

Prep Notes

By KEITH CONNING



California Preps Race in China

Every year, for many years, International Sports Exchange has taken a group of high school runners for a trip to Hong Kong and Mainland China to compete in a 13K (8.1 miles) road race on New Year's day in Guangzhou (Canton), China. This year more than 300 high school runners from all over the United States participated.

I led a group of 22 runners (11 boys and 11 girls) from Northern California. The competitors included: **Michael Amorosa** (Antioch HS), **Ted Barram** (Homestead HS, Sunnyvale), **Loana Bow** (Lemoore HS), **John Bowman** (Mt. View HS), **Letitia Castaneda** (Lemoore HS), **Robin Constantinides** (Clayton Valley HS, Concord), **Suzanne Daley** (Granada HS, Livermore), **Lena Deaton** (Granada HS, Livermore), **Phoebe Emker** (Albany HS), **Tammy Foley** (Mission San Jose HS, Fremont), **Jason Gantt** (Ygnacio Valley HS, Concord), **Elizabeth Gier** (Moreau HS, Hayward), **Chris Herbert** (Clayton Valley HS, Concord), **Melissa Hurlow** (California HS, San Ramon), **Tara Meador** (Fort Bragg HS), **Dino Oliveras** (Sonoma HS), **Sean Pyorre** (Fort Bragg HS), **Jason Salter** (Enterprise HS, Redding), **Anna-Marie Sanos** (California HS, San Ramon), **Mark Slocum** (Homestead HS, Sunnyvale), **Dan Timms** (Fort Bragg HS), and **Brent Von Forstmeier** (Liberty HS, Brentwood).

Anthony Williams (Hueneme HS, Oxnard) was the leading California finisher. He placed second among ISE runners and second overall in 44:07. **Charlie Moreno** (Costa Mesa HS) placed fourth among ISE runners in 45:25. **George Berg** (Antelope Valley HS, Lancaster) was eighth in 46:07 and **Skardon Baker** (Loyola HS, Los Angeles) was ninth in 46:20.

Coach **Bill Sumner** (Corona Del Mar HS, Newport Beach) placed 11th in 46:39.

Sean Pyorre (Fort Bragg HS) was the leading Northern California finisher among ISE finishers in 32nd at 49:52. **Mark Slocum** (Homestead HS, Sunnyvale) finished 38th in 51:00 followed by his teammate **Ted Barram** 39th in 51:12.

Kris Rouse (Rim of the World HS, Running Springs) was the leading California female finisher. She placed fourth in 56:23.

Robin Constantinides (Clayton Valley HS, Concord) was the leading Northern California female placing 16th in 60:08. Her roommate on the trip, **Tammy Foley** (Mission San Jose HS, Fremont), who turned in a 10:46 postal two-mile last fall

at Los Gatos, placed 17th in 60:49.

Before the race we were handed a two page information sheet for the runners, who planned to participate in the 1987 Guangzhou New Year's Grand City Run. The following is quoted from that sheet.

"The Guangzhou New Year's City Run is a grand long-distance running meet rich of traditional folk features. It has been held for many years with ever strong momentum. Every time it attracts thousands of Guangzhou citizens and friendly personages from abroad and other parts of China. It is so large in scale and so splendid an occasion that it is said to be the 'No. 1 Race in South China'. More than ten thousand Guangzhou citizens have enthusiastically entered their names for the coming run. Among them are workers, cadres, students, soldiers, inhabitants and peasants.

You are required to gather at 7:30 at the East Gate of the Memorial Hall to Dr. Sun Yat-sen in Ji Xiang Road.

Route: Ji Xiang Road—Yin Yuang Road—Jie Fang Road—Huang Shi Zhong Road—Ou Zhuang Grade Separation—Huang Shi Dong Road—Dong Feng Dong Road—Dong Feng Zhong Road—Ji Xiang Road. (The street signs are in Chinese only!)

Runners must wear their Numbers on the bosoms."

I noticed that the Chinese runners were not wearing the latest footwear from Nike or adidas. Instead they wore old fashioned paper-thin sneakers like we used back in the 50's. There were no water stations along the route, and we were advised not to drink tap water. Therefore, there was a rush on bottled water at the end of the race. They handed out little boxes of Chrysanthemum Tea after the race.

In addition to the competition in Canton, we had a marvelous cultural experience. We spent three nights at the White Swan Hotel in Canton, one of the leading hotels in the world with a 5 star rating. It was listed in a brochure along with the Fairmont Hotel in San Francisco, where the TV series *Hotel* is shot.

The team first flew to the bustling city of Hong Kong located on the southern coast of China where we spent several days. Hong Kong is a fascinating city with its blend of Chinese and British cultures.

Boys Results

1 Bill Seymour (Ohio)	43:02
2 Anthony Williams (Hueneme, Ox)	44:07
3 Ricky Badoni (Arizona)	44:32
4 Charlie Moreno (Costa Mesa)	45:25

Missing Kinney Results

Below are the results from the missing board at the Dec. 6 Kinney Western Regional in Fresno.

25 Janet Bowie (Redwood City, Woodside) Jr	18:30
26 Laurie Andeen (MenloPark, MenloAtherton) Jr	18:30
27 Lisa Hill (Nampa, Ind) Fr	18:32
28 Jennifer Walsh (Walnut Creek, YgnacioVly)	18:33
29 Christi Davis (Albuquerque, RioGrande) Sr	18:35
30 Lisa Gunther (Moraga, Campolindo) Jr	18:36
31 Shamen Dugger (Coronado, Coronado) Jr	18:37
32 Michelle Brown (Boise, Borah) Fr	18:37
33 Jane Matthews (Phoenix, ShawdownMt.) Sr	18:38
34 Jeanise Eisenmen (Calistoga, Calistoga) Sr	18:39
35 Melanie Hiatt (Davis, Davis) Sr	18:42
36 Shannon Karpel (HuntingtonBch, OceanView) Sr	18:43
37 Jenny Hannah (TwinFalls, TwinFalls) Jr	18:44
38 Kristina Hand (Fallbrook, Fallbrook) Jr	18:49
39 Angie Lovell (ThousandOaks, ThousandOaks) So	18:45
40 Susan Carey (Lompoc, Lompoc) Sr	18:45

5 Guy Josityewa (Arizona)	45:26
6 Brian Begame (Arizona)	45:56
7 Kevin Eubank (Washington)	45:58
8 George Berg (AntelopeVly, Lanc)	46:07
9 Skardon Baker (Loyola, L.A.)	46:20
10 John Koerner (Idaho)	46:30
11 Bill Sumner (Coach, NewpBch)	46:39

Girls Results

1 Jane Evelyn (Ohio)	52:52
2 Erika Schwartz (Ohio)	54:11
3 Maria Ridley (Washington)	55:20
4 Kris Rouse (Rim of World)	56:23
5 Jeanne Crabtree (Washington)	56:24
6 Not Available	
7 Lori Messenger (Idaho)	57:46
8 Sue Hunke (Ohio)	58:07
9 Stacy Ries (Ohio)	58:43
10 Alvanessa Nutumya (Az)	58:49

If you are interested in being informed of future ISE international competitions of future ISE international competitions on road running or track, please write to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

A Tribute to John Frank

(Editor: The following tribute appeared in the program for the Northern Athletic League Championships in cross country last fall.)

This meet, the 1986 NAL Cross Country championships, is being dedicated to John Frank—a standout runner and human being—who graduated from Central Valley High School in 1980.

John began his running career in the spring of 1977 at Nova High School, under the training of Mr. Bruce Makinson, as a miler and two miler. John went to Central Valley High School for the next three years training under the watchful eye of Jim Hayes who guided John to one of the most outstanding running careers in the history of the Northern Section.

John was All-League a total of three times in track and twice in Cross Country, breaking records wherever he ran. As a senior in cross country he went undefeated for the year and climaxed his cross country career as NAL champion, NSCIF champion, NOR-CAL champion, AAU National Champion and was named California co-runner of the year in 1979. In track he ran a 4:21.0 mile, 9:05.7 in the two mile (still the fastest two mile in the history of the North Section) was NAL champion, NSCIF champion and 7th in the State track meet in 1980 in the two mile. John then continued his exploits to Oregon State where he further excelled as a runner until his graduation in 1985.

As outstanding as John was as a run-

ner, his most precious assets were demonstrated as a sensitive, intelligent, and very caring human being. He set his goals high and never wavered from achieving them—either for himself or for others.

His values were his guide and his heart was his yardstick—and with those John Frank was truly a motivation to us all.

Thank you John Frank!

Leigh-West Valley College Relays

The 11th annual Leigh-West Valley College relays will be sponsored by Leigh High School and West Valley College on West Valley's 9 lane tartan track. The meet will be held on Saturday, April 25, 1987 beginning at 9:00 a.m. This meet, sanctioned by the State CIF, will be held rain or shine.

Last year Jesuit of Sacramento with the Mastalirs, set a new meet record in the 4 mile relay of 17:28.5, after setting a national record in the distance medley in Davis the night before. Russell Hill (Hill, San Jose) set a record in the one mile steeplechase of 4:55.2, Tony Miller (Flordan, S.F.), who will return this year, set a meet record of 10:59 in the invitational 100 meters. Other meet records included: St. Francis girls in 48.1 (440 relay), Gunderson girls distance medley with Lori Chapman anchoring 12:12.4, Rebecca Chamberlain (Leigh) 9:59.9 in the 3000, and Effie Datz (Leigh) 13.8 in the 100 meter hurdles.

Contact Bill Hotchkiss, Leigh High School, 5210 Leigh Avenue, San Jose, CA 95124-5699 for meet information.

All-Comers Track Meet January 31, U.C. Berkeley, Boys

Long Jump: Alonzo Livingston (Skyline, Oakland) 22-1/2

Pole Vault: Brent Burns (Acalanes, Lafayette) 15-6

Discus Throw: Kamy Keshmiri (Reno, NV) 195-6

All-Comers Track Meet February 7, U.C. Berkeley, Boys

Shot Put: 1. Kamy Keshmiri (Reno, NV) 60-3/4, 2. Rick Cox (San Ramon, Danville) 56-0/4.

Discus Throw: 1. Kamy Keshmiri 196-3/4, 2. Rick Cox 171-7.

Triple Jump: Sheila Hudson (Cal) 42-0/4.

41 Fiona Glen (Hawaii, MonLua) Jr	18:45
42 Karen Karcher (Ramona, Romona) Jr	18:46
43 Ann Kuphaldt (Fair Oaks, BellaVista) Jr	18:51
44 Kathy Karpel (HuntingtonBch, Ocean View) Sr	18:52
45 Veli Lehman (El Cerrito, ElCerrito) Sr	18:53
46 Tracy Leichter (RanchoPV, Palos Verdes) Jr	18:56
47 Heidi Ackery (Big Ford Mt., Flathead) Fr	18:57
48 Rachel Rossbach (Ventura, Ventura) Sr	18:58
49 JoAnn Arnold (Palo Alto, Palo Alto) Jr	18:59
50 Rose Schneider (Ashland, Or, Ashland) Jr	19:00
51 Jennifer Beatty (Hereford, AZ, Buena) Sr	19:03
52 Tara Bowman (SaltLakeCity, Brighton) So	19:04
53 Becky ByBee (Orem, Ut, Mt.View) So	19:05
54 Michelle Lubinsky (ChulaVista, Point Loma) Sr	19:08
55 Hilary Simmons (Roseburg, Or, Roseburg) Jr	19:09
56 Cindy Rockwood (CarsonCity, Nv, CarsonCity) Sr	19:11
57 Megan Barnett (LagunaBch, LagunaBch) Sr	19:11
58 Dana Sublett (P.V. Estates, PV) So	19:12