

JULY 1992 ■ ISSUE NO. 181

# CALIFORNIA

## Running News



Schedule

Results

Features

93/01

Plato Yanicks, X-C Coach  
Menlo-Atherton H.S.  
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Atherton, CA 94027 \*

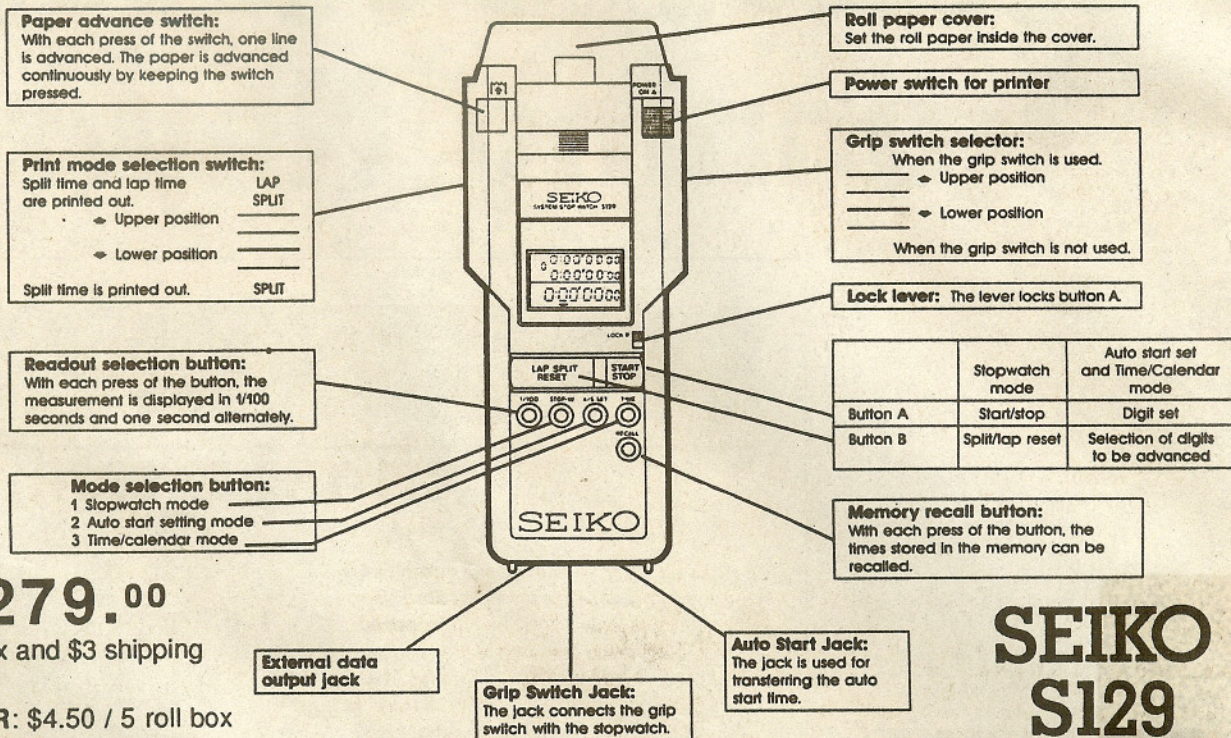
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California's Road Racing Magazine

Eighteenth Year

# Digital Quartz Printing Stopwatch S129

## DISPLAY AND BUTTON/SWITCH OPERATION



**\$279.00**

+ Tax and \$3 shipping

PAPER: \$4.50 / 5 roll box

### System Printer

The following data is printed permanently on tape:

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

#### SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
```

```

1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04
    
```

### Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

### Specifications

#### Time Base and 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, 2 digits show Place or Lap Number.

#### Modes:

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

#### Temperature:

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

#### Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

#### Batteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).  
 Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

#### Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

**JACK'S ATHLETIC SUPPLY**

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# CALIFORNIA Running News

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**California Running News** is published 11 times per year -- one issue per month, except December which is combined with November. Each issue is mailed about the first of the month.

**California Running News** has an average circulation of 8,000 copies, consisting of paid subscriptions, store sales, and promotional copies. **California 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.

**MAILING RATES:** 1 year (11 issues) -- \$20.00, 2 years (22 issues) -- \$34.00, 3 years (33 issues) -- \$46.00. Add \$10 per year for U.S. First Class; \$12 per year for Canada and Mexico; \$22 per year for foreign airmail.

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



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Fresno, CA 93727  
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MEMBER: The Running Network

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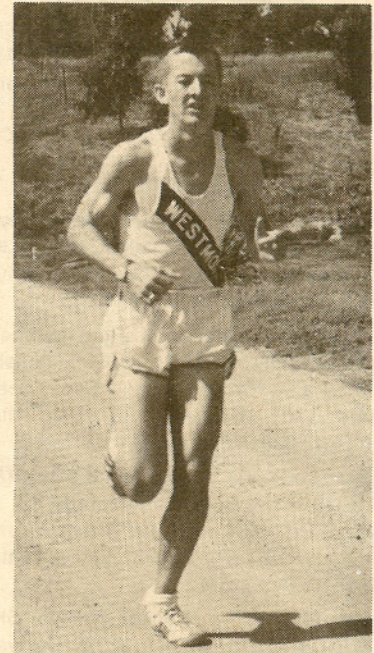
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## FROM THE EDITOR

Last month in this space I complained about high entry fees for road races. Since then, two positive things have happened. First, we lowered the entry fee on our own Bass Lake Half Marathon (aka. Run Thru the Pines) by providing a "no t-shirt" option. For only \$5 a runner can compete on an accurately measured course with aid stations and traffic control. This same runner will receive an accurate time, post-race refreshments, complete results in the mail, plus be eligible for top finisher awards and drawing prizes. If a t-shirt is desired, it's just another \$7 (our cost).

Secondly, I noticed a race advertising a measly \$2 entry fee -- the J Street Fun Run in Sacramento. After just paying \$20 to run the same 5K distance in Southern California, this sounded too good to be true. So, I laced up the old New Balances and headed north to check it out. It was great. The race provided a fast course (I ran 22 seconds faster) with traffic control, post-race refreshments, lots of drawing prizes and a \$5 off coupon for Fleet Feet running stores. No t-shirt, no awards, but, who needs them?

So, it is possible to participate in road races without having to work a second job or mortgage the house. I'm wondering if it wouldn't be helpful to list entry fees in our monthly road race schedule? Let me know if it would be helpful. In the meantime, see you at the races.



Our editor, running for Westmont College, in the late 60's.

**ON THE COVER:** (Left to right) STEVE BARLOW, ADOLFO GOMEZ, and GORDON CHRISTIE running in the Law Day 15K in Santa Barbara. See results section.

Photo by Elaine Rosenfield

# SCHEDULE

By Jack Leydig

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

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

## July 3 (Friday):

**So. El Monte:** San Gabriel River 1 Mi., 5K & 10K Sunset Independence Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## July 4 (Saturday):

**San Francisco:** Ocean Beach 10K, Balboa St. & Great Hwy. (On beach at low tide), 8:30 a.m. Ocean Beach 10K, 153 Lunado Way, San Francisco 94127. (415) 469-9265.

**Palo Alto:** Chili Chase 5K Run, Mitchell Park Community Center (3800 Middlefield Rd.), 8:30 a.m. Palo Alto Rec. Dept., Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Moraga:** The Fourth in Moraga 2 & 5 Mile (& Kids' 1K), Moraga Commons (Moraga Rd. & St. Mary's Rd.), 9 a.m./1K, 9:15 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Milpitas:** Milpitas Firecracker Festival 5K/10K, Milpitas Sports Center (1325 E. Calaveras Blvd.), 8:30 a.m./5K, 8:50 a.m./10K. Joan Carrico, c/o Dept of Leisure Services, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

**San Ramon:** Run San Ramon Independence Day Classic, 5K/10K, Central Park (Alcosta Blvd. & Bollinger Canyon Rd.), 8:30 a.m. San Ramon Parks & Community Services, P.O. Box 5148, San Ramon 94583. (510) 275-2300.

**Fairfield:** Fairfield Run for Independence, 5K/10K, Laurel Creek Park, 8 a.m. Dennis Good, 2767 Woodmont Ct., Fairfield 94533. (707) 425-8135 or 449-1368.

**Kenwood:** Kenwood Footrace, 3K/10K, Warm Springs Rd., 7:30 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Stockton:** TRC "No Frills" 1 Mi. & 5 Mi. Runs, Louis Park (off Mt. Diablo, west of I-5), 7:40 a.m./1 Mi., 8 a.m. Tarahumara R.C., P.O. Box 8422, Stockton 95208. Dave Valentine (209) 951-8941.

**Sacramento:** 4th of July River Run, 5 Mi., Glen Hall Park (foot of Carlson Dr. in River Park area), 8 a.m. (Free!). Michael Otten, Buffalo Chips R.C., 925 "L" St., Suite 1190, Sacramento 95814. (916) 324-4585.

**Atwater:** Atwater Run for Independence. 2 and 5 mile run/walk. 8 a.m. David G. Smith (209) 358-4447 or (209) 726-2287.

**Delano:** Delano Lions 5K, Location & Time TBA. Info: (805) 725-2209.

**Goleta:** Semana Nautica 15K (SCA/TAC Championships), San Marcos H.S., Time TBA. Santa Barbara AA, 4476 Meadowlark Ln., Santa Barbara 93105.

**Anaheim Hills:** Firecracker 5K/10K Runs, Canyon H.S., 7:30 a.m. Info: Joy (714) 974-0910.

**So. El Monte:** San Gabriel River 1 Mi., 5K & 10K Independence Weekend Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Diego:** Scripps Ranch Old Pros' 10K, Red Cedar Dr., 7 a.m. Info: Harry Hunter (619) 271-1282.

**San Francisco:** Ocean Beach, 10K at Low Tide-Project Open Hand, 8:30 a.m., near Great Highway & Balboa St., Charity Classic, 153 Lunado Way, San Francisco 94127. (415) 469-9265.

**Santa Cruz:** Firecracker 10K, Harvey West Park, 8:30 a.m. Lisa McGinnis, Santa Cruz Rec. Dept., 307 Church St., Santa Cruz 95060. (408) 429-3477.

**Santa Barbara:** SCA/TAC Semana Nautica 15K Championships, Time TBA. Santa Barbara AA, P.O. Box 6616, Santa Barbara 93160.

**Cambria: (Tentative)** Wells Fargo 5K/10K Benefit Runs, Time TBA. Heidi Mott, Wells Fargo Bank, 2222 Main St., Cambria 93428. (805) 927-1134.

**La Palma:** La Palma-ADP 5K/10K Celebration Runs, 721 Walker St., Time TBA. Contact: Don Fromknecht (714) 522-6740.

**Huntington Beach:** Huntington Beach 4th of July Parade Run, 8K, Yorktown & Main Sts., 8 a.m. Contact: March of Dimes (714) 631-8700.

**Torrance:** Spirit of America 5K Run, Wilson Park, Time TBA. Contact: (213) 320-2255.

**Coronado:** Coronado 5K/15K Runs, Tidelands Park, 7 a.m. Contact: Kathy Loper (619) 298-7400.

## July 5 (Sunday):

**North Fork:** Chainsaw Ridge Run, 10K. **San Francisco:** DSE Peak Busters' Benefit Run/Walk, 4.6 Mi., Lake Merced (Sunset Blvd. Parking Lot), 10 a.m. (kids & walkers early start). Info: (415) 978-0837.

**Aptos:** Monterey Bay Duathlon Championships, 2.5 Mi. Run, 16 Mi. Bike, 2.5 Mi. Run, Valencia Elem. School, 8:15 a.m. Northwind Promotions, Patrick Gilbert, P.O. Box 2451, Aptos 95001. (408) 688-6072.

**So. El Monte:** Legg Lake 8K, 2.3 Mi. & 660 Yd. Independence Weekend Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Rafael:** China Camp Shoreline Half Marathon, Marathon & 8 Mi., China Camp State Park (Miwok Meadows), 8 a.m. EnviroSports, Box 1040, Stinson Beach 94970. (415) 868-1829.

**South Lake Tahoe:** Lake Tahoe Amphibathon, 1K Swim, 10K Run, Meyers Community Park, 9 a.m. World's Toughest, P.O. Box 10758, So. Lake Tahoe 95731. (916) 573-0103.

## July 7 (Tuesday):

**San Diego:** 3-Mile Summer Fun Run, Quivera, 6:15 p.m. Contact: Chuck Pennell. (619) 460-3110.

# SCHEDULE

## July 9 (Thursday):

**So. El Monte:** Legg Lake 5K, 0.75 Mi., 5.4 Mi. & 10 Mi. Summer Sunset Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## July 11 (Saturday):

**San Francisco:** Hook & Ladder 10K, Golden Gate Park (Rainbow Falls/Kennedy Dr.), 9 a.m. Jim Gallagher, 1671 - 16th Ave., San Francisco 94122 (415) 753-0880.

**San Francisco:** San Francisco Amphibathon. 1K swim / 10K run. Aquatic Park (Hyde & Jefferson). 9 a.m. Chris Oates, 656 Commercial #6, So. San Francisco 94080 (415) 952-9621.

**Santa Rosa:** Wildman Biathlon, 6.3 Mi. Run, 800 Yd. Swim, 3.2 Mi. Run or 6.3 Mi. Mtn. Bike, 400 Yd. Swim, 6.3 Mi. Mtn. Bike, Annadel State Park, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Sacramento:** Tri-For-Fun Triathlon Series, 1K Swim, 20K Bike, 5K Run, Rancho Seco Park, 8 a.m. Will Roxburgh, Fleet Feet Sports, 8128 Maddison Ave., Fair Oaks 95628. (916) 965-8326.

**Mammoth Lakes:** Bill Rolls Memorial 5K/10K, Mogul Restaurant, 8000 Ft. Elev., 8 a.m. David Moss, Mammoth Lakes Lions Club, P.O. Box 26678, Mammoth Lakes 93546. (619) 934-4168.

**Escalon:** Escalon Park Fete. 2 mi.e & 10K. 1st & Main Sts. 7:30 a.m. Escalon Park Fete Run, 1749 Chianti Ct., Escalon 95320 (209) 838-3013 or 838-6714.

**Bakersfield:** Rancheria Road 14-Miler. Hwy 178 & Rancheria Rd. 7 a.m. BTC, Box 6581, Bakersfield 93386. Michael McQuerry (805) 872-6984.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**So. El Monte:** Legg Lake 5K, 0.75 Mi., 5.4 Mi. & 10 Mi., Fishing Pole Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Morro Bay:** Morro Rock to Cayucos Pier Beach Run, Distance & Time TBA. Morro Bay Recr. & Parks Dept., 1001 Kennedy Way, Morro Bay 93422. (805) 772-6278.

## July 12 (Sunday):

**Oakland:** "Smash that PR 10K", Edgewater Dr. (near Coliseum), 8:30 a.m. (1 Mi. loop course, 200 limit). Sri Chinmoy Marathon Team, 529 Moraga St., San Francisco 94122. (415) 665-8626.

**Muir Beach:** Summer Solstice Trail Marathon, 31K & 12K (12K at Mtn. Home Inn). 8 a.m. marathon & 31K / 9 a.m. 12K. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

**Hayward:** Sertoma Classic, 2 Mi., 5K, 10K, Skywest Rd. (Hayward Airport), 8:30 a.m. Irv Ford, 583 Monarch Ridge Rd., Walnut Creek 94596. (510) 935-6122.

**Castro Valley:** Lake Chabot Trail Challenge, 13.1 Mi., Lake Chabot Marina, 8 a.m. Ron Grabowski, Golden Bay Runners, P.O. Box 2144, Castro Valley 94546. (510) 829-8503.

**Clarksburg:** Delta Duathlon Spring Series, 1.8 Mi. Run, 11.5 Mi. Bike, 1.8 Mi. Run, Delta H.S., 8:30 a.m. Race Ready Race Management, P.O. Box 1295, West Sacramento 95605. (916) 372-7367.

**Novato:** BAOC Orienteering Meet, Indian

Valley, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Gary Kragt (415) 383-4429.

**So. El Monte:** Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi. Run for Fresh Air, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Half Moon Bay:** Half Moon Bay Bluff Run, 2 Mi. & 10K, Smith Field (Wavecrest Rd. on Hiway 1, 2 Mi. south of Hiway 92), 9 a.m. HMB Bluff Run, P.O. Box 1003, Half Moon Bay 94019. (415) 726-7374.

**San Jose:** San Jose Nihon Machi Run (rescheduled event; cancelled on 5/3), 8K & 1 Mi. Fun Run/Walk, 6th & Jackson Sts., 9 a.m. Yu-Ai-Kai, 565 N. Fifth St., San Jose 95112. (408) 294-2605.

**Newport Beach:** The Sports Club Irvine Bastille Day 8K, Le Meridien Hotel, Time TBA. Contact: (714) 557-4796; (714) 661-6062.

## July 14 (Tuesday):

**Bakersfield:** BTC Darryl Easter Handicap. 5K. Location TBA. 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## Jack's Athletic Supply

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Free race equipment rentals with shirt purchases.

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# SCHEDULE

**San Diego:** 3-Mile Summer Fun Run, Quivera, 6:15 p.m. Contact: Gary Peterson. (619) 462-6489.

## July 16 (Thursday):

**So. El Monte:** Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., Carrera de Noche Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## July 17 (Friday):

**CANCELLED. Bakersfield:** BTC 12-Hour Run, Location TBA, 8 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## July 18 (Saturday):

**Pleasanton:** Tri-For-Fun Series, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 7 a.m. 400 Limit Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94588. (510) 847-9255.

**Geyserville:** Lake Sonoma Triathlon, 1 Mi. Swim, 10K Run, 25 Mi. Bike, Lake Sonoma (public boat ramp), 7:30 a.m. Redwood Coast Tri-Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Lake Tahoe:** Spooner Lake Half Marathon & 10K, Spooner Lake Nevada State Park (very very hilly trail run), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Sacramento:** Eppie's Great Race. 5.82 mile run / 12.5 mile cycle, 6.3 mile paddle. William Pond Bike Trail (American River Pkwy). 8 a.m., 8:10 a.m./teams. The Great Race, 3711 Branch Center Rd., Sacramento 95827 (916) 366-2940.

**So. El Monte:** Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi. Fish Bait Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Benicia:** Benicia Main Street & Health/Fitness Fair 5K/10K, First St. (downtown), 8 a.m. Matt Mathieson, 917 First St., Benicia 94510. (707) 745-1511.

## July 19 (Sunday):

**San Francisco:** Takara Cable Car Chase, 5 Mi. Run, Relay & Walk (race cable cars up Nob Hill; Ekiden Relay format), Aquatic Park area, 8 a.m. Info: (415) 540-0934.

**Palo Alto:** Bay to Breakfast 5K/10K, Bay-

lands Athletic Center, 8:30 a.m. The Final Result A.A., 460 Wisnom Ave., San Mateo 94401. (415) 696-1190.

**San Jose:** Danskin Women's Triathlon, 0.75K Swim, 20K Bike, 5K Run, Lake Cunningham, 8 a.m. Hotline (800) 452-9526. Local Contact (415) 389-7031.

**Truckee:** Donner Lake Triathlon, 1.5K Swim, 40K Bike, 6.5 Mi. Run, West End Beach, 8 a.m. (high altitude). A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

**So. El Monte:** Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi. Running Creek Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Occidental:** Occidental Country Runs, 3K/10K, Occidental Post Office (Bohemian Way), 8 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Monterey:** Monterey Bay Amphibathon, 1K Swim, 10K Run, Monterey State Beach (north of Fisherman's Wharf #2), 9:30 a.m. Randy Hynes, 824 Munras Ave., Suite M, Monterey 93940. (408) 371-8760.

**Murphys:** Hemia Hill Half Marathon, Avery Hotel (in Avery, on Moraw Rd. off Hwy. 4), 7 a.m. Louie Phillips, P.O. Box 2122, Murphys 95247. (209) 728-2654.

**San Diego:** San Diego Wildlife Run & Walk, 10K & 2 Mi., Balboa Park, 7:10 a.m. Contact: Lynn Layce. (619) 236-0842.

## July 23 (Thursday):

**So. El Monte:** Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi. Sunset Raccoon Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Los Angeles:** Chemical Corporate Challenge, 3.5 Mi. (team scoring), Griffith Park, 7 p.m. Race Central, P.O. Box 828, Rialto 92377. (800) 698-8699.

## July 25 (Saturday):

**Rio Vista:** Brannan Island "Out & Back Triathlon", 900 Yd. Swim, 10 Mi. Bike, 3.8 Mi. Run, No. Calif. Brannan Island State Rec. Area, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Olema:** Pt. Reyes Wildcat 25K, 12K & Marathon. Five Brooks (Hwy 1 south of Olema). 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

**Bakersfield:** Bataan Corregidor Run, Distance, Location & Time TBA. Info: (805) 725-4960.

**So. El Monte:** San Gabriel River 1 Mi., 5K & 12K Antelope Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Gilroy:** Gilroy Garlic Festival Run for the Stinkin' Roses, 5K/10K, 3050 Hecker Pass Hwy., 8 a.m./10K, 8:15 a.m./5K. Gilroy Garlic Festival Runs, P.O. Box 2311, Gilroy 95020. (408) 842-1625.

**Camarillo:** High Tech Trek, Distance TBA, Camarillo High School, Time TBA. Contact: Esther Fowler. (805) 484-1054.

**June Lake:** Jujne Lake 10K & 5K Predicted Time Run. June Mtn. Ski area parking lot. 9 a.m. June Lake Chamber of Commerce (619) 648-7854.

**Cypress:** Cypress 5K/10K and 2 mile Stride. Location & time TBA. Info: (714) 229-6780.

## July 26 (Sunday):

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Info: (510) 601-7887.

**Mill Valley:** (Postponed) Mill Valley 5K, Mill Valley Middle School (Camino Alto & Sycamore Ave.), 8:30 a.m./Men, 9:15 a.m./Women. Info: (415) 924-5034.

**Fremont:** Fitness to Festival 5K/10K, Location & Time TBA. Fleet Feet Sports, 39012 Fremont Hub, Fremont 94538. (415) 796-MILE.

**San Jose:** Coors Light Duathlon Series, 5K Run, 30K Bike, 5K Run, Location & Time TBA. Hamilton Events, 2680 Surrey Ln., West Linn, OR 97068. (503) 655-4687, days.

**Courtland:** Courtland Delta Pear Fair 5 & 10 Miler, Bates Elem. School, 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut Grove 95690. (916) 776-1627.

**Sacramento:** Beaver Believer 3 & 6 Mile Runs (& Kids Half-Mile). American River College (gymnasium--4700 College Age Dr.). 8:45 a.m. half-mile. 9 a.m. Joe Blenkle, PO Box 41746, Sacramento 95841 (916) 965-1837.

**Quincy:** Triathlon Fever, 0.5 Mi. Swim, 18 Mi. Bike, 6.2 Mi. Run, Bucks Lake Lodge, 9 a.m. No Raceday Reg. Central Plumas Recr. District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

11TH ANNUAL

# ALAMEDA RUN FOR THE PARKS ♦ 10K

FIFTH ANNUAL 2-MILE WALK

## Sunday, August 9, 1992 9:00am

T.A.C. sanctioned and certified race to benefit the Alameda Recreation and Park Department

### FEATURES:

- NEWLY DESIGNED T-shirt to all registered runners and walkers.
- A trip to Hawaii for two.
- Flat, fast loop course with a beautiful view of the San Francisco skyline.
- Split times each mile, big digital clock at the finish.
- Computerized race results — *Total Race Systems*.
- *Jazzercise* warm-up and aid stations.
- Refreshments at the finish — *Pepsi, Kashi, Mother's Cookies and more...*

### AWARDS:

- Merchandise awards to the top three finishers in each division in the 10K race.
- Team awards to Run Club with most entrants.
- Robert Crown Memorial Award to first male & female from Alameda in the 10K race.
- Team Award to winning military team.

### DRAWINGS:

- Random drawing from among all registered runners and walkers for the trip to Hawaii.
- Random drawing for a wide variety of prizes.

### PRE-REGISTRATION:

- PLEASE PRE-REGISTER. Entries are limited to first 3,000 runners. Pre-registration entry fee: \$13 — must be postmarked before JULY 31. Please include a 4"x9.5" self-addressed stamped envelope for your race packet to be mailed to you.
- Mail entry to Run For The Parks, 2263 Santa Clara Ave., Room 201, Alameda, CA 94501, before July 31st. Make checks payable to: Run For The Parks.

### RACE DAY REGISTRATION:

- Entry fee \$18 at South Shore Center between 7:00-8:15 a.m.

### RACE RESULTS:

- Race results will be mailed to all runners.

### AGE DIVISIONS:

- 13 and under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and over, and wheelchair. All divisions for men and women.

### INFORMATION:

- Contact Alameda Recreation and Park Department, 2263 Santa Clara Ave., Room 201, Alameda, CA 94501. (510) 748-4565.

Presented by

South Shore Center ISLAND CITY RUNNERS

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## ALAMEDA RUN for the PARKS

### Entry Form

SEX  M/F  DATE OF BIRTH / / --- AGE  ON RACE DAY

2-MILE WALK  
 10K RUN  
 WHEELCHAIR (10K) FOR OFFICIAL USE ONLY

LAST NAME  FIRST

STREET

CITY  STATE  ZIP

CLUB/TEAM  PHONE

CLUBS/TEAMS MUST PRE-REGISTER BY JULY 31st

I WOULD LIKE TO RECEIVE INFORMATION ABOUT ISLAND CITY RUNNERS

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claim against persons and organizations affiliated with the race, T.A.C., the officials, Marsh Investments Corp., South Shore Merchants Council, South Shore APS, the City of Alameda, the Bureau of Electricity, the County of Alameda, the State of California, Island City Runners and any and all sponsors of the race, volunteers and committee members while participating in or traveling to the Run for the Parks, August 9, 1992. I further attest that I am physically fit and sufficiently trained for this event.

ALL ENTRANTS MUST SIGN WAIVER (Parent/Guardian if under 18)

Date

# SCHEDULE

**So. El Monte:** Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi. Watermelon Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

✓ **Santa Cruz:** Wharf to Wharf Run, 6 Mi., Santa Cruz Wharf to Capitola, 8:30 a.m. (12,000 Limit). Wharf to Wharf, P.O. Box 307, Capitola 96010.

**Los Altos Hills:** Foothill Amphibathon, 400m Swim, 2K Run, Foothill College (pool), 9 a.m. Chris Oates, 656 Commercial St., #6, So. San Francisco 94080. (415) 952-9621.

## July 28 (Tuesday):

**Bakersfield:** BTC Darryl Easter Handicap 5K. Location TBA. 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## July 29 (Wednesday):

**So. El Monte:** Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi. Fish Hook Sunset Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## August 1 (Saturday):

**San Francisco:** Giants Run to Homeplate 5K, Candlestick Park, 10:30 a.m. Contact: Promotions Dept./Candlestick Park. (415) 330-2516.

**Los Gatos:** Summit Festival 10K Run & 2 Mi. Walk, Loma Prieta School (23845 Summit Rd.), 8:45 a.m. Loma Prieta Recr. Dept., 23800 Summit Rd., Los Gatos 95030. (408) 353-2834.

**Guerneville:** Vineman & Half Vineman Triathlon, (2.4 Mi. Swim, 112 Mi. Bike, Marathon; 1.2 Mi. Swim, 56 Mi. Bike, Half Marathon), Johnson's Beach, 7 a.m./Full, 8:30 a.m./Half. Vineman Triathlon, P.O. Box 6007, Santa RFosa 95406. (707) 528-1630.

**Johnsville:** Eureka Peak Endurathlon, 10K & 14.8 Mi., Plumas Eureka State Park (new course), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

✓ **Squaw Valley:** The Mountain Run at Squaw Valley USA, 3.6 Mi. (up-hill), 9:30 a.m. (fitness walk at 9:15 a.m.). Holly Beatie, Image Promotions, P.O. Box 2575, Olympic Valley 96146. (916) 426-9559.

**San Luis Obispo:** RRCA Women's Distance Festival & Men's Electric City Challenge Series 5K. Laguna Lake Park. 8:30 a.m. / women. 9:15 a.m. / men. (No pre-entry required). San Luis DC, PO Box 1134, San Luis Obispo 93406, Tom Dixon (805) 528-4059.

✓ **Bass Lake:** Bass Lake Run Thru the Pines Half-Marathon & 4.5 Mile. Pines Village. 7 a.m. Run Thru the Pines, 4957 E. Heaton, Fresno 93727 (209) 255-4904.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**So. El Monte:** Legg Lake 099'ers Run/Walk, 0.8 Mi., 5K, 5.4 Mi. 10 Mi., 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**NAS Miramar:** Top Gun 10K, 7:30 a.m. Contact: Bob Stopp. (619) 537-4125.

## August 2 (Sunday):

**Castro Valley:** Skyline 50K, Lake Chabot (Marina), 7 a.m. Golden Bay Runners, Will Uher, 16183 Lyle St., San Leandro 94578. (510) 278-0451.

**Tiburon:** Tiburon Volunteer Firefighters Triathlon, 800 Yd. Swim, 2 Mi. Bike, 2 Mi. Run, San Francisco Yacht Club, 8 a.m. (300 Limit). Nancy Bellinger, P.O. Box 36, Tiburon 94920.

**Sausalito:** Escape from Marin Marathon, Half-Marathon & 6 Mile. East Ft. Baker (7 mi. at Rodeo Beach). 8 a.m. / marathon & half. 9 a.m. / 7 mile. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

**Union City:** Gladiola Lookin' Good-Feelin' Good Run, 5K/10K, City Hall, 8 a.m. Steve Piersol, 34009 Alvarado-Niles Blvd., #501, Union City 94587. (510) 471-6877.

**Sacramento:** Amphibathlon Championships (Swim-Run Biathlon), 400m Swim, 3K Run or 1K Swim, 10K Run, Rancho Seco Park (Clay & lone), 9 a.m./Short Course, 9:30 a.m. Chris Oates, American Amphibathlon Assoc., 656 Commercial St., #6, So. San Francisco 94080. (415) 952-9621.

**Clarksburg:** Delta Duathlon Sprint Series, 1.8 Mi. Run, 11.5 Mi. Bike, 1.8 Mi. Run, 8:30 a.m. Race Ready Race Management, P.O. Box 1295, West Sacramento 95605. (916) 372-7367.

**Sonora:** Class 5 Fitness Mother Lode Mile (PA/TAC Open & Masters Championships), Stewart & Lyons Sts., 7:30-9 a.m. (6 Heats). Mike Sullivan, P.O. Box 4680, Sonora 95370. (209) 532-1910.

**San Francisco:** BAOOC Orienteering Meet, Distance TBA, Presidio, Time TBA. Bay Area Orienteering Club, 3015 Holyhood Dr., Oakland 94611. (Ron Hudson: (415) 872-1858

**Pacific Grove:** YWCA of the Monterey Peninsula 5K/10K. Lover's Pt. 9 a.m. YWCA of the Monterey Peninsula, 2115 N. Fremont Blvd, #C, Monterey 93940 (408) 649-0834.

**So. El Monte:** Legg Lake Jack Rabbit Run/Walk, 0.8 Mi., 5K, 5.4 Mi., 10 Mi., 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Los Angeles:** Samurai 5K Run/Walk, Little Tokyo (First St. near Central Ave.), 8 a.m. Samurai 5K Race, P.O. Box 21077, Long Beach 90801. (213) 722-0235.

**Irvine:** Coors Light Duathlon Series, 5K Run, 30K Bike, 5K Run, Time TBA. Coors Light Duathlon Series, 3013 N. 82nd St., Scottsdale, AZ 85251, AZ. 85251. (714) 680-5869.

## August 3 - August 9:

**Lake Tahoe:** Camp Fleet Feet. Family sports vacation. Sugar Pine Point State Park. Info: (916) 972-1119.

## August 6 (Thursday):

**So. El Monte:** Legg Lake Sunset Cougar Run/Walk, 0.8 Mi., 5K, 5.4 Mi., 10 Mi., 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## August 8 (Saturday):

**San Francisco:** KRAZI 8 10K. Golden Gate Park (Polo Fields). 8:30 a.m. The Final Result A.A., 460 Wishom, San Mateo 94401 (800) 491-8988.

**Sacramento:** Tri-For-Fun Triathlon Series, 1K Swim, 20K Bike, 5K Run, Rancho Seco Park, 8 a.m. Will Roxburgh, Fleet Feet Sports, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Valencia:** Ruge's Run. 5K. Pico Canyon (Lyons Ave. exit from I-5). 7 p.m. Ruge's Run, PO Box 481, Newhall 91322. Greg Blankenship (805) 944-2511.

**So. El Monte:** San Gabriel River Bunny



# SCHEDULE

Rabbit Run/Walk, 1 Mi., 5K, 10K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Dimas:** Bonelli Park Steamboat TRI-AL, Bonelli Park, 500 Yd. Swim, 14 Mi. Bike, 2 Mi. Run, Time TBA. Tri-Events, 3222 Virginia Ave., West Covina 91791. (818) 331-0169.

**San Diego:** MADD 5K. Balboa Park. 7:30 a.m. Info: Toni Dee (619) 272-8316.

## August 9 (Sunday):

✓ **Alameda:** Alameda Run for the Parks, 10K & 2 Mi., South Shore Shopping Center, 9 a.m. Dale Lillard, Alameda Recr. & Parks Dept., 2263 Santa Clara, Room 201, Alameda 94501. (510) 748-4565.

**Ukiah:** Dog Daze Run, 5K/10K, Oak Manor Elementary School, 8 a.m. Andy Jensen, North Coast Striders, P.O. Box 1556, Ukiah 95482. (707) 462-7047.

**Healdsburg:** River of No Return Pentathlon, 0.5 Mi. Swim, 10 Mi. Canoe, 0.3 Mi. Canoe Portage, 9.3 Mi. Run, 20 Mi. Bike (and 2-person teams), 8 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Truckee:** Donner Party Trail Run. 15 Mile. Donner Pass (Old Hwy. 40). 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

**So. El Monte:** Legg Lake Sunset Fly Fishing Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**June Lake:** The Mammoth Times Triathlon. 1K swim / 40K bike / 10K run. June Lake Recreation Area. 9 a.m. Split Second Sports Timing, PO Box 4051, Mammoth Lake 93546 (619) 935-4833.

**San Clemente:** San Clemente Fiesta 5000. Time TBA. SCCC, c/o Race Central, P.O. Box 828, Rialto 92377 (714) 492-1131.

## August 10 (Mon.) - 14 (Fri.):

**Grouse Ridge:** (near Nevada City) - High Altitude Running Camp & Clinic, \$45/Person. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

## August 11 (Tuesday):

**Bakersfield:** BTC Darryl Easter Handicap, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## August 13 (Thursday):

**So. El Monte:** Legg Lake Sunset Duck Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## August 15 (Saturday):

**Mammoth Lakes:** Mammoth Mountain Marathon & Half Marathon, Mammoth Mtn. Inn (9200 Ft.), 8 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Pleasanton:** Tri-For-Fun Series, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 7 a.m. Fleet Feet Sports, 4247 Rosewood 94588. (510) 847-9255.

**Inverness:** Drakes Bay Marathon, Half Marathon & 5 Mile. Limantour Beach (Pt. Reyes Nat'l Seashore). 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

**Sacramento:** Susan B. Anthony "Women's Only" 5K. Glen Hall Park. 8 a.m. Buffalo Chips RC, PO Box 19908, Sacramento 95819 (916) 924-9301.

**Clovis:** Valley Children's Hospital Triathlon (2 Days), (Jrs: 100 Yd. Swim, 3 Mi. Bike, 1/2 Mi. Run; Srs: 200 Yd. Swim, 6 Mi. Bike, 1 Mi. Run), Clovis West H.S., 8 a.m. Children's Challenge, P.O. Box 25610, Fresno 93729. (209) 434-6248.

**Tehachapi:** Tehachapi Mountain Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Signal Hill:** Signal Hill Rotary 5K/10K Runs. Hinshaw Park. Time TBA. Four Seasons Race Series, c/o Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804 (310) 989-1309.

**So. El Monte:** Legg Lake Jaguar Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## August 16 (Sunday):

**San Francisco:** Presidio 10 Mi. & 3 Mi., Presidio Parade Grounds, 8:30 a.m. The Guardsmen, 115 Sanson St., Suite 310, San Francisco 94110. (415) 781-6785.

On Saturday, August 1, 1992, runners and fitness walkers will challenge the most famous mountain in the Sierras.

You are invited to take part in the 12th annual Mountain Run at Squaw Valley USA. The 3.6 mile course rises 2,000 feet and approximates a 10K in running time.

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Whatever your reason, come on a high adventure with us this summer at Squaw Valley USA. (You can always run another 10K)

Information and entries: Image Promotions, P O Box 2575, Olympic Valley, CA 96146. 916/426-9559.

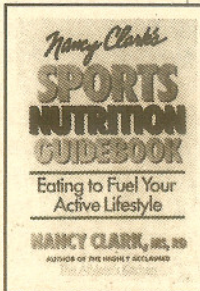


# SCHEDULE

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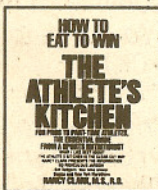
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**San Francisco:** Promise 5K Fun Run. Justin Herman Plaza. 8 a.m. California Restaurant Assoc., 3435 Wilshire Blvd., Suite 2606, Los Angeles 90010 (415) 773-9016.

**Sacramento:** Race For A Gift of Life Biathlon, 1K Swim, 10K Run, Nantome Racquet Club, 8 a.m. Lisa Watson, P.O. Box 280, Pebble Beach 93953. (408) 659-1725.

**Boulder Creek:** BAOC Big Basin Orienteering Meet, Distance & Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Dan Clarke (408) 729-1960.

**Bear Valley:** Bear Valley 10K Run, 10 a.m. Alpine County Chamber of Commerce, P.O. Box 265, Markleeville 96120. (916) 694-2475.

**Quincy:** Feather River Classic, 5K/10K, Pioneer Park (Fairground Rd.), 8:30 a.m. Roger Holden, Central Plumas Recr. District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

**Goleta:** McConnell's Ice Cream Endurance Events. 5K/10K Runs, Biathlon (10K run, 1 mile swim), Kid's Mile, Mile Swim. Goleta Beach County Park. 8:30 a.m./5K, 9:30 a.m. 10K & Biathlon, 11 a.m./mile, 11:30 a.m./swim. Info: Kevin Young (805) 963-7524.

**So. El Monte:** Legg Lake Blue Jay Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Diego:** America's Finest City Half Marathon, Cabrillo Nat'l. Monument (to Balboa Park), 7 a.m. Neil Finn, American Lung Assoc., P.O. Box 3879, San Diego 92613. (619) 297-3901.

### August 19 (Wednesday):

**San Jose:** Union Bank Heart of the City 5K Run (corporate team entry available), downtown, 6 p.m. Union Bank Heart of the City Run, 99 Almaden Blvd., San Jose 95113. (408) 279-7746.

### August 20 (Thursday):

**So. El Monte:** Legg Lake Sunset Turtle Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660.

### August 22 (Saturday):

**Flint, MI:** TAC/USA National Masters 10 Mile Championships. Lois Craig, P.O. Box 981, Flint, MI. 48501. (313) 235-3396.

**Maritou Springs, CO.:** Pikes Peak Ascend, 13.4 Mi. (8,000 Ft. Elevation Gain), 7 a.m. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO. 80937. (719) 520-0567.

**Los Gatos:** Dammit Run, 6.4 Mi., Los Gatos H.S., Track, 9 a.m. Athletic Performance, 55 W. Main St., Los Gatos 95030. (408) 354-7365.

**Livermore:** Del Valle Biathlon, (0.75 Mi. Swim, 5.5 Mi. Run, or 1.5 Mi. Open Water Swim), Del Valley State Recr. Area, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Davis:** Great North Triathlon Sprint, 1K Swim, 25K Bike, 5K Run, Stonegate Country Club, 8 a.m. A Change of Pace, 221 G St., Suite 205, Davis 95616. (916) 757-6017.

**Susanville:** Main Street Mile, Main & Lassen Sts., 10 a.m. Jim Reichle, 607 Willow St., Susanville 96130. (916) 257-6405.

**June Lake:** Silver Lake Relay. 20K (4x5K legs). Time TBA. June Lake Chamber of Commerce (619) 648-7584 or 648-7525.

**So. El Monte:** Legg Lake Woodpecker Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Diego:** Balboa 8 Mile, Balboa Park, 7:30 a.m. Contact: Chuck Pennell (619) 460-3110.

**San Diego:** Peninsula YMCA Races, 5K & 10K, Ocean Beach Pier, Time TBA. Contact: Doug Jones (619) 226-8888.

### August 23 (Sunday):

**Maritou Springs, CO:** Pikes Peak Marathon, 7 a.m. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO. 80937. (719) 520-0567.

**Larkspur:** Tamalpa Runners Couples Relay, 2x2 Mi., Larkspur Landing (male/female relay teams), 10 a.m. Couples Relay, P.O. Box 3007, San Anselmo 94979. (415) 454-2769.

**San Francisco:** Escape From Alcatraz Triathlon, 1.5 Mi. Swim, 22 Mi. Bike, 14 Mi. Run, Time TBA (**300 limit**) Alcatraz, c/o Peter Butler, 660 Market St., #415, San Francisco 94104. (510) 284-8758.

**Oakland:** Time is on Your Side Run. 5K/10K. Lake Merritt (14th & Lakeside Dr.). Predicted time run. 9 a.m. Info: (510) 601-7887.

# SCHEDULE

**Forestville:** "Run From the Itch" 10K, Forestville H.S., 8 a.m. Art Ellwanger, Forestville Youth Park, Box 357, Forestville 95436. (707) 887-1391.

**Davis:** Great North Triathlon - International, 1.2K Swim, 44K Bike, 10K Run, Stonegate Country Club, 8 a.m. A Change of Pace, 221 F Street, Suite 205, Davis 95616. (916) 757-6017.

**So. El Monte:** San Gabriel River Bunny Hop Run/Walk, 1 Mi., 5K & 10K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Imperial Beach:** I.B. Multi Sport Championships, Distances TBA, Imperial Beach Pier, 7:30 a.m. Contact: KOZ (Ruthann Wood: (619) 441-7844).

## August 27 (Thursday):

**So. El Monte:** Legg Lake Fishbone Sunset Run/Walk, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## August 28 (Friday):

**Palo Alto:** Florentine's TGIF 5K/10K Runs, Baylands Athletic Center (Geng & Embarcadero), 6:30 p.m. Palo Alto Recr., Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

## August 29 (Saturday):

**Lake Tahoe:** World's Toughest Triathlon, 2 Mi. Swim, 100 Mi. Bike, 18.6 Mi. Run or 1.5K Swim, 40K Bike, 10K Run (Also: Youth Triathlons: 8-10: 100m Swim, 5K Bike, 1K Run; 11-13: 200m Swim, 12K Bike, 3K Run), Time TBA. Charlie Lincoln, P.O. Box 10758, So. Lake Tahoe 95731. (916) 573-0103.

**Grass Valley:** Wolf Mountain Trail Challenge, 10K, 1.8 Mi. Fun Run & Half-Mile Kids' Race, Wolf Mountain Christian Camp, 5 p.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Lake Tahoe:** BAOC Orienteering Meet (2 days), Location & Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Doug Brown (916) 663-2781.

**Santa Barbara:** The Santa Barbara County Triathlon, 1 Mi. Swim, 34 Mi. Bike, 10 Mi. Run, Santa Barbara Bath House (off Cabrillo Blvd.), 7 a.m. Jamie Nielsen, P.O. Box 215, Santa Barbara 93102. (805) 687-7401.

**Santa Ana:** YMCA New Horizons 5K & 12K, Centennial Park, 7:30 a.m. Contact: Larry Herschler (714) 547-4121.

**So. El Monte:** San Gabriel River Bunny Run/Walk, 1 Mi., 5K & 10K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## August 30 (Sunday):

**San Francisco:** City of San Francisco Marathon, 7 a.m. San Francisco Marathon, P.O. Box 77148, San Francisco 94107. (415) 391-2123.

**Reno, NV:** Silver State Marathon, Half-Marathon & 10K, Bowers Mansion County Park (between Reno & Carson City, west of US 395), 6 a.m./Mar., 7 a.m./H-M & 10K. Ken Shoop, 420-0 Santa Maria Dr., Reno, NV. 89502. (702) 825-3006.

**San Ramon:** Dog Daze Duathlon, 3 Mi. Run, 12 Mi. Bike, 1 Mi. Run, Bollinger Canyon Rd., & I-680, 8:30 a.m. Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94588. (510) 847-9255.

**Santa Cruz:** Mental Wellness Run, 5K/10K, 2300 Delaware Ave., 8 a.m./5K, 8:30 a.m. Kerry Heaps, SART Santa Cruz, 941 El Dorado Ave., Santa Cruz 95062. (408) 479-9494.

**Yountville:** Exertec Fitness Center Biathlon. 4.5 mile run, 14 mile bike. Yountville Park. 8 a.m. Exertec, 920 Yount St., Suite A, Napa 94559 (707) 226-1842.

**Gilroy:** Mt. Madonna Challenge, 6K/12K, Hwy. 152 (3 Mi. east of Mt. Madonna summit), 8:15 a.m./6K, 9 a.m. Lynn Lockhart, 7664 Los Padres Ct., Gilroy 95020. (408) 842-4732.

**Walnut Grove:** Walnut Grove Catfish Jubilee 5-Miler, Paul Barnes Park, 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut 95690. (916) 776-1627.

**So. El Monte:** San Gabriel River Luck Rabbit Foot Run, 1 Mi., 5K & 10K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## September 3 (Thurs.):

**Huntington Beach:** Sunset in the Park. 2.8 & 4.8 mile X-C runs. Central Park (West). 6 p.m./2.8 mile. 6:30 p.m. (high school race at 5:30 p.m.). The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714)841-5417.

## September 4 (Friday):

**So. El Monte:** Legg Lake 0.8 Mile, 5K, 5.4 mile, & 10 Mile. Sunset Lake Run. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

## September 5 (Sat.):

**Ft. Cronkhite:** Golden Gate Tunnel Run. 4 mile & 7 mile. Rodeo Lagoon (GGNRA). 9 a.m. Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190.

**Bakersfield:** Hart Park Fun Run. Distance TBA. 7 a.m. Bakersfield TC, Box 6581, Bakersfield 93386.

**Wasco:** Wasco Rose Runs. Distance, location & time TBA. Bakersfield TC, Box 6581, Bakersfield 93386.

**So. El Monte:** Legg Lake 099'ers Run. 0.8 mile, 5K, 5.4 mile, & 10 mile. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

**San Diego:** 4 Mile X-Country. Balboa Park. 7:30 a.m. Info: Mark Leisinger (619) 239-6322.

## September 6 (Sun.):

**Emeryville:** Emeryville Double Bay Run. 5 mile. Holiday Inn (Powell St. exit). 9 a.m. Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190.

**Oakland:** Aztec Run for Education. 5K/10K. Lake Merritt (568 Bellevue). 9 a.m. Rosario Flores, Spanish Speaking Citizen's Fndn., 1470 Fuitvale Ave., Oakland 94601 (510) 261-7839.

**Manteca:** Delicato Charity Grape Stomp Romp 3 Mille. Delicato Vineyards (Hwy 99 & French Camp Rd.). 8:30 a.m. Gamut Promotions, 1132 N. Hunter, Stockton 95202 (209) 466-6653.

**So. El Monte:** San Gabriel River Frog Legg Runs. 1 mi., 5K/10K. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

## September 7 (Mon.):

**Pinole:** Miniman Triathlon. 250 yd swim, 8 mile bike, 2.1 mile run. Pinole City Pool. 9 a.m. Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190.

**Lodi:** Run for the Square 5K/10K. Hutchins Street Square. 8:30 a.m. Field & Fair Day Office, 125 S. Hutchins St., Lodi 95240.

# SCHEDULE

**Sacramento:** The Sacramento Children's Home "Run for the Children" 5K/10K. Glen Hall Park (Sandburg Dr.). 9 a.m. Lisa Watson, Box 280, Pebble Beach 93953 (408) 659-0639.

**Auburn:** 49'er Canyon Classic Biathlon. 6.1 mile run, 7.45 mile bike. Bowman Elementary School. 8 a.m. Nick Vogt, Christian RA, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

**Auburn:** Stagecoach Mountain Run. 10.45 mile. Bowman Elementary School 8 a.m. Nick Vogt, Christian RA, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

**So. El Monte:** Legg Lake Labor Day Run. 660 yd., 2.3 mile, 8K. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

## September 8 (Tues.):

**VERIFY DATE...San Diego:** Rancho Penasquitos 5K. Black Mountain Rd., 7:30 a.m. Info: Kathy Loper (619) 298-7400.

## September 11 (Fri.):

**Palo Alto:** Palo Alto Weekly's Moonlight 5K/10K. Baylands Athletic Center (Geng & Embarcadero Rd.). 9 p.m. Palo Alto Recr. Dept., Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301 (415) 329-2380.

**So. El Monte:** Legg Lake Sunset Face Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

## September 12 (Sat.):

**Alamo:** Alamo Music & Food Festival 10K. Location TBA. 8 a.m. LDR/BASSICS, Inc., 1122 "B" St., Suite 213, Hayward 94541 (415) 537-2009.

**Berryessa:** Lake Berryessa Biathlon. 1.25 mile swim, 21 mile bike (or 2.5 mile swim, 21 mile bike). Putah Creek Resort. 9 a.m. (NorCal Biathlon Championships). Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190.

**Ukiah:** South Ukiah Rotary Triathlon. 0.5 mile swim, 21 mile bike, 5K run. Lake Mendocino. 9 a.m. Great Ukiah Chamber of Commerce, 495 El Perkins, Ukiah 95482 (707) 462-4705.

**Stockton:** Park to Park Run. 1 mile & 5 mile. Louis Park. 8 a.m./1 mile. 8:30 a.m. Tarahu-

mara RC, Box 8422, Stockton 95208. Dave Valentine (209) 952-8941.

**Bakersfield:** Joel Mena Memorial 5K. Location & time TBA. Bakersfield TC, Box 6581, Bakersfield 93386.

**So. El Monte:** Legg Lake Shine Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

## September 13 (Sun.):

**Burney:** Burney Classic Marathon, Half-Marathon, 10K & 5K, Burney H.S., Time TBA. Burney Lions Club, P.O. Box 217, Dept. M, Burney 96013. (916) 335-2825.

**Danville:** Danny Marathon Relay & 50K Endurance Run, San Ramon Valley H.S., 7 a.m./50K, 8 a.m./Relay. LDR/BASSICS, Inc., 1122 "B" St., Suite 213, Hayward 94541. (510) 537-2009.

**San Francisco:** California Mile. 8 a.m. Mike Marcus, Box 2417, Mill Valley 94942 (415) 383-0314.

**Walnut Creek:** Walnut Festival 5K/10K. Heather Farms Park. 8:30 a.m. Walnut Festival Committee, Box 3408, Walnut Creek 94598 (415) 935-6766.

**Vacaville:** The Mountain Man Triathlon. 600 yd swim, 6 mile mtn. bike, 2 mile run. Lagoon Valley County Park. 10 a.m. Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190.

**Santa Rosa:** Annadel Loop 6.5 Mile Run. Annadel State Park (Channel Dr.). 9 a.m. John Royston, 3240 Montgomery Dr., Santa Rosa 95405 (707) 546-1021.

**Salinas:** El Grito Memorial Run. 4K/10K. Near E. Laurel & Constitution. 9 a.m. Jose Guerrero, Box 513, Salinas 93901 (408) 373-3594.

**Sacramento:** Buffalo Stampede. 5K & 10 Mile. Rio Americano HS (Watt Ave., off Hwy 50). 8 a.m. Buffalo Chips RC, Box 19908, Sacramento 95819 (916) 454-5133.

**Kirkwood:** Kirkwood Run for the Fire Department 10K. 10 a.m. Alpine Co. Chamber of Commerce, Box 295, Kirkwood 95646 (209) 258-6000.

**Berkeley:** BAOC Orienteering Meet. Univ. of California. Distance & time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Mark Peterson (510) 215-7632.

**So. El Monte:** Legg Lake Spirit Run. 0.8

mile, 5K, 5.4 mile, 10 mile. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

**San Diego:** Clean Bay 10K. Downtown waterfront. 7:30 a.m. Info: Lynn Lacye (619) 466-3127.

## September 16 (Wed.):

**Chico:** Humpday-The Sequel. 5K. Bidwell Park. 6 p.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616 (916) 757-6017.

## September 17 (Thurs.):

**So. El Monte:** Legg Lake Sunset Thursday Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

## September 19 (Sat.):

**Fremont:** WVTC Bayside Technology 8K. Bayside Technology Business Park (off 880/ Gateway). 9 a.m. WVTC, c/o Marc Lund, 1265 Montecito Ave., Suite 105, Mountain View 94043 (415) 966-1511.

**Chico:** Mozart Mile. 7K & 5K Racewalk. 9 a.m. J.D. Zink, 1 Walnut Cir., Chico 95926 (916) 891-8002.

**Squaw Valley:** Pacific Crest Trail 50K, 25K, 12K and 50K Relay, Olympic Village, 8 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Bakersfield:** BTC Hill & Dale 10K. Location & time TBA. Bakersfield TC, Box 6581, Bakersfield 93386.

**So. El Monte:** Legg Lake Sunset Roadrunner Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

## September 20 (Sun.):

**San Francisco:** Lifespan 10K. Run across Bay Bridge. Time TBA. No contact yet.

**El Sobrante:** That Dam 5K/10K. San Pablo Dam Reservoir (picnic area). 10 a.m. Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190.

**Los Gatos:** Ron's YSI Wildlife Run. 5K/10K. Vasona Park. 8:30 a.m. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030 (408) 356-4945.

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# SCHEDULE

**Pacific Grove:** Monterey Bay 10K. Lover's Pt. Time TBA. Joan Mortenson, c/o The Beacon House, 468 Pine Ave., Pacific Grove 93950 (408) 372-2334.

**Atwater:** Fall Festival Run. 1.25 & 5 mile. Ralston Park (3rd & Grove). 8 a.m. Atwater Chamber of Commerce, Box 388, Atwater 95301 (209) 358-4251.

**Carmichael:** Carmichael Classic 5K/10K. Carmichael Elem. School (6141 Sutter Ave.) 8 a.m. Tracy Kerth, 5750 Grant Ave., Carmichael 95608 (916) 485-5322.

**Redding:** Redding Bud Light Triathlon. 1.2 mile swim, 50 mile bike, 10 mile run. Bridge Bay Resort. 7 a.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616 (916) 757-6017.

**Sacramento:** BAOC Orienteering Meet. Distance TBA. Goethe Park. Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Doug Brown (916) 663-2781.

**Fresno:** Shin Zen Garden Run. 10K. Woodward Park.

**So. El Monte:** Legg Lake Sunset Indian Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 7 p.m.. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

## September 25 (Fri.):

**So. El Monte:** Legg Lake Sunset Place Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

## September 26 (Sat.):

**San Mateo:** The Castaway Half-Marathon & 10K. Castaway Restaurant (Coyote Point County Park). 8 a.m. Sky High, Box 20963, El Sobrante 94803 (510) 841-1190.

**San Jose:** Run Under the Sun. 2 mile & 10K. River Oaks Dr. 8 a.m. Contact: Mary Alexander (408) 243-2740.

**Reno, NV:** Reno Gazette-Journal Jog. 8K. Reno Family YMCA. 9 a.m. Reno Gazette Journal (Marketing Dep.), 955 Kuenzli, Reno, NV 89502 (702) 788-6233.

**Santa Rosa:** BAOC Orienteering Meet. Distance TBA. Spring Lake. Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Gary Kraght (415) 383-4429.

**Grass Valley:** Bear River Runner's Classic & Quadrathlon. 5K x-country run, and 100m, 400m, & 1500m (on track). Bear Valley HS. 4:30 p.m. (enter one or more events). Nick Vogt, Christian RA, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

**Avalon (Catalina Island):** Run for Sight. 5K, 10K & 10.8 Mile. 8:30 a.m./10.8 mile, noon/10K, 12:10 p.m./5K. Avalon Lions Club, Run for sight, Box 305, Avalon 90704 (310) 510-0787.

**Orange County:** OCMD Athletic Team 60-Mile Relay (10 Runners, 4 Bikers), 7 a.m. Contact: Ron Cooke (714) 953-4440.

**So. El Monte:** Legg Lake Sunset Apricot Run. 0.8 mile, 5K, 5.4 mile, 10 mile. 7 p.m.. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

## September 27 (Sun.):

**Redding:** Whiskeytown Relays, 4-Person Teams (3.7, 6.3, 4.0 & 5.3 Mi.), Whiskeytown Lake (Brand Creek Marina), 9 a.m. Greg Hahn, 1412 Whitewater Cir., Redding 96003. (916) 241-0975, eves.

**Portland, OR:** Portland Marathon & 5 Mi. Run (+ 2 Mi. Kids' Run), City Hall, Time TBA. Les Smith, ORRC, P.O. Box 4040, Beaverton, OR. 97076. (503) 226-1111.

**Santa Clara:** Great America Carousel to Coaster 10K Run & 5K Stride. Great America Amusement Park. 8:30 a.m. Santa Clara Parks & Recr., Larry Wolfe, 1500 Warburton Ave., Rm. 103, Santa Clara 95050 (408) 984-3223.

**Fremont:** Run for Serra Center 10K. Pas-seo Padre at Stevenson Blvd. Time TBA. Mim Carlson, Serra Center, 650 Washington Blvd., Fremont 94539 (510) 657-2002.

**Stinson Beach:** Mt. Tam Tri-Bi Athlon. 5K Run, 1K (ocean) Swim, 14 mile bike (or 5 mile run). 9 a.m. Team Challenge, Box 20963, El Sobrante 94803 (510) 841-1190 or (415) 868-1829.

**Davis:** Davis Triathlon. 1K swim, 40K bike, 10K run. Stonegate Country Club. 8 a.m. Scott Erba, 602 Adams St., #20, Davis 95616 (916) 757-7767.

**Sacramento:** Sacramento Triathlon. (1500 yd swim, 30K bike, 10K run). OR (800 yd swim, 18 mile bike, 5K run). Port of Sac'to (Lake Washington). Time TBA (**No raceday regis.**). Fleet Feet, 2408 "J" St., Sacramento 95816 (916) 442-3338.

**Nevada City:** Banner Mountain Stampede. 7.73 mile. Pioneer Park. 9 a.m. Gary Loucks, 116 High St., Grass Valley 95945 (916) 273-9268.

**Santa Rosa:** BAOC Orienteering Meet (continuation of Sept. 26 meet).

**Lake Isabella:** Dam Tough Run. Distance & time TBA. Info: (805) 379-5236.

**So. El Monte:** San Gabriel River Indian Summer Run. 1 mile, 5K/10K. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (213) 949-0394.

**San Diego:** Running Wild 10K. San Diego Wild Animal Park. 7:30 a.m. Info: Kathy Loper (619) 298-7400.

**Fresno:** Big Fresno Fair Cross-City Race. 10K & 2 Mile. Roeding Park (10K) - 8 a.m. First & Huntington Blvd. (2 mile) - 7:30 a.m. Cross-City Race, 1121 Chance Ave., Fresno 93702 (209) 453-3247.

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# SCHEDULE

## Looking Ahead

(Marathons, Relays, Important Dates, Major Events, Etc.)

**Oct. 1 (Thurs.). Wrightwood:** Angeles Crest 100 Mile Endurance Run, Angeles National Forest, Time TBA. Contact: Ken Hamada (818) 447-0584.

**Oct. 4 (Sun.). San Francisco:** Bridge to Bridge Run. 5K/12K. Ferry Bldg./Presidio. 9 a.m. Isabelle Lemon, KNBR Radio, 55 Hawthorne, Suite 1100, San Francisco 94105 (415) 995-6868.

**Oct. 10 (Sat.). Castro Valley:** Fire Trails Fifty, 50 Mi., Lake Chabot Marina, 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (510) 530-6634.

**Oct. 10 (Sat.). Reno, NV:** Tour of the Golden West Super-Marathon Run (full marathon each day, ending in San Francisco on

10/18), mostly trails. . .looking for top runners to be competitive with top Europeans coming for event. Joe Oakes, 518 Outlook Dr., Los Altos 94024. (415) 941-6287.

**Oct. 10 (Sat.). Huntington Beach:** Running is for the Birds, 10K and 5K, Pacific Coast Highway and Warner in Huntington Beach. Amigos de Bolsa Chica, P.O. Box 3748, Huntington Beach 92605. (714) 897-7003.

**Oct. 18 (Sun.). Weott:** Humboldt Redwoods Marathon & Half Marathon. Dyerville Bridge, Humboldt Redwoods State Park. 9 a.m. Six Rivers RC, Box 214, Arcata 95521. Karen Angel (707) 442-6463, 2-4 p.m. weekdays only.

**Nov. 1 (Sun.). New York City:** New York City Marathon (**ACT NOW**--Send SASE #10 envelope and \$4 non-refundable check payable to NYRRRC, Marathon Entries, PO Box 1388 GPO, New York, NY 10116 (212) 860-4455. ♦



American Heart Association 

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# THE ATHLETE'S KITCHEN

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

## INSTANT DINNERS: Meal time tips for hungry athletes

If you are like most active people, when you get home at night, you want to eat dinner *now*, not in an hour after the brown rice cooks. Not in a half hour after chopping up a garden of fresh veggies for a salad. And perhaps not even in twenty minutes while the spaghetti cooks. When overwhelmed with hunger, you are likely to sustain yourself with an instant dinner rather than taking the time to cook what Mom would consider a "well rounded meal". Instant dinners commonly range from a boxful of Wheat Thins to yet-another bagel, a pint of ice cream or a bag of popcorn. Quick and easy, yes. Optimal sports diet, no.

If this type of cook-free dinner (dinner?) sounds familiar to you, you might be able to improve your sports diet with the following tips from some eating experts.

✓ According to Pam, office manager and runner, good nutrition starts in the supermarket, like it or not. She knows she has a far better chance of eating a blue-ribbon sports diet when her kitchen is well-stocked with wholesome food. Once every two or three weeks she musters up her energy to marathon shop at the discount food store. She buys eight bags of various frozen vegetables, six cans of tuna, five boxes of spaghetti, several frozen meals, etc.. She *really* shops, so that she has enough food to last for a while. Her basic shopping list includes:

**Cupboard:** cereal, spaghetti, spaghetti sauce, rice, ramen noodles, crackers, kidney beans, baked beans, tuna, peanut butter, soups (mushroom for making casseroles, lentil, vegetable), baking potatoes.

**Refrigerator:** lowfat cheddar and mozzarella cheeses, lowfat cottage cheese, milk and yogurt, parmesan cheese, eggs, tofu, carrots, V-8 juice, oranges, bananas (when refrigerated, the banana peel turns black but the fruit doesn't quickly over-ripen).

**Freezer:** bagels, pita, english muffins, multigrain bread, orange juice concentrate,

broccoli, spinach, winter squash, ground turkey, extra-lean hamburger, chicken (pieces frozen individually in baggies).

Pam then has the makings for spaghetti and tomato sauce with hamburger, ground turkey, tofu, beans, cheese cottage, grated cheese and/or vegetables; english muffin or pita pizzas; tuna noodle casserole; soups and sandwiches (peanut butter/banana, tuna, toasted cheese); zapped potato topped with cottage cheese, baked beans or yogurt; peanut butter crackers and V-8, plus more. These easy options nourish her physically, psychologically and financially - preferable to dialing Domino's for pizza *again*.

✓ Jim, a lawyer and cyclist, often uses his morning "shave time" to cook a potful of rice while he gets ready for work. Come dinner time, he simply browns up hamburger or ground turkey in a large skillet, dumps in the cooked rice then creates the meal of the day. Choosing between Mexican (canned beans + chili powder + grated lowfat cheddar cheese + diced tomatoes), Chinese (broccoli zapped in the microwave oven while the meat cooks + soy sauce), Italian (green beans + Italian seasonings such as basil, oregano and garlic powder) or American (grated lowfat cheddar cheese + onion browned with the meat + diced tomato). He cooks 1.5 cups raw rice per 1 lb. of lean meat, and has enough leftover for another generous high (60%) carbohydrate sports meal.

✓ Paula, a dancer who asked me for ways to improve her grab-whatever-is-in-sight dinners (crackers, pint of ice cream or bag of chips), appreciated the following nutrition suggestion: include at least *three* different types of foods into each meal-time. For example, instead of munching her way through just the box of stoned wheat crackers, she could transform the crackers into a balanced meal with fruit (a banana), protein (peanut butter) and lowfat dairy (glass of milk). These choices offered a *variety* of vitamins, minerals and protein.

Painless, yet tasty and more nutritious.

Variety is important with any meal. Eat more than just one item. Don't be like the bachelor who kept life simple by eating plain spaghetti for breakfast and lunch, then spaghetti with tomato sauce for dinner *every* day. High carb, low fat, yes. Wholesome, no. The simple alternative to spaghetti straight up was simply to add tomato sauce heated with some cook-free protein (canned kidney beans or diced tofu), a sprinkling of lowfat cheese and, *voila* --another well balanced meal with protein, calcium, vitamin C plus more! He even started to stock his freezer with chopped broccoli (once he learned that freezing does not destroy the nutritional value). He cooked the broccoli in a covered pot with 1/2" of water, then dumped in the jar of spaghetti sauce. He added nutrition with no added mess. "I even feel better since I've started eating better. I have more stamina and strength." Yes, good nutrition does work. When you eat well, you not only feel better, but you also feel better about yourself!

*Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, designs personalized meal plans for sportsactive people who want to eat well without fuss. Her popular Nancy Clark's Sports*



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**BASS LAKE**  
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**THE PINES**



**Saturday, August 1, 1992**

**DISTANCES:** 13.3 miles & 4.5 mile.  
**START/FINISH:** The Pines Village, Bass Lake.  
**RACE TIME:** 7:00 a.m. both races.  
**PACKET PICK-UP:** 6:00-6:45 a.m.  
**DESCRIPTION:** Mostly paved, some dirt roads. Some shade. Half marathon- once around the lake, many rolling hills first eight miles, several longer hills last five miles. 4.5 mile- smaller loop, big half mile hill at 2 miles.  
**CAUTION:** Runners should be well conditioned because of the difficulty of this course. Half marathoners run on left side of road, facing traffic. 4.5 milers also run on left until 2.5 miles, then run on the right shoulder. **WATCH TRAFFIC!**  
**AID STATIONS:** Approximately 2, 5, 7.5, 10 and 12 miles.  
**SPLIT TIMES:** 5 mile and 10 mile splits.  
**REFRESHMENTS:** Gatorade for all finishers.  
**DIVISIONS** (Both races, men and women): Under 19, 19-29, 30-39, 40-49, 50-59, 60 & Over.  
**AWARDS:** First place plaque to winner of each division. Additional plaques will be given if pre-entries warrant. One award for every 5 pre-entries per division (example: 30 pre-entries in Men's 40-49 means 6 awards will be given in Men's 40-49). Overall men's and women's winners in each race will be placed in a special drawing for merchandise awards, including Ducey's Lodge and Ducey's Restaurant.

**RESULTS:** Computerized. Each entrant will receive a complete set of race results by mail.  
**EARLY ENTRY FEE** (Must be received by July 22, 1992):

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**DRAWING PRIZES:** Several local merchants have donated prizes which will be drawn by place number during the race and given during awards presentations.

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# RESULTS

MEET DIRECTORS . . . Please send your road race results directly to CRN, 4957 E. Heaton Ave., Fresno, CA 93727 or FAX (209) 255-4904.

## Cleveland Revco Races

No Date Available. Cleveland, OH. Marathon & 10K.

**Division Results - Men's Marathon**  
**Overall Winners:** 1. Driss Dacha (29) Morocco 2:14:40, 2. Gumerindo Olmedo (25) Mexico 2:19:21, 3. Muhamet Nazipov (28) CIS 2:20:00, 4. Don Janicki (32) Louisville, CO. 2:21:20, 5. Douglas Kurtis (40) Northville, MI 2:21:49, 6. Paul Klimes (33) Czechoslovakia 2:22:13, 7. Gianluigi Curreti (26) Italy 2:23:09, 8. Simon Robert Naali (26) Tanzania 2:25:06, 9. Budd Coates (36) Emmanus, PA 2:26:40, 10. Todd Sterling (31) Minneapolis, MN 2:26:48. **Masters:** 1. Douglas Kurtis (40) Northville, MI 2:21:49, 2. Terry McCluskey (43) Brookfield, OH 2:39:57, 3. Thomas Morris (43) Pilot, VA 2:46:35, 4. Barney Klecker (40) Minnetonka, MN 2:47:57, 5. David Whitten (54) Rochester, NY 2:52:01. **45-49:** 1. Bob Kuebler (45) Cleveland, OH 2:56:59, 2. Ferdinando Saglio (45) Grove City, PA 2:57:48, 3. John Doebrich (47) Rochester, NY 3:06:49, 4. Tony Serksnis (45) Mt. View, CA 4:02:16. **50-54:** 1. David Whitten (54) Rochester, NY 2:52:01, 2. Norbert Peiker (51) Mansfield, OH 3:10:53, 3. Bud McNetlie (52) Bedford, OH 3:16:18, 51. Richard Pleasant (53) San Diego 4:55:59, 53. Craig Moore (51) Los Angeles 4:58:24. **Wheelchair (both sexes):** 1. Thomas Sellers (26) St. Petersburg 1:41:20, 2. Verne Achenbach (49) Birmingham, AL 1:41:30, 3. Kenny Archer (43) Bowie, MD 1:41:47, 9. Rose Winand (32) Pittsburgh, PA 2:09:17, 15. Debbie Laplante (25) Toledo, OH 2:41:30.

**Division Results - Women's Marathon**  
**Overall Winners:** 1. Lubav Klochka (32) CIS 2:35:11, 2. Janis Klecker (31) Minnetonka, MN 2:35:41, 3. Alevtina Naumova (31) CIS 2:42:31, 4. Marika Starovska (30) Czechoslovakia 2:43:47, 5. Taciana Zueva (35) CIS 2:44:22, 6. Gabrielle O'Rourke (25) New Zealand 2:44:28, 7. Sylvie Ruegger (31) Canada 2:45:38, 8. Ella Willis (34) Detroit, MI 3:02:56, 9. Susan Borawski (27) Sharon, PA 3:03:35, 10. Flora Moreno (34) Mexico 3:05:41. **Masters:** 1. Adele Emo (40) Toronto, Can. 3:07:47, 2. Teresa Ashworth (43) Windsor Ont, Can. 3:22:11, 3. Nina Bovio (46) Brighton, MI 3:26:37, 4. Vicki Hughes (40) Limas, OH 3:29:19, 5. Jeannie Rice (44) Mentor, OH 3:32:41.

**Division Results - Men's 10K**  
**Overall Winners:** 1. William Koech (27) Kenya 28:13, 2. Paul Kipkoech (30) Kenya 29:06, 3. Jens Karras (23) Germany 29:11, 4. Antonio Rodrigues (28) Portugal 29:15, 5. Rafael Zapeda (31) Mexico 29:20, 6. Scott Fry (23) Ann Arbor, MI 29:21, 7.

Brian Abshire (29) Sacramento, CA 29:33, 8. John Treacy (34) Ireland 29:50, 9. William Musyoki (26) Kenya 29:55, 10. Are Nakkim (28) Norway 29:56, 25-29: 1. William Koech (27) Kenya 28:13, 2. Antonio Rodrigues (28) Portugal 29:15, 3. Brian Abshire (29) Sacramento 29:33. **30-34:** 1. David Condon (32) Cleveland, OH 55:45, 2. Stuart Glassman (31) Beachwood, OH 55:46, 3. Clifford Whitehead (31) Cleveland, OH 55:50, 16. Tim Joynson (33) San Ramon, CA 56:21. **55-59:** 1. Thomas Meredith (57) Hudson, OH 39:57, 2. Richard Kinke (56) Cuyahoga Fall, OH 40:14, 3. Bill Shaffstall (55) Elyria, OH 40:50, 10. Mich Grubbs (57) Oceanside, CA 44:14, 30. Carl Grubbs (58) Oceanside, CA 50:39. **60-64:** 1. Phillip Gianconia (60) Painesville, OH 40:47, 2. Bill Maloney (60) Akron, OH 44:31, 3. Robert Adams (62) Lorain, OH 45:01, 4. Marvin Warren (62) Anaheim, CA 45:16, 29. Marshall Haraden (61) Solana Beach, CA 1:01:33. **Masters:** 1. Priscilla Welch (47) Great Britain 35:28, 2. Nancy Mieszczyk (43) Buffalo, NY 37:16, 3. Barbara Filutze (45) Erie, PA 37:34, 4. Marie Burleson (43) Columbus, OH 39:04, 5. Joan Ellis (43) Cleveland, OH 40:37. **Wheelchair (Both Sexes):** 1. Tony Nogueira (24) Marietta, GA 23:58, 2. Darryl Francis (28) Marietta, GA 23:59, 3. Jimmy Green (37) Loganville, GA 25:31, 7. Candace Cable (37) Truckee, CA 26:45.

**Division Results - Women's 10K**  
**Overall Winners:** 1. Liz McColgan (28) Scotland 31:58, 2. Felicidade Sena (32) Portugal 34:14, 3. Lucy Smith (25) Victoria, BC 34:16, 4. Debbi Kilpatrick (28) Cleveland, OH 34:38, 5. Gail Hall (32) Bothell, WA 34:46, 6. Irina Bogacheva (30) CIS 34:52, 7. Danuta Bartoszek (31) Poland 35:06, 8. Priscilla Welch (48) Great Britain 35:28, 9. Judy Ervin (20) Akron, OH 36:35, 10. Anne Hare (27) New Zealand 36:42. **Masters:** 1. Priscilla Welch (47) Great Britain 35:28, 2. Nancy Mieszczyk (43) Buffalo, NY 37:16, 3. Barbara Filutze (45) Erie, PA 37:34, 4. Marie Burleson (43) Columbus, OH 39:04, 5. Joan Ellis (43) Cleveland, OH 40:37.

## The Castaway

No Date Available. No Place Available. 5K & 10K.

**Overall Results - 5K**  
 1. Nick Nickols (32) 16:44, 2. Michael Plummer (33) 17:05, 3. Bill Dunn (44) 17:09, 4. Harold Radin (28) 17:22, 5. David Stewart (26) 17:40, 6. Steve Flatland (30) 18:28, 7. Heliostro Perez (31) 18:36, 8. Tom Kaiser (51) 18:51, 9. Fil Ghobian (25 F) 18:52, 10. Garylord Flynn (42) 19:02.

**Overall Results - 10K**  
 1. Michael Dudley (21) 32:45, 2. Bruce Phinney (32) 35:02, 3. William Reitter (21) 35:17, 4. Ken St. Cyr (39) 36:34, 5. Troy

Overton (29) 37:04, 6. Jesus Ruiz (30) 37:22, 7. Ron Kiyono (44) 37:23, 8. James McLaren (30) 38:09, 9. Laura Bruess (31) 38:27, 10. Sharlet Gilbert (40) 38:55.

11. Ken Cicinelli (26) 39:55, 12. Tuan Ho (18) 40:11, 13. Renato Reyes (40) 40:20, 14. John Weidinger (50) 40:43, 15. Roger Smale (31) 40:54.

## Chardonnay Runs

April 4. Santa Barbara. 10 Mi. & 15K.

**Division Results - Men's 10 Mile**  
**15-18:** 1. Jeff Loomis 1:02:32. **19-24:** 1. Theodore Brown 53:37, 2. Rick Jones 56:35. **25-29:** 1. Dan Streble 50:16, 2. Philippe Fattori 53:35, 3. Alfonso Nunez 55:37. **30-34:** 1. Gordon Christie 50:57, 2. Allen Russell 52:55, 3. Ray Knerr 54:31. **35-39:** 1. Gregg Homer 53:37, 2. Dennis Kurtis 55:25, 3. Miguel Gaviria 57:36. **40-44:** 1. Steve Neale 1:00:30, 2. Richard Saltzman 1:01:30, 3. Jim Kornell 1:01:43. **45-49:** 1. Jussi Hamalainen 56:20, 2. Michael Mahler 59:01, 3. Gene Ball 59:26. **50-59:** 1. Richard Hillestad 1:02:32, 2. John Ghini 1:04:55, 3. Art Hansmire 1:07:55. **60-69:** 1. Warren Bystedt 1:09:00, 2. David Kille 1:15:45. **70 & Over:** 1. John Holubek 1:28:17.

**Division Results - Women's 10 Mile**  
**14 & Under:** 1. Carina Nusinov 1:31:03. **15-18:** 1. Rachael Jones 1:14:43. **19-24:** 1. Melissa Patterson 1:02:44, 2. Sally Ikin 1:06:20. **25-29:** 1. Christi Bengston 1:01:32, 2. Melissa Marsted 1:05:38, 3. Susan Petronio 1:07:49. **30-34:** 1. Carrie Booth 57:58, 2. Mary Button 1:01:39, 3. Elizabeth Milewski 1:01:53. **35-39:** 1. Leslie Lewis 1:00:23, 2. Mary Ryzner 1:03:28, 3. Trish Walsh-Kimura 1:04:22. **40-44:** 1. Ann Tozier 1:10:55, 2. Loretta Bronk 1:13:14, 3. Yoko Eichel 1:13:16. **45-49:** 1. Betty Jory 1:11:52, 2. Suzie Klein 1:13:01. **50-59:** 1. Irene Olberz 1:14:19, 2. Alma Paige 1:18:33. **60-69:** 1. Margie Withrow 1:35:04.

**Division Results - Men's 15K**  
**18 & Under:** 1. Aaron Fischer 1:10:27. **19-29:** 1. Barry Heppell 50:13, 2. Jose Iniguez 50:23, 3. John Mann 50:26. **30-34:** 1. Stephen Barlow 47:53, 2. Gordon Christie 48:08, 3. Adolfo Lopez 48:48. **35-39:** 1. Harold Ketting 51:22, 2. George Arellano 57:05, 3. Bobby Powers 1:02:50. **40-44:** 1. Brian Waterbury 55:34, 2. Joseph Banach 59:21, 3. Michael Sanchez 1:04:58. **45-49:** 1. Robert Ferguson 54:42, 2. Keith Kirkpatrick 59:32, 3. Thomas Dunnion 1:14:43. **50-59:** 1. Jim Kennet 1:02:21, 2. George Cady 1:10:48, 3. Fred Vega 1:15:32. **60-69:** 1. Robert Thompson 1:11:57. **19-29:** 1. Kirstin Candy 1:07:43, 2. Maureen MacDonald 1:08:35, 3. Meghan Tremmel 1:09:47. **30-34:** 1. Carrie Booth 55:40, 2. Elizabeth Osborne 1:16:50. **35-39:** 1. Diane Dixon 1:05:35, 2. Nancy Gates 1:15:21, 3. Ginger

Reynolds 1:20:38. **40-44:** 1. Paulette Posch 1:15:20, 2. Stephanie Welch 1:17:06, 3. Dawn Arbogast 1:19:47. **45-49:** 1. Gretchen Folks 1:18:49.

## Easter Sunday Egg Run

April 19. San Francisco. 3 Mile.

**Overall Results**  
 1. Michael Gama 14:39, 2. Demian Smiley 14:53, 3. James Stratta 15:47, 4. Steve Stephens 16:00, 5. Ron Long 16:06, 6. Jose Portillo 17:03, 7. Jeff Houston 17:08, 8. Ron Dorey 17:21, 9. Larry Wuerstle 17:22, 10. Don Elsener 19:17.  
 11. Alexander Peter 19:49, 12. Marilyn Cornel 10:06, 13. Gustavo Aguilar 20:10, 14. Joan Ulyott 20:11, 15. Patrick Lee 20:13.

## Boston Marathon

April 20. Boston, MA.

**Men's Results**

1 Ibrahim Hussein (Kenya)	\$60,000	2:08:14
2 Joaquin Pinheiro (Portugal)	\$30,000	2:10:39
3 Andreas Espinosa (Mexico)	\$18,000	2:10:44
4 Juma Kangaa (Tanzania)	\$15,000	2:11:44
5 Joselido Rocha (Brazil)	\$12,000	2:11:53
6 Boniface Merende (Kenya)	\$10,000	2:12:23
7 Jose Santana (Brazil)	\$8,500	2:12:25
8 Abebe Mekonnen (Ethiopia)	\$7,000	2:13:09
9 Inocencio Miranda (Mexico)	\$5,500	2:13:14
10 Testfaye Tafa (Ethiopia)	\$4,000	2:13:36
11 Steve Jones (Briatani)	\$2,500	2:13:55
12 Andrej Witezak (Poland)	\$2,000	2:14:06
13 Yuichiro Osuda (Japan)	\$1,800	2:14:54
14 Carlos Dos Santos (Columbia)	\$1,700	2:15:09
15 Delmir Dos Santos (Brazil)	\$1,500	2:16:21
16 Alejandro Cruz (Mexico)		2:16:31
17 Pierre Levisse (France)		2:16:46
18 Juma Mnyampana (Tanzania)		2:16:49
19 Doug Kurts (Northville, Mich.)		2:17:03
20 Randy Haas (Pottsville, PA)		2:17:36

**California in the top 100:**  
 88 James Milton (North Highlands) 2:31:24  
 93 James Copp (Upland) 2:32:16

**Women's Results**

1 Olga Markova (CIS)	\$60,000	2:23:43
2 Yoshiko Yamamoto (Japan)	\$30,000	2:26:26
3 Uta Pippig (Germany)	\$18,000	2:27:12
4 Manuela Machado (Portugal)	\$15,000	2:27:42
5 Margorata Birbach (Portugal)	\$12,000	2:28:11
6 Wanda Panfil (Poland)	\$10,000	2:29:29
7 Irina Bogacheva (CIS)	\$8,500	2:32:45
8 Odette Lapiere (Canada)	\$7,000	2:34:19
9 Ritva Lemettinen (Finland)	\$5,500	2:34:30
10 Jane Weizel (Fort Col., CO)	\$4,000	2:36:21
11 Satoe Minegishi (Japan)	\$2,500	2:37:13
12 Anne Roden (Britain)	\$2,000	2:37:37
13 Judit Nagy (Hungary)	\$1,800	2:38:33
14 Laura Dewald (Arlingth, VA)	\$1,700	2:39:22
15 Gabrielle O'Rourke (NewZ)	\$1,500	2:39:36
16 Gillian Horowitz (Britain)		2:40:52
17 Petra Guevara (Mexico)		2:41:04
18 Ena Guevara Weins (Peru)		2:41:48
19 Noriko Kawaguchi (Japan)		2:43:11
20 Raisa Smekhnova (CIS)		2:43:46
20 Ayreka De Jesus (Mexico)		2:43:46

# RESULTS

## Earth Day Runs

April 25. Kelseyville. 5K & 10K.

### Overall Results - 10K

1. Mike Williams 31:47, 2. Jerald Drew 31:52, 3. Doug Neison 36:32, 4. Jamie Damiano 37:18, 5. Lyra Damiano 38:56.

### Overall Results - 5K

1. Joe Tumbon 15:49, 2. Luki Roundy 16:39, 3. Jeffrey Duval 17:49, 4. Craig Welch 17:52, 5. Ralph Fiepler 18:37, 6. Gary Kowitz 19:41, 7. Ken Boike 20:05, 8. Bob Hyde 20:26, 9. Glenn Walters 20:51, 10. Randy Filippot 22:01.

### Overall Results - 5K Walk

1. Linda Juon 35:38, 2. Sue Kimpton 38:14, 3. Toni Baker 38:23, 4. Marian Wilson 40:54, 5. Cathy Pulse 41:19.

## Spring Classic

April 25. Visalia. 10K.

### Division Results - Men

**18 & Under:** 1. Butch Lewis 38:52, 2. Glen Krider 40:42, 3. Daniel Rivera 42:23. **19-24:** 1. Juan Sanchez 33:55, 2. Magus Lageson 41:30, 3. Darren Sheldrick 49:00. **25-29:** 1. Randy Anderson 35:04, 2. Tony Rangel 35:23, 3. Dean Bertey 38:49. **30-34:** 1. Berry Procter 33:34, 2. Lino Flores 36:39, 3. Joe Lopez 42:35. **35-39:** 1. Al Lara 31:41, 2. Gregg Wheaton 40:50, 3. J.S. Smith 41:06. **40-44:** 1. Bill Erickson 35:53, 2. Bill Schwatz 40:45, 3. Stan Rosenfield 41:19. **45-49:** 1. Bill Woody 39:30, 2. Wayne Anderson 41:10, 3. Dan Maxey 41:35. **50-54:** 1. Al Branco 45:04, 2. Richard Morris 48:00, 3. Ronny Oakley 52:50. **55-59:** 1. Frank Padilla 38:39, 2. Len Hensen 46:39, 3. James Ross 50:00. **60 & Over:** 1. Lee Miller 48:07, 2. Daniel Crawford 52:32.

### Division Results - Women

**18 & Under:** 1. Niky Vigil 45:50, 2. Lora Lopez 51:00. **19-24:** 1. Kellie McCollum 45:52. **25-29:** 1. Stacy Buehner 38:50, 2. Ellen Wallace 45:04, 3. Patti Buban 53:35. **30-34:** 1. Katie Lowe 40:58, 2. Yoly Johnsen 46:47, 3. Theresa Clevenger 49:27. **35-39:** 1. Leslie King 40:48, 2. Carlota Otero 42:48, 3. Diane Grebar 45:03. **40-44:** 1. Marlin Nesmith 59:09, 2. Peggy Lewis 59:34. **45-49:** 1. Sharon Mayo 47:11, 2. Julie Sejak 1:00:47. **50-54:** 1. Joann Branco 49:22. **55-59:** 1. Nina Guillien 55:19.

## Indian Gulch to Hornitos Runs

April 26. Merced Area. 5 Mile & 10 Mile.

### Overall Results - 5 Mile

1. Angel Tejada (30-39) 27:44, 2. Tom Diehl (30-39) 30:17, 3. Dick Domant (40-49) 31:26, 4. Clyde Dilg (30-39) 32:08, 5. Mike Cavner (13-17) 32:48, 6. Mort Ward (60-69) 32:57, 7. Kyle Royer (13-17) 33:17, 8. Lee Anderson (40-49) 33:18, 9. Brian Bleeker (30-39) N.T., 10. Allen Shelby (30-39) 35:31.

11. Mike Rench (30-39) 35:41, 12. Charlie Rodgers (60-69) 36:08, 13. Butch Hughes (50-59) 36:22, 14. Mike Sullivan (40-49) 36:25, 15. Kevin Olds (30-39) 36:35.

### Overall Results - 10 Mile

1. Gary Grillot (29 & U) 56:54, 2. Fred Villegas (30-39) 58:38, 3. Dan Rusk (30-39) 59:13, 4. Matt Crabbe (30-39) 1:00:59, 5. Francisco Ramirez (40-49) 1:03:59, 6. Curt Royer (40-49) 1:04:10, 7. Javier Tezuma (40-49) 1:06:27, 8. Nona Sargon (40-49) 1:06:28, 9. Ken Schwisow (50-59) 1:08:43, 10. John Mason (40-49) 1:10:29, 11. Del Botting (30-39) 1:11:30, 12. Rob Brenner (30-39) 1:12:12, 13. Norman Takeuchi (30-39) 1:12:59, 14. Mark Rowney (30-39) 1:13:25, 15. Glenn Rung (30-39) 1:13:41.

## Kaweah River Valley Race

April 26. Tulare. 8 Mile.

### Division Results - Men's 8 Mile

**Open:** 1. Thomas Valles 48:08. **30-39:** 1. Lino Flores 51:06. **40-49:** 1. Roger Sebert 52:17. **50-59:** 1. Wayne Van Dellen 54:13. **60 & Over:** 1. Odell McMath 69:26.

### Division Results - Women's 8 Mile

**39 & Under:** 1. Dyan Graber 63:14. **40 & Over:** 1. Sharon Mago 71:02.

## Polo Field Runs

April 26. San Francisco. 5K & 10K.

### Overall Results - 5K

1. Luis Montano 16:48, 2. Anthony Beron 17:06, 3. Stan Yasuhara 18:03, 4. Demian Smiley 18:09, 5. James Stratta 18:15, 6. Dan Conley 18:17, 7. Steven Deschler 18:31, 8. Larry Wuerstle 19:18, 9. Mark Scheuer 19:34, 10. Peking Duck 19:37.

### Overall Results - 10K

1. Dan Frank 34:38, 2. Antonio Corgas 34:52, 3. Pete Nowicki 35:51, 4. Ron Long 37:37, 5. Herman Escajadillo 38:19, 6. Theo Jones 38:28, 7. Robert Montuori 38:36, 8. Paul Watkins 38:42, 9. Tony Varnhagen 39:18, 10. Seby Tremolio 40:34, 11. I. R. 40:40, 12. Tom McCarthy 40:59, 13. Dan Schirn 41:12, 14. Dick Parker 41:23, 15. Ron Dorey 41:32, 16. Lee Heidhues 41:34, 17. Peking Duck 41:39, 18. Tony McDonagh 41:45, 19. Russell Breslauer 41:57, 20. Edelza Knights 41:58.

## Appian Way Mile

May 2. El Sobrante. 1 Mi. & 1/2 Mi.

### Overall Results - 1/2 Mile

1. Greg Hall (10) 3:13, 2. William Plant (11) 3:17, 3. Jessica Ziem (9) 3:20, 4. Jeremy Farrell (13) 3:24, 5. Douglas Jones (8) 3:38.

### Overall Results - 1 Mile

1. Noah Hinkston (26) 4:19, 2. Matt Bogdanowicz (23) 4:23, 3. Kent Thompson (20) 4:40, 4. Wolf Hillesheim (46) 5:08, 5. Bernard Demai (43) 5:18.

## Law Day Run

May 2. Palm Park, Santa Barbara. 5K & 15K.

### Overall Results - Men's 15K

1. Steve Barlow 47:53, 2. Gordon Christie 48:08, 3. Adolfo Lopez 48:47, 4. Barry Hep-

pell 50:13, 5. Jose Iniguez 50:23, 6. John Mann 50:26, 7. Pete Dolan 50:44, 8. Harold Kettling 51:22, 9. Ted Cotti 51:23, 10. Robert Ferguson 54:42. **(Masters)** 1. Robert Ferguson 54:42.



DIANE DIXON

Photo by Elaine Rosenfield

### Overall Results - Women's 15K

1. Carrie Booth 55:39, 2. Diane Dixon 1:05:34, 3. Kirsten Candy 1:07:43, 4. Maureen MacDonald 1:08:35, 5. Meghan Tremmel 1:09:46. **(Masters)** 1. Paulette Posch 1:15:18.

### Relay Results

**Open:** 1. Lompoc Legends 49:46. **Berti:** 1. Berti Bullis 56:06. **Law Men:** 1. M&H 5-Peat 56:42.

### Overall Results - Men's 5K

1. Gregg Homer 16:11, 2. Craig Feltner 16:24, 3. Kevin Headley 19:16, 4. Stan Rosenfield 19:24, 5. Steven Lugnoni 19:25. **(Masters)** 1. Stan Rosenfield 19:24. **Walk:** 1. James Long 35:42.

### Overall Results - Women's 5K

1. Susan Poppalardo 18:50, 2. Megan Riker 19:18, 3. Susan Thompson 21:43, 4. Carol Florence 22:26, 5. Susan Goff 23:03. **(Masters)** 1. Loren DeVilbiss 23:47. **Walk:** 1. Carol Hunt 35:45, 2. Amalia Costeio 35:51.

## May Fete Mile

May 2. Palo Alto.

### Division Results - Men

7-14: 1. Mark Gillix 6:06, 2. Tom Allen 6:15, 3. George Laning 6:25. **20-29:** 1. Steve Scholz 4:39, 2. Chris Burge 4:50, 3. Amol Saxena 4:52. **30-39:** 1. Tom Schreck 4:55, 2. Gabor Bartha 5:01, 3. Marie Howard 5:04. **40-49:** 1. Marty Bernstein 5:08, 2. Ken Renworth 5:24, 3. Randy Ligh 5:53. **50-**

**59:** 12. Sam Juliano 6:11, 2. Herbert Clark 6:12. **60-69:** 1. Don Anhorn 7:02, 2. Bob Greider 7:04, 3. Charles Ammann 7:30.

### Division Results - Women

7-14: 1. Michelle Kiyono 5:59, 2. Aileen Delaney 7:02, 3. Mary Ann 7:48. **20-29:** 1. Jodie Bilotta 5:15, 2. Karen Saxena 5:36, 3. Gloria Gatlin 8:33. **30-39:** 1. Doreen duCellie 6:51, 2. Charlotte Hee 7:03, 3. Marie Wise 9:12. **40-49:** 1. Lois Parsons 7:08, 2. Edna Nerio 7:29.

## Butte Biathlon & Mini Biathlon

May 3. Durham. (4 Mi. Run, 30 Mi. Bike, 4 Mi. Run)

**Short Course:** (1.5 Mi. Run, 15 Mi. Bike, 1.5 Mi. Run)

**Division Results - Men's Mtn. Course 14 & Under:** 1. Tom Stewart 1:14:52, 2. Alex Espinoza 1:22:19, 3. Aaron Kemper 35:25. **15-19:** 1. Benjamin Carigan 1:02:31, 2. Darren Kitzmiller 1:11:06, 3. Ryan Piner 1:12:06. **20-29:** 1. Jason Singleton 1:03:57, 2. Scott Kostka 1:04:44, 3. Jeffrey Fitzmayer 1:06:14. **30-39:** 1. Gary Leese 1:01:33, 2. Gary Nelson 1:06:08, 3. Doug Turner 1:10:38. **40-49:** 1. Tom Vickers 1:19:13, 2. Laurence Seaman 1:25:28. **50-59:** 1. Richard Goudy 1:20:17.

### Division Results - Women's Mtn. Course

**20-29:** 1. Tera Tinsley 1:17:54, 2. Cathleen Crilly 1:19:04, 3. Susan Fellows 1:32:34. **30-39:** 1. Mary Snelgrove N.T., 2. Lori Pine 1:24:35, 3. Donna Seaman 27:40. **40-49:** 1. Donna Schnepfer 1:31:28, 2. Leslie Wood 1:33:38, 3. Anita Aguilar 1:37:48. **50-59:** 1. Linda Cruces 1:29:19, 2. Mariene Lach 1:45:22.

### Division Results - Men's Short Course

**14 & Under:** 1. Steven Ringwald 1:07:19, 2. Michael Wyrach 1:14:00, 3. Stephen Ross 1:16:05. **15-19:** 1. Robert Haas 1:04:34, 2. Zack Thorp 1:05:48, 3. Chad Layland 1:17:10. **20-29:** 1. Anthony Daacquisto 55:26, 2. Troy Turner 59:23, 3. Bob Johnston 59:52. **30-39:** 1. Scott Burcar 1:00:39, 2. David Low 1:00:51, 3. Craig Van Sickle 1:01:14. **40-49:** 1. Joe Bissell 1:00:24, 2. Doug Govan 1:00:55, 3. Don Kondoleon 1:01:06. **50-59:** 1. Don Richey 1:05:20, 2. Dieter Heycke 1:09:47, 3. Chuck Sisk 1:13:03. **60 & Over:** 1. Don Rouse 1:20:01, 2. Bud Dye, Jr. 1:28:49, 3. Jim Estick 1:44:04.

### Division Results - Women's Short Course

**14 & Under:** 1. Kristie Williams 1:19:48. **15-19:** 1. Lisa Evanhoe 1:11:24, 2. Amy Scurlock 1:37:16, 3. Megan Osborne 1:45:56. **20-29:** 1. Robin Goldstone 1:17:41, 2. Kristin Cooper 1:20:54, 3. Morris Seana 1:24:53. **30-39:** 1. Laurie Piner 1:08:05, 2. Kim Agur 1:08:52, 3. Diana Govan 1:09:55. **40-49:** 1. Gretchen Wooding 1:11:20, 2. Jewdy Lambert 1:15:57, 3. Meredith Parks 1:18:09. **50-59:** 1. Everett Riggie 1:10:34, 2. Marie Rouse 1:20:21, 3. Rita Allen 1:21:21. **60 & Over:** 1. Pat Bold 2:09:51.

### Division Results - Men's Full Course

# RESULTS

15-19: 1. John Whitney 2:08:46, 2. Mark Metz 2:39:54, 20-29: 1. Sean Molina 1:55:38, 2. Dave Liotta 1:57:45, 3. Bryan Noelle 1:58:40, 30-39: 1. Brett Larson 2:10:23, 2. Jackson Corley 2:12:02, 3. Scott Borges 2:15:19, 40-49: 1. Skip Lees 2:10:44, 2. Ben Winslow 2:14:29, 3. Larry Gustafson 2:17:18, 50-59: 1. Bruce Piner 2:17:16, 2. Bob Davis 2:27:58, 3. Jerry Douglass 2:57:16.

## Division Results - Women's Full Course

15-19: 1. Heather Brendlen 2:41:27, 2. Valerie Vicia 3:18:24, 30-39: 1. Barbara Heiler 2:39:54, 2. Dianna Regh 3:22:34.

## May Day Run '92

May 3. San Francisco. 5K & 10K.

### Division Results - Men's 5K

Overall Winners: 1. Michael German 16:41, 2. Paul Cox 16:45, 3. Stephen Miller 16:51. 13 & Under: 1. Seth Braselton 20:56, 2. Shusuke Fukushima 22:47, 3. Travis Lee 23:18, 14-19: 1. Chris Lunny 18:58, 2. Christopher Koontz 19:58, 3. Ian Goodman 23:01, 20-29: 1. Paul Cox 16:45, 2. Stephen Miller 16:51, 3. Luis Montano 17:36, 30-39: 1. Michael German 16:41, 2. Sieg Lindstrom 17:09, 3. Ronald Brown 17:43, 40-49: 1. Jerry Neal 17:56, 2. Hally Ebba 18:07, 3. Steve Sidney 18:25, 50-59: 1. Robert Guenther 21:10, 2. Ed Mooney 23:01, 3. John Unger 26:36, 60 & Over: 1. Arthur Klatsky 26:31, 2. John Guinee 30:31, 3. Robert Gex 33:46.

### Division Results - Women's 5K

Overall Winners: 1. Eileen Brennan 19:14, 2. Noreen Kelly 19:37, 3. Cathy Demmelmaier 19:41. 13 & Under: 1. Celina Lee 28:25, 2. Nicole Chow 42:18, 3. Laura Simon 42:36, 14-19: 1. Jamie Jacobsen 27:30, 2. Jennif Garcia 53:08, 20-29: 1. Cathy Demmelmaier 19:41, 2. Kate Barreros 23:41, 3. Diane Hartwick 23:46, 30-39: 1. Eileen Brennan 19:14, 2. Noreen Kelly 19:37, 3. Janice Prudhomme 20:51, 40-49: 1. Christie Patterson 20:24, 2. Kay Bolla 20:42, 3. Hilary Naylor 21:14, 50-59: 1. Alice Rose 23:12, 2. Norma Bedford 28:56, 3. Nancie Crowley 29:30, 60 & Over: 1. Eileen Lee 32:28, 2. May Soo-Hoo 56:13, 3. Ella Pfingstl 1:06:25.

### Division Results - Men's 10K

Overall Winners: 1. Steve Brandt 33:57, 2. Brian York 35:18, 3. John Hirschberger 35:39, 13 & Under: 1. John Pizzo 44:54, 2. Ben Stephens 50:17, 14-19: 1. Jon Genant 35:54, 20-29: 1. Michael Gross 36:55, 2. Steven Ruegg 38:28, 3. Jose Portillo 38:39, 30-39: 1. Steve Brandt 33:57, 2. Brian York 35:18, 3. Ron Cachopo 36:00, 40-49: 1. John Hirschberger 35:39, 2. Barry Jones 37:02, 3. Carl Murdoch 37:12, 50-59: 1. Andy Anderson 39:13, 2. Tony McDonagh 41:36, 3. Paul Mosel 45:18, 60 & Over: 1. John Russell 42:46, 2. Roy Sutton 57:42, 3. John Nelson 59:31.

### Division Results - Women's 10K

Overall Winners: 1. Kim Rupert 38:43, 2. Linda Roestvik 39:28, 3. Mary Emmerich 42:37, 14-19: 1. Gina Rafanelli 47:14, 2. Kirstin Nelson 57:34, 20-29: 1. Kathleen Daley

42:49, 2. Liz Willard 44:10, 3. Michele Sullivan 44:50, 30-39: 1. Kim Rupert 38:43, 2. Linda Roestvik 39:28, 3. Mary Emmerich 42:37, 40-49: 1. Kate Thornton 46:53, 2. Margie Pfalzer 49:56, 3. Barbara Hubbard 50:51, 50-59: 1. Gaye Frisby 56:05, 2. Glenda Ross 57:21, 3. Kat Vonblankenbur 1:00:34, 60 & Over: 1. Liane Boumann 1:00:47.

## Potrero Hill Run

May 3. San Francisco. 4.5 Mile.

### Overall Results

1. Vince Fausone 22:57, 2. Pete Nowicki 23:43, 3. Herman Escajillo 24:45, 4. Ron Long 24:48, 5. James Stratta 25:08, 6. Dan Conley 25:11, 7. Tony Varnhagen 25:28, 8. Seby Tremolio 25:37, 9. Theo Jones 26:28, 10. Agt Omg 26:34, 11. Dean Litchfield 26:36, 12. Larry Wuerstle 26:48, 13. Dan Schirm 26:51, 14. Dan Walsh 27:41, 15. Demian Smiley 27:49, 16. Patrick Lee 27:56, 17. Len Garritto 28:21, 18. Joan Ulyot 28:23, 19. Bob Besso 28:24, 20. Ken Reed 28:29.

## Run to the Stars

May 3. Saratoga. 3K & 8K.

### Division Results - Men's 3K

7 & Under: 1. Aaron Kleinman 15:26, 2. Nevin Taneja 15:41, 3. Erik Raam 16:18, 8-10: 1. Daniel Moody 13:38, 2. Matthew Fratus 13:45, 3. Shawn Epidendio 13:54, 11-14: 1. Nick Tuttle 10:55, 2. Mario Torrez 12:14, 3. Justin Bettner 12:22, 15-18: 1. David Noland 10:07, 2. Brian Aflague 11:10, 3. Eric Lykins 13:23, 19 & Over: 1. Amol Saxena 9:49, 2. Dave Kennedy 11:26, 3. John Alexander 12:17.

### Division Results - Women's 3K

7 & Under: 1. Sara Leung 18:18, 2. Julie Alexander 20:07, 3. Meredith Chabrier 21:45, 8-10: 1. Laura Shaskey 16:43, 2. Tara Taneja 16:59, 3. Alison Zick 17:32, 11-14: 1. April Chu 14:26, 2. Tracy Denaro 14:28, 3. Samara Silverman 15:13, 15-18: 1. Phuong-Mai Bui-Quang 12:42, 2. Tiffany Woo 14:31, 19 & Over: 1. Diana Moore 12:30, 2. Caroline Anderson 14:48, 3. Cheryl Brown 15:41.

### Division Results - Men's 8K

14 & Under: 1. Daniel Sikiric 31:57, 2. Brian Denaro 33:10, 3. Angus Huang 37:31, 19-29: 1. Mel Gonsalves 25:12, 2. Rick Brauer 25:21, 3. John Fletcher 27:17, 30-39: 1. Bob Ebert 25:47, 2. Casey Reinking 26:16, 3. David Fergus 26:50, 40-49: 1. David Garcia 27:36, 2. Arturo Rodriguez 28:04, 3. Todd Hayes 28:37, 50 & Over: 1. Brian Vickery 29:17, 2. Joe Hurtado 30:07, 3. Jake White 30:31.

### Division Results - Women's 8K

15-18: 1. Domitilla Torres 32:51, 2. Bella German 36:20, 3. Rosanna Saffaie 37:59, 19-29: 1. Karen Saxena 30:56, 2. Jennifer Kano 31:49, 3. Irene Suzuki 33:52, 30-39: 1. Karen Rowen 30:33, 2. Sue Francis 31:07, 3. Mary Tracey 31:13, 40-49: 1. Marureen Luca 34:06, 2. Maria Rizzo 35:46, 3. Linda Huber 36:10, 50 & Over: 1. Doerte Murray 40:20, 2. Ruby Hurtado 42:05, 3.

DeLaBeaujardiere 43:51.

## Scenic Bay Run

May 3. Sausalito. 3.95 Mile.

### Division Results - Men

Overall Winners: 1. Alan Reynolds 21:05:56, 2. Michael Gagne 21:05:86, 3. David Leipsic 21:31:26, 13 & Under: 1. Ian Lockart 31:01:00, 2. Mike Mongan 34:26:48, 3. Patrick Buckley 35:20:83, 14-18: 1. John Moisan 25:52:28, 2. Tom Milhaud 26:16:75, 3. John Mongan 31:15:25, 19-29: 1. Alan Reynolds 21:05:56, 2. David Leipsic 21:31:26, 3. Bruce Wilson 24:38:65, 30-39: 1. Michael Gagne 21:05:86, 2. John Gillespie 22:36:57, 3. Lee Cohn 23:43:06, 40-49: 1. Edie Freyer 22:20:02, 2. Ken Johnson 23:26:15, 3. Steven Deschler 23:53:94, 50-59: 1. Michael Hoy 23:45:20, 2. Tom Goldman 25:09:12, 3. Earl Richard 25:47:62.

### Division Results - Women

Overall Winners: 1. Mary Leupold 27:08:00, 2. Suzanne Swanson 28:10:74, 3. Lois Markovich 28:37:79, 13 & Under: 1. Julia Pech 31:15:97, 2. Lauren Deremer 39:27:25, 19-29: 1. Mary Leupold 27:08:00, 2. Alisser DiFranco 28:45:98, 3. Valerie Herzog 29:50:56, 30-39: 1. Kathryn Tsou 29:53:65, 2. Lorie Eber 30:05:70, 3. Carol Ohnstad 30:40:93, 40-49: 1. Suzanne Swanson 28:10:74, 2. Lois Markovich 28:37:79, 3. Martha Gustafson 31:07:39, 50-59: 1. Marit Roman 29:42:08, 2. Mary Demund 33:20:45, 3. Susan Leipsic 36:59:39.

### Overall Results - Walkers

Men: 1. Bill Brown 40:35:17, 2. Norman Wohlschlaeger 54:30:48, 3. Harlan Hassberg 56:44:58, Women: 1. Penelope Gillian 40:35:17, 2. Carla Schaffler 42:40:18, 3. Anne Joseph 52:37:36.

## Humpday Run

May 6. Chico. 5K.

### Division Results - Men

Overall Winners: 1. Roger Dix 14:53, 2. Chris Pressman 15:23, 3. Thomas Cushman 15:24, 12 & Under: 1. Chuck Hallbauer 17:48, 2. Brian Larson 20:18, 3. Matt Stanley 23:01, 13-17: 1. Caleb Anderson 18:34, 2. John Brasher 20:03, 3. Mike Stanley 21:01, 18-24: 1. Chris Pressman 15:23, 2. Todd Stevens 15:52, 3. Chris Myers 16:15, 25-29: 1. Roger Dix 14:53, 2. Patrick Kornder 15:27, 3. Robert Johnston 16:06, 30-34: 1. Kevin Barry 16:40, 2. Jim Walker 16:46, 3. Vincent Gama 17:06, 35-39: 1. Thomas Cushman 15:24, 2. Bill Joseph 15:58, 3. Toni Ruggie 16:45, 40-44: 1. David Wood 18:38, 2. Dan Coleman 19:03, 3. Tom Lando 19:26, 45-49: 1. Bill Gardner 18:12, 2. Skip Lees 19:23, 3. Ty Kittle 20:33, 50-54: 1. Bob Davis 21:10, 2. Jerry Douglass 21:46, 3. Tom Masterson 21:58, 50-54: 1. Everett Riggie 18:50, 2. Fritz Stepat 23:09, 3. Gary Ream 23:57, 60 & Over: 1. Grant Eldridge 29:46.

### Division Results - Women

Overall Winners: 1. Dana Bjornsen 18:16,

2. Amy Halbauer 19:17, 3. Elizabeth Mosier 19:35, 12 & Under: 1. Michelle Turner 21:14, 13-17: 1. Amy Halbauer 19:17, 2. Allison Hadley 31:10, 3. Stacey Smith 31:16, 18-24: 1. Dana Bjornsen 18:16, 2. Jean Schlais 20:28, 3. Anna Howald 21:07, 25-29: 1. Elizabeth Mosier 19:35, 2. Katrina Davis 21:26, 3. Cathy Bechtel 21:38, 30-34: 1. Deannie Joseph 21:29, 2. Liz Kaye 22:16, 3. Karen Behncke 22:54, 35-39: 1. Joann Beasley 22:21, 2. Mary Clark 22:54, 3. Janet Hayes 23:27, 40-44: 1. Victoria Fisci 20:40, 2. Laura Lackey 24:43, 3. Pat Clark 24:59, 45-49: 1. Susan Condon 23:19, 2. Ceci Korock 26:15, 3. Sharon Gore 32:41, 50-54: 1. Linda Cruces 26:13, 2. Sandy Becker 28:37, 55-59: 1. Rita Allen 26:15, 2. Betty Best 27:41, 60 & Over: 1. Bev George 35:50.

## Murrieta Half Marathon

May 9. Murrieta. Marathon & 5K.

### Division Results - Men's Half Marathon

Overall Winners: 1. Arturo Rodallegas 1:10:50, 2. Jeff Ambos 1:11:39, 3. Jon Freriks 1:14:38, 12 & Under: 1. Ryan Bosna 1:47:18, 13-17: 1. Manuel Olivarez 1:31:53, 2. Gary Miller 1:32:17, 3. Chann Chau 1:45:30, 18-29: 1. Arturo Rodallegas 1:10:50, 2. Andy Thacher 1:17:16, 3. Mario Trujo 1:20:01, 30-39: 1. Jeff Ambos 1:11:39, 2. Jon Freriks 1:14:38, 3. Tim Dibbins 1:18:31, 40-49: 1. Donlad Ocana 1:18:27, 2. Richard Saltzman 1:24:47, 3. John McNeal 1:27:47, 50-59: 1. Hans Dieben 1:27:53, 2. Willy Engels 1:32:39, 3. Byron McIntosh 1:32:54, 60 & Over: 1. Edmund Duffley 1:53:04, 2. Gilbert Cisneros 1:58:40, 3. Carl Hossli 2:08:18.

### Division Results - Women's Half Marathon

Overall Winners: 1. Janice Riedel 1:22:46, 2. Mary Ryzner 1:26:04, 3. Rosa Linda 1:28:07, 13-17: 1. Michelle Warnes 1:53:48, 18-29: 1. Janice Riedel 1:22:46, 2. Rosa Linda 1:28:07, 3. Terri McAllister 1:35:29, 30-39: 1. Mary Ryzner 1:26:04, 2. Karen Lee Ives 1:30:26, 3. Debbie Mutton 1:33:34, 40-49: 1. Dana Hooper 1:40:55, 2. Karen Wilczynski 1:41:42, 3. Mart Robles 1:42:11, 50-59: 1. Dixie Madsen 1:49:42, 2. Bunky Stage 1:56:23, 3. Milly Rodriguez 2:13:20, 60 & Over: 1. Mary Storey 1:57:26.

### Division Results - Women's 5K

Overall Winners: 1. Patricia Reedy 18:50, 2. Elvia Rivera 21:43, 3. Salina Diaz 22:06, 12 & Under: 1. Salina Diaz 22:06, 2. Rebecca Foster 25:38, 3. Kathy Haack 25:47, 13-17: 1. Christine Bender 23:15, 2. Joanne Molay 29:04, 3. Johanna Arrieta 31:08, 18-29: 1. Elvia Rivera 21:43, 2. Andrea Thompson 25:27, 3. Angela Seol 25:30, 30-39: 1. Patricia Reedy 18:50, 2. Becky Ellis 23:02, 3. Norma Rodriguez 23:21, 40-49: 1. Donna Grunow 22:39, 2. Lea Thirkettle 24:08, 3. Glaudi Hufnagle 26:21, 50-59: 1. Julie Ferrell 32:01, 2. Sylvia Rodwell 32:27, 3. Janice Zinniker 36:32, 60 & Over: 1. Eileen Ciano 34:28, 2. Stella Ramirez 36:28, 3. Carmen Walter 42:46.

# RESULTS

## Dipsea Romp

May 9, Huntington Beach, 7.57 Mile.

### Division Results - Men

	Head Start	Actual Time
<b>13 &amp; Under:</b>		
1 Andrew Magana	5	57:41
2 Brian Lai	5	60:37
3 Dan Lyons	5	71:57
<b>14-17:</b>		
1 G. Roderick	3	65:24
<b>18-23:</b>		
1 Rick Pastore	1	60:09
2 I. Aguilar	1	60:52
3 Harly Glappen	1	62:11
<b>24-29:</b>		
1 N. Calvillo	0	44:49
2 Joe Morgan	0	48:32
3 James Larken	0	49:49
<b>30-34:</b>		
1 Greg Mislick	0	43:19
2 Joe Young	0	44:59
3 Tony Korvalin	0	46:47
<b>35-39:</b>		
1 Rob McNair	1	46:10
2 Mike Johnston	1	47:04
3 Bill McGeary	1	47:29
<b>40-44:</b>		
1 Herb Tarzer	2	46:38
2 Mark Hemphill	2	47:05
3 Kiurt Dietrich	2	51:42
<b>45-49:</b>		
1 Sam VanWagner	3	53:44
2 Bob Ramsay	3	53:55
3 Bill Trapp	3	55:28
<b>50-54:</b>		
1 Bill Graham	5	49:25
2 Cecil Smith	5	51:33
3 Jerry Lloyd	5	53:26
<b>55-59:</b>		
1 Carlos Vega	7	58:50
2 A. Maisterra	7	58:56
3 Mike McGowan	7	61:27
<b>60-64:</b>		
1 Marvin Warrens	10	59:53
2 Milo Sather	10	60:47
3 Sam Deluca	10	62:53
<b>65 &amp; Over:</b>		
1 John Thompson	14	67:25
<b>Division Results - Women</b>		
<b>13 &amp; Under:</b>		
1 Megan McGown	16	53:21
2 Chris Bradshaw	16	66:38
<b>14-17:</b>		
1 Jill Dietrich	7	68:29
<b>18-23:</b>		
1 Anne Overheu	6	72:31
2 Jodi Garrison	6	73:04
<b>24-29:</b>		
1 Courtney Buck	6	59:45
2 Tammi Givens	6	61:31
3 Helen Moore	6	61:49
<b>30-34:</b>		
1 Frances O'Neil	6	53:22
2 Julia Brown	6	55:48
3 Tere Hemond	6	55:56
<b>35-39:</b>		
1 Fern Storey	6	58:43
2 Gerry O'Brien	6	61:30
3 Laurie Hahn	6	62:15
<b>40-44:</b>		
1 Marina Jones	7	53:53

2 Loi Coker	7	55:11
3 Char Wilson	7	57:46
<b>45-49:</b>		
1 Sally Adam	9	55:23
2 Sue Reinhardt	9	59:48
3 Sue Robbins	9	63:29
<b>50-54:</b>		
1 Sue Cummings	12	69:26
2 Veece Crowe	12	75:66
3 Roberta Rodin	12	75:44
<b>55-59:</b>		
1 Wilma Maddock	16	67:20
2 Judy Demeno	16	79:51
3 Dolores Vega	16	81:54
<b>60-64:</b>		
1 Miyoko O'Hara	16	84:59

## Heartbeat Challenge 6, 12, 24 Hour Run

May 9, Pleasant Hill.

24 Hour Results	
1 Gary Hilliard (37) 101 Mi., 2. Dard Hunter (54) 71 Mi., 3. Charles Seidel (24) 52 Mi., 4. Jim Skophammer (68) 51 Mi., 5. Pam Hilliard (37) 50 Mi.	
12 Hour Results	
1. Jack Riley (59) 40 Mi.	
6 Hour Results	
1. Mike Palmer (38) 38.25, 2. Bob Slate (37) 34.25, 3. Tracy Achelis (38) 23.75.	

## The Human Race

May 9, Griffith Park, Los Angeles, 5K & 10K.

Division Results - Men's 5K	
<b>Overall Winners:</b> 1. Ron Gee 15:48, 2. Fred Ortega 16:39, 3. Efrain Vargas 16:40.	
<b>17 &amp; Under:</b> 1. Luis Hernandez 17:26, 2. Justin Brandt 20:47, 3. Jasun Haley 20:57.	
<b>18-29:</b> 1. Efrain Vargas 16:40, 2. David Hall 17:23, 3. Leamon Stansell 18:04. <b>30-39:</b> 1. Mike Starsmere 17:23, 2. Darin Salk 18:14, 3. Andy Weber 18:34. <b>40-49:</b> 1. Ron Gee 15:48, 2. Fred Ortega 16:39, 3. Mickey Depalo 17:25. <b>50-59:</b> 1. Russell Abbott 24:30, 2. Dave Simon 24:41, 3. Richard Jaramillo 24:58. <b>60-69:</b> 1. Ruben Esqueda 21:44, 2. Bob Strobel 28:28, 3. Ralph Heidsick 30:50. <b>70 &amp; Over:</b> 1. Edith Durkee 55:02, 2. Victor Cohen 1:04:20, 3. Toyo Hosono 1:14:52.	
Division Results - Women's 5K	
<b>Overall Winners:</b> 1. Donna Chadwick 19:18, 2. Merle Heimberg 19:38, 3. Terri Goodreau 20:03. <b>17 &amp; Under:</b> 1. Leanna Degazon 20:52, 2. Laura Vargas 24:04, 3. Brittany Kesselman 25:33. <b>18-29:</b> 1. Susan Zagrodny 22:50, 2. Liz Flynn 23:43, 3. Jodi Kerns 24:22. <b>30-39:</b> 1. Donna Chadwick 19:18, 2. Susan Elliott 21:55, 3. Caprice Settles 22:35. <b>40-49:</b> 1. Merle Heimberg 19:38, 2. Terri Goodreau 20:03, 3. Eva Cervantes 21:42. <b>50-59:</b> 1. June Kizu 30:14, 2. Peggy Tullio 31:55, 3. Grace McCurdy 32:50. <b>60-69:</b> 1. Lillian Esqueda 29:52, 2. Susanne Goldsmith 34:47, 3. Libby Hershberg 37:06. <b>70 &amp; Over:</b> 1. Olga Zajac 48:57, 2. Emi Hashimoto 51:37, 3. Hiroko Yasuda 51:39.	
Division Results - Men's 10K	
<b>Overall Winners:</b> 1. Farron Fields 31:41, 2.	

Armand Crespo 33:43, 3. Jesus Juarez 35:43. **17 & Under:** 1. Luis Pinto 45:26, 2. Oscar Santana 46:59, 3. Olmedo Williams 49:31. **18-29:** 1. Armand Crespo 33:43, 2. Christopher Pierre 36:57, 3. Ricky Rosado 37:21. **30-39:** 1. Farron Fields 31:41, 2. Jesus Juarez 35:43, 3. Dan Takahashi 35:47. **40-49:** 1. Don McCarthy 37:30, 2. Dan Ashimine 38:02, 3. S. Schlendering 39:00. **50-59:** 1. Leroy Kim 40:42, 2. John Harris 45:51, 3. Ahmed Abdubari 48:05. **60-69:** 1. Joe Tyler 41:24, 2. Albert Nobuto 42:50, 3. Luis Narroquin 49:41. **70 & Over:** 1. George Feinstein 58:32, 2. Fred Brooks 1:34:48.

### Division Results - Women's 10K

**Overall Winners:** 1. Marie Romero 41:13, 2. Jennie Cole 42:24, 3. Veronica Lopez 44:06. **17 & Under:** 1. Veronica Loepez 44:06, 2. Michelle Studley 46:44, 3. Margart Verdusco 57:55. **18-29:** 1. Suzie Moll 45:52, 2. Anna Castaneda 46:26, 3. Eileen Morelos 46:31. **30-39:** 1. Marie Romero 41:13, 2. Jennie Cole 42:24, 3. Joan Larson 47:33. **40-49:** 1. Pamela Kosloy 49:01, 2. Martha Darby 57:26, 3. Dot O'Carroll 59:30. **50-59:** 1. Margret Gow 48:43, 2. Marilyn Clark 51:11, 3. Lorraine Seidmeyer 51:30. **60-69:** 1. Marion Siu 1:42:18, 2. Irene Vlahos 1:48:36, 3. Mavis Cain 1:48:57. **70 & Over:** 1. Johnnie Wallace 1:37:06, 2. Frances Rolle 1:41:06.

## The Human Race

May 9, Sacramento, 5K & 10K.

Division Results - Men's 10K	
<b>13-19:</b> 1. Shaw Shairo 44:00, 2. Chris Haynes 48:03. <b>20-29:</b> 1. Chuckie Veylupek 32:42, 2. Marc Parlange 33:23, 3. Mark Murray 34:32. <b>30-39:</b> 1. Nick Kurth 34:33, 2. John Kennedy 34:40, 3. Ronald Souza 35:40. <b>40-49:</b> 1. Del Barbray 35:38, 2. Jim McElroy 36:13, 3. Vernon Oakes 36:49. <b>50-59:</b> 1. Jerry Lyerly 37:48, 2. Web Chadwick 39:49, 3. John Segredell 44:47. <b>60 &amp; Over:</b> 1. Irv Faria 43:45, 2. Edgar Brichta 53:32.	
Division Results - Women's 10K	
<b>12 &amp; Under:</b> 1. Ann Gerhardt 39:42. <b>13-19:</b> 1. Tammy Palmquist 38:32. <b>20-29:</b> 1. Jeanie Virness 34:26, 2. Tina Rawson 36:10, 3. Marta McKee 43:17. <b>30-39:</b> 1. Mary Scangarella 41:22, 2. Judi Anderson 44:17, 3. Pamela Ronald 45:31. <b>40-49:</b> 1. Jennifer Seiler 38:54, 2. Jacque Winters 49:56, 2. Sue Murray 50:46. <b>50-59:</b> 1. Louise Walters 45:54, 2. Greta Carriger 47:33, 3. Mary Winn 49:24.	
Division Results - Men's 5K	
<b>12 &amp; Under:</b> 1. Robby Wilson 17:22, 2. David Depiazza 19:37, 3. Damian Southerland 24:25. <b>13-19:</b> 1. Justin Mank 17:21, 2. Mark Drake 17:59, 3. Thad Herrick 19:28. <b>20-29:</b> 1. Chris Ladd 16:59, 2. Kasey Cotulla 17:04, 3. John Regnier 17:16. <b>30-39:</b> 1. Rich Gori 15:24, 2. Steve Mackey 16:53, 3. Mike Shriver 17:58. <b>40-49:</b> 1. Andy Mosney 18:28, 2. Dick Bennett 19:10, 3. Bob Henneuse 19:53. <b>50-59:</b> 1. Robert Seidnign 17:34, 2. Charles Conway 18:40, 3. Robin Ward 19:34. <b>60 &amp; Over:</b> 1. Carl Ellsworth 17:48, 2. Bob Burns 22:51, 3. Rick Thomas 23:17.	
Division Results - Women's 5K	

**12 & Under:** 1. Mysha Stokes 26:11, 2. Leticia Garcia 26:17, 3. Ruby Gavaldon 35:53. **13-19:** 1. Christina Fahlen 22:26, 2. Eve Mortensen 25:03, 3. Jessica Wade 28:31. **20-29:** 1. Mary Parlang 17:30, 2. Carol Parise 20:16, 3. Kelly Hutchison 21:37. **30-39:** 1. Ann Motekaitis 19:33, 2. Nancy Gortney 21:03, 3. Jane Trippet 21:23. **40-49:** 1. Patricia Story 21:11, 2. Theresa Dimatteo 24:38, 3. Ranzie Almagro 26:26. **50-59:** 1. Judy Shipman 24:19, 2. Norma Martin 30:32, 3. Mae Cryderman 30:32. **60 & Over:** 1. Po Adams 26:25.

## Mike Popolizio Quicksilver Runs

May 9, San Jose, 50 Mile & 50K.

Overall Results - 50 Mile	
1. Ann Trason (31) 6:43:52, 2. Brian Purcell (35) 7:20:51, 3. Dow Mattingly (40) 7:52:02, 4. Charles Crompton (44) 7:56:50, 5. Bill Finkbeiner (36) 8:29:59, 6. Scott Mills (40) 8:31:10, 7. Michael Danese (32) 8:45:29, 8. Tom O'Connell (41) 8:51:42, 9. Lorraine Garsitz (38) 8:54:50, 10. John Medinger (41) 8:58:23.	
11. Lee Jebian (50) 8:59:P34, 12. Chuck Honeycutt (44) 9:05:22, 13. David Kim (49) 9:07:38, 14. Roland Martin (43) 9:11:42, 15. Andy Witek (38) 9:12:13.	
Overall Results - 50K	
1. Tom Johnson (32) 4:00:16, 2. Chuck Davis (39) 4:20:13, 3. Dave Scott (34) 4:25:59, 4. Steve Christian (41) 4:34:11, 5. Doug Bailey (40) 4:35:57, 6. Gene Weddle (48) 4:38:08, 7. Michael Hicks (50) 4:47:18, 8. Tim Hicks (48) 4:47:18, 9. Robert Sobsey (41) 4:49:54, 10. John Mark (39) 4:53:14.	
11. Michael DiSalvo (36) 4:57:34, 12. Mark Samuelson (38) 4:59:20, 13. Rachel Atchley (28) 5:02:55, 14. Mike Cronk (49) 5:08:06, 15. Lee Rhodes (59) 5:14:31.	

## St. John's River Run

May 9, Golden Oak School, 5K & 1K Run/Walk.

Division Results - Men's 5K	
<b>12 &amp; Under:</b> 1. Stephen Juarez 21:40, 2. Chris Crawford 26:56, 3. Stephen Schofield 32:56. <b>13-14:</b> 1. David Rodriguez 18:54, 2. Bryan Schachtele 19:52, 3. Josh Barna 22:11. <b>15-16:</b> 1. Mel Powers 27:38. <b>19-24:</b> 1. Jody Ingram 18:36, 2. Donovan Goodin 19:11. <b>30-34:</b> 1. Larry Wayne 19:24, 2. Brad Albert 24:06, 3. Ronald Hudspeth 31:10. <b>35-39:</b> 1. Kent Miller 19:45, 2. Nick Nardone 21:33, 3. Steve Wise 21:59. <b>40-44:</b> 1. Jim Barnes 21:18, 2. Ed Irwin 21:47. <b>45-49:</b> 1. Dan Maxey 19:22, 2. Jess Rodriguez 22:26, 3. S. Dean Hsu 24:17. <b>50-54:</b> 1. Bob Perry 19:36, 2. Newell Bringhurst 25:01. <b>60-64:</b> 1. Lee Miller 23:18, 2. Leo Barglowski 27:27.	
Division Results - Women's 5K	
<b>12 &amp; Under:</b> 1. Erica Putnam 32:56, 2. Ailsa Boon 35:42, 3. Danielle Chirrick N.M. 13:14, 1. Janet Enciso 23:54, 2. Leslie Powers 26:49, 3. Erin Bingham 28:57. <b>30-34:</b> 1.	

# RESULTS

Karie Wallace 30:07, 2. Carol Freeborn 30:34, 3. Eric Del Val N.M. 35:39, 1. Linda Wise 26:09, 2. Karen Terrill 30:26, 3. Judy Seidel 31:34. 40-44: 1. Sandy Cook 33:25, 2. Penny Putnam N. M., 3. Karin Bryant N.M. 45-49: 1. Nancy Fellows 34:07, 2. Sheryl Sawatsky 34:02, 3. Connie Singh N.M.

## Division Results - 1K

Boys: 4: 1. Eric Jaramillo 5:23, 6: 1. Daniel Silva 5:14, 7: 1. Joshua Beavers 5:38, 8: 1. Keith Terrill 4:20, 9: 1. Paul Powers 4:13, 10: 1. Andy Fariss 4:34.

Girls: 5: 1. Lauren Brown 6:17, 6: 1. Sarah Treleven 5:40, 7: 1. Margaret Jordan 5:59, 8: 1. Heather Beavers 4:56, 9: 1. Cecilia Ponce 5:13, 10: 1. Tabitha Beavers 4:25.

## Run for the Crown

May 9. Corona. 5K & 10K.

### Division Results - Men's 5K

14 & Under: 1. Bret Ohrazda 19:14, 2. David Reynolds 21:57, 3. Jonathan Eckelberger 22:03, 15-18: 1. Cruz Gallegos 15:18, 2. Eric Wellmeyer 16:36, 3. Scott Newell 17:10, 19-24: 1. Donald Sharp 18:40, 2. Brian Rice 18:47, 3. Dave Griffin 19:38, 25-29: 1. Bobby Adams 15:54, 2. Tony Dant 16:50, 3. Robert Delgado 17:01, 30-34: 1. Rick Waterman 16:31, 2. Mark Bell 17:39, 3. Kirk Buhler 18:30, 35-39: 1. Robert Slick 17:05, 2. Eugene Jackson 18:06, 3. George Aguilera 18:18, 40-44: 1. Walt Hitt 18:27, 2. Don Hunt 18:31, 3. Doug Fair 18:35, 45-49: 1. Joe Merchant 19:30, 2. Roger Irv 21:58, 3. Jerry Shluker 21:59, 50-54: 1. Bob McGeigh 17:30, 2. Gerald Smith 20:21, 3. Fred Glover 21:30, 55-59: 1. Wally Ingram 19:51, 2. Joseph Contreras 23:07, 3. Gary Allen 32:50, 60-64: 1. Frank Buxton 19:43, 2. James Wilkie 22:02, 3. Harold Willis 22:32, 65-69: 1. Larry Banuelos 20:22, 2. Gerald Jacobs 25:25, 3. Joe Fleischmann 26:11, 70 & Over: 1. Karlis Smiltens 28:14, 2. Walter Heppner 30:11, 3. James Henehan 38:30.

### Division Results - Women's 5K

14 & Under: 1. Kelly Mathis 22:04, 2. Amber Hitchcock 22:59, 3. Kasey Mathis 24:16, 15-18: 1. Sandra Young 22:25, 2. Laura Radley 24:43, 3. Shilah Twilley 37:21, 19-24: 1. Loana Bow 25:44, 2. Valerie Giles 25:49, 3. Susan Barnes 27:03, 25-29: 1. Diane Hinojosa 22:10, 2. Suzanne Cook 24:18, 3. Priscilla Delgado 25:58, 30-34: 1. Alisa Byrne 23:35, 2. Janet Rice 24:06, 3. Stephanie Loeffler 24:17, 35-39: 1. Mary Centera 23:47, 2. Lori Edgar 23:56, 3. Miriam Tombo 25:14, 40-44: 1. Kim Strong 21:37, 2. Vickie Ridgeway 26:13, 3. Patty Grady 26:39, 45-49: 1. Tonya Mauldin 21:26, 2. Del Larson 34:36, 3. Lesley McDermott 39:31, 50-54: 1. Laverne Kopp 29:04, 2. Patricia Hoover 45:29, 3. Carol Garber 46:40, 55-59: 1. Rosemary McMackin 34:13, 2. Sue Obradovitz 35:20, 3. Marlene Manion 36:45, 60-64: 1. Nancy Waterman 30:36, 2. Verian Bruce 30:39, 3. Mary Ehrlich 34:06, 65-69: 1. Mary Arthur 56:57, 70 & Over: 1. Joanne Vanderknuff 51:41, 2. Frances Pabitzky 1:00:36.

## Division Results - Men's 10K

14 & Under: 1. Garrett Wilkinson 45:15, 2. Ernest-Eugene Lawson 46:15, 3. Sergio Rojas 46:28, 15-18: 1. Douglas Whitman 37:21, 2. Jimmy Robles 38:31, 3. Francisco Otanez 39:14, 19-24: 1. Jeff Sylvia 38:19, 2. Robert Sullivan 49:38, 3. David Lalonde 50:09, 25-29: 1. Jose Guillen 37:53, 2. Kevin Hansen 38:29, 3. Jeff Henderson 41:41, 30-34: 1. Joel Hope 32:39, 2. Pedro Santoni 36:20, 3. Angel Castillo 37:32, 35-39: 1. Angelo DeCollibus 33:22, 2. John Holton 35:32, 3. Rick Guzman 40:25, 40-44: 1. Jesus Figueroa 36:05, 2. Johan Nurmi 40:12, 3. Dan Hines 41:31, 45-49: 1. Mike Sanchez 39:12, 2. Paul Akiyama 40:14, 3. Bob Young 43:50, 50-54: 1. Bob McGeough 37:37, 2. Gerald Smith 43:04, 3. Raymond Fuhrmann 45:20, 55-59: 1. Wally Ingram 43:12, 2. Hank Munoz 44:18, 3. Don Moore 44:22, 60-64: 1. Efrain Sanchez 44:47, 2. Henderson Cleaves 45:31, 65-69: 1. Guillermo Sias 1:01:13.

## Division Results - Women's 10K

15-18: 1. Sandy Moreno 43:47, 2. Kelly Barber 48:26, 19-24: 1. Cynthia Mallard 55:37, 25-29: 1. Mary Ann Harworth 46:59, 2. Michelle Berryhill 48:02, 3. Deirorre Mosley 48:26, 30-34: 1. Tamara Morales 39:46, 2. Suzanne Carter 44:18, 3. Terry Welker 51:52, 35-39: 1. Marty Euwema 45:00, 2. Cathy Etter 52:33, 3. Debby Nunley 1:19:31, 40-44: 1. Bibi Angola 55:02, 2. Georgette Rieck 58:52, 3. Fran Krakower 1:00:56, 45-49: 1. Angie Fuhrmann 46:00, 55-59: 1. Marlene Zamberlin 1:17:58, 70 & Over: 1. Nyla Cook 1:19:39.

## South Valley Hospital Foundation Run for the Health of It

May 9. Gilroy. 10K.

### Division Results - Men

Overall Winner: 1. Jeremy Cowperthwaite 34:19, 10-13: 1. Billy Glass 44:41, 14-18: 1. Alan Stuker 38:24, 2. Justin Perino 45:00, 3. Brian Plow 48:16, 19-29: 1. Jason Pacheco 35:24, 2. Not Available 35:44, 3. Stacy Van Horn 42:51, 30-39: 1. Jeremy Cowperthwaite 34:19, 2. Chris Scot 37:13, 3. Not Available 37:59, 40-49: 1. Bill Bengwino 38:10, 2. John Hoffman 38:26, 3. Ron Zanaka 38:37, 50-59: 1. William Glodberg 43:58, 2. Mike Heary 54:22, 60-69: 1. Don Anhorn 50:45, 2. Andrew Lucine 64:18, 70 & Over: 1. Albert Jarschke 57:43, 2. Warren Barham 72:33. Wheelchair: 1. Jerry Deets 28:05, 2. Austin Snyder 33:00.

### Division Results - Women

Overall Winner: 1. Laura Bruess 38:33, 10-13: 1. Amy Rogers 50:05, 2. Kara Rogers 65:26, 3. Gloria Arias 69:30, 14-18: 1. Kelli Plow 48:19, 19-29: 1. Susan Falk 51:45, 2. Gretchen Yoder-Schrock 51:46, 3. Tracee Gluhalch 53:21, 30-39: 1. Laura Bruess 38:33, 2. Karen Fogerson 41:28, 3. Marti Menz 44:14, 40-49: 1. Kathleen Mascia N.T., 2. Karen Yinger 48:21, 3. Jan Wilson 51:26, 50-59: 1. Joanne Hall 52:26, 2. Kathy Canevaro 69:05, 3. Marian Yoder 72:17.

## Santa Teresa Wilderness Trail Run

May 9. San Jose. 5K & 12K.

### Overall Results - 12K

1. Jeff Hacker (32) 50:14, 2. Andrew Lee (23) 50:14, 3. Scott Welding (23) 56:55, 4. Jeff Cohen (32) 57:43, 5. Ramon Castro (34) 58:11, 6. Nikos Mourtos (34) 59:09, 7. Julian Wilson (42) 59:43, 8. Troy Overton (30) 1:00:22, 9. Ken Cicinelli (26) 1:01:12, 10. Ed Young (35) 1:05:08.

11. Alan Bell (43) 1:05:18, 12. Michael Walsh (36) 1:08:04, 13. Frank Stempski (50) 1:09:18, 14. Craig Colpo (31) 1:10:55, 15. Mike Rogers (27) 1:11:32.

### Overall Results - 5K

1. Carlos Siqueros (33) 20:25, 2. Javier Ramirez (27) 20:45, 3. Karl Marek (36) 25:11, 4. Carlos Siqueros (11) 28:32, 5. Michael Sutton 49:49.

## Record Run

May 10. Colfax. 10K & 5K.

### Division Results - Men's 10K

Overall Winners: 1. Richard Goul 34:15, 2. Don Hicks 36:43, 3. Tim Twietmeyer 36:50, 4. Thom Pearman 37:38, 5. Kitt Flynn 38:11, 10 & Under: 1. Kevin Barchers, 11-13: 1. Dusty Rodet, 14-18: 1. Ryan Pimer, 19-29: 1. Scott Arnold, 30-39: 1. Richard Govi, 40-49: 1. Tim Barr, 50-59: 1. Bob Seldner, 60 & Over: 1. Marvin Johnson.

### Division Results - Women's 10K

Overall Winners: 1. Victoria Fisci 46:40, 2. Darlene Jackson 47:04, 3. Elizabeth Olson 47:27, 4. Shelle Rawson 48:26, 5. Lynne Sacher 49:20, 11-13: 1. Cheryl Hammock, 19-29: 1. Karen Mason, 30-39: 1. Darlene Jackson, 40-49: 1. Victoria Fisci, 50-59: 1. Lynne Hurrell.

### Division Results - Men's 5K

Overall Winners: 1. Aaron Bell 18:36, 2. Philip Storms 19:25, 3. Dan Welsh 20:03, 4. Max Naegele 20:30, 5. Dan Jenkins 20:50, 10 & Under: 1. Kevin Thomas, 11-13: 1. Nicholas Clark, 14-18: 1. Aaron Bell, 19-29: 1. Gary Swiantanski, 30-39: 1. Steve Bruno, 40-49: 1. Phillip Storms, 50-59: 1. Ty Nelson, 60 & Over: 1. Mort Ward.

### Division Results - Women's 5K

Overall Winners: 1. Kathy Root 25:23, 2. Shannon May 26:04, 3. Peggy Killanan 27:30, 4. Debbie May 28:07, 5. Carolyn Ward 28:15, 10 & Under: 1. Kara Hydinger, 11-13: 1. Sarah Knapp, 14-18: 1. Sandi Watson, 19-29: 1. Stephanie Williams, 30-39: 1. Kathy Root, 40-49: 1. Nadene Slay, 50-59: 1. Dore Stoffel, 60 & Over: 1. Jerri Sullivan.

## Right to Assemble Run

May 10. San Francisco. 7.46 Mile.

### Overall Results

1. Jesus Ruiz 46:43, 2. James Stratta 46:54, 3. Ron Long 46:55, 4. Dick Cordone 48:56, 5. Daz Lamparas 49:08, 6. Bill Jacobson 49:10, 7. Steve Stephens 49:43, 8. Peding Duck 50:23, 9. Mario Johnny Garza 50:23, 10. Ron Hudson 51:20.

11. Theo Jones 51:31, 12. Tom McCarthy

51:35, 13. Jerry McGowan 51:59, 14. George Sommers 52:07, 15. Dennis Lawler 52:12, 16. Patrick Lee 52:50, 17. Bob Groff 52:58, 18. John Blankenship 53:05, 19. David Moulton 53:37, 20. Ron Dorey 53:55.

21. Not Available 53:55, 22. Ken Coren 54:32, 23. Dan Conley 54:45, 24. Pam Carrasco 54:49, 25. Not Available 54:56.

## Chino Run & Skate

May 16. Chino. 5K & 10K.

### Overall Results - 5K

1. Mark Chrysler 8:37, 2. Daryl Keese 8:38, 3. Mark Roth 8:39, 4. Eric Shephard 8:40, 5. Rob Herman 8:41, 6. Nick Gomez 8:41, 7. Pull Bailey 8:52, 8. Jon Elliott 8:52, 9. Heather Lacayo 8:54, 10. Marcus Houle 8:54.

11. Steve Zaleznik 8:55, 12. Don Ivey 8:59, 13. Dustin Jones 9:03, 14. Toby Taylor 9:06, 15. Shawn Stratton 9:10, 16. Craig Johns 9:11, 17. Bret Carpenter 9:13, 18. Brian Schaefer 9:31, 19. Joey Fresquez 9:32, 20. Charles Almand 9:49.

21. Josh Moore 9:51, 22. David Howard 9:52, 23. Kep Grossman 9:52, 24. Peggy Tillinghast 9:53, 25. Beth Ramsey 9:53, 26. Estaban Abenoza 10:09, 27. Robert Wiegand 10:11, 28. Eric Peniata 10:13, 29. Josh Hidalgo 10:13, 30. Tim Petrovich 10:16.

### Overall Results - 10K

1. Steve Carr 17:05, 2. James Etheridge 17:05, 3. Scott Labeda 17:05, 4. Kenny Sutton 17:06, 5. Curtis Labena 17:07, 6. Keith Diamond 17:11, 7. Scott Schwartz 17:12, 8. Bill Repetto 17:12, 9. Mark Chrysler 17:13, 10. Hanne Gamborg 17:18.

11. Stan Bunn 17:20, 12. Kevin Pritchett 17:20, 13. Jon Elliott 17:20, 14. Maria Pappas 17:21, 15. Steve Zaleznik 17:21, 16. Marcus Houle 17:21, 17. Nick Gomez 17:22, 18. Dustin Jones 17:22, 19. Eric Shephard 17:22, 20. Rob Herman 17:23.

21. DQ-Out Of Chute Campos 17:23, 22. Pull Bailey 17:23, 23. Ann Fiebigler 17:24, 24. Tom Kezas 17:24, 25. John Slover 17:24, 26. Mark Roth 17:25, 27. Jeffrey Aronson 17:25, 28. Toby Taylor 17:25, 29. Nat Holt 17:27, 30. Christopher 17:28.

## Run Through Crafton Hills College

May 17. Yucaipa. 5K & 10K.

### Overall Results - 5K

Men: 1. Matt Underwood 16:36, 2. Joe Hope 15:52, 3. Antonio Malagon 17:46. Women: 1. Becky Brito 23:00, 2. Mary Jones 24:37, 3. Tobi Chauvet 24:48.

### Overall Results - 10K

Men: 1. Jim Platske 35:07, 2. Miguel Montesinos 36:31, 3. Robert McGeough 37:52. Women: 1. Dixie Duncan 49:31, 2. Nancy Comer 53:45, 3. Sandi Falls 54:41.

# Watch Your "Weak Links"

By Jeff Galloway

INJURIES usually occur in one of your "weak links"... the muscles, tendons, etc., which tend to be overwhelmed first--and therefore break down. By strengthening some areas, stretching crucial tendons and muscles, and being sensitive to the first signs of overuse, you can often avoid weeks or months of recovery time.

When I increase my workload--either by adding mileage or speedwork--my first body part to show signs of stress is the achilles tendon. Other common weak links are the following: knee, shin, plantar fascia, and ilio-tibial band.

## 1. Prevention

You can lower the chance of getting some injuries by strengthening the muscles around the site. There are no muscles in the knee, for example, but a strong quadriceps muscles may help to stabilize the knee--reducing oscillation and injury. The strengthening of muscles on the front and inside of the shin can cut down on the damage to the shin--and the pain of shin splints.

Stretching can increase flexibility--and reduce the chance of injuries due to over-tightness. A healthy achilles tendon or hamstring can be stretched regularly to give you a little more resiliency--which will reduce the chance of certain types of injuries when the tendon or muscle is under stress.

Beware of doing the wrong stretches, pushing a stretch too hard, etc. Stretching is the third leading cause of injury according to some studies. If the area is injured--or you suspect injury--don't stretch.

## 2. Be Sensitive to the Weak Links

Many runners keep an injury notebook. Each time they even suspect an injury, a note goes down in the log. By the time an injury is confirmed, there is already a wealth of information which may speed up the diagnosis

and recovery: whom it occurred, what was the cause, what could have aggravated it, etc.

Whatever your method, try to learn as much as you can from each injury. You may not discover the cause, but by avoiding the same factors which brought on the injury--you'll be reducing the odds of reoccurrence.

Become more sensitive to any ache or pain in a possibly injury site. Each of your past injured areas could become the next location. Be suspicious of any pains or loss of function in any of the areas.

## 3. Take Action

■ **Don't Run.** Even if you suspect that it might be an injury--don't run. The pounding of running can quickly aggravate a new injury, and force you to take 3-12 weeks off--instead of a

cold. Let the area warm up for at least 30-40 minutes and then ice again. The direct contact in the ice message is much more effective than cooling with ice (or frozen vegetables) in a plastic bag.

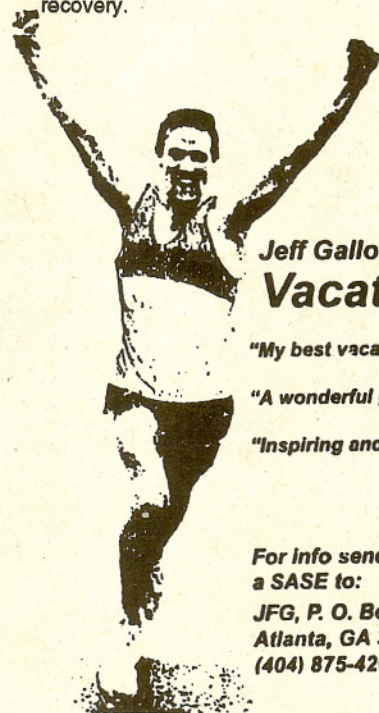
■ **See a Doctor!** If the problem doesn't get better in a week or so, see a doctor. A good diagnosis early can put you on a faster recovery.

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Injuries usually occur in one of your "weak links" ...

few days. Two or three days off from running isn't enough time for you to lose any significant conditioning. Non-pounding exercise will keep you fit during an injury layoff: water running, Nordic Track, cycling, etc.

■ **Ice!** Unless the injury is deep inside a muscle and inaccessible, give the injured area an ice massage for about 10 minutes. Rub a chunk of ice on the injured area--getting it very



Jeff Galloway's  
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**Note:** Olympian Jeff Galloway has written the nation's best-selling running book and holds fun and informative running seminars and vacations. He also writes regularly for *Running Times Magazine*. For info. JFG, P.O. Box 76843, Atlanta, GA 30358. (404) 255-1033. ♦

**JUST  
DO  
IT.**

