

FOOTHILL FLYERS

MAY 1986



RUNNING · CLUB

PREZ.: Steve Cunningham
SECY.: Heather Dibdin
TREAS.: Tony Gammariello
ROSTER: Tom O'Hara
ACTIVITIES: Irma Hutton
NEWSLETTER EDITOR:
Irma Hutton
NOT-SO-ROUND-EYED EDITOR:
Mark Kariya
HOST STORE: Second Sole
RACES: Richard Gilmore

Team Chihuahua (left to right): Ed Johnstone, Steve "The Prez" Cunningham & Irma "Mileage Junkie" Hutton, Booth Hartley & Barbara Basta (the team's token marathoners), Marcie Berriz & Charley Morey, and of course Tom & Maryann O'Hara, the mobile margarita machine magnates.



An "inside" look at MUD, BISON & BEER!



Foothill Flyers at work: Mark Kariya hands off to anchorman Charlie Morey of Petersen Publishing team 1.

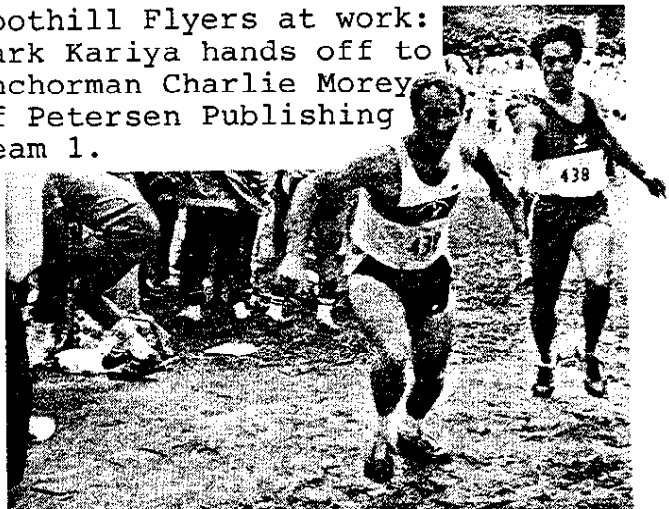


Photo: Marcie Berriz

A Word From The Prez

THANKS

To all the members and new members who met the April deadline and joined the club.

BIG BOO

To all the old members who didn't cough up and will miss out.

THANKS

To Fred at Second Sole for his continued support, hospitality and last month's gift certificate.

MAY 14

Don't miss the May 14 meeting --finally, the singlet preview!

MAY 21: CHANTRY PICNIC/TRAIL RUN

Daylight savings is here and it's time for the Chantry Picnic/Trail Run. Every third Wednesday we will do a Chantry run unless otherwise noted in the newsletter. Be there at 6 p.m. SHARP. Bring your own legs, food (no BBQ), drink, mosquito repellent and snake charmers. Come enjoy a scenic trail run - not too hilly, ha ha! Drive straight to the top of Santa Anita Avenue follow the winding road until you think you're lost. Park in the lot and look for the group. You can't miss 'em. Don't be late; the search-and-rescue team doesn't like to go out in the dark.

MARK YOUR CALENDAR NOW! JUNE 22

2nd Annual Santa Ynez Wine Tasting Tour & Lompoc Half-Marathon! Keep your calendar open for the fabulous fun-filled wine tasting/running weekend.

Tour the gentle rolling hills of Santa Ynez, Solvang and Santa Barbara on Saturday. Sample some of the finest wines made in California. Picnic at some of the most scenic spots in California. Party with the best of them. If that's not enough, how about a half- or full marathon for dessert on Sunday?

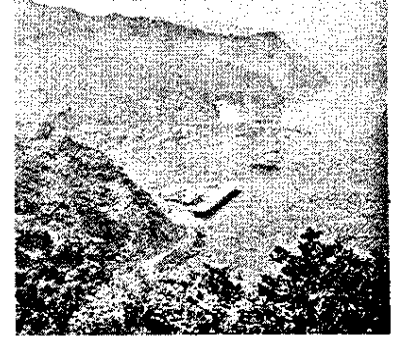
Party Time! May 24

HAPPY TRAILS & JACOOZ CROOZ: You don't have to flog yourself up and down the Mt. Wilson trail to fully enjoy yourself on May 24th. Barry and Diane Waugaman have generously offered to fire up their Jacuzzi after said race and promise the beer will be cold and the Jacuzzi hot. Chips, dips and salsa and a limited amount of beer and sodas will be provided; bring more food and drink along with your ready bodies. Don't forget towels, either, or else drip dry. The address is 1325 Leonard Avenue, up in the Hastings Ranch area.



Team Chihuahua training sessions were held daily beside the motel pool.

Aside from the finish line, this was the most welcome sight on the 10K course, the TOP of that mile-long hill!



TEAM CHIHUAHUA & THE CATALINA 10K



Wasn't it nice to exchange smog for fog?

Now you understand, I don't normally do this sort of thing. Early morning workouts are my idea of a good time, the harder the better. But every once in a while, Marcie and I get mixed in with an "undesirable element." We always have a wonderful time.

Irma Hutton and Steve Cunningham always tell us about it, and Tom and Maryann O'Hara always show up, usually at the helm of their infamous Mobile Margarita Machine. This time, however, the run/party of the week was on Santa Catalina Island, so the MMMachine was unable to attend. Steve provided the substitute: an everfull cooler of Chihuahua beer. Thus Team Chihuahua was formed, and another episode in the Foothill Flyers' black-sheep patrol began.



Count the glasses, bottles and people in this photo. Does it all add up?

The Friday boat ride to Avalon was innocent enough. Fresh sea breezes brushed our faces, clear sunny skies contributed to our "let's get a healthy tan" projects, and migrating whales were nice enough to let us watch them.

It wasn't until we sighted Avalon's profile that the enormity of our commitment became apparent. Where, we speculated, are the FLAT parts of the course?

Fears soon subsided as we made the (flat) stroll to the hotel, settled in the with the other Team Chihuahua Sans-Pool Club members, opened the cooler and made plans for margaritas and dinner. Next thing I remember, it was time to get up and go run.



They they go! Barbara "Buns" Basta and her pretty you-know-whats with only a couple miles to go!

The start of the run at the casino was a low-key affair. Little kids lined the front row, and elite runners either stayed home, kept a low profile, or came disguised as eight-year-olds. Suddenly we started, slightly downhill and began zig-zagging through the pack. Everything went fine for the first 300 yards.

Then the course turned right and ascended a cliff that apparently had been paved by a helicopter-equipped road gang. What I couldn't figure out was how they steamrolled it.

I love downhill. When we finally finished the climb -- only a half-mile or so -- the world slanted down, and I slipped it into neutral and let 'er rip. Speed is no problem as long as your feet keep landing before anything else. The yellow flashes at the edges of my vision as the Nike Sock Racers whipped past my shoulders provide only a minor distraction. Somewhere down in town, the two-mile marker passed beneath. My watch read 14-something; not bad for a hill course.

Out ahead, fellow Foothill Flyer Jay Kinersly was really looking good on his way to a 38:XX, a club best on the island.

Amazingly, the course stayed flat for the next mile or two. Then came the character builder: a mile-long grinder hill with three false summits. The pain ain't so bad, but those three lies it told on the way up nearly broke my heart.

Thankfully, an aid station at the top provided a cool respite for my gasp-rasped throat and overheated head. Then came the most exciting downhill I've ever run. The combination of speed and sharp turns was more reminiscent of a Monte Carlo Grand Prix than a footrace. I've overshot many a turn on dirt bikes and bicycles, but never until today did I realize it could be done on foot.

Helpful hint: If you've been wondering about the Sock Racers, I recommend them highly for flat courses, but on steep, twisty downhills, the Lycra/Spandex upper lets your toes hang far out over the edge. I almost fell off my shoes at Catalina, and that would have been real difficult to explain at the postrace cocktail party. Speaking of which...

Ed Johnstone earned hero-status at Catalina. First, he got second place in the 60+ class in the 10K race. Second, he provided the surprise of the evening at dinner Saturday night. Sitting next to marathoners Barbara Basta and Booth Hartley, Ed suddenly announced to Barbara that he "had something for her." Then he unzipped his fly, pulled up his shirt, and...produced a folded-up paper banner that said "GO PRETTY BUNS!" Thirdly, upon learning that there were no 60+ class ladies at the dance that evening, Ed immediately scouted out several women a couple decades younger than himself and happily danced the night away!

The next morning, Team Chihuahua slept well past the marathon start, but that's another story...
Charlie Morey



Jay Kinersly helped Mac Williamson through the last few painful miles of the marathon.



Is Irma hiding a Chihuahua bottle in each hand? Only Steve knows...and it looks like he's telling!



Booth, always the party animal, enters the Wrigley gardens with a gang of revelers.



The winner!

The other winner!



THE CATALINA MARATHON
By Barbara (Ultra Buns) Basta

"26 miles across the sea, Santa Catalina" (remember that catchy little tune from the '50s?) was waiting for me, and approximately 399 others on March 23rd. I was a teenager in Virginia when I first heard that song, I thought Catalina was a fictitious place that would be a paradise for couples. So much for that thought. Actually I've been to Catalina several times, and have run the Avalon 10K and the West End 30K.

The 30K sort of got me into the marathon. With sound advice from Bob King, I made a phone call to Hans, (the race director) Booth and I received our entry forms. Supposedly prior finishers are automatically eligible to enter every year, time will tell on that one.

Booth and I quickly sent in our \$75.00 (each) then proceeded to read the accompanying literature. The money included round trip transportation, lodging, Saturday night dinner, t-shirt, and your personal items transported from the Isthmus to Avalon (this is a point to point race).

We were both dreading the boat ride, as for the 30K the boat ran on one engine over and back. This made for a very slow trip that was on the rough side. More than one person was observed feeding the fish. At least I had remembered to take my dramamine. (I understood that the purpose of running on one engine was to save money, what can I say?)

With these thoughts in mind Booth decided we would fly. I had no objections to that. When we talked over the facts of the lodging, provided in our "PACKAGE" - camping out at the Isthmus, transport your tent, sleeping bag, clothes, whatever, it was decided we would spend Saturday night in Avalon. Well, of course this meant transportation to the start of the race, some 20 odd miles away (that's pretty easy to figure). Well now with a good tip from my favorite podiatrist, Dan A. Booth arranged a taxi to the tune of \$60.00 for the two of us. Being as how we weren't having the dinner that was included in our package we dined with 11 others (Foothill Flyers) in Avalon. The marathon cost was now nearing the price of a weeks vacation. Then Booth was charged for two nights lodging, when we were spending one, we felt some what overwhelmed. We still aren't certain that the extra charge has been cleared properly. The credit card bill will tell. (The cost of the taxi was cut in half when other people arranged to be transported along with us.)

Up at 3:30 a.m. to the taxi at 4:30 a.m. arrived at the Isthmus around 5:30 a.m. We were glad that we had spent the night in Avalon. It was so damp from the fog that most of the runners started with wet shoes. I couldn't see myself rolling out of a damp sleeping bag, sharing a bathroom with others the morning of a marathon, then packing my gear. But we do have some hardy souls in this running club, King, Dickey, and Williamson to mention a few. Camping out certainly didn't slow them down.

I was near the end of the line up, scanning the bushes for a proper place for a pit stop, when the race started. Oh heck, maybe it's just nerves I thought, as I turned around and headed for the start line, there was a bump in the road, and yes I fell down. What's another scar on my knee? Everyone's running and I'm picking myself off the ground, I hadn't even made it to the start line. When I caught the end of the pack we were entering the camp ground, where the porta potties were. TIME TO STOP! I could tell, this was going to be another fun run. Now with my knee bleeding, I looked real tough - so I turned down all offers to help me clean up my dirt bound bod and wounded appendage.

Catalina Marathon cont.

The run was definitely hilly, (believe it or not the 30K is worse) a challenge for any marathoner. Just ask Mac about the hills, the heat, and what happens after mile 20. Maybe he will be able to hear you over the sound of his SCREAMING quads. The kid got his shoes going faster than his lips this time around, he ran one helluva marathon. With a finishing time of a little over three hours Mac came in 1st in his age group. CONGRATULATIONS MAC!

During the run I was given handy hints on flashlights, running socks, training, etc. for the Western States 100. I met a fellow by the name of Bill McKeen who was coming back after a near fatal bicycle crash. I had read about Bill in ULTRARUNNING. This guy fell while he was talking to me. I believe it's contagious, at any rate, Bill seemed to be ok and managed not to break his glasses. Bill was busily covering various parts of his anatomy with sunscreen (so he thought) as we approached an aide station. Upon returning the 'sunscreen' to another helpful runner, it was discovered the tube contained good 'ole vaseline. Bill let out a sound of disgust, as I continued on my way.

I walked a lot of the hills and ran most of the flat and all the down. I started passing people around 13 miles and continued to do so through the rest of the race. I didn't set any record, or win any awards, but I felt great when I saw Ron Hershey taking my picture around the 21 mile mark. Ron had come up 3 to 4 miles of hills to assist me to the finish line. Ron had run a tough 10K the day before. Once we got to the downhill, there was no holding back, I was headed for the finish line, without Ron. Charlie was near the trail end, taking pictures as I sailed past. Tom O'Hara picked me up about a mile from the finish. After a few yells from me to the crowd, Tom had me pick up the pace. With a final kick I pushed it to the finish banner - 4:32:45. Not bad. I felt wonderful, had a great time, the other members of the running club were outstanding in their support. I feel very spoiled.

The O'Haras gave me a bottle of vitamins to help me through my training. Ed Johnstone was his usual whacko self, when he proceeded to disrobe the lower part of his body while we were having dinner Saturday night. First he tells me that he has something for me, follows that statement by undoing his pants. Next we see him standing at the table with his unmentionables showing. Then Ed pulled out a computerized printout that was a sign he had made to encourage me through the marathon. What a NUT! One might say that Ed is not inhibited.

Irm and Steve, thanks for the beer, thanks Jack, Terry, Pat, Ron, Marcie, Charlie, Maryann, Tom, and Whacko Ed, you're wonderful.

Mac Williamson	3:11	13th overall, 1st in division
Bob King	4:05	
Booth Hartley	4:19	
Ted Hill	3:52	
Bill Dickey	6:53	out for a stroll with Rich

10K RESULTS

Jay Kinersly	38:08	Tom O'Hara	53:05
Charlie Morey	44:21	Ron Hershey	55:07
Jack Wilson	47:07	Irma Hutton	55:33
Steve Cunningham	49:07	Bill Dickey	57:37
Ed Johnson	50:23	2nd place: Division Terri Tschirgi	71:52
		Maryann O'Hara	72:59
		Marcie Berriz	73:01

You can only take so much of races with casts of thousands, each one claiming "more this" or "more that." Believe it or not, though, some people only run the super-stupendous races in the false belief that the larger the numbers, the better the race.

Not true.

There are still plenty of "little local" races and with their smaller fields, they allow the average runner to run a faster, more consistent pace. The Lynwood 5 & 10K on March 29 was just such a race. A total of 259 showed up, with 142 running the 5K and 107 participating in the 10K. (About a dozen ran in the kiddie 1K afterward.)

The course consisted of a loop through the residential portions of Lynwood (two loops for the 10K runners), beginning at the community center. Well marked, well marshalled, flat and cool, no big names showed up, but all who ran had fun. Though not an official club run, Mark Kariya decided he needed a little speed work to get ready for the following weekend's Jimmy Stewart Relay Marathon and chased the winning woman to finish in 41:59.6 in the 10K. It was his fastest time in six years, prompting him to quip, "For a fast pace, give me a small race any day."

FOUR RACES IN ONESaturday, March 29th

Those who put on the Pride of the Foothills races in Glendora are pretty ambitious. After all, how many races give you a choice of four distances to choose from? One of those was the elite women's 5K, which Long Beach Marathon winner Mary Tracey blazed through in 17:22 to collect \$100. Club members racing included Heather Dibdin, fourth in 19:10, and Cecily Parke, 11th in 21:50.

Ten minutes after that race started, all entrants in the male 5K, and open 10K and half-marathon took off. Ron Cornell walked away with the \$200 first place prize in the half. Barry Waugaman, Ralph West and Art Soderblom covered the hilly course in 1:26:22, 1:24:15 and 1:36, respectively.

Just missing the money in the 10K was Darren Near.

RESULTS

<u>5K</u>		
Bob Dietrich	17:20	Second Place - Division
Heather Dibdin	19:10	Fourth Woman
Cecily Parke	21:50	
Jim Akers	20:20	
Bill Dietrich	23:38	Third Place - Division
Roy Gould	24:36	P.R.
<u>10K</u>		
Grey Imlay	34:28	
Richard Gilmore	47:54	

PRIDE OF THE FOOTHILLS
Half-Marathon

Ralph West	1:24:15	3rd Man
Barry Waugaman	1:26:22	
Art Soderblom	1:36	
Bry Thorne	1:37	
Barbara Reukema	1:46:55	1st Place -Division

ARROYO SECO FREAKO 5K

Ed Imlay	26:06
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LONG BEACH GRAND PRIX 10K

Saturday, April 5th

Barbara Reukem	45:25	1st Place -Division
Richard Gilmore	47:03	
Roy Gould	52:50	1st 10K

JIMMY STEWART RELAY MARATHON

Sunday, April 6th

Shades of the Tom Sullivan 10K came to mind as several hundred five-man teams arrived at Griffith Park for the annual Jimmy Stewart Relay Marathon. At least heat wouldn't be a factor as it was last year.

While it didn't hail and blow like the TS 10, it did rain a bit early in the morning. Each runner ran the same deceptively tough 5.2-mile loop, handing off in a gassy exchange area that quickly deteriorated into a muddy bog more reminiscent of a good English steeplechase or a cross country event. It wasn't the place for any tidy white racing flats.

Team Adidas flew in for the race with some of their national-caliber runners and took an uncontested overall win in 2:07 and change. Quite a number of Foothill Flyers participated at a bit more sedate pace for various teams like Team Pacific Coast and Petersen Publishing.

Steve Cunningham and Bob King showed up, hoping to substitute on teams which were short a member, but no one apparently needed their unique services. So, about four minutes after the starting gun went off at 8 a.m., the sound of Buds being popped open could be heard in the vicinity of their coolers. They remained well hydrated throughout the race and afterward, when the ubiquitous postrace party moved to the Tin Horn Flats Saloon. There, B.K. bought several rounds of drinks for the house while displaying his proficiency at pool before passing out in Steve and Irma's Blazer. Ultra runners just don't quit.

RUN FOR ORANGEWOODSaturday, April 12th5K

Richard Gilmore

22:14

3rd - Division (Blubber)

10K

Richard Gilmore

51:42

(Warm down)

COVINA CENTENNIAL 5KSaturday, April 12th

Cecily Parke

21:12

4th overall 1st-Division

Barbara Reukema

21:39

2nd place - Division

Roy Gould

23:51

P.R.

Ruth Carter

28:43

POLYTECHNIC SCHOOL 10KSaturday, April 12th (?)

Art Soderblom

42:30

Maury Whitaker

55:02 ugh !!

FONTANA DAYS HALF-MARATHON & 5KSaturday, April 19th5K

Bob Dietrich

16:44

Bill Dietich

21:26

4th place - Division

Half-Marathon

Missy Jennings

1:38:22

1st place - Division

Paul Jennings

1:4 something

(per Missy)

DUARTE 2,5 & 10K RUNSSaturday, April 19th5K

Cecily Parke

21:27

4th overall 1st-Division

10K

Ralph West

38:45

3rd place - Division

Barbara Reukema

48:26

1st place - Division

Audrey Wagner

1:05

3rd place - Division

Ruth Carter

1:09

TROJAN 10KSunday, April 20th

Despite a flat course with one downhill and temperatures in the low 70s, the Dickweiler Beach course for the Trojan 10K was not especially quick. It was, however, fairly entertaining. USC coeds marked each mile (though they didn't call out times), SC song girls cheered you into the chutes and part of the SC band provided post-race tunes.

As the course headed toward UCSD between miles seven and eight, Carmen passed me for the last time. Mickey O'Hara came up beside me and I haltingly told him I wanted to run between 8:00 and 8:30 pace. He paced me until the 11th mile before taking off.

I'll never forget the last long downhill at La Jolla Shores, though at the time I couldn't care less. The view and the bikinis and the view of bikinis... just awesome.

Cars to the left and fatigue made the last hill up Torrey Pines Blvd. very tough, but my perseverance was rewarded by the descent into the La Jolla Cove area. My official time of 1:49:58 was my personal worst, but the entire club didn't end up passing me, not even Bob. (Maybe next time, Bob.)

Drinking water and beer and eating oranges and cookies afterward filled the rest of the morning, as did swapping lies with others. That in itself convinced me to run again next year. After all, I've got to give Bob a chance.

Tony Gammariello

LA JOLLA POST RACE ACTIVITIES

After the race, all indulged in drinking beer and soaking in the three unbelievable "Bs"--beach, bikinis and buns. After draining the Lite beer truck, most of us headed up to the pool for a short dip or nap and the antics of Ron "The Unbelievable" Sabadini. Later, a (small ?) contingent of 12 staggered up the street for lunch and--you guessed it--pitchers of margaritas at Jose's. Having ended our welcome with a closing food fight, we meandered through town looking for Bob "The Carrot" King's hot tub extravaganza.

After dripping ice cream on vintage Corvettes, falling off curbs and walking another half-marathon later, we arrived at our final destination. The heat, sun, beer and company of the day started taking its toll -- runners were dropping like flies. Soon it was time to hit the old highway. What a 10 of a weekend. I would like to praise all the chauffeurs of the day for navigating that long and lonely road back home.

Steve Cunningham

LA JOLLA HALF-MARATHON RESULTS

	Mac Williamson	1:20
Carmen Connolly	1:48:23	
Tony Gammariello	1:49:58	
Ed Johnston	1:51	
Bob Golenor	1:53	
Tom O'Hara	1:59	
Bill Dickey	2:03	paced Irma Thanks.
Steve Cunningham	2:03	paced Irma Thanks.
Bob King	2:03	paced Irma Thanks.
Irma Hutton	2:03	
Richard Gilmore	2:	
Carolyn Plowman	2:12	
Ron Sabadini		

THE AMERICAN RIVER 50

SUNDAY, APRIL 13

START: 6:00 a.m. California State University Stadium, Sacramento
Course: Flat American River bikeway for 24 miles, then Sierra
foothill trails for 26 miles.

April 11, 9 p.m. Four hearty Foothill Flyers set out for Auburn, California, and the American River challenge. Bill Dickey and Ralph West were actually entered, Bob King and Ted Hill were running for the "fun" of it. All arrived cold and sleepy at 4:30 a.m. Saturday in 43 degree Auburn after a refreshing stop at Perks in Delano. A few hours of restless sleep in the van, breakfast, then a quick tour of the flood-damaged western end of the Western States Trail before checking into the motel and some quality rest.

We all attended the American River 50 trail briefing at Fleet Feet in Roseville, greeting other club members, Booth Hartley, Barbara Basta, Nancy Tinker, and Bill and Sandy Johnson.

Race morning found us all up at 3 a.m. (38 degrees), except for stiff Bob King who had to crawl to the doorway where he pulled himself to an upright position. The drive from Auburn to Sacramento was uneventful but finding Cal State Sacramento wasn't so easy for pilot and co-pilot.

An on time 6 a.m. start found us touring the campus for a mile or two before heading out on the bike path along the American River east toward Auburn. The morning was bright, sunny and cool--a perfect day for a run. The first 19 miles or so along the river were pretty and we observed the damage the recent flood had caused.

At mile 20, we were on the trail running through the "worm forest." The local smooth, green caterpillars were out in abundance, dropping from the trees and adding to the enjoyment of the race. This section of the trail was green, lush, and extraordinarily beautiful, offering shade and an urge to quicken one's pace. This was followed by a trail bike path combination, taking us through the 26-mile mark where I checked my marathon time, passed the dam, and moved into open territory and a little warmer temperature.

I was met at the 30-mile point by a number of horse riders who refused to leave the narrow trail and forced us to run in the wet brush at its side. Approaching 31 miles I heard but could not see Ralph calling me as he ran down the trail in my direction from the official "pick-up-your-pacer" point, Granite Bay. Arriving here in good time, for me, I enthusiastically parted with my fanny pack and water bottle and proceeded on with my newfound two-legged pack mule toward an even more beautiful section of the trail. If you have ever thought of experiencing the adventure of a 50-mile trail run, I heartily suggest doing the American River 50 at least once. It is beautiful, well organized, safe and most of all fun. Off on the trail again, up down, hopping rocks, getting spooked by a snake,

drink,...,eat, run and laugh at the antics of crazy Ralph. No one has more fun or could be a better pacer or running partner than he.

As the day wore on, the running changed to the American River 50 shuffle. The heat came. Off went the shirt and on and on went the legs--don't stop, don't rest, just grind it out.

The final section of trail found us above the river in the shade with hoards of fuzzy black caterpillars; Ralph was doing his damndest not to step on any as he bounced along. Out into the sun again, through the knee-high grass, drink, ache, keep moving. A radio from one of the boats in the river serenaded us while Ralph glided and I shuffled toward the finish.

Before the finish line, we climbed a half-mile to the Last Gasp aid station, then up another 2.5-mile hill. At last, glory, rest and a cold one at the dam overlook.

Ralph paced me 20 miles, escorted me across the finish line and turned around and went back down the trail to run Barbara in, the hero of the day, finishing second in her class. Next Booth flew in and landed. Still full of run, Ralph went looking for Nancy and ran her up the hill to the finish of her first 50. Shortly thereafter came Bill Dickey, alias Bob King. Then Sandy glided on in with the thankful look of a happy finisher. Ralph "Wild Wild" West went back out on the course and whipped Bill Johnson home in a time to collect his American River 50 jacket.

My watch, race schedule and the three to four feet of trail in front of me were my existence. The finish line and a Western States qualifying time were my challenges; a day of run and fun was my reward. God gave me a good day and I took it.

Ted Hill

American River Results

Ted Hill	8:41
Barbara Basta	9:16
Booth Hartley	9:48
Nancy Tinker	10:05
Dick Dickey	11:27
(alias Bob King)	
Sandy Johnson	11:45
Bill Johnson	11:59:55

BOSTON MARATHON

Art Soderblom 3:18

Monday, April 22nd

Congratulations!

Read all about it in next month's newsletter.

INTERVALS

By Tom O'Hara

With daylight savings time, there is no reason why you cant come out and join the dozen faithfuls who have been showing up every Tuesday evening at the Arcadia High School track to improve their 5 and 10K times. The new starting time is 6:15 SHARP. The track is on Campus Dr. just west of Santa Anita Av across from the golf course in Arcadia.

Workouts will vary each week to keep it interesting and is designed to improve your race pace by working on both the physical and the mental limitations you THINK you have. Its surprising how you can dig down and cut those extra seconds. Only one or two of the laps are done full out during the workout with the others used to find your base pace, breathing, technique, etc. So come on out, once a week will make a difference!

MOUNTAIN TRAIL RUNNING TIPS FOR FIRST TIMERS

Last year everybody seemed to enjoy the change of going up to Chantry Flats or the park by JPL on the third Wednesday to run the trails and picnic after. The Hoeges 6 mile loop out of Chantry is really beautiful this time of year. There are some things that runners should keep in mind when running trails safely and effectively compared to running the streets.

1. Its OK to walk up the hill. Save your quads for when you need them. Run the flat and down hill sections. Dont jog the up hills until you are warmed up or find you can take the grade without burning your quads, being out of breath, or your sweat causing a flash flood behind you.
2. Maintain your concentration. Look 5 to 10 ft ahead at all times. Its not uncommon to step on the side of a small rock and twist an ankle while daydreaming or sight seeing. Also if you didnt follow tip #1 and guilt or peer pressure made you run up all the hills, the fatigue can cause your foot plant to miss on the down hill....ouch!
3. Wear good ground grippers. No racing flats here. Use the shoes with the best tread to prevent slippage on the loose dirt and sand.
4. Take a water bottle with you for any run over 3 miles. This is especially important if you dont know the trail and where the water stops are. Take a water break anytime you feel fatigued, lose concentration, or become over heated in warm weather at higher elevations. Take a good drink before starting on the trail, and have a cold drink waiting in your car for when you get back. Dehydration is bad enough on the street or during races, but it can cause a loss of awareness which results in injuries or missed trail crossings.
5. Run with a buddy, preferably one who has done the trail before. Stay within shouting range during the run, with the faster one waiting periodically for the others to catch up, especially at any trail crossing or hazardous spot. In larger groups, it can split up into smaller ones of about the same pace. Its also a good idea to sign in and out at the ranger stations or at least let someone know what trails you intend to take and expected time out just in case you are injured...there are no cars to hail to take you home up there.

=====

RUN WITH THE PACK

Meeting and running with a group helps get the mileage in regularly and makes the time go by quicker. Here are a few in the club that welcome you to join them. If you have a group/time/location let us know if you want company.

Irma Hutton: Mon., Tue., Wed., Fri. 4:45 am meet at 76 station NW corner of Baldwin and Huntington Dr. 10 miles around Arcadia with 3 water stops, ending about 6:30 in time to get ready for work. Good for distance runners.

Barbara Basta: Wed. 5:15 am meet at the lot behind the NE corner of Santa Anita and Foothill. 10 miles on mountain trails. Starts at Chantry flats and goes thru Roberts camp, Spruce grove, Mt. Zion, Hoegees and back about 8 am.

Barry Waugaman: Sun. morning leave 8 am at Barrys, 1325 Leonard av Pasadena. Run goes from Barrys to Mt. Wilson Trail in Sierra Madre, and then up the trail to Orchard camp and back down - about 11 miles. Gives you the experience and training for the Mt. Wilson Trail Race this month.

NEW FOOTHILL FLYERS EXPOSED!

BECKY MERRILL. Started running just for fun 2 yrs ago and now does 49 miles/wk and 39 min 10Ks. She joined because she needs a group to help her run faster, infact she is looking for running partners for daily runs after she gets out of Monrovia High at 3 pm. She's working toward a 10:30 in the 2 mile.

BARBARA REUKEMA. Been running 1 1/2 yrs to loose weight (dont come to the wed nite after run feeds Barbara). She wants to do a sub 3:45 marathon and has already done a 3:56. Tennis and skiing are her other intrests.

AUDREY WAGNER. Got into running due to company (Avon) sponsored womens runs. Tried the LA Marathon and hit the wall at the 20 mile point (the olde half way point has humbled us all), so her goal is still to finish a marathon. One of her other interests is playing pool (so watch out if you get into a game with her).

BILL DICKEY. Cant remember when he started running, but says spaghetti satisfies all his running needs. Maybe spaghetti is great carbo load but dulls the memory? Bill does marathons (3:19 PR) as a training run so he wont have to run the rest of the week to keep his mileage up. Since he has done the big one (Western States 100) his ambition now is to beat Art Soderblom in just one downhill run. Besides ultrarunning he enjoys swimming, drinking & sleeping. He says Irma made him join.

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FOOTHILL FLYERS IN PARADISE

Leslie Stahl sent a letter to let us know that its been 70 to 80 everyday on Maui since she moved there in March. Its been beautiful and everybody they have met have been nice. She and Dave live in a condo on the beach in Kihei. Hope she has a lot of spare bedrooms when we all come over after the Honolulu Marathon in Dec. She's started running again after having the bandages come off from the operations to her heels. Seems she had no problem getting a job as a word processor for a CPA in Kahului (so much for laying out on the beach everyday and sipping Mai Tais). Leslie said she would send us only the good results of her 10K runs there, but we would rather see what her time is on the Run to the Sun race....Aloha!

Elaine Hemenway sent a card from Brasil where she went for 3 weeks with a comet watch group (any excuse to party). The weather was clear and but a little hot and humid with some morning downpours. She enjoyed Rio and found it inexpensive. She only saw Halleys Comet once because of the cloud cover or the moon was too bright (or was it when the dance band went on a break?).

Start saving your pennies for the Honolulu Marathon Dec 7 NOW. Some are already making plans to go, and this Sept we should have some good air/land packages for those that just want to come over on the Thursday before, race, and go back Monday, or those that want to extend to relax the week after in Maui. Last year the 5 day package ran about \$500.

Minutes

April 9, 1986...

Meeting began at 7.30 with tickets for raffle being handed out to all. Winner, Ed Johnstone received a \$40 gift certificate generously donated by Fred.

Dinner for the evening was decided to be at Margaritas.

Reminder was made for everyone to jot down their racetimes on the weekly sheet at the store. Anyone interested in submitting a race report should contact editor Irma.

Membership news. Last count showed 14 new runners 4 of whom were introduced and given rousing applause.

Upcoming weekend events included American River 50 with 12 hardy club runners participating.

Club runs for April were decided to be:
Duarte 5 & 10K, April 19
Mt. Sac 5 & 10K April 27.

Fast approaching is the annual Mt. Wilson Trail Race & Barry announced his annual apres-race party.

Color for Club singlet was chosen to be Royal Blue. One singlet will be made up for approval, before the final go ahead.

Best wishes were bestowed upon Art for his upcoming Boston adventure.

Congrats were given to Western States qualifiers Barbara, Bill Sandy & Ted.

Mention was made of tues nite intervals which are picking up with approx. 15 speedsters taking to the track under Coach O'Haras instructions. Change of start time to 6.15 will commence april 29.

Early morning 10 ml runs are still being performed for all interested. Also, wed. mornings 5.15 start at Chantry for a mountain run.

Meeting adjourned 8.06pm.

ultrarunning

Angeles Crest run begins in Wwood

Wrightwood will be the starting place later this year for the inaugural running of the 100-mile Angeles Crest Endurance race.

Some 100 endurance athletes, including Jim Peiton, second place finisher at the 1985 Western States Endurance Race at Squaw Valley, will stretch their abilities "to the limits" in a day and night run to the Rose Bowl in Pasadena.

Organizer Ken Hamato said the idea has been brewing for some years but it wasn't until he and others aided Bob Hoitel last summer in his run of the Pacific Crest Trail that the starting point in Wrightwood was conceived.

Hamato said he found the community "friendly" and receptive to the race.

Though many of the details are yet to be ironed out and Hamato is contacting many local groups and individuals seeking their support and help in organizing the race, runners will likely leave a point somewhere in the village center at about 5 a.m. on the morning of Saturday, Sept. 27.

The best of the athletes will be able to get to the Rose Bowl via trails, including the Pacific Crest above Wrightwood, and some dirt roads and city streets in Pasadena about 17-18 hours later.

"This is a finishers race, not

the race and aiding in the 12 check points along the often treacherous route, especially in the dark of night.

Hamato hopes to enlist local support in manning at least the first check point, somewhere near the end of Camp Mariastella. Camp operators have okayed the runners' use of their property for the only non-public part of the course.

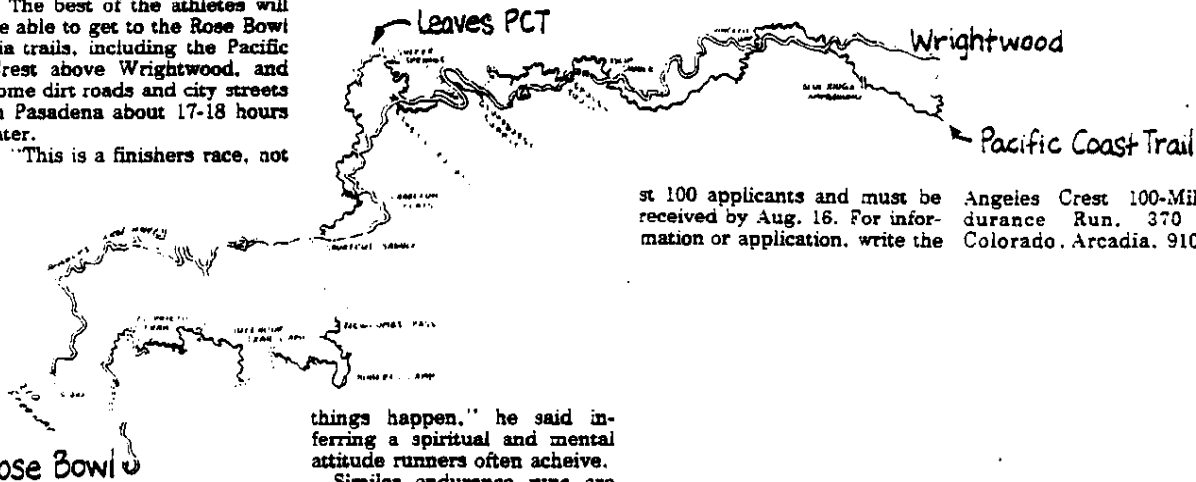
Runners will face an elevation gain of 19,000 feet and a loss of 24,320 feet along the route, which includes 36 miles of trails, 10 miles of dirt road and five miles of paved road. The highest point along the route is atop Mount Baden-Powell, elevation 9,300.

Hamato and fellow runners Del Beaudoin, Ted Hill and Robert Pike have put the planning time, energy and money into the race so far but are hoping for major sponsorship which could expose the race "to the world."

He said runners in this unique sport "push their physical and mental capacities to the brink," Hamato said. "When you go to the limit,



KEN HAMATO LOOKS FORWARD to the Angeles Crest 100-mile Endurance Run from Wrightwood to Pasadena's Rose Bowl Sept. 27.



at least 100 applicants and must be received by Aug. 16. For information or application, write the Angeles Crest 100-Mile Endurance Run, 370 West Colorado, Arcadia, 91006.

things happen," he said inferring a spiritual and mental attitude runners often achieve.

Similar endurance runs are made yearly in Squaw Valley, Leadville, Colorado, and Wasatch Front, Utah. Wide World of Sports covered the western states run at Squaw Valley last year.

Entry fees are \$100 to the fir-

Rose Bowl a winners race," said Hamato. All runners finishing in less than 24 hours will receive a sterling silver belt buckle and those finishing in less than 30 hours will receive a commemorative plaque.

Members of search and rescue units will be monitoring

Six-Day Runs, 100-Mile Stints
Attract a Hardy Cadre:
The Agonies and Ecstasies

By MIKE THARP

Staff Reporter of THE WALL STREET JOURNAL

SANTA ROSA, Calif.—It is 6:30 on a Sunday morning, and Maria Carlsen of Sebastopol, Calif., has run and walked more than 80 miles in the last 21½ hours. Except to go to the bathroom, she hasn't left the 140-yard oval track.

Now, as the sun burns off the fog that flamed the green hills nearby, the 64-year-old Dusseldorf native veers onto the infield. Extending both wrists, which are red and swollen, she asks Michael Witwer, a race official, what's wrong with them. "It's never happened before," she says.

"You've been throwing your hands out during the race, and the blood rushes in to your wrists," he answers. "You mean I'll live?" says Mrs. Carlsen. "Okay—as long as I'll live," and she shuffles back onto the track.

Mrs. Carlsen, competing in the recent 24-hour Redwood Empire 24-Hour Run around the Santa Rosa Junior College track, is one of a growing cadre of ultra-runners or ultra-marathoners—people who consider traditional 26.2-mile marathons a mere warm-up.

For the Long Run

These runners push themselves through 50 miles, 100 miles, 24-hour runs and six-day runs. There are even plans afoot for a transcontinental relay. The runs are held on tracks or on countryside trails, in places as diverse as the Wasatch Mountain Range in Utah and New York City.

The granddaddy of present-day ultra-marathons is the 10-year-old Western States 100-mile Endurance Run in Northern California, between Squaw Valley and Auburn. It has become so popular that the field for June 28's running is limited by lottery to about 375 runners.

Six-day races, however, are a bit much even for these hardy souls. At the July 1984 Six-Day Run on New York City's Randall's Island, only 26 men and five women competed as 23-year-old Yannis Kourou of Greece set a world record by covering 635½ miles, thereby winning \$7,500. He broke the 96-year-old record of 623½ miles set by George Littlewood of England at New York's Madison Square Garden.

Of course, Mr. Kourou was helped by a severe thunderstorm on the fifth day of the race. The storm broke the monotony of circling the track day after day, he and other runners said at the time.

Not for Youngsters

Monotony is but one problem for the ultra-runner. No one completes these runs without experiencing considerable pain. And no one enters the races without being a bit obsessive, for the conditioning requires a diamond-hard discipline that few outsiders can identify with. Participants are generally in their late 20s or older, as few younger people have the necessary stamina. Some would say younger people lack the necessary masochism.

"Out in the nether reaches beyond the marathon, there is little loveliness, little art," writes Richard Benyo, the author of several books on fitness. "The ultra-distances are the workman's (and the workwoman's) realm, where the biomechanics of least resistance is worth its weight in gold, where strategy is silver, where guts are platinum and where finesse is a drag."

Ultra-running takes a toll in several ways. "There's a risk of getting so involved with it that it consumes you, makes you an unbalanced person," says Norman Livermore, an orthopedist and husband of ultra-runner Marion Orrick Livermore.

Many competitors freely confess their running sins. Running is an addiction, says Roger Daniels, a 50-year-old employee at an American Telephone & Telegraph Co. earth-satellite station north of San Francisco. "It cuts into your family life, and

Marathon Running Isn't Any Challenge? Try Ultra-Marathon

Continued From First Page

broker in Marin County, Calif., whose Volvo license plate reads "NDORFN," an abbreviation of endorphin, a hormonal secretion sometimes linked to the euphoria called "runner's high."

San Francisco lawyer Carol La Plant says some of her legal colleagues show "jealousy and hostility" about her running schedule, figuring she should be in legal briefs rather than running briefs.

Nearly all ultra-runners know others whose marriages have collapsed, careers stilted and lives otherwise entangled because of the physical and mental demands of their avocation. "It wrecks your marriage or strengthens it—certainly nothing in between," observes Warren Hellman, a San Francisco investment adviser who says his marriage has been strengthened, as his wife is a runner too. He once found his wife and sister sleeping in a ditch at 5 a.m. some 10 miles from the finish of the Western States race. As his support crew, they had nodded off waiting for Mr. Hellman to arrive.

Ultra-runners must also contend with cynicism about their achievements. Runners in marathons and shorter road races sometimes suggest that their mega-distance brethren plod 50 miles because they can't muster the speed to win at five. Ultra-runners are also viewed as lacking the coordination required in other sports.

"They're the Rodney Dangerfields of running," says Russell Daggatt, a former University of Oregon track star and marathoner who is now a Los Angeles lawyer. "They don't get no respect because they don't have top-level runners entering. They're definitely on the fringe of the running scene." Similar criticisms were leveled at marathon runners 20 years ago, he says.

Fringe or not, ultra-performances are tributes to endurance. According to the National Running Data Center, the men's U.S. record for a 24-hour track run is just under 157 miles and for women just over 130 miles.

The Elite

So, ironically, a snobism may be appearing among ultra-runners. The Flatlanders is an elite group of 80 to 90 ultra-runners with members in a half-dozen countries. Members must have run 100 miles in less than 24 hours and must qualify for membership every 18 months. The founder is T.J. Key of San Diego, Calif., who went from 220 pounds and three pacis of Camels a day in 1976 to 175 pounds and 50 marathons a year in 1978.

Most ultra-runners prefer to train with their peers. That means more than a Saturday jog in the park, as the training often involves most of the daylight hours on a weekend, when they may run 30 miles a day. They also like to break bread together, and ultra-runners can easily afford several thousand calories daily of pasta, beer and ice cream.

They also share stories about the agonies and ecstasies of the long-distance runner. They speak of running all night, holding a flashlight to the trail, avoiding snowdrifts and then watching the sun rise and hearing the birds start to sing. And they talk of the effects of the constant pounding.

"It's kind of fun to know you can deal with a situation that would kill almost anyone else," says Douglas Latimer, a magazine publisher who has won the Western States.

Ms. La Plant, the attorney, suffered stress fractures in both legs and ruptured discs in her lower back within the past year, laying her up for two months. "I'm a real kamikaze and run through the pain," she says. "One doctor told me I have the nervous system of a slug."

The Benefits

But ultra-runners also claim benefits, suggesting they are more alert and productive because of their fitness. Mr. Hellman, the investment adviser, estimates his resting heartbeats per minute is in the middle 40s, against an average of 60 or higher for the nonathlete.

At the Western States run, heat is the main problem for the runners, as 100-degree temperatures are common in the Sierra Nevada, where much of the course is laid out. At the Leadville Trail 100 in Colorado, conversely, the average elevation is 10,000 feet, and August temperatures may drop below 30 degrees. In other races, the main hazards may be ankle-twisting terrain, rattlesnakes, bears and skunks.

At the Santa Rosa race, Mrs. Carlsen holds out for the 24 hours despite her aches and pains, covering a total of 91.5 miles.

Another runner, Eric Gebelein of Leavenworth, Wash., leaves the track at 11 p.m. to get an intravenous injection of nutrients and a leg massage. Although weakened and nauseated, he is back on the track six hours later, walking every other lap. "This is a very humbling experience," he says. "Every once in a while you need to know you're just a hunk of protoplasm."

The following reprinted from May '86 Ultrarunning: The Wall Street Journal article struck us as the kind of publicity we could do without. Essentially it was a compilation of anecdotes and quotes from the ultra word designed to stress the negative aspects of ultrarunning and ignore the positive ones.

BORN TO RUN 1.2 MILER LEGG LAKE PARK SAT.03,7:45
COST: \$4.00 RUN ONLY, RACE BAGS SOLD ON RACE DAY.
INFO: CROSS COUNTRY STYLE, JUMPS AND MUD TRAPS.
CONTACT: B TO R, 2310 HAVENBROOK ST., WEST COVINA, 91790.

FORD SPRING TUNE-UP 5&10K KIDDY K NEWPORT BEACH SAT 3 MAY 7:30
COST: 1 RACE \$9.00 WITH SHIRT. 2 RACES \$10.00 WITH SHIRT. LATE
ADD \$3.00. INFO: 10K AT 8:15. 1K AT 9:15.
CONTACT: JOHN BLAIR, 714-966-0556.

MONROVIA CENTENNIAL 5 & 10K & 2K FUN RUN SAT 03 MAY, 8:00
COST: \$8:00 WITH SHIRT, \$6.00 RUN ONLY, LATE ENTRY ADD \$1.00.
INFO: START & FINISH AT YMCA AT MOUNTAIN & LEMON AVE.
CONTACT: NANCY BROWN, 818-357-1161

RUN FOR THE ROSES 5 & 10K & 10 FURLONGS FOUNTAIN VALLEY SAT 03
MAY, 8:00
COST: \$10.00 WITH SHIRT, \$5.00 RUN ONLY, AFTER 26 APR ADD \$2.00.
INFO: AT MILE SQUARE PARK.
CONTACT: MARY PARSONS, 714-964-3272

GREAT ROCKWELL RESERVOIR 5 & 10K CANOGA PARK SAT 03 MAY, 7:30
COST: \$10.00 WITH SHIRT, \$5.00 RUN ONLY, AFTER 26 APR ADD \$2.00.
INFO: CHATSWORTH RESERVOIR COURSE.
CONTACT: STEVE POLLEY, 818-710-2145.

DIAMOND BAR SPRING STAMPEDE 5 & 10K & 1 M SAT 03 MAY, 7:30
COST: \$10.00 WITH SHIRT, \$5.00 RUN ONLY, 1 M RUN IS \$1.00
INFO: 5K AT 8:45, 1 M AT 8:00. ALL RACES AT DIAMOND BAR HIGH
SCHOOL.
CONTACT: JOE MURPHY, 714-861-4735

LAKEWOOD ½ MARATHON 2 M FUN RUN SUN 04 MAY, 7:30
COST \$10.00 WITH SHIRT. \$4.00 RUN ONLY, ADD \$3.00 AFTER 4-25
INFO: 2 M AT 8:00 AM FLAT COURSE.
CONTACT: RUNNERS HIGH, 213-920-9707

OLD FASHIONED DAYS 8K ALTADENA SUN 04 MAY, 9:00
COST: \$10.00 WITH SHIRT. ADD \$2.00 RACE DAY.
INFO: SCENIC, WITH MILD HILLS
CONTACT: DONNA BAUER 818-798-1173

CITY OF ONTARIO 5 & 10K 1 M. SUN 04 MAY, 7:30
COST: \$9.00 WITH SHIRT, \$5.00 RUN ONLY. ADD \$2.00 AFTER 5-1.
INFO: 10K, 8:00AM. 1M, 9:00AM. START AT ONTARIO HIGH SCHOOL
CONTACT: NORMAN BLACHMER, 714-984-4821

AZTLAN SUNSET INDIAN 5K X-C LOS ANGELES FRI 09 MAY, 6:00 PM
COST: \$8.00 WITH SHIRT, \$6.00 RUN ONLY, RACE DAY ADD \$1.00.
INFO: AT ELYSIAN PARK. WATER TRAPS & FALLEN TREES ON COURSE.
CONTACT: CARLOS ALFARO, 213-255-1234.

SONRISE 2K, 5K, & 10K COVINA SAT 10 MAY, 7:30
COST: \$10.00 WITH SHIRT, \$6.00 RUN ONLY. AFTER 5-1 ADD \$2.00.
INFO: 10K AT 8:00AM, 2K AT 9:00AM. FAST COURSE
CONTACT: SONRISE RUN, 818-331-0559

SEAL BEACH 10K SAT 10 MAY, 8:00
COST: \$10.00 WITH SHIRT. \$5.00 RUN ONLY, LATE ADD \$2.00.
INFO: FLAT, SCENIC RUN
CONTACT: LINDA DIVINO, 213-431-2527 X227.

THE HUMAN RACE 10K RUN, 20K WALK POMONA SAT 10 MAY, 7:30
COST: \$8.00. ADD \$2.00 RACE DAY.
INFO: CAL POLY CAMPUS.
CONTACT: BARBRA PEACOCK, 714-623-1284.

TIGER TWO SOMES 10K RELAY THOUSAND OAKS SAT 10 MAY, 8:00
COST: \$9.00 WITH SHIRT, \$5.00 RUN ONLY. ADD \$1.00 AFTER 5-1.
INFO: FAST, OUT & BACK COURSE. PARTNERS RACE.
CONTACT: JAN RADNOTI, 805-987-8052.

5 & DIME CLASSIC GRIFFITH PARK SAT 10 MAY, 8:00
COST: \$10.00 WITH SHIRT, \$6.00 RUN ONLY. AFTER 5-1- ADD \$2.00
INFO: FLAT, OUT & BACK COURSE
CONTACT: GLENDALE HOSPITAL 818-502-2375

GARRIT SONS SMOKE BUSTER 5K LEGG LAKE SUN 11 MAY, 9:30
COST: T.B.A.
INFO: ELEMENTARY JR. HIGH & 55 & OVER ONLY.
CONTACT: ART MARTINEZ, 213-942-8774.

NHSRA 5 & 10K MASON PARK SUN 11 MAY, 8:00
COST: \$9.00 WITH SHIRT, \$5.00 RUN ONLY, ADD \$2.00 AFTER 5-3
INFO: ROLLING COURSE.
CONTACT: BOB SHENDON 714-838-4531.

PRIDEHOUSE 5 & 10K GRIFFITH PARK SUN 18 MAY, 8:00
COST: \$10.00 WITH SHIRT, \$8.00 RUN ONLY. ADD \$2.00 ON RACE DAY
INFO: FAST COURSE
CONTACT: GLEN SMUTZ 213-204-3047.

SANTA ANITA SPRING CLASSIC 5 & 10K ARCADIA SUN 18 MAY, 7:45
COST: \$10.00 L.S. SHIRT, \$7.00 RUN ONLY
INFO: 10K AT 8:30 AT SANTA ANITA RACE TRACK
CONTACT: TROPHY CASE, 818-574-1582.

BAY TO BREAKERS 12K SAN FRANCISCO SUN 18 MAY, 8:00
COST: \$9.00 WITH SHIRT.
INFO: LARGEST RACE WITH ONE HILL.
CONTACT: EXAMNER CHARITIES P.O. BOX 42000, S.F. CAL. 94142.

MOUNT WILSON TRAIL RUN 8.6 M SIERRA MADRE SAT 24 MAY, 7:30
COST: \$11.00 WITH SHIRT, \$6.00 RUN ONLY.
INFO: NO REGISTRATION AFTER MAY 12.
CONTACT: MARTY RUGGLES 818-355-7135.

AZATLAN RUN 5 & 10K MONTEREY PARK SAT 24 MAY, 8.00
COST: \$800 WITH SHIRT. \$4.00 RUN ONLY. AFTER 5-17 ADD \$2.00
INFO: START AT EAST LOS ANGELES COLLEGE
CONTACT: AZTLAN RUN, 213-265-8751.

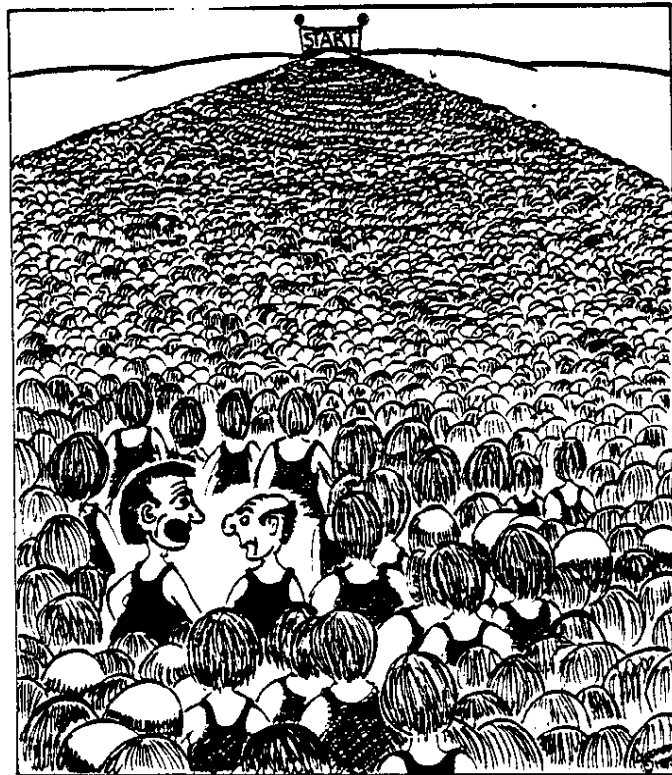
BRENTWOOD 5 & 10K SUN 25 MAY, 8:00
COST \$11.00 WITH SHIRT, ADD \$2.00 AFTER 5-15.
INFO: 10K AT 8:45. FLAT, DOUBLE LOOP COURSE.
CONTACT: FRONT RUNNERS, 213-820-7585.

FIESTA DAYS 5 & 10K & 1 M LA CANADA MON 26 MAY, 7:30
COST: \$10.00 (5 & 10K). \$4.00 (1 MILE) ADD \$2.00 RACE DAY
INFO: 5 & 10K AT 8:00 AT DECANSO GARDENS
CONTACT: RICK RIEHMAN, 818-790-0123.

LOVE YOUR HEART 10K REDONDO BEACH SUN 01 JUN, 7:00
COST: \$10.00 WITH SHIRT. \$6.00 RUN ONLY AFTER 5-24 ADD \$2.00
INFO: POINT TO POINT RACE. 6 MILES ALONG BEACH.
CONTACT: BARRY PEARCE, 213-375-2626.

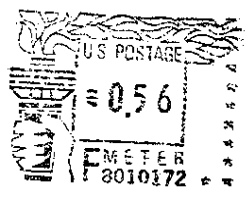
SCATAC CHAMP. & ALIVE & WELL 5 & 10K GRIFFITH PARK SAT 07, 8:00
COST: \$11.00 WITH SHIRT. LATE ADD \$2.00.
INFO: CHAMPIONSHIP RACE FOR MASTERS ONLY.
CONTACT: TOM STURAK, 213-450-5714.

RED ROSE RUN 5 & 10K PASADENA SAT 07 JUN, 8:00
COST: \$10.00 WITH SHIRT, \$6.00 RUN ONLY AFTER 5-31 ADD \$2.00.
INFO: 10K AT 8:45. AT THE ROSE BOWL.
CONTACT MARK GRAHM, 213-684-3330.



"REMEMBER, SID, WHEN THE GUN GOES OFF
WE'LL MAKE OUR MOVE FIRST THING."

FROM: FOOTHILL FLYERS
C/O SECOND SOLE STORE
668 W HUNTINGTON DR
MONROVIA CA 91016



ROBERT DIETRICH
1120 MEDFORD RD
PASADENA CA 91107