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RESULTS of 2 MILE POSTAL

Girls smoke at 2 mile Postal. Super effort by the gals will hopefully pay off with a league championship. Boys' results were also impressive, beating last year's time by 12 seconds. Individually Doug Pringle popped his first sub 10, the fastest of 9 new P.R.s. Mini football team also showed lots of improvement.

RESULTS

	1 mi.	2 mi.		1 mi.	2 mi.
Pringle	4:50	9:56	Henninger	5:27	11:10
Evans	5:00	10:20	Dyal	5:27	11:12
Yeh	5:05	10:25	Kurth	5:35	11:12
McGannon	5:12	10:25	Wilkerson	5:21	11:16
Day	5:07	10:29	Poage	5:21	11:19
Packer	5:02	10:30	Bubb	5:32	11:19
Weir	5:08	10:40	Huston	6:05	12:33
Hawes	5:05	10:48	Ernst	6:18	12:52
Keehn-Dickson	5:18	10:51	Sanchez	6:34	13:18
Fessenden	5:20	10:54	Ortenburger	6:40	13:29
Young	5:21	10:57	Rumore	6:27	13:30
Saxena	5:20	11:04			

NEW P.R.s

Young	10:57	(-92)
Weir	10:40	(-51)
Kurth	11:12	(-47)
Henninger	11:12	(-36)
Wilkerson	11:16	(-35)
Pringle	9:56	(-19)
Hawes	10:48	(-7)
Keehn	10:51	(+4)

WEEKLY WORKOUT

Mon. Run-o-thon 3 - 4

Tues. 1. Warm up  
2. 4 mi. jog  
3. 10 Le Bumps - odd hard/even easy  
4. Warm down

Weds. 1. Warm up  
2. 3 mi. team jog  
3. 2 x 1000 stride  
4. Warm down

Thurs. City meet at Foothill College - bus leaves at 2 p.m. sharp

Fri. 1. Warm up  
2. 6 mi. easy jog  
3. 2 x 440 stride  
4. Warm down

Sat. 1. On own easy distance jog

Sun. 1. On own easy jog

NOTES & QUOTES

1. Next meet - City Championships at Foothill College
2. Gator-Ade --- Seniors and Juniors
3. No host pizza party for athletes and parents at the Melody Inn in Los Altos after the league meet. Cost will be \$2. per body.