# CALIFORNIA Track & Running News







01/90 Hal Daner 2071 Longden Cr. Los Altos CA 9402



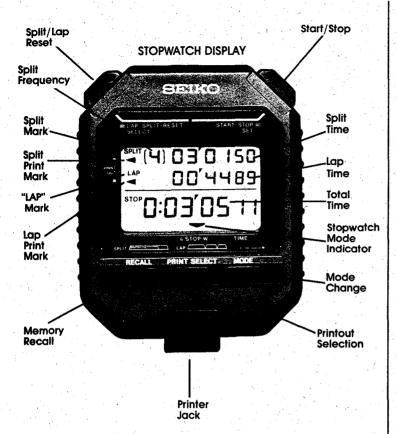




BULK RATE U.S. POSTAGE PAID Fermit No. 629

California's Only Track & Running Publication

### Digital Quartz Stopwatch With Printer, SP11

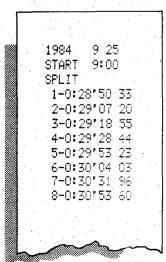


### System Printer

The following data is printed permanently on tape:

- 1. Year, Month, Date and Time are automatically printed
- Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
- 3. Places: printed to "99," then start again at "0"
- 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



1984 9 25 START 10:00 SPLIT / LAP 1-0:00'45 38 0:00'45 38 2-0:01'30 48 0:00'45 10 3-0:02'16 36 0:00'45 88 4-0:03'01 23 0:00'44 87

### **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 lanvard
- 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

### **Available From:**

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

Richard Slotkin

Jack Leydig

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 Stotkin, 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/race 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	2
From the Editor	16
Reinke on Running	17
Around the Bay	18
PA-TAC Notes	22
SoCal Diary	21
Ooda Diary	20
Schedule Section	
Road Racing	
College/Open Trock & Field	
College/Open Track & Field	C
CTRN Subscription Order Form	8
1987 Athletes of the Year	10
High School Section	
International Sports Exchange	24
SoCal Track & Field Provious	2/
SoCal Track & Field PreviewAll California Cross Country Teams	26
Colifornia Cross Country Teams	20
California Cross Country Top Teams	Z
Populto Section	1
Results Section Cross Country	
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



Championship and the TAC/Mobil 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.



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

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

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



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

Piechdikky inn Hozeks

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, selfaddressed 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-

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-

Lakewood: McDonald's/Lakewood Half-Marathon & 2 Mi. Fun Run, Del Valle Park (Woodruff Ave., between Carson & Del Amo Èlνd:); 7:30 a.m./H-M, 8 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.

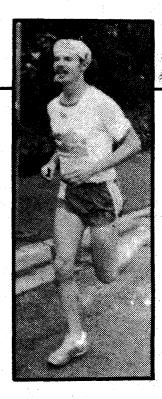
San Diego: San Dieguito Half-Marathon, San Dieguito Park, 8 a.m. Sal Cisneros (619)

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)

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, Dockweiller 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-

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 Chinatwon 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 Nojogui 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-

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. Reves: 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-

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. Padely'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. (Preregistration 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. (Barry 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)

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., Southof 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-

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 Fouth 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-

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-

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 Reg'd...set between Jan. 1, 1987 & Mar. 21,

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.

NameAddress		
		,
☐ \$15 (1 year/11 issues)	□ \$28 (2 years/22 issues)	☐ \$39 (3 years/33 issues)

4957 East Heaton • Fresno, CA 93727



### $\square$ 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-

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-

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)

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 Heptathion. 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/Heptathion. 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)

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 Norten (602)

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 Decathion, U.C. Santa Barbara, Sam

Street

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 Decathion/Heptathion. 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)

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

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)

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

information b							
Date of Event		Location of Ev	ent	<u></u>			· ·
Name of Event_						<u> </u>	· · · ·
Type of Event:	long dista	nce run track mee	t cros	s country	other_	<u> </u>	
Starting Time		Distance if a running	g event				
Contact Person					_Phone		<u> </u>
			,				



## 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 invitationals 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.

Pervious Selections: Rich Kimball 1974, Dedy Cooper 1975, Larry Doubley 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, Svivia 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 Maldunado who was second in conference. Southern Cal and state.

Previous Selections: Ruth Caldwell 1977, Ruth Caldwell 1978, Renee Ortiz-Wyckoff 1979, Sue Gelley 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



lan Alsen



Matt Giusto



photo by Bill Leung, Jr.

Mark Dani





Kira Jorgensen

Fine Flicks by Don Gosney







**Jackie** Joyner-Kersee

Fine Flicks by Don Gosney





photo by Bill Leung, Jr.



Janice Sellon

photo by Gene Cohn



Nancy Ditz



**Greg Foster** 



Janeene Vickers



**Quincy Watts** 

### College Women Cross Country

### SYLVIA MOSQUEDA

NCAA Division II National Champion, fisth at TAC.

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

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, Duncanf 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, Parry O'Brien 1984, Parry 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

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



Laurie Binder



Ken Dennis



Marian Irvine



**Bess James** 



Payton Jordan



Shirley Kinsey

photo by Richard Lee Slotkin



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 Carnine, Sid Madden, Chick Dahlsten.

Previous Selections: Paul Spangler 1976, Josiah Packard 1979, Winfield McFadden 1980, Winfield McFadden 1984, Ken Carnine 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, Chrystel 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 Dietderich 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, Jacyln 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 McCowen 1983, Larry Banuelos 1984, Jim O'Neil 1985, Jim O'Neil 1986.

Masters Men 65-69 Road Racing

### GEORGE BILLINGSLEY

2201102 2121110022

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 Scannell 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

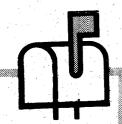
Others: Gerry Davidson, Kit Pickles, Helen Klein.

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





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 weightgain. 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 that 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 matabolically efficient and conserve energy. For example, trained people can have a lower-than-normal increase in metabolic rate post-eating. Dr. Poehlman of Perdue University reported that 3 hours postmeal, 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 firstever "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 it's 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 "winnertake-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 Schlau 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 fascitis 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

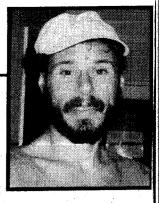
11 issues per year/\$15.00



### 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 vears ago? In fact, what Bay Area man was assured a spot on that team--until a hastilydecided 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 disappointmentas 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

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 car 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 o 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 4and 5-mile cross country distances that we standard then were long enough for him. " 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

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 righ. 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.....

Clkark won the 10,000 in LA in what he calls "not a tremendously fast race." Gerry Lindgren led through 3 miles in 14-minutesplus, 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 controsversy. 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

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

Lindaren 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 While Smith performed reminded me. 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.

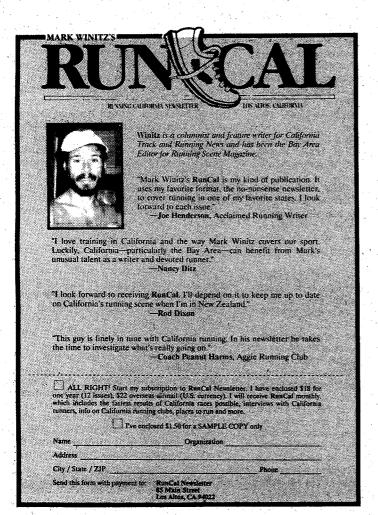
What exactly has Clark learned from his journey to the heights of American competition and to the base of Olympus? Again, he emphasizes the improtance of a coach for any serious runner. "The matter of selecting the right workouts and knowing when to back off is critical," he says. He feels that it's 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."



## -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 shipping 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

		- 1 1	C10#		
7.7	VAGRE	$\alpha$	NU	121	pounds

Track PR's:	, , , ,	
440 yards		50.8
880 yards		1:52.8
1 Mile		4:08
1,500 meters	and the second	3:49
3 Miles		13:33
10,000 meters		28:56
Road PR's:	and the second second	17
10 miles		48:20
Marathon	and the second section of the	2:20:39
Master PR:		
10K	A Section of the second	32:14

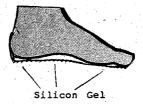
Mark Winitz is a competitive runner and running journalist who resides in Los Altos, Calif. He is Bay Area Editor for California Track and Running News and publishes the RunCal Newsletter on California running. He also announces, publicizes and helps promote running events. Please direct any correspondence 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 <u>ABSORBING</u> EXPERIENCE YOUR FEET HAVE EVER ENJOYED

In articles in national publications like <u>RUNNER'S WORLD</u>, <u>RUNNER</u>, 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 soft er called ULTRASORB. of silicon that is formed It easily and comfortabhas a viscosity that is foot and acts the very offering you the maxicushioning. The way



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

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.

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	MASTERCARE
Accnt No. PLEASE PRINT CLEARLY	Exp/_
Name	
Address	
City	
StateZIP	
Sign Here	
Shoe Size	and the second state of the con-

LET US MAKE YOUR DAY!!

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 ondest hope is to find a Corporate Sponsor willing to add or match funds with us for this regional development program.

	and the second s	The second second	
Suj	oer Senior Men:		
1	Bob Malain	Nor Cal	\$100.00
Sur	per Senior Women:		
1 '	Kit Pickles	Nor Cal	\$100.00
Ser	nior 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	400.00
5	Joan Reiss	Chips	100
	ior Men:	Ornpo	
ञ्च			
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	· · · · · · · · · · · · · · · · · · ·

Maste	er Women:	_		4	Jeff Adkins		Sub 4	\$400.00
1	Margie Timberlake	Flyers \$750		5	Craig Moore		Buffalo Chips	\$300.00
2 3	Joan Colman	WVTC \$500		6	Mark Hoefer		Fleet Feet	\$250.00
3	Heidi Skaden	Flyers \$250		7	Alan Dehlinger		Peppermill	\$200.00
4 .	Gail Rodd	WVTC \$150	.00	8	Joe Rubio		Aggies	\$150.00
4 5	Nelly Wright	\$100	.00	9	Scott Steinmaus		Reebok	\$100.00
6	Hilary Naylor	Impala		10	Sean Crom		Peppermill	\$50.00
7	Birthe Kirsch	Impala		11	George Hemandez	Y	Peppermill	
8	Joan Ullyot	WVTC		12	Daniel Grimes		Peppermill	
9	Madelyn Vassigh	WVJ&S		13	Derrick May		Peppermill	
. 10	Karen Lanterman	WVTC		13	Kevin Ostenberg		Aggies	
11	Anitra Seitamo			15	Denis O'Halloran		Aggies	
12	Joan Reiss	Buffalo Chips		16	Joaquin Leano		Peppermill	
13	Gail Goettelmann	WVTC		17	Jay Marden	**	Nike	
14	Marty Maricle	Nor Cal		17.	Tomas Wood		Unattached	100
15	Laurie Fisher	WVTC		19	Jon Klinkman		Flyers	
	er Men:	***		20	Craig Steinmaus		Reebok	
1	Bill Sevald	Excelsior \$750	00	21	David Chairez		Flyers	
/ 2	Bob Lindsev	Fivers \$500		21	Bill Langhout		Reebok	
3	Gene Dangel	East Bay \$250		23	David Minter	- 1	Peppermill	
4	Wayne Miles	Flyers \$150		23	Jeff Shaver			
	Steve Ferraz	Excelsion \$100					Aggies	
5 6		WVJ&S	.00	25 25	Camelo Rios		Aggies	
7	David Rivera				Matt Yeo		Aggies	
	Joe Cavanaugh	East Bay		Oper	Women:	4	C	04500.00
8 .:	Jerry Jobski	Fleet Feet	· · · · · · · · · · · · · · · · · · ·	]	Peggy Smyth			\$1500.00
9 :	Jim Gibbons	Tamalpa		2	Rossy Cardenas			\$1000.00
10	Bill Clark	WVTC		3	Sharlet Gilbert		Unattached	\$500.00
11	Perry Hayden	SSS		4	Chris Iwahashi		Chips	\$400.00
11	Martin Jones			5	Heike Skaden		Flyers	\$300.00
13	Gary Goettelmann	WVTC		6	Patti Gray	1,0	Impala	\$250.00
14	Jim Minami			7	Johanna Reneke		Impala	\$200.00
15	Bruce Von Borstel	Flyers		8	Theresa McCourt		Chips	\$150.00
Open	Men:			9	Sandra Sup		Flyers	\$100.00
1	Domingo Tibaduiza	Peppermill \$1500		10	Alison Orofino		Chips	\$50.00
2	Robert Anex	Flyers \$1000		11	Joan Colman		WVTC	
3	Mark Conover	Aggies \$500	0.00	12	Peggy Lavelle	•	Impala	
1.0	,				50,		•	

PLEASE PRINT OR TYPE INFORMATION IN THE APPROPRIATE BOX The Athletics Congress of the USA DATE OF PACIFIC ASSOCIATION PLICATION P.O. BOX 1495 DATE OF BIRTH FAIR OAKS, CA 95628 ATHLETE CODE OF HONOR SEND STAMPED SELF-ADDRESSED ENVELOPE AGE **REGISTRATION FEE \$10.00** SEX M/MALE or F/FEMALE TAC REGISTRATION NUMBER COUNTRY OF CITIZENSHIP U.S. CITIZEN Y/YES or N/NO ADDRESS CLASSIFICATION Y-M Y = YOUTH ATHLETICS M = MASTERS ZIP CODE CLUB NAME CLUB # I certify that in accord te with the rules of TAC and the IAAF, I am elig AREA CODE ATHLETE'S SIGNATURE

### ☐TAC Notes

13 13	Eileen Bickard Terry Puckett	WVTC Flvers
15	April Powers	Tamaloa
16	Judy Leydig	WVTĊ
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**

	28
Impalas	15
Buffalo Chips	13
Reebok Aggies	7
West Valley T.C.	2
Tamalpa	1
Reebok Aggies	25
Peppermill	17
Pacific Flyers	9
Reebok Racing	6
	6
	. 4
:	
	18
	12
	3
	. 1
Pacific Flyers	22
West Valley TC	12
West Valley J&S	10
11001 14.57 540	
	Pacific Flyers Impelæs Buffalo Chips Reebok Aggies West Valley T.C. Tamalpa  Reebok Aggies Peppermill Pacific Flyers Reebok Racing Buffalo Chips Ultramarin  West Valley TC Impalæs Silver State Tamalpa  Pacific Flyers West Valley TC West Valley TC West Valley J&S

4 4 6	Tamalpa Buffalo Chips Silver State		4 2
Senior Women:			
1	Nor Cal Seniors		4
Senior Men:			
1	Lake Merritt JS		3
2	Tamalpa	100	2
2	West Valley J&S		- 2
4	West Valley J&S 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 5KOp	oen, 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

### **TAC Card Renewal**

Women's 5K Half Marathon

Ten Mile

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

### SoCal Dia

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 lan's ability is questioned, it's just that lan'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.

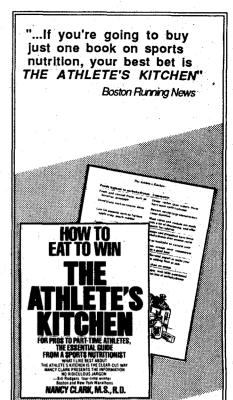
In the girls division at Kinney, Agoura's Deena Drossin just missed becoming the first freshman to win here as she ran a close

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 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 _			
KITCHEN, End	osed is	\$ \$	
Street:	<u> </u>		
City:			
State:	· ·	Zip	_:
Allow 4-	6 weeks	for delive	<b></b>



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 Guandong 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

### 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 Tehachapi'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 Deaudra 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

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.

# the China. A visit to the "Free showed the Chinese attempt at equipment, and just about anything else you ever imagined was available at some feathermore. Calif. Track & Running News

Fresno Pacific College, Fresno, CA July 17-22 & July 24-29

1988 Summer Running Camps

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

		Overall Results - Men	07.00
	្ប	Pete Chenard (Hoover, San Diego)	37:09 37:11
	2	Denny Joe (Arizona)	37:16
	3	Jim Gohrich (Wisconsin)	
	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	Jelf Donham (Ramona)	41:22
	17	Louis Leano (Channel Island, Oxnard)	41:49
	21	Bryan Goodson (Woodbridge, Irvine)	4217
	23	Tim Baker (LA Baptist, Sepulveda)	43:32
	25	Randy Arturi (San Marcos, S.Barbara) 43:42	
	27	Nik Emmanuel (Redondo Bch)	43:59
	28	Guillermo Palos (Gladstone, Covina)	44:29
	29	Mike Toner (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	lan Arias (Murphy, LA)	4927
	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	Arcelia Gomez (Wilson, LA)	47:15
	5	Patty Dowd (Kentucky)	47:15
	6	Linda Figueroa (Wilson, LA)	4728
	9	Melissa Chance (Arlington, Riverside)	49:58
	12	Stacy McDaniel (So. Torrance)	53:18
	13	Teresa Underwood (Millikan, Long Beac 53:42	
	15	Tiffany Goedhart (Vly Christian, Bellfic	haw
	16.	Breena Talamantes (St.Bernard,	
		radelRev)	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, PalyadelRey	
		10028	
	21	Stephanie King (Fillmore)	10915
	22	Denise Vasquez (Palm Desert)	10922
	-	PALLED 1800000 [1 00][[ [ 0000] [ ]	

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 McAllister (Locke, LA) won last June's State title, and has a 2:12:36 best, with Kristina Hand (Fallbrook) 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, Desiree Joubert (Westlake, Westlake Village) 2:15:64 (and 2:09:62 from 86), Christina Ross (Hawthorne) 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. LaFrania 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) 19-1 w 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 Whelchel (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 Faafeu (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 (Carnyon, 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 alltime 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 Cornway (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.

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 leaguemate 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. Fill 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 lan 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 HH) 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.

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 (Cakwood, 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 (Fallbrook)
58-1 3/4 and Larry Bryan (Damien, La Verne) 55-10 3/4 are
other strong Shot Putters, with Damien Jenkins (Saugus) 16910 the best of the Discus returnees.

# 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

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**

lan	Alc	å	(Granada Hille Morthric	lan!
			FIRST TEAM	

$r_{ij}$		FIRST TEAM						
1. lan A	1. 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 Woo	dward					
Park)								
2. Jaim	e Orte	ja (Arroyo, El Monte) Se	nior					
09/12	5	Woodbridge 2A 12th	15:22					
09/17	2	Walnut	15:47					
10/10	2	Stanford A	15.51.7					
10/17		Los Angeles Co. TS	15:59					
10/24	2	Mt. SAC Team Sweep	)					
	15:28							
11/14		Southern Section 3A						
11/28		State Division I	15:23					
12/05		Kinney Western	15:04					
12/12	14		15:24.5					
		eworth (Agoura) Sophor	nore					
	idence	: Calabasas)						
09/26	1 .	Agoura/Paramount Sr	n					
	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					
		e all-time at Woodward						
4. Gos	hu Tad	ese (Crawford, San Dieg	<b>30)</b>					

Mt. SAC Ind Sweep San Diego Sect. 2A 15:29.2

State Division 1

		amore (Palos Verdes, R	PV)
Senior		141	45.00
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
6. <b>B</b> en	iamin A	lyers (Christian Bros, Sa	icto)
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
11/20	2	State Division II	15:29
12/05	7	Kinney Western	15:18
12/12	17		5:32.7
		ole (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	
8. Fra Jr.	ancis O'	Neill (San Pasqual, Esco	ndido)
10/24	1	Mt. SAC Race 45	15:43
11/28		State Division I	15:30
	-		
12/05	-	Kinney Western	15:25
12/12		Kinney National	15:51
		/ (Arroyo, El Monte) Seni	
10/05		Stanford A	16:15
10/24		Mt. SAC Team Swee	р
	15:4		
11/14		Southern Section 3A	
11/28	6	State Division I	15:29
12/05		Kinney Western	15:29
10. Te	rrence	Mahon (La Habra) Senio	r .
09/19		Sonora Division I	14:44
10/03	2	Costa Mesa Dil	14:41
10/17	1	Orange County 12th	14:55
11/14	1	Southern Sect. 3A	15:26

State Division I

Kinney Western

15:29

15:50

11/28

12/05



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

Fine Flicks by Don Gosney

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

	gie Wi	lliams (River City, West S	Sacto)
Sr.		Oliva	15:45
09/26	1	Chico Nevada Union	15.45
10/03	1		14:51
10/10	•	Serra-Crystal Sp CV	15:03
	1	Sac-Joaquin Sec. D3	15:03
11/13	7	Sac-Joaquin Section	
11/28	1	State Division III	15:29
		ana (Arroyo Grande) Fre	
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 C	R) ·
	15:2		
11/14	3	Southern Section 2A	15:23
11/28	7	State Division I	15:30
(3rd all	-time :	freshman performer at	
Woodw			
13. Mic	hael 1	ansley (Dana Hills, Dana	a Pt.) Jr.
09/19	1 .	San Clemente Junior	15:19
09/26	1	Dana Hills Jr Dl	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
14. Bob	by Ro	driquez (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
. –			

		owers (Arroyo, El Monte) e: Temple City)	Senior
•	.3	Walnut	15:59
0/05	1	Stanford A 1	5:41
0/17	-6	Los Angeles Co. TS	16:25
0/24	3	Mt. SAC Team Sweet	)
	15:3	8	
1/14	5	Southern Section 3A	15:35
1/28	. 10	State Division I	15:31
2/05	43	Kinney Western	15:55
6. Mil	e Gla	re (Notre Dame, Sherma	n

THIRD TEAM

Ours)	·.	and the second s		
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	

17. Edd	lie Law	elle (Corona del Mar) Juni	or
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
18. Jim	Geerli	ngs (Newport Harbor) Sei	nior
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 Divsion II	15:33
19. Gar	y Stolz	(Miraleste, RPV) Junio:	
09/19	2	Warren Small	15:38
10/03	. 1	Kenny Staub Div 3	16:33
10/10	2	Fountain Valley D3	15:50
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
20, Key	in Holb	rook (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
21. Jim	my Ro	driguez (Santa Ana Vly,	S.Ána)
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 1. Kira Jorgensen (Rancho Buena Vista)

<b>GOS 1101</b>				
09/12	1		Las Vegas Large	15:59
09/26	1		lana Hills D2 Jr/Sr	16:37
10/24	1	1	Mt. SAC Ind Sweep (	Jr. CR)

10/24

10/20

### 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
		sin (Agoura) Freshman	
09/26	1	Agoura/Paramount Sm	1
4000	18:02		47.47
10/03 10/16	1	Kenny Staub Div I Ventura County	17:47 17:36
10/16	2	MSAC Ind Sweep (FCF	17.50
10/24	17:42		4
11/14	1	Southern Section 2A	17:46
11/28	1	State Division 1	17:35
12/05	2	Kinney Western	17:26
12/12	11	Kinney National	17:50
3. Nico	le Robb	oins (Hesperia) Sophomor	.6
09/26	2	Clovis Open 17:59	-
10/05	4	Stanford A 19:46	40.00
11/14	4	Southern Section 2A	18:35
11/28	4	State Division I	17:50
12/05 12/12	3 17	Kinney Western Kinney National	17:29 18:12
		rant (Hesperia) Senior	10.12
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. Ray	na Cerv	rantes (Montebello) Junio	or
09/12	1	Woodbridge 3A	18:01
09/19	1	Rosemead Junior/Senio	ľ
	17:13		
09/26	2	Dana Hills D2 Jr/Sr	16:53
11/14	1	Southern Section 3A	17:54
11/28 12/05	2 5	State Division I Kinney Western	17:43. 17:34
12/12	15	Kinney National	18:03
		NOIASS (CASTILIAIA, PAIDA	
Sr.	MCCZ	ndless (Castilleja, Palo <i>l</i> i	moj
	1	Stanford A 18:35	шој
Sr. 10/05 10/24		Stanford A 18:35 Two-Mile Postal	10:47
Sr. 10/05	1 1 1	Stanford A 18:35	10:47
Sr. 10/05 10/24 11/12	1 1 1 17:12	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3	10:47
Sr. 10/05 10/24 11/12	1 1 1 17:12	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III	10:47 17:51
Sr. 10/05 10/24 11/12 11/28 12/05	1 1 1 17:12 1 7	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western	10:47 17:51 17:42
Sr. 10/05 10/24 11/12 11/28 12/05 12/12	1 1 1 17:12 1 7	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National	10:47 17:51 17:42 18:00
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashi	1 1 17:12 1 7 12  ey Blac	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National ck (Palos Verdes, PVE) Ji	10:47 17:51 17:42 18:00 unior
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashl	1 1 17:12 1 7 12 ley Blac 3	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National k (Palos Verdes, PVE) Ju Woodbridge 1A	17:51 17:42 18:00 unior 17:56
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashi	1 1 17:12 1 7 12  ey Blac	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National k (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC)	10:47 17:51 17:42 18:00 unior
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashl 09/12 09/17	1 1 17:12 1 7 12 ley Blac 3	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National k (Palos Verdes, PVE) Ju Woodbridge 1A	17:51 17:42 18:00 unior 17:56
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashl 09/12 09/17 09/26 10/03 10/10	1 1 17:12 1 7 12 ley Blac 3 1 1 4	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Division III Kinney Western Kinney National k (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2	17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashl 09/12 09/17 09/26 10/03 10/10 10/17	1 1 17:12 1 7 12 ley Blac 3 1 1 4 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National k (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes	17:51 17:42 18:00 unior 17:56 18:19
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashl 09/12 09/17 09/26 10/03 10/10	1 1 17:12 1 7 12 ley Blax 3 1 1 4 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National St(Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep	17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashl 09/12 09/17 09/26 10/03 10/10 10/17 10/24	1 1 17:12 1 7 12 ley Blac 3 1 1 4 1 1 1 1 18:35	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National sk (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep	17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashl 09/12 09/17 09/26 10/03 10/10 10/17 10/24 11/14	1 1 17:12 1 7 12 ley Blac 3 1 1 4 1 1 1 1 1 1 1 1 1 2	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National k (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A	17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashl 09/12 09/17 09/26 10/03 10/10 10/17 10/24 11/14 11/28	1 1 17:12 1 7 12 ley Blac 3 1 1 1 4 1 1 1 1 18:35 2 6	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National k (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A State Division I	17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:511
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashl 10/10 10/17 10/24 11/14 11/28 12/05	1 1 17:12 1 7 12 ley Blac 3 1 1 1 4 1 1 1 1 1 1 1 1 1 8:35 6 8	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National k (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep  Southern Section 4A State Division I Kinney Western	17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:511 17:45
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashl 09/12 09/17 09/26 10/03 10/10 10/17 10/24 11/14 11/28	1 1 17:12 1 7 12 ley Blac 3 1 1 1 4 1 1 1 1 18:35 2 6	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National k (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A State Division I	17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:511
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashl 10/10 10/17 10/24 11/14 11/28 12/05	1 1 17:12 1 7 12 19 Blax 3 1 1 1 1 1 1 18:35 2 6 8 24	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National Sk (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep  Southern Section 4A State Division I Kinney Western Kinney National	17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:511 17:45
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 10/03 10/10 10/17 10/24 11/14 11/28 12/05 12/12	1 1 17:12 1 7 12 12 12 1 1 1 1 1 1 1 1 1 1 1 2 6 6 8 8 2 4	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National ck (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A State Division I Kinney Western Kinney National SECOND TEAM	10:47 17:51 17:42 18:00 unior 19:09 18:17 13:32 18:06 17:511 17:45 18:34
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 10/03 10/10 10/17 10/24 11/14 11/28 12/05 12/12	1 1 17:12 1 7 12 12 12 1 1 1 1 1 1 1 1 1 1 1 2 6 6 8 8 2 4	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National Sk (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep  Southern Section 4A State Division I Kinney Western Kinney National	10:47 17:51 17:42 18:00 unior 19:09 18:17 13:32 18:06 17:511 17:45 18:34
Sr. 10/05 10/24 11/12 11/28 12/05 10/17 10/24 11/14 11/28 12/05 12/12 8. Jenu	1 1 1 1 17:12 1 7 12 12 12 13 3 3 3 1 1 4 1 1 1 18:35 2 6 8 2 4	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National ck (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A State Division I Kinney Western Kinney National SECOND TEAM the (Leland, San Jose) Se	10:47 17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:511 17:45 18:34
Sr. 10/05 10/24 11/12 11/28 12/05 10/17 10/24 11/14 11/28 12/05 12/12 8. Jenn 10/03	1 1 1 1 17:12 1 7 12 levy Blax 3 1 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National k (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep  Southern Section 4A State Division I Kinney Western Kinney National  SECOND TEAM the (Leland, San Jose) Se Artichoke Large	10:47 17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:511 17:45 18:34
Sr. 10/05 10/24 11/12 11/28 12/05 10/14 11/14 11/28 12/05 12/12 8. Jeni 10/03 11/13 11/21 11/28	1 1 1 1 17:12 7 12 12 12 13 3 1 1 1 1 1 1 1 1 1 1 1 2 6 8 8 2 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National ck (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A State Division I Kinney Western Kinney Western Kinney National SECOND TEAM the (Leland, San Jose) Se Artichoke Large CCS Div. 1 Trials Central Coast Sec. D1 State Division I	10:47 17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:511 17:45 18:34
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 7. Ashl 10/03 10/10 10/17 10/24 11/28 12/05 12/12 8. Jeni 10/03 11/13 11/12 11/28 12/05	1 1 1 17:12 1 7 12 12 12 10 12 13 1 1 1 1 1 1 1 1 1 8:35 2 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National ck (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A State Division I Kinney Western Kinney National SECOND TEAM the (Leland, San Jose) Se Artichoke Large CCS Div. I Trials Central Coast Sec. D1 State Division I Kinney Western	10:47 17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:511 17:45 18:34
Sr. 10/05 10/24 11/12 11/28 12/05 10/17 10/24 11/14 11/28 12/05 12/12 8. Jenit 10/03 11/13 11/21 11/28 12/05 9. Karr	1 1 1 17:12 1 7 12 ey Blax 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National ck (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A State Division I Kinney Western Kinney Western Kinney National SECOND TEAM the (Leland, San Jose) Se Artichoke Large CCS Div. 1 Trials Central Coast Sec. D1 State Division I	10:47 17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:511 17:45 18:34
Sr. 10/05 10/24 11/128 12/05 10/12 11/28 12/05 12/12 8. Jeni 10/13 11/28 12/05 9. Kars Sophor	1 1 1 17:12 1 7 12 1 7 12 1 1 1 1 1 1 1 1 1 1 1 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National ck (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A State Division I Kinney Western Kinney National SECOND TEAM the (Leland, San Jose) Se Artichoke Large CCS Div. 1 Trials Central Coast Sec. D1 State Division I Kinney Western Kinney	10:47 17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:51 17:45 18:34
Sr. 10/05 10/24 11/12 11/28 12/05 12/12 11/14 11/28 12/05 12/12 8. Jeni 10/03 11/13 11/28 12/05 9. Kars Sophor 09/12	1 1 1 1 1 1 1 1 1 2 1 2 6 8 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National ck (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A State Division I Kinney Western Kinney National SECOND TEAM the (Leland, San Jose) Se Artichoke Large CCS Div. 1 Trials Central Coast Sec. D1 State Division I Kinney Western ix (South Hills, Covina) Woodbridge 1A	10:47 17:51 18:00 18:01 19:09 18:17 13:32 18:06 17:511 17:45 18:34 17:45 18:34 17:45 17:56 18:24
Sr. 10/05 10/24 11/128 12/05 10/12 11/28 12/05 12/12 8. Jeni 10/13 11/28 12/05 9. Kars Sophor	1 1 1 17:12 1 7 12 12 12 13 3 1 1 1 1 1 1 1 1 1 1 1 1 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Division III Kinney Western Kinney National ck (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A State Division I Kinney Western Kinney National SECOND TEAM the (Leland, San Jose) Se Artichoke Large CCS Div. I Trials Central Coast Sec. D1 State Division I Kinney Western ix (South Hills, Covina) Woodbridge 1A Rosemead Frosh/Soph	10:47 17:51 18:00 18:01 19:09 18:17 13:32 18:06 17:511 17:45 18:34 17:45 18:34 17:45 17:56 18:24
Sr. 10/05 10/24 11/12 11/28 12/05 10/03 10/10 10/17 10/24 11/12 11/28 12/05 12/12 11/28 12/05 12/12 11/28 12/05 9. Kare Sophor 09/12 09/19	1 1 1 17:12 1 7 12 12 13 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National k (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A State Division I Kinney Western Kinney National  SECOND TEAM the (Leland, San Jose) Se Artichoke Large CCS Div. I Trials Central Coast Sec. DI State Division I Kinney Western ox (South Hills, Covina)  Woodbridge 1A Rosemead Frosh/Soph	10:47 17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:511 17:45 18:34 17:42 17:37 17:45 17:56 18:24 (CR)
Sr. 10/05 10/24 11/12 11/28 12/05 10/12 11/14 11/28 12/05 12/12 8. Jenit 10/03 11/13 11/21 11/28 12/05 9. Karr Sophor 10/10 10/17 10/24 11/14 11/28 12/05 12/12 11/14 11/28 12/05 12/12 11/14 11/28 12/05 9. Karr Sophor 10/10	1 1 1 17:12 1 7 12 12 12 13 3 1 1 1 1 1 1 1 1 1 1 1 1 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National k (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep  Southern Section 4A State Division I Kinney Western Kinney National  SECOND TEAM the (Leland, San Jose) Se Artichoke Large CCS Div. I Trials Central Coast Sec. D1 State Division I Kinney Western tox (South Hills, Covina)  Woodbridge 1A Rosemead Frosh/Soph San Gabriel Vly RI	10:47 17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:511 17:45 18:34 17:42 17:37 17:45 17:56 18:24 (CR) 18:20
Sr. 10/05 10/24 11/12 11/28 12/05 10/03 10/10 10/17 10/24 11/12 11/28 12/05 12/12 11/28 12/05 12/12 11/28 12/05 9. Kare Sophor 09/12 09/19	1 1 1 1 1 1 1 1 1 1 2 6 8 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National ck (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A State Division I Kinney Western Kinney National SECOND TEAM che (Leland, San Jose) Se Artichoke Large CCS Div. 1 Trials Central Coast Sec. D1 State Division I Kinney Western cox (South Hills, Covina) Woodbridge 1A Rosemead Frosh/Soph San Gabriel Vly RI Mt. SAC Sweep	10:47 17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:511 17:45 18:34 17:42 17:37 17:45 17:56 18:24 (CR)
Sr. 10/05 10/24 11/12 11/28 12/05 10/12 11/14 11/28 12/05 12/12 8. Jeni 10/03 11/13 11/21 11/28 12/05 9. Karv Sophor 09/12 09/19 10/10 10/23	1 1 1 17:12 1 7 12 12 12 13 3 1 1 1 1 1 1 1 1 1 1 1 1 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National k (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep  Southern Section 4A State Division I Kinney Western Kinney National  SECOND TEAM the (Leland, San Jose) Se Artichoke Large CCS Div. I Trials Central Coast Sec. D1 State Division I Kinney Western tox (South Hills, Covina)  Woodbridge 1A Rosemead Frosh/Soph San Gabriel Vly RI	10:47 17:51 17:42 18:00 unior 17:56 18:19 19:09 18:17 13:32 18:06 17:51 17:45 18:34 17:42 17:37 17:45 17:56 18:24 (CR) 18:20 18:06
Sr. 10/05 10/24 11/12 11/28 12/05 10/12 11/14 11/28 12/05 12/12 8. Jeni 10/03 11/13 11/21 11/28 12/05 9. Karr Soppin 09/12 09/19 10/10 10/23 11/14	1 1 1 17:12 1 7 12 19 Black 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Stanford A 18:35 Two-Mile Postal Central Coast Sec. D3 State Divisison III Kinney Western Kinney National ck (Palos Verdes, PVE) Ji Woodbridge 1A Walnut (At Mt. SAC) Clovis Open 17:59 Kenny Staub Div I Fountain Valley D2 Palos Verdes Mt. SAC Team Sweep Southern Section 4A State Division I Kinney Western Kinney National SECOND TEAM the (Leland, San Jose) Se Artichoke Large CCS Div. I Trials Central Coast Sec. D1 State Division I Kinney Western Ixiney We	10:47 17:51 17:42 18:00 18:19 19:09 18:17 13:32 18:06 17:511 17:45 18:34 17:42 17:56 18:24 (CR) 18:20 18:06 18:00

10. Tina	a Gorbe	t (Lassen, Susanville)		
Sophor				
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. Jan	et Bowi	e (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 17:2	719:37	
12/05	11	Kinney Western	18:04	
12. Kris	iti Bach	e (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	
	ky Spie	s (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	
		enmiller (Thousand Oaks		
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		40.50	
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	

		THIND LEADIN		
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 Freyne (Riverside Poly, Riverside)				
Sr.		O-h 4440	40.00	
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. Nice	ole Ho	ule (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, Pheian)				
Sophor	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	
		-		



Bryan Dameworth

Mt. SAC Race 37 San Diego Sec. 2A State Division I navides (Santa Ana V Woodbridge 1A	19:14 14:54 18:23 ly)
State Division I navides (Santa Ana V Woodbridge 1 A	18:23
navides (Santa Ana V Woodbridge 1 A	
Woodbridge 1A	ly)
	18:27
Dana Hills D2 Jr/Sr	17:38
Orange County 12th	18:26
Southern Section 4A	18:45
State Division I	18:27
Kinney Western	18:28
oval (Montebelio) Junio	70
Noodbridge 3A	18:53
Rosemead Jr/Sr	17:32
Dana Hills D2 Jr/Sr	17:28
/ucaipa Large	20:02
Bell Gardens 11/12	17:58
Southern Section 3A	18:33
State Divinion I	18:28
	Southern Section 3A State Division I





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", 23'101/2", 49'5", 66'1/2", 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) Arroyo (El Monte) Dana Hills Bellarmine Prep (San Jose) Palos Verdes Camarillo Upland Agoura 8 Poway Del Campo (Fair Oaks) Serra (San Diego) Vacaville 12 San Ramon (Danville) Canyon (Canyon Country) Granada Hills 14 Thousand Oaks Antelope Valley (Lancaster) 17 Rubidoux (Riverside) 18 Arrovo Grande Madera 19 Bella Vista (Fair Oaks) Women's Division I (1601 students & O for four grades) Palos Verdes Agoura Hesperia Montebello Santa Ana Valley Arroyo Grande Madera Vacaville 10 La Jolla Leland (San Jose) Wilson (Los Angeles) 13 Los Gatos San Pasqual (Escondido) 14 15 Norco Villa Park 16 17 Irvine Ventura Newbury Park Thousand Oaks Men's Division II (801-1600 student for four grades) Walnut Corona del Mar Gunn (Palo Alto) El Camino (Oceanside) Woodbridge (Irvine)

Newport Harbor Castro Valley Jesuit (Sacramento) St. Francis (Mt. View)

Acalanes (Lafayette)

Golden West (Visalia)

Coachella Valley

Leigh (San Jose) Cabrillo (Lompoc)

Half Moon Bay

La Puente

Brea

Azusa Paso Robles

10

11 12

13

15

16

17

18

20

	•	
Wa	men's Division II	Monte
	1-1600 students for four grades)	Men's (Ali D
1	Newport Harbor	1 .
2	Woodbridge (Irvine)	2
3	Archbishop Mitty (San Jose)	3
4 5	South Hills (Convina) Nordhoff (Ojai)	4 5
6	Miramonte (Orinda)	6
7	Willow Glen (San Jose)	7
8	Gunn (Palo Alto)	8
9	Campolindo (Moraga)	9 ,
10 11	Morro Bay	10 11
12	Lassen (Susanville) Sonora	12
13	Ramona (San Diego Section)	13
14	Rancho Buena Vista (Vista)	14
15	El Dorado (Placerville)	15
16	Aptos	
17 18	Acalanes (Lafayette) St. Francis (Mt. View)	
19	Analy (Sebastopol)	
20	Bishop Montgomery (Torrance)	
	's Division III	1
	students or less for 4 grades)	
1 2	McFarland R.L. Stevenson (Pebble Beach)	
3	Yreka	
4	Salesian (L.A.)	
5	Bear River	
6	Maranatha (Sierra Madre)	
7 8	Village Christian (Sun Valley) Sherman Indian (Riverside)	
9	York School (Monterey)	
10	Serrano (Phelan)	
11	Bishops (San Diego)	
12	Army/Navy (Carlsbad)	
13 14	Bishop	•
15	University (San Francisco) La Salle (Pasadena)	
16	Cathedral (L.A.)	
17	Firebaugh	Nam
18	L.A. Baptist (Sepulveda)	
19 20	Calvin Christian (Escondido) Thacher (Ojai)	Addr
	men's Division III	
	students or less for 4 grades)	
1	Maranatha (Sierra Madre)	D4
2	University (San Francisco)	Phon
3 4	Coronado St. Joseph (Santa Maria)	Hinb.
5	Bret Harte (Angel's Camp)	High
6	Yreka	Year
7	Paraclete (Lancaster)	
8 9	San Joaquin Memorial (Fresno) McFarland	Majo
10	Moorpark	
11	Santa Catalina (Monterey)	Hono
12	Webb (Claremont)	
13	Loretto (Sacramento)	-
14	Head-Royce (Oakland)	
15 16	Bishop South Fork (Miranda)	
17	Dixon	200
18	Valley Christian (Cerritos)	

Thacher (Ojai)

LA Baptist (Sepulveda)

s Overall Top Fifteen		men's Overall Top Fifteen
Division Combined)	(Ali	Divisions Combined)
Arroyo (El Monte)	1	Palos Verdes
Walnut	2	Agoura
Dana Hills	3	Hesperia
Corona del Mar	4	Montebello
Bellarmine Prep (San Jose)	5	Santa Ana Valley
Palos Verdes	6	Newport Harbor
Camarillo	7	Arroyo Grande
Upland	8	Woodbridge (Irvine)
Agoura	9	Archbishop Mitty (San Jose)
Poway	10	Powav
Del Campo (Fair Oaks)	11	Madera
Serra (San Diego)	12	Vacaville <sup>1</sup>
Vacaville	13	
San Ramon (Danville)	14	Leland (San Jose
Canyon (Canyon Country)	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	<u> </u>
Event	Mark
**************************************	

### Cross Country

### Westmont Invitational

September 26. Westmont.

	Overall Results - Men	
1	Jess Llanez (Fresno Pacific)	26:11
2.	Jim Knox (Westmont)	26:15
3	Darren Near (Azusa Pacific)	26:19
4	Cam Matson (Point Loma)	2629
5	Jim Mattson (Westmont)	2632
6	Mike Smith (Westmont)	26:35
7	Dennis Kiely (Point Loma)	26:42
8	Leonard Aceves (Bakersfield)	26:47
9	Pat Byrne (Cal Lutheran)	26:49
10	Jesus Gutierrez (Notre Dame)	26:53
11	Rico Aparico (Notre Dame)	27:00
12	Jeff Classen (Master's)	27:08
13	Fernando Villegas (Notre Dame)	27:13
14	Robert Sagasto (Bakersfield)	2724
15	Nestor Calvillo (Azusa Pacific)	2729
Tea	m Scores:	

1. Westmont 41, 2. Fresno Pacific 100, 3. College of Notre Dame 112, 4. Point Loma Nazarene 115, 5. Cal State Bakersfield 123, 6. California Lutheran 150, 7. UC Santa Barbara 165, 8. Biola 184, 9. Southern Utah 255, 10. Cal State San Bernardino 258, 11. The Master's College 286, 12. St. Mary's 359, 13. Pepperdine 360, 14. Christ College-Irvine 405, 15. Loyola Marymount 410, 16. Christian Heritage 464. Azusa Pacific and Souther California College, No Score.

Overall Results - Women

1	Sheri Opp (St. Mary's)	19:13
2	Tiffany Shaw (Fresno Pacific)	1923
3	Annie Holte (UC Santa Barbara)	19:31
4	Marie Carman (Westmont)	19:36
5	Christine Meis (UC Santa Barbara)	19:40
6	Shannon Battles (Bakersfield)	19:41
7	Joanne Halsted (UC Santa Barbara)	19:49
8	Trish Unruhe (UC Santa Barbara)	1952
9	Lisa Bennett (Fresno Pacific)	19:52
10	Susan Horstmeyer (Notre Dame)	19:53
11	Petersen (UC Santa Barbara)	20.00
12	Cecilia Saleme (UC Santa Barbara)	20:01
13	Lori Zachula (Cal Lutheran)	20:02
14	Michelle Lubinsky (Westmont)	20:02
15	Sandrine De Marval (Notre Dame)	20:07
Tea	m Scores:	

1. UC Santa Barbara 34, 2. Westmont 98, 3. St. Marys 135, 4. Notre Dame 146, 5. Bakersfield 157, 6. CSU San Bernardino 168, 7. Fresno Pacific Univ. 187, 8. Point Loma 215, 9. Master's College 221, 10. Biola University 244, 11. Pepperdine 245, 12. So. Utah Univ. 287, 13. St. Mt. St. Mary's 288, 14. Loyofa Marymount 324.

### Golden State Athletic Conference Cross Country

#### October 17. Santa Fe Dam, Irwindale.

O	DOG 17. SHINE I'E DAIII, II WILLIAMS	
	Overall Results - Men	Section 1
1	Jess Llanez (Fresno Pacific)	24:33
2	Denis Kiely (PLNC)	24:55
3	Cam Matson (PLNC)	25.02
4	Jim Mattson (Westmont)	25:15
5	Matt Griffin (CLU)	25.21
6	Darren Near (APU)	25.30
7	Mike Smith (Westmont)	25:33
8	Nestor Cavillo (APU)	25:38
9	Pat Byrne (CLU)	25.42
10	Chris Carswell (PLNC)	25:44
Tan	m Scorpe	

 Westmont 58, 2. Fresno Pacific 63, 3. Cal Lutheran 67, 4. Point Loma Nazarene 69, 5. Azusa Pacific 120, 6. Christ College Invine 219, 7. Southern Cal College NS, 8. Cal Baptist NS.

	Overall Results - Women	
1	Maire Carmen (Westmont)	18:13
2	Michelle Lubinsky (Westmont)	1823
3	Lori Zackula (CLU)	1825
4.	Tiffany Shaw (Fresno Pacific)	1828
5	Eva Lindblad (PLNC)	18:36
6	Lisa Bennett (Fresno Pacific)	18:41
7	Maria Montoya (APU)	19:18
8	Airat Bakare (APU)	19:33
9	Kris Rardon (PLNC)	19:37
10	Jill Hatfield (Westmont)	19:49
Tea	m Scores:	
1. )	Westmont 40, 2. Point Loma Nazare	eine 63, 3.
Azu	sa Pacific 73, 4. Fresno Pacific 8	8, 5. Cal
Lut	neran 103, 6. So. Cal College NS.	

### NAIA District III Championships

Nov	ember 7. UC Santa Barbara.	
	Overall Results - Men's 8000m	
1.	Jesse Llanez (Fresno Pacific)	25.00
2	Cam Mattson (Point Loma)	2529
3	Jim Mattson (Westmont)	25:43
4	Darrin Near (Azusa Pacific)	25.48
5	Jim Knox (Westmont)	25:57
6	Denis Kiely (Point Loma)	26:11
7	Patrick Byrne (Cal Lutheran)	2629
8	Chris Carswell (Point Loma)	2631
9	Scott Saulsbury (Westmont)	26:33
10	Jeff Classen (Master's)	26:38
Tea	m Scores:	

1. Westmont 45, 2. Point Lopma 52, 3. Fresno Pacific 89, 4. Cal Lutheran 109, 5. Azusa Pacific 128, 6. The Master's 129, 7. Biola 133, 8. Christ Irvine 246,9. Christian Heritane 257, 10, SCC NS.

Chr	istian Heritage 257, 10, SCC NS.	
	Overall Results - Women's 5000m	1
1	Michelle Lubinsky (Westmont)	18.45
2	Maire Carman (Westmont)	18:48
3	Lisa Bennett (Fresno Pacific)	18:54
4	Tiffany Shaw (Fresno Pacific)	18:57
5	Lori Zackula (Cal Lutheran)	19:00
6	Kim Fish (Masters)	1927
7	Airat Bakare (Azusa Pacific)	19:49
8	Eva Lindbald (Point Loma)	. 19:56
9	Marlys Newey (Masters)	20:05
10,	Jill Hatfield (Westmont)	20:10
Tee	m Scores:	
1 V	Vactmont 26 2 Point Lama 76 5 Th	a Mantara

 Westmont 36, 2. Point Loma 76, 3. The Masters 77, 4. Azusa Pacific 126, 5. Fresno Pacific 130, 6. Cal Lutheran 132, 7. Biola 145, 8. So. Cal College 195, 9. Christian Heritage 248, 10. M£ St. Marys NS.

### TAC National Masters 10K Cross Country Championships

By Bob and Carole Langenbach

November 8. Seattle, WA.

Larry Almberg, 40, of Ellensburg, WA, pulled away at the start of the race and held on for a 14-second victory over Mike Manley, 45, of Eugene, for a new course record of 33:58.

Graham Garcia, 40, of San Diego, took third in 35:02 when he outkicked Mike Heffernan, 47, of Portland, in the last 150 yards.

Bob Milner, of Hamilton, NY, repeated as M50 national champion in 37:51. Roger Bryan of San Jose was second in 38:09.

Almberg's 33:58 docking bettered John Jordeh's course record of 34:55 from last year's U.S. vs Canada Cross Country Challenge. Due to this year's unseasonably warm and dry weather in Seattle, the course was fast but dry and dusty.

The second race of the day, for men 60+ and all women, was handily won by Seattle's Orlo Keniston in 41:41. Charlotte Swanson, 45, of Aberdeen, WA, this year's marathon national champion, captured the women's title in 42:42.



#### MICHELLE LUBINSKY (left) & TIFFANY SHAW

The M40+ team competition consisted of six teams batting it out, with the "Fast Masters" of the Three Rivers Road Runners of southwest Washington acing out last year's champions, San Diego Track Club, for a 179:07 to 179:57 victory.

Snohomish Track Clubs two 50's teams won the gold and silver but were disappointed that no east coast teams came out to challenge them. "Last year three teams from the west coast travelled to New Jersey for the 10K X-C championship," commented race director Bob Langenbach, "but this year only west coast teams showed up, despite the fact that we sent out entry forms to over 50 masters clubs around the country. The team competition was excellent, but we had hoped for more national participation."

Overall Results 1Larry Almberg (40) Ellensbg 2Michael Manley (45) Eugene 34:12 3Graham Garcia (40) SanDiego 35-02 4Michael Heffernan (47) Portind 35:05 5Dennis Kasischke (41) SanDiego 35:24 6William Leahy (45) Pasco,WA 7Ron Wells (41) Alpine 35:42 8Alan Beck (41) Heppner, OR 36:00 9Frank Bozanich (43) Bothell 36:12 10Michael Daly (40) Eugene Teams Results

40-49:

179.07, 2. SDTC (Garcia, Kasischke, Wells, Goforth, Stern) 179.57, 3. OTCM (Manley, Daly, Wolfe, Weeks, Pickering) 182:18.

1, STC-A (Pratt, Millett, Pitkethly, Ellis, Langenbach) 197:17, 2. STC-B (Malinski, Bordeaux, Fournier, Burt, Ryan) 214:02.

Overall Results - Women 1Charlotte Swanson (45) WA 2Christine Curtis (50) Seattle 46:31 3Nancy Hellyer (51) Steilacoom 47:14 4Joani Wright (40) Auburn 4821 5June Hubbard (46) Boise 4929 6Andrea Hatch (44) Hull 5041 7Liz Szawlowski (54) Marblehead 5200 8Laura Baggett (46) Seattle 53:31 9Billie Murphy (60) Tacoma 10Bev LaVeck (51) Seattle

### NAIA National Cross Country Championships

Vovember 21. Univ. of Wisconsin, Kenosha, WI.

NON	ember 21. Univ. of Wisconsin, Kenosha, Wi.	
	Overall Results - Men's 8000m	
1	Rick Robirds (Adams St)	23:47
2	Leodgard Fiita (Wayland Baptist)	24:09
3	Craig Dickson (Adams St)	24:12
.4	Jeff Trump (Davis & Elkins)	24:32
5 -	Jesse Llanez (Fresno Pacific)	24:34
6	Marco Ochoa (Adams St)	24:37
7	Juan Diaz (Western St)	24:41
8	Eric Fillinger (Cedarville Col)	24:43
9	Danny Bustos (N. Mexico Highlands)	24:45
10	Dan Held (Wisconsin-Eau Claire)	24:46
35	Jim Mattson (Westmont)	2532
38	Patrick Byrne (California Lutheran)	25.35
72	Denis Kiely (Point Loma)	25:55
80	Jim Knox (Westmont)	25:58
138	Tim Oakes (Westmont)	26:31
147	Cam Matson (Point Loma)	26:36
149	Mike Smith (Westmont)	26:37
185	Darren Near (Azusa Pacific)	26:54
187	Scott Saulsbury (Westmont)	26:57
244	Brien McInnes (Westmont)	27:39
249	Steve Friebus (Westmont)	27:41
Tean	n Scores:	
1. A	dams State 21, 2. N. Mexico Highlands 1	71, 3.
	1 2 3 4 5 6 7 8 9 10 35 88 72 80 138 147 149 185 187 244 249 Tean	1 Rick Robirds (Adams St) 2 Leodgard Filita (Wayland Baptist) 3 Craig Dickson (Adams St) 4 Jeff Trump (Davis & Elkins) 5 Jesse Llanez (Fresno Pacific) 6 Marco Ochoa (Adams St) 7 Juan Diaz (Western St) 8 Eric Fillinger (Cedarville Col) 9 Danny Bustos (N. México Highlands) 10 Dan Held (Wisconsin-Eau Claire) 35 Jim Mattson (Westmont) 38 Patrick Byrne (California Lutheran) 29 Denis Kiely (Point Loma) 40 Jim Knox (Westmont) 110 Tim Oakes (Westmont) 111 Cam Matson (Point Loma) 112 Mike Smith (Westmont) 115 Darren Near (Azusa Pacific) 115 Scott Saulsbury (Westmont) 116 Brien Melmes (Westmont) 117 Catheran

 Adams State 21, 2. N. Mexico Highlands 171, 3. North Florida Univ. 180, 4. Missouri Baptist 189, 5.
 Wisconsin-Eau Claire 200, 16. Westmont College 417.

Overall Results - Women's 5000m eah Pells (Simon Fraser) Michelle Marter-Rohl (Wisconsin-Parkside) Valerie Hilden (Pacific Lutheran) Doris Watson (Adams St) Kim Burke (Central Washington U) 17:39 Jane Reaves (Adams St)
Marguerite Skello (Malone Col) 17:46 17:46 Meg McElroy (Manchester Col) 17:51 Cindy Blakeley (Emporia St) Juliet Smith (Simon Fraser) 17:55 Michelle Lubinsky (Westmont) 18:47 Maire Carman (Westmont) 18:50 Lori Zackula (California Lutheran) 19:19 Lisa Bennett (Fresno Pacific) 1922 Tiffany Shaw (Fresno Pacific) Jill Hatfield (Westmont) 19:38 1949 Stacia Larsen (Westmont) 1956 Nicole Schwinkendorf (Westmont) 20:13 Kim Fish (Master's College) 2027

1. Simon Fraser 60, 2. Adams State 109, 3. Pacific Lutheran, WA. 131, 4. Wisconsin-Parkside 181,5. Western Washington U. 192. 15. Westmont College 412

Debbie Gilchrist (Westmont)

Rachel Porter (Westmont)

### TAC National Masters Cross Country Championships

Nov. 22. Van Cortland Park, NY, 15K.

Nov	7. 22. Van Cortland Park, NY. 15K.		
	Overall Results		
.1.	Larry Olsen (41) Boston		5123
2	Jerry Smith (44) Syracuse		5422
3	Hector Bauza (42) BelleWatting	1	5428
4	Dick Ashley (46) Hartford		55:46
5	Arnold Repetto (44) Hartford		55:53
. 6	Warren Fowler (40) Boston		55:54
7	Richard Fitz (43) Central Park		56:03
8	Ken Mueller (51) Boston		56:05
9 .	Samuel Skinner (45) NaturalLv		56:07
:10	Fritz Mueller (51) CentralPk		56:07
11	Norbert Sander (45) Millrose		56.52
12	Gary Gagnon (44) Hartford		56.55

Continued next page

20:47

13	Donald Gulick (40) Hartford	5726
14	David Buddington (46) Hartford	.57:42
15	Robert Sieller (47) Hartford	57:49
16	Peter Madden (48) Hartford	57:57
17	James Marinaccio (43) PA	58:06
18	Ralph Warde (44) Hartford	58:11
19	Jack O'Rourke (41) Boston	58:14
20	Jim Fillis (50) Millrose	58:31
21	Roger Bryan (51) WestValley	58:35
22	Sid Howard (48) CentralPk	58:36
23	William Masterson (40) Hartfd	58:44
24	Alan Fairbrother (51) Millrose	58.54
25	Samuel McLendon (46) Hartford	58:57
	Division Results - Men	

40-44: 1. Larry Olsen 51:23, 2. Jerry Smith 54:22, 3. Hector Bauza 54:28. 45-49: 1. Dick Ashley 55:46, 2. Sam Skinner 56:07, 3. Nord Sanders 56:52, 50-54: 1. Ken Mueller 56:05, 2. Fritz Mueller 56:07, 3. Jim Fillis 58:31. 55-59: 1. Edward Stabler 1:00:11, 2. Robert Klaus 1:06:24, 3. William Schwarz 1:06:26. 60-64: 1. Geroge Thompson 1:06:36, 2. John McMannes 1:07:07, 3. Terrance McGinnis 1:07:52. 65-69: 1. Tom Gibbons 1:10:55, 2. Bill Coyne 1:11:28, 3. Nathanial White 1:13:11. 70-74: 1. Vincent Camevale 1:16:23, 2. Charles Feldman 1:30:06, 80-84: 1. Max Popper

#### Division Results - Women

40-44: 1. Robin Villa 1:14:43, 2. Irman Bassett 1:15:57, 3. Nancy Rodgers 1:16:59, 45-49: 1. Anna Thornhill 1:04:07, 2. Lowis Tuker 1:13:17, 3. Annamarie Kunz 1:18:36, 50-54; 1. Gudron Phillips 1:08:54, 2. Joyce Maret 1:18:27, 3. Katie Knight 1:25:10. 55-59: 1. Ethel Autorino 1:21:24. 70-74: 1. Eve Havens 1:53:30, 2. Adrianne Salmini 2:18:50.

#### Team Scores

40-49: 1. Hartford A, 70, 2. Boston M, 80, 3. Hartford B, 91, 50-59: 1, Millrose AA, 230, 2. Syracuse Cb., 278, 3. Belle Watting, 338, 60-69: 1. Millrose AA, 254. 70-79; 1. Millrose AA, 468.

40-49: 1. Millrose A. 318. 2. Millrose B. 377. 3. Van Cortland, 551. 50-59: 1. Millrose AA, 438.

### **U.S. Cross Country** Championships

ber 28. Van Cortlandt Park, N.Y. Overall Results -Senior Women Lynn Jennings (27) Nan Davis (25) 19:47 Kathy Hayes (23) 19:51 Sabrina Dornhuefer (23) 1956 Sylvia Mosqueda (20) 19:57 Cathie Twomey (31) 20:05 Janet Smith (21) 20:07 Christine McMiken (20) 20:08 Suzanne Girard-Eberle (24) 2011 Melody Sye (22) 20:12 Margaret Groos (28) Leslie Seymour (27) Maureen Custy (20) 2022 2026 Marilyn Davis (20) 2026 Kirsten O'Hara (20) 2029 Marty Geissler (24) 20.35 Bente Moe (26) Michele Hallett 20:40 20:41 · 18 Sue Addison 20:41 Julie Watson Tina Moloney (21) 20:44 Laurie King (27) 20:45 Sue Schroeder (29) 20:47 Carmen Ayala 20:49 Donna Donakowski (22) 20:50 Kelly Shoteke 20:52 Kathy Hadler (25) 27 20:55 20:57 28 Nicole Fogarty 20:58 Deborah Torneden (26) 30 Laura Craven (22) 21:06

21:11

21:12

21:12

21:13

21:15

21:17

21:17





KIRSTEN O'HARA



photo by Jim Reynolds



MARK JUNKERMANN

- 40	David O'Keefe (28)	31:3
4		31:3
4		31:3
4	3 David Daniels (29)	31:3
4		31:3
. 45	Matt Taylor (20)	31:4
46		31:4
4		31:4
. 4	3 Chris Zinn (20)	31:44
49	Greg Lautenslager (30)	31:4
50	Daniel Dillon (30)	_31:50
,	Overall Results - Junior Women	
1	Anita Philpott (18)	17.4
2	Aisling Ryan (17)	18:0
2 3	Laura Romero (15)	19:00
4	Jenny Schank (17)	19:1
5	Suzanne Jones (18)	19:3
ີ 6	Robyn Heim (18)	19:3
7	Tracy Smith (18)	19:48
8	Jodie Shay (16)	19.5
. 9	Chris Baldes (17)	19:5
10		202
	Overail Results - Junior Men	
1	Daniel Lopez (19)	15.1
2	Daniel Maas (18)	152
1 2 3 4 5	Chris Rauber (19)	152
4	Doug Walter (19)	152
5	Steve Heffernan (19)	152
6	Frank Runion (19)	15:3
7	John Hill (19)	15:3
8	John Floyd (19)	15:3
9	Lee Zubrod (18)	15:39
10		1539

### CIF **LA City Prelims**

### At Pierce College (Rain Course)

HEAT ONE: TEAM-1 Belmont 23; 2 Hamilton 52. San Pedro 87. IND.—1 Villejas (Jordan), 14:47; 2. Otero (Bel-mont), 14:47; 3. Gaona (Belmont), 14:55; 4. Quintana (Belmont); 14:57; 5. Felix

(Washington), 15:00; 6. Scott (Hamilton), 15:00; 7. Ben-Mai (Hamilton), 15:01; 8. Moore (Verdugo Hills), 15:03; 9. Garcia (Belmont), 15:04; 10. Delgado (San Pedro), 15:14.

HEAT TWO: TEAM—1. Granada Hills 26; 2. Nerbonne 72; 3. Bell 89. IND.—1. Lawson (Granada Hills), 14:29; 2. Klinedinst (Granada Hills), 14:29; 2. Klinedinst (Granada Hills), 14:34; 3. De Lunnes (South Gate), 15:00; 4. Schweiger (Granada Hills), 15:07; 5. Ramirez (Huntington) Park), 15:10; 6. De Montigney (Narbonne), 15:11; 7. Gordon (Granada Hills), 15:13; 8. Hiatt (El Camino Real), 15:14; 9. Herrera (Bell), 15:20; 10. Flores (Narbonne),

HEAT THREE: TEAM-1.Birmingham 39; 2. Poly 69; 3. Roosevelt 77. IND.—1. Miranda (Birmingham), 14:28; 2. Carreno (Fremont), 14:31; 3. Alvarez (Palisades), 14:36; 4. Naranja (Wilson), 14:46; 5. 14-30, 4. Ivaranja (viviscin), 14-40, 3. Gastellum (Birmingham sophomore), 14:55; 6. Mata (Roosevelt), 15:06; 7. Rodriguez (Tart), 15:18; 8. Martinez (Banning), 15:29; 9. Hanseh (Poly), 15:37; 10. Alonso (Fremont), 15:41.

Girts
HEAT ONE: TEAM—1. Belmont 26; 2. San Pedro 52; 3. Bell 60. IND.—1. M. Martin (San Pedro), 18:03; 2. Trujillo (Belmont), 18:15; 3. Stubbs (El Camino Real), 18:15; 4. Hernandez (Belmont), 18:20; 5. N. Martin (San Pedro), 18:27; 6. Cazares (South Gate), 18:36; 7. Lefort (San Pedro), 18:37; 8. Belloso (Belmont), 19:18; 9. Ruelas, 19:41; 10. Lomax (Palisades), 19:48.
HEAT TWO TEAM—1. Kennedy 43:

(Palisades), 19:48.
HEAT TWO: TEAM—1. Kennedy 43:
2. Garfield 50; Lincoln 59; IND.—1.
Segura (Lincoln), 17:22; '2. Lawson
(Kennedy), 17:32; 3. Guidi (El Camino
Real), 18:08; 4. Polanco (Garfield), 18:43;
5. Crongeyer (Kennedy), 18:46; 6. Mendoza (Banning), 18:57; 7. Winn (Verdugo
Hills), 19:04; 8. Solano (Jefferson), 19:06;
9. Seatel (Birminohem), 19:10; 10. Toher 9. Segal (Birmingham), 19:10; 10. Tobar (Garfield), 19:13.
HEAT THREE: TEAM—1. Wilson 21;

HEAT THREE: TEAM—1. Wilson 21; 2. Roosevelt 47; 3. Narbonne 85; IND.—1. Gomez (Wilson), 17:29; 2. Soliman (Roosevelt), 17:37; 3. Fong (Marshell), 18:02; 4. Linda Figueroa (Wilson), 18:07; 5. Lucinda Figueroa (Wilson), 18:06; 6. Rizo (Roosevelt), 18:11; 7. Candelaria (Wilson), 18:42; 8. Vallejo (Wilson), 18:53; 9. Ragland (Carson), 19:03; 10. Gilbert (Chatsworth), 19:06

### CIF LA City Championships

Dec. 8. Pierce College.

#### BOYS

TEAM-1. Belmont 47 (Belmont wins

TEAM — 1. Belmont 47 (Belmont wins sixth consecutive title on the basis of a higher-placing sixth man); 2. Granada Hills 47. 3. Birmingham 96; 4. Hamilton 101; 5. San Pedro 155; 6. Roosevelt 178; 7. Narbonne 180; 8. Bell 188; 9. Poly 189; 180 — 1. Alsen (Granada Hills); 2. Miranda (Birmingham), 15:26; 3. Carreno (Fremont), 15:32; 4. Lawson (Granada Hills), 15:34; 5. Alvarez (Palisades), 15:37, 7. Otero (Belmont), 15:5); 8. Gaona (Belmont), 15:52; 9. Gastellum (Birmingham sophomore), 15:53, 10. Frelix (Washing-Viscous) sophomore), 15:53; 10: Frelix (Washington), 15:54. Others included: 25. Bautista (Belmont), 38 Ells (Granada Hills).

TEAM—1. Wilson 51; 2. Kennedy 78; 3. Belimont 94; 4. Lincoln 109; 5. Garfield 111; 6. San Pedro 116; 7. Roosevelt 139; 8. Narbonne 210; 9. Bell 215. IND—1. Segura (Lincoln), 18.41; 2. Soliman (Roosevelt), 18.47; 3. Lopez (Wilson), 18.51; 4. Jerry Martin (San Pedro), 18.57; 5. Trujillo (Belmont), 19.09; 6. Janet Martin (San Pedro), 19:15; 7. Stubbs (El Camino Real), 19:17; 8. Stubbs (El Camino Real), 19:20; 9. Lawson (Kennedy), 19:25; 10. Fong (Marshall), 19:32.

32

33

Lynn Nelso0n

Mary Lammi

Julie Foster (25)

Suzanne Wurl (29)

Melissa Martel

Cathy Fasker

Christine Coope

Sally Ramsdale

Sandra Anschuetz (24)

### Road Racing

### Philadelphia Half-Marathon

October 7, Philadelphia.

Division Results - Men

12-19: 1. Scott Black 1:20:52, 2. Barry Midkeff, Jr. 1:21:13, 3. Jonathan Koplovitz 1:22:40. Open: 1. Martyn Brewer 1:02:07, 2. Mark Curp 1:02:12, 3. Jim Haughy 1:02:16. 30-39: 1. Benji Burden 1:04:36, 2. Chuck Crabb 1:05:27, 3. David Glidewell 1:05:41. 40-49: 1. Barry Brown 1:10:00, 2. Dane Dresonlany 1:10:49, 3. Glenn Myers 1:11:18. 50-59: 1. Norman Green 1:10:23, 2. Anthony Cerminaro 1:19:40, 3. Kirk Davies 1:19:45. 60 & Over: 1. Jack Start 1:27:44, 2. Bart Holm 1:31:03, 3. Edwin Tankins 1:32:11.

Division Results - Women 12-19: 1. Joan Kenley 1:33:20, 2. Carol Melendez 1:40:11, 3. Naimah Vadak 1:42:53. Open: 1. Sylvia Mosqueda 1:10:47, 30-39: 1, Rea Van Landeghen 1:12:44, 2. Lea Hayer 1:13:12, 3. Katy Laetsch 1:15:23: 40-49: 1. Eileen Shoulin 1:22:33, 2. Betsy Marshbarger 1:23:31, 3. Erlene Michener 1:25:35. 50 59: 1. Lisa Praskins 1:35:51, 2. Umme Dyson 1:38:15. 60 & Over: 1. Helen Dempsey 1:56:51, 2. Becky Yencharis 2:05:43.

photo by Bill Leung, Jr.



SYLVIA MOSQUEDA

### First Discover Santa Barbara

October 10, Santa Barbara, 5K & 10K.

	Overall Results	
1	Mark Conover (27) SLO	30:31
. 2	Rich McCandless (31) Camarillo	31:03
3	Dennis Kurtis (33) San Jose	31:54
4 .	Tim Minor (29) Ventura	3216
5	David Lawler (25) Goleta	33:16
6	Jim Kornell (36) Santa Barbara	34:14

.7	James Jacobs (30) Santa Barbara	35:0
8	Scott Baumann (22) Thousand Oaks	35:0
9	Brian Campbell (26) Santa Barbara	35:3
10	Noel Vaughan (30) Santa Barbara	35:4
11	James Garritson (12) Fullerton	362
- 12	Carrie Garritson (10F) Fullerton	36.2
13	Wayne Stanfield (37) Camarillo	36:4
14	Keith Kirkpatrick (41) SLO	36:5
15	Elaine Triplett (36F) Santa Barbara	36:5
16	Jeff MacAluso (30) Santa Barbara	36:5
17	Bruce Young (28) Santa Barbara	37:1
18	Mike Larbig (27) Santa Barbara	38:0
19	Peter O'Garro (29) Santa Barbara	38:1
20	Larry Brooks (47) Santa Barbara	38:2
21	Danny Swets (24) Goleta	38:3
22	Roberto Silva (30) Santa Barbara	38:3
23	Bill Mason (34) Santa Barbara	38:4
24	Mark Thomasee (32) Santa Barbara	38:4
25	John Feeley (37) Goleta	38:4
26	Jim Sloan (30) Santa Barbara	38:4
27	Jose Gonzalez (26) Santa Barbara	38:50
28	Brad Baumann (24) Thousand Oaks	38:5
29	Dianna Hall (30F) Santa Barbara -	38:5
30	Baxter Losano (30) Santa Barbara	39:00
	Division Results - Men's 10K	

14 & Under: 1. James Garritson 36:28, 2. Jarrod Garritson 39:28, 3. Adam Goldman 1:01:50. 19-24: 1. Scott Baumann 35:01, 2. Danny Swets 38:30, 3. Brad Baumann 38:55. 25-29: 1. Mark Conover 30:31, 2. Tim Minor 32:16, 3. David Lawler 33:16. 30-34: 1. Rich McCandless 31:03, 2. Dennis Kurtis 31:54, 3. James Jacobs 35:00, 35-39: 1. Jim Kornell 34:14, 2. Wayne Stanfield 36:45, 3. John Feeley 38:47. 40-44: 1. Keith Kirkpatrick 36:50, 2. James Brown 39:19, 3. Vic Birtalan 40:19. 45-49: 1. Larry Brooks 38:21, 2. John Patterson 39:07, 3. Bob Sewell 43:30. 50-54: 1. Richard Quigley 42:01, 2. Don Longanecker 44:37, 3. Mike Sherman 44:47, 55-59: 1. Frits Devries 45:01, 2. Robert Eichel 53:16, 3. Bill Schellenberg 1:04:27, 60-69: 1. Wallace Cole 51:33, 2. John Schweitzer 57:46, 3. Charles O'Reilly 58:03. 70 & Over: 1. Eddie Lewin 43:44, 2. Paul Gilbert 1:05:51. Wheelchair: 1. Richard Ceniseroz 50:54.

Division Results - Women's 10K

14 & Under: 1. Heather Garritson 43:25. 15-18: 1. Michol Bauer 55:07. 19-24: 1. Mary Cook 45:00, 2. Julie Baratto 45:07, 3. Jill Katzer 45:08. 25-29: 1. Marsha Harrington 43:41, 2. Robin Scott 45:12, 3. Anne Erpenbeck 47:17, 30-34: 1, Dianna Hall 38:59, 2. Teresa Sherry 40:05, 3. Tonya Gil-Lewis 44:54, 35-39: 1. Elaine Triplett 36:51, 2. Sally Doherty 44:29, 3. Sharon Lesar 45:31, 40-44: 1. Betty Jory 43:24, 2. Gretchen Folks 48:41, 3. Jill Curtin 51:53. 45-49: 1. Barbara Camp 50:06, 2. Jan Sherman 1:01:21, 3. Carolyn Raponi 1:04:27. 70 & Over: 1. Grace Schweitzer 1:08:50.

Overall Results - 5K

1	Mike Triplett (29) Santa Barbara	15:36
2	Dennis Odion (28) Santa Barbara	16:10
3	Gregg Horner (33) Santa Barbara	16:34
4	Gregor Robin (30) Santa Barbara	16:48
- 5	Mike Callahan (20) Santa Barbara	16:56
6	Stewart Rasmussen (25) Santa Barbar	a
	17:06	
7	James Edmondson (42) Santa Barbara	1729
8.	Anne Hayden (33F) Santa Barbara	17:38
. 9	Dennis Mihora (43) Santa Barbara	17:44
10	Eric Durak (26) Santa Barbara	17:48
11	Ron Johnson (25) Pasadena	18:01
12	Diane Odion (31F) Santa Barbara	18.04
13	Robert Cooney (31) Carpinteria	18:06
<b>`14</b>	Eric Johnson (24) Goleta	18:14
15	Mary Ryzner (33F) Santa Barbara	18:37
16	Bradley Cox (32) Santa Barbara	18:38
` 17	Eduardo Rezende (20) Goelta	18:50
18	Mary Bean (22F) Santa Barbara	18:50
19	Robert Diaz (28) Carpinteria	18:51
20	Gae McClenathen (25F) Goleta	18:52
21	Edmund Wroblewski (38) Sta Barbara	18:56
22	Ray Unzueta (18) Santa Barbara	19:03
23	Patrick Higgins (50) Santa Barbara	19:18
24	Dick Kentro (42) Santa Barbara	1922
25	Charles Eckberg (39) Santa Barbara	1925
26	Steve Fusco (38) Santa Barbara	19:31
27	Al Perez (39) Santa Barbara	19:31
28	Tony Brizzolara (35) Ventura	19:32
29	Kristy Jimenez (20F) Santa Barbara	19.37
30	Brian Giammichele (28) Ventura	19:55
	Division Results - Men's 5K	

14 & Under: 1. Jeff Garcia 22:00, 2. Evan McPeters 22:09, 3. Ben Karanovich 22:18, 15-18: 1. Ray Unzueta 19:03, 2. Joe Howarth 19:55, 3. Tom Hazen 20:42, 19-29; 1. Mike Triplett 15:36, 2. Dennis Odion 16:10, 3. Mike Callahan 16:56. 30-39; 1. Gregg Horner 16:34, 2, Gregor Robin 16:48, 3. Robert Cooney 18:06. 40-49: 1. James Edmondson 17:29 2 Dennis Mihora 17:44, 3. Dick Kentro 19:22. 50-59: 1. Patrick Higgins 19:18, 2. George Medina 20:50, 3. Thomas Ochsner 25:51. 60-69: 1. John Blaney 26:07, 2. Robert Romanin

Division Results - Women's 5K

14 & Under: 1. Jenna Roundtree 24:52, 2. Elleana Hauser 27:29, 3. Kara Cooney 28:01. 15-18: 1. Sheila Logan 22:36, 2. Debbie Cohn 24:56, 3. Lorrie Graynald 25:00. 19-29: 1. Mary Bean 18:50, 2. Gae McClenathen 18:52, 3. Kristy Jimenez 19:37, 30-39, 1 Anne Hayden 17:38, 2. Diane Odion 18:04, 3. Mary Ryzner 18:37, 40-49; 1, Agate Lawson 26:11, 2, Ginny Duffield 26:15, 3, Debbie Murphy 26:28, 50 & Over: 1. Carol Forster 25:12, 2. Veronica Hanlon 28:18.

### **Antelope Valley** The Hospital Run

October 10. Lancaster, 5K.

	Overall Results	
1	George Berg (19) Lancaster	16:05
2	Mark Sobota (28) Palmdale	16:28
3	Todd Kerzie (18) Palmdale	16:33
4	David Lucas (24) Rosamond	16:46
5	Tony Whitmore (31) Lk Elizabeth	17:03
6	John Berg (17) Lancaster	17:23
7	Richard Cooper (43) Lancaster	17:56
8	Dennis Smith (41) Tehachapi	18:03
9	Kevin Moore (28) Edwards	18:03
10	Mark Harvey (16) Lancaster	18:04
11	Greg Hogan (34) Lancaster	18:14
12	Adam Conaway (27) Palmdale	18:24
13 .	George Berg (39) Lancaster	18:26
14	Lester Trujillo (60) Lancaster	18:32
15	Dennis Harrison (18) Lancaster	18:35
	Overall Results - Two Mile Walk	
1	Bob Knapp (43) Quartz Hill	23:21
2	Kendra Hamrick (10) Lancaster	26:11
3	Alice Medina (10) Lancaster	26:11
4	John Dermody (42) Lancaster	26:53
5	Janice Schrier (46) Quartz Hill	27:00

### **ABWA Pathfinder** Chapter 5K Run for Education

October 17, Fremont.

Division Results - Men

13 & Under: 1. Todd Coleman 36:36, 14-19: 1. David Kipec 17:43, 2. Chester Labucay 18:56. 20-29: 1. Robert Grove 17:34, 2. Tom Thatcher 18:52. 30-39: 1. George Reagan 20:22, 2. Otto Zielke 20:37, 40-49; 1. Roger Zalldan 18:57, 2. Robert Joplin 21:22, 50 & Over: 1. Brian Roger 19:02, 2. Charlie Dickinson

Division Results - Women

13 & Under: 1. Jill O'Connor 39:53, 14-19: 1. Shelley Zantella 63:42, 20-29: 1, Gena Thomas 28:30, 2, Joan Dorman 30:05. 30-39: 1. Joyce Tanaka 23:31, 2. Victoria Leeflang 26:47. 40-49: 1. Barbara Zalldan 23:35, 2. Edna Niero 26:36, 50 & Over: 1. Jeannie O'Steen 31:00, 2, Florence Boss 32:32.

Young at Heart
October 25. Santa Rosa. 7 & 3 Mile.

More than 2,000 runners and walkers participated in the Young at Heart Run. The event, sponsored by the Young at Heart Club of Santa Rosa Memorial Hospital and the Redwood Empire Ice Arena, benefits Memorial's Redwood Empire Cardiac Exercise

The run consists of a 7 mile and a 3.1 mile race. As top winners in the 7 mile, Dan Aldridge and

Becky Kejoecker received three-day, two-night stays plus \$100 food credits, at Konocti Harbor Inn. The prize was donated by KFTY Channnel 50 Television. Erick Studenicka and Nora Doyle Cooney received weekend packages for two at the Sheraton Round Barn Inn in Santa Rosa as overall winners in the 3.1

Medal went to the first, second and third place rinners in the full run, and to the first and second place winners in the half run, in all age categories Second place winners in both runs received a Nike

All participants received a collector's T-shirt designed by "Peanuts" artist Charles Schulz.

Top Men - 7 Mile

1. Dan Aldridge 35:51, 2. Daniel McCellough 39:11.

Top Women - 7 Mile 1. Becky Kejoecker 44:20, 2. Cindi Van Nalta 44:42.

Top Men - 3 Mile 1. Erick Studenicka 15:51, 2. Jon Ahnberg 16:08. Top Women - 3 Mile

1. Nora Doyle Cooney 17:54, 2. Milly Burke 18:34.

### Legg Lake 5K Moming Run

October 25. So. El Monte.

Division Results - Men 6-9: Jason Reukema 28:56, 2. Bill Del Toro 33:03. 10-14: Glen Reukema 36:47. 15-18: 1. Brian Kavanaugh 16:56, 2. David Duiones 20:44. 25-29: 1. Nati Corrasco 17:47, 2. Philip Caeuley 24:22. 30-34: 1. Andres Perez 22:09. 35-39: 1. Gustavo Bedoy 18:25, 2. Manny Alvarez 20:02, 3. Ray Gonzales Jr. 20:42, 40-44; Miguel Mendez 18:32, 2. Leslie Randozzo 18:59, 3, Ed Bouldin 20:31. 45-49: Dennis Kavanaugh 18:02, 2. Fred Glover 19:52, 3. Richard Corriveau 20:12. 50-54; 1. Tom Kutrusky 26:56. 55-59: 1. Leo Prado 20:24, 2. Leonard Walts 20:35, 3. Ruben Esqueda 20:39. 60-69: David Cohen 23:53, 2, John Guzman 26:47,

Division Results - Women Racewalker: 1. Doris Chung 43:31. 15-18: 1. Carmala Gomez 23:51. 35-39: Elsa Del Toro 33:33. 40-44: Barbara Reukema 23:29. 45-49: 1. Margaret Shields 23:18. 50-54: Judy Demenno 25:27.

### City of Bellflower **Liberty Runs**

October 31. Bellflower. 5K & 10K. Overail Results - 5K Refugio Estrada (23) Elgin Smith (22) 15:55 Larry Higginstrohm (28) 16:40 Richard Caver (18) 16:40 Eddie Perez (20) 16:56 Walter Obrien (27) 17:09 Tim Rudkins (19) 17:19 David Nunez (25) Francisco Nunez (23) 17:34 Bob Streets (34)

Division Results - Men's 5K 13 & Under: 1. Donovan Draayer 23:06, 2. Brian Jacobson 23:52, 3. Gary Vanderbroek 26:37. 14-18: 1. Richard Cayer 16:40, 2. David Mackey 19:13, 3. John St. Onge 19:45, 19-24: 1. Refugio Estrada 15:33, 2. Elgin Smith 15:55, 3. Eddie Perez 16:56. 25-29: 1. Larry Higinstrohm 16:40, 2; Walter Obrien 17:09, 3. David Nunez 17:26. 30-34: 1. Bob Streets 17:38, 2. Duane Spitzer 17:44, 3. Ponciano Garcia 19:00. 35-39: 1. Bill Klein 18:06, 2. Bruce Breyan 19:04, 3. Pat Rojas 21:06. 40-49: 1. Art Tomaso 18:31, 2. Mike Wardle 18:59, 3. Luis Bedoy 19:03. **50-59**: 1. Carlos Vega 20:00, 2. Jack Wielenga **21:45**, **3. Nick Guido 22:18. 60** & Over: 1. Daniel Lujan 21:33.

Division Results - Women's 5K

13 & Under: 1. Shalle Milligan 29:17, 2. Shannon Milligan 30:04. 14-18: 1. Tiffany Goedhart 19:59, 2. Amy Hankins 21:03, 3. Holly Rudkin 22:01. 19-24: 1. Juana Valdez 22:18, 2. Renae Kramer 23:50, 3. Ellen Bruxcoort 25:10.25-29: 1. Sherree Frager 22:18, 2. Becky Bunch 23:43, 3. Carmen Sandoval 29:11, 30-34: 1. Robin Martin 23:04, 2. Doris Chung 24:27, 3. Sue Rogers 26:23. 35-39: 1. Lorelle Biataric 25:02, 2. Carol Murray 26:37, 3. Irene Mendolla 29:46. 40-49: 1. Kathie Barker 27:28, 2. Felicitas Barrios 28:25, 3. Shirley Dohrman 28:26. 50-59: 1. Ginnie Mains 25:05. 2. Dolres Vega 27:58, 3. Sherri Clewis 30:16.

Overall Results - 10K Leonard Castrejon (25) 3228 Richard Miller (38) 35:46 Abraham Varughese (21) 35:51 Jim Chenoweth (47) 36:12 Bruce Vermaat (30) 36:30 Carl Kinnon (28) Gary Williams (41) 36:50 Jerry Lawrence (34) 3700 Carlos Valle (52) 37:11 Nabor Gomez (35)

Division Results - Men's 10K

13 & Under: 1. Shane Milligan 54:09, 2. Evam Hook 59:08, 3. Piers Hurley 1:00:24. 14-18: 1. Michael Brown 38:54, 2. Erik Chavez 45:01, 3. Paul Maxon 48:31, 19-24: 1. Abraham Varughese 35:51, 2. Peter Huezl 40:21, 3. John Cole 44:29, 25-29: 1. Leonard Castrejon 32:28, 2. Carl Kinnon 36:46, 3. Todd DeJorg 38:49. 30-34: 1. Bruce Vermaat 36:30, 2. Jerry Lawrence 37:02, 3. Damian Fulton 37:20, 35-39: 1, Richard Miller 35:46, 2. Nabor Gomez 37:16, 3. Gustano Bedoy 38:05. 40-49: 1, Jim Chenoweth 36:12, 2. Gary Williams 36:50, 3. Lee Baca 37:29, 50-59; 1. Carlos Valle 37:11, 2. Bruce Odou 43:07, 3. Ralph Anaya 43:19. 60 & Over: 1. Tad Fujiuka 45:39, 2. Jim Sands 46:06, 3. Richard Jacobson 49:21,

Division Results - Women's 10K

14-18: 1. Monica Turney 49:40, 2. Mary Hall 59:13. 19-24: 1. Kristy Scholten 55:44. 25-29: 1. Cheryi Bledsoe 49:42, 2. Frankie Deguzman 1:04:50. 30-34: 1. Nancy Aranda 42:18, 2. Jerri Edwards 43:05, 3. Joyce Dekreek 47:09. 35-39: 1. Joanne Draayer 51:54, 2. Lavone Sanson 54:51, 3. Virgina Swift 58:59. 40-49: 1. Debby Barton 45:46, 2. Della Wolfe 54:14, 3. Marion Russell 55:05. 50-59: 1. Shirley Lawrence

### **New York City** Marathon

October 31, New York City,

Overa	ill Results - Men	
1	Ibrahim Hussein (29) Kenya	211:01
2 .	Gianni DeMadonna (33) Italy	2:11:53
3	Pete Pfitzinger (30) USA	2:11:54
4	Pat Petersen (27) USA	2:12:03
5	Tommy Ekolom (28) Finland	2:12:31
6	Orlando Pizzolato (29) Italy	21250
7	Boguslaw Psujek (30) Poland	2:13:38
8 .	Mirko Vindis (23) Yu;goslavia	2:13:39
9	Hugh Jones (32) England	2:14:05
10	Gregory Meyer (32) USA	2:14:31
11	Spyros Andriopoulos (25) Grec	2:14:40
12	Diamantino Santos (26) Brazil	2:14:55
13	David Murphy (30) USA	215:02
14	Manuel Vera (36) Mexico	215:19
15	Roy Dooney (29) Ireland	2:15:30
16	Agapius Masong (25) Tanzania	2:15:33
17	Gerardo Alcala (26) Mexico	2:15:44
18	Carlos Retiz (25) Mexico	2:15:58
19	Art Boileau (30) Canada	216.05
20	Jorge Gonzalez (34) PuertoRico	216:16
21	Tony Milovsorov (28) England	21622
22	Osvaldo Faustini (31) Italy	216:57
23	Thom Hunt (29) USA	21720
24	Elisio Rios (26) Portugal	21803
25	Martin Vrabel (32) Czech	218.05
Overa	Il Results - Women	
1	Drigoilla Malch (42) England	220:17

Priscilla Welch (42) England Françoise Bonnet (30) France 230:17 231:22 Jocelyne Villeton (33) France 2.32.03 2:32:38 Ria Van Landeghem (30) Belg Karolina Szabo (25) Hungary 2:34:58 Agnes Sipka (33) Hungary Laurie Crisp (26) USA Monika Schaefer (28) Germany 23526 236:01 2:37:40 Robyn Root (27) USA 237:57 Nellie Aerts (25) Netherlands 2:38:18 Lorna Irving (40) Scotland Jennifer Colgrove (26) USA 2:38:36 2:38:53 12 Sally Ellis (29) England 2:40:06 Sharlet Gilbert (36) USA 240:51 15 Ewa Szydłowski (27) Poland Luzia Sahli (31) Switzerland 241:15 24120 Julia Gates (28) England 241:54 Sirkku Kumpulainen (31) Finl 24220 Elisabeth Johannesson(32)Swe Carina Weber-Leutner(27)Aust 2.42.36 2:43:12 20 Dominique Rembert (36) France 24321 Cesarina Taroni (38) Italy 2:44:56 Paula Moro (35) Italy 245:04 Gillian Beschloss(28)England 2-46-32 Beth Dillinger (32) USA California Men 24639

Thom Hunt(29) Coronado

Dan Gonzalez (25) Mt. View

Glenn Madden (27) Capitola

Joseph Schieffer (36) Oakland

21720

2:22:45

234:15

23815

Eddie Mora (31) Weed 245:51 Charlie Hoover (39) Sepulveda 403 Joachim Bechtle (43) S.F. 2:47:04 409 Christopher Weston (26) L.A. 2:47:15 424 Terrence Boynton(30)LosAltos 2:47:36 Ed Scheleble (32) LosAltos 2:47:37 2:47:37 426 Scott Marconda (26) LosAltos 428 429 Jim VanDine (33) Los Altos 247:38 Matt Yeo (33) Los Altos 24738 Mike Fanelli (27) Los Altos 2:47:39 431 Ernie Reith (29) Los Altos 2:47:39 432 Rich Langford (31) Los Altos 247:39 433 Pat Devaney (31) Los Altos 2:47:40 Denis O'HJalloran (35) LosAlt 247:40 435 Pete Sweeney (32) Los Altos 2:47:40 Thomas Hall (37) Agoura 499 2:49:31 514 David Morris (36) LagunaBch 249:58 Vincent Macias (28) Arcadia 251:06 Joe Schlereth(37) Fresno 25124 568 James rader (48) Pleasanton 251:40 Louie Terrones(26)BermudaDn 251:46 Top 2 California Women Laurie Crisp (26) El Cajon 236:01 193 Robyn Root (27) Davis 2:37:57 247 Sharlet Gilbert (36) Richmd 240:51 25020 Linda Jannelli (32) Carrdiff Karen Angel (41) Trinidad 3:03:56 Bonnie Robinson(47)L.A. 3:13:31 Kathy Welch (34) Loquel 3:13:31 2358 Francine Solomon(44)CrdN 3:16:41 Joan Mork (33) Soquel 3:17:55 Dinny Shryock (43) CrdM 3:21:12 2919 Debra Rocker (29) BeverlyH 3:21:20 Arlene Ucinski (34) S.Monica 2937 3:21:33 Maureen Sherry(24)S.F. 3:22:23 Angeles Ramirez(35)GardenG 3:23:26 4580 Joanne Sidwell(40) Richmond 3:33:29 Patricia Rieberdorf(39)Redl 5334 3:37:50 Jan Woods (39) S.Monica 3:38:08 Denise Pilnak (36) L.A. 3:38:37 S. Deary (26) Long Bch 3:40:48 6029 Kathy Kusner (47) W.Holywd 3:41:36 Diana Chronert (49) W.Hills 3:41:59 Sheila Tobin (31) S.F. 3:42:56 3:43:07 Sandra Farthing(36)LagunaBo Nancy Stover (34) Berkeley Maria Perkins (40) Camarillo 3:43:28 3:43:39

### Legg Lake 5K Moming Run

So El Monte

Division Results - Men's 5K 6-9: 1. Brian Corriveau 25-02, 15-18: 1. Valencia Eduardo 17:20, 2. Recardo Gonzalez 18:50, 3. Justin Agredano 19:25. 19-24: 1. Allan Garcia 16:01, 2. Antonio Granados 18:06, 3. J. Guadiupe Gonzalez 19:42, **25-29**: 1. Daye Varela 20:08, **30:34**: 1. Lorenzo Antunez 21:33, **35-39**: 1. Luis Bedoy 19:44, 2. Ray Gonzales 20:41, 3. Daniel Solorzano 21:03, **40-44**: 1. George Ison 20:53, 2. Mike Lalum 20:57, 3. Robert Burke 22:06. 45-49: 1. Richard Corriveau 20:28. 50-54: Tom Kutrusky 25:53, 60-64; 1. Bud Fowler 22:54, 65-69; 1. David Cohen 23:11, 2. Wiley Nelson 27:54.

Racewalkers: 1. Manny Alverez 31:59. Division Results - Wom

30-34: 1. Patricia Meigman 24:49, 2. Doris Chuns 25:09. 35-39: 1. Pat Keller 28:25. 40-44: 1. Ann Burke

### **Great Pumpkin Runs**

Vov.	1. Westiake Village. 5K & 10K.	
	Overall Results - 5K	
1	Mike Smith (26) ThousOaks	15.18
2	Abe Valdez (16)	1520
3	Terry Howell (30) ThousOaks	15:46
•	Darren McIntosh (19)	16:16
5	Jeff Kraft (19)	1624
5	Jussi Hamalainen (41) Agoura	1624
7	James Stepan (34) Northridge	1627
3	Andres Casillas (19)	16:43
-		
}	Wayne Stanfield (27) Camarillo	17:04
10	Paul Ciani (20)	17:17
11	Jeff Ross (33) Westlake Vil	17:55
2 .	John Mossbacher (41)	17:55
13	Tim Buto (31) Camarillo	18:01
4	Phil Freilich (22)	18:12
15	Geoffrey Glassner (44) Agoura	18:12
16	Joe Jacobsen (44) WestlakeVil	18:21
17	John Marnell (42)	18:30
18	Kyle Stonecipher (19)	18:33
19	Mike Keele (15) Westlake Vil	18:34
20 .	Holly Ackley (24F)	18:36
33	Amy Skieresz (10F) Westlake V	19:44
46	Mary Jo DelCampo (36F) ThousOk	20:56
55	Sharon Grant (35F)	21:46
57	Leslie Stepan (40F) Northridge	21:52
70	Margaret Shields (47F) Highland	2253
ול	Patty Behringer (29F) ThousOk	23.07
78	Mila Horak (33F) Westlake V	23:53
10	Overall Results - 10K	23.33
1		32:37
	Chris Spitz (24)	33:49
2	Peter Mogg (33) Moorpark	
3	Jussi Hamalainen (41) Agoura	33:57
4	Pete Kaplan	34:05
5	Jim Hughes (40) SimiValley	34:18
6	George Arellano	34:34
7	Terry Howell	34:42
8	James Stepan (34) Northridge	34:58
9	Scott Baumann (22) ThousOaks	35:22
10	Jim Pellon (36) Westlake Vil	36:01
11	Craig Mead	36:32
12	Ed Kitchen (28) Thous Oaks	37.06
13	David Elder	37:11
14	Bill Skieresz (50) Westlake V	37:14
15 1	Roger Patrick (43) ThousOaks	37:33
16	Allan Baxter (36) Thous Oaks	37:34
17	Fernando Trevina	37:36
18	Larry Pontinen (46) Ventura	37.51
19	Dave Wheeler (50)	37:55
20	Jonathan Brower (43) WestlkV	38.19
سط 36	Vicki Cook (23F) Newbury Park	40:04
∞ 46	Vicki Eyre (36F) Agoura	41:55
	Vicin Eyre (30F) Agourd	42:48
52	Keena Carstensen (27F) NewbyP	
84	Leslie Stepan (40F) Northridge	46:57
88 .	Fran Maguire (40F) Westlake Vil	4720
98	Monica Johansson (26F) ThousOk	48.06
99	Elizabeth Belf	48:14

### **Big Valley Classic** 1. Stockton, Half Mara, & 10K.

	Overall Results	
	Dave Chairez (28) Fair Oaks	1:10:11
	Don Hicks (27) Ran.Cordova	1:1217
	Chris Enfante (35) ElkGrove	1:17:01
	Leon Casas (34) Sonora	1:18:35
,	Tom Pearman (25) Carmichael	1:18:54
	Bruce Fujimoto (31) Sacto	1:19:53
	Steve Tredway (40) Manteca	1:20:38

Agegnehu Gettle (33) Davis Charles Locke (34) Stockton 1:21:14 121:51 Frank Garcia (32) Tracy 12257 Tim Frawley (39) Sacto 1:23:42 Timothy Meier (27) Livermore Arthur Cahn (49) Carmichael 1:23:44 1:23:52 John Semier (46) Stockton 1:24:42 Gordon Gould (43) Woodland 1:24:50 J.G. Contreras (43) Carmichael Ken Gaal (47) Yuba City 12521 1:25:30 Jesse Cumpian (29) Stockton 1:25:37 Theresa McCourt (28) Sacto 1:25:43 Jim Donald (32) Davis Division Results - Men's Half

19 & Under: 1. Lee Berger 1:31:45, 2. Victor Storms 1:53:55, 20-29: 1. Dave Chairez 1:10:11, 2. Don Hicks 1:12:17, 3, Tom Pearman 1:18:54, 30-39: 1. Chris Enfante 1:17:01, 2. Leon Casas 1:18:35, 3. Bruce Fujimoto 1:19:53. 40-49: 1. Steve Tredway 1:20:30, 2. Arthur Cahn 1:23:52, 3, John Semler 1:24:42, 50-59: 1. Hank Fragoza 1:26:43, 2, John Kalberg 1:33:28, 3. Ralph Moran 1:41:45, 60 & Over: 1. Don Lundberg 1:38:36, 2. Chuck Holmes 1:50:47, 3. C.L. Convis 1:53:41.

Division Results - Women's Half

19 & Under: 1. Shannon Reed 1:59:15. 20-29: 1. Theresa McCourt 1:25:43, 2. Betsy Donovan 1:45:50, 3. Sue Ann Marquez 1:48:42. 30-39; 1. Jan Levet 1:31:49, 2. Janet Kimbley 1:40:22, 3. Lynda Winter 1:41:28, 40-49; 1. Judy Kulhavy 1:45:12, 2. Judy Covin 1:48:03, 3. Linda Molina 1:48:13. 50-59: 1. Khartoon Tudhope 1:44:43, 2. Jo Sullivan 1:47:27, 3. Dina

	Overall Results - 10K	
1	Tim Powell (26) So.Lk.Tahoe	3258
2	Phil Hendley (20) Turlock	32.59
- 3	Curt Duff (36) Sacramento	33:59
4	Phillip Walton (28) Reno	34:19
5	John Cobourn (41) SodaSprings	35:11
6	Carlos Lopez (28) Woodland	35:31
7	Richard Johnson (22) Stockton	35:40
g	Mike Pearson (16) Stockton	36:04
9	Martin DeSantiago (20) Turlock	37:11
10	Roger Hann (27) Napa	37:17
11	Jill Perry (23) Stockton	37:23
12	David Vallejo (18) Stockton	37:36
13	Don Bryan (47) Stockton	37:42
14	John Nahigian (17) Stockton	37:52
15	Jerry Lyerly (48) Sacramento	38:19
16	Kathryn Croaker (27) Stockton	38:47
17	Steve Benigno (36) Stockton	38:57
18	Patrick Trent (15) Lodi	39:04
19	Brian Erbeleon (28) Stockton	39:15
20	Alfredo Ortiz (23) Stockton	39:30
-:	Division Results - Men's 10K	

19 & Under: 1. Mike Pearson 36:04. 2. David Valleio 37:36, 3. John Nahigian 37:52. 20-29: 1. Tim Powell 32:58, 2. Phil Hendley 32:59, 3. Phillip Walton 34:19. 30-39: 1. Curt Duff 33:59, 2. Steve Benigno 38:57, 3. George Lopez 42:19, 40-49: 1. John Cobourn 35:11, 2. Don Bryan 37:42, 3. Jerry Lyerly 38:19. 50-59: 1. George Orello 42:30, 2. Curtis Tom 43:00, 3. Rich Petersen 45:33, 60 & Over: 1. Dow Watkins 58:32.

Division Results - Women's 10K 19 & Under: 1. Celeste Hernandez 45:46. 20-29: 1. Jill Perry 37:23, 2. Kathryn Crooker 38:47, 3. Consuelo Garcia 39:34, 30-39: 1. Michele Rogers 48:45, 2. Janet Fordahl 48:58, 3. Bessie Wang 50:18. 40-49: 1. Sandy Bogle 44:58, 2. Melissa Giblin 48:32, 3. Chiyo Shingu 49:15, 50-59: 1, Rolleen Mcllwrath 1:03:51.



\$10.95 per Box 10 gross 1440 pins 10 boxes/\$9.50 each

Also: RACE SUPPLIES **Traffic Cones** Safety Vests Banners, etc.

**FOR RUNNERS** RACE NUMBERS Jack's Athletic Supply P.O. Box 459 San Carios, CA 94070 (415) 595-2249

Too 2

### Pescadero Half Marathon

November 7. Peacadero. Haif & 5 Mi.

	Overall Results - Half Marathon	
1	Michael Duncan (37) San Mateo	1:31:56
2	Willis McCarthy (32) Saratoga	1:35:25
3	Jim Moyles (36) Redwood City	1:35:58
4	Dow Mattingly (36) Walnut Creek	1:38:13
5	Brett Van Natta (25) SantaRosa	1:39:48
6	Nikos Mourtos (30) Sunnyvale	1:43:40
7	Dave Korner (30) Palo Alto	1:43:47
8	Greg Barron (38) S.F.	1:45:11
9	Lee Pfefferman (33) Lodi	1:46:14
10	Bob Cook (37) San Jose	1:46:24
11	Jim Sugai (29) S.F.	1:49:36
12	Dino Daniels (13) Union City	1:50:48
13	Jim Washburn (31) Sunnyvale	1:51:25
14	Jim Roberts (35) Martinez	1:51:48
15	Ed Russell (28) Pleasant Hill	1:5218
16	Tim Brewer (31) San Diego	1:5229
17	Carl Stoffel (44) Palo Alto	1:52:58
18	James Martini (41) San Carlos	1:53:09
19	Tony Capasso (36) Alameda	1:53:11
20	William Briones (38) Cupertino	1:53:55
	Overall Results - 5 Mile	
1	Bill Bugler (52) Burlingame	33:44
2	Timothy Johnson (35) Moss Beach	35:55
3	Mike Leaf (37) Atlanta	36:34
4	David Brown (32) La Honda	36:42
5	Peg Maass (27) San Jose	3650
6	Bill Larson (39) Sunnyvale	37:50
7	Martin Michael (44) La Honda	41:17
8	David Landsness (43) Saratoga	43:51
9	Don Newmark (61) Menlo Park	51:48

### Rosarito Beach Holiday Runs

November 7. Roserito Beach, Beje. 5K & 10K. Division Results - Man's 5K

13 & Under: 1. Chad LaBass 22:06, 2. Sean Prewitt 25:21, 3. Steve Sims 33:21. 18-23: 1. Jose Duarte 25:21, 3. Steve Sims 33:21. 16-23; 1. Jose Duerte 15:14, 2. Hector Ruiz 15:16, 3. Matthew Large 16:28. 24-29; 1, Eric Rico 19:54, 2. Tom MacKinlay 19:59, 3. Greg Jenkins 20:20. 30-34: 1. Alfredo Barrios 18:33, 2. Botby Hedrick 18:47, 3. Kim Hunter 19:11, 35-39: 1. Steve Levon 16:44, 2. Jeff Law 18:45, 3. Antonio Romo 19:38. 40-44: 1. Ronald Hall 17:19, 2. Gary Matzke 19:20, 3. William Dale 19:40. 45-49: 1. Willia Absalon 20:21, 2. Henry Perez 20:43, 3. Curtis Quick 22:57. 50-54: 1. Charles Vega 19:47, 2. Mike Virgil 23:22, 3. Pierre Geneux 27:03, 55-59: 1. Ed Monrov 20:58, 2. Stag Brown 23:16, 3. Daniel Rodriguez 23:47. 60 & Over: 1. Ted Horner 21:35, 2. Edward LaBass 24:25, 3, Leslie McClean 43:29,

Division Results - Women's 5K 13 & Under: 1, Erin Hill 37:28, 2, Nicole Flint 37:45, 14-17: 1. Joy Tuncay 33:11, 2. Kim Bishop 34:58, 3. Chris LaBass 35:28, 18-23; 1, Julie Yost 19:01, 2, Marchelle Boyer 22:47, 3, Liz Speisser 24:02, 24-29; 1, Debbie Watson 21:21, 2. Susan Miller-Gray 21:30, 3, Debbie Duarte 22:13, 30-34: 1. Dayle Langlois 21:11, 2. Doreen Ramsey 23:17, 3. Jan Bryant 24:56, 35-36: 1. Jane Ramsey 23:03, 2. Marsha Starriey 23:30, 3. Mary Ann Maldanado 23:53. 40-44: 1. Sandy Marschman 20:26, 2. Mary Anderson 22:44, 3. Rosalie Miresles 22:56, 45-49: 1. Linda Knucker 24:02, 2. Bunky Millard 24:06, 3. Carole Felker 27:10. 50-54: 1. Judy Demenno 24:28, 2. Dolores Vega 27:06, 3. Josephine Soloman 28:50. 55-50: 1. Peggy Watson 32:29. 60 & Over: 1, Priscilla Libby 36:21, 2. Grace Differto 37:10.

18-23: 1. Maurey Williams 33:20, 2. Scott Hollestelle 33:55, 3. Rick Kalinowski 34:23, 24-29; 1. Mark White 34:45, 2. Jesus Martinez 38:18, 3. Michael Sovec 38:47. 30-34: 1. Dave Duran 36:58, 2. Juan Avila 39:09, 3. Michael Ladd 39:16. 35-39: 1. Bill Ford 41:50, 2. Paul Forman 43:34, 3. Marshall Parks 45:09, 40-44: 1. Akira Shimabuluro 37:21, 2, John Mossbache 37:50, 3. David Whittington 41:35, 45-49: 1. Pablo Torres 40:16, 2, Joe Kooklin 42:13, 3, Maury Bunn 44:53. 54-59: 1. Anastado Lopez 43:43, 2. David

Albert 43:49, 3, Ken Stahl 44:17, 55-50: 1, Leo Prado 43:06, 2. Robert Taylor 44:08, 3. Martin Hicks 45:24. 60 & Over: 1. Jose Palos 41:36, 2. Lloyd Williams 45:46, 3. Maury Kelliher 45:51.

ion Results - Warmen's 10K 18-23: 1. Lea White 50:07, 2. Lisa Imbernino 51:46, 3. Sue Kafesjian 53:07. 24-29: 1. Keri Puhl 48:23, 2. Dale McCracken 53:38, 3. Susan Carriero 53:53. 30-34; 1. Monica Bradley 51:18, 2. Lillie Gould 52:13, 3. Robin Robertson 53:49, 36-39: 1. Marcia Myers 49:16, 2. Sandie Hauck 51:45, 3. Kathryn Dennis 55:46. 40-44: 1. Terry Whitington 51:39, 2. Donna Pick 51:59, 3. Gayle Gould 53:32. 45-49: 1. Dorothy Malavolti 49:02. 50-54: 1. Gerry Martin 52:59, 2. Joan Potter 58:16, 3. Marsha Lasher 1:07:07, 60 & Over: 1, Jean McClean

### **Boy Scout Ocean 10K**

Now	imber 7. Huntington Beach.	
	Overall Results - Men	
1	Patrick Ewing (26) Santa Monica	2922
2	David Greifinger (30) Pacific Palisado 30:41	96
3	Tim Hampton (31) Canyon Country	30:49
4	Jim Whitson (34) Long Beach	33:09
5	Rob McNair (33) Long Beach	33:29
6	Mark Young (24) 20 Palms	33:57
7	Oscar Aguirre (33) Santa Ana	34:02
8	Howard Keeley (31) Fountain Valley	34:22
9	Jerry Laverty (41) Westminster	34:54
10	Steve Corona (26) Harbor City Overall Results - Women	35:12
1	Kathleen Hopkins (20) Westminster	37:32
2	Kerri Draper (23) Huntington Beach	39:36
3	Loretta Marietti (26) Seal Beach	40:30
4	Jennifer Turner (22) Huntington Beach 40:41	•
5	Cullene Murphy (34) Yorba Linda	4226
6	Jaclyn Trost (32) Apple Valley	4257
7	Laurie Land (32) San Dimas	43:13
8	Tamara Nicholas (33) Huntington Be 43:21	ach
9	Ana Castillo (26) Cerritos	44:12
10	Patricia Burnette (43) Santa Ana Division Results - Men	45:36

13-15; 1. D. Baker 36:22, 2. D. Burnette 38:38, 3. J. Yohn 46:25. 16-18: 1. R. Zambel 38:22, 2. R. Zambrana 44:28. 25-29: 1. P. Ewing 29:22, 2. S. Corona 35:12, 3. F. Saucedo 36:40. 30-34: D. Greifinger 30:41, 2. T. Hampton 30:49, 3. J. Whitson 33:09. 35-39: 1. J. Carmarda 38:04, 2. T. Schemenauer 38:20, 3. L. Price 38:39, 46-44: 1. J. Laverty 34:54, 2. B. Jackson 35:18, 3. M. St. Andre 36:40, 45-49: 1. B. Reid 38:40, 2. C. Kussner 39:36, 3. D. Raspet 41:05. 50-54: 1. J. Herrera 37:14, 2. E. Spiehler 38:08, 3. W. Monroe 44:44. 55-56: 1. H. Goldstein 42:24, 2. J. Bernert 46:59, 3. D. Cate 50:15. 80-64: 1. D. Lujan 43:48, 2. J. Foster 44:37, 3. R. Gardner 55:42. Scouts: 1. J. Woods 39:34. Wheelchair: 1. R. Molinatti 25:52. Stroocler: 1. R. Rezal 40:27. Division Results - Wo

13-15: 1. C. Hoelton 65:36, 19-24: 1. K. Hopkins 37:32, 2. K. Draper 39:36, 3. J. Turner 40:41. 25-29: 1. L. Marietti 40:30, 2. A. Castillo 44:12, 3. M. Maylor 46:21, 30-34: 1, C. Murchy 42:26, 2, J. Trost 42:57, 3. L. Land 43:13. 35-39: 1. G;. Hodgkinson 47:38, 2. K. Zambrana 52:36, 3. R. LeReyes 60:15. 40-44: 1. P. Burnette 45:36, 2. S. Robbins 46:36, 3. C. Hartling 47:33. 45-49: 1. D. Curry 53:31. 50-54: 1. M. Dugan 45:39. 2. I. Olberz 46:49. 3. A. Goldstein 47:50.

### Fresno Marathon & Half Marathon By KEN TAKEUCH

iber & Freeno, Full & Helf Mare.

James William of Fresno and Betsy Frick of Reno, Nevada accred impressive wins in capturing the annual Freeno Marathon, Williams, a 21 year old Fresno State University cross-country red-shirt surprised the veterans as he led the entire race in only his second marathon. His last marathon was as a 15 year old in high school. Williams' winning time of 2:33:17 was an hour faster than his first marathon. Second place was taken by Hermilo Guerrero of Clovis in 2:35:26 and Burt Pope third with a time of

Frick who qualified for the 1968 Olympics crosscountry skiing trials waged a race long battle with second place finisher Diane Vartanian and Nellie Gonzales. The winning time for Frick was 3:15:28, excellent considering that the Reno all around athlete spends most of her time in other forms of athletics in preparation for the upcoming trials. Vartanian's time was 3:27:36 with Gonzales at 3:29:43.

The Half Marathon was won by Pat Moss of the Fleet Feet Running Team in a very good 1:08:53.
Female winner was triathlete Kari Fike of Hanford in

Through the efforts of Graham Partlett, Gerald Larve, and the Fresno Joggers this event was able to be kept on the running calendar although scaled

COMI	irnisyear.	
	Overall Results - Marathon	
1	James Williams(18-29)Fresno	2:33:17
2	Hermilo Guerrero(30-34)Clov	235:26
3	Burt Pope (18-29) Fresno	2:43:39
4	Bob Eberle (35-39) Soquel	246:31
5	Jesus Pinero (18-29) Fresno	2:46:38
6	Terry Nephew (35-39) Clovis	247:41
7	Kenneth Drew (35-39) SanJose	250.41
8	Joe Schlereth (35-39) Fresno	251:49
9	Dorsh Sanders (40-44) Bakers	255:45
10	Sam Vandenburg(50-59)Felton	25555
18	Betsy Frick (18-29) Reno	3:15:28
24	Diane Vartanian(18-29)Fresno	3:27:36
27	Nellie Gonzales(18-29)Fresno	3:29:43
40	Martha Betcher(30-34)Incline	3:48:32
56	Heidi Fialho(50-59)Fresno Division Results - Men's Mars.	4:12:52
_		

Open (18-29): 1. James Williams 2:33:17, 2. Burt Pope 2:43:39, 3, Jesus Pinero 2:46:38. Submaster (30-34): 1. Hermilo Guerrero 2:35:26, 2. Kenneth Drew 2:50:41, 3. Robert Clark 3:49:42. Submaster (35-39): 1. Bob Eberle 2:46:31, 2. Terry Nephew 2:47:41, 3. Joe Schlerett 2:51:49. Masters (40-44): 1. Dorsch Sanders 2:55:45, 2. John Hearney 3:05:56, 3. Steve Hopson-Walker 3:30:42. Masters (45-49): 1. Leo Marquez 3:03:12, 2. Evan Orme 3:09:09, 3. Jerry Lyerly 3:11:54. Veterans (50-59): 1. Sam Vandenburg 2:55:55, 2. James Lipford 3:25:25, 3. David Nowlis 3:27:39. Veterans (60-69): 1. George Billingsley 3:25:58, 2. Bill Wallace 3:52:55.

Division Results - Women's Mara.

Open (18-29): 1. Betsy Frick 3:15:28, 2. Diane Vartanian 3:27:36, 3. Neilie Gonzales 3:29:43. Submaster (30-34): 1. Martha Betcher 3:48:32. Master (40-44): 1. Liz Force 4:19:29, 2. Susan Fanti 4:34:07, 3. Mary Man Son. 2 50): 1. Heidi Fialho 4:12:52. 4:34:07, 3. Mary Ann Barroso 4:37:49. Veterans (50-

	Charles Legacina . Lient Mester Mil	
1	Patrick Moss(30-34)Fresno	1:08:53
2	Martin Moreno (18-29) Carson	1:1256
3	Jay Sloane (18-29) No.Fork	1:15:38
4	William Coughlin(18-29)Selma	1:15:46
5 .	Andy Harris (40-44) Sacto	1:18:19
6	John Aldrich (35-39) Madera	1:18:53
7	John Brown (18-29) Fresno	12000
8	Don Gregory (30-34) Fresno	1:21:54
9	John Guzman (15-17) Fresno	12219
10	Rick Baca (18-29) Visalia	1:22:33
13	Kari Fike (18-29) Hanford	1:23:32
22	Cheri Moes (18-29) Hanford	1:26:47
54	Rosa Medina (35-39) Sanger	1:36:25
55	Diana Medrano(18-29)Fresno	1:36:41
58	Carol Armey (35-39) Fresno	1:38:24
	Division Results - Men's Half Mera	

Junior (under 18): 1. John Guzman 1:22:19. Open (18 29): 1. Martin Moreno 1:12:56, 2. Jay Sloane 1:15:38, 3. William Coughlin 1:15:46, Submaster (30-34): 1, Pat Moss 1:08:53, 2. Don Gregory 1:21:54, 3. Joe Saubert 1:25:40. Submaster (35-39): 1. John Aldrich 1:18:53, 2. Michael Farley 1:23:32, 3. John Volkman 1:25:58. Master (40-44): 1. Leonard Wiems 1:23:17, 2. Larry Duke 1:27:33, 3. Dave Meyer 1:27:44. Master (45-49): 1. Roger Oraze 1:26:35, 2. Fred Alderette 1:28:07, 3. 3, Joe Delgado 1:30:29, Veterane (50-59): 1. John Sanchez 1:23:14, 2, Frank Delgado 1:24:26, 3, Ric Zamarripa 1:24:30. Veterans (60-69): 1. John Bergey 1:45:45, 2. Lee Thomas 2:11:57. Wheelchair: 1. Gary Kerr 59:37, 2. Tracy Brown 1:22:21.

Division Results - Women's Half Junior (under 18): 1. Doreen Young 1:39:45. Open (18-29): 1. Karl Fike 1:23:32, 2. Cheri Fike-Moes 1:26:47, 3. Diane Medrano 1:36:41, Submaster (30-34): 1, Carol Moses 1:39:15, 2. Patty Struve 1:46:12, 3. Christine Patterson 1:50:47. Submaster (35-39): 1. Rosa Medina 1:36:25, 2. Carol Armey 1:38:24, 3. Randi Robinson 1:43:16. Master (40-44): 1. Mardi Briggs 1:46:53, 2. Carol Schmiel 1:52:23. Veterans (50-59): 1. Kathryn Walters 2:16:45, 2. Sydney Loo 2:23:5. Veterans (60-69): 1. Dorothy Thomas 1:59:57. Wheelchair: 1. Emily Quinn 1:24:18.

### Mission Inn Run

November 8. Riverside, 5K & 10K. Division Results - Men's 5K

11 & Under: 1. Wayne Marshall 20:21, 2. Jonathan Rice 20:47, 3. Chris Christianson 23:11. 12-15: 1. Jason Ramirez 17:13. 2. Kenny Veldheer 17:42:3. Sal Trujillo 18:02. 16-19: 1. Todd Theriac 15:54, 2. David Maurice 16:04, 3. Terence Cooka 16:25. 20-24: 1. Robbie Kay 15:54, 2. John Dennis 15:55, 3. Eric Blum 16:03. 25-29: 1. Dave Ortiz 15:32, 2. Roger Phillips 15:43, 3. Alex Miranda 15:55, 30-34; 1. Robert Beauchamp 16:54, 2. Carlos Turnes 16:57, 3. Terrell Armstead 17:33, 35-39: 1. John Sarli 17:00, 2. Douglas Will 17:03, 3. Jesus Rodriguez 17:04. 40-44: 1. Mike Fuller 17:22, 2. Elber Camacho 17:37, 3. Gerry Robb 17:58. 45-49: 1. Joaquin Granado 17:55, 2. Anthony Gomez 18:05, 3. Jess Maxcy 18:16, 50-59: 1. Bill Crum 18:34, 2. Frank Oagwa 19:07, 3. Gil Dyer 20:46. 60-69: 1. Frank Ramos 20:02, ;2. Jack Goertzen 20:48, 3. Harold Willis 21:30. 70 & Over: 1. Scotty Beauchamp

Division Results - Women's 5K

11 & Under: 1. Michelle Carpenter 29:44, 2. Vanessa Karlsson 32:13 3 Holly Greywood 32:18 12-15: Alison Rice 21:03, 2. Mari Marshall 21:04, 3. Shannon Hill 22:04. 16-19: 1. Brigid Stirling 16:49, 2. Ashley Orton 18:45, 3. Diane Pettit 18:50, 20-24: 1. Liane Kivela 16:55, 2. Cheryl Bonner 18:41, 3. Joann Howard 19:39. 25-29; 1. Laura Held 18:00, 2. Janice Kelley 18:28, 3. Melody Griffin 20:04. 30-34; Maryann Mera 19:56, 2. Kathy Smith 21:48, 3. Marty Euwema 22:44. 35-39: 1. Kathy Saucedo 21:33, 2. Sue Hunter 21:44, 3. Renda Newton 21:58. 40-49: 1. Karen Schuyler 21:57, 2. Carolyn Greywood 24:10, 3. Donna Derussy 24;54. 50-59; 1. Gylvia Hay 26:31, 2. Claire Fontaine 27:47, 3. Carol Lynch 28:23. 60-69: 1. Barbara Carnahan 30:10, 2. Nyla Cook 34:22.

Division Results - Men's 10K

11 & Under: 1, Dennis Bratton 57:56, 12-15: 1, Joe Matyasik 41:20, 2, Robbie Davis 44:35, 3, Dan Leatherwood 46:51. 16-19: 1. Luis Escanuela 34:19, 2. Nicolas Vargas 35:32, 3. Chris Breitschwerdt 35:34. 20-24: 1. David Swiderski 32:27, 2. Kyle Korcha 33:49. 3. Tim Mulhall 36:25. 25-29: 1. Danny Reed 31:12, 2. Gilbert Mata 32:12, 3. Henry Nunez 33:42. 30-34: 1. David Hunter 34:18, 2. Joe Lynch 37:00, 3. Thomas Head 37:10. 35-39: 1. James Gelsomini 34:11, 2. Marc Winchak 36:04, 3. Jon Calvin 37:07. 40-44: 1. Travis Estes 37:43, 2. Dean King 38:09, 3. Gary Walker 39:14. 45-49: 1. Richard Barlin 40:19, 2. Frank Senelly 41:14, 3. Philip Felock 41:25. 50-59: 1. Wally Ingram 40:13, 2. Don Moore 42:16, 3. Carl Garczynski 43:28, 60-60: 1. Harold Miller 48:19, 2. Allen Bergman 49:11, 3. Clarence Carnahan 49:57. 70 & Over: 1. Robert Korger 48:28.

Division Results - Women's 10K

12-15: 1. Melisa Chance 46:40. : 2. Traci Jordan 48:54. 3. Becky Dufford 54:38, 16-19: 1, Brigid Freye 36:47, 20-24: 1. Madeline Rasche 45:31, 2. Susan Schrader 56:56, 3, Kimberly Baker 59:32, 25-29; 1, Doreen Assumma-Fay 37:32. :2. Linda Nellany 43:17. 3. Denise Regalaldo 45:01. 30-34: 1. Ellen Coleman 40:24, 2. Laura Weaver 43:54, 3. Karen Hellman 48:07, 35-39: 1, Odette Osantowski 41:09, 2, Kathleen Oregan 46:17, 3, Elizabeth Blair 46:37, 40-49: 1. Wendy O'Donnell 41:21, 2. Theresa Riley 46:11, 3. Sue Lawrence 48:34. 50-59: 1. Eleanor Bartnicki 1:04:22, 60-69: 1. Millie Stensvaag 1:07:39, 2. Modena MacFarlane N T

### Minnie Riperton Runs

mber 8, Los Angeles, SK & 10K, Overall Results - Men's SK Elgin Smith (22) 15:38 Reginald Greene (20) Antonio Carrero (17)
Overall Results - Women's 5K 15:58 Andrea Ward (27) 17:42 Leslie Pratt (22) Cecilia Ramos (36)
Overall Results - Mon's 10K 19:19 Tyrus Diminter (24) 31:33 Victor Carillo (24) 22-00 Stephen Keyes (38) 34.08 Overall Results - Women's 10K Denise Carrillo (25) 4250

Kenva Smith (11)

Rosa Craw (17)

40:46

41:58

### Windsor Whale Run

	Simple of Linibidation of Idia	
	Overall Results - Men's 3K	
1	J:ose Lizzarraga (26) Rohnert Pk	921
2	Don Nauman (24) Santa Rosa	921
3	Al Masterson (30) Santa Rosa	9:39
4	Ben Rosales (28) Healdsburg	9.56
5	Chuck Winters (47) S.F.	10:02
6	Daniel Turek (32) Santa Rosa	10:23
7	Michael Booth (21) Santa Rosa	10:31
8	Jerry Mortimer (22) Santa Rosa	10:50
9	Tim Derry (38) Healdsburg	10:56
10	Dale Trowbridge (47) Rohnert Pk	11:03
	Overali Results - Women's 3K	
1	Nika Horn (13) Santa Rosa	11:56
2	Decibie DeSoto (33) Rohnert Park	1241
3	Sue Clive (35) Santa Rosa	1248
4	Katle Trowbridge (16) Rohnert Park	13:00
5	Andrea Herold (29) Sebastopol	13:45
6	Lisa McLean (20) Davis	14:08
7	Marcia Spaletta (34) Healdsburg	14:19
8	Naomi Ross (16) Petaluma	14:26
9	Arline Perry (12) Windsor	14:27
10	Tanya Cole (13) Healdsburg	14:28
	Division Results - Men's 3K	

7 & Under: 1. John Stephens 15:46, 2. Neemie Williams 16:24, 3. Corey McCarthy 18:38. 8-9: 1. Jesse Debaca-Barrios 12:59, 2. Darin Carter 13:22, 3. Taylor Stephens 14:20, 10-11; 1, Ryan Lew 12:26, 2. se Elis 13:41, 3. Russ Tweed 14:25, 12-13: 1. Geoffrey Stevens 11:20, 2. Ryan Deford 12:33, 3. Vincent Trimboli 12:49, 14-17; 1. David Trowbridge 12:09, 2. Serik Barrios 12:39, 3. Brett Brown 15:17. 16-29: 1. Jose Lizzarraga 9:21, 2. Don Nauman 9:21, 3. Ben Rosales 9:56. 30-39: 1. Al Masterson 9:39. 2. Daniel Turek 10:23, 3. Tim Derry 10:56. 40-49: 1. Chuck Winters 10:02, 2. Dale Trowbridge 11:03, 3. Rick Haber 11:32. 50 & Over: 1. Ralph Harms 11:12, 2. Carl Jackson 11:45, 3. Louis Ferrario 16:54.

7 & Under: 1. Jodie Horn 16:12, 2. Amy Lawson 19:35, 3. Shannon Duggan 19:48. 8-9: 1. Jennifer Risse 16:33, 2. Natasha Klobas 23:16, 3. Sabrina Heintz 23:16. 10-11: 1. Summer Beckwith 14:42, 2. Mea Konopasek 14:43, 3, Kendra Risse 17:53, 12-13; 1, Nika Horn 11:56, 2. Arline Perry 14:27, 3. Tanya Cole 14:28. 14-17: 1. Katie Trowbridge 13:00, 2. Naomi Soss 14:26, 3. Bernadette Louis 19:57. 18-29: 1. Andrea Herold 13:45, 2. Lisa McLean 14:08, 3. Kathryn Breuer 14:31, 30-39; 1, Debbie DeSoto 12:41, 2, Sue Clive 12:48, 3. Marcia Spaletta 14:19. 40-49: 1. Bonnie Martin 14:58, 2. Doris Young 15:24, 3. Sue Ann Mattiuzzo 15:35, 50 & Over: 1. Doris Morabito 16:45, 2. Ann Johnson 18:11, 3. Marie Komar 31:14.

Division Results - Women's 3K

	CACLES (ACCIDIO - MICH 2 10V	
1	Colin Davidson (27) Rohnert Park	3226
2	Ron Smith (40) Geyserville	33:41
3	Ed McCullough (22) Santa Rosa	34:35
4	Darryi Beardali (50) Santa Rosa	34:39
5	Oouglas Rustad (47) Santa Rosa	35:09
6	Robert Herold (39) Sebastopol	35:38
7	Sean Lanham (29) Petaluma	36:02
8	Tadese Gebrehawariat (38) Santa Ro 36:40	68
9		80.44
-	Dan McHatton (40) Rohnert Park	36:41
10	Ken Kurtz (29) St. Helena	36:50
	Overall Results - Women's 10K	
1	Cindi VanNatta (30) Santa Rosa	37:41
2	Dorothy Foster (31) Santa Rosa	39:38
3	Rhonda Champagne (35) Mendocino	42:47
4	Vicki French (37) Santa Rosa	44:13
5	Caron Schaumberg (46) Santa Rosa	44:26
6	Jennifer Heffin (28) Santa Rosa	44:37
7	Sue Wagers (41) Healdsburg	45:10
8	Donna Wilkey (31) Windsor	45:12
9	Suzanne Crawford (34) Santa Rosa	45:14
10	Margie Tonelli (33) Sebastopol	46:02
	Division Results - Men's 10K	-

13-15: 1, Sean Fitzpatrick 38:02, 2, Jonathan Criswell 43:32. 19-24: 1. Ed McCullough 34:35, 2. Gerardo Rosas 37:18, 3. Peter Enciso 39:56. 25-29: 1. Colin Davidson 32:26, 2. Sean Lanham 36:02, 3. Ken Kurtz 36:50.3034; 1. Mike Lesch 38:05, 2. Rodger Schwartz 38:58, 3. Charles Martin 39:01, 35-39; 1. Robert Herold 35:38, 2. Tadese Gebrehawariat 36:40, 3. Kevon Cottrell 37:33. 40-44; 1. Ron Smith 33:41, 2. Dan McHatton 36:41, 3. Wayne Hinrichs 37:12, 45-49: 1. Douglas Rustad 35:09, 2. Jim Clover 39:08, 3. Gary Greiner 39:37. 50-54: 1. Darryl Beardall 34:39, 2 Craig Roland 37:17, 3. John Baily 42:25, 55-50: 1. Bob

Chadwick 43:44, 2. Gilman Jung 45:49, 3. F. Scott Chilcott 46:07. 60 & Over: 1. Earl Turner 46:05, 2. Rudi Oppenheimer 46:24, 3, Stashu Geurtsen 48:15.

#### Division Results - Women's 10K

12 & Under: 1. Kari Horn 53:27. 13-15: 1. Christy Pryputniewitz 54:26. 16-18: 1. Julie Wagstaff 52:55. 19-24: 1. Barbara Biondo 46:36, 25-29: 1. Jennifer Heflin 44:37, 2. Nancy Herring 48:09, 3. Celeste Plum 52:22. 30-34: 1. Cindi VanNatta 37:41, 2. Dorothy Foster 39:38, 3. Donna Wilkey 45:12. 35-39: 1. Rhonda Champagne 42:47, 2. Vicki French 44:13, 3. Diane Paleczny 46:56, 40-44: 1. Sue Wagers 45:10, 2. Sherri Guinn 49:06, 3. Gwen Stone 50:50, 45-49: 1. Caron Schaumberg 44:26, 2. Eldrith Gosney 46:56, 3. J.M. Greenberg 53:51. 50-54: 1. Edie Roland 54:29, 2. Ellen Nielsen 1:03:33, 3. Audrey Jerbak 1:09:35. 55-59: 1. Pat Zink 58:06. 60 & Over: 1. Helen Kuziara 57:53.

### Auburn Bear of a Run

#### November 8, Auburn, 10K.

	Overall Results		
1	Ty Nickel (14)	34:51	
2	Byron Choiniere (30)	35:05	
3	Peter Kalmar (30)	35:10	
4	Pete Flores (30)	35:13	
5	Bob Hammond (19)	35:40	
6	Michael Buzbee (30)	35.57	
7	Paul Beisser (30)	3627	
8	Bruce VonBorstel (40)	36:41	
9	Jim Larriey (19)	36:55	
10	John Seivert (19)	3726	
11	Greg Jewett (40)	37:34	
12	Bruce Fujimoto (30)	37:39	
13	Delmar Fralick (19)	37:50	
14	Shawa Whitney (14)	37:54	
15	Kenny Warde (30)	38:01	
16	Dante Vitale (30)	38:13	
17	Jerry Hooker (30)	38:17	
18	Matt Rea (30)	38:28	
19	Mike Amnon (40)	38:45	
20	Francie Negri (19)	38:51	
21	Don Witzel (14)	39:18	
22	Greg Miller (40)	3926	
23	Chris Broadley (30)	3928	
24	Phil Murphy (40)	39:35	
25	James Cross (30)	39.42	
26	Marilyn Taylor (30)	39:44	
27	Wait Lange (40)	39:46	
28	Douglas Elliot (19)	39:55	
29	Michael Taylor (30)	40:04	
30	Doug Demirelli (30)	40:07	

### Legg Lake Morning Run

November 8. So. El Monte. 5K.

Division Results, Men

6-9: 1.Mike Sim 23:07, 2. Brandon Furlya 23:52, 3. Brian Corriveau 24:33. 10-14: 1. Geoff Bolen 22:57, 2. Chris Frey 23:10, 3. Joel Neumann 25:32. 15-18: 1. Ricardo Gonzalez 18:14. 19-24: 1. Steve Trujillo 17:42. 25-29: 1. Nati Carrasco 18:06. 30-34: 1. Rudy Chavez 17:13, 2. Johnny Navarro 18:46, 3, Lorenzo Antunez 22:37. 35-39: 1. Ray Gonzales 20:00, 2. Luis Bedoy 20:41, 3. John O'Neil 24:32. 40-44: 1. Juan Rivas 19:35, 2, Mike Lalum 23:10, 3, Dwight Smith 21:02, 45-49: 1. Richard Corriveau 19:44. 50-54: 1. Harold Scherwinski 24:06, 2. Herble Imgloue 26:06. 55-59: 1. Ruben Esqueda 20:49, 2. Gene Doss 21:52, 3. Jim Maynard 27:32. 65-69: 1. David Cotten 22:14, 2. Wiley Nelson 27:41. Racewalk; 1. Manny Alvarez 27:02. Division Results - Women

6-9: 1. Mayn Clark 26:10. 10-14: 1. Kaari Bolen 25:31, Noor O'Neill 26:34, 3. Vicki Brotherton 27:44. 25-29:
 Sonya Leauitt 26:00. 40-44: 1. Barbara Reukema

### San Diego Marathon mber 8. San Diego.

Division Results - Men

17 & Under: 1. Alex Diaz 4:11:33, 18-24: 1. Mac nson 2:34:27, 2. Thomas Toschner 2:38:58, 3. Todd Hensley 2:50:16. 25-29: 1. Doug Nelson 2:18:51, 2. Perry Hunter 2:36:44, 3. Kurt Devenedia 2:48:26. 30-34: 1. Geoffrey Moore 2:22:55, 2. Andrew Kaplan 2:55:38, 3. Dennis Giannangeli 2:38:28. 35-39: 1. Ed Nares 2:38:24, 2. Jim Pose 2:49:07, 3. Francisco Menchaca 2:49:10. 40-44: 1. Steve Dornish 2:46:04, 2.

Berek Fiszlewicz 2:51:38, 3. Paul Heggie 2:54:31, 45-49: Gary Hooker 2:55:26, 2. Andrew Kotulski 2:55:29, 3. Norm Bornstein 3:05:07. 50-54; 1. Jim McDade 3:06:55, 2. Ron Lake 3:07:17, 3. Warren Osborn 3:12:30. 55-59: 1. Fred Gabriel 3:14:35, 2. Lawrence Ellery 3:39:46, 3. George Burgin 4:07:33. 60-64: 1. Fred Nagelschmidt 3:07:24, 2. Ray Penkert 3:19:17. 65-69: 1. Jim McCown 3:29:53, 2. Donald Ditworth 3:50:17, 3, Manny Cano 4:20:18, 70 & Over: 1, Paul Katsuro 4:35:17, Wheelchairs: 1, Scott Patterson 1:53:01, 2, Ted Vince 1:53:16, 3, George Murray 2:13:10. Racewalkers: 1. Dale Sutton 4:49:32, 2. R. Ted Greiner 4:51:38, 3. Dave Thorpe 4:53:45.

Division Results - Women 18-24: 1. Catherine Perlman 3:32:24, 2. Jodi Stygles 3:33:04, 3. Wendy Simmons 3:46:54. 25-29: 1. Cheryl Boessow 2:56:33, 2. Theresa Stevens 3:10:39, 3. Suzanne Rechcigi 3:18:08, 30-34: 1. Jeanne Lassee Johnson 2:52:06, 2. Cylinda Ennelman 2:53:16, 3. Susan Nehse 3:04:20. 35-39: 1, Deborah Waldear 2:50:49, 2. Lorraine Dischinger 3:34:42, 3. Nancy Samples 3:43:13. 40-44: 1. Joni Pendieton 3:05:00, 2. Gloria Shepherd 3:13:24, 3. Cherie Gruenfeld 3:13:26. 45-49: 1. Ursula Rains 3:26:59. 2. Nancy Greene 3:57:34, 3. Teresa Ross 3:58:51. 50-54: 1, Wen Shi Yu 3:18:32, 2. Dixie Madsen 3:45:38, 3. Evelyn Carlson 3:55:57. 55-59: 1. Esther Milich 4:09:26, 2. Bobbi Pollock 4:16:17, 3. Caroline Earl 4:46:34. Wheelchair: 1. Candace Cable-Brookes 2:13:14, 2, Mary Thompson 2:45:32. Racewalkers: 1. Anne Barrick 5:16:49.

### Michelob Light Olive View Biathlon and 5K

Nove	ember 14. Sylmar.	
	Overall Results - 5K	
1	Steve Graham (19) Sylmar	16:37
2	Jeffrey Locke (27) Northridge	16:42
3	Herman Rodriguez (39) Reseda	16:45
4	John Kearney (25) Encino	16:50
5	John Narango (23) Arleta	16:57
6	Mark Dawson (33) Reseda	17:13
7	Ignacio Fonseca (22) Paccima	17:19
8	Michael Greenfield (35) Granada	17:24
9	Tim Martinez (20) Simi Valley	17:51
10	Steve Girard (19) Sunland	17:57
	Division Results - Men's 5K	

5-14: 1 Juan Vena 22:254, 2, Aaron Jones 24:26, 3, Austin Valich 26:41, 15-18; 1, Robert Estrede 19:00, 2, Dale Heys 20:03. 19-24: 1. Steve Graham 16:37, 2. John Narango 16:57, 3. Ignacio Fonseca 17:19. 25-29: 1. Jeffrey Locke 16:42, 2. John Kearney 16:50, 3. Steve Corona 17:58, 30-39: 1. Herman Rodriguez 16:45, 2. Mark Dawson 17:13, 3. Michael Greenfield 17:24. 40-49: 1. Roger Weingaertner 18:10, 2. Freddie Perez 18:39, 3. Don Parker 18:45. 50 & Over: 1. Bruce Odou 21:38, 2. Leonard Ruiz 23:47, 3. Leonard Dahlsten 24:01.

Division Results - Women's 5K

5-14: 1. Marina Lopez 23:18, 2. Patricia O'Reilly 24:27, 3. Robin Hill 26:24. 19-24: 1. Naz Arain 21:14, 2. Dawn Hecker 22:39, 3. Diana Rodriguez 26:06. 25-29: 1. Deon Walker 26:04, 2. Zoila Rodriguez 27:25. 30-39: 1. Susan Smolinski 21:56, 2. Elizabeth Blair 22:30, 3. Mary Brown 23:32, 40-49; 1. Becky Parker 22:45, 2. Sharon Dimert 24:48, 3. Easy Delaney 24:52. 50 & Over: 1. Fivor Nelsson 40:20.

### Overail Results - Biathion

	Emilio DeSoto (27) Encinitas	1:15:10
	Tony Reyes (26) MorenoVly	1:17:55
	Dave Stevens (31) Corona	12028
	Chris D'Antonio (27) Valencia	1:20:53
	Anthony Brogna (26) Camarillo	121:00
	Billy Harmon (22) Sunnyvale	1:21:04
	Rex Johnson (18) Laguna Hills	12250
	Stan Bratt (25) VandenburgAFB	1:22:53
	Yanni Davila (26) Simi Valley	1:23:00
)	Mark Ellis (20) Ventura	1:24:00
	Division Results - Men's Biathlon	

15-18: 1. Rex Johnson 1:22:50, 2. Troy Smith 1:29:17, 3. Louis Carmona 1:30:45, 15-18: 1. Kevin Kazahaya 2:23:38, 19-24: 1. Billy Harmon 1:21:04, 2. Mark Ellis 1:24:00, 3. Henry Loo 1:24:01. 25-29: 1. Emilio DeSoto 1:15:10, 2. Tony Reyes 1:17:55, 3. Chris D'Antonio 1:20:53. 30-39: 1. Dave Stevens 1:20:28, 2. Mick Diver 125:24, 3, Mike Pietraskiewicz 1:25:46, 4049; 1. Newille Clarke 1:24:53, 2. John Leininger 1:26:26, 3. Randall Shelley 1:27:33, 50 & Over: 1. Fred Kerr 1:34:41, 2. Bill Miller 1:43:50, 3. Eugene Fritsche

#### Division Results - Women's Biathlon

19-24: 1. Yvette Casson 1:40:56, 2. Maria Adamo 2:12:14, 3. Janet Lynch 2:38:39, 25-29: 1. Kristi Kidwell 1:29:47, 2. Mary Olexa 1:49:24, 3. Joan Bradley 1:51:03. 30-39: 1. Rita Schnepp 1:48:40, 2. Kim Stinton 1:49:52, 3. Cathy Molina 2:06:52. 40-49: 1. Mardi Briggs 1:43:49, 2. Corrine Schratz 1:48:06, 3. Carol Schmiel 1:59:32.



### By The Bay 5K

Nov. 14. Santa Monica. 5K & 10K.

Division Results - Men's 5K

14 & Under: 1. Tommy Gallardo 18:29, 2. Jon Setoguchi 18:37, 3. Timothy Leanse 18:59, 15-18: 1. Mark Branner 17:59, 2. Ken Schuberg 18:08, 3. Matt Kalan 18:23, 19-29; 1, Fernando Vasquez 15:03, 2, Steve Kovisto 15:18. 3. Alfredo Perez 15:41. 30-34: 1. Dan Takahashi 16:50, 2. Ritchie Heber 17:46, 3. Kim Hipsher 18:03. 35-39: 1, Henry Lange 17:25, 2. Chuck McCann 17:29, 3, Rick Hallblom 17:31, 40-44: 1. Juan Cabeza 16:48, 2. Robert Davison 17:07, 2. Richard Kuegler 17:37. 45-49: 1. Brian Fernee 17:06, 2. Ron Werner 17:42, 3. Ken Price 17:45. 50-59: 1. Andre Tocco 16:53, 2. Robert Lyons 18:34, 3. Frank Vasquez 18:59, 60 & Over: 1, Jack Green 20:58, 2. Phil Jones 21:37, 3, Stanley Neufeld 21:52.

Division Results - Women's 5K

14 & Under: 1. Kristina Magnuson 20:21, 2. Signe Jensen 22:52, 3, Susie Worrall 25:34, 15-18: 1, Angle Haro 19:19, 2, Maggie Gabor 21:18, 3, Irma Ramirez 21:32. 19-29: 1. Andrea Ward 17:00, 2. Lari Bright 17:32, 3. Patty Almendariz 17:47, 30-34: 1. Aine Lynam 18:36, 2. Nancy Lovendosky 19:30, 3. Allene Ucinski 20:11. 35-39: 1. Sue Harmon 20:07, 2. Joy Blevins 21:44, 3. Lorna Anthony 24:10. 40-44: 1. Cheryl Holt 21:22, 2. Anni Davison 22:14, 3. Kathie Gordon 23:16. 45-49: 1. Ann Dargahi 25:19, 2. Liv Estrup 25:40, 3. Ellen Poll 25:55. 50-59: 1. Atsuko Fujimoto 22:43, 2. Carolyn Ryan 25:23, 3. Pat Moore 25:28. 60 & Over: 1. Helen Dick 21:22, 2. Doris Breding 24:19, 3. Irene Frank 37:13.

Division Results - Men's 10K

14 & Under: 1. Rogie Dwyer 43:54, 2. Jon Cohen 45:18, 3. Paul Hackner 46:05. 15-18: 1. Rodolfo Alvarez 33:59, 2. Brian Gastelum 35:00, 3. Gus Faller 39:17. 19-29: 1. Ruben Haro 33:52, 2. Lee Malaby 34:30, 3, Solomon Bev 35:31, 30-34: 1, Brian Nelson 32:26, 2, David Bergeron 35:17, 3, Brad Walvatne 35:26. 35-39: 1. Mark Hemphill 35:25. 2. Chris Giatras 36:01, 3. Philip Shute 36:58. 40-44: 1. Jion Huther 35:15, 2. Bernie Smolowitz 39:08, 3. Glenn Gorelock 40:08, 45-49: 1. George Kingsley 36:48, 2. Robert Neill 39:29, 3. Russ Halligan 42:00. 50-59: 1. Peter Gottlieb 38:45, 2. Michael Hall 41:29, 3. John Spivack 45:09, 60 & Over: 1. Eddie Lewin 43:39, 2, William Scott 46:01, 3, Jose Conchola 46:38.

Division Results - Women's 10K

14 & Under: 1. Sasha Khokha 51:06. 15-18: 1. Kelli Auerbach 55:57, 2. Cathy Greenleaf 57:37. 19-29: 1. Charissa Pruim 44:15, 2. Julie Finnehan 44:34, 3. Elizabeth Henegham 44:39, 30-34: 1. Flo Lawrence 45:08, 2. E. Rodarte 47:26, 3. Mary Fialkowski 47:38. 35-39: 1. Lise Spielman 47:52, 2. Laurie Hudson 48:35, 3. Yumiko Nagato 49:16. 40-44: 1. Laurie Logsdon 46:16, 2. Karen Bancroft 46:52, 3. Dianne Pbles 48:46. 45-49: 1, Elaine Murphy 45:48, 2, Lynn Butterworth 49:53, 3. Barbara Camp 51:23. 50-59: 1. Jacq Paariaux 52:02, 2. Doris Castaneda 56:12, 3. Sue Hughey 1:02:02, 50 & Over: 1. Jonnie Zheutin 1:01:47.

### **Great American Smokeout**

November 14, San Diego, 5K, 10K, Half Marathon.

	Overall Results - 5K	
1	G. P. Philip (26)	16.07
2	Victor Lemos (37)	17:02
3	Michael Haines (17)	17:18
4	Al Camacho (17)	17:28
5	Tom Chen (27)	18:01
6	Terrell Armstead (32)	18.04
7 .	Vincent Graves (38)	18:05
8	Tony Pierce (27)	18:13
9	Bill Stevenson (40)	18:21
10	Scott Turner (18)	1827
	Division Results - Men's 5K	

12 & Under: 1. Rene Dasson 22:17, 2. Jonathan Bailey 23:11, 3. Matthew Spiro 23:22. 13-18: 1. Michael Haines 17:18, 2. Al Camacho 17:28, 3. Scott Turner 18:27, 19-29: 1, G. R. Philip 16:07, 2, Tom Chen 18:01. 3. Tony Pierce 18:13. 30-39: 1. Victor Lemos 17:02. 2. Terrell Armstead 18:04, 3. Vincent Graves 18:05. 40-49: 1. Bill Stevenson 18:21, 2. Randy Scott 18:45, 3. Tony Ryan 19:12. 50-59: 1. Bill Crum 18:42, 2. Paul Sutherland 19:25, 3. Jim Huff 21:12. 60-69: 1. Frank Ramos 20:50, 2. Harold Willis 21:22, 3. Ollie Harker 22:27.70-79: 1. Ed Rumble 24:52.

Division Results - Women's 5K 12 & Under: 1. Kelly Perkins 22:29, 2. Lisa Deterville 26:18, 3. Hellie Llamas 26:32. 13-18: 1. Alison Rice 21:14, 2. Anna Solorio 21:32, 3. Tasha Swift 22:22. 19-29: 1. Erin Lebaron 22:54, 2. Stefani Boron 23:23, 3. Vicki Onorato 24:17. 30-39: 1. Maryann Mera 19:53, 2. Nancy McClurkin 20:42, 3. Gayle Langlois 21:03. 40-49: 1. Judy Craik 24:11, 2. Jan Joseph 24:23, 3. Dianne Hill 26:18. 50-59: 1. Joyce Wood 33:37, 2. Nancy Goggin 33:52. 60-69: 1. Edith Coleman 34:15. 70-79: 1. Mabel Holifield N.T.

	Overall Results - 10K	
1	Danny Reed (27)	31:16
2	Tony Black (27)	33:58
3	Luis Escanuela (16)	34:23
4.	Rich Valdez (36)	34:27
5	Danny Young (30)	35:04
6	Ken Morris (29)	36:14
7	Kent Northrup (21)	36:23
8	Walt Linaweaver (25)	36:24
9	Douglas Will (36)	36:38
10	Cesar Pangbo (18)	36:38
	Division Results - Men's 10K	

12 & Under: 1, Michael Ross 42:52, 2, Mondo Cuella 44:07. 13-18: 1. Luis Escanuela 34:23, 2. Cesar Pangbo 36:38, 3. Joe Matyasik 40:06. 19-29: 1. Danny Reed 31:16, 2. Tony Black 33:58, 3. Ken Morris 36:14. 30-39: 1. Rich Valdez 34:27, 2. Danny Young 35:04, 3. Douglas Will 36:38. 40-49: 1. Elber Carnacho 38:21, 2, Bob Gilligan 40:09, 3, Michael T. 40:25, 50-59: 1. Sam Mayo 38:08, 2. Wally Ingram 38:52, 3. Duane Schiman 45:06. **80-69:** 1. Larry Banuelos 43:00, 2. Jim Heitzman 46:57, 3. Stanley Gu 54:20. Division Results - Women's 10K

12 & Under: 1. Sarah Hessinger 1:00:26. 13-18: 1. Melisa Chance 46:16. 19-29: 1. Tami Henning 47:00, 2. Susan Evans 47:46, 3. Lisa Wilson 48:13. 30-39: 1. Ellen Coleman 40:26, 2. Debbie Wilkinson 41:13, 3. Claudia Crane 44:03. 40-49: 1. Karen Schuyler 47:52, 2. Anne Coy 51:53, 3. Layelle Cram 52:08. 50-59: 1. Eva Kaus 57:40, 2. Eleanor Bartnicki 1:01:44, 3. Divie Grimes 1:05:02 60-69: 1 Nyla Cook 1:11:21

DIVIO	CHRIST LOCAL OF THE LINE COOK I	
	Overall Results - Half Marathor	n
1	M. L. Petersen (23)	1:11:55
2	Gilbert Mata (26)	1:15.03
3	Mike McMahon (27)	1:16:31
4	Todd Nott (23)	1:16:50
5	Charlie Okamoto (24)	1:17:41
6	Bob Mitchell (34)	1:1827
7	Nicolas Vargas (19)	1:18:59
8	Michael Sayward (39)	1:1929
9	Sal Cervantes (35)	120:27
10	Jeffrey Moreno (26)	1:20:52
	and the second of the second	

Division Results - Men's Half 12 & Under: 1. Travis Wills 2:03:58, 13-18: 1. David Haskell 1:21:19, 2, Bill Stewart 1:25:14, 3, Vanek Star 1:26:35. 19-29: 1. M. L. Petersen 1:11:55, 2. Gilbert Mata 1:15:03, 3. Mike McMahon 1:16:31. 30-39: 1. Bob Mitchell 1:18:27, 2. Michael Sayward 1:19:29, 3. Sal Cervantes 1:20:27. 40-49: 1. Ron Navarrette 1:22:52, 2. Joaquin Granado 1:23:32, 3. Anthony Lopez 1:24:00. 50-59: 1. Don Van Dyke 1:24:12, 2. Bill Lowry 1:31:10, 3. Don Moore 1:34:46. 60-69: 1. Jack Goertzen 1:36:41, 2. Bob Koch 1:39:19, 3. Allen Bergman 1:44:52.

Division Results - Women's Haif

13-18: 1. Meredith Gies 2:05:41, 2. Krystal Schindler

2:05:43, 3, Patricia Ricks 2:05:54, 19-29: 1, Carol Carrigan 1:24:34, 2. Patricia Contreras 1:31:11, 3. Faye Whitting 1:52:08. 30-39: 1. Odette Osantowski 1:33:43, 2. Kathy Pycior 1:44:01, 3. Sherrie Rondeau 1:44:53, 40-49: 1. Rosalinda Phillips 1:49:44, 2. Janice Estrick 1:51:07, 3. Mickey Cruz 1:54:57. 50-59: 1. Diane Deno 1:59:11

### **TAC Masters Half** Marathon **National Championship**

November 14. Oklahoma City, OK.

Division Results - Mon

40-44: 1. Joe Schraeder 1:22:22, 2. Ted Riley 1:23:41, 3. Robert Heaton 1:25:35. 45-49: 1. Dave Williams 1:17:05, 2. Larry Worth 1:21:36, 3. Bill Adams 1:22:11. 50-54: 1. Bob Paklaian 1:20:03, 2. David Lard 1:27:41, 3. Tom Briggs 1:29:56. 55-59: 1. Norman Green 1:15:35, 2. Jerry Crockett 1:28:12, 3. Arturo Melendez 1:29:05, 60-64: 1. Dick Benson 1:27:56, 2. Nocus McIntosh 1:37:01, 3. Logan McGuiness 1:37:11. 65-69: 1. Lewis Winters 1:34:20, 2. Ralph Ratcliff 1:39:23, 3. Fisher Lewis 1:58:49.

Division Results - Women

40-44: 1. Barbara Manning 1:38:20, 2. Ann Crawley 1:38:30, 3. Jan Cosgrove 1:42:02. 45-49: 1. Maureen Bixby 1:27:58, 2. Sharon Cooper 1:38:52, 3. Monika Ryan 1:56:14. 50-54: 1. Kathy Molfitt 1:55:05, 2. Gayle Lamb 1:58:30, 3. Yaita Harris 2:01:30, 55-59; 1. Dorothy Akin 1:58:13. 60 & Over: 1. Lora Woodall

### Foundation 30K (PA-TAC 30K Champs) By MARK WINITZ

November 15. Clarksburg.

Rest assured, the former Clarksburg Classic and Pepsi 20-Mile Run is on stable ground. The organization and planning by the Clarksburg community, combined with the support of new sponsor Foundation Health Corp. produced a top notch race that drew many of the West Coast's top runners.

For those accustomed to urban or suburban road racing, the Sacramento River farm-delta locale provides a quiet rural tranquility that can lull a racer into off-pace dreaminess. 18.6 miles of such stuff requires sustained concentration if you're running alone, which the top three men did for much of the race. The sole-pounding of feet, accompanied by the occasional callings of geese overhead in the clear, Fall sky, and shots from pheasant hunters in the fields, are what you have for audible support here.

San Luis Obispo's Mark Conover shared the lead with Oregon's Ric Sayre for the first 6 miles of the almost entirely flat but leg-hard-off-camber course. Then Conover said "goodbye," building a 45-second lead over Sayre at 13 miles. Tom Wood anchored third. That trio prevailed at the finish where Conover's 1:34:08 set a CR on a course slightly different from last year's.

"Today's the indicator that shows I'm going to be ready for Cal International," said Conover. Sayre, too, was headed for a marathon (or, rather, marathons). He'll go to San Diego's Holiday Bowl (Dec. 6th) followed by Los Angeles in March.

Triathlete Dave Scott was spotted early in the race accompanied by a bicyclist, later finishing a respectable 18th in 1:41:56. Bill Sevald easily swept the masters men followed by Gary Goettleman 5 minutes in

arrears. Darryl Beardall is back on the scene, here grabbing the 50+ category in an outstanding 1:50:06.

Clarksburg veteran Sharlet Gilbert retained her victor's title on the women's side. Her 1:52:55 was 1 1/2 minutes off her 1986 winning time.

"I really haven't been training since New York," Gilbert confessed, although that was only two weeks before. "I've been running but not training."

The rest might have been to Sharlet's benefit. Although second-placer Peggy Smyth was on Gilbert's heels at 13 miles. the sinewy Richmond woman was able to pick up the pace, lengthening the gap to over a minute by the finish.

Nelly Wright edged Joan Colman in the women's over-40 group. Heidi Skaden, topped the female over 50's group--her 2:13:43 a mere 13 minutes behind daughter Heike (8th place overall and half mom's age).

photo by Mark Winitz



MARK CONOVER

In the accompanying 5K event, Robyn Root was in the porta-potty when the gun went off, thus making her winning 17:18 appear a bit pedestrian (for her, anyway). Erik Studenicha (15:24) of Rohnert Park outpaced the 5K men.

It's encouraging to see a health maintenance organization such as Foundation Health truly supporting the benefits of a healthy lifestyle through running. This proactive approach to fitness and health within the general community is a big step in the right direction for the health care industry. Such support for our sport seems a natural for HMO's. Let's

	o oniois joinp on the		
	Top Ten Men		
1	Mark Conover (\$300)	1:34:08	
2	Rioc Sayre	1:35:26	
3	Thomas Wood (\$200)	1:36:01	
4	Joe Rubio (\$100)	1:37:13	
5	Domiongo Tibaduiza	1:37:18	
6	Craig Moore	1:37:55	
7	Craig Steinmaus	1:37:56	
8 .	George Hernandez	1:38:07	
9	Scott Steinmaus	1:38:09	
10 -	Thomas Cushman	1:38:31	
	Top Ten Women		
1	Sharlet Gilbert (\$300)	1.5255	
_			

Peggy Smyth (\$200)

Kathy D'Onofrio

Rossy Tibaduiza (\$100) 1:58:04

1:54.00

1:58:45

Judy Leydig 1:59:03 Sharon Maley 1-50-40 Chris Iwahashi 20002 Hoike Skaden 200:15 Nelly Wright 20108 Joan Coleman 201:37 Top Men - Masters Bill Sevald (\$200) 1:43:37 Gary Goettelman (\$150) 1:48:39 Wayne Miles (\$100) 1:49:07 Top Women - M Nelly Wright (\$200) 201:09 Joan Coleman (\$150) 20137 3 Margie Timberlake (\$100' 208:46 Top Man - Senior (50+) Darryl Beardall (\$50) 1:50:06 Top Woman - Senior (50+) Heidi Skaden (\$50) 2:13:43 Top Teams - Men Chen Reebok Aggies (\$300) Reebok Racing Team (\$150)

Pacific Flyers (\$250) West Valley T.C. (\$100)
Top Teams - Women Open:

Pacific Flyers (\$300) Buffalo Chips (\$150)

West Valley T.C. (\$250) Overall Results - It n'a SK Erick Studenicka 15:24 Jim Scattini 15:28 Kevin Holbrook 1529 Pete Flores 15:45 Kelly Dodge 15:58 David Amster 15:50 Curt Duff 16:03 Joe Sertic 1609 Mike Freelin 16:27 **Bubba Doughty** 16:52 Overall Re Women's 5K Robyn Root 17:18 Karen Moh 1829 Consuelo Garcia 18:39 Angela Tibaduiza 1911 Eva Belt 19:36 Nika Horn 19:45 Connie Kondo 19:48 Janet Pedrotti 20:26 Patti Teal

10

10

Lynn Kyme

Division Re 14 & Under: 1. Bobby Ryser 18:30, 2. Angel Delgadillo 18:35, 3. Matt Lishman 19:04, 15-19: 1. Kevin Holbrook 15:29, 2. Kelly Dodge 15:58, 3. Joe Seric 16:09. 20-24: 1. Eric Studenicka 15:24, 2. Jim Scattini 15:28, 3. 15:28, 3. Brian Peoples 17:16, 25-29; 1. Carlos Lopez 17:04, 2. Will Wilson 17:21, 3. Mike Sulfivan 18:06. 30-34: 1. Mike Ercolini 16:27, 2. Chris Broadley 17:31, 3. Jim Hartigan 17:50, 35-39: 1, Pete Flores 15:45, 2. David Amster 15:59, 3, Curt Duff 16:03, 40-44: 1, Greg Jewett 17:03, 2. Ron Barker 17:35, 3. Jim Mudd 18:09. 45-49: 1. Don Spickelmier 17:22, 2. Dan Alarid 17:51, 3. Larry Lusk 18:37. 50-54: 1. Carl Jackson 20:02, 2. Richard Petersen 20:44, 3. Steve Murphy 21:17, 55-59; 1. Jack Sohl 20:56, 2. Gilman Jung 21:21, 3. Norman Thomas 25:50. 60 & Over: 1, Vance Koerner 23:41, 2. Mas Tanaka 23:49, 3. Ted Storey

20:37

2038

Division Results - Women's 5K 14 & Under: 1. Nika Horn 19:45, 2. Kari Horn 21:42, 3. Michelle Campbell 23:17. 15-19: 1. Eva Belt 19:36, 2 Whendie Hawes 21:28, 3. Leanne Cobb 22:09. 20-24: 1. Karen Mohr 18:29, 2. Karen Stanley 21:11, 3. Karla Lindstrom 21:13. 25-29: 1. Robyn Root 17:18, 2. Consuelo Garcia 18:39, 3. Connie Kondo 19:48. 30-34: 1. Angela Tibaduiza 19:11, 2. Janet Pedrotti 20:26, 3. Patti Teal 20:37, 35-39: 1. Ruth Grimes 21:26, 2. Cathy Rohm 22:55, 3. Melissa Notebroom 23:50. 40-Camp Homm 25:33, 3. Menssa notectroom 53:30, 49-44: 1. Lynn Kyme 20:38, 2. Susan Condon 22:40, 3. Alice Hill 23:23, 45-49: 1. Greta Carriger 22:12, 2. Chiyo Shingu 23:33, 3. Susan Pegram 24:26, 50-54: 1. Shirley Ogilvie 26:24, 2. Judy Phillips 27:19, 3. Dons Morabito 28:51, 55-59; 1. Jamis Kalberg 25:46, 2 Lafever 28:32, 3. Dorothy Locher 34:34, 60 & Over: 1. Grace Gammill 29:20, 2. Penny Kennedy 46:41, 3. Harriet Barsalou 47:06.

### San Juan Trail 50 Mile

Nov.	15.	Cleveland National Forest.
		Overall Results

	Overall Results	
.1	Jussi Hamalainen (41)	6.42.24
2	Terry Hughes (41)	6:44:03
3	Herb Tanzer (35)	6:44:42
4	Jim King (30)	6:47:39
5 .	Fred Shufflebarger (39)	7:01:14
6	Jim Ulvestad (32)	7:08:01
7	Frank Bozanich (43)	7:23:49
8	Stephen Harris (33)	7:28:30
9	Bill Kissell (34)	7:36:59
10	Maurie Bousquet (45)	7:46:37
11	Dan Barger (22)	7:48:58
12	Tim Ball (33)	7:49:56
13	Michael McMahan (39)	8:00:35
14	Tom Ulik (46)	8:09:38
15	Gard Leighton (53)	8:10:44
16	Earl Towner (37)	8:25:48
17	Takafumi Hamabata (33)	82728
18	Steve Warshawer (30)	827:59
19	Klaus Weber (44)	827:59
20	Garry Curry (33)	82828
21	Sue King (33F0	8:31:13
30	Mary Hammes (27F)	8:39:49
51	Tess Porter (41F)	9:15:58
54	Robin Pinkerton (27)	9:16:59
59	Tina McKenzie (35F)	9.24.52

### Merced Track Club **Turkey Trot**

iber 15. Merced. 10K.

Over a hundred runners participated in the 13th annual Merced Track Club Turkey Trot held in Apolegate Park.

Merced's Greg McKinstry was the first finisher for the sixth time in the thirteen year history of the event, in a fast 34:32 for the 10K course.

In the women's event Oakdale's Dee Dee Grafius led the entire distance and completed the course in

Local runner, Scott Graham, a relatively new face in Merced's road races, finished sixth overall and first in the 17 & Under age group with a time of

Other top finishing local runners were Vicki Belton (30-39) 47:17; Marilyn Arguelles (40-49) 47:53; Curt

Royer (30-39) 36:57; and Tom Diehl (30-39) 37:40. Winner in the 1.9 mile event were Mike Boyer with a time of 9:17, and Merced's Maryan Clark in a time of

123/.		
	Overall Results - 10K	
1	Greg McKinstry	34:3
2	Daniel Garcia	36:0
3	Curt Royer	36:56
4	Tom Diehl	37:4
5	Barney Eredia	37:4
6	Scott Graham	37:5
7	Frank Miranda	37:5
8	Clyde Dilg	382
9	Len Thornton	38:2
10	Ken Schwisow	38:34
	Overall Results - 1.9 Mile	P
1	Mike Boyer	9:17
2	Richard Morosa	9.5
3	Ray Andrada	10:00
4	Gary Hogan	10:0
5	Gustavo Armenta	102
6	Lance Jackson	102
7	Jacob Price	10:3
9	Ryan Luckin .	- 11:3
10	Kyle Royer	112
	• •	

### **CRI Long Beach Shoreline**

Nov. 15. Long Beach, Half Mara.

	Overall Results - Met 8 Half	
	Afredo Rosas (27) Torrance	1.07.0
5	Kevin Broady (25) Fullerton	1:07:5
	· ·	

3.	Mike Navok (28) LongBeach	1;10:08
4	Rick Dodson (23) ManhattanBch	1:10:18
5	Dan Davies (30) Pasadena	1:10:37
6	Ted Cotti (25) PlayadelRev	1:10:57
7	David Smith (31) irvine	1:11:01
8	Jon Horowitz (31) Pasadena	1:11:26
9	Keith Berta (30) W.Covina	1:11:27
10	Tim Detkeskamp(17)Brea	1:1223
	Division Results - Men's Half	

14 & Under: 1. Terri Reyes 1:26:02, 2. Freddy Quintero 1:29:45, 3. Geoff Janquart 1:33:26. 15-18: 1. Tim Delkeskamp 1:12:23, 2. Ken Gibson 1:13:00, 3. Randall Little 1:13:09, 19-24; 1. Rick Dodson 1:10:18, 2. Donald Ciceri 1:13:11, 3. Salvador Vargas 1:13:26. 25-29: 1. Alfredo Rosas 1:07:02, 2. Kevin Broady 1:07:51, 3. Mike Navok 1:10:08. 30-34: 1. Dan Davies 1:10:37, 2. David Smith 1:11:01, 3. Jon Horowitz 1:11:26. 35-39: 1. Enrique Serratos 1:14:29, 2. Rich Valdez 1:14:34, 3. Ben Martinez 1:14:43, 40-44: 1. Pablo Drobny 1:15:30, 2. Joe Calhoun 1:19:42, 3. Bo Goran Lundkvist 1:21:06. 45-49: 1. George Wright 1:20:24, 2. Simon Rubin 1:21:13, 3. Denis Trafecanty 1:21:17, 50-54: 1, Don Watson 1:23:16, 2, Eric Piper 1:23:41, 3. Frank Greene 1:24:37, 55-59: 1. Tracy Brown 1:26:18, 2. Ryoji Akiyama 1:27:41, 3. John Afeyk 1:29:47, 60-64: 1. Larry Banuelos 1:30:57, 2. Robert Koch 1:36:12, 3, Robert Hardaway 1:41:37, 65-69: 1. Ed Hornung 1:39:20, 2. Maury Kelliher 1:44:55, 3. Anthony Hill 2:01:08. 70 & Over: 1. Eddie Lewin 1:37:48, 2. Dutch Benedetti 1:44:15, 3. Jerome

	Overall Results - Women	
1	Aracely Salas (23) L.A.	1:15:58
2	Charlotte Thomas (30) S.Diego	1:17:46
3	Luisa Ronquillo (30) L.A.	1:19:44
4	Suzi Morris (30) Encinitas	120:56
5 /	Anita Johnson (25) LongBeach	1,2201
6	Lisa Kasparek (28) LongBoh	1:22:34
7	Tammy Sargeant (30) LongBch	1:23:09
8	Jennifer Henderson (28) Barst	1:23:43
9	Regina Schuetze (30) Bakersf	1:23:53
10	Harolene Walters (44) M.Vieio	12507
	Division Require - Women's Half	

14 & Under: 1. Sara Petrick 1:28:11, 2. Sara-Lee Reyes 1:55:40, 3. Katy Donahue 2:07:14. 15-18: 1. Lucinda Reyes 1:28:11, 2. Kathy Cannon 1:34:43, 3. John Beth 1:40:13. 19-24: 1. Aracely Salas 1:15:58, 2. L. McHale-Rinde 1:26:45, 3. Katharin Gustafson 1:27:32, 25-29: 1. Anita Johnson 1:22:01, 2. Lisa Kasparek 1:22:34, 3. Jennifer Henderson 1:23:43, 30-34: 1. Charlotte Thomas 1:17:46, 2. Luisa Ronquillo 1:19:44, 3. Suzi Morris 1:20:56. 35-39: 1. Joan Van Biom 1:26:32, 2. Carol Murray 1:27:18, 3. Kim Satteriee 1:36:14, 40-44: 1. Harolene Walters 1:25:07, Fran Solomon 1:29:00, 3. Cheryl Carnall 1:29:59. 45-49: 1. Carole Davis 1:47:45, 2. Kari Nordaas 1:49:16, 3. Mary Cash 1:52:24. 50-54: 1. Margaret Speer 1:43:03, 2. Shirley Blush 1:44:39, 3. Mary Dugan 1:47:20. 55-59: 1. Shirley Trosino 2:06:05, 2. Elaine Herfert 2:07:17, 3. Betty Crosby 2:17:25. 60-64: 1. Alice Goldberg 2:00:12, 2. Antoinette Hill 2:00:16, 3. Miyoko O'Hara 2:08:08. 70 & Over: 1. Lucile

Aone	y 2:5/:29.	
	Overall Results - 1 Mile	11
1	Leonardo Castrejon (25)	4:34
2	Lincoln Scott (20)	4:40
3	Chanel Jones (28)	4:46
4	Danny Fitzpatrick (17)	4:47
5 .	George Garcia (16)	5:03
6.	W. Fitzpatrick (37)	5:04
7	Dirk Dickens (18)	5:13
8	Mike Hinton (33)	5:17
9	Dave Rupp (36)	517
10 ∿	Cris Palma (14)	5:19
	Overall Results - Men's Wheelchair	
1	Robert Molinatti (29) HuntingBch	53:58
2	Mike Postell (20) Lithonia	55:04
3 .	Gary Kerr (33) Clovis	55:47
4	Kevin Orr (19) Urbana	56:31
5	Laverne Archenbach (45) AL	56:33
6	Jim Martinson (41) WA	56:34
7	Rafael Ibarra (32) Fresno	56:35
8	Jon Puffenberger (16) OH	57:17
9 .	Patrick Holly (37) Tualatin	57:30
10	Craig Blancette (19) OR	57.31
	Overall Results - Women's Wheelch	ait
1 :	Angela teriti (23) Vancouver	1:0026
2	Sharon Frenette	1:07:41
3	Jean Driscoll (20) Champaign	1:07:45
4	Ann Cody (24) Champaign	1:07:54
5	Brenda Zajac (26) Tampa	1.09:56
6	Tracy Miller (25) KansasCity	1:10:18
7 .	Ann Walters (18) Champaign	1:12:22
8	Diane Rakiecki (26) Vancouver	1:15:10
9	Tami Oothoudt (28) MN	1:15:32

Emily Quinn (28) Fresno

### City of Arroyo Grande **Turkey Trot**

Nov. 21. Arroyo Grande. 4,2 Mi & 2 Mi.

The Arroyo Grande Recreation Department and the Lion's Club and the Rotary Club of Five Cities sponsored the 10th Annual Turkey Trot Fun Run for all ages. The runners were competing for turkeys (1st place), chickens (2nd place) and game hens (3rd place) in each of the divisions.

The 4.2 mile race and the 2 Mile race started at the Arroyo Grande High School field and continued through selected streets of Arroyo Grande and ended back at the High School and the youth races ran around the Orchard Field with a raffle provided for the runners while waiting for results to be tabulated. Those raffle prizes were made possible through donations by McDonald's, Burnardo'z, Burger King, Carl's Jr., Shakey's, Quarterdeck, It's Really Yogurt, Dr. Michael Stehula (Dentistry), S.S. Lollipop, Arroyo Drug, Ira's Bike Shop, Cutting Edge, A.G. Physical Therapy, Central Coast Athletic Club, Casa Blanca, Sundance Tanning Studio, McLintock's Fantastic Sam's, Williams Bros., Papa Geno's Pizza. Gina's Pizza & Pasta, and a special friend to

The race awards were given out after the raffle and are as follows:

In the Men's Division 19-29, 1st place was Ivan Huff with a time of 22:26, in 2nd place was Ross Newby with a time of 24:07, and in 3rd was Luis Escobar with 28:56.

In the Men's Division 30-39, 1st place was Gary Silva (24:46), 2nd place was Louie Quintana (26:45), and in 3rd was Stan Reyes (27:38).

In the Men's Division 40-49, 1st place was David Condit (27:05), 2nd place was Raymond Russell (29:50), and in 3rd was Bob Sewell (29:56).

In the Men's Division 50 & Over, 1st place was Leo Estes (30:19), 2nd place was Ben Horner (31:59), and in 3rd was Robert Mote (36:13).

In the Women's Division 19-29 1st place was Bonita Fuhrmann with a time of 30:20 and in 2nd place was Gundy Rettke with a time of 35:56: In the Women's Division 40-49 1st place was Angle

Fuhrmann (30:24), 2nd place was Ellen Kanthack in 37:47 and in 3rd was Merilee Peck (42:29). In the Women's Division 50 & Over 1st place was

Jean Spierling (37:25), and in second was Elizabeth Baker (45:02).

In the Boy's Division (7th-9th grade, 2 Mi) 1st place was Chris Schimandle (13:52), 2nd place was Jason McKnelly (14:21), and in 3rd place was Kevin Burt

In the Girl's Division (7th-9th grade, 2 Mi) 1st was Brandy Barr (13:51), 2nd place was Angela Orefice, and in 3rd place was Sandra Barr (15:46). in the Boy's Division 10th grade (18 yrs., 2 Mi) 1st

place was Derek Condit with a time of 34:41. in the Boy's Division 6 years & under (1/4 mi) 1st

place was Erik Sam (1:45), 2nd was Tim Felix at 1:53, and in 3rd it was Saul Kolb in 1:56. In the Girl's Division 6 years & Under (1/4 mi) 1st

place was Karen Bewley (1:36), in 2nd Andrea Bunch (1:42), and in 3rd was Heather Stehula (1:47). In the Boy's Division 7 years-4th grade (1/2 Mi) 1st was Chris Felix (2:54), in 2nd was Jose Ramirez (2:58), and in 3rd was Stefan Bewley (3:07).

In the Girl's Division 7 years-4th grade (1/2 mi) 1st place was Lynnette Bunch (2:56), in 2nd was Peachy Fryburgur (3:15), and in 3rd was Harmony Brown

In the Boy's Division 5th & 6th grade (3/4 mi) Brian Jones and Rodger Ciano tied for 1st with a time of 4:17, 2nd was Ricky Felix (4:19) and in 3rd was Kevin O'Neil (4:24).

In the Girl's Division 5th & 6th grade (3/4 mi) 1st place was Pat Cavaletto (4:41), and in 2nd was Roseann Rodriquez (4:51) and in 3rd was Keri Owen

### Rialto Rotary Polio-Plus

November 21. Realto. 5K.

1:19:34

Division Results - Men 12 & Under: 1. Brent Haring 22:02, 2. Mondo Cuellar 22:13, 3. Clay Kipling 22:54, 13-18: 1. Luis Escanuela 16:39, 2. Christian Muro 17:08, 3. Dan Vigil 17:44, 19-29: 1. Gilbert Mata 15:37, 2. Dave Ortiz 16:05, 3. Pat Lynch 16:16, 30-39: 1, Gilbert Brooks 16:00, 2, John

Mills 17:35, 3, Fred Comer 17:59, 40-49: 1, Kenneth Robin 19:37, 2. William McGhee 19:40, 3. Joe Bautista 20:32, 50-59: 1. Bill Crum 17:45, 2. Don VanDyke 17:47, 3. Jack Lieberman 20:36, 60 & Over: 1. Joe Fleischmann 22:05, 2. Bob Anderson 23:39, 3. Alex Llamas 25:52

Division Results - Women
12 & Under: 1. Chelle Liamas 20:16. 2. Kristi Smith 25:49, 3. Lisa Frye 29:11. 13-18: 1. Tanya Thayer 18:50, 2. Linda Zirk 26:01. 19:29: 1. Chelita Neal 21:45, 2. Denise Argabright 21:59, 3. Tammy Nelson 22:54, 30-39: 1. Lea Thirkettle 23:42, 2. Debbie Kozlovich 25:25, 3. Virginia Castro 26:17. 40-49: 1. Elena Guisa 25:17, 2. Rosie Cimental 28:02, 3. Natie Sanche 29:54. 50-59: 1. Catherine Coleman 32:05.

### Yucaipa Turkey Run

November 21. Yucaipa Regional Park.
Division Results - Men's 3.8 Mile
13-25: 1. David Swiderski 20:19, 2. Ethan Ownby 21:39, 3. Santiago Yanez 24:47. 26-41: 1. Willia Mierzwik 23:20, 2. Kevin Cotterili 25:23, 3. David Reid 26:22, 41 & Over: 1. Bob Palone 26:23, 2. Stan Beliamy 27:28, 3. Anders Ljunge 28:46.

Division Results - Women's 3.8 Mi. 13-25: 1. Diane Mierzwik 28:45, 2. Lota Hahn 31:10. 41 & Over: 1. Claire Reid 32:48.

Division Results - Boys 2 Mile 10-12: 1. Ismael Navarro 15:31, 2. Kareem Gates 16:46, 3. Jamie Georgiana 16:56. 13-25: 1. Brian Ownby 10:40, 2, Jason Carney 11:04, 3, Robert Coronado 14:55, 25-40: 1, Dave Wilson 13:56, 2, Paul Berry 15:22, 3. Brad Hafner 19:37. 41 & Over: 1. Andrew Johnson 12:19, 2. Jerry Fulton 15:46

Division Results - Girls 2 Mile 10-12: 1. Krissy Fulton 16:15, 2. Sarah Hafner 19:36. 13-25: 1. Linda Hahn N.T., 2. Carrie Stubbs 14:30, 3. Julie Sanchez 17:16. 26-40: 1. Catherine Waterman 16:11, 2. Pamela Brown 16:34, 3. Carol O'Casey 16:56. 41 & Over: 1. Donna DeRussy 16:46, 2. Virginia Scales 20:02, 3, Virginia O'Conner 23:28.

Division Results - Boy's 1 Mile 6-9: 1. Joey Karwoski 4:26, 2. Kenyon Carpenter 4:28, 3. Nathan Ingalls 5:08.

Division Results - Girl's 1 Mile

6-9: 1. Donna Eldridge 4:40, 2. Ginger Bryk 5:09, 3. Susan O'Camb 5:11.

Division Results - Boy's 100 yd. 5 & Under: 1. Branden Ruiz 20, 2. Dale Shekon 22. Division Results - Girl's 100 yd.

5 & Under: 1. Jamile Navarro :21, 2. Heather Bryk

### **Ladera Heights Civic Association Road Race**

November 21, Ladera Heights. 5K. Division Results - Mon

14 & Under: Juan Rivasa 21:32, 2. Cristobal Beltran 21:55, 3, Rafael Torres 22:37, 15-19: 1. Juan Chavez 15:17, 2. Jesus Ortiz 17:57, 3. Mario Gonzalez 19:59. 20-29: 1. Kenneth Niles 16:24, 2. Marc Cobb 17:29, 3. Bart Havashi 18:38. 30-34: 1. Carl Allen 17:38, 2. Samuel Gardener 17:41, 3. Mark Hodgens 18:08. 35-39; 1. Steve Radigan 16:37, 2. Charles Moorehead 20:22, 3. Michael King 20:24. 40-44; 1. Michael Mansfield 18:16, 2. Jerry Skinner 19:33, 3. Jonathan Moore 20:29. 45-49: 1. Ray Dwyer 18:17, 2. Fred Jones 20:47, 3, John Harris 20:48, 50-59: 1, Kenn Fletcher 19:22, 2. Paul Armstead 19:44, 3. David Wake 21:24, 60 & Over: 1. James Johnson 24:15, 2. Dean Scholield 26:24, 3. Bruce Robinson 30:04.

Division Results - Wome 14 & Under: 1. Erica Martinez 23:36, 2. Marisza Bravo 24:13, 3, Wendy Melgar 24:17, 15-19; 1. Jocelyn Ruiz 22:40, 2. Tracy Burton 25:04, 3, Melanie Petross N.T. 20-29: 1. Deann Gutowski 19:35, 2. Kenya Smith 22:54, 3, Lorna Johnson 25:11, 30-34: 1, Sylvia Smith 25:23, 2. Kim Hayashi 26:51, 3. Kathy Cox 34:43, 35-39: 1. Susan Thibodeaux 24:04, 2. Conception Belknap 25:06, 3, Kerry Shuman 32:55, 40-44: 1. 40-44: 1. Cynthia Scales 31:2;5. 45-49: 1. Virginia Hathaway 43:13.

### Thanksgiving Fun Run

Nove	imber 21. So. San Francisco.	
	Overall Results	
1	Lucio Perez (20-29)	23:12
2	Eseque Rodriguez (20-29)	23:34
3	Jose Castenada (30-39)	24:12
4	Bill Masten (30-39)	24:27
5	Chuck Winters (40-49)	24:39
6	David Garcia (30-39)	25:06
7 .	Pat Neary (20-29)	25:13
8	Bruce Baker (30-39)	25:38
9	Ron Tanaka (40-49)	25:46
10	John Pavne (30-39)	26:11
11	Gabriel Donohoe (13-15)	26:12
12	Bruce Eaton (30-39)	26:21
13	Michael Gulli (20-29)	26:39
14	Walt Kohnert (40-49)	26:40
15	Bill Bugler (50-59)	26:42

### Jet to Jetty

21, Playa Dar Hey, 5K & 1UK.	
	31:05
Matt Blaty (26)	31:17
Denis Bauke (29)	31:58
Clyde Matsumura (28)	3207
	3216
Tim Curtin (24)	32:42
Robert Rendon (27)	32:53
Gianni Carpani (40)	33:01
Luigi Gratton (17)	33:12
Lee Malaby (22)	33:23
Overall Results - Women's 10K	
Sherry Fox (29)	37:38
Karon Carpani (31)	37:43
Veli Lehman (18)	38:07
	39:48
	40:59
	41:19
	42:11
	4221
	42:34
	42:46
ion Results - Men's 10K	
	Ciyde Matsumura (28) Richard Girifinger (28) Tim Curtin (24) Robert Rendon (27) Gianni Carpani (40) Luigi Gratton (17) Lee Malaby (22) Overall Results - Women's 10K Sherry Fox (29) Karon Carpani (31) Veli Lehman (18) Jennifer Smith (18) Donna Greer (25) Christi Bach (25) Loren Garretson (50) Teri Ingram (25) Nancy Rappaport (28) Carrie Wenger (30)

10 & Under: 1. JD King 49:12. 11-14: 1. Chris King 43:42, 2. Victor Rodriguez 59:05. 15-18: 1. Luigi Gratton 33:12, 2. Lib Deveyra 40:48, 3. Timothy Auth 41:17. 19-24: 1. Tim Curtin 32:42, 2. Lee Malaby 33:23, 3. Matthew Brayman 33:41, 25-29: 1. Matt Biaty 31:17, 2. Denis Bauke 31:58, 3. Clyde Matsumura 32:07, 30-34: 1. Harold Ketting 31:05, 2. Takahi Yagisawa, 33:47, 3. Steve Werfman 36:36, 35-39: 1. Stephen Keyes 33:34, 2. Mark Hemphill 35:03, 3. Dennis Huffman 35:41, 40-44: 1. Glanni Carpani 33:01, 2. Richard Kuegler 35:54, 3. Gary Williams 36:31, 45-49: 1. Ray Hughes 35:49, 2. Robert Neill 38:27, 3. Chuck Hall 38:56, 50-54: 1. John Ghini 38:40, 2. Frank Greene 39:03, 3. John Williams 41:55. 55-59: 1. Moysius Cassy 45:27, 2. Daniel Meija 45:51, 3. Al Werker 46:44, 60-84: 1. Gene Pumphrey 40:43, 2. Millo Sather 42:14, 3. Ellis Revness 45:17, 65 & Over: 1. Eddie Lewin 43:15, 2. Maury Kelliher 46:47, 3. Sam Simon 48:15.

Division Results - Women's 10K
15-18: 1. Veli Lehman 38:07, 2. Jennifer Smith 39:48,
3. Jennifer Swanson 45:21, 19-24: 1. Lisa Kaspin
44:22, 2. Beth Sutherland 45:37, 3. Emily Moore
46:35, 25-29: 1. Sherry Fox 37:38, 2. Donna Greer
40:59, 3. Christi Bach 41:19, 30-34: 1. Karon Carpani
37:43, 2. Carrie Wenger 42:46, 3. Carmi Plant 43:08,
35-39: 1. Connie Corson 47:06, 2. Jone Osborne 47:11,
3. Patricia McDonough 47:48, 40-44: 1. Wendy Watson
42:52, 2. Elizabeth Kelly 42:59, 45-49: 1. Barbara
Camp 49:18, 2. Elsie Pena 50:16, 3. Barbara
Blackman 52:41, 50-54: 1. Loren Garretson 42:11, 2.
Rosida Cooper 57:49, 3. Rosanna Borsiery 59:06. 5559: 1. Doris Casteneda 52:40, 2. Nelly Williams 54:06,
60-64: 1. Helen Dick 44:10, 2. Beverly Smith 51:47, 3.
Marie Heister 1:05:20.

-	Overall Results - Men's 5K	
1	Migdalia Arteaga (29)	17:51
2	Alejandra Aguirre (24)	17:55
3	Patty Almendariz (21)	18:34
4	Helen I onez (27)	10-27

5	Donna Chadwick (25)	1840
.6	Rosie Duenas (27)	19:04
7 7	Holly Ackley (24)	19:05
8 .	Aeyoung Yoon (26)	19:11
9	Terri Goodrean (38)	19:15
10	Nancy Lovendosky (32)	19:18
	Overall Results - Women's 5K	
1	Alfredo Perez (22)	15:31
2	Mike Smith (25)	15:31
3	Rick Dodson (24)	15:53
4	Reginaldo Greene (20)	16:04
4	Kenald Ciceri (21)	1606
6	Eric Polonski (17)	16:08
7	Larry Montag (35)	1613
8	Steve Moreno (26)	16:16
9	James Reed (26)	1626
10	Matt McMullen (27)	1627
	Martin Marian Barrella Company	

10 & Under: 1. Danny Oconnell 24:28, 2. Matthew Davis 26:33, 3. Keith Lindauer 32:06. 11-14: 1. Malt Strain 19:15, 2. Tim Hickman 20:09, 3. Derek Dallabetta 22:40. 15-18: 1. Eric Polonski 16:08, 2. Steve Garcia 16:31, 3. Shawn McNamara 16:54. 18-24: 1. Alfredo Perez 15:31, 2. Rick Dodson 15:53, 3. Reginaldo Greene 16:04, 25-29; 1, Mike Smith 15:31, 2. Steve Moreno 16:16, 3. James Reed 16:26, 30-34; 1. Dan Takahashi 16:58, 2. Luis Alvarado 17:16, 3. Frank Werman 17:33. 35-39: 1. Larry Montag 16:13, 2. Richard Miller 17:01, 3. Scott Minium 17:38. 40-44: 1. Mickey Depalo 16:49, 2. Manny Burrola 17:29, 3. Eric Meredith 17:48. 45-49: 1. Ken Price 17:51, 2. Lon Clearwaters 18:17, 3. Ken Krekorian 19:08. 50-54; 1. Ron Poston 17:32, 2. Robert Lyons 18:44. 50-54: 1. Jerry Withers 19:30, 2. Leroy Carter 20:08, 3. Leun Siff 26:45. 60-64: 1. Gene Pumphrey 19:23, 2. Meredith Eick 20:51, 3. Philip Smith 24:31, 65 & Over: 1. Fred Shanley 26:46, 2. Robert Ferry 32:27, 3. Kenneth Spooner 39:01

Division Results - Women's 5K

10 & Under: 1. Kelly Kaa 23:11, 2. Lisa Logan 24:08, 3. Patricla Pruitt 24:21, 11-14: 1. Carrie Woodthorpe 26:22, 2. Tracee Metcafle 27:00, 3. Julie Golgert 29:26. 15-18: 1. Karen Latt 21:45, 2. Heidi Hickman 27:34, 3. Susan Jay 28:36. 19-24: 1. Alejandra Aguirre 17:55, 2. Patry Almendariz 18:34, 3. Holly Ackley 19:05, 25-28: 1. Migdalla Arteaga 17:51, 2. Helen Lopez 18:37, 3. Donna Chadwick 18:40, 30-34: 1. Nancy Lovendocky 19:18, 2. Susan Kiseda 20:35, 3. Cathy Fitzgerald 21:02, 35-39: 1. Not Available, 2. Sue Harmon 20:14, 3. Maura Podilo 25:35, 40-44: 1. Mary Martin 21:01, 2. Angelita Llerna 21:33, 3. Margaret Hourigan 22:42, 45-48: 1. Roberta Lamping 21:11, 2. Ann Darghi 25:44, 3. Barbara Mann 25:48, 50-54: 1. Shirley Blush 22:01, 2. Atsuko Fujimoto 22:44, 3. Carol Forster 25:54, 55-59: 1. Betty Crosby 26:39, 2. Irene Howard 30:35, 3. Bobbie Peyser 33:05, 60-84: 1. Raye Johnson 23:14, 65 & Over: 1. Thelma Anderson 35:45.

### Desert Princess Run-Bike-Run Series

er 21. Palm Springa. Overall Results - Man Ken Souza (22) Covina George Pierce (28) ThousOaks Brad Kearns (22) WoodIndHis Nick Martin (30) Scottsdale,AZ 241:06 24220 2:43:41 244:12 Brian Clary (25) Redlands Ken Kiss (27) Camarillo 246:39 24736 Emilio DeSoto (27) Encinitas 248:37 Charles Hubbard (26) Burbank 249:04 Michael Meteyer (28) Oceansd Jon Black (27) Oceanside 249:46 Overall Regults - Women

Overall Results - Women
Liz Downing (29) Portland, OR 255:23
Sylviane Puntous (26) Kelowna 259:44
Sue Griesbach (29) Fullerton 3:04:13
Laurie Samuelson (32) Carlsbad 3:13:57
Robin Davis (27) Encinitas 3:19:03
Sicia Steinhard (122) DelMar 3:23:19
Lynn Pok (26) SanDiego 3:25:12

Division Results - Men
19 & Under: 1. Rex Johnson 2:59:22, 2. Todd Lysholm
3:10:21, 3. Todd Pahl 3:17:45, 20-24; 1. David Herr
2:55:06, 2. Michael Marekt 2:56:50, 3. Montgomery
Jeff 2:58:34, 25-29; 1. Dalas Gordon 2:54:48, 2. Chris
Ward 2:57:42, 3. Guy Gary 2:55:13, 30-34; 1. Dan
Rock 2:52:42, 2. Mark Sisson 2:56:18, 3. Corky Ewing
2:57:24, 35-39; 1. Alan Cocks 2:55:53, 2. Douglas:
Thomson 2:58:43, 3. Howard Liebowitz 2:59:46, 4044; 1. Thomas LaFontaine 2:57:14, 2. William
Lovelace 2:59:18, 3. Bob Macy 2:59:51, 45-49; 1.

Victor Copeland 3:05:40, 2. Larry Ford 3:13:07, 3. Lawrence Peter 3:15:13. 50-54: 1. Robert Jeffrey 3:22:41, 2. Harry Pantelas 3:22:55, 3. Elikoft Robinson 3:29:36. 55-59: 1. Wally Evertz 3:29:45, 2. Fred Kerr 3:32:33, 3. Lawren Schumaker 3:32:51. 60-64; 1. Richard Carison 4:02:06.

### Tri-City Medical Center 10K

November 22. San Diego.		
	Overall Results	
1	Terry Cotton (33)	28:33
2	Steve McCormack (27)	28:43
3	Alan Scharsu (27)	28:46
4	Scott Steve (31)	29:04
5	Bob Leetch (25)	2922
6	John Koningh (31)	29:30
7	Franklin Haralson (26)	29:52
8	Sean Evans (26)	29.54
9	Robert Sibley (24)	29:556
10	Vincent Draddy (26)	30:06
11	Ken Misner (38)	30:08
12	William Ayyad (26)	30:09
13	Ken Flint (21)	30:10
14	Armando Siqueiros (28)	3025
15	Henry Chio (18)	30:26
16	Roberet Franks (27)	30:26
17	Norberto Avila (29)	30:27
18	Barry Martin (35)	3128
19	Marshall Varano (25)	3128
20	Rick Nolder (21)	3129
21	Doremus Bill (30)	31:31
22	Elgin Smith (22)	31:38
23	William Core (22)	31:40
24	Jonathan Haberkern (35)	31:43
25.	John Ellison (25)	31:50
26	Paul Cook (35)	31:52
27	Jesus Piatas (28)	31:53
28	Jon Horowitz (31)	31:55
29	Neal Harris (27)	32:00
30	Steven Hastings (26)	32:01

### Pleasant Hill Recreation Turkey Trot

November 22. Pleasant Hill.

	Overall Results	
1	Tom Borschel (30) Oakland	47:24
2	Kevin Searls (29) Martinez	50:41
3	Byron Cholniere (32) WalnutCk	50.51
4	Tad Beach (29) Oakland	50:58
5	Dean Harper (34) Walnut Creek	51:57
6 .	Patrick Wallace (29) Lafayette	52:33
7	Douglas Rustad (47) SantaRosa	5327
8	Stephen Freitas (37) Orinda	53:44
9	Bill Sadler, III (18) Martinez	53:55
10	Doug Hetzler (32) PleasantHill	54:45
11	Dow Mattingly (36) Walnut Ck	55:43
12	Charles Kerstein (36) Martinez	55:51
13	Robert Weatherwax (29) Oakland	5621
14	Greg Wheatfill (31) Pleasant HI	56:36
15	Steve Wight (34) Martinez	56:53
16	Jan Werner (43) S.F.	57.09
17	David Terra (38) Concord	57:34
18	Jerry Morucci (19) Walnut Ck	57:41
19	John Howard (26) CastroVly	57:52
20	Rip Talavera (40-49) WalnutCk	57:59
	Division Results - Men	

Division Hesutis - Men

13 & Under: 1. Lance Morrison 1:23:31 14-18: 1. Bill
Sadler, III 53:55; 2. Jerry Van Sickle 59:12, 3. Lee
Bilss 1:00:57, 18-29: 1. Kevin Searls 50:41, 2. Tad
Beach 50:58, 3. Patrick Wallace 52:33, 30-39: 1. Tom
Borschel 47:24, 2. Byron Choiniere 50:51, 3. Dean
Harper 51:57, 40-49: 1. Douglas Rustad 53:27, 2. Jan
Werner 57:09, 3. Rip Talavera 57:59, 50-59: 1. Bill
TillIson 59:40, 2. Boumedin Mered 1:03:09, 3. Tom
Pinckard 1:05:20, 60 & Over: 1. Ulysses Ratti 1:25:16,
2. William Newcomb 1:50:55.

Division Results - Women

14-18: 1. Amy Perry 1:31:42. 19-29: 1. Linda Schirmer 1:02:15, 2. Pamela Absher 1;09:40, 3. Carol Bundy 1:09:52, 30-39: 1. Penny DeMoss 58:57, 2. Karen Kislow 1:01:39, 3. Sarah Gallager 1:09:34. 40-49: 1. Susan Klepac 1:11:23, 50 & Over: 1. Nora Smiriga 1:04:49

### SCA-TAC 25K Championship

Nov. 22, Ventura.

	Overali neaulis	
1	David Olds (26)	1:21:47
2	Geroge Mason (32)	1:27:45
3	Ruben Ledesma (26)	1:29:13
4	Terry Mack (36)	1:32:22
5	Brian Nelson (30)	1:33:19
6	Hans Vankoppen (32)	1:33:54
7	Joe Calhoun (40)	1:34:41
8	George Arellano (34)	1:35:08
9	Keith Kirkpatrick (41)	1:35:33
10	Al Sanchez (36)	1:36:08
	Teams Results	
Men	's 30-39;	
1	Team Inside Track	4:43:21
	(Vankoppen, Nelson, Sanchez)	
Men	's 40-49:	
. 1	Conejo Track Club A	4:57:10
	(Patrick, Skieresz, Calhoun)	
2	Team Inside Track	5:26:24
	(Berg, Nagelschmidt, Frick)	
3	Conejo Track Club B	5:28:41
	(Rugh, Kewley, Steele)	
Wor	nen's 29 & Under:	
1	Team Inside Track	6:04:50
	(Vomund, Terri Werber, Mark)	
Men	's 60-69:	1.11
1	Seniors Track Club	61632
	(Gil, Mickelson, Neufeld)	
	,,	4

### **Toys for Tots**

November 22. Berstow. 3.5 Mi. & 1 Mi. Division Results - Men's 3.5 Mile

12 & Under: 1. Paul Arreola, 2. Val Rodriquiz, 3. Devin Siembab. 13-19: 1. Richard Pacheco, 2. John Watson, 3. Richard Robles. 20-29: 1. James Pace, 2. Archie Hodge, 3. Juan Gallenger. 30-39: 1. Bob Williams, 2. Rick Garrison, 3. Francisco Andres. 46-49: 1. Dave Albraugh, 2. Juan Deleon, 3. Ted Riley. 50-59: 1. Tom Cooka, 2. Angelo Alvarez, 3. Andy Pohl. 60 & Over: 1. Juan Deleon.

Division Results - Women's 3.5 Mile 12 & Under: 1. Nicole Ramsey, 2. Dianna Rodriguez. 13-19: 1. Liz Speisser, 2. Vanesa Gomez, 3. Julie Echols. 20-29: 1. Angie Anquiao, 2. Victy Harms, 3. Julie McEachern. 30-39: 1. Diane Pacheco, 2. Phyllis, 3. Caroline Peacock. 40-49: 1. Virginia Lara, 2. Rebeca Whitehead, 3. Nadine Williams. 50-59: 1. Peggy Wright.

Division Results - Boy's 1 May
5 & Under: 1. Darren Shrum, 2. Avery Hanooumis, 3.
Joseph Gomez, 6-7: 1-70b Leonard, 2. Jonathon
Ramsey, 3. Jeremy Lee Wessel, 8-9: 1. Jay Williams,
2. Anthony Fontazy, 3. Larry Bernal. 10-11: 1. Aaron
Scheolwy, 2. Shawn Block, 3. Jason Saenz. 12 &
Over: 1. Ronnie Graham, 2. Brian Daniels, 3. Jason
Millioan.

Division Results - Girl's 1 Mile 5 & Under: 1. Stephanie Clement, 2. Nicole Shrum. 6-7: 1. Morgana Glensk, 2. Nanette Duarte, 3. Austin Williams. 8-9: 1. April Duarte, 2. Erica Glensk, 3. Kelly Harrison. 10-11: 1. Carey Hu

### Tram Road Challenge

November 22. Palm Springs. 6K.

Tim Watson, 23, of UC Riverside won the lith annual Tram Road Challenge 6K run with a time of 28:24. A record field of 350 participants took part in the run held on the Tram Road in Palm Springs.

Second place went to Mark Blaser, 25:48. Blaser also linished first in the men's 30-39 division. Jeff Pauley, Palm Springs High School, won the 15-

Jeff Pauley, Palm Springs High School, won the 15-19 category and hird-place overall with a 30:14 time. Nancy Baird, Costa Mesa, won first place among women with a record-setting 35:18 time. It was her fifth consecutive win in the 30-39 division and beat the previous course record, which she set in 1983, for women by seven seconds.

Jennifer Purcell, Palm Springs, came in second in both the women's 30-39 category and for women overall with a 40:25 time.

### Nike San Francisco Half Marathon By MARK WINITZ

November 22. PA-TAC Half Mara. Champs.
Nike flew in a man who owns a 1:01:07

half-marathon best to punctuate the title of this race. And Bill Reifsnyder did so, building such a lead that the pursuers could only occasionally be seen from the pace car. Going into the race, the only man who, perhaps, had a shot at this competitor was local Bill Donakowski.

Reifsnyder (who hails from Williamsport, PA) and Donakowski are no strangers. In the 1986 New Jersey Waterfront Marathon Reifsnyder led the California man at 20.5 miles only to fall back in a heavy headwind. He watched Donakowski move away to a 2:11:40 victory, as he settled for 4th and a PR 2:13:14.

Today there was no wind. Under blue skies and upper 40 degree temps, Donakowski and Reifsnyder took off together from the Golden Gate Park start, accompanied by Eugene's Ken Hunter. They reached Mile 1 in 4:50. Over the next eight miles of the gently sloping route that loops back through the park and then out to the ocean, Reifsnyder maintained that pace. Hunter, followed by Donakowski, resolved themselves to lesser glory, slipping further aft by almost a minute at 10

At that point, which is a turnaround where the course loopes back on itself along the oceanside Great Highway, Pennsylvania man realized what a huge gap he'd created. From there, he slowed to 5:00/min. pace over the last 5K, cognizant of a tightening knee that he wanted to save. Meanwhile Donakowski slipped save. Meanwhile Donakowski slipped even more, falling away from Hunter. His attempt to duplicate wins that brother Gerard had captured here the two previous years failed. He would eventually finish 8th.

photo by Mark Winitz



BILL REIFSNYDER

Reifsnyder relaxed in to a 1:04:01 finish. followed by Hunter 90 seconds back. Reebok Aggie Charles Alexander finished PA-TAC crown.
"This was a tuneup for the Honolulu

Marathon," said 25 year old Reifsnyder. "I hope to win there," he remarked unabashedly. "My 1.01 half marathon best indicates that I haven't yet run by best marathon. After Honolulu, it's straight ahead to the Olympic Trials." Reifsnyder is coached by his former hometown high school coach.

Hunter, who owns a pocket bread restaurant in Eugene, improved two places over last year's race, although he ran 40 seconds slower. "I died over the last three miles," he explained.

Patti Gray was fresh after taking a short respite from the busy PA-TAC Grand Prix Series. It paid off, as her 1:13:52 was a big PR and a comfortable margin over Janine Aiello (1:15:34) who secured second by passing several women late in the race. Locally unknown Mary Alico (1:15:43) of Eugene, ran a close third in her first attempt at the 13.1-mile distance. "But I was disappointed with my performance," said the diminutive 24-year-old Oregonian. "I thought I should have run the last few miles stronger." Definitely, this is someone to stronger." Definitely, this is someone to watch. Her sub-1:16 qualified her for the Olympic marathon trial.

April Powers (Kentfield, 1:16:26) grabbed female 4th spot, but failed in her second attempt to qualify for the Trials. She missed by 27 seconds here after dropping out of last July's San Francisco Marathon. "Maybe I'll try again at Houston," said Powers, chin up and feisty. Barb Myers-Acosta (Santa Cruz, 1:16:39) displayed promise at the longer distances in her longest competitive race to date.

Sharlet Gilbert and Peggy Smyth (1-2 at Clarksburg) didn't fare as well here. You gotta take a break sometimes, ladies l

This was the last stop for everyone before Cal International and San Diego.

Cai	international and San Diego.	
Over	all Results - Men	
1	Bill Reifsnyder (Penn)	1:04:01
2	Ken Hunter (Eugene, OR)	1.0529
3	Charles Alexander (Sacto)	1:06:02
4	Pete Carpenter	1:06:37
. 5	Domingo Tibaduiza (Reno NV)	1:07:12
6	Mark Hofer (So.Lk.Tahoe)	1:07:14

photo by Mark Winitz



**PATTI GRAY** 

7	Carl Stempel (Oakland)	1:07:16
8	Bill Donakowski (El Cerrito)	1:07:30
9	Craig Moore (Placerville)	1:07:31
10	Robbie Wright	1:07:44
Over	all Results - Women	
1	Patti Gray (Sacramento)	1:13:52
2	Janine Alello (S.F.)	1:15:34
3	Mary Alico (Eugene, OR)	1:15:43
4	April Powers (Kentfield)	1:1626
5	Barbara Myers-Acosta(S.Cruz)	1:16:39
6	Lori Bearson (S.F.)	1:17:34
7	Peggy Smyth (San Anselmo)	1:17:39
8	Eileen Claugus (Sacto)	1:19:26
- 9	Rosey Tibaduiza (Reno,NV)	1:19:41
10	Alison Orofino (Placerville)	1:19:49
Mast	ers Men	
1 .	Steve Ferraz (S.F.)	1:11:14
2	Robert Lindsey (Fresno)	1:11:52
3	Gene Dangel (Walnut Creek)	1:13:33
4	Jim Gibbons (Willits)	1:14:38
5	Perry Haden (Reno, NV)	1:14:47
6	John MacTherson	1:14:55
7	Tim Rostige (San Jose)	1:1727
8	David Rivera (San Jose)	1:18:38
9	Bob Barber (HalfMoonBay)	1:19:37
Mast	ers Women	
1 -	Joyce Rankin (Col.Springs,CO)	12222
2	Margie Timberlake (Fresno)	1:23:28
3	J:oan Colman (Saulsalito)	1:26:37
4	Hilary Naylor (Oakland)	1:28:09
5	Karen Trinidad	12820
6	Susan Brown (San Jose)	1:28:24
7	Heidi Skaden (Sacto)	1:30:53
8	Birthe Kirsch (Kensington)	1:31:07
9	Jutta McCormick (Cupertino)	1:37:11
10	Marty Maricle	1:38:07

### Conquer the Bridge 8K

Nove	mber 22. San Pedro.	
	Overall Results	
1	Alfredo Rosas (27)	24:40
2	Matt ebiner (27)	24:43
3	Joe Fabris (29)	25:01
4	Ron Gee (36)	25.08
5	Dave Allen (32)	25:09
6	Carey Simmons (31)	25:12
7	Fernando Vasquez (24)	25:17
8	Luis Pinon (23)	25:32
9	Arturo Dallegas (23)	2623
10	Bill Schipper (22)	2637
11	Fred Ortega (41)	26:58
12	Frank Duarte (46)	2724
13	Chris Melvin (34)	2729
14	Olvind Systad (21)	27:37
15	Hector Zavala (20)	27:38
16	Catarino Gonzalez (45)	27:41
17	German Alonso (36)	27:42
18	James Stepan (34)	27:48
19	Craig Whichard (29)	27:50
20	Tony Burdago (26)	27:52
-	Division Results - Men	
19 1	Hinder: 1 Alexander Raima 33:2	2 Michael

Stoker 34:05, 3, Jamie Smith 35:58, 13-18: 1, Joseph Reinisch 31:01, 2. Alonso Berumen 31:36, 3. Aaron Morris 31:38, 19-24: 1. Fernando Vasquez 25:17, 2. Luis Pinon 25:32, 3. Arturo Dallegas 26:23. 25-29: 1. Craig Whichard 27:50, 2. Tony Burciago 27:52, 3. Wayne Matsumura 27:53. 30-34: 1. Dave Allen 25:09, 2. Carey Simmons 25:12, 3. Chris Melvin 27:29. 35-39: 1. Ron Gee 25:08. 2. German Alonso 27:42. 3. Bill Fitzpatrick 28:10, 40-44; 1, Fred Ortega 26:58, 2, Ron Ogilvie 28:53, 3. Salvador Gonzalez 29:33. 45-49: 1. Frank Duarte 27:24, 2. Catarino Gonzalez 27:41, 3. Ben Jackson 29:50. 50-54: 1. Andre Tocco 28:23, 2. Frank Vasquez 32:43, 3. Bruce Lin 33:21, 55-59: 1. Paul Saucedo 32:00, 2. Ryoji Akiyama 32:34, 3. Clarence Wingate 33:13, 60-59: 1. Bob Sanders 39:06, 2. Robert Hicks 40:26, 3. Ray Falk 41:30. 70 & Over: 1. Eddie Lewin 36:06, 2. Dutch Benedetti 38:46, 3. Odie Brown 51:40

Division Results - Women 12 & Under: 1. Jodi Dailey 43:00, 2. Kristen Thibodo 50:31, 3. Coleen Thibodo 50:47, 13-18: 1. Jan Hargett 37:00, 2. Luurecna Mendoza 37:31, 3. Leanne Nakamoto 39:13. 19-24: 1, Linda Marcia 36:43, 2. Janice Frye 38:02, 3. Leigh Yonago 38:21. 25-29: 1. Brianne Townsend 32:09, 2. Vera Elson 34:21, 3. Lori Fabris 36:23. 30-34: 1. Julie McKinney 32:11, 2. Laurie Land 36:42, 3. Diane Hattori 37:02. 35-39: 1. Terri Goodreau 32:50, 2. L. Dischinger 33:51, 3. Jonna Hoppes 36:53, 40-44; 1. Sue Reinhardt 34:10, 2. Lesie

Stepan 37:30, 3. Margaret Hourigan 38:10. 45-49: 1. Ida Hendrick 36:26, 2. Elaine Murphy 37:41, 3. Diane Olguin 39:06. 50-54: 1. Mariana McMullen 35:19, 2. Shirley Blush 37:09, 3, Ginie Mains 42:20, 55-59: 1. Heidi Noriyuki 40:27, 2. Jeanne Carrier 43:10, 3. Sumiye Onodera 44:16. 60-69: 1. Alice Goldberg 43:14, 2. Miyoko O'Hara 48:35, 3. Evelyn Johnstone 52:13. 70 & Over: 1. Lucy Adney 1:02:51.

### Legg Lake 5K Morning Run

November 22. So. El Monte.

Division Results - Men 6.9: 1 Prian Coriveau 24:41, 2 Jason Reukema 27:53. 10-14: 1, Chris Cox 20:09, 2, Juvenal Herrera 22:17, 3. Richard Corriveau 25:54. 30-34: 1. Raul Chavez 15:55, 2. Jose Rodriguez 17:21, 3. Walter Veliz 18:29. 35-39: 1. Gustavo Bedoy 18:45, 2. Tim Yamasaki 19:43, 3. Gary Bradison 21:34. 40-44: 1. Michael Lalum 20:15, 2. George Ison 20:35, 3. Dwight Smith 21:10. 45-49: 1. Richard Corriveau 19:42. 50-54: 1. Juvenal Herrera 18:39, 2. Cliff Stolba 19:37, 3. Herb Inglove 26:01, 65-69: 1. David Cohen 22:59, 2. Wiley Nelson 28:00, Racewalkers: 1. Manny Alvarez 25:39, 2. Ceja Ricardo 40:00.

Division Results - Women 40-44: 1. Barbara Reukema 23:28. 55-59: 1. M. Eshleman 34:06. 60-64: 1. Mene Frank 37:36.

### Luffenholz/Larrupin' Loop

November 22. Westhaven. 2 Mi. & 10K.

It rained during the morning of race day, but by race time the conditions were right. This was the second running of this scenic, but vertical intense course. Runners assembled in front of the Larrupin' Cafe, the sponsor of the race. On display were this year's finisher's prize, a flashy red "T" Shirt with the cafe's totem emblazed upon it - a Carpl Other good things provided free to the participants were: six free meals to various category winners, a coat hanger to help one runner to reenter his car after having locked his keys inside and beer to restore body fluid balance after the race.

Considering the vertical, the winning times of Jake Furber and Marc Furber, both H.S.U. running stars, who finished together at 33:26, was phenomenall The fastest female was Karen Kelly-Day at 45:35 followed closely by Kris Mechals at 45:53. Sherman Shapiro at 39:00 and Linda Forbes at 48:40 took the 40 & Over honors.

	Overall Results - 2 Mile	
1	Aaron Ware	14:08
2	Robert Buckley	15:45
3	Ken Yonosko	16:15
4	Linc Killian	16:30
5	Mike Farrell	17:30
5	Larry Nyborg	17:30
	Overall Results - 10K	
1	Jake Furber	33:26
1	Marc Ziblatt	33:26
3	Scott Pesch	34:06
4	Scott Jamieson	3528
5.	Gene Livingston	37:09
6	Bad Bob	38:52
7	Roger Levy	38:55
В	Sharman Shapiro	39:00
9	Mike Holt	39:58
10	Bran Collingwood	39:59
11	Bill Morris	41:04
12	Ben Duff	4129
13	Jim Ely	4219
14	Elisworth Pence	42:46
15	John Peterson	43:10



"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 -

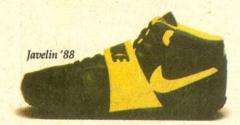
AMERICA'S FINEST ALTITUDE TRAINING COMPLEX FOR ALL EVENTS, ALL AGES, ALL ABILITIES

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: 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)
#3 1BR CONDO (Queen + sofabed) full kitchen + 1½ baths
#4 2BR CONDO with Loft queen + twin in ea. BR/queen + 3 twins in loft full kitchen + 2 full baths
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:  \$\sigma\$ \$169 (Feb 15 postmark)  \$\sigma\$ \$199
Name Age Event(s)
AddressZip
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





Featuring a forefoot EVA take-off pad.



With a full-length ten spike nylon plate.





A unique midsole enhances takeoff leverage.



For training or competition.



Nike-Air®cushioning and support.



A light sprint shoe that fits like a glove.



It's versatile and lightweight.



For red teams.



For blue teams.



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.