

JUNE 1992 ■ ISSUE NO. 180

# CALIFORNIA

## Running News

93/01

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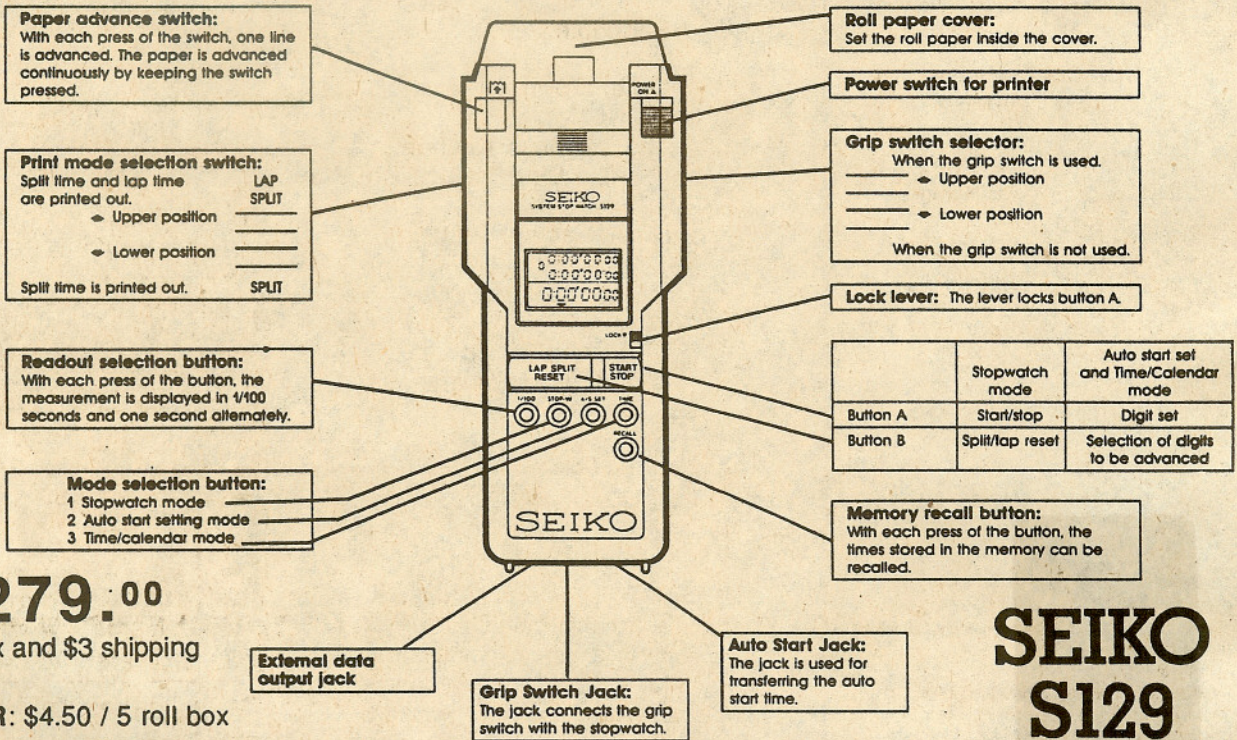
- SCHEDULE
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California's Road Racing Magazine

Eighteenth Year

# Digital Quartz Printing Stopwatch S129

## DISPLAY AND BUTTON/SWITCH OPERATION



**\$279.00**

+ Tax and \$3 shipping

PAPER: \$4.50 / 5 roll box

**SEIKO**  
**S129**

## 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 845, Duracell MN1500. Will print approx. 10,000 lines.

### Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

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# CALIFORNIA Running News

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## FROM THE EDITOR

It had been years since I toed a starting line as a competitor. I had been running easy for about two months and was somewhat anxious to test my "wings" and see what I could do at this stage. Since I was in Los Angeles covering a race I thought it could be my chance to go unnoticed and participate in a race in a low-key manner.

Boy, was I in for several surprises! The first surprise was the entry fee -- \$20! I will admit it was a race-day entry, but the pre-registration fee was still \$17. And, this was just a 5K, not even a more production costly marathon. For once, I was glad I was alone. What if my running daughter, Allison, also wanted to run. Worse yet, what if her younger sister, Amanda, also wanted to participate. \$60 for a father and two daughters to run a 5K. I am thankful that Judy doesn't run - that could be \$80 for a family of four to run for less than a half hour. Ouch!

Sure, this event benefited a good charitable cause and I did consume enough fruit and soda to make a breakfast. But, if I really get back into regular racing, I will have to put on a charity race to raise money to cover my own entry fees. At this race, organizers emphasized the free t-shirt and all the soda you could drink. Since I was a race-day entry they

didn't have my size t-shirt, and I really don't need another t-shirt. As for the soda -- I'd rather have water. Some races do provide options for runners. Lower entry fees for those who just want to run, without the extras like t-shirts and soda.

Another big surprise was the inaccurate timing. I should have suspected something when the one mile split seemed way too fast. I knew for sure that something was rotten when the 3-mile split was 13:02. I was disappointed that I wouldn't really get a good indication of my current running level.

The biggest surprise was that after all was said and done, I was still glad I participated and would do it again (when I could afford it). In spite of the expense and poor timing, I had a good time. What made it good was the camaraderie and visiting with the other runners - total strangers with the common bond of running.

Next time, keep the t-shirt, and keep the soda. Just give me some other runners on an accurately measured course with an accurate time. Isn't that the least that should be expected? The rest is just fluff.

# 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.

## June 6 (Saturday):

**San Francisco:** Hoy's Sports 5K Run, Kezar Stadium, Time 8 a.m. Hoy's Sports, 1632 Haight St., San Francisco 94117. Ed Lopez (415) 666-3754.

**San Francisco:** Great Strides (Walk to Cure Cystic Fibrosis), Ghiradelli Square, 9 a.m. Cystic Fibrosis Fndn., 350 Sansome St., Suite 640, San Francisco 94104. (415) 677-0155.

**Sonoma:** Hit the Road Jack VI 10K, Sonoma Plaza, Time TBA. Hit the Road Jack, P.O. Box 1762, Sonoma 95476.

**Salinas:** Creekbridge Challenge, 4K and 10K, Creekbridge Development (Nantucket & Constitution Blvd.), 9 a.m. Thrust IV, 2093 Landings Dr., Mtn. View 94043.

**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.

**Fresno:** Exercise for Health 10K. Woodward Park.

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

**Rosarito Beach, Baja, CA:** Festival de Primavera, 5K/10K/10 Mi. & 1 Mi. Fun Run, 20 Miles south of San Diego, 8 a.m./5K, 8:10 a.m./10K, 8:11 a.m./10 Mi. The Finish Line In-

ternational, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

**So. El Monte:** 5K-10K Menudo Run. Whittier Narrows/Legg Lake Park. 7:30 a.m. Latino Peace Officers Assoc., PO Box 90005, City of Industry 91715-0005

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

**Aptos:** Forest of Nisene Marks Marathon, Half Marathon & 5K, Nisene Marks State Park, 8 a.m. Santa Cruz Host Lions Club, P.O. Box 477, Santa Cruz 95061. (408) 458-9984.

**Albany, N.Y.:** Freihofer's Run for Women. Empire Plaza in downtown Albany. Freihofer's Run for Women, 233 Fourth St., Troy, NY 12180 (518) 273-0267.

**Pt. Reyes:** Pt. Reyes Marathon, 25K & 7 Mi., Five Brooks (Hwy. 1 between Olema & Stinson Beach), 8 a.m./Mara. & 25K, 9 a.m./7 Mi. Enviro-Sports, Box 1040, Stinson Beach 94970., (415) 868-1829.

**Minden, NV:** Carson Valley 5K/10K, Carson Valley Inn, 9:30 a.m. Bill Henderson, Carson Valley Inn, 1627 Hwy. 395, Minden, NV. 89423. (702) 782-9711, x625.

**Fontana:** Fontana Days Half Marathon & 5K Run, 7:30 a.m./H-M, 7:45 a.m./5K. Fontana Community Services Dept., 9460 Sierra Ave., Fontana 92335. (714) 350-7635.

**Santa Maria:** Elks Parade 5K, Chapel & Broadway (register at Minami Center), 9 a.m. Info: Michael or Linda Rivera (805) 343-2454.

**Mountain View:** Mountain View Amphibathon, 400m Swim, 2K Run, 444 Castro, 9 a.m. Asdrid Bonsor, Mtn. View A.C., 444 Castro St., Mountain View 94041. (415) 961-8085.

**Placerville:** DARE 1 Mi. & 5K, Main St., 8 a.m. DARE Runs, 730 Main St., Placerville 95667. (916) 626-9551.

**Long Beach:** Long Beach 5K, Cal-State Univ., Time TBA. Info: (310) 496-4760.

## June 7 (Sunday):

**Mill Valley:** DSE Practice Dipsea, 6.8 Mi.

(finish at Stinson Beach), 8 a.m. Info: (415) 978-0837.

**San Francisco:** Statuto Race 8K, 1630 Stockton, 9 a.m. S.F. Italian Club, 1630 Stockton St., San Francisco 94133. (415) 781-0166.

**Palo Alto:** Duck to Ducks 10K Run, Baylands Interpretive Center (end of Embarcadero), 8:30 a.m. Bill Bace, 1202 Sharon Park Dr., #74, Menlo Park 94025. (415) 854-6925.

**San Leandro:** Shoreline Run, 3K/10K, San Leandro Marina (Fairway & Neptune Drs.), 8:45 a.m. Ted Swenson, c/o Recreation Dept., 835 E. 14th St., San Leandro 94577. (510) 511-3469.

**San Jose:** Alum Rock Run 10K, Alum Rock Park (Visitors Center), 8:30 a.m. (400 Limit). Gary Hafley, 460 Park Ave., San Jose 95110. (408) 295-0320.

**Guerneville:** Vineman International Triathlon, 1 Mi. Swim, 25 Mi. Bike, 10K Run, 8 a.m. Vineman Triathlon, P.O. Box 6007, Santa Rosa 95406. (707) 528-1630.

**Nevada City:** Gold Country Races, 5K, 10K, 20K & 30K, Pioneer Park, 7:30 a.m./20&30K, 7:55 a.m./5&10K. Bud Grattan, P.O. Box 787, Grass Valley 95945. (916) 272-8885.

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

**Ukiah:** Russian River Marathon, Half Marathon & 8K, Talmage Exit off 101, 6 a.m./Mara. & H-M, 8 a.m./8K. Russian River Run, c/o North Coast Opportunities, 413 N. State St., P.O. Box 204, Ukiah 95482. (707) 462-1950.

**Cupertino:** De Anza Day 5K Run/Walk, 8 a.m. De Anza College, Track & Field Office, 21250 Stevens Creek Blvd., Cupertino 95014. (408) 864-8647.

**Angel Island:** Romancing the Island 12K/25K, Ayala Cove, 10 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

**San Francisco:** Footsteps for Friends, 3 Mi., Marina Green, 10 a.m. Little Brothers, Friends of the Elderly, 481 O'Farrell St., San Francisco 94102. (415) 771-7957.

# SCHEDULE

**Fresno:** KNXT, Channel 49 Benefit Run, 4 Mi. & 1 Mi., Guadalupe Park (Pastoral Center), 6:45 a.m./1 Mi., 7:10 a.m./4 Mi. Fred Piera, 4048 N. Angus, Fresno 93726. (209) 244-7857.

## June 10 (Wednesday):

**Ashford, WA:** Mt. Rainier to the Pacific Relay, 160 Mi. (11-person teams), Ashford to Ocean Shores (250 team limit), Time TBA. Mt. Rainier to the Pacific Relay, P.O. Box 17086, Seattle, WA. 98107. (206) 782-6547.

## June 11 (Thursday):

**Los Angeles:** Union Bank Heart of the City 5K, downtown, 7 p.m. Union Bank Heart of the City Run, 445 S. Figueroa, Los Angeles 90071. (213) 236-5710.

## June 12 (Friday):

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

## June 13 (Saturday):

**Oakland:** Run & Walk Against Racism, 5K/10K, Old Boathouse (Lake Merritt, 14th St. & Lakeside), 8:30 a.m. John Brown Anti-Klan Committee, 220 Ninth St., #443, San Francisco 94103. (415) 830-5363.

**So. Lake Tahoe:** Robert E. DeCelle II Memorial Tahoe Relays, 7-Persons (72 Mi. total), near junction of Hiway 50 & 89 (5th & Hwy. 89), 7 a.m. (150 Team Limit). Alameda T.C., P.O. Box 1606, Alameda 94501. (415) 523-2264, days.

**Bakersfield:** Big Brothers' Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

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

**Portola Valley:** Portola Valley Marathon, Half Marathon & 8 Mi., Portola Valley Center (Portola Valley Rd.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

**Novato:** Stafford Lake Biathlon, 2 Mi. Run, 10 Mi. Bike or 5 Mi. Run, 22 Mi. Bike, Stafford

Lake County Park, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Sloughhouse:** Sloughhouse Country Run, 5K/10K, Sloughhouse Inn (12700 Meiss Rd.), 8 a.m./Kids' 0.5 Mi., 8:30 a.m. Lou Edgar, P.O. Box 160488, Sacramento 95816. (916) 424-2624.

**Sacramento:** Not So Taxing 5K & 5 Mi., Glenn Hall Park, 8 a.m. Rita Egide, 7865 Egide, 7865 Arms Ln., Newcastle 95658. (916) 663-2278.

**Santa Ynez:** Run for the Tower 5K, Location TBA, 8:30 a.m. Contact: Mike Fordyce. (805) 688-3265.

**Palos Verdes:** Palos Verdes Marathon, Palos Verdes H.S., 7 a.m. Info: (213) 377-3419.

**Castaic Lake:** Castiron Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Contact: Tri-Events. (818) 331-0169.

## June 14 (Sunday):

**San Francisco:** DSE Parnassus Heights Run, 3.24 Mi., Clarendon at 7th Ave. & Lagu-

na Honda Blvd., 10 a.m. Info: (415) 978-0837.

**Oakland:** Dick Houston Memorial Woodminster Run, 8.3 Mi., Joaquin Miller Park (Woodminster Meadow), 9 a.m. Gail Wetzork, 3452 Capella Ln., Alameda 94501. (510) 522-4010.

**Foster City:** 10K Career Run/Walk, Sea Cloud Park, 9 a.m. Ron Visconti, c/o CCEC, 1660 Amphlett Blvd., #314, San Mateo 94402. (415) 345-0753.

**Aptos:** Aptos Women's 5-Miler, Aptos Village Park, 9 a.m. Carol Cuminale, Santa Cruz T.C., P.O. Box 3568, Santa Cruz 95063. (408) 458-9028.

**Aptos:** Hammerhead Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 10 Mi. Run, Rio del Mar Beach & Valencia Elem. School, 7:30 a.m. Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072. Pre-Reg. Only (300 Limit).

**Carmel:** Carmel 10K, Sunset Center (San Carlos btwn. 8th & 9th), 9 a.m. Earl Reuter, 305 Hilltown Rd., Suite A, Salinas 93908. (408) 455-2399.

**Fresno:** Chihuahua Run '92. Fresno and "E" Streets. 10K (6:30 a.m.) and 2 mile (6:15

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# SCHEDULE

a.m.). Rotary-Chihuahua Road Run, 776 E. Shaw, #205, Fresno 93710. (209) 225-6502.

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

**Oakland:** (date changed to June 21) BAOOC Orienteering Meet, Distance TBA, Joaquin Miller Park, Time TBA. Bay Area Orienteering Club, 3015 Holyhood Dr., Oakland 94611.

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

**Lompoc:** Valley of the Flowers Marathon & Half Marathon, Lompoc High School (515 W. College Ave.), 7 a.m./Mara., 7:30 a.m./H-M. Lompoc Valley D.C., 716 E. Ocean Ave., Lompoc 93436. (805) 735-3255.

**Mill Valley:** Dipsea Race, 7.1 Mi., handicapped, 9 a.m. (Send S.A.S.E. for entry-all entries mailed out Apr. 1 only - race filled on first come basis only). Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

**Los Altos Hills:** Heels for Wheels 5K/1 Mi., Foothill Community College, 8:30 a.m. Foothill College Adapted P.E. Dept., 12345 El Monte Ave., Los Altos Hills 94022. (415) 949-7321, 949-7779.

**San Jose:** Happy Hollow 5K Fun Run, Kelley Park (Twin Oaks Picnic Area), 9 a.m. Happy Hollow, Attn: Mike or Chirstine, 1300 Senter Rd., San Jose 95112. (408) 583-7625.

**Modesto:** Graffiti USA Run, 1 Mi. & 8K, Tenth & "I" Sts., 8 a.m./8K, 8:05 a.m./1 Mi. Shadowchase R.C., 1913-B Edgebrook Dr., Modesto 95354. Barbara (209) 575-2537.

**Truckee:** Truckee River Run, Stroll & Roll, 5 Mi., Time TBA. Snowfest, P.O. Box 7590, Tahoe City 96145. (916) 583-7625.

**Baywood Park:** Junefest Four Mile Run, Salty Pelican, 9 a.m. Ron Roundy, 2160-B Pine St., Los Osos 93402. (805) 528-0775.

**Huntington Beach:** Pier Fest '92, 5K/10K, at Huntington Beach Pier, 7:30 a.m./5K, 8:30 a.m./10K. Race Central, P.O. Box 828, Rialto 92377. (714) 661-6062.

**Encino:** Run for Fun, 5K/10K & Kids' Mile, Woodley Park (Sepulveda Dam Basin), 7:45 a.m./1 Mi., 8 a.m./5K, 8:30 a.m. Dept. of Recr. & Parks, 6335 Woodley Ave., Van Nuys 91406. Ed Bates: (818) 883-9370.

**San Diego:** Union Trib 5K/10K, Horton Plaza Park (5K), Balboa Park (10K), 7:30 a.m./5K, 8 a.m./10K. Union-Trib 10, c/o Elite Racing, 2431 Morena Blvd., Suite 2H, San Diego 92110. (619) 275-5440.

## June 16 (Tuesday):

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

## June 18 (Thursday):

**Los Angeles:** Union Bank Heart of the City 5K, downtown, 7 p.m. Union Bank Heart of the City, 445 S. Figueroa, Los Angeles 90071. (213) 236-5710.

## June 19 (Friday):

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

**Vandenberg, AFB:** Father's Day 5K/10K Runs, 2 p.m. Info: (805) 734-8232. Ext. 6-3832.

## June 20 (Saturday):

**San Jose:** Fujitsu Classic 8K, 8:30 a.m. Info: (408) 922-9000.

**Gilroy:** Run for Diamonds, 5K/10K, Gavilan College, 8:30 a.m./5K, 9 a.m./10K. Dennis Castro, 7540 Santa Theresa Dr., Gilroy 95020. (408) 847-7540.

**Stockton:** Stockton YMCA Twilight 5K/10K, Micke Grove Park (8 Mile Rd. off I-5 & 99) 6:30 p.m. Julie Mason, c/o YMCA, 640 N. Center St., Stockton 95202. (209) 466-9603.

**Smith Valley, NV:** Coyote Chase 5K/10K & 2K Walk, Smith Valley School (Day Ln. off Hwy. 208), 8:30 a.m. Bev Jones, 11 Wild Peach Ln., Wellington, NV 89444. (702) 465-2650.

**Bakersfield:** BTC Good Ole Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Riverside:** Tin Man Triathlon. 5K Run/ 10 Mile Bike/ 75 meter Swim. Arlington High School. 8:00 am. Tin Man Triathlon, Parks and Recreation, 3900 Main St., Riverside 92522

**So. El Monte:** San Gabriel River 1 Mi., 5K & 10K Harolene Walters Run, 6 p.m. Arthur

Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**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 Dr., Pleasanton 94588. (510) 847-9255.

**Carmel Valley:** Father's Day Biathlon, 2.4 Mi. Run, 20 Mi. Bike, 2.4 Mi. Run, Tularcitos Elem. School, 9 a.m. Jeri Saia, P.O. Box 127, Carmel Valley 93924. (408) 659-0534.

**Roseville:** Father's Day/Family Day 5K/10K, Maidu Park, 8 a.m. Kurt Hagel, c/o Rotary Club, P.O. Box 57, Roseville 95678. (916) 783-4558.

**Camarillo:** American Cancer Society 5K/10K & 1 Mi. Fun Run, Camarillo H.S., 9 a.m. American Cancer Society, 1363 Del Norte Rd., Camarillo 93010. (805) 983-8864.

**Pasadena:** Race the Henninger Flats, Distance TBA, Eaton Canyon Park, Time TBA. Contact: Ken Hubbert (818) 912-2470.

**San Diego:** Breakers 10 Mile & 5K Beach Run, Mission Beach, 7 a.m. Info: (619) 232-7451.

## June 21 (Sunday):

**San Francisco:** DSE Little Marina Green Run, 4.4 Mi. & Kids' Run, Little Marina Green, 9:30 a.m./Kids, 10 a.m. Info: (415) 978-0837.

**Redwood City:** Sequoia Hospital's "Run by the Bay", 5K/10K & 1 Mi., Port of Redwood City, Time TBA. Fleet Feet Sports, 39012 Fremont Hub, Fremont 94538. (510) 796-6453.

**Santa Rosa:** Spring Lake Tinman Triathlon, 1 Mi. Swim, 10K Run, 20 Mi. Bike, 8 a.m. (Limit 400; Jun 15 deadline). Redwood Coast Tri-Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Fresno:** Father's Day Run. 6 miles. Downtown Fresno/6:35 a.m. 2 mile/6:30 a.m. Father's Day Run, 1501 E. Browning, Fresno 93710

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

**San Francisco:** (Date changed to August 30th). City of San Francisco Marathon.

**Venice:** Fathers Day Run, 5K, 10K and 3K Fun Walk, 8 a.m., Hampton Ave and Rose Ave. in Venice. W2 Promotions, 1501 Glenavon Ave., Venice 90291. (213) 828-4123.

# SCHEDULE

**Oakland:** BAOC Orienteering Meet, Distance TBA, Joaquin Miller Park, Time TBA. Bay Area Orienteering Club, 3015 Holyhood Dr., Oakland 94611. Mark Petersen (510) 215-7632.

**Isleton:** Isleton Crawdad Festival 5 Miler, Andrus Circle & Jackson Blvd. (baseball field), 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut Grove 95690. (916) 776-1627.

**Markleeville:** Replaced with "Where the Hell is Truckee 30K".

**Tahoe City:** "Where the Hell is Truckee 30K", North Tahoe H.S. (to Truckee), 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190; (916) 587-1192.

**Oxnard:** Center Point 5K/10K and 1 Mi., Savier Rd. & Channel Islands Blvd., Time TBA. Contact: (805) 487-1142.

**Los Angeles:** L.A. Sheriff's Youth Athletic 5K/10K, 13250 Jefferson Blvd., Time TBA. Contact: Deputy Alfem Reed, Jr. (213) 966-9015.

**Los Angeles:** Run for Gay & Lesbian Pride, 5K/10K, Griffith Park, 8 a.m. Los Angeles Frontrunners, P.O. Box 691772, West Hollywood 900069, West Hollywood 90069. (213) 851-7373, (213) 433-2660.

**Del Mar:** Carmel Valley 92130 5K Run, 8 a.m. Contact: John Hughes (619) 481-3285.

## June 22 (Monday):

**Long Beach:** Summer Solstice 5-Miler, El Dorado Park, Time TBA. Contact: Debbie Hughes (310) 438-8229.

## June 24 (Wednesday):

**San Francisco:** Longest Day Run, 4.5 Mi., Lake Merced (Sunset Blvd. Parking Lot), 7 p.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

## June 26 (Friday):

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

## June 27 (Saturday):

**Stinson Beach:** DSE Double Dipsea (to Mill Valley & back), 13.7 Mi., 9 a.m. Info: (415) 978-0837.

**Montebello:** 2 Mile Dash, Grant Rea Park (600 N. Rea Dr.), 7:30 a.m. RIP Racing Team, 1742 Cabrillo St., West Covina 91791.

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

**Squaw Valley:** Western States 100 Mile Endurance Run, 5 a.m. (Entires limited and determined by lottery on 11/30/91 - qualifying standards). Helen & Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

**Benicia:** Benicia Historical Run, 5K/10K, Old Train Depot (1st & "A" Sts.), 9 a.m. Benicia Blue Dolphins Swim Team, Mike Biro, 498 Mills Dr., Benicia 94510. (707) 745-5094.

**Pleasanton:** 4-H Fair Fun Run 5K, Alameda County Fairgrounds, 8:30 a.m. Barbara Costella, 4133 Florida Ct., Livermore 94550. (510) 447-6109.

**Santa Maria:** 10 Mile County Fair Run, (register at Fairgrounds, Gayte 1; shuttle buses to start in Guadalupe), 8:30 a.m. Contact: Michael or Linda Rivera (805) 343-2454.

**Lompoc:** Flower Festival Parade Route 5K, Lompoc Shopping Center (H & Pine Sts.), 8:30 a.m. LVDC, P.O. Box 694, Lompoc 93438. Wayne Davis: (805) 735-1408.

**San Diego:** Lions/Padres Run/Walk, 10K & 2 Mi., Jack Murphy Stadium, 8 a.m. Contact: Buck Hubbard (619) 277-9300.

## June 28 (Sunday):

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

**San Jose:** Bud Light Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Lake Cunningham (swim), Time TBA. (No Raceday Reg.). CAT Sports, 5966 La Place Ct., #100, Carlsbad 92008. (619) 221-5555.

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

**Norden:** BAOC Orienteering Meet, Distance TBA, Boreal Ridge (20 Mi. NW of Lake Tahoe), Time TBA. Bay Area Orienteering Club, 3015 Holyhood Dr., Oakland 94611.

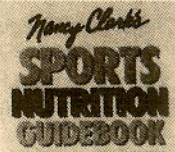
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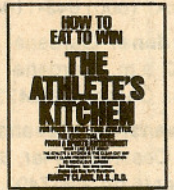
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# SCHEDULE

**San Diego:** San Diego International Triathlon, 1K Swim, 30K Bike, 10K Run, Seaport Village (Spanish Landing Park), 7 a.m. KOZ Enterprises, 862 Gable Way, El Cajon 92020. (619) 441-7844.

✓ **West Covina:** Downhill Mile Championships, 1-4:30 p.m., South Hills High School. Tri Events Inc., 3222 Virginia Ave. West Covina 91791. (818) 331-0169.

**Pacific:** Brooks Creek 1/2 Marathon & 5 Mile, San Pedro Valley County Park (east end of Linda Mar Blvd. off Hiway 1), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Portland, OR:** Cascade Run Off 15K, Time TBA. Cascade Run Off, P.O. Box 40228, Portland, OR. 97240. (503) 226-0717.

**Twain Harte:** Twain Harte Run, 4 & 2.5 Mi., Twain Harte Park, 8 a.m./4 Mi., 9 a.m. Elise McIntyre, P.O. Box 920, Twain Harte 95383. (209) 586-2741.

**Ventura:** Seabreeze 10K & 20K, Mission park, Time TBA. Contact: Gary Tuttle (Inside Track): (805) 643-1104.

**Gardena:** Gardena 5000, Pacific Square, 7:30 a.m. Gardena 5000, 16820 Western Ave., Gardena 90247. (310) 324-7085.

**Oceanside:** Oceanside Firecracker 5K & 8K, Oceanside Pier, 6:30 a.m. Contact: Kathy Loper (619) 298-7400.

## June 30 (Tuesday):

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

## 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. & Grest 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. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.



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**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.

### 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.

**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.

**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.

**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:** BAOOC Orienteering Meet, Indian Valley, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Gary Kraght (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, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

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

# SCHEDULE

## 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):

**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.

**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, Baylands 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.

**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: Ester Fowler. (805) 484-1054.

## 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.

**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.

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

# SCHEDULE

## 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 Rosa 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. (uphill), 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.

✓ **Bass Lake:** Run Thru the Pines Half Marathon and 4.5 Miles. Pines Village. 7 a.m. Run Thru the Pines Half Marathon, 4957 E. Heaton, Fresno 93727 (209) 456-0535.

**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.

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

**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 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):

**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.

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

## 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.

**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.

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# SCHEDULE

## August 10 - 14:

**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.

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

**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 Sansome St., Suite 310, San Francisco 94110. (415) 781-6785.

**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:** BAOB 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, Markdeeville 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.

**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 Ascent, 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.

**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.

**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).

# SCHEDULE

## 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.

**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.

**Sept. 13 (Sun.): 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 123, Hayward 94541. (510) 537-2009.

**Sept. 19 (Sat.): 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.

**Sept. 26 (Sat.): Orange County:** OCMD Athletic Team 60-Mile Relay (10 Runners, 4 Bikers), 7 a.m. Contact: Ron Cooke (714) 953-4440.

**Sept. 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.

**Sept. 27 (Sun.): 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.

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

**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.

## Looking Ahead

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

**Sept. 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.

## IF YOU ARE MOVING...

...let us know as soon as possible.  
**CRN** is mailed third class bulk rate  
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*Thank you!*

# THE ATHLETE'S KITCHEN

By Nancy Clark, M.S., R.D.

## The Slow Metabolism Woes

*"I eat less than my teammates but I still don't lose weight. There must be something wrong with my metabolism. . ."*

*"I maintain weight on only 1,000 calories per day. I want to lose a few pounds, but I can't imagine eating any less. . ."*

*"I workout at least two hours every day and eat only one meal a day. I can't understand why I don't lose weight. . ."*

Frustration with inability to lose weight abounds among athletes, particularly female athletes, who claim they have a slow metabolism and eat less than they "deserve" given their rigorous daily exercise regimen. One runner, Debbie, tearfully complained about this inequity. She tried so hard to lose weight, reportedly ate only 1,000 calories per day and yet maintained her weight. Her running partner, in comparison, ate twice as much at meals.

What's going on here? Is it true that some athletes are "energy efficient". That is, they efficiently utilize every calorie that enters their body hence maintain weight on fewer calories than the athlete who more wastefully or unproductively burns them off? According to Dr. Jack Wilmore, exercise physiologist at the University of Texas at Austin, the energy efficient athlete does not exist. Speaking at the annual convention of SCAN, the Sports and Cardiovascular Nutrition division of the American Dietetic Association, Dr. Wilmore reported his studies (*Journal of Applied Physiology*, Jan. 1992) which show that metabolic rate is closely tied to muscle mass. "Plain and simple, athletes who have well developed muscles require more calories than those who have less muscle."

Using new fool-proof techniques that account for every calorie a person burns, Dr. Wilmore has done extensive metabolic studies on athletes who claim to conserve energy. Much to his surprise, he found that those who claim to eat very little do indeed eat what they

deserve to eat, sooner or later. He found that when energy efficient athletes were carefully monitored for several days, they lost weight when they ate what they reported was their typical diet. That is, the runner who recorded eating only 1,700 calories per day (but "deserved" to eat 2,300 calories/day) consistently lost a predictable amount of weight when she was limited to her self-proclaimed diet.

How can this be, you might ask? Both anecdotal reports and research have lead us to believe that some athletes, particularly amenorrheic females, eat at least 300-500 fewer calories than expected. The discrepancy seems related to food records: people who keep food records often consume about 20% fewer calories than usual. The findings in the previous energy efficiency studies were based on food records. The athletes either underreported what they ate for the typical three day span of the study, or else changed what they ate during the study. That is, instead of having to "confess" eating cookies or candy bars (@ 300 calories), they'd be more likely to choose a nutritious apple (@ 100 calories) or nothing. Unfortunately, previous researchers neglected to weigh subjects while monitoring their food intake, hence overlooked the weight loss that simultaneously occurred.

If you perceive yourself as having a slow metabolism and being energy efficient, you probably challenge the findings of this research. But here's what I suggest you look at:

1. Do you strictly diet for two or three days in a row, then splurge on the fourth day? Or restrict your food Monday through Friday and over-indulge on the weekends? If so, you might want to distribute the calories more evenly. One woman enjoyed better energy plus weight loss from eating 1,700 calories every day (11,900 calories/week), instead of 1,200 calories Monday through Friday and 3,000+ calories on the weekend (12,000+ calories/week). Plus, she lost the desire to

splurge on the weekends since a deep hunger no longer haunted her.

2. Do you "diet" at breakfast and lunch, only to "blow it" at night when your attempts to eat a meager 1,000 calories/day get lost to the hungry horrors? When you who get too hungry, you can easily lose any sense of control over your food intake and over-eat "the whole thing" within a blink of the eye and a smack of the lips!

3. Perhaps you snitch more calories than you acknowledge. It's amazing how quickly those crusts of bread from your kids' sandwiches add up, as do the carrots that never quite make it into the salad as you make dinner, or the broken pieces of cookies that pop into your mouth. . .

4. Do you under-estimate the amount of calories you eat? One dieter who limited herself to apples and carrots failed to recognize that each apple (the biggest one she could find) was at least 150 calories. . .and that each carrot (also the biggest) were at least 50 calories. She easily consumed 1,200 calories of apples and 400 calories of carrots each day. She had credited those foods as being "free". She certainly fooled herself!

Since calorie needs are closely related to muscle size, your best bet to increase your calorie intake without getting fat is to bulk-up your muscles. Start lifting weights! You also might want to get an appropriate food plan from a sports nutritionist so that you can enjoy a satisfying diet rather than an erratic one that leaves you feeling denied of one of life's pleasures - food! To find a local sports nutritionist, call 1-800-366-1655 (American Dietetic Assoc.).

*Nancy Clark, MS, RD, nutrition counsellor at Boston-area's SportsMedicine Brookline, designs personalized meal plans that can help you successfully meet your weight goals. Her popular book Nancy Clark's Sports Nutrition Guidebook offers additional advice. It is available through New England Sports Publications, P.O. Box 252, Boston, MA 02113. (\$16.50).*

# RESULTS

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

## Library Run

April 25. Palos Verdes. 5K & 9K.

### Division Results - Men's 5K

**Overall Winners:** 1. Sava Rowtham 16:41, 2. Arturo Rodallegas 16:43, 3. Fernando Vasquez 17:34. **12 & Under:** 1. Jacob Dederer 23:58, 2. Sami Rjermanini 25:40, 3. Nate Dederer 26:30. **13-18:** 1. Jeremy Cole 19:48, 2. Jeffrey Larson 19:50, 3. Shiro Suzuki 21:30. **19-24:** 1. Sava Rowtham 16:41, 2. Martin Turner 18:43, 3. Benjamin Heimdal 19:22. **25-29:** 1. Arturo Rodallegas 16:43, 2. Fernando Vasquez 17:34, 3. Ron Combs 18:09. **30-34:** 1. Marty Horan 18:34, 2. Darrell Huntley 19:00, 3. Manuel Reed 20:40. **35-39:** 1. Michael Rick 20:55, 2. Arnie Martinez 21:23, 3. Brian Donovan 21:57. **40-44:** 1. Jack Cochran 19:31, 2. Ruben Raya 20:01, 3. John Combs 20:05. **45-49:** 1. John Kaneshiro 22:07, 2. Chris Pratt 25:15, 3. James Dederer 26:07. **50-54:** 1. Jay Edgerton 22:10, 2. Rick Jones 22:51, 3. Mike Ishikawa 24:07. **55-59:** 1. Paul Nitchman 23:56, 2. Art Sprague 28:06, 3. Arvel Witte 28:28. **65-69:** 1. Larry Banuelos 23:18, 2. Mac McQuitty 34:54, 3. Joseph Grieco 42:43.

### Division Results - Women's 5K

**Overall Winners:** 1. Leslie Lewis 19:34, 2. Laura Guzman 20:21, 3. Merle Heimberg 21:13. **12 & Under:** 1. Vanessa Smith 29:47, 2. Joy Chen 30:08, 3. Jane Kim 30:23. **13-18:** 1. Jodi Dailey 23:42, 2. Jackie Guesno 24:14, 3. Heather Mittelstaedt 26:30. **19-24:** 1. Kim Huey 22:11, 2. Jennifer Yeganhe 25:32, 3. Debra Deluca 32:47. **25-29:** 1. Julie Blas 21:40, 2. Maureen Anzivino 22:55, 3. Heather McVicker 24:36. **30-34:** 1. Laura Guzman 20:21, 2. Karen Kirch 22:13, 3. Caprice Settles 26:08. **35-39:** 1. Leslie Lewis 19:34, 2. Cindy Gardner 28:15, 3. Jean Kauper 31:22. **40-44:** 1. Merle Heimberg 21:13, 2. Nancy Simms 28:02, 3. Janet Coleman 33:31. **45-49:** 1. Mary Knudson 27:38, 2. Leslie Hollingsworth 28:32, 3. Linda Ninomiya 32:18. **50-54:** 1. Carol Schauerman 32:30, 2. Connie Estiamba 38:28, 3. Sandra Moore 39:08. **55-59:** 1. Brita Grover 35:26. **60-64:** 1. Nelly Williams 33:37, 2. Doris Ray 41:51. **70 & Over:** 1. Bette Milow 1:00:19.

### Division Results - Men's 9K

**Overall Winners:** 1. Jeff Press 32:34, 2. David Hall 33:12, 3. Mark Hemphill 33:56. **12 & Under:** 1. Joshua Merlis 43:24, 2. Nick Trutanich 43:59, 3. Noah Gott 44:41. **13-18:** 1. Doug Griffith 35:44, 2. David Quadhamer 36:20, 3. Alex Dederer 36:44. **19-24:** 1. David Hall 33:12, 2. Teruo Shimoda 35:31, 3. James Haines 37:10. **25-29:** 1. Marcus Gladstein 33:59, 2. John Morreale 34:40, 3. Lawrence Morales 34:41. **30-34:**

1. Angel Ibarra 34:38, 2. Steven DiPalma 36:23, 3. William Brown 36:47. **35-39:** 1. Jeff Press 32:34, 2. Mike Hughes 35:16, 3. Andre Untiedt 35:51. **40-44:** 1. Mark Hemphill 33:56, 2. Michael Smith 34:24, 3. Jeffrey Mintz 35:20. **45-49:** 1. Juan Cabeza 34:19, 2. Don McCarthy 34:29, 3. Richard Kuegler 35:49. **50-54:** 1. Ron Hardesty 36:07, 2. John Pagliano 37:00, 3. Lon Clearwaters 38:13. **55-59:** 1. Leroy Kim 37:32, 2. Peter Faust 38:27, 3. Claude Bruni 39:54. **60-64:** 1. Dwight Moberg 42:13, 2. Bob Vitale 43:45, 3. Dale Keyser 46:05. **65-69:** 1. William Rawson 49:20, 2. Jeff Allan 59:15. **70 & Over:** 1. Tau Fan 55:00, 2. Art Milow 1:08:18.

### Division Results - Women's 9K

**Overall Winners:** 1. Annie Seawright 35:36, 2. Janet Ishmael 38:05, 3. Marie Romero 38:33. **13-18:** 1. Jesse Zepeda 51:43, 2. Kristen Thibodo 54:23, 3. Lorraine Wineford 1:02:44. **19-24:** 1. Denise Byrnes 42:50, 2. Kim Granger 43:24, 3. Erica Fox 43:49. **25-29:** 1. Annie Swawright 35:36, 2. Janet Ishmael 38:05, 3. Robyn Barth 43:14. **30-34:** 1. Marie Romero 38:33, 2. Susan Cameron 40:29, 3. Kesa Tsuda 41:18. **35-39:** 1. Jennie Cole 43:22, 2. Heidi Arnest 44:38, 3. Sandra Whitehead 45:03. **40-44:** 1. Deborah Seidman 48:05, 2. K. Huber 48:09, 3. Barbara Russell 48:51. **45-49:** 1. Karin Handsaker 43:29, 2. Corrine Schratz 44:21, 3. Dianne Pales 47:23. **50-54:** 1. Carol Dougherty 46:04, 2. Mary Elwell 49:06, 3. Laurie Anderson 52:46. **55-59:** 1. Shirley Blush 42:33, 2. Marlene Abel 49:45, 3. Rebecca Thurston 51:11. **60-64:** 1. Miyoko O'Hara 59:35.

## Madrone Canyon Race

April 25. Larkspur. 5K.

### Winners

**Men:** 1. Keene Matsuda (Larkspur) 18:55.  
**Women:** 1. Beth Stillman (S.F.) 27:09.

## Berryessa Triathlon

April 25. Lake Berryessa.

### Overall Results

1. Gary Breen (30) 1:36:06, 2. Shawn Shaw (24) 1:37:03, 3. Greg Grunner (28) 1:38:09, 4. Aaron King (27) 1:39:32, 5. Marc Hapke (35) 1:40:38, 6. Tom McCleary (28) 1:41:04, 7. Mark Pretti (32) 1:44:02, 8. Curtis Fritz (29) 1:45:24, 9. Craig Pow (26) 1:46:11, 10. Jill Newman (23) 1:47:30.  
11. Susan Fox (25) 1:50:30, 12. John Demers (48) 1:51:11, 13. Scott Shea (21) 1:51:40, 14. Alan Schmeizer (57) 1:52:14, 15. Derek Knee (34) 1:52:24.

## NorCal Duathlon #3

April 26. Davis.

### Division Results - Men

**Overall Winners:** 1. Tim Pontarelli 1:15:23, 2. Bruce Mace 1:16:00, 3. David Larabee 1:16:21. **19 & Under:** 1. John Whitney 1:19:21, 2. Abe Galvan 1:30:12, 3. Tuan Nguyen 1:31:20. **20-24:** 1. John Armour 1:17:14, 2. Scott Schumaker 1:18:03, 3. Craig Jones 1:18:49. **25-29:** 1. David Larabee 1:16:21, 2. Joseph Brunetti 1:16:44, 3. Scott Young 1:17:33. **30-34:** 1. Tim Pontarelli 1:15:23, 2. Bruce Mace 1:16:00, 3. Tim Becker 1:17:31. **35-39:** 1. Nathan Smith 1:18:01, 2. Gary Davis 1:19:17, 3. Kevin Loop 1:19:56. **40-44:** 1. Guy McKenzie 1:20:41, 2. Daniel Donohue 1:21:23, 3. Tom Nussbaum 1:21:47. **45-49:** 1. Jamieson Van Eaton 1:22:31, 2. Jun Amano 1:25:43, 3. Barry Jones 1:28:25. **50-54:** 1. David Moon 1:25:09, 2. Bob Tarozzi 1:25:36, 3. Ron Ottaway 1:27:13. **55-59:** 1. John Finch 1:29:56, 2. Richard Rodriguez 1:29:59, 3. John Shepard 1:37:13. **60-64:** 1. Bill Brown 1:38:11. **Elite:** 1. Mac Williamson 1:11:51, 2. Harold Robinson 1:12:31, 3. Chris Willis 1:12:35.

### Division Results - Women

**Overall Winners:** 1. Kate Sweetman 1:23:52, 2. Stacia McInnes 1:25:06, 3. Catherine Isham 1:26:01. **19 & Under:** 1. Valerie Vicht 1:46:29. **20-24:** 1. Stacia McInnes 1:25:06, 2. Sundae Brooks 1:43:54, 3. Kristy Cortright 1:43:54. **25-29:** 1. Kate Sweetman 1:23:52, 2. Catherine Isham 1:26:01, 3. Karen Anne Brown 1:26:20. **30-34:** 1. Janet Smith 1:27:02, 2. Peggy Lavelle 1:27:28, 3. Nicole Brown 1:34:50. **35-39:** 1. Katie Wood 1:27:47, 2. Leslee Parr 1:34:47, 3. Pam Masterson 1:36:42. **40-44:** 1. Sharon Swann 1:27:52, 2. Kathleen Becker 1:39:01, 3. Kit Lenz 1:41:33. **45-49:** 1. Dexter Dobberpuhl 1:47:11, 2. Judith Gottlieb 1:48:29. **50-54:** 1. Pat Vorreiter 1:51:18, 2. Karen Diekmeyer 1:57:33. **55-59:** 1. Harriet Anderson 1:45:02, 2. Kitty Brown 1:50:42, 3. Nancy Molitor 1:57:26. **Elite:** 1. Susan Latschaw 1:21:13, 2. Krista Whelan 1:22:02, 3. Mari Holden 1:26:17.

### Relay Results

**Women:** 1. Team Grafius 1:25:04.  
**Men:** 1. Team Rich 1:13:37, 2. Renn and Stimp 1:16:30, 3. Boston Beaters 1:28:09.  
**Mixed:** 1. Team Fearon 1:29:14, 2. Don Amigos 1:37:32, 3. Team M & M 1:40:06.

## IAMS Dog's Best Friend Run

April 26. Palo Alto. 5K.

### Division Results - Male

**Small Dog:** 1. Doug Madgic 19:11, 2.

Glenn Katz 26:26, 3. Gary Peichoto 29:29. **Medium Dog:** 1. Peter Crane 16:56, 2. Jon Moens 17:10, 3. Jeff Cole 18:12. **Large Dog:** 1. Paul Burgess 16:53, 2. Jim Hampton 17:34, 3. Paul Kane 18:09.

### Division Results - Female

**Small Dog:** 1. Christy Hoover 25:41, 2. Tina Simpson 26:11, 3. Susan Jones 26:15. **Medium Dog:** 1. Kathryn Jacobson 21:56, 2. Molly Robinson 22:01, 3. Kelly Emo 22:09. **Large Dog:** 1. Margaret Lang 18:30, 2. Annamaria Hogans 21:27, 3. Melissa Bugle 21:52.

## Fitch Mountain Footrace

April 26. Healdsburg. 10K & 3K.

### Overall Results - 10K

1. Louis Garcia (Santa Rosa) 33:59, 2. Floyd Gerhardt (Santa Rosa) 34:35, 3. Alec Isabeau (Santa Rosa) 34:50, 4. Bob Rogers (Santa Rosa) 35:31, 5. Ron Smith (Geyserville) 35:43, 6. Larry Meredith (Santa Rosa) 36:03, 7. David Toomey (Santa Rosa) 36:05, 8. Johnpaul McIntosh-King (Forestville) 36:43, 9. Matt Penry (Modesto) 37:07, 10. Mitchell Castleberry (Santa Rosa) 37:13.  
11. John Royston (Santa Rosa) 37:13, 12. Scott Ames (Fairfax) 37:26, 13. Tony Smyth (Santa Rosa) 37:45, 14. John Parente (Santa Rosa) 38:10, 15. Ron Bishop (R.P.) 38:38, 16. Richard Salat (Sacto) 38:49, 17. Jon Hermsstad (R.P.) 38:52, 18. Keith Dale (R.P.) 38:55, 19. Gwin Stumbaugh (Santa Rosa) 38:57, 20. John Peterson (Arcata) 39:33.

21. Cesare Valesi (Santa Rosa) 39:34, 22. Darryl Beardall (Santa Rosa) 39:42, 23. Andy Jensen (Ukiah) 39:47, 24. Tori Meredith (Santa Rosa) 40:02, 25. Courtenay Pollock (Bodega Bay) 40:12.

### Overall Results - 3K

1. David Capron (Healdsburg) 9:07, 2. Hector Delgado (Santa Rosa) 9:11, 3. Jamie Jones (Santa Rosa) 9:47, 4. Keene Matsuda (Larkspur) 9:54, 5. Mark Thomas (Healdsburg) 9:59, 6. John Suazo (Healdsburg) 9:59, 7. Scott Story (Santa Rosa) 10:00, 8. Shannon Sweeney (Santa Rosa) 10:09, 9. Andrew Hidas (Santa Rosa) 10:11, 10. Ben Rosales (Healdsburg) 10:35.

11. Luis Rosales (Healdsburg) 10:37, 12. Steven Gilbertson (Windsor) 10:55, 13. David Jones (Vallejo) 11:05, 14. Brent Shaw (Santa Rosa) 11:06, 15. Bethann McIntosh-King (Forestville) 11:22, 16. Donna Noonan (Santa Rosa) 11:25, 17. John Albright (Windsor) 11:25, 18. Jeremiah Hume (Sebastopol) 11:25, 19. Kevin Shaw (Santa



# RESULTS

Rosa) 11:30, 20. Al Sanchez (Healdsburg) 11:37.

## Laguna Beach 10K Classic

April 26. Laguna Beach. 10K.

### Division Results - Men

**Overall Winners:** 1. Mark Smith 32:22, 2. Dennis Bourland 33:02, 3. Mark Hulme 33:06. **10 & Under:** 1. Jon Schneiderman 44:15, 2. Zack Dickson 44:37, 3. Justin Michael 47:03. **11-14:** 1. Giovanni Cisneros 36:31, 2. Anthony Smith 42:08, 3. Brandon Von Guenther 43:22. **15-18:** 1. Julio Porres 39:12, 2. Christopher McCormi 41:57, 3. Mario Areyano 43:03. **19-24:** 1. Dennis Bourland 33:02, 2. Francisco Rubacava 34:41, 3. Nefali Lujano 35:42. **25-29:** 1. Mark Smith 32:22, 2. Juan Manuel Alaniz 33:20, 3. Felipe Vera 34:30. **30-34:** 1. Mark Hulme 33:06, 2. Tom Zimmerman 33:28, 3. Angelo DeCollibus 33:38. **35-39:** 1. Enrique Alvarez 33:15, 2. David Urbina 34:23, 3. David Smith 35:26. **40-44:** 1. Bruce Johnson 36:12, 2. Steve Kellmyer 36:28, 3. Tom Williams 37:08. **45-49:** 1. Jussi Hamalainen 34:42, 2. Tom Burns 34:47, 3. Daniel Kelly 36:19. **50-59:** 1. Jim Chenoweth 36:19, 2. Sonny Monioz 37:44, 3. Shel Nankin 38:29. **60-69:** 1. Paul Saucedo 40:23, 2. Tony Marino 40:58, 3. Larry Banuelos 42:28. **70 & Over:** 1. Hank Kogel 52:51, 2. George Cavill 56:11, 3. Lou Achor 1:04:51.

### Division Results - Women

**Overall Winners:** 1. Kimberlee Campo 36:36, 2. Pippa Cribb 39:27, 3. Denise Hertsch 39:47. **10 & Under:** 1. Katie Sweeney 1:10:24, 2. Laurelee Neptune 1:12:06, 3. Natalie Rhoades 1:13:20. **11-14:** 1. Alicia Berman 56:02, 2. Sarah Gertler 56:48, 3. Michelle James 58:17. **15-18:** 1. Candi Robson 45:04, 2. Sandra D'Angelo 45:27, 3. Allison Reigle 45:28. **19-24:** 1. Lisa Eck 44:59, 2. Kristen Cope 46:33, 3. Yolanda Torres 46:34. **25-29:** 1. Denise Hertach 39:47, 2. Renee Waymire 41:36, 3. Cindy Kurrie 42:48. **30-34:** 1. Pippa Cribb 39:27, 2. Rhonda Davidson 40:31, 3. Debra Deming 42:38. **35-39:** 1. Kimberlee Campo 36:36, 2. Thea Fox 40:59, 3. Elaine Rutkowski 41:41. **40-44:** 1. Loi Coker 39:53, 2. Candy Clark 41:27, 3. Jan Christie 43:00. **45-49:** 1. Harolene Walters 42:10, 2. Margaret Neville 45:12, 3. Rose Marks 45:21. **50-59:** 1. Joan Jeter 45:55, 2. Carol Jones 49:57, 3. Susan Alexander 50:38. **60-69:** 1. Phyllis Moll 57:23, 2. Nancy Moran 1:08:46, 3. Shirley Trosino 1:11:04.

## Marshall M.A.S.H. Runs

April 26. Shingle Springs. 5K & 10K.

### Overall Results - 10K

1. Ty Nickel (20-24) Placerville 34:23, 2. Thom Pearman (30-34) Citrus Hts. 34:36, 3. Gregory Coit (35-39) Cameron Park 36:43, 4. Timothy Mayes (35-39) Placerville 37:08, 5. Kim Bruyn (30-34) So. Lake Tahoe 37:16, 6. Brent Tubb (35-39) Tahoe

Paradise 37:42, 7. Mark Murray (25-29) Sacto 37:57, 8. Skyler Jones (40-44) Stateline, NV. 38:18, 9. Joel Violett (30-34) Shingle Springs 38:21, 10. Del Barbray (40-44) Fair Oaks 39:02.

11. Jay Aliff (30-34) Placerville 39:11, 12. David Boardman (25-29) Roseville 39:25, 13. Ron Carroll (35-39) Cameron Park 39:42, 14. Rosemary Clanton (40-44) Sacto 40:02, 15. Troy Turner (25-29) West Sacto 40:13, 16. Ralph Johnson (40-44) So. Lake Tahoe 40:48, 17. Stephen Topper (45-49) Sacto 40:49, 18. Debbi Waldear (40-44) Kirkwood 41:02, 19. David Ragsdale (50-54) Sacto 41:10, 20. Gwen Gallanty (35-39) So. Lake Tahoe 41:17.

21. Barry White (30-34) Lincoln 41:44, 22. John O'Neill (50-54) Diamond Springs 41:45, 23. Fernando Pasqual (45-49) Manteca 41:45, 24. Ryan Nickel (13-15) Placerville 41:50, 25. Jim Beland (45-49) Orangevale 41:57, 26. Frank Labua (30-34) Placerville 41:59, 27. Dan Jenkins (40-44) Shingle Springs 42:30, 28. James Barnard (40-44) Shingle Springs 42:32, 29. Michael Rennie (13-15) Shingle Springs 42:49, 30. Mario Sanchez (40-44) Folsom 42:49.

### Overall Results - 5K

1. Matutonis Austin 15:54, 2. Andy Takaha (35-39) So. Lake Tahoe 17:18, 3. Doug Yost (35-39) Menlo Park 17:33, 4. Will Boling (16-19) Shingle Springs 17:47, 5. Chris Ladd (20-24) Folsom 17:56, 6. Mark Pine (16-19) Cameron Park 18:10, 7. Brian Johnson (13-15) El Dorado Hills 18:17, 8. Richard Kimball (35-39) Cameron Park 18:28, 9. Paul Damico (25-29) Placerville 18:33, 10. Eric Pine (20-24) Cameron Park 18:36.

11. Clint Herndon (13-15) Shingle Springs 18:45, 12. Argelio Tobar (35-39) Sacto 18:46, 13. Tom Lowry (35-39) Orangevale 18:53, 14. Adam Livingston (16-19) El Dorado Hills 18:54, 15. Patty Smith (30-34) Folsom 19:07, 16. Laurie Schuster (20-24) El Dorado Hills 19:11, 17. Rick Reyes (40-44) Sacto 19:19, 18. Steve Grogan (35-39) Placerville 19:35, 19. Walter Spiller (50-54) Placerville 19:38, 20. John McBeth (35-39) Cameron Park 19:40.

21. Tom McHugh (30-34) Sacto 19:45, 22. Mike Lindberg (30-34) Davis 20:03, 23. Booth Borchering (30-34) Sacto 20:04, 24. Daniel Dejager (13-15) Shingle Springs 20:09, 25. Don Belden (13-15) No. Highlands 20:19, 26. Dick Pine (45-49) Cameron Park 20:20, 27. Michael Cole (45-49) Fair Oaks 20:22, 28. Steven Taylor (13-15) El Dorado 20:38, 29. Victor Robey (13-15) Fair Oaks 20:51, 30. Austin Smith (35-39) Placerville 20:56.

## Wally Wickander Trail Race

April 26. Hayward Wilderness. 5.2 Mile.

### Overall Results

1. Nick Nickols (32) 31:45, 2. Dan Anderson (40) 32:05, 3. Tony Fong (32) 32:19, 4. John Taylor (40) 32:28, 5. Julios Ratti (41) 34:52, 6. Ken Cicinelli (26) 34:59, 7. Brian Dembrowicz (19) 35:11, 8. Ray Brown (45)

36:09, 9. John Weidinger (51) 37:09, 10. Marc Bourriague (29) 38:30.

## Maranatha Half-Marathon & 10K

May 2. Sacramento.

### Overall Results - 10K

1. Al Michel (35) Elk Grove 37:11, 2. Sammy Trujillo (45) Carmichael 39:12, 3. Rick Reyes (40) Sacto 40:26, 4. Kristoffer Hall (18) Santa Clara 41:54, 5. Robert St. Germain (28) Sacto 42:47, 6. Gregory Gutierrez (31) Sacto 44:19, 7. Anne Marie Collins (32) El Dorado Hills 46:36, 8. Craig Clark (33) Sacto 46:37, 9. Richard Powers (39) Sloughhouse 46:46, 10. Tom Dengler (37) Novato 48:47.

### Overall Results - Half Marathon

1. Curt Feenstra (33) Orangevale 1:16:23, 2. Chris Enfante (40) Elk Grove 1:17:33, 3. Tina Rawson (25) Rancho Cordova 1:22:50, 4. Ronald Souza (38) Citrus Heights 1:24:18, 5. Phil Coleman (30) Sacto 1:25:50, 6. Greg Wheatfield (35) Folsom 1:28:14, 7. Steve Topper (46) Sacto 1:29:19, 8. Charles Moulton (32) Carmichael 1:30:17, 9. Paul Sassenrath (34) Loomis 1:30:39, 10. Felix Jalamillo (32) Folsom 1:31:34.

11. Bill Kelly (39) Sacto 1:31:54, 12. Robert Griffith (24) Woodland 1:32:21, 13. Robert Lipow (36) Sacto 1:32:32, 14. Tim Kustil (33) 1:33:50, 15. Fred Schlueter (37) Sun Valley 1:34:16.

## Pismo Pier Beach Run

May 3. Pismo Beach. 10K.

### Division Results - Men

**17 & Under:** 1. Karsten Boss 44:16, 2. Bren Bouza 59:17. **18-29:** 1. Sean McCormick 35:38, 2. Aaron Burch 36:32, 3. Vince Lombardi 39:23. **30-39:** 1. Mike Lansdon 33:11, 2. Paul Lee 34:15, 3. Tomas Carrillo 38:54. **40-49:** 1. Larry Jamison 38:53, 2. Buz Hamblin 41:55, 3. Patrick Hughes 43:40. **50-59:** 1. Jerry Hill 44:16, 2. Ted Castro 51:06, 3. Harvey White 57:10. **60 & Over:** 1. Gus Melnalksnis 48:08, 2. Norm Salisbury 51:21, 3. Eoo McSorley 51:32.

### Division Results - Women

**17 & Under:** 1. Michelle Belchur 1:03:43. **18-29:** 1. Michelle Johnson 45:54, 2. Patty Spagnoli 47:06, 3. Laura Walczuk 51:08. **30-39:** 1. Julie Thrupp 43:37, 2. Patti Quintana 49:40, 3. Marian Fiorentino 50:21. **40-49:** 1. Debbie Dorney 55:08, 2. Kay Baker 55:33, 3. Karen Barron 56:23. **50-59:** 1. Lisa Norcutt 56:11, 2. Mary Stalolard 58:46, 3. Ruth Adams 1:01:05.

## Legg Lake Runs Carrea De Pascua Run

April 18. So. El Monte. 5K.

### Overall Results

1. Juan Rodriguez 16:52, 2. Catarino Gonzalez 16:56, 3. Salvador Gonzalez 17:28, 4. Timothy Jones 18:07, 5. Javier Jacobo 18:26.

## Easter Run

April 19. So. El Monte. 5K.

### Overall Results

1. Jesus Figueroa 17:20, 2. Delmer Davila 17:38, 3. Oscar Urizar 17:44, 4. Tony G. 18:31, 5. Juan Carlos Leon 18:51.

### Sunset Run

April 30. So. El Monte. 5K.

### Overall Results

1. Tom 26:16, 2. Mike Lalum 26:29.

### Doctors and Nurses Run

May 2. So. El Monte. 5K.

### Overall Results

1. Don Peterson 19:58, 2. Arthur Martinez 20:22, 3. Eddie Lewin 24:19.

### Frog Legg Run

May 2. So. El Monte. 5K.

### Overall Results

1. Francisco Villa 19:40, 2. Leo Prado 22:52, 3. Mike Lalum 27:13.

## Ocean Beach 5K

May 9. San Francisco.

### Division Results - Men

**Overall Winners:** 1. Alan Reynolds 17:45, 2. Tom Schreck 18:14, 3. Jeff May 18:46. **16 & Under:** 1. Charles Abad 19:52, 2. Paul Carlos Blunt 23:30, 3. Noel Havarrete 23:41. **17-20:** 1. Steve Danielson 24:12, 2. David Wright 30:14. **21-29:** 1. Alan Reynolds 17:45, 2. Antonio Bernandez 19:01, 3. Edward Avante 19:28. **30-39:** 1. Tom Schreck 18:14, 2. James McLaren 18:57, 3. Froylan Schez 19:00. **40-49:** 1. Jeff May 18:46, 2. George Baptista 21:23, 3. Donald Miller 23:29. **50-59:** 1. Steve Aikenhead 20:45, 2. Rich Holloway 27:46, 3. Tony Brown 28:36. **70-79:** 1. John Guinee 30:23, 2. Ken Murray 34:36. **80 & Over:** 1. Mel Shine 31:47.

### Division Results - Women

**Overall Winners:** 1. Lynn May 20:48, 2. Tisha Stoll 22:24, 3. Marty Mattox 22:46. **16 & Under:** 1. Laura Shaham 29:21. **17-20:** 1. Elizabeth Stelz 24:11. **21-29:** 1. Tisha Stoll 22:24, 2. Eva De Porcel 22:57, 3. Ellie Miller 25:24. **30-39:** 1. Lynn May 20:48, 2. Marty Mattox 22:46, 3. Lucy Payne 24:28. **40-49:** 1. Stephanie Teel 24:19, 2. Ellen Scarr 30:26, 3. Susan Del Bonta 31:28. **50-59:** 1. B.J. Empey 25:16, 2. Peggy Kang 25:45, 3. Jan Holloway 26:03. **60-69:** 1. Liese Rapozo 31:23, 2. Rita Albelardo 42:41, 3. Marjorie Comyus 53:41. **70-79:** 1. Peggy Pridmore 37:53, 2. Jessie Mickie 44:23.

## Slice 100K Run

May 16, 17. Colfax.

Adrian Crane, 38, of Modesto, finishing in 9:21:33, handily won the 11th annual Slice 100K Run the weekend of May 16-17. The race is run over two days at 50K per day. Crane is best known for his record setting performance in the Hi Tec 50 Peak and for being the author and protagonist of *Running the Himalayas*.

Barbara Miller, 47, of Modesto, was the first woman finisher with a time of 11:35:54. She was a top contender in the masters

# RESULTS

women's division of the Pacific TAC ultra grand prix competition last year.

Runner-up to Crane was Ray Nicholl, 55, of Bellevue, WA., in 9:45:18, which won him the 55-59 division. Nicholl competed his ninth Slice 100K.

Jerry Blinn, 42, of Quincy, CA, won the 40-44 division in 11:39:09 and also won an award for completing his tenth Slice 100K. Abe Underwood, 54, of Sacramento, won the 50-54 division in 9:51:25.

Joan Hull, 34, of Modesto, won the women's open division in 12:21:46.

The Saturday race was from Georgetown to Coloma; the Sunday race from Coffax to Foresthill, the Sunday course being the more difficult.

Competition was particularly keen on Sunday with Crane covering the course in 5:00:21, Underwood in 5:01:17, and Nicholl in 5:02:44.

## Bobcat Biathlon

May 16. Ft. Cronkhitte.

### Overall Results

1. Kevin Merrigan (25) 1:11:53, 2. Michael Moom (22) 1:14:23, 3. Robert Kidwell (25) 1:16:10, 4. Duane Bolt (29) 1:16:11, 5. Mojo Cosgrove (31) 1:16:44, 6. Michael Gorman (28) 1:17:06, 7. Jim Owen (28) 1:17:42, 8. Arthur Fraser (45) 1:17:46, 9. Peter Schiffehaus (28) 1:18:33, 10. Elliot Freed (25) 1:18:40.

11. Scott Kerlake (27) 1:19:03, 12. Brian Collins (24) 1:20:36, 13. Liz Spurr (28) 1:21:02, 14. Rich Ross (32) 1:21:20, 15. Ned Klingelhofer (25) 1:21:30, 16. Timothy Dixon (24) 1:22:17, 17. Andrew Leshar (25) 1:22:33, 18. Sherri Andrews (30) 1:23:06, 19. Jib Bowe (35) 1:23:32, 20. Jerry Edelbrook (42) 1:23:35.

## CHP El Protector Run

May 16. Fresno. 2 Mi. & 10K.

### Division Results - Men's 10K

Overall Winner: 1. Al Lara 32:28. 15-18: 1. Pablo Martinez 46:59. 19-24: 1. Alfonso Hernandez 37:46. 25-29: 1. Jay Geary 36:51. 30-34: 1. Juan Hernandez 34:48. 35-39: 1. Robert Garcia 36:58. 40-44: 1. Bill Schwartz 39:12. 45-49: 1. Isaac Melo 39:12. 50-59: 1. Bill Woody 38:42. 60-69: 1. Lee Thomas 54:13. 70 & Over: 1. Harry Harder 42:10. Wheelchair: 1. Derek Brown 25:35.

### Division Results - Women's 10K

Overall Winner: 1. Stacey Buehner 37:49. 15-18: 1. Christine Guadagni 50:48. 25-29: 1. Nancy Galameau 47:47. 30-34: 1. Nallie Gonzales 42:43. 35-39: 1. Gwynne Kinsy 52:56. 45-49: 1. Barbara Duenes 47:26. 50-59: 1. Glenda Morgan 52:39. 60-69: 1. Dorothy Thomas 52:51.

### Division Results - Men's 2 Mile

Overall Winner: 1. Bryan Foley 9:35. 14 & Under: 1. Blair Newman 11:04. 15-18: 1. Jose Santiago 10:24. 19-24: 1. Larry Shaw 9:37. 25-29: 1. Jay Geary 10:43. 30-34: 1. Frank Contreras 13:24. 35-39: 1. John Robinson 10:17. 40-44: 1. Jose Victor Echeveste 14:28. 45-49: 1. Allen G. Reulich

12:38. 50-59: 1. Frank Delgado 11:38. 60-69: 1. Frank Perales 16:00. Racewalkers: 1. Wayne Holm 19:39.

Division Results - Women's 2 Mile  
Overall Winners: 1. Maryann Alvarez. 14 & Under: 1. Lindsay Huerta N.T. 15-18: 1. Sylvia Rodriguez 20:29. 19-24: 1. Laura Wells 14:45. 25-29: 1. Marlene Parra 12:14. 30-34: 1. Debra Robinson 13:49. 35-39: 1. Tyra Carr 14:24. 40-44: 1. Graciela Aguilar 15:29. 50-59: 1. Jackie Ryle 16:57. 70 & Over: 1. Ruth Robinson N.T. Racewalkers: 1. Maria Elena Garcia. N.T.

## Run for the Family

May 16. Tustin. 5K.

### Division Results - Men

Overall Winners: 1. David Fleming 16:00, 2. Dennis Shook 16:11. Military: 1. Dennis Shook 16:11. 12 & Under: 1. John Kuehn 19:45, 2. Cody Pickett 21:06, 3. Brandon Burden 22:37. 13-15: 1. Michael Gavar 17:40, 2. Steve Covault 19:10, 3. Ryan Emenaker 27:17. 16-18: 1. Francisco Vazquez 16:14, 2. Mizraim Rodriguez 17:25, 3. Rene Oregon 22:13. 19-24: 1. Jesus Diaz 16:25, 2. Tony Gutierrez 16:26, 3. Jose Delearmen 19:16. 25-29: 1. Jim Reish 16:16, 2. Mike Friedl 17:04, 3. Jeff Wright 17:50. 30-34: 1. David Fleming 16:00, 2. Walter O'Brien 17:04, 3. Mark Frantz 18:15. 35-39: 1. Jesus Padilla 16:39, 2. Paul Cook 16:53, 3. Gary Carlin 17:32. 40-44: 1. Stephen Kellmyer 17:26, 2. John Peterka 18:21, 3. Ken Sayles 18:29. 45-49: 1. Allen Gamber 17:33, 2. Dan Collin 17:41, 3. Nick Prukop 19:14. 50-54: 1. Shel Nankin 18:33, 2. Don Doman 19:17, 3. Al Shook 19:38. 55-59: 1. Hank Munoz 21:09, 2. John Strand 22:04, 3. Pete Corralz 23:22. 60 & Over: 1. Paul Saucedo 19:35, 2. Frank Buxton 20:02, 3. Al Escobosa 22:10.

### Division Results - Women

Overall Winners: 1. Allison Reigle 20:13, 2. Debra Deming 20:20. 12 & Under: 1. Stacey Brandon 22:13, 2. Lyndsey Kuehn 23:40. 13-15: 1. Allison Reigle 20:13, 2. Katie Nuanes 12:28, 3. Sierra Kollar 21:46. 16-18: 1. Eryn Serr 22:35, 2. Alica Del Valle 23:15, 3. Danielle Stevens 30:23. 19-24: 1. Linda French 24:29, 2. Sharon Terequid 25:27, 3. Marlene Bertolino 26:33. 25-29: 1. Susan Brainard 20:51, 2. Barbara Goldstein 22:07, 3. Jill Shook 22:18. 30-34: 1. Debra Deming 20:20, 2. Lori O'Neil 21:29, 3. Melissa Sayles 22:27. 35-39: 1. Julie Leach 21:07, 2. Kathryn Landreth 21:18, 3. Hillary Willett 21:50. 40-44: 1. Diane Kimrow 22:18, 2. Linda Meier 22:42, 3. Barbara Miller 24:07. 45-49: 1. Cathy Misch 27:30, 2. Susan Baker 29:48, 3. Kathie Litchfield 31:51. 50-54: 1. Carol Jones 23:48, 2. Elaine Naster 28:03, 3. Dorothy Strand 30:13. 55-59: 1. Jane Tolley 31:02. 60 & Over: 1. Nancy Waterman 30:50, 2. Jane Virgilio 31:34.

### Pee Wee Dash - Boys

4 & Under: 1. Sam Braniff :50.7, 2. Austin Raab :55.4, 3. Matthew Barg 1:01. 5-6: 1. Adam Overton 2:40, 2. David Barg 2:14, 3. Malcolm Braniff 3:29. 7-8: 1. Jeff Oehlman

2:22, 2. Allen Gunnet 2:28, 3. Jason Roginte 2:38. 9-10: 1. Mark Oehlman 2:08, 2. Andy Miller 2:38.

### Pee Wee Dash - Girls

4 & Under: 1. Lindsey Correa :53.0, 2. Britany Fleming 1:00.3, 3. Kimberly Naramore 1:05.7. 5-6: 1. Killi Meckel 2:55, 2. Lauren Correa 3:47, 3. Kari Andrew 3:52. 7-8: 1. Angela Relling 2:31, 2. Jena Burdette 3:09.

## Run for the Hungry

May 16. Burbank. 5K.

### Division Results - Men

Overall Winners: 1. Matt Ebner 14:33, 2. Richard Shelley 14:38, 3. Gordon Christie 14:40. 9 & Under: 1. Kyle Bauer 29:05, 2. Gerald Wozniak 32:57, 3. Jaime Calame 33:35. 10-12: 1. Jose Diaz 20:32, 2. Mike McIntyre 20:54, 3. Richard Resendiz 21:24. 13-15: 1. James Uwins 18:07, 2. Marcello Lopez 18:41, 3. Nick Herroz 19:32. 16-18: 1. Robert Ayala 16:38, 2. Angel Casillas 16:44, 3. Eric Seoane 16:54. 19-24: 1. Gonzalez Cruz 15:26, 2. Ricky Rosado 17:07, 3. John Phillips 17:59. 25-29: 1. Angel Roman 14:56, 2. Fredson Mayiek 15:04, 3. Raymond Acosta 15:06. 30-34: 1. Matt Ebner 14:33, 2. Richard Shelley 14:38, 3. Gordon Christie 14:40. 35-39: 1. Jose Gomez 15:54, 2. Herbie Yee 16:46, 3. Roger Linfield 17:05. 40-44: 1. Ron Gee 15:47, 2. Stephanie Keyes 16:30, 3. Bill Sumner 16:35. 45-49: 1. Fred Ortega 16:27, 2. Robert Denlinger 18:30, 3. Earl Beverly 18:34. 50-54: 1. Mike Solner 19:33, 2. Ray Hughes 19:49, 3. Rogelio Brisenos 22:11. 55-59: 1. Raymond Prizgintas 19:42, 2. Michael Palko 21:10, 3. Frank Genco 23:30. 60-64: 1. Robert Jones 22:17, 2. Richard Horn 23:44, 3. Earl Mussett 24:27. 65-69: 1. John Thompson 25:02, 2. Robert Albin 27:06, 3. John Daly 30:03. 70 & Over: 1. Jack Mehlman 26:38, 2. Fraser MacMinn 26:48, 3. George Feinstein 28:09.

### Division Results - Women

Overall Winners: 1. Kathy Smith 17:00, 2. Torie Pleasant 18:28, 3. Lori Coker 19:11. 9 & Under: 1. Jill Moskowit 34:29, 2. Claire Moskowit 34:31, 3. Jenny Hubbell 41:52. 10-12: 1. Heather Moody 25:00, 2. Breann Schweitzer 25:13, 3. Lindsay Curtis 26:49. 13-15: 1. Amy Twiest 22:14, 2. Mia Lavezzi 23:33, 3. Tina Swift 23:53. 16-18: 1. Stacy Harris 30:04, 2. Heather Hallquist 30:04, 3. Shelley Ovrom 33:10. 19-24: 1. Torie Pleasant 18:28, 2. Jodi Rempel 21:13, 3. Jennifer Itch 23:30. 25-29: 1. Kathy Smith 17:00, 2. Jennie Stachura 20:22, 3. Gloria Palma 20:49. 30-34: 1. Linda Iacoboni 20:16, 2. Connie Avila 22:15, 3. Alisa Byrne 23:13. 35-39: 1. Barbara Tuur 23:22, 2. Lana Henriks 23:48, 3. Cathy Downey 23:51. 40-44: 1. Lori Coker 19:11, 2. Teri Goodreau 19:42, 3. Eva Cervantes 20:57. 45-49: 1. Penny Huber 24:30, 2. Fran Smith 26:46, 3. Andrea Winkler 27:52. 50-54: 1. Karen Sartoris 23:52, 2. Iren Vass 29:41, 3. Barbara Whitebirch 30:18. 55-59: 1. Helene Bernbaum 24:59, 2. Virginia Lespron 30:49, 3. Claire Mitchell 33:28. 60-64: 1. Selma Mehlman 33:45, 2. Pilar Zamora 40:50, 3. Mary

Ann Harris 46:51. 65-69: 1. Doris Gordon 26:50, 2. Alice Garcia 38:54, 3. Kay Curl 40:13.

## Knudson Scholarship Run

May 16. Hanford. 3K & 10K.

### Division Results - Men's 3K

12 & Under: 1. Aaron Woodley 12:35, 2. Joshua Davis 14:34, 3. Joaquin Vasquez 14:58. 13-15: 1. Nathan Nagatani 10:45, 2. Albert Kong 11:20, 3. David Dodd 12:08. 16-19: 1. Tim Roosevelt 9:40, 2. Robert Rebman 9:45, 3. Matt Newman 9:49. 20-29: 1. Augie Pena 11:01, 2. Lewis Martinez 13:01, 3. John Warmerdam 13:15. 30-39: 1. Richard Eberle 11:22, 2. Steve Nuanes 11:56, 3. Stephen Cori 12:21. 40-49: 1. Mark Poindexter 12:05, 2. Jack Wilkinson 12:18, 3. John Eberle 12:40. 50 & Over: 1. Richard Mattos 11:20, 2. Ralph Rodriguez 12:43, 3. Jim Weigand 14:13.

### Division Results - Women's 3K

12 & Under: 1. Loretta McKinney 12:14, 2. Mari Guerra 15:07, 3. Tiffany Davis 15:22. 13-15: 1. Christina Alvarado 11:59, 2. Jennifer Roosevelt 12:49, 3. Rachael Alexander 13:33. 16-19: 1. Sarah Beaumont 13:43, 2. Marci Casterson 13:57, 3. Melinda Sanchez 16:42. 20-29: 1. Sylvia Duvall 14:31, 2. Rebecca Cori 14:54. 30-39: 1. Carol Lopez 15:19, 2. Debra Haley 15:37, 3. Clare Vettes 16:46. 40-49: 1. Pam Blackburn 17:14, 2. Roselinda Pesqueira 17:26, 3. Elaine Rosenfield 18:39. 50 & Over: 1. Margaret Castro 22:06, 2. Norma Martinez 22:36.

### Division Results - Men's 10K

12 & Under: 1. Shawn Bennion 51:38, 2. Mark Hansen 64:12. 13-15: 1. Mathew Woodley 37:38, 2. Albert Pena 66:34. 16-19: 1. Alexander Curtis 31:39, 2. Ben Roosevelt 42:41, 3. Dustin Raber 44:01. 20-29: 1. Tony Rangel 35:12, 2. Bill Daniels 47:30. 30-39: 1. Barry Proctor 32:23, 2. Nestor Ayala 33:32, 3. Jack Feaver 41:29. 40-49: 1. David Roosevelt 38:10, 2. Stan Rosenfield 39:26, 3. J. D. Fishcer 42:42. 50 & Over: 1. Frank Padilla 37:45, 2. Ben Lemos 46:56, 3. Aturo Gaitan 49:09. Wheelchair: 1. John Carmean 54:56, 2. Kenneth Hardy 65:55.

### Division Results - Women's 10K

12 & Under: 1. Jillian Barba 61:35. 16-19: 1. Kathy Mullins 44:00. 20-29: 1. Victoria Purrett 46:54, 2. Tina Flores 48:58, 3. Louise Dean 52:47. 30-39: 1. Donna Christensen 53:48, 2. Rita Sherman 58:37, 3. Joni Brown 58:54. 40-49: 1. Sharon Mayo 46:54, 2. Rebecca Vidaurri 56:44. 50 & Over: 1. Martha Acosta 55:52.

## Walk for the Health of It

May 16. Lodi.

### Division Results - Men

(No Times Available)

8 & Under: 1. Michael Treadwell. 9-15: 1. Tim Avellar. 15-19: 1. Bill Allison. 20-29: 1.

# RESULTS

David McCorkell. 30-39: 1. Kevin Reed. 40-49: 1. Randy Avellar. 50-59: 1. Les Solaro. 60-69: 1. Ed Cattuzzo. 70 & Over: 1. Charles May.

## Division Results - Women (No Times Available)

8 & Under: 1. Kimberly Schunn. 9-15: 1. Dendra Armstrong. 15-19: 1. Hannah Bergthol. 20-29: 1. Linnea Faszer. 30-39: 1. Rachel Avellar. 40-49: 1. Adrienne Mettler. 50-59: 1. Sandi Alderson. 60-69: 1. Angie Given. 70 & Over: 1. Susan Caba.

## Jimmy Stewart Relay Marathon

May 17. Griffith Park, Los Angeles.

TEAM RODOLFO GOMEZ won the Elite Division of the 11th annual Jimmy Stewart Relay Marathon, at Griffith Park, picking up \$15,000 of a \$30,000 prize purse, sponsored by the developers of Palisades Highlands. It is the first year a prize purse has been awarded to Elite competitors in the event. Winning time for the five-runner team from Mexico City was 2:02:21. The time beat the course record of 2:07:00. Team members included: Martin Pitayo, Faustino Reynoso, Isaac Garcia, Andres Espinoza and Mauricio Gonzalez.

Second place finishers were FAB FIVE, winning \$10,000 with a team time of 2:03:59. Team members included: Jim Farmer, Jim Norris, Mark Coogan, Seamus McElligott and John Gregorek.

Coming in third was TEAM IRISH AMERICAN, with a time of 2:04:54. Team members Brad Barquist, Noel Berkley, Tom Ansberry, Mark Junkerman, and Frank O'Mara divided \$5,000 in prize money.

A total of eight Elite teams and more than 700 amateur teams competed in the relay marathon, a charity event for the Child Study Center at Saint John's Hospital and Health Center in Santa Monica. The event raised \$500,000 for the Child Study Center. The race, hosted by Jimmy Stewart and Robert Wagner, is the largest event of its kind in the United States.

## Overall Team Results

1. Team Rodolfo Gomez (Mexico) \$15,000, (Martin Pitayo, Faustino Reynoso, Isaac Garcia, Andres Espinoza, Mauricio Gonzalez) 2:02:21, 2. Team Fab Five USA (\$10,000) (Jim Farmer, Chad Benion, Mark Coogan, Seamus McElligott, John Gregorek) 2:04:54, 3. Gardena Irish/America (\$5,000) (Tom Ansberry, Mark Junkerman, Noel Berkley, Brad Barquist, Frank O'Mara) 2:04:54.

## TAC National Masters Championship 10K

May 17. Kansas City, Missouri.

### Division Results - Men

**Overall Winners:** 1. Hector Chavez (Mex) 33:33, 2. Curt Hoegh (IA) 33:58, 3. Michael Allison (WA) 34:07, 4. Jim Boughter (TX) 34:23, 5. Fay Bradley (DC) 34:42, 6. Charles Keating (MA) 34:50, 7. Gregg Hartman (MO) 35:50, 8. Charles Harris (NM) 35:52. **40-44:** 1. Curt Hoegh (IA) 33:58, 2. Michael Allison (WA) 34:07, 3. Gregg Hartman (MO) 35:50. **45-49:** 1. Hector Chavez (MEX) 33:33, 2. Jim Boughter (WA) 34:23, 3. Chuck Taylor (KS) 41:10. **50-54:** 1. Fay Bradley 34:42, 2. Charles Keating (MA) 34:50, 3. Charles Harris (NM) 35:52. **55-59:** 1. Norman Green (PA) 36:36, 2. David Pitkethley (WA) 37:40, 3. Lou Jolene (MO) 40:50. **60-64:** 1. Paul Heitzman 39:36, 2. Bernard Phillips (KS) 44:25. **65-69:** 1. Logan McGinness (KS) 43:48. **70-74:** 1. Edward Burnham (MO) 54:09. **75-79:** 1. Dudley Healy (NJ) 50:22. **80 & Over:** 1. Howard Calkin (MO) 1:16:52.

### Division Results - Women

**Overall Winners:** 1. Jane Hutchison (MO) 37:47, 2. Suzi Kilbride (MO) 43:06, 3. Diane Taylor (KS) 43:53. **45-49:** 1. Jane Hutchison (MO) 37:47, 2. Suzi Kilbride (MO) 43:06, 3. Rebecca Heidlage (MO) 50:17. **55-59:** 1. Jean Buchanan (KS) 58:18. **65-69:** 1. Kit Pickles 55:36. **70 & Over:** 1. Elizabeth Gerhardt (MO) 1:03:49.

## MasterCard International to Conduct Search for "Masters of the Marathon"

MasterCard, Official card and presenting sponsor of the 1992 City of San Francisco Marathon on August 30, 1992, is conducting a search to honor and recognize the unsung heroes of long-distance running through "MasterCard's Masters of the Marathon" program.

The program will honor 22 runners—one man and one woman from 11 Western states—who may not be among the elite class of competitors, but who are actively competing in marathons after overcoming some form of adversity, and whose participation has inspired and encouraged others to do the same. The 11 Western states include: Montana, Wyoming, Colorado, New Mexico, Arizona, Utah, Idaho, Washington, Oregon, Nevada and California.

Four of the 22 honorees will be selected by a voting panel comprised of marathon historians, officials at major U.S. marathons, running columnists, and elite marathoners. Each of the four selected "Masters of the Marathon" will be awarded \$1,000 and a trip for two to the 1992 City of San Francisco Marathon presented by MasterCard, where they will be honored for their achievements.

To be honored with "MasterCard's Masters of the Marathon" award, nominees must meet a specific set of criteria:

- ✓ **Exhibited a "never give up" attitude:** A runner who demonstrated persistence and determination to accomplish his/her goal.
- ✓ **Overcame adversity:** A runner who completed a marathon despite physical or personal obstacles. In spite of these restraints, the runner showed great courage by competing and was ultimately able to accomplish what he or she set out to achieve.
- ✓ **Dedicated to furthering the sport through encouragement of others:** A runner, who through his or her remarkable achievements, provides inspiration for others who may want to compete in marathons.
- ✓ **Committed to training to compete in upcoming marathons:** An active runner who has competed in at least one marathon since January 1991, and who is currently training to compete in a marathon in 1992.

1992 Olympic gold medal marathoners and MasterCard spokesperson Frank Shorter recognizes the program as a chance to honor and showcase the many unheralded marathon runners whose remarkable accomplishments frequently go unnoticed. "Through this awards program, MasterCard has made a commitment to salute the many long distance runners, who aren't necessarily the fastest in the field, but whose achievements inspire thousands of others to get out and run."

Nominees for "MasterCard's Masters of the Marathon" award can be submitted in writing to: MasterCard's Masters of the Marathon, Alan Taylor Communications, 505 8th Avenue, New York, NY 10018. Nominations should include nominee's name, phone number, address and brief biographical background. All submissions must be received by June 10, 1992.

The 22 state-by-state winners of the award will be announced this summer, with four honorees being recognized at the August 30 City of San Francisco Marathon presented by MasterCard. The 1992 race will mark the third consecutive year of MasterCard's sponsorship of the City of San Francisco Marathon.

IF YOU ARE MOVING...

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Thank you!

# A Strong Finish

**By Jeff Galloway**

MOST RUNNERS COMPLAIN THAT THEY lose power and slow down at the end of races. Without any significant increase in weekly mileage, it's possible to improve your performance. Here are a few proven components which will keep you going when others "hit the wall."

## 1. Increase the Long One:

By increasing the long run to 12 miles, you'll add endurance which will help you continue running hard at the end of a 10K. A long one of 15-17 miles will give you close to the

self. Instead of running 440 or 880 repetitions, run mile repetitions. The longer distance will help the body adjust to the rigors of a long sustained effort required in the 5K or 10K. Your workouts should also be long enough to simulate the demands at the end of the 10K. Starting with 1-2 x 1 mile, increase by 1 mile on each of the weekly workouts until you reach 4-5 x 1 mi. When you reach 3x1 mile, you can run it twice, and 4x1 mi. twice before moving up. Run each 1 mi. about 10-20 seconds faster than you want to run in the 10K. Take as much rest as you need between the repetitions.

## 3. Finish Speed Sessions Hard:

To finish a race well, you must train both

the final lap to run hard--try to maintain the fast but smooth cadence which you developed in the middle two laps.

Even when your legs are tired, you'll be preparing the mind for the difficult stress of accelerating at the end. At the same time, your legs will learn how to get the job done. Even when tired, you'll find the harder effort needed in those difficult last few miles. Proper pacing is also developed--if you start too quickly, you'll pay at the end.

By simulating the conditions of the race, you'll help forge the body and mind into a unit. Shifting back and forth, you'll learn that there's lots of ways to get the job done.

*Olympian Jeff Galloway has written the nation's best-selling running book and conducts clinics and running vacations which are both knowledgeable and great fun. He writes regularly for Running Times magazine and this publication. Info: JFG, P.O. Box 76843, Atlanta, GA. 30358. (404) 255-1033.*

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To finish a race well, you must train both body and mind for the task--when both are under duress.

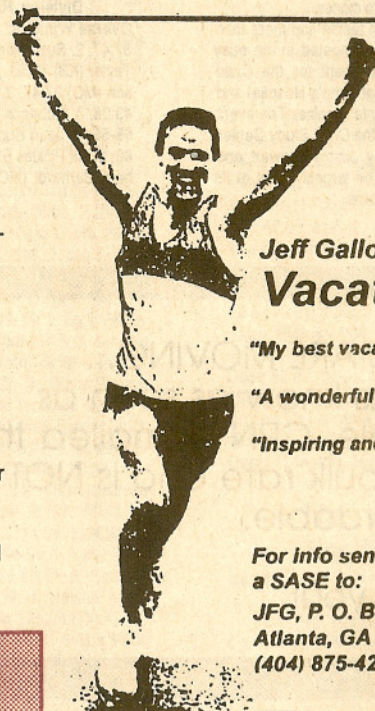
maximum 10K endurance--before diminishing returns set in. Long runs should be very slow--about 2 minutes per mile slower than 5K or 10K race pace. Once the long one reaches 10-12 miles, run long every other week.

## 2. Schedule Longer Hill or Speed Workouts--with longer repetitions:

Unless you prepare your body for the demands expected during the race, you can't expect it to perform to capacity in the race it-

body and mind for the task--when both are under duress. The best way I've found is to run the last part of each speed session hard.

Hold off a little during the first part of the workout. This will help to develop a sense of pace and patience. Most runners who slow down at the end, tend to run too fast in the early stages of a race. Most workouts (and races) have more quality when the second half is faster than the first. Work a little harder on the last two repeat miles, by maintaining a faster rhythm and pushing a bit during the second and third laps of each. Don't wait until



## Jeff Galloway's Vacations

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