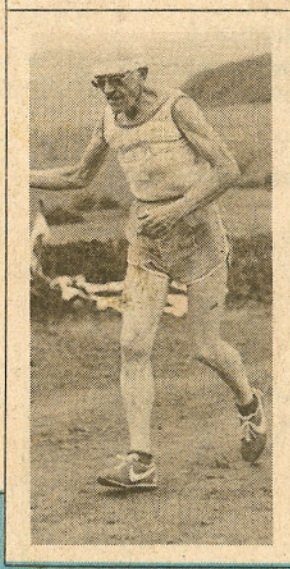


FEBRUARY 1988

ISSUE NO. 133

CALIFORNIA

Track & Running News



01/90
Hal Daner
2071 Longden Cr.
Los Altos CA 94022

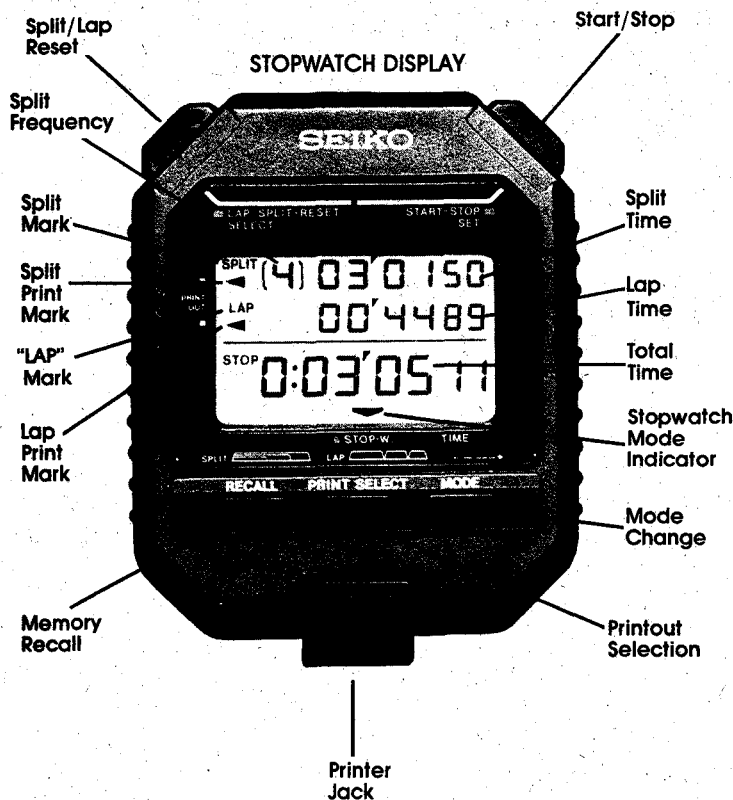
BULK RATE
U.S. POSTAGE
PAID
Fresno, CA 93706
Permit No. 629

California's Only Track & Running Publication

14th Year

\$1.50

Digital Quartz Stopwatch With Printer, SP11

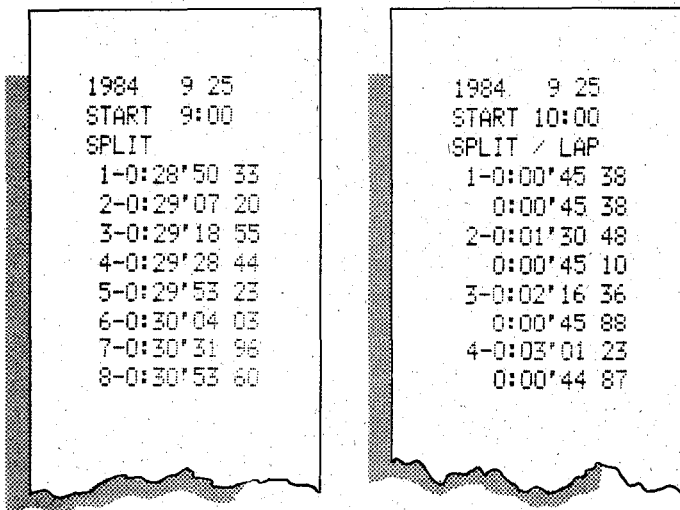


System Printer

The following data is printed permanently on tape:

1. Year, Month, Date and Time are automatically printed
2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99"; then start again at "0"
4. Printed Data: printed out immediately as measured, or printed later from the memory function of the stopwatch

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP



Applications

The Seiko Digital Quartz Stopwatch with Printer is a multipurpose system that can be used for timing and training in a variety of activities including: cross country, track, road races, swimming, bicycling, triathlons, cross country skiing, football drills, physical education and intramural sports.

Specifications

Time Base & Accuracy:

Quartz oscillator, ± 0.5 seconds (24 hours/70°F)

Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

6 digits Split/Lap Time; 7 digits Running Time; 1 digit shows Place or Lap Number.

Modes:

Split Time and Split/Lap Time; time of day and calendar.

Temperature:

Accuracy guaranteed range 23°F to 104°F; operational range 5°F to 131°F.

Dimensions:

Stopwatch: 2.25"W x 2.85"L x 0.7"D

Printer: 3"W x 5"L x 1.0"D

Weight: 12 ounces with batteries, paper and cord

Batteries:

Stopwatch: 1 miniature battery, Maxell SR-44W, U.C.C. 357 or Sony Eveready 357 (3-year maximum life). System Printer: 3 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815; Duracell MN1500. Will print approx. 6000 lines.

Construction:

Both Stopwatch and Printer cases are high impact plastic with Hardlex stopwatch display crystal.

Standard Accessories:

- Multifunction stopwatch with battery and lanyard
- System printer
- 3 AA batteries for printer
- Connecting cable (SC11)
- Deluxe carrying case with belt
- Printer carrying strap
- 2 rolls of thermal paper (S-950)
- Instruction manual
- One year warranty

Optional Accessories:

- S-950 Seiko thermal paper in 5-roll boxes

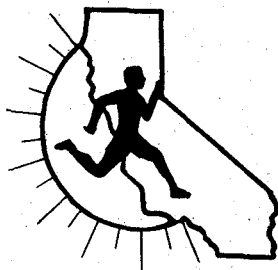
\$269

Available From:

Jack's Athletic Supply
P.O. Box 459
San Carlos, CA 94070
(415) 595-2249

CALIFORNIA

Track & Running News



Bill Cockerham
Editor & Publisher

Judy Cockerham
Production Manager

Elaine Fraley
Production Assistant

Keith Conning
High School Editor

Richard Slotkin
Long Distance Editor

Jack Leydig
Scheduling Editor

Steve Subotnick
Medical Editor

Roy Stevenson
Technique & Training Editor

Gregor Robin
Special Features Editor

Mark Winitz
Bay Area Editor

Photographers: Gene Cohn, Burt Davis, Barbara De Groot, Don Gosney, Louis Hirsch, Michael Lambert, Bill Leung, Jr., Jim Reynolds, Richard Slotkin, Maurice Wilson, Mark Winitz.

Senior Editors: Calvin Brown (Girls and Women Track & Field); Nancy Clark (Athlete's Kitchen); Steve Fagundes (Sac-Joaquin High School); Percy Knox (Masters Men Track & Field); Bill Minarik (Southern California); Dean Reinke (National Road Scene); Doug Speck (Southern California High School); Steve Ward (Central Section High School); Bob Womack (High School All Time Lists).

Correspondents: Louis Hirsch, Dennis McClanahan, Otto Pauls, Howard Willman.

California Track & Running News is published 11 times per year - one issue per month except December which is combined in a double issue with November. Each issue is mailed about the first of the month.

California Track & Running News has an average circulation of 10,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

California Track & Running News is mailed third class bulk rate and is not forwardable. When you move please let us know at least 4 weeks in advance.

SUBSCRIPTION RATES: 1 year (11 issues) \$15; 2 years (22 issues) \$28; 3 years (33 issues) \$39. Add \$6 per year for first class. Foreign rates on request.

ADVERTISERS: Closing date the first of the month previous to cover date. Send for current rate card. Special rates for meet/trace ads.

**4957 E. Heaton
Fresno, CA 93727
(209) 255-4904**

MEMBER OF RUNNING USA

Table of Contents

February 1988

Issue No.133

Regular Features

| | |
|------------------------|----|
| From the Editor..... | 4 |
| Athlete's Kitchen..... | 16 |
| Reinke on Running..... | 17 |
| Around the Bay..... | 18 |
| PA-TAC Notes..... | 22 |
| SoCal Diary..... | 23 |

Schedule Section

| | |
|---------------------------------|---|
| Road Racing..... | 5 |
| College/Open Track & Field..... | 8 |

CTRN Subscription Order Form.....8

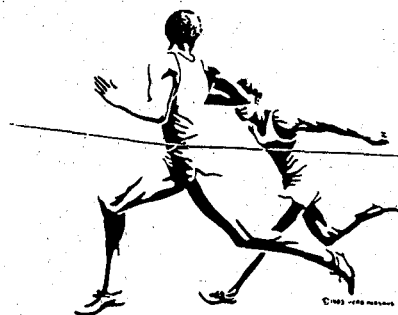
1987 Athletes of the Year..... 10

High School Section

| | |
|---|----|
| International Sports Exchange..... | 24 |
| SoCal Track & Field Preview..... | 24 |
| All California Cross Country Teams..... | 26 |
| California Cross Country Top Teams..... | 28 |

Results Section

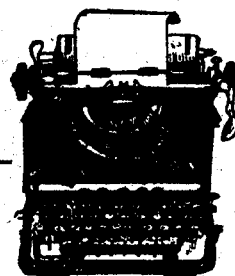
| | |
|--------------------|----|
| Cross Country..... | 29 |
| Road Racing..... | 31 |



ON THE COVER: Some of the 1987 California Athletes of the Year. Clockwise from top left: Bill Sevald (photo by Mark Winitz), Jay Marden (photo by Mark Winitz), Jackie Joyner Kersee (photo from Fine Flicks by Don Gosney), Sylvia Mosqueda (photo from Fine Flicks by Don Gosney), Paul Spangler, Kevin Young (photo by Burt Davis). See page 10 for the beginning of the 1987 California Athletes of the Year selections.

From the Editor

By BILL COCKERHAM



We've all seen a large scale increase in big cross country, road racing and track & field events over the past decade. The media coverage, prize money, and overall quality of meet production has climbed to heights unheard of before the mid-1970's. We all like big meets, championship events, quality productions, and lots of media coverage.

Several factors have contributed to this growth in our sport, not the least of which is the involvement of corporate sponsorship of most of the "big" events. Many of the luxuries we are now enjoying with our big meets is a direct result of the involvement of sponsors who provide dollars and promotion. The money allows the meets to be able to do the things that make the event a quality affair -- things that would not be possible without their help. The promotional aspect of sponsor involvement works to increase media awareness.

Take, for instance, the recently

completed cross country season. We enjoyed the first California High School State Cross Country Championships. We all liked it. It was long overdue. It was a tremendous meet and a great experience for the participants and spectators. That event would not have been the same (probably not possible) without the C.I.F. sponsorship of Reebok. Then there was the Kinney Regional and National meets, obviously not possible without the help of Kinney Shoes. More recently there was the Sunkist Indoor meet, and later this season, our USA championship track meet is sponsored by Mobil -- the TAC/Mobil Track & Field Championships.

We owe a lot to the sponsors. The sport would not be the same today without them. What do they get out of it? Public relations and exposure are what they hope for. What can we do to encourage the sponsors? Recognize them, show our appreciation, and refer to events by the sponsor name. It's the

TAC/Mobil Championship and the C.I.F./Reebok Championship, etc., etc.

We in the media have been the most guilty of leaving out sponsor names. I guess we think they are trying to sneak in some free advertising or something. They have paid their dues, let's give credit where credit is due. They are enabling us to put on quality events. Let's not take away their benefit by consciously omitting them from any coverage of the event they are helping. Sponsors could take the money they put into our sport and buy advertising, but I'd rather have them sponsor our events.

The same thing goes for athletes who cut sponsors names off of competitor numbers. If it doesn't detract from your performance, leave it on. Give the sponsors their just due.

FRESNO RELAYS

Sponsored by The Fresno Bee & Pepsi Cola

April 8-9, 1988

Track & Field returns to Fresno's famed Ratcliffe Stadium with it's new all-weather track
Meet Directors: Red Estes, Fresno State University & Bob Fries, Fresno City College

Divisions & Division Directors:

High School: Carlo Prandini, Clovis High School (209) 299-7211

Community College: Ken Dose, Fresno City College (209) 442-4600

Intercollegiate, Open & Invitational: Bob Fraley, Fresno State University (209) 294-4098

Intercollegiate and Open Women: Tom Pagani, Fresno State University (209) 294-4097

LODGING - The following motels are giving special team rates

Travelers INN

Travelers Inn
2655 East Shaw
Fresno, CA 93710
(209) 294-0224
Cindy Flores

Travelers Inn
6730 N. Blackstone
Fresno, CA 93710
(209) 431-3557
Linda Peterson

RODEWAY INN

Rodeway Inn
4061 N. Blackstone
Fresno, CA 93726
(209) 222-5641
Violet Meindersee



Allstar Inns

Allstar Inns
4080 N. Blackstone
Fresno, CA 93726
(209) 222-2431
Bill Cowan

RAMADA INN

Ramada Inn
324 East Shaw Ave.
Fresno, CA 93710
(209) 224-4040
Jan Coyle

Piccadilly Inn Hotels
4961 N. Cedar Ave.
Fresno, CA 93726
(209) 224-4200
Irma Hudson



Schedule

By JACK LEYDIG

Please send scheduling information directly to **Scheduling Editor, Jack Leydig, P.O. Box 459, San Carlos, CA 94070.**

Schedule is subject to change. Please verify dates and times with meet directors before travelling to an event. Keep in mind that some events require advance entries and have entry limits and/or deadlines. It is a good idea to always include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

Road Racing

February 6 (Saturday)

Las Vegas, NV: Las Vegas Marathon, 7:30 a.m. Las Vegas Marathon, Al Boka, P.O. Box 81262, Las Vegas, NV 89180. (702) 382-3496.

San Juan Bautista: Mission 10, 10 Mi., Mission San Juan Bautista, 10 a.m. Ed Singleton, 811 Carpenter Dr., Hollister 95023. (408) 637-3126.

Sonora: Orient Express 5K & 1 Mile, Chinese Camp Elementary School, 10 a.m. Eddie Zoma, 175 McCormick Dr., Sonora 95370. (209) 532-7974.

Lompoc: Winter Run, 5 & 10K, 8:30 a.m./5K, 9 a.m. Lompoc Valley Distance Club, P.O. Box 694, Lompoc 93438. (805) 736-1437, Jean Valencia.

Bakersfield: Bakersfield Track Club Half-Marathon & 10K, 8 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386. (805) 876-3870 (Bill).

Azusa: Cougar Classic 2K, 5K & 10K, Azusa Pacific Univ., 8:30 a.m. Terry Franson, Azusa Pacific Univ., Azusa 91702. (818) 969-3434.

Thousand Oaks: Barons' 5K Cross-Country Classic, Lutheran High School, 8:30 a.m./Women, 9 a.m./Men. Mike Shriver, Lutheran High School, 225 Ulysses St., Simi Valley 93065. (805) 522-8108, days.

Huntington Beach: "Run For Academic Excellence" 5 & 8K, Huntington Beach Pier, 8 a.m. Tom O'Brien, 9922 Kings Canyon Dr., Huntington Beach 92646. (714) 968-8406.

San Diego: Smile San Diego 10K & 2 Mi., Balboa Park, 7:30 a.m. Toni Deal (619) 272-8316.

Oakland: American Indian Movement 10K Run, Lake Merritt, 9:30 a.m. Longest Walk 10th Anniversary Committee, 459 38th St., Oakland 94606. (415) 654-2284.

February 7 (Sunday)

Davis: Davis Stampede, 10K & Half-Marathon, Davis Senior High School, 14th & Oak Sts., 9 a.m. Fleet Feet Sports, 517 Second St., Davis 95616. (916) 758-6453.

South El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Lakewood: McDonald's/Lakewood Half-Marathon & 2 Mi. Fun Run, Del Valle Park (Woodruff Ave., between Carson & Del Amo Blvd.), 7:30 a.m./H-M, 8 a.m. McDonald's/Lakewood Half-Marathon, 2860 Seaboard Ln., Long Beach 90805. (213) 633-4183.

Los Angeles: Firecracker 5 & 10K, No. Broadway & College St., 8:20 a.m./5K, 8:30 a.m. L.A. Chinatown Race, Box 4732, Terminal Annex, Los Angeles 90051. (213) 613-1959.

Newbury Park: "Outback Challenge" 5 & 10K Runs (& 5K Walk), 9 a.m. Newbury Park SDA Church, 160 Academy Dr., Newbury Park 91320. (805) 498-2014, Dan Smith.

Hermosa Beach: Sand and Strand 2.5 & 5 Mi. Runs, Hermosa Beach Pier, 2.5 Mi./8 a.m. (Hermosa, Redondo & Manhattan Beach residents only), 5 Mi./9 a.m. (open to all). Department of Community Resources, 710 Pier Ave., Hermosa Beach 90254. (213) 379-3312.

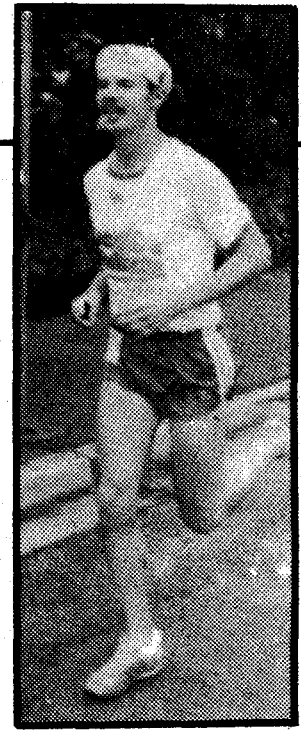
San Diego: San Dieguito Half-Marathon, San Dieguito Park, 8 a.m. Sal Cisneros (619) 437-4556.

San Francisco: DSE Mission Rock Run, 3.5 Mi., 3rd St. & Mission Rock, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Alta Loma: Chaffey College Triathlon, Distances TBA, Chaffey College, 8 a.m. Mike Dickson, 5885 Haven Ave., Alta Loma 91701. (714) 987-1738.

February 8 (Monday)

San Diego: Boys/Girls Club Lindo Lake 10K, 8 a.m. Armando Valencia (619) 452-1900.



February 13 (Saturday)

Placerville: Lover's Run, (1/2 Mi. & 1 Mi. for Kids), 5 & 10K, Half-Marathon, Mission Flat & Green Valley, 8:30 a.m. New Morning Youth Services, 460 Main St., Placerville 95667. (916) 622-5551, Karen.

Santa Barbara: Valentine Sweetheart Relay, 2x4 Mi., Palm Park, 8:30 a.m. Anne Hayden (805) 966-3303. **Note:** This race also listed as Feb. 14 in several sources.

Yucaipa: Old Fashion 4 Mile Run, Yucaipa Park, 9 a.m. (Limited to age 55 & over). C.S.A., P.O. Box 337, Yucaipa 92399. (714) 797-0284.

San Diego: Dragon Run, 1 Mi. & 5K, Balboa Park, 7:30 a.m. The Dragon Run, P.O. Box 13-073, San Diego 92113. Ron Barrett (619) 437-4556.

Trinidad: Trinidad Clam Beach Run, 8.75 Mi., Time TBA. Keith Stearns, c/o Trinidad Realty, 391 Main St., Trinidad 95570.

Playa del Rey: Sweetheart 5 & 10K, 8 a.m./5K, 8:30 a.m. N-SYNC, P.O. Box 385, Manhattan Beach 90266. (213) 545-9887.

February 14 (Sunday)

Oakland: Valentine Day Run, 5 & 10K, Lake Merritt (Bellevue Ave., Lakeside Park), 10 a.m. American Heart Assoc., P.O. Box 5157, Oakland 94605. (415) 632-9606.

Pacific Grove: Together With Love Run, 10K, Lovers Point, 9 a.m. Leda Tully, MRCC, P.O. Box 2630, Monterey 93942. (408) 373-3389.

West Sacramento: Jed Smith 50 Mile & Marathon (**Note:** Marathon will be certified & is meant as a chance to qualify for Boston or the Olympic Trials . . . timing through 3:30 only), 3-mile loop, time TBA. George Parrott, 1988 University Park Dr., Sacramento 95825. (916) 488-6580, eves.

□ Schedule

Valencia: SCA/TAC 20K Championships & Valentines Day 5K, end of Rye Canyon Rd., 9 a.m./20K, 9:10 a.m./5K. Tom Moriarty, 24307 Magic Mountain Pkwy., Suite 188, Valencia 91355. (818) 955-8312 or 957-2807, eves.

So. El Monte: Legg Lake 5K Sweetheart Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Irvine: Sweatin' Sweethearts Ten Mile Twosome, 5 Mi. per runner, Mason Park, 8 a.m. Loeschhorn's 10810 Warner Ave., Fountain Valley 92708.

Woodland Hills: Heart Run, 5 & 10K, Warner Center Marriott (21850 Oxnard St.), 8 a.m./10K, 8:30 a.m./5K. Race Central, P.O. Box 828, Rialto 92376.

Palm Springs: Heart of Palm Springs 10K, Palm Springs High School (track) (Farrell & Ramon), 8 a.m. Keenan Barber, MD, Box 1639, 45-120 San Pablo 2C, Palm Desert 92261. (619) 346-8109.

San Diego: Cupids Run, 10K & 2 Mi. Fun Run, Balboa Park, 7:30 a.m. Neighborhood House Assoc., Cupids Run, 841 S. 41st St., San Diego 92113. (619) 437-4667.

San Diego: Guys & Gals (couples run), 4 Mi., Santa Fe & Damon, 8 a.m. Kendall Webb (619) 260-1990.

Playa del Rey: West Coast Biathlon, 5K Run, 30K Bike, Dockweiler Beach, 8 a.m. Bruce Mitchell. (213) 452-0397.

San Francisco: DSE Windmill Run, 6.5 Mi., Kennedy Dr. @ Ocean Beach (to McLaren Lodge & Back), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

February 15 (Monday)

Montecito: Washington's Day 2K & 5K Hill Challenge, Montecito Heights Rec. Center, 8:30 a.m. Run, c/o 1703 Laurel St., So. Pasadena 91030. (213) 225-1234.

February 20 (Saturday)

Santa Maria: The Great Performance 10K, Allan Hancock College, Time TBA. Phyllis Rodenberger, PCPA Theaterfest, P.O. Box 1700, Santa Maria 93456. (805) 928-7731.

Whittier: PIH 5K & 10K Jog-Run-Wheel For Your Heart, Presbyterian Intercommunity Hospital, 7:30 a.m. Ron Brown, PIH Foundation, 12401 E. Washington Blvd., Whittier 90602. (213) 698-0811, x 4120.

Huntington Beach: Great American Adventure 2.8 & 4.8 Mi. Cross-Country, Central Park, 8 a.m./2.8 Mi., 8:30 a.m. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417 or (213) 634-3027.

San Diego: YMCA 10K (Women Only), & 2 Mi., Balboa Park, 7:30 a.m. Dee Berger (619) 437-4556.

February 21 (Sunday)

San Francisco: Asian Week YMCA Chinatown Run, 8K, Washington & Kearny Sts., 8 a.m. Chinatown YMCA, 855 Sacramento, San Francisco 94108. (415) 982-4412.

Stockton: Jackets Run, 10K & 2 Mi., Louis Park (Monte Diablo Ave., west of I-5), 8 a.m. Richard Johnson, 9875 N. Davis Rd., Stockton 95209. (209) 477-0943.

So. El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Ventura: Run For The Music 5 & 10K, San Buenaventura State Beach Park at Pierpoint Blvd., & San Pedro Ln., 8 a.m. Ventura County Symphony Assoc., Box 1085, Ventura 93002. (805) 643-8646.

Los Angeles: Wilshire Police 2K, 5K & 10K Runs Against Crime, Hancock Park, 8 a.m. Sgt. Ron Batesole, Wilshire Police Station, 4861 Venice Blvd., Los Angeles 90019. (213) 485-4020 or 485-6809.

San Diego: Jose Cuervo Mardi Gras 10K & 2 Mi., Mission Bay Park, 7:30 a.m. San Diego County Safety Council, 3320 Kemper St., Suite 100, San Diego 92110. (619) 223-2657, Dave Thompson.

San Francisco: DSE Polo Field Run (Lotto Run), 3.1 Mi., Golden Gate Park (Polo Fields, South Side), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Eureka: Sequoia Park Race, 2 & 4.5 Mi., 1 p.m./2 Mi., 1:45 p.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 445-1019 (Mike Egan).

February 27 (Saturday)

Martinez: Martinez to Port Costa Brick Yard Run, 8.4 Mi., 10 a.m. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

Santa Barbara: Are You Tough Enough 100K (individual or 5-person teams with each member running two legs), Toro Canyon Park to Nojoqui Falls in Solvang, time TBA. Second Sole (Bob Huebel): (805) 967-2614.

Los Alamitos: Los Alamitos 5K Run/Walk & 10K Run, Oak Middle School Gym (10911 Oak St.), 8 a.m./5K, 8:30 a.m. City of Los Alamitos, 10911 Oak St., Los Alamitos 90720. (213) 430-1073.

Hemet: Bess James 5 & 10K and 2 Mi. Fun Run, Hemet Valley Mall (2200 W. Florida At Hwy 74), 7:30 a.m./2 Mi., 8 a.m./5K, 8:30 a.m. Bob Stangel, Mt. San Joacinto College, 1499 N. State St., San Jacinto 92383. (714) 654-8011, x 285.

San Diego: Gold Rush 10K & 2 Mi., South of Hilton, 7:30 a.m. Kathy Loper (619) 437-4556.

San Diego: Jack-in-the-Box Torrey Pines 5K Run/Walk, Torrey Pines High School, 8 a.m. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

Santa Barbara: Sri Chinmoy 3-Mile Run, Palm Park, 8 a.m. Aditi: (805) 968-5881.

Lancaster: Benefit 5/10K Runs & 5K Walk, 8:30 a.m. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

Los Angeles: Coliseum Jr. Achievement 5/10K, Coliseum, 8:30 a.m./5K, 9 a.m. ProMotion Events, P.O. Box 7000-470, Redondo Beach 90277. (213) 374-8990.

Seaside, OR: Trail's End Marathon, Time TBA. Seaside Chamber of Commerce, P.O. Box 7, Seaside, OR 97138. (503) 738-6391.

February 28 (Sunday)

Pt. Reyes: Limantour Split and Half-Split, 10 Mi. & 6.2 Mi., Limantour Split, Pt. Reyes National Recr. Area, 9 a.m. (1st leg of California Coastal Challenge). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (old boathouse) (14th & Lakeside), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Stockton: California 10, 10 Mi., Lincoln High School (Alexandria at Benjamin Holt), 10 a.m. Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 473-4124.

Camarillo: Mission Oaks 5 & 10K and 1 Mi. Fun Run, Mission Oaks, 8 a.m./5K, 8:30 a.m./10K, 9:30 a.m. Mary Jo Del Campo, Las Colinas School, 5750 Fieldcrest, Camarillo 93010. (805) 484-4061.

Westwood Village: Westwood Village 10K, 8:30 a.m. Westwood Village 10K, c/o Center Courts, 11866 La Grange Ave., Los Angeles 90025. (213) 824-2478.

Montebello: "Pop" Marty 5 & 10 Mi. and 2 Mi. Fun Run, Grant Rea Memorial Park, 8 a.m. Rozanne Barron, City of Montebello, 1600 W. Beverly Blvd., Montebello 90640. (213) 725-1200, x 430.

San Francisco: DSE Roller Coaster Run, 3.1 Mi., Mountain Lake Park (West end byn Comfort Station), 12th Ave. & Lake St., 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.



St. Paddy's Day Dash!

Saturday, March 12, 1988

3K & 10K runs through Downtown Fresno

Pre-registration-\$8

Awards & Raffle Prizes

Entry forms at most sporting goods outlets and from the American Lung Association — call 266-LUNG today.

Sponsored by: **Summa Health Plan**
and the **Central California Blood Bank**

□ Schedule

Mission Viejo: Gaucho Gallup 5 & 10K Runs, Saddleback College, 8 a.m. Associated Student Gov't., Saddleback College, 28000 Marguerite Pkwy., Mission Viejo 92692. (714)582-4616.
San Diego: Sue Krenn 15K, South of Hilton, 7:30 a.m. Laurie Olson. (619) 222-0503.

March 5 (Saturday)

Sausalito: Run for the Seals, 4 Mi., Ft. Cronkhite (Marin Headlands), 9 a.m. (Pre-registration only!). California Marine Mammal Center, Fort Cronkhite 94965.

Chico: Bidwell Classic Marathon & Road Races (Half-Marathon & 3 Mi. Fun Run), Bidwell Park, 8 a.m./3 Mi., 9 a.m. Bidwell Classic, P.O. Box 1182, Chico 95927. (916) 893-5116. (Harold Carling).

San Juan Capistrano: San Juan Capistrano 10K Run, La Novia Park (La Novia & Calle Arroyo), 7:30 a.m. Community Services, 31421 La Matanza, San Juan Capistrano 92675. (714) 493-5911.

Manhattan Beach: AM Good Morning 5K, American Martyrs School, 8 a.m. American Martyrs School, 1701 Laurel Ave., Manhattan Beach 90266. (213) 322-2914 days; (213) 376-8424, eves. (Bary Schweiger).

Irvine: Runs for Hungry Children, 1K, 5K & 10K, South Coast Community Church, 7:30 a.m./5K, 8:15 a.m./10K, 9:30 a.m. Run Secretary, South Coast Community Church, 5120 Bonita Canyon Rd., Irvine 92715. (714) 854-7600.

So. El Monte: 099'ers 5K Run, Legg Lake, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

March 6 (Sunday)

Los Angeles: City of Los Angeles Marathon III, L.A. Memorial Coliseum (Exposition Park), 9 a.m. Los Angeles Marathon, P.O. Box 67750, Los Angeles 90067. (213) 879-1988.

Los Osos: South Bay 20K, Los Osos Jr. Hi. track, 8:30 a.m. South Bay 20K, Tom Hampson, 347 Garden St., Los Osos 93402. (805) 528-0872.

San Francisco: DSE Golden Gate Vista Run, 5.04 Mi., Legion of Honor, 34th Ave. & Clement, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Muir Beach: John Muir Monumental, 7.2 Mi., very hilly trail run (2nd leg of California Coastal Challenge), Muir Beach & Hiway 1 (Marin County), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415)841-1190.

Vallejo: Vallejo Channel to Lake 10 Mi., Florida & Mare Island Way, 9 a.m. Vallejo Chamber of Commerce, Attn: Tricia, #2 Florida St., Vallejo 94590. (707) 644-5551.

Ferndale: Foggy Bottoms Milk Run, 2 Mi. Fun Run, 4 & 10 Mi., downtown, Time TBA. Katherine Queen, Route 1, Box 110, Ferndale 95536. (707) 725-2514, eves.

Hornitos: Gold Trail Half-Marathon, Hornitos Park, 10 a.m. (check-in at Henderson Park Picnic Shelter, 1 1/2 Mi. east of Snelling on Hiway 59). Stu McElwain, 2855 E. Bellevue Rd., Merced 95340. (209)722-5315.

San Diego: Gold Rush 8K, plus 2 Mi., South of Hilton, 7:30 a.m. Kathy Loper: (619) 437-4556.

March 12 (Saturday)

Pine Valley: Pacific Crest Trail 50 Miler, 5 a.m. Mac Williamson (619) 224-0049.

San Francisco: Irish Sprint 5-Miler, Sunset Blvd. Parking Lot @ Lake Merced, 10 a.m. Jeff Benes, 347 Keeler Ct., San Jose 95139. (408) 972-4343.

Newhall: Knights of Columbus 5 Mile Run, Camping World, 9 a.m. Mike McSkane, 23806 Daisetta Dr., Newhall 91321. (805) 259-4384.

South El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Riverside: Green Belt 5 & 15K, Arlington High School on Jackson, 8 a.m./5K, 8:30 a.m. Paul Sutherland, 1215 Crestspring Rd., Riverside 92506. (714)780-6532.

San Diego: St. Patrick's Day 10K & 2 Mi., South of Hilton, 7:30 a.m. Jim Cerveny (619) 437-4556.

March 13 (Sunday)

Calistoga: Napa Valley Marathon, Rosedale & Silverado Trail, 7 a.m. Silverado Striders, Napa Valley Marathon, 1325 Imola Ave. West, Napa 94559. (707) 257-4768.

San Francisco: DSE Golden Gate Promenade Run, 7.13 Mi., Dolphin Club (502 Jefferson at foot of Hyde St.), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Fremont: Fremont Hub's 10K Run for Recreation & Stride (2-3 Mi.), Fremont Hub (Fremont Blvd. & Mowry Ave.), 8:30 a.m. Ginny Duffy or Doug Ward, P.O. Box 5006, Fremont 94537. (415) 791-4320.

Stanford: Food & Fitness 10K, Stanford University, Time TBA. Patsy Obayashi, c/o Dept. of Dietetics, Stanford University Hospital, Stanford 94305. (415) 723-6904.

La Quinta: Gem of the Desert 5 & 10K, Location TBA, 8 a.m. La Quinta Chamber of Commerce, P.O. Box 255, La Quinta 92253. (619) 564-3199.

Westlake Village: Dick Durand 8K Trail Run, Westlake Elem. School, 9 a.m. (Mostly on tough, steep fire trails) (No Pre-Entry). Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

Torrance: Tom Sullivan 10K Run & 5K Walk, Del Amo Shopping Center, 8 a.m. VISTAS, P.O. Box 7000-251, Redondo Beach 90277. (213) 373-7538, (714) 548-4897.

March 19 (Saturday)

Agoura: Malibu Trail 50 Mile Run, Paramount Ranch., 5 a.m. Phil Shattuck or Nina Bomar, 1321 E. Hillcrest Dr., Thousand Oaks 91360. (805) 373-0566.

Camarillo: Camarillo Kiwanis 10K Run, Camarillo Community Center, 7:30 a.m. Camarillo Kiwanis, P.O. Box 533, Camarillo 93011. (805) 482-9385 (Jim Graf).

South El Monte: San Gabriel River 10 Mile Run, Legg Lake, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

March 20 (Sunday)

San Jose: San Jose Mercury News 10K, downtown, 9 a.m. Mercury News Race, 750 Ridder Park Dr., San Jose 95190. (408) 920-5755.

San Francisco: DSE Golden Gate Bridge Run, 3.53 Mi., Lower Parking Lot, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

San Francisco: Solidarity Run, 5 & 10K and 1K Kids Run, Golden Gate Park (Palo Fields), 9 a.m. Cosandes, AFT-2121, 2940-16th St., #305, San Francisco 94103. (415) 861-2121.

Mill Valley: Tennessee Valley Waltz or Half-Waltz, 10 Mi. & 5.7 Mi., 9 a.m. (Very hilly trail run....3rd & final leg of California Coastal Challenge). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Visalia: End of the Trail 15K, Monney Grove Park, 8:30 a.m. J.D. Fischer, 2306 Memory Lane, Visalia 93277. (209) 734-7546 or 625-1347.

So. El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Montebello: Run for the Golden Bear 5K & 1 Mi. Run, Grant Rea Park, 8 a.m./1 Mi., 8:30 a.m. Bob Arellanes, 312 No. 7th St., Montebello 90640. (213) 263-0150. (213) 776-3660 (Laura Kronfeld).

Long Beach: CSULB 16.2 & 4.1 Mi. Runs, Campus Parking Lot, 7 a.m. Long Beach Marathon, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

Riverside: Tri-County Dental Society 5 & 10K Runs & 5K Walk, Fairmount Park, 8 a.m./5K, 8:45 a.m./10K, 7:45 a.m./Walk. Tri-County Dental Society, 952 S. Mount Vernon, Suite A, Colton 92324. (714) 370-2112.

San Diego: Lookin' Sharp 5 & 10 Mile Runs, Sharp Memorial Hospital Cardiac Rehabilitation Track (Meadowlark Dr.), 7:30 a.m. Lookin' Sharp Runs, Sharp Hospital Foundation, 3131 Berger Ave., Suite 200, San Diego 92123. (619) 541-3000.

March 26 (Saturday)

Crescent City: Redwood Wild River Run, 5K Fun Run and 15K, Howland Hill Rd. (10 Mi. north of Crescent City), 1 p.m. Stu Scholl, 180 Clyde St., Crescent City 95531. (707) 458-3210, eves.

Delano: Delano Fools' Run, 5 & 10K, Delano Citizens Bldg., 8 a.m. Jim Nagatani, 1319 Main St., Delano 93215. (805) 725-9105.

Lompoc: LVDC Memorial Runs, 5 & 15K, Ryon Park (Ocean & O St.), 9 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (805) 736-6773 (Leo Aragon).

□ Schedule

Glendora: Pride of the Foothills Spring Run, 2 K, 5K, 10K and Half-Marathon, Foothill Presbyterian Hospital, 8 a.m./2K, 8:20 a.m./All other races. Paul Palsa, c/o Foothill Presbyterian Hospital, 250 S. Grand Ave., Glendora 91740. (213) 963-8411.

South El Monte: San Gabriel River Run, 10K, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Marino: San Marino Rotary 5 & 10K Run for Fun, 8 a.m./5K, 8:15 a.m. John Harris, 2324 Huntington Dr., San Marino 91108. (818) 285-9715.

March 17 (Sunday)

San Francisco: Bonne Bell 5 & 10K, Golden Gate Park (Bandshell), 9 a.m. *Women Only.* Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

San Francisco: DSE U.S.S. San Francisco Monument to Baker Beach and Back, 6.5 Mi., parking lot above Clement & El Camino del Mar (48th Ave.), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (old boathouse, 14th & Lakeside Dr.), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Fort Bragg: Whale Festival Run/Walk, 2 Mi., 10K and Half-Marathon, 8 a.m. Ro Peterson, c/o Ft. Bragg-Mendocino Coast Chamber of Commerce, P.O. Box 1141, Ft. Bragg 95437. (707) 964-3153.

Playa del Rey: Food & Fitness 5 & 10K, Dockweiler Beach, 8 a.m./5K, 8:15 a.m. Barbara Waters, 3111 Fourth St., Suite 406, Santa Monica 90405. (213) 392-3329.

Carlsbad: Carlsbad 5K (includes Invitational Race), Grand & Madison, 7:45 a.m., 9 a.m./Invit. In Motion: (619) 483-9501. (No race-day registration for Invitational).

March 31 (Thursday)

South El Monte: Legg Lake 5K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Looking Ahead

Marathons, Relays, Important Deadlines, Major Events, Etc.:

Apr 3 (Sun): Modesto: Modesto Marathon, Time TBA. JoAnn Amundson, P.O. Box 3605, Modesto 95352. (209) 529-6229.

Apr 10 (Sun): Los Angeles: Jimmy Stewart Marathon Relay, 5-person teams, Griffith Park (Riverside/Los Feliz entrance near Merry-Go-Round), 9 a.m. Jimmy Stewart Marathon Relay, c/o St. John's Hospital, 1328 - 22nd St., Santa Monica 90404. (213) 829-8968.

Apr 10 (Sun): Seattle, WA: Emerald City Marathon, Time TBA. PNB/ECM, 101 Elliott Ave., #430, Seattle, WA 98119.

Apr 17 (Sun): Saugus: Dave Parker 40.5 Mi. Canyon Relay & Ultra-Marathon, Santa Clarita Park, 6 a.m. Fast Lane Finish Systems, Box 638, Newhall 91322. (805) 944-2511 (Sue Simms).

Apr 17 (Sun): Carmel: Big Sur International Marathon, Pfeiffer Park (Big Sur) to Carmel, 7 a.m. William B. Burleigh, Box 222620, Carmel 93922. (408) 625-6226.

Apr 18 (Mon): Hopkinton, MA: Boston Marathon, Time TBA. Boston Marathon, c/o Boston A.A., 20 Park Plaza, Boston, MA 02116. (617) 338-5709. (Qualifying Times Req'd...set between Jan. 1, 1987 & Mar. 21, 1988).

Apr 24 (Sun): Santa Rosa: California 50-Mile Endurance Run, 6 a.m. (fireroads: narrow horse trail w/6500 foot climb). Tom Crawford, 2818 Rollow Rd., Santa Rosa 95404.

May 1 (Sun): Weott: Avenue of the Giants Marathon, Dyerville Bridge, 9 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-5809.

May 1 (Sun): Long Beach: Long Beach Marathon, 7:30 a.m. Long Beach Marathon, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

Track/Field

Feb. 5: Los Angeles All Comers. Cal State Los Angeles. John Tansley (213) 224-3692.

Feb. 6: Los Gatos All Comers. Los Gatos High School. Willie Harmatz (408) 354-5660

Feb. 12: Los Angeles All Comers. Cal State Los Angeles. John Tansley (213) 224-3692.

CALIFORNIA

Track & Running News

Yes, I'd like to subscribe. Please start sending *California Track & Running News* to me at the address indicated below. My check is enclosed.

Name _____

Address _____

City/State/Zip _____

\$15 (1 year/11 Issues) \$28 (2 years/22 issues) \$39 (3 years/33 Issues)

**SEND TO: California Track & Running News
4957 East Heaton • Fresno, CA 93727**



□ Schedule

Feb. 13: Preseason All-Comers Meet. Cal State Long Beach. Ralph Lindeman (213) 498-4666.

Feb. 13: Los Gatos All Comers. Los Gatos High School. Willie Harmatz (408) 354-5660.

Feb. 13: Californian Invitational. Cal State Bakersfield. Bob Coons (805) 833-2200.

Feb. 20: Miller Lite Invitational. Northern Arizona Univ., Flagstaff, AZ. *Indoor.* Wayne Norton (602) 523-6797.

Feb. 20: Los Gatos All Comers. Los Gatos High School. Willie Harmatz (408) 354-5660.

Feb. 26: USA/Mobil Indoor Championships. Madison Square Garden, New York. Heliodoro Rico (212) 595-9647.

Feb. 27: Long Beach Relays. Community College Division. Cal State Long Beach. Ralph Lindeman (213) 498-4666.

Feb. 27: Peabody Coal Last Chance Meet. Northern Arizona Univ., Flagstaff, AZ. *Indoor.* Wayne Norton (602) 523-6797.

Feb. 27: Los Gatos All Comers. Los Gatos High School. Willie Harmatz (408) 354-5660.

Feb. 28: Long Beach Relays. University/Open Division. Cal State Long Beach. Ralph Lindeman (213) 498-4666.

Feb. 28: Winter Corporate Relays. Los Gatos High School. Hank Lawson (408) 446-9063.

Mar. 5: Kingsmen Relays. Cal Lutheran. Don Green (805) 492-2411.

Mar. 9 - 13: Senior Olympics. Masters 55 and over. Palm Springs. Ben Green (619) 3238274.

Mar. 19: Bronco Invitational. Cal Poly Pomona. (714) 598-4611.

Mar. 19: Golden State Athletic Conference Championships. Azusa Pacific University.

Mar. 24-25: Lady Bronco Heptathlon. Cal Poly Pomona. (714) 598-4611.

Mar. 26: Lady Bronco Invitational. Cal Poly Pomona. (714) 598-4611.

Mar. 26: Stanford Invitational?

Mar. 26: Easter Relays. Santa Barbara City College. John Lauralde (805) 965-0581.

Mar. 29-30: Fresno Decathlon/Heptathlon. Fresno State University. Red Estes (209) 294-4097.

Apr. 9: Fresno Relays. Ratcliffe Stadium. Red Estes (209) 294-4097.

Apr. 9: Arcadia HS Invitational. Doug Speck (818) 963-7709.

Apr. 15-16: Bakersfield College J.C. Relays. Bob Covey (805) 395-4340.

Apr. 16: Northridge Invitational. Cal State Northridge. Don Strametz (818) 885-3208.

Apr. 22: Pomona Invitational. Pomona-Pitzer College. Tentative.

Apr. 22: Mt. SAC Relays. Community Colleges. Mt. San Antonio College, Walnut. Don Ruh (714) 594-5611.

Apr. 23: Mt. SAC Relays. High School Invitational, University/Open, Distance Carnival. See contact above.

Apr. 24: Mt. SAC Relays. International Day of Champions. See contact above.

Apr. 29: Johnny Mathis Invitational. Women's events. San Francisco State University. Harry Marra (415) 338-2218.

Apr. 30: Johnny Mathis Invitational. Men's events. San Francisco State University. Harry Marra (415) 338-2218.

Apr. 30: Ken Carnine Classic. Cal State Sacramento. Michael Holzgang (916) 482-7881.

Apr. 30: Irvine Invitational. Women. U.C. Irvine. Danny Williams (714) 856-6931.

May 1: Irvine Invitational. Men. U.C. Irvine. Vince O'Boyle (714) 856-6931.

May 1: Mt. SAC Relays. Masters Division. Mt. San Antonio College, Walnut. Don Ruh (714) 594-5611.

May 4-7: N.C.A.C. Championships. Humboldt State Univ., Arcata.

May 7: S&W Modesto Invitational. Modesto Community College. Tom Moore, P.O. Box 152, Modesto 95353. (209) 537-0411, home.

May 7: Nick Carter Invitational. Men only. U.C. Santa Barbara. Sam Adams (805) 961-2133.

May 13-14: P.C.A.A. Championships. Logan, Utah.

May 13-14: N.A.I.A. District 3 Championships. Santa Barbara.

May 14: Oxy Invitational. Occidental College, Eagle Rock. Bill Harvey (213) 259-2608.

May 14: Los Angeles State Invitational. Cal State L.A. John Tansley (213) 224-3692.

May 14: Flagstaff Invitational. Northern Arizona Univ. Wayne Norton (602) 523-6797.

May 18-21: N.C.A.A. Div. II Championships. San Angelo, Texas.

May 20-21: California J.C. State Championships. Bakersfield College. Bob Covey (805) 395-4340.

May 20-21: P.A.C. 10 Championships. Drake Stadium, UCLA.

May 20-21: Point Loma Invitational Decathlon. San Diego. Jim Crakes (619) 222-6474.

May 21-22: Late Afternoon Decathlon. U.C. Santa Barbara. Sam

Adams (805) 961-2133.

May 25-28: N.C.A.A. Div. III Championships. Northfield, Minnesota.

May 26-28: N.A.I.A. National Championships. Azusa Pacific University.

May 28: Bruce Jenner Grand Prix. San Jose City College.

May 28-29: Mt. SAC Relays High School Decathlon/Heptathlon. See contact May 1.

May 29: TAC Last Chance Qualifying Meet. Mt. San Antonio College, Walnut. Don Ruh (714) 594-5611.

June 1-4: NCAA Div. I Championships. Eugene, Oregon.

June 5: UCLA/Pepsi Invitational. Al Franken (213) 278-2030.

June 11: Prefontaine Classic: Eugene, Oregon. Tom Jordon (503) 683-5635.

June 11: Golden West Invitational. Sacramento. Ernie Gomez (916) 483-2018.

June 16-18: USA/Mobil Outdoor Championships: Tampa, Florida. Jose Rodriguez (904) 377-0134.

June 23-25: TAC Junior Nationals. Tallahassee, Florida. Jose Rodriguez (904) 377-0134.

June 25: Michelob Invitational. Balboa Stadium, San Diego. Al Franken (213) 278-2030.

July 15-23: U.S. Olympic Trials. Indianapolis, Indiana. James Perkins, Jr. (317) 636-1988.

July 28-31: TAC Junior Olympics. Fainesville, Florida. Jose Rodriguez (904) 377-0134.

Aug. 4-7: TAC Masters Championships. Orlando, Florida. Jose Rodriguez (904) 377-0134.

Aug. 13: U.S. National Team Pre-Olympic Meet. Santa Barbara.

Aug. 20: U.S. National Team Pre-Olympic Meet. Irvine.

Aug. 27: U.S. National Team Pre-Olympic Meet. Sacramento.

Sept. 3: U.S. National Team Pre-Olympic Meet. Los Angeles.

Sept. 17-Oct. 2: XXIV Olympic Games. Seoul, Korea. (track dates: Sept. 23-Oct. 2).

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 _____

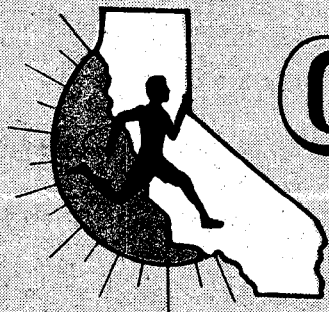
Starting Time _____ Distance if a running event _____

Other Important Info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070



CALIFORNIA

Track & Running News

ATHLETES OF THE YEAR

1987

1987 was another exciting year for track and running in the Golden State. There's hardly a week-end anymore without some type of track and field or running event producing outstanding, noteworthy, performances. Add to that the usual slug of invitational and championships and you've got another memorable year of track and running in California.

As we now move into the 1988 action, we can still hang on to some of the highlights of the past year with the annual *California Track & Running News* Athlete of the Year selections.

Again this year ballots were mailed out to our panel of selectors. They rated the top athletes in each category of their specialty from one to five. A first place vote received 10 points, a second place vote received 6 points, third 4, fourth 2, and fifth 1 point. Then it was just a matter of adding up the points to determine who the athlete of the year was in that particular category. Simple enough. Not really.

With 50 categories of voting, selecting the top athletes in California is no small job. It's impossible for any one person to know everything about all aspects of this game in California. We think our panel had broad enough representation to sort it all out and come up with worthy selections.

The following experts contributed to the voting in one or more categories: Percy Knox, Jack Shepard, Bruce Springbett, Ruth Anderson, Patyon Jordan, Mark Winitz, John Mansoor, Red Estes, Don Ruh, Tony Sandoval, Al Sheahen, Doug Speck, Bill Minarik, Keith Conning, Bill Cockerham, Bob Seaman, Howard Willman, Bob Larsen, Gordon Fitzel, Bob Womack, Mel Shine, Paul Reese, Sieg Lindstrom, Jim Sackett, John Wenos, Dick Slotkin, Ken Dose, Gregor Robin, Pete Mundle, Tom Pagani.

High School Boys Track & Field

QUINCY WATTS

Top sprinter in the nation. Fifth on *Track & Field News* ballot for HS Athlete of the Year. Eight races under 10.54 and won Junior Olympics 100/200 in 10.30/20.50.

Others: While Watts got all the first place votes, Brent Burns pulled in all of the second place votes with his 17-8 1/2 vault mark. Steve Lewis, Joel Smith, Dave Bultman, Paul Thomas, Percy Knox and Corey Ealy also pick up a number of votes.

Previous Selections: Rich Kimball 1974, Dedy Cooper 1975, Larry Doubly 1976, James Sanford 1977, Dave Porath 1978, Bill Green 1979, Charles Mayfield 1980, Pete Richardson 1981, Steve Kerho 1982, Maurice Crumby 1983, Joe Richardson 1984, Henry Thomas 1985, Eric Mastalir 1986.

High School Boys Cross Country

IAN ALSEN

Wasn't able to participate at the first State Meet, but beat all the state champions the week later at the Kinney Western Meet.

Others: Also picking up a good number of votes were Jaime Ortega, Dave Scudamore, Bryan Dameworth, Ben Ayers and Goshu Tadese.

Previous Selections: Ralph Serna 1974, Thom Hunt 1975, Tim Holmes 1976, Frank Assumma 1977, Jeff Nelson 1978, John Frank 1979, Jay Marden 1980, Harold Kuphaldt 1981, Eric Reynolds 1982, Calvin Gaziano 1983, Calvin Gaziano 1984, Mark Mastalir 1985, Marc Davis 1986.

High School Girls Track & Field

JANEENE VICKERS

Nobody even close in the voting here, as Janeene was also voted the *Track & Field News* Athlete of the Year as she went

undefeated in the 100 meter hurdles with a best of 13.34.

Others: Close in the voting for second were Kira Jorgensen, number one in the US in the mile with a 4:47.66; and Madette Smith, number one in the US in the long jump with 20-11.

Previous Selections: Mary Decker 1974, Cathy Sulinski 1975, Freida Cobb 1976, Ann Regan 1977, Cheri Williams 1978, Sherri Howard 1979, Sherri Howard 1980, Denean Howard 1981, Denean Howard 1982, Natalie Kaaiawahia 1983, Leslie Maxie 1984, Latrese Johnson 1985, Janeene Vickers 1986.

High School Girls Cross Country

KIRA JORGENSEN

Kira did it all in 1987. Won the State Meet, won the Kinney Western Regional and then the Kinney National Championships.

Others: Nobody was even close, but frosh. Deena Drossin had the next highest number of votes.

Previous Selections: Debra Johnson 1974, Suzanne Keith 1975, Vicky Bray 1976, Susan Sanchez 1977, Roxanne Bier 1978, Vickie Cook 1979, Vickie Cook 1980, Vickie Cook 1981, Cory Schubert 1982, Kirsten O'Hara 1983, Rebecca Chamberlain 1984, Laurie Chapman 1985, Katy McCandless 1986.

J.C. Men Track & Field

KENNY WASHINGTON

State champion in both the 800 and the 1500 meter runs.

Others: Washington was the clear winner, with Ron McCree, Ron Hooks, Damon Lee, and Dave Parsel the other major point getters.

Previous Selections: James Robinson 1974, Grant Niederhaus 1975, Millard Hampton 1976, Houston McTear 1977, Kenneth Hayes 1978, Andre Phillips 1979, Joe Staub 1980, Tyke Peacock 1981, Sandy

Chapman 1982, Al Miller 1983, Ed Frazier 1984, Dennis Lewis 1985, Mike Gravelle 1986.

J.C. Men Cross Country

MARK DANI

First at the State Championships. That will usually do it!

Others: Nobody close, but second place at the State, Angel Hernandez, received the second highest point total.

Previous Selections: Bob Thomas 1974, Henry Perez 1975, Bob Paulin 1976, Tim Holmes 1977, Bill Hurst 1978, Rick Rose 1979, Jeff Nelson 1980, Rodney Rivera 1981, Rich Brownsberger 1982, Mandla Kuene 1983, Eugene Cruz 1984, Alphonse Swai 1985, Matt Clayton 1986.

J.C. Women Track & Field

TAMMY STILES

This was one of the closest categories in this year's voting as Tammy Stiles' first place in the state 200, second in the 100 and relay legs for Mt. SAC edged out the only state individual double winner on the women's side, Donna Fremstad.

Others: Also close in the voting were Tish Giddens and Carmen Maldonado.

Previous Selections: Gail Douglas 1977, Ruth Caldwell 1978, Ruth Caldwell 1979, Donna Mayhew 1980, Valerie Brisco 1981,

Barbara Moro 1982, Gervaise McCraw 1983, Zelda Johnson 1984, Myra Mayberry 1985, Sylvia Mosqueda 1986.

J.C. Women Cross Country

JANICE SELLON

State Champion. Undefeated through conference, Southern Cal, and state meet.

Others: Only other athlete with big points was Sellon's Mt. SAC teammate, Carmen Maldonado who was second in conference, Southern Cal and state.

Previous Selections: Ruth Caldwell 1977, Ruth Caldwell 1978, Renee Ortiz-Wyckoff 1979, Sue Gellley 1980, Renee Wyckoff 1981, Kim DeVetis 1982, Mara Lazdens 1983, Leslie Hawkins 1984, Sylvia Mosqueda 1985, Anne Hayden 1986.

College Men Track & Field

KEVIN YOUNG

NCAA 400 hurdles champ in 48.90 plus NCAA 4x400 gold. Ranked fifth in the world.

Others: Next in the voting was Young's UCLA teammate Danny Everett who was also part of the NCAA 4x400 relay win as well as 2nd in NCAA open 400. Doug Fraley and Jim Connolly were the only others even close.

Previous Selections: Dwight Stones 1976, Mike Tully 1977, Clancy Edwards 1978, James Sanford 1979, James Sanford 1980, Andre Phillips 1981, Milan Stewart 1982, Felix Bohni 1983, Danny Harris 1984, Danny Harris 1985, Danny Harris 1986.

College Men Cross Country

MATT GIUSTO

Undefeated until NCAA championships where he finished 20th. Dominated NCAA Region 8 meet.

Others: Matt Clayton and Richard Graves were the only other big point earners.

Previous Selections: Dave Taylor 1974, Terry Williams 1975, Terry Cotton 1976, Thom Hunt 1977, Thom Hunt 1978, Thom Hunt 1979, Steve Ortiz 1980, Graeme Fell 1981, Tom Downs 1982, Mark Ruelas 1983, Marc Oleson 1984, Marc Oleson 1985, Matt Giusto 1986.

College Women Track & Field

GAIL DEVERS

PAC-10 tells it all where she won six gold medals: 100, 200, 100mh, long jump and anchored both relays. Second NCAA 100 and fourth at TAC.

Others: The only one close was Sheila Hudson.

Previous Selections: Alice Brown 1980, Karin Smith 1981, Jackie Joyner 1982, Jackie Joyner 1983, Carol Cady 1984, Jackie Joyner 1985, Gail Devers 1986.

Continued next page

Fine Flicks by Don Gosney

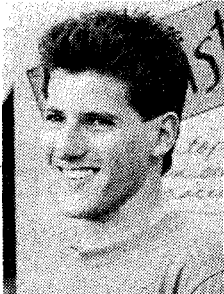
photo by Bill Leung, Jr.

Fine Flicks by Don Gosney

Fine Flicks by Don Gosney

photo by Gene Cohn

Fine Flicks by Don Gosney



Ian Alsen

Mark Dani

Marilyn Davis

Gail Devers

Nancy Ditz

Greg Foster

photo by Jim Reynolds

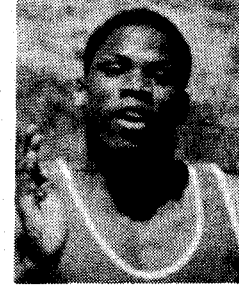
Fine Flicks by Don Gosney

Fine Flicks by Don Gosney

photo by Bill Leung, Jr.

Fine Flicks by Don Gosney

photo by Burt Davis



Matt Giusto

Kira Jorgensen

Jackie Joyner-Kersey

Janice Sellon

Janeene Vickers

Quincy Watts

College Women Cross Country

SYLVIA MOSQUEDA

NCAA Division II National Champion, fish at TAC.

Others: Kirsten O'Hara and Buffy Rabbitt were the only ones to be close in the voting.

Previous Selections: Maggie Keyes 1980, Ceci Hop 1981, Ceci Hopp 1982, Regina Jacobs 1983, Regina Jacobs 1984, Regina Jacobs 1985, Gladess Prieur 1986.

Open Men Track & Field

GREG FOSTER

Dominated the high hurdles with five of the world's fastest times and the world championship title.

Others: This was the closest category of the 1987 Athlete of the Year voting as Edwin Moses was just as dominant in the intermediate hurdles. John Powell and John Brenner also received a lot of votes.

Previous Selections: Bruce Jenner 1974, John Powell 1975, Bruce Jenner 1976, Arnie Robinson 1977, Mac Wilkins 1978, Edwin Moses 1979, Edwin Moses 1980, Edwin Moses 1981, Steve Scott 1982, Edwin Moses 1983, Edwin Moses 1984, Willie Banks 1985, Andre Phillips 1986.

Open Men Cross Country

MARK JUNKERMANN

This is one of the toughest categories for comparing runners as there isn't really much cross country action at the club level. The TAC National Championships has traditionally been the best source of comparison. Junkermann placed 17th. at the TAC Championships.

Others: Close in the voting were Marc Oleson, Rich Brownsberger and Dan Stefanisko.

Previous Selections: Bob Thomas 1976, Dave Babaracki 1977, Larry Lawson 1978, Duncan Macdonald 1979, Steve Scott 1980, Thom Hunt 1981, Thom Hunt 1982, Rod Berry 1983, Carmelo Rios 1984, Ivan Huff 1985, Thom Hunt 1986.

Open Women Track & Field

JACKIE JOYNER-KERSEE

Who else? Best in the world in the long jump and dominates heptathlon as no other woman dominates her event.

Others: Just as JJK received all of the first place votes, Florence Griffith pulled in all of the second placers. Pam Marshall was the only other major point earner.

Previous Selections: Francie Larrieu 1974, Jane Frederick 1975, Kate Schmidt 1976, Kate Schmidt 1977, Jodi Anderson

1978, Evelyn Ashford 1979, Jodi Anderson 1980, Evelyn Ashford 1981, Evelyn Ashford 1982, Evelyn Ashford 1983, Valerie Brisco-Hooks 1984, Valerie Brisco-Hooks 1985, Jackie Joyner 1986.

Open Women Cross Country

MARILYN DAVIS

Top non-collegian Californian at the TAC championships was former Cal standout Marilyn Davis in 14th place.

Others: Close in voting was Robyn Root who won the Cal Poly Invitational and the Aggie Invitational.

Previous Selections: Julie Brown 1974, Julie Brown 1975, Julie Brown 1976, Judy Graham 1977, Julie Brown 1978, Maggie Keyes 1979, Francie Larrieu 1980, Julie Brown 1981, Julie Brown 1982, Connie Hester 1983, Maggie Keyes 1984, Monica Joyce 1985, Janine Aiello 1986.

Men's Road Racing

JAY MARDEN

Won just about every time he ran, except Bridge to Bridge where he was second (first Californian). Won PA-TAC 10K and 10 Mile Championships as well as Wharf to Wharf.

Others: Brad Hawthorne and Mark Conover were the next in order of voting.

Previous Selections: Gary Tuttle 1974, Gary Tuttle 1975, Gary Tuttle 1976, Gary Tuttle 1977, Gary Tuttle 1978, Dave Babiracki 1979, Gary Tuttle 1980, Kirk Pfeffer 1981, Duncan Macdonald 1982, Carmelo Rios 1983, Ivan Huff 1984, John Moreno 1985, Bill Donakowski 1986.

Women's Road Racing

NANCY DITZ

Third time in a row for Ditz. Winner of L.A. Marathon, Seventh in World Championships Marathon. Ran 33:30 for 10K.

Others: Sylvia Mosqueda and Robyn Root the only close vote getters.

Previous Selections: Jackie Hansen 1974, Jackie Hansen 1975, Miki Gorman 1976, Miki Gorman 1977, Marty Cooksey 1978, Kathy Mintie 1979, Laurie Binder 1980, Laurie Binder 1981, Julie Brown 1982, Julie Brown 1983, Patty Gray 1984, Nancy Ditz 1985, Nancy Ditz 1986.

Masters Men 40-44 Track & Field

STAN WITLEY

The 41 year old sprinter won the National 100, 200 and 400. Best times of 10.8, 21.98 and 49.58.

Others: Tracy Smith, Rufus Morris, George Mason, Ron Jensen, Bill Sevald, and Matt Pruitt.

Previous Selections: Dave Jackson 1977, Ken Dennis 1978, Nick Newton 1979, George Cohen 1980, Walt Butler 1981, Walt Butler 1982, George Cohen 1983, Ed Burke 1984, John Dobroth 1985, Stan Witley 1986.

Masters Men 45-49 Track & Field

GARY MILLER

World Games champion in the decathlon and 400 hurdles. National pentathlon and decathlon champ. 5271 decathlon score.

Others: Larry Stuart, John Dobroth, Al Henry, Darrel Horn, Ken Dennis, Dave Romain, George Cohen, Ted Cain.

Previous Selections: Bill Fitzgerald 1974, Peter Mundle 1975, Shirley Davisson 1976, Herm Wyatt 1981, Dave Segal 1982, Gary Miller 1983, Larry Stuart 1984, George Cohen 1985, Gary Miller 1986.

Masters Men 50-54 Track & Field

KEN DENNIS

World Games 100 champ, National 100 & 200 champ. 11.2 and 22.9 best times.

Others: Bob Humphreys, Ed Oleata, Al Henry, Nick Newton, Al Henry, Phil Conley, Dave Jackson.

Previous Selections: Bill Fitzgerald 1975, Bill Fitzgerald 1976, Tom Patsalis 1977, Peter Mundle 1978, Tom Patsalis 1979, Shirley Davisson 1980, Don Cheek 1981, Dave Jackson 1982, Bruce Springbett 1983, Pary O'Brien 1984, Pary O'Brien 1985, Phil Conley 1986.

Masters Men 55-59 Track & Field

DAVE JACKSON

National and World Games long jump and triple jump champion. Regional 100m hurdles, long and triple jump champ. Best triple of 40-6.

Others: Herm Wyatt, Pat Devine, Jim Hart, Bruce Springbett, Herm Wyatt, Ken Napier.

Previous Selections: Tom Patsalis 1977, Tom Patsalis 1979, Tom Patsalis 1981, Bill Fitzgerald 1982, Jim O'Neil 1983, Bill Fitzgerald 1984, Huel Washington 1985.

Masters Men 60-64 Track & Field

BOB WATANABE

District 100, 200 and 300h champ. National 100 and 200 champ, second in 400 and 300h.

Others: Del Pickarts, Bud Held, Bob Richards, Jim O'Neil.

Previous Selections: Jack Thacher 1976, Payton Jordan 1977, Payton Jordan 1978, Harry Koppel 1979, Bob Hunt 1980, Burl Gist 1981, Tom Patsalis 1982, Tom Patsalis 1983, Burl Gist 1984, Bob Richards 1986.

Fine Flicks by Don Gosney

photo by Maurice Wilson

photo by Gene Cohn

photo by Richard Lee Slotkin



Laurie Binder



Ken Dennis



Marian Irvine



Bess James



Payton Jordan



Shirley Kinsey

photo by Richard Lee Slotkin

photo by Richard Lee Slotkin

photo by Marty Higginbotham

photo by Gene Cohn



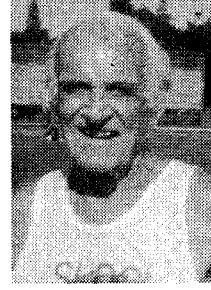
Mavis Lindgren



Jim O'Neil



Tom Patsalis



Paul Spangler



Andre Tocco



Sal Vasquez

Masters Men 65-69 Track & Field

TOM PATSALIS

World Games champion in the 100m hurdles, long jump and triple jump, second in the 100. National champion in the 100h and long jump. 17-4 1/4, 35-7 3/4 best jump marks.

Others: Burl Gist, Bob Hunt, David Lawer, Ray Gil.

Previous Selections: Harry Koppel 1981, Payton Jordan 1982, Dan Aldrich 1983, Dan Aldrich 1984, Burl Gist 1985, Bob Hunt 1986.

Masters Men 70-74 Track & Field

PAYTON JORDAN

World Games 100 & 200 champion. District and Regional 100 and 200 champion. Best marks of 13.3 and 26.8.

Others: Bill Morales, Herb Miller, Jim Vernon, Bill Fairbank, John Satti, Paul Reese, Mac Osborne, Ray Manahan.

Previous Selections: Josiah Packard 1977, Winfield McFadden 1978, Tony Castro 1981, Tony Castro 1982, Tony Castro 1983, John Satti 1984, Carol Johnston 1985, Herb Miller 1987.

Masters Men 75-79 Track & Field

TONY CASTRO

District, Regional and National 100/200 champion. Second in both at World Games. 14.9/31.44 best times.

Others: Carol Johnston, Ken Carmine, Sid Madden, Chick Dahlsen.

Previous Selections: Paul Spangler 1976, Josiah Packard 1979, Winfield McFadden 1980, Winfield McFadden 1984, Ken Carmine 1985, Tony Castro 1986.

Masters Men 80+ Track & Field

PAUL SPANGLER

District champ in 400, 800, 1500 and 5,000. Regional 800 and 1500 champ National 800 champ. World Games 5,000 and 10,000 champ, second in 800 and 1500.

Others: Burt DeGroot, Win McFadden, Sing Lum, Willard Benton.

Previous Selections: Josiah Packard 1984, Winfield McFadden 1985, Paul Spangler 1986.

Masters Women 40-44 Track & Field

LAURIE BINDER

National 10K champion and record holder (35:20.6). Other times of 4:41.3 (1500m), 17:04.2 (5K).

Others: Chestine Barnes, Latanya Glass, Laurie Olson.

Previous Selections: Irene Obera 1977, Irene Obera 1979, Cherrie Sherrard 1981, Jeanne Carter 1982, Jeanne Carter 1983, Jeanne Carter 1984, Fran Conley 1985, Jane Duff 1986.

Masters Women 45-49 Track & Field

NADINE O'CONNOR

Best sprint times of 14.00, 29.32 and 66.15.

Others: Lolitia Bache, Lynne Marsh, Fran Conley, Marilyn Harbin, Jeanie Carter, Lynne Marsh.

Previous Selections: Shirley Dietderick 1978, Irene Obera 1980, Christel Miller 1981, Christel Miller 1982, Vicki Bigelow 1983, Marilyn Harbin 1984, Jeanne Carter 1985, Shirley Matson 1986.

Masters Women 50-54 Track & Field

IRENE OBERA

Three gold medals at World Games (100, 200, 400). Four golds at Nationals (add the long jump. Best times of 13.37, 27.7w, 65.13, 13-6w.

Others: Christel Miller, Jeanne Hoagland, Tami Graf, Marjorie Lamey.

Previous Selections: Shirley Kinsey 1981, Shirley Kinsey 1982, Ruth Anderson 1983, Irene Obera 1984, Irene Obera 1985, Chrystal Miller 1986

Continued next page

Masters Women 55-59 Track & Field

SHIRLEY KINSEY

Outstanding field event athlete, won nationals hurdles, long jump, shot put and discus. Best marks: high jump 3-5, long jump 12-1, triple jump 20-5, shot put 28-7, discus 77-6, javelin 82-4, 80h 17.8w.

Others: Magdalena Kuehne, Marion Irvine, Ruth Anderson.

Previous Selections: Helen Dick 1981, Helen Dick 1982, Shirley Dieterich 1983, Shirley Kinsey 1984, Marion Irvine 1985.

Masters Women 60-64 Track & Field

SHIRLEY DIETDERICH

Unbeatable sprinter and thrower. Best marks of 17.0w, 38.3w, 63-2 (discus), 65-6 (javelin).

Others: Molly Monheit, Lisa Borel, Margaret Miller.

Previous Selections: Jaclyn Caselli 1981, Josephine Kolda 1982, Jaclyn Caselli 1983, Jaclyn Caselli 1984, Jaclyn Caselli 1985, Margaret Miller 1986.

Masters Women 65-69 Track & Field

GERRY DAVISON

Four gold medals at Nationals in Eugene. Gold and a bronze at World Games in Melbourne. Best marks: 400 - 89.2, 800 - 3:21.7, 1500 - 6:52.6, 5,000 - 24:18.9.

Others: Jaclyn Caselli, Els Tuinzing, Rose Kash, Thelma Rubin.

Previous Selections: Alice Werbel 1981, Kay Atkinson 1982, Josephine Kolda 1983, Josephine Kolda 1984, Josephine Kolda 1985, Jaclyn Caselli 1986.

Masters Women 70-74 Track & Field

DOROTHY STOTSENBERG

Third place in the Melbourne World Games 1500. Best marks: 400 - 1:57.2, 800 - 4:36, 1500 - 8:55.14.

Others: Kati Jacoy.

Previous Selections: Bess James 1981, Bess James 1982, Bess James 1983, Bess James 1984, Edith Mendyka 1985, Kati Jacoy 1986.

Masters Women 75-79 Track & Field

EDITH MENDYKA

All-around field event competitor, winning nationals long jump, shot put, discus and javelin. Best marks: long jump - 7-0w, shot put - 24-1, discus - 51-10, javelin - 65-8.

Others: Bess James, Marilla Salisbury.

Previous Selections: Bess James 1985, Edith Mendyka 1986.

Masters Women 80+ Track & Field

MAVIS LINDGREN

Solid distance runner with a pending world record 30:21 for 5000 at the nationals.

Others: Mary Ames, Marilla Salisbury.

Masters Men 40-44 Road Racing

BILL SEVALD

Previous Selections: Bill Gookin 1974, Jerry Smartt 1975, Truman Clark 1976, Kent Guthrie 1977, John Brennand 1978, Joe Burgasser 1979, Jim Bowers 1980, Jim Bowers 1981, Sal Vasquez 1982, Sal Vasquez 1983, Sal Vasquez 1984, Tracy Smith 1985, Bill Sevald 1986.

Masters Men 45-49 Road Racing

SAL VASQUEZ

Previous Selections: John Brennand 1981, Jim Knerr 1982, Doug Latimer 1983, Jim Bowers 1984, Sal Vasquez 1985, Sal Vasquez 1986.

Masters Men 50-54 Road Racing

ANDRE TOCCO

Others: Fred Mattos, Fred Kiddy.

Previous Selections: Jim O'Neil 1975, Jim O'Neil 1976, Jim O'Neil 1977, Ed Almeida 1978, Jim O'Neil 1979, Ulrich Kaemph 1981, Ulrich Kaemph 1982, Ulrich Kaemph 1983, Wally Ingram 1984, Jim Knerr 1985, Fred Mattos 1986.

Masters Men 55-59 Road Racing

PATRICK DEVINE

Others: Len Thornton, Wally Ingram.

Previous Selections: Jim O'Neil 1980, Jim O'Neil 1981, Jim O'Neil 1982, Jim O'Neil 1984, Pat Devine 1985, Len Thornton 1986.

Masters Men 60-64 Road Racing

JIM O'NEIL

Others: Joe King, Larry Banuelos

Previous Selections: John Montoya 1976, Chuck Seekins 1977, Chuck Seekins 1978, Ed Lewin 1979, Ed Lewin 1980, Harold Daughters 1981, Harold Daughters 1982, Jim McCown 1983, Larry Banuelos 1984, Jim O'Neil 1985, Jim O'Neil 1986.

Masters Men 65-69 Road Racing

GEORGE BILLINGSLEY

Others: Jim McCown.

Previous Selections: Ed Lewin 1981, Ed

Lewin 1982, Paul Reese 1983, Paul Reese 1984, Paul Reese 1985, Paul reese 1986.

Masters Men 70-74 Road Racing

PAUL REESE

Others: Eddie Lewin, Wayne Zook.

Previous Selections: Monty Montgomery 1977, Monty Montgomery 1978, Monty Montgomery 1979, Monty Montgomery 1980, Mel Shine 1983, Mac Osborn 1984, Ed Lewin 1986.

Masters Men 75-79 Road Racing

MEL SHINE

Previous Selections: Paul Spangler 1976, Mel Shine 1986.

Masters Men 80+ Road Racing

PAUL SPANGLER

Others: Chet Crabb, Jacob Bishin.

Previous Selections: Paul Spangler 1981, Paul Spangler 1982, Paul Spangler 1986.

Masters Women 40-44 Road Racing

HAROLENE WALTERS

Others: Laurie Binder, Juana Stavalone.

Previous Selections: Miki Gorman 1979, Sandra Kiddy 1980, Karen Scannel 1981, Shirley Matson 1982, Christa Rompannen 1983, Shirley Matson 1984, Shirley Matson 1985, Harolene Walters 1986.

Masters Women 45-49 Road Racing

JOAN ULLYOT

Others: Margie Timberlake, Sandra Kiddy, Shirley Matson.

Previous Selections: Vicki Bigelow 1981, Vicki Bigelow 1982, Sandra Kiddy 1983, Karen Scannel 1984, Vicki Bigelow 1985, Shirley Matson 1986.

Masters Women 50-54 Road Racing

GINA FAUST

Others: Alice Rose, Caroline Murray, Vicki Bigelow, Heidie Skaden, Sandra Kiddy.

Previous Selections: Marion Irvine 1981, Marion Irvine 1982, Marion Irvine 1983, Marion Irvine 1984, Alice Rose 1985, Vicki Bigelow 1986.

Masters Women 55-59 Road Racing

MARION IRVINE

Others: Ruth Anderson.

Previous Selections: Margaret Miller

1981, Margaret Miller 1982, Margaret Miller 1983, Margaret Miller 1984, Anne Johnson 1985, Ruth Anderson 1986.

Masters Women 60-64 Road Racing

HELEN DICK

Others: Margaret Miller, Mary Storey.
Previous Selections:

Kay Atkinson 1981, Jaclyn Caselli 1982, Jaclyn Caselli 1983, Mary Storey 1984, Helen Dick 1985, Margaret Miller 1986.

Masters Women 65-69 Road Racing

JACLYN CASELLI

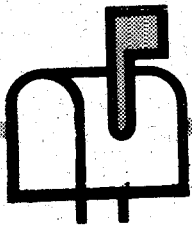
Others: Gerry Davidson, Kit Pickles, Helen Klein.

Previous Selections: Kay Atkinson 1982, Evelyn Koinig 1983, Ada Thomas 1984, Judy Simon 1985, Jaclyn Caselli 1986.

Masters Women 70-74 Road Racing

JUDY SIMON

Previous Selections: Bess James 1981, Bess James 1982, Bess James 1983, Bess James 1984, Judy Simon 1986.



Address Change?

Be sure to notify *California Track & Running News* as soon as possible of a change in address. *CT&RN* is mailed third class bulk rate and the post office **will not forward** the magazine. Send your new address, as well as your old, to:

CT&RN
4957 E. Heaton
Fresno, CA 93727

Masters Women 75-79 Road Racing

BESS JAMES

Previous Selections: Bess James 1985, Bess James 1986.

Masters Women 80+ Road Racing

MARY AMES

Others: Mavis Lindgren.
Previous Selections: None.

5 REASONS TO LET DEAN REINKE RUN YOUR RACE!

- **Announcer/
Television Commentator**
- **Race Consultant/
Publicity**
- **Speaker's Bureau**
- **Marketing/Sponsorship**
- **Dean Reinke On
Running Newsletter**



*Dean Reinke
& Associates*

Event Marketing & Public Relations

For more information and a free sample of Dean Reinke on Running, please contact:

Dean Reinke & Associates

1210 Harding St. • Winter Park, FL 32789 • (305) 647-2918

The Athlete's Kitchen

By NANCY CLARK, M.S., R.D.



Obesity Update

As a sports nutritionist, I continue to be surprised by the number of lean athletes who openly express fear of becoming obese. This holds true among not only top competitors, but also among recreational exercisers - many of whom were formerly overweight and now maintain their thinness through regular exercise. They seemingly live in fear of regaining weight - a valid reaction in response to the sabotaging efforts of Mrs. Field, Ben and Jerry, Colonel Sanders and Ronald McDonald. As food technologists diligently create temptations that beg to be eaten, it's no wonder obesity abounds! National surveys indicate that almost 24% of American women and 14% of American men are obese and that one out of three adult Americans is currently dieting to lose weight.

In years past, most thin people thought that their obese counterparts were simply gluttons who lacked willpower; that obesity was a mere overeating problem that could be cured by adherence to a low calories diet. We now know that obesity is far from being a simple matter of overeating, but rather is a complex inter-relationship between genetics, exercise habits, culture, hormones and gender. In fact, "obesity" should actually be regarded as a group of disorders--"The Obesities". Some folks are obese because they simply ate too much, others inherited a genetic predisposition, and some have metabolic alterations. Each obesity demonstrates unique metabolic characteristics unique and should be treated accordingly.

At a conference of The North American Association for the Study of Obesity (Boston, October 1987), the leaders in obesity research gathered to share their data, facts and theories about weight gain, loss and maintenance. Here are some highlights that may help you better understand this war with weight.

* Although many overweight people shed excess pounds on a dizzying variety of weight loss programs, about 90-95% regain the lost weight. The body seems to defend a specific weight range - the so-called set point. For some heavy-set people, this set point is higher than accepted by our judgemental society.

* Weight is a function of behaviors. Weight won't change until negative eating, shopping and meal preparation behaviors change. You can't just go "on a diet". You have to learn how to eat healthfully and make lifestyle changes, such as routinely eating breakfast. Research indicates that eating breakfast is a positive behavior that reduces the risk of gaining weight.

* This overwhelming message prevailed: Strict diets don't work. Going "on" a strict diet implies going "off" a strict diet. However, mild calorie restriction plus new eating and exercise skills does work. A registered dietitian (RD) can help you learn these skills and guide you towards accepting an appropriate body image.

* People who yoyo on and off diets often have a tougher time losing and keeping off weight than those who have not dieted in the past. In a Univ. Penn. Obesity Research Project, laboratory rats on a weight-loss diet took 21 days to lose a specific amount of weight and 46 days to regain it. When subjected to a second round of dieting, they took 40 days to lose the same amount of weight but gained it back in only 14 days. In dieting, they lost both fat and muscle. However, they gained back proportionately more fat than they had lost.

Human studies show the same patterns. Obese people on a strict liquid protein diet lost .8 pounds/day on their first program as compared to only .6 pound/day on their second attempt. Repeated cycles of weight loss/regain seem to enhance food efficiency. The body stores more calories and/or burns fewer.

* Dr. William Dietz of Tufts New England Medical Center reported that childhood obesity is on the increase. One in four children (ages 6-17) is obese. An obese 13 year old has a 75% chance of becoming an obese adult. Television may be a predisposing factor when it comes to weight-gain. Research indicates that the more hours a child watches TV, the higher his/her weight is apt to be. Research also suggests that children from a chaotic family system are more likely to gain weight than those in a harmonious setting.

* Exercise is a key factor in weight control. Obese patients who lost weight on a supervised program and continued to exercise for at least 100 minutes per week maintained that weight loss, as compared to those who exercised less than 100 minutes per week or not at all. That translates into 25 minutes every other day--a realistic training program for even busy folks who claim to have "no time".

* Although it's commonly assumed that thin athletes are free of dietary restrictions and can eat whatever they desire, this is not always the case. Athletes who maintain a weight below Mother Nature's "set point" can become metabolically efficient and conserve energy. For example, trained people can have a lower-than-normal increase in metabolic rate post-eating. Dr. Poehman of Perdue University reported that 3 hours post-meal, trained men burned off about 55 calories, as compared to almost 80 calories in the untrained. Mother Nature seemingly tries to save energy for the next exercise bout and prevent you from getting too thin. If a famine should hit, you'll be thankful! 'Til then, you may feel frustrated.

Jack's Athletic Supply

Imprinted Sportswear Specialists
Since 1977

Call or write for quotes on:

T-shirts, tank tops, caps, bags,
jackets, sweats, aprons and more.

We also offer timing equipment, traffic control items, ribbons,
medals, embroidered emblems, race numbers, etc.

Free race equipment rentals with shirt purchases.

Jack Leydig: Box 459, San Carlos, CA 94070
Phone (415) 595-2249



Dean Reinke on Running

By DEAN REINKE



1988: The Year of the Master

"What if one of us runs like a dog?" spoke Frank Shorter before the long awaited first-ever "Masters" race between he and long time nemesis Bill Rodgers at the Charlotte Observer 10K January 2, 1988. Shorter, the guy whose Olympic Gold Medal victory in Munich started the American running craze, while "Boston Billy", who signs autographs as easily as most people drink water, is the one who played a major role in continuing to build the sport upon that solid foundation. Shorter and Rodgers - it has a certain ring to it. Sort of along the lines of "Palmer and Nicklaus", "McEnroe and Bjorg", "Bird and Johnson" and "Ali and Frazier." All pioneers. All household names. And all individuals who were instrumental in taking their respective sports to new levels.

There was no fright in Frank Shorter's eyes on Halloween when he turned 40 October 31. He had been awaiting this moment for a long time. A series of injuries and setbacks over the past decade frustrated the Yale graduate leaving him wondering if he'd be running at all at 40. Meanwhile, Rodgers, who never met an injury he couldn't handle, chocked up four New York City and Boston Marathons while becoming the inspiration for runners of all ages everywhere. The world had waited patiently as Billy finally reached his 40th just two days before Christmas. But it was not easy getting there. Earlier in the spring, the Bank of Boston demanded payment on a personal guarantee he had signed years earlier for his clothing company. Showing no mercy, the Bank sold his assets, house included and the Boston Globe ran a major Business section the day before the Boston Marathon. Talk about adversity. Rodgers somehow thrives on it and continued his torrid race schedule but never let that trademark smile leave his face.

Enter the Charlotte Observer Marathon. Race Director Gary Church, himself a former Florida Track Club teammate of Shorter, Jeff Galloway, Barry Brown and Jack Bachelor in the heydays of the 70's, wanted the Charlotte Observer Marathon and 10K to be the site where the two "legends" would square off for the first time as Masters. Talk had circulated for months regarding a "proposed Masters circuit" that was to have been put together with Frank and Bill by IMG. But the package never materialized so Shorter and Rodgers began looking elsewhere. The Charlotte Observer was entering its second decade and had established one of the best events in the nation. HCA-owned Orthopaedic Hospital

of Charlotte answered Church's call and stepped forward to put up a \$5000 "winner-take-all" purse and the scene was set.

The form chart called for a runaway for Rodgers off of his minute-40 second victory the last time he and Shorter had met. But remember who we're dealing with: Shorter and Rodgers and the first of many future "match races" between the two. With Brown, Larry Olsen, newly turned 40-year-old Bob Schlauf from nearby Charleston and former 3-mile world record holder Tracy Smith set to run, it was not to be a cakewalk for anybody. Plantar fasciitis got the best of Smith, however, who Shorter called "the next one to watch in the Masters category". The group stayed together through the first half of the race with Shorter setting much of the pace. For Rodgers, it was *deja vu* as he said, "It was unbelievable. I was running along behind Frank, and I thought, 'This is just what it was like 15 years ago. He looks the same. He's busting my butt, and I'm dying.'" Shorter, just off a 14th-place finish 3 weeks earlier in Honolulu, loved every minute of it, "That was really fun for me. At one point, I was running up front and I heard this footfall behind me. I recognized it. I knew it was Bill. God, that felt good." Frank tried to break away from the group and Bill admitted it was a "do or die situation." Over the next mile between the 3 and 4 mile mark, Rodgers began pulling away and once he hit the hills, race officials started filling out the first place check. But there was a small measure of victory for the ecstatic Shorter afterwards, who ran 31:10 to Rodgers' 30:49. "That was the closest I've been to Bill in 6 years", he said, "he's just in a little better shape than I am."

While the Charlotte Observer staged the perfect kickoff for sport's legends, 1988 appears to be truly "the year of the Master". Shorter is focusing on an assault on the indoor Masters Mile record in a showdown

with Tracy Smith and a host of other over-40 greats at this month's Milrose Games. He and Bill will then have a second winner-take-all rematch at the Runner's Den 10K in Phoenix, Rodger's winter home.

The word this year appears to be "Masters" as race directors are scrambling to get Rodgers and Shorter and the many other "names" in the sport to their starting line. Legendary names like Jim Ryun, Kip Keino, Ken Moore, Gerry Lindgren, Smith, Galloway, Brown and Bob Schul (he won the 50-over category at Charlotte) bring back fond memories while newcomers like Priscilla Welch, Larry Olsen, Al Swenson, Atlaw, Belilgne, Barb Filutze join current stars Norm Green, Mike Hurd, Gabrielle Andersen, Laurie Binder, Jim O'Neil and a host of others. 10 years ago Brooks Shoe Company, through the inspiration of Masters great Hal Higdon, staged the first ever 3-race Masters Series with events contested in Chicago, San Francisco and Washington, D.C. It now appears promoters are just a few weeks away from inaugurating a major "Masters Circuit" that could start as early as March and encompass as many as 15 of the country's top events. And just as Shorter and Rodgers have inspired hundreds of runners for the past decade and a half, the Masters Division is on the brink of yet another revolution not unlike the 70's, that will affect runners of all ages.

Dean Reinke is the President of Dean Reinke & Associates, an Event Marketing and Public Relations firm based in Winter Park, Florida. In addition to this syndicated monthly column, he writes two newsletters, "Dean Reinke on Running" and the "Dean Reinke Triathlon Report" and serves as an Announcer/TV Commentator at major running events across the country.

Subscribe
to
California Track & Running News

11 issues per year/\$15.00



CTRN Around the Bay

By MARK WINITZ

He Made the Olympic Team... But Didn't



Question. What Bay Area distance runner, presently competing as a master, was a serious Olympic contender for a spot on our Olympic team going to Mexico City twenty years ago? In fact, what Bay Area man was assured a spot on that team--until a hastily-decided political maneuver dashed his aspirations?

No idea? That's reasonable, since this particular individual doesn't make a point of digging up the past. You won't find him wearing his laurels. They're tucked away somewhere back in a drawer.

Hint: This same competitor, 44 years old now, was on the U.S. Cross Country team twice, and topped Americans at the World Cross Country Championships in 1969. Another hint: At his peak he defeated the likes of Billy Mills, Gerry Lindgren, and Tracy Smith on the track.

Still no idea? You say that you don't know of such an individual? Well, possibly you do. You've seen him at local races for years, but probably really never knew him.



His name is Bill Clark. The same Bill Clark who finished second in the 1968 Boston Marathon, 30 seconds behind a certain Amby Burfoot. The same guy who lives right around the corner from me, whom I've talked to many times, yet who has never mentioned a jot about his impressive past, or the talented company with which he rubbed elbows.

As a matter of course, Clark doesn't seek attention. Even though, today, Bill's family members (wife Ellen, daughter Teresa, and son Willie) are vitally involved in the local running community--Clark prefers to position himself well aft of the limelight. He does much of his running alone on the roads, tracks, and trails near his Los Altos home. Or at noon between meetings as the financial controller at ESL, a prominent Silicon Valley electronics firm: He runs with his children--both promising athletes themselves--as much as possible.

If Clark harbors grudges or disappointment--as well he might resulting from an amateur athletic system that hasn't always been quite fair, or just, or sensible--then he seems to have made peace with those feelings. He doesn't point fingers or criticize. Rather, he comments on his past as an objective reporter would, and makes constructive suggestions as to how an aspiring athlete today might avoid the pitfalls that he ran into.

For three hours on a rainy Sunday San Francisco afternoon I enjoyed the opportunity of hearing Bill Clark talk about himself. In these months before many Olympic hopefuls--a good number form the local community--run the races of their lives in various trials before the Games, it seems appropriate that we get to know Clark and his story.

We talked in the Clarks' living room, as somewhere far away the last of the surviving NFL squads battered each other in their final bids for super glory. San Francisco's team had already been knocked out in a system where even the best get one chance only. A common story. As Clark told his, Ellen interjected the details that Bill omitted: mainly the records set, the significance of the better performances.

As a high schooler growing up in Philadelphia, Bill ran cross country and track for a parochial school that won the Eastern Interscholastic cross country championships when Clark was a Junior. He talks fondly of his coach, Jack St. Claire, who was well versed in the latest coaching methods, but who, nevertheless, tended to prescribe too many intervals for his runners and not enough aerobic distance (in typical late 1950s, early '60s style).

However, like many good runners, Clark put in the distance on his won, running five miles daily between cross country and track seasons. The distance base made him stronger. As a high school senior, Clark ran a 50.8 quarter, 1:55 half, and 4:19 mile or cinder tracks.

The half is a high school record that was untouchable for 20 years (and will stand, since the subsequent record was run at the present 800-meter standard on an all-weather track).

Clark learned a lesson in that race that stuck with him. His coach told him to relax and to forget about winning. "Just see what you can do," he told the youngster. Now Clark tells the same thing to his kids. Just relax. Don't take it so seriously.

Out of high school, Clark attended Notre Dame on an athletic scholarship. He was outstanding there, while some of his teammates folded under the subsequent pressure inherent in such a system.

"I was one of the first guys to do double workouts at Notre Dame," Clark mentions. "There weren't that many guys in the country doing that kind of thing at that time." This was in the very early 1960's, only several years after Mihaly Igloi introduced the concept of longer mileage in this country.

What Clark did worked. He went from 23rd at the NCAA cross country finals as a sophomore to second as a senior in 1965. Even with his "high" mileage training, the 4- and 5-mile cross country distances that we standard then were long enough for him. "I think the 10K is too much for college guys to run week after week," he says. "It beats you down after two or three weeks." Bill carried his success to the track, winning the IC4A indoor 2-mile at Madison Square Garden in '65.

After graduating, Clark joined the Marine Corps. (It was enter the service, or go to Canada back then.) Besides Billy Mills was a Marine and they had a fairly decent running program. Based at Quantico, Virginia for three years, Bill continued to compete, placing high in AAU competition.

In fact in his big year, 1968, he was hardly ever in uniform. Early in the year he toured Africa as a member of the U.S. International Cross Country team. In one race (a track 5,000) two gold-medalists-to-be in the '68 Olympics--Mamo Wolde (Ethiopia, marathon) and Mohamed Gammoudi (Tunisia, 5,000)--bumped him on either side. He spun around and twisted an ankle. He was in second place at the time. Bill is able to chuckle over that experience now.

□ Around the Bay

Then in April Clark entered the Boston Marathon after running 2:27 there in his first marathon a year before. That's where Burfoot beat him by 30 seconds, winning in 2:22:17, interrupting 15 years of foreign rule at Boston. Well-known as the mentor of Bill Rodgers, and a fine runner in his own right, Burfoot went on to become a respected activist and commentator in the sport.

"I think with a little smarter race plan I would have won, Clark recounts. "I didn't really push Heartbreak Hill as I should have. Amby is a much more efficient downhill runner, and it was downhill from that point. He just swooped away from me, gaining 150 yards."

After winning the '68 inter-military 10,000 and grabbing second at the same distance to Tracy Smith in the AAU Nationals at Sacramento State, the busy Clark headed for the first of two U.S. Track and Field Olympic Trials that year. That's right! *Two!*



Basically, this approach was a PR ploy by the USOC to generate interest and much needed funds. Officials announced that the winners in each event at the first Trials, held in June in the Los Angeles Coliseum, would

make the Olympic squad and go to the Games in Mexico City. The second and third team members in the various events would be decided at a subsequent Trials at Lake Tahoe in August. The powers that be justified the second Trials at Tahoe, since high altitude would be a factor there, just as it would in Mexico City. Besides, the Olympic training camp was located there. The clincher, though, was a somewhat vague caveat that the winners in LA had to subsequently show an "ability" to compete at altitude (at Lake Tahoe) in order to retain berths on the team. O.K., guys....

Clark won the 10,000 in LA in what he calls "not a tremendously fast race." Gerry Lindgren led through 3 miles in 14-minutes-plus, but wasn't a factor at the finish. In the last 150 yards, Bill outkicked Tom Laris and Van Nelson, winning in 29:12.

Still, Clark didn't think he was in cozy. "I felt I still had to run a great race in Tahoe to make the team. I figured that even if I was fourth and, say, Billy Mills was third and Gerry Lindgren second--well, realistically they weren't going to kick those guys off the team and put me on it."

Clark headed off for six weeks of training in Alamosa, Colorado, where the Olympic Marathon Trials were being held in August. There, Bill got a foreboding preview of how well--or how poorly--his body would perform in competition at altitude. Unfortunately, he also suffered a stress fracture in a toe that hampered his quality training.

At 7,400 feet on a hot day, Clark finished 8th in a field of 129 at the marathon trials, losing 11 pounds in the process. George Young, Kenny Moore, and Ron Daws made the team. An unknown named Frank shorter, running his first marathon on a whim, dropped out with 66 others. Only four months before in Boston, Clark had beaten the best in the U.S. But Bill did meet future wife, Ellen, in Alamosa. He won on that particular count.

On to Lake Tahoe where he spent four weeks before the second T&F Trials. There, among more focused track devotees, Clark began to feel the pressure.

"It was there that I really could have benefitted from having a coach," he admits. "In those days you really didn't have good coaches around who knew what it was like to train 90 or 100 miles a week. You were really on your own. You had to figure out if you were undertraining or overtraining."

Clark also believes that having a coach whom an athlete can confide in can help alleviate the pressure going into important races--whether the pressure is from within or without.

The atmosphere at Lake Tahoe was thick with controversy. There was a lot of political fervor among the trials athletes in '68. True, it was the year of black militancy in track and field--but the vocality wasn't limited to black athletes.

In general, objection to the U.S. trials system ran high among the potential Olympians. The athletes who hadn't won their events at the first Trials in LA were unhappy with the rules. A week before the finals, Bill Bowerman, who was directing the camp, announced that the winners from LA were definitely on the team unless they showed a

complete inability to compete at altitude. That statement made the majority of athletes more angry, but it spelled relief for Clark.

"That was the first time that I really felt I was on the team," Bill recalls. "I thought, 'hot dog'. I remember guys like Tracy Smith and Lindgren congratulating me."

For Clark, it was the epitome of his competitive strivings. The Olympics were still pretty idealistic at that time," he adds. This was before the '72 Munich tragedy that would remove the halo over the Games perhaps forever.

The athletes pushed the USOC to the point where they put the trials procedure up to a vote by the competitors--two days before the finals. By a margin of about 10 to 1, the athletes voted in favor of *everyone* competing again at altitude for spots on the team--regardless of performances in LA. The performances at Lake Tahoe would decide who was on the team. There would be no favoritism for LA's winners.

That action made Bill Clark's Olympic bid history--given his difficulties with altitude competition combined with the nagging foot. In the 10,000 meter finals, Clark finished 8th in a field of eleven. Tracy Smith, who had already proven himself internationally, won. Tom Laris, who had been training and racing in Mexico City in preparation, was second. Van Nelson was third. Those three made the team. Clark had beaten both Laris and Nelson in LA.

Understandably, Bill was shattered emotionally. "It was devastating. I was so keen to be on the team. I thought I was on the team for awhile. Then they dropped the floor out from underneath me."

Even so, to this day, Clark looks at that precious opportunity with an eye of objectivity. True, it was weak administration by a bunch of USOC volunteers who deprived him of an Olympic berth. However, it really didn't effect the outcome for U.S. distance runners at the Games themselves, he reminded me. While Smith performed modestly well at Mexico City's altitude (11th in the 10,000 final), both Laris and Nelson typified the struggles of most of the U.S. distance squad in Mexico.

As for Bill's struggle--adversity only spurred him on. "I've had a number of bad experiences in my running career," he philosophizes. "Learning how to come back from those has helped me in other areas of my life. In order to be successful at anything, you need to learn how to deal with both winning and losing." Looking back, Bill admits that the running struggles and striving were most rewarding.

At 24 years old, Clark still had prime competitive years ahead of him. He continued to get stronger, and ran well. In the best competitive race of his life he finished 11th in the 1969 World Cross Country Championships in Scotland (first American). Tracy Smith was 32nd.

After an overseas stint on Okinawa and a 2:20 PR at the Beppu Marathon in Japan, Bill returned to the U.S. in 1970 and found that American distance running had changed a bit.

continued on next page...

□ Around the Bay

Clark tells why: "Frank Shorter had come on the scene, doing 140 miles a week in training. It was a whole new ball game. Frank had changed all the rules. I couldn't stay with him for three miles. It was a little discouraging."

Out of the service, Clark took a civilian job and found that working full time and hard training don't mix. "You wear yourself out, get sick all the time, and end up not doing anything very well." The guys who were most successful were the ones like Shorter who stayed in school and made time for training. Running wasn't their exclusive pursuit. They had the additional intellectual stimulation as a kind of balance.

After upping his mileage from his maximum 80 to 90 to over 100 miles a week in early 1971, Clark set some unusual American track records. At nearby Foothill College, Clark set 15 mile, 25K, 30K, and 20 mile track records in route to a 2-hour U.S. record. He also set the American record for the 1-hour track run (12 miles, 555 yards) that year. The down side of more mileage was that it brought on his first experience with sciatica.

In 1972, this tenacious competitor made another bid for the Olympic team, finishing 5th at the trials 10,000. It was a distant fifth to boot—but this time Bill was more relaxed

about the whole thing. "After that," says Clark, "I became a good local runner. I never made it back to the national level." Studying for an MBA while working full time and turning his attentions to family life might have had something to do with that. Still, he managed to keep on running near the top in races he entered.

Today, Clark is content with running as a hobby. Now, when there's a conflict between running and family, or running and work, running loses. He's no longer willing to carry the tiredness as a result of hard training into the rest of his life. "When you're training 90 miles a week there are a lot of days when you're not very social or productive in other areas. You're a zero, trying to recover."

Still, he enjoys the purely objective side of racing. The clock judges fairly—something you don't find in other aspects of life.

While training and competing less intensely, Bill now spends more time in keeping the house up, at his job, and serving on boards and committees at Saint William's School in Los Altos. The Clarks have been active at the school for years, including organizing the annual Willy's 5-Mile Road Race as a fund raiser, now in its 9th year. Then, there are the teenage children, budding runners themselves—but under no pressure by Bill and Ellen to run competitively. Bill knows better than to force such issues. He enjoys coaching son Willie's basketball teams just as much as the shared running.

What exactly has Clark learned from his journey to the heights of American competition and to the base of Olympus? Again, he emphasizes the imprudence of a coach for any serious runner. "The matter of selecting the right workouts and knowing when to back off is critical," he says. He feels that it's no coincidence that some of the best college runners were produced by programs where the athletes complained of being undertrained. He mentions Oregon's Bowerman, Villanova's Jumbo Elliot, and Stanford's Marshall Clark as coaches who exemplified this kind of system.

Perhaps back in '68 Bill wouldn't have suffered that stress fracture if he'd had the right coach as a guide. Who knows? Maybe a coach would have guided him through the unnerving pre-trials days at Lake Tahoe—allowing him to focus more closely on his own powers.


"It (an Olympic trials race) shouldn't be all that important in a runner's career," Clark says. "It should be just another race that you're doing in a particular year. To me, it's more important to achieve the best personal performance that you can. If you happen to be at the top of your physical abilities and competitive skills in an Olympic year, then fine. Whether you happen to hit it or not shouldn't detract from the way you feel about yourself."

What counts is testing the upper limits of our individual performance range, he says. "And we all have different ranges and limits."

MARK WINTZ'S

RUNCAL

RUNNING CALIFORNIA NEWSLETTER IN ALTHS, CALIFORNIA



Wintz is a columnist and feature writer for California Track and Running News and has been the Bay Area Editor for Running Scene Magazine.

"Mark Wintz's RunCal is my kind of publication. It uses my favorite format, the no-nonsense newsletter, to cover running in one of my favorite states. I look forward to each issue."

—Joe Henderson, Acclaimed Running Writer

"I love training in California and the way Mark Wintz covers our sport. Luckily, California—particularly the Bay Area—can benefit from Mark's unusual talent as a writer and devoted runner."

—Nancy Ditz

"I look forward to receiving RunCal. I'll depend on it to keep me up to date on California's running scene when I'm in New Zealand."

—Rod Dixon

"This guy is finely in tune with California running. In his newsletter he takes the time to investigate what's really going on."

—Coach Peanut Harms, Aggie Running Club

ALL RIGHT! Start my subscription to RunCal Newsletter. I have enclosed \$18 for one year (12 issues), \$22 overseas airmail (U.S. currency). I will receive RunCal monthly, which includes the latest results of California races possible, interviews with California runners, info on California running clubs, places to run and more.

I've enclosed \$1.50 for a SAMPLE COPY only

Name _____ Organization _____

Address _____

City / State / ZIP _____ Phone _____

Send this form with payment to: RunCal Newsletter
45 Main Street
Los Altos, CA 94022

CHEAP

PRINTED T-SHIRTS

Factory "Seconds" Minor "Misprints" Production Overruns

Specify size(s) and preferred color(s)
... various running events, etc. If not
satisfied, return for refund, less ship-
ping charges.

2 for \$5, 5 for \$10, 12 for \$20
Shipping Included
Add \$1/shirt for long sleeves

Make check payable and send to:
Jack Leydig • P.O. Box 459 • San Carlos, CA 94070
(415) 595-2249

□ Around the Bay

Although he has no objections with the present methods for Olympic team selection in the U.S., Clark believes that more emphasis on the technical and scientific side of training and competing is sorely needed if we're to improve in the distances. "We tend to approach the technical aspects more on an amateur basis in this country, whereas the rest of the world is getting more sophisticated about their training. We need to look at that."

He also is firm about his belief that our country places too much emphasis on the marathon and road running. He'd like to see more 5K and 10K racing on the track, plus more cross country racing. "In order to have a full, successful running career you shouldn't take on the marathon too soon." He cites Carlos Lopes as a good example of patience and diligence, Bill Rodgers as an exception.

Of course, on a sub-elite level, this sound advice can apply to any runner. Don't put all of your eggs in one basket. Seek a competent coach or advisor if you're bent on improving, or merely staying injury free. Learn the technical aspects. Stay away from too many hard marathons. Take satisfaction from the little improvements and enjoy the satisfaction of striving to improve your performance.

All good tips from a fellow who's been at it for three decades. From a guy who well deserves recognition on the eve of our Olympic Trials—even though his were twenty years ago. Not that long ago really. Not that far away at all.

Bill Clark

44 years old, 5'9", 150 pounds

Track PR's:

| | |
|---------------|--------|
| 440 yards | 50.8 |
| 880 yards | 1:52.8 |
| 1 Mile | 4:08 |
| 1,500 meters | 3:49 |
| 3 Miles | 13:33 |
| 10,000 meters | 28:56 |

Road PR's:

| | |
|----------|---------|
| 10 miles | 48:20 |
| Marathon | 2:20:39 |

Master PR:

| | |
|-----|-------|
| 10K | 32:14 |
|-----|-------|

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, Calif. He is Bay Area Editor for California Track and Running News and publishes the RunCal Newsletter on California running. He also announces, publicizes and helps promote running events. Please direct any correspondence on S.F. Bay Area running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

THE MOST ABSORBING EXPERIENCE YOUR FEET HAVE EVER ENJOYED

In articles in national publications like RUNNER'S WORLD, RUNNER, and also at clinics and conferences I have advocated the idea that most running injuries come from improper footwear. Having twice been a U.S. Olympic coach and many times U.S. national team coach, I've had the opportunity to discuss running injuries with athletes, coaches, and medical people from all over the world. They too, generally agree that most running injuries originate from problems that begin in the foot. If the foot lacks proper support and/or cushioning, then the impact of the foot strike coupled with the lack of support causes stress that ultimately results in injury. There have been many attempts to address this problem by various methods and shoe designs. However to date, none have proven successful on a comprehensive basis. In fact, in most instances, the "innovations" have caused as much damage as they have cured. Further, shoe companies disturbingly tend to discontinue the one shoe model that may provide some support.

However, thanks to a San Jose podiatrist's ingenious solution, we no longer have to endure the frustration of trying to find a shoe that works, and then worrying about its discontinuation. Silicon changed the data processing industry, and now it is about to change the face of the running and exercise industry. This podiatrist has come up with a patented softer called ULTRASORB. of silicon that is formed. It easily and comfortably has a viscosity that is foot and acts the very offering you the maximum cushioning. The way simple and effective that it is almost unbelievable. At present, Olympians (including one Olympic gold medalist), along with a world record holder, and athletes at Stanford, University of Texas, and the University of California at Berkeley are successfully using the device. Some are running and training pain free for the first time in years.



Silicon Gel

orthotic and shock absorb- This device is a thin pouch in the shape of your foot. ly fits inside your shoe. It very close to that of your same way the foot does, mum of support and the orthotic works is so

Are you interested in getting more support for your feet? Are you 100% satisfied with your present orthotic? Do you feel you need more cushioning for your feet? Would you like to reduce the stress on your knees, lower back, and shins? We have what you need. We are so confident of the results that we offer a money back guarantee if you are not satisfied with the comfort and support you get.

Thanks for your consideration of the above.

Brooks Johnson

Director of Track & Field - Stanford University

U. S. Olympic Staff 1976 & 1984

Special Introductory Offer

50% discount \$39.95

Price, tax, and shipping included

Send check or money order to:

P.G.B. Medical Inc.

35 Wells St.

Palo Alto, CA 94305

(415)723-1051

Please

Check: VISA MASTERCARD

Acct No. _____ Exp. ____/____

PLEASE PRINT CLEARLY

Name _____

Address _____

City _____

State _____ ZIP _____

Phone () _____

Sign Here _____

Shoe Size _____

LET US MAKE YOUR DAY!!

PA-TAC Notes



By JOHN MANSOOR

Pacific Association Individual Grand Prix Final

Listed below are the final individual standings of the 1987 Pacific Association Grand Prix. As in 1986 the Grand Prix was exciting and from the results below you can see that many fine athletes took part. All athletes listed below will receive a free entry into the 1988 Championships, which is an excellent gesture on behalf of the 1988 Championships. In 1987, the LDR committee offered a little over \$15,000 in total prize funds for the Grand Prix competition, with the money won listed next to the athlete. We expect this amount to increase to at least \$20,000 in 1988, and our fondest hope is to find a Corporate Sponsor willing to add or match funds with us for this regional development program.

Super Senior Men:

1 Bob Malain Nor Cal \$100.00

Super Senior Women:

1 Kit Pickles Nor Cal \$100.00

Senior Women:

1 Heidi Skaden Flyers \$250.00

2 Alice Rose Nor Cal \$100.00

3 Marty Maricle Nor Cal \$50.00

4 Ruth Anderson Nor Cal

5 Joan Reiss Chips

Senior Men:

1 Roger Daniels Tamalpa \$175.00

1 John Finch WVJ&S \$175.00

3 Fred Mattos Flyers \$50.00

4 Daryl Beardall Tamalpa

5 Peter Todd Nor Cal

Master Women:

1 Margie Timberlake Flyers \$750.00

2 Joan Colman WVTC \$500.00

3 Heidi Skaden Flyers \$250.00

4 Gail Rodd WVTC \$150.00

5 Nelly Wright \$100.00

6 Hilary Naylor Impala

7 Birthe Kirsch Impala

8 Joan Ullyot WVTC

9 Madelyn Vassigh WVJ&S

10 Karen Lanterman WVTC

11 Anitra Seitamo

12 Joan Reiss Buffalo Chips

13 Gail Goettelmann WVTC

14 Marty Maricle Nor Cal

15 Laurie Fisher WVTC

Master Men:

1 Bill Sevald Excelsior \$750.00

2 Bob Lindsey Flyers \$500.00

3 Gene Dangel East Bay \$250.00

4 Wayne Miles Flyers \$150.00

5 Steve Ferraz Excelsior \$100.00

6 David Rivera WVJ&S

7 Joe Cavanaugh East Bay

8 Jerry Jobski Fleet Feet

9 Jim Gibbons Tamalpa

10 Bill Clark WVTC

11 Perry Hayden SSS

12 Martin Jones

13 Gary Goettelmann WVTC

14 Jim Minami

15 Bruce Von Borstel Flyers

Open Men:

1 Domingo Tibaduiza Peppermill \$1500.00

2 Robert Anex Flyers \$1000.00

3 Mark Conover Aggies \$500.00

4 Jeff Adkins Sub 4 \$400.00

5 Craig Moore Buffalo Chips \$300.00

6 Mark Hoefler Fleet Feet \$250.00

7 Alan Dehlinger Peppermill \$200.00

8 Joe Rubio Aggies \$150.00

9 Scott Steinmaus Reebok \$100.00

10 Sean Crom Peppermill \$50.00

11 George Hernandez Peppermill

12 Daniel Grimes Peppermill

13 Derrick May Peppermill

13 Kevin Ostenberg Aggies

15 Denis O'Halloran Aggies

16 Joaquin Leano Peppermill

17 Jay Marden Nike

17 Tomas Wood Unattached

19 Jon Klinkman Flyers

20 Craig Steinmaus Reebok

21 David Chairez Flyers

21 Bill Langhout Reebok

23 David Minter Peppermill

23 Jeff Shaver Aggies

25 Camelo Rios Aggies

Open Women:

1 Peggy Smyth Flyers \$1500.00

2 Rossy Cardenas Flyers \$1000.00

3 Sharlet Gilbert Unattached \$500.00

4 Chris Iwahashi Chips \$400.00

5 Heike Skaden Flyers \$300.00

6 Patti Gray Impala \$250.00

7 Johanna Reneke Impala \$200.00

8 Theresa McCourt Chips \$150.00

9 Sandra Sup Flyers \$100.00

10 Alison Orofino Chips \$50.00

11 Joan Colman WVTC

12 Peggy Lavelle Impala

ATHLETE CODE OF HONOR

I promise upon my word of honor that in any sport in which I may be a participant I will not take unfair advantage of an opponent, that I will be courteous in word and demeanor to opponents, officials and spectators, that I will observe the rules of the game in spirit as well as in letter, and I will constantly strive to uphold the ethics of amateur sports.

SIGN HERE

PLEASE PRINT OR TYPE INFORMATION IN THE APPROPRIATE BOX



The Athletics Congress of the USA

PACIFIC ASSOCIATION

P.O. BOX 1495

FAIR OAKS, CA 95628

SEND STAMPED SELF-ADDRESSED ENVELOPE

REGISTRATION FEE \$10.00

| | | |
|-------------------------|-------|----------|
| TAC REGISTRATION NUMBER | | |
| LAST NAME | FIRST | INITIAL |
| ADDRESS | | |
| CITY | STATE | ZIP CODE |

I certify that in accordance with the rules of TAC and the IAAF, I am eligible to compete in the indicated sport(s)

ATHLETE'S SIGNATURE

DATE OF APPLICATION

DATE OF BIRTH

AGE

SEX
M/MALE or F/FEMALE

U.S. CITIZEN Y/YES or N/NO

COUNTRY OF CITIZENSHIP

SPORTS
T-L-R

T = T&F
L = LDR
R = RW

CLASSIFICATION
Y-M

Y = YOUTH ATHLETICS
M = MASTERS

CLUB #

CLUB NAME

AREA CODE

PHONE

☐ TAC Notes

| | | |
|----|-------------------|------------|
| 13 | Eileen Bickard | WVTC |
| 13 | Terry Puckett | Flyers |
| 15 | April Powers | Tamalpa |
| 16 | Judy Leydig | WVTC |
| 17 | Suzette Moore | Chips |
| 18 | Bev Marx | Flyers |
| 19 | Jackie Chen | Impala |
| 20 | Julie Thomas | Aggies |
| 21 | Laurie Binder | Unattached |
| 22 | Lori Bearson | Unattached |
| 23 | Chris Flaherty | Chips |
| 23 | Margie Timberlake | Flyers |
| 25 | Susan Putney | Aggies |

1987 LDR Grand Prix Championships Team Results

| | | |
|----------------------|------------------|----|
| Open Women: | | |
| 1 | Pacific Flyers | 28 |
| 2 | Impalas | 15 |
| 3 | Buffalo Chips | 13 |
| 4 | Reebok Aggies | 7 |
| 5 | West Valley T.C. | 2 |
| 6 | Tamalpa | 1 |
| Open Men: | | |
| 1 | Reebok Aggies | 25 |
| 2 | Peppermill | 17 |
| 3 | Pacific Flyers | 9 |
| 4 | Reebok Racing | 6 |
| 4 | Buffalo Chips | 6 |
| 6 | Ultramarin | 4 |
| Master Women: | | |
| 1 | West Valley TC | 18 |
| 2 | Impalas | 12 |
| 3 | Silver State | 3 |
| 4 | Tamalpa | 1 |
| Master Men: | | |
| 1 | Pacific Flyers | 22 |
| 2 | West Valley TC | 12 |
| 3 | West Valley J&S | 10 |

| | | |
|----------------------|-----------------|---|
| 4 | Tamalpa | 4 |
| 4 | Buffalo Chips | 4 |
| 6 | Silver State | 2 |
| Senior Women: | | |
| 1 | Nor Cal Seniors | 4 |
| Senior Men: | | |
| 1 | Lake Merritt JS | 3 |
| 2 | Tamalpa | 2 |
| 2 | West Valley J&S | 2 |
| 4 | Nor Cal Seniors | 1 |
| 4 | Silver State | 1 |

1988 LDR Championships

| | | |
|-------------|--------------------|------------------------|
| April 10 | Houlihan's 12K | All Divisions |
| May 1 | Devils Mtn. 10K | Open Men |
| May 30* | Pacific Sun 10K | Masters |
| June 5 | Russian River 8K | Masters |
| June 26* | Oakland Double 10K | All Divisions |
| July 10 | Captain's Cup 5K | Open, Mast., & Sr. Men |
| September 4 | Hoy's Sports 10K | Open Women |
| October 1 | Journal Jog 8K | Open Men & Women |
| October 9 | Peppermill 15K | All Divisions |
| November 6 | Cross-Country | All Divisions |
| November 13 | Foundation 30K | All Divisions |
| December 4 | Cal International | All Divisions |

* Tentative TBA: Women's 5K
Half Marathon
Ten Mile

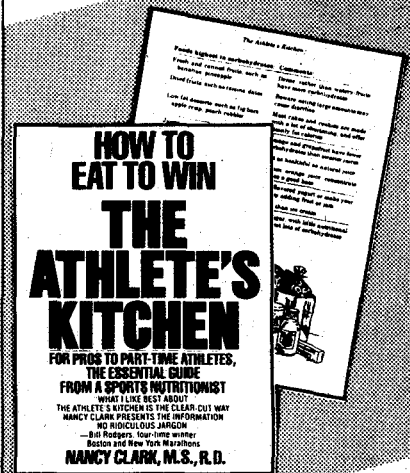
TAC Card Renewal

This is your final notice for renewing your 1988 TAC card. To renew, simply fill out the form in this issue and return it with the fee and a self-addressed stamped envelope to the Pacific TAC office. This will insure that Cal Track & Running News will continue to arrive each month along with the other benefits of being a TAC member. Don't delay, sign up today!

NEXT MONTH:
National Championships
Track & Field Travel Fund Qualifications
1987 Pacific Champions
Pacific Association Olympic Trials Qualifiers

"...If you're going to buy just one book on sports nutrition, your best bet is **THE ATHLETE'S KITCHEN**"

Boston Running News



By **Nancy Clark, MS, RD**
Sports Nutritionist
Sports Medicine Brookline
Boston, MA 02167

* *Practical suggestions for how to feed yourself healthfully, even when on the run.*

* *Sports nutrition tips on high energy snacks, protein, thirst quenchers, carbo-loading, vitamins and supplements.*

* *Over 200 simple recipes for sports-meals and snacks.*

* *Proven ways to lose, gain or maintain weight and fulfill athletic goals.*

* *Popular "sports nutrition textbook" with teams, clubs, wellness programs, schools.*
(40% discount for 24+ copies; +\$5 shipping)

* *Available by sending \$4.50 plus \$1.50 postage & handling to:*
New England Sports Publications
PO Box 252, Boston, MA 02113
MA residents add 5% tax.

Please send _____ copies **The ATHLETE'S KITCHEN**. Enclosed is \$_____.
Name: _____
Street: _____
City: _____
State: _____ Zip: _____

Allow 4-6 weeks for delivery.

SoCal Diary

By **BILL MINARIK**

December 7

It was somewhat of a surprise to see Granada Hills' Ian Alsen come away as the boys individual champion at the Kinney Western Regions. It wasn't because the L.A. City Section is notoriously weak in Cross Country or that Ian's ability is questioned, it's just that Ian's Granada Hills team was attempting to qualify simultaneously for the L.A. City CIF Section Finals. Ian's Granada Hills team made it, and along with 5-time winner Belmont, will be co-favorites for the boys section of this Finals. Defending girls champion, Wilson High, looks like the team to beat in it's division as it's team members took 5 of the first 8 places in it's qualifying heat.

In the girls division at Kinney, Agoura's Deena Drossin just missed becoming the first freshman to win here as she ran a close

second behind Rancho Buena Vista's Kira Jorgensen 17:20 to 17:26.

December 14

Granada Hills' Ian Alsen chose the C.I.F. finals over the Kinney Nationals, however his runaway first place finish there wasn't quite enough as 5 time champion Belmont was able to make it 6 straight via a 47-47 tie-breaker over G.H., thanks to a better 6th man. Wilson High as expected made it two straight in the girls division with an easy 51-78 win over runner-up Kennedy.

While Cross Country season has come to an end, track season has gotten off to a fast start as virtually all major institutions have begun all-comer meets in anticipation of this, an Olympic year.

By KEITH CONNING

International Sports Exchange Christmas Trip

By Doug Speck

A group of thirty Southern California Prep distance runners joined other athletes from around the United States in an International Sports Exchange trip to the Orient from December 26th through January 3rd. During the whirlwind eight day tour the group traveled through Korea, Hong Kong, and China. This general area, the shopping paradise of the world, was thoroughly enjoyed by the athletes and staff, which included Mike Klepper (Morse HS, San Diego), Dennis McClanahan (Mt. Carmel HS, San Diego), Doug Speck (Arcadia HS), Dave Cook (Ontario HS), and Louie Nardone (Rialto Junior HS). The trip to Korea headquartered at the Tower Hotel in Seoul, where the group viewed the 1988 Olympic facility and enjoyed Itaewon district shopping which included custom-fitted full Gortex outfits at \$30.00, and very inexpensive luggage to haul home the booty, which included Reeboks at \$10.00 a throw. The stay in China was at the beautiful White Swan Hotel (equal to any temporary residence one could ever find in the States) on the Pearl River. The educational value of the visit to this Communist country could not be measured for the students. The group enjoyed a pre-race banquet with the Athletic Sports Committee of Guangdong Province, and that group's officers joined the ISE crew in a post-race dance held for the team their last night in China. A visit to the "Free Market" showed the Chinese attempt at

some "free enterprise," with the New Year's Day 10K in the center of the city from the Dr. Sun Yat-sen Memorial Hall a great experience. The ISE crew took nine of the top ten places for American competitors in both the Young Men's and Young Women's divisions while competing against athletes from the Western U.S. The course was flat and quick. The post-race pin and souvenir trading would still be going on if the American athletes had not been bussed away from the race site by the ISE staff. A day later a picturesque three-hour train ride through the Chinese countryside took the group to Hong Kong, the jeweled shopping paradise of the Orient. Watches, cameras, stereo equipment, and just about anything else you ever imagined was available at some

amazing prices for the group. The stay in Hong Kong was at the beautiful New World Hotel on Hong Kong Harbor, with the tour here including a trip to Victoria Peak, overlooking one of the world's amazing cities. Disappointingly, all trips must come to an end, with the most amazed looks of the entire trip that on family members when everyone came through customs with about three times what they had left with after too many bargains no one could turn down. As usual, many friends for life were made during what was the experience of a lifetime for all concerned. Any athletes who wish to become involved with International Sports Exchange summer trips which involve the Orient, Australia, or Europe contact: Doug Speck, 563 North Willowgrove, Glendora, CA 91740.

SoCal Track & Field Preview

By Doug Speck

The Olympic Year always finds strong interest in "Athletics" (Track and Field in the rest of the world), with a number of super athletes gracing the Southern part of the State as we look ahead to the 1988 outdoor season. Quincy Watts (Taft, Woodland Hills) is the best prep male sprinter in the nation, with Kira Jorgensen (Rancho Buena Vista, Vista) laying claim to that title among the prep women distance runners. Watts established a California State 200m record of 20.50 last summer, with Jorgensen thrashing the best throughout the nation in this Winter's Kinney National Cross Country Championships. As usual, Hawthorn has people all over the place, with Curtis Conway (21.1 200m) and Travis Hanna (47.1 400m) already flying this winter. A late April trip to the Penn Relays for the Cougars will be a season highlight. Ron Copeland (Dorsey, LA) returns as one of the nation's best hurdlers, with Matt Warwick (Hesperia) and Tommy Parker (Notre Dame, Sherman Oaks) both 16 foot pole vaulters. The supporting cast is there for another strong season south of the Tehachap's.

WOMEN

Sprints:

1986 California State 100 Meter Champion Angela Burnham (Rio Mesa, Oxnard) (12.00-24.47) was injured near the end of last season. If Burnham can stay healthy she will be very solid, and the appearance of her younger sister on the prep scene should give the Oxnard school a good relay squad. Locke (LA) has the solid duo up through 400 meters of juniors LeAnn Tinkshell (12.10-25.09-24.82w) and Debra Hamilton (24.82-55.09). Kee-Sha Adams (Hawthorne) put in a good Cross Country season this Fall and will be tough off her 12.16-12.02w-24.09-57.74 ninth grade bests. Other quick Hawthorne stars are Deandra Wheeler 12.29 and Deanna Amy 24.58w-25.20, with Keisha Marvin (57.60 transfer from LA Banning) not hurting the Cougar cause any. Onnie Ferguson (Crawford, San Diego) 12.22w-12.34-25.67; Charlotte Vines (San Marcos, Santa Barbara) 11.91w-12.46, Sheri Bertel (Mission Viejo) 12.09w-25.64-25.40w, Lisa Hunter (Brethren, Paramount) 12.18w, Althea Fuller (Cleveland, Reseda) 25.34; Lakeisha Morris (Upland) 25.37, and Michelle Green (Pius X, Downey) 12.0-25.41) are others with real potential.

Continued next page

Overall Results - Men

| | | |
|----|--------------------------------------|-------|
| 1 | Pete Chenard (Hoover, San Diego) | 37:09 |
| 2 | Denny Joe (Arizona) | 37:11 |
| 3 | Jim Gohrich (Wisconsin) | 37:16 |
| 4 | Tim Julian (Oregon) | 37:27 |
| 5 | Mike Hughes (Hoover, San Diego) | 38:33 |
| 6 | Steve Dohman (Woodbridge, Irvine) | 38:54 |
| 10 | Coach Dave Cook (Ontario HS) | 39:32 |
| 11 | Geoff Goodson (Woodbridge, Irvine) | 39:46 |
| 16 | Jeff Donham (Ramona) | 41:22 |
| 17 | Louis Leano (Channel Island, Oxnard) | 41:49 |
| 21 | Bryan Goodson (Woodbridge, Irvine) | 42:17 |
| 23 | Tim Baker (LA Baptist, Sepulveda) | 43:32 |
| 25 | Randy Aruri (San Marcos, S.Barbara) | 43:42 |
| 27 | Nik Emmanuel (Redondo Bch) | 43:59 |
| 28 | Guillermo Palos (Gladstone, Covina) | 44:29 |
| 29 | Mike Tomer (Edgewood, West Covina) | 44:54 |
| 30 | Mike Brown (Ramona, Riverside) | 45:15 |
| 31 | Mike Roman (Channel Islands, Oxnard) | 47:15 |
| 34 | Anthony Baker (Ramona HS) | 48:56 |
| 35 | Ian Arias (Murphy, LA) | 49:27 |
| 37 | Kevin Scott (Fountain Valley) | 50:09 |

Overall Results - Women

| | | |
|----|--|-------|
| 1 | Michelle Jernigan (Florida) | 44:07 |
| 2 | Tara Laws (Utah) | 45:36 |
| 3 | Michelle Owen (New Jersey) | 47:07 |
| 4 | Arceila Gomez (Wilson, LA) | 47:15 |
| 5 | Patty Dowd (Kentucky) | 47:15 |
| 6 | Linda Figueroa (Wilson, LA) | 47:28 |
| 9 | Melissa Chance (Arlington, Riverside) | 49:58 |
| 12 | Stacy McDaniel (So. Torrance) | 53:18 |
| 13 | Teresa Underwood (Millikan, Long Beach) | 53:42 |
| 15 | Tiffany Goedhart (Vly Christian, Bellflower) | |
| 16 | Breena Talamantes (St.Bernard, Playade/Rey) | 57:50 |
| 17 | Tira Johnson (Vly Christian, Bellflower) | 57:50 |
| 18 | Jenny Tedford (Mission Prep, SLO) | 57:57 |
| 19 | Andrea Vander Pluym (So.Torrance) | 57:58 |
| 20 | Patty Rosen (St.Bernard, Playade/Rey) | |
| | 10028 | |
| 21 | Stephanie King (Fillmore) | 10:15 |
| 22 | Denise Vasquez (Palm Desert) | 10:22 |

Calif. Track & Running News

1988 Summer Running Camps

Fresno Pacific College, Fresno, CA

July 17-22 & July 24-29

For information & application, write:
Mike Lambert / Running Camp Director
Fresno Pacific College, 1717 S. Chestnut, Fresno, CA 93702

400 Meters:

The State Champion, Angela Rolfe (Dorsey, LA) 12.1-24.28 (2nd state at 200m)-53.55 (#2 returnee in the nation), and runner-up, Crystal Irvine (Poly, Long Beach) 24.93-24.52w-53.96 (#3 returnee in entire nation) will keep each other honest down South. Bernithia Whitmire (Compton) 55.09, Simone Cain (Hueneme, Oxnard) 24.79-24.35w-55.23, sophs Staci Moore (Muir, Pasadena) 56.37 and Shani Freeman (Crawford, San Diego) 57.09, Jeanine Stewart (Duarte) 57.43, Tonya Irick (Apple Valley) 57.53, and Shellie Tochlak (Westminster) 57.60 are others who had success in 1987.

800 Meters:

The top four returnees from the State are from this area, and their battles during the season should push their times under 2:10.0. Kim McAlister (Locke, LA) won last June's State title, and has a 2:12.36 best, with Kristina Hand (Fairbrook) 2:12.61, Althea Moses (Morningside, Inglewood) 2:13.45, and Persephone Lowery (Norco) 2:13.69 filling the next spots in the Championship run. Erika Lovett (Savanna, Anaheim) has a 2:12.86 best (and 9th in State), with Kim Toney (Atascadero) 2:15.20, Desirée Joubert (Westlake, Westlake Village) 2:15.64 (and 2:09.62 from 86), Christina Ross (Hawthorne) 2:16.07, and Christy Bache (University, San Diego) 2:16.18 quick returnees.

Distances:

Southern California has the best group of distance runners of any area of the nation. Start it off with Kinney National Cross Country Champion Kira Jorgensen (Rancho Buena Vista, Vista) 4:47.66c-10:27.88c. Keeping her honest will be a flock of flyers. Robbyn Bryant (Hesperia) pushed Kira all the way in the State Meet 1600m and returns at 4:48.27c. Rayna Cervantes (Montebello) 4:57.15c-10:34.41c, Brigid Freyne (Riverside Poly) 4:57.05c-10:38.08c, Tracey Williams (Mountain View, El Monte) 4:54.73c-10:35.7, Karen Hecox (South Hills, Covina) 10:35.64c, Nicole Houle (Hesperia) 10:45.74c, Tanya Thayer (Serrano, Phelan) 10:47.30c, Ashley Black (Palos Verdes) 5:03.84c-10:47.94c, and Jamie Park (Santa Barbara) 10:49.4c have to bow to no one. It will be a hot year in the long races.

Hurdles:

Lisa Hale (Riverside Poly) 14.26, Sharon Edmonds (Hawthorne) 14.35-44.86, Latanya Davenport (Locke, LA) 14.55-45.4, Loni Larson (Fillmore) 14.95-44.42, Leslie Allen (Muir, Pasadena) 44.52, Danielle Reaves (Esperanza, Anaheim) 44.54, and Shanin Stevens (Lompoc) 45.15 make up the area's best.

High Jump:

A very good group returns here. Lori Svoboda (El Dorado, Placentia) 5-10 1/4 has a touch better PR than Karol Damon (Redlands) and defending State Champion Lynn Patrick (Serra, San Diego) 5-10. Chrissy Mills (Campbell Hall, North Hollywood) returns at 5-9, with Kristi Kurras (Poway) at 5-6 the next best returnee.

Long and Triple Jumps:

Althea Moses (Morningside, Inglewood), who has to be a heck of a Heptathlon candidate (with 2:13 800m talent), has a 40-0 3/4 Triple Jump best. LaFrancia West (Grossmont, La Mesa) 17-7 1/2 18-1 1/4w 38-7 1/2, Tiesha Holmes (Los Angeles) 18-7 3/4, Tonya Conner (Barstow) 18-3 1/2 38-5 1/2, Keshia Joseph (Etiwanda) 19-1w 18-0 1/2, Vanessa Dixon (Simi Valley) 18-3w, April Nash (Ontario) 18-1 1/4w, Lori Smith (Canyon, Anaheim) 18-0 1/2w, Samantha Toomey (Capistrano Valley) 18-0 18-2w, and Ashley Selman (Foothill, Santa Ana) 18-0 are others with good marks.

Weight Events:

State Shot Put Champion Jennifer Wheelchel (Agoura) (43-9 1/2) returns for her senior year. Micheline Schaeffer (Carpinteria) is the only local over 140 in the Discus at 142-2. Theresa Faafau (Ventura) 42-9, Shannon Burns (Fremont, LA) 40-10 1/4, Tracy Wilson (Taft, Woodland Hills) 40-7 are the other top returning Putters, with Allison Franke (Canyon, Anaheim) 138-6, Reneeka Williams (Nogales, La Puente) 137-0, Erica Moore (Ramona, Riverside) 135-2, and Marcy Cochran (Nordhoff, Ojai) 134-0 best back in the platter toss.

MEN

Sprints:

Quincy Watts (Taft, Woodland Hills) 10.30-20.50 (assisted by Provo, Utah's 1387 meters of altitude) is the nation's best returning sprinter. Already the All-Time California State Prep record holder at 200m, Quincy's pursuit of Henry Thomas's all-time California best prep 100 meters of 10.25 will be an

interesting challenge. It will also be worth watching how Quincy will do among the World Juniors as those born 1969 or after will have a World Championships in Canada this summer. Brian Bridgewater (Washington, LA) 10.3-10.63-21.18 has the ability to be among the best in the nation, while Curtis Conway (Hawthorne), only a junior, has cranked 21.1 for 200m on the turn already this winter. Mike Orwat (Paraclete, Lancaster) 10.54w-10.79, Mark McMillen (Kennedy, Granada Hills) 10.75w-21.72, and Rondo Smith (Ramona, Riverside) 10.76w have good big-meet credentials.

400 Meters:

Travis Hanna (Hawthorne), aiming to head back to the Penn Relays with his teammates and put it to the Jamaicans and the best on the East Coast, has already PR's at 47.1 in December. Michael Stevenson (Morse, San Diego) 47.6 was 5th in State last June. Danny Cross (Simi Valley) 48.9, Shannon Haas (Poly, Sun Valley) 49.0, Damon Garrett (Kennedy, Granada Hills) 49.1, football star Edrian Oliver (Fontana) 49.29, and Eric Henderson (Fremont, LA) 49.33 are others who could develop.

800 Meters:

Travis Cooksey (Rio Mesa, Oxnard) was sixth in State and dominated the Southern Section late last year with a 1:52.05 best. Morgan Bateman (Crescenta Valley, La Crescenta), a junior, ran 1:53.94, with Al Allen (Gahr, Cerritos) 1:54.38, amazing soph Casey Candale (Carpinteria) 1:54.45, and Rick Provenzano (Arcadia), 1:55.15 as a soph in 87 and a league-mate of Bateman, are other quality returnees.

Distances:

Underclass stars Scott Hempel (Walnut) 9:10.24c and Bryan Dameworth (Agoura) 9:13.00c both had fine Fall Cross Country seasons. Terrence Mahon 9:13.62c is another who is improved. Fili Arizmendi (Azusa) leads area milers at 4:17.65c. Joe Devine (Saugus) 4:18.12c, Mike Glaze (Notre Dame, Sherman Oaks) 4:19.57c, Jim Robbins 4:19.6c and Eddie LaVelle 9:18.15c, both from Corona del Mar, Shannon Winkleman (Marina, Huntington Beach) 9:19.38c, with top cross country stars Ian Alsen (Granada Hills) 9:21.15c and the Arroyo of El Monte duo of Jaime Ortega 9:20.26c and Derrick Powers 9:20.67c looking ahead to a good Spring.

Hurdles:

Ron Copeland (Dorsey, LA) is the number two returnee in the nation at 13.88 (110m H) and finished in that same position in last year's State Meet. The son of a former UCLA great hurdler, Ron has run 37.98 in the Intermediates. Charles Wilford (Diamond Bar) 37.66 and Kevin Jones (Mt. Miguel, San Diego) 37.90 are also strong there, with Robert Ureno (Bonita, La Verne) 14.32w, Darrell Thompson (Cerritos) 14.66, Tate Nelson (Santa Monica) 14.83-14.2-38.52, George Lynch (Mater Dei, Santa Ana) 14.81, and Henry Coleman (Manual Arts, LA) 14.95-38.53 other good returnees.

High Jump:

Mark Wilson (Charter Oak, Covina) jumped 7-0 1/4 in late season club action. Samuel Watson (Washington, LA), Ed Cogan, and Lance McGrath (Poway) return at 6-8, with Sam Martinez (Norwalk) 6-7.

Pole Vault:

A fine group returns here. Matt Warwick (Hesperia) 16-1, Tom Parker (Notre Dame, Sherman Oaks) 16-0, and R.W. Henson (Newport Harbor) 15-7 are among the best in the nation. The latest of the vaulting Richards family, Tom (San Marcos, Santa Barbara) 15-0, Jay Bettinger (Chatsworth) 14-7 1/2, the Arroyo (El Monte) duo of Mike Deitch 14-7 1/2 and Jason McLellan 14-6, and Pete Piconi (St. Augustine, San Diego) 14-6 help complete what will be a fine group in this event.

Long Jump and Triple Jump:

Charles Huff (La Jolla) 23-5 3/4, 23-7 1/2w, 49-4 1/2 and super footballer Russell White (Crespi, Encino) 49-7 1/4 are the best here. Mitch Butler (Oakwood, North Hollywood) 23-2 1/2, Charlie Tyler (Edison, Huntington Beach) 23-1 1/2, junior (and hopefully healthy) Glen Reyes (Orange Glen, Escondido) 24-2w, and Eric Thomas (Palmdale) 23-8w have Long Jumped nicely. Chris Perry (Muir, Pasadena) 47-10 1/2 48-5 1/4w, Charles Rogers (Baldwin Park) 47-7 3/4, soph Billy Ivey (Edgewood, West Covina) 47-3 1/2, Damon Carson (San Diego) 48-6w, Tim Young (Gahr, Cerritos) 47-6 1/4, and Mingo Hosey (Pasadena) 47-2w return as good Triple Jumpers.

Weight Events:

Kaleaph Carter (Edison, Huntington Beach) was second at State at 63-0, with Rick Fuller (Arroyo, El Monte) 61-8 1/4 167-2 not far behind. Amazing soph Brent Noon (Fairbrook) 58-1 3/4 and Larry Bryan (Damien, La Verne) 56-10 3/4 are other strong Shot Putters, with Damien Jenkins (Saugus) 169-10 the best of the Discus returnees.

THE
**METROPOLITAN
ATHLETICS
CONGRESS**
is Proud to Present the
**5th Annual
NATIONAL
SCHOLASTIC
INDOOR
TRACK AND FIELD
CHAMPIONSHIPS**
for Outstanding
High School Age
Athletes
**SUNDAY
MARCH 13, 1988
at Yale University's
Coxe Cage
(Pentathlon, March 12)**



- 200-meter tartan track
- All standard indoor events for boys and girls, including the walk and all field events
- Special TAC track & field development clinic for coaches and athletes on Saturday, March 12.
- This is a "between seasons" TAC sanctioned event open to all high school age track & field athletes regardless of whether or not they compete for their high school, a club, or unattached
- In 1987, competitors came from 42 states and included William Reed, George Kersh, Joe Galeano, Caryl Smith, Janeene Vickers, Carlette Guidry, and many, many more.

For Information, call or write:
the MAC Office, P.O. Box 1512
Ansonia Station, NY, NY 10023
(212) 595-9640

1987 All-California High School Cross Country Teams

By KEITH CONNING



Left to right: Deena Drossin, Robbyn Bryant, Nicole Robbins, Rayna Cervantes, Kira Jorgensen.



Left to right: Dave Scudamore, Benjamin Ayers, Francis O'Neill, Jaime Ortega, Ian Alsen.

The runners are listed according to their best performance in the State Meet or in the Kinney Western Regional Meet at Woodward Park in Fresno. Ties are broken by the second best performance in the State Meet or in the Kinney Western Regional Meet.

BOYS

FIRST TEAM

- Ian Alsen (Granada Hills/Northridge) Senior**
Date PL Meet Time
09/26 1 Bell-Jeff Large 14:27
10/17 1 Los Angeles Co. TS 15:42
10/24 4 Mt. SAC Team Sweep 15:38
12/05 1 Kinney Western 15:02
(Equal 23rd all-time performer at Woodward Park)
- Jaime Ortega (Arroyo, El Monte) Senior**
09/12 5 Woodbridge 2A 12th 15:22
09/17 2 Walnut 15:47
10/10 2 Stanford A 15:51.7
10/17 3 Los Angeles Co. TS 15:59
10/24 2 Mt. SAC Team Sweep 15:28
11/14 3 Southern Section 3A 15:30
11/28 4 State Division I 15:23
12/05 4 Kinney Western 15:04
12/12 14 Kinney National 15:24.5
- Bryan Dameworth (Agoura) Sophomore (Residence: Calabasas)**
09/26 1 Agoura/Paramount Sm 15:44
10/03 1 Kenny Staub Div 1 15:29
10/10 1 Fountain Valley D2 15:25
10/16 1 Ventura County 15:45
10/24 4 Mt. SAC Ind Sweep 15:40
11/14 4 Southern Section 2A 15:25
11/28 1 State Division I 15:12
(#2 Sophomore all-time at Woodward Park)
- Goshu Tadese (Crawford, San Diego) Senior**
10/24 1 Mt. SAC Ind Sweep 15:15
10/20 1 San Diego Sect. 2A 15:29.2
11/28 2 State Division 1 15:13

- Dave Scudamore (Palos Verdes, RPV) Senior**
09/12 1 Woodbridge 2A 12th 15:03
09/17 1 Walnut 15:35
09/26 1 Clovis Open 15:26
10/03 2 Kenny Staub Div 1 15:49
10/17 1 Palos Verdes #1 11:11
10/24 1 Mt. SAC Team Sweep 15:17
11/14 1 Southern Sect. 4A 15:11
11/28 3 State Division I 15:14
12/05 6 Kinney Western 15:17
12/12 10 Kinney National 15:21.6
- Benjamin Ayers (Christian Bros, Sacto) Senior**
09/26 3 Clovis Open 15:34
10/10 3 Serra-Crystal Sp CV 15:07
10/17 1 Mariner Small Sch 16:24
11/05 1 Sac-Joaquin Sec. D2 15:11
11/13 2 Sac-Joaquin Section 15:02
11/28 2 State Division II 15:29
12/05 7 Kinney Western 15:18
12/12 17 Kinney National 15:32.7
- Scott Hemple (Walnut) Junior**
09/26 9 Clovis 15:55
10/10 1 San Gabriel Vall R1 15:47
11/14 1 Southern Section 3A 15:16
11/28 1 State Division II 15:22
12/05 39 Kinney Western 15:52

SECOND TEAM

- Francis O'Neill (San Pasqual, Escondido) Jr.**
10/24 1 Mt. SAC Race 45 15:43
11/28 8 State Division I 15:30
12/05 9 Kinney Western 15:25
12/12 24 Kinney National 15:51
- Jeff Gilkey (Arroyo, El Monte) Senior**
10/05 8 Stanford A 16:15
10/24 10 Mt. SAC Team Sweep 15:45
11/14 16 Southern Section 3A 15:29
11/28 6 State Division I 15:29
12/05 11 Kinney Western 15:29
- Terrence Mahon (La Habra) Senior**
09/19 1 Sonora Division I 14:44
10/03 2 Costa Mesa DII 14:41
10/17 1 Orange County 12th 14:55
11/14 1 Southern Sect. 3A 15:26
11/28 5 State Division I 15:29
12/05 36 Kinney Western 15:50

- Reggie Williams (River City, West Sacto) Sr.**
09/26 1 Chico 15:45
10/03 1 Nevada Union
10/10 1 Serra-Crystal Sp CV 14:51
11/06 1 Sac-Joaquin Sec. D3 15:03
11/13 1 Sac-Joaquin Section 15:01
11/28 1 State Division III 15:29
- Luis Quintana (Arroyo Grande) Freshman**
09/02 2 Nipomo Classic 15:42
09/19 1 Arroyo Grande SV 15:21
09/26 10 Clovis Open 15:56
10/05 14 Stanford A 16:36
10/24 2 MSAC Ind Swp(9th CR) 15:27
11/14 3 Southern Section 2A 15:23
11/28 7 State Division I 15:30
(3rd all-time freshman performer at Woodward Park)
- Michael Tansley (Dana Hills, Dana Pt.) Jr.**
09/19 1 San Clemente Junior 15:19
09/26 1 Dana Hills Jr DI 14:44
10/17 2 Orange County 11th 15:17
11/14 2 Southern Sect. 4A 15:29
11/28 12 State Division I 15:46
12/05 12 Kinney Western 15:31
- Bobby Rodriguez (McLane, Fresno) Senior**
09/19 2 Arroyo Grande SV 15:29
10/10 1 Atascadero Large 16:32
11/20 1 Central Section DI 15:17
11/28 9 State Division I 15:31
12/05 40 Kinney Western 15:52

THIRD TEAM

- Derrick Powers (Arroyo, El Monte) Senior (Residence: Temple City)**
09/17 3 Walnut 15:59
10/05 1 Stanford A 1 5:41
10/17 6 Los Angeles Co. TS 16:25
10/24 3 Mt. SAC Team Sweep 15:38
11/14 5 Southern Section 3A 15:35
11/28 10 State Division I 15:31
12/05 43 Kinney Western 15:55
- Mike Glaze (Notre Dame, Sherman Oaks) Sr.**
10/17 1 Los Angeles Co. Med 16:33
11/14 2 Southern Sect. 3A 15:28
11/28 3 State Division II 15:32
12/05 21 Kinney Western 15:36

- Eddie Lavelle (Corona del Mar) Junior**
09/12 1 Woodbridge 2A 11th 15:18
09/26 1 Dana Hills Jr D2 14:35
10/05 5 Stanford A 16:00
10/17 2 Orange County 11th 15:17
10/24 6 Mt. SAC Team Sweep 15:39
11/14 6 Southern Sect. 4A 15:37
11/28 6 State Division II 15:39
12/05 13 Kinney Western 15:33
- Jim Geertings (Newport Harbor) Senior**
09/26 5 Dana Hills Sr D2 15:12
10/03 3 Costa Mesa DII 15:25
10/17 8 Orange Country 12th 15:33
11/14 3 Southern Section 4A 15:31
11/28 4 State Division II 15:33
- Gary Stolz (Miraleste, RPV) Junior**
09/19 2 Warren Small 15:38
10/03 1 Kenny Staub Div 3 16:33
10/10 2 Fountain Valley D3 15:56
10/23 1 Mt. SAC Race 20 15:55
11/14 2 Southern Section 2A 15:21
11/28 9 State Division II 15:48
12/05 14 Kinney Western 15:34
- Kevin Holbrook (Vacaville) Junior**
09/26 7 Clovis Open 15:43
10/03 3 Ed Sias 11:04
10/10 6 Serra-Crystal Sp CV 15:28
10/24 Mt. SAC Team Sweep 15:47
11/06 2 Sac-Joaquin Sec. DI 15:36
11/13 4 Sac-Joaquin Section 15:21
11/28 49 State-Division I 16:13
12/05 17 Kinney Western 15:35
- Jimmy Rodriguez (Santa Ana Vly, S.Anna) Jr.**
09/12 2 Woodbridge 2A 12th 15:09
09/26 3 Dana Hills Sr D2 14:47
10/17 9 Orange County 12th 15:34
12/05 18 Kinney Western 15:35

GIRLS

FIRST TEAM

- Kira Jorgensen (Rancho Buena Vista) Junior**
09/12 1 Las Vegas Large 15:59
09/26 1 Dana Hills Sr D2 14:37
10/24 1 Mt. SAC Ind Sweep (Jr. CR)

Prep Notes

| | | | |
|---|----|------------------------|-------|
| 11/20 | 1 | San Diego Sec. 1A | 14:08 |
| 11/28 | 1 | State Division II | 17:34 |
| 12/05 | 1 | Kinney Western | 17:20 |
| 12/12 | 1 | Kinney National | 17:08 |
| 2. Deena Drossin (Agoura) Freshman | | | |
| 09/26 | 1 | Agoura/Paramount Sm | 18:02 |
| 10/03 | 1 | Kenny Staub Div I | 17:47 |
| 10/16 | 1 | Ventura County | 17:36 |
| 10/24 | 2 | MSAC Ind Sweep (FCR) | 17:42 |
| 11/14 | 1 | Southern Section 2A | 17:46 |
| 11/28 | 1 | State Division I | 17:35 |
| 12/05 | 2 | Kinney Western | 17:26 |
| 12/12 | 11 | Kinney National | 17:50 |
| 3. Nicole Robbins (Hesperia) Sophomore | | | |
| 09/26 | 2 | Clovis Open | 17:59 |
| 10/05 | 4 | Stanford A | 19:46 |
| 11/14 | 4 | Southern Section 2A | 18:35 |
| 11/28 | 4 | State Division I | 17:50 |
| 12/05 | 3 | Kinney Western | 17:29 |
| 12/12 | 17 | Kinney National | 18:12 |
| 4. Robbyn Bryant (Hesperia) Senior | | | |
| 09/26 | 3 | Clovis Open | 18:25 |
| 10/05 | 2 | Stanford A | 18:41 |
| 11/14 | 5 | Southern Section 2A | 18:35 |
| 11/28 | 5 | State Division I | 17:51 |
| 12/05 | 4 | Kinney Western | 17:30 |
| 12/12 | 14 | Kinney National | 18:01 |
| 5. Rayna Cervantes (Montebello) Junior | | | |
| 09/12 | 1 | Woodbridge 3A | 18:01 |
| 09/19 | 1 | Rosemead Junior/Senior | 17:13 |
| 09/26 | 2 | Dana Hills D2 Jr/Sr | 16:53 |
| 11/14 | 1 | Southern Section 3A | 17:54 |
| 11/28 | 2 | State Division I | 17:43 |
| 12/05 | 5 | Kinney Western | 17:34 |
| 12/12 | 15 | Kinney National | 18:03 |
| 6. Katy McCandless (Castilleja, Palo Alto) Sr. | | | |
| 10/05 | 1 | Stanford A | 18:35 |
| 10/24 | 1 | Two-Mile Postal | 10:47 |
| 11/12 | 1 | Central Coast Sec. D3 | 17:12 |
| 11/28 | 1 | State Division III | 17:51 |
| 12/05 | 7 | Kinney Western | 17:42 |
| 12/12 | 12 | Kinney National | 18:00 |
| 7. Ashley Black (Palos Verdes, PVE) Junior | | | |
| 09/12 | 3 | Woodbridge 1A | 17:56 |
| 09/17 | 1 | Walnut (At Mt. SAC) | 18:19 |
| 09/26 | 1 | Clovis Open | 17:59 |
| 10/03 | 4 | Kenny Staub Div I | 19:09 |
| 10/10 | 1 | Fountain Valley D2 | 18:17 |
| 10/17 | 1 | Palos Verdes | 13:32 |
| 10/24 | 1 | Mt. SAC Team Sweep | 18:35 |
| 11/14 | 2 | Southern Section 4A | 18:06 |
| 11/28 | 6 | State Division I | 17:51 |
| 12/05 | 8 | Kinney Western | 17:45 |
| 12/12 | 24 | Kinney National | 18:34 |

SECOND TEAM

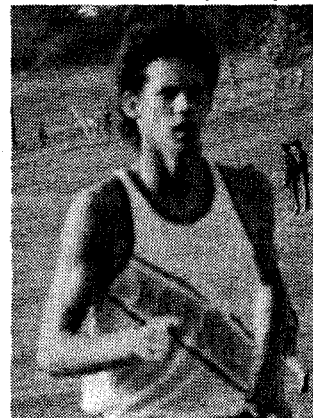
| | | | |
|---|----|--------------------------|-------|
| 8. Jennifer Ashe (Leland, San Jose) Senior | | | |
| 10/03 | 2 | Artichoke Large | 14:03 |
| 11/13 | 1 | CCS Div. I Trials | 17:42 |
| 11/21 | 1 | Central Coast Sec. DI | 17:37 |
| 11/28 | 3 | State Division I | 17:45 |
| 12/05 | 10 | Kinney Western | 17:56 |
| 9. Karen Hecox (South Hills, Covina) Sophomore | | | |
| 09/12 | 1 | Woodbridge 1A | 18:24 |
| 09/19 | 1 | Rosemead Frosh/Soph (CR) | 16:56 |
| 10/10 | 2 | San Gabriel Vly RI | 18:20 |
| 10/23 | 1 | Mt. SAC Sweep | 18:06 |
| 11/14 | 2 | Southern Section 2A | 18:00 |
| 11/28 | 2 | State Division II | 17:48 |
| 12/05 | 9 | Kinney Western | 17:49 |

| | | | |
|--|----|-----------------------|-----------|
| 10. Tina Gorbet (Lassen, Susanville) Sophomore | | | |
| 09/26 | 1 | Chico | 11:12 |
| 10/03 | 1 | Artichoke Small | 13:38 |
| 11/28 | 3 | State Division II | 18:01 |
| 12/05 | 15 | Kinney Western | 18:22 |
| 11. Janet Bowie (Woodside) Senior | | | |
| 10/05 | 1 | Stanford B | 19:56 |
| 10/24 | 6 | Two-Mile Postal | 11:38 |
| 11/12 | 1 | CCS Div. II Trials | 18:17 |
| 11/21 | 2 | Central Coast Sec. D2 | 18:33 |
| 11/28 | 22 | State Division II | 17:219:37 |
| 12/05 | 11 | Kinney Western | 18:04 |
| 12. Kristi Bache (University, San Diego) Senior | | | |
| 10/24 | 7 | Mt. SAC Ind Sweep | 18:32 |
| 11/20 | 4 | San Diego Section 1A | 15:20 |
| 11/28 | 5 | State Division II | 18:44 |
| 12/05 | 12 | Kinney Western | 18:07 |
| 13. Becky Spies (Livermore) Freshman | | | |
| 09/26 | 9 | Clovis Open | 19:27 |
| 10/05 | 2 | Stanford B | 20:11 |
| 10/24 | 2 | Two-Mile Postal | 10:56 |
| 11/12 | 1 | East Bay Ath League | 20:15 |
| 11/21 | 1 | North Coast Sec. 3A | 17:57 |
| 11/28 | 7 | State Division I | 18:10 |
| 12/05 | 28 | Kinney Western | 18:46 |
| 14. Jena Haggenniller (Thousand Oaks) Senior | | | |
| 09/12 | 2 | Woodbridge 3A | 18:19 |
| 09/26 | 5 | Clovis Open | 18:50 |
| 10/03 | 2 | Kenny Staub Div I | 18:47 |
| 10/16 | 3 | Ventura County | 18:55 |
| 10/24 | 2 | Mt. SAC Team Sweep | 18:49 |
| 11/14 | 7 | Southern Section 4A | 18:50 |
| 11/28 | 8 | State Division I | 18:11 |
| THIRD TEAM | | | |
| 15. Sandra Acosta (Walnut) Junior | | | |
| 09/17 | 2 | Walnut (At Mt. SAC) | 18:41 |
| 09/26 | 4 | Clovis Open | 18:32 |
| 10/10 | 1 | San Gabriel Vly R1 | 18:16 |
| 10/24 | 4 | Mt. SAC Ind Sweep | 18:15 |
| 11/14 | 3 | Southern Section 2A | 18:26 |
| 11/28 | 4 | State Division II | 18:14 |

| | | | |
|--|----|---------------------|-------|
| 16. Brigid Freyre (Riverside Poly, Riverside) Sr. | | | |
| 09/12 | 1 | Colton 11/12 | 18:00 |
| 09/26 | 3 | Dana Hills D2 Jr/Sr | 16:57 |
| 10/03 | 1 | Yucaipa Large | 18:47 |
| 10/10 | 2 | Dos Pueblos 12th | 17:50 |
| 10/24 | 3 | Mt. SAC Ind Sweep | 18:13 |
| 11/14 | 3 | Southern Section 4A | 18:11 |
| 11/28 | 9 | State Division I | 18:15 |
| 17. Nicole Houle (Hesperia) Senior | | | |
| 11/14 | 8 | Southern Section 2A | 19:07 |
| 11/28 | 10 | State Division I | 18:20 |
| 12/05 | 14 | Kinney Western | 18:17 |
| 18. Tanya Thayer (Serrano, Phelan) Sophomore | | | |
| 09/12 | 1 | Serrano #1 Athletes | 18:59 |
| 09/14 | 1 | Hesperia Christian | 19:19 |
| 09/19 | 1 | Perris Division I | 19:29 |
| 10/03 | 1 | Yucaipa Small | 19:21 |
| 10/24 | 8 | Mt. SAC Ind Sweep | 18:39 |
| 11/14 | 1 | Southern Section 1A | 19:02 |
| 11/28 | 2 | State Division III | 18:17 |
| 12/05 | 21 | Kinney Western | 18:34 |

| | | | |
|--|----|---------------------|-------|
| 19. Allison Maxwell (University, San Diego) Sr. | | | |
| 10/24 | 1 | Mt. SAC Race 37 | 19:14 |
| 11/20 | 1 | San Diego Sec. 2A | 14:54 |
| 11/28 | 11 | State Division I | 18:23 |
| 20. Maricela Benavides (Santa Ana Vly) Senior | | | |
| 09/12 | 4 | Woodbridge 1A | 18:27 |
| 09/26 | 5 | Dana Hills D2 Jr/Sr | 17:38 |
| 10/17 | 1 | Orange County 12th | 18:26 |
| 11/14 | 6 | Southern Section 4A | 18:45 |
| 11/28 | 12 | State Division I | 18:27 |
| 12/05 | 18 | Kinney Western | 18:28 |
| 21. Teresa Sandoval (Montebello) Junior | | | |
| 09/12 | 4 | Woodbridge 3A | 18:53 |
| 09/19 | 2 | Rosemead Jr/Sr | 17:32 |
| 09/26 | 4 | Dana Hills D2 Jr/Sr | 17:28 |
| 10/03 | 2 | Yucaipa Large | 20:02 |
| 10/10 | 1 | Bell Gardens 11/12 | 17:58 |
| 11/14 | 2 | Southern Section 3A | 18:33 |
| 11/28 | 13 | State Division I | 18:28 |

photo by Jim Reynolds



Bryan Dameworth

photo by Burt Davis



Goshu Tadese

10TH ANNUAL SUNDEVIL/COCA-COLA INVITATIONAL SATURDAY APRIL 16, 1988 1:00 TO 7:00 PM

BOYS MEET RECORDS-10.78, 21.22, 48.42, 1:52.72, 4:16.02, 9:22.01, 14.21, 37.77, 41.7, 3:18.41, 10:33.1DM, 6'8", 15'6", 23'10 1/2", 49'5", 66'1 1/2", 223'5".

GIRLS MEET RECORDS-12.04, 23.9, 55.6, 2:14.3, 4:58.61, 11:25 14.19, 44.01, 47.36, 3:49.4, 12:21DM, 5'10", 18'53/4", 40'7", 47'5", 164'5".

Open to all California, Arizona, New Mexico, and Nevada high schools. This years meet will be held on the new all-weather track at Poway High School.

FOR MORE INFORMATION CONTACT DENNIS MCCLANAHAN, MT. CARMEL HIGH SCHOOL, SAN DIEGO, (619)-484-1180

Prep Notes

International Sports Exchange California State High School Cross Country Post-Season Top 10

By DOUG SPECK and STEVE FAGUNDES

Men's Division I
(1601 students & O for four grades)

- 1 Arroyo (El Monte)
- 2 Dana Hills
- 3 Bellarmine Prep (San Jose)
- 4 Palos Verdes
- 5 Camarillo
- 6 Upland
- 7 Agoura
- 8 Poway
- 9 Del Campo (Fair Oaks)
- 10 Serra (San Diego)
- 11 Vacaville
- 12 San Ramon (Danville)
- 13 Canyon (Canyon Country)
- 14 Granada Hills
- 15 Thousand Oaks
- 16 Antelope Valley (Lancaster)
- 17 Rubidoux (Riverside)
- 18 Arroyo Grande
- 19 Madera
- 20 Bella Vista (Fair Oaks)

Women's Division I
(1601 students & O for four grades)

- 1 Palos Verdes
- 2 Agoura
- 3 Hesperia
- 4 Montebello
- 5 Santa Ana Valley
- 6 Arroyo Grande
- 7 Poway
- 8 Madera
- 9 Vacaville
- 10 La Jolla
- 11 Leland (San Jose)
- 12 Wilson (Los Angeles)
- 13 Los Gatos
- 14 San Pasqual (Escondido)
- 15 Norco
- 16 Villa Park
- 17 Irvine
- 18 Ventura
- 19 Newbury Park
- 20 Thousand Oaks

Men's Division II
(801-1600 student for four grades)

- 1 Walnut
- 2 Corona del Mar
- 3 Gunn (Palo Alto)
- 4 El Camino (Oceanside)
- 5 Woodbridge (Irvine)
- 6 Newport Harbor
- 7 Castro Valley
- 8 Jesuit (Sacramento)
- 9 St. Francis (Mt. View)
- 10 Azusa
- 11 Paso Robles
- 12 Acalanes (Lafayette)
- 13 Leigh (San Jose)
- 14 Cabrillo (Lompoc)
- 15 Half Moon Bay
- 16 La Puente
- 17 Brea
- 18 Golden West (Visalia)
- 19 Manteca
- 20 Coachella Valley

Women's Division II
(801-1600 students for four grades)

- 1 Newport Harbor
- 2 Woodbridge (Irvine)
- 3 Archbishop Mitty (San Jose)
- 4 South Hills (Convinva)
- 5 Nordhoff (Ojai)
- 6 Miramonte (Orinda)
- 7 Willow Glen (San Jose)
- 8 Gunn (Palo Alto)
- 9 Campolindo (Moraga)
- 10 Morro Bay
- 11 Lassen (Susanville)
- 12 Sonora
- 13 Ramona (San Diego Section)
- 14 Rancho Buena Vista (Vista)
- 15 El Dorado (Placerville)
- 16 Aptos
- 17 Acalanes (Lafayette)
- 18 St. Francis (Mt. View)
- 19 Analy (Sebastopol)
- 20 Bishop Montgomery (Torrance)

Men's Division III
(800 students or less for 4 grades)

- 1 McFarland
- 2 R.L. Stevenson (Pebble Beach)
- 3 Yreka
- 4 Salesian (L.A.)
- 5 Bear River
- 6 Maranatha (Sierra Madre)
- 7 Village Christian (Sun Valley)
- 8 Sherman Indian (Riverside)
- 9 York School (Monterey)
- 10 Serrano (Phelan)
- 11 Bishops (San Diego)
- 12 Army/Navy (Carlsbad)
- 13 Bishop
- 14 University (San Francisco)
- 15 La Salle (Pasadena)
- 16 Cathedral (L.A.)
- 17 Firebaugh
- 18 L.A. Baptist (Sepulveda)
- 19 Calvin Christian (Escondido)
- 20 Thacher (Ojai)

Women's Division III
(800 students or less for 4 grades)

- 1 Maranatha (Sierra Madre)
- 2 University (San Francisco)
- 3 Coronado
- 4 St. Joseph (Santa Maria)
- 5 Bret Harte (Angel's Camp)
- 6 Yreka
- 7 Paraclete (Lancaster)
- 8 San Joaquin Memorial (Fresno)
- 9 McFarland
- 10 Moorpark
- 11 Santa Catalina (Monterey)
- 12 Webb (Claremont)
- 13 Loretto (Sacramento)
- 14 Head-Royce (Oakland)
- 15 Bishop
- 16 South Fork (Miranda)
- 17 Dixon
- 18 Valley Christian (Cerritos)
- 19 Thacher (Ojai)
- 20 LA Baptist (Sepulveda)

Men's Overall Top Fifteen
(All Division Combined)

- 1 Arroyo (El Monte)
- 2 Walnut
- 3 Dana Hills
- 4 Corona del Mar
- 5 Bellarmine Prep (San Jose)
- 6 Palos Verdes
- 7 Camarillo
- 8 Upland
- 9 Agoura
- 10 Poway
- 11 Del Campo (Fair Oaks)
- 12 Serra (San Diego)
- 13 Vacaville
- 14 San Ramon (Danville)
- 15 Canyon (Canyon Country)

Women's Overall Top Fifteen
(All Divisions Combined)

- 1 Palos Verdes
- 2 Agoura
- 3 Hesperia
- 4 Montebello
- 5 Santa Ana Valley
- 6 Newport Harbor
- 7 Arroyo Grande
- 8 Woodbridge (Irvine)
- 9 Archbishop Mitty (San Jose)
- 10 Poway
- 11 Madera
- 12 Vacaville
- 13 La Jolla
- 14 Leland (San Jose)
- 15 Maranatha (Sierra Madre)

FRESNO PACIFIC COLLEGE

*Quality Academics and Athletics
in a Christian Environment*

**For more information about Fresno Pacific
please complete and return to:
Track Coach • Fresno Pacific College
1717 South Chestnut • Fresno, CA 93702**

Name _____

Address _____

Phone _____

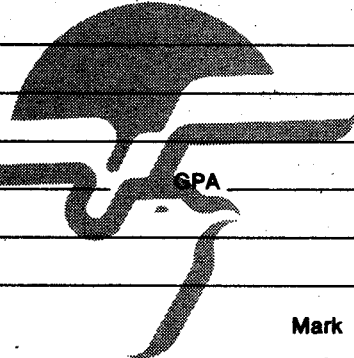
High School _____

Year Grad _____ GPA _____

Major _____

Honors _____

| Event | Mark |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |



"In its 1st year, MAMMOTH ATHLETICS CAMP became one of the major Track & Triathlon Camps in the nation." CITY SPORTS MAGAZINE, September 1987

"MAMMOTH ATHLETICS CAMP has managed to bring together a select group of coaches not to be found at any other camp." NATIONAL MASTERS NEWS, September 1987

MAMMOTH ATHLETICS CAMP INC.
Mammoth Lakes, California

- A TAC-Sanctioned Olympic Development Camp -

AMERICA'S FINEST ALTITUDE TRAINING COMPLEX
FOR ALL EVENTS, ALL AGES, ALL ABILITIES

1988 MAMMOTH CAMP SESSIONS: JUNE 19-25 · JUNE 26-JULY 2 **JULY 24-30

**Special Distance Running & Fitness Walking Session

CAMP DIRECTOR: DR. KEN FOREMAN: 1988 USA OLYMPIC COACH
SPRINTS COACH: JOHN SMITH: 440 World Record Holder, UCLA Sprint Coach
HURDLES COACH: DALE KENNEDY: Head Coach, Montana State University
DISTANCE COACHES: DORIS HERITAGE: 5-time World Cross Country Champion
TRACY SMITH: Former World Record Holder for 2 & 3 Miles
JACQUELINE HANSEN: 2-time Marathon World Record Holder
SKIP STOLLEY: Head Coach, TRACK WEST
THROWS COACH: DR. PAUL WARD: US Olympic Strength Coach for the Throws
MULTI-EVENTS: DR. KEN FOREMAN & DALE KENNEDY
TRIATHLON: JACQUELINE HANSEN, Coach, Santa Monica Triathlon Club

!!! PLUS MANY OTHER TOP AMERICAN COACHES, ATHLETES, AND SPORTS MEDICINE PROFESSIONALS !!!

CAMP REGISTRATION FEE \$199.00 PER PERSON

4 TYPES OF ACCOMODATIONS + AN OPTIONAL MEAL PLAN AVAILABLE AT THE WORLD-CLASS
MAMMOTH MOUNTAIN INN

| | ADD PER PERSON EA SESSION (6 NIGHTS) |
|--|---|
| #1 YODLER DORM ROOMS (2 twins)..... | \$88.00 (double occupancy) |
| #2 EAST-WEST WING (2 Queens)..... | \$188.00 (double occupancy) |
| #3 1BR CONDO (Queen + sofabed) full kitchen + 1½ baths..... | \$238.00 (double occupancy) \$178.00 (triple) \$138.00 (quad) |
| #4 2BR CONDO with Loft queen + twin in ea. BR/queen + 3 twins in loft full kitchen + 2 full baths..... | \$88.00 (8 minimum) |
| ** HOTEL MEAL PLAN (7 days Breakfast & Dinner)..... | \$112.00 |

REGISTER BY FEBRUARY 15 AND SAVE 15% ON YOUR CAMP REGISTRATION FEE

VISA and MASTERCARD ACCEPTED

MAMMOTH ATHLETICS CAMP INC. 7411 Earldom, Playa del Rey, CA 90293 (213) 281-1993
*** Call or write us for Team, Group, and Family Discounts ***

ENCLOSED IS MY REGISTRATION/RESERVATION FEE: \$169 (Feb 15 postmark) \$199

Name _____ Age _____ Event(s) _____

Address _____ City _____ Zip _____

Phone () _____ Session Dates: _____ **BALANCE DUE**

ACCOMODATION PLAN: #1 #2 #3 #4 (circle) ADD..... \$ _____

MEAL PLAN: yes no (circle) ADD..... \$ _____

TOTAL BALANCE DUE JUNE 1, 1988..... \$ _____

A \$50 fee will be charged for cancellations

CHARGE TO: VISA MASTERCARD Card Number _____

Please make checks payable to:
MAMMOTH ATHLETICS CAMP INC.

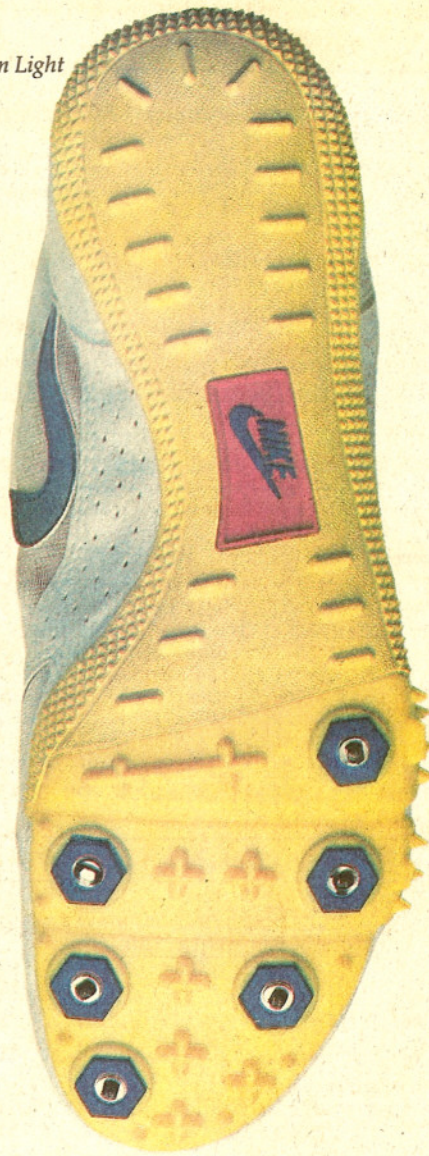
EXP Date _____

Signature _____

Zoom Ultra



Zoom Light



Zoom Ultra



Nike-Air® cushioning and support.

Zoom Light



A light sprint shoe that fits like a glove.

Internationalist



It's versatile and lightweight.

Rival Plus



For red teams.

High Jump '88



Featuring a forefoot EVA take-off pad.

Long Jump '88



A unique midsole enhances takeoff leverage.

Rival Plus



For blue teams.

Javelin '88



With a full-length ten spike nylon plate.

Shot And Discus '88



For training or competition.

Rival Plus



For teams that aren't red and blue.

BURN RECORDS AND TAPES.

For more information about the Nike Track and Field line, call: 1-800-344-NIKE.
And burn, baby, burn.

