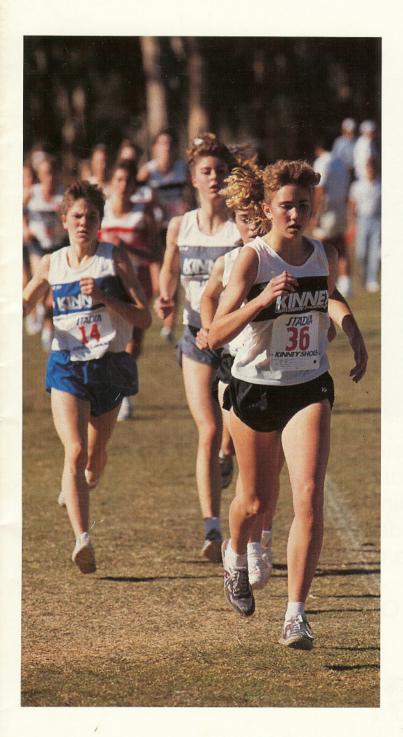
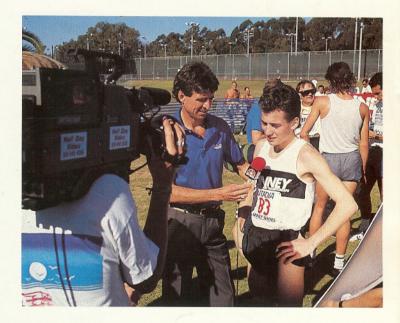
KINNEY CROSS COUNTRY CHAMPIONSHIPS







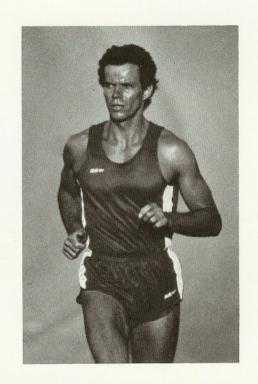




54843

THE OFFICIAL OUTFITTER OF THE

KINNEY CROSS COUNTRY CHAMPIONSHIPS



SUB 4 athletic apparel is distributed nationally through better retail and sporting goods stores. For more information regarding SUB 4 products, CALL 1-800-782-4444 outside California or 1-800-782-3687 in California or write:

SUB 4

2620 Temple Heights Dr., Oceanside, CA 92056

KINNEY SHOE CORPORATION

233 BROADWAY NEW YORK, NY 10279-0099 212-720-4100

H.C. ROWEN
PRESIDENT
AND
CHIEF EXECUTIVE OFFICER



November 25, 1989

Dear Participants:

It brings me great happiness to welcome you to the eleventh annual Kinney Cross Country Championships. Over the past decade, I have watched in amazement as the Kinney races have grown in size and stature to become the greatest event in high school sports.

At Kinney Shoes, we believe that working hard and maintaining a positive perspective are the key ingredients to running a successful business. The same is true for cross country, and competition in general. None of you would be here if it weren't for your dedication and perseverance through good times and bad. For this, we offer a pat on the back and say "Great job."

Kinney Shoes sponsors this event to give something back to the communities that have supported us for nearly a century. The Kinney Cross Cross Country Championships are one small way we thank American families for their support. So from here on out, enjoy yourself. Have fun. Give your best and enjoy the competition.

Good luck to all the runners!

Sincerely,

Harold Rowen
President and C.E.O.

VAN CORTLANDT PARK CROSS COUNTRY'S MECCA

The four Kinney Regional races are held on first-rate cross country courses -- the best in their respective areas. If a course had to be singled out, however, for its grand cross country tradition, the experts would point east to Van Cortlandt Park.

Situated in the northernmost corner of New York City, Van Cortlandt Park is America's cross country mecca. It is not paradise by any means. It is not the prettiest course nor the most difficult. It does not have the best facilities. It just happens to lie smack in the middle of the country's most populous megalopolis; a tri-state region rich in cross country tradition. Located as it is on the fringe of the Big Apple, Van Cortlandt is highly accessible. Public transportation funnels there from neighborhood in the city. Subways are close by. Highways and turnpikes reach from the park to the distant locales of neighboring states.

In the fall, the park's schedule is filled with cross country races. Besides the Kinney Northeast Regional, high schools and colleges use Van Cortlandt for dual meets. Every October, the Manhattan College Meet attracts thousands of high school runners for feverish "dawn to dusk" race day action. Major races such as the 1987 TAC Nationals take place at the course. In addition, an "open" races schedule sponsored by the local TAC or Road Runners Club virtually guarantees that a fall weekend does not pass without a full schedule of cross country races.

But Van Cortlandt is not only for racing. Many teams practice there, and the turf is pounded year round by runners and joggers of every description.

THE RACE COURSE

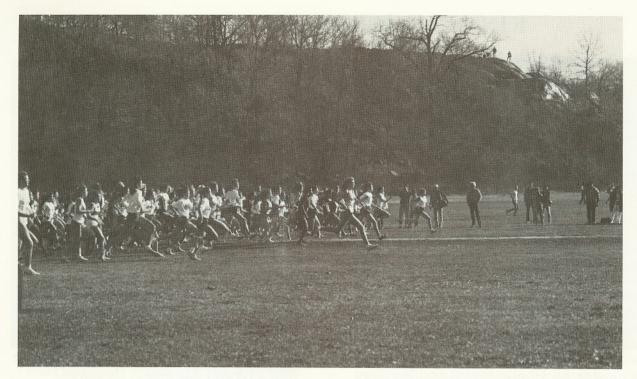
The Kinney Northeast Regional is held on the 5000-meter course. At the start, runners string behind a chalked line and gaze at the clustered hills to the left concealed by tall trees. A starter stands 50 yards in front of them. When the pistol fires, runners race for about one-half mile across the opening flats, which consist of several makeshift fields used for baseball, football, soccer, rugby and even cricket.

After circling the flats, runners hit the cowpath, a sand-filled stretch made interesting by crevices and large boulders which peek through the ground like icebergs. Spectators frequent this spot, as it is also close to the finish line. They form narrow parallel lines, preventing the field from running more than five or six abreast. Coaches beseech their runners, "Get out there. You gotta go out fast!"

To the right is a fenced-off golf course. A few hundred yards later, the runners reach the base of the uphill section.

THE HILLS

The runners proceed to climb a short, steep hill before hitting the bridge, another spectator haunt. Cars roar by below on the Henry Hudson Parkway. By this time, over one mile out, the pack thins considerably, and onlookers can accurately identify runners by name or team. Over the bridge and into the hills. The tight paths are flanked by dense woods and coated with fallen leaves of many colors, which can make footing tricky. It's tough to make up ground in the hills; there's little room for runners to pass one another. In addition to hand-painted directional signs, the route is marked by the graffiti that has been painted on trees and boulders



Early into the race runners stride out on the flats of Van Cortlandt. In the background loom the hills and woods which they circle into moments later.

over the years. This is known as the Back Hills.

After the ascent, the runners cross a thin paved strip, signifying the start of the downhills. A little more than one mile remains. At this point the terrain changes abruptly. Big stones are evident everywhere, and there are plenty of turns. One even has its own name -- "Roller Derby Turn." Not surprisingly, this turn is cornered at a 90-degree angle and braced by a protective fence overlooking a big drop.

A short downhill precedes the picnic grounds. About one half-mile remains. Runners hit pavement for 50 yards, and the clicking chorus of decelerating spikes alert the strategically-positioned fans and coaches to their presence. Runners cross back over the bridge and fly down a steep, turf-churned hill.

From here it's out of the hills and onto the final flats. Going from woods to flats is like coming out of the darkness and into the light. The sun hits you first, then the vastness of the flat fields filled by tents, banners, spectators and runners.

From this point on, every runner pushes hard. The figures of partisan devotees appear larger. The red Kinney finish banner comes into view. The final 150 yards are a straight shot for the chute. Race marshalls stand just behind the finish line at the mouth of the chute, directing the exhausted runners. Passing under the finish banner and into the long, roped chutes signals the end of the 3.1 mile race.

Only one runner finishes first. Just the top eight boys and girls earn a trip to the Kinney National Finals. But just as their counterparts challenge the best their region has to offer, every runner in the Kinney Northeast Regional gets the chance to challenge old Van Cortlandt, and leaves with the knowledge that they played a small part in its grand history.

This article is based on a chapter from the book <u>Cross Country Running</u>, written by Marc Bloom, editor of The Harrier magazine, PO Box 41, Marlboro, NJ, 07746.

KINNEY NORTHEAST REGIONAL

Van Cortlandt Park, Bronx, NY November 25, 1989

Race Schedule:
8:30 a.m.
10:00 a.m.
10:30 a.m.
11:00 a.m.
11:00 a.m.
11:30 a.m.
12:00 noon
12:45 p.m.

Course Walk-Through
Freshman/Sophomore Boys' Race
Seeded Girls' Race
Freshman/Sophomore Girls' Race
Unseeded Boys' Race
Awards Ceremony at

Horace Mann School Auditorium

Regional Coordinator: Marty Lewis
Assistant Coordinator: Phil Zodda

States competing in the Northeast Regional:

Connecticut, Delaware, District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island and Vermont



Mike McWilliams sprints for home at last year's Kinney Northeast Regional.

Top Underclassmen Finishers in 1988:

Grove City, PA W. Hampton, NY
**. I (d) (d) 1 1
Clay, NY
Clementon, NJ

Roberta Raszkowski	North East, PA
Carole Zajac	Pittsburgh, PA
Emily Cartwright	Keene, NH
Catherine Feeney	Wayne, NJ

Event Records:

Boys:	Anthony Smith	15:14 (1982)
Girls:	Cathy Schiro	16:46 (1984)

Last Year's Results: (Seeded Races)

		STATE	TIME
1.	Cristi Constantin	NJ	17:42
2.	Cheri Goddard	NY	18:13
3.	Roberta Raszkowski*	PA	18:21
4.	Carole Zajac*	PA	18:24
5.	Nnenna Lýnch	NY	18:32
6.	Emily Cartwright*	NH	18:36
7.	Catherine Feeney*	NY	18:37
8.	Kristen Hall*	NJ	18:38

Boys:			
		STATE	TIME
1.	Jason DiJoseph	NJ	15:17
2.	Michael McWilliams*	MA	15:23
3.	J.T. Burke	MA	15:24
4.	John Finn	MA	15:26
5.	Michael Mykytok	NY	15:26
6.	Kevin Kraúsé	PA	15:27
7.	John Horkheimer	MA	15:27
8.	John Coyle	N.J	15:31

^{*} Underclassman in '88

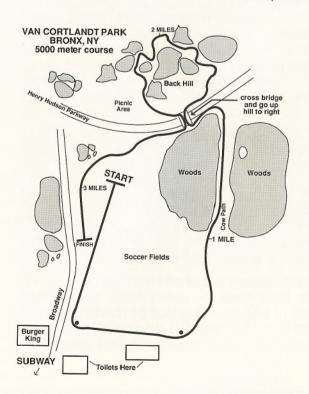
* Brian Ramos Westport, MA

* Jeff Winden Rochester, NY

* Pat Van Boden Syracuse, NY

* Chris Magill Pawtucket, RI

* Kristen Hall * Sarah Perrotti * Marcie Homan * Jen Norton Chester, NJ Clinton, NY Springfield, PA East Islip, NY



KINNEY SOUTH REGIONAL

McAlpine Greenway Park, Charlotte, NC November 25, 1989

Race Schedule:
9:30 a.m.
Freshman/Sophomore Boys' Race
10:00 a.m.
Freshman/Sophomore Girls' Race
10:30 a.m.
Seeded Girls' Race
11:00 a.m.
Seeded Boys' Race
11:30 a.m.
Unseeded Boys' Race
12:00 noon
Awards Ceremony

Regional Coordinator: Assistant Coordinators: Max Mayo Larry McAfee Richard Prince

States competing in the South Regional:

Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, Texas, Virgin Islands, Virginia and West Virginia

Top Underclassmen Finishers in 1988:

* Teddy Mitchell	Longwood, FL
* Brant Armentrout	Mt. Tabor, NC
* Kyle Armentrout	Mt. Tabor, NC
* Brad Schmeider	Fairfax St., VA

* Meghan McCarthy

* Megan Flowers

* Judy Stott

* Alexa Lange

* Burke, VA
Ft. Worth, TX
McLean, VA
Reston, VA

Event Records:

Boys: Brian Jaeger 14:57 (1982) Girls: Erin Keogh 16:45 (1986)

Last Year's Results: (Seeded Races)

1. 2. 3. 4. 5. 6. 7. 8.	Meghan McCarthy* Michelle Farmer Megan Flowers* Judy Stott* Hollie Moore Tracy Stevenson Becky Runion Andrea Lengi	STATE VA TX TX VA VA VA VA	TIME 17:59 18:09 18:09 18:10 18:17 18:17 18:18 18:18
Boys: 1 2. 3. 4. 5. 6. 7. 8.	Andre Williams Keith Pickett Paul Stoneham Teddy Mitchell* Nick Radkewich Michael Lara Gary Butts Brant Armentrout*	STATE VA TX TX FL FL TX VA NC	TIME 15:09 15:10 15:14 15:16 15:19 15:22 15:23 15:25

^{*} Underclassman in '88



In 1988, Teddy Mitchell (#52) qualified for the Kinney Nationals for the second consecutive year.

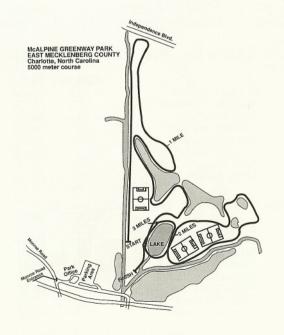
* Ricky Galle	gos
* Frankie Pre	vatte
* Richard Byr	
* Jim Martin	

* Jackie Concaugh
* Meghan Dotter
* Megan Grundler
* Rebecca Hoglund

Crystal City, TX Lumberton, NC Decatur, AL Kingwood, TX Alexandria, VA Burke, VA

Woodbridge, VA

Herndon, VA



KINNEY MIDWEST REGIONAL

University of Wisconsin - Parkside, Kenosha, WI November 25, 1989

Race Schedule:

10:00 a.m.

Freshman/Sophomore Boys' Race Seeded Girls' Race

10:45 a.m. 11:30 a.m.

Seeded Boys' Race

Unseeded Boys' Race

12:15 p.m. 1:00 p.m. 1:45 p.m.

Freshman/Sophomore Girls' Race

Awards Ceremony

Regional Coordinator: Assistant Coordinator:

Peter Henkes Bill Greiten

States competing in the Midwest Regional:

Arkansas, Colorado, Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, Oklahoma, South Dakota, Wisconson



Melody Fairchild at the halfway point of the 1988 Kinney Midwest Race.

Top Underclassmen Finishers in 1988:

- Mike McClaran
- * Ron Salazar
- * Jeff Lambert
- * Dewayne Spears
- * Celeste Susnis
- * Megan Thompson * Melody Fairchild
- * Sarah Schwald

- New Carlisle, IN Grand Junction, CO
 - Urbana, OH Lima, OH
 - Wheatfield, IN
- Florissant, MO
- Colorado Springs, CO
- Boulder, CO
- * Brian Hawkins
- * Jason Casiano
- * Tim Catalano
- * David Johnston
- * Calley Nelson * Cruz Zarco * Sara Whittingham
- * Deidre Kowalski

- Jefferson City, MO Portage, IN Fort Collins, CO
 - Lawrence, KS
 - Florence, CO
 - Center, CO Steamboat, CO
 - Tulsa, OK

Event Records:

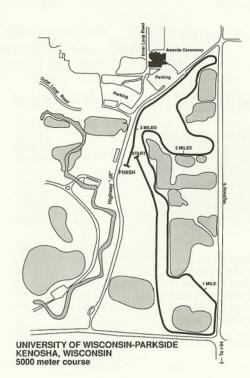
Todd Williams 15:12 (1986) Boys: 17:40 (1988) Girls: Celeste Susnis

Last Year's Results: (Seeded Races)

		STATE	TIME
1.	Celeste Susnis*	IN	17:40
2.	Megan Thompson*	MO	18:10
3.	Daniela Daggy	IN	18:21
4.	Melody Fairchild*	CO	18:22
5.	Sarah Schwald*	CO	18:23
6.	Calley Nelson*	CO	18:28
7.	Cruz Zarco*	CO	18:33
8.	Misty Allison	OH	18:38

Boys	3:		
,		STATE	TIME
1.	Kevin Herd	CO	15:39
2.	Jason Colvin	MI	15:44
3.	Brian Grosso	MI	15:47
4.	David Briggs	OH	15:49
5.	Michael McClaran*	IN	15:51
6.	Phillip Sanborn	MI	15:52
7.	Doug Milkowski	WI	15:54
8.	Thomas Woods	OH	15:56

^{*} Underclassman in '88



KINNEY WEST REGIONAL

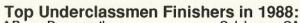
Woodward Park, Fresno, CA December 2, 1989

Race Schedule: 9:30 a.m. 9:55 a.m. 10:20 a.m. 10:45 a.m. 11:10 a.m. 11:35 a.m. 12:15 p.m. 1:00 p.m.	Unseeded Freshman Boys' Race Unseeded Sophomore Boys' Race Unseeded Frosh/Soph. Girls' Race Unseeded Junior Boys' Race Unseeded Jr./Sr. Girls' Race Unseeded Senior Boys' Race Seeded Girls' Race Seeded Boys' Race Awards Ceremony
1:30 p.m.	Awards Ceremony

Regional Coordinator: Bill Cockerham Assistant Coordinator: Judy Cockerham

States competing in the Western Regional:

Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming and U.S. Overseas Military Installations



Calabasas, CA
Nipomo, CA
Canyon Country, CA
Phoenix, AZ

* Tina Gorbet	Susanville, CA
* Deena Drossin	Agoura, CA
* Karen Hecox	West Covina, CA
* Carrisa Seward	Goldendale, WA

Event Records:

Boys:	Eric Reynolds	14:39 (1982)
Girls:	Marilyn Davis	16:54 (1981)

Last Year's Results: (Seeded Races)

1. 2. 3. 4. 5. 6. 7.	Kira Jorgensen Rayna Červantes Lisa Dressel Tina Gorbet* Deena Drossin* Karen Hecox* Carrisa Seward* Amber Clark*	STATE CA CA WA CA CA CA WA AZ	TIME 17:28 17:31 17:34 17:38 17:42 17:46 17:49 17:53
Boys: 1. 2. 3. 4. 5. 6. 7.	Francis O'Neill Bryan Dameworth* Jimmy Rodriguez Chris Schurz Louie Quintana* Pat Hubbard Scott Hempel Mike Williamson	STATE CA CA CA AZ CA NV CA CA	TIME 14:56 14:58 15:00 15:02 15:02 15:03 15:05

^{*} Underclassman in '88



Agoura's Brian Dameworth finishes in front of hundreds of spectators last year in Fresno.

- * Kirk Bronander * Dave Draheim
- * Martin Morales
 * Mike Farrell
- * Amber Clark
- * Beth Bartholomew * Suzanne Castruita
- * Stephanie Malnack
- Prescott, AZ Bend, OR Los Angeles, CA San Clemente, CA
- Mesa, AZ Sunnyvale, CA W. Covina, CA Linwood, WA

WOODWARD PARK FRESNO, CALIFORNIA 5000 meter course



KINNEY NATIONAL FINALS

Morley Field Balboa Park, San Diego, CA December 9, 1989

Race Schedule:

10:00 a.m. 10:40 a.m.

Girls' Race Boys' Race

Kinney National Records

Boys: Eric Reynolds, Somis, CA 14:35.7 - Orlando, FL (1982)

Girls: Connie Jo Robinson, Cincinnati, OH

16:40 - Orlando, FL (1981)

Morley Field Records

Boys: Reuben Reina, San Antonio, TX

14:36.8 (1985)

Girls: Janet Smith, Edison, NJ

16:43.7 (1983)

Press Information

Kinney Hospitality Suite (The Crown Suite),

Hotel del Coronado

Contact (212) 720-4316

MEET OFFICIALS

National Coordinator Meet Director Asst. Meet Directors Course Referee

Computer Scorers

Finish Judges Audio Communications System

A/V Coordinator Manual Timing System Meet Doctors & Trainers Course Superintendents

Meet Announcer Clerk of Course Meet Photographer Women's Medical Advisor Course Media Assistance

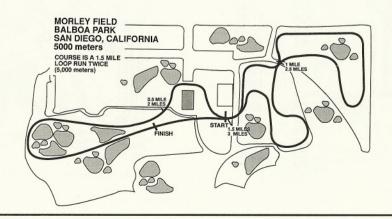
Security

Assisting Groups

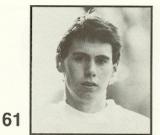
Celeste Susnis and Christi Constantin

battled for the lead throughout the 1988 finals.

Max Mayo Dennis McClanahan Dick Wilkens, Dan Schaitel, Dale Fleet Mike Muirhead Steve Eisler, Don Jones Joe Brooks, Dave Storm Steve Wavra Mike Klepper Mark Vavra, Bill Dunker, Pat King, Bill Cleves Mission Valley Orthopedic Sports Medical Group Dick Wilkens, Gary McDonald, Dan Schaitel, Dale Fleet Doug Speck Dan Malloy, Bill Steffens Dave Madison Susan Russ Manny Bautista Mike Cummings, Ian Cumming, Brett Thorne, Tom Lux, John Mahr, Dave Schultz, Larry Nugent Morse, Hilltop, El Capitan, Poway, Southwest, Grossmont, Orange Glen, Helix and Mt. Carmel High Schools



NORTHEAST TEAM

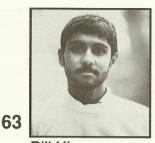


Mike McWilliams Sr., Grove City Area H.S. Grove City, PA Regional Finish: First, 15:49

62



Mike Going Sr., Wheatley H.S. East Williston, NY Regional Finish: Second, 15:52



Bill Khan Sr., Cicero-North Syracuse H.S. Clay, NY Regional Finish: Third, 16:02

64

68

14

18



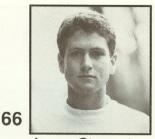
Dave Crowe Sr., Girard H.S. Lake City, PA Regional Finish: Fourth, 16:03



65

11

Kevin Hogan Jr., Westhampton Beach H.S. East Moriches, NY Regional Finish: Fifth, 16:04



Jason Stewart Sr., Conrad Weiser H.S. Bernville, PA Regional Finish: Sixth, 16:07

67

13

17



Chris Magill Sr., St. Raphael Academy Pawtucket, RI Regional Finish: Seventh, 16:11



Brian Clas Sr., Union-Endicott H.S. Endicott, NY Regional Finish: Eighth, 16:13



Carole Zajac Sr., Baldwin H.S. Pittsburgh, PA Regional Finish: First, 18:17



Liz Mueller Fr., Waterford H.S. Waterford, CT Regional Finish: Second, 18:49



Leanne Burke Jr., Randolph H.S. Randolph, MA Regional Finish: Third, 18:57



Amy Rudolph Jr., Kane Area H.S. Kane, PA Regional Finish: Fourth, 19:07



Monal Chokshi Fr., Bridgewater-Rantan West H.S. Bridgewater, NJ Regional Finish: Fifth, 19:09



Mindy Plubell Jr., Clearfield Area H.S. Frenchville, PA Regional Finish: Sixth, 19:11



Deresa Walters Jr., East H.S. Rochester, NY Rochester, NY
Regional Finish: Seventh, 19:13
Regional Finish: Eighth, 19:15



Kathy Knabb Jr., Peters Twp. H.S.

SOUTH TEAM



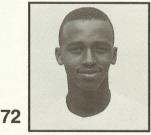
71

75

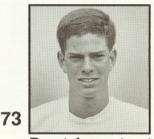
21

25

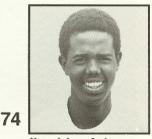
Teddy Mitchell Sr., Lyman H.S. Longwood, FL Regional Finish: First, 14:57



Martin Keino Sr., Fork Union Military Academy Fork Union, VA Regional Finish: Second, 15:00



Brant Armentrout Sr., Mt. Tabor H.S. Winston-Salem, NC Regional Finish: Third, 15:10



Ibrahim Aden So., W.T. Woodson H.S. Fairfax, VA Regional Finish: Fourth, 15:11



Chris Wilson Sr., Niceville H.S. Valparaiso, FL Regional Finish: Fifth, 15:12



76

22

26

Michael Morin Sr., Sulphur H.S. Sulphur, LA Regional Finish: Sixth, 15:13

77



Ricky Gallegos Jr., Crystal City H.S.
Crystal City, TX

Regional Finish: Seventh, 15:15

Sr., Mt. Tabor H.S.
Winston-Salem, NC
Regional Finish: Eighth, 15:20



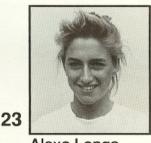
Kyle Armentrout



Megan Flowers So., Trinity Valley School Fort Worth, TX Regional Finish: First, 17:30



Meghan McCarthy So., Robinson Secondary School Regional Finish: Second, 17:49



Alexa Lange Sr., Herndon H.S. Reston, VA Regional Finish: Third, 18:08



Marny Westphal Sr., Brookwood H.S. Lawrenceville, GA Regional Finish: Fourth, 18:13



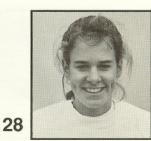
Melissa Bowden Sr., John S. Battle H.S. Bristol, VA Regional Finish: Fifth, 18:15



Jackie Concaugh So., Annadale H.S. Alexandria, VA Regional Finish: Sixth, 18:18



Gina Derks Sr., Gulliver Prep Miami, FL



Stephanie Beckes Jr., Salem H.S. Virginia Beach, VA Regional Finish: Seventh, 18:19 Regional Finish: Eighth, 18:23

MIDWEST TEAM



81

85

35

Stuart Henderson Jr., McDonald H.S. McDonald, OH Regional Finish: First, 15:59



Robert Huff Sr., Bloomfield Hills Lahser H.S. Bloomfield Hills, MI Regional Finish: Second, 16:04



Mike McClaran Sr., New Prairie H.S. New Carlisle, IN Regional Finish: Third, 16:05

84

88

34

38



Phil Downs So., James Madison Mem. H.S. Madison, WI Regional Finish: Fourth, 16:05



Dave Brooks Sr., Broad Ripple H.S. Indianapolis, IN Regional Finish: Fifth, 16:06



86

32

36

Tom Swanson Jr., Shawnee Mission NW H.S. Shawnee, KS Regional Finish: Sixth, 16:07



Andy Rosette Sr., Chagrin Falls H.S.
Chagrin Falls, OH
Regional Finish: Seventh, 16:07

Sr., Chagrin Falls H.S.
Portage H.S.
Portage, IN
Regional Finish: Eighth, 16:07



Jason Casiano



Melody Fairchild Jr., Boulder H.S. Boulder, CO Regional Finish: First, 18:07



Celeste Susnis Sr., Kankakee Valley H.S. Wheatfield, IN Regional Finish: Second, 18:33



Megan Thompson Sr., Hazelwood Central H.S. Florissant, MO Regional Finish: Third, 18:38



Cruz Zarco Sr., Sargent H.S. Center, CO Regional Finish: Fourth, 18:40



Calley Nelson Sr., Florence H.S. Florence, CO Regional Finish: Fifth, 19:07



Megan McGrath So., William Chrisman H.S. Independence, MO Regional Finish: Sixth, 19:31



Becky Diehl Jr., Valparaiso H.S. Valparaiso, IN

Regional Finish: Seventh, 19:33

Regional Finish: Eighth, 19:36



Amy Marx Sr., Lincoln Southeast H.S.

WEST TEAM



81

85

45

Bryan Dameworth Sr., Agoura H.S. Calabasas, CA Regional Finish: First, 14:39



82

86

42

46

Louie Quintana Jr., Arroyo Grande H.S. Nipomo, CA Regional Finish: Second, 14:59



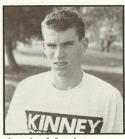
Greg Kuntz Sr., Mead H.S. Spokane, WA Regional Finish: Third, 15:03



Phillip Castillo Sr., Grants H.S. Grants, NM Regional Finish: Fourth, 15:03



Eliazar Herrera Sr., Herbert Hoover H.S. Glendale, CA Regional Finish: Fifth, 15:05



Andy Maris Sr., White River H.S. Buckley, WA Regional Finish: Sixth, 15:09

87

43



Stuart Burnham Sr., Ferris H.S.
Spokane, WA
Regional Finish: Seventh, 15:10
Sr., Ben Lomond H.S.
Ogden, UT
Regional Finish: Eighth, 15:11



Warren Jones



Sarah Schwald Jr., Mead H.S. Spokane, WA Regional Finish: First, 17:14



Deena Drossin Jr., Agoura H.S. Agoura, CA Regional Finish: Second, 17:40



Becky Spies Jr., Livermore H.S. Livermore, CA Regional Finish: Third, 17:56

44



Jennifer Owens Jr., South Tahoe H.S. South Lake Tahoe, CA Regional Finish: Fourth, 18:00



Carrie Moller Sr., John R. Rogers H.S. Spokane, WA Regional Finish: Fifth, 18:00



Beth Bartholomew Sr., Fremont H.S. Sunnyvale, CA Regional Finish: Sixth, 18:01



Judy Stott Sr., Hawaii Prep Academy Kamuela, HI Regional Finish: Seventh, 18:03



Jeannie Rothman Jr., Westlake H.S. Westlake Village, CA Regional Finish: Eighth, 18:05

PAT PORTER

Cross Country's Perennial Champ

Do you have a picture of Pat Porter on your wall? All serious cross country runners should consider tearing this photo out and pasting it in their locker, because Pat Porter may be the greatest American cross country runner of all time. And he hasn't even hit his peak yet.

Porter has been The Athletics Congress cross country champion every year since 1982. In addition, he earned a spot on the past two U.S. Olympic teams in his "other" event, the 10,000 meters. He won a 1985 World Cup silver medal, a 1987 World University Games bronze, and is the reigning TAC outdoor champion at 10K. He boasts personal bests of 27:31 (road) and 27:47 (track).

LATE BLOOMER

Success did not come instantly to Porter. In high school, he wanted to be an athlete so he could hang out with the "cool" group. At 6 feet and 135 pounds, there weren't many other sports for him besides track. He didn't take up cross country until his senior year, and then only because his coach forced him. He didn't enjoy the work, and he had no early success. The only thing he liked was being a member of a team.

Since no college recruited him, Porter went to a local school for convenience, but transferred the following year to Adams State College in Alamosa, Colorado, where he still lives. Adams was a Colorado track power and the

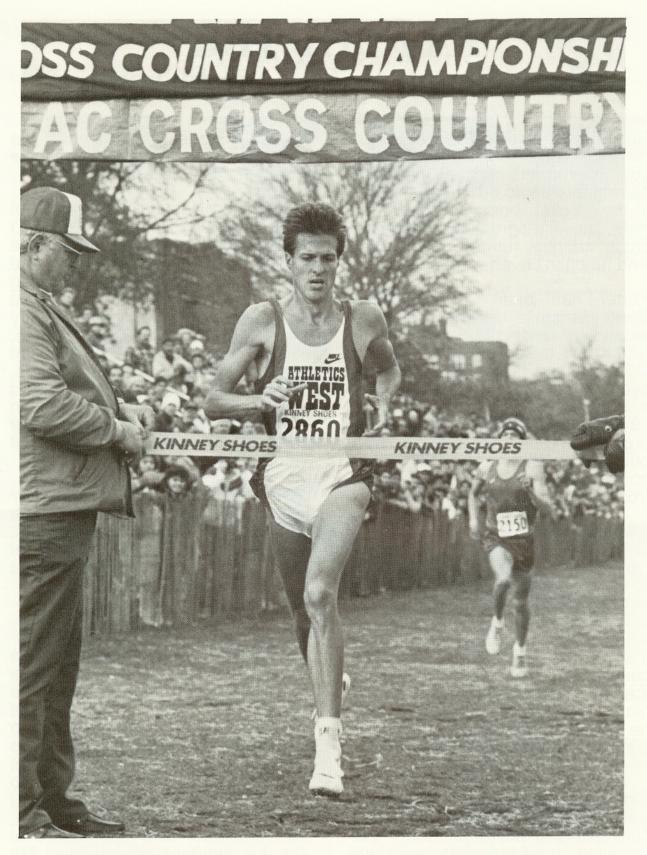
young Porter received the motivation he needed to see how good he could become.

Pat earned National Association of Intercollegiate Athletics (N.A.I.A.) all-American honors his sophomore season at Adams, and won the N.A.I.A. title outright the following year. In his senior year he tried out for the track and cross country national teams and made both, joining a super lineup of distance runners headed by Craig Virgin, Alberto Salazar, Jon Sinclair, and Herb Lindsey. Following graduation he signed with the Athletics West running club and his career was off and running.

While the Kinney Cross Country Championships celebrate the nation's best high school athletes, young runners can learn a great deal from the experience of Pat Porter, a classic "late bloomer."

ADVICE FROM THE CHAMP

"Some of the kids who are state champs in high school may have already satiated their desires to be good," he says, warning that achieving all their sport's goals so soon may leave nothing at later levels accomplish competition. "So I would say to them, don't be satisfied at all. mean, be happy with your success, but remember that you may be at the top rung of your ladder, but there's a whole other ladder to climb after you leave high school."



PAT PORTER won the 1987 TAC National Cross Country title, at the time his seventh consecutive championship

He also worries that high school hot shots are not enjoying themselves. "You've got to figure out a way to avoid making workouts drudgery. You've got to have fun. I know this can be tough," he relates.

"After training for Seoul and competing in the Olympics in September, 1988, I got off the plane and immediately went into cross country training. By April or May of this year I was really starting to falter. Then TAC Outdoors came around -- I won -- but I was mentally fried. I took the rest of the summer off and just relaxed."

For high school cross country runners he advises, "After school's out, you've probably just come off track season, so relax the first part of the summer, just goof off, go play. To stay fit, do something physical -- play basketball or bike -- rather than just lounging around the house. But keep running away from your mind. Then start the training for cross country after your head is cleared. Run every day but enjoy it, run with a friend, start easy. That way the sport is fresh and you're looking forward to it."

"In the back of every athlete's mind is that long term goal. If they're into football, it may be the Super Bowl. For track, it may be getting to the Olympics. But the shorter term goals are just as important. The state championships in high school. The nationals in college, whatever. Keep both goals in mind, and take it step by step as you keep on enjoying the sport, that's my advice."

Does he still enjoy the sport of cross country? "Oh yes, absolutely. It's my love, for a bunch of reasons. The actual team aspect, the close-knit bunch of guys that you work with every day."

It's done in the fall. I love the fall, the leaves on the ground, I love that time of year. There's the hills - the whole non-circularness -- of cross country. You're going places, not just running around an oval. It builds tremendous strength for track. It's an equalizer for kids who might not have the marks on the track. In cross country other things come into play where they can score and get recognition, and times don't mean anything.

Porter concludes his advice to "Don't young runners. aet discouraged, keep in a program and be consistent in your training. school. cross country sometimes looked down on as the minor sport. That's the way kids see it in the United States. But over in Europe, cross country runners are superstars. You may run without to much motivation from your peers, but keep at it."

He adds, "Maybe you'll turn out to be a late-bloomer like me. I imagine I would have finished back in the hundreds somewhere if I'd run Kinney. One thing about distance running: You get better the longer you do it."

And at the age of 30, Pat Porter speaks admiringly of Portugal's Carlos Lopes, who at the age of 39 won the gold medal in the 1984 Olympic Marathon. "Hey," he says, "I've got ten more years at least!"

1979 KINNEY NATIONAL CHAMPIONSHIPS December 6, San Diego, CA

The first Kinney Cross Country Championships National Finals is held before a relatively small crowd of curious onlookers in Balboa Park (by Laurel and Sixth Sts.). There's no uniformity for runners -- competitors wear their own uniforms. Regional races are scattered over the calendar: Houston and New York (October), Chicago (November) and San Francisco and Atlanta (December). Brent Steiner and Ellen Lyons are the inaugural Kinney Champions.

Boys 1. 2. 3. 4. 5. 6. 7. 8. 9.	' 5,000 Meter Brent Steiner Barasa Thomas Dwight Stephens Andy DiConti Jim Smith Jay Marden Basil Magee Jon Butler Tim Hacker Todd Hews	Overland Park, KS Santa Barbara, CA Alexandria, VA La Canada, CA Haddonfield, NJ San Jose, CA Largo, FL Huntington Beach, CA Menomonee Falls, WI Fairfield, ME	15:05 15:10 15:18 15:27 15:27 15:30 15:30 15:31 15:32 15:33
Girls' 1. 2. 3. 4. 5. 6. 7. 8. 9.	5,000 Meter Ellen Lyons Lynne Strauss Anne Gladue Roxanne Bier Susanne Girard Vickie Cook Eliza Carney Lesley Welch Ginger Sullivan Nancy Rose	Boise, ID State College, PA Madison, NJ San Jose, CA Johnson City, NY Northridge, CA Temple, AZ Peobody, MA Brentwood, TN Bristol, VA	17:28 17:42 17:51 17:56 17:56 18:04 18:11 18:20 18:30 18:30



Keith Brantly: A top U.S. road racer, finished back of the pack in 1979

1980 KINNEY NATIONAL CHAMPIONSHIPS December 12, San Diego, CA

A typical 70-degree day is to the liking of Californians Jay Marden and Jon Butler, who go 1-2. Ceci Hopp, a future NCAA Champion, blasts to an early lead and is never challenged, covering the "old" Balboa Park 5K course in 17:12. For the KCCC's first two years, 35 runners from five regions qualify for the boys' and girls' races. Regional sites are New York, Georgia, Texas, Kansas and California.

Boys	' 5,000 Meter		
1.	Jay Marden	Fremont, CA	14:53
2.	Jon Butler	Huntington Beach, CA	14:57
3.	Marty Beauchamp	Tupper Lake, NY	15:00
4.	Tim Hacker	Menomonee Falls, WI	15:03
5.	Tom Ansberry	Tuscon, AZ	15:04
6.	Mike McCollum	Palo Alto, CA	15:09
7.	Dan Mazo	Eugene, OR	15:09
8.	Kevin King	North Stamford, CT	15:13
9.	Scott Jenkins	Kenosha, WI	15:15
10.	John Easker	Birnamwood, WI	15:19
Girls'	5,000 Meter		
1.	Ceci Hopp	Cos Cob, CT	17:12
	Lynne Strauss	State College, PA	17:20
2. 3.	Vickie Cook	Northridge, CA	17:31
4.	Sandy Forsythe	Memphis, TN	17:36
5.	Millicent Anderson	Tuscon, AZ	17:40
6.	Maria Large	Bristol, VA	17:49
7.	Mary Wazeter	Wilkes-Barre, PA	17:50
8.	Stacy Bant	Racine, WI	17:55
9.	Kathy Knowlton	Federal Way, WA	17:56
10.	Kris Katterhagen	Tacoma, WA	17:58



Jeff Atkinson: 1988 Olympian in 1500; 19th in '80

1981 KINNEY NATIONAL CHAMPIONSHIPS December 12, Orlando, FL

The Kinney Finals head east! Orlando, Florida is the site for the third Kinney Finals. On the girls' side, Connie Jo Robinson and Lois Brummer separate from the pack early to make a two person race. Robinson is the victor, covering the flat 5000-meter course in a meet record of 16:40. The boys' race, on the other hand, sees the lead pack stay together until California's Harold Kuphaldt and Virginia's Charles Alexander surge with a half mile remaining, with Alexander sprinting away over the final 150 yards.

Boys 1. 2. 3. 4. 5. 6. 7. 8. 9.	S' 5,000 Meter Charles Alexander Harold Kuphaldt Eric Reynolds Keith Morrison Mike Connelly Bryan Carroll Steve Taylor Brian Jaeger Matthew McGuirk Gary Lewis	Richmond, VA Fair Oaks, CA Somis, CA Peoria, AZ Green Lake, PA Carson City, NV St. Mary's, WV Winter Park, FL Eugene, OR San Jose, CA	14:51 14:55 14:58 15:00 15:01 15:04 15:05 15:05 15:05
Girls 1. 2. 3. 4. 5. 6. 7. 8. 9.	5,000 Meter Connie Jo Robinson Lois Brommer Lynne Strauss Laura Craven Janet Smith Vickie Cook Tania Fischer Madlyn Morreale Inga Thompson Kim Roth	Cincinnati, OH Mechanicsburg, PA State College, PA Columbus, OH Edison, NJ Northridge, CA Canoga Park, CA Glen Ellyn, IL Reno, NV Salem, OR	16:40 16:43 16:59 17:01 17:11 17:17 17:21 17:23 17:24 17:26



Cathy Schiro: Four time finalist placed 19th as a frosh

1982 KINNEY NATIONAL CHAMPIONSHIPS December 11, Orlando, FL

Florida's flat, fast course provides another meet record -- Californian Eric Reynolds races over the sand and grass to win in 14:35. Chris Curtin becomes the first non-senior to grab the title, as her 16:58 holds off a field that included two other eventual champions. Curtin did not earn the chance to defend her crown, as she failed to qualify for the finals in 1983.

Boys 1. 2. 3. 4. 5. 6. 7. 8. 9.	' 5,000 Meter Eric Reynolds Mike Connelly Steve Taylor Michael Collins Anthony Smith Brian Jaeger Jesus Gutierrez Bob Mau Tracy Garrison Mark Junkerman	Somis, CA Green Lake, PA St. Mary's, WV Rye, NY Port Chester, NY Winter Park, FL Sierra Madre, CA Rocky River, OH Klamath Falls, OR Los Alamitos, CA	14:35 14:49 14:53 14:54 14:54 14:56 14:56 15:00 15:01
Girls' 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	5,000 Meter Christine Curtin Michelle Rowen Cory Schubert Andrea Volpe Janet Smith Laura Cattivera Thayer Plante Susan Keeney Michelle Kalikin Cathy Schiro	Bellmore, NY Turnersville, NJ San Jose, CA Springfield, VA Edison, NJ Manhattan Beach, CA Cambridge, MA Middleton, WI Olmstead Falls, OH Dover, NH	16:58 17:02 17:04 17:06 17:13 17:22 17:24 17:29 17:32

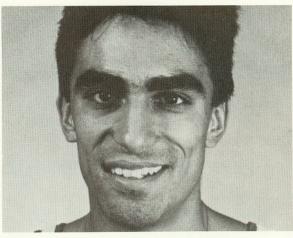


Chris Curtin: First underclassman winner

1983 KINNEY NATIONAL CHAMPIONSHIPS December 10, San Diego, CA

It's here Janet Smith puts the finishing touches on her reputation as an attacking, aggressive runner, ripping off a course record (16:43.7) in the inaugural Kinney race on the current San Diego course. Matt Giusto, the third place finisher in the Western Regional qualifier, runs away from skeptics and Tracy Garrison and Simon Gutierrez in soggy conditions to score a major upset in the boys' race.

Boys 1. 2. 3. 4. 5. 6. 7. 8. 9.	S' 5,000 Meter Matt Giusto Tracy Garrison Simon Gutierrez David Halle Chris Zinn Rusty Korhonen Brad Hudson Philip Schoenesse Barry Sirchis Calvin Gaziano	Foster City, CA Klamath Falls, OR Albuquerque, NM Rockford, IL Portersville, MO Grand Rapids, MI Lebanon, NJ Center Line, MI Winchester, MA Castro Valley, CA	14:54 15:04 15:05 15:08 15:09 15:10 15:12 15:14 15:18
Girls 1. 2. 3. 4. 5. 6. 7. 8. 9.	' 5,000 Meter Janet Smith Melissa Straza Cathy Schiro Kathleen Smith Kristen O'Hara Vanessa Thompson Demarch Robertson Renee Harbaugh Brenda Moore Mary Beth Driscoll	Edison, NJ Bloomington, IL Dover, NH San Antonio, TX Palos Verdes, CA New Haven, CT Richmond, VA Lansdowne, PA Amarillo, TX Elmhurst, IL	16:43 17:17 17:25 17:34 17:38 17:46 17:46 17:46 17:47



Joe Falcon: NCAA champion was 14th in Kinney Finals

1984 KINNEY NATIONAL CHAMPIONSHIPS December 8, San Diego, CA

No photo finishes on this day. The talented Cathy Schiro, who competed in the Olympic Marathon in 1988, is the runaway winner on the girls' side. Midwesterner Scott Fry handles the boys' field with relative ease -- including twin brothers Eric and Marc Mastalir, both of whom were two-time qualifiers (naturally!).

Boys 1. 2. 3. 4. 5. 6. 7. 8. 9.	S' 5,000 Meter Scott Fry John Trautmann Brad Hudson Troy Maddux Bill Babcock Eric Mastalir Jeff Wheeler Greg Whiteley Jeff Taylor William Crowley	Sandusky, OH Central Valley, NY Eugene, OR Long Point, IL Annandale, NJ El Dorado Hills, CA Fortville, IN Irvine, CA North Oak, MN Seekonk, MA	14:50 15:07 15:11 15:17 15:18 15:19 15:19 15:24 15:25 15:30
Girls 1. 2. 3. 4. 5. 6. 7. 8. 9.	' 5,000 Meter Cathy Schiro Rebecca Chamberlin Stacia Prey Donna Combs Erin Keogh Mary Peruski Lize Brittin Marnie Mason Michelle Sica Carol Gray	Dover, NH San Jose, CA Rochester, NY Louisville, KY McLean, VA Dearborn, MI Boulder, CO Klamath Falls, OR Cincinnati, OH LaPorte, IN	16:48 17:04 17:10 17:21 17:22 17:34 17:39 17:41 17:42 17:43



John Trautman: Georgetown All American

1985 KINNEY NATIONAL CHAMPIONSHIPS December 14, San Diego, CA

With first time national coverage on ESPN, fast times are contagious. Reuben Reina journeys in from the Lone Star state and stomps to a course record which still stands, smashing the former mark by over 13 seconds. Nine boys break the 15 minute barrier -- only four others have ever done so on the 5K Morley Field course. Erin Keogh holds off a slew of talented runners, including future NCAA track champion Suzy Favor, finishing 1/10 of a second off the course record.

Rove	5,000 Meter		
1.	Reuben Reina	San Antonio, TX	14:36.8
2.	Mark Mastalir	El Dorado Hills, CA	14:41.3
3.	Mark Dani	El Cajon, CA	14:50.9
4.	Jonathan Hume	Lakewood, CO	14:51.4
5.	Robert Henes	Cuyahoga Falls, OH	14:52.6
6.	Troy Maddux	Long Point, IL	14:53.2
7.	Jon Hatley	West Plains, MO	14:53.3
8.	Marc Davis	San Diego, CA	14:54.4
9.	Eric Mastalir	El Dorado Hills, CA	14:56.4
10.	Glenn Morgan	Albuquerque, NM	15:03.3
Cirlo	' 5 000 Motor		
	5,000 Meter	Mel cen VA	10:40.0
1.	Erin Keogh	McLean, VA	16:43.8
1. 2.	Erin Keogh Suzy Favor	Stevens Point, WI	17:07.9
1. 2. 3.	Erin Keogh Suzy Favor Carol Gray	Stevens Point, WI LaPorte, IN	17:07.9 17:16.9
1. 2. 3. 4.	Erin Keogh Suzy Favor Carol Gray Aimee Harms	Stevens Point, WI LaPorte, IN Annandale, VA	17:07.9 17:16.9 17:19.6
1. 2. 3. 4. 5.	Erin Keogh Suzy Favor Carol Gray Aimee Harms Susannah Beck	Stevens Point, WI LaPorte, IN Annandale, VA Yarmouth, ME	17:07.9 17:16.9 17:19.6 17:20.6
1. 2. 3. 4. 5.	Erin Keogh Suzy Favor Carol Gray Aimee Harms Susannah Beck Melissa Sutton	Stevens Point, WI LaPorte, IN Annandale, VA Yarmouth, ME Newberry Park, CA	17:07.9 17:16.9 17:19.6 17:20.6 17:20.6
1. 2. 3. 4. 5. 6. 7.	Erin Keogh Suzy Favor Carol Gray Aimee Harms Susannah Beck Melissa Sutton Kim Kauls	Stevens Point, WI LaPorte, IN Annandale, VA Yarmouth, ME Newberry Park, CA Forest Lake, MN	17:07.9 17:16.9 17:19.6 17:20.6 17:20.6 17:21.0
1. 2. 3. 4. 5. 6. 7.	Erin Keogh Suzy Favor Carol Gray Aimee Harms Susannah Beck Melissa Sutton Kim Kauls Mary Hartzheim	Stevens Point, WI LaPorte, IN Annandale, VA Yarmouth, ME Newberry Park, CA Forest Lake, MN Minocqua, WI	17:07.9 17:16.9 17:19.6 17:20.6 17:20.6 17:21.0 17:21.3
1. 2. 3. 4. 5. 6. 7.	Erin Keogh Suzy Favor Carol Gray Aimee Harms Susannah Beck Melissa Sutton Kim Kauls	Stevens Point, WI LaPorte, IN Annandale, VA Yarmouth, ME Newberry Park, CA Forest Lake, MN	17:07.9 17:16.9 17:19.6 17:20.6 17:20.6 17:21.0



Suzy Favor: Five NCAA track titles

1986 KINNEY NATIONAL CHAMPIONSHIPS December 13, San Diego, CA

Erin Keogh carves her name in the annals of cross country history, dominating the field to become the first to capture two Kinney National Championships. San Diego's Marc Davis, relishing the role of "top dog" coming in, rips through the Balboa Park course in 14:38, less than two seconds off the course record.

Boys 1. 2. 3. 4. 5. 6. 7. 8. 9.	S' 5,000 Meter Marc Davis Todd Williams Robert Kennedy Paul Vandegrift Mason Myers Christopher Schurz Rob Heen Dan Middleman Aaron Mascorro Carlos Martins	San Diego, CA Monroe, MI Westerville, OH Gwynedd Valley, CA Vacaville, CA Scottsdale, AZ Williston, ND Westbury, NY Rosemead, CA Newark, NJ	14:38.1 14:49.8 15:05.3 15:08.1 15:08.3 15:12.1 15:14.1 15:15.1 15:17.1
	' 5,000 Meter Erin Keogh Kim Kauls Wendy Neely Kira Jorgensen Elizabeth Brenden Brigid Freyne Kara Parker Denise Bushallow Tracey Williams Kristin Salt	McLean, VA Forest Lake, MN Fairfax Station, VA Vista, CA Mamaroneck, NY Riverside, CA Olivia, MN Auburn, NY El Monte, CA Dearborn, MI	16:55.7 17:18.7 17:19.0 17:30.3 17:38.4 17:39.4 17:42.8 17:45.1 17:48.3 17:48.6

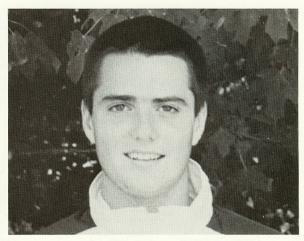


Erin Keogh: Only two-time Kinney winner

1987 KINNEY NATIONAL CHAMPIONSHIPS December 12, San Diego, CA

No surprises here. The vivacious Kira Jorgensen steals the spotlight. On the third of four trips to the Kinney Finals, Kira leads from start to finish under sunny San Diego skies. Bob Kennedy follows suit by charging out to an early lead and never allowing the pack to reel him in. Kennedy's racing success has continued in college, as he captured the 1989 NCAA crown, becoming the first American frosh to do so.

Bo	ys' 5,000 Meter		
1.	Bob Kennedy	Westerville, OH	14:59.0
2.	John Sence	Milford, OH	15:08.9
3.	Harley Hanson	Rosholt, SD	15:12.7
4.	Chip Śmith	Albuquerque, NM	15:14.3
5.	John Horkheimer	Pittsford, NY	15:15.0
6.	Alexander Mendoza	Laredo, TX	15:15.2
7.	Chirstopher Nelson	Florence, CO	15:15.6
8.	Eric Morrison	Fort Collins, CO	15:17.0
9.	Virgil Thomas	Gallup, NM	15:20.6
10.	David Scudamore	Palos Verdes Est., CA	15:21.6
Gir	rls' 5.000 Meter		
	rls' 5,000 Meter Kira Jorgensen	Vista, CA	17:08.7
1.	r Is' 5,000 Meter Kira Jorgensen Susan Bliss	Vista, CA St. Charles, MO	17:08.7 17:16.7
1. 2.	Kira Jorgensen Susan Bliss	St. Charles, MO	
1. 2. 3.	Kira Jorgensen	St. Charles, MO Florissant, MO	17:16.7
1. 2. 3. 4.	Kira Jorgensen Susan Bliss Megan Thompson	St. Charles, MO	17:16.7 17:27.6
1. 2. 3.	Kíra Jorgensen Susan Bliss Megan Thompson Sarah Schwald	St. Charles, MO Florissant, MO Colorado Springs, CO	17:16.7 17:27.6 17:27.8
1. 2. 3. 4. 5.	Kira Jorgensen Susan Bliss Megan Thompson Sarah Schwald Christi Constantin Carissa Seward	St. Charles, MO Florissant, MO Colorado Springs, CO Newton, NJ Goldendale, WA	17:16.7 17:27.6 17:27.8 17:34.9
1. 2. 3. 4. 5.	Kira Jorgensen Susan Bliss Megan Thompson Sarah Schwald Christi Constantin	St. Charles, MO Florissant, MO Colorado Springs, CO Newton, NJ	17:16.7 17:27.6 17:27.8 17:34.9 17:36.2
1. 2. 3. 4. 5. 6. 7.	Kira Jorgensen Susan Bliss Megan Thompson Sarah Schwald Christi Constantin Carissa Seward Tina Leigh Hall Katrina Price	St. Charles, MO Florissant, MO Colorado Springs, CO Newton, NJ Goldendale, WA Plano, TX Riverside, IL	17:16.7 17:27.6 17:27.8 17:34.9 17:36.2 17:37.8
1. 2. 3. 4. 5. 6. 7. 8.	Kira Jorgensen Susan Bliss Megan Thompson Sarah Schwald Christi Constantin Carissa Seward Tina Leigh Hall	St. Charles, MO Florissant, MO Colorado Springs, CO Newton, NJ Goldendale, WA Plano, TX	17:16.7 17:27.6 17:27.8 17:34.9 17:36.2 17:37.8 17:44.8



Bob Kennedy: 1989 NCAA Cross Country Champion

1988 KINNEY NATIONAL CHAMPIONSHIPS December 10, San Diego, CA

The races are highlighted by national network coverage, as NBC covers the event for the first time. Celeste Susnis proves her record-setting performance at the Midwest Regional is no fluke, as she upsets hometown favorite Kira Jorgensen. In the boys' race, three New Jersey competitors finish in the top five, but Michigan's Brian Grosso storms by Jason DiJoseph 2 1/2 miles into the race and never looks back to grab the title.

Boy	s' 5,000 Meter		
1.	Brian Grosso	Walled Lake, MI	15:03.3
2.	Jason DiJoseph	Haddonfield, NJ	15:10.1
3.	Mike Mykytok	Bound Brook, NJ	15:12.7
4.	Bryan Dameworth	Calabasas, CA	15:15.4
5.	John Coyle	Lincroft, NJ	15:15.7
6.	Mike McWilliams	Grove City, PA	15:18.1
7.	Francis O'Neill	Escondido, CA	15:19.5
8.	Jimmy Rodriquez	Santa Ana, CA	15:23.5
9.	J.T.Burke	Portland, CT	15:24.4
10.	Scott Hempel	Walnut, CA	15:26.1
Girls	5,000 Meter		
Girls	5' 5,000 Meter Celeste Susnis	Wheatfield, IN	17:14.4
		Wheatfield, IN Boulder, CO	17:14.4 17:18.1
1.	Celeste Susnis		
1. 2.	Celeste Susnis Melody Fairchild	Boulder, CO	17:18.1
1. 2. 3.	Celeste Susnis Melody Fairchild Christi Constantin	Boulder, CO Newton, NJ	17:18.1 17:18.4
1. 2. 3. 4.	Celeste Susnis Melody Fairchild Christi Constantin Karen Hecox	Boulder, CO Newton, NJ West Covina, CA	17:18.1 17:18.4 17:30.4
1. 2. 3. 4. 5.	Celeste Susnis Melody Fairchild Christi Constantin Karen Hecox Sara Schwald	Boulder, CO Newton, NJ West Covina, CA Colorado Springs, CO	17:18.1 17:18.4 17:30.4 17:39.5
1. 2. 3. 4. 5.	Celeste Susnis Melody Fairchild Christi Constantin Karen Hecox Sara Schwald Megan Thompson	Boulder, CO Newton, NJ West Covina, CA Colorado Springs, CO Florissant, MO	17:18.1 17:18.4 17:30.4 17:39.5 17:40.0
1. 2. 3. 4. 5. 6. 7.	Céleste Susnis Melody Fairchild Christi Constantin Karen Hecox Sara Schwald Megan Thompson Rayna Cervantes	Boulder, CO Newton, NJ West Covina, CA Colorado Springs, CO Florissant, MO Montebello, CA	17:18.1 17:18.4 17:30.4 17:39.5 17:40.0 17:52.5
1. 2. 3. 4. 5. 6. 7. 8.	Céleste Susnis Melody Fairchild Christi Constantin Karen Hecox Sara Schwald Megan Thompson Rayna Cervantes Roberta Raszkowski	Boulder, CO Newton, NJ West Covina, CA Colorado Springs, CO Florissant, MO Montebello, CA North East, PA	17:18.1 17:18.4 17:30.4 17:39.5 17:40.0 17:52.5 17:53.5



Jason DiJoseph: Three-time Kinney finalist

WET VEST®

The Revolutionary Training Aid For Runners

DEEP WATER RUNNING IN A WET VEST®:

- Decreases road mileage while improving race performance
- Increases training intensity while reducing risk of injury
- Promotes faster recovery from injury while maintaining overall conditioning.

"Deep water running in the Wet Vest® is one of the most significant advancements in training techniques I have seen in my running career."

Jim Ryun, Master's Runner Former World Record Holder 1 mile; 1500 M; 880 yds; 800 M High School Mile Record 3:55.1



CALL TOLL FREE! 1-800-433-2627

3 Designer Colors!

Bioenergetics, Inc. 2790 Montgomery Highway Pelham, Alabama 35124

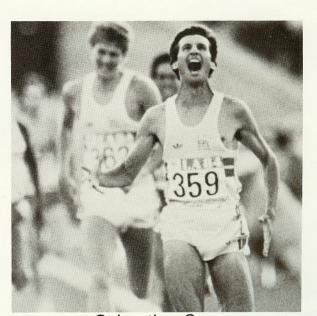
UNIQUE FEATURES OF A WET VEST®:

- · Snug comfortable fit
- Supports body in the water no bobbing up and down
- Proven to be the ONLY aid that allows user to duplicate running form precisely!

KINNEY CROSS COUNTRY SPOKESPERSON

For the past eight years, the Kinney National Finals have been nosted by a special guest. Each year, a world class runner comes to San Diego to spend the weekend with the 64 finalists. The "big names" are brought in to share their experience and help make the weekend extra special for the young athletes.

In 1989, Sebastian Coe is Kinney's special weekend guest. The two-time Olympian and world record holder at 800 meters, Coe is considered to be the top half miler of all time. Coe has announced he will conclude his brilliant running career in 1990 and has set his sights on a future in British politics.



Sebastian Coe

PAST KINNEY SPOKESPEOPLE

Billy Mills	1988	Ruth Wysocki	1984
Eamonn Coghlan	1987	Sebastian Coe	1983
Mary Decker	1986	Steve Scott	1982
Francie Larrieu Smith	1985	Tony Sandoval	1981

Because running is more than winning a race...

RUNNER'S



Add a new dimension to your running with RUNNER'S WORLD.

Delight in our inspiring columns. Save money with our shoe reviews. Be stronger with our expert training advice. Be healthier with our nutrition news.

RUNNER'S WORLD brings it all to you every month—completely and colorfully. Subscribe now and get our *Training Log*, free.

RUNNER'S
TRAIN AG
LOG
Clip
RUN
Em

Yes! Please send me my free Training Log and enter a one-year (12 issues) sub-

scription to RUNNER'S WORLD for just \$15.97.

Clip and mail to: RUNNER'S WORLD Emmaus, PA 18098 Name (please print)

Address

Apt. #

City

State

SEND NO MONEY NOW. WE'LL BILL YOU LATER.

(Canada: CDN \$22.97. Foreign: US \$25.97, prepaid.)