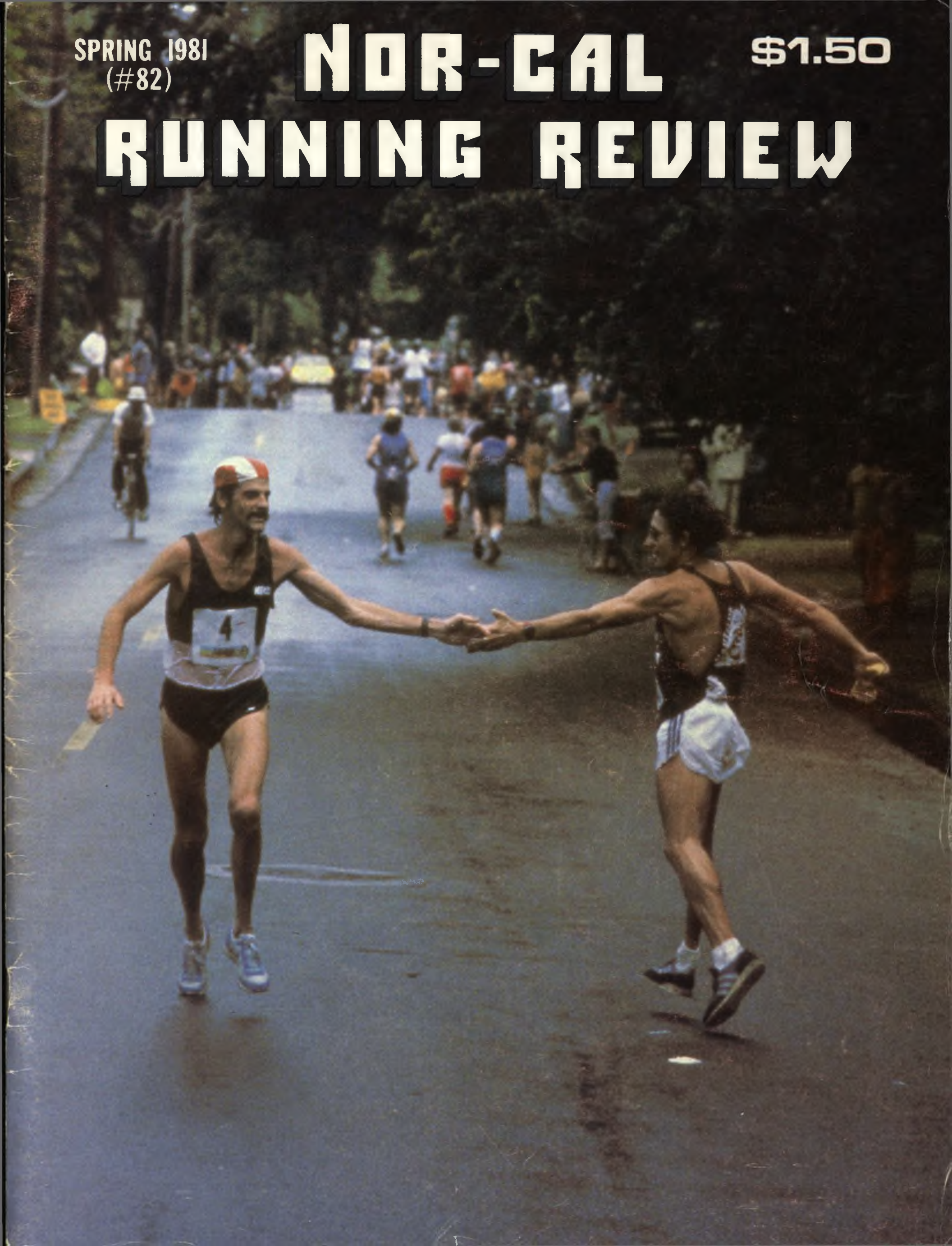


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RUNNING REVIEW



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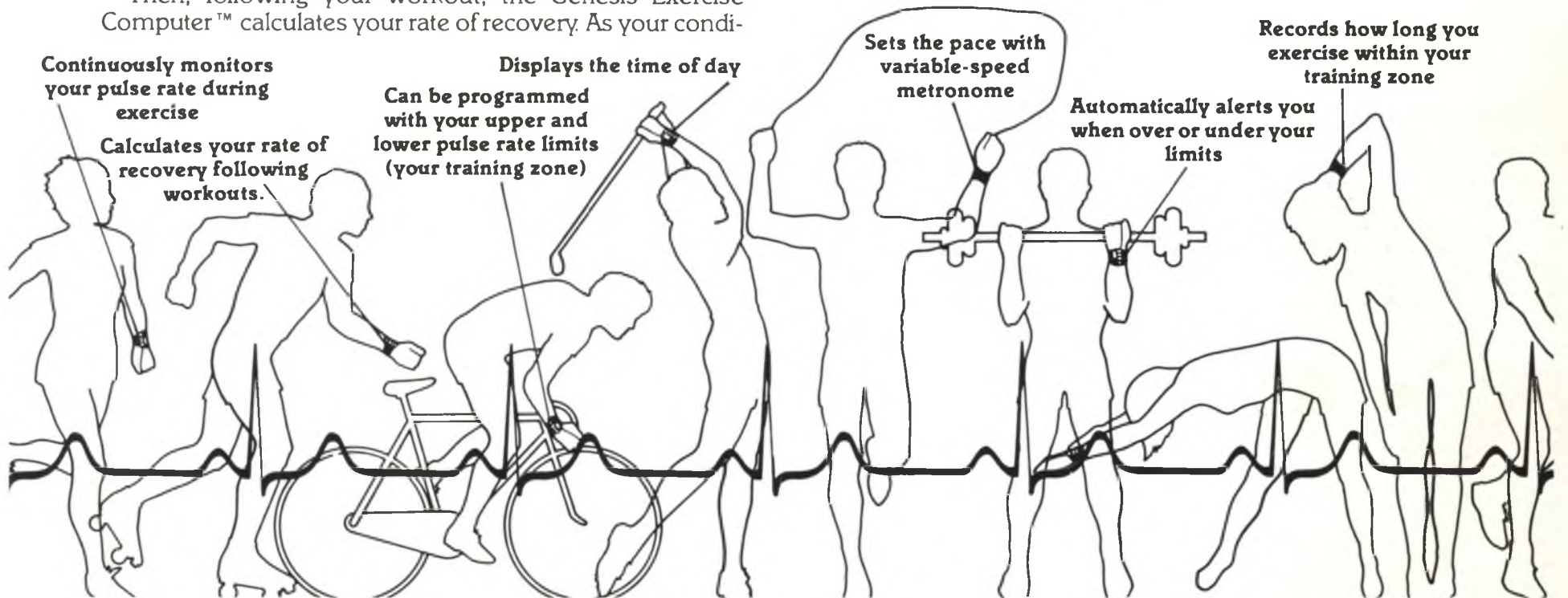
The Genesis Exercise Computer™ is a technical breakthrough in the field of exercise equipment. There is no other device available today that can duplicate all of its functions. And many of these functions are totally unique.

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UP FRONT

Duncan Macdonald and Robert Deuriarte cross paths at the Honolulu Marathon (see story in Len Wallach's *Human Race* column in this issue). Duncan went on to win in a quick 2:16:55 for a two-and-a-half minute victory margin. He and his wife Darby are also the proud new parents of a daughter, Erin, born on Jan. 13. /Photo by Jenni Gordon, courtesy Honolulu Marathon Ass'n/

SPRING 1981 - No. 82

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CONTRIBUTORS: We cannot pay for articles but welcome any and all contributions for possible publication. Photographers may submit black & white prints or color slides (for cover)...we pay \$3.00 for each photo used (\$25 for cover photos/color).

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EDITOR'S MESSAGE

● NEW RATES - As indicated in the last issue, we have had to inevitably make changes in our subscription rates, effective on March 1st. So, if we received your check on or after that date, you were "signed up" at the new rates. Those with issues remaining on their subscription will, of course, get those issues at the old rates. To make things easier, we have kept the price the same (\$8.00), but instead of 8 issues per subscription, you'll only be getting 6 now. The cover price on all issues will probably be \$1.50, so you'll be saving \$1.00 by subscribing. With first-class rates going up in late-March, we had to bump the additional charges to \$5.00 per subscription. Third-class foreign rates are an additional \$4.00 per subscription. Actually, we may have to up the 1st-class rates again soon if the postal service gets their way for a 20¢ rate. Under normal circumstances, third-class bulk rate is quite efficient, and within the Bay Area especially, you should not have to wait more than 4-5 days in most cases, so we don't recommend the first-class rates, and in fact, it is more work for us to mail issues this way...also, since we don't put them in wrappers/envelopes, first-class treatment (cancelling machines) often mutilates the cover and in some cases other pages too. --- Please realize that these rates are not excessively high. In fact, during 1980 NCRR only made about \$500 profit...and none of our staff gets paid either, including your editor! Since we don't print the quantities that the larger national running periodicals do, our printing costs are a lot higher per copy. In terms of dollars per page, you're not really paying much more than you were back in 1975, when the per issue cost was lower, but the number of pages was also less. NorCal still works out to just a few pennies (at most) per day, so you're still getting a bargain! We look forward to your continued support, and remember, subscriptions are what keep us alive...without them we would have to close up shop very quickly, so please renew when your current subscription expires (check "last issue number" in quotes following your name on the address label...you should get a renewal notice with that issue, but you may renew early if you so choose). New subscribers can still get a free book when you send in your subscription...see ad elsewhere in this issue to see what books you may choose from.

● WHAT THE READERS WANT - Life is full of tough decisions, and trying to figure out what to limit in NCRR in order to be more timely is one of the toughest because no matter what I decide, I'll be disappointing some people, so I'll shoot for disappointing as few people as possible. I got some feedback from my request for "input" (see Letters to Editor). I am at the point where I need to ask you readers a big question... if we went to only scheduling, results and news (this & that) on a quarterly basis, plus a few articles now and then, and came out with a first-class mailing in between with just news and scheduling/entry-blanks, would you still subscribe? I would appreciate a response to this from all of you, as a few dozen will not be a good sampling. Thanks for your opinion! □

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★PHOTO QUIZ★

The NorCal "Photo Quiz" is a regular feature of this magazine, 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 are to be sent directly to: NCRR, Box 1551, San Mateo, CA 94401 (we are in need of a photo for next issue).

All entries for the quiz at right must be postmarked by not later than May 15th. All ties will be eliminated by drawing.

Last issue's winner was Tim Warnecke of San Mateo. We received 16 correct guesses...Frank Shorter was the mystery marathoner. Photo was taken by Jim Engle at the 1976 Olympic Trials in Eugene, Oregon. Other guesses (incorrect) that we received (1 each): Jerome Drayton, Duncan Macdonald, Doug Butt, Ron Nabers, Rick Sylvester, Derek Clayton and Alberto Salazar. □



Name this sub-four minute miler & Olympian.

THIS & THAT

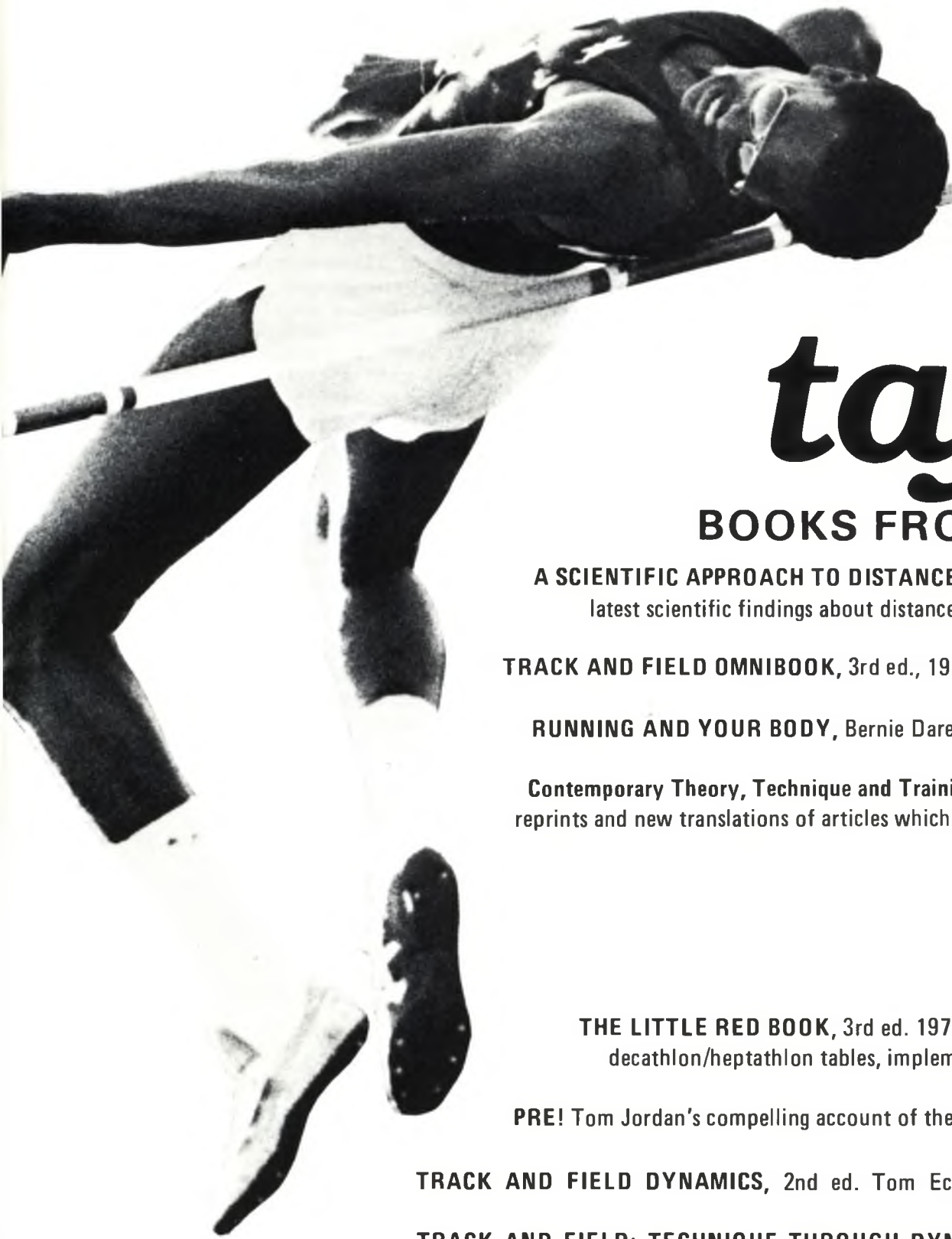
●PEOPLE NEWS: - *Survival Run*, the documentary film that features local blind runner Harry Cordellos in the popular Dipsea run, has won first prize in more than 20 different film festivals! --- Bill Scobey, 36-year-old marathoner living in Ventura (he attended Humboldt State and competed in Northern California in the early 70's, doing a PR 2:15 at Culver City), was at the 22-mile mark of the Fiesta Bowl Marathon in December when he spotted a man entering the race. Wishing to prevent a scene reminiscent of Rosie Ruiz's effort at the Boston Marathon, Scobey yelled at the intruder to "get off the course" ...he was met with a flippant response--an obscene gesture--and the man began running. Scobey caught up, whereupon the man said, "If you've got enough energy to talk, why don't you make me get off!" One right-handed punch later, and the man was lying stunned in a roadside ditch while Scobey was being congratulated by other runners. He went on to finish 15th in a time of 2:29:25. --- Bruce Wolfe, a Stanford graduate who competes for the West Valley Track Club, decided to try Orienteering a bit over a year ago and has progressed rapidly. He is among only 45 men and 30 women in the U.S. who have been invited to try out for this year's National Team, with the Team Trials taking place on April 18-20 near Lawrence, Kansas. The team, when chosen, will consist of 5 men and 5 women, and will compete in the World Orienteering Championships in Switzerland in September. Orienteering is gaining popularity in the U.S. and has been very popular in Europe for a long time. It consists of using a map and compass to find your way through unknown terrain. Participants must locate a series of checkpoints on a course (usually 5-10 miles) in the shortest possible time. It places constant mental as well as physical demands on the competitors. --- After more than 50 years of service to our sport at home and abroad, the familiar face of Frank Geis is no longer with us. Twice President of the PA-AAU, he fell victim to cancer late last year. Only his recent illness and death could take him away from the PA officer, where he worked as a volunteer every day. Frank was one of a kind, and they threw away the mold. He'll long be remembered by those of us who worked with him over the years. --- Santa Rosa's Jim Bowers continues his unrelenting progress towards the top of the National masters scene. He jammed four fast marathons into the last eight months of the year (Boston, San Francisco, Humboldt and Honolulu), and his effort at Humboldt (2:22:23) established a new U.S. Masters record. Following that, despite a two-week bout with the flu and recurring sciatica problems, he came back on Nov. 30 and powered through the Brooks Masters 25K in San Francisco to win in a new U.S. Masters record of 1:22:39. Only one week later at Honolulu, competing through an hour-long rain storm and a sauna-like finish, he finished 17th overall and won the masters title in 2:25:54. He ran 26 races in 1980, winning the Masters division 23 times and winning first place overall a total of 11 times. /Reported by Jack E. Steele/ ---

Benton Hart of the West Valley TC won the 10,000m at the Oregon Invitational on March 21 in what is believed to be a Nor-Cal record (track or road) of 28:33. San Jose State's Dan Harvey finished fifth in the same race with a fine 28:56, breaking Danny Murphy's 17-year-old school record by 41 seconds in the process. Hart received the *S.F. Chronicle's* "Athlete of the Week" award for club athletes for his performance, while Harvey won the University division award. --- Domingo Tibaduiza, 3-time Colombian Olympian with a sub-28:00 best for 10,000 meters, has moved back to the area and is living in Reno (as is his brother Miguel). He will be staying for an indefinite time. He recently ran a 29:10.5m at the King Games. --- We had an inquiry as to the "splits" for the WVTC masters 2-mile relay (US record), as noted on page 10 of last issue. They were: Tom Cathcart (2:07.9), Dave Donaldson (2:05.8), Jack Knebel (2:05.3) and Pete Richardson (2:06.4). --- Tom Laris set a US masters record of 31:31 for 10K at the Great Race at Stanford on Oct. 19, and lowered that to a super 31:04 at the San Jose Mercury News Run...we're not sure if it is a certified course, however. Jim O'Neil set a 55-59 age-group record at the Great Race, doing 34:06 at age 55. --- Kim Schnurpfeil, a soph at Stanford, ran a super indoor double at the Eastman Invit. at Johnson City, Tenn., taking second in the 2-mile on Jan. 9 (10:01.9) and also runnerup in the mile the following day (4:45.8)...both were new school records. She has also run a 16:07m outdoors, breaking her own school record. --- At the National TAC Convention in Atlanta in December, Karen Scannell of San Francisco was named women's 40-49 masters athlete of the year. Tony Sandoval, ex-Stanford runner, and winner of the US Olympic Trials Marathon in 1980, was named the top American long distance runner for the year and presented with the Robert DeCelle Award. Ruth Anderson was named the top Masters Administrator of the year for the women's program. Payton Jordan, who retired as Stanford University's track coach last year, was winner of the J.B. Haralson Award for outstanding service as track and field official.

●UPCOMING EVENTS: - San Francisco Bay is spanned by 5 bridges--Golden Gate, Richmond-San Rafael, Oakland Bay, Dumbarton and Hayward-San Mateo. The latter architectural masterpiece spans the middle of the Bay and is the longest. Runners have been itching to get their feet on this virgin piece of concrete, but it took Miller Brewing Company and the San Mateo Historical Association, along with the State of California Transportation Dept., the cities of Hayward and Foster City and the statesman skills of Marz Garcia to pull it off. The race is called the "Charge of the Lite Brigade". The half-marathon is scheduled to start at 7:30 a.m. on Sunday, April 12, starting from the Hayward side of the span and ending on the Foster City levee. The portion of the span involving the race will be closed to all traffic from 7:15 to 11 a.m. Each of the top 500 finishers will receive commemorative medals, with the rest receiving ribbons, and T-shirts will be given to all who finish. Top male and female will receive airfare and accommodations from San Francisco to the Honolulu Marathon. See scheduling section for further information...cutoff date is April 1st. -- West Valley TC will host the First Annual Summer Relays around Lake Merced on August 2nd, and it will be patterned after the popular Christmas Relays, which draws over 250 teams each year. There will be many divisions with 5 runners per team. Entry blanks will be available about two months prior to the race and can be obtained by sending a SASE to Box 1551, San Mateo, CA 94401. WVTC is seeking interested sponsors...minimum donation is \$500, and full sponsorship (exclusive) is \$5,000, with the event being co-named after the sponsor. If you would like more information on sponsorship amounts and benefits, write to the same address by not later than May 1st.

●NEW CERTIFIED COURSES: - The National Running Data Center has added the following Northern California courses to its list of nationally certified courses...only nationally certified courses may have times count for record purposes: Summit Marathon (Los Gatos to Soquel), Oakland Marathon (new course in 1980), Sri Chinmoy 7-Miler (San Francisco), Willy's 5-Mile (Los Altos). We have also heard that the California 10-Mile has been certified, but have not seen it listed by NRDC (maybe we missed it?).

●IOC EXECUTIVE COMMITTEE APPROVES WOMEN'S OLYMPIC MARATHON: - The executive board of the International Olympic Committee finally gave its approval for including a women's marathon in the 1984 Olympic Games in Los Angeles, despite some strong opposition from Eastern bloc countries. While local newsmedia reported that the marathon is "in", in actuality the IOC as a whole must approve the Board's decision later in the year. However, the IOC usually "rubber-stamps" the decisions made by the Board.



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● **SPORTS MEDICINE SEMINAR A SUCCESS:** - The First Annual West Valley T.C. Preventive Sports Medicine Seminar at the Hyatt Union Square on Dec. 20th was a success, although not as large a crowd showed up as was expected. Without the major sponsorship of three organizations, the Seminar would have been a financial disaster. Because of generous support by Brooks Shoes, Runner's World Magazine, and the American Academy of Podiatric Sports Medicine, the Seminar incurred only a small loss. West Valley T.C. Medical Annex wishes to publicly express its appreciation to these three organizations for the interest and support they've shown.

● **RACE DIRECTORS WORKSHOP:** - Brooks Shoe Mfg. Co., in conjunction with the RRCA, is conducting a workshop along with the upcoming San Francisco Marathon (July 11 for the workshop, July 12 for the marathon). Some of the areas covered will be race planning, budgeting, registration, course layout and certification, finish line procedures, timing, sponsorship and officials. More information later...or contact Brooks Shoe Co., 131 Factory St., Hanover, PA 17331.

● **BAY TO BREAKERS BUS TRANSPORTATION:** - The Burlingame Recreation Dept. will sponsor round-trip bus transportation to this year's Bay to Breakers, leaving the Recreation Center at 850 Burlingame Av. at 7 a.m. Runners will be dropped off near the start and picked up following the race near the finishline... leaving at 9:30 a.m. for the return trip. Cost is \$2 for runners and \$3 for non-runners. Reservation must be made by May 13...no refunds! Call 415/344-6386 for more information.

● **LOCAL QUALIFIERS FOR TRIPS:** - Although specifics are not yet available, tentatively the following two races will be used as "qualifiers" for funding from the PA/TAC Long Distance Committee for various national championships. The Sri Chinmoy Marathon in Davis (June 7) will serve as a qualifier for the Avon International Marathon (also National TAC women's championship race), held in August in Ottawa, Ontario, Canada. The PA/TAC 15K (June 28 in Los Altos) will serve as a qualifier (we're not sure for what yet) for all divisions. The final decision will probably be made soon. We understand that Joe Oakes is resigning as Men's LDR Chairman, and that Gayle Wetzork is the new Chairman. Final decision on the trips available from these and other races should be made at the next LDR Meeting...Gayle's address: 1333 Broadway, Suite 800, Oakland, CA 94612.

● **INFORMATION ON THE ATHLETICS CONGRESS:** - The Pacific Association Board of Athletics now supplants the former AAU committees as the local governing body for open competition in track & field, long distance running and race walking. It is the local branch of the Athletics Congress, the national organization. The AAU is now a service organization for sports which choose to contract with it for services, but it has no jurisdiction over any sports. The AAU will no longer charge memberships in running sports, nor register athletes, and will not provide any services for the running sports. The PA/TAC Board of Athletics serves all of its member Sports Committees as a coordinating body in the three areas. Membership provides you with: (1) A voice and vote in your sport through participation in meetings and activities of the sports committees. The seven committees include men's and women's LDR, men's and women's track & field, masters athletics (LDR and track and field for those over 40), youth athletics (for those under 15), and race walking. (2) National Publications (rule books, code books, and regular national periodicals from TAC). (3) Local information...current news bulletins, schedules, meeting notices, and updated information about Association events and local activities. (4) Insurance--general liability insurance for sanctioned races, race directors, and club members involved in conducting sanctioned events. (5) Mailing services--membership lists made available to meet directors so that race information reaches you and your athletes. Mailing lists of member clubs are available to you for races. (6) Officiating and Technical Services--a corps of 300 officials is available for sanctioned events, with equipment for conducting events. Technical experts in each sports area are available for advice and assistance in conducting events, holding clinics and training officials. (7) Adjudication--The Board establishes panels to hear complaints and conduct hearings concerning alleged rule violations, improper conduct, and disciplinary problems. It acts to uphold the rules of the Athletics Congress, the IAAF, and the Amateur Sports Act. Each Sports Committee meets regularly to conduct its own programs and develop competition schedules. Meetings are open to all who have an interest in the running sports. Club membership fee is \$50 per year.

● **INDIVIDUAL TAC REGISTRATION:** - The new Athletics Congress registration replaces your old AAU card and provides additional benefits. For the first time, your local committee offers you a choice of registration options and a selection of benefits. Types of registration are:

(1) **Regular National Registration** - \$6.00 Fee - Benefits include: (a) Good for all open competitions in the U.S. and abroad; (b) A \$10,000 accident/injury insurance policy; (c) Liability insurance coverage when competing in sanctioned events; (d) Grants from the sports travel funds for qualified athletes; (e) Periodic news bulletin about local events.

(2) **Local Registration** - \$4.00 Fee - Benefits include: (a) Registration for open competition in the Pacific Association only (Northern California & a portion of Western Nevada); (b) Periodic news bulletins of local happenings; (c) No insurance coverage or travel funds are included.

(3) **Temporary Registration** - \$2.00 Fee - Benefits include: (a) Registration for open competition in the Pacific Association only for a period of 10 days; (b) No insurance coverage or travel funds are provided.

Local and Temporary Registrations can be converted to Regular National status by payment of an additional \$2.00 and completing another registration application. Please look elsewhere in this issue for a Registration Card. The new office for PA/TAC is Stanford. For further information, call or write PA/TAC, Box 2337, Stanford, CA 94305 (Ph. 415/497-1940).

● **RACE QUALITY MONITORING PROGRAMS:** A new TAC program now allows runners to evaluate and judge the quality of local long distance races. The LDR Committee will suggest a set of race standards and guidelines by which the quality should be monitored. Any runner who participates in local races can apply to become a monitor. If your application is approved, you will receive a supply of evaluation blanks. After the completed forms have been returned to the LDR office, the scores will be compiled and reviewed. The average point-score with a short summary will be made available to local running publications. Upon request, race directors will receive a detailed summary by each category. With this system, race participants have the opportunity to tell the organizer and other runners how the event has been received. The program will be implemented in a constructive manner, for the benefit of the runners as well as the organizer(s). We hope this will lead to safer, more enjoyable races in the PA region. Race directors can obtain a copy of the guidelines by mailing a SASE to the LDR office (see paragraph above). Those interested in monitoring please do same.

Athletes! Support long distance running, track & field, and race walking in Northern California. Join the Pacific Association of the Athletics Congress today! Please complete the form below and send your check or money order to the address indicated.

The Athletics Congress of the USA

REGISTRATION FEE \$6.00

PLEASE PRINT OR TYPE
INFORMATION IN THE APPROPRIATE BOX

Make Check to PA/TAC
Athletics Congress
Box 2337
Stanford, CA 94305

DATE OF BIRTH	AGE	SEX M-MALE F-FEMALE	U.S. CITIZEN ENTER (X) IF YES	SPORTS ENTER (X) IN T&F - TRACK AND FIELD LDR - LONG DIST. RUN RW - RACE WALKING	CLASSIFICATION ENTER (X) IN APPROPRIATE BOX
DATE OF BIRTH MONTH DAY YEAR	AGE	SEX	U.S. CITIZEN	SPORTS T L R F R W	MASTER YOUTH
OFFICIAL SEAL					
LAST NAME		FIRST	INITIAL		
ADDRESS					
CITY	STATE	ZIP CODE			
ATHLETE'S SIGNATURE					

CLUB NUMBER	CLUB NAME
DATE OF APPLICATION MONTH DAY YEAR	
COUNTY OF RESIDENCE	
PHONE AREA CODE	NUMBER

Instructions for completing registration form, above:

- (1) Type, or print clearly. Complete all spaces required.
- (2) Under SPORT, select only your one major area (T&F, LDR or RW).
- (3) Check Masters or Youth ONLY if appropriate for your age level - Masters/40+; Youth/17-and-under.
- (4) Club Number - leave blank.
- (5) If LOCAL or TEMPORARY registration, mark L or T in upper right corner...see explanation of various types of TAC registration on opposite page.
- (6) Send appropriate fee: \$6/Regular National; \$4/Local; \$2/Temporary.

Gamblers Gallop III Reno Nevada
Sunday, May 31
 route: scenic Verdi, Nevada * 1/2, 3, and 10 miles
 T-shirts and prizes in all categories
 8am registration - 9am children's 1/2 mile
 9:30 - 3 and 10 mile races
 Sponsored by American Heart Ass. and Reno South Rotary Club
 # 2.50 children # 5 adults
 455 West Fifth Street, Reno 89503 - 322 7064

HELP!

Last year the San Francisco Examiner Benefit Fund donated about \$15,000 to the PA-AAU LDR Committee(s) for travel funds to top athletes. A number of volunteers from the running community are needed to help in sales & distribution of Bay-to-Breakers shirts this year. Contact NCRR if you can help out!

NAT'L T.A.C. STANDARDS

Following are the qualifying standards for The Athletics Congress Track & Field Championships (outdoor) for Jr. & Sr. Men and Women. For Women's Jr. & Sr. Championships, qualifying standards must have been made in TAC Sanctioned Meets, Collegiate Meets, or High School Meets except duals & triangulars. Sr. Women's marks must have been set between Jan. 1 and June 14, while Jr. Women have until June 21. Indoor performances are acceptable but must be noted as such. A 3% altitude difference is permitted on track events of 800m and longer conducted above 4000 feet. For Sr. Men, qualifying standards must be made in metric distances (no intermediate times or conversions accepted) and no indoor competitions are acceptable. Marks must have been set between Jan. 1 and June 14 (until June 7 for Jr. Men). For Jr. Men, high school performances must be achieved in league, district, regional or state championships or in recognized invitationals and relay meets. Below, FAT stands for "fully automatic timing". See T&F scheduling section for location and dates on Championship Meets.

EVENT	SENIOR MEN		JUNIOR MEN	
	(HAND)	(FAT)	(HAND)	(FAT)
100M	10.2	10.46	10.4	10.72
100Y	----	-----	9.4	9.72
200M	20.5	20.80	21.2	21.44
220Y	----	-----	21.3	21.54
400M	46.3	46.50	46.9	47.07
440Y	----	-----	47.2	47.37
800M	1:48.7	1:48.70	1:51.6	1:51.60
880Y	----	-----	1:52.6	1:52.60

SENIOR MEN

JUNIOR MEN

EVENT	SENIOR MEN		JUNIOR MEN	
	(HAND)	(FAT)	(HAND)	(FAT)
1500M	3:43.6	3:43.60	3:52.0?	3:52.80?
1 MILE	-----	-----	4:10.8	4:10.80
2 MILE	-----	-----	9:04.0	9:04.00
5000M	13:53.5	13:53.50	14:31.3	14:31.30
3 MILE	-----	-----	14:01.3	14:01.30
10,000M	29:17.7	29:17.70	31:01.0	31:01.00
6 MILE	-----	-----	29:59.0	29:59.00
3000M SC	8:51.6	8:51.60	9:19.4	9:19.40
110MH(42")	13.7	13.95	14.6	14.84
120YH(42")	-----	-----	14.6	14.84
110MH(39")	-----	-----	13.9?	13.71?
120YH(39")	-----	-----	13.9?	13.71?
330YH(36")	-----	-----	36.8	36.94
400MH(36")	50.7	50.87	53.5	53.60
5000M WALK	23:00.0	-----	-----	-----
10,000M Walk	-----	-----	No Stndrd	No Stndrd
HIGH JUMP	2.17m	(7-1½)	2.11m	(6-11)
LONG JUMP	7.80m	(25-7)	7.08m	(23-3)
TRIPLE JUMP	16.15m	(52-11 3/4)	14.83m	(48-8)
POLE VAULT	5.19m	(17-0¼)	4.75m	(15-7)
SHOT PUT(16#)	19.28m	(63-3)	16.30m	(53-6)
SHOT PUT(12#)	-----	-----	19.10m	(62-8)
DISCUS(COLL.)	59.60m	(195-7)	48.66m	(159-8)
DISCUS(H.S.)	-----	-----	54.76m	(179-8)
JAVELIN	74.24m	(243-7)	62.90m	(206-4)
HAMMER(16#)	63.10m	(207-0)	42.68m	(140-0)
HAMMER(12#)	-----	-----	48.78m	(160-0)
DECATHLON	7600 Pts	7500 Pts	6600 Pts	6500 Pts

SENIOR WOMEN

JUNIOR WOMEN

EVENT	SENIOR WOMEN		JUNIOR WOMEN	
	(HAND)	(FAT)	(HAND)	(FAT)
100M	11.5	11.74	11.8	12.04
100Y	10.5	10.74	10.8	11.04
200M	23.6	23.84	24.5	24.74
220Y	23.7	23.94	24.6	24.84
400M	53.8	53.94	55.0	55.14
440Y	54.1	54.24	55.3	55.44
800M	2:06.0	-----	2:11.0	-----
880Y	2:07.0	-----	2:12.0	-----
1500M	4:20.0	-----	4:34.0	-----
1 MILE	4:40.0	-----	4:54.0	-----
3000M	9:35.0	-----	9:54.0	-----
2 MILES	10:20.0	-----	10:39.0	-----
10,000M	35:30.0	-----	-----	-----
3000M WALK	-----	-----	17:30.0	-----
2 MILE WALK	-----	-----	18:30.0	-----
5000M WALK	27:30.0	-----	-----	-----
10,000M WALK	59:45.0	-----	-----	-----
3 MILE WALK	26:30.0	-----	-----	-----
80YH(30")	-----	-----	10.2	10.44
100MH(33")	13.9	14.14	14.3	14.54
100MH(30")	-----	-----	14.0	14.24
110YH(30")	-----	-----	14.2	14.44
300MH	-----	-----	44.0	44.14
400MH	61.0	61.14	64.0	64.14
HIGH JUMP	1.81m	(5-11½)	1.76m	(5-9½)
LONG JUMP	6.17m	(20-3)	5.84m	(19-2)
4KG SHOT PUT	14.48m	(47-6)	13.10m	(43-0)
8# SHOT PUT	15.09m	(49-6)	13.71m	(45-0)
DISCUS THROW	49.38m	(162-0)	42.68m	(140-0)
JAVELIN	47.86m	(157-0)	40.54m	(133-0)
400M RELAY	46.5	46.64	47.5	47.64
440Y RELAY	46.8	46.94	47.8	47.94
800M MED RLY	1:43.0	-----	-----	-----
880Y MED RLY	1:43.5	-----	-----	-----
800M RELAY	-----	-----	1:46.5	-----
880Y RELAY	-----	-----	1:47.0	-----
1600M RELAY	3:43.8	-----	3:51.8	-----
MILE RELAY	3:45.0	-----	3:53.0	-----
3200M RELAY	9:01.0	-----	9:13.0	-----
2 MILE RELAY	9:04.0	-----	9:16.0	-----
HEPTATHLON	5000 Pts	4950 Pts	No Stndrd	No Stndrd

GIRLS YOUTH ATHLETICS QUALIFYING STANDARDS can be obtained by sending S.A.S.E. to: Bob Seaman, 19127 Wiersma Av., Cerritos, CA 90701 (213/926-5785). BOYS YOUTH ATHLETICS QUALIFYING STANDARDS can be obtained by sending S.A.S.E. to: John Wissler, 14611 "L" St., Omaha, NE 68137 (402/895-9215-Home).

A RUN - FOR - ALL

sponsored by

Junior Aid of Stockton

10K
10:00 A.M.



2 MILE
11:30 A.M.

SATURDAY, APRIL 25, 1981

MICKE GROVE PARK

FLAT, SCENIC, COUNTRY RUN

Trophies, Ribbons,
Medals, Refreshments

Entry Donation: \$5.00

JR. AID, BOX 7363, STOCKTON 95207

Book Review

THE NEW SANTA CRUZ MOUNTAINS TRAIL BOOK
(by Tom Taber) /Reviewed by Jack Leydig/
- In his second expanded edition, Taber includes many new parks and trails that were opened since his first edition was published in 1976. Spring is the perfect time to head out for either a day-long or weekend hike, or a medium to long trail run in the pine-needled forests that encompass much of the Santa Cruz Mountain chain. They are a range of parallel, northwest-tending ridges extending for some 80 miles, with San Bruno Mountain at the north end and the Pajaro River on the south. This handy 80-page paperback book is a bargain at \$2.50 (add \$1.00 for tax, shipping & handling).

He begins by presenting a short summary of the geography, geology, climate and ecology of the area, including a little section on "pawprints". Then follows detailed maps of the various parks, including some of the best running trails you'll ever hope to set foot on. The parks are grouped into four types--State Parks, County Parks, Open Space Preserves, and City Parks (Foothill Park in Palo Alto is the only one of these listed). Each park description begins with a "how to get there", followed by a description of the various things to look for (plants and animals, points of interest, etc.). Some historical tidbits are also included. But, for runners, the best parts are the trail maps. With a total of 25 parks to explore, it'd be several years of weekends before you'd be able to cover most of the trails shown. Included are such parks as: Big Basin, Portola, Forest of Nisene Marks, Huddart, Wunderlich, Mt. Madonna, Monte Bello, Los Trancos, Almaden-Quicksilver, and many, many more. The famous "Skyline-to-the-Sea" Trail, which passes through several parks, is also described in detail.

If you'd like to get a copy of this booklet, plus a list of other books written by Taber, send your \$3.50 (includes tax & shipping) to: The Oak Valley Press, Dept. A, 228 Virginia Av., San Mateo, CA 94402. □

Our Readers Speak Out



Feedback

CHRIS JACKSON (*Hometown not Given*) - "Having long been a fan of NCRR, I've finally broken down to your repeated requests for reader input and am writing you a letter. I am tempted to cop out and tell you not to cut any of the regular articles of the Review--this would be my real inclination, as I read and enjoy them all. But I understand the space and time limitations you are under. "Advice From a Running Podiatrist" is essential to the magazine... keep it. Nuccio's "Runner's Zoo" is the column I read first...don't cut it or I won't know where to begin! I think the portraits are both educational and inspiring...and I need a lot of inspiration at times. I won't name a fourth because I bear the thought of excluding any of them. In the end, it will probably be your deci-

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sion anyway, and rightly so since it's your magazine."

ALLAN STANBRIDGE (*Burlingame, CA*) - "I am writing in response to your notice on page 23 of issue #81. I feel that all of the articles in your magazine are valuable and informative. The fact that they are all written by "local" persons makes them unique, and in my opinion, more interesting. I enjoy these more and get more out of them than from articles written in "national" running magazines. I do think it is/was wise to cut down on the prep section and would advise doing more cutting on track events other than distance running events. I would also eliminate the college cross-country results. I really enjoy your magazine. It really is the voice of and for runners in Northern California and provides a forum and a variety of services which are invaluable. Keep up the good work!"

ROGER DURAN (*Boulder Creek, CA*) - "Since space is at a premium in the NCRR, I suggest retaining (1) This and That, (2) Our Readers Speak Out, (3) NorCal Portrait. The articles that could be first to go: (1) Runner's Zoo, (2) Swedish Massage, (3) Advice from a Running Podiatrist, (4) The Human Race. Articles of all kinds handle information which is similar to the slick running magazines...better to stick to news and results."

Disagreement

PETER SWEENEY (*San Luis Obispo, CA*) - "I would like to publicly disagree with Tim Smith. I believe that NorCal running (all running for that matter) would be much better off without cheaters and course cutters. Maybe I'm into my own "point total game", but I derive tremendous satisfaction and well-being from my racing, and I most certainly do not appreciate some T.U.R.D. spoiling it for me by cheating. I suppose society will always have its cheaters, but I don't believe a laissez faire attitude is called for as Mr. Smith suggests. I would like to see all these well-known cheats and course-cutters exposed, because I feel that this would discourage their detestable habit. The unofficial runner is someone who is trying to be a non-entity, while the cheater is trying to be someone he/she is not! This sort of impersonation cannot be tolerated."

Still No Shoes

JIM BATZ (*San Francisco, CA*) - "Lately it seems like everyone is putting on road races, and one of the more recent groups to do this is racquetball clubs. Now not all of these races may be poorly run, but my one experience with a racquetball club promoted race was less than memorable. This particular race was put on by "What a Racquet" in Daly City. To begin with, the course was poorly monitored and had no markers, which led to a number of people going off course. Also, it had a hill in the last half of the race that rivaled the famous widowmaker motorcycle hill climb. Secondly, and most unfortunate, was the award situation. I was supposed to win a pair of Converse training shoes. I mailed in a piece of paper to the Converse representative three months ago for them and I still don't have my shoes! And this is true for everyone else who won either shoes or warmups from Converse. It would be nice if there were some way this type of race could be prevented. It would help if the sponsors were honorable!"



Sunday

May 24, 1981

MEMORIAL WEEKEND BENEFIT RUN

HELP SEND A KID TO CAMP!

All proceeds benefit the Sonoma County Camp Foundation
(All donations tax exempt.)

All participants receive Ass to Ass T-shirt. Followed by festival activities at finish.
Sponsored by the Brass Ass Saloons at Santa Rosa and Cotati.

Ass to Ass 13.2 mi. — 9 a.m.

Half Ass 7.7 mi. — 9 a.m.

Entry fees for both runs:

Pre-run registration \$6.00 under 18
\$8.00 19 & older

Race day registration \$10.00 all ages

Pre-run registration closes May 11th, 1981

A large entry is anticipated so pre-registration is helpful

Pre-registered runners must be at respective starts at 8:00

Race day registrants must be at respective starts at 7:00

Ass to Ass Start: Brass Ass Saloon
535 Summerfield Road
Santa Rosa, CA

Half Ass Start: 3300 Petaluma Hill Road,
Between Santa Rosa
and Cotati

Finish: Both races end at Brass Ass Saloon,
550 E. Cotati Ave. Cotati, CA

SHUTTLE BUS AVAILABLE

FOR MORE INFORMATION:

Ass to Ass Run P.O. Box 4387, Santa Rosa, CA 95402

No Photo

PAUL REESE (Sacramento, CA) - "While my wife and I enjoyed your 10 kilo race last year, we had experienced one bad aftermath from it that we are reporting to you (Ed. - Directed to race director of Pleasant Hill 10K). It concerns California Marathon Photo Co., which took pictures of runners at your race.

My wife paid California Marathon Photo \$15 for a picture. Despite 4 letters from her and one from me (which the company answered with a collect phonecall--but no photo), she has received no photo and they have refused to refund the \$15.

I am calling this to your attention so that you will be aware of it as you consider entering into future dealings with this organization, which may well have failed to deliver to other customers, despite having been paid. I do not expect any action from you in contacting the company for a refund, for such is, in my opinion, not a race director's responsibility. I will take the necessary action to recoup (either through misuse of mails or Small Claims) when I return to California after being out of state for the next 2½ weeks. Obviously, the \$15 is no big deal--but the fact that this company could be getting rich from such dealings is!"

Pedestrians

JOSEPH R. CASTILLO (San Francisco, CA) - (Ed. - This letter is in response to the letter from John Weidinger on Page 12 of last issue, entitled "Correction".) - "The newspaper and two writers were correct! Pedestrians are persons who walk. Thus, the first time since 1936 that walkers were permitted to walk the bridge was as stated. Runners and racers are not the same, although I must confess that the latter part of some of my marathons would probably qualify!" (Ed. - If you go by the dictionary definition of "pedestrian", it merely says "on foot", and is then followed by "walking". I am not sure that this excludes running? In any case, what about the signs leading onto freeway entrances that say: "No Pedestrians?". Does that mean it's ok to "run", but not to "walk"? I doubt it, and I'm sure you'd have trouble explaining it to the judge on the grounds of the dictionary. To me, a pedestrian is anyone "on foot", whether they be walking, jogging, hiking or running.)

First Sub-Four?

JOHN H. WEIDINGER (San Francisco, CA) - "When will someone run a sub-four minute mile in San Francisco? Steve Scott ran under

four minutes in the Second Annual Runner's World Indoor Classic on Jan. 2, 1981 (and again at the San Francisco Indoor Games in February). The race was held in the Cow Palace. A short time after the race there was a lot of talk that San Francisco had finally had its first sub-four minute mile race. There are those who forget or do not realize that the Cow Palace is in Daly City (San Mateo County), and not in San Francisco. I ask again, "When will someone run a sub-four minute mile in San Francisco?" It won't be at the Cow Palace!" □

THE HUMAN RACE



Running has been good to me. I've taken out of it far more than I have put back. It's not that I don't try to return the favor, it's just that when I think I have the scales balanced in my favor, running and runners sneak up and tip the scales to indenture me once again.

So it is with the front cover photo by Jenni Gordon for the Honolulu Marathon Association. Every time I look at this poignant photographic moment in sports history, captured by her camera excellence, I derive so much pleasure that I'm once again indebted to running.

It's not that Jenni is such a red-hot photographer...she is; nor is it that Duncan Macdonald is not a superb athlete...he is; and it's not that Robert Deuriarte hasn't demonstrated that the human will has few limits in overcoming a handicap as he has; it's just that these three magnificants all came

It's Fast Big It's THE FOURTH ANNUAL Cascade Run Off

Last year 5,000 entered. This year we expect 6,000.

Last year Herb Lindsay ran it in 43:49.6 and Patti Catalano ran it in 49:42.5. This year we expect another scorcher.

Join us on Sunday, June 28 at 9 am for the Fourth Annual Cascade Run Off, where runners of all ages and classes run the route with record-breakers from

around the world on a 15 kilometer (9.3 mile) course through Portland's scenic Waterfront, Old Town, Park Blocks, and Terwilliger Parkway.

Cascade Run Off

WRITE FOR ENTRY:
1000 Willamette Center
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Portland, OR 97204
503/223-9016

your first marathon



Running your first marathon? Or simply beginning a running program? **your first marathon** by Jenni Gordon presents the Honolulu Marathon Clinic program of Jack H. Scaff Jr., M.D. as described in *Sports Illustrated*. Everything you need to know about clothing, diet, injury, pacing, style, etc., plus a running diary. Send \$4.95 + .75 1st class postage to:

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Lafayette, California 94549



WESTERN STATES AGE-GROUP CLUB CHAMPIONSHIP



Eureka, California

Sponsored by Six Rivers Running Club

**10KM race to determine
CLUB, TEAM, and INDIVIDUAL
champions in seven age groups.**

DATE: June 21, 1981, 11:00 a.m.

**CATEGORIES: Men's open, 30s, 40s,
50s, Women's open, 30s, 40s**

**Teams must have 3-5 runners,
best 3 count.**

**Club champion determined by
best 3 teams.**

FEES: Club \$15, Team \$10.

INFO: Hal Jackson (707) 822-4186.

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together just at the right time, in just the right place, with just the right sense of perspective. A fourth magnificence was created and captured for the rest of us to ponder and enjoy. How can I pay back for that?

Jenni, in case you may not have connected her with her manuscript, *Your First Marathon* (Running Wild Publications), is a free lancer whose material appears everywhere it seems. As far as I'm concerned, she's on the par in her field as much as Steinbeck was in his, with words.

Duncan needs no introduction to runners, but he's successfully carrying his lead in this sea of humanity by curing the sick. A more noble purpose can hardly exist except perhaps the laying down of one's life for one's friends.

Bob is not so well known, but once you see his hippity-hop running gait churn up those difficult miles on one normal and one atrophied leg, you know that overcoming adversity is not impossible. He proved it in the 1980 Iron Man Triathlon in Hawaii and repeated it again in this year's Honolulu Marathon.

These three happened along at the exact right moment near the joint marker of six and twenty-four miles of the Honolulu Marathon. Macdonald was at the 24th mile on his way to victory. With two miles to go in a marathon, one doesn't engage in anything but the task ahead of winning or losing, and Macdonald was no exception, having a little more than ten minutes left in his 2:16:55 trip.

Deuriarte was at the six-mile spot headed in the other direction but still had three-fourths of his 7:16:41 journey facing him. He knew, at least in theory, that Macdonald could have probably completed the course nearly two more times and still beaten him. The five-hour separation might just as well have been a mere flicker of the eye, as these two athletes were really running stride for stride. Only their anatomy and pace differed, but Dueriarte was paying the same athletic dues as Macdonald, and both of their times made them champions.

It's in these tiny glimpses into people's hearts that one gains insight into the glory of sport. These two men had their fraternalism manifested and synchronized just at the perfect momentary glimmer of time when an artist happened along to work her talents with lens and film.

They're all better for it, and so is running. Like me, each has taken more out of the sport than they've put into it. This classic photo captures that gift, frozen for all to see forever. □

FREE BOOKS

WITH NEW NCRR SUBSCRIPTIONS

SUBSCRIBE TO *NOR-CAL* FOR 6 ISSUES AND TAKE YOUR CHOICE OF ONE OF THE FOLLOWING BOOKS...FREE!! NO RENEWALS... ONLY A NEW SUBSCRIPTION WILL BE CONSIDERED. YOU MUST MENTION THE BOOK YOU WANT WHEN YOU SEND IN YOUR SUBSCRIPTION. USE THE HANDY BLANK ON INSIDE OF BACK COVER.

(A) *Runners & Races (1500m/Mile)*; (B) *My Run Across the United States*; (C) *Motivation & Coaching Psychology*; (D) *Of People & Things*; (E) *The World of Brutus Hamilton*; (F) *The Randy Matson Story*.

RUNNERS' ZOO

by Jim Nuccio



Fellow Friends of Flagrancy,

Here is your personal copy of the last very occasional Corte Madera Zoo Newsletter. I have both bad news and shocking news. First the bad news:

It was May 8, 1980. I knew it was going to be a bad day when, at 6:30 a.m. I reached for the wrong tube and brushed my teeth with Groom & Clean instead of Crest. That afternoon, in a display of unmitigated defiance and sacrilegious disrespect, daughter Cindy savagely ripped open the individual-serving size box of Post raisin bran that had graced the dashboard of my 1960 Ford Falcon since August of 1973. This malicious act was a portent of things to come. In September, after internally hemorrhaging for the last time, we sold the Falcon to a Cotati pimp for \$60 (it was discounted 40% because it had to be towed to Petaluma). Gone forever are the hood ornament, the Italian flag headliner and the treasures of the trunk--orthotic foot mold, 1/2-gallon bottle of Kenwood burgundy filled with water for the car's radiator, freeway sign of the Portland Zoo, trout lure from the Lafayette Reservoir, box of old running shoes, and cans of high grade Ray-Lube oil (still 35¢ a quart - nothing but the best for my Falcon). The Falcon is gone, but the memories and trails of oil on the driveway will remain forever.

Now for the shocking news. We're leaving the Greater Bay Area for the Lesser Los Angeles Area. We felt it was time to be closer to the people closest to us. We also felt that the Marin lifestyle was having an adverse effect on the kids: Instead of mommy and daddy, Cindy calls us by our first names; Katy doesn't wave "bye-bye", she says "ciao"; and at the nursery school that Cindy attends, instead of serving cookies and milk at snack time, the kids break for Perrier and a joint.

Ah, yes! Los Angeles! Where the smog meets the sea. LA is living proof that 8 million Midwesterners can be wrong. In the Great Lakes region of Michigan, people walk on the water. In LA people walk on the air.

I've learned many important things about life while here in Marin. I'd like to share a few of them with you: never bite a cherry tomato in half; Achilles was shot in the knee, not the heel; the Ford Falcon did not revolutionize the auto industry in the sixties (it wasn't until the seventies); Alice Cooper is a man; many women in San Francisco are men.

There are many things I will miss about the Bay Area: Sunday runs on Mt. Tam, Herb Caen, Tiburon, the running community, BBQ'd oysters in Marshall.

There are also many things I will not miss about the Bay Area: The SF airport, mellow-speak, Summer in San Francisco, and any season in Daly City.

On or about December 8, when escrow closes (*Ed. - We received this article late last year, just before Jim & family made their move.*), I'll be heading South with Judi, my two kids, two cars, a U-Haul truck, a dog that smells like the bait tank on the Redondo Beach barge, and a right knee that sounds like a bowl of Rice Krispies and has more holes in it than the 49ers defense.

Our temporary address when we first arrive down South: P.O. Box 75, Sunset Beach, CA 90742. All correspondence will be greatly appreciated and immediately scrapped. □

Adios, --Nino the Fowl (The Gimp Gourmand)



Jim Nuccio, one of Northern California's best distance runners in the 1970's, has moved to the LA area. /Lorraine Rorke/

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 NCRP 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, 4928 Lanekershim Blvd., No. Hollywood, CA 91601; PACIFIC SOUTHWEST ASSN: (PSA) San Diego TC News, P.O. Box 2822, La Jolla,

CA 92038; 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.

TAC OFFICE: - The Pacific Ass'n TAC Office is located at P.O. Box 2337, Stanford, CA 94305 (415/497-1940). The Athletics Congress takes the place of the AAU for registration of amateur athletes in the sports of track & field, long distance running and race walking in the U.S. Registration cost varies, depending on type of participation: temporary, local, or national.

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 NCRP covers Oregon, California & most of Nevada schedules.*)

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.

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

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

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.

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

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

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

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

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

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

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

SAN FRANCISCO: (Various locations); every Sunday, 10 am. Sponsored by Frontrunners (non-competitive runs), 415/346-0303.

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

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

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.

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

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

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

WALNUT CREEK: Fleet Feet; every Saturday, 9:00 am. Susie Breese, Fleet Feet, 1250A Newell Av., Walnut Creek, CA 94596.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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.

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

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

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

VALLEJO: Cal Maritime Academy; every Tuesday, 5:30 p.m. (Apr. thru Aug.). Harry Diavatis (707/644-5601).

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

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

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

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

SALINAS: Toro Regional Park; every Saturday, 9:00 am. Fleet Feet (Dave Lewis) 408/424-4343.

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

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

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).

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).

***ONE HOUR RUN POSTAL--Any TAC-Sanctioned race held between Sep. 1, 1980, and Aug. 31, 1981, qualifies for inclusion in the combined National Meet. Individual and team results must be received by Sept. 22, 1981, in order to be included. Entry fee is \$2.00 per runner (all age-groups and both sexes are included). This year Snohomish T.C. is acting as "host" (compiler) for the postal. Important: Please use *new* lap scoring sheets, which will be provided at no charge by writing to: Al Huff, 18127 First Av., N.W., Seattle, WA 98177 (Ph. 206/542-2930). Team scores need not come from a single competition, but can be a summation of the best marks from throughout the year.

- Apr 11 - Home Hospice Geyserville Run, 18.8 Mi. or 4-person Relay (4.7 Mi. each), Geyserville H.S., 8 a.m. Home Hospice of Hospice of Sonoma County, Box 11546, Santa Rosa 95406 (Ph. 707/542-5045).
- Apr 11 - Clearlake Spring Blossom Marathon & 20K, Lakeport, 8 am. (*Entries Closed Apr. 6th.*)
- Apr 11 - Ilsanjo 10-Mile Classic X-C, Howarth Pk., Santa Rosa, 9 am. Ilsanjo Run, 1927 Calaveras Dr., Santa Rosa 95405.
- Apr 11 - Grizzly 10K, Golden Sierra H.S., Garden Valley, 9:30 am. Keith von Borstel, Rt. 3 - Box 62A, Garden Valley 95633.
- Apr 11 - Gazelles 5 & 10K, Sierra College, Rocklin, 9:30 am. No contact known. Try Gil Duran (916/783-8275).
- Apr 11 - Sierra Mtn. Race III (10K X-C Ski, 10K Run, 30K Bike), Squaw Valley (Individual & Relay entries...Relay entries limited to 50 teams), time ?? SMR III, P.O. Box 7045, Tahoe City, CA 95730 (916/583-2264).
- Apr 11 - Pear Blossom Run, 20K, Medford, Ore., 9 am. (*Entries Closed...1300 Limit Reached*)
- Apr 12 - Boothe Park Ribbon Runs (2 & 5.6 Mi.), Calistoga, 9:30 am. Reg Harris, 1267 Walnut, #C-66, Napa 94558 (707/255-8705).
- Apr 12 - HERC Dynamite 4 Miler, Hercules School, Hercules, 10 am. Steve Justice, 2192 Owens Ct., Pinole 94564 (758-1023).
- Apr 12 - American River 50-Miler, Auburn Fairgrounds to Sac'to, 7 am. Joe Sloan (916/783-4558), 107 S. Harding, Roseville 95678.
- Apr 12 - Charge of the LITE Brigade, Half-Marathon, Hayward to Foster City via S.M. Bridge, 7 am. (*Entries Closed Apr. 1*)
- Apr 12 - Christian Bros. 10K Classic, St. Mary's College, Moraga, time tba. Jim Francis, 743 Santa Susanna Ct., Concord 94518.
- Apr 12 - DSE Kennedy Dr. 4.7-Miler, Golden Gate Pk. Polo Fields, S.F., 10 am. Walt Stack, 741 Kansas St., San Francisco 94107.
- Apr 12 - Hop & Flop 5 & 10K, Foothill H.S., Pleasanton, 9 am. Jim Houchens (828-8238), 8147 Vomic Rd., Dublin 94566.
- Apr 12 - Merced TC 10K, Yosemite Pk., Merced, 9 am. Merced TC, Box 3275, Merced 95340.
- Apr 12 - Mountain Madness Run, 4.716 Mi., Nevada City, 9 am. Sierra Slowpokes, 116 High St., Grass Valley 95945 (916/273-9268).
- Apr 18 - Nat'l TAC 50K, Community Ctr., Roseburg, Ore., 8 am. Fritz Ingram, P.O. Box 1794, Roseburg, OR 97470 (503/672-8443).
- Apr 18 - Livermore 8.56-Miler, Lawrence Lab, Livermore, 10 am. Nick Winter, 40453 Dolerita Av., Fremont 94538 (651-4134).
- Apr 18 - Sunnyvale Baylands Run (*Date Change??*), 10K, Moffett Industrial Pk., Sunnyvale, 10 am. Mark Grzan, P.O. Box 60607, Sunnyvale 94088 (408/738-5521). *NOTE: LDR Schedule indicates 4/18, but Apr. 26 indicated on their fliers (9 am). See 4/26.*
- Apr 18 - Whiskey Creek Runs, 3 & 6.2 Mi., Whiskeytown (nr. Redding), 10 am. No other information available.
- Apr 18 - Lemoore Easter Festival 6-Miler, Lemoore Cemetary, Lemoore, 10 am. No contact known.
- Apr 18 - Equitable Family Run, Roeding Pk., 3 Miles, Fresno, time TBA. Bill Cockerham, P.O. Box 6103, Fresno 93703.
- Apr 19 - Easter Sunrise Celebration Jog (1, 2 & 3 Mi.), Woodward Pk., Fresno, sunrise. Harry Harder, 761 N. Palm, Reedley 93654.
- Apr 19 - DSE Golden Gate Bridge Vista Run, 5 Mi., Legion of Honor, S.F., 10 am. Walt Stack, 741 Kansas St., S.F. 94107.
- Apr 19 - River Relay, 4-person teams (1.5 to 6.0 Mi. legs), River Pk., Lompoc, 2 pm. John Perkins, 3304 Via Dona, Lompoc 93436.
- Apr 20 - Boston Marathon (*Entries Closed March 9*).
- Apr 25 - Run-For-All, 2 Mi. & 10K, Micke Grove Pk., Lodi, 10 am. Jr. Aid of Stockton, PO Box 7363, Stockton 95207.
- Apr 25 - Clean Air Run, 9K, Pier 39, San Francisco, 8:30 am. American Lung Assn., 833 Market, 9th Flr., S.F. 94103.
- Apr 25 - Los Gatos Christian Church 10K, (& 1 Mi.), Los Gatos, 9 am. Mike Corrick, 1460 Camino Robles Ct, S.J. 95120.
- Apr 25 - Lincoln Law School Fun Runs (3 & 6 Mi.), Sac'to State, Sac'to, 10 am. No contact known.
- Apr 25 - Benicia Historical Runs (3 & 6.2 Mi.), Benicia, 10 am. Parks & Recr., 250 East "L", Benicia 94510.
- Apr 25 - Dam Runs (1, 3 & 6 Mi.), McDonald's, Red Bluff, 9 am. No contact known.
- Apr 25 - Knights of Columbus Runs (½, 3 & 6 Mi.), Elk Grove Pk., Elk Grove, 9 am. K.C. Klassic, PO Box 456, E.G., 95624.
- Apr 25 - Natural Light Half-Marathon, MSAC, Walnut, 7:30 am. Doug Hamilton, 691 Wellesley Dr., Claremont 91711.
- Apr 25 - Internat'l Friendship Marathon, Chula Vista to Rosarito Beach (Mexico), 7 am. Marathon, 233 Fourth Av., Chula Vista 92010 (714/420-6602).
- Apr 25 - Rogue Valley Round Up (5 & 15K), Cntrl Pt., OR, 9:45 am. Medford YMCA, 522 W. Sixth St., Medford, OR 97501.
- Apr 25 - Visalia Spring Run, Mooney Grove, 10K & 1 Mile Prediction Run, 8 am. Bob Stephenson, 1527 Vassar Dr., Visalia 93277 (209/733-1655).
- Apr 25 - Grants Pass 5 & 10K, Ore., 10 am. Bruce Galloway/Mike Stepka, Recr. Dept., Grants Pass, OR 97526.
- Apr 25 - Fontana Days ½-Marathon & 5-Miler, Fontana, 8 am. The Running Center (714/874-5480), 249 S. Riverside Av., Rialto 92376.
- Apr 25 - 2-Man, 14-Mile Relay, LaMirada Pk., LaMirada, 8:30 am. Info: 714/870-5380 (No pre-registration).
- Apr 25 - One Hour Run, Univ. of Nevada, Las Vegas, 8 am. The Running Store, 602 S. Maryland Pkwy, L.V., NV 89101.
- Apr 26 - NORML Mari-thon, 10K, GG Park Polo Flds, S.F., 10 am. Bill Dake, 528 Larch Av., S.S.F. 94080 (583-6268).
- Apr 26 - Baylands 10K (*See Apr. 18 for info*), 9 am. - DATECHANGE

Gookinaid E.R.G.

SPECIAL MEET DIRECTOR PRICES AVAILABLE--Pay only \$3.33 per 5-Gallon package in quantity for your race...plus freight charges F.O.B. San Diego. On very large orders freight is prepaid. If you'd like more information on this most popular electrolyte replacement drink, just drop me a line. Cups also available (at cost) for only 1.5¢ each (6 oz. size). Order for your race today!

Jack Leydig Box 1551 San Mateo, CA 94401

Long Distance Running Schedule for the Valley

CENTRAL CALIFORNIA LONG DISTANCE RUNNING HANDBOOK

1981

Send check or
money order to:

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Coca-Cola Ultra-Marathon

100KM RACE, WITH FOLLOWING OFFICIAL DISTANCES (SEPARATE RACES RUN CONCURRENTLY) TOO: 30K, 50K & 50 MILE. CERTIFIED!

WHERE? - Yakima, Washington WHEN? - May 3rd (6:00 a.m.)

ENTRY FEE - \$7.00 (Entry Deadline is April 30; Deadline for Meet Program is April 25.)

AGE DIVISIONS - 13-18, 19-29, 30-39, 40-49, 50-59 and 60+ for both men and women.

AWARDS - Beautiful 8x6 plaques for top 4 places in each age group (in each of the 4 races).

**DICK GOODMAN, PO BOX 147, SELAH, WA 98942 (509/697-8100)

ANNOUNCEMENT

In an effort to help themselves as well as other racing folks, the Bay to Breakers will offer, on an experimental and limited basis, an opportunity to distribute race flyers in the Bay to Breakers packets going to all runners! Race Directors should send a *minimum* of 15,000 copies of their fliers to: Ann Burns, Golden Gate Chapter, American Red Cross, 1550 Sutter St., San Francisco, CA 94109. As this is a limited offer and conditional on the right to refuse due to workload, quality of flyer, or appropriateness of the race. Call 415/776-1500 for verification of acceptance. The purpose of this limited offer is to keep people with flyers out of the finish-line area to permit runners enough room to run and be able to get their certificates, T-shirts, and fluids without obstruction. Police will enforce this requirement!

- Apr 26 - Lupine Poppy 10K, Ft. Hunter-Ligget (Post Exchg.), 10 a.m. David Chiaramonte, Lake San Antonio, Bradley 93426.
 Apr 26 - American Canyon X-C Festival, 2 & 7 Mi., Napa Junction School, Amer. Cnyn., 9 am. Bob Glowienke, 609 Kilpatrick, American Canyon 94590 (707/552-6692).
 Apr 26 - Run for Daylight, 10K, Lafayette, 10 am (Daylight Savings Time). Amer. Cancer Society, Box 4295, Walnut Creek 94596.
 Apr 26 - Run for Life, 10K, Stanford Stadium, Stanford, 9 am. Heart Ass'n, Caroline Panches, 3003 Moorpark Av., San Jose 95128.
 Apr 26 - Brothers 4 10K Spring Lake Run, Santa Rosa, 9 am. Bob Salisbury, P.O. Box 6238, Santa Rosa 95406.
 Apr 26 - BART to BART 10K, Concord BART Station, 8:30 am. Concord/Diablo Rotary Club, P.O. Box 21309, Concord 94521 (827-0212).
 Apr 26 - Special Olympics Run (½Mi., 5K, 10K), Woodland, 10 am (½Mi. @ 9 am). No contact available.
 Apr 26 - Run for Wildlife (1, 5, 10 & 20K), Miller Park, Sacramento, 8:30 am. No contact available.
 Apr 26 - B.A.O.C. Orienteering Meet, China Camp State Pk., San Rafael. Jim Weil (415/388-5738).
 Apr 26 - LMJS Fourth Sunday Runs (5, 10 & 15K), Lake Merritt, Oakland (Old Boathouse), 9 am. John Notch, Box 2365, Oakland 94614.
 Apr 26 - Santa Clara Central Park 3.4-Miler, 969 Kiely Blvd., 9 am. Central Park Run, 726 Woodhams Rd., Santa Clara 95051.
 Apr 26 - Eastside Sun Run, 7.5 Mi., San Jose, 10 am. San Jose Parks & Rec., 1975 So. White Rd., San Jose 95148 (408/251-9357).
 Apr 26 - Old Mission Booster 8-Miler, Cuesta Coll. gym, San Luis Obispo, 9 am. Pat Sullivan, 295 Foothill Blvd., S.L.O. 93401.
 Apr 26 - Gold Bar Run, 10K, G.G. Park Conservatory, S.F., 8:30 am. John Hannisch, 2130 Fulton St., San Francisco 94117 (666-6407).
 Apr 26 - Vietnam Veterans Day 15K Classic, Cal-State Hayward (West Loop Rd.), 8 am. Joe Pinador/Mike Ennis (881-3358).
 Apr 26 - Southern Pacific 50 & 100K, Camarillo, Adohr Dairy, 7 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
 Apr 26 - Santa Rosa Valley 16-Miler, Camarillo, Adohr Dairy, 7 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010.
 Apr 26 - Ray Malavasi/March of Dimes 5 & 10K, Newport Beach, 9 am. March of Dimes, 111 W. Dyer Rd., #10-G, Santa Ana 92707.
 Apr 26 - Senior Olympics Marathon (25 & Over), Irvine (Wm. Mason Pk.), 6:30 am. Sr. Olympics, 5670 Wilshire Blvd, #360, LA 90036.
 Apr 26 - Encino Optimist Club "Run For Youth" 10K, Birmingham HS, Encino, 8 am. Optimist Club, PO Box 431, Encino 91316.
 Apr 26 - Hi-Desert 5 & 10K, Yucca Valley H.S., 8 am. Dan Flores, The Running Ctr., 249 S. Riverside Av., Rialto 92376.
 Apr 26 - Hearts on the Run 5 & 10K, Cal-State San Bernardino, 8:30 am. The Running Ctr., 249 S. Riverside Av., Rialto 92376.
 Apr 26 - Women Only 10K, Eugene, Ore., 9 am. Nike-Eugene, 99 W. 10th, Atrium Bldg., #104, Eugene, OR 97401 (503/342-5155).
 Apr 26 - Nat'l TAC Women's 10K, Kansas City, MO, 8:30 am. Betty Phillips, Avon, 9 W. 57th St., New York, NY 10019 (212/593-4257).
 May 2 - Wild Wild West X-C Marathon, Tuttle Crk. Campground, Mt. Whitney area, 7 am. Bob Frickel, Box 352, Lone Pine 93545.
 May 2 - Marin YMCA Fun Runs (1 Mi., 5 & 10K), nr. Civic Ctr., San Rafael, 9 am. Dennis Gallagher, Box 4308, San Rafael 94903.
 May 2 - The Big Run (½ Mi., 5 & 10K), Cal-State Sacramento, Sac'to, 8:45 am. No contact available.
 May 2 - Run For Life, 2 & 10 Mi., Woodward Pk., Fresno, 7 am. Heart Ass'n, Genny Berry, 3825 N. West Av., Fresno 93705.
 May 2 - Spring Tune Up, 5 & 10K, Newport Beach, 7:45 am. Spring Tune Up, Ford Aerospace, PO Box A, Ford Rd., Newport Bch. 92660.
 May 2 - Sunset Park 5 Mi. & 15K, Las Vegas, Nev., 8 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101.
 May 3 - Ave. of the Giants Marathon (Dyerville flats, near Weott), 9 am. (*Entries were closed in early Feb.*)
 May 3 - Devil Mountain Run, 10Km, Village Shopping Ctr., Danville, 9 am. Nancy Lewis, P.O. Box 727, Alamo 94507.
 May 3 - New Novato Ridge Run, 5K & 5.1 Mi., Novato H.S., 9 am. James Platt, 14 Tilden Dr., Novato 94947 (415/897-8792).
 May 3 - May Day Runs (5, 10 & 20K), G.G. Park Polo Fields, S.F., 10 am. Heart Ass'n May Day Run, 421 Powell, S. Francisco 94102.
 May 3 - Las Posadas Forest Mountain Run, 12 Mi., Angwin (Pacific Union Coll.), 10 am. Dave Nieman, Box 362, Angwin 94508.
 May 3 - Golden State Women's Run, 5 & 10K--Roseville (Sierra Coll.), Rocklin, 9 am. Suzie Clark, PO Box 121, Elk Grove 95624.
 May 3 - Capuchino Fun Run (3 Mi.?), Capuchino H.S., San Bruno, 9:30 am(?). Capuchino Fun Run, c/o 1501 Magnolia, San Bruno 94066.
 May 3 - Hub to Campus 5K, Hub Park (Cotati), 10 am. Bob Lynde, Sonoma State P.E. Dept., Rohnert Park 94928 (707/664-2521).
 May 3 - Apple Blossom Relays (Apple Mill), Camino, 1.5 Mi./Children & 4.5 Mi./Open, 9:30 am (2-person/relay). No contact known.
 May 3 - Park to Park Run, 6.7 Mi., Auburn Regional Park, 9 am. No contact available.
 May 3 - DSE Practice Bay to Breakers, 7.8 Mi., Howard & Spear, S.F., 8 am. Walt Stack, 741 Kansas, San Francisco 94107.
 May 3 - Reedley 10 Miler, time TBA. David Bronzan, 112 Green Oaks, Visalia 93277 (209/625-9537).
 May 3 - Jeff Coach Memorial 4 Miler, Woodlake (Miller-Brown Pk.), 8 am. Jesse Garcia, 350 N. Valencia, Woodlake 93286.
 May 3 - Glendale Distance Classic, 5 & 10K, Verdugo Pk., Glendale, 8 am. John Sporleder, 417 Arden Av., Glendale 91203.
 May 3 - Lakewood 10K, Lakewood Center Mall, 9 am. Dept. of Recreation, P.O. Box 158, Lakewood 90714.
 May 3 - St. John's Hospital 10K, Marina Del Rey C of C, 8 am. Peter Gaal, c/o St. John's Hosp., 1328 22nd St., S.Monica 90403.
 May 3 - CHP So. California Runs, 5 & 15K, Riverside (Arlington H.S.), 8 am. The Running Ctr., P.O. Box 828, Rialto 92376.
 May 3 - Coca Cola Ultra-Marathon (100K) and 30K, 50K & 50 Mi., Yakima, WA, 6 am. Dick Goodman, Box 147, Selah, WA 98942.
 May 3 - Track Capital Marathon, Eugene, Ore. (*Deadline is 4/24*) YMCA, 2055 Patterson, Eugene, OR 97405.
 May 9 - Guardsmen's Angel Island Race, 4.8 Mi., noon. The Guardsmen, 12 Geary St., San Francisco 94108 (415/781-6785).
 May 9 - Country Campus Run, 5 & 10K, Sierra College, Rocklin, 8 am. Fleet Feet, 107 S. Harding, Roseville 95678 (916/783-4558).
 May 9 - Poor Man's Bay to Breakers, 969 Edgewater Blvd., Foster City (5.4 Mi.), 8 am(?). The Runner, 969-G Edgewater, FC 94404.
 May 9 - The Human Race, 10K Fun Runs: Salinas (Star Ctr. Parking Lot); San Francisco (Crissy Field/Presidio); San Mateo/Belmont (Marine World-Africa U.S.A.); 8:30 am. The Volunteer Bureau, 450-B Peninsula Av., San Mateo 94401 (415/342-0801).
 May 9 - Women's Run & Fair, 10K (& 1½ Mi.), Victory Park, Stockton, 8:30 am. Women's Center, 930 N. Commerce, Stockton 95202.
 May 9 - Colfax Record Runs, 5 & 10K, Colfax, 8 am. No contact available.
 May 9 - K108 Fun Runs, 3 & 5 Mi., Old Sacramento, 8:30 am. No contact available.
 May 9 - Podiatrist 5 & 10K, Granite Bay (Folsom Lake), time ???. No contact available.
 May 9 - Mother's Day Runs, 2 & 4 Mi., New Woman Health Club, Auburn, 7:45 am. No contact available.
 May 9 - Two-Person Eight-Mile Relay, Roeding Pk., Fresno, 9 am. (*Enter by May 6*) Fresno TC, P.O. Box 6103, Fresno 93703.
 May 9 - Aqueduct 10K, Godde Pass (nr. Quartz Hill), 8 am. Running Promotions Unltd., P.O. Box 128, Lancaster 93539.
 May 9 - Upland Diamond Jubilee 10K, Memorial Pk., Upland, 8 am. The Running Ctr., 249 S. Riverside Av., Rialto 92376.
 May 9 - Golden Nugget Days 5 & 10K, Long Beach State, time ???. The Running Ctr., 249 S. Riverside Av., Rialto 92376.
 May 9 - 10,000m Track Run, Univ. of Nevada, Las Vegas, Nev., 8 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101.

- May 9 - River Run (1, 3 & 6 Mi.), Firebaugh (H.S.), 8:30 am. Ron Sani, 2107 N. Harrison, Fresno 93704 (209/233-0009).
- May 9 - Around the Bay in May, 10 Mi., Newport Beach, 8 am. Newport Beach Runners Ass'n, 1162 Dorset, Costa Mesa 92626.
- May 9 - Dam Run, 10K, Steward Pk. (Lost Creek Lake), Ore., 10 am. Grants Pass Recr. Dept., Grants Pass, OR 97526 (503/476-8801)
- May 10 - Burlingame Fun Runs, 2.85 Mi., Coyote Point, San Mateo, 8:30 am. Brock Riddle, 850 B'game Av., Burlingame 94010.
- May 10 - Golden State Women's Run-Salinas, 5 & 10K, Hartnell Coll., Salinas, 9:30 am. Fleet Feet, 364 Main St., Salinas 93901.
- May 10 - Run for the Gaels, 5 & 10K, St. Mary's College, Moraga, 10 am. Patty McDermott, St. Mary's Coll., Moraga 94556.
- May 10 - Run for the Shelter, 1 & 4 Mi., Applegate Pk., Merced, time ?? Friends of Battered Women, Box 377, Merced 95340.
- May 10 - Times-Herald Keelhauler Classic 10K, Cal Maritime Academy, Vallejo, 9 am (May 5 deadline for postmark, 500 Limit). Harry Diavatis, Cal Maritime Academy, P.O. Box 1392, Vallejo 94590.
- May 10 - Mark Twain 10K, San Andreas, 9 am. No other information available.
- May 10 - Mother's Day 10K, Mills Junior H.S., Rancho Cordova, 10 am. No contact available.
- May 10 - Locker Room May 5K Run, Mooney Grove, Visalia (also 1 Mi. Prediction Run), 8 am. Locker Room, 3901 S. Mooney, Vis. 93277
- May 10 - Grand Terrace's Train Don't Strain 5 & 10K (Terrace Hills JHS), Grand Terr., 7:30 am. The Running Ctr. (714/874-5480).
- May 10 - Chino Council of Social Services 5 & 10K Run, Chino, time ?? The Running Ctr., 249 S. Riverside Av., Rialto 92376.
- May 10 - Women's Only 5K, Roseburg, Ore., time ?? Peggy Carter, 587 Oakview Dr., Roseburg, OR 97470 (503/673-7836).
- May 10 - Oregon TAC 50-Mile Championship, Grants Pass(?), Ore., time ?? (Enter by 5/2) R. Casteran, 1542 NW "B", G.P., OR 97526.
- May 10 - Nat'l TAC Sr. Men's & Masters (Men & Women) Marathon, Raleigh, NC. Marathon, P.O. Box 10825, Raleigh, NC 27608.
- May 10 - Glacier Marathon, Girdwood, Alaska, 7 am. (Enter by 5/9) John Trent, 1700 Tudor Rd. East, Anchorage, AK 99504.
- May 16 - Charlie Chaplin 10K Fun Run, Dntn. Niles, 9:30 am. Jim Dyer, 449 Walnut Av., Fremont 94536.
- May 16 - Run for the Roses 10K, Mtn. View & Santa Rosa Av., Santa Rosa, 9 am. Fred Ptucha, P.O. Box 1517, Santa Rosa 95402.
- May 16 - Spring Sprint, 5 Mi., New Haven School, Union City, 10 am. Spring Sprint, 34009 Alvarado-Niles Rd., Union City 94587.
- May 16 - Fillmore Festival 10K (& 2 Mi.), Fillmore, 9 am. Youth Employment Service, 455 Sespe Av., Fillmore 93015.
- May 16 - Coalinga Diamond Jubilee 5 & 10K, Coalinga, 9 am. Bob Semple, 284 Lincoln, Coalinga 93210 (209/935-2660).
- May 16 - Laguna Niguel 10K Run, Chet Holifield Fed. Bldg., 8 am. Race, YMCA, 26076-C Getty Dr., Laguna Niguel 92677.
- May 16 - Tecate-Ensenada 75-Mile, 5-Person Relay Event (not a race), 8 am. Monday Internat'l, 4275 Mission Blvd., S.Diego 92109.
- May 16 - Sunset Park 5-Mile Handicap (staggered start), Las Vegas, Nev., 8 am. Running Store, 602 Maryland Pkwy, L.V., NV 89101.
- May 17 - 70th Bay to Breakers, 7.63 Mi., Howard & Spear, S.F., 8 am. Bay to Breakers, SF Examiner, Box 42000, S.F. 94103 (Enter by 4/15). Special "seeded division" with qualifying times.
- May 17 - Brown's Valley Ribbon Runs (2, 4 & 8 Mi.), Brown's Vally School, Napa, 9 am. Reg Harris, 1267 Walnut, #C66, Napa 94558.
- May 17 - I-G Press Run (2 Mi. & 10K), Hilltop Mall, Richmond, 9:30 am. Ken Stein, 3230 Macdonald Av., Richmond 94804 (234-1270).
- May 17 - Cherry Pie 10K (& 3K), Santa Rosa(?), 9 am. Terry Breazeale (707/546-8182). (Raceday Reg. Only)
- May 17 - Mission Fiesta 6.5 Miler, La Purisima Mission, 10 am. Steve Jones/Steve Hart, P.O. Box 694, Lompoc 93438.
- May 17 - Charger Club 5 & 10K, Agoura, 8 am. Agoura High School Charger Club, P.O. Box 250, Agoura 91301 (213/889-3267, Don).
- May 17 - Big Bros./Big Sisters 5 Mile, Fresno Dntn. Mall, 7 am. Joyeria Mexico, 1048 Fulton Mall, Fresno 93721.
- May 17 - La Jolla Kiwanis 10K, Balboa Pk., San Diego, 7 am. Doug Evans, La Jolla Bank & Trust, P.O. Box 1500, La Jolla 92038.
- May 17 - Santa Anita 7-Up Lite Spring Classic 5 & 10K, Racetrack, 8 am. Doug Speck, Box 522, Arcadia 91006 (213/445-8364).
- May 17 - Westlake Trails 7½-Miler, 8 am. Brian Pritchard (805/495-8705).
- May 17 - Run for Sobriety 5 & 10K, UTT School, Tustin, 8 am. Info: 714/966-0556.
- May 17 - San Bernardino Kiwanis 5, 10 & 15K, site & time unknown. The Running Ctr., 249 S. Riverside Av., Rialto 92376.
- May 23 - Strawberry Canyon Run, 5.5 Mi., UC Berkeley (Edwards Stad.), 9 am. Run, Lawrence Hall of Science, UCB, Berkeley 94720.
- May 23 - Meet of Miles (1 Mile), Alameda College Track (tent.), 10 am. (RRCA Postal) - Carl Wisser, 2602 8th St., Berkeley 94710.
- May 23 - Deaf Awareness Benefit Runs (2.5 & 6.5 Mi.), Yount Mill Pk., Yountville, 9 am. Flo Butin, 19 Belvedere Ct., Napa 94558.
- May 23 - Nimitz Run, 5 & 10K, Treasure Is., 8:30 am. Eric Ellefsen, Dept. of Naval Science, 25 Callaghan Hall, UC Berkeley 94720.
- May 23 - El Camino Real 10K (& 440Y Racewalk; 440Y Backward Run), Gilroy, 9 am. Bill Flodberg, 12925 Foothill, San Martin 95046.
- May 23 - West Bay Orienteering Meet, site TBA (2 days possibly). Roy Parker (415/665-8943).
- May 23 - California Classic 5-Mile, Mooney Grove Pk., Visalia, 8 am. Marty Higginbotham, 1026 W. Princeton, Visalia 93277.
- May 23 - Mt. Wilson Trail Race, 8½ Mi., 8 am. Don Parker, c/o 232 W. Sierra Madre Blvd., Sierra Madre 91024.
- May 23 - Boatnik 10.8 Mile, Grants Pass, Ore., 8:30 am. Mike Stepka, Recreation Dept., Grants Pass, OR 97526.
- May 23 - Tule Springs 5-Miler & Picnic, Nev., 8 am. Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- May 24 - Ass to Ass Run (13.1 Mi.) & Half Ass Run (7.7 Mi.), Santa Rosa, 9 am. (Entries Postmarked by 5/11 Only) Ass to Ass Run, P.O. Box 4387, Santa Rosa 95402.
- May 24 - Triathlon, Pacific Union College (15 Mi. Run, 1 Mi. Swim, Cycle 25 Mi.), Angwin, 10 am. David Nieman, Box 362, Angwin 94508 (707/965-6425).
- May 24 - TRAC 10-Miler, Moffett Industrial Pk., Sunnyvale, 8 am. Jon Baumgartner, 24292 Elise Ct., Los Altos Hills 94022.
- May 24 - LMJS 5, 10 & 15K, Lake Merritt, Oakland, 9 am. John Notch, 230 Marlow Dr., Oakland 94605.
- May 24 - Grass Valley Memorial 10K, Memorial Pk., 8:30 am. Gary Loucks, 116 High St., Grass Valley 95945 (916/273-9268).
- May 24 - Sacramento Couples 5-Miler (man/woman teams), Sac'to, 9 am. David Low, 7010 Westmoreland Wy, Sac'to 95831.
- May 24 - Indian Gulch to Hornitos 5 & 10 Mi., Hornitos, 8 am. Merced TC, Frank Russell, Box 2462, Merced 95340.
- May 23 - Anderson Dam Runs (1, 2 & 10 Mi.), Morgan Hill, 9 am. Lynn Lockhart, 7664 Los Podres, Gilroy 95020.
- May 24 - Brentwood 10K, Brentwood, 9 am (Postmark Deadline 5/15; 3500 Max). 10K Run, Box 49016, Los Angeles 90049.
- May 24 - CCRC Azalea Festival Run, 5-6 Mi. & 2 Mi., Brookings, Ore., time TBA. CCRC, 202 Alder St., Brookings, OR 97415
- May 25 - Pacific Sun Marathon & 10K, College of Marin, Kentfield, 7:30 am. (1000 Max./Race) Lorna Cunkle, Pacific Sun, P.O. Box 553, Mill Valley 94942 (415/383-4500).
- May 25 - Ave. of the Oaks Runs, 2 & 7 Mi., Live Oak Pk., Fallbrook, 7 am. Bill Sparks, 1448 Knoll Pk, Fallbrk 92028.
- May 30 - Run for Apricots (& Fiesta), 5 & 15K, Patterson (Stadium), 7:30 am. Jim Mahaffey, Box 307, Patterson 95363.
- May 30 - Country-Western Play Days 10K, Monterey Pk. (Barnes Pk), 8 am. Mary Paxson, Merci School, P.O. Box 463, Monterey Park 91754 (213/289-8817).

— FIFTH YEAR —

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► FREE MEDICAL SCREENING ◀

The San Francisco Sportsmedicine Clinic, in conjunction with the West Valley Track Club Medical Annex, would like to extend an opportunity for interested athletes to undergo a free screening. The dates: May 4-8 and 11-15. You will have an opportunity to set up an appointment for screening (checkout for possible imbalances or problems) during either of these two weeks and then, if recommended, come in for a followup if you so choose. Any additional sessions, of course, will be charged. Even if you don't feel you have any problems, you should not feel uneasy about attending a screening...they're free! When you call for an appointment, indicate if you need to see a podiatrist, orthopedist or physical therapist (or more than one). Bring athletic shoes and shorts with you! For appointments: 415/563-2600...please mention NCCR and WVTC Medical Annex when you call. Please make appointments early, as we expect demand to be high.

- May 30 - St. Margaret's Parish of Chino 5 & 10K, 8:15 am. The Running Ctr., 249 S. Riverside Av., Rialto 92376.
- May 30 - Banning 5 & 10K (no other info). Running Ctr. (see abv.)
- May 30 - Heritage Days 10K, Antelope Valley Coll., Lancaster, 7:30 am. High Desert RC, 44384 Stanridge, Lanc. 93535.
- May 30 - Lake of the Woods 12-Miler, Ore., 9:30 am. Lee Juilliat, Herald & News, PO Box 788, Klamath Falls, OR 97601.
- May 31 - Solomon Grundy Sunday 10K Invit. (300 Max.), Berkeley Marina, 7:30 am. (May 22 Deadline) Keith Giglio, Box 1233, Lafayette 94549...(all divisions)
- May 31 - Sunrise Relays, Merritt College (1.8, 3.7 & 4.0 Mi. Legs) in Oakland, 9 am. Sunrise R.R. (415/549-1354).
- May 31 - Gambler's Gallop III (½, 3 & 10 Mi.), Verdi, Nev., 9 am. Jim Muff, 3700 Grant Dr., Reno, NV 89509 (Rotary Club).
- May 31 - Gold Country Marathon (& 10K, ½-Mara.), Pioneer Pk., Nevada City, 7 am. Lions Club, Box 140, Grass Vly 95945.
- May 31 - DSE Practice Dipsea, Mill Valley Bus Sta., 7.1 Mi., 10 am. Walt Stack, 741 Kansas, #2, San Francisco 94107.
- May 31 - Big Bros./Big Sisters Benefit 10K (& 1 Mi.), Mission College, Santa Clara, 9 am. Silicon Valley Str., 3032 Ironside Ct., San Jose 95132.

- May 31 - CCA/TAC One Hour Run, College of Sequoias, Visalia, time ?? Dave Bronzan, 112 Green Oaks, Visalia 93277 (209/625-9537).
- May 31 - Athletic Express 5 & 10K, Riverside, 7:30 am. Contact Athletic Express for more info (in Riverside).
- Jun 6 - Heart & Sole 10K, Hartnell College, Salinas, 10 am. Dave Lewis, Fleet Feet, 364 Main St., Salinas 93901 (408/424-4343).
- Jun 6 - Nike/Mirassou Grape Run, 3.5 Mi., Mirassou Winery, San Jose, 10 am. Ph. 408/274-4000 for more information.
- Jun 6 - Pepsi Fun Runs, 5 & 10K, Medford, Ore., 7:30 am. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535.
- Jun 6 - Biathlon & Picnic (5 Mi. Run, 200m Swim), Sunset Pk., Las Vegas, 7 am. Running Store, 602 S. Maryland Pkwy, L.V. 89101.
- Jun 7 - Fair Oaks Fiesta 5-Miler, Temescal, Fair Oaks, 9 am. Wayne Lowery, P.O. Box 34, Fair Oaks 95628 (916/966-1011).
- Jun 7 - St. John's Festival Old Town Run, 5 Mi., 960 Caymus, Napa, 9 am. Bernice Sousa, 444 Adams St., Napa 94558.
- Jun 7 - Dipsea, 7.1 Mi., Lytton Sq., Mill Valley (to Stinson Beach), 9 am. (No Raceday Entries) (Invit. Div. Deadline is 5/19) (Handicap Race) Mill Valley Jaycees, Box 30, Mill Valley 94941.
- Jun 7 - Russian River Runs (4.9 Mi., ½-Mara. & Marathon), nr. Ukiah, 6 am. (650 Limit Ea. Race; 150 Limit 4.9-Miler) Ivan Rauch or Gail Opperman, Ukiah Community Ctr., 516 So. State St., Ukiah 95482 (707/462-8879).
- Jun 7 - Sri Chinmoy Marathon (State RRCA Championship), Central Pk., Davis, 7 am. (Postmark Deadline May 22) Sri Chinmoy Centre R.C., 2438 - 16th Av., San Francisco 94116.
- Jun 7 - Children's Home Society/Sandpipers/Marianne's Ice Cream 10K Fun Run, Santa Cruz (rear entrance of Natural Bridges State Pk., Delaware St.), 8:30 am. Carol Courtney, 37 Rockview Dr., Santa Cruz 95062 (408/475-2661).
- Jun 7 - Pajaro Dunes Beach Run, 10.07 Mi., nr. Watsonville (Manresa Beach), 9 am. Wm. Flodberg, 12925 Foothill, S.Martin 95046.
- Jun 7 - Dump to Dump (4.5 Mi.), Coyote Point, San Mateo, 9 am. Mike Miller, P.O. Box 5481, San Mateo 94402.
- Jun ?? - Redwood Pioneers Coors Lite Challenge 10K (Marin/Sonoma County Area), date TBA. C. Leonard, Box 1667, Rohnert Pk. 94928.
- Jun 7 - Leatherneck Marathon, El Toro/Santa Ana, time ?? Cpl. Doug Weatherman, Pub. Affairs, MCAS El Toro, Santa Ana 92709.
- Jun 13 - St. Jude 10K (Fisherman's Wharf?), San Francisco, 8 am? Kees Tuinzing, 627 Galerita Way, San Rafael 94903.
- Jun 13 - 17th Robert DeCelle II Memorial Tahoe Relay, 72 Mi., 7-Man Teams, Safeway Pkg. Lot (Hwy 89 & 50), South Lake Tahoe, 7 am. Robert E. DeCelle, Box 1606, Alameda 94501 (415/523-2264).
- Jun 13 - Golden State Women's Run, 5 & 10K, Walnut Creek, 9 am. Suzie Breese, Fleet Feet, 1250 Newell, Walnut Crk, 94596.
- Jun 13 - Palos Verdes Marathon, PVHS, P.V. Estates, 7 am. (3000 Limit Tent.) Kiwanis Club, Box 153, Palos Verdes Estates 90274.
- Jun 13 - 5 Mile Male/Female Partner Race, Sunset Pk., Las Vegas, 7 am. Running Store, 602 S. Maryland Pkwy, L.V., NV 89101.
- Jun 14 - Moscow Road Run, 10K, Monte Rio Post Office, 8:30 am. Fred Kenyon, 1570 North St., #22, Santa Rosa 95404.
- Jun 14 - 16th Woodminster X-C, 9 Mi., Joaquin Miller Pk. (Meadow), Oakland, 10 am. (Handicap) G. Wetzork, 881 Cedar, Alameda 94501
- Jun 14 - Father's Day 5K, Crane Pk., St. Helena, 9:30 am. Reg Harris, 1267 Walnut, #C-66, Napa 94558 (707/255-8705).
- Jun 14 - DSE Golden Gate Promenade Run, 7.5 Mi., Dolphin Club, S.F., 10 am. Walt Stack, 741 Kansas, #2, San Francisco 94107.
- Jun 14 - Lion's Loop, 1½ & 3½ Mi., Calif. & Oak Grove, Burlingame, 9 am. Rich Quadri, 530 Francisco Dr., Burlingame 94010.
- Jun 14 - Windward Marathon & ½-Mara., Oahu, Hawaii (Kailua), 5:30 am. Runners Windward, 22 Oneawa St., Kailua, HI 96734.
- Jun 14 - Cudahy's Bar-S Stampede, 5 & 10K, DeAnza Coll. (Parking Lot C), Cupertino, 9 am. Dennis Zamzow, 2500 Hospital Dr., Bldg. 9, Mtn. View 94040 (415/964-4800).
- Jun 14 - Lake Tahoe Series, 5K, dntn. Tahoe City, 9 am. Stephanie Atwood, P.O. Box 97, Carnelian Bay 95711.
- Jun 14 - Chihuahua Road Runs, 2 & 6 Mi., Chihuahua Plant (718 F St.), Fresno, 8 am. Victor Salazar, 4387 N. Thorne, Fresno 93704.
- Jun 20 - Creative Alternatives' Summer Run, 2 Mi. & 10K, Hughson, time TBA. Creative Alternatives, PO Box 274, Hughson 95326.
- Jun 20 - Gilroy Run for Fun, 3 & 15K, Las Animas Pk., Gilroy, 9 am. Bill Flodberg, 12925 Foothill, San Martin 95046.
- Jun 20 - Double Dipsea, 13.4 Mi., Stinson Beach to Mill Valley & back, 9 am. Walt Stack, 741 Kansas, #2, San Francisco 94107.
- Jun 20 - Y to Y Benefit Runs, 2.108 & 5.108 Mi., Pinole YMCA, 9:30 am. Ken Stein, 3230 Macdonald Av., Richmond 94804 (234-1270).
- Jun 20 - Jacksonville Stage Coach Run, 13.1 Mi., Jacksonville, Ore., 7 am. Mike Miller, 140 Clover Ln., Medford, OR 97501.
- Jun 21 - Holy City Race, 9.08 Mi., 7:30 am (off Hiway 17). Phil Sanfilippo, 2153 Warburton Av., Santa Clara 95050.
- Jun 21 - Camp Coombs X-C Run, ½, 1½ & 7 Mi., Napa State Hospital, Napa, 9 am. Run, P.O. Box 7004, Imola 94558 (Eldon Killian).
- Jun 21 - Labor of Love Runs, 1 Mi., 8.1K & 14 Mi. (& Wheelchair), GG Pk., Polo Flds, S.F., time TBA. S.F. Center for Handicapped, 207 Skyline Blvd., San Francisco 94132.
- Jun 21 - Fathers Day Run, 6 Mi., dntn. Fresno, 6:30 am. Bob Fries, 1501 E. Browning, Fresno 93710.
- Jun 21 - Western States Age-Groups Championship, 10K, Old Town Eureka, 10:45 am. Hal Jackson, 373 Park, Arcata 95521.
- Jun 21 - Valley of the Flowers Marathon (& ½-Mara.), River Park (nr. Lompoc), 7:30 am. Marathon, PO Box 694, Lompoc 93438.
- Jun 27 - Western States 100 Miler, Squaw Valley Lodge to Auburn H.S., 5 am. (RUN CLOSED FOR 1981!) Run, Box 1228, Auburn 95603.
- Jun 27 - Lake Tahoe Marathon, Community Ctr., Incline Village, Nev., 7 am. Reg Bedell, Box 5983, Incline Village, NV 89450.
- Jun 27 - Parade Route Run, 3 Mi., Lompoc, 9 am. Ray Gil, 304 Amherst Pl., Lompoc 93436 (805/736-4333).
- Jun 27 - 5 Mile Age-Group Handicap, Sunset Park, Las Vegas, Nev., 7 am. Running Store, 602 Maryland Pkwy, Las Vegas, NV 89101.
- Jun 27 - Fresno Bunion Derby, 3K, Fresno State Univ., Fresno, time ?? Larry Lung, 784 Jana Way, Hanford 93230 (209/584-5142).
- Jun 28 - PA/TAC 15K Champs (all divisions), Bullis-Purissima School, Los Altos Hills, 9 am. Clark's, 156 Marvin Los Altos 94022.
- Jun 28 - LMJS Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt, Oakland, 9 am. John Notch, 230 Marlow, Oakland 94605.
- Jun 28 - Fitch Mtn. Footrace, 10K & 4 Mi. Prediction Run, Healdsburg Plaza, 7:30 am. Cham. of Comm., 217 Healdsburg, H'brg 95448
- Jun 28 - Meet of Miles (RRCA Postal on track), Santa Rosa JC, 9 am. Fred Kenyon, 1570 North St., #22, Santa Rosa 95404.
- Jun 28 - BAOC Las Trampas Regional Park Orienteering Meet (nr. Danville). David & Carol Stryker (415/483-0856).
- Jun 28 - DSE So. Embarcadero Run, 6.5 Mi., Dolphin Club, S.F., 10 am. Walt Stack, 741 Kansas, #2, San Francisco 94107.
- Jun 28 - Soledad Mission 10K, Soledad, 9 am. Bob Gwinn, Almond Acres, Space 2, Soledad 93960 (408/678-3093).
- Jun 28 - Air Show Half-Marathon, Lemoore Naval Air Station, 7:30 am (June 14 Deadline). Air Show ½-Marathon, NAS Lemoore 93245.
- Jun 28 - Cascade Runoff, 15K, Portland, Ore., time ?? Runoff, 1000 Willamette Ctr., 121 SW Salmon, Portland, OR 97204.
- Jul 4 - 4th of July 5 & 10K, Morgan Hill (Gavilan Pk.), 8:30 am. Bill Flodberg, 12925 Foothill, San Martin 95046.

- Jul 4 - 4th of July Run, Gilroy (10K), 9 am. Flodberg (see pg. 19)
- Jul 4 - LMJS Embarcadero 5-Mile, Estuary Pk., Oakland, 10 am. John Notch, 230 Marlow, Oakland 94605.
- Jul 4 - Kenwood Footrace, 10K, Warm Sprgs. Rd., Kenwood, time TBA. Fred Kenyon, 1570 North St., #22, Santa Rosa 95404.
- Jul 4 - Larkspur-Corte Madera 4th of July Run, 5 1/4 Mi., 9 am. Jim Kaleen (415/924-5344), Tamalpa R.C.
- Jul 4 - Milpitas Firecracker 10K, Beresford Sq. S.C., 9 am. David Muela, Milpitas Comm. Ctr., 160 N. Main, Milpitas 95035.
- Jul 4 - 4th of July Parade Run, 5K, Redwood City (Warren & Marshall Sts), 9:45 am. Bill Wooten, 1400 Roosevelt, R.C. 94061.
- Jul 4 - Bartlett Independence Day Run, 4 Mi., Mooney Grove Pk., Visalia, 7:30 am. M. Higginbotham, 1026 W. Princeton, Visalia 93277 (209/732-8030).
- Jul 4 - 5000m Track Championship, Univ. of Nevada, Las Vegas, Nev., 7 am. Running Store, 602 S. Maryland Pkwy, L.V., NV 89101.
- Jul 5 - Great Calistoga Footrace, 5 Mi., Napa County Fairgrnds, Calistoga, 9 am. Reg Harris, 1267 Walnut, #C66, Napa 94558.
- Jul 5 - Historic Folsom 10K, City Hall, Folsom, 8 am. Frank Krebs, 8406 Taramore Ct., Orangevale 95662 (916/725-4616).
- Jul 5 - Firecracker Runs, 1 1/2 & 4 Mi., Miramar Beach, Half Moon Bay, 8:30 am. Bill Hurja, 637 Buena Vista, Moss Beach 94038.
- Jul 5 - Big Island Marathon, Hawaii, 6 am. Big Isle Roadrunners, Box 1381, Hilo, HI 96720.
- Jul 11 - Top-of-the-State Footraces, 4.7 & 7 Mi., Coll. of Siskiyous, Weed, 8 am. Lee Ferrero, c/o 800 College, Weed 96094.
- Jul 11 - Coyote 20K, Coyote Reservoir, nr. Morgan Hill, 8:30 am. Bill Flodberg, 12925 Foothill, San Martin 95046.
- Jul 11 - Fresno Bunion Derby, 5K, Fresno State, Fresno, 8 am. Larry Lung, 784 Jana Way, Hanford 93230 (209/584-5152).
- Jul 11 - Mt. Charleston Fun Runs & Campout, Kyle Cnyn., (2 days), 5 pm. Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Jul 12 - Domaine Chandon Run in the Vineyard, 10K, Veterans Home (nr. Yountville), 9 am. M. Proteau, Box 2470, Yountville 94558.
- Jul 12 - San Francisco Marathon, Polo Fields (G.G. Pk.), S.F., 8 am. Scott Thomason, P.O. Box 27385, San Francisco 94127.
- Jul 12 - Burlingame Fun Run, 2.85 Mi., Coyote Point Pk., San Mateo, 8:30 am. Brock Riddle, 850 Burlingame Av., Burlingame 94010.
- Jul 12 - Clovis Road Race, 10K, Clovis, 7 am. Mike DeCarli, 81 W. Santa Ana, #A, Clovis 93612 (209/292-8568). (Enter by 7/11)
- Jul 12 - Run for Cancer, 1.5 Mi. & 5 Mi., Main St. Sq., Merced, time TBA. Don Dudley, MTC, P.O. Box 3275, Merced 95340.
- Jul 18 - Fresno Bunion Derby, 10K, Fresno State Univ., 7:30 am. Larry Lung, 784 Jana Way, Hanford 93230. (209/584-5152).
- Jul 18 - Biathlon, 5K Run & 200m Swim, Sunset Pk., Las Vegas, Nev., 7 am. Running Store, 602 S. Maryland Pkwy, L.V., NV 89101.
- Jul 19 - Excelsior Beach Run, 10K, Ocean Beach/Sloat Blvd., S.F., 10 am. Mike Conroy, 8 Heath Ct., Daly City 94015.
- Jul 19 - Marin Headlands Run, 7 Mi., Bunker Rd. (Ft. Cronkhite), 10 am. Kees Tuinzing, 627 Galerita Wy., San Rafael 94903.
- Jul 19 - Lake Tahoe Series 10K, Tahoe City (dntn.), 9 am. Stephanie Atwood, P.O. Box 97, Carnelian Bay, CA 95711.
- Jul 24 - Deseret News Marathon, Washington Pk., Salt Lake City, UT, 5:30 am. Marathon, Box 1257, SLC, UT 84110. (Enter By 7/17)
- Jul 25 - Watermelon Run, 8.4 Mi., Chabot Regional Pk., Oakland, 9 am. Bob DeCelle, Box 1606, Alameda 94501. (No Raceday Entries)
- Jul 25 - Tulare Road Race, Live Oak Park (2 Mi. Prediction & 6 Mi.), 7 am. Norm Takeuchi, 411 E. Kern, Tulare 93274.
- Jul 25 - Mom's Cafe 4-Mile Notch Run, Mt. Charleston, Nev., 8 am. Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101.
- Jul 26 - Gayrun 5 & 10K, Polo Fields, G.G. Park, San Francisco, 10 am. Scott Anderson, 1730 S. Amphlett, #225, San Mateo 94402.
- Jul 26 - Pear Fair 10-Miler, Courtland, 8 am. Jeff Bogle, Fleet Feet, 2408 "J" St., Sacramento 95816 (916/442-7223).
- Jul 26 - (Tent. Date) Wharf-to-Wharf, 5.816 Mi., Santa Cruz Wharf, 9 am. Wharf-to-Wharf Race, P.O. Box 307, Capitola 95010.
- Jul 26 - Occidental 10K, Community Ctr., 9 am. Rod Matteri, P.O. Box 682, Occidental 95465 (707/874-3315).
- Jul 26 - BAOC Redwood Regional Park Orienteering Meet, Oakland/Alameda Co. Joe Scarborough (415/530-3059) "Come & try it!"
- Jul 26 - LMJS 5, 10 & 15K, Lake Merritt (Old Boathouse), Oakland, 9 am. John Notch, 230 Marlow, Oakland 94605.
- Aug 1 - Cazadero Footraces, 3 & 7 Mi., Austin Crk. Rd. & Cazadero Hwy, 6 pm. Dave Sjostedt, Box 562, Bodega Bay 94923.
- Aug 1 - Fresno Bunion Derby, 15K, Fresno State Univ., 7 am. Larry Lung, 784 Jana Way, Hanford 93230 (209/584-5152).
- Aug 2 - Summer Relays, 5 x 4.5 Mi., Lake Merced, S.F., 9 am. WVTC, c/o Karen Lanterman, 36 Eugenia Way, Hillsborough 94010.
- Aug 8 - Sierra Pines 40-Mile Relay, Pines Village, Bass Lake (6/Team), 8 am. Fresno T.C., P.O. Box 6103, Fresno 93703.
- Aug 8 - 50-Mile Relay (5/Team), Piner Elem. School, Santa Rosa, 7 am. Tom Crawford (707/526-0661). (Raceday Reg. Only)
- Aug 9 - Nat'l. TAC Sr./Jr. Men's & Masters (Men/Women) 15K, Lake George, NY. Bill Shrader, 280 State St., Albany, NY 12210.
- Aug 16 - Lake Merritt Relays, Oakland, time TBA. LMJS, Neil Berg (415/524-5078) for more info.
- Aug 23 - Mayor's Cup Marathon, Treasure Is., S.F., 7 am. Sherm Welpton, c/o The Guardsmen, 12 Geary St., S.F. 94108 (781-6758).
- Aug 23 - Avon Internat'l Women's Marathon (USA/TAC Champs), Ottawa, Ont., Canada. Avon, 9 W. 57th St., NY, NY 10019.

Track & Field

NOTICE: - In this issue & future issues we will primarily list only those meets that do not receive wide publicity in the local newsmedia (non-school/college meets, etc.). If this new policy is not to your liking, we encourage you to let us know. Schedule compiled by DAVE SHROCK.

- Apr 18 - NorCal Decathlon/Heptathlon, Sac'to St. (C/O/W), Kent Lieberman, Athletics, 6000 J St., Sac'to 95819; Nor-Cal Twilight Meet, Los Gatos HS (O/W), Dan Cruz, 1375 Essex Wy, San Jose 95117.
- Apr 25 - Diablo Valley Boys Invit., Diablo Valley Coll., (AGB), DVTCF, Box 23646, Pleasant Hill 94523.
- May 2 - Youth Sectionals, Cupertino & Roseville (AG), Jim Hume, 1391 Broadway, #4, Millbrae 94030.
- May 8 - Stanford Women's Classic (OW/CW), Laurel Treon, Stanford Athletics, 94305.
- May 9 - Golden Girls TC Invit. (2 days), DeAnza Coll., Cupertino (AGG/W), Nick Massey, 6125 Prospect, San Jose 95129..
- May 16 - Age-Group Pentathlon, Mills HS (AGG), Jim Hume, 1391 Broadway, #4, Millbrae 94030.
- May 23 - Warmerdam Classic (TFA West. Regional), Fresno St., (O/C), Red Estes, Athletics, FSU, Fresno 93740; PA/TAC Age-Group Champs, Cupertino (2 days), Jim Hume-see 5/16.
- May 30 - PA/TAC Masters Champs, Los Gatos HS (SM/M), Bruce Springbett, Box 1328, Los Gatos 95030.
- May 31 - PA/TAC Senior Champs, San Jose CC (O/W), Bill Pratt, Box 284, San Bruno 94066; Herbert Hoover Relays,

Nor-Cal Twilight Invitational Track Meet

April 18, 1981 at Los Gatos High School
Field Events - 5:00 Running Events - 6:00
Men & Women (Limited Events)
For more information contact:

Pacific West TC, c/o Dan Cruz, 1375 Essex Way, San Jose, CA 95117. Send Self-Addressed, Stamped Envelope Please! Special 10,000 Meter Race. Entry Fee: \$1.50 per athlete per event.

- May 31 - (Cont'd) Stanford Univ. (AG/O/SM/M), Van Parish, 148 Hedge Rd., Menlo Pk. 94025.
- Jun 13 - TAC Jr. Nat'l's (Men), Knoxville, TN - Billy Maxwell, Univ. of Tenn., Box 47, Knoxville, TN 37901, (2 days).
- Jun 19 - TAC Sr. Nat'l's (Men & Women), Hughes Stad., Sac'to (3 days), Al Baeta, ARC, 4700 College Oak Dr., Sac'to 95841 (916/484-8143).
- Jun 20 - TAC Masters Western Reg. (2 days), Los Gatos HS (SM/M), Bruce Springbett-See 5/30; State TAC Age-Group (2 days), UC Irvine, F. Duarte, 3717 S. Ramona Dr., Santa Ana 92707 (714/545-7701).
- Jun 27 - Sr. Olympics (2 days), USC (25/Over), Warren Blaney, 5670 Wilshire Blvd., #300, L.A. 90036 (213/938-5548).
- Jun 30 - TAC Jr. Women's Nat'l's (2 days), UCLA, Pete Scanlan, 2925 Knoxville, Long Beach 90815 (213/421-2867).
- Jul 3 - TAC Nat'l Girls A/G Champs (3 days), UCLA, Bill Peck, 1140 N. Alexandria, LA 90028 (213/666-0546).
- Jul 18 - TFA/USA Western Regional Masters Champs, UCLA, Mike Sims, 5419 Sunset Blvd., LA 90027 (213/462-7362).
- Jul 25 - TAC Nat'l Boys A/G Champs (2 days), Baton Rouge, LA, Jim Hadden, 536 Trammel Dr., Baton Rouge, LA 70815
- Aug 7 - AAU Nat'l Jr. Olympics (3 days), Ramsay Thomas, Wake Forest Athletics, 7265 Reynolda Sta., Winston-Salem, NC 27109 (919/761-5630).
- Aug 8 - Home Savings & Loan Pan-Am Masters (2 days), Hilliard Sumner, 22713 Ventura, Woodland Hills 91367.
- Aug 15 - Nat'l TAC Masters Champs, Los Gatos HS (2 days), B. Springbett-see 5/30. □

SRI CHINMOY 13 MILE "PRE-MARATHON"

SRI CHINMOY 13-MILE RUN: Sunday, March 29, 1981 8:00 AM Davis, California

START: Davis Central Park, "B" Street at Russell Blvd.

SERVICES: Aid & splits every mile, light refreshments after race

AWARDS: Certificates to all finishers, trophies to top finishers in Men's & Women's Open, Sub-Masters, & Masters divisions

ENTRY FEE: \$3.00

REGISTRATION: Mail entries must be postmarked by March 14. Registration permitted on race day.

RACE DIRECTOR: Sundari Michaelian. For information call (415) 861-4148

THIRD ANNUAL SRI CHINMOY MARATHON

SUNDAY, JUNE 7, 1981

START: 7:00 am, Davis Central Park, "B" Street at Russell Blvd., Davis, Calif.

COURSE: 100% flat. Fast course. Out-and-back, all paved surfaces. Start & finish near downtown Davis, heads west into scenic farm & orchard lands, returns via same route.

WEATHER: Probably clear & warm, temperature mid-70's by late morning, possibly cooler & overcast.

SERVICES TO RUNNERS: Aid & splits every mile. Free post-race meal to all runners.

AWARDS: Certificates to all finishers. Trophies to first, second, & third places in Men's & Women's Open (18-29), Sub-masters (30-39), & Masters (40 & over) divisions.

ENTRY FEE: \$7.00 with T-shirt, \$5.00 without T-shirt.

REGISTRATION: Field limited to 2,500. Mail entries must be postmarked by May 23. THERE WILL BE NO RACE DAY REGISTRATION. Race packets will be mailed to all entrants. Additional race information & T-shirts will be available for pick-up at selected Bay Area and Davis locations one week before the race, and at race site on race day.

SANCTION: Sanctioned and certified by the Road Runners' Club of America.

RESULTS: Will be mailed to all entrants 2 to 3 weeks after the race.

RACE DIRECTOR: Sundari Michaelian. For information call 861-4148.

PLEASE PRINT OR TYPE

Name (last) _____ (first) _____ Sex _____ Age (on 6/7/81) _____

Address _____ City _____ State _____ Zip _____

Is this your first marathon? _____ Best previous time _____ Phone Number _____

T-shirt size: S M L XL Club Affiliation _____

Intending to be legally bound, I hereby certify that my training and health are adequate for me to compete safely in a marathon, and I hereby waive any claims for damages I might suffer due to participation in the Sri Chinmoy Marathon on June 7, 1981.

Your signature _____

Please make checks payable to S.C.C.R.C. and mail to:
S.C.C.R.C., 2438 16th Ave., San Francisco, CA 94116



Third Annual Run for Daylight

10 Kilometers (6.2 miles)

LAFAYETTE, CALIFORNIA
SUNDAY, APRIL 26, 1981

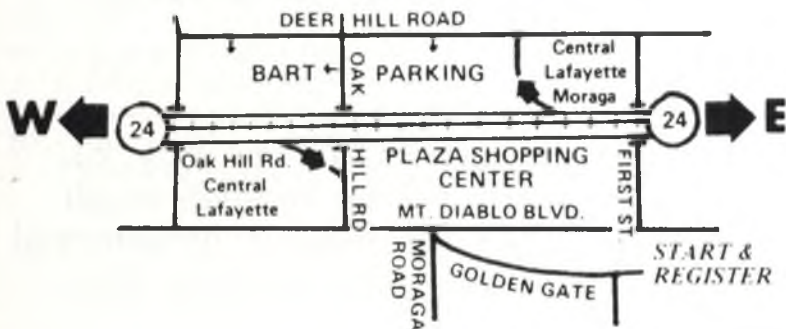
A Benefit for the American Cancer Society

Sponsored by: Markstein Beverage Company of Pittsburg and Union City

Daylight Savings Time is coming. More time to run. Time to get into the summer running program. What better way to start than with a 10 kilometer run through beautiful Lafayette. Our new course winds through Lafayette's tree lined streets onto an East Bay Park trail and along Las Trampas Ridge. Race direction will be by The Diablo Road Runners.

THE RACE

- Date & Time:** Sunday, April 26, 1981. 10:00 A.M. Daylight Savings Time.
Start/Finish: Corner of 1st Street and Golden Gate Way in Lafayette.
Registration: \$6.00 per runner. Checks to be made payable to the American Cancer Society. Race day registration 8:00 to 9:45 A.M.
Course: Athletic Congress TAC Sanctioned 10k loop through Lafayette streets, along bike trail and along Las Trampas Ridge. Flat land and gentle slopes . . . New Course - Certified.
T-Shirts: Free T-Shirts will be given to first 1200 registered runners.
Refreshments: Natural Light beer to registered runners.
Awards: Engraved plaques to 1st place in each category.
Prizes: Prizes for 1st place in each category plus drawing for all registered runners.



From Oakland/San Francisco: Take Highway 24 East through the Caldecott tunnel to Oak Hill Road/Central Lafayette exit. Follow signs to parking in the BART parking lot or the Plaza shopping center.

From San Jose: Take 680 North to Highway 24 West then to Central Lafayette/Moraga exit. Follow signs to parking and race.

From Pittsburg/Martinez/Walnut Creek: Take Highway 24 West to Central Lafayette/Moraga exit. Follow signs to parking and race.

--- RUN FOR DAYLIGHT ---

Mail Entry before Monday -- April 20, 1981 to:

AMERICAN CANCER SOCIETY
P. O. Box 4295
Walnut Creek, CA 94596 (415) 934-7640

Please enter me in the 10 kilometer, **Run for Daylight** to be held on Sunday, April 26, 1981, 10 A.M., D.S.T., Lafayette, California. Enclosed is the \$6.00 entry fee (check made payable to The American Cancer Society) and complete required information on the entry form:

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

Club Affiliation, if any _____

AGE CLASS: Under 13 13-17 18-29 30-39 40-49 50-59 60+

T-SHIRT SIZE: Small Medium Large Extra Large Average running time per mile _____

In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assignees, do hereby release and discharge The American Cancer Society and any other sponsors for all claims for damages which I or my minor child may sustain arising or growing out of my participation in the Run for Daylight. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I further grant full permission to the use of my minor child's likeness by the American Cancer Society for any purpose whatsoever.

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

SIGNATURE: of participant if under age 18



*The Human Race**

Saturday, May 9, 1981

Sponsored by: Volunteer Bureau/Voluntary Action Centers

10 KILOMETER FUN RUNS

REGISTRATION 7:30 AM
 RUN 8:30 AM

CATEGORIES:

SALINAS

Star Center Parking Lot
 Corner Blanco and Main

SAN FRANCISCO

Crissy Field - enter Marina
 Blvd. at Lyon

SAN JOSE

For information
 call (408) 244-5252

SAN MATEO

Marine World - Africa U S A
 Marine World Parkway

Kids	9 years and under
Teeny Boppers	10-12 years
Teens	13-17 years
Open	18-29 years
Sub-Masters	30-39 years
Masters	40-49 years
Mature Masters	50-59 years
Super Masters	60-69 years
Survivors	70 years +

Prizes and Awards will be given in various categories.

*Courtesy of "The Human Race", a book by Len Wallach



Pacific Sun MARATHON

Dear Race Director,

As I sit home savoring my victory (finishing the marathon) I think back at what made it possible. Sure, part of it was training, but looking back and putting myself back on the 26-miler, I know that I didn't do it myself. It started with the excitement that I got upon entering Marin County.

At a coffee shop I happened to see a copy of the *Pacific Sun* and while commenting to a fellow runner about your coverage of the race I happened to see my name, along with the names of all the entrants. Here is a not-so-good runner from a little town with a population of less than 100 being mentioned — wow!

Anyway, as I began my run I was so overwhelmed with the view that I forgot the pain. The spectators were fantastic, calling me by name, offering encouragement, some offering water, others a cool down. All this happened throughout the race. I was amazed at how we were encouraged, applauded and praised by your community.

My very special thanks go to the folks who worked — they were fantastic. I have never seen so many people so involved, so caring, work so hard and enjoying it. So, *Pacific Sun* and Marin County residents, my thanks and my congratulations. See you next year.

#298, Raul Saldana
Raisin City, California



4th Annual
Pacific Sun Marathon and 10K Race

co-sponsored by Tamalpa Runners

Monday, Memorial Day, May 25, 1981

7:30am 26 miles 385 yards

8:00am 10 kilometers (6.2 miles)

Entry fee: \$8 marathon (\$10 after May 15)

\$6.50 10K race (\$8.50 after May 15)

Half price for children 14 & under, seniors 60 & over

T-shirts and certificates for all finishers*

Medals in many divisions

Raffle for merchandise prizes*

Course description: The AAU-certified marathon course, on macadam roads, paved bike paths and a short section of dirt road, begins at the College of Marin track and, in a single loop, goes through Kentfield, Larkspur, Corte Madera, Mill Valley, Strawberry, around the Tiburon peninsula, and back to College of Marin. The route will be chalked, marshalled and lined with eight aid stations. The 10-kilometer course, an out-and-back run, is flat, on macadam roads and paved bike paths. There will be lead and sweep bicycles for both races.

***Late registration:** There are several advantages to registering before May 15. Your entry fee will be \$2 less than those who register after May 15. Also, you will be eligible for the raffled prizes and your name (marathoners only) will appear in the official program. Finally, T-shirts and certificates will be distributed to late registrants only after *all* runners have crossed the finish line.

--	--

Last name (please print)

First name

Address

City/zip

Phone

I plan to run:	T-shirt size	men	women	Sex _____
<input type="checkbox"/> 10 kilometers	Small	<input type="checkbox"/>	<input type="checkbox"/>	Age on race day _____
<input type="checkbox"/> 26 miles 385 yards	Medium	<input type="checkbox"/>	<input type="checkbox"/>	Club name _____
	Large	<input type="checkbox"/>	<input type="checkbox"/>	(for team title, marathon only)
	Extra-large	<input type="checkbox"/>		

In consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages that may accrue against the Pacific Sun, Tamalpa Runners, Marin County, Larkspur, Corte Madera or Mill Valley for any and all injuries that may be suffered by me in the Pacific Sun Marathon and 10K Race or en route to or from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver, I acknowledge that I have read and understand all of the above.

Date

Signature

Signature of parent or guardian if runner is under 18

Return signed entry form, check (payable to Pacific Sun Marathon) and a stamped, self-addressed business-size envelope to Pacific Sun Marathon, P.O. Box 553, Mill Valley, CA 94942. We will mail you a registration packet including your number, name tag and course map. No unregistered runners, please.

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).

NorCal Prep X-C Rankings

Jay Marden (Mission San Jose, Fremont) had a fantastic season. He went undefeated including his victory at the Kenney National Championship in San Diego. Mike McCollum (Palo Alto) won the Central Coast Section and finished sixth at the Kinney Nationals. Gary Gonzales (Clovis) receives the honor of being the first Central Section athlete to be selected on the Northern California team. Only Jon Butler (Edison, Huntington Beach) beat Gonzales at Mt. SAC.

A scheduling foul-up, which hindered Lori Shanoff (Petaluma) and Robyn MacSwain (Terra Linda, San Rafael), was responsible for their relatively poor showing at the Northern California Championship. They were both undefeated going into their first meeting at the North Coast Section 3A meet in Arcata on Saturday the 15th of November. Shanoff won that dual by three seconds. On the following Tuesday they met for the North Coast Section meet and Shanoff prevailed again by 13+ seconds. But the two hard races at two widely separated places (Arcata and Berkeley) affected them at the NorCal meet. MacSwain, in fact, collapsed after 2 1/4 miles despite leading at the time. Shanoff only managed to finish tenth. MacSwain came back the next week to finish seventh at the Kinney Western Regional. Shanoff beat Kerry Brogan (Los Altos) by 29 seconds at Stanford. MacSwain beat Linda Van Housen (Sacred Heart, Mtn. View) by 34 seconds and Brogan by 39 seconds at the Artichoke Invitational. MacSwain ran the Crystal Springs course in 17:14, which is the fifth fastest ever. Van Housen's best on that course was 17:37.

BOYS--INDIVIDUAL: (1) Jay Marden (Mission San Jose, Fremont), (2) Mike McCollum (Palo Alto), (3) Gary Gonzales (Clovis), (4) *Harold Kuphaldt (Bella Vista, Fair Oaks), (5) Jesse Torres (Independence, San Jose), (6) Sam Hooker (Las Lomas, Walnut Creek), (7) Dean Vanderbush (Lassen, Susanville), (8) Aubrey Wilson (Berkeley), (9) Nelson Bernal (Westmont, Campbell), (10) Dave Shea (Castro Valley).

GIRLS--INDIVIDUAL: (1) *Lori Shanoff (Petaluma), (2) *Robyn MacSwain (Terra Linda, San Rafael), (3) *Linda Van Housen (Sacred Heart, Mtn. View), (4) Kerry Brogan (Los Altos), (5) *Marilyn Davis (Miramonte, Orinda), (6) Marcia White (Miramonte, Orinda), (7) Mary Gaffield (El Cerrito), (8) *Ester Berndt (Gunn, Palo Alto), (9) *Laurie Hollingworth (Piner, Santa Rosa), (10) **Paige Tully (Alhambra, Martinez).

BOYS--TEAMS: (1) Los Gatos, (2) Bella Vista (Fair Oaks), (3) Monta Vista (Cupertino), (4) Castro Valley, (5) Mission San Jose (Fremont), (6) Corcoran, (7) Riverbank, (8) Berkeley, (9) Willow Glen (San Jose), (10) Lassen (Susanville).

GIRLS--TEAMS: (1) Miramonte (Orinda), (2) Carondelet (Concord), (3) Cordova (Rancho Cordova), (4) St. Francis (Mtn. View), (5) Drake (San Anselmo), (6) Mira Loma (Sacramento), (7) Nova (Redding), (8) Los Gatos, (9) Los Altos, (10) Redwood (Larkspur).

HIGHLIGHTS

Following are results of the major end-of-season meets, including Section Championships, NorCal Championships & Kinney Region & National Meets.

NORTHERN SECTION (Nov. 8, Location?): **/BOYS/** Anderson 65, Lassen 83, Las Plumas 96, Red Bluff 127, Enterprise 129. 1-Herb Bladorn/Chico 16:16, 2-Morreti/NT 16:17, 3-Williams/Ch 16:20, 4-Vanderbush/Las 16:37, 5-Allison/And 16:40, 6-Cotrell/And 16:43, 7-Prigmore/Sh 16:45, 8-Hulseman/RB 16:48, 9-Guzman/Modoc 16:48, 10-Hafer/LP 16:52. **/GIRLS/** Nova 50, Chico 79, Pleasant Valley 82, Shasta 87, Lassen 87. 1-Jennifer Korte/PV 15:37, 2-Carter/N 15:44, 3-Moore/Ent 15:57, 4-Wright/PV 16:13, 5-Smith/L 16:17, 6-Fretwell/Ch 16:26, 7-Schreder/N 16:34, 8-Martin/N 16:36, 9-Donohue/Sh 16:38, 10-Johnston/N 16:39. /Conning/

SAC-JOQUIN SECTION (Nov. 15, Lodi): **/BOYS/** Bella Vista 94, Riverbank 95, Vacaville 104, Jesuit 108, Woodland 117, Mira Loma 158, El Dorado 167, Cordova 178. 1-Torres/Johnson 14:16,

2-Kuphaldt/BV 14:24, 3-Knowles/Vaca 14:42, 4-Ternes/J 14:49, 5-Britten/Vaca 14:52, 6-Goyette/ED 14:53, 7-Whaler/Placer 14:56, 8-Hamer/SJuan 15:02, 9-Carroll/ML 15:03, 10-Orr/J 15:04. **/GIRLS/** Cordova 73, Mira Loma 98, El Dorado 114, Casa Roble 138, DeI Oro 147, Davis 170, Lincoln 171. 1-Slingerland/ML 11:19, 2-Haase/SLT 11:28, 3-Martin/CR 11:32, 4-McKeen/Cor 11:37, 5-Santa Cruz/ML 11:40, 6-Perrin/ML 11:46, 7-Soto/CR 11:47, 8-Bushling/YC 11:48, 9-Spencer/Placer 11:49, 10-McAfee/DO 11:49. /Keith Conning/

CENTRAL COAST SECTION (Nov. 18, Belmont): **/BOYS/** Los Gatos 98, Monta Vista 120, Willow Glen 126, Hollister 133, Bellarmine 135, Leigh 182, St. Francis 206, Watsonville 222. 1-Mike McCollum/PA 14:45, 2-Bernal/Wsmt 15:00, 3-Dulin/Lei 15:10, 4-Guaracha/Hol 15:13, 5-Rubio/WG 15:14, 6-Scattini/Palma 15:16, 7-Naughten/Fre 15:20, 8-Gonzalez/Gund 15:24, 9-Ernst/MV 15:25, 10-Cox/LG 15:28, 11-Stefanisko/ST 15:29, 12-Zamczyk/Hom 15:31, 13-Johnson/Lei 15:33, 14-Foster/MV 15:34, 15-Vasquez/Wat 15:36. **/GIRLS/** St. Francis 63, Los Gatos 128, Gunn 152, Carlmont 154, Los Altos 186, Del Mar 224, San Mateo 227. 1-Linda Van Housen/SH 17:37, 2-Brogan/LA 18:03, 3-Berndt/Gunn 18:05, 4-Wright/Hom 18:30, 5-Brodie/SFr 18:44, 6-Silva/SCar 18:48, 7-Wolfe/Seq 18:50, 8-Buckler/Sara 18:51, 9-Kwong/Hom 18:55, 10-Stearns/SCrk 18:59, 11-Choy/Sal 19:02, 12-Morris/LG 19:02, 13-Grassi/SFr 19:09, 14-Gustafson/LO 19:13, 15-McCarroll/Branham 19:16. /Keith Conning/



(Left) Jay Marden, shown leading Kinney National X-C Championships, went undefeated during the season. (Right) Harold Kuphaldt & Mike McCollum were ranked 4th and 2nd. /Don Gosney/



(Left) Robyn MacSwain was selected as second best in NorCal. (Right) Marcia White (ranked 6th) runs with top-ranked Lori Shanoff at the Kinney Western Regionals. /Don Gosney/

NORTH COAST SECTION (Nov. 18, Berkeley): /GIRLS/ Miramonte 78, Carondelet 94, Drake 103, Redwood 112, San Ramon 147, Petaluma 149, California 174. 1-Lori Shanoff/Pet 15:24, 2-MacSwain/TL 15:37, 3-Davis/Mir 15:47, 4-White/Mir 15:49, 5-Hollingworth/Piner 15:50, 6-Tully/Alh 15:51, 7-Ames/Cal 15:56, 8-Dykstra/Dr 15:57, 9-Sihner/Mir 15:59, 10-Gaffield/EC 16:02, 11-Brennan/MC 16:04, 12-Ellingson/Hay 16:05, 13-Maloney/SV 16:06, 14-Starrett/Red 16:12, 15-Lambden/CV 16:13. /BOYS/ Castro Valley 80, Berkeley 88, Mission San Jose 103, Las Lomas 129, Amador 133, San Ramon 155, Redwood 167. 1-Jay Marden/MSJ 16:22, 2-Shea/CV 16:43, 3-Berry/YV 16:52, 4-Hooker/LL 17:03, 5-Wilson/Ber 17:05, 6-Abshire/DA 17:08, 7-Kessler/CV 17:13, 8-Wogsland/MSJ 17:20, 9-Anderson/CV 17:30, 10-Tinney/FB 17:32, 11-Hill/Am 17:32, 12-Ross/TL 17:36, 13-Skinner/Red 17:37, 14-Dye/Red 17:38, 15-Phillips/Con 17:40, 16-Sutton/Uk 17:40, 17-Balatti/DLS 17:40, 18-Ramos/Ber 17:43, 19-Angus/MSJ 17:45, 20-Bates/FB 17:47. /K.C./

OAKLAND SECTION (Nov. 19, Oakland): /GIRLS/ Skyline 15. 1-McLeod/S 13:03.5, 2-Ray/O 13:09, 3-Turner/S 13:31, 4-Camp/S 13:36, 5-Byrens/S 13:41, 6-Hill/S 14:00. /BOYS/ Skyline 15, Castlemont 59, Fremont 66. 1-Pluth/S 13:40(CR), 2-Schneider/S 14:10, 3-Duncan/S 14:21, 4-Cedar/S 14:41, 5-Briones/O 14:46, 6-Cypher/S 14:54. /Keith Conning/

NORTHERN CALIFORNIA CHAMPIONSHIPS (Nov. 22, Belmont): /GIRLS/ Miramonte 58, Carondelet 74, Cordova 98, St. Francis 120, Mira Loma 151, Nova 157, Los Gatos 182, Gunn 193, West 213, Skyline 215. 1-Van Housen/SH 17:45.5, 2-Brogan/LA 17:51.5, 3-Gaffield/EC 17:52, 4-Davis/Mir 17:58, 5-White/Mir 17:58, 6-Berndt/Gunn 17:59, 7-Hollingworth/Pin 18:03, 8-Tully/Alh 18:08, 9-Sihner/Mir 18:15, 10-Shanoff/Pet 18:18, 11-Slingerland/ML 18:20, 12-Haase/SLT 18:24, 13-Dykstra/Dr 18:26, 14-Carter/Nova-Frosh 18:28, 15-Rogers/MW 18:28, 16-Brodie/SFr 18:31, 17-McKeed/Cor 18:34, 18-Martin/CR 18:34, 19-Wolfe/Seq 18:39, 20-Knafelc/Car 18:40, 21-Van Wagenen/CW 18:40, 22-Ames/Cal 18:41, 23-Wright/Hom 18:43, 24-McAfee/DO 18:47, 25-Bushling/YC 18:48. /BOYS/ Los Gatos 99, Bella Vista 113, Monta Vista 122, Mission San Jose 144, Castro Valley 145, Riverbank 159, Willow Glen 176, Lassen 183, Berkeley 184, Vacaville 188, Skyline 196. 1-Jay Marden/MSJ 14:28.4, 2-Hooker/LL 14:46, 3-McCollum/PA 14:47, 4-Kuphaldt/BV 14:49, 5-Vanderbush/Las 14:59, 6-Wilson/Ber 15:00, 7-Guaracha/Hol 15:01, 8-Bernal/Wsmt 15:04, 9-Knowles/Vaca 15:05, 10-Dulin/Lai 15:06, 11-Rubio/WG 15:07, 12-Smallwood/Cor 15:09, 13-Torres/John 15:10, 14-Abshire/DA 15:12, 15-Vinton/Sang 15:15, 16-Cox/LG 15:18, 17-Carroll/ML 15:19, 18-Naughten/Fre 15:20, 19-Pluth/Sky 15:21, 20-Ernst/MV 15:22, 21-Lohse/Han 15:23, 22-Shea/CV 15:23, 23-Bratten/Vaca 15:23, 24-Ternes/Jes 15:24, 25-Wogsland/MSJ 15:27, 26-Hamer/SJuan 15:28, 27-Whaler/Placer 15:28, 28-Allison/And 15:30, 29-Lee/BV 15:30, 30-Purring-ton/WG 15:31. /Keith Conning/



Start of NorCal Championships girls' race at Belmont. /Gosney/

SAN FRANCISCO SECTION (Nov. 19, S.F.): /GIRLS/ Lowell 29, Lincoln 62, Galileo 143, McAteer 162, Balboa 175. 1-Chalcraft/G 22:07, 2-Brown/Lo 22:24, 3-Berbey/Li 22:28, 4-Carw/Lo 23:16, 5-Woo/Lo 23:19. /BOYS/ Washington 59, Lowell 61, Lincoln 108, Wilson 116, Balboa 128. 1-Sowell/Lo 17:27, 2-Spicer/M 18:14, 3-Stanford/Wa 18:39, 4-Anderson/Wi 18:31, 5-Volz/Li 18:31. /KC/

KINNEY WESTERN REGIONAL (Nov. 29, Fresno): /BOYS/ 1-Jay Marden/MSJ 14:42.6, 2-Ansberr/AZ 14:49, 3-Butler/HB 14:52, 4-Mazo/OR 14:53, 5-McCollum/PA 15:04...9-Kuphaldt/BV 15:09, 15-Torres/Ind

15:25, 20-Gonzales/Cl 15:33, 21-Hooker/LL 15:34, 22-Whaler/Placer 15:34, 23-Cox/LG 15:35, 31-Gonzalez/SJ 15:44, 34-Swafford/Sac 15:46, 38-Hamer/SJuan 15:48, 41-Wilson/Ber 15:54, 47-Paredes/Gil 15:57. /GIRLS/ 1-Cook/Northridge 17:13, 2-Anderson/AZ 17:22, 3-Knowlton/WA 17:29, 4-Katterhagen/WA 17:35, 5-Locke/AK 17:38...7-MacSwain/TL 17:57, 9-White/Mir 18:09, 17-Shanoff/Pet 18:43, 19-Martin/O'vle 18:47, 20-Slingerland/ML 18:49, 21-Gaffield/EC 18:50, 25-Brennan/MC 19:07, 26-Flint/Uk 19:25, 27-Petty/Stkn 19:30, 28-Nieto/Mer 19:31, 29-Perrin/Sac 19:32, 31-Van Wagenen/Clov 19:32, 35-Soto/Sac 19:33, 38-Wilcox/Clov 19:41, 39-Perkins/Con 19:43, 45-Santa Cruz/Sac 19:58, 47-Smith/Lodi 20:01, 48-Radford/Mont 20:01. /Bill Cockerham/

KINNEY NATIONAL CHAMPIONSHIPS (Dec. 13, San Diego): /BOYS/ 1-Jay Marden/MSJ-WVTC 14:53.5, 2-Butler/HB 14:57.4, 3-Beauchamp 15:01, 4-Hacker 15:04, 5-Ansberr 15:05, 6-McCollum/PA-AGRC 15:09...no other NorCal finishers in top 35. /GIRLS/ 1-Ceci Hopp/CT 17:12, 2-Strauss/PA 17:20, 3-Cook/Northridge 17:31, 4-Forsythe/TN 17:36, 5-Anderson/AZ 17:48...21-MacSwain/TL 18:40, 27-White/Mir 19:27...no other NorCal finishers in top 35. /CT&RN; Jay Marden/□

TRACK AND FIELD



RESULTS



ALL-COMERS MEET (Dec. 13, Berkeley): /OPEN/ 1500m: Clifford 3:55.8, Smith 3:56.8, Dyer 3:57.9, Guinee 3:59.6; 55mHH: Liggins 7.4; 55m: R.Kennedy 6.3, Mathis 6.4; 400m: Robinson 48.5, Bonner 49.6; 800m: Kay 1:58.5; /WOMEN/ 1500m:(I) Campbell/StanTC 4:34.4, (II) Hicks/GSF 4:59.5, Ulliyot/WVTC(40+) 5:01.2; 55mLH: Sanders 8.0, Johnson 8.2; 55m: Casimir 7.5; 400m: Johnson 57.4, Spence 58.9, Sanders 59.9; /HIGH SCHOOL/ 1600m: Charleston 4:31.4, McGee 4:33.8; 55mHH: Boyd 8.0, Jackson 8.2; 55m: Holbert 6.4, Wingo 6.6; 800m: Walker 1:58.1, Langerston 1:58.2. /Keith Conning/

ALL-COMERS MEET (Dec. 20, Berkeley): /OPEN/ 50m:(I) R.Kennedy 5.8, (II) Nash 5.9, (III) Mathis/Cal 5.8, (IV) R.Kennedy 5.8, Farmer 5.9; 200m: Kennedy 22.7; 400m:(I) Williams/Cal 50.1, (II) Smith 50.1, (III) Cleary 50.4; 800m:(I) Cleary 1:57.7, (II) Bonner/Cal 1:58.4; 1500m: Guinee/Cal 3:58.1, Barnes 3:58.2, Smith 3:58.5; 5000m: Kotchevar 15:14.6; 55mHH:(I) Whitfield 7.5, Carty 7.5, Borden 7.5, (II) Whitfield 7.4, Carty 7.5, Borden 7.5; 1600mR: SacCity 3:15.1, SacCity 3:16.8; HJ: Wyrick/SC 6-9, Myers/Cal 6-7, Dunn 6-7, Moran/Hay 6-7, Churchill/Hay 6-7; PV: McAlexander/Cal 16-0, Philbert 14-6; LJ: Alston/Hay 22-4; TJ: Indelicato/Chico 44-4½; SP: Weeks/PCC 60-5½, Tafralis/WVTC 56-4 ¾, Parker/Cal 56-2; DT: Weeks/PCC 200-10, Cutler/UNR 174-5, Tafralis/WVTC 172-5; JT: Roller 234-9, Rider 214-10, Cutler/UNR 210-5. /WOMEN/ 50m(III): Casimir/Millbrae 6.6; 200m: Casimir 26.2; 400m:(III) Spence/BEB 58.9; 800m: Noe/Pied 2:26.1; 1600m: Davis/Mir 5:26.2, White/Mir 5:27.8; 50mLH: Johnson/BEB 8.4; LJ: Johnson/BEB 17-7. /HIGH SCHOOL/ 50m: Nickles/Ceres 6.2, Namiki/Redw 6.4, Laffoon/Ceres 6.4; 400m: Clewis/BEB 50.4; 800m: Gerhart/Mir 1:59.0; 1600m: Gerhart/Mir 4:38.2; HJ: Malvino/Redw 6-4; LJ: McGlory/EC 21-11½. /MASTERS/ 50m: Obera/NCS 6.9; 200m: Obera 27.0, 400m: Obera 62.6; 5000m: Bowles/WVTC 16:53.8. /K. Conning/

ALL-COMERS MEET (Dec. 27, Los Gatos): /OPEN/ 100: Foster 9.7; 220y: Smith/Un 22.8; 440: Green/SJS 50.9; Mile: Yeager/Un 4:23.7; 70HH: Dixon/Stan 8.1; 330LH: Williamson/FSU 38.6; PV: Babits 15-0; DT: Struble 156-7½; /HIGH SCHOOL/ 100: White/Bran 10.1; 220: White 22.6; 440: Vasquez/Wat 50.8; 880: Naughton/Fre 2:02.9; PV: Norris/DM 13-6; DT: McGraw/LG 151-0; /WOMEN/ 100: Demorest/Buch 11.5; 220: Demorest 26.5; Mile: King/Ayer 5:20.3; /MASTERS/ 100: Springbett/LGAA 10.8; 220: Springbett 24.4; 440: Lewis/WVJS 63.6; 880: McFadden/WVTC(39) 2:10.3; Mile: McFadden 4:54.4; 2M: Silven/Un 11:12; DT: Shissler/Un 129-9. /Keith Conning/

ALL-COMERS MEET (Jan. 3, Berkeley): /OPEN/ 200m: Kelly/Cal 22.2; 400m: Robinson 51.4; 800m: Kay 2:02.1; 1500m: Laudenslager 4:06.1; SP: Parker 54-11; DT: Hill/Cal 156-2; HJ: Moran/HaySt 6-6; /WOMEN/ 400m: Robinson 62.9; 1500m: Harbin/WVTC(40+) 5:23.1; HJ: Howard/CSH 5-2; /HIGH SCHOOL/ HJ: Morris/Fairfld 6-4, Wright/Mir 6-0. /Keith Conning/

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RUNNER'S WORLD INDOOR (Jan. 2, Daly City): *Local athletes are listed (along with winners).* 50m: King/Ala 5.74, Threatt/Ariz 5.86, Harvey/CPSLO 5.88; 500m: Cameron/Jam 65.6, Green/USC 66.0, 4-Guss/Cal 66.7, 5-Taylor/ATC 67.1; 1000m: Korir 2:25.4, Sallez/CPSLO 2:26.4, 6-White/Cal 2:34.6; Mile: Scott/SUB4 3:59.6, 5-Macdonald/WVTC 4:05.9; 3000m: Dixon/NZ 8:01.4, 5-Padilla/BYU 8:12.6, 6-Aldridge/SUB4 8:15.4; MileR: CPSLO 3:23.6, Stanford 3:25.2, SJS 3:25.5; LJ: Marlow/GBrTC 25-2, Atachade/SJS 23-9 3/4, Bates/Cal 23-9 1/2; HJ: Williams/USNA 7-3, 4-Wyrick/SJS 7-1, 5-Gibbs/SJS 6-11. /WOMEN/ 50m: Hopkins/IP 6.47, 3-Donald/Stan 6.66, 4-Ware/BHS 6.67; 400m: D.Howard/KHS 56.1; 800m: Campbell/StanTC 2:07.8; 3000m: Waitz/Nor 9:05.6, 4-Larrieu 9:26.7; 50H: Sanders/BHS 7.55, Johnson/StanTC 7.56, Young/Georgia 8.00, Johnson/BHS 8.01; MileR: LAM 3:53.8, Stanford 3:59.6; /COLLEGE/ Dixon 6.74, Whitfield 6.79, Ward/Ore 7.04; /JUNIORS/ Mile: DiConti/CPSLO 4:15.6, 3-Smith/Stanford 4:17.7, 4-Marden/CPSLO 4:19.4; Women's Mile: Schnurpfeil/Stan 4:53.3, Lyons/Stan 5:08.8, Strangio/CPSLO 5:11.9; /MASTERS/ Mile: Cathcart/WVTC 4:36.8, Eino/STC 4:40.2, Schupbach 4:41.6, Rostege/WVTC 4:47.9, Donaldson/WVTC 4:50.3; 50m(60+): Satti 7.4, Hoover 7.8, Rodebaugh 8.2. /Runner's World/

ALL-COMERS MEET (Jan. 10, Berkeley): /OPEN/ 60m:(II) R.Kennedy 6.4, Farmer 6.5; 400m: Bonner/Cal 49.9; 1500m: Smith/Pinole 3:57.4, Brady/Cal 3:59.5, Ibarra/GSF 3:59.6, Kissin/SUB4 3:59.9; 5000m: Tibaduiza/WVTC 14:41.6, Rivas/ETC 14:43.0; 55mHH: Con-
Tey/CSH 7.8; 300mIH:(I) Robinson/ICAC 39.6, (II) Smith/GBrTC 39.0, Swift 39.4, Butler 39.6; SP: Dolegiewicz 62-5, Porath/Cal 61-0, Tafralis/WVTC 58-6, Parker 57-8; DT: Dolegiewicz 193-8, Porath 188-10, Tafralis 172-6, Kovar/Cal 168-5; LJ: McRae 24-3 3/4, Alston/CSH 22-10; TJ: Alston 48-10 1/4; JT: Walker 207-5; HJ: Nelson/Cal 6-8, Moran/CSH 6-6, Myers/Cal 6-6; PV: McAlexander/Cal 16-0; /WOMEN/ 400m: Cobbs/BEB 58.8, Simms/BEB 60.0; 1500m: Davis/GBrTC 4:51.5, White/GBrTC 4:52.6, 5-Harbin/WVTC(40+) 5:17.6; 5000m: Harbin 17:44 (1 lap short); 55mH: (33") Johnson/BEB 8.5, Bates/BEB 8.7; 55mH:(30") Johnson 8.4, Bates 8.4; 300mH: Johnson 45.9, Bates 46.6; DT: Zaphiropoulos/Cal 145-6; /HIGH SCHOOL/ 60m: Ervin/Cast 6.5; 400m: Robinson/BEB 49.3, Clewis/BEB 49.4, Williams/Okld 49.6; 1600m: Richardson/BEB 4:26.4, Gerhart/Mir 4:26.7; 3200m: Mayo/DLS 10:37.1; 55mHH:(I) Boyd/SM 7.8, Jackson/Okld 8.0; HJ: Malvino/Rdwd 6-8; /MASTERS/ 400m: Bruhner/NCS 56.2; 3200m: Bowles/WVTC 10:34.7. /Keith Conning/

ALL-COMERS MEET (Jan. 17, Berkeley): /OPEN/ 55m: Kennedy 6.4; 800m: Smith 1:56.9, Thompson/WVTC 1:57.1, Lane 1:59.4; (II) Ibarra/GSF 1:58.4, O'Hara 1:58.4; 1500m: 4:01.6, Kotchevar 4:03.8; 5000m: Paul/NYAC 15:14.8, Ibarra/GSF 15:16.0; 55mHH: Ligons 7.4, Whitfield 7.5, Borden 7.7; SP: Parker/Cal 56-6; DT: Fahey/WVTC 145-11; /WOMEN/ 55m:(I) Casimir/ML 7.6; 200m: Casimir 27.0, Thompson 27.1; 800m:(II) Gaenslen 2:23.2; 1500m: Ziesghand 5:10.6, Harbin/WVTC(40+) 5:11.7; 1600m: Ertl/Pinole 5:37.2; 55mH: Sullivan 9.4; LJ: Elmore/ML 18-6; /HIGH SCHOOL/ 55m: Paige 6.7; 200m: Prietto/DLS 22.5; 800m: Gerhart/Mir 1:58.1; 1600m: Gerhart 4:23.3, Abshire/DA 4:26.2; 3200m: Nguyen/Mills 10:40.7; 55mH:(II) Boyd 7.8, Ayers 7.9; HJ: Bell/SM 6-3; /MASTERS/ 200m: Bruhner/NCS 24.5; 400m: Bruhner/NCS 55.5. /Keith Conning/

ALL-COMERS MEET (Jan. 24, Berkeley): /OPEN/ 800m: Thompson/WVTC 1:57.4; 1500m: Baffert/SJS-WVTC 4:00.5; LJ: McRae 23-6 3/4; 60y: McRae 6.2; HJ: Maestretti/UNR 6-2; DT: Hjeltnes/Norway 198-8; 55HH: Whitfield 7.3; JT: Roller/WVTC 238-8; 5000m: Leano 14:35.1; PV: McAlexander/Cal 16-0; /WOMEN/ 800m: Davis/Mir 2:19.5; 400m: King/BEB 59.3; 1500m: Ray/Okld 5:04.3; 55H: Hattori/ML 8.7; /HIGH SCHOOL/ HJ: Wright/Mir 6-2; 55HH: Boyd 7.7; 1600m: Martinez 4:31.0; 200m: Jones 22.6; 300IH: Fields 41.1; 3200m: Berry/YV 10:00.5; /MASTERS/ 3200m: Bowles/WVTC 10:03.2...also, open 3200m: Kotchevar 9:18.4. /Conning/

SUNKIST INVIT. (Jan. 30, Los Angeles): 60HH: 3-Cooper/BAS 7.18; 500y: Green/USC 57.1; 880: 3-Robinson/ICAC 1:52.9, 7-White/Cal 1:54.9; 2M: Padilla/BYU 8:28.1, 4-Macdonald/WVTC 8:32.5,

(*Sunkist, cont'd*) 6-Aldridge/SUB4 8:39.1, 7-Wysocki/SUB4 8:42.7; PV: 2-Bohni/SJS 17-4 3/4; /WOMEN/ 880: Campbell/StanTC 2:11.7; Mile: 2-M.Keyes/AW 4:36.1, 3-Schnurpfeil/Stan 4:53.0, 6-Williams/Ore 5:00.3; MileR: 3-Stanford TC 3:46.5.

SAN FRANCISCO INDOOR GAMES (Feb. 21, Daly City): 1500mWalk: Brandwein/CW 6:12.6, Jaquith/WVTC 6:27, Glusker/WVTC 6:27; 50mH: 2-Whitfield/Army 6.69, 3-Cowling/Cal 6.74; Mile: Scott/SUB4 3:55.3, 3-Padilla/BYU 3:56.6, 5-Clifford/AIA 4:07.1; TJ: Marlow/GBrTC 55-7 3/4, Kimble/BAS 51-11 1/2; HJ: Nelson/Cal 7-0, Radan/SacTC 7-0, Reinhart/CSH 6-10; PV: Bohni/SJS 17-6, 4-Bockmiller/WVTC 16-6; LJ: 3-McRae/BAS 24-5 1/2; 800m: 2-Robinson/ICAC 1:52.2, 3-White/Cal 1:53.2; SP: Oldfield/UCTC 66-11; 3000m: Bayi/Tan 7:57.4, Macdonald/AW 7:58.5, Buerkle/NYAC 8:00.3, Hart/WVTC 8:02.6, Britten/AGRC 8:05.0, Aldridge/SUB4 8:06.6; /WOMEN/ 50m: Ashford 6.31, Ware/BHS 6.44; HJ: 2-Linderman/Sonora 5-8, 3-VanZeeland/GBrTC 5-6; 800m: Campbell/StanTC 2:05.3; 1600mR: StanfordTC 3:46.1, BEBTC 3:58.7; /HIGH SCHOOL/ 3000m: Torres/Ind 8:31.5, Bernal/Wstmt 8:32.6, Abshire/DA 8:38.4; Girls-3000m: 3-Shanoff/Pet 10:11.8; /MASTERS/ 50m:(60+) Jordan/StanTC 6.94, Koppel/WVTC 7.29, Satti/NCS 7.41; 1500m: Billups/Chicago 4:03.0, Laris/Un 4:03.1, Cathcart/WVTC 4:09.5; /MASTERS WOMEN/ 50m: Parish/NCS 7.1, Ligon/NCS 7.3, Don/NCS 7.5; 1500m: Knott/Ohio 4:50.3, Ulliot/WVTC 5:02.2, Harbin/WVTC 5:13.1; Devil 1500m: Ibarra 3:52.4, Magallanes 3:54.7, Brady/Cal 3:57.0.

TAC/USA INDOOR CHAMPIONSHIPS (Feb. 27, New York City): *Only local finishers are listed, and also event winners when local athlete is listed.* /MEN/ 3M: Coghlan/NYAC 12:54.8, 6-Aldridge/SUB4 13:15.6; 60HH: Casanas/Cuba 7.14, 4-Cooper/BAS 7.22 (7.21 in heats); TJ: Marlow/SSTC 54-6 1/2, 5-Livers/PPC 52-4 1/2; SP: Oldfield/UCTC 69-4. /WOMEN/ 880: Walton/Tenn 2:05.1, Campbell/StanTC 2:05.7; Mile: Merrill/AGAA 4:34.0, M. Keyes/AW 4:35.5; 2M: Larrieu/PCC 9:38.1. /Pete Cava/

Cross Country Report



TFA/USA CHAMPIONSHIPS (Oct. 25, Reno, NV): /MEN/ Teams: Univ. of Nevada 27, WVTC 75, AIA 83, Silver St. Str. 98, Fresno St. 150, YFC 158, SJS 162, Camino West 172. 1-Correa/UNR 31:56, 2-Dillon/AW 32:14, 3-J. Leano/UNR 32:25, 4-Hart/WVTC 32:31, 5-Jaroll/RazorbackTC 32:48, 6-Hulst/AIA 32:52, 7-Williams/SSS 32:55, 8-Munoz/UNR 32:57, 9-Stolp/WVTC 33:00, 10-Elleton/UNR 33:07, 11-May/SSS 33:11, 12-Eiremo/UNR 33:16, 13-Mason/AIA 33:17, 14-Navarro/UNR 33:19, 15-Gruber/AGRC 33:25, 16-Edmonds/YFC 33:27, 17-Holmes/FSU 33:32, 18-Hamer/FSU 33:40, 19-Schmulewicz/WVTC 33:43, 20-Shaver/SJS 33:53, 21-Foley/AIA 33:54, 22-Kingery/CW 33:55, 23-Tibaduiza/WVTC 34:07, 24-Harvey/SJ 34:15, 25-Van Horn/YFC 34:20. /WOMEN/ Teams: Univ. of Nevada 17, Reno TC 41. 1-Schmidt/UNR 19:31, 2-Tibaduiza/SL 20:22, 3-Smith/UNR 20:26, 4-Valentine/UNR 20:53, 5-Jones/RTC 21:03, 6-Dioguardi/UNR 21:17, 7-Brantingham/UNR 21:18. /Jack Cook/



WVTC masters men finished second at Natl. AAU 10K in Seattle (L-R): Ulrich Kaempf, Charlie Harris, Tim Rostege, Bob Wellck, Roger Bryan...results next page.

NAT'L. TAC MASTERS 10K X-C: (Nov. 9, Mercer Island, WA): /MEN/ Teams: (40+) Snohomish "A" 2:59:38, WVTC 3:03:06, Snohomish "B" 3:10:00, SDTC 3:12:29; (50+) SDTC 3:19:09; (60+) SDTC 2:17:32. 1-Hambly/SnTC 35:04, 2-Ellis/SnTC 35:23, 3-Schmidt/Un 35:31, 4-Conway/ITC-Wisc. 35:34, 5-Hefferman/WHS-Ore 35:52, 6-Mahaffey/SnTC 35:54, 7-Meinhardt/WVJS 35:56, 8-Miller/CNW 35:57, 9-Reisinger/Un 35:59, 10-Harris/WVTC 36:01, 11-Wellck/WVTC 36:24, 12-Campbell/BC 36:30, 13-Pratt/SnTC 36:34, 14-Walkden/SnTC 36:43, 15-Rostege/WVTC 36:44...17-Bryan/WVTC 36:51, 19-Kaempff/WVTC 37:06, 36-Holmes/WVJS 39:21...119 finished. /WOMEN/ (40+) WVTC 3:38:18, SDTC 3:42:16, Seattle TC 3:52:03. 1-Judy Fox/WVTC 39:42, 2-Bigelow/AGRC 42:19, 3-Stock/SDTC 42:48, 4-Ullyot/WVTC 43:12, 5-Groombridge/SeaTC 43:20, 6-Harbin/WVTC 43:43, 7-Irvine/NCS(50+) 43:56, 8-Johnson/SDTC 44:19, 9-Curtis/SeaTC 44:48, 10-Wichary/SDTC 44:52, 11-Stricklin/WVTC 44:56...15-Anderson/NCS(50+) 45:59, 18-White/WVTC 46:45, 19-Waters/NCS 47:47...37 finished. /Mike Thould; Roger Bryan/

REGION 8 NCAA (Nov. 15, Stanford): 1-Cornell/UCLA 30:27, 2-Daniels/UCLA 30:40, 3-Steiner/AS 30:46, 4-Hill/O 30:47, 5-Ortiz/UCLA 30:52, 6-Lakeman/AZ 30:55, 7-Koroso/AZ 31:04, 8-Erwin/O 31:05, 9-Berry/Stn 31:08, 10-Holmes/FSU 31:15...12-Harvey/SJS 31:26, 15-Downs/Cal 31:34, 18-Elieff/Cal 31:38, 20-O'Reilly/Cal 31:43, 22-O'Neil/Stn 31:45, 24-Hamer/FSU 31:54, 26-Smith/Stn 31:59, 28-Lobsinger/Stn 32:08, 37-Tapia/FSU 32:23, 42-Reith/UCSB 32:30, 43-Melendez/Stn 32:31, 46-Read/UCSB 32:35, 48-Knerr/FSU 32:39...119 finished. /Stanford Univ./

NCAA DIV. II CHAMPIONSHIPS (Nov. 15, Kenosha, WI): Teams: Humboldt St. 115, Pembroke/NC 120, Cal-Poly SLO 132...10-UCR 244, 14-CSN 302. 1-Henry/Pem 29:32, 2-Conover/HSU 30:11, 3-Grimes/HSU 30:19, 4-Alvarez/UCR 30:27, 5-Curp/CM 30:33...10-Gibson/CP 30:53, 13-Ebner/HSU 31:02, 23-Pincombe/CSUS 31:18, 29-Medvin/CP 31:28, 33-Fabris/CP 31:36, 41-Huff/CP 31:41, 44-Jones/CP 31:43, 54-Becker/HSU 31:56, 66-Innes/HSU 32:05, 69-Avrit/CP 32:09, 70-Nicholson/CSUS 32:10. /Steve Miller/

AIAW CHAMPIONSHIPS (Nov. 15, Seattle, WA): /DIV. I/ NoCarolina St. 76, Arizona 133...8-Cal 281, 16-CPSLO 365. 1-J.Shea/NCS 16:48, 2-Springs/NCS 16:54, 3-Hansen/AZ 16:56...12-Keyes/CPSLO 17:28, 20-Oehm/Cal 17:36, 38-Lyons/Stn 17:57, 49-Schmandt/Cal 18:04, 56-Kraemer/CPSLO 18:09, 61-Trumbly/Cal 18:13, 84-Richter/Cal 18:28, 110-Strangio/CPSLO 18:37. /DIV. II/ 1-Sharples/ID 17:44...39-Schmidt/UNR 19:09. /DIV. III/ Hayward St. 54, St. Olaf 72, Sac'to St. 81...10-Humboldt 262. 1-Kozlowski/LM 17:35, 2-Thometz/ST 17:54, 3-Aubuchon/CSH 18:03, 4-Stoutt/CSH 18:12...9-Scannell/CSUS 18:24, 16-Hannigan/CSUS 18:44, 17-Bergsohn/HSU 18:47, 19-Tracey/CSUS 18:47, 21-Robinson/CSH 18:48, 22-Hester/CSH 18:48, 25-Pappas/CSUS 18:53, 30-Castro/CSH 19:01, 39-Bigelow/CSH 19:14. /The Harrier/

CALIF. JR. COLLEGE CHAMPIONSHIPS (Nov. 22, Los Angeles): /MEN-DIV. I/ Grossmont 43, Orange Coast 90...4-Fresno 124, West Valley 154. 1-McCormack/Gr 24:47, 2-Rosas/EC 24:55, 3-Gerhardt/OC 25:12...10-Goodstein/Canada 25:56, 13-Williams/WV 25:59, 18-Gonzalez/Fthl 26:12, 20-Holladay/WV 26:17, 23-Soto/SJCC 26:29. /DIV. II/ Glendale 68, Ventura 101...4-Butte 119, 7-MPC 132. 1-Nelson/G 24:24, 2-Ruelas/Cit 25:38, 3-Magallanes/MPC 25:51...9-Barraza/MPC 26:41, 12-Grimes/Cabr 26:47, 15-Hudson/Sierra 27:05, 16-Comings/Cabr 27:05, 17-Cyr/Butte 27:06, 19-Ellsworth/Butte 27:09, 23-Phillips/Butte 27:17, 24-Gayton/Hart 27:17, 25-Miller/Yuba 27:20. /WOMEN-DIV. I/ Orange Coast 41, Grossmont 56, Amer. River 91, SRJC 109...6-West Vly 177, 7-Diablo 179. 1-Gelley/Gr 19:18, 2-Crisp/Mod 19:30, 3-Ludovise/OC 19:41...6-Craig/Merritt 20:10, 11-Simmie/SR 20:24, 13-Bray/WV 20:29, 14-Stevens/DVC 20:30, 15-McKillop/AR 20:34, 18-Bani/SR 20:37, 19-Negri/AR 20:41, 22-Allred/AR 20:54, 23-Schmidt-Hill/Can 20:54, 24-Norton/AR 21:05. /DIV. II/ Glendale 32, Moorpark 90...6-Sierra 129, 7-MPC 156. 1-Burkes/Hart 19:44, 2-Trujillo/Hart 19:48, 3-Ramirez/SD 20:02, 4-David/Butte 20:07, 8-Keeton/Yuba 20:24, 16-Samson/Sierra 21:05, 17-Lee/MPC 21:19, 21-Donat/MPC 21:38, 23-Crowley/Sierra 21:44. /CT&RN/

NCAA DIV. I CHAMPIONSHIPS (Nov. 24, Wichita, KS): UTEP 58, Arkansas 152, Penn St. 153...5-UCLA 207, 17-Nevada Reno 419. 1-Nyambui/UTEP 29:04, 2-Motshwarateu/UTEP 29:06, 3-Chebor/FD 29:08, 4-Rotich/UTEP 29:14, 5-Henry/Pem 29:15...15-Padilla/BYU 29:50, 23-Conover/HSU 29:57, 34-Grimes/HSU 30:09, 37-Leano/UNR 30:10, 59-Berry/Stn 30:30, 64-Elleton/UNR 30:32, 69-Holmes/FSU 30:37, 132-Munoz/UNR 31:19, 137-Correa/UNR 31:23, 156-Harvey/SJS 31:30, 198-Eiremo/UNR 32:01, 199-Navarro/UNR 32:02. /Harr./

NAT'L TAC X-C CHAMPIONSHIPS (Nov. 28, Pocatello, ID): /MEN/ Victory AC 44, AW 63, SUB4 71, WVTC 137, AIA 145, OregonTC 160,

UCTC 178, Providence TC 182, Second Sole 200, Camino West 218...15-Woodside Str. 346. 1-Sinclair/FSRT 31:47, 2-Scharsu/PSU 31:59, 3-Rose/VAC 32:03, 4-Scott/SUB4 32:11, 5-Hunter/AW 32:13, 6-Lindsay/AW 32:16, 7-Nenow/VAC 32:20, 8-Royle/VTC 32:22, 9-Dillon/AW 32:25, 10-Macdonald/WVTC 32:36...14-Padilla/SSTC-BYU 32:47, 16-Conover/WVTC 32:52, 21-Wysocki/SUB4 33:10, 26-Kissin/SUB4 33:25, 27-Holmes/WVTC 33:25, 31-Hitchcock/OTC 33:33, 33-Elletson/IVTC 33:40, 40-Edmonds/YFC 33:47, 42-May/IVTC 33:50, 45-O'Halloran/AGRC 33:54, 52-Hart/WVTC 34:06, 54-Fritzke/CW 34:08, 59-Tibaduiza/WVTC 34:16, 63-Yeo/AGRC 34:21, 64-Ramirez/CW 34:23, 68-Sweeney/AGRC 34:28, 81-Porter/WVTC 34:47, 84-Schmulewicz/WVTC 34:54, 88-Harvey/CW 34:59, 90-Kingery/CW 35:02, 94-Mentzer/SSS 35:10, 101-Geating/YFC 35:29, 108-Schulz/WVTC 35:49, 112-Magallanes/LC 36:00. /WOMEN/ Senior: 1-Mary Shea/NCSU 18:19, 2-Julie Shea/NCSU 18:31, 3-Merrill/AGAA 18:39, 4-Webb/AW 18:43, 5-Springs/NCSU 18:44...55-Schmidt-Hill/WS 22:11. Junior: Liberty AC 34...5-Woodside Str. 212, 8-Roseville Gaz. 333. 1-Welch/LAC 19:28...19-Van Housen/WS 21:29, 40-Wolfe/WS 22:31, 44-Glockner/WS 22:41, 45-Jungsten/WS 22:42. (14-15): SJ Cindergals 45. 1-Thomas/STC 15:25...3-Van Housen/WS 15:45, 6-Speis/SJC 15:53, 7-Heimbecker/SJC 15:53, 13-Bonnet/SJC 16:16, 18-King/SJC 16:32, 30-Yaninek/SJC 17:23. (12-13): RRR 59, RG 105...4-SJC 131, 5-WS 139. 1-Botkin/JJ 12:13, 2-Fisher/SJC 12:21, 3-McDowell/RG 12:28...6-Massey/SCVGG 12:47, 7-Himenes/WS 12:49, 9-Foster/RG 12:53, 11-McAfee/RG 12:59, 16-Garcia/SJC 13:10, 19-Vasquez/SJC 13:17, 20-Himenes/WS 13:22, 25-Bushling/RG 13:28, 26-Russell/WS 13:30, 29-Rogers/SJC 13:33, 30-Dowell/SJC 13:34, 32-Deguara/WS 13:35. (10-11): RRR 45...3-SJC 136, 7-RG 266. 1-S.Clark/SJC 9:04...18-Wimmer/SJC 9:59, 30-Lester/SJC 10:14, 39-Fone/RG 10:28. (9/UNDER): SoCal Thunderbirds 46...3-SCVGG 112, 6-RG 173. 1-Williams/SCT 9:59.8...6-Slinkard/RG 10:13, 11-Corsiglia/SCVGG 10:26, 13-Kennedy/SCVGG 10:28, 19-Flynn/SCVGG 10:38, 24-Dix/SCVGG 10:53, 32-Costa/RG 11:09, 39-Palmer/RG 11:18. /JR. MEN/ Peterson's Club NW 47...4-Woodside Str. 170. 1-Lazaruk/ISU 17:03...24-Cathey/WS 18:22, 25-Roth/WS 18:25, 34-Gomez/WS 19:02, 35-Scattini/WS 19:09, 52-Marconda/WS 20:37, 55-Henderson/WS 20:57. /Jerry Quiller/

NATIONAL TAC MASTERS 5K X-C: (Nov. 29, San Diego): /MEN/ SDTC 44, WVJS 45, CCAC 53. 1-Bill Meinhardt/WVJS 16:51, 2-Tocco/CCAC 17:00, 3-Shaffer/CCAC 17:06, 4-Sampson/SDTC 17:10, 5-Saiz/BPHT 17:17, 6-Porter/SDTC 17:22, 7-Temples/SDTC 17:37, 8-Guthrie/WVJS 17:39, 9-Crum/STC 17:41, 10-Hotchkiss/WVJS 17:46...14-Nevraumont/WVJS 17:57, 21-Van Zant/WVJS 18:26, 26-Holmes/WVJS 18:40, 53-Elliott/WVJS 21:55(60+). /Nat'l Masters News/

BOYS TAC NATIONALS (Nov. 29, Santa Rosa): /16-17/ Spokane RR 35, CanyonTC 114, RG 131, VMRC 141. 1-Knight/WA 15:51, 2-Vanderbush/S'Vle 15:56...5-Grubbs/Sac'to 16:21, 12-Anderson/Cnyn 16:57, 16-Kessler/Cnyn 17:05, 18-Guinee/Cal 17:08, 19-Goyette/Camino 17:08. /14-15/ UNIVAC 55...6-DVTFC 166, 7-VMRC 205. 1-Garrison/WA 16:07, 2-Berry/YVHS 16:25, 3-Merwin/Hayfork 16:38, 5-LaFuente/SJose 16:42, 6-Allison/Anderson 16:43, 10-Bladorn/Chico 16:48, 17-Balatti/Concord 16:58, 23-Vicencio/Loomis 16:08, 24-Foster/Cupertino 16:08. /12-13/ RenoTC 73...5-DVTFC 174. 1-Cannada/AZ 13:06...4-Trujillo/Reno 13:32, 13-Barr/Lafayette 14:02, 14-Rusk/Reno 14:03, 15-Lerude/Reno 14:04, 19-Mimno/Reno 14:13, 21-Murphy/Reno 14:21, 28-Garrett/Vacav'le 14:38, 29-Scott/Redding 14:39. /10-11/ OCBA 56, DVTFC 66...5-DVTFC "B" 206. 1-Wall/Susanv'le 10:27, 2-Scattini/Salinas 10:35...8-Dani/Eureka 11:05, 9-Heredia/Concord 11:06, 11-Reed/Piedmont 11:09, 12-Bullis/WCrk 11:12, 13-Mertens/Concord 11:12, 14-Mihm/Lafayette 11:12, 16-Gepson/Phill 11:15, 21-Goyette/Camino 11:18, 25-Laforce/LosGatos 11:21. /9-UNDER/ DCD 76, RG 104, DVTFC 152. 1-Gilbert/Irvine 11:25...3-Vergho/Cup 11:32, 7-Wagner/Reno 11:44, 8-Donate/RC 11:45, 9-Schreder/Shasta 11:45, 10-Candaele/Fairfield 11:51, 14-Goltz/Placerv'le 12:01, 17-Hutchinson/Rocklin 12:08, 18-Gray/WCrk 12:12, 19-Aiello/Martinez 12:12, 20-Whitney/Camino 12:16, 21-Elliott/Greenwood 12:17, 22-Veyna/SanJose 12:18. /7-UNDER/ ABTC(Fairfield) 28, RG 31. 1-West/NM 12:10...3-Cartright/Cup 12:44, 4-Corey/Reno 12:56, 5-Slinkard/Camino 13:12, 7-Kelly/Fairfield 13:15, 8-Konopasek/Sebastopol 13:22, 10-Conboy/Ffld 13:52, 11-Jackson/Ffld 14:03, 12-Campbell/Camino 14:09. /Fred Kenyon/

JR. MEN'S IAAF X-C TRIALS (Feb. 28, Seattle, WA): 1(tie)-Nicholas/KS & Brantly/UF 24:57, 3-Butler/SUB4 25:02, 4-Hamilton/Portland 25:08, 5-Pyeatt/OSU 25:17, 6-Warner/OSU 25:36, 7-McCollum/AGRC 25:40, 8-Read/AGRC 25:49, 9-Frank/OSU 26:06, 10-Long/UtahSt 26:16, 11-Roth/Stanford 26:37...19-McClure/AGRC 27:47...31 finishers. /Club Northwest/

SR. MEN'S IAAF X-C TRIALS (Mar. 7, Louisville, KY): 1-Virgin/FRTC 36:09.8, 2-Rose/VAC 36:10, 3-Malley/NBTC 36:30. /P. Cava/

LONG DISTANCE RESULTS

Results listed first are mostly "miscellaneous"...races with more "in depth" listings follow, and usually have more competitive fields. Our standard coding when age/sex is not obvious: * = Master; F = Woman; F* = Masters Woman.

RACE DIRECTORS: - Please submit all race results promptly to this publication and to the National Running Data Center, Box 42888, Tucson, AZ 85733. Be sure to show the date, location, and name/distance of the race, and whether or not it was run on a certified course, as approved by the National Standards Committee. The NDRC requires a listing of all finishers, as does the NCR, preferably with name, age, sex, hometown/club and finish time of each. It is important that the NRDC gets such complete results in order to give all runners credit in records and rankings.

OAKDALE DISTANCE CLASSIC (Aug. 9, Oakdale): /10KM; 102 finishers/ 1-Benton Hart/WVTC 33:33, 2-Bob Loux 33:33, 3-David Lopez 34:22, 4-Tim Holmes/WVTC 34:28, 5-Robert Miller 34:35, 6-Bartholomew 34:36, 7-Honeychurch 34:54, 8-Chan 35:01, 9-Lawson 35:24, 10-Lawrence 35:59, 11-Rowley 36:02, 12-Semler 36:13, 13-Pierce 36:27, 14-Leitner 36:51, 15-Martinez 37:17...33-Hector Loya 40:54*, 42-Karey Robinson 41:59F, 50-Sharon Miller 42:52F, 58-Ferraz 44:13*...73-Ginger Burrola 47:56F*. /Charles Pittel/

DUMP TO DUMP RUNS (Aug. 10, Burlingame/San Mateo): /5KM; 196 finishers/ 1-John Embody 15:32.1, 2-Jeff Farmer 15:52, 3-Rich Harbaugh 15:55, 4-Rich Stiller 16:43, 5-John Clary 16:43, 6-Sauers 16:50, 7-Cilia 17:35, 8-Myron Nevraumont/WVJS 17:42*, 9-Perry 18:12, 10-Hunt 18:26*...15-Cross/WVTC 18:42*, 19-Lauri Hoffman 19:14F, 21-Vicki Bigelow/AGRC 19:23F*, 35-Susan Brodie 20:19F. /10KM; 238 finishers/ 1-Ted Quintana 31:57, 2-Mike Engleman/WVTC 32:28, 3-Bob Alexander 32:59, 4-Joe Green/WVTC 33:56, 5-Mark Williams 34:08, 6-Martinez/WDS 34:08, 7-Gomez 34:16, 8-Tom 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...19-Kane 37:35*, 22-Allen 37:48*, 35-Denise Bigelow/AGRC 39:52F, 104-Karen Lanterman 44:16F, 109-Judith Russo 44:49F. /Vicki Thomas/

TIMES 9 RACES (Sep. 1, Belmont): /9.99KM; 161 finishers/ 1-Jim Langley/WVTC 33:55, 2-Robert Thomas 34:13, 3-Tom Laris 34:24*, 4-Bill Clark/WVTC 34:37, 5-Stephan McMahan 35:39, 6-Jen 35:53, 7-Lisowski 36:17, 8-McDaniel 36:27, 9-Rios 36:58, 10-Moore 37:14, 11-Hawkes/WVTC 37:24, 12-Shartle 37:43, 13-Rountree 38:06, 14-Weddington 38:24, 15-Erickson 38:31, 16-Fox 38:33*, 17-Riggle 38:34, 18-Benz/WVTC 38:40, 19-Tanaka 38:42, 20-Harvey 38:47...22-Judy Fox/WVTC 39:01F, 26-Stewart 40:14*, 27-Lanterman 40:22*, 29-Yeend 40:42*, 31-Carpenter/WVTC(50+) 40:52*, 51-Kelly Brogan 43:31F, 57-Karen Lanterman 44:16F, 58-Sue Grigsby 44:20F, 60-Vicky Bray 45:13F, 70-Judy Russo 46:11F. /9 MILE RELAY/ 1-Aggies 49:53.5, 2-Woodside Str. 50:13, 3-Pop, Snort, Shroom 50:38, 4-Camino West 51:28, 5-Teams Megma 51:59, 6-Canyon TC 52:16, 7-Crystal Springs Rats 53:27, 8-Saratoga Barking Spiders 53:41, 9-Woodside Str. 54:16, 10-Asses 54:38...17-WVJS 40+ 55:57*...27-Woodside Str. 59:22F...63 teams...3 miles each. /San Mateo Recreation Dept., George Musante/

DSE GOLDEN GATE PROMENADE RUN (Sep. 7, San Francisco): /7.5 Mi., 372 finishers/ 1-Phil Kay 37:40, 2-David Laha 37:45, 3-Tom Craig 37:56, 4-Steve Palladino/CW 37:57, 5-Steve O'Brien/RF 38:06, 6-Al Stanbridge 40:17, 7-Chris Steer/PMK 40:49, 8-Jim Tracy/ETC 41:01, 9-Bill Sevald/ETC 41:04, 10-Dave Warren 41:13, 11-Brett Evart 41:34, 12-Dave Basinger 41:51, 13-Kevin Kirby/AGRC 41:55, 14-Charles Berrick 42:02, 15-Rudy Breland 42:05...62-Marion Irvine/NCS 47:21F*, 103-Terry Forcell 50:39F, 119-Lillian Woodward/NCS 51:20F*. /DSE Newsletter/

DSE PRESIDIO GATE RUN (Sep. 21, San Francisco): /3.75 Mi., 333 finishers/ 1-Tom Robinson 18:27, 2-Ed Lanzarin 18:49, 3-Chris Steer/PMK 18:58, 4-Mark Taitt 19:01, 5-Tim Akers 19:40, 6-Basinger 19:54, 7-Taylor 20:02, 8-Wint 20:15, 9-Lim 20:17, 10-Lyons 20:19...53-Mary Roach 22:40F, 56-Ruth Anderson/NCS(50+) 22:46F*, 64-Mary Papale 23:07F, 65-Joan Ulyot/WVTC(40+) 23:08F*. /DSE/

NIKE COUPLES RELAY (Sep. 27, Oakland): /Approx. 3 1/2 Mi. Each; 45 teams finished/ 1-Bill & Rainey Stolp/WVTC 16:47/20:58, 2-Bill & Sue Brusher/WVTC 19:23/21:08, 3-Dave & Kathy Himmelberger /SSC 18:24/22:24, 4-Bob Rolston & Judy Leydig/WVTC 21:01/21:42, 5-Paul Falk & Kathy Whittaker 19:19/24:15, 6-Eric Seward & Elena Segen 22:08/23:27, 7-Chuck Fox & Linda Dodds 19:51/26:07, 8-Joe Ovalle & Carol Ovalle 22:03/23:58. /Ron Wayne/

WHISKEYTOWN LAKE RELAYS (Sep. 28, Redding): /19.3 Mi. - 4 per team/ 1-SRRC & SWEAT 1:47:44, 2-Diablo RR 1:52:04, 3-SWEAT submasters 1:53:32, 4-Fern Hoppers 1:53:49, 5-Wobblies 1:53:57, 6-Charlie's Boys 1:54:36, 7-Jordan Team 1:54:59, 8-Executives X-4 1:55:11, 9-Chico Harriers 1:56:39, 10-SRRC 1:57:14, 11-Solano Str. 1:57:46, 12-Simpson Korbel 1:58:02, 13-No Sweat 1:58:22, 14-Untouchables 1:59:13, 15-Maddod A.C. 1:59:45...19-Chico Masters 2:04:47*, 24-Escarda's Escargots 2:06:34*...51-Fleet Feet 2:21:17F, 53-Chico Hotshots 2:22:06F, 66-Keefer Road Ridge Runners 2:25:38F...131 teams. /SRRC News/

MONTEREY BAY FORD HOSPICE RACE (Sep. 28, Monterey): /10KM; on-ly partial results rec'd/ 1-Dan Gruber 30:16, 2-Tony Ramirez/CW 30:25, 3-Emil Magallanes/LC 30:45, 4-Tim Gruber 31:00, 5-John Routh/WDS 31:30, 6-Gary Goettelmann 31:50...17-Bob Wellck /WVTC 33:26*, 22-Art Guerra 34:01*, 31-Glynn Wood/LC 35:03*, 32-Rich Leutzinger 35:05*, 57-John Brazinsky 56:36...65-Maria Trujillo 36:40F, 96-Bonnie Storm/WVTC 37:43F, 112-Pam Burkes/WVTC 38:49F, 126-Nelly Wright 39:33F, 148-Florianne Harp 39:36F...220-Marlys Hayden/TAM 41:33F*. /Skip Marquard/

VINE VILLAGE 10K (Sep. 28, Napa): /130 finishers/ 1-Mike Layman/CNW 30:48.7, 2-Steve Ottaway/TAM 33:38, 3-Steve Frisk 34:02, 4-Robert Clay 34:05, 5-Roger Bryan/WVTC 34:08*, 6-Garban 34:37, 7-J. Fritz 35:41, 8-Daugherty 35:47*, 9-Adelson 35:48, 10-Cohen 36:05...18-Laurie Hollingworth 37:56F, 25-Mary O'Connor 38:30F, 27-Dana Hooper/TAM 38:37F. /E.G. Blackburn/

PAMAKIDS LAKE MERCED 8.5-MILER (Oct. 4, San Francisco): /163 finishers/ 1-Jim Van Dine/AGRC 43:57, 2-Keith McDaniel 46:21, 3-Tom Robinson 46:31, 4-Mike Conroy/ETC 46:45, 5-Ed Lanzarin 46:55, 6-Clements 47:07, 7-Crinigan 48:09, 8-?? 48:10, 9-Don Ardell/TAM 49:00*, 10-Bennett 49:22, 11-Globerson 49:39, 12-Bugler/PMK 49:53*, 13-Solorio 50:18, 14-Hager 50:26*, 15-Gehl /PMK(50+) 51:04*...32(tie)-Marion Irvine/NCS(50+) & Jane Sowersby 54:55F, 52-Barbara Bennett 59:54F...new course this year (no intersections). /Bill Dake/

SALINAS SKYCLIMB (Oct. 4, Torro Pk.): /7.5 Mi.; 76 finishers/ 1-Dan & Tim Gruber/AGRC 47:10(Rcd), 3-Roeber 51:25, 4-Kolofer 51:36, 5-Tierrafria 51:57, 6-Williams 54:40, 7-Rich Leutzinger 55:02*, 8-James 55:15, 9-Davidson 55:32, 10-C. Kolofer 55:50, 11-Robbins 55:54, 12-Bredthaur 55:55...22-Hart/WVTC 59:44*, 23-Dally/WVTC 59:53*...48-Paula Ramirez 65:07F, 58-Patty Selbicky 71:02F. /Don Dugdale/

LAGOON VALLEY LOPE (Oct. 5, Fairfield): /15KM; 107 finishers/ 1-Mike Layman/CNW 47:41, 2-Ed Schelegle/AGRC 49:47, 3-Frank Goss 50:19, 4-Rudi Vega 51:14, 5-Greg Jewett/ETC 51:39, 6-Donohue 51:52, 7-Flores/AGRC 52:12, 8-Butt/WVTC 54:15, 9-Pugh 54:24, 10-Golding 54:30, 11-Weddington 54:36, 12-Dougherty/40/NVRC 54:55*, 13-Blackman 55:15, 14-Garcia 55:35, 15-Beemer 55:57, 16-Krawiec/42 56:07*...20-Campbell/40 58:18*...52-Karen Schelegle 67:02F, 56-Dottie Charon 69:15F. /Sonny Clifton/

METROPOLITAN TAC/AAU 50-MILER (Oct. 11, New York City): 1-Don Paul 5:09:56 (new PA Rcd.), 2-Van de Kufft/41 5:55:16, 3-Hall 6:10:24.

L'EGGS 10KM (Oct. 11, Santa Monica) 1-Gayle Olinek 35:19, 2-Su-Mei Lee 36:02, 3-Patricia Story 36:26, 4-Miki Gorman/45 37:30*, 5-Elaine Campo 37:36. /Runner's Gazette/

SAN LEANDRO SHORELINE 10K (Oct. 18, San Leandro): /165 finishers/ 1-Reggie Hundy 34:53, 2-Derrick Hamilton 34:54, 3-Bill Brusher/WVTC 34:58, 4-Eric Peterson 35:04, 5-Phil Hager 35:18*, 6-Severy 35:25, 7-MacLeod 35:34, 8-Garcia 35:58, 9-Williams/WVJS 36:29*, 10-Jones 36:30, 11-Moser 36:41, 12-Ratti 36:58, 13-R. Oehm 37:02*, 14-Cavalier 37:03, 15-Graves 37:22, 16-Srem 37:22, 17-Leslie McMullin 37:31F, 18-Auten 37:45, 19-Hurlbut 37:47, 20-Grabowski 37:58*, 21-Sue Brusher/WVTC 37:58F...37-Marion Irvine/NCS 40:02F*, 43-Marty Minjares/IMP 40:44F. /Dan Paiva/



Michael Layman won Vine Village and Lagoon Valley Lope races on successive weekends. /K. Conning/

SEAGULL RUNS (Oct. 18, Treasure Is.): /5KM; 406 finishers/ 1-James Moore 16:14, 2-Pat Hall 16:55*, 3-Paul Resignato 16:56, 4-Tom Bennett 17:10, 5-Phil Biasquez 17:28, 6-Mason 17:33, 7-Montoya 17:38, 8-Correa 17:43, 9-McCain 18:00*, 10-Dean 18:04, 11-Marilyn Taylor/WVTC 18:17F...19-Jane Sowersby/GSF 18:55F. /10KM; 364 finishers/ *Note: It's obvious from looking at the results that quite a few 5K finishers were counted as 10K finishers...we have caught some of the obvious ones. Therefore we are only listing a few finishers (top woman is not known).* 1-Steve Ferraz 35:41, 2-Robert Garza 36:08, 3-James Jacobs 37:20, 4-Ross Rowley/GSF 37:26, 5-Doug Schrock 37:34...Paul Farrier 38:29*. /Mary Ornellas/

RICHMOND-SAN RAFAEL BRIDGE RUN (Oct. 19, San Quentin): /5.4 Mi.; number of finishers unknown...1500+?/ *Note: No age or sex designations in results so we're only guessing at top masters & women.* 1-Mike Plummer 28:24, 2-Sal Vasquez/PMK 28:38*, 3-Chris Steer/PMK 28:58, 4-John Dzewaltowski 29:01, 5-Donald Hickman 29:26, 6-Rawlings 29:41, 7-Gehrig 29:52, 8-Epanchin 30:01*, 9-Gin 30:04, 10-Jones 30:07, 11-D. Houston 30:21, 12-Maine 30:33, 13-R. Jones 30:37, 14-Taylor 30:44, 15-Banks 30:52, 16-Cardiasmenos 30:53, 17-Donovan 31:05, 18-Brew 31:06, 19-McKay 31:22, 20-Stein 31:25...43-Sharlet Gilbert 32:28F, 51-Agnes Duterte 32:36F, 74-Marion Irvine/NCS(50+) 33:25F*. /M-2 Sponsors; Greg Dabel/

BERKELEY WATERFRONT RUN (Oct. 19, Berkeley): /5.09 Mi.; 137 finishers/ 1-Mike Layman/CNW 24:22.5, 2-Brian Maxwell/GBrTC 24:24.5, 3-Pete Elletson/Nev-R 24:51, 4-Ted Quintana 25:05, 5-Matt Thornsberry 25:55, 6-Kay 26:13, 7-Jackson 26:43, 8-Franklin/WVTC 26:54, 9-McGrady 26:59, 10-Roger Bryan/WVTC 27:19*, 11-Hollenbeck 27:31, 12-Gowen 27:34, 13-Reager 27:45, 14-Dolmuth 27:57, 15-Vizas 28:14...31-Huff/PMK 30:16*, 32-Selnes 30:23*, 33-Schaleger 30:32*...36-Vicki Bigelow/AGRC 30:59F*, 40-Vicki Maxwell/GBrTC 31:22F, 44-Denise Bigelow/AGRC 32:05, 48-Hilary Naylor 32:11F, 50-Pat Whittingslow/WVTC 32:30F*. /Sierra Designs & Nike Berkeley/

LAAC/MERCURY 10K (Oct. 19, Los Angeles): 1-John Sinclair/FSRT 28:45, 2-John Moreno/CW 29:15, 3-John Koenig/SMTC 29:21, 4-Chuck Smead/AIA 29:40, 5-Dave Smith/YFC 30:06...Kathy Mintie/UCLA 33:28, Pat Story/SMTC 35:15, Su-Mei Lee/RRR 35:25, Michele Bush/UCLA 35:35, Jaynie Studenmund/SSTC 36:54. /CT&RN/

FALL COLORS 15KM (Oct. 25, Geyserville): /144 finishers/ 1-Darryl Beardall/TAM 50:27*, 2-Bill Fanning 51:19, 3-Sтивен Weiss 51:28, 4-Jim Gibbons 51:43, 5-Art Webb 52:08, 6-McWilliams 53:22, 7-McGuire 54:05, 8-Doris 54:55, 9-Miner 55:11, 10-Kirn 55:42...13-Schulz/TAM 56:22*, 15-Gray 57:00*...43-Margaret Oakes 62:59F*, 50-Kathryn Singer 64:16F, 51-Vicki French 64:28F, 59-Daphne Dunn 65:50F, 60-Pam Mehren 65:53F. /Ken Howe/



Sally Edwards and Tom Wysocki took the women's and men's divisions at the Nevada Appeal Mini-Marathon in Carson City.

NEVADA APPEAL MINI-MARATHON (Oct. 25, Carson City, Nev.): /13.1 Mi.; 310 finishers/ 1-Tom Wysocki/SUB4 69:40, 2-Dave Levitsky/WVTC 74:08, 3-Terry Ybarra 75:22, 4-Peter Sinnot 75:43, 5-Ted Pawlak 75:49, 6-Sanchez 78:10, 7-Carlson 78:52, 8-Stone 79:09, 9-Morrissey 79:43, 10-Adams 79:58...Jim Bevins 81:24*, Glade Hall 83:45*, John Barney 86:27*...Sally Edwards/FF 88:42F, Janet Speer 96:52F, Gloria Chapin 96:59F. /David Osborne/

EL CAMINO STAKES (Oct. 26, San Mateo): /6.7 Mi.; 193 finishers/ 1-Charles Harris/WVTC 35:23*, 2-Ron Gee 35:42, 3-Steve O'Brien 35:49, 4-Robert Clay 36:32, 5-Tim Morse 36:38, 6-Niemiec/WVTC 36:44, 7-Kaempf/WVTC 36:46*, 8-Becerra/ETC 37:28, 9-Stanbridge 37:49, 10-Gehrig 37:57, 11-Torres/WVTC 38:04, 12-Nevraumont/WVJ 38:17*, 13-Foster 38:31, 14-Perez 38:40, 15-Barr 38:42, 16-Guerro 38:56, 17-O'Dwyer 39:04, 18-Solorio 39:12, 19-Wilson 39:31*, 20-Harvey 39:41, 21-Stevenson/WVTC(50+) 39:45*...24-Nicholson/PMK(50+) 40:33*, 25-Jacobs/PMK 40:34*...58-Tracy Weber 44:36F, 102-Daphne Dunn 50:18F. /Jim Nantell/

EARTHQUAKE RUN (Nov. 1, Hollister): /10KM; 231 finishers/ 1-Tony Ramirez/CW 30:53, 2-Gil Munoz 33:57, 3-Haywood Norton 34:44, 4-Rafael Tierrafria 35:00, 5-Ken Drew 35:04, 6-Cummings 35:16, 7-Acosta 35:26, 8-Gamber 35:47, 9-Nelson 35:54, 10-Davidson 35:58, 11-John Brazinsky 36:36*...15-Marquard 37:48*, 20-Bieber 38:59*...23-Cathy Womack 39:26F, 76-Elaine Schumacher 44:25F, 118-Sylvie Lambert 49:11F. /Edward Singleton/

POINT PINOLE SKUNK RUN (Nov. 1, Pt. Pinole/Richmond): /10KM; 270 finishers/ 1-Scott Molina/ZAC 32:27, 2-Dave Muela/ETC 33:36, 3-James Moore/ETC 33:53, 4-Roger Bryan/WVTC 34:05*, 5-Jim Moyles 34:18, 6-Ralph Bowles/WVTC 34:27*, 7-Dzewaltowski 34:31, 8-Gehrig/ETC 34:44, 9-B. Jones 35:09, 10-Reilly 35:09, 11-S. Clark 35:10, 12-Parker 35:16*, 13-Covurn/TAM 35:24, 14-Swezey 35:51, 15-P. Shaughnessy/WVTC 35:52, 16-Corona/Pinole TC 35:55, 17-Globerson 35:50, 18-M. McManus 36:05, 19-Faulkner/ZAC 36:19, 20-Mason 36:22...25-Hager/MW 37:29*, 34-Manriquez/ZAC 38:29*...40-Sharlet Gilbert/ZAC 38:55F, 77-Annette Bunge 42:01F, 86-Marge Smith 42:37F, 89-Joanne Sidwell/TAM 42:48F. /R. Bryan/

DSE KENNEDY DRIVE RUN (Nov. 2, San Francisco): /4.0 Mi.?.; 352 finishers/ 1-Phil Kay 23:12, 2-Joe Becerra/ETC 23:21, 3-Chris Steer/PMK 24:00, 4-Tom Robinson 24:04, 5-Larry Guinee 24:16, 6-Nowicki 24:26, 7-Stanbridge 24:30, 8-D. Jones 25:26, 9-Robertson 25:35, 10-J. Batz 25:35...68-Nancy Stoecker 29:23F, 94-Daphne Dunn 31:06F, 101-Sandy Vernon 31:17F. /DSE Newsletter/

WINDSOR WHALE RUN (Nov. 2, Windsor): /15KM; 273 finishers/ 1-Ted Pawlak 49:54, 2-Butch Alexander/VMRC 51:08, 3-Steve Frisk 51:18, 4-Russ Knudsen/TAM 51:38, 5-Darryl Beardall/TAM 51:50*, 6-Webb 52:54, 7-Zentner 52:57, 8-Fritz 53:09, 9-Pintane 53:14, 10-Ardell/TAM 53:24*, 11-Balli 53:33, 12-Conroy/ETC 53:44, 13-Nieman/HMR 53:47, 14-Kesecker 54:21, 15-Chesterman 54:55, 16-Epanchin 54:59*, 17-Jensen/PMK 55:09*, 18-Hoyt 55:21, 19-Garcia 55:33, 20-Roland 56:01*...26-Schulz/TAM 56:57*, 29-Whitewater 57:12*...65-Margaret Oakes 63:03F*, 66-Marty Minjaris 63:31F, 73-Barbara Frisk 65:24, 79-Maureen Boynton 66:10F, 82-Kathryn Singer 66:48F. /Fred Kenyon/

GRODINS ALL WOMEN'S RUN (Nov. 2, San Francisco Presidio): /10K; 182 finishers/ 1-Jane Sowersby/GSF 39:41, 2-Irene Rudolf/WVTC 39:59, 3-Sharlet Gilbert/ZAC 40:10, 4-Marion Irvine/51/NCS 40:40*, 5-Vicki Blankenship 41:10, 6-Sue Stricklin/42/WVTC 41:30*, 7-Gail Rodd/WVTC 43:07, 8-Hilary Naylor 43:08, 9-Joy Taylor 43:10, 10-Betsy Hurd 43:23, 11-Joan Don/NCS/42 43:30*, 12-Carol Swain 44:22, 13-Stacey Nichol 44:31, 14-Terri Burbin 44:36, 15-Debbie Sierra/WVTC 44:39. /De Moore/

AMERICAN ELECTRONICS ASSOC. 10K (Nov. 2, Santa Clara): /2000+ participants!...closed competition/ 1-Matt Yeo 30:45, 2-Celms 32:01, 3-Sechrist 32:26, 4-Cathey 32:29, 5-McClure 32:42, 6-McLean 32:49, 7-Jerry Lewis 33:34*, 8-Vellequette 33:47, 9-Bartholomew 33:57, 10-Bettencourt 34:05, 11-Clemo 34:07, 12-Ueunten 34:11, 13-Gomez 34:13, 14-R. Clark 34:20, 15-Rea 34:21, 16-Parietti 34:25, 17-Doran 34:27, 18-Glusker 34:30, 19-Hall 34:47, 20-Bergstrom 34:48...30-Whitis 35:46*, 43-Napier 36:36*, 47-Tavares 36:47*, 58-Cochrane 37:09*...88-Vicky Bray 38:32F...Carol Hewitt 40:49F, Jan Kubis 42:45F, Christina Callas 42:48F, Rose Grabcski 43:57F...Dolores Boyd 45:07F*, Amber Henninger 47:36F*. /Jerry Lewis/

CENTRAL CALIFORNIA MARATHON (Nov. 8, Fresno): /284 finishers/ 1-Dennis Rinde/WVTC 2:17:23, 2-Jim Hartig/FTC 2:32:19, 3-Curtis Elia/FTC 2:37:11, 4-Paul Peterson 2:38:00, 5-Al Lomeli/FTC 2:38:53, 6-Alarid/BC 2:41:22, 7-Anderson/SRR 2:43:00, 8-Truman Clark/SCS 2:44:51*, 9-C. Delgado/FTC 2:45:37*, 10-Mensching/AZ 2:46:22, 11-Hemphill/FTC 2:46:47, 12-Durbin 2:46:48, 13-Soleno 2:47:11, 14-L. Thornton/HSTC/50+ 2:47:24*, 15-Kaufman 2:47:30, 16-Chapman/BTC 2:47:37, 17-Craig Elia/FTC 2:48:56, 18-Mollenkopf 2:49:16, 19-Cagle/MTC 2:49:23, 20-Gard 2:49:53...32-Don Ramirez/SYN 2:58:22*, 34-Bunnel/SWEAT 2:58:55*, 39-DeIk/Unat 3:00:02*...65-Carol Walker/BC 3:11:50F, 92-Dianne Stauffer/FJ 3:20:06F, 101-Pam Royer/MTC 3:22:26F. /Gordon Keller/

CUP & SAUCER 8.6-MILER (Nov. 9, Napa): /84 finishers/ 1-Ted Pawlak 46:21, 2-Robert Clay 46:55, 3-Darryl Beardall/TAM 47:09*, 4-Steve Frisk 47:39, 5-Keith Golding 48:08, 6-Jim Dare 48:19, 7-Nieman/HMR 49:35, 8-Daugherty/NVRC 50:21*, 9-Warner 52:04, 10-Robak 53:12...20-Hall/NVRC 56:19*...35-Barbara Frisk 60:45F, 39-Dottie Charon 62:02F, 40-Yoka Zwetsloot 62:23F*. /Blackburn/

DSE FERRY BUILDING RUN (Nov. 9, San Francisco): /4 Mi.(?); 340 finishers/ 1-Tom Robinson 19:56, 2-Ed Lanzarin 20:04, 3-Greg Gregor 20:18, 4-Rich Stiller 20:20, 5-Pete Nowicki 20:28, 6-Gundersen 20:40, 7-Stanbridge 20:59, 8-Rouse 21:01, 9-Diaz 21:04, 10-Jensen/PMK 21:14*...38-Monika Zieschang 23:35F, 46-Barbara Gaenslen 23:55F, 94-Barbara Carlson/NCS 26:50F*, 95-Gabriele Zieschang 27:02, 96-Colleen Gillmor 27:05F. /DSE News/

BAIRL 8.56-MILER (Nov. 15, Livermore): /Bay Area Industrial Runners League Race...38 finishers/ 1-Brian Bonner 47:52, 2-Nick Winter 48:21, 3-Jake White 48:45, 4-Roger Bryan 48:47*, 5-B. Dunlop 49:22, 6-Walker 50:54, 7-Frank 51:59, 8-Moore 52:10, 9-Johnson 53:03, 10-Lilygren 53:28...13-Ryon 54:28*, 18-Savant 55:42*, 21-Vincent 56:42*. /Roger Bryan/

CHALLENGE CUP 50-MILER (Nov. 15, San Francisco/G.G. Park Polo Field Track): /31 finishers/ - Doug Latimer set a new U.S. age-42 record of 5:43:32 in winning this event, and also replaced Darryl Beardall PA masters record of 5:55. 1-Latimer/WVTC 5:43:32*, 2-Virginio Dearaujo/GSF 5:58:37, 3-Bob VanDeusen/OR 6:12:59, 4-Oren Fletcher 6:45:24, 5-Ralph Moran/47 6:49:16*, 6-G.Johnson 6:54:58, 7-Sullivan 7:11:59, 8-Sally Edwards/FF 7:17:29F, 9-Letl/BC/43 7:22:09*, 10-Laurel Reynolds 7:24:22F, 11-J.Byrd/45/PMK 7:26:06*, 12-E.Eisenbud 7:29:25, 13-Helene Eisenbud 7:37:24F(Amer. age-35 record), 14-Witwer 7:53:36, 15-Waldsmith/40 8:03:07, 16-Wendy Robie 8:03:12F...26-Steve Cole/66 9:11:42(Amer. age-66 record). /Doug Latimer/

LOMPOC VALLEY D.C. TURKEY TROT (Nov. 15, Lompoc): /10K?; 54 finishers/ 1-Mike Ryan & Tom Trimble 32:44, 3-Ron Richardson 33:12, 4-Tim Costa 33:20, 5-Efrain Gonzales 33:25, 6-Harney 34:48, 7-S.Jones 36:57...11-Bob Carman 37:57*, 13-Ray Gil/50+ 38:15*...16-Mary Carman 39:42F, 25-Fay Hobbs 41:15F*, 28-Shirley Saunders 43:03F. /John Perkins/

DSE DIAMOND HEIGHTS RUN (Nov. 16, San Francisco): /4 Mi.!!; 210 finishers/ 1-Joseph Hurd 16:46, 2-M. Eshia 16:58, 3-Walt Paulson 17:03, 4-Jay Gehrig 17:12, 5-R. Cohen 17:17, 6-Gallagher 17:34, 7-Bernick 17:36, 8-Eng 17:42, 9-Henderson 17:45, 10-Akers 17:51, 11-Warren Moorman/PMK 18:13*...26-Marion Irvine/50+/NCS 19:30F*, 62-D. Finn 22:30F, 63-Lillian Woodward/NCS 22:32F*.

SUMMIT MARATHON (Nov. 16, Los Gatos to Soquel): /230 finishers; very hilly/ 1-Ted Pawlak 2:30:47, 2-Jack Bellah/WSSAC 2:39:01, 3-Barker/WVTC 2:44:51, 4-R.Clark/WVTC 2:45:12, 5-Parish 2:46:38, 6-Samuelson 2:47:12, 7-Dates 2:48:16, 8-Toews 2:49:07, 9-Drew 2:49:21, 10-Hicks 2:49:21, 11-Driscoll 2:49:54, 12-Radloff 2:50:40, 13-Clemo 2:51:51, 14-Hyde 2:59:09, 15-Tierrafria 2:53:34, 16-Castillo 2:55:09, 17-Back 2:57:19, 18-Mike Paradis 2:57:39*, 19-Avila 2:58:24, 20-McCarthy 2:58:35...24-Cochrane 2:59:56*, 32-Kovacs 3:05:51*, 37-Unsicker 3:08:11*...42-Skip Swannack/39 3:08:46F, 87-Kristine Morrella 3:22:41F, 134-Carol Hewitt 3:37:40F. /Brad Armstrong/

DSE MT. DAVIDSON RUN (Nov. 22, San Francisco): /3.5 Mi.??; 68 finishers/ 1-Joe Gallagher 23:18, 2-Paul Deloria 23:20, 3-Tom Eng 23:23, 4-Warren Moorman/PMK 23:33*, 5-Jeff Houston 23:41, 6-Eisberee 24:36, 7-Lanzarin 24:59, 8-Matsuno 25:09, 9-M. Smith 25:11, 10-Berrin/ETC 25:16...28-Laura Finn 28:23F, 32-Lillian Woodward/NCS 28:46F*, 42-Cathi Scanlan 32:22F. /DSE Newsletter/

ROSEBOWL/JORDACHE PRO-MARATHON (Nov. 23, Los Angeles): /Only partial results available/ 1-Ron Nabers 2:18:48, 2-Duane Waltmire 2:19:07, 3-Pat McGuire 2:19:52, 4-Paul Friedman 2:19:57, 5-Richard Holloway 2:20:30, 6-Jean Ellis 2:20:37, 7-Ron Wayne 2:20:59, 8-Mitch Kingery 2:21:44, 9-Bill Scobey 2:22:42, 10-Athol Barton 2:22:57.../Women/ 1-Cindy Dalrymple 2:42:54, 2-Doreen Innis 2:44:13, 3-Karen Bridges 2:45:54, 4-Katie McDonald 2:50:41, 5-Francine Solomon 2:51:09, 6-Sue Peterson 2:51:56, 7-Paulette Hatel 2:54:47, 8-Burke Koncelik 2:57:16, 9-Sandra Kid- dy 2:58:51*, 10-Audrey Burns 3:00:36. /City Sports/

SANTA BARBARA WOMEN'S 10KM (Nov. 23, Santa Barbara): /92 finishers/ 1-Mary Carman 38:53, 2-Leslie Schiller 40:16, 3-Fay Hobbs/45 40:27*, 4-McClenathen 41:54, 5-Carlyle 42:00, 6-Moreno 42:17, 7-Benefiel 42:29, 8-Kollmann 42:42, 9-Saunders 42:52, 10-Weich 43:01...12-Jane Dods/44 43:07*. /John Brennan/



(Left) Virginio DeAraujo was runnerup to Doug Latimer in the Challenge Cup 50-Miler with a 5:58:37 clocking. /K. Conning/ (Right) Ron Nabers upped his earnings in the pro-marathon circuit to \$27,500 by claiming his second victory in as many races at the Jordache-Rosebowl Marathon with a PR 2:18:48. Other locals who competed and placed in the top 10 were Ron Wayne, Mitch Kingery. /John Sheretz/

SANTA CLARA VALLEY AUTUMN RIDGE RUNS (Nov. 23, Milpitas): /6.07 Mi.; 112 finishers/ 1-Bill Meinhardt/WVJS 34:55*, 2-John Hawkes/WVTC 35:01, 3-Jake White/WVJS 35:42, 4-Ken Apperson/CW 36:00, 5-David Garcia 36:39, 6-Myron Nevraumont/WVJS 37:00*, 7-Phil Sanfilippo 37:13, 8-Bob Smith 37:29, 9-Robert Rea 37:36, 10-Ervin Hulse 37:44...12-Saldivar 37:56*, 18-Van Zant/WVJS 38:31*...36-Carol Gleason 41:59F, 41-Carol Stroud 42:53F, 43-Teresa Rementer 43:52F, 51-Barbara Meihaus 45:21F, 53-Sherry Gasken 45:47F...65-Diane Bromstead 48:14F*. /10.76 Mi.; 75 finishers/ 1-Jesse Torres 62:05(CR), 2-Dan Dierken 68:39, 3-Doug Butt/WVTC 72:00, 4-Kenneth Drew 72:31, 5-Norman Gould 73:02, 6-John Lilygren/AGRC 73:43, 7-Bob Malain/50+/BC 73:59*, 8-John Locke 74:30, 9-Peat Sutherland 75:36, 10-Van Whitis 75:36*...12-Richard Whitewater 76:53*, 13-Worth 77:12*...46-Lindy Hayes/WVTC 92:45F, 51-Delores Sample 96:55F, 52-Monique Cruz 97:59F. /Ron Landrum/

PALO ALTO YMCA TURKEY TROT (Nov. 23, Palo Alto): /4.8 Mi.; 476 finishers/ 1-Mike Jackman 28:44.5, 2-Jerry Lyman 28:45.3, 3-Skip Marquard 28:54*, 4-Gordon Thompson 28:57, 5-Keith Kramer 29:50, 6-Box 29:57, 7-Presson 30:03, 8-Kanagy 30:07, 9-Sue Grigsby 30:20F, 10-Stine 30:25, 11-Thompson 30:29, 12-Sainza 30:42, 13-Perkins 30:45, 14-Brenner 30:45, 15-Tony Kramer 30:58...28-Patricia Sarro 32:21, 40-Christina Callas 33:11, 57-Shelly Grieb 33:53...no age or sex designation in results, so we may have missed somebody. /Steve Totten/

NATURAL LIGHT TURKEY TROT (Nov. 30, Merced): /10KM; 274 finishers/ 1-Juan Garza 31:29, 2-Fred Villegas 32:44, 3-Scott Brickerd 32:47, 4-Curtis Elia 33:01, 5-Ronald Lund 33:56, 6-Lomeli 34:08, 7-Salcido 34:10, 8-M. Lund/WVTC 34:11, 9-Taylor 34:17, 10-Ferrell 34:26, 11-Rowley/GSF 34:40, 12-Waldman/BF 34:49, 13-White/GVS 35:04, 14-Terraman 35:09, 15-Pierce 35:15, 16-Weller/YTC 35:18, 17-Gallo/NCS 35:22, 18-Carter/MTC 35:32, 19-F.Delgado/FTC 35:46*, 20-Montanez/FTC 36:05*...23-Schwisow/MTC 36:31*, 33-Donaldson/MTC 37:01*...43-Connie Hester 37:57F, 45-Conni McCarthy 38:26F, 76-Patty Dahlstrom/MTC 40:41, 80-Lori Kissick 41:00F, 86-Pam Royer/MTC 41:38F. /Merced T.C./

DSE LAND'S END 3-MILER (Nov. 30, S.F.): 1-Lanzarin 11:14, 2-Roose 11:26, 3-Nelson 11:30...43-Nancy Stoecker 13:57F.

LAS VEGAS CLASSICS/SUN 10KM (Dec. 5, Las Vegas, Nev.): 1-Tom Hunt 29:24, 2-Dave Moorcroft 29:35, 3-Matt. Motshwarateu 29:39...12-Steve Parker/40/WVTC 36:13*, 13-Carol Urish/Texas 36:18F...16-John Gianotti/52/Stateline-NV 38:20*...167 finishers. /Sue Krenn/

LAS VEGAS CLASSICS/SUN HALF-MARATHON (Dec. 5, Las Vegas): 1-Ric Rojas 65:34, 2-Dick Quax 65:37, 3-Tom Wysocki 66:22, 4-John Flora 66:25, 5-Steve Reynolds 66:33...14-Miguel Tibaduiza/WVTC 68:39, 17-Mario Sanchez/Reno 71:48...27-Laurie Binder 77:54F... 259 finishers. /Sue Krenn/

LAS VEGAS CLASSICS/SUN MARATHON (Dec. 6, Las Vegas): 1-Antonio Villanueva/Mex/40 2:19:25, 2-Ron Harmon 2:23:50, 3-Dave Babiracki 2:24:03, 4-Tony Smockency/MN 2:25:26, 5-Ralph Edwards/MN 2:26:47...19-Janice Eittle/MN 2:47:50F...268 finished. /Krenn/

FIESTA BOWL MARATHON (Dec. 6, Scottsdale, AZ): 1-Steve Ortiz/UCLA 2:16:23, 2-Mike Hairston/OK 2:23:07, 3-Buckingham/JT 2:25:49, 4-Roy 2:26:06, 5-Montano/CO 2:26:43, 6-Mahler 2:26:59, 7-Oropeza/AZ 2:27:25...15-Scobey 2:29:25...Roger Bryan/WVTC 2:36:59*(3rd/40+)...Marjorie Kaput/AZ 2:48:20F...approx. 4000 finishers. /Roger Bryan/

PT. PINOLE 10KM (Dec. 6, Richmond): 1-Bernie Crinigan 35:37, 2-Jim Otto 35:43, 3-Ben Walters 36:06, 4-Edmunds 37:00, 5-Rosées 37:59, 6-R. Oehm 38:05*, 7-Castellanos 38:24, 8-Cerlacy 38:30, 9-Banks 38:32, 10-Sharlet Gilbert/ZAC 38:36F...Carole Stothers 43:36...73 finishers. /2.0 Mi./ 1-Kent Thompson/WVTC 10:18, 2-Felton Williams 10:25, 3-Jim Gaffield 10:28...11-Helen Lehman 12:03, 13-Paige Tulley 12:30F...62 finishers. /City of Richmond Parks & Recreation Dept./

SPARTAN PARK RUNS (Dec. 6, San Jose): /10KM; 23 finishers/ 1-Joe Salazar 32:14, 2-Dan Stefanisko 32:29, 3-Nick Winter 33:07, 4-Steve Lanker 33:23, 5-Carlos Saldivar/40 35:31*, 6-Henderson 36:49, 7-Rand 36:58, 8-Lamb 37:02, 9-J. Saldivar 37:31, 10-Bob Rand 38:58...20-Brenda Smith 43:51F. /Marshall Clark/

DSE PEARL HARBOR DAY RUN (Dec. 7, San Francisco): /4.5 Mi., 253 finishers/ 1-Chris Steer 23:56, 2-Ed Lanzarin 24:34, 3-Glenn Rouse 25:23, 4-Tom Eng 25:54, 5-John Elsbree 26:06...9-Warren Moorman 26:48*...46-Mary Papale 30:09F, 66-Cindy Parenteau 31:43F. /DSE Newsletter/

FUKUOKA MARATHON (Dec. 7, Fukuoka, Japan): 1-Seko/Jap 2:09:45, 2-T. Soh/Jap 2:09:49, 3-Ito/Jap 2:10:05, 4-Henry/Australia 2:10:09, 5-S. Soh/Jap 2:10:23, 6-Cierpinski/GDR 2:10:24, 7-Pfeffer/US 2:10:29, 8-Castella/Australia 2:10:44, 9-Taketomi/Jap 2:11:27, 10-Cannon/Eng 2:11:35, 11-Heffner/US 2:12:35, 12-Durden/US 2:13:25...25-Dave Smith/US-YFC 2:17:36, 36-Brian Maxwell/Can-GBR TC 2:20:51, 61-Bill Britten/Can-AGRC 2:23:10 (led at halfway point). /Robert Campbell/

HONOLULU MARATHON (Dec. 7, Honolulu, HI): /6616 finishers!!!/ 1-Duncan Macdonald/31/WVTC 2:16:55, 2-Bergara/Brazil 2:19:23, 3-Salzman/WG 2:19:55, 4-Shorter/FSRT 2:20:11, 5-Stahl/Sweden 2:20:47, 6-Dravitzki/NZ 2:21:13, 7-Hughson/Canada 2:21:32, 8-Patterson/PA 2:21:41, 9-Herrera/Guat 2:21:47, 10-Akieda/Japan 2:22:06, 11-Johnson/CNW 2:22:45, 12-Ramirez/CW 2:23:50, 13-Hicks/NZ 2:24:27, 14-Fittall/NZ 2:24:49, 15-Buhmann/FSRT 2:25:07, 16-Hatfield/WVaTC 2:25:19, 17-Bowers/VMRC/42 2:25:54*, 18-G. Fanelli/PA 2:26:21, 19-Sakamoto/Japan 2:26:40, 20-Sekiguchi/Japan 2:27:08...40-Hugh Stahl/PWTC 2:32:49, 48-Patti Catalano/AW 2:35:26, 54-Skip Brown/WVTC 2:38:01, 56-Jim Howell/WVTC 2:38:20, 63-Jane Wipf 2:39:49F, 125-Wolfgang Schmulewicz/WVTC 2:48:14, 152-Garcia/Monterey 2:50:42, 154-Pino/Rossmoor 2:50:54, 173-E. Jones/Berkeley 2:52:54, 216-Mollenkopf/S. Anselmo 2:55:49, 235-Davis/LaHonda 2:56:46, 257-Huff/PMK/44 2:57:33*, 277-Wong/Sunnyvale 2:58:38, 292-Zembsch/Berkeley 2:59:29, 402-Linda Skinner /Albany 3:05:14F, 456-Lopez/55/Reno 3:07:37*, 505-Reese/BC/63 3:09:35*, 584-Patty Finn/FosterCity 3:12:24F. /Honolulu Marathon Ass'n./

DSE NORTH BEACH RUN (Dec. 14, San Francisco): /4 Mi.; 192 finishers/ 1-Eddie Lanzarin 21:43, 2-Mike Boyd 22:27, 3-Steve Parker/WVTC 22:35*, 4-Bill Jensen/PMK 22:47*, 5-Bill Benz/WVTC 23:00, 6-Zaparalli 23:10, 7-Elsbree 23:11, 8-Mattern/PMK 23:13*, 9-Henderson 23:20, 10-Scheuer/PMK 23:24, 11-Basinger 23:27, 12-Moorman/PMK 23:53*, 13-Young 23:54, 14-Armen 24:04, 15-Flatland 24:36, 16-Nowel 24:42, 17-Tischbern 24:52, 18-Akers 24:57, 19-Harasynin 25:00, 20-Kondrek 25:02...27-Nancy Stoecher 25:41F, 36-Ann Hamilton 26:32F, 70-Ruth Anderson/NCS 29:09F*, 73-Lillian Woodward/NCS 29:13F*, 78-Judy Gilwan 29:42F. /DSE News/

SPORTS-A-FOOT RELAYS (Dec. 20, Petaluma): /26.2-Mile, 5-Person Relay; 37 teams finished/ 1-Sports-A-Foot 2:12:39, 2-Tamalpa "A" 2:18:49, 3-Marin Racers HS 2:25:51, 4-Tamalpa Rockets 2:26:34, 5-Tamalpa Masters "A" 2:28:40, 6-Ophir Prison Escapees 2:29:16, 7-Pueblo Del Sol 2:30:45, 8-Piner HS 2:34:55, 9-Tamalpa "C" 2:40:42, 10-Uncle Wiggly's 2:43:23...16-Little Hills HS Women 2:50:58, 17-Tamalpa Fast Tarts (Women) 2:52:10. /Stan Hockerson/

THE LAST 10K (Dec. 28, Santa Rosa): /281 finishers/ 1-Robert Clay 32:58, 2-Darryl Beardall/TAM 33:13*, 3-Jim Dare 34:09, 4-Art Webb 34:20, 5-Hugh McWilliams 34:57, 6-Neville 35:12, 7-Stockhand 35:28, 8-Filippetti 35:52, 9-Doris 36:01, 10-Wade 36:09, 11-McCullough 36:30, 12-McPhearson 36:40, 13-Daw 36:48, 14-Vollmer 36:50, 15-Ryan 36:58...33-Lisa Daily 38:43F, 55-Margaret Oakes 41:17F*. /Chris Webb/

LMJS FOURTH SUNDAY RUNS (Dec. 28, Oakland): /5KM; 69 finished/ 1-Tom Craig 15:53, 2-Dave Smith 16:13, 3-Paul Falk 16:41, 4-Hill 16:55, 5-Mayne 17:52...8-Keene 18:19*, 11-Penny DeMoss/WVTC 19:56F, 13-Wetzork/50 20:17*, 16-Mahannah/65 20:50*, 21-Birthie Kirsch/41 21:39F*. /10KM; 49 finishers/ 1-Charles Bernich 35:08, 2-Ed Agius 36:50, 3-Frank Smith/PMK/42 37:51*, 4-Sharpe 38:51, 5-Walsh 38:54, 6-Marilynn Harbin/43/WVTC 39:07F*...12-Harold DeMoss/WVTC/45 40:09*. /15KM; 46 finishers/ 1-Chris Moulton 52:20, 2-Joe Schieffer 52:58, 3-Lloyd Sampson 53:53, 4-Fessaha 54:39, 5-Vasquez/41/PMK 55:26*, 6-Whitewater 56:18*, 7-Wiegant 57:20...26-Dera Sanders 74:23F. /John Monteverdi/

DSE GOLDEN GATE BRIDGE HANGOVER RUN (Jan. 1, San Francisco): /3.4 Mi.; 399 finishers/ 1-Chris Steer/PMK 18:49, 2-Kevin Cruikshank 18:55, 3-Greg Bachand 19:17, 4-Pete Nowicki 19:33, 5-Al Stanbridge 19:51, 6-Ware 19:59, 7-J. Batz 20:23, 8-McFadden/WVTC 20:24, 9-Dean 20:28, 10-Scheuer/PMK 20:30, 11-Eng 20:35, 12-Zenter 20:58, 13-Breland 20:58, 14-Benedict 21:01, 15-McCarthy 21:04, 16-Moorman/PMK 21:08*...44-Ann Hamilton/ML 22:47F, 73-Lisa Wettstein 24:26F, 74-Carol Mosley 24:33F, 80-Vicki Blankenship 24:50. /DSE Newsletter/

DAISY HILL X (Jan. 4, Rohnert Park): /13 Mi.; 103 finishers/ 1-Darryl Beardall/TAM 78:27*, 2-Butch Alexander/VMRC 79:38, 3-Nik Epanchin 84:04*, 4-Lou Daugherty/NVRC 84:21*, 5-Louis Garcia 85:02, 6-Doris 86:18, 7-Price 86:35*, 8-MacPherson 86:42, 9-Laskier 87:02, 10-Schulz 87:34*, 11-McCullough 88:36, 12-Leupold 88:49, 13-Ogg 88:55, 14-Ryan 89:17, 15-Navarro 89:57*...39-Marigrace Maloney 1:39:00F, 52-Merry Humphreys 1:44:26F, 54-Marge Smith 1:45:24F, 57-Barbara Magid 1:46:47F, 59-Valerie Doyle 1:47:18F...80-Julia Wiley 1:53:48F*. /Lynde/

HIGH SIERRA TC 5-MILE RUN (Jan. 10, nr. Fresno): /75 finished/ 1-Shawn Smallwood/17 26:00, 2-Scott Thornton/HSTC 26:14, 3-Curt Elia/FTC 27:18, 4-Bob Lohse/HSTC 27:46, 5-Jeff Boyd/HSTC 28:04, 6-White/GVS 28:16, 7-Lung/FTC 28:19, 8-Craig Elia/FTC 28:20, 9-Lindsay/FTC 28:51, 10-Len Thornton/HSTC/50 29:03*... 12-Montanez/FTC 29:22*, 13-F. Delgado/FTC 29:27*...56-Liz Jones 36:45F, 64-Rosemary Alcaez 39:06F. /Joe Herzog/

MISSION BAY MARATHON (Jan. 11, San Diego): /1500+ finishers/ 1-Dennis Rinde/WVTC 2:17:01, 2-Kelly Jensen 2:18:03, 3-John Hill 2:19:52, 4-Pat Holleran 2:20:24, 5-Steve Pomeroy 2:21:37, 6-Lux 2:22:52, 7-Mansoor/CCF 2:24:20, 8-Broadly 2:24:34, 9-Willis 2:26:47, 10-Stanley 2:27:40...14-Anex/AGRC 2:29:04, 27-Sheehan/AGRC 2:34:36, 28-Pawlak 2:35:00, 30-Shaffer/CCAC 2:34:36*, 38-Glassmann 2:38:28*...51-Hamer/CCF 2:40:14, 54-McAbee/PMK 2:40:19*...113-Joann Dahlkoetter 2:48:55F, 182-Mary Carman 2:56:21F, 195-Diane Riley 2:57:01F. /Mission Bay Mara./

CRYSTAL SPRINGS RIBBON RUNS (Jan. 11, St. Helena): /4.6 Mi.; 49 finishers/ 1-Jim Dare 25:00, 2-Steven Weiss 26:03, 3-Craig Shepherd 26:13, 4-Aarreberg 26:21, 5-Reve 27:30...13-J. Steele 30:29*...28-Debra Casey 35:25F. /15KM; 47 finishers/ 1-Brian Maxwell/GBrTC 47:29, 2-Jim Bowers/VMRC 49:26*, 3-Peter Churney /GBrTC 50:15, 4-Vega 52:46, 5-Nieman/HMR 53:05, 6-Daugherty/NVRC 55:07*, 7-Scott 57:18, 8-Malain/50+/BC 57:39*...20-Mari Carisetti 62:54F, 25-Mary Truitt 64:50F. /E.G. Blackburn/

BURLINGAME FUN RUN (Jan. 11, San Mateo): /2.85 Mi.; 121 finishers/ 1-Joe Green/WVTC 14:10.1(CR), 2-Ron Gomez 14:25, 3-Steve Moore 15:09, 4-Thomas Aldana 15:14, 5-Marc Spadaro 15:26, 6-McFadden/WVTC 15:43, 7-Divita 15:44, 8-Robertson/WVTC 15:55, 9-Welch 15:57, 10-Gouveia 16:04... (40+) Arnold Wong 16:25, Bob Rolston/WVTC 16:37... (Women) Julie Reiser 19:21, Cheryl Thomas 19:37, Frances Sackerman/50+/NCS 20:03*, Karen McGough 20:03. /B'game Recr. Dept./

DSE PRESIDIO GATE RUN (Jan. 18, San Francisco): /3.65 Mi., 267 finishers/ 1-Chris Steer/PMK 18:07, 2-Ed Lanzarin 18:11, 3-Tom Robinson 18:23, 4-Stanbridge 18:34, 5-Sampson 18:44, 6-Meitz 19:11, 7-Bernick 19:15, 8-Chan 19:17, 9-Randolph 19:23, 10-Rich Whitewater 19:25*...43-Susan Blake 22:42F, 47-Gabriel Zieschang 22:53F, 64-Betsy White/WVTC 23:44F*. /DSE Newsletter/

CAPUCHINO FUN RUN (Jan. 25, San Bruno): /3.34 Mi.; 45 finishers/ 1-John McVeigh 17:47, 2-Marc Spadaro 18:09, 3-Jon Reyes 18:10, 4-Mike Sullivan 18:18, 5-Tom Welch 18:38, 6-Sonderegger 18:56, 7-Jerry McFadden/WVTC 19:06, 8-Pat McVeigh 19:16, 9-C. Becerra 19:27, 10-Dunn 19:46...23-Ron Etherton 22:15*, 26-Terry Forcell 22:52F, 32-Geri McDonald 25:19F*. /Capuchino H.S./

REDONDO BEACH SUPER BOWL SUNDAY 10K (Jan. 25, Redondo Beach): 1-Ron Cornell/UCLA 29:50, 2-George Mason/AIA 30:05, 3-Alfredo Rosas 30:22, 4-Bill Aragon/CO 30:36, 5-Tony Ramirez/CW 30:51, 6-Macey/NV 30:52, 7-Diaz 30:52, 8-Sutherland 31:15, 9-Fisher 31:38, 10-Atkinson 31:41... (Women) 1-Gayle Olinekova 35:25, 2-Linda Heinmiller 37:08, 3-Sheri Simmons 37:18, 4-Kathy Martin 38:47, 5-Annie Healy 38:58...approx. 12,000 competed!

DSE FERRY BUILDING RUN (Jan. 25, San Francisco): /4 Mi.?.; 464 finishers/ 1-Mike Niemiec/WVTC 19:48, 2-Tom Robinson 19:54, 3-Jay Gehrig 20:02, 4-Pete Nowicki 20:15, 5-Jim Moore 20:37, 6-Reager 20:40, 7-J.Myers 20:43, 8-Rowley/GSF 20:54, 9-Eng 21:07, 10-Horning 21:17...13-Mattern/PMK 21:29*, 17-Parker/WVTC 21:40*, 64-Monica Zieschang 24:09F, 79-Gabriele Zieschang 24:40F, 114-Elsa Ruff 26:07. /DSE Newsletter/

MALIBU 10-KILOMETER RUN (Jan. 31, Malibu): 1-Jon Sutherland 30:42, 2-Brian Russell 30:50, 3-Chris Stewart 31:12, 4-Jon Black 31:17, 5-Gary Nitti 31:44, 6-Entz 31:49, 7-T. Lowry 32:10, 8-Brenneman 32:17, 9-Blum 32:39, 10-Schuman 32:47...15-Eino Romppanen/40 34:07*, 20-Clark/SCS 34:33*, 27-Gayle Olinekova 35:30F, 69-Jaynie Studmund 38:08F...107-Margaret Miller/55 40:44F*. /Evening Outlook/

"RUN YOUR PLAQUE OFF" SIX-MILER (Feb. 1, Los Gatos): 1-Paul Sechrist 30:32, 2-Steve Brooks/WVTC 31:04, 3-Bill Meinhardt/WVJS 31:36*, 4-John Gardner 31:45, 5-Matt Sommer 32:30, 6-Dan Minutillo/WVTC 32:34, 7-Steve Johnson 32:42, 8-Gomez 32:54, 9-Hales 33:03, 10-Pawlak 33:20, 11-Termine 33:37*, 12-Frobisher 33:39, 13-Drew 33:40, 14-Hurtado 33:52, 15-Toews 33:53, 16-Rea 34:14, 17-Nelson 34:24, 18-Borey 34:28, 19-Sandoval 34:32, 20-Legan 34:36...26-Nevraumont/WVJS 35:23*, 32-Van Zant/WVJS 35:53*... 68-Therese Fisher 40:02F, 92-Betsy Frasher-Smith 41:28F*...number of finishers not known. /Bill Comport/

NAUTILUS INTERNATIONAL TRIATHLON (Feb. 14, Kailua, HI): /2.4-Mi. Swim, 112-Mi. Cycle, 26.2-Mile Run/ 1-John Howard/Texas 9:34:29, 2-Tom Warren/San Diego 10:04:38, 3-Scott Tinley/San Diego 10:12:47, 4-Bouhey 10:23:40, 5-Hansen/Honolulu 10:26:43, 6-Dettamanti/Stanford 10:29:02...24-Mark Sisson/AGRC 11:14:41 ... (Women) Linda Sweeny 12:00:37, Sally Edwards/Fleet Feet RC 12:37:25... (65+ Winner) Walt Stack/DSE 26:20:25...only results received at time of publication. /Walt Stack/

JEDEDIAH SMITH 50-MILE RUN (Feb. 15, Sacramento): /PA Championships/ 1-Doug Latimer/44/WVTC 5:33:55*(US Age-44 Rcd., PA Masters Rcd.), 2-Bill Davis/SF 5:49:43, 3-Ed Wehan/LA 5:53:15, 4-George Parrott/Sac'to 5:57:09, 5-Marc Samuelson/Stockton 5:58:38... (Women) 1-Valerie Doyle/Berkeley 7:53:23, 2-Laurel Stramp/Okld 7:53:52, 3-Helene Eisenbud/Sac'to 8:08:58, 4-Wendy Roble/Mill Valley 8:17:43...more results next issue. /J. Notch/

VALENTINE'S 5-KILOMETER RUN (Feb. 15, St. Helena): /144 finishers/ 1-Steve Frisk 15:46, 2-Dave Himmelberger/SSC 15:47, 3-Robert Clay 15:49, 4-Larry DeWitt 16:02, 5-Darryl Beardall/TAM 16:11*, 6-Bagley 16:15, 7-Kirby/AGRC 16:18, 8-Proteau/AGRC 16:19, 9-Moore 16:29, 10-DuMont 16:39, 11-Reeve 17:02, 12-Mattox 17:09, 13-Gilliam 17:11, 14-Jefferson 17:12, 15-Resignato 17:17...17-Kramer 17:25*, 28-E.G. Blackburn 18:33*...42-Kathy Himmelberger 19:49F, 47-Mary Frommelt 20:20F. /E.G. Blackburn/

THREE PEAKS MOUNTAIN RACE (Feb. 22, Angwin): /13.8 Mi.; 65 finishers/ - Tough cross-country course on very hilly terrain! - 1-Leroy Kotchevar 1:23:39, 2-Mike Duncan/WVTC 1:30:08, 3-Ralph Shinevar/Mid-Mich TC 1:33:22, 4-Mark Driscoll/RCRC 1:33:33, 5-Dave Roeber/BC 1:33:57, 6-Epanchin/TAM 1:36:13*, 7-Whitewater/MR 1:39:22*, 8-Ketelsen/HMR 1:40:19, 9-Rinehart 1:40:28, 10-Malain/50+/BC 1:40:40*, 11-Reeves/HMR 1:43:51, 12-Spencer/HMR 1:44:16...28-Joy Taylor/IMP 1:54:08F, 29-Valerie Doyle/ZAC 1:54:17F, 38-Grace Voss 2:04:12, 40-Marty Maricle/NCS 2:06:16F*. /E.G. Blackburn/

BUD ROBINSON MEMORIAL 15K (Mar. 21, Lompoc): /35 finishers... handicap race; actual running times listed--handicaps not known/ 1-John Holoubek/64 64:32, 2-Joe Carey/62 67:10, 3-Mike Ryan/34 55:09, 4-Steve Jones/21 55:09, 5-Katie Canale 75:35F, 6-Jan Manfrina/34 76:00F, 7-Nancy Carroll/29 76:23F, 8-Robinson /24 57:18, 9-Roberts/36 58:02, 10-Moser/34 58:51...12-Gil/56 61:26. /John H. Perkins/

CATALINA MARATHON (Mar. 22, Avalon, Santa Catalina Is.): - Only partial results available...very rugged course with 4000 feet of elevation changes. 1-Charlie Vigil/CO 2:37:00(CR), 2-Bill McDermott 2:41:44, 3-James Howard/Sac'to 2:42:40, 4-Jack Foster/48/NZ 2:44:01*, 5-Frank Bozanich/35/WA 2:45:24...Jackie Hansen/32 3:23:40F, Kathy Martin 3:36:43F, Skip Swannack/39 3:43:06F. /10KM; Mar. 21/ 1-Dave Babiracki/24 31:25, 2-Tom Wysocki/24/SUB4 32:02, 3-Pete Sweeney/AGRC 32:46, 4-Rory Trup 33:01...Shirley Durtschi/OR 38:37F, Sue Krenn/NV 39:59. /Dennis McCarbery/

NIKE/PENN MUTUAL REGIONAL MASTERS 15KM (Mar. 22, San Diego): - Only partial results available at presstime...1-Bonnie Storm /35/WVTC 59:49, 2-Joan Ulliot/40/WVTC 60:28, 3-???, 4-Karen Lanterman/36/WVTC 61:11, 5-Marilynn Harbin/43/WVTC 61:20...9-Sue Stricklin/43/WVTC 62:00...West Valley TC wins expense-paid trip to Nike National 15K (Philadelphia) for winning team title. No results of men's race available at this time, except that the Hawaiian Masters won the team title.

SACRAMENTO SIXTY (Nov. 2, Sacramento): /60KM; 25 finishers/ 1-Mark Hoschler/30 4:12:05, 2-Gary Nathanson/31/GSF 4:18:45, 3-Glenn Bailey/33 4:23:09, 4-Jack Byrd/44/PMK 4:34:09*, 5-Tim Hicks/38 4:34:46, 6-Glen Krawiec/42 4:38:30*, 7-Ed Campbell/40 4:43:44*, 8-Fred Lehr/47 4:44:52*, 9-Joan Perkins/34 5:01:09F, 10-Scott Zillmer 5:03:13, 11-Davis/42 5:05:51*, 12-Billingsley/58 5:06:33*...19-Steve Cole/66 6:09:25*, 20-Valerie Doyle/38 6:14:14F. /Hal Baker/



Winning women's team at Nike/Penn Mutual Regional Masters 15K in San Diego--West Valley TC (L-R): Marilynn Harbin, Bonnie Storm, Sue Stricklin, Joan Ulliot, Karen Lanterman. /Bud Storm/

Christmas Relays



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WALNUT FESTIVAL 10K
(Sept. 21)

/Walnut Creek/ - This year's rendition of the popular Walnut Festival race featured a new course (and distance), as well as a new format. For the first time in its history, an entry fee was charged, and a record number of entrants was the result! Seems people will come to run a race regardless of fees. A top-notch field was led by Bill Stolp's 29:36+, with teammate Wolfgang Schmulewicz hanging on for a quick 30:02 in the runnerup spot. A whopping 116 finishers averaged 6 minutes or better! Tim Rostege's 32:52 upended Sal Vasquez by more than a minute to nail down the masters title. The women were led by Oregon's Cheri Williams (former Livermore HS) at 36:23, with Sally Edwards taking runnerup spot in 37:38. Karen Scannell's 38:15 led the masters women as she took third overall among women. A total of 839 completed the course in under an hour. /David Klein/

1-Bill Stolp/WVTC	29:37
2-Wolfgang Schmulewicz	30:02
3-Bryan Foley	31:08
4-Ted Quintana	31:08
5-Steve Palladino/PS	31:16
6-Ernie Rivas/ETC	31:16
7-Dan Martinez/WDS	31:22
8-John Embody	31:29
9-Dave Collins	31:35
10-Bill Sevald/ETC	31:41
11-P.J. Christ	31:57
12-Bob Darling/ETC	32:07
13-Leroy Kotchevar	32:07
14-Dan Anderson/CnynTC	32:13
15-Scott Molina/Zephyr	32:16
16-Bob Cooper/WDS	32:26
17-James Young	32:36
18-Richard Kimball/WVTC	32:40
19-Alan Smith	32:43
20-Ted Pawlak	32:45
21-Tom Barlow	32:47
22-Gilbert Dean	32:48
23-Tim Rostege/WVTC	32:52*
24-Steve Ottaway/TAM	32:54
25-Bill Coughlin	32:56
26-David Laha/PS	32:58
27-Michael Graf	32:59
28-Bill Meinhardt/WVJS	33:00
29-Gary Goodstein	33:01
30-Jake White/WVJS	33:04
31-John Hancock/SUND	33:05
32-Scott Marconda	33:12
33-Dennis Rinde/WVTC	33:13
34-James Moore	33:22
35-Mike Conroy/ETC	33:27
36-Dan Williams	33:29
37-Steve Frisk	33:34
38-David Mills	33:36
39-Greg Mandanis/WDS	33:38
40-Kent Thompson/WVTC	33:42
41-Greg Nelson	33:43
42-Peter O'Reilly	33:53
43-Sal Vasquez/PMK	33:59*
44-Brad Tardy	34:02
45-Kevin Searls	34:02
46-Robert Dobson/PMK	34:03
47-Brian Abshire	34:15
48-Steve Hyland	34:16
49-Tim Berry	34:19
50-Rick Hill/WDS	34:21

51-Doug Bamford/WVTC	34:22
52-Terry Casey/ETC	34:30
53-David Garcia	34:36
54-Harold Huff/PS	34:36
55-Dave Houston	34:38
56-Hashim Bashiruddin	34:43
57-James Mickel	34:47
58-Kyle Meintzer	34:50
59-Raynold Wieand/WDS	34:52
60-Jim Santioteban	34:52
61-Karl Romano	34:58
62-Grant Foster (13-15)	35:03
63-Terry Hughs	35:03
64-David Zumwalt	35:06
65-Joss Walter	35:10
66-Jim Howard (13-15)	35:13
67-Paul Larsen	35:14
68-Bill Catanese	35:16*
69-Leonard Gilliana/DRR	35:18
70-Terry Johnson	35:24
71-Steve Armstrong	35:24
72-Ron Young	35:25
73-Craig Vanohen	35:25
74-Tim McClintick	35:27
75-Sheldon Clark	35:27
76-Jerry Martinez/SUND	35:28
77-Mark Miller/PS	35:33
78-Kevin Barkman	35:36
79-Jim More (12/Under)	35:38*
80-Kevin Kennedy	35:40
81-Mike Wall	35:41
82-John Semler/SUND	35:42
MASTERS	
97-Ken Allen	36:31
102-Dag Kavlie/NR	36:41
106-Bob Goodrich	36:47
114-Ed Curran	37:10
120-Leon Souza/WDS	37:23
123-John Gianotti/50+	37:39
136-Gough Reinhardt/50+	38:14
139-Tom Pinckard	38:18
145-Carter Squires	38:36
152-Jerry Faulkner	38:48
156-Dick White/50+	38:51
WOMEN	
92-Cheri Williams/Ore	36:23
122-Sally Edwards/FF	37:38
137-Karen Scannell/IMP	38:15*
153-Dana Hooper	38:49
157-Jane Denton/IMP	38:52
164-Linda Jungsten	39:04
168-Janice Wambaugh/IMP	39:15
172-Linda Van Housen/WDS	39:20
174-Linda Skinner	39:22
179-Marilynn Harbin/WVTC	39:34*
181-Judy Leydig/WVTC	39:35
182-L. Duterte/IMP	39:37
189-Becky Hill/WDS	40:03
194-Sharlet Gilbert	40:14
198-Marti Menz	40:16

SACRAMENTO MARATHON
(Sept. 28)

/Sacramento/ - This year's edition of the full and half-marathons saw a record number of finishers (634 in the marathon and 1080 in the half), and while the lead runners were slower than before, the average speed of the pack was faster. Ted Pawlak's 2:25:38 defeated surprising Kevin Kirby by three minutes, as they were the only ones under 2:30. Bob Ward's 2:49:57 edged out Chris Delgado by a scant ten seconds in the masters race, while Debbie Bispo clocked a 3:07:43 to annex the women's division over Joan Reiss, who clocked 3:10:15 and also won the masters women's title.

Two wheelchair athletes actually came in one-two in the marathon, with Gustavo Rojas' time of 2:23:32 leading the way. In the 13.1-miler, Excelsior TC's Bob Darling was an easy winner in 68:28. Ross Smith of Reno turned in a sparkling 75:41 to upend Abe Underwood (76:12) and set a US age-group (50-54) record in the process. Rita Scalise did 83:25 in besting Deril Elijah by just under a minute for the women's title. Ruth Anderson's 1:31:50 led the masters women, and she set a US age-51 record in so doing. /John McIntosh/

Half-Marathon

1-Bob Darling/31/ETC	68:28
2-Randy Sturgeon/28	71:12
3-Adam Ferreira/30	71:38
4-Dan Smolich/26	71:55
5-Larry McGrael/24	72:12
6-Frank Krebs/37	72:28
7-Bill Tippets/29	72:33
8-Frank Boutin/24	72:45
9-Steve Nygaard/22	73:29
10-Casey Culbertson/24	73:50
11-Doug Rennie/39/BC	74:02
12-James Moore/33	74:19
13-Stephen Fagundes/31	74:24
14-John Hawkes/31/WVTC	74:--
15-Lenny Labrada/17	74:49
16-J.K. Pedroth/24	75:23
17-Ross Smith/52	75:41*
18-Ron Mellor/28	----
19-Abe Underwood/42/BC	76:12*
20-Vince Mathews/25	76:16
21-Mike McGuire/35	76:17
22-Daniel Alarid/38	76:18
23-Bob Cooper/26/WDS	76:24
24-Mike Larson/15	76:33
25-Jason Flamm/14	76:33
26-Richard Martinez/33	76:35
27-Ross Rowley/32	76:45
28-Dwight Crocker/24	77:03
29-Jon Shelgren/40	77:12*
30-Phil Sanfilippo/30	77:37
31-Joss Walter/16	77:56
32-Greg Talbert/18	77:57
33-Jeff Coe/21	77:58
34-Robert Bourbeau/45	77:59*
35-Ronald Souza/26	78:16
36-Steve Beach/16	78:30
37-Michael Diagle/31	78:48
38-Randall G. Fee/28	78:50
39-Frank Delgado/44	78:51*
40-Sammy Trujillo/34	79:17
41-Lawrence Paige/33	79:24
42-Michael Kelley/34	79:44
43-Vernon Shipley/33	79:51
44-David Wade/32	80:09
45-Ron Vogel/33	80:13
46-Jim Tucker/38	80:21
47-Douglas Croall/28	80:22
48-John Erickson/27	80:35
49-Jame E. Hine/31	80:36
50-Paul Alvarez/19	80:37
51-Ben Holland/16	80:38
52-Joe Delgado/42	80:49*
MASTERS	
71-Bob Goodrich/40	83:12
72-Jim Morris/40	83:13
73-Herb Adams/50	83:14
81-Jeremiah Russell/44	83:49
96-John McComish/43	84:55
WOMEN	
74-Rita Scalise/29	83:25
91-Deril Elijah/27	84:21
133-Bev Marx/26	87:46
155-Kim Boehme/25	88:36
198-Cathy Corfee/17	90:57

208-Mel Clevenger/32	91:40
209-Lynn Moore/36	91:41
211-Ruth Anderson/51/NCS	91:50*
219-Shaun Pedrotti/21	92:05
236-Sherron Hoffman/39	93:17
244-Noie Koehler/35	93:34

Marathon

1-Gustavo Rojas	2:23:32w
2-Daniel Westley	2:25:12w
3-Ted Pawlak/24	2:25:38
4-Kevin Kirby/23/AGRC2	2:28:37
5-David Chairez/21	2:35:05
6-Mike Cunningham/30	2:38:34
7-Tom Pedreira/25	2:38:53
8-Al Stanbridge/33	2:39:02
9-Bill Stainbrook/27	2:40:04
10-Jeff Young/23	2:42:26
11-Karl Yamauchi/32	2:42:40
12-Leonard Gilliano/282	2:43:22
13-Thad Orzechowski/312	2:44:05
14-Gordy Vredenberg/362	2:45:08
15-Leon Valley/27	2:45:18
16-George Maes/32	2:45:19
17-Mark Samuelson/27	2:45:37
18-Tom Nussbaum/31	2:45:49
19-Lawrence Danto/39	2:46:01
20-Norman Gould/31	2:46:20
21-Dan Hernandez	2:46:21w
22-Andy Harris/21	2:46:26
23-Rick Mollenkopf/36	2:46:33
24-Lucas Munoz/19	2:46:48
25-Dana Gard/35	2:46:52
26-David Nieman/30	2:47:08
27-Robyn Graves/29	2:47:44
28-Don Barber/33	2:47:53
29-Kees Tuinzing/33	2:48:23
30-Curtis Turney/22	2:48:33
31-Bob Bertani/29	2:48:43
32-Mike Reinhart/32	2:48:45
33-Randy Wolff/29	2:49:02
34-Charles McNeill/28	2:49:03
35-Jim Isenberg/29	2:49:22
36-Bob Ward/41	2:49:57*
37-Chris Delgado/45	2:50:07*
38-Chris Hadley/28	2:50:30
39-Henry Wald/27	2:50:31
40-David Russell/33	2:50:34
41-Edward Cavazos/30	2:50:41
42-Mike Kanner/22	2:50:50
43-Bill Thomas/28	2:50:54
44-Cowman	2:50:55
45-Don Koeberlein/33	2:52:18
46-David Waraday/23	2:52:54
47-Fred Tileston/33	2:53:10
48-Bob Malain/53/BC	2:53:22*
49-Donnie Cabitac/22	2:53:54
50-Ralph Duckett/36	2:54:08
51-Thomas Warfel/51	2:54:14*
52-Terry Haakenson/38	2:54:20
53-Robert Daniels/32	2:54:27
54-Robert Cook/30	2:54:29
55-Hal Moorhead/31	2:54:30
56-Victor Rivera/28	2:54:31
57-Dave Harkness/25	2:54:32
58-Andy Coe/33	2:54:36
59-Rich Hutchinson/41	2:54:46*
60-Miguel Reyes/28	2:55:03
MASTERS	
69-David Ragsdale/42	2:57:04
74-Bob Curtis/40	2:58:12
77-Jim Drake/40	2:58:56
82-Dan Halvorson/51	2:59:26
86-Jack Jamieson/47	2:59:48
88-Larry Worth/42	2:59:54
96-Paul Reese/63/BC	3:02:22
WOMEN	
133-Deborah Bispo/22	3:07:43
156-Joann Reiss/43	3:10:15*
174-Kathy Pfeifer/21	3:12:08
192-Diane Williams/20	3:14:05
200-Terri Durbin/23	3:14:33
226-Lee Matovcik/25/WV	3:18:30
308-Helene Eisenbud/35	3:27:40

BRIDGE TO BRIDGE RUN

(Sept. 28)

/San Francisco/ - A tight pack consisting of Duncan Macdonald (the eventual winner), Benton Hart, John Moreno, Hal Schulz, and Dave Babiracki passed thru a 4:46 first mile before the pace picked up. Schulz dropped off the pace at 3 miles, and as they approached the Golden Gate Bridge, Duncan put in a strong surge that dropped all but a determined Hart. As they passed five miles in a scorching 23:30, Hart began to fade and Moreno caught him with just a mile to go. Duncan went on to win in a record 37:16, with Moreno 18 seconds back, thus winning a trip to the Athens Marathon in Greece. He averaged 4:43 per mile over the 7.9 mile circuit, as a field of 7000 trailed. Janice LeCocq, a teammate of Duncan's, sped to a 47:25 in capturing the women's division, earning her a trip for two to the Honolulu Marathon. Oregon star Cheri Williams was a well-beaten second in 47:56, with 1980 S.F. Marathon winner Joann Dahlkoetter third at 49:36. Tim Rostege was an easy victor in the masters division at 42:27, almost two minutes ahead of runnerup Don Ardell. Marion Irvine defended her women's masters title in 51:26 to better Sue Stricklin's 52:02. /City Sports/

1-Duncan Macdonald/WVTC	37:16
2-John Moreno/25/CW	37:34
3-Benton Hart/25/WVTC	37:50
4-Dave Babiracki/28/SFV	38:15
5-Mitch Kingery/24/CW	38:19
6-Hal Schulz/22/WVTC	38:35
7-Wolf Schmulewicz/27/WV	39:12
8-Jeff Galloway/35/PHID	39:22
9-Bill Britten/25/AGRC	39:36
10-David Bucchler/23	39:50
11-Bill Seaver/30/WVTC	39:57
12-Rick Gentry/25/CW	40:03
13-Larry Stapleton/25	40:04
14-Hugh Stahl/27/PWTC	40:10
15-Gerald Harnett/23	40:13
16-Denis O'Halloran/28/AG	40:20
17-John Sheehan/26/AGRC	40:22
18-John Jennings/25	40:36
19-Dave Collins/29	40:49
20-Rich Langford/25	41:03
21-Skyler Jones/28/WVTC	41:11
22-Leonard Hill/28/SOS	41:57
23-Phil Kay/27	42:16
24-Steve Ferraz/33	42:19
25-Tim Rostege/40/WVTC	42:27*
26-Virginio DeAraujo/28	42:44
27-Timothy Moore/31	42:45
28-Ben Lundgren/27	43:05
29-Bruce Ruben/29	43:26
30-Bruce Hodge/28	43:31
31-Bob Kassow/37	43:45
32-Jerry Vargas/16	43:51
33-Joseph Hurd/26	43:56
34-James Rodrigues/24	43:59
35-Jim Gross/23	44:08
36-Eddie Lanzaran/28	44:10
37-Dave Roeber/34	44:14
38-Don Ardell/42/TAM	44:20*
39-Pete Nowicki/22	44:22
40-Alex Gomez/25	44:30

41-John Ozewaltowski/23	44:32
42-Jim O'Neil/55/BC	44:34*
43-Bob Blackman/21	44:35
44-Scott Steinmaus/19	44:45
45-Chuck Stagliano/40/TAM	44:52*
46-Chris Steer/37	45:00
47-Steve Parker/40	45:22*
48-Greg Yamanaka/26	45:27
49-Joe Wheeler/26	45:32
50-Stephen Roberts/22	45:37
51-Tim Peregoy/35	45:38
52-Peter Gorski/31	45:43
53-Bob Feist/25	45:44
54-Frank Varela/33	45:45
55-Gary Rayword/15	45:46
56-Mike McCaffery/27	45:49
57-Reginald Humdy/31	45:58
58-Ken Riding/42	45:59*
59-Doug Latimer/42/WVTC	46:01*
60-Miguel Solorio/36	46:06
61-Scott McLean/24	46:07
62-Joe Gallagher/33	46:08
63-Dick Ratliff/31	46:09
64-Ray Gin/39	46:11
65-Bob Peterson/23	46:13
66-Joe Montoya/29	46:17
67-James Trenton/27	46:19
68-Will Liley/30	46:21
69-Kerry McKay/18	46:22
70-W. DeMartini/33	46:27
71-Clyde Helms/34	46:29
72-Marc Spadaro/17	46:29
73-Tom Rich	46:30
74-Craig Steinmaus/18	46:35
75-Gilbert Garcia/32	46:41
76-Mark Morris/39	46:42
77-Eddie Williams/18	46:47
78-Mike Holbrook/38	46:52
79-Carlo Zapanolli/27	46:56
80-Rudy Breland/32	46:59

MASTERS

102-Steve McCain/41	47:49
106-Dennis Lanterman/45/WV	47:58
109-Walter Williams/43/WV	48:01
145-Richard Keene/42	49:06
151-Leo Ruiz/41	49:11
159-Ron Grabowski/44	49:17
162-Davies Wu/41	49:21
166-Jerry Strong/47	49:25
203-Jim Hughes/44	50:04

WOMEN

96-Janice LeCocq/30/WVTC	47:25
105-Cheri Williams/20/UO	47:56
176-Joann Dahlkoetter/27	49:36
191-Vicki Maxwell/22	49:51
243-Agnes Duterte/26	50:38
286-Marion Irvine/50	51:26*
316-Nancy Ditz/26	51:50
327-Sue Stricklin/42/WVTC	52:02*
346-Renee Hicks/24	52:24
412-Linda Skinner/32	53:25
414-Marty Minjares/26	53:28
426-Jennifer Chufman/21	53:43
430-Ann Olson/20	53:46
471-Janet Wilson/15	54:27
475-Mari Kolb/33/WVTC	54:30

BRASS POLE 10K

(Oct. 5)

/Oakland/ - The 4th Annual run saw several thousand compete, with the proceeds going to the Burn Center. John Embody was an easy victor, notching a good 30:40.5 on the downhill course that ends at Jack London Square in Oakland. Virginio DeAraujo was a well-beaten second in 31:53. Cheri Williams avenged her loss of the week before by clocking 36:08.6 for a minute victory over Colleen Moran. Tim Rostege came back off his

Bridge to Bridge victory with a sparkling 32:34.3 to dominate the masters competition. /Bill Hubbart/

1-John Embody	30:41
2-Virginio DeAraujo	31:53
3-Philip Kay	32:03
4-Jim Coughlin	32:11
5-Ted Pawlak/WVJS	32:15
6-Matthew O'Brien	32:32
7-Tim Rostege/40/WVTC	32:34*
8-Gary Alderman	32:37
9-John Emery	32:37
10-Robert Colburn	32:38
11-Bruce Williams	33:19
12-David Bigelow	33:39
13-Harvey Franklin/WVTC	33:39
14-Rob Bates	33:46
15-David Gowan	33:47
16-Ed Silva	33:48
17-Timothy Colman	33:51
18-Jay Gehrig	33:52
19-Pete Nowicki	34:03
20-James Owen	34:09
21-Rich DeGlymes	34:17
22-Steve Armstrong	34:25
23-Wayne Cottrell	34:28
24-Jonathan Coleman/WVTC	34:29
25-David Smith	34:30
26-Hoyt Walker	34:31
27-Brad Kearns	34:33
28-John Monteverdi	34:34
29-Matthew Malley	34:36
30-Scott Lee	34:38
31-Ronnie Maine	34:41
32-Karl Wilson	34:41
33-Jim Santisteban	34:42
34-Scott Hill	34:43
35-Fassil Fessaha	34:45
36-Bill Brusher/WVTC	34:46
37-Myron Nevraumont/WVJS	34:47*
38-Peter Jensen	34:58
39-Nik Epanchin	35:02*
40-Sheldon Clark	35:02
41-Ron Tanaka	35:08
42-Guy Pelham	35:09
43-Eric Ivory	35:11
44-Raymond Juncosa	35:12
45-Bruce Hudkins	35:18
46-Mark Gravow	35:19
47-J. Patrick McCarthy	35:23
48-Joseph King, Jr.	35:24
49-Richard Milan	35:25
50-Barnett Seardy	35:28
51-Dino Cardiasmenos	35:30
52-Greg Yamanaka	35:32
53-Michael Banks	35:33
54-Francis Mason	35:35
55-Bill Posedel	35:37
56-Tom Masterson	35:38
57-Francisco Perez	35:40
58-Hans Goepel	35:41
59-Theodore Wong	35:45
60-Marc Paisin	35:49
61-Gerald McMahon	35:50*
62-Robert Apodaca	35:53
63-Stevon Schwartz	35:58
64-Rex Merrill	36:02
65-David Dahler	36:03
66-Brian Reed	36:04
67-Larry Tracey	36:06
68-Cheri Williams/UO	36:09F
69-Tom Jefferson	36:14
70-Nicholas Korevaar	36:25
71-Randall Minvielle	36:27
72-Ray Renati	36:27
73-Nick Daly	36:32
74-Karl Uebel	36:34*

MASTERS

75-Skip Marquard	36:37
77-Ken Allen	36:40
78-Dave Byron	36:41
89-Walter Williams/WVJS	36:51

110-Frank Smith/PMK	37:23
115-Michael Pence	37:29
116-Thomas Ryan	37:29
120-Richard Craig	37:34

WOMEN

101-Colleen Moran	37:10
111-Jolie Houston/AGRC	37:24
145-Pat Thomas	38:20*
153-Florianne Harp	38:34
177-Marion Irvine/50	39:06*
251-Mari Kolb/33/WVTC	40:21
288-Mary Eipert	40:54
304-Kristan Martin	41:07
311-Rachel Anderson	41:12
325-Louise Schneider	41:24
352-Jennifer Ray	41:47
373-Liz Ray	42:07*

HUMBOLDT REDWOODS MARATHON

(Oct. 12)

/Weott/ - In what was viewed as an unexpectedly small turnout, 42-year-old Jim Bowers of Santa Rosa blitzed to a new American age-group (over 40) record of 2:22:23 over a field of 381 finishers. His time smashed Herb Lorenz's 2:24:41 U.S. standard. The ex-American high school mile record-holder (4:16 in 1956) ran the first 8 miles with 1980 Athens Marathon winner, Mike Duncan, before pulling away for the win, passing 10 and 20 miles in 55:04 & 1:47:55 respectively. Duncan hung on for a PR of 2:25:55 to take second, with Harry Cottrell also dipping under 2:30 at 2:28:10. Jim Bevins of Susanville was 2:41:16 to take second to Bowers in the masters division. Nellie Wright nipped Bonnie Storm, 3:05:17 to 3:05:34, for the women's title. Ideal conditions prevailed-- low 50's & overcast. /S.R.R.C./



Jim Bowers set a new American masters record of 2:22:23 in winning the Humboldt Redwoods Marathon (shown here at Brooks 25K with Tom Laris). /Sheretz/

(Humboldt Redwoods Marathon...)

1-Jim Bowers/42/VMRC 2:22:23*
2-Mike Duncan/30/WVTC 2:25:55
3-Harry Cottrell/34 2:28:10
4-Steve Ottaway/27/TAM2:32:57
5-Jim Lovejoy/33 2:36:03
6-John Beaton/27/SLDC 2:36:04
7-Stuart Scholl/26 2:40:13
8-Jim Bevins/42 2:41:16*
9-Walt Radloff/35 2:41:44
10-Jim Isenberg/29 2:41:58
11-Rick Mollenkopf/32 2:43:39
12-Mitch Greenberg/28 2:45:59
13-Dave Hillegeist/29 2:46:40
14-Michael Holt/31 2:46:49
15-Richard Stewart/32 2:46:59
16-Paul Kane/41 2:47:42*
17-Kenny Warde/30 2:48:00
18-Doug Schrock/28 2:48:50
19-Jack Eaves/35 2:49:33
20-Paul Alvarez/19 2:49:39
21-Jeff Mangans/29 2:50:27
22-Tod Milton/31 2:51:24
23-Robert Blais/33 2:51:52
24-Ralph Duckett/36 2:52:44
25-Ter Vermillion/30 2:52:47
26-Paul Ainslie/33 2:52:49
27-John A. Walker/32 2:53:08
28-Robert Johnson/35 2:54:08
29-Jack Wheeler/38 2:55:00
30-Clarence Mason/33 2:55:03
31-David Hobler/38 2:55:06
32-Michael Addis/30 2:55:42
33-Gordon Johnson/35 2:55:44
34-Andy Jensen/37 2:56:03
35-Ernle Young/47 2:56:10*
36-Keith Handley/39 2:56:12
37-Edward Lee Moore/37 2:56:31
38-Ken Goldblum/42 2:57:13*
39-Lenny Escarda/49 2:57:34*
40-Tom Jefferson/32 2:57:35
41-Richard Benyo/34 2:57:48
42-Mark Smith/38 2:58:08
43-James Thane/25 2:58:44
44-Forrest Williams/46 2:58:57*
45-Larry Kluck/32 2:59:01
46-Raymond Weiss/26 2:59:15
47-James L. Walker/40 2:59:37*
48-Richard Elster/40 2:59:42*
49-Mike Stenger/40 3:00:16*
50-John Bostock/41 3:00:48*
51-Norm McAbee/48 3:00:48*
52-Stewart Nelson/33 3:00:51
53-Steve Doyle/32 3:01:21
54-Adrian Laekas/32 3:01:32
55-Art Riggs/35 3:01:33
56-Donald Tompkins/33 3:01:51
57-Jay Ford/35 3:02:08
58-John Andersen/36 3:02:28
59-Gary Whitten/42 3:02:51*
60-Mark McGranaghan/26 3:03:24
61-Paul Reese/63/BC 3:03:39*
62-Lance Wright/32 3:03:53
63-Tom Butler/29 3:04:03
64-John Bouldt/34 3:04:05
65-David Barry/34 3:04:40
66-William Daniel/36 3:04:50
MASTERS
69-Dan Goodwin/51 3:06:23
73-Donald Demis/49 3:06:14
74-Hal Jackson/47 3:08:04
77-Robert Wright/57 3:08:16
79-Fred Wood/40 3:09:13
81-Mark Ricaud/52 3:09:28
WOMEN
67-Nelly Wright/30 3:05:17
68-Bonnie Storm/35/WVTC3:05:34
102-Margaret Oakes/44 3:14:21*
107-Skip Swannack/39 3:15:31
112-Veronica Neptune/38 3:17:00
120-Regina Silva/29 3:18:31
133-Carol Hewitt/32 3:21:45
148-Barbara Eastman/30 3:25:37
155-Sandra Reisenleiter 3:27:05

BERKELEY TO MORAGA
(Oct. 19)

/Berkeley/ - Little-known Leroy Kotchevar broke away from Jan Sershen to take a 71:22 win in this popular event (15th annual) as Byron Lowry's 1971 course record remained intact at 69:53. Sershen finished in 72:33, with Virginio DeAraujo another 15 seconds back on this tough 13.1 mile point-to-point course. Sharlet Gilbert became one of a handful of women to have broken 90 minutes with her 89:52, good enough for a 1:26 margin over Irene Rudolf, however, Elaine Miller's 86:34 standard of 1978 remained safe. Ulrich Kaempf (79:15) won the masters division in a close battle over Harold Knutsen (79:38). Pat Whittingslow set what is believed to be a women's masters record with a fine 94:28. /John Monteverdi & Bill Brusher/

1-Leroy Kotchevar/28 71:22
2-Jan Sershen/33/ETC 72:33
3-Virginio DeAraujo/28 72:48
4-Scott Molina/26 73:26
5-Peter Day/36 73:32
6-Dan Anderson/28/CTC 75:18
7-Bob Alexander/28 76:23
8-Nick Winter/37/LVRC 77:10
9-Ted Quintana/25 77:11
10-David Powell/18 78:10
11-Chris Steer/37 78:32
12-Ulrich Kaempf/49/WVTC 79:15*
13-Dwight Hendrix/26 79:18
14-Harold Knutsen/40 79:38*
15-Joe Schieffer/29 80:00
16-Leo Rehsen/36 80:12
17-Robert Colborn/25 80:19
18-Paul Farrier/43 80:25*
19-Bart Simmons/30 80:59
20-Grant Foster/14 81:21
21-Dan Moore/39/LVRC 81:25
22-Al Chesterman/36 81:46
23-Hoyt Walker/28/LVRC 81:52



Leroy Kotchevar won 15th Annual Berkeley-Morage Race in 1:11:22. /Keith Conning/

24-Bill Bugler/44/PMK 81:56*
25-David Smith/23 82:10
26-Ed Jerome 82:33
27-Rex Merrill/29 82:42
28-Russell Cohen/29 82:45
29-Bob Love/20/CW 83:09
30-David Engle/33 83:32
31-Pat Shaughnessy/29/WV83:39
32-Guillermo Barron/28 83:47
33-Russ Langer/33 84:02
34-Manuel Hernandez/27 84:23
35-Rip Talavera/38 84:25
36-George Avit/26 84:31
37-Greg Yamanaka/26 85:00
38-Joseph King/26 85:04
39-Malcolm Stewart/42 85:09*
40-Bob Feist/25 85:10
41-John Robinson/35 85:12
42-Monroe Rosenthal/32 85:14
43-Scott Faulkner/22 85:23
44-Berend Leupold/38 85:32
45-Pete Hansen/33 85:41
46-Nick Korevaar/26 85:47
47-Brian O'Connor/33 85:48
48-Errol Jones/30 85:50
49-Jim Nicholson/50/PMK 85:52*
50-Pat McCarthy/28 85:59
51-Mike O'Donnell/28 86:10
52-Larry Bechtel/31 86:15
53-Ray Bonner/38/LVRC 86:34
54-S. Ederbles/29 86:38
55-Orin Dahl/45 86:43*
56-George Slater/36 86:50
57-Ron Yank/37 86:52
58-Joe Camisa/30 86:52
59-Bill Seiler/30 87:00
60-Mike Smith/25 87:08
MASTERS
67-Rich Whitewater/40 87:52
73-Arnold Schulz/43 88:21
74-Frank Smith/41/PMK 88:47
80-Keith Whittingslow/4189:35
81-Flory Rodd/57 89:42
84-Jerry Faulkner/48 90:07
WOMEN
83-Sharlet Gilbert/29 89:52
96-Irene Rudolf/38/WVTC 91:18
100-Linda Skinner/32 91:50
114-Hilary Naylor/34 92:54
125-Margo Elson/29 94:01
131-Pat Whittingslow/40 94:28*
147-Allison Nemir/18 96:17
156-Mari Kolb/33/WVTC 97:19
161-Kris Martin/22 98:09
164-Vicki Blankenship/35 98:15
167-Valerie Doyle/38 98:44
180-Martha Maricle/47/NCS99:55*

THE GREAT RACE
(Oct. 19)

/Stanford/ - Duncan Macdonald showed his heels to Nevada-Reno ace Jairo Correa, who was to win the TFA/USA Cross-Country Nationals the following weekend in Reno. Duncan took an early lead and never relinquished it as he clocked a swift 28:58 vs. 29:25 for his Colombian rival. Roy Kissin also dipped under 30 minutes with a 29:54 over this newly certified course. Tom Laris' 31:31 bested Ulrich Kaempf (33:37) by over two minutes as he set a new American masters mark in the process. Third-place master Jim O'Neil's 34:06 set a new U.S. 55-59 age-group standard. Stefani Stoutt of Cal-State Hayward cruised to a 35:23 clocking to easily best 39-year-old Judy Fox's 36:19. /The Cardinal Club/

1-Duncan Macdonald/WVTC28:58
2-Jairo Correa/Nev-R 29:25
3-Roy Kissin/SUB4 29:54
4-Matt Yeo/AGRC 30:25
5-Randy Stael 30:33
6-Coty Pinckney 30:49
7-John Routh/WDS 30:51
8-David Boechler 31:00
9-Dan Martinez/WDS 31:12
10-Tom Laris/40 31:31*
11-Bill Clark/36/WVTC 31:40
12-Chris Block 31:45
13-Skip Brown/31/WVTC 31:50
14-James Young 31:56
15-Jack Bellah/WSSAC 31:57
16-Stacy Geiken 31:58
17-Stephen Sidney 32:02
18-Mark Williams 32:05
19-Keith Buffington 32:10
20-David Austin 32:23
21-Weston Press 32:43
22-Michael Lisowski 32:44
23-Doug McLean/WVTC 32:54
24-Robert Henzel 32:59
25-Paul French 33:01
26-Tim Bolton 33:10
27-Ingemar Gard 33:16
28-Jake White/WVJS 33:33
29-Peter Churney/GBrTC 33:37
30-Ulrich Kaempf/49/WVTC33:37*
31-Rick Hill 33:44
32-Charley Wise 33:49
33-David Garcia 33:56
34-Jasper Kirkby 33:57
35-Joe Naughten 34:02
36-Ted Dom 34:03
37-Jim O'Neil/55/SDTC 34:06*
38-Doug Stevens 34:06
39-James Owen 34:13
40-Charles Verutti 34:39
41-Gatis Roze 34:43
42-Todd Feeley 34:48
43-Tom Phillips 34:57
44-Mike Rivers 34:57
45-D. Ganezer 35:00
46-Jim Bordoni 35:02
47-William Benz/WVTC 35:03
48-Garth McCune 35:12
49-Robert Braunschweig 35:13
50-Matthew Porteus 35:16
51-Wayne Moriuchi 35:20
52-Joe Maher 35:21
53-Stefani Stoutt/CSUH 35:23F
54-Tom Sonderogger 35:26
55-David Hayes 35:28
56-Pat McCarthy 35:33
57-Michael Hicks 35:35
58-Mike McCaffery 35:36
59-Ken Drew 35:38
60-Gregg Harvey 35:42
61-Tom Marshal 35:44
62-Joe Quesada 35:45
63-John Burr 35:45
64-Rich Nichols 35:46
65-Brad Angle 35:46
66-Ian Leslie 35:47
67-Wayne Giffin 35:49
68-Carl Maravilla 35:50
69-William Dotzler 35:51
70-Dayle Bryan 35:57
MASTERS
71-Dave Stevenson/52/WV 36:02
84-Peter Wood/50/NCS 36:21
93-Ernle Young 36:36
102-Alexander Fetter 36:48
103-Don Carpenter/52/WVTC36:49
113-Bill Bowers/50+ 37:06
116-Flory Rodd/57 37:08
118-Elliott Robinson 37:15
123-John McCrillis/TRAC 37:39
139-Ren Potts/50+ 38:22
146-Bill Young 38:27
153-Phil Larson 38:32
(Continued on next page...)



Cal-State Hayward's Stefani Stoutt ran a quick 35:23 10K at Stanford's Great Race to beat Judy Fox. /Susan Watters/

- (Stanford Great Race, cont'd)
- 83-Judy Fox/39/WVTC 36:19
 - 105-Dana Hooper 36:51
 - 119-Janice LeCocq/30/WVTC 37:17
 - 157-Maria King 38:35
 - 158-Shannon Clark/12 38:40
 - 182-Deborah Dobbs/WVTC 39:22
 - 193-Mary Kerrigan 39:33
 - 211-Jennifer Glockner/WDS 39:51
 - 221-Nancy Ditz 39:59
 - 225-Becky Hill/WDS 40:05
 - 235-Linda Mantynen 40:21
 - 252-Lee Matovcik/WVTC 40:40
 - ***MASTERS WOMEN***
 - 370-Ruth Waters/NCS 42:43
 - 415-Betsy Fraser-Smith 43:28
 - 429-Kathy Brieger/NCS 43:40
 - 431-Barbara Tarr/40 43:41

HAYWARD HALF-MARATHON
(Oct. 26)

/Hayward/ - Canadian Brian Maxwell duelled with Ted Quintana for 8 miles of this popular, well-organized race before getting the edge and pulling away to break his own course record by 4 seconds in 65:46. Quintana fell off the pace considerably over the final 5 miles to come in second at 66:52. Karen Scannell continued to collect records as she notched an overall victory at 81:41, setting not only the women's masters record, but the overall women's record as well, smashing Sue Munday's 82:06 mark of 1979. Sharlet Gilbert was a well-beaten runnerup at 83:08. Tim Rostege beat teammate Tom Cathcart by an even minute in winning the masters division in a new course record of 72:01. A total of 954 runners completed the mostly flat circuit. /Hayward Area Recreation & Park/

- 1-Brian Maxwell/GBrTC 65:46
- 2-Ted Quintana 66:52
- 3-Jan Sershen/33/ETC 67:38
- 4-Dan Martinez/WDS 67:55

- 5-John Embody 68:13
- 6-Bob Darling/ETC 69:53
- 7-Chris Jackson 71:03
- 8-Brian Bonner/LVRC 71:07
- 9-Dennis Urtiaga 71:12
- 10-Michael Lisowski 71:41
- 11-Tim Rostege/40/WVTC 72:01*
- 12-Nick Winter/LVRC 72:19
- 13-Lawrence McGraez 72:52
- 14-Tom Cathcart/WVTC 73:01*
- 15-Dan Williams 73:05
- 16-John Notch/LMJS 73:12
- 17-Tom Robinson/PMK 73:15
- 18-Glen Walder 73:31
- 19-Mark Hines/ETC 73:35
- 20-Mike Plummer 73:45
- 21-Mark Braves 74:00
- 22-Jeff Cowling 74:31
- 23-David Parish 74:31
- 24-Peter Hollenback 74:38
- 25-Jim Moore 74:54
- 26-Brendan Dolan 74:55
- 27-Jerome Lewis/TRAC 75:05*
- 28-Mark Behning 75:21
- 29-Doug Bamford/WVTC 75:23
- 30-P.H. Farrier 75:24
- 31-John Hawkes/WVTC 75:31
- 32-Jeff Porto 75:36
- 33-David Unger-Smith 75:39
- 34-Dan Alarid 75:42
- 35-Jim Minami 75:52
- 36-David Smith 75:57
- 37-Robert Apodaca 76:07
- 38-Glen Krawiec 76:26*
- 39-Jim Doran 76:54
- 40-Dave Willis 77:07
- 41-Rudy Escobedo 77:11*
- 42-Terry Johnson 77:18
- 43-Dan Moore/LVRC 77:27
- 44-Hoyt Walker/LVRC 77:34
- 45-Pat Shaughnessy/WVTC 77:42
- 46-Mark Hartigan 77:46
- 47-Dennis Durbin 77:46
- 48-Rick Bowers 77:49
- 49-Mike McCaffery 77:52
- 50-Tony Casillas/CTC 77:54
- 51-Andrew Bruce 77:56
- 52-Steven Selbrede 77:57
- 53-Chris Steer/37 77:58
- 54-Walter Radloff 78:19
- 55-Robert Smith 78:46
- 56-Peter Gorski 78:51
- 57-Dennis Lanterman/WVTC 78:59*
- 58-Ed Cavalier 79:03
- 59-Eric Ivory 79:10
- 60-Ron Tanaka 79:15
- 61-Bill Brusher/WVTC 79:16
- 62-James Clapp 79:38
- 63-Edward Campbell 79:45
- 64-Bruce Carter 79:50*
- 65-Scott Faulkner 79:51
- 66-Steve Harper 79:53
- 67-Gerald McMahon 79:56
- ***MASTERS***
- 83-Ken Allen 81:00
- 95-Robert Gehl/50+ 81:35
- 112-Richard Craig 82:46
- 115-Ron Grabowski 82:56
- 140-Dee Baltzer 84:41
- 146-Peter Morse 84:55
- 155-Jim Aynesworth/WVTC 85:10
- ***WOMEN***
- 96-Karen Scannell/IMP 81:41*
- 116-Sharlet Gilbert 83:08
- 135-Vickie Maxwell/GBrTC 84:21
- 192-Marion Irvine/51 86:36*
- 193-Freddie Viray 86:37
- 220-Karen Lanterman/WVTC 88:39
- 251-Terri Durbin 89:44
- 267-Terrie Martin 90:43
- 276-Judith Russo/WVTC 90:50
- 280-Ruth Anderson/50+/NCS 91:05*
- 301-Kristine Morrella 92:16
- 305-Linda Skinner 92:28

GOLDEN GATE MARATHON
(Oct. 26)

/San Francisco/ - After running with the lead pack for 10 miles of this scenic race, Skip Brown (author of *Target 26*) pulled away to an unpressed victory in 2:26:24, missing Mike Porter's course standard by about a minute, but besting runnerup John Gailson by nearly 5 minutes. Hilary Naylor was well off Sue Krenn's 2:54:04 women's standard, but her 3:10:39 was almost 2 minutes ahead of second-placer Deborah Waldear, who did 3:12:24. We're not sure who the masters winner was, as the results didn't list either age or division (or sex) of finishers...we're indicating those we are sure of with an asterisk. Barbara Tarr's 3:19:37 was top performance for women's masters as she took fourth overall. A total of 706 completed this relatively tough marathon. /Embarcadero YMCA/

- 1-Skip Brown/31/WVTC 2:26:24
- 2-John Gailson 2:31:19
- 3-Virginio DeAraujo 2:32:29
- 4-Rodolfo Rizalde 2:33:01
- 5-Mark Williams 2:34:28
- 6-Leonardo Illut 2:34:30
- 7-Jimmy de la Torre 2:35:36
- 8-Hasse Develius 2:36:19
- 9-James Jacobs 2:42:55
- 10-Rae Clark/WVTC 2:44:18



YMCA Golden Gate Marathon winner, Skip Brown, shown at 1979 Livermore Marathon. /Armantrout/

- 11-Gary Halford 2:46:53
- 12-Sherman Schapiro 2:47:35
- 13-Greg Yamanaka 2:47:41
- 14-Rich Henderson 2:48:34
- 15-Fassil Fessaha 2:49:02
- 16-Steve Tucker 2:49:10
- 17-Kenneth J. Price 2:50:09
- 18-Michael Lannoy 2:50:53
- 19-Gene Kain 2:51:03
- 20-Walter Calcagno 2:51:21
- 21-Doug Schrock 2:51:52
- 22-Larry Tracey 2:52:20
- 23-Curtiss Kellogg 2:52:52
- 24-Dwight Hendrix 2:52:53
- 25-William Davis 2:53:13
- 26-Steve Moore 2:53:26
- 27-Alex Brede 2:53:29
- 28-Gary Nathanson/GSF 2:53:40
- 29-Bob Ward 2:54:46
- 30-Mike Paradis 2:54:58*
- 31-Tom Jones 2:55:11
- 32-Bird Duncan 2:56:16
- 33-Gary Bartoo 2:56:19
- 34-Graeme Bell 2:56:39
- 35-Michael Impastato 2:56:50
- 36-Anthony Clews 2:57:39
- 37-Chuck Welty 2:57:52
- 38-Andre Millette 2:57:58
- 39-Peter Gutierrez 2:58:46
- 40-Norman Gould 2:59:02
- 41-Jim Hughes 2:59:16
- 42-Larry Bechtel 2:59:30
- 43-Doug Kelley 2:59:53
- 44-Warren Moorman/PMK 2:59:56*
- 45-Jerry Cooper 3:00:00
- 46-Erik Simpson 3:00:08
- 47-Ronald Tougas 3:00:24
- 48-Martin Hillyer 3:00:47
- 49-Michael Faust 3:00:59
- 50-Austin Angell 3:01:25
- 51-Rudy Breland 3:01:30
- 52-Ralph Duckett 3:01:43
- 53-Lawrence Harvey 3:01:44
- 54-Stephen Barnett 3:01:48
- 55-Curtis Imrie 3:01:59
- 56-Roy Scellato 3:02:29
- 57-Bernd Leopold 3:02:52
- 58-Dick Fuchs 3:03:14
- 59-Rockwell Townsend 3:03:28
- 60-Jerald B. Blinn 3:03:40
- 61-Dennis Corradi 3:03:41
- 62-Mark Allen Warford 3:04:13
- 63-Michael Rodriguez 3:04:16
- 64-Guy Renaud 3:04:39
- 65-Mark Brown II 3:04:41
- 66-Don M. James 3:04:45
- 67-Joseph Camisa 3:04:49
- 68-Douglas Volkmer 3:05:06
- 69-Bill Young 3:05:19
- 70-Steve Bozylinski 3:05:20
- 71-James Mickle 3:05:20*
- 72-John Soubier 3:05:44*
- 73-John Fisbree 3:05:50
- 74-Michael Fitzgerald 3:05:58
- 75-Thomas Eng 3:06:06
- 76-William Stacy 3:06:08
- 77-George Baptista 3:06:09
- 78-David Shrimpton 3:06:21
- 79-Robert Jones 3:06:35
- 80-Kevin Garry 3:06:43
- 81-Donald German 3:07:04
- 82-Henry Der 3:07:19
- 83-Edward Lujan 3:07:26
- ***WOMEN***
- 114-Hilary Naylor 3:10:39
- 127-Deborah Waldear 3:12:24
- 152-Nancy Justice 3:15:40
- 186-Barbara Tarr/40 3:19:37*
- 215-Sally Savitz 3:23:50
- 224-Kathleen Pfiefer 3:24:39
- 250-Loretta Polsdorfer 3:27:23
- 260-Carol Swain 3:28:28
- 266-Lucille Rosen 3:28:46
- 275-Miriam Gerard 3:29:31

ANGWIN TO ANGWISH

(Oct. 26)

/Angwin/ - A record number of official finishers (621) made inroads on many individual records, as one man's standard and four women's marks were broken. John Mansoor won by a big margin, 38:35 to 39:58, over Darren George, but missed Gary Blume's 37:16 course record by just as big a margin. Darren set the only men's record of the day in the 30-39 age division. Darryl Beardall won the masters trophy but was well off his own masters record of 41:15. He still won by almost 3 full minutes over Bert Botta. Derry Bunnell chopped 1:23 from Joan Ulyot's women's record with her 47:20, and Janice Prudhomme was also under the old mark in 48:26. Donna Andrews demolished Susan Mitchell's women's masters record with a fine 50:51 as Susan was runnerup today at 52:58, some 14 seconds slower than her former course record. Another well-staged race over a hilly 7.6-mile, scenic course. Only one problem...no sex was noted on the results, so hope we have not missed listing any top women. /David Nieman/

1-John Mansoor/25/CCF	38:35
2-Darren George/30/AIA	39:58
3-Steve Ottaway/27/TAM	41:14
4-Ron Elijah/27/Unat	41:34
5-Butch Alexander/27/VM	41:39
6-Steve McClaine/16/VHS	41:45
7-Darryl Beardall/44/TAM	41:47*
8-Ron Souther/18/SS	42:06
9-Keith Golding/20/NVRC	42:27
10-Bob Bunnell/30/Unat	42:35
11-David Chairez/21/HMR	42:39
12-Monty Thompson/20/HMR	42:46
13-Kent George/28/HMR	42:49
14-Ron Mellor/28/Unat	42:50
15-Mike Weddington/19/NJC	42:58
16-Gordy Vredenburg/36/BC	43:11
17-Tony Burke/16/Unat	43:31
18-Doug Butt/35/WVTC	43:35
19-John Myers/22/HMR	43:38
20-Chris Johnson/31/TAM	43:46
21-Victor McLeod/26/PUC	44:04
22-David Mujela/28/Unat	44:07
23-David Nieman/30/HMR	44:08
24-Louis Garcia/20/ER	44:10
25-Bert Botta/41/TAM	44:32*
26-Vikram Gosain/27/Unat	44:44
27-Larry Ballew/35/CAR	44:46
28-John Coburung/34/Unat	44:50
29-Gerald Werner/34/NVRC	44:51
30-Nik Epanchin/41/Unat	44:53*
31-Stacy Van Horn/17/Un	45:00
32-Dave Rouse/15/Unat	45:00
33-Greg Talbert/18/BC	45:06
34-Peter Laskier/36/TAM	45:08
35-Jesus Ceja/14/VHS	45:11
36-Joaquin Fritz/27/TAM	45:13
37-Dennis Bollman/29/VMRC	45:24
38-Bob Malain/53/BC	45:28*
39-David Hannoford/30/Un	45:32
40-Russ Kiernan/42/TAM	45:33*
41-Scott Espinoza/18/DDD	45:37
42-Craig Roland/45/WC	45:37*
43-Gary Rayward/15/SS	46:00
44-Robert Nations/40/Un	46:00*
45-Sam Sherman/16/PUCP	46:13
46-Peter Cho/16/NPAA	46:15

47-Ronald Rahmer/43/TAM	46:16*
48-James Myers/15/Unat	46:20
49-Mike MacLennan/31/HMR	46:21
50-Bruce Von Borstel/35	46:22
51-Kenneth Cox/16/Months	46:23
52-Dave Ketelsen/21/HMR	46:28
53-David Johnson/24/PUC	46:30
54-Reg Harris/33/SilTC	46:32
55-Carl Jensen/35/TAM	46:33
56-George Frazier/33/TAM	46:35
57-Rich Hutchinson/41/SS	46:41*
58-Don Huff/44/PMK	46:42*
59-Edward Williams/18	46:47
60-Mickey Brodie/OPHIR	46:50
61-David Reeves/22/PUC	46:55
62-Ed Ettinghausen/18	46:56
63-John Kirn/31/Unat	47:06
MASTERS	
64-Robert Myers/40/PMK	47:08
72-Don Pickett/52/TAM	47:18
84-Arnold Schulz/44/Un	47:59
89-John Swyers/41/TAM	48:09
103-Joe Dana/44/SS	48:48
108-Michael Pence/40/ER	49:07
118-E.G. Blackburn/45/HMR	49:31
120-Earl Norgard/43/TAM	49:38
125-Carl Howard/47/Unat	49:45
WOMEN	
73-Derry Bunnell/27/Un	47:20
92-Jan Prudhomme/20/Un	48:26
115-Florianne Harp/32/TAM	49:29
119-Pat English/27/TAM	49:32
149-Donna Andrews/40/TAM	50:51*
172-Jenny Biddulph/15/TAM	52:01
192-Susan Mitchell/43/GSF	52:58*
204-Judi Mellor/25/Unat	53:14
220-Peggy Smyth/28/Unat	53:47
221-Yoka Zwetsloot/41/Un	53:51*
248-Sandy Caughey/25/Un	54:32

ALMOND BOWL RUNS

(Nov. 2)

/Chico/ - With nearly 1200 finishers (about half in each race --3 & 6 miles), this year's number of competitors was more than double that of the previous year. Benton Hart just missed Tom Wysocki's course record (by 4 seconds) with a very quick 28:52 in nipping Canadian Bill Britten (28:57). Sally Edwards took the women's race by nearly a minute in 35:45, while Bob Malain had a likewise easy time in capturing the masters title at 34:45. At 3 miles, Mike Wright nosed out Mark Cyr, as both dipped under 15 minutes--14:49 to 14:56. Local masters star Walt Schafer averaged 5:13's in winning his division at 15:39, and Brenda Shanks' 18:09 led the women. Schafer set a course record in his division. Theresa Henneman clocked 20:42 to clip 14 seconds from her masters standard and many other divisional records were broken in both races. /Everett Riggle/

1-Mike Wright	14:49
2-Mark Cyr	14:56
3-Tom Klousner	15:06
4-Bill Elliott	15:16
5-Steve Nygaard	15:17
6-Grae Van Hooser	15:26
7-Steve O'Brien	15:30
8-Robert Ellsworth	15:35
9-Curtis Boehm	15:36
10-Herb Bladorn	15:38
11-Walt Schafer/CRC	15:39*

12-Steve Piles	16:08
13-Dan Ralston	16:08*
14-Charles Preble	16:25
15-Paul Resignato	16:28
16-Brian Butterfield	16:33
17-Mike Lybrand	16:50
18-Michael Weidlein	16:51
19-Paul Pagano	17:01
20-Tycho Brahe	17:04
21-Chris Lambert	17:06
22-Jack Frost	17:07
23-Mike Davis	17:09
24-Lance Freeland	17:14
25-Mac Forbes	17:17
26-Rick Crespin	17:28
27-Mike Andrews	17:30*
28-Bryan Graves	17:31
29-Mario Valadez	17:32
30-Tony Cervantes	17:33
31-Tim Pata	17:35
32-Ken Krause	17:36
33-James Moody	17:42
34-Malcolm Allen	17:44
35-Chet Marshall	17:44
36-Michael Clarke	17:44
37-Bill Nevell	17:51
38-Michael Schwartz	17:53
39-Bill Maxey	17:54
40-Eric Burk	17:54
MASTERS	
43-Robert Ross/50+	18:02
58-Lynn Hubbard	18:33
82-Ben May	19:22
WOMEN	
45-Brenda Shanks	18:09
54-Kim Carler	18:27
63-Julia Orri	18:41
64-Becky Valdez	18:41
68-Jennifer Korte	18:53
69-Terry Trumbull	18:56
86-Denae Dunlap	19:32
87-Linda Doniak	19:33

--6 MILES--

1-Benton Hart/WVTC	28:52
2-Bill Britten/AGRC	28:57
3-Pat McGuire/Reno	30:06
4-Jim Price	31:06
5-Patrick Buzbee	31:11
6-Lee Ferrero/SWEAT	32:17
7-Tom Olson	32:27
8-Michael Buzbee	32:37
9-Al Masterson	32:38
10-Mike Deatherage	32:48
11-David Wood	33:02
12-Phillip Duncan	33:18
13-Mike Kelly	33:20
14-Michael Jordan	33:30
15-Mike Wall	33:37
16-Jon Wegener	33:42
17-Henry Tushar	33:44
18-Craig Hendricks	33:47
19-Brian Barker	33:51
20-Carlos Arevalo	33:51
21-Jeff Thompson	33:56
22-Tom Davies, Jr.	33:59
23-Bruce del Fante	34:01
24-William Crews	34:06
25-Andy Park	34:14
26-Mark Bunnell	34:14
27-Keith Maurer	34:27
28-Philip Storms	34:27
29-Dave Sturgis	34:27
30-Rick McCord	34:28
31-Doug Govan	34:28
32-Doug Riggle	34:30
33-George Wilson	34:35
34-Dave Steindorf	34:38
35-Steven Naiman	34:41
36-Bob Malain/50+/BC	34:45*
37-Bill Doremus	34:47
38-Charles MacDonald	34:47
39-Salvador Valdivia	35:07

40-Craig Busse	35:19
41-Chris Schneider	35:34
42-Robert Ross	35:34*
43-Edward Raymond	35:39
44-Richard Bily	35:44
45-Sally Edwards/FF	35:45F
46-Bob Goodrich	35:49*
47-Ron Crawford	35:59
MASTERS	
51-Dennis Hampton	36:26
57-Les Fredrickson	36:44
61-Harry Daniell/50+	36:52
72-Mike Bigelow	37:36
73-James Claesgens	37:40
91-Don Richey	38:21
116-David Sears	39:09
125-Benjamin Landeros	39:28
WOMEN	
56-Kathleen Kaiser	36:42
92-Claudia Morlang	38:22
93-Cindy Claiborne	38:22
138-Gail Coensgen	39:44
153-Laurie Bagley	40:14
172-Eda Thomason	40:45
177-Sabrina Schreder	40:56
191-Catherine Quinn	41:17
196-Mandy McGie	41:24
205-Catherine Grow	41:29*



Benton Hart nipped Bill Britten on two successive weekends to win Almond Bowl 6 Mile and PA-AAU 10K X-C Championships. /Larry Berryhill Photo/

PA-AAU SR. MEN'S 10K X-C

(Nov. 9)

/San Francisco/ - A huge crowd turned out for this year's Excelsior West End Run, which also served as the Men's District X-C Championships for the second straight year. After last year's "washout", it seemed that everyone wanted to try out the course, which is *real cross country*. A total of 439 finished the 10K Golden Gate Park circuit. Benton Hart broke away from Bill Britten and John Moreno with less than a quarter mile remaining to clock a new course record of 31:11.8, with Britten 1.2 seconds back, and Moreno another 3 seconds down. The team competition was equally as close, as West Valley TC edged defending champion Aggie RC, 2:40:17 to 2:40:30 (by using points, the difference was only 3). The top 10 PA registered runners won trips to the National X-C Championships in Pocatello, courtesy of the money donated by the S.F. Examiner Benefit Fund (Bay to Breakers T-Shirt sales). Ralph Bowles was a close (*cont'd next page*)

(PA 10K X-C, Cont'd...) victor over Harold Knutson (36:27 to 36:30) in the masters division while Michelle Aubuchon had no trouble in capturing the women's title in a swift 37:34. Bowles broke his own course record by 35 seconds and Aubuchon destroyed Dana Hooper's 43:57 standard. Times were a lot faster in general this year because of the *much* drier course. Susan Trott's 45:41 won the masters women's division and smashed Frances Sackerman's 57:02 from 1979.

/Al Berrin/

1-Benton Hart/25/WVTC	31:12
2-Bill Britten/AGRC	31:13
3-John Moreno/25/CW	31:16
4-Roy Kissin/23/Un	31:51
5-Hal Schulz/22/WVTC	31:52
6-Mike Porter/27/WVTC	32:01
7-Dan Gruber/AGRC	32:03
8-Matt Yeo/AGRC	32:10
9-Emil Magallanes/25/LC	32:15
10-Tony Ramirez/23/CW	32:18
11-Pete Sweeney/AGRC	32:25
12-Wolf Schmulewicz/27/WV	32:30
13-Rudy Munoz/22/SSS	32:33
14-Denis O'Halloran/AGRC	32:39
15-Miguel Tibaduiza/23/WV	32:42
16-John Jennings/24/CW	32:54
17-John Marden/19/WVTC	32:58
18-Bill Stolp/23/WVTC	33:04
19-Jim Van Dine/25/AGRC	33:05
20-Lee Edmonds/23/YFC	33:06
21-Ernie Rivas/30/ETC	33:08
22-Rob Hollister/20/CW	33:12
23-Brock Hinzmann/27/ETC	33:14
24-Rich Langford/27/AGRC	33:27
25-Rob Anex/25/AGRC	33:28
26-Randy Horney/26/CW	33:31
27-John Sup/21/LCTC	33:34
28-Steve Holl/27/AGRC	33:36
29-John Embody/25/Un	33:39
30-Stan Ross/21/Un	33:41
31-John Sheehan/AGRC	33:42
32-Dan Martinez/20/WDS	33:45
33-Jeff Clark/AGRC	33:46
34-Dirk Rohloff/AGRC	33:48
35-David Zielke/22/UCB	34:03
36-Atkins Chun/25/Un	34:06
37-John Routh/26/WDS	34:10
38-Perry Linn/AGRC	34:11
39-William Geating/24/YFC	34:12
40-Steve Strangio/AGRC	34:13
41-Ed Schelegle/AGRC	34:13
42-Bob Love/20/AGRC	34:14
43-Ron Elijah/27/TAM	34:17
44-Rich Govi/28/TAM	34:19
45-Bob Cooper/26/WDS	34:23
46-Robert Govi/19/TAM	34:38
47-Oscar Sweeney/AGRC	34:42
48-Stacey Geiken/AGRC	34:46
49-Dan McCan/AGRC	34:48
50-Greg Jewett/33/ETC	34:51
51-Steve Schuman/18/UCB	34:55
52-Charles Cathey/19/WDS	34:56
53-Gary Gordon/20/UCB	34:56
54-Steve Tamagni/27/LCTC	35:00
55-Jesse Colvin/18/CW	35:00
56-Jim Kaspari/AGRC	35:01
57-Roy Hogle/23/CW	35:01
58-Jeff Simons/AGRC	35:02
59-Steve Ottaway/27/TAM	35:05
60-Chris Jackson/21/Un	35:08
61-Dan Donohue/AGRC	35:09
62-David Maldonado/19/Un	35:10
63-Mike White/AGRC	35:10
64-Gilbert Dean/20/CW	35:11
65-John Hoch/18/UCB	35:20
66-Joe Becerra/38/ETC	35:23

67-Richard Kimball/24/WV	35:26
68-Adam Ferreira/AGRC	35:27
69-Steve Petery/20/LCTC	35:29
70-Tim Morse/31/ETC	35:33
71-Steve Ferraz/33/Un	35:44
72-Kevin Cruikshank/23	35:46
73-Bo Mag Killeen/AGRC	35:48
74-Dave Smith/21/UCB	35:50
75-Tom Lathe/26/AGRC	35:54
76-Stan Winkley/21/AGRC	36:00
77-Rick Hiu/24/WDS	36:04
78-Mike White/21/Un	36:05
79-W.J. Wessely/32/SJD	36:07
80-Russ Knudsen/25/TAM	36:07
81-Dave Lopez/AGRC	36:18
82-Joe Mangan/AGRC	36:19
83-Eric Ellisen/19/UCB	36:24
84-David Muela/28/Un	36:25

MASTERS

85-Ralph Bowles/44/WVTC	36:27
86-Harold Knutson/40/PMK	36:30
100-Don Ardell/43/TAM	37:01
102-Kent Guthrie/44/Un	37:07
104-Alex Ratelle/56/Un	37:11
112-Al Venanzi/40/SJD	37:29
120-Sal Vasquez/40/PMK	37:44
122-Paul Farrier/43/USN	37:50
124-Alvaro Mejia/40/Un	37:54
127-Russ Kiernan/42/TAM	38:10
135-Norm McAbee/48/PMK	38:32
136-Don Chaffee/41/ETC	38:33
146-Bob Malain/53/Un	38:54
153-Rich Whitewater/40/MR	39:17
154-Ron Rahmer/43/TAM	39:18
158-Rich Navarro/41/Un	39:35
161-Don Pickett/52/TAM	39:46
162-Don Huff/44/PMK	39:46
165-Leon Souza/41/WDS	39:53
166-John Swyers/41/TAM	39:54
169-James Jacobs/47/PMK	40:00
173-Don Carpenter/52/WVTC	40:05
174-Frank Smith/41/PMK	40:07
178-Jim Nicholson/50/PMK	40:16
179-Ron Kovacs/42/Un	40:18

WOMEN

115-Michelle Aubuchon/21	37:34
191-Renee Hicks/24/GSF	40:39
199-Dana Hooper/26/Un	41:11
209-Sharlet Gilbert/29/Z	41:48
214-Sue Brusher/26/WVTC	42:15
217-Jane Sowersby/30/Un	42:24
231-Irene Rudolf/38/WVTC	42:57
235-Jenny Biddulph/15/Un	43:14
238-Florianne Harp/32/GSF	43:21
255-Hilary Naylor/34/Un	44:11



Ralph Bowles was top master at the PA-AAU 10K X-C (Excelsior East End Run). */Sheretz/*

● CLARKSBURG CLASSIC ●
(Nov. 23)

/Clarksburg/ - The traditional Pepsi 20 Miler got a new name and new meet director this year after many years of hard work and development by Paul Reese and Elaine Hocking. A total of 968 finished this year's edition, with Byron Lowry's 1971 meet record (1:42:16) still standing up. Mike Van Horn did 1:44:50 to capture the race by nearly three minutes over John Mansoor. Roger Bryan likewise ran to a three minute margin of victory over teammate Doug Latimer to capture the masters title with his 1:56:34. Skip Swannack's 2:16:42 bested Debbie Faryniarz (2:18:21) for the top women's effort. Paul Reese celebrated probably the first time he's been able to run his own race with a 2:27:14, taking the 60-and-over division by some 14-plus minutes. */George Parrott/*

1-Mike Van Horn	1:44:50
2-John Mansoor/CCF	1:47:45
3-Richard Pincombe/CSUS	1:48:09
4-Gary Goettelmann/37	1:48:34
5-Mike Fanelli/GSF	1:50:19
6-David Zielke	1:50:43
7-Dan Donohue	1:54:11
8-Bill Tippets	1:54:55
9-David Hamer/CCF	1:55:06
10-Matthew Bruni	1:55:16
11-Frank Boutin	1:56:18
12-Roger Bryan/44/WVTC	1:56:34*
13-Bob Loux	1:56:38
14-Ron Mellor	1:56:41
15-Robert Goralica	1:56:47
16-Mark Murray/CCF	1:57:06
17-James Dietler	1:57:28
18-James Mebust	1:57:37
19-Lucas Munoz	1:57:38
20-Juan Villanueva	1:57:41
21-Ken Mattson	1:57:49
22-Gordy Vredenburg	1:57:59
23-Douglas Rennie	1:58:11
24-Chuck McMillan	1:58:36
25-Casey Culbertson	1:58:38
26-Chris Steer	1:58:43
27-Bill Stainbrook	1:58:56
28-Ross Rowley/GSF	1:58:56
29-Mike Deatherage	1:59:29
30-Doug Latimer/WVTC	1:59:30*
31-Jim O'Neil/55/SDTC	1:59:40*
32-Robert Fairley	2:00:01
33-Dave Roeber	2:00:10
34-Dennis Dillie	2:00:16
35-Lynn Mentzer	2:00:18
36-Henry Tushar	2:01:23
37-Rodney Mowbray	2:01:35
38-Kevin Sage	2:01:49
39-Kenneth Adams	2:01:50
40-Rae Clark/WVTC	2:02:29
41-Clyde Helms	2:02:49
42-Chuck Nichols	2:02:50
43-Steve Parker/40/WVTC	2:02:57*
44-Jeff Cowling	2:03:03
45-Norm McAbee/PMK	2:03:26*
46-Bob Bourbeau	2:03:49*
47-Karl Yamauchi	2:04:29
48-Edward Merrill	2:04:56
49-Jon Irons	2:05:00
50-Al Stanbridge	2:05:06
51-Douglas Frost	2:05:20
52-Robert Curley	2:05:22
53-Victor Rivera	2:05:32
54-Skip Seebeck	2:05:55



Roger Bryan's 1:56:34 took the masters division at the Clarksburg Classic 20-Miler. */Engle/*

55-Ben Holland	2:05:57
56-Jeff Young	2:06:00
57-Mark Sloan	2:06:12
58-Rick Edson	2:06:17
59-Chris Delgado	2:06:18*
60-David Warne	2:06:19
61-William Boggs	2:06:33
62-Chris Newkard	2:06:37
63-Richard Avila	2:06:38
64-Mike Adams	2:06:53
65-Don Koeberlein	2:06:58
66-Mike Kinter	2:07:27
67-Joe Burzynski	2:07:29
68-Cowman	2:07:47
69-Jim Nicholson/50+/PK	2:07:52*
70-Bruce Aster	2:07:59
71-Don Huff	2:08:27*
72-Michael Kelly	2:08:29
73-Pat Shaughnessy/WVTC	2:08:38
74-Rodney Smith	2:08:42
75-Richard Utting	2:08:53

MASTERS

94-Edward Campbell	2:11:36
99-Glen Crawiec	2:12:13
111-James Walker	2:13:16
117-Paul Bush	2:13:40
135-James Finnegan	2:16:00
139-Joe Delgado	2:16:13
146-Peter Todd	2:17:11

WOMEN

143-Skip Swannack/39/C	2:16:42
162-Debbie Faryniarz	2:18:21
186-Eileen Claugus	2:19:50
196-Roberta Schipper	2:21:05
198-Kathy Pfieler	2:21:15
203-Hilary Naylor	2:21:40
226-Sharon Miller	2:23:57
237-Kelly Geredes	2:24:48
247-Heidi Skaden-Poyser	2:25:54*
257-Lynn Moore	2:26:48
265-Terrie Martin	2:27:34
266-Patricia Gray	2:27:37
276-Marianne Gimble	2:28:09
279-Patti Scott-Baier	2:28:21
282-Meldra Clevenger	2:28:31
309-Deborah Bispo	2:30:32
337-Katherine Virostko	2:32:28
344-Kay Johnson	2:32:49
349-Kristine Morella	2:33:10
360-Lis Baccigaluppi	2:33:32
364-Carol La Plant	2:33:44

WOMEN'S MASTERS

452-Marge Gerrity	2:39:48
498-Marian McCone/50+	2:43:07
511-Virginia Toy	2:43:38
556-Jean Graham	2:46:42

BROOKS NAT'L MASTERS 25K

(Nov. 30)

/San Francisco/ - Two new national age-group records and a host of single-age records were set at the Brooks/TFA 25K in Golden Gate Park on its standard certified 5K loop. Jim Bowers, who had set the American masters marathon mark the month before, added another record with a quick 1:22:39 to break Ken Mueller's 1:23:18. His margin of victory was just over a quarter-mile, with Hawaii's Mike Tymn clocking in at 1:23:55, an age-43 mark. Tom Laris also broke 1:25 with a fine 1:24:34. A total of 13 runners dipped under 1:30 in a great show of depth. On the women's end, 40-year-old Judy Fox added 5K on to her previous longest effort to erase Miki Gorman's 1:38:40 U.S. masters record with a terrific 1:35:25! She was nearly a full mile in front of teammate Joan Ulyot, who still clocked a very respectable 1:41:15. West Valley TC grabbed both team titles, with the women besting Tamalpa, 7 to 31, and the men going 42-120, Tamalpa taking the runnerup position again. There were a total of 91 finishers and 14 single-age records...they are noted with a # below. /Joe Henderson, Len Wallach, Dean Reinke, Hal Higdon/

- 1-Jim Bowers/42/VMRC 1:22:39#
- 2-Mike Tymn/43/HI 1:23:55#
- 3-Tom Laris/40 1:24:34
- 4-Hal Higdon/49/IN 1:25:33#
- 5-Charlie Harris/40/WV 1:25:35
- 6-Tim Rostegge/40/WVTC 1:26:42
- 7-Darryl Beardall/44/TI 1:26:57
- 8-Bob Wellck/43/WVTC 1:27:22
- 9-John Thresher/40/CAN 1:27:57
- 10-Earl Ellis/41/SNOH 1:28:57
- 11-Ulrich Kaempf/49/WV 1:29:11
- 12-Ralph Bowles/44/WV 1:29:16
- 13-Al Lawrence/50/TX 1:29:16#
- 14-Ed Bruen/41 1:31:04
- 15-Ray Hughes/41/SCS 1:32:19
- 16-Chuck Stagliano/41/TI 1:32:29
- 17-Ross Smith/52/SSS 1:32:33#
- 18-Bill Catanese/42/TAM 1:32:40
- 19-Glynn Wood/46/LCTC 1:33:36
- 20-Russ Kiernan/42/TAM 1:35:52
- 21-Bob Malain/53/BC 1:36:55
- 22-Dave Stevenson/52/WV 1:37:21
- 23-James Jacobs/47/PMK 1:37:49
- 24-Jim Nicholson/50/PMK 1:38:21
- 25-Gerald McGowan/42 1:38:22
- 26-Bryan Holmes/46/WVJ 1:38:26
- 27-John Brazinsky/42 1:38:49
- 28-John McCrillis/42 1:39:11
- 29-Dick Whitewater/40 1:39:37
- 30-Bob Ward/41 1:39:57
- 31-Rocco Fazio/47 1:40:34
- 32-Steve McCain/41 1:40:42
- 33-Ren Potts/55 1:40:53#
- 34-Don Pickett/52/TAM 1:41:05
- 35-Bill Hall/40/NC 1:42:10
- 36-Don Lucero/53/WVTC 1:44:17
- 42-Charles Ogilvie/62 1:46:51#
- 67-Walt Stack/73/DSE 2:34:04#
- 71-Ivor Welch/85 3:31:37#
- ***WOMEN***
- 1-Judy Fox/40/WVTC 1:35:25#
- 2-Joan Ulyot/40/WVTC 1:41:15

- 3-Skip Swannack/39 1:42:04#
- 4-Marilynn Harbin/43/WI 1:42:50#
- 5-Heidi Skaden-P/43 1:46:23
- 6-Judy Groombridge/41 1:47:38
- 7-Marlys Hayden/47/TAM 1:49:29
- 8-Jytte Fruchtman/41 1:56:22
- 9-Connie Grayson/46 1:57:00
- 10-Martha Maricle/47/NC 1:57:27
- 11-Frances Sackerman/51 2:00:56#
- 13-Marcie Trent/62/AK 2:03:14#
- 14-Kay Atkinson/63/NCS 2:05:00#
- 16-Els Tuinzing/59/TAM 2:10:44#



Ross Smith set a U.S. age-52 record of 1:32:33 at the Brooks 25K after recording a 75:41 50-54 age-group record for the half-marathon at Sacramento in September. /John Sheretz/

OAKLAND MARATHON

(Nov. 30)

/Oakland/ - Don Paul, who had planned on running the Seattle Marathon (same day), was refused entry and travelled to Oakland the night before and entered on race morning. Taking the lead at 3 miles, he ran in front the remaining 23 and cruised to a 3-minute PR and course record of 2:18:41. Jeff Johnston was runnerup in 2:27:50, with Greg Jewett and Mark Hines also cracking 2:30. Harold Knutson's 2:36:50 beat out Paul Farrier's 2:39:08 for the over-40 title, while masters star Karen Scannell took the U.S. over-40 mark down to 2:50:13 for 1980, and that was also good enough to win overall. Tena Harms of the Aggies did a 2:55:30, despite being several months pregnant, and Deryl Bunnell just missed ducking under 3 hours in third at 3:00:09. Sister Marion Irvine approached her PR with a 3:03:47 at 51 years of age, good for fifth overall, and a U.S. age-51 record. Mavis

Lindgren was the only other age-record setter at 4:41:19, a new mark for 73-year-old women. In the half-marathon, Jim Van Dine ousted defending champ Mike Cassaday by over a minute, 66:01 to 67:05, missing Mike's record by a scant second. Jan Serphen, in third place, set a U.S. age-33 mark at 68:48, and Bill Morgan, 41, did likewise with his 69:38, good for sixth overall. His time may also have been a new U.S. over-40 record, but was not reported as such in the results. Rainey Stolp beat teammate Marilyn Taylor with a 1:20:51 to 1:21:40 clocking for the women's title. Oakland's Liz Ray won the over-40 title at 1:34:27. More than 1700 completed the half-marathon while 1200 ran in the longer race. /Cherie Swenson/

Half-Marathon

- 1-Jim Van Dine/26/AGRC 66:01
- 2-Mike Cassaday/29/WVTC 67:05
- 3-Jan Serphen/33/ETC 68:48
- 4-Bill Seaver/31/WVTC 69:06
- 5-Al Hernandez/33/WVTC 69:32
- 6-Bill Morgan/41 69:38*
- 7-Bruce Degen/37 70:17
- 8-Mike Duncan/31/WVTC 70:43
- 9-Steve Ferraz/32 71:08
- 10-Tom Trimble/21/CW 71:14
- 11-Joe Becerra/38/ETC 71:39
- 12-Pat Conroy/30 71:58
- 13-Pete Churney/25/GBrTC 72:00
- 14-Sal Vasquez/40/PMK 72:30*
- 15-Joe Mercado/25 72:32
- 16-Dennis Coulter/24 72:40
- 17-David Smith/21 72:47
- 18-Jim Lovejoy/33/SRRC 73:01
- 19-Robert Vizaz/33 73:06
- 20-Harvey Franklin/37/WV 73:32
- 21-Steve Stark/33 73:36
- 22-William Dunn/33 73:57
- 23-Gene Dangel/33 74:17
- 24-Dan Williams/31 74:28
- 25-Al Stanbridge/33 74:36
- 26-J. Peters/20 74:39
- 27-Nelson Cobb/23/Chico 74:48
- 28-Doug Butt/35/WVTC 74:54
- 29-Bill Bachrach/41/WVTC 75:00*
- 30-Mike Gama/21/WVTC 75:10
- 31-Tom Aldana/29/ETC 75:34
- 32-Jay Gehrig/29 75:49
- 33-Bob Adelson/29 75:57
- 34-Mark Torres/17/WVTC 76:08
- 35-John Monteverdi/34 76:20
- 36-Mike Weddington/19 76:21
- 37-Douglas Duncan/17 76:32
- 38-Layne Rollston/21 76:40
- 39-Joss Walter/16 76:42
- 40-Thomas Bennett/33 76:46
- 41-Sammy Castillo/35 77:03
- 42-Peter Laskier/36 77:16
- 43-James Colon/24 77:21
- 44-Jon Bennett/17 77:26
- 45-Terry Casey/30/ETC 77:41
- 46-Bob Stephenson/33/HS 77:43
- 47-D. Lanterman/45/WVTC 77:46*
- 48-Doug Ribble/24 77:58
- 49-Craig Van Otten/30 78:15
- 50-Paulo Sanchez/20 78:17
- 51-Erasmo Vazquez/29 78:24
- 52-Brad Drake/19 78:36
- 53-Alfredo M-Conde/31 78:39
- 54-Joseph King/26 78:44
- 55-Russell Black/26 78:55
- 56-Don Hickman/28 78:57
- 57-Douglas Perez/32 79:02

- 58-Sargon Nona/29/WVTC 79:08
- 59-Thomas Eng/29/SSF 79:12
- 60-Michael Robak/31 79:15
- 61-Russell Given/41 79:21*
- 62-Thierry Ross/25 79:24
- 63-Mike Elsesser/28 79:28
- 64-Phil Hager/43/MW 79:39*
- 65-Siegfried Mattern/44 79:45*
- 66-Francis Mason/16 79:51
- 67-Jim DeMartini/33 79:59
- 68-Glenn Bailey/33 80:02
- 69-Ralph Patten/32 80:15
- 70-Thomas Guerin/26 80:19
- ***MASTERS***
- 78-E.R. Silver/49 81:07
- 83-Arnold Schulz/44 81:22
- 84-Bernard Hollander/44 81:35
- 91-Frank Hunt/41 82:36
- 93-John Swyers/41 82:40
- 99-Wheeler Baker/40 83:12
- 108-Jim Cross/41/WVTC 83:45
- 110-Gary Nolan/42/Reno 83:49
- 128-Robert Gehl/52 84:33
- 131-Marvin Winer/43/WVTC 84:36
- ***WOMEN***
- 73-Rainey Stolp/23/WVTC 80:51
- 85-Marilyn Taylor/28/WVTC 81:40
- 95-Linda Skinner/32 82:52
- 100-Sharlet Gilbert/29/ZAC 83:13
- 113-Denise Bigelow/19/AGRC 83:54
- 119-Renee Hicks/24/GSF 84:08
- 125-Vicki Randall/23 84:26
- 137-Florianne Harp/32/GSF 84:53
- 140-Eileen Claugus/25 85:11
- 162-Dana Hooper/26 86:44
- 173-Karen Lanterman/36/WV 87:06
- ???-Judy Russo/37/WVTC 90:05
- ???-Joy Taylor/25 90:56
- ???-Stacey Nichol 92:22
- ???-Heidi Swan/27 92:32
- ???-Jean Shuler/39 92:35
- ???-Laury Belzer/35/WVTC 92:59

Marathon

- 1-Don Paul/30 2:18:41
- 2-Jeff Johnston/29 2:27:50
- 3-Greg Jewett/34/ETC 2:28:23
- 4-Mark Hines/30/ETC 2:28:53
- 5-Eric Brainich/21 2:31:20
- 6-Bob Darling/31/ETC 2:31:33
- 7-Joseph Hurd/26 2:32:23
- 8-Bob McLennan/32 2:32:33
- 9-David Muela/29/ETC 2:33:33
- 10-Rodolfo Vega/23 2:33:57
- 11-Gary Alderman/37 2:34:00
- 12-David Chairez/21 2:34:48
- 13-Rae Clark/28/WVTC 2:35:43
- 14-Mike Lisowski/31 2:35:47
- 15-Dennis Urtiaga/32 2:35:50
- 16-John Hawkes/31/WVTC 2:36:15
- 17-Charles Weston/28 2:36:20
- 18-Joe Maher/33 2:36:30
- 19-Matthew O'Brien/21 2:36:41
- 20-Harold Knutson/40 2:36:50*
- 21-Joe Schieffer/29 2:37:09
- 22-John Notch/32/LMJS 2:37:45
- 23-Roberto Gomez/29 2:38:24
- 24-Terence Pintane/29 2:38:39
- 25-Eric Ivary/34 2:38:46
- 26-Dwight Hendrix/26 2:38:55
- 27-Paul Farrier/43 2:39:08*
- 28-Kevin Coulter/26/AK 2:39:12
- 29-Tom Nussbaum/31 2:39:15
- 30-Phil Sanfilippo/30 2:39:28
- 31-Shawn Clements/24 2:39:29
- 32-Art Riggs/35 2:39:41
- 33-Jasper Kirkby/32 2:39:44
- 34-Mike Stanfield/23 2:39:55
- 35-Drew Hidas/29 2:40:00
- 36-Bert Lundy/26 2:40:04
- 37-Tom Robinson/32 2:40:19
- 38-Norman Gould/31 2:40:34
- 39-Peter O'Reilly/22 2:40:39
- 40-Neal Cotton/25 2:40:41

(Oakland Marathon, cont'd...)

Table of marathon results with names and times, including Tom Jefferson, Reggie Humdy, Ken Benjamin, etc.

MASTERS

Table of masters race results with names and times, including Flory Rodd, Gerald McMahon, Tom Mota, etc.

WOMEN

Table of women's race results with names and times, including Karen Scannell, Tena Harms, Deryl Bunnell, etc.



Don Paul set a PR and course record in winning the 2nd Annual Oakland Marathon in a time of 2:18:41. /Jim Engle/

CHRISTMAS RELAYS (Dec. 21)

/San Francisco/ - This year's 7th Annual running of the popular Relays was staged around Lake Merced instead of down the traditional Coast Hiway route...

steady drizzle that turned into a steady downpour as the last few teams came in. Despite some confusion on handoffs due to the large crowd that pressed in to view the race, most all had a good time, and fast times abounded. Host West Valley TC stole the show, taking 1-2 overall, and also winning three of the other four divisions they entered: sub-masters, women and masters women. They missed a good shot at winning the men's masters too when the team's second runner had to pull out with leg cramps. The top 4 teams bested the old Lake record (Pamakid Relays) set by Excelsior TC (1:52:04) this past spring. WVTC's "A" team blitzed to a quick 1:48:08, and their "B" team came in shortly after in 1:50:36, followed 5 seconds later by an Excelsior-Camino West combo team. The Aggies also dipped under the old mark at 1:51:15. Monta Vista High nipped Castro Valley by 36 seconds to capture the high school title in 2:02:02. West Valley Joggers & Striders (2:04:21) had a two-minute plus edge on an Orinda Road Runner squad in the masters division. No fast-leg splits were tallied because of the confusion at the handoff, but John Moreno had an unofficial split of just under 21 minutes for the 4.464 mile loop, which was the fastest reported time. /Jack Leydig/

Table of Christmas Relays results with names and times, including West Valley TC, Excelsior Devo, Human Excrement/Ags, etc.

Table of race results with names and times, including S.F. Fire Dept. Blue, Santa Cruz Slugs, Skyline Fubars, etc.

Table of race results with names and times, including West Valley TC "A", Ags in Drag, Woodside Striders A, etc.

SAUCONY TOK (Jan. 1)

/Stanford/ - Runners World and Saucony co-sponsored the first race of the New Year with good success in terms of both quality and quantity, as nearly 900 runners completed the various divisional events. Tony Ramirez handled the men's race with little trouble, topping Mike Porter, 29:41 to 30:17, with Bill Meinhardt's 32:30 easily handling Tim Rostege (33:01) for the masters title. Ulrich Kaempf was a close third at 33:03. Patsy Sharples had a super 34:35 to record a solo victory over Denise Bigelow's PR 36:17. Her mom, Vicki, was a close third in 36:23, also getting a PR and NorCal masters record. In a special 50-and-over race, Eugene Silver did 36:13 to dump Don Pickett, who had a 37:46. Sixty-year-old Ary Alderkamp was 41:32 in 9th. /Marty Post/

Table of Saucony TOK race results with names and times, including Tony Ramirez, Mike Porter, Roy Kissin, etc.

(Saucony 10K, cont'd...)

25-Vince O'Boyle/34	34:08
26-Thomas Curtin/29	34:13
27-Les Devoe/29/WVTC	34:13
28-Jim LaFuente/15	34:14
29-Michael Rountree/28	34:16
30-David Nieman/30/HMR	34:17
31-Jim Lawson/27	34:22
32-Jonathon Kanter/26	34:30
33-Don Ardell/42/TAM	34:32*
34-Mike Keefe/34	34:33
35-Jerry Lewis/45/TRAC	34:39
36-Bill Webster/29	34:50
37-Jim Schratz/33	34:51
38-Kevin Glenn/18	34:54
39-Tom Gleson/38	34:56
40-Tom Guerin/26	35:00
41-Jim Moore/44	35:01*
42-Kenneth Drew/30	35:04
43-Rich Dunn/15	35:05
44-Colin Davidson/20	35:05
45-Bryan Holmes/46/WVJS	35:12*
46-Norman Gould/31	35:16
47-Dave Roeber/34	35:17
48-Steve Specker	35:22
49-Steve Krotoski/16	35:24
50-Monty Thompson/20	35:28
51-Bill Anderson/21	35:29
52-John Clary/20	35:39
53-Peter Bonis/25	35:50
54-Sandy Lawrence/30	35:52
55-Steve Erickson/23	35:52
56-Tom Sanderegger/23	35:58
57-Doug Govan/29	36:00
58-Ken Stein/30	36:01
59-Dan Moore/LVRC	36:03
60-Buc Yates/24	36:04

MASTERS

88-Donald Sutton/42	36:58
92-Charles Kramer/44	36:59

50+ RESULTS

1-Eugene Silver/50	36:13
2-Don Pickett/52/TAM	37:46
3-Rich Mueller/55	37:58
4-Bill Bowers/52	38:09
5-Joseph Castillo/50	39:28
6-Karl Bollinger/55	39:55
7-Ken Laverty/50	40:35
8-Leigh Ortensburger/51	41:07
9-Ary Alderkamp/60	41:32
10-Ed Preston/63	42:29
11-Derl Crowder/53	42:22
12-John Holmbren/57	42:23
13-Thomas Gutierrez/51	42:51
14-David Peterson/50	43:11
15-Ray Mahannah/60+/NCS	44:13

WOMEN

1-Patsy Sharples/19	34:35
2-Denise Bigelow/19/AGRC	36:17
3-Vicki Bigelow/45/AGRC	36:23*
4-Sue Gladney/33	37:03
5-Victoria Bray/19	38:04
6-Kerry Brogan/18	38:29
7-Heidi Hansen/21	38:51
8-Louise Schneider/16	39:57
9-Laura Silva/17	40:08
10-Kelly Brogan/14	40:09
11-Victoria Aldrich/35	40:10
12-Annette Bunge/27	40:44
13-Amanda Goldner	41:05
14-Jane Kuchins/28	41:13
15-Carol Carbaugh	41:23
16-Mellisa Duffy/32	41:25
17-Jen Getz/28	41:55
18-Carol Hewitt	42:06
19-Kathleen Prentice/19	42:55
20-Georgina Barragen/16	43:11
21-Susan Laing/30	43:12
22-Carole Mawson/36/WDS	43:32
23-Betsy Fraser-Smith	43:38
24-Gwen Whittier/40	43:39*
25-Bambi Vargo/29	43:51

MASTERS WOMEN

36-Diana Platt/41	46:44
50-Helen Holmgren/53	48:22

● **RUNNER'S WORLD 5-MILE** ●
(Jan. 4)

/Los Altos/ - Alberto Salazar didn't quite get his goal of dipping under 22 minutes, but his 22:04 wasn't far off and was good enough for a new world best for the distance. Britain's Dave Moorcroft was only 3 seconds back but never really challenged the 1980 New York City Marathon victor. After spreading out the field with a 4:12 first mile, Alberto passed the next two mileposts in 8:36 and 13:01 to build a 10-second lead. Moorcroft closed well, but there was never any real question who was going to win it. Best local finisher was newly crowned Honolulu Marathon king, Duncan Macdonald, sixth in a very good 22:35. John Moreno's 22:50 took a fine 12th, besting name runners like Steve Scott and Rod Dixon, etc. All but 7 of the 65 finishers dipped under 25 minutes in an amazing display of depth. Invincible Grete Waitz lowered her 5-mile world best too (as had Salazar) in the women's race, clocking a 25:21, over a minute up on Debbie Scott's 26:22. Ex-NorCal star Francie Larrieu-Smith did 26:57 for fifth, while Stanford frosh Ellen Lyons did 27:21 in ninth place. Judy Fox's 28:40 (13th) was probably an over-40 record, but we have no verification of that. Rudy Munoz led the pack in the "open" Converse 5-miler, held separately on the same course, with a 24:31, while Bill Meinhardt's 25:51 was the best masters time, edging Tim Rostege's PR 25:58. We didn't receive women's results (if anyone has them, send 'em!). /R.A.C.E./



Ellen Lyons was first NorCal finisher in Runner's World 5-Mile Invit. with a 27:21 for 9th place. /Don Gosney/

Men's Invit.

1-Alberto Salazar/Ore	22:04
2-Dave Moorcroft/GB	22:07
3-Nick Rose/VAC-GB	22:13
4-Tom Hunt/Ariz	22:14
5-Adrian Royal	22:32
6-Duncan Macdonald/WVTC	22:35
7-Peter Pfitzinger	22:46
8-Mike Musyoki/UTEP	22:47
9-Terry Colton/GB	22:47
10-Peter Butler/NBTC-Can	22:48
11-Mark Nenow/VAC	22:49
12-John Moreno/CW	22:50
13-Steve Scott/SUB4	22:57
14-Rod Dixon/NZ	23:00
15-George Malley	23:02
16-Sydney Maree	23:07
17-Wilson Waigwa	23:09
18-Dan Aldridge/SUB4	23:11
19-Paul Stemmer	23:13
20-Ray Wicksell	23:16
21-Bob Verbeeck	23:23
22-Ivan Huff/CPSLO	23:25
23-Ron Cornell/UCLA	23:28
24-Benton Hart/WVTC	23:31
25-George Mason/AIA	23:31
26-John Coningh/UCLA	23:32
27-Frank Shorter/FSRT	23:34
28-Tony Ramirez/CW	23:35
29-Don Paige/Villanova	23:37
30-Don Moses/SUB4	23:40
31-Mark Ruelas	23:43
32-Terry Gibson/CPSLO	23:44
33-Jim Van Dine/AGRC	23:45
34-Rod Lyons	23:47
35-Jeff Hess	23:51
36-Kevin Jones/CPSLO	23:54
37-Roy Kissin/SUB4	23:57
38-Martti Vainio/Finland	23:59
39-Roy Hognlund/CW	24:02
40-Gary Fanelli/GSF	24:06
41-Hugh Stahl/PW	24:11
42-Bill Britten/AGRC-Can	24:15
43-Manny Bautista/CPSLO	24:20
44-Tim Becker	24:21
45-Kaarlo Maaninka/Fin	24:22
46-Jack Marden/WVTC	24:24
47-Rich Langford/AGRC	24:25
48-Ernie Rivas/ETC	24:28
49-Stan Ross/SJS	24:33
50-Joe Fabris/CPSLO	24:39

Women's Invit.

1-Grete Waitz/Norway	25:21
2-Debbie Scott/Canada	26:22
3-Joan Hanson	26:41
4-Regina Joyce	26:50
5-Francie Larrieu	26:57
6-Lynn Kanuka	27:05
7-Chris Bankes	27:11
8-Laurie Binder	27:15
9-Ellen Lyons/Stanford	27:21
10-Patsy Sharples	27:26
11-Ruth Caldwell	27:55
12-Jacqueline Gareau/Can	28:28
13-Judy Fox/40/WVTC	28:40*
14-Marilyn Taylor/WVTC	29:32
15-Sue Brusher/WVTC	30:07
16-Diane Gong/GSF	30:18
17-Dana Hooper	30:22
18-Carol Stroud	30:28
19-Bev Marx	30:38
20-Joann Dahlkoetter	30:57

Converse "Open"	
1-Rudy Munoz/22	24:31
2-Chuck Cathey/19	24:48
3-Bill Gautier/22	24:59
4-Joe Rubio/17	25:14
5-Mike Regan/16	25:26
6-James McGehee/22	25:33
7-Pete Churney/GBrTC/23	25:33
8-Dan McCann/25	25:35
9-Richard Kimball/WVTC	25:37
10-Mike Duncan/WVTC/31	25:38
11-Tony Munoz/25	25:51

12-Bill Meinhardt/40/WVJ	25:51*
13-Gordon Haller/30	25:54
14-Tim Rostege/40/WVTC	25:58*
15-Marty Kruger/24	26:02
16-Kevin Ryan/32/NZ	26:11
17-Andy Takaha/24/CW	26:16
18-Kevin McCusker/23	26:20
19-Mike Livingston/15	26:23
20-Mike Edelstein/22	26:24
21-Vince O'Boyle/34	26:28
22-James Owen/33	26:36
23-Chip Starr/16	26:38
24-Jim Rice/17	26:44
25-Jack Waitz/32/Norway	26:45
26-David Nieman/30/HMR	26:57
27-Dan Minutillo/30/WVTC	26:58
28-Richard Herzog/37	26:59
29-Jim Howell/37/WVTC	27:00
30-Jerome Lewis/45/TRAC	27:05*
31-Jim Lawson/27	27:06
32-Jim LaFuente/15	27:07
33-Tom Adams/24	27:08
34-Grant Ritter/32	27:11
35-Steve Waggner/36	27:13
36-Ingemar Gard/30	27:15
37-Tom Bennett/33	27:16
38-Mike Weddington/19	27:18
39-Mark Driscoll/34	27:21
40-Thom Kuhl/18	27:28
41-Daniel Silva/22	27:32
42-Steve Krotoski/16	27:34
43-Victor Rivera/28	27:36
44-Colin Davidson/20	27:42
45-Jay Gehrig/29	27:49
46-Frank Matull/17	27:52
47-Jamie Allen/28/WVTC	27:53
48-Bryan Holmes/46/WVJS	27:55*
49-Fred Roughton/37	28:01
50-John Bitzer/19/WVTC	28:02
83-Walt Van Zant/41/WVJS	28:50*
89-Siegfried Mattern/44	28:59*

● **CALIFORNIA TEN** ●
(Jan. 4)

/Stockton/ - This year's race was certified nationally for the first time, but no previous records will count as national age-records since the certification came "after the fact". Dennis Rinde defended his 1980 title with a 49:04, a full half-minute ahead of Stanford's Tom O'Neil, who was another 9 seconds in front of Brian Maxwell. Sal Vasquez's 53:39 annexed Kent Guthrie's 53:54 masters record. Don Spickelmier of the Buffalo Chips was a distant second in 55:47. Cal-State Hayward's Karey Robinson did 61:01 to capture the women's division over Kathy Way, who did 61:34. Karen Scannell was third overall and leading master at 61:51, clipping 1:24 off her 1980 course standard. We don't have complete results yet, but there were probably about 800 finishers. Sundance put on another typically flawless and enjoyable event on a very fast course. /Hagerty/

1-Dennis Rinde/WVTC	49:04
2-Tom O'Neil/CW-Stanford	49:34
3-Brian Maxwell/GBrTC	49:43
4-Chris Hamer/WVTC	50:46
5-Bill Seaver/WVTC	50:46
6-John Mansoor/CCF	50:57
7-Atkins Chun/GSF	51:03
8-Ted Franse	51:16
9-Dan Will	51:36



Start of this year's California 10-Mile in Stockton. Tom O'Neil (#9, center) took second, and Brian Maxwell (#855, three from right) took third. /Photo by Dave Evans - Stockton Record/

(California 10, cont'd...)

10-Perry Linn/AGRC	51:42
11-Clyde Matsuura/SMon	52:29
12-Chris Steer/PMK/37	52:38
13-Matt Bruni/SUND	52:59
14-Ken Hurst	53:16
15-Steve O'Brien/RFeet	53:16
16-John Rembao/TDRC	53:22
17-Mike Warr/MR	53:32
18-Chris Moulton/Munsfld	53:34
19-Gene Dangel/Diablo	53:37
20-Sal Vasquez/PMK	53:39*
21-David Hamer/CCF	53:47
22-Michael Immoos/CCF	53:50
23-Nelson Cobb/MDAC	54:01
24-Joe Becerra/ETC	54:03
25-Bill Boggs/Road Rats	54:05
26-Mike Wright/Chico	54:13
27-Rob Laxon	54:15
28-John Hancock/Quashnick	54:16
29-Dan Anderson/Canyon	54:16
30-Gary Alderman/DRR	54:16
31-Jeff Grubbs/CCF	54:17
32-Robert McLennan	54:25
33-Dean Rinde	54:30
34-David Garcia/WVJS	54:31
35-Ted Quintana	54:32
36-Jack Betschart/BC	54:33
37-Gary Campbell/Visalia	54:38

38-Ron Mellor	54:38
39-Robert Clay	54:39
40-Casey Culbertson/CCF	54:40
41-Iain Mickle	54:44
42-Erik Winje/CCF	54:50
43-Doug Rennie/39/BC	54:57
44-Roger Sobsey/DSE	54:58
45-Randy Landon/Osamau	54:59
46-Frank Krebs/YFC	55:02
47-Dave Roeber/BC	55:03
48-Al Stanbridge/PMK	55:17
49-Dave Anderson/Canyon	55:24
50-Arnel Salonga	55:27
51-Dean Raymond/Quash	55:30
52-John Clary/Ath.Attic	55:31
53-John Notch/LMJS	55:44
54-Don Spickelmier/BC	55:47*
55-Jon Irons/CCF	55:47
56-Robert Dobson/PMK	55:51
57-Ross Rowley/GSF	55:53
58-Wayne Bratten	55:54
59-Ralph Bowles/WVTC	55:55*
60-Chuck Nichols/BC	55:55
61-Lucas Munoz	55:58
62-Robert Wellck/WVTC	55:59*
63-Mark Murray/CCF	56:04
64-Robert Sobsey/SSS	56:06
65-Nick Winter/LVRC	56:07
66-Jim Myers/PMK	56:07

67-William Dunn/CRR	56:08
68-Chuck McMillan	56:11
69-Tom Adorno/CCF	56:15
70-Gordy Vredenburg/CCF	56:16
71-Irwin Merein/SMonica	56:16
72-Bob Stephenson/Visalia	56:17
73-Tony Chan/Quash	56:17
74-Roger Vorse	56:23
75-Mike Deatherage/Chico	56:31
76-Ralph Patten	56:45
77-Dave Houston	56:48
78-Dan Moore/LVRC	56:49
79-Richard Lopes	56:49
80-Don Ardell/TAM	56:51*
81-Craig Ottersen	56:52
82-Mike Kinter/JesuitHS	56:57
83-Neil Berg/LMJS	56:57
84-Todd Pierce/MercedTC	56:58
85-John Monteverdi/LMJS	57:01
86-Russ Seyfried/Quash	57:03
87-Robert Curley	57:04
88-Mike Conroy/ETC	57:06
89-Robert Rea/WVJS	57:05
90-Bob Steinberg/GSF	57:07
91-Bill Bugler/PMK	57:11*
92-Vince Mathews/CCF	57:11
93-Mark Carvalho	57:12
94-Mike Eash/ETC	57:12
95-Joss Walter/Quashnick	57:13
96-Joseph Schieffer/LMJS	57:13
97-Doug Riggle/CalRR	57:14
98-Chris Johnson/TAM	57:18
99-Robert Lombard/Jesuit	57:19
100-Russell Cohen/GSF	57:24

MASTERS

106-Paul Farrier/Navy	57:33
111-Donald Huff/PMK	57:44
134-Jon Shelgren	58:13
141-Ken Gaal	58:24
143-Rich Whitewater	58:24
146-Rich Belliveau/CCAC	58:31
150-Myron Nevraumont/WVJS	58:40
158-John Swyers/TAM	58:47
159-Bernard Hollander/PMK	58:47
160-Robert Malain/50+/BC	58:55
163-Bob Myers	59:00
173-Ned Benedict	59:13
186-Jim Nicholson/PMK/50+	59:33
197-Larry Worth/Ath.Attic	59:54
199-Dieter Diekmeyer/SUND	59:57
200-Ralph Moran/SUND	59:57
206-David Ragsdale/FF	60:14
208-Heinie Hartwig	60:23
210-James Walker/Fogbound	60:31
213-Walter Williams/WVJS	60:45
215-Theodore Jones/PMK	60:49
217-Paul Holmes/BC	60:53

WOMEN

218-Karey Robinson/CSUH	61:01
229-Kathy Way/AGRC	61:34
233-Karen Scannell/IMP	61:51*
259-Renee Martin/CCF	63:25
260-Janice Wambaugh/IMP	63:32
264-Krista Roberts/CCF	63:37

265-Lourdes Duterte/IMP	63:40
268-Irene Rudolf/WVTC	63:45
274-Florianne Harp/GSF	63:59
275-Eileen Claugus/BC	64:03
280-Sue Johnston/IMP	64:27
287-Kathy Pfiefer	64:51
291-Heidi Skaden-Poy./BC	65:16*
294-Shiela Hasham	65:40
302-Rita Fagundes/CCF	65:56
303-Hilary Naylor	65:58
315-Marty Minjares/IMP	66:34
316-Lisa Shattuck/IMP	66:44
325-Sharon Jordan	67:01
328-Kim Keeton/CCF	67:03
329-Jean Slingerland/CCF	67:10

● **WILLY'S 5-MILER** ●
(Jan. 24)

/Los Altos/ - This year's edition was run on a certified course and wound up 125 yards longer than the original version. Even with the longer course, four people broke Jake White's old mark. Brock Hinzmänn led 285 others across the line with a fine 24:57, holding off a determined challenge by Gary Goettelmann (25:01), who edged comebacking Rich Kimball (25:02). Tom Laris, now 40, was in the race until about 200 yards to go, but dropped off to finish at 25:05.5 for fourth. In the women's race, Vicki Bigelow set an open and masters record of 29:26 (for the certified course), with Los Altos High's Kerry Brogan next in 30:11. Dave Himmelberger easily won the companion one-mile event in 4:47.8, besting 119 others, with the runnerup spot going to Benjie Cortez in 5:10. Katie Hauser, 14, edged Susan Wynn by a second to take the women's title in 6:14.
/Ellen Clark/

1-Brock Hinzmänn/27/ETC	24:57
2-Gary Goettelmann/37	25:01
3-Rich Kimball/24/WVTC	25:02
4-Tom Laris/40	25:06*
5-Andrew McFarlane/19	25:21
6-Ron Gomez/17	25:52
7-Hank Lawson/26/CW	25:52
8-Bill Clark/37/WVTC	25:53
9-Paul McClure/19	25:56
10-Bill Meinhardt/40/WVJ	25:57*
11-Weston Press/25	25:59
12-Ulrich Kaempf/49/WVTC	26:04*
13-Mike Edelstein/22	26:19
14-Dennis Tracy/34/WVTC	26:28
15-Dan Minutello/30/WVTC	26:30
16-David Garcia/30	26:37
17-Ingemar Gard/30	26:50
18-Jim Howell/36/WVTC	26:57
19-Scott Steinmaus/19	27:01
20-Jim Bordoni/28	27:03
21-William Dunn/33	27:04
22-Richard Herzog/33	27:10
23-Jasper Kirkby/32	27:13
24-Jerry Lewis/45/TRAC	27:17*
25-Harold Frodisher/28	27:18
26-Doug Schmenk/30/WVTC	27:22
27-Edward Sayre/28	27:24
28-Ted Pawlak/24	27:28
29-Craig Steinmaus/18	27:29
30-Jim Doran/32	27:32
31-Bradley Angle/18	27:43
32-Fred Roughton/37	27:50
33-Kenneth Drew/30	27:54
34-James Kelly/25	28:00



(Left) Cal "10" winner, Dennis Rinde; (Right) Women's leader at same race was Hayward State's Karey Robinson. /Dave Evans/

(Willy's 5-Miler, Cont'd...)

35-Tim Freedman/18	28:01
36-Walter Radloff/35	28:02
37-Phil Sanfilippo/30/WVJ	28:05
38-Bill Benz/38/WVTC	28:07
39-Tom Sonderegger/21	28:13
40-Philip Hager/44/MW	28:18*
41-Evencio Hurtado/30	28:23
42-Jim Baichtal/39	28:23
43-Hoyt Walker/29	28:26
44-Stephen Niedauer/24	28:40
45-Ray Hosler/28	28:42
46-Peter Bonis/25/WVTC	28:43
47-Doug Riggle/24	28:47
48-Norman Gould/31	28:57
49-Michael R. Hicks/38	28:58
50-Earl Dowing/32	29:00
51-Warren Yeend/44	29:02*
52-George Aurit/26	29:10
53-Jack Richard/34	29:21
54-Derek Clayton/39	29:26
55-Vicki Bigelow/45/AGRC	29:26F*
56-Kevin Gillette/19	29:27
57-Ron Kovacs/42/TRAC	29:29*
58-Richard Tompkins/35	29:34
59-Tom Smith/33	29:37
60-Don Sutton/42	29:43*
61-Walter Williams/43/WVJ	29:46*
62-Eric Short/18	29:47
63-Victor Andrews/28	29:48
64-Keith McNab/39	29:49
65-Pat Quigley/19+	29:53
MASTERS	
67-Hank Shastany/51/WVTC	30:04
71-Bill Bowers/52	30:15
72-Dennis Egly/57	30:19
77-Rich Mueller/55	30:35
78-Merle Fruehling/46	30:41
80-Tony Fraser-Smith/42	30:50
81-Tim Healy/47	30:52
87-Gough Reinhardt/52	31:08
90-Roger Cottrell/41	31:11
91-Bob Downs/40	31:12
WOMEN	
69-Kerry Brogan/18/LAHS	30:11
76-Denise Bigelow/19/AG	30:31
115-Kathy Himmelberger/34	32:27
118-Kelly Brogan/14	32:35
125-Carol Carbaugh/30	32:56
142-Christina Callas/22	33:54
143-Dee Gibson/30	33:54
157-Betsy Fraser-Smith/42	34:43*
160-Ruth Waters/47/NCS	35:01*



Charlie Harris was best over 40 at the Sri Chinmoy 10 Mile with a 53:57. /John Sheretz/

● **SRI CHINMOY 10-MILE** ●
(Feb. 8)

/Foster City/ - Brian Maxwell missed the start but managed to catch the leaders despite a two-minute handicap, holding off John Embody, 51:02.4 to 51:06.3. Charlie Harris bested Sal Vasquez, 53:57 to 54:24 for the masters title after Sal lost his lead to a bout with stomach cramps in the last mile. Michelle Aubuchon produced a sterling 57:28.7 to easily win the women's title, and Karen Scannel was runnerup and first over 40 at 61:48. Another superbly conducted event by the Sri Chinmoy R.C. saw 464 finish on a cool drizzly day. /Sundari Michaelian/

1-Brian Maxwell/27/GBrTC	51:02
2-John Embody/25	51:06
3-Andy McFarlane/19	51:13
4-Steve Palladino/24	51:35
5-Brock Hinzmann/27/ETC	52:05
6-Victor Torres/25	53:02
7-John Routh/26/WDS	53:19
8-Michael Duncan/31/WVTC	53:25
9-Charlie Harris/40/WVTC	53:57*
10-Mike Niemiec/30/WVTC	54:20
11-Sal Vasquez/41/PMK	54:24*
12-Pages Youngman/29	54:26
13-Jim Moyles/29	54:29
14-Steve Stark/33	54:33
15-Tim Rostege/40/WVTC	54:40*
16-Bruce Bond/23	54:49
17-Tim Oolman/26	55:10
18-Peter O'Reilly/22	55:12
19-Joe Becerra/38/ETC	55:16
20-William Dunn/33	55:17
21-Ingemar Gard/30	55:41
22-Jack Leydig/37/WVTC	55:50
23-Robert Colborn/26	55:55
24-Dennis Tracy/34/WVTC	55:57
25-Ted Pawlak/24	56:03
26-Kees Tuinzing/33/TAM	56:16
27-Ron Gomez/17	56:22
28-Jim Doran/32	56:27
29-Glenn MacDougall/25	56:30
30-Alvaro Mejia/40	56:31*
31-Bruce Cowled/29	56:36
32-Peter Laskier/36	56:45
33-Mike Conroy/36/ETC	57:06
34-Al Stanbridge/34	57:08
35-Bob Bertani/30	57:24
36-Tom Eng/29	57:26
37-Michelle Aubuchon/21	57:29F
38-Norman Gould/31	57:29
39-Don Ardell/40+/TAM	57:51*
40-Larry Bechtel/31	57:54
41-Jim Santisteban/27	57:58
42-Roger Sobsey/29	58:06
43-Tom Sanderegger/24	58:13
44-Don Dugdale/35	58:22
45-Gregg Harvey/26	58:32
46-James Batz/27	58:35
47-Hans Peter Goepel/26	58:42
48-Larry Brown/29	58:47
49-Bill May/30	58:47
50-Phil Sanfilippo/30	58:48
51-Thierry Ross/25	58:58
52-Ken Stein/31	58:59
53-James Clapp/32	59:00
54-Steve Selbrede/29	59:01
55-Byron Hagins/25	59:07
56-Rex Merrill/30	59:08
57-Walter Radloff/35	59:10
58-Keith Hastings/37	59:10
59-Pat Shaughnessy/29/WV	59:14
60-Rudy Breland/33	59:15

MASTERS	
61-Roger Daniels/44	59:17
62-R. Navarro/41	59:17
63-Siegfried Mattern/44	59:19
66-Dennis Lanterman/45	59:53
67-Warren Yeend/44	59:58
89-Richard Craig/41	62:11
95-Hank Shastany/51/WVTC	62:31
99-Gerald McCowan/42	62:46
WOMEN	
83-Karen Scannel/42/IMP	61:48*
93-Sue Johnston/39/IMP	62:26
102-Linda Skinner/32/LMJS	62:56
107-Florianne Harp/32/GSF	63:34
110-Margo Elson/29	63:39
148-Hilary Naylor/34	66:27
159-Karen Lanterman/36/WV	67:12
200-Patricia Sardo/30	69:13
204-Nora Crans/29/IMP	69:25
212-Barbara Frisk/29	69:41

● **TRINIDAD CLAM BEACH** ●

/Trinidad/ - Blistering the difficult, scenic 8.5-mile course at a 4:39 pace, Gary Tuttle staved off a challenge from Humboldt State star Mark Conover to capture his fifth victory at this 16th Annual affair, knocking 56 seconds off Chuck Smead's standard! A record 1221 finishers completed the course that starts on the road before dropping to the beach and crossing the Little River. Richard Whitewater came up from the Bay Area to win the masters title in 47:53, while Claudia Bergsohn took a close victory over Tammy Johnson, 51:21 to 51:37, to take the women's title. Bill Scobey's 41:20 set a new 35-39 record as he took third. Gayle Kerstetter easily took the masters women's race by almost 10 minutes in 58:57. /Chuck Ehlers, S.R.R.C./

1-Gary Tuttle/33	39:32
2-Mark Conover/20/HSU	39:40
3-Bill Scobey/35	41:20
4-Denis O'Halloran/29	41:27
5-Steve Kretsinger/21	41:41
6-John Mansoor/25/CCF	42:23
7-Tim Becker/22	42:49
8-Harry Cottrell/34	42:52
9-Hersh Jenkins/29	43:05

10-Greg Balbierz/21	43:07
11-Roger Innes/21	43:35
12-Greg Heistuman/25	43:39
13-Mike Baca/19	43:46
14-Jack West/29	43:52
15-Rudy Balli/20	44:06
16-Gordon Innes/27	44:17
17-Dave Figueiredo/24	44:19
18-Robert Clay/33	44:30
19-Ron Elijah/28	44:47
20-Howard Labrie/30	44:51
21-Michael P. Healy/17	44:58
22-Jim Lovejoy/33	45:04
23-Brian Millar/20	45:08
24-Greg Davy/25	45:12
25-James Kuphaldt/21	45:13
26-Michael Killeen/25	45:15
27-Larry Guinee/18	45:32
28-Barry Anderson/26	45:35
29-Tim Killeen/23	45:57
30-Kevin Searls/23	45:58
31-Mark Elias/28	46:09
32-Kevin O'Hara/23	46:12
33-Al Masterson/23	46:16
34-Bob Bunnell/30	46:17
35-David Hillegeist/30	46:26
36-Tom Greene/15	46:33
37-Lawrence Jordan/23	46:40
38-Wayne Arrison/21	46:59
39-Jeff Townsend/25	47:02
40-Steve Williams/28	47:07
41-Philip Storms/33	47:08
42-J.K. Pedrotti/24	47:09
43-Michael Brunner/20	47:11
44-Michael Addis/30	47:18
45-Michael Holt/31	47:26
46-Clarence Mason/34	47:29
47-Jon Carlson/18	47:30
48-Ron Flenner/33	47:34
49-Michael Williams/19	47:36
50-Tim DeFazio/28	47:40
MASTERS	
51-Richard Whitewater/40	47:53
92-Lenny Escarda/49	50:35
96-Glenn Reed/42/Redding	50:47
114-Dick Meyer/41/SRRC	51:27
115-Dale Haines/41	51:31
117-Chuck Ehlers/40/SRRC	51:34
124-Hal Jackson/47	51:51
131-Dick Gilchrist/45	52:01
WOMEN	
110-Claudia Bergsohn/19	51:21
118-Tammy Johnson/21	51:37
120-Cindy Claiborne/20	51:41
122-Flossie Horgan/34	51:46
140-Kathleen Kaiser/34	52:23
144-Marilyn Taylor/28/WVTC	52:35
155-Derry Bunnell/27	52:53
161-Sheila Maskovich/32	53:06



Gary Tuttle cruises along the beachfront on his way to his 3rd consecutive Trinidad Clam Beach title (Jan. 31).



Golden Bears leading the Bonne Bell 10K (L-R): Jan Oehm, Suzanne Richter & Cindy Schmandt. Oehm went on to win in a new course record of 34:28. /John Sheretz/

● **BONNE BELL 10K** ●
(Feb. 1)

/San Francisco/ - Cal's Jan Oehm set a new course record in the annual Bonne Bell 10K Women's Race in Golden Gate Park, as a total of 1651 finishers made it the largest women-only sports event in the history of the Bay Area. Her 34:28 was only seven seconds ahead of Stanford's 18-year-old frosh, Ellen Lyons, with Cal teammate Cindy Schmandt another five seconds back. The only division record that didn't take a beating was Judy Fox's 35:19 sub-masters mark from last year. Robyn MacSwain's 36:58 was a new standard in the 16 and under division; Vicki Bigelow got a 37:53 to win the masters race by 22 seconds over Joan Ulliyot, setting a new record in the process; Marion Irvine did 40:03 for a new over-50 mark and fourth overall among masters, and Kay Atkinson's 47:26 won the 60+ race and set a new 63-year-old U.S. mark too. Florianne Harp took the most competitive division, clocking 38:46 for the sub-masters win, only 4 seconds in front of Skip Swannack...and the top five places in that division were only 12 seconds apart! /Scott Thomason/

- 1-Jan Oehm/21/GBrTC 34:28
- 2-Ellen Lyons/18/Stanford 34:35
- 3-Cindy Schmandt/19/GBrTC 34:40
- 4-Suzanne Richter/20/GBr 35:21
- 5-Cheryl Flowers/19/GBrTC 35:49
- 6-Stefani Stoutt/20/CSH 36:09
- 7-Robyn MacSwain/16/GBr 36:58
- 8-Denise Bigelow/19/AGRC 37:06
- 9-Kerry Brogan/18 37:08
- 10-Karey Robinson/21/CSH 37:12
- 11-Dana Flint/17 37:24
- 12-Mary Gaffield/17/ECHS 37:48
- 13-Vicki Bigelow/45/AGRC 37:53*
- 14-Sharlet Gilbert/29/ZAC 37:54
- 15-Bev Marx/27 37:55
- 16-Eileen Claugus/25 37:59
- 17-Sue Brusher/26/WVTC 38:00
- 18-Pamela Cox/22/GBrTC 38:05
- 19-Marcia White/17 38:07
- 20-Kathy Way/20 38:11
- 21-Joan Ulliyot/40/WVTC 38:15*
- 22-Dana Hooper/26/GSF 38:22
- 23-Jolie Houston/26/AGRC 38:26
- 24-Marilyn Davis/16 38:37
- 25-Florianne Harp/32/GSF 38:46

- 26-Skip Swannack/39 38:50
- 27-Joyce Rankin/33 38:52
- 28-Valerie Ross/19 38:53
- 29-Ann Wotherspoon/24 38:55
- 30-Irene Rudolf/38/WVTC 38:56
- 31-Jane Sowersby/30/GSF 38:58
- 32-Kimbi Hamer/21/WVTC 39:14
- 33-Kathy Pfiefer/21 39:17
- 34-Claudia Wish/30 39:19
- 35-Cathy Corfee/17 39:23
- 36-Bonnie Storm/35/WVTC 39:24
- 37-Susan Jenkinson/19 39:27
- 38-Kim Himenes/13/WDS 39:28
- 39-Margo Elson/29 39:30
- 40-Allison Nemir/18 39:33
- 41-Hillary Naylor/34 39:35
- 42-Jennifer Biddulph/15 39:38
- 43-Mary Mason/19 39:39
- 44-Maria Ng/20/GSF 39:45
- 45-Juana Stavalone/35 39:47
- 46-Heidi Skaden/43 39:53*
- 47-Marion Irvine/51/NCS 40:03*
- 48-Karen Himenes/13/WDS 40:06
- 49-Andrea Heimbecker 40:16
- 50-Kathleen Bonnet/15 40:18
- 51-Aida Stearns/17 40:19
- 52-Kelly Brogan/14/LAHS 40:20
- 53-Cindy Hayes/26 40:23
- 54-Joan Reiss/43 40:25*
- 55-Pat Whittingslow/40 40:27*
- 56-Margaret Fischer/24 40:32
- 57-Monya Lane/25 40:42
- 58-Monika Zieschang/18 40:43
- 59-Karen Lanterman/36/WV 40:45
- 60-Patricia Sarro/30 40:46
- 61-Kara Holcomb/11 40:57
- 62-Teresa Jackson/23 41:00
- 63-Karen Devine/16 41:02
- 64-Bonnie Dwyer/24 41:11
- 65-Patty Finn/34/WVTC 41:15
- 66-Louise Schneider/16 41:16
- 67-Susan Blake/26 41:17
- 68-Helen Lehman/16 41:19
- 69-Carole Stothers/17 41:20
- 70-B. Mulholland/30 41:23
- 71-Kristine Morrella/36 41:30
- 72-Lorraine Schenone/24 41:37
- 73-Maleala Grover/29 41:41
- 74-Amy Perkins/15 41:42
- 75-Barbara Frisk/29 41:43
- 76-Kathleen Prentice/19 41:45
- 77-Amy Dewitt/16 41:48
- 78-Sydney Bronson/21 41:54
- 79-Carole Swain/33 41:55
- 80-Lynda Stainbrook/24 41:57
- ***MASTERS***
- 88-Marilyn Hayden/47 42:21
- 90-Joan Don/42/NCS 42:26
- 107-Frances Sackerman/51 43:03
- 116-Louise Burns/40/NCS 43:22
- 119-Birthe Kirsch/41 43:29
- 122-Liz Ray/41 43:32
- 124-Ginger Burrola/43 43:36

● **MARTINEZ TO PORT COSTA** ●
(Feb. 28)

/Martinez/ - Three major divisional records fell at the 13th running of the Martinez to Port Costa Brickyard Run (8.4 miles) on a rainy day that was well-suited for running. A group of four Norwegian runners, living in Berkeley, led a wholesale assault on the course record, with Inge Simonsen's 39:49 just edging out countryman Jan Fjaestad by a second. Stig Roar Husby clocked 40:03 and Bent Natvig a 40:09 to claim a sweep of the top four spots. Richard Kimball's 40:08 standard was broken by the first three, as the ex-recordholder, making a comeback from persistent injuries, ran 41:54 in sixth spot. Leroy Kotchevar's 40:23 in between was also close to the old mark. Sal Vasquez's 43:06 took 26 seconds off Kent Guthrie's masters mark, as Tim Rostege was a distant 44:20 in the runnerup spot. Sharlet Gilbert clipped 10 seconds from Mary Gaffield's women's standard of last year with a fine 49:46, as Leslie McMullin came up with a 50:22 in the runnerup slot. Marion Irvine's 56:46 led the masters women, but was well off Ruth Anderson's 54:45 division record of three years ago. A medium-sized crowd of 231 made it to the finish on one of the area's prettier courses (mostly rolling hills). /Luka Sekulich/

- 1-Inge Simonsen/27/Nor 39:49
- 2-Jan Fjaestad/27/Nor 39:50
- 3-Stig Roar Husby/26/Nor 40:03
- 4-Bent Natvig/34/Norway 40:09
- 5-Leroy Kotchevar/27 40:23
- 6-Rich Kimball/24/WVTC 41:54
- 7-Mark Hines/30/ETC 41:58
- 8-Sal Vasquez/41/PMK 43:06*
- 9-Greg Jewett/34/ETC 43:27
- 10-Peter Day/36 43:34
- 11-Gene Dangel/34/DRR 43:57
- 12-Kevin Searls/23 44:05
- 13-Mike Gulli/21 44:09
- 14-Dwight Hendrix/26 44:12
- 15-Tim Rostege/40/WVTC 44:20*
- 16-Mike Conroy/36/ETC 44:40
- 17-Gary Alderman/37/DRR 44:53
- 18-Jay Gehrig/29/ETC 45:17
- 19-Doug Butt/36/WVTC 46:00
- 20-Mike Trosset/24 46:01
- 21-David Muela/28/ETC 46:06
- 22-Tim Jordan/41/WRR 46:34*
- 23-Timothy Dolman/26/BR 46:40
- 24-Ralph Bowles/44/WVTC 46:44*
- 25-Jim Myers/16/PMK 47:00
- 26-Larry Brown/29/BR 47:08
- 27-Larry Pugh/33/SS 47:13
- 28-Bill Bugler/45/PMK 47:19*
- 29-S.R. Shupoff/34 47:39
- 30-Ron Griswold/33/VA 47:45
- 31-Craig Van Otter/30/DRR 47:56
- 32-Jeff Collins/27 48:01
- 33-Philip Hager/44 48:22*
- 34-Dick Cordone/31 48:43
- 35-George Ridout/38/MR 49:00
- 36-Karl Uebel/40 49:12*
- 37-Richard Mayers/39/ZAC 49:15
- 38-Tom Mann/38/ETC 49:18
- 39-Terry Hughes/37 49:29
- 40-Bob Curtis/41 49:31*
- 41-Mike Robak/31 49:32

- 42-Sharlet Gilbert/29/ZAC 49:46F
- 43-Jack Byrd/45/PMK 50:05*
- 44-Leslie McMullin/30 50:22F
- 45-Dan Wallace/21/DSE 50:25
- 46-Ryan Anderson/38 50:27
- 47-Steve Alexander/29/LMJ 50:31
- 48-Amil St. Augustine/51 50:34*
- 49-Grady Wright/36 50:34
- 50-Philip Shapira/27 50:35
- 51-Hank Shastany/51/WVTC 50:37*
- 52-Al Koslofsky/36 50:43
- 53-Brain McCarthy/16 50:47
- 54-Francis Collins/38 50:48
- 55-Ron Peck/39/NCS 50:57
- 56-Wesley Hurlburt/41 51:12*
- 57-Tim Fronck/31 51:15
- 58-John Kent/20/DSE 51:37
- 59-Joe Dana/44/SS 51:47*
- 60-Alan Degen/40 51:56*

- ***WOMEN***
- 61-JoAnn Dahlkoetter/27 52:05
 - 93-Marion Irvine/51/NCS 56:46*
 - 101-Ruth Anderson/51/NCS 57:34*
 - 120-Rachel Anderson/16 59:44
 - 122-Ruth Waters/47/NCS 59:56*
 - ...also, omitted above...
 - 83-Kristan A. Martin/22 55:17



Left to Right, first thru fourth place at the Martinez to Port Costa Brickyard Run...all from Norway. /Luka Sekulich/

LATE GNUS



GNU (4 1/2 ft. high at shoulder)

RACE RESULTS: - Although we did not receive these results by press-time, we have heard by word of mouth that Gary Goetelmann won the Bidwell Classic Marathon in about 2:22-23, and that Tony Ramirez took the half in about 1:06. Kathleen Kaiser won the women's race (2:55:51) and Ulrich Kaempf (high 2:34's) edged Doug Latimer (low 2:35's) for the masters title. Joan Ulliyot's 2:58 led the masters women. At the Napa Marathon, Doug McLean did 2:24+ to win, while Florianne Harp had 2:52 to beat Marilyn Harbin's 2:54 (tops over 40). Doug Rennie had 2:33 for the over-40 title. Duncan Macdonald's 29:12 took the San Jose Mercury News Run, & Michelle Aubuchon top woman.

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