

NOVEMBER / DECEMBER 1992

ISSUE NO. 185

# CALIFORNIA

## Running News

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

California's Road Racing Magazine

Nineteenth Year

# CALIFORNIA Running News

**Bill Cockerham**  
Editor & Publisher

**Judy Cockerham**  
Production/Advertising Manager

**Elaine Fraley**  
Production Assistant

**Jack Leydig**  
Schedule Editor

**Richard Lee Slotkin**  
Long Distance Editor

**Nancy Clark**  
Nutrition

PHOTOGRAPHERS: Gene Cohn, Rich Gardner, Kenneth Lee, Kirby Lee, Bill Leung Jr., Elaine Rosenfield, Richard Lee Slotkin, Vikki Waterbury.

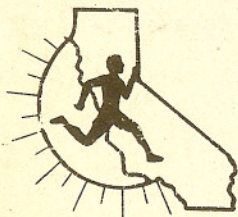
**California Running News** is published 11 times per year -- one issue per month, except December which is combined with November. Each issue is mailed about the first of the month.

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

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

**MAILING RATES:** 1 year (11 issues) -- \$20.00, 2 years (22 issues) -- \$35.00, 3 years (33 issues) -- \$46.00. Add \$10 per year for U.S. First Class; \$12 per year for Canada and Mexico; \$22 per year for foreign airmail.

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



4957 E. Heaton Avenue  
Fresno, CA 93727  
(209) 255-4904  
FAX (209) 255-4904  
MEMBER: The Running Network

## TABLE OF CONTENTS

NOVEMBER/DECEMBER 1992

ISSUE NO. 185

Schedule.....	4
The Athlete's Kitchen.....	13
"Sports Foods: The Best and the Worst"	
From the American Running & Fitness Association.....	14
"Americans Urged to Lose Weight Sensibly"	
"The San Francisco Marathon" by David Kiefer.....	16
Common Injuries in Runners: Heel Pain.....	19
Book Review: Death Valley 300.....	19
Results.....	20
"How to Tell Who Will Hit the Wall" by Jeff Galloway.....	27
Subscription Form.....	9

## FROM THE EDITOR

### Keeping Warm

Last month I sat in shorts and a race t-shirt on the back porch as I looked over the proofs for the October issue. This time around I'm in a sweater in front of the fire while I preview what you are now holding in your hands. Now instead of worrying about dehydration on the run, we need to be concerned with hypothermia.

I hope that you, like me, are warm and cozy as you read this issue and that it will also inform, inspire and motivate you to improve your health and achieve satisfaction from our sport of running. If nothing else, the comprehensive schedule in each issue should help you set your sights on your next event and enable you to set some goals. There are nearly one-hundred events listed for November, seventy-five for December and fifty for January. Should be something in there for you.

If you like to see how others are doing at the races, you'll find the results of about fifty events in this issue. This month's Road Race Spotlight features an excellent piece on the San Francisco Marathon by David Kiefer. After reading this one it tempts me to consider training for another 26-miler and crossing the Golden Gate Bridge with the thundering hoards next year. See you there?

Ever have heel pain? I have. Most runners will experience heel pain during their ca-

reer. If you have, maybe the article by Dr. J. Brian Wame will be of help. As a runner, are you concerned with your nutrition? Check out Nancy Clark's column "The Athlete's Kitchen." Three cheers for the potato.

That's not all. There's still more to keep you warm while you read. Like an article by Jeff Galloway about hitting the wall; and another from the American Running and Fitness Association about losing weight sensibly.

That's a lot of good running reading for a cold winter day. Now, just a reminder that it will have to hold you two months, as we are an eleven-issue-per-year magazine, and it is November and December that are combined into one. Now put this issue down for now, grab your sweatsuit and let your legs generate some body heat for the next hour. See you on the roads.

*Bill*

**ON THE COVER:** San Francisco Marathon runners enjoying the scenery atop the Golden Gate Bridge.

*Photo by Kenneth Lee*

West Valley Track Club Presents  
19th Annual

# Christmas Relays

**BACAA GRAND PRIX EVENT**  
Lake Merced, San Francisco  
4 Person Teams • 4 1/2 Miles Per Leg  
Sunday, December 20, 1992

**COMP USA**  
THE COMPUTER SUPERSTORE..

**RUNNER'S**  
WORLD

**PowerBar**  
ATHLETIC ENERGY FOOD  
Fuel for Optimum Performance



**ROAD RUNNER SPORTS.**

Black Mountain  
SPRING WATER

**LOCATION:** Start/Finish and all exchange points at Sunset Circle Parking Lot (Sunset Blvd. @ Lake Merced).  
**STARTING TIME:** TWO STARTS THIS YEAR! "OPEN" and "CORPORATE OPEN" (Div. A) & "SUB-MASTERS MEN" (Div. F) start together at 9 a.m. All other teams will start at 9:10 a.m.  
**DISTANCE:** Each of 4 members runs one 4.464 mile leg...OK to run one leg on more than one team.

**REGISTRATION:** Fees payable to West Valley TC. Entry fees are non-refundable and non-transferable. \$12.50 per person with long sleeve shirt (\$50 team). \$8 per person (\$32 team) with no shirt, if entry postmarked by December 11. \$40 late registration with no shirt. DO NOT MAIL ENTRY AFTER DEC. 11-- enter raceday instead. IMPORTANT: Team members may be changed after entry is submitted (within same division), but Division Changes must be made at registration (bring old set of #'s with you!) Pre-Entries enclose a Self-Addressed Stamped Envelope for mailing numbers (otherwise pick up at Sunset Parking Lot on raceday after 7:30 a.m.). Post-Entries (after Dec. 11) must register after 7:30 a.m. on raceday.

**RULES:** If a division change results after start of race, report this at finish and you will be placed in OPEN division results. Substitutions may be made during race if this doesn't change division status. WOMEN may compete in any of the divisions. AGES are your age on Dec. 20, except JUNIORS must not turn 20 in 1992.

**AWARDS:** RIBBONS to all finishers. SPECIAL DIVISION AWARDS to top division teams (all members). RAFFLE--Merchandise awards.

**DIVISIONS (# of awards per division) -- (Record):**

- "OPEN" (15) -- No restrictions (1:24:22)
- DIV. B (2) -- Junior Boys (born 1973 or after) (1:32:22)
- DIV. C (1) -- Junior Girls (born 1973 or after) (1:54:20)
- DIV. F (7) -- Sub-Masters Men (30 years or older) (1:30:37)
- DIV. L (2) -- Men's 50-Plus (50 years or older) (1:43:49)
- DIV. R (1) -- Master's Women (40 years or older) (1:49:35)
- DIV. T (1) -- Women's 50-Plus (50 years or older) (2:02:01)
- DIV. U (1) -- 14 & Under (must not have reached 15th birthday. Mixed or all same sex.) (1:51:13)
- DIV. Y (1) -- Law Enforcement (members must be from same jurisdiction; can be active employees or reserves--police, fire, CHP, Sheriff's Dept., national park, etc. -- military police OK if from same facility.) (1:43:26)
- DIV. A (6) -- Open Corporate Division (employed with same firm at least 20 hrs/wk. U.S. Government does not qualify unless a specific facility is involved.) (1:31:55)
- DIV. H (5) -- Masters Men (40 years or older) (1:34:28)
- DIV. N (3) -- Women's "Open" (no age restrictions) (1:40:08)
- DIV. X (1) -- Sub-Masters Women (30 years or older) (1:48:02)
- DIV. S (1) -- 200 Lb. (sum of members' wt. must be 800 lbs.+, weigh-in prior to start.) (1:56:46)
- DIV. W (1) -- Corporate Women (same rules as Div. A, except women only) (1:53:37)

**RETURN TO:** Christmas Relays, c/o Marc Lund, 1433 Norman Dr., Sunnyvale, CA 94087 (checks payable to West Valley TC). FOR INFORMATION: SEARCY BARNETT (510) 635-9508 (eves). \$50 (\$32 no shirts) ENTRY FEE (non-refundable, non-transferable) must be sent with entry form. DO NOT MAIL IF POSTMARKED AFTER DEC. 11 (enter raceday for \$40). ENCLOSE S.A.S.E. to receive #'s or pickup raceday (23 cents postage/team beyond first team in one envelope.. USE LARGER ENVELOPES.

**WAIVER:** In consideration of your accepting our entry, we, intending to be legally bound, hereby for ourselves, our heirs, executors and administrators, waive and release forever, any and all rights and claims or damages we may accrue against TAC, West Valley TC, Inc., the City and County of San Francisco, the San Francisco Parks & Recreation Dept., BACAA (Bay Area Corporate Athletic Association), and any and all sponsors of this event, their successors, representatives and assigns, for any and all injuries suffered by our team while travelling to and from, and while participating in the 1992 Christmas Relays.

Date \_\_\_\_\_ Team Representative (18 & over) \_\_\_\_\_

TEAM NAME: \_\_\_\_\_  
If a club or organization enters more than one team in a division, follow the name by an appropriate designation such as "A" Team, or any other unique name(s).

CIRCLE DIVISION ENTERED (Use pencil!) OPEN A B C F H L N R S T U W X Y

LIST TEAM MEMBERS (Use pencil!) -- NOTE: Names may be changed on raceday. Division Changes to be done raceday!

- 1. \_\_\_\_\_ Age \_\_\_\_\_
- 2. \_\_\_\_\_ Age \_\_\_\_\_
- 3. \_\_\_\_\_ Age \_\_\_\_\_
- 4. \_\_\_\_\_ Age \_\_\_\_\_

MAIL NUMBERS TO (Enclose S.A.S.E. to receive numbers):

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State / Zip: \_\_\_\_\_  
Phone: ( ) \_\_\_\_\_ Home or Work?

OFFICIAL  
USE ONLY

# 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.

## November 7 (Saturday):

**San Francisco:** PA/TAC Cross Country Championships, 10K (Men), 6K (Women), Golden Gate Park (Lindley Meadow: 30th & JFK Dr.), Time TBA. Tim Wason, 350 Frederick St., #3, San Francisco 94117. (415) 753-1215.

**Saratoga Gap:** Skyline to the Sea Trail Marathon, 50 Mile & 30K, 6 a.m./50 Mi., 8 a.m./Mara. & 30K. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

**Oakland:** Sri Chinmoy 12 & 24 Hour Race. Edgewater Dr. (1 mile loop course.) 8 a.m. Amakesh Krien, Sri Chinmoy Marathon Team, 529 Moraga, San Francisco 94122 (415) 665-8626.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Santa Barbara:** Santa Barbara Half-Marathon. La Playa Stadium. John Brennand (805) 964-7724 ext. 6685.

**So. El Monte:** San Gabriel River 2K, 5K & 10K Grizzly Bear Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Brawley:** United Way Cattle Call, 2 Mi. & 10K, 7:30 a.m. Info: Judy Chilcott (619) 352-4535.

**Rosarito Beach, BC, Mexico:** Rosarito Beach Holiday 5K/10K & 1 Mi. Fun Run, 7:45 a.m./1 Mi., 8 a.m./5K, 8:10 a.m./10K. Finish

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

**Las Vegas, NV:** Rob's Predicted-Time Turkey Run, Distance TBA, Silver Bowl (Near Russell Rd. & Boulder Hwy.), 8 a.m. Thomas Hodges, P.O. Box 81045, Spring Valley, NV. 89180. (702) 252-7249.

**Catalina Island:** Catalina Island Triathlon, 1/2 Mi. Swim, 14 Mi. Bike, 4 Mi. Run, Time TBA. Info: (818) 331-0169.

**Julian:** Julian 10K Run & 2 Mi. Walk, Julian High School, 8 a.m. Julian 10K, P.O. Box 2288, Julian 92036. Kathy Loper (619) 298-7400.

**San Diego:** Sharp Stork 5K, near Sharp Hospital, 8 a.m. Info: Kathy Loper (619) 298-7400.

## November 8 (Sunday):

**San Francisco:** Project Projimo 5K, Golden Gate Park (JFK Dr. & 10th Ave.), 9 a.m. Project Projimo 5K, 153 Lunado Way, San Francisco 94127. (415) 469-9265.

**Stanford:** Stanford Homecoming 5K/10K, Roble Gym (Panama St., Stanford Univ.), 9 a.m. The Final Result, 460 Wisnom, San Mateo 94401. (800) 491-8988.

**San Francisco:** DSE Golden Gate Bridge Vista Run, 5.04 Mi., Legion of Honor (34th Ave. & Clement), 9:30 a.m. Info: (415) 978-0837.

**Alameda:** Race for the Future. (5K Run, ??K Bike, 5K Run) South Shore Center. 8 a.m. Paul Santilena, 1546 Park St., Alameda 94501 (510) 521-6460.

**La Honda:** The Pescadero Half Marathon & 5 Mi., Pescadero Creek County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Sunnyvale:** Dash for Diabetes 8K Run & 2 Mi. Walk, Sunnyvale Medical Clinic (Old San Francisco Rd. & Sunnyvale Rd.), 9 a.m. Race Director, 596 Carroll St., Sunnyvale 94086. (408) 287-3785.

**Fresno:** The Fox Trot, Fresno's Half Marathon, Woodward Park (Riverview Shelter), 8 a.m. Fresno Joggers, Box 17097, Fresno 93744. Walt Brown (209) 439-8093.

**Marina del Rey:** The Marina Breakers Run, 5K & 10K, Fiji Way & Admiralty, 8 a.m. W2 Promotions, 1501 Glenavon Ave., Venice 90291. (213) 828-4123.

**Tustin:** The 5K Dinosaur Dash & 2K Brontosaurus, Tustin Market Place, Time TBA. Info: (714) 544-7723 or 661-6062.

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

**Newport Beach:** Run for Cover 5K/10K Run/Walk. Kid's 1K. 10K-7:30 a.m. 5K-8:30 a.m. Kids 1K-9:30 a.m. Fashion Island. Home Aid (714) 542-1912 or Kathy Kinane (619) 630-4980.

**Long Beach:** Texaco Long Beach Shoreline Half Marathon, Time TBA. 4 Seasons Race Series, c/o Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804. (310) 494-2664.

**Riverside:** Mission Inn Run, 5K & 10K, Raincross Square, 7:30 a.m./5K, 8 a.m./10K. Race Central, P.O. Box 828, Rialto 92377. Mission Inn Foundation (714) 781-8241.

## November 14 (Saturday):

**Los Altos:** Stevens Creek 12K & 5.5 Mi., Stevens Creek County Park, 9 a.m. Sky High, P.O. Box 20963, El Sborante 94803. (510) 841-1190.

**Novato:** Hamilton Holiday Fun Run, 5K & 10K, Hamilton Skateboard Ramp, Time TBA. Barbara Bazett, 203 El Bonito, Novato 94949. (415) 883-5962.

**El Dorado Hills:** Pilgrim's Progress 10K Run/ 5K Walk & Kid's Run. 1021 Harvard Way. 9 a.m./kids, 9:30 a.m. El Dorado Hills Chamber of Commerce, 3864 Park Dr., El Dorado Hills 95762 (916) 933-1335.

**Santa Rosa:** Call of the Wild Marathon, Half Marathon & 10K, Annadel State Park, 9 a.m.

# SCHEDULE

Enviro Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

**Fresno:** Robinson River Run, 2 Mi. & Kids 1K (8 a.m.) & 10K (8:30 a.m.) San Joaquin River Parkway and Conservation Trust, 6061 N. Fresno, Suite 100, Fresno 93710 (209) 432-2682.

**Bakersfield:** Feline Fun Run 8K, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Ridgecrest:** OTHTC Half Marathon, Location & Time TBA. Info: (619) 375-7894.

**So. El Monte:** Legg Lake Avocado Run, 0.8 Mi., 5K, 5.4 Mi., 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Zuma:** The Dolphin Run. Sheri Perry (310) 457-5610.

**San Pedro:** Cabrillo Beach Classic. Pt. Fermin Park. Rick Massa (805) 522-6466.

**San Diego:** Mission Bay 25K & TAC National Masters Championships. Fiesta Island, 7:30 a.m. Info: Joni Shirley (619) 292-6132.

**Las Vegas, NV:** Full Moon Duathlon, Adults: 2 Mi. Run, 12 Mi. Bike, 2 Mi. Run, Children: 1/2 Mi. Run, 3 Mi. Bike, 1/2 Mi. Run, Bridgeport Village Shopping Ctr. (Desert Shores), 2620 Regatta, 8 a.m. Health in Motion, 3135 Industrial Rd., Suite 207, Las Vegas, NV. 89109. Ilene Girardi (702) 792-4202.

## November 15 (Sunday):

**San Francisco:** DSE Polo Field 5K & 10K, Golden Gate Park (Polo Fields), 9 a.m./Kids' Run, 9:30 a.m. Info:L (415) 978-0837.

**San Francisco:** The Women's Way 5K, Golden Gate Park (Conservatory), 9 a.m. Options for Women Over 40, 3543 - 18th St., #6, San Francisco 94110. (415) 431-6944.

**Rocklin:** Hammerhead 50 Mile/50K. 15 miles east of Sacramento. Sierra College X-C course. 3 mile loop repeated 16 times. Delmar Fralick, 1730 Santa Clara Dr. #3, Roseville 95661 (916) 783-4558 work / (916) 773-2791 home.

**Woodside:** BAOC Orienteering Meet, Huddart Park, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Rod Hudson (415) 872-1858.

**Clarksburg:** Foundation Charity Challenge, 30K, 5K & 1 Mi., Delta High School, 10 a.m. PATAC 30K Championships, P.O. Box 20, Clarksburg 95612. Skip (916) 775-1318. Ron (916) 678-5005.

**Ojai:** Ojai Bike Trail 10K, Foster Park. 8 a.m. Inside Track, 1410 E. Main St., Ventura 93001 (805) 643-1104.

**Newport Beach:** Newport Beach Back Bay 5K & 10K. Newport Dunes. YMCA (714) 642-9990.

**Vandenberg, AFB:** Operation Kids' Christmas 5K Fun Run, Minuteman Beach, 8:30 a.m. Info: Russ Blaine (805) 734-1242 or Tom Peppard (805) 734-1586.

**So. El Monte:** San Gabriel River Blue River Run, 1 Mi., 5K & 10K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660., (213) 949-0394.

**San Diego:** San Diego Harbor Run/Walk, 2 Mi. & 10K, behind S.D. Convention Center, 7:30 a.m. Info: Tina Romine (619) 448-3700.

**Bakersfield:** Feline Fun Runs, Distance, Location & Time TBA. Info: (805) 327-4706.

**Aptos:** Mike & Joe's Excellent Duathlon, 2 Mi. Run, 15 Mi. Bike, 2 Mi. Run, Bradley Elementary School, 7:50 a.m. Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

## November 21 (Saturday):

**So. San Francisco:** Thanksgiving Fun Run, 4.3 Mi., Orange Park (Orange Ave. & Tennis Dr.), 9 a.m. So. San Francisco Recreation Dept., 33 Arroyo Dr., S.S.F. 94080. (415) 877-8560.

**Bakersfield:** Bakersfield T.C. 20K, bottom of Pistol Range Hill, Time TBA. Info: Eric (805) 835-9106.

**Lompoc:** LVDC Turkey Trot 10K and Hen 5K, 8:30 a.m./5K, 9:15 a.m. LVDC, P.O. Box 694, Lompoc 93438. John Perkins (805) 733-4308.

**Davis:** Turkey Trot, 5K & 10K, Civic Center Field, Time TBA. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

**Pismo Beach:** Stride With the Tide. 5K & 10K. 12 p.m. Pismo Beach Pier. City of Pismo Beach Recreation Div., PO Box 3, Pismo Beach 93448 (805) 773-4658.

**Playa del Rey:** JET to JETTY 5K/10K Runs, Dockweiler Beach, 8 a.m. Airport Marina Counseling Service, Attn: Gary Murphy, 6228 W. Manchester Ave., Westchester 90045. (310) 670-1410.

## Jack's Athletic Supply

Imprinted Sportswear Specialists  
Since 1977

Call or write for quotes on:

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

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

Free race equipment rentals with shirt purchases.

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



# SCHEDULE

## LIQUID BULLET®

**The Runner's Defense - safer and more effective than any other chemical defense!**

**SAFE**-Liquid Bullet disables assailants or hostile animals from a distance of 20 feet! **EFFECTIVE**-Stops assailants instantly...up to 80 times more effective than Mace. **HUMANE**-effects of this non-toxic formula dissipate within 30 minutes. No long term effects have ever been reported. **PROVEN**-in long term use by law enforcement agencies and the US military.

**20Z.** Liquid Bullet with heavy-duty holster and quick-mount strap for instant attachment to bicycle frame, belt, or wrist, free lifetime refills \$34.95. **½ OZ** Liquid Bullet with leather holster and key chain, free lifetime refills, \$19.95. (Add \$3 shipping and handling.)

**CALL NOW..... 1-800-768-0012**

**SPECIAL LIMITED TIME OFFER....**

**BUY THREE,  
GET ONE FREE!**

Buy three Liquid Bullets of the same size and we'll send you a fourth one absolutely **FREE**, plus.....**FREE** lifetime refills.....and **FREE** shipping. **THIS OFFER IS WORTH MORE THAN 25% OFF REGULAR MAIL ORDER PRICES. CALL NOW!**

Major credit cards, check, MO

**DEALER INQUIRIES INVITED**

MAIL ORDERS: LIQUID BULLET  
PO BOX 4444 / EATON NH 03832

Liquid Bullet is a registered trademark of Liquid Bullet, Inc.  
Mace is a registered trademark of DEF-TEC Corp



**Lake Poway:** Lake Poway Turkey Trot, Distance TBA, 8 a.m. Info: Kelly Clark (619) 679-4339.

**Marin County:** Miwoks 50K, 50 Mile & 25K, (Five Brooks - 50K & 50 Mi.; Mt. Tam Pantoll Ranger Station-25K), 6:30 a.m./50K & 50 Mi., 9 a.m./25K. Enviro Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

**Cypress:** Cypress Run for Cover in Cypress Elementary, 5K, 10K & 1 mile. 8 a.m. Info: John Anderson (805) 498-9559.

**La Mesa:** La Mesa Turkey Trot, 3K & 10K, Lake Murray, 7 a.m. Info: NDRR (619) 469-4128.

**Cupertino:** South Bay Biathlon, 5 Mi. Run, 15 Mi. Bike, Stevens Creek County Park, 8 a.m. J&A Productions, 2435 South Dr., Santa Clara 95051. (408) 244-8856.

### November 22 (Sunday):

**San Francisco:** DSE North Embarcadero Run, 6.25 Mi., Embarcadero & Berry St., 9:30 a.m. Info: (415) 978-0837.

**Woodside:** Grabtown Gulch Half Marathon & 10K, Purisima Creek Open Space Preserve, (off Hiway 35), trail races, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Napa:** Exertec Fitness Center Turkey Trot 8K. 920 Yount St. 9 a.m. Doug Dierlam, Exertec Fitness Center, 920-A Yount St., Napa 94559 (707) 226-1842.

**Fremont:** BAOC Orienteering Meet, Sunol, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Dan Clark (408) 729-1960.

**Pleasant Hill:** Pleasant Hill Turkey Trot, 8.1 Mi., Briones Regional Park (Bear Creek entrance), cross-country run, 9 a.m. Pleasant Hill Rec. & Park District, 147 Gregory Ln., Pleasant Hill 94523. (510) 827-2255.

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Run, 5K, 10K & 15K, Old Boat-house (1520 Lakeside Dr.), 9 a.m. Info: (510) 601-7887.

**Oakland:** IOTA Turkey Run/Walk, 5K, Lake Merritt (Boathouse, 568 Bellevue Ave.), 9 a.m. IEFBA, Inc., P.O. Box 30243, Oakland 94604. (800) 559-4403.

**Santa Cruz:** Santa Cruz Turkey Trot, 5K/10K and 1K Kids' Run, Natural Bridges Park (Swanton & West Cliff Dr.), 8 a.m./1K, 8:30 a.m. Santa Cruz Westside Health Center. (408) 425-5028.

**So. El Monte:** San Gabriel River Turkey Trot Run, 1 Mi., 5K & 10K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Moorpark:** The Purina Hi Pro Fun Run, 2 Mi. (must have dog on leash leading you through the course), Moorpark College, Time TBA. W2 Promotions, 1501 Glenavon Ave., Venice 90291. (805) 378-1441 or (310) 828-4123.

**Las Vegas, NV:** Turkey Trot Distance, Place & Time TBA. Info: Opportunity Village (702) 384-8170.

**San Pedro:** Conquer the Bridge & Rebuild L.A., 8K, Harbor Blvd. & Fifth St., 8 a.m. JACL Bridge Run, P.O. Box 2361, Gardena 90247. (310) 679-5133.

**Ventura:** Double Tree Turkey Trot 10K & One Mile. 2055 E. Harbor Blvd. Ventura. Inside Track (805) 643-1104.

**City of Industry:** YMCA Turkey Trot. 5K & 10K. 7:45 a.m. Puente Hills Mall. YMCA (818) 961-3480.

**Ontario:** Friends of Ontario Runway 5/10K, south side of Ontario Airport, 7:45 a.m. Runway 5/10K, P.O. Box 80008, Ontario 91758. Dennis Watson (714) 988-2723.

**Loma Linda:** Loma Linda 15K and 5K Fun Run, Gentry Gym, 7:30 a.m./5K, 8:15 a.m./15K. Loma Linda Lopers, P.O. Box 495, Loma Linda 92354. (714) 796-5440.

### November 26 (Thursday):

**Dana Point:** Dana Point Chamber of Commerce Turkey Trot, 2K & 10K, Dana Point Harbor, Time TBA. Info: (714) 661-6062.

**Torrance:** Harry Sutter Memorial Thanksgiving Day Turkey Trot Fun Run. 3 miles. Madison St. and Skypark Drive. Torrance Parks & Rec. Dept., 3031 Torrance Blvd., Torrance (310) 618-2930.

**Adelanto:** Adelanto Turkey Trot, 5/10K and Kids' Run, Maverick Stadium, Time TBA. Turkey Trot, P.O. Box 10, Adelanto 92301. (619) 246-8606.

**San Luis Obispo:** Run to End World Hunger. 7:30 a.m. Walk. 8 a.m. Run. 4 or 10 Miles. The Graduate Restaurant on Industrial Way.

**San Francisco:** Thanksgiving Turkey Trot 5K, Golden Gate Park (Polo Fields), 9 a.m. South Park Race Productions, Jake La Sala, P.O. Box 77681, San Francisco 94107. (415) 665-3397.

**Pinole:** Turkey Trot, 5K & 5 Mi., Pinole Valley H.S., 9 a.m./5K, 9:30 a.m./5 Mi. Debbie, Sky High, P.O. Box 20963, El Sobrante 94803. (510) 724-9526.

### November 27 (Friday):

**Walnut Creek:** The Ginder Grinder, 5K & 10K, Borges Ranch Ranger Station, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Sacramento:** After Turkey Trot, 5 & 10K, Promenade Shopping Center, 9 a.m. Race Ready Management, 813 Harbor Blvd., #228, West Sacramento 95691. (916) 372-7367.

### November 28 (Saturday):

**Kenosha, WI:** TAC Junior and Senior Women & Men's National Cross Country

# SCHEDULE

Meet. UW-Parkside. Dr. Wayne E. Dannehl, US-Parkside Athletics, Box 2000, 900 Wood Rd., Kenosha, WI 53141-2000. (414) 595-2245.

**So. El Monte:** San Gabriel River U.S.A. Run, 1 Mi., 5K & 10K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Mill Valley:** Quadruple Dipsea, 28.4 Mi. (trails), Old Mill Park, 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 95611. (415) 894-1336, days.

**Cathedral City:** Desert Princess Duathlon Series (Tri-Fed National Championships), 10K Run, 62K Bike, 10K Run, Doubletree Hotel, Time TBA. Klein & Clark Sports Productions, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

**La Jolla:** Hard Rock 5K, 7:30 a.m. Info: Kathy Loper (619) 298-7400.

## November 29 (Sunday):

**San Francisco:** DSE Single Lake Merced Run, 4.6 Mi., Sunset Blvd. Parking Lot, 9 a.m./Kids' Run, 9:30 a.m. Info: (415) 978-0837.

**San Francisco:** Run to the Far Side, 5K & 10K, Golden Gate Park, 8:30 a.m. RbodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

**San Ramon:** Reindeer Run, 8K & Kids' 1.5K (12 & Under), San Ramon Marriott, 9 a.m./1.5K, 9:30 a.m. Tracy Leonard, 2600 Bishop Dr., San Ramon 94583. (510) 828-8840.

**So. El Monte:** Legg Lake Blue Bill Run, 0.8 Mi., 5K, 5.4 Mi., & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Cathedral City:** Desert Princess Duathlon Series, Fun 'n Sprint Course (3K Run, 15K Bike, 3K Run), Superkids Champs (1 Mi. Run, 5 Mi. Bike, 1 Mi. Run), Doubletree Hotel, Time TBA. Klein & Clark Sports Productions, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

**Ventura:** Red Cross 10K plus a mile. Surfer's Point Ventura. Inside Track (805) 643-1104.

## December 5 (Saturday):

**Antioch:** The Holiday Run, 10K, 3 Mi., 1.4 Mi., Raley's Shopping Center (One Tree

Way), 9 a.m. Rita Thatddeck, 3420 Tabora Dr., Antioch 94509. (415) 757-2379.

**Sacramento:** Jingle Bell Run for Arthritis 10K (& 5K Walk), 9 a.m. Arthritis Fndn., 2424 Arden Way, Suite 450, Sacramento 95825. (916) 921-5533.

**Redwood City:** BAOE Emerald Hills Orienteering Meet, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Ron HUDSON (415) 872-1858.

**Fresno:** Producer's Dairy Bowl Run. 10K (8:30 a.m.) or 2 Mile (8:00 a.m.) Ratcliffe Stadium. Producer's Dairy Bowl Run, 1525 E. Weldon, Fresno 93704 (209) 244-5991.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Bakersfield:** Chill Chaser, Distance, Location & Time TBA. Info: (805) 833-6268.

**So. El Monte:** Legg Lake Sunset Stream Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 3 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Downey:** Race for Life. 5K Run or Walk. Rancho Los Amigos Medical Center. Jennifer Aolt (310) 439-6296.

**Las Vegas, NV:** March of Dimes Memorial Run, Distance, Location and Time TBA. Info: (702) 459-3220.

**Pt. Reyes:** Inverness Ridge 25K, Bear Valley Pt. Reyes Seashore HQ, 10 a.m. Enviro Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

**Newport Beach:** Jingle Bell Run, Distance TBA, Back Bay, Time TBA. Info: Race Promotions (714) 661-6062.

**San Diego:** Balboa Boogie 5K, 6th & Laurel, 7:30 a.m. Info: Nicki Hobson (619) 598-8289.

## December 6 (Sun.):

**San Francisco:** DSE Twin Peaks Loop Run, 3.63 Mi., Portola Dr. & Twin Peaks Blvd., 9:30 a.m. Info: (415) 978-0837.

**Folsom:** California International Marathon, Folsom Dam to Capitol Bldg., 7 a.m. CIM/TAC, P.O. Box 161149, Sacramento 95816. (916) 983-4622.

**Novato:** Jingle Bell Run for Arthritis 5K. IVC of College of Marin. 9 a.m. Arthritis Foundation, 203 Willow St., #201, San Francisco 94109 (415) 673-6882.

**Emeryville:** Emeryville Double Bay Run, 5 Mi., Holiday Inn (Powell St. Exit), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**San Mateo:** Jingle Bell Run for Arthritis, 5K, Coyote Point Park, 9:30 a.m. Arthritis Fndn., 203 Willow St., #201, San Francisco 94109. (415) 673-6882.

**San Lorenzo:** Sleigh Bells Dash. 5K (& "Sugar Plum Prance" for 2-10 year olds) Life Chiropractic College West. 9 a.m. Jim Scott, c/o Life Chiropractic College West, 2005 Via Barrett, San Lorenzo 94580 (510) 276-1436.

**Culver City:** Western Hemisphere Marathon & 5K. 8 a.m. Culver City Veteran's Memorial Auditorium, Overland Ave at Culver Blvd. Culver City Recreation Dept., 4117 Overland Ave., Culver City 90230. Info: (310) 202-5689.

**Anaheim:** Anaheim Memorial Hospital Int'l. Marathon Relay, Anaheim Stadium, Time TBA. Info: Elite Racing (714) 548-4887.

**Northridge:** The Roy Campanella Run, 5K & 10K, Cal-State Northridge campus, 9 a.m. W2 Promotions, 1501 Glenavon Ave., Venice 90291. (818) 885-5341.

**So. El Monte:** Legg Lake Rainbow Trout Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Dana Point:** Rudolf Runoff & Egg Nog Jog, 5K, Dana Point Harbor, Time TBA. Info: (714) 661-6062.

**San Diego:** Deck the Malls 10K, Friars Rd., 7:30 a.m. Info: Kathy Loper (619) 298-7400.

## December 12 (Saturday):

**Alameda:** Harbor Bay Biathlon, 2.5 Mi. Run, 11 Mi. Bike, 2.5 Mi. Run, Harbor Bay Parkway, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803

**Folsom:** Christmas Wish Run, 5K/10K, 9 a.m. Christmas Wish Run, c/o 11114 Overrun River Ct., Rancho Cordova 95670. (916) 635-7948.

**Stinson Beach:** Stinson Beach Marathon, Half Marathon & 7 Mi., Parkside Cafe, 9 a.m. Enviro Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

**Bakersfield:** Mt. Toad's Wild Run 20K, Location TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

# SCHEDULE

**Lancaster:** Rudolph's Run. 3K/5K/10K. 9 a.m. Lancaster City Park. Info: (805) 723-6071.

**Thousand Oaks:** Los Robles Trail Marathon & Half Marathon. Contact Ingrid Shattuck (805) 495-2248.

**So. El Monte:** Legg Lake George Guerrero Run, 660 Yd., 2.3 Mi. & 8K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Santa Monica:** Christmas Run. 5K/8 a.m. and 10K/9 a.m. Through Venice and Marina del Rey. (213) LUV2RUN. Christmas Run, Box 828, Rialto 92377.

**Las Vegas, NV:** LVTC Santa Claus 2 Mi. & 5 Mi., Silver Bowl (near Russell Rd. & Boulder Hwy.), 9 a.m. Thomas Hodges, P.O. Box 81045, Spring Valley, NV 89180. (702) 252-7249.

## December 13 (Sunday):

**Honolulu, HI:** Honolulu Marathon, 5:30 a.m. Honolulu Marathon Assoc., 3435 Waialae Ave., Rm. 208, Honolulu, HI 96816. (808) 734-7200.

**San Francisco:** DSE U.S.S.S.F. Monument to Baker Beach Run, 6.5 Mi., parking lot above Clement & El Camino Del Mar (48th Ave.), 9:30 a.m. Info: (415) 978-0837.

**San Francisco:** Christmas Classic 5K & Miracle Mile, Golden Gate Park (Mile at Rainbow Falls on JFK Dr.; 5K at JFK Dr. & Polo Fields), 9 a.m./1 Mi., 9:30 a.m./5K. Christmas Classic, 153 Lunado Way, San Francisco 94127. (415) 469-9265.

**Modesto:** Al Stoll Christmas Tree Run. 5K (8 a.m.) & 1 mile (8:45 a.m.) McHenry & Floyd Avenues. YMCA/Al Stoll Christmas Tree Run, 2700 McHenry Ave., Modesto 95350.

**Pt. Mugu State Park:** Lasse Viren Finnish Invitational 20K Race. 9 a.m. Finnish Invitational, c/o Steve Blum, 505 Briarwood, Ventura 93003 (805) 652-1744.

**Long Beach:** CSULB 16.2 Mi. Marathon Prep Run & 4.1 Mile Fun Run, Cal-State Univ., Time TBA. 4 Seasons Race Series, c/o Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804. (310) 494-2664.

**So. El Monte:** Legg Lake Missile Tow Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Pasadena:** Run for the Roses 5K & 10K, Rose Bowl, 8 a.m./5K, 8:30 a.m. Boys & Girls

Clubs of Pasadena, 3230 E. Del Mar Blvd., Pasadena 91107. (818) 577-5817.

**Dana Point:** Rudolf Runoff 5K, Dana Point Harbor, 8:30 a.m. Info: Race Pace Promotions (714) 661-6062.

**Cathedral City:** Desert Cities Marathon. Contact Stephanie (619) 328-0321.

## December 19 (Saturday):

**Las Vegas, NV:** Las Vegas "Mini" Marathon & Relay, Half Marathon (4-person teams on relay), 7:30 a.m. Tri-A-Run, Inc., 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269.

**McFarland:** McFarland Christmas Runs, 2 & 4 Mi., Location & Time TBA. McFarland Recreation & Park District, P.O. Box 337, McFarland 93250. (805) 792-3187.

**So. El Monte:** Legg Lake Feliz Navidad Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Angel Island:** Hark the Herald Angels Run, 12.5K & 25K, 10:30 a.m. (10 a.m. ferry from Tiburon). Enviro Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

**Bakersfield:** CSUB Scholarship 10K, Location TBA, 9 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## December 20 (Sunday):

**San Francisco:** Christmas Relays, 4x4.464 Mi., Lake Merced (Sunset Blvd. Parking Lot), 9 a.m. Marc Lund, 1433 Norman Dr., Sunnyvale 94087. Searcy Barnett (510) 635-9508, eves.

**San Diego:** Festival of Lights 10K & 2 Mi., Balboa Park, 7:30 a.m. Info: Nancy Spritz (619) 583-3300.

**San Francisco:** DSE Diamond Heights Run, 2.99 Mi., McAteer High School (Portola & O'Shaughnessy), 9 a.m./Kids' Run, 9:30 a.m. Info: (415) 978-0837.

**Ventura:** Team Inside Track European-style Cross Country. 2 Mile & 6 Mile. Olivas Park Adobe. Inside Track, 1410 E. Main St., Ventura 93001 (805) 643-1104.

**So. El Monte:** Legg Lake Santa Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Encino:** L.A. Chanukah Run, 5K/10K and 1K Family Fun Run/Walk, Woodley Park (Sepulveda Dam Basin), 1 p.m./5K, 3 p.m./10K & 1K. Info: Sterling Tallman (818) 784-1958.

## December 24 (Thursday):

**So. El Monte:** Legg Lake Christmas Eve Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## December 25 (Friday):

**San Francisco:** DSE Christmas Blind Date Relays, 2 x 2 Mi. (Male/Female), Golden Gate Park (Stow Lake at Boathouse), 9:30 a.m. Info: (415) 978-0837.

**So. El Monte:** Legg Lake Red Nose Reindeer Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## December 26 (Saturday):

**So. El Monte:** Legg Lake Sunset Fin de Ano Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 3 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Las Vegas, NV:** LVTC 5 Mi. & No-Host Breakfast, Silver Bowl (near Russell Rd. & Boulder Hwy), 9 a.m. Thomas Hodges, P.O. Box 81045, Spring Valley 89180. (702) 252-7249.

**Marin County:** Golden Christmas Trail Marathon, Half Marathon & 7 Mi., East Ft. Baker (Marathon & Half-Marathon), Rodeo Beach (7 Mile), 8 a.m./Mara. & H-M, 9 a.m./7 Mi. Enviro Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

## December 27 (Sunday):

**Fairfax:** BAOC Orienteering Meet, Bon Tempe, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Gary Kraght (415) 383-4429.

**So. El Monte:** Legg Lake Resolution Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Diego:** Mainly Masters/Open 10K, Fiesta Island, 7:30 a.m. Info: Peter Stern (619) 272-5380.



# CALIFORNIA

## Running News

*California's  
Statewide  
Road Racing  
Magazine*



Now in its nineteenth year, **California Running News** is devoted exclusively to California long distance running coverage. **California Running News** is a vital and important source of information.

- RESULTS
- SCHEDULE
- FEATURE ARTICLES
- PHOTOS
- PROFILES

**SUBSCRIBE  
TODAY!**

**YES!**

Send me 11 issues (one year) of  
**California Running News**  
for  
**\$20.00**

2 years/22 issues: \$35.00  
3 years/33 issues: \$46.00

My check/money order is enclosed.

Name \_\_\_\_\_

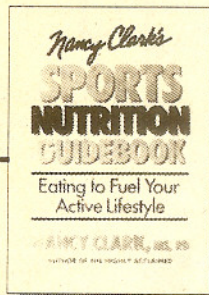
Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Send to:

CRN  
4957 E. Heaton Ave.  
Fresno, CA 93727  
FAX (209) 255-4904

# Want Winning Nutrition Advice?



THIS BEST SELLING GUIDEBOOK IS FILLED WITH TIPS ON HOW TO:

- have more strength and stamina
- prevent energy lags
- eat a convenient sports diet
- lose weight while maintaining energy to train
- gain freedom from food obsessions



**Nancy Clark, RD,  
Sports Nutritionist  
SportsMedicine  
Boston, MA**

*"For top performances and eating pleasure, I recommend you use Nancy Clark's Sports Nutrition Guidebook."*

*Nancy Clark's Sports Nutrition Guidebook.*

**BILL RODGERS,  
MARATHONER**

*"Filled with a wealth of practical advice, this is an outstanding book by America's premier sports nutritionist."*

**MARY ABBOTT HESS, RD,  
PAST PRESIDENT, AMER. DIET. ASSOC.**

**ALSO AVAILABLE:** Teaching materials for coaches and health professionals.

- Sports Nutrition Slide Show: 75 slides with script
- Sports Nutrition Handouts: 16 ready-to-duplicate master copies

## ORDER FORM

Enclosed is \$ \_\_\_\_\_ for sending me:

\_\_\_\_\_ copies Nancy Clark's Sports Nutrition Guidebook @16.50 per book.

\_\_\_\_\_ Sports Nutrition Slide Show @ \$129

\_\_\_\_\_ Sports Nutrition Handouts @ \$149

\_\_\_\_\_ More information about slides and handouts

Mass. Residents add 5% sales tax.  
Price includes postage and handling.

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Make check payable to  
New England Sports Publications  
and mail to PO Box 252, Boston, MA 02113.

# SCHEDULE

## December 31 (Thursday):

**San Francisco:** First Run, 2 Mi., midnight. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

**Fresno:** Midnight Fun Run Into 93. 12 midnight. Woodward Park. 10K & 2 Mile Walk/Run. Midnight Run, PO Box 27751, Fresno 93729 (209) 487-5221.

**So. El Monte:** San Gabriel River New Year's Even Run, 1 Mi., 5K & 10K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**So. El Monte:** Legg Lake 2.3 Mi. New Year Midnight Run, midnight. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Los Altos Hills:** Foothill College Midnight Run, 5K, El Monte & I-280, midnight. Joe Mangan, Foothill College Track, 12345 El Monte Rd., Los Altos Hills 94022. (415) 949-7358.

1993

## January 1 (Friday):

**San Francisco:** DSE 1993 Hangover Run, 3.53 Mi., Golden Gate Bridge (lower parking lot), 9:30 a.m. Info: (415) 978-0837.

**Sacramento:** Resolution Run, 5K/10K, Promenade Shopping Center, 10 a.m. Race Ready Management, 813 Harbor Blvd., #228, West Sacramento 95691. (916) 372-7367.

**So. El Monte:** San Gabriel River New Year Run, 1 Mi., 5K & 10K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Carmel:** Rio Resolution Run. 6.8 mile. 9 a.m. (1000 Limit) Rio Resolution Run, c/o The Treadmill, 149 Crossroads Blvd., Carmel 93923 (408) 624-4112.

## January 2 (Saturday):

**So. El Monte:** San Gabriel River Cougar Run, 1 Mi., 5K & 10K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Las Vegas, NV:** LVTC 25K, 5 Mi. & 2 Mi., Tule Springs (Floyd R. Lamb State Park), 8 a.m. Thomas Hodges, P.O. Box 81045, Spring Valley, NV. 89180. (702) 252-7249.

**Muir Beach:** New Year's Resolution Marathon, 12K & 31K, (12K at Mtn. Home Inn on Panoramic Hwy. on Mt. Tamalpais), 9 a.m./Mara. & 31K, 10 a.m./12K. Enviro Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Richmond:** The Great Escape, 2 & 5 Mi., Pt. Pinole Regional Shoreline, 10 a.m. Sky High, P. O. Box 20963, El Sobrante 94803. (510) 841-1190.

## January 3 (Sunday):

**So. El Monte:** Legg Lake Sunset Bass Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## January 9 (Saturday):

**Redding:** Record Searchlight Half Marathon, 10K & 2 Mi., Caldwell Park, 10 a.m. Randy Jensen, P.O. Box 994206, Redding 96099. (916) 241-3215.

**Bakersfield:** Doin' '93 in the Fog, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Cathedral City:** Desert Princess Duathlon Series, 5K Run, 30K Bike, 5K Run, Doubletree Hotel, Time TBA. Klein & Clark Sports Production, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

**So. El Monte:** San Gabriel River Sunset Fox Run, 1 Mi. 5K & 10K, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Ventura:** Buena 4 & 1 Mile Runs, San Buenaventura State Beach, 8:30 a.m./1 Mi., 9 a.m./4 Mi. Steve Blu, 505 Briarwood Terr., Ventura 93001. \*805) 652-1744.

**Irvine:** Orange County Half Marathon & 5K. 8 a.m. Woodbridge High School. Info: Win-slow Promotions (714) 841-5883. OCHM, Box 1984, Costa Mesa 92628.

**San Diego:** Fiesta Five Miler, South of Hilton Hotel, 7:30 a.m. Info: Chuck Pennell (619) 460-3110.

**Las Vegas, NV:** LVTC 5K, Silver Bowl (near Russell Rd. & Boulder Hwy.), 9 a.m. Thomas Hodges, P.O. Box 81045, Spring Valley, NV. 89180. (702) 252-7249.

# SCHEDULE

## January 10 (Sunday):

**Stockton:** California 10, 10 Mi., San Joaquin General Hospital (I-5 & Mathews), 9 a.m. Larry Frank, 3627 Fourteen Mile Dr., Stockton 95219 (209) 478-2802.

**So. El Monte:** San Gabriel River Los Angeles County Sunset Run, 1 Mi. 5K & 10K, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## January 16 (Saturday):

**Los Altos:** Willy's Road Race, 1 Mi. & 5 Mi., St. William Hall (401 Rosita Ave.), 9:10 a.m./Unseeded Mile, 9:30 a.m./Seeded Mile, 10 a.m./5 Mi. Ellen Clark, 156 Marvin, Los Altos 94022. (415) 948-8029.

**Sacramento:** Eagle Mountain Snowshoe 10K Series, Eagle Mtn. Ski Resort (Hwy. 80, 45 Min. east of Sacto), Time TBA. Delmar Fralick, 1730 Santa Clara Dr., #3, Roseville 95661 (916) 783-4558.

**Marin County:** Point Reyes Trail Marathon, 25K & 7 Mi., Five Brooks trailhead (Hwy. 1 between Olema & Stinson Beach), 9 a.m. Enviro Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

**Paramount:** Paramount 10K (including World Masters Division), Progress Park, 8 a.m. (Qualifying Standards for World Masters Div.). The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

**So. El Monte:** San Gabriel River Sunset Run, 1 Mi., 5K & 10K, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Las Vegas, NV:** Martin Luther King, Jr. Memorial Run, Distance, Location & Time TBA. Info: Doug Gamer (702) 452-8729.

**Emeryville:** Emeryville Market Run, 5 Mi., Day's Inn (Powell St. exit off I-80), 10 a.m.

Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

## January 17 (Sunday):

**Oakland:** Dr. Martin Luther King, Jr. Birthday Run, 5K/10K, Lake Merritt (Sailboat House-568 Bellevue), 9 a.m. Anthony Charles, 2401 - 67th Ave., Oakland 94605. (510) 632-1537, 636-1664.

**La Selva Beach:** Bayview Cross Country 10K, Monterey Bay Academy, 9:30 a.m. Gary Eggers, 783 San Andreas Rd., La Selva Beach 95076. (408) 728-5709.

**So. El Monte:** San Gabriel River Sunset Creek Run, 1 Mi., 5K & 10K, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Santa Clarita:** Spunky Canyon 40.5 Mile Ultra Marathon. 6 a.m. Santa Clarita Park. Scott Butler (805) 265-0555.

**LaCanada/Flintridge:** Half-A-Ken and Barkley Co. Half Marathon & 5K Run. 7:30 a.m. Oak Grove Park. Contact: (818) 790-4353.

## January 23 (Saturday):

**So. El Monte:** Legg Lake Sunset Loop Run, 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Las Vegas, NV:** LVTC 2 & 5 Mile Runs, Silver Bowl (near Russell Rd. & Boulder Hwy.), 9 a.m. Thomas Hodges, P.O. Box 81045, Spring Valley, NV. 89180. (702) 252-7249.

**Palo Alto:** East West Shrine 5K/10K & 5K Walk, Stanford Stadium, 9 a.m. Info: 800/491-8988 or (415) 661-4000.

## January 24 (Sunday):

**Carlsbad:** San Diego Marathon & Half Mara-

thon (& Corporate Relay), Plaza Camino Real. Marathon/7:30 a.m. Half/7:00 a.m. In Motion, Inc., 7847 Convoy Ct., Suite 105, San Diego 92111. (619) 268-5882.

**Oakland:** American Heart Association Valentine Day Run/Walk, 5K/10K, Lakeside Park (Boathouse on Bellevue Ave.), 10 a.m. American Heart Assoc., 11200 Golf Links Rd., Oakland 94605. (510) 632-9606.

**Pacific Grove:** Together with Love Run, 10K, Lover's Point, 9 a.m. Monterey Rape Crisis Center, P.O. Box 2630, Monterey 93942. (408) 373-3389.

**San Francisco:** San Francisco Zoo Run, 3 & 7 Mi., Herbst Rd., 8 a.m./7 Mi., 9 a.m./3 Mi. Terri Quinn, S.F. Zoological Society, #1 Zoo Rd., San Francisco 94132. (415) 753-7171.

## January 30 (Saturday):

**Pt. Reyes:** Limantour Split 10 Mi. & Half-Split 6.2 Mi., Limantour Beach Parking Lot (Coastal Challenge Series), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Agoura:** The Great Race of Agoura. Agoura High School. 5K/7:30 a.m. & 10K/8:30 a.m. Contact Athlete Sport Center (818) 889-1664.

## January 31 (Sunday):

**Santa Ana:** Big Game Stampede. 5K Run. Crazy Horse Steak House in Santa Ana. Contact (714) 661-6062.

## February 6 (Saturday):

**Azusa:** McDonald's Cougar Classic. 10K, 5K, 2K. Azusa Pacific University. Contact Kevin Reid (818) 969-3434 ext. 3290.

**Las Vegas, NV:** Las Vegas International Marathon, Half Marathon & Relay (5- person teams), 7 a.m./H-M, 7:30 a.m./Mar. & Relay.

**CRN** THE RUNNING  
is a member of....  
*Network*™

# SCHEDULE

Las Vegas Marathon, Al Boka, P.O. Box 81262, Las Vegas, NV. 89180.

**Trinidad:** Trinidad-Clam Beach Run. 8.75 Miles. 2 p.m. 1/4 mile north of Larrupin Restaurant on Patrick's Pt. Drive. Trinidad Clam Beach Run, Box 389 Trinidad 95570. Carla Leger (707) 677-3448.

**Chinese Camp:** Orient Express 1 & 4 Mi., Chinese Camp School, 9 a.m./1 Mi., 10 a.m. Eddie Zoma R.C., Box 78, Sonora 95370. (209) 532-7974.

## February 7 (Sunday):

**Long Beach:** Long Beach Marathon. 7 a.m. Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804. (310) 494-2664.

## February 13 (Saturday):

**San Jose:** Valentine Fun Run, 10K Run/5K Walk, Pruneyard Shopping Center (west parking lot), 9 a.m. John Araujo or Annabell Holland, #1 W. Campbell Ave., #C-31, Campbell 95008. (408) 866-2105.

## February 14 (Sunday):

**Palm Springs:** Heart of Palm Springs. 5K/7:30 a.m. & 10K/8:15 a.m. 2 mile walk/8:30 a.m. Palm Springs High School. Contact Keenan Barber at Palm Springs High.

## February 20 (Saturday):

**San Juan Bautista:** Mission 10 Mile & 5K, Mission Plaza, 10 a.m./10K, 10:15 a.m./5K (400 limit). Bill Littany, Hollister Rotary, 550

Monterey, Suite D, Hollister 95023. (408) 637-0071.

**Sacramento:** Eagle Mountain Showshoe 10K Series, Eagle Mtn. Ski Resort (on Hwy 50, 45 Mi. east of Sacto), Time TBA. Delmar Fralick, 1730 Santa Clara Dr., #3, Roseville 95661 (916) 783-4558.

**Los Alamitos:** Los Alamitos 10K/5K run & 5K Health Walk. 5K/8 a.m. 10K/8:45 a.m. Contact Bill Calkins (310) 430-1073.

**Huntington Beach:** The Great American Adventure Run, 2.8 Mi. & 4.8 Mi., Central Park West, 8 a.m./2.8 Mi., 8:30 a.m./4.8 Mi. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

**Las Vegas, NV:** Full Moon Duathlon, Distance TBA, Desert Shores (US 95 & Smoke Ranch Rd.), 8 a.m. Info: Ilene Girardi (702) 792-4202.

## February 21 (Sunday):

**Santa Clara:** Run for Hope 5K/10K, James Lick Mansions, 8 a.m. Charmiel Teresi, 554 Mansion Park Dr., Santa Clara 95054. (408) 980-9801.

**Loma Linda:** Cancer Buster Run. 5K & 10K. Contact Dean Kinsey (714) 824-1807.

**Los Angeles:** Run Against Crime. 5K & 10K. 4700 Wilshire Blvd. Contact Sgt. Ron Batesole (213) 485-4020.

## February 27 (Saturday):

**Las Vegas, NV:** LVTC 2 Mi. & 5 Mi., Silver Bowl (near Russell Rd. & Boulder Hwy.), 8

a.m. Thomas Hodges, P.O. Box 81045, Spring Valley, NV. 89180. (702) 252-7249.

**Martinez:** Martinez to Port Costa Brickyard Run, 8.4 Mi., Municipal Park, 10 a.m. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (510) 685-5185.

## February 28 (Sunday):

**Santa Cruz:** Great Chowder Chase, 4.5 Mi., Beach & Third St., 8:45 a.m./Men, 9:30 a.m./Women. Lisa McGinnis, Recreation Dept., 307 Church St., Santa Cruz 95060. (408) 429-3477.

## Looking Ahead

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

**Mar. 7 (Sun): Los Angeles:** City of Los Angeles Marathon (also "Rogaine/LA 5K"), 9 a.m./Mara., 9:30 a.m./5K. Bill Burke, 11110 W. Ohio Ave., Suite 100, Los Angeles 90025. (310) 444-5544.

**Mar. 7 (Sun.): San Jose:** San Jose Mercury News 10K Run/5K Walk, Park Ave. & Almaden Blvd., 9:15 a.m. Susan Zellers, c/o Mercury News, 750 Rider Park Dr., San Jose 95190. (408) 920-5533.

**Mar. 14 (Sun.): Calistoga/Napa:** Sutter Home Napa Valley Marathon, Rosedal Ln. & Silverado Trail, 7 a.m. Napa Valley Marathon, 1325 Imola West, Napa 94559.

## Books For Runners ▼ THE CAVU COMPANY

"Books For Runners can find the book  
you are looking for!"  
Owen Anderson, PhD, Contributing Editor, *Runner's World*

▼ 250 titles for everyone from novice to advanced competitor



To receive your FREE CATALOG or more information, contact:  
BOOKS FOR RUNNERS / The Cavu Company  
60121 Sweetgrass Lane, Dept. CA  
Bend, OR 97702 (503) 382-0864

## IF YOU ARE MOVING...

...let us know as soon as possible. CRN is mailed third class bulk rate and is NOT forwardable.

Thank you!

# THE ATHLETE'S KITCHEN

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



## SPORTS FOODS: The best and the worst

*Which foods are best to eat? Should I drink apple or orange juice? Are corn flakes good or bad? If I eat at McDonalds, will I be poisoning my body? Brown rice takes so long to cook. . . is white rice worthless?*

Sportsactive people interested in optimal health and performance constantly seek an optimal diet. They tend to think in terms of good and bad foods, right and wrong choices. They disregard moderation and forget that even excessive amounts of good foods like apples can contribute to a poor diet.

As you ponder your overall dietary choices, you might welcome a ranking system that helps you to judge a food based on its many qualities. The Nutrition Scoreboard, created by the Center of Science in the Public Interest, lists the relative nutritional value of many common foods. Foods receive points for their content of dietary fiber, naturally occurring sugars and complex carbohydrates, protein, vitamins A and C, iron and calcium. Foods get points deducted for fat content (especially saturated fat), cholesterol, added refined sugars and caffeine. The formula used to score foods reflects the belief that saturated fats increase the risk of heart disease; any kind of fat increases the risk of obesity, bowel and breast cancers; sugar promotes tooth decay and pushes nutritious foods out of the diet. Listed below is a small sampling from the Nutrition Scoreboard.

For the complete list, send \$4.95 plus \$2.00 postage to CSPI, 1875 Conn. Ave., NW, #300, Washington, DC 20009-5728. Displayed on the refrigerator, this poster will be a great conversation piece, to say nothing of diet improver.

**Vegetables:** Many vegetables are good sources of not only Vitamins A and C (two anti-oxidant nutrients that reduce the risk of cancer) but also numerous other vitamins and

minerals that are important "spark plugs" and help your engine run smoothly. In general, deep colored vegetables (such as broccoli, spinach, tomatoes and carrots) offer more nutrients than paler ones (summer squash, iceberg lettuce, cucumbers, mushrooms).

*Nutrition Score (based on 1/2 cup unless noted otherwise)*

Sweet potato	184
Baked potato	83
Spinach	76
Broccoli	52
Winter squash	44
Cabbage (1 cup raw)	34
Green peas	33
Carrot (1)	30
Corn (1 ear)	27
Green pepper (1/2)	26
Celery	19
Green beans	18
Zucchini	12
Bean sprouts (1/4c)	7
Mushrooms (1/4 c raw)	2

**Fruits:** Like vegetables, some (but not all) fruits are excellent for vitamins A and C, and fiber. If you rarely eat fruit, be sure to make "powerhouse" choices when given the opportunity.

*Nutrition Score (based on 1 medium piece)*

Cantaloupe (1/4)	67
Strawberries (1 cup)	65
Orange	62
Dried apricots (5)	49
Watermelon (2 c.cubed)	36
Apple	36
Pear	36
Pineapple (1 c. fresh)	34
Raisins (1 oz)	28
Applesauce (1/2 cup)	18
Peach	17
Grapes (30)	16

**Grains:** Grains are a lowfat source of carbohydrates to fuel your muscles. When pos-

sible, choose foods made with unrefined or lightly processed grains.

*Nutrition Score (based on 1 cup)*

Bulgur, cooked	69
Wheat germ (1/4 cup)	61
Brown rice, cooked	45
Spaghetti, cooked	45
Cherrios (1 oz)	41
White rice, cooked	40
Whole wheat bread(2 sl)	31
Corn flakes (1 oz)	25
Wonder bread (2 sl)	20
Frosted Flakes (1 oz)	15
Corn muffin (1)	1
Quaker 100% Natural	-11

**Fast foods:** Once upon a time, you could find only grease at quick service restaurants. Now, you can find a nourishing variety of lower fat choices.

Wendy's baked potato, plain	86
Burger King chunky chix salad	46
Taco Bell bean burrito	37
McDonald's vanilla shake	32
Domino's cheese pizza (2 sl)	29
Subway turkey sub (6")	25
BK Broiler sandwich	1
Domino's Pepperoni Pizza (2 sl)	-2
McD Fr. Fries (med)	-13
Chicken McNuggets	-50
KFC Chicken Breast	-59
BK Dble whopper/ch	-194

**Snacks:** You won't get many brownie points for eating these!

Reese's P'Butter Cups (2)	-77
Snickers (1 oz)	-60
Oreos (2)	-29
Potato chips (1 oz)	-18

Nancy Clark, MS, RS, nutritionist at Boston-area's SportsMedicine Brookline, is author of Nancy Clark's Sports Nutrition Guidebook, available by sending \$16.50 to NESF, PO Box 252, Boston, MA 02113. ♦

# Americans Urged to Lose Weight Sensibly

May 15, 1992 (Bethesda, Maryland)

Pick which person needs to lose weight:

- a. a 6-foot-3-inch man who weighs 275 pounds.
- b. a 5-foot-1-inch woman who weighs 100 pounds.
- c. a 5-foot-8-inch man who weighs 160 pounds.

Give up? The answer is there's no way to tell from the information given above. Body fat, not body weight, is a more accurate indicator of your body composition. The 6'3", 275-pound man could have only 18% body fat, while the 5'1", 100-pound woman could have 30% body fat. And extra body fat, not extra weight, is one of the culprits behind an increased risk of certain cancers, heart disease, adult-onset diabetes, hypertension, gallbladder disease, arthritis, stroke, liver disease, and other maladies. In other words, gaining five pounds of muscle due to a regular exercise program is positive and carries no health risks. Gaining five pounds of fat due to overeating is detrimental to your health and well-being.

But, according to Todd D. Miller, M.D., of the Mayo Clinic, "the distribution of body fat might be more important for predicting future health problems than the amount of body fat. Somewhat surprisingly, obesity is not consistently correlated with development of heart disease, but an increased waist-to-hip ratio is much more strongly associated with the development of heart disease.

Does this mean that you should get your body fat tested? (Body fat measurement can be obtained using a number of methods, including calipers, underwater submersion and electronic devices. Underwater submersion is the most accurate method. Body fat measurement should only be taken by a trained professional because errors are easily made.) Not necessarily, according to Carole Adler, M.S., R.D., a consultant in nutrition, exercise and fitness programs in Silver Springs, Maryland. "Getting on the scale is a negative experience for most people, and knowing your

body fat can be equally as negative unless you don't get caught up in the numbers and keep a positive attitude. The people that are successful in maintaining their weight get rid of the mental blocks and make nutritious eating a habit that they incorporate into their life."

"I think people should throw away their scales and plan a weight maintenance program based on how they look, how they feel and how their clothes feel," says Virginia Aronson, M.S., R.D., a sports nutritionist and author in Jamaica Plain, Massachusetts. "The worst thing people do is pick a numerical goal and weigh themselves every day. Bathroom scales are inaccurate and a person's weight is constantly changing due to factors such as fluid changes and the menstrual cycle for women. The weight they strive for is often much lower than a healthy weight and people castigate themselves when they lose only two pounds or gain five pounds. Often, this isn't even real weight--it's just a result of fluid changes."

But, cautions Miller, checking your weight on a bathroom scale can play an important role in weight maintenance. "Most scales provide a reasonable reproducible number for weight and can provide people with a readily-available gauge for weight gain," he says. "Day-to-day changes are not that important, but a consistent trend over time usually accurately reflects change in weight. For instance, a ten-pound weight gain over two months is more likely due to increased body fat for the vast majority of people rather than any changes in fluid balance."

So how do you go about maintaining a healthful weight? You've probably heard the answer before but it's worth repeating: Eat a sensible diet of varied wholesome foods and exercise in an aerobic fashion regularly. The worst thing you can do, according to Aronson, is to go on a low-calorie, quick-loss liquid diet. "You lose weight initially and it lowers your metabolic rate so that as soon as you go off the diet, you gain the weight back. You will probably gain additional pounds of fat."

Eating a sensible diet just takes a little

planning. Below are recommendations from The National Academy of Sciences' National Research Council:

1. Reduce your intake of total fats to 30% or less of your daily calories. Saturated fats should be less than 10% of calories and cholesterol less than 300 milligrams daily.
2. Each day eat five or more half-cup servings of vegetables and fruits, especially green and yellow vegetables and citrus fruits. Also eat at least six daily servings of breads, cereals, and legumes.
3. Carbohydrates should total more than 55% of your calories.
4. Maintain protein at about the current Recommended Dietary Allowance (RDA), but do not exceed twice that amount. The RDA is .8 grams per kilogram of desirable body weight (this translates to two ounces for a 150-pound person).
5. If you drink alcoholic beverages, limit yourself to two beers, two glasses of wine, or two cocktails a day. Pregnant women should avoid alcoholic drinks.
6. Limit the salt in your diet to no more than six grams (two to three if you have hypertension) each day.
7. Make sure there's enough calcium in your diet. Two servings (four for teens and older women) of low-fat milk products should meet this need.
8. Don't take dietary supplements that contain nutrients in excess of the RDA.

The one recommendation that trips most people up is keeping their fat intake to below 30% of their total calories. "It should be emphasized that there are different types of fat," says Miller. "It is well agreed upon that saturated fat is the most unhealthy type of fat. Consumption of saturated fats should be reduced. The role of other dietary fats, such as polyunsaturated fatty acids (most margarines), monounsaturated fatty acids (olive oil), and Omega 3 fatty acids (fish) is much more debatable. Some of these fats may actually be beneficial, although this point is debatable."

continued next page...

The place to begin your low-fat diet is not in the dining room, not in the kitchen, but the store. When buying meats, for instance, your best bets are turkey, which has less than 30% of calories from fat, and chicken, with approximately 25%. However, not all preparations of the same animal product are the same. White poultry meat is lower in fat than dark poultry meat, and the skin on poultry is high in fat and should be removed prior to preparation. Lean beef and lean pork can actually be reasonably low in fat content, whereas ground hamburger, hot dogs, and bacon are quite high in fat. Remember, though, that low-fat foods prepared in an unhealthy manner (such as deep fat frying) negates the health benefits of eating the original low-fat food.

Dairy products contain various percentages of saturated to total fat, with eggs 35%, milk 54%, cheese 56%, and butter 57%, approximately, of the total fat. Skim milk is fat free, and although it tastes a little thinner than whole milk, you can gradually get used to it. Non-fat yogurt is also an excellent food.

"The percent of saturated fat in any food product consumed is important, but I think the percentage of saturated fat needs to be viewed in terms of total fat consumed," says Miller. "One example is the use of artificial coffee creamers. If the creamers are made using palm or tropical oils, the percent of saturated fat is very high, but nonetheless the caloric content of only one serving is generally low. Thus, if someone is having one cup of coffee per day with one serving of artificial creamer added, this probably has very little impact on total fat consumption and overall health risk."

Maintaining a healthy body fat measurement takes more than just eating the right foods. You also need to exercise regularly. "Studies prove that the best way to lower your body fat and improve your health is to eat healthfully and exercise regularly," says Susan Kalish, executive director of the American Running and Fitness Association (AR&FA), a nonprofit, educational association of athletes and sportsmedicine professionals who come together to educate the public about the benefits of a regular aerobic exercise program. "Instead of revamping your entire lifestyle all at once, though, you may want to try starting an exercise program first. Many people find that once they start exercising, they naturally develop an interest in improving their diet."

How do you go about exercising correctly? AR&FA recommends that you first pick an aerobic activity, such as running, walking, biking, swimming, aerobic dancing, or rowing, that you enjoy and do it for at least 20 to 30 minutes, three to four times a week. "While these are the recommendations," cautions Kalish, "remember to build up to your goals slowly. If you're over 40 and sedentary, check with your doctor before you start an exercise program and then proceed at a pace that feels comfortable. You may find that you have to start with walking a block or swimming a quarter of a lap. That's a good start and you

should slowly build from there."

Finally, remember that your goal is to take fat off--and keep it off. Studies show that it is bad for your health to continually gain and lose weight. Eat sensibly and exercise regularly and you'll maintain a healthy weight. If you would like information on eating healthfully and starting a regular aerobic exercise program contact the American Running and Fitness Association, 9310 Old Georgetown Road, Bethesda, MD. 20814, (800) 776-ARFA.

## 26.2 -- Trail of Truth

A "must" book for marathoners and those planning to run one.

"A poem of a book," says Henley Gible, RRCA Exec. Director

"A unique perspective," says Bob Schlau, top masters runner

Written by veteran runner-publisher Bruce Morrison, this inspirational book reveals who you are, tells why completing a marathon is vital for your life.

**COST: \$11.95 (includes shipping)**

**YES!** Please rush delivery of 26.2 -- Trail of Truth to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Make check payable to "Trail of Truth" and send to:  
"Trail of Truth"  
California Running News  
4957 E. Heaton Avenue  
Fresno, CA 93727

By David Kiefer

## San Francisco Marathon

### August 30. San Francisco.

It was like one of those classic scenes from an old black-and-white postcard. The kind that gets tossed into a shoebox until it collects dust like cat fur.

Here was a group of runners nervously jogging in place awaiting the sound of the starting pistol signaling the start of the City of San Francisco Marathon. Down the hill the usually choppy waters of the San Francisco Bay took a respite and the city skyline beckoned in the distance. Above, the spires of the Golden Gate Bridge hid amidst the lifting fog.

The race hadn't even begun, but already these seemingly patented scenes indicated to everyone present that this race was special. No other marathon in the world could offer this.

With so much substance, it's ironic that perhaps no other marathon subjects itself to so much self-doubt and introspection. And with good reason.

Throughout its troubled history, race organizers have had to overcome the indifference of city leaders and fickle sponsors. The race has been run since 1977, but on several different courses. The race appeared headed for the big-time in 1987 when two-time champion Pete Pfitzinger described it as one of the elite races in the country, a notch below New York and Boston.

A year later, however, the major sponsor pulled out and the marathon died. It was brought back in 1989 on a smaller scale, but with its current course. As this year's version approached, a car company pulled out its sponsorship (shades of 1988), leaving race director John Mansoor of PA/TAC scrambling again to keep it alive.

With only 10 weeks to go and nearing the point of no return, MasterCard International came to the fore as the principle sponsor and saved the race. Not only did the company provide the necessary money, but it put its full effort into it, creating a unique program that combed the country in search of four "Masters of the Marathon"--marathoners that never surrendered to extreme adversity placed before them.

Those honored were: San Francisco's Har-

ry Cordellos, a 58-year-old blind runner competing in his 125th marathon; Sacramento's Helen Klein (69), who had never competed in any sport until being challenged by a neighbor to run at age 55. She has since run 69 ultramarathons and 34 marathons; Father Dale Jamison, a 45-year-old priest and administrator at St. Anthony Indian School in Zuni Pueblo, N.M., who ran to raise funds for a student needing a lung transplant; and Priscilla Welch of England, who was an overweight smoker until she began running at age 35 and seven years later won the 1987 New York City Marathon.

The possibilities for this race are endless, said Frank Shorter, acting as a MasterCard spokesman, because of the city's popularity and its cool summer weather.

"We're hoping to establish this race as part of a triple crown with New York and Boston," said Shorter, who added that San Francisco must be moved back, say early July, to provide enough of a break between Boston in April and New York in November.

"If this city could attract the Japanese runners, because of its proximity, and the Europeans, because of the city's popularity, then it can become a true international marathon," he said.

Two problems: 1) lack of support by the city and, 2) a hilly course that is not conducive to fast times. For example, S.F. Mayor

Frank Jordan is at the forefront of the effort to keep baseball's Giants from leaving San Francisco, but was noticeably absent from the marathon. And, No. 2, the prize money, which totaled \$51,000 (\$10,000 each for the top man and woman), will likely have to be hiked up for top runners to make the trip and to overlook slow times.

Nonetheless, the field was set with runners that did not run in the Olympics or the U.S. Olympic Trials, and the gun went off, sending 3,000 runners across the fog-shrouded Golden Gate.

### The Race

Running into a slight headwind, Brazilian national record-holder Nivaldo Filho, the 1990 Rome Marathon champion in 2:10:42, and Morocco's Driss Dacha, now living in Flagstaff, AZ, took the early lead, in a front pack of seven, with a second pack close behind.

Dacha quickly became the press truck favorite. Owner of an animated, cheerful personality, the bearded Dacha wore long, striped beach trunks instead of traditional shorts. Heading down the marina green five miles into the race, he pulled a pair of shades out of his pocket and put them on, despite the overcast skies.

It seemed hard to believe that this man won the 1992 Revco-Cleveland Marathon and has a 2:13:03 PR. However, that was Dacha

*continued next page...*



# ROAD RACE SPOTLIGHT

mugging for the camera at mile 14 and grabbing the shirt of a surprised lead bicyclist, who was struggling up the Hayes Street hill.

The pack, now eight, trotted comfortably downhill to Crissy Field, around the Palace of Fine Arts, through Fort Mason, and into North Beach with Filho and Utah's Paul Cummings setting the pace. Among them were Dacha, New Zealand's Peter Renner (marathon PR 2:12:35), a 1984 Olympic steeplechase finalist, and American Jay Marden, a 10,000-meter specialist from nearby Fremont, who was running his first marathon.

Marden was unable to run in the Olympic Trials because of an achilles tendon injury, but has contemplated a career shift to the marathon. To attempt this effort, Marden required two shots of cortisone.

Others in the pack were Kenyans Sam Rotich (2:14:40) and Fredson Mayiek (running his first marathon), and unknown Mexico Sergio Jimenez (2:14:00), a 25-year-old who recently finished medical school at la Universidad de Puebla and was not listed among the nine top contenders.

Heading toward the TransAmerica Pyramid, the pack came through seven miles in 35:56, dropping Rotich, before Filho surged slightly to a 5:02 downhill mile.

The real racing was expected to come soon, as the pack turned west on Market and up Hayes Street at mile 10.

Hayes Street lived up to its advanced billing, as Dacha and Renner worked the hill. Filho, choosing to save his energy, dropped off slightly, and Jimenez and Marden completely lost contact.

Over the crest, down Fell Street, a composed Filho and Mayiek worked together to catch the leaders, with Cummings another 20 yards back in fifth.

Filho regrouped to catch Renner, but by that time, Mayiek lost contact.

Dacha, in what would become his undoing later in the race, had difficulty grabbing his liquid-refreshment bottle at the 11-mile aid station, losing valuable time and falling into fourth.

"There were two athletes with the same water bottles," Dacha said after the race. "The first bottle I got was the same color (orange), but it was No. 13 (Mayiek). I am a nice guy, so I put it back and got No. 4. They broke away eight to 10 yards, but I can come back."

Nearing Golden Gate Park, it was Renner, Filho, and Cummings, who then inexplicably

dropped out of the race altogether, Dacha closed by cutting the tangents through the park and caught Filho and Renner at mile 14, all coming through in 1:12:34.

The three worked together for the next five miles, up the gradual incline of Sunset Boulevard. And everything was fine, until Jimenez, who had fallen off the pace on Hayes Street, started closing the gap.

Down Sunset, Jimenez and Mayiek ran together about 150 yards off the pace, unseen and apparently no potential threat to the leaders. However, as the lead trip began to wind around Lake Merced at mile 17, it was evident that Jimenez would be a factor, Mayiek was still far behind, but Jimenez was now halfway between the Kenyan and the lead pack.

"They were running too fast at the beginning," Jimenez said later, through an interpreter. "I knew they would slow down at the end. I knew my legs were very strong."

At 19 miles, Jimenez was 12 seconds back. At 19 1/2, he reached the lead pack, to a surprised look from Dacha. At 20, Jimenez took the lead, completing a 5:03 mile to the pack's 5:15.

Jimenez slowed to 5:19 on an uphill portion around the west end of the lake, but near the crest, Dacha made his move. Now forced out of their comfort zone, Renner and Filho struggled to keep pace, but were obviously laboring.

Jimenez and Dacha gained five seconds, then came through 22 in 1:54:20 -- a 5:05 mile.

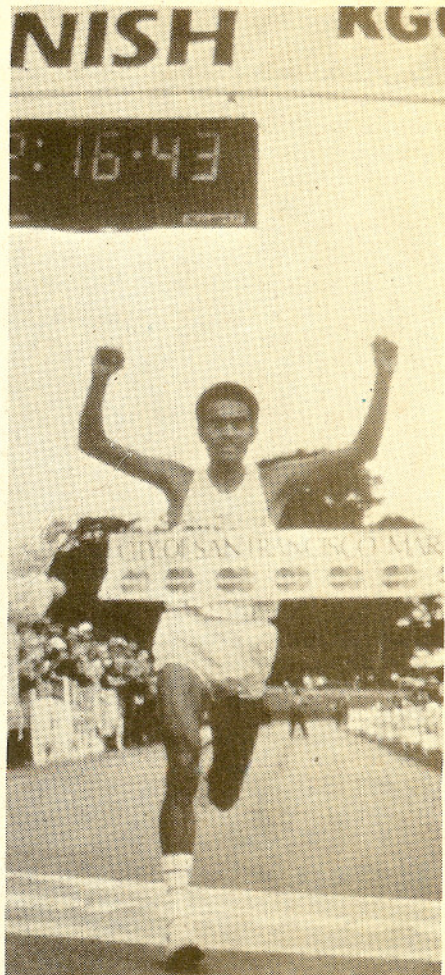
"I tested him," Dacha said. "He was not looking good. He was planning to break away."

Approaching an aid station at 22 1/2 miles, Jimenez reached for his water bottle, grabbing his own, but accidentally knocking down everyone else's. Dacha stopped to pick up his, but lost 30 yards.

Halfway down the four-mile stretch of the Great Highway alongside Ocean Beach, Dacha closed the gap on Jimenez, putting his sunglasses back in his pocket.

The last aid station was at 24 miles, but once again, the curse of the water bottle again struck Dacha. The bottles were placed closely together at the front end of the table. However, a photographer stood next to the table, blocking the runners' view of the bottles.

Jimenez took his without any problem, but Dacha trying to avoid the tribulations of the



**SERGIO JIMENEZ**

*Photo by Vicki Chase*

past, called for a volunteer to give him his bottle, holding four fingers in the air signaling his bib number. No one moved, however, and Dacha couldn't see his bottle through the photographer. As he passed the table, he hesitated for a moment, but could not find it. And ran on, trying not to lose too much ground.

Though Dacha caught Jimenez at Beach Chalet before heading east back into the park, Jimenez eventually pulled away and Dacha, perhaps psychologically dehydrated as well as physically, could not respond.

Jimenez emerged from the tunnel heading into the Polo Fields with a substantial lead

*continued next page...*

# ROAD RACE SPOTLIGHT



**IRINA BOGACHEVA**

*Photo by Vicki Chase*

and finished on the surrounding gravel track in 2:16:44. Dacha was second in 2:17:30 with Filho third in 2:17:38.

Irina Bogacheva of Kirgizstan, with five sub-2:33 marathons to her credit over the past six years, easily won the women's race. Bogacheva pulled away from runner-up Laura DeWald of Arlington, VA, six miles into the race and won in 2:36:24.

"This was one of the hardest courses in the world," Jimenez said. "I knew when I started pushing, that someone was going to break-down."

Jimenez, the second of 11 children, said he will use his prize money to help his team buy uniforms and shoes.

Dacha said his missed water bottle at mile 24 cost him the race. In any case, Dacha had a legitimate argument. If San Francisco really wants to have a superior marathon it must pay attention to details such as these. Water bottles should be clearly marked and spaced well apart. They should preferably be handed to the elite runners by alert volunteers.

As for Marden, he was the top American finisher, in a dramatic seventh place finish (2:24:17). As he nursed a sore hamstring to the finish line, Juan Ramirez of Tempe, AZ, tried in vain to catch him, but a limping Marden held him off.

"That was ugly," Marden said. "I didn't feel good at three miles and felt pretty poor at 14. This is the first time I've ran one, but I don't think I can get any worse. Ninety-five percent of marathoners would have dropped out if they felt how I was feeling."

In all, the City of San Francisco Marathon was a great success. The organization was there, the excitement was there...but with a few adjustments and more citywide support, this race could be even better.

## Overall Results - Men

1. Sergio Jimenez (25) Puebla, MX. 2:16:44, 2. Driss Dacha (29) Morocco 2:17:30, 3. Nivaldo Filho (32) Tampa 2:17:38, 4. Peter Renner (32) Johnson City 2:17:57, 5. Fredson Mayiek (26) Los Angeles 2:23:10, 6. Sam Rotlich (35) Albuquerque, NM 2:23:49, 7. Jay Marden (29) Fremont 2:24:17, 8. Juan Ramirez (27) Tempe, AZ. 2:24:20, 9. Danny Aldridge (35) Rohnert Park 2:27:24, 10. Frank Tardivat (27) San Francisco 2:29:00.
11. Scott Martin (28) Ashland, OR. 2:33:34, 12. Carlos Navarro (30) Los Angeles 2:34:40, 13. Gonzalo Hernandez (31) Chicago, IL. 2:35:39, 14. Mark Elsasser (25) Philadelphia 2:35:53, 15. Joel Hope (34) Corona 2:36:20, 16. Gavin Sloane (25) 2:36:57, 17. Guillermo Cazares (27) Alameda 2:37:29, 18. Alberto Lopez (29) Burlingame 2:37:45, 19. Joseph Schieffer (41) Oakland 2:38:02, 20. Jaime Ortiz (31) Montclair 2:38:14.
21. Arcenio Herrera (32) Vallejo 2:38:43, 22. Rusty Collins (26) Kansas City, MO. 2:40:08, 23. Stephen Marsalese (27) Middle Village 2:41:46, 24. Theodor Kleynhans (27) South Africa 2:43:36, 25. Ruben Macedo (28) San Francisco 2:43:47, 26. Sam Nork (29) Mountain View 2:43:52, 27. Carlos Suria (28) 2:44:12, 28. Cesar Vasques (29) Los Angeles 2:44:17, 29. Steve Greenspan (34) Phoenix, AZ. 2:44:33, 30. Steven Schuman (30) 2:44:37.
31. Barry Schaeffer (41) Van Nuys 2:44:59, 32. Genaro Diaz (30) Los Angeles 2:45:14, 33. Scott Hill (27) Fremont 2:46:42, 34. Anthony Beron (30) San Francisco 2:46:46, 35. Peter Gross (43)

Jamestown, CO. 2:47:36, 36. Timothy Fitzpatrick (31) San Francisco 2:47:59, 37. Rodney Scharberg (32) Albuquerque, NM 2:48:06, 38. Patrick Moreton (32) Carmichael 2:48:54, 39. Jake Niebaum (26) Half Moon Bay 2:49:24, 40. John Hirschberger (40) San Francisco 2:49:29.

41. Dave Harris (31) Gladstone 2:49:33, 42. Jose Ponciano (32) Boulder, CO. 2:49:41, 43. Jim O'Brien (39) Monrovia 2:49:44, 44. Jose Gomez (38) Los Angeles 2:49:46, 45. Kevin McCarty (33) Mountain View 2:50:32.

## Division Results - Men

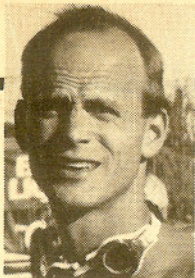
**18 & Under:** 1. Mathew Wolfe 3:30:42, 2. Don Gevesind 3:32:15, 3. Erik Johnson 3:35:25. **19-24:** 1. Graham Cooper 2:52:56, 2. Barry Molony 2:55:26, 3. Jose Luis Arriaga 2:58:00. **25-29:** 1. Gergio Jimenez 2:16:44, 2. Driss Dacha 2:17:30, 3. Fredson Mayiek 2:23:10. **30-34:** 1. Nivaldo Filho 2:17:38, 2. Peter Renner 2:17:57, 3. Carlos Navarro 2:34:40. **35-39:** 1. Sam Rotlich 2:23:49, 2. Danny Aldridge 2:27:24, 3. Jim O'Brien 2:49:44. **40-44:** 1. Joseph Schieffer 2:38:02, 2. Barry Schaeffer 2:44:59, 3. Peter Gross 2:47:36. **45-49:** 1. Joachim Bechtle 2:54:16, 2. Bob Hansen 3:04:46, 3. Stephen Schur 3:07:11. **50-54:** 1. Maurie Bousquet 3:05:15, 2. Andrew Kotulski 3:10:36, 3. Robert Vogt 3:12:40. **55-59:** 1. Frank Vasquez 3:13:27, 2. Hugo Badgett 3:15:17, 3. Bob Hyde 3:19:02. **60-64:** 1. William Hayward 3:33:46, 2. Edward Mooney 3:40:51, 3. Richard Laine 3:43:25. **65-69:** 1. Charlie Deards 3:50:13, 2. Franklin Mason 3:55:18, 3. William Hall 4:14:21. **70 & Over:** 1. Stephen Woishnis 4:24:29, 2. Earl Rippee 4:51:50, 3. Joseph Gallegos 4:56:06. **Wheelchair:** 1. Jim Knaub 1:57:07, 2. David Bailey 2:01:12, 3. Bill Fricke 2:06:00.

## Overall Results - Women

1. Irina Bogacheva (31) Kirgizstan, CIS 2:36:54, 2. Laura DeWald (34) Arlington, VA. 2:40:27, 3. Sharlet Gilbert (41) Richmond 2:42:06, 4. Christine Kennedy (36) Ireland 2:43:45, 5. Jeannie Urness (30) Mather AFB 2:43:58, 6. Margee Brown (29) Shoreview 2:50:54, 7. Christine Iwahashi (36) Sacramento 2:54:27, 8. Angelica DeAlmeida (27) Brazil 2:56:36, 9. Annamarie Hagans (32) Mt. View 3:03:38, 10. Beverly Buss (31) Pasadena 3:04:26.

## Division Results - Women

**19-24:** 1. Rebecca Rogeff 3:14:07, 2. Karin Love 3:28:31, 3. Staci Blair 3:29:28. **25-29:** 1. Margee Brown 2:50:54, 2. Angelica Doalmeida 2:56:36, 3. Pamela Fanning 3:13:26. **30-34:** 1. Irina Bogacheva 2:36:24, 2. Jeannie Urness 2:43:58, 3. Annamarie Hagans 3:03:38. **35-39:** 1. Laura DeWald 2:40:27, 2. Christine Kennedy 2:43:45, 3. Christine Iwahashi 2:54:27. **40-44:** 1. Sharlet Gilbert 2:42:06, 2. Candy Dodge 3:07:24, 3. Janet Strauss 3:38:15. **45-49:** 1. Margaret Neville 3:33:50, 2. Karen Lanterman 3:41:49, 3. Elaine Pierce 3:42:05. **50-54:** 1. Mae Palm 3:45:29, 2. Louise Walters 3:47:28, 3. Marit Roman 3:47:35. **55-59:** 1. Wew-shi Yu 3:32:04, 2. Meg Ghatge 4:00:49, 3. Mary Dugan 4:29:07. **60-64:** 1. Betty Robinson N.T. **65-69:** 1. Helen Klein 4:29:57, 2. Etta Palmer 5:05:15, 3. Annabel Marsh N.T.



# Common Injuries in Runners

## Heel Pain

*From the  
Samaritan Podiatry Group, Inc.*

By far, the most common injury that we see in runners at Samaritan Foot and Ankle Center is heel pain. This heel pain is usually located on the bottom of the heel. It is also more often on the inside (medial) than outside (lateral) bottom of the foot. This is the condition commonly called heel spur syndrome and/or plantar fasciitis. This pain may also radiate into the arch as well.

When an x-ray examination is performed, there may or may not be a "spur" of bone formed on the heel bone (calcaneus). There is little or no correlation between the size, or even presence versus absence, of a spur and the degree of pain experienced with this problem.

The pain comes from the inflammation occurring around a band of tissue, the plantar fascia, that connects the heel bone to the forefoot. This tissue helps support the arch and muscles of the foot. Inflammation occurs

when the patient overuses his feet, increases activity, gains weight, or has abnormal foot mechanics. This condition is most often seen in the foot that pronates maximally, meaning that it flattens out when walking, standing, or running, to the limit of available motion in the foot. When this motion occurs, the plantar fascia is then tightened across the bottom of the foot. When this tightening occurs with enough repetition or force, the fascia has a tendency to pull away from the heel. This creates microscopic tears in the fascia, which leads to inflammation and thus pain. During the inflammation and subsequent healing phase, a bone spur may develop at the fascia interface.

Treatment objectives are focused on two main points: controlling the motion or forces going through the feet, and decreasing the inflammation.

We have been successful in reducing the inflammation by the following methods: in-office physical therapy that includes icing, whirlpool, strengthening exercises, and elec-

trical stimulation; we also use short courses of oral non-steroidal anti-inflammatory drugs (NSAIDs). Occasionally, a deposit of cortisone is administered to the affected area.

The major success, though, is in controlling the foot motion. Most often, this is achieved through custom-made orthotics. There are now many different types of material, as well as specific types of devices. We believe that the device should fit the individual's needs for both control and function, as well as for specific activities. These conservative measures have helped to keep the rate of patient heel pain resolving without surgical correction to approximately 90 percent.

Fortunately, today we have new techniques when surgery is required. Borrowing techniques from arthroscopic surgery, we are now able to perform a similar type procedure. This greatly reduces the recovery time, allowing the athlete to return to activity sooner.

This explanation has attempted to outline the causes, effect, and treatment options for heel pain, plantar fasciitis and/or heel spur syndrome.

Dr. J. Brian Warne is a podiatrist at Samaritan Podiatry Group in San Jose, CA. He is an avid runner, cyclist and triathlete. Dr. Warne has competed in several marathons including Boston, Big Sur and Chicago. He is also a veteran of many triathlons, such as The Bud Light Series--San Jose, Santa Cruz, Indianapolis and Chicago. He is also a United States Cycling Federation racer.

## Book Review Death Valley 300

The course from Death Valley to the top of Mt. Whitney in August is the toughest challenge for any Ultramarathoner. To complete the round trip of 300 miles would be the ultimate test of physical and mental endurance. Tom Crawford and Rich Benyo did finish the out and back race in 1989. *Death Valley 300*, by Richard Benyo, just released, is the story of their experience.

Because Rich actually competed, his first-hand account goes beyond literary portrayal of an athletic event. The reader shares his training, his fears, aches and pains, mental anguish and extreme physical exhaustion almost as closely as did the members of his support team. We come to understand his motivation, and that of any Ultrarunner, to test himself Benyo makes the statement that athletes in the

shorter distance events race each other, but the ultra distances are challenges against a course. Which is why he and Crawford chose to run this in the peak of summer, to find the harshest conditions at both ends. He narrates how they decided to organize a race against three British runners, after Tom completed the one-way course for the second time. The female member of their team dropped out, as did the Brits, leaving Rich and Tom to attempt the first round trip alone.

They each prepared separate race strategies, assembled their own support crews and trained independently. They spent the July 4th weekend in Death Valley together, to test their preparations for the extreme temperatures. Rich also climbed Mt. Whitney as part of his training, but Tom had experience with the course and mapped out a timetable based on previous ascents. He chose to start out as strongly as possible and take few breaks early in the race, to be coming down Whitney in the afternoon. He would be rewarded with a motel room and soft bed that night. Rich decided to conserve from the start, planning to climb the final feet to the top of the mountain in early morning. Their plans were changed by weather and injuries but provided a framework to deal with the unexpected.

After drawing the reader into the drama of the challenge, the author steps aside and lets Death Valley become a competitor. He traces its history in great detail, including topography, place names and economic influences. Although this explanation becomes tedious, it does the job of creating an identity out of the wind and heat and sand in one of the hottest, driest places on earth.

The actual race began July 15. We plod mile by mile, step by step with Rich and Tom along the course. We come to terms with Rich's physical incapacity to go on, with Tom's physical breakdown. Then we read in complete awe and respect of how their minds took control, getting Tom to Mile 300 PLUS back a few miles, where he used his experience and friendship to help Rich cross the finish line.

The world of Ultradistance is one of mental games and physical effort most runners will never know. *Death Valley 300* gives a fascinating insight into the rewards and adventures found beyond the marathon.

\$20.00, Specific Publications.

*From Barbara T. Erskine  
Books For Runners*

# RESULTS

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

## El Grito Memorial Runs

Sept. 13. Salinas. 4K Run/Walk & 10K Run.

### Division Results - Men's 4K

Overall Winner: 1. Jim Machado. Under 13: 1. Jim Machado, 2. Jacob Greene, 3. Benjie Grant. 14-18: 1. Garrett Smith.

### Division Results - Women's 4K

Overall Winner: 1. Tanette Pelayo. Under 13: 1. Tanette Pelayo, 2. Francine Aguirre, 3. Linda Aguirre. 14-18: 1. April Martinez, 2. Elena Garcia.

### Division Results - Men's 10K

Overall Winner: 1. Gilbert Munoz 33:04. 19 & Under: 1. Luis Granados 34:42, 2. Oscar Mora 37:12, 3. Evan Hughes 38:38. 20-29: 1. Sean McCormick 35:33, 2. Charles Hornak 36:33, 3. Chris Andrade 36:34. 30-39: 1. Gilbert Munoz 33:04, 2. Tony Munoz 34:53, 3. Jefferson Seay 40:02. 40-49: 1. Jose Garcia 36:30, 2. Jorge Solorio 36:43, 3. Mark Lieberman 37:51. 50-59: 1. Ferdinand Stovall 43:14, 2. Thomas Worthy 46:01, 3. Jim Marks 48:32. 60-69: 1. Carlos Jimenez 52:08, 2. Wolfgang Haas 52:46, 3. Larry Bischof 1:04:20.

### Division Results - Women's 10K

Overall Winner: 1. Ramona Lopez 40:06. 19 & Under: 1. Alexis Waddell 48:32, 2. Gabriela Pelayo 1:00:18. 20-29: 1. Ramona Lopez 40:29, 2. Eloisa Naranjo 46:29, 3. Kelly Preston 57:29. 30-39: 1. K. Uemura 42:35, 2. Margie Acks 49:55, 3. Bonnie Specht 51:55. 40-49: 1. Lynn Kosorek 49:17, 2. Lillian Bloom 49:50, 3. Helen Hughes 50:33. 60-69: 1. Carlos Jimenez 52:08, 2. Wolfgang Haas 52:46, 3. Larry Bischof 1:04:20.

## Home Run '92

Sept. 13. Los Angeles. 5K & 10K.

### Race Winners

5K Men: 1. Bill McDermott 16:50.  
5K Women: 1. Sandra Rodriguez 20:01.  
10K Men: 1. Mario Gutierrez 32:40.  
10K Women: 1. Liliana Mendoza 39:33.  
5K Special Division: 1. David Card 25:28.

## Pow Wow Runs

Sept. 13. Apple Valley. 5K & 10K.

### Division Results - Men's 10K

13-19: 1. Danny Pintor 37:51, 2. Travis Bonds, 3. David Rogers. 20-29: 1. Thomas Moore 39:54. 30-39: 1. Randy Hoyles 32:19, 2. Vernon Morris, 3. John Nunes. 40-49: 1. Jim Snyder 39:12, 2. Mel Harris, 3. Dennis Christy. 50 & Over: 1. David Dehlinger 50:42.

### Division Results - Men's 5K

12 & Under: 1. Mack Green 20:57, 2. Paul Christy, 3. Ryan Zamudio. 13-19: 1. Jim Lyon 16:49, 2. Jeremy Lyon, 3. Shawn Webb. 20-29: 1. Kevin Kelley 17:43, 2. Gustavo Benito, 3. Brent Clair. 30-39: 1. Keith Wilhauer 15:59, 2. Rick Garrison, 3. John Arseneault. 40-49: 1. John Brown 18:44, 2. John Scribner, 3. Wayne Taylor. 50 & Over: 1. Jim Wouffe 21:43, 2. Earl Boyko, 3. Angelo Alvarez.

### Division Results - Women's 5K

12 & Under: 1. April Lyon 26:52, 2. Angelica Woodfield, 3. Jennifer McGiffin. 13-19: 1. Kathleen Castruita 21:07, 2. Kathleen Otwell, 3. Celia Pizano. 20-29: 1. Angie Anguiano 23:56, 2. Stacy Needham, 3. Melissa Gunderson. 30-39: 1. Teresa Zamudio 22:28, 2. Karla Swanson, 3. Maria Hernandez. 40-49: 1. Sandy Robbins 19:34, 2. Kim Strong, 3. Lee Butler. 50 & Over: 1. Carole Pinkner, 2. Martha Vaught.

## Run for the Gold

Sept. 13. Tustin. 5K & 10K.

### Division Results - Men's 5K

Overall Winners: 1. Fred Cowles 16:02, 2. Robert Moody 16:19, 3. Alfonso Medina 16:23. 14 & Under: 1. Brad White 20:59, 2. Kevin Collins 23:42, 3. Scott Tipple 23:43. 15-19: 1. Victor Viguera 17:28, 2. Chris Lopez 18:06, 3. Jason Dwyer 27:00. 20-24: 1. Alfonso Medina 16:23, 2. Shane Hobart 18:02, 3. Robert Fauteux 25:15. 25-29: 1. Fred Cowles 16:02, 2. Robert Moody 16:19, 3. Jeff Bingham 16:58. 30-34: 1. Kevin Cross 20:35, 2. Steve DePetris 21:22, 3. Ken Arimura 21:30. 35-39: 1. Foster Cobb 17:16, 2. James Ramos 18:00, 3. Michael Dyer 18:34. 40-44: 1. Tom Raynor 17:47, 2. Travis Estes 18:09, 3. Andy Froumis 19:18. 45-49: 1. Terry Martin 17:40, 2. John Hunter 19:06, 3. Randall Shelley 19:40. 50-54: 1. Daniel Henderson 20:06, 2. Joseph Ellis 24:50, 3. Ned Morris 25:26. 55-59: 1. Richard Cheri 22:47, 2. Bill Garland 25:49, 3. Richard Woolfe 27:58.

### Division Results - Women's 5K

Overall Winners: 1. Sue Reinhardt 20:41, 2. Janelle Whiteman 21:34, 3. Renee Montgomery 25:25. 14 & Under: 1. Michelle James 25:40. 15-19: 1. Janelle Whiteman 21:34, 2. Jaime Nix 35:30. 20-24: 1. Karen Dean 33:40, 2. Mary Garcia 38:04. 25-29: 1. Karen Rodriguez 26:13, 2. Colleen Obrey 26:48, 3. Karol Gardner 27:41. 30-34: 1. Trish McDonough 26:27, 2. Sue Wright 27:48, 3. Judi Mellon 28:08. 35-39: 1. Renee Montgomery 25:25, 2. Gloria Soto 26:11, 3. Susan Turner 27:55. 40-44: 1. Kathleen Wilson 27:31, 2. Marie Vanderlinden 28:10, 3. LaWanda Rannals 31:04. 45-49: 1. Sue Reinhardt 20:41, 2. Julie Thompson 33:08. 50-54: 1. Aleeta Jones 28:58, 2. Marilu Lee 32:42. 55-59: 1. Carroll Hochschild 31:02, 2.

Eunice Hadley 32:45, 3. Marlene Zamberlin 35:37. 60 & Over: 1. Nyla Cook 39:37.

### Division Results - Men's 10K

Overall Winners: 1. Enrique Alvarez 32:59, 2. Greg Mislick 34:09, 3. Guillermo Reyes 36:36. 14 & Under: 1. Steve Resi 50:58, 2. Lee Francis 1:02:25. 20-24: 1. Jaime Avila 40:43, 2. Robert Charton 43:08, 3. Jeffrey Gibbs 46:48. 25-29: 1. Marc Seht 41:09, 2. Roderick Cole 44:32, 3. Henry Pandes 46:09. 30-34: 1. Greg Mislick 34:09, 2. Brad Freeman 40:57, 3. Tom Slaught 42:03. 35-39: 1. Enrique Alvarez 32:59, 2. Guillermo Reyes 36:36, 3. Eric Horning 38:14. 40-44: 1. Ron Cooke 42:13, 2. Jerry Lebowitz 44:21, 3. Ed Kwik 47:09. 45-49: 1. Tom Carras 38:32, 2. Bob Giblin 42:08, 3. John Ganahl 42:34. 50-54: 1. Jim Bear 52:08, 2. Jerry Rowley 57:26, 3. Richard Chyrtie 1:00:46. 55-59: 1. Fred Kidd 46:51, 2. Bob Alloy 55:07. 60 & Over: 1. Richard Hochschild 48:15, 2. Bob Shaffer 1:03:34. Wheelchair: 1. Trevor Myrus 26:31, 2. Paul Manocchio 28:03, 3. Dan Cronin 33:32.

### Division Results - Women's 10K

Overall Winners: 1. Marilyn Ganahl 43:31, 2. Catherine Walter 45:32, 3. Treina Nez 46:26. 15-19: 1. Allison Reigle 47:32, 2. Kim Johnson 53:47. 20-24: 1. Catherine Walter 45:32, 2. Molly Bennett 54:45, 3. Brandy Zylstra 55:14. 25-29: 1. Treina Nez 46:26, 2. Anette Ekelius 46:27, 3. Irmina Glass 54:10. 30-34: 1. Jeri Wray 57:49. 35-39: 1. Marilyn Ganahl 43:31, 2. Mary Gilstrap 51:27, 3. Gale Brandt 52:23. 40-44: 1. Ann Lockwood 51:38. 50-54: 1. Nancy Green 58:35. 55-59: 1. Jane Tolley 1:09:40.

## The Mountainman Triathlon

Sept. 13. Vacaville. (600y Swim, 7 Mi. Bike, 2 Mi. Run)

1. Mark Loos (27) 47:24, 2. John Lopez (28) 47:37, 3. Brian Peoples (25) 53:45, 4. Ted Judah (23) 54:08, 5. Tom Pesko (29) 54:17, 6. Kris Danforth (17) 54:32, 7. Steve Tripoli (37) 56:37, 8. Kenneth G. (29) 58:10, 9. Marc Pfister (19) 58:15, 10. Tod Pickett (31) 58:18.

11. Dave Botz (34) 58:36, 12. Fernando Avallone (26) 59:03, 13. Michelle Wilks (27) 59:42, 14. Sean Lev-Tov (26) 59:43, 15. Brad Zell (24) 1:00:27, 16. Jennifer JL (19) 1:00:42, 17. Michael Smith (25) 1:01:17, 18. Kerri Holmstrom (24) 1:01:53, 19. R.J. Casey (24) 1:02:25, 20. Joe Spallone (26) 1:02:55.

## Bayside Technology Park 8K

Sept. 19. Fremont.

### Overall Results

1. Rod Johnson (37) 26:58, 2. James Sandoval (28) 27:07, 3. Daniel Valdez (25) 27:28, 4. Gabriel Sandoval (45) 27:36, 5. Carl Nielson (33) 27:58, 6. Archie King (35) 28:23, 7. Neil Gelblum (41) 28:49, 8. Steve Radigan (41) 28:56, 9. Jim Howe (46) 29:00, 10. Ron Kijono (44) 29:08.

11. Ron Tanaka (46) 29:17, 12. Sharlet Gilbert (41) 29:31, 13. Gerald Jackson (28) 30:03, 14. Richard Rodriguez (56) 30:31, 15. Jake White (50) 30:32, 16. Arnold Ramos (42) 30:45, 17. Karen Saxena (29) 31:07, 18. Claude Thorton (33) 31:41, 19. Shaun Larsen (33) 31:47, 20. Philip Hager (55) 32:09.

## Mozart Mile 5K

Sept. 19. Chico.

### Division Results - Men

Overall Winner: 1. Thomas Cushman 15:40. 9 & Under: 1. Teddy Stevens 21:43, 2. Hobie Stevens 24:00, 3. Mark Botill 26:01. 10-14: 1. Bill Parnell 19:40, 2. Brian Larson 20:23, 3. Matt Stanley 21:42. 15-19: 1. Doug Escola 18:15, 2. Andrew Wen 19:35, 3. Simon Hass 19:49. 20-24: 1. Walter Cuellar 16:32, 2. Andy Palmer 17:18, 3. Mike Pyle 20:30. 25-29: 1. Eugene Cordero 16:00, 2. Anthony D'Aquisto 16:00, 3. James Dillon 18:26. 30-34: 1. Vince Gama 16:36, 2. Mark Schafer 16:54, 3. Tom Danielson 17:51. 35-39: 1. Thomas Cushman 15:40, 2. Todd Smith 17:19, 3. Bill Babb 21:22. 40-44: 1. David Wood 17:19, 2. Craig Buschner 20:03, 3. Ed Gann 20:06. 45-49: 1. Phil Nemir 17:47, 2. Bob Littell 19:20, 3. Jim Mensching 19:37. 50-54: 1. Walt Schaffer 19:29, 2. Frank Condon 19:58, 3. Bob Davis 21:20. 55-59: 1. Michael McGie 18:25, 2. Mike Bigalow 22:45, 3. Mike McLaughlin 22:46. 60-64: 1. Eu Riggle 18:31, 2. Marvin Metzger 21:53, 3. Stuart Moore 29:06. 70 & Over: 1. Vern Miller N.T.

### Division Results - Women

Overall Winner: 1. Joann Beasley 19:23. 9 & Under: 1. Leslie Murray 22:23, 2. Ashley Whitehead 33:25, 3. Jennifer Koistinen N.T. 10-14: 1. Christy Dunlop 26:26, 2. Alyssa Swanson 28:21, 3. Carolyn Swanson 29:39. 15-19: 1. Erin English 29:14. 20-24: 1. Jennifer LeTourneau 20:05, 2. Deena Matagulay 20:18, 3. Jennifer Cannell 23:56. 25-29: 1. Sharon Boire 21:15, 2. Marcia Myers 22:06, 3. Susan Cronin 22:55. 30-34: 1. Sue Kamrar 19:45, 2. Virginia Bacigalupi 21:23, 3. Janice Rosene 21:38. 35-39: 1. Joann Beasley 19:23, 2. Kim Agur 22:58, 3. Jill VanCulter 23:44.

# RESULTS

40-44: 1. Vicky Fisci 20:31, 2. Marie Phillips 23:30, 3. Carol Stanley-Hall 23:33. 45-49: 1. Mary Lynn Lamp 28:18, 2. Leslie Wood 28:26, 3. Margaret Ford 28:37. 50-54: 1. Lucia Kahn 23:00, 2. Maile Locke 24:46, 3. Linda Cruces 26:11. 55-59: 1. Betty Best 26:33, 2. Hannie Voyles 32:41, 3. Margaret Bomberg N.T. 60-64: 1. Joan Wilson N.T. 65-69: 1. Marcia Wordem 25:51, 2. Helen Klinger N.T. 70 & Over: 1. Marian Miller N.T.

## Bass Lake Triathlon Classic

Sept. 19. Bass Lake. (1500m Swim, 25 Mi. Bike, 6.2 Mi. Run)

### Overall Results - Men

1. Ryan Huckabay (Kingsburg) 1:58:31, 2. Jim Mollerus (Ben Lomond) 2:05:33, 3. Gregg Trent (Los Gatos) 2:09:27, 4. Paul Godinas (Simi Vly) 2:09:59, 5. Matthew Blakley (Tracy) 2:12:00, 6. Steven Chavez (San Ramon) 2:12:32, 7. Blake Chaffee (Los Osos) 2:14:04, 8. Eric Childs (Los Gatos) 2:14:51, 9. Art Ramos (Fresno) 2:15:18, 10. Guy Van Natta (Clovis) 2:15:25.

### Division Results - Men

17 & Under: 1. Matthew Blakley 2:12:00. 18-24: 1. Ryan Huckabay 1:58:31. 25-29: 1. Paul Godinas 2:09:59. 30-34: 1. Jim Mollerus 2:05:33. 35-39: 1. Steven Chavez 2:12:32. 40-44: 1. Tim Lavelle 2:18:03. 45-49: 1. Walter Radloff 2:24:57. 50-54: 1. Dan Montague 2:36:00. 55-59: 1. George Fowler 4:32:00. 60 & Over: 1. Franz Weinschenk 3:15:46.

### Overall Results - Women

1. Missy Le Strange (Visalia) 2:19:50, 2. Malea Castle-Chaffee (Los Osos) 2:26:38, 3. Debbie Meinkoff (Santa Cruz) 2:28:52, 4. Lisa Lantsberger (Citrus Hts.) 2:29:17, 5. Elizabeth Black (Ukiah) 2:29:20, 6. Cyndi Westerback (Los Gatos) 2:29:42, 7. Rebecca Nelson (San Jose) 2:30:43, 8. Tracy Achelis (So. Lake Tahoe) 2:33:08, 9. Carol Bitter (Los Gatos) 2:35:37, 10. Jackie Gonzales (San Mateo) 2:38:24.

### Division Results - Women

18-24: 1. Rebecca Nelson 2:30:43. 25-29: 1. Lisa Lantsberger 2:29:17. 30-34: 1. Malea Castle-Chaffee 2:26:38. 35-39: 1. Debbie Meinkoff 2:28:52. 40-44: 1. Missy Le Strange 2:19:50. 45-49: 1. Dexter Dobberpohl 3:04:24. 50-54: 1. Janice Gray 3:01:27.

## Carmichael Classic

Sept. 20. Carmichael. 5K & 10K.

### Division Results - Men's 5K

12 & Under: 1. Jeremiah Sciortino 26:34, 2. Lane Edwards 43:00. 13-17: 1. Raymond Sanchez 22:26, 2. Joel Edwards 24:50. 18-29: 1. Scott Kostka 19:07, 2. Martin Jaime 23:01. 30-39: 1. Gregg Morin 17:26, 2. Bob Morgan 21:16. 40-49: 1. Del Barbray 20:33, 2. Michael Cole 22:26. 50 & Over: 1. Robin Ward 22:15, 2. Gary Hollinger 23:21.

### Division Results - Women's 5K

18-29: 1. Debbie Haines 19:23. 30-39: 1.

Margaret Ernin 23:52, 2. Lisa Morgan 24:12. 40-49: 1. Susan Condon 28:20, 2. Janet Butera 32:15. 50 & Over: 1. Fran Smith N.T.

### Division Results - Men's 10K

18-29: 1. Jose Loza 38:35, 2. Dan Sokolow 44:12. 30-39: 1. Goeff Griwols N.T., 2. Jim Markes N.T. 40-49: 1. Mike Ammon 37:56, 2. Don Hughes 43:06. 50 & Over: 1. David Ragsdale 42:08, 2. Paul Amann 46:32.

### Division Results - Women's 10K

18-29: 1. Robin Kaminski 45:19, 2. Heather Hunter 47:26. 30-39: 1. Jeannie Urness 36:45, 2. Sharon Murphy 44:46. 40-49: 1. Minhee Woods 57:34, 2. Kathleen Whalenmoltz 59:26. 50 & Over: 1. Greta Carriger 51:26, 2. Regina Cianbrane 56:05.

## Dog Jog for Friends of the Animals

Sept. 20. Rohnert Park. 5K & 10K.

Nearly 90 runners and over 30 dogs participated in the First Annual Dog Jog for Friends of the Animals in the Redwood Empire (FAIRE) on Sept. 20th as part of the Rohnert Park Founders' Day Celebration. FAIRE raised over \$1300 to help the abandoned animals at the Rohnert Park Animal Shelter.



## Two-legged and four-legged runners begin the 5K Dog Jog for Friends of the Animals

"We put this race together on very short notice," said co-chairman Janis Storbo, "but we received so many positive comments from the runners and volunteers that we will definitely make this an annual event for FAIRE. The runners really enjoyed the race route, the medals, and of course the Continental Breakfast." Runners came from as far away as Sacramento and San Jose to take part in the Dog Jog. One man, Gilman Jung—age 60—ran in both races. Storbo believes that participation in the Dog Jog will increase even more next year because there will be more time for FAIRE to publicize the event.

Mayor Linda Spiro presented medals to the men and women who finished in first, second, or third place in each division of each race.

Canine participants received a "doggie bag" of treats donated by The Iams Company and 49er Pet.

"We're very pleased with the results of the race," said Meg Crumly, co-chairman of the Dog Jog. "We brought together some excellent volunteers who kept the runners safe and on the right track." Several organizers from The Vineman Triathlon donated their time and expertise to ensure accurate timing and finish results.

### Division Results - Men's 10K

19 & Under: 1. David Rosen 33:30, 2. Alex Finerty 43:48, 3. Nathan Genovese 49:53. 20-29: 1. Floyd Gerhardt 32:28. 30-39: 1. Mike Tarvid 36:01, 2. Joel Adler 43:01, 3. Walt McMahan 43:56. 40-49: 1. Clark Rosen 35:13, 2. Eddie Freyer 35:31, 3. Bill Browne 37:24. 50-59: 1. Peter Gravert 47:21, 2. Jerry Caldeira 48:38. 60 & Over: 1. Gilman Jung 48:53. Wheelchair: 1. Don Lively 48:37, 2. Jeff Koch 50:02.

### Division Results - Women's 10K

19 & Under: 1. Beth Heagy 52:17. 20-29: 1. Amanda Hess 38:04, 2. Tanya Narath 46:22, 3. Carol McCulloch 52:46. 30-39: 1. Shelley Lydon 41:04, 2. Shirley Simpson 42:52, 3. Anne Lezzen 47:26. 50-59: 1. Ellen Nielsen 1:11:33.

### Division Results - Men's 5K

19 & Under: 1. Robbie Hinaman 51:04, 2. Casey Tuft 58:30. 20-29: 1. Brett Sklove 31:23, 2. Ken Lofgren 32:27. 30-39: 1. Richard Easton 16:43, 2. Jim McCray 20:16, 3. Tom Conlon 24:19. 40-49: 1. Mike Moorefield 24:24, 2. Emil Maxton 29:05, 3. Richard Brosseau 57:21. 50-59: 1. Ralph Harms 19:22, 2. Richard Bauhaus 20:43, 3. Paul Armbruster 26:42. 60 & Over: 1. Gilman Jung 24:55.

### Division Results - Women's 5K

19 & Under: 1. Dominica Anderson 42:53, 2. Lorrie Van Caster 54:31. 20-29: 1. Joanne Bartowsky 24:39, 2. Kali Osborn 31:23, 3. Diane Van Dyke 57:56. 30-39: 1. Robin Stovall 23:51, 2. Raylene Miller 24:59, 3. Linda Sequeira 27:52. 40-49: 1. Linda DeWaard 27:36, 2. Bing Vanalek 28:30, 3. Shirley Hamilton 29:01. 50-59: 1. Norma Morris 49:33, 2. Vesta Jette 52:34.

## Fall Festival Run

Sept. 20. Atwater. 1.25 Mile & 5 Mile.

### Division Results - Men's 1.25 Mile

12 & Under: 1. Drew Williams 7:31, 2. Jason McMahon 7:43, 3. John Cartwright 7:58. 13-17: 1. Cedric Latreille 6:48, 2. Mike Couner 6:56, 3. Kyle Royer 7:24. 18-29: 1. Michael Dean 6:18, 2. Terrence Shadel 8:50. 30-39: 1. Dan Rusg 6:20, 2. Tom Diehl 6:31, 3. Terry McMahon 7:43. 40-49: 1. Earl Looney 8:13, 2. Edwin Markel 10:30. 50-59: 1. Mark Bodley 9:16, 2. Ron Tilfoe 9:21, 3. George Logan 11:23. 60 & Over: 1. Payson Taylor 13:37.

### Division Results - Women's 1.25 Mile

12 & Under: 1. Dallon Williams 8:21, 2. Kristen Smith 9:08, 3. Jewnnifer Flynn 9:50. 13-17: 1. Liz Lariosa 8:00, 2. Coral Tabellija 8:27. 18-29: 1. Angelo Mochando 12:08. 30-39: 1. J. ne Russell 8:37, 2. Rebecca Weber 8:49, 3. Marcia Tabellija 9:40. 40-49: 1. Vicki Thayer 13:42. 50-59: 1. Marvella Tay-

lor 13:28.

### Division Results - Men's 5 Mile

13-17: 1. Mark Mendozaz 33:59. 18-29: 1. Gary Guillot 26:14, 2. Bustamante 27:23, 3. Hector Mendiach 28:51. 30-39: 1. Mateo Sagado 28:33, 2. George Shoemaker 29:14, 3. Matt Crabbe 29:32. 40-49: 1. Karl Bacon 28:36, 2. Curt Boyer 29:14, 3. Nona Sargon 30:20. 50-59: 1. Kenneth Schwisow 30:47, 2. Franck Russell 34:11, 3. Butch Hughes 34:58. 60 & Over: 1. Charlie Rogers 35:32, 2. Vic Lyon 42:39, 3. Don Lungberg 43:20.

### Division Results - Women's 5 Mile

13-17: 1. Wendy Vieira 43:52. 18-29: 1. Mary Clark 33:03, 2. Lisa Fisher 37:29, 3. Collen Ellis 37:51. 30-39: 1. Patricia Smith 33:05, 2. Lisa Hunter 33:14, 3. Heidi Ryan 34:12. 40-49: 1. Pam Royer 35:41, 2. Marilyn Arguelles 36:37, 3. Jean Schwisow 39:01. 60 & Over: 1. Eida Perio-Reyes 47:45.

## Lifespan Race

Sept. 20. Oakland. 10K.

### Division Results - Men

Overall Winners: 1. Guillermo Cazares (Alameda) 32:20, 2. Russell Daggatt (San Francisco) 33:40, 3. Eric Krawitt (San Francisco) 34:00. 9 & Under: 1. Sam Ferguson (Berkeley) 1:23:34. 10-14: 1. Cameron Sarmiento (Walnut Ck) 41:36, 2. David Chai 42:34, 3. Eric Giovanola (Fremont) 47:11. 15-19: 1. Joshua Olkowski (Oakland) 36:44, 2. Kevin Strharsky 40:07, 3. Dye Zone Chen (Berkeley) 42:15. 20-29: 1. Guillermo Cazares (Alameda) 23:20, 2. Eric Krawitt (San Francisco) 34:00, 3. Robert Scott (San Ramon) 23:52. 30-39: 1. Russell Daggatt (San Francisco) 33:40, 2. Antonio Corgas (San Francisco) 34:47, 3. Gary Judson (San Francisco) 34:53. 40-49: 1. Kim Liot (San Francisco) 35:40, 2. Edward Baker 37:16, 3. Barry Hampshire (Walnut Ck) 37:38. 50-59: 1. Dan Alarid (Walnut Ck) 37:43, 2. Bob Barber 38:30, 3. Michael Kuroiwa (Castro Vly) 38:42. 60-69: 1. Ron Thiessen (Livermore) 43:26, 2. Richard Laine 44:10, 3. Bob Chadwick (Pennygrove) 44:58. 70 & Over: 1. Jack Friedlander (Foster City) 53:23, 2. Ted Flagg (Orinda) 57:33, 3. Roy Hammond (Walnut Ck) 1:05:10.

### Division Results - Women

Overall Winners: 1. Kim Rupert (Hillsborough) 37:02, 2. Sue Viunella (Oakland) 38:55, 3. Cathe Sierra (Pt. Richmond) 39:50. 10-14: 1. Shannon Braun (Alameda) 51:58, 2. Sheila Milligan (Oakland) 57:36, 3. Lindsay Dunn (Walnut Ck) 1:11:54. 15-19: 1. Elizabeth Schwartz (San Mateo) 49:33, 2. Doris Shen (Piedmont) 51:26, 3. Erin Kreitz (Alameda) 52:41. 20-29: 1. Kari Erickson (San Francisco) 40:36, 2. Eileen White 41:59, 3. Karin Kuffel (Oakland) 42:00. 30-39: 1. Kim Rupert (Hillsborough) 37:02, 2. Sue Vinella (Oakland) 38:55, 3. Cathe Sierra (Pt. Richmond) 39:50. 40-49: 1. Irene Herman (San Francisco) 43:35, 2. Marie Martins (Moss Bch) 44:19, 3. Christina Gonzalez (San Francisco) 44:50. 50-59: 1. Vicki Bigelow 43:04, 2. Valerie Doyle

# RESULTS

47:21. 3. Peggy Kang (San Francisco)  
47:31. 60-69: 1. Joan Long (San Rafael)  
45:41. 2. Mary Summers (Antioch) 52:16.  
3. Kit Pickles (Albany) 55:45. 70 & Over: 1.  
Helen Kuziara (Santa Rosa) 1:21:11.

## Monterey Bay 10K

Sept. 20. Pacific Grove. 10K.

### Division Results - Men

**Overall Winner:** 1. Jose Pilar Aispuro (Aptos) 31:02. 6-12: 1. Marc Nicholson (Marina) 45:57. 2. John Nicholson (Marina) 48:23. 3. Greg Martin (Los Gatos) 54:06. 13-19: 1. Evan Hughes (Ft. Ord) 35:56. 2. Elijah Blackwell (Monterey) 39:53. 3. Judd Galloway (Monterey) 42:21. 20-24: 1. Chris Andrade (Monterey) 34:44. 2. Charles Homak (Monterey) 34:56. 3. Patrick Conway 35:12. 25-29: 1. Brian Moody (Monterey) 31:38. 2. Stacy Van Horn (Carmel Valley) 32:01. 3. Jim Scattini (Salinas) 32:04. 30-34: 1. Jose Pilar Aispuro (Aptos) 31:02. 2. Jack Marden (Fremont) 31:25. 3. Jeff Hacker (San Jose) 31:27. 35-39: 1. Craig Warner (Gardnerville, NV) 34:03. 2. Jim Poulos (Carmel) 34:08. 3. Ken Cox (Woodland) 34:36. 40-44: 1. David Riddle (Pacific Grove) 34:24. 2. Ron Parravano (Monterey) 34:35. 3. Ken Saint Cyr (Fremont) 34:56. 45-49: 1. Mike Dove (Salinas) 33:58. 2. Marc Lieberman (Monterey) 35:34. 3. Jan Valencia (Salinas) 36:28. 50-54: 1. Karl Griebenurg (Petaluma) 37:25. 3. Jay Cook (Monterey) 37:26. 55-59: 1. Glynn Wood (Monterey) 41:53. 2. Geores Clevenger (Berkeley) 42:54. 3. Robert Anthony (Sunnyvale) 45:54. 60-64: 1. Dion Dow (Monterey) 45:47. 2. Dick Yaeger (Aptos) 47:04. 3. Carlos Jimenez (Salinas) 49:54. 65-69: 1. Joe King (Alameda) 38:50. 2. Howard Powers (Scotts Vly) 55:49. 3. Ulysses Rattii (Oakland) 58:46. 70 & Over: Albert Jarchke (Castroville) 54:23. 2. George Leavitt (Santa Cruz) 56:56. 3. Pierre Defusse (Carmel) 56:58.

### Division Results - Women

**Overall Winner:** 1. Christine Kennedy (Cupertino) 35:33. 6-12: 1. Gabriella Pelayo (Salinas) 58:52. 2. Jaime Lee (Fair Oaks) 1:09:02. 3. Janeth Pelayo (Salinas) 1:09:20. 13-19: 1. Robin Undsay (Lodi) 50:22. 2. Stacy Jaquith (Santa Cruz) 50:50. 3. Aimee Davis (Santa Cruz) 53:26. 20-24: 1. Staci Blair (Ft. Ord) 39:23. 2. Sharon Browne (Santa Marie) 39:26. 3. Christine O'Hanlon (Santa Cruz) 39:28. 25-29: 1. Betsy Swan (Woodside) 37:07. 2. Sheri McCarroll (San Jose) 38:05. 3. Lisa Russell 41:45. 30-34: 1. Lori Robertson (Seaside) 38:28. 2. Cynthia Wooley (Sunnyvale) 38:44. 3. K. Vemura (Monterey) 39:34. 35-39: 1. Christine Kennedy (Cupertino) 35:33. 2. Patty Selbicky (Pacific Grove) 38:16. 3. Anne Hayden (Santa Cruz) 38:35. 40-44: 1. Rietha Weeks (Seattle) 43:03. 2. Carol Dixon (Pacific Grove) 44:57. 3. Helene Hughes (Ft. Ord) 46:31. 45-49: 1. Joan Ottaway (Sausalito) 36:45. 2. Nelly Wright (Pacific Grove) 39:51. 3. Pamela Horton (Santa Rosa) 44:01. 50-54: 1. Ann Grove (Orinda) 45:20.

2. Yvonne Reid (Monterey) 51:54. 3. Carmen Crawford (San Jose) 56:12. 55-59: 1. Jan Holloway (Greenfield) 49:33. 2. Gloria Dake (Salinas) 49:58. 3. Annie Lembo (Carmel) 51:22. 70 & Over: 1. Peggy Pridmore (San Jose) 1:11:01.

## Shin Zen Run

Sept. 20. Fresno. 2 Mile & 10K.

### Division Results - Men's 10K

**Overall Winner:** 1. Steve Jawor 31:36. 18 & Under: 1. Juan Morales 36:50. 2. Octaviano Valenzuela 40:05. 3. Pablo Vasquez 40:09. 19-24: 1. Isaac Narrango 35:18. 2. Michael Sanchez 38:37. 3. Jesus Ramirez 39:22. 25-29: 1. David Naranjo 33:37. 2. David Lennon 34:56. 3. John Rodriguez 35:42. 30-34: 1. Jay Farris 31:52. 2. Greg Pope 33:42. 3. Artemio Villegas 34:42. 35-39: 1. Pat Moss 31:41. 2. Donald Gregory 34:12. 3. Baldemar Betancourt 34:26. 40-44: 1. Al Lomeli 34:17. 2. Steven Levy 35:29. 3. Jim Lambe 35:44. 45-49: 1. Robert Lindsey 34:22. 2. Gustavo Armenta 41:08. 3. Lee Case 42:03. 50-54: 1. Don Trout 37:58. 2. Evan Orme 40:05. 3. Isaac Melo 42:39. 55-59: 1. Frank Padilla 37:36. 2. Frank Delgado 38:39. 3. Ric Zamarripa 39:45. 60-64: 1. Len Thornton 41:11. 2. Van Freier 51:27. 65-69: 1. David Fung 50:22.

### Division Results - Women's 10K

**Overall Winner:** 1. Liza York 38:41. 18 & Under: 1. Lindsey Hahn 49:39. 19-24: 1. Laura DiDonna 49:56. 2. Michelle Takahashi 54:13. 25-29: 1. Tammy Apthorp 44:49. 2. Heidi Fiorentino 47:25. 3. Jessica Gongora 49:35. 30-34: 1. Katie Lowe 40:12. 2. Melissa Ortiz 42:17. 3. Nellie Gonzales 42:28. 35-39: 1. Lori Anderson 47:08. 2. Jeanne Wheaton 50:13. 3. Gwynne Kinsey 50:46. 40-44: 1. Carol Alsdorf 43:09. 2. Judy Case 46:04. 3. Donna Aldrich 46:31. 45-49: 1. Barbara Duenes 45:55. 2. Sharon Mayo 47:07. 3. Mary Ann Barroso 50:08. 50-54: 1. Marjorie Lindsey 42:43. 2. Heidi Fialho 1:01:45. 3. Ellen Tanimoto 1:04:55. 55-59: 1. Theanne Woodruff 1:05:17. 60-64: 1. Sydney Loo 1:02:46.

### Division Results - Men's 2 Mile

**Overall Winner:** 1. John Robinson 9:53. 9 & Under: 1. Kyle Freeman 15:31. 2. Evan Benelli 15:31. 3. Nick Regini 18:24. 10-12: 1. Brandon Skiba 11:43. 2. Brian Roth 11:50. 3. Michael Lorta 12:59. 13-15: 1. Noah Dye 10:30. 2. Samuel Morales 10:35. 3. Alfredo Garcia 10:45. 16-18: 1. Steve Ganzenhuber 10:48. 2. Brent Martin 11:33. 3. Jeremy Godfrey 11:58. 19-24: 1. Ed Gann 10:26. 2. Sal Alaniz 12:08. 3. Lewis Martinez 20:16. 25-29: 1. Jay Geary 10:31. 2. Joe Carnegie 11:53. 3. Michael Woody 12:05. 30-34: 1. Isaac Gonzales 10:33. 2. Gerry Mulligan 10:59. 3. David Kurtze 11:14. 35-39: 1. Mark Underwood 10:26. 2. Mark Hull 10:30. 3. Ray Knight 11:30. 40-44: 1. Craig Elia 10:23. 2. Gary Bluth 10:36. 3. Curtis Elia 11:06. 45-49: 1. Gordon Keller 10:39. 2. Gary Hall 11:07. 3. Gary Walker 12:16. 50-54: 1. Robert Perry 11:08. 2. Earl Bradford 12:16. 3. Ken Sakata 13:27. 55-59: 1. Rich-

ard Robinson 14:06. 2. Albert Martinez 14:37. 3. Jim Benelli 15:36. 60-64: 1. Tony Bush 13:41. 2. Joseph Rhoan 15:30. 3. Al Smith 15:43. 65-69: 1. Bob Musso 13:56. 2. John Paredes 14:26. 70 & Over: 1. Lee Thomas 15:34. 2. Jim Nagatani 17:34. 3. Gumaro Reyes 23:00.

### Division Results - Women's 2 Mile

**Overall Winner:** 1. Marlene Parra 12:04. 9 & Under: 1. Jamie Hahn 13:29. 2. Erika Campagne 15:06. 3. Krissy Oakley 18:12. 10-12: 1. Jocelyn Keller 12:46. 2. Sarah Smith 13:18. 3. Kim Schmidt 13:44. 13-15: 1. Heather Ryan 12:16. 2. Michelle Murphy 13:59. 3. Amanda Russell 14:55. 16-18: 1. Stefanie Hard 14:19. 2. Cindy Sakata 18:01. 19-24: 1. Jessie Flores 12:23. 2. Tanya Godfrey 14:49. 3. Kim Kuball 17:35. 25-29: 1. Tiffany Farmer 12:15. 2. Maryann Alvarez 12:34. 3. Glenda Jacobsen 13:01. 30-34: 1. Jeanette Lawrence 13:49. 2. Carol Foster 14:27. 3. Natia Pfister 15:01. 35-39: 1. Linda Flattley 13:03. 2. Ann Phillips 13:27. 3. Sharon Madsen 13:54. 40-44: 1. Carla Weaver 13:16. 2. Margaret Pinuelas 15:08. 3. Dorothy Partida 15:15. 45-49: 1. Fran Sakata 16:06. 2. Joanne Robinson 16:20. 3. Laurie Misaki 17:19. 50-54: 1. Susan Quinn 14:24. 2. Glenda Morgan 15:48. 3. Mary Frances Awtry 16:55. 55-59: 1. Jean Tonooka 22:40. 65-69: 1. Dorothy Thomas 16:02. 2. Aya Kimura 24:53. 70 & Over: 1. Mary Meisel 20:54. 2. Kay Matsuo 22:44. 3. Kazue Iwatsubo N.T.

### Walk Results

#### Men:

**Open:** 1. Terry Kubar 25:15. 2. Zachary Kubow 26:38. 3. Matt Fujikawa 26:42. **Masters:** 1. Guy Newman 20:49. 2. Jim Walters 20:53. 3. John Voris 22:43.

#### Women:

**Open:** 1. Susan Vasquez 21:34. 2. Jessie Gonzalez 21:37. 3. Frances Don 22:09. **Masters:** 1. Sharon Hayes 20:49. 2. Beverly Rosenow 22:42. 3. Debbie Godfrey 22:45.

## Golden Gate Race Walkers TAC Championships

Sept. 20. San Francisco. 10K.

### Division Results - Men

16-19: 1. J. Smith 83:55. 20-29: 1. Benedetti 68:27. 30-39: 1. J. Matthews 43:24. 2. A. Klein 69:53. 3. D. Moore 77:35. 40-49: 1. B. Wilson 68:58. 50-54: 1. D. Dorinson 61:17. 2. C. Woods 70:00. 55-59: 1. L. Green 55:13. 2. J. Fisher 64:27. 60-69: 1. J. Borset 70:42. 70-79: 1. T. Grove 74:39. 80 & Over: 1. G. DePetra 69:58.

### Division Results - Women

30-34: 1. C. March 49:30. 2. K. Keller 60:54. 3. D. Gilliland 65:18. 35-39: 1. D. Abrams 57:32. 2. L. Cribbins 58:29. 3. L. Leiker 63:36. 40-44: 1. S. Focacci 57:32. 2. S. Womack 58:30. 3. M. McNulty 68:47. 45-49: 1. J. Looby 66:28. 2. C. Nash 74:38.

## That Dam Runs

Sept. 20. El Sobrante. 5K & 10K.

### Overall Results - 5K

1. Leroy Kotchevar (38) 16:11. 2. Kent Thompson (30) 17:10. 3. Steven Mayberry (28) 17:42. 4. Jason Maintzer (21) 18:02. 5. Wolf Hillesheim (47) 18:15. 6. Charlie Martin (36) 18:11. 7. Kent Sasaki (28) 18:18. 8. Hans Facek (40) 18:33. 9. Danny Teixeira (15) 19:40. 10. Art Hernandez (29) 20:59.

### Overall Results - 10K

1. Nick Nichols (32) 35:19. 2. Sharlet Gilbert (41) 35:47. 3. Francisco Lari (26) 36:27. 4. Larry Fujita (34) 36:28. 5. Daniel Rosenthal (27) 37:52. 6. Jim Allen (35) 38:14. 7. Rolf Nebelung (52) 38:27. 8. Mark Richey (41) 40:04. 9. Jerry Goodwin (50) 40:17. 10. Naohisa Kikuchi (28) 42:13.

## Ron's Wildlife Run

Sept. 20. Los Gatos. 10K.

### Division Results - Men

12 & Under: 1. Carlos Siqueiros 43:47. 2. Chris Kamalski 59:46. 3. Keith Follmar 59:56. 13-18: 1. Jason Balkman 31:48. 2. Bruce Harrison 41:17. 3. Justin Davis 42:21. 19-29: 1. John Fletcher 34:12. 2. David Kopec 34:32. 3. Jeff Hongo 34:44. 30-39: 1. Bob Tapia 32:06. 2. Gregg Westerbeck 36:21. 3. Brooks Geiken 36:23. 40-49: 1. John Hirschberger 35:58. 2. Norm Gould 36:39. 3. Greg Burke 37:07. 50-59: 1. Bill Comport 40:02. 2. Terry Clow 43:02. 3. Bob Felman 43:09. 60 & Over: 1. Ephraim Romesberg 42:48. 2. Pete Petersen 49:47. 3. Bill Barclay 49:56.

### Division Results - Women

12 & Under: 1. Ashley McCrea 1:00:17. 2. Claire Philippott 1:04:04. 3. Shoko Bogen 1:06:41. 13-18: 1. Heather Levy 44:43. 2. Charlie Duval 51:37. 3. Caroline Knapp 56:18. 19-29: 1. Denne Klimkoski 41:14. 2. Dana Goldfarb 41:43. 3. Lanette Sanders 43:02. 30-39: 1. Karen Rowen 39:22. 2. Debbie Follmar 41:34. 3. Mary Massee 42:24. 40-49: 1. Eileen Hoefler 44:22. 2. Charmon Ashby 50:39. 3. Susan Stavich 50:44. 50-59: 1. Shirley Church 46:17. 2. Diane Bromstead 52:05. 3. Gloria DeVall 58:52.

## Redding Bud Light Triathlon

Sept. 20. Redding.

### Overall Results - Open Elite

1. Dan Ordoins (28) 3:09:06. 2. Luanne Park (32) 3:18:29. 3. Krista Whelan (27) 3:20:10. 4. Jill Newman (24) 3:30:01. 5. John Armour (25) 3:39:43. 6. Tony Tobia (29) 5:01:26.

### Overall Results - Age Group

1. Jon Christensen (28) 3:02:38. 2. Scott Miller (31) 3:03:54. 3. Kevin Truax (31) 3:04:31. 4. Darrin Rohr (27) 3:06:02. 5. Brett MacDonell (27) 3:13:30. 6. Scott Erba (23) 3:14:20. 7. Sean Sullivan (26) 3:19:01. 8. Curtis Sukut (31) 3:19:47. 9. David Roberson (30) 3:21:26. 10. Andy Li-

# RESULTS

bert (25) 3:23:55.

11. Jamieson Van Eaton (45) 3:24:37, 12. Josiah Jones (16) 3:25:23, 13. Al Master-son (35) 3:26:49, 14. Peter Gauvin (24) 3:28:29, 15. Edward Stewart (28) 3:29:29, 16. Dale Vaughan (47) 3:29:41, 17. Richard Hall (36) 3:31:54, 18. Paul Every (28) 3:32:13, 19. Barrett Donovan (21) 3:35:28, 20. Jim Preston (26) 3:36:21.

## Relays

**Same Sex:** 1. Old, But Never Grown U 3:12:09, 2. Gandy/Whittaker/Carlson 3:27:13, 3. Kraft/Burke 3:27:40.

**Mixed Sex:** 1. Monie/Franklin/ Gaddy 3:27:27, 2. Team Chico #1 3:43:13, 3. Kolbe/Peterson/Jackson 3:50:33.

**Corporate:** 1. Rodgers/Bresolin/Pile 3:04:29.

## The Castaway

Sept. 26. San Mateo. Half Marathon & 10K.

### Overall Results - Half Marathon

1. Richard Easton (36) 1:16:42, 2. Nick Nickols (32) 1:22:42, 3. Daniel Kroll (29) 1:23:13, 4. Bob Barber (55) 1:23:52, 5. Jean Allergrucci (28) 1:25:38, 6. Martin Keraney (44) 1:28:58, 7. David Brownstein (30) 1:31:09, 8. Chris Buts (30) 1:31:32, 9. Errol Yamat (44) 1:31:42, 10. Liz Kimball (28) 1:31:58.

11. Terri Negrete (33) 1:34:02, 12. Richard Rodriguez (56) 1:34:56, 13. Marcus Co-tonsona (33) 1:35:00, 14. Dean Cheesman (49) 1:35:09, 15. Richard Siciliano (47) 1:36:57.

### Overall Results - 10K

1. Armen Khachadourian (41) 39:06, 2. Jim Wyatt (38) 39:14, 3. Lynn Macy (37) 39:40, 4. Mike Dunn (37) 41:14, 5. Steve Nissenon (44) 42:44, 6. Clifton Walkup (29) 43:51, 7. Janet McCann (33) 44:38, 8. Church Blevins (38) 45:37, 9. Paul Mansfield (30) 46:31, 10. David Mark (35) 46:39.

## Golden Gate Park Cross Country Series

Sept. 26. San Francisco.

### Overall Results - Men

1. Danny Aldridge (36) 20:25, 2. Alvaro Palacios (33) 20:40, 3. Randy Acetta (29) 20:45, 4. Joseph Karnes (27) 21:07, 5. Scott Pierce (25) 21:19, 6. Vince Howard (22) 21:29, 7. Samuel Gwynn (21) 21:37, 8. Youssef Choukri (18-29) 21:39, 9. Christopher Santamaría (24) 21:40, 10. Dale Londos (28) 21:41.

11. Peter Vincencio (26) 21:45, 12. Darren Odell (23) 21:48, 13. Arthur Welch (31) 21:49, 14. Charles Thompson (42) 21:52, 15. Matt Romersa (22) 21:54, 16. Chris Gould (26) 21:59, 17. Marc Ziblatt (29) 22:02, 18. Peter Lagoy (33) 22:03, 19. Martin Smith (21) 22:07, 20. Mark Piccillo (36) 22:08.

### Overall Results - Women

1. Rae Stiger (25) 23:40, 2. Sharlet Gilbert (41) 24:10, 3. Jeannie Urness (30-39) 24:18, 4. Honor Fetherston (37) 25:18, 5.

Kelly Lawson (32) 25:49, 6. Lisa Lopez (19) 25:50, 7. Deborah Martin (26) 25:52, 8. Beckle Simmie-Kesecker (40) 26:06, 9. Paula Barton (27) 26:14, 10. Sue Vinella-Brusher (38) 26:28.

## Reno Gazette Journal Jog

September 26. Reno, NV. 8K.

### Overall Results - Men

1. Brian Abshire 24:03, 2. Alan Dehlinger 24:36, 3. Robert Thwala 24:55, 4. Ray Cook 25:18, 5. Brad Hawthorne 25:31, 6. Miguel Tibaduiza 25:37, 7. Denis O'Halloran 26:13, 8. Scott Young 26:23, 9. Ewar Gordillo 26:33, 10. Jason Scott 26:41.

11. Daniel Lucas 26:42, 12. John Howell 26:47, 13. Chris Tuma 26:50, 14. Jack Powell 27:01, 15. Dan Murphy 27:11, 16. Ryan Moore 27:40, 17. Bill Knapp 27:43, 18. John Perry 27:44, 19. Travis Cruz 27:45, 20. Rick Holland 28:20.

21. Ryan Bentley 28:20, 22. Jason Ganzel 28:21, 23. John Trent 28:34, 24. David Stover 28:47, 25. Doug Rasmussen 28:52.

### Overall Results - Women

1. Linda Somers 27:39, 2. Rossy Tibadui-za-Cardenas 29:16, 3. Sharon McGinley 29:17, 4. Terry Schmidt 29:56, 5. Cathie Belley 30:12, 6. Kathy Wood 30:38, 7. Ellen Lucas 31:01, 8. Lynice Benton 32:20, 9. Patty Howell 32:24, 10. Janis Carpenter 32:28.

11. Cory Avery 32:47, 12. Josita Beak 32:59, 13. Gail Brannan 33:26, 14. Amy Carling 33:46, 15. Jenny Barney 33:59, 16. Audrey Townsell 34:22, 17. Peggy Black 34:23, 18. Karen Thomas 34:23, 19. Kris Day 34:40, 20. Ellie Leavitt 34:45.

21. Amy Miller 35:24, 22. Sarah Feliz 35:28, 23. Aurora Mendoza 35:30, 24. Linda Blagg 35:31, 25. Bridget Webster 35:34.

## Los Angeles Philharmonic Runs

Sept. 26. Los Angeles. 5K & 10K.

### Overall Results - 5K

**Men:** 1. Nolan Smith (43) 15:41, 2. Sergio Lopez (19) 15:43, 3. Nacho Fonseca (27) 16:37. **Masters:** 1. Nolan Smith (43) 15:41, 2. Brian Silver (43) 18:42, 3. Steve Chase (41) 20:54.

**Women:** 1. Julie Salas (22) 19:28, 2. Victoria Aguilera (28) 19:58, 3. Cosme Flores (24) 20:02. **Masters:** 1. Eva Cervantes (42) 22:30, 2. Meg Perry (41) 24:38, 3. Gloria Leonard (42) 25:19.

### Overall Results - 10K

**Men:** 1. Matt Messner (23) 32:14, 2. Jesse Smith (38) 33:38, 3. Dagoberto Perez (25) 34:14. **Masters:** 1. Irwin Merin (42) 40:09, 2. George Rosenstock (44) 41:25, 3. Hisao Homma (41) 41:25.

**Women:** 1. Mary Button (33) 36:47, 2. Kriss Klausen (45) 40:10, 3. Marina Gutierrez (17) 42:00. **Masters:** 1. Susie Sakai (41) 50:33, 2. Beatrice Luna (40) 53:17, 3. Christine Franklin (43) 56:41.

### Overall Results - 10K Walk

**Men:** 1. Steve Colman (56) 33:41, 2. Doug

Demers (43) 37:43, 3. Walter DeRothe (59) 37:48.

**Women:** 1. Margie Alexander (28) 31:17, 2. Carol Ferris (56) 34:26, 3. Joann Bally (55) 35:29.

## PA/TAC Ultra Grand Prix Series Wine Country Run for Sight

Sept. 26. Sonoma. 12 Hour Ultrarun on Sonoma H.S.

### Overall Results

Name/Age	Time
1 Bruce Linscott (34)	79.69
2 Martin Jones (49)	72.53
3 Mike Palmer (38)	71.78
4 Mike Tarvid (30)	69.79
5 Jan Levet (41)	68.05
6 Stephen Derenzo (50)	68.05
7 Eldrith Gosney (51)	66.81
8 Tim Carr (47)	66.06
9 Marie Gonzales (31)	65.82
10 Memion Hays (54)	63.08
11 Mike Poulsen (41)	62.84
12 Roger Dike (38)	61.59
13 Gary Hilliard (37)	58.86
14 Shirley Church (50)	57.62
15 Marjorie Lopez (39)	56.12
16 Al Hill (55)	54.63
17 Jan Lambert (45)	53.39
18 Helen Klein (69)	51.65
19 Mike Tselentis (65)	49.31
20 Kirk deFord (49 Walker)	44.94

## Harry Reid Tri-A-Run

Sept. 26. Las Vegas, NV. 10K.

### Overall Results

1. Greg Houlgate (24) Tokyo 34:57, 2. Douglas Allan (36) Las Vegas 35:21, 3. Dave Chairez (33) Las Vegas 35:43, 4. Dennison Yazzie (20) Las Vegas 37:18, 5. Jeff Demeny (32) Las Vegas 37:23, 6. James Morton (36) Las Vegas 38:32, 7. Martin Quintero (34) Las Vegas 38:42, 8. Wayne Peterson (37) Las Vegas 39:39, 9. Gene Harkins (37) Las Vegas 39:47, 10. Eric Fusch (31) Las Vegas 39:51.

11. Mike Ryan (31) Henderson, NV. 41:27, 12. Dan Hawbaker (45) Las Vegas 42:15, 13. Tommy Cogan (47) Las Vegas 42:20, 14. Ryan Horn (10) Henderson, NV. 42:58, 15. Mark Storm (32) Las Vegas 43:27, 16. Chris Laman (13) Las Vegas 43:29, 17. John Mulla (42) Flint, MI. 43:31, 18. Tony Pryatel (47) Las Vegas 43:40, 19. John Nicholson (28) Las Vegas 43:54, 20. Tony Saletta (49) Las Vegas 44:34.

## Great American Carousel to Coaster

Sept. 27. Santa Clara. 10K

### Division Results - Men

**Overall Winner:** 1. Dennis Kurtis 32:25, 11 & Under: 1. Carlos Siqueiros 44:47, 2. Alex Bame 47:48, 3. Stephen Pitts 50:18, 12-16: 1. Doug Ellington 35:17, 2. Brian Dorgan 36:37, 3. Nathan Crawford 41:26, 17-29: 1. Nicholas Ratti 35:04, 2. David Kipek 35:12, 3. Sam Lopez 35:15, 30-39: 1. Dennis Kur-

tis 32:25, 2. Barry Farrara 34:01, 3. Don Hicks 34:23, 40-49: 1. Dennis Uriaga 35:35, 2. Jim Howe 36:18, 3. Julios Ratti 37:24, 50-59: 1. John Kneen 38:18, 2. Rolf Neelung 39:30, 3. Richard Deyoung 43:41, 60 & Over: 1. Bob Farrington 45:38, 2. Peter Wood 46:50, 3. Jesse Nunez 57:55. **Wheelchair:** 1. Bert Egly 31:34, 2. Robert Withrell 33:33.

### Division Results - Women

**Overall Winner:** 1. Jeannie Urness 35:59, 11 & Under: 1. Sara Pitts 45:16, 2. Rachael Pitts 56:31, 3. Michele Raby 1:11:14, 12-16: 1. Julie Conger 58:00, 17-29: 1. Jeaneen Teixeira 47:33, 2. Lori Andrade 48:05, 3. Kim Corrigan 48:16, 30-39: 1. Jeannie Urness 35:59, 2. Annette Shearer 42:32, 3. Nancy Brooks 46:50, 40-49: 1. Connie Miks 47:24, 2. Joyce Reitter 54:25, 3. Nancy Buck 55:28, 50-59: 1. Karen Gudiksen 55:57, 2. Mrina Riva Flores 56:06, 3. Maureen Bashford 1:00:53, 60 & Over: 1. Joy Johnson 53:54, 2. Christine Wood 1:07:28.

## Running Wild 10K

Sept. 27. San Diego Wild Animal Park.

### Division Results - Men

**Overall Winner:** 1. Cesar Lopez 31:39, 17 & Under: 1. Chris Ruhe 38:23, 18-24: 1. Cesar Lopez 31:39, 25-29: 1. James Shermeta 31:45, 30-34: 1. Mike Fisher 32:58, 35-39: 1. Francisco Garcia 35:24, 40-44: 1. Richard Saltzman 38:22, 45-49: 1. Loren McKnight 38:41, 50-54: 1. Dan McCaskill 37:54, 55-59: 1. Phillip Campbell 43:54, 60-69: 1. Jim O'Neil 43:42, 70 & Over: 1. Jim McCown 44:36.

### Division Results - Women

**Overall Winner:** 1. Chrystee Perkins 39:24, 17 & Under: 1. Megan McGowan 42:32, 18-24: 1. Chrystee Perkins 39:24, 25-29: 1. Sheri Ball-Garcia 42:46, 30-34: 1. Donna Blackman 41:31, 35-39: 1. Beverly Dexter 41:30, 40-44: 1. Eileen Reep 48:28, 45-49: 1. Naomi Benaron 43:14, 50-54: 1. Jean Viste 55:24, 55-59: 1. Sheila Corwin 1:28:03, 60-69: 1. Ruth Dundon 1:07:14.

## Humpday - The Sequel

Sept. 30. Chico. 5K.

### Overall Results

1. Roger Dix (25) 15:06, 2. Tom Cushman (38) 15:27, 3. Chris Pressman (25) 15:44, 4. Chris Myers (20) 15:54, 5. Arturo Martin (21) 15:57, 6. Todd Stevens (20) 15:59, 7. Bill Joseph (36) 16:03, 8. Walter Cuellar (23) 16:09, 9. Noah Marcus (18) 16:12, 10. Toni Ruggle (37) 16:26.

11. Bob Johnson (25) 16:31, 12. Gary Johnsrud (36) 16:35, 13. Mark Schafer (33) 16:58, 14. David Wood (42) 17:16, 15. Andy Palmer (20) 17:21, 16. Jon Tannehill (32) 17:32, 17. Chuck Hallbauer (13) 17:40, 18. Mike Zygaczenko (38) 17:47, 19. Mike McNelly (26) 17:56, 20. Kim Stempfen (30) 17:58.

# RESULTS

## Feather River Classic

No Date Available, Quincy 5K & 10K.

### Division Results - Men's 5K

13 & Under: 1. Pat McCarthy 26:22, 2. Gerald Swanson 27:49, 3. Jesse Coy 31:41. 14-18: 1. Issac Harris 19:12, 2. William Booker 22:29, 3. Jeff Hewitt 22:34. 19-29: 1. Dean Schauer 17:47, 2. Raymond Needham 20:15, 3. John Coons 25:07. 30-39: 1. Dan English 19:22, 2. Jim Mault 22:55, 3. Alfred Witts 23:45. 40-49: 1. Michael Edling 17:20, 2. Gary Brooks 18:25, 3. Dennis Clemens 19:43. 50-59: 1. Tom Ferlatte 24:11, 2. John McCoy 24:22, 3. John Koehler 29:11. 60 & Over: 1. Mort Ward 19:47, 2. Jim Sullivan 24:36. Walk: 1. Jay Lemm 37:32, 2. Earl Lemm 37:33.

### Division Results - Women's 5K

13 & Under: 1. Christine Whitaker 31:31, 2. Michelle Whitaker 39:11, 3. Kenna Goodson 48:29. 14-18: 1. Sally Pyle 19:56, 2. Christy Bill 22:11, 19-29: 1. Susan Goodman 25:04, 2. Rebecca Pugh 25:31, 3. Nancy Quigley 26:26. 30-39: 1. Victoria Monroe 20:46, 2. Heather Logan 25:26, 3. Karla Swanson 27:51. 40-49: 1. Sharon Hedges 30:33. 50-59: 1. Carolyn Ward 25:57. 60 & Over: 1. Geri Sullivan 31:30, 2. Tessie Roberts 34:11, 3. Ilene Sanson 34:52. Walk: 1. Janet Barnes 44:15, 2. Hazel Peter 44:40, 3. Karen Moody 47:14.

### Division Results - Men's 10K

19-29: 1. Robert Johnson 40:04. 30-39: 1. Joe Rust 42:12, 2. Robert Penland 42:37, 3. John Cervantes 43:50. 40-49: 1. Chris Neary 46:14, 2. Tommie Colan 51:52. 50-59: 1. Bob Mackel 41:50, 2. Bill Nicholson 43:45, 3. Richard Cochran 46:29. 60 & Over: 1. Otto Herst 51:59, 2. Bill Lissater 1:08:30. Wheelchair: 1. Patrick Cottini 31:30.

### Division Results - Women's 10K

19-29: 1. Chris Penland 52:41, 2. Jane Hayes 1:06:20. 30-39: 1. Jill Denier 53:49, 2. Lolita Knepp 1:06:21, 3. Laura Nunez 1:08:35. 40-49: 1. Vicky Fisci 45:45. 50-59: 1. Virginia Nicholson 50:33. 60 & Over: 1. Catherine Cooley 1:02:38.

## Quicksilver Challenge Half Marathon

October 3, San Jose, Half Marathon.

### Division Results - Men

Overall Winners: 1. Michael Duncan 1:23:33, 2. Michael Young 1:26:23, 3. Jeff Press 1:27:15. 18 & Under: 1. Miles Molver 1:46:29. 20-29: 1. David Drew 1:30:32, 2. Miguel Lopez 1:32:38, 3. Mark Gohr 1:32:55. 30-39: 1. Michael Young 1:26:23, 2. Jeff Press 1:27:15, 3. Tim Souza 1:29:31. 40-49: 1. Michael Duncan 1:23:33, 2. Bernie Lahde 1:29:41, 3. Frank Williams 1:31:01. 50-59: 1. Michael Hicks 1:35:42, 2. Joe Hurtado 1:40:13, 3. Rolf Nebelung 1:42:53. 60 & Over: 1. Bill Wallace 2:07:26, 2. Bill Barclay 2:15:14, 3. Jesse Nunez 2:51:01.

### Division Results - Women

Overall Winners: 1. Anne Myers 1:34:05, 2. Deb Holst 1:37:50, 3. Lydia Escobar

1:40:19. 18 & Under: 1. Heather Levy 1:54:52. 20-29: 1. Dana Goldfarb 1:43:03, 2. Deborah Rae Leale 1:44:06, 3. Michelle Anderson 1:57:31. 30-39: 1. Anne Meyers 1:34:05, 2. Deb Holst 1:37:50, 3. Lydia Escobar 1:40:19. 40-49: 1. Anita Lee 1:59:23, 2. Margie Kensit 1:59:40, 3. Vickie Lames 2:04:08. 50-59: 1. Barbara Robben 2:13:19, 2. Diane Bromstead 2:22:38.

## St. George Marathon

By Phil Chidester,

Staff Writer, The Daily Spectrum  
October 3, St. George, UT.

Jose Pina and Kathy Robinson outdistanced a strong field to claim their first-ever major Marathon crowns Saturday to conclude the 16th annual running of the St. George Marathon.

Pina, a resident of Gardena, and a member of a Gardena Track Club that made a strong showing through all age divisions at the southern Utah event, recorded a time of 2:20:51 over the 26-mile course to finish as the men's overall champion. Pina's time was several minutes off the 1991 pace, but nearly identical with the runner's pre-race goal of a 2:20 showing over the rugged course.

"This is my best time in the Marathon," said Pina following the race, noting that his previous high water mark was a 2:22 in the Las Vegas Marathon.

The experienced road racer said he had no trouble dealing with a stiff headwind that buffeted runners at the starting line, located just north of the Pine Valley turnoff on State Highway 18, but that the course's uphill sections presented something of a struggle.

"I tried to come here two other times, but I wasn't able to," added Pina of the St. George Marathon. This is one of the most beautiful courses for the Marathon, and I knew I could win it. Now I have come, and I have won."

### Overall Results - California

1. Jeffrey Christensen (Newhall) (Wheelchair) 2:10:31, 1. Jose Pina (Gardena) 2:20:51, 4. David Ronco (Seal Beach) 2:25:43, 6. Mike Gottardi (Pasadena) 2:26:52, 10. Jesse Smith (Pasadena) 2:30:54, 13. Harold Ketting (Santa Barbara) 2:33:22, 19. Marty Horan (Hawthorne) 2:36:32, 20. David Hall (Torrance) 2:36:53, 36. Uriel Rivera (Gardena) 2:42:03, 123. Russ Richardson (San Diego) 2:44:46.

### Division Results - Men

Overall Winners: 1. Jose Pina 2:20:50, 2. Deron Scott 2:24:09. 12 & Under: 1. Kenneth Harper 2:08:04, 2. Spencer Clark 3:34:26, 3. Michael Nelson 3:46:43. 13-14: 1. Darrin Johnson 3:41:59, 2. Nathaniel Hancock 4:00:34, 3. Ryan Kimball 4:14:11. 15-18: 1. Brian Harward 2:54:10, 2. Joel Warden 2:54:23, 3. Derek Syversen 2:54:23. 19-24: 1. David Hall 2:36:52, 2. Danny Anderson 2:46:58, 3. Tony Lord 2:51:28. 25-29: 1. Jose Pina 2:20:50, 2. Deron Scott 2:24:09, 3. David Ronco 2:25:42. 30-34: 1. Tom Garcia 2:24:15, 2. Steve Greenspan 2:32:55, 3. Manuel Kalt

2:36:25. 35-39: 1. Jesse Smith 2:30:53, 2. Steve Young 2:32:11, 3. Harold Ketting 2:33:21. 40-44: 1. Ray Workman 2:44:10, 2. Stan Burt 2:46:11, 3. Alan Watson 2:49:05. 45-49: 1. David Burton 2:45:53, 2. Ted Heal 2:45:56, 3. Kenneth Harper 2:51:26. 50-54: 1. Robert Nelson 2:43:03, 2. Ron Peterson 2:47:07, 3. Paul Peacock 2:47:11. 55-59: 1. Darrell Natter 2:42:19, 2. Kent Topham 3:00:45, 3. Ross Westley 3:05:54. 60-64: 1. Paul Nance 3:01:52, 2. J. Garn McBride 3:04:32, 3. Patrick Devine 3:06:07. 65-69: 1. John Cahill 3:07:04, 2. Franklin Mason 3:26:59, 3. Randy Schachtli 3:37:28. 70-74: 1. Tom Edwards 3:41:24, 2. Bill Collings 4:23:31, 3. Bob Christian 4:28:37. 75 & Over: 1. Dutch Benedetti 4:40:05, 2. Herb Wright 4:53:54. Wheelchair: 1. Brandon Harris 1:32:36, 2. Thomas McCurdy 1:45:43, 3. Lyle Swenson 1:48:50.

### Division Results - Women

Overall Winners: 1. Kathy Robinson 2:42:03, 2. Ellen Gibson 2:43:16. 14 & Under: 1. Morgan Westby 6:30:06. 15-18: 1. Karina Lewis 3:36:54, 2. Tisha Golding 3:59:52, 3. Jennifer DeWaal 4:00:32. 19-24: 1. Holly Hagerman 2:58:38, 2. Bridget Lalley 3:18:52, 3. Deona Princess Anderson 3:22:04. 25-29: 1. Celsa Kidman 2:49:45, 2. Leslie Lords Robbins 3:14:29, 3. Carin Henriksen 3:15:08. 30-34: 1. Kathy Robinson 2:42:03, 2. Kathy Matson 2:46:29, 3. Cheryl Harper 2:50:30. 35-39: 1. Mary Ryzner 2:54:45, 2. Carol Kollstedt 2:59:36, 3. Jennie Cole 3:02:24. 40-44: 1. Ellen Gibson 2:43:16, 2. Merle Heimberg 2:56:11, 3. Janice Colton 3:14:01. 45-49: 1. Jeanie Groves 3:27:10, 2. Bonnie Wadley 3:33:27, 3. Carol Johnson 3:33:32. 50-54: 1. Kathleen Reynolds 3:40:50, 2. Ida Hendrick 3:42:45, 3. Ina Smith 3:51:12. 55-59: 1. Shirley Blush 3:20:22, 2. Wilma Maddock 3:44:07, 3. Audrey Hauth 3:58:09. 60-64: 1. Judith Bullough 4:32:55, 2. Julia Barrett 4:41:56, 3. Aurora Perez 4:50:34. 65-69: 1. Velma Earl 4:26:43. Wheelchair: 1. Sharon Frenette 1:54:21, 2. Shawn Williams 2:27:56.

## Sacramento Marathon

October 4, Sacramento, Full & Half Marathons.

### Division Results - Men's Marathon

Overall Winners: 1. Joseph Schieffer 2:36:57, 2. Steve McMillin 2:47:51, 3. Benny Medina 2:49:22, 4. Craig Newport 2:58:32, 5. Michael Hernandez 3:00:16. Masters: 1. Joseph Schieffer 2:36:57, 2. Benny Medina 2:49:22, 3. Craig Newport 2:58:32. Wheelchair: 1. Leslie Birdsall 3:54:37. 19-24: 1. Jesus Torres 3:29:39, 2. Sean Layne 3:39:22. 25-29: 1. Chris Jassman 3:15:49, 2. Ralph MacAluso 3:23:07, 3. Ernest Palomar 3:27:05. 30-34: 1. Steve McMillin 2:47:51, 2. Jesus Ruiz 3:06:54, 3. Dana Ota 3:08:51. 35-39: 1. Michael Hernandez 3:00:16, 2. Steve Marques 3:09:38, 3. Mark Green 3:22:48. 40-44: 1. Joseph Schieffer 2:36:57, 2. Kim Isham 3:13:20, 3. Bill Skadsen 3:32:24. 45-49: 1. Craig New-

port 2:58:32, 2. Vernon Oakes 3:03:03, 3. Dorsh Sanders 3:11:47. 50-54: 1. Benny Medina 2:49:22, 2. Jim Drake 3:13:15, 3. Larry Wise 3:18:05. 55-59: 1. Paul Mitchell 3:23:16, 2. Louis Simms 3:41:48, 3. Ron Vertrees 4:00:19. 60-64: 1. Neil Moore 4:02:14. 70 & Over: 1. George Billingsley 3:58:36.

### Division Results - Women's Marathon

Overall Winners: 1. Anne Lerner 3:37:17, 2. Meg Sanders 3:50:45, 3. Lydia Kwasny 3:53:36, 4. Iryna Kwasny 3:54:06, 5. Linda McFadden 4:00:25. Masters: 1. Anne Lerner 3:37:17, 2. Inez Moreno 4:45:33, 3. Diane Beer 5:08:49. 19-24: 1. Cami Stephens 4:24:07. 25-29: 1. Meg Sanders 3:50:45, 2. Becky Condit 4:03:20. 30-34: 1. Lydia Kwasny 3:53:36, 2. Iryna Kwasny 3:54:06, 3. Linda McFadden 4:00:25. 35-39: 1. Kathy Allan 4:10:29, 2. Alison Juberg 5:05:15. 40-44: 1. Anne Lerner 3:37:17. 45-49: 1. Inez Moreno 4:45:33, 2. Diane Beer 5:08:49.

### Division Results - Men's Half Marathon

Overall Winners: 1. Chris Hood 1:04:38, 2. Rich Hanna 1:10:00, 3. Brian Williamson 1:13:50, 4. Ben Bruno 1:14:40, 5. Chris Entafante 1:15:11. Masters: 1. Chris Entafante 1:15:11, 2. Tim Frawley 1:19:13, 3. Doug Butt 1:20:37. Wheelchair: 1. Mark Kidd 2:15:27. Walk: 1. Philip Lydon 2:21:38, 2. Robert Eisner 2:32:09, 3. Wallace Lundeen 2:37:07. 13-15: 1. David Boscow 1:36:00, 2. Matthew Polly 1:53:32, 3. Travis Kruger 1:58:01. 16-18: 1. Peter Perpich 1:23:49, 2. Jonathan Meyers 1:28:56, 3. Craig Smith 1:32:47. 19-24: 1. Brian Williamson 1:13:50, 2. Don Pontes 1:24:00, 3. Noah Bodd 1:28:39. 25-29: 1. Rich Hanna 1:10:00, 2. Daniel Kroll 1:21:14, 3. Troy Turner 1:21:20. 30-34: 1. Marc Parlange 1:16:40, 2. Carlos Casillas 1:19:13, 3. Tom Dubos 1:21:23. 35-39: 1. Dwight Miller 1:15:44, 2. Mike Deatherage 1:16:01, 3. Bruce Fujimoto 1:17:03. 40-44: 1. Chris Entafante 1:15:11, 2. Tim Frawley 1:19:13, 3. Urbano Luna, Jr. 1:21:03. 45-49: 1. Doug Butt 1:20:37, 2. Phil Coleman 1:24:04, 3. Joel Contreras 1:24:33. 50-54: 1. Larry Snider 1:22:48, 2. Howard Ferris 1:26:01, 3. Bruce Staats 1:26:05. 55-59: 1. Alex Derieux 1:27:38, 2. Tom Walsh 1:28:40, 3. Edward Reilly 1:42:13. 60-64: 1. Thomas Marshall 1:42:30, 2. Doug Moore 1:47:43, 3. Mack Martinez 1:48:04. 65-69: 1. Bob Burns 1:50:33, 2. James Hobin 1:53:53, 3. Claude Belcourt 1:58:08.

### Division Results - Women's Half Marathon

Overall Winners: 1. Linda Casillas 1:27:57, 2. Edie Braionard 1:28:05, 3. Carol Rewick 1:28:38, 4. Laura Kullisik 1:29:06, 5. Kate Johnson 1:29:08. Masters: 1. Rusty Barnett 1:39:08, 2. Marilyn Arguelles 1:39:42, 3. Bettie Powers 1:43:37. Walkers: 1. Karen Stoyanowski 1:55:39, 2. Tommy Herbert Aunan 2:07:41, 3. Alan Mendoza 2:07:59. 13-15: 1. Julie Randall 1:18:05. 16-18: 1. Alissa Wise 2:30:13. 19-24: 1. Carol Rewick 1:28:38, 2. Tera Tinsley 1:38:00, 3. Marcia Lunday 1:44:27. 25-29:



# RESULTS

1. Linda Casillas 1:27:57. 2. Beckie Starsky 1:34:30. 3. Kristin Martinez 1:38:26. **30-34:** 1. Laura Kulsik 1:29:06. 2. Denise Val-kema 1:36:43. 3. Jeanette Morgan 1:36:55. **35-39:** 1. Edie Brainard 1:28:05. 2. Kate Johnson 1:29:08. 3. Gwen Gallanty 1:30:34. **40-44:** 1. Bettie Powers 1:43:37. 2. Cathy Rohm 1:45:46. 3. Donna Brown 1:49:47. **45-49:** 1. Marilyn Arguelles 1:39:42. 2. Lynn Kyme 1:45:49. 3. Natalie Hebbrown 1:46:54. **50-54:** 1. Rusty Barnett 1:39:08. 2. Chiyo Shingu 1:56:35. 3. Maureen McColligan 1:57:32. **55-59:** 1. Mary Young 1:58:04. **60-64:** 1. Liz Demonte 1:55:22. 2. Mary Ehrlich 2:47:04. **65-69:** 1. Peggy Ewing 2:12:41. 2. Po Adams 2:16:55. 3. Charlotte Walker 2:53:33.

## Twin Cities Marathon

October 4. Minneapolis, Minn.

### Overall Results - Men

1. David Mungal (Laramie, WY) 2:15:33. 2. Joseph Nzau (Laramie, WY) 2:16:12. 3. Rob Pierce (Conifer, CO) 2:16:13. 4. Joe Leuchtmann (Ballwin, MO) 2:17:13. 5. Gideon Mutisya (Laramie, WY) 2:17:51. 6. Pierre Levisse (Boulder, CO) 2:17:52. 7. Matt Clayton (San Diego) 2:18:10. 8. Danny Gonzales (Denver, CO) 2:19:14. 9. Artemio Navarro (Tampa, FL) 2:19:50. 10. Steve Kartalia (Pendleton, SC) 2:23:08.

11. Ryazard Marczak 2:23:14. 13. Domingo Tibaduzza (Reno, NV) 2:14:16. 20. Gary Romesser (Indianapolis) 2:25:49.

### Overall Results - Women

1. Janis Klecker (Minnetonka, Minn) 2:36:50. 2. Tatiana Zueva (Tampa, FL) 2:38:41. 3. Gabrielle O'Rourke (New Zealand) 2:39:54. 4. Sharlet Gilbert (Richmond) 2:40:19. 5. Bev Docherty (St. Paul, Minn) 2:41:26. 6. Bernadine Portenski (New Zealand) 2:41:43. 7. Jennifer Martin (Erie, PA) 2:41:45. 8. Suzanne Ray (Anchorage, AK) 2:41:50. 9. Carol Virga (Boca Raton, FL) 2:43:33. 10. Kimberly Bruyn (So. Lake Tahoe) 2:45:45.

14. Maribel Colin PPlacentia) 2:50:16. 16. Mary Wood (Montrose) 2:51:49. 17. Laura Sanchez (Salinas) 2:56:45. 18. Betsy Swan (Woodside) 2:57:12.

## Bass Derby Run

October 4. Rio Vista. 5K & 10K.

### Division Results - Men's 5K

**Overall Winner:** 1. Don Hicks 16:13. **17 & Under:** 1. Gary McCormick 22:10. 2. Robbie Matson 22:22. 3. Matthew Muser 22:28. **18-29:** 1. Ken Valentine 19:14. 2. John Perez 23:47. 3. Matt Wilgenbush 26:52. **30-39:** 1. Don Hicks 16:13. 2. Kevin Cimini 16:57. 3. Thom Pearlman 17:19. **40-49:** 1. Roger Zoldan 18:37. 2. Paul Field 19:04. 3. Stan Teasant 20:34. **50-59:** 1. Tony Alinaiz 20:53. 2. Gary Hollinger 21:09. 3. Michael Otten 21:23. **60 & Over:** 1. Harold Linde 26:46. 2. John Donough 31:37. 3. William Hughes 31:52.

### Division Results - Women's 5K

**Overall Winner:** 1. Mary Clark 19:42. **17 & Under:** 1. Liz Lariosa 22:32. **18-29:** 1. Mary Clark 19:42. 2. Amy Valenzuela

30:55. 3. Julie Childs 39:09. **30-39:** 1. Stephanie Keeter 21:20. 2. Angelina Ralston 21:44. **40-49:** 1. Barbara Zoldan 24:55. 2. Susan Joaquin 25:45. 3. Beverly Fletcher 26:40. **60 & Over:** 1. Guadalupe Frias 28:54. 2. Angie Girven 32:28.

### Division Results - Men's 10K

**Overall Winner:** 1. Gary Johnsrud 33:53. **18-29:** 1. Ken Rhoads 34:30. 2. Michael Dean 37:25. 3. Cris Brow 39:38. **30-39:** 1. Gary Johnsrud 33:53. 2. Brian Erbe 36:44. 3. John Griffen 41:07. **40-49:** 1. Karl Bacon 35:39. 2. Don Myricks 42:19. 3. Manuel Cabbra 42:55. **50-59:** 1. Bill Thompson 42:16. 2. Clark Herzog 45:38. 3. Bill Poate 52:18. **60 & Over:** 1. John Milne 44:37. 2. John Dodson 47:50. 3. Ed Evans 51:30. **70 & Over:** 1. Don Lundberg 53:23.

### Division Results - Women's 10K

**Overall Winner:** 1. Alejandra Aguirre 41:30. **17 & Under:** 1. Stephanie Ehlers 54:13. **18-29:** 1. Alejandra Aguirre 41:30. 2. Colleen Donovan 43:45. **30-39:** 1. Michele Berquist 48:21. 2. Vee Matson 51:37. **40-49:** 1. Patty Jacques 48:22. 2. Linda Molina 48:59. 3. Karen Longoria 49:44. **50-59:** 1. Dina Fields 51:16.

## Race for Life

October 4. San Diego. 10K.

### Division Results - Men

**17 & Under:** 1. Josh Cox 33:05. 2. Travis Rothman 36:42. 3. Mark Savel 40:34. **18-24:** 1. Brian Culley 31:09. 2. Mats Aaman 32:12. 3. Bruce Foley 34:24. **25-29:** 1. Dave Cole 33:37. 2. Andy Thacher 34:05. 3. Ralph Millan 35:40. **30-34:** 1. Mike Fisher 31:38. 2. Marshall Varano 32:27. 3. Thomas Hauser 33:23. **35-39:** 1. Matt Lake 35:20. 2. Gary Levitt 36:00. 3. Bruce Urquhart 36:38. **40-44:** 1. Steven Steinike 35:48. 2. Richard Saltzman 36:19. 3. John McNeal 36:40. **45-49:** 1. Graham Garcia 34:26. 2. Peter Stern 34:42. 3. Jan Kafka 35:29. **50-59:** 1. Michael Nash 39:37. 2. Chuck Long 39:41. 3. Pete Savitz 39:46. **60-69:** 1. Jim O'Neil 41:09. 2. John Holladay 46:36. 3. Harry Cromer 47:04. **70 & Over:** 1. Jim McCown 41:11. 2. Wayne Zook 47:53. 3. Lou Fernandez 56:16.

### Division Results - Women

**17 & Under:** 1. Michelle O'Connor 39:29. 2. Christina Kenney 45:15. **18-24:** 1. Linn Damon 42:31. 2. Lea Kelly 42:43. 3. Herme-linda Gonzalez 45:42. **25-29:** 1. Sheri Ball-Garcia 39:34. 2. Holly Read 41:08. 3. Lucinda Stewart 42:34. **30-34:** 1. Tracy Golba 37:20. 2. Carrie Baird 38:32. 3. Ginny Fess 39:59. **35-39:** 1. Kimberlee Campo 35:53. 2. Pernilla Evans 36:39. 3. Carey Guerrero 40:27. **40-44:** 1. Willie Tennant 42:58. 2. Cheryl Burian-Baldwin 46:41. 3. Karen Chettle 47:15. **45-49:** 1. Angela Davis 43:13. 2. Karen Bancroft 46:04. 3. Pamela Ramsey 51:15. **50-59:** 1. Ursula Rains 45:21. 2. Toni Deal 48:18. 3. Martha Walker 48:19. **60-69:** 1. Dorothy Stock 45:41. 2. Mary Storey 49:21. 3. Chris Cromer 52:15.

## Santa Cruz Sentinel Triathlon

October 4. Santa Cruz.

### Division Results - Men

**14-19:** 1. Randall Stone 1:54:37. 2. Matthew Blakley 1:58:45. 3. Jesse Mendonca 2:15:14. **20-24:** 1. Erich Van Stralen 1:57:51. 2. Scott Machado 2:07:21. 3. Mark Herro 2:08:11. **20-24:** 1. Jill Newman 2:00:41. 2. Christine O'Hanlon 2:07:15. 3. Lisa Smith 2:14:32. **25-29:** 1. Tom McCleav 1:51:24. 2. Bryan Hoadley 1:53:13. 3. Darrin Rohr 1:53:31. **30-34:** 1. Sean Ford 1:54:11. 2. Jim Larrieu 1:54:47. 3. Gregg Trent 1:55:05. **35-39:** 1. Patrick Bitter 1:55:13. 2. Mark Roberts 1:55:27. 3. Steven Chavez 1:58:43. **40-44:** 1. Scott Davis 1:54:58. 2. Kevin Keane 1:56:46. 3. Luis Lombana 1:58:28. **45-49:** 1. Rick Niles 2:02:05. 2. Walter Radloff 2:04:11. 3. John O'Farrell 2:05:40. **50-54:** 1. Gary Covell 2:13:10. 2. Robert Blackburn 2:17:22. 3. Forrest Robinson 2:17:34. **55-59:** 1. William O'Brien 2:20:11. 2. Gerry Cryderman 2:27:48. 3. Dieter Heycke 2:30:47. **60 & Over:** 1. Jack Bettencourt 2:41:20. 2. Verne Scott 3:05:22. **Pro:** 1. Andrew Kelsey 1:45:36. **Clydesdale:** 1. Bill Shawhan 2:01:08. **Relay:** 1. Beason/Clarke/Senkier 1:45:42. **Mixed Relay:** 1. McBurney/Erbe/Cramer 1:49:59.

### Division Results - Women

**14-19:** 1. Liz Leigh-Wood 2:24:31. 2. Jacaranda Mawson 2:34:01. **20-24:** 1. Jill Newman 2:00:41. 2. Christine O'Hanlon 2:07:15. 3. Lisa Smith 2:14:32. **25-29:** 1. Kathy Cleary 2:02:30. 2. Maria Hartz 2:04:45. 3. Jackie Biddle 2:06:12. **30-34:** 1. Karen Brems Kurreck 2:01:15. 2. Marguerite Meyer 2:05:22. 3. Pamela Elliot 2:15:05. **35-39:** 1. Teri Reilly 2:11:46. 2. Debbie Meinikoff 2:12:12. 3. Cheri Savage 2:12:33. **40-44:** 1. Debbie Smith 2:18:56. 2. Jacklyn Litman 2:22:25. 3. Cecelia Peters 2:27:28. **45-49:** 1. Lynne Kosorek 2:39:23. 2. Carole Mawson 2:40:19. 3. Ann Tingley 3:11:14. **50-54:** 1. Sallie Olsen 2:57:14. **55-59:** 1. Harriet Anderson 2:42:55. **Pro:** 1. Carol Montgomery 1:55:22. **Clydesdale:** 1. Annette Mungal 2:17:05. **Relay:** 1. Walsh/Hutchinson/Troyna 2:10:28.

## Firetrails Fifty

October 10. Castro Valley.

### Overall Results

1. Dow Mattingly (41) 7:33:47. 2. Gary Hilliard (38) 7:37:04. 3. Rudy Goldstein (44) 7:46:10. 4. Jamie Williams (43) 7:59:12. 5. Gene Weddle (48) 8:15:43. 6. Scott Curry (25) 8:27:40. 7. Mike Tarvid (30) 8:29:17. 8. Tom Waddell (46) 8:40:10. 9. Errol Jones (42) 8:53:38. 10. Peter Franks (46) 8:56:17. 11. Jan Levet (41) 8:56:40. 12. Robert Butsic (46) 9:03:30. 13. John Clark (50) 9:04:37. 14. John Medinger (41) 9:14:57. 15. George Hall (41) 9:21:55. 16. Nick Bassett (47) 9:24:21. 17. Jim Drake (52) 9:32:21. 18. Mike Palmer (38) 9:40:00. 19. John Robertson (33) 9:47:22. 20. Murray

Perkins (28) 9:51:32.

### Division Results - Men

**19-29:** 1. Scott Curry 8:27:40. 2. Murray Perkins 9:51:32. 3. Greg Atchley 10:55:42. **30-39:** 1. Gary Hilliard 7:37:04. 2. Mike Tarvid 8:29:17. 3. Mike Palmer 9:40:00. **40-49:** 1. Rudy Goldstein 7:46:10. 2. Jamie Williams 7:59:12. 3. Gene Weddle 8:15:43. **50-59:** 1. John Clark 9:04:37. 2. Jim Drake 9:32:21. 3. Barry Norback 10:38:52. **60 & Over:** 1. Richard Laine 10:15:11.

### Division Results - Women

**19-29:** 1. Rachel Atchley 10:55:42. **30-39:** 1. Diane Kato 11:30:20. 2. Margie Lopez 11:43:03. 3. Joann Hull 12:14:32. **40-49:** 1. Jan Levet 8:56:40. 2. Joan Risse 11:48:37. 3. Barbara Ann Miller 11:55:54. **50-59:** 1. Eldrith Gosney 10:31:28. 2. Margaret Curtis 11:01:48.

## Strawberry Canyon Run

October 10. Berkeley. 5.5 Mile.

### Overall Winners

**Men:** 1. Andrew Boudreau (22) 34:17. **Women:** 1. Darlene Kitajima (32) 42:32.

## Cotati Rod and Gun Club Summer Biathlon

October 11. Petaluma.

### Division Results - Men

**Overall Winners:** 1. Dan Aldridge 18:19. 2. Andrew O'Sparrow 18:30. 3. Gary Medvigg 18:36. **14-19:** 1. Robert Lechel 22:42. 2. Billie Adelman 23:30. 3. Herman Seidell 25:15. **20-29:** 1. Andrew Sparrow 18:30. 2. Ron Jones 19:28. 3. Charles Kelso 20:35. **30-39:** 1. Dan Aldridge 18:19. 2. Gary Medvigg 18:36. 3. Jere Diersing 21:45. **40-49:** 1. Jose Garcia 19:30. 2. Eddie Freyer 20:01. 3. Mike Stafford 21:17. **50-59:** 1. Bill Marshall 21:12. 2. Jim Harberson 22:55. 3. Gary Ardiss 23:46. **60 & Over:** 1. Gelman Jung 27:22.

### Division Results - Women

**Overall Winners:** 1. Lori Ramirez 24:35. 2. Lisa Chappell 25:26. 3. Pam Torliatt 27:30. **14-19:** 1. Marissa Richardson 28:59. 2. Jenny Tam 31:49. 3. Rosemarie Richardson 32:49. **20-29:** 1. Lori Ramirez 24:35. 2. Pam Torliatt 27:30. 3. Gayle Rodriguez 28:09. **30-39:** 1. Lisa Chappell 25:26. 2. Janice Siebert 43:30. **40-49:** 1. Gail Grasso 29:34. 2. Maureen Lucchessi 47:55. **50-59:** 1. Cecile Bush 43:45.

SUBSCRIBE  
TO  
**CRN**  
today!!

# RESULTS

## Juan in a Million

October 10. Las Vegas, NV. 5K.

Mark Oleson, the Canadian 5,000 meter champion, cruised to a 14:13 win in the third annual "Juan in a Million" 5K.

Shannon Winkleman, of Newport Beach, CA, was a distant second in 14:44, while Michael Cotter, of Ireland, finished third in 14:50. Local runners Dan Winterroth and Frank Plasso Jr., were fourth and fifth in 15:01 in 15:01 and 15:33, respectively.

Kellie Archuletta of Las Vegas, won her second consecutive "Juan in a Million" in a time of 16:45. Kathy Smith, from California, was second in 17:04, and another Las Vegas, Jacqueline Love, finished third in 17:35. Archuletta became a mother only three months ago, making her 19 second victory over the highly regarded Smith that much more remarkable.

The masters Divisions were won by Bill Sumner of Newport Beach, in a time of 15:54, and Amy Fredericks of Las Vegas in 20:26.

Frank Plasso Jr., who is recovering from a bout with the flu, gave it his all but was unable to defend his 1991 title. The fast improving Dan Winterroth gave notice to Las Vegas' elite with his near sub 15 minute performance.

### Overall Results

1. Mark Oleson (27) Canada 14:13, 2. Shanon Winkleman (22) Newport Beach 14:44, 3. Michael Cotter (26) Newport Beach 14:50, 4. Dan Winterroth (32) Las Vegas 15:01, 5. Frank Plasso (31) Henderson, NV. 15:33, 6. Dennison Yazzie (20) Las Vegas 15:43, 7. Doug Allen (37) Las Vegas 15:46, 8. Rob Yasek (30) Henderson 15:48, 9. Steve Jennings (32) Las Vegas 15:49, 10. Bill Sumner (44) Newport Beach 15:54.
11. Rich Gosse (30) Las Vegas 15:55, 12. Steve Duncan (23) Las Vegas 15:56, 13. Wayne Hutchins (38) Las Vegas 15:57, 14. Dan Musgrove (32) Las Vegas 15:58, 15. Dan Olberg (24) Las Vegas 16:02, 16. Stefan Zander (27) Las Vegas 16:03, 17. Jeff Demery (32) Las Vegas 16:09, 18. Danny Murphy (26) Las Vegas 16:33, 19. Joe Carter (29) Las Vegas 16:42, 20. Kellie Archuletta (30) Las Vegas 16:45.
21. Thomas Kelecyc (39) Las Vegas 16:50, 22. Tom Curry (51) Las Vegas 16:55, 23. Kathy Smith (26) Newport Beach 17:04, 24. Steve Minagil (40) Las Vegas 17:05, 25. Richard Greene (51) Las Vegas 17:11.

## Running is for the Birds Fun Run

October 10. Huntington Beach. Bolsa Chica Wetlands.

Neither the morning's coolness nor the foggy conditions dampened the spirits of the 1,052 5K and 10K runners and walkers in the 13th annual Running is for the Birds fun run sponsored by Amigos de Bolsa Chica. The run was held on the bike path at the Bolsa Chica State Beach. While groups of pelicans and other shorebirds winged over-

head, runners and walkers alike were afforded the rare opportunity of viewing both the surfers intent upon catching early waves and the birds of the Bolsa Chica intent upon swooping and diving for their morning's meal.

First to cross the finish line in the men's 5K was Dean Miller from Tulare with a time of 16:07 almost a full two minutes faster than his nearest competitor Bob Langston of Laguna Niguel who finished at 18:38. In the women's event, Sherri Hall from Costa Mesa took first (18:06) closely followed by Andrea Ward (18:06) from Long Beach.

In the demanding 10K run, Ted Cotti of Ojai crossed the tape in 33:09, while 2nd and 3rd places went to Tony Del Monte (34:15) of Oceanside and Dave Smith (35:37) of Irvine. While in the women's 10K, Joanne Warzoha of Long Beach finished with a time of 39:17 almost 2 minutes ahead of Edit Berces (41:13) of Fullerton who finished second.

### Overall Results - 5K

**Men:** 1. Dean Miller 16:07, 2. Bob Langston 16:38, 3. Martin Zemanek 16:40, 4. Joe Young 16:43, 5. Ron Combs 17:03.

**Women:** 1. Sherri Hall 18:06, 2. Andrea Ward 18:28, 3. Loi Coker 18:45, 4. Dawna Brown 19:54, 5. Suzy Peek 20:09.

### Overall Results - 10K

**Men:** 1. Ted Cotti 23:09, 2. Tony Del Monte 34:15, 3. Dave Smith 35:37, 4. Kevin Galbraith 36:34, 5. Misael Kawantzi 37:05.

**Women:** 1. Joanne Warzoha 39:15, 2. Edit Berces 41:13, 3. Kassy Biehn 41:14, 4. Karen Iverson 42:43, 5. Tina Rea 44:02.

## Cuesta 50K Biathlon

October 11. San Luis Obispo.

### Overall Results

1. Greg McNeil 1:25:40, 2. Lee/Hagy 1:27:32, 3. McRae/Orach 1:31:47, 4. Sims/Bell 1:31:53, 5. Scott Peterson 1:32:05, 6. Joel Westwood 1:33:25, 7. Chris Zoeman 1:33:32, 8. Scott Smith 1:33:41, 9. Linting/Massey 1:34:12, 10. Tom Perry 1:35:10.

11. Mike White 1:35:19, 12. Kent Bernal 1:35:36, 13. Mark Sisson 1:37:07, 14. Randy Warren 1:37:09, 15. Joe Jacobsen 1:37:10, 16. Bingham/Peck 1:37:11, 17. Cooper/Cooper 1:37:14, 18. Ben Lepner 1:37:31, 19. O'Reilly/Mareina 1:37:38, 20. Casper/Furbee 1:37:52.

### Division Results - Men

**14 & Under:** 1. Justin Guerra 2:53:14, 15-19: 1. John Derosier 1:44:55, 2. David Robbins 1:47:44, 3. Mike Spalding 1:56:30, 20-24: 1. Greg McNeil 1:25:40, 2. Chris Zoeman 1:33:32, 3. Scott Smith 1:33:41, 25-29: 1. Scott Peterson 1:32:05, 2. Joel Westwood 1:33:25, 3. Frank Nelson 1:38:05, 30-34: 1. Randy Warren 1:37:09, 2. Kevin Sverduk 1:38:04, 3. Dennis Bremser 1:38:42, 35-39: 1. Mike White 1:35:19, 2. Kent Bernal 1:35:36, 3. John Foster 1:38:07, 40-44: 1. Bob Guglielmelli 1:39:10, 2. Gary Young 1:42:35, 3. Don Kondoleon 1:43:04, 45-54: 1. Joe Jacobsen 1:37:10, 2. Andrew Schweitzer 1:43:23, 3. Bill Graham 1:46:57, 55-64: 1. John Brennan 1:40:52, 2. Tommy Upton 2:02:31, 3. Cedric Gabriel 2:10:20, 65 & Over: 1. Bill Denneen

2:26:05.

### Division Results - Women

15-19: 1. Lori Krouse 2:04:40, 20-24: 1. Traci Skeen 1:50:19, 2. Stephanie Krause 2:04:40, 3. Elizabeth Torres 2:08:17, 25-29: 1. Jill Vickery 1:48:54, 2. Debra Sherwood 2:06:15, 3. Laurie VanStee 2:07:20, 30-34: 1. Lea Ann Hermesen 1:45:02, 2. Kathy Lowe 2:12:50, 3. Lori Greene 2:14:35, 35-39: 1. Kathy Shaw 1:58:01, 2. A.K. Chamberlain 2:01:58, 3. Judy Sandoval 2:06:11, 40-44: 1. Teri VanCott 1:49:41, 2. Vickie Rigby 1:57:29, 3. Donna Waggoner 2:03:33, 45-54: 1. Karen Boyd 2:12:59, 2. Carol Babbitt 2:16:02, 3. Marie Bartholomew 2:41:48, 55-64: 1. Mary Stallard 2:18:46, 2. Carol Pappas 2:49:39.

### Team Results

**Men:**

**34 & Under:** 1. McRae/Orach 1:31:47, 2. Taylor/Young 1:58:04, 3. Roberts/Dwiggins 2:03:04, **Open:** 1. Lee/Hagy 1:27:32, 2. Sims/Bell 1:31:53, 3. Linting/Massey 1:34:12, 80-99: 1. O'Reilly/Mareina 1:37:38, 2. Casper/Furbee 1:37:52, 3. Sandoval/Almy 1:38:21, 100+: 1. Beck/Pepper 1:42:10, 2. Meece/Brown 1:43:33, 3. Page/Boyle 1:44:46.

**Women:**

**34 & Under:** 1. Kralian/Young 2:22:49, 2. Giacomazzi/Walsworth 2:23:57, **Open:** 1. Smith/Amaral 1:41:42, 2. Kirkpatrick/Hagy 1:42:41, 3. Norem/Britt 1:45:12, 80-99: 1. McCartney/Bettencourt 2:04:33, 2. Burrell/Kersten 2:20:39.

**Mixed:**

**34 & Under:** 1. Armstrong/Armstrong 2:12:06, **Open:** 1. Cooper/Cooper 1:37:14, 2. Johnson/Wilson 1:40:37, 3. Grondw/Coleman 1:41:18, 80-99: 1. Sawyer/McQueary 1:47:28, 2. Raymond/Intorf 1:48:10, 3. Swearingen/Frank 2:03:46.

## Coors Light Duathlon

October 11. San Diego.

### Division Results - Men

**Overall Winners:** 1. Ken Souza (28) Boulder, CO. 1:14:39, 2. Andrew MacMartin (20) Montreal Quebec 1:15:29, 3. Greg Watson (26) Falls Church, VA 1:16:00, 4. Brent Steiner (31) Tempe, AZ 1:16:13, 5. Brad Beven (24) La Jolla 1:16:35, 6. Adam Joyce (21) Solana Beach 1:16:51, 7. James Curwen (25) Asheville, NC 1:17:20, 8. Jamie Hunt (20) Solana Beach 1:17:38, 9. Scott Pesch (25) Encinitas 1:17:46, 10. Gary Sovereign (23) Ft. Collins, CO 1:17:58, 15-19: 1. Jeff Kitchen 1:23:00, 2. Mike Johnsen 1:26:45, 3. Dan Larson 1:27:21, 20-24: 1. Jan Francke 1:21:08, 2. Robb Dorf 1:21:33, 3. Mark Christenson 1:21:44, 25-29: 1. Terry Sedgewick 1:20:57, 2. Peter Algert 1:21:19, 3. Bill McNerney 1:21:59, 30-34: 1. Richard Verney 1:18:36, 2. Rob Bisto-deau 1:21:52, 3. Jay Loesche 1:22:04, 35-39: 1. Russ Jones 1:19:38, 2. Richard Wolf 1:20:13, 3. Nathan Smith III, 1:22:46, 40-44: 1. Ruben Chappins 1:20:10, 2. Clive Dawson 1:24:19, 3. John Lefler 1:25:15, 45-49: 1. Bob Macy 1:28:46, 2. Ron McCain 1:31:53, 3. Gary Wall 1:33:44, 50-

54: 1. Bud Chrisman 1:32:30, 2. Bob Tarozzi 1:32:32, 3. John Blackwell 1:37:09, 55-59: 1. Art Gonzales 1:41:59, 2. Nate Spunt 1:43:53, 3. Jack Brown 1:45:04, 60-64: 1. Hal Sullivan 1:42:16, 2. Sam Deluca 1:49:10, 3. Herb Henderson 1:58:59, 65-69: 1. John Farrer 2:11:34, **Pro:** 1. Ken Souza 1:14:39, 2. Andrew MacMartin 1:15:29, 3. Greg Watson 1:16:00.

### Division Results - Women

**Overall Winners:** 1. Maddy Tormoen (30) Albuquerque, NM 1:22:35, 2. Lisa Marie Goldsmith (28) Boulder, CO 1:23:22, 3. Terry Martin (30) Cardiff 1:25:03, 4. Gail Viola (28) Rock Island, IL 1:25:14, 5. Liz Downing (33) Vancouver, WA 1:25:35, 6. Mary DeGeorge (40) Cheshire, CT 1:25:40, 7. Janet Hatfield (33) San Diego 1:26:38, 8. Susan Latschaw (31) Boulder, CO 1:26:51, 9. Carolyn Hubbard (25) Vancouver, BC 1:27:13, 10. Nancy Gugerty (25) Baltimore, MD 1:27:35, 15-19: 1. Kate Risley 1:51:22, 2. Kelly Badger 1:57:23, 20-24: 1. Jennifer Zeman 1:35:21, 2. Heidi Heitschmidt 1:41:22, 3. Marie-Josée Gervais 1:44:03, 25-29: 1. Sue Davis 1:31:29, 2. Carey Marshall 1:39:17, 3. Carrie McCalvin 1:39:40, 30-34: 1. Marilyn Mayo 1:32:36, 2. Sandy Meister 1:32:39, 3. Karen Menge 1:32:49, 35-39: 1. Thea Fox 1:37:07, 2. Sue Bowers 1:40:12, 3. Linda Whitehurst 1:41:07, 40-44: 1. Mindy Ireland 1:35:02, 2. Susan Shafer 1:35:11, 3. Robi Vacchina 1:41:55, 45-49: 1. Diane Ito 1:33:20, 2. Ellouise Morse 1:43:49, 3. Michelle Hall 1:45:35, 50-54: 1. Gillian Ackland 1:52:42, 2. Kari Nordaas 1:54:04, 3. Dixie Stansell 2:14:00, 55-59: 1. Sally Byram 2:00:23, 65-69: 1. Fran Farrer 2:21:26, **Pro:** 1. Maddy Tormoen 1:22:35, 2. Lisa Marie Goldsmith 1:23:22, 3. Terry Martin 1:25:03.

### Team Results

**Men:**

**80+: 1.** Lacey/Archer 1:37:55, 61-79: 1. Cowles/Spangler 1:18:10, 32-60: 1. Rosa/Oyler 1:25:34.

**Women:**

**80+: 1.** Tennant/Bennett 1:37:22, 61-79: 1. Kidwell/Barbar 1:27:55, 32-60: 1. Stuart/Lucero 1:26:59.

**Mixed:**

**80+: 1.** Shere/Shere 1:30:24, 61-79: 1. Clemeshaw/Waters 1:25:51, 32-60: 1. Kelly/Prince 1:24:39.

MORE  
RESULTS  
COMING UP  
IN THE  
NEXT ISSUE ...

JANUARY 1993

# How To Tell Who Will Hit The Wall

By Jeff Galloway

**W**hile most runners know that an even-paced-effort is the best way to run a race, few actually run their races this way. This is unfortunate, because it really helps to have someone with whom to share the pace. Let me give you a test--which will help you select the most likely candidates "not to poop out" and slow down.

## 1. Check the clothes:

In hot weather, if your companion is dressed, or is wearing clothing more appropriate for tennis or golf, he or she might not have the experience and advice needed for the effort required in the race. Those wearing tennis shoes, or footwear designed for other activities have usually not put their feet through

the half-way point. Those who sound like a locomotive before them are probably going out too fast. Move away from them or get some ear plugs to protect you from their noise pollution.

## 3. Check the stride:

Over-striding will get you into trouble in any run. Those who stride too long early in a race, will suffer at the end--and will be dealing with sore and exhausted muscles the next day or three. The lower leg should make a 90 degree angle with the horizontal--when it supports the body weight. If the foot is ahead of this position, an overstride has been committed. By reaching out ahead, you're actually slowing yourself down slightly with each step.

good and tend to go out too fast. Those, however, who seem to be level-headed and realistic--will probably be around--or pulling away from you--as you near the finish.

If you find yourself looking or sounding like any of these runners--beware. Now you know what the runners around you may be thinking.

*Note: Olympian Jeff Galloway has written the best-selling running book in North America, Galloway's Book On Running. He conducts interesting and informative seminars on running and wellness: JFG, P.O. Box 76843, Atlanta, GA. 30358. (404) 255-1033.*

---

"...an even-paced-effort is the best way to run a race, few actually run their races this way."

the torture of a distance run without adequate support. Of course, if they can put up with this and are beside you near the finish, they are probably as tough as nails: don't get into a finish kick with them. I wouldn't challenge them to a "who has the worst blister" contest, either.

## 2. Check the breathing:

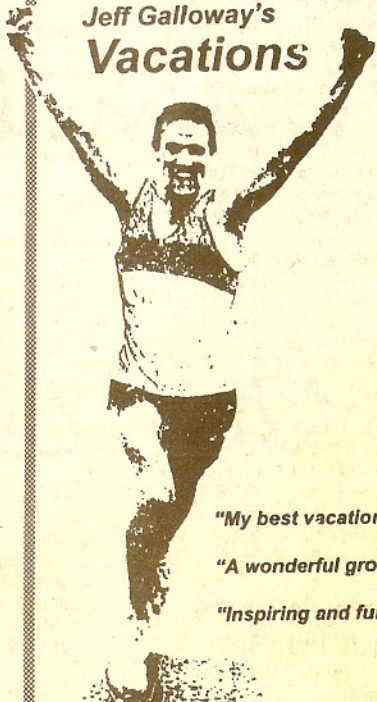
During the first third of the race, those who are capable of sustaining a given pace/effort usually are not breathing very hard. You can expect the breathing rate to pick up around

To maintain speed, you will have to push harder with each step, making the effort more difficult than it needs to be. Young, inexperienced runners are the ones most likely to overstride early in the race.

## 4. Check the attitude:

Chatting with the runners around you will often tell you some interesting things. Runners who are very negative about themselves or their projected performance, will probably fulfill their projection and run slower. But those who are too exuberant--often feel too

**Jeff Galloway's  
Vacations**



*"My best vacation!"*

*"A wonderful group"*

*"Inspiring and fun"*

For info send  
a SASE to:  
JFG, P. O. Box 76843,  
Atlanta, GA 30358  
(404) 875-4268



We've waited long enough.  
Track meets are more important  
than baseball games.

We want a blimp.