

CALIFORNIA TRACK NEWS

DECEMBER 1979
JANUARY 1980

75¢ Issue 41

CROSS COUNTRY WRAP-UP



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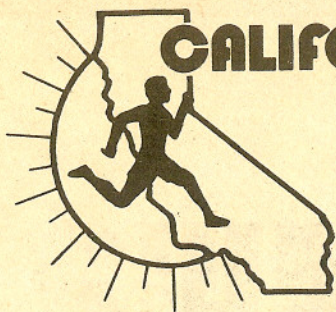
CALIFORNIA TRACK NEWS
P.O. Box 6103
Fresno, CA 93703

Scott MacLeod
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Oxon Hill, MD 20022

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The Only Publication Devoted to California Track



CALIFORNIA TRACK NEWS

P.O. Box 6103
Fresno, CA 93703
(209) 264-5847

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PRODUCTION MANAGER: *Judy Cockerham*

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4 YEAR COLLEGE—OPEN MEN: *Chuck Skow*

AAU GIRLS AND WOMEN: *Calvin Brown*

JUNIOR COLLEGE: *Fred Baer, Jim Barnett, Ken Dose, Bill Minarik*

MASTERS MEN: *Percy Knox, Peter Mundle*

MASTERS WOMEN: *Katherine Brieger, Irene Obera*

TECHNIQUE AND TRAINING: *Vern Gambetta*

MARATHONS: *Steve Wolters*

EAST BAY: *James Day*

VENTURA COUNTY: *Rich Romine*

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SAN JOSE: *Jim Barnett*

SOUTHERN CALIFORNIA: *Bill Minarik, Richard Lee Slotkin*

SAN DIEGO: *Jeff Rigdon*

Subscription Rates:

1 Year	\$7.00	Published 10 times per year —
2 Years	\$12.00	one issue per month (January
3 Years	\$16.00	and September excluded).

first class and foreign rates on request

Write for advertising rates. Special "Meet Notice" rates.

Area Correspondents still needed for many parts of the state. If interested in serving on our staff please write for details.

PROFILE

BILL GREEN

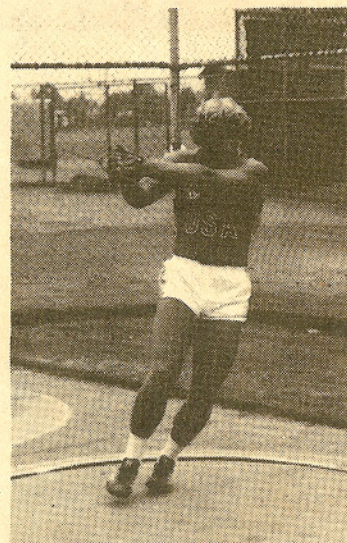


photo by Steve Rohovit

BILL GREEN: Sophomore red shirt, Cal State University at Long Beach. Also competed for Cal State Northridge and Fremont High School in Sunnyvale. Born April 28, 1960 in Laurel, Maryland. Age 19; 6 feet, 1 inch tall; 218 pounds.

Best Marks: 12 pound shot- 55-5; high school discus- 181-6; college discus- 162-2; 16 pound hammer- 186-8 (AAU Jr. Champ and CSUN school record holder). Coached by Art Venegas.

Bill Green is another one of the thoroughbreds training out of the stables of weight coach extraordinaire, Art Venegas; and as is typical of a Venegas coached athlete, Bill has enjoyed steady but significant improvement in his newly adopted event, the hammer throw.

Although he picked up the hammer for the very first time only last Winter, Bill progressed in 5 months to the point where he was America's #1 junior, and gained valuable experience in competition against the Russians.

Bill first gained recognition at Fremont High where he was twice voted team MVP and gained High School All American Honors in the discus. Recruited by Art when Art was still at Northridge, Bill is quick to praise his current mentor for his ability "to see and understand throwing." He went on to say that this ability is helping him to throw with the non-drag hammer technique similar to the Russians, which Bill feels could ultimately make him a world class competitor.

During this season, Bill, who is majoring in political science at Long Beach, where he came with Art from Northridge, has listed making the Olympic Trials as his immediate goal.

Training Program: **Summer-** Active sports, light throwing. **Fall-** Lifting, conditioning, technique work on hammer. Fall is a time we re-examine our technical work, both positive aspects and deficiencies. Most of our work at this time is concerned with developing balance and understanding the event. Low key throwing. **Winter-** Heavy weight training, low reps with high poundage. More intense throwing; as we begin to develop togetherness between thrower, implement and coach. **Spring-** Heavier throwing. More explosive exercise (leaping, stair running, sprints), and critical analysis of technique.

Key throwing needs: 1) well equipped weight room; 2) film; 3) decent throwing areas; 4) good throwing equipment.

ON THE COVER:

● There's good news and there's bad news. The good news is that we are getting more and more readable with the new typesetting process and that we've got a ton of great information, results and features, plus a number of new correspondents. The bad news is that we've once again run out of room, and with four more pages

first class and foreign rates on request

Write for advertising rates. Special "Meet Notice" rates.

Area Correspondents still needed for many parts of the state. If interested in serving on our staff please write for details.

ON THE COVER:

ON THE COVER: California's hottest new high school sensation, **Barasa Thomas** the junior Santa Barbara High runner from Kenya. Barasa won the CIF Southern Section 4A Championships, the Kinney Western Regional Championships and, we've just learned, placed second in the Kinney National Prep Cross Country Championships.

photo by Don Gosney

Also competed for Cal State Northridge and Fremont High School in Sunnyvale. Born April 28, 1960 in Laurel, Maryland. Age 19; 6 feet, 1 inch tall; 218 pounds.

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4th annual



HIGH SIERRA 10 MILE ROAD RACE

Check-in time 10:00 am
Race 11:00 am

Course: Three loops around the park. Paved road with some rolling hills. Start and finish at the same spot. Aid station at every three mile mark.

Entry fee: \$3.00. If you enter before January 17th you will be eligible for a special drawing.

Saturday, January 19, 1980
at Woodward Park, Fresno
Rain or Shine

AWARDS: **Open Men [19-29]:** Sub-4 all weather running suit for first. New Balance shoes for second, running shorts for third, running top for fourth and fifth, other awards for sixth to tenth. **High School Boys & High School Girls [10th-12th]:** New Balance shoes for first, other awards for second to fifth. **Jr. High Boys [7th-9th]:** trophy for first, other awards second to fifth. **40-49 Men:** New Balance shoes for first, other awards second to fifth. **50-59 Men:** New Balance shoes for first, other awards second to fifth. **60 & Over Men:** New Balance shoes for first, other awards second to fifth. **Open Women [19-29]:** New Balance shoes to first, other awards second to fifth. **30-39 Women:** Awards to top five. **40-49 Women:** Awards to top five. **50-59 Women:** Awards to top five. **60 & Over Women:** Awards to top five. **30-39 Men:** New Balance shoes for first, other awards second to fifth.

Specialty Divisions: Awards for the first: college runner, junior college runner, cross country coach, doctor, fireman or policeman, sportscaster and oldest runner.

REGISTRATION FORM

NAME _____ AGE _____

ADDRESS _____
number/street city state zip

Division [check one]: Open Men, Men 30-39,
 High School Boys, Junior High Boys, Men 40-49,
 men 50-59, Men 60+, High School Girls,
 Open Women, Women 30-39, Women 40-49,
 Women 50-59, Women 60+.

Special Divisions [check if applicable]: College Runner,
 Junior College Runner, Cross Country Coach,
 Fire/Police, Doctor, Sportscaster.

Waiver: In consideration of my entry, I, intending to be legally bound, do hereby, for myself, heirs, executors and administrators, waive, release and forever discharge any and all rights and claims which I may have or which may hereafter accrue to me against the sponsor, Len Thornton, his officials, or agents, or the High Sierra Track Club for any and all injuries incurred by me while travelling to and from and participating at this event.

Signature (if under 18, parent must sign) _____ Date _____

Entries must be received by January 17, to be eligible for the special drawing

Send registration form and \$3.00 entry fee to:
Len Thornton, 5768 N. Millbrook, Fresno 93710

Bakersfield Natural Light BEER

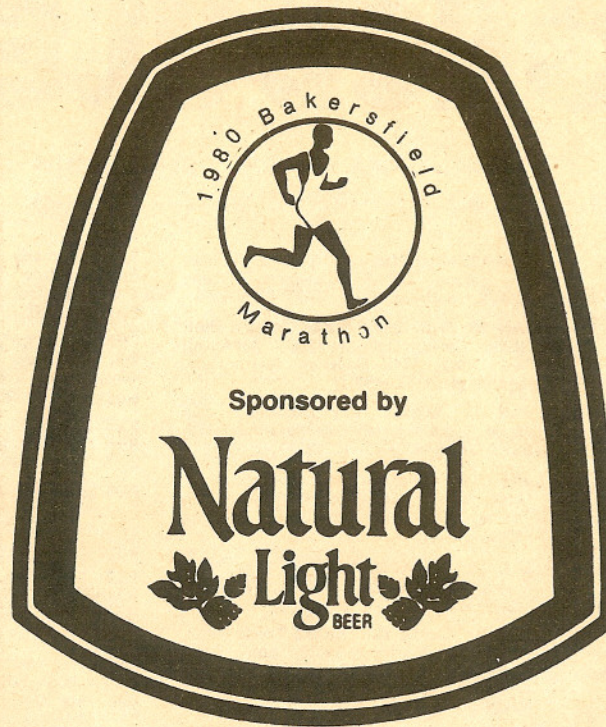
FULL & HALF Marathon

13.1 & 26.2 miles

Certified & sanctioned by the A.A.U.

**SATURDAY,
FEBRUARY 2, 1980**

Sponsored by Advance
Beverage Company;
Distributors of
Natural Light Beer



Entry Fee: \$5.00 before deadline;
\$7.00 after deadline.

Deadline: postmarked no later than 1/30/80.

Pre-Registration: Send completed entry blank
with \$5.00 entry fee to:

**Bakersfield Track Club
433 E. Belle Terrace
Bakersfield, CA 93307**

If you would like to receive
your race number by mail
send \$5.25.

Awards: •T-shirts to all finishers both races.
•Round trip air fare to either
Olympic Trials, New York, Boston,
or Honolulu marathon will be

SATURDAY, FEBRUARY 2, 1980

Sponsored by Advance
Beverage Company;
Distributors of
Natural Light Beer

Registration: 7:15 am, West High School gym
Start: 9:00 am, West High School at Fjord
and Vahalla Streets.

Pre-Registration: Send completed entry blank
with \$5.00 entry fee to:
Bakersfield Track Club
433 E. Belle Terrace
Bakersfield, CA 93307
If you would like to receive
your race number by mail
send \$5.25.

- Awards:**
- T-shirts to all finishers both races.
 - Round trip air fare to either Olympic Trials, New York, Boston, or Honolulu marathon will be awarded to the first male and female full marathon finishers.
 - Awards to top 10 overall.
 - Trophies and medals in six divisions, male and female, both races.
 - Grand prizes of running gear to be awarded by a drawing after the marathon.

ENTRY FORM (please print)-----

Name _____ Age _____
last first (as of race)

Address _____ City _____

State _____ Zip _____ male _____ female _____

School or club _____ t-shirt size S M L XL

Previous best half or full marathon _____ date _____

1980 AAU Card number _____

Make check payable to Bakersfield Track Club. AAU registration required.

Waiver: In consideration of your accepting my entry, I intend to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims which I may accrue to me against Advance Beverage Co., the A.A.U., the County of Kern, the officials, agents, representatives, and sucesors, for any and all injuries suffered by me while traveling to and from and participating in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event of 13.1 or 26.2 miles.

Signature: _____ Date: _____

Signature: _____ Date: _____
parent or guardian signature needed if applicant is under 18 years of age.

SCHEDULE

DECEMBER

DEC 22: Mission Bay 25 Kilo Run. De Anza Cove, San Diego, 8 am. Cori Brown-Mosher, 4686 Granger St., San Diego 92107. (714) 222-5130.

DEC 22: Big Macathon 10 Mile Run. Palm Desert, 9:00 am. John Marman, College of the Desert, 43-500 Monterey, Palm Desert 92280. (714) 346-8041.

DEC 23: Skunk Hollow 15 Kilo Run. Camarillo, 10:00 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

DEC 23: Gateway 10 Kilo Run. Guajone Park, Oceanside, 8 am. Marva Bledsoe (714) 757-3500.

DEC 29: Runner's World Invitational and Open 5 Mile Runs. Los Altos. Bob Wischnia, Runner's World, 1400 Stierlin Rd., Mountain View 94042. (415) 965-8777.

DEC 29: Newark-Coyote Hills to the Bay Run. 6.8 miles, Coyote Hills Regional Park, Fremont, 10:30 am. Darryl Reina, 35501 Cedar Blvd., Newark 94560. (415) 793-1406.

DEC 29: Holiday Invitational 10 Kilo Run. Camarillo, 10:00 am. Jim Fagnant, 58 Calle Escalon, Camarillo 93010. (805) 482-1587.

DEC 30: Cop'r Bowl 10 Kilometer Run. UC San Diego, 9 am. Dick Sufficool (714) 236-6217.

DEC 30: Rudyard Kipling Double Marathon Track Run. Woodside High School, 8:00 am. Don Choi, 439 Campbell Ave., San Francisco 94134.

DEC 30: Westlake Village 20 Mile Run. 8:00 am. Brian Pritchard, 1626 Wellington Place, Westlake Village 91361. (805) 495-8705.

DEC 31: Naturite New Year's Eve 10 Kilo Run. Santa Monica, 11:30 pm. Rich Ede, 1424 Lymoak Dr., Claremont 91711. (714) 624-1484.

DEC 31: Resolution Run. 3 miles. Balboa Park, San Diego. Mike Welch (714) 232-7451.

JAN 12: High Sierra TC 5 Mile. Fresno. Joe Herzog, 822 S. Claremont, Fresno 93727.

JAN 13: Red Cross Water Temple Run. 10 kilo, Canada College, 10 am. American Red Cross, 1449 Bellevue Ave., Burlingame (415) 343-4561.

JAN 13: Mission Bay Marathon. San Diego, 7 am. Mission Bay Marathon, P.O. Box 1124, San Diego 92112.

JAN 18: Glendale All Comers Track Meet. Glendale College, 1:00 pm. John Tansley 3344 Henrietta, La Crescenta 91214.

JAN 19: High Sierra TC 10 Mile Run. Fresno. Len Thornton, 5768 N. Millbrook, Fresno 93710.

JAN 19: Fresno All Comers Track Meet. Cal State Fresno, 12:30 pm. Carlo Prandini, Clovis High School, 1055 Fowler Ave., Clovis 93612. (209) 298-4659 or 299-7211.

JAN 20: Zoo Run. 3.65 miles, San Francisco Zoo, 9 am. Norman Gershenz, SF Zoo, Skyline Blvd. & Zoo Rd., San Francisco 94312. (415) 661-2023.

JAN 20: Superbowl Sunday 10 Kilo. Redondo Beach, 8 am. Redondo Beach Chamber of Commerce, 1215 N. Catalina Ave., Redondo Beach 90277.

JAN 26: Super Race III. 10 kilo, Community, El Estero Park, Monterey, 11 am. Earl C. Collins, 404 Camino El Estero, Monterey 93940. (408) 373-4166.

JAN 27: Big Dipper Handicap 6 Mile. Woodward Park, Fresno. Larry Lung, 784 Jana Way, Hanford 93230.

JAN 27: Peach Bowl Pacers 10 Kilo Run. Browns Valley, 11 am. David Bushling, 1039 Teesdale Rd., Yuba City 95991. (916) 674-8736.

JAN 27: Mag 20 Miler. Woodside Elementary School, 9 am. Mike Ipsen, 1251 Hudson St., Redwood City 94061. (415) 368-1095.

JAN 27: AAU National — Paul Masson Marathon. Dan O'Keefe, 20032 Rodrigues Ave., Cupertino 95014. (408) 257-6670.

JAN 27: Casitas Dam 10 Kilo Run. Foster Park, 10:00 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

FEB 9: Fresno Weightman's Pentathlon. Fresno State University. Red Estes, Assistant Track Coach, Fresno State, Fresno 93740.

FEB 9: Northridge Weightman's Pentathlon. Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330.

FEB 9: United California Bank 10 Kilo Run. Fresno, Woodward Park, 8 am. UCB, 7088 N. First St., Fresno 93710.

FEB 9: Ivanhoe 6 Mile Road Race. David Bronzan, High Sierra Track Club, 1173 W. Eymann, Reedley 93654. (209) 638-4664.

FEB 10: Gold Trail Half Marathon. Henderson Park, Snelling, 10 am. Frank Russell, P.O. Box 2462, Merced 95340. (209) 722-7276.

FEB 10: West Valley Marathon. San Mateo High School, 9 am. Marie Kolb, 2043 Pine Oak Pl., Danville 94526. (415) 846-6739.

FEB 10: Salad Bowl 10 Kilo Run. Salinas. Dave Lewis, Fleet Feet, 831 S. Main, Salinas.

FEB 10: Sri Chinmoy 10 Mile. Golden Gate Park, 9 am. Sundari Michaelian, 1548 Ocean Ave., San Francisco 94112. (415) 334-7554.

FEB 10: Hidden Valley Marathon. Newbury Park, 8 am. John Duhigh, 1642 Trafalgar Place, Westlake Village 91361. (805) 497-2011.

FEB 10: Good Sport Run for March of Dimes. Northridge, 9 am. March of Dimes, 1111 So. Central Ave., Glendale 91204. (213) 956-8586.

FEB 15: Sunkist Invitational Indoor. Los Angeles Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 879-9210.

FEB 16: Bakersfield Metric Track Meet. Cal State Bakersfield. Charlie Craig, Track Coach, California State College, 9001 Stockdale Hwy., Bakersfield 93309. (805) 833-2187.

FEB 16: Synanon Winter Run. 10 Kilo, Badger. Michele Gauthier, Box 139, Badger 93603.

FEB 17: Excelsior East End Run. 7.87 miles, Golden Gate Park, San Francisco, 10 am. Bob Darling, 650 Madrid, San Francisco 94112.

FEB 17: Feather River 50 Mile and PAAU Championships. Marysville 9 am

MARCH

MAR 1: Bidwell Classic Marathon & Road Runs. Chico, 8 am. Larry Dion, P.O. Box 1162, Chico 95927. (916) 345-4063.

MAR 1: Northridge All Comers Track Meet. Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330.

MAR 2: Great Rancho Milpitas Foot Races. 5 & 10 kilos, 10 am. Gene Gomes, 17706 Blackberry Hill Rd., Los Gatos 95030. (408) 354-2327.

MAR 2: SPA-AAU 25 Kilo District Championships. Mission Park, Ventura, 8 am. Tim Hughes, Inside Track, 2821 E. Main St., Ventura 93003. (805) 648-5976.

MAR 8: Aztec Invitational Track Meet. San Diego. Track Coach, San Diego State University, San Diego 92182.

MAR 8: Great Runs: 10 kilo. Davis, 9 am. Sally Edwards, Fleet Feet, 231 G St. #7, Davis 95616. (916) 442-3338.

MAR 8: Indian Valley Cross Country. 5 miles. Novato, 10 am. Jim Platt, 14 Tilden Dr., Novato 94947. (415) 897-8972.

MAR 8: Los Alamitos Marathon. 7:30 am. Mitch Lansdel, 10911 Oak St., P.O. Box 3147, Los Alamitos 90720. (213) 430-1073.

MAR 9: Loma Linda Marathon, Half and Quarter. 7 am. Ellis R. Jones, 24414 Univrsity Ave. #60, Loma Linda 92354.

MAR 9: San Fernando 10 Kilo Portsmouth Handicap. 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 842-5360.

MAR 9: Vallejo Channel to Lake 10 Mile Run. 10 am. Ron Petrillo, 137 Lain Dr., Vallejo 94590. (707) 642-8188.

MAR 9: Pamakid Lake Merced Relays. 5 person, 4 1/2 miles each, San Francisco, 10 am. Pamakid Runners, P.O. Box 27556, San Francisco 94127.

MAR 8: Napa Valley Marathon. Calistoga, 7 am. Clarence Hall, 4516 Bay Creek Rd., Napa 94558. (707) 255-0683.

MAR 15: Northridge Relays. Bill Webb, Track Coach, California State University, Northridge 91330.

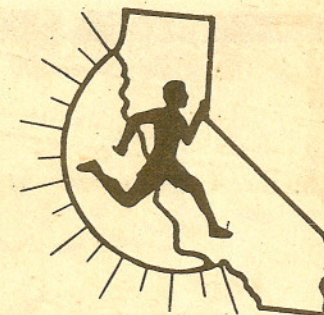
MAR 15: St. Patrick's Day Shamrock Run. 10 kilo, Griffith Park, 8 am. Dane S. Johnson, P.O. Box 91136, Los Angeles 90009.

MAR 16: Heart of Palm Spring 10 Kilo Run. Palm Springs, 8 am. Keenan F. Barber, MD, 72-282, P.O. Box 1639, Palm Desert 92260. (714) 346-8109.

MAR 16: Pleasant Hill 10 Kilo Run. Diablo Valley College, 10 am. Pleasant Hill 10 Kilo, 105 Emmerson Ct., Pleasant Hill 94523 (415) 939-9330.

MAR 22: Jug to the Club Run. 10 kilo, Visalia, 10 am. KJUG Country FM 107, 3205 S. Mooney Blvd., Visalia 93277.

MAR 22: Nike/Catalina Road Run. 5.97 mile. Avalon. Signa Albrecht, 197 Via Trinita, Aptos 95023.



MAR 22: Queen Mary 10 Kilo Run. Long Beach. Ron Allice, Long Beach City College, 4901 E. Carson, Long Beach 90808.

MAR 22: Stockton 10 Kilo. Micke Grove Park, 10 am. Mrs. Albert Flor, 1528 Seward Way, Stockton 95207. (209) 477-4549.

MAR 22: Piedmont Park 5 & 10 Kilos. 9 am. Sharon Smith, 58 Lake View Ave., Piedmont 94611. (415) 547-1912.

MAR 22: NorCal 10 & 3. Redding, 10 am. Jim Fisher, 1347 Walnut St., Redding 96001. (916) 243-7900.

MAR 23: Northern California Seniors Track Club Masters 5 Mile. Lake Merced, 11 am. Jack Bettencourt, 136 Dundee Dr., S. San Francisco 94080. (415) 755-9681.

MAR 23: Harbor 10 Kilo Jamboree. Newport Beach, 9 am. Dr. Fred Owens, c/o March of Dimes, 111 W. Dyer Rd., Suite 10-G, Santa Ana 92707.

MAR 23: Catalina Marathon. Catalina Marathon Finishers Association, 197 Via Trinita, Aptos 95003.

MAR 29: Roeding Park 6 Miler. Fresno. Frank Delgado, 1560 N. Durant Way, Fresno 93728. (209) 233-3631.

MAR 29: Pride of the Foothill Spring Run. 5 & 10 Kilo and 1/2 marathon. Glendora, 8 am. Jack Cosby, 415 W. Carrol Ave., Suite 201, Glendora 91740. (213) 335-8483.

MAR 29: Job's Daughters Benefit Run. 5 & 10 kilo. Oxnard, 8 am. Terry Shook, 2014 Snow Ave., Oxnard 93030. (805) 485-5274.

MAR 30: PA-AAU Women's 10 Kilo Championship. Tentative. Site TBA. West Valley Track Club, P.O. Box 1551, San Mateo 94401.

MAR 30: Buffalo Stampede. 10 miles, UC Davis, 10 am. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831. (916) 392-7672.

MAR 30: Huddart Park Hill Run. 7 1/2 miles. Canada College, Redwood City. Woodside Striders, 1251 Hudson St., Redwood City 94065. (415) 368-1095.

MAR 30: Pinole Marathon. Pinole Valley High School, 8 am. Steve Justice, 2192 Owens Court, Pinole 94564. (415) 758-1023.

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FEB 17: Santa Monica Mountains 50 Mile Relay. Pt. Mugu, 7 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

FEB 17: Max Chlboian Road Race. Tulare. Contact Tulare Parks and Recreation Dept.

FEB 18: L'eggs/YWCA Women's 10 Kilo Road Race. Balboa Park, San Diego, 8 am. L'eggs/YWCA 10,000, San Diego YWCA, 1012 C St., San Diego 92101. (714) 239-0355.

FEB 18: Washington's Birthday Run. Woodward Park, Fresno. Ron Gates, 3220 E. Huntington, Fresno 93702. (209) 237-3572

FEB 22: San Jose Cindergals All Comers. San Diego Indoor Meet. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 879-9210.

FEB 23: Fresno State Alumni All Comers. Red Estes, Assistant Track Coach, Fresno State University, Fresno 93740.

FEB 23: Martinez to Port Costa Brickyard Run. 8.4 miles, 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

FEB 23: San Francisco Examiner Indoor Meet. Cow Palace. Jim Terrill, Box 1032, Los Altos 94022. (415) 965-2433.

FEB 23: Valley News 10 Kilo. Sepulveda Dam, 9 am. Steve Benoit, 4919 Ramsdell Ave., La Crescenta 91214. (213) 957-0913.

FEB 24: Easter Seal - Century 21 10 Kilo. Cal State Northridge, 9 am. Bill Kennedy, c/o Century 21, 21021 Ventura Blvd., Woodland Hills 91364.

MAR 15: Northridge Relays. Bill Webb, Track Coach, California State University, Northridge 91330.

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MAR 29: Job's Daughters Benefit Run. 5 & 10 kilo. Oxnard, 8 am. Terry Shook, 2014 Snow Ave., Oxnard 93030. (805) 485-5274.

MAR 30: PA-AAU Women's 10 Kilo Championship. Tentative. Site TBA. West Valley Track Club, P.O. Box 1551, San Mateo 94401.

MAR 30: Buffalo Stampede. 10 miles, UC Davis, 10 am. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831. (916) 392-7672.

MAR 30: Huddart Park Hill Run. 7½ miles. Canada College, Redwood City. Woodside Striders, 1251 Hudson St., Redwood City 94065. (415) 368-1095.

MAR 30: Pinole Marathon. Pinole Valley High School, 8 am. Steve Justice, 2192 Owens Court, Pinole 94564. (415) 758-1023.

JANUARY

JAN 1: Hangover Handicap. 6 miles, Woodward Park, Fresno. Jim Martin, 2530 N. Barton, Fresno 93703.

JAN 1: Runner's World 15 Kilometer Track Invitational. Stanford University. Bob Wischnia, Runner's World, 1400 Stierlin Rd., Mountain View 94042. (415) 965-9777.

JAN 1: New Year's Day Hangover Resolution 3.4 Mile Run. Golden Gate Bridge Toll Gate Plaza, 10 am. Walt Stack, 321 Collingwood St., San Francisco 94114. (415) 647-9459.

JAN 4: Runner's World Indoor Classic. San Francisco Cow Palace, 7 pm. Bob Wischnia, Runner's World, 1400 Stierlin Rd., Mountain View 94042. (415) 965-8777

JAN 4: Glendale All Comers Track Meet. Glendale College, 1:00 pm. John Tansley, 3344 Henrietta, La Crscenta, 91214.

JAN 5: Athletic World 7 Mile Run. Fresno. Ron Koch, Athletic World, 711 West Shaw, #109, Clovis 93612. (209) 298-3969.

JAN 5: Muhammad Ali Invitational Indoor Long Beach Arena. Lee Smith, 1024 Montana Ave., Santa Monica 90403. (213) 392-3916.

JAN 6: AAU Indoor Qualifying Meet. UCLA. Contact UCLA Women's Athletic Dept.

JAN 6: California 10. 10 mile, Lincoln High School, Stockton, 10 am. Sundance Running Club, P.O. Box 4802, Stockton 95204.

JAN 11: Glendale All Comers Track Meet. Glendale College, 1:00 pm. John Tansley 3344 Henrietta, La Crescenta 91214.

JAN 12: Mt. San Antonio College All Comers Track Meet. Track Coach, Mt. SAC, 1100 N. Grand Ave., Walnut 91789.

FEBRUARY

FEB 1: Los Angeles Times Indoor. Forum, Inglewood. Will Kern, Special Events Dept., Los Angeles 90053. (213) 972-5000.

FEB 2: Northridge All Comers Track Meet. Cal State Northridge, 1:00 pm. Bill Webb, Track Coach, Cal State University, Northridge 91330.

FEB 2: Samboe's Winter Road Run. 10 & 6 mile. Santa Barbara, 10 am. Eric Arneson, Recreation Dept., P.O. Drawer P-P, Santa Barbara 93102.

FEB 2: Fresno All Comers Track Meet. Cal State Fresno, 12:30 pm. Carlo Prandini, Clovis High School, 1055 Fowler Ave., Clovis 93612. (209) 298-4659 or 299-7211.

FEB 2: Bakersfield Marathon and Half Marathon. West High School, 9 am. Larry Arnt, Bakersfield Track Club, 433 E. Belle Terrace, Bakersfield 93307.

FEB 2: Junior Men's 8 Kilometer International Cross Country Trials. Crystal Springs, Belmont, 11 am. Dave Shrock, 60 Roberts Rd., Apt. 12, Los Gatos 95030.

FEB 2: 7.3 Mile Snowball Run. South Lake Tahoe, 10 am. Austin Angell, Box 1521, South Lake Tahoe 95705. (916) 541-5224.

FEB 3: Flying Plow Classic Marathon. Davis, 10 am. Aggie Running Club, P.O. Box 312, Davis 95616. Tentative.

FEB 3: Children's Dental Health 10 Kilo Run. Pierce College, 8 am. San Fernando Valley Dental Society, 21201 Victory Blvd., Suite 225, Canoga Park 91306.

FEB 3: Plaza De La Rosa 10 Kilo Run. Los Angeles, 9 am. Kevin Ryan, 419 Rialto Ave., Venice 90291. (213) 396-3237.

FEB 9: American Congress of Athletics Invitational. San Diego State University, 10 am.

CALIFORNIA TRACK NEWS

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WHY MISS ANOTHER EXCITING ISSUE...?

TRAINING & TECHNIQUE

by VERN GAMBETTA

Throwing Events: Film Analysis

by BILL WEBB

Bill Webb is the head track and field coach at California State University at Northridge. This article was originally presented as a paper at the 1979 U.S. Olympic Committee Learn-By-Doing-Camp.

INTRODUCTION

Track and field films and related types of visual aids have been available for some time to the coaching community. Unfortunately, this essential learning-teaching tool has generally been used effectively by just a small minority at the grass roots level in the sport of track and field.

To keep abreast of improvements, new ideas and to achieve maximum results in his or her coaching, today's track coach must study films both individually and with his or her athletes. The athletes must share in this process for several reasons. Today's athletes are generally bigger, stronger, more intelligent and

APPLICATION OF FORCES

A. *Forces should act on the implement through the greatest distance over the longest possible time.* Recent evidence tends to indicate that a desirable impulse can also be obtained by applying a greater force in less time.

(Impulse = Force X Time)

B. *Force should act in a definite sequence and speed.* The bigger, slower muscles and levers act first (hips, thighs, trunk) to get the implement moving. This is called leading with the hips. Then the smaller, weaker, but faster muscles fire to give the whipping, slinging or flicking effect at release.

C. *Forces should be applied in the direction of the throw.* Extra, off the path, motions dissipate force and limit distance. Forces should generally be applied from behind and through the implement.

D. *Myotatic-Stretch Reflex.* A stronger concentric muscle contraction can be obtained when it is directly preceded by a previous eccentric contraction. In other words, by breaking a motion opposite to the intended action, the stretched muscle will now contract more forcefully. (Hip-pretension is important in the throws).

E. In the hammer, shot and to some extent the discus, *mass is an extremely important variable in developing throw-*

some coaches and researchers do not feel this is possible because our skeletal-muscular system absorbs too much of the initial force of the block.

Action-Reaction: For maximum release speed, the athlete should be in contact with the ground for as long as possible until release. The force he exerts on the shot is equal to those of the counter thrust of the ground.

Radius of Rotation: For a constant turning speed, the greater the radius of rotation can be, the greater the linear velocity of the most distant part.

Deceleration: Proper timing is also essential in decelerating body segments. For all practical purposes, deceleration begins with the front foot block and continues up until the instant of release. For example, by blocking and stabilizing the left arm and shoulder, along with the left side of the body, in the javelin, you increase the velocity of the throwing arm.

OBJECTIVE OR SUBJECTIVE ANALYSIS

The type of observations and/or conclusions that can be made from a segment of film on a particular athlete depends on a number of factors related

In applying this technical knowledge to your athletes, either on the field or while you are observing films with them, keep in mind that your athlete has unique characteristics and limitations. In fact, all athletes differ greatly in their structures, flexibilities, leverages and psychological makeup. Therefore, a coach should not totally advocate or push the technique of one champion or world record holder. The coach or teacher would instead be better off observing, studying and analyzing the similarities of a number of our current world class throwers.

BIOMECHANICAL ANALYSIS

James Hay in his excellent book *The Biomechanics of Sports Techniques* has defined biomechanics as "the science that examines the internal and external forces acting on a human body and the effects produced by these forces."

Accurate, scientific measurements of contributing motions particular to an action can be determined through a kinetic analysis of slow motion cinematography. In past years this was a tedious process of hand plotting each frame for various joints, segmental centers of gravity, calculating segmental velocities and accelerations and other measurements. Researchers could then use this data to determine the effect of each body segment to the total action.

Through the use of special tracing equipment and high speed computers, biomechanical pioneers such as Gideon Ariel have greatly speeded up the data collection process. In addition, this science has now advanced to the point where Ariel and his colleagues can easily and effectively experiment with slight component variations particular to an athlete to suggest mechanical changes that would hypothetically improve efficiency and performance.

When the researcher or coach is filming a track and field event for a biomechanical analysis, certain conditions are necessary:

1. A 16mm camera and film is necessary.
2. The action is usually filmed at 64 frames/second or slower (normal speed is 18/second)

Track and field films and related types of visual aids have been available for some time to the coaching community. Unfortunately, this essential learning-teaching tool has generally been used effectively by just a small minority at the grass roots level in the sport of track and field.

To keep abreast of improvements, new ideas and to achieve maximum results in his or her coaching, today's track coach must study films both individually and with his or her athletes. The athletes *must* share in this process for several reasons. Today's athletes are generally bigger, stronger, more intelligent and are exposed to the technical aspects of the sport at a younger age. With instant replay, home video and instant cartridge movies increasingly more prevalent, our athletes are generally more aware of the value of studying slow motion films of themselves and the champions. Our track athletes will, therefore, demand more and, of course, rightfully deserve more in this area.

The use of film and film analysis is an essential aspect of any quality coaching-teaching system. Because the track coaching profession (at all levels) is becoming more and more competitive, we must be cognizant of this fact and utilize this media to the fullest.

BASIC MECHANICAL PRINCIPLES RELATED TO THE THROWING EVENTS

Basic mechanical principles in everyday language should be given to the beginner or intermediate thrower. However, advanced athletes and all coaches should have the essential tool of a thorough knowledge of mechanics, too. As Dyson put it, "Distinguish between important and unimportant, correct and incorrect, cause and effect, possible and impossible."

The distance obtained is a result of three variables: Excluding wind and aerodynamic variables (which can act upon a discus or javelin) velocity of the implement at release, angle of release and height of release are the three factors which will determine how far an implement will fly. The most important of these three by far is the velocity attained at release.

C. *Forces shown appear in the direction of the throw.* Extra, off the path, motions dissipate force and limit distance. Forces should generally be applied from behind and through the implement.

D. *Myotatic-Stretch Reflex.* A stronger concentric muscle contraction can be obtained when it is directly preceded by a previous eccentric contraction. In other words, by breaking a motion opposite to the intended action, the stretched muscle will now contract more forcefully. (Hip-pretension is important in the throws).

E. In the hammer, shot and to some extent the discus, *mass is an extremely important variable in developing throwing forces.* Second and third priorities following closely are speed and strength. (Mass X Velocity = Momentum). Note: Mass is a much less important variable for success in the javelin.

OTHER PRINCIPLES

Torque: (unwinding rotary inertia) The hips open first while the shoulders are still closed (clockwise twist) and trailing. This is more obvious in the discus or hammer where the mass of the implement and the radius of rotation slow the upper body and keeps it trailing the lower body throughout the turn.

Release Angle: The angle of release is determined by the combined horizontal and vertical velocities and not just the final arm strike. While the optimal angle for the projection of any missile is 45 degrees, this is not the case in the throwing events where the best theoretical angle appears to be about 41 degrees (shot), 39 degrees (discus), 20-30 degrees (javelin), and 42-44 degrees (hammer). This will be plus or minus several degrees depending on several important factors such as release height and wind.

In the Hammer Throw: The force pulling outward during rotation is *centrifugal force*. The opposite force (inward), which is generated by the thrower countering the ball, is called *centripetal force*.

Hinged Movement: A sudden breaking of one end of a stick, combined with a continued force through it, produces an increased speed on the free end, (increased upper body velocity as a result of the front leg block). This principle is coming into question today. In fact,

for an practical purposes, acceleration begins with the front foot block and continues up until the instant of release. For example, by blocking and stabilizing the left arm and shoulder, along with the left side of the body, in the javelin, you increase the velocity of the throwing arm.

OBJECTIVE OR SUBJECTIVE ANALYSIS

The type of observations and/or conclusions that can be made from a segment of film on a particular athlete depends on a number of factors related to the type of film, the way in which it was shot, and the skills of the photographer-researcher.

Objective data can be quantified, measured and studied by biomechanical scientists and those few trained coaches who have had the means and opportunity to prepare themselves properly in the study of human motion. Every track coach, however, can learn how to search out and keep abreast of the significant conclusions of biomechanical research that can make a difference to the performance of his athletes.

In addition, every coach can and should learn to subjectively analyze either 16mm or super 8 film of his own athletes and that of others. Only a subjective analysis can be done if one or more of the necessary conditions required in an objective analysis are absent. In this type of study or film-viewing session, one can only venture opinions or feeling on what has occurred - no matter how obvious it appears to be. (Explained in next section.)

Assuming a coach has a basic knowledge of mechanics and is at least familiar with an event, subjective observation and study of technique films is probably the single best way for a coach to really learn that event. Repetitious viewing of film at various speeds, which was shot from several different angles is essential. Moreover, films of a number of athletes at all levels competing in the event need to be studied. From this type of intensive, subjective study, one can, to varying degrees gain a real feel for the event.

science has now advanced to the point where Ariel and his colleagues can easily and effectively experiment with slight component variations particular to an athlete to suggest mechanical changes that would hypothetically improve efficiency and performance.

When the researcher or coach is filming a track and field event for a biomechanical analysis, certain conditions are necessary:

1. A 16mm camera and film is necessary.
2. The action is usually filmed at 64 frames/second or slower (normal speed is 18/second).
3. The camera speed must be accurately calibrated and reliable.
4. The desired placement of the camera is at right angles to the action. For a throwing event it would be situated on the side the thrower opens up on or directly behind him.
5. The camera must be securely anchored on a tripod.
6. Some type of measuring rod or object that can be accurately measured must be visible throughout the filming as a reference for later measurements.
7. A clear, unobstructed view must be maintained throughout the filming.

THE COACHES' DILEMMA

Like our counterparts in football and basketball, track coaches need to utilize films on a regular basis at practice. Unfortunately, very few programs today provide the track coach with the same opportunities in terms of equipment and financial support. The serious coach will, therefore, generally have to make some personal sacrifices. The cost of a camera, projector, film, and development adds up fast - especially if one is dealing with 16mm equipment. Each coach will have to consider his own situation and resources in making the decision to buy, rent, share or borrow the necessary equipment. The combination of 16mm filming and video taping on a regular basis would create an ideal audio-visual situation, however, a super 8 set-up is often a more realistic alternative from a financial standpoint. Even the coach with a very limited background can collect

excellent subjective data for study and analysis. This is fairly easy to accomplish with your own athletes in practice or in a small meet. However, to film your athletes or others at a large meet (where crowds and field passes often restrict accessibility to the action) a zoom option is essential. By spending a little extra for a 6-1 or 8-1 zoom lens and a variable film speed option (up to 32 frames per second) the coach can maintain his data-gathering effectiveness.

In an effort to keep current, the track coach can supplement his own collection of film by purchasing loop films or by trading copies of films that were shot by others. Several places which provide the service of copying super 8 film include:

a. Superior Bulk Film Co., Inc.

442 N. Wells

Chicago, IL 60610

phone: (312) 644-4448

Cost: \$.14/foot color film; \$.09/foot black & white. \$7.00 minimum order required.

b. Kodak

1071 Los Palms

Hollywood, CA

phone: (213) 465-7151

Cost: \$.15/foot with a \$12.00 minimum order required. Note: only does color.

Pictures on paper or technique sequence analyses are also readily available as alternatives or supplements to the shooting and buying of film. These can be found in almost every current track text book or journal such as *Track and Field Quarterly Review*, *Track Technique*, *Scholastic Coach and Athletic Journal*. By investing time and a limited amount of money photocopying key segments, a coach can build up an extensive personal collection in each event area.

What the future holds in the area of film analysis is uncertain, however, if the slow motion adaptation for the home video recorders and/or instant cartridge movies is perfected, new and viable

options would be open to the coach who desires immediate feedback for either himself and/or his athlete. At present, the portable video tape unit can accomplish this same task, however, it has been the experience of this coach that their real benefit lies in the practice session. There are still some limitations in most brand names in the ability to get a clear image in stop action or a smooth transition between frames. In addition, this equipment is often quite cumbersome to handle at an away meet.

TIPS ON FILMING

1. Observe as many of the conditions as possible that were pointed out as being important to filming for a biomechanical analysis (i.e., right angle, camera still, no panning, slow motion when necessary).

2. Occasionally film warm ups or drills; especially when filming national or international competitors.

3. Bridge the gap between watching a and filming your athlete and world class competitors by occasionally filming top competitors in your league or conference.

4. Occasionally isolate and film only a specific body part. For example, in the throwing events, it is effective at times to film only the lower body or feet, when stressing that important aspect of the throw.

5. Teach and train someone else (responsible manager or assistant) to film for you. Even though one can learn to film and watch at the same time, you usually lose something in the process.

6. Always film the first effort in a field event.

7. Always try to film several shots of a field event from both the side angle and directly behind or in front of the athlete.

8. Film your own athletes more often in the fall or early season. This is the time to concentrate on technical improvement rather than when you are approaching the championship meets.

TIPS ON VIEWING FILMS WITH AN ATHLETE

1. Immediate feedback is important. Don't put off watching films, instead share the information with the athlete as soon after development as conveniently possible.

Note: Films can be used as a great motivational tool. It has been this coach's experience that all athletes anticipate and appreciate seeing themselves on film. A usual Monday question after several viewings with an athlete might be, "Coach, are the films back from Saturday's meet?"

2. Always attempt to look at and briefly study a film yourself before viewing it with the athlete.

3. In viewing and analyzing a film with the athlete who was filmed, the coach should:

a. Always run the projector at the normal speed several times before slowing it down.

b. Emphasize the positive aspects of the athlete's technique.

c. Stress the major points of importance at a level at which the athlete can relate.

d. Allow the athlete the opportunity to provide his own observations as well.

4. The coach should make a conscious effort not to "over coach," "nit pick" on details, or continually stress the errors that were made.

5. The coach who is experienced in viewing films with athletes will help them to discover their own errors and possible methods of correction. Example: The film might clearly show that your shot putter drops his throwing elbow, however the young athlete does not recognize his critical error. The coach might then ask a question such as, "How about that throwing arm? Do you like the way you used it? How does your elbow position compare to the same position you saw on the films of

Feuerbach, Woods and Beyer?"

6. Do not bore athletes by having one group or individual repeatedly watch or listen to your analysis of another group or individual while waiting his turn. Modular scheduling is usually best.

7. In order to save time, splice together your technique films according to the event area.

8. Occasionally watch films with an athlete before a practice session. Afterwards have the athlete work on his specific needs or a particular weakness that has been re-emphasized.

9. Occasionally allow older, more experienced athletes the opportunity to narrate the technique films for the newcomers.

OTHER FILM-RELATED IDEAS TO CONSIDER

1. Purchase an inexpensive hand-cranked viewer to allow the athlete to watch himself or the champions on his own. Encourage this interest as it develops self-learning and saves the wear and tear of the film going through the projector.

2. Have your library establish a film analysis room to be utilized during free periods, study halls, lunch or other times. Once interest picks up, request that library funds be spent for loop films.

3. Set up your own film room with picture sequences of various events displayed on the walls. Even a large closet can serve in a pinch.

4. Establish an on-going film library on each athlete in your program, including films of various phases in his development and films of good and bad throwing days.

5. Occasionally have a "charades" contest in practice at which time praise and/or rewards are given to the athlete who best emulates the technique of world class competitors who were studied.



NATIONALS



photo by Don Gosney



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NATIONALS



AIAW

The big news at the AIAW Nationals was Cal State Hayward who convincingly won the Division III team championship Running behind aces and All-Americans Michele Aubuchon (3rd) and Connie Hester (9th) the very bunched 3, 4 and 5 runners sewed up the title for coach Bob McGuire. California's second highest placing team of the day also occurred in the Division III race as Sacramento State bagged 6th place.

In the big Division I race UC Berkeley improved over last year by placing 7th, but suffered the ol' lack of a fifth runner as their fourth runner was in before any other teams 4th runner by ten places or more. What would have happened had Suzie Meek or Suzanne Richter been able to run. Everyone but Alice Trumbly is back next year, though.

UCLA's men's team had a few pieces of bad luck at the NCAA but the women had total disaster with food poisoning the night before and were lucky to salvage a 10th place tie with a much improved Cal Poly SLO.

In Division II UC Riverside and Cal State Bakersfield had some good individual performances but were out of the money. The battle between the two of them was as rugged as ever. They've been at it neck-and-neck all year. Here they tied.

AIAW DIVISION I

Results: 1. Julie Shea (NC State) 16:35; 2. Margaret Groos (VA) 16:36; 3. Lynn Jennings (Princeton) 16:40; 4. Kathy Mills (Penn State) 16:46; 5. Mary Walsh (Maryland) 16:52; 6. Maggie Keyes (Cal Poly) 16:56; 7. Betty Jo Springs (NC State) 17:02; 8. Heather Carmichael (Penn State) 17:04; 9. Jody Parker (Oregon) 17:06; 10. Diane Bussa (PURDUE) (#:07...16. Kim Schnurpfeil (Stanford) 17:14; 17. Jan Oehm (Cal Berkeley) 17:17...28. Cheryl Williams (Oregon) 17:31; 29. Linda Goen (UCLA) 17:32...31. Alice Trumbly (Cal Berkeley) 17:33...34. Cindy Schmandt (Cal Berkeley) 17:34; 35. Lynne Hjelte (Cal Berkeley) 17:34...45. Kathy Peekins (Cal Poly) 17:44...52. Sheila Ralston (UCLA) 17:47...55. Linda Broderick (UCLA) 17:49...66. Eileen Kraemer (Cal Poly) 17:54; 67. Lori Ann Thrupp (Stanford) 17:56...95. Kathy Mintie (UCLA) 18:17...105. Kelly Wells (Texas at Austin) 18:23...116. Kady Wanamaker (Cal Poly) 18:34...136. Janice Kelley (Cal Poly) 18:48...138. Kathy Chisam (UCLA) 18:48...152. Evelyn Stewart (Cal Poly) 18:57...155. Cheryl Flowers (Cal Berkeley) 19:01...164. Valerie Ross (Cal Berkeley) 19:07...172. Sheila O'Donnel (Cal Poly) 19:18...182. Pam Cox (Cal Berkeley) 19:30; 183. Elaine Schultze (UCLA) 19:30.

Team Scores: 1. NC State 108; 2. Oregon 120; 3. Penn State; 4. Wisconsin at Madison 142; 5. Arizona 181...7. Cal Berkeley 218...10. Cal Poly 294; 11. UCLA 294.

AIAW DIVISION II

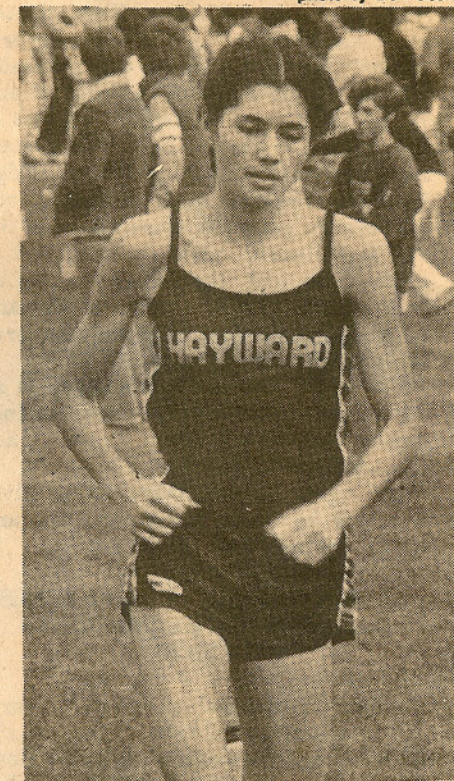
Results: 1. Joan Corbin (Seattle Pacific) 17:10; 2. Brigit Leddy (Villanova) 17:16; 3. Donna Gathje (Mankato State) 17:29; 4. Judy McCreery (No Colorado) 17:37; 5. Gail Volk (Seattle Pacific) 17:41; 6. Deborah Snaggs (Richmond) 17:45; 7. Rita Burr (Air Force) 17:49; 8. Lori Bocklund (South Dakota State) 17:51; 9. Ruth Smith (Eastern Illinois) 17:52; 10. Annetta Weber (Air Force) 17:57...21. Marie Albert (Cal Riverside) 18:23...37. Nancy Ramirez (Cal State Bakersfield) 18:52...42. Tere Deanda (Cal Poly Pomona) 18:58...73. Julie Thrupp (Cal Santa Barbara) 19:28...80. Matilde Camilo (Cal Santa Barbara) 19:33...95. Melissa Mariel (Cal Santa Barbara) 19:46...131. Kelly Daugherty (Cal Riverside) 20:41; 132. Robin Dunbar (Cal State Bakersfield) 20:46...141. Carrie Stevens (Cal State Bakersfield) 20:54; 142. Kristyn Mishina (Cal Riverside) 20:55...144. Kathy Langdoc (Cal State Bakersfield) 20:58...160. Donna Lechman (Cal Riverside) 21:54; 161. Stacy Trouard (Cal Riverside) 21:56...165. Margaret Rincon (Cal Riverside) 22:26...168. Jodie Seay (Cal State Bakersfield) 22:37...173. Carol Lowe (Cal Riverside) 24:33.

Team Scores: 1. Air Force 79; 2. Seattle Pacific 105; 3. Villanova 164; 4. South Dakota State 170; 5. Richmond 172...19. Cal Riverside 471; 20. Cal State Bakersfield 471.

AIAW DIVISION III

Results: 1. Joan Benoit (Bowdoin) 17:14; 2. Janet Ensrud (St. Olaf) 17:50;

photo by Don Gooney



MICHELLE AUBUCHON

3. Michele Aubuchon (CS Hayward) 18:01; 4. Dianne Asfahal (Luther Coll) 18:05; 5. Elizabeth Stronge (St. Olaf) 18:13; 6. Ronda Burnette (Eastern Oregon) 18:13; 7. Gail Rusch (Wisconsin Lacrosse) 18:19; 8. Leslie Seymour (St. Olaf) 18:23; 9. Connie Hester (CS Hayward) 18:24; 10. Jane Petrick (Bowdoin) 18:24; 11. Lisa Foy (CS Sacramento) 18:27...14. Jill Symons (CS Chico) 18:31...19. Cathy Fulkerson (Cal Luther-

an) 18:41; 20. Marilyn Brandt (UC Davis) 18:43...24. Franie Castro (CS Hayward) 18:48...31. Stefani Stoutt (CS Hayward) 18:59...35. Karey Robinson (CS Hayward) 19:05...39. Mary Anne Scannell (CS Sacramento) 19:10...47. Diana Pappas (CS Sacramento) 19:17...51. Shane Felix (CS Hayward) 19:19...55. Shaun Seibel (CS Sacramento) 19:24...58. Catherine Oddone (CS Chico) 19:28...68. Denise Bigelow (CS Hayward) 19:40...104. Karen Klopsch (CS Sacramento) 20:39...113. Debbie Santa Maria (CS Sacramento) 21:16...120. Debbie Rudolph (CS Sacramento) 21:33.

Team Scores: 1. Cal State Hayward 56; 2. St. Olaf College 74; 3. Wisconsin at Lacrosse 86; 4. Central College 132; 5. Slippery Rock State 134.

NCAA I

November 19, Bethlehem, Pennsylvania:

All California eyes were on UCLA. What would happen as the Bruin harriers made the first ever trip back to nationals? If we were waiting for a miracle from Bob Larsen, it didn't happen. The Bruins did, however, place a satisfying 15th, even though most observers were sure they would be in the top ten. Actually, the things went, they should be happy to get out of there with the 15th.

Number one UCLA runner Steve Ortiz injured himself the Friday before the race as he was jogging off the track, slipping and bruising a knee. Then during the race Jeff Woodland, was running well but after a mile and one half lost a shoe and failed to finish.

While Ortiz was slowed to the 58th spot, Ron Cornell picked up the slack finishing 44th overall. However, since Cornell was among the first 25 Americans to finish in the race dominated by world-class foreigners, he earns All American status and is UCLA's first harrier All-American. The only other Bruins to ever run in an NCAA Championship meet are Bobby Thomas (62nd) and Gary Nitti (138th) in the 1975 meet.

Division II Cross Country Nationals. Not only was the meet hosted by the University of California at Riverside, but the California runners completely dominated the meet. If having five of the top seven runners from the Golden State wasn't enough, then snatching the top two team awards was the clincher.

Jim Schankel and his Cal Poly SLO squad each repeated last year's performance and ran away with the gold. The Mustangs, with 6 All-Americans, recorded a low score total of 45 points and no one was close. Dominating second place as much as Poly's control over first was Sacramento State with 108 points, nearly 50 points ahead of third. Sacramento coach Noel Hitchcock was satisfied for this year, but even more optimistic about next year when he realized Poly loses it's top 3 runners and four of its top 5.

Running with home course advantage UC Riverside's Steve Alvarez ran an excellent race keeping Schankel honest and challenging him several times during the first four miles. Alvarez's coach Chris Rinne is to be commended for staging an excellent national championship meet.

Results: 1. **Jim Schankel** [CPSLO] 29:43; 2. **Steve Alvarez** [UCR] 29:55; 3. **Mark Curp** (CMSU) 30:10; 4. **Dan Aldridge** [CPSLO] 30:23; 5. **Jeff Kicia** (UNC) 30:28; 6. **Eric Huff** [CPSLO] 30:32; 7. **Mike Galligan** [CSUS] 30:36; 8. **Jim Erredge** (UNI) 30:36; 9. **Greg Sanders** (SSC) 30:38; 10. **Joe Sheeran** (EIU) 30:38...17. **Terry Gibson** [CPSLO] 30:43...18. **Lance Packer** [CSUN] 30:44...22. **Manny Bautista** [CPSLO] 30:49...23. **Mike VanHorn** [CSUS] 30:50...24. **Brad Brown** [CSUS] 30:51...**Jim Huff** [CPSLO] 30:52...31. **Gary Borbon** [Cal Poly Pomona] 31:05...32. **Angel Carrillo** [CSUS] 31:05...36. **Gian Starinieri** [CSUN] 31:15...37. **Richard Pincombe** [CSUS] 31:15...38. **Stan Winkley** [CSUS] 31:16...43. **Charles Assumma** [UCR] 31:22...47. **Chuck Cathey** [CSUN] 31:27...50. **Greg Parks** [CSUS] 31:28...51. **Tony Reyes** [Cal Poly Pomona] 31:29...62. **Paul Medvin** [CPSLO] 31:38...63. **David Dahl** [UCR] 31:40...76. **Raul Aguero** [Chapman] 31:51...97. **Matt Blaty** [Cal Poly Pomona] 32:11...104. **Louis Hurtado** [CSUN] 32:16...120. **Gilbert Cortez** [Cal

Steve Hunt of Boston State College was the winner as he posted a 24:12 clocking. Wheaton's Dan Henderson, the favorite for the individual title, dropped out after leading at the half-way point. He said he was not injured or ill but that he was not mentally prepared to run the race.

Results: 1. **Steve Hunt** (Boston State) 24:12; 2. **Mike Palmquist** (St. Olaf) 24:18; 3. **Paul Mausling** (Macalester) 24:19; 4. **Jeff Milliman** (North Central) 24:20; 5. **Ken Layman** (Eastern Mennonite) 24:23; 6. **Vic Smith** (Mount Union) 24:28; 7. **Jack Kruse** (Glassboro State) 24:29; 8. **Danny Grimes** [Humboldt State] 24:31; 9. **Kevin Roth** (St. Thomas) 24:33; 10. **Bob Pappas** (Carleton) 24:34; 11. **Mark Conover** [Humboldt State] 24:34...27. **Ramon Morales** (Humboldt) 24:59...37. **Frank Ebner** (Humboldt) 25:08...38. **Frank Dauncey** (Humboldt) 25:09...47. **Peter Sprague** (Pomona Pitzer) 25:19...51. **Nick Buchan** (Pomona Pitzer) 25:22...58. **Kevin Searls** (Humboldt) 25:27...77. **Pat Toulouse** (Pomona Pitzer) 25:36...94. **Jeff Lee** (Pomona Pitzer) 25:46...**Bill Saiki** (Cal State Stanislaus) 25:51...114. **Steve Watkins** (Humboldt) 25:56...134. **Dennis Fort-hoffer** (Whittier) 26:13...145. **Eric Gulve** (Occidental) 26:20...147. **John Crane** (Pomona Pitzer) 26:23...161. **Randy Ortlieb** (Pomona Pitzer) 26:33...179. **Walt Campbell** (Pomona Pitzer) 26:46.

Team Scores: 1. North Central College 85; 2. **Humboldt State** 93; 3. Carleton 130; 4. Augustana 151; 5. College of St. Thomas 202...10. **Pomona Pitzer** 319.

NAIA

November 17, Kenosha, Wisconsin:

Point Loma College of San Diego was the West's hope back at the University of Wisconsin for the N.A.I.A. National Championships. The NAIA District III champions returned home with a solid 15th place finish as the only California team in the competition.

Running over the five mile course under sunny skies the first Californian

Saginaw Valley, Michigan 157; 4. Malone College, Ohio 161; 5. Indiana University, Pennsylvania 208...15. Point Loma 437.

AAU Men

1. **Alberto Salazar** (Greater Boston) 30:27; 2. **Herb Lindsay** (UCTC) 30:47; 3. **Bob Hodge** (GB) 30:52; 4. **Dan Dillon** (GB) 30:56; 5. **Greg Meyer** (GB) 31:01; 6. **Duncan Macdonald** [WVTC] 31:04; 7. **Steve Scott** [Sub-4] 31:05; 8. **Steve Plasencia** (UCTC) 31:06; 9. **Jim Stintzi** (Madison) 31:12; 10. **Marty Ludwisowski** (NYAC) 31:18...**Steve Ortiz** (Jamul Toads) 31:25...18. **Dave Babiracki** (San Fernando Valley TC) 31:32...19. **Larry Lawson** (Santa Monica TC) 31:35...27. **Jim Schankel** (Sub-4) 31:54...29. **Dave Daniels** (Sub-4) 31:57...34. **Tom Bryant** (SMTC) 32:04...35. **Jerald Jones** (SMTC) 32:05...37. **Guy Arbogast** (Frank Shorter Racing Team) 32:10...38. **Gary Romesser** (Aggie Running Club) 32:12...39. **Don Moses** (Sub-4) 32:12...49. **Mitch Kingery** (Camino West) 32:24...54. **Glen Best** (Jamul Toads) 32:30...59. **Rod Berry** (WVTC) 32:33...72. **Robert Lusitana** (Jamul Toads) 32:48...77. **Pete Heesen** (Sub-4) 32:54...80. **Cleveland Whalen** (SMTC) 32:57...81. **Mike Lebold** (Jamul Toads) 32:57...82. **Tom Colley** (So Cal Road Runners) 32:58...83. **Mike McGrath** (ARC) 32:58...84. **Chris Hughes** (Jamul Toads) 32:59...89. **Rory Trup** (Jamul Toads) 33:02...92. **Mike Porter** (WVTC) 33:03...100. **Mark Conover** (WVTC) 33:06...101. **Pat Weiler** (SMTC) 33:08...109. **Gary Close** (Jamul Toads) 33:11...112. **Steve Alvarez** (SCRR) 33:13...114. **Frank Ebner** (Camino West) 33:14...117. **Bill Britten** (ARC) 33:16...119. **Ralph Serna** (Loeschhorns RC) 33:17...130. **Bill Adams** (AIA) 33:27...132. **Rich Langford** (ARC) 33:29...138. **John Koningh** (Sub-4) 33:33...141. **Denis O'Halloran** (ARC) 33:35...142. **Tom Lux** (Jamul Toads) 33:35...148. **Dan Gruber** (ARC) 33:41...156. **Ben Martinez** (AIA) 33:49...158. **Eric Huff** (ARC) 33:51...165. **Matt Yeo** (ARC) 34:07...169. **Lou Patterson** (Sub-4) 34:06...170. **David Greifinger** (SMTC) 34:09...172. **Pete Sweeney** (ARC) 34:11...177. **Mark Proteam** (ARC) 34:14...178. **Ben**

during the race Jeff Woodland, was running well but after a mile and one half lost a shoe and failed to finish.

While Ortiz was slowed to the 58th spot, Ron Cornell picked up the slack finishing 44th overall. However, since Cornell was among the first 25 Americans to finish in the race dominated by world-class foreigners, he earns All American status and is UCLA's first harrier All-American. The only other Bruins to ever run in an NCAA Championship meet are Bobby Thomas (62nd) and Gary Nitti (138th) in the 1975 meet.

Top California individuals, besides Cornell, included Thom Hunt of Arizona in 5th, Jim Schankel of Cal Poly-SLO in 15th and Mark Spilsbury of Colorado in 39th.

Results: 1. Henry Rono (Washington State) 28:19; 2. Alberto Salazar (Oregon) 28:37; 3. Kipsubi Koskei (New Mexico) 28:47; 4. Jim Rotich (UTEP) 29:03; 5. Thom Hunt [Arizona] 29:08; 6. Mike Mysyoki (UTEP) 29:14; 7. Sydney Maree (Villanova) 29:15; 8. Joel Cheruyiot (Washington State) 29:20; 9. Jon Sinclair (Colorado State) 29:27; 10. Rudy Chapa (Oregon) 29:28...15. Jim Schankel [Cal Poly-SLO] 29:34...39. Mark Spilsbury [Colorado] 30:03...44. Ron Cornell [UCLA] 30:07...49. Steve Alvarez [UC Riverside] 30:20...58. Steve Ortiz [UCLA] 30:32...61. Roy Kissin [Stanford] 30:33...66. Rich Hunsaker [San Diego State] 30:37...71. Glen Best [UCLA] 30:41...83. Joaquin Leano [Nevada Reno] 30:49...84. Jeff Nelson [Oregon] 30:49...104. Eric Huff [Cal Poly-SLO] 31:03...108. Tim Holmes [Fresno State] 31:06...122. Chuck Hattersly [Colorado] 31:13...162. Tim Minor [Nevada Reno] 31:42...168. Ken Ernst [UCLA] 31:46...172. Brian Russell [UCLA] 31:48...197. Robert Lusitana [UCLA] 32:19...203. Edger Leano [Nevada Reno] 32:33...233. Greg Hitchcock Nevada Reno] 35:21.

Teams: 1. Texas El Paso 86; 2. Oregon 93; 3. Penn State 186; 4. Colorado 189; 5. Auburn 222...15. UCLA 386.

NCAA II

November 10, Riverside, California:
It was California Day at the NCAA

Mike van Horn [CSUS] 30:50...24. Brian Brown [CSUS] 30:51...Jim Huff [CPSLO] 30:52...31. Gary Borbon [Cal Poly Pomona] 31:05...32. Angel Carrillo [CSUS] 31:05...36. Gian Starinieri [CSUN] 31:15...37. Richard Pincombe [CSUS] 31:15...38. Stan Winkley [CSUS] 31:16...43. Charles Assumma [UCR] 31:22...47. Chuck Cathey [CSUN] 31:27...50. Greg Parks [CSUS] 31:28...51. Tony Reyes [Cal Poly Pomona] 31:29...62. Paul Medvin [CPSLO] 31:38...63. David Dahl [UCR] 31:40...76. Raul Agüero [Chapman] 31:51...97. Matt Blaty [Cal Poly Pomona] 32:11...104. Louis Hurtado [CSUN] 32:16...120. Gilbert Cortez [Cal State Los Angeles] 32:36...137. John Ortega [CSUN] 32:56...140. Greg Parks [UCR] 32:58...145. Frank Assumma [UCR] 33:08...156. Tom Westfall [UCR] 33:25...160. Robert Traba [CSUN] 33:44.

Teams: 1. Cal Poly SLO 45; 2. Cal State Univ. Sacramento 108; 3. Eastern Illinois Univ. 157; 4. Univ of Northern Iowa 182; 5. Southwest Missouri State 199...10. Cal State Univ. Northridge 287 ...13. Univ of Calif. at Riverside 326.

NCAA III

November 17, Rock Island, Illinois:

Danny Grimes and Mark Conover paced Far Western Conference and NCAA Division III Western Region champion Humboldt State University to a second place showing at the National Championships. Humboldt was just edged out for team honors by defending champion North Central Illinois, 85-93.

"It was close all the way," commented Humboldt State head coach Jim Hunt. "They (Central Illinois) beat us with their third and fourth runners. I am still very proud of the team. They worked really hard for this."

It marks the third time in four years that Humboldt State has finished second in the Nationals under the leadership of Hunt.

Grimes finished eighth in the field of 234 runners. He ran the Augustana College 5 mile course in 24:31. Conover came across in 11th position in 24:34 to be the only other All-American for California.

NAIA

November 17, Kenosha, Wisconsin:

Point Loma College of San Diego was the West's hope back at the University of Wisconsin for the N.A.I.A. National Championships. The NAIA District III champions returned home with a solid 15th place finish as the only California team in the competition.

Running over the five mile course under sunny skies the first Californian was Pt. Loma's Dan "Skeeter" Esqueda, a Fresno product. Dan's time for 52nd place was 26:17.

The overall winner was Sam Montoya of Adams State who's seemingly easy victory of 24:53 paced his team to just as easy a victory with 63 points.

Even though The University of Wisconsin-Parkside does an excellent job of administering the meet and the course is ideal the meet will probably change locations next year (Kansas?). Parkside insists, along with many of the coaches that the race distance be extended form five miles to 10,000 meters. But, it was voted down at the coaches meeting. Small schools have a lot of non-specialist distance runners (880 men) on the cross country team and the 10,000 must be thought to hurt the small teams. It comes up for vote every year and each year it gets closer - maybe next year?

Results: 1. Sam Montoya (Adams State) 24:53; 2. Gordon Sanders (Hillsdale, Mich) 25:08; 3. Joe Yurkovich (Malone) 25:10; 4. Jeff Gantz (Malone) 25:16; 5. Rick Sayre (Walsh) 25:20; 6. Mike Herndon (Oklahoma Christian) 25:21; 7. Tim Schmid (William Jewell) 25:24; 8. Pat Porter (Adams State) 25:26; 9. Duane Johnson (Saginaw Valley) 25:27; 10. Tom White (Adams State) 25:27...52. Dan Esqueda (Point Loma) 26:17...Chris Sadler (Pt. Loma) 26:39...114. Dan Powers (Pt. Loma) 26:53...126. Jim Schoelz (Pt. Loma) 27:01...151. Greg Lovercamp (Azusa Pacific) 27:15...164. Steve Wolters (Pt. Loma) 27:26...186. Robert Conroy (Cal Lutheran) 27:39...258. Tim Smith (Pt. Loma) 28:08...267. Bill Tokar (Pt. Loma) 28:47.

Team Scores: 1. Adams State, Colorado 63; 2. Wisconsin Lacrosse 123; 3.

Steve Alvarez (SCRR) 33:13...114. Frank Ebner (Camino West) 33:14...117. Bill Britten (ARC) 33:16...119. Ralph Serna (Loeschhorns RC) 33:17...130. Bill Adams (AIA) 33:27...132. Rich Langford (ARC) 33:29...138. John Koningh (Sub-4) 33:33...141. Denis O'Halloran (ARC) 33:35...142. Tom Lux (Jamul Toads) 33:35...148. Dan Gruber (ARC) 33:41...156. Ben Martinez (AIA) 33:49...158. Eric Huff (ARC) 33:51...165. Matt Yeo (ARC) 34:07...169. Lou Patterson (Sub-4) 34:06...170. David Greifinger (SMTC) 34:09...172. Pete Sweeney (ARC) 34:11...177. Mark Proteam (ARC) 34:14...178. Ron Fritzke (Camino West) 34:16...189. Gary Nitti (SMTC) 34:27...194. Rong Wang (SCRR) 34:29.

Team Scores: 1. Greater Boston 25; 2. Sub-4 179; 3. Oregon TC; 4. Mason Dixon 204; 5. Penn State 252...8. Jamul Toads 304...9. Santa Monica 359...11. Aggie Running Club 511...17. Camino West 760...23. Southern California Road Runners 925...24. Athletes in Action 992.

AAU Women

1. Margret Gross (Charlottesville TC) 16:53; 2. Julie Shea (NC State) 17:02; 3. Jan Merrill (AGAA) 17:12; 4. Brenda Webb (Knoxville TC) 17:16; 5. Lynn Jennings (Liberty) 17:21; 6. Joan Benoit (Liberty) 17:21; 7. Heather Carmichael (Penn State) 17:22; 8. Ellison Goodall (Liberty) 17:24; 9. Jenifer White (Charlottesville TC) 17:29; 10. Francie Larrieu (Athletic Attic) 17:30...26. Cyndy Poor (AIA) 18:19...27. Pam Morris (SMTC) 18:21...30. Linda Goen (UCLA) 18:23...31. Linda Heinmiller (SMTC) 18:25...34. Linda Broderick (UCLA) 18:28...41. Sheila Ralston (UCLA) 18:33...45. Vivian Soderholm (WVTC) 18:36...50. Cheryl Williams (Oregon TC) 18:43...52. Sue Mei Lee (SCRR) 18:44...66. Ruth Caldwell (Loeschhorns) 19:02...71. Marie Albert (SCRR) 19:09...74. Eilene Kramer (SCRR) 19:17.

Team Scores: 1. Liberty AC 81; 2. Penn State 128; 3. Oregon TC 132; 4. North Carolina State 137; 5. Wisconsin United...7. UCLA 282...9. So. Cal Road Runners 359.



California High School Cross Country FINALE

by KEITH CONNING

team race, when favorite Drake, coached by ex-USC great Bill Taylor, only finished fifth. Their top runner Katie Dykstra had the flu and finished last. Miramonte of Orinda, coached by Bob Campbell, took the team title with 90 points, followed by Castro Valley 97, coached by Tony Casillas, Carondelet (Concord) and Petaluma tied for third with 105 points. Doug Johnson, the Petaluma coach and host of the meet, had to use the 6th place tie breaker rule, to determine that Carondelet and not his team would advance to the Nor Cal Championships.

Boys Individuals: 1. Jay Marden (MSJ) 14:14.5; 2. Rich Read (MSJ) 14:25; 3. Bret Baffert (SR) 14:33; 4. Dennis McDonald (ME) 14:36; 5. Dave Shea (CV) 14:51; 6. Paul Grabowsky (SR) 14:55; 7. Dave Perlman (LL) 14:56; 8. Tim Berry (PH) 14:56; 9. Bruce Williams (Liv) 14:58; 10. Brian Hoyt (Pin) 15:01.

Boys Teams: 1. Mission San Jose 78; 2. Castro Valley 90; 3. San Ramon 112; 4. Las Lomas 121; 5. Pleasant Hill 145; 6. Arcata 159; 7. Amador 170; 8. Piner 182; 9. Redwood 191; 10. DeLaSalle 205.

Girls Individuals: 1. Liz Strangio (MSJ) 12:39.6; 2. Robyn MacSwain (TL) 12:40; 3. Lisa Dailey (Pet) 12:41; 4. Lori Shanoff (Pet) 12:46; 5. Marcia White (Mir) 12:52; 6. Marilyn Davis (Mir) 12:55; 7. Lisa Sandel (Cam) 12:55; 8. Mary Ann Morse (Car) 13:03; 9. Karin Lambden (CV) 13:06; 10. Sabrina Stev-

photo by Don Gosney



4. Tammy Moore (Enterprise) 13:06; 5. David (Yreka) 13:12.

Girls Teams: 1. Shasta 43; 2. Lassen 56; 3. Chico 101; 4. Enterprise 102; 5. Pleasant Valley 111.

photo by Don Gosney



photo by Keith Conning



photo by Don Gosney





NORTHERN SECTION

by Keith Conning

Hooker Oak Area, Chico, November 3:

John Frank (Central Valley) won the section title by 35 seconds over Bob Dippel (Paradise). George Tedford (Las Plumas) finished two seconds behind Dippel.

Paradise, coached by Mike Genga, won the boys' race with 52 points, over Shasta (Redding) 92, coached by Joe McFarland, and Enterprise 108, coached by Mike Moynahan.

Diane Hughes (Red Bluff), a recent transfer from Southern California, won the girls race by six seconds over Judy Smith (Lassen, Susanville). Kathy Sweeney (Shasta) was third another six seconds back.

Shasta defended its girls' title with 43 points, followed by Lassen 56, coached by Bob Wall, and Chico 101, coached by Chuck Sheley.

Chico, which did better in the past, has lost a lot of runners to their soccer program.

Boys Individuals: 1. John Frank (Central Valley) 13:43; 2. Bob Dippel (Paradise) 14:18; 3. George Tedford (Las Plumas) 14:20; 4. Richardson (Lassen) 14:26; 5. McKendrick (Las Plumas) 14:35.

Boys Teams: 1. Paradise 52; 2. Shasta 92; 3. Enterprise 108; 4. Lassen 112; 5. Central Valley 122.

Girls Individuals: 1. Diane Hughes (Red Bluff) 12:50; 2. Judy Smith (Lassen) 12:56; 3. Kathy Sweeney (Shasta) 13:02;



JOHN FRANK



TOM FORAN



SHELLY NIETO

NORTH COAST SECTION

by Keith Conning

Spring Lake, Santa Rose, November 17:

Jay Marden and Rich Read led Mission San Jose of Fremont to victory in the boys' division. According to their coach Jack Marden, Read tried to upset Marden with a quick early pace, but he just couldn't shake Marden. Instead, Marden replied with his biggest margin (11 seconds) over Read this season. Bret Faffert of San Ramon in Danville, who was third in the NCS 4A qualifying meet behind Marden and Read, ran a strong third ahead of Dennis McDonald (Mt. Eden, Hayward) and Dave Shea (Castro Valley). Paul Grabowsky (San Ramon) finished 6th, with Dave Perlman (Las Lomas, Walnut Creek) 7th, and sophomore Tim Berry (Pleasant Hill) in 8th place. Bruce Williams (Livermore, the brother of Cheri Williams (Oregon), finished 9th.

mont) brought home another individual championship to her school by holding off quick finishing sophomore Robyn MacSwain (Terra Linda, San Rafael). Two Petaluma girls -- Lisa Dailey and sophomore Lori Shanoff -- finished third and fourth. Junior Marcia White (Miramonte, Orinda) took fifth. There was a great battle between sophomore Marilyn Davis (Miramonte, Orinda) and Lisa Sandel (Campolindo, Moraga) for sixth and seventh, with Davis' (2:13 half mile) speed prevailing. Sandel, who transferred from a high school in Alaska, yelled an obscenity at the official who placed her behind Davis. I have a picture showing Davis edging Sandel by a very narrow margin. Freshman Mary Ann Morse of Carondelet in Concord was the top 9th grader with an 8th place finish. Mary Gaffield (El Cerrito), who defeated Strangio in the 4A meet, only finished 20th and Joyce Richardson (Concord), third in the 4A, did not run.

A big upset took place in the girls

ens (CV) 13:07.

Girls Teams: 1. Miramonte 90; 2. Castro Valley 97; 3. Carondelet 105; 4. Petaluma 105; 5. Drake 188; 6. Redwood 143; 7. San Ramon 192; 8. El Cerrito 200; 9. Terra Linda 210; 10. Antioch 222.

SAC-JOQUIN SECTION

by Keith Conning

Sierra College, Rocklin, November 12:

Tom Foran (Mira Loma, Sacramento) won the boys' team race by two seconds over junior Jeff Scott (El Camino, Sacramento). Mike Vail (Mira Loma) was third followed by Torres (Johnson, Sacramento) and Greg Long (Calaveras, San Andreas), who comes from a small town in the gold country, which I pass through on my way to our Boy Scout camp in the Sierra.

Jesuit (Carmichael), coached by Walt Lange, which has only lost to Mission

San Jose Jose this season, dominated the boys' team race with 65 points. Elk Grove 86 and El Dorado 91 also qualified for the Nor Cal Meet. Mira Loma, a perennial power in the section, finished fifth this time behind Bella Vista.

Shelly Nieto (Merced) won the section title in a runaway (21 second margin) over Suzy Martinez (San Juan, Citrus Heights). Sisters Mara and Karen Haase of South Tahoe finished third and fourth. Raquel Santa Cruz (Mira Loma) took fifth. Sarah Chamness (La Sierra, Carmichael) won the girls' race for individuals in 13:24, a time which would have placed her fourth in the team race. She did not qualify for the Nor Cal, because you had to run in the team race. Walt Lange said that the team races were much better this year, with the addition of most of the better individuals.

South Tahoe won the girls' title with 75 points over Cordova 87, and Mira Loma 90. Nieto's Merced team placed fourth with Placer fifth.

Boys Individuals: 1. Tom Foran (Mira Loma) 15:21; 2. Jeff Scott (El Camino) 15:23; 3. Mike Vail (Mira Loma) 15:30; 4. Torres (Johnson) 15:41; 5. Greg Long (Calaveras) 15:42; 6. Franse (Lodi) 15:45; 7. Pedro Reyes (Jesuit) 15:47; 8. Knowles (Vacaville) 15:48; 9. Warr (Vacaville) 15:48; 10. Hoefler (South Tahoe) 15:49.

Boys Teams: 1. Jesuit 65; 2. Elk Grove 86; 3. El Dorado 91; 4. Belle Vista 129; 5. Mira Loma 135; 6. Lodi 150; 7.

photo by Don Gosney



SAN FRANCISCO SECTION

by Keith Conning

This section meet was scheduled after the Nor Cal meet in December. Diane Gong (Lowell) is the only outstanding runner in the section.

OAKLAND SECTION

by Keith Conning

Joaquin Miller Park, November 14:

David Pluth (Skyline) led his team to the boys' title for the 16th consecutive time. Oakland was second with John Young and state meet finalist in the half-mile -- Vincent Wilkens -- finishing second and third.

Jennifer Ray (Oakland) set a new course record of 12:19 to defeat Marta McLeod (Skyline) by nine seconds. However, Skyline won the girls' title with McClymonds second.

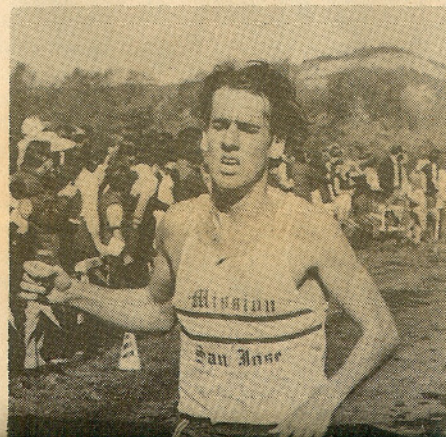
Boys Individuals: 1. David Pluth (Skyline) 13:55; 2. John Young (Oakland) 14:27; 3. Vincent Wilkens (Oakland); 4. Geoff Weber (Skyline); 5. Brett Rat-eaver (Skyline).

Boys Teams: 1. Skyline 23; 2. Oakland 49; 3. McClymonds 92; 4. Castlemont 102.

Girls Individuals: 1. Jennifer Ray (Oakland) 12:19; 2. Marta McLeod (Skyline) 12:28.

Girls Teams: 1. Skyline 22; 2. McClymonds 68.

photo by Keith Conning



fourth. Junior Tiffany Choy (Salinas) held off fellow junior Paula Foanini (Carlmont) for fifth place.

Carlmont, coached by Loren Lansberry, won the girls title with 84 points followed by Gunn 111, Los Gatos 116, Leigh 138, and St. Francis 154.

Boys Individuals: 1. Fernando Balderas (SJ) 14:45.8; 2. Kevin O'Connor (Car) 14:46; 3. Jesse Torres (Ind) 14:59; 4. Jim Kaspari (SF) 15:01; 5. John Hoch (MA) 15:02; 6. Felix Soto (MP) 15:03; 7. Dan Gonzales (MV) 15:07; 8. Nelson Bernal (Wes) 15:10; 9. Mike McCollum (PA) 15:10; 10. Jesse Colvin (Lyn) 15:11.

Boys Teams: 1. Leigh 72; 2. Watsonville 132; 3. St. Francis 136; 4. Los Gatos 137; 5. Hollister 163; 6. Santa Teresa 201; 7. Saratoga 223; 8. Westmont 227; 9. Willow Glen 241; 10. Fremont 248.

Girls Individuals: 1. Kerry Brogan (LA) 17:43.3; 2. Amy Harper (Pro) 17:59; 3. Ruth Day (WG) 18:31; 4. Esther Berndt (Gun) 18:33; 5. Tiffany Choy (Sal) 18:40; 6. Paula Foanini (Car) 18:46; 7. Betty Wilson (Wat) 18:48; 8. Jessica Van Leeuwen (Car) 19:00; 9. Lisa Pelzsynski (LA) 19:03; 10. Jennie Glockner (SH) 19:10.

Girls Teams: 1. Carlmont 84; 2. Gunn 111; 3. Los Gatos 116; 4. Leigh 138; 5. St. Francis 154; 6. Soquel 167; 7. Homestead 259; 8. Aragon 261; 9. Watsonville 268; 10. Palo Alto 292.

photo by Keith Conning



placed third. Corcoran's 44 points was a landslide as they bested the next best team, Hoover, by almost 100 points. Madera actually finished second to Corcoran with 113 points, but was disqualified because some of its runners wore gymnastic-like slippers, which were ruled illegal. The footwear was not disallowed before the race.

As the boys race was tight individually and a runaway teamwise; so, also with the girls. Clovis West's Karen VanWagenen was rated a slight favorite over Cynthia Rogers of Mt. Whitney who had been sick and injured earlier in the season. This time it was VanWagenen's turn to be sick, but she gave it a good fight, following coach Darrel Cox's orders to a tee -- "Hang loose with her the first mile, blast the next half mile, and then hang on." She took off during the first part of the second mile and built up a 40 yard lead, only to see it dwindle out of sight in the final quarter mile. Sophomore, Rogers didn't give up when she was behind and pulled off the big one. Clovis High coach Mike DeCarli also earned a team championship to go with the individual title of Gary Gonzales as the Cougars were convincing winners in the team scoring - the next team, Bakersfield North, had nearly twice as many points in runner-up spot.

Boys Individuals: 1. Gary Gonzales (Clovis) 14:38; Sergio Perez (Corcoran) 14:40; 3. Shawn Smallwood (Corcoran)

photo by Keith Conning





ROBYN MAC SWAIN



RICH READ



DIANE GONG



AMY HARPER

Casa Roble 174; 8. Cordova 179; 9. Riverbank 196; 10. Merced 242.

Girls Individuals: 1. Shelly Nieto (Merced) 12:43; 2. Suzy Martinez (San Juan) 13:04; 3. Mara Haase (South Tahoe) 13:23; 4. Karen Haase (South Tahoe) 13:25; 5. Raquel Santa Cruz (Mira Loma) 13:29; 6. Baker (El Dorado) 13:32; 7. Chituras (Downey) 13:33; 8. Frommelt (Justin-Siena) 13:36; 9. Keeton (Woodland) 13:38; 10. Perrin (Mira Loma) 13:41.

Girls non-team individuals race: 1. Sarah Chamness (La Sierra) 13:24; 2. Troske (Fairfield) 13:41.

Girls Teams: 1. South Tahoe 75; 2. Cordova 87; 3. Mira Loma 90; 4. Merced 118; 5. Placer 157; 6. Casa Roble 159; 7. Ponderosa 197; 8. Lodi 198; 9. Del Oro 205; 10. El Camino 211.

CENTRAL COAST SECTION

by Keith Conning

Crystal Springs, Belmont, November 19:

Fernando Balderas (San Jose) won the individual championship by .8 over Kevin O'Connor (Carlmont, Belmont). Junior Jesse Torres (Independence, San Jose), who placed third, also dipped under fifteen minutes. Jim Kaspari (St. Francis, Mountain View) edged John Hoch (Menlo Atherton) and Felix Soto (Mt. Pleasant, San Jose) for fourth.

Leigh, coached by Bill Hotchkiss, won the boys' championship with 72 points, followed by Watsonville 132, St. Francis 136, Los Gatos 152, and Hollister 163.

Junior Kerry Brogan (Los Altos), a former San Jose Cinderella, won in 17:43, just off Irene Drowley's record of 17:40. Amy Harper (Prospect, Saratoga) finished second and also went under 18 minutes by .1. Two sophomores Ruth Day (Willow Glen, San Jose) and Esther Berndt (Gunn, Palo Alto) were third and

CENTRAL SECTION

by Bill Cockerham

November 16, Woodward Park, Fresno:

A perfect season! How many high school cross country runners can claim to be undefeated all season? Clovis High School junior Gary Gonzales can. He capped his perfect record by winning the C.I.F. Central Section "Valley" Championship, setting a Woodward Park 3 mile course record of 14:38 in the process. Gonzales pulled away after the first mile and settled in for a relaxing run, but was almost caught napping just before the tape when Corcoran's Sergio Perez overcame a wide margin to almost stage the upset.

Perez wasn't without a first place medal, however, as his Panther team won the title for the second year in a row. Corcoran was also aided by defending champion Shawn Smallwood who

14:44; 4. Jesse Cordova (Tranquility) 14:44; 5. Julian Vinton (Sanger) 14:54; 6. Nacho Salinas (Sanger) 15:02; 7. Bob Lohse (Hanford) 15:08; 8. Pete Escobedo (Corcoran) 15:13; 9. Jose Mascorro (Corcoran) 15:16; 10. Alex Gallegos (Tulare Western) 15:18; 11. Manuel Renteria (Madera) 15:20; 12. Ray Gomez (Redwood) 15:21; 13. Nick Scatina (East Bakersfield) 15:21; 14. Ernie Velarde (Madera) 15:23; 15. Vincent Montoya (Clovis) 15:23; 16. Dan Rodriguez (Arvin) 15:24; 17. Luis Frausto (Madera) 15:25; 18. Dave Lehrman (Immanuel) 15:26; 19. Chuck Shoshone (Fresno) 15:27; 20. Dean Walker (Hoover) 15:28.

Boys Teams: 1. Corcoran 44; 2. Hoover 132; 3. Clovis 138; 4. Sanger 142; 5. Redwood 151; 6. Hanford 208; 7. East Bakersfield 221; 8. Foothill 250; 9. Arvin 255; 10. Fresno 263; 11. McLane 315; 12.

Girls Individuals: 1. Cynthia Rogers (Mt. Whitney) 11:35; 2. Karen Van Wagenen (Clovis West) 11:50; 3. Crystal Berst (North Bakersfield) 11:59; 4.

Jenny Lloyd (Clovis) 12:01; 5. Gail Moffitt (Exeter) 12:11; 6. Tracy Choeffeld (Foothill) 12:15; 7. Heidi Becker (Fresno) 12:19; 8. Diane Arredonde (Corcoran) 12:20; 9. Shirley Rojas (Redwood) 12:21; 10. Kathy Adame (Madera) 12:24; 11. Keri Palmer (North Bakersfield) 12:28; 12. Barbara Barnes (Hoover) 12:33; 13. Katie Meyers (Lemoore) 12:35; 14. Teri Nelson (West Bakersfield) 12:35; 15. Judy Penniger (Clovis) 12:39; 16. Erika Neilson (Clovis) 12:40; 17. Karyn Ward (Mt. Whitney) 12:42; 18. Linda Gonzales (Exeter) 12:43; 19. Wendy Vasquez (Redwood) 12:45; 20. Brenda Wilcox (Clovis) 12:45.

Girls Teams: 1. Clovis 64; 2. North Bakersfield 123; 3. Mt. Whitney 130; 4. West Bakersfield 136; 5. Exeter 139; 6. Redwood 146; 7. Lemoore 187; 8. South Bakersfield 224; 9. Tulare 243; 10. Sanger 245; 11. Fresno 266; 12. Foothill 288.



CYNTHIA ROGERS

LOS ANGELES CITY SECTION

by Bruce Thomson

one of five runners in the lead pack after the first mile. Also in the lead pack was Jim Kurtzman, a state finalist in the two mile last year, Mark Emdee of Narbonne, James Isom of Westchester and Bob Groves of Kennedy. At 1½ miles Emdee and Schuman were ahead with Isom and newcomer Daniel Artega of Banning right behind them. Groves and Kurtzman were some ten yards off the pace. Going up the next to last hill with a little less than a mile to go, Emdee had a twenty yard lead and looked strong. The surprise was that Tyrus Deminter of Jefferson who had been in about tenth place only half a mile earlier seemed to be running a well planned race and was now occupying second place. Schuman was another twenty yards back with Isom and Artega right behind him. Groves was still up there but Kurtzman was out of the running and would eventually finish about 20th. At this point it appeared that Emdee had the race "in the bag," but the next four places were still "up for grabs." Isom, who was a 1:54 half miler last year, took over second place with about 600 yards remaining and held it to the end. Artega also had moved past the tiring Deminter and had third place wrapped up. Schuman had dropped into fifth place when Isom and Artega made their move, but he was able to pass Deminter 150 yards from the finish to claim fourth place. Deminter had just enough to hold off the fast closing Groves to come in fifth, one second ahead of Groves.

Steve Schuman will have another chance - in track - and is a good bet to take the city two mile title. Venice will have to wait for next cross country season, though it may well be worth it as their top three men are all returning. Of course, as proven in this year's finals, anything can happen and often does happen.

Boys Individuals: (3.08 miles) 1. Mark Emdee (Narbonne) 15:13; 2. James Isom (Westchester) 15:22; 3. Daniel Artega (Banning) 15:27; 4. Steve Schuman (University) 15:32; 5. Tyrus Deminter (Jefferson) 15:35; 6. Bob Groves (Kennedy) 15:36; 7. Steve Rivera (Venice) 15:42; 8. Tim Silva (Van Nuys) 15:43; 9. Robert Barkas (Venice) 15:49; 10. Tracy Fossen (Monroe) 15:54.

The winds made direct comparisons between different race times not entirely justifiable -- it depended upon which particular wind-storm you ran in.

There was torrid competition on all levels, with enough upsets and reversals of form to make the day interesting.

Women's 2A:

Vickie Cook of Alemany blasted away to the fastest women's time of the day in winning the race in 12:10.5 (she set a course record 11:52 in last week's prelims). She was followed in second by her teammate Dee Dee Deegan in 12:38, as the duo paced Alemany to a second place effort as a team. Westlake, under coach Terry Manning, with six underclass girls in his top seven, nipped Alemany for the team title 77-90. Team favorite, defending champion San Marino, lost two of its top four lately and slipped to fifth.

Individuals: 1. Cook (Alemany) 12:15.5; 2. Deegan (Alemany) 12:38; 3. Kiernan (Los Amigos) 12:48; 4. Metzger (Rio Mesa) 12:54; 5. Van Steenberg (San Marino) 12:57; 6. Lopez (Sacred Heart) 13:04; 7. McClelland (San Marino) 13:08; 8. Torres (Bassett) 13:09; 9. Bonilla (Los Amigos) 13:11; 10. Ford (Westlake) 13:18.

photo by Don Gosney



Teams: 1. Westlake 77; 2. Alemany 90; 3. La Canada 122; 4. South Pasadena; 5. San Marino 126; 6. Marymount 156; 7. Rosemead 183; 8. Calabasas 199; 9. Paso Robles 205; 10. Moreno Valley 215; 11. Coachella Valley 241; 12. Paraclete 260.

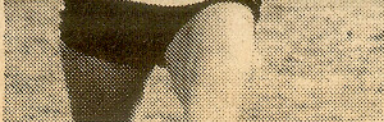
Women's 3A

The day's surest bet as a team, Saugus, came through with the day's widest margin of victory (63-105 over Bishop Amat). The Centurions of coach Steve Spraker also supplied the individual winner, as junior Shelly Hazlett churned to a 12:27.6 win. The Ebinger clan of Bishop Amat is into its female phase, as Therese (3rd) and Kathleen (6th) led the Lancers to second as a team.

Individuals: 1. Hazlett (Saugus) 12:27; 2. White (Lowell) 12:42; 3. T. Ebinger (Bishop Amat) 12:46; 4. Karamitsos (Righetti) 12:53; 5. Jessen (Dana Hills) 13:04; 6. K. Ebinger (Bishop Amat) 13:11; 7. Steele (Saugus) 13:28; 8. Spotts (Redondo) 13:29; 9. Lopat (Laguna Beach) 13:30; 10. Romo (North Torrance) 13:32; 11. Buzza (Arroyo Grande) 13:33; 12. Riel (Mater Dei) 13:33; 13. Baker (Capistrano Valley) 13:33; 14. Durrand (Laguna Beach) 13:34; 15. K. Dube (Mater Dei) 13:34.

photo by Keith Conning





CYNTHIA ROGERS

LOS ANGELES CITY SECTION

by Bruce Thomson

December 8, Pierce College:

For the second straight year, Venice High School could not come up with the clutch performances needed for victory and Steve Schuman failed in his quest to give University High School its third consecutive L.A. City individual cross country champion. Banning High School, led by Daniel Artega, who finished third, some 14 seconds behind individual winner Mark Emdee's 15:12, upset favored Venice over the 3.08 mile course at Pierce College. Carson tied Banning for the team crown, but finished second due to the lower overall finish of its sixth man (53rd place for Carson, 44th place for Banning).

Venice, runner up in last years finals, were the favorites going into this year's cross country finals, but with sub-par performances from its fourth and fifth men, they had to settle for third place. Banning and Carson both snuck in ahead of Venice with better balanced teams. Banning's fifth-man was 34th while Carson, whose highest finisher was twelfth, claimed 32nd place for its fifth runner. Venice was the only team to have two men in the top ten, and both of them were underclassmen. Tenth grader Steve Rivera finished seventh in 15:42 while junior Robert Barkas ran 15:49 which was good enough for ninth place.

Steve Schuman had played second fiddle to his University High School teammate, Paul Medvin, his first two years. Who wouldn't play second fiddle to the two time city cross country and state mile champion? But now, in his final year, and first without Paul, he was the favorite going into the cross country championship. It started well, as he was

have to wait for next cross country season, though it may well be worth it as their top three men are all returning. Of course, as proven in this year's finals, anything can happen and often does happen.

Boys Individuals: (3.08 miles) 1. Mark Emdee (Narbonne) 15:13; 2. James Isom (Westchester) 15:22; 3. Daniel Artega (Banning) 15:27; 4. Steve Schuman (University) 15:32; 5. Tyrus Deminter (Jefferson) 15:35; 6. Bob Groves (Kennedy) 15:36; 7. Steve Rivera (Venice) 15:42; 8. Tim Silva (Van Nuys) 15:43; 9. Robert Barkas (Venice) 15:49; 10. Tracy Fossen (Monroe) 15:54.

Boys Teams: 1. Banning 78; 2. Carson 78; 3. Venice 91; 4. Monroe 98; 5. Jefferson 132; 6. Narbonne 135; 7. Kennedy 148; 8. Palisades 164; 9. University 168.

Girls Individuals: 1. Miller (Chatsworth) 12:30.4; 2. Howell (University) 12:36; 3. Simmons (El Camino Real) 12:45; 4. Garcia (Cleveland) 12:49; 5. Paine (Taft) 13:06; 6. Louth (Verdugo Hills) 13:07; 7. Green (Roosevelt) 13:12; 8. Jazwa (Kennedy) 13:17; 9. Sherman (University) 13:18; 10. Hall (Kennedy) 13:19.

Girls Teams: 1. University 76; 2. Chatsworth 79; 3. Banning 97; 4. Cleveland 113; 5. Taft 121.

SOUTHERN SECTION

by Doug Speck

November 24, Lake Castaic:

After seven years of Southern Section Cross Country Finals competition at Mt. SAC CC, the meet this year was moved to Lake Castaic Park for a touch of variety. Hosted by former Canyons High School(Saugus) and new Occidental College track and cross country mentor Bill Harvey and Quartz Hills' Don Crimin, the two and three mile courses featured some mild ups and down on concrete, hard-packed dirt, and even some beach sand in the men's race. The clear, cool weather was marred only by some horrendous winds (30-50 miles per hour) that blasted into the faces of runners during most of the last mile on both



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Teams: 1. Saugus 68; 2. Bishop Amat 105; 3. Mater Dei 129; 4. Laguna Beach 147; 5. Arroyo Grande 152; 6. North Torrance 159; 7. Dana Hills 164; 8. Quartz Hill 177; 9. Capistrano Valley 180; 10. San Luis Obispo 181; 11. Brea Olinda 192; 12. Bishop Montgomery 215.

Women's 4A

Edison (Huntington Beach), ranked number one all season long, was upset by Palos Verdes 88-99. Seemingly unbeatable in Southern California cross country circles in recent years, Edison fell to Bob Latham's girls who went out hard and hung on while a couple of the Charger stars faded in the last 1320. Anabelle Villanueva and teammate Beth McGlinchey from Fountain Valley moved to a surprising 1-2 sweep at 12:31 and 12:32. Evelyn Acuna of San Gabriel was a surprising third at 12:44.

Individuals: 1. Villanueva (Fountain Valley) 12:31; 2. McGlinchey (Fountain Valley) 12:32; 3. Acuna (San Gabriel) 12:44; 4. Plummer (University) 12:51; 5. Carpenter (Santa Barbara) 12:52; 6. Kneeshaw (Foothill) 12:53; 7. Bergsohn (Dos Pueblos) 13:02; 8. Scott (Corona Del Mar) 13:04; 9. Ludovise (Corona Del Mar) 13:05; 10. Bensch (Palos Verdes) 13:06; 11. Andrea Kirkorn (Edison) 13:07; 12. Lantry (Edison) 13:07; 13. D. Vogt (Palos Verdes) 13:08; 14. Scaduto (Santa Monica) 13:09; 15. Holquin (University) 13:15.

Teams: 1. Palos Verdes 88; 2. Edison 99; 3. Corona Del Mar 114; 4. University 133; 5. Dos Pueblos 140; 6. Newbury Park 143; 7. Foothill 146; 8. Costa Mesa 171; 9. Fountain Valley 176; 10. Arcadia 180; 11. West Torrance 276; 12. Santa Barbara 292.

Men's 1A

Coach Don Blair Finally had his LaSalle (Pasadena) team healthy and they ran a fine team race to soundly defeat Sherman Indian Institute (Riverside) 59-90. Sherman had scored a perfect 15 points the previous week in the prelim heat. Atascadero's Greg Baxter (15:03) defeated LaSalle's 9:13 two miler Mark Ruelas (15:09) for the individual title -- reversing their finish in last year's 1A final where Ruelas was

Men's 3A

A wide open team battle was set up after favored Mission Viejo lost Jeff Vandereems (a 9:02.5 two miler last spring) with an injury in the Prelims last week. The Golden Hawks of El Dorado (Placentia) emerged as the narrow team victors over Barstow 92-94. Don Orr (Upland) bucked the wind best in the final 880 to emerge as the individual winner at 15:26.

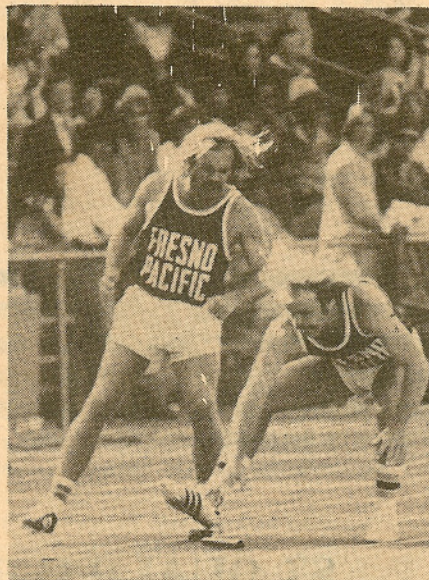
Individuals: 1. D. Orr (Upland) 15:26; 2. Morris (Barstow) 15:29; 3. Carlton (Northview) 15:32; 4. Camacho (Walnut) 15:32; 5. Tomas (El Dorado) 15:33; 6. Terriguez (Buena Park) 15:35; 7. Martinez (Quartz Hill) 15:47; 8. McDonnell (Burrughs, Burbank) 15:48; 9. P. Orr (Upland) 15:49; 10. Adams (Valencia) 15:54; 11. Dunn (Arroyo Grande) 16:01; 12. Valdez (Righetti) 16:01; 13. Vert (Mission Viejo) 16:02; 14. Saldana (Burbank) 16:02; 15. Royball (Saugus) 16:03.

Teams: 1. El Dorado 92; 2. Barstow 94; 3. Mission Viejo 116; 4. Burroughs-Burbank 131; 5. Upland 146; 5. Walnut 146; 7. Buena Park 164; 8. Saugus 171; 9. Burbank 190; 10. Arroyo Grande 209; 11. Norco 215; 12. Quartz Hill 227.

Men's 4A

Form fell by the wayside as the undefeated team, Thousand Oaks, and individual, Jon Butler (Edison), both met defeat for the first time this year. Foothill of Santa Ana, a finalist eight of the last nine years, finally won it for Coach Jerry Whitaker -- using their depth to outscore T.O. 94-115. The individual battle marked the big-time emergence of Barasa Thomas, a Kenyan (yes!!!) foreign exchange student at Santa Barbara who won at 14:49. A junior, Thomas ran 9:15.2 for two miles last spring -- today he moved away from Dos Pueblos' Ed Callaway in the last half mile. Butler never was able to pull up and get contact after the first mile and one-half.

Individuals: 1. Thomas (Santa Barbara) 14:49.4; 2. Callaway (Dos Pueblos) 15:06; 3. Butler (Edison) 15:07; 4. Perez (San Gorgonio) 15:08; 5. Bowlus (Rolling Hills) 15:15; 6. LaCrosse (Costa Mesa) 15:23; 7. Dunlap (Thousand Oaks) 15:23; 8. Harold (El Modena) 15:27; 9. Adams (Foothill)



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SAN DIEGO SECTION

from Jeff Rigdon

November 28, Morley Field:

Girls 1A

San Pasqual High's Terrie Brown captured the 1A girls crown in 13:24 and then had to wait until the 3A race finished to determine hers was the fastest time of the day over the 2.3-mile course. Brown, who defended her title, was not pressed in winning by 35 seconds. Fallbrook took the team title in a tight race with Coronado 54-67.

Individuals: 1. Brown (San Pasqual) 13:24; 2. Truscott (Santa Fe Christian) 13:59; 3. Thompson (Ramona) 14:03; 4. Peragine (Uni) 14:21; 5. Yoder (El Cajon) 14:25; 6. Crosson (Fallbrook) 14:26; 7. Zyseda (Fallbrook) 14:31; 8. Mata (San Marcos) 14:48; 9. Tiznado (Mar Vista) 14:49; 10. Levy (Coronado)

Boys 1A

Southwest High topped La Jolla Country Day for the team crown but individually, the Torres' Andy Morabe outran Southwest's Juan Pina for first place. Morabe's time was 16:20 to Pina's 16:31; however, Southwest had three other runners in the top ten to pace it to its first ever CIF title.

Individuals: 1. Marabe (Country Day) 16:20; 2. Pina (Southwest) 16:31; 3. Marsh Country Day) 16:39; 4. Moreno (Southwest) 16:47; 5. Schmander (Santa Fe Christian) 16:52; 6. O'Neal (Ocean-side) 16:56; 7. Davies (University) 17:04; 8. Davis (El Camino) 17:08; 9. Learo (Southwest) 17:10; 10. Harrison (Southwest) 17:13.

Teams: 1. Southwest 41; 2. La Jolla Country Day 80; 3. University 88; 4. El Camino 96; 5. Mar Vista 142.

171; 9. Fountain Valley 176; 10. Arcadia 180; 11. West Torrance 276; 12. Santa Barbara 292.

Men's 1A

Coach Don Blair Finally had his LaSalle (Pasadena) team healthy and they ran a fine team race to soundly defeat Sherman Indian Institute (Riverside) 59-90. Sherman had scored a perfect 15 points the previous week in the prelim heat. Atascadero's Greg Baxter (15:03) defeated LaSalle's 9:13 two miler Mark Ruelas (15:09) for the individual title -- reversing their finish in last year's 1A final, where Ruelas won on the Mt. SAC rain course.

Individuals: 1. 1. Baxter (Atascadero) 15:03; 2. Ruelas (LaSalle) 15:09; 3. Selinas (Sherman Indian) 15:28; 4. Roach (LaSalle) 15:33; 5. Armbruster (Paso Robles) 15:35.

Teams: 1. LaSalle 59; 2. Sherman Indian 90; 3. Atascadero 93; 4. Rim of World 130; 5. Twentynine Palms 132; 6. Perris 155; 7. Bosco Tech 184; 8. Cathedral 192; 9. Carpinteria 212; 10. Notre Dame (Riverside) 215; 11. Whittier Christian 237; 12. Fillmore 258.

Men's 2A

Salesian (Los Angeles) ran a good team race to bring home its third championship over a period of years for Brother Tom Keegan. They return six of their top seven next year -- their 81 points brought them in ahead of the Rio Hondo League trio of La Canada (105), San Marino (108), and South Pasadena (123). Mike Parkinson of South Pasadena, a 4:14.4 miler last spring, was the narrow individual winner in 14:49.3 over Andy DiConti of La Canada (14:50).

Individuals: 1. Parkinson (South Pasadena) 14:49; 2. DiConti (La Canada) 14:50; 3. Torres (Alemany) 15:10; 4. Collins (Yucaipa) 15:15; 5. Martinez (Salesian) 15:17; 6. Padilla (Indio) 15:27; 7. DeAnda (Salesian) 15:32; 8. Contreras (Indio) 15:34; 9. Alahuzos (St. Francis) 15:38; 10. Velasquez (El Monte) 15:39.

Teams: 1. Salesian 81; 2. La Canada 105; 3. San Marino 108; 4. South Pasadena 123; 5. Indio 133; 6. Alemany 139; 7. Pioneer 151; 8. Central (El Centro) 152; 9. St. Francis 204; 10. Los Amigos 222; 11. Victor Valley 235; 12. Rio Mesa 277.

emergence of Barbara Thomas, a Kenyan (yes!!!) foreign exchange student at Santa Barbara who won at 14:49. A junior, Thomas ran 9:15.2 for two miles last spring -- today he moved away from Dos Pueblos' Ed Callaway in the last half mile. Butler never was able to pull up and get contact after the first mile and one-half.

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Teams: 1. Foothill 94; 2. Thousand Oaks 115; 3. Dos Pueblos 120; 4. University 135; 5. Agoura 155; 6. Costa Mesa 159; 7. El Modena 164; 8. Simi Valley 167; 9. Mira Costa 179; 10. Rolling Hills 186; 11. Villa Park 195; 12. Corona Del Mar 208.

Southern Section Roadside Notes:

An annoying point for spectators has become the proliferation of teams that run in jerseys with no school identification. All the new running gear on the market makes changeovers attractive, but it is tough enough to figure out what is happening in a race without any identification on a couple of the teams.

Thomas (Santa Barbara 4A winner) appeared to dominate this field the way his countrymen have at the college ranks. He sure seems mature -- but then what does a 17-year old Kenyan look like anyway??

Palos Verdes' 4A girls win marks the fifth straight year that Coach Bob Latham has had a varsity team place either first or second in the section -- and his third straight winner (to go with the boys' wins the past two years). An amazing record in a very competitive area.

Now if we only had the state meet to look forward to -- about the second week in December at, say, Woodward Park in Fresno with the South's best against the North's stars....well....dream on!

then had to wait until the 3A race finished to determine hers was the fastest time of the day over the 2.3-mile course. Brown, who defended her title, was not pressed in winning by 35 seconds. Fallbrook took the team title in a tight race with Coronado 54-67.

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Teams: 1. Fallbrook 54; 2. Coronado 67; 3. Mar Vista 85; 4. San Pasqual 106; 5. University 129.

Girls 2A

Teresa Foskett of El Capitan held back the first mile before pulling away from La Jolla's Lynda Prentice and Santana's Tina Allen to win by ten seconds over Prentice 13:54 to 14:04. El Capitan ran away with the team title.

Individuals: 1. Foskett (El Capitan) 13:54; 2. Prentice (La Jolla) 14:04; 3. Allen (Santana) 14:20; 4. Rowlett (El Capitan) 14:26; 5. Hernandez (Serra) 14:32; 6. Rodriguez (Sweetwater) 14:36; 7. Ybarra (San Diego) 14:38; 8. Essel (Castle Park) 14:43; 9. Scott (Crawford) 14:49; 10. Phillips (Hilltop) 14:54.

Teams: 1. El Capitan 56; 2. Serra 93; 3. Crawford 96; 4. La Jolla 135; 5. Poway 139.

Girls 3A

Sue Gelley of Monte Vista paced her Monte Vista team to a narrow victory over Helix for the team title. The team race may have been tight, but Gelley had no trouble in winning the individual crown outrunning second place Betsy Chadwick 13:26 to 13:38.

Individuals: 1. Gelley (Monte Vista) 13:26; 2. Chadwick (Mira Mesa) 13:38; 3. Tanner (Vista) 13:51; 4. James (Bonita Vista) 13:52; 5. Muceus (Vista) 13:53; 6. Cannizzaro (Helix) 13:54; 7. Dewey (Monte Vista) 14:00; 8. Fassbender (Mt. Carmel) 14:10; 9. Rose (Helix) 14:12; 10. Trask (Mt. Carmel) 14:14.

Teams: 1. Monte Vista 61; 2. Helix 65; 3. Vista 85; 4. Mt. Carmel 119; 5. Valhalla 126.

other runners in the top ten to pace it to its first ever CIF title.

Individuals: 1. Marabe (Country Day) 16:20; 2. Pina (Southwest) 16:31; 3. Marsh Country Day) 16:39; 4. Moreno (Southwest) 16:47; 5. Schmander (Santa Fe Christian) 16:52; 6. O'Neal (Oceanside) 16:56; 7. Davies (University) 17:04; 8. Davis (El Camino) 17:08; 9. Learo (Southwest) 17:10; 10. Harrison (Southwest) 17:13.

Teams: 1. Southwest 41; 2. La Jolla Country Day 80; 3. University 88; 4. El Camino 96; 5. Mar Vista 142.

Boys 2A

Point Loma's Rollie Wingo sprinted out to the lead after 100 yards and never slowed down, clocking a 15:45 to win the division by 21 seconds over Hilltop's Frank McNally. Serra's Scott Rivera, who sped to a 15:41 in the prelims was third at 16:19. Wingo said, "Last week I'd put in so much mileage my legs were heavy. But today I felt light and strong. I felt fresh throughout." He also mentioned he logged over 1,400 miles this summer and continued the overdistance training until the past week.

Individuals: 1. Wingo (Pt. Loma) 15:45; 2. McNally (Hilltop) 16:06; 3. Rivera (Serra) 16:19; 4. St. Marie (San Dieguito) 16:26; 5. Sparks (Fallbrook) 16:35; 6. Beyster (La Jolla) 16:39; 7. Tuck (Torrey Pines) 16:49; 8. Cook (Serra) 16:56; 9. Sanders (Orange Glen) 16:59; 10. Hastings (Pt. Loma) 16:59.

Teams: 1. Serra 66; 2. Fallbrook 84; 3. Hilltop 96; 4. Crawford 114; 5. San Dieguito 114.

Boys 3A

Patrick Henry's Sean Evans raced around the 5,000 meter course in 15:32 to win the championship with the fastest time of the day. The Henry senior was a 25 yard victor over Monte Vista's Javier Sandoval. Grossmont League champ Helix defended its team crown, scoring 44 points to Monte Vista's 78. "He was tough, real mean," said Evans of Sandoval. "I kept listening to the crowd and they'd tell me if he was moving up. Two times he made a run at me but each

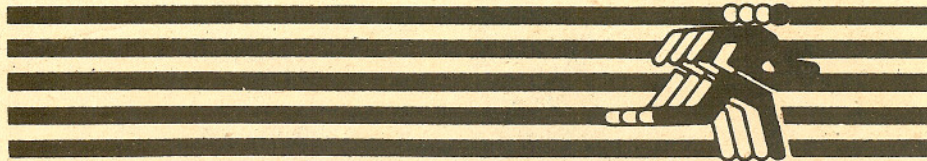


time I was able to hold him off. I was worried about him all the way to the finish line." Grossmont League champion Adam Parra and teammate John Seeman finished in the next two spots, joining seventh place Stan Aguilar in the top 10 as the Scotties easily defended.

Individuals: 1. Evans (Henry) 15:32; 2. Sandoval (Monte Vista) 15:31; 3. Parra

(Helix) 15:49; 4. Seeman (Helix) 16:09; 5. Montes (Monte Vista) 16:10; 6. Farrar (Granite Hills) 16:13; 7. Aguilar (Helix) 16:15; 8. Ferguson (Clairemont) 16:18; 9. Ivy (Santana) 16:21; 10. Vasquez (Monte Vista) 16:22.

Teams: 1. Helix 44; 2. Monte Vista 78; 3. Mira Mesa 91; 4. Henry 96; 5. Madison 120.



RUN TO BE FIT IS A PROGRAM OF THE KINNEY SHOE CORPORATION

KINNEY PREP XC WEST QUALIFIER

by DON GOSNEY



Start of Girls 2.93 Mile

photo by Don Gosney



photo by Don Gosney

Front Row (left to right): John Butler, Mike Pyeatt, Rich Read, Andy DiConti.

Back Row (left to right): Vern Gambetta, Barasa Thomas, Mike McGlade, Jay Marden, Bob Latham.

RESULTS

Boys 2.93 mile (course record- 14:32 by Mitch Kingery, San Carlos High School):

1. Barasa Thomas (Santa Barbara) 14:37; 2. Andy DiConti (La Canada) 14:40; 3. Jay Marden (Fremont) 14:41; 4. Mike McGlade (Mead, WA) 14:42; 5. Rich Read (Fremont) 14:45; 6. Jon Butler (Huntington Beach) 14:47; 7. Mike Pyeatt (Issaquah, WA) 14:48; 8. Kent Newman (Pocatello, ID) 14:57; 9. John Begay (Chinle, AZ) 14:59; 10. John Spilman (Simi Valley) 15:01; 11. Jeff Scott (Sacramento) 15:05; 12. Dane Thorleifson (Tempe, AZ) 15:07; 13. Kevin O'Connor (San Mateo) 15:08; 14. Luis Torres (Pacoima) 15:09; 15. Chris Bowlus (Rolling Hills) 15:14; 16. Kenney Bobelu (Zuni, NM) 15:25; 17. Boyd Dunn (Arroyo Grande) 15:27; 18. Mark Ruelas (Azusa) 15:28; 19. Sergio Alonso (Alhambra) 15:29; 20. Bill Cammararo (Tacoma, WA) 15:30; 21. Bill Hanigan (Port Orchard, WA) 15:34; 22. Jay Ost (Pocatello, ID) 15:37; 23. Ed Dotter

Girls 2.93 mile (New course record, old record 17:01, by Roxanne Bier, Independence HS):

1. Ellen Lyons (Boise, ID) 16:30.6; 2. Vickie Cook (Northridge) 16:49; 3. Eliza Carney (Tempe, AZ) 17:10; 4. Kathy Kaernan (Fountain Valley) 17:27; 5. Kerry Brogan (Los Altos) 17:32; 6. Roxanne Bier (San Jose) 17:37; 7. Cathy Demmelmaier (San Jose) 17:40; 8. Diane Harrell (Palos Verdes) 17:42; 9. Mary Gaffield (El Cerrito) 17:49; 10. Cindy Crow (Twin Falls, ID) 17:51; 11. Kathy Knowlton (Federal Way, WA) 17:52; 12. Shelly Nieto (Merced) 17:54; 13. Deedee Deegan (Granada Hills) 17:54; 14. Patty Ley (Tacoma, WA) 18:02; 15. Diane Gong (San Francisco) 18:03; 16. Cynthia Rogers (Visalia) 18:04; 17. Robyn MacSwain (San Rafael) 18:09; 18. Carol Karamitsos (Santa Maria) 18:16; 19. Ann Scott (Balboa Island) 18:23; 20. Lisa Johnson (Portland, OR) 18:25; 21. Kris Katterhagen (Tacoma, WA) 18:26; 22. Amy Harper (San Jose) 18:27; 23.



photo by Don Gooney

Start of Girls 2.93 Mile

December 1, Crystal Springs Reservoir, Belmont, California: Kinney Prep Cross Country National Meet Qualifier.

The weather was perfectly overcast with the temperatures in the high 50's. The course was one big hill. The competition was keen and the runners were FAST.

That was the setting for the Western qualifier for the first Kinney Prep Cross Country Championship to be held at Balboa Park in San Diego on December 8. In an effort to help promote their "Run to be Fit" program, the Great American Shoe Store has poured lots of bucks and time into the bringing together of the best of the preps to determine a national champion. Whether it is really possible isn't really important. What was important, though, is that the Kinney people have provided several very good races and are making every effort to see a national prep cross country meet become a reality. If any of the other area qualifying meets were of nearly the same caliber as this one, then there certainly must be a lot of satisfied fans.

Proving to all that the corporate powers have a sense of humor, the Kinney people got everyone to laughing from the start when they drove right onto the course in their big black Cadillac limousine. A lot of people might have resented something like this but runners and fans, being the mellow and laid back lot that they are, just laughed out loud at Kinney's little joke. When it came to the meet itself, however, the Kinney people were all business. With Vern Gambetta and Bob Latham leading

the multitudes of meet personnel, everything was handled just like they knew what they were doing.

From the beginning of the first race when the eighty or so studs came thundering down the first hill, it was obvious that everyone wanted and was qualified for one of the seven spots that would send them on to the championship. Barasa Thomas, the Kenyan from Santa Barbara, took the early lead from Andy DiConti and Jay Marden and never looked back until he had won the race. With Thomas and Marden both being juniors, next year's possibilities are looking very good.

The Bay Area thought it had some pretty good runners in the women's division with some even believing that there weren't too many that could be better. They found out different when Ellen Lyons showed up. The Idaho State Champion led a bevy of not too well known young ladies in a very fast race. Miss Lyons shattered the old course record by nearly thirty seconds to record a time of 16:30.6 on the hilly 2.9 mile layout. Her running was so impressive, though, that it nearly overshadowed that of Vickie Cook from Northridge who also beat the old course standard.

Watching a meet of this caliber can be just as sickening as it is enjoyable, however, since there were so many college coaches at the meet just drooling over the thought that they might have a chance at getting just one of the runners to run for their school. It was a coaches dream come true.

(Pocatello, ID) 14:57; 9. John Begay (Chinle, AZ) 14:59; 10. John Spilman (Simi Valley) 15:01; 11. Jeff Scott (Sacramento) 15:05; 12. Dane Thorleifson (Tempe, AZ) 15:07; 13. Kevin O'Connor (San Mateo) 15:08; 14. Luis Torres (Pacoima) 15:09; 15. Chris Bowlus (Rolling Hills) 15:14; 16. Kenney Bobelu (Zuni, NM) 15:25; 17. Boyd Dunn (Arroyo Grande) 15:27; 18. Mark Ruelas (Azusa) 15:28; 19. Sergio Alonso (Alhambra) 15:29; 20. Bill Cammararo (Tacoma, WA) 15:30; 21. Bill Hanigan (Port Orchard, WA) 15:34; 22. Jay Ost (Pocatello, ID) 15:37; 23. Ed Dotter (Spokane, WA) 15:39; 24. Ray Cook (Northridge) 15:39; 25. Dennis McDonald (Hayward) 15:42.

26. Harrell (Palos Verdes) 17:42; 8. Diane Gaffield (El Cerrito) 17:49; 10. Cindy Crow (Twin Falls, ID) 17:51; 11. Kathy Knowlton (Federal Way, WA) 17:52; 12. Shelly Nieto (Merced) 17:54; 13. Deedee Deegan (Granada Hills) 17:54; 14. Patty Ley (Tacoma, WA) 18:02; 15. Diane Gong (San Francisco) 18:03; 16. Cynthia Rogers (Visalia) 18:04; 17. Robyn MacSwain (San Rafael) 18:09; 18. Carol Karamitsos (Santa Maria) 18:16; 19. Ann Scott (Balboa Island) 18:23; 20. Lisa Johnson (Portland, OR) 18:25; 21. Kris Katterhagen (Tacoma, WA) 18:26; 22. Amy Harper (San Jose) 18:27; 23. Maria King (Milpitas) 18:32; 24. Katherine Santini (Seattle, WA) 18:46; 25. Shirley Rojas (Visalia) 18:49.

photo by Keith Conning

Northern California Championship

by Keith Conning

November 24, Crystal Springs, Belmont: Northern California Championships.

John Frank (Central Valley), who comes from a small school near the Shasta Dam north of Redding and won the Northern Section, pulled a big surprise by defeating the previously undefeated Jay Marden (Mission San Jose, Fremont), the NCS champion, by 14 seconds over a very wet and sloppy Crystal Springs course. Frank had been virtually untested this year, except for his Chico Invitational victory over Pedro Reyes (Jesuit, Carmichael) by 5 seconds. Bret Baffert (San Ramon, Danville) upset Rich Read (Mission San Jose) with his third place finish. Central Coast Section champion Fernando Balderas (San Jose) finished fifth, followed by Jim Kaspari (St. Francis, Mountain View) and Jeff Scott (El Camino, Sacramento). Angel Vasquez (Watsonville), who finished eighth, led his team to victory.

Watsonville won the boys title with 80 points in another big upset. Mission San Jose, Jesuit, and Leigh were the



JOHN FRANK

pre-meet favorites. Jesuit placed second with 100 points followed by El Dorado (Placerville) 108, Leigh 114, and Mission San Jose 120. Mission had three runners in the top sixteen, but their fourth and fifth runners prevented them from defending their title.

Kerry Brogan (Los Altos), the Central Coast Section champion, defeated Shelly Nieto (Merced), the Sac-Joaquin Section champion by nine seconds, and Robin MacSwain (Terra Linda, San Rafael), the North Coast Section runnerup by seventeen seconds. Liz Strangio (Mission San Jose, Fremont), the North Coast Section champion and one of the pre-meet favorites, fell down in the first mile on a very slippery course and finished in 42nd place. Diane Gong (Lowell, San Francisco), who seems to love the Crystal Springs course, placed fourth and Amy Harper (Prospect, Saratoga) took fifth. That Petaluma two-some of Lori Shanoff and Lisa Dailey again ran together in sixth and seventh.

Castro Valley, the NCS runnerup, surprised a lot of people by winning the girls title with 101 points. Their girls placed 5th, 8th, 20th, 27th, and 41st. Carlmont, the CCS champion, took second with 108 points, followed by Mira Loma, the third place Sac-Joaquin Section team, with 112. Miramonte (Orinda), the NCS champion, slipped to fourth with 115, partially due to Marcia White's seventeenth place. White's teammate sophomore Marilyn Davis again ran well in eleventh place, but this time finished behind strong Lisa Sandel (Campolindo, Moraga). Lassen, the Northern Section champion, finished fifth with 134.

RESULTS

Boys Individuals: 1. John Frank (Central Valley) 14:51.6; 2. Jay Marden (Mission San Jose) 15:05; 3. Bret Baffert (San Ramon) 15:07; 4. Rich Read (Mission San Jose) 15:12; 5. Fernando Balderas (San Jose) 15:16; 6. Jim

photo by Don Gosney



KERRY BROGAN

Kaspari (St. Francis) 15:21; 7. Jeff Scott (El Camino) 15:26; 8. Angel Vasquez (Watsonville) 15:31; 9. Pedro Reyes (Jesuit) 15:32; 10. Mike McCollum (Palo Alto) 15:34; 11. Jesse Torres (Independence) 15:39; 12. Tom Foran (Mira Loma) 15:40; 13. Dave Shea (Castro Valley) 15:45; 14. Kevin O'Connor (Carlmont) 15:46; 15. Rob Biondo (Piner) 15:49; 16. John Carey (Mission San Jose) 15:51; 17. Greg Long (Calaveras) 15:54; 18. Mark Hoefer (South Tahoe) 15:55; 19. Mike Redmond (El Dorado) 15:56; 20. Dennis McDonald (Mt. Eden) 15:57.

Boys Teams: 1. Watsonville 80; 2. Jesuit (Sacramento) 100; 3. El Dorado (Placerville) 108; 4. Leigh (San Jose 114; 5. Mission San Jose (Fremont) 120; 6. Elk Grove 148; 7. San Ramon (Danville) 173; 8. Skyline (Oakland) 182; 9. Castro Valley 200; 10. St. Francis (Mt. View) 215.

Girls Individuals: 1. Kerry Brogan (Los Altos) 12:35.3; 2. Shelly Nieto (Merced) 12:44; 3. Robin MacSwain

(Terra Linda) 12:52; 4. Diane Gong (Lowell) 12:55; 5. Amy Harper (Prospect) 13:01; 6. Lori Shanoff (Petaluma) 13:04; 7. Lisa Dailey (Petaluma) 13:10; 8. Jessica Van Leeuwen (Carlmont) 13:18; 9. Linda Jungsten (Carlmont) 13:18; 10. Lisa Sandel (Campolindo) 13:18; 11. Marilyn Davis (Miramonte) 13:21; 12. Kim Keeton (Woodland) 13:21; 13. Sabrina Stevenson (Castro Valley) 13:22; 14. Theresa Perrin (Mira Loma) 13:23; 15. Jeanine Miller (Lassen) 13:27; 16. Karin Lambden (Castro Valley) 13:28; 17. Marcia White (Miramonte) 13:29; 18. Esther Berndt (Gunn) 13:32; 19. Mary Frommelt (Justin-Siena) 13:33; 20. Betty Wilson (Watsonville) 13:33.

Girls Teams: 1. Castro Valley 101; 2. Carlmont (Belmont) 108; 3. Mira Loma (Sacramento) 112; 4. Miramonte (Orinda) 115; 5. Lassen (Susanville) 134; 6. South Tahoe 142; 7. Gunn (Palo Alto) 192; 8. Skyline (Oakland) 197; 8. Carondelet (Concord) 197; 10. Cordova (Rancho Cordova) 210.

Cross Country Challenger

We had more response to Bill Minarik's Cross Country Challenger in the October issue than we have ever had for a puzzle. Many of the respondents gave a detailed analysis of the situation and it was evident everyone had a lot of fun solving it. Maybe we can get Bill to do another one someday.

The correct answer to the cross country problem was H-9. Because the 9th place finisher (a runner from team H) was disqualified it changed the finish position of every team in the 10 team cross country invitational.

Here are all those who met the challenge and are hereby named "Cross Country Nuts." Lyn Liles (Long Beach),

Paul Brewer (Stanford), Robert Lohse (Hanford) Paul Cross (Oildale), Dave Anderson (Castro Valley), Larry Augburg (Compton), Greg Phillips (Fullerton), Michael Bergkamp (Goleta), Teri DeCosta (Santa Rosa), Jim Crowhurst (Santa Rosa), Jill Chesnik (Santa Rosa), Tom Colley (San Bernardino), Charles Laine (Whittier), Karlin Koepeke (San Jose), Dennis Wong (San Leandro), John Tobin (Santa Barbara), David Shea (Castro Valley), Ed Johnson (Riverside), Bill Miles (Wayzata, MN), Jack West (Chico), Mike Trafecanty (Los Angeles), Larry Wells (Quartz Hill), Bob Wilson (Redlands).

The winner of the one year subscription or renewal and the track related gift was **Dennis Wong** who's name was drawn from among all the correct respondents.

RESULTS

Boys Individuals: 1. John Frank (Central Valley) 14:51.6; 2. Jay Marden (Mission San Jose) 15:05; 3. Bret Baffert (San Ramon) 15:07; 4. Rich Read (Mission San Jose) 15:12; 5. Fernando Balderas (San Jose) 15:16; 6. Jim



KERRY BROGAN

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MAILBAG

ALL TIME H.S. GIRLS ADDITION

It looks like you put a lot of work into getting the "All-Time California High School Girls" All time rankings. In the two mile, my sister, Therese Ebner ran a 10:32.8. What you might be interested in, is that she is a junior this year. When she ran that mark, she was a sophomore (79). Thus, she would have the sophomore state 2-mile record, since you have Roxanne Bier listed as the record holder in 10:37.8. Thanks for taking time.

*Matt Ebner
Her 18-year old brother*

CANCELLED MEET

Regarding "Southern California X-C Diary," Nov. 79, p. 10. Bill Minarik slandered my good name without bothering to phone me even once for the facts.

The All-Cal X-C meet was scheduled to be held at UC Irvine this year. However, a few weeks previous to the scheduled meet, Larry Knuth, the new X-C coach at Irvine, asked UCSB to host this year's All-Cal Meet.

"Dan Caprioglio, now a UCSB freshman, was the individual winner in a very poorly administered meet." False. The All-Cal Meet was cancelled (even though UCSB was reasonably sure to win) because of an unseasonal storm so severe that it left Santa Barbara without electricity fully restored for 2 days.

"Around ten o'clock, however, Lionvale decided that the meet should take place and so notified the coaches." False. The All-Cal Meet did not take place. Rather, the teams who came to Santa Barbara the previous day during good weather did not want to go home

without some sort of competition, the rain having slowed down by competition time. So, at the request of the coaches from UCSC, UCSD and UCD I obligingly and graciously consented to find an alternative, impromptu less muddy course for an unofficial run for those three schools which arrived the previous day during good weather. To hold the All-Cal Meet on the UCSB lagoon natural preserve course would have destroyed it.

At 6:00 a.m. the electricity was out, streets were flooded, sheet lightning was constant, and the sound of the storm was deafening. The decision was made to cancel the meet before Riverside left home. UCSC, UCSD, UCD and UCI had come the day before. It was a very difficult decision to make; but the prevailing conditions demanded it.

"Unfortunately a number of the larger schools...had taken off for home..." False. Only UC Irvine had left.

"...leaving only a few small schools and UCSB's Dan Caprioglio, who happened to be on the course doing a workout, available to compete." False. The UCSB team had finished a ten-mile training run. Dan was not "available." He begged to participate in the impromptu competition with UCSC, UCSD and UCD after his ten-miler. So I told him to "run easy and don't try to win."

"I can't understand why a rain course was not made available for the meet." Even 101 was knee-deep in water.

Journalists are entrusted to get the facts. Fiction writers aren't. Next time give me one phone call.

*Tom Lionvale
Track and Cross Country Coach
UC Santa Barbara*

WRITERS NOTE FROM MINARIK

When I first heard what happened at the All-UC Meet from a couple of potential UCSB recruits who had driven up there, I found it hard to believe, so I called some people in Santa Barbara who were close to the UCSB scene and heard the same story; thus the comments in my November column.

Upon receiving Tom's letter, I recontacted those individuals again and they substantially re-affirmed their previous observations, that were:

1. While there was considerable thunder and lightning in the area that night, there was relatively little rain, so that the condition of the course was definitely runnable. Those who were also present at the State CC Cross Country Championships said the Crystal Springs course had more water on it than this one.

2. Assuming the primary course was not runnable, there were any number of potential rain courses which could have been used.

3. Irrespective of what the competition was called: fun run, informal competition, or the All UC Meet, the point was that a meet could be and was held. This competition could have just as easily been the All UC Meet with all teams competing.

Possibly the description "very poorly administered" was excessively harsh rhetoric, however it was much milder than that used by some who were there.

I know there have been many well run meets put on by UCSB, however, in the opinion of those with whom I talked, this was not one of them.

LACK OF COVERAGE

May I express my disappointment in the total lack of coverage by Don Gosney



of the District 8 AIAW Division II Cross Country Championships.

The article, one paragraph, implied that the only people competing were the 3 or 4 runners from UCSB. Contrary to that attitude, there were other teams competing - namely Cal-State Bakersfield, who won the meet.

It was a total disservice to the fine, hard working young ladies, many competing in cross country for the first time, to have their efforts go unnoticed.

If objective journalism is one of the principles of California Track News, then please adhere to that principle.

*Charles Craig
Head Track and Field Coach
Cal State Bakersfield*

WRONG DIRECTION

You guys must be on drugs — what's all this fecal matter about backwards running in the November California Track News. The sport has enough backwardness already what with no high school state cross country meet.

I say let's keep moving straight ahead — onward and upward.

*Ed Bigger
Long Beach*

COMMUNITY COLLEGE STATE CROSS COUNTRY CHAMPIONSHIP

In an awesome display of talent Grossmont College continued its dominance of California community college cross country by running away with the State Championship large school crown. With a low score of 20 the next team to them had over five times that amount. Can you believe six in the top 9 with seventh man 15th? All seven Grossmont runners were in before second place Pasadena's first man. Pasadena was a surprise second placer with especially good performances from their third and fourth runners. San Jose and Long Beach were right behind the Lancers.

Just as much as Division I was a clean-up for Grossmont, the small school race was tight between Glendale and Mira Costa. Once again Glendale lost the big one by just a point or two to a much improved Mira Costa 59-60.

In the womens races West Valley proved it is still number one as they repeated their large school championship title. Glendale girls left no doubt about who was number one on the small school run as they continued their winning ways.

The meet wasn't without controversy, however. CTN earlier in the season established criteria for CC All-American status as those recording the top 25 times between both the large and small school races. Here's what happened: It apparently rained right up until shortly before racetime with the following course conditions for the various races.

1. Small School Women: Because of puddles and pools on the course, one loop was cut out and much of the race had to be run on the grass along side the trails.

2. Small School Men: The loop was unrunable and was still cut out of the

improved only an average of 4 seconds. This would suggest but not necessarily be conclusive that the small school women ran a slower course.

The adjustment to the small school men was fairly objective since it dealt with distance, however any adjustment because of course condition is subjective, and therefore we recommend that the combined women's results be criteria for the first 3 teams and the 4 honorable mention positions. However because the course was *slower* for the small school women as well as the small school men, we recommend that the top 5 *small* school women and top 5 *small* school men as adjusted, who did not make the 25 cut-off, be given Honorable Mention AA, bringing the total number of All Americans to 30. A complete list of Community College All Americans will appear in the next issue.

MENS LARGE SCHOOL

Results: 1. Rick Rose (Grossmont) 20:07.7; 2. Dennis Hamblin (Grossmont) 20:12; 3. Alfredo Rosesa (El Camino) 20:20; 4. Camillo Rios (LBCC) 20:26; 5. Steve McCormack (Grossmont) 20:27; 6. Danny Hernandez (SJ) 20:29; 7. Tim Verley (Grossmont) 20:34; 8. Marc Keller (Grossmont) 20:37; 9. Mike Poolenski (Grossmont) 20:38; 10. Matt Ebiner (Santa Ana) 20:39; 11. Dan Will (ARC) 20:45; 12. Joey Gomez (Fullerton) 20:48; 13. Mike Araco (Marin) 20:49; 14. Glenn Lee (LBCC) 20:50; 15. Manny Sandoval (Grossmont) 20:53; 16. Scott Thornton (Fresno) 20:54; 17. Greg Williams (WVC) 20:54; 18. Richard Benavidez (MSAC) 20:58; 19. Danny Ramirez (SJ) 20:59; 20. Rich Maple (Pasadena) 20:59.

Team Scores: 1. Grossmont 20; 2. Pasadena 110; 3. San Jose 118; 4. Long Beach 119; 5. Marin 141; 6. Mt. San Antonio 145; 7. Fullerton 147; 8. American River 167; 9. Santa Rosa 206; 10. College of Sequoias 213.

MENS SMALL SCHOOLS

Results: 1. Jim Christensen (Monterey Penn.) 20:07; 2. Mark Labonte (Saddleback) 20:18; 3. Steve Binns (Palomar) 20:27; 4. Jon Jackson (Santa Barb) 20:28; 5. William Wang (San Bern) 20:29; 6. Tony Timmerman (Mira Costa)

SPOTLIGHT ON:

Renee Wyckoff

RENEE ORTIZ WYCKOFF. College of the Sequoias and the Fresno Track Club. Age 17; 5 feet, 5½ inches tall; 105 pounds. Born January 28, 1962, in Tulare. Also competed for Tulare Western High School.

Best Marks: 440- 62.0 (76); 880- 2:10.5 (78); Mile- 4:56.0 (79); 2 Mile- 10:56 (79). Coached by Dennis Esquivel.

Citing her favorite event as "anything over the 880," Renee Wyckoff recently topped off a very successful freshman cross country season with her second place finish at the Junior Olympics held in Newark, New Jersey. In addition to this feat, Renee's most impressive race of the season was at the California State Community College Cross Country Championships at Crystal Springs. Renee covered this rough and rainy 3 mile course in 16:51 for first place.

Renee has been running for a long time. Through the urging of her third grade teacher, she entered her first track meet - 100 yard dash, high jump and relay - and has been running ever since. Renee particularly enjoys track season because of the variety in events. She says, "There are just so many different types of people, not like cross country where you have only the cross-country runner. Track season you have the pole vaulter, the sprinter, etc., and you can change the event you wish to participate in. I want to compete through my college years for sure, and then until I get absolutely sick of running - which will be never! I will compete until I can't compete anymore."

As a Tulare Western High School junior two years ago Renee won her league title in the 880, mile and 2 mile. Then went on to win the CIF Central Section title in those same three events. At the state meet she placed seventh in the two mile and earned 7th in her heat of the mile. Last year as a junior she won the same three events in league, won the mile and two mile at CIF and



became interested in running I was

however. I'll earlier in the season established criteria for CC All-American status as those recording the top 25 times between both the large and small school races. Here's what happened: It apparently rained right up until shortly before racetime with the following course conditions for the various races.

1. Small School Women: Because of puddles and pools on the course, one loop was cut out and much of the race had to be run on the grass along side the trails.

2. Small School Men: The loop was unrunable and was still cut out of the course, however the rest of the trail had pretty well absorbed the water and much more running was done on the regular trail and off the grass.

3. Large School Women: The loop was still out of the course, however the trail was pretty solid with all the people that had run over it.

4. Large School Men: The loop was now dry and added back into the course. The trail was very solid but it did start to sprinkle again during the race.

Two divisions have complained that the combining of times for the All American purposes is inequitable for the following reasons:

1. The large school men say they ran a longer course and an additional time factor should be added to the small school men before combining times.

2. The small school women say the course ran significantly slower for them than the large school women because of obvious conditions.

Community College correspondent Bill Minarik made a detailed analysis of the results and spent an hour long discussion with meet director Bob Rush and has helped us arrive at the following conclusions:

1. Based on the additional distance run by the large schools at race pace a time adjustment of +15 seconds should be made to all small school mens times before combining them for the AA list.

2. The analysis of improvements from the NorCal to the State Meet showed that the top 4 large school women at NorCal improved an average of 29 seconds at the State Meet while the top 4 small school women at NorCal

20:59.
Team Scores: 1. Grossmont 20; 2. Pasadena 110; 3. San Jose 118; 4. Long Beach 119; 5. Marin 141; 6. Mt. San Antonio 145; 7. Fullerton 147; 8. American River 167; 9. Santa Rosa 206; 10. College of Sequoias 213.

MENS SMALL SCHOOLS

Results: 1. Jim Christensen (Monterey Penn.) 20:07; 2. Mark Labonte (Saddleback) 20:18; 3. Steve Binns (Palomar) 20:27; 4. Jon Jackson (Santa Barb) 20:28; 5. William Wang (San Bern) 20:29; 6. Tony Timerman (Mira Costa) 20:35; 7. Henry Mendoza (Glendale) 20:36; 8. Hulkeha (Mira Costa) 20:40; 9. Ron Hofhenke (Butte) 20:42; 10. Bob Short (Palomar) 20:53; 11. Todd Falk (Glendale) 20:56; 12. Joe Moreno (Citrus) 20:58; 13. Mike Miles (Butte) 20:59; 14. Joe Stimpson (Mira Costa) 21:02; 15. Mark Van Ren (Glendale) 21:03; 16. Frank Turner (Sierra) 21:04; 17. Rick Eller (Glendale) 21:06; 18. Craig Harmon (Moorpark) 21:09; 19. Chris Hood (Butte) 21:12; 20. Jon Black (Mira Costa) 21:13.

Team Scores: 1. Mira Costa 59; 2. Glendale 60; 3. Butte 86; 4. Palomar 121; 5. Saddleback 138; 6. Moorpark 141; 7. Monterey Peninsula 178; 8. Antelope Valley 178; 9. Sierra 205; 10. Cuesta 222.

WOMENS LARGE SCHOOLS

Results: 1. Renee Ortiz-Wyckoff (COS) 16:51; 2. Ann Regan (WV) 17:10; 3. Irene Crowley (SJCC) 17:19; 4. Lita Whiteman (Grossmont) 17:41; 5. Lucia Rodriguez (Grossmont) 17:41; 6. Diana Davis (WV) 17:42; 7. Jeanie Weberf (El Camino) 17:43; 8. Serena Domingues (FCC) 17:44; 9. Sherry Simmons (LA Harbor) 17:50; 10. Natalie Fernandez (Orange) 17:58; 11. Val Eberly (WV) 18:02; 12. Tata Slattom (Grossmont) 18:04; 13. Tawny Ferree (Orange) 18:07; 14. Dale Sprink (Orange) 18:08; 15. Esther Scherzinger (Cypress) 18:08; 16. Suzanne Blevins (DVC) 18:09; 17. Kathy Way (SJDC) 18:11; 18. Laura Held (Orange) 18:12; 19. Jackie Little (Orange) 18:17; 20. Diana Karg (LA Harbor) 18:17.

Team Scores: 1. West Valley 57; 2. Orange 65; 3. Grossmont 90; 4. El Camino 146; 5. Fresno City College 154;

to participate in. I want to compete through my college years for sure, and then until I get absolutely sick of running — which will be never! I will compete until I can't compete anymore."

As a Tulare Western High School junior two years ago Renee won her league title in the 880, mile and 2 mile. Then went on to win the CIF Central Section title in those same three events. At the state meet she placed seventh in the two mile and earned 7th in her heat of the mile. Last year as a junior she won the same three events in league, won the mile and two mile at CIF and placed 5th in the state meet two mile.

Renee likes to workout hard on Monday through Thursday (4-6 milers), taper down on Friday then run her weekly race on Saturday. On Sunday she may take in some LSD or take the day off. Plenty of sleep and a balanced diet with lots of orange juice are an important part of Renee's training regimen.

This season Renee's goals are to improve her times in the mile, 2 mile and to run a 35:00 in the 6 mile. In addition she would like to try for a 1:18 in the 13 mile. Her long-range track goal is to make the Olympic Trials.

Renee likes her laboratory science studies and hopes to combine that with her love for animals in a career of some kind.

Her fresh smile comes through as she talks about those who have helped her running career. "I've had a few people inspire me in my running. When I really

6. LA Harbor 158; 7. College of Sequoias 164; 8. Delta 180; 9. Mt. SAC 182; 10. CCSF 187.

WOMENS SMALL SCHOOLS

Results: 1. Sabrina Peters (MP) 17:23; 2. Beth Milewski (VC) 17:45; 3. Marcia Trujillo (Hart) 17:52; 4. Pam Burkes (Hart) 18:18; 5. Carol Adams (Glendale) 18:21; 6. Jan Correia (Glendale) 18:23; 7. Jackie Elson (Glendale) 18:26; 8. Luanne Park (Butte) 18:27; 9. Chris Noone (VC) 18:28; 10. Teresa Ramirez (SDCC) 18:31; 11. Ann Hamilton (Skyline) 18:33; 12. Pat English (MP)



became interested in running I was pushed by my coach Gary Campbell. He helped me get a rigid and disciplined program going. He also explained the basics and racing strategy which I hadn't known before. My parents have always been there when I needed them at meets or to reassure me when I wasn't too confident. My present coach Dennis Esquivel has helped me realize you have to think some while you're running, and to be confident and relax. Last, but not least, my husband, Lloyd, has always been there to cheer me on. When he had to work on days of my meets he was there in heart. My friends have all helped me keep going, too."

Renee isn't quite sure about her future college plans. She is just a freshman at the College of the Sequoias in Visalia. However, her coach Dennis Esquivel is going back to Cal Poly SLO this Spring to finish his degree and run the intermediate hurdles. We'll see.

18:46; 13. Morigo Connelly (Skyline) 18:47; 14. Yvette Irons (Glendale) 18:48; 15. Delight Enciso (Glendale) 18:50; 16. Soledad Revna (Palomar) 18:50; 17. Diane Williams (Yuba) 18:54; 18. Shari Ewing (Glendale) 18:57; 19. Bunnie Cregut (Ventura) 19:00; 20. Karen Grischuk (Palomar) 19:01.

Team Scores: 1. Glendale 45; 2. Monterey Peninsula 78; 3. Ventura 103; 4. Skyline 112; 5. Hartnell 125; 6. Palomar 135; 7. Butte 170; 8. Moorpark 194 & Citrus 194; 10. Cabrillo 248.

1980 PINOLE MARATHON

March 30
8 a.m.

PLACE:

Pinole Valley High School, Pinole, California (10 miles north of Berkeley on I-80). Take the Pinole Hercules exit when headed north, turn right, the school is 1/4 mile ahead on the right. From southbound 80, take the Pinole exit, turn left, school is 1/4 mile on left.

ENTRY FEE:

\$6.00 per person/\$10 per family for pre-registration
\$7.00 per person/\$12.00 per family for post entry

COURSE:

Out-and-back course from Pinole to Martinez and back, via Alhambra Valley Road. The surface is 100% asphalt, 60% flat, 40% hilly, with the infamous "Pig Farm Hill" occurring at 8 and reoccurring at 19 miles. The

AWARDS

T-shirts to all pre-registered entrants. Those who enter on race day will receive shirts in mail 3 to 6 weeks after race. Trophy to first place in each division, medals to 2 to 5 place. Chronograph to first male and female finisher. Certificates to all finishers. Age groups are :

M & F 0-17
M & F 18-29
M & F 30-39
M & F 40-over

AID STATIONS:

Water and erg will be available at 9 different aid stations located at 5, 8, 10, 12, 14, 16, 18, 20, and 22 miles, as well as at the finish.



\$6.00 per person/\$12.00 per family for pre-registration
\$7.00 per person/\$12.00 per family for post entry

M & F 0-17
M & F 18-29
M & F 30-39
M & F 40-over

COURSE:

Out-and-back course from Pinole to Martinez and back, via Alhambra Valley Road. The surface is 100% asphalt, 60% flat, 40% hilly, with the infamous "Pig Farm Hill" occurring at 8 and reoccurring at 19 miles. The physical setting is rural—green, rolling hills, grazing animals, wildflowers, orchards, and vineyards.

WEATHER:

Mean temperatures in low to mid-60's; seasonal rain is a possibility.

AID STATIONS:

Water and erg will be available at 9 different aid stations located at 5, 8, 10, 12, 14, 16, 18, 20, and 22 miles, as well as at the finish.

COURSE RECORD:

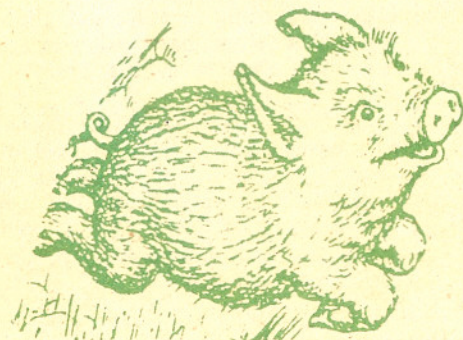
Male—Ted Pawlak 2:38:09
Female—Valerie Doyle 3:36:27

MORE INFO:

Mail entries and questions to:
Steve Justice
2192 Owens Court
Pinole, CA 94564
(415) 758-1023



Record Holder: Ted Pawlak



Name: _____ Phone#: _____
Address: _____ City: _____ Zip: _____
Age: _____ Sex: _____ Club: _____ AAU#: _____ Shirt Size: _____
Previous best time: _____ Date of best time: _____
Occupation: _____
Signature: _____ Parent: _____
(if under 18)

So. California X-C Diary

by BILL MINARIK

November 11

It was a big SoCal week-end for college harriers with the NCAA II Championships at U.C. Riverside taking the spotlight. There, to no ones surprise, Cal Poly SLO behind Jim Schankel's first place finish ran away from the rest of the field, while Sacramento State was a solid second. My congratulations to Steve Miller and all the guys up at SLO for doing such a great job.

Further north at Stanford, UCLA grabbed the third spot in the NCAA I Regionals behind Oregon and Washington State. The Bruins were lead by Steve Ortiz who placed fourth.

Down south at La Mirada Park, Pt. Loma made shambles of the NAIA District meet with a 1-2-3 finish as Azusa Pacific was second and Cal Lutheran third.

In the SoCal Community College Championships at Mt. SAC, things went pretty much according to form, however the action was not without its exciting moments. Grossmont, as expected, ran away from the field in large school men's action and is without a doubt a cinch to win the State Meet. Orange Coast was a comfortable winner in the women's large school race and should give West Valley some stiff competition at state time, however, I still give WV an edge. In small school men's action the race was much closer than the score indicated. Mission Conference champ Mira Costa had 5 runners inside Glendale's third

November 20

The State Community College Championships at San Mateo were the focal point of cross country attention this past week-end with the large school competition running pretty much according to form. Grossmont's men easily notched their 8th straight title; and with a score of 20 points — the only thing I have to say is, "Gasp!!" The West Valley women weren't quite as strong as last year while the Orange Coast gals were much stronger with the result being last year's point spread of 81 was reduced to 8, however WV was still #1.

In small school competition, Mira Costa's men rebounded from a sub-par performance at the SoCal meet to take a 1 point victory over Glendale with pre-meet favorite Butte coming in 3rd. It should be noted that Butte had to go it without their #1 man Larry Greer. With Greer in there, Butte would have been close, but I don't know if it would have been enough. In the SoCal meet, Mira Costa appeared to try too hard to stay ahead of Glendale runners in the early going and died at the end. This time, they appeared to just go out there and run their own race with much better results. I must apologize to Mira Costa for not giving them more consideration in my pre-season ratings. There hadn't been much in the way of state contenders coming out of the Mission Conference lately and I wasn't aware of any "big" names on the team, thus the snub. However, when you have 5 good runners on a team, coupled with quality coaching, and you peak for the big meet, you will have a title contender every time, as that is what team cross country is all about. Runner-up Glendale, has now the unenviable record of having lost the last three state championships by a total of

combining the men's large and small school times in determining "All American" runners. Based on meet director Bob Rush's analysis, a race pace adjustment of 15 seconds was added to each small school runners time prior to combining them. Prior to the meet the "all American" selection committee decided that runners who finished in overall positions 22-25 would be considered honorable mention "All American." However, because the condition of the course became faster in each race, there was good reason to feel that small school runners who just missed the top 25 did so because they were on a slower course. Accordingly, the top five runners in both the men's and women's small school divisions who did not make the top 25 combined places will receive "All American" honorable mention recognition. For purposes of recognition, honorable mention is an "All American" and should not be considered anything less than that.

In NCAA Division I and AIAW Championships, UCLA had all kinds of problems. The Bruin men saw top runner Steve Ortiz sprain his angle the day before the meet, although Steve gutted it out for a 58th place finish. Then Jeff Woodland lost a shoe and couldn't finish. The gals saw Kathy Mintie get hit with food poisoning the night before the meet, although Kathy came back to gut out a 93rd place finish. Two of the other Bruin gals did not finish the race, with at least one being attributed to some bad food. Overall UCLA's women grabbed 10th in a meet won by North Carolina State, while the men settled for 15th as UTEP edged Oregon for the title. The bright note here was the Bruins Ron Cornell who made "All American" by his 44th place finish, once the foreign athletes were

November 27

High school action took the spotlight last week as the C.I.F.'s Southern Section held it's championships at windy Castaic Lake. In Boys 4-A competition Foothill surprised meet favorite Thousand Oaks 94-115 with the difference coming at the 4th and 5th positions where Foothill went 24-25 verses Thousand Oaks' 41-42. That was a surprise as Thousand Oaks had exhibited tremendous depth at those position in prior meets.

In class 3-A Boys, El Dorado nipped Barstow 92-94 in a meet where anyone of 5 teams was given a chance to win.

In 2-A Boys, Salesian scored a comfortable win over La Canada 81-105. Salesian in past years had always had good front line people, but this is the first year they have come up with some depth to go with it. It is interesting to note that the top 5 2-A teams all had lower combined times than the top 3-A team, while Salesian and La Canada had the top two overall combined times for the day.

In 1-A action, La Salle out ran the Sherman Indians 58-90 and in doing so saved my pre-season predictions from total disaster.

In girls action, Palos Verdes grabbed the 4-A crown with a close but solid 88-99 victory over pre-meet favorite Edison, while in 3-A competition Saugus as expected, ran away from second place Bishop Amat 63-105. Westlake High notched what was probably their first ever C.I.F. championship as they topped Alemany 77-90 in the 2-A meet.

In individual action, Santa Barbara junior Barasa Thomas who hails from Kenya, and South Pasadena's Mike Parkinson tied for low time of the day for the boys while Alemany's diminutive

Championships at Mt. SAC, things went pretty much according to form, however the action was not without its exciting moments. Grossmont, as expected, ran away from the field in large school men's action and is without a doubt a cinch to win the State Meet. Orange Coast was a comfortable winner in the women's large school race and should give West Valley some stiff competition at state time, however, I still give WV an edge. In small school men's action the race was much closer than the score indicated. Mission Conference champ Mira Costa had 5 runners inside Glendale's third man at the 3 mile mark and ended up losing 44-88 as the hills of Mt. SAC took their toll. However, the Crystal Springs course should be closer to what Mira Costa is used to, thus I look for them along with Glendale to give state meet favorite Butte a very close meet. In small school women's competition, the meet was just as close as expected as Glendale finished only 9 points ahead of Palomar and 15 points ahead of Ventura. Any of these 3 schools is capable of winning State, however, NorCal champ Monterey Peninsula with it's potent 1-2 punch must be given an edge on this familiar course.

In individual community college action, Long Beach CC's Carmelo Rios repeated his finish line surge that saw everyone on their feet at the Mt. SAC Invitational. This time, however, he was more successful as he just nipped Grossmont's Rick Rose for top large school and overall honors. In men's small school competition, Santa Barbara's Jon Jackson appeared to have a comfortable lead until he took a wrong turn. By the time he corrected his mistake, the other leaders had gone by and Jon had to settle for 5th. Another wrong turn had cost Jon the individual title at the Canyons Invitational. I look for Jon to be right there at the State Meet finish line. It appears that NorCAL may have its best state meet ever as 3 out of the 4 divisional titles appear to be within their grasp.

The Southern Section High Schools had their league finals last week with no major surprises while the L.A. City Section is still in their dual meet season.

I must apologize to Mira Costa for not giving them more consideration in my pre-season ratings. There hadn't been much in the way of state contenders coming out of the Mission Conference lately and I wasn't aware of any "big" names on the team, thus the snub. However, when you have 5 good runners on a team, coupled with quality coaching, and you peak for the big meet, you will have a title contender every time, as that is what team cross country is all about. Runner-up Glendale, has now the unenviable record of having lost the last three state championships by a total of four points. Of course, I guess you have to be good to be that close.

In small school women's competition, the news for Glendale followers was much better as the Vaquero gals won by a comfortable margin in a meet, which on paper, figured to be the closest of the day. The big surprise here was two of Glendale's first three runners, who according to my records were on the junior varsity team as late as the Mt. SAC Invitational and the conference finals. Just think! At your conference meet, you're a j.v. and two weeks later you're an All American. I thought things like that only happened at Grossmont.

Palomar's girls, who figured to be prime contenders in this meet, suffered a severe jolt when their #1 runner, Teri Smith, who was second in the SoCal Championships, had to skip this meet because of a prior committment.

Individually, Rick Rose of Grossmont ran away with men's individual honors in a course record tying effort, while Rene Ortiz-Wycoff of Sequoias did likewise for the women.

A special bit of recognition should go to meet director, Bob Rush. Despite the fact that there were heavy rains the night before the meet, Bob was able to run the meet on the regular course. A rain course should only be used in lieu of cancelling a meet as it is essentially a road race course, and could easily alter the outcome of a close competition. I'm glad Bob was appreciative of this fact and hung tough against efforts of change.

Because a shorter course was run for the men's small school competition, an adjustment in time was necessary for

Then Jeff Woodland lost a shoe and couldn't finish. The gals saw Kathy Mintie get hit with food poisoning the night before the meet, although Kathy came back to gut out a 93rd place finish. Two of the other Bruin gals did not finish the race, with at least one being attributed to some bad food. Overall UCLA's women grabbed 10th in a meet won by North Carolina State, while the men settled for 15th as UTEP edged Oregon for the title. The bright note here was the Bruins Ron Cornell who made "All American" by his 44th place finish, once the foreign athletes were eliminated. Top California finisher in the AIAW meet was Cal Poly SLO's Maggie Keyes with 6th.

Occidental College continues to have mishaps in big meets. Last Spring, steeplechaser Dennis Harbaugh tripped while leading his specialty at the NCAA III Championships, and knocked the Tigers out of any type of contention. Then, in the NCAA Division Cross Country Regionals, a runner fell a few yards from the finish, depriving Oxy again of a qualifying spot at the Nationals. Some Oxy alums who have been unhappy with the state of the track and cross country programs suggested that the school be renamed Accidental College after the most recent mishap.

Down south at the Southern Section C.I.F. Prelims, Thousand Oaks High, as expected, lead boy's 4-A qualifying, while Upland looked like the team to beat in 3-A. Powerful Edison High lead girl's 4-A, while Saugas High looks to be a runaway winner in girls 3-A. A major casualty of this meet was Santa Barbara High boy's team, which despite a 1 & 3 finish by Eric Sappenfield and Barasa Thomas, did not make the top 12 finalists.

In 2-A action a potent Salesian boy's team appears to hold an edge over rugged San Marino; while in girls competition San Marino again appears to be a slight underdog to Westlake.

In the 1-A competition, the Sherman Indians ran like they were on the warpath as they scored an incredible perfect score of 15 points in their heat. Only pre-season favorite La Salle has a chance to beat Sherman for the title. I guess they eliminated girl's 1-A competitor.

total disaster. In girls action, Palos Verdes grabbed the 4-A crown with a close but solid 88-99 victory over pre-meet favorite Edison, while in 3-A competition Saugas as expected, ran away from second place Bishop Amat 63-105. Westlake High notched what was probably their first ever C.I.F. championship as they topped Alemany 77-90 in the 2-A meet.

In individual action, Santa Barbara junior Barasa Thomas who hails from Kenya, and South Pasadena's Mike Parkinson tied for low time of the day for the boys while Alemany's diminutive Vickie Cook completed her second straight undefeated season with the best time of the day for the girls. Vickie, only a sophomore, has been breaking records ever since she was 11 when she ran about a 5 minute mile.

In Los Angeles City C.I.F. Section action, Granada Hills continues to be the favorite in the boys division after last week's league finals while Chatsworth appears to be ahead in girls competition. Individually, Kennedy's Bob Groves may not be the fastest champion this section has ever had, but entering this week's C.I.F. Prelims, he appears to be the most confident. On the girl's side, Chatsworth's Laura Miller should win in a Breeze. The way it looks, this late-finishing C.I.F. Section will be running its prelims and finals concurrent with the Kinney National Prep Qualifying and Finals. I hope by next year, L.A. City administrators get the message that they have to start cross country season with the rest of the state.

In the National AAU Championships, won easily by the Greater Boston TC, Duncan Macdonald of the West Valley Track Club was the top NorCal finisher in 6th, while Steve Scott (7th), Steve Ortiz (13) and Dave Babiracki (18) led the SoCal contingent.

December 3

Prep cross country saw its next to last week of activity highlighted by the Kinney Prep Nationals Qualifying Meet at Crystal Springs. As predicted, the CIF's Southern Section made its mark as Barasa Thomas of Santa Barbara High

School, Andy Diconti of La Canada, and Jon Butler of Edison went 1-2-6 to advance to next week's finals at San Diego. In Girl's competition, Vickie Cook of Alemany and Kathy Kaernan of Los Amigos went 2-4 to advance to the girl's finals.

In the L.A. City C.I.F. Prelims boy's competition at Pierce College, a super-shocker took place as perennial cross country powers Granada Hills and Chatsworth and Poly, who were all league champs and prime contenders for the C.I.F. Title didn't even qualify for the finals. It's a rarity when schools from the inner-city sock it to the schools by the foothills in the sport of cross country, but that's what happened last Saturday. There appears to be no clear cut favorite for this Saturday's finals in either individual or team competition.

With the L.A. City girls things went a little more according to form as Chatsworth High and its super-star, Laura Miller, remain slight favorites for individual and team honors.

On the road, the country's second oldest marathon, the Western Hemisphere Marathon in Culver City played host to nearly 500 runners, who were led to the finish line by Athol Barton, a 32 year old transplanted New Zealander, in the mediocre time of 2:30:06. Some of you may remember Barton from his college days as a harrier standout at the University of Nevada at Reno.

Just a few miles to the north of the marathon, 1,700 friends of Jewish dissident, Yuli Kosharousky began running a 10 kilometer race at the same time Kosharousky was beginning his daily run through the streets of Moscow. This event, called the Run for Soviet Jewry, was to protest the refusal of the Soviet Union to allow over 4,000 Soviet Jews, including Kosharousky to emigrate. Included in the field were actor Martin Sheen and Bob Ashlock, a Korean war vet, who lost a leg in the war, but still completed a companion 5 kilo course on crutches.

While cross country season was coming to a close, track season officially opened with the Glendale Decathlon; and fitting for an Olympic year, a new world record was set. No, Daly Thompson did not show up; but 121 participants did, which

what she described as an off day and settled for 6th; however, NorCal's Roxy Bier grabbed a 4th which I believe was even higher than she got at the regionals.

The L.A. City C.I.F. Section Finals provided almost as many surprises as the prelims as Banning and Carson, a couple of names usually associated with a big football game, fought to a 78-78 tie in the boys division, with Banning being awarded the title on the best 6th man tie-breaker. In the girls division, the University girls did what many people thought the boys might do and that is win the team title in a very close win over Chatsworth 76-79. Chatsworth's Laura Miller, did however capture individual honors while Narbonne's Mark Emdee did likewise for the boys.

In a winter field event classic, Santa Barbara Community College track coach John Goldhammer, broke the weightman's pentathlon record at Glendale College. A field of 53 participants included one competitor who was over 80 years old. I hope I'm able to just lift a 35 pound weight when I'm 80.

At the all-comers meet at Glendale College, Pasadena CC served notice that it is capable of recapturing the state track title as it seemed its athletes were dominating almost every heat of competition.



Cross Country Wrap-Up

Well, the all-to-short cross country season is about at an end, so let me make my final comments on the past 5 months activity.

Coaches at a number of institutions from high school up through 4-year colleges have mentioned to me that many of the problems that their harriers had during the Fall were as a result of activity these runners had with track clubs during the summer. Terms such as "burned out," "overtrained," "run down," and just plain "ruined" were echoed by these coaches. Cross country is a sport

this column.

I believe congratulations are in order for Kinney Shoes for doing what a lot of people have been talking about doing for a long time and that is bringing together the country's top prep harriers to see who is number 1. I only wish we had a meet like this last year when Jeff Nelson was here. With C.I.F. Sectional Championships and a National Championship, California is left with a big gap, and that is where a State Championship should be inserted. Where California has such a high percentage of the country's top track and cross country athletes, there could be a realistic solution to the state meet problem. The state meet could be run in lieu of a Western Regional Qualifying Meet, but would be considered a qualifying meet in itself for the Nationals. I would like to see someone pursue this possibility.

I was somewhat dismayed to hear that California community college administrators are planning to do away with the small school division in cross country. California community colleges range in full-time day attendance anywhere from a top of 9,000 to as little as a few hundred. The large schools draw from as many as 70 high schools while the smaller ones draw from as few as 3. In addition, some large schools have a staff which consists of two full-time coaches, three part-time coaches, a head trainer, two assistant trainers and a sports information director; while a number of small schools have a single part-timer who has to do everything from arranging transportation to handing out towels in the locker room. Not only are the large schools able to give better individualized attention to the athletes, but they are in a position to do a more effective recruiting job. There is probably no sport where the competitive difference between large and small schools manifests itself more than in cross country. There has "never" been an instance where a small school state championship team would have beaten a large school champ. I believe the people who came up with the idea of small school competition were aware of the inequity of an all-inclusive type of competition and were able to provide a remedy. To do away with the small school division

could drop us a line telling us a little bit about themselves.

Best Action Photo Award: Winner— Bill Leung, Jr. Bill's shot of Francy Larriou and Mary Decker lunging for the tape in the 1500 meter finals at last summer's AAU meet was the most exciting picture of females in competition since the nudist news ran its first beauty contest pictorial way back in 1957.

The Golden Pen Award: This award goes to the individual who gives the most extensive coverage to an institution or club cross country team. **Winner—** Paul Vercammen; sportswriter of the Santa Barbara City College newspaper, *The Channel*. Paul accompanied the SBCC cross country team on every away meet, and delivered a tell-it-like-it-is commentary which was as detailed as to describe the expression on the coaches faces at crucial times.

The Family Award: This goes to the family which had the greatest number of competitive harriers or road runners during the just completed season. **Winner—** Tie between the Kleinsassers and Ebiners. These two families could put on a very interesting dual meet. If they ever decide to have that meet, I wish they would send us the results, and we will give the winner a free one year subscription.

The Golden Gate Award: This award is given to the cross country coach, who, through no fault of his or her own, had such an adverse event or events befall his/her team this Fall, that he/she has good reason to jump off the Golden Gate Bridge. **Winner—** Tie between Tom McMurray, Glendale Men's Coach; and Mike Curran Palomar CC women's coach. Tom's team lost its third straight state title by 2 points or less while Mike saw his #1 runner bail out of the state meet so she could attend a wedding, this a potential championship contending team was deflated. **Honorable Mention—** Larry Knuth, UC Irvine; Steve Bushy, Santa Barbara CC; and Chris Rinne, UC Riverside.

Salesman-of-the-Year Award: This award is given to the individual, who, through the ability to communicate persuasively, has enhanced his/her track, cross country, or general club

daily run through the streets of Moscow. This event, called the Run for Soviet Jewry, was to protest the refusal of the Soviet Union to allow over 4,000 Soviet Jews, including Kosharousky to emigrate. Included in the field were actor Martin Sheen and Bob Ashlock, a Korean war vet, who lost a leg in the war, but still completed a companion 5 kilo course on crutches.

While cross country season was coming to a close, track season officially opened with the Glendale Decathlon; and fitting for an Olympic year, a new world record was set. No, Daly Thompson did not show up; but 121 participants did, which surpassed the record of 113 held by this meet. Included in the field were participants from all over the US including Hawaii. The Hawaiian delegation must have felt right at home as the weather ranged from the mid-seventies to the low eighties. In addition to the overall winner, Mauricio Bardales winning for the second time with his 7543, there were a couple world age group marks set, as for the first time this activity doubled as the official decathlon of the Senior Olympics. On hand to supervise the extensive television coverage given to that portion of the meet was the legendary Warren Blaney, known to most as the Godfather of the Senior Olympics. After following this meet for a number of years, it still boggles my mind that there could even be 121 decathletes who are in shape in the month of December, let alone all showing up at the same meet.

December 10 □

Last Saturday saw the final curtain descend on cross country season as the country's top prep harriers met at San Diego's Balboa Park. While Brent Steiner of the Mid-West won the boys division with an awesome time of 14:37, the Southern Section C.I.F. Section's Barasa Thomas, Andy Diconti, and Jon Butler went 2-4-8 thus clearly establishing this high school section as the country's top. In the girls division, Vickie Cook had,

Cross Country Wrap-Up

Well, the all-to-short cross country season is about at an end, so let me make my final comments on the past 5 months activity.

Coaches at a number of institutions from high school up through 4-year colleges have mentioned to me that many of the problems that their harriers had during the Fall were as a result of activity these runners had with track clubs during the summer. Terms such as "burned out," "overtrained," "run down," and just plain "ruined" were echoed by these coaches. Cross country is a short season and I can see where, if a runner comes in injured, he/she may never reach his/her potential. On the other hand, Summer road racing and marathon running definitely take some of the boredom out of training and in fact can be down right exciting. I really don't know what side to take in this controversy. Maybe some of you readers who are close to the club situation can write in with an opinion in this matter.

I was somewhat disappointed with the turnout at many of the community college invitationals. Many schools who had these meets on their schedule failed to show causing some meet promoters to take a loss since awards had to be ordered ahead of time. This situation could eventually lead to no invitationals and a full schedule of those all-too-predictable dual meets; most of which are about as exciting as mowing your lawn. Invitationals are full of positive aspects. They allow the individual runners to run in a championship type atmosphere which usually brings out a good performance. They allow the coach to score a dual meet against every team in the field, and it allows the team to compete without really losing: every team gets a place and that's that. Additionally only the host school has to go through the hassle of marking the course, handing out numbers, compiling results, and the other little hassles that go with putting on a meet. I think next year, I'm going to contact all promoters and make a list of all the no-shows at invitationals for

schools able to give better individualized attention to the athletes, but they are in a position to do a more effective recruiting job. There is probably no sport where the competitive difference between large and small schools manifests itself more than in cross country. There has "never" been an instance where a small school state championship team would have beaten a large school champ. I believe the people who came up with the idea of small school competition were aware of the inequity of an all-inclusive type of competition and were able to provide a remedy. To do away with the small school division now would be to take a giant step backwards. The C.I.F. Southern Section has less of an enrollment spread than the California community colleges yet it has four school size division in cross country.

If the administrators do go ahead and eliminate the small school competition from the post-season meets, then it will be up to the small school coaches, who have provided leadership in the past, to arrange a regular season small school competition which would be recognized as a small school State Championship. I noticed last year where a competition of that nature was held for track the day before the Fresno Relays, although a number of SoCal schools were missing, that is a step in the right direction and the promoters of that meet should give themselves a pat on the back. In fact, they might drop us a letter to let us know how well it went over. If all else fails, CTN just may be of some help in keeping small school competition alive.

SEASON AWARDS

While the February issue of CTN provides recognition for the state's top athletes, I thought I would take this time to present my own awards for the accomplishments during the summer and cross country season.

The Catchiest Name for a New Club Award: Winner— The Snazy Snails. While I don't know much about this club, I do know Teresa Ebner is a member, so it must operate out of the Pomona-Walnut area. Maybe one of the members

Mike Curran Palomar CC women's coach. Tom's team lost its third straight state title by 2 points or less while Mike saw his #1 runner bail out of the state meet so she could attend a wedding, this a potential championship contending team was deflated. **Honorable Mention—** Larry Knuth, UC Irvine; Steve Bushy, Santa Barbara CC; and Chris Rinne, UC Riverside.

Salesman-of-the-Year Award: This award is given to the individual, who, through the ability to communicate persuasively, has enhanced his/her track, cross country, or general club program. **Winner—** Tie between Jim Bush and Bob Larson, both of UCLA. Jim was able to talk Oregon into letting Jeff West out of his letter-of-intent to Oregon so he could attend UCLA. Action like that between two conference rivals like UCLA and Oregon may be unprecedented. Bob, on the other hand, was able to talk Jim into reversing his position of "no scholarships" to distance runners. You may remember Jim taking that position after that disastrous 75-76 season when all the distance runners on scholarship ended up injured. **Honorable Mention—** Ron Allice, Long Beach CC; Peanut Harms, Aggie Running Club; and the entire Pasadena CC recruiting staff.

I'm sure in presenting my awards that I have omitted some individuals who should have been recognized. However, as the old saying goes, "You can't write about what you don't know about." So, all readers should feel free to send in the names of anyone deserving nomination for my awards or any other award not mentioned.

With track season right around the corner, I would like to encourage all tracksters or potential tracksters to take in at least one of the many all comers meets put on by various high schools and colleges. You can get some competitive exposure in these meets not available during the regular season, without having your times or place being made for the record. The schools that put these on, go to a lot of trouble to do so, so let's give them our support by showing up.

MERCURY 10 KILO

by RICHARD SLOTKIN

October 14, Los Angeles: Los Angeles Athletic Club Mercury 10 Kilometer Run.

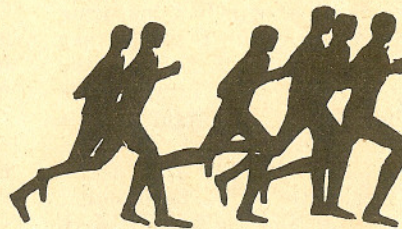
Dave Babiraki wasn't sure whether he would fill his with beer or display it at his store. Miki Gorman is going to put flowers in hers. We're talking about the big sterling winner's cups they won. For Babiraki it was his third in as many runnings of the Mercury, and for Miki it was two out of three.

Babiraki runs for the San Fernando Valley Track Club, more or less, and Miki used to, though she now runs unattached. However, the big winner was the Santa Monica Track Club with seven out of the first ten overall, and two out of the first three females. Forty yards behind Babiraki was Larry Lawson, not yet back in top form following his injury-forced layoff during the summer. John Sutherland, who is Babiraki's partner at the Runner's Sole in Chatsworth, fought it out for the last 200 yards with Santa Monica's newly acquired Mike Larson. The sloping tunnel entrance to the Coliseum and the final stretch to the finish line were wet, causing Sutherland to slide, and Larson nipped him by a stride for third. After Sutherland's fourth came a parade of Santa Monicans starting with Jerald Jones, followed by Pat Weiler, Mark Luevano, Vicken Simonian and Gary Nitti. Rounding out the top 10 was Carl Stromberg of SFVTC with a 30:29. The first seven finishers broke 30 minutes.

photo by Richard Slotkin



LONG DISTANCE LOG



by Richard Slotkin
Long Distance Log editor

traffic control. Two blocks from the start, there were no barricades or traffic controllers at a major intersection. Moments after the gun sent the mob charging up Olive Street, two cars turned onto Olive heading into the pack, police motorcycles, TV camera truck and all. One car swerved into a driveway to an underground parking lot while the other jammed itself as close to the curb as it could. The way that herd was coming I suspect the cars would have come out second, but so would have a lot of runners. Later on, as I drove through the intersection of Figueroa and Exposition, which is a very heavily used intersection because of its access to entry and exit ramps to the Harbor Freeway, there was no sign that a major road race was about to come through..... and the lead runners were no more than a minute or two away. It seems there was a shortage of traffic control personnel and equipment and as the runners cleared one intersection, controllers packed up and raced to the head of the pack and set up shop. Well, we didn't hear about any traffic injuries, so

Stacey Frederick 52:17; 4. Karen Buck 52:47; 5. Kelly Jackson 54:45. **Women 13-15:** 1. Gina Wimsatt 40:59; 2. Yvonne Barber 44:04; 3. Valerie Lisiewicz 44:45; 4. Kim Niew 46:54; 5. Christine Pakkala 47:32. **Women 16-18:** 1. Jill Walker 38:01; 2. Diana Karg 38:21; 3. Vicky Bray 38:42; 4. Rosanna McIntyre 43:31; 5. Joan Hedani 44:50; 6. Becky Swanson 48:12; 7. Carla Geyer 54:40; 8. Cyndi Moore 59:44. **Women 19-29:** 1. Linda Heinmiller 36:16; 2. Katie Keyes 36:24; 3. Beth Weber 36:38; 4. Jaynie Miller 37:26; 5. Tammy Johnson 37:30. **Women 30-39:** 1. Pat Story 36:20; 2. Judy Glynn 39:51; 3. Susan Stevens 43:46; 4. Christine Weiner 44:44; 5. Barbara Blakley 44:46. **Women 40-49:** 1. Miki Gorman 36:06; 2. Jane Dods 47:23; 3. Yvette Tauzin 47:23; 4. Paula Elder 47:39; 5. Mary Ann Roehe 49:36. **Women 50 and Over:** 1. Anne Noble 50:38; 2. Virginia Baldwin 52:24; 3. Virginia Terry 53:40; 4. Modena MacFarlane 56:36; 5. Jane Burne 59:30.

trailing gracefully behind him in the wind.

Sixteen-year old Marilyn Nichols of Placentia was the overall women's winner, while winning the 13-17 division as well. Her time of 36:39 was considered one of the most excellent marks of the day.

RESULTS

Overall: 1. Ralph Serna (22) Anaheim 30:02; 2. Armando Cendeas (23) Buena Park 30:30; 3. Jon Butler (16) Huntington Beach 30:41; 4. Gary Polhill (27) Long Beach 30:47; 5. Jim Scott (25) Santa Monica 31:00; 6. Jim Arquilla (28) Long Beach 31:05; 7. Hansjorg Colomberg (32) West Germany 31:17; 8. Dave Frickel (24) El Cajon 31:24; 9. Tom Becker (21) San Luis Obispo 31:37; 10. Bruce Johnson (27) Laguna Beach 31:44.

11. Tim Robinson (23) San Diego 31:47; 12. Al Siddons (28) Chino 31:58; 13. Jeff Lough (28) Monterey Park 31:59; 14. Horst Sandau (32) West Germany 32:00; 15. Luis Garcia (18) San Jacinto 32:02; 16. Jeff Dettmer (18) Cypress 32:19; 17. Gerard Wood (31) Carlsbad 32:33; 18. Mike Corralz (30) San Juan Capistrano 32:33; 19. Marv Alvarez (21) Garden Grove 32:52; 20. Peter Mogg (25) Glendale 32:54.

photo by Marty Post



Rounding out the top 10 was Carl Stromberg of SFVTC with a 30:29. The first seven finishers broke 30 minutes.

photo by Richard Slotkin



MIKI GORMAN

In the women's divisions, SMTC's Linda Heinmiller was the favorite. But Linda started near to the middle of the mob which numbered close to 2000. Then she wasn't especially aggressive about moving up front. Unfortunately, Miki and Pat Story, another Santa Monican, were, and despite Linda's fast finish, Miki who was pushed all the way by Story, had too much of a lead. For Story it was a PR and her first time under 37 minutes. Thirty years old, running only a little over a year and only recently off cigarettes (!), Pat Story is a name to remember. She ran a 2:50 at Eugene in the last NIKE-OTC Marathon and is establishing herself as a national class runner.

Although the L.A.A.C has these runs fairly well organized, there always seems to be one serious fly in the ointment. The first year, there were excess back-ups at the finish line causing people's times to be slow and at least one placer was not even recorded as finishing. Last year the course was long and some split callers were in the wrong places. This year, the big problem was

the intersection of Figueroa and Exposition, which is a very heavily used intersection because of its access to entry and exit ramps to the Harbor Freeway, there was no sign that a major road race was about to come through.... and the lead runners were no more than a minute or two away. It seems there was a shortage of traffic control personnel and equipment and as the runners cleared one intersection, controllers packed up and raced to the head of the pack and set up shop. Well, we didn't hear about any traffic injuries, so everything probably worked out. The only mishap of any consequence was one man who was taken to a hospitable after collapsing.

RESULTS

Men 12 and Under: 1. Doug Newton 36:25; 2. Mark Robetts 36:29; 3. Eric Huss 40:47; 4. Chris Santar 41:43; 5. Richard Mareno 41:49. **Men 13-15:** 1. Nils Miller 36:15; 2. Robert Merritt 36:59; 3. Kevin Adkins 37:01; 4. Steven Dietch 37:13; 5. Mike Brilleslyper 37:52. **Men 16-18:** 1. John Parker 32:59; 2. Bill Thoner 33:31; 3. Michael Trafecanty 33:40; 4. Rick Escondon 34:59; 5. Steve Stallins 35:19. **Men 19-29:** 1. Dave Babiracki (SFVTC) 29:05; 2. Larry Lawson (SMTC) 29:20; 3. Mike Larson (SMTC) 29:25; 4. Jon Sutherland (Sub-4) 29:26; 5. Jerald Jones (SMTC) 29:40; 6. Pat Weiler (SMTC) 29:55; 7. Mark Luevano (SMTC) 29:59; 8. Vic Simonian (SMTC) 30:15; 9. Gary Nitti (SMTC) 30:22; 10. Carl Stromberg (SFVTC) 34:20. **Men 30-34:** 1. Mike Wagenbach 31:13; 2. Vince O'Boyle 32:33; 3. Jim Howell 32:52; 4. Tom Curry 33:25; 5. Henry Lange 34:46. **Men 35-39:** 1. Michael Mahler 31:54; 2. Marshall Matye 32:45; 3. Ken Hickman 33:24; 4. Bruce Kostin 33:28; 5. Frank Williams 33:52. **Men 40-49:** 1. Ray Hughes 32:48; 2. Leonard Efron 33:22; 3. Norman Cohen 36:09; 4. Jerry VanMeter 36:11; 5. Luis Gorordo 36:27. **Men 50-59:** 1. Tracy Brown 36:28; 2. Ray Gil 37:51; 3. Paul Jernstrom 38:00; 4. William Power 38:44; 5. Sam Deluca 40:14. **Men 60 and Over:** 1. Eddie Lewin 39:36; 2. Phil Castle 42:38; 3. Joey Marekx 43:13; 4. John Lisiewicz 47:31; 5. Fred Suto 48:02. **Women 12 and Under:** 1. Julie Wimsatt 44:49; 2. Tracy Flock 46:23; 3.

37:26; 5. Tammy Johnson 37:30. **Women 30-39:** 1. Pat Story 36:20; 2. Judy Glynn 39:51; 3. Susan Stevens 43:46; 4. Christine Weiner 44:44; 5. Barbara Blakley 44:46. **Women 40-49:** 1. Miki Gorman 36:06; 2. Jane Dods 47:23; 3. Yvette Tauzin 47:23; 4. Paula Elder 47:39; 5. Mary Ann Roche 49:36. **Women 50 and Over:** 1. Anne Noble 50:38; 2. Virginia Baldwin 52:24; 3. Virginia Terry 53:40; 4. Modena MacFarlane 56:36; 5. Jane Burne 59:30.

HALLOWEEN 10 K CLASSIC

from MERRITT VANSANT

October 28, Huntington Beach: Second Annual Halloween Classic 10 Kilometer Race.

The second annual Halloween Classic 10-kilometer race in Huntington Beach took on an international flavor this weekend with the participation of 87 members of the Concordia Sports Union of Hagen, West Germany, but the winner was an American, Ralph Serna of Anaheim and former UC Irvine All American, who completed the course in 30 minutes, 2.9 seconds. Armando Cendeas of Buena Park came in second and Jon Butler of Huntington Beach paced the hometowners with third in the event.

The Concordia group, which included runners from Germany, Austria, Switzerland and Belgium, had winners in three of the race's 14 categories.

USLIFE Savings sponsors this event and with their help the run raised \$3,700 which will be split evenly between the Boys Club of Huntington Beach and the U.S. Olympic Team.

Participants were encouraged to dress in costume for the race and some 200 of the 1,400 starters did just that. Alex Gould of the Huntington Beach Marathoner Club was the costume contest winner and provided one of the highlights of the day as he sprinted the last 50 yards of the course, dressed as Gandalf the Wizard, robes and beard



Alex Gould as Gandalf the Wizard

Men 12 & Under: 1. Greg Whitely (12) Irvine 35:30; 2. John Soto (10) Huntington Beach 36:09; 3. Doug Newton (12) Los Angeles 36:24. **Men 13-17:** 1. Jon Butler (16) Huntington Beach 30:41; 2. Dan Arsenault (16) Westminster 32:55; 3. Les Tate (16) Huntington Beach 33:12; 4. Gary Towgood (16) Huntington Beach 33:55; 5. Anthony Grande (16) Orange 35:01. **Men 30-39:** 1. Hansjorg Colomberg (32) West Germany 31:17; 2. Horst Sandau (32) West Germany 32:00; 3. Gerard Wood (31) Carlsbad 32:33; 4. Mike Corralz (30) San Juan Capistrano 32:33; 5. Jim Toomey (34) Laguna Beach 35:02.

Men 40-49: 1. Willy Roggenbach (45) West Germany 33:22; 2. Skip Shaffer (41) Fullerton 33:40; 3. Walter Hasert (41) West Germany 35:08; 4. Dieter Lubbers (42) West Germany 35:24; 5. Karl-Heinz Hermann (44) West Germany 36:45. **Men 50-59:** 1. Tracy Brown (50) Los Alamitos 36:13; 2. Richard Elizarrara (51) Norwalk 37:23; 3. Colin Guiver (51) Huntington Beach 37:50; 4. Chuck Madary (50) Culver City 39:37; 5. Leonard Kulbacki (55) Whittier 39:40. **Men 60 & Over:** 1. Alfred Thiele (65)

West Germany 45:26; 2. Russell Haltom (61) Los Angeles 45:48; 3. Ray Mades (64) Norwalk 46:28; 4. Victor Adams (60) Inglewood 47:09; 5. Fred Bruecker (62) Torrance nt.

Women 12 & Under: 1. Bridget Clarke (12) Redondo Beach 41:10; 2. Voncille Brown (12) Garden Grove 42:08; 3. Karen Keasbey (12) Malibu 42:47. **Women 13-17:** 1. Marilyn Nichols (16) Placentia 36:39; 2. Barbara Vasquez (15) Irvine 37:12; 3. Denise Sepulveda (17) Huntington Beach 38:18; 4. Elaine Fero (16) Irvine 39:11; 5. Ann Staros (14) Huntington Beach 39:58.

Women 18-29: 1. Diane Lester (23) Costa Mesa 37:31; 2. Maria Gonzalez (28) Santa Monica; 3. Kim Vollmer (19) Anaheim 39:35; 4. Kathy Martin (29) San Pedro 39:47; 5. Beth Gleason (18) Pomona 40:22. **Women 30-39:** 1. Jan Vickers (32) Laguna Beach 39:20; 2. Beth Chilcott (32) Huntington Beach 41:57; 3. Lynn Canfield (31) Huntington Beach 41:58; 4. Suzanne M. Miller (30) Norwalk 43:38; 5. Cheryl Butchers (33) Huntington Beach 43:40. **Women 40-49:** 1. Elaine Havens (44) Orange 43:55; 2. Willie Harman (41) Santa Ana 43:58; 3. Karen Nestande (40) Santa Monica 46:33; 4. Jessie Smith (48) Paramount 46:32; 5. Marcia Martyn (41) Corona Del Mar 46:38. **Women 50-59:** 1. Colleen Jones (53) El Segundo 46:39; 2. Virginia Terry (55) Long Beach nt. **Women 60 & Over:** 1. Priscilla Libby (61) Los Angeles nt.

LOS ANGELES WOMEN'S MARATHON

BY RICHARD SLOTKIN

November 3, Los Angeles: Los Angeles Women's Marathon.

Just before she went to Eugene for the NIKE-OTC Marathon, Pat Story told me she expected to run a 2:50. I told her that her coach expected a 2:55. She said she wasn't going to spend \$300 on air fare to lower her PR by only 3 minutes.

Century Fox) and some excused absences like Jacqueline Hanson (two months pregnant), this was definitely a quality field. Winner Shingles and fellow New Zealander Gillian File are rated 3rd and 2nd respectively down there. The two Sues, Petersen and Krenn, are world class and altogether about a dozen and a half of the entrants had run a sub-3 hour marathon with another half dozen right on the border. The field had an international flavor with Bermuda and Sweden also being represented.

Twentieth Century-Fox was the promotor-sponsor of this event. Their ideas is to make a serious push to get a women's marathon in the 1984 Olympics. The course followed the marathon course used back in the 1932 Olympics, starting and finishing in the L.A. Coliseum. TCF had a lot of people involved, including a filming crew to document the whole thing, which will be shown as a one-hour feature on TV. All in all, it was a well handled affair, but they didn't make it easy for CTN. It was tough to get a photo of the leaders because the camera truck was always just ahead of them and I was usually blocked out by it, and in the Coliseum, they wouldn't let any but their own photographers get near the finish line even though they issued me a press credential. This led to a very spirited exchange between me on one side and an AAU official and a TCF official on the other. Later, in a calmer moment, we all kissed and made up and they each assured me it was the other guy who said I had to move. I love it! Ya' can't win! Still it could have been worse. I could have gone on the press bus in typical movie-land luxury, including refreshments. But, the bus got bogged down in traffic and those on it didn't get to see much. With SMTC coach Merle McGee driving my car, I was able to get around fairly well, although we had to make a lot of detours to get by road blocks. The trick is not to get trapped inside the loop.

There was plenty of traffic control, but in spite of it, shortly after the pack left the Coliseum, Arlene Volkmer, from Seattle, was sideswiped by a car who ignored the bright orange cones marking off the runners' lane. She got a bruised thigh out of it and by 12 miles, she was

up her lead. Behind her, a pack including Shingles, File, Sue Petersen and two or three others had formed, while the rest of the field was already well strung out. Sometime after the 10k point, Story had joined the pack, or vice-versa, but a few miles later Story and File were setting the pace. Sue Petersen had been playing it very cool, starting out slowly and gradually picking it up. She finally moved out in front while Story and File paced each other. At 19 miles, Sue had about a 20 second lead on Shingles, who had now moved up into second, with Story right on her shoulder. At this point, I headed back to the Coliseum confident that Petersen would win and that Story and File would fight it out for second. Waiting at the finish line, I talked about it to Jacqueline Hanson. I told her Sue looked good at 19 miles and she had apparently run a smart race. Jacqueline said Sue's stride was beginning to shorten, while Shingles was running well and *sweating* well, a sure sign of an efficiently performing body. Story, she felt, was an unknown quantity at that point. Well, when the police escort arrived, the tension began to build. It was heightened by the presence of the TV truck seconds later which, true to form was still blocking the view. Finally, we could see around it and sure enough....first through the tunnel was Shingles (Shows you how much I know!) She had caught Petersen at about 22 miles and Story, still hanging on, passed her at 24. Sue had felt fine til about 19 miles, but then New York began to get her. She said her marathon back there had taken more out of her than she had thought. She still had enough left to hold off Gillian File who finished 16 seconds behind her in 2:47:59. Sue Krenn, who's 2:38 was fastest previous best in the race was 6th in 2:50:31, half a minute behind Deborah Butterfield, who came all the way from Bermuda. Altogether, eleven finished under 3 hours, which made it a very respectable showing. And, it seems to me, an irrefutable case for inclusion in the '84 Olympics...or even the '80 Olympics, for that matter. However, that's another story...and we don't mean Pat.

It was a little bit dismaying to observe Dr. Ernie Vanderweghe, Tommy Hawk-

comments and questions, and Ms. Crosby was no better. Seems like TCF could have gotten some distance runners such as Liquori or Shorter and maybe Joan Benoit, and especially Jacqueline Hansen. She was right there on the press bus and she is on their advisory committee, yet! At least the color would have been supplied by people who know running and who are known by both runners and much of the general public. What disturbed me the most was the patronizing feeling they generated. Like, wow, not bad for girls. C'mon, now. Most men can't run that well.

Anyway, thanks to TCF's promotion program the ladies were able to take their victory lap in front of the crowd of 70,000 watching the USC-Arizona football game. A half-time ceremony was set up during which they received their awards. Story told me it was quite a thrill to trot around the track one more time, in back of Traveller, the USC mascot, but she felt so stiff she could hardly move. I asked how the others looked and she said they looked great. In that case, I submit, she must have looked just as great. Case closed.

RESULTS

1. Beverly Shingles (New Zealand) 2:45:45; 2. Patricia Story (SMTC) 2:46:46; 3. Sue Peterson (Laguna Beach) 2:47:43; 4. Gillian File (New Zealand) 2:47:59; 5. Deborah Butterfield (Bermuda) 2:49:59; 6. Sue Krenn (San Diego) 2:50:31; 7. Susan Henderson (Boulder, Colorado) 2:51:37; 8. Joni Pagala (Honolulu, Hawaii) 2:54:47; 9. Irene Rudolph (San Francisco) 2:56:44; 10. Skip Swanack (Redwood City) 2:57:23; 11. Judith Groombridge (Seattle, Washington) 2:58:43; 12. Karen Scannell (San Francisco) 3:00:47; 13. Paulette Hale (SFVTC) 3:01:41; 14. Christie Spahr (Eugene, Oregon) 3:02:54; 15. Deborah Anderson (Colorado Springs, Colorado) 3:03:12; 16. Christina Johansson (Sweden) 3:04:03; 17. Nancy Pearlman (SMTC) 3:06:37; 18. Noel Murchie (Honolulu, Hawaii) 3:07:50; 19. Tish Husak (Long Beach) 3:07:56; 20. Deborah Wilkinson (Mission Viejo) 3:08:59; 21. Caron Schaumberg (Riverside) 3:09:01.

WOMEN'S MARATHON

BY RICHARD SLOTKIN

November 3, Los Angeles: Los Angeles Women's Marathon.

Just before she went to Eugene for the NIKE-OTC Marathon, Pat Story told me she expected to run a 2:50. I told her that her coach expected a 2:55. She said she wasn't going to spend \$300 on air fare to lower her PR by only 3 minutes. Sure enough, she ran a very strong 2:50:33. So, when she told me she felt she could run a 2:43 in the L.A. Women's Marathon, despite some still lingering skepticism, I had to believe. "Pat," I said, "If Sue Petersen doesn't go bananas, or if Sue Krenn doesn't PR, a 2:43 will probably win it, which means you could win the whole thing!" She smiled and said, very quietly, "I know."

Well, as it turned out, a 2:43 would have won. Pat didn't do it and she didn't win, but I still believe. Beverly Shingles, from Wanganui (*where?*), New Zealand won it in 2:45:45. One minute and one second behind, knocking another 4 minutes off her PR was, in fact, Pat Story in second place and a national, if not world, ranking. I don't mean to make this the *Pat Story* Story, but it's hard not to be impressed with this 30 year old physical therapist who started jogging a year and a half ago because she felt she was getting flabby, and less than a year after joining the Santa Monica Track Club and getting serious about it all has become one of the better woman marathoners in the U.S. Her one weakness, it appears, is inexperience. Going to the front as soon as the gun went off, she built up as much as a 90 second lead before the 5 mile point. Eventually good sense took over, but when Shingles began to make her move at about 20 miles, Pat couldn't quite stay with her. That early aggressiveness, just a bit overdone perhaps, may have been the difference.

Despite some no-shows like Laurie Binder, Gail Volk and Ellison Goodall (some of whom may not have *really* been lined up anyway by sponsor Twentieth

Century), I remember seeing a bus in typical movie-land luxury, including refreshments. But, the bus got bogged down in traffic and those on it didn't get to see much. With SMTC coach Merle McGee driving my car, I was able to get around fairly well, although we had to make a lot of detours to get by road blocks. The trick is not to get trapped inside the loop.

There was plenty of traffic control, but in spite of it, shortly after the pack left the Coliseum, Arlene Volkmer, from Seattle, was sideswiped by a car who ignored the bright orange cones marking off the runners' lane. She got a bruised thigh out of it and by 12 miles, she was forced to drop out. The driver was arrested and booked for drunk driving. Sometimes you just have to wonder.

photo by Richard Slotkin



BEVERLY SHINGLES

Anyway, getting back to the action, Story went to the front immediately with Joan Dahlkoetter of Missoula, Montana at her side. Three times around the Coliseum track, then through the tunnel and out into the hard, cold world at a sub-5:30 (!) pace. Dahlkoetter still hung on but already you could see she was feeling the pace. Then Story opened

thought. She still had enough left to hold off Gillian File who finished 16 seconds behind her in 2:47:59. Sue Krenn, who's 2:38 was fastest previous best in the race was 6th in 2:50:31, half a minute behind Deborah Butterfield, who came all the way from Bermuda. Altogether, eleven finished under 3 hours, which made it a very respectable showing. And, it seems to me, an irrefutable case for inclusion in the '84 Olympics...or even the '80 Olympics, for that matter. However, that's another story...and we don't mean Pat.

It was a little bit dismaying to observe Dr. Ernie Vanderweghe, Tommy Hawkins and Cathy Lee Crosby as they interviewed runners and reported on camera the race. Their nicely matched

photo by Richard Slotkin



Gillian File [lft] & Pat Story

sweat suits gave the impression of an Adidas version of 3-piece blue serge suits. Now, I like Tommy Hawkins. Besides being a good sportscaster, the ex-Notre Dame All American, ex-Laker is a big friendly guy who will talk to you as he jogs along Palisades Park in Santa Monica. And, I remember watching Ernie Vanderweghe when he was a ball hawking hustler for the New York Knickerbockers back in the old Madison Square Garden, and, during his spare time going to medical school. But I almost winced when I heard their

Groombridge (Seattle, Washington) 2:58:43; 12. Karen Scannell (San Francisco) 3:00:47; 13. Paulette Halel (SFVTC) 3:01:41; 14. Christie Spahr (Eugene, Oregon) 3:02:54; 15. Deborah Anderson (Colorado Springs, Colorado) 3:03:12; 16. Christina Johansson (Sweden) 3:04:03; 17. Nancy Pearlman (SMTC) 3:06:37; 18. Noel Murchie (Honolulu, Hawaii) 3:07:50; 19. Tish Husak (Long Beach) 3:07:56; 20. Deborah Wilkinson (Mission Viejo) 3:08:59; 21. Caron Schaumberg (Riverside) 3:09:01.

INTERNATIONAL DISTANCE RUNS

by RICHARD SLOTKIN

November 4, Hollywood Park Race Track, Inglewood: Naturite International Distance Runs [men's 10k, women's 10k, men's and women's 5k].

Following last year's format, there were three separate events: a men's 10k followed by a women's 10k, and, last, a co-ed 5k.

There was plenty of talent in the men's 10k. Herb Lindsay from the Chicago Track Club, Herm Atkins from Seattle plus local hot-shots Dave Babiraki, Larry Lawson, Jerald Jones, Bill McCullough and Jon Sutherland guaranteed a fast, tough race, and there was plenty of crowd interest. But, clearly, the high point of the day was the women's 10k, and for only one reason: a tall, skinny blond. We've heard of her, seen photos of her in the running magazines, maybe even seen her on TV. Few of us, though, had seen the real thing...up 'til now. Most of us didn't even know she was going to be there. But there she was: *Grete!* Need I say more?

It wasn't much of a race. Not for first place anyway. By the time they had completed one loop of Hollywood Park's one mile dirt track, no one was even in the same zip code as she was. Without anyone to mount even a pretense of a challenge, Grete Waitz cranked out a

32:41. Sue Kinsey and Kate Keyes, both running for the host L.A. Naturite Track Club were a distant second and third at 36:23 and 36:39. Not really bad; they just had a tough act of follow.

The men's 10k was the lead off event and it was much more of a contest, although Herb Lindsay won it rather handily despite having run a 28:28 10k in Michigan the day before. Lindsay is being called the hottest road runner around these days and we saw why. Thr dirt track (there is also a grass track inside the dirt track) is a one mile loop.

photo by Richard Slotkin



GRETE WAITZ

The start line was set about 1/4 mile ahead of the finish to add the necessary

Wright with a time of 19:27. Second went to 18 year old Teresa Haro who has not been running very long, but is showing plenty of promise. She took a second place age group in the Santa Monica Half-Marathon last August, her first time in anything over 10k. Today, though, she just did hold off a very strong kicking Ellen Gerken of the Santa Monica TC (that club, again!). Ellen is also on the road back from injury, nothing like what Rafferty had, but a severe enough case of tendonitis to keep her idle for a while.

photo by Richard Slotkin



(l to r): **Steve Scott, Dave Daniels, Ralph Serna**

RESULTS

Women's 10 Kilo:

1. Grete Waitz (Norway) 32:41; 2. Sue Kinsey (LANTC) 36:23; 3. Kate Keyes (LANTC) 36:39; 4. Miki Gorman (Un) 37:30; 5. Beth Weber (LANTC) 39:37; 6. Judy Groombridge (Seattle Comets) 39:55; 7. Hermia Juarez 40:01; 8.

**S.P.A.A.A.U.
CROSS COUNTRY
CHAMPIONSHIPS**

by *RICHARD SLOTKIN*

November 10, Irvine Park, Orange: Southern Pacific Association of the A.A.U. 10 Kilo Cross Country Championships.

"We'll get 'em at nationals!"

With that defiant note, a very glum Santa Monica Track Club post-race team meeting perked up and broke up. SMTC had gone down to Orange County reasonably confident of winning the SPA District Cross Country title. They had good reason for optimism: Larry Lawson, recovering from the flu, not to mention last summer's injury, was starting to run well again. Just the previous week, Jerald Jones, with a blazing 28:51 had beaten Dave Babiraki for second place behind a very hot Herb Lindsay in one of the best 10 kilo's seen in Southern California in a long time. Pan-Am silver medalist Bill McCullough was running very well and ex-Buckeye Tom Bryant was in top form.

What they hadn't expected was the presence of a newly formed and very beefed up Sub-4 team. The filet mignon of that beef was Steve Scott. But there was a lot of porterhouse in the form of Dave Daniels, John Koningh, and, as it turned out, a surprising Donald Moses.

Not expecting this kind of competition, Santa Monica coach Joe Douglas had been working his team pretty hard all week, thinking ahead to the nationals in Raleigh, North Carolina three weeks hence. So, they were a little tired going into the race. Now, that's just an observabile factor, not a copout. Douglas is the first to tell you, "they just went out and beat us."

That they did. Sub-4 went after it from the start. At the first mile mark, it was Scott (who else?), Koningh and, temporarily intruding, Ralph Serna, for Loeschhorn's. So far, the course was flat but soon after they disappared

low. There was no fire and brimstone and no scolding. He praised everyone for their effort, gave Sub-4 the credit they earned and took all the blame by himself...if there really is any such thing as "blame" in this business. He also complimented Caldwell for a well managed race.

But don't feel sorry for SMTC. They'll be ready at nationals. They've been there before.

An interesting side note is this month's candidate for "Mr. Nice Guy." Ted Alarcon of the Culver City AC was called to receive the second place medal in the 40-44 age group. He declined, however, claiming that he had taken a wrong turn ("Just following the guy ahead of me.") which turned out to be a short cut. No one noticed it, but he felt it shaved too much time from his performance for him to claim the prize. In effect, he disqualified himself because he got nothing. Well, that's class of a higher order than second place.

For Scott, it was quite a day. Besides winning the race so convincingly, he had another event to participate in. In fact, he couldn't even stay long enough to get his award. It was, also, his wedding day. Congratulations on both to another Mr. Nice Guy, and anyone who has ever met Steve Scott will second that.

RESULTS

1. Steve Scott (Sub-4) 30:26; 2. Don Moses (Sub-4) 31:10; 3. Dave Daniels (Sub-4) 31:10; 4. Larry Lawson (SMTC) 31:23; 5. Jerald Jones (SMTC) 31:31; 6. Thomas Bryant (SMTC) 31:36; 7. Ralph Serna (LRC) 31:37; 8. Bill McCullough (SMTC) 31:39; 9. Mike Larson (SMTC) 31:43; 10. Carl Stromberg (Un) 32:04; 11. John Koningh (Sub)4 32:04; 12. Joe Avila (Sub-4) 32:06; 13. Cleveland Whalen (SMTC) 32:07; 14. Carl Smith (SBTC) 32:08; 15. Pete Heesen (Sub-4) 32:12; 16. Armando Cendejas (Un) 32:24; 17. John Jones (SBAA) first 30-39 32:25; 18. Pat Weiler (SMTC) 32:29; 19. Gary Nitti (SMTC) 32:30; 20. George Mason (AIA) 32:33; 21. Farron Fields (BB) 32:39; 22. Ed Chaidez (Un) 32:46; 23. Ben Martinez (AIA) 33:02; 24. David Greifinger (SMTC) 32:04; 25. Lou Patterson (Sub-4) 32:09



GRETE WAITZ

The start line was set about 1/4 mile ahead of the finish to add the necessary 400 plus yards to make a 10 kilometer. Well, by the time I was about a quarter into my second lap, in other words, close to two miles, Lindsay went by me...a lap ahead. I know I got off to a slow start, but I didn't think it was *that* slow. It wasn't: Lindsay finished in 28:32...on a flat, but slow, not to mention boring, surface. Hounding him all the way was Gerald Jones, who's second place finish at 28:51 gave him a 50 second PR and provided a little revenge for the Santa Monica Track Club. It made up for the Mercury 10k in October when Dave Babiraki led the whole pack of SMTC's horses to the tape. Babiraki's 29:08 was good enough for 3rd, but Bill McCullough was closing fast and the tiring Babiraki had to push those last 200 yards to hang on to third.

With 6 finishers under 30:00 and 13 under 31:00, this was one of the most competitive 10k's in the country this or any year, and at least 10 of the 13 live in the L.A. area. And let's not forget our good friend Tom Sturak who, at 48, took a first place in the 40-49 age group.

The 5,000 meters was an all Santa Monica Track Club affair, as SMTC took it with a 1-2-3 sweep. Don Frichtel won it in 15:09 followed by Jerry Masterson and Mark Rafferty. It was good to see Rafferty running well again. He's been laid up for over a year with leg injuries and two operations. Masterson is from Ouachita Baptist in Arkansas and has been with Santa Monica for just a few months. He has run a 1:45.8 in the 800 meters, so you can expect to be hearing from him, very possibly at the Olympic Trials.

The women's end of things in the 5,000 were taken care of by Jennifer

(l to r): Steve Scott, Dave Daniels, Ralph Serna

RESULTS

Women's 10 Kilo:

1. Grete Waitz (Norway) 32:41; 2. Sue Kinsey (LANTC) 36:23; 3. Kate Keyes (LANTC) 36:39; 4. Miki Gorman (Un) 37:30; 5. Beth Weber (LANTC) 39:37; 6. Judy Groombridge (Seattle Comets) 39:55; 7. Hermia Juarez 40:01; 8. Barbara Vasquez 40:07; 9. Jill Walker (LANTC) 40:59; 10. V. Brown 42:04; 11. Pauline Stevens 44:23; 12. Kathleen D. Smith 44:43; 13. Jamie Reid 44:55; 14. Karen Novikoff 45:08; 15. Stephanie Ambrose 45:11.

Men's 10 Kilo:

1. Herb Lindsay (Colorado TC) 28:32; 2. Jerald Jones (SMTC) 28:51; 3. Dave Babiraki (SFVTC) 29:08; 4. Bill McCullough (SMTC) 29:11; 5. Larry Lawson (SMTC) 29:21; 6. Mike Larson (SMTC) 29:31; 7. Guy Arbogast (Colo TC) 30:01; 8. Pat Curran 30:15; 9. Jon Sutherland (Sub-4) 30:18; 10. Pat Weiler (SMTC) 30:24; 11. Cleveland Whalen (SMTC) 30:41; 12. Herm Atkins (Club Northwest) 30:46; 13. Steve Chase 30:59; 14. Jim Scott (SMTC) 31:04; 15. Gary Nitti (SMTC) 31:17; 16. Jim Arquilla 31:26; 17. Kim Kelley 31:26; 18. Keith Colburn 31:41; 19. Jerry Alexander 31:46; 20. Terry Kaspar 31:57.

Men's 5 Kilo:

1. Don Fritchel (SMTC) 15:09; 2. Gerald Masterson (SMTC) 15:22; 3. Mark Rafferty (SMTC) 15:34; 4. Steve Chase 15:49; 5. Kevin Farrington 15:56.

Women's 5 Kilo:

1. Jennifer Wright 19:27; 2. Teresa Haro 19:38; 3. Ellen Gerken (SMTC) 19:41.



Not expecting this kind of competition, Santa Monica coach Joe Douglas had been working his team pretty hard all week, thinking ahead to the nationals in Raleigh, North Carolina three weeks hence. So, they were a little tired going into the race. Now, that's just an observabale factor, not a copout. Douglas is the first to tell you, "they just went out and beat us."

That they did. Sub-4 went after it from the start. At the first mile mark, it was Scott (who else?), Koningh and, temporarily intruding, Ralph Serna, for Loeschhorn's. So far, the course was flat, but soon after they disappeared into the hills on a course which was advertised as not for the run of the mill jogger.

When they came back into sight, there was Scott...alone. Finally, about a minute later and over a quarter mile behind, came Moses and Daniels. As they pulled up to the final turn, about 200 yards from the finish, Moses, who looked as though he was glad it was almost over, asked Daniels if he wanted to tie. Daniels realized that scoring was on total, not points, and that Larry Lawson of SMTC wasn't far behind, so he said they better get moving. I could hear him tell Moses, "C'mon, let's take off." So, they did, and even though they finished in the identical time of 31:10, the A.A.U. official called, you guessed it, Moses ahead. (Daniels took it well, though. He's a good sport.) After that came the flood of Santa Monicans. Lawson, Jones, Bryant, McCullough, and Mike Larson in that order except for a tough little Ralph Serna taking 7th place between Bryant and McCullough.

As it turned out, Scott's big lead appeared to be the difference as Sub-4 totalled 2:36:56 to Santa Monica's 2:37:52. However, it seems that the man of the hour...or 31 minutes and 10 seconds, to be exact...was Moses. In order to get plane tickets for the team members going to the nationals, Ruth Caldwell, the former Citrus College flash and helping husband Dennis who was the race director, had to guess who the first seven would be, she didn't have Moses doped for a ticket! So, it looks as though he provided the critical cushion.

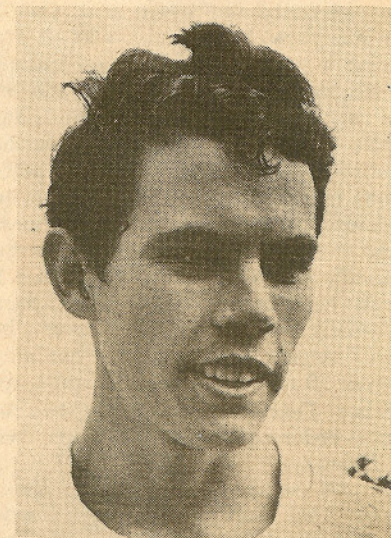
After the race, at the SMTC team meeting, coach Douglas demonstrated why turnover on his team is relatively

(SMTC) 31:39; 9. Mike Larson (SMTC) 31:43; 10. Carl Stromberg (Un) 32:04; 11. John Koningh (Sub)4 32:04; 12. Joe Avila (Sub-4) 32:06; 13. Cleveland Whalen (SMTC) 32:07; 14. Carl Smith (SBTC) 32:08; 15. Pete Heesen (Sub-4) 32:12; 16. Armando Cendejas (Un) 32:24; 17. John Jones (SBAA) *first 30-39* 32:25; 18. Pat Weiler (SMTC) 32:29; 19. Gary Nitti (SMTC) 32:30; 20. George Mason (AIA) 32:33; 21. Farron Fields (BB) 32:39; 22. Ed Chaidez (Un) 32:46; 23. Ben Martinez (AIA) 33:02; 24. David Greifinger (SMTC) 32:04; 25. Lou Patterson (Sub-4) 32:09...28. Richard Weeks (BB) *second 30-39* 33:27...67. Hal Winton (STC 37:52 *first 45-49*...70. Eugene Black (Un) 38:12 *first 40-44*...82. Tracy Brown (CCAC) 40:08 *first 50-59*.

Team Scores: 1. Sub-4 Track Club 2:36:56; 2. Santa Monica Track Club 2:37:52; 3. Athletes in Action 2:48:14; 4. Loeschhorn's Running Club 2:49:27; 5. Aztlan 2:55:48; 6. South Bay Track Club 2:57:35; 7. Club Northwest 2:59:26; 8. Maccabi 3:01:04.

CENTRAL CALIF MARATHON

BY GORDON KELLER



DENIS RINDE

November 10, Fresno: Second Annual Central California Marathon.

Despite the early morning fog which beset the start of this year's Central California Marathon, there were no reports of lost runners even though only 262 of the 294 starters crossed the finish line. The final count of registered runners tallied to 327 (28 women and 297 men) with 33 no shows giving us our 294 starters. This is a significant increase over last year's 210 starters when one considers the increase in number of marathons throughout the state. The youngest runner was 14 and the oldest was 60.

Those runners who did manage to make it back (either on foot or by car) were greeted to an array of fruits and juice that was made available by this year's sponsor, Sun Giant Raisins. This and the beautiful picnic weather at the finish culminated what most considered an ideal day to run up to the lake and back.

Not only did the quality of runners increase but there was a marked improvement in the quality of runners this year. There were a half dozen or so who had previous PR's in the 2 hour, 20 minute range or at least were potentially capable of running in the twenties. As it turned out it would be only Dennis Rinde who would go on to blow the previous course record to pieces by over 18 minutes with a PR of 2:20:18. A happy Rinde stated that he liked the conditions and had run the race according to plan. He appeared strong enough to go another ten miles or so, according to those who observed the finish. Had he not been alone for the last five miles or more, who knows what he could have run with pressure. We are also delighted that he was able to qualify for the Olympic marathon trials this coming May. There were many outstanding performances this year, including The Flying Delgado Brothers (Frank, Chris, and Joe) who swept the Men's Masters Division to The Amazing Gustavo Rojas who pushed his chair to a 2:36:22 in the Wheelchair Division (sixth overall).

Both the men's and women's team divisions were won by the newly named

Wheelchair: 1. Gustavo Rojas (31) SP 2:36:22; 2. David Aquilera (31) SP 3:11:25; 3. Daniel Hernandez (24) CAPH 3:36:18.

A.A.U. WOMEN'S STATE X-C CHAMPIONSHIPS

by RICHARD SLOTKIN

November 11, Huntington Beach: A.A.U. State Championship, Women's 5,000 Meter Cross Country.

They picked a nice course for this cross-country championship. Tough hills, but not too tough, enough flat ground to get our strength back for the final kick and scenic with trees and a small lake. But, no one could find the place. An obscure little park in Huntington Beach that nobody ever heard of, and even people who lived within 2 miles of it couldn't give accurate directions to it. Fortunately, the events were running late and people managed to straggle in

photo by Richard Slotkin



carefully, you'll probably find them in a subsequent issue because editor Bill Cockerham mails results forms to every race on the schedule. Sooner or later, they get in *CTN*.

Now for the main event. The tough local clubs were there, including the Southern California Road Runners, Los Angeles Naturite Track Club and the newly formed Santa Monica Track Club women's team. The San Jose Cindergals were there also, but conspicuous by their absence were the Golden Bear Track Club, Jamul Toadettes, San Fernando Valley Track Club and the San Diego Track Club. Golden Bear, we suspect, was saving it for the nationals and the AIAW's. Santa Monica was figured to be the favorite because of their depth and this proved to be the case. Naturite has Julie Brown though and the Road Runners have Su Mei Lee. Then some tough competitors like Michele Bush, Kerry Brogan, Ruth Caldwell, Elaine Campo and masters runner Fran Soloman who didn't have teams running with them figured to get into the money for the individual awards.

As expected, the redoubtable Ms. Brown got out in front early but for half the race was being dogged by an ever dwindling pack that included Bush and Lee. At about a half-mile, the course turned sharply to the right and up the first hill. There were arrows, cones and course monitors to point the way, and, with Brown leading, the pack made the turn. All but Bush, who inexplicably continued going straight. She wasn't leading and the course had all the control you could ask for short of an electrified fence and guard towers. Bush must have gone at least 50 yards before she discovered she really hadn't passed Brown. So, she had to swing around and join the others. By taking an angle, she saved maybe 10 or 15 yards, but she probably lost them back in the form of very rough ground, as she was now, literally, off the beaten path. It's a shame because besides being a very good young runner, Michelle is one of the sweetest kids you'll want to meet and that little slip cost her, very likely, second place.

Meanwhile, Pam Moris and Linda

ranging in age from nine to 63, gathered from throughout greater Los Angeles for the area's first L'eggs/YWCA 10,000 meter run for women.



VICKIE COOK

Pre-race expectations called for a classic confrontation between youth and experience. Youth being in the person of 15-year old Vickie Cook of Northridge, and experience represented by world class runners, Bev Shingles, 39, of New Zealand, and Miki Gorman, 44, of Los Angeles. Shingles, a week earlier, won the L.A. Women's Marathon. Gorman has won many races, including the Boston and New York City Marathons.

It was an extremely competitive race, with 12 women finishing the 6.2 mile course in under 40 minutes. High schooler Cook won the race in a personal best of 35:07. Shingles crossed the tape 17 seconds later, closely followed by Gorman in 35:47.

When the starting cannon boomed, Yvonne Yanke, 21, of Seal Beach, raced out to a 100 yard lead for the first mile.

to go another ten miles or so, as to those who observed the finish. Had he not been alone for the last five miles or more, who knows what he could have run with pressure. We are also delighted that he was able to qualify for the Olympic marathon trials this coming May. There were many outstanding performances this year, including The Flying Delgado Brothers (Frank, Chris, and Joe) who swept the Men's Masters Division to The Amazing Gustabo Rojas who pushed his chair to a 2:36:22 in the Wheelchair Division (sixth overall).

Both the men's and women's team divisions were won by the newly named Fresno Track Club. New course records were set in all but two divisions. A big thanks to our sponsor Sun Giant Raisins and all of the 100 volunteers who help make this event happen.

RESULTS:

Open Men 16-29: 1. Dennis Rinde (21) WVTC 2:20:18; 2. Bob Cooper (25) WS 2:32:59; 3. Curt Elia (29) FTC 2:34:23; 4. Jeff Merrow (21) FTC 2:36:17; 5. David Smith (20) BA 2:39:00; 6. Mike Lenemann (26) FTC 2:39:58; 7. Tom Holliday (27) BTC 2:44:39; 8. Juan Molina (23) HSTC 2:46:26; 9. Red Pitkin (26) MTC 2:46:36; 10. Dale Magnin (27) SSS 2:47:00. **Men 30-39:** 1. Mark Hemphill (30) FTC 2:35:56; 2. Ed Wehan (35) LAAC 2:38:17; 3. James Hamlin (34) Un 2:38:48; 4. Jim Minami (35) ATC 2:43:09; 5. Paul Cross (33) BTC 2:45:10. **Men 40-49:** 1. Frank Delgado (43) FTC 2:41:47; 2. Chris Delgado (45) BC 2:45:25; 3. Joe Delgado (41) FTC 2:46:45; 4. Colby Churchman (45) Un 2:51:22; 5. Dick Cain (47) Un 2:51:48. **Men 50 Plus:** 1. Sid Toabe (55) FTC 2:58:57; 2. Carlos Gutierrez (51) Un 3:16:38; 3. Robert Small (52) BTC 3:18:00; 4. John McManua (57) STC 3:19:37; 5. Dan Seamount (56) HSTC 3:20:51.

Women Open 16-29: 1. Diane Barrett (18) FTC 3:12:19; 2. Anne Hayden (25) Un 3:19:07; 3. Kathryn Blinn (25) BC 3:23:59. **Women 30-39:** 1. Gail Campbell (30) WVJS 3:04:59; 2. Vicki Blankenship (35) PMK 3:06:12; 3. Zana Liddle (32) FJ 3:40:49. **Women 40-49:** 1. Jeanette Burke (40) HSTC 3:19:58; 2. Mary Ann Belknap (42) Un 3:29:10; 3. Michele Gauthier (42) SYN 3:42:50.



JULIE BROWN

in time for even a brief warm-up. Bounded by farms, vacant fields and a housing tract, the main entrance was off a *cul de sac* on the edge of the tract. The place is so obscure that I don't even remember its name. In my 1972 version of the Thomas Guide, it's shown as merely "park site." Even the tract wasn't there. So, maybe I should break down and get a new Thomas Guide.

In any case, the girls, ladies, women, whatever title is appropriate...and they had them all, from 6 and 7 right on up...found the place, although, they all had the same complaint: "I got lost!" There were, I believe, 5 races in all. Separate events were held for each age group, with different length courses, depending upon the age group. I will admit to a certain amount of dereliction by having covered only the open race. Although I was there in time to see all the events, lack of energy and film prevented me from covering the youngsters. It's a shame because they went at it just as hard as the big girls. The always tough Blue Angels, groups from San Jose and beyond, clubs most of us haven't heard of...they all deserve recognition and next time we'll see that they get it. If you check the "Results" pages

control pipe and guard towers. Bush must have gone at least 50 yards before she discovered she really hadn't passed Brown. So, she had to swing around and join the others. By taking an angle, she saved maybe 10 or 15 yards, but she probably lost them back in the form of very rough ground, as she was now, literally, off the beaten path. It's a shame because besides being a very good young runner, Michelle is one of the sweetest kids you'll want to meet and that little slip cost her, very likely, second place.

Meanwhile, Pam Moris and Linda Heinmiller of the Santa Monica Track Club were edging to the front of the pack behind the slowly fading leaders (except Brown, of course)...and, although the whole field was stringing out more and more, the Santa Monica team was beginning to tighten up their relative positions. In fact, their 5th runner was ahead of anyone else's 4th as they began to enter the final stretch. By then Brown was all alone, expressionless as usual. She is truly an outstanding athlete.

RESULTS

1. Julie Brown (LANTC) 17:18; 2. Cindy Poor (AIA) 18:09; 3. Pam Morris (SMT) 18:14; 4. Michelle Bush (UCLA) 18:17; 5. Linda Heinmiller (SMT) 18:20; 6. Carol Keller (LANTC) 18:20; 7. Kerry Brogan (Un) 18:34; 8. Su Mei Lee (SCRR) 18:37; 9. Sherry Roach (SCRR) 18:51; 10. Maria King (SJCG) 18:55. 11. Elaine Campo (OF) 19:01; 12. Ann Dandoy (UCLA) 19:03; 13. Doreen Assuma (SCRR) 19:15; 14. Ruth Caldwell (LRC) 19:20; 15. Beth Weber (LANTC). **Team Scores:** 1. Santa Monica Track Club 69; 2. L.A. Naturite Track Club 80; 3. Southern California Road Runners 81.

L'EGGS/YWCA 10k

by Rob Bernstein

November 11, Santa Monica: L'eggs/YWCA 10,000 Meter Run for Women.

The streets were void of cars and filled with runners here on a beautiful Sunday morning. More than 600 women,

Zealand, and Miki Gorman, 44, of Los Angeles. Shingles, a week earlier, won the L.A. Women's Marathon. Gorman has won many races, including the Boston and New York City Marathons.

It was an extremely competitive race, with 12 women finishing the 6.2 mile course in under 40 minutes. High schooler Cook won the race in a personal best of 35:07. Shingles crossed the tape 17 seconds later, closely followed by Gorman in 35:47.

When the starting cannon boomed, Yvonne Yanke, 21, of Seal Beach, raced out to a 100 yard lead for the first mile. She was unable to hold her pace and fell back to finish fourth.

Cook, Shingles and Gorman, running side by side, separated themselves from the crowd. At the 3½ mile mark, Cook started moving ahead. When she neared the finish at the Santa Monica College track, she had a lead of 100 yards.

"I didn't expect to win," Cook said after the race. "I just came to run. It helped running with Bev and Miki. They just kept pushing us harder." She was excited about winning a trip to New York to compete in the L'eggs Mini Marathon next May 31. Already a veteran at 15, Cook has been running for nine and a half years.

Eleven-year old Carol Doody of Upland had extra eyes focused on her. A camera crew from NBC's "Real People" television show is doing a segment on the young runner who was unable to collect her award for winning her age group. She had to rush to Huntington Beach, TV cameras in tow, to run with her school teammates at the state women's cross country championships.

Margaret Miller chalked one up for experience. The 53-year old from Thousand Oaks finished 18th overall, in an incredible 40:45.

For Denise Chiesa, 27, of Santa Monica, it was a special day. The L'eggs was her first race after running only three months. It was also her birthday.

Sharon Barbano, a top U.S. runner and spokesperson for L'eggs, said the race was "an important and dramatic way of showing that women can run longer distances than the 1,500 meters they are now permitted to run in Olympic competition."

RESULTS

- Vickie Cook (15) Northridge 35:07; 2. Bev Shingles (39) New Zealand 35:24; 3. Miki Gorman (44) Los Angeles 35:47; 4. Yvonne Yanke (21) Seal Beach 36:10; 5. Gina Dyer (21) Lakewood 37:05; 6. Jaynie Miller (25) Los Angeles 37:33; 7. Christine Grundy (25) Pomona 37:57; 8. Kris Powers (26) Riverside 38:06; 9. Evelyn Kane (22) Pacific Palisades 38:56; 10. Liz Garmon (17) Azusa.
- Corey Hill (25) Los Angeles 39:16; 12. Elisabeth Borregard (25) Los Angeles 39:27; 13. Carol Doody (11) Upland 40:01; 14. Donna Van Puyvelde (22) Los Angeles 40:16; 15. Christa Romppanen (40) Malibu 40:18.

LASSE VIREN FINNISH 20 KILO

by STAN PANTOVIC

November 18, Pt. Magu: Second Annual Lasse Viren Finnish Invitational 20 Kilometer Run.

It was a day of many highlights: cross country style 'runner's course' proved to be just that as a world class field contested the second annual Lasse Viren Finnish Invitational 20 Kilo Run at Pt. Magu, hard by the Pacific Ocean. Gary Tuttle, who last year beat the great Viren in the inaugural race, saw a couple of dozen runners who could challenge and win. Kirk Pfeffer of the San Diego based Jamul Toads Club, did just that in blazing over the 12.4 mile course in 59:13.8 and definitely establishing himself as another man who can win the Moscow marathon. Tuttle, who placed second in 60:22, said that "It was probably the most competitive race in California distance running history."

Bostonian Dick Mahoney picked up third place honors ahead of Frank Shorter who ran a very gallant 61:11. Shorter, reported hurting before the race, ran through aches as he displayed his usual excellent form in racing the 20 kilo run which was honoring him this year.

Chuck Smead (27) 61:57; 10. Nakan Spik (28) 62:14.

11. Dennis Wilson (23) 62:36; 12. Martti Kiiholma (29) 62:46; 13. Rich Langford (26) 62:56; 14. Lionel Ortega (25) 63:12; 15. Ed Mendoza (27) 63:20; 16. Charley Vigil (27) 63:38; 17. Frank Mencin (28) 63:57; 18. Jim Johnson 64:07; 19. unknown; 20. Carl Stromberg (25) 64:30; 21. Dave Frickel (25) 64:36; 22. Ed Chaidez (27) 64:53; 23. Gary Wallace (30) 65:06; 24. Bill Roach (23) 65:37; 25. Vince Engel (33) 65:45; 26. Matt Segura (25) 65:55; 27. Herman Atkins (31) 66:12; 28. Esa Tikkanen (26) 66:20; 29. Bill Entz (25) 66:29; 30. Brian Appell (19) 66:44; 31. Pat Curran (25) 67:20; 32. Dick Weeks (36) 67:22; 33. John Botke (36) 67:59; 34. Jim Arquilla (28) 68:19; 35. Bill Scobey (34) 68:23; 36. Wayne Buckingham (27) 69:18; 37. Carlos Godoy (27) 69:37; 38. Tom Becker (21) 70:13; 39. Ken Lemus (22) 70:13; 40. Andy Ligeti (18) 70:45; 41. Larry Montag (27) 71:02; 42. Arnulfo Carbajal (18) 71:07; 43. Mike Dagg (28) 71:08; 44. David Mineau (32) 71:21; 45. David Vanderveen (25) 71:23; 46. Craig Clemmer (25) 71:35; 47. Dean Raymond (30) 71:56; 48. Tony Ramirez (25) 71:57; 49. Chris Lucas (27) 72:31; 50. Ron Milne (35) 72:54.

Women:

1. Grete Waitz (26) 68:20; 2. Patty Lyons (26) 72:06; 3. Laurie Binder (32) 77:31; 4. Debbie Lewis (25) 79:58; 5. Jacqueline Hansen (30) 83:04; 6. Diane Riley (24) 83:36; 7. Christa Romppanen (40) 84:18; 8. Jill Walker (18) 85:23; 9. Jane Chalmers (33) 86:13; 10. Margaret Miller (53) 87:28.

Masters:

1. John Brennan (44) 69:48; 2. Skip Shaffer (41) 70:00; 3. Ron Daws (42) 70:51; 4. Oiva Tuomainen (40) 71:44; 5. Gary Anderson (41) 72:38; 6. Bob Holtel (48) 73:56; 7. Art Boettcher (44) 74:41; 8. James Murphy (40) 75:05; 9. Robert Hanisee (40) 75:35; 10. Richard Scott (41) 75:51.

OCCIDENTAL WOMEN'S 5 KILO

running indoors by now."

What the open age group lacked in competition, the thirteen and under folks took care of and then some. Only three of the top eight finishers were over fourteen years of age, and second-placer Sheri Lawson was only nine. Miss Lawson, who is from Granada Hills, had to withstand pressure from Chris Marshall of Simi Valley, but she finished with a flourish in her first-ever 5K. Kim Ojeda of Eagle Rock, only twelve, was seventh overall with a fine effort. All three runners figure to have excellent careers in front of them. The winner of the 40 and over age group was Adela Diaz of Monte Bello, who was twelfth overall.

RESULTS

1. Jaynie Kay Miller (25) Eagle Rock 19:43; 2. Sheri Lawson (9) Granada Hills *first 13 & Under* 21:30; 3. Chris Marshall (14) Simi Valley *first 14-18* 21:38; 4. Judy Kewley (35) Simi Valley 21:45; 5. Michelle Kaplan (17) Van Nuys 22:08; 6. Elaine Stumpus (14) Santa Monica 22:15; 7. Kim Ojeda (12) Eagle Rock 22:28; 8. Barbara Chappel (12) Reno, Nevada 22:44; 9. Sherrie Semelsberger (24) Woodland Hills 23:03; 10. Barbara Patterson (22) Granada Hills 23:15.

COMMUNITY BANK RIVER RUN

by DENNIS CALDWELL

November 25, Anaheim: Community Bank 10 Kilo River Run III.

Ten kilometer races in Southern California are as commonplace as salt and pepper on a dinner table and the Community Bank River Run may appear to many as just another 10K. But it's more than just another 10K. When I organized the River Run I in 1977, I had two goals in mind: 1) To stage a race where 100% of the "profits" are turned back around into the race to make it more of what the runners want it to be

desirable market place; but it is my belief that Community Bank's interest in running (apart from commercial interest) was genuinely in the best interest of the runner. It has been this positive attitude held by Community Bank over the past three years that has contributed to the successfulness of the River Runs.

The 1977 race was developed and staged with less than three months of actual work. A brief promotional campaign was launched at the end of the '77 cross country season and the course was a simple out and back starting and finishing at the bank. I personally invited some of the better runners that I knew and expected three to four hundred runners. By the time the pre-race entries had been received we had reached nearly 600 entries! I was naturally pleased with the return but was a little concerned as to how many runners the course could hold. The day of the race surprised everybody with over 100% increase to push the entries over 1,200 making the CBRR I the largest race ever in Orange and Los Angeles Counties.

Tom Lee of Pasadena was matched up with Ralph Serna of UC Irvine in the first annual race while Jacqueline Hanson was the featured athlete in the open women's division. The out and back course made it tough for the leaders on their homeward charge and times were slowed a bit because of heavy traffic on the river bed bike trail. In spite of the congestion at the far end of the course Ralph Serna and Tom Lee made the first race a memorable one as they rounded the last corner shoulder to shoulder with 50 yards to the tape. It was the superior speed of Serna that inched ahead in the closing yards to notch 30:24 to 30:25. A photo finish indeed and it was this photo that inspired the continuing tradition of the River Run — placing the picture of the winner on the t-shirt of the next year's race.

In 1978 Community Bank moved its race across the street to the "Big A" Anaheim Stadium - in cooperation with the Anaheim Recreation Department this race took on the look of a big time race. The unlimited facilities of Anaheim

blazing over the 12.4 mile course in 59:13.8 and definitely establishing himself as another man who can win the Moscow marathon. Tuttle, who placed second in 60:22, said that "It was probably the most competitive race in California distance running history."

Bostonian Dick Mahoney picked up third place honors ahead of Frank Shorter who ran a very gallant 61:11. Shorter, reported hurting before the race, ran through aches as he displayed his usual excellent form in racing the 20 kilo run which was honoring him this year.

Grete Waitz, next year's honoree at the Lasse Viren Finnish Invitational, was simply marvelous as she outdistanced Boston's Patti Lyons and Bay to Breakers winner Laurie Binder of San Diego, winning in 68:20. The Jamul Toads won the inaugural team trophy as Dennis Wilson and Ed Mendoza joined Pfeffer in beating strong contingents which included the Finnair team of Hakan Spik, a 3 time Finnish marathon champion, Esa Tikkanen and Martti Kiilholma, past winners of the Hang Ten and Culver City marathons respectively.

A key to the success of the race has been the sponsorship of the REI co-op, as the Seattle based firm, backers of many American summit assaults in the Himalayas, showed their experience with outdoor folks as they got involved with what is a "runner's race" — time standards, a marvelous course and world class competition. Meet director, Eino, said, "We wanted a race that would be strictly for the runners from every aspect. REI agreed with me that quality was more important than quantity. We already have many more world class runners interested in coming next year, and those who participated this year were very pleased."

Winner Pfeffer, courtesy of REI, will fly via Finnair to compete at Jyskavala's marathon or half marathon next year.

RESULTS

Open Men:

1. Kirk Pfeffer (23) 59:13; 2. Gary Tuttle (30) 60:22; 3. Dick Mahoney (29) 60:25; 4. Frank Shorter (30) 61:11; 5. Ted Castaneda (27) 61:26; 6. Gary Bjorklund (28) 61:31; 7. Jon Anderson (30) 61:34; 8. David Segura (21) 61:45; 9.

Miller (53) 87:28.

Masters:

1. John Brennand (44) 69:48; 2. Skip Shaffer (41) 70:00; 3. Ron Daws (42) 70:51; 4. Oiva Tuomainen (40) 71:44; 5. Gary Anderson (41) 72:38; 6. Bob Holtel (48) 73:56; 7. Art Boettcher (44) 74:41; 8. James Murphy (40) 75:05; 9. Robert Hanisee (40) 75:35; 10. Richard Scott (41) 75:51.

OCCIDENTAL WOMEN'S 5 KILO

by WOODY STUDENMUND

November 24, Eagle Rock: Occidental Women's 5 Kilometer Race.

Running against a small field, twenty-five year old Jaynie Kay Miller completely dominated the first Occidental Women's 5 Kilometer Race by beating runnerup Sheri Lawson by almost two minutes. Lawson's effort, however, was superb, since she finished second in a race of over fifty runners at the tender age of nine! While the majority of the competitors were from Eagle Rock or nearby Pasadena, Glendale, or Los Angeles, runners from as far away as Reno, Nevada and San Francisco took part in the event, which hopefully will become an annual affair.

Miss Miller, winner of five of her last seven races (she won the recent Glendale "Y" 10K), was in command from the start and pulled away going up the first of two tough hills on the slightly long and definitely difficult course. While she was disappointed with her time of 19:43.7 (her best of a 10K is 37:32, and she has run 18:30 for a 5K first half of a 10K race), Jaynie admitted she was quite surprised to have won by such a margin - "It's too bad this race conflicted with nationals and CIF championships; it would have been a more competitive race!" A graduate of Wellesley College and Harvard Business School, Miller moved to Eagle Rock in June and has started work as a management consultant. "I don't get much time to train anymore," she said, "but when I do get to run I really enjoy the California weather...back in Boston, we'd be

by DENNIS CALDWELL

November 25, Anaheim: Community Bank 10 Kilo River Run III.

Ten kilometer races in Southern California are as commonplace as salt and pepper on a dinner table and the Community Bank River Run may appear to many as just another 10K. But it's more than just another 10K. When I organized the River Run I in 1977, I had two goals in mind: 1) To stage a race where 100% of the "profits" are turned back around into the race to make it more of what the runners want it to be and, 2) Invite some of the best runners around to compete for individual and team awards. It is most common today to find a host of races for charities and it also does not take a mathematical genius to discover that making any margin of profit is a most difficult task after you pay for t-shirts, traffic control, printing, mailing, awards and other race services. In fact it is my belief that 100% of the race entry income is not enough to support a first quality event so a supplemental cash value of 2,000 to 7,000 dollars is needed to provide the essentials for a first class event.

The Community Bank Race has tried to produce a top quality race by supplementing the \$16,000 in entry fees with an additional \$10,000 to acquire the best services available for road racing and to provide the runners with more attractive and *more* awards, better facilities and an overall "runners race." Being a runner myself I see to it that every detail that a runner expects is taken care of from the basic design and accurate measurement of the course to the little extras, as in the 1979 race—free yogurt and special free T-shirts to the first 500 finishers.

In 1977 I was approached by Community Bank officials asking if I would coordinate a 10K road run. At that time running was just beginning to grow and there were perhaps a half-dozen races per month in the Los Angeles — Orange County area. Most races at this time were drawing 100 to 500 runners and "T-shirt races" were a new twist to an old sport. With the recognition of running as a fast growing sport it was inevitable that commercial interests would soon look to the running population as a

the last corner shoulder to shoulder with 50 yards to the tape. It was the superior speed of Serna that inched ahead in the closing yards to notch 30:24 to 30:25. A photo finish indeed and it was this photo that inspired the continuing tradition of the River Run — placing the picture of the winner on the t-shirt of the next year's race.

In 1978 Community Bank moved its race across the street to the "Big A" Anaheim Stadium - in cooperation with the Anaheim Recreation Department this race took on the look of a big time race. The unlimited facilities of Anaheim Stadium were great and the positive sports identity of this facility was also in the spirit of a first class event. However, the deciding factor that brought the race to the new site was the expected crowd for the 1978 race. Over 2,000 were expected and over 2,300 were officially entered by the time the race had started.

The 1978 race was by far the largest race (again) in Orange County and was perhaps the most competitive race in Southern California. Ralph Serna headed up the 1978 field while competing for the Irvine Track Club. Tom Lee was back, too, to challenge Ralph, once again for that prized first spot in this second go around. Ralph and Tom, however, had much more company this year. Tracy Smith (former ITA pro) was traveling down from Bishop to run; Sammy Maritim of Kenya; Steve Scott (America's premier miler, Ben Wilson from West Virginia, plus the likes of Charlie Christensen, Don Moses, David Schriver and others.

The new course started and finished in the stadium parking lot and ran on the river trail with a loop instead of an out and back course as in 1977. This new course also had no public streets to contend with and was very flat to start and finish. The mayor of Anaheim, John Seymour, was the honorary starter for this year's race. When the gun was fired the runners started just as fast as a bullet. I was running in this race and came through the mile at 4:30 and the leaders were already out of sight. I must have been in 50th place at best! Ben Wilson of the Loeschhorn Running Club held off a charging Steve Scott who was closely followed by Lou Patterson, Ben

Martinez, Ron Cornell and Tom Lee. The winning time of 30:13 was only two seconds ahead of second place and only six seconds ahead of fifth. I ran 31:30 and placed 31st. — now that's a tough deep field.

Ruth Caldwell, my wife, bested the women's field by 44 seconds and lead her Loeschhorn's women's team to a first place title over the Orange County Track Club. The men's team race was easily won by the Irvine Track Club with 36 points followed by the Loeschhorn's Running Club with 70. And, so ended a second record breaking River Run.

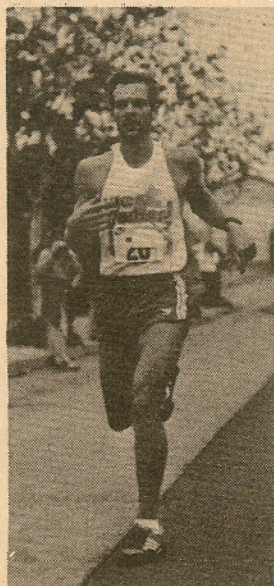
It seemed as though more things went wrong before the 1979 race than had gone right in the two previous years. The problems started when what seemed to be a matter of formality to enlist the support of the Anaheim Recreation Department came to an abrupt end when recreation department officials rejected the terms under which the race was run in 1978. The services received in 1978 for under \$200 were going to cost nearly \$2,100 in 1979. So a new course was laid out for the third time.

This year's Community Bank River Run III was staged in two parts — an invitational race at 8:15, followed by an open run at 9:00. The invitational event was designed for competitors of all age groups, both men and women and the team competition took place in this section. This race was developed to give the top runners a chance to compete against each other without fighting their way through thousands of slower runners and this race also gave the recreational runners a chance to see the top runners run their race and still enjoy the same run themselves in the open 10K that followed the invitational.

Adidas was brought in as a co-sponsor this year and provided the t-shirts that had Ben Wilson's picture on them, at a reduced cost than otherwise would have been paid and they provided many merchandise awards to runners of both sections. A late addition to the River Run and a most welcome one at that, was Natural Light Beer, who gave over 500 "Natural Runner" t-shirts to the runners in the open run. Johnstons yogurt distributed free products to all the participants as well.

began to develop as Ron Cornell, Ed Arriola and Armando Cendejas passed the mark at 9:20, followed now by Ralph Serna and Collen McConnell. At 5k and 14:40 it was still Cornell followed by Arriola but Cendejas had fallen back to 4th and Serna had moved up to the third position. The leaders were on the downhill side of the 10k now and at 4 miles it had turned into a two man race Ron Cornell of Fullerton and Ed Arriola from Arizona. The pair moved past the

photo by Keith Conning



MIKE CASSADY

photo by Keith Conning



GREG BACHAND

photo by Keith Conning



BOB DARLING

aid station and into the five mile position with a time of 24:19 shoulder to shoulder and there was still a possibility that Ralph Serna could catch the leaders as he eclipsed the 5 miles in 24:25. Over 800 spectators had now lined the street awaiting the leaders to emerge around the turn at six miles and when they did it appeared that Ron Cornell would be the victor as he had opened up a 30 year lead over the trailing Arriola at the same time the crowd began to cheer on the leaders Ed Arriola began to turn on the speed and began his final assault on the pacesetter Ron Cornell. I had a hard time recognizing Ed during the race

Cendajas 30:29; 6. Alfredo Rosas 30:33; 7. Jeff Lough 30:57; 8. Jim Scott 30:59; 9. Mark Covert 31:01; 10. Joey Gomez 31:02.

Women 18-29: 1. Michele Bush 35:38; 2. Therese Kozlowski 35:45; 3. Elaine Campo 36:36; 4. Kathy Robertson 37:14; 5. Beth Webber 37:46.

Men 17 & Under: 1. Jon Butler 30:49.
Men 35-39: 1. Ron Hanson 33:00. **Men 40-49:** 1. Eugene Black 37:26. **Men 50-59:** 1. Charles Hanson 37:10. **Men 60 &**

Over: 1. Eddie Lewin 39:10.

Women 17 & Under: 1. Barbara Vasquez 40:37. **Women 30-39:** 1. Fran Solomen 37:41. **Women 40-49:** 1. Wilma Maddock 43:13. **Women 50 & Over:** 1. Pam Ramirez nt.

social, and economic leaders of Oakland. It looks as though this will truly be a regular event.

RESULTS

Full Marathon:

Men 17 & Under: 1. Steve Krotoski 2:48:30; 2. Kent Hikida 3:04:58; 3. Bruce Mulcahy 3:05:25; 4. Thomas Moore 3:19:22; 5. David Meeks 3:20:23. **Men 18-29:** 1. Ted Quintana 2:20:47; 2. Lee Edmunds 2:21:27; 3. Salvador Berumen 2:22:58; 4. Hank Lawson 2:25:00; 5. Dave Vellequette 2:25:31.

Men 30-39: 1. Fritz Watson 2:24:57; 2. Neil Berg 2:28:59; 3. Ron Nabers 2:29:57; 4. Timothy Morse 2:35:39; 5. William Jenney 2:36:41. **Men 40-49:** 1. Jim Vevins 2:43:12; 2. John Graham 2:45:03; 3. Thomas Mota 2:46:39; 4. Timothy Treacy 2:46:46; 5. Jerome Lewis 2:47:40. **Men 50 & Over:** 1. Robert Gehl 2:42:59; 2. Hank Shastany 2:53:40; 3. Rex Morton 2:55:02; 4. Hans Roenau 2:57:33; 5. Joe King 3:04:39. **Wheelchair:** 1. Robert Agulera 2:48:18.

Women 17 & Under: 1. Mary Matson 3:30:20. **Women 18-29:** 1. Sue Munday 2:47:57; 2. Sue Vinella-Brusher 2:56:01; 3. Jane Sowersby 3:01:19; 4. Terri Durbin 3:12:22; 5. Carol Walker 3:19:15. **Women 30-39:** 1. Sue Johnson 2:58:18; 2. Laury Belzer 3:18:34; 3. Louise Burns 3:21:02; 4. Joanne Sidwell 3:23:17; 5. Helen Eisenbud 3:26:56.

Women 40-49: 1. Karen Scannell 2:57:13; 2. Jeannie Kayser-Jones 3:15:19; 3. Sylvia Fox 3:24:44; 4. Liz Ray 3:26:12; 5. Amber Henniger 3:49:10. **Women 50 & Over:** 1. Kay Atkinson 3:59:04; 2. Annabelle Marsh 4:52:30.

Half Marathon:

Men 17 & Under: 1. Mark Torres 1:16:55; 2. Pat Hall 1:17:51; 3. Peter Ramos 1:19:42; 4. Dane Long 1:20:28; 5. Eric Patterson 1:21:46. **Men 18-29:** 1. Mike Cassidy 1:06:00; 2. Greg Banchand 1:08:38; 3. Mike Pinocchi 1:09:07; 4. Lester Mina 1:09:59; 5. Jeff Johnson 1:12:04.

Men 30-39: 1. Bob Darling 1:08:54; 2. Arturo Rodriguez 1:10:29; 3. Harvey Franklin 1:11:35; 4. Tim Swezey 1:12:/&; 5. Tim Rostege 1:12:53. **Men 40-49:** 1. Tom Cathcart 1:13:56; 2. Paul Farrier 1:16:59; 3. Don Arndt 1:17:27; 4. Bernard Hollaner 1:19:49; 5. Bill Kirch-

OAKLAND MARATHON

by KEITH CONNING

run their race and still enjoy the same run themselves in the open 10K that followed the invitational.

Adidas was brought in as a co-sponsor this year and provided the t-shirts that had Ben Wilson's picture on them, at a reduced cost than otherwise would have been paid and they provided many merchandise awards to runners of both sections. A late addition to the River Run and a most welcome one at that, was Natural Light Beer, who gave over 500 "Natural Runner" t-shirts to the runners in the open run. Johnstons yogurt distributed free products to all the participants as well.

Ben Wilson, the 1978 winner, was in attendance but was not running this year due to a back injury that has him presently grounded. Steve Scott was competing in the National AAU cross country race in North Carolina along with the top Sub-4 Track Club. So it seemed as though the River Run who finally met it's challenge of the conflicting dates with the National AAU's taking many of the areas top runners.

In spite of the nationals conflicting with this year's race another record breaking run still took place in Anaheim. Ed Arriola (now living in Arizona) had dropped into town for the Thanksgiving holiday to visit with his family and stopped in at Loeschhorns for Runners in Cerritos to see what races were going on locally. The manager told about the River Run and learned from talking with Ed that he was in "very good shape" but nobody knew it!

On Sunday morning a small gathering of 250 runners had appeared for the first ever River Run Invitational and among them were some of the fastest runners in each age group around. When the gun sounded at 8:15 the field began to make its way up State College Blvd. From the doorstep of Community Bank. The first mile was nearly without so much as a curve until a sharp 90 degree right turn 80 yards before the first split was given. 4:30 was called out as Ron Cornell, Armando Cendejas, Collon McConnel, Ralph Serna (Ralph flew back to L.A. from North Carolina and had no sleep before the race), Mark Covert, John Buttler and Joey Gomez stepped past the mile mark. At two miles the race

aid station and into the five mile position with a time of 24:19 shoulder to shoulder and there was still a possibility that Ralph Serna could catch the leaders as he eclipsed the 5 miles in 24:25. Over 800 spectators had now lined the street awaiting the leaders to emerge around the turn at six miles and when they did it appeared that Ron Cornell would be the victor as he had opened up a 30 year lead over the trailing Arriola at the same time the crowd began to cheer on the leaders Ed Arriola began to turn on the speed and began his final assault on the pacesetter Ron Cornell. I had a hard time recognizing Ed during the race because I am more familiar with his outstanding efforts on the track and didn't expect to see him on the roads — but as the finish line drew closer and closer Ed got faster and faster and overtook Ron with 60 yards remaining. As Ed rounded the final turn it was evident that he was indeed in "very good shape" as he had stated two days before when he found out about the race — and breasted the wire in a record of 29:45 followed ever so close by Ron's 29:47.

The women's race was a challenging run as well as the men's as Michelle Bush of UCLA beat out Theresa Kozlowski with a time of 35:38 to 35:45.

When it is all said and done the River Run has begun a tradition in Southern California to produce a higher quality road race for the participants each year and has already begun to do this very task for the 1980 run. First of all next year's race will *not conflict with the National AAU cross country race because I have already changed the date of the River Run IV to be held one week after the AAU's*. Talks have begun with New Balance, Adidas and Natural Lite Beer to fly in some of the top road races in the US as well as staging a pre-race clinic and post race banquet. The point is this— we hope the River Run can continue to grow, improve and become a major road race recognized nationwide as one of the top US races. It can really happen in Southern California and it really *should!* We'll see you next year.

RESULTS

Men 18-39: 1. Ed Arriola 29:45; 2. Ron Cornell 29:47; 3. Ralph Serna 30:17; 4. Collin McConnel 30:25; 5. Armando

Over: 1. Eddie Lewin 39:10.

Women 17 & Under: 1. Barbara Vasquez 40:37. **Women 30-39:** 1. Fran Solomen 37:41. **Women 40-49:** 1. Wilma Maddock 43:13. **Women 50 & Over:** 1. Pam Ramirez nt.

OAKLAND MARATHON

by KEITH CONNING

December 2, Oakland: First Annual Oakland Marathon.

It was still dark out as the two thousand runners gathered for the First Annual Oakland Marathon and Half-Marathon. The course was made to order for fast times, as it was flat, except for a couple of freeway overpasses, and the temperature was cool.

Ted Quintana of San Leandro qualified for the U.S. Olympic Trials by winning in 2:20:47. He was followed by Lee Edmonds of Grass Valley in 2:21:27, also under the qualifying standard of 2:21:54. Salvador Berumen of San Jose, who finished third in 2:22:58, missed the standard, but he took 14 minutes off his personal best time.

Sue Munday of San Jose was the first woman finisher in the fine time of 2:47:57. Three other women broke the 3 hour barrier — Sue Vinella-Brusher (2:56:01), Karen Scannel (2:57:13), and Sue Johnson (2:58:18).

Mike Cassady of Mountain View won the half-marathon in 1:06:00, despite taking a wrong turn. The half-marathoners left the regular marathon course to finish at the Coliseum Bart Station. Unfortunately, Cassady continued on the regular course. Dick Houston, an alert race official and a masters marathoner himself, noted Cassady's time at the 13.1 mile point. Cassady had a big enough lead over Greg Banchand of Berkeley, to retrace his steps, make the correct turn, and win the race.

Teresa Barrios, a 13-year old from Laguna Beach, was the first woman finisher in the half-marathon in 1:23:53.

The race was very well run and received great support from the political,

Half Marathon:

Men 17 & Under: 1. Mark Torres 1:16:55; 2. Pat Hall 1:17:51; 3. Peter Ramos 1:19:42; 4. Dane Long 1:20:28; 5. Eric Patterson 1:21:46. **Men 18-29:** 1. Mike Cassady 1:06:00; 2. Greg Banchand 1:08:38; 3. Mike Pinochi 1:09:07; 4. Lester Mina 1:09:59; 5. Jeff Johnson 1:12:04.

Men 30-39: 1. Bob Darling 1:08:54; 2. Arturo Rodriguez 1:10:29; 3. Harvey Franklin 1:11:35; 4. Tim Sweezy 1:12: /& †. Tim Rostege 1:12:53. **Men 40-49:** 1. Tom Cathcart 1:13:56; 2. Paul Farrier 1:16:59; 3. Don Ardell 1:17:27; 4. Bernard Hollaner 1:19:49; 5. Bill Kirchner 1:23:14. **Men 50 & Over:** 1. Walt Betschart 1:22:32; 2. Don Pickett 1:23:19; 3. Don Lucero 1:23:54; 4. Peter Wood 1:28:08; 5. Jim McRae 1:30:53.

Women 17 & Under: 1. Teresa Barrios 1:23:53; 2. Ann Kenderick 1:40:38; 3. Ariane Trelaun 1:41:18; 4. Jennifer Ray 1:43:07; 5. Sharon Wensell 1:44:03. **Women 18-29:** 1. Dana Hooper 1:27:56; 2. Terry Gelner 1:35:00; 3. Stacy Nichol 1:35:20; 4. Alexis Milton 1:36:01; 5. Elaine Jones 1:39:48.

Women 30-39: 1. Irene Rudolph 1:26:18; 2. Floriane Harp 1:30:43; 3. Beverly French 1:36:59; 4. Elizabeth Sibley 1:37:12; 5. Carolyn Duffy 1:38:50. **Women 40-49:** 1. Ann Neeley 1:29:17; 2. Marlys Hayden 1:33:48; 3. Kathryn Brieger 1:36:28; 4. Joan Don 1:37:28; 5. Julia Wiley 1:44:43. **Women 50 & Over:** 1. Roberta Cole nt; 2. Monique Well nt; 3. Pat Sharp 2:30:39.

WESTERN HEMISPHERE MARATHON

BY RICHARD SLOTKIN

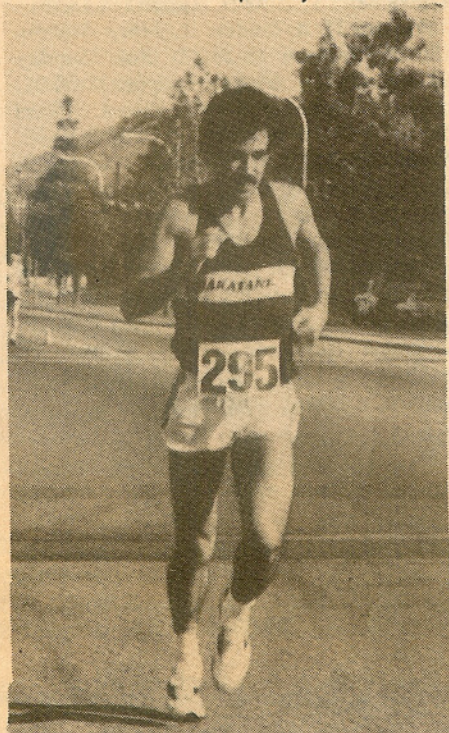
December 2, Culver City: 32nd. Western Hemisphere Marathon.

Why is it that the second oldest continuously run marathon consistently draws such a meager turnout? Today, there were only about 300 pre-entries, and they picked up maybe 100 more, if

that, prior to the start. And, while we're at it, how come a venerable event such as this is won with a time in the 2:30's, in this an Olympic year, no less? Especially on a, basically, flat course. Well, we could probably come up with several reasons.

One is management. Now, Carl Porter and his staff put in a lot of work and they do a lot of things right, such as plenty of aid stations and paramedic support, plenty of mile markers, although they were weak on split calling - but, then, most of us wear digital stopwatches, so that's only a minor problem these days. They sure have a nice bowl of stew, can of beer and other refreshments for finishers, and they have a very cheap tab: \$3.00, which includes a great printout of complete results and a T-shirt — provided you've registered by the Friday before the race. Enter on race day and you're out ten bucks...but, then you probably deserve it. There's plenty of notice.

photo by Richard Slotkin



ATHOL BARTON

main points. It's not just our opinion. Up until last year, I believe, the race was graced with a least some championship aspect, such as National Masters. Even that appears to be gone now. It is a shame. Something that's been going this long deserves better than that. Next year they are going to have age group awards, and we already mentioned one female award. And, Sid Kronethal, Director of the Human Services Department tells me they are going to reroute the course. So, maybe Culver City is beginning to take steps to upgrade the event. I really hope they do change the course some. Jack and Marty Nadel are two of the nicest guys I know, but I'm tired of passing their office building four times in one race!

Well, on with the race. With both a pistol and a shotgun, we were sent on our way at 8:00 A.M. in some mercifully cool weather. We've been having a warm spell lately as the Santana winds have been blowing in from the desert. The

photo by Richard Slotkin



LESLIE MAHR

running a PR pace and paying for every last millisecond. Forget this stuff about the inscrutable Oriental mind. It was obvious what he was thinking: P-A-I-N! But it paid off with a PR of 2:41:44 and 9th place.

Barton is 33 and has run a 2:17. He had his troubles this time, though. A broken blister and thigh cramps plagued his right foot and leg, respectively (of course!), and slowed him considerably. He said that he felt the slight grade on Culver Blvd. by the second time through. Actually, the grade is almost negligible, in either direction. He just went out too fast on the first loop. By the end, Ocana had made up close to half of the three-plus minutes he was trailing by at 20 miles. And Reyes had closed some of the gap between him and Ocana.

For the third year in a row, and six of the last eight years, this event was won by a non-US citizen. Only Gary Tuttle in 1975 and Lionel Ortega in 1976 have interrupted this string. In fact, the first

photo by Richard Lee Slotkin



MARTY COOKSEY

Richard Scott (Unat) 2:47:24; 16. Gerald D. Berman (AMJA) 2:48:45; 17. Bob Essertier (Unat) 2:49:11; 18. Dick Pallies (GPAC) 2:51:03; 19. John Rosmus (Team 84) 2:50:59; 20. Mark McConnell (Team 84) 2:51:08; 21. Keith Berwick (HWD) 2:51:47; 22. Herb Tawler (Unat) 2:52:28; 23. Jim Clarke (Unat) 2:52:56; 24. Rocky Mettam (SMTM) 2:53:46; 25. Ken Lucy (Unat) 2:54:30; 26. Jerry VanMeter (Unat) 2:54:30; 27. Edmund Overend (Unat) 2:55:24; 28. Richard Buck (Unat) 2:56:04.

Women: 1. Leslie Mahr (Tugs AC, San Diego) 3:15:05; 2. Valerie Padgett (Unat) 3:26:50; 3. Susie Sandstrom (Unat) 3:38:34; 4. Misty Yoshikawa (Unat) 11 years old 3:42:57.

POINTS OF INTEREST

Talking to another one of our favorite people at the Hollywood Park races. Marty Cooksey has ended her association with Brian Oldham, who has been coaching her up to her most recent injury. She is headed Eugene way to join Mary Decker and who knows who else? Now, Nike doesn't have any women's team, nor does the Oregon Track Club. However, with Decker working out up there with Dick Quax, or whoever, and now Cooksey up there too, we wouldn't be surprised to see the OTC become officially co-ed. We'll miss Marty down here. She's not as bubbly as, say Sue Peterson, but she's always been friendly and easy to talk to. We wish her the best of luck up there.

And speaking of Sue Peterson, two weeks after the women's marathon, she went out and won the Rose Bowl Marathon. It was at that same event last year that she got what is still her PR 2:42:44. This year, she ran it in 2:51 and some change. It's not that she's slowing down. She runs so many; she probably decided to use this one as an "easy" workout.

Tom Sturak and Jacqueline Hanson are, as everyone knows, one of the best



ATHOL BARTON

So, what's wrong? Well, for one thing, there are no sponsors other than Culver City's Department of Human Services. That means there's no money to pay for top names who just won't come these days without some financial incentive...even though many of them live almost within walking distance of the course. In fact, your correspondent here lives right on the course. (I ran it...most of it anyway, but that's another story...so I'm OK) Possibly a few bucks (maybe a few thousand would be more accurate, unfortunately) would pay for itself by attracting more runners to run with the top talent. Also, some money could be spent promoting the race. Outside of appearing on the SPAAAU schedule, little publicity is produced.

The course is considered the pits as far as eye appeal is concerned: Four big loops around industrial and commercial downtown Culver City. The course is boring. They used to run out to the beach, but that involved going through L.A. County territory, and since Prop. 13 that has not been possible. The County will no longer cooperate. Still, Culver City has some nice areas to run a course through, such as Fox Hills. This would add some hills and slow the times somewhat, but that doesn't seem to bother Boston. And finally, although they broke down for the first time in their history and had an award for the first female finisher, women have been totally ignored in the past. And so have age groups.

So, there we have it. There are other factors, to be sure, but that covers the



LESLIE MAHR

day before, it had been in the high 80's. Race day, it peaked somewhere in the high 70's, but that was after even the stragglers were in. There was enough of a cool breeze to offset most of what heat there was.

Looking towards the front, as the pack headed for its first turn after about one block, it seemed that the wedge which had formed up front was not moving especially fast. As a matter of fact, they were moving too fast, and the leaders paid for it in the last 6 miles. Still, this was not a fast field, and you could see it quite early. At 5 miles, New Zealander, Athol Barton took the lead and held it. At 20 miles, he had better than a 3 minute lead over Don Ocana of Culver City and Mexico. When Barton passed me (no, I wasn't ahead of him...I was being lapped), he was just about at the 20 mile point and he was not moving all that fast. Nothing like the way the leaders blew by me last year at about the same point. Still, no one seemed to be following and I started thinking that maybe I might get through being lapped by only one person. However, eventually second placer Ocana came by and then after what seemed like another forever, Casmiro Reyes passed me. Then the parade started, although at a very sporadic and well-spaced pace. Ken Mofitt of the AZTLAN club was the the first whom I knew by name. Ken finished 6th and was the only one who looked like he was reasonably comfortable. Two places later came my Santa Monica TC teammate (read: fellow sufferer) Clyde Matsumura, who was



MARTY COOKSEY

three finishers in this year's race were non-US, although Ocana has dual citizenship with his native Mexico and the US.

Her time was not especially remarkable, but Leslie Mahr of San Diego was the first female finisher, running a very smart race. She took off easily and kept to a comfortable pace. She didn't worry about anyone else; she ran her own race. It got her a PR and ther first trophy awarded to a female in this second oldest continuously run marathon. This was her third marathon and starting with a 3:42 last year she has done better each time, so at age 27, she's getting there.

Eleven year old misty Yoshikawa had gotten some publicity in the papers here because of her age. She was the youngest entrant and this was her fourth marathon. Running with her father she looked as though she were having a fine old time at about 19 miles. With her black braids bounding behind her, she came through in good style and finished in 3:42:57.

RESULTS

1. Athol Barton (New Zealand) 2:30:06;
2. Don M. Ocana (Mexico/CCAC) 2:31:57;
3. Casmiro Reyes (Mexico) 2:32:57; 4. E. Euaw Shaffer III (Unat) 2:33:16; 5. Daniel Mitchell (Ventura College) 2:34:12; 6. Ken Mofitt (AZTALAN) 2:35:08;
7. James Knerr (STC) *first 40+* 2:39:05;
8. Darrell A. Nolta (Unat) 2:39:39; 9. Clyde Matsumura (SMTC) 2:41:44; 10. Craig Lowrie (Cal Poly SLO) 2:43:27; 11. Steve Galbrath (Unat) 2:43:28; 12. Tom Warren (Tug AC) 2:45:47; 13. Simon Ruben (Unatt) 2:46:15; 14. Brian D. Nelson (Ventura College) 2:46:47; 15.

Marty down here. She's not as bubbly as, say Sue Peterson, but she's always been friendly and easy to talk to. We wish her the best of luck up there.

And speaking of Sue Peterson, two weeks after the women's marathon, she went out and won the Rose Bowl Marathon. It was at that same event last year that she got what is still her PR 2:42:44. This year, she ran it in 2:51 and some change. It's not that she's slowing down. She runs so many; she probably decided to use this one as an "easy" workout.

Tom Sturak and Jacqueline Hanson are, as everyone knows, one of the best husband-wife distance teams in the world. Now that they are expecting to become proud parents sometime late next Spring, our prediction is that, male or female, their offspring will be the first to break 2 hours in the marathon. What a set of Genes that kid is going to inherit!

We're sure glad to see Dwight Stones back in the fold. Whether he still has the ability to compete with the world's best remains to be seen. The AAU was probably getting a bit uneasy about the performances of the other US jumpers lately. But at least now it can be decided where it could be done: at the cross-bar. And the solution was so simple. American amateur athletes are tainted by money, and are very tainted by large quantities of money. So, the Amateur Athletic Union comes to the rescue. "No problem," they say. "Give us the money!" A little public self-flagellation doesn't hurt either. Welcome back, Dwight...and Francie, and Jane.

Here's a tip of the Slotkin sombrero to Mike Mahler. Mike lives in Santa Monica and at age 36, he ran a 2:21:54 at the Fiesta Bowl Marathon to squeak in as an Olympic Trials qualifier! "Took me 10 years to get a PR," he said. In 1970 he ran a 2:22:25 and was 8th in the *nation*. This time, he was 30th in the *race*, but he says he'll take it. If they ran the Trials on goat trails, Mike would probably be in Moscow next Summer. But, goat trails or level ground, his name will be on the same roster with Rogers, Wells, Shorter, Bjorklund, et. al. Congratulations, Mike Mahler.

WOMEN: MOVING ON

WHERE THE TOP PREP AND JUNIOR COLLEGE ATHLETES GO ON TO CONTINUE THEIR EDUCATION AND TRACK CAREER



UCLA's new crop of freshmen: (left to right) Kathy Mintie, Michele Bush, and Linda Goen.

photo by Steve Wennerstrom

to **Oregon State**. Beth Melton (Fountain Valley HS) 2:12.9 to **Orange Coast College**. Carrie Stevens (Kingsburg HS) 2:17.6 to **Cal State Bakersfield**. Ann Wotherspoon (San Jose HS) 2:11m, 4:42y, 9:35m to **Stanford**. Elaine Holliman (Sacramento HS) 2:18.0y to **Stanford**. Kim Schnurpfeil (San Mateo HS) 2:21.5, 5:03.3y, 10:50.2y to **Stanford**. Paula Airoidi (San Jose HS) 2:18.7 to **Stanford**. Kelly Wells (Quartz Hill HS) 4:52y to **Texas**. Chris Gilbreth (Los Angeles HS) 4:37.0m, 10:56.3y to **San Diego State**.

Rene Ortiz Wyckoff (Yulare Western HS) 2:15, 4:59, 10:56 to **College of the Sequoias**. Helen Lopez (Bakersfield College) 2:17.7 to **Fresno City College**. Valerie Ross (West Torrance HS) 2:14.8 to **UC Berkeley**. Dana Spurrer (Diablo Valley CC) 2:18.0 to **UC Berkeley**. Marian Franklin (Balboa HS) 2:11.0 to **UC Berkeley**. Cindy Schmandt (Santa Barbara HS) 4:57.8, 10:20.0 to **UC Berkeley**. Cheryl Flowers (Valhalla HS) 4:55.7 to **UC Berkeley**. Sue Jen Kinson (Rio Americano HS) 5:15 to **UC Berkeley**. Joan Fox (Homestead HS) 5:04.4 to **UC Berkeley**. Cindy Claiborne (Pleasant Valley HS) 11:23 to **UC Berkeley**. Terry Schneider (Santa Cruz HS) 11:13 to **Cal Poly SLO**. Connie Hester (Fresno City College) 2:15.5m, 4:41.3m, 10:21.5m to **Cal State Hayward**. Susan Bibeau (Bullard HS) 5:35.7 to **Fresno City College**. Laurie Crisp (Downey HS) 10:53 to **Modesto College** (redshirt). Linda Goen (North Bakersfield HS) 2:05.4m, 4:22.0m, 4:46.0 y to **UCLA**. Arlese Emerson (Westminster HS) 2:07.6 to **UCLA**. Michele Bush (Rolling Hills HS) 2:08.9, 4:25.2m to **UCLA**. Kathy Mintie (Arizona State) 9:23m, 16:16m to **UCLA**. Anne

Poly **SLO**. Franie Castro (Hancock College) 2:11.6 to **Cal State Hayward**. Diane Kenny (Novato HS) 2:14.6, 5:08.6 to **Cal State Hayward**.

Field Events

Kerry Zwart (Crescenta Valley HS) 19-1, 5-5, 46-7(4k) to **USC**. Beth Barrow (Virginia HS) 5-8 to **USC**. Dana Olson (Texas HS) 49-11(8#), 147-9 jav. to **USC**. Charm Bishop (Covina High School) 152-11 jav. to **USC**. Pam Osborne (Colorado HS) 20-11 to **USC**. Mary Osborne (Montana HS) 46-8, 136-4 dt, 175-6 jav. to **Stanford**. Debby Pryor (Berkeley HS) 45-1 to **Arizona State**. Liz Fern (Fillmore HS) 5-8 to **Colorado State**. Sandra Myers (Kansas HS) 20-4½ to **Cal State Northridge**. Jacque Nelson (Anaheim HS) 169-7 to **Long Beach State**. Debbie Dibb (San Diego HS) 150-5 jav to **San Diego State**. Carrie McLaughlin (Modesto HS) 20-4½ to **San Diego State**. Kathy Hamilton (Byer, Modesto HS) 5-11 to **UC Berkeley**. Sue Springer (Salinas HS) 45-2, 148-9 to **UC Berkeley**. Heidi Carlson (Miramonte HS) 138-3 dt to **UC Berkeley**. Tracey Tappin (Bakersfield College) 17-11½ to **Cal State Bakersfield**. Dorothy Kaizer (Bakersfield College) 5-8¼ now working. Karen Jordan (Ceres HS) 18-10 to **Cal State Bakersfield**. Julie Seay (West Bakersfield HS) 5-4 to **Cal State Bakersfield**. Roxann Kasparian (Fresno City College) 138-10, 40-5½ to **Cal State Hayward**. Cathy Bolin (Fresno HS) to **Fresno City College**. Sheila Crawford (Canada) 128 jav. to **Fresno City College**. Chicketta Hill (Madera HS) 40-2, 108-2

Sprints & Hurdles

Joy Upshaw (Acalanes HS) 14.6, 64.0 lh. 11.6, 26.8, 59.3 to **Cal State**

UCLA's new crop of freshmen: (left to right) Kathy Mintie, Michele Bush, and Linda Goen.

photo by Steve Wennerstrom

Sprints & Hurdles

Vanessa (Huntington Beach HS) 10.7, 24.5, 57.5 to **Orange Coast College**. Darla Burkhart (Estancia HS) 58.2 to **Orange Coast College**. 10.8 Denise Eddington (Los Angeles HS) 10.8, 23.9, 56.4 to **USC**. Renita Kay Garnett (Seattle, WA HS) 11.0, 25.0, 13.76 to **USC**. Vanessa Williams (Crawford HS) 58.06 to **USC**. Lynn Davis (LA City College) 63.9 lh to **USC**. Liz Carroll (Golden West College) 15.0 to **Orange Coast College**. Carrie Stevens (Kingsburg HS) 26.0, 58.1 to **Cal State Bakersfield**. Kari Alexander (Crawford HS) 14.2 to **San Diego State**. Pam Donald (Aurora, CO) 11.0, 56.0 to **Stanford**. Shelley Poerio (Brentwood HS) 58.2 to **Stanford**. Marian Franklin (Balboa HS) 53.34 to **UC Berkeley**. Judy Tobacco (Canada) 54.57 to **UC Berkeley**. Connie Culbert (Aviation HS) 56.92 to **UC Berkeley**. Yolanda Arnold (Chowchilla HS) 10.8 to **Cal State Bakersfield**. Constance Ward (South Bakersfield HS) 10.8, 24.8 to **Cal State Bakersfield**. Karen Jordan (Ceres HS) 25.1 to **Cal State Bakersfield**. Jodie Seay (West Bakersfield HS) 56.0 to **Cal State Bakersfield**. Diane Macias (Fresno City College) 12.1m, 56.3m(33") **undecided**. Kim Edmunds (McLane HS) 11.2, 25.6, 57.9 to **Fresno City College**. Shari Jackson (McLane) 26.6, 58.2 to **Fresno City College**. Paula Stevens (Coalinga) 15.2 to **Fresno City College**. Roxanne Wright (UCLA) 11.6m, 24.3m, 59.0 to **Fresno City College**. Mona Yates (Reedley CC) 10.9, 24.9 to **Fresno City College**.

Joy Upshaw (Acalanes HS) 14.6, 64.0 lh, 11.6, 26.8, 59.3 to **Cal State Hayward**. Liz Douglas (De Anza College) 12.3m, 25.4m, 58.2m to **Cal Poly SLO**. Janet Yarbrough (Clovis HS) 14.01 to **De Anza College**. Gwen Loud (Westchester HS) 11.56m, 23.2m to **UCLA**. Oralee Fowler (Bahamas) 11.60m, 23.81m, 53.63m to **UCLA**. Arlese Emerson Westminster HS) 53.4 to **UCLA**. Tonya Alston (Chico HS) 13.7, 10.8 to **UCLA**.

Ann Barber (Garces HS) 16.3 to **Cal Poly SLO**. Melanie Barry (Leigh HS) 66.0 lh to **Cal Poly SLO**. Lori Briscoe (Summerville HS) 58.5 to **Cal Poly SLO**. Chris Dubois (Colorado HS) 57.4 to **Cal Poly SLO**. Linda Elkins (Redwood City HS) 58.5 to **Cal Poly SLO**. Karen Emigh (Delta HS) 25.9 to **Cal Poly SLO**. Ann Gordon (Rolling Hills HS) 15.5 to **Cal Poly SLO**. Paula Kobliska (Garces HS) 14.9 to **Cal Poly SLO**. Liz Otto (Carmont HS) 58.0 to **Cal Poly SLO**.

Beth Griffith (Walnut HS) 15.2 to **UC Berkeley**. Kathy Hamilton (Modesto HS) 14.3 to **UC Berkeley**. Leola Bullett (Compton HS) 14.26 to **Texas Southern**. Chris Davenport (Fullerton HS) 61.63 ih to **Iowa**. Krista Roberts (Sacramento HS) 10.45 to **Iowa State**. Brenda Winston (San Bernardino HS) 11.58m to **Arizona State**. Donna Hunerlach (Butte JC) 60.8 ih to **Arizona State**. Kim Turner (Michigan HS) 13.83 to **Cal State Northridge**.

Distances

Stephanie Ratcliffe (Chabot Community College) 2:21.2 to **BYU**. Marilyn Ball (Taft HS) 2:19.2 to **Oregon State**. Tina Moran (Glendale College) 4:50m, 10:37.9

(Rio Americano HS) 5:15 to **UC Berkeley**. Joan Fox (Homestead HS) 5:04.4 to **UC Berkeley**. Cindy Claiborne (Pleasant Valley HS) 11:23 to **UC Berkeley**. Terry Schneider (Santa Cruz HS) 11:13 to **Cal Poly SLO**. Connie Hester (Fresno City College) 2:15.5m, 4:41.3m, 10:21.5m to **Cal State Hayward**. Susan Bibeau (Bullard HS) 5:35.7 to **Fresno City College**. Laurie Crisp (Downey HS) 10:53 to **Modesto College** (redshirt). Linda Goen (North Bakersfield HS) 2:05.4m, 4:22.0m, 4:46.0 y to **UCLA**. Arlese Emerson (Westminster HS) 2:07.6 to **UCLA**. Michele Bush (Rolling Hills HS) 2:08.9, 4:25.2m to **UCLA**. Kathy Mintie (Arizona State) 9:23m, 16:16m to **UCLA**. Anne Dandoy (Northridge State) 2:11.3, 4:58.2y to **UCLA**. Mary Carman (San Marcos HS) 5:10, 11:08, 3:04 mara. to **Cal Poly SLO**. Chris Dubois (Colorado HS) 2:20 to **Cal Poly SLO**. Lynn Honeywell (San Juan Capistrano) 2:16, 4:32m to **Cal Poly SLO**. Kris Kucera (UCSB) 2:20, 5:16, 11:18 to **Cal Poly SLO**. Karen Moore (Moorpark JC) 2:13.1 to **Cal Poly SLO**. Andrea Negley (Manteca HS) 2:20 to **Cal Poly SLO**. Sheila O'Donnell (Cuesta JC) 10:40.6 to **Cal Poly SLO**. Sue Oran (Colorado HS) 11:21 to **Cal Poly SLO**. Kathy Perkins (West Valley JC) 4:45, 9:56m to **Cal Poly SLO**. Terry Schneider (Santa Cruz HS) 5:19, 11:13 to **Cal Poly SLO**. Kady Wanamaker (Bret Harte HS) 2:21, 5:08, 11:20 to **Cal Poly SLO**. Emily Whitney (Glendale College) 2:16, 4:37.6m to **Cal**

Diego State. Kathy Hamilton (Byer, Modesto HS) 5-11 to **UC Berkeley**. Sue Springer (Salinas HS) 45-2, 148-9 to **UC Berkeley**. Heidi Carlson (Miramonte HS) 138-3 dt to **UC Berkeley**. Tracey Tappin (Bakersfield College) 17-11½ to **Cal State Bakersfield**. Dorothy Kaizer (Bakersfield College) 5-8¼ now working. Karen Jordan (Ceres HS) 18-10 to **Cal State Bakersfield**. Julie Seay (West Bakersfield HS) 5-4 to **Cal State Bakersfield**. Roxann Kasparian (Fresno City College) 138-10, 40-5½ to **Cal State Hayward**. Cathy Bolin (Fresno HS) to **Fresno City College**. Sheila Crawford (Canada) 128 jav. to **Fresno City College**. Chicketta Hill (Madera HS) 40-2, 108-2 to **Fresno City College**. Shari Jackson (McLane HS) 17-11½ to **Fresno City College**. Paula Stevens (Coalinga HS) 18-11 to **Fresno City College**. Debbie Jones (Riverdale HS) 5-7¾ to **Fresno City College**.

Wendy Craig (Monta Vista HS) 5-6 to **DeAnza College**. Julia Bergman (Monta Vista HS) 138-0 dt to **DeAnza College**. Tonya Alston (Chico HS) 5-11½, 19-1, 42-5 to **UCLA**. Lori Briscoe (Summerville HS) 17-5 to **Cal Poly SLO**. Laura Coombs (Bakersfield College) 37-6, 126 dt, 122 jav. to **Cal Poly SLO**. Chris Dubois (Colorado HS) 5-7½ to **Cal Poly SLO**. Tamee Hylton (Bakersfield College) 37-5 to **Cal Poly SLO**. Paula Kobliska (Garces HS) 5-2 to **Cal Poly SLO**. Natalie Vogel (DeAnza College) 5-7½ to **Cal Poly SLO**.



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CALIFORNIA'S TOP Female '79

by CALVIN BROWN

Here is the first installment to Calvin Brown's 1979 California female rankings. The 12-13, 14-15, and the 14 & Over Divisions will appear in the the next issue. Please send all additions and/or corrections directly to Calvin Brown, 228 E. Artesia Blvd., #C, N. Long Beach, CA 90805.

(1) = place
(D1) = disqualified and place.
m = metric mark
(T) = mark set in triathlon
(P) = mark set in pentathlon
(2H) = place in trial heat or semi

9 & Under Division

100 Meters

(ht + 0.24 = auto time)

13.92 (1)	Trashon Fearington/LBC	7-15
13.8 (1)	Shawnette Sapp/SDC	5-5
14.04 (2)	Angela Daniels/HHTC	7-15
13.8w (1)	Jana Johnson/LBC	4-1
14.27 (1)	Rhonda Hightower/Fres.	7-14
14.44 (2)	Semyrra Nelson/HT	7-14
14.46 (3)	Rhonda Brooks/NO	7-14
14.49 (4)	Danielle Taylor/SB	7-15
14.3 (3)	Gina Pelazzo/SBSP	5-5
14.3 (2)	Tammy Hines/HT	5-27
14.65 (1)	Nicky Devoe/APP	6-9
14.81w (1)	Michele Thurman/LBC	4-1
14.6w (2)	Deanna Amy/WVJ	4-1
14.85 (T)	Sandra Alexander/SBSP	6-29
14.86 (1)	Angie Silas/WVJ	5-12
14.7 (3)	Kristi Sawyer/CY	4-22
14.7 (4)	Sara Corsiglia/CY	4-22
14.8 (5)	Lara Stuart/APP	4-22
14.8 (3)	Zina Watt/EH	5-27
15.06 (3)	LaShawn McBride/LBC	7-7

800 Meters

2:31:02 (2)	Kristin Harkins/BA	7-1
2:34.79 (5)	Christie Sawyer/CY	7-1
2:39.28 (6)	Marlene Reyes/SCT	7-1
2:40.4 (?)	Susie Aguilar/IVS	5-27
2:40.5 (3)	Janell Gomez/SCRR	4-22
2:41.6 (2)	Dione Rogers/LBC	5-12
2:41.6 (1)	Delores Kratz/MATM	7-14
2:45.5 (2)	Irene Almos/Fresno	7-14
2:48.4 (2)	Amber Chavez/SCT	5-5
2:48.7 (2)	Sue Craine/HS	5-27
2:49.9 (5)	Jenny Lentz/SBSP	6-9
2:50.3 (3)	Sharon Glass/ATC	5-27
2:50.4 (6)	Adilah Haqq/HHTC	7-15
2:50.9 (3)	Kelly Johnson/Modesto	7-14
2:52.1 (3)	Kendra Frazier/PR	7-7
2:52.6 (4)	Claudi Mirci/Livermore	7-14
2:52.9 (1)	Wendy Simmons/SRS	4-22
2:52.9 (2)	Wanda Bailey/ABTC	4-22
2:52.9 (4)	Jessica Doerges/CY	5-27
2:53.1 (7)	Alicia Costa/SGVB	4-22
2:53.1 (3)	Liza Padilla/SCT	5-5

1500 Meters

5:02.64 (2)	Kristin Harkins/BA	7-1
5:22.28 (4)	Marlene Reyes/SCT	7-1
5:23.0 (2)	Janell Gomez/SCRR	6-9
5:29.0 (1)	Kacy Twist/Fresno	7-14
5:32.0 (4)	Liza Carillo/IVS	6-9
5:32.5 (5)	Kendra Frazier/PR	6-9
5:32.9 (1)	Sara Corsiglia/CY	5-27
5:33.0 (4)	Sue Craine/HS	6-30
5:33.3 (2)	Alicia Costa/SGVB	7-14
5:34.2 (3)	Delores Kratz/MATM	7-14
5:35.0 (4)	Amber Chavez/SCT	5-5
5:35.4 (5)	Karen DeNovi/BA	6-30
5:37.8 (4)	Lisa Padilla/SCT	7-14
5:38.6 (6)	Diane Castillo/SCT	4-22
5:40.3 (8)	Tara Woods/APP	6-9
5:43.5 (3)	Lisa Ryan/CY	5-27
5:46.6 (1)	Wanda Bailey/ABTC	4-22
5:50.3 (4)	Kelly Johnson/MARL	5-27
5:53.4 (3)	Maureen Mahoney/CY	4-22

880 Yard Walk

880 Yard Relay

4x220 (m = -0.5)		
2:03.0 (1)	Long Beach Comets	7-1
2:04.8 (2)	Hilltop Track Club	7-1
2:09.1 (3)	West Vernon Jets	7-1
2:10.8 (4)	So. Cal. Cheetahs	7-1
2:11.7 (5)	Santa Barbara Sand P.-A	7-1
2:14.0 (7)	Herbert Hoover TC	7-1
2:14.0m (4)	North Oakland TC	6-9
2:16.0m (3)	Long Beach Comets-B	5-27
2:18.1m (5)	San Diego Cougars	6-9
2:19.7m (3)	Arrow Track Club	5-27
2:20.5 (3)	Appaloosa	4-22
2:20.2m (6)	Santa Barbara Sand P.-B	6-9
2:20.4m (4)	Millbrae Lions	5-27
2:22.9m (6)	Salinas Valley TC	5-27
2:25.8m (5)	So. Cal. Thunderbirds	4-22
2:28.8 (6)	Cupertino Yearlings	4-22
2:32.0m (7)	So. Cal. Thunderbirds-B	4-22

High Jump

4-2 (1)	Kacy Twist/Fresno	7-14
4-0¾ (T)	Sandra Alexander/SBSP	6-29
4-0 (1)	Amy Becker/SV	5-27
4-0 (1)	Jodi Hinchy/RD	5-27
3-8 (2)	Stacey Massei/ML	4-22
3-8 (2)	Eileen Shea/ATC	5-27
3-8 (3)	Kristine Jindra/SBSP	6-9
3-7 (1)	Kara Bringard/SBSP	5-12
3-6 (T)	Gina Pelazzo/SBSP	6-29
3-5¼ (T)	Kimberly Harvey/SBSP	4-29
3-4¼ (T)	Shauneene St.Amand/AA	6-29
3-4¼ (T)	Melinda Brown/SBSP	6-29
3-3½ (T)	Heather Kirkman/SBSP	4-29
3-3½ (T)	Jennifer Whinnery/SBSP	4-29
3-3½ (T)	Andrea Serrano/SBSP	6-29
3-2 (1)	Yvette Niles/SDC	4-8
3-1 (10)	Juliette Kintz/SBSP	5-5
3-1 (8)	Wendy Atkins/SBSP	5-12
3-0¾ (T)	Marlene Reyes/SCT	3-25
3-0 (3)	Tracy Lacorte/SR	4-22
3-0 (4)	Candy Reinaldo/APP	5-27

Long Jump

Triathlon

(100m, BBT, HJ)		
1226 (1)	Sandra Alexander/SBSP	6-29
	14.85, 84-9, 4-0¾	
1064 (5)	Kristine Jindra/SBSP	6-29
	15.41, 100-2, 3-8	
1015 (6)	Gina Pelazzo/SBSP	6-29
	15.17, 88-7, 3-6	
971 (7)	Melinda Brown/SBSP	6-29
	15.30, 91-5, 3-4¼	
953 (8)	Andrea Serrano/SBSP	6-29
	15.16, 96-4, 3-3½	
921 (1)	Jodi Hinchy/RD	3-25
	16.3, 70-6, 3-9¼	
902 (9)	Shauneene St. Amand/AA	6-29
	15.24, 66-7, 3-4¼	
770 (1)	Jana Johnson/LBC	2-25
	14.79, 64-1, 2-11	
766 (2)	Kristine Harkins/BA	2-25
	15.69, 111-8, 2-11	
759 (11)	Kara Bringard/SBSP	6-29
	16.44, 56-2, 3-6	
756 (12)	Kimberly Harvey/SBSP	6-29
	15.96, 75-9, 3-2¼	
719 (2)	Marlene Reyes/SCT	3-25
	15.9, 79-10, 3-0¾	
709 (3)	Dione Rogers/LBC	2-25
	15.39, 71-3, 2-11	
665 (4)	Andrea Williams/SCY	2-25
	15.69, 69-8, 2-11	
539 (3)	Michelle Flores/SCT	3-25
	16.8, 104-4, 2-11¾	
453 (4)	Kiersten Rumberger/RD	3-25
	16.5, 68-3, 2-6	
282 (5)	LaShawn Anderson/SCY	2-25
	17.94, 63-7, nh	

10-11 Division

50 Yard Hurdles

13.8w (2)	Jana Johnson/LBC	4-1	5:29.0 (3)	Kacy Twist/Fresno	7-14
14.27 (1)	Rhonda Hightower/Fres.	7-14	5:32.0 (4)	Liza Carillo/IVS	6-9
14.44 (2)	Semyrra Nelson/HT	7-14	5:32.5 (5)	Kendra Frazier/PR	6-9
14.46 (3)	Rhonda Brooks/NO	7-14	5:32.9 (1)	Sara Corsiglia/CY	5-27
14.49 (4)	Danielle Taylor/SB	7-15	5:33.0 (4)	Sue Craine/HS	6-30
14.3 (3)	Gina Pelazzo/SBSP	5-5	5:33.3 (2)	Alicia Costa/SGVB	7-14
14.3 (2)	Tammy Hines/HT	5-27	5:34.2 (3)	Delores Kratz/MATM	7-14
14.65 (1)	Nicky Devoe/APP	6-9	5:35.0 (4)	Amber Chavez/SCT	5-5
14.81w (1)	Michele Thurman/LBC	4-1	5:35.4 (5)	Karen DeNovi/BA	6-30
14.6w (2)	Deanna Amy/WVJ	4-1	5:37.8 (4)	Lisa Padilla/SCT	7-14
14.85 (T)	Sandra Alexander/SBSP	6-29	5:38.6 (6)	Diane Castillo/SCT	4-22
14.86 (1)	Angie Silas/WVJ	5-12	5:40.3 (8)	Tara Woods/APP	6-9
14.7 (3)	Kristi Sawyer/CY	4-22	5:43.5 (3)	Lisa Ryan/CY	5-27
14.7 (4)	Sara Corsiglia/CY	4-22	5:46.6 (1)	Wanda Bailey/ABTC	4-22
14.8 (5)	Lara Stuart/APP	4-22	5:50.3 (4)	Kelly Johnson/MARL	5-27
14.8 (3)	Zina Watt/EH	5-27	5:53.4 (3)	Maureen Mahoney/CY	4-22
15.06 (3)	LaShawn McBride/LBC	7-7			

3-8 (2)	Eileen Shea/ATC	5-27
3-8 (3)	Kristine Jindra/SBSP	6-9
3-7 (1)	Kara Bringard/SBSP	5-12
3-6 (T)	Gina Pelazzo/SBSP	6-29
3-5 1/4 (T)	Kimberly Harvey/SBSP	4-29
3-4 1/4 (T)	Shauneene St.Amand/AA	6-29
3-4 1/4 (T)	Melinda Brown/SBSP	6-29
3-3 1/2 (T)	Heather Kirkman/SBSP	4-29
3-3 1/2 (T)	Jennifer Whinnery/SBSP	4-29
3-3 1/2 (T)	Andrea Serrano/SBSP	6-29
3-2 (1)	Yvette Niles/SDC	4-8
3-1 (10)	Juliette Kintz/SBSP	5-5
3-1 (8)	Wendy Atkins/SBSP	5-12
3-0 3/4 (T)	Marlene Reyes/SCT	3-25
3-0 (3)	Tracy Lacorte/SR	4-22
3-0 (4)	Candy Reinaldo/APP	5-27

665 (4)	Andrea Williams/SCY	2-25
	15.69, 69-8, 2-11	
539 (3)	Michelle Flores/SCT	3-25
	16.8, 104-4, 2-11 3/4	
453 (4)	Kiersten Rumberger/RD	3-25
	16.5, 68-3, 2-6	
282 (5)	LaShawn Anderson/SCY	2-25
	17.94, 63-7, nh	

10-11 Division

200 Meters

28.2 (1)	Trashon Fearington/LBC	7-15
28.2 (2)	Angela Daniels/HHTC	7-15
28.66 (2)	Shawnette Sapp/SDC	6-9
29.0 (1)	Karen Lawson/CY	5-19
29.32 (2)	Rhonda Brooks/NO	7-14
29.56 (3)	Tammy Hines/HT	7-14
29.61 (1)	Jana Johnson/LBC	7-7
29.79 (3)	Deanna Amy/WVJ	6-9
30.29 (6)	Angie Silas/WVJ	7-1
30.1 (3)	LaShawn McBride/LBC	7-15
30.1 (4)	Michele Thurman/LBC	7-15
30.45 (4)	Semyrra Nelson/HT	7-14
30.69 (1)	Valerie Pointer/SCC	4-22
30.7 (2)	Dione Rogers/LBC	5-5
30.97 (2)	LaShawn Williams/SCC	4-22
31.11 (3)	Angela Rolfe/LBC	4-22
30.9 (2)	Denice Corbin/HT	4-22
31.1 (4)	Lisa Brown/HT	5-19
31.4 (3)	Aimee Whalen/SM	5-5
31.6 (4)	Shauneene St.Amand/AA	5-5

400 Meters

65.1 (1)	Jana Johnson/LBC	5-5
66.70 (1)	Shawnette Sapp/SDC	7-14
67.8 (2)	Deanna Amy/WVJ	6-30
68.23 (3)	Kristin Harkins/BA	7-15
69.26 (5)	LaShawn McBride/LBC	7-15
69.8 (4)	Karen Lawson/CY	7-1
71.1 (3)	Angela Rolfe/LBC age 8	5-5
72.11 (2)	Michele Thurman/LBC	5-12
72.0 (1)	Rhonda Brooks/NO	5-19
72.15 (2)	Claudia Mirci/Livermore	7-14
72.6 (2)	Hedi Galvez/HHTC	5-27
73.0 (2)	Denice Corbin/HT	5-19
73.62 (3)	Marlene Reyes/SCT	7-7
73.6 (4)	Aimee Whalen/SM	5-5
74.0 (3)	Amy Becker/SV	5-27
74.1 (4)	Adilah Haqq/HHTC	5-27
75.3 (4)	Kim Burks/WVJ	3-11
75.8 (3)	Sharon Walker/SDC	3-17
76.2 (2)	Sara Corsiglia/CY	4-22
76.3 (5)	E. Shea/ATC	5-27

880 Yard Walk

(m + 2.0)		
4:12.4m (1)	Meredith Kovach/PUSA	7-14
4:12.6m (2)	Julie Rodewald/VCTC	7-14
4:21.0 (1)	Maureen Mahoney/CY	6-30
4:26.5 (3)	Lisa Ryan/Unat	6-30
4:26.8 (4)	Jessica Doerges/Unat	6-30
4:26.7m (4)	Pam Johnson/SGVB	7-14
4:35.6 (5)	Christine Redlin/SGVB	6-30
4:47.5 (3)	Leslie Castillo/SCT	3-18
4:49.0m (4)	Danielle Liggs/APP	5-27
4:53.5 (10)	Alison Alstatt/ATC	6-30
4:55.6 (11)	Nia Johnson/APP	6-30
4:56.2 (12)	Jacksie Soule/SBSP	6-30
4:56.5 (13)	Cheryl Keehner/SJTC	6-30
5:00.8 (3)	Amber Chavez/SCT	4-1
4:59.6m (6)	A. Flores/SSG	5-27
5:02.3 (3)	Alyce Wilson/RG	4-22
5:07.7 (4)	Tara Woods/APP	5-5
5:16.6 (8)	Wendy Adkins/SBSP	6-9
5:19.9 (4)	Christina Mendez/SBS	5-12
5:20.0 (6)	Michelle Thaxton/APP	4-22

440 Yard Relay

(m = -0.3)		
57.87 (D1)	Hilltop TC	7-1
58.18m (1)	Long Beach Comets	7-15
58.27m (2)	West Vernon Jets	7-14
58.93 (3)	Santa Barbara Sand Pipe.	7-1
59.0m (2)	Cupertino Yearlings-A	5-27
59.41m (2)	East Oakland Youth	7-15
59.66 (4)	San Diego Cougars	7-1
61.0m (1)	So. Cal. Cheetahs	5-27
61.7 (7)	Herbert Hoover	7-1
63.6m (3)	Appaloosa	5-27
64.42m (4)	Santa Barbara Sand Pipe.	4-22
64.8m (4)	Santa Rosa Starlights	5-27
66.06m (6)	Santa Barbara Sand P.-D	6-9
66.08m (7)	Santa Barbara Sand P.-C	6-9
66.0m (5)	Cupertino Yearlings-B	5-27
67.4 (3)	North Oakland	4-22
68.1 (5)	Arow Track Club	4-22
70.6m (5)	So. Cal Thunderbirds	3-18
73.9 (5)	Compton Girls	6-3

Long Jump

14-0 3/4 (1)	Jana Johnson/LBC	6-9
13-5 1/4 (1)	Karen Lawson/CY	5-27
13-0 1/2 (1)	Christie Sawyer/CY	4-22
12-10 1/2 (2)	Sandra Alexander/SBSP	5-5
12-9 (1)	Sara Corsiglia/CY	5-19
12-8 1/4 (1)	Trashon Fearington/SCY	2-11
12-5 1/4 (3)	Wendy Simmons/SRS	5-27
12-3 1/4 (2)	Kimberly Harvey/SBSP	6-9
12-1 (2)	Gina Pelazzo/SBSP	4-21
12-1 (1)	Monica Wiley/Fresno	7-14
12-0 1/4 (4)	Eileen Shea/ATC	4-22
12-0 (1)	Janell Gomez/SCRR	7-7
11-9 3/4 (5)	Tammy Hines/HT	4-22
11-7 (4)	Andrea Serrano/SBSP	6-9
11-6 1/2 (3)	Linda Allred/RD	5-27
11-3 1/2 (5)	Kim Burks/WVJ	5-5
11-3 1/4 (1)	Marlene Reyes/SCT	1-6
11-2 (6)	Adilah Haqq/HHTC	4-22
11-0 (6)	T. Mendez/CY	5-27
10-9 (6)	Dione Rogers/LBC	2-11

Baseball Throw

135-10 (3)	Kristin Harkins/BA	7-1
126-10 (1)	Janell Gomez/SCRR	5-27
116-6 (1)	Lara Stuart/APP	5-27
116-2 (2)	Heather Kirkman/SBSP	6-9
108-9 (2)	Michelle Flores/SCT	7-7
108-1 (4)	Michelle Adam/SBSP	5-12
106-0 (7)	Jennifer Whinnery/SBSP	7-1
105-11 (1)	Stacy Massei/ML	4-22
103-4 (4)	Sonia Spears/BA	5-5
101-11 (8)	Andrea Serrano/SBSP	7-1
100-11 (3)	Christine Goodjohn/RD	4-1
100-9 (2)	Juanita Robinson/APP	4-22
100-2 (5)	Kristine Jindra/SBSP	6-29
97-9 (4)	Maya Mobley/HT	4-22
96-5 (9)	Staci Patterson/SGVB	5-5
93-9 (10)	Teri Dath/VGTC	5-5
93-7 (2)	Marlene Reyes/SCT	2-4
91-7 (3)	S. Nelson/APP	5-27
91-5 (T)	Melinda Brown/SBSP	6-29
90-8 (4)	Candy Reinaldo/APP	5-27

50 Yard Hurdles

(ht + 0.24 = auto)		
7.6 (1)	Kim Walulik/CI	7-15
7.7 (1)	Leslie Maxie/ML	5-27
7.96 (2)	Mindy Smith/SBSP	6-30
8.1 (2)	Sue Cabarello/HS-HTT	5-27
8.41 (4)	Monica Liotta/CY	6-30
8.44 (2)	Laurie Loveren/LBC	7-7
8.4 (4)	Robin Deadwiley/HT	5-27
8.4 (5)	Tammy McCauley/RG-HTC	5-27
8.88 (4)	Mary Knox/LBC	6-9
8.7 (1)	Buffey Sexton/ML	5-19
8.8 (6)	Tammy Polly/SRS	5-27
9.03 (P)	Diane Orr/SBSP	4-29
9.04 (5)	Danielle Dupart/SBSP	6-9
8.9 (1)	Sylvia Harris/S. Rosa	4-7
8.9 (4)	Kristl Haglund/SBS	5-27
9.0 (P)	Trish Attix/RD	3-25
9.0 (P)	Kris Engleman/RD	3-25
9.0 (P)	Patricia Brown/ML	4-22
9.1 (5)	Roxanne Gross/PR	5-27
9.46 (8)	Lainey King/ATC	6-9

100 Meters

(ht + 0.24 = auto)		
12.56w (1)	Rayneceia Watkins/LBC	4-1
12.63w (1)	Monique Robinson/SDC	7-1
12.99w (2)	Monique Burrell/WVJ	4-1
13.05 (1)	Denise Nelson/RTC	6-9
13.12 (1)	Larr'ee Carnes/LBC	7-15
13.17 (3)	Michelle Fanner/BTC	7-14
13.22 (1)	Keisha Chapman/SCC	4-22
13.0 (2)	Sylvia Harris/Un-SR	5-27
13.41 (5)	Madeline Tyrone/NVGB	6-30
13.2 (3)	Raquel Watkins/ML	5-27
13.50 (3)	Roxanne Gross/PR	4-8
13.3 (4)	S. Kinnison/HTT	5-27
13.60 (4)	Gayle Wadsworth/WVJ	2-4
13.4 (6)	Angela Suseberry/SDC	3-18
13.64 (5)	Josie Alexander/NO	6-9
13.67 (1)	TC Watterson/SWANS	6-9
13.72 (2)	Amanda Brooks/ATC	6-9
13.5 (6)	Diane Carroll/EH	5-27
13.75 (6)	Charlissett Brisco/NO	6-9
13.75w (1)	Andrea Johnson/SDC	6-9

200 Meters

(ht + 0.24 = auto)

25.89 (1)	Monique Robinson/SDC	7-1
26.3 (1)	Rayneceia Watkins/LBC	3-11
26.4 (1)	Pam Mason/HT	5-27
26.71 (1)	Keisha Chapman/SCC	7-7
27.07 (2)	Denise Nelson/RTC	7-14
27.13 (3)	Shelly Trudell/Hanford	7-14
26.9 (2)	Monique Burrell/WVJ	3-11
27.34 (5)	Madeline Tyrone/NVGB	7-1
27.5 (3)	Robin Carson/BEBTC	5-27
27.5 (4)	Raquel Watkins/ML	5-27
27.99 (1)	Josie Alexander/NO	6-9
28.01 (2)	Angela Suseberry/SDC	6-9
27.8 (2)	Larr'ee Carnes/LBC	3-11
27.9 (2)	Michelle Taylor/SCC	2-4
28.0 (4)	Gayle Wadsworth/WVJ	2-4
28.0 (3)	Roxanne Gross/PR	3-11
28.0 (5)	T. Bonner/HT	5-27
28.0 (6)	Amanda Brooks/ATC	5-27
28.5 (4)	Lisa Hull/WS	7-15
28.82 (3)	Shante' Hall/SCC	7-7

400 Meters

(ht + 0.14 = auto)

58.45 (2)	Michelle Taylor/SCC	7-1
59.75 (3)	Gayle Wadsworth/WVJ	7-1
60.19 (4)	Sharon Smith/WVJ	7-1
60.75 (5)	Kateri Amy/WVJ	7-1
61.20 (5)	Michelle Cunningham/SDC	6-9
61.1 (1)	Pam Mason/HT	5-27
61.78 (3)	Terry Gabriel/SJTC	7-14
62.2 (8)	Robin Carson/BEBTC	7-1
62.8 (2H)	Casonda Peters/SCY	3-17
63.0 (1)	Tori Weisberg/SJC	4-22
63.4 (4)	Michele Bradford/HT	5-27
64.0 (2)	Kristl Haglund/SBS	2-4
64.0 (P)	Patricia Brown/ML	4-22
64.15 (1)	Amanda Brooks/ATC	6-9
64.80 (2)	Lisa Torres/BA	6-9
64.82 (3)	Sherlonda Davis/SDC	6-9
65.33 (1)	Diane Carroll/EH	6-9
65.49 (4)	Stephanie Warren/SCC	6-9
65.6 (5)	Keisha Chapman/SCC	2-4
66.2 (6)	K. Becker/SV	5-27

800 Meters

2:23.29 (1)	Sharlene Rogers/SJC	7-1
2:24:18 (2)	Terry Gabriel/SJTC	7-1
2:24.8 (1)	Dyana Crabtree/BA	4-22
2:25.4 (1)	Kateri Amy/WVJ	7-7
2:25.5 (2)	Toni Everts/BA	7-7
2:26.3 (3)	Tammy Banks/SBSP	6-30
2:27.0 (5)	Tamilla Palmer/SCY	6-30
2:31.1 (4)	Barbara Keehner/SJTC	6-30
2:31.2 (2)	Kathy Webb/SCC	6-9
2:31.8 (3)	Sara Standley/BA	5-5
2:32.1 (3)	A. Fong/RG	5-27
2:32.4 (1)	Patricia Brown/ML	5-19
2:32.4 (4)	K. McCarthy/OTC	5-27

One Mile Walk

8:29.1 (1)	Sara Standley/BA	6-30
8:30.8 (1)	Kerry Bratton/CY	4-22
8:33.7 (3)	Lori Charette/BA	6-30
8:36.2 (2)	Leslie Wilson/RG	4-22
8:54.2 (2)	Toni Everts/BA	3-18
9:20.2 (3)	Elise Schlick/ATC	4-22
9:21.0 (4)	Jessica Alstatt/ATC	4-22
9:25.3 (4)	Dyana Crabtree/BA	3-18
9:42.0 (2)	Kay Schultz/ATC	5-5
9:50.0 (9)	Marea deGuara/WS	6-30
10:27.0 (5)	Theresa Azevedo/StG	5-5
11:29.3 (6)	Lisa Perry/StG	5-5
12:03.4 (8)	Monique Bouleou/SBSP	6-9

440 Yard Relay

(m + 3.0 = 440)

52.6 (1)	West Vernon Jets	3-4
52.59m (1)	San Diego Cougars	7-14
53.4 (1)	So. Cal Cheetahs-A	5-27
53.88 (2)	Hayward Striders	6-30
54.0 (1)	Hilltop-A	5-19
55.7m (2)	Santa Rosa-A	5-27
55.91m (2)	SFV Swans	3-11
56.2 (3)	Long Beach Comets	3-4
56.05m (3)	Santa Barbara SP-A	6-9
56.4 (2)	Hilltop-B	5-19
56.98 (4)	SC Yemalla-A	5-12
57.36 (4)	So Cal Cheetahs-B	6-30
57.3m (4)	Cupertino Yearlings	5-27
57.8 (5)	Pasadena Rosebuds	3-4
57.5m (3)	Rancho Dashers	5-27
58.20m (4)	San Diego Cougars-B	4-22
59.12m (5)	SC Yemalla-B	6-9
59.95 (6)	Santa Barbara SP-B	5-12
59.94m (4)	San Diego Jaguars	3-11
60.5 (4)	Arrow Track Club	4-22

880 Yard Medley Relay

(m + 0.5 = 880)

1:55.0 (1)	West Vernon Jets	5-12
1:55.4 (3)	So. Cal Cheetahs	7-1
1:58.4 (4)	Hilltop	7-1
1:59.3m (1)	Milbrae Lions	5-27
1:59.8m (2)	San Diego Cougars	5-27
2:01.5 :3)	Santa Barbara SP-A	6-30
2:01.6 (2)	Long Beach Comets	3-4
2:02.4 (D5)	Hayward Striders	7-1
2:04.0m (3)	SC Yanella-A	5-27
2:06.3 (7)	So. Cal Cheetahs-B	7-1
2:06.3m (4)	San Diego Cougars-B	5-27
	Pasadena Rosebuds	5-27
2:09.3m (5)	Hilltop-B	5-27
2:10.4m (6)	Appaloosa Track Club	5-27
2:12.1m (6)	SC Yanella-B	6-9
2:13.3 (2)	Appaloosa	4-22
2:13.3m (7)	N. Oakland	6-9
2:16.6 (3)	RG	4-22
2:17.4 (5)	SFV Swans	3-4
2:18.6 (4)	Salinas Valley TC	4-22

Long Jump

16-5 (1)	Rayneceia Watkins/LBC	3-17
15-10 ³ / ₄ (1)	Kim Walulik/CI	5-12
15-7 ¹ / ₂ (1)	Michelle Fanner/BTC	7-14
15-1 ¹ / ₂ (2)	Michelle Taylor/SCC	7-14
14-11 ¹ / ₄ (1)	Sylvia Harris/Un-SR	5-27
14-10 (3)	Gayle Wadsworth/WVJ	7-7
14-8 ³ / ₄ (2)	Becky Bryan/SV	5-27
14-8 ¹ / ₂ (1/4)	Laurie Loveren/LBC	7-7
14-8 ¹ / ₄ (2)	Roxanne Gross/PR	4-8
14-4 ¹ / ₄ (2)	Kristl Haglund/SBS	6-9
14-4 (3)	Kelly Johnson/Un	6-9
14-1 ¹ / ₂ (4)	Mindy Smith/SBSP	4-22
14-0 (1)	Julie Corsiglia/CY	5-19
13-10 (1)	Robin Deadwiley/HT	5-19
13-8 ¹ / ₄ (4)	TC Watterson/SFVS	4-8
13-7 ¹ / ₂ (8)	Diane Orr/SBSP	5-5
13-6 ¹ / ₂ (4)	L.A./SRS	5-27
13-6 (5)	S. Nolen/SS-Sac	5-27
13-6 (4)	Trudy Palmer/SCY	6-9
13-5 ¹ / ₄ (4)	Shunitta Nichols/SCY	3-11

Shot Put

(6 pounds)

35-5 ¹ / ₄ (2)	Lisa Hull/WS	7-7
31-8 ³ / ₄ (6)	Stacey Jordan/APP	7-1
31-4 (7)	Nina Taylor/PR	7-1
30-4 ³ / ₄ (P)	Mindy Smith/SBSP	6-29
29-5 ¹ / ₄ (1)	Allison Waits/Fresno	7-14
28-4 ³ / ₄ (1)	Tammy Macauley/RG	5-27
27-10 ¹ / ₄ (10)	Jane Fike/SCT	7-1
27-7 (2)	Raemee Brown/Yulare	7-14
26-4 ¹ / ₄ (P)	Kim Walulik/CI	6-29
24-6 (5)	Secily Bason/SBSP	6-9
24-5 (6)	Laureta Romo/SGVB	6-9
24-3 ¹ / ₂ (P)	Buffy Sexton/ML	4-22
23-5 ³ / ₄ (7)	Andrea Lee/EH	6-9
23-5 ¹ / ₂ (3)	S. Greer/RG	5-27
23-4 (8)	Dionne Teasley/EH	6-9
23-0 ¹ / ₄ (P)	Kim Becker/SV	4-22
22-9 ³ / ₄ (2)	Leslie Maxie/ML	4-7
22-9 ¹ / ₂ (4)	Lisa Herrera/SCT	4-22
22-3 ¹ / ₂ (5)	Teresa Myers/SBSP	5-5
20-9 ¹ / ₂ (2)	Tina Roberts/SBSP	7-7



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Baseball Throw

190-0 (1)	Tammy McCauley/RG	5-27
180-10 (1)	Kristl Haglund/SBS	4-1
179-6 (1)	Shinnick/Culver City	6-4
175-3 (1)	Tina Roberts/SBSP	7-7
173-10 (2)	Stacey Jordan/APP	5-27
168-3 (3)	Katie Hamel/CY	5-27
166-10 (4)	Kim Brown/HT	5-27
165-10 (1)	Andrea Lee/EH	5-18
160-6 (4)	Laureta Romo/SGVB	6-9
159-0 (1)	Tami Roach/SGVB	7-14
156-4 (5)	Nina Taylor/PR	6-9
155-0 (4)	Donna Peck/APP	6-30
152-9 (3)	Jill Whinnery/SBSP	7-7
148-7 (5)	S. Brooks/BEBTC	5-27
146-9 (4)	Diane Orr/SBSP	7-7
137-11 (9)	Dionne Teasley/EH	6-9
137-6 (6)	D. Pacheco/Hayward TT	5-27
134-10 (4)	Teresa Myers/SBSP	5-5
133-4 (2)	Roxanne Gross/PR	4-8
133-4 (10)	Cerena Mosley/SCC	6-9

Pentathlon

(50yh, SP-6, HJ, LJ, 400)

2884 (6)	Mindy Smith/SBSP	6-29
2810 (8)	Kim Walulik/CI	6-29
2304 (1)	Patricia Brown/ML	4-22
2172 (2)	Kim Becker/SV	4-22
2001 (4)	Buffy Sexton/ML	4-22
1909 (2)	Trish Attix/RD	3-25
1788 (3)	Kris Engleman/RD	3-25
1771 (5)	Julia Ryan/SV	4-22
1436 (4)	Laura Barry/RD	3-25
1308 (5)	Sara Blann/RD	3-25
1300 (1)	Casonda Peters/SCY	3-25

66.2 (6) K. Becker/SV 5-27

800 Meters

2:23.29 (1) Sharlene Rogers/SJC 7-1
 2:24:18 (2) Terry Gabriel/SJTC 7-1
 2:24.8 (1) Dyana Crabtree/BA 4-22
 2:25.4 (1) Kateri Amy/WVJ 7-7
 2:25.5 (2) Toni Everts/BA 7-7
 2:26.3 (3) Tammy Banks/SBSP 6-30
 2:27.0 (5) Tamilla Palmer/SCY 6-30
 2:31.1 (4) Barbara Keehner/SJTC 6-30
 2:31.2 (2) Kathy Webb/SCC 6-9
 2:31.8 (3) Sara Standley/BA 5-5
 2:32.1 (3) A. Fong/RG 5-27
 2:32.4 (1) Patricia Brown/ML 5-19
 2:32.4 (4) K. McCarthy/OTC 5-27
 2:33.5 (5) Monica Liotta/CY 5-27
 2:34.9 (6) S. Cretien/SJC 5-27
 2:35.0 (6) Lori Charette/BA 5-5
 2:35.3 (2) Casonda Peters/SCY 3-11
 2:36.2 (2) Kristin McCarthy/OTC 4-22
 2:36.9 (5) Michelle Gonzales/SGVB 5-12
 2:36.9 (1) Kim Himenes/WS 6-9

1500 Meters

4:49.7 (1) Nanette Garcia/SJC 4-22
 4:50.91 (1) Dyana Crabtree/BA 7-1
 4:57.67 (1) Karen Himenes/WS 7-15
 5:00.79 (5) Toni Everts/BA 7-1
 5:02.6 (2) Tammy Banks/SBSP 6-30
 5:06.5 (2) Lori Charette/BA 6-30
 5:06.9 (5) Sara Standley/BA 6-9
 5:09.5 (3) Carol Doody/SCRR 5-5
 5:10.12 (4) Kim Himenes/WS 7-15
 5:10.6 (1) Denae Dunlap/Un 7-14
 5:10.9 (2) Laura Manning/OTC 5-27
 5:12.2 (3) Kerry Bratton/CY 5-27
 5:13.5 (1) Patricia Brown/ML 5-19
 5:16.6 (1) Diane Dedianous/SCRR 3-18
 5:16.6 (3) Michelle Pullig/Bakersfld 7-14
 5:16.7 (4) D. Hatton/MPTC 5-27
 5:18.4 (6) Michelle Gonzales/SGVB 5-12
 5:18.4 (5) L. Wilson/ATC 5-27
 5:20.8 (7) Tina Valverde/SGVB 5-12
 5:22.8 (6) W. Massey/CY 5-27

3000 Meter

11:00.5 (1) Karen Himenes/WS 7-15
 11:17.9 (5) Toni Everts/BA 2-25
 11:27.4 (4) Lori Charette/BA 7-15
 11:33.0 (6) Sara Standley/BA 7-15
 11:40.6 (7) Carla Carrillo/IVS 2-25
 12:06.2 (11) Anne Graham/BA 2-25
 12:18.8 (13) Mandy Whistler/BA 2-25
 12:21.3 (14) Diane Maher/BA 2-25
 12:41.9 (1) Kelley Sage/SCRR 2-11
 13:06.4 (15) Sandy Light/BA 2-25
 14:09.6 (16) Lisa Ressler/BA 2-25

1:58.4 (4) Hilltop 7-1
 1:59.3m (1) Millbrae Lions 5-27
 1:59.8m (2) San Diego Cougars 5-27
 2:01.5 (3) Santa Barbara SP-A 6-30
 2:01.6 (2) Long Beach Comets 3-4
 2:02.4 (D5) Hayward Striders 7-1
 2:04.0m (3) SC Yanella-A 5-27
 2:06.3 (7) So. Cal Cheetahs-B 7-1
 2:06.3m (4) San Diego Cougars-B 5-27
 Pasadena Rosebuds 5-27
 2:09.3m (5) Hilltop-B 5-27
 2:10.4m (6) Appaloosa Track Club 5-27
 2:12.1m (6) SC Yanella-B 6-9
 2:13.3 (2) Appaloosa 4-22
 2:13.3m (7) N. Oakland 6-9
 2:16.6 (3) RG 4-22
 2:17.4 (5) SFV Swans 3-4
 2:18.6 (4) Salinas Valley TC 4-22

One Mile Relay

(m + 1.2 = mile)
 4:11.2m (1) West Vernon Jets 7-7
 4:22.3 (2) SJC 7-1
 4:22.8 (H) San Diego Cougars 6-30
 4:23.0 (3) Hilltop 7-1
 4:28.0m (1) So. Cal Cheetahs 4-22
 4:42.4m (3) RG 5-27
 4:43.6m (4) Berkeley East Bay TC 5-27
 4:44.2m (2) Blue Angels-A 5-5
 4:46.6m (5) Salinas Valley 5-27
 4:51.9m (3) Santa Barbara SP-A 6-9
 4:53.3 (4) Cupertino Yearlings 4-22
 4:54.9m (6) Santa Rosa 5-27
 5:02.8m (4) Woodside Striders 6-9
 5:09.8 (5) Orinda Track Club-A 4-22
 5:24.7m (6) Blue Angels-B

High Jump


5-0 (1) Leslie Maxie/ML 5-19
 4-8½ (P) Mindy Smith/SBSP 6-29
 4-8 (2) Kim Becker/SV 5-27
 4-8 (1) Kim Walulik/CI 6-9
 4-7 (3) Tammy Polly/SRS 5-27
 4-6 (1) Traci Rush/Fresno 7-14
 4-5 (1) Tiffany Sappenfield/Un 4-22
 4-4 (3) Kelly Johnson/Bakersfld 6-9
 4-3 (2) Lauren Miller/RSF 4-1
 4-2¼ (P) Patricia Brown/ML 4-22
 4-2 (P) Sherry Bertram/ML 4-22
 4-2 (5) Julia Ryan/SV 5-27
 4-2 (4) Diane Orr/SBSP 6-9
 4-2 (5) Kirsten Bringard/SBSP 6-9
 4-2 (6) TC Watterson/SFVS 6-9
 4-1 (P) Trish Attix/RD 3-25
 4-0¼ (P) Buffy Sexton/ML 4-22
 4-0 (7) Jill Whinnery/SBSP 6-9



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