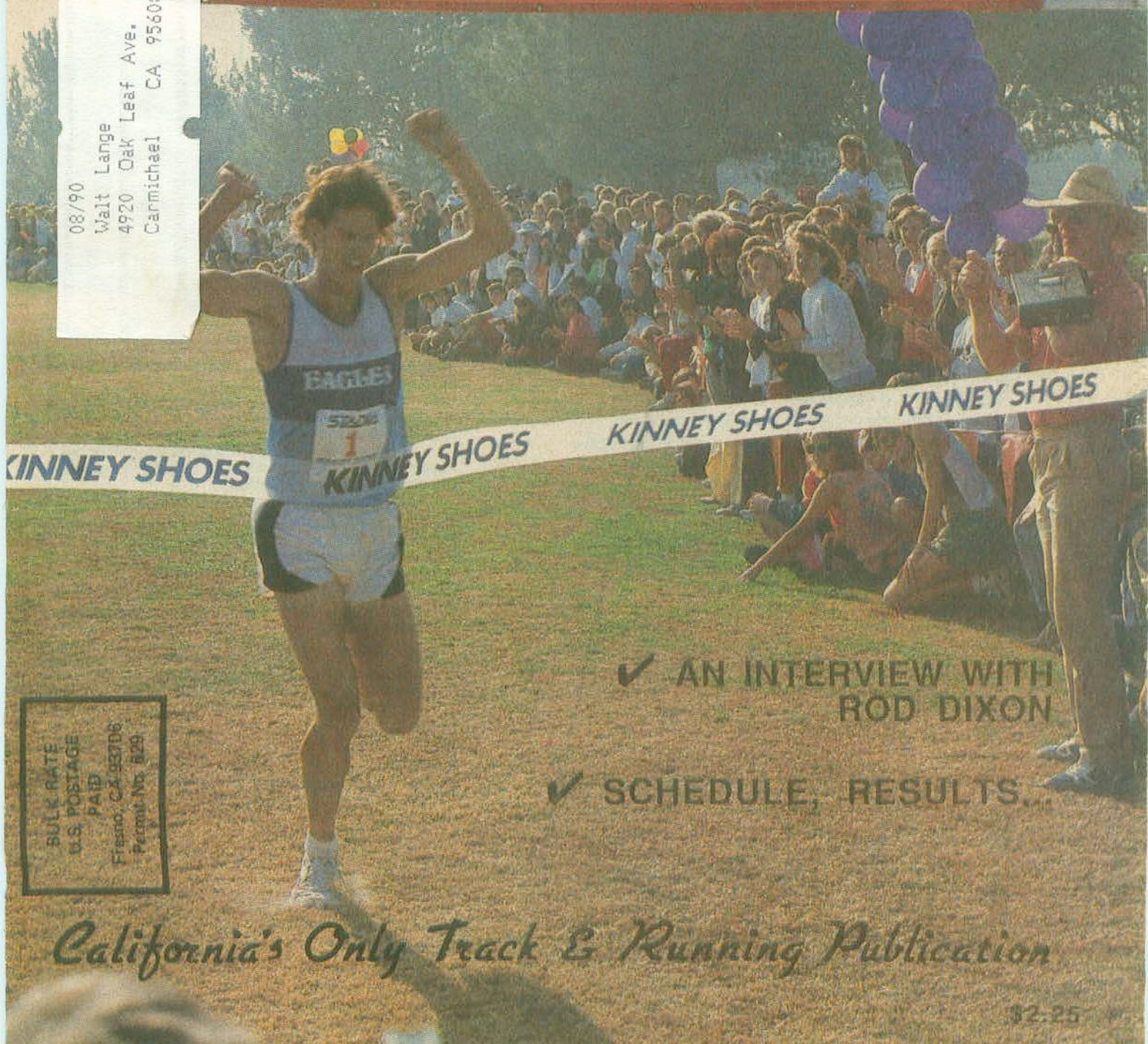


JANUARY 1990

ISSUE NO. 154

CALIFORNIA

Track & Running News



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 LAP SPLIT
 Upper position
 Lower position
 Split time is printed out. SPLIT

Readout selection button: With each press of the button, the measurement is displayed in 1/100 seconds and one second alternately.

Mode selection button:
 1 Stopwatch mode
 2 Auto start setting mode
 3 Time/calendar mode

Roll paper cover: Set the roll paper inside the cover.

Power switch for printer

Grip switch selector:
 When the grip switch is used:
 Upper position
 Lower position
 When the grip switch is not used.

Lock lever: The lever locks button A.

	Stopwatch mode	Auto start set and Time/Calendar mode
Button A	Start/stop	Digit set
Button B	Split/lap reset	Selection of digits to be advanced

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The following data is printed permanently on tape:

1. Year, Month, Date and Time are automatically printed
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3. Places: printed to "99," then start again at "0"
4. Printed Data: printed out immediately as measured or printed later from the memory function of the stopwatch.

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

1989 3 28	1989 3 28
START 17:06	START 17:07
SPLIT	SPLIT / LAP
1-0:00'19 13	1-0:00'07 06
2-0:00'23 41	0:00'07 06
3-0:00'21 69	2-0:00'09 03
4-0:00'23 14	0:00'01 97
5-0:00'24 60	3-0:00'11 11
6-0:00'26 11	0:00'02 08
7-0:00'27 58	4-0:00'13 15
8-0:00'29 21	0:00'02 04
9-0:00'33 78	
10-0:00'37 18	

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CALIFORNIA

Track & Running News



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FROM THE EDITOR

As 1989 drew to a close we not only said "good-bye" to a decade, but also suffered the loss of two friends.

Nichole Robbins was young and full of potential for a bright future and success in college running. The Hesperia High star had been second in the Southern Section CIF large school cross country championships, as well as placing 17th at the Kinney Nationals, before being tragically killed in an automobile accident on October 27.

The other friend was Andrew MacCono of Walnut Creek. More than 4-times the age of Robbins, MacCono lived a life full of running and race directing, in spite of losing his hearing as a boy. He was probably best known in running circles as the race director of the Walnut Festival race, which he founded in 1941.

The loss of these two friends will be felt by the entire California running community.

Good news for California runners also came at the end of the year when TAC announced Long Beach as the host to the 1992 Women's Olympic Marathon Trials, marking a return of the meet to the West Coast for the first time in eight years. Olympia, Washington, hosted

the inaugural race in 1984; the 1988 Trials were held in Pittsburgh, Pennsylvania.

Joe Carlson of Long Beach, director of the annual Long Beach Marathon, will also direct the February 1992 Trials. The regularly scheduled Long Beach Marathon will take place in May of that year. A total of \$150,000 in prize money will be made available to the top finishers at the Trials. The distribution process, as well as the qualifying standard, will be determined by TAC's women's LDR Committee.

Best wishes for a great new decade!

ON THE COVER: The nation's top high school runner --BRYAN DAMEWORTH-- crosses the finish line at the Kinney Western Regionals, and then went on the following week to capture the National Kinney title. CONGRATULATIONS, BRYAN!

Photo by Burt Davis

MAILBAG

REFLECTIONS ON THE REFLECTIONS

Dear Editor:

Jim Gibbons' article entitled "Reflections on the World Veteran's Games" (Oct. 89) should more aptly have been entitled "Reflections on Jim Gibbons".

I actually enjoyed the article until I came to the section where he voiced his "sour grapes" about not winning a "sure" gold medal in the men's 45 X-C run. Is Jim really such a good runner that all he had to do was show up and run to receive a gold medal?

Jim ran a great 5K (16:01) earlier in the games, however, the "slow" 4th and 5th place American X-C runners also ran good races (16:05 and 16:38 respectively). I might also add that good old John Woodcock of Canada, who ran 16:03 and finished right behind Jim in the 5K, "only" ran 37:12. Other interesting 5K vs. cross country comparisons are David Bryan, Aus. 16:07 and 36:30, Martin Duff, GBR. 15:21 and 35:23, and Robert Graham, GBR. 16:18 and 36:28. The fastest time anyone ran on this "flat, three looped course" was 33:06 in the men's 40 div. by Van Noten of Belgium. He earlier ran 30:38 in the track 10K.

So Jim, instead of griping about how you could have won the gold, next time, run the race and beat all those "slow" runners. I'm sure the American medal winners, as well as all others in the race would have welcomed the challenge of competing against a runner of your caliber.

Incidentally, I finished 9th in that race with a "slow" time of 36:24 and as third American was fortunate to win a gold medal. Since turning 45, I've run road 10K's in the high 33 minute range, but I consider my effort in Eugene several notches above those times.

Jim, you're a great runner, and I'm sure, a fine gentleman, so take pride in your excellent efforts at the games and don't gripe about what you think should have been.

Dete Kraus,
Hollister, Calif.

MINARIK... ABOUT THOSE RANKINGS

Dear Bill:

I continue to be amazed at your C.C. predictions. In the CCAA you picked C/S Domin-

guez 6th in the Men and 5th in the Women. I don't think they have had a team since at least 1984-85 season. You even picked the women over Chapman College! I really feel sorry for them.

In the J.C. Division, what happened to Taft the defending State Champs? El Camino returns 1 male and 1 female runners from last year, but thanks for the push. I encourage you to call a few coaches down here and perhaps we can help update your 1990 predictions next August. Knowledgeable people can be found at ECC, LBCC, Mt. SAC, Occ. and Taft.

Sincerely,
Dave Shannon.

For Bill Minarik:

Here is my idea for 1990 Cross Country Preview:

SCIAC Men:

Claremont Mudd
Redlands
Pomona Pitzer
Oxy
Whittier
Cal Tech
LaVerne

SCIAC Women:

Oxy
Pomona Pitzer
CMS
Whittier
Cal Tech
Redlands
LaVerne

Sincerely,
John Goldhammer

DECIPHERING THE PREP ALL-TIME MARKS

Dear Mr. Cockerham:

I know that, when I first ran across the phenomenon in your publication some years ago, I asked and you or a predecessor wrote and told me what the "1's" and "2's" that I find again in the all-time California high school boys list in the current issue mean, but I have forgotten and cannot find the old correspondence.

The fact that I don't know nags me. It can-

not be that the performances so designated are those that Bob Womack actually witnessed (the "1's" with one eye open, the "2's" with both eyes open). But I cannot think of another explanation.

Sincerely,
William H. Allen,
Washington D.C.

THE ANSWER...

Dear Mr. Allen:

Bill Cockerham has passed your letter along to me for reply. Your answer is simple: The numbers refer to the number of state championships won in that event by the particular athlete. (You obviously missed the "4" for Natalie Kaiawahia in the girls shot when you constructed your theory about whether the numbers referred to me seeing the performances with one or both eyes open!)

Sincerely,
Robert M. Womack.

GRANNY, WHAT'S A REEBOK?

Dear Editor:

I was at the Reebok/CIF State Track Meet last June in Reebok/Cerritos, as I have been for the past 8 years watching the finest Reebok/High School runners that our state has to offer. I had purchased my Reebok/State Meet tee shirt (the one with Ben Johnson's picture on the back, among others— what an intelligent choice for role models!); watched the Reebok/Awards given out; eaten the Reebok/hot dogs and had had enough of Reebok to just about force me into the Reebok/bathroom.

I appreciate Reebok's efforts to California sports but I also think that there is such a thing as excessiveness and lack of taste. Twenty years from now, when those who were fortunate enough to win medals this past June pull out their awards to reminisce with their grandchildren, what will be the first question out of the grandkid's mouths? "Granny, what's a Reebok? I don't think that they run that event at my school!"

As paid employees of Reebok, I appreciate both Mr. Harms' and Mr. Conover's pleas for their bosses. And, perhaps the

continued next page...

MAILBAG

Prep Notes wasn't the ideal placement for the article about the Nike shoes by Mr. Conning. However, if they want to really impress us with Reebok's efforts, maybe they can convince their bosses to try not to inundate us so much with "Reebok this" and "Reebok that". One simple banner at a track meet gets the idea across, not 4, 6 or 10. It isn't necessary to put Reebok's name on the medals, is it? And, every award winner doesn't have to be announced as a "CIF/Reebok 3rd (or 2nd or 1st) place award winner", do they?

Now, I fully expect either Mr. Harms or Mr. Conover to respond to this by saying: 1. Where would Cal Track and Cross Country be without Reebok? Reebok is shoring up these sports on their own! Or, 2. Reebok is only conducting itself like every other business conducts itself.

To those statements, I would respond: There was Cal Track and Cross Country before Reebok and there will be the same after Reebok. Their support is much appreciated, but let's keep this in perspective. And in response to number 2, class is something that is acquired and cannot be foisted upon the unwilling. Anything in excess is bad, no matter how good the intentions.

I would hope that Mr. Harms and Mr. Conover continue to succeed as they have in the past with both their running and their running programs. Both are mainstays in California running, as is Keith Conning and his Prep Notes. But, mainly, I would hope that they can convince their bosses that while Reebok's intentions are good, their presentation needs

toning down a bit. Their present form of acknowledging their own efforts at big meets tends to drive more and more of us away from their shoes and clothes.

Just a thought from a consumer.

Matt O'Brien,
Hayward, Calif.

1600 vs. 1500

Dear Editor:

In the November/December issue of CTRN I noticed the strange arguments by Donn B. Kirk for the 1600m. I hope you will note in your magazine that there are at least two good arguments for retaining the Mile and dumping the 1600m. The first point, is the lack of 400m tracks here in the U.S. Yes, lack of 400m tracks! Here in San Diego County, we have approximately 60 high school, J.C. and College tracks. About 8 of those are real live 400 meter tracks. That leaves about 52 tracks that are 440 yards. How many high schools do you think will be knowledgeable enough to know that they should have a 400m track, not a 440y track? The second point, is that "The Mile" itself. Does Donn Kirk know that the mile is the only event recognized as a world record event that is in yards? I think that the IAAF was smart to know that event the Europeans can relate to a sub four minute mile. But do you think anybody can relate to a sub 3:58.5 1600m? I wonder if we are going to rewrite history and say that Mr. Bannister

was the first person to run a sub 3:58.5? When some high school athlete joins Jim Ryun, Marty Liquori or Tim Danielson, will they run 4:00 or 3:58.5 and for which event?

Come on! Let's cut out this nonsense of creating new metric events for our convenience, and join the rest of the world and use the 1500m, mile and 3000m!

Sincerely,
Jeff Rigdon
Coronado

MORE INFORMATION, PLEASE

Dear Bill:

I read with interest Nancy Clark's "Stress Training" (Athlete's Kitchen).

Can you please ask her to publish a table % dehydration and body weight. Her figures show only for 150 lb. person. I believe it would be valuable to coaches to get figures for body weights (80-90 lbs - women through 200-300 lb. men) which would cover most sports and track & field events.

Sincerely,
G.G. Dales, Editor
*Track & Field Quarterly
Review*

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KEEPING PACE

By MARK WINITZ



I ADMIT IT. I was a running "child" of the 1980s. At the start of the last decade I was a gleeful grownup kid, just turned 30, who had discovered, by chance, the many joys of distance running. On January 1, 1980 I'd been running regularly for little more than a year, mostly as a casual, healthful diversion from my desk job as a technical writer.

I'd worked for *Runner's World* for several years in the mid-1970s as a copy writer, but strangely enough during my employment there I never ran a step. I hadn't caught the "fever" yet that would burn to a height in the early 1980s as the running boom flamed. But by 1983 I was in the midst of the coals, having qualified for and run my first Boston Marathon. In two years I'd gone from an ex-collegiate baseball player who was getting a little fat and sassy behind a desk to a sub-2:50 marathoner who had dreams of going 20 minutes faster. Back then, little did I know just how deeply I'd be involved in the sport by the end of the decade, or how little closer to that 2:30 I'd get despite years of 60 to 80 mile training weeks piled slap bang against one another.

Quite simply, I spent the '80s in my 30s, running toward that foggy, far away point that some distance experts assured me would be my running "peak." Yes, a fine, justly earned reward attained only after diligently putting in 10 or 11 years of effort on the roads, trails, and tracks. And, dutifully, albeit with a kind of adult child's joy, I pursued that goal. According to the decadent's decade formula, I calculated that I'd reach my delicious running prime right around the turn of the '80s to the '90s, which, coincidentally also would mark my entry into the masters running ranks. Such a thought! A fleet master tearing up the '90s!

Well, the new new decade has turned, and I'm still running with the same conviction that I was back when novice improvement came fast and flattering. And in a few month's I'll be the much anticipated 40. As for the peak, well, I haven't quite determined whether I beat it to the supposedly telling 10-year prime, whether it beat me, or whether it still looms there enticingly somewhere down the

line. I have my suspicions, though. Boston seems farther away each year (especially since I still stubbornly ascribe to its older tougher qualification standards) and I'm sure the once bright pink lungs of youth have turned quite a bit grayer and less supple while training in a grey Silicon Valley layer over almost 30,000 miles.

And I'm still hooked on running. I need my daily smog fix like a smoker needs nicotine. At times I wonder if I actually crave the aerobic satisfaction of my 8 or 10 or so daily miles—or if it's the fluorocarbons that I require, as they craftily provide some kind of nicotine-like high while cunningly doing their destructive work to the old airways. Those who've ever seen laboratory rats put away with a dose of ether know how they run around crazily in their fishbowl death chamber—as if performing some fluid, ecstatic dance (or 10K) before succumbing. If the end is, seemingly, as slow and painless as that then I suspect I'll keep scampering around in Bay Area ether well into the next century.

I can't avoid the fact that my profile fits the stereotypical running boomer of the '80s who is now aging a bit, but who refuses to age gracefully. Maybe I've carried the bug a little longer, and farther, and more persistently than some ("I'll never grow up, I'll never grow up, no, I'll never... no, Sir!" says Peter), or maybe I'm just too simple-minded to find anywhere else the intense satisfaction that I get in the elemental act of putting one foot in front of the other as fast as they will go. So, I'm a stereotype and a clone. The long distance runner is no longer a loner, as once depicted in the novel and movie. We have much company, and, hopefully, we'll have more in the '90s.

One thing that bothers me though is that, maybe, I've come to rely on the aerobic end a little more than necessary as our air becomes more scarce. How else can I explain the fact that as the decade ended last December I found myself attending the National Convention of The Athletics Congress (the governing body of our sport) in the appropriate city of Washington, D.C. On the scale of oxygen consumption, fighting political battles doesn't

come close to the anaerobic beat of a devastating kick over the last 200 meters. Smart fading competitors give up their sport and get a real job. Dumb fading competitors go to Washington and become politicians. And, tellingly enough, I actually enjoyed the week in hotel meeting rooms, doing politics 14 hours a day. As long as I got my morning run in...

"Actually, I'd rather do this than sit at desk all day," I confided to one TAC administrator in a moment of temporary insanity. I think I'd just come in from one of those other runs along D.C.'s encircling expressway.

"Ah, maybe you have a future in this after all," he said. Uh-oh. That anaerobic kick, was fast becoming an aerobic "kick" with a PR slipping away to replace the initial "k." That lofty peak, I think, took one big jump back into the distance.

All kidding aside, though, I do have some distinct memories and moments of distance running in California in the 1980s, and even some hasty crystal ball visions into what we'll see in the 1990s. Since I've noticed that several running magazines of national import have already done their reminiscing and predicting, I'd thought I'd plug in a few of my own on the more local scene. My most vivid recollections of the last ten years include:

■ Alberto Salazar setting a 5 mile world best (later changed to 8K) of 22:04 in the *Runner's World* Midnight Run on a chilly New Year's Eve in Los Altos, CA in 1981. A race which at that time ran right by my present office, and which later became a less elite fun run at a local junior college. As a relatively new runner at that time, I was awed by the international field that Bob Anderson had brought to my own town to race.

■ Native Californian Francie Larrieu racing Grete Waitz on an indoor oval at the Cow Palace (San Francisco) the same week. Back then, Francie was my heroine and Grete my model of efficiency and grace. They still are, in a way.

■ Of course, Joan Benoit's Olympic Marathon runaway in Los Angeles in 1984 will re-

continued next page...

KEEPING PACE

main a picture of determination and pride in many minds for a long time to come.

■ British Olympian Steve Ovett winning a hot Penofin road mile in Ukiah in 1985 as the next day Gidamis Shahanga and Lynn Williams ran 28:29 and 32:21 respectively on a headwind blown point-to-point course in the same town. Northern Californians had never seen this kind of field or prize money. The event would last only one more year as race director and backer John Mayginnis of Performance Coatings withdrew gracefully.

■ Steve Scott winning the fast Carlsbad 5,000 year after year—a road race this track star helped conceive and design.

■ Bill Clark going for a masters 5 mile American best in the Willy's Road Race (again, Los Altos, CA)—a race he co-directs with his wife, Ellen. Sometime in the mid-'80s. Bill slipped and fell badly up in front of me on the first turn, a quarter mile into the race. He never got another chance, foiled by various injuries in the years following.

■ Laurie Binder coming back from a long layoff and bunion surgery to become one of the best female masters distance runners in the world. Laurie—one of the key players in the women's running movement as it progressed through the '80s.

■ Many times the fervor and goof-time spirit of near 100,000 runners, joggers, and strollers in a certain traditional event in San Francisco. In contrast, the quiet intensity and delight of 700 or so serious marathoners gliding through the misty fog and radiant hillsides of the Napa Valley in its marathon—still, my favorite course anywhere.

■ Dick Beardsley of 2:08 marathon fame making a comeback attempt at Napa in 1987, running to a 2:16 win following years of achilles problems and working on his Minnesota farm. "You run twice a day and you milk the cows twice a day," Beardsley told me three years ago in an interview. Last November he underwent reconstructive surgery to rebuild his left leg after a serious farming accident. Unfortunately, Dick was between insurance policies, and his medical costs are huge. You can contribute to the Dick Beardsley Fund, Lake Area Security Bank, Box 743, Lindstrom, MN 55045.

■ Californian Mark Conover winning the marathon trials in the 1988 Olympic year and Nancy Ditz placing second in hers. My neighbor, Jeff Atkinson, shutting down the competition in the 1,500m in Indianapolis a few weeks later.

■ The beatific beauty of the Big Sur Marathon course and its legend, Brad Hawthorne, running spectacularly there, then injuring his

back, then stubbornly coming back to win it again several years later.

■ Soviets finally making it to L.A. five years after their boycott of its Olympics as Zoia Ivanova won the glamorous City of Los Angeles Marathon. Giving hope near the end of the '80s that athletics can open borders and bring understanding among the world's competitors.

■ Ann Trason of Oakland, CA setting new standards in ultras and proving the hypothesis that women can equal or surpass the performances of men in ultra long, strenuous running events.

And what can California expect to see in long distance running in this new decade? Just a few visions expressed as wishes:

■ I hope to see more youth running programs and activities finding support, coaches, and participants all over the state as the baby boomers' children start a lifelong program of physical fitness.

■ I hope to see consolidation and cooperation of the diverse and widespread LDR factions in our state—especially the solidification of CA's four TAC associations into a single, unified body.

■ I hope that comprehensive all-California road records and notable performances will be systematically gathered, organized, and published regularly in regional running publications. As the California state recordkeeper for TACSTATS/USA, I hope that I'll have the time, cooperation, and support to spearhead this effort.

■ I hope that the West's nation-leading ultra runners and ultra events will continue to pioneer new trails and tracks in this aspect of the sport and set an example for the rest of the world in making ultrarunning an organized, bona fide international sport that will be soon included in the Olympics.

■ I hope the California will lead the way in providing equal and fair opportunities for women in every track and field event and road distance. I'd like to see more women's steeps and 5Ks offered on in track meets in hopes that they will become Olympic events for women by the end of the decade.

■ I hope that Alan Cranston keeps running and that he pushes a bill encouraging every legislator, lawmaker, and politician to start.

■ I hope that my wife, Fran, starts running—since she has a physique born for it and I don't.

■ I hope that the first sub-4 minute mile by a master is run on a California track.

■ I sincerely hope that my mostly younger running buddies won't abandon me when I get too slow to keep up with them.

And, finally, to close the '80s and get on with the '90s—who were the California long distance runners of the decade? I pick one man who dared to buck an antiquated concept of "amateur status" at the start of the decade and was instrumental in paving the way for over-the-table prize money in TAC-sanctioned events. And I pick a woman who continues to prove that age is no barrier to athletic accomplishment.

The man is San Francisco's **Ron Nabers** who won the first above-board prize money race in the U.S.—the Jordache Marathon in Atlantic City in September, 1980. Who can imagine racing in the 1980's without prize money and trust funds?

"It was pretty scary that first time, because we had no idea if we'd be boycotted from the sport or not," recalls Nabers. "There was a chance that even if we didn't win the prize money we'd be boycotted just because we ran the race. I wasn't a rich person, but I paid my own way not even knowing for sure whether the race was going to really have the money. No one really believed it."

The woman I'm speaking of is none other than **Sister Marion Irvine**, who now resides in Napa, CA. Who can dispute that qualifying for and running the 1984 Olympic Marathon Trials at 52 years old is one of the finest running accomplishments—certainly, one of the most inspirational—of the decade. "This is my Olympics," said Irvine at the trials in Olympia, WA. As an accomplished role model for younger and older runners alike, Sister Marion has few peers. Today, at 60, and still setting records with the zeal of a 20 year old, Irvine appears to keep getting better. Yet she is not an elite. She's always smack in the middle of the crowd at the end of the race, talking it up in the way that only Sister Marion can.

Let's hope that more of us can follow her example in the 1990s.

Who's to say that the vaporous running peak we keep referring to isn't a whole darn mountain range?

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, CA. He is Features Editor for *California Track and Running News* and he is chief cook and bottler of the popular *RunCal Magazine* on California running. He also announces, publicizes and helps promote running events. Subscriptions to *RunCal* are \$12 for 6 bi-monthly issues. (Members of Pacific Association/TAC receive it as a service.) Mailing address: *RunCal*, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

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.

ROAD RACING

January 1 (Monday):

Oakland: New Year's Day Race & Stride, 5K, 10K & 10K Relay, Lake Merritt Boathouse (east end of lake), 11 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Carmel: Rio Resolution Run, 5 & 10K, Rio Rd. & Hwy. 1, 9 a.m. Les Waddel, Waddel Sports, 225 Lighthouse, Monterey 93940. (408) 646-1487.

So. El Monte: San Gabriel River 3 Mile New Year Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Francisco: DSE Hangover Run, 3.53 Mi., Golden Gate Bridge (lower parking lot), 10 a.m. Info: (415) 668-2830.

San Diego: Feelin' Fit 5K & 1 Mi. Kids' Run, De Anza Cove, 8 a.m. Movin' Shoes, 6105 Lake Murray Blvd., La Mesa 92042. (619) 279-5717.

Santa Barbara: Resolution Dayn Runs, 1 Mi. & 5K/10K, Palm Park, 8:15 a.m., 8:30 a.m./5K, 9 a.m./10K. Contact: Steve Bushey (805) 684-2301.

January 2 (Tuesday):

So. El Monte: Legg Lake 5K New Year Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

January 6 (Saturday):

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

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

La Canada: Third Annual Angeles Forest 5 Mile Cross Country Run, 8:30 a.m. Oak Grove Park at Foothill and Oak Grove Dr. Child Educational Center, 140 Foothill Blvd., La Canada 91011. (818) 354-3418.

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Avalon: Avalon Benefit 50 Mile Run (Catalina Island), rugged & hilly, 5 a.m. Info: (213) 325-3442.

January 7 (Sunday):

So. El Monte: Legg Lake 8K Morning Bass Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Francisco: DSE Single & Double Muni Pier Runs, 1.25 & 2.47 Mi., & 0.875 Mi. Kids' Run, Dolphin Club, 10 a.m. (Kids' Run at 9:30 a.m.), Info: (415) 668-2830.

Bakersfield: NBRPD Triathlon #4, Distances & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

January 13 (Saturday):

Redding: Record Searchlight Half-Marathon & 10K, Redding Convention Center, 10 a.m. Tony Johnson, 1524 East St., Redding 96001. (916) 244-4980.

So. El Monte: San Gabriel River 3 Mile Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Fontana: City of Fontana Triathlon, 5K Run, 15K Bike, 75 Yd. Swim, Fontana High School, Time TBA. Caren Ware, Fontana Recreation Dept., P.O. Box 518, Fontana 92334. (714) 350-7635.

San Diego: McClassic VI & McFun Run, 10K & 2 Mi., South of Hilton Hotel, 8 a.m. Info: Time Murphy (619) 275-5440.

Irvine: Half Marathon Run and 5K Walk for Homeless Children, 8:00 a.m. Five person corporate teams for Half Marathon only. Winslow Productions, P.O. Box 1984, Costa Mesa 92628. (714) 635-1520.

Lancaster: New Year's Resolution Runs, 1/2/5/10Ks, 8:00 a.m./5 & 10K, 9:10 a.m./1 & 2K. Lancaster City Park. Jo Ann Cummings,

44017 27th St. West, Lancaster 93536. (805) 942-4389 or (805) 265-4040.

Mesa, AZ: Arizona East Valley Marathon, 8 a.m. Arizona East Valley Marathon, c/o Fiesta Inn, 2100 So. Priest, Mesa, AZ. (800) 528-6481.

Saratoga: Skyline to the Sea Trail Marathon, 30K and 50 Mi., Saratoga Gap (Hiway 35 & 9), 7 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

January 14 (Sunday):

Oakland: Dr. Martin Luther King, Jr. Birthday Run, 5 & 10K, Lake Merritt Boathouse (Bellevue Ave.), 9 a.m. Anthony Charles, P.O. Box 5297, Oakland 94605. (415) 636-1664.

So. El Monte: L.A. County 10 Mile San Gabriel River Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Valencia: Santa Clarita Half Marathon & 5K, College of the Canyons, 7:30 a.m./H-M, 7:45 a.m./5K. Canyon Country Chamber of Commerce, 27225 Camp Plenty Rd., Suite #8, Santa Clarita 91351. (805) 252-4131.

Ventura: European Style 3 Mile & 6 Mile Cross Country, 8:00 a.m. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

San Francisco: DSE Twin Peaks Loop, 3.63 Mi., Portola & Twin Peaks Blvd., 9 a.m. Info: (415) 668-2830.

Orange: CHOC 5K Run & Walk, Town & Country Plaza, 8 a.m. Race Central, P.O. Box 828, Rialto 92377. (714) 548-4897.

January 20 (Saturday):

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

Stanford: East-West Family Day 5 & 10K and 1K Walk, Stanford Stadium, 9 a.m. Palo Alto Rec. Dept., 750 N. California Ave., Palo Alto 94304. (415) 329-2381.

Fresno: Brian Sturgeon Runs, 2 Mi. & 10K, Woodward Park, 9 a.m./2 Mi., 9:30 a.m./10K. United Cerebral Palsy, 3790 N. First, Fresno 93726. (209) 221-8272.

Agoura Hills: The Great Race of Agoura, 2K, 5K & 10K, Thousand Oaks Blvd. & Kanan Rd., 7:30 a.m./5K, 8:30 a.m./10K, 9:30 a.m./

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2K. "The Great Race", c/o 5699 Kanan Rd., Agoura Hills 91301. Must be postmarked by Jan. 10. (818) 889-1664.

Paramount: Paramount 10K, Progress Park, 8 a.m. (includes World Masters Division, Jan. 15 entry deadline). Finish Line International, 7846 Connie Dr., Huntington Beach 92648. Oscar Rosales: (714) 841-5417.

So. El Monte: San Gabriel River 3 Mile Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Merced: Fog Jog, Distances TBA, Harris Acres, 10 a.m. Merced T.C., P.O. Box 3275, Merced 95344.

Bakersfield: Family Run, 1 Mi. & 5K, Lake Ming, 9 a.m./1 Mi., 9:15 a.m. Bakersfield TC, P.O. Box 42123, Bakersfield 93384.

January 21 (Sunday)

Saratoga: The Great Race, 3.4 Mi., 9 a.m. Caz Szukalski, c/o Los Gatos Rotary Club, P.O. Box 1018, Los Gatos 95031. (408) 395-8760.

San Francisco: San Francisco Zoo Run, 3 & 7 Mi., Herbst Rd. & Skyline Blvd., 8 a.m./7 Mi., 9 a.m./3 Mi. Angie Bonnici, S.F. Zoological Society, Sloat Blvd. & Great Hiway, San Francisco 94132. (415) 753-7080, x23.

Newport Beach: Spirit 5K & 10K Runs, 7:30 a.m. Karen Wilson, 1701 Park Westbourne, Newport Beach 92660. (714) 760-2680.

San Francisco: DSE Kennedy Drive Run, 4.7 Mi., Golden Gate Park (south side of Polo Fields), 10 a.m. Info: (415) 668-2830.

Bakersfield: Ultimate Fun Run, Bakersfield College (Distance TBA), 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

So. El Monte: Legg Lake 5K Fish Creek Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Tucson, AZ: Tucson Marathon, and Relay, downtown (181 W. Broadway), 7:30 a.m. SARRC, P.O. Box 40728, Tucson, AZ. 85717. Barbara Liguori: (602) 299-6731.

January 27 (Saturday):

San Rafael: Marin Biathlon, 2 Mi. Run, 10 Mi. Bike, 2 Mi. Run, China Camp area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

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

San Diego: Balboa Hospital 10K & 2 Mi., Naval Hospital, 7:30 a.m. Info: Kathy Loper (619) 437-4556.

Pt. Reyes: Pt. Reyes Marathon & 25K, 9 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

January 28 (Sunday):

So. El Monte: Legg Lake Pico Rivera Anniversary Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Redondo Beach: Redondo Beach Super Bowl Sunday 10K Run & 5K Walk, 8 a.m. Redondo Beach Chamber of Commerce, 1215 No. Catalina Ave., Redondo Beach 90277. (213) 376-6911.

San Diego: Super Run IX, 10K & 2 Mi., LJV Square, 7:30 a.m. Info: Kathy Loper (619) 437-4556.

Santa Barbara: Zonta 5K & 10K, Goleta Beach Park, 8:30 a.m./5K, 9 a.m. Contact: Dorothy Vea (805) 682-4654.

Daly City: DSE Daly City Scenic Run, 6.8 Mi., Colma School (E. Market St. & Hillside Blvd.), 10 a.m. Info: (415) 668-2830.

San Simeon: Castle to Coast 8.2 Mile Run, (finish at Cambria), Time TBA. Contact: Jim Hurley (805) 528-6576.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5, 10 & 15K, Old Boat-house (Lake Merritt), 9 a.m. Info: (415) 530-9151. (Raceday reg. only).

February 3 (Saturday):

Chinese Camp: Orient Express 4 Mi. Run

and 1 Mi. Run/Walk, Chinese Camp School, 9:30 a.m./1 Mi., 10 a.m./4 Mi. Tuolumne County Recreation Dept., 43 Green St., Sonoma 95370. (209) 533-5663.

Cathedral City: Desert Princess Run-Bike-Run World Championship Series Championships, (Short Course: 3K Run, 15K Bike, 3K Run) (Long Course: 10K Run-62K Bike-10K Run), Time TBA. Greg Klein & Brenda Clark, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

So. El Monte: Legg Lake 5K Carrera de Invierno, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Azusa: Tenth Annual Cougar Classic 2K, 5K & 10K Runs & 5K Fun Walk, 8:30 a.m. Azusa Pacific University Campus. Terry Franson, Azusa Pacific University, Azusa 91702-7000. (818) 969-3434 or (714) 596-4128.

Chico: Chico 6-Hour Relay & Iron Person Run, Location & Time TBA. Contact: Walt Schafer (916) 343-6857, 895-5273

Marin Headlands: Pacific Coast Trail Challenge, Marathon & Half-Marathon, 9 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Trinidad: Trinidad-Clam Beach Run, 8.75 Mi., Patrick's Point Dr., Time TBA. Contact: Marge O'Brien, Trinidad-Clam Beach Run, P.O. Box 389, Trinidad 95570.

Bakersfield: Bakersfield Track Club's Annual Half-Marathon & 10K, Bakersfield College, 8 a.m. Andrea MacDonald, 2904 Dart-

SCHEDULE

mouth, Bakersfield 93305. (805) 872-7921.

February 4 (Sunday):

San Francisco: Chinatown Run, 8K, Portsmouth Square (Washington & Kearny), 8 a.m. Chinatown YMCA, 855 Sacramento St., San Francisco 94162. (415) 982-4412.

San Diego: Girls & Women in Sports Day 5K & 1 Mile, Balboa Park, 7:35 a.m. Info: Una Pierce (619) 563-5677.

San Diego: San Dieguito Half Marathon, San Dieguito Park, 8 a.m. Info: Kathy Loper (619) 437-4556.

Los Angeles: 12th Annual Firecracker 5K & 10K Run, 8:20 a.m./5K, 8:30 a.m./10K, North Broadway and College St., L.A. Chinatown Race Committee, Box 4732, Terminal Annex, Los Angeles 90051. (213) 613-1959.

Lakewood: McDonald's/Lakewood Half Marathon & 2 Mile Fun Run, 7:30 a.m./Half Marathon, 8a.m./2 Mi., Del Valle Park on Woodruff Ave. McDonald's/Lakewood Half Marathon, 2860 Seaboard Lane, Long Beach 90805. (213) 633-4183 or (213) 866-9771.

Valencia: Santa Clarita Runners Women's 5K Run/Walk, Golden State Fwy (15) to Lyons Ave., West to Pico Canyon, 8:30 a.m. Santa Clarita Runners, Box 800298, Santa Clarita 91380. (Karen Callahan (805) 296-0138) or (Marilyn Noble (805) 259-0529).

San Francisco: DSE Mission Rock Run, 3.5 Mi., Third St. & Mission Rock, 10 a.m. Info: (415) 668-2830.

Davis: Davis Stampede, 10K and Half-Marathon, 9 a.m. Contact: A Change of Pace, 1260 Lake Blvd., Suite 248, Davis 95616. (916) 757-2012.

Lompoc: Winter Runs, 5 & 10K, La Purisima Mission, 8:30 a.m./5K, 9:30 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (Wayne Davis: (805) 734-3944, 866-5313).

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

Mount Laguna: Pacific Crest Trail Run, 50 Mi., 6 a.m. (enter by Jan. 20). Info: Mac Williamson (619) 755-4975.

February 10 (Saturday):

Olema: Limantour Split (10 Mi), and Half Split (6.2 Mi.), Limantour Beach parking lot, Point Reyes Nat'l. Seashore, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

So. El Monte: San Gabriel River 3 Mile Valentine Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Dragon Run, 1K & 5K, Balboa Park, 7:30 a.m. Info: George Yee (619) 437-4556.

Plays Del Rey: 5K & 10K Sweetheart Runs, Imperial Hwy and Vista Del Mar, 8 a.m./5K, 8:30 a.m. Tri-SYNC, P.O. Box 385, Manhattan Beach 90266. (213) 545-9887 or (213) 826-2818.

Santa Barbara: Tenth Valentine's 2x4 Mile Relay, 8:30 a.m., Palm Park. John Brennand, P.O. Box 6616, Santa Barbara 93160. (805) 964-2591.

Montecito Heights: Aztlan 2K & 5K Hill Challenge Run, 8:30/2K, 9 a.m./5K, Pasadena Fwy (110) to Ave. Avenue 52, so. to Montecito Hgts. Rec. Center. (818) 799-5079.

Stinson Beach: Cascading Cataracts, 7 Mi. & 25K Cross-Country, 9 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Placerville: Lovers Run, 5K, 10K & Half-Marathon, Children's Half-Mile & Mile, (6767 Green Valley Rd.), 8:30 a.m./Children's Run, 9 a.m. Lovers Run, New Morning, 6765 Green Valley Rd., Placerville 95667. (916) 622-5551.

Bakersfield: Hart Park Fun Run, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

San Luis Obispo: French Hospital Love Your Heart 5 & 10K Runs, Meadow Park, Time TBA. Kris Kington, French Hospital Medical Center, 1911 Johnson Av., San Luis Obispo 93401. (805) 543-5353, x300.

February 11 (Sunday):

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

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

Oakland: Valentine Day Run/Walk, 5 & 10K, Lake Merritt Boathouse (Bellevue Ave.), 10 a.m. American Heart Ass'n., P.O. Box 5157, Oakland 94605. (415) 632-9606.

Irvine: Cupid's Quest 5K Run & 1K Fun Run/Walk, SportsBarr in Irvine Market Place, 8 a.m./5K, 9 a.m./1K. SportsBarr, 4187 Campus Dr., Suite M170, Irvine 92715. (714) 854-1565.

Hermosa Beach: 37th Annual Sand And Strand 2.5 & 5Mi. Runs, 8 a.m./2.5 Mi, 9 a.m./5 Mi. Pacific Coast Highway to Pier Ave., west to Hermosa Beach Pier. Dept. of Community Resources, 710 Pier Ave., Hermosa Beach 90254. (213) 379-3312.

Los Angeles: SCATAC 5K Cross Country Championship, Griffith Park, 8 a.m. Victor Carrillo, 407B North Wilton Pl., Los Angeles 90004. (213) 465-5302.

San Francisco: DSE Windmill Run, 6.5 Mi., Kennedy Dr. at Ocean Beach, 10 a.m. Info: (415) 668-2830.

Sacramento: Jed Smith 50K, 50 Mi. & 100K/6 a.m., 8 a.m./100K. Norm Klein, 11139 Mace River Rd., Rancho Cordova 95670. (916) 638-1161.

Bakersfield: NBRPD Triathlon #5, Distances TBA, Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Woodland Hills: Heart Run 5K & 10K, Warner Center (Marriott Hotel), 8 a.m. Info: American Heart Assoc. (818) 984-0001.

Rancho Bernardo: Black Mountain Run to the Top, 6 Mi., west of Rancho Bernardo, 8 a.m. Info: Movin' Shoes (619) 488-2310.

February 12 (Monday):

So. El Monte: Legg Lake 8K Presidents' Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

February 14 (Wed.):

San Ramon: Love Your Heart Fun Run/Walk, 5K, #2 Bishop Dr., noon. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

February 17 (Saturday):

San Diego: Cupid's Run, 10K & 2 Mi., Balboa Park, 7:30 a.m. Info: Linda Graves (619) 437-4556.

San Diego: Here's Hope San Diego, 10K & 2 Mi., South of Hilton, 7:30 a.m. Info: James Scott (619) 273-4642.

Santa Barbara: Are You Tough Enough 100K Individual and Relay Run, 5 a.m., limited to 75 teams. Bob Huebel, 3959 State St., Santa Barbara 93105. (805) 967-2614.

Huntington Beach: American Adventure 2.8 & 4.8 Miles Cross Country, 2.8 Mi/8 a.m., 4.8 Mi/8:30 a.m. Oscar Rosales, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

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

San Diego: San Diego Ekiden Relay, UC San Diego, 8 a.m. (5-runner teams). Info: Kathy Kinane (619) 275-5440.

SCHEDULE

February 18 (Sunday):

La Selva Beach: Bay View Cross-Country 10K, Monterey Bay Academy, 9:30 a.m. Gary Eggers, Monterey Bay Academy, 783 San Andreas Rd., La Selva Beach 95076. (408) 728-1481, x371.

Berkeley: Berkeley Challenge for Charity, 5 & 10K Run & Stride, Lawrence Hall of Science (Centennial & Grizzly Rds), UC Berkeley, 9 a.m. Team Challenge, 150 Panoramic Way, Berkeley 94704. (415) 841-1190, Nancy.

Los Angeles: Tenth Wilshire Police 2K, 5K & 10K Runs Against Crime, 8 a.m. Sgt. Ron Batesole, Wilshire Police Station, 4861 Venice Blvd., Los Angeles 90019. (213) 485-4020 or (213) 485-6809.

Palm Springs: Twelfth Annual Heart of Palm Springs 10K Run, 8 a.m., Palm Springs High School. Keenan Barber, M.D., Box 1639, 45-120 San Pablo 2C, Palm Desert 92261. (619) 346-8109.

San Francisco: DSE Land's End Run, 5K, Balboa Ave. & Great Highway, 10 a.m. Info: (415) 668-2830.

Bakersfield: Ultimate Fun Run, Bakersfield College, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Ventura: Ventura 30K (SPA/TAC Championship) & 2 Mi. Fun Run, Mission Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

So. El Monte: Legg Lake 5K Crow Run, 9:30 a.m. Arthur Martinez, 9502 Reichline Ln., Pico Rivera 90660 (213) 949-0394.

San Diego: Guys & Gals (couples only), 4 Mi., Sante Fe at Damon, 8 a.m. Info: Kendall Webb. (619) 260-1990.

February 24 (Saturday):

Mill Valley: John Muir Monumental, 7.2 Mi. & 5K, Muir Beach (Hiway 1, GGNRA), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante

94803. (415) 841-1190.

Martinez: Brickyard Run, 8.4 Mi. & 2 Mi., Rankin Park, 10 a.m. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

Ripon: Almond Blossom Run, 8K & 1 Mi., Mauvis Stouffer Park (Manley Rd.), 8:30 a.m./8K, 8:45 a.m./1 Mi. Almond Blossom Festival, Jeannie Rud, P.O. Box 537, Ripon 95366. (209) 599-3026.

La Verne: Roynon School 5K & 10K Runs & 5K Walk, 7:47 a.m., 8th & D Sts. between Foothill Blvd. and Arrow Hwy. Roynon Racoon Run, 2458 Third St., La Verne 91750. (714) 593-2024.

Los Alamitos: Los Alamitos 5K & 10K Runs, 10911 Oak St., Los Alamitos Runs, P.O. Box 3147, Los Alamitos 90720. (213) 430-1073.

Montecito: Are You Tuff Enough 100K & 100K Relay Challenge, Toro Canyon Park (to Nojoqui Fall in Solvang), time TBA. Info: Bob Heubel (Second Sole) (805) 967-2614.



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REGISTRATION: 8 am to 5:30 pm on February 3. (Program begins at 9 a.m.)

CLINIC FEES: \$50 pre-registration fee (fee required by January 29). \$60 for registration at the door.

For information/registration form, write to:

Bob Gaughran, Clinic Director
Dept. of Athletics/Rancho Santiago College
17th & Bristol Streets
Santa Ana, CA 92706.

HOUSING: Special reduced rates available at Sheraton-Anaheim, reservations to be made before January 20. Call or write the hotel (1015 West Ball Rd., Anaheim 92802).

SCHEDULE

Lancaster: Antelope Valley Hospital Medical Center Benefit Runs, 5K & 10K and 1K for Kids, 6705 West Ave. M (Mayflowers Gardens), 9 a.m. Running Promotions, Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

Orange: Spring Games 8K Run, Irvine Regional Park, 8:30 a.m. Al Siddons, Rancho Santiago College (Track Coach), 17th at Bristol, Santa Ana 92706. (714) 667-3309.

San Francisco: Hastings Phil Delta Phi 5K Fun Run, Golden Gate Park, 9 a.m. Phi Delta Phi, Hastings College of Law, 200 McAllister St., San Francisco 94102. (415) 565-4805.

February 25 (Sunday):

Stockton: Jackets Fun Run, 10K & 2 Mi., Louis Park (Mt. Diablo Ave. west of I-80), 9 a.m./2 Mi., 9:30 a.m./10K. Richard Johnson, 9875 N. Davis Rd., Stockton 95209. (209) 467-4737; 477-0943.

San Diego: Jose Cuervo Mardi Gras 10K & 2 Mi., South of Hilton Hotel, 7:30 a.m. Info: Dave Thompson (619) 236-0842.

Montebello: 42nd Annual "Pop" Marty 2 Miles, 5 Miles & 10 Miles, 8 a.m. Grant Rea Memorial Park. Rozanne Barron, City of Montebello, 1600 West Beverly Blvd., Montebello 90640. (213) 725-1200 x 430.

San Francisco: DSE North Embarcadero Run, 6.25 Mi., Embarcadero & Berry St., 10 a.m. Info: (415) 668-2830.

Bakersfield: NBRPD Triathlon #6, Distances TBA, Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

So. El Monte: Legg Lake 5K Green Grass Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Oakland: Lake Merritt Joggers & Striders Couples Relay, 2x5K, 14th & Lakeside, 9 a.m. LMJS, 3136 California St., Oakland 94602. (415) 530-9151.

March 3 (Saturday):

Manhattan Beach: 10th Annual AM Good Morning 5K, 8 a.m. American Martyrs School. American Martyrs School, 1701 Laurel Ave., Manhattan Beach 90266. (213) 372-0428.

Sausalito: Run for the Seals, 4 Mi., Rodeo Lagoon (Ft. Chronkite in Marin Headlands), 9 a.m. (Pre-reg. only; 2,100 limit). California Marine Mammal Center, GGNRA, Marin Headlands, Sausalito 94965. (415) 331-SEAL.

Gonzales: Taylor California Cellars Grape Stampede 10K, 800 So. Alta St., 10 a.m. Carla Pew, Gonzales Recreation Dept., P.O. Box 647, Gonzales 93926. (408) 675-2321.

San Jose Area: Mt. Hamilton Runs, 10K, Half & Full Marathons, 50K, 7 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Chico: Bidwell Half-Marathon & 3 Mi., Bidwell Pk., 9 a.m. David Welch, Box 1182, Chico 95927. (916) 342-9214.

Bakersfield: Hart Park Fun Run, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Bakersfield: CAHPERD Runs, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

So. El Monte: Legg Lake 099'ers 5K Sprint Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Sue Krenn 15K, South of Hilton, 7:30 a.m. Contact: Francisco Saiz (619) 425-4579.

Pleasant Hill: The Heartbeat 6-12-24 Hr. Challenge, Diablo Valley College (track), 9 a.m. Jack Riley, c/o AHA, P.O. Box 6181, Concord 94524. (415) 827-1600.

March 4 (Sunday):

San Francisco: DSE Stern Grove Run, 4 Mi., 33rd Ave. & Wawona (enter Wawona from Sunset Blvd. to 34th Ave. & Crestlake), 10 a.m. Info: (415) 668-2830.

Vallejo: Channel to Lake Run, 10 Mile. Mare Island Way, 9 a.m. Chamber of Commerce, #2 Florida Street, Vallejo 94590. (707) 644-5551.

Los Osos: South Bay 20K, Los Osos Junior High, Time TBA. Contact: Myron Hood (805) 528-3425.

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

Los Angeles: Los Angeles Marathon V, Time TBA. Los Angeles Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles 90025. (213) 444-5544.

March 10 (Saturday):

Palo Alto: Monte Bello One-Third Marathon & 5 Mi., (Monte Bello Open Space parking lot off Page Mill Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Carmel: Serra's Run, 10K, Carmel Mission Basilica, 8:30 a.m. (Kid's Mile), 9 a.m. Will Franke, 2992 Lausen, Carmel 93923. (408) 375-2661.

Marin County: Bolinas Ridge Wild Boar Runs, 9 & 18 Mile Cross-Country, 9 a.m. Dave Horning, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Bakersfield: Daley 50K, Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Lompoc: LVDC Memorial Run, 5 & 10K, Ryon Park (Ocena & "O" St.), 9 a.m. Contact: Leo Aragon (805) 736-6773.

So. El Monte: St. Patrick's Legg Lake 5K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Riverside: Green Belt 15K and 5K, 8 a.m. Green Belt 15K, P.O. Box 56473, Riverside 92517. (714) 796-0836, 824-2914.

March 11 (Sunday):

Calabasas: Calabasas High School March Hare 5K/10K Runs and 2K Fun Run/Walk, 8 a.m., Lake

Calabasas. Kerry Schmidt, Kacey Management Inc., 20969 Ventura Blvd., Suite 209, Woodland Hills 91364. (818) 887-2771.

Fremont: Fremont's 10K Run for Recreation & 2 Mi. Walk, Central Park (39700 Paseo Padre), 8:30 a.m. Ginny Duffy, c/o 3375 Country Dr., Fremont 94537. (415) 791-4363.

San Francisco: DSE Diamond Heights Run, 2.99 Mi., McAteer High School, Portola & O'Shaughnessy, 10 a.m. Info: (415) 668-2830.

Callistoga: Napa Valley Marathon, Rose-dale Ln. & Silverado Trail, 7 a.m. Napa Valley Marathon, 1325 Imola Ave. West, Napa 94559. (707) 255-2609.

Stockton: Stockton 4 Miler & Team Challenge, Grupe Park, 9:30 a.m. Tarahumara R.C., P.O. Box 8422, Stockton 95208 (Dave Valentine: (209) 951-8941).

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

Hornitos: Gold Trail Half-Marathon, 8 a.m. Merced T.C., P.O. Box 3275, Merced 95344.

March 17 (Saturday):

San Francisco: Irish Sprint & Stride, 5 Mi., Lake Merced (Sunset Parking Lot), 9:30 a.m./Striders, 10 a.m./Runners. Jeff Benes, 347 Keeler Ct., San Jose 95139.

Mill Valley: Tennessee Valley Waltz, 9.5 Mi., and Half-Waltz (5.5 Mi.), Tennessee Valley parking lot, Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Walnut Creek: Mt. Diablo Marathon & Half-Marathon, 8 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Bakersfield: Rain/Shine Run, Distance &

SCHEDULE

Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

So. El Monte: USA San Gabriel River 10 Mile Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: St. Patrick's Day 10K and 2 Mi., South of Hilton, 7:30 a.m. Contact: Jim Cerveny (619) 437-4556.

Newhall: 10th Annual Knights of Columbus 5 Mile Run, 8:30 a.m. out and back on Pico Canyon Rd. Mike McSkane, 23806 Daisetta Dr., Newhall 91321. (805) 259-4384.

Agoura: Malibu Trail 50 Mile Run, 7500 feet of ascent and descent. Phil Shattuck, 810 Ranch Rd., Thousand Oaks 91361. (805) 495-2248.

San Marino: San Marino Rotary 5K & 10K Run for Fun, 8 a.m./5K, 8:15 a.m./10K. Robert Nafie, 8400 Huntington Dr., San Marino 91108. (818) 286-3108.

San Francisco: Irish Sprint & Stride, 5 Mi., Lake Merced (Sunset Parking Lot), 9:30 a.m./Striders, 10 a.m./Runners. Jeff Benes, 347 Keeler Ct., San Jose 95139.

Mill Valley: Tennessee Valley Waltz, 9.5 Mi., and Half-Waltz (5.5 Mi.), Tennessee Valley parking lot, Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Walnut Creek: Mt. Diablo Marathon & Half-Marathon, 8 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Bakersfield: Rain/Shine Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

So. El Monte: USA San Gabriel River 10 Mile Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: St. Patrick's Day 10K & 2 Mile, south of Hilton, 7:30 a.m. Contact: Jim Cerveny (619) 437-4556.

March 18 (Sunday):

Ventura: Run for the Music 5K & 10K Runs, 8 a.m. San Buenaventura State Beach Park at Pierpoint Blvd., and San Pedro Ln. Ventura County Symphony Association, Box 1088, Ventura 93002. (805) 643-8646.

Torrance: Tom Sullivan 10K Run & 5K Walk, 8 a.m., Del Amo Shopping Center. Vistas, P.O. Box 7000-251, Redondo Beach 90277. (714) 548-4897 or (213) 544-7258.

San Francisco: DSE Golden Gate Bridge Toll Plaza Run, 7.46 Mi. (& 0.875 Mi. Kids'

Run), Dolphin Club, 9:30 a.m./Kids' Run, 10 a.m. Info: (415) 668-2830.

Santa Rosa: Lake Ilnanjo Classic 10 Miler, Howarth Park, 9 a.m. (Raceday Reg. only). Alex Isabeau, 2900 St. Paul, #219, Santa Rosa 95405. (707) 525-1808.

Oakland: Run Against Drugs, 5 & 10K, Lake Merritt Boathouse, 9:30 a.m./5K, 10 a.m./10K. West Coast Knights, P.O. Box 23731, San Jose 95153. (408) 281-4599.

Bakersfield: Ultimate Fun Run, Bakersfield College, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

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

Long Beach: Long Beach Marathon Prep Run, 16.2 Mi., 7 a.m. L.B. Marathon, 1827 Redondo, Long Beach 90804. Joe Carlson: (213) 494-2664.

Fort Bragg: Whale Run, 2 Mi., 10K & Half-Marathon, Ft. Bragg Recr. Ctr., 8 a.m./H-M, 8:30 a.m. Cindy Ellis, 213 E. Laurel St., Ft. Bragg 95347. (707) 964-6807.

March 24 (Saturday):

Playa Del Rey: L.A. Dieticians 5K/10K Food & Fitness Run/Walk, 8 a.m. near Lifeguard State 53. C.D.A. - L.A.D., Box 3506, Santa Monica 90403. (Nancy (213) 396-6367) or (Janine (805) 253-4495).

San Bruno: San Bruno Mountain Wildflower Run, 5 & 10K, San Bruno City Park (Guadalupe Pkwy), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

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

Avalon: 24th & 25th (Sat. & Sun.): Catalina Island 5K, 10K & Marathon. California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 433-4557.

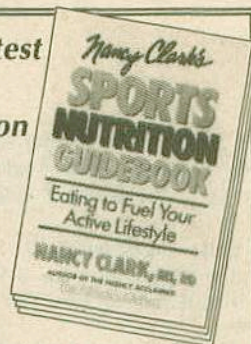
March 25 (Sunday):

Thousand Oaks: Domino's Pizza 5K, 10K & 1 Mi. Run for the Future, 8 a.m./5K, 8:50 a.m./10K, 9a.m./1 Mi., Thousand Oaks H.S. CYES, 80 E. Hillcrest Dr., #207, Thousand Oaks 91360. (805) 373-0745.

Brisbane: DSE "Where the Hell is Brisbane" Run, 5 Mi., Brisbane Yacht Harbor, 10 a.m. Info: (415) 668-2830.

Stanford: Fifty-Plus Runners Association 8K Run, Stanford Univ., 9 a.m. (50 & Over only). Fifty-Plus Runners Assoc., P.O. Box D, Stanford 94309. (Don Anhorn: (415) 493-7838).

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SCHEDULE

So. El Monte: San Gabriel River Spring 3 Mile Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Carlsbad: Carlsbad 5000, State & Elm, 7:30 a.m./Open Women, 8:15 a.m./Open Men, 9:15 a.m./Invit. Info: Tim Murphy (619) 275-5440.

Yountville: Yountville Rotary Run 5 & 10K, Yountville Park, 8:30 a.m. Contact info to follow.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5, 10 & 15K, Old Boat-house, (14th & Lakeside), 9 a.m. (raceday reg. only). Info: (415) 530-9151.

March 31 (Saturday):

Encino: Van Nuys/Sherman Oaks Heart and Sole Classic Run and 1 Mi. Walk, 8 a.m./5K, 8:45 a.m./10K, 9 a.m./1 Mi. Walk. Stacey Lee, American Heart Assn., 4741 Laurel Canyon Blvd., N. Hollywood 91607. (818) 984-0001.

Seal Beach: 16th Annual Seal Beach 10K, 8 a.m., Seal Beach Pier. A Running Experience, P.O. Box 3209, Long Beach 90803. (213) 439-6875.

Glendora: Pride of the Foothills 2K, 5K, 10K & Half Marathon, 8 a.m. Pride 12, Box 221, Glendora 91740. (818) 963-8411 or (714) 592-0198 x476.

Camarillo: Camarillo Kiwanis 5K, 10K & One Mile Runs, 7:30 a.m./5K, 8 a.m./10K, 8:15 a.m./1 Mile, Ventura Fwy. to Carmen to Community Center. Camarillo Kiwanis, P.O. Box 533, Camarillo 93011. John Muller (805) 987-1381 or Jim Graf (805) 484-0534.

San Mateo: April Showers Fun Run & Walk, 5K Run/Stride, 1 Mi. Walk & Kids' Run, Coyote Point Park, Time TBA. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

Marin Headlands: California 49'er Double Marathon & Marathon, 6 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Delano: Delano Fools Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Manhattan Beach: Manhattan Mile, Live Oak Park (18th & Valley Dr.), separate starting times for many age-groups. Ralph Singer, Manhattan Beach T.C., P.O. Box 3431, Manhattan Beach 90266. (213) 379-2333.

So. El Monte: Legg Lake 5K Blue Jay Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Fairfield: On the Edge 5 & 10K, (Suisun Valley & Rockville Rd.), 9 a.m./10K, 9:05 a.m. On the Edge, P.O. Box 2702, Fairfield 94533. (707) 427-EDGE.

Morgan Hill: Wild Flower Run 5 & 10K, 2K (12 & Under Run & Adult Walk), Live Oak High School, 9 a.m. Kathy Sass or Marilyn Gadoway, P.O. Box 451, Morgan Hill 95037. (408) 779-7561.

Sacramento: Dragon Run 8K, Caroline Wenzel Elem. School (6870 Greenhaven Dr.), Time TBA. Asian Pacific Community Counseling, 5495 Carlson Dr., Suite D, Sacramento 95819. (916) 452-7836.

April 1 (Sunday):

Los Angeles: Jimmy Stewart Marathon Relay, Griffith Park, 8 a.m. Info: (213) 829-8968.

Tustin: MCAS Tustin 5K & 10K Runs, 8 a.m. Harvard and Warner. Capt. John Walker, S-4 H+HS, MCAS. Tustin 92710-5000. (714) 726-7336.

Sausalito: Houlihan's to Houlihan's 12K, 8 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

San Francisco: DSE Polo Field 5 & 10K Lotto Runs, Golden Gate Park (parking lot, south side), 9:30 a.m. (1/4 Mi. Kids' Run), 10 a.m. Info: (415) 668-2830.

Modesto: Modesto Marathon & Half Marathon, 7:30 a.m. Info: Gordon Wilkinson (209) 384-1727.

So. El Monte: Legg Lake 5K Water Cup Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Oakland: Misty Redwoods Run, 7 Mi., Redwood Regional Park, (parking lot), 9 a.m. Info: American Lung Ass'n. (415) 893-5474.

Looking Ahead

Marathons, Relays & Important Dealines, Major Events, Etc.

April 7 (Sat.): Lake Hughes: Steamroller 100K, 5 a.m. Rich Dinges, 7718 Yarmouth Ave., Reseda 91335. (818) 345-8751.

April 7 (Sat.): Sacramento: American River 50 Mi., finish in Auburn, 7 a.m. Fleet Feet Sprints, 1730 Santa Clara Dr., #D-3, Roseville 95661. (916) 783-4558.

April 7 (Sat.): Big Basin: Big Basin Marathon & Half Marathon, trail runs, Time TBA. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

April 8 (Sun.): San Francisco: Bonne

Bell 5/10K Women's Run, Golden Gate Park (bandshell near Academy of Sciences), 8:30 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

April 14 (Sat.): Descanso: Cuyamaca Trail 50K, 6 a.m. Limited to 100. State Park Trails. Jerry Mitchell, 709 Hanson Lane, Ramona 92065. (619) 789-0406.

April 14 (Sat.): Marin Headlands: Golden Gate Headlands Marathon, 8 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

April 16 (Mon.): Hopkinton, MA: Boston Marathon (new qualifying times), noon. Boston Marathon, 17 Main St., Hopkinton, MA. 01748. (508) 435-6905.

TRACK SCHEDULE

Jan. 6 (Sat.): Los Gatos: Los Gatos All Comers Meet, Los Gatos High School, Bruce Springbett (408) 354-7333 (days).

Jan. 13 (Sat.): Los Gatos: Los Gatos All Comers Meets (See Jan. 6th).

Jan. 13 (Sat.): Berkeley: California All Comers Meet, 10 a.m., U.C. Berkeley. Erv Hunt: (415) 642-3158, 223-3268.

Jan. 13 (Sat.): Irvine: Leukemia Society Track Meet, Irvine High School, 9 a.m. John Loeschhorn (714) 551-6893.

Jan. 19 (Fri.): Los Angeles: Sunkist Invitational. Los Angeles Memorial Sports Arena. Info: (213) 741-2164.

Jan. 20 (Sat.): Berkeley: California Call Comers Meet (See Jan. 13).

Jan. 20 (Sat.): Los Gatos: Los Gatos All Comers Meet (See Jan. 6th).

Jan. 21 (Sun): Van Nuys: 5th Annual Patriot Relays. Birmingham High School, Van Nuys. Open, Univ., sub-masters, masters relays. L.A. Patriots Int'l. Track & Field Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

Jan. 27 (Sat.): Berkeley: California All Comers Meet (See Jan. 13th).

Jan. 27 (Sat.): Los Gatos: Los Gatos All Comers Meet (See Jan. 6th).

Jan. 27, 28: Los Angeles: Cal State Los Angeles Decathlon-Heptathlon. 9 a.m./Masters Decathlon, 9:30 a.m./Women's & Girls Heptathlon 10 a.m./Open, Univ., Decathlon, 11 a.m. High School Decathlon. John Turek, Assis. Track Coach, CSLA, 5151



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SCHEDULE

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Feb. 3 (Sat.): Berkeley: California All Comers Meet (See Jan. 13th).

Feb. 3 (Sat.): Los Gatos: Los Gatos All Comers Meet (See Jan. 6th).

Feb. 10 (Sat.): Berkeley: California All Comers Meet (See Jan. 13th).

Feb. 10 (Sat.): Los Gatos: Los Gatos All Comers Meet (See Jan. 6th).

Feb. 17 (Sat.): Berkeley: California All Comers Meet (See Jan. 13th).

Feb. 17 (Sat.): Los Gatos: Los Gatos All Comers Meet (See Jan. 6th).

Mar. 11 (Sun.): CS Northridge: Sport Arcade V-Masters Track and Field Classic. CS Northridge, open, sub-masters, masters. L.A. Patriots Int'l. Track & Field Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

Apr. 6, 7 (Fri. & Sat.): Fresno: Fresno Relays. H.S. & Small Colleges on Friday.

Open, Intercollegiate & Community Colleges on Saturday. Contact: Red Estes (209) 294-4097.

Apr. 28 (Sat.): San Francisco: Johnny Mathis Int'l. Invitational Track & Field Meet, San Francisco State Univ., Cox Stadium. Harry Morra (415) 338-1561, (415) 338-2218.

May 13 (Sun.): Fresno State University: 5th Annual Calif. State Team Championships. Sub-masters and masters only. L.A. Patriots Int'l. T & F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

July 22 (Sun.): Los Angeles: L.A. P.O.C. Grand Prix Finals. Site TBA. Sub-masters and masters grand prix finalists only. L.A. Patriots Int'l. T & F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

Aug. 11, 12 (Sat. & Sun.): Wailuku, Maui: 2nd Annual Hawaiian T & F Festival.

War Memorial Stadium, Wailuku, Maui. Youth, Open, Novice, sub-masters and masters. L.A. Patriots Int'l. T&F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

MEETINGS, CLINICS, ETC.

Jan. 6 (Sat.): Fresno: San Joaquin Valley Coach of the Year Clinic, Fresno State Univ., 8 a.m. Bob Fraley (209) 294-4098.

Jan. 6th (Sat.): Fresno State Univ.: Officials Clinic, Fresno State North Gym, 8 a.m. Dick Connors. Contact: Bob Fraley (209) 294-4098.

Jan. 16 (Tues.): CS Hayward: Pacific Assoc. TAC Board of Athletics, Cal State Hayward Health Center, 7:15 p.m. George Kleeman (415) 229-2927 (eves.).

Jan. 26, 27 (Fri. & Sat.): San Mateo: California Track and Cross Country Coaches Alliance Clinic-Convention, Dunfy Hotel, San Mateo. Dennis McClanahan, Mt. Carmel HS., 9550 Carmel Mt. Rd., San Diego 92129.

Apr. 7-11: San Luis Obispo: Sky Jumpers National Pole Vaulting Camp. Contact: Jan Johnson, c/o Sky Jumpers, 3000 Collma, Atascadero 93422. (805) 466-8119.

July 23-27: San Luis Obispo: Sky Jumpers National Pole Vaulting Camp. (See Apr. 7-11).

Aug. 5-10: Yosemite: Yosemite Cross Country Camp. Yosemite Running Camp, 835 Modoc St., Merced 95340. (209) 722-2384.

Aug. 5-10: Lake Tahoe: USC, UCLA Runner's Workshop, Summer Running Camps. Mark Celestin, P.O. Box 817, Huntington Beach 92648. (714) 969-8703.

Aug. 12-17: Yosemite: Yosemite Cross Country Camp. (See Aug. 5-10).

Aug. 19-24: No. San Diego: USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 5-10).

Aug. 28-Sept. 4: Catalina Island: USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 19-24).

ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc., in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately.

Date of Event _____ Location _____

Name of Event _____

Type of Event: long distance run track meet
 cross country other

Starting time: _____ Distance, if running event _____

Other important info: _____

Contact Person _____ Phone _____

Address _____

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070

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Pacific Association TAC GRAND PRIX FINALS

From JOHN MANSOOR

Open Men:

1	Domingo Tibaduiza	Flyers	252
2	Jose Alsipuro	Aggies	236
3	Dennis Rinde	Flyers	194
4	Alan Dehlinger	Flyers	192
5	Joaquin Leano	Flyers	183
6	Dean Rinda	Flyers	158
7	Tom Borschel	Reebok	119
7	Mark Hoefler	Fleet Feet	119
9	Miguel Tibaduiza	Flyers	110
10	Daniel Gonzales		82
10	Juan Ramirez	Hoyo Sports	82
12	Carmelo Rios	Aggies	75
13	Craig Moore	Chips	74
14	Robert McLennan	Tamalpa	72
15	Tom Wood	Flyers	68
16	Chris Thomas	Tamalpa	66
17	Jeff Shaver	Aggies	65
18	Marty Higginbotham	Flyers	64
19	Ed Cardenas	Flyers	63
20	Rob Anex	Aggies	62

Master Men:

1	Robert McLennan	Tamalpa	141
2	Chris Thomas	Tamalpa	140
3	Jerry Jobski	Excelsior	130
4	Frank Ruona	Tamalpa	119

5	James Press	Excelsior	113
6	Bill Savald	Excelsior	90
7	David Furst	WVJ&S	66
8	Jim Gibbons	Tamalpa	61
8	Jon MacPherson	Tamalpa	61
8	Jim Minami	Golden Bay	61
11	Alan Stainbridge	Excelsior	56
12	Steve Ferraz	Excelsior	48
13	Gabriel Sandoval	WVJ&S	46
14	Robert Darling, Jr.	Excelsior	43
15	Doug Huff		40
16	Jim Weisener	WVJ&S	36
17	Steve Treadway		34
18	Deto Kraus	WVJ&S	27
18	Sai Vasquez	WVJ&S	27
20	Robert Lindsey	Flyers	22

Senior Men:

1	Daryl Beardall	Tamalpa	68
2	Jim Bevins		47
3	Richard Leutinger		40
4	Frederick Mattos	Flyers	26
5	Martin Hillyer		12
5	John Peacock	SSS	12
7	Roger Bryan	WVJ&S	10
7	Tom Mota	WVJ&S	10
9	David Ragsdale	Chips	9

10	Robert Groff	Tamalpa	8
Super Senior Men:			
1	Fred Dunn		2
1	Ray Piva		2
1	Bill Wallace		2
1	Bill Wood		2
5	Robert Dechene	LMJS	1
5	Boyce Jacques	Silver St. Strid	1
5	Ross Smith	Silver St. Strid	1
5	Dave Stevenson		1
5	Ray Stewart		1

Open Women:

1	Terry Puckett	Flyers	267
2	Rossy Cardenas	Flyers	266
3	Linda Somers	Flyers	227
4	Rosa Gutierrez	Ryans	202
5	Chris Iwahashi	Chips	187
6	Karen Scholte	Ryans	153
7	Laura Sanchez	Ryans	147
8	Susan Putney	Aggies	138
9	Hilary Naylor	Impalas	124
10	Bev Marx	Flyers	110
11	Barbara Acosta	Ryans	93
12	Lorenia Ferreira	Woodside	92
13	Joan Colman	WVTC	76
14	Peggy Smyth	Flyers	69
15	Theresa McCourt	Chips	68
16	Susan Horstmeyer	Woodside	65
17	Honor Fetherston	Tamalpa	64
17	Margie Lindsey	Flyers	64
19	Janine Aiello	Impalas	55
20	Barbara Miller		54

Master Women:

1	Hilary Naylor	Impalas	169
2	Margie Lindsey	Flyers	125
3	Joan Colman	WVTC	88

4	Joan Ulyot	WVTC	78
5	Cynci Calvin	Chips	71
6	Nelly Wright	Flyers	68
7	Laury Fisher	WVTC	67
8	Kathy Kennedy	HighStriders	65
8	Barbara Miller	Unattached	65
10	Heidi Skaden	Flyers	53
11	Toni Belaustegui		50
12	Pat Falsone		48
13	Pat Franklin-Story	Impalas	43
14	Shirley Matson	Impalas	40
15	Gail Rodd	WVTC	39
16	Vicki Bigelow	HighStriders	38
17	Linda Mantynen		35
18	Vicki Chase	WVTC	26
19	Juana Stavolone	WVTC	25
20	Margaret Curtis	Dolphin	22
20	Jean Spillock		2

Senior Women:

1	Heidi Skaden	Flyers	60
2	Vicki Bigelow	HighStriders	36
3	Barbara Miller		30
4	Betsy White	WVTC	22
5	Marty Maricle	NorCal Seniors	20
6	Gloria Dake		16
7	Ruth Anderson	NorCal	12
7	Marge Dunlap		12
7	Birthe Kirsch	Impalas	12
10	Eve Pell	Tamalpa	10

Super Senior Women:

1	Jackie Caselli	NorCal	3
1	Kit Pickles	NorCal	3
3	Ruth Anderson	NorCal	2
3	Marcia Worden		2

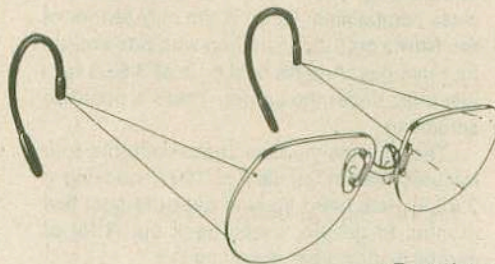
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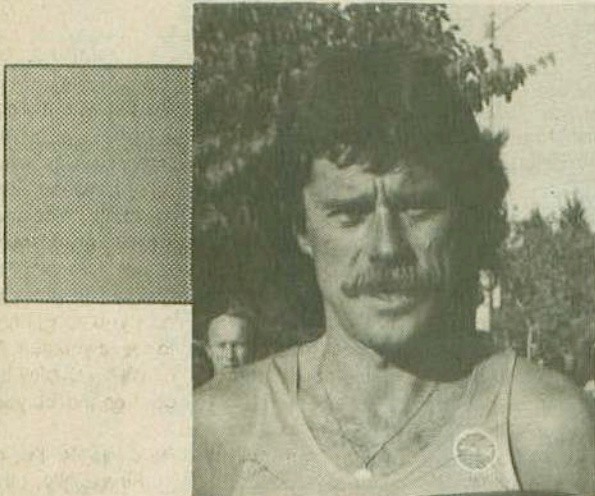
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An Interview With...

ROD DIXON

By GREGOR ROBIN

Breaking the 4-minute mile at age 40:

"I believe the person who has the best plan and has the best preparation will do it...The person who makes the least mistakes will finally come through."

Come on Rod. Kick your shoes off. Relax. Look back at what you've done. Take a break.

Let's see. Four-time Olympian. A come-from-behind win at the 1983 New York City Marathon. A 3:53.3 mile. An 8:14.4 two-mile. Wins at Falmouth, Beverly Hills, Philadelphia.

Haven't you had enough? You're 39-years old for crying out loud!

Oh, that's right. You're almost 40. Oh no. Rod, don't tell me. You're not? You're not training to...? You're not training to break the four-minute mile again?

What's that you say? Yes. You want to be the first man over 40 to break the four-minute mile.

Well. All I can say is, GO FOR IT!

Rod Dixon was in Santa Barbara recently enjoying the good weather, doing some running, promoting a new line of shoes and gearing up for an all-out assault on breaking the four-minute mile.

He's broken four-minutes numerous times in his career which spans 20 years of world class competition. Dixon is the only winner of the New York City Marathon who has broken four minutes. And his best time of 3:53.3 isn't just a dip under the barrier. That's a bonafide smashing.

The last time the New Zealander broke four minutes was in January of 1987, clocking a 3:58.9. He's been training over the past few months to get his speed back up. A lot of careful planning has gone into this.

Dixon has set July and August of 1990 as the time for the assault. He turns 40 on July 13. He'll be running the mile in a world class meet in Bislett Stadium in Oslo, Norway on July 12, and surprisingly he will actually be 40 in Oslo on that date.

"Eight p.m. in Oslo, on July 12 is 7 a.m. in New Zealand July 13 which is exactly three hours after my birth hour," said Dixon. "That's the fine tuning we're at."

He seems to be in solid shape already. He clocked 4:02.8 in a workout recently, a good sign.

Dixon is currently touring the world as a spokesperson for the new line of running shoes called Lydico. He is also the Sports and Special Events Manager for Sky Network Television of New Zealand.

Dixon was in Santa Barbara in 1984 to train for the 1984 Los Angeles Olympics where he placed 10th in the marathon. He also visited during the week before the first City of Los Angeles Marathon in 1986. He ran in the Rod Dixon Fun Run here then went to Los Angeles and placed third in the marathon in 2:14.48.

Dixon said he's seriously considering Santa Barbara as a place to live. He is involved with promotion for the Los Angeles Marathon and may try to work out a deal with the marathon director to set him up with a place in Santa Barbara.

"Coming back here, there is that interest again," said Dixon. "Santa Barbara is very similar to New Zealand. I live right near the sea. It's much more affluent here, of course. 'I went to the Santa Barbara Athletic Club. I worked out there. Guys are coming up to me. 'Oh, what are you doing in town. I remember such and such.' Then a couple of other guys said, 'I remember when you had the Rod Dixon Fun Run here. That was neat.'"

"Just get a good feeling when I come here. I wouldn't mind looking at this as a place (to live)."

CTRN: What brings you to Santa Barbara?

continued next page...

DIXON

Dixon: I'm here to do a photo shoot for the new shoe company. It's called Lydico. A New Zealand family, the Lydiard family, brother to the great coach Arthur Lydiard, has gotten together with a company in Cleveland, Ohio, to develop a market, a new line of running shoes. This company is the United States' oldest importing company. They have decided where their market will be, they approached me and said, "Our market is age 35-55. Dixon, you are fast becoming a spokesperson for the new era and we think what you do in your lifestyle in your fitness and how you like to compete and be the best that you can, reflects what the company's trying to achieve with this new line. Would you be prepared to work with us in developing the line and represent us out there?"

We've gone through all those preliminary discussions. Now we're here. They said we should be looking at doing a photo shoot. We haven't got time to do it in New Zealand. Ideally it should be done in New Zealand because the shoes were conceived there. In New Zealand we have such a tremendous variety of terrain. Within a very short period of travel, you can be either in the sand, or the sand hills or the beautiful grass farmlands. You can be on unsealed roads. So we combine in New Zealand a great variety of off-road running which I think saves us. We don't do a lot of pavement pounding.

Part of this idea was, if people have to pound on the road, how can we incorporate a better shock absorption system or a system which can be changed to accommodate that?

I think we've developed it very well in the plug system.

(Note: Different plugs can be inserted in the back of the shoe to vary the density of the heel).

There are three different plugs at the moment, but we will increase that to six by using dual density for the inside or the outside of the plugs. Then we'll reverse the plug for pronators or supinators.

I've worked with this (shoe) now since June. It will be six months. I've thoroughly tested the shoes. I've tested them in all conditions. We had Dick Tout who ran a 24-hour endurance race indoors on marble flooring in a mall. He changed the plug system and he said it was quite amazing the difference in how he was able to adjust to tiredness and soreness through changing the plugs. As he got more tired, his feet needed better support. He changed to a more solid plug.

I'm very comfortable with it and I think it's

legitimate. I think it's a good idea.

CTRN: How has the New York Marathon win set you up? Has your life been different? Has it set you up for life?

Dixon: No. No. Initially the roller coaster ride was quite overwhelming. And I think it did detract from my preparation for the Olympics in '84. A major win in say the last part of the year before the Olympics is probably not a good idea because it does take a lot of time to settle back down. Because you're in demand and because the pressure is on you to make hay while the sun shines, you get out there and you do the best you can to secure good deals. But you see it takes away from your concentration and preparation for the Olympics. As much as I was aware that I had to get back to New Zealand and train for the Olympics, I still had to try and put a few things together.

I think overall, it's been a great thing in my life. I ran in four Olympics and set world records and won I don't know how many races, and competed in Europe all those years, and yet the one race that has really had people's attention focused on Rod Dixon was the New York City Marathon.

It took me 15 years to establish myself as a runner, but it took 2 hours 8 minutes and 59 seconds to put the icing on it.

CTRN: Did you realize you would receive such notoriety the moment you crossed the line?

Dixon: No. At no time did I think about what it would do for me. I think, perhaps when I was in Pennsylvania training for it I thought, "Man, if I was able to win this race it would take away the disappointment of the 1976 Olympics.

(Note: In the 1976 Olympic 5,000 final, Lasse Viren covered the last 1,600 meters in 4:05 to win the gold medal in 13:24.76. Although Viren was flying, he had company. First place was separated from fourth by just .74 seconds. Dixon, one of the pre-race favorites and the 1972 bronze medalist in the Olympic 1,500, placed fourth in 13:25.50).

And perhaps I thought (a New York Marathon win) would do a lot for me.

Then again I also put it in perspective. The great champions and the great events come and go. We remember them, but we can't dwell on them. We must go on in our lives. Hopefully we're enriched by the experience, the thrill of it, but really, I don't think it changed me a lot.

I had a few more friends in the first six months than I normally would, but they tend-

ed to drift away and I was left with my good solid friends. What it has done, it's given me a great memory. It's given me a lot of opportunities when I am introduced or have the opportunity to discuss a promotional or business opportunity. "Rod Dixon, New York Marathon winner 1983" and if somebody does recall that dramatic finish, it tops you off. It gives you that opportunity. But once you've gotten in the door then you have to prove yourself. And I think people may think, "Well you may be a great athlete, but if you can't do the job you're of no use to us."

I've been able to carry on in life. I've had some good opportunities. Financially, I think it didn't mean a lot to me. Everything's in perspective. Now if you win the New York City Marathon with bonuses from shoe companies and incentive deals from companies like John Hancock, which is a major financier in the race now, I think you could come away with a couple of hundred thousand dollars.

It's all in perspective. I have a great lifestyle, a great way of life. In the last two years I've tended to drift away from it thinking that that was the end of my athletic life and now I must carry on. I started to develop my interest in television, in preparation for later life, and I think I drifted away from something that was part of my life for 20 years.

I've refocused in saying I'm not going to give up. The people in the sport won't let me give up. I have constant interest. "Dixon you stay in shape. We see you working out. You just changed the emphasis in your training. You can still go out and run with the best of them. Why don't you just do the best you can and be happy that you don't have to be a winner all the time."

Well, I never thought that I had to always be a winner. Winning was important to me, but I felt I was a good loser too. I mean I wasn't a gracious loser, I didn't accept it easily, but as long as I was comfortable with the fact that I had done my best, it didn't matter whether I finished fourth or fifth. It's the best you can do on that day.

Now I have all that in perspective and I feel more comfortable about my lifestyle. And the exciting thing is, I'm actually excited about getting old. I'm actually looking forward to when I turn 40.

CTRN: As far as races, you have a couple of races planned to break the four-minute mile in. Can you tell me briefly about those races?

Dixon: Yeah. On July 12 in Bislet Stadium, Oslo, I have the first opportunity I will

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DIXON

"I feel more comfortable about my lifestyle. And the exciting thing is, I'm actually excited about getting old. I'm actually looking forward to when I turn 40."

have to race as a master. I'll probably be in Europe in late June and have some leadup races. It will be almost like an Olympic Games on July 12. That is the day that I have the best chance of doing it. As always in an Olympic Games you might over-focus on that race and a less stressful race two or three days later might produce it. But I've set up a nine-day period where I'll have five opportunities to have a go at it. If it doesn't come in that time we'll re-evaluate, perhaps back off. Maybe a little more rest is needed or there is something else that needs to be taken care of. A less stressful situation. Maybe it's too high-powered with too many good runners in there to drag me through. So we'll make those adjustments and I'm hoping within the period from July 12th to at least the first week of August we can have it put to rest because I'd like to come back and run the Falmouth road race and some of the other road races.

CTRN: So this is an all-out assault planned for July 12th into August. A commitment between now and then.

Dixon: Actually the commitment really did start in February this year. I went to the Institute of Sport and Corporate Health in Auckland and I got on the treadmill and we just got a base assessment of where I am. Then we've just tried to tidy up the lows and bring down some of the highs.

CTRN: Who are your No. 1 masters competitors in breaking four minutes?

Dixon: Certainly Wilson Waigwa who's reduced it from 4:11 down to 4:05.39. Suleiman Nyambui, who is probably quite capable of getting close to four minutes, is still as ever-green. . . He seems to be running as strong as ever. I think the Africans are the biggest threat. I've made a planned change and had

to carefully monitor it and document it, whereas those guys will change and suddenly decide they want to run it. They have that versatility. The others I'm not too sure on.

CTRN: How do stay calm right now knowing that any day one of these guys could do it? Is it that you realize it's very difficult?

Dixon: Yeah. I think the one thing that I'm confident at is I don't think that they can just go out and do it at will. They have to prepare for it. And I believe the person who has the best plan and has the best preparation will do it. That's why I'm trying to reduce error by carefully planning and knowing what my plan is. I get confidence from that. And I think that will be worth percentage points. I think some of the areas that I'm concentrating on will give me percentage points. And that's what it is. It's a plus and minus game. You see it in tennis. You see it in motor racing. The person who makes the least mistakes will finally come through. In the 49ers-Rams, when I left the game there was no way the 49ers were going to come back. Bang, it's suddenly down to the wire. They did that in the Super Bowl. So it's not over until its over. I believe you can pick up the percentage points during your preparation.

CTRN: You mentioned yesterday how some guys counted you out at New York. Well, some guys right now may be counting you out at this. What's your response?

Dixon: The only response I have is I'm confident in my preparation, confident in what I want to achieve. I believe I can be in my best shape on July 12th and I hope I can silence the critics.

CTRN: You were mentioning a little concern about coming out with this. By saying the date of this race, you might get somebody

like Waigwa in that same race with you and then it's going to be which one of you guys beats the other guy, not just which one gets under four minutes.

Dixon: That is a concern. When a race is set up between the two likely contenders, it so often doesn't produce the ideal time. The classic was in Vancouver in 1954 when John Landy and Roger Bannister came head-to-head. Bannister was the first man under four (3:59.4 on 5/6/54), and (a month) later Landy broke his record (3:58.0 on 6/21/54).

So then it was down to the great race. Bannister had set something in history, so the outcome of this race was not important. What was important to him was now to race and not for time. As it turned out, it was one of the classic races. It produced a sub-four minute mile and Bannister was the winner. You couldn't want any more than those three aspects to happen in a race.

(Note: On August 7, 1954, England's Roger Bannister clocked 3:58.8 to defeat Australia's John Landy (3:59.6) in Vancouver, Canada).

I would also be thinking that I don't particularly want to set Waigwa up to outkick me or beat me. I don't have a lot of fear of being outkicked. I still feel I have the speed. But he may have the strength in the third lap to open up and steal it. I don't particularly want anybody else in the race. I want to run my race that I have carefully planned and put together with a lot of thought and consideration. I want to be a little selfish in that respect and say this is my attempt. The people I'm bringing in to help me do it. . . it's a set up. I don't particularly want somebody coming and stealing it away.

CTRN: Well let's just do this. Rod Dixon is a very confident man. He's won New York. He's won his share of road races. He's a four-time Olympian. He gets to the starting line. He looks over. There is Wilson Waigwa and a couple of other guys.

Dixon: Certainly I would know well in advance whether they were going to be in the race. I have carefully planned and carefully put together how I want to run this race and I really would go out and run to plan. I wouldn't allow for a sudden change of plan. You must have concentration and be confident in what you set yourself to go out and do. And I quite frankly believe that if I did all that and put all that together, I'd be good enough to run away from them anyway. That would be a bonus. Not only would you go out and run your race, you would succeed in running a sub-four min-

continued next page...

DIXON

ute mile and you would beat the best runners in the world. That's the Bannister-Landy thing. But I'm not looking for three in one. I'm looking for one. I'm more than happy to put that record on the line and perhaps two weeks later in a televised race in this country we get all the top runners and see how fast these masters can run. I'd be more than happy. I'd have the great thrill and satisfaction of being the first man under four minutes at 40 and that's something they couldn't take away from me.

CTRN: What would mean more to you, that or the New York win?

Dixon: If somebody had said to me, would I trade New York for the 1976 Olympic 5,000 (gold), I would have taken '76, because I planned and I worked hard for that race. And I recognize too I made a tactical mistake.

I think I've learned from that. I think that's why New York was so well executed because I didn't allow any mistakes. The fear or the knowledge of what happened in '76 is firmly in my mind. When I have a plan now I stay with it. I do not vary from it. Every time I've stayed with that plan and not varied from it. I've always been successful. Then you know what you've got to do.

CTRN: Back to the question, would you trade New York for a sub-four minute mile for over-40?

Dixon: I wouldn't trade. I think I can write another chapter in my book. I would like to do it for myself. I would like to do it for the athletes of my age who are saying, "Well, I guess you'll hang it up at 40." It could very well spell out that, hey, we're just beginning.

CTRN: What would breaking the four-minute mile mean to you? World recognition?

Dixon: I don't think I'm seeking world recognition. It's a personal challenge. It's something that... I suppose having lived with John Walker, here's the first man to go under 3:50. I suppose the next one is a mile in under 3:40. Maybe the marathon in under two hours. But they're a long way off.

I see this as an attainable barrier. It's something that I would like to be able to do. When you talk with Walker and you see how he accomplished so much, and the great thrill to him was to be the first man under 3:50. And sort of feel that, I would like to have that as a milestone, to be the first man under four minutes at 40. Others are going to come and go and I'm sure if Walker does it in about three years time he'll probably lower it to about 3:55.

But I don't see that it will be a major finan-

cial reward. Or suddenly the world's going to stop and say "Hey, it took hundreds of years to break the four-minute mile and now men of 40 are doing it." I think it's just a reflection on our lifestyles and our commitment to health and fitness for the rest of our lives. If people look at me and say, "Dixon has been doing it for 20 years and obviously he has a great way of life where he doesn't have extremes. He enjoys his running, he enjoys his fitness. It's just an expression of how he feels." It's to set yourself a goal and achieve it. I hope that's how people reflect on that.

CTRN: What's to stop you from next weekend going out and giving it a shot?

Dixon: Certainly you have to have time trials. My 4:02.8 two weeks ago shouldn't



ROD DIXON work out with U.S. Olympian **NANCY DITZ**

Photo by Gregor Robin

have actually happened. It was supposed to be a time trial over 1,500 meters. It was purposely set up to take any pressure off. I got down there and I said, "I sort of feel good. Let's just run over a mile, just for myself. I need a little boost. I need a little present. So John (Dixon, Rod's brother and coach), said, "Yeah run it over four laps and we'll see how you go it."

Well of course I was coming around and he had a smile from ear-to-ear and he didn't give me my three-quarter split. And I just knew that I was on it. While I'm going down the back straight, and he sees I'm starting to pick it up, he says relax, relax. And of course there's something you'll never kill in me, that competitive spirit. And I knew how fast I was going. I could tell. And as I come around the turn and

I'm doing everything right and I came off the turn and I had goose bumps, I felt so good. And I straightened up and I said, "God, this feels like the old days." And I ran strong and powerfully down the front straight.

Initially he told me 4:07. And I sort of accepted it and I said, "I thought I would have done a little better than that."

And he said, "Do you think you ran fast?"

And I said, "Well it felt like it."

And he said, 4:07 point something and he let me go to the locker room.

He said, "Jog off."

I jogged off and I'm running around and I thought, "Oh well." I felt a little down, a little disappointed. And then he said, "Lets go and have a beer."

And I said, "Really. Is it that good?"

And as we went in the door he said, "You better buy because you ran 4:02.8."

"All right!"

CTRN: Does he do that often?

Dixon: Oh yes. He'll say to me, "How do you think you did?" And I'll take a guess. It's worked in reverse.

CTRN: Your training now consists of?

Dixon: My base running I would say is 65-to-70 (miles per week). Sixty to 70 percent of that off-road running on trails, grass, unsealed roads. And I'm very lucky in Auckland. Most of the streets next to the parks are like a crushed brick on the sidewalks. Just a little give. And then I probably do seven hours of mountain biking a week and do two days at the Institute doing strength conditioning and that is actually controlled circuit training where I max out at a certain weight or stress level until I can't do any more. Three times a week I run in the water where I do aerobic and anaerobic work. And I do two sessions of speedwork.

So I'm working out probably two-and-a-half hours per day and I find that my longest run is about 15 miles. I hope I will get up to about 18 miles later on. I don't want to do any more than 18 because I find the way I like to run 18, I need to be recovered for the next morning. I find if I push too hard on a long run a 4-to-5 miler on the morning (after) takes it out of me. I don't want to be behind. I always want to be recovered.

Gregor Robin is a sports writer at the Santa Barbara News-Press. He has a bi-weekly column there called "Endurance Sports".

SoCAL DIARY

By **BILL MINARIK**

October 16.

Invitationals were the order of the day at all levels as most schools were getting in a final dress rehearsal before League and Conference finals.

The Community Colleges as usual got together at Mt. SAC and as usual the men's team from Central Arizona showed it's stuff by outdistancing the host school 78-109 in the large school division. In the men's small school division, College of the Sequoias destroyed the field and runner-up Rancho Santiago 28-90. The women's small school competition saw Rancho Santiago first, ahead of Moorpark by a 76-99 count.

At the SLO Invitational, the Reebok team captured the men's division with UC Berkeley 4th as the first institutional team ahead of Fresno State. The women's race turned into a real nail-biter as UC Irvine just did nip CPSLO 82-83.

The Golden State Athletic Conference Championships saw the Point Loma men route the rest of the field with a microscopic 19 point total. The Westmont women also went away winners with a 38-44 score against runner-up Azusa Pacific.

At the Palos Verdes High School Invitational, the Thousand Oaks boys just nipped the Hart boys by 5 seconds in a combined race competition, while the powerful Palos Verdes girls team finished comfortably ahead of the San Diego Mt. Carmel team.

At the Santa Clarita Invitational, Canyon High and Bell-Jeff captured boys titles while Paramount and L.A. Baptist grabbed the girl's championships. Down at Huntington Beach, Saddleback, Agoura, and San Diego Highs were all boy's winners as were girls from Buena, Agoura, and Yucaipa. San Marino outran Channel Islands 85-96 at the Dos Pueblos Invitational boy's section while the Nordhoff girls did the same to the Channel Island girls 51-64.

October 23.

The Mt. SAC Invitationals High School Division totally dominated this week-ends cross-country action as no less than 118 races were contested in an effort to determine who was best. When it was over, Camarillo had run away from the boys of Concord De La

Salle 65-117 and the girls of Agoura had also run away from runner-up Mt. Carmel 72-116.

Those Prep teams not at Mt. SAC could probably be found at the Orange County Invitational at Irvine Park where the boys from San Clemente, Sunny Hills, Newport Harbor and Woodbridge and the girls teams from Woodbridge, Mater Dei, Santa Margarita and Villa Park came away as Divisional Champions.

October 30.

Conference Championships took the spotlight last week-end with the Big West Meet at Fresno receiving top billing. In the men's division, UC Irvine avenged last year's defeat by Fresno State as they posted a dual-meet like 26-31 win over the runner-up Bulldogs. The UC Irvine women left no doubt that they are once again back on top as they destroyed the field and runner-up C/S Long Beach 23-106.

At the CCAA Meet at C/S Bakersfield, no real surprise here as national power CPSLO took both men and women's titles by scores of 39-57 over C/S Northridge and 22-52 over C/S Los Angeles. There was however a controversy over 2nd place in the men's race, when C/S L.A.'s Jesus Gutierrez was ruled 2nd behind CPSLO's Jim Sorenson even though, according to CSLA Coach John Tansley, the films showed Gutierrez the winner. That one point cost the Golden Eagles the runner-up spot.

The SCIAC Championships at La Mirada Park was the setting for Claremont-Mudd to accomplish what may have been it's greatest athletic feat in school history by winning the men's Cross Country title with 27 points which means it beat the rest of the Conference put together. Oxy's 4th place finish just ahead of CalTech, means this turned out to be the weakest Oxy men's team to take the starting line for a Conference Meet in 60 years.

The Women's Meet turned out to be a real nail-biter as only 18 points separated the first 4 teams. Pomona-Pitzer was the champion ahead of Claremont-Mudd by a 49-57 count.

At the WCAC Meet, Portland U. won both men and women's divisions with the Loyola-Marymount men notching the highest SoCal finish at 3rd.

The PAC-10 saw the Oregon men and Washington women capture the team titles

with the UCLA women coming in 4th for the highest SoCal finish.

In Community College competition, Mt. SAC was a runaway winner in both the men and women's divisions of the powerful South Coast Conference with point totals of 21 and 19 points respectively, ahead of teams from Pasadena and El Camino.

The Ventura County Prep Championships saw the boys from Camarillo, as expected, post an easy 35-73 win over Agoura while the Agoura girls had the struggle to a 46-54 win over Buena.

November 6.

The NCAA Div. II Regionals at Humboldt State produced the closest finish in history as the first 4 men's teams were within 2 points of each other. C/S Northridge at 84, CPSLO at 85, and C/S Los Angeles and Humboldt State at 86 were all right there together. However, the women's race was as usual a runaway for CPSLO as they posted a 20-85-88 score over C/S Los Angeles and C/S Northridge.

At the NAIA District 3 Championships the Westmont women were narrow 53-59 winners over Pt. Loma; however the Pt. Loma men finished well ahead of runner-up Fresno Pacific 38-67.

In Community College Finals, it was no surprise to see rising power Riverside capture both the men and women's titles in the Orange Empire Conference with 24-62 and 47-49 verdicts over runner-up Orange Coast.

At the Pacific Coast Conference, Grossmont moved back on top again with a 31-45 victory over defending champ San Diego Mesa in the men's race while San Diego CC topped S.D. Mesa 33-46 in the women's section.

Ventura scored a mild upset with a 49-65 win over defending champion Glendale in the Western States Conference.

November 13.

Cross-Country season rolled towards another successful conclusion as winners were being crowned at virtually all institutional levels.

The Region 8 Div. I Meet at Woodward Park saw the Oregon men incredibly shut out the rest of the Region with a 15 point total with

continued next page...

SoCAL DIARY

Stanford up for 3rd while the U.C. Irvine women took 2nd ahead of UCLA 83-89. The Ant-eaters Buffy Rabbitt was the individual champion with a time of 16:53 over the 5K course.

Up at UC Santa Cruz, the UC San Diego men and women swept the Division III Western Regionals by scores of 28-50 over Claremont-Mudd and 44-78 over Pomona-Pitzer.

At the SoCal Community College Championships, Mt. SAC was a double winner, taking the women's title 50-86 over Bakersfield and the mens 82-87 over Riverside.

November 20.

At the Southern Section CIF Championships, the boys teams from Camarillo, Hart, Agoura and St. Anthony's as expected posted runaway division victories; while in the girls divisions things were much closer. In fact, in the 1A Division Maranatha had to go to a 6th runner tie-breaker to win at 96 over L.A. Baptist. Additionally Palos Verdes, Alta Loma, and Agoura High Schools ended up in the winners circle.

Individually, Agoura's dynamic duo of Bryan Dameworth and Deena Drossin captured individual titles and also posted the fastest times of the day for all divisions.

At the L.A. City Section Championships, Taft ended Belmonts streak of 7 consecutive titles with a 52-58 win over the runner-up Sentinels. The Sentinel girls however continued the championship tradition with a 77-86 victory over San Pedro.

The State Community College Championships saw Mt. SAC repeat its SoCal performance as both the Mountie men and women captured team titles.

Adams State continued its mastery of the NAIA Cross Country paths as its men and women both were runaway national champs. The Point Loma men at 13th were the highest SoCal finishers.

Cal Poly SLO continued one of the most amazing dynasties in inter-collegiate sports as the Mustangs cruised to their 8th consecutive National Championship 34-67 over the runner-up Air Force. Anyone associated with distance running can appreciate a sea-level based school achieving a record like that. Individually, C/S Northridge's Darcy Arreola was first, leading her team to a 4th place finish.

The 3rd place finish of the CPSLO men was not that far out of first as the 97-114 point spread would indicate. U.C. Riverside and C/S Northridge finished 6th and 7th respectively.

November 27.

At the NCAA Division I Championships at Annapolis, Maryland, Iowa State and Villanova captured men and women's titles with U.C. Irvine the top California team via a 10th place womens finish.

Woodward Park in Fresno which is becoming nationally famous because of its many Championship Meets once again hosted the California State Prep Championships. As has been the trend in the past, SoCal High Schools dominated the competition. Camarillo High destroyed the boys division I field with 39 points, while Palos Verdes and Agoura made the girls division I race into a dual meet with P.V. coming out on top 68-75. Laguna Beach captured boys Division III while La Jolla was crowned girls division II champs. Agoura's Bryan Dameworth notched his 3rd consecutive boys Division I title with a 14:45 clocking which was the fastest boys time of the day.

December 2.

Agoura's Bryan Dameworth added the Kinney Western Regional Championship to his list of titles, as his time of 14:39 was well ahead of runner-up Louie Quintana at 14:59. On the distaff side Agoura's Deena Drossin finished 2nd for the only SoCal finish in the top 8.

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8-Time Winner PAT PORTER

Photo by Gene Cohn Productions

November 25, San Francisco..

Northern California, unseasonably warm and sunny until Thanksgiving weekend, provided classic sloshy, muddy cross country conditions and plenty of rain for the 92nd renewal of the men's and 26th edition of the women's TAC U.S. Cross Country Championships in Golden Gate Park. But for America's most prominent male cross country competitor, and for one woman who happens to love sloppy footing, the setting was ideal.

"I've never competed in conditions like this," commented Alamosa, Colorado's Pat Porter about the muddy horse track oval, slippery meadows and grass Polo Field, and slick trails that transformed Golden Gate Park into a harrier haven. So "The Panther" merely laced on his Panther claws (5/8-inch spikes), and dominated the strong senior men's field. For the Athletics West legend, it was an eighth straight individual national cross country title—breaking Don Lash's record streak of seven consecutive titles set from 1934 to 1940.

"When I woke up this morning and

U.S. TAC Cross Country Championships

By Mark Winitz

saw the rain, I really got psyched," said Newmarket, New Hampshire's Lynn Jennings, who won the women's title for the third straight time and fourth time overall. Planning to go out hard, Jennings responded to the 1:45 PM Senior Women's 6K gun by hammering the first mile in 5:13. But she had some company in 1989's indoor 3,000m TAC champion, Elaine Van Blunk, who finished back in the pack in her only other TAC X-C Champs three years ago. The duo gradually spread a gap over Nan Doak-Davis, Gwyn Hardesty, and Margaret Groos who vied for third through much of the downpour and 25 mph winds.

Van Blunk took the lead midway through the race (2 miles in 10:51) but Jennings was bidding her time.

"I just relaxed and let Elaine lead for awhile. It was a great way to race. I could relax, I wasn't tight, and I felt comfortable."

Coming down the second of the course's two sharp but short uphill with 400 meters to go, Van Blunk edged by Jennings who had retaken the lead, but didn't have enough left to respond to the defending champion's final kick, 200 meters out. Jennings concluded in 21:11, and Van Blunk in 21:16—both gaining spots on the U.S. team for the IAAF World Cross Country Championships in Aix-Les-Bains, France on March 25, 1990.

And what about Lynn's string of victories?

"I wouldn't mind going for seven or eight," she reveals. "I'll have to tell Doris (Brown-Heritage) that, just to get her upset."

Heritage holds the Senior Women's record of five consecutive national cross country titles.

By the 2:30 PM Senior Men's 10K (actually 10.3K) start (the fifth race of the day), the rains were heavier, and the footing precarious. Porter didn't waste any time, negotiating the Polo Field and a full loop of the sloshy oval in 4:33 (1 mile). Pat, in usual Panther tactics, led the pack.

"I was happy to go out Bonsai," said Porter, who took a total break from training last summer to tour the Southwest on his motorcycle with his girlfriend, Olympic high jumper

Trish King.

By mile 2 (9:22), the 6-0, 133-pound, 30 year old had an 11 second gap on Norway's John Halvorsen (who had placed 10th in the 1989 World X-C Champs). Porter—who first broke into the top 10 at the Worlds in 1983 and was 31st in '89—had something to prove. Following Halvorsen was a pack composed of Bill Reifsnnyder, 1988 U.S. Olympian Steve Plasencia, last year's Nationals runnerup Bob Kempainen, Matt Giusto, and Olympic steepler Brian Abshire.

The group, working together, caught Halvorsen between 2 and 3 miles. Meanwhile, Porter's Athletics West teammate, Tim Hacker, steadily moving up from 20th place early on, joined the pack and surged into second place up the hill at about 3-1/2. But Porter, despite a side stitch that slowed him a bit through the second pass of the Polo Field, had almost an 80 meter advantage.

"It looked like Pat was struggling a bit so I thought I'd go after him," said Hacker, a 4-time All American in cross country at Wisconsin. "I ran as hard as I could and I thought I was catching him, but after we got to about 5 miles, I thought it would take too much to put on the afterburners."

"I figured I'd have to fall down—something really bad—in the last mile for him to catch me," conceded the man with the Panther tattoo on his hip.

Porter secured his landmark eighth national cross country title in 32:08, followed by Hacker (32:19) and Bob Kempainen (32:33). However, Pat isn't sure yet whether he'll take another trip to the Worlds, letting on that he'd like to concentrate more on track.

"But this one really means something though," admitted the Joe Vigil prodigy, whose Adams State coach was on hand with his young collegians to compete in the Junior Championship event. "I've never really thought about it (the string of X-C titles) until this year. I didn't think much about eight until people started calling me and reminding me about it. I think I'll have to wait until tomorrow morning to realize the significance."

continued next page...

Don't wait too long, Pat. Nine's right around the corner...

Both Porter and Jennings led their Athletics West teams to victory—the last time the Nike-sponsored elite club will wear the AW colors. Next year the club becomes "Nike International," a logo to be worn only by the best athletes in the world.

Prize money (provided by the event's major sponsor, Reebok) for Senior men and women only was 1st-\$1,500, 2nd-\$800, 3rd-\$700, 4th through 10th-\$500, 11th through 15th-\$200.

Among Californians, Tom Wood (12th, 33:04, Truckee) ran an inspired race, topping a very speedy contingent from our state. Janet Smith (13th, 22:07, San Luis Obispo) and Laura Cattivera (15th, 22:21, Manhattan Beach) led their Nike Coast team to third place.

Although Bernie Allen (34:59, Great Britain) and Bruce Blair (35:50, New Zealand) both finished ahead of the Pacific Association's Jim Press, 40, (36:31) in the Master Men's 10K, Press becomes the National Masters Champion as first American.

Steve Ferraz, 42, (4th, 36:49) and Press helped bring home the master men's team title for their Excelsior Track Club. Sal Vasquez, 49, (6th, 37:21) obliterated the masters 45-49 men by a full minute. PA/TAC's Ross Smith, 61, (43:35) scored a decisive win over SCA/TAC's Patrick Devine, 61, (43:49) in the 60-64 group.

Carol Flexor, 46, (42:40, Bellevue, WA) topped the female masters, followed by Hilary Naylor, 42, (42:49, Oakland). Naylor led her Impala Racing Team to the masters title. Californians Barbara Miller, 50, (45:46) and Ruth Anderson, 60, (54:576) topped their 50-54 and 60-64 groups respectively.

The Junior Men's 6K had Chris Schurz (19:49, Scottsdale, AZ) emerge as National Junior Champion. James Harris (5th, 20:05, Fresno) was first across from California. Jamie Park (19:02), a freshman at Cal Poly-SLO, easily won the Junior Women's 5K, followed by Nike Coast teammate Rayna Cervantes (19:52).

Coming into the meet, Lynn Jennings had been hot on the fall road circuit and planned to go out hard. She hammered the first mile in 5:13. But she had some company in 1989's indoor 3,000m TAC champion, Elaine Van

Blunk, who finished back in the pack in her only other TAC X-C Champs three years ago. The duo gradually spread a gap over Nan Doak-Davis, Gwyn Hardesty, and Margaret Groos who vied for third through much of the downpour and 25 mph winds.

Van Blunk took the lead midway through the race (2 miles in 10:51) but Jennings was bidding her time.

"I just relaxed and let Elaine lead for awhile. I didn't notice the wind. I'd been pointing toward this race since June," she said.

Van Blunk hung with Jennings and actually had a marginal lead with a quarter to go, but Jennings' kick was too much and she finished in 21:11 for a 30-meter triumph.

RESULTS

Senior Men Top 50

1. Pat Porter (AthW) 32:08, 2. Tim Hacker (AthW) 32:19, 3. Bob Kempanien (Nike Boston) 32:33, 4. Steve Plascencia (AthW) 32:36, 5. Bill Reifsnnyder (Nos) 32:38, 6. John Halvorsen (Adi) 32:49, 7. Bill Taylor (NikeN) 32:52, 8. Darrell Smith (un) 32:55, 9. Matt Giusto (Nos) 32:57, 10. Aaron Ramirez (Nos) 32:58.

11. Craig Dickson (Reebok) 33:03, 12. Tom Wood (Fly) 33:04, 13. Tim Bannon (NoE) 33:10, 14. Jim Sapienza (Nike N) 33:11, 15. Noel Berkeley (Foxcatcher) 33:12, 16. Bradley Barquist (un) 33:13, 17. Steve Spence (Nos) 33:15, 18. Mark Donahue (CentMass) 33:16, 19. Arnie Schraedeer (NikeN) 33:22, 20. Brian Abshire (AthW) 33:22.

21. Harry Green (Reebok) 33:23, 22. Dennis Leck (Reebok) 33:26, 23. Dan Reese (un) 33:31, 24. Reuben Reina (Fox) 33:32, 25. Daniel Gonzalez (Reebok) 33:34, 26. Jeff Cannada (Reebok) 33:39, 27. Rob Edson 33:39, 28. Mike Braly (NikeTexas) 33:39, 29. Carleton Jones (Club NW) 33:42, 30. Brad Schlapak (un) 33:43.

31. Pete Loomis (NikeBoston) 33:45, 32. Terry Perrault (NikePort) 33:46, 33. Rod DeHaven (NikeNorth) 33:47, 34. Bo Reed (Nos) 33:48, 35. Geoff Goolsby (NikeNorth) 33:49, 36. Eric Ashton (Malone) 33:51, 37. Charlie Bevier (Reebok) 33:53, 38. Eric Morse (CentMass) 33:53, 39. John Clopeck (NikeBoston) 33:56, 40. John Mirth (RaE) 33:58.

41. Terrence Mahon (Sporhill) 34:00, 42. Jay Marden (NBa) 34:02, 43. Stephen Miller (Sporhill) 34:05, 44. Craig Warcke (un) 34:06, 45. Matt Ebner (GardV) 34:07, 46. Dan Held (NikeN) 34:07, 47. Marco Ochoa (Reebok) 34:08, 48. Keith Hansen (Mar) 34:08, 49. Brian Harshman (NikeRR) 34:09, 50. Steve Richards (Sporhill) 34:10.

Team Results: 1. Nosotros TC 75, 2. Athletics West 80, 3. Reebok Int. 105, 4. Nike North 108, 5. Nike Boston 237, 6. Sporhill TC 276, 7. Foxcatcher 287, 8. Long Beach TC 346, 9. Club NWS 379, 10. Ore Int'l 391. Others: 13. Reebok Aggies 542.

Senior Women Top 50-6K

1. Lynn Jennings (AthW) 21:11, 2. Elaine Van Blunk (NRR) 21:16, 3. Gwyn Hardesty (NikeBoston) 21:29, 4. Nan Doak Davis (AthW) 21:33, 5. Margaret Groos (AthW) 21:37, 6. Trina Leopold (NikeTexas) 21:42, 7. Rosalyn Taylor (NIS) 21:44, 8. Annette Peters (NikePort) 21:45, 9. Annie Schweitzer (NIT) 21:47, 10. Leslie Seymour (NBa) 21:56.

11. Leanne Martin (BYU) 22:00, 12. Sabrina Dornhoeffer

(AthW) 22:04, 13. Janet Smith (NikeCoast) 22:07, 14. Carla Borovicka (Tig) 22:10, 15. Laura Cattivera (NikeCoast) 22:21, 16. Judy Bogenschutz (Ind) 22:23, 17. Carman Troncosco (NIT) 22:25, 18. Martha Geissler (NIB) 22:30, 19. Kim Dryden (NIP) 22:32, 20. Melody Sye (NRR) 22:32.

21. Nicole Birk (BYU) 22:32, 22. Donna Donakowski (NIB) 22:34, 23. Kathleen Smith (NIC) 22:35, 24. Chris McNamara (CWT) 22:37, 25. Martina Maloney (BAA) 22:41, 26. Renee Odom (NIT) 22:42, 27. Joy Smith (NIT) 22:43, 28. Brigid Stirling (NIC) 22:44, 29. Buffy Rabbitt (NIC) 22:45, 30. Kristen Lucken (NIP) 22:45.

31. Alisa Harvey (AthW) 22:49, 32. Rosa Gutierrez (Ryan's) 22:50, 33. Pam Crandall (NIB) 22:57, 34. Barbara Remmers (BAA) 22:59, 35. Colette Murphy (AthW) 22:59, 36. Sandra Guidotti (CNW) 23:00, 37. Lisa Stone (Act) 23:01, 38. Jackie Mota (Ark) 23:03, 39. Jane Skbski (un) 23:06, 40. Teena Colebrook (NIC) 23:07.

41. Chris Hardman (San) 23:09, 42. Donna Petrosich (NIB) 23:10, 43. Laura Sanchez (Ryan's) 23:12, 44. Berte Moe (NIP) 23:15, 45. Susan Gregg (CNW) 23:16, 46. Lori Bearson (San) 23:17, 47. Jani Johnson (Agg) 23:20, 48. Linda Gill (San) 23:25, 49. Laurie Chapman (LBch) 23:26, 50. Kirsten Aure (un) 23:26.

Team Results: 1. Athletics West 53, 2. Nike Texas 85, 3. Nike Coast 108, 4. Nike Boston 171, 5. Nike Port 178, 6. Aggies 276, 7. San Fran TC 284, 8. Club NW 287, 9. Ryan's RT 311, 10. Long Beach TC 330, 11. Boston AA 334, 12. Ath Action 373, 13. Impala RT 550, 14. Woodside Striders 586.

Masters Men Top 10 -- 10K

1. Bernie Allen (BAA) 34:59, 2. Bruce Blair (NZD) 35:50, 3. Jim Press (Exc) 36:31, 4. Steve Ferraz (Exc) 34:49, 5. John Zinselmeier (Six) 36:55, 6. Sal Vasquez (un) 37:21, 7. William Seaver (Exc) 37:28, 8. Lew Faxton (un) 37:32, 9. David Furst (WVA) 37:48, 10. Len Sheehan (Low) 37:54.

Team Results: 1. Excelsior TC 3:07:27, 2. West Valley 3:18:23, 3. Boston AA 3:18:26, 4. Six Rivers 3:20:17.

Masters Women Top 5 -- 10K

1. Carol Flexor (Sno) 42:33, 2. Hilary Naylor (Impalas) 42:40, 3. Kate O'Neill (Sno) 44:28, 4. T. Christiansen (WVA) 44:21, 5. Joan Ulyot (WVA) 45:33.

Junior Men Top 10 -- 6K

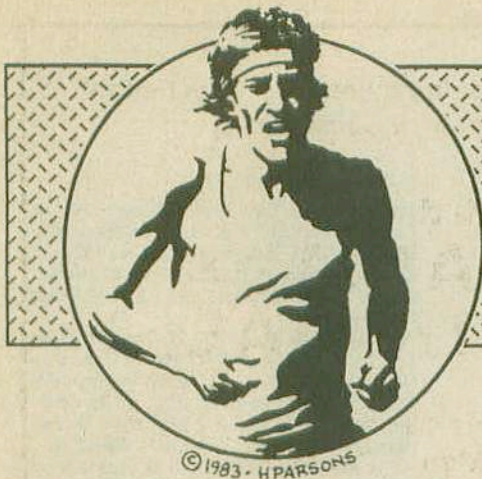
1. Chris Schurz (WSW) 19:49, 2. Jon Brown 19:52, 3. Jason Mohr (ASi) 20:02, 4. Phillip Castillo (WSW) 20:03, 5. James Harris (Fresno St) 20:05, 6. John Soto (WSW) 20:06, 7. Ira Wentworth (Mal) 20:10, 8. Mike Tansley (LBch) 20:17, 9. Derrick Powers (un) 20:19, 10. Shane Garcia (WSW) 20:21.

Team Results: 1. Wings of SW 47, 2. Malone College 99, 3. Jock Shop RT 124, 4. Long Beach TC 140, 5. Wings of NE 307.

Junior Women Top 5 -- 6K

1. Jamie Park (NikeCoast) 19:02, 2. Rayna Cervantes (NikeCoast) 19:52, 3. Amy Giblin 20:12, 4. Laurie Lucas (NikeCoast) 20:21, 5. Becky Bybee (BYU) 20:22.

Team Results: 1. Nike Coast 24.



Road Running Round Up

By PHIL STEWART

National Columnist, Running International

LOOKING AHEAD TO THE 90'S:

Everyone's doing it these days and by mid-year, everything that was predicted will be forgotten. But here's what a number of road racing officials said about the new decade at the Road Race Management Race Director's Meeting in November: TAC's **Alvin Chriss** says that we will finally have official world records on the roads and TAC will rewrite its rule book so race directors can understand it. Nike's **Keith Peters** feels that mid-sized races will have to work the hardest to find sponsorship dollars. **Guy Morse**, director of the Boston Marathon, predicts that race directors will have to be more professional and creative in their marketing efforts as they seek new sponsors outside the running industry. **Jeff Darman**, Promotions Director for Moving Comfort and Director of the Nike Women's Race, worries about volunteer burnout. New ways to recruit and energize volunteers will need to be found. TAC Men's LDR Chairman and Bloomsday founder **Don Kardong** thinks that all of the efforts of the 1980's to get kids running will begin to pay off with a fitter, rising generation. Former RRCA President **Harold Tinsley** looks for rising numbers at the races.

LOOKING BACK AT 1989: Perhaps 1989 will be looked back upon as the year of the reawakening of American distance runners--considered by many a dormant species since Alberto Salazar and Joan Samuelson's pre-1985 heroics. In 1989, **Lisa Weidenbach** and **Kim Jones** didn't just slip into the women's sub-2:30 marathon club, they leaped forward to 2:28 and 2:27 respec-

tively this fall. **Kathy O'Brien** and **Julie Isphording** are knocking on the 2:30 door as well. **Ken Martin** is the new pacesetter among the U.S. men with a 2:09 time that surprised everyone except himself as he became the fastest U.S. man since Greg Meyer in 1983.

Julia Emmons, director of the Peachtree Road Race, was named Road Race Management's Race Director of the Year for 1989. Her nominator said of Emmons: "Julia personifies the ideal of the modern race director, guarding and enhancing the tradition of the Peachtree Road Race with vision, organizational ability, considerable political skills, sponsorship savvy, and practical wisdom. Because of Julia's guiding hand, the Peachtree Road Race continues to earn its reputation and provides both exciting competitive opportunities for elite runners and a rewarding experience for its massive field."

NEW RRCA INSURANCE: Few topics are as dry but essential as insurance. No knowledgeable race director lets his event begin without liability coverage. Since 1986 virtually all road races have been covered by insurance provided by The Athletics Congress. As of January 1, the RRCA has a liability policy for its clubs as well, giving race directors a choice.

QUIZ: Which of the following are illegal according to TAC rules? a.) A husband running with his wife (both entered in the race, both of equal ability); b.) A coach yelling split times/advice to an athlete from the sidelines; c.) A coach yelling split times/advice to an athlete from the press truck; d.) Two women intentionally running together (one clearly

of superior quality); e.) A pacesetter recruited by race officials. Answers at the end of this column.

TRACK COACHES AND ROAD RUNNING: The antipathy goes deep, track coaches feel road running is the opiate of America's leading track runners. "Prize-money races lure tracksters off the oval and on to the roads," coaches wail, "and they are never the same again."

"Not true" the roadies respond as they point to road runner Arturo Barrios' world record for 10,000-meters on the track this summer. For best results, road running, like track running, needs to be done in moderation at the elite level.

The debate would be meaningless except that track and road running both come under the auspices of The Athletics Congress where they have to compete for limited shares of the funding pie. In this arena, the roadies usually come out on the short end because they are outnumbered and this sentiment that road running is viewed as a drain on track talent. Meanwhile road runners wait for the day when their sport will be viewed as a different--and equal--activity.

OLYMPIC TRIALS: The sites for the U.S. Olympic Marathon Trials, the quadrennial crown-jewels of American distance running, are set. The American men will line up in Columbus, Ohio, in April, 1992, while the women will run through the streets of Long Beach, California, in February, 1992. The Olympic Marathons will take place in Barcelona, Spain on August, 1992.

BEST FREEBIE: A self-addressed, stamped envelope and a request sent to the RRCA, 629 S. Wash-

continued next page...



ington St., Alexandria, VA 22314 will return a free sheet of safety tips for women runners prepared by the RRCA in response to the Central Park "Wilding" incident.

PARTING THOUGHT: My hope for the new decade is a continuation of the trend toward moderation in running that we saw in the 1980's. The early years of the running boom saw too much emphasis on marathoning. Today's runners can start out by walking a 5k and work up from there if they wish to.

QUIZ ANSWER: Situations "a" and "d" fall under the pacing provisions of TAC rule 66.1. In "a", if the husband is actively coaching his wife, it could be considered a pacing infraction since the rule states "men and women shall not be considered to be in the same event. (ie. for rulebook purposes, the men's and women's divisions are considered separate events)." Although not in the same race, the husband is in the same "arena" (on the same roadway) which makes him the same as the coach on the press truck in example "c". In "d", in which the runners are of the same sex but of unequal ability, a pacing violation could be lodged because one athlete is actively helping another even though they are in the same (the women's) race.

Ironically, the rule permits meet officials to put "rabbits" or pacesetters in the race (the justification being that they are available to everyone), so "e" is acceptable.

Situations "b" and "c" invoke the "unfair assistance" provisions of rule 66.1. This rule permits assistance from the sidelines (outside the "arena"), making "b" acceptable, while "c" is unacceptable since the coach on the press truck is deemed to be inside the "arena".

In reality, pacing rules are unlikely to be enforced except among elite open and age group athletes, but they are on the books.

Phil Stewart is editor of Road Race Management, a monthly newsletter for race directors and individuals involved in race administration and sponsorship.

"The Finest In-Season Prep Invitational In The Nation"

-Jack Shepard, *Track & Field News* (May 1989)

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- 1987 Meet featured on ESPN's "Scholastic Sports America," 1988 Meet on "CIF Sports Beat."
- 1988 Meet entrants from fourteen states. Seventeen event winners recorded nation-leading performances; twenty California State leading efforts.
- 1987 Meet featured entries from 29 of the 31 eventual individual and relay California State Champions (18 did not win their event at the Arcadia meet).
- Fourteen 1988 U.S. Olympic Track & Field team members competed in the Arcadia Invitational as preps.
- Twenty-three 1988 *Track & Field News* High School All-Americans (ranked among top 3 in their event nationally) in 1988 Arcadia Invitational.
- Six national high school records in the last twelve years.
- Sanction applied for all California sections, Arizona, Oregon, and Nevada schools.

MEET RECORDS:

Men: 10.40-20.79-46.57-1:49.9-4:07.7-8:45.3-13.70-36.42-40.79-3:11.33-10:09.71 (DMR)-7'2"-17'3 1/4"-25'3 1/4"-50'11"-66'10"-224'3"

Women: 11.57-23.77-52.90-2:10.33-4:48.59-10:18.44-13.71-42.32-45.80-3:46.3-11:59.11 (DMR)-6'0"-20'4 3/4"-41'9" (TJ)-50'10"-172'4"

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Western Regional Winners

BRYAN DAMEWORTH & SARAH SCHWALD

Fine Flicks by Don Gosney

Freshman Boys Unseeded

1	Jeremy Call (Centerville Jr HS/Bountiful, UT)	16:27
2	Christopher Merkley (American Fork HS/Am.Fork)	16:49
3	Marc Lawson (Clovis West HS/Fresno)	16:49
4	Andy Smith (Vanden HS/Travis AFB)	16:53
5	Pedro Reyes (Valley HS/Santa Ana)	16:55
6	Ryan Cabrai (El Toro HS/El Toro)	17:00
7	Noah Zahrosky (Flathead HS/Kalispell, MT)	17:03
8	Robert Hunter (Clearfield HS/Clearfield, UT)	17:05
9	Joseph Bedortha (Palmdale HS/Pearblossom)	17:07
10	Carl Decker (Bend HS/Bend, OR)	17:08
11	Margarito Casillas (Hoover HS/Glendale)	17:12
12	Rod Freitas (Beyer HS/Modesto)	17:13
13	Jedidiah Saueressig (Yosemite HS/Oakhurst)	17:13
14	John Orosco (Tait Union HS/Tait)	17:14
15	Scott Ulmer (Gunderson HS/San Jose)	17:16
16	Paul DeLaCorda (Hart HS/Sylmar)	17:19
17	Josh Johnson (El Camino HS/Oceanside)	17:20
18	Shawn Frack (Esperanza HS/Yorba Linda)	17:23
19	Mark Caporale (Helix HS/La Mesa)	17:25
20	Angel Ibarra (Reghetti HS/Guadalupe)	17:25
21	Jeremy Ravenscott (Yreka HS/Yreka)	17:27
22	DenynPysz (Dana Hills HS/Dana Point)	17:28
23	Channing Quist (Mt. View HS/Orem, UT)	17:28
24	Mark McDonald (American HS/Fremont)	17:34

Sophomore Boys Unseeded

1	Eric Hyde (Amador Vly/Pleasanton)	16:12
2	Francisco Madrigal (Madera HS/Madera)	16:16
3	Joseph Roberts (Helena HS/Helena, MT)	16:18
4	Jeffrey Wilson (Newbury Park HS/Newbury Park)	16:24
5	Paul Yoachum (Ogden HS/Ogden, UT)	16:25
6	Tommy Abdal (Gunderson HS/San Jose)	16:26
7	Chris Lynch (Laguna Hills HS/Laguna Hills)	16:26
8	Ryan Dahl (Sacramento HS/Sacramento)	16:26
9	Greg Chriswell (Helena HS/Helena, MT)	16:28
10	Jose Trujillo (Golden West HS/Ivanhoe)	16:29
11	Brian Keim (San Pasqual HS/Escondido)	16:29
12	Ted Hansen (Judge Memorial HS/Layton, UT)	16:30
13	Jimmy Zachary (DeLaSalle HS/Concord)	16:30
14	Justin Koppel (Agoura HS/Westlake Village)	16:32
15	Adam Vimmerstadt (Sahuaro HS/Tucson, AZ)	16:37
16	Ken Rhoades (Collax HS/Meadow Vista)	16:38
17	Justin Findlay (Valley HS/Henderson, NV)	16:39
18	Jason Kayne (Grossmont HS/El Cajon)	16:39
19	James Roldan (Bishop Amat HS/West Covina)	16:40
20	Chris Kinkade (El Camino HS/Oceanside)	16:41
21	Lucio Brito (Santa Ana Valley HS/Santa Ana)	16:43
22	Polo Duarte (Madera HS/Madera)	16:44
23	Forrest Martin (Mead HS/Mead, WA)	16:44
24	Austin Matulonis (Antioch HS/Antioch)	16:45

Frosh/Soph Girls Unseeded

1	Maribella Aparicio (Fillmore HS/Fillmore) Fr	18:36
2	Melissa Ackermann (Castro Vly HS/CastVly)Fr	19:03
3	Juliet Stone (Mt. View HS/Orem, UT) So	19:03

4	Danielle Bornefeld (MonumentVly/Kayenta, Az) Fr	19:11
5	Judy Petty (Golden West HS/Visalia) Fr	19:25
6	Jeannene Harlick (Mills HS/Burlingame) So	19:30
7	Kristen Nuttall (Mt. View HS/Orem, UT) So	19:30
8	Stacey Auer (Thous OaksHS/Thous.Oaks) Fr	19:31
9	Ankai Webb (Bear River HS/Grass Valley) Fr	19:35
10	Jennifer Vergith (Mt. Carmel HS/San Diego) Fr	19:36
11	Megan Ellis (Buenda HS/Ventura) So	19:36
12	Cybelle McFadden (St. Francis HS/Fair Oaks)Fr	19:38
13	Diana Harlick (Mills HS/Burlingame) So	19:40
14	Rachael Compton (Bishop Kelly HS/Boise, ID) Fr	19:41
15	Erin Blunt (San Pasqual HS/Escondido) So	19:43
16	Kathleen Carl (Mt. Carmel HS/San Diego) So	19:44
17	Veronica Barajas (Channel Island HS/Oxnard) So	19:45
18	Ruby Yellowtail (Lodge Grass HS/Lodge Grass)Fr	19:46
19	Robin Heidi (Canyon HS/Santa Clarita) So	19:49
20	Jeni Villasenor (Wester HS/Escondido) So	19:51
21	Susan Scott (Mt. Carmel HS/San Diego) So	19:51
22	Melissa Keim (San Pasqual HS/Escondido) Fr	19:53
23	Stacey Leemaster (Mt. View HS/Orem, UT) So	19:55
24	Angie Cooper (Mt. Carmel HS/San Diego) So	19:55

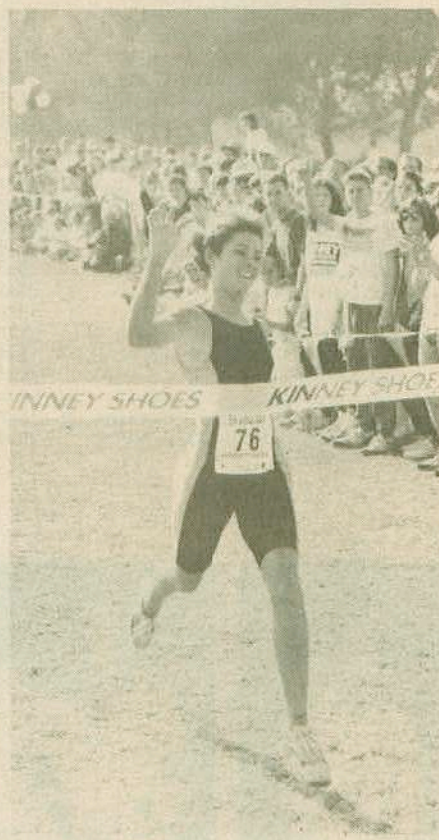
Junior Boys Unseeded

1	Michael Cherman (Agoura HS/Agoura Hills)	15:56
2	Stephen Barbieri (Gonzaga Prep HS/Spokane, WA)	16:01
3	Juan Gutierrez (Rosemead HS/Rosemead)	16:04
4	Jorge Barajas (Fillmore HS/Fillmore)	16:04
5	Shane Sirebel (Ben Lomond HS/Ogden, UT)	16:04
6	Nathan Painter (Kearns HS/Salt Lk City, UT)	16:07
7	Michael Cardenas (Rio Linda Sr. HS/Sacto)	16:09
8	Nathan Johnson (Santa Cruz HS/Santa Cruz)	16:09
9	Thomas Weber (Westwood HS/Mesa, AZ)	16:11
10	Edward Wolf (McQueen HS/Reno, NV)	16:12
11	Richard Matson (El Toro HS/El Toro)	16:20
12	Mark Douglas (Moreau HS/Pleasanton)	16:21
13	Dan Stoll (College Park HS/Pleasant Hill)	16:21
14	Sam St. Clair (Mt. View HS/Orem, UT)	16:22
15	Jason McLeinan (Mead HS/9-Mile Falls, WA)	16:23
16	Jeff Hernandez (Bonita Vista HS/Chula Vista)	16:24
17	Steven MacSurak (Chugiak HS/Eagle River, AK)	16:25
18	Pascua Morales (Washington Union HS/Fresno)	16:25
19	Norman Other Medicine (Hardin Sr HS/Crow, MT)	16:26
20	Tyler Kunzler (Ben Lomond HS/Ogden, UT)	16:30
21	Blake Rothschild (El Toro HS/El Toro)	16:33
22	Juan Gonzalez (Fontana HS/Fontana)	16:34
23	Kyle Markham (Reed HS/Sparks, NV)	16:36
24	Willie Clark (St. Francis HS/Los Altos)	16:36

Junior/Senior Girls Unseeded

1	Kerry Huss (Shadle Park HS/Spokane, WA) Jr	18:34
2	Kerry Stevens (Point Loma HS/San Diego) Jr	18:57
3	Stefanie Jensen (So. Tahoe HS/S.Lake Tahoe) Jr	19:09
4	Naomi Nielsen (Mt. Crest HS/Paradise, UT) Jr	19:13
5	Alice Atkinson (Nordhoff HS/Ojai) Sr	19:16
6	Dascha Spellman (Nordhoff HS/Ojai) Jr	19:16
7	Becky Petty (Golden West HS/Visalia) Sr	19:22
8	Martha Luna (Watsonville HS/Watsonville) Sr	19:28
9	Tami Stepp (Amador Vly HS/Pleasanton) Sr	19:31
10	Diana Pyne (Mt. View HS/Orem, UT) Jr	19:34

11	Fawya Bryant (Buena HS/Ventura) Jr	19:35
12	Stephanie Rae (Rancho Buena Vista HS/Vista) Jr	19:36
13	Michelle Marsh (Hesperia HS/Hesperia) Sr	19:37
14	Julissa Padilla (Rosemead HS/El Monte) Sr	19:38
15	Claudia Galvan (Arroyo HS/El Monte) Sr	19:41
16	Elice Patterson (Castro Vly HS/Castro Vly) Jr	19:44
17	Jane Colclough (Agoura HS/Westlake Village) Jr	19:46
18	Carity Stowell (Mt. Carmel HS/San Diego) Sr	19:46



SARAH SCHWALD

Fine Flicks by Don Gosney

19	Susan Bonogofski (Mead HS/Spokane, WA) Jr	19:47
20	Katie Jamieson (Mira Mesa HS/San Diego) Sr	19:50
21	Cori Knoeller (Borah HS/Boise, ID) Jr	19:51
22	Gretchen Schliebel (Orange Glen Vly Center) Jr	19:52
23	Gina Johnson (L.A. Baptist HS/Granada Hills) Sr	19:55
24	Coral Collins (Highland HS/Chubbuck, ID) Sr	19:57

Senior Boys Unseeded

1	Jason Atwood (Castro Valley HS/Castro Vly)	16:03
2	Phil Kilbridge (Serra HS/Hillsborough)	16:05
3	Matt Harmer (Olympus HS/Salt Lk City, UT)	16:13
4	David Kelly (Buena HS/Oak View)	16:14
5	Jose Villanueva (Lakewood HS/Long Beach)	16:18

6	Neil Thompson (Del Norte HS/Smith River)	16:18
7	Graham Hawkinson (Amador Vly HS/Pleasanton)	16:22
8	Dan Zoldak (Bellarmine HS/San Jose)	16:23
9	Sean Christman (Kearns HS/Kearns)	16:23
10	Carlos Arevalo (Grossmont HS/El Cajon)	16:26
11	Jim Xavier (Lake Havasu HS/Lake Hav., AZ)	16:27
12	Joshua Sorensen (Ogden HS/Ogden, UT)	16:27
13	Dan Montoya (Arcata HS/Arcata)	16:28
14	Erik Skaden (Jesuit HS/Sacramento)	16:28
15	Carlos Sanchez (Madera HS/Madera)	16:28
16	Artie Hutt (Kennedy HS/Sacramento)	16:29
17	Argot Carberry (Los Gatos HS/Los Gatos)	16:29
18	Ed McCormick (Prospect HS/San Jose)	16:29
19	Dan Montoya (Arcata HS/Arcata)	16:31
20	Brett Dodson (Hoover HS/Glendale)	16:32
21	Shinsuke Nishihara (Torrance HS/Torrance)	16:33
22	Hal Dean (Mt. Crest HS/Logan, UT)	16:34
23	Caleb Skandera (Covnt. Comm. HS/Santa Rosa)	16:36
24	Kevin Prestwich (Hemet HS/Hemet)	16:38

Seeded Girls

First Team All-Western (National Qualifiers)

1	Sarah Schwald (Mead, Spokane, WA) Jr	17:14
2	Deena Drossin (Agoura HS/Agoura Hills) Jr	17:40
3	Rebecca Spies (Livermore HS/Livermore) Jr	17:56
4	Jennifer Owens (So. Tahoe HS/So. Lake Tahoe) Jr	18:00
5	Carrie Moller (John Rogers HS/Spokane, WA) Sr	18:00
6	Beth Bartholomew (Fremont HS/Sunnyvale) Sr	18:01
7	Judy Stott (Hawaii Prep Acad./Kamuela, HI) Jr	18:03
8	Jeannie Rothman (Westlake HS/Westlake Vlg) Jr	18:05

Second Team All-Western

9	Kristin Wellman (ShadlePark/Spokane, WA) Sr	18:15
10	Amy Allen (Mt. View HS/Orem, UT)	18:13
11	Sarah Riley (Campolindo HS/Moraga) Jr	18:16
12	Kimberly Orlando (CarsonCity/CarsonCity, NV) Jr	18:21
13	Jenna Carlson (Grants Pass/Grants Pass, OR) Jr	18:24
14	Alva Dancel (Mills HS/San Mateo) Sr	18:30
15	Suzanne Castruita (W. Covina HS/W. Covina) Sr	18:35
16	Laura Ganje (Curtis HS/Tacoma, WA) Sr	18:37

Third Team All-Western

17	Amber Clark (Dobson HS/Mesa, AZ) So	18:38
18	Milena Glusac (Fallbrook Union HS/Fallbrook)	18:40
19	Krissy Look (Shasta HS/Redding) So	18:41
20	Robyn Slate (Colfax HS/Colfax, WA) Sr	18:45
21	Jean Harvey Paraclete (HS/Lancaster) Sr	18:46
22	Shea Abby (Bend HS/Bend, OR) Jr	18:48
23	Olivia Sanchez (Bend HS/Bend, OR) Jr	18:50
24	Christy Michaels (Juanita HS/Kirkland, WA)	18:51

25	Tracey Losi (Bonn American HS/Germany) So	18:53
26	Angela Bretice (Arroyo Grande HS/Arroyo Gr) So	18:53
27	Lucinda Reyes (Lakewood HS/Long Beach) Jr	18:53
28	Tina Beauchemin (Lynnwood HS/Lynnwood) Sr	18:54
29	Cheyenne Zontelli (Agoura HS/Agoura) Sr	18:54
30	Kimberly Robinson (NewportHarb HS/NewpBch)Sr	18:54
31	Julie Sorenson (Orem HS/Orem, UT) Sr	18:54
32	Victoria Munoz (Redlands HS/Redland) Sr	18:55
33	Nika Horn (Santa Rosa HS/Santa Rosa) So	18:55
34	Bernice Santoyo (Mt. View/So. El Monte) So	18:56
35	Andrea Garner (Illinois Vly HS/Cave Junc., OR) Jr	18:56
36	Patricia Villarreal (La Jolla HS/San Diego) Sr	18:59
37	Teresa Beltran (Valley HS/El Toro) Sr	18:59
38	Kelly Young (Grossmont HS/La Mesa) Jr	19:00
39	Shannon Hansen (Chugiak/Eagle River, AK) Sr	19:00
40	Wendy Frilfith (Walnut HS/Walnut) Jr	19:01

continued next page...

41 Jen Homan (Nevada Union HS/Nevada City) Sr	19:05
42 Vicky Thrasher (Chandler HS/Chandler, AZ) Jr	19:07
43 Tiffany York (Agoura HS/Agoura) Jr	19:08
44 Beth Mercier (Newbury Park HS/Newb.Park) Sr	19:08
45 Lisa Cotter (Salpointe HS/Tucson, AZ) Sr	19:10
46 Amy Blackwell (Basic HS/Henderson, NV) Jr	19:11
47 Karen Vann (Lynnwood HS/Lynnwood) So	19:13
48 Amy Davidson (Bret Harte HS/Murphys) So	19:13
49 Heidi Ackerly (Flathead HS/Bigfork, MT) Sr	19:14
50 Tina Gorbet (Lassen Union HS/Susanville) Sr	19:14

Seeded Boys

First Team All-Western -- National Qualifiers

1 Bryan Dameworth (Agoura HS/Calabasas) Sr	14:39
2 Louie Quintana (Arroyo Grande HS/Nipomo) Jr	14:59
3 Greg Kuntz (Mead HS/Spokane, WA) Sr	15:03
4 Phillip Castillano (Grants HS/Grants, NM) Sr	15:03
5 Eliazar Herrera (Hoover HS/Glendale) Sr	15:05
6 Andrew Maris (White River HS/Buckley) Sr	15:09
7 Stuart Burnham (Ferris HS/Spokane, WA) Sr	15:10
8 Warren Jones (Ben Lomond HS/Ogden, UT) Sr	15:11

Second Team All-Western

9 Brandon Rhoads (Timpview HS/Provo, UT) Sr	15:14
10 Chris Jones (Ben Lomond HS/Ogden, UT) Sr	15:15
11 Mark Gonzales (La Habra HS/La Habra) Jr	15:19

12 Abe Valdez (Camarillo HS/Camarillo) Sr	15:25
13 Kirk Bronander (Prescott HS/Prescott) Sr	15:27
14 Obed Aguirre (San Fernando HS/San Fernando) Sr	15:27
15 Eric Taylor (Grant Union HS/Sacramento) Sr	15:28
16 Creighton Harris (Hoover HS/Glendale) Sr	15:29

Third Team All-Western

17 Patrick Zweifel (Tillamook HS/Tillamook, OR) Sr	15:31
18 Paul Eley (Mills HS/So. San Francisco) Jr	15:31
19 Yukon Degenhart (Mead HS/Spokane, WA) Jr	15:32
20 Jeremy Seven (De La Salle HS/Clayton)	15:32
21 Dave Hartman (Canyon HS/Canyon Country) Jr	15:33
22 James McCreery (Campbell Co. /Gillette, WY) Jr	15:34
23 Derek West (Albuquerque Acad./Abuque., NM) Sr	15:35
24 Angel Martinez (San Gabriel HS/Rosemead) So	15:36

25 Kevin Berkowitz (Hayward HS/Hayward) Sr	15:36
26 Jason Brown (Provo HS/Provo, UT) Sr	15:37
27 Damon Chamberlain (Casa Roble/Orangevale) Sr	15:37
28 Rick Jarman (Shadow Mt. HS/Phoenix, AZ) Sr	15:39
29 Israel Pose (Torrance HS/Torrance) Jr	15:40
30 David Gurry (Blanchet HS/Seattle, WA) Jr	15:40
31 Ehad Bybee (Mt. View HS/Orem, UT) Sr	15:41
32 Theodore Martin (Page HS/Page, AZ) Fr	15:42
33 Luis Escanuela (Eisenhower HS/Rialto) Sr	15:43
34 Manuel Archibeque (Trev. Brown/Phoenix, AZ) Sr	15:44
35 Mark Zweite (Tillamook HS/Tillamook, OR) Sr	15:44
36 Todd Coulston (DeLaSalle HS/Clayton) Sr	15:44
37 Andrew Wignot (Dos Pueblos HS/Santa Barb.) Sr	15:47
38 Darrell Joe (Gallup HS/Fort Wingate, NM) Sr	15:48

39 Brian Gastelum (Birmingham HS/Gran. Hills) Sr	15:48
40 Dan Alder (Timpview HS/Provo, UT) Jr	15:48
41 Shelton Jackson (Franklin HS/Seattle, WA) Sr	15:48
42 Derek Waxman (San Mateo HS/Hillsborough) Sr	15:49
43 Jon Biles (Manzano HS/Abuquerque, NM) Jr	15:49
44 Guy Smith (Gallup HS/Gallup, NM) Sr	15:50
45 Dan Berkeland (Canyon HS/Canyon Country) Sr	15:50
46 Terrel Reyes (Lakewood HS/Long Beach) So	15:51
47 Julio Moreno (Venice HS/Inglewood) Sr	15:51
48 Nathan Morgan (East Anchor./Anchorage, AK) Sr	15:52
49 Jake Bartholomy (Bartlett HS/Anchorage, AK) Jr	15:53
50 Buddy Jones (Wilson HS/Hacienda Heights) Sr	15:53

Team Scores

Girls

1. California 89:42, 2. Washington 90:51, 3. Oregon 94:38, 4. Arizona 95:58, 5. Utah 95:59, 6. Idaho 99:00, 7. Nevada 101:16, 8. Montana 101:57, 9. New Mexico 103:52, Hawaii N.S., Alaska N.S., Wyoming N.S.

Boys

1. California 75:17, 2. Washington 76:34, 3. Utah 76:18, 4. New Mexico 77:27, 5. Arizona 78:26, 6. Oregon 78:37, 7. Wyoming 79:28, 8. Alaska 81:39, 9. Nevada 82:14, 10. Montana 82:34, 11. Idaho 85:10, Hawaii N.S.

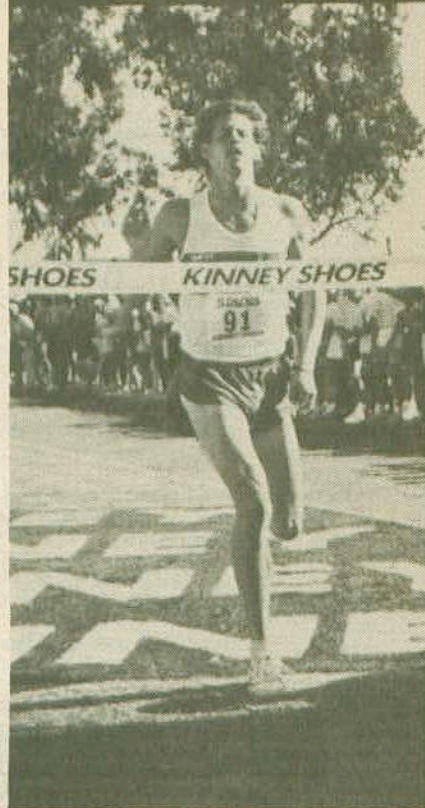


First Team All-Western--Girls (left to right) -- Bottom row: Sarah Schwald, Deena Drossin, Becky Spies. Top row: Jennifer Owens, Carrie Moller, Beth Bartholomew, Judy Stott and Jeannie Rothman.
Fine Flicks by Don Gasney



First Team All-Western--Boys (left to right)--Bottom row: Bryan Dameworth, Louie Quintana, Greg Kuntz. Top row: Phillip Castillo, Eliazar Herrera, Andy Maris, Stu Burnham and Warren Jones.
Fine Flicks by Don Gasney

KINNEY CROSS COUNTRY CHAMPIONS



★ NATIONAL CHAMPION ★
BRYAN DAMEWORTH

Fine Flicks by Don Gosney

Overall Results - Boys

1. Bryan Dameworth (Sr) Agoura 14:49, 2. Andrew Maris (Sr) White River, WA 15:00, 3. Louie Quintana (Jr) Arroyo Grande 15:10, 4. Michael McWilliams (Sr) Grove City Area, PA. 15:10, 5. Stuart Henderson (Jr) McDonald, OH 15:10, 6. Martin Keino (Sr) Fork Union Mil. Acad., VA. 15:13, 7. Stuart Burnham (Sr) Ferris, WA 15:15, 8. Phillip Castillo (Sr) Grants, NM 15:19, 9. Teddy Mitchell (Sr) Lyman, FL 15:21, 10. Kevin Hogan (Jr) Westhampton Beach, NY 15:24.
11. Eliazar Herrera (Sr) Hoover, Glendale, CA. 15:25, 12. Jason Stewart (Sr) Conrad Weiser, PA 15:26, 13. Michael McClaran (Sr) New Prairie, IN 15:26, 14. Jason Casiano (Jr) Portage, IN 15:27, 15. Brant Armentrout (Sr) Mt. Tabor, NC 15:28, 16. Greg Kuntz (Sr) Mead, WA 15:31, 17. Kyle Armentrout (Sr) Mt. Tabor, NC 15:33, 18. Michael Going (Sr) Wheatley, NY 15:35, 19. Brian Clas (Sr) Union-Endicott, NY 15:40, 20. Ibrahim Aden (So) Woodson, VA 15:41.
21. Phil Downs (So) Memorial, WI 15:41, 22. Warten Jones (Sr) Ben Lomond, UT 15:41, 23.

KINNEY CROSS COUNTRY NATIONAL CHAMPIONSHIPS

December 9, 1989 ▼ Balboa Park, San Diego, CA
5000 Meters

Andrew Rosette (Sr) Chagrin Falls, OH 15:48, 24. Michael Morin (Sr) Sulphur, LA 15:49, 25. Ricky Gallegos (Jr) Crystal City, TX 15:50, 26. Rob Huff (Sr) Lahser, MI 15:51, 27. David



DAMEWORTH & ANDY MARIS shoulder to shoulder near the two mile point.

Fine Flicks by Don Gosney

Brooks (Sr) Broad Ripple, IN 15:55, 28. Tom Swanson (Jr) Shawnee Mission NW, KS 16:05, 29. Bill Khan (Sr) Cicero-No. Syracuse, NY 16:13, 30. David Crowe (Sr) Girard, PA 16:16.

31. Chris Magill (Sr) St. Raphael Acad. RI. 16:20.

Team Results:

1. West 21 (75:35), 2. Northeast 63 (77:16), 3. South 67 (77:18), 4. Midwest 76 (77:35).

Overall Results - Girls

1. Melody Fairchild (Jr) Boulder, CO. 17:05, 2. Megan Thompson (Sr) Hazelwood Central, MO. 17:12, 3. Carole Zajac (Sr) Baldwin, PA. 17:22, 4. Sarah Schwald (Jr) Mead, WA. 17:35, 5. Celeste Susnis (Sr) Kankakee Valley, IN. 17:39, 6. Megan Flowers (So) Trinity Valley, TX. 17:47, 7. Elizabeth Mueller (Fr) Waterford, CT. 17:50, 8. Cruz Zarco (Sr) Sargent, CO. 17:51, 9. Deresa Walters (Jr) East High, NY. 17:57, 10. Amy Rudolph (Jr) Kane Area, PA. 18:02.
11. Rebecca Spies (Jr) Livermore, CA. 18:04, 12. Jennifer Owens (Jr) So. Lake Tahoe, CA. 18:08, 13. Deena Drossin (Jr) Agoura, CA. 18:14, 14. Carrie Moller (Sr) Rogers, WA. 18:14, 15. Alexa Lange (Sr) Herndon, VA. 18:30, 16. Jeannine Rothman (Jr) Westlake, CA. 18:32, 17. Judy Stott (Sr) Hawaii Prep Acad., HI. 18:36, 18. Calley Nelson (Sr) Florence, CO. 18:36, 19. Marny Westphal (Sr) Brookwood, GA. 18:37, 20. Mindy Plubell (Jr) Clearfield Area, PA. 18:37.

21. Meghan McCarthy (So) Robinson Secondary, VA. 18:37, 22. Kathy Knabb (Jr) Peters Township, PA. 18:39, 23. Leanne Burke (Jr) Randolph, MA. 18:41, 24. Monal Choksi (Fr) Bridgewater-Raritan, NJ. 19:01, 25. Melissa Bowden (Sr) Battle, VA. 19:07, 26. Megan McGrath (So) William Chrisman, MO. 19:09, 27. Jackie Concaugh (So) Annandale, VA. 19:10, 28. Amy Marx (Sr) Southeast, NE. 19:10, 29. Beth Bartholomew (Sr) Fremont, CA. 19:13, 30. Gina Derks (Sr) Gulliver Prep, FL 19:17.

31. Becky Diehl (Jr) Valparaiso, IN. 19:25, 32. Stephanie Beckes (Jr) Salem, VA. 19:43.

Team Results:

1. Midwest 34 (88:25), 2. Northeast 49 (89:51), 3. West 54 (90:16), 4. South 86 (92:41).



1st California Girl--BECKY SPIES

Fine Flicks by Don Gosney

PREP NOTES

By KEITH CONNING

● Northern and Central California Results Wanted.

Please send results of Northern and Central California cross country and track meets to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

● Soquel Invitational Cancelled.

October 21. Soquel--The Soquel Invitational was cancelled because of the earthquake on October 17. Highway 17 the main route from San Jose to Santa Cruz was closed.

Soquel is located just south of Santa Cruz, which was near the epicenter for the quake.

● Two-Mile Postal Meet.

October 28. Los Gatos--Junior Becky Spies (Livermore), third in the State Meet 800, won the girls' two-mile postal meet at Los Gatos High School in 20:35.3. Senior Beth Bartholomew (Fremont, Sunnyvale), second in the State Meet 1600, placed second in 11:00.0.

Spies ran the first mile in 5:09 and the second mile in 5:26.

Senior Sean Murphy (Leland) won the boys' two-mile postal in 9:39.3. Junior James Joyner (Gunderson) placed second in 9:39.4.

● Mariner Invitational.

October 21. Garin Park, Hayward. 5,000m. From Phil Wilder.

Boys' Results:

Large School: Individuals: 1. Kevin Barkowitz (Hayward) 16:24, 2. Shumeye Mamo (Berkeley) 16:28, 3. Matt Ringer (Homestead) 16:43, 4. Carlos Sanchez (Madera) 16:55, 5. Bill Kibridge (Serra) 16:57, 6. Jose Santiago (Madera) 17:07, 7. Bob Spalliero (Bear River) 17:10, 8. Tesfaye Beyene (Newark Memorial) 17:12, 9. Jason Atwood (Castro Vly) 17:20, 10. Eddie Munyaki (Homestead) 17:21.

Teams: 1. Madera 42, 2. Homestead 89, 3. Serra 92, 4. Lowell 119, 5. Bear River 140, 6. Castro Valley 169, 7. Newark Memorial 176, 8. De La Salle JV 200 (varsity at Mt. SAC), 9. Logan 206, 10. Hayward 211.

Small School: Individuals: 1. Mark Douglas (Moreau) 18:14, 2. Tony Chan (Piedmont) 18:45, 3. Maceo Filita (Foothill) 18:53, 4. Sandies (Castlemont) 18:55, 5. Todd Boihanna (Moreau) 19:13, 6. Andrew Coleman (Pacific Grove) 19:15, 7. Devin Young (St. Mary's) 19:17, 8. Chris Puppione (Moreau) 19:19, 9. Bob E (Piedmont) 19:28, 10. Chad Ferguson (Arroyo) 19:30.

Teams: 1. Moreau 29, 2. Piedmont 50, 3. San Rafael 74, 4. St. Mary's 105, 5. Arroyo 110.

Girls' Results:

Large Schools: Individuals: 1. Stephanie Rivera (Tokay) 21:16, 2. Tina Venzor (Mission San Jose) 21:27, 3. Joy Harris (Mission San Jose) 21:41, 4. Lara Venkus (Tokay) 21:49, 5. Kami Gardner (Collage Prep) 21:59, 6. Cindy Prindiville (Carondelet) 22:00, 7. Erin Kropf (Madera) 22:01, 8. Tasha Venkus (Tokay) 22:06, 9. Tara McDonald (Newark Memorial) 22:30, 10. Solange Belcher (Berkeley) 22:32.

Teams: 1. Madera 50, 2. Tokay 59, 3. Carondelet 64, 4. Lowell 73, 5. Newark Memorial 89.

Small Schools: Individuals: 1. Becky Kopchik (Northgate) 22:24, 2. Angela Dake (Bishop O'Dowd) 22:58, 3. Riva Rahl (Piedmont) 23:18, 4. QiQi Rodriguez (Bishop O'Dowd) 23:30, 5.

Jessica McCool (Piedmont) 24:16, 6. Adria Ibarra (Bishop O'Dowd) 24:34, 7. Erika Heine (Moreau) 24:40, 8. Julie Liu (Irvington) 24:42, 9. Maya Mosley (Bishop O'Dowd) 24:47, 10. Julie Wolfe (Piedmont) 24:48.

Teams: 1. O'Dowd 23, 2. Piedmont 34, 3. Mt. Eden 89.

● Banana Slug Classic.

October 28. U.C. Santa Cruz. 3 Miles.

Boys' Results:

Individuals: 1. G. Carrillo (Salinas) 16:04, 2. Nathan Johnson (Santa Cruz) 16:19, 3. Scott Downes (Leigh) 16:32, 4. Robert Spencer (Soquel) 16:35, 5. Eric Gnashager (Leigh) 16:55, 6. Chris Devine (Half Moon Bay) 17:58, 7. Vic Lang (Santa Cruz) 17:01, 8. Chris Zeiman (Harbor) 17:10, 9. Matt Calvert (Berkeley) 17:18, 10. Silvie Modena (Half Moon Bay) 17:20.

Teams: 1. Leigh 37, 2. Half Moon Bay 56, 3. Salinas 95, 4. Fremont (Oakland) 107, 5. Berkeley 126, 6. Soquel 129, 7. Burlingame 143, 8. Seaside 179.

Girls' Results:

Individuals: 1. Becky Kaiser (Seaside) 19:39, 2. Kate Sweeney (Leigh) 20:00, 3. Solange Belcher (Berkeley) 20:44, 4. Tamar Todd (Berkeley) 20:54, 5. Vanessa John (Leigh) 21:19, 6. Adriane Frye (Berkeley) 21:37, 7. Kerry Stein (Burlingame) 21:44, 8. Lisi Thomas (Leigh) 21:59, 9. Kelly Van Horbek (Half Moon Bay) 22:05, 10. Sulma Lizama (Gonzales) 22:09.

Teams: 1. Berkeley 37, 2. Leigh 45, 3. Half Moon Bay 72, 4. Gonzales 100, 5. Seaside 108.

● Pacific Grove Invitational.

October 28. Pacific Grove. 2.4 Miles. From Richard Chamberlain.

Boys' Results:

Individuals: 1. Scott Contival (Hollister/Odd) 12:46, 2. Scott King (No. Monterey Co. Even) 12:56, 3. Angus Jeffers (Stevenson) 12:57, 4. Angel Villagomez (No. Monterey Co.) 12:58, 5. Mario Hernandez (No. Monterey Co.) 13:02, 6. Jason McPherson (Aptos Odd) 13:07, 7. Andy Coleman (Pacific Grove) 13:08, 8. Carlos Villagomez (King City) 13:12, 9. Larry Soliven (No. Monterey Co.) 13:24, 10. Will Allen (Carmel) 13:25.

Teams: 1. King City 9, 2. North Monterey County Even 15, 3. North Monterey County Odd 15, 4. Stevenson 20, 5. Alisal Odd 22, 6. Pacific Grove 24.

Girls' Results:

Individuals: 1. Yadira Chavez (King City) 16:17, 2. Liz Brooks (Notre Dame) 16:34, 3. Vanessa McLoughlin (No. Co. Even) 16:38, 4. Jenny Curtis (Stevenson) 16:45, 5. Arin Thomas (Aptos Odd) 16:50, 6. Stephanie Dodge (King City) 16:51, 7. Irene Orozco (No. Monterey Co. Even) 16:53, 8. Megan Driscoll (Stevenson) 17:08, 9. Melissa Praxmarer (North Tahoe) 17:20, 10. Lisl Hagger (North Tahoe) 17:21.

Teams: 1. King City 5.

● Central Coast Section Division II Qualifying.

Nov. 8. Crystal Springs, Belmont, 2.9 Miles.

(The top seven teams plus next six fastest individuals in each heat advance to CCS finals).

Boys' Results:

Heat One: Individuals: 1. Andy Bupp (Woodside) 15:31, 2. Nathan Johnson (Santa Cruz) 15:57, 3. Doug Wright (Los Altos) 15:59, 4. John Hannon (Woodside) 15:59, 5. Dave Olden (Carmel) 16:15, 6. Aaron Kamp (San Lorenzo Vly), 7. Ed

McCormick (Prospect), 8. Alex Reich (Palo Alto) 16:30, 9. Chris Devine (Half Moon Bay) 16:34, 10. Robert Frost (Willow Glen) 16:36.

Teams: 1. Palo Alto 81, 2. Leigh 140, 3. North Monterey County 150, 4. Lock 177, 5. Half Moon Bay 178, 6. Del Mar 195, 7. Los Altos 201.

Heat Two: Individuals: 1. Paul Eley (Mills) 15:14, 2. Derek Waxman (San Mateo) 15:20, 3. Mark McManus (St. Ignatius) 16:05, 4. Adam Kemist (Aragon) 16:07, 5. Willie Clark (St. Francis) 16:10, 6. Brad Glosser (St. Ignatius) 16:15, 7. Ernie Lee (Gunn) 16:19, 8. Rich Johnson (Wilcox) 16:24, 9. Tyson Thomas (St. Francis) 16:28, 10. Argot Carberry (Los Gatos) 16:40.

Teams: 1. St. Ignatius 67, 2. Los Gatos 78, 3. St. Francis 102, 4. San Mateo 181, 5. Gunn 198, 6. Jefferson 201, 7. Aragon 203.

Girls' Results:

Heat One: Individuals: 1. Celeste Buchanan (Mitty) 19:37, 2. Janet Roller (Mt. View) 19:51, 3. Jenny Lemes (Los Altos) 20:07, 4. Misty Kalomiros (Los Gatos) 20:10, 5. Latanya Johnson (Mitty) 20:23, 6. Thea Roberts (Mitty) 20:27, 7. Ofelia Leon (Gonzales) 20:33, 8. Kelly Van Hornbek (Half Moon Bay) 20:43, 9. Bernadette Mendoza (Mitty) 20:46, 10. Carolyn Yang (Mt. View) 20:53.

Teams: 1. Mitty 41, 2. Los Gatos 78, 3. Los Altos 102, 4. Half Moon Bay 109, 5. Aragon 164, 6. Palo Alto 169, 7. Burlingame 205.

Heat Two: Individuals: 1. Becky Kaiser (Seaside) 18:45, 2. Jill Kurz (Mills) 19:05, 3. Alva Dancel (Mills) 19:22, 4. Kate Sweeney (Leigh) 19:32, 5. Tenaya Soderman (Gunn) 19:34, 6. Geannine Harlick (Mills) 19:44, 7. Penny Bailey (Seaside) 20:05, 8. Suzanne Jones (Carmel) 20:09, 9. Michelle Ruiz (St. Francis) 20:11, 10. Erin Brightwell (Mills) 20:24.

Teams: 1. Mills 32, 2. St. Francis 102, 3. Leigh 102, 4. Gunn 109, 5. King City 185, 6. Aptos 191, 7. North Monterey County 205.

● Central Area of the Central Section.

Nov. 9. Avocado Lake. From Dave Dodson (Sanger).

Boys' Results:

Individuals: 1. Robert Cardenas (Sanger) 15:15, 2. Ryan Bow (Lemoore) 15:32, 3. S. Weber (Reedley) 15:35, 4. M. Abalos (Lemoore) 15:39, 5. J. Manmuele (Mt. Whitney) 15:40, 6. P. Morales (Washington Union) 15:40, 7. Jenkins (Lemoore) 15:51, 8. J. Bell (Hanford) 15:56, 9. A. Gwin (Lemoore) 16:02, 10. J. Nunez (Golden West) 16:05.

Teams: 1. Lemoore (Div. II) 36, 2. Hanford (Div. II) 96, 3. Mt. Whitney (Div. II) 102, 4. Golden West (Div. II) 110, 5. Sanger (Div. II) 139, 6. Reedley (Div. II) 156, 7. Corcoran (Div. III) 158, 8. Kingsburg (Div. II) 207, 9. Redwood (Div. II) 227, 10. Washington Union (Div. II) 294.

Girls' Results:

Individuals: 1. Norma Cuellar (Redwood) 18:07, 2. Judy Petty (Golden West) 18:12, 3. B. Petty (Golden West) 18:35, 4. L. Carrillo (Hanford) 19:17, 5. H. Wyatt (Hanford) 19:23, 6. T. Biltvado (Golden West) 19:24, 7. T. DeGroot (CVC) 19:49, 8. T. Nesmith (Mt. Whitney) 19:53, 9. M. Casterson (Hanford) 19:54, 10. N. Abert (Corcoran) 19:56.

Teams: 1. Golden West (Div. II) 57, 2. Hanford (Div. II) 61, 3. Lemoore (Div. II) 74, 4. Mt. Whitney (Div. II) 120, 5. Reedley (Div. II) 134, 6. Corcoran (Div. III) 180, 7. Sanger (Div. II) 182, 8. Redwood (Div. II) 191, 9. Tulare Union (Div. II) 245, 10. Fowler (Div. III) 252.

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PREP NOTES

SoCal Invationals

From DOUG SPECK

● Chaffey District Invitational.

Sept. 23. Red Hill Park.--This meet marked another close competition among the Women's squads in the Baseline League, with Walnut narrowly taking an improved Ganesha (Pomona) group on the Men's side. Bill Branigan (Glendora) was a big individual winner on the Men's side, as the 4:21 1600m runner (in his first year of the sport last spring) continues to improve, winning here over Walnut's Ryan Polite 15:21-16:18. Walnut, a young and improving Section 2A team edged a much-improved Ganesha (Pomona) group 72-73 on the men's side. The Baseline League is as tough a women's conference as exists in the Section (and State?), with the order switched around here, as it has been in competitions all during the season. Here it was a young Chino (69) group edging solid Upland (76) and Alta Loma (83) groups. Claremont was not here, but they are a very solid Baseline League group that will make it tough to sort out the three who go onto the Section Meet later this Fall. Wendy Griffith (Walnut) was a big winner on that side, racing 18:22 to handle Nancy Ragon (Alta Loma) (19:13).

● San Gabriel Valley/Diamond Bar Invitational.

October 7. Mt. San Antonio College--A pleasant return to the course for Karen Hecox (South Hills, West



KAREN HECOX

Photo by Doug Speck

Covina) was the highlight of this meet which is slightly widening its scope and growing into a true San Gabriel Valley championship affair on the popular Mt.

NICOLE ROBBINS

...A Fond Remembrance

There was an empty place on the cross country course this season. A place that we all expected to be filled very successfully by a young lady who is no longer with us. All who heard the news were shocked by the death of Hesperia's star cross country runner Nicole Robbins in an automobile accident on the morning of October 27th. The seventeen year old senior leader of the top-ranked Scorpion squad had just started her annual late season competitive surge that would once again take her to high championship honors, when she was so quickly taken away from us. The finality of such an incident to make us all stop and think for a time.

Robbins was considered among the top dozen prep distance runners in the nation. She had placed fourth and sixth individually in the State Large Schools Cross Country Championships over the last two years, and was the Section 3A individual runner-up last Fall. In 1987 she was seventeenth in the Kinney National Finals in the sport, and recorded the eleventh fastest mile by a California prep during the 1989 track season. A very good student, Robbins was involved in the process of making a choice of colleges for next Fall.



Probably her uncle, Don Lyster, put it best as he was quoted by Brian Van Hook in the *Victorville Daily Press*. "... It spreads its beautiful white canvas sails out to the open sea. We watch her glide away magnificently through the deep blue sea and see her grow smaller and smaller as she nears the horizon. Finally, where the sea and sky meet, she slips silently from sight. ... And we can be sure, just as we say, 'there, she is gone,' another says, 'there she comes.'"

Our sympathies go out to the Robbins family at this very difficult time.

SAC course. Some squads that along the way later in the year will be factors in Section and State competition were present.

Hecox had banged a knee into a table back at the start of the season and had some pain but it was figured that it was time to get out on the course and try something. Her 19:33 here was a comfortable winner, far from her 17:57 best here, but enough to give local fans a sigh of relief that she will be back and running in top form in the not too distant future. Andrea Sansom (Glendora) had the day's other top time with her 19:40 race with, with Debbie Lewis (Maranatha, Sierra Madre) also under 20:00, with her 19:52 behind Hecox. South Hills had the day's top Women's team time of 104:41 for a Small Schools win, with Los Altos (Hacienda Heights) the top Large School at 107:49.

Over on the men's side it was Buddy Jones (Wilson, Hacienda Heights) who had the day's fastest in his 16:01-16:23 win over Walnut's Ryan Polite. Wilson took the men's large school team time contest with an 86:40,

while Monrovia nipped Maranatha (Sierra Madre) 87:58-88:00 on the Small School side.

● Yucaipa Invitational.

October 7. Yucaipa High School--The very popular Invitational once again gave a large group a chance once again to measure themselves against a tough course and some other strong teams. The men's and women's teams are divided into three divisions. On the men's side a fine Whittier Christian (La Habra) Section 1A squad continued its solid season with a Division I win (58-84:16) against a number of the top schools from its division. Salesian was 2nd there at 75 (88:42), with Yucaipa, a ranked 2A squad, 3rd at 84 (85:55). Tony Bergman (WC) raced to a 15:58 over Mike Cowdrey (Tabuco Hills) 16:15. Yucaipa easily took the Women's Division I run with a mealy 21 point (105:18) total, with Tanya Thayer (Serrano, Phelan) the individual winner at 19:53. Woodbridge (Irvine) was the winner on both the

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men's and women's side in Division II. For the women this was an interesting test on a tough course, with the 34 point total (103:37) impressive as the day's fastest. Colton's Marion Sepulveda was the winner there at 19:35 over Cathy Peck of Woodbridge who ran 19:55. St. Paul (Whittier), one of the state's better Division II schools, was 2nd to Woodbridge at 64 (107:10). The Woodbridge Men's group took its race 65 (85:51)-84 (89:29) over Calexico. Calexico's tough junior Henry Martinez was the race winner at 16:04. Mission Viejo, a women's group that will probably not see the light of day come Section championship time due to the difficulty of its South Coast League, took the Division III run, with 45 points (107:25) to comfortably handle Chino 72 (111:43) and Apple Valley 83 (112:01). Hildebrand (Mission Viejo) was the race winner at 19:38. Etiwanda, Coach Lynn Buehler's quickly developing 2A Hacienda League power, took the men's Division III race, recording 46 points (87:37) to edge highly thought of Apple Valley 49 (87:59) and Mission Viejo 51 (88:00).

● Atascadero Invitational

October 7. Atascadero High School--An interesting inter-sectional mix took place in this Atascadero High School sponsored event. A number of strong Central Section powers, led by McFarland and Lemoore came over the hill to do battle quite successfully. The McFarland Boys squad, top-ranked in State Division III raced strongly here, recording 16 points in an easy Small Schools win. Johnny Samaniego of the winners took the race at 17:29. Ryan Bow (Lemoore) took the Boys Large School run at 16:48, with Bow's team (46) taking Fresno (59) for the team title. On the Women's side, State 800 meter champion, Kim Toney of the host Atascadero team, was the winner at 21:47, with her squad taking the Large School team title also with 50 points over Clovis (57) and Lemoore (59).

● Brentwood Invitational

October 7. Brentwood High School--About a dozen of the Southern Section's smaller schools came together for this meet sponsored by Coach Hunter M. Temple and Brentwood High School. The hosts took no prisoners in moving to boys and girls team titles against some good competition. The girls group was a winner with 44 points (107:58) over good Chaminade (Canoga Park) 55 (109:19) and Marymount (L.A.) 79 (111:49) teams. Jenny Wong (Westlake, L.A.) was the individual winner at 20:01 over Heather Salisbury (Orange Lutheran) 20:27. On the boys side, the margin was a comfortable 25 points with Brentwood scoring 54 (88:37) over Harvard (North Hollywood) 79 (89:52) and Orange Lutheran 82 (90:53). Nathan Weber (Harvard) took the host's Ole Seidel 16:38-16:52 for the win.

● Dos Pueblos Invitational

October 7. Dos Pueblos High School--This "by-grade" meet run on Coach Gordon McLennan's DP course in Goleta had some good people in attendance. A hot senior boys race had Ramon Morales (Ventura) winning at 15:16 over the host's Andrew Wignot (15:25) and Paul Goodrich (15:35). Morales' time is the #4 ever on the course that has had some fine Santa Barbara area preps race on it over the years. The fastest girls' race was the sophomores, where San Marino's tough Jackie Fruterro won at 18:36 over Veronica Barajas of Channel Islands (Oxnard) 19:08. Dascha Spellman (Nordhoff, Ojai) raced 19:12 to win the 11th grade run, with teammate Alice Atkinson running 19:48 in the senior contest. Ebin Robinson (Santa Barbara) took

the 11th Grade Boys race at 16:13. In adding up team times (the top five finishers from all grades) San Marino had the girls fastest at 99:18, with the host Dos Pueblos boys' team (82:51) nipping League rival Ventura (83:00) on the boys side. Nordhoff was the girls team sweepstakes winner when the "by-grade" scores were added up, with San Marino taking the boys overall points title.

● Santa Clarita Valley Invitational

Sept. 14. College of the Canyons--The Santa Clarita area schools of Canyon (Canyon Country), Hart (Newhall), and Saugus sponsored this meet previously referred to as the L.A. County Championships. Schools from all across the L.A. area were in attendance, with a particularly hot boys division I varsity race. Southern Section powers Canyon (Canyon Country) and San Gabriel hooked up with L.A. City power Taft (Woodland Hills). Underclassers Dave Hartman (Canyon) (11th grade) and soph Angel Martinez (San Gabriel), two of the nation's finest young runners, hooked up, with Hartman ruling the very tough hills here the best to win 15:52-16:01, with Canyon's improving Dan Berkeland 3rd at 16:02. Dave Gaestelum (Birmingham, Van Nuys), a 4:17.29 1600m runner, was 4th at 16:16. Canyon, one of the State's top ranked Large School squads was the team winner with 40 points, with Taft surprising by staying close with 50 points to edge San Gabriel's 59. Paramount, a highly ranked Section 3A girls power, was without team leader Brandy Price, but the Pirates were still able to take the girls division I title with 46 points over Quartz Hill 79. Robin Heidt (Canyon) was the winner at 20:30 with Marisa Avendano (Paramount) 2nd at 21:00. L.A. Baptist continued its super season on the Girls' side, winning again with 51 points over Paraclete (Lancaster) 61 and Bell-Jeff (Burbank) 67. Jean Harvey (Paraclete) took the race 20:06-20:55 over Carolina Castellanos (Baptist) 20:55. Bell-Jeff took the boys division II race with 38 points, with all-world named Jon Chaikittattallana (Northview, Covina) (Honest!) I copied it off of a Section entry form) the winner there at 17:35.

● Righetti Invitational

October 7. Waller Park, Santa Maria--Valhalla (El Cajon-San Diego Section) took both Large School Varsity titles in this Meet. The Girls scored 21 points, with the next four places after Reneka Chatman (South, Bakersfield), who won at 20:03. Brannon Idler of Valhalla raced 16:01 to win the Boys' Varsity Large School run, with his team scoring 31 points to take Bakersfield's 43. Greg Ehlert (Carpinteria) took the Small School Boys' race at 15:58, with his team scoring 26 points. Steffie Ambrozak (St. Josephs, Santa Maria) took the Girls' Small School race at 20:08 with Lompoc winning 36-38 over St. Joe's.

● Central Park Invitational

October 14. Huntington Beach--This popular meet, sponsored by Huntington Beach and Fountain Valley High Schools, once again had a big and talented turnout of schools. They come from as far away as Nevada and Sacramento for this Meet and the competition was very good. The course was moved to another area of the park this year with times indicating a distance a bit short of 3 miles.

The teams were divided up into three divisions, with the talented Agoura boys and girls squads the most impressive teams of the day, with Bryan Dameworth (Agoura) and Shelley Taylor (Edison, Huntington Beach) continuing to roll during undefeated seasons.

Taylor's win was impressive, as she marked a 100 yard victory over 10:36 3200m runner, and two time Kinney National Finalist in the sport, Deena Drossin (Agoura).

The Division I Boys Varsity race featured a match-up between the Southern Section's highly ranked Saddleback (Santa Ana) team and Del Campo (Fair Oaks), a Sac Joaquin Section power. With Dan Niednagel (Dana Hills) cruising to a 14:27 win, Saddleback's Dan Salinas (2nd-14:32) and Bob Price (3rd-14:38) led their school's charge that had them total 34 points (74:46) to comfortably handle Del Campo 72 (76:25) and Fountain Valley 77 (76:32). Buena (Ventura) looked very strong on the Girls' side at that level, with Fanya Bryand (1st-17:26) and Karen Hinkle (2nd-17:30) leading the Channel League power to 30 points (89:45).

Bryan Dameworth (Agoura), possibly the top prep male harrier in the country, continued to roll here, winning by almost 50 seconds over teammate Quentin Bauer 13:56-14:43. The Agoura Boys scored 35 points (74:23) to win easily. On the Girls' side at that level an interesting dual involved Shelley Taylor (Edison, Huntington Beach) and Deena Drossin (Agoura). Drossin is one of the nation's best, having qualified for the Kinney Nationals two times and having won the Division I State title in this sport two years ago as a ninth grader. Taylor had been ripping up course this Fall, setting course records and leaving the competition way, way behind. Their match-up here was one looked forward to by many. Taylor went out aggressively, leading Drossin through the first mile of the course, with the vet Agoura athlete moving past the soph Edison runner during the middle part of the course. However, Taylor showed real aplomb when the going became tough in the third mile, easing past Drossin, and moving to a very comfortable 16:34-16:51 win. Agoura was tough as a team, scoring 30 points (88:52) to win over Edison 86 (95:46).

Division III had a fine San Diego High group, led by Fusson Keflezighi (1st-15:07), scoring 64 points (79:55) to win easily. Yucaipa packed its scorers within a minute on the Girls' side to win with 46 points (97:29), with Denisha Bendz (Costa Mesa) the individual winner at 18:00.

● Serrano Invitational

October 14. San Bernardino Co. Championships--Serrano High School hosted another County Championship that is trying to build support among area schools. Etiwanda High School, in the quickly growing west end of the county, has a fine program, with Coach Lynn Buehler's boys and Kevin Uhl's girls taking the Large School team competitions, scoring 43 and 24 points respectively. Colton's Marion Sepulveda was the Girls' winner at 19:32, with Luis Escanuela (Eisenhower, Rialto) taking the Boys Large School run at 15:58. Fine Section 1A group, 29 Palms was the Boys Small School winner with 25 points, as Bob Bush (Inland Christian, San Bernardino) took the individual title at 16:34. The host Serrano squad took the Girls Small School division with 36 points, as Tanya Thayer (Serrano) won the race at 20:19.

● Brea-Olinda Invitational

October 14. Carbon Canyon Park--Coach Dan King and Brea hosted this meet at the popular Carbon Canyon Park. A turnout of about 20 schools ran under the format of #1 from each school in a race against the #1 athlete other schools, #2 against #2, and so on down the line through the team. Mark Gonzales (La Habra) was very impressive with a 15:31 win over Buddy Jones

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(Wilson, Hacienda Heights) 15:38, Sal Zavala (Los Amigos, Garden Grove) 15:52, and Tony Bergman (Whittier Christian, La Habra) 15:59. Esperanza totaled the top Boys' team time at 83:11 over Whittier Christian's 83:31. Tish Williams, also of La Habra, took the Girls' #1 race at 19:07 over Rose Holas (Esperanza) 19:35, with La Habra recording a 105:03 for easily the day's quickest Girls' team time.

● Palos Verdes Invitational

October 14.--The level of competition was very high in the Palos Verdes Invitational run over the short



JEANNIE ROTHMAN

Fine Flicks by Don Gosney

Goat course. Strong PV and Mt. Carmel (San Diego) squads battled on the Girls' side, with Thousand Oaks edging Hart (Newhall) in the Boy's division. The races are run with the #1 runner of one school racing against the #1 of the other teams, #2 against #2, and so on down the line. The times of a squad's seven finishers are added up to determine team time winners.

Palos Verdes and Mt. Carmel kind of alternated individual wins through the #7 through #3 runners on the Girls' side, as two of the State's top teams left the competition far behind. Bernice Santoyo (Mountain View, El Monte) won the #2 runners' race at 13:53, with Jeannie Rothman (Westlake, Westlake Village) taking the #1 race with the day's quickest time of 13:39 over Long Beach Wilson's Erica Sumi (13:40), with the afore mentioned trio the only under 14:00 this morning. PV totaled 101:51 to Mt. Carmel's 102:42, both far ahead of the pack.

Clay Biddle, a 4:18.07 1600m runner for Mt. Carmel, had the day's quickest boys' clocking, an 11:23 in nipping Israel Pose (Torrance) 11:24 and Steve Gonzales (Carson) 11:30. Thousand Oaks surprisingly nipped Hart 86:33-86:39 in the team time contest, with Hart's #3 and #4 runner reportedly missing the early morning bus.

● Riverside County Championships

October 14.--Highly thought of Rubidoux (Riverside) squads swept to both the Boys and Girls Large School titles in this Meet. Javier Chavez (16:06), 11th grade star for the winning squad, was the Boys' individual titlest at 16:06 over Kevin Prestwich (Hemet) 16:10, and Robert Garcia (Canyon Springs, Moreno

Valley) 16:13. The Rubidoux Boys' team totalled 37 (82:41) over Canyon Springs (80-83:41) and Norco (86-84:26). Frosh Danielle Pekar (Rubidoux-19:07) was a big winner over Shamika Lowery (Norco-19:43), with Rubidoux totalling 34 (101:53) to win over Corona 82 (106:45) and the pack. Temecula Valley (36-86:58) took Norte Vista (Riverside) 43 (87:51) in the Division II Boys' contest, with James Pendergraph (Norte Vista) the individual winner at 16:16. Centennial, the new school in the Corona District, under Coach Mark Newton, who moved from Corona, took the Division II Girls race with 46 points (109:53). Sheila Aguilar (Norte Vista) took the race at 19:50.

● Orange County Invitational.

Oct. 21. Irvine Park.--The very potent Orange County area of the Southern Section met at Irvine Park in a date conflict with the Mt. SAC affair. With a whole bunch of hot individuals and teams placed in a powerful Woodbridge (Irvine) Girls' squad showed its dominance over the area this Fall with a comfortable win over Irvine 69 (95:36)-108 (97:06) and the pack on that side, with Kim Robinson (Newport Harbor) the race winner at 18:10 over Los Alamitos soph Tracy Fatone (18:24). Martha Pinto (Katella, Anaheim) raced a surprising 17:35 to win a race set up for top individuals, leaving Susannah Thrasher (Villa Park) 18:06, and outstanding 9th grader, Christine Engesser (Ocean View, Huntington Beach) 18:15, quite a ways to the rear.

On the Men's side Mike Farrell won against South Coast League rival Dan Niednagel (pronounce it need-noggle) 15:20-15:26. The San Clemente team, which has been kind of scarce in multi-team invitational affairs, rode Farrell's win to a comfortable 101 (79:44)-123 (80:33) win over an all-underclass El Toro squad. La Habra junior Mark Gonzales had the day's other quickest time in his 15:27 Race #2 win.

● Mt. SAC Invitational (High School Portion)

The largest prep Cross Country Meet in the Western United States, featuring over 300 schools and 7000 athletes, the Mt. SAC/Walnut HS Invitational was held Friday, October 20th, and Saturday, October 21st. The gathering of teams and individuals from up and down California, and the neighboring states of Nevada, Arizona and Oregon was again an exciting show.

Friday's action was for smaller schools, with Karen Hecox (South Hills, West Covina, CA) putting in her first solid invitational effort, a leisurely 18:41 win that had her out in front by 220 yards at the finish. Hecox finished without pain, good news since she had been held out of the first half of the season with knee pain after banging into some furniture. The most interesting team result from Friday was the Girls of Monument Valley (Arizona) and their decisive win over the top California Small School teams. The Arizonans scored 66 points easily handle the defending California State Small Schools (under 699) Champion Bret Harte (Altaville) at 142, a squad that returned four of its top five (and added a frosh athlete who is breaking into that group). The top seven ranked Small School California squads were entered in Monument's race, with the Arizonans margin of team time (101:53-107:22 Bret Harte) over the field very impressive! Whittier Christian (87-84:36), led by individual winner Tony Bergman (16:00), marked a win over McFarland (102-85:08) on the Men's side on Friday, with McFarland handling Southern California's top ranked Small School teams and solidifying its hold on the top ranking statewide there. Whittier Christian will go to the Middle School division at State.

On Saturday there were some big showdowns.

Bryan Dameworth (Agoura), burning up the courses, would meet Louie Quintana (Arroyo Grande), the nation's quickest 10th grade 1600m runner last spring (4:12.24) and only soph qualifier for the 1988 Kinney Nationals in the Team Sweepstakes Race. Also featured there would be the state's top six ranked Large Schools. Dameworth has to fear Quintana's kick, with the Agoura star moving to a 20 yard lead over Louie and Camarillo's Abe Valdez by the 1320, and having a comfortable lead through the relatively flat first mile in 4:40. Up and over the very hilly next 1320 over the "switchback loop," it was Eliazar Herrera (Hoover, Glendale) who moved up to challenge Dameworth, with Quintana back about 20 yards as the race headed towards the very steep "poop-out hill" at the two mile mark. During the rolling half mile after the two mile point and the tough "reservoir" hill section Quintana pulled close to Dameworth, and he could reach out and touch the Agoura star before the mostly downhill and flat half-mile run in to the finish started. When the duo came down to the air-strip and the flat quarter mile run in to the finish Quintana actually had a narrow lead. During a furious final 220 Dameworth showed great strength, edging away to a 14:41 win (#4 performer ever here), with Quintana setting a new 11th grade mark of 14:45. Camarillo continued its big season as a team, racing to another solid performance, scoring 65 points (5th runner 21st place against sixteen fine squads) with their team time of 78:27 the #4 team time ever. Herrera ended up 3rd in a fine 15:07, with Camarillo's Abe Valdez 15:14, and Canyon of Canyon



Dynamic duo of LOUIE QUINTANA (#2) and BRYAN DAMEWORTH (#1) (shown here at the Kinney Western Regionals)

Fine Flicks by Don Gosney

Country's fine soph, Dave Hartman, next at 15:15. De La Salle (Concord) showed its power, finishing 2nd with 117 points (80:20), with Agoura 164 (80:37), Canyon (CC) 180 (81:13), Saddleback (Santa Ana) 197 (81:32), and Arroyo Grande 204 (81:17), proving

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themselves among the state's better Large School squads by their efforts here.

On the Girls Team Sweepstakes side, undefeated stars Shelley Taylor (Edison, Huntington Beach) and Miesha Marzell (Reed, Sparks, NV) would do battle. Taylor, a 4:58 1600m runner last year in her first year of running as a 9th grader, had been tearing courses apart locally, with Marzell, a 4:37.62 (1500m) and 10:02.4 (3K) performer as an 8th grader, ruling the age-group roost nationally for the last few years. Marzell had beat Northern Cal's best by 40 seconds at Stanford, and likes to go out quick, as her 5:15 first mile here had thirteen seconds on Taylor. Shelley had closed half of that margin down by the top of the switchbacks, with Marzell holding her lead through the two mile mark after the top of poop-out hill. During the half-mile when the race was hidden from spectators behind Reservoir Hill, Taylor moved past into the lead, with Shelley leading Deena Drossin (Agoura) by 50 yards at the top of Reservoir Hill with Marzell battling fellow Nevadan Kim Orlando (Carson City) for 3rd. Taylor sailed in easily to win at 17:50 (#19 performer all-time), continuing a season in which she has had no one closer than 100 yards at the finish. Deena Drossin led her Agoura squad to a decisive team win scoring 72 points (96:17 #19 team ever). Mt. Carmel (San Diego) 116 (99:22), Buena (Ventura) 126 (99:26), and State Division II power La Jolla 136 (99:21) followed.

San Diego Prelim

November 10, Morley Field, San Diego.

Boy's Results (3.02 Miles)

Small Schools: 1. Soto (Christian) 16:23, 2. Te Velde (Calvin) 16:58, 3. Carter (Calvin) 17:31, 4. Hinman (Lutheran) 17:42, 5. Cox (Christian) 17:59, 6. Wilgenburg (Calvin) 18:06, 7. Bateman (Bishop's) 18:07, 8. Cross (Calvin) 18:15, 9. Yoon (Army-Navy) 18:25, 10. Ganz (Coronado) 18:23.

Teams: 1. Calvin 33, 2. Bishop's 80, 3. Coronado 86, 4. Christian 105, 5. Army-Navy 129.

1A Division: 1. Bache (USDHS) 15:56, 2. Keim (San Pasqual) 16:24, 3. O'Neill (San Pasqual) 16:37, 4. Winters (San Pasqual) 16:37, 5. Hernandez (Mar Vista) 16:48, 6. Walker (San Pasqual) 16:50, 7. Kinkade (El Camino) 16:52, 8. Engel (San Pasqual) 16:58, 9. Castro (Ramona) 17:00, 10. Christensen (San Pasqual) 17:13.

Teams: 1. San Pasqual 23, 2. La Jolla 99, 3. University 128, 4. El Camino 134, 5. Ramona 155.

2A Division: 1. Virgil (Santana) 15:40, 2. Reid (Santana) 16:02, 3. B. Ricketts (Hilltop) 16:07, 4. E. Ricketts (Hilltop) 16:08, 5. Lozano (Helix) 16:30, 6. Arevalo (Grossmont) 16:37, 7. Conyers (Grossmont) 16:40, 8. Jude (El Cajon) 16:44, 9. Dilligan (Pt. Loma) 16:48, 10. Drilling (Monte Vista).

Teams: 1. Helix 62, 2. Santana 111, 3. Grossmont 118, 4. Vista 166, 5. El Cajon and Torrey Pines 192.

3A Division: 1. Hernandez (Bonita Vista) 16:07, 2. F. Kellezighi (San Diego) 16:20, 3. Arnold (Poway) 16:37, 4. Finn (Poway) 16:37, 5. Mallory (Poway) 16:42, 6. Ixta (Fallbrook) 16:53, 7. Navarro (Rancho Buena Vista) 16:55, 8. Shoemaker (Poway) 16:56, 9. Purcell (Fallbrook) 17:01, 10. A. Kellezighi (San Diego) 17:02.

Teams: 1. Poway 31, 2. Fallbrook 80, 3. San Diego 87, 4. Mt. Carmel 125, 5. Mira Mesa 127.

Girls' Results

Small Schools: 1. V. Reza (Coronado) 16:19, 2. Raggatt (Coronado) 17:54, 3. Goldberg (Bishop's) 17:55, 4. Briggs (Christian) 17:57, 5. Egri (Gompers) 17:59, 6. Martini (Gompers) 18:01, 7. Fleming (Christian) 18:06, 8. Mancilla (Gompers) 18:12, 9. R. Reza (Coronado) 18:18, 10. Howerzyl (Calvin) 18:32.

Teams: 1. Coronado 42, 2. Gompers 63, 3. Christian 68, 4. Calvin 79, 5. Bishop's 94.

1A Division: 1. Hadley (San Pasqual) 14:52, 2. Villoreale (La

Jolla) 15:29, 3. Blunt (San Pasqual) 15:48, 4. Bache (La Jolla) 15:50, 5. Keim (San Pasqual) 15:50, 6. Schoene (La Jolla) 15:52, 7. Hernandez (San Pasqual) 16:06, 8. Ellerts (San Pasqual) 16:18, 9. Villasenor (San Pasqual) 16:28, 10. Depeu (El Camino) 16:34.

Teams: 1. San Pasqual 24, 2. La Jolla 37, 3. El Camino 118, 4. Mission Bay 146, 5. Ramona 171.

2A Division: 1. Young (Grossmont) 15:25, 2. Nicodemus (Grossmont) 15:26, 3. Stevens (Pt. Loma) 15:26, 4. Rouse (Castle Park) 15:45, 5. Russell (El Capitan) 16:03, 6. McDowell (Valhalla) 16:08, 7. Hanna (El Cajon) 16:19, 8. Chiarllo (San Marcos) 16:15, 9. Sanford (Monte Vista) 16:17, 10. Yaddow (Monte Vista) 16:19.

Teams: 1. El Capitan 82, 2. Monte Vista 86, 3. Torrey Pines and Grossmont 99, 5. Valhalla 158.

3A Division: 1. Glusac (Fallbrook) 15:12, 2. Cooper (Mt. Carmel) 15:26, 3. Glastad (Poway) 15:31, 4. Barnhart (Poway) 15:34, 5. Scott (Mt. Carmel) 15:36, 6. Stowell (Mt. Carmel) 15:37, 7. Schelbel (Orange Glen) 15:38, 8. Callan (Poway) 15:41, 9. Hornbacher (Rancho Buena Vista) 15:43, 10. Carl (Mt. Carmel) 15:43.

Teams: 1. Mt. Carmel 35, 2. Poway 51, 3. Fallbrook 107, 4. Mira Mesa 118, 5. Rancho Buena Vista 138.

CIF SECTION RESULTS

Northern Section.

Nov. 9, From Bruce Makinson (Shasta).

Boy's Results:

Individuals: 1. Jeremy Redding (Central Valley 12) 16:00, 2. Chris Dawson (Shasta II) 16:37, 3. Eric Carlson (Enterprise 11) 16:38, 4. Phil Rochleau (Paradise 12) 16:53, 5. Sergio Gonzales (East Nicolaus 11) 17:09, 6. Bryan Slinkard (Modoc 11) 17:15, 7. Mike Blaney (Red Bluff 12) 17:20, 8. Brooks Vonbargen (Chico Sr. 12) 17:26, 9. Jeremy Ravenscroft (Yreka 9) 17:30, 10. Dan Shuteroff (Treka 12) 17:35, 11. Mike Beale (Shasta 11) 17:38, 12. Josh Doniak (Central Valley 11) 17:43, 13. Greer Gatlin (Weed 11) 17:50, 14. Matt Miles (Shasta 10) 17:54, 15. Scott Worden (Las Plumas) 17:54, 16. Josh Tharsing (Paradise 12) 17:58, 17. Dan Teeter (Lassen) 18:00, 18. Kevin Meranda (Oroville) 18:01, 19. Tim Miller (Quincy 12) 18:02, 20. Bill Bauerle (Anderson) 18:02.

Teams: 1. Shasta 74, 2. Yreka 120, 3. Paradise 151, 4. Oroville 151, 5. Central Valley 162, 6. Lassen 175, 7. Enterprise 175, 8. Chico Sr 186, 9. Quincy 207, 10. Red Bluff 208, 11. Las Plumas 229, 12. Modoc 242, 13. Pleasant Valley 290, 14. Anderson 310, 15. Wheatland 347.

Girls' Results:

Individuals: 1. Krissy Look (Shasta 10) 18:56, 2. Tina Gorbet (Lassen 12) 20:06, 3. Alicia Mercer (Pleasant Vly 11) 20:20, 4. Angie DiJulio (Anderson 11) 20:24, 5. Irene Cardenas (Bidwell Jr. 9) 20:26, 6. Trixie Robbins (Orland 10) 20:44, 7. Nicole Teter (West Vly 11) 20:50, 8. Becci Cilenti (Central Vly 12) 21:02, 9. Amy Micone (Lassen 11) 21:31, 10. Jenny Jackson (Red Bluff 9) 21:33, 11. Julie Vandye (Chico Sr.) 21:43, 12. Lisa Evanhoe (Shasta 12) 21:48, 13. Nicole Cosindas (Shasta 10) 21:56, 14. Heather Beale (Shasta 11) 21:59, 15. Daisy Stanhope (Las Plumas) 22:03, 16. Molly Long (Paradise) 22:05, 17. Monica Thomas (Anderson 12) 22:08, 18. Michelle Millard (Shasta 12) 22:09, 19. Dusty Allshouse (Lassen) 22:17, 20. Chantelle Copenhagen (Red bluff 9) 22:18.

Teams: 1. Shasta 45, 2. Anderson 82, 3. Lassen 89, 4. Red Bluff 97, 5. Paradise 129, 6. Chico Sr. 135, 7. West Valley 135, 8. Pleasant Valley 185, 9. Oroville 247.

San Diego Section.

Nov. 10, Morley Field.

Small School Division:

Boy's Results: Individuals: 1. David Soto (Christian) 16:23, 2. George Te Velde (Calvin Christian) 16:58, 3. Mike Carter (Calvin Christian) 17:31, 4. Steve Hinman (Lutheran) 17:42, 5. Josh Cox (Christian) 17:59, 6. Brian Wilgenburg (Calvin Christian) 18:06, 7. Matt Bateman (Bishops) 18:07, 8. Ian Cross (Calvin Christian) 18:15, 9. Charlie Yoon (Army-Navy) 18:25, 10. Jon Ganz (Coronado) 18:28.

Teams: 1. Calvin Christian 33, 2. Bishops 80.

Girls' Results: Individuals: 1. Viviana Reza (Coronado 12) 16:19, 2. Kara Raggatt (Coronado 10) 17:54, 3. Kathi Goldberg (Bishops) 17:55, 4. Summer Briggs (Christian 9) 17:57, 5. Denise Egri (Gompers 9) 17:59, 6. Ashlie Martini (Gompers 9) 18:01, 7. Cheri Flemming (Christian 10) 18:06, 8. Claudia Mancilla (Gompers 9) 18:12, 9. Regina Reza (Coronado 10) 18:16, 10. Heather Howerzyl (Calvin Christian 10) 18:32.

Teams: 1. Coronado 42, 2. Calvin Christian 63.

Division 1A:

Boy's Results: Individuals: 1. Tom Bache (University 12) 15:56, 2. Brian Kiam (San Pasqual) 16:24, 3. Devin O'Neill (San Pasqual) 16:37, 4. Bryan Winters (San Pasqual) 16:37, 5. Hector Hernandez (Mar Vista) 16:48, 6. Robert Walker (San Pasqual) 16:50, 7. Chris Kincade (El Camino 10) 16:52, 8. Eric Engel (San Pasqual) 16:58, 9. Gareth Christiansen (San Pasqual) 17:00, 10. Xavier Castro (Ramona) 17:13.

Teams: 1. San Pasqual 23, 2. La Jolla 96.

Girls' Results: Individuals: 1. Deana Hadley (San Pasqual 10) 14:52, 2. Patty Villarreal (La Jolla 12) 15:29, 3. Erin Blunt (San Pasqual 10) 15:48, 4. Stephanie Bache (La Jolla 10) 15:50, 5. Milissa Keim (San Pasqual 9) 15:50, 6. Julie Schoene (La Jolla 10) 15:52, 7. Alma Hernandez (San Pasqual 12), 8. Allison Ellerts (San Pasqual 11) 16:18, 9. Jeni Villasenor (San Pasqual 10) 16:28, 10. Tina Depeu (El Camino 11) 16:34.



KRISSY LOOK

MILENA GLUSAC

Fine Flicks by Don Gosney

Teams: 1. San Pasqual 23, 2. La Jolla 38.

Division 2A:

Boy's Results: Individuals: 1. David Virgil (Santana 12) 15:40, 2. Russell Reid (Santana 12) 16:02, 3. Bill Ricketts (Hilltop 12) 16:07, 4. Eric Ricketts (Hilltop 10) 16:08, 5. Javier Lozano (Helix) 16:30, 6. Carlos Arevalo (Grossmont) 16:37, 7. John Conyers (Grossmont) 16:40, 8. Dan Judie (El Cajon Vly) 16:44, 9. Matt Dilligan (Pt. Loma) 16:48, 10. Andy Drilling (Monte Vista) 16:49.

Teams: 1. Helix 62, 2. Santana 108.

Girls' Results: Individuals: 1. Kelly Young (Grossmont 11) 15:25, 2. Alica Nicodemus (Grossmont 11) 15:26, 3. Kerry Stevens (Point Loma) 15:26, 4. Sandra Rouse (Castle Park) 15:45, 5. Laura Russell (El Capitan) 16:03, 6. Margaret McDowell (Valhalla) 16:05, 7. Janet Hanna (El Cajon Vly) 16:14, 8. Eleanore Chiarllo (San Marcos) 16:15, 9. Karla Sanford (Monte Vista) 16:17, 10. Traci Yaddow (Monte Vista) 16:19.

Teams: 1. El Capitan 80, 2. Monte Vista 85.

Division 3A:

Boy's Results: Individuals: 1. Jeff Hernandez (Bonita Vista)

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16:07, 2. Fuszum Keflezighi (San Diego) 16:20, 3. Nate Arnold (Poway 10) 16:37, 4. Sean Finn (Poway 11) 16:41, 5. Darrin Malloy (Poway 12) 16:42, 6. Reynaldo Ixta (Fallbrook) 16:53, 7. Josee Navarro (Rancho Buena Vista) 16:55, 8. Spence Showmake (Poway 11) 16:56, 9. Brian Purcell (Fallbrook) 17:01, 10. Akila Keflezighi (San Diego) 17:02.

Teams: 1. Poway 31, 2. Fallbrook 80.

Girl's Results: Individuals: 1. Milena Glusac (Fallbrook 9) 15:12, 2. Angie Cooper (Mt. Carmel 10) 15:27, 3. Dawn Gistad (Poway) 15:31, 4. Tara Barnhardt (Poway 11) 15:34, 5. Susan Scott (Mt. Carmel 10) 15:36, 6. Charity Stowell (Mt. Carmel 12) 15:37, 7. Gretchen Scheibel (Orange Glen) 15:38, 8. Monica Callan (Poway) 15:42, 9. Mira Hornbacher (Rancho Buena Vista) 15:43, 10. Kathleen Carl (Mt. Carmel 10) 15:43.

Teams: 1. Mt. Carmel 35, 2. Poway 51.

○ San Francisco Section.

Nov. 15, Golden Gate Park.

Boy's Results: Individuals: 1. Dave Donohoe (Lowell) 18:15, 2. Luke Lim (Lowell) 18:44, 3. Bo Lim (Lowell) 18:54.

Teams: 1. Lowell 16, 2. McAteer 76, 3. Washington 99, 4. O'Connell 132, 5. (tie) Wallenberg and Lincoln 136, 7. Galileo 189, 8. Balboa 230.

Girl's Results: Individuals: 1. Mona Pena (Washington) 21:02, 2. Lisa Lopez (Balboa) 21:44, 3. Tanya Lazar-Lea (McAteer) 22:30.

Teams: 1. Lowell 34, 2. McAteer 62, 3. Washington 98, 4. Wallenberg 110, 5. Lincoln 114, 6. (tie) Galileo and O'Connell 173.

○ North Coast Section

3A.

Nov. 18, Monte Vista High School, Danville, 3 Miles.

De La Salle, the Bay Valley Athletic League champion, won its first NCS 3A cross country title with 31 points. Amador Valley, the East Bay Athletic League champion, placed second with 60 points. Livermore, second in the EBAL, was third with 105 points.

"I knew the guys were real tough," Joe Stocking, the De La Salle coach said to Joe Roderick of the *Contra Costa Times*. "They were really running hard and racing hard."

De La Salle placed fifth in Division I of the State Meet last year. This year they were ranked second in the state behind Camarillo. De La Salle finished second to Camarillo at the Stanford Invitational and Mt. SAC.

"We're preparing," Stocking said. "It's the last phase of our preparation. Camarillo has an edge, but we've closed the gap. We've improved since the last time we've met them."

Jeremy Seven (DeLaSalle) set a new course record of 15:51. The old record of 16:32 was set by Donnie Nelson (Foothill) in 1988.

Shumeye Mamo (Berkeley), who placed second to Seven in the BVAL meet, did not finish. He pulled his hamstring on Wednesday.

Becky Spies (Livermore) set a new course record of 18:43.0. The old record of 19:07 was set by Spies on Nov. 9.

San Ramon Valley, only fourth in the EBAL, won the girls' team title with 82 points. California, second in the EBAL, also had 82 points. San Ramon's sixth runner was 36th and California's was 67th. Berkeley, second in the BVAL, placed third with 144 points.

Freshman Eris Miller (Clayton Valley), the BVAL champion by 40 seconds, broke her arm and did not run. Cindy Prindiville (Carondelet) collapsed from heat stroke, while running in fifth place.

The first two teams and the first five individuals not on one of those teams qualify for the State Meet Division I.

Boy's Results: Individuals: 1. Jeremy Seven (DeLaSalle) 15:51, 2. Todd Coulston (DeLaSalle) 16:32, 3. Jeff Aschbrenner (California) 16:40, 4. Mike Kuhl (DeLaSalle) 16:45, 5. Ahmik Jones (Livermore) 16:55, 6. Eric Hyde (Amador Valley) 17:00, 7. Brian White (Antioch) 17:03, 8. Graham Hawkinson (Amador Valley) 17:03, 9. Tess Beyene (Newark Memorial/Ethiopia) 17:05, 10. Dan Held (Santa Rosa) 17:08, 11. Tyler Robbins (DeLaSalle) 17:17, 12. Jason Minnig (Amador Valley) 17:17, 13. Josh Williams (Clayton Valley) 17:18, 14. Mark Douglas (Moreau) 17:18, 15. Brian Huarjardo (DeLaSalle) 17:24, 16. Jeff Hartin (Amador Valley) 17:26, 17. Guillermo Falla (DeLaSalle) 17:28, 18. James Zachary (DeLaSalle) 17:30, 19. Steve Myers (Livermore) 17:32, 20. Chris Anthony (San Ramon) 17:34, 21. Jeff Fox (Amador Valley) 17:39, 22. Dave Inter (Montgomery) 17:51, 23. Chris Puppione (Moreau) 17:59, 24. Shannon Lewis (Livermore) 18:00, 25. Dante Salvatierra (Clayton Valley) 18:02.

Teams: 1. De La Salle 31, 2. Amador Valley 60, 3. Livermore 105, 4. Moreau 151, 5. Clayton Valley 155, 6. Montgomery 160, 7. San Ramon Valley 195, 8. Antioch 202, 9. Logan 246, 10. California 267, 11. Santa Rosa 274, 12. American 302, 13. Irvington 348, 14. Rancho Cotate 381.

Girl's Results: Individuals: 1. Becky Spies (Livermore) 18:42, 2. Melissa Freeberg (California) 19:43, 3. Nika Horn (Santa Rosa) 20:18, 4. Tami Stepp (Amador Valley) 20:38, 5. Rhonda Mazza (Santa Rosa) 20:58, 6. Joy Harris (Mission San Jose) 21:06, 7. Julie Schuster (Monte Vista) 21:22, 8. Solange Belcher (Berkeley) 21:37, 9. Beth Glaser (San Ramon) 21:38, 10. Jeni Woolsey (Eureka) 21:52, 11. Jessie Theriault (San Ramon) 21:53, 12. Kerry Dale (California) 21:53, 13. Adriana Frye (Berkeley) 22:03, 14. Lori Juarez (California) 22:11, 15. Shipa Patil (Ygnacio Valley) 22:15, 16. Tara McDonald (Newark Memorial) 22:15, 17. Erin Moore (Moreau) 22:23, 18. Wendy Beardall (Santa Rosa) 22:23, 19. Julie Jenkins (San Ramon) 22:24, 20. Lisa Lemus (Rancho Cotate) 22:24, 21. Laura Buhl (San Ramon) 22:26, 22. Stacie Johnson (Antioch) 22:29, 23. Jenny Haid (California) 22:29, 24. Cherie Bishop (Rancho Cotate) 22:30, 25. Stephanie Bosch (Ursuline) 22:31.

Teams: 1. San Ramon Valley 82 (36), 2. California 82 (67), 3. Berkeley 144, 4. Carondelet 155, 5. Monte Vista 157, 6. Moreau 172, 7. Santa Rosa 173, 8. Livermore 186, 9. Rancho Cotate 199, 10. Antioch 208, 11. Newark Memorial 222, 12. Ursuline 272, 13. Logan 308, 14. Mission San Jose 313.

2A

Nov. 19, Merritt Junior College, Oakland, 3 Miles.

(The first two teams and the first five individuals not on one of those teams qualify for Division II of the State Meet).

Boy's Results: Individuals: 1. Kevin Berkowitz (Hayward) 15:46, 2. Neil Thompson (Del Norte) 16:26, 3. Richie Boulet (Drake) 16:33, 4. Dan Stoll (College Park) 16:37, 5. Jason Atwood (Castro Valley) 16:43, 6. Mike Hillyard (Arcata) 16:46, 7. Darren Gray (Las Lomas) 16:48, 8. Brian Berry (Castro Valley) 16:51, 9. Shane Swanson (Fortuna) 16:53, 10. Daniel Montoya (Arcata) 16:54.

Teams: 1. Arcata 73, 2. Northgate 109, 3. Beneicia 121, 4. Castro Valley 124, 5. College Park 148, 6. Piedmont 206, 7. Petaluma 212, 8. Redwood 213, 9. Fortuna 241, 10. Miramonte 245, 11. San Rafael 251, 12. Hayward 260, 13. Bishop O'Dowd 321, 14. Campolindo 344, 15. Encinal 389.

Girl's Results: Individuals: 1. Sarah Riley (Campolindo) 18:16, 2. Neve Swagerman (Tamalpais) 18:42, 3. Melissa Ackerman (Castro Valley) 19:16, 4. Becky Kopchik (Northgate) 19:23, 5. Catherine Venables (Encinal) 19:26, 6. Alisa Jones (Redwood) 19:49, 7. Elice Patterson (Castro Valley) 19:52, 8. Angela Dalke (Bishop O'Dowd) 20:15, 9. Michelle Cadd (Healdsburg) 20:26, 10. Kim Sousa (Arcata) 20:27.

Teams: 1. Piedmont 91, 2. Castro Valley 98, 3. Bishop O'Dowd 138, 4. Campolindo 140, 5. Northgate 153, 6. Encinal 153, 7. San Marin 177, 8. Redwood 213, 9. Arcata 242, 10. Miramonte 258, 11. Terra Linda 276, 12. Concord 295, 13. El Molino 302, 14. Acalanes 344, 15. Tamalpais 347.

1A

Nov. 18, Patrick's Point State Park, Trinidad, 3 Miles. From Miles Eisenman.

Boy's Results: Individuals: 1. Matt Metzger (University 12) 15:47, 2. Phil Crabbe (College Prep, Oakland) 16:05, 3. Calab Skandera (Covenant, Santa Rosa 12) 16:09, 4. Rio Anderson



BETH BARTHOLOMEW

Fine Flicks by Don Gosney

(South Fork 11) 16:17, 5. Gene Colter (San Francisco 12) 16:23, 6. Merrill Samuels (California School for the Deaf) 16:24, 7. Joel Tell (Fort Bragg) 16:24, 8. Eli Gibbons (Willits) 16:47, 9. George Hughes (McKinleyville) 16:56, 10. Jessie Miklose (Fort Bragg) 17:06.

Teams: 1. Lick-Wilmerding (San Francisco) 72, 2. University High (San Francisco) 88, 3. South Fork 91, 4. Fort Bragg 100, 5. California School for the Deaf 105, 6. Southern Trinity 111, 7. Kelseyville 141, 8. Willits 190.

Girl's Results: Individuals: 1. Laura Hamady (Urban, S.F. 9) 19:03, 2. Casey Leary (Branson, Ross 12) 19:43, 3. Nicki Clark (Marin Academy, San Rafael 10) 19:47, 4. Jonette Vollmer (Fort Bragg 12) 19:54, 5. Kamy Gardner (College Prep 11) 20:01, 6. Maya Hites (Head-Royce) 20:18, 7. Lynn Segas (University 11) 20:57, 8. Sarah Hoagland (Branson) 21:07, 9. Emma Chesney (Lick-Wilmerding 11) 21:13, 10. Molly McMillen (Fort Bragg) 21:28.

Teams: 1. Lick-Wilmerding 38, 2. University High 59, 3. Head-Royce (Oakland) 66, 4. Fort Bragg 67, 5. Kelseyville 127.

○ Central Coast Section.

Nov. 18, Crystal Springs, Belmont, 2.9 Miles.

Division I:

Watsonville, which was hit hard by the earthquake of Oct. 17, upset Bellarmine for the boys' team title. The Bells had won six straight times.

"When you consider what they (Watsonville) have been through over there the last month, you better take off your hat to their performance," Bellarmine coach Terry Ward said to Fran Errota (*Peninsula Times Tribune*).

Matt Ringer (Homestead) placed first.

"I ran my own race today without worrying about what someone else would do," Ringer said to Errota. "I ran the first mile in 5:01 and the last in 5:10, in other words, it was consistent for this course."

Beth Bartholomew (Fremont, Sunnyvale) won for the second straight year with a time of 18:26.3.

"I won't kid anybody, I wanted to go faster," Bar-

continued next page...

PREP NOTES

tholomew said to Errota. "It might have been the warm weather, but it probably is more a case of my not being in racing shape."

"I was fifth in the State Meet last year and I want to improve."

The first two teams and the first five individuals not on those teams qualify for the State Meet.

Boy's Results: Individuals: 1. Matt Ringer (Homestead 12) 15:26, 2. James Joyner (Gunderson 11) 15:32, 3. Phil Kilbridge (Serra 12) 15:43, 4. Sean Murphy (Leland 12) 15:50, 5. Jason Pacheco (Live Oak 11) 15:44, 6. Spencer (Soquel) 15:56, 7. Nocho Flores (Watsonville 10) 16:00, 8. Tony Roman (Watsonville 12) 16:03, 9. Magness (Santa Teresa) 16:04, 10. Dan Zoldak (Bellarmine 12) 16:08, 11. Ayala (Overfelt) 16:09, 12. Francisco Hernandez (Watsonville 12) 16:15, 13. Branch (Serra) 15:18, 14. Soto (Fremont) 16:19, 15. Abdal (Gunderson) 16:19, 16. Kurimoto (Gunderson) 16:21, 17. Kyle Dando (Bellarmine 11) 16:25, 18. Ronan O'Flaherty (Bellarmine 12) 16:26, 19. Perez (Overfelt) 16:21, 20. Francisco Lopez (Watsonville 9) 16:32, 21. Munyak (Homestead) 16:32, 22. Xavier (Live Oak) 16:38, 23. Pat Kelly (Bellarmine 11) 16:41, 24. Carrillo (Salinas) 16:49, 25. Sjostrom (Santa Teresa) 16:44.

Teams: 1. Watsonville 73, 2. Bellarmine 95, 3. Gunderson 108, 4. Overfelt 153, 5. Serra 178, 6. Fremont (Sunnyvale) 196, 7. Homestead 218, 8. Santa Teresa 229, 9. Live Oak 239, 10. Leland 304.

Girl's Results: Individuals: 1. Beth Bartholomew (Fremont 12) 18:26, 2. Maria Solorio (Overfelt 11) 18:50, 3. Martha Luna (Watsonville 12) 19:23, 4. Keri Raygould (Leland 11) 19:36, 5. Kim Anderson (Santa Teresa 11) 19:47, 6. Isabel Quintero (Watsonville 10) 19:48, 7. Maritza Carrera (Watsonville 9) 19:50, 8. Peillus (Leland) 19:55, 9. Aurora Balading (Overfelt 11) 19:59, 10. Olmstead (Homestead) 20:04, 11. Jenny Rogers (Overfelt 11) 20:09, 12. Sanchez (Santa Teresa) 20:15, 13. Collins (Mount Pleasant) 20:16, 14. Javi Triggs (Overfelt 11) 20:39, 15. Kristina Berquist (Santa Teresa 12) 20:51, 16. Leon (Gunderson) 20:56, 17. Juana Moreno (Overfelt 9) 20:57, 18. Huff (Fremont) 21:06, 19. Fisher (Mt. Pleasant) 21:07, 20. Adams (Silver Creek) 21:16, 21. Aochi (Oak Grove) 21:18, 22. T. Anderson (Leland) 21:20, 23. Alexandra Moreno (Overfelt 11) 21:21, 24. Romero (Fremont) 21:23, 25. F. Luna (Watsonville) 21:29.

Teams: 1. Overfelt 50, 2. Santa Teresa 85, 3. Leland 102, 4. Watsonville 102, 5. Fremont 132, 6. Mt. Pleasant 170, 7. Gunderson 211, 8. Independence 22, 9. Silver Creek 224, 10. Gilroy 233.

Division II:

Paul Eley (Mills, Millbrae) posted the fastest time of the day, 15:12.

"I made surges every once in a while and I ran the hills hard," Eley said to Fran Errota (*Penninsula Times Tribune*). "I hoped that strategy would take away whatever kick they may have reserved for the last part of the race."

"I wanted to break the school record (15:07), but I'm happy with the win."

Boy's Results: Individuals: 1. Paul Eley (Mills 12) 15:12, 2. Andy Bupp (Woodside 12) 15:13, 3. Derek Waxman (San Mateo 12) 15:27, 4. John Hannon (Woodside 12) 15:46, 5. Nathan Johnson (Santa Cruz 11) 15:55, 6. Dave Olden (Carlmont) 15:58, 7. Dowens (Leigh) 16:00, 8. Tyson Thomas (St. Francis) 16:04, 9. Ernie Lee (Gunn) 16:06, 10. Mark McManus (St. Ignatius) 16:14, 11. Brad Blosser (St. Ignatius) 16:17, 12. Argot Carberry (Los Gatos 12) 16:20, 13. Ed McCormick (Prospect) 16:23, 14. Willie Clark (St. Francis) 16:26, 15. Gabe Kugler (Palo Alto 11) 16:27, 16. Rafi Kugler (Palo Alto 11) 16:27, 17. Adam Kemist (Aragon) 16:31, 18. Alex Reich (Palo Alto 12) 16:33, 19. Rudy Rucker (Los Gatos 12) 16:34, 20. Erik McMichael (Palo Alto 11) 16:37, 21. Aaron Kamp (San Lorenzo Valley) 16:37, 22. Moran (Lick) 16:37, 23. Soliven (No. Monterey Co) 16:40, 24. Martinez (No. Monterey Co) 16:41, 25. Whittaker (St. Ignatius) 16:43.

Teams: 1. Palo Alto 78, 2. Los Gatos 92, 3. St. Ignatius 96, 4. Leigh 119, 5. North Monterey County 125, 6. St. Francis 129, 7. Half Moon Bay 186, 8. Gunn 218, 9. Lick 235, 10. Los Altos 262.

Girl's Results: Individuals: 1. Becky Kaiser (Seaside 10) 19:02, 2. Jill Kurz (Mills) 19:14, 3. Alva Dancel (Mills 12) 19:30, 4. Teneya Soderman (Gunn 11) 19:39, 5. LaTanya Johnson (Mitty) 19:48, 6. Misty Kalomiros (Los Gatos 12) 20:00, 7. Jenny Lemes (Los Altos 12) 20:06, 8. Ofelia Leon (Gonzales 12) 20:18, 9. Jeanene Harlick (Mills 10) 20:24, 10. Kelly Van Horbek (Half Moon Bay) 20:26, 11. Celeste Buchana (Mitty) 20:27, 12. Erin Brightwell (Mills 10) 20:38, 13. Franklin (Aptos) 20:39, 14. Suzanne Jones (Carlmont) 20:46, 15. Miller (St. Francis) 20:50, 16. Stein (Burlingame) 20:50, 17. Lanterman (Burlingame) 20:50, 18. Thea Roberts (Mitty) 20:59, 19. Bolin (Aragon) 21:01, 20. Jones (Leigh) 21:04, 21. Gina Turone (Presentation) 21:05, 22. Heather Gragsch (Los Gatos 10) 21:07, 23. Shandel Frank (Willow Glen) 21:14, 24. Carolyn Yang (Mt. View) 21:14, 25. Malick (Leigh) 21:16.

Teams: 1. Mills 43, 2. Los Gatos 95, 3. Mitty 112, 4. St. Francis 128, 5. Gunn 144, 6. Aragon 154, 7. Leigh 176, 8. Palo Alto 218, 9. Aptos 221, 10. Half Moon Bay 225.

Division III:

Boy's Results: Individuals: 1. Jeff Arnold (York 10) 16:11, 2. Aengus Jeffers (Stevenson 10) 16:49, 3. Pete Johnson (Berean Christian 12) 16:58, 4. Andrew Coleman (Pacific Grove 12) 17:04, 5. Carlos Perez (York 12) 17:07, 6. Harvey Contreras (Palma 12) 17:14, 7. Will Allan (Carmel 10) 17:21, 8. Dan Marks (Stevenson 12) 17:54, 9. Jesus Torres (York 11) 17:57, 10. Nathan Heymen (Monte Vista Christian 10) 18:03.

Teams: 1. York 36, 2. R.L. Stevenson 48, 3. Carmel 69, 4. Pacific Grove 93, 5. Monte Vista Christian (Watsonville) 110, 6. Menlo School 147.

Girl's Results: Individuals: 1. Liz Leigh-Wood (Santa Catalina 9) 21:25, 2. Nicole Dauphi (Stevenson 12) 21:40, 3. Jenny Curtis (Stevenson 11) 21:45, 4. Sarah Hamilton (Stevenson 11) 21:47, 5. Kristen Schroeder (Castilleja 9) 22:00, 6. Eileen Duncan (Santa Catalina 12) 22:01, 7. Waddel (Santa Catalina) 22:28, 8. Megan Driscoll (Stevenson 9) 22:29, 9. Khira Adams (York 12) 22:42, 10. Shelly Berridge (York 9) 22:46.

Teams: 1. Stevenson 37, 2. Santa Catalina 38, 3. York 70, 4. Castilleja 93, 5. Menlo School 121.

○ Southern Section Championships.

By DOUG SPECK

The huge Southern Section gathered on Nov. 10th and 18th for its annual Championship competition. With some of the state's and nation's finest teams and individuals there was some hot action. Unfortunately, the weather was unseasonably hot the Friday of the Prelims (10th) with many athletes and teams affected such that there were some definite upsets as a part of the action.

There was some very exciting action, as Bryan Dameworth (Agoura) and Louie Quintana (Arroyo Grande) met once again in the 2A finals, Shelley Taylor (Edison, Huntington Beach) had her most surprising test of the Fall, with the competition to sort out State Meet qualifiers from this very, very competitive area always interesting to watch.

Girls 4A: Palos Verdes was going for an amazing five consecutive Section 4A titles, with the all-underclass scoring group letting no one down, scoring 51 points (97.01) to comfortably handle Buena (Ventura) 72 (98.24). A return to form of soph Maya Muneno (7th-18:54) and fine newcomer frosh Tammy Wilcox (8th-18:54) led Coach Joe Kelly's team that etches a deeper and deeper mark each year as one of the area's great

prep dynasties in any sport. By time you are up to five consecutive titles you have gone through a couple of generations of athletes with the PV magic one of the more special features of the sport locally as of late. Individually here Shelley Taylor (Edison, Huntington Beach), who has had no one closer than 100 yards at the finish of any race in which she has put forth full effort, had a real race here. Jeannie Rothman (Westlake, Westlake Village), is a junior who is coming on strong. Taylor pushed hard, but could never shake the Westlake star throughout the last two miles of the course, with the final result in doubt until the final 50 yards, where Taylor mounted a stronger sprint to edge ahead 17:59-18:01. Tanya Brix (University, Irvine) looked good in 3rd at 18:22, continuing to recover from early season illness. A tragedy in this division in the Prelims was the non-qualification of Newport Harbor and St. Paul (Whittier), two of the State's better Medium size schools, who compete with larger schools in their 4A Leagues, but have to make the Section 4A finals to go on to state. Neither raced good enough to make the 4A finals, so statewide honors in Fresno were impossible. Newport had own the last two State Division II Championships.

Top Five Individuals:

1. Shelly Taylor (Edison) 17:59, 2. Jeannie Rothman (Westlake) 18:01, 3. Tany Brix (University) 18:22, 4. Terri Smythers (San Clemente) 18:51, 5. Marita Pinto (Katella) 18:43.

Teams: 1. Palos Verdes 51, 2. Buena 72, 3. San Clemente 137, 4. Channel Islands 142, 5. Corona del Mar 158.

Girls 3A: This was a division that was affected in a big way by the October 27th tragic auto accident that took the life of Hesperia team leader Nicole Robbins. One of the nation's best as a former Kinney National Finalist in the sport, the tragedy had obvious huge negative effects within the top-ranked Scorpion team. An Al Rhodes coached Alta Loma High squad steadily improved over the length of the season, and they moved ahead of a group of teams fairly even on paper to win the title over Paramount 68 (100:55)-77 (101:54). Nancy Ragon (Alta Loma) led her squad with an individual 18:47 win, with pre-meet favorite Suzanne Castruita (West Covina) 3rd behind Upland's Allison Norell. Alta Loma put four in the top seventeen in the race, with Paramount's sixth runner in at twelve positions better (26th in raw scoring) than AL's fifth scorer (38th) unable to overcome the Braves' up-front strength.

Top Five Individuals:

1. Nancy Ragon (Alta Loma) 18:47, 2. Allison Norell (Upland) 19:01, 3. Suzanne Castruita (West Covina) 19:02, 4. Tish Williams (La Habra) 19:07, 5. Sheila Aguilar (Norie Vista) 19:05.

Teams: 1. Alta Loma 68, 2. Paramount 77, 3. Rubidoux 126, 4. Hart 135, 5. Claremont 165.

Girls 2A: Some very, very solid teams graced this division. Agoura has been the state's top ranked team all season long, with Woodbridge (Irvine) and Arroyo Grande ranked among the state's half dozen at one time or another. Individuals such as Karen Hecox (South Hills, West Covina) and Deena Drossin (Agoura) would heat the action up front. In the team competition in the finals Agoura put together another strong group effort to take their third consecutive division title very easily with 47 points and a fine 96:17 team time. Tiffany York (5th-19:04), Chayenne Zontelli (10th-19:25), Sky Colclough (15th-19:59), and Luara Hayward (16th-20:07) make a darn solid group when coupled with team leader Drossin (who we will discuss in a moment). Arroyo Grande was next best with 83 points (100:07), with Woodbridge third at 98 with a team time of 101:06 that would unfortunately be short of qualifying for the State Meet. Individually, the contest

continued next page.

PREP NOTES

up front was very interesting. Defending Champion Karen Hecox had been held back for over a month early in the season with a knee that pained after banging it on a piece of furniture. Deena Drossin had her share of ailments that kept her out of action for a couple of weeks in September. Both athletes are Kinney National Finalists and among the nation's best on the track with their match-up obviously worth watching. Drossin was interested in throwing out a big challenge right from the start, as she aggressively took the race out and had broken contact with Hecox at the mile. Karen was not able to dent the margin through the difficult switchback portion of the course, with Deena holding a surprising margin through the last mile to come in with the Section's fastest time of the year, 17:42. Hecox held on to second, but was 220 yards behind at the finish in 18:29.

Top Five Individuals:

1. Deena Drossin (Agoura) 17:42, 2. Karen Hecox (South Hills) 18:29, 3. Angela Orefice (Arroyo Grande) 18:56, 4. Brandy Barr (Arroyo Grande) 19:01, 5. Tiffany York (Agoura) 19:04.

Teams: 1. Agoura 47, 2. Arroyo Grande 83, 3. Woodbridge 98, 4. Nordhoff 130, 5. San Marino 132.

Girls 1A: Cross Country is a very interesting sport in many ways. Probably the most interesting from a team standpoint is that there always seems to be room for the athlete who may not be specially talented but is willing to work hard to contribute. Here, this factor was personified, as athletes who covered this course in over 24 minutes decided a very competitive section title struggle. A season-long struggle between Alpha League rivals L.A. Baptist (Sepulveda) and Maranatha (Sierra Madre) had L.A.B. on top a number of times this Fall. Maranatha was going for its fourth consecutive team Section title under Coach Ken Cronquist. A number of other fine teams, led by Orange County's next Catholic athletic power, Santa Margarita (Mission Viejo), would make it interesting. Coupled with an interesting team struggle was Tanya Thayer (Serrano, Phelan) and her attempt to be the Section's first ever four-time individual titlist in the sport in any division. You are talking some very talented athletes of either sex in the history of this area, with such a possibility very, very special.

As championship races go, some people ran great and others fell off a bit. In probably as close a team struggle as in recent area history the first 8 teams ended up within 55 points at the finish. With your winner at about 100 points and a number of others close it was impossible to make any sense out of things by just watching the runners come by at the finish. This was one where the paperwork would tell an interesting story. That it did, with L.A. Baptist and Maranatha ending up both with 96 points through five scorers. When you went back to #6 for each it was Karin Singleton of Maranatha way back in 61st place at 24:12 who took Baptist's 65th place sixth athlete to determine the win (there were only 73 in the race). It turned out that one of Santa Margarita's runners collapsed just short of the finish and that school with 109 in 3rd would have been an easy winner had that not happened. Individually, it was talented frosh Maribella Aparicio (Fillmore), one of the nation's top age-groupers, who had run the equivalent of about an 11:15 two mile in the 8th grade, who was the favorite over Tanya Thayer. Maribella ran away and hid from the pack early on and was a 100 yard winner (19:03) over Jean Harvey (Paraclete, Lancaster) (19:25). Tanya Thayer finished 4th in 19:51, the latest of a couple who have tried but were not able to pull off that magic prep accomplishment of four individual titles in the sport in this area.

Top Five Individuals:

1. Maribella Aparicio (Fillmore) 19:03, 2. Jean Harvey (Paraclete) 19:25, 3. Cedar Kindsey (Cate) 19:42, 4. Tanya Thayer (Serrano) 19:51, 5. Jamie Kendig (La Reina) 20:04.

Teams: 1. Maranatha 96, 2. L.A. Baptist 96, 3. Santa Margarita 109, 4. Marymont 118, 5. Chaminade 129.

Boys 4A: Camarillo High has one of those magical groups that shows you what an intelligent and well-motivated group of teenagers can accomplish. They became this year's benchmark of excellence against which all others could measure themselves. The Scorpions' 78:27 from the ML SAC Invitational is the fastest ever from a Southern Section squad, with the crew leg



ABE VALDEZ



ELIAZAR HERRERA

Fine Flicks by Don Gosney

mately challenging for a mythical national title. There was really no question about their win here, should everyone be healthy. With Abe Valdez leading, the Scorpions totalled 56 points (78:59) to come in comfortably ahead of Orange County powers Saddleback (Santa Ana) 103 (80:41) and San Clemente 118 (81:20). The race for the individual title was a very, very competitive one, with six athletes within ten seconds of each other at the finish in a high quality contest. Dave Hartman (Canyon, Canyon Country) is a smooth-striding very competitive junior who kicked strongest to nip Abe Valdez (Camarillo) 15:12-15:13, with Eliazar Herrera (Hoover, Glendale) 15:15, and fine Torrance junior Israel Pose 4th in 15:19.

Top Five Individuals:

1. Dave Hartman (Canyon, CC) 15:12, 2. Abe Valdez (Camarillo) 15:13, 3. Eliazar Herrera (Hoover) 15:15, 4. Israel Pose 15:19, 5. Dan Berkeland (Canyon, CC) 15:21.

Teams: 1. Camarillo 56, 2. Saddleback 103, 3. San Clemente 118, 4. Canyon, Canyon Country 121, 5. Hoover, Glendale 131.

Boys 3A: Foothill League rivals Hart (Newhall) and San Gabriel completed their season long battle for supremacy here. Coaches Gene Blankenship (Hart) and Michelle Buchicchio (SG) are as good as any in the sport, with the still very competitive San Gabriel Coach probably able to handle all but one or two of the boys on her team over the 5K racing distance. Never lower than fourth in the division since 1984 it was probably Hart's turn, as the Indians put together their finest team effort of the season to win 64 (82:06)-102 (82:51) over SG. Hart has only two seniors in the top seven with San Gabriel three, so more of the same next time around. San Gabriel features one of the great young runners in the nation, with Angel Martinez the nation's fastest 3200 meter runner among 9th graders nationally in track last spring at 9:17.16. Here, he was a comfortable winner at 15:32 with Luis Escanuela (Eisenhower, Rialto) next at 15:36 and Rene Rigal (Loyola, L.A.) finishing off a fine local harrier career with his 15:41 in

3rd.

Top Five Individuals:

1. Angel Martinez (San Gabriel) 15:32, 2. Luis Escanuela (Eisenhower) 15:36, 3. Rene Rigal (Loyola) 15:41, 4. Bill Branigan (Glendora) 15:44, 5. James Pendergraph (North Vista) 15:46.

Teams: 1. Hart 64, 2. San Gabriel 102, 3. Rubidoux 115, 4. West Torrance 152, 5. Arroyo 172.



ANGEL MARTINEZ

Photo by Kirby Lee

Boys 2A: Coach Bill Duley of Agoura hoped to bring home both titles awarded in this division, with the Boys the first group to run the morning of the Finals. With one of the nation's best, Bryan Dameworth, up front, the rest of the team raced strongly to leave the opposition very far behind. The Chargers totalled 47 points in handling a fine Arroyo Grande team that had 102 (81:52). Dameworth will graduate, but Quentin Bauer (4th-15:52), Mike Cherman (11th-16:10), Justin Koddel (14th-16:24), and John Prater (24th-16:42) all return to form the nucleus of another fine team in 1990. Bryan Dameworth and Louie Quintana (Arroyo Grande), the nation's quickest sophomiler last year at 4:12.24 for 1600 meters, had hooked up here a couple of weeks earlier in the ML SAC Invitational in a classic race. In that competition Quintana had actually edged ahead of Dameworth with a quarter of a mile to go before the Agoura senior pulled away to a 14:41 win with Louie rewarded with a Course 11th grade record of 14:45. Dameworth continues to press on towards a level that only a few very special area preps have ever achieved, with his effort here a determined one to show his dominance over this year's crop of challengers. Leaving Quintana far behind during the hilly switchback loop just after the first mile, Bryan pressed ahead like someone truly possessed. From the top of the last Reservoir Hill into the finish is about a half mile. Granted it is mostly downhill, but after sub-5:00 mile pace for the first two and a half very hilly miles, to cover any final 880 right at 2:00 as Bryan did here is truly amazing. Dameworth's 14:36 final time is the #2 time ever on the course. The only one ahead of him, at 14:32, is national two mile record holder Jeff Nelson of Burbank (who had the most amazing senior year in area history concluding with his 8:36.3 national record for the 8-lap distance). Quintana, who was 2nd here at 15:11, may very well be the nation's best next school year.

continued next page...

PREP NOTES

Top Five Individuals:

1. Bryan Dameworth (Agoura) 14:36, 2. Luis Quintana (Arroyo Grande) 15:11, 3. Kyle Morris (San Luis Obispo) 15:47, 4. Quentin Bauer (Agoura) 15:52, 5. Greg Hines (Arroyo Grande) 15:56.

Teams: 1. Agoura 47, 2. Arroyo Grande 102, 3. Lompoc 136, 4. Laguna Beach 148, 5. South Pasadena 156.

Boys 1A: This was a very, very competitive division all season long with Whittier Christian (La Habra) always just a touch out ahead of the rest. Defending Small School State Champion Sherman Indian (Riverside) never had a couple of key people off that team appear this season, but they typically have a real "up and down"



Central Section Runners (left to right): LORI MILLER, SARAH GROGG, MARY ANN MARTINEZ

Photo by Bill Cockerham

campaign so no one could ever be sure what was happening. There were a flock of other teams definitely in contention going into the last couple of weeks of the season. It turned out that one team rose out far ahead of the pack when the running really became serious right at the end. Angel Roman has done some fine running in the area on Coach Ron Allice's Long Beach City College team, with his name showing up as the Coach at St. Anthony HS in Long Beach this Fall. He did a better than adequate job, as the Saints emerged from the pack in the Prelims with 1-2-5 placings from juniors Geoff Janquart, Andre Faubert, and Jonathan Kennelly. Kennelly is the only senior on the top five, and with Janquart (2nd-16:06) and Faubert (3rd-16:07) leading in the Finals, St. Anthony purred to a 78 point total (84:04) to handle Cathedral (L.A.) 96 (85:35) and the pack. Tough Oscar Perez was the individual winner at 16:01.

Top Five Individuals:

1. Oscar Perez (Pater Noster) 16:01, 2. Geoff Janquart (St. Anthony) 16:06, 3. Andre Faubert (St. Anthony) 16:07, 4. Jorge Borajas (Fillmore) 16:17, 5. Oscar Montes (Maranatha) 16:18.

Teams: 1. St. Anthony 78, 2. Cathedral 96, 3. Whittier Christian 112, 4. La Salle 138, 5. Fillmore 146.

Central Section

November 17. Hart Park, Bakersfield.

Division I Boys Results

1. Carlos Sanchez (Madera) 15:12, 2. Kevin Baxter (Fresno) 15:21, 3. Robert Cardenas (Sanger) 15:33, 4. Polo Duarte (Madera) 15:34, 5. Juan Sanchez (Delano) 15:36, 6. Ed Ginn (McLane) 15:37, 7. Mark Sanchez (Arvin) 15:38, 8. Robert Hinojosa (Clovis West) 15:47, 9. Jose Santiago (Madera) 15:53, 10. Francisco Madrigal (Madera) 15:54.

Teams: 1. Madera 44, 2. Clovis West 94, 3. Arvin 124, 4. Fresno 134, 5. Hanford 151, 6. Mt. Whitney 198, 7. Bakersfield 226, 8. Sanger 232, 9. North Bakersfield 239, 9. Foothill 245, 10. Delano 277, 11. Clovis 286, 12. Roosevelt 330, 13. Tulare Union 417.

Division I Girls Results

1. MaryAnn Martinez (Foothill) 17:46, 2. Lori Miller (North Bakersfield) 18:40, 3. Sarah Grogg (Clovis West) 18:41, 4. Erin Kropl (Madera) 18:45, 5. Murita DeLaTorre (Roosevelt) 18:46, 6. Christine Shaw (Clovis West) 18:56, 7. Cyndi Franco (Delano) 19:06, 8. Mireya Sananiago (Madera) 19:08, 9. Heather Reid (Clovis West) 19:16, 10. Lety Carrillo (Hanford) 19:18.

Teams: 1. Clovis West 59, 2. Foothill 93, 3. Madera 100, 4. Hanford 118, 5. North Bakersfield 131, 6. Bullard 149, 7. Clovis 172, 8. Bakersfield 202, 9. Roosevelt 210, 10. West 246, 11. Mt. Whitney 274, 12. Sanger 297, 13. East Bakersfield 311, 14. Tulare Union 344.

Division II Boys Results

1. Jose Trujillo (Golden West) 15:21, 2. Javier Flores (Wasco) 15:22, 3. Adolfo Ocampo (Wasco) 15:28, 4. Scott Weber (Reedley) 15:33, 5. Jose Jurez (Monache) 15:47, 6. Ryan Bow (Lemoore) 15:48, 7. Pascual Morales (Washington Union) 15:55, 8. Brian Quintana (Shafter) 15:59, 9. Joe Nunez (Golden West) 16:01, 10. Miguel Ruiz (Wasco) 16:04.

Teams: 1. Wasco 56, 2. Lemoore 57, 3. Golden West 72, 4. Reedley 131, 5. Porterville 144, 6. Shafter 176, 7. Taft 194, 8. Monache 195, 9. Kingsburg 197, 10. Edison 319, 11. Redwood 167.

Division II Girls Results

1. Norma Cuellar (Redwood) 18:12, 2. Judy Petty (Golden West) 18:25, 3. Becky Petty (Golden West) 18:27, 4. Teresa Bilvado (Golden West) 19:15, 5. Joyce Abalos (Lemoore) 19:34, 6. Shelley Whitacre (Lemoore) 19:42, 7. Mary Madon (Porterville) 19:47, 8. Vanessa Allen (Highland) 20:03, 9. Sen Abalos (Lemoore) 20:22, 10. Molly Maloney (Porterville) 20:36.

Teams: 1. Golden West 34, 2. Lemoore 41, 3. Porterville 82, 4. Reedley 109, 5. Redwood 149, 6. Monache 157, 7. Taft 171, 8. Exeter 191.

Los Angeles City Section

Nov. 18. Pierce College.

Varsity Boys Results

1. Obed Aguirre (12) San Fernando 15:16, 2. Brian Gastelum (12) Birmingham 15:20, 3. Steve Gonzalez (11) Carson 15:30, 4. Julio Moreno (12) Venice 15:45, 5. Brian Godsey (11) Taft 15:50, 6. Roman Rendon (11) Banning 15:55, 7. Danny Jordan (12) Venice 15:58, 8. David Rodriguez (12) Taft 16:02, 9. Rene Arellano (11) Belmont 16:04, 10. Augusto Leal (11) Belmont 16:10.

Teams: 1. Taft 52, 2. Belmont 58, 3. Venice 85, 4. Narbonne 119, 5. Birmingham 125, 6. Garfield 135, 7. San Fernando 178, 8. Roosevelt 183, 9. Lincoln 195.

Girls Results

1. Rosetta Hunter (12) Locke 19:34, 2. Rosa Melendez (12) North Hollywood 19:48, 3. Robin Snowbeck (10) Palisades 19:56, 4. Trisha Phillips (12) Locke 20:05, 5. Christine Frausto (12) Franklin 20:08, 6. Lorena Gabriel (12) Lincoln 20:09, 7. Lucrecia Mendoza (12) Banning 20:09, 8. Jennifer Stern (12) Taft 20:13, 9. Lucy Diaz (11) San Pedro 20:20, 10. Armida Rivera (11) Monroe 20:22.

Teams: 1. Belmont 77, 2. San Pedro 86, 3. Taft 108, 4. Birm-

ingham 126, 5. San Fernando 127, 6. Franklin 159, 7. Narbonne 160, 8. Huntington Park 161, 9. Locke 175, 10. Garfield 192.

Sac-Joaquin Section

By Steve Fagundes

On November 10, the Sac-Joaquin Section's finest cross country runners gathered at Sierra College (Rocklin) to determine team and individual champions and those important qualifying positions for the state championships two weeks later. The format used by the Sac-Joaquin Section has the top twelve (12) teams and twenty-four (24) individuals (not members of those teams) from Division I, the top eight (8) teams and sixteen (16) individuals from Division II, and the top four (4) teams and eight (8) individuals from Division III qualifying by time from the section trials held the week before at the Calaveras County Fairgrounds (Angel's Camp). At the section meet, the Division I qualifiers (both teams and individuals) compete in one race, while the Division II and III qualifiers compete in the same race, but are scored separately.

In the Division I girls' competition, senior Jennifer Homan (Nevada Union, Grass Valley) held off the challenge of sophomore Erica Green (Turlock) and Stephanie Rivera (Tokay, Lodi) to capture her first section title in a good 18:55.9. Led by the sixth place finish of freshman Danielle Viglione, Bella Vista (Fair Oaks) won their fourth title in the last six years with a low 77 points. Other members of the championship Bella Vista team were: Jennifer Hewitson (11th), Amy Dietz (12th), Jennifer Marnach (13th), and Michelle Lewis (42nd). Del Campo (Fair Oaks) finished second, paced by senior Rachel Austin's tenth place finish. The boy's individual competition was highlighted by senior Damon Chamberlain's (Casa Roble, Orangevale) easy victory in 15:36.7, leading his team to a second place finish and a state meet berth. Del Campo (Fair Oaks) captured their third consecutive Division I title with a low 36 points. Senior Jason Reese led the Cougars with his third place finish followed by Greg Morthole (11th), Mark Maloros (12th), Dale Sisler (14th), and Ken Rogers (19th).

Freshman Cybelle McFadden (St. Francis, Sacramento) captured the Division II girl's individual title in 19:12.6 and led her Troubadour teammates to their first section championship with 53 points. Joining McFadden on the championship team, were Kolleen Kassis (8th), Pantea Jahani (15th), Lisa Lungren (18th), and Jill Murphy (34th). Amanda Goyette's third place finish paced El Dorado (Placerville) to second place with 73 points. In the boy's division, senior Eric Taylor (Grant, Sacramento) raced to his first individual section championship and the day's fastest time of 15:28.0. Defending champions Jesuit (Sacramento) captured the team championship and were led by junior Bobby Escay's second place finish. Other members of the championship Marauder team were James Johnson (3rd), Eric Skaden (6th), Chris Diito (10th), and Sean Hurley (18th). Brian Blakely's eighth place finish led a young Sonora team to second place and a state meet berth.

The Division III girls' and boy's races were dominated by Bret Harte (Altaville). As defending section and state champions, the Lady Bullfrogs easily repeated scoring a low 22 points. Bret Harte sophomore Amy Davidson captured the individual title with a quick 19:15.0. Other members of the girl's championship team were Gretchen Schamander (2nd), Tanya Dooley (6th),

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Neriah Davis (7th), and Anna Schultz (13th). In the boy's division, Bret Harte's Brian Singleton captured the individual crown leading his team to a low 26 points and first place. The remainder of the team included Jason Brown (2nd), Steve Davis (6th), Anthony Re (9th), and Leonard Garzinotti (14th).

Girls Individual Results-Division I:

1. Jennifer Homan (NevUn) 18:55.9, 2. Eric Green (Turlock) 18:58.0, 3. Stephanie Rivera (Tokay, Lodi) 18:59.4, 4. Sonja Visscher (Elk Grove) 19:08.0, 5. Brooke Pritchard (Vacaville) 19:18.9. **Team Results:** 1. Bella Vista (Fair Oaks) 77, 2. Del Campo (Fair Oaks) 106, 3. Vacaville 123, 4. Casa Roble (Orangevale) 130, 5. Downey (Modesto) 147.

Boys Individual Results-Division I:

1. Damon Chamberlain (Casa Roble, Orangevale) 15:36.7, 2. John Dahl (Sacramento) 15:52.4, 3. Jason Reese (Del Campo, Fair Oaks) 16:01.8, 4. Ryan Adams (Fairfield) 16:06.9, 5. David Monk (Fairfield) 16:09.2. **Team Results:** 1. Del Campo (Fair Oaks) 36, 2. Casa Roble (Orangevale) 71, 3. Downey (Modesto) 90, 4. Fairfield 108, 5. Lincoln (Stockton) 139.

Girls Individual Results-Division II:

1. Cybell McFadden (St. Francis, Sacto) 19:12.6, 2. Anikai Webb (Bear River, Grass Vly) 19:26.2, 3. Amanda Goyette (El Dorado, Placerville) 19:43.8, 4. Julie Janus (Bear River, Grass-Vly) 19:57.7, 5. Bridget Banus (Dixon) 20:04.8. **Team Results:** 1. St. Francis (Sacto) 53, 2. El Dorado (Placerville) 73, 3. Bear River (Grass Vly) 97, 4. Rio Americano (Sacto) 101, 5. Placer (Auburn) 113.

Boys Individual Results-Division II:

1. Eric Taylor (Grant, Sacto) 15:28.0, 2. Bobby Escay (Jesusit, Carmichael) 15:54.5, 3. James Johnson (Jesusit, Carmichael) 16:04.3, 4. Ryan Adams (Fairfield) 16:06.9, 5. Ken Rhoades (Colfax) 16:05.9. **Team Results:** 1. Jesusit (Sacto) 31, 2. Sonora 70, 3. El Dorado (Placerville) 78, 4. Manteca 115, 5. Placer (Auburn) 140.

Girls Individual Results-Division III:

1. Amy Davidson (Bret Harte, Altaville) 19:15.0, 2. Gretchen Schmander (Bret Harte, Altaville) 20:11.8, 3. Gerry Seymour (Mariposa) 20:37.6, 4. Cindi Kiehn (Loretto, Sacto) 20:51.1, 5. Jennifer Murphy (Loretto, Sacto) 20:59.0. **Team Results:** 1. Bret Harte 22, 2. Loretto 37, 3. Justin-Sienna (Napa) 73.

Boys Individual Results-Division III:

1. Brian Singleton (Bret Harte, Altaville) 16:06.4, 2. Jason Brown (Harte) 16:50.6, 3. Andy Smith (Vanden, Travis AFB) 17:00.1, 4. David Reichle (Justin-Sienna, Napa) 17:11.6, 5. Marco Vasquez (Hughson) 17:21.6. **Team Results:** 1. Bret Harte 26, 2. Vanden 55, 3. Justin-Sienna 58.

CIF/Reebok California State Meet

Division I

By Keith Conning

Senior Bryan Dameworth (Agoura), the Southern Section 2A champion in 14:36 at Mt. SAC, set a new State Meet record of 14:45. The old meet record of 15:03 was set by Dameworth in 1988. This was the third straight title for Dameworth, as he also won in 1987 in 15:12. He also led his team to a third place finish. He led at the first mile in 4:38 and at the two mile in 9:33.

Junior Louis Quintana (Arroyo Grande), second in the

Southern Section 2A in 15:11, placed second in 14:54. He was also under the old meet record. He placed ninth in 1988 in 15:27 and seventh in 1987 in 15:30.

Senior Jeremy Seven (DeLaSalle, Concord), the North Coast Section 3A champion in 15:51 at Monte Vista High School in Danville, placed third in 15:11. He placed 12th in 1988. He led his team to a second place finish.

"One of my goals was to finish in the top three in the state meet and I've done that," Seven said to *The Tribune*. "The other was to help the team win. I'm really happy with the way the season has been going."

"He's totally dedicated and works extremely hard," Coach Joe Stocking of De La Salle said. "He takes on responsibility very well and has natural talent."

Senior Abe Valdez (Camarillo), second in the Southern Section 4A in 15:13, placed fourth in 15:22. He led his team to the championship.

Senior Dan Berkland (Canyon, Canyon Country), fifth in the Southern Section 4A in 15:21, placed fifth in 15:26.

Junior Dave Hartman (Canyon, Canyon Country), the Southern Section 4A champion in 15:12, placed sixth in 15:28. In 1988 he placed seventh in 15:25.

Senior Obed Aguirre (San Francisco), the top individual qualifier from the Los Angeles Section, placed seventh in 15:30.

Camarillo, the Southern Section 4A champion with a team time of 78:59 at Mt. SAC, won the team championship with 39 points and a team time of 78:50. Arroyo (El Monte), the 1987 State Meet champion, ran 78:23. The Camarillo team was composed of Valdez, senior Derek Kite (15th in 15:45), junior Shannon Brusca (20th in 15:53), senior Shaun Goetzinger (23rd in 15:55), junior Josh Gerry (24th in 15:55), senior Chad Malesich (56th in 16:22), and sophomore Bodie Minster (78th in 16:38). There was only 33 seconds between their first and fifth runners. They finished fourth in 1987 with 132 points and fourth in 1988 with 141 points.

De La Salle (Concord), the North Coast Section 3A champion, placed second with 97 points. The team was composed of Seven, senior Todd Coulston (30th in 16:01), senior Mike Kuhl (37th in 16:08), senior Tyler Robbins (52nd in 16:19), sophomore James Zachery (60th in 16:26), junior Brian Huarjardo (98th in 16:50), and sophomore Guillermo Falla (109th in 16:59). They finished fifth last year with 174 points.

"I think last week took a little out of us," De La Salle coach Joe Stocking said to Mitch Stephens of the *Contra Costa Times*. "Oak Hill (the site of the North Coast Section 3A meet) is a demanding course. But we're not making excuses. Even at our best, I'm not sure we could have beaten Camarillo."

Agoura, the Southern Section 2A champion at 79:44, placed third with 107 points. The team was composed of Dameworth, junior Mike Cherman (27th in 15:56), junior Quentin Bauer (29th in 16:09), sophomore Justin Koppel (48th in 16:17), junior Ryan Golds (76th in 16:37), senior Mark Kelly (111th in 17:02), sophomore John Prater (115th in 17:04), therefore, they only lose one of their top five to graduation this year.

Junior Deena Drossin (Agoura), the Southern Section 2A champion in 17:42, set a new State Meet Division I record of 17:27. The old meet record of 17:35 was set by Drossin in 1987. She also placed third in 1988 in 17:55. She led her team to a second place finish.

Junior Becky Spies (Livermore), the North Coast Section 3A champion by over a minute in 18:42, placed second in 17:33. She was also under the old meet record. She is not used to competition in Northern California, unless she runs unattached in college races. She placed 13th at the Cal Poly/SLO Invitational on Oct.

14th in 17:23 for 5,000 meters. She placed seventh in 18:10 in the 1987 State Meet, but did not compete in cross country for her high school last year.

"I was so nervous at the start, that I was thinking that the top 10 would be a great finish," said Spies to Dennis Miller of *The Herald*. "Second in the state is fantastic."

"I was hoping to break a few people. I was hoping a fast mile would break people mentally."

"Becky has always gone out fast and I wanted to keep contact and not let her get too far ahead," explained Drossin.

"I had the lead the whole race and that takes something out of you," said Spies. "I was worried at the mile, worried at the two mile..."

"I was trying to catch her the whole time," said Drossin. "It's definitely hard leading the whole time. I tried to pass her, but I couldn't until that last stretch."

Spies led at the mile in 5:17.8 and at the two mile in 11:08.8. Her quick early pace set up the record by Drossin.

Junior Jeannie Rothman (Westlake, Westlake Village), second in the Southern Section 4A in 18:01, placed third in 18:01.

Sophomore Tanya Brix (University, Irvine), third in the Southern Section 4A in 18:22, placed fourth in 18:06.

Senior Beth Bartholomew (Fremont, Sunnyvale), the Central Coast Section champion in 18:26 at Crystal Springs in Belmont, placed fifth for the second straight year in 18:24. She ran 18:18 in 1988.

Senior Suzanna Thrasher (Villa Park), sixth in the Southern Section 4A in 18:48, placed sixth in 18:25.

Sophomore Shelley Taylor, the Southern Section 4A champion in 17:59, placed seventh in 18:30. She had been undefeated this year. She placed eighth in 1988 in 18:28.

Palos Verdes, the Southern Section 4A champion in 97:01, won for the third straight year with 68 points and a team time of 95:36. The team was composed of freshman Tammy Wilcox (15th in 18:47), sophomore Maya Muneno (21st in 19:03), junior Joanna Dellagatta (23rd in 19:09), junior Karen Zareski (24th in 19:13), sophomore Yoko Senga (35th in 19:24), senior Cindy Scribe (37th in 19:26), and junior Michelle Cwieka (85th in 20:29).

Agoura, the Southern Section 2A champion in 96:17, placed second for the third straight year with 75 points (94:35). This was their first defeat of the year. The team was composed of Drossin, junior Tiffany York (12th in 18:39), senior Cheyenne Zontelli (22nd in 19:08), junior Skye Colclough (45th in 19:37), sophomore Laura Hayward (50th in 19:44), freshman Kristy Camp (65th in 20:04), and junior Michelle Schultz (95th in 20:46).

San Pasqual (Escondido) placed third for the second straight year with 119. The team was composed of sophomore Deanna Hadley (11th in 18:37), senior Erin Blunt (36th in 19:25), freshman Melissa Keim (38th in 19:33), senior Kelly Fay (55th in 19:53), senior Alma Hernandez (61st in 19:59), junior Allison Elerts (64th in 20:04), and sophomore Jeni Villasenor (68th in 20:08).

Top Boys-Division I:

1. Bryan Dameworth 12 (Agoura) 14:45, 2. Louie Quintana 11 (Arroyo Grande) 14:54, 3. Jeremy Seven 12 (DeLaSalle) 15:11, 4. Abe Valdez 12 (Camarillo) 15:22, 5. Dan Berkland 12 (Canyon CC) 15:26, 6. Dave Hartman 11 (Canyon CC) 15:28, 7. Obed Aguirre 12 (San Fern) 15:30, 8. Israel Pose 11 (Torrance) 15:30, 9. Roman Rendon 11 (Banning) 15:38, 10. Javier Lozano 11 (Helix).

11. Matt Ringer 12 (Homestead) 15:38, 12. Steve Gonzales

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11 (Carson) 15:41, 13. Jeff Aschbrenner 12 (Calif) 15:43, 14. Eliazar Herrera 12 (Hoover) 15:44, 15. Derek Kite 12 (Camarillo) 15:45, 16. Robert Cardenas 11 (Sanger) 15:45, 17. David Virgil 12 (Santana) 15:47, 18. Mike Farrell 12 (San Clem) 15:48, 19. Eddie Salinas 11 (Saddleback) 15:48, 20. Shannon Brusca 11 (Camarillo) 15:53.

21. Brian Godsey 11 (Taft) 15:54, 22. Carlos Sanchez 12 (Madera) 15:54, 23. Shaun Goetzinger 12 (Camarillo) 15:55, 24. Josh Gerry 11 (Camarillo) 15:55, 25. Francisco Madrigan 10 (Madera) 15:56.

Top Teams--Division I:

1. Camarillo 39, 2. DeLaSalle, Concord 97, 3. Agoura 107, 4. Madera 132, 5. San Clemente 153, 6. Saddleback 214, 7. Del Campo, Fair Oaks 217, 8. Belmont, LA 227, 9. Taft, Woodland Hills 246, 10. Bellarmine, San Jose 247.

Top Girls--Division I:

1. Deena Drossin 11 (Agoura) 17:27, 2. Becky Spies 11 (Livermore) 17:33, 3. Jeannie Rothman 11 (Westlake) 18:01, 4. Tanya Brix 10 (University) 18:06, 5. Beth Bartholomew 12 (Fremont) 18:24, 6. Suzanna Thrasher 12 (Villa Park) 18:25, 7. Shelley Taylor 10 (Edison) 18:30, 8. Maryann Martinez 12 (Foothill) 18:30, 9. Milena Glusac 9 (Fallbrook) 18:31, 10. Maria Solorio 11 (Overfelt) 18:31.

11. Deanna Hadley 10 (San Pasqual) 18:37, 12. Tiffany York 11 (Agoura) 18:39, 13. Melissa Freeberg 11 (California) 18:44, 14. Martha Pinto 11 (Katella) 18:46, 15. Tammy Wilcox 9 (Palos Verdes) 18:47, 16. Nika Horn 11 (Santa Rosa) 18:47, 17. Nancy Ragon 12 (Alta Loma) 18:48, 18. Krissy Look 10 (Shasta) 18:57, 19. Angela Orefice 10 (Arroyo Grande) 18:58, 20. Brandy Barr 9 (Arroyo Grande) 18:58.

21. Maya Muneno 10 (Palos Verdes) 19:03, 22. Cheyenne Zonielli 12 (Agoura) 19:08, 23. Joanna Dellagatta 11 (Palos Verdes) 19:09, 24. Karen Zareski 11 (Palos Verdes) 19:13, 25.

Kelly Young 11 (Grossmont) 19:14.

Top Teams--Division I:

1. Palos Verdes 68, 2. Agoura 75, 3. San Pasqual, Escondido 119, 4. Mt. Carmel, San Diego 121, 5. Arroyo Grande 177, 6. Buena 185, 7. Alta Loma 195, 8. Overfelt, San Jose 213, 9. Bella Vista, Fair Oaks 242, 10. Clovis West, Fresno 290.

Division II

By Steve Fagundes

In early September, it appeared that the Division II girls' individual competition would again be a battle between Kinney National finalists Tina Gorbet (Lassen, Susanville) and Karen Hecox (South Hills, Covina). Injuries, however brought these talented athletes back to "mortal status" and with the emergence of other outstanding runners, such as Campolindo's (Moraga) Sarah Riley, the race had the potential for an interesting battle. And so it was, as Tina Gorbet charged to an early lead with Riley and Hecox in tow through a 5:27.3 first mile. Pushing the back loop of the course, Riley surged to a ten second lead at two miles (11:26.5) with Mt. Tampais' Heve Zwagerman now running second. Running effortlessly, Riley captured her first state title with a fine 18:01. Defending champion Hecox regained second during the third mile, but was outkicked in the last 50 yards to Zwagerman's strong finish (18:15 to 18:18). In the closest team competition of the meet, La Jolla edged Mills (Millbrae) by just six points (88 to 94). The well-balanced Viking team was composed of Patty Villarreal (18th), Julie Schoene (20th),

Stephanie Bache (27th), Emily Beardsley (37th) and Lorena Santana (48th).

In the boy's individual competition, Andy Bupp (Woodside and Jeff Janquar (St. Anthony, Long Beach) were the early pacesetters taking the lead pack through the first mile in 4:47.4. By the end of the second mile La Habra's Mark Gonzales had taken over the pacesetting chores with a 10:00.0 docking. Bupp had fallen to second with Kevin Berkowitz (Hayward) running third. The remainder of the race was all Berkowitz as he surged to his first state championship finishing twelve seconds ahead of runner-up Gonzales. In the team competition, Jesuit (Carmichael) raced to the meet's most lopsided victory 61 points to surprising Norte Vista's (Riverside) 155 points. The Marauders improved on last year's second place finish with a team composed of Bobby Escay (16th), James Johnson (17th), Chris Ditto (26th), Erik Skaden (42nd), and Jim Kraft (45th).

Top Boys--Division II:

1. Kevin Berkowitz (Hayward) 15:19, 2. Mark Gonzalez 11 (La Habra) 15:31, 3. Eric Taylor (Grant) 15:34, 4. Paul Eley 12 (Mills) 15:39, 5. Paul Goodrich 12 (Dos Pueblos) 15:43, 6. Andy Bupp 12 (Woodside) 15:47, 7. Jason Atwood (Castro Vly) 15:50, 8. Geoff Janquar 11 (St. Anthony) 15:56, 9. Jeremy Redding 12 (Centr Vly) 15:58, 10. James Pendergraph 11 (Norte Vista) 16:01.

11. Andrew Wignot 12 (Dos Pueblos) 16:05, 12. Andre Faubert 11 (St. Anthony) 16:05, 13. Kyle Morris 11 (San Luis) 16:08, 14. Larry Beach 12 (So. Pasadena) 16:09, 15. Alex Aguilar 10 (Norte Vista) 16:10.

Top Boys Teams--Division II:

1. Jesuit, Sacramento 61, 2. Norte Vista 155, 3. Palo Alto



BRYAN DAMEWORTH
Division I

Photo by Mike Lambert



DEENA DROSSIN
Division I

Photo by Rich Gardner



KEVIN BERKOWITZ
Division II

Photo by Mike Lambert



SARAH RILEY
Division II

Photo by Mike Lambert



OSCAR PEREZ
Division II

Photo by Rich Gardner



LAURA HAMADY
Division III

Photo by Mike Lambert

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156, 4. St. Anthony 168, 5. South Pasadena 168, 6. Lompoc 169.

Top Girls-Division II:

1. Saray Riley (Campolindo) 18:01, 2. Neve Zwagerman (Tamalpais) 18:15, 3. Karen Hecox 12 (S. Hills) 18:18, 4. Tina Gorbet (Lassen) 18:33, 5. Alva Dancel 12 (Mills) 18:36, 6. Melissa Ackerman (CastroVly) 18:44, 7. Maribella Aparicio 9 (Fillmore) 18:46, 8. Dascha Spellman 11 (Nordhoff) 18:51, 9. Jenny Lacovara 11 (Morro Bay) 18:56, 10. Sheila Aguilar 9 (Norte Vista) 18:56.

11. Kirsten McFarland 10 (Corona del Mar) 18:57, 12. Becky Kaiser 10 (Seaside) 18:59, 13. Jackie Fruttero 10 (San Marino) 19:07, 14. Norma Cuellar 12 (Redwood) 19:10, 15. Tish Williams 12 (La Habra) 19:11.

Top Girls Teams-Division II:

1. La Jolla 88, 2. Mills, Millbrae 94, 3. Corona del Mar 116, 4. Nordhoff 123, 5. Morro Bay 149.

Division III

By Doug Speck

Boys:

Once again the Small School division at the State Championship featured the most geographic diversity of any division, with a certain fascination in watching these particular races unfold with schools and individuals frequently buried when forced to compete against larger schools most of the season.

The Boys' competition seemed to boil, down to a competition between Laguna Beach of the Southern Section and always solid McFarland of the Central Section. Laguna Beach is in the very tough Pacific Coast League of the Southern Section at the 2A level, with the 692 student school toughened by typically racing schools of two and three times its size in League and Area competitions. A number of other teams could be in the hunt with fine efforts here.

Fairly conservative starts by the two favored squads had team leaders David Crain (LB) and Johnny Samaniego (McFarland) up with the front pack through the mile at 4:53. Others pushing the pace there were Oscar Perez (Pater Noster, L.A.) 2nd in 88, David Soto (Christian, El Cajon), and Oscar Montes (Maranatha, Sierra Madre). Maranatha was in good position through that mile point with McFarland definitely the team leader with five in the top twenty, while Laguna had its five scorers back through about thirtieth place. At the only significant hill in the course just before two miles there was still a pack of eight in contention for the individual title—Perez, Soto, Melvin Kenton (Sherman Indian, Riverside), Crain, last year's titlist Matt Metzger (University, San Francisco), Samaniego, John Castner (Oak Park), and Brian Singleton (Bret Harte, Altaville). The team competition was still not settled through two miles. David Crain and Johnny Samaniego for Laguna and McFarland, respectively, were battling up front. Phil Bentley and Adam Ripley of Laguna had moved ahead of McFarland's #2 runner, with the rest of the Laguna scorers steadily moving up to challenge their McFarland counterparts. Through 10:10 at two miles Oscar Perez and David Soto continued to battle, with a large group still close. As the race leaders appeared in sight of the finish line Perez and Soto had separated from the pack with their struggle against each other over the final 220 yards a classic. Stride for stride up onto the grass and into the chute Perez was the winner by an eyelash with both athletes finishing at 15:52. Brian Singleton (Bret Harte) finished 3rd at 16:04, with defending champion Metzger 4th at 16:08. David Crain (Laguna) outfinished McFarland's Johnny Sama-

niego for 7th 16:14-16:14. It was obvious as athletes streamed in that Laguna had raced a very, very solid last mile, as Phil Bentley (13th), Adam Ripley (14th), David Brobeck (20th), and Mica Brown (30th) all finished ahead of McFarland's second runner to score 65 points with a fine 83:29 team time. McFarland did finish 2nd with 127 points (85:45 team time). Coach Stuart Calderwood of Laguna Beach indicated later that he had felt this group had some very special possibilities back two or three years ago with the team's effort here a culmination of planning and effort nurtured over no short period of time.

Top Boys-Division III:

1. Oscar Perez 12 (Pater Noster) 15:52, 2. David Soto 11 (Christian) 15:52, 3. Brian Singleton (Bret Harte) 16:04, 4. Matt Metzger 12 (University) 16:08, 5. John Castner 10 (OakPark) 16:11, 6. Jeff Arnold 10 (York) 16:12, 7. David Crain 12 (Lag Beach) 16:14, 8. Johnny Samaniego 12 (McFarland) 16:14, 9. Melvin Kenton 12 (ShermInd) 16:19, 10. Algene Talas 12 (ShermInd) 16:28.

Top Boys Teams-Division III:

1. Laguna Beach 65, 2. McFarland 127, 3. Bret Harte 153, 4. LaSalle 155, 5. Cal Christian & Sherman Indian 178.

Girls:

Last year Bret Harte (Altaville) came around like gangbusters at the end of the season and raced away with the title. With most of that group back it was felt that it would be instant replay in 1989, but the Bullfrogs did not seem quite as dominant as last Fall during a season of competitions that included a trip South to the Mt. SAC Invitational. McFarland, L.A. Baptist (Sepulveda), and Maranatha (Sierra Madre) finished in that order close behind the Sac Joaquin Section favorites in that SAC Invite race. Anyway, when the racing started at Fresno Tanya Dooley (Bret Harte), a 53:95 400 meter runner in track, was out quickly, with Maranatha and L.A. Baptist out strongly as groups, Orland's Trixie Robbins was the leader through the mile at 5:40, with Laura Hamady (Urban, San Francisco), given rave reviews from small school fans in the North Coast Section, Amy Davidson (Bret Harte team leader), and Jean Harvey (Paraclete, Lancaster-3rd last year) already having broken away from the pack. Frankie Rivera and Debbie Lewis (Maranatha) were running 5-7, with Viviana Reza (Coronado) splitting the two of them. Harte had three in the top ten and four in the top seventeen, with L.A. Baptist four in the top twenty-five at a mile. Bret Harte's final scorer was about thirty-fifth. By

the run up the hill just before two miles Hamady, who cannot weigh 90 pounds, had moved to a 30 yard lead over Jean Harvey, with the Paraclete star having 20 yards over Amy Davidson in 3rd. At two miles Maranatha actually looked to be the most impressive team, with three in the top fifteen, while Bret Harte had four in the top twenty. L.A. Baptist was also a factor, with four in the top thirty. Hamady raced through two miles at 11:55, with Harvey seven seconds back at that point. By the time the racers came into sight near the finish word was that Maranatha had its front girls continuing to move up towards the front. Laura Hamady came into view with a solid lead. The short, slight San Franciscan races with a short, choppy stride, and a determined cross-body arm action with her head thrown back as she purls along, here to a 60 yard win in 18:47 over Jean Harvey's 18:58. Frankie Rivera (Maranatha) had moved up into third in 19:24, ahead of Bret's Davidson (4th-19:30), with Debbie Lewis (6th-19:47) and Karen Wester (11th-20:08), both of Maranatha, adding to the Southern Section school's stock in the competition. Harte had Gretchen Schmauder (13th raw score-20:26), Jenny Quincy (23rd-20:44), Tanya Dooley (33rd-21:13), and Neriah Davis (35th-21:17) stream in, broken up only by Maranatha's Caroline Maxwell in 26th at 20:48. Maranatha's 5th was 65th place, with Bret Harte ahead when the scores were added up 73-81. In Harte's defense they had a couple of members very ill the last week or two, with repeat championships in any sport seemingly tougher and tougher to come by now a days. Coach Ken Cronquist of Maranatha once again deserves special note for his ability to crank the troops up for the big ones. Two seconds and a first at this level in the three years of this Championship competition is not a bad record. Of course, Bret Harte will be going for three straight titles here next fall.

Top Girls - Division III:

1. Laura Hamady 9 (The Urban) 18:47, 2. Jean Harvey 11 (Paraclete) 18:58, 3. Frankie Rivera 12 (Maranatha) 19:24, 4. Amy Davidson (Bret Harte) 19:30, 5. Viviana Reza 12 (Coronado) 19:31, 6. Debbie Lewis 12 (Maranatha) 19:47, 7. Jonette Volimer *2 (Fl. Bragg) 20:01, 8. Casey Leary 12 (Kath. Br.) 20:02, 9. Cedar Lindsley 11 (Cate) 20:03, 10. Nicki Clark 10 (Marin A.) 20:03.

Top Girls Teams-Division III:

1. Bret Harte 73, 2. Maranatha 81, 3. LA Baptist 102, 4. MaryMount 156, 5. McFarland 165, 6. Paraclete 165.



Start of Boy's Division I Race at CIF/Reebok X-C State Meet

Photo by Mike Lambert

RESULTS

CROSS COUNTRY

South Coast Conference

CS Dominguez Hills.

Men's Results

Teams: 1. Mt. San Antonio 21, 2. Pasadena 53, 3. Long Beach 82, 4. El Camino 91, 5. Cerritos 144.
Individuals: 1. Powers (Mt. SAC) 19:48, 2. Nelson (P) 20:02, 3. Montes (Mt. SAC) 20:22.

Women's Results

Teams: 1. Mt. San Antonio 19, 2. El Camino 42, 3. Pasadena 80.
Individuals: 1. Ronneman (Mt. SAC) 17:52, 2. Tracy (EM) 18:01, 3. Howden (Mt. SAC) 18:20.

Pacific 10 Championships

Stanford.

Men's Results

Teams: 1. Oregon 30, 2. Washington 61, 3. Arizona 91, 4. Stanford 123, 5. California 128, 6. Washington St. 153, 7. UCLA 167, 8. USC 186, 9. Arizona St. 211.

Individuals: 1. Davis (A) 23:31, 2. Hudson (O) 23:33, 3. E. Mastafir (S) 23:38, 4. Hjort (W) 23:42, 5. Fonseca (O) 23:52, 6. Haller (O) 23:53, 7. Mahan (O) 23:54, 8. Cobb (A) 23:58, 9. Shouman (W) 23:59, 10. Lopez (O) 24:00.

Women's Results

Teams: 1. Washington 65, 2. Washington State 79, 3. Oregon 83, 4. UCLA 110, 5. Arizona 127, 6. Stanford 134, 7. Arizona State 142, 8. California 154.

Individuals: 1. Robertson (WS) 16:53, 2. Han (C) 16:58, 3. Smythe (A) 17:03, 4. Goodwin (USC) 17:05, 5. Gray (S) 17:09, 6. Bloch (S) 17:19, 7. Chapman (UCLA) 17:23, 8. Wessell (O) 17:29, 9. Buresh (W) 17:35, 10. Kamopp (O) 17:35.

Big West Conference Championships

Woodward Park, Fresno.

Men's Results

Teams: 1. UC Irvine 26, 2. Fresno State 31, 3. UC Santa Barbara 95, 4. CS Fullerton 122, 5. Utah State 139, 6. New Mexico St. 150, 7. CS Long Beach 187.

Individuals: 1. Lienau (FS) 24:48, 2. Mascorro (UCI) 24:54, 3. Imlay (UCI) 25:01, 4. Ayers (UCI) 25:14, 5. Leforce 25:12.

Women's Results

Teams: 1. UC Irvine 23, 2. CS Long Beach 106, 3. CS Fullerton 109, 4. Hawaii 113, 5. San Diego St. 116, 6. Fresno State 117, 7. UC Santa Barbara 121, 8. Nev. Las Vegas 192, 9. Pacific 230.

CCAA Conference Championships

CS Bakersfield.

Men's Results

Teams: 1. Cal Poly SLO 39, 2. CS Northridge 57, 3. CS Los Angeles 58, 4. UC Riverside 66, 5. Cal Poly Pomona 157, 6. CS Bakersfield 168.
Individuals: 1. Sorenson (CPSLO) 24:09, 2. Gutierrez (CSLA) 24:09, 3. Vujic (CSN) 24:16, 4. Castro

(CSN) 24:18, 5. Winkelman (UCR) 24:21.

Women's Results

Individuals: 1. Arreola (CSN) 16:43, 2. Park (CPSLO) 16:58, 3. Hoffman (CPSLO) 17:10, 4. Thatcher (CPSLO) 17:17, 5. Hiatt (CPSLO) 17:18.

SCIAC Championships

La Mirada Park.

Men's Teams

Teams: 1. Claremont-Mudd 27, 2. (tie) Pomona-Pitzer and Redlands 56, 4. Occidental 108, 5. CalTech 134, 6. Whittier 164.
Individuals: 1. Berg (CM) 25:48, 2. Wagner (R) 25:57, 3. Richter (PP) 26:25.

Women's Results

Teams: 1. Pomona Pitzer 49, 2. Claremont-Mudd 57, 3. Occidental 63, 4. Whittier 67, 5. Redlands 114, 6. CalTech 159, 7. La Vigne 177.
Individuals: 1. Schuster (O) 18:44, 2. Shane (PP) 19:26, 3. Redfield (PP) 19:32.

WCAC Championships

Belmont.

Men's Results

Teams: 1. Portland 19, 2. Gonzaga 51, 3. Loyola Marymount 107, 4. Santa Clara 120, 5. U. San Diego 122, 6. Pepperdine.
Individuals: 1. Sabo (P) 33:02.

Women's Results

Teams: 1. Portland 25, 2. St. Mary's 82, 3. Gonzaga 85, 4. Pepperdine 102, 5. U. San Diego 107, 6. USF 175, 7. Loyola Marymount 196.

Mt. SAC Invitational

Mt. SAC College, Walnut.

Men's Results

Large Schools: Teams: 1. Central Arizona 78 (1:41:36), 2. Mt. SAC 109 (1:42:38), 3. Pima 142 (1:43:46), 4. American River 144 (1:43:37), 5. Pasadena 146 (1:43:36), 6. Riverside 148.
Individuals: 1. Morley (Hancock) 19:31, 2. Powers (Mt. SAC) 19:47, 3. Sierra (East LA) 19:52, 4. Nelson (Pas) 19:54, 5. Meagher (R) 19:56, 6. Rodriguez (CA) 19:59.

Small Schools: Teams: 1. College of Sequoias 28 (1:47:01), 2. Rancho Santiago 90 (1:52:04), 3. Southwestern 106 (1:52:39), 4. Moorpark 109 (1:53:07), 5. Citrus 142 (1:54:38).

Individuals: 1. Nunez (S) 20:49, 2. Guardiola (S) 20:50, 3. Aspacho (SW) 21:09.

Women's Results

Small Schools: Teams: 1. Rancho Santiago 76 (1:43:46), 2. Moorpark 99 (1:45:56), 3. Oxnard 122 (1:48:13), 4. College of Sequoias 165 (1:52:00), 5. Mira Costa 200 (1:55:51).

Individuals: 1. Ocnagh (San Diego City) 18:28, 2. Gillan (Porterville) 19:06, 3. Jimenez (Glendale) 19:15.

Golden State Athletic Conference

Men's Results

Teams: 1. Point Loma 19, 2. Westmont 55, 3. Fresno Pacific 58, 4. Southern California College 141, 5. Christ College Irvine 178.

Individuals: 1. Tadese (PL) 26:23, 2. Arcey (PL) 26:39, 3. Henman (PL) 26:39, 4. Davis (W) 26:56, 5. Ohaura (PL) 26:58, 6. Jason Lindholm (Fresno Pacific) 27:14, 7. Rick Jones (W) 27:15.

Women's Results

Teams: 1. Westmont 38, 2. Azusa Pacific 44, 3. Point Loma 72, 4. Southern California College 94, 5. Fresno Pacific 173.

Individuals: 1. Graff (Christ College Irvine) 18:37, 2. Larson (W) 18:42, 3. Weir (AP) 19:07, 4. Ellis (AP) 19:08, 5. Hall (SCC) 19:15.



DARCY ARREOLA

Photo by Bill Leung, Jr.

Orange Empire Conference Championships

Huntington Beach.

Men's Results

Teams: 1. Riverside 24, 2. Orange Coast 62, 3. Fullerton 66, 4. Rancho Santiago 86, 5. Saddleback 129, 6. Golden West 188.

Individuals: 1. Meagher (Rive) 20:14, 2. Ocegueda (Riv) 20:45, 3. Parmer (OC) 20:50, 4. Sigler (OC), 5. Loomer (Full) 21:07.

Women's Results

Teams: 1. Riverside 47, 2. Orange 49, 3. Rancho Santiago 54, 4. Saddleback 15, 5. Fullerton 135.
Individuals: 1. Benavides (OC) 19:48, 2. Emiliano (RS) 20:42, 3. Shelton (Riv) 20:48, 4. Tolson (GW) 21:02, 5. Orocco (RS) 21:04.

Pacific Coast Conference Championships

No Date Available. Balboa Park, San Diego.

Men's Results

Teams: 1. Grossmont 31, 2. San Diego Mesa 45, 3. San Diego 69, 4. Southwestern 86, 5. Mira Costa 141, 6. San Diego Cuyamaca 169.

Individuals: 1. Swinton (SD) 21:23, 2. Hughey (G) 21:30, 3. Heideman (SDM) 21:35, 4. Herr (SDM) 21:38, 5. Kindreich (G) 21:43.

Women's Results

Teams: 1. San Diego 33, 2. SD Mesa 46, 3. Grossmont 57, 4. Mira Costa 90.
Individuals: 1. Bruni (SD) 18:35, 2. Campo (SD) 18:48, 3. Chek (SD) 19:01, 4. Preato (SDM) 19:08, 5. Snider (G) 19:22.

NAIA District 3 Championships

Nov. 4, La Mirada Regional Park.

Men's Results

1. Goshu Tadese (PLNC) 26:31, 2. Rick Penman (PLNC) 26:39, 3. Jonz Norine (CLU) 26:48, 4. Tom Davis (Westmont) 26:55, 5. Monte Mickley (Westmont) 27:01, 6. Jason Lindholm (FPC) 27:05, 7. Matt Griffin (CLU) 27:13, 8. Sean O'Hara (PLNC) 27:20, 9. Malvin Brown (SCC) 27:21, 10. Scott Snyder (Biola) 27:22.

Team Scores: 1. Point Loma 38, 2. Fresno Pacific 67, 3. Westmont 80, 4. Cal Lutheran 88, 5. Biola 125, 6. Master's College 158, 7. Southern Calif. College 176. (Azusa Pacific, Christ College and Christian Heritage did not qualify).

Women's Results

1. Genevieve Graff (CCI) 18:24, 2. Stacia Larsen (Westmont) 18:59, 3. Michelle Lubinsky (Westmont) 19:01, 4. Christy Grimsley (Biola) 19:05, 5. Sherri Hall (SCC) 19:20, 6. Annette Ronnerman (PLNC) 19:24, 7. Sonya Weir (Azusa) 19:24, 8. Jenae Ellis (Azusa) 19:57, 9. Vanessa Couch (PLNC) 20:04, 10. Melissa Mabe (PLNC) 20:04.

Team Scores: 1. Westmont 53, 2. Point Loma 59, 3. Azusa Pacific 65, 4. Cal Lutheran 110, 5. SCC 131, 6. Biola 135, 7. Master's College 154, 8. Fresno Pacific 191, 9. Mount St. Mary's 237.

NCAA Division II West Regional

November 4, McKinleyville.

Overall Results - Men

1. Stephane Franke (CPP) 31:24, 2. Jesus Gutierrez (CSLA) 31:26, 3. Dennis Pfeiffer (Humboldt) 31:34, 4. Shannon Winkelman (UC Riverside) 31:44, 5. Sasha Vujic (CS Northridge) 31:52, 6. Chuck Mullaney (Humboldt) 31:56, 7. Jorge Castro (CS Northridge) 32:17, 8. Paul Cummings (UC Davis) 32:17, 9. Jamie Ortega (CPP) 32:21, 10. Mika Goralka (UC Davis) 32:21.

Teams: 1. Cal State Northridge 84, 2. Cal Poly SLO 85, 3. Cal State L.A. 88, 3. Humboldt 86, 5. UC Riverside 98, 6. UC Davis 115, 7. Cal Poly Po-

RESULTS

mona 138, 8. Cal State Bakersfield 209, 9. Cal State Sacramento 243.

Overall Results - Women

1. Darcy Arredas (CS Northridge) 17:34, 2. Jamie Park (CPSLO) 17:39, 3. Bente Mos (Seattle-Pacific) 17:57, 4. Melanie Hiatt (CPSLO) 18:06, 5. Teena Colebrook (CPSLO) 18:08, 6. Shelly Smathers (Seattle-Pacific) 18:09, 7. Stephanie Barrett (CPSLO) 18:11, 8. Jill Hoffman (CPSLO) 18:12, 9. Pamela Bragg (UC Davis) 18:19, 10. Christina Peterhagen (CS Sacto) 18:20.

Teams: 1. Cal Poly SLO 20, 2. Cal State Los Angeles 85, 3. Cal State Northridge 88, 4. UC Davis 118, 5. San Francisco St 126, 6. Humboldt 143, 7. Portland State 164, 8. Cal State Sacramento 209, 9. Cal Poly Pomona 257.

NCAA Div. III West Regional

UC Santa Cruz.

Overall Results—Men

1. Fox (UCSD) 27:00, 2. Wagner (R) 27:07, 3. Webb (UCSD) 27:12, 4. Merril (UCSD), 5. Berg (CM) 27:40.

Teams: 1. UC San Diego 28, 2. Claremont-Mudd 50, 3. Redlands 83, 4. Pomona-Pitzer 89, 5. Occidental 145.

Overall Results—Women

1. Conlay (UCD) 18:32, 2. Jensen (UCSD) 19:01, 3. Schuster (O) 19:08, 4. Redfield (PP) 19:22, 5. McKennon (Menlo) 19:30.

Teams: UC San Diego 44, 2. Pomona-Pitzer 78, 3. Occidental 94, 4. Claremont-Mudd 100, 5. UC Santa Cruz 115, 6. Whittier 132.

NCAA Region 8 Championships

Woodward Park, Fresno.

Overall Results—Men

1. Brad Hudson (O) 30:06, 2. Fonseca (O) 30:06, 3. Haller (O) 30:33, 4. Lopez (O) 30:33, 5. Mahon (O) 30:37, 6. Eric Mastaler (S) 30:40, 7. Mayjek (USC)



BRAD HUDSON & PETER FONSECA
—1 and 2 of Oregon's Sweep

Photo by Mike Lambert

30:43, 8. Hjort (W) 30:51, 9. Richards (O) 30:53, 10. Shouman (W) 30:55.

Teams: 1. Oregon 15, 2. Washington 84, 3. Stanford 123, 4. California 139, 5. Fresno State 153, 6. Portland 161, 7. Arizona 164, 8. USC 177, 9. UCLA 204, 10. UC Irvine 215, 11. UC Santa Barbara 295.

Overall Results—Women

1. Buffy Rabbitt (UCI) 16:53, 2. Goodwin (USC) 16:55, 3. Smyth (A) 17:00, 4. Han (Cal) 17:02, 5. Gray (S) 17:05, 6. Wessell (O) 17:16, 7. Chapman (UCLA) 17:21, 8. Bessel (CS Long Bch) 17:26, 9. Stirling (UCI) 17:32, 10. Kamopp (O) 17:33.

Teams: 1. Washington 75, 2. UC Irvine 83, 3. UCLA 89, 4. Oregon 95, 5. Washington St. 126, 6. Arizona 152, 7. California 157, 8. Stanford 209, 9. CS Long Beach 267, 10. Fresno State 309, 11. CS Fullerton 327, 12. Hawaii 330, 13. San Diego St. 350, 14. UC Santa Barbara 356.

Northern California Championships Community College XC

Nov. 10. Woodward Park, Fresno.

Women's Results: Individuals: 1. Eva Balt (ARC) 18:45, 2. Dina Farage (WVC) 18:59, 3. Doreen Brown (MJC) 19:07, 4. Noelle Seifich (DeAnza) 19:08, 5. Laura Seefeldt (ARC) 19:11, 6. Typhanny Tucker (Sisk) 19:12, 7. Terrie Christiansen (WVC) 19:22, 8. Christy Oliveira (Shasta) 19:24, 9. Margaret Kennard (ARC) 19:26, 10. Barbie Sithan (Siera) 19:30.

Teams: 1. West Valley 51, 2. American River 70, 3. Siskiyou 101, 4. Santa Rosa 122, 5. Modesto 123, 6. DeAnza 134, 7. Fresno 174, 8. Sierra 201, 9. San Jose 224, 10. Sequoias 245, 11. San Francisco CC 262, 12. Hartnell 268.

Men's Results: Individuals: 1. Quentin Morley (AHC) 19:29, 2. Peter Woods (AHC) 19:40, 3. Mason Myers (ARC) 19:48, 4. Kim White 20:02, 5. Warren Woodbury (WVC) 20:13, 6. Glen Russell (Hart) 20:17, 7. Frank Fox (Talt) 20:19, 8. Pat Hubbard (Talt) 20:29, 9. John Lopez (Hart) 20:31, 10. Max Guardiola (Seq) 20:36.

Teams: 1. American River 70, 2. Hartnell 94, 3. Hancock 101, 4. West Valley 105, 5. Talt 122, 6. San Jose 132, 7. Sequoias 141, 8. Siskiyou 186, 9. Delta 214, 10. Merritt 261, 11. Shasta 262, 12. Fresno 271, 13. Football 373.

Southern California Championships Community College XC

Nov. 11. Mt. SAC, Walnut.

Girl's Results:

Individuals: 1. Onagh Bruni (SDC) 18:07, 2. Kim Caspo (SDC) 18:22, 3. Louis Ronnerman (Mt. SAC) 18:33, 4. Diana Tracy (EC) 18:38, 5. Sue Chek (SDC) 18:44, 6. Mirioela Benavides (Orange Cst) 18:48, 7. Pam Boyles (BC) 19:03, 8. Kami Howden (Mt. SAC) 19:06, 9. Lori Montoya (Ventura) 19:06, 10. Karen Talemantas (Mt. SAC) 19:18.

Teams: 1. Mt. San Antonio College 50, 2. Bakersfield 86, 3. El Camino 93, 4. San Diego City 99, 5. San Diego Mesa 124, 6. Riverside 189, 7. Grossmont 203.

Men's Results: Individuals: 1. Nouredine Morcelli (RC) 19:20, 2. Pablo Sierra (ELAC) 19:50, 3. John Meagher (RC) 20:05, 4. Jamie Galindo (Ventura) 20:18, 5. Martin Rodriguez (LATT) 20:29, 6. Chris Miller (Mt. SAC) 20:31, 7. Derrick Powers (Mt. SAC) 20:36, 8. Mike Tansley (Long Bch) 20:44, 9. James Swinson (San Diego City) 20:45, 10. Robert Nelson (PC) 20:46.

Teams: 1. Mt. San Antonio College 82, 2. Riverside 87, 3. Grossmont 120, 4. San Diego Mesa 125, 5. Pasadena 139, 6. L.A. Trade Tech 149, 7. Ventura 198.

SCA-TAC XC Championship

November 18. Orange, 10K.

Overall Results

1. Brian Wolf (32) 40:58, 2. Robert Slick (34) 41:58, 3. Fabian Grassini (22) 43:12, 4. Mark Homphill (40) 45:26, 5. Jim O'Brien (36) 43:55, 6. Mike Van Guilder (40) 45:10, 7. Ray Estrada (18) 45:42, 8. Lincoln Scott (22) 46:36, 9. Bill Crum (54) 46:38, 10. Jesse Meltzer (25) 46:50.

11. David Burnette (16) 46:50, 12. Bruce Horiguchi (41) 47:03, 13. Mike Fuller (46) 47:21, 14. Gene Mott (46) 47:27, 15. Brad Freeman (28) 47:46, 16. Don Vanduyke (53) 48:15, 17. George Wright (47) 48:45, 18. Kenneth Price (47) 49:13, 19. Mark Goldsmith (27) 49:15, 20. David Mott (33) 49:38.

21. Kip Stolberg (25) 50:02, 22. James Doering (15) 50:15, 23. Stephanie Gilchrist (23F) 50:18, 24. Jerry Laverly (43) 50:24, 25. Kurt Wizner (24) 50:33.

Teams: 1. Team Blarney (Wolf, O'Brien, Morehart) 2:17:18, 2. Seniors TC (Fuller, Price, Bruce Horiguchi) 2:23:37, 3. Seniors TC (Ogawa, Crum, Van Dyke) 2:28:02, 4. Team Blarney (Baines, Wilson, Arnison) 2:59:13, 5. Team Blarney (Spurgeon, Tinker, Ordaz) 3:16:35.

California Community College X-C Championships

November 18. Woodward Park, Fresno.

Overall Results—Men—4.0 miles

1. Nouredine Morcelli (Riv) 18:48, 2. Pablo Sierra



San Diego City's DONAGH BRUNI & SUE CHEK

Photo by Bill Cockerham

(East LA) 19:17, 3. Kim White (AHC) 19:18, 4. Quentin Morley (AHC) 19:19, 5. John Meagher (Riv) 19:25, 6. Peter Woods (AHC) 19:37, 7. Mason Myers (AmRiv) 19:44, 8. Robert Nelson (Pasad) 19:51, 9. Jamie Galindo (Vent) 19:52, 10. Derrick Powers (Mt. SAC) 19:53.

11. Martin Rodriguez (LATrade) 20:03, 12. Chris Miller (Mt. SAC) 20:04, 13. Frank Fox (Talt) 20:09, 14. Max Guardiola (COS) 20:10, 15. James Swinson (SDCC) 20:13, 16. Mike Tansley (LBCC)

20:14, 17. Zac Loomer (Full) 20:16, 18. Warren Woodbury (WVly) 20:17, 19. John Lopez (Hart) 20:18, 20. Brad Sigler (OKCst) 20:19.

Team Results: 1. Mt. SAC 74, 2. American River 85, 3. Allan Hancock 96, 4. Riverside CC 112, 5. West Valley 140, 6. Pasadena CC 152, 7. Hartnell 158, 8. Grossmont 159, 9. San Diego Mesa 179, 10. Talt 203.

Overall Results—Women—5K

1. Donagh Bruni (SDCC) 18:08, 2. Sue Chek (SDCC) 18:11, 3. Diana Tracy (EiCam) 18:14, 4. Louise Ronnerman (Mt. SAC) 18:17, 5. Mirioela Benavides (OrCst) 18:21, 6. Kim Campo (SDCC) 18:33, 7. Pam Boyles (Bkfld) 18:38, 8. Karen Talemantas (Mt. SAC) 18:39, 9. Dina Farage (WVly) 18:44, 10. Kami Howden (Mt. SAC) 18:50.

11. Jade Proato (SDMesa) 18:52, 12. Typhanny Tucker (Sisk) 18:52, 13. Joyce Morgiewicz (SM) 18:53, 14. Sharette Garcia (EiCam) 18:54, 15. Laura Seefeldt (AmRiv) 18:55, 16. Rita Del Rio (Grossmont) 18:56, 17. Regina Schuetz (Bkfld) 18:58, 18. Stacey Sanderson (Mt. SAC) 18:59, 19. Shena Mills (EiCam) 19:00, 20. Leslie King (Bkfld) 19:01.

Team Results: 1. Mt. SAC 53, 2. San Diego CC 89, 3. Bakersfield 99, 4. San Diego Mesa 119, 5. West Valley 128, 6. El Camino 129, 7. American River 131, 8. Santa Rosa 178, 9. Modesto Jr. 181.

NCAA Div. I Championships

Annapolis MD.

Overall Results—Men—10K

1. Nuttall (Iowa St) 29:30:55, 2. J. Koeh (Iowa St) 29:32, 3. Beltran (Ala) 29:33, 4. Thornton (LSU) 29:49, 5. Kennedy (Indiana) 29:54, 8. Hudson (O) 30:01, 16. Fonseca (O) 30:16, 17. Haller (O) 30:16.

Teams: 1. Iowa State 54, 2. Oregon 72, 3. Wake Forest 219, 4. Washington 224, 5. Arkansas 235.

Overall Results—Women—5K

1. Huber (Villanova) 15:59:86, 2. McGovern (Kentucky) 16:26, 3. Dekkers (Indiana) 16:36, 4. Bliss (Missouri) 16:43, 5. Wiegand (Tennessee), 24. Stirling (UCI) 17:16, 29. Rabbitt (UD) 17:22, 75. Cervantes (UCI) 17:59, 118. Dabul (UCI) 18:23, 129 Lucas (UCI) 18:31, 144. Plier (UCI) 18:45, 156. Lewis (UCI) 18:59. Teams: 1. Villanova 99, 2. Kentucky 168, 3. Nebraska 186, 4. Georgetown 193, 5. Oklahoma St 205, 6. Tennessee 227, 7. Clemson 238, 8. Iowa 249, 9. Indiana 267, 10. UCI and Providence 279, 12. Washington 286, 13. Northern Arizona 292.

NAIA Championships

November 18. Kanonsha, WI.

Overall Results—Men—5 miles

1. Rick Robirds (Adams St) 24:01, 2. Dan Maas (Adams St) 24:16, 3. Peter Schouw (OkBap) 24:52, 4. David Kogo (Lub) 25:02, 5. Eric Ashton (Malone) 25:04. Team Results: 1. Adams St. 39, 2. Malone (Oh) 53, 3. Western St. (Co) 65, 4. Wisconsin Claire 223, 5. Simon Fraser (BC) 224. Others: 13. PL Loma (Ca) 419.

Overall Results—Women—5K

1. Wanda Howlett (Puget) 17:55, 2. Amber Anderson (Midland) 17:59, 3. Ann Grande (Puget) 18:06, 4. Sarah Howell (SimFr) 18:07, 5. Patty Lamdy (NoFL) 18:14. Team Results: 1. Adams St. 79, 2. Western St. (Co) 132, 3. Hillsdale (Mi) 134, 4. North Florida 137, 5. Pacific Luth. (Wa) 200. Others: 17. Westmont (Ca) 450.

NCAA Div. II

November 18. Marshall's Creek, PA.

Overall Results—Men—10K

1. Rob Edsen (Keene) 31:44, 2. Chris Rauber (Edinboro) 32:00, 3. Craig Cassen (SoDakota) 32:03, 4. Shannon Winkelman (UCRiverside) 32:07, 5. Jesus Gutierrez (CSLA), 6. Stephen Franke

TWIN CITIES MARATHON

By FLORY RODD

October 8, Twin Cities, Minnesota.

Minnesota's Twin-Cities Marathon, run on a course between the cities of St. Paul and Minneapolis (with the start and finish points changing on alternate years) proudly bills itself as "the most beautiful urban marathon in America." The race brochures also add that it is, "flat, mostly asphalt and fast." I'll buy the "most beautiful pronouncement" but, my jury is OUT on the "fast" claim.

For the first time I had media credentials which allowed me to see the race from the press truck and I anticipated some exciting times. It didn't quite turn out that way. Sixty seven Californians lined up at the staggered start on a clear and perfect day for running. The temperature at the 7:30 a.m. start was announced on the radio as 27 degrees with a moderate mid-38 at the finish. Most all runners ran in shorts and T-shirts and were discarding their gloves as they went along. I'm not familiar with Midwest weather but it was the warmest blessed 30 degrees I've ever experienced.

With an absolute ZERO wind and a total purse exceeding \$234,000 everyone in the press truck expected a fast pace. With the gun a knot of 11 runners quickly separated themselves from the pack of 6000 starters. Mile 5 in 25:26. The same tightly bound group went through the Tenth Mile in 50:28—with no surges, no change of pace, no shifting of strategy. The half-way point at 13.1 miles was passed in 1:06:13, and someone in the press truck commented (I think it was me) that, "it's going to be slower than a 2:12 marathon."

The same inseparable group of 11—Janicki, O'Reilly, Niemczak, Simonitis, etc. went through 15 in 1:15:50. "Doesn't anyone wanna win this race," the reporter from the Florida newspaper muttered? I wanted to tell him that the last time I witnessed anyone running this closely it was the Aggie Centipedes in the Bay to Breakers—and they were tied together with ropes.

The gang of 11 were now approaching the 20th mile and still no spot of daylight between them. Media people in the press truck were discussing: Bill Burleigh (director of the Big Sur Mar-

athon in Carmel), how revised entry fees, "next year will be \$40 for early entry, then \$50, and \$60 on race day." Kathy Switzer, recently married to New Zealander, Roger Robinson, a top runner in the 50 year age division, "would be living half the year in N.Z. and the other six months in the USA." Ambrose Burfoot, covering the race for Runners World Magazine, was scratching away on a pad and I couldn't help but peek over his shoulder. He was describing "the trees, the lakes and the beauty of the course."

This was becoming boring and, with the 20th mile being reached in 1:41:29, it confirmed a slower than 2:12 finish. I asked the driver to "slow it down so I could hop off the bus at the 21st mile and see how the Master runners were faring." "Why is it," I asked myself, "that our American marathoners can not go below 2 hours 10 minutes?" I constantly see results from foreign marathons where the first six runners finish in 2:08, the top 10 in 2:09, and still—when was the last year one of our guys broke 2 hours 10 minutes? (I looked it up—it was Benji Durden at Boston in 1983 with a 2:09:58).

Professional golfers have a saying—"NEVER UP, NEVER IN." That means that if you don't tee-off boldly and get UP on the green—then you're never going to get it IN the hole. A 1:06:13 half won't get you within putting range. Janicki began his spurt within a mile of the end and earned the \$25,000 with a 2:12:18 and a 18 second edge over Antoni Niemczak who scooped up \$15,000 for 2nd place.

"I was surprised that we didn't go out faster because of the ideal weather and temperature," Janicki said in the press tent, "but sometimes you have to let the race dictate things." Mike O'Reilly, 3rd place finisher in 2:12:37 added, "everyone in the pack was waiting for someone else to make the break. No one wanted to do the work." He also suggested "business considerations" might have been involved... "if you have the luxury of a shoe company contract, that's one thing, but not many of us are getting those."

Conversely, Kim Jones, 31, Spokane, Washington, won the Women's Open division in 2:31:42 after the field had been decimated by last minute no shows. That left Kim to run alone

against the clock. "That's okay," she said, "I plan to run the first half in 1:13 and then hang on." She hit the half way point in 1:14:28 with a sizeable lead that permitted her to make two unscheduled "pit stops" and still get to the finish line in time to pick up the women's matching \$25,000 for first place.

Californians in the race. Seven California men and seven California women managed to finish in the top ten in their age divisions with Brad Hawthorne, 32, Oakland, leading the way with a 2:18:27 good for \$500. Sixth place overall in the Open women's division and the 6th place woman overall (\$6,000) went to Guadalupe Roman, 28, from Anaheim.

Joan Colman, 45, Sausalito, was the only first place division winner from California with a 2:58:50 finish that netted her the \$500 award. Joan Ulyot, 49, San Francisco, ran much of the race jockeying back 'n forth with Joan Colman for the lead. In a furious sprint for the finish she missed breaking 2 hours 59 minutes by a mere 10 seconds. (2:59:10) This cost her the automatic \$500 "incentive award" given by the race directors to the elite sponsored women. I calculated that it cost Joan \$50 per second and that's a lot of Chablis down the drain.

Men 22-29: 8th—Gordon Christie, Santa Barbara, 2:20:00; 30-34: 6th—Brad Hawthorne, Oakland, 2:18:27; 10th—Dan Davies, Pasadena, 2:25:28; 40-44: 10th—Ron Nabers, San Francisco, 2:36:53; 55-59: 3rd—Fred Kiddy, Bishop 2:55:14; 60-64: 4th—Jim O'Neil, La Jolla, 3:13:16; 70-75: Cyril Amintin, Montrose, 4:11:47; Women 22-29: 4th—Guadalupe Roman, Anaheim, 2:40:56; 30-34: Christine Iwahashi, Sacramento, 2:51:37; 45-49: Joan Colman, Sausalito, 2:58:50; Joan Ulyot, San Francisco, 2:59:10; Gail Rodd, San Francisco, 3:25:58; 50-54: Sandra Kiddy, Bishop, 3:17:25; 60-64: Ruth Anderson, Oakland, 3:54:25.

In summing up: It was a strange race in that no one that I spoke to after the race seemed to be pleased with their effort. Despite the fact that the weather, temperature and zero wind, combined to make it a near perfect day for racing I didn't see anyone leaping into the air, clicking their heels and happily screaming, "PRI!"

Brad Hawthorne, winner of two Big Sur Marathons, the first one in 2:14, told me that "I'm now in better shape than at Big Sur. I recently ran a 30:30 10K and though I'm disappointed in not

breaking 30 minutes I expect to finish in the top 10—maybe faster if I can pick off runners at the end of the race."

Jim O'Neil, 64, division winner of this race in years 1985 and 1987 (2:53:30) told me, "yes, I've been running 85 miles a week and preparing especially for Twin Cities for the past 2 months...and, to answer your question, I expect to run about 2:55." He finished in a time of 3:13:16.

I ran into Juan Ramirez, 24, San Francisco, in the hotel elevator and pried out his estimated finish time. "I've been putting in 110 mile weeks preparing for this race. Mainly on the San Francisco State track, Golden Gate Park and weekends on Mount Tamalpais. I ran the last Cal-Int 1 in 2:18:30 and the recent Hoy's 10K in 30:40—put me down for between 2:15 and 2:17." He finished in 2:26:32.

"What's happening here? What's going on with all these screwy times?" I asked Rich Fisher. (Oakland, 3:27:32) His theory was, "all those 90 degree turns in the first half of the race. Heck, there must have been 25 or 30 of them."

I ran into Christine Iwahashi, 33, Sacramento, a highly experienced marathoner advised me that she was, "fit, rested, serious, and expecting to break 2:50." She gets the award for the closest guess with her 2:51:37. George Parrot, 45, Sacramento, came up with the worst guess of the day—"expect to finish some time before it gets dark." He came through with a 3:17:49.

Ron Nabers, recently turned 40, attacked this marathon with a vengeance. "I've been holed up in the Colorado hills training at 6000 feet for months with 100 mile weeks building up to final weekly mileages of 132-139-142 and 150," and then added, "I lost 13 pounds during a 4-5 week period." I asked, "How did you manage to lose the weight?" "I tried to get as light as possible," he answered, "it was a combination of high mileage, the altitude, and restricting myself to two meals a day. Also (and this shocked me because I KNEW the Ron Nabers of old), I didn't have any BEER or ALCOHOL!" Wow, talk about supreme sacrifices.

Ron explained his training schedule which had the basic "hard day—easy day" except that his easy days were "9 miles in the a.m. and 9 miles in the p.m." The core of his training were

continued next page...

RESULTS

(CalPolyPom) 32:14, 8. Sasha Vujic (CSN) 32:21, 10. Tim Campbell (SLO) 32:22, 11. Jorge Castro (CSN) 32:30, 12. Herbert Saravia (UCRiverside) 32:31, 15. Dennis Pfeiler (Hum) 32:38. **Team Results:** 1. So Dakota State 97, 2. Edinboro (Pa) 102, 3. Cal Poly SLO 114, 4. UC Riverside 139, 5. CS Northridge 164, 6. Humboldt 192, 8. Cal State LA 200.

Overall Results—Women—5K

1. Darcy Arreola (CSN) 17:14, 2. Jill Wood (Air Force) 17:20, 3. Jamie Park (SLO) 17:35, 4. Melanie Hiatt (SLO) 17:36, 5. Callie Calhoun (Air Force) 17:43. **Others:** 9. Teena Colebrook (SLO) 18:00, 11. Stephanie Barrett (SLO) 18:05, 13. Sydney Thatcher (SLO) 18:07, 14. Jill Hoffman (SLO) 18:09, 15. Kelly Tremmel (CSN) 18:12. **Team Results:** 1. Cal Poly SLO 34, 2. Air Force 67, 3. So. Dakota St. 108, 4. CS Northridge 121, 5. Navy 141, 6. Cal State LA 161. **Others:** 10. UC Davis 208.

NCAA Div. III

November 18, Rock Island, IL

Overall Results—Men—8K

1. David Torronz (Augustana) 23:50, 2. Seamus McElligott (Haverford) 24:11, 3. Adam Suarez (Calvin) 24:16, 4. Jesse Palmer (Brandeis) 24:28, 5. John Storms (Met) 24:32. **Team Results:** 1. Wisc-Oshkosh 55, 2. No. Central (IL) 118, 3. Calvin (MI) 153, 4. St. Thomas (MN) 174, 5. Wisc-LaCrosse 195. **Others:** 12. UC San Diego 314, 14. Claremont-Mudd 340.

Overall Results—Women—5K

1. Marybeth Crawley (Cortland) 17:19, 2. Judith Sparks (Cortland) 17:20, 3. Millicent Thweatt (Bet) 17:26, 4. Gretchen Farkas (St. Thomas) 17:26, 5. Vicki Mitchell (Cortland) 17:40, 1. Cortland (NY) 30, 2. Wisc-Oshkosh 62, 3. Ithaca (NY) 90, 4. St. Thomas (MN) 142, 5. Wisc-LaCrosse 198. **Others:** 12. UC San Diego 303.

TWIN CITIES, continued

the Time Trials on Mondays and Wednesdays which consisted of 20 mile runs, with every one faster than the previous one. The Friday run was a 3 hour job with the last 10 miles "very hard." Ron's seventh day had an easy 8 miles in the a.m.—the evening run began with a 3 mile warmup and then 8 repeat miles averaging 5:42 per mile at the end. One minute of recovery in between.

"I hope to prove," Ron told me, "that high mileage and my scientific training program works." He added, "I'm going after my master TAC opponent Bob Schlau in tomorrow's race and—I might surprise some—but mainly I would like to prove my training." (Note: Schlau finished 1st master. Ron Nabers ended with a 2:36:53.)

ROAD RACING

Mule Run Ultra

August 26, Bishop.

Overall Results

1. Jussi Hamalainen (43) Agoura Hills 3:53:49, 2. Alberto Ocampo (30) Oxnard 4:01:32, 3. Tom Cheese (30) Irvine 4:06:21, 4. Caveman (28) Oxnard 4:10:51, 5. Fred Shuffelbarger (41) Laguna Beach 4:11:02, 6. John Montgomery (43) Del Mar 4:14:07, 7. Earl Towner (39) Laguna Beach 4:19:31, 8. David Park (33) Canyon County 4:19:38, 9. Robert Beach (45) Bishop 4:20:31, 10. David Vukelich (49) Tucson 4:20:41.

Division Results—Men

29 & Under: 1. Caveman 4:10:51, 2. Jack Nosco 4:38:34, 3. Gilberto Barrera 4:40:36, 30-34: 1. Alberto Ocampo 4:01:32, 2. Tom Cheese 4:06:21, 3. David Parker 4:19:38, 35-39: 1. Earl Towner 4:19:31, 2. Bill Kissell 4:23:55, 3. Steven Harris 4:29:21, 40-44: 1. Jussi Hamalainen 3:53:49, 2. Fred Shuffelbarger 4:11:02, 3. John Montgomery 4:14:07, 45-49: 1. Robert Beach 4:20:31, 2. David Vukelich 4:29:41, 3. Bill Elam 4:55:25, 50-54: 1. Rich Vander Stucken 5:05:30, 2. Jim Bond 5:16:51, 3. John Marshall 5:27:59, 55-59: 1. Al Kikman 5:25:38, 2. Walter Ries 5:46:23, 3. Hap Arnold 6:00:04, 60 & Over: 1. Jack Rohde-Moe 5:34:29, 2. John Ledarski 7:03:11.

Division Results—Women

29 & Under: 1. Linda Locke 5:13:36, 2. Renee Ortega 5:34:57, 3. Michelle Mac Mechnie 6:34:20, 30-34: 1. Heidi Anderson 5:20:27, 2. Maureen Marcelino 5:57:25, 3. Laura Knobel 6:00:33, 35-39: 1. Sue King 4:47:57, 2. Judy Walker 5:31:42, 3. Sara Unerjigman 5:39:24, 40-44: 1. Joan Sligar 5:40:19, 2. Terry Crawford 5:46:42, 3. Jeane Ann Gerard 6:11:27, 45-49: 1. Barbara Hartley 6:34:33, 2. Ginger Behm 6:44:43, 50-54: 1. Elaine Murphy 6:47:13, 2. Mary Hack 6:51:00, 55-59: 1. Patricia DeVita 10:09:46.

"I believe the cold weather took it out of me," he said after the race.

"Too many turns in the first half of the race slowed it down," was the opinion of Rich Fisher, with his wife Laura adding, "the weather was too dry—I had trouble breathing."

"The hills from the 20th to 25th miles were deceptively harder than I imagined."

And so it went. Each runner having a different theory as to why their hopes were derailed. But, that's what makes road racing interesting. As the old Brooklyn Dodgers used to say every Fall season—"Wait 'til Next Year."

Pico Rivera Sunset Run

Sept. 16, Pico Rivera. 5K & 10K.

Division Results—Men's 5K

14 & Under: 1. Ivan Hernandez 17:51, 2. Martin Navarro 18:19, 3. Joseph Navarro 23:25, 15-18: 1. Jim McCarron 17:02, 2. Andrew Medina 19:14, 3. Eli Torres 20:45, 19-29: 1. Mitchell God 16:08, 2. Eddie Perez 16:11, 3. Jesse Clemente 16:37, 30-39: 1. Joel Snachez 16:38, 2. Bernie Brizuela 16:41, 3. John Chavez 18:46, 40-49: 1. Ruben Navarro 18:38, 2. Larry Main 18:43, 3. Manovich Lankarim 19:14, 50-59: 1. Tom Cuevas 18:58, 2. Cliff Stolba 19:35, 3. Cliff Larkins 21:05, 60 & Over: 1. Larry Banuelos 20:20, 2. John Mooshagin 30:14.

Division Results—Women's 5K

14 & Under: 1. Vanessa Gonzalez 25:35, 2. Ladean Pazar 35:43, 3. Cynthia Condon N.T. 15-18: 1. Mariene Olmos 22:29, 2. Xochi Martinez 25:31, 3. Jennifer Martinez 28:04, 19-29: 1. Debbie Lies 21:59, 2. Becki Kelly 26:48, 3. Colina Lee 29:21, 30-39: 1. Irene Rangel 24:16, 2. Gwenn Nakahara 24:56, 3. Evelyn Briano 26:47, 40-49: Shirley Kanya 24:59, 2. Theresa Riley 28:34, 3. Pamela Lankarim 31:51, 50-59: 1. Norma Martin 31:14, 60 & Over: 1. Hortense Carrillo 32:18, 2. Louise Martin 38:41.

Division Results—Men's 10K

15-18: 1. Rudy Andrade 36:08, 2. Raul Perez 36:34, 3. Sam Andrade 37:47, 19-29: 1. Eric Huss 37:10, 2. Jose Hernandez 39:16, 3. Jesus Calderon 39:30, 30-39: 1. Nicolas Hernandez 33:47, 2. Leonard Aguilar 34:22, 3. Vicente Rivera 35:43, 40-49: 1. Chris Dambacher 40:10, 2. Jeff Mintz 41:38, 3. Adolfo Padilla 41:51, 50-59: 1. Danile Mejia 44:34, 2. William Kirby 46:57, 3. Bob Donovan 49:37, 60 & Over: 1. Patrick Devine 38:55, 2. James Wilkie 51:12, 3. John Guzman 101:45.

Great Headlands Race

Sept. 17, Sausalito.

Division Results—Men

19-29: 1. Kenny Brown 38:03, 2. Bruce Phinney 38:28, 3. Steven Noll 39:04, 30-39: 1. Dan Anderson 38:32, 2. George Green 38:39, 3. Steve Radigan 40:18, 40-49: 1. Don Scioli 41:20, 2. Donn DeAngelo 42:29, 3. Peter Franks 42:36, 50-59: 1. Andy Smith 51:15, 2. Frank Nolle N.T. 60-69: 1. Sam Hirsbyashi N.T., 2. Harry Webster N.T.

Division Results—Women

19-29: 1. Kathleen Manning 43:38, 2. Carol Hollingsworth 45:27, 3. Natalie Simi 45:34, 30-39: 1. Marianne Zerobko 45:08, 2. Heidi Horner 51:30, 3. Lorraine Hogle 51:34, 40-49: 1. Francine Lenkiewicz 51:18, 2. Nadine O'Connor 51:22, 3. Judi Robson 51:26, 50-59: 1. Judi Donovan 55:29, 2. Virginia Burrois N.T.

Beach Games

Sept. 23, Laguna Niguel, 8K.

Division Results—Men

Overall Winners: 1. John Koning 23:44, 2. Enrique Alvarez 24:39, 3. Paul Cook 25:05, 14 & Under: 1. Shannon Tibbs 30:29, 2. Ryan Downey 32:52, 3. Clay Chilcott 34:16, 15-19: 1. Carlos Perez 34:48, 2. Eric Robinson 35:07, 3. Mark Kimball 35:37, 20-24: 1. Chris Harrington 28:13, 2. Kelly Fineran 28:24, 3. Richard Garro 31:09, 25-29: 1. Andy Nicol 25:57, 2. Michael Marquis 27:25, 3. D. Perez 27:58, 30-34: 1. John Koning 23:44, 2. Eddie Mora 26:21, 3. George Hernandez 26:53, 35-39: 1. Enrique Alvarez 24:39, 2. Paul Cook 25:05, 3. Doug McCafferty 30:39, 40-44: 1. Paul Marcol 26:08, 2. Fred Shuffelbarger 26:48, 3. Tom Heindol 27:03, 45-49: P. 1. Richard Quintanilla 28:10, 2. Harold Wesley 29:02, 3. Peter Jones 29:08, 50-59: 1. Alex Rios 32:15, 2. William Harkins 33:29, 3. Don Rosene 33:54, 60 & Over: 1. Tracy Brown 32:11, 2. Richard Langelle 37:36, 3. Frank Hotchkiss 42:37.

Division Results—Women

Overall Winners: 1. Joan Fowler 29:56, 2. Mary Schlick 30:11, 3. Michele Riss 30:53, 14 & Under: 1.

Heather Campbell 39:57, 2. Shannon Haven 1:11:53, 3. Heather Kosch 1:11:54, 15-19: 1. Noel Landreth 33:48, 2. Tina Fejtek 39:43, 3. Nicole McInnes 40:44, 20-24: 1. Mary Schlick 30:11, 2. Amy Rell 36:30, 3. Laura Crawford 37:11, 25-29: 1. Joan Fowler 29:56, 2. Sugar Dobbs 32:07, 3. Susan Takata 35:40, 30-34: 1. Michele Riss 30:53, 2. Claudia Velletri 31:01, 3. Georgina Ried 31:03, 35-39: 1. June Gessner 33:09, 2. Anna Knowles 34:46, 3. Barb Burg 34:49, 40-44: 1. Cathy Kroninger 35:06, 2. Loretta Kotkin 37:33, 3. Beth Chilcott 38:46, 45-49: 1. Penny Marledge 37:34, 2. Shirley Frobes 37:40, 3. Marlin Stephens 38:37, 50-59: 1. Joan Jeter 34:20, 2. Kayn Lindahl 38:23, 3. Shirley Chadwick 41:54.

Splash 'n Dash

Sept. 24, Rio Vista, (4.2 Rim, 450 yd. Swim).

Overall Results

1. Brian White (16) Antioch 44:49, 2. Todd Critchfield (27) Aptos 45:08, 3. Jim Merchant (43) Menlo Park 47:00, 4. Lesley Chequer (24) Los Altos 47:13, 5. John Jena (30) Danville 47:43, 6. Prusso 8 Kirchubel (Fairfield) 48:40, 7. Mike Williams (40) Walnut Creek 49:16, 8. Merritt & Hunter (Berkeley) 49:39, 9. Perry Harmon (31) Berkeley 50:15, 10. Cameron Reed (28) 50:33, 11. Glenn Carnahan, Grove Island 51:01, 12. Mark Loos (24) San Francisco 51:36, 13. Colin Chinn (31) Berkeley 53:05, 14. Jon Valentino (33) Hayward 53:45, 15. Ted Brooks (24) Palo Alto 53:50.

Portland Marathon

Sept. 24, Portland, Oregon.

Overall Results—Men

1. Tsuguo Sarakata (23) Portland, OR. 2:18:46, 2. David Steffens (30) Beaverton, OR. 2:23:31, 3. Leonard Hill (37) Klamath Falls, OR. 2:24:10, 4. Craig Fram (31) Tigard, OR. 2:28:11, 5. Ronald Johnson (28) Seattle, WA. 2:28:52, 6. Yoshiro Nishimura (32) Portland, OR. 2:29:38, 7. Mark Winder (33) Beaverton, OR. 2:29:50, 8. Matthew Pinder (32) Ashland, OR. 2:31:10, 9. Stan Holman (24) Spokane, WA. 2:31:27, 10. Gary Foltz (36) Angelus Oaks, CA. 2:32:15.

Overall Results—Women

1. Debra Myra (27) Portland, OR. 2:44:10, 2. Heather Tolford (31) Tillamook, OR. 2:47:06, 3. Becky Larson (32) Bellevue, WA. 2:54:00, 4. Deanna Scheidter (24) Mt. Angel, OR. 2:55:43, 5. Pamela Riley (35) Victoria, BC. 2:56:35, 6. Kristen Frost (33) Hood River, OR. 2:57:32, 7. Monica Mayer (25) Portland, OR. 2:58:00, 8. Shannon Maruk (32) Burnaby, BC. 3:02:29, 9. Sally Holmquist (24) Kent, WA. 3:03:41, 10. Karen Butler (29) Vancouver, BC. 3:03:53.

Division Results—Men

19 & Under: 1. Joe Spurgeon 2:52:48, 2. Todd Misiewicz 3:06:38, 3. Colin Okada 3:12:51, 20-24: 1. Tsuguo Sarakata 2:18:46, 2. Stan Holman 2:31:27, 3. Robert Gilbert 2:44:22, 25-29: 1. Ronald Johnson 2:28:52, 2. Philip Bellan 2:56:35, 3. Geoff Morrison 2:38:59, 30-34: 1. David Steffens 2:23:31, 2. Craig Fram 2:28:11, 3. Yosh. Nishimura 2:29:38, 35-39: 1. Leonard Hill 2:24:10, 2. Gary Foltz 2:32:15, 3. Alex Guletsky 2:35:42, 40-44: 1. David Shaler 2:39:07, 2. Steven Campagna 2:39:42, 3. Bill Lindesmith 2:43:03, 45-49: 1. Jeff Corkill 2:37:57, 2. Chan Berthiaum 2:40:51, 3. David Terenoff 2:45:12, 50-54: 1. Alan Tracy 2:57:22, 2. Lorne Siemens 2:57:35, 3. John Hrons 3:01:36, 55-59: 1. Mel Pready 3:06:13, 2. Robert Dolphin 3:10:32, 3. Pierce Cornelius 3:12:19, 60-64: 1. Max Jones 3:12:30, 2. George Lundin 3:15:16, 3. Robert Wasson 3:32:38, 65-69: 1. Joe Cusic 3:22:00, 2. Albert Nakata 3:35:32, 3. Jack Pennington 3:49:25, 70-74: 1. Donald McClure 4:48:35, 2. Harold Somer 5:14:20, 3. Joseph Abbas 6:28:13, 75-79: 1. Cornelis Vessers 4:31:02.

Division Results—Women

20-24: 1. Dean Schiedler 2:55:43, 2. Sally Holmquist

RESULTS

3:03:47, 3. Janice Dehays 3:06:05, 25-29: 1. Debra Myra 2:44:10, 2. Monica Mayer 2:58:00, 3. Karen Butler 3:03:53, 30-34: 1. Heather Tofford 2:47:06, 2. Becky Larson 2:54:00, 3. Kristen Frost 2:57:32, 35-39: 1. Pamela Riley 2:56:35, 2. Ann Bol 3:05:02, 3. Ana Siang 3:05:28, 40-44: 1. Judy Dodge 3:06:24, 2. Marcias Winger 3:07:28, 3. Diana Hatfield 3:20:05, 45-49: 1. Daphne Coble 3:20:52, 2. Elaine Tobar 3:32:31, 3. Mae Palm 3:38:04, 50-54: 1. Wen-Shi Yu 3:17:34, 2. Sue Bastian 3:28:01, 3. Ann Whiting 3:50:33, 55-59: 1. Heidi Mucke 3:35:58, 2. Colleen Marshon 4:00:20, 3. Kathleen Walls 4:20:03, 60-64: 1. M. Coleman 3:45:32, 2. Batty Willis 4:25:19, 65-69: 1. Po Adams 4:21:21, 2. Maureen Schmah 5:24:05, 3. Vivian Goble 6:17:52, 75-79: 1. Lucille Adney 6:43:22.

Apple Run

Sept 24, Watsonville, 10K

Division Results - Men

10-29: 1. Al Gonzales 36:37, 30-39: 1. Gilbert Munoz 32:38, 40-49: 1. Jose Garcia 35:23, 50 & Over: 1. Adolfo Orozco 40:30.

Division Results - Women

10-29: 1. Ramona Escamilla 46:45, 30-39: 1. Linda Bryan 45:44, 40-49: 1. Joni Triplett 48:46, 50 & Over: 1. Katherine Beiers 52:50.

Great America 10K Run

September 24, Santa Clara.

Dan Stefanisko and Linda Martinez took top honors at the 8th Annual Great America 10K Run. Dan's winning time of 31:12 and Linda's top female time of 36:42 earned each of them the top prize of a Getaway weekend to San Diego.

Over 2,600 participants gathered at Great America to help raise funds for the Crippled Children's Society of Santa Clara County, Inc. All finishers received free admission to Great America compliments of Great America.

Division Results - Men

11 & Under: 1. Carlos Avila 47:56, 2. Michael Saffaie 50:24, 3. Chris Gaultsch 50:56, 12-16: 1. Chong Yi 37:24, 2. Sylvester Coons 38:19, 3. Nicholas Ratti 38:29, 17-29: 1. Dan Stefanisko 31:12, 2. Charles Alexander 31:32, 3. Ubaldo Naranjo 33:01, 30-39: 1. Paul French 33:46, 2. Steven Chavez 34:10, 3. Brad Jackson 35:47, 40-49: 1. Dave Doolley 33:22, 2. Gabriel Sandoval 34:31, 3. Brian Waterbury 35:09, 50-59: 1. Rolf Hebelung 39:38, 2. Gerald McGowan 40:58, 3. Bob Feldman 41:15, 60 & Over: 1. Bruce Olivé 44:06, 2. Dick Yaeger 46:51, 3. James Griffiths 51:17, Wheelchair: 1. John Guineo 55:45.

Division Results - Women

11 & Under: 1. Shawna Gin 43:57, 2. Françoise Aquí 44:37, 3. Roxanne Saffaie 53:15, 12-16: 1. Rosanna Saffaie 46:54, 2. Maltea Currie 56:47, 3. Michelle Saffaie 58:45, 17-29: 1. Linda Martinez 36:42, 2. Elizabeth Long 39:35, 3. Nora Baker 41:18, 30-39: 1. Consuelo Garcia 39:48, 2. Sue Tarter 42:50, 3. Naomi Appleton 45:18, 40-49: 1. Judi Shado 40:07, 2. Jeanne Krahl 43:07, 3. Margaret Smith 43:33, 50-59: 1. Diane Bromstead 49:55, 2. Joyce Small 53:59, 3. Kay Idota 1:05:17, 60 & Over: 1. Joy Johnson 52:54, 2. Selma Silitila 1:04:58, 3. Landa Reed 1:25:55.

Run to Make a Difference

Sept 24, Hermosa Beach, 10K

Division Results - Men

Overall Winner: 1. Alfredo Rosas 30:15, 2. Tyrus Deminlar 30:22, 3. Harold Ketting 31:10, 13 & Under: 1. Bruce Horiguchi 40:00, 2. James Uwing 44:02, 3. Samuel Harang 44:19, 14-18: 1. Shawn Page 33:34, 2. Marcelo Vizuela 35:08, 3. Brian Gastelum 35:11, 19-24: 1. Ken Stump 32:34, 2. Ari Schauder 32:47, 3. Efran Vargas 34:16, 25-29: 1.

Alfredo Rosas 30:15, 2. Tyrus Deminlar 30:22, 3. Greg Gonzalez 32:30, 30-34: 1. Javier Lares 32:09, 2. Sergio Gonzalez 33:55, 3. Bill Balcer 34:48, 35-39: 1. Harold Ketting 31:10, 2. Takashi Yagisawa 34:16, 3. Jose Rodriguez 34:22, 40-44: 1. Mark Hemphill 34:15, 2. Gianni Carpani 34:30, 3. Michael Smith 36:16, 45-49: 1. Jon McCarthy 33:58, 2. Juan Cabeza 34:45, 3. Catarino Gonzales 35:47, 50-54: 1. Andre Tocco 36:37, 2. Luis Gorrodo 37:48, 3. Bob Mano 39:02, 55-59: 1. John Rudberg 37:06, 2. Robert Lyons 39:32, 3. John Martin 43:12, 60-65: 1. Bob Vitale 42:53, 2. Milo Sather 43:28, 3. Derek Dobbs 46:38, 66 & Over: 1. Jack Mohman 52:30.

Division Results - Women

Overall Winners: 1. Karen Carpani 38:00, 2. Olivia Padilla 38:49, 3. Diana Tracy 39:19, 13 & Under: 1. Cynthia Condon 50:31, 2. Amber Hoffman 59:44, 3. Elizabeth Cioffi 1:31:50, 14-18: 1. Cheri Lee Segal 46:45, 2. Arafah Khatibi 52:52, 3. Nilofar Khatibi 54:59, 19-24: 1. Chris Seley 42:25, 2. Monique Marcoux 46:03, 3. Stephanie Stokes 47:27, 25-29: 1. Donna Chadwick 39:23, 2. Linda Werner 41:38, 3. Diane Daegole 42:43, 30-34: 1. Karen Carpani 38:00, 2. Olivia Padilla 38:49, 3. Mary Reditz 39:26, 35-39: 1. Diana Tracy 39:19, 2. Merle Heimberg 40:03, 3. Peggy Sullivan 46:15, 40-44: 1. Margaret Hourigan 44:42, 2. Barbara Spatz 46:04, 3. Liz Robertson 46:44, 45-49: 1. Deanna Hollman 44:50, 2. Corinne Schratz 47:04, 3. Diana Gonzales 48:00, 50-54: 1. Atsuko Fujimoto 50:05, 2. Momiya 50:07, 3. Barbara Larsh 1:01:55, 55-59: 1. Clair Aulkerman 1:06:43, 2. Virginia Marsh 1:30:00, 60-65: 1. Selma Mohman 1:04:19, 2. Helen Carter 1:48:01.

Sonoma Vintage Run

September 24, Sonoma, 5K & 10K

Division Results - Men's 10K

Overall Winners: 1. Butch Alexander 33:20, 2. John Mumm 33:33, 3. Peter White 36:02, 10 & Under: 1. Aristotle Giannis 1:18:20, 11-14: 1. Jesse Berwald 55:41, 2. Anthony Ciannacchilli 1:00:02, 3. Ryan Grenier 1:06:30, 15-18: 1. John Mumm 33:33, 2. Greg Edwards 41:46, 3. Robert Eastman 52:27, 19-24: 1. Gordon Larum 38:48, 2. Sean Simpson 44:17, 3. Steve Fredricks 50:39, 25-29: 1. Mike Tarvid 36:20, 2. David Abbott 38:27, 3. Andy Lieberman 38:38, 30-34: 1. Kurt Boidt 39:54, 2. Robert Sturges 41:16, 3. Ted Waltman 43:01, 35-39: 1. Butch Alexander 33:20, 2. Brent Collinson 39:14, 3. Marc Richardson 39:40, 40-44: 1. Kevin Feldman 39:55, 2. David Hagerman 42:59, 3. Jim Currie 43:13, 45-49: 1. Peter White 36:02, 2. Martin Jones 36:07, 3. Gary Grainger 40:16, 50-54: 1. Bob Barber 39:41, 2. Bob Groll 40:52, 3. Joe Dana 41:20, 55-59: 1. Leo McMillan 44:49, 2. Irwin Herlihy 47:22, 3. Julian Klugman 48:55, 60 & Over: 1. Charles Hoagland 51:47, 2. Dick Fleming 53:30, 3. Don Martin 55:50.

Division Results - Women's 10K

Overall Winners: 1. Lura Damiano 38:52, 2. Mariann Irvine 40:54, 3. Catherine Dubay 41:49, 10-24: 1. Tanya Dowie 50:41, 2. Jennifer Hewitt 56:05, 3. Heidi Simpson 1:00:22, 25-29: 1. Catherine Dubay 41:49, 2. O.B. Juan Fleming 49:21, 3. Chris Carve 49:35, 30-34: 1. Lura Damiano 38:52, 2. Lia Alvidrez 45:12, 3. Gal Rinaldi 50:01, 35-39: 1. Maggie Tonelli 42:53, 2. Diana Wimbrey 43:02, 3. Karen Zanetti 43:19, 40-44: 1. Lis Markovich 47:24, 2. Sheri Guinn 51:17, 3. Beverly Waase 52:26, 45-49: 1. Kathryn Singer 46:00, 2. Valerie Doyle 47:38, 3. Louise Walters 47:51, 50-54: 1. Elaine Frank 49:39, 2. Karen Kelly 57:55, 55-59: 1. Mariann Irvine 40:54, 2. Pantli Valkonen 43:30.

Division Results - Men's 5K

Overall Winners: 1. Rick Bruess 16:09, 2. Edward Downing 16:43, 3. Matt Vukicovich 16:58, 10 & Under: 1. Sal Costanza 26:05, 2. Jake Currie 26:05, 3. Kerin Mehew 27:33, 11-14: 1. Vinnie Costanza 21:39, 2. Cameron Hienkark 21:45, 3. Brian Mahan 24:27, 15-18: 1. Mark Cedarborg 17:09, 2. Nat Lopes 18:36, 3. John Ronald 19:22, 19-24: 1. Nicholas Jennings 19:35, 2. Joseph Rivera 20:23, 3. Leo Marlo 21:09, 25-28: 1. Edward Downing 16:43, 2. Matt Marchand

17:37, 3. Peter Hogg 17:40, 30-34: 1. Rick Bruess 16:09, 2. Matt Vukicovich 16:58, 3. Mike Plummer 17:02, 35-39: 1. Richard Averett 17:15, 2. Andrew Hidas 18:22, 3. Jamie Damiano 18:30, 40-44: 1. Roger Zoldan 17:47, 2. Jim Toney 19:49, 3. Tom Riley 20:32, 45-49: 1. John Demara 17:43, 2. Pete Hansen 21:29, 3. Bill Raaka 22:24, 50-54: 1. James Erbes 18:40, 2. Monrico Lehnert 20:25, 3. Mike Callahan 21:21, 55-59: 1. Carl Jackson 20:29, 2. Hank Fragoza 20:47, 3. George Gidal 27:07, 60 & Over: 1. David Cole 26:38.

Division Results - Women's 10K

Overall Winners: 1. Laura Bruess 18:43, 2. Barbara Zoldan 21:05, 3. Sally Mertes-Stone 21:17, 10 & Under: 1. Melissa Buckley 28:19, 2. Kristin Van Fleet 39:43, 3. Lauren Bemwood 39:50, 11-14: 1. Jenny McInnis 28:28, 2. Jessica Hansen 30:24, 3. Laura Hansen 30:51, 15-18: 1. Megan McComas 25:55, 2. Dinah Chad 28:16, 3. Jennea Drake 43:07, 19-24: 1. Erika Riley 29:16, 2. Kim King 30:51, 3. Lorin Flemming 39:27, 25-29: 1. Laura Bruess 18:43, 2. Heather Cupp 23:23, 2. Melania Perry 23:29, 3. Robin Slova 24:05, 35-39: 1. Sally Mertes-Stone 21:17, 2. Mary Lindmeier 29:27, 3. Deborah Douglas 29:30, 40-44: 1. Barbara Zoldan 21:05, 2. Judith Gottlieb 23:57, 3. Ginger Raaka 24:26, 45-49: 1. Jo Benson 24:10, 2. Beverly Raaka 25:08, 3. Lois Rust 31:33, 50-54: 1. Millie Merle 24:52, 2. Jan Dimick 25:28, 3. Toby Gidal 28:42, 55-59: 1. Bonnie Hancock 38:49, 60 & Over: 1. Doris Simpson 33:15, 2. Marilyn Leal 35:20, 3. Dorothea Cole 48:50.

Run for Sight

Sept 30, Catalina Island, 5K & 10K

Division Results - Men's 5K

Overall Winners: 1. Shawn Page 16:05, 2. Keith Reynolds 17:30, 3. Joel Murillo 17:41, 13 & Under: 1. Matt Ryan 19:40, 2. Noah Robertson 22:41, 3. Jason Hovespan 23:30, 14-18: 1. Shawn Page 16:05, 2. Victor Moreno 19:39, 19-29: 1. Mike Parker 18:46, 2. Igo Toro 19:52, 3. Tim Kalkrenner 20:49, 30-39: 1. Keith Reynolds 17:30, 2. Joel Murillo 17:41, 3. Jorge Alvarez 18:14, 40-49: 1. Niles Bughman 20:08, 2. William Loomis 20:50, 3. David Schilt 20:56, 50-59: 1. Michael McGowan 20:39, 2. John Warren 23:32, 3. Gary Osborn 23:44, 60 & Over: 1. Bob Landry 20:10, 2. Ronald Colman 26:12, 3. Bob Berg 27:50.

Division Results - Women's 5K

Overall Winners: 1. Sheila Boyle 19:54, 2. Sandi Carter 20:13, 3. Megan McGowan 21:00, 13 & Under: 1. Megan McGowan 21:00, 2. Sarah Turner 39:48, 3. Meredith Turner 40:03, 14-18: 1. Brandi Cumins 23:55, 2. Joani Thomas 31:19, 19-29: 1. Sheila Boyle 19:54, 2. Sabrina Bobkowski 19:57, 3. Marilee Potthoff 23:08, 30-39: 1. Leslie Lehman 22:10, 2. Maureen Alexander 22:57, 3. Carla Basian 23:35, 40-49: 1. Sandi Carter 20:13, 2. Dorinda Lilie 20:40, 3. Karen Warren 26:16, 50-59: 1. Sylvia Crise 24:24, 2. Jo Ellen Sanders 27:48, 3. Iris Bellers 31:24, 60 & Over: 1. Miniam Garland 32:24, 2. Marlene Schultz 44:11.

Division Results - Men's 10K

Overall Winners: 1. Gary Nettles 35:09, 2. Javier Lares 35:10, 3. John Brail 36:33, 14-18: 1. Juan Romero 44:26, 2. Steven Becker 45:58, 19-29: 1. Gary Nettles 35:09, 2. John Brail 36:33, 3. Michael Marquis 37:33, 30-39: 1. Javier Lares 35:10, 2. Todd Hallenbock 39:02, 3. Gá Saldana 40:51, 40-49: 1. Bill Road 43:08, 2. Barry O'Neil 44:32, 3. John Olson 44:43, 50-59: 1. Pete Savitz 43:52, 2. William Ayres 47:49, 3. James Richardson 54:21, 60 & Over: 1. Sam DeLuca 50:26.

Division Results - Women's 10K

Overall Winners: 1. Mary Ryzner 39:23, 2. Mari Ray 44:05, 3. Dawn Braund 45:28, 19-29: 1. Helen Lehr 46:28, 2. Kathryn Mullen 48:15, 3. Crista Patton 49:52, 30-39: 1. Mary Ryzner 39:23, 2. Mari Ray 44:05, 3. Dawn Braund 45:28, 40-49: 1. Brenda Lunsford 52:15, 2. Diane McLeod 57:07, 3. Kathleen Sackradt 57:15, 50-59: 1. Joan Jeter 47:07, 2. Vene Bjerregard 57:21.

Division Results - Men's 10.8 Mile

Overall Winners: 1. Javier Lares 1:06:58, 2. Rob McNair 1:07:50, 3. Rob Slick 1:08:12, 19-28: 1. Victor Valverde 1:18:16, 2. Don Jamier 1:19:09, 3. Dan Barton 1:19:57, 30-39: 1. Javier Lares 1:06:58, 2. Rob McNair 1:07:50, 3. Rob Slick 1:08:12, 40-49: 1. Gerry Armstrong 1:17:24, 2. David Weisenthal 1:21:16, 3. Rick Hardy 1:22:33, 50-59: 1. Paul Jeffers 1:22:14, 2. Elmer Sanborn 1:30:45, 3. Gary Yanagi 1:35:48, 60 & Over: 1. John McClung 1:58:51, 2. John Rodrigues 2:10:02, 3. Richard Rayhut 2:15:04.

Division Results - Women's 10.8 Mile

Overall Winners: 1. Jennifer Henderson 1:18:48, 2. Karen Callahan 1:20:20, 3. Cornelia Berthold 1:20:54, 19-29: 1. Cornelia Berthold 1:20:54, 2. Lori Ansell 1:27:34, 3. Heidi Fish 1:27:44, 30-39: 1. Jennifer Henderson 1:18:48, 2. Karen Callahan 1:20:20, 3. Sue Osborn 1:24:26, 40-49: 1. Harolene Walters 1:21:51, 2. Sue Reinhardt 1:29:38, 3. Myra Luder 1:37:52, 50-59: 1. Jane Dods 1:40:59, 2. Carolyn Plowman 1:49:49, 3. Bonnie Winters 2:25:58.

West Covina Festival

Sept 30, West Covina, 5K & 10K

Division Results - Men's 10K

16 & Under: 1. Genaro Escobedo 36:12, 2. Joseph Sauregl 42:07, 3. Christopher Russell 52:08, 17-24: 1. Chris Serrano 34:33, 2. Gilberto Barrera 36:35, 3. Kevin Bards 37:00, 25-29: 1. Robert Bush 34:13, 2. Harrison Njoroge 36:08, 3. Mark Whitlesey 36:41, 30-34: 1. Sergio Gonzalez 34:40, 2. Bernie Brizin 35:21, 3. John Limone 37:34, 35-39: 1. Leonard Aguilar 34:09, 2. Charles Perry 36:39, 3. Steve Tarbell 39:09, 40-49: 1. Terry Cammack 36:13, 2. John Connant 37:06, 3. Bruce Geddes 37:32, 50-59: 1. David Guerrero 41:12, 2. Bill Miller 41:39, 3. Jerry Jones 41:50, 60-69: 1. Daniel Lujan 45:45, 2. Ray thorne 46:17, 3. Ray Paladugu 50:35.

Division Results - Women's 10K

16 & Under: 1. Myra Macias 51:56, 17-24: 1. Denise Severloh 46:46, 25-29: 1. Greta Dietrich 45:27, 2. Suzie Dopriest 45:54, 3. Lila Pace 48:01, 30-34: 1. Linda Iacoboni 47:42, 2. Karen Maness 48:36, 3. Linda Dider 53:02, 35-39: 1. Loanne Harden 43:21, 2. Suzan Tomlinson 51:59, 3. Linda Goulston 56:22, 40-49: 1. Barbara Revkema 47:54, 2. Beatrix Salorio 50:31, 3. Noma Severloh 51:21, 50-59: 1. Barbara Camp 50:24, 2. Carola Pinker 53:22, 3. Elaine Harfert 53:50, 60-69: 1. Fran Farrer 58:09, 2. Daisy Wong 1:07:08.

Division Results - Men's 5K

16 & Under: 1. John Nguyen 17:06, 2. Jason Turney 17:55, 3. Jeff Hansen 19:29, 17-24: 1. Kyle Bailey 15:55, 2. Nicolas Hernandez 16:08, 3. Archie Hodge 18:29, 25-29: 1. Nick Peach 16:04, 2. Dennis David 16:37, 3. Jim Perez 17:02, 30-34: 1. John Lamar 17:14, 2. Carl Wagner 18:02, 3. Harry Young 18:30, 35-39: 1. Rigoberto Reyes 18:24, 2. Amundo Rocha 17:18, 3. Jerry Lawrence 18:01, 40-49: 1. Fred Ortega 16:10, 2. Bill Yanez 18:36, 3. Jeffrey Mintz 19:00, 50-59: 1. Bill Little 18:44, 2. Booker Washington 19:12, 3. Edward Oviatt 19:21, 60-69: 1. Larry Banuelos 19:52, 2. Bruce Odou 22:20, 3. Robert Olvera 22:29, 70 & Over: 1. George Feinstein 27:58, 2. Jacob Bishon 43:28.

Division Results - Women's 5K

16 & Under: 1. Estella Cabrera 23:22, 2. Marisol Alvarez 23:35, 3. Cynthia Condon 23:47, 17-24: 1. Torie Pleasant 18:26, 2. Marie Vidana 22:58, 3. Clare Martinez 23:43, 25-29: 1. Dawn Slaab 20:05, 2. Linda Shadler 22:32, 3. Karen Siegmund 25:21, 30-34: 1. Mary Wengert 21:53, 2. Debbie Duarte 22:17, 3. Kathy Hamlin 22:33, 35-39: 1. Bobbi Gold 22:19, 2. Sarah Aguilar 24:23, 3. Pam Dugan 26:08, 40-49: 1. Nancy Gough 26:06, 2. Laverne Kopp 26:27, 3. Elke Corley 26:56, 50-59: 1. Mary Trinnam 24:49, 2. Esther Milich 24:53, 3. Dolores Vega 29:00, 60-69: 1. Verian Bruce 29:05, 2. Lucy Byers 34:44, 3. Marie Earl 39:10.

RESULTS

Reebok / S.F. Examiner

PA-TAC CROSS COUNTRY CHAMPIONSHIPS

By Mark Wintz

October 28th. Golden Gate Park, San Francisco.

Northern California runners got a preview of the TAC Nationals Cross Country courses on a crisp, ideal hazy morning in Golden Gate Park. Although this event served as the PA-TAC hill-and-dale championship for all divisions, many seldom-seen competitors on the local championship circuit brought their studded soles out to the Polo Fields for a Nationals tuneup.

Steve Schadler—a 1988 Stanford grad and 3:43 1,500-meter performer, took an excellent men's field by surprise in negotiating the 10K over grassy meadows, rolling trails, two brisk uphill, and a sand pit in 30:53. Rich McCandless (31:06) was second, Steve Miller (31:46; another Stanford product) third.

"This was a hard race, not like the roads at all," observed Carmelo Rios (5th, 31:29) who relinquished the lead to McCandless at 3-1/2 miles. "I'm happy, but it was that Stanford kid's race."

Indeed it was

"My plan was to cover all the moves for four miles," said Schadler, an unknown on the PA-TAC circuit. "Once I took the lead at that point, I tried to get around the bend quickly so he (McCandless) couldn't see me."

Quickly building a 30 yard lead, Schadler—perhaps, taking inspiration from fellow Stanford standout and his current roommate, Marc Olesen, who similarly caught PA-TAC men unawares in 1987 when he won the Pacific Association Cross County Championship—made it no contest.

"Once I hit the Polo Fields there was a little head wind and I knew it would be impossible to catch Schadler," said McCandless. "So I started looking over my shoulder, protecting the back-

side."

Following McCandless were Miller and Dan Grimes (4th, 31:23). Open men's Grand Prix circuit leaders Domingo Tibaduiza and Alan Dehlinger finished 7th and 8th respectively, attesting to the quality of the men's field.

Linda Somers (1st, 21:47) and former UC-Davis teammate Patti Gray (2nd, 21:50)—both NCAA Div. II All Americans—provided some exciting action down to the tape in the women's 6K race. Gray led the entire way until the last 100 meters. At the mile she was accompanied by a tight pack that included Rossy Tibaduiza-Cardenas, and Janine Aiello. Somers was content to sit in about 10th place, moving up gradually. The lead women hit two miles in 11:20 after initially negotiating the 3/4-mile Polo Field oval and gently sloping grassy meadows.

"This was a tough race—the way cross country should be," said Gray. "I hadn't planned to lead, but I wanted to get on the inside on the oval where it's a hard surface and a shorter distance. I tried to pull away near the end and then lost it, and Linda got me. I guess it just comes down to being mentally tough."

In fact, Somers looked tougher than all get out as she outkicked Gray in the final 100 meters for the win.

"Patti doesn't like people to pass her, so you'd better know you're going to do it if you decide to," said Somers. "She'll push. It's taken me a long time to figure that out."

Somers related that she lost a contact lens halfway through the race, causing her some difficulty in negotiating the uneven terrain. Lori Bearson (GSF) 21:59, 5. Janine Aiello (Impala) 22:03, 6. Rossy Tibaduiza (PF) 22:04, 7. Nancy Benson (RA) 22:08, 8. Norren DeBettencourt (un) 22:13, 9. Melissa Martel (RA) 22:17, 10. Jennifer Thatcher (RA) 22:20.

11. Rae Stiger (RA) 22:26, 12. Terry Puckett (PF) 22:30, 13. Stacy McAfee (PF) 22:32, 14. Bev Marx (PF) 22:48, 15. Marilyn Taylor (GSF) 22:50, 16. Peggy Smyth (PF) 22:53, 17. Margaret Lang (RA) 22:57, 18. Carla Jackson (un) 22:58, 19. Robyn MacSwain-Berry (GSF) 23:02, 20. Tamara Gonzalez (Tampalpa) 23:04.

Reebok Aggies, out in force, fielded the winning open men's and women's teams.

Chris Thomas (33:47) and Hilary Naylor ((23:59 topped Masters. Jim Bevins (38:38) and Vicki Bigelow (25:40) Seniors; and Fred Dunn

(48:04) and Kit Pickles (33:31) Super Seniors.

Bevins, especially, had cause to celebrate as he topped fellow over-50 standout Daryl Beardall who is especially known for his tough trail expertise, but was bothered by arch problems here. "One thing that's helped a lot is that I'm not racing as much," said Bevins. "And I've never seen this course, so I went out real easy."

RESULTS

Overall Men--10K

1. Steve Schadler (RA) 30:53, 2. Rich McCandless (Hoys) 31:06, 3.

Steve Miller (un) 31:16, 4. Dan Grimes (un) 31:23, 5. Carmelo Rios (RA) 31:29, 6. Tom Wood (Pacific Flyers) 31:32, 7. Domingo Tibaduiza (PF) 31:44, 8. Alan Dehlinger (PF) 31:45, 9. Jeff Stein (RA) 31:50, 10. Andrew Leach (un) 31:55.

11. James Alborough (Stanford) 31:58, 12. Gary Lewis (Reebok RT) 32:05, 13. Joe Rubio (RA) 32:06, 14. Jeff Shaver (RA) 32:17, 15. Jose Aispuro (RA) 32:36, 16. Randy Accetta (RA) 32:29, 17. Casey Reinking (un) 32:32, 18. Mark Hoeler (Fleet Feet) 32:36, 19. Kevin Ostenberg (RA) 32:39, 20. Lloyd Knepler (GGFTC) 32:40.

Masters Men

40. Chris Thomas (33:47, 54. Steve Ferraz 34:26, 71. Jim Gibbons NT). Seniors: 108. Jim Bevins 38:38. 60+: 144. Fred Dunn 48:04.

Team: 1. Reebok Aggies.

Overall Women--6K

1. Linda Somers (PacFlyers) 21:47, 2. Patti Gray (RA) 21:50, 3. Lori Bearson (GSanFran) 21:54, 4. Christine Hardman (GSF) 21:59, 5. Janine Aiello (Impala) 22:03, 6. Rossy Tibaduiza (PF) 22:04, 7. Nancy Benson (RA) 22:08, 8. Norren DeBettencourt (un) 22:13, 9. Melissa Martel (RA) 22:17, 10. Jennifer Thatcher (RA) 22:20.

11. Rae Stiger (RA) 22:26, 12. Terry Puckett (PF) 22:30, 13. Stacy McAfee (PF) 22:32, 14. Bev Marx (PF) 22:48, 15. Marilyn Taylor (GSF) 22:50, 16. Peggy Smyth (PF) 22:53, 17. Margaret Lang (RA) 22:57, 18. Carla Jackson (un) 22:58, 19. Robyn MacSwain-Berry (GSF) 23:02, 20. Tamara Gonzalez (Tampalpa) 23:04.

Masters Women

31. Hilary Naylor (I) 23:59, 34. Patricia Story-Franklin 24:18, 41. Kathy Kennedy 25:17. Seniors: 34. Vicki Bigelow (RA) 25:40. 60+: 78. Kit Pickles 33:31.

Team: 1. Reebok Aggies.

Sacramento Marathon

October 1. Sacramento, Mar. & Hill.

Division Results - Men's Marathon

19-24: 1. Henrik Gabrielyan 3:07:20, 2. James Mills 3:24:05, 3. Gilles Bonato 3:38:02, 25-29: 1. Scott Robertson 3:10:45, 2. Steven Pierce 3:10:46, 3. Mike Deaton 3:33:47, 30-34: 1. John Parente 3:08:43, 2. Larold Feldhorse 3:23:43, 3. Jonathan Maskin 3:45:21, 35-39: 1. Rae Clark 2:37:57, 2. Mike Hernandez 2:59:24, 3. Adam Ferreira 3:07:41, 40-44: 1. Allan Stanbridge 2:53:24, 2. Glenn Bailey 2:55:36, 3. Dana Gard 2:59:11, 45-49: 1. Ken Gaal 3:05:39, 2. Dorsh Sanders 3:09:17, 3. Norb Firnhaber 3:09:40, 50-54: 1. Leon Granados-Septan 3:25:59, 2. Frank Knaelo 3:26:26, 3. Jim Rader 3:26:27, 55-59: 1. Joseph White 3:39:43, 2. Sherman Welpton III, 5:04:37, 60-64: 1. Thomas Fong 4:24:15, 2. Mike Tselonis 4:49:49, 65-69: 1. John Calvarese 5:10:03.

Division Results - Women's Marathon

25-29: 1. Sandra Rangel 3:52:37, 2. Janet Soule 3:56:56, 3. Marie Gonzales 4:08:04, 30-34: 1. Helen Hull 3:23:15, 2. Anna Rangel 3:34:08, 35-39: 1. Alfreida Iglehart 3:16:12, 2. Cynthia Underwood 3:45:10, 3. Deloah McKim 4:00:40, 40-44: 1. Carol La Plant 3:32:23, 2. Susan Tzareff 3:50:33, 45-49: 1. Terri Hayes 4:17:11, 2. Judy Palmer 4:45:50.

Division Results - Men's Half Marathon

12 & Under: 1. Matthew Polly 2:44:51, 13-15: 1. Dash Turner 2:05:09, 2. Michael Collins 2:35:44, 16-18: 1. Mark Pine 1:29:58, 19-24: 1. Mark Loos 1:23:53, 2. Michael Marotte 1:36:34, 3. Gerard Fitzgerald 1:38:24, 25-29: 1. Richard Hanna 1:11:18, 2. John Mendoza 1:14:36, 3. Thom Pearson 1:16:07, 30-34: 1. George Simons 1:14:20, 2. Kevin Pedrotti 1:15:28, 3. Rick Kushman 1:15:47, 35-39: 1. Craig Moore 1:14:09, 2. Chris Enfantie 1:15:17, 3. Tom Palguta 1:15:20, 40-44: 1. Doug Huff 1:13:25, 2. Tim Frawley 1:19:23, 3. Gary Lotspeich 1:21:06, 45-49: 1. J.G. Contreras 1:22:54, 2. Dave Skavdahl 1:25:24, 3. Don Matthews 1:26:13, 50-54: 1. Jerry Lyedy 1:26:10, 2. Paul Mitchell 1:28:01, 3. Ray Navarro 1:28:03, 55-59: 1. Ron Hall 1:33:32, 2. Lee Rhodes 1:35:04, 3. Jerry Lamson 1:41:07, 60-64: 1. Bill Wood 1:32:46, 2. Brent DeMonte 1:54:42, 3. Clint Burdick 1:56:53, 65-69: 1. George Billingsley 1:39:55, 2. Don Wilgus 2:59:32, 70 & Over: 1. Mel Shine 1:53:56.

Division Results - Women's Half Marathon

19-24: 1. Phoebe Warner 1:43:51, 2. Carol Parise 1:47:05, 3. Linda O'Brien 2:09:39, 25-29: 1. Heidi Fassler 1:30:52, 2. Frances Homans 1:36:27, 3. Jeanette Morgan 1:41:46, 30-34: 1. Mary Brook 1:24:02, 2. Tina Schuld 1:30:41, 3. Sue Tarter 1:33:58, 35-39: 1. Level 1:29:03, 2. Mary May 1:32:45, 3. Tracy Achelis 1:39:54, 40-44: 1. Cyn-ci Calvin 1:30:10, 2. Lilly Frawley 1:42:43, 3. Donna Brown 1:42:47, 45-49: 1. Lou Walters 1:45:45, 2. Karen Fox 1:49:45, 3. Shirley Wise 1:53:31, 50-54: 1. Dina Fields 1:53:36, 2. Sandy Becker 1:58:01, 3. Jan Finney 2:01:32, 55-59: 1. Liz DeMonte 1:54:21, 2. Kathy Isori 1:54:59, 60-64: 1. Peggy Ewing 2:00:12, 65-69: 1. Po Adams 2:06:53.

Big Avocado 4 Mile

Run

October 1. Carpinteria.

Division Results - Men

9 & Under: 1. Scott Philbrick, 10-14: 1. Tommy Castelo 28:58, 2. Erik Donald, 20-29: 1. Mike Lanson 19:48, 2. Pete Dolan 19:52, 3. Carey Wells 20:00, 30-34: 1. Jim Tripett 19:38, 2. Stephan Boaz 20:29, 3. Bob Hollister 21:16, 35-39: 1. Gregg Horner 20:04, 2. Jim Kornell 21:00, 3. Wayne Stanfield 22:19, 40-49: 1. Steve Close 22:17, 2. John Clary 23:24, 3. Dennis Mihora, 50-

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RESULTS

59: 1. Mort Ward 25:24, 2. Art Sylvester 26:17, 3. Bob Dacayana 32:16, 6-60: 1. Marty Clausen 34:01, 2. Gene Welch 35:01, 3. Bill Capius, 70 & Over: 1. Paul Gilbert 39:29.

Division Results - Women

9 & Under: 1. Renee Castelo 10:14, 1. Christina Castelo, 2. Sophie Manzo 20:29, 1. Teresa Thurman 29:33, 2. Jill Hibbill 30:00, 3. Theresa Aviani 30:34, 1. Kathy Bolen 35:09, 2. Mary Manso 35:19, 3. Elizabeth Burnham 35:39, 1. Mary Ryzner 23:12, 2. Ann Hayden 23:38, 3. Sharon Smith 29:00, 40-49: 1. Stephanie Welch 28:03, 2. Carolyn Ward 32:41, 3. Pauline Reyes, 60 & Over: 1. Patty Franke 40:46, 2. Irene Pritvin.

Travelodge Coronado Bridge Run

October 1, Coronado, 6.5 Miles.

Division Results - Men

12 & Under: 1. Nico Platt 47:28, 2. Mark Savel 49:11, 3. Brandon Tining 51:19, 13-17: 1. Daniel O'Connor 40:34, 2. Jon Ganz 43:37, 3. Jose Vasquez 47:42, 18-24: 1. Bo Reed 31:27, 2. Harry Green 31:43, 3. Matt Clayton 31:53, 25-29: 1. Mark Conner 32:21, 2. Steve McCormack 32:32, 3. Jim Klein 32:33, 30-34: 1. Dan Grimes 32:38, 2. Thom Hunt 33:39, 3. Roger DePriest 37:05, 35-39: 1. Rory Trup 35:14, 2. Ed Hares 38:51, 3. Greg Marino 40:02, 40-44: 1. Graham Garcia 36:46, 2. Ozzie Osgood 40:03, 3. Alan Waller 40:48, 45-49: 1. Loren McKnight 39:38, 2. Bill Pascual 40:46, 3. Ken Dreon 41:02, 50-54: 1. Carl Petersen 42:45, 2. Bud Davis 45:16, 3. Ronald Hoar 45:56, 55-59: 1. Warren Osborn 43:51, 2. Antonio Verdin 44:02, 3. Earle Ripley 46:26, 60-64: 1. Jack Smothers 53:05, 2. Will Webb 55:43, 3. Harry Zimmer 59:06, 65-69: 1. Lowell Tozer 59:34, 2. John Dowd 59:54, 3. John Sharp 1:00:00, 70 & Over: 1. Wall Kuetzing 1:05:38, 2. Bob Huldins 1:19:17, 3. John Grossman 1:36:07.

Division Results - Women

12 & Under: 1. Shannon O'Connor 54:00, 2. Michelle O'Connor 54:46, 3. Carol Thompson 1:11:40, 13-17: 1. Angie Hansen 47:34, 2. Bekie Lev 48:34, 3. Catherine Serrano 48:38, 18-24: 1. Karen Turner 47:17, 2. Cheryl Spooner 47:20, 3. Vicki Webster 48:53, 25-29: 1. Tina Ljungberg 36:00, 2. Kellie Casey 36:52, 3. Mary Alice 38:00, 30-34: 1. Suzi Morris 40:10, 2. Anna Martinez 43:38, 3. Beth Powell 45:02, 35-39: 1. Mindy Ireland 41:41, 2. Robin Paine 44:41, 3. Kerry Tabler 44:46, 40-44: 1. Ann Hawbaker 45:38, 2. Freda Tennant 46:49, 3. Carol Ann Carter 52:38, 45-49: 1. Kathy Lopez 46:07, 2. Ursula Rains 48:25, 3. Carol Babbitt 51:38, 50-54: 1. Carol Fleming 55:36, 2. Judy Larkin 59:59, 3. Judy Cahoon 1:02:13, 55-59: 1. Marlys Creigh 54:53, 2. Eleanor Algire 1:04:46, 3. Betty Valezuela 1:20:14, 60-64: 1. E. Richardson 1:36:07, 2. Irene McManus 1:38:46, 3. Ethel Spain 1:40:22, 65-69: 1. Mary Storey 55:12, 2. Ruth Park 1:13:29, 3. Martha Eastham 1:30:34, 70 & Over: 1. Judy Senon 1:03:18, 2. M.E. Matthews 1:54:16.

Miles for Smiles

October 1, Monterey, 10K.

Division Results - Men

13-18: 1. Josh Stratton 46:15, 2. Matthew Dowlin 1:00:18, 19-29: 1. Peter Kieffer 34:13, 2. Rob Erlich 36:00, 3. Troy Overton 36:57, 30-39: 1. Gilbert Munoz 32:22, 2. Nick Nickols 33:59, 3. Jorge Mariscal 34:20, 40-49: 1. Jan Valencia 36:45, 2. Marc Lieberman 37:36, 3. Gabriel Perez 38:25, 50-59: 1. Glynn Wood 39:38, 2. Donald Luce 43:14, 3. Raymond Dyk 43:30, 60-69: 1. Bob Wright 49:16, 2. Howard Powers 54:17, 3. John Frederickson 55:10, 70 & Over: 1. Pierre Delfausse 56:35.

Division Results - Women

13-18: 1. Becky Lambert 54:06, 2. Jill Bochholz 56:25, 3. Aaron Lichtanski 1:29:59, 19-29: 1. Denise Murphy 43:37, 2. Chris Naaktaboren 46:08, 3. De-

rise Kline 46:18, 30-39: 1. Sue Forster 43:10, 2. Marilyn Tarter 43:19, 3. Michele Brinsmead 45:40, 40-49: 1. Gail Van Buren 44:34, 2. Carol Lieberman 49:05, 3. Linda McCarthy 54:06, 50-59: 1. Kathleen Braun 57:27, 2. Janet Linkenbach 1:00:30, 3. Kathryn Walters 1:04:12, 60-69: 1. Frances Sackeman 47:50, 2. Jeanne Leffers 1:04:03.

Primo to Primo's

October 1, Danville, 5K, 10K & 1/2 Mara.

Division Results - Men's 1/2 Marathon

14-18: 1. Andrew Igounis 1:50:34, 19-29: 1. Beat Howard 1:10:14, 2. Tim Souza 1:14:30, 3. Michal Garrison 1:19:56, 30-39: 1. Rick Bress 1:13:27, 2. Nathan Smith 1:14:23, 3. Stephen Freitas 1:15:57, 40-49: 1. Frank Ruona 1:16:19, 2. Gabriel Sandoval 1:17:02, 3. Eric Ivary 1:17:45, 50-59: 1. Jerry O'Hanlon 1:28:46, 2. Joe Oliver 1:29:41, 3. Bob Groll 1:31:09, 60 & Over: 1. Frank Rodriguez 1:51:52, 2. Adrian Verdugo 1:51:57, 3. Paul Ong 1:57:05.

Division Results - Women's 1/2 Marathon

14-18: 1. Janet Roller 1:41:27, 2. Megan Frogley 1:58:43, 19-29: 1. Laura Bress 1:29:37, 2. Laur Radanovich 1:31:52, 3. Suzie Lister 1:32:51, 30-39: 1. Suzanne Gorey 1:27:17, 2. Donna Troyna 1:30:04, 3. Toni Lovoi 1:33:35, 40-49: 1. Barbara Zoldan 1:38:28, 2. Ekorith Gosney 1:36:29, 3. Jenny Underwood 1:36:41, 50-59: 1. Patricia McDonald 2:00:03, 2. Priscilla Snyder 2:11:30.

Overall Results - Men's 10K

(Times were lost except for top 5)

1. Steve Gregory 33:01, 2. Chris Spears 33:04, 3. Dan Anderson 33:14, 4. John Grakowski 33:16, 5. Cara Rose 33:18.

Division Results - Men's 5K

9 & Under: 1. Bryce Lyness 22:17, 2. Michael Daly 24:19, 3. Gregory Miller 26:32, 10-14: 1. Scott Campbell 18:16, 2. Brad Distich 18:53, 3. Vinnie Codtazes 20:16, 15-19: 1. Bobby Dill 16:34, 2. David Campbell 18:20, 3. Greg Tracy 19:52, 19-29: 1. Stuart Wiseman 15:24, 2. Tracy Walker 15:29, 3. Juan Manuel Mendez 17:20, 30-39: 1. Brian Davis 15:37, 2. Peter Lagdy 15:48, 3. Edward Russell 16:26, 40-49: 1. John McKlein 16:57, 2. Tim Quinn 17:28, 3. Cameron Cal 17:47, 50-59: 1. Gordon Baine 17:35, 2. Ramon Anchondo 21:55, 3. James Bruce 22:25, 60 & Over: 1. David Hathaway 22:05, 2. David Cole 25:22, 3. Theodore Fick 27:31.

Division Results - Women's 5K

9 & Under: 1. Drew Berry 31:40, 2. Not Available 32:00, 3. Lindsay Grossman 36:29, 10-14: 1. Erin Bruce 22:26, 2. Wendy Nassen 22:31, 3. Not Available 22:40, 15-19: 1. Mercedes Munoz 22:29, 2. Kery Dale 23:03, 3. Amanda Dorby 24:06, 19-29: 1. Helen Lehman 17:15, 2. Alexis Truelove 18:35, 3. Lori Stekens 21:18, 30-39: 1. Gene Gutierrez 19:41, 2. Holly Moack 20:59, 3. Patty Stukkey 21:45, 40-49: 1. Nancy Falayd 20:54, 2. Pat Adams 21:45, 3. Eva Kestelin 25:07, 50-59: 1. Dodie Koenig 27:57, 2. Ruth Gustavson 31:53, 3. Karin Siemens 38:39, 60 & Over: 1. Alice Porter 27:33, 2. Anne Bernstein 45:14, 3. Dorothea Cole 47:43.

The Big Fresno Fair Cross City Race

October 1, Fresno, 2 Mile & 10K.

Overall Results - 2 Mile

1. Ernie Freer (20-24) Fresno 8:49, 2. Sal Rodriguez (20-24) 9:34, 3. Joe Carnegie (20-24) Fresno 9:14, 4. Raymond Garcia (25-29) Madera 9:21, 5. Gus Prado (14-19) Fresno 9:43, 6. John Avila (20-24) Fresno 9:48, 7. Reynaldo Garza (25-29) Kingsburg 9:51, 8. Jose Trujillo (14-19) Ivanhoe 9:52, 9. Jud Armour (25-29) 9:50, 10. Kevin Baxter (14-19) Fresno 10:04.

Overall Results - 10K

1. Rafael Ibarra (Wheelchair) Clovis 24:47, 2. Gary Kerr (Wheelchair) Clovis 28:07, 3. Alfred Lara (30-34) Fresno 29:45, 4. Jim Hartig (35-39) Clovis 31:49, 5. Juan Garcia Jr. (30-34) Visalia

31:53, 6. John Devere (25-29) Clovis 31:59, 7. Karl Polivka (14-19) Clovis 32:18, 8. Al Lomeli (35-39) Fresno 32:23, 9. Joisa Renteria (30-34) Madera 32:32, 10. Ramon Lui (14-19) 32:40.

Division Results - Women's 2 Mile

Overall Winner: Kathy Hilderbrand 11:52, 13 & Under: 1. Maria Prado 12:15, 14-19: 1. Maurita Delatorre 12:13, 20-24: 1. Pauline Coullinho 12:30, 25-29: 1. Maria Pucay 13:35, 30-34: 1. Quita Lopez 12:32, 35-39: 1. Natalie Bolano 13:36, 40-44: 1. Kathy Heim 13:38, 45-49: 1. MaryAnn Barroso 15:02, 50-54: 1. Beatriz Hansen 15:58, 55-59: 1. Isabel Verdugo 14:03, 60-64: 1. Elaine Clark 21:27.

Division Results - Men's 2 Mile

Overall Winner: Ernie Freer 8:49, 13 & Under: 1. Adrian Garcia 11:08, 14-19: 1. Gus Prado 9:43, 20-24: 1. Sal Rodriguez 9:03, 25-29: 1. Raymond Garcia 9:21, 30-34: 1. Artemio Villegas 10:18, 35-39: 1. Michael Linnemann 10:27, 40-44: 1. Bernie Kraus 10:41, 45-49: 1. Gustavo Armenta 11:04, 50-54: 1. Joe Delgado 11:06, 55-59: 1. Ed Thomasson 11:58, 60-64: 1. Jess Rivera 12:32, 65-69: 1. Bob Musso 13:05, 70 & Over: 1. Bill Reed 17:50.

Division Results - Women's 10K

Overall Winner: Stacy McAfee 35:26, 13 & Under: 1. Rosalyn Reid 49:36, 14-19: 1. Jennifer Neumeier 42:23, 20-24: 1. Charlene Janzen 39:59, 25-29: 1. Kari Fike 37:35, 30-34: 1. Clarisse Roberson 38:22, 35-39: 1. Ann Phillips 40:00, 40-44: 1. Sharon Shaw 42:50, 45-49: 1. Margie Lindsey 38:57, 50-54: 1. Deborah Schwartz 52:25, 55-59: 1. Syndi May Loo 58:24, 65-69: 1. Dorothy Thomas 50:22.

Division Results - Men's 10K

Overall Winner: Alfred Lara 29:45, 13 & Under: 1. Noah Dye 29:19, 14-19: 1. Karl Polivka 32:18, 20-24: 1. Jesus Pintero 33:06, 25-29: 1. John Devere 31:59, 30-34: 1. Juan Garcia 31:53, 35-39: 1. Jim Hartig 31:49, 40-44: 1. Bob Lindsey 33:28, 45-49: 1. Don Trout 36:04, 50-54: 1. Frank Padilla 35:39, 55-59: 1. Rick Zamaraipa 38:31, 60-64: 1. Tony Bush 46:56, 65-69: 1. Leon Alonzo, Sr. 45:19, 70 & Over: 1. Harry Harder 48:41, Wheelchair: 1. Gary Kerr 24:47.

Zuma Beach Runs

October 1, Zuma Beach, 5K & 10K.

Division Results - Men's 10K

13-15: 1. Jr Robinson 33:28, 2. Jerry Hilsabook 38:01, 16-18: 1. Mike Thom 34:41, 2. Kevin Delany 34:53, 3. Dan Martinez 35:42, 19-24: 1. Joe Nordin 29:52, 2. Eric Mark 33:22, 3. Gregory Bates 35:53, 25-29: 1. Cary Macy 34:52, 2. Mark Lacasse 35:02, 3. Kevin Lisle 35:40, 30-34: 1. Vicente Zaragota 29:48, 2. Munnwell Barrett 31:50, 3. Robert Frederick 32:53, 35-39: 1. Chuck McCann 29:00, 2. Bill Kerr 33:10, 3. Steve Love 34:29, 40-44: 1. Delagarza Robolop 30:48, 2. Bill Ernst 31:27, 3. Bob Miam 37:06, 45-49: 1. Robert Patrick 29:06, 2. Jack Farrell 29:33, 3. Ray Blinda 36:29, 50-54: 1. Mike Fournay 37:08, 2. David Lehmann 53:31, 55-59: 1. Garner 33:13, 2. Ted Oviatt 34:24, 3. James Richards 50:55, 60 & Over: 1. George Ropella 35:11, 2. Dave Weiner 58:14, 3. Jack Muhlman 1:03:25.

Division Results - Women's 10K

12 & Under: 1. Kendra Hilsabek 47:40, 19-24: 1. Jennifer McNamara 51:25, 2. Monica N.G. No Ima, 3. Michelle Palmer N.T. 25:29, 1. Tracy Clarke 35:08, 30-34: 1. Wendy Kempton 38:01, 2. Christina Votriah 49:33, 3. Judy Ulmer 50:56, 35-39: 1. Karlyn Seebor 1:06:00, 2. Teri Benaron N.T. 40:44, 1. Ali Jason N.T. 45:40-1, No. 119, 52:32, 50-54: 1. Ute Luyties 49:07, 2. Lois Leach 1:31:21.

Division Results - Men's 5K

12 & Under: 1. Billy Pauls 23:35, 13-15: 1. Kristopher Hillsabek 16:26, 19-24: 1. Dale Reichender 15:45, 2. Jud Blatchford 22:07, 3. Robert Oriz 22:57, 25-29: 1. Ted Oviatt 16:21, 2. Chris Howard 23:47, 3. Miles Olmo 28:34, 30-34: 1. Kelly Current 16:50, 2. #45, 17:21, 3. #49, 21:10, 35-39: 1. Michael Mutak 16:29, 2. Brian Smalen 16:36, 3. Philip Gnesin 23:13, 40-44: 1. Tim Knappen 21:33, 2. William Sampson 23:06, 3. Glenn Fiery 25:26, 45-49: 1. Michael Froman 21:53, 2. Raymond Romero 23:20, 50-54: 1. Bill

Skieresz 16:46, 2. Buck Taylor 22:32, 3. Jerry Van Meter 23:43, 55-59: 1. Ted Oviatt 22:57, 2. William Callahan 32:19, 60 & Over: 1. Ed Stotsberg 26:27, 2. Jacob Bishin 43:21, Corporate: 1. Dave Ferre 15:48.

Division Results - Women's 5K

12 & Under: 1. Stephanie Woodmansew 28:43, 2. Holly Pauls 32:57, 13-15: 1. Stephanie Fiery 30:08, 16-18: 1. Amy Martin 24:50, 2. Jocelyn Ruiz 26:00, 19-24: 1. Jackie Creedon 25:05, 2. Sara Raymond 26:17, 3. Lisa King 27:51, 25-29: 1. Kathy Kuenzig 32:57, 30-34: 1. Sigrid Stevens 29:15, 2. Connie Thornbury 34:47, 3. Kathy Ross 34:47, 35-39: 1. Nancy Richard 24:50, 40-44: 1. Donna Fiery 29:14, 2. Peggy Goddard 30:03, 3. Susan Nelson 32:58, 55-59: 1. Patricia Callahan 32:02, 2. Joan Howard 35:15, 60 & Over: 1. Selma Muhlman 34:44, 2. Dorothy Stotsberg 1:03:56.

Alcatraz Challenge Triathlon

October 1, San Francisco, (1.5 Mi. Swim, 1 Mi. Run, 14 Mi. Bike, 14 Mi. Run).

Overall Results

Men:
1. Scott Tinley 2:56:00, 2. Paul Huddle 3:04:02, 3. Mike Smith 3:08:43, 4. Mike Figg 3:10:40.
Women:
1. Maria White 3:50:00, 2. Melissa Mantak 3:54:21, 3. Penny DeMoss 4:12:58.

Humboldt Short Course Triathlon

October 1, Arcata.

Division Results - Men

15 & Under: 1. Luke Mason 1:04:53, 2. Nathan Neely 1:21:46, 16-19: 1. Errol Dominguez 1:02:18, 2. Zackery Johnny 1:03:30, 3. Scott Frazer 1:06:32, 20-34: 1. Danny Erman 56:32, 2. Jason Hard 56:33, 3. Greg McCormack 56:39, 35 & Over: 1. George Spinis 59:56, 2. Loren Azevedo 1:03:35, 3. Jim Whalen 1:03:58.

Division Results - Women

19 & Under: 1. Michelle McGriffin 1:13:20, 2. Mani Holden 1:17:37, 20-34: 1. Sydney Webb 1:01:24, 2. Rebecca Moss 1:19:21, 3. Sarah Rinkovich 1:21:51, 35 & Over: 1. Margaret George 1:23:04, 2. Maria Neely 1:23:51.

Division Results - Tag Team

Men: 1. Mike Oster, Matt Holloway, Gregg Allen 50:42, 2. Ted Sivalon, John Faieta, Nathan Wheelock 54:41, 3. Don Webber-Plank, Rob Salcido, Brady Gould 54:49.
Women: 1. Michelle DeLorm, Linda Edwards, Teresa MacColl 1:09:30, 2. Polly Parkinson, Mariah Branaman, Heather Lynch 1:15:02, 3. Teresa Morales, Sara Craig 1:15:07.

Santa Cruz Sentinel Triathlon

October 1, Santa Cruz.

Division Results - Men

Pro: 1. Garrett McCarthy 1:46:16, 2. Steve Eisenhour 1:46:38, 3. Scott Yount 1:47:33, 14-19: 1. Scott Adams 2:00:17, 2. David Green 2:00:19, 3. Carl Hakkerl 2:04:47, 20-24: 1. Ty Nikal 1:54:10, 2. Brain Seymour 1:54:38, 3. Andrew Radovan 2:02:25, 25-29: 1. Bill Carlson 1:54:44, 2. Rich Poff 1:56:17, 3. Todd Critchfield 1:56:56, 30-34: 1. Gregory Ward 1:54:12, 2. Chris Ward 1:56:07, 3. Ken Leard 1:57:38, 35-39: 1. Dean Harper 1:53:45, 2. Eric Childs 1:59:44, 3. Charles Cox 1:59:29, 40-44: 1. Tim Lavelle 2:01:11, 2. Walter Radloff 2:03:53, 3. Robert Crook 2:06:49, 45-49: 1. Joe Bird 2:06:20, 2. Vic Brittain 2:10:56, 3. Thomas Sourisseau 2:11:00, 50-54: 1. Gary Nolan 2:15:38, 2. William O'Brien 2:16:24, 3. Edwin Nobis 2:21:45, 55-59: 1. Edward Bath 2:27:20, 2. Chris Denny 2:34:47, 3. Chuck Da-

RESULTS

FOUNDATION 30K (TAC National Masters Championship; PA/TAC Championship)

By Mark Winitz

November 12th, Clarksburg, CA.

Although this flat 18.6-mile jaunt through Sacramento River delta farmlands wasn't an exclusive masters event, with only a few exceptions it might have been. Glory and prize money galore awaited the over-40 crowd as for the second year in a row this event served as the National 30K Champs for masters, a masters stop on the PA/TAC Grand Prix tour, and an event on the ICI/USRA National Masters Circuit. Thus local masters (who are some of the nation's best) got to vie with some of the rest of the country's best. As it turned out, the overall men's winner missed the masters win and a lot of extra cash by 10 days.

They say that patience is a virtue—and if that's so, then Domingo Tibaduiza exemplifies virtuosity. And that was especially true here, even 10 days short of his fortieth birthday. You could almost hear him whispering "Wait, just wait" to himself as he glided smoothly—like the Sacramento River itself—through the rural flatlands.

The weather was California-fair, Indian summer in winter, perhaps a little too warm for a few. Hardly any of the 1,800 runners were really complaining about the 70° temps, recalling the gale and cold rainstorm of last year. The

men went out slow in a big pack, led by Placerville's Craig Moore. South Carolina's Bob Schlauf, the speedy 42-year old who was out West to pick up some points on Bill Rodgers in the ICI Circuit standings, was in the fray. So was Tibaduiza, Dan Gruber, Jose Aispuro, Joaquin Leano, and Dean Rinde.

At 10K, hit in a slow 33:13, Schlauf took the lead but the pack remained compact.

"Somewhere around 20K (1:03 flat) I tried to put some surges on and lose them all," said Schlauf. "It started to work on everybody but Domingo. At 14 miles I looked around and saw that they were starting to string out, except for him."

Domingo waiting.

With a half mile to go it was still the master and the master kicker. Again Schlauf surged but Tibaduiza responded, waiting until the last 250 meters to secure the knot. Final result: Tibaduiza (1:39:15), Schlauf (1:39:20), Rinde, (1:39:56).

"It was a little frustrating to have done all the work and led the whole way from 6 miles to 18.5 miles and get outspurred," remarked Schlauf, who will meet Tibaduiza again in the ICI/USRA masters circuit finale in Florida on January 13th. Nike-sponsored Schlauf added a TAC national masters 30K crown to masters half marathon and marathon titles this year.

"Bob really made the race a decent one, especially the second half," said Tibaduiza. "I was content to follow him and respond to his surges. Luckily, I found some extra energy

there at the end."

Jim Press (12th, 1:47:10), 40, of Menlo Park, CA was second master overall, securing the PA/TAC Masters title. Darryl Beardall (2:02:21), 53, topped PA/TAC Seniors. Among Super Seniors, Ray Piva (2:10:04), 63, of PA/TAC had tough competition from Pat Devine (2:00:53), 61, and Jim O'Neil (2:04:29), 64.

Paul Reese (2:53:53), 74, topped the 70+ men. Pennsylvania's Norm Green (1:49:14) set a M57 single age AR and finished 4th among masters.

In the women's competition Linda Somers of Davis, CA took the immediate lead and never looked back. Her winning 1:50:04 was a comfortable margin over Rosa Gutierrez (1:51:36).

"I was real tired the whole race," admitted Somers, a former UC-Davis NCAA Division II All American. "I've been training really well, probably a little over trained. It was hot, too, and I got a little headachy about 15 miles."

ICI/USRA Circuit 40-45 leader Jane Hutchison (1:57:03), 43, of Missouri pinned down a crucial masters win in placing 3rd overall and topping rival Nancy Oshier (1:58:21), 41, of New York who was second master (7th overall). Hutchison's one point advantage over Oshier was destined to stick, as both accumulated their best five scoring performances on the 1989 circuit.

Hilary Naylor (2:07:33), 43, added points to her PA/TAC Masters lead on the local Grand Prix tour by taking first among local over-40 women. Heidi Skaden (2:24:41), 52, gutted out the PA/TAC Seniors title and Ruth Anderson (2:41:44), 60, the Super Seniors. Mavis Lindgren (4:17:53), 82, of Orleans, CA provided another inspirational performance.

The top age-graded masters performances—awarded by Sorbothane, an ICI Circuit sponsor—went to Norm Green and Jane Hutchison. Each received \$100 from Sorbothane.

RESULTS

Men Overall

1. Domingo Tibaduiza 1:39:15, 2. Bob Schlauf 1:39:20, 3. Dean Rinde 1:39:56, 4. Dan Gruber 1:40:57, 5. Jose Aispuro 1:41:31, 6. Joaquin Leano 1:42:05, 7. Dennis Rinde 1:42:41, 8. Sean Crom 1:44:03, 9. Craig Moore 1:44:03, 10. Tom Borschel 1:45:28.

40-44: 1. Schlauf, 2. James Press 1:46:29, 3. John Samore 1:47:10, 4. Chris Thomas 1:49:10, 5. Robert McLennan 1:50:03, 45-49: 1. Jim Wisener 1:53:00, 2. Jerry Jobski 1:55:10, 3. Jim Minami 1:56:01, 50-54: 1. Richard Leutzing 1:58:02, 2. Darryl Beardall 2:02:21, 3. Fred Mattos 2:08:49, 55-59: Norman Green 1:49:14, 60-64: 1. Patrick Devine 2:00:53, 2. Jim O'Neil 2:04:29, 3. Ray Piva 2:10:04, 65-69: George Billingsley 2:27:09, 70-74: Paul Reese 2:53:53.

Women Overall

1. Linda Somers 1:50:04, 2. Rosa Gutierrez 1:51:36, 3. Jane Hutchison 1:57:03, 4. Laura Sanchez 1:57:38, 5. Rosy Tibaduiza-Cardenas 1:58:00, 6. Karen Scholte 1:58:09, 7. Nancy Oshier 1:58:21, 8. Christine Iwahashi 1:58:24, 9. Susan Putney 1:59:16, 10. Terry Schmidt-Puckett 2:00:48.

40-44: 1. Jane Hutchison 1:57:03, 2. Oshier, 3. Linda Cash 2:03:53, 4. Hilary Naylor 2:07:33, 45-49: 1. Joan Ulliot 2:12:15, 2. Margie Lindsey 2:22:08, 3. Gail Rodd 2:25:03, 50-54: Heidi Skaden 2:24:41, 55-59: Marty Manice 2:31:26, 60-64: Ruth Anderson 2:41:44, 65-69: Mary Storey 2:49:21, 80-84: Mavis Lindgren 4:17:53.

vey 2:43:21, 60 & Over: 1. Franz Weinschenk 2:44:49, 2. Kenneth Bailey 2:46:13, 3. Verna Scott 3:06:37.

Division Results - Women

Pro: 1. Sue Latshaw 1:55:22, 2. Karen Schaefer-Pfeiffer 2:00:37, 3. Terry Schneider 2:00:59, 45-49: 1. Linda Bird 2:27:50, 2. Carole Mawson 2:40:34, 3. Sheri Maxson 3:07:38, 50-54: 1. Harriet Anderson 2:39:53.

Division Results - Teams

Men's Open: 1. Bob Eberle 1:48:23, 2. Chuck Fanter 1:49:50, 3. Victor Lang 1:50:47, Women's: 1. Julie Rohloff 2:00:05, 2. Kathy Wood 2:01:28, 3. Debbie Smith 2:03:43, Coed Open: 1. Thomas Woods 1:45:17, 2. Jerry Deets 1:50:19, 3. Suzanne Sarlo 1:58:55.

Autumn Jubilee

October 7, CSU Stanislaus, 10K & 2 Mile.

Overall Results - 10K

1. Michael Kulper (31) 35:00, 2. Curt Royer (38)

36:10, 3. Thomas Diehl (34) 37:00, 4. Ken Schwison (50) 37:12, 5. Bruce Hesse (40) 38:22, 6. Mark Selby (36) 38:53, 7. Dennis Lund (37) 38:56, 8. Wayne Baker (39) 39:13, 9. Dee Dee Grafius (40F) 39:47, 10. Gary Pelcholo (39) 39:59.

Overall Results - 2 Mile

1. Chuck Fanter (27) 9:35, 2. Angel Tejada (28) 10:16, 3. Don McGee (20) 11:13, 4. Jim Lane (20) 12:15, 5. Matthew Hughes (22) 12:37, 6. Joe Donahue (33) 12:48, 7. JoJo Aguilar (11) 12:53, 8. Steve Corl (27) 13:09, 9. Billy Lopez (29) 13:23, 10. Rosa Maria Aguilar (9F) 13:45.

Great Grape Run

October 7, 5K & 10K

Division Results - Men's 5K

13 & Under: 1. Rodney Del Rio 20:30, 2. Alvarado 20:48, 3. Oscar Ruiz 20:52, 14-20: 1. Juan Sanchez 16:10, 2. Mark Jimenez 17:28, 3. Salvador Guzman 17:47, 21-29: 1. Thevi Pather 16:42, 2. Richard Coltriel 17:13, 3. Jose Mesa 17:36, 30-39: 1. Adrian Hu-

erta 16:40, 2. Ron Lessley 17:25, 3. Jeff Lessley 18:08, 40-49: 1. Allan Kiykendall 18:26, 2. Phillip Maxwell 20:50, 3. Gary Johnson 21:57, 50-59: 1. Richard Ramirez 18:36, 2. Leo Marqu... 19:22, 3. Mort Ward 20:06, 60-69: 1. Floren Chavez 25:08, 2. Ben Nayatani 34:35.

Division Results - Women's 5K

13 & Under: Cheryl Carter 21:29, 2. Michelle Lanrio 24:51, 3. Christine... Jones 26:16, 14-20: 1. Cindy Franco 20:10, 2. Rachel Gonzalez 21:46, 3. Elizabeth Alejo 21:58, 21-29: 1. Helen Lopez Moreno 18:57, 2. Brenda Villanueva 19:02, 3. Kacey Ginsberg 23:51, 30-39: 1. Lupe Eberly 19:20, 2. Lorraine Melendez 21:28, 3. Carolyn Rightinger 26:01, 40-49: 1. Kathy Sweo 21:00, 2. Carolyn Ward 25:26, 3. Judy Fortenberry 26:30, 50-59: 1. Carol Lapham 39:35, 2. Margaret Castro 42:27, 3. Marilyn Wells 42:41.

Division Results - Men's 10K

13 & Under: 1. Fernando Torres 45:09, 14-20: 1. John Lopez 39:39, 2. Ramon Medina 45:15, 21-29: 1. Daniel Hamkin 43:40, 2. Jeff Patrick 45:28, 30-39: 1. Randy Prine 39:28, 2. Joe Espinoza 43:36, 3. Mark Sweo

43:59, 40-49: 1. Tom Whigle 43:19, 2. Ron Rodman 43:29, 3. George Boerwa 45:20, 50-59: 1. Ray Maranda 41:38, 2. James Lipford 47:22, 3. Calvin Henderson 49:08, 60-69: 1. Bob Small 54:01, 2. David Hiatt N.T., 70 & Over: 1. Jim Nagatani N.T.

Division Results - Women's 10K

21-29: 1. Pam Boyles 44:10, 2. Tammy Peltzer 46:56, 30-39: 1. Leslie King 45:03, 2. Bobbi Vega 1:00:02, 3. Luz Crespin N.T., 40-49: 1. Lee Denham 49:26, 2. Susie Olivarez N.T., 3. Carol Weston N.T., 50-59: 1. Aurora Perez N.T.

LA Philharmonic/ Reebok Runs

October 7, Griffith Park, Los Angeles, 5K & 10K.

Overall Results - Men's 5K

1. Mark Souza 15:21, 2. David Baudet 15:34, 3. Roland Reyes 15:42, 4. Ken Scott 16:05, 5. Clyde Matsumura 16:07, 6. Robert Prior 16:12, 7. John

RESULTS

Leach 16:43, 8. Takashi Yagisawa 16:48, 9. Aaron Naasly 16:52, 10. Andre Unfried 17:00.

Overall Results - Women's 5K

1. Nina Hernandez 19:25, 2. Theresa Hernandez 19:35, 3. Joan Hammerstrom 19:28, 4. April Yi 20:18, 5. Angela Moten 21:38, 6. Janet Lam 21:42, 7. Amy Kilmeyer 22:06, 8. Bonnie Carawan 22:08, 9. Leslie Stepan 22:26, 10. Krisann Keane 22:27.

Division Results - Men's 5K

13 & Under: 1. Jono Reese 18:25, 2. J. Net 19:21, 3. Albion Yi 20:28, 14-19: 1. David Beaudet 15:34, 2. Rolando Reyes 15:42, 3. Aaron Naasly 16:52, 20-24: 1. Ken Scott 16:05, 2. Archie Hodge 18:49, 3. Ronald Hudson 19:54, 25-29: 1. Mark Souza 15:21, 2. Clyde Matsumura 16:07, 3. John Leach 16:43, 30-34: 1. Robert Prior 16:12, 2. Andre Unfried 17:00, 3. Alfonso Hernandez 17:10, 35-39: 1. Takashi Yagisawa 16:48, 2. Bolivar Gonzalez 17:14, 3. Art Colianni 19:37, 40-44: 1. Michael Smith 17:48, 2. Terry Toles 18:32, 3. Mike Segal 18:57, 45-49: 1. Ken Sherman 20:27, 2. Sergio Lazaro 22:19, 3. William Stow 22:26, 50-54: 1. Bill Little 18:42, 2. Michael Fenton 20:19, 3. Jim Smith 21:26, 55-59: 1. Ronald Tucker 20:36, 2. Ed Pfeiffer 21:23, 3. Ben Bernal 22:42, 60-64: 1. Bob Landry 20:14, 2. Jerry Withers 20:51, 3. Bruce Odou 22:23, 65-69: 1. Larry Banuelos 19:52, 2. Stanley Noutled 22:28, 3. Louis Whitman 29:20, 70-74: 1. J.R. Smith 27:44, 75-79: 1. Ed Stotsberg 25:26, 80-84: 1. Ed Rumble 26:42, 2. Benjamin Jacobs 26:14, 85-89: 1. Jack Brabin 38:31.

Division Results - Women's 5K

13 & Under: 1. Nina Hernandez 19:25, 2. April Yi 20:18, 3. Jennifer Lopez 25:30, 14-19: 1. Lyn Bowker 24:06, 2. Maria Mack 26:14, 3. Raquel Gutierrez 26:49, 20-24: 1. Janet Lam 21:42, 2. Amy Kilmeyer 22:06, 3. Laura Kempasch 23:17, 25-29: 1. Joan Hammerstrom 19:28, 2. Krisann Keane 22:27, 3. Silvana Laung 22:39, 30-34: 1. Bonnie Carawan 22:08, 2. Nora Clarke 23:50, 3. Debbie Duarte 24:08, 35-39: 1. Theresa Hernandez 19:25, 2. Angela Moten 21:38, 3. Gene Rogers 22:49, 40-44: 1. Leslie Stepan 22:26, 2. Mickey Cruz 24:07, 3. Dennis Wong 26:08, 45-49: 1. Barbara Shields 24:08, 2. Fran Smith 24:28, 3. Rosie Kupstlitt 27:10, 50-54: 1. Jane Dods 22:50, 2. Linda Weissburg 26:17, 3. Mary Miller 27:35, 55-59: 1. Irene Oberz 23:01, 2. Mary Ann Chappelle 27:54, 3. Patricia Callahan 28:34, 60-64: 1. Cathy Bosch 28:58, 2. Marie Earl 36:17, 65-69: 1. Daisy Wong 29:23, 2. Joyce Fuller 30:50, 3. Jane R. Arlman 36:22, 70-74: 1. Isobel Daluca 37:52, 75-79: 1. Dorothy Stotsberg 34:50.

Overall Results - Men's 10K

1. Ed Eyston 30:20, 2. Dave Frank 32:23, 3. Doug McKee 33:17, 4. Chad Pratt 33:53, 5. Sergio Gonzalez 34:28, 6. Charles Hugo 36:06, 7. Phil Hall 36:15, 8. Henrik Gabrielyan 36:23, 9. Jorge Gomez 36:25, 10. Wayne Mitchell 36:48.

Overall Results - Women's 10K

1. Antoinette Delgado 38:32, 2. Valle Therwood 41:39, 3. Diana Gordon 44:25, 4. Rose Mizak 45:54, 5. Monica Ramirez 46:11, 6. Patricia Long 46:16, 7. Karen Menslage 46:23, 8. Cherie Gruewelp 46:27, 9. Tina Gerson 47:13, 10. Elizabeth Castaneda 47:30.

Division Results - Men's 10K

13 & Under: 1. James Uwins 48:26, 2. Mark Goodman 57:15, 14-19: 1. Glenn Ames, Jr. 40:30, 20-24: 1. Henrik Gabrielyan 36:23, 2. Jorge Gomez 36:25, 2. Jose Hernandez 37:08, 25-29: 1. Ed Eyston 30:20, 2. Dave Frank 32:23, 3. Doug McKee 33:17, 30-34: 1. Sergio Gonzalez 34:28, 2. Phil Hall 36:15, 3. John Limone 38:22, 35-39: 1. Olive Spray 40:23, 2. E. Amadhanand 40:28, 3. Jorge Perez 41:28, 40-44: 1. Wayne Mitchell 36:48, 2. John Turner 37:29, 3. Caz Soslowicz 39:55, 45-49: 1. Michael Payne 42:24, 2. Bill Levy 44:58, 3. Lee Evans 45:00, 50-54: 1. David Barnes 41:56, 2. Terry Lee Ives 42:36, 3. Arnold Nolkoff 43:59, 55-59: 1. Ruben Esqueda 43:38, 2. Jim Bassler 43:50, 3. Joseph Cochrane 45:50, 60-64: 1. John Thompson 48:05, 2. Kuis Manogun 49:47, 3. K.N. Karst 50:12, 65-69: 1. Daniel Jujan 46:47, 2. Jack Mehlman 54:00, 3. John Rodriguez 58:36, 70-74: 1. Eddie Lawin 45:14.

Division Results - Women's 10K

13 & Under: 1. Donna Richter 52:12, 14-19: 1. Monica Ramirez 46:11, 2. Patty Vurpillat 53:05, 20-24: 1. Antoinette Delgado 38:32, 2. Lisa Davis 50:20, 3. Annette Balinger 51:04, 25-29: 1. Val Leatherwood 41:39, 2. Diana Gordon 44:25, 3. Patricia Long 46:16, 34-38: 1. Rose Mizak 45:54, 2. Erin Atwater 48:03, 3. Jennifer Jones 48:26, 35-39: 1. Elizabeth CVastanha 47:30, 2. Mary Yepbrown 50:01, 3. Susan Beecher 51:22, 40-44: 1. Becky Parker 48:52, 2. Arett Vargas 49:46, 3. Aurelia Sweeney 51:11, 45-49: 1. Cherie Gruewelp 46:27, 2. Donna Labonte 48:38, 3. Bruce Emmaluth 53:42, 50-54: 1. Carole Davis 47:34, 2. Atsuko Fujimoto 49:19, 3. Martha Ryan 57:56, 55-59: 1. Ethel Kleinsasser 53:31, 2. Guadalupe Castaneda 1:03:26, 60-64: 1. Selma Mehlman 1:05:40, 75-79: 1. Ferny Crown 1:07:20.

Sri Chinmoy Peace Mile

October 7, Los Angeles.

Division Results

Men:
Open: 1. Elen Garcia (29) 25:30, 2. Craig Wilson (38) 30:47, 3. Jimmy Fullerton (35) 31:57, 50-59: 1. David Wake (53) 32:06.

Sunbird Run

October 7, Fresno Pacific College.

Overall Results - Handicap

1. John Rodriguez (47) 18:14, 2. Bob Musso (66) 18:35, 3. Craig Elia (39) 19:22, 4. John Plus (50) 19:37, 5. Mark Haymond (45) 19:46, 6. Harry Harder (72) 19:55, 7. David Fung (62) 20:21, 8. Dorothy Thomas (65) 20:55, 9. Jim Hartig (35) 21:06, 10. Lee Thomas (67) 21:17.

Actual Running Time:

1. Jim Hartig (35) 21:06, 2. Jose Sanchez (18) 22:11, 3. Todd Sabala (25) 22:11, 4. Jason Lindholm (18) 22:11, 5. Rich Parris (20) 22:11, 6. Navar Swift (21) 22:11, 7. Dave Green (19) 22:19, 8. Isaac Benton (24) 22:26, 9. Steve Kindt (18) 22:32, 10. Chris Rodriguez (23) 22:40, 11. Sean Stehman (20) 22:43, 12. Kevin Miller (18) 22:44, 13. Craig Elia (39) 23:22, 14. Erasmo Quintanilla (7) 23:35, 15. Ron Gardner (19) 24:00, 16. John Rodriguez (47) 24:14, 17. Mark Haymond (45) 24:46, 18. John Volkman (39) 25:23, 19. Cliff Jewell (33) 26:22, 20. Jim Barnes (39) 26:36.

Watts Health Foundation 5K

October 7, Los Angeles.

Division Results

Overall Winners: 1. Adel Williams 21:36, 2. Carlos Navarro 15:23, Oldest Runner: 1. Vila Hancock, N.T., 2. Eddie Howard N.T. Youngest Runner: 1. Swehsae Smith N.T., 2. Bryant Gibson N.T.

Columbus Day Biathlon

October 8, Morgan Hill.

Overall Results

1. Mary Kruger/Michael Batin 1:02:42, 2. Joe Sanders 1:03:55, 3. Nathan Smith III, 1:04:04, 4. Larry Nolan 1:04:21, 5. Salvador Lopez/Ruben Guierrez 1:04:49, 6. Dale Basesch 1:05:45, 7. Michael McQueeney 1:05:58, 8. George Erving 1:06:01, 9. Stephen Thomas 1:06:02, 10. Don Anderson/Cindy Swams 1:06:03.

11. Bill Sullivan/Chris Abate 1:06:06, 12. Danny Hogue 1:06:12, 13. John Foley/Mike Foley 1:06:12, 14. Barbara Frank/Jim Williams 1:06:13, 15. Joe Cosgrove 1:06:35, 16. Tim Werner 1:06:36, 17. Tim Pontarelli 1:06:36, 18. Scott Patterson 1:06:37, 19.

Syntax (Mohr/Askew) 1:06:37, 20. Erik Vandenburg/Gary Yama 1:06:51.

21. Gary Chamberlain 1:07:21, 22. Daniel Theodore 1:07:33, 23. Terry Brendel 1:07:34, 24. Steve Twosten 1:07:35, 25. Shari Rodgers 1:07:36, 26. Mike Konny 1:07:36, 27. Bruce Lin 1:07:37, 28. Mark Gouge 1:07:39, 29. Carl Hekkar 1:07:39, 30. John Clary 1:07:41.

Cuesta 50K Biathlon

October 8, San Luis Obispo.

Overall Results

1. McKeown/Brockbank 1:26:51, 2. McNeil 1:27:40, 3. Castro/Rambuski 1:29:41, 4. Williamson 1:32:01, 5. Flacke 1:33:03, 6. Lee/Hagy 1:33:34, 7. Treitlin/Michael 1:33:56, 8. Ferrero/Enzerink 1:34:06, 9. Shmidt 1:34:07, 10. Ferrario 1:34:07.

Division Results - Men

14 & Under: 1. Ryan Gallagher 2:44:38, 15-19: 1. Patrick Couch 1:46:02, 2. Randy Drape 1:47:42, 3. Mike Agnew 1:54:36, 20-24: 1. Greg McNeil 1:27:46, 2. Mac Williamson 1:32:01, 3. Steve Ferrario 1:34:07, 25-29: 1. Gary Flacke 1:33:03, 2. Keith Shmidt 1:34:07, 3. Ray Webb 1:35:09, 30-34: 1. Rick Kluge 1:39:30, 2. Blake Chaffee 1:41:00, 3. Kenneth Doss 1:43:52, 34-44: 1. Bob Macy 1:35:05, 2. Joe Escobar 1:46:44, 3. Rich Robbins 1:46:49, 45-54: 1. Joe Jacobsen 1:40:13, 2. Richard Mattos 1:51:05, 3. Jeff Brown 1:51:25, 55-64: 1. Jack Eberly 1:51:50, 2. Gus Melnikis 2:01:31, 3. Ed McSorley 2:19:22.

Division Results - Women

30-34: 1. Karen Steele 1:46:38, 2. Heather Dibdin 1:47:50, 3. Tristan Berlund 2:10:00, 34-44: 1. Lupe Eberly 1:51:16, 2. Suzanne Britt 1:56:42, 3. Lori Loon 2:08:01, 45-54: 1. Harriett Anderson 2:05:32, 2. Lois Leach 2:23:16, 3. Marilyn Rehorn 2:27:15, 55-64: 1. Jean Spiering 2:26:56.

Teams

Men: Open: 1. McKeown/Brockbank 1:26:51, 2. Castro/Rambuski 1:29:41, 3. Lee/Hagy 1:33:34, 34: 1. McRae/Orach 1:39:56, 80-99: 1. Waterbury/Rachubka 1:35:03, 2. Gugliemelli/Schweitzer 1:37:18, 3. Wilson/Chaffee 1:41:00.

Women: Open: 1. Caborra/Cashon 1:34:17, 2. Rudy/Goughnour 1:45:45, 3. Monaco/Uram 1:53:40, 80-99: 1. Stallard/Ann 2:07:37.

Mixed: Open: 1. Smith/Baumsteiger 1:36:00, 2. Cooper/Cooper 1:43:37, 3. Evans/Davis 1:51:36, 80-99: 1. Roundy/Hedger 1:47:17, 2. Deschler/Intor 2:00:49, 3. Uema/Fink 2:02:48.
Parent-Child: 1. Wykoff/Wykoff 1:45:36, 2. Womers/Womers 2:16:39, 3. Endres/Endres 2:22:20, 100+: 1. Meese/Brown 1:40:59, 2. Winstanley/Howell 1:45:29, 3. Tedrow/Conklim 2:13:38.

Humboldt Redwoods Marathon & Half

October 8, Weott.

The Six Rivers Running Club's Humboldt Redwoods Marathon and Half Marathon took place under clear skies and with mild temperatures.

It was the 11th Humboldt Redwoods Marathon and the 8th running of the Half Marathon. With combined registration of over 1,100, both races saw the highest number of finishers in their histories: Marathon 330, Half Marathon 578.

The RESCO prize money made for keen competition in the men's and women's fields in both races.

Becki Krieger, age 23 of Sunnyvale, set a new Half Marathon course record in 1:20:35. It was a close win with Deb Sorenson of Seattle finishing second in 1:20:38. Lura Damiano took third place prize money back to Fort Bragg with a time of 1:21:45.

The men's Half Marathon was also a closely contested race with Jerod Drew, age 31 of Ukiah, taking first place in 1:11:08. Greg Heistman, the 1987 Arcata winner, finished second in 1:11:18. Scott Williams of Portland took third with 1:11:27.

The Master's prize went for the second year to

Gary Wilborn of Beaverton with a time of 1:11:35, and Dorie Quam of Bellevue, WA, finished in 1:31:56.

Dan Towner, age 25 from Chico, winner of the 1989 Avenue of the Giants Marathon, won the Humboldt Redwoods Marathon in 2:28:37. He was second to Scott Buckles of Seattle until the last 400 yards of the race with Buckles finishing second in 2:28:53. Third place was taken by 1986 and 1987 winner Craig Moore of Placerville.

Darlene Wallach, age 38 of San Jose, who had previously finished in second place in the Marathon took first in 3:00:56. Honor Fetherston of Mill Valley finished second in 3:01:59 and Donna Troyna took third place in 3:09:49.

The Marathon Masters' winners were Mike Holl of Eureka in 2:37:53, and Nancy Pelayo of Marin in 3:36:51.

Overall Results - Men's Marathon

1. Dan Towner 2:28:37, 2. Scott Buckles 2:28:53, 3. Craig Moore 2:34:25, 4. Doug Davis 2:34:58, 5. James Washington 2:37:53, 6. Mike Holl 2:38:49, 7. Robert Coolidge 2:38:49, 8. Mike Tarvid 2:45:25, 9. William Sayre 2:47:23, 10. Leon Dovid 2:53:08.

Overall Results - Women's Marathon

1. Darlene Wallach 3:00:56, 2. Honor Fetherston 3:01:59, 3. Donna Troyna 3:09:49, 4. Mary Scangarella 3:13:54, 5. Kathy Nile 3:14:49.

Division Results - Men's Marathon

19 & Under: 1. Bobby Gil 3:26:56, 20-29: 1. Dan Towner 2:28:37, 30-34: 1. Scott Buckles 2:28:53, 35-39: 1. Craig Moore 2:34:25, 40-44: 1. Mike Holl 2:37:53, 45-49: 1. Werner LH 2:54:41, 50-54: 1. Elsworth Pence 3:12:16, 55-59: 1. Dan James 3:15:24, 60-64: 1. Harry Bando 3:27:16, 65-69: 1. George O'Hara 4:06:50.

Division Results - Women's Marathon

19 & Under: 1. Juliana Dubose 3:45:39, 20-29: 1. Kathy Nile 3:14:49, 30-34: 1. Honor Fetherston 3:01:59, 35-39: 1. Darlene Wallach 3:00:56, 40-44: 1. Susan Taylor 3:37:12, 45-49: 1. Nancy Pelayo 3:36:51, 50-54: 1. Ute Luytjes 3:38:43, 55-59: 1. Mary Young 4:07:05, 60-64: 1. Etti Palmer 4:51:26, 65-69: 1. Judy Golding 5:08:42.

Overall Results - Men's Half Marathon

1. Jerod Drew 1:11:08, 2. Greg Heistman 1:11:18, 3. Scott Williams 1:11:27, 4. Gary Wilborn 1:11:35, 5. Larry Katz 1:12:01, 6. John Zinselmeier 1:12:34, 7. David Garcia 1:14:32, 8. Gregory Meadow 1:14:37, 9. Mike Krieger 1:15:33, 10. Greg Smith 1:17:15.

Overall Results - Women's Half Marathon

1. Becki Krieger 1:20:35, 2. Deb Sorenson 1:20:38, 3. Lura Damiano 1:21:45, 4. Teresa McCourt 1:23:00, 5. Mary Wells 1:25:15.

Division Results - Men's Half Marathon

19 & Under: 1. Lawrence Lingblom 1:44:16, 20-29: 1. Scott Williams 1:11:27, 30-34: 1. Jerod Drew 1:11:08, 35-39: 1. David Garcia 1:14:32, 40-44: 1. Gary Wilborn 1:11:35, 45-49: 1. Ben Jackson 1:20:20, 50-54: 1. Robert Barber 1:20:27, 55-59: 1. Alex Denieux 1:23:45, 60-64: 1. Robert Kay 1:37:47, 65-69: 1. Bill Hutchinson 1:52:18, 70-74: 1. Joe Norris 1:53:00, 75-79: 1. Paul Penne 2:11:10.

Division Results - Women's Half Marathon

19 & Under: 1. Kerry Lum 2:08:10, 20-29: 1. Becki Krieger 1:20:35, 30-34: 1. Deb Sorenson 1:20:38, 35-39: 1. Mary Wells 1:25:15, 40-44: 1. Mary Champagne 1:36:52, 45-49: 1. Dorie Quam 1:31:56, 50-54: 1. Marge Dunlap 1:38:24, 55-59: 1. Mary Welt 2:03:13, 60-64: 1. Lisee Rapozo 2:13:50, 65-69: 1. Sylvia Sweet 2:34:30.

Fleet Week Challenge 5 Mile

October 8, San Francisco.

Annually the Pacific Fleet arrives in San Francisco, during October, to celebrate Fleet Week. On the first Sunday of their arrival - the Navy challenges both individuals and teams, civilian and military, to compete against their finest in their Fleet Week Challenge 5 Mile Race. The point to point race

RESULTS

TAC Women's 8K Championship Alhambra Moonlight 8K

By
RICHARD LEE SLOTKIN

October 28, Alhambra.

It was 7 p.m., night had fallen and the weather was cool; this was good running weather.

A hot field had been put together for this TAC 8-K women's championship, with folks like Leann Warren, Lynn Nelson, Linda McLennan Begley, Lisa Welch Brady, and Annette Peters, just to name a few. Last year's winner Brenda Webb and Sylvia Mosqueda, who is from nearby San Gabriel, were the major no-shows; and masters favorite Laurie Binder was running the Chicago Marathon the following morning, so she too scratched. What was left was more than enough, though.

To make things even more interesting, there was \$14,000 in prize money, \$4000 for 1st, and \$1700 for the masters. There were some incentives, also, including a car for a sub-25:00.

A minute and a half into the race and it was still one big pack, only the masters and one or two who really didn't belong with this group falling back. The leaders were Linda McLennan Begley and Janet Smith, but others were just a step back, including Leann Warren, Annie Schweitzer, Trina Leopold, Jody Dunston, Lynn Nelson, Annette Peters, et al.

By 3:19 Begley still had a one-step lead and was followed closely by a pack of 13 others.

Through the mile in 5:01, Begley still in the lead, followed by Peters, Leopold, Michelle Hopper Buchicchio, who is surprised to find herself in this kind of company, and Warren. The pack is still at 14 but pieces are beginning to break off at the back.

At the 6:00 the front is now Peters, Schweitzer, Begley, Kathy Kanes, who is from Alhambra, Jody Dunston, who has run the 10k in 32:26 this year, and leading them all by a step is Leann Warren.

A minute later, Warren has a 56 lead and by 8:30 she has opened it up to 15y. The second pack is still tight but down to about 5 or 6. Warren was pretty nervous about all this but she was felling too well

to slow down. And the pack, those that could still see her under the street lights, were so impressed at how good she looked, smooth was the way they put it, that from there on, there was an unspoken agreement that the only race left was for 2nd.

And we're not even at 2 miles yet!

When 2M was reached, it was in 10:03 and then 3M in 15:05. Warren was running with machine-like precision in almost perfectly equal splits, and by that point she had a 70y lead.

And it was becoming worse. Unless you had your money on Warren. And at this point, even the rent money was safe if it was on her. Warren has c.150y lead coming up to 4thm. The race is over. Only question is will she win the car.

At about 2 1/2 M, the halfway point, there was a 180-degree turn so by now Warren was facing a stream of



LEANN WARREN

Photo by Richard Lee Slotkin

runners from a non-championship open race, which had started 10 minutes later. They were heading out and she was getting a steady wave of cheering across the yellow line from the front runners right on back to the walkers. She wasn't used to that. But, it was all for her.

Then, 4M in 20:11 and, my goodness, she has slowed 5 seconds from her 5:01 pace. But, she has better than a 200y lead.

And so it went. Now the race was for Lynn Jennings' American record of 25:05. She needed a 4:54 last mile to

get it and a 4:50 to claim the Mitsubishi sports coupe which went with the sub-25:00. Considering that Warren had been running 26:30's in Portland, her home, and was looking for a 26-flat here, that was asking a lot...and, there was no one pushing her. Her lead was up to 400y now!

Warren gave it her best; she said she could hear us encouraging her from the photo truck and that it helped a little, but she was too tired, so came up a bit short with a 25:14, a course record, but no AR. Don't cry for the lady, though. First place, at any clocking, was worth \$4000.

It's a good down payment on that Mitsubishi.

Meanwhile, Jody Dunston, Linda Begley, Trina Leopold and Annette Peters were all that was left of the original 14 and they were all going for the \$2600 check that went to second place. Coming to the last 1/4M, around a corner to the final straight, where even in the darkness they could see the well-lighted finish area and the banner over the finish line, Dunston and Begley got off first and Dunston inched ahead to a 3-second lead at the line. Leopold, meanwhile had moved ahead of Peters and looked as if 4th was hers. However, she just didn't have any steam left as she was coming up that last 50 yards and Peters threw in a furious surge. It still looked like Leopold with 25 yards to go; with 15 to go; with 10 to go. Then with 5 yards to go, hearts began to beat a bit faster. Leopold was in slow motion and Peters was in fast forward. A step before the line, Peters' surge carried her past Leopold and in the blink of an eye, Leopold took a \$500 pay cut.

Ouch!

A grand total of 6 seconds separated 2nd from 5th places. But, the gap between 1st and 2nd was 49 seconds. That's domination!

To no one's surprise, not even her own, Shirley Matson was the first master finisher. She, too, dominated—the only master to break 30 minutes. Her time was 29:25. Second was Judy Greer of Orlando, FL, over a minute later.

Nancy Ditz, in her first post-natal, and post-earthquake race, was 43rd overall, out of 55 finishers, but she too broke 30 minutes.

In the open race, Hector Perez, formerly of CPSLO and the Santa Monica Track Club and currently a member of the Mexican national team, cruised home 8 seconds ahead of Farron Fields, setting a new course record of 23:08. In fact, the first eight finishers were under the old record and the 9th, equalling it.

Nora Collas was first woman in 28:21, Heather Young was 2nd in 29:13. Though not in the same league as most of those in the championship race, both these gals averaged under 6 minutes per mile and the 33rd placer, Janet Norem, was 6:01. As they say, not what you'd call chopped liver.

TAC Women's Results

1. Leann Warren 31 (Portland, OR) 25:15, 2. Jody Dunston 23 (San Antonio, TX) 26:04, 3. Linda McLennan Begley 30 (Suffield, CO) 26:07, 4. Annette Peters 24 (Springfield, OR) 26:09, 5. Trina Leopold 23 (Austin, TX) 26:10, 6. Kathy Kanes 29 (Alhambra, CA) 26:25, 7. Janet Smith (SLO) 26:31, 8. Leslie Seymour 29 (Minneapolis, MN) 26:34, 9. Lisa Kindelan 26 (Kirkland, WA) 26:39, 10. Michelle Buchicchio 25 (Glendora) 26:42.

11. Rosa Gutierrez 26:47, 12. Jeanne Lasse-Johnson 32 (Bonita) 26:49, 13. Lynn Nelson 27 (Boulder, CO) 26:54, 14. Carmen Ayala-Troncoso 30 (Austin, TX) 27:01, 15. Annie Schweitzer 23 (Austin TX) 27:04, 16. Alisa Harvey 24 (Upland) 27:11, 17. Renee Odum 27:13, 18. Marie Murphy Rollin 30 (Glendale) 27:19, 19. Susan Faber 27 (Waterbury, CT) 27:23, 20. Marie Boyd 29 (Albuquerque, NM) 27:24.

OPEN

Division Results - Women

17 & Under: 1. Christel Yunker 36:45, 2. Kathy Shirley 37:17, 3. D. Sresthaphunlarp 37:17, 18-24: 1. Heather Young 29:14, 2. Kellie Robb 33:01, 3. Isela Tobar 33:44, 25-29: 1. Nora Collas 28:22, 2. Jill Walker 30:27, 3. Helen Lopez 30:38, 30-34: 1. Janet Norse 29:56, 2. Marie Albert 31:07, 3. Marie Perez 31:47, 35-39: 1. Loraine Ordaz 30:12, 2. Lori Coker 31:01, 3. Marie Heimberg 32:43, 40-44: 1. Joan Clergy 34:54, 2. Leslie Stepan 36:29, 3. Barbara Reukema 36:34, 45-49: 1. Allison Holt 35:16, 2. Carmen Connolly 35:54, 3. Julia Hart 37:34, 50-54: 1. Jane Dods 36:05, 2. Elaine Murphy 36:46, 3. Carolyn Plowman 39:30, 55-59: 1. Irene Oliber 35:07, 2. Amy Goldstein 39:58.

Division Results - Men

17 & Under: 1. Juan Gomez 27:08, 2. Danny Gomez 27:31, 3. Binh Tran 28:11, 18-24: 1. Alfredo Vallejo 23:27, 2. Benny Cruz 23:30, 3. Joe Nitti 23:50, 25-29: 1. Hector Perez 23:09, 2. Farron Fields 23:17, 3. Mark Souza 23:29, 30-34: 1. Samson Otowacha 23:46, 2. Ajax Cruz 24:31, 3. Mark Luevand 24:31, 35-39: 1. Paul Cook 25:22, 2. Larry Montag 26:08, 3. Jesse Smith 26:35, 40-44: 1. Stephen Keyes 25:47, 2. John Samore 26:03, 3. Fred Ortega 26:05, 45-49: 1. Phil Ryan 26:36, 2. Don McCarthy 26:46, 3. Celso Mendez 27:09, 50-54: 1. Andre Tocco 29:21, 2. Bill Crum 29:31, 3. Don Van Dyke 29:50, 55-59: 1. John Rudberg 29:44, 2. Keith Fitch 30:54, 3. Robert Culling 30:09, 60 & Over: 1. Patrick Devine 30:27, 2. Eddie Lewin 35:23, 3. Robert Olvera 36:25.

RESULTS

starts at Crissy Field in the Presidio, along the Marina, through Fisherman's Wharf, down the Embarcadero past the Financial District and ends at Pier 32.

This year's individual overall winners and team winners were congratulated and awarded their medals by an impressive group of personages which included the U.S. Secretary of the Navy Lawrence Garrett, San Francisco's Mayor Agnos, Rear Admiral John Bitoff, Commander Naval Base San Francisco, and Admiral Jeremiah, Commander of the Pacific Fleet. Mike Healer, a 35 year old from Alameda Naval Base, took 1st place in the individual competition with a time of 25:12. The women's winner was 24 year old Sarah Krakoff of Oakland in a time of 31:26.

In the men's team competition, the Navy A-Team won with a team average time of 28:03 with the Coast Guard Striders #1 team placing second with a team average time of 28:51. In the women's team competition, Moffett Field Flyers grabbed 1st place with a team average of 43:18, US Leasing placed 2nd with a team average time of 50:25.

At the end of the run, participants were welcomed across the finish line by the Navy Band. Besides receiving their official "Fleet Week" t-shirt and round of goodies, the Fleet Week Challenge runners were also invited to be the first group to tour the Navy ships which are docked at Pier 32.

Overall Results - Men

1. Mike Healer (35) NAS Alameda 25:12, 2. David Monroe (25) Los Angeles 25:59, 3. Robert Centeno (30) Poway 26:10, 4. Jeff Ames (29) San Francisco 26:16, 5. Rodney Timpson (24) Moffett Field 26:34, 6. Peter Foster (28) Anibach 26:56, 7. Brian Benson (27) Oakland 27:18, 8. Jon Schroeder (30) Walnut Creek 27:23, 9. Richard Morrissey (28) San Francisco 27:27, 10. James Eusse (37) San Diego 27:36.

Overall Results - Women

1. Sarah Krakoff (24) Oakland 31:26, 2. Carolyn Hollingsworth (24) Mill Valley 32:42, 3. Lori Norwood (25) Mt. View 32:54, 4. Elizabeth Muller (30) Vallejo 32:56, 5. Constance Carpenter (31) Richmond 34:27, 6. Kimberly Blue (32) San Anselmo 34:36, 7. Joan Smith (42) San Francisco 35:20, 8. Jennifer Cameron (24) Oakland 36:07, 9. Carla Tucci (28) San Francisco 36:15, 10. Katherine Anderson (40) Oxnard 36:22.

Division Results - Men

5-13: 1. Brooks Hartel 45:35, 2. Elyse Wesendunk 50:01, 3. Olivia Degenkobb 53:02, 14-19: 1. Diana Wesendunk 40:59, 2. Juliet Munakata 42:57, 3. Nohemi Contreras 43:17, 20-29: 1. Sarah Krakoff 31:26, 2. Carolyn Hollingsworth 32:42, 3. Lori Norwood 32:54, 30-39: 1. Elizabeth Muller 32:56, 2. Constance Carpenter 34:27, 3. Kimberly Blue 34:36, 40-49: 1. Joan Smith 35:20, 2. Katherine Anderson 36:22, 3. Kate Thornton 36:30, 50-59: 1. Barbara Robben 37:52, 2. Ginger Burrola 38:25, 3. Lorelle Ray 43:24, 60 & Over: 1. Carmen Maddock 46:04, 2. Mary Chu 52:29, 3. Betty Glick 1:10:37.

Division Results - Women

5-13: 1. Paul Burgess 28:50, 2. Ben Stephens 42:23, 3. Peter Beoney 43:22, 14-19: 1. Sylvester Coons 28:41, 2. Dave Lucas 29:07, 3. Mike King 30:36, 20-29: 1. David Monroe 25:59, 2. Jeff Ames 26:16, 3. Rodney Timpson 26:34, 30-39: 1. Mike Healer 25:12, 2. Robert Centeno 26:10, 3. Jon Schroeder 27:23, 40-49: 1. Richard Patane 30:03, 2. Fred Meine 31:46, 3. Richard Parker 31:52, 50-59: 1. Juan Roman 31:45, 2. Bill Katz 32:43, 3. Salvino Gonzalez 32:54, 60 & Over: 1. Geoff Bardsley 32:32, 2. Arnold Loza 34:45, 3. Neil Mahoney 35:57.

Harvest Fair Run

October 8, Sonoma County, 10K & 5K

Division Results - Men's 10K

Overall Winners: 1. Todd Trask 32:01, 2. Richard Dale 32:14, 3. Greg Archuleta 32:21, 9-13: 1. Ryan Mlynarczyk, 2. Ross House, 3. Brian Ferich, 14-18: 1. Sean Fitzpatrick, 2. Beau Kuhlman, 3. Travis

Grosgjean, 19-24: 1. Todd Trask, 2. Greg Archuleta, 3. Michael Finn, 25-29: 1. Richard Dale, 2. Allec Isabeau, 3. Ken Evans, 30-34: 1. Louis Garcia, 2. Tom Fitzgerald, 3. John Parente, 35-39: 1. John Browner, 2. Rick Nielson, 3. Eddie Freyer, 40-44: 1. Rick Miles, 2. Tadesse Hamzah, 3. Ray Calado, 45-49: 1. Don Preston, 2. Brendan Hutchinson, 3. Bill Shaffer, 50-54: 1. Darryl Beardal, 2. Craig Roland, 3. Bruce Denner, 55-59: 1. Hank Fragaza, 2. Bob



SARAH KRAKOFF

Photo by Gene Cohn Productions

Shadwich, 3. Larry Nelson, 60-64: 1. Rudi Oppenheimer, 2. Ralph Stewart, 3. Dan Hodderberg, 65-69: 1. Gene Smith, 70 & Over: 1. Jack Kehl.

Division Results - Women's 10K

Overall Winners: 1. Kathy Dubay 38:52, 2. Pam Richardson 40:10, 3. Maureen Sheetz 41:30, 9-13: 1. Pamela Richardson, 2. Alicia O'Day, 3. Tiffany Johnson, 14-18: 1. Becca Hall, 2. Cindy Spalding, 3. Lisa Gay, 19-24: 1. Deanne Rosaini, 2. Kimberly Phibbs, 25-29: 1. Kathy Dubay, 2. Maureen Sheetz, 3. Paula Reading, 30-34: 1. Jerry Finale, 2. Marsha Bendix, 3. Pam Gordon, 35-39: 1. Diane Paleczny, 2. Jeannie Rainheimer, 3. Sally Percich, 40-44: 1. Judy Welch, 2. Jody Jeppsen, 3. Lois Markovich, 45-49: 1. Sandra Karas, 2. Joyce Bennett, 3. Pamela Horton, 50-54: 1. Sandra Monachol, 2. Edie Roland/Barbara Easterling, 3. Peggy Bauhaus, 55-59: 1. Cloris Hottenburg, 2. Diane Haulon, 60-64: 1. Lura Delanty, 65-69: 1. Helen Koziana.

Division Results - Men's 5K

Overall Winners: 1. Ben Rosales 9:44, 2. Sky Pile 9:49, 3. Terry Maples 10:24, 8 & Under: 1. Dillon Thomasson, 2. John Stevens, 3. Mark Thompson, 9-13: 1. Brian Thompson, 2. Justin Thomasson, 3. Steve Lange, 14-18: 1. Sky Pile, 2. Ryan Styles, 3. David Smith, 19-24: 1. Gerardo Rosas, 2. David Scott, 25-29: 1. Luis Rosales, 2. Jerry Roach, 3. John Griffith, 30-34: 1. Ben Rosales, 2. Dennis Esquivel, 3. Joe Cassian, 35-39: 1. Terry Maples, 2. Andrew Hildas, 3. Jess Dorshind, 40-44: 1. Doug Cayrtemache, 2. Harold Norvold, 3. Ed Jobacco, 45-49: 1. Bud Overstiner, 2. Warren Watkins, 3.

Brad Stevens, 50-54: 1. Ralph Harms, 2. Gale Williams, 3. Lee Hollenstein, 55-59: 1. Carl Jackson, 2. Gelman Jung, 3. Jim Hurd, 60-64: 1. Pierre Haulde, 2. Donald Stoner, 65-69: 1. David Cole, 2. Albert Truckar, 3. Kenneth Homewood.

Division Results - Women's 5K

Overall Winners: 1. Nika Horn 10:50, 2. Mary Cilley 11:17, 3. Kari Horn 11:50, 8 & Under: 1. Chrissy Abbey, 2. Naomi Carson, 3. Julie Eldis, 9-13: 1. Kari Horn, 2. Julie Stamps, 3. Beth Thompson, 14-18: 1. Nike Horn, 2. Jackie Fournier, 3. Amy Stackhouse, 19-24: 1. M. Tara, 2. Augie Frontamella, 3. Stephanie Goffman, 25-29: 1. Sue Laux, 2. Deanne Malvino, 3. Sally Schlarck, 30-34: 1. Teri Stout-Esquivel, 2. Susan Reuter, 3. Barbara Cosio, 35-39: 1. Marsha Torbert, 2. Betsy Smith, 3. Nancy Dunn, 40-44: 1. Sue Horn, 2. Sue Oaks, 3. Mae Kirloze, 45-49: 1. Kathy Faherty, 2. Susan Mathews, 3. Bonnie Martin, 50-54: 1. Susanne Cussins, 2. Doris Marabita, 3. Marie O'Halon, 55-59: 1. Rita Gondalu, 2. Julie Young, 3. Mary Klapp, 60-64: 1. Olive Danzer, 2. Jean Whitesell, 3. Afoine Stoner, 65-69: 1. Dorothy Cole.

Irvine Grand Prix

October 8, Irvine, BK & Celebrity Mile.

Division Results - Men's BK

Overall Winners: 1. Gus Quinonez 24:57, 2. Bill Davenport 25:34, 3. Salvador Alcaraz 25:45, 11-15: 1. Steve Rangoussis 29:00, 2. Eddie Alarcon 32:19, 3. Eric Ehlers 35:08, 16-18: 1. Bruce Tyner 27:24, 2. Ed Rands 30:01, 3. Robert Schwager 32:16, 19-24: 1. Gus Quinonez 24:57, 2. Bill Davenport 25:34, 3. Salvador Alcaraz 25:45, 25-29: 1. Nick Peach 26:39, 2. David Allen 28:23, 3. Jeff Steppat 28:53, 30-34: 1. Bryan Jahnke 29:29, 2. Michael Grobler 29:47, 3. Bill Hemphill 32:18, 35-39: 1. Rick Kozlowski 29:07, 2. Jerry Lawrence 30:32, 3. Ed Arnold 31:11, 40-44: 1. Mike St. Andre 30:02, 2. Rick Allen 30:13, 3. Frank O'Donnell 30:25, 45-49: 1. Neville Pearson 30:36, 2. Steve Schumacher 31:19, 3. Sheldon Nankin 31:40, 50-54: 1. Gary Stewart 33:23, 2. Jorge Gutierrez 37:04, 3. Richard Becker 37:16, 55-59: 1. William Wall 33:22, 2. Lyle Deem 35:29, 3. Rudy Senczynski 37:41, 60 & Over: 1. Lane Blank 35:24, 2. Jack Green 38:30, 3. Richard Souther 51:11.

Division Results - BK

Overall Winners: 1. Suzi Morris 29:19, 2. Dana Collymore 35:17, 3. Pilar Gordillo 35:21, 11-15: 1. Cynthia Condon 38:39, 16-18: 1. Jenny Hillman 44:00, 2. Lisa Pukop 45:42, 3. Kimberley Beckman 1:03:15, 19-24: 1. Dana Collymore 35:17, 2. Shannon Mason 38:42, 3. Cheryl Hansen 39:30, 25-29: 1. Gina Simone 35:49, 2. Michelle Moriarty 39:01, 3. Mary Beth Flynn 40:43, 30-34: 1. Suzi Morris 29:19, 2. Pilar Gordillo 35:21, 3. Shirley Tomol 35:35, 35-39: 1. Kerry Jensen 39:38, 2. Kathryn Hansen 40:09, 3. Patti Tisono 40:18, 40-44: 1. Barbara Spatz 35:45, 2. Cathy Kroninger 36:01, 3. Anne Yoken 41:17, 45-49: 1. Sue Cooper 37:47, 2. Addie Schneiderhan 42:54, 3. Aida Dimaranan 43:50, 50-54: 1. Carolyn Hickey 40:31, 2. Tison Bitty 1:03:19, 60 & Over: 1. Margaret Gil 51:19, 2. Anna Griffith 59:28.

Celebrity Mile Winners

Men: 1. Neis Van Patten (Pro Tennis Player) 4:59
Women: 1. Kathy Johnson (1984 Olympic Team Gymnast) N.T.

Mt. Burdell Challenge

October 8, Novato, 5K & 10K.

Division Results - Men's 5K

14 & Under: 1. Danny Haas 21:17, 2. Scott Schaefer 21:52, 3. Craig McAlpin 24:36, 15-19: 1. Michael Belmares 19:46, 2. John Ronald 20:40, 3. Fernando Oiver 21:40, 20-29: 1. Carlos Lopez 18:28, 2. George Capps 28:02, 30-39: 1. Mike Hottel 19:32, 2. Spencer Williamson 22:51, 40-49: 1. John Demers 18:51, 2. Wayne Hinrichs 19:35, 3. Gordon Abbott 19:59, 50-59: 1. Irwin Herthly 24:37, 2. Emil Peromi 25:12, 3. Al Pitzer 25:43, 60 & Over: 1. Hank Maroski 50:53.

Division Results - Women's 5K

14 & Under: 1. Sheryl Schaffer 28:20, 2. Moïse Miskian 28:29, 3. Amy Harms 30:50, 20-29: 1. Debbie May 27:29, 30-39: 1. Laurie Risking 22:23, 2. Cheng-er Mehmedbasich 23:07, 3. Lori Brady 25:20, 40-49: 1. Gail Cramer 31:18, 2. Karen Mogan 31:28, 3. Donna Schaeffer 33:05, 50-59: 1. Irmi Steding 28:34, 2. Dawn Scannell 35:26, 3. Nina Ospina 48:31.

Division Results - Men's 10K

15-19: 1. John Mumm 40:19, 2. Dan Schwender 54:56, 20-29: 1. Greg Johnson 42:26, 2. Greg Nacco 42:36, 3. Mike Quercio 46:39, 30-39: 1. Bruce Linscott 40:52, 2. Mike Lopez 41:13, 3. Michael Plummer 42:06, 40-49: 1. Peter Franks 44:42, 2. Donn DeAngelo 44:45, 3. Don Soloi 44:47, 50-59: 1. Robert Groff 49:02, 2. Elmer Sanborn 52:13, 3. Norm Ciampi 52:21, 60 & Over: 1. Charles Hartman 56:07, 2. Harry Webster 1:01:04.

Division Results - Women's 10K

14 & Under: 1. Mariah Underhill 1:09:20, 2. Shekinah Underhill 1:21:57, 20-29: 1. Tamara Gonzalez 47:16, 2. Carrie Young 51:03, 3. Shirley Rombens 1:03:43, 30-39: 1. Laurie Knight 1:03:46, 2. Candi Phillips 1:09:24, 3. Katherine Schram 1:10:34, 40-49: 1. Meredith Misakin 56:27, 2. Katherine Singer 59:19, 3. Monika Bandner 59:52.

Pepsi California Mile

October 8, San Francisco.

A day for upsets... a day for new records at the 5th annual Pepsi California Mile, a race that's run up the world's toughest course... rising almost 300 feet from beginning to end. San Francisco Master's runner Steve Ferraz flashed past Frank Storter and Jim Ryan. Santa Rosa's Dan Aldridge stunned Rod Dixon in the men's open, and Canadian Lynn Williams set a new course record, beating the world's mile record holder, Paul Ivan of Romania.

Most media attention was focused on the men's masters race, which included Olympic medalists and track legends Jim Ryan and Frank Storter. But it was San Francisco's Steve Ferraz who took the lead from the start, winning in 5:33.7, beating his course record set last year in 5:40.6. Storter finished second, while Ryan placed 5th.

In the men's open division, Santa Rosa's Dan Aldridge turned in a blistering race, upsetting Olympic medalist Rod Dixon, who was the defending California Mile champion. Aldridge posted a winning time of 5:01:0, while Dixon came in second at 5:04.3.

Perhaps the most impressive win of the day went to women's open defending champion Lynn Williams, Olympic Bronze medalist. "Lynn has always been tough on this course," said race director Mike Marcus. "And now that she has demolished the world's mile champion, there's no doubt her combination of mental toughness and compact physical stature make her the world's best uphill mile." Romania's Ivan, Olympic Gold Medalist in 1500m, who two months ago broke Mary Decker Slaney's world mile mark, started out strong, but did as she hit the final stretch of the 300 foot rise ending in front of the Mark Hopkins Hotel atop Nob Hill.

Division Results

Men's Masters: 1. Steve Ferraz 5:33.7, 2. Frank Storter 5:46.6, 3. Herve Pastre 5:49.2, 4. Harvey Franklin 5:57.0, 5. Jim Ryan 6:00.5.
Men's Open: 1. Dan Aldridge 5:01.0, 2. Rod Dixon 5:04.3, 3. Steven Schadler 5:05.7, 4. Pat Porter 5:06.5, 5. David Ottaway 5:08.0.
Women's Open: 1. Lynn Williams 5:33.9, 2. Paula Ivan 5:59.9, 3. Janine Aiello 6:24.6, 4. Nancy Benson 6:30.0, 5. Jane Brooker 6:53.6.

RESULTS

Turkey Trot 5K--(PA/TAC Men's 5K Championship)

By MARK WINITZ

November 18th, Davis, CA.

A week before the TAC Cross Country Nationals a good representation of Northern California's most promising aspirants got together for a final hard effort before the Thanksgiving weekend fling. There were definitely no turkeys here with \$3,000 in total PA/TAC prize funds available for the swiftest men and teams over the flat single loop. Ideal, windless conditions in the 50° range promised fast times. When one particular local miler showed up 20 minutes before the gun in Nike togs and did a few quick strides, it got even more interesting.

"Is that Jeff Atkinson?" muttered the onlooking crowd, pointing to the tall lean guy in shades who was making a rare visible road appearance. Yup. (Atkinson sometimes runs on the local asphalt incognito, and often goes unnoticed.) This time the men were noticing. With 1989 California Mile winner Dan Aldridge also in attendance (3:38 1,500m and 13:30 5K credentials), plus Reebok's world-ranked 10K man Dan Gonzalez, the showdown was on. The PA/TAC Grand Prix regulars were embroiled in their own spat, hoping for some additional valuable points with only Cal International remaining on this year's circuit.

A lead group of the two A's, Danny G., Cal miler David Ottaway and several others fronted by Tom Wood hit the mile in about 4:28—right on schedule for a 14-minute effort. Would they dip into the 13s? Aldridge, taking the lead, pressed on the throttle a bit at 1-1/2 to test the waters, open-

ing up a slight 10-15 meter gap. At 2 miles and 9:01, the other "A"—this one with the shades—made it a duo.

"At that point, I said O.K., I'll sit back and relax and bit and try to make a surge with three-quarters of a mile to go," commented Aldridge. "If it was anybody else besides Atkinson, I would have waited longer." In fact, the group was still compact, with Ottaway the first to fall off and former San Jose State 1,500m standout Gary Lewis taking his place.

Atkinson's move with 1,320 to go didn't shake "Rat" Atkinson, so nicknamed for his ability as a spoiler. "My only goal was to win," admitted Atkinson who had stayed up partying until 2 a.m. the night before and then slept on the floor. "I didn't care what the time was."

In fact, the 1988 Olympian—coming off a successful track season where he ran a 3:35.15 best (1,500m), tops by an American—had plenty of time left. "When I saw him (Aldridge) looking behind, I knew I had him."

Knowing better, you would have thought that the posted sign, indicating 440 left, seemed devised by the Rat himself. Atkinson pulled the plugs in miler's style, concluding in 14:04 to Aldridge's 14:10 for the \$400 win. Meanwhile, Lewis (14:11) passed Wood (5th, 14:18) in the last 100 meters and nipped Gonzalez (4th, 14:12) to cop 3rd.

Top PA/TAC circuit men Domingo Tibaduiza (14:24) and Alan Dehlinger (14:28) finished 9th and 10th respectively, having only a week's respite from the Foundation 30K the week before.

Rapidly improving Chris Thomas (15:22) edged James Press (15:32) for the masters win, as the masters circuit race tightened behind tenuous leader Jerry Jobski, plagued by rib bruises in a fall off a ladder. Thomas, 41, ran a 15-second PR, attributing

his recent success to a change to a "cleaner" diet and a 15-pound weight loss. Sal Vasquez (15:34), on the road back from injuries, was third master while on the verge of turning 50 and more probable records. Darryl Beardall (17:04) stayed on top of the Senior men in the Grand Prix. Ross Smith (17:16), 61, of Reno, NV ran a race that puts him second on the TACSTATS American all-time 5K list for 60-64 year olds, behind Jim O'Neil's 17-flat set in '86.

Bev Marx also ran an excellent 17-even to win the women's (non-championship) battle with Kathy D'Onofrio-Wood (17:29) second. Master Gabriele Andersen, reportedly, was first to the finish—as an unofficial. Orangevale's John Sup (30:55) and Sacramento's Chris Iwahashi (36:10) won the companion 10K event.

RESULTS

Men-5K

1. Jeff Atkinson 14:04, 2. Dan Aldridge 14:10, 3. Gary Lewis 14:11, 4. Daniel Gonzalez 14:12, 5. Tom Wood 14:18, 6. David Ottaway 14:22, 7. Jeff Stein 14:22, 8. Richard Dissly 14:23, 9. Domingo Tibaduiza 14:24, 10. Alan Dehlinger 14:28,
11. Mark Hoefler 14:29, 12. Miguel Tibaduiza 14:36, 13. Lloyd Knepler 14:37, 14. Jeff Shaver 14:40, 15. Jose Aispuro 14:41, 16. Ernie Freer 14:42, 17. Tom Borschel 14:45, 18. John Litschert 14:50, 19. Scott Buttlinghausen 14:51, 20. Steven Lopez 14:53.

Women

110. Kathy D'Onofrio-Wood 17:32, 113. Janine Jarris 17:36, 147. Sonja Visscher 18:22, 152. Darcy Plymire 18:41, 160. Jennifer Feller 18:57, 163. Bridget Banas 19:02, 165. Brenda Gren 19:04, 174. Vicki Bigelow 19:22, 189. Sandra Coffey 19:42, 198. Jeanette Moupole 19:54, 200. Michele Rodda 19:58.
- Divisions--14u: 1. Laura Stenfort 23:13, 15-19: 1. Sonja Visscher 18:22, 20-24: 1. Janine Jarris 17:36, 25-29: 1. Kathy D'Onofrio-Wood 17:32, 30-34: 1. Darcy Plymire 18:41, 35-39: 1. Bev Marx 17:01, 40-44: 1. Sandra Coffey 19:42, 45-49: 1. Dolly Ackerman 23:22, 50-54: 1. Vicki Bigelow 19:22, 55-59: 1. Myra Rhodes 25:17, 60& Over: 1. Midge Porter 27:49.

Divisions--Men:

- 14&u: 1. James Stormo 17:38, 15-19: 1. Michael Dudley 15:02, 20-24: 1. Dissly 14:23,

2. Knepler 14:37, 3. Freer 14:42, 25-29: 1. Atkinson 14:04, 2. Lewis 14:11, 3. Gonzalez 14:12, 30-34: 1. Aldridge 14:10, 2. M. Tibaduiza 14:36, 3. Borschel 14:45, 35-39: 1. D. Tibaduiza 14:24, 2. Tim Williams 15:21, 3. Mark Graves 15:24, 40-44: 1. Chris Thomas 15:22, 2. James Press 15:32, 3. Rick Katz 15:36, 45-49: 1. Sal Vasquez 15:34, 2. Jim Reitz 16:21, 3. Harvey Franklin 16:22, 50-54: 1. Darryl Beardall 17:04, 2. Roger Bryan 17:34, 3. Richard Rodriguez 17:45, 55-59: 1. Ken Napier 19:04, 2. Ron Ogilvie 19:13, 3. Arnold Knepler 19:14, 60& Over: 1. Ross Smith 17:16, 2. Tony Bush 21:04, 3. Fred Dunn 21:25.

Men-10K

1. John Sup 30:55, 2. Leonard Sperandeo 31:15, 3. Eric Walker 31:20, 4. Jose Aispuro 31:52, 5. Roger Dix 32:36, 6. Adam Ferreira 32:37, 7. Mauricio Maia 32:52, 8. Oliver Mills 32:55, 9. Martin Dean 33:00, 10. David Francis 33:08.

Women-10K

36. Christine Iwahashi 36:10, 74. Sandy Sup 38:03, 80. Brigid Freyne 38:10, 125. Pamela Allenby 40:14, 129. Kim Brownsberger 40:23, 140. Heidi Fassler 40:53, 146. Frances Homans 41:14, 156. Cynci Calvin 41:37, 159. Mercedes Amaya 41:47, 166. Caren Asimow 42:10.

Divisions--Men

- 14&U: 1. Eric Warren 37:42, 15-19: 1. Ken Rhoades 33:51, 20-24: 1. Eric Walker 31:20, 25-29: 1. Leonard Sperandeo 31:15, 30-34: 1. John Sup 30:55, 35-39: 1. Adam Ferreira 32:37, 40-44: 1. Gary Czerwinski 36:00, 45-49: 1. J. G. Contreras 37:18, 50-54: 1. David Ragsdale 37:58, 55-59: 1. Paul Ligda 40:04, 60&O: 1. Bill Peek 48:10.

Divisions--Women

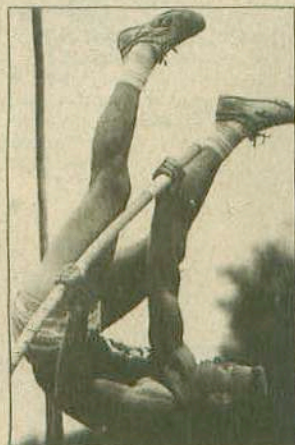
- 15-19: 1. Brigid Freyne 38:10, 20-24: 1. Caren Asimow 42:10, 25-29: 1. Kim Brownsberger 40:23, 30-34: 1. Christine Iwahashi 36:10, 35-39: 1. Katie Morejohn 45:12, 40-44: 1. Cynci Calvin 41:37, 45-49: 1. Linda Winter 47:30, 50-54: 1. Khartoon Tuahope 48:38, 55-59: 1. Jean LaFever 55:26, 60&O: 1. Margaret Ewing 53:00.

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