



CALIFORNIA TRACK & RUNNING NEWS

February 1982

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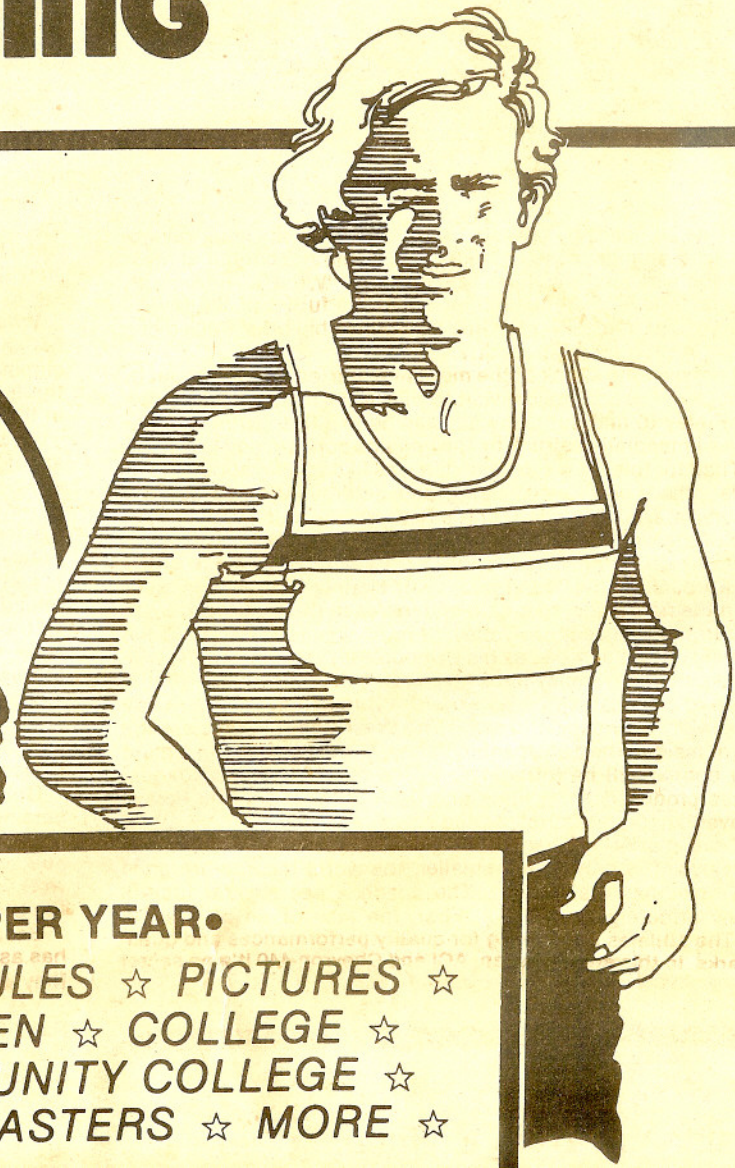
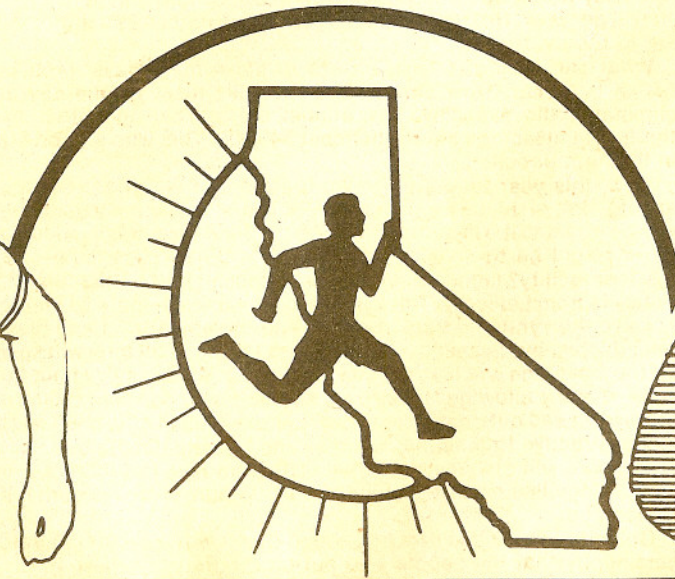
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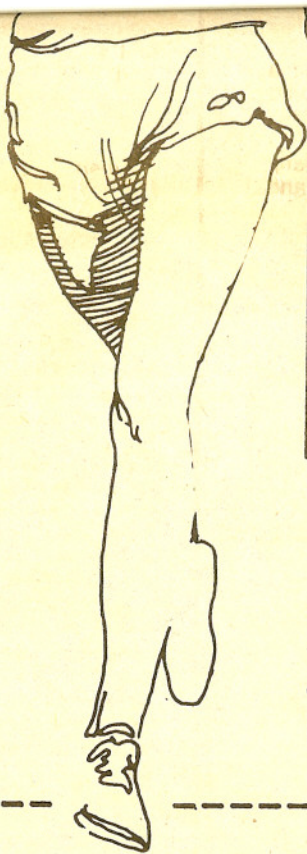
CALIFORNIA'S TRACK AND RUNNING PUBLICATION

CALIFORNIA TRACK & RUNNING NEWS



•12 ISSUES PER YEAR•

- ★ RESULTS ★ SCHEDULES ★ PICTURES ★
- ★ RANKINGS ★ OPEN ★ COLLEGE ★
- ★ WOMEN ★ COMMUNITY COLLEGE ★
- ★ HIGH SCHOOL ★ MASTERS ★ MORE ★



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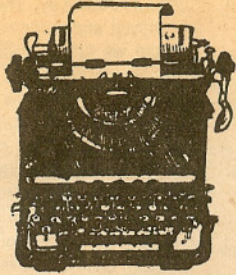
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from the editor

We've all heard by now that the May 8th West Coast Relays are being moved to Lemoore High School. Your initial reaction was probably the same as mine, "What!?" All California track fans have been concerned about the future of the Relays and we'd go to extremes to save this traditional 'big time' track meet, but this! — A glorified prep meet!?

Once I got over the shock of the move and started to think about it, the better I liked it. So, I paid a visit to FSU track mentors Red Estes and Bob Fraley to find out just what was behind this switch in locations. I was immediately struck by the genuine concern and love these two men had for this local track meet. It was like talking about one of their kids - there was pride, caring and determination to see the Relays survive. Their affection for the Relays goes much deeper than the glory of the world records the meet has produced over the years. Coach Fraley said it best, "Let's look at the original purpose of the Relays. Go back to the founder, J. Flint Hanner. The Relays were started in the first place, to create and increase the interest in track and field in the San Joaquin Valley." Fraley should understand the full meaning of that purpose as his Lemoore High teams had the winningest record of any Valley track squad. Coach Estes added, "If this meet were to die what would take over for it to achieve this purpose in the Valley?" He went on to say, "The West Coast Relays are the only major meet in the San Joaquin Valley. A meet like this is a must if young people will be introduced to the sport. The San Joaquin Valley has produced great track and field athletes and the Relays have played an important role in the process."

Why have the Relays been sliding down hill? Their decline has been obvious. The crowds are smaller, the world records are gone and the meet has lost money. The coaches see several factors negatively affecting the Relays. First, the lack of an all-weather facility. The athletes are looking for quality performances and qualifying marks. In this age of Tartan, ACI and Chevron-440 it's no secret

that a synthetic surface is an advantage. The fact that Ratcliffe Stadium has only six lanes on the turn is another problem in that it bogs the meet down with many repetitious races.

A second problem is the proliferation of "big" meets of late — like the Pepsi Invitational, the Bruce Jenner Classic, the Martin Luther King Games, and Brooks Meet of Champions, all in California and all in addition to the West Coast Relays, Modesto Relays, Mt. SAC Relays, Aztec Invitational and other traditional meets. All of these other meets have all-weather tracks, by the way. What meets would you go to if you were a national class athlete?

The third hurdle for the Relays has been the crowd. This was a problem ten years ago. There were, at that time, a couple of years where the Relays crowd was somewhat rowdy and made it difficult for the local merchants and the true track fans. Motels and restaurants were abused and ticket holders couldn't get into their seats. This problem no longer exists, other than in the minds of the community. A bad experience isn't easily forgotten.

Fourthly, the finances of the Relays have been an increasing problem. Inflation has taken its toll while ticket prices and entry fees have remained relatively low.

These are some big hurdles. It's easy to see why the Relays might die. But not Estes and Fraley! They aren't going to lie down and give up! They aren't going to pretend the problems aren't there, hoping they'll go away. No, sir! They believe in these Relays and they are going to try, try, try!

What can they do? Their efforts to solve the Relays' problems began last year. They streamlined the 1981 meet to one day and eliminated the expensive invitational class. This and other belt-tightening measures saved the meet \$40,000. This was a good start in the right direction.

Now, this year they are getting drastic. Believing that the meet should, first of all, be for the participants and that if it's a good meet for the athletes it will automatically attract the fans, the most logical move would be to an all-weather facility. Where's the closest all-weather facility? Lemoore, of course. It doesn't hurt, either, that Bob Fraley is from Lemoore. Think about it. Going to Lemoore will not only solve the synthetic track problem and thereby attract and please the athletes, but because it has 10 lanes (plus 2 of all pits) will speed up the meet. The whole event could now be staged in a five hour time span, thereby allowing teams from southern and northern California to travel in and out on the same day. Lemoore means the meet will be more attractive to athletes, coaches and athletic directors.

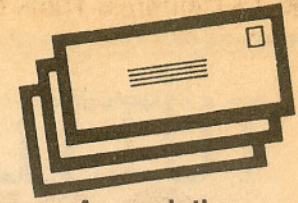
Lemoore will also mean further savings to help the financial picture. Things like expense reductions in stadium rental, security, PA system, etc.

Going to Lemoore is drastic enough that it will prove to the Valley community that the people who put on the Relays believe in them enough to do whatever it takes to keep them alive and make them a success. It will show that the problems are being recognized and worked out to continue to provide this meet for the youth and track fan of the San Joaquin Valley.

Because the track at Lemoore is an Atlas track the Atlas Company has assured major sponsorship of the meet (a first for the WCR) and they will, thus, be known as the Atlas West Coast Relays.

Yes, Lemoore makes sense, at least on a temporary basis; until Ratcliffe gets an all-weather track or Fresno State gets seating at their all weather track. Lemoore helps lower each of the problem hurdles mentioned above. It's not a step backward, rather a coiling for a giant leap forward.

The Relays are alive and their health is improving. With your help and support there is a bright future ahead. Get on the bandwagon.



Appreciation

I have just received my copy of the January 1982 edition of California Track & Running News. I was sorry to learn about the discontinuation of Nor-Cal Running Review. I wanted to take the occasion to make the comments I know dozens or perhaps hundreds of other Northern California runners would make about Nor-Cal, and Jack Leydig in particular.

Jack has indeed contributed a whole lot to the running community, with seemingly little financial compensation. He always worked his tail off to get out NCRR, as a one man operation.

Not only did he put in a ton of hours, but he really did care in making running events work, and care about the feelings and sensitivities of runners. My first-hand chance to observe this came at Christmas Relays a couple of years ago. The race was over, it was raining hard, and there had been a foul-up on the trophies. A representative from the wrong club had picked up a set of trophies not belonging to his team. Jack was extremely patient, and smoothed over the misunderstanding, with no hurt feelings.

I also had the chance to observe his behind-the-scenes work in making sure one of the Boston Marathon tours came off with no hitches.

I do not want to make too much of this: Suffice it to say, Jack's work with NCRR, races and so on is much appreciated by a lot of us.

Ronald Yank
San Francisco

Amen

Editor

What About L.A. City?

In your articles about the Kinney Prep Cross Country Championships, you have said that it is the unofficial state championships; with all 12 sections

only major meet in the San Joaquin Valley. A meet like this is a must if young people will be introduced to the sport. The San Joaquin Valley has produced great track and field athletes and the Relays have played an important role in the process."

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California Track & Running News

EDITOR & PUBLISHER
Bill Cockerham

PRODUCTION MANAGER
Judy Cockerham

STAFF ASSISTANT
Marty Higginbotham

SPECIAL FEATURES
Len Wallach

HIGH SCHOOL EDITOR
Keith Conning
2235 Browning St.
Berkeley, CA 94702
(415) 849-4406

SO. CAL. LDR EDITOR
Richard Slotkin
14212 Summertime Lane
Culver City, CA 90230
(213) 836-7088

NO. CAL. LDR EDITOR
Jack Leydig
P.O. Box 612
San Mateo, CA 94401
(415) 341-3119

CORRESPONDENTS: Fred Baer Community College Men and Women; Ron Blackwood Central California High School; Calvin Brown Girls and Women Track & Field; Keith Conning Northern California High School; Ken Dose Northern California Community College; Marty Higginbotham Club News and Central California Long Distance; Louis Hirsch Southern California Long Distance; Percy Knox Masters Men; Mike Lenemann Track Teaser Puzzle; Bill Minarik Southern California Area; Rich Romine Ventura Area; Chuck Skow Open Track & Field; Richard Slotkin Southern California Long Distance; Doug Speck Southern/LA Sections High School; Steve Subotnick Medical Editor; Len Wallach The Human Race; Howard Willman Central Coast High School; Bob Womack High School All Time Lists.

LDR STATISTICS: Bob Martin, National Running Data Center.

PHOTOGRAPHERS: Michael Chickey, Gene Cohn, Ross Gentry, Don Gosney, Louis Hirsch, Marty Higginbotham, Bill Leung Jr., Richard Slotkin, Ken Takeuchi, Maurice Wilson.

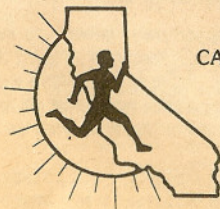
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West Coast Relays Saturday, May 8th, 1982

Location: Lemoore Stadium -- Lemoore is located 32 miles south of Fresno on State Highway 41 and 198.

Track: 10 lane Atlas rubber track.

Pits & Rings: Two pits & rings for each event.

Stadium Capacity: 5,000

Time of Meet: 1:00 p.m. to 7:00 p.m.

Divisions: Open Men and Women
College Men and Women
High School Boys and Girls
No Junior College due to change in State J.C. qualifying dates.

Awards: Watches to first places in Open and Collegiate events. Medals to College 2nd and 3rd places. Medals places 1-5 in High School.

For Information on Entries or Tickets contact:
Bob Fraley, Assistant Meet Director
Fresno State University, Fresno, CA 93740
(209) 294-4097

Marathon tours came off with no hitches.

I do not want to make too much of this: Suffice it to say, Jack's work with NCCR, races and so on is much appreciated by a lot of us.

Ronald Yank
San Francisco

Amen

Editor

What About L.A. City?

In your articles about the Kinney Prep Cross Country Championships, you have said that it is the unofficial state championships; with all 12 sections represented and also wrote that with the exception of a few runners, all of the top preps in the West were present.

You have disgracefully failed to notice that the L.A. City Section holds their prelims and finals on concurrent weekends with the Kinney Western and National meets, making it impossible for a city runner to compete in Kinney.

Surely two-time champions Eugenio Cruz and Janine Walther as well as a deeply talented top ten could have challenged the leaders at Fresno this year.

Anonymous
Los Angeles

I don't remember ever saying all 12 sections were represented at the Kinney meet; especially since there are only 10.

Editor

Thanks

On behalf of myself and the San Marino Cross Country Team: Thank you for all the coverage and for a quality magazine. Sincere thanks to you and your back-up crew for a first-class, athlete oriented, Kinney meet in Fresno. What an impressive meet from accommodations to results. I did not go last year. I'm glad I went this year and will make it a priority in the future.

Phil Ryan
San Marino HS

ON THE COVER:

Julie Brown wins the TAC National Cross Country Title.

photo by Bill Leung, Jr.

TUTTLE'S TRACK TOPICS

GETTING AWAY FROM THE MADDENING CROWD

By GARY TUTTLE

Finally the day and hour I had been planning on for months had arrived. I was standing with over 400 of the best runners in the nation, each of us

poised for the sound of the starter's pistol, which would send us sloshing through the rain and mud, on our way toward the finish of the 1981 TAC Cross Country Championships at De Bell golf course in the foothills of Burbank.

I was especially nervous because it had been five years since I'd been in the nationals, and I was hoping for a return to the form which had carried me to a sixth place in 1976, and a seventh place in the 1977 World Cross Country Championships in Germany.

I had arrived at this moment both fit and confident. Fit because I had done all the miles and speed-work necessary for a big race, and confident because I had run several minor races already in times as fast as I'd ever run.

As usual, the tension at the starting line was heavy, almost unbearing, and nervousness was etched on the faces of those around me. As the start approached, everyone began to edge inches forward, until the chalk line was lost from view, underfoot of those in the second row.

Suddenly, a deep voice came bellowing out of the rain-bearing clouds above us, "Everyone get back behind the line." The voice belonged to giant Wilt Chamberlain, ex-basketball star, current running enthusiast.

Normally, runners are slow to respond to the usual request to "get behind the line," but this time everyone, myself included, quickly stepped back as Wilt came menacingly along the 50-yard long starting line.

As Wilt passed by, a noisy chatter would begin with nervous laughter. For an instant the tension was gone, and then seconds later the gun sounded, and we were quickly sprinting.

I got one of the worst starts I've ever gotten. I was swallowed up by the crowd of runners as we sprinted toward a narrow opening some 100 yards away.

The leaders reached the opening and sped uninterrupted on their way. The rest of us converged, slowed, shoved and made our way as best we could.

When we finally made our way out of the narrow area, we ran 100 yards, only to have it narrow, and turn sharply at the same time. I found myself no longer racing, but cautiously trying to stay in an upright position. The ground at this point was so muddy and slippery that several runners, including teammate Mike Baca, fell. In order to avoid the fracas, I pulled wide and nearly took my head off as I ran through the branches of a low, thick tree.

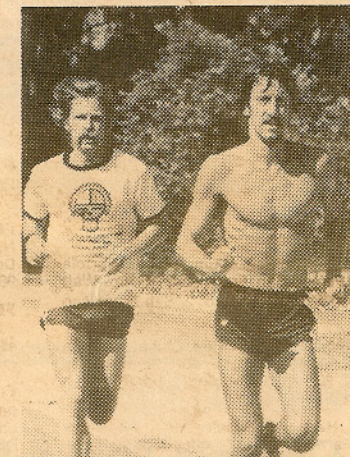
Finally, after maybe 600 yards of running and slowing, we were headed downhill, down a nice wide fairway. As we began our descent, the mob spread out, and the frustrated really began to sprint.

I looked ahead and saw the top 10 spot that I'd hoped to now be holding was already hundreds of runners and over a 100 yards away. With a feeling of frustration, I dug in and really began kicking down the hill. Unfortunately, downhill running, especially early in a race, is nothing but speed of which I have little. For every runner I stormed past, two went past me.

At the bottom of the fairway we narrowed again. I found myself further back. In an effort to escape the mob, I began running on the extreme fringes, which meant I was running atop sand bags, through muddy ditches, and even running into the restraining ropes on the turns.

We continued down the course for the first mile, slowing and sprinting and slowing again. As I passed by the mile mark, my spectator-father counted nearly 150 runners before I ran by. I looked at my parents, and a wave of frustration swept over me as we continued down the golf course to the bottom of the hills.

Around mile two, we hit our first significant uphill, and we finally began our ascent back up the course. To my surprise, I immediately began passing runners in clumps of 3 and 4. As we worked our way up the series of hills, I began moving past runners quickly. To my delight, I found the closer I got to the front, the more room there was to run.



Women On the Run presents



Bonne Bell 10K

A 6.2 MILE EVENT FOR WOMEN RUNNERS

SAN FRANCISCO SUN., FEBRUARY 28, 1982 9am

ENTRY FEE

\$5 before February 16; \$6 late entry. Entry fees are not refundable.

REGISTRATION

Please include self-addressed, stamped #10 (4"x10") envelope with each entry form. The envelope will be used to mail your race packet to you, beginning February 1. The packet will include your race number, tag and instruction sheet.

PRIZES

Each Bonnie Bell Entrant will receive the following:

- Race T-shirt;
- Race Bib;
- Race Packet including Top 50 Six Nation

AWARDS, DIVISIONS

The top five finishers in each division will also receive a commemorative bell and divisional winners will also receive apparel compliments of Women On the Run. Etonic shoes and Jog-A-Lite equipment and apparel also donated.

DIVISIONS

- | | |
|--------------|-----------------|
| 14 and under | 45-49 |
| 15-19 | 50-59 |
| 20-24 | 60-69 |
| 25-29 | 70 & Over |
| 30-34 | Mother/Daughter |
| 35-39 | Youngest/Oldest |

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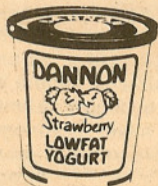
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PRIZES

Each Bonnie Bell Entrant will receive the following:

- Race T-shirt;
- Bonne Bell cosmetics, including Ten-O-Six lotion, sport shampoo, blushing gel, Shower 2000, make-up with sunscreen and Sport Stick for chafe and chapping;
- Crystal Geyser Mineral Water;
- Dannon Lowfat Yogurt;
- Finishing ribbon; and
- Complete results



Etonic
The official Running Shoe of the Bonne Bell 10K

THE SPORT BRA by LILY OF FRANCE
The official sport bra of the Bonne Bell 10K

AWARDS, DIVISIONS

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14 and under	45-49
15-19	50-59
20-24	60-69
25-29	70 & Over
30-34	Mother/Daughter
35-39	Youngest/Oldest
40-44	

CLUB/SCHOOL CATEGORY

In addition to the above divisions, a special Bonne Bell will be given to the school or club with the most participants. Each member of the winning school will receive a special prize from Women On the Run.

RACE DIRECTOR

Scott Thomason (415) 681-6616, 9am - 5pm.
For information concerning registration, call (415) 472-7917.

START

Polo Fields, Golden Gate Park, San Francisco



When we finally reached the top again, I was around 40th. My plan was to hold my position as best I could on the downhill and then move up some more on the second series of uphill.

My plan worked well, and I began to inch my way through the line of runners, even on the downhills. By now I had finally reached the quality runners, and you don't pass them with leaps and bounds, you can only slowly catch and pass them.

Many of those running around me I now recognized. I caught frequent glances of Dick Quax, Don Clarey, Ron Addison, Steve Lacy, etc., all runners of national and world class.

I continued to slip and slog my way over the last mile and up the last steep hill. My frustrations had lessened, and I found myself now having a lot of fun.

We crested the final hill, and began our sprint to the finish. The sprint for first between Adrian Royal (who eventually finished first) and Alberto Salazar (second) was over before I even began my push, but mine seemed just as important to me as a runner surged by me to push me back one more place. To my surprise, I passed him and another runner to finish somewhere around 25th place in 28:10 over a course that was probably short.

My first reaction after finishing was that somehow I had been cheated. Cheated out of a chance to prove just how well I can still run. Upon further reflection, I began to realize that everyone had identical opportunities out there.

It's this equal opportunity, fairness to everyone, which is one of the main reasons I've loved the sport of racing for so long. Unlike sports which a win or loss can be determined by a team member of official, every runner takes the credit or blame squarely on his own shoulders.

Within minutes of finishing, I was already making plans for another opportunity to see what I can do against the best.

Entry Form

Make checks payable and send to: Total Race Systems, 627 Gallerita Way, San Rafael, CA 94903

PLEASE PRINT

Name Mother/Daughter
First Last

Address
Number & Street

City
State Zip

Phone
Area Number

Best 10K Time : : Date of Birth / /
Mo Day Year

School/Club

T-shirt Size S M L XL
(French Cut. 50% Cotton. 50% Polyester)

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against Bonne Bell, Women On the Run, the SF Recreation and Parks Dept, Etonic, and Total Race Systems, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with said event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in this event. In filling out this form, I acknowledge that I am an amateur in such events. I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event in filling out this form. I acknowledge I have read and fully understand my own liability and do accept the restrictions.

Signature (Parent or Guardian s if under 18)

POSTAL

SEP 1 - DEC 15, 1981: Puma-TFA Postal Championships. 3 mile and 2-Person 10 Mile Relay. On your own local track. Puma-TFA Postal, 10920 Ambassador Dr., Suite 322, Kansas City, MO 64153. (816) 891-1077. *Please see advertisement in this issue.*

FEBRUARY

FEB 6: Calaveras Quarter Marathon. 6.55 miles. Rancho Calaveras, 9 am. Steve Mitrovich, Calaveras High School, Box 607, San Andreas 95249. (209) 754-3592.

FEB 6: PA-TAC 20K Championships. Cal State Sacramento, 9 am. Open, Women, and Masters. John Mansoor, 10513 F.O. Blvd., Apt. J, Fair Oaks 95628. (916) 966-6185.

FEB 6: Trinidad-Clam Beach Run. 8.5 mile. Colonial Inn, north of Trinidad, 2:30 pm. Hal Jackson, Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-4186.

FEB 6: Sonoma Hill Climbs. 1.25 mile and 7.6 mile. Depot Park, Sonoma, 10 am. Butch Alexander, P.O. Box 632, Sonoma 95476. (707) 938-8263.

FEB 6: Bakersfield Full & Half Marathon. Grissom Park, Bakersfield, 9 am. Mike O'Haver, Bakersfield Track Club, P.O. Box 10371, Bakersfield 93389. (805) 832-0749. *Please see advertisement and entry blank in last month's issue.*

FEB 6: Sweetheart Run for Special Olympics. 2.5 & 10K, Sonoma St. Hospital, time TBA. John Karsemeyer (707) 938-6471.

FEB 6: McDonald's Cougar Classic. 2, 5 & 10K, Azusa Pacific College, Azusa, 8:30 am. Terry Franson, Azusa Pacific College, Azusa 91702. (213) 969-3434 before 3:00.

FEB 6: Iron Man Triathlon. 2 1/2 mile swim, 112 mile bike, marathon run. Hawaii, 7 am. Valerie Silk (808) 395-4582.

FEB 6: Santa Barbara Winter Runs. 6 & 10 Miles, Santa Barbara, 8:30 am. SBAA Winter Runs, Box 6616, Santa Barbara 93111. (805) 964-2222.

FEB 6: Atascadero Half Marathon. Williams Bros. Shopping Center, 9 am. (805) 466-8000, ext. 123.

FEB 7: Chinatown YMCA Run. 8K Bush & Grant St., San Francisco, 8 am. Sylvia Mack, Chinatown YMCA, 855 Sacramento St., San Francisco 94108. (415) 982-4412.

FEB 7: San Diego Half Marathon. San Diego, 8 am. Don Evans (714) 743-6536.

FEB 7: DSE Twin Peaks Run. 3.6 mile, Portola & Twin Peaks, San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

FEB 7: Firecracker 10K Run. Chinatown, Los Angeles, 9 am. Chinatown 10K, Terminal Annex, P.O. Box 4473, Los Angeles 90051. (213) 617-1929.

FEB 7: Hermosa Beach Runs. 2.5 miles (residents only) and 5.0 miles (open), 8 am. Ms. Anne...

FEB 7: Golden State Warriors 4 Mile Classic. Continental Racquetball Club, Oakland, 11 am. Continental Racquetball Club, 7717 Edgewater Dr., Oakland 94621. (415) 568-0132.

FEB 7: Las Vegas Marathon. The Running Store, 602 So. Maryland Parkway, Las Vegas, NV 89101. (702) 382-3496.

FEB 13: Valentine's Race. 10K race and 2 mile prediction. Marshall (Marin County), 10 am. Steve Diamant (415) 663-8111.

FEB 13: Las Vegas TC 5 Mile. Floyd Lamb Park, 9 am. The Running Store, 602 S. Maryland Parkway, Las Vegas, NV 89101. (702) 382-3946.

FEB 13: Valentine's Day Run. 5 & 10K. Lake Merritt, Oakland, 10 am. Clifford Lura, 11200 Golf Links, Rd., Oakland 94605. (415) 632-9606.

FEB 13: Pico Rivera Sweetheart 10K. 9 am. Pete Parenteau, Pico Rivera Chamber of Commerce, P.O. Box 985, Pico Rivera 90660.

FEB 13: Up the Estuary Half-Marathon. Newport Beach, 7:30 am. John Blair, 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0558.

FEB 13: P.I.H. Walk/Jog/Wheel for Your Heart. 5 & 10K, Whittier, 8 am. Randy Ice, RPT, P.I.H., 12401 E. Washington Blvd., Whittier 90602. (213) 698-0811, ext. 2635.

FEB 13: Santa Barbara Couples Relay. (male/female). Palm Park, Santa Barbara, 8:30 am. Soles & Resoles, 4419 Hollister, Santa Barbara 93110. (805) 964-2222.

FEB 14: Almond Blossom Run. 3 & 8 miles. Flanson Middel School, Paso Robles, 10 am. NCS-Run, 1245 Park St., Paso Robles 93446. (805) 238-7285.

FEB 14: Santa Monica Mountains 50 Mile Relay and One Man 50 Mile Ultra. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

FEB 14: Sweetin' Sweethearts Valentine's Run. 10 mile twosome. Couples Only. William Mason Park, Irvine, 8 am. Loeschhorn's Running Club, 10810 Warner Ave., Fountain Valley 92708. (714) 964-4567.

FEB 14: Valentine's 5K. Crane Park, St. Helena, 10 am. Brad Wagenknecht, 1618 Spencer St., Napa 94558.

FEB 14: I Love Santa Clara Valley 1 & 5 Mile. Valley Medical Center, 9 am. Mimi Baca, PRX, 10350 S. De Anza Blvd., No. 27, Cupertino 95014. TBA....original date changed.

FEB 14: Jedediah Smith 50-Mile Classic. Sacramento Area, 8 am. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831. (916) 392-7672.

FEB 14: Valentine's Day Sweetheart Race 10K. Campbell, 9 am. Campbell Community Services (408) 378-8141.

FEB 14: Max Chobolan Memorial Road Race. 6 mile race and 2 mile prediction. Live Oak Park, Tulare, 1:30 pm. Tulare Youth Service Bureau, P.O. Box 202, Tulare 93275. (209) 688-2043.

FEB 20: Lynette Breslauer Memorial 5K Race Walk. Golden Gate Park, San Francisco, 10 am. Harry Siitonen, 106 Sanchez St., No. 17, San Francisco 94114. (415) 863-0479.

FEB 21: Arden Bar Relays. 2-person, 10-mile total. Goethe Park, Sacramento, 9 am. Capital City Flyers, c/o John Mansoor, 10513 Fair Oaks Blvd., Apt. J, Fair Oaks 95628. (916) 966-6185.

FEB 21: Los Gatos-Vasona 10K. Los Gatos High School, 9 am. D. Cruz, Pacific West TC, 3856 Moorpark, No. 2, San Jose 95117.

FEB 21: Excelsior East End 8.2 Mile Run. Golden Gate Park, San Francisco, 9 am. Excelsior TC, 2661 Rollingwood Dr., San Bruno 94066.

FEB 21: Phoenix Marathon. Joanne Ralston & Associates, 3003 North Central Ave., Suite 2000, Phoenix, AZ 85012. (602) 264-2930.

FEB 21: Long Beach World Runners Marathon. Queen Mary, Long Beach, 7:30 am. Long Beach World Runners' Marathon, P.O. Box 14838, Long Beach 90803. (213) 426-8585.

FEB 21: Governor's Wellness Week. Theodora Wilner, Governor's Council on Wellness & Physical Fitness. (916) 323-8905....thru Feb. 28th.

FEB 21: Mardi Gras 5 Miler. Auburn Fairgrounds, Auburn, noon. No contact known.

FEB 21: DSE Golden Gate Park 4 Miler. San Francisco (Polo Fields), 10 am. Walt Stack,

FEB 28: Natural Light/Muscular Dystrophy 5 & 10 Milers. City Hall, Folsom, 10 am. Bob Brown, 1481 Riverpark Dr., Sacramento 95815. (916) 920-0100.

FEB 28: Bonne Bell 10K. Golden Gate Park, San Francisco, 9 am. Women only. Scott Thomason, 110 Lenox Way, San Francisco 94127. (415) 681-6166.

Please see advertisement and entry blank in this issue.

FEB 28: Run Your Plaque Off 10K. Also 1 mile fun run. West Valley College, Saratoga, 8:30 am. Bill Comport, 15242 El Camino Grande, Saratoga 95070. (408) 354-4316.

FEB 28: Atalanta's Victory Run. 5K & 6 miles. Arcata (The Plaza), 1:45 p.m. Dave Wells, 1522 Panorama Dr., Arcata 95521, (707) 826-3853. Sheila Maskovich (707) 822-6931.

FEB 28: Run for Life 5K, 10K & Half Marathon. Redlands Community Hospital, 7:45 am. Susie Whiteman (714) 793-3101, ext. 429.

FEB 28: Western Gerontological Society 10K & 2 Mile Fun Run. Mission Bay, San Diego, 7:30 am. Evelyn Grubb (714) 236-4330.

FEB 28: DSE Bridge Plaza Run. 7.5 miles. Dolphin Club, San Francisco, 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

FEB 28: Miles for Smiles Run. 2 mile & 10K. Cuesta College, San Luis Obispo, 9 am. Mrs. Eimer Brown, 1800 Alrita St., SLO 93401.

FEB 28: Santa Barbara Heart Association Run. Santa Barbara Racquet Club, 520 Castillo, Santa Barbara 93109. (805) 962-0069.

MARCH

MAR 6: Bidwell Classic Marathon. (& Half-Marathon & 3 Mile), Bidwell Park, Chico, 9 am. Walt Schafer, P.O. Box 1182, Chico 95927. (916) 343-6857, evenings.

MAR 6: Los Alamitos Marathon & 10K. 7:30 am. Michael Karuch, Los Alamitos Recreation Dept., 10911 Oak St., Los Alamitos 90720. (213) 430-1073.

MAR 6: ARC 10K & 2 Mile Fun Run. Balboa Park, San Diego, 7:30 am. Joan Danzinger, End of the Line Race Consulting, 1013 Park Place, Coronado 92118. (714) 281-9096.

MAR 6: Crop Run & Walk for World Hunger. 2 & 6.2 miles. St. Paul's Methodist Church, Fresno, 9 am. Mindi Jackson, 5424 E. Butler, Fresno 93727. (209) 453-0488 or 441-3388.

MAR 6: Spring Run. 6 mile race, 3 mile time prediction. Sanger Madison School, 8:45 am. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

MAR 7: City of Fremont 10K Run. Central Park Swim Lagoon parking lot, 9 am. Sarah Cole, Recreation Dept., P.O. Box 5006, Fremont 94538. (415) 791-4320.

MAR 7: Greater Peninsula Half-Marathon & 10K. Burlingame High School, Burlingame, 9 am. Steve O'Brien, Runner's Feet, 1004 Oak Grove Ave., Burlingame 94010. (415) 343-4242.

FEB 6: **Atascadero Half Marathon.** Williams Bros. Shopping Center, 9 am. (805) 466-8000, ext. 123.

FEB 7: **Chinatown YMCA Run.** 8K Bush & Grant St., San Francisco, 8 am. Sylvia Mack, Chinatown YMCA, 855 Sacramento St., San Francisco 94108. (415) 982-4412.

FEB 7: **San Dieguito Half Marathon.** San Diego, 8 am. Don Evans (714) 743-6536.

FEB 7: **DSE Twin Peaks Run.** 3.6 mile, Portola & Twin Peaks, San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

FEB 7: **Firecracker 10K Run.** Chinatown, Los Angeles, 9 am. Chinatown 10K, Terminal Annex, P.O. Box 4473, Los Angeles 90051. (213) 617-1929.

FEB 7: **Hermosa Beach Runs.** 2.5 miles (residents only) and 5.0 miles (open), 8 am. Ms. Alana Mastrian, Dept. of Community Resources, 710 Pier Ave., Hermosa Beach 90254. (213) 379-3312.

FEB 7: **SRI Chinmoy 10 Mile.** Foster City, 8 am. Sundari Michaelian, 2438 16th Ave., San Francisco 94116. (415) 861-4148.

FEB 7: **Run for Health 10K.** El Camino High School, South San Francisco, 9 am. Run for Health Race, 75 Wellington Ave., Daly City 94014. Teresa Koster (415) 755-7740.

FEB 7: **Water Temple Runs.** 13K and 1 mile. Canada College, Redwood City, 9 am. Mernice Ross, American Red Cross, 3540 Middlefield Rd., Menlo Park 94025. (415) 366-3851.

FEB 13: **Valentine's Day Run.** 5 & 10K. Lake Merritt, Oakland, 10 am. Clifford Lura, 11200 Golf Links, Rd., Oakland 94605. (415) 632-9606.

FEB 13: **Pico Rivera Sweetheart 10K.** 9 am. Pete Parenteau, Pico Rivera Chamber of Commerce, P.O. Box 985, Pico Rivera 90660.

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FEB 13: **P.I.H. Walk/Jog/Wheel for Your Heart.** 5 & 10K, Whittier, 8 am. Randy Ice, RPT, P.I.H., 12401 E. Washington Blvd., Whittier 90602. (213) 698-0811, ext. 2635.

FEB 13: **Santa Barbara Couples Relay.** (male/female). Palm Park, Santa Barbara, 8:30 am. Soles & Resoles, 4419 Hollister, Santa Barbara 93110. (805) 964-2222.

FEB 13: **Glass to Glass 15K.** Hammer Lane, Stockton, 10 am. For info. (209) 952-2055.

FEB 14: **DSE Nob Hill Run.** 2.4 miles, Dolphin Club, San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

FEB 14: **Hidden Valley Marathon & 6 Mile.** Newbury Park, 8 am. John Duhig, 180 Academy Dr., Newbury Park 91320. (805) 498-2191, ext. 38.

FEB 14: **Valentine's Day Couples 10K.** Mission Bay, San Diego, 7:30 am. Joe League (714) 298-5879.

FEB 14: **Sweetheart Race/Couples Relay.** 5.9 miles, Freshwater (near Eureka), 1 pm. Bill Daniel (707) 822-8050.

FEB 14: **Valentine's 5K.** Crane Park, St. Helena, 10 am. Brad Wagenknecht, 1618 Spencer St., Napa 94558.

FEB 14: **I Love Santa Clara Valley 1 & 5 Mile.** Valley Medical Center, 9 am. Mimi Baca, PRX, 10350 S. De Anza Blvd., No. 27, Cupertino 95014. TBA....original date changed.

FEB 14: **Jedediah Smith 50-Mile Classic.** Sacramento Area, 8 am. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831. (916) 392-7672.

FEB 14: **Valentine's Day Sweetheart Race 10K.** Campbell, 9 am. Campbell Community Services (408) 378-8141.

FEB 14: **Max Chobolan Memorial Road Race.** 6 mile race and 2 mile prediction. Live Oak Park, Tulare, 1:30 pm. Tulare Youth Service Bureau, P.O. Box 202, Tulare 93275. (209) 688-2043.

FEB 14: **Childrens' Dental Health Month 5 & 10K Runs.** Pierce College, Woodland Hills. San Fernando Valley Dental Society, 21201 Victory Blvd., Suite 225, Canoga Park 91306. (213) 884-7395.

FEB 14: **Palm Springs Marathon.** 7 am. Palm Springs Marathon, c/o Leisure Services Division, P.O. Box 1786, Palm Springs 92263. (714) 323-8272.

FEB 15: **Jr. 8K and Sr. 12K Men's International X-C Trials.** Pocatello, ID. Jerry Quiller, Campus Box 8173, Athletic Dept., Idaho State Univ., Pocatello, ID 83209. (208) 236-2771.

FEB 15: **L'eggs 10K.** (Women Only), Balboa Park, San Diego, 8 am. Theresa Wotkyns (714) 239-0355, days.

FEB 20: **KXFM 5 & 10K Distance Classic.** Santa Maria High School. Lydia Harney (805) 925-2567, days.

FEB 20: **George Washington's Birthday 8-Miler.** Ridgecrest Fairgrounds, 10 am. Frank Freyne, 508 N. Randall, Ridgecrest 93555. (714) 375-7962.

FEB 20: **Dental Health Month Fun Run 5K.** Mooney Grove Park, Visalia, 9 am. Keith Livingston, 5501 West Hillside Dr., Visalia 93277. (209) 733-2363.

FEB 20: **Las Vegas 15K Championship and 5 Mile.** Sunset Park, 9 am. The Running Store, 602 S. Maryland Parkway, Las Vegas, NV 89101. (702) 382-3946.

FEB 20: **CSUDH Toro 5 Miler.** Cal State Dominguez Hills, women 8 am, men 9 am. Mitch Harmatz, Dept. of PE, Cal State Dominguez Hills, Carson 90747. (213) 516-3761.

FEB 21: **Phoenix Marathon.** Joanne Ralston & Associates, 3003 North Central Ave., Suite 2000, Phoenix, AZ 85012. (602) 264-2930.

FEB 21: **Long Beach World Runners Marathon.** Queen Mary, Long Beach, 7:30 am. Long Beach World Runners' Marathon, P.O. Box 14838, Long Beach 90803. (213) 426-8585.

FEB 21: **Governor's Wellness Week.** Theodora Wilner, Governor's Council on Wellness & Physical Fitness. (916) 323-8905....thru Feb. 28th.

FEB 21: **Mardi Gras 5 Miler.** Auburn Fairgrounds, Auburn, noon. No contact known.

FEB 21: **DSE Golden Gate Park 4 Miler.** San Francisco (Polo Fields), 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

FEB 21: **Swiftest Business 10K.** San Diego area, 7:30 am. Kearny Mesa/George Hall (714) 569-0224.

FEB 21: **Willits 10 Mile Classic.** Willits, Recreation Grove Park, 10 am. John Woods, 551 Virginia Circle, Redwood Valley 95470. (707) 485-0578.

FEB 21: **Dietetics 5 & 10K.** Loma Linda. Race Central, 245 S. Riverside Ave., Rialto 92376. (714) 874-5480.

FEB 21: **Sequoia Park Races.** 2 & 4.5 miles. Eureka, 1 pm. Don Hughes (707) 822-9435.

FEB 21: **"Come and Try It" Orienteering Meet.** Briones Regional Park (East Bay Hills), 10 am. Robin Williams (415)664-2816.

FEB 27: **Smile San Diego 10K & 2 Mile Fun Run.** Mission Bay, 7:30 am. Darice Westwood (714) 270-3400.

FEB 27: **Trail's End Marathon.** Seaside, Oregon, 11:30 am. Seaside Chamber of Commerce, P.O. Box 7, Seaside, OR 97138. (503) 738-6391....enter by Feb. 13 (2,500 limit).

FEB 27: **Las Vegas 50 Mile & 1 Hour Runs.** University of Nevada, Las Vegas, 5 am for 50 mile. The Running Store, 602 S. Maryland Parkway, Las Vegas, NV 89101. (702) 382-3946.

FEB 27: **Martinez to Port Costa Brick Yard (and back) Run.** 8.4 miles. Martinez Municipal Park, 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

FEB 28: **Visalia Runners 4 Mile.** Mooney Grove Park, Visalia, 9:30 am. Visalia Runners, P.O. Box 3638, Visalia 93278.

Park, San Diego, 7:30 am. Joan Dazinger, End of the Line Race Consulting, 1013 Park Place, Coronado 92118. (714) 281-9096.

MAR 6: **Crop Run & Walk for World Hunger.** 2 & 6.2 miles. St. Paul's Methodist Church, Fresno, 9 am. Mindi Jackson, 5424 E. Butler, Fresno 93727. (209) 453-0488 or 441-3388.

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MAR 7: **City of Fremont 10K Run.** Central Park Swim Lagoon parking lot, 9 am. Sarah Cole, Recreation Dept., P.O. Box 5006, Fremont 94538. (415) 791-4320.

MAR 7: **Greater Peninsula Half-Marathon & 10K.** Burlingame High School, Burlingame, 9 am. Steve O'Brien, Runner's Feet, 1004 Oak Grove Ave., Burlingame 94010. (415) 343-4242.

MAR 7: **Vallejo Channel to Lake 10 Miler.** Georgia St. & Santa Clara, Vallejo, 10 am. Sid Nickolas, 395 Amador St., Vallejo 94590. (415) 642-7556.

MAR 7: **End of the Trail 15K.** Mooney Grove, Visalia, 7:30 am. Jesse & Jose Rodriguez, 4245 Judy Lane, Visalia 93277. (209) 734-6245.

MAR 7: **DSE Legion of Honor Run.** 4.5 miles. 34th & Clement, San Francisco, 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

MAR 7: **Foggy Bottoms Races.** 2, 4, & 10 miles. Ferndale (near Eureka), noon. Gary Baker (707) 725-4263.

MAR 7: **HARP Seal Jog-a-Thon.** 5 & 10K. William Land Park in Sacramento, 9 am. Animal Protection Institute of America, P.O. Box 22505, Sacramento 95822. (916) 422-1921.

MAR 7: **Laguna Beach 10K.** Forest Avenue in downtown Laguna Beach, 8 am. Laguna Beach Education Foundation, P.O. Box 19, Laguna Beach 92652. (714) 494-6811.

MAR 8: **Deadline for receipt of Boston Marathon entries.** See April 19 listing.

MAR 11-14: **RRCA Convention.** Jacksonville, Florida.

MAR 13: **Off Shoe Back Bay 10K.** Newport Beach, 8 am. John Blair, 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0556.

MAR 13: **National Sr. Men's TAC 50K Championships.** (Possibly Masters, too), Washington DC. Dick Good, P.O. Box 1065, College Park, MD 20740. (301) 622-3276.

MAR 13: **Porterville St. Patrick's Day Marathon.** Porterville, 8 am. Porterville Parks & Leisure Services Dept., P.O. Box 432, Porterville 93258. (209) 784-1400.

BOSTON MARATHON

Roundtrip airfare and 4 nites at the Sheraton, plus airport/hotel transfers **only \$599**

Hotel package is optional for those not desiring accommodations. Other optional plans available. Possible pre-race tour of course if enough demand.

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California Track & Running News

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MAR 13: St. Patrick's Day 10K Race & 2 Mile Fun Run. Mission Bay Park, San Diego, 7:30 am. John Trifiletti, End of the Line Race Consulting, 1013 Park Place, Coronado 92118. (714) 293-4593.

MAR 14: Burlingame 2.85 Mile Fun Run. Coyote Point Park, Burlingame, 8:30 am. Brock Riddle, Burlingame Recreation Dept., 850 Burlingame Ave., Burlingame 94010.

MAR 14: Lake Merritt Couples Relay (2x5k), Old Boathouse, Lake Merritt, Oakland, 9 am. John & Claudia Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

MAR 14: Napa Valley Marathon. Silverado Trail, Napa, 7 am. Chuck Hall, 4516 Dry Creek Rd., Napa 94558. (707) 255-0683. *Deadline: Feb. 1 or first 1200.*

MAR 14: Sports Cobbler St. Patrick's Day 5 Miller. Fleet Feet parking lot, Sacramento, time TBA. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-7223.

MAR 14: DSE Lake Merced Run. 4.46 miles. Sunset Blvd. parking lot, San Francisco, 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

MAR 14: Tom Sullivan/St. Patrick's Day 10K. Torrance, 8 am. Cheryl LaBoucherie, P.O. Box 7000-251, Redondo Beach 90077. (213) 375-2813.

MAR 14: Rocks to Rocks Run. 10K, Belmont Pier, Long Beach, 8 am. Hard sand run. Ron Alice, Long Beach City College, Long Beach. (213) 420-4237.

MAR 20: RRCA Half-Marathon Championships. Gladstone, Oregon, time TBA. Oregon Distance Runner, Dave Green, 900 SW Fifth Ave., Suite 2200, Portland, OR 97204. (503) 246-9284.

MAR 20: "Fleet Meet" 5 & 10K. Piedmont Community Center, Piedmont, 9 am. Sally Harper, 133 Caperton Ave., Piedmont 94611. (415) 655-2577.

MAR 20: Indian Valley 5-Mile Cross Country. Novato (Ignacio Blvd. & Sunset Pkwy.), 10 am. Jim Platt, 14 Tilden Dr., Novato 94947. (415) 897-8792.

MAR 20: "Jug to the Club" 10K. Visalia Racquet Club, 8:30 am. Robert Stephenson, 1527 Vassar Dr., Visalia 93277. (209) 733-1655.

MAR 20: Spring Fever Run. 10K and 1.5 mile. Prediction, Cal State Fresno, 8 am. Elizabeth Jones, Feminine Fitness, 215 E. Olive Ave., Fresno 93728. (209) 442-8721.

MAR 20: Santa Catalina 10K. Santa Catalina Island, 7 am(?) Hans Albrecht, 14232 Meadow Grass, Lake Oswego, OR 97034. (503) 635-6577. *No post entries.*

MAR 20: International Friendship Marathon. Chula Vista, 7 am. Marathon, Chula Vista Chamber of Commerce, 233 4th Ave., Chula Vista 92010. (714) 420-6601.

MAR 20: St. Patrick's Run. 10K, Lake Merritt, Oakland, 9 am. Terry Mann, 391 Valtey Run, Hercules 94547. (415) 945-47.

MAR 21: Vichy Springs Ribbon Run. 2, 4 & 8 Miles. Napa, 9:30 am. Jim & Jenny Potter, 3151 Los Altos, American Canyon 94590.

MAR 21: Mercury News 10K Race. City Hall, San Jose, 9 am. Karen Storey, Public Relations & Promotions, San Jose Mercury News, 750 Ridder Park Dr., San Jose 95109.

MAR 27: ARRA Championship Series (Prize Money) 10K. Long Beach. Don Kardong (509) 838-8784.

MAR 28: Martin Luther King Half-Marathon. Stanford University, time TBA. Palo Alto Area YMCA, 3412 Ross Rd., Palo Alto 94303. (415) 494-1883.

MAR 28: Los Angeles Lite Marathon. 8 am. James H. Gilbert, 200 No. Main St., Municipal Sports, 13th Floor, Los Angeles 90012. (213) 485-4871.

MAR 28: RRCA 20K Postal & Corporate Cup Team Championships (10 & 20K). Howarth Park, Santa Rosa, time TBA. Steve May (707) 527-1987.

MAR 28: NorCal 10 & 3 Milers. Redding, time TBA. Mike Lybrand, SWEAT, 3315 Willow Lane, Anderson 96007. (916) 365-6625.

MAR 28: DSE Diamond Heights 4-Mile. McAteer High School, San Francisco, 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

MAR 28: Pinole Marathon. Pinole Valley High School, 8 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023. *Please see advertisement in this issue.*

MAR 28: Running Fever. Distance TBA, Sunnyvale, 10 am. Gail Bogert, Community Outreach Coordinator, Visiting Nurse Association, 2216 The Alameda, Santa Clara 95050. (408) 244-1280.

MAR 28: Sri Chinmoy Half Marathon. Location TBA, 8 am. Sundari Michaelian, 2340 18th Ave., San Francisco 94116. (415) 861-4148.

MAR 28: Seoul Marathon. South Korea (on 1988 Olympic course). *Funding for sub-2:10 marathoners.*

MAR 28: Sharp Hospital 10 Mile Race & 2 Mile Fun Run. San Diego, 7 am. Edwina Samples, End of the Line, 1013 Park Place, Coronado 92118. (714) 292-2148.

LOOKING AHEAD

APR 3: Kiwanis 10K Run. Camarillo, 8 am. Kiwanis of Camarillo, Box 533, Camarillo 93010. George Mustaparta (805) 482-4292. *Entry deadline for t-shirt March 20.*

1982 TAC National LDR Schedule

SENIOR MEN:		
5k	December 12	Eisenhower Park, New York. Aldo Scandurra, 22 Monett Pl., Greenlawn, NY 11740. (516) 271-8963.
10k	April 10	Boston, Massachusetts. John McGrath, 2 Board Alley, Boston, MA 02113. (617) 270-1157.
10k X-C	November 27	Belmont, New York. Aldo Scandurra, 22 Monett Pl., Greenlawn, NY 11740. (516) 271-8963.
12k X-C	February 15	Pocatello, Idaho. Jerry Quiller, Campus Box 8173, Athletic Dept., Idaho State Univ., Pocatello, ID 83209. (208) 236-2771. <i>Qualifier for men's World Cross Country team.</i>
15k	March 27	University Park, Pennsylvania. Harry Groves, Track Coach, Penn State Univ., University Park, PA 16802. (814) 863-0237.
20k	November 20	Mohawk Park, Tulsa, Oklahoma. Joe McDaniel, 1416 South Marion Ave., Tulsa, OK 74112. (918) 561-2781.
25k	September 19	Ventura, California. John Brennan, Box 6616, Santa Barbara, CA 93101. (805) 964-2591.
30k	Tentative September 19	Schenectady, New York. George Regan, 231 4th St., Troy, NY 12180. (518) 273-3722.
50k	March 13	Washington, DC. Dick Good, P.O. Box 1065, College Park, MD 20740. (301) 622-3276.
Marathon	May 16	Syracuse, New York. Christine Hubbard, ADA & EC, 472 South Salina St., Syracuse, NY 13202. (315) 472-9143.
50 mile	May 30	TBA Wyoming. Brent Weigner, 819 W. 26th, Cheyenne, WY 82001. (307) 632-2602.
100 mile	TBA	T B A
1 Hour Run	September 1, 1981- August 31, 1982	Postal. Al Huff, 18127 First Ave., NW, Seattle, WA 98177. (206) 542-2930.
JUNIOR MEN:		
5k	TBA	Massachusetts. Al Nathan, 7 Perry St., Brookline, MA 02146. (617) 739-2760.
5k X-C	November TBA	Baldwinsville, New York. Richard Kendall, 114 Buffalo, NY 14202. (716)

APR 3: Magical Musical Marathon & Half Marathon. Folsom, time TBA. Elizabeth Jansen, Fleet Feet, 2408 "J" Street, Sacramento 95816. (916) 442-7223.

APR 4: Pigeon Pass Marathon. Loma Linda, 7 am. Loma Linda Lopers, P.O. Box 495, Loma Linda 92354. (714) 824-1779.

APR 4: Volunteer Triathlon. Clovis West High School, 8 am. 20 mile bike, 6 mile run, 385 yard swim. Volunteer Bureau, 304 Crocker Bank Building, Fresno 93721.

APR 10: Clear Lake Spring Blossom Marathon. Lakeport, 8 am. Lake County Chamber of Commerce, 875 Lakeport Blvd., Lakeport 95453. (707) 263-6131.

APR 17: Orange County Marathon. Featherly Park, Anaheim, 7:30 am. Dave Harding, Orange Coast YMCA, P.O. Box 2567, Newport Beach 92663. (714) 642-9990.

APR 18: The Heart/CANN Run Marathon & 10K. Mission Park, Ventura, 7:30 am. Dr. Paul Rehder (805) 484-2818; 10K - Forest Pinkard (805) 985-6311, ext. 346.

APR 18: American River 50-Miler. Auburn to Sacramento (Auburn Fairgrounds), 7 am. Nancy March, Fleet Feet, 107 S. Harding Blvd., Roseville 95678. (916) 783-4558.

APR 19: Boston Marathon. Hopkinton, Mass., noon. Will Cloney, Box 223, Boston, MA 02199. *Deadline for receiving entries is March 8th. (qualifying standards).*

APR 25: Southern Pacific 50K & 100K Runs. Near Camarillo (Adohr Dairy), 7 am. Connie Rowedale, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

MAY 1: Wild Wild West Cross-Country Marathon. Lone Pine, 7 am. Robert Frickel, 123 No. Main St., Lone Pine 93545. (714) 876-5671.

MAY 2: Ave. of the Giants Marathon. Weott (Dyerville Bridge), 9 am. Don Hughes, P.O. Box 214, Arcata 95521. *Limit 2,000. Entries must be postmarked on February 1.*

MAY: National TAC Sr. Men's Marathon Championships. Syracuse, NY. Christine Hubbard, ADA & EC, 472 South Salina St., Syracuse, NY 13202. (315) 472-9143.

JUN 6: Avon Women's International Marathon & National TAC Sr. Women's Championships. San Francisco. Len Wallach, 1060 Continentals Way, No. 104, Belmont 94002. (415) 593-2788, or Ron Markille (415) 668-2060.

TRACK & FIELD

FEB 5: Los Angeles Times Indoor Games. The Forum, Los Angeles. Will Kern - Glenn Davis, Special Events Dept., Los Angeles Times, Los Angeles 90053. (800) 421-8603.

FEB 5: Long Beach All Comers Track & Field Meet. Cal State Long Beach. John Tansley, see above.

FEB 6: Northridge All Comers Track & Field Meet. Cal State Northridge, 11:30 am. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

FEB 12: Presidents' Birthday Open Track & Field Meet. Mt. San Antonio College, 10 am. Track Office, Mt. San Antonio College, 1100 N. Grand Ave., Walnut 91789 (714) 594-5611.

FEB 13: San Diego State All Comers. Dixon Farmer, Track Coach, San Diego State University, 5402 College Ave., San Diego 92812. (714) 265-6569.

FEB 13: President's All Comers Track & Field Meet. Las Vegas (UNLV), 10 am. Al McDaniel, UNLV Track Office, 4505 Maryland Pkwy., Las Vegas, NV 89109.

FEB 13: Bakersfield Invitational. Cal State Bakersfield. Charlie Craig, Track Coach, California State College, 9001 Stockdale Hwy., Bakersfield 93309. (805) 833-2189.

FEB 13: Los Gatos All Comers. Los Gatos High School, 12 noon. Willie Harmatz (408) 356-2225 or 395-4311.

FEB 13-14: TFA National Masters Indoor Championships. Liberty, MO. Jim Shoemaker, 10201 West 98th Terrace, Overland Park, KS 66212.

FEB 14: SPA Olympic Development Meet. U.C. Santa Barbara, 9:00 am. Bob Seaman, 19127

MAR 6: Long Beach Relays: John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

MAR 12-13: NCAA Indoor Championships. Pontiac, MI. Don Triveline, University of Michigan, 1000 South State St., Ann Arbor, MI 48109.

MAR 13: Northridge Relays. Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

MAR 13: Kingsmen Relays. Cal Lutheran College. Don Green, Track Coach, Cal Lutheran, 60 Olsen Rd., Thousand Oaks 91360. (805) 492-2411.

MAR 19: Santa Barbara Invitational. UCSB. Tom Lionvale, Track Coach, University of California, Santa Barbara 92706. (805) 961-4316.

MAR 20: Warrior Relays. Westmont College. Russell Smalley, Track Coach, Westmont College, 955 La Paz Rd., Santa Barbara 93108. (805) 969-5051.

MAR 27: Golden Bear Meet of Champions. College/Open Women. UC Berkeley. Vern Gambetta, Women's Track Coach, University of California, 103 Hearst Gymnasium, Berkeley 94720. (415) 642-2098.

MAR 27: Redlands Invitational. Track Coach, University of Redlands, 1200 E. Colton Ave., Redlands 92373. (714) 793-2121.

MAR 27-28: Phoenix Invitational. Phoenix College. Women. Pat Linderman, 8513 E. Oak St., Scottsdale, AZ 85257. (602) 994-8467.

MAR 28-29: USC Women's Invitational and Heptathlon. Sherry Calvert, USC Heritage

20k November 27
Fresno 93728. (209) 442-8721.

MAR 20: Santa Catalina 10K. Santa Catalina Island, 7 am(?). Hans Albrecht, 14232 Meadow Grass, Lake Oswego, OR 97034. (503) 635-6577. *No post entries.*

MAR 20: International Friendship Marathon. Chula Vista, 7 am. Marathon, Chula Vista Chamber of Commerce, 233 4th Ave., Chula Vista 92010. (714) 420-6601.

MAR 20: St. Patrick's Run. 10K, Lake Merritt, Oakland, 9 am. Terry Mann, 391 Valley Run, Hercules 94547. (415) 945-47.

MAR 21: Vichy Springs Ribbon Runs. 2, 4 & 8 Miles. Napa, 9:30 am. Jim & Jenny Potter, 3151 Los Altos, American Canyon 94590.

MAR 21: Mercury News 10K Race. City Hall, San Jose, 9 am. Karen Storey, Public Relations & Promotions, San Jose Mercury News, 750 Ridder Park Dr., San Jose 95190.

MAR 21: 8K Run. Coyote Point, Burlingame, 8 am(?). Steve Totten, Carlmont YMCA, 2811 San Carlos Ave., San Carlos 94070. (415) 591-9622.

MAR 21: San Luis Obispo Marathon. Time TBA. Jennifer Simmons, 633-B Palm, San Luis Obispo 93401. (805) 541-5848.

MAR 21: Jimmy Stewart National Relay Marathon. (1/5th marathon, 5 runners), Griffith Park, Los Angeles, time TBA. Relay Marathon, c/o St. John's Hospital & Health Center Foundation, 1328 22nd St., Santa Monica 90404 (213) 829-8968.

MAR 21: Heart of Palm Springs 10K Run. Palm Springs High School, 8 am. Kennan Barber, MD, P.O. Box 163973-282 Highway 111, Palm Desert 92261. (714) 346-8109.

MAR 21: Catalina Island Marathon. 7 am. Hans Albrecht, 14232 Meadow Grass, Lake Oswego, OR 97034. (503) 635-6577. *250 limit, no post entries.*

MAR 21: Easter Seals Marathon. Carpinteria, 8 am. Bob Bree Sports/Century 21, 5030 Carpinteria Ave., Carpinteria 93013. (805) 684-4131.

MAR 27: Roeding Park 6 Mile Run. Pine Grove, Roeding Park, Fresno, 9 am. Frank Delgado, 1560 N. Durant Way, Fresno 93728. (209) 233-3631.

MAR 27: One Hour Run. Santa Rosa JC track, 9 am. Tom Ennis (707) 339-6535.

MAR 27: Heart of San Fernando Valley 10K. Steve Benoit, 4919 Ramsdell Ave., La Crescenta 91214. *Tentative.*

MAR 27: Bulletin 10K. Lindberg School, Manteca, 9 am (also 2 mile). Bob Belz, Manteca Quicksilver, P.O. Box 125, Manteca 95336. (209) 823-5209. *March 22 deadline.*

MAR 27: (or 28th): KEZR/Athletic Attic Fools' Parade Run. San Jose, 9 am. Athletic Attic, 200 El Paseo de Saratoga, San Jose 95130. (408) 374-3540.

MAR 27: Delano Fools Run. 5 & 10K, Senior Citizen Center, Delano, 8 am. Dr. Jim Nagatani, 1319 Main St., Delano 93215. (805) 725-9105.

MAR 27: Round the Bay Run. Auckland, New Zealand (75,000-plus entrants!)

MAR 27: National TAC Sr. Women's 20K Championships. State College, Pennsylvania. Gary Schwartz, Indoor Sports Complex Annex, Penn State Univ., University Park, PA 16802. (814) 237-1984.

20k
September 19
Tentative
September 19
March 13
May 16
May 30
September 1, 1981-
August 31, 1982

JUNIOR MEN:

5k
5k X-C
8k X-C
10k
10k X-C
15k
20k
1 Hour Run
November 27
November 27
March 27
September 1, 1981-
August 31, 1982

AGE GROUP:

National X-C
November 27

JUNIOR OLYMPICS:

National X-C
December 11

SENIOR WOMEN:

5k X-C
5k
10k
15k
20k
25k
30k
Marathon
1 Hour Run
November 27
September TBA
May 29
November 21
March 27
June 12/13 or 19/20
September 19
June 6
September 1, 1981-
August 31, 1982

McDaniel, 1416 South Marion Ave., Tulsa, OK 74112. (918) 561-2781.
Ventura, California. John Brennan, Box 6616, Santa Barbara, CA 93101. (805) 964-2591.
Schenectady, New York. George Regan, 231 4th St., Troy, NY 12180. (518) 273-3722.
Washington, DC. Dick Good, P.O. Box 1065, College Park, MD 20740. (301) 622-3276.
Syracuse, New York. Christine Hubbard, ADA & EC, 472 South Salina St., Syracuse, NY 13202. (315) 472-9143.
TBA Wyoming. Brent Weigner, 819 W. 26th, Cheyenne, WY 82001. (307) 632-2602.
T B A
Postal. Al Huff, 18127 First Ave., NW, Seattle, WA 98177. (206) 542-2930.

Massachusetts. Al Nathan, 7 Perry St., Brookline, MA 02146. (617) 739-2760.
Baldwinsville, New York. Richard Kendall, 1306 Statler Bldg., Buffalo, NY 14202. (716) 833-5637.
Pocatello, Idaho. Jerry Quiller, Campus Box 8173, Athletic Dept., Idaho State Univ., Pocatello, ID 83209. (208) 236-2771. *Qualifier for junior men's World Cross Country team.*
Boston, Massachusetts. John McGrath, 2 Board Alley, Boston, MA 02113. (617) 270-1157.
Belmont, New York. Aldo Scandurra, 22 Monett Pl., Greenlawn, NY 11740. (516) 271-8963.
University Park, Pennsylvania. Harry Groves, Track Coach, Penn State Univ., University Park, PA 16802. (814) 863-0237.
T B A
Postal. Al Huff, 18127 First Ave., NW, Seattle, WA 98177. (206) 542-2930.

Belmont, New York. Aldo Scandurra, 22 Monett Pl., Greenlawn, NY 11740. (516) 271-8963.

Jack Nicklaus Sports Center, Cincinnati, Ohio. Bob Heim, 2928 Boomer Rd., Cincinnati, OH 45239. (513) 481-2699.

Belmont, New York. Aldo Scandurra, 22 Monett Pl., Greenlawn, NY 11740. (516) 271-8963. *Qualifier for women's World Cross Country team.*

Eisenhower Park, Nassau Co., New York. Aldo Scandurra, 22 Monett Pl., Greenlawn, NY 11740. (516) 271-8963.

TBA. Fred Lebow, International Running Center, 9 E. 89th St., New York, NY (212) 860-4455.

Phoenix, Arizona. Pete Fairman, 41-48 East Calle Redonda, Phoenix, AZ 85018. (602) 990-1273.

State College, Pennsylvania. Gary Schwartz, Indoor Sports Complex Annex, Penn State Univ., University Park, PA 16802. (814) 863-3146 or (814) 237-1984.

Sudbury, Massachusetts. Dusty Rhodes, 45 Newbury St., Boston, MA 02116. (617) 262-8800.

New York. George Regan, 231 4th St., Troy, NY 12180. (518) 273-3722.
San Francisco, California. Len Wallach, 1060 Continentals Way, No. 104, Belmont, CA 94002. (415) 593-2788.

Postal. Al Huff, 18127 First Ave., NW, Seattle, WA 98177. (206) 542-2930.

Farmer, Track Coach, San Diego State University, 5402 College Ave., San Diego 92812. (714) 265-6569.

FEB 13: President's All Comers Track & Field Meet. Las Vegas (UNLV), 10 am. Al McDaniels, UNLV Track Office, 4505 Maryland Prkwy., Las Vegas, NV 89109.

FEB 13: Bakersfield Invitational. Cal State Bakersfield. Charlie Craig, Track Coach, California State College, 9001 Stockdale Hwy., Bakersfield 93309. (805) 833-2189.

FEB 13: Los Gatos All Comers. Los Gatos High School, 12 noon. Willie Harmatz (408) 356-2225 or 395-4311.

FEB 13-14: TFA National Masters Indoor Championships. Liberty, MO. Jim Shoemaker, 10201 West 98th Terrace, Overland Park, KS 66212.

FEB 14: SPA Olympic Development Meet. UC Santa Barbara, 9:00 am. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 924-0075.

FEB 14: Northridge Weightman's Pentathlon & Throwers Meet. Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

FEB 14: TFA/USA National Masters Indoor Championships. Liberty, MO. Jim Shoemaker, 10201 West 98th Terrace, Overland Park, KS 66212.

FEB 19: Jack in the Box Indoor Invitational. San Diego Sports Arena. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326 or (213) 652-4304.

FEB 19: San Francisco Indoor Games Olympic Development Meet. Age Group, High School, Junior College, College, Masters. Most events are preliminaries for finals on Saturday. Jim Terrill, P.O. Box 764, Los Altos 94022. (415) 964-9238.

FEB 20: C.C.A.A. Collegiate Relay Championships. Cal Poly Pomona.

FEB 20: San Francisco Indoor Games. Cow Palace. Jim Terrill, P.O. Box 764, Los Altos 94022. (415) 964-9238.

FEB 20: San Francisco Track & Field Clinic. In conjunction with the SF Indoor Games. Credit available. Athletes special rates. Ventures Track Clinic, Box 764, Los Altos 94022. (415) 964-9238.

FEB 20: USC Multi Team Invitational. Ken Matsuda, Meet Director, University of Southern California, University Park, Los Angeles 90007. (213) 743-2754.

FEB 20: USC Multi Team Invitational. Ken Matsuda - see above.

FEB 21: Mini Track Meet. Balboa Stadium, San Diego. Rick Hower (714) 275-4558.

FEB 25-27: NAAI Indoor Championships. Kansas City, MO. Wally Schwartz, NAAI, 1221 Baltimore, Kansas City, MO 64105.

FEB 26: USA/Mobil Indoor Track and Field Championships. New York, NY. Heliodoro R. Rico, The Athletics Congress, 234 E. 47th Street, New York, NY 10017.

FEB 27: Dillards All Comers Track & Field Meet. Las Vegas (UNLV), 10 am. Al McDaniels, UNLV Track Office, 4505 S. Maryland Parkway, Las Vegas, NV 89109.

MAR 5-7: Aztec Invitational. San Diego State. Dixon Farmer, Track Coach, San Diego State University, 5402 College Ave., San Diego 92812. (714) 265-6569.

Tom Lionval, Track Coach, University of California, Santa Barbara 92706. (805) 961-4316.

MAR 20: Warrior Relays. Westmont College. Russell Smelley, Track Coach, Westmont College, 955 La Paz Rd., Santa Barbara 93108. (805) 969-5051.

MAR 27: Golden Bear Meet of Champions. College/Open Women. UC Berkeley. Vern Gambetta, Women's Track Coach, University of California, 103 Hearst Gymnasium, Berkeley 94720. (415) 642-2098.

MAR 27: Redlands Invitational. Track Coach, University of Redlands, 1200 E. Colton Ave., Redlands 92373. (714) 793-2121.

MAR 27-28: Phoenix Invitational. Phoenix College. Women. Pat Linderman, 6513 E. Oak St., Scottsdale, AZ 85257. (602) 994-8467.

MAR 28-29: USC Women's Invitational and Heptathlon. Sherry Calvert, USC Heritage Hall, Los Angeles 90007. (213) 743-2682.

MAR 30-31: Martin Luther King Games Decathlon & Heptathlon. Stanford University. Brooks Johnson, Dept. of Athletics, Stanford University, Stanford 94305.

APR 2: NYL High School Invitational. Fresno State University. Carlo Prandini, Track Coach, Clovis High School, 1551 Fowler Ave., Clovis 93612.

APR 2-3: Martin Luther King Games Track Meet. Stanford University. Brooks Johnson, Dept. of Athletics, Stanford University, Stanford 94305.

APR 3: Taco Bell Invitational. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

APR 3: Sun Angel Classic. Arizona State University. Len Miller, ASU Track, Tempe, AZ 85287. (602) 965-5660.

APR 6-7: TFA/USA Decathlon. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

APR 9-10: Cal Nike Invitational Track & Field Meet & Heptathlon. Women. UC Berkeley. Vern Gambetta, Women's Track Coach, University of California, 103 Hearst Gymnasium, Berkeley 94720. (415) 642-2098.

APR 10: Bruce Jenner Classic. High School & JC, San Jose City College. Bert Bonanno, San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

APR 17: Bruce Jenner Classic. College, Open. San Jose City College. Bert Bonanno, San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

APR 17: TFA/NIKE Invitational. Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

APR 17: Woody Wilson Relays. UC Davis.

Schedule continued on next page...

APR 22-25: Mt. SAC Relays. Mt. San Antonio College. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

APR 24: Leigh-West Valley Relays. West Valley College. Bill Hotchkiss, Leigh High School, 5210 Leigh Ave., San Jose 95124. (408) 377-4470.

APR 24: Multi Events Invitational. Claremont High School. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

MAY 1: S. Calif. Cheetah Invitational. Mt. SAC., 9 am. Richard Lewis, 1440 Douglass Dr., Pomona 92717. (714) 622-5470.

MAY 1: The Track Meet. University of California at Santa Barbara. Track Coach, UCSB, Santa Barbara 93106. (805) 961-3400.

MAY 2: USC Women's National Qualifying Marks Invitational. USC, 9 am. Sherry Calvert, USC Heritage Hall, Los Angeles 90007. (213) 743-2682.

MAY 7-8: NAIA District III Championships. Site, time and contact unknown.

MAY 8: Southwest Women's Invitational. U.C. Irvine, 9 am. Frank Duarte, 3717 S. Ramona Dr., Santa Ana 92707. (714) 545-7701.

MAY 8: West Coast Relays. Lemoore. Red Estes, Track Coach, Fresno State University, Fresno 93740.

MAY 8: San Francisco State Tune-Up Meet. Coach Harry Marra, Athletic Dept., San Francisco State University, San Francisco 94132. (415) 469-1561.

MAY 14-15: CCAA Championships. Cal Poly Pomona.

MAY 14-15: WCAA Collegiate Conference Championships. USC. Sherry Calvert, USC Heritage Hall, Los Angeles 90007. (213) 743-2682.

MAY 14-15: PCAA Conference Championships. Logan, Utah.

MAY 14-15: Pacific Coast Invitational Twilight Meet & Heptathlon. Women. UC Berkeley. Vern Gambetta, Women's Track Coach, University of California, 103 Hearst Gymnasium, Berkeley 94720. (415) 642-2098.

MAY 15: California Relays. Modesto College. Tom Moore, 1720 Richard Way, Ceres 95307. (209) 537-0411.

MAY 15: Golden State Conference Women's Championships. Cal State Hayward.

MAY 16: UCLA-Pepei Invitational. UCLA. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326 or (213) 652-4304.

MAY 17-18: So. California J.C. Decathlon & Heptathlon Championships. Mt. San Antonio College. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

MAY 22: Siliconex Invitational. Long Beach State. John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

MAY 22: Warmerdam Classic. Fresno State

JUN 26-27: TAC National Women's Heptathlon. USC. Sherry Calvert, USC Athletic Dept., Heritage Hall, University Park, Los Angeles 90007. (213) 743-7693.

JUN 25-27: TAC National Decathlon. Baton Rouge, Louisiana. Sam Seemes, Track Office, LSU Athletic Dept., Louisiana State Univ., Baton Rouge, LA 70893. (504) 388-8628.

JUN 30-JUL 1: TAC Junior Women Nationals. UCLA. Pete Scanlan, 2925 Knoxville, Long Beach 90815. (213) 421-2867.

JUL 17-18: USA vs. USSR Decathlon & Heptathlon Meet. UC Santa Barbara. Tentative.

JUL 30-AUG 1: National Junior Olympics. Lincoln, Nebraska. Frank Sevinge, Track Coach, Univ. of Nebraska, 116 S. Memorial Stadium, Lincoln, NE 68588. (402) 472-2991.

Progress Is Made

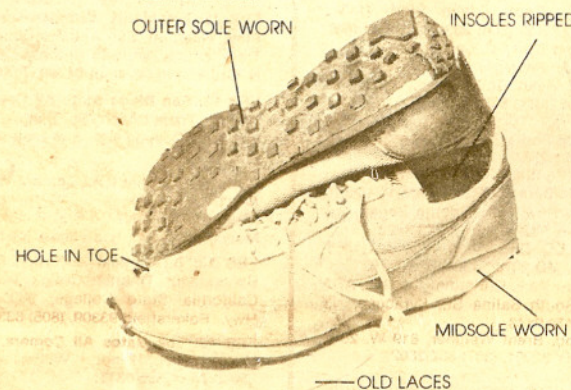
ONE STEP AT A TIME



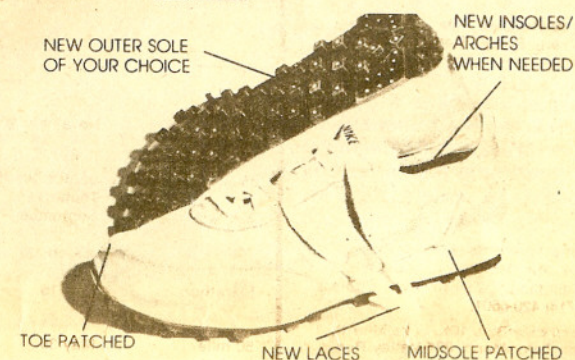
So, if you received two(2) issues last month (i.e., CTRN & NCRR label) — don't despair! We are *slowly* making progress in sorting thru CTRN & NCRR subscriptions. The finish line is in sight. Your CTRN subscription will be extended by the number of issues you had coming on your NCRR subscription at the time of the merger. The extra one now won't count against you. Thanks for your patience.

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Meet & Heptathlon. UC Berkeley. Vern Gambetta, Women's Track Coach, University of California, 103 Hearst Gymnasium, Berkeley 94720. (415) 642-2098.
MAY 15: California Relays. Modesto College. Tom Moore, 1720 Richard Way, Ceres 95307. (209) 537-0411.

MAY 15: Golden State Conference Women's Championships. Cal State Hayward.

MAY 18: UCLA-Pepsi Invitational. UCLA. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326 or (213) 652-4304.

MAY 17-18: So. California J.C. Decathlon & Heptathlon Championships. Mt. San Antonio College. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

MAY 22: Silliconex Invitational. Long Beach State. John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

MAY 22: Warmerdam Classic. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 294-4097.

MAY 23: SPA Jr./Sr. Women & Sr. Men District Championships. UCLA, 11 am. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 924-0075.

MAY 24: Pacific Association TAC Championships. Cal State Hayward.

MAY 24-29: NCAA Div. II Championships. Sacramento.

MAY 28-29: TFA/USA Outdoor Championships. Wichita, KS. Herm Wilson, Head Track Coach, Wichita State University, Campus Box 18, Wichita, KS 67208.

MAY 29: San Diego Cougar Invitational. San Diego State University, 9 am. Lenwood Williams, 2426 56th St., San Diego 92105. (714) 263-7834.

MAY 31-JUN 1: State J.C. Decathlon & Heptathlon Championships. Mt. San Antonio College. Track Office, Mt. San Antonio College, 1100 N. Grand Ave., Walnut 91789.

JUN 1-5: NCAA Div. I National Championships. Provo, Utah. Clarence Robison, Brigham Young University, Provo, UT 84602.

JUN 5-6: SPA Heptathlon/SPA Youth Athletics Jr. Olympics Multi Events Chmps/SPA Olympic Development Meet. Cal State Northridge. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

JUN 8: Compton Invitational. Compton High School, 9 am. Wally Williams, 400 S. Kemp, Compton 90020. (213) 631-3416.

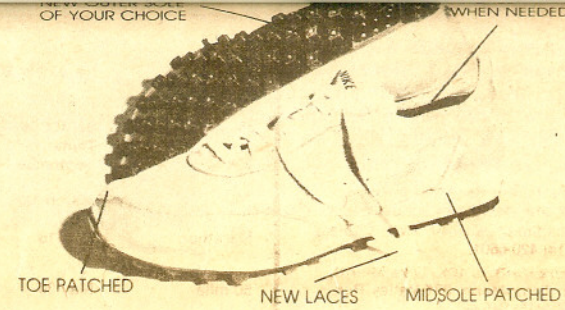
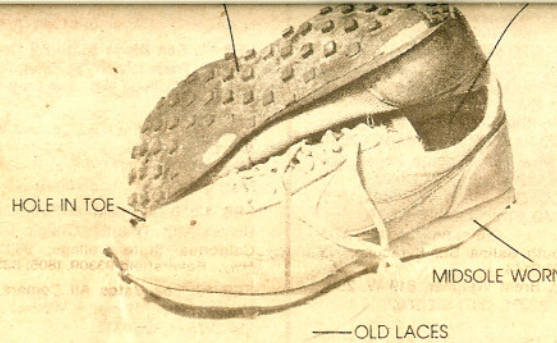
JUN 12: Berkeley Invitational. Edwards Stadium. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326.

JUN 13: SPA Olympic Development Meet. UC Irvine, 12 noon. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 924-0075.

JUN 13: Corporate State Championships. California Corporate Track Association, P.O. Box 1265, Redondo Beach 90278. (213) 371-5379.

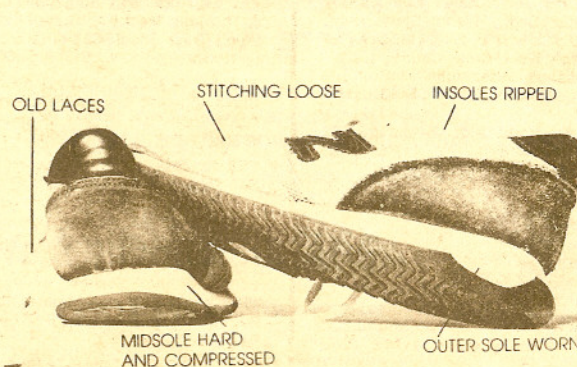
JUN 14-15: TAC Junior Men Nationals. Bloomington, Indiana. Sam Bell, Track Coach, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 337-8583. (qualifier for U.S. teams in international competition)

JUN 18-20: TAC National Championships (Senior). Knoxville, Tennessee. Stan Huntsman, Box 47, Univ. of Tennessee, Athletic Dept., Knoxville, TN 37901. (615) 974-1225. (Men and women. Qualifier for U.S. teams in international competition.)

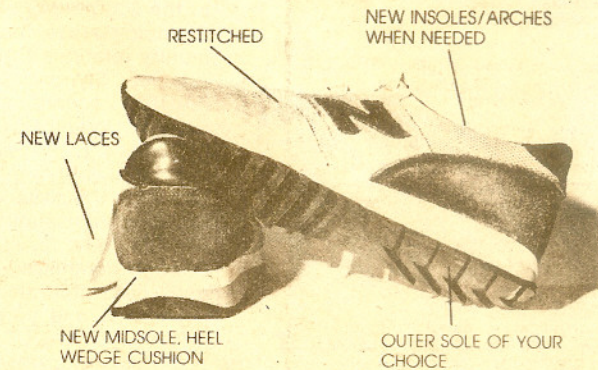


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 845-0635

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 843-7767

REI CO-OP
 1338 San Pablo Ave.
 527-4140

BURLINGAME
 RUNNER'S FEET
 1004 Oak Grove Avenue
 343-4242

CAPITOLA
 BODY & SOLE
 1855 41st Ave
 462-1516

CONCORD
 CITY OF SHOES
 1280 Willow Pass Road
 676-6781

FOSTER CITY
 THE RUNNER
 969G Edgewater Blvd.
 572-0222

FREMONT
 THE SOLE SURVIVOR
 39985 Mission Blvd
 656-7653

FRESNO
 FLEET AFOOT
 4287 N. First
 226-1478

HAYWARD
 RUNNER'S FEET
 875 D Street
 886-2777

KENTFIELD
 ARCH RIVAL
 943 Sir Francis Drake
 457-2591

LODI
 FLEET FEET
 18 S. School Street

MILL VALLEY
 ARCH RIVAL
 45 Camino Alto
 383-0275

MONTEREY
 THE RUNNER
 225 Lighthouse, Suite B
 375-9401

MOUNTAIN VIEW
 STARTING LINE SPORTS
 246 Castro Street
 961-4889

NOVATO
 FRONT RUNNERS
 813 Grant Avenue
 "Old Town"
 892-6261

OAKLAND
 RUNNER'S FEET
 3008 Lakeshore Ave
 465-1070

PALO ALTO
 THE RUNNING SHOP
 Town & Country Village
 325-1142

SAN FRANCISCO
 ATHLETIC'S CORNER
 327 Kearney
 788-4640

HOY'S SPORTS
 FLEET FEET
 1632 Haight Street
 861-4697

ON THE RUN
 1307 9th Street
 665-5311

RUNNER'S FEET
 9 Sutter Street
 391-5103

SAN ANSELMO
 FLEET FEET
 333 San Anselmo Ave
 456-8220

SAN LEANDRO
 ATHLETIC ATTIC
 40 Bayfair Mall
 278-7788

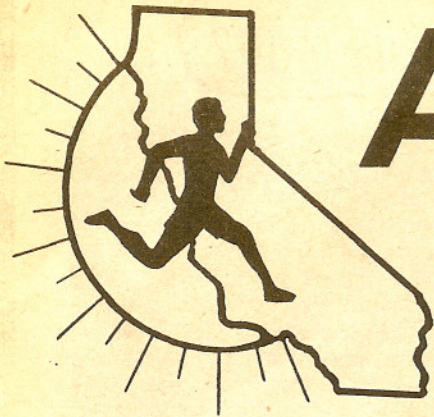
SAN JOSE
 ATHLETIC ATTIC
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SANTA CLARA
 RYAN'S SPORTS
 1000 Lafayette
 295-2636

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 STANFORD GYM STORE
 c/o Athletic Dept
 497-1158

STOCKTON
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 4709 Quail Lake Dr.

WALNUT CREEK
 CITY OF SHOES
 1500 Botelho
 939-3284



Around the State

Indoor Grand Prix

The USA/Mobile Grand Prix series has been brought indoors with the establishment of a 16 track and field indoor meet schedule. Conducted under the auspices of The Athletics Congress (TAC), the Mobil Grand Prix is a competition based on points scored in selected events in the 16 meets.

Each Grand Prix meet event is scored by awarding 10-5-2 points for the first, second and third place finishers. In addition, there are record bonuses: 20 points for breaking a world record, 10 points for equaling a world record or breaking an American record, and five points for equaling an American record. At the national TAC/Mobil USA Championships, point totals will increase to 20-10-5 for first, second and third place in each event. Record bonus points will remain the same, but there is an additional bonus of five points for breaking the championship meet record and three points for equaling the meet record. An athlete can earn only one record bonus award per meet including the TAC/Mobile USA Championships, scheduled for February 26 in New York's Madison Square Garden.

The Mobil Oil Co. has also posted a prize fund of at least \$100,000 for the series. Thus, if an event such as the pole vault is held in at least 10 of the 15 non-championship meets that event will have a \$5,000 prize, which will be divided \$3,000-\$1,500-\$500 for the first three Grand Prix point scorers in that event. Events con-



JOHN CARLOS

**John Carlos - Olympic
Committee Staff**

Run for World Hunger

A 2 and 6.2 mile run to raise money for world hunger will be held on Saturday, March 6. Those who run the 6.2 miles will help break in a new section of Highway 41, as the race will begin at 9:00 a.m. at St. Paul's United Methodist Church in Fresno and run north on an unfinished section of the freeway.

To pre-register for this run, you may either pay an \$8.00 entry fee or get people to sponsor you for a minimum of \$2.00 per mile. As well as the run, this event will include a Super Soup Supper on Thursday, March 4 at 6:30 p.m. at the Fresno Convention Center Exhibit Hall. This is free to all pre-registered participants or open to others for a \$2.00 donation. This event will feature Jeff Siemon, all-pro linebacker for the Minnesota Vikings, former all American at Stanford. Tracy Smith, member of the 1968 U.S. Olympic team and former world record holder for the indoor 3-mile race will also share from his personal experience.

Final registration will take place both at the Super Soup Supper and at 8:00 a.m. before the start of the race. The first 1,000 registered will receive a T-shirt and there will be merchandise drawings at the Super Soup Supper.

This event is sponsored by CROP which is the Community Hunger Appeal of Church World Service, which uses 94.7% of monies for direct human aid. For more information, contact: Mindi Jackson, 5424 E. Butler, Fresno, CA 93727. (209) 441-3388.

the 8-kilometer run will be added to the list of standard road running events. The establishment of the 8-kilometer road distance as a standard event reflects the growing popularity of runs shorter than the overused 10 kilometer distance. Marks on five-mile courses will be accepted as 8-kilometer marks. Five miles is just 47 meters longer than 8 kilometers. The acceptance of five-mile marks as 8-kilometer records parallels the track practice of accepting marks at 220, 440, and 880 yards for official records at 200, 400, and 800 meters, respectively.

The acceptance of 8-kilometers as the official distance, rather than five miles, reflects the trend toward the metric system in US running events, thus bringing US events more in line with worldwide standards. While there are moves afoot to establish more 8-kilometer certified courses, initially most records and rankings at the distance will be from five-mile events. These will be identified in the record lists, similar to the way yard marks are identified in metric record lists.

The 8-kilometer distance is not new in California as UC Davis cross country coach John Pappa has been running 8-kilometers for the annual Aggie Invitational for years.

UCR Wins First Title

In what Coach Chris Rinne called "the biggest win in the 12-year history of UCR cross country," UC Riverside won both the California Collegiate Athletic Association championship and the NCAA West Regional held October 31, at the Belmont Crystal Springs course. For the Highlanders, it marked the first-ever conference and regional championships. Junior Frank Assumma won the CCAA meet and was second to Humboldt's Mark Conover in the Western Regional.

In the CCAA Championship, the UCR runners crossed the line 1-2-5-7-9 to give UCR 25 points, bettering defending champ Cal Poly SLO's 51. The NCAA Regional saw UCR outdistance second place Cal Poly SLO, 42-85.

While UCR's victory may have surprised many, Rinne and his team felt quite the opposite. "I didn't think our fifth man was as weak as others thought," he noted. "We have as good a fifth as anyone." Supporting that last statement is the fact that UCR's fifth man beat every third man in the meet.

ships, point totals will increase to 20-10-5 for first, second and third place in each event. Record bonus points will remain the same, but there is an additional bonus of five points for breaking the championship meet record and three points for equaling the meet record. An athlete can earn only one record bonus award per meet including the TAC/Mobile USA Championships, scheduled for February 26 in New York's Madison Square Garden.

The Mobil Oil Co. has also posted a prize fund of at least \$100,000 for the series. Thus, if an event such as the pole vault is held in at least 10 of the 15 non-championship meets that event will have a \$5,000 prize, which will be divided \$3,000-\$1,500-\$500 for the first three Grand Prix point scorers in that event. Events contested fewer times would have smaller prize pools.

In addition, there will be an overall Grand Prix competition, with the top male and female point scorers in all events awarded an additional prize of at least \$5,000 each. Athletes will be credited with points from their eight best meets before the February 26 championships, and will be credited with points in only one event per meet.

In addition, payment of prize money to individual athletes or clubs will be determined by TAC, the NCAA and other responsible governing bodies.

Jack in the Box Indoor

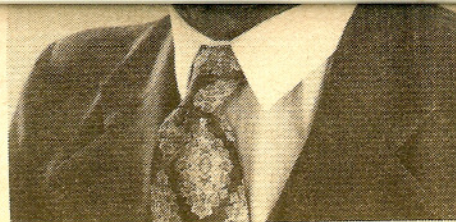
The fastest indoor miles in track history have taken place in the Jack in the Box Invitational track meet at the super-speedy San Diego Sports Arena board track. The athletes who produced those marks return for the 1982 edition on February 19.

Eamonn Coghlan, who lowered his own world record from 3:52.6 to 3:50.6 last year, will be striving to protect his "Chairman of the Boards" reputation against sensational newcomer Sydney Maree, Steve Scott, News Zealand's John Walker and Mike Boit.

The two mile also has been productive of a succession of records at San Diego. Henry Rono, holder of four world records, is the favorite. But he'll have to hustle to beat world marathon record holder Alberto Salazar and Bill McChesney of Oregon and BYU's Doug Padilla.

Mary Decker, who set a world 880 record in her last appearance at San Diego, returns to try to take over mile laurels as well. Francie Larrieu and Leann Warren will be in the lineup. Evelyn Ashford, double World cup champion at the 100 and 200 meters, is the strong favorite in the 60.

James Sanford is the defender in the 60 and Dwight Stones the man to beat in the high jump. World Cup champion Cliff Wiley is the 500 favorite.



JOHN CARLOS

John Carlos - Olympic Committee Staff

John W. Carlos, Olympic bronze medalist in the 200 meters at the 1968 Mexico City Olympic Games, has been appointed community relations liaison officer for the Los Angeles Olympic Organizing Committee (LAOOC), according to LAOOC President Peter V. Ueberroth.

Carlos's responsibilities at the LAOOC include identifying youth and community groups in the civic center/Coliseum area interested in assisting and supporting the LAOOC plans for staging the 1984 Games through committee advisory commissions and youth programs and identifying local Olympians and potential Olympians as a resource for LAOOC program involvement.

Commenting on his appointment, John Carlos said, "It is tremendously exciting to be in training for the Olympics again and I am particularly proud to be a part of this important community outreach program.. With the LAOOC's support, I know we can make all of these communities feel a part of the 1984 Games. We will work together to make these Olympic Games touch every one of us in the positive way I know that they can."

Born in New York City in 1945, Carlos graduated from Manhattan Vocational and Technical High School in 1964. He attended East Texas State University in 1967 and San Jose State University from 1968 until 1970. There is little doubt that John Carlos was one of the world's great sprinters in the last half of the 1960's. He was a bronze medal winner in the 1968 Mexico City Games in the 200 meters (20.0). After the Mexico City Games in 1968, Carlos took command over the world sprint scene. He was ranked number one in the world by *Track & Field News* in both the 100 and 200 meters in 1969 and 1970. In 1969, he tied the world 100-yard record by running 9.1.

others for a \$2.00 donation. This event will feature Jeff Siemon, all-pro linebacker for the Minnesota Vikings, former all American at Stanford. Tracy Smith, member of the 1968 U.S. Olympic team and former world record holder for the indoor 3-mile race will also share from his personal experience.

Final registration will take place both at the Super Soup Supper and at 8:00 a.m. before the start of the race. The first 1,000 registered will receive a T-shirt and there will be merchandise drawings at the Super Soup Supper.

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8 Kilometers to Become Standard Road Event

Bob Martin of the National Running Data Center reports that beginning with the publication of records and rankings in 1982,

ARRA Announces Eleven Race 1982 Schedule

Association of Road Racing Athletes (ARRA) President Don Kardong has announced a schedule of eleven races that will be part of the ARRA Championship Circuit for 1982. The series, in which prize money is paid directly to top finishers, will open with the Houston-Tenneco Marathon on January 24, in which a purse of \$50,000 will be offered.

"We're pleased to be opening the 1982 Circuit with the Houston-Tenneco Marathon," said Kardong. "This race has gained a great reputation among runners as a well-organized and exciting event, contested over a fast course. Many of our members have been hoping to kick off the 1982 season with this race, and we're glad to see that race organizers and Tenneco officials have decided to support the open competition concept on which the ARRA Circuit is based.

"We're expecting a great turnout for the Houston-Tenneco Marathon," Kardong added. "It looks at this point like most of the top men and women will be on hand to compete. Judging from our races so far, Houston should be ready to expect a fiercely competitive battle among the front runners, as well as a favorable response to open competition from competitors of all abilities, whether they end up winning prize money or not."

ASSOCIATION OF ROAD RACING ATHLETES 1982 CHAMPIONSHIP CIRCUIT

DATE	EVENT	DISTANCE	LOCATION
January 24	Houston-Tenneco Marathon	26.2	Houston, TX
March 27	Long Beach 10K	10 Kilometers	Long Beach, CA
May 2	Lilac Bloomsday Run	7.5 Miles	Spokane, WA
May 8	Mount Vernon Classic	10 Miles	Washington, D.C.
May 22	Meadowlands 10K	10 Kilometers	New York, NY
June 27	Cascade Run Off	15 Kilometers	Portland, OR
September 12	Nike Marathon	26.2 Miles	Eugene, OR
October 3	OMNI Freedom Trail	8 Miles	Boston, MA
November 13	Falcon Classic	15 Kilometers	Los Angeles, CA
December 4	Las Vegas Half-Marathon	13.1 Miles	Las Vegas, NV
December 31	Orange Bowl Festival 10K	10 Kilometer	Miami, FL

Additional races on the schedule will be announced early in 1982

Crystal Springs course. For the Highlanders, it marked the first-ever conference and regional championships. Junior Frank Assumma won the CCAA meet and was second to Humboldt's Mark Conover in the Western Regional.

In the CCAA Championship, the UCR runners crossed the line 1-2-5-7-9 to give UCR 25 points, bettering defending champ Cal Poly SLO's 51. The NCAA Regional saw UCR outdistance second place Cal Poly SLO, 42-85.

While UCR's victory may have surprised many, Rinne and his team felt quite the opposite. "I didn't think our fifth man was as weak as others thought," he noted. "We have as good a fifth as anyone." Supporting that last statement is the fact that UCR's fifth man beat every third man in the meet. "What supposedly was our weakness turned out to be our strength," Rinne said.

Cal Poly got a measure of revenge two weeks later at the NCAA Div. II Nationals in Massachusetts by placing fourth with 122 to UC Riverside's fifth with 127. Conover was again champion with Frank Assumma second. Cal Poly's first man was Andy DiConti in eighth.

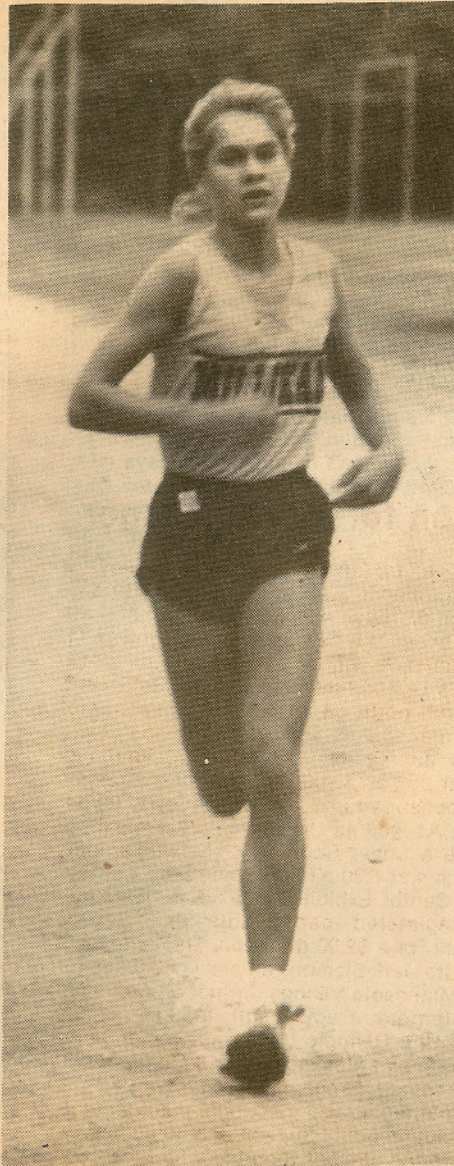
Team Profile:

Three Times is a Charm

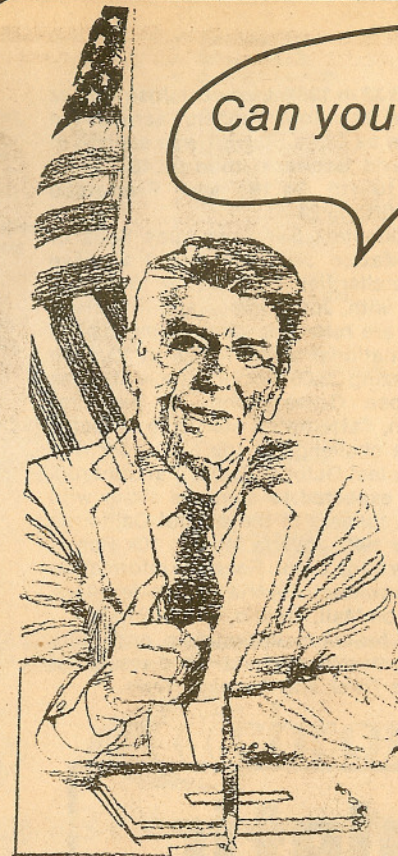
By Don Currie

Cross country running really cannot be classified as a "team" sport. It's one of those sports where a bunch of individuals perform, results total up and, bingo! — a team is born. Which is to say that it is primarily an individual sport.

Try to tell that to sisters Julie and Natalie Hinrichs and their Millikan (Long Beach) High teammate, Annette Dzikowski. "I think it's easier to run with a sister," says Julie, a junior at Millikan. Julie ran last season but says she is running better this year now that she has sister Natalie, a sophomore, to run with. "It gives you somebody to talk to," she says.



JULIE HINRICHS



Scott Molina
Course Record Holder 2:34:25

Zephyr Athletic Club invites you to participate in a race of a rare kind, the challenging and hilly.....

4th Annual

PINOLE MARATHON

Featuring for your running enjoyment: Pig Farm Hill and other topographical nuisances.

Sunday, March 28 — 8:00 am

Pinole Valley High School



ANNETTE DZIKOWSKI

Ask Julie what her toughest race was and she'll say it was a track meet during the spring when Millikan beat Long Beach Wilson for the dual meet title. Julie finished first in the mile and second in the 2-mile to help the Rams to victory. "I was very nervous," she says.

Ask Annette Dzikowski what her biggest race was and she'll say a 4-mile relay race at an invitational meet where she ran the anchor leg. The team's time was the fifth best in the state that year, but they lost the race by a nose.

Dzikowski and the Hinrichs sisters are three of the top four cross country runners in the Moore League, according to their coach, Rod Petkovic. Julie set a Millikan school record of 18:12 over the three-mile El Dorado Park course this year, only to have it broken by Dzikowski at 18 minutes flat.

The three girls have quite a bit in common. They all started running seriously about a year and a half ago after marginal competition in junior high. All three also are 4.0 (straight 'A') students. Dzikowski, for instance, says she gets home from practice about 5:30 p.m., then studies for three or four hours every evening. The Hinrichses follow the same pattern, but add practice for cello (Julie) and violin (Natalie). Still, they have time for "the fun stuff," Julie says.

Petkovic started them off at about two miles a day, then slowly added mileage. The three now run about 70 miles a week, including 10 miles each weekday evening.

In the two years that Julie Hinrichs and Dzikowski have been running together on the Millikan cross country and track teams, they have spearheaded a 27-0 record.

"It feels good to know the hard work is paying off," Annette says.



JULIE HINRICHS



NATALIE HINRICHS

4th Annual

PINOLE MARATHON

Featuring for your running enjoyment: Pig Farm Hill and other topographical nuisances.

Sunday, March 28 — 8:00 am

Pinole Valley High School

Fees: \$8.00 (Pre-Registration thru March 21, 1982); \$1.00 off for each Pinole Marathon previously completed.
\$10.00 Race Day - no discounts.

Course: Paved, out-and-back "roller coaster" course through the East Bay hills via Alhambra Valley Road (between Pinole and Martinez). Aesthetically appealing route with rural flavor and quietude.

Climate: Historically, sunny with temperatures in the mid-60's to low-70's; prevailing westerly winds up to 15 knots

Aid Stations: 2½, 5, 8, 12, 14, 16, 20, & 23 mile points.

Divisions: 12-29 • 30-39 • 40-49 • 50-Over

Awards: 1-5 in each division, club awards, many special awards. **T-Shirts to every finisher.**

All Pre-Registered: Will be sent their "Porker Packet" in the mail which will include your race number, maps of Pinole and the race course, vendor information, tips on how to run this marathon, your t-shirt ticket, and a special 'Pig Odor Repellent' for Pig Farm Hill.

ENTRY FORM

Name _____ Age _____ Sex _____

Address _____ City _____

State _____ Zip _____ Phone() _____

Club _____ Best Marathon Time _____ Shirt Size _____

Please Indicate Occupation (or Primary Pastime) _____

WAIVER (must sign below): In consideration of your accepting my entry, I, intending 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 have or which may accrue against Zephyr Athletic Club, Contra Costa County, City of Martinez, City of Pinole, R. U. S. D., and any and all sponsoring agencies or groups, or their members, officials, agents, etc., while travelling to and from this event, and while participating for any and all injuries suffered by me at this event.

Signature _____ Date _____

Send Registration along with Check or Money Order to:
Zephyr A.C., 2192 Owens Court, Pinole, CA 94564.

Make Checks Payable to: Zephyr Athletic Club

For Additional Information Call: (415) 758-1023

JOYERIA MEXICO

From Marty Higginbotham

The Joyeria Mexico Run held in Fresno will see some changes in 1982. This event, which is rising in popularity, is a benefit for the Big Brothers/Big Sisters. In the past two years the run has been a five mile race, however with the high quality of competition, it was decided to go to an internationally recognized distance—a 10,000 meter. Also the run has usually gone off in the middle of May, but has been moved up two weeks this year making the race date Sunday, May 2 at 9:00 a.m. The day before the run (May 1) at 1:00 p.m. a race seminar will be held which will feature guest speakers, displays and a running film.

The 10k course will be flat and fast which will suit the top quality field of runners. Past winners over the five mile layout were: Rudolfo Gomez 24:02 in 1980 and Jose

Gomez 23:32 in 1981. Last year Jose Gomez led some standout runners across the finish line as Chris Stewart was second in 23:41, David Babiracki third 23:46, Lionel Ortega fourth 24:19, and Francisco Pacheco fifth in 24:40.

Race directors Sam and Lupe Solis of Joyeria Mexico Jewelers expect to have another stellar field for the 1982 10k event. To begin with, Jose Gomez and Francisco Pacheco are returning. Jose Gomez is the Mexican national record-holder at 10,000m with a blazing 28:06 clocking; he is also the same Jose Gomez who, in his first marathon, attempted to give Alberto Salazar a challenge at the New York City 26.2 miler last October. Other standout runners are expected to compete along with top local runners in the central California area. The 1982 Joyeria Mexico 10k Run is sure to be a top event. For more information or details contact: Joyeria Mexico Jewelers, 1048 Fulton Mall, Fresno, CA 93721.

Watch for more information and entry forms in the March and April issues of *California Track and Running News*.

Mark Conover

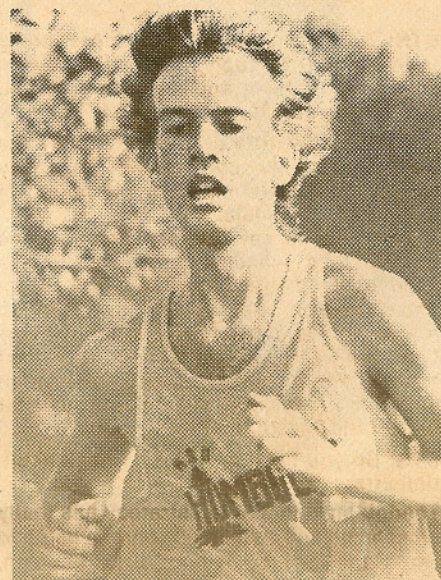
From John Surge

Humboldt State's Mark Conover suffered a late season injury but still managed to win the NCAA Division II Cross Country National Championship in Boston on November 14.

Conover developed a lower back injury - a result of consistent 120 mile training weeks - two weeks before the Division II meet. Although feeling the injury slightly in Boston, Conover ran away from the field after two and a half miles and covered the 10,000 meter course in 31:45.

Conover adds this title to the Division II 10,000 meter national championship he won last spring in track.

But that wasn't enough. Nine days later he traveled to Wichita, Kansas for the Division I nationals and was the 17th American across the finish line while placing 40th overall. Conover said the race was taken out so fast he found himself in the back of the pack. "I ran a 4:29 mile and was still far from the lead. But I did have room to run, so I started passing," he said. No one passed him after the mile mark, he added.



MARK CONOVER

Conover has now earned All-American honors in all three NCAA Divisions. He has received All-American status in cross coun-

1982 Central Cal TAC Tulare Trophy Shop Long Distance Ratings

From Marty Higginbotham

The Central Cal TAC Association has announced its 1982 Championship race series to determine top long distance runners in Central California. Awards for the championship series are being donated by the Tulare Trophy Shop. The first race of the series was January 16—the High Sierra TC 10K—in which Jim Hartig (Fresno TC) took top honors in 30:23 and Tanis Ryzebol (Visalia Runners) took the women's crown in 38:10.

The remaining championship series races for 1982 are:

- Feb. 6 Bakersfield Marathon, Bkfld.
- Mar. 7 *End of the Trail 15k, Visalia
- Mar. 27 Roeding Park 6 Mile, Fresno
- Apr. 17 *Visalia Spring Run 10k, Visalia
- Apr. 25 *Reedley 10 Mile, Reedley
- May 22 Natural Light California Classic Five Mile, Visalia
- May 30 *CCAC One Hour Run, Visalia
- June 20 Fathers Day 6 Mile Run, Fresno
- July 4 Independence Day 4 Mile, Visalia
- Oct. 10 *Visalia Half Marathon, Visalia
- Nov. 27 Fresno 6 Mile Run, Fresno

*Indicates Central Cal TAC Association Championships

The date and site of the association 20k and cross country championships have not yet been determined.

Listed below are the 1981 Central Cal TAC Tulare Trophy Shop Long Distance Rating winners. The Central Cal TAC Association thanks the Tulare Trophy Shop for donating the awards for the top runners!

Men 29 and under:

- .14 Jim Hartig (Fresno TC)
- .20 Juan Garcia (Daisy Fresh Nat. Juice)
- .30 Ed Taylor (Daisy Fresh Nat. Juice RT)
- .37 Al Lara (Daisy Fresh Natural Juice RT)
- .43 Al Lomeli (Fresno TC)

Men 30-39:

- .11 Gary Campbell (Visalia Runners)
- .12 Dave Bronzan (High Sierra TC)
- .16 Curt Elia (Fresno TC)
- .39 Larry Lung (Fresno TC)
- .54 Bill Woody (Fresno TC)

Men 40 plus:

- .10 Len Thornton (High Sierra TC)
- .24 Frank Delgado (Fresno TC)

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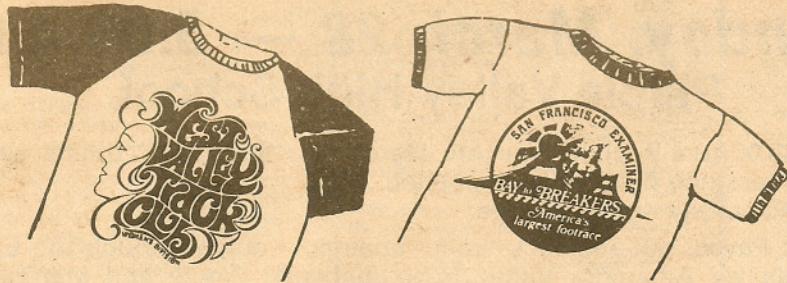
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Phone (415) 341-3119



MARK CONOVER

Conover has now earned All-American honors in all three NCAA Divisions. He has received All-American status in cross country while competing in Division III and twice in both Division I and Division II. In track, he has been named All-American once in Division II and once in Division III.

Besides his performances in national competition, Conover also won the Division II western regional qualifying meet as well as the Far Western Conference championship. He also blazed to a 29:58 clocking in a FWC meet against UC Davis and San Francisco State on Humboldt's home course at Patricks Point State Park.

Now, Conover is putting in mileage for the coming Spring, although he said he's not sure if he'll use his last season of track eligibility. Running a quality marathon and traveling to Europe for the summer track circuit are plans that might put his last collegiate track season off until 1983. His cross country eligibility has already run out.

Association thanks the Tulare Trophy Shop for donating the awards for the top runners!

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- .10 Len Thornton (High Sierra TC)
- .24 Frank Delgado (Fresno TC)
- .27 Fernie Montanez (Fresno TC)
- .30 Frank Padilla (Visalia Runners)
- .31 Rick Zamarripa (High Sierra TC)

Women 29 and under:

- .20 Renee Wyckoff (Visalia Runners)
- .30 Shirley Rojas (Visalia Runners)
- .33 Tanis Ryzebol (Visalia Runners)

Women 30 plus:

- .20 Debbie Aschwanden (Vis Runners)
- .25 Diane Stauffer (un)
- .26 Cherie Stephenson (Vis Runners)
- Liz DeMonte (Fresno TC)



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Phone () _____
Please allow 4-6 weeks for delivery.

Kangaroo TFA National Road Race/Walk Series

From Marty Higginbotham

Kangaroo, "the only shoe in the world with pockets" as noted in the TFA Quarterly Newsletter, have hired international walking standout Jerry Young to head up its running/walking program. Kangaroo is very interested in promoting a program to help American walking prospects for the 1984 Olympics. Race walking locations are New York City and Grand Island, New York; Fayetteville, Arkansas; and Los Angeles. The four winners of this race walk series will be sent, all expenses paid, to the National TFA Outdoor Championships in Wichita, Kansas, on May 28-29.

The sites have also been selected for the four Kangaroo National Road Races. The marathon event will be held on the 1904 Olympic course in St. Louis on February 28. The 13.1 miler will take place March 6 in Atlanta, Georgia. The 15 kilometer event will be run March 14 in New York. California road racers are in luck as the 10k run will take place at Marine World in San Francisco on May 8. For information on this 10k national championship contact: Len Wallach, 1006 Continental No. 104, Belmont, CA 94002.

For more information on the TFA Kangaroo Series contact: TFA/USA, 10902 Ambassador Drive, Suite 302, Kansas City, Missouri 64153, telephone (816) 891-1077.

Keeping Track

The L.A. Times Indoor meet has purchased a new track for the L.A. Forum. The \$35,000 structure is made with a plywood running surface and spruce understructure. Manufactured by Tracks West, Inc., of Las Cruces, New Mexico, the track is four lanes wide, has high-efficiency banked turns and, for the Times Indoor Games, will be set up with 11 laps to the mile. It can also be easily converted to English metric measurements. Steve Scott has tested the bright yellow and orange oval and called it "fast."

Phone call from Fresno brothers Ron and Rick McCoy revealed they are at Iowa, love it, and are running well. Ron placed last year in the California State Meet hurdles and long jump (later dq). Rick was a crack 800 runner for Edison High. Both will be competing in the San Francisco Indoor...L.A. Productions is putting together a film called *Get High on Running*, a spin-off from the NBC National Broadcast commercial "Get High on Yourself." They have a 5k & 10k run planned for April 18 as part of the production. The run is to begin at 9 am at Mann's Chinese Theater. Hollywood. They are hoping to line up Mayor

Profile on: Brian Theriot

BRIAN KEVIN THERIOT: Age 24, 6-0 feet, 153 pounds. Born February 15, 1957 in Newport Beach. Competes for Stars and Stripes Track Club. Also competed for Newport Harbor High School and UCLA. Coached by Bob Larsen.

BEST MARKS:

Event	Mark	Date	Meet
100 Yards	9.9	1975	Sunset League Finals
220 Yards	21.9	1975	CIF 4A Prelims
400 Meters	46.9	1975	Knoxville Jr. Nationals
440 Yards	47.2	1975	metric conversion
500 Yards	57.7	1975	San Diego Indoor
600 Yards	1:11.1	1977	Sunkist Indoor
800 Meters	1:45.79	1981	Prefontaine Classic
1500 Meters	3:39.39	1981	Zurich, Switzerland
Mile	4:05.0	1981	UCLA vs Long Beach (unat)
2 Mile	8:59.0	1981	UCLA Invitational
10K Road	31:22	1981	LAPD 10K Race

CTN: You've run good times for everything from the 200 through the 2 mile. What's your favorite event and how often do you like to race over it.

Theriot: My favorite event is definitely the 800 meters. My competition frequency varies and is determined by the period of my training schedule.

Early season, say indoors, I prefer a once a week race schedule mainly due to my need for steady training. Now, during the intense season, say from May through August, I must consider racing up to three times per week. At one point during my last summer's European tour I had six races in eight days. Thus, it really depends on what part of the season that I am in.

CTN: Do you favor any particular competition strategy?

Theriot: My competition strategy has really blossomed and developed over the last two years due to the coaching of Bob Larsen. There are some things that I just cannot share as every athlete must have one or two protected secrets. Basically I do enter competitions with an increased awareness of who I am facing, what shape I'm in, and really what I'm trying to accomplish. The

body is always ready at various longer segments of time. I didn't really rest up for my 1:45.79 and it just happened. I was ready for it to happen in that whole period of time.

I do rest some days if racing and I think that is how I prepare for what you call a peak period. For a three day competition I usually rest up considerably. I did not rest for my 3:39.39 at Zurich as it was one of six races in eight days. Twice during those eight days I finished second to Sebastian Coe...once in Viareggio, Italy and once in London at the British AAA Championships. Two very intense races preceded my 3:39.39 PR (no rest, no peak planning).

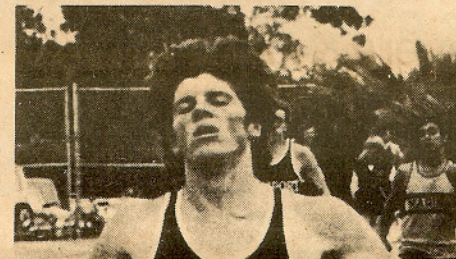


Vitamins are an essential element of my training. An athlete who doesn't, or will not, do everything possible to enhance his or her performance is just not as serious as the sport requires. I take the All American Vitamin package. It is really a full and complete plan with supplements of Bee Pollen and pre and post workout additives B, B15, B12 and Calcium tablets are also added on a daily basis.

My number one training rule is to never miss a workout no matter what. If sick — run through it under all circumstances.

CTN: What have you set for your immediate goals in track?

Theriot: My immediate goals for 1982



The L.A. Times Indoor meet has purchased a new track for the L.A. Forum. The \$35,000 structure is made with a plywood running surface and spruce understructure. Manufactured by Tracks West, Inc., of Las Cruces, New Mexico, the track is four lanes wide, has high-efficiency banked turns and, for the Times Indoor Games, will be set up with 11 laps to the mile. It can also be easily converted to English metric measurements. Steve Scott has tested the bright yellow and orange oval and called it "fast."

Phone call from Fresno brothers Ron and Rick McCoy revealed they are at Iowa, love it, and are running well. Ron placed last year in the California State Meet hurdles and long jump (later dq). Rick was a crack 800 runner for Edison High. Both will be competing in the San Francisco Indoor....L.A. Productions is putting together a film called *Get High on Running*, a spin-off from the NBC National Broadcast commercial "Get High on Yourself." They have a 5k & 10k run planned for April 18 as part of the production. The run is to begin at 9 am at Mann's Chinese Theater, Hollywood. They are hoping to line up Mayor Bradley as starter and Governor Brown as award presenter. All interested runners should send a S.A.S.E. to L.A. Productions, P.O. Box 252, Woodland Hills, CA 91365 for entry form and additional information....Several California runners performed well at the Marine Marathon in Washington DC: Joseph Jenkins of San Clemente 2:31:19, Thomas Carras of Laguna Hills 2:36:03, and David Higgins of Laguna Beach 2:38:08.

Another winter track & field clinic for coaches and athletes. This one's the San Francisco Track & Field Clinic and will again be conducted in conjunction with the San Francisco Games Indoor track meet on Saturday, February 20. For information write: Ventures Track Clinic, Box 764, Los Altos, CA 94022 or call (415) 964-9238....Foreign athletes in the American collegiate scene has become a controversial topic among U.S. track coaches. The success of programs that actively recruit foreign athletes like Texas-El Paso, has drawn the ire of coaches who believe the college system should develop only American athletes. San Diego State's womens cross country team had three such foreign stars: Monica Joyce of Ireland, Lynn Kanuka of Canada, and Eva Ernstrom of Sweden. Says coach Fred LaPlante, "If you look at the student bodies around the country, you'll see foreign faculty and foreign students - that's part of the educational institution. To limit our scope is to limit our education." He went on to add, "As far as having foreign athletes on my team, it's been a real plus for me and all the rest of the athletes on the team. To me they're athletes, I don't care where they come from."

Tom Henderson is the new Head Track Coach at Cal Poly San Luis Obispo. Tom, the former Fresno High School and Occidental College pole vault star, has been an assistant coach at San Jose City College....John Brennand, 46, of Santa Barbara won the Delegates 5K Race at the TAC National Convention in Reno on December 6, with a time of 16:12....Tom Jennings reports three Pacific Coast Club athletes reside in California: Mark Belger, Dan Ripley and Dwight Stones.

Last month in our cross-country issue we could only come up with five deep in the Women's NCAA Division II Nationals in Cape Girardeau, Missouri. You'll remember California schools placed 2, 3 & 4 (Cal Poly SLO, CSU Northridge, UC Davis). We've finally gotten complete results and bring you the top Californians's now: 1. Eileen Kraemer (CPSLO) 17:41; 4. Jennie Dunn (CPSLO) 18:04; 6. Patti Gray (UCD) 18:10; 8. Beth Milewski (CSN) 18:19; 10. Amy Harper (CPSLO) 18:23; 11. Teresa Ramirez (CS Bakersfield) 18:27; 13. Nena Manriquez (CSN) 18:32; 16. Irene Crowley (CPSLO) 18:40; 17. Linda Somers (UCD) 18:43; 18. Lucia Rodriguez (CSN) 18:45; 19. Kathy Pfeifer (CS Sacramento) 18:51; 22. Carol Gleason (CPSLO) 18:57; 23. Claudia Bergsohn (Humboldt St.) 18:59; 24. Debbie Faryniarz (UCD) 19:02; 25. Jennifer Jamesson (CPSLO) 19:06. The top 25 earned "All American."....John McManus attended the Mexicali Marathon on December 31, 1981, and writes: "We had a great time. There wasn't any entry fee, the trophies were many and large. A free meal at a nice restaurant and free beer to all participants." The winner was Hector Vargas in 2:28:28. First female was Biancha Lugo in 3:41:45. McManus was third Over 40 at 3:33:14....We've received word from TAC that the World Cross Country

tense season, say from May through August, I must consider racing up to three times per week. At one point during my last summer's European tour I had six races in eight days. Thus, it really depends on what part of the season that I am in.

CTN: Do you favor any particular competition strategy?

Theriot: My competition strategy has really blossomed and developed over the last two years due to the coaching of Bob Larsen. There are some things that I just cannot share as every athlete must have one or two protected secrets. Basically I do enter competitions with an increased awareness of who I am facing, what shape I'm in, and really what I'm trying to accomplish. The strategy is *not* always to die for that win, but is always geared for the achievement of my final end, that is, to beat whoever holds the best chance for a medal in '84.

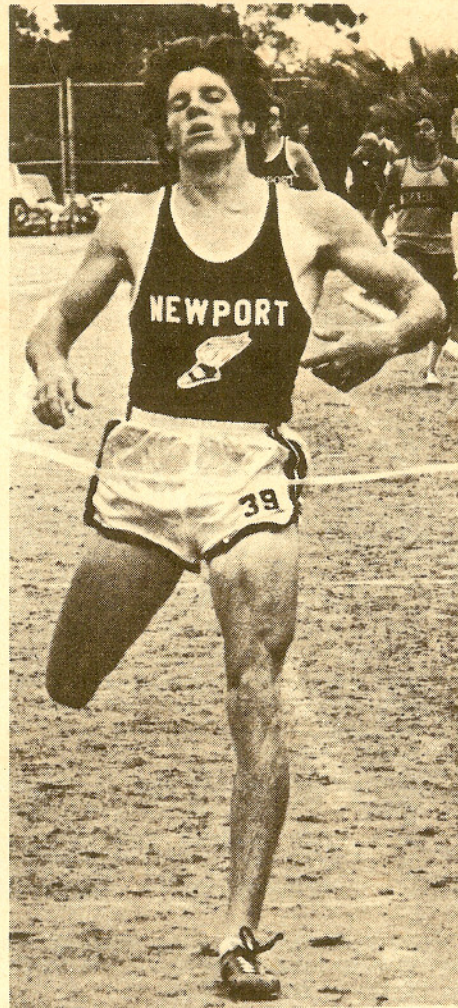
CTN: Do you peak, then, for one or two of the "biggie" end of the season meets?

Theriot: Peaking is such an ambiguous term. To peak for any one race is a very difficult task. In fact, the human body is usually ready for a peak over a three week period if you prepare for that three week range. This last year's mile times are ample evidence of the fact that Coe, Boit, Ovett, and Scott can be ready for their best performance at any moment in a 21 day span. You just can't point for those one or two peak

Championships will not take place in Poland. TAC said that a telex arrived from the IAAF stating Poland's relinquishment of the meet. The meet site was to be Warsaw's Sluzewiec race course. Since the military takeover of Poland last month, it was speculated that Poland would turn the meet back. TAC officials said that at present there are no plans for the US to pick up the '82 meet. Neither has there been any word from potential alternate sites for the event. The 1984 meet is scheduled for New York.

Junior Eric Reynolds of Camarillo High School has been named the Ventura County Cross Country Runner of the Year by the local coaches association. Denise Ball from Newbury Park was honored as the Ventura County Girl Runner of the Year....Mary Captini Norkin, 34 year old distance runner from San Francisco was the recipient of the Dolphin South End Running Club's Moving Comfort Award, awarded each year to the club's outstanding woman runner. Last year Norkin raced in 11 marathons and 2 ultra marathons while racking up a total of 2630 miles of running....Note received from H. Lewis Smith says that his Challenge of the Ages Indoor Meet has to be rescheduled for later in the year, due to problems with the Long Beach Arena....Indianapolis will be the site of a major international track and field meet this summer when national teams from the United States and the Soviet Union and a continental all-star team from Africa meet at the Indiana University Track and Field Stadium on July 2-3. The meet will be hosted by Indiana National Bank and will be one of three national team competitions for the U.S. squad in 1982. The event in Indianapolis will be called the Lite Games. Sam Adams of Santa Barbara will serve as head coach for the U.S. men's team. The other two meets for the US national team are: June 26-27 USA - West Germany - Africa at Durham, North Carolina; July 9-10 USA - East Germany at Karl Marx Stadium....The Los Angeles Olympic Organizing Committee and the Atlantic Richfield Company (ARCO) broke ground for the first of six world class training tracks at California State University, Los Angeles, on January 29, 1982.

Coe...once in Viareggio, Italy and once in London at the British AAA Championships. Two very intense races preceded my 3:39.39 PR (no rest, no peak planning).



BRIAN THERIOT

CTN: Do you follow a set of training rules?

Theriot: My training is the single most important aspect of my life. Nothing is more in need of my attention than the daily hours from 3:00 to 5:30 p.m. including Saturday and Sunday. I train twice a day, every day. I run 14 times a week. My rest is not what it should be due to law school studies. I usually allow myself five hours of sleep per night.

Vitamins are an essential element of my training. An athlete who doesn't, or will not, do everything possible to enhance his or her performance is just not as serious as the sport requires. I take the All American Vitamin package. It is really a full and complete plan with supplements of Bee Pollen and pre and post workout additives B, B15, B12 and Calcium tablets are also added on a daily basis.

My number one training rule is to never miss a workout no matter what. If sick — run through it under all circumstances.

CTN: What have you set for your immediate goals in track?

Theriot: My immediate goals for 1982 revolve around one central theme, i.e., to improve on my 1:45.7 and perhaps go to the wire with James Robinson. Once competing for the #1 American position I then can consider giving Coe and Ovett something to think about.

The key is to keep reality and its offerings in my eye without biting off more than I am physically capable of handling. Realistically I hope to reach the low 1:44 level in '82 and 3:34 for the 1500 meters.

CTN: How about long range goals?

Theriot: Long range goals are easily pictured. I want the American record for 800 meters but in a special way. I don't want it now, I want it in the future with many highlights along the way.

The essential elements of my goals revolve around fast times and not necessarily big wins. If I happen to nip Coe, then I know the time will be extremely fast!

Eventually that 1500 meter time will come. Physically I am capable of a 3:30, but emotionally and socially it must come later. Say in '84, on a cool evening in the Los Angeles Coliseum.

CTN: Has any one person inspired you in your running?

Theriot: My running has really never been inspired by any one person. I am a self motivator with few idols. I appreciate what Peter Snell did, but his accomplishments do not inspire me. Instead I set goals to motivate myself in order to beat his records. Peter Snell ran with pure guts and hard work. The key is work, so if I need a worker idol, then it is Peter Snell.

I give special recognition to Coach Larsen for all he has done. In two years with each other we went from 1:50.3 to 1:45.7 and 3:51.1 to 3:39.3. Some combined 17 seconds of improvement in two years. Coach Larsen was recently named Pac-10 Coach of the Year for the second straight time. One of the two best distance coaches in the world, in my opinion.

MASTERS SCENE

By Marty Higginbotham

Once again a special congratulations should go out to Sister Marion Irvine for a world record for her age group at the Oakland Marathon on December 6. (See results in Results Section). She ran a superb time of 2:55:17 which was well under the previous record for the over-fifty category and was nineteen minutes faster than the previous record for 52 year olds.

Gary Campbell was the winner of the 30-39 age group of the Central Cal TAC Long Distance Point Championships. Campbell, of the Visalia Runners, edged out High Sierra Track Club ace Dave Bronzan, and Fresno Track Club star Curt Elia. In the 40-Plus division HSTC's Len Thornton ran away with the crown. He was followed in second and third by Fresno TC's Frank Delgado and Fernie Montanez. In the women's 30-plus division Debbie Aschwanden of the Visalia Runners was the

winner. She was followed by Diane Stauffer in second, while Cherie Stephenson (Visalia Runners) and Liz DeMonte (Fresno TC) tied for third.

The masters track and field season will soon be here. There are already many all comers events being held every weekend in different areas of the state. See the masters schedule in this issue.

The Southern California Striders recently held their annual awards banquet and presented awards to: Mike Jackson and Lloyd Higgins - 30-39 Track & Field; Walt Butler and George Cohen - 40-49 Track & Field; Bill Fitzgerald - 50-59 Track & Field; Bob Hunt and Art Vesco - 60-69 Track & Field; Tony Castro and Red Doms - 70-Plus Track and Field. Jim Murphy - 40-49 LDR; Walt Atcheson - 50-59 LDR; Harold Daughters - 60-69 LDR. Ann Smith was elected President for 1982.

We've heard some talk about Boston Marathon Age Handicaps. The proposal

reportedly has been made, but not accepted for the 1982 race, to give the Boston Marathon dozens of qualifying standards. The plan would be based on runners' ages. A man would add his age to 2:30 to find the time he had to beat (for instance, a 40-year-old would add 40 minutes to 2:30 and come up with a 3:10 qualifying time. A woman would use 2:50 as her starting point. Nothing for sure yet, we'll keep you posted.

The Honolulu Marathon December 13 was double trouble for Paul Reese, 64 year old Sacramento Buffalo Chips runner. Running on an injured foot, plantar fasciatis, he winched every time his right foot hit the pavement. And, secondly, for the first time in 108 races from 6 to 100 miles in five different states and England, he was not the first American finisher in the 60-Plus Division. In the 108 races, he had been beaten four times by foreigners -- at Boston, by a Spaniard; at Honolulu, by an Australian, a Japanese, and a New Zealander. Then,

whacko, finishing in 3:23 at Honolulu this year, he was beaten by seven Americans. Commenting on the race, Reese mused, "I think the expression is I should have stood in bed." Honolulu was his 148th marathon or ultra marathon, the most by a northern Californian.

Eddie Lewin, 65, after losing his 72-race winning streak to Harold Daughters, 60, has just started a new streak with a 39:18 10K victory in Los Angeles.

The San Diego Track Club named its top 1981 athletes of the year. Top women runners were: Dorothy Stock (40-Plus LDR), Anne Johnson (50-Plus LDR), Jennifer Wright (40-Plus T&F), Dan McCaskill (40-Plus LDR), Jim O'Neil (50-Plus LDR), Wayne Zook (60-Plus), Ed Oleata (40-Plus T&F).

Al Sheahan reports that he is closing out the sale of *Masters Age-Records 1981* at the reduced price of \$2.00. Send two bucks to Al at P.O. Box 2372, Van Nuys, CA 91404.

Masters T&F Schedule

From Dave Jackson

FEB 13: San Diego All Comers. San Diego State University, 10 am. (714) 265-6569.

FEB 13-14: TFA National Masters Indoor Championships. Liberty, MO. Jim

MAY 30: Herbert Hoover Relays. Stanford Univ., Palo Alto. Van Parish, 148 Hedge Rd., Menlo Park 94025. (415) 325-7275.

JUN 5: CDN Don Palmer Relays. Site

SPOTLIGHT ON: Gary Campbell

By MARTY HIGGINBOTHAM

Gary Campbell, age 33, has asserted himself as a top submaster road racer. Campbell, who stands 5'10" and weighs 150 pounds, produced many life-time best marks this past year (1981) in Central California races. Born in Tulare, California,

Renee Wyckoff, the state J.C. cross country champion in 1981.

Gary attended junior college at the College of the Sequoias and was coached by Joe Borba. He then attended Oklahoma State University and was coached by Tom Von Ruden. While still teaching in Tulare, Gary lives in Visalia and is a member of the Visalia Runners; he is currently club president. In 1981 he acted as President of the Central California Association of the Athletic Congress.

Campbell has shown significant improve-

Masters T&F Schedule

From Dave Jackson

FEB 13: San Diego All Comers. San Diego State University, 10 am. (714) 265-6569.

FEB 13-14: TFA National Masters Indoor Championships. Liberty, MO. Jim Shoemaker, 10201 W. 98th Terrace, Overland Park, KS 66212.

FEB 14: Northridge Weightman's Pentathlon & Throwers Meet. Cal State Northridge, 11:30 am. (213) 885-3508.

FEB 19: San Francisco Indoor Games Olympic Development Meet. Cow Palace, San Francisco. Jim Terrill, P.O. Box 764, Los Altos 94022. (415) 964-9238.

MAR 6: Long Beach Relays. Cal State Long Beach 10 am. John Tansley, CSULB, 1250 Bellflower Blvd., Long Beach 90840.

MAR 13: Orange City T & F Meet. El Modena High School, 11 am. Larry Salinger, 203 E. Monroe Ave., Orange 92667. (714) 639-6707.

MAR 27 & 28: Penn Mutual/TAC National Indoor Masters Championships. Boston Univ. Field House. John Pistone, 186 Commonwealth Ave., Boston, MA 02116.

APR 3 or 10: Sacramento Relays. CSU Sacramento, Roy Wigginton, 3012 Scenic Hts. Way, Carmichael 95608.

APR 10: Northeast Relays. Site unknown. Skip Loera, 3111 W. Ramona Rd., Alhambra 91303. (213) 570-9341.

APR 17: West Valley Masters. Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95031. (408) 354-2005.

APR 24 & 25: Mt. SAC Relays. Walnut. Hal Smith, 18750 Oxnard St., No. 404, Tarzana 91356. (213) 342-1174.

MAY 1: West Coast Masters Classic. Visalia, noon. Bob Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

MAY 8: Grandfather Games. L.A. Valley College, noon. George Ker, 11401 Topanga Canyon Rd., Chatsworth. (213) 882-8269.

MAY 15: Striders Relays. Site unknown. Ann Smith, 22736 Mulholland Dr., Woodland Hills 91364. (213) 348-6352.

MAY 22: Redlands Masters Meet. Univ. of Redlands. Buzz Wagner, 1522 Margarita Dr., Redlands 92373. (714) 793-2638.

MAY 29: Golden State Masters Meet. Porterville College, 4 pm. Allen Nelson, 181 Carmezita, Porterville 93257.

MAY 30: Herbert Hoover Relays. Stanford Univ., Palo Alto. Van Parish, 148 Hedge Rd., Menlo Park 94025. (415) 325-7275.

JUN 5: CDN Don Palmer Relays. Site unknown, 2 pm. Cynthia Jackson, 18103 S. Andmark Ave., Carson 90746. (213) 638-7125

JUN 12: Pacific Assoc. TAC Masters Championships. Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95031. (408) 354-2005.

JUN 19 & 20: Western Regional TAC Masters Championships. Site unknown.

JUN 26 & 27: Senior Olympics. Site unknown. Warren Blaney, 5670 Wilshire Blvd., Suite 300, Los Angeles 90036. (213) 938-5348.

JUL 10: SPA District TAC Masters Championships. Cal State Los Angeles. Gary Miller, 12137 Magnolia Blvd., North Hollywood. (213) 843-2139.

JUL 17 & 18: TFA National Masters Championships. UCLA. TFA/USA 10520 Ambassador Dr., Suite 302, Kansas City, MO 64153.

AUG 6-8: National TAC Masters Championships. Wichita, Kansas. Contact unknown.

AUG 12-15: Masters Sports Festival. Philadelphia, PA. Burt Lancaster, 6014 Chew, Philadelphia, PA 19138. (215) 438-1024.

AUG 28: Mineral King Masters Meet. Visalia, noon. Gary Campbell, 3125 W. Vassar, Visalia 93277.

SEPT 24-26: San Juan Masters International. Gilberto Gonzales-Julia, P.O. Box 11074, Caparra Heights Station, San Juan P.R. 0092. (809) 765-5702.

OCT 2: Santa Barbara Masters Meet. UCSB, 1 pm. Club West, P.O. Box K, Goleta 93107. (805) 687-6323.

DEC 11: Puerto Rico Masters Championships. Gilberto Gonzales-Julia, P.O. Box 11074, Caparra Heights Station, San Juan, P.R. 0092. (809) 765-5702.

FUTURE MEETS:

1983: National TAC Masters T&F Championships. September 16-17, Houston, Texas.

1983: 5th World Masters (Veterans) Games. September 23-30, San Juan, Puerto Rico.

SPOTLIGHT ON: Gary Campbell

By MARTY HIGGINBOTHAM

Gary Campbell, age 33, has asserted himself as a top submaster road racer. Campbell, who stands 5'10" and weighs 150 pounds, produced many life-time best marks this past year (1981) in Central California races. Born in Tulare, California on December 11, 1948, is now teaching in



Tulare at Tulare Western High School where he coached four years of track and three years of cross country and won eighty percent of his meets. He also coached

Renee Wyckoff, the state J.C. cross country champion in 1981.

Gary attended junior college at the College of the Sequoias and was coached by Joe Borba. He then attended Oklahoma State University and was coached by Tom Von Ruden. While still teaching in Tulare, Gary lives in Visalia and is a member of the Visalia Runners; he is currently club president. In 1981 he acted as President of the Central California Association of the Athletic Congress.

Campbell has shown significant improvement in the last year, improvement which earned him top honors in the 30-39 division in the Central Cal Association TAC ratings. He has won the submaster division of the TFA/USA Western Regional X-C Championships in both 1980 and 1981. In 1981 he ran almost a minute faster over the same course. In 1981 Gary recorded times of: 5 mile—25:45, 6 mile—30:54, 10k—32:06, 10 mile—53:36, 20k—1:07:30 and half marathon—1:12:08.

In 1981 he won the submaster title in the Natural Light Cal Classic, Fathers Day Run, TFA/USA Western Regional X-C, CCA/TAC 20k, Fresno Six Mile, Holiday 5k and was even first place overall at the Porterville Veterans Day 10k.

Gary's favorite events are the 15k to 13.1 miler. He likes competing once every two weeks and his competition strategy is to push the second half of the race. Campbell enjoys competing and wants to continue as long as he can. He participates in the sport because he says he enjoys running, competing, trying to improve and meeting people.

Campbell's improvement towards the end of last year (1981) was outstanding, as he recorded several life-time bests in a row. On November 7 he clocked 1:07:30 at the Central Cal 20k TAC Championships, then came back four days later with a 32:18 at the Porterville Veterans Day Run. November 28 he recorded a 30:54 six mile at the Fresno Road Race and on December 6 ran a 32:06 10k at the Hanford Jailbreak run. Campbell is really on the move.

Training Week:

60-90 miles per week

Sunday—14-18 miles

Monday—8-12 fast aerobic

Tuesday—6-10 easy

Wednesday—same as Monday

Thursday—6-10 easy

Friday—6-10 easy

Saturday—race or hard 10-12

4-5 morning runs of 4-6 miles when preparing for an important race

Sciatica & Other Similar Conditions

By STEVEN I. SUBOTNICK, D.P.M., M.S.

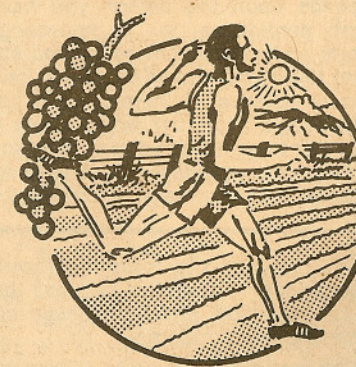
Sciatica is nerve pain coming from compression of the sciatic nerve. The sciatic nerve is a major nerve which supplies sensation and motor activity to the lower extremity. The sciatic nerve comes from the low back and has branches from different nerve roots in the lumbar and sacral area. These nerve roots can be compressed in the low back area itself or there may be compression of the sciatic nerve underneath the gluteal muscles, those muscles in the buttocks, or those muscles in the leg itself. Sciatica, traditionally, causes shooting pain extending from the back, underneath the buttocks, and down the inside of the leg to the inner aspect of the foot. There are specific tests which can be done to test for sciatica. When a patient comes to my office, I'll have them lie down and do a straight leg raise. If they can raise their leg to 90° and then bend the top of their foot toward the top of their leg without pain they, most likely, do not have sciatica. Patients with sciatica have trouble doing a straight leg raise beyond 45° to 60°. If there is some nerve like pain with the straight leg raise test and the doctor or examining person pushes the top of the foot toward the top of the leg, there is an increase in the nerve like pain. Sciatica seems to be aggravated by running downhill which has a tendency to accentuate the lumbar lordosis or sway back condition of the back. This may cause more compression on the sciatic nerve. If the sciatic nerve is being compressed



discrepancy and secondary sciatica and/or facet syndrome. Thus, you can see that something as simple as a heel lift may solve the problem. Sometimes, a temporary orthotic may give results which would indicate that a more permanent orthosis might be helpful. At times, a physical therapist, chiropractor, or orthopedist can help with the problem. At times, when there

Long Distance Running Schedule for the Valley CENTRAL CALIFORNIA LONG DISTANCE RUNNING HANDBOOK

1982



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lients come to my office, I'll have them lie down and do a straight leg raise. If they can raise their leg to 90° and then bend the top of their foot toward the top of their leg without pain they, most likely, do not have sciatica. Patients with sciatica have trouble doing a straight leg raise beyond 45° to 60°. If there is some nerve like pain with the straight leg raise test and the doctor or examining person pushes the top of the foot toward the top of the leg, there is an increase in the nerve like pain. Sciatica seems to be aggravated by running downhill which has a tendency to accentuate the lumbar lordosis or sway back condition of the back. This may cause more compression on the sciatic nerve. If the sciatic nerve is being compressed underneath the gluteal muscles, then running uphill or climbing stairs may cause increased pain.



There was an article in the medical literature some time ago about sciatica secondary to compression from fat wallets. Thus, you see that sitting on a fat wallet could put pressure on the gluteal muscles and, then, pressure on the sciatic nerve, causing sciatica type pain. There's also a syndrome called sciatic compression syndrome, which may occur in truck drivers or bus drivers or those who work sitting on the edge of a chair. A hard chair can put pressure on the gluteal muscles and, secondarily, on the sciatic nerve causing pain. Oftentimes, if this is the problem, sciatica can be relieved by simply using a soft pad on the chair or changing working habits.

Recent scientific literature suggested that some cases of sciatica may respond to Corticosteroid injections around the sciatic nerve. Likewise, periods of rest may be helpful, but rest is not always the answer.

There are a myriad of other problems which may be labeled as sciatica which, indeed, are not sciatica and may respond to simple treatments and allow the athlete to continue or resume running. Let me give you an example. Sometimes, there is low back pain associated with some radiating pain down the leg secondary to what is known as a facet syndrome. In this case, one vertebra is slipping on another vertebra to a very slight amount causing pain. There may, likewise, be some compression on a nerve root, causing the sciatica or shooting pain down the leg. This facet syndrome may respond dramatically to gentle low back manipulation. Sometimes, there is repeated abnormal strain on the low back secondary to biomechanical imbalances of the foot, leg, or back, itself, predisposing to the syndrome and/or some form of sciatica like pain: A limb length discrepancy may cause sciatica. One foot pronating more than the other may cause a functional limb length

discrepancy and secondary sciatica and/or facet syndrome. Thus, you can see that something as simple as a heel lift may solve the problem. Sometimes, a temporary orthotic may give results which would indicate that a more permanent orthosis might be helpful. At times, a physical therapist, chiropractor, or orthopedist can help with the problem. At times, when there is true sciatica, a neurologist is the proper physician to see; but the problem is—is the problem always sciatica?

I recently had a patient come to me who had been told that he had sciatica and stopped running for two years. Everytime he would begin running, after a one month layoff, there would be pain. The pain was on the outer aspect of the hip. When the patient came to me and I examined him, I told him that, in my experience, sciatica is in the inner aspect of the thigh and leg and not over the outer aspect of the hip. My examination confirmed my impression that the patient had a greater trochanteric bursitis. There was bursitis over the outer aspect of the femur, the hip bone. This had nothing to do with sciatica. The patient's pelvis was normal, his spine was normal, his deep tendon reflexes were normal, and all neurological tests of the lower extremity were normal. There was absolutely no evidence of sciatica or any reason that I could think of that any doctor would tell him that he had sciatica other than the fact that doctors have a tendency to tell any patient with leg pain that radiates that sciatica is present. Further examination revealed that this patient had a slight limb length discrepancy and, also, a foot imbalance. He was given soft temporary orthotics with an appropriate heel lift and all the pain in the hip disappeared. He was most grateful and wondered why he had been labeled an incurable sciatica patient. I, likewise, wondered.

I had a patient referred to me for low back pain which radiated which was secondary to a herniated disc. This patient did not respond to orthotics or low back exercises. This patient had a true low back problem with a herniated disc which was causing pressure on a nerve root. This patient eventually needed the services of an orthopedic surgeon and a neurosurgeon and responded quite well to low back surgery. On the

continued on next page...

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other hand, I've had patients who were scheduled for low back surgery who responded quite well to specific exercises and orthotics and never needed the surgery. As you can see, it can go both ways.

Low back pain and sciatica are problems that should not be messed around with. Every once in a while, there may be a tumor causing the pain or problem. Sometimes there may be a fracture of a portion of a vertebra. At times, there is true nerve compression which needs to be decompressed immediately and, at times, there are biomechanical abnormalities causing pain which will respond to relatively simple noninvasive treatment.

So, what should an athlete do when confronted with low back pain and/or sciatica? The first thing that I suggest he does is check his shoes to see if there is an uneven wear pattern. If there is, perhaps there is a biomechanical etiology or foot imbalance problem associated with the low back pain or sciatica. The next thing to do is specific low back exercises. Williams' exercises are most useful. These exercises include bent knee sit ups. Likewise, there is an exercise where the athlete lies on the ground with the knees flexed and makes the back as straight as possible. The hollow of the back should be straightened out. The athlete

might likewise, when driving a car, push the buttocks together and tighten the stomach muscles whenever he comes to a red light. Strengthening the belly muscles helps back problems. The abdomen is the front of the back. Strong abdominal muscles decrease lumbar lordosis. Lumbar lordosis may be associated with low back pain and/or sciatica. Oftentimes, a tight ilio-psoas muscle will be associated with low back pain. Stretching of the ilio-psoas muscles is accomplished by lying on your back with one leg straight while pulling the bent knee towards the tummy on the opposite side. Stretching the buttocks is also good for low back pain or forms of sciatica.

What would you do if all this doesn't work? Well that's a problem. There are many specialists you might consult. You could go anywhere from a sports orthopedist to a sports podiatrist to a sports neurologist or a sports chiropractor. It just depends upon the person you have the most confidence in. A knowledgeable sports podiatrist might be a good starting point to rule out simple causes of low back pain or sciatica. If there's not a positive response, a podiatrist would, most likely, refer you to an orthopedist or neurologist if he felt that a serious low back problem was present. If there was a biomechanical im-

slow comfortable pace without the pressure of running hard because the goal is for the whole group to remain comfortable and finish together.

Bob also had a question, "Does running in cold weather aggravate old injuries?" Answer: Yes. Soft tissue injuries such as a pulled muscle do better in warm weather. The warm weather increases the circulation and decreases the stiffness from unyielding scar tissue. Joint injuries also tend to cause discomfort or pain in colder weather. The joint fluid is similar to the lubricating fluid in a car. It takes heat to warm up the fluid so that it's viscosity is lowered. Arthritic runners are patients who do especially poor in cold weather due to the joint fluid being nonmobile.

I find that, in the winter, some of my patients with knee injuries such as chondralgia patella or runner's knee do much better when they utilize a wet suit with a patellar stabilizing band. This keeps their knee warm and stops their knee cap from

balance of the low back that needed specific exercise and manipulation and mobilization, then a physical therapist or chiropractor might be helpful.

So, there you have it. Sciatica and low back problems may be easy to treat, may be moderately difficult to treat, or may be very difficult to treat. Treatment may be as simple as a heel lift or a new pair of shoes. The treatment may include mobilization and manipulation. The treatment may include injection therapy. It may be necessary to have a myelogram and/or orthopedic or neurological surgical procedures carried out. It may be necessary to have a specific portion of the vertebra removed to relieve compression on the nerve or it may be necessary to have a disc removed from the back or a fusion of the back. These are complicated difficult decisions to make. Before you live with the diagnosis or label of sciatica, get a second opinion. Before you submit to any type of diagnostic test or surgical procedure, for sure, get a second opinion and don't give up hope. Some of the most complicated cases respond to simple measures and some of the most simple cases require the most sophisticated treatments.

Keep on running and the best of luck.

warm, simply remove one layer and place it in your pack.

Best of running.

Steven I. Subotnick, D.P.M., M.S.

National Masters X-C

November 21, Houston, Texas: Penn Mutual TAC National Masters 10K Cross Country Championships.

Men 40-44: 1. Kirk Randall (40) 34:10; 2. Herb Lorenz 34:15; 3. David Hambly (42) 34:43; 4. James Ewing (42) 34:53; 5. Dan Conway (42) 34:58. **45-49:** 1. Ray Hatton (49) 34:35; 2. Derek Maffey (47) 35:52; 3. Inu Cantu (47) 36:15; 4. Kent Guthrie (45) 36:25; 5. David Pitkethly (45) 36:44. **50-54:** 1. George Vernosky (51) 37:03; 2. Al Lawrence (51) 37:28; 3. Bill Stock (52) 39:00; 4. John Stowers (53) 40:00; 5. Tom Sturak (50) 40:01. **55-59:** 1. Cecil Brown (56) 44:23; 2. Ken Dur-



Classifieds

BACK ISSUES AVAILABLE — All issues of *California Track & Running News* are still available except issue number 36 (June, 1979). \$1.50 per issue. Specify which issue(s) by issue number or date. Please enclose payment with order. Send to: CT&RN, P.O. Box 6103, Fresno, CA 93703.

ROAD RUNNERS CLUB — Join the Road Runners Club of America. For individual or club membership application write: Jerry Kokesh, 1226 Orchard Village Lane, Manchester, MO 63011.

GRADUATE ASSISTANT — T&F for 82-83 academic year. B.A. required. Distance emphasis desired. Responsibilities include recruiting, coaching, admin. & teaching P.E. activities. Contact: Bill Webb, Track Coach, Cal State Univ., Northridge, Northridge, CA 91330. (213) 885-3205.

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QUESTIONS FOR THE DOCTOR

To Dr. Subotnick:

I have enjoyed and benefited from reading your column in the CT&R News. I liked especially the one "Are We Running Too Much?". You didn't mention the psychological aspect-why is it that so many of us runners are so compulsive, serious, solitary runners? I've been running 20 years and have only recently learned the pleasures of group running and races.

Question for a column: Does running in cold weather aggravate old injuries? I suspect so from my current sore knee. Even though I warmed up well before running, I neglected to wear long pants and got quite chilled on a recent 5 mile run. What is your experience with this?

Bob Jolly
Oakland, CA

I have enjoyed and benefited from reading your column in the CT&R News. I liked especially the one "Are We Running Too Much?". You didn't mention the psychological aspect-why is it that so many of us runners are so compulsive, serious, solitary runners? I've been running 20 years and have only recently learned the pleasures of group running and races.

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Bob Jolly
Oakland, CA

Response to Inquiry:

Bob Jolly asks about the psychological aspects of long distance runners. He wonders why so many of us runners are compulsive, serious, and solitary runners. COMMENTS:

Sheldon, from Boston, feels that there are three distinct personality types based upon body types. He describes the mesomorph as the muscular individual who fights back when challenged. He'll do anything to win. Endomorphs are overweight and tend to like groups. If you challenge an endomorph, he or she will seek the company and protection of a group. In order to get an endomorph to run a race, you have to have a bunch of people all together so that they can talk to each other, encourage each other, and complain to each other. Thus, misery loves company. Ectomorphs are lean and slender. They are natural runners. When they are challenged, they run and seek solitude. Most natural runners are ectomorphs and, thus, their personalities seek solitude. This isn't a hard and fast distinction inasmuch as I feel that people's personalities change as their bodies change.

I started off life as a mesomorph. I played football during my younger years in college and was a competitive skier. As I became a long distance runner, I lost a considerable amount of bulk and even mellowed out to a small extent. Mellowing also comes with age and experience. I now like to mix up my running. I like to run two or three times a week with one or two friends and spend the other days alone. Oftentimes, I'll bring a radio with me and listen to talk shows or the news or, at times, music. For those very long runs, one or two companions are greatly appreciated. What's really becoming fun is getting in with a good group at a marathon and staying with them the whole distance. Four or five people is an ideal size. You can joke and laugh and keep at a

Answer: Yes. Soft tissue injuries such as a pulled muscle do better in warm weather. The warm weather increases the circulation and decreases the stiffness from unyielding scar tissue. Joint injuries also tend to cause discomfort or pain in colder weather. The joint fluid is similar to the lubricating fluid in a car. It takes heat to warm up the fluid so that it's viscosity is lowered. Arthritic runners are patients who do especially poor in cold weather due to the joint fluid being nonmobile.

I find that, in the winter, some of my patients with knee injuries such as chondralgia patella or runner's knee do much better when they utilize a wet suit with a patellar stabilizing band. This keeps their knee warm and stops their knee cap from wobbling. I'm sure the warmth factor is a big plus. In California, the wind is also a factor. I usually run in a rain suit which blocks the wind and stores my heat to some extent yet breathes so that I don't sweat excessively. I use gloves in the winter and also wear a hat. A great deal of heat can be lost through your head and even your hands. If you're going on a long run, you can wear light layers of clothing and carry a light pack with you. If you clothing gets too

National Masters X-C

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Women: 40-44: 1. Judy Fox (41) 42:12; 2. Shirley Matson (41) 43:14; 3. Joan Ulyot (41) 44:13. **45-49:** 1. Linda Sipprelle (47) 42:33; 2. Dorothy Stock (49) 42:53; 3. Susan Redfield (45) 43:22. **50-54:** 1. Marion Irvine (52) 42:35. **55-59:** 1. Lida Askew (55) 58:06.

1982 TAC Long Distance Running National Championship Schedule

5k X-C	November 26	Meredith College Course, Raleigh, North Carolina. Bob Baxter, 800 Purdue St., Raleigh, NC 27609. (919) 876-5674.
5k RR	August 1	Washington Park, Denver, Colorado. Joseph Arrazola, 12336 E. Kentucky Ave., Aurora, CO 80012. (303) 343-8504.
10k X-C	November 14	Penn State Course, State College, Pennsylvania. Harry Groves, Track Coach, Penn State Univ., University Park, PA 16802. (814) 863-0237.
10k RR	April 25 or May 2	Prospect Park, Brooklyn, New York. Bob Fine, 77 Prospect Pl., Brooklyn, NY 11217. (212) 789-6622.
15k X-C	November 27	Balboa Park, San Diego, California. Ken Bernard, P.O. Box 80512, San Diego, CA 92138. (714) 488-3960.
15k RR	October 3	Washington, DC. Larry Noel, 105 Northway Dr., Greenbelt, MD 20770. (301) 474-9362.
20k RR	March 14	Kent, Washington. Bob Langenbach, 4261 S. 184th St., Seattle, WA 98188. (206) 433-8868.
25k RR	TBA	New Jersey or Pennsylvania. TBA
30k RR	September 19	Schenectady, New York. George Regan, 231 4th St., Troy, NY 12180. (518) 273-3722.
Marathon	June 6	Forest Grove, Oregon. Jill Merriman, 1229 NW 23rd St., Portland, OR 97210. (605) 648-4212.
50 mile	April 25	Yakima, Washington. Dick Goodman, P.O. Box 75, Selah, WA 98942. (509) 687-7163.
50k RR	TBA	Washington, DC area. TBA
1 Hour Run	September 1, 1981- August 31, 1982	Al Huff, 18127 First Ave., NW, Seattle, WA 98177. (206) 542-2930.

Bill Webb, Track Coach, Cal State Univ., Northridge, Northridge, CA 91330. (213) 885-3205.

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17th ANNUAL PHOENIX INVITATIONAL Women's Track & Field Meet: Saturday, March 27 and Sunday, March 28 at 8:00 am. Hoy Field, Phoenix College, Phoenix, AZ. To register contact Pat Linderman, 6513 East Oak Street, Scottsdale, AZ 85257. Entries will be taken through March 15, 1982.

COACHES CLINIC. February 12-13. Southwest Sportsmedicine. Tony Sandoval, 5635 Kircher NE, Albuquerque, NM 87109.

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Southern Calif. Striders

22736 Mulholland Dr., Woodland Hills 91364

The SCS placed second to the Culver City AC at the District 10K Cross Country Championships with George Cohan, Ed Field, Tom Sturak, Nelson Crader, F. McWaid and Byron C. Potts. Nelson Crader won the 40-Plus at the Jesse Owens 10K with a 35:46. George Cohan won the 40-Plus at the Crenshaw YMCA 5K with 16:40. Jim Murphy was first master at the Universal Studio 10K in 34:50. Jim also won the same division at the APA Griffith Park 10K in 36:15. At the Pierce College 5K Skip Witt won the 45-49 group with 17:20. Bruce Kostin won the 40-Plus Division at the YMCA Mazola 5K in 16:29.

Walt Atcheson, now 55 has been busy: He won his division at the Beaumont 10K, Arroyo Seco 5K, Claremont YMCA 5K, Verdugo Hills 10K, and was second in The Sun 10K.

The club was sorry to report that Red Doms and his wife, Billie, were seriously injured in an automobile accident shortly after the Strider Banquet. Red was in a cast for some time and Billie was in intensive care for a period. Both, we're happy to report, are convalescing well. Red is out of the cast and Billie is back home.

Visalia Runners

P.O. Box 3638, Visalia, CA 93278

Four club members competed in the California Ted Mile held in Stockton January 10. Leading the group was Gary Campbell with a 53:23, next was Isais Luna with a 56:18. Dave Calderon ran in the 57 minute range while Craig Newport clocked 58:50.

Craig Newport will host the "Fast Four Miler" on February 28 and Jesse Rodriguez will direct the "End of the Trail 15k" on March 7. The 15k event is the Central Cal TAC Association Championships. For more information or an entry blank on these two events contact: P.O. Box 3638, Visalia, CA 93278.

CLUB NEWS

By MARTY HIGGINBOTHAM

Clubs wishing to be in the "Club News" section of *California Track & Running News* should send monthly updates or a copy of their newsletter to: Club News Editor, Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. Also, clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.

High Sierra Track Club

112 Green Oaks, Visalia, CA 93277

The HSTC team of Juan Molina, Shawn Smallwood, Bob Lohse, Dave Perez and Virg Moreno raced to a ninth place finish at the Christmas Relays. Out of these fine runners only Juan Molina is over twenty years old.

On January 10, Shawn Smallwood clocked a very fast 50:56 at the California 10 Mile in Stockton.

Dave Bronzan will host two fine runs in the near future. The first is the Kaweah River Eight Miler—a beautiful run which takes place at the foot of the Sierra Nevada mountains. This run will take place April 4. On April 25 Bronzan will host the Reedley Ten Mile, which is also the Central Cal TAC Championship.

January 16 HSTC member Len Thornton directed the very successful High Sierra TC 5k and 10k at Woodward Park in Fresno.

The HSTC had three people place in the 1981 Final TAC Long Distance Rating System. Dave Bronzan was second in the 30-39 age group, Len Thornton was the winner of the 40 plus division, and Rick Zamariippa was fifth, also in the 40 plus division.

Seniors Track Club

1626 Wellington Pl., Westlake Village 91361

Northern Calif Seniors

109 Golden Hinde, San Rafael 94903

The club established a new tradition with the awarding of a perpetual trophy honoring the Club's Outstanding Athletes. The award for 1981 was presented to Marion Irvine and Josephine Kolda. Sister Marion set a new world record of 2:55 for age 52 in the Oakland Marathon, and Josie set world records earlier this year in the 100 and 200 meters.

1982 club officers were elected as follows: president, Gail Wetzork; vice-president, Peter Woodward; secretary-treasurer, Josephine Kolda; track and field chairman, Harry Koppel; LDR chairman, Luka Sekulich; LDR assistants, Lillian Woodward and Vernon Marshall; editor, Ruth Waters; publisher, Joan Don.

The club gets a coach: Mark Grubi, long established Bay Area track coach who has for some time, worked with Josephine Kolda, has offered to coach Nor Cal Seniors who would like to improve their running skills (and times). Mark coaches every afternoon at the UC-Berkeley track. All club members are welcome.

Diane Bromstead was the first masters woman at the ESL Runway 10K RRCA National Championships on October 24 with a PR of 45:07. Kathy Brieger and Annabel Marsh set American age records at the Challenge Cup 50 Mile Race on November 7. Kathy's record time for age 49 was 8:30:42. Annabel's record time for age 58 was 10:40. Joyce Hanna qualified for

Fresno Track Club

P.O. Box 6103, Fresno, CA 93703

Club member Elizabeth Jones will be directing the second annual Feminine Fitness sponsored Spring Fever Run on March 20 starting at Cedar Tree Village, Cedar and Herndon. A 1.5 mile run and 10k race gets underway with registration at 7:30 a.m. with the fun run starting at 8:50 a.m. and the 6.2 miler at 9:00 a.m.

Frank Delgado led FTCers at the Fourth Annual Avenue of the Olives Half and Marathon by winning the masters division in the 13.1 miler in a time of 1:18:40. Margie Timberlake set a personal record at 1:38:34 and Liz DeMonte placed second in the women's 50-59 with a 1:48:50. Ken Takeuchi ran the full marathon placing second in the 50-59 class with a 3:20:49.

Larry Lung finished second overall at the HSTC "Muck and Mire" Five Mile on January 9. The Corcoran coach clocked a 27:06 to pace fellow club members Steve Ward 27:55—4th overall, Al Lomeli 28:03—5th overall, Ron Brown 28:34—9th overall, Gordon Keller 29:05—13th overall, and Jim Lambe 29:29—14th overall.

Gary Gonzales and Jim Hartig took top honors at the Len Thornton directed High Sierra Track Club 5K and 10K race at Woodward Park on January 16. Gonzales won the 5k event with a fine 14:35. Mike Taylor was 5th overall with a 16:04 and Fresno City College Coach Bob Fries came in 10th overall in 17:03. Hartig won the 10k with a strong 30:23 as he continues his string of first overall wins throughout the San Joaquin Valley. Class winners included Curt Elia, 30-34—31:48; David Naranjo, tie—33:58; Bob Lindsey, 35-39—34:29; Frank Delgado, 45-49—35:43; Margie Timberlake 1st Woman 30-39—41:58.

At the January 23 Foggy 5K run at Mooney's Grove sponsored by the Visalia Runners, Al Lomeli was the top club runner placing 8th overall and third 30-34 with a time of 16:20.

The FTC had eight people place on the Central Cal TAC Long Distance Rating System. Jim Hartig, who had a very successful season, ended up winning the open men's division. His teammate, Al Lomeli, was fifth. In the submaster division FTC members captured third through fifth with Curt Elia (3rd), Larry Lung (4th) and Bill Woody (5th). In the men's forty plus, Frank Delgado and Fernie Montanez went second and third. For the FTC women, Liz DeMonte

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Craig Newport will host the "Fast Four Miler" on February 28 and Jesse Rodriguez will direct the "End of the Trail 15k" on March 7. The 15k event is the Central Cal TAC Association Championships. For more information or an entry blank on these two events contact: P.O. Box 3638, Visalia, CA 93278.

Las Vegas Track Club

4224 Claymont St., No. 3, Las Vegas, NV

February 7 is the date for the Las Vegas Marathon, starting time is 8:00 a.m.

On November 29 over 1500 runners raced down the Las Vegas strip in the Las Vegas Turkey Trot 10k. Las Vegas TC divisional winners included: 30-34 Ricardo Martinez 33:04, 35-39 Dennis Fridly 33:37, 40-44 Al Boka 38:03, 45-49 Lloyd Nietling 36:48, 50-54 Steve Kurr 39:18, and 25-29 Pier Culbreth 37:11 and Peggy White 56:58 in the 45-49 division.

Fourteen members of the LVTC ran the Fiesta Bowl 26.2 miler. Four club members came away with personal records—Dean Barrett 2:08:00 (1st wheelchair), Candace Cable 2:25:50, Paul Simmons 2:44:52, and Tim Powers 2:57:19. This annual run from Carefree to Scottsdale, Arizona, was won by John Brenneman of Santa Ana, California, in 2:17:47—his first marathon.

Bakersfield Track Club

P.O. Box 10371, Bakersfield, CA 93384

This is the month for the big Bakersfield Track Club Full and Half Marathon. The date is February 6 with starting time at 9:00 a.m. Both races will begin together. Both the half and full marathon are officially certified.

Several BTC members ran the Honolulu Marathon last December. Brenda Villanueva ran a 3:35, Verla Phillips had a 4:15 and Andrea MacDonald clocked 4:14. Also running in their first marathons were Leonard Villanueva, Susan James and O. Caporiela.

Championship. January 16 HSTC member Len Thornton directed the very successful High Sierra TC 5k and 10k at Woodward Park in Fresno.

The HSTC had three people place in the 1981 Final TAC Long Distance Rating System. Dave Bronzan was second in the 30-39 age group, Len Thornton was the winner of the 40 plus division, and Rick Zamarippa was fifth, also in the 40 plus division.

Seniors Track Club

1626 Wellington Pl., Westlake Village 91361

Note from December Board Meeting:

The Board discussed at length the prospects for the Club and its probable future significance to our present members and to the running community. After much soul-searching, the members of the Board agreed that declining interest on the part of the members made the outlook bleak. It then voted to disband the Club at the next Board meeting, February 2, 1982 and to equitably distribute its assets. A letter to the membership describing the Board's action and the underlying reasons was approved for mailing with the December Newsletter.

The Board also approved going ahead with the Awards Banquet with the hope that it would be an opportunity for a final successful get-together of our many fine friends.

Golden Gate Race Walkers

c/o Siitonen, 106 Sanchez, Apt. 17
San Francisco, CA 94114

The GGRW will hold a 5k memorial race walk on February 20. The race walk is in memory of Lynette Baeslauer who was a very popular masters age group GGRW member. The walk will take place in Golden Gate Park with proceeds from the event going to the San Francisco Zoomobile, which is a traveling exhibit of animals from the San Francisco Zoo which goes around to schools and playgrounds for children. Starting time for the event is 10:00 a.m. with a one mile walk for those not able to go the 5k distance.

This year the Golden Gate Race Walkers are in for a treat as the National TAC 25k Race Walking Championships will take place in Monterey. The date for this event is March 28.

Ruth Waters; publisher, Joan Don. The club gets a coach: Mark Grubi, long established Bay Area track coach who has for some time, worked with Josephine Kolda, has offered to coach Nor Cal Seniors who would like to improve their running skills (and times). Mark coaches every afternoon at the UC-Berkeley track. All club members are welcome.

Diane Bromstead was the first masters woman at the ESL Runway 10K RRCA National Championships on October 24 with a PR of 45:07. Kathy Brieger and Annabel Marsh set American age records at the Challenge Cup 50 Mile Race on November 7. Kathy's record time for age 49 was 8:30:42. Annabel's record time for age 58 was 10:40. Joyce Hanna qualified for Boston with a 3:28:01 at the Oakland Marathon. Marion Irvine won the the women's 40-Plus Division at the California 10 Mile in Stockton with 63:23.

Mary Norkin ran 13 marathons in 1981. Dick Collins has now run over 100 career marathons.

Club Exclusive

Culver City Athletic Club

4070 Minerva, Los Angeles, CA 90066

By MARTY HIGGINBOTHAM

The Culver City Athletic Club is a long distance running club which is based in the greater Los Angeles area. The club has competed in long distance running events since 1952. Club president is Wes Alderson and currently the club membership stands at about eighty members of various ages. The club likes to stress their companionship and friendliness along with its competitive spirit. For the past several years the strength has come from the masters division (40 plus) which is currently one of the best in the country. The club is always trying to build the women's team and improve the numbers in the open age groups.

In 1981 the Culver City Athletic Club had a very successful year, as in November they captured the National TAC 5k Cross Country Championships in San Diego. This is the clubs second national win in the last two years. "We feel we could win many more if we had the opportunity to race at more of the big national meets," says club president, Wes Alderson. In their local Southern Pacific Association the masters team was undefeated in championship events and not only winning the team titles but the individual championship also! The teams on-

45-49—35:43; Margie Timberlake 1st Woman 30-39—41:58.

At the January 23 Foggy 5K run at Mooney's Grove sponsored by the Visalia Runners, Al Lomeli was the top club runner placing 8th overall and third 30-34 with a time of 16:20.

The FTC had eight people place on the Central Cal TAC Long Distance Rating System. Jim Hartig, who had a very successful season, ended up winning the open men's division. His teammate, Al Lomeli, was fifth. In the submaster division FTC members captured third through fifth with Curt Elia (3rd), Larry Lung (4th) and Bill Woody (5th). In the men's forty plus, Frank Delgado and Fernie Montanez went second and third. For the FTC women, Liz DeMonte tied for third in the thirty plus category.

March 27 Frank Delgado will host the Roeding Park Six Mile, a very fine race! The run is also on the Central Cal TAC Rating System. For information or entry blank contact Frank Delgado, 1560 N. Durant Way, Fresno, CA 93728.

ly loss was at the Nike sponsored club championships held in San Diego when they lost to Mid-Pacific, a team from Hawaii. Alderson says the team has been further strengthened with the addition of 40 year old Frank Duarte. In Duarte's first race with the Culver City Athletic Club, he captured first in the National 5k Cross Country event, a mere three seconds ahead of teammate Skip Shaffer. At the National 5k X-C the Culver City AC took 1st, 2nd, 6th, 9th and 10th, without two of their top five runners.

At the club's annual Christmas party, Andre Tocco and Karen Nestande were named male and female runners of the year. Skip Shaffer and Bruce Robinson were also honored for their outstanding accomplishments of 1981. Shaffer won four district championships.

The club now has eight forty-plus age group members who are currently running under 34 minutes for the 10k. The leader in this fast group in Duarte who recently ran a sub 32 time. Other top members in the club include Bart Coventry, Gabriel Bernal, Jim Knerr, and Rich Belliveau; all won district races last year. Also on this list of top runners are Marv Rawley, Ray Hughes, Dick Pallies and Dave Holland.

The Culver City AC masters team is looking forward to another outstanding year for team competition in 1982. The club feels they are capable of running with any masters team in the country at any distance.

PREP NOTES

by Keith Conning

Northern and Central California and San Diego County send all results and stories to Keith Conning, CT&RN High School Editor, 2235 Browning Street, Berkeley, CA 94702.

Southern and Los Angeles Sections send results and stories to Doug Speck, 563 North Willow Grove Avenue, Glendora, CA 91740.

Photos should be sent to the main California Track & Running News Office: P.O. Box 6103, Fresno, CA 93703.

□ RENEE MARTIN

Mike Jones, the head track coach at the University of Utah in Salt Lake City, reports that Renee Martin out of Casa Roble High School in Orangevale made the All-Region 7 team (placing 7th) and placed 27th in the National Championships.

Jones' team won the Region 7 Championship, and the Division II National Cross Country Championships this year.

□ WILLIE WHITE

Willie White, builder of a succession of state championships boys and girls track teams and coach of a succession of individual event champions at Berkeley High, will become sprinter's coach under new head coach Marcel Hetu at Cal State Hayward.

White's boys teams have won 11 league and two state titles (1980-81) while his girls have won nine league titles and three state crowns (1974-76-81).

White will continue to coach at Berkeley High as his team works out in the morning before school.

A former Cal State assistant

□ ROB "HARV" ROBINSON

Ithaca, N.Y.—Sophomore Rob "Harv" Robinson of Berkeley has been named winner of the Most Valuable Award for the 1981 Cornell men's cross country team as a result of turning in the top Cornell time for four consecutive meets. Robinson was coached by Willie White, while at Berkeley High.

□ KEVIN WILLHITE

Running back Kevin Willhite from Cordova High School in Rancho Cordova heads a list of 64 players named to *Parade Magazine's* 19th annual High School All America football squad.

Willhite was selected as the nation's top prep football player by the magazine's board of college coaches, scouts and recruiters.

Willhite was called the best high school senior in the nation by far by a number of coaches. "He is quick, and he has all the moves to be a great college and pro running back," added Artie Gigantino, an assistant coach at Southern Cal.

"My goal right now is to make the Olympics and then play pro

□ HOWARD WILLMAN

Howard Willman, our Central Coast Section high school reporter, has become a Staff Writer at *Track & Field News*. Congratulations Howard!

□ MAURICE CRUMBY

Junior Maurice Crumby of Balboa High School in San Francisco jumped 7-0 at the All-Comers Meet in Berkeley on January 9.

□ SAN FRANCISCO GAMES

The San Francisco Games Olympic Development Meet will be held at the Cow Palace in Daly City on Friday, February 19, 1982.

The events scheduled for Friday in the high school division are: *WOMEN—30m dash, 40m low hurdles, 600m (4 laps), 1500m (10 laps), 1800m relay (4x450m or 3 laps), 3000m relay (4x750m or 5 laps), long jump, high jump, shot put. Total of 9 events—7 individual, 2 relays. MEN—30m dash, 40m high hurdles, 600m (4 laps), 1500m (10 laps), 1800m relay (4x450m or 3 laps), 3000m relay (4x750m or 5 laps), long jump, high jump, shot put, pole vault. Total of

□ HIGH SCHOOL MEETS

February 5 — Los Angeles Times, Inglewood

February 19 — Jack in the Box, San Diego

February 19-20 — San Francisco Games, Daly City

March 20 — Cordova Relays at Sacramento State

March 24 — Cordova & Oakland at Berkeley

April 2 — North Yosemite League Invitational at Fresno State

April 2-3 — Martin Luther King Games at Stanford

April 10 — Bruce Jenner Classic at San Jose City College

April 17 — Sun Devil Classic, San Diego

April 22-25 — Mt. SAC Relays at Mt. San Antonio College

May 8 — West Coast Relays at Lemoore



1981 All-California High School Cross Country Team

Selected by KEITH CONNING

It is very difficult to rank cross country runners in California, because there is so little competition between northern and southern runners. Another factor, which compounds the problem, is the difference among cross country courses. At least in track you can compare times for the same distance run on a flat surface.

Willie White, builder of a succession of state championships boys and girls track teams and coach of a succession of individual event champions at Berkeley High, will become sprinter's coach under new head coach Marcel Hetu at Cal State Hayward.

White's boys teams have won 11 league and two state titles (1980-81) while his girls have won nine league titles and three state crowns (1974-76-81).

White will continue to coach at Berkeley High as his team works out in the morning before school.

A former Cal State assistant, Hetu succeeds the retired Norm Guest in the part-time position. A former Pioneers aide, Hetu was the national coach in Saudi Arabia in 1979 and last year was associate director of the U.S. Track and Field Association.

Other aides will be Dr. Harmon Brown and Jim Santos.

cho Cordova heads a list of 64 players named to *Parade Magazine's* 19th annual High School All America football squad.

Willhite was selected as the nation's top prep football player by the magazine's board of college coaches, scouts and recruiters.

Willhite was called the best high school senior in the nation by far by a number of coaches. "He is quick, and he has all the moves to be a great college and pro running back," added Artie Gigantino, an assistant coach at Southern Cal.

"My goal right now is to make the Olympics and then play pro football," Willhite said. "But I also want to get a good education in college. I want to graduate."

Willhite is scheduled to make a campus visit to Berkeley, but Cal is not considered among Willhite's top three choices at the moment. Willhite has reportedly crossed USC off his list. His top three at the moment are Washington, Oregon and UCLA.

The San Francisco Games Olympic Development Meet will be held at the Cow Palace in Daly City on Friday, February 19, 1982.

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Most events on Friday are preliminaries for finals on Saturday. The high school men and women's 2-mile on Saturday evening are by invitation only.

The Olympic Development meet is an opportunity for a large number of athletes to participate at the Cow Palace.

MARK KENT

Mark Kent, the former Berkeley High and Cal Poly SLO sprinter, recently competed in an International Meet at Adelaide, Australia. He placed second in the 100 meters in 10.33 behind Mel Latany, who set an Australian all-comers record of 10.18. Kent also took second in the 200 meters with 21.45 to Dwayne Evans with 21.24.

Steve Scott won the two mile in 8:36.5. Willie Banks was second in the long jump at 25-1/2.

ATTENTION COACHES AND MEET DIRECTORS

Please send copies of your outdoor track schedules to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

I would like to compile a listing of all the major high school meets in California.

JUNIOR OLYMPIC RESULTS NEEDED

If you attended either the TAC Junior Olympics National Cross Country Championships or the AAU JO, would you kindly send a copy of those results to Keith Conning? I am interested in knowing how the high schoolers from California performed.

1981 All-California High School Cross Country Team

Selected by KEITH CONNING

It is very difficult to rank cross country runners in California, because there is so little competition between northern and southern runners. Another factor, which compounds the problem, is the difference among cross country courses. At least in track you can compare times for the same distance run on a flat surface.

In making these rankings I have given more weight to the races at the end of the season, since those races are more important.

I would like to thank Doug Speck for ranking the Southern Section athletes. I agreed with him except in the case of Vickie Cook and Tania Fischer. He had ranked Fischer first and Cook second. Mike Kennedy of the *Los Angeles Times* agreed with my rankings over the phone.

Under each athlete I have put their season record. The date of the competition is listed first followed by the athlete's place, the name of the invitational or meet, the race number or division, and the time. This information should be of interest to coaches who want to enter the invitationals with the hottest competition. As you can see the Mt. SAC meet is a very popular meet with these top runners.

#1 Boy: HAROLD KUPHALDT (Bella Vista, Fair Oaks)

Kuphaldt was undefeated until the Kinney Western Regional, when Jeff Holyfield (Crescenta Valley, La Crescenta) edged him by two seconds. However, Kuphaldt went on to place second in the Kinney National Championships defeating Holyfield by thirteen seconds. Holyfield is ranked ahead of junior Eric Reynolds (Camarillo), because of a 2-1 head-to-head record.

#2 Girl: VICKIE COOK (Alemany, Mission Hills)

Cook defeated junior Tania Fischer (Chaminade, Canoga Park) in six of seven races. Marilyn Davis (Miramonte, Orinda) was undefeated until the Kinney National Championships and grabs the number three spot.

Key to the abbreviations:

AAU	Amateur Athletic Union	PA	Pacific Association
AL	Athletic League	R	Race
CR	Course Record	S	Section or Small School Division
Ch	Championship	Sec.	Section
CV	Championship Varsity	SO	Sophomore Race
D	Division	SR	Senior Race
F/S	Frosh/Soph	SV	Second Varsity
H	Heat	TAC	The Athletics Congress
JO	Junior Olympics	TCR	Ties Course Record
JR	Junior Race	V	Valley
k	kilometers	14-17	age category
L	Large School Division	*	junior
m	miles	**	sophomore
NorCal	Northern California Championships	***	freshman
NT	no time		

4th Annual NYL Invitational Track Meet



**Fresno State Univ. Track
Friday, April 2 — 2:30 PM**

Track & field competition between the best high school athletes in California. Timing by Accutrack. For entry blanks and/or information, telephone 209-441-6286



Sponsored by Clovis High School and The Fresno Bee.



★
Girls First Team

1. Vickie Cook (Alemany, Mission Hills)

- 09/19 1) El Dorado R2 17:25 CR
- 10/03 1) Yucaipa D4 12:03
- 10/17 1) PalVerd R1 13:05 CR
- 10/24 1) Alemany D2 17:52
- 10/31 4) Mt. SAC R 45 18:22
- 11/06 1) SanFernVLeague 18:48
- 11/14 1) Prelims 2A R3 17:39
- 11/21 2) So. Sec. 2A 17:49
- 11/28 29) TAC Women 5K 16:53
- 12/05 3) Kinney Western 17:04
- 12/12 6) Kinney National 17:17

2. *Tania Fischer (Chaminade, Canoga Park)

- 09/12 1) Bishop Amat JR 10:54
- 10/03 1) Bell-Jeff D2 16:32
- 10/24 2) Alemany D2 18:00
- 10/31 5) Mt. SAC R45 18:29
- 11/06 2) SanFernVLeague 18:49
- 11/14 1) Prelms 2A R2 17:29 CR
- 11/21 1) So. Sec. 2A 17:31
- 11/28 38) TAC Women 5K 17:03
- 12/05 4) Kinney Western 17:04
- 12/12 7) Kinney National 17:21

3. Marilyn Davis (Miramonte, Orinda)

- 09/26 1) Concord 11:55
- 10/03 1) San Ramon L 9:39
- 10/12 1) Stanford 18:00.7
- 10/24 1) Castro Valley S 11:51
- 11/05 1) Foothill League 16:32
- 11/15 1) GreatBerkeleyRace 5K
- 11/28 1) TAC JR Wom. 5k 17:05
- 12/05 1) Kinney Western 16:54
- 12/12 14) Kinney National 17:34

- 11/07 1) Angelus League 17:22
- 11/14 3) Prelims 3A R3 18:17
- 11/21 2) So. Sec. 3A 18:20
- 12/05 7) Kinney Western 17:10
- 12/12 11) Kinney National 17:29

7. Lori Lopez (Sacred Heart, Los Angeles)

- 10/03 2) Bell-Jeff D2 17:36
- 10/25 1) Harbor ½ 19u 1:21:19
- 10/31 2) Mt. SAC R45 18:16
- 11/14 1) Prelims 1A R2 18:09
- 11/21 1) So. Sec. 1A 18:00
- 11/28 45) TAC Women 5k 17:12
- 12/05 8) Kinney Western 17:19
- 12/12 15) Kinney National 17:35

★
Girls Second Team

- 8. Jessica Spies (Livermore)**
- 09/26 12) Fresno Wom 5k 17:57
 - 10/10 24) Stanford W 5k 18:13
 - 11/01 4) PA-TAC W 5k 18:23
 - 12/5 9) Kinney Western 17:24

9. *Wendy Sihner (Miramonte, Orinda)

- 09/26 2) Concord 12:00
- 10/03 2) San Ramon L 9:57
- 10/12 6) Stanford 19:06.6
- 10/24 3) Castro Valley S 12:28
- 11/05 2) Foothill League 16:44
- 11/14 1) 2A 15:04.9
- 11/21 1) No. Coast Sec. 17:38.6
- 11/28 2) Nor Cal 17:12
- 12/05 10) Kinney Western 17:27

12. Shannon Stryker (Tustin)

- 09/19 3) Woodbridge DIII 19:09
- 09/26 7) Dana Hills D3 18:22
- 10/03 3) Yucaipa D1 13:01
- 10/17 3) Orange Co. DAA 19:26
- 10/31 1) Mt. SAC R52 19:02
- 11/07 2) Century League 17:23
- 11/14 1) Prelims 4A R2 18:30
- 11/21 6) So. Sec. 4A 18:35
- 12/05 12) Kinney Western 17:42

13. Robyn MacSwain (Terra Linda, San Rafael)

- 09/18 1) Stinson Bch 10:16
- 09/26 1) Oakland Large 10:21
- 10/03 1) Artichoke 13:19
- 10/12 3) Stanford 18:45.9
- 11/05 1) Marin Co. AL 18:27.2
- 11/14 1) 3A 18:36
- 11/21 2) No. Coast Sec. 17:53.3
- 11/28 21) Nor Cal 17:59
- 12/05 13) Kinney Western 17:42

14. Shelli Lachel (Monte Vista, Spring Valley)

- 09/26 1) South Bay D3 11:16
- 10/03 1) Point Loma D4
- 10/17 2) Palos Verdes R1 13:14
- 11/20 1) Prelims 3A H2 13:22
- 11/25 1) SanDieg Sec. 3A 13:24
- 12/05 14) Kinney Western 17:42

★
Girls Third Team

15. Lori Shanoff (Petaluma)

- 10/12 2) Stanford 18:24.5
- 10/18 1) YngHrt 10k 13-20 43:19
- 10/24 2) Castro Valley S 11:55
- 11/07 1) No. Bay League 19:13.6
- 11/14 3) 3A 19:01
- 11/21 5) No. Coast Sec. 16:59
- 11/28 1) Nor Cal 16:59
- 12/05 15) Kinney Western 17:46

16. Mara Lazdans (Fallbrook)

- 09/26 2) South Bay D3 11:39
- 10/03 1) Pt. Loma D3 16:17
- 10/31 1) Mt. SAC R37 18:37
- 11/ 1) Palomar League
- 11/20 2) Prelims 3A H2 13:39
- 11/25 2) SanDieg Sec. 3A 13:31
- 12/05 17) Kinney Western 17:52

17. *Nanette Garcia (San Jose)**

★
Boys First Team

1. Harold Kuphaldt (Bella Vista, Fair Oaks)

- 09/25 1) Cordova 14:59
- 10/03 1) Nevada Union 14:58 CR
- 10/12 1) Stanford 15:35.2
- 10/17 1) Rio Linda L 15:11
- 10/24 1) Soquel L 12:22
- 10/31 1) Mt. SAC R44 15:25.2
- 11/05 1) District I 15:01 CR
- 11/11 1) S-JS 15:12
- 11/28 1) Nor Cal 14:12
- 12/05 3) Kinney Western 14:45
- 12/12 2) Kinney National 14:55

2. Jeff Holyfield (Crescenta Valley, La Crescenta)

- 10/03 1) Kenny Staub 15:26
- 10/10 1) Righetti D1 15:16 CR
- 10/31 1) Mt. SAC R43 15:27
- 11/06 1) Pacific Leag. 14:48 CR
- 11/14 1) Prelims 4A H2 15:10
- 11/21 1) So. Sec. 4A 15:00
- 12/05 1) Kinney Western 14:43
- 12/12 13) Kinney National 15:08

3. *Eric Reynolds (Camarillo)

- 09/17 1) Newbury Pk 15:05 TCR
- 09/26 1) Royal 15:17
- 10/08 1) Thous Oaks 15:25 NCR
- 10/15 1) Camarillo 15:44 CR
- 10/23 1) Ventura Co. 15:09 CR
- 10/28 1) Royal 16:22 CR
- 11/06 1) Maramonte Leag 15:14
- 11/14 1) Prelims 4A R3 15:07
- 11/21 7) So. Sec. 4A 15:32
- 12/05 6) Kinney Western 14:55
- 12/12 3) Kinney National 14:58

4. Gary Lewis (Gunderson, San Jose)

- 10/03 3) Artichoke L 11:25
- 10/10 1) Crystal Springs 15:12
- 10/22 1) Center Meet SV 15:19
- 10/31 1) Postal 9:22.9
- 11/10 1) SantaTeresaLeag 14:27
- 11/18 1) Region III 15:10
- 11/24 2) CCS 15:16.63
- 11/28 2) Nor Cal 14:23
- 12/05 8) Kinney Western 15:03
- 12/12 10) Kinney National 15:06

5. Mike Parker (Tustin)

- 09/19 1) Woodbridge D3 15:36
- 09/26 3) Dana Hills D3 SR 15:01
- 10/03 4) Yucaipa D1 16:16

11. *Jim Frey (Yreka)

- 1) Northern League
- 11/07 2) Northern Sec. 15:18
- 11/28 4) Nor Cal 14:31
- 12/05 15) Kinney Western 15:11

12. *Grant Foster (Monta Vista, Cupertino)

- 09/26 1) Alum Rock Ch 11:30.9
- 10/03 5) Artichoke L 11:32
- 10/10 1) Aptos 12:25 CR
- 10/11 6) Brk-Morag 13.1m 76:54
- 10/15 1) Center Meet 15:31
- 10/18 3) Concord Classic 34:00
- 10/24 3) Soquel L 12:46
- 10/31 2) Postal 9:23.2
- 11/10 1) DeAnza League NT
- 11/19 1) Region II 15:09
- 11/24 1) Cent Cst Sec 15:15.02
- 11/28 10) Nor Cal 14:49
- 12/05 44) Kinney Western 15:38

13. Todd Hemingway (Santana, Santee)

- 09/26 2) Cor Del Mar D2 16:38
- 10/31 8) Mt. SAC R44 16:11
- 11/25 8) San Diego Sec. 16:08
- 12/05 17) Kinney Western 15:15

14. Sean Nugent (Culver City)

- 10/03 2) Kenny Staub D1 15:38
- 10/24 1) Alemany D2 15:38
- 10/31 2) Mt. SAC R44 15:40
- 11/ 1) Ocean League 14:39
- 11/14 1) Prelims 3A R3 15:24
- 11/21 1) So. Sec. 3A 15:25
- 12/05 18) Kinney Western 15:17

★
Boys Third Team

15. Brian Abshire (De Anza, Richmond)

- 10/24 1) Castro Valley S 15:57
- 11/04 1) Richmond Berk L 16:30
- 11/14 1) 4A 12:31.6
- 11/21 1) No. Coast Sec. 15:19.1
- 11/28 9) Nor Cal 14:49
- 12/05 34) Kinney Western 15:32

16. Tim Berry (Ygnacio Valley, Concord)

- 09/26 1) Concord 10:20.6
- 10/03 2) San Ramon Large 8:09
- 10/11 3) Delta Thon 10k 31:10
- 10/12 3) Stanford 15:52.7





VICKIE COOK



HAROLD KUPHALDT

4. Polly Plumer (University, Irvine)

- 10/31 6) Mt. SAC R 45 18:55
11/07 2) Sea View League 19:57
11/14 2) Prelims 4A R3 17:51
11/21 1) So. Sec. 4A 17:27 CR

5. Denise Ball (Newbury Park)

- 09/19 8) El Dorado SII 19:53
10/23 1) Ventura County 17:08
10/31 1) Mt. SAC R45 17:56
11/06 1) MaramonteLeag 18:09
11/14 1) Prelims 4A R1 17:57
11/21 2) So. Sec. 4A 17:57
11/28 10) TAC JR W 5k 18:07
12/05 6) Kinney Western 17:06
12/12 17) Kinney National 17:43

6. *Kathleen Ebner (Bishop Amat, La Puente)

- 10/03 1) Yucaipa D3 12:50
10/10 2) Montebello 11:25
10/17 1) San Gabriel 18:19
10/31 1) Mt. SAC R 39 18:58

10. Leslie White (Sonora, La Habra)

- 09/19 1) Woodbridge D2 19:27
09/26 2) Sonora D2 11:56.6
10/10 1) Montebello 11:21
10/17 3) Orange Co. D3A 19:09
10/31 2) Mt. SAC R 37 19:03
11/05 1) Freeway League 17:49
11/14 2) Prelims 3A R3 18:10
11/21 1) So. Sec. 3A 17:54
12/05 27) Kinney Western 18:13

11. **Teresa Barrios (University, Irvine)

- 09/26 1) Sonora D1 10:58.7
10/03 1) Costa Mesa D3 16:47
10/17 1) Orange Co. DA 18:10
10/31 3) Mt. SAC R45 18:18
11/07 1) Sea View League 19:56
11/14 1) Prelims 4A R3 17:43
11/21 3) So. Sec. 4A 18:03

- 10/18 1) Right Rk 13:20 45:19
10/24 2) Castro Valley S 11:55
11/07 1) No. Bay League 19:13.6
11/14 3) 3A 19:01
11/21 5) No. Coast Sec. 16:59
11/28 1) Nor Cal 16:59
12/05 15) Kinney Western 17:46

16. Mara Lazdans (Fallbrook)

- 09/26 2) South Bay D3 11:39
10/03 1) Pt. Loma D3 16:17
10/31 1) Mt. SAC R37 18:37
11/ 1) Palomar League
11/20 2) Prelims 3A H2 13:39
11/25 2) SanDieg Sec. 3A 13:31
12/05 17) Kinney Western 17:52

17. *Nanette Garcia (San Jose)**

- 4) Nor Cal Girls
4) Cal State Girls
11/28 2) TAC 12-13 4k 14:57
12/05 18) Kinney Western 17:54

18. **Joni Mooney (Vacaville)

- 10/10 1) Crystal Spr F/S 18:45
10/17 2) Rio Linda Large 18:06
11/05 1) District III 18:04
11/11 1) Sac-Joaquin 18:00
11/22 1) PA-TAC JO 15-16 17:27
11/28 3) Nor Cal 17:21
12/06 2) TAC JO Reg 13 19:54.9

19. *Laura Cattivera (Mira Costa, M.B.)**

- 09/19 5) Wdbrdge Div III 19:31
09/26 2) Dana Hills D2 18:05
10/12 7) Stanford 'A' 19:07.0
10/17 1) Palos Verdes R2 13:58
10/31 7) Mt. SAC R45 19:06
11/ 1) Ocean League 17:55
11/14 1) Prelims 3A R3 18:07
11/21 3) So. Sec. 3A 18:20
12/05 20) Kinney Western 17:59

20. *Therese Fisher (Los Gatos)**

- 4) Nor Cal Girls
11/28 3) TAC 12-13 4k 14:57
12/05 21) Kinney Western 17:59

21. **Liz McDowell (Del Oro, Loomis)

- 10/03 3) Nevada Union 18:52
10/17 4) Rio Linda Large 18:34
10/28 1) Sierra Foothill L 19:29
11/11 2) Sac-Joaq Sec. 18:09
11/28 4) Nor Cal 17:27

**4. Gary Lewis (Gunderson, San Jose)**

- 10/03 3) Artichoke L 11:25
10/10 1) Crystal Springs 15:12
10/22 1) Center Meet SV 15:19
10/31 1) Postal 9:22.9
11/10 1) SantaTeresaLeag 14:27
11/18 1) Region III 15:10
11/24 2) CCS 15:16.63
11/28 2) Nor Cal 14:23
12/05 8) Kinney Western 15:03
12/12 10) Kinney National 15:06

5. Mike Parker (Tustin)

- 09/19 1) Woodbridge D3 15:36
09/26 3) Dana Hills D3 SR 15:01
10/03 4) Yucaipa D1 16:16
10/10 2) Buena Park
10/17 1) Orange Co. DA 15:50.9
10/31 1) Mt. SAC R48 16:06
11/07 3) Century League 14:51
11/14 1) Prelims 4A R1 15:26
11/21 2) So. Sec. 4A 15:22
12/05 10) Kinney Western 15:05

6. Jose Vega (Chula Vista)

- 09/26 3) South Bay D1 16:29
10/31 5) Mt. SAC R44 15:50
11/20 2) SanDiegPre 1AH1 16:42
11/25 1) SanDiegSec 1A 15:50
12/05 11) Kinney Western 15:06

7. *Dan Ouelette (Mira Mesa, San Diego)

- 09/26 4) South Bay D3 16:31
10/03 2) Pt. Loma D4 13:40
10/31 1) Mt. SAC D3 R46 16:09
11/ 1) League
11/25 3) SanDiegSec 3A 15:48
12/05 12) Kinney Western 15:06

**Boys Second Team****8. Tom Grewe (Carpinteria)**

- 10/03 1) Kenny Staub D3 15:56
10/10 1) Righetti D3 15:41
10/24 1) Alemany D3 15:58
10/30 1) Mt. SAC R17 15:34
11/ 1) Tri Valley League 15:22
11/14 3) Prelims 1A R1 16:36
11/21 1) So. Sec. 1A 15:39
12/05 13) Kinney Western 15:10

9. Dave Ivy (Santana, Santee)

- 09/26 3) CorDelMar D2 16:38.4.
11/25 1) SanDiegSec 3A 15:43
12/05 14) Kinney Western 15:10

10. Don Merwin (Hayfork)

- 10/03 2) Nevada Union 15:44
11/01 1) AlmdBwl6m 14-17 31:16
11/07 1) Northern Sec. 15:09.9
11/28 3) Nor Cal 14:28
12/06 2) AAU JO 15:24.1

Boys Third Team**15. Brian Abshire (De Anza, Richmond)**

- 10/24 1) Castro Valley S 15:57
11/04 1) Richmond Berk L 16:30
11/14 1) 4A 12:31.6
11/21 1) No. Coast Sec. 15:19.1
11/28 9) Nor Cal 14:49
12/05 34) Kinney Western 15:32

16. Tim Berry (Ygnacio Valley, Concord)

- 09/26 1) Concord 10:20.6
10/03 2) San Ramon Large 8:09
10/11 3) Delta Thon 10k 31:10
10/12 3) Stanford 15:52.7
10/25 1) Crow Cyn Classic 32:07
11/06 1) Diably Vly AL 15:37
11/14 2) 4A 12:36.7
11/21 2) No. Coast Sec. 15:19.3
11/28 5) Nor Cal 14:33
12/05 46) Kinney Western 15:40

17. Jeff Franklin (Yreka)

- 1) Lassen
11/07 4) Northern Sec. 15:36
11/28 8) Nor Cal 14:47
12/05 19) Kinney Western 15:19

18. *Rod Curry (Christian Brothers, Sacramento)

- 10/10 4) Crys Springs CV 15:28
10/17 7) Rio Linda L 15:58
11/05 2) District III
11/11 5) Sac-Joaquin Sec. 15:35
11/28 20) Nor Cal 15:02
12/05 20) Kinney Western 15:19

19. *Jason Flamm (La Sierra, Carmichael)

- 10/17 1) Rio Linda S 15:49
11/11 7) Sac-Joaquin Sec 15:56
11/28 6) Nor Cal 14:40
12/05 21) Kinney Western 15:20

20. *Gustav Quinonez (Huntington Beach)

- 09/26 1) Cor Del Mar D2 16:16.2
10/04 1) Merc 10k 13-15 32:24
10/17 2) Orange Co. D4A 15:48.3
10/31 1) Mt. SAC R47 16:07
11/07 2) Sunset League 15:20
11/14 2) SoSecPrel 4AR2 15:29
11/21 1) So. Sec. 4A
11/28 4) TAC 14-15 5k 15:30
12/05 22) Kinney Western 15:21

21. **Jimmy Ortiz (Barstow)

- 09/19 1) El Dorado R3 15:27
09/26 1) Dana Hills D3 SO 15:06
10/03 1) Yucaipa D2 15:15
10/31 5) Mt. SAC R43 15:57
11/ 1) San Andr League 16:28
11/14 1) Prelims 2A R2 15:42
11/21 1) So. Sec. 2A 15:24
12/05 23) Kinney Western 15:23

LONG DISTANCE LOG

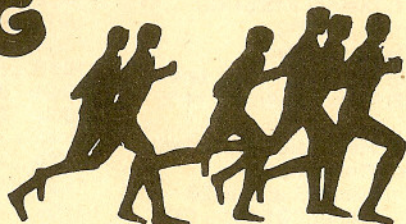


photo by Bill Leung, Jr.

NorCal Notes

By Jack Leydig

With this issue of CT&RN, we hope to initiate a newsy gossip column pertaining to long distance running in Northern California. We'll concentrate primarily on "open" (out of school) road running, including men and women, through the masters level. I'm not sure where we should draw the "line" for NorCal. When I was editor of *NorCal Running Review*, I pretty much considered NorCal to be the Pacific Association (TAC), including the Reno area of Western Nevada. Since I'm most familiar with that "territory", I support that is the logical way to continue, however, I feel that Central California may be left out in the cold...so perhaps we should include the area from around Fresno and go north to the Oregon border. What do you think?

In any case, for this column to be worthwhile, we need "newsy items" from YOU...the readers! Drop us a card or call (leave a message of any length on our tape recorder) if you have some news regarding people, events, etc. What do you think we should be covering? If we don't hear from

SoCal Notes

By Richard Lee Slotkin

Musings on the TAC X-C Nationals...I was supposed to have covered this in detail last month, but blew the deadline...nothing new for me.

Anyway, despite a rain-soaked course, which gave things a European look, it was an exciting event. Watching the senior men go by was like standing alongside the Santa Monica Freeway. Such speed! Absolutely awesome.

The senior women were just as impressive. The line-ups in both events really was a 'Who's Who' of U.S. distance running.

Adrian Royle seemed to come out of nowhere, but those of you in Northern California probably weren't so surprised. Winner of the Stanford Invitational, Royle wasn't a fluke. Not at all.

Funny, though, how no one seemed to know who he was and yet we were ready to believe he was Rod Dixon or Dick Quax.

At about 5 miles, I took a photo of him and Salazar in which he looked rather confident as he held a 2 yard lead over Salazar. Later, at the Lasse Viren 20K, which he also won, I asked him if he

Santa Barbara Half Marathon

From JOHN BRENNAND

October 18, Santa Barbara.

Boys 16 & under:

1 Eric Arndt(18)SantaBarb 1:17:29

Men 19-34:

1 Jim Masterson(27)Gardena 1:11:10
 2 Clyde Matsumura(21)StaMonica 1:11:39
 3 Jerry Drake(24)Azusa 1:11:52
 4 Gary Campbell(32)Visalia 1:12:09
 5 Bill Leung(31)San Pedro 1:17:52
 6 Francisco Garcia(25)LA 1:18:09
 7 Richard Kaufman(32)StaMonica 1:18:33

Men 35-39:

1 Marshall Matye(38)Sylmar 1:13:01
 2 Steve Close(38)Montecito 1:17:43
 3 Charles Elkins(37)ArroyGrande 1:18:22
 4 Doug Becker(36)Ojai 1:19:06

Men 40-44:

1 Jerry VanMeter(43)Van Nuys 1:20:14
 2 Gary Dinkins(42)Ojai 1:21:46
 3 Gary Schwager(40)SantaMonica 1:24:20

Men 45-49:

1 Richard Bartek(49)SantaBarb 1:19:00
 2 Richard Belliveau(45)Alhambra 1:21:28
 3 Harry Norton(47)Van Nuys 1:28:12

Men 50-59:

1 Ray Gil(57)Lompoc 1:25:20
 2 John Perkins(53)Lompoc 1:29:00

Men 60 & over:

1 Charles Seekins(65)Carpinteria 1:35:19

Girls 18u:

1 Barbara Barcellona(11)Nipomo 1:59:47

113 Robert Kroger(65)1-60 39:38
 135 Edwin Bishop(60)2-60 40:27
 211 James Badgett(53)2-50 42:44
 213 Robert Hardaway(54)3-50 42:48
 262 Ed Stotsenberg(67)3-60 44:01

WOMEN:

1 Debbie Bottomley(23) 38:51
 2 Darlene Roberts(32) 39:00
 3 Lisa Padilla(10) 41:01
 4 Connie Garbarini(24) 41:35
 5 Mary Conger(21) 42:04
 6 Cindy Hutchison(30) 42:19
 7 Kim Allen(15) 42:40
 8 Bonnie Robinson(41) 42:44
 9 Sherry Sullivan(25) 43:14
 10 Nancy Bryant(33) 43:30
 11 Susan Genthner(22) 43:33
 12 Maria Hak(22) 43:52
 13 Joyce Momita(44) 44:35
 14 Teri Drust(25) 44:44
 15 Marie Montanez(40) 44:45
 20 Missy Jennings(45)1 45-49 46:22
 30 Barbara Henon(45)2 45-49 47:35
 48 Daisy Wong(57)1-50 49:46
 108 Joan Jones(50)2-50 53:57
 162 Kathy Vento(51)3-50 58:22

Arthritis Foundation 10k

From END OF THE LINE RACE CONSULTANTS

November 7, Mission Bay 10k course, San Diego.

level. I'm not sure where we should draw the "line" for NorCal. When I was editor of *NorCal Running Review*, I pretty much considered NorCal to be the Pacific Association (TAC), including the Reno area of Western Nevada. Since I'm most familiar with that "territory", I support that is the logical way to continue, however, I feel that Central California may be left out in the cold...so perhaps we should include the area from around Fresno and go north to the Oregon border. What do you think?

In any case, for this column to be worthwhile, we need "news items" from YOU...the readers! Drop us a card or call (leave a message of any length on our tape recorder) if you have some news regarding people, events, etc. What do you think we should be covering? If we don't hear from you we certainly can't make things up!

Here goes. . . .

John Mansoor, head honcho of the Sacramento-based Capitol City Flyers, was recently elected new Men's LDR Chairman of the Pacific Association/TAC. He succeeds **Joe Oakes**, who served us for the last year (or more). John can be reached at 10513 Fair Oaks Blvd., Apt. J, Fair Oaks, CA 95628 (916) 966-6185. John not only has leadership ability, but also is a top runner, having clocked in the vicinity of 2:20 for the marathon distance. As most of you know, the "job" is on a volunteer basis and any help/support that we in the running community can lend him will be appreciated...so if you think you'd like to help the LDR Committee in one way or another, give John a jingle.

William (Bill) T. Mackey, II, one of the founding members of the West Valley Track Club and publishers of the *NorCal Running Review* during its first 5-6 years of existence, died of cancer at his San Jose home last summer. Inspired by his son, Billy, a track star for his high school, Mackey took up running at the age of 38 and returned to school, beginning classes at West Valley College. He then went out for the school's cross country team, and not only made the team, but went on to become one of Northern California's top masters runners in the late 60's. Without Bill's devotion to the printing of NCRR the publication would probably have never survived its early years, when it was distributed at no charge. The running community will sorely miss one of the pioneers of road running in Northern California. His accomplishments and contributions will not go unremembered.

Northern California runners did extremely well in the **Honolulu Marathon** in December. **Dr. Duncan Macdonald**, defending champ, was nipped by ex-Bay Area **Jon Anderson** (1973 Boston Marathon winner), 2:16:53 to 2:17:22. **Mike Pinocci**, who set a 2:14 PR at Boston in 1981, grabbed sixth place in a fine 2:20:54, while **Brian Maxwell** also finished high in the standings with his tenth place 2:24:21. **Eileen Claugus** dipped under 2:40 to grab runnerup spot for the women behind Patti Catalano's 2:33:34 with a fine 2:39:37.

event. Watching the senior men go like standing alongside the Santa Monica Freeway. Such speed! Absolutely awesome.

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Funny, though, how no one seemed to know who he was and yet we were ready to believe he was Rod Dixon or Dick Quax.

At about 5 miles, I took a photo of him and Salazar in which he looked rather confident as he held a 2 yard lead over Salazar. Later, at the Lasse Viren 20K, which he also won, I asked him if he knew at that point that he was going to win. He said, "I knew I'd win at 3 miles." How did he know? Well, he knew his times prior to Nationals were good; he was at the top of his form, and he could hear Salazar having a tough time breathing.

Confident? Sure is. Cocky? Possibly. An egotistical, lousy sport? No!

O.K. What about that "I kicked his butt!" remark? "Just runner's talk," he said. He was pretty high after the win and emotion got the best of him. He still stands by what he said about his coach, but Adrian Royle isn't really a bad guy. He respects Salazar and other runners. He's only 22 or 23 and, like a lot of us, can get carried away. It was a great, and convincing effort.

Almost lost in the commotion was USIU's **Jan Hagelbrand**. The young man from Sweden (isn't it?) was, you might say, well back in third place, but he was well ahead of **Thom Hunt**, **Steve Scott**, **Henry Rono** (somewhat out of shape), **Nick Rose**, **Herb Lindsay** and a whole flock of other household names. Impressive.

The course was about 300 yards short, which explains away some of the speedy clockings. Seems that a missed turn on one of the several loops resulted in the shortage. No matter. It was still a great spectacle.

Julie Brown is back. No doubt about it. She didn't have it easy. **Betty Springs** and **Joan Hansen** gave her her money's worth in the last half mile. Both were gaining after Brown had made the surge that put her out front, coming off the last uphill. Hansen, really put on a kick and had the course been 10 yards longer, the tiring Brown might have been nipped. The official results show her with the same time as Brown, 15:49, but Julie had her by at least a stride.

Depth in the senior women's field wasn't quite the same as the men's, but plenty of good names. Besides Brown, Springs and Hansen, there was **Jan Merrill** (4th), **Mary Decker** (5th)--and it's good to see her running well again, as it was to see **Marty Cooksey** (8th). In 29th and 38th places were a couple of kids who should have been in the junior women's race. Had they been, **Vickie Cook** and **Tania Fischer** (close friends, by the way) would have taken first and second. They did very well

6	Francisco Garcia(25)LA	1:18:09
7	Richard Kaufman(32)StaMonica	1:18:33
Men 35-39:		
1	Marshall Matye(38)Sylmar	1:13:01
2	Steve Close(38)Montecito	1:17:43
3	Charles Elkins(37)ArroyoGrande	1:18:22
4	Doug Becker(36)Ojai	1:19:06
Men 40-44:		
1	Jerry VanMeter(43)Van Nuys	1:20:14
2	Gary Dinkins(42)Ojai	1:21:46
3	Gary Schwager(40)SantaMonica	1:24:20
Men 45-49:		
1	Richard Bartek(49)SantaBarb	1:19:00
2	Richard Belliveau(45)Alhambra	1:21:28
3	Harry Norton(47)Van Nuys	1:28:12
Men 50-59:		
1	Ray Gil(57)Lompoc	1:25:20
2	John Perkins(53)Lompoc	1:29:00
Men 60 & over:		
1	Charles Seekins(65)Carpinteria	1:35:19
Girls 18u:		
1	Barbara Barcellona(11)Nipomo	1:59:47
Women 19-29:		
1	Kathleen Kinane(23)SantaBarb	1:24:39
2	Diane Killeen(25)SantaBarb	1:26:20
3	Leslie Schiller(29)Ventura	1:27:21
4	Nancy Jones(29)SantaMonica	1:31:35
5	Petra Kemper(25)SantaBarb	1:31:55
Women 30-39:		
1	Elaine Campo(30)SantaBarb	1:21:56
2	Sandra Marshall(33)Goleta	1:28:21
3	Kathy Martin(31)San Pedro	1:28:38
4	Nancy Elbaum(31)Glendale	1:36:00
5	Sheila Hasham(39)Alhambra	1:36:31
Women 40-49:		
1	Shirley Saunders(40)SantaBarb	1:39:30
2	Alma Paige(41)Ventura	1:43:55
Women 50-59:		
1	Evelyn Dabritz(51)Whittier	2:06:07
Women 60 & over:		
1	Grace Schweitzer(64)SantaBarb	2:24:41

10	Nancy Bryant(33)	43:30
11	Susan Genthner(22)	43:32
12	Maria Hak(22)	43:52
13	Joyce Morita(44)	44:35
14	Teri Drust(25)	44:44
15	Marie Montanez(40)	44:45
20	Missy Jennings(45)1 45-49	46:22
30	Barbara Henon(45)2 45-49	47:35
48	Daisy Wong(57)1-50	49:46
108	Joan Jones(50)2-50	53:57
162	Kathy Vento(51)3-50	58:22

Arthritis Foundation 10k

From END OF THE LINE RACE CONSULTANTS

November 7. Mission Bay 10k course, San Diego.

Men:	
1 Kris Lenzo	29:59
2 Joe League	30:50
3 Jeff Woodland	30:50
4 C. Aughes	30:54
5 Mike Oleata	31:43
6 Henry Chio	32:48
7 Mark Galeazzi	32:58
8 Gary Novak	33:01
9 Dan McCaskil	33:19
10 Brad Cox	33:22
11 V. Hernandez	33:29
12 Miguel Aguirre	33:32
13 Dan Powers	33:33
14 Randel McGirr	33:34
15 Jeff Wilson	33:50
16 Brian Igoe	34:04
17 Graeme Shirley	34:10
18 Joe Wesp	34:29
19 R. A. Siebern	34:30
20 John Montgomery	34:31
Women:	
1 Shirley Matson	38:29
2 Mary Burns	39:33
3 Patty Madrigal	39:36
4 Pat Haythorn	40:55
5 Karen Courter	41:05
6 Tiffany Gorman	41:36
7 Peggy Dare	42:07
8 Anne Johnson	42:10
9 Denise Widdlebrook	48:22
10 Nancy Courter	43:32
11 Ursula Rains	43:39
12 Sally Valdez	43:52
13 Catherine Guevarra	44:09
14 Rosemary Snow	44:53
15 Peggy Ives	45:04

Women 17u: 1 Patty Madrigal 39:35, 2 Karen Courter 40:53, 3 Tiffany Gorman 41:38.
Women 18-29: 1 Mary Burns 39:30, 2 Sally Valdez 43:52, 3 Peggy Ives 45:05. **Women 30-34:** 1 Pat Haythorn 41:00, 2 Peggy Dare 42:04, 3 Denise Middlebrook 43:19. **Women 35-39:** 1 Nancy Courter 43:32, 2 Mary Baker 48:11, 3 Joyce Copeland 49:03. **Women 40-44:** 1 Shirley Matson 38:28, 2 Ursula Rains 43:37, 3 Lee Durland 50:20. **Women 45-49:** 1 Ina Diener 51:03, 2 Barbara Locke 51:20, 3 Kathleen Sullivan 58:30. **Women 50 plus:** 1 Anne Johnson 42:06, 2 Alice Leicht 49:05, 3 Lucille Sonchioli 51:00.
Men 17u: 1 Scott Starkey 37:7, 2 Scott Miller 38:27, 3 Tim Atkinson 38:27. **Men 18-29:** 1 Joe League 30:50, 2 Jeff Woodland 30:50, 3 C. Hughes 31:30. **Men 30-34:** 1 Maurice Luque 34:49, 2 Dan Dierken 34:53, 3 Alex Aravijo 36:10. **Men 35-39:** 1 Gary Novak 33:01, 2 Brian Igoe 34:04, 3 Graeme Shirley 34:10. **Men 40-44:** 1 Dan McCaskil 33:03, 2 Conrad Hill 35:29, 3 Dave Hutchinson 36:35. **Men 45-49:** 1 Charles Fitzgerald 39:42, 2 Curtis Wilson 39:44. **Men 50 plus:** 1 Dick Rolunson 37:35, 2 Marsh Haradan 38:02, 3 Al Yanke 40:38.



LA Zoo 10K Run

November 7. Los Angeles.		
1 Paul Medvin(20)		30:26
2 Armando Cendejas(25)		30:40
3 Rich Govi(29)		31:05
4 Rudy Chavez(26)		31:14
5 Norman Steeg(20)		31:22
6 Ken Ernst(20)		31:32
7 Phil Ryan(37)		31:55
8 Enrique Serratos(30)		32:04
9 Irv Ray(29)		32:05
10 Marshall Matye(38)		32:15
11 Mark Covert(30)		32:24
12 Alex Miranda(21)		32:42
13 Peter Mogg(27)		32:52
14 Anton Gonzales(25)		32:56
15 Erik Winje(27)		33:17
16 Jim Minami(37)		33:24
17 Henry Lange, Jr.(32)		33:37
18 Julian Saavedra(19)		33:46
19 Roy Burleson(38)		33:49
20 Candelario Eguia(23)		34:01
21 Joel Abdu-Shakoor(30)		34:23
22 Michael Wittlin(30)		34:23
23 Michael Hayley(28)		34:28
24 Dan Stumpus(30)		34:30
25 Graeme Dacomb(26)		34:37
32 James Murphy(42)1-40		35:01
44 Richard Belliveau(45)1 45-49		35:54
45 Walt Windsor(49)2 45-49		36:02
48 Raymond Prizgintas(44)2 40-44		36:28
51 Tom Chaves(42)3 40-44		36:37
60 Eugene Black(47)3 45-49		37:21
93 Bob Gerlach(52)1-50		38:50

Steve Garvey Sports Classic 'Pepsi Challenge'

November 8. Woodland Hills. 10k.

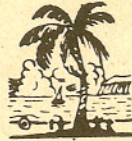
Notes by MIKE CHICKEY

- 3,400 starters
- Mile Splits: 1—4:35, 2—9:16, 3—13:46, 4—18:32, 5—23:54, 6,2—28:43.
- Dixon and Babaraki ran the first two miles together. Dixon sped the third mile and left Babaraki at about 2½ miles. Dixon was in complete control looking really smooth and relaxed all the way.
- His 28:43 was a 1981 record for the Pepsi Challenge Series.
- His Best 10k road time is 28:11.
- Rod is connected with Saucony and has designed his own running shoe for them.
- Dixon is 31 years old. Has 2 daughters (2 & 4 years old). His home is Auckland, New Zealand. He now lives in Reading, Pennsylvania.
- He recently set course records in the Philadelphia Half Marathon, the OMNI, Boston Freedom Trail, winning \$6,300. Course record in the Lynchburg 10 Miler beating Herb Lindsay by 40 seconds.
- He ran 28:12 (10k) a week after OMNI.
- His next race will be the Lasse Viren 20k in Malibu on December 30.
- Babiracki also said he will run the Viren race.
- Dixon said he will run the New York Marathon next year.
- Dixon is keeping his winnings in escrow. He draws his money from a trust fund for training expenses.
- Babaraki was not pleased with his 29:30 time. He offered Dixon a place to stay and train when he's in the area.
- Eino Romppanen said he was still having \$\$ problems with his Lasse Viren Invitational. He also said his wife, Christa, is running well; she ran 38:48. today. She is 42 years old. I believe she won her age group.
- Helen Dick, first woman over 50, ran around 41:00. She said she will be running in the Honolulu Marathon in December. Note: she's the record-holder in the marathon (55-59).

photo by Michael Chickey



Men 50-59:		
1 Pat Devine(52)	37:15	
2 Juan Carmona, Jr.(LA)54	38:42	
3 Stan Block(Chatsworth)50	39:53	
Women:		
1 Julie Brown(Santa Monica)25	32:32	
2 Beth Milewski(Mission Hills)33	36:17	
3 Michelle Hopper(Arcadia)26	36:18	
4 Tammy Babaraki(Saugus)21	36:48	
5 Laura Miller(Santa Monica)19	38:15	



Tahiti Marathon

By RICK MOLLENKOPF

November 8. Tahiti.

While the origin of the Polynesians and the contributions and influence of subsequent explorers to their homeland remain the subject of debated controversy among scholars a hearty band of Californians can be credited with bringing to sports-minded Polynesia an athletic event which was bartered for a treasure trove of awards and experiences. The expedition, which made the First Tahiti International Marathon a reality was conceived and organized through the exhaustive negotiations and planning with French and Tahitian government officials by two Northern California residents—Chuck Smith of Moraga, and Mike Clinkerberd of San Rafael. The result of six trips to the islands over a seven month period, the barriers of language, customs, foreign bureaucracy, and the Tahitian way of making vague appointments which are often forgotten, provided a myriad of obstacles in the introduction of the marathon to French Polynesia.

The marathon's premier on Sunday, November 8, provided a spectacular finale to the island's sports week as 147 runners from Tahiti and six other countries set out on the point to point course which paralleled Tahiti's Gold Coast, passed through downtown Papeete, and finished in the Olympic Stadium filled to near capacity with cheering locals. While Alan Lazare, a new Caledonian, the pre-race favorite, led the men from the 5 a.m. start, Mary Anne Buxton took the lead in the women's field and kept it. Within two hours after the predawn crack of the starter's pistol at the remote end of the tropical island, the temperature had reached the mid-eighties with 78 percent humidity. The course followed the narrow road separating the towering fern covered mountains from the white, sandy beaches, turquoise lagoons shaded by a tunnel of palms laden with coconuts in the magnificence of their unspoiled beauty.

A group of local Polynesians from neighboring islands, many in sandals and some barefooted, mingled with the Australians, Americans, French and New Zealanders, as the runners passed simple Tahitian homes, Chinese stores, and ancient temples where sacrifices were made ages ago, and where legends and chants were

Donald MacIntosh (20th place) of San Francisco were the first three foreign entrants.

Results:

Men		
1 Alain Lazare(New Caledonia)	2:32:3	
2 J. Louis Boundoure(Tahiti)	2:40:33	
3 Jean Desmond(Tahiti)	2:55:43	
4 Maurice Almido(Tahiti)	3:02:42	
5 F. Chavez(Tahiti)	3:06:03	
6 Mauricio Antorino(Tahiti)	3:06:57	
7 Rick Mollenkopf(San Anselmo)	3:08:24	
8 Austin Angell(SoLakeTahoe)	3:09:07	
9 Revien(Tahiti)	3:12:11	
10 J. Louis Bizeul(Tahiti)	3:12:35	
Women		
1 Mary Anne Buxton(Tiburon)	3:55:40	
2 Evelynne Martinez(Reno, NV)	3:56:26	
3 Norina Dale(Reno, NV)	5:18:37	

North Island 10k & 2 Mile

From END OF THE LINE RACE CONSULTANTS

November 8. San Diego.

Men 10k:		
1 Joe Manuel(16)	32:15	
2 Charles Spruel(29)	33:01	

3 John Geary(29)	33:58
4 Bill McGee(22)	34:24
5 Dave Robinson(35)	34:42
6 Dale Larabee(40)	35:19
7 Dan Oden(30)	35:50
8 Larry Grayson(27)	35:57
9 Antonio Glender(17)	36:41
10 Dennis O'Brien(32)	36:45

Women 10k:

1 Wanda Peterson(23)	40:19
2 Heather Murphy(38)	40:45
3 Judy Splitgerber(41)	42:48
4 Liz Hutson(31)	44:01
5 Patricia Bogart(28)	45:37
6 Ruth Ann Cooper(28)	46:09
7 Ann Pavel(18)	46:28
8 Faith Mahoney(26)	47:29
9 Eileen Graham(27)	47:44
10 Maureen De St. Croix(34)	47:54

Men 17u:

1 Joe Manuel(16)	32:15
2 Antonio McGlender(17)	36:40
3 Scott Copeland(12)	38:40
4 Barry Manuel(13)	39:20

Men 40-49:

1 Dale Larabee(40)	35:19
2 Michael Raggett(40)	38:40
3 Bill Outram(42)	40:50
4 Mike Muirhead(46)	41:00

Men 50 Plus:

1 Ron Clark(50)	38:58
2 Evan Parker(52)	40:18

3 G. Mallette(51)	42:20
4 Gordon W. Ininger(55)	44:35

Women 40-49:

1 Judy Splitgerber(41)	42:47
2 Bernadette Simms(45)	51:20
3 Dudley Lemon(49)	56:40

Women 50 plus:

1 Tensia Trejo(54)	49:54
--------------------	-------

Great Berkeley Run

From Keith Conning

November 15: Berkeley. Great Berkeley Race 5K.

Men 17 & Under:

1 Jim Bloomer (16) Kensington	16:09
2 Chris Pope (17) Livermore	16:24
3 Jim Akers (17) Livermore	16:42

Men 18-29:

1 Lloyd Johnson (24) San Francisco	15:41
2 Steve Shuman (19) Berkeley	15:44
3 David Bigelow (21) Kensington	15:52
4 Mark Piccillo (25) Berkeley	15:52
5 Larry Guinee (19) Hayward	16:07

Men 30-39:

1 Bobus Smithton (38) San Francisco	16:41
2 Bill Brusher (30) Oakland	16:51
3 Alan Taylor (30) San Francisco	16:58

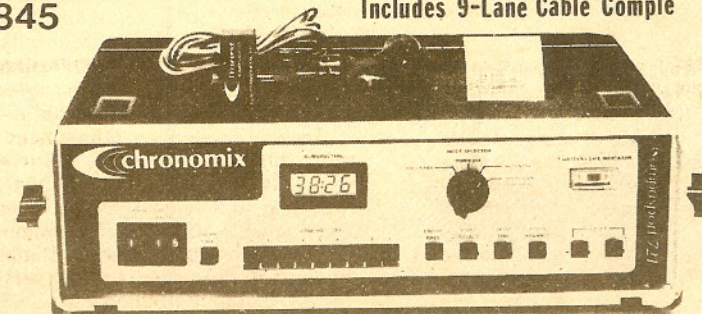
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**ROD DIXON (left)
and DAVE BABIRACKI**

- Julie Brown (1 mile split 5:10), first female (LA Naturite TC) 32:32 only 8 seconds off the U.S. record (32:24) set by Patti Catalano (recently lowered to 32:04 by Jan Merrill). She seemed a bit disappointed with missing the record but pleased with her time. I congratulated her on her NY Marathon race. She said, "I was too impatient, went out too hard in New York, still feeling a bit tired from the marathon."

- Pat Devine, 37:15, first male 50 plus. He's 53 years old. He said his PR is 36:19 (but he questions the course—may be short). He said his next race will be Culver City Marathon.

- The race was taped or filmed by a TV crew and will be on ESP Network Sports TV on Thanksgiving Day.

- The times were fouled up for women. Only Julie's time was accurate. Some sort of foul-up with the computer or something.

- Dixon also said he has been testing himself on the Cybex(?) machine to find out the specific areas that he's weak in. Then he works on that specific area with either weights or exercises. He said he does this test on a regular basis.

Results:

Men 19 & under:

1 Luis Torres(Pacoima)19	31:22
2 Eric Olafson(LaCanada)18	32:27
3 Danny Bustos(PanoramaCity)19	32:38

Men 20-29:

1 Dave Babaraki(Saugus)29	29:30
2 Tom Lux(San Diego)28	29:36
3 Bill McCullough(Ontario)28	29:38

Men 30-39:

1 Rod Dixon(Reading,PA)31	28:43
2 Bob Macias(Santa Monica)31	29:49
3 Ron Kurrle(Long Beach)33	31:05

Men 40-49:

1 Art Morter(Malibu)41	34:26
2 Ray Hughes(Mt. Baldy)42	34:49
3 Dick Ortiz(PanoramaCity)46	36:45

Papeete, and finished in the Olympic Stadium filled to near capacity with cheering locals. While Alan Lazare, a new Caledonian, the pre-race favorite, led the men from the 5 a.m. start, Mary Anne Buxton took the lead in the women's field and kept it. Within two hours after the predawn crack of the starter's pistol at the remote end of the tropical island, the temperature had reached the mid-eighties with 78 percent humidity. The course followed the narrow road separating the towering fern covered mountains from the white, sandy beaches, turquoise lagoons shaded by a tunnel of palms laden with coconuts in the magnificence of their unspoiled beauty.

A group of local Polynesians from neighboring islands, many in sandals and some barefooted, mingled with the Australians, Americans, French and New Zealanders, as the runners passed simple Tahitian homes, Chinese stores, and ancient temples where sacrifices were made ages ago and where legends and chants were handed down from one generation to the next.

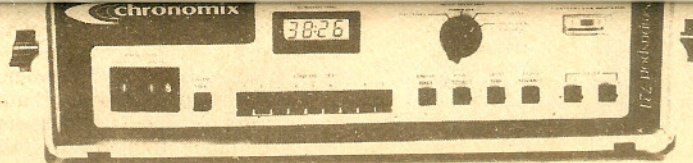
On the ocean side of the highway the majestic island of Moorea came into focus from a shadowy silhouette as the darkness disappeared with the rising sun. Lazare maintained a slim lead over a Tahitian, J. Louis Boudoure while Buxton, of Tiburon, California, maintained first place over the second and third place women, Evelyn Martinez and Norina Dale, both of Reno, Nevada. To the mountain side of the road the aid stations were as bountiful as the taro, banana, and coconut plantations with fresh pineapple, guava, papaya, and cantaloupe, as well as fresh juices, dried fruit, cold tea, and water.

Lazare took a substantial lead at 16 miles approaching the series of hills stretched between eighteen and twenty miles. Providing yet another formidable physical challenge, in addition to the heat and humidity, the three tiered ascent had justifiably received the nickname of "triple bypass" in following marathon tradition of relating such aspects of a course to the cardiovascular system.

Descending into Papeete, leaving the highway and entering the wide Boulevard Pomare, a solid line of polished worldwide yachts provided a sharp contrast to the rusty freighters, massive tankers, grey French Naval ships and the inter-island schooners discharging their copra cargo across the harbor. Bouganville Park, an oasis in the congested commercial district of low rise architecture, dotted with steeples, and thatch covered shell and necklace stands, separated the runners from the residence of the High Commissioner, appointed by France to represent the Republic and to administer the Territory, who held a lavish reception for the marathon entrants where goodly quantities of champagne, beer, hors d'oeuvres, and French pastries were provided.

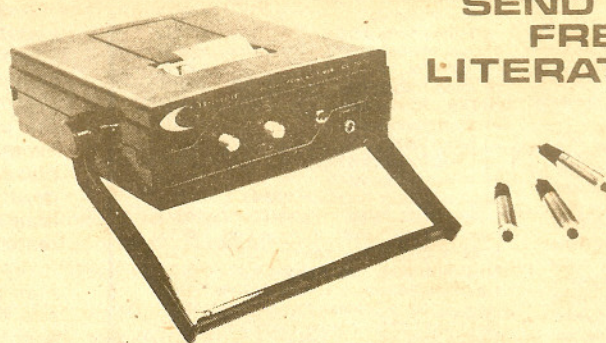
As Lazare made the final approach to the stadium full of brown Tahitians, clutching le Programme Officielle, the reviewing stand of government officials stoically reflected the pent-up emotions and anxious expectations of the crowd hoping for a victory by a Polynesian. Entering the east end of the stadium for the victory lap a frenzy of cheers and applause erupted for each runner, accentuated by Tahitian drums which would break out in a quick reverberating tempo.

California runners dominated the American effort in the international event as Mary Anne Buxton took the women's title with Marjorie Lawson of Sacramento capturing fourth place on her 57th birthday. Rick Mollenkopf (7th) of San Anselmo, Austin Angell (8th place), and



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CC721 Nine Lane Printing Timer (Top Photo)

Portable and battery operated, the Compusport 721 times to 1/100 second for split times, cross country, or time by lane. A built-in memory lets you read intermediate and lap times as well as totals. Features: LCD running time display and battery life indicator.

CC707 Economy Printing Timer (Middle Photo)

Prints place and time for an unlimited number of runners. Prints splits and gives total; also prints sequential and cumulative times. CC707 times to 1/10 second and operates on rechargeable batteries (charger included).

CC601 Run Time Clock (Bottom Photo)

This new Run Time Clock has 6" Day-Glo digits that can be seen up to 400' distant. Shows hours, minutes, seconds (or 1/100's in split mode). It operates 75 hours on an internal set of D-size batteries. An easy-to-use keyboard sets all functions and preset times.

JACK'S ATHLETIC SUPPLY

BOX 612 - SAN MATEO, CA 94401

Men 40-49:

1	Gene Gilligan (40) San Mateo	16:29
2	Richard Kofler (46) Berkeley	17:54
3	Michael Sosin (42) Berkeley	18:19

Men 50 Plus:

1	Bruce Riggs (51) Walnut Creek	18:27
2	Albert Macys (51) Monte Sereno	19:41
3	John Gregson (50) San Francisco	20:28

Women 17 & Under:

1	Missy More (16) Piedmont	18:07
2	Lori Hill (12) Fremont	18:48
3	Michelle Matais (17) Petaluma	19:29

Women 18-29:

1	Carole Johnson (21) Berkeley	19:03
2	Amy Nelson (19) Berkeley	21:31
3	Nancy Chiesa (28) San Francisco	21:50

Women 30-39:

1	Molly Thayer (38) San Francisco	20:46
2	Lucy DiBianca (38) Walnut Creek	21:50
3	Ruth Grimes (32) Berkeley	22:28

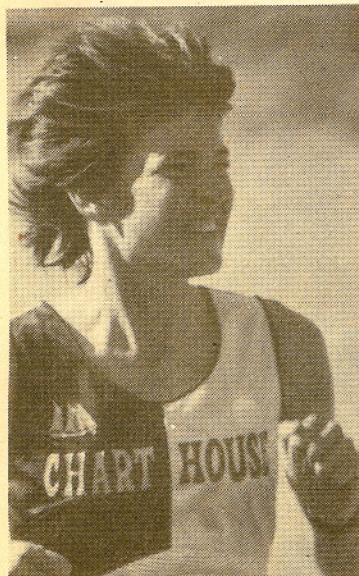
Women 40-49:

1	Sheila Swatzburg (41) Berkeley	22:16
2	Rosemary Kofler (43) Berkeley	22:26
3	Wynn Maney (40) Berkeley	22:30

Women 50 Plus:

1	Nina Gramowich (54) San Francisco	30:00
2	Phyllis Williams (53) San Francisco	30:10
3	Viola Kull (50) Fremont	34:20

photo by Richard Lee Slotkin



LAURIE DIERDORFF

Avon Half Marathon

By RICHARD LEE SLOTKIN

Tish Husak was making a move. At that time, she was in fourth place, but by eight miles she had taken the lead and at 8½ miles she had stretched it out to about 40 yards. Coming down a steep hill with plenty of momentum building up she looked as if she might break the race wide open right there.

It wasn't to be. Lind was now in second but Dierdorff had moved up to within a half step of her. Lind was a silver medalist as an Olympic rower and her sheer physical strength seemed to be paying off now. However, that also wasn't to be.

Just before the ten mile mark, Dierdorff put on a surge. When it was all over, she had left Lind behind and overtaken Husak. As they moved into the last mile, Dierdorff had about a 20 to 30 yard lead over a very tired-looking Husak. Husak, in turn, was about 60 yards ahead of a very strong-looking Lind. But no changes were made from there on in. Dierdorff couldn't open up any more ground on Husak and Lind couldn't make up any on her. That's how they finished.

Dierdorff won with a nice 1:21:13 and the all-paid-for trip to the Avon International Championships Marathon in San Francisco in June of this year. Husak was next with 1:21:32 and Lind took third in 1:22:11. It was 2½ minutes, quite a while by running standards, before anyone else came by, and that was 35-year old Virginia Tredway in 1:24:41, which isn't bad time either when you start getting in to the sub-masters.

Okay, so these aren't word class times. They are more than respectable. Anything below 85 minutes is moving right along. And what about the earliest leaders? Well, Terhune was 7th and Lopez eventually fell back to 9th. Their times of 1:26:45 and 1:27:24, respectively, were nothing to cry about either. Good enough to make the top ten, anyway.

Christa Romppanen was the first master, finishing in 1:28:32. The 42-year old Christa outlegged the well-known Sue Stricklin by just over a minute. Christa was 11th overall and Sue was 13th. And Helen Dick, who is 57 and has run a 3:08 marathon, was 22nd overall, first in her division as she usually is, and, as she usually does, put on fresh lipstick within moments after crossing the finish line in 1:33:12. Helen, it better have been Avon.

Results:

1	Lorrie Dierdorff(24)	1:21:13
2	Tish Husak(31)	1:21:32
3	Joan Lind(29)	1:22:11
4	Virginia Tredway(35)	1:24:41
5	Evelyn Tribole(22)	1:24:59
6	Jaynie Studenmund(27)	1:25:33
7	Barbara Terhune(38)	1:26:45
8	Maree Field(39)	1:27:03
9	Quita Lopez(24)	1:27:24
10	Susan Harmon(31)	1:27:30
11	Christa Romppanen(42)	1:28:32
12	Kathy Nunez(24)	1:28:46
13	Sue Stricklin(43)	1:29:44
14	Michle Soderberg(30)	1:31:26
15	Ann Nielsen(27)	1:31:45
16	Tammy Sargeant(24)	1:32:12
17	Judy Martin(45)	1:32:14
18	Kim Allen(15)	1:32:20
19	Diane Dixon(27)	1:32:27
20	Diane Stocklin(41)	1:32:41
21	Faye Heldoorn(44)	1:33:12
22	Helen Dick(57)	1:33:12
23	Christa Romppanen(42)	1:33:14

SoCal Notes, continued from page 18

anyway, considering they ran with the best in the country.

The letter from **Charlie Gray** which appeared in the December 1981 issue caused quite a bit of commotion around here. It was gratifying to receive the support and votes of confidence that so many of you offered.

However, let's not be too hard on Gray. For one thing, we had had a long talk before he sent his letter to me and he not only was quite civilized about the whole thing, but we even parted on rather friendly terms. He told me he had written a letter, but having talked to me, felt no need to send it in. I urged him to send it anyway, because a magazine can't establish any credibility if it publishes only favorable letters.

Well, I wasn't quite ready for what came in the mail. I gave my word though, and it appeared.

Then, the other day, I received the letter which follows. If any of you have any doubts as to the truthfulness or sincerity, let me point out one item. The original letter was in two parts. The first page was typewritten. The other side was handwritten. The second part was where most of the...shall we say 'steam'?...was. There's no question in my mind that this letter is the real Charlie Gray. Here it is.

Dear Richard,

I recently received a December copy of CT&R News and was somewhat surprised to find a letter in the 'Mailbag' section from a Charlie Gray, Los Angeles. I began reading the letter and I honestly admit that I wrote a letter that read exactly the same for the first 3 paragraphs. Those 3 paragraphs made up my complete letter. The remaining paragraph was not my writing. It is an addition written by a "friend", a former Santa Monica TC runner, who evidently "didn't have the guts to sign his letter." He evidently elected to let me collect the credit or "catch the hell" it caused.

Although I did move out to LA to train with the SMTC, I chose to remain an unattached runner. This was mainly due to my being "set in my ways," and not totally agreeing with Joe Douglas' training regimen for the area of running I enjoy. His training methods have worked very successfully for some runners, ie. Bill McCullough, Jerald Jones. I feel it is best for a runner to believe 100% in his workouts and the direction they will lead him. That is why I chose to "go it alone."

Another statement my "friend" wrote was about the West Coast being full of "track bums, unrealistically chasing rainbows." I can only think of one reason why he would say something like that; he never had the chance or ability to run with the likes of Dave Bab., Gary Tuttle, Jon Breneman, Steve Ortiz, Chuck Smead and George

agree 100% with your writing techniques, you are entitled to your opinions just as I am to mine. I hope that the next time our running paths cross, it can be over better situations.

Sincerely yours,

*Charlie Gray
Lee's Summit, MO*

P.S. Don't neglect your hillwork. The hillwork may finally get you under 40:00.

P.P.S. Richard, I decided that I would like you to print the letter so that the runners mentioned and others not mentioned get the whole story. Thanks!

This was supposed to be my Christmas list of presents to all my friends, and some who aren't, in the California running community. However, as usual I blew my deadline. So, still full of holiday spirit, I would like to take this opportunity to hope everyone had a happy holiday season.

And to those who are very special to me, for one reason or another, I wish the following:

- To photographer Bill Leung, a 1 millimeter fisheye lens for taking pictures of the pretty girls standing behind him.
- To Laurie Binder, a Max Escher designed one-loop marathon course. It will be all downhill.
- For Thom Lacie, a win on an all uphill course. (Try Mt. Baldy, Thom.)
- To Bill Rodgers, one more shot at the Olympics.
- For Al Franken, may there be another great Jack-in-the-Box mile. And how about a cool drizzle for the Will Rogers 10k?
- A time machine for the IOC to bring them up to the 20th century. And for the Athletics Congress, a seat on the time machine right next to the IOC.
- For George Cohen, two consecutive wins over Ernie Billups.
- And to Florianne Harp, a scratch win at the Dipsea.
- To the rest of the crowd at the Dipsea, an elevator.
- To Dennis Caldwell, a new measuring wheel.
- For Ben Tucker, one more shot at a 2:29:59. Make that a 2:29 flat.
- To Hank Ehrlich, a wealthy sponsor who doesn't like the name 'Striders.'
- And to Hilliard Sumner, a wealthy sponsor who does.
- To Adrian Royle, a good PR man.
- For the NCAA, a free ticket to ride the time machine with TAC and IOC.
- For Judy Kewley, a rear view mirror.
- To Eino, a sponsor.
- To Kathy Mintie, 5 pounds of body weight or a season without injury, whichever comes first. (Probably the two will go together.)
- To Helen Dick, a lifetime supply of lipstick. Check with Avon on this, Helen.
- To Steve Broten, a lifetime supply of beer.
- For Joe Klass, a recording contract.
- For Santa Monica College, an all-weather track, and I do mean AMEN!
- For Tommy Smith, relief from Excedrin headaches 87 through 108, otherwise known as Jeff Shaver, Robert Gaines, David Smithy, Paul Farina, et. al. AND their never-ending string of successors.
- To Jeff Shaver, a faster father.
- To Kirk Pfeffer, see Adrian Royle.
- For Scott Thomason, a special week consisting of 12 days and useable in the first week of July.
- To the San Francisco Marathon, two more Scott Thomasons.
- And for Bob Coeper, a good leg and hot line to his Southern



Laurie Dierdorff

Avon Half Marathon

By RICHARD LEE SLOTKIN

November 15. Pasadena.

Los Angeles women! What's the matter with you? In these days of inflation, when some races are charging as much as \$10 for the entry fee, and for which you get nothing but a T-shirt, Avon comes along and gives you the biggest bargain in town. You get not only a T-shirt, but racing singlet and several items of Avon's cosmetics and toiletries line. Besides that, as you cross the finish line, you are greeted with a hearty "Congratulations!", and if needed, carried through the finish chute, and an attractive and quite solid medallion is promptly placed around your neck. Then, there is a buffet table loaded with breads, buns, fruits, cheese and fruit drinks.

And, on top of all that—a trip to the international marathon, this year in San Francisco; awards for each age group; plus overall awards. The overall winners do not receive age group awards so the wealth can be spread among more of the runners.

Yet, this race, which is part of Avon's international circuit for women only, doesn't draw worth beans here. Only 500, probably not even that, came out to the Rose Bowl to run and get their hands on some of the loot. You can't blame it on the 13 mile distance because L'eggs and Bonne Bell have about the same luck with their shorter distance 10,000 meter runs. And, can you dig this? The Los Angeles area leads the nation in female participation in the open races. In most of the country, women are only 10% of the crowd. In LA, they are 25%. Figure that one out.

One thing that hurt this event was that it came too close to the national cross country championships and there was not the usual top talent up in the front of the pack. They were saving themselves for TAC's big one. While doing so they, unfortunately, ignored Avon's not-so-little one.

Still, what was missing in top talent was more than made up for in the competition for first place. Last year, Kathy Mintie of UCLA ran off and blew the field to bits as she ran the second fastest ever U.S. women's half marathon, and the very fastest in a women-only race. In her wake, was a string of wide-eyed world and national class runners.

This year, no one ran off and hid. San Fernando Valley Track Club's Barbara Terhune took off fast and grabbed the early lead, but she didn't hold it for long. One of her many teammates in the race, Quita Lopez, moved up to the front after about a quarter mile and held it through the first mile, which she covered in 5:47. She was followed by Lorrie Dierdorff and Joan Lind. By a mile and a half, Lind had taken the lead and Dierdorff was second with Lopez fading. By six miles, Lind was nursing a 25 yard lead over Dierdorff, but

1	Lorrie Dierdorff(24)	1:21:13
2	Tish Husak(31)	1:21:32
3	Joan Lind(29)	1:22:11
4	Virginia Tredway(35)	1:24:41
5	Evelyn Tribble(22)	1:24:59
6	Jaynie Studenmund(27)	1:25:33
7	Barbara Terhune(38)	1:26:45
8	Maree Field(39)	1:27:03
9	Quita Lopez(24)	1:27:24
10	Susan Harmon(31)	1:27:30
11	Christa Romppanen(42)	1:28:32
12	Kathy Nunez(24)	1:28:46
13	Sue Stricklin(43)	1:29:44
14	Michle Soderberg(30)	1:31:26
15	Ann Nielsen(27)	1:31:45
16	Tammy Sargeant(24)	1:32:12
17	Judy Martin(45)	1:32:14
18	Kim Allen(15)	1:32:20
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21	Faye Heldoorn(44)	1:33:12
22	Helen Dick(57)	1:33:12
23	Chris Trevarthen(39)	1:33:24
24	Wilma Maddock(47)	1:33:26
60 plus: 1 Gerry Davidson 1:52:43, 2 Priscilla Libby 2:15:03. 50-59: 1 Helen Dick 1:33:12, 2 Nicki Hobson 1:38:07, 3 Diane Fritz 1:46:12. 40-49: 1 Christa Romppanen 1:28:32, 2 Sue Stricklin 1:29:44, 3 Judy Martin 1:32:14. 30-39: 1 Michele Soderberg 1:31:26, 2 Chris Trevarthen 1:33:24, 3 Deborah Flynn 1:33:50. 17u: 1 Kim Allen 1:32:20, 2 Misty Yoshikawa 1:44:04, 3 Gabrielle Kingsley 1:49:48.		

Sage Brush Ramble

From END OF THE LINE RACE CONSULTANTS

November 15. Miramar College.

10k:

Men—

1	David Jackson	32:36
2	Bob Miller	33:19
3	Ron Adams	33:28
4	Dick Jensen	34:25
5	Les Christian	34:57
6	Steve Schamacher	35:02
7	Larry Grayson	35:39
8	Dennis Smith	36:47
9	Gary Suttiff	37:11
10	Mike Sexton	37:47

Women—

1	Patti Hurl	37:24
2	Sue O'Hara	40:26
3	Cindy Hutchison	42:57
4	Judy Splitgerber	43:27
5	Barbara Novan	44:58
6	Noreen Cicchetto	46:06
7	Sharon Greiner	46:33
8	Billie Lurz	47:06
9	Gloria Brancaccio	47:15
10	Rosie Fermil	47:49

Men 17u: 1 Truong Dink 39:45, 2 Dan Nesbitt 43:20, 3 Andy Heacock 44:50. **Men 18-29:** 1 David Jackson 32:36, 2 Bob Miller 33:19, 3 Ron Adams 33:28. **Men 30-39:** 1 Dick Jensen 34:25, 2 Les Christian 34:57, 3 Dennis Smith 35:40. **Men 40-49:** 1 Bob Henley 38:20, 2 W. Fullerton 44:30, 3 D. D. Ritchie 44:58. **Men 50 plus:** 1 John Green 40:01, 2 Evan Parker 40:48, 3 James Landis 47:30.

(Women's Division times illegible)

Women 17u: 1 Cheryl Culp, 2 Sonya Chrisman. **Women 18-29:** 1 Rosie Fermil, 2 Ann Espinoza, 3 Jenny Loftin. **Women 30-39:** 1 Patti Hurl, 2 Sue O'Hara, 3 Cindy Hutchison. **Women 40-49:** 1 Judy Splitgerber, 2 Alice Leicht, 3 D. Tubelles. **Women 50 plus:** 1 Stella Lawson.

me collect the credit of "catch the hell" it caused. Although I did move out to LA to train with the SMTC, I chose to remain an unattached runner. This was mainly due to my being "set in my ways," and not totally agreeing with Joe Douglas' training regimen for the area of running I enjoy. His training methods have worked very successfully for some runners, ie. Bill McCullough, Jerald Jones. I feel it is best for a runner to believe 100% in his workouts and the direction they will lead him. That is why I chose to "go it alone."

Another statement my "friend" wrote was about the West Coast being full of "track bums, unrealistically chasing rainbows." I can only think of one reason why he would say something like that; he never had the chance or ability to run with the likes of Dave Bab., Gary Tuttle, Jon Breneman, Steve Ortiz, Chuck Smead and George Mason. If he had gotten into a couple of "knock-down, drag out, run each other into the ground" road races, he probably would have a little more respect for those "track bums."

Although I enjoy training in Kansas City better than LA, I will always remember the good friends and experiences I gained by moving out there. I guess the saying "different strokes for different folks" applies perfectly in this situation.

I don't expect you to print this letter in Mailbag. I only hope that the true friends I made out in LA realize that I am not responsible for the second half of the letter. I never sent the letter in because of the talk you and I had at Palisades Park the week before I moved. I was pleased to "clear the air" with you. Although I didn't and still don't

- To Adrian Royle, a good PR man.
- For the NCAA, a free ticket to ride the time machine with TAC and IOC.
- For Judy Kewley, a rear view mirror.
- To Eino, a sponsor.
- To Kathy Mintie, 5 pounds of body weight or a season without injury, whichever comes first. (Probably the two will go together.)
- To Helen Dick, a lifetime supply of lipstick. Check with Avon on this, Helen.
- To Steve Broten, a lifetime supply of beer.
- For Joe Kiass, a recording contract.
- For Santa Monica College, an all-weather track, and I do mean AMEN!
- For Tommy Smith, relief from Excedrin headaches 87 through 108, otherwise known as Jeff Shaver, Robert Gaines, David Smithy, Paul Farina, et. al. AND their never-ending string of successors.
- To Jeff Shaver, a faster father.
- To Kirk Pfeffer, see Adrian Royle.
- For Scott Thomason, a special week consisting of 12 days and useable in the first week of July.
- To the San Francisco Marathon, two more Scott Thomasons.
- And for Bob Cooper, a good leg and hot line to his Southern California correspondent.
- For Tom Bryant, a good knee and a key for Broten's refrigerator.
- May Terry Hom be blessed with 1000 shares of stock in Haagen-Dazs.
- To Tom Sturak, well...what can I give to the man who has everything?
- To Jacqueline Hansen, one more good Boston.
- To the Southern California Road Runners and the TRW Running Club, plenty more PR's.
- To Laszlo Tabori, a good knee and a 2:07 marathoner.
- To Joe Douglas, a good heel and a 2:06:59 marathoner.
- To the Culver City Marathon, a new course that goes through Fox Hills and a flock of sub-2:12 marathoners to run it.
- For the Brentwood 10k, 5 more years of Valerie Johnson. It needs her!
- For the Beverly Hills 10k, sterling silver race numbers. Why not?
- For the Century City 10k, a stereo recording of the Mussorgsky-Ravel "Great Gate of Kiev." (A nice change of pace from the Theme from Star Wars.)
- And, to everyone that I missed, may you find an all downhill course on a rainy day, preferably one which is 500 yards short, and with no one else in your age group!!

ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event _____ Location of Event _____

Name of Event _____

Type of Event: long distance run track meet cross country other _____

Starting Time _____ Distance if a running event _____

Other Important Info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 612, San Mateo, CA 94401

Revitalization Run

From End of the Line Race Consultants

November 21: Mission Bay Park, San Diego. Run for Revitalization 10K.

Overall Men:

1 Rich Goui	31:44
2 Brian Lucas	32:26
3 Fred Snyder	32:44
4 Brad Pomeroy	32:53
5 Gary Novak	32:54
6 Randel McGirr	33:03
7 Michael Martin	33:23
8 Robert Franks	33:41
9 Greg Hernandez	33:46
10 Greg Pecchia	33:50
11 Russ Webster	33:56
12 Roy Koehin	33:59
13 John Montgomery	33:59
14 Gary Peterson	34:16
15 David Wold	34:23
16 Dave Robinson	34:29
17 Mike Franco	34:32
18 John Collias	34:48
19 John Metz	34:51
20 Dan Oden	35:00

MEN: Burt Repine (12) 41:23; 2. Bobby Feeney (11) 42:50; 3. Tommy Feeney (12) 44:10. 13-17: 1. Eric Sachrison (15) 38:15; 2. Andrew Smith (17) 38:38; 3. Dinh Troung (15) 38:39. 30-34: 1. Gary Peterson (30) 34:16; 2. Dan Oden (30) 34:58; 3. Alex Araujo (31) 35:42. 35-39: 1. Gary Novak (38) 32:56; 2. Russ Webster (35) 33:56; 3. Roy Koehn (38) 33:57. 40-44: 1. Dale Larabee (40) 35:20; 2. Will Rasmussen (41) 35:22; 3. Jerry Albert (44) 36:11. 45-49: 1. Bill Gookin (49) 35:26; 2. David Saylor (45) 36:18; 3. Bob Wiermaa (48) 36:26. 50-59: 1. Bob Collins (51) 36:10; 2. Marsh Haraden (51) 37:24; 3. Ron Clark (50) 39:07. 60 Plus: 1. Wayne Zook (64) 41:21; 2. Leonard Pecchia (66) 44:30; 3. Fred Bruecker (64) 49:20.

Overall Women:

1 Julie Brown	32:44
2 Diane Jones	38:50
3 Carrie Morrison	39:02
4 Therese Trisco	39:24
5 Laura Meyer	39:32
6 Wanda Gunderson	39:44
7 Angela Delean	39:47
8 Julie Millard	40:51
9 Chris Fianagan	41:20
10 Diane Ridgeway	41:23
11 Teri Adams	41:40
12 Lynn Flanagan	43:04
13 Kim Pastore	43:18
14 Yvette Niles	43:41
15 Ursula Rains	43:45

WOMEN; 12 & Under: 1. Christine Flanagan 41:24; 2. Yvette Niles 43:42; 3. Lisa Seger 54:50. 13-17: 1. Laura Meyer (13) 39:38; 2. Kim Pastore (15) 43:20; 3. Monique Michitsch (16) 44:40. 35-39: 1. Kathleen Woerner 43:50; 2. Virginia Dickerson 47:25; 3. Bonnie Baer 47:42. 40-44: 1. Lynn Flanagan (41) 43:10; 2. Ursula Rains (40) 43:40; 3. Nancy Greene (40) 44:10. 45-49: 1. Laurent Helene (47) 44:20; 2. Alice Leight (48) 47:54; 3. Otis Shirley (45) 53:40. 50 Plus: 1. Margaret McNeil (59) 50:24; 2. Lucy Killer (59) 55:04; 3. Verna (51) 61:24.

Top Male Finishers

1 John Walker(29)	28:55
2 Ed Mendoza(29)	29:03
3 Terry Cotton(27)	29:08
4 Dave Babiracki(29)	29:12
5 Mark Donahue(22)	29:53
6 Brian Hunsaker(23)	30:13
7 Phil Nielson(21)	30:14
8 Mike LeBold(23)	30:20
9 Jeff Woodland(20)	30:37
10 Michael Podlenski(21)	30:46
11 Bill Davies(23)	30:57
12 Joe League(27)	31:15
13 Jim Mosher(31)	31:18
14 Jon Wickstrom(32)	31:21
15 Bill Cleves(20)	31:32

Female 14:

1 Tiffany Gorman(13)	40:35
2 Karen Courter(13)	40:52
3 Robin Eager(13)	42:32

Female 15-18:

1 Patty Madrigal(15)	39:38
2 Heather Christ(16)	40:40
3 Laura Johnson(18)	42:33

Female 19-29:

1 Debbie Lewis(24)	37:04
2 Lori Deirdorf(24)	38:10
3 Abbey Waltz(20)	39:11

Female 30-39:

1 Patty Hurl(33)	35:55
2 Melinda Ireland(30)	37:43
3 Darlene Burns(38)	40:26

Female 40-49:

1 Faye Heldoorn(44)	41:39
2 Jaye Horowitz(41)	44:02
3 Bernadette Simms(45)	49:50

Female 50 plus:

1 Mery Vansant(51)	45:35
2 Virginia Hastings(56)	50:12
3 Alice Scott(55)	50:30

Top Female Finishers

1 Patty Hurl(33)	35:55
2 Debbie Lewis(24)	37:04
3 Melinda Ireland(30)	37:43
4 Lori Deirdorf(24)	38:10
5 Abby Waltz(29)	39:11
6 Julie Perwick(21)	39:13
7 Patty Madrigal(15)	39:38
8 Darlene Burns(38)	40:26
9 Tiffany Gorman(13)	40:35
10 Heather Christ(16)	40:40

Rose Bowl 10 Mile

By LOUIS HIRSCH

November 21. Pasadena.

This was not only early for a crowd to be at the Rose Bowl for a 10 mile race or even the Rose Bowl football game. This year the race was moved up one month to attract a larger field. The major problem with this was that three different running schedules had the race scheduled to be run on November 14, one week earlier. Not only was a large field turned away on the 14th, but most of them didn't return the next week, even with the race director explaining the complication on the first Saturday.

On the Saturday of the actual race there were more people watching the soccer game nearby than all of the people involved with the race, spectators, helpers and racers included. As race time neared the temperature started to rise from its unseasonable 50 degrees.

5 Nick Trozzi (21)	36:02
6 Bruce Lane (33)	36:06

Men 10K Divisions: 12 & Under: 1. Kris Cano (9) 47:05; 2. Pat Huston (11) 48:59; 3. Eugene Ridenour (11) 53:26. 13-18: 1. Bill Ammons (18) 37:36; 2. Dave Bezaire (17) 37:44; 3. Andrew Allan (14) 37:58. 40-49: 1. Edwin Lujan (43) 36:08; 2. David Conley (41) 36:50; 3. Michael McCreery (41) 39:03. 50-59: 1. Stanley Neufeld (58) 43:40; 2. Bryant Thorne (55) 44:36; 3. Patrick Flynn (52) 44:41. 60 & Over: 1. Duke Barrett (61) 44:58; 2. George Feinstein (67) 48:23; 3. Slick Stone (60) 49:01.

Women Overall 10K:

1 Caryn Anderson (18)	43:24
2 Marge Gerrity (44)	43:33
3 K. Bolinder (39)	43:53
4 Cynthia Pagiegal (27)	44:32
5 Margaret Edwards (37)	44:37

Women 10K Divisions: 12 & Under: 1. Cesi Gonzalez (10) 51:59. 13-18: 1. Caryn Anderson (18) 43:24; 2. Sheril Castro (15) 45:42; 3. Margee Dickason (18) 49:10. 19-29: 1. Cynthia Pagiegal (27) 44:32; 2. Miriam Vendelbosch (25) 45:12; 3. Roselyn Sears (25) 46:54. 30-39: 1. K. Bolinder (39) 43:53; 2. Margaret Edwards (37) 44:37; 3. Peggy Delaney (36) 45:46. 40-49: 1. Marge Gerrity (44) 43:33; 2. Marie Martanez (40) 45:43; 3. Cecily Parke (42) 45:47. 50-59: 1. Evelyn Dabritz (51) 50:55.

Men Half Marathon Overall:

1 David Askren (27)	1:10:32
2 Bruce Thomson (21)	1:12:55
3 Ron Gee (30)	1:13:23
4 Al Venanzi (41)	1:15:52
5 Elliott Teaford (19)	1:17:14

Men Half Marathon Divisions: 12 & Under: 1. Richard Erbes (12) 1:39:20. 13-18: 1. Mark Ives (16) 1:22:38; 2. Michael Brinkman (15) 1:26:11; 3. Joshua King (13) 1:31:30. 30-39: 1. Ron Gee (30) 1:13:23; 2. Don McCarthy (38) 1:20:17; 3. Jay Devorak (31) 1:20:37. 40-49: 1. Al Venanzi (41) 1:15:52; 2. Nelson Craper (41) 1:19:22; 3. Jerry Van Meter (44) 1:20:29. 50-59: 1. Norman Kingsley (51) 1:30:47; 2. Eddie Ivory (51) 1:31:20; 3. Glenn Maxson (53) 1:32:51. 60 & Over: 1. Frank Shafran (62) 1:28:22.

Women Half Marathon Overall:

1 Brenda Villanueva (21)	1:25:36
2 Phyllis Martin (28)	1:26:50
3 Mariana McMullen (44)	1:31:53
4 Deborah Brown (44)	1:35:11
5 Jody Payne (44)	1:37:27

Women Half Marathon Divisions: 12 & Under: 1. Suzanne Lum (12) 1:52:25. 30-39: 1. Nancy Bryant (33) 1:38:38; 2. Barbara Rostler (30) 1:38:49; 3. Leslie Carrera (36) 1:40:29. 50-59: 1. Peggy Taylor (51) 1:50:02.

Men Marathon Overall:

1 Joel Hope (23)	2:27:25
2 Joel Bratz (25)	2:33:05
3 Jim Knerr (47)	2:33:10
4 Jerry Willis (29)	2:34:43
5 Francisco Silva (22)	2:36:56
6 Bill O'Melveny (31)	2:40:13
7 Jaime Mejia (19)	2:41:15
8 Tad Kleindienst (31)	2:41:18
9 Rudy Reyes (35)	2:41:28
10 Jack Tuttle (44)	2:43:20
11 Alex Meade (37)	2:47:10
12 Robert Kocur (23)	2:49:01

Men Marathon Divisions: 12 & Under: 1. John Rice 4:17:50. 13-18: 1. Chad Pratt 2:55:14; 2. Rogelio Lopez 3:02:08. 50-59: 1. David Parker 3:04:17; 2. Stanley Block 3:11:01. 60 & Over: 1. Reese Walton 3:52:50; 2. Norman

Christmas Relays



4-Color Prints

Red Trim on Neck & Sleeves

T-SHIRTS

WE HAVE A GOOD SUPPLY OF SHIRTS LEFT FROM THIS RACE (S,M,L,XL) AT ONLY \$4.00 EACH, INCLUDING TAX & SHIPPING. THREE SHIRTS TO SAME ADDRESS -- \$10!

WVTC - BOX 1551
SAN MATEO, CA 94401

1980 Olympic Movies

The Half Moon Bay Coasters Running Club wishes to announce that a film presentation of the 1980 Moscow Olympics will be shown on Thursday, February 25, 1982, at 7:30 p.m. at the Cunha Intermediate School at the corner of Kelly and Church streets in Half Moon Bay. The one-hour, non-professional film was shot and edited by Jack Leydig, President of the West Valley Track Club, and should be of interest to those who enjoy seeing track and field events. It will be narrated by Tom Jordan, Assistant Publisher of *Track & Field News*. The presentation is free and is open to the public.

For further information, contact Bill Hurja, Program Chairman, at 637 Buena Vista Street, Moss Beach, CA 94038, phone (415) 728-5262. If you plan to bring a large group, please check in advance to be sure seating is available.

photo by David Allen

N. County Heart

From Richard Slotkin

November 22. San Diego. North County Heart 10K and San Diego 10K Championship.

Overall Men:

1 Kirk Pfeffer (26)	29:00
2 Jan Hagelbrand (27)	29:14

1981 Thanksgiving

Julie Millard	40:51
9 Chris Flanagan	41:20
10 Diane Ridgeway	41:23
11 Teri Adams	41:40
12 Lynn Flanagan	43:04
13 Kim Pastore	43:18
14 Yvette Niles	43:41
15 Ursula Rains	43:45

WOMEN: 12 & Under: 1. Christine Flanagan 41:24; 2. Yvette Niles 43:42; 3. Lisa Seger 54:50. **13-17:** 1. Laura Meyer (13) 39:38; 2. Kim Pastore (15) 43:20; 3. Monique Michitsch (16) 44:40. **35-39:** 1. Kathleen Woerner 43:50; 2. Virginia Dickerson 47:25; 3. Bonnie Baer 47:42. **40-44:** 1. Lynn Flanagan (41) 43:10; 2. Ursula Rains (40) 43:40; 3. Nancy Greene (40) 44:10. **45-49:** 1. Laurent Helene (47) 44:20; 2. Alice Leight (48) 47:54; 3. Otis Shirley (45) 53:40. **50 Plus:** 1. Margaret McNeil (59) 50:24; 2. Lucy Killer (59) 55:04; 3. Verna (51) 61:24.

1981 Thanksgiving Fun Run

From STEVE ZOST

November 21. South San Francisco.	
1 Michael Gulli	25:26
2 Mark Osuna	25:30
3 Dave Skoufos	25:44
4 Glenn MacDougall	26:13
5 Charlie Dangel	26:18
6 Richard Stillier 1st 31-40	26:19
7 Jose Gurrola	26:20
8 John Reyes	26:21
9 Jeremy Smith	26:34
10 Michael Sullivan	26:45
13 Richard Whitewater 1st 41-49	27:03
14 Bill Bugler 2nd 41-49	27:17
19 Marilyn Taylor-Allen 1st F 21-30	27:57
34 John Gregson 1st 50 plus	30:36
38 Pat Whittingslow 1st 41-49 F	30:45
50 George Rodriguez 2nd 50 plus	32:32
55 Cynthia Pierce 1st 12-20 F	33:14
66 Liz Grotz 2nd 21-30 F	33:51
68 Yolanda Swindell 1st 11u F	34:03
109 Joyce Shinn 1st 31-40 F	37:26
145 Joan Lopiccolo 1st 50 plus F	41:04

Saucony 'Share the Road' 10K Race

November 21. San Diego.	
Men 14u:	
1 Devin Dietzen(14)	35:50
2 David Cantu(14)	37:21
3 Phillip Aguillar(14)	37:33
Men 15-18:	
1 Jack Kairy(18)	32:15
2 Robert Sibley(18)	32:53
3 Victor Hurtado(18)	33:09
Men 19-29:	
1 John Walker(29)	28:55
2 Ed Mendoza(28)	29:03
3 Terry Cotton(27)	29:08
Men 30-39:	
1 Jim Mosher(31)	31:18
2 Jon Wickstrom(32)	31:21
3 Mike Cour(31)	31:56
Men 40-49:	
1 Ray Sablan(42)	35:44
2 Jerry Stowe(41)	36:33
3 Rip Cuorter(40)	37:33
Men 50 plus:	
1 Dick Robinson(51)	36:44
2 Matt Gleason(50)	40:12
3 Finn Gulbrandsen(50)	40:50

Rose Bowl 10 Mile

By LOUIS HIRSCH

November 21. Pasadena.

This was not only early for a crowd to be at the Rose Bowl for a 10 mile race or even the Rose Bowl football game. This year the race was moved up one month to attract a larger field. The major problem with this was that three different running schedules had the race scheduled to be run on November 14, one week earlier. Not only was a large field turned away on the 14th, but most of them didn't return the next week, even with the race director explaining the complication on the first Saturday.

On the Saturday of the actual race there were more people watching the soccer game nearby than all of the people involved with the race, spectators, helpers and racers included. As race time neared the temperature started to rise from its unseasonable 50 degrees. Also with about thirty minutes to race time it was apparent that the mix-up of a week earlier cost the expected large crowd. The race started out with a grand total of 88 runners. This is the smallest field I have ever seen at this race.

The only good thing you can say about the race on this good day other than the good temperature, fast course, and small field, was that the race started on time. The 'crowd' was very orderly assembling for the start of the race. Carlos Godoy wasted no time in taking the lead. At the two mile mark he had about a 150 yard lead. At the five mile mark he had a 300 yard lead and with two miles to go he had what appeared to be an invincible 1/2 minute lead. All of a sudden with about 220 yards to go Matt Marshall seemed to have come out of nowhere to give Godoy a fight. As it turned out Godoy had just a little more energy than Marshall to win by three seconds. Their times were 52:58 and 53:01 respectively. Not such shabby times considering the size of the field. The reason for such a close finish seems to be the bad blister that formed on Godoy's foot with about two miles to go. Godoy ran an evenly paced race. With about three quarters of a mile to go Marshall caught Godoy and finally made this into a race.

The women's race wasn't in doubt at any point. Hart (we never did get her first name) took a short lead from the start and increased it over the 10 miles. At the two mile mark she had a 30-second lead that increased to about 9 minutes at the 9 mile mark and she beat Lori Taylor by about 11 minutes. Hart's winning time was 1:08:44.

The field was so small that many awards weren't even given out and of those given out some of the winners were very surprised to receive anything more than a congratulations for finishing the race. Two awards were given to people immediately after they finished the race because there were so few people in each division. The irony about the whole thing was that in one division the sixth place finisher in the race had four people in his division in front of him.

Rose Bowl Runs

From Richard Slotkin

November 22: Pasadena. Pasadena Rose Bowl Runs. 10K, Half Marathon & Marathon.	
Men Overall 10K:	
1 Vic Shelton (20)	33:06
2 Henry Lange (32)	34:04
3 Mark Costello (31)	35:17
4 Dallas Jones (27)	35:57

Women Half Marathon Divisions: 12 & Under: 1. Suzanne Lum (12) 1:52:25. **30-39:** 1. Nancy Bryant (33) 1:38:38; 2. Barbara Rostler (30) 1:38:49; 3. Leslie Carrera (36) 1:40:29. **50-59:** 1. Peggy Taylor (51) 1:50:02.

Men Marathon Overall:	
1 Joel Hope (23)	2:27:25
2 Joel Bratz (25)	2:33:05
3 Jim Knerr (47)	2:33:10
4 Jerry Willis (29)	2:34:43
5 Francisco Silva (22)	2:36:56
6 Bill O'Melveny (31)	2:40:13
7 Jaime Mejia (19)	2:41:15
8 Tad Kleindienst (31)	2:41:18
9 Rudy Reyes (35)	2:41:28
10 Jack Tuttle (44)	2:43:20
11 Alex Meade (37)	2:47:10
12 Robert Kocur (23)	2:49:01

Men Marathon Divisions: 12 & Under: 1. John Rice 4:17:50. **13-18:** 1. Chad Pratt 2:55:14; 2. Rogelio Lopez 3:02:08. **50-59:** 1. David Parker 3:04:17; 2. Stanley Block 3:11:01. **60 & Over:** 1. Reese Walton 3:52:50; 2. Norman Rhinehart 4:47:02.

Women Marathon Divisions: 19-29: 1. Ninon Argoud 3:24:43; 2. Pauline Connor 3:31:47; 3. Pam Overton 3:39:57. **30-39:** 1. Chieko Rupp 3:35:44; 2. Penny Perez 3:47:08; 3. Lise Adele-Goldberg 3:53:31. **40-49:** 1. Sigrid McAllister 3:48:08.

YMCA Turkey Trot

November 22. Los Altos.	
1 James Moyles	25:26.8
2 Steve Sidney	26:11.6
3 Jack Leydig	26:21.3
4 Jasper Kirkby	26:32.8
5 Bill Presson	27:42.4
6 Marc Lund	27:45.9
7 Jerry Cashman	27:57.3
8 Bob Henderson	28:03.3
9 Jerry Etman	28:10.1
10 Robert Superko	28:24.4

Hewlett Packard Run

From END OF THE LINE RACE CONSULTANTS

November 23. Coronado Strand 10k course.	
1 Richard Yamane	39:24
2 Peter Lion	39:52
3 Eric Boltz	40:00
4 Erwin Sherry	40:14
5 Bill Dieterich	40:57
(Women—none)	

Blind Duck Relays

November 22. 3 x 5k Legs around Lake Merritt.	
1 Sue Vinella Brusher	54:05
Francis Mason & Jim West	
2 Jenny Ray	55:24
Richard Cunningham & David Duhler	
3 Gene Dangel	56:02
Julie Johnson & Vic Kroi	
4 Joan Roos	57:11
Jeffery Charleston & Mark Miller	
5 Bill Johnson	57:14
Tim Davila & Hilary Naylor	

free and is open to the public.

For further information, contact Bill Hurja, Program Chairman, at 637 Buena Vista Street, Moss Beach, CA 94038, phone (415) 728-5262. If you plan to bring a large group, please check in advance to be sure seating is available.

photo by David Allen

N. County Heart

From Richard Slotkin

November 22. San Diego. North County Heart 10K and San Diego 10K Championship.

Overall Men:	
1 Kirk Pfeffer (26)	29:00
2 Jan Hagelbrand (27)	29:14
3 Terry Cotton (27)	29:26
4 Frank Shorter (34)	30:40
5 Ed Mendoza (28)	30:40
6 Jeff Woodland (20)	30:59
7 Bill Tokar (24)	31:03
8 Jerry Alcorn (20)	32:16
9 Bob Miller (25)	32:41
10 Jim Brennan (20)	33:00

MEN: 12 & Under: 1. Scott Copeland 39:30. **13-17:** Joe Karnes 35:00; 2. Jeff Sylvester 35:04; 3. Paul Boudreau 35:50. **30-39:** 1. Frank Shorter 30:40; 2. Dick Jensen 34:11; 3. Joe Wesp 35:12. **40-49:** 1. Neville Clark 37:10; 2. Tom Hillary 37:40; 3. BJ Messersmith 37:46. **50-59:** 1. Dick Robinson 37:50; 2. Don Hegerle 39:09. **60 Plus:** 1. Dan Dilworth 42:18; 2. Jimmie Meza 45:50.

Women Overall:	
1 Neiroleon (19)	36:21
2 Patty Hurl (33)	36:34
3 Diane Riley (26)	37:11
4 Julie Leach (24)	40:16
5 Karen LaValley (35)	41:46

WOMEN: 12 & Under: 1. Yvette Niles 43:59. **13-17:** 1. Jill Newman 44:35; 2. Paige Roard 45:45; 3. Dawn Doyle 47:05. **30-39:** 1. Patty Hurl 36:34; 2. Karen LaValley 41:46; 3. Diane Dickerson 42:33. **40-49:** 1. Judy Splitgerber 42:48; 2. Barbara Woods 44:15; 3. Toni Deal 47:45. **50-59:** 1. Anne Johnson 41:50; 2. Terrsia Treyll 49:30; 3. Elaine Pew 53:50. **60 Plus:** 1. Jean McClean 57:20.

Clarksburg Classic 20 Miler

November 22. Clarksburg.

Men 19-29:	
1 Jim Howard 1:46:55, 2 Edward Schelegle 1:47:52, 3 Bradley Brown 1:48:15, 4 David Chaldez 1:50:54, 5 Mike Marr 1:51:20. Women 19-29: 1 Eileen Clausus 2:05:39, 2 Kelly Geredes 2:09:33, 3 Kathy Pfeifer 2:10:40, 3 Derry Bunnell 2:16:34, 5 Frances O'Neil 2:19:15. Men HS Soph: 1 Kevin Sheppard 2:13:47, 2 Jim Mattson 2:16:09, 3 Darrell Pell 2:19:49. Womens HS Soph: 1 Carrie Garst 2:50:40, 2 Valerie Hamil 2:55:12, 3 Laura Montgomery 2:56:25. Men 30-39: 1 Michael Duncan 1:53:11. Women 30-39: 1 Shariet Gilbert 2:03:35, 2 Susan Souza 2:28:36, 3 Regina Silva 2:29:32. Men HS JR/SR: 1 Richard Hanna 2:00:07, 2 Joss Walter 2:02:58, 3 Rick Anderson 2:13:29. Women HS JR/SR: 1 Terrie Martin 2:20:56, 2 Cathy Collins 2:36:16, 3 Ginger Kelly 2:55:56. Men 40-49: 1 Douglas	



SHARLET GILBERT

Rennie 1:52:51, 2 Darryl Beardall 1:55:22, 3 Tim Rostege 1:58:56. **Women 40-49:** 1 Joan Reiss 2:18:34, 2 Karen Diekmeyer 2:36:07, 2 Ginger Burrola 2:39:05. **Men 50-59:** 1 Ross Smith 2:03:52, 2 Don Lucero 2:15:07, 3 Dieter Diekmeyer 2:15:35. **Women 50-59:** 1 Ruth Anderson 2:26:39, 2 Eileen Klatsky 2:51:57, 3 Barbara Durham 3:03:39. **Men 60-69:** 1 Paul Reese 2:16:47, 2 Bob Manly 2:50:27, 3 Richard Kegley 2:54:08. **Women 60-69:** 1 Kay Atkinson 3:10:06, 2 Margaret Kegley 3:43:14.

Point Isabel Run

From BETTY BLOOMER

November 29. Richmond. 5k.

Female 14u: 1 Veli Lehman 24:28, 2 Jeanne Barbour 29:32, 3 Keri Toppila 28:34. **Female 15-17:** 1 Jennifer Breslin 26:19. **Female 18-29:** 1 Michele Aubuchon 17:19, 2 Mary Gaffield 17:46, 3 Lisa Macias 18:25. **Female 30-39:** 1 Laurie Binder (1st overall) 16:59, 2 Sharlet Gilbert 17:49, 3 Linda Karns 20:34. **Female 40-49:** 1 Birthe Kirsch 19:11, 2 Sandra Vernon 21:34, 3 Janice Bigelow. **Female 50 plus:** 1 Rea Farwell 34:09.

Male 14u: 1 Kenneth Valentine 21:22, 2 Will Paine 21:58, 3 Ben Turman 22:36. **Male 15-17:** 1 Joe Turrini 17:01, 2 K. D. Fazal 17:02, 3 Ian Lawson 18:08. **Male 18-29:** 1 David Bigelow (1st overall) 15:39, 2 Alan Smith 15:56, 3 Kent Thompson 16:18. **Male 30-39:** 1 Ray Corona 15:55, 2 Richard Cunningham 15:58, 3 Derrick Hamilton 16:56. **Male 40-49:** 1 Sav Harasymiv 17:18, 2 Michael Bigelow 17:37, 3 Guy Young 18:41. **Male 50 plus:** 1 Jerry Faulkner 17:48, 2 Antonio Mena 20:56, 3 Stan Boyle 21:24.

Santa Monica Mountain Relay Run

November 29.

The relay run attracted 55 teams. The relay was won by Second Sole of Hermosa Beach, composed of Carlos Carcoza, Alfredo Rosas, Peter Kang, Rich Dodson and Eric Rogers, in 4:59:59.

Trophies also were presented to the best family team, won by the Stan Lisiewicz family of Glendale (composed of father Stan, mother Ina, daughter Danica, son John and neighbor John Sporleder), which finished in 6:53:40; the best high school team, won by Glendale's Hoover High 5:27:45; the best masters team of age 40 and older, won by South Bay Masters (composed of Barrie Hardwick, Bob Lopez, Tom Musante, Ira Yawnick, and Bob Holtel), 5:45:06.

Order of finish for solo runners:

1	Jim King(Costa Mesa)	6:36:31
2	Jim Czachor(Hollywood)	7:16:32
3	Eric Edmunds, Jr.(Brentwood)	7:17:12
4	Richard Dinges(Reseda)	7:34:19
5	Charlie Hoover(Northridge)	7:39:45
6	Craig Chambers(Santa Monica)	8:04:42
7	Steve Corona(San Pedro)	8:05:37
8	Gerald Ripperger(Torrance)	8:08:21
9	Richard Provost(San Pedro)	8:14:36
10	Harry Pantelas(Westlake Vlg)	8:21:09
11	Ian Maddieson(Topanga)	8:28:21
12	Richard Buck(Topanga)	8:28:46
13	Sandy Waddell(Corona del Mar)	8:37:17
14	Dave Olinek(Los Angeles)	8:47:03
15	Tom Meleony(Woodland Hills)	8:57:55
16	Richard Simon(Malibu)	9:14.

Bill Gookin 53:51; 4. Will Rasmussen 54:13; 5. Ray Sublan 54:14. **50 Plus:** 1. Chuck Anderson 54:57; 2. Bill Stock 55:01; 3. Bob Collins 55:47.

Overall Women:

1	Mindy Ireland (30)	57:23
2	Kay Harpold (31)	58:05
3	Sue Petersen (37)	58:21
4	Abby Waitz (29)	59:52
5	Ruthie Truscott (17)	59:59
6	Patty Madgrigal (15)	60:04
7	Linda Copp (28)	60:10
8	Helen Uusitalo (26)	60:40
9	Wanda May Gunderson (23)	60:53
10	Dorothy Stock (49)	61:16

WOMEN: 40-49: 1. Dorothy Stock 61:16; 2. Susan Dammann 66:25; 3. Ursula Pain 68:19. **50 Plus:** 1. Mary Storey 66:00.

Decemberfest Road Run

From DON CAMPBELL

December 6. Campbell. 10k.

MEN—

8-10: 1 M. Spary 53:13.8. **11-14:** 1 Vic-Santamaria 37:33.3, 2 Barry Duff 38:20.6. **15-18:** 1 Steve Krotoski 33:21.7, 2 Jeff Zanczya 34:08.9, 3 Greg Hales 34:25.2. **19-29:** 1 Marc Genet (overall winner) 32:05.1, 2 A. Hyde 34:02.3, 3 Allen Neel 34:02.7, 4 B. Hiller 34:33.4, 5 Steve Deleskieniz 35:59.9. **30-39:** 1 Jake White 33:24.0, 2 G. Grellmann 33:40.2, 3 James Owen 34:03.0. **40-49:** 1 Juan Armendarez 35:56.2, 2 Wayne Meyer 36:34.7, 3 Bill Hotchikiss 36:55.3. **50 & over:** 1 Hank Shastonyh 38:43.2, 2 B. Farrington 39:27.9.

WOMEN—

Girls 11-14: 1 R. Chamberlin (overall winner) 40:41.1, 2 Heath Newton 49:48. **15-18:** 1 Connie Buckler 40:41.4, 2 Anne Kendrick 44:49.8, 3 Becki Van Zant 45:34.7. **19-29:** 1 Karen Watson 43:24.0, 2 K Jacobson 46:17.4, 3 Sue Reed 46:36.8, 4 Maria Diaz 50:29, 5 C. Harris 51:21. **30-39:** 1 Jane Creech 47:16.6, 2 Judy Milgram 47:37.0, 3 Summer Peters 48:44. **40-49:** 1 D. Bromstead 47:07.4, 2 Doris Burgess 47:15.6, 3 Amber Henninger 49:58. **50 & over:** 1 A. Gilbeau 55:38.8, 2 Maria Vanderzom 56:32.



& Half Marathon

From CHERIE SWENSON

December 6. Oakland.

NorCal Notes, continued from page 18

Sharlet Gilbert clocked a 2:46:03 in third, running what we believe to be her first marathon, only 3 weeks after setting a course record at the Clarksburg 20. No other results are available to us at this time.

Those of you that are looking for a last-minute qualifying race close to the Bay Area for this year's Boston Marathon...the deadline for receiving entries is March 8th, however, while the Napa Valley Marathon occurs the weekend after deadline, you can still use it to qualify, but only if you get your entry in by the deadline and submit your "certified" time immediately after the race (Napa)...assuming you qualify of course! We're not sure if this applies to all races that occur after the March 8th deadline, but we got confirmation from Chuck Hall, Napa Marathon Director, that he's at least received written approval from Will Cloney. You can have your time "certified" immediately after finishing Napa (at the race). The only other north-state race prior to the deadline is the flat Bidwell Classic Marathon on March 6th in Chico.

The 2nd Annual Presidio 10, scheduled for August 29th, has been selected by the RRCA as the California State and Western U.S. Regional 10-Mile Championship. In addition, all military personnel are invited to compete in the first 10 Mile Military Championship. The race is managed by the Guardsmen and proceeds will be used to send underprivileged children of the Bay Area to Summer Camp.

In the past 6 months or so, we've received word from the NRDC (National Running Data Center) in Tucson that Northern California has added quite a few new certified courses. It's nice to know that a lot more meet directors are taking note of that fact that accurate (certified) courses are important in drawing top-class fields, as without national certification, no records can be officially set. Some of those certified courses that we know about which have recently obtained approval: Great Berkeley 15K; Hayward Half-Marathon; Great Berkeley 5K; Sri Chinmoy 10K (Foster City); Pleasanton Heritage Days 10K; Hook & Ladders 10K (S.F., Golden Gate Park); Bigfoot-Bigheart 10K (S.F., Golden Gate Park); PA/TAC 15K (Los Altos); San Francisco Marathon; Pacific Sun Marathon; Stanford Great Race (10K); ESL Runaway (10K); Sunnysvale; Giants 5K Run to Home Plate (S.F.); Sri Chinmoy 7-Miler (Foster City); Pacific Sun 10K; Oakland Half-Marathon; Sri Chinmoy 10-Miler (Foster City); St. Jukes Children's 10K (S.F.); Run for the High of It (10K); Lakeport; TRAC 10-Miler (Sunnysvale)...we have reports that the California 10-Mile is also certified, but have not seen it listed yet in the NRDC Newsletter. This popular race in Stockton was recently the site of a national masters record (50:32 or thereabouts) by Sal Vasquez, and also a new PA record for women (55+ by Suzanne Richter).

NOTE: Please send newsy information and "tidbits" for the NorCal area directly to: Jack Leydig, NorCal LDR Editor, P.O. Box 612, San Mateo, CA 94401, or telephone (415) 341-3119.

Women 17u:

1	Terrie Martin(16)Kentfield	3:05:20
2	Kelli Robinson(16)San Jose	4:31:47

Open Women 18-29:

1	Kelly Geredes(20)Los Altos	2:52:30
2	Kristan Martin(23)Oakland	2:55:29
3	Marie Earl(25)Palo Alto	2:59:44
4	Marilyn Petch(28)Oakland	3:11:02
5	Terri Muela(26)Daily City	3:11:53

Submasters Women 30-39:

1	Florianne Harp(33)Mill Valley	2:46:57
2	Margo Elson(30)Berkeley	2:48:40
3	Dawn Welch(33)Grants Pass, OR	3:00:43
4	Loretta Polsdorfer(34)Aptos	3:03:25
5	Barbara Eastman(31)Yosemite	3:08:06

Masters Women 40-49:

1	Diane Palmason(43)Ottawa, Ont.	2:49:19
2	Karen Scannell(43)San Francisco	2:49:47
3	Patricia Thomas(41)Seattle, WA	2:54:05
4	Patricia Whittingslow(41)Oakland	2:58:30
5	Birthe Kirsch(42)Kensington	3:03:44

Masters Women Plus 50-59:

photo by John Sheretz



photo by John Sheretz



Hoover High 5:27.45; the best masters team of age 40 and older, won by South Bay Masters (composed of Barrie Hardwick, Bob Lopez, Tom Musante, Ira Yawnick, and Bob Helte), 5:45:06.

Order of finish for solo runners:

1 Jim King(Costa Mesa)	6:36:31
2 Jim Czachor(Hollywood)	7:16:32
3 Eric Edmunds, Jr.(Brentwood)	7:17:12
4 Richard Dinges(Reseda)	7:34:19
5 Charlie Hoover(Northridge)	7:39:45
6 Craig Chambers(Santa Monica)	8:04:42
7 Steve Corona(San Pedro)	8:05:37
8 Gerald Ripperger(Torrance)	8:08:21
9 Richard Provozi(San Pedro)	8:14:36
10 Harry Pantelas(Westlake Vlg)	8:21:09
11 Ian Maddieson(Topanga)	8:28:21
12 Richard Buck(Topanga)	8:28:46
13 Sandy Waddell(Corona del Mar)	8:37:17
14 Dave Olinek(Los Angeles)	8:47:03
15 Tom Meleony(Woodland Hills)	8:57:55
16 Richard Simon(Malibu)	9:14.

3rd Annual UCLA Chocolate Malt 2 Mile

December 3.

1 Steve Ortiz	8:39.8
(New Record - old record 8:43.8 by Ortiz)	
2 Jon Butler	8:50.4
3 Ron Roberts	8:52.1
4 Mike Lawrence	8:52.7
5 Steve Whitcomb	8:53.0
6 Brian Russell	8:53.7
7 Alex Gonzales	8:55.3
8 Rick Rose	8:55.8
9 Dan Brady	8:58.4
10 Brian Theriot	8:59.0
11 Don Moses	9:12.4
12 Dan Caprioglio	9:27.0
13 Dane Chapin	9:27.1

Dash for Breath

From Richard Slotkin

December 5. Mission Bay, San Diego. Third Annual Terry Allen Datsun Dash for Breath 15K Run.

Overall Men:

1 Terry Cotton (27)	44:55
2 Joe League (27)	46:13
3 Chris Mollanhan (25)	46:33
4 Tim Varley (21)	47:32
5 Dick Tsaboke (29)	47:54
6 Benjamin Martinez (30)	48:03
7 Sean Evans (20)	48:15
8 Frank Haralson (23)	48:54
9 Anthony Martin (20)	49:47
10 Mark Galeazzi (27)	50:11
11 Richard Emriquez (32)	50:13
12 Chris Vasquez (15)	50:14
13 Steve Hastings (20)	50:42
14 Dennis Kasischke (35)	50:46
15 Mark Dulaney (28)	50:52
16 Gary Novak (38)	51:03
17 Mac Larson (33)	51:09
18 Robert Scott (21)	51:12
19 Bob Thompson (28)	51:23
20 Jim Dunn (18)	51:32

MEN: 17 & Under: 1. Chris Vasquez 50:14; 2. David Ulrich 54:31; 3. Mike Martin 55:42; 40-49: 1. Pete Peterson 53:10; 2. Frank Saiz 53:12; 3.

Bromstead 47:07.4, 2 Doris Burgess 47:15.6, 3 Amber Henninger 49:58, 5 & over: 1 A. Gilbeau 55:38.8, 2 Maria Vanderzom 56:32.

THE OAKLAND MARATHON

& Half Marathon

From **CHERIE SWENSON**

December 6, Oakland.

MARATHON

Men 17u:

1 John Cambria Brown(16)Cambria	2:49:12
2 Bruce O'Neill(15)Moraga	2:53:33
3 Tim Davila(17)Livermore	2:59:19
4 Brian Vaughan(14)Berkeley	3:04:15
5 Roger Wilson(17)Antioch	3:04:46

Open Men 18-29:

1 Mike Layman(27)Spokane,WA	2:13:01
2 Mike Pinocci(27)S.LakeTahoe	2:13:36
3 Ric Sayre(27)Ashland,OR	2:15:57
4 David Young(28)Auckland,NZ	2:17:08
5 Emil Magellanos(26)Davis	2:18:25
6 John Mansoor(26)Sacramento	2:18:34
7 Jon Black(21)Thousand Oaks	2:21:06
8 Matt Yeo(26)Sunnyvale	2:21:13
9 Denis O'Halloran(29)Mtn.View	2:21:39
10 John Sheehan(28)Menlo Park	2:21:57

Submasters Men 30-39:

1 Mike Cassidy(30)Oakland	2:16:57
2 Greg LeRoy(34)Enid,OK	2:21:57
3 Greg Jewett(35)Berkeley	2:25:27
4 Mark Hines(31)San Francisco	2:26:29
5 Michael Graves(32)San Francisco	2:27:26
6 Clark Rosen(32)Petaluma	2:30:11
7 Jasper Kirkby(33)Mountain View	2:31:18
8 Ronny Harries(31)Sacramento	2:31:49
9 Jim Minami(37)Sun Valley	2:32:10
10 John Notch(33)Oakland	2:32:23

Masters Men 40-49:

1 Guenter Van Den Felden(42)Oakl	2:31:38
2 Tim Rostege(41)San Jose	2:34:06
3 Nik Epanchin(42)San Rafael	2:35:55
4 Bill Catanese(43)Mill Valley	2:37:40
5 Don Ardell(43)Mill Valley	2:37:52
6 Harold Knutson(41)Oakland	2:37:56
7 Glynn Wood(47)Monterey	2:39:41
8 Richard Leutzinger(42)Pacific Grove	2:42:38
9 Bernard Hollander(45)San Fran	2:42:53
10 Charles McClung(41)Reseda	2:43:22

Masters Plus Men 50-59:

1 Juneus Kendall(51)Nevada City	2:51:00
2 Ephraim Romesberg(51)San Jose	2:58:31
3 Don Lucero(54)Belmont	3:00:12
4 Hank Fragoza(51)Vallejo	3:00:21
5 Richard Laine(52)San Carlos	3:02:55

Men 60 & over:

1 Gerhard Bekkers(63)Los Gatos	3:08:29
2 Harrison Thompson(66)Carmel	3:26:42
3 Bob Manly(62)Coulterville	3:32:39
4 Carl Neschka(61)Alameda	3:36:23
5 Don Wilgus(60)Richmond	3:41:23

Men 70 & over:

1 Walt Stack(74)San Francisco	4:32:37
2 Bernard Dath(75)Pleasant Hill	5:00:39

Wheelchair:

1 Troy Durham(48)Hayward	2:31:33
2 Wilson Brooks(34)Hayward	3:22:50

Blind:

1 Harry Cardellos(44)San Francisco	3:07:04
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Women 17u:

1 Terrie Martin(16)Kentfield	3:05:20
2 Kelli Robinson(16)San Jose	4:31:47

Open Women 18-29:

1 Kelly Geredes(20)Los Altos	2:52:30
2 Kristan Martin(23)Oakland	2:55:29
3 Marie Earl(25)Palo Alto	2:59:44
4 Marilyn Petch(28)Oakland	3:11:02
5 Terri Muela(26)Daly City	3:11:53

Submasters Women 30-39:

1 Florianne Harp(33)Mill Valley	2:46:57
2 Margo Elson(30)Berkeley	2:48:40
3 Dawn Welch(33)Grants Pass, OR	3:00:43
4 Loretta Poldsdorfer(34)Aptos	3:03:25
5 Barbara Eastman(31)Yosemite	3:08:06

Masters Women 40-49:

1 Diane Palmason(43)Ottawa, Ont.	2:49:19
2 Karen Scannell(43)San Francisco	2:49:47
3 Patricia Thomas(41)Seattle,WA	2:54:05
4 Patricia Whittingslow(41)Oakland	2:58:30
5 Birthe Kirsch(42)Kensington	3:03:44

Masters Women Plus 50-59:

1 Marion Irvine(52)San Rafael	2:55:17
2 Eileen Klatsky(50)Orinda	3:41:09
3 Erma Baker(53)Angwin	3:41:30
4 Norine Dale(51)Reno, NV	4:19:47
5 Etta Palmer(54)Saratoga	4:26:07

Women 60 & over:

1 Els Tuinzing(60)Mill Valley	3:46:28
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HALF MARATHON

Men 17u:

1 Joss Walter(17)Stockton	1:13:54
2 Charles Cypher(16)Oakland	1:13:58
3 Mitch Kristofferson(17)San Mateo	1:14:49
4 Paul Ghidossi(18)San Bruno	1:15:25
5 Francis Mason(17)Oakland	1:17:41

Open Men 18-29:

1 Dan Gruber(27)Scott Valley	1:04:46
2 Joaquin Leano(25)Reno, NV	1:05:08
3 Miguel Tibaduiza(24)Reno, NV	1:05:42
4 Roy Hoglund(25)Vacaville	1:06:55
5 Brian Maxwell(28)Berkeley	1:07:09
6 Brock Hinzmann(28)Menlo Park	1:07:35
7 Anthony Ramirez(27)Salinas	1:07:51
8 Dan Anderson(29)Castro Valley	1:08:44
9 Robert Thomas(23)Stanford	1:08:54
10 Rob Hollister(22)San Luis Obispo	1:09:12

Submasters Men 30-39:

1 Peanut Harms(30)Mountain View	1:05:38
2 Jan Sershen(34)San Francisco	1:09:50
3 George Green(31)San Francisco	1:10:26
4 Ernie Rivas(31)Albany	1:10:42
5 Bill Dunn(34)Campbell	1:11:12
6 Bob Darling(31)San Francisco	1:11:14
7 Allan Stanbridge(34)Burlingame	1:11:17
8 Michael Conroy(36)Daly City	1:11:38
9 Mark Graves(31)Castr Valley	1:11:40
10 Joe Becerra(39)Burlingame	1:11:54

Masters Men 40-49:

1 Sal Vasquez(41)Alameda	1:07:50
2 Bill Morgan(42)Dunsmuir	1:11:22
3 Tom Cathcart(43)Pleasanton	1:14:23
4 Jerome Lewis(46)Mountain View	1:17:00
5 Lorenzo Chambliss(40)Fremont	1:17:34
6 Tom Adamson(43)Fair Oaks	1:18:32
7 Edward Campbell(41)Pleasanton	1:20:27
8 Everett Riggle(49)Chico	1:20:28
9 Paul Kane(42)Cupertino	1:20:52
10 Frank Stempiski(40)San Jose	1:20:55

Masters Plus Men 50-59:

1 Eugene Silver(51)San Jose	1:17:13
2 Jerry Faulkner(50)El Cerrito	1:21:45
3 David Sharp(51)Berkeley	1:25:01
4 Arnold Knepper(50)Ross	1:25:03
5 Jim McRae(52)El Cerrito	1:26:01

Men 60 & over:

1 Thomas McGee(62)San Francisco	1:37:52
2 Ed Burke(63)San Francisco	1:41:16
3 Noman Moonitz(60)Incline Vlg, NV	1:47:57
4 Wayne Boutell(61)Kensington	1:52:32
5 Cere Muscarella(64)Walnut Creek	1:53:13

photo by John Sheretz



MIGUEL TIBADUIZA

Men 70 & over:

1 Joseph Goodman(70)Los Altos Hills	1:49:35
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Women 17u:

1 Cynthia Cane(16)Alameda	1:30:41
2 Suzie Ames(17)San Ramon	1:31:53
3 Heidi Ertl(17)Pinole	1:34:51
4 Mary Roach(17)San Rafael	1:36:03
5 Helen Lavine(17)Moraga	1:37:12

Open Women 18-29:

1 Marilyn Taylor-Allen(29)San Fran	1:17:55
2 Renee Hicks(25)San Francisco	1:18:27
3 Denise Bigelow(20)San Lorenzo	1:18:55
4 Julie Houston(25)Fresno	1:20:24
5 Quilla Lopez(24)San Francisco	1:20:47

Submasters Women 30-39:

1 Sharlet Gilbert(30)Richmond	1:20:22
2 Rita Fagundes(30)Carmichael	1:21:55

photo by John Sheretz



MARILYN TAYLOR-ALLEN

Masters Women 40-49:

3 Dana Snider(33)Lafayette	1:22:29
4 Carol Stroud(39)Saratoga	1:22:51
5 Jane Sowersby(31)San Fran	1:22:58

Masters Women 50-59:

1 Sue Johnston(40)Oakland	1:23:12
2 Agatha-Sue Lee(42)Lafayette	1:26:22
3 Vicki Bigelow(46)San Lorenzo	1:30:12
4 Joan Don(43)Tiburon	1:33:08
5 Sandy Verron(43)San Francisco	1:34:40

Masters Plus Women 50-59:

1 Frances Sackerman(52)Burlingame	1:35:47
2 Elizabeth Ross(50)Los Gatos	1:45:10
3 Betty Wittwer(51)San Mateo	1:51:59
4 Marge Kalmason(50)Atherton	1:55:44
5 Marilyn Tucker(52)Oakland	2:00:53

Women 60 & over:

1 Kay Atkinson(64)San Francisco	1:47:30
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5K
MALE

13u: 1 Sammy Gutierrez 19:00, 2 Thadius Daniels 21:22, 3 Charles Holguin 21:58. 14-19: 1 Bobby Adams 16:48, 2 Paul Orsi 18:01, 3 David Henry 18:03. 20-24: 1 Steve Jennes 15:49, 2 Albert Camacho 17:19, 3 Greg Godfrey 17:36. 25-29: 1 Eugene Van Kruchten 16:50, 2 Ed Crawford 18:15, 3 Greg Graves 18:48. 30-34: 1 Calvin Rossi 17:29, 2 White 18:06, 3 Russell Pierce 19:45. 35-39: 1 Dave Roadruck 17:52, 2 Bob McGeough 17:59, 3 Steve Wyper 18:59. 40-49: 1 Wally Ingram 17:21, 2 Richard Barlin 20:09, 3 Herb Hoggard 21:35. 50-59: 1 Dave Hennopp 20:01, 2 Ted Moore 22:12, 3 Mac McCombs 22:28. 60 plus: 1 Karlis Smittens 25:29, 2 Thomas Smith 28:39.

FEMALE

13u: 1 Jamie Barnes 21:47, 2 Kathie Nichols 28:00, 3 Elle Avila 28:10. 14-19: 1 Tracy McGeough 27:34, 2 JoAnn Venegas 28:13. 20-24: 1 Sheri Remmers 27:22, 2 Mari Hendricks 28:29, 3 Anna Marie Ambrosio 30:42. 25-29: 1 Smokey Johnson 22:07, 2 Martha Roset 24:00, 3 Clara Opitz 26:59. 30-34: 1 Kathy Dullaghan 22:14, 2 Joanne Romero 27:24, 3 Ruth Saucedo 29:34. 35-39: 1 Penny Fleming 23:51, 2 Becky Busch 26:56. 40-49: 1 Cathy Wedel 28:19, 2 Beverly Blumh 28:47, 3 Sharon Anderson NT. 50-59: 1 Ann Crawford 26:35.

Sub-4/Natural Light Invitational Road Championship 10k

By RICHARD LEE SLOTKIN

December 6. Anaheim.

Last year, this was called the Anaheim River Run and something like 20 runners broke 30 minutes. This year, they changed the course to make it faster.

And it was. Twentieth place was way down to 29:23. If you didn't break 29:00, the best you could get was 15th. To win this one took quite an effort. In fact, Nick Rose had to run faster than anyone ever ran 10,000 meters on the roads, 27:43.5, because Mark Scrutton was also under the old record of 27:55 set just this year by Michael Musyoki in New Orleans. Scutton, who was 6 seconds behind Rose and 6 seconds under the old record, was the early leader and held it for 4 miles, when his fellow Briton, Rose, moved to the front. Unfortunately, the course turned out to be short. When it was measured the following day for certification, it was 166 feet short. Talk about tough luck!

Rose credited Scutton with setting the pace that allowed him to go for what he thought was the record. They weren't exactly unchallenged, however. When Scutton moved out, Dave Long and Larry Cuzzort went with him. The leaders went through the first mile in 4:16 to 4:18. Then came a mob in 4:22 or so. By three miles though, Rose had moved out of the pack and taken over second. Scutton didn't give up the lead without a fight, and the result was both men going under the record.

Although Long eventually faded back to 8th, which isn't much of a fade, Cuzzort hung tough and finished 3rd in 28:10, followed one

From End of the Line Race Consultants

December 12: La Mesa. Turkey Trot 10K & 3KRuns.

Overall Men 10K:

1 Robert Lustana 31:23
2 Ruben LeDesma 32:51
3 Bob O'Toole 32:52
4 Jay Gehrig 33:31
5 Dave Brandon 33:52
6 John Wickersham 34:18
7 Will Rasmussen 34:43
8 Jon Rusinko 35:19
9 Mike Martin 35:27
10 T. Reeder 35:31
11 Ronald Raines 35:37
12 Truong Dinh 36:26
13 Ruben Mendez 36:51
14 Ed Whittler 36:54
15 Gregory Cooper 36:56

MEN: 12 & Under: 1. Bryan Spevak 50:33; 2. David Leving 50:40; 3. Scott Caesar 55:51. 13-17: 1. Mike Martin 35:27; 2. Ronald Raines 35:37; 3. Ding Truong 36:26. 30-39: 1. Jay Gerig 33:31; 2. Ruben Mendez 36:51; 3. Ed Whittler 36:52. 40-49: 1. Will Rasmussen 34:43; 2. Ed Gookin 38:15; 3. Mike Muirhead 40:46. 50 Plus: 1. John Shalom 42:37; 2. Leo Leonard 44:57; 3. Phil Martin 47:30. Wheelchair: 1. Jon Rusinko 35:19; 2. Ray Gash 39:02.

Overall Women 10K:

1 Shell Lachel 35:50
2 Patty Hurl 35:51
3 Julia O'Brien 38:15
4 Heather Murphy 39:44
5 Laura Meyer 42:11
6 Karen Kuss 43:19
7 Carol Cable 44:25
8 Donna Gookin 44:32
9 Liz Hutson 44:55
10 Sylvia Crise 45:08

WOMEN: 12 & Under: 1. Amy Parsons 66:20. 40-45: 1. Donna Gookin 44:33; 2. Sylvia Crise 45:08; 3. Pearl Mann 46:50. 50 Plus: 1. Madeline Cicchetto 67:45.

MEN 3K: Open: 1. Steve Brown 8:48; 2. Jay Gehrig 9:10; 3. Mark Potter 9:32; 4. James Butler 9:44; 5. Truong Dinh 9:51. 12 & Under: 1. David Normandin 12:46. 40-55: 1. Ed Gookin 10:38; 2. RD Richards 10:46; 3. Ray Archibald 11:00. 56 Plus: 1. Hay Den Parks 13:03.

WOMEN 3K: Open: Shell Lachel 10:31; 2. Sylvia Crise 12:14; 3. Sylvia Rodriguez 13:20; 4. Chris Roccoforte 13:42; 5. Christine Sawyer 14:18. 30-39: 1. Cris Roccoforte 13:43; 2. Chris Sharp 14:42; 3. Suzanne Florence 16:48. 40-55: 1. Cylvia Crise 12:14; 2. Barbara Turner 14:42; 3. Gerrig Gisebury 16:40.

Pre-Christmas Run 6 Miles

From DAVE DODSON

December 12. Sanger.

Men 15u: 1 Ricky Bernal(Sanger Striders TC) 32:41.3 (course record). Men 16-18: 1 Alejandro Angeles(un) 40:11.3. Men 40-49: 1 Christopher Denny(Fresno Joggers) 40:15.3. Men 50-59: 1 Jess Rivera(un) 38:20.7. Men 60 & over: 1 Mike Inverso(un) 50:35.5.

Women 16-18: 1 Lisa Lantsberger(SSTC) & Lupe Rodriguez(SSTC) 44:14.9. Women 50-59: 1 Sue Takayama(Fresno Joggers) 64:30.3.

ROD DIXON

Running three times along a 5000 meter loop through the city of Alhambra, Dixon and his three companions established an early lead and it soon became a matter of who would finish where in that foursome. Randy Thomas was the closest but he was over 300 yards back. Through the first two loops it was Dixon, Sinclair, Durden and Lindsay, and coming across the finish line, it was Dixon in 43:13.8, Sinclair in 43:16.6, with Lindsay taking third in 43:23.1. Durden lost \$500 when he let Lindsay pass him, dropping him \$2000 to \$1500. Thomas was over a minute behind Durden, but he was consoled with \$1000. Dixon collected \$5000, while Sinclair and Lindsay took home checks for \$3000 and \$2000 respectively.

The women's race was neither separate nor equal. They ran with the men, but except for first place, the awards were less generous. Australian Lorraine Moller led all the way and collected \$5000 as did Dixon. But Cindy Dalrymple, who gamely stuck close for two-thirds of the race only to weaken and fall back in the last loop, received \$2800 for her second place. That's just \$200 less than Sinclair got. But from third on, it was much more noticeable. Pam Morris surprised all who knew her by declaring herself a pro, and surprised them even more by taking third place beating out Laurie Binder. But Pam only got \$1500, \$500 less than the male third placer. However, Pam says it's enough to pay for that trip to Europe this summer.

Pam's time was 54:34, 21 seconds ahead of Binder. Moller's winning time was 52:27 and Dalrymple finished in 52:59.

And for Moller, the \$5000 should sweeten the honeymoon that she and her husband, former Olympian Ron Dawes, are still on. Well, they've only been married three months now.

Carey Simons was the first amateur and 13th overall in a time of 48:22. He beat out Ron Nabors by 8 seconds, although Nabors won the 30-34 age division. Actually Nabors entered as a pro, but ran out of the money and apparently was treated as an amateur for placement and award purposes. Diane Williams was the first amateur woman in one hour flat.

The 5k was won by Zeke Rodriguez in 15:15.3 followed by Peter Mogg in 15:44.2. First woman was 17-year old Teresa Elliott who was over a minute ahead of second placer Gayle Cory. Elliott's time was 18:31.8. Watch out for Cory, though. Very quietly she has been improving over the past six months. No one seems to notice, but pretty soon the other gals are going to start getting wise to her. It may be too late then, so remember—you heard it here first.

A final note. Finishing 44th overall in the 15k was 28-year old Dallas Jones in 54:40. So, the mystery is solved. We know who he is and how old he is. What we still haven't figured out is how he collected his prize in the 9 and under group at Mercury. If he could pull that off, he can still get into movies for half-price.

Results:

5k

Male 17u: 1 J. Morales(17) 16:25, 2 David Baca(15) 16:57, 3 J. Soto(12) 17:03. Male 18-24:

over(27) 51:55. Male 30-34: 1 Ron Nabors(27) 48:29, 2 Enrique Serratos(30) 53:50, 3 J. Kulisch(31) 54:36. Male 35-39: 1 Phil Ryan(37) 49:46, 2 Pedro Ponce(35) 54:25, 3 Jim Reilly 54:26. Men 40-44: 1 Eino(40) 52:23, 2 Gabriel Raul(41) 52:27, 3 Jerry Van Meter(43) 55:28. Male 45-49: 1 Bufford Harris(48) 49:10, 2 Fred Kiddy(47) 53:22, 3 Walt Windsor(49) 55:26. Male 50-54: 1 Tracy Brown(53) 57:45, 2 Aruhute(54) 1:06:50. Male 55-59: 1 Eddie Lewin(65) 1:00:57, 2 K. Taki(57) 1:03:16. Male 60 plus: 1 Robert Page(60) 1:07:54.

Women 17u: 1 A. Caldera(15) 1:19:20. Women 18-24: 1 Diane Williams(21) 1:00:00. Women 25-29: 1 Archute(54) 1:06:50. Women 30-34: 1 Nancy Sue Pearlman(33) 1:08:31, 2 Nancy Tinker(30) 1:09:59. Women 35-39: 1 M. Wilson(37) NT. Women 40-44: 1 Kathy Kusnez(41) 1:15:07. Women 45-49: 1 A. Fujimoto(46) 1:13:05. Women 50-54: 1 L. Reeves(53) NT.

Rene Felton 5k X-C Run

By PETER RICE

December 12. Pacific Palisades.

In the foothills of the Santa Monica mountains 100 runners battled through a 5 kilometer cross country race. The race took pace in rugged Will Rogers State Park, the home cross country course for the Santa Monica College and several local high schools.

The event was put on to help raise money for the Sports Federation for Ileitis and Colitis. Co-chairman Rene Felton, U.S. record holder of the JC mark in the 110 hurdles, has been a victim of this disease. With the help of her coach, Olympic gold medalist Tommy Smith, Felton was the driving force behind the program.

The race started on the 'wet' cool grass. The weather was brisk—perfect running conditions. The sloshy ¼ of a mile polo field start caused an inauspicious beginning for many of the runners. Clyde and Wayne Matsumura were two of the runners who cramped and fell off the pace because of the bad footing conditions on the polo field. They finished third and eighth respectively.

The men's race was fought between Bob Macias and Dan Brady, with Clyde Matsumura falling off the pace during the ascent of the trail towards Inspiration Point with its commanding view of the area. Macias and Brady were neck and neck throughout the entire gang around the polo field, ascending the mountain, and blasting down the mountain towards the finish. The two jockeyed for position around the turns. Bob, a 29:47 10k runner took the lead into the final 500 yards on the polo field. Brady, with a 3:46.7 1500m to his credit, passed Macias in 15:40. Clyde Matsumura cruised in at 16:39 for third, while Pete Rice came in 4th in 17:31. Brady, Matsumura, and Rice, all former cross country runners for Santa Monica College, felt quite at home on this course. "Seems like old times," said Rice.

Incidentally, despite being a hurdler and a long jumper, Rene Felton showed her team spirit on occasion (at Santa Monica College) and filled in for an injury-riddled SMC women's x-c team, even scoring some vital points on this very course.

Christmas 5 Miler

From RAE LONDON

December 13. Sacramento.

The starting gun was fired under dark skies as over 350 runners left the stadium at California State University to celebrate their second annual Christmas 5 Miler. Sponsored by Capital Coors, Crystal Geyser, Tiger Athletic Shoes, the race saw a fast field with first place woman breaking the finish tape in a time of 29 minutes and 48 seconds; this was Sacramento's own Kathy Pfeiffer, age 24. The men's first place finisher, Chris Hamer, led the field for the entire distance. The only difficulty was that due to the torrential rainstorms of recent, part of the course required a quick detour for the runners so they would not be required to splash through the puddles.

Women 17u: 1 Darlene Davis 31:40, 2 Kristen Smith 32:31, 3 Gera Johnson 39:05. Women 18-29: 1 Kathy Pfeiffer (first overall) 29:48, 2 Kathy Beals 32:25, 3 Vickie Pell 34:14. Women 30-39: 1 Tracey Saizan 37:26, 2 Judy Wessel 38:36, 3 Eileen Connolly 38:56. Women 40-49: 1 Joan Reiss 33:14, 2 Wendy Anderson 39:14, 3 Mary Belz 40:05. Women 50-59: 1 Peggy Ewing 43:04, 2 Ann Tassell 46:27, 3 Mary Malain 46:28.

Men 17u: 1 Dean Rinde 26:13, 2 Rod Curry 26:21, 3 Thor Jaques 27:53. Men 18-29: 1 Chris Hamer (first overall) 25:26, 2 Pete Flores 25:29, 3 Rick Gentry 25:45. Men 30-39: 1 Adam Ferreira 26:36, 2 Roger Scott 29:16, 3 Gordon Rathburn 29:21. Men 40-49: 1 Doug Rennie 27:09, 2 Don Spickelmier 27:34, 3 John Semler 27:49. Men 50-59: 1 Bob Malain 29:34, 2 Art Wagoner 32:40, 3 Tom Coe 34:40. Men 60 plus: 1 Harry Boulter 39:12, 2 Bill Francis 42:16.

Madera Mini Marathon

December 13. Madera. 13.1 miles.

1 Ramon Garcia(21) 1:12:22
2 Vince Engle(35)TeamInsideTrack 1:13:53
3 Joe Day(31)Merced TC 1:17:27
4 Jose Caballero(18) 1:20:04
5 Andres Patlan(32) 1:22:11
6 William Mitchell(25) 1:22:51
7 David Carrasco(33) 1:23:20
8 Rick Zamrripa(48)HSTC 1:23:43
9 Don Bemis(51) 1:25:43
10 Philip Farina(39)Fresno Joggers 1:27:44
14 Walter Brown(40)FresJog 2-40 1:29:09
16 Ed Singleton(50) 1:29:43
25 Pat Hurst(50)Fresno TC 1F 1:36:34
31 Margie Timberlake(39)FresTC 2F 1:39:25
35 Becky Dieter(29) 3F 1:43:38

Santa Maria Half Marathon

December 13. Santa Maria. Sponsored by the Orcutt Road Runners.

1 R. Soler(21)	1:09:21
2 C. Aranda(24)	1:10:55
3 M. Ryan(34)LVDC	1:11:40
4 B. O'Brien(26)SLDC	1:12:09
5 B. Lindsey(37)FTC	1:13:09
6 T. Cotti(19)LMU	1:13:42
7 T. Becker(23)	1:13:58
8 S. Jones(21)TIT	1:14:14
9 C. Emmons(17)ERHS	1:15:16
10 P. Lee(20)SLDC	1:16:35
11 B. Waterbury(33)SLDC	1:17:25
12 T. Robinson(25)LVDC	1:17:51
13 J. Elwell(21)LVDC	1:18:14
14 E. Quinones(15)RBMW	1:18:28
15 J. Ortiz(27)	1:18:36
24 W. Graham(40)LVDC 1-40	1:25:26
25 J. Perkins(53)LVDC 1-50	1:25:51
26 K. Handley(40)SLDC 2-40	1:25:59
27 L. Hagopian(22) 1F	1:26:02
38 J. Holt(54)2-50	1:29:32
46 M. Pedersen(23)SLDC 2F	1:30:56
48 J. Holoubek(65)LVDC 1-60	1:31:53
68 J. Spierling(54)SLDC 1-50F	1:42:12
69 J. Clayton(20)POLY 3F Open	1:42:46

Coyote Hills to the Bay 6.8 Mile Race

December 19. Coyote Hills Regional Park. Sponsored by Newark Recreation. 121 Entries.

Men 14u: 1 Robbins 41:59, 2 Roach 49:59, 3 Campbell 50:24. **Men 15-18:** 1 Garibay 42:31, 2 Jensen 43:15, 3 Koskela 50:18. **Men 19-29:** 1 Dennis Rinde 35:09, 2 Pawlek 38:51, 3 Michaels 39:39. **Men 30-39:** 1 MonDragon 39:59, 2 Hollis 40:59, 3 Ratti 41:12. **Men 40-49:** 1 Whitewater 40:04, 2 Chambliss 41:06, 3 Craig 43:15. **Men 50 & over:** 1 Coghlan 43:06, 2 Oliver 46:57, 3 Peterson 47:24.

Women 15-18: 1 Saunders 57:46, 2 Ratti 58:22. **Women 19-29:** 1 Rhyti 50:50. **Women 30-39:** 1 Vincent 51:24, 2 Sprouse 54:06, 3 Bryson 55:09. **Women 40-49:** 1 Ritchie 52:50, 2 Gudiksen 54:16, 3 Clark 63:19.

Holiday 5k Run

December 19. Visalia.

Former Porterville City College standout Carlos Aranda showed his speed near the end of the race to capture the Holiday 5k in a 15:31, edging Bob Loux who clocked 15:35. The two passed the first mile in 4:46 leaving the rest of the field in the distance. They con-

tinued to run together until Aranda made his move into the lead. In third place was Marty Higginbotham: in 15:50, followed by Gary Campbell (first 30-39) in 16:02. Brett Pugh captured the 15-19 age group in 16:43, while Wayne Van Dellen clocked 16:33 for the 40-49 division title and Mel Elliot ran 19:43 for the 50 plus crown.

First women finisher was Shelly Agrimson in 19:10. She was followed by thirteen year old Jennifer Baker of Porterville in 19:23 (first 14 and under). Debbie Hernandez clocked 21:28 for the 15-19 title. Sandra Bush captured the 30-39 crown in 23:42 and Sue Takayama ran 26:00 for the 40 plus title.

Ed Taylor should be congratulated on doing a fine job in hosting his first race.

1 Carlos Aranda	15:31
2 Bob Loux	15:35
3 Marty Higginbotham	15:50
4 Gary Campbell 1st 30-39	16:02
5 Robert Taylor	16:04
6 Fred Castillo	16:10
7 Dave Bronzan 2nd 30-39	16:14
8 Isais Luna	16:17
9 Ozzie Osgood	16:28
10 Wayne Van Dellen 1st 40-49	16:33
12 Brett Pugh 1st 15-19	16:43
28 Shelly Agrimson 1W	19:10
31 Jennifer Baker 1st 14uF	19:23
32 Mel Elliot 1st 50 plus	19:43
49 Sandra Bush 1st 30-39F	23:42
54 Sue Takayama 1st 40 plus F	26:00

Rudolf's Lancaster Classic 10k/5k Run

From ROBERT W. GREENE

December 19. Lancaster.

10k—

Male 14u: 1 Dale Kroeger 35:33, 2 Joaquin Moreno 40:22, 3 Steve Holloway 42:26. **Male 15-18:** 1 Tim Watson 33:19, 2 Rudy Garcia 34:36, 3 Tim Campbell 36:22. **Male 19-29:** 1 Steve Brown 31:37, 2 Steve Durand 31:39, 3 Jack Powell 33:17. **Female 18-29:** 1 Kelly Wells 40:07, 2 Susan Gunther 46:13, 3 Liz Duc 47:20. **Male 30-39:** 1 Marshall Matye 32:59, 2 Jim Minami 34:07, 3 Garry Everson 34:43. **Female 30 & over:** 1 Sue Simms 42:56, 2 Joyce Rowley 45:27, 3 Sharon McClung 47:36. **Male 40-49:** 1 Marvin Rowley 34:11, 2 Charles McClung 35:32, 3 Tony Keavey 40:15. **Male 50 & over:** 1 Terry Armstrong 42:07, 2 Lou Wadsworth 43:05, 3 John McManus 44:15.

5k—

Male 6u: 1 Craig Cieslik 22:48, 2 Chad Cieslik 27:55, 3 Angelo Sakelarios 30:08. **Male 9-13:** 1 David Roth 19:52, 2 John Hunn 20:46, 3 Steve Chaipman 22:06. **Female 9-13:** 1 Kathy Coffee 22:55, 2 Lee Ann Robinson 26:32. **Male 14-18:** 1 Brent Allen 16:27, 2 Chuck Pontius 16:36, 3 John McGovern 16:47. **Female 14-18:** 1 Susan Ramsdale 19:38. **Male 19-29:** 1 Juvenal Narajo 15:45, 2 Rick Crowder 16:10, 3 Joe Hull 16:58. **Female 19-29:** 1 Mary Austin 25:33, 2 LeAnn

Lindsley 27:40, 3 Tani Simpson 28:14. **Male 30-39:** 1 Rick Keller 17:41, 2 Andy Aualos 17:44, 3 Jim Schettig 17:45. **Female 30-39:** 1 Toni Jewett 24:12, 2 Marsha Martin 26:46, 3 Yvonne Valasek 30:02. **Male 40-49:** 1 Walt Windsor 17:26, 2 Ken Hamrick 18:45, 3 Baldomero Pedraza 19:50. **Female 40 & over:** 1 Karen Morris 26:01, 2 Laura Sickler 29:12, 3 Donna Canules 30:24. **Male 50 & older:** 1 Howard Sundberg 24:05, 2 Henry Cleveland 25:15, 3 John Miller 25:23.

Festival of Lights

From Richard Slotkin

December 20. Balboa Park, San Diego. Fourth Annual Festival of Lights 10K Run.

Men Overall:

1 Steve Scott	28:50
2 Kirk Pfeffer	28:55
3 Ed Mendoza	29:02
4 Tom Lux	29:20
5 Robert Lusitana	29:27
6 Tim Varley	29:30
7 Pete Hessen	29:35
8 Jeff Woodland	29:46
9 Joe League	29:46
10 Chris Hughes	29:59
11 John Koningh	30:00
12 Terry Gibson	30:03
13 Chris Sadler	30:07
14 Rodney Rivera	30:35
15 Rory Trup	30:39
16 Bill Tokar	30:51
17 Mike LeBold	30:56
18 Sean Evans	30:59
19 Dave Jackson	31:03
20 Brian Lucas	31:09

MEN: 17 & Under: 1. Aaron Rudd (17) 33:11; 2. John Todd (17) 33:17; 3. David Currier (17) 33:32. **30-39:** 1. Jim Mosher (32) 32:02; 2. Graeme Shirley (36) 32:40; 3. D. Smith (34) 34:20. **40-49:** 1. Dan McCaskill (40) 33:12; 2. Will Rasmussen (41) 35:08; 3. Arnold Roland (48) 36:00. **50 Plus:** 1. Bill Stock (52) 36:33; 2. Ron Clark (50) 38:00; 3. Homer Rhoads (52) 38:56.

Women Overall:

1 Beth Milewski	35:06
2 Teresa Ramirez	35:51
3 Patty Hurl	35:56
4 Debbie Lewis	36:17
5 Mindy Ireland	36:44
6 Kay Harpold	36:46
7 Beth Weber	37:25
8 Kim Sterton	37:51
9 Nancy Wilkinson	38:04
10 Terry Flynn	38:38
11 Laurie Jenkins	38:47
12 Sharon Kinsey	39:09
13 Sue Kinsey	39:10
14 Diane Hernandez	39:24
15 Shirley Matson	39:30
16 Abby Waltz	39:42
17 Sue O'Hara	39:45
18 Susan Elden	39:51
19 Joni Pendleton	40:04
20 Pam Henline	40:32

WOMEN: 17 & Under: 1. Kim Sterton (16) 37:50; 2. Catheline Guevarra (15) 40:47; 3. Kathy Atzet (15) 40:48. **30-39:** 1. Patti Hurl (30) 36:44; 2. Kay Harpold (30) 36:46; 3. Kay Harpold (30) 36:46.

P.R.'s

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summer-time Lane, Culver City, CA 90230.

Frank Assumma (SCRR) TAC XC Nationals 10,000 Meters	28:56
John Beck (SCRR) TAC XS Nationals 5,000 Meters	17:22
Renea Biggers (SCRR) TAC XC Nationals 3,000 Meters	11:40
Laurie Binder (Team adidas) Nike Marathon - 2nd woman	2:35:19
Matt Blaty (SCRR) TAC XC Nationals 10,000 Meters	30:16
Gary Bourbon (SCRR) TAC XC Nationals 10,000 Meters	29:37
Voncille Brown - Mercury 10K - 1st 13-15	37:46
Penny Burnstein (SMTC) Jon Douglas 10K	39:45
Susan Castruita (SCRR) TAC XC Nationals 3,000 Meters	11:33
Mike Cates (Tulare Runners) Central California Marathon	3:43:57
Ray Cook (SCRR) TAC XC Nationals 10,000 Meters	30:05
Rose Diaz - Marina Christmas 10K	49:05
Laura Doering (SCRR) TAC XC Nationals 3,000 Meters - 2nd 9 & Under	11:26
Katie Dunsmuir (SMTC) Run for the Roses 10K - 1st Female	36:09
Marge Elson - Oakland Marathon - 2nd Female	2:48:40
Paul Farina (SMTC) Jon Douglas 10K - 4th overall	30:59
Kevin Green (SCRR) TAC XC Nationals 5,000 Meters	16:09
Florianne Harp - Oakland Marathon - 1st Female	2:46:57
Shannon Harrison (SCRR) TAC XC Nationals 3,000 Meters	12:09
Jana Hillman (SMTC) Jon Douglas 10K - 1st age group	39:21
Sister Marion Irvine - Oakland Marathon - World's Best 50-59	2:55:16
Steve Jennis (SCRR) TAC XC Nationals 10K	30:05
Judy Kewley - Santa Barbara Women's 10K - 6th overall	39:07
Bill McDermott - L.A. Harbor Marathon - 1st place	2:22:22
Bob Macias (SMTC) Run for the Roses 10K - 1st place	29:35
Mike Makens (SCRR) TAC XC Nationals 5,000 Meters	16:34
Kathy Martin (PFF) Jim Thorpe 5K	17:56
John Mansoor (Capital City Flyers) Oakland Marathon	2:18:34
Clyde Matsumura (SMTC) Perrier (BH) 10K	31:23
Paul Medvin (Glendale CC) L.A. Zoo Run - 1st place	30:26
Bruce Mitchell (SMTC) Mercury 10K	33:40
Ruth Mizumoto (SMTC) Jon Douglas 10K	47:15
Judy Myers - Jon Douglas 10K	*63:00
Steve Ortiz - Nike Marathon	2:13:21
Mike Pinocci (Sub-4) Oakland Marathon	2:13:36
Chimene Pollard (SCRR) TAC XC Nationals 3,000 Meters	13:16
Christien Prieur (SMTC) Jon Douglas 10K	33:13
Gladys Prieur (SMTC) Mercury 10K - 1st W 16-18	37:35
Tony Reyes (SCRR) TAC XC Nationals 10,000 Meters	29:58
Leslie Saunders (SMTC) Renee Felton 5K XC Run	22:01
Jim Skefich (PFF) Carson 10K	37:00
Sheila Smith - Jon Douglas 10K	48:44
Woody Studenmund - Outstanding Athletes 10K	34:47
Mike Tipping (SMTC) Jon Douglas 10K	32:35
Sal Vasquez - Oakland Half Marathon - AR 40-Plus	1:07:50
Miriam Vendelbosth - Jon Douglas 10K	43:12
Howard Willman (SJCC) Maderathon 10K - 9th overall	34:53
Dennis Wong (Tulare Runners) Central Cal Marathon	2:46:32
Joe Young (SCRR) TAC XC Nationals 10,000 Meters	30:34

* first time at distance

the hill. Then, it was all flat the rest of the way back with the black-top giving way to fire trails over the last 2 or 3 miles. This turned out to be a very fast course, even with that hill, and the times showed. A real "PR City."

Even the weather was on our side. Cool and overcast with just the faintest trace of a drizzle late in the race. Not at all like last year when near gale winds blew the dickens out of

Adrian Royle proved to be considerably more personable than the impression he gave at the TAC Nationals. At the award ceremony, Eino introduced him by saying, "Adrian, tell the people why you're so obnoxious." As I said in this month's Points of Interest, he may be brash but he's not the bad sport he seemed to be.

Kris Kristofferson was definitely a good

Women 15-18: 1 Saunders 57:46, 2 Ratti 58:22. Women 19-29: 1 Rhyti 50:50. Women 30-39: 1 Vincent 51:24, 2 Sprouse 54:06, 3 Bryson 55:09. Women 40-49: 1 Ritchie 52:50, 2 Gudiksen 54:16, 3 Clark 63:19.

Holiday 5k Run

December 18, Visalia.

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4th Annual Lasse Viren 20K

By RICHARD LEE SLOTKIN

December 20, 1981. Point Mugu State Park, Zuma Beach.

From Mr. Who? To That's Him! That's what happened to Adrian Royle following his incredible victory in the TAC Cross Country National Championships three weeks earlier. This time, everyone knew who that guy in the yellow was.

This race was supposed to be a money event on the ARRA Pro Circuit, but lack of a sponsor eliminated that aspect. It also eliminated some of the big names, such as Bill Rodgers, in whose honor the race was run. In fact, even the open race scheduled for 8 a.m. had to be scratched for lack of entrants. Those who were entered in the open were moved into the invitational, which went off at the more civilized hour of 10 a.m.

Unfortunately, I had forgotten about that even though Eino had told me about it the week before at the Falcon 15k. So, I showed up at Pt. Mugu State Park at 7:30 in the morning and still half asleep.

It wasn't a total waste, though. I borrowed a pair of running shoes from Eino, and ran my own workout which was 14 miles at medium speed. Because 20k is 12.2 miles and it was about 3/4 of a mile from my car to the start line, I decided that for once I could have a chance to check out a course that I wasn't racing over myself, and still get my own workout out of the way.

Well, it was a great course. The first half was over fire trails and was mostly flat, with only short dips and rises to break the monotony. This segment wound through tree-lined ravines and was really pretty. At 6 miles, the course turned onto a narrow black-top and then climbed up a steep hill for about a half mile. That part was tough. Then, some leveling off as the road wound through some hilly peaks, and then, joy of joys!!—a sharp, long downhill. Anyone who didn't go at a sub-five pace there just wasn't trying. Wow! Did that feel great and so was the view on top of

Mike Tipping (SMT) Jon Douglas 10K 32:35
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Miriam Vendelbosth - Jon Douglas 10K 43:12
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Even the weather was on our side. Cool and overcast with just the faintest trace of a drizzle late in the race. Not at all like last year when near gale winds blew the dickens out of everyone.

Despite all the problems with lack of sponsor money, there was some talent worthy of note. First was the Englishman Royle himself, now converted to really hot merchandise after that big win at the Nationals. There was also Jon Sinclair, who was the "smart money's" choice to beat Royle and win it all. Then there were the Tibaduiza brothers, Domingo and kid brother Miguel from Columbia; Harrison Koroso of Kenya; and Finns Martti Kilholma and Haken Spik. Besides providing considerable quality they lent an international flavor to the event.

You won't believe the start, unless you were there. Holding up the starter's pistol, supplied by Peter Rice, Eino instructed everyone to "...watch the gun." Why watch the gun? Because it didn't have a noisy blank cartridge. When Eino fired it, out came a flag which unfurled to reveal...yes, you guessed it...the word "BANG".

That got things off with a bang. (Ouch!) And a smile.

However, once the smiling stopped and the sweating started it was all Royle. From about 3 1/2 miles into the race he opened up a lead and never looked back. It wouldn't have done any good if he had—no one was in sight. Literally, Royle led the way all by his lonesome. I'd love to have seen him coming down that hill. Domingo Tibaduiza was two minutes back and might as well have been in the next county. A minute behind him was Kilholma and over a minute behind Kilholma came Koroso and Miguel Tibaduiza side by side. Sinclair was hanging close to Royle and Domingo Tibaduiza until 7 miles when he got hit with severe stomach cramps. He wound up in 16th place and I watched him go by the 12 mile mark running at an eased-up pace and talking rather casually to the runner with him.

Koroso made a move in the final 200 yards and managed to outkick the younger Tibaduiza to take 4th by 4 seconds, while Spik came in just over a minute later for 6th.

Ann Gladue was the women's winner. A sub-35 10ker, she finished in 75:14.2 followed one minute and five seconds later by Pam Morris.

Skip Shaffer was the first master to finish and was 14th overall in a time of 69:40.8. Krista Romppanen, wife of the race director Eino, was the first female master in 83:08 and was the 4th woman overall.

Singer-actor Kris Kristofferson and artist James-Paul Brown decided to challenge each other. Kristofferson running his first race, and coached by Eino, ran a very fine 85:23. However, Brown, using artistic license I suppose, ran an even finer 83:35 and won the bet.

Adrian Royle proved to be considerably more personable than the impression he gave at the TAC Nationals. At the award ceremony, Eino introduced him by saying, "Adrian, tell the people why you're so obnoxious." As I said in this month's Points of Interest, he may be brash but he's not the bad sport he seemed to be.

Kris Kristofferson was definitely a good sport. Posing for photographs with runners and signing autographs, he was the most popular guy there. Yet, the runners kept their cool. They were low key in their approach and Kristofferson seemed pretty comfortable. For the most part, he blended right in, especially during the run. Nobody asked him for an autograph out on the course. It was every man (and woman) for himself, baby.

This was a good event. I hope they get sponsors next year.

RESULTS:

1 Adrian Royle(England)22	58:38.4
2 Domingo Tibaduiza(Colombia)31	1:00.26
3 Martti Kilholma(Finland)31	1:01.14
4 Harrison Koroso(Kenya)26	1:02.37
5 Miguel Tibaduiza(Colombia)23	1:02.41
6 Hakan Spik(Finland)30	1:03.55
7 Brian Appell(Colorado)21	1:05.10
8 Jerry Alcorn(Anaheim)21	1:06.22
9 Carlos Pilo Godoy(Colombia)31	1:06.25
10 Dave Maxwell(ThousOaks)18	1:08.27
11 Tom Peterson(Hueneme)18	1:08.30
12 Hugh Stahl(CA)29	1:09.13
13 Gary Goettelmann(CA)38	1:09.38
14 Skip Shaffer(CA)43 1-M	1:09.40
15 Frank Hutchinson(CA)29	1:09.53

Men 40-49:

1 Skip Shaffer	1:09.40
2 Dave Holland	1:14.25
3 Jerry Daniels	1:14.58

Men 50 and over:

1 Bob Hottel	1:20.26
2 Fred Nagelschmidt	1:21.35
3 Jack Thomas	1:22.46

Men 13-18:

1 Dave Maxwell	1:08.27
2 Tom Peterson	1:08.35
3 Eric Kirkegaard	1:13.31

Women Open:

1 Ann Gladue	1:15.14
2 Pam Morris	1:16.19
3 Janie Studenmund	1:20.05

Women 30-39:

1 Sue Harmon	1:25.24
2 Judy Kewley	1:27.36
3 Corrinne Schratz	1:31.42

Women 40-49:

1 Christa Romppanen	1:23.08
2 Kari Nordaas	1:40.07

Women 50 and over:

1 Anne Johnson	1:28.04
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Women 13-18:

1 Laura Cattiveri	1:24.32
2 Anne Johnsen	1:42.04
3 Christy Pakkala	1:42.05

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 1 Yr. 2 Yr. 3 Yr.

California Track & Running News, P.O. Box 6103, Fresno, CA 93703

photo by Richard Slotkin

European X-C Race

From JOHN GRIFFIN

December 27. Sacramento area.

The Capitol Coors, Fleet Feet European X-C Race held December 27 saw last year's winner Chris Hamer and Sacramento's high school standout, Harold Kuphaldt, duel for five miles. Kuphaldt outran Hamer in the last half mile to win in 27:03.5. Hamer finished in 27:18.6. Susan Davidson, the first woman, led the entire distance to finish in 32:23.07. Davidson is from St. Louis, Missouri.

This year's course started in a wet, muddy lake bottom. There was a five foot jump into the river bed. There were eight obstacles to hurdle and an open field to traverse. The general comment after the race was, "Jeez, that was tough, but what a great course." Or, "You guys are sadistic. What is the date for next year's run?"

Next year's race will be January 2, 1983 at 10:00 a.m.

Men:

1 Harold Kuphaldt	27:03.5
2 Chris Hamer	27:18.6
3 Jeff Grubbs	27:48.3
4 David Hamer	28:12.8
5 Richard Cunningham	28:18.07
6 Kurt Sterling	28:32.5
7 Ken Harvey	28:39.06
8 Jeff Cowling	28:42.0
9 Doug Butt	28:51.04
10 Joss Walter	28:53.04

Women:

1 Susan Davidson	32:41.05
2 Kim Purcell	35:26.2
3 Sharon Miller	36:16.8
4 Karen Sangiunetti	37:41.1
5 Shelly Smith	40:34.9
6 Julie Lloyd	41:16.4
7 Diana Smith	41:18.1
8 Kathy Ray	41:37.1
9 Laurie Gallagher	41:51.9
10 Ruth Snyder	42:11.6

Others—Men 40-49: Tim Jordan. **Men 50 plus:** 1 Robert Malain. **Women 19+:** 1 Shelli Smith. **50 plus:** 1 Barbara Douglas.

Perrier 10K

By RICHARD LEE SLOTKIN

Beverly Hills. With Sub-4 and Natural Light Beer recruiting everyone in sight for their annual assault on the limits of endurance and credibility, it didn't seem as though there would be anyone left for the Beverly Hills/Perrier 10K. There were, though, at least 3500 despite a late mailing of entry blanks.

Bill Rodgers was there, of course. He's under contract with Perrier. But Rodgers can't make a race all by himself, so they brought back from Finland Martti Kiilholma who beat him in this race last year. And Zowie! the red-hot Rod Dixon showed up not in Anaheim, but in Beverly Hills this cool, foggy morning. Actually, it wasn't foggy in Beverly Hills. Only all around it. Fog isn't allowed in BH. Anyway, there were several other sub-30 10K-ers in the



PERRIER 10K Dixon, Rodgers, Kiilholma at 2 miles

At 11:40, Rodgers was leading the trio past Gucci's, Giorgio's and the other carriage trade shops of Rodeo Drive. They went through three miles in something like 13:30, and at that point, Bill McCullough began to make a move. At about 15 minutes into the race, Dixon was said to be fading just a bit. Just couldn't keep his mind on it, he said later. It now looked as if the race would be a repeat of last year's Rodgers-Kiilholma duel. Unless McCullough could slip in there.

But, by the four-mile mark, the party was over. Not only hadn't Dixon faded, but he moved over into the lead and stretched it to 50 yards followed by Kiilholma, and Rodgers who was now in third. Some 150 yards back, McCullough and Hakan Spik were taken out of any chance of an upset by being directed into a wrong turn. They got back on course but not before two of McCullough's Santa Monica Track Club teammates, Gil Cortez and Bob Macias, slipped by moving into 4th and 5th. Both managed to hold their places, but before it was over, Macias said he heard footsteps behind him. He sure did. They came from the hard-charging McCullough. McCullough didn't catch Macias, but he took it all philosophically. He knew he wasn't going to catch any of the front three, but he felt the extra 400 yards cost him a chance to go under 30 minutes. Spik, on the other hand, was very upset and kept muttering something in Finnish. McCullough didn't know what it was but the meaning seemed clear. When asked why they didn't follow the leaders instead of allow-

Male 16-18:

1 Jeff Olson(Inglewood)	32:05
2 George Yuster(Encino)	32:16
3 Claudio Ayestas(LA)	32:23

Male Open (old record-28:47):

1 Rod Dixon(New Zealand)	28:38
2 Martti Kiilholma(Finland)	28:50
3 Bill Rodgers(Sherborn)	28:54
4 Gilbert Cortez(Alhambra)	30:15
5 Bob Macias(SantaMonica)	30:19
6 Bill McCullough(Ontario)	30:34
7 Hakan Spik(Finland)	30:46

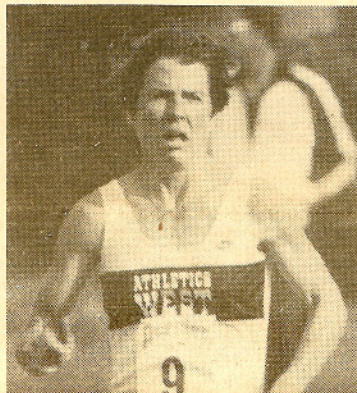


photo by Richard Slotkin

U.S. Road Running Records

(as of January 1, 1982)

From Bob Martin - National Running Data Center

OPEN MEN:

8 km	23:12	Herb Lindsay (25, CO)	80
10 km	28:12	Thom Hunt (22, CA)	81
	a 28:04	Craig Virgin (25, IL)	81
15 km	43:12	Ric Rojas (29, CO)	81
10 mile	46:00	Herb Lindsay (25, CO)	80
20 km	58:38	Herb Lindsay (26, CO)	81
Half Marathon	1:01:47	Herb Lindsay (26, CO)	81
25 km	1:14:09	(26, CO)	81
30 km	1:34:20	Tom Fleming (27, NJ)	78
	a 1:29:04	Bill Rodgers (28, MA)	76
20 miles	1:40:14	Peter Pfiztinger (23, NY)	81
Marathon	2:10:20	Tony Sandoval (25, OR)	79
	2:10:20	Jeff Wells (25, OR)	79
	a 2:08:13	Alberto Salazar (23, OR)	81
50 km	2:50:46	Chuck Smead (24, CA)	76
50 miles	4:51:25	Barney Klecker (29, MN)	80
100 km	6:38:20	Bernd Heinrich (41, VT)	81
100 miles	13:00:11	Stuart Mittleman (30, NJ)	81

OPEN WOMEN:

8 km	m 26:12	Mary Shea (19, NC)	80
10 km	32:24	Patricia Catalano (27, MA)	80
15 km	m 49:34	Patricia Catalano (27, MA)	81
10 miles	m 53:40	Patricia Catalano (27, MA)	80
20 km	m 1:10:39	Nancy Conz (24, MA)	81
Half Marathon	1:11:40	Kathy Mintie (21, CA)	81
25 km	m 1:26:21	Joan Benoit (23, NH)	81
30 km	1:50:45	Martha Cooksey (25, OR)	80
20 miles	m 2:03:56	Tena Anex (20, CA)	76
Marathon	f 2:36:02	Jancy Conz (23, MA)	80
	m 2:33:31	Patricia Catalano (28, MA)	81
	am 2:27:51	Patricia Catalano (28, MA)	81
50 km	m 2:26:47	Janice Arenz (29, MN)	80
50 miles	m 6:12:12	Sue Ellen Trapp (33, FL)	79
100 km	m 8:43:14	Sue Ellen Trapp (33, FL)	79
100 miles	m 22:05:38	Nancy Sheehy (33, NY)	81

MEN 19 & UNDER:

8 km	25:51	Marc Adam (18,)	80
	p 25:19	Jeff Simpson (19,)	80
10 km	29:37	Steve Ortiz (19, CA)	79
15 km	45:47	George Aguirre (17, CA)	75
10 miles	48:46	John Gregoire (19, DC)	80
20 km	1:05:22	Gary Blume (19, CA)	75
Half Marathon	1:05:54	Thom Hunt (19, CA)	77
25 km	1:22:31	Thom Hunt (16, CA)	74
30 km	1:43:27	Scott Jenkins (17, WI)	80
	a 1:38:53	Mike Cotton (17, NY)	76
20 miles	1:49:09	Curtis Miyagi (18, CA)	78
Marathon	2:17:44	Kirk Pfeffer (18, CA)	75
50 km	3:00:28	David Cortez (16, CA)	74
50 miles	5:30:42	David Cortez (18, CA)	70
100 km	9:48:41	Howard Breinan (11, CT)	80

By RICHARD LEE SLOTKIN

Beverly Hills.

With Sub-4 and Natural Light Beer recruiting everyone in sight for their annual assault on the limits of endurance and credibility, it didn't seem as though there would be anyone left for the Beverly Hills/Perrier 10K. There were, though, at least 3500 despite a late mailing of entry blanks.

Bill Rodgers was there, of course. He's under contract with Perrier. But Rodgers can't make a race all by himself, so they brought back from Finland Martti Kilholma who beat him in this race last year. And Zowie! the red-hot Rod Dixon showed up not in Anaheim, but in Beverly Hills this cool, foggy morning. Actually, it wasn't foggy in Beverly Hills. Only all around it. Fog isn't allowed in BH. Anyway, there were several other sub-30 10K-ers in the pack. Bob Macias, Bill McCullough and Gilbert Cortez of the Santa Monica Track Club were on hand, along with Hakan Spik, a former Culver City Marathon winner. And, the field was additionally laced with some fine local talent, including Carey Simons, Gian Starinieri, and Dan Caprioglio.

The women's race was just as well spiced, maybe even more so. Marty Cooksey, the course record holder and fresh off a good showing at the TAC X-C Nationals, was back to see if she could do it again. Last year's winner, Michelle Bush was back also and, all the way from Boston came the nationally ranked Judi St. Hilaire. There were Bush's UCLA teammates Linda Goen and Sheila Ralston, and with Ann Gladue, Judi Vivian and Cathy Fulkerson, there was as fine a women's field as you'll see in an open road race. It turned out that at least 21 of them broke the magic 40 minute mark, something hardly matched by even the L'eggs and Bonne Bell 10K's.

Of course, there was the now-traditional waiter's race. Roger Bourban is in a class by himself in this event and the only question was by how much he would win...about 5 minutes...and would he set a record...no he didn't. But, each year the number of challengers gets larger and their quality gets better. This year there were about 20 entered, sponsored by their restaurants, and 10 finished, though 3 lost their bottles along the way. In a few more years, the waiter's race may be as competitive as the main one. As a matter of fact, the Beverly Hills Recreation Department, which puts this race on, very actively solicits entrants for the waiter's race, even guaranteeing waiver of the entry fee.

Because they must carry a tray containing a bottle of Perrier water, the waiters are started a few minutes early, and that allows them to get some running room without having the bottles knocked off the trays. By the time the crowd catches up with them, things are spread out enough so that they have some elbow room, literally. Of course, with Bourban, he runs in the mid-30's, so not very many catch up to him.

Three who did, though, did it in a hurry. They were Rodgers, Dixon and Kilholma. It took them over two miles to do it, but they blew by averaging under 5 minutes a mile. As they completed the first of 2 loops, a short one of about 2 miles, they were almost side by side. The 2 mile split was 8:50 with Rodgers holding a slight lead. Cooksey and Bush led the women and coming through the small loop, they too were side by side.

over. Not only hadn't Dixon faded, but he moved into the lead and stretched it to 50 yards followed by Kilholma, and Rodgers who was now in third. Some 150 yards back, McCullough and Haken Spik were taken out of any chance of an upset by being directed into a wrong turn. They got back on course but not before two of McCullough's Santa Monica Track Club teammates, Gil Cortez and Bob Macias, slipped by moving into 4th and 5th. Both managed to hold their places, but before it was over, Macias said he heard footsteps behind him. He sure did. They came from the hard-charging McCullough. McCullough didn't catch Macias, but he took it all philosophically. He knew he wasn't going to catch any of the front three, but he felt the extra 400 yards cost him a chance to go under 30 minutes. Spik, on the other hand, was very upset and kept muttering something in Finnish. McCullough didn't know what it was but the meaning seemed clear. When asked why they didn't follow the leaders instead of allowing themselves to be directed off course, McCullough said, "Hey! They were so far ahead, I couldn't even SEE them!"

Meanwhile, Dixon cruised into a 28:38 win which was a new course record. Second, some 70 yards back was Kilholma, with Rodgers just 4 seconds behind him. Rodgers appeared to have made up some ground on Kilholma in the last 200 yards, but for the second year in a row, Kilholma beat him.

In the women's action, Cooksey managed to pull away from Bush but not by much. Only two seconds, in fact. Her time was 33:11, which demolished the 33:43 set by Cooksey two years earlier. Cooksey showed that she is finally over her injuries and ready to run. Oregon agrees with her, she admits. It also showed that Bush can run with the best of them. Her 33:13 was just a blink of an eye back of Cooksey.

Third place went to Judi St. Hilaire in a very respectable 34:31. But that put her over a minute behind second place, all the more credit to Cooksey and Bush.

Next came Ann Gladue of Ventura in 34:49 and she was followed by the longest string of sub-40 minute times I've ever seen turned in by women in an open road race. It wasn't limited to the hot dogs, either. These performances ranged from 15-year old Jana Hillman with a 39:14 to 55-year old Margaret Miller who ran 39:58.

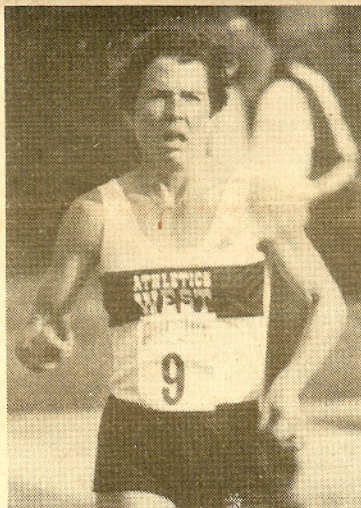
Roger Bourban, who owns Cafe Monet, as expected, won the waiter's race in 37:26. But, watch it. Neb Radojkovich, representing Dan Tana's Restaurant, has shown he's dead serious. He carried the 5-pound tray and Perrier to a 40:38 clocking, a good time for someone without a tray and an improvement over his last year, which was a respectable 42 plus.

As usual, winners, overall and age groupers, received the kinds of prizes which make the mouth water. It hurts me to even think about all that great loot being given away, and none of it to me. Even if I had run I would have come up empty-handed. My age group (40-49) was won in 33:44 (Brian Fernee), and the last award winner had to go 34:27 (Bruce Kostin). So what chance do I have? Maybe Bruce will let me borrow his medal for a week. Whaddya say, Bruce...ol' buddy. Bruce? Bruce! Come back here!

Results:

Male 15u:

- 1 Christian Prieur(WestLA) 34:08
- 2 Lane Olson(Northridge) 34:58
- 3 Joseph Nitti(Santa Monica) 35:42



MARTY COOKSEY

photo by Richard Slotkin

- 8 Dan Caprioglio(Chatsworth) 30:48
- 9 Steve Whitcomb(LA) 30:51
- 10 Gian Starinieri(CanogaPark) 31:01
- 11 Carey Simons(SoPasadena) 31:17
- 12 Steve Blum(Ventura) 31:21
- 13 Clyde Matsumura(SantaMonica) 31:23
- 14 Michael Lawrence(LA) 31:24
- 15 Mike Hurt(Oxnard) 31:33

Male 35-39:

- 1 Marshall Matye(Sylmar) 33:30
- 2 Ron Milne(StudioCity) 34:13
- 3 Rich Friedlander(St.Louis) 34:15
- 4 Dave Shannon(RedondoBch) 34:24
- 5 Joe Dennis(LA) 36:24

Male 40-49:

- 1 Brian Furnee(PacPal) 33:44
- 2 Eino Romppanen(Malibu) 34:00
- 3 Bruce Kostin(PacPal) 34:27
- 4 Truman Clark(PortHueneme) 34:52
- 5 James Murphy(Burbank) 35:07
- 6 George Cohen(LA) 35:18

Male 50-59:

- 1 Jim Brownfield(Ahambra) 36:43
- 2 Jerry Withers(LA) 37:56
- 3 Leonard F. Watts(BevHills) 37:59

Male 60 & over:

- 1 Ed Lewin 39:21
- 2 Demetrio Miller 42:43

Female 15u:

- 1 Jana Hillman(Malibu) 39:14
- 2 Valerie McVicar(Canyon Country) 40:10
- 3 Stephanie Karp(BevHills) 43:49

Female 16-18:

- 1 Barbie Ludovise(NewportBch) 36:22
- 2 Gladys Prieur(LA) 38:45
- 3 Lisa Fimberg(BevHills) 43:08

Female Open (old record-33:43):

- 1 Marty Cooksey(Eugene) 33:11
- 2 Michele Bush(LA) 33:13
- 3 Judi St. Hilaire(Boston) 34:31
- 4 Ann Gladue(Ventura) 34:49
- 5 Judith Vivian(RedondoBch) 34:52
- 6 Linda Goen(LA) 35:09
- 7 Sheila Ralston(LA) 35:58
- 8 Sherry Simmons(Lomita) 36:30
- 9 Cathy Fulkerson(Somis) 37:00
- 10 Jaynie Studenmund(LaCanada) 37:39
- 11 Diana Tracey(ManhattanBch) 37:52

MEN 19 & UNDER:

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- 10 km p 25:19 Jeff Simpson (19,) 80
- 15 km 29:37 Steve Ortiz (19, CA) 79
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- 20 km 48:46 John Gregorek (19, DC) 80
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- 30 km 1:22:31 Thom Hunt (16, CA) 74
- 1:43:27 Scott Jenkins (17, WI) 80
- a 1:38:53 Mike Cotton (17, NY) 76
- 20 miles 1:49:09 Curtis Miyagi (18, CA) 78
- Marathon 2:17:44 Kirk Pfeffer (18, CA) 75
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- 10 km 33:22 Patty Matava (15, WA) 81
- 15 km 52:07 Ann Henderson (19, NC) 80
- 10 miles 53:55 Betty Springs (19, FL) 81
- 20 km 1:14:09 Julie Shea (19, NC) 79
- Half Marathon 1:16:33 Julie Isphording (19, OH) 81
- a 1:14:50 Kathy Mintie (19, CA) 79
- 25 km 1:33:05 Roxanne Bier (16, CA) 78
- 30 km 1:57:38 Julie Isphording (18, OH) 80
- 20 miles 2:08:27 Diane Israel (19, NY) 80
- Marathon 2:41:48 Celia Peterson (18, IN) 78
- 50 km 4:26:16 Yvette Cotte (16, CA) 76
- 50 miles 11:55:00 Mary Bassler (14, CA) 81
- p 10:51:00 Cynthia Warnock (19, OR) 81

a point-to-point course

f foreign course, considered to be accurate

m women's mark set in a mixed male/female race

p pending mark

These are the Official US Road Running Records as recognized by the Road Runners Club of America and the Athletics Congress. Records must be set on certified courses whose start and finish lie within 10% of the race distance and do not drop more than 10 ft/mile in elevation from start to finish. Results must be submitted to the NRDC, along with information substantiating the accuracy of race procedures. In addition to the official records, the NRDC lists point-to-point marks on certified courses that are faster than the official records.

Next issue, look for the US Road Running records for masters by five year age groups.

- 12 Tammy Johnson(SantaMonica) 38:06
- 13 Bev Lowe(SantaMonica) 38:21
- 14 Renee Williams(ManhBch) 38:35
- 15 Diane Jones(SanDiego) 38:58
- Female 35-39:**
- 1 Judy Kewley(SimiVly) 38:19
- 2 Harolene McLean(Marina Del Rey) 40:49
- 3 Corrine Schratz(HermosaBch) 42:15
- Female 40-49:**
- 1 Bonnie Robinson(LA) 42:26
- 2 Carol Allyn(ManhattanBch) 42:35
- 3 Susan Sokoloff(BevHills) 44:46
- Female 50-59:**
- 1 Margaret Miller(ThousOaks) 39:58
- 2 Helen Dick(LA) 42:30
- 3 Nancy Wright(Venice) 48:42
- Female 60 & over:**
- 1 Lenore Nicholson-Woodward(Pasa) 64:41
- Female Racewalker:**
- 1 Toni Colberg(LA) 66:22
- 3 Suzette Rubin(LA) 73:12
- Male Racewalker:**
- 1 Christian Smith(LA) 48:53
- 2 Roger Brandwein(LA) 50:48
- Waiters:**
- 1 Roger Bourban(Cafe Monte) 37:26
- 2 Neb Radojkovich(Dan Tanas) 40:38
- 3 Lauro Garcia(Gitanjali India) 46:00
- Karen Revelli(Red Onion)1W 72:48
- Jodi Lynne Rubin(RedOnion)2W 76:40

All Comers Meets

Northridge All-Comers

December 5.
Shot/Men: 1 Ron McKee(CSUN) 16.85.
Shot/Women: 1 Romona Pagel(Long Beach) 15.44. **Discus/Men:** 1 D. Diaz(un) 163-10. **Discus/Women:** 1 Lorna Griffin(AW) 54.57. **Javelin/Men:** 1 Mike Fritchman (CS Bkfld) 200-2. **Javelin/Women:** 1 Allison Carter (Long Beach) 136-1. **Hammer:** 1 Bill Green(Long Beach) 59.48. **Pole Vault:** 1 Steve McClave (CSUN) 14-0.

Northridge All-Comers Meet

December 12. Northridge.
Long Jump/Men: 1 Glenn Smith(CSUN) 7.38 (24-2 1/4). **High Jump/Men:** 1 John Dobretz (Striders) 6-4. **Triple Jump/Men:** 1 Bryan Hill (SW College) 14.25 (46-9). **60m HH:** 1 James Avery(un) 8.4. **1500m:** 1 Dan Caprioglio(un) 4:03.1. **100m:** 1 George Vamvakas(un) 10.8. **800m:** 1 Neal Miller(Corona del Mar) 2:00.6.

400m/Novice: 1 McGee(un) 51.6. **3000m:** 1 Chris Schallert(CSUN) 8:46.4. **High School Hurdles (39"):** 1 Mike Dawson(Taft) 8.1. **400m Relay:** 1 Hawthorn 43.8. **300m LH:** 1 M. Young(un) 40.0. **High School 100m:** 1 Robert Brown(un) 10.9. **400m/Open:** 1 Frank Robinson (LA Valley) 49.5. **300m/Open:** 1 Keith Copeland(un) 35.3. **15m Hurdles/Women:** 1 Felicia Price (Hawthorne HS) 8.40. **300m LH:** 1 Felicia Price (Hawthorne HS) 52.15. **100m:** 1 M. Burrell(Hawthorne HS) 12.33. **400m:** 1 Gail Wadsworth(Hawthorne HS) 58.84. **800m:** 1 Amy Kateri(Hawthorne HS) 2:22.53. **1500m:** 1 V. McVicar (Canyon HS) 5:15.28.

Los Gatos All-Comers

From HOWARD WILLMAN

January 2. Los Gatos High School. Top Marks Only.
Open Division: PV - Felix Bohni (SJ State) 17-0, SP - Brian Oldfield (U Chicago TC) no mark/6 fouls, 35 lb. WL - 1. Jim McGoldrick (SJ Stars) 68-6 1/2, 2. Dave McKenzie (WC) 63-8, 3. Ed Burke (SJ Stars) 62-8.

Women's Division: Mile - Carol Stroud 5:20.8 (reportedly an age-39 WR), 2 Mile - Connie Hester (Greater SFTC) 10:51.7, SP - (tie) Carol Cady (Stan) and Peggy Pollock (CSLB) 49-4 1/4; DT - Cady 163-4.

Mt. SAC New Year's All-Comers Meet

January 2.

OPEN

Men's Division— 100m: 1 David Ashford (Saddleback) 10.80. **200m:** 1 Greg Holmes(CSLA) 21.53. **400m:** 1 Sandy Chapman(Mt. SAC) 48.78. **800m:** 1 Bill DiConti(un) 1:53.9. **1500m:** 1 Frank Assumma(Rialto) 3:52.0. **110m HH:** 1 Angel Booker (CSLA) 14.22. **400m H:** 1 Delany(un) 58.85. **5000m:** 1 F. Wilson(BodieLooper) 15:30.2. **3000m:** 1 Frank Assumma(Rialto) 8:47.5. **10k:** 1 Ruben Chapins (Cor Del Mar) 31:53.3. **4x100 Relay:** 1 Cheetah's Men. **4x400 Relay:** 1 US Marines 3:19.2. **PV:** 1 Tom Hintnaus(Striders) 17-0. **Javelin:** 1 John Lawrence(un) 189-2. **LJ:** David Carr(un) 22-8. **HJ:** 1 Phil Anderson(Ariz) 6-10. **TJ:** 1 P. Anderson(Ariz) 48-11. **DT:** 1 Eric Carlson (CS Bkfld) 146-6. **Women's Division— 100m:** 1 Diane Williams (un) 11.6. **200m:** 1 D. Dawkins(WLA) 25.43. **60m:** 1 Rosalyn Bryant(un) 6.9. **400m:** 1 Johnson (Cheetah) 57.9. **800m:** 1 T. McGraw (Pom) 2:27.7. **1500m:** 1 Beth McGrann(Upland) 4:34.0. **LJ:** 1 Veronica Bell(Cheetah) 20- 1/2. **HJ:** 1 Y. Carrasco(Burhurst) 4-10. **DT:** 1 Lorna Griffin (Ath West) 186-0. **4x400:** 1 Cheetahs 3:59.0. **100 Hjr:** 1 McGee(Merc) 14.0.

H.S. BOYS

100m: 1 John Mathis (Muir) 11.1. **200m:** 1 R. Freeman(un) 22.5. **400m:** 1 Ron Young(Locke) 50.6. **800m:** 1 Larson (La Canada) 2:00.8. **1500m:** 1 Ken Feters(Upland) 4:11.5. **110 HH:** 1 Ron Brown(Bishop Amat) 16.2. **PV:** 1 Tom Murphy (Wilson) 10-6. **LJ:** Ron Young(un) 21-4. **HJ:** 1 Shawn Smith(Fremont) 5-10. **DT:** 1 Rick Luiten(Monrovia) 145-6. **TJ:** 1 Eric Wilson(un) 39-1. **4x100:** 1 Loara 45.7. **4x400:** 1 Crenshaw(un) 3:27.2.

All-Comers Berkeley

From KEITH CONNING

January 9. Edwards Stadium, Berkeley.

Open Men
 50 Meters:

55 Meter High Hurdles:
 1 Dedy Cooper(un) 7.3
 2 Robert Thompson (un) 7.8
 3 Marc Dickerson(un) 7.9
300 Meters IH:
 1 Rudy Viramontes(un) 40.5
 2 Jared Butler(un) 41.0
4x100 Meters:
 1 Ohlone TC (Norbert Payton, Jimmy Simmons, Brett Moore, Michael Flowers) 44.3
 2 Ron Twin TC 45.7
4x400 Meters:
 1 JDJC 3:19.4
 2 All Comers 3:20.8
 3 LMC 3:31.2
 (splits: James Robinson 48.07, Pete Richardson 49.35, Adrian Rodgers 45.9)

High Jump:
 1 Chris Dunn(un) 6-10
 2 Mike Nelson(UCB) 6-8
Long Jump:
 1 Norm Alston(un) 22-5 1/2
 2 Anthony Trammel(un) 21-5
 3 Randy Horm(un) 18-8
Triple Jump:
 1 Norm Alston(un) 48-0
 2 Tony Trammel(Merritt) 45-8 1/2
 3 Tony Parker(Kennedy) 41-10 1/2

Shot Put:
 1 Greg Tafraalis(AggieTC) 57-11
 2 Andy Gillam(SRJJC) 55-5 1/4
 3 Doug Mattern(un) 48-8
Discus:
 1 Greg Tafraalis(AggieTC) 172-2
 2 Andy Gillam(SRJJC) 137-8
 3 C. McCormick(un) 127-9

Open Women
50 Meters, Heat 1:
 1 Monica Taylor(1980 TC) 6.6
 2 Christian Zetzer(un) 6.9
 3 Santina Malveaux(EYOYDC) 7.0

50 Meters, Heat 2:
 1 Dee Dee Dudley(1980 TC) 7.0
200 Meters:
 1 Monica Taylor(1980 TC) 26.1
 2 Dee Dee Dudley(1980 TC) 26.7
 3 Gina Cole (un) 26.9

400 Meters:
 1 Nedrea Rodgers (BEBTC) 57.7
 2 Lana Rice(BEBTC) 58.8
 3 Ruth Whitehead(BEBTC) 62.6
800 Meters:
 1 Helen Lehman(Eicerrito) 2:26.9
 2 Dee Dee Dudley(1980 TC) 2:27.0
 3 Kim Purcell(un) 2:29.4

1500 Meters:
 1 Connie Hester(Greater SFTC) 4:40.3
 2 Marilyn Harbin(WVTC) 5:13.3
 3 Doniece Johnson(BEBTC) 5:14.8

High Jump:
 1 Angela Johnson(BEBTC) 4-6
Long Jump:
 1 Sherifa Sanders(U of Okla) 18-2 1/2
 2 Robyn Johnson(U of Texas) 17-7

3200 Meters:
 1 Helen Lehman(EI Cerrito) 13:28.2
 2 Carol Stothers(un) 13:28.2
 3 Laura Ellis(un) 14:47.0

High School Boys
50 Meters:
 1 W. Brown 6.1
 2 Miguel Wingo(Albany) 6.1
 3 Dexter Jones 6.2
200 Meters, Heat 1:
 1 Larry Farrester 22.6

2 Kirk Waller 41.0
 3 Herb Lebherz 42.4
4x400 Meters:
 1 Skyline 3:34.1
 2 Arete West 3:41.6

High Jump:
 1 Maurice Crumby(Balboa, SF) 7-0
 2 John Morris(Fairfield) 6-4
 Chuck Saris(Westmoor) 6-4
 Eric Crenshaw(Westmoor) 6-4

Long Jump:
 1 Andy Vidal(Mt. Eden) 19-7
 2 Tony Parker(Kennedy) 19-0
Shot Put:
 1 Carlos Horncliff(St. Mary's) 49-10 1/2
 2 Mike Ostrom(LasLomas) 47-11 1/2
Discus:
 1 Ezra Szoke (Miss SanJose) 132-9
 2 C. Bechtel(Albany) 128-4
Javelin:
 1 Mike Ostrom(LasLomas) 198-3

Los Gatos All-Comers

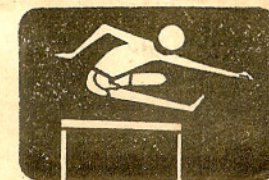
From HOWARD WILLMAN

January 9. Los Gatos High School.
Open Division: 100y - (tie) Patten (un) and Sumpter (un) 10.0; 220 - Scales (un) 22.9; 440 - Ribera (un) 48.9; 880 - Chapman (un) 2:04.6; Mile - Jesse Torres (SJCC) 4:22.5; 2 Mile - Greg Brock (WVTC) 9:29.0, 2. Torres 9:29.9; 70y HH - Tom McGraw (SJ State) 9.5; 440 Relay - Open Team 45.5; HJ - Joel Wyrick (Speed City TC) 6-11; PV - Felix Bohni (SJ State) 17-6, 2. Bob Babbitts (SJ State) 16-6; LJ - Patten 22-7 1/2; TJ - Scott (SJ State) 46-5; SP - Brian Oldfield (U of Chicago TC) 64-4 1/2 (f, f, 64-4 1/2, f, f, f), 2. Al Feurbach (Athletics West) 60-3; DT - Oldfield 165-5.

High School Boys Division: 100y - Chow (Prospect, Saratoga) 10.0; 220 - Cooper 22.9; 440 - Coover 51.5; 880 - Jim LaFuente (Mt. Pleasant, SJ) 2:04.0; Mile - Orlando Biggs (Gunderson, SJ) 4:32.9; 70y HH - Doug Dunbar (Mt. Pleasant, SJ) 8.8; 440 Relay - Mt. Pleasant 44.7; HJ - Eckstrom (Bellarmine, SJ) 6-0; LJ - Wheeler (Leland, SJ) 19-6 1/2.

Women's Division: 100y - Vivian Riley (Mt. Pleasant HS, SJ) 11.0; 880 - Riley 2:44.7; Mile - Hayes (un) and Sharon Yaninek (Presentation HS, SJ) 5:54.0; 2 Mile - Jessica Spies (Livermore HS) 11:17.5; 60y LH - Luttrell (Sequoia HS, Redwood City) 8.9; 440 Relay - Mt. Pleasant HS 53.8; HJ - Riley 4-6; LJ - Carla Halford (Leland HS, SJ) 14-8 1/4; TJ - Halford 31-9; DT - Lil Barron (un) 137-11.

Masters Division: 1 100y - LaTorre 10.7; 440 - Doug Springbett 56.4.





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100m: 1 John Mathis (Muir) 11.1. 200m: 1 R. Freeman(un) 22.5. 400m: 1 Ron Young(Locke) 50.6. 800m: 1 Larson (La Canada) 2:00.8. 1500m: 1 Ken Fellers(Upland) 4:11.5. 110 HH: 1 Ron Brown(Bishop Amat) 16.2. PV: 1 Tom Murphy (Wilson) 10-6. LJ: Ron Young(un) 21-4. HJ: 1 Shawn Smith(Fremont) 5-10. DT: 1 Rick Luiten(Monrovia) 145-6. TJ: 1 Eric Wilson(un) 39-1. 4x100: 1 Loara 45.7. 4x400: 1 Crenshaw(un) 3:27.2.

**All-Comers
Berkeley**

From KEITH CONNING

January 9. Edwards Stadium, Berkeley.

Open Men**50 Meters:**1 Greg Turner (Alameda TC) 5.8
2 Norbert Payton (Ohlone TC) 5.9
3 Darryl McCane (SJ State) 5.9**200 Meters:**1 John Johnson (un) 23.1
2 Virgil Rossbrough(Skyline) 23.2
3 Nick De Paola (un) 23.2**400 Meters, Heat 1:**1 James Robinson (ICAC) 48.2
2 Terrence Archer (un) 52.3**400 Meters, Heat 2:**

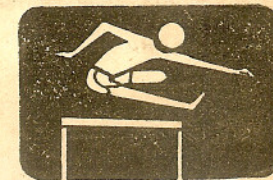
1 Adrian Rodgers (un) 47.3

800 Meters:1 Pete Richardson(ASU) 1:55.8
2 George Mason(un) 1:57.7
3 Andy Howard (un) 1:58.1**1500 Meters:**1 James Robinson(ICAC) 3:56.7
2 Allan Smith (un) 3:58.3
3 Pete Churney(un) 4:00.3**5000 Meters:**1 Ray Corona (un) 16:28.8
2 Danilo Sanchez(CamWest) 16:31.0
3 Doug Bamford(WVTC) 16:57.72:26.9
2:27.0
2:29.4
1500 Meters:
1 Connie Hester(Greater SFTC) 4:40.3
2 Marilynn Harbin(WVTC) 5:13.3
3 Doniece Johnson(BEBTC) 5:14.8
High Jump:
1 Angela Johnson(BEBTC) 4-6
Long Jump:
1 Sherifa Sanders(U of Okla) 18-2½
2 Robyn Johnson(U of Texas) 17-7
3200 Meters:
1 Helen Lehman(EI Cerrito) 13:28.2
2 Carol Stothers(un) 13:28.2
3 Laura Ellis(un) 14:47.0**High School Boys****50 Meters:**1 W. Brown 6.1
2 Miguel Wingo(Albany) 6.1
3 Dexter Jones 6.2**200 Meters, Heat 1:**

1 Larry Farrester 22.6

200 Meters, Heat 2:1 Mark Boyd(St.Mary's) 23.0
2 James Brown 24.1**400 Meters:**1 Stoney McCree(Berkeley) 51.5
2 Craig Armstrong(Berkeley) 51.9
3 Ron Williams 52.7**800 Meters:**1 Anre Williams(Oakland) 2:02.0
2 Jim Gaffield(EI Cerrito) 2:02.8
3 Matt Anderson 2:03.8**1600 Meters:**1 Ben Fixico(Kennedy-Rich) 4:51.2
2 Noah Hinkston 4:55.3
3 Derek Williams 5:04.5**3200 Meters:**1 Jim Gaffield(EI Cerrito) 9:50.0
2 Doran McGee(BEBTC) 9:58.0**55 Meter High Hurdles:**1 Mark Boyd(St.Mary's) 7.8
2 Jay Jackson 8.3
3 Kirk Waller 8.4**300 Meter Hurdles:**

1 Charles Drain 40.5

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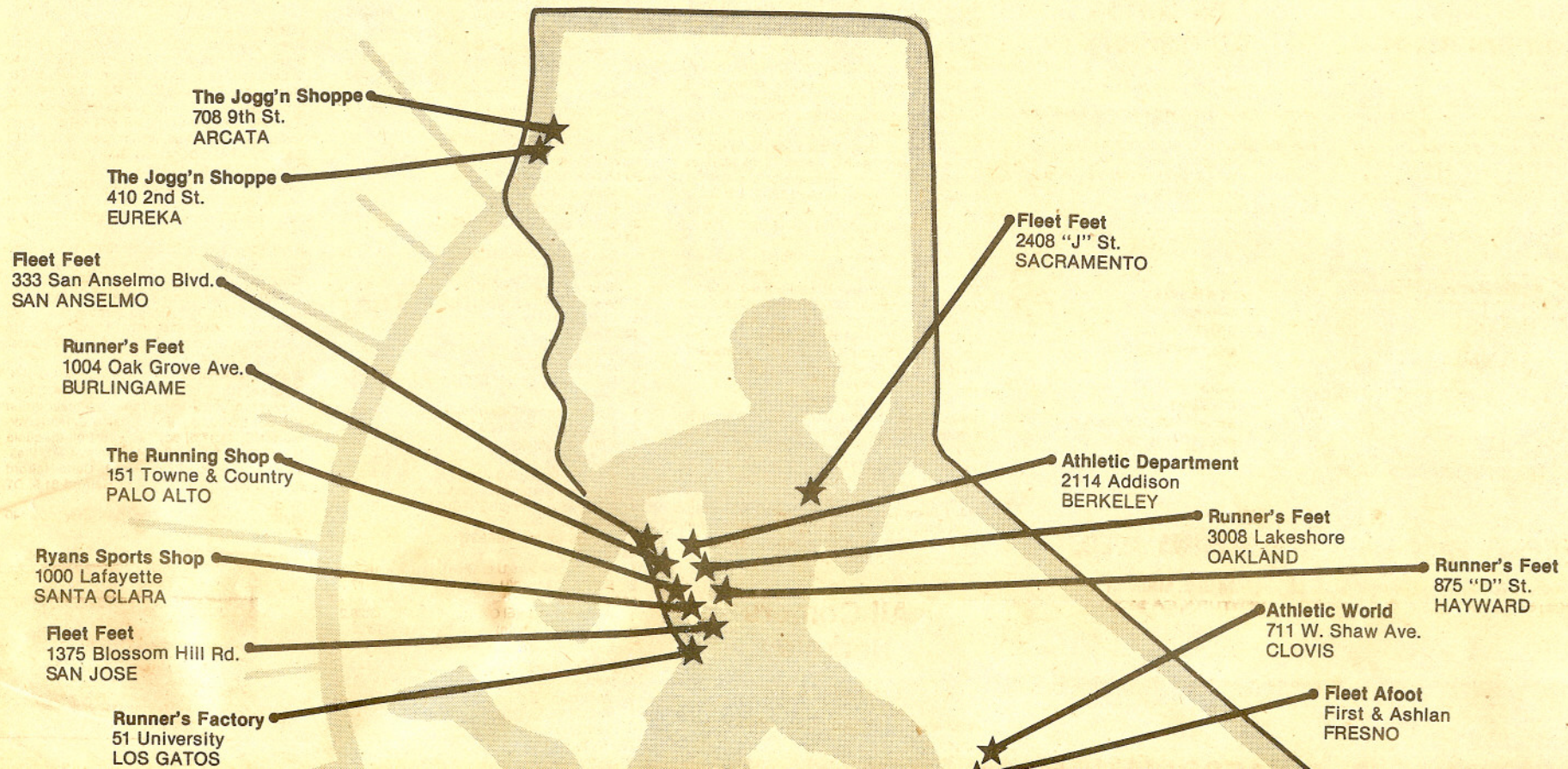
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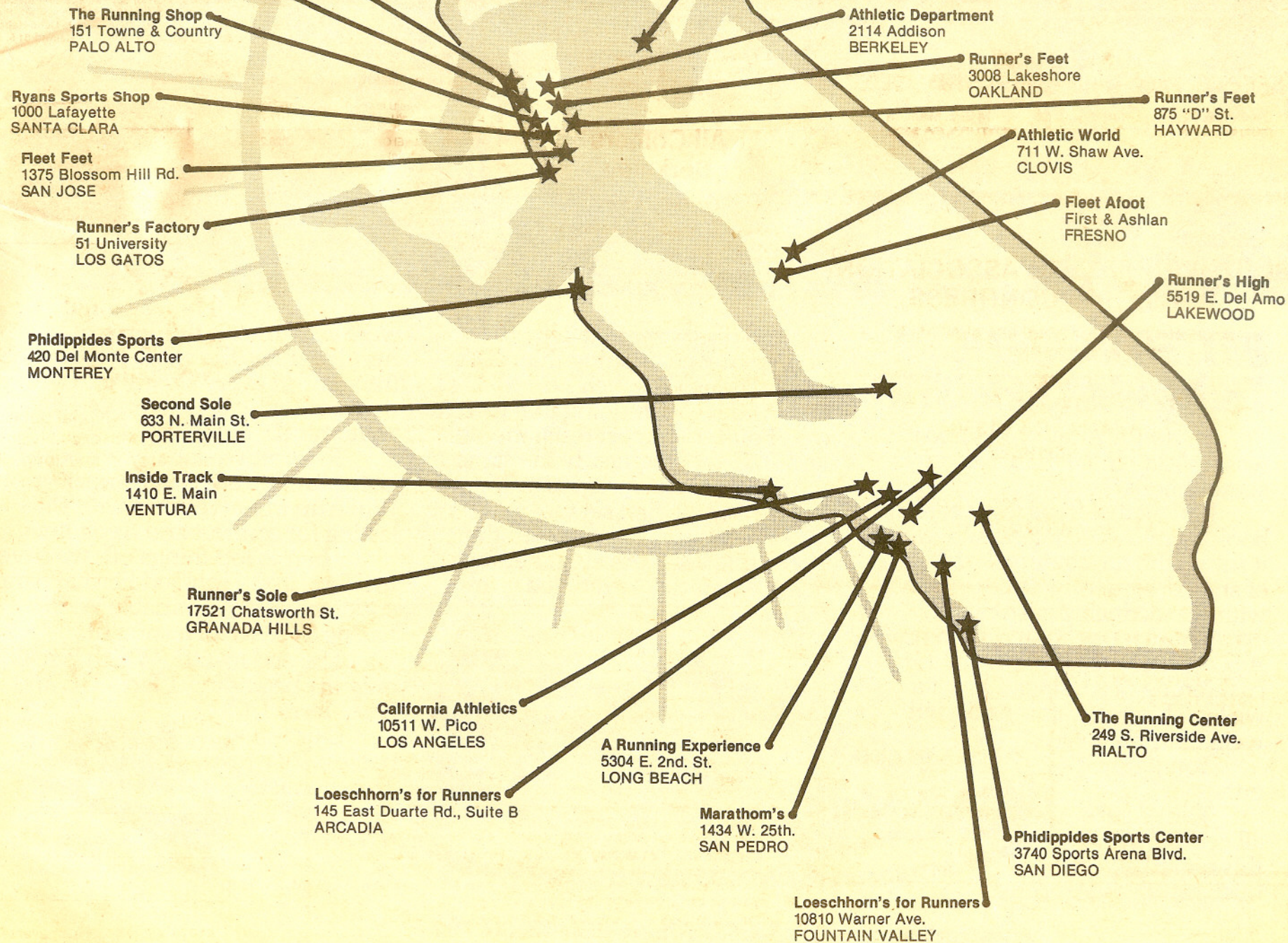
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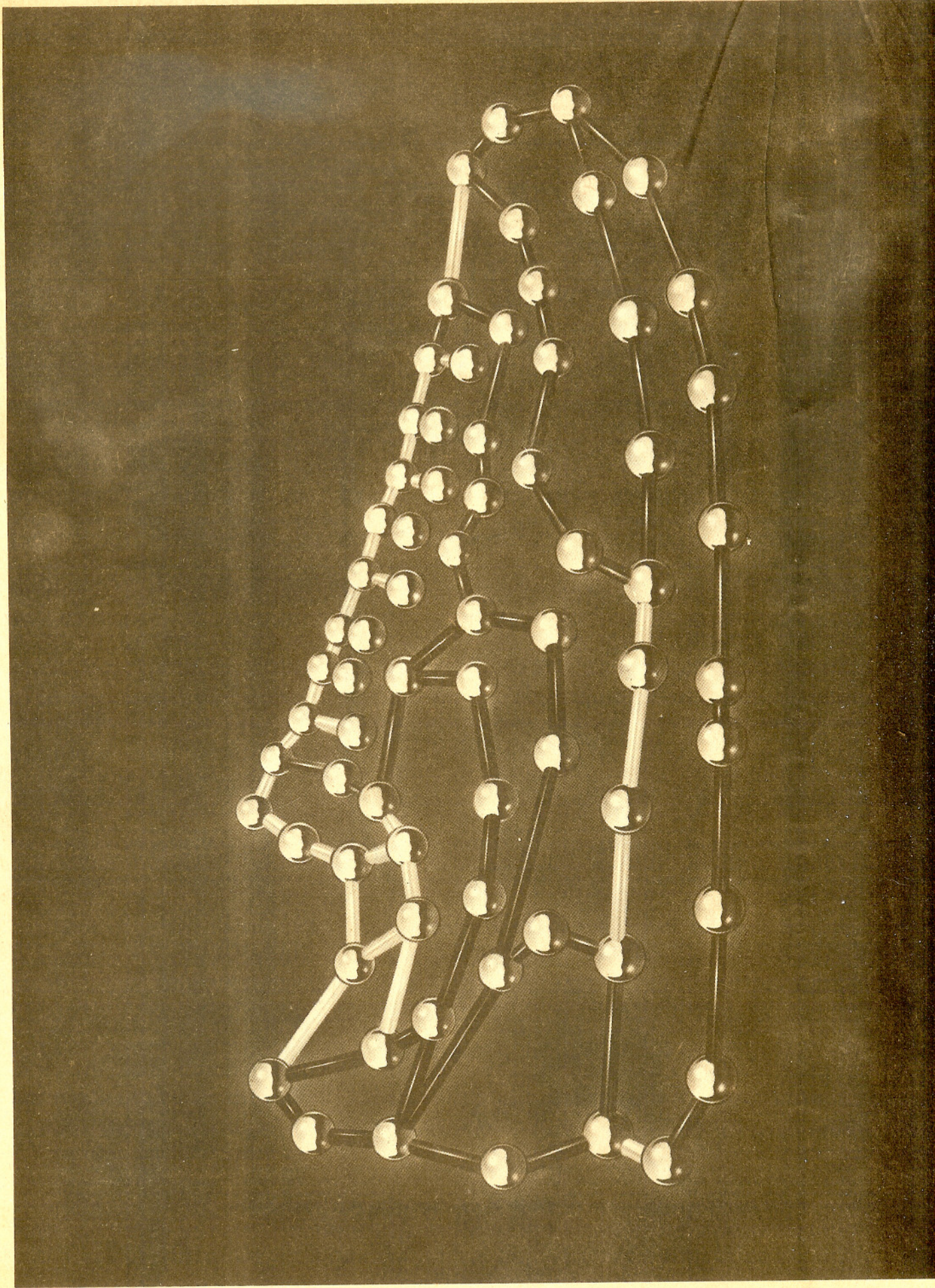
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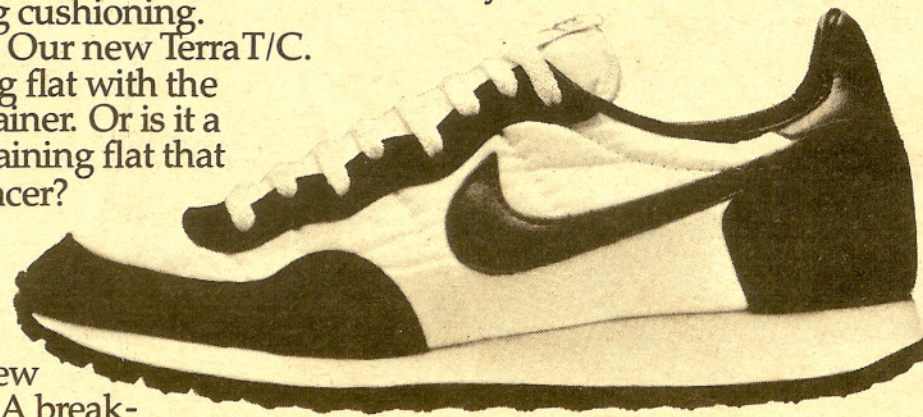
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