseph Schieffer	41:20
69-Robert Clay	41:21
70-Mark McLaughlin/NY	41:31
71-Mike Killeen	41:32
72-Tom Barlow	41:36
73-Lewis Tracy	41:37
74-Bob Grubbs/WVTC	41:38
75-Jeff Merrow/Fresno	41:41
76-Philip Leboit/SF	41:42
77-Tom Castro	41:47
78-Coty Pinckney	41:48
79-Chris Bounds	41:48
80-Peter Foster	41:51
81-David Kadish/SF	41:57
82-Chris Johnson/TAM	42:01
83-Dennis Reager/SF	42:04
84-Don Chapin/Fresno	42:05
85-Roy Cortez/Merced	42:09
WOMEN	
94-Laurie Binder/KCBQ	42:20
127-Michele Aubuchon/CSH	43:32
249-Joann Dahlkoetter/MT	45:58
256-Laura DeWald/VA	46:07
282-Skip Swannack	46:36
284-Carol Young/AGRC	46:37
340-Sue Brusher/WVTC	47:19
348-Bonnie Storm/WVTC	47:24
387-Libby Hill/Berkeley	47:54
441-Elaine Schultz	48:32
451-Sue Johnston/IMP	48:39
454-Nancy Pearlman/LA	48:40
(First 40+ Woman Not Known)	

● **STRAWBERRY CANYON RUN** ●
(May 24)

/Berkeley/ - Brazilian Virginio DeAraujo was a comfortable 23-second winner over Paul Dulaney in 34:38 over this tough uphill 5½-mile course in the Berkeley hills. Orin Dahl, 44, likewise had little trouble winning the over-40 crown in 39:46, but Lloyd Sampson, 37, was actually first in the oddly-structured 37-46 age-group. Pat Kirkpatrick ran a swift 41:00 to annex the women's race by nearly two full minutes. This year's popular run (3rd annual) saw 959 complete the uphill trek which ended at the Lawrence Hall of Science. /Diane Carlson/

1-Virginio DeAraujo/28	34:38
2-Paul Dulaney/22	35:01
3-John Bruce/31	35:29
4-Mitchell Smith/24	35:37
5-Patrick Miller/29	35:48
6-Tim Killeen/22	36:03
7-Dwight Hendrix/26	36:05
8-Ken Mattson/18	36:13
9-David Powell/18	36:34
10-Lewis Tracy/21	36:48
11-Robin Silver/30	36:56
12-Robert Colborn/25	36:58
13-Peter Hollenbeck/22	37:01
14-Lloyd Sampson/37	37:02
15-David Gowen/33	37:04
16-Patrick Peralta/23	37:07
17-David Drechsel/23	37:27
18-Mark Levy/22	37:35
19-Gary Nathanson/30	37:36
20-David Peissner/15	37:39
21-Dwight Miller/22	37:43
22-Peter Netland/23	37:58
23-Eric Mitchell/18	38:05
24-Cliff Wolery/35	38:17
25-Robert Eichstaedt/33	38:20
26-Gary Ensminger/28	38:29
27-Elliot Wolf/21	38:30
28-Harrison Gunther/21	38:33
29-Donald A. Rooks/28	38:34
30-Lawrence Brown/28	38:36
31-Gregory Lawrence/24	38:51
32-David Stern/22	38:57
33-John Monteverdi/34	38:58
34-Kenneth Ganezer/27	38:58
35-Disqualified	38:59
36-Glenn McCrear/36	39:00
37-Jim West/20	39:06
38-Stephen Daniels/15	39:23
39-Paul Lindahl/23	39:25
40-Joseph A. King/26	39:28
41-George Mason/36/WVTC	39:34
42-James Whitfield/24	39:41
43-James Porter/25	39:45
44-Orin Dahl/44	39:46*
45-James Veitch/26	39:48
46-David Dhalilial/22	39:53
47-Thomas Morgan/27	39:59
48-Matthew Nalley/15	40:04
49-Curtis Imrie/33	40:05
50-Robert Passig/31	40:06
MASTERS	
70-Richard Keene/42	40:42
87-Tom Pinckard/42	41:16
111-Rudolph Oehm/45	42:08
113-Howard Horton/47	42:11
119-Dave Sharp/49	42:24
131-Jess Chavez/48	42:41
146-Stanley Sprague/52	42:58
160-Dick White/50	43:18
185-Bob Sikora/41	43:58
191-Arthur Kessner/41	44:09

WOMEN

77-Pat Kirkpatrick/26	41:00
145-Michele Crucich/19	42:57
193-Carol Schnake/27	44:10
224-Valerie Doyle/37	45:03
226-Linda Skinner/32	45:05
282-Carolyn Doran/29	46:18
287-Gwen Moore/30	46:21
288-Hilary Naylor/33	46:21
300-Laurie Jew/23	46:43
323-Marilyn Petch/26	47:08
MASTERS WOMEN	
338-Nora Smiriga/43	47:17
389-Katherine Brieger/47	48:21
540-Eleanor Krause/46	51:19

● **SRI CHINMOY MARATHON** ●
(June 1)

/San Mateo/ - The 2nd annual running of this very well-run race drew a record number of starters (658 finished) on a new course that took in parts of San Mateo, Burlingame and Foster City on the east side of US-101. West German, Wilfred Jackisch, temporarily residing in the Bay Area, took command early in the race and won by a mile (literally) in a swift 2:21:12, with second place going to surprising Leroy Kotchevar in 2:26:29. The women were led by masters runner Karen Scannell's 2:52:48, which set a NorCal over-40 record for women. Sue Johnston and Joan Ulyot also got under 3 hours. Norm McAbee trounced the men's masters field with a fine 2:39:46 PR. Organizers set up splits and aid-stations every mile! /Sundari Michaelian/

1-Wilfred Jackisch/28	2:21:12
2-Leroy Kotchevar/26	2:26:29
3-Dave Collins/29	2:26:48



Karen Scannell set a NorCal women's masters record in winning the Sri Chinmoy Marathon in 2:52:48. /John Sheretz/

(Sri Chinmoy Marathon, Cont'd)

4-Perry Linn/29	2:31:19
5-David Kadish/27	2:31:31
6-Robert Clay/33	2:33:35
7-Virginio DeAraujo/28	2:34:00
8-Steve Stark/33	2:35:05
9-Dennis Urtiaga/31	2:36:43
10-Stacy Geiken/24	2:36:47
11-Mike Lisowski/31	2:37:45
12-Charles Elkins/36	2:38:22
13-Norm McAbee/47/PMK	2:39:46*
14-Bill Sevald/34/ETC	2:39:47
15-Frank Ruona/34	2:39:59
16-Dennis Doris/34	2:40:41
17-Dave Wills/29	2:41:03
18-Phil Armstrong/29	2:41:31
19-Ken Brown/28	2:42:31
20-Art Webb/38	2:43:08
21-Dan Alarid/37	2:43:53
22-Gary Nathanson/30	2:44:39
23-Leo Reihsen/36	2:44:56
24-Lloyd George/23	2:45:28
25-Monroe Rosenthal/32	2:45:41
26-Siegfried Mattern/43	2:45:42*
27-Jaspar Kirkby/31	2:45:42
28-Fassil Fessaha/24	2:45:56
29-Eddie Lanzarin/27	2:46:15
30-Vic Andrews/27	2:46:58
31-Al Stanbridge/33	2:47:11
32-Jeff Porto/20	2:47:18
33-Albert Garcia/34	2:47:26
34-Tom Nemeth/27	2:47:53
35-George Parrott/36	2:48:33
36-Jody Durst/24	2:48:40
37-Lester Mina/27	2:48:42
38-John Murtagh/33	2:48:52
39-Joe Cavanaugh/36	2:48:58
40-John King/27	2:49:22
41-Edward Cavazos/30	2:49:23
42-Hal Moorehead/30	2:49:38
43-Bob Cooper/25	2:49:41
44-Ian MacLennan/31	2:49:53
45-Dan Dierken/31	2:49:59
46-Michael Hicks/38	2:50:03
47-Jack Wheeler/37	2:50:22
48-Graeme Bell/32	2:50:43
49-Erasmo Vasquez/28	2:50:47
50-Guillermo Barron/27	2:50:50
51-Walter Radloff/35	2:50:54
52-Bruce Cowled/29	2:51:02
53-Don Huff/43	2:51:13*
54-Walt Van Zant/41/WVJ	2:51:25*
55-John Ulate/39	2:51:33
56-Pete Castellanos/40	2:51:54*
57-Steve Clark/30/NV	2:52:01
58-Marco Martin/39	2:52:05
59-David John/26	2:52:08
60-Tom Mann/38/ETC	2:52:10
61-Glenn MacDougall/24	2:52:17
62-Michael Sullivan/20	2:52:24
63-Robert Duncan/30	2:52:45

MASTERS

70-Ken Allen/46	2:54:15
75-Keith Branham/45/WV	2:55:52
86-Ronald Ruiz/44	2:57:40
101-Antony McDonagh/41	2:58:56
104-Ben Sawyer/43/RCRC	2:58:59
108-Waights Taylor/42	2:59:14
112-Michael Murphy/49	2:59:41
114-Peter Morse/40	2:59:51
115-William Healey/41	3:00:13
118-Tom McManus/43	3:01:54
121-Ross Smith/52/NV	3:02:26

WOMEN

64-Karen Scannel/41	2:52:48*
93-Sue Johnston/38/IMP	2:58:24
107-Joan Ulyot/39/WV	2:59:14
140-Bev Marx/26	3:06:19
144-Jennifer Daniell/22	3:06:41
191-Sherry Pollock/28	3:13:15
193-Sara LeSeigneur/35	3:13:29
222-Valerie Doyle/38	3:17:06
227-Kathy Pfiefer/20	3:17:41
235-Theresa Cunningham	3:18:07

MASTERS WOMEN

236-Liz Ray/41	3:18:07
237-Ruth Waters/46/NCS	3:18:10
310-Jytte Fruchtman/41	3:24:42
350-Sandy Vernon/42	3:30:00

DOUBLE DIPSEA

(June 14)

/Stinson Beach/ - Miguel Tibaduiza, brother of Colombian Olympian Domingo and currently a student at Nevada-Reno, succeeded in breaking Byron Lowry's 1:42:22 course standard by 14 seconds, despite never having run the course before & getting lost several times!! Donna Andrews knocked 1:38 off Barbara Magid's 2:13:40 women's record, and Don Chaffee nipped Russ Kiernan's over-40 mark by 3 seconds in a sparkling time of 1:49:04. There were 237 finishers over the ultra-hilly 13.6-mile trek from Stinson Beach to Mill Valley and back. Actual running times are listed below, with handicaps following ages (in parentheses). /Don Chaffee/

1-Don Chaffee/41(15)	1:49:04*
2-Bob Malain/53(25)	2:01:08*
3-Mike Duncan/30(9)	1:50:59
4-Donna Andrews/39(30)	2:12:03F
5-Miguel Tibaduiza/22	1:42:08
6-Jim Nicholson/49(20)	2:02:34*
7-Melinda Creel/23(30)	2:15:05F
8-Irene Rudolf/38(30)	2:15:24F
9-Florianne Harp/32	2:16:14F
10-Martin Jones/37(9)	1:55:40
11-Hans Roenau/52(25)	2:11:57*
12-Gene White/45(20)	2:07:19*
13-Karl Marschall/56	2:12:46*
14-Peter Laskier/35(9)	1:57:06
15-Rocco Fazio/46(20)	2:08:21*
16-K. Whittingslow/41	2:03:54*
17-Dave Olson/50(25)	2:14:03*
18-Mike Lisowski/31(9)	1:58:42
19-M.V. McKenzie/36(9)	1:58:52
20-Bill Dickerson/52	2:15:28*
21-Joe Maher/33(9)	1:59:45
22-Mark Reese/30(9)	2:00:04
23-Orin Dahl/44(15)	2:06:21*
24-Don Pickett/52(25)	2:16:28*
25-Keith Hastings/37(9)	2:00:39
26-Paul Reese/63(30)	2:21:57*
27-Mats Soderlund/27	1:52:21



Miguel Tibaduiza (2nd from left), shown at PA 15K, broke Byron Lowry's Double Dipsea record. /John Sheretz/

28-Herb Vanek/52/(25)	2:18:09*
29-Skip Lees/35(9)	2:02:09
30-Marlys Hayden/46(30)	2:23:18F*
31-Valdemar Schultz/40	2:08:24*
32-Valerie Doyle/38(30)	2:23:35F
33-Pat Whittingslow/40	2:23:40F*
34-Betsy White/42(30)	2:23:49F*
35-Arnold Schulz/43(15)	2:09:09*
36-Elaine Ivaldi/33(30)	2:24:50F
37-David Horning/31(9)	2:04:21
38-Gordon Smith/43(15)	2:10:23*
39-J.M. Miller/42(15)	2:10:37*
40-Dwight Hendrix/26(9)	1:55:43
41-Bob Ward/40(15)	2:11:07*
42-Rick Torreano/31(9)	2:06:55
43-Bob Steinberg/30(9)	2:07:10
44-Mark Ricaud/50(25)	2:23:36*
45-Rick Berne/31(9)	2:07:45
46-Paul Hohe/42(15)	2:14:24*
47-Martin Hillyer/42	2:14:49*
48-Thurman Cheatham/43	2:14:55*
49-Marty Maricle/47(30)	2:29:59F*
50-Dennis Egley/56(25)	2:25:34*
51-Guy Palmer/21	2:00:54
52-Charles Moran/36(9)	2:10:12
53-Ken Sherman/38(9)	2:10:15
54-Robert Gaul/18	2:02:34
55-Jim Collins/53(25)	2:27:37*
56-Landon Carter/37(9)	2:11:40
57-Peter Todd/45(20)	2:23:24*
58-Tom Vaughan/42(15)	2:18:57*
59-Jerry Bock/34(9)	2:13:49
60-Jytte Fruchtman/41	2:34:53F*

HOLY CITY RACE

(June 15)

/Holy City/ - Ron Fritzke was the only record-setter of the day as he clipped 2.1 seconds off of Angel Martinez' 1976 mark with a quick 47:12 over the hilly 9.08 mile course in the Santa Cruz mountains. His margin of victory over John Marden was 2:18!! Times were slow other than that, as not a single runner broke into the top 10 marks of all time in any division. A total of 263 completed this 19th Annual affair. /Jim Wuzem; Walt Van Zant/

1-Ron Fritzke/23/CW	47:12
2-John Marden/18/WVTC	49:30
3-Gary Goettelmann/36	50:11
4-Mike Smith/21/CNW	50:34
5-Mike Plummer/26	51:13
6-Gary Alderman/36/DRR	51:27
7-Jeff Farmer/22	51:56
8-Richard Kimball/24/WV	52:16
9-Jon Ahnberg/25/TTC	52:29
10-Gene Dangel/33/DRR	52:45
11-Dave Parish/25	53:03
12-Dan Dierken/31/TRAC	53:09
13-Stan Newton/21	53:59
14-Jerry Lewis/45/TRAC	54:03*
15-Glenn Pruitt/39/ETC	54:09
16-Walt Radloff/35/WVJS	54:23
17-Homer Latimer/41/WVJS	54:49*
18-Ray Clemo/31	54:55
19-Jonathan Kanter/26	55:06
20-Philip Miller/26/DLG	55:10
21-David Klein/32/DRR	55:21
22-Bill Hotchkiss/39	55:26
23-Salvador Berumen/24	55:27
24-Walt Van Zant/41/WVJS	55:29*
25-William Jenkins/30/SLZ	55:35
26-Ken Benjamin/36	55:41
27-Biff Bourne/27	55:51
28-Myron Nevraumont/45/WV	55:57*
29-Dan Martin/32/TRAC	55:58
30-Frank Ruona/34	56:09
31-Ben Sawyer/43/RCRC	56:14*



Ron Fritzke set a new course record at Holy City in 47:12. /Dave Stock Photo/

32-David Wilcox/26	56:34
33-Bill Comport/40	56:45*
34-Wayne Meyer/40/AA	57:26*
35-Albert Garcia/34	57:32
36-Rudy Rodriguez/34	57:44
37-Larry Worth/41	57:49*
38-Andy Martinez/23	57:57
39-Adrian Laekas/32/DRR	58:01
40-Richard Bogdan/37/DRR	58:05
MASTERS	
42-Walter Williams/43/WVJ	58:13
47-Glenn Unsicker/47	59:06
48-Ron Kovacs/41/TRAC	59:18
50-John McCrillis/42/TRAC	59:24
55-John Nora/44	60:32
56-Lupe Correa/46	60:34
WOMEN	
58-Amy Haberman/25/ATC	60:46
108-Carol Carbaugh/29	65:43
132-Marge Gerrity/42	67:54*
153-Megan Hayes/20	69:52
154-Lindy Hayes/28	70:05
159-Shelly Grieb/32/CR	70:17
MASTERS WOMEN	
184-Virginia Collins/49/WV	72:58
185-Elizabeth Ross/49	73:01

WOODMINSTER HANDICAP

(June 15)

/Oakland/ - Jan Day bested Ted Quintana in this 15th annual event, but only in the handicap (overall) race, as Ted took home the fastest "actual" time and perpetual trophy with his 49:28 over the 15km very hilly x-country course in the Oakland hills. Bonne Storm was third overall and the fastest woman with her 62:09 clocking (a record?). Sal Vasquez captured the top masters time in 54:38 with his 8th place overall. The handicaps were adjusted this year and the outcome was a much better "mixing" of divisions. Actual times (and handicaps) listed on next page.

(Woodminster, Cont'd...)

1-Jan Day/35(3)	51:57
2-Ted Quintana/24/AGRC	49:28
3-Bonnie Storm/35(12)	62:09
4-Mike Mertens/12(9)	59:37
5-John Embody/25	50:54
6-Dan Anderson/26	51:29
7-Tom Reilly/38(3)	54:36
8-Sal Vasquez/40(3)	54:38*
9-Bob Latting/12(9)	60:46
10-Jeff Rawlins/34	51:52
11-Walt Schafer/41(3)	54:55*
12-Lloyd Sampson/37(3)	55:39
13-Robert Page/28	53:07
14-Cliff Wolery/35(3)	56:13
15-Chris Miham/11(9)	62:28
16-Sue Brusher/26(9)	62:29F
17-Dave Anderson/16	53:41
18-Marilyn Harbin/42	65:50F*
19-Mike Gibson/11(9)	63:01
20-Jack Jamieson/46(6)	60:02*
21-Dave Peissner/15	54:05
22-Gail Rodd/37(12)/WV	66:29F
23-Jim Nicholson/49(6)	60:52*
24-Dave Roeber/33	55:23
25-Rey Corona/32	55:39
26-Kyle Kessler/16	55:40
27-Don Huff/43(3)	58:45*
28-Pat Whittingslow/40	67:46F*
29-Dave Lawler/18	56:07
30-Rich DeGlymes/32	56:19
31-Kathy Way/20(9)	65:23F
32-Harry Brown/19	56:33
33-Marty Maricle/47(15)	71:35F*
34-Jim Myers/15/PMK	56:42
35-Jim Williams/12(9)	65:45
36-Bill Flodberg/46(6)	62:46*
37-Penny DeMoss/30(9)	65:49F
38-John Soubier/49(6)	62:53*
39-Stu Ruth/43(3)	60:03*
40-Dave Zumwalt/28	57:09
41-Nora Smiriga/43(12)	69:11F*
42-Marc Otto/11(9)	66:13
43-Ruth Waters/46(15)	72:14F*
44-David Sharp/49(6)	63:16*
45-Barbara Magid/36(12)	69:19F
46-Steve Sherwood/32	57:24
47-Richard Keene/42(3)	60:27*
48-Hoyt Walker/28	57:30
49-Loren Barr/13	57:42
50-Carol Schnacke/27(9)	66:48F
51-Barb Carlson/45(15)	72:55F*
52-Tom Standing/39(3)	60:58
53-Ken Allen/46(6)	64:05*
54-Ryan Anderson/37(3)	61:06
55-Dale Severy/34	58:07
56-Harvey Rohde/38(3)	61:24
57-J. Iseberg/29	58:27
58-John Notch/29/LMJS	58:29
59-Ron Peck/38(3)	61:30
60-Tom Knight/37(3)/WV	61:31

... 303 Finishers...

● FIRECRACKER 10K ●
(July 4)

/Milpitas/ - Mike Engleman defeated a good field as 400 completed the distance. His 31:26 was good for a 10-second victory over Gil Brooks. Tom Laris, who just recently broke into the masters division, was a very quick 32:05 in seventh place overall and more than a full minute ahead of another newly arrived master, Tim Rostege. Carol Cabbough's 40:41 bested Joyce Rankin in a slow women's field. /Dave Muela/

1-Mike Engleman/WVTC	31:26
2-Gilbert Brooks	31:36
3-Steve Brooks/WVTC	31:40

4-Michael Smith/CNW	31:47
5-Bill Clark/WVTC	31:57
6-Gerardo Canchola	32:02
7-Tom Laris/40	32:05*
8-Wayne Hurst/WVTC	32:12
9-Robert Thomas	32:22
10-Hank Lawson/CW	32:28
11-Armando Lagunas	32:52
12-Tim Rostege/40/WVTC	33:07*
13-Gary Singer	33:16
14-Paul Veunten	33:28
15-Dave Parish	33:50
16-William Dunn	34:04
17-Wayne Glusker/WVTC	34:33
18-Manny Mahon	34:46
19-Pat Shaughnessy/WVTC	34:47
20-Jim Ardenser	34:50
21-Bart Simmons	35:11
22-Paul Hopkins	35:13
23-Glenn Pruitt/ETC	35:20
24-Myron Nevraumont/WVJS	35:22*
25-Ken Benjamin	35:25
26-William Warren	35:41
27-Ron Polon/WVTC	35:42
28-Gilbert Zaragosa	35:46
29-Frank Munoz	35:50
30-James Saldivar	35:57
31-David Kaye	36:01
32-Noel Garcia/WVTC	36:27
33-Randy Pangelina	36:32
34-Richard Diaz	36:33
35-Gerald McMahon	36:45*
36-Mike Gama/WVTC	36:50
37-Joe R. Costa	36:52
38-Larry Worth	37:00*
39-Edward Silva	37:01
40-Chris Billington	37:06
41-Carlos Saldivar	37:08*
42-Jim LaFuente	37:19
43-Gilbert Garcia	37:22
44-Carl Ho	37:26
45-Walter Williams/WVJS	37:35*
46-John McCrillis/TRAC	37:37*
47-John Cline	37:43
48-Stan Benkoski	37:45
49-David Barry	37:45
50-George Katanics	37:47

MASTERS

54-Richard Mensing	38:07
60-Gough Reinhardt/50+	38:33
62-Glenn Unsicker	38:37
64-E.R. Silver	38:48
72-Bob Downs	39:16
74-Gerald Zeilenga	39:30
79-Bob Farrington	39:57
80-Rich Mueller/50+	39:59

WOMEN

95-Carol Cabbough	40:41
106-Joyce Rankin	41:12
110-Diane Young	41:24
119-Quita Lopez	41:54
145-Shelly Grieb	42:54
155-Sharlet Gilbert	43:17
170-Virginia Collins/50+	44:36*
176-Sherry Gaskin	44:52
191-Kathleen Gleason	45:03

● PA/TAC 15K ●
(June 22)

/Los Altos Hills/ - John Moreno led Camino West to team victory over WVTC, breaking its 4-year dynasty, but missing the course record by over 5 minutes (their 3:58:43 would have only gotten them 4th place last year!). The host club clocked in at 4:00:49, with the Aggie squad third in 4:10:19. Moreno's 45:22 was a second better than his 1979 time, set in cooler weather, but a bit shy of Benton Hart's 45:18 standard

of 1979. Judy Fox defended her title by running 53:27, only 30 seconds off her winning time last year, and led the WVTC women to victory over the Aggies. On the masters side, Charlie Harris destroyed Ulrich Kaempf's 51:09 masters record with a fine 50:11 in leading the West Valley masters team to victory over the Pama-kids. Karen Scannell continued to impress with her quick 58:55 (her old mark was 62:28!), with Vicki Bigelow a short distance back in 59:23. The NorCal Senior masters women set a new course record of 3:30:01 (for 3 runners). Likewise, the masters men set a new standard of 4:30:03 (5 score). A total of 252 finished. /The Clark's/

1-John Moreno/25/CW	45:22
2-Tony Ramirez/25/FTC	45:40
3-Ron Nabers/31/GSF	46:35
4-Dan Harvey/24/CW	46:55
5-Rick Gentry/24/CW	47:00
6-Bill Seaver/30/WVTC	47:22
7-Denis O'Halloran/38/AG47:24	
8-Philip Bowler/27/Un	47:34
9-Chris Hamer/21/WVTC	47:42
10-Miguel Tibaduiza/22/WV47:48	
11-John Mansoor/24/CCF	48:05
12-Randy Horney/23/CW	48:44
13-Dennis Rinde/21/WVTC	48:51
14-Mike Engleman/22/WVTC	49:06
15-Coty Pinckney/24/Un	49:14
16-Rob Anex/21/AGRC	49:21
17-John Clary/34/EPG	49:32
18-Mike Duncan/30/WVTC	49:54
19-Dave Boyet/25/AGRC	49:58
20-Charlie Harris/40/WVTC	50:11*
21-John Sheehan/26/AGRC	50:30
22-Sal Vasquez/40/PMK	50:35*
23-Weston Press/24/Un	50:39
24-Roy Hognlund/23/CW	50:42
25-Nick Winter/37/LVRC	50:45
26-Tim Rostege/39/WVTC	50:52
27-Gary Goodstein/21/WDS	50:59
28-Brian Bonner/33/LVRC	51:09
29-Ralph Bowles/43/Un	51:12
30-Dave Parish/25/Un	51:34
31-Mark Hemphill/31/FTC	51:40

32-Roger Bryan/44/WVTC	51:46*
33-Virginio DeAraujo/28	51:53
34-Stephen Sidney/31/Un	51:55
35-Kevin O'Connor/13/CW	52:01
36-David Hamer/16/CCF	52:04
37-Philip Le Boit/26/CW	52:08
38-Joe Salazar/23/CW	52:20
39-W. Swafford/17/CCF	52:24
40-Wayne Horiuchi/27/Un	52:25
41-Chris Klein/23/GSF	52:26
42-Ron Gomez/16/Un	52:33
43-Mark Murray/17/CCF	52:37
44-Vince Mathews/24/CCF	52:39
45-David Chairez/20/CCF	52:50
46-Bryan Gieser/27/AGRC	53:06
47-William Dunn/32/CRR	53:08
48-Scott Marconda/16/WDS	53:17
49-Jerry Lewis/45/TRAC	53:24*
50-Judy Fox/39/WVTC	53:27F
51-Manny Mahon/30/WVJS	53:44
52-Bob Wellck/42/WVTC	53:48*
53-John Lilygren/AGRC	53:50
54-Bill Bachrach/40/WVTC	53:51*
55-George Howe/24/GTC	53:56
56-Frank Ruona/34/Un	54:13
57-Bill Benz/37/WVTC	54:18
58-Walt Radloff/35/WVJS	54:20
59-Rudy Escobedo/40/TRAC	54:33*
60-Bill Bugler/44/PMK	54:49*

MASTERS

61-Myron Nevraumont/45	54:56
63-Ulrich Kaempf/49/WVTC	55:30
66-Bill Comport/40/WVJS	55:35
67-Walt Van Zant/41/WVJS	55:35
71-Wayne Meyer/40/WVJS	55:42
72-Bernie Hollander/44/PK	56:20
76-Don Carpenter/50/WVTC	56:33
82-Bob Rolston/43/WVTC	57:08

WOMEN

78-Phyllis Olrich/31/WVTC	56:40
90-Linda Van Housen/16/WS	57:27
100-Denise Bigelow/18/AGRC	58:21
101-Marilyn Taylor/27/WVTC	58:24
104-Bonnie Storm/35/WVTC	58:38
108-Karen Scannell/41/IMP	58:55*
110-Pat Kirkpatrick/26/IMP	59:00
115-Vicki Bigelow/44/AGRC	59:23*
124-Judy Leydig/29/WVTC	60:06
129-Kim Hamer/20/WVTC	60:55
134-Sue Brusher/26/WVTC	61:07
136-Jane Sowersby/29/WVTC	61:19
143-Carol Mullen/15/WDS	62:09
145-Kelly Brogan/14/FAC	62:21
149-Peggy Lavelle/19/IMP	62:35



Leaders at 5K in the PA-TAC 15K are: (L-R) John Moreno (1st in 45:22), Ron Nabers (3rd in 46:35) and Mike Porter (DNF). Moreno beat Tony Ramirez (not shown) for title. /John Sheretz/

KENWOOD FOOTRACE

(July 4)

/Kenwood/ - This year's edition of the popular 10K race featured two course records on the female side, but the men's marks stayed intact. Lori Shanoff of Petaluma defeated record-holder Dana Hooper by nearly a minute in taking some 41 seconds from the old mark of 40:59+, while Susan Mitchell of Mill Valley clocked a 43:12 to win the masters division and clip 43 seconds off the old women's 40+ record, held by Anne Neeley. Russ Knudsen took the men's title in a close race over Hersh Jenkins--32:56.5 to 33:04.1. Jim Bowers missed Darryl Beardall's 34:33 masters record, but beat Roger Bryan handily by 20 seconds, as Beardall, another 10 seconds back, was shunted to third. We're not sure how many finished, but we received the top 150 placers, and they were all under 44 minutes! /Fred Kenyon/

1-Russ Knudsen/25/TAM	32:57
2-Hersh Jenkins/28	33:04
3-Kim Schaurer/30	33:51
4-Steve Ottaway/26/TAM	34:31
5-Dave Royal/19	34:36
6-Rudy Balli/20	34:41
7-Robert Colborn/25	34:42
8-Rob Biando/18	34:45
9-Jim Bowers/41/VMRC	35:02*
10-Rich Black/26	35:08
11-Ed Nieto/16	35:17
12-Roger Bryan/44/WVTC	35:21*
13-Kees Tuinzing/32/TAM	35:25
14-Butch Alexander/27	35:26
15-John Cobourn/33/CO	35:27
16-Darryl Beardall/43	35:31*
17-Phil Pellán/24	35:38
18-James Moore/36	35:42
19-Martin Jones/37	35:43
20-Joaquin Fritz/27	35:50
21-Chris Johnson/30/TAM	35:50
22-Tim Wallen/16	36:00
23-Jeff Ramsey/25	36:15
24-Russ Kiernan/42/TAM	36:26*
25-Dave Nieman/30/PUC	36:37
26-Art Webb/38	36:42
27-Ed Chauner/23	36:53
28-Todd Grames/19	36:54
29-Craig Roland/45	36:55*
30-Dave Sjostedt/34	36:55
31-Brian Hoyt/18	36:56
32-Mike McGuire/35	36:57
33-Dan McCallough/23	36:58
34-Louis Garcia/23	36:58
35-Bruce Von Borstel/34	36:59
36-Roger Daniels/44	37:00*
37-Dennis Bollman/29	37:22
38-Nik Epanchin/41	37:28*
39-Dennis Doris/35	37:29
40-Joseph King/26	37:31
41-Kevin Kramer/22	37:33
MASTERS	
48-Jim Manwaring/43	37:57
61-Arnold Schulz/43	38:40
62-Bruce Carradine/46	38:51
WOMEN	
84-Lori Shanoff/16	40:18
105-Dana Hooper/25/TAM	41:17
108-Deryl Eljay/26	41:28
130-Peggy Smyth/28	43:01
135-Pam Purcell/35	43:09
136-Susan Mitchell/42	43:12*

FOLSOM 10KM

(July 6)

/Folsom/ - Conditions were cool by Sacramento standards--about 70° with a light wind--and times showed it. Tom O'Neil obliterated Dan Gruber's 30:30 course record with a fine 30:03.7, well ahead of Dan Harvey's 30:21. John Mansoor was also under the old mark at 30:26, and Ron Nabers' 30:33 just missed, but set a new sub-masters record by almost 2 full minutes. Harold Kuphaldt chopped over a minute off the old junior (15-16 age-group) record with his swift 31:40. Kathy Adams defended her title and just missed her 1978 record with a fine 36:54. Tim Jordan's 34:00 topped the masters field, but was nearly a minute off Harvey Ferrill's 33:16 record. Camino West had 59 points to edge the local Capital City Flyers, who had 63. A total of 299 finished in what has rapidly become a "racer's race", with fine depth in terms of fast times. /Frank Krebs/

1-Tom O'Neil/CW-Stanford	30:04
2-Dan Harvey/CW-SJS	30:21
3-John Mansoor/CCF	30:26
4-Ron Nabers/GSF	30:33
5-Greg Hitchcock	31:32
6-Chris Hamer/WVTC	31:32
7-Tom Smith	31:32
8-Harold Kuphaldt/CCF	31:40
9-Rick Gentry/CW	32:03
10-Shawn Smallwood	32:05
11-Roy Høglund/CW	32:06
12-John Lindeman/ITC	32:15
13-Dan Betker	32:23
14-Ken Alberq/Quash	32:36
15-David Hamer/CCF	32:50
16-Ken Harvey/CCF	33:00
17-Mark Hoefer	33:07
18-Ted Franse/Quash	33:08
19-Mike Norton	33:12
20-Dan Smolich	33:12
21-Win Swatford/CCF	33:23
22-David Kadish	33:31



Tom O'Neil set a new course record by 24 seconds in winning the Folsom 10K (photo is several years old. /John Marconi/

23-Jeff Grubbs/CCF	33:33
24-David Chairez/BC	33:36
25-Brian Barton	33:38
26-Gary Goyette/BC	33:41
27-Vince Matthews/CCF	33:46
28-Frank Krebs/BC	33:47
29-Doug Doi	33:48
30-Doug Rennie/BC	33:53
31-Dave Roeber/BC	33:55
32-Rick Edson/SoStr	33:56
33-Tim Jordan/40+	34:00*
34-James Kuphaldt/CCF	34:03
35-Ernie Bell/SoTahoeTC	34:08
36-Bob Miller/CW	34:10
37-Ed Russell	34:15
38-Walt Howard/BC/40+	34:17*
39-Larry Pugh	34:20
40-Jack Dixon/Quash	34:23
41-Russ Seyfried/Quash	34:30
42-Mark Brooks/CCF	34:57
43-David Price/SoTahoeTC	35:01
44-Chris Klein/GSF	35:03
45-Dan Helm/BC	35:06
46-Peter McCarry	35:07
47-Casey Culbertson	35:09
48-Stephen Fagundes	35:10
49-Dan Alarid/BC	35:14
50-Mike Adams/BC	35:31
51-Mike Kelly/FF	35:37
52-Gordon Rathbun	35:38
53-Karl Yamauchi	35:46
54-T. Andy Harris	35:51
55-Robert Bourbeau/BC/40+	35:55*
56-Mark Murray/CCF	36:01
57-Ray Eddy	36:03
58-Mike Gourley/CW	36:05
59-Andy Wright/BC	36:09
60-Marty Bannon	36:19
MASTERS	
65-Bob Seidner	36:42
67-Jack Jamieson	36:49
69-Jim Drake	36:55
75-Bruce Johnson/BC	37:30
78-John Ortiz	37:36
81-Herb Adams/BC/50+	37:44
87-Art Waggoner/BC/50+	38:36
101-Tom Smith	39:14
104-Perry Francis	39:25
110-Paul Reese/BC/60+	39:42
111-Bob Petter/BC	39:51
WOMEN	
68-Kathy Adams/UW	36:54
93-Francie Negri/CCF	38:55
105-Rita Scalise/OPHIR	39:30
109-Jeanette Slingerland	39:39
112-Debbie Bispo	39:56
130-Karen Klopsch/CCF	40:33
144-Patricia Kuphaldt/CCF	41:25
155-Kathy Pfieler	42:00
157-Joan Reiss/BC/40+	42:04*
159-Theresa Perrin/CCF	42:08
166-Susy Martinez/CCF	42:45

SAN FRANCISCO MARATHON

(July 13)

/San Francisco/ - Tony Ramirez of the Fresno Track Club led a field of 1940 finishers in a record assault as every men's division standard was broken! Tony's 2:18:15 broke defending champ John Moreno's 1979 mark of 2:18:54, as John finished a well-beaten second in 2:21:21 after having stayed even with Tony for most of the race. In the women's race, Joann Dahlkoetter of Portland, Oregon, destroyed Carol Young's record by over six minutes in registering the 19th best time ever by a U.S. woman at 2:43:20, and 17-year-old sensation Hei-ke Skaden also was under the

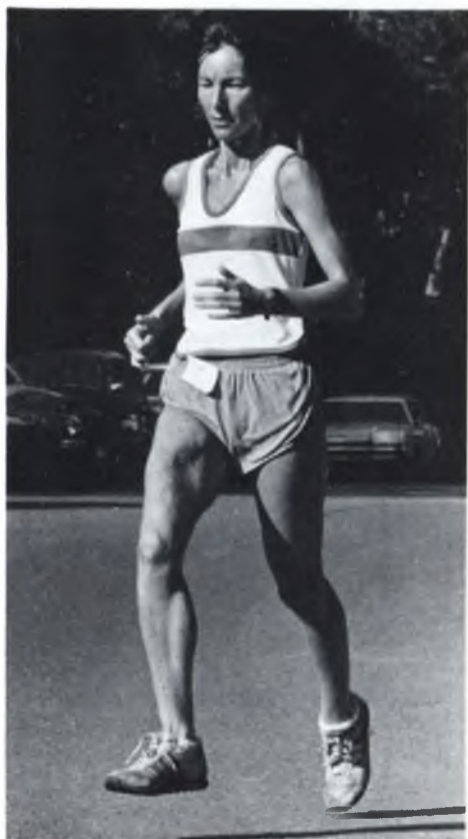
old record at 2:49:44. Jim Bowers recorded an excellent 2:31:27 to win the masters division by well over 7 minutes! Pat Whittingslow bested a good over-40 women's field in recording a PR 3:07:29. There were team awards in each division, but none listed in the results. /Scott Thomason & John Brennan/

1-Tony Ramirez/25/FTC	2:18:15
2-John Moreno/25/CW	2:21:21
3-John Mansoor/25/CCF	2:22:27
4-Ron Nabers/31/GSF	2:22:55
5-Brian Maxwell/27/GB	2:23:07
6-Steve Slawson/27/CM	2:24:39
7-Henry Barksdale/26	2:25:10
8-Chris Fletcher/22/AG2	2:25:24
9-Atkins Chun/25/GSF	2:26:32
10-Mike Fanelli/24/GSF	2:27:37
11-Gary Goettelmann/36	2:28:08
12-Coty Pinckney/24/GTC	2:28:13
13-Mike Duncan/30/WVTC	2:28:24
14-Daryl Zapata/35/GSF	2:29:10
15-G. Canchola/24/Un	2:29:33
16-Tom Weir/27/AGRC	2:30:38
17-Bill Muller/26/NYRR	2:31:10
18-Mike Warr/19/MR	2:31:16
19-Jim Bowers/41/VMRC	2:31:27*
20-Joe Loy/22/PA	2:32:14
21-Rudolfo Vega/22	2:32:26
22-Jeff Wall/38/ETC	2:32:26
23-Dan Williams/31/WR	2:32:39
24-Chris Hamer/21/WVTC	2:33:48
25-Mike Chambliss/31/BB2	2:33:53
26-Bill Tippets/29	2:33:54
27-Art Baudendistel/23	2:34:49
28-Brian Bjornson/25	2:35:06
29-Chris Klein/24/GSF	2:35:40
30-Ted Pawlak/24/WVJS	2:35:58
31-Mike Niemiec/30/WVTC	2:36:05
32-Bill Clark/36/WVTC	2:36:13
33-David Kadish/27	2:36:15
34-Joseph Hurd/26/SS	2:36:33
35-Peter Christ/26/ETC	2:36:42
36-Vince Mathews/24/CCF2	2:36:54
37-Neil Berg/31/LMJS	2:36:57
38-Kevin Kirby/23/AGRC	2:37:05
39-Mark Brooks/18	2:37:09
40-Tom Reilly/38/LH	2:37:22
41-Doug Rennie/39/BC	2:38:37
42-Graham Bendrey/40/NZ2	2:38:53*
43-Robert Dobson/33/PMK2	2:39:04
44-Joel Petersen/24/GSF2	2:39:27
45-Bob Hartley/35	2:39:50
46-Mike Allison/28/CNW	2:40:09
47-Jasper Kirkby/32	2:40:16
48-Paul Mallory/21	2:40:25
49-Mark Murray/17/CCF	2:40:26
50-David Chairez/20/BC	2:40:27
51-Phil Leboit/26/CW	2:40:53
52-Reginald Bedell/32	2:40:58
53-John Sheehan/26/AGRC	2:41:00
54-Dave Stevenson/27	2:41:01
55-Wayne Horiuchi/28	2:41:06
56-Joe Gassman/40	2:41:09*
57-Ted Wile/30	2:41:11
58-Dick Leutzinger/41	2:41:16*
59-Bill Boggs/33/RR	2:41:28
60-Don Ardell/41/TAM	2:41:36*
61-Walt Basinger/30/PMK2	2:41:38
62-Bill Blair/42	2:41:48*
63-Jim Bevins/42	2:41:57*
64-Juan Garcia/21/Mex	2:42:03
65-Stephen Sidney/31	2:42:06
66-Steve Nygaard/22/CRC	2:42:11
67-Eric Ivary/33/LMJS	2:42:17
68-Win Swafford/17/CCF	2:42:22
69-Ed Forand/32/ETC	2:42:30
70-Ken Benjamin/36/DDS	2:42:42
71-Henry Tushar/24/CRC	2:42:43
72-Donald Huff/44/PMK	2:42:44*

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(San Francisco Marathon...)

73-Martin Jones/37/VM	2:42:46
74-Peter Craig/27/USSW	2:42:49
75-Jay Cook/40/WVTC	2:42:51*
76-Leonard Gilliana/30	2:43:05
77-Richard Look/32	2:43:08
78-Rich Henderson/35	2:43:16
79-Joann Dahlkoetter	2:43:20F
80-David Nieman/30/HMR	2:43:31
81-Glenn MacDougall/25	2:43:34
82-Gil Brooks/25/CW	2:43:34
83-Thomas Browne/19	2:43:40
84-Kenny Warde/30	2:43:46
85-Pages Youngman/28	2:43:57
86-David Parish/25	2:43:59
87-Bill Peck/40/BTC	2:44:01*
88-Stan Newton/21	2:44:09
89-Bob Stephenson/32	2:44:28
90-Robert Butsic/34	2:44:28
91-Ralph Bowles/43	2:44:41*
92-Sal Vasquez/40/PMK	2:44:47*
93-Dan Mitchell/21	2:44:49
94-Robert Vizias/33	2:45:02
95-Park Samuelson/26	2:45:25
96-Ross Rowley/31/GSF	2:45:30
97-Eric Mitchell/18	2:45:30
98-Glenn Magark/29/CAN	2:46:08
99-Fassil Fessaha/25	2:46:20
100-John Rupp/34/STC	2:46:36
101-Keith McDaniel/25	2:46:41
102-James Jacobs/25	2:46:44
103-Gustavo Garcia/22	2:46:45
104-Steve Daniels/22	2:46:47
105-Reginald Humcy/31	2:46:59
106-Gary Halford/35	2:47:09
107-Gabriel Garcia/27	2:47:17
108-Rae Clark/28/WVTC	2:47:31
109-Bill Cherry/30/NY	2:47:34
110-Larry Danic/39	2:47:44
111-Phil Armstrong/29	2:47:52
112-Tony Chan/26/AJC	2:48:23
113-Harold Knutson/39	2:48:29
114-Walt Bortz IV/21	2:48:34
115-Robert Erlich/19	2:48:36
116-Jerry Willis/27	2:48:40
117-Dave Carlsen/27/NV	2:48:48
118-David Engle/32	2:48:53
119-Harry Adshead/48/CN	2:48:57*
120-Carlo Zapparoli/27	2:49:02
121-Rudy Hewitt/30/CRR	2:49:04
122-Bernard Fridman/30	2:49:05
123-Art Riggs/35	2:49:05



Pat Whittingslow won S.F. Marathon women's 40+ division by 6 minutes. /John Sheretz/

124-Darryl Beardall/43	2:49:06*
125-Matthew Bruni/23	2:49:10
126-Ted Levine/31	2:49:11
127-Tracy Brown/51/CCAC	2:49:27*
128-Bob Cooper/26/WDS	2:49:29
129-Richard Berne/31	2:49:33
130-Heike Skaden/17/BC	2:49:44F
131-Anthony Flores/29	2:49:46
132-Steve Piles/24	2:49:46
133-Dete Kraus/37/WVJS	2:49:47
134-Guy Pelham/30	2:49:52
MASTERS	
135-Rudy Escobedo/40/TR	2:50:12
141-Bob Malain/53/BC	2:50:55
147-Jim Brusstar/44/WV	2:51:42
150-Dave Clark/41	2:52:01
155-Ron Smith/47/SDTC	2:52:56
158-Theo Jones/41/PMK	2:53:36
165-Michael Coke/42/CS	2:54:36
182-Flory Rodd/56/DSE	2:55:54
185-Bob Ward/40	2:56:00
190-K. Nelson/51/MSMB	2:56:12
191-Bernd Hollander/44	2:56:22
195-Tom Laris/40/SSC	2:56:34
199-Jim Hughes/43/KJ	2:56:40
201-Richard Keene/42	2:56:54
205-Lee Bunnell/46/SWET	2:57:14
209-Larry Schaleger/45	2:57:24
WOMEN	
254-Denise Bigelow/18	3:00:17
269-Geri Volk/17/STC-WA	3:01:39
273-Molly Thayer/37	3:01:58
279-Florianne Harp/32	3:02:20
315-Francie Negri/18	3:04:34
322-Deborah Bispo/22/BC	3:04:57
329-Judy Leydig/29/WVTC	3:05:12
368-Pat Whittingslow/40	3:07:29*
370-Sue Brusher/26/WVTC	3:07:30
384-Peggy Lavelle/19	3:08:12
392-Jane Sowersby/29/WV	3:08:31
432-Twyla Willis/27	3:10:28
436-Paula Ramirez/22	3:10:34
461-Kim Hamer/20/WVTC	3:11:36
478-Alexis Fischer/32	3:12:26
484-Pauline Stevens/33	3:12:40
497-Maryann Champagne	3:13:14
501-Linda Skinner/32	3:13:23
507-Joan Reiss/43/BC	3:13:32*
508-Leann Knedler/20	3:13:35
511-Carol Hewitt/32/LVR	3:13:49
517-Ragna Zanger/36/PMK	3:14:02
523-Maria Serrano/33/WV	3:14:12
524-Diane Young/37	3:14:18
535-Heidi Skaden/42/BC	3:14:49*

MASTERS WOMEN	
573-Joan Ulyot/40/WVTC	3:16:47
757-Lucy Shapiro/41/WV	3:25:58
804-Una Pierce/41/SDTC	3:27:47
858-Ruth Anderson/50/NC	3:29:37
972-Betsy White/42/WVTC	3:34:34

● MARIN HEADLANDS RACE ●
(July 20)

/Ft. Cronkite/ - WVTC's Rod Berry outdistanced strong competition as 300 completed this year's slightly altered 7-mile course on very hilly terrain. Brian Maxwell placed second only a week after running the S.F. Marathon as a strong work-out. Berry's teammate, Bonnie Storm, beat Dipsea winner Donna Andrews for the women's title, while another WVTC'er, Tim Rostege, grabbed the over-40 race by over a minute margin. Camino West nipped host Tamalpa, 41 to 59, for a hotly contested team title. Tamalpa did manage to win the women's team title, 709-783 over the NorCal Srs. /K. Tuinzing/

1-Rod Berry/20/WVTC	37:43
2-Brian Maxwell/27/GBTC	39:16
3-Roy Hogle/24/CW	39:20
4-Tom O'Neil/21/CW	39:28
5-Bob Love/19/CW	39:51
6-Dan Anderson/28/CTC	40:22
7-Mike Warr/19/MR	40:29
8-Rich Govi/28/TAM	40:38
9-Steve Ottaway/27/TAM	40:41
10-Russ Knudsen/25/TAM	40:48
11-Kevin O'Connor/18/CW	41:24
12-Joe Ryan/34/TAM	41:25
13-Virginio DeAraujo/28	41:32
14-Gerardo Canchola/27/SF	41:38
15-Greg Mandanis/21/WDS	41:42
16-Rusty Knowles/17/MR	41:46
17-Hal Schulz/22/WVTC	42:30
18-Bob Miller/24/CW	42:41
19-Tim Barry/16/DVTC	42:52
20-Chris Johnson/30/TAM	43:03
21-John Hoch/18/CW	43:12
22-Tim Rostege/40/WVTC	43:22*
23-Dave Shea/17/CTC	43:27
24-Wolf Gouberg/35	43:39
25-David Gowen/34	43:47
26-Harrison Gunther/26	43:51
27-Kyle Kesser/18/CTC	43:52
28-David Hansell/15/DVTC	43:53
29-Dave Lawler/18/CTC	43:55
30-Doug Doi/17	43:58
31-Kees Tuinzing/32/TAM	44:15
32-Darryl Beardall/43/Un	44:15*
33-Roger Daniels/44/TAM	44:23*
34-Ed Russell/21/IR	44:27
35-Ron Jacobs/20	44:28
36-Joaquin Fritz/27/TAM	44:29
37-Peter Laskier/36/TAM	44:45
38-Peter Eisenberg/34/TAM	44:55
39-Russell Black/26/WR	45:05
40-Bruce LaBelle/24/AGRC	45:08
41-Bert Botta/41/TAM	45:11*
42-Steve Mayberry/16/CTC	45:11
43-Bruce Von Borstel/34	45:17
MASTERS	
44-Nik Epanchin/41	45:20
47-Russ Kiernan/42/TAM	45:40
49-Michael Coke/42	46:11
61-Orin Dahl/44	47:27
64-Jim Moore/44	47:47
77-Walter Williams/43/WVJ	48:43
82-Rich Clark/42	49:19
86-Don Pickett/52/TAM	49:46
92-Gene White/45	50:19
95-Hans Roenau/52/TAM	50:46

WOMEN	
80-Bonnie Storm/35/WVTC	48:51
91-Donna Andrews/39/TAM	50:15
98-Vicki Maxwell/22/GBTC	50:53
122-Hilary Naylor/33/BRR	53:27
138-Barbara Magid/37/TAM	54:20
140-Marion Irvine/50/NCS	54:23*
145-Heide Swan	54:48
150-Joan Don/42/NCS	55:07*
152-Marty Maricle/47/NCS	55:22*
157-Barbara Levy/33/TAM	55:34
158-Jennifer Biddulph/15	55:34

● WHARF TO WHARF ●
(July 27)

/Santa Cruz to Capitola/ - Records tumbled at this year's edition of the popular run that starts at the Santa Cruz Boardwalk and ends at the Capitola Wharf. There were nearly several thousand finishers but we only got printed results for the top 500 or so, and many of those didn't have finish times because of chute backup. John Moreno won a very competitive race over Ron Fritzke and several others



New master, Tim Rostege, won the Marin Headlands Run, besting Darryl Beardall by nearly a minute. /John Sheretz/

in a sizzling 27:22.8, breaking Duncan Macdonald's & Mike Ruffatto's 27:38 record over the rolling but fast 5.816 mile course (4:42/mile)...that works out to a 29:12 for 10K! Fritzke's 27:29 was not far back, and Tony Ramirez also was under the old mark with his 27:33. In fact, the race was so fast that 13 runners got under 28 minutes (only two did that in 1979)! The first 31 finishers averaged 5 minutes per mile or faster. On the women's side, Michelle Aubuchon destroyed Sue Munday's 33:09 (equivalent to 35:25 for 10K) with a great 32:05 effort (34:17 10K pace). Surprise second-placer was Barbara Meihaus of Merced, but no time was recorded for her or any other woman except fifth-placer Denise Bigelow, who did 35:21. Just-turned-40 Tom Laris, getting back into top form once again, blitzed Ralph Bowles' 30:34 standard with a 29:48 effort (5:07/mile), with Tim Rostege's 30:27 also under the old record. Vicki Bigelow was top masters woman (no time available). /Mark McConnell/

1-John Moreno/25/CW	27:23
2-Ron Fritzke/CW	27:29
3-Tony Ramirez/25/FTC	27:33
4-Dan Harvey/CW	27:40
5-Dan Gruber/AGRC	27:42
6-Rick Gentry/CW	27:49
7-Benton Hart/WVTC	27:54
8-Danny Grimes/HSU	27:54
9-Lou Patterson/SUB-4	27:58
10-Pete Sweeney/AGRC	27:59
11-Brian Maxwell/GBTC	27:59
12-Mike Porter/WVTC	27:59
13-Dan Aldridge/SUB-4	28:00
14-Jim Hartig/FTC	28:13
15-Ted Quintana/AGRC	28:17
16-Manny Bautista/CPSLO	28:21
17-Eric Huff/CPSLO	28:35
18-Rob Wentworth	28:36
19-Paul Gyorey	28:37
20-Wayne Hurst/WVTC	28:38
21-Jay Marden/17/WVTC	28:40

...more on next page...



Tom Laris won the masters division at the Wharf to Wharf and Dammit Runs over Tim Rostege. /John Sheretz/

(Wharf to Wharf, Cont'd...)

22-John Sup/UCB	28:41
23-Robert Love/CW	28:42
24-Randy Horney/CW	28:48
25-Dirk Rohloff/AGRC	28:50
26-Chris Klein	28:53
27-Bill Seaver/WVTC	28:55
28-Mike Smith/CNW	28:57
29-Hugh Stahl/PW	29:00
30-Scott Thornton/HSTC	29:05
31-Dan Cruz/PW	29:09
32-Gary Romesser/AGRC	29:09
33-Tom Kearcher	29:11
34-Dave Boyet/AGRC	29:19
35-Mark Gyorey	29:20
36-Kevin O'Connor/CW	29:25
37-Greg Brock/WVTC	29:34
38-Gary Goettelmann	29:38
39-Bill Wagstoffel	29:41
40-Dirk Rohloff(see #25)	29:44
41-Tony Munoz	29:47
42-Tom Laris/40/SSC	29:48*
43-Atkins Chun/GSF	29:50
44-Harold Huff	29:53
45-Daryl Zapata/GSF	30:03
46-David Grimes	30:07
47-Chris Cole	30:08
48-Larry Elder	30:10
49-Paul Sechrist	30:10
50-Brian Gieser/AGRC	30:14
51-Gilbert Munoz	30:14
52-Andy Takaha/CW	30:15
53-Tim Killeen	30:22
54-Haywood Norton	30:23
55-Peter Dolan	30:25
56-Tim Rostege/40/WVTC	30:27*
57-Arthur Vedder	30:28
58-Alex Gonzales	30:30
59-Jake White/WVJS	30:35
60-Greg Lovercamp	30:36
61-Andre Dunkell	30:37
62-John Hoch/CW	30:38
63-Joe Becerra/ETC	30:42
64-Oscar Sweeney	30:43
65-Mike Emry/CW	30:44
66-Michael Ernst	30:48
67-Glynn Wood	30:49*
68-McCollum/AGRC	30:50
69-Chris Cummings	30:54
70-Robert Rupprecht	30:55
71-David Parish	30:56
72-Mike White	30:57
73-Jack Dixon	30:59
74-Robert Wellck/WVTC	31:00*
75-John Hellman/UCSC	31:05

76-Mike Lisawski	31:06
77-Steve Palladino/CW	31:06
78-Steve Stark	31:07
79-Glen Walder	31:10
80-Albert DeLaTorre	31:11
81-Roger Bryan/WVTC	31:12*
82-William Dunn	31:13
83-George Delucchi	31:13
84-Dave Stock	31:14
85-Charles Freeman	31:14
86-Russell Seyfried	31:15
87-Phillip Leboit	31:16
88-Amol Saxena	31:19
89-Emery Mitchello	31:19
90-Dave Lopez	31:20
91-Sam Castillo	31:21
92-Richard Herzog	31:22
93-David Kadish	31:23
94-Dan Dierken	31:25
95-Ed Lopez	31:28
96-Todd Baker	31:28
97-Bob Sigl	31:29
98-Jim Doran	31:30
99-Gary Grellman	31:31
100-Walter Radloff	31:34
101-Ron Gomez	31:35
102-Paul McClure	31:36
103-Stan Newton	31:36
104-Renee Reis	31:40
105-Jim Kaspari	31:42
106-Danilo Magno	31:43
107-Rogelio Gonzales	31:45
108-Ed Shea	31:47
109-Jim O'Shea	31:49
110-Mark Driscoll	31:51
111-Joe Petersen	31:56
112-Manny Mahon/WVJS	31:57
113-John Semler	31:58
114-Michael Lotter	31:58
115-Len Thornton/HSTC	32:02*
MASTERS	
120-Bonham Russell	32:08
155-Walt Van Zant/WVJS	33:15
165-Bill Bugler/PMK	33:25
186-Bill Bachrach/WVTC	33:46
204-Carlos Saldivar	nt
205-Larry Worth	nt
209-Ken Allen	nt
217-Ed Dally/49/WVTC	nt
236-Everett Riggle	nt
237-Malcolm Stewart	nt
242-Walter Williams/WVJS	nt
243-Mike Paradis	nt
246-John McCrillis/TRAC	nt
255-Michael Clark	nt
256-Bob Blonder/RCRC	nt
260-E.R. Silver	nt
WOMEN	
1-Michele Aubuchon/CSH	32:05
2-Barbara Meihaus	nt
3-Tena Harms/AGRC	nt
4-Leslie McMullin	nt
5-Denise Bigelow/AGRC	nt
6-Diane Gong/GSF	nt
7-Vicki R-Maxwell/GBTC	nt
8-Bonnie Storm/WVTC	nt
9-Kathy Way	nt
10-Jolie Houston/AGRC	nt
11-Vicki Bigelow/AGRC/40+	nt*
12-Bridget Flynn	nt
13-Carla Bressler	nt
14-Amy Haberman	nt
15-Carol Dickinson	nt
16-Diane Young	nt
17-Sue Grigsby	nt
18-Gretchen Guelich	nt
19-Roberta Miller	nt
20-Debbie Faryniarz	nt
21-Ann Bertucci	nt
MASTERS WOMEN	
23-Susan Trott	nt
29-Judy Deresin	nt
55-M.A. Marille	nt
68-Betsy F-Smith	nt

● ROUND TIBURON RACE ●
(Aug. 3)

/Tiburon/ - Stanford star Rod Berry, who just two weeks earlier had shattered the course record for the tough Marin Headlands Race, and John Moreno, who the previous week had set a record and beaten an elite field at the Wharf to Wharf, took joint command from the opening gun, toured the course in a record-breaking 41:02, and finished in an intentional tie. Mike Ruffatto had the old mark, set last year in 41:06. (See cover photo for shot of Berry & Moreno winning.) Tena Anex-Harms was spectacular in averaging 6:01 per mile over the 8½-mile loop, smashing Elaine Miller's two-year-old standard of 53:29 with a 51:03. Sister Marion Irvine lowered her own masters record and seems to be running better now that she's turned 50. Her 55:03 cut 1:36 from last year's mark. Jim Bowers also lowered his course record for masters with a 44:22, ten seconds better than last year, and beat hot Tom Laris' 45:01, although Tom said later he wasn't even aware there was another master ahead of him at the time. The Aggies won both mens and womens team titles at what had been billed as the "Mid-Summer Team Championships" by the promoter...525 finished under 650 and sunny skies. /Don Capron/

1-Rod Berry/20/WVTC	41:02
(tie) John Moreno/25/CW	41:02
3-Bill Britten/25/AGRC	41:16
4-Roy Hogle/24/CW	41:50
5-Wolfgang Schmulawicz	41:54
6-Dennis O'Halloran/26	41:55
7-Rich Langford/26/AGRC	42:17
8-Pete Sweeney/25/AGRC	42:29
9-Bill Seaver/30/WVTC	42:52
10-Hal Schulz/22/WVTC	43:05
11-Russ Knudsen/25/TAM	43:11
12-Ray Cook/17	43:28
13-Bob Darling/31/ETC	43:28
14-Bill Devine/19	43:34
15-John Sheehan/26/AGRC	43:35
16-Joe Anex/18/AGRC	43:44
17-Steve Palladino/24/CW	43:47
18-Justin Tyme/22	43:58
19-Gerardo Canchola/24	44:10
20-Ed Schelegle/26/AGRC	44:21
21-Jim Bowers/41/VMRC	44:22*
22-Dan Anderson/28/CTC	44:31
23-Steve Howard/19	44:47
24-Virginio DeAraujo/28	44:54
25-Tom Laris/40/SSC	45:01*
26-Bob Miller/23/CW	45:23
27-Tim Killeen/22/AGRC	45:29
28-Rick Harbaugh/20	45:43
29-Oscar Sweeney/26/AGRC	45:52
30-Jim Kaspari/18	45:55
31-Lester Mina/27/CW	45:56
32-Kevin Kirby/23/AGRC	46:11
33-Jeff Johnston/28/TAM	46:18
34-Danny Urtiaga/31/CTC	46:20
35-Dave Anderson/17/CTC	46:23
36-Robert Govi/18/TAM	46:27
37-Stacy Geiken/25	46:30
38-Larry Hayden/23	46:39
39-Tom Weir/28/AGRC	46:51
40-Chris Johnson/30/TAM	47:03

41-Joaquin Fritz/27/TAM	47:08
42-Jay Gehrig/29/ETC	47:16
43-Mike McCollum/17/AGRC	47:19
44-Grae Van Hooser/20	47:38
45-Phillip Duncan/17/CTC	47:41
46-Philip LeBoit/26	47:46
47-Tom Bennett/32	47:48
48-Jim Rice/17	47:49
49-Mitchell Greenberg/28	48:18
50-James Moore/33/ETC	48:21
51-Mike Jones/18	48:23
52-Don Ardell/42/TAM	48:27*
53-Gerry Miller/39	48:29
54-Rich Henderson/35	48:33
55-Larry Guinee/17/CTC	48:43
56-Doug Ehrenberg/21	48:44
57-Peter Laskier/36	48:45
58-Dave Houston/36	48:54
59-Bill Catanese/42/MW	49:10
60-Allen Estes/26	49:20
MASTERS	
67-Don Huff/44	49:57
68-Phil Hager/43/MW	49:58
79-Mike Coke/42	51:02
102-Arnold Schultz/43	52:46
103-Frank Hunt/41	52:49
115-E.F. Curran/41	53:42
120-Doug Basham/44	54:13
121-Dick Hayden/42/TAM	54:17
124-Phil Larson/47	54:21
WOMEN	
80-Tena Harms/23/AGRC	51:03
108-Denise Bigelow/18/AGRC	53:17
109-Lauri Hoffman/18	53:18
119-Kathy Robertson/21	54:09
126-Sarah Sweeney/20	54:29
129-Donna Andrews/39/TAM	54:34
130-Jolie Houston/24/AGRC	54:35
138-Marion Irvine/50/NCS	55:03*
139-Amy Haberman/25	55:12
140-Florianne Harp/32/TAM	55:12
147-Jan Wambaugh/28	55:39
149-Jane Sowersby/29/WVTC	55:43
157-Sharon Jordan/24	56:18
MASTERS WOMEN	
167-Marlys Hayden/46/TAM	57:02
204-Joan Don/42/NCS	59:05
214-Marge Gerrity/43	59:33
236-Lilian Woodward/44/NCS	61:03



Tena Harms set a course record at Tiburon (shown here at 1977 SF Marathon). /Dennis O'Rourke/

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