
 ! INFO : CORPORATE :
 ! SEX : CUP : DATE : 05/06/83 :
 ! CAT : ASSOCIATION :
 ! AGE : : SUBJECT: RUNREG83 :
 ! INT: !RUNNER'S WORLD RUNNER DATABASE !MAY 8TH REGIONALS !

! TO: ! LOCATION: -

 ! FROM: HANK LAWSON ! LOCATION: C - DATA PROCESSING

MENS 10K 8:30	WOMENS 5K 9:30
) MARTY POST 39:09.4 :) KASEY MORTON 21:43.0 :
) HANK LAWSON 33:49.5 :) JACKIE LEWIS 20:43.4 :
) LARRY EDER 35:47.5 :) LAURA DUDELL 28:10.0 :
) FRANK DOWD 48:54.4 :) MONICA STEIN 23:52.0 :
) :) SANDY RUBIN 25:35.0 :
*** PLACE TOTAL TIME - 1:09:37	*** PLACE TOTAL TIME - 42:26.1

3 LAP SPRINT RELAY (A/B) 12:25	PYRAMID RELAY 11:40
440- VERN WALTHER 61.9 RAY HUSLER 1:03 63	440- BETH CARLTON 1:10.1 (70.1)
220- RUDY PEARSON 1:36.4 DAVID KEITH 1:41.9	880- DAVID HANS 2:12 3:34.1 4:02 5:49 (2:24.0)
220- KASEY MORTON 2:00.9 MONICA STEIN 2:03.8	320- HANK LAWSON 4:28 5:49 6:56.1 (3:21)
440- EARL HARRIS 2:59.5 BOB WISCHNIA 2:20.7	880- LYMAN DICKSON 8:07 9:15.1 (2:20)
440- JOANNE WILKE 10:22.6 (67.5)	
*** PLACE TOTAL TIME - 64.8	*** PLACE TOTAL TIME -

PRESIDENTS RELAY 1:55	WOMENS RELAY 1:45
1 - RICH BENYO 5:22.8 :	440- BETH CARLTON 71.2 :
880- BOB ANDERSON 2:34 :	880- JOANNE WILKE 2:45.8 :
440- JORDAN ALPERT 76.8 :	440- KASEY MORTON 78.7 :
*** PLACE TOTAL TIME - 9:13.6	*** PLACE TOTAL TIME - 5:18.5

MENS MILE 12:55	SPRINT RELAY 12:00
LYMAN DICKSON 5:11.0 :	220- JACKIE LEWIS 35.2 :
HANK LAWSON 4:46.5 :	220- JOANNE WILKE 65.2 (30) :
*** PLACE TOTAL TIME - 9:57.5	440- RUDY PEARSON 2:00.8 55.6 :
	440- EARL HARRIS 2:57.0 56.2 :
	220- TOM WALSH 3:31.4 34.4 :
	220- MIKE TODD 3:57.1 25.7 :
	*** PLACE TOTAL TIME -

*Return shirts
How Wed place in AA*

IT IS OFFICIAL, THE TRACK MEET IS A ONE DAY AFFAIR TO BE HELD ON SUNDAY. I'M SORRY IF THIS CAUSES ANYONE ANY PROBLEMS. THE TIME SCHEDULE FOR THE EVENTS IS LISTED NEXT TO THE EVENT NAME. IF YOU HAVE ANY PROBLEMS WITH THE TIMES, LET ME KNOW ASAP. THERE WILL ONLY BE 6 OR 7 TEAMS COMPETING IN THE CLASS 'A' DIVISION SO WE'RE AUTOMATICALLY IN THE NATIONALS. PLEASE GET TO THE TRACK 30 MINUTES BEFORE YOUR RACE IS TO BE RUN FOR A PROPER WARM UP AND TO BE SURE THAT I DON'T GO NUTS WORRYING ABOUT YOU. IF YOU ARE GOING TO BE WORKING AT THE MEET, LET BETH CARLTON, SHE'S THE CO-CAPTAIN, OR MYSELF KNOW WHERE YOU'LL BE WORKING SO WE CAN GO FETCH YOU AS YOUR EVENT DRAWS NEAR.

I NEED TO KNOW WHAT EVERYONES SHIRT & SHORT SIZES ARE SO YOU'LL HAVE SOMETHING TO RUN IN. PLEASE LEAVE ME A NOTE OR GIVE ME A CALL WITH THIS INFO. EVERYTHING IS IN MENS SIZES SO THINK ACCORDINGLY. YOU CAN PICK UP SHIRTS/SHORTS FROM ME ON THE DAY OF THE RACE. WE MIGHT HAVE A SHORT SHORTAGE SO PLEASE BRING A PAIR OF YOUR OWN JUST IN CASE. I WILL BE LOCATED AT THE PRESS BOX WITH THE COMPUTER. LUNCH AND DRINKS WILL BE PROVIDED BUT IF YOU HAVE SOMETHING SPECIAL YOU WANT, YOU BETTER BRING IT YOURSELF.

THE 5K AND 10K COURSES ARE AS FOLLOWS: 5K) STARTS AT THE 50 YD LINE IN FRONT OF THE PRESS BOX ON THE TRACK. YOU GO 1 & 3/4

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 ! INT: IRONNER'S WORLD RUNNER DATABASE !MAY 8TH REGIONALS !

! TO: ! LOCATION: - !

 ! FROM: MARK LAWSON ! LOCATION: C - DATA PROCESSING !

 ! MENS 10K 8:50 ! WOMENS 5K 9:30 !
 !) MARTY POST 39:09.4 : !) KASEY MORTON 21:43.0 : !
 !) MARK LAWSON 39:49.5 !) JACKIE LEWIS 20:43.4 !
 !) LARRY EBER 35:47.5 !) LAURA DUELL 28:10.0 !
 !) FRANK DODD 48:54.4 !) MONICA STEIN 23:52.0 !
 !) !) SANDY RUBIN 25:35.0 !
 ! *** PLACE TOTAL TIME -1:09:37 *** PLACE TOTAL TIME -42:26.4 !

! 3 LAP SPRINT RELAY (A (B) 12:25 ! PYRAMID RELAY 11:10 !
 ! 440- VERN CALIFORN 61.9 RAY HUSTEN (1:05) 440- BETH CARLTON 71.2 (70.1) !
 ! 220- RUDY PEARSON (54.5) 7:36.9 DAVID KEITH (29.9) 880- DAVID HANS 2:12 3:34.1 4:28 5:49 (2:20) !
 ! 220- KASEY MORTON (54.7) 2:00.9 MONICA STEIN (63.0) 320- MARK LAWSON 4:38 5:49 6:55.1 (3:21) !
 ! 440- EARL HARRIS (58.6) 2:59.5 BOB WISCHNIA 2:22.7 880- LYMAN DICKSON 8:07 9:15.1 (2:20) !
 ! 440- JOANNE WILKE 10:22.6 (67.5) !
 ! *** PLACE TOTAL TIME - :64.8 *** PLACE TOTAL TIME - : !

! PRESTIGES RELAY 1:55 ! WOMENS RELAY 1:45 !
 ! 1 - RICH BENYU 5:22.8 : ! 440- BETH CARLTON 71.2 : !
 ! 880- RON ANDERSON 2:34 ! 880- JOANNE WILKE 2:48.8 !
 ! 440- JORDAN ALPERT 76.8 ! 440- KASEY MORTON 78.7 !
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*Return starts
 How Wed place in AA*

! IT IS OFFICIAL, THE TRACK MEET IS A ONE DAY AFFAIR TO BE HELD ON !
 ! SUNDAY. I'M SORRY IF THIS CAUSES ANYONE ANY PROBLEMS. THE TIME !
 ! SCHEDULE FOR THE EVENTS IS LISTED NEXT TO THE EVENT NAME. IF YOU HAVE !
 ! ANY PROBLEMS WITH THE TIMES, LET ME KNOW ASAP. THERE WILL ONLY BE !
 ! 6 OR 7 TEAMS COMPETING IN THE CLASS 'A' DIVISION SO WE'RE AUTOMATICALLY !
 ! IN THE NATIONALS. PLEASE GET TO THE TRACK 30 MINUTES BEFORE YOUR RACE !
 ! IS TO BE RUN FOR A PROPER WARM UP AND TO BE SURE THAT I DON'T GO NUTS !
 ! WORRYING ABOUT YOU. IF YOU ARE GOING TO BE WORKING AT THE MEET, LET !
 ! BETH CARLTON, SHE'S THE CO-CAPTAIN, OR MYSELF KNOW WHERE YOU'LL BE !
 ! WORKING SO WE CAN GO FETCH YOU AS YOUR EVENT DRAWS NEAR. !
 ! I NEED TO KNOW WHAT EVERYONES SHIRT & SHORT SIZES ARE SO YOU'LL !
 ! HAVE SOMETHING TO WASH IN. PLEASE LEAVE ME A NOTE OR GIVE ME A CALL !
 ! WITH THIS INFO. EVERYTHING IS IN MENS SIZES SO THINK ACCORDINGLY. !
 ! YOU CAN PICK UP SHIRTS/SHORTS FROM ME ON THE DAY OF THE RACE. WE !
 ! MIGHT HAVE A SHORT SHORTAGE SO PLEASE BRING A PAIR OF YOUR OWN JUST IN !
 ! CASE. I WILL BE LOCATED AT THE PRESS BOX WITH THE COMPUTER. !
 ! LUNCH AND DRINKS WILL BE PROVIDED BUT IF YOU HAVE SOMETHING !
 ! SPECIAL YOU WANT, YOU BETTER BRING IT YOURSELF. !
 ! THE 5K AND 10K COURSES ARE AS FOLLOWS: 5K) STARTS A !

! INFO ! CORPORATE !
!SEX : ! C U P ! DATE : 05/06/83 !
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!AGE : ! SUBJECT: RUNREG83 !
!TNT: ! DUVNER'S WORLD RUNNER DATABASE !MAY 8TH REGIONALS !

! TO: ! LOCATION: - !

! FROM: MARK LANSOW ! LOCATION: C - DATA PROCESSING !

! FOLLOW THE CAMPUS ROAD AROUND TO THE LEFT AND UP TOWARDS THE MAIN
! ENTRANCE. TAKE A RIGHT AND RUN ALONG THE 'CLOSED ROAD'. TURN RIGHT
! AT THE BACK ENTRANCE OF THE CAMPUS, FOLLOW THE CAMPUS ROAD AROUND FOR
! ONE FULL LOOP (ABOUT 1 MILE), THEN AFTER THE LOOP HEAD BACK TO THE
! TRACK VIA THE ROAD YOU WENT OUT ON, TAKE A RIGHT ONTO THE TRACK AND
! RUN 365 YRDS, FINISHING WHERE YOU STARTED. THE 10K STARTS THE SAME AS
! THE 5K BUT FOLLOWS THE CAMPUS ROAD OUT TO THE BACK ENTRANCE, THEN UP
! MOODY ROAD FOR 2 1/2 MILES, WITH THE TURN AROUND BEING AT THE BASE OF
! THE TWISTERS (YOU'LL KNOW THE BASE FOR A 1/2 MILE HILL WOULD FOLLOW).
! THEN YOU TURN AROUND AND COME BACK THE WAY YOU CAME WITH A 365 AROUND
! THE TRACK. IF YOU HAVE ANY QUESTIONS ON THE COURSES, ASK ME.

! PLEASE CHECK THE UPPER LEFT HAND CORNER OF THIS MEMO FOR YOUR
! PROPER SEX, AGE, AND EXTENSION AS WELL AS THE MIDDLE OF THE MEMO
! HEADING TO SEE IF I HAVE YOUR HOME PHONE NUMBER ON FILE OR NOT. ALL
! OF THIS INFO IS IMPORTANT FOR ME. THANKS.

<u>Event No.</u>	<u>Time</u>				
1	8:30	Men's 10K Road Race Open and Masters AA, A			
2	9:30	Women's 5K Road Race Open and Masters AA, A			
3	10:10	Class AA	Three Lap Sprint	<u>Trials</u>	8 Team for Finals
4	10:25	Class A	Master's Relay	<u>Finals</u>	
5	10:35	Class A	Women's Relay	<u>Finals</u>	
6	10:45	Class AA	Open Relay	<u>Finals</u>	
	11:35	ANNOUNCEMENT OF TEAMS COMPETING			
7	11:50	Class A	Pyramid Relay	<u>Finals</u>	
8	12:05	Class AA	Sprint Relay	<u>Trials</u>	8 Team for Finals
9	12:20	Class A	Sprint Relay	<u>Finals</u>	
10	12:30	Class AA	Pyramid Relay	<u>Finals</u>	
11	12:45	Class A	Three Lap Sprint	<u>Finals</u>	
12	12:55	Class AA	Women's 800M Team Race	<u>Finals</u>	
13	1:05	Class A	Men's Mile Team Race	<u>Finals</u>	
14	1:17	Class A	President's Relay	<u>Finals</u>	
15	1:30	Class AA	Men's Mile Team Race	<u>Finals</u>	
16	1:42	Class AA	Three Lap Sprint	<u>Finals</u>	
17	1:55	Class AA	Women's Relay	<u>Finals</u>	
18	2:05	Class AA	President's Relay	<u>Finals</u>	
19	2:20	Class AA	Master's Relay	<u>Finals</u>	
20	2:30	Class AA	Three Lap Sprint	<u>Finals</u>	
21	2:40	Class AA	Executive Relay	<u>Finals</u>	
22	3:05	Class AA	Sprint Relay	<u>Finals</u>	

OFFICIALS

Director, Corporate Cup Relays
David Hans

Meet Director
Bob Anderson

Assistant Meet Director
Peanut Harms
Foothill Track Coach

Head Judge
Dave Hill

Announcer
Dean Reinke

Assistant to Announcer
~~Michael Todd~~
David Hans
Head Scorer
Jordan Alpert

Clerk of the Course
Tom Murray

Asst. Clerk of the Course
Kevin Baxter

Head Timer
Bob Rush

Starter
Tom Walsh

Registration
David Hans

On Field Communications
Michael Todd

Final Check-In
Terri Bremer (Head)
Debbie Tate

Field Set-Up/Sales
Lyman Dickson
Earl Harris

Scoring/Results
Jordan Alpert
monica Stein
Tony Drake
Julie Gaines

Computer Scoring
Hank Lawson
Marcie Lawson

Finish Line
Amy Lyon
Linda Lewis

Awards
Rita Anderson (Head)
Valerie West

Records/On Field Scoring
Marty Post

Judges
Bob Small
Carol Simas
Ram Farhang
Barbara Walsh
~~Joanne Wilke~~
Rich Benyo
Sandra Rubin
Jim Shibler
Myer Prinstein
Debbie Hill

Security
Matt Alvarez
Frank Dowd

Business Manager
Lyman Dickson

RUNNER'S WORLD TEAM
Captain - Hank Lawson
Assistant - Beth Carlton