

CAN YOU BEAT THESE CHRISTMAS RELAYS RECORDS?

Open Men

Team: RunCal Gold Men - 1989 1:24:21

- | | |
|---------------------|-------|
| 1 - Jay Marden | 20:57 |
| 2 - Brian Abshire | 20:53 |
| 3 - Bill Donakowski | 21:16 |
| 4 - Tom Wood | 21:15 |

Open Women

Team: RunCal Gold Women - 1990 1:40:08

- | | |
|---------------------|-------|
| 1 - PattiSue Plumer | 23:30 |
| 2 - Ceci St. Geme | 25:33 |
| 3 - Nancy Ditz | 25:33 |
| 4 - Linda Somers | 25:31 |

RESULTS

West Valley Track Club Christmas Relays

By Mark Winitz

December 17th. San Francisco.

Over 300 teams turned out at Lake Merced on an overcast (but not too cool) San Francisco winter's morn to compete with some friendly holiday good cheer before getting seriously into the figgy pudding and chasing the partridge in the perennial pear tree. Each of the revelers on the four-person teams make a 4.464-mile loop of the lake, mostly on a paved pedestrian/bike path which includes several long gentle inclines. The competition is stiff and rich, something akin to a good rum-faced holiday egg nog. Indeed, many rosy noses and cheeks were in evidence throughout the 15 running divisions.

One of the strongest teams ever to compete at the 16-year old relays dominated the open division from start to finish, eventually forging almost a 2-1/2-minute gap in front of the nearest pursuers over the near-18 miles. *RunCal Gold* it 'twas on the last race before Christmas. Competing for the glory of the black and white were alpha-

betically, Brian Abshire (Nike), Bill Donakowski (Etonic), Jay Marden (New Balance), and Tom Wood (Reebok). An unlikely foursome that temporarily dropped their regular allegiances in order to run—uncompensated lest for prize Christmas Relay mugs—under the *RunCal* masthead. (Your writer dueled as team coach/manager for the Gold while competing on a Hoy's Sports submasters team.)

Marden got the opening nod for the *RunCal* guys and didn't waste time sprinting to the lead. By the far side of the lake, the chasing pack was at bay behind the 28-flat (10K) track man. Dave Frank of the seriously contending "Training Manor" team pursued. Concluding his leg in 20:57, Marden handed off his lead to his Folsom, CA neighbor and training partner Abshire. The Olympic steepler misstepped a 4:18 mile in route to a 20:53 leg—the fastest of the day. 2:10-marathoner Bill Donakowski, healthy and fleet-footed again, ran a very swift 21:16 to extend the *RunCal* lead and hand the imaginary baton to anchor man Wood. Cruise time, as recently sparkling Wood—12th recently

at the Cross Country Nationals—turned in 21:15 to win two bottles of champagne awarded by *RunCal* to the team member running a pace closest to his 5K best.

The team's final clocking of 1:24:21 (4:43 pace) smashed the course record of 1:25:59 set last year by team Pursuit. The Training Manor's team (David Frank, Harry Green, Marc Olesen, Steve Schadler) settled for second, as their team did last year, concluding in 1:26:45. Hoy's Sports Racing Team (Dave Ottaway, Brad Hawthorne, Dan Aldridge, and Mike McMannus), listed in the final results as 21st overall in 1:36:31, missed their start and thus started 10 minutes later in the second wave of teams. (So, make that a 1:26:31 actual time for Hoy's.)

The open women's division title was successfully defended by the Reebok Aggies in 1:43:26 (5:47 pace; Jennifer Thatcher, Patti Gray, Melissa Martel, Rae Stiger).

The Peter O'Reilly Team topped the submasters men (1:31:42) in a divisional course record. Tamalpa's submaster women improved their own CR in 1:48:01 (Sharon Swann, Pat English, Leslie McMullin, Wink Luskin).

The masters men's title went to the Excelsior Masters A, their 1:34:27 likewise a CR (Steve Ferraz, Bob Darling, Michael Duncan, Bill Seaver). Impala Blue defended their women's masters title in 1:55:59.

Additional division CRs fell to the Chip Babies (Junior Boys) in a superb 1:33:07, and the Watsonville Track Club (Junior Girls) in 2:01:11. West Valley Joggers & Striders (1:47:03)

headed the men's 50+ group; as did the Lake Merritt Joggers & Striders (2:20:38) on the women's 50+ side. Hewlett-Packard (1:32:00; 6th overall) were repeat winners in the corporate open; LLNL's B Team (2:03:22) led the corporate women.

Special thanks to Jack and Judy Leydig, Marc Lund, and the rest of the West Valley Track Club for staging excellent Christmas-time relays year after year.

Overall Results

1. *RunCal Gold* 1:24:21, 2. Training Manor 1:26:45, 3. Willow Glen Alumni TC 1:29:20, 4. BOHO A 1:30:00, 5. Peter O'Reilly Team 1:31:42, 6. HP Racers A 1:32:00, 7. Aggie Y 1:32:14, 8. Lockheed 1:32:23, 9. Reebok Aggies Sub Liminals 1:34:25, 10. East Bay Striders Submasters A 1:34:41, 11. BOHO B 1:34:47, 12. East Bay Striders Open A 1:35:17, 13. The ECKM Team 1:35:18, 14. GSFTC A 1:35:31, 15. BOHO 1:35:40, 16. LLL Sons of the Dry Heaven 1:35:58, 17. Freak Brothers RC 1:36:07, 18. Golden Bay Runners 1:36:11, 19. Travis Hawks 1:36:26, 20. Luna-tics 1:36:30, 21. Hoy's Sports RT 1:36:31, 22. Tamalpa A 1:37:14, 23. M & S Technologies 1:37:28, 24. Hoy's Sports RT B 1:37:38, 25. WVJ&S Submaster A 1:37:41, 26. Thirsty Boys 30+ 1:38:03, 27. Tamalpa A 1:38:05, 28. Thirsty Boys Open 1:38:05, 29. Diablo Dusseldorers 1:38:10, 30. D 4 T.C. 1:38:25.

34:28, 35-36: 1. Thomas Schade 37:29, 2. Art Blaser 38:06, 3. Thomas Thomas 38:26, 40-49: 1. Pablo Drobny 35:11, 2. Sylvester Chumley 38:40, 3. Bill Kelly 38:59, 50-59: 1. Carlos Valle 37:14, 2. Tom Cuevas 37:32, 3. Tex Tyler 40:02, 60 & Over: 1. Richard Elizarraras 45:18, 2. Daniel Lujan 45:38, 3. John Redwine 55:02. Wheelchair: 1. Jim Knaub 23:05, 2. Stewart Ray 23:57, 3. Paul Manuochio 23:58.

Division Results - Women's 10K

14-18: 1. Heather Goedhart 54:34, 2. Monica Turney 1:01:42, 25-29: 1. Doreen Warner 51:53, 2. Margarita Reinoso 57:56, 3. Rita Rueve 1:01:26, 30-34: 1. Sue Ann Back 40:05, 2. Lynne Clay 40:09, 3. Terry Salazar 46:17, 35-39: 1. Chizuro Hamabata 52:19, 2. Nancy Roseman 53:19, 3. Marylea Roth 56:42, 40-49: 1. Kathy Eimen 50:31, 2. Delia Wolfe 55:00, 3. Patricia Arredondo 56:30, 50-59: 1. Marian Russell 53:34.

Lompoc Valley ARC Walk-A-Jog-A-Thon

October 28. Byron Park, Lompoc. 10 Mile.

Overall Results

1. Rich Pogue 77:00, 2. David Laliberte 78:00, 3. R. Gil 80:00.

Halloween Fun Run

October 28. Larkspur. 5 Mile.

Division Results - Men

Overall Winner: 1. Hal Schulz 25:30, 20-29: 1. John Nai 37:39, 30-39: 1. Hal Schulz 25:30, 40-49: 1. Ross Bogart 30:31, 50-59: 1. Mike Paul 37:52.

Division Results - Women

Overall Winner: 1. Lynn May 34:36, 20-29: 1. Lynn May 34:36, 30-39: 1. Valerie Hamilton 36:44, 40-49: 1. Daniel Cane 37:56.

Running Scared

October 29. Palo Alto. 5K

Division Results - Men

6-12: 1. Carlos Avila 21:13, 2. Kevin Emard 23:38, 3. Robbie Benson 23:39, 13-18: 1. Javier Avila 18:23, 2. Kyle Emard 22:41, 19-29: 1. John Hoch 16:13, 2. Kevin Koch 16:32, 3. Jeff Traum 18:11, 30-39: 1. Nick Nichols 15:59, 2. Steve Petto 16:49, 3. Bo Crane 19:55, 40-49: 1. Jim Hampton 17:13, 2. Richard Whitewate 17:35, 3. Greg Burke 17:49, 50-59: 1. Mike Flint 21:37, 2. James Pryor 21:58, 3. David Hannon 26:26, 60-69: 1. David Stevenson 18:44, 2. Don Anhorn 23:10, 3. Glenn Sievert 24:14, 70 & Over: 1. Lawrence Viglienzione 38:56.

Division Results - Women

6-12: 1. Katy Grote 32:07, 2. Beth Grote 32:07, 3. Holly Carlson 32:07, 13-18: 1. Alison Herzog 24:02, 2. Mimi Hannon 26:25, 19-29: 1. Kerry Brogan 18:32, 2. Jennifer Sanchez 20:53, 3. Jennifer Heidmann 21:03, 30-39: 1. Chris Spaniel 18:47, 2. DD Roberts 19:40, 3. Kathryn Jacobson 21:23, 40-49:

1. Margaret Smith 20:32, 2. Elsa Pastor 26:44, 3. Gloria DeVall 27:14, 50-59: 1. Marina Flores 26:30, 60-69: 1. Annie Sievert 28:51.

Ghosts, Goblins & Noses Run For Special Olympics "Monster Chase"

October 30. San Francisco. 5K & 1 Mile.

Tarzan and Jane, the Tinman, two huge running garbage cans, four "mouseketeers", rabbits, a mailbox, various ghosts, goblins and ghoules, a giant nose and hundred of other Halloween revelers dressed as, of all things, runners, took part in the Fifth Annual Halloween Monster Chase 5K Run and 1 Mile Monster March for Special Olympics, at Crissy Field in San Francisco's Presidio.

Linda Martinez was the first 5K female finisher with a time of 17:50.0 while her husband, Dan,

RESULTS

Christmas Relays

By Mark Winitz

December 16
San Francisco

The popularity of relay races on the roads is coming back again, as evidenced by the recent proliferation of these events in this country and in international competition. One relay that never lost popularity, and which has seen it all, is San Francisco's own holiday version—the West Valley Track Club Christmas Relays.

Celebrating its 17th year of competition, the race was greeted by a shimmering, cool morning following a much needed spattering of California rain the day before. Appropriately, team names were fashioned around water themes. "Still Thirsty After All These Years," "Young and Thirsty," "Rain-Deer Agglettes," "Team Moist," and others toed the line for four loops around far-from-full Lake Merced.

You'd think that managing almost 200 teams in 15 different divisions might be a chore, however, after almost two decades of experience, race director Jack Leydig and his West Valley cohorts have the organization down to a science. Two "wave" starts, spotters on scaffolds to spot and call out teammates (by number) for you as they near the exchange area, no traffic with the whole

4.464-mile loop run on a paved pedestrian/bike path, monitors that politely direct spectators

and waiting runners to their proper areas.

The competition? All in good cheer, in keeping with the season. With a total of \$400 in prize money for top open and masters teams and \$50 CR bonuses available in all divisions for the first time, no one was



CECI ST. GEME hands off to **NANCY DIRZ**
Photo by Victoria Chase

staking their livelihood on the race. No appearances fees, no scrooges, no T.V. or hype. Just good, friendly racing.

In 1989, a RunCal Gold open men's foursome set a tough course record to eclipse (1:24:22) for the total 18-mile distance. This time, although only half of the team returned (the other half out due to injury/rehab), top-notch replacements still made the team the one to beat.

RunCal Gold's Tom Wood (Reebok) got the team off to a good start, leading the first 4.464-mile leg in a nifty 20:58—28 seconds up on Olympian Jeff Atkinson (Nike) of Doc Sax's Manorigites. Next RC's own Olympian, Brian Abshire (Reebok) outlegged Sax's David Frank (Reebok Aggies), 21:07 to 22:07. The third leg saw RunCal's '88 Cal International Marathon winner Rich McCandless (Ryans RT) put in the fastest men's split of the day, running 20:56. Sax's Steve Schadler (Reebok Aggs, 21:49) kept their team in a solid second. RunCal's anchor loop, run by Dipsea Race scratch-handicap leader Mike McManus (Hoy's) in 21:41 sewed up the RC Gold victory. Their final clocking of 1:24:41 (4:44/mi. pace) missed the CR but defended their title. Doc Sax's Manorigites secured second with their anchor man Matt Giusto (Mizuno) running a swift 20:59.

Similarly, the RunCal Gold open women proved unbeatable. What can you say about a team composed of

continued next page...

RESULTS

Midnight Family Fun Run

December 31. Vandenberg Village Shopping Center.

Overall Results - 4.8 Mile

1. Paul Lee (29) 24:08, 2. Richardo Gutierrez (26) 24:16, 3. Luke Roundy (17) 27:35, 4. Al Anzai (24) 28:44, 5. Ron Roundy (47) 29:43, 6. Ed Grand (28) 29:12, 7. Mike Uema (47) 30:18, 8. Ken Murray (30) 32:05, 9. Bob Sewell (49) 32:09, 10. Edward Landen (37) 32:12.

11. Ken Stoneburger (33) 32:46, 12. Larry LaMay (59) 33:06, 13. R. Eatman (44) 34:20, 14. Chuck Greenley (57) 35:10, 15. Stan Williams (46) 36:27.

Overall Results - 1 Mile

1. David Sewell (15) 5:21, 2. Sara Rosenthal (12) 7:07, 3. Joey Larson (9) 7:12, 4. Amy Weston (10) 7:24, 5. Daniel Weston (9) 7:27, 6. Sean Greenward (8) 7:30, 7. Brian Federmann (10) 7:30, 8. Michael Pierce (11) 7:36, 9. Nazareth Lynn (8) 8:34, 10. Jeremy Sherman (9) 10:03.

Exceed Desert Princess Duathlon

January 5. Cathedral City.

Overall Results - Men

1. Mac Williamson (25) Del Mar 1:15:16, 2. Emilio DeSoto (38) San Diego 1:16:47, 3. Terry Sedgewick (27) Los Angeles 1:17:51, 4. Steven Mudgett (33) Denver, CO. 1:18:10, 5. John Holbeck (32) Calimesa 1:18:18, 6. Bruce Balch (28) Las Vegas 1:19:00, 7. Gianni Carpani (43) Culver City 1:19:32, 8. Jonathan Bold (25) Palm Springs 1:19:42, 9. Terry Martin (44) Fontana 1:20:50, 10. Dennis Kasischke (44) San Diego 1:21:18.

Overall Results - Women

1. Madeline Tormoen (29) Berkeley 1:24:54, 2. Melissa Patterson (28) Ventura 1:28:43, 3. Sheryl McMillan (22) Encinitas 1:30:36, 4. Jill Van Bloemenwanders (29) Ventura 1:30:44, 5. Diane Ito (43) Long Beach 1:30:49, 6. Stacia McInnes (23) Santa Barbara 1:31:27, 7. Robin Benicasa (24) La Costa 1:31:48, 8. Jacy Macreay-

nolds (27) Del Mar 1:32:32, 9. Laurie Land (35) Covina 1:33:05, 10. Joan Roehrig (26) Seal Beach 1:34:42.

Overall Results - Relays

1. Pay Day Three (Desert Hot Springs) 1:18:12, 2. Km Scott Funk Shapiro (Claremont) 1:19:19, 3. Souza, Ray & Dugard (Laguna Miguel) 1:19:20, 4. Team Extreme (Isla Vista) 1:21:10, 5. Dirty Desert Dogs (Newport Beach) 1:21:55.

San Gabriel River Run

January 12. So. El Monte. 3 Mile.

Overall Results

1. Harry Hunt (48) 17:49, 2. Steve Morales (15) 17:53, 3. Joseph Valle (24) 18:48, 4. Jeremias Valdez (29) 18:53, 5. Bill O'Donnell (56) 19:02, 6. Bob Nyman 19:06, 7. Frank Ogawa 19:52, 8. Doug Andrews (41) 20:32, 9. Lou Ramirez (45) 21:22, 10. Bruce Odou (63) 21:49.

Christmas Relays continued

Olympian PattiSue Plumer (Nike International), Olympian Nancy Ditz (unatt), former Stanford NCAA All-American Ceci (Hopp)-St. Geme (unatt), and Goodwill Games team member Linda Somers (Nike)? Plumer, leading off with a women's-fastest-of-the-day 23:30 (probably the fastest women's leg ever run on this course), left easy work for the almost identically paced loops of St. Geme (25:33), Ditz (25:33), and Somers (25:31). The foursome's 1:40:08 clocking (5:37/mi. pace) was 2:17 up on 2nd-placers Telegraph Chiropractic Women (Angelica de Almeida, Melissa Martel, Maddy Tormoen, Jen Thatcher).

Although ideal conditions prevailed and \$50 incentives notwithstanding, only two other teams set divi-

sional course records: 3 Brothers and Another (Junior Boys) came up with a 1:32:22, breaking the former record by a minute. CCS Posse (Junior Girls) CR was scored in 1:56:52.

The Telegraph Rehab Center team topped the submaster men (1:32:36). Impala Submaster Blues (1:49:31) copped their division.

The masters men's title was defended by a tough Excelsior Masters A (1:35:50; Ferraz, Darling, Gorman, Tracy). Impala Masters Blue (1:51:23) did likewise on the women's side, led by a Binder/Matson combo.

Tamalpa A (1:45:50) led the 50+ men's group; as did the Nor Cal Senior Gold teams on the women's 50+ side. Hewlett Packard (1:34:38) were the perennial open corporate division champs; Somatix Splicers (2:08:45) led the corporate women. Others: Micro Chips (14 & under; 2:12:40), Foot Loose & Fancy Free (200-pounders; 2:30:42), S.F. Firefighters (Law Enforcement; 1:48:06).

Start making plans now for Christmas Relays '91, which will serve as the PATAC open men's and women's relay championship on the Grand Prix circuit.

Open Men:

1. Run Cal Gold 1:24:41, 2. Doc Sax's Manories 1:26:23, 3. Boho A 1:30:17, 4. Strider Dudes 20 1:32:23, 5. Ryans Racing A 1:34:48, 6. Boho B 1:34:53, 7. West Valley J&S 1:35:07, 8. 3 Yanks and a Squirt Return 1:35:09, 9. Four Fun Fellows 1:35:21, 10. Don't Look 1:35:50.

Open Corporate:

1. Hewlett Packard B 1:34:38, 2. LLNL Sons of the Dry Heaves 1:37:49, 3. Cypress Semiconductor A 1:40:20, 4. Syntex A 1:46:18, 5. Rolman Runners 1:46:21, 6. Lawrence Berkeley Lab C 1:48:21, 7. Cypress Semiconductor B 1:50:09, 8. Hewlett Packard A 1:50:39, 9. Syntex B 1:56:57, 10. Surgicenter Info Systems, Inc. 1:59:22.

Junior Boys:

1. Brothers and Another 1:32:21, 2. The Santa Rosa Dream Team 1:38:38, 3. We Barely Made It 1:39:35, 4. CCSF Jr Men 1:41:03.

Junior Girls:

1. CCS Posse 2:1:56:51, 2. Rehb's 1:58:18, 3. Iron Maidens 2:22:33.

SubMasters Men:

1. Telegraph Chiropractic Rehab Ctr. A 1:32:36, 2. Strider Dudes 30 1:33:00, 3. Reebok Aggie Barbarians 1:33:37, 4. Angell Field Ancients Q Team 1:33:44, 5. Reebok Aggie Red Heaters 1:33:52, 6. Reebok Aggie Predators 1:34:07, 7. Tamalpa D 1:36:45, 8.

San Gabriel River District Championships

January 13. So. El Monte. 15K.

Overall Results

1. Tom Moriarty (35) 49:46, 2. Frank Ebiner (31) 50:59, 3. George Mason (35) 51:25, 4. Paul Cook (38) 52:35, 5. Jim O'Brien (37) 52:52, 6. Brad Alexander (24) 53:11, 7. John Araujo (32) 53:54, 8. Joe Alvarado (41) 54:48, 9. George Marquez 55:08, 10. Bill Entz (36) 55:29.

11. Don McCarthy (47) 55:48, 12. Luis Castro (22) 56:12, 13. Mark Hemphill (41) 56:56, 14. Bob McGeough (46) 57:30, 15. G. Letchipia (33) 58:43, 16. Michael Griffith (42) 58:57, 17. Dave Holland (50) 59:08, 18. Sergio Lozano (25) 59:41, 19. Leslie Caldera (39) 60:13, 20. Mauro Rodriguez (49) 60:26.

Golden Bay Runners F-2 1:36:51, 9. Santa Cruz TC 1:40:42, 10. Tamalpa C 1:45:01.

Masters Men:

1. Excelsior Masters A 1:35:49, 2. WVTC A 1:39:35, 3. Tamalpa A 1:39:53, 4. Strider Dudes 40 1:43:22, 5. Tamalpa C 1:45:03.

Men's 50+:

1. Tamalpa A 1:45:49, 2. West Valley J&S 1:47:02, 3. Tamalpa C 1:52:59, 4. WVTC 1:54:35, 5. Freshmen 1:57:18.

Women's Open:

1. Run Cal Gold Women 1:40:07, 2. Telegraph Chiropractic Women 1:43:54, 3. Team SLO 1:45:29, 4. Impala Blues 1:48:03, 5. Ryans Racers 1:49:11.

Masters Women:

1. Impala Master Blues 1:51:23, 2. West Valley Master Gals 1:59:30, 3. Ryans Racing Team 2:05:08, 4. BMW 2:08:46, 5. West Valley Master Slugs 2:08:52.

Women's 50+:

1. Nor Cal Sr Gold 2:19:08, 2. Buffalo Chips Sr. Women 2:30:39, 3. LMJS Women 50+ A 2:33:23.

Corporate Women:

1. Somatix Splicers 2:08:45, 2. Syntex Fast Women 2:10:17, 3. Hewlett Packard Women A 2:15:17.

Submasters Women:

1. Impala Submaster Blues 1:49:31, 2. Tamalpa A 1:53:53, 3. Chips and Dip 1:59:25.