

## A WORD ABOUT THE RACE

On behalf of SWEAT and everyone associated with cross country at the three area high schools I would like to thank all of you who helped make this race a success. There were some problems concerning the results which is one of the reasons they are coming to you so long after you ran. In the three mile race places 211-275 were lost, so all we have are your times. When I run a race I know I'm not running for place but rather against the clock; I hope that you people knew your times when you left.

Also the result sheet was loaned to the paper and has apparently been misplaced. If you did not stay for awards and have one coming please contact me at Shasta High School (241-4161) and I will get your award to you. Also the shorts for the youth age groups have not yet arrived. As soon as they do you will receive them.

The cross country programs were enriched by almost \$2,000- as a result of this race. As indicated in the program the district has funded us for the 1984 season. However, this covers transportation and coaches salaries only. Such things as entry fees, uniforms, awards, and the MOR-CAL meet is not included in district support. As a result this money is very much needed and in fact we are still probably some \$1,500 short of covering expenses for next year.

What is really important about you, the runners, funding the program is that we haven't had to go to the general public. The running community has shown its support to a running program and received the benefits from the run for about the same cost as at any other run that offers a T-shirt.

It is to the sponsors that we owe a big thank you. As a matter of fact the entry fees covered our expenses and the sponsors funding provided us with our profit. Please show your support to these businesses by saying something next time you buy from them. Our sponsors were:

BUD-LIGHT (FOOTHILL DISTRIBUTING)  
MOSS LUMBER  
PEPSI-COLA  
RED LION  
SPORTS FOOT  
TORTILLA FLAT  
ANGELO'S PIZZA PARLOR

Other businesses who helped us in big ways were CHUCK E. CHEESE'S, FLEET FEET, and LAMOREAUX GRAPHICS. Also a few individuals contributed over and above their entry fee. To Georgia Strausbaugh, Egon Harrasser, George Grahn, Milton Schultz, John Calhoon, Elden Sylva, Mike Montgomery, Lee Bunnell, and Harry Daniell we owe our thanks.

Finally there were some problems with the entry blanks and as result we do not have a mailing address for many of the runners. If you know of someone who has not received a copy of the results please have them contact me and I will send one out.

Thanks Joe McFarland 2500 Eureka Way Rdg, CA 96001 (916) 241-4161

MALE		FEMALE	
<b>40-44</b>			
1 Al Katchke	18:49.1 (36)	1 Lorna Gray	22:22.8 (116)
2 Gary Smoot	18:49.5 (37)	2 Alice Hastings	22:25.9 (118)
3 Gary Hollahan	19:19.1 (47)	3 Kathleen Evanhoe	22:37.5 (126)
4 Robert Galusha	19:50.2 (53)	4 Carolyn Ward	23:42.5 (145)
5 Lee Salter	20:15.5 (64)	5 Donna Balton	23:59.2 (154)
6 Franklin Cibula	20:24.6 (66)	6 Penny Harris	24:04.1 (157)
7 David Bush	21:23.3 (87)	7 Codie Powers	25:25.5 (188)
8 James Weber	21:24.1 (88)	8 Nancy Weber	26:02.1 (197)
9 Michael McKenna	21:40.5 (97)		
10 Bill Robinson	22:11.2 (109)	40-44 MALE	
11 Gary Heller	22:13.1 (111)	12 Virgil Redden	22:35.3 (129)
13 Wayne Kessler	23:21.8 (138)	14 Ron Chadwick	23:34.4 (143)
15 Art Preciado	24:41.7 (171)	16 Wm. Evanhoe	24:52.7 (176)
17 Dennis Johnson	25:36.3 (192)	18 Lynton Smith	26:06.8 (199)
<b>45-49</b>			
1 Len Edholm	18:15.7 (27)	FEMALE	
2 Glenn Reed	18:44.0 (35)	1 Mary Smith	25:17.0 (185)
3 Terry Wealey	19:57.5 (57)	2 Margaret Keys	26:14.7 (201)
4 Walter Zahnel	20:47.4 (75)	3 Sharon McKelvie	26:33.8 (209)
5 Lynn Leistinger	22:16.3 (113)		
6 Egon Harrasser	23:45.3 (146)	50-59	
7 Bill Wamsley	23:47.6 (147)	1 Mary Malain	24:13.0 (162)
8 Ray Everett	25:12.6 (182)		
9 David Smith	25:22.6 (186)	60+ MALE	
10 Al Druse	26:26.5 (205)	1 Patrick Ryan	23:40.7 (144)
<b>50-59</b>			
1 Mort Ward	18:20.7 (29)	2 Everett Riggle	18:34.5 (33)
3 Bill Wagner	20:39.7 (73)	4 Lefty Hastings	21:39.8 (96)
5 James Myers	22:16.7 (114)	6 Jim Gard	22:17.2 (115)
7 Gene Greenwell	25:35.4 (191)		

### TIMES FOR PLACES 211-279

211	26:35.3	212	26:36.0	213	26:38.9	214	26:39.6	215	26:46.9
216	26:49.7	217	26:54.2	218	27:11.4	219	27:26.8	220	27:27.4
221	27:35.0	222	27:35.7	223	27:40.7	224	27:52.2	225	27:55.0
226	28:05.3	227	28:12.9	228	28:14.5	229	28:15.1	230	28:15.7
231	28:16.4	232	28:20.2	233	28:20.8	234	28:25.6	235	28:29.3
236	28:29.7	237	28:40.8	238	28:47.1	239	28:55.0	240	28:55.6
241	29:09.3	242	29:10.7	243	29:13.1	244	29:16.3	245	29:22.4
246	29:40.7	247	29:44.1	248	29:46.7	249	29:55.1	250	29:55.6
251	30:01.8	252	30:32.5	253	30:33.6	254	30:35.5	255	30:42.2
256	30:46.7	257	30:52.7	258	30:54.1	259	31:14.3	260	31:23.0
261	31:23.6	262	31:26.4	263	31:38.4	264	31:50.0	265	31:59.8
266	32:00.7	267	33:52.4	268	35:05.4	269	35:06.2	270	36:31.0
271	36:31.0	272	36:46.1	273	36:46.4	274	39:18.7	275	39:19.3
276	42:25.8	277	44:00.7	278	44:01.1	279	44:01.5		

## MALE

35-39

1 Dick Look	60:04.8	(2)
2 Glen Hardrock	60:30.0	(3)
3 John McIntosh	60:54.1	(5)
4 Jack Holcomb	63:28.7	(11)
5 James Fisher	65:01.1	(14)
6 David Charlebois	65:36.2	(16)
7 John DiPerry	66:30.8	(19)
8 James Wyatt	66:43.7	(20)
9 Butch Stratton	67:19.3	(22)
10 Jim King	67:27.5	(24)
11 Roy Reddin	70:01.9	(38)
12 Buer Koll	70:57.2	(44)
13 Terrence Green	72:44.4	(55)
14 Mike Montgomery	74:11.6	(62)
15 Larry Olson	74:19.3	(63)
16 Bill Horton	75:56.9	(73)
17 Scott Phillips	76:26.6	(77)
18 Paul Miller	78:24.2	(85)
19 Steve Ryberg	78:46.5	(89)
20 David Binning	80:20.0	(95)
21 Arthur Thomas	84:33.7	(103)
22 Jose Garcia	91:33.9	(116)

40-44

1 Bill Gardner	60:44.1	(4)
2 Bill Parr	63:02.2	(9)
3 Ron Prior	63:28.1	(10)
4 Joe Gazzigli	65:00.5	(13)
5 Colin Dazzi	65:56.5	(17)
6 Lynn Aase	66:47.5	(21)
7 Fred Vogel	68:40.5	(29)
8 Robert Thomas	68:45.8	(30)
9 Donald Yost	68:56.7	(32)
10 Daryl Harris	71:16.6	(50)
11 Bill Dawson	74:22.2	(64)
12 Wm. Johnson	74:29.8	(65)
13 Richard Gyuro	74:47.7	(66)
14 Lawrence Tomer	75:35.1	(69)
15 Dick Kahler	77:32.7	(81)
16 Mark Scott	87:23.9	(114)
17 Robert Payne	96:32.5	(125)

45-49

1 Ron Dunlap	70:33.9	(42)
2 Earnest Dalton	75:42.0	(70)
3 Ralph Scott	77:13.8	(80)
4 Lowell Britain Jr.	79:04.2	(90)
5 Robert Smallfield	84:44.0	(105)
6 David Klasson	86:20.9	(111)
7 Royce Zumalt	94:30.0	(122)

## FEMALE

1 Nancy Ruffner	71:28.0	(51)
2 Jessie Stratton	73:25.2	(59)
3 Lee Nacey	76:27.7	(70)
4 Meredith Parks	85:49.1	(110)
5 Molly Navarro	93:28.6	(120)
6 Suzie Rodriguez	1:45:28.3	(128)
7 Marilyn Hatten- hauer	1:47:14.5	(129)

1 Marijke Valencia	70:37.7	(43)
2 Marge Dunlap	73:57.8	(61)
3 Susian Condon	78:00.3	(84)
4 Carolyn McHenry	84:40.6	(104)
5 Michele Nance	85:00.3	(106)
6 Rita McFarland	91:40.0	(117)
7 Norma Moore	99:05.7	(126)

50-59 MALE

1 Robert Halain	62:34.8	(8)
2 Lee Bunnell	65:15.7	(15)
3 Harry Daniell	67:29.9	(25)
4 Ken Vollemerider	70:59.4	(45)
5 Mel Sullens	72:53.6	(56)
6 Milton Schultz	75:04.2	(67)
7 John Castillo	81:53.5	(100)
8 Richard Abbe	81:56.7	(102)
9 Dwight Roberts	85:02.0	(107)
10 Jerry Emerson	87:09.0	(113)

50-59 FEMALE

1 Margaret Appecechea	92:47.2	(119)
2 Georgia Straus- baugh	93:37.0	(121)

## 3 MILE RESULTS

## MALE

0-13

1 Brian Gaddy	19:04.2	(42)
2 Randy Duggan	19:05.8	(43)
3 Jesse Dorris	21:01.3	(82)
4 Doug Martin	21:26.0	(91)
5 Trevor Brady	22:05.6	(107)
6 Josh Dorris	22:24.6	(117)
7 Randy Bush	23:33.8	(142)
8 Tom Harris	23:57.0	(153)
9 Zack Taylor	24:11.3	(161)
10 Kevin Boschnick	24:51.9	(174)
11 Cain Gillis	24:52.4	(175)
12 Bill Wheeler	24:47.2	(193)
13 Chris Dale Smith	26:14.1	(200)

14-18

1 Ernie Freer	15:24.0	(3)
2 Eric Schmidt	16:00.4	(5)
3 Jeff Hayes	16:09.2	(6)
4 Randy Penn	16:22.4	(8)
5 Mike Weidlein	16:45.5	(9)
6 Forrest Stuckey	16:50.3	(12)
7 Jason Salter	17:01.2	(13)
8 Jesse Carter	17:04.7	(14)
9 David Odegard	17:13.0	(17)
10 Gregory Dunlap	17:20.0	(19)
11 Tim Sheehy	18:01.7	(25)

12 Roger Freer	18:02.0	(27)
13 Danny McGehee	18:20.1	(28)
14 Mike True	18:27.7	(30)
16 Jeff Woods	18:58.3	(39)
18 James Best	19:32.6	(50)
20 John Kelly	19:51.8	(54)
22 Eric Tofflenaire	20:00.3	(59)
24 John McDaniel	20:27.0	(67)
26 Corey McKenna	20:46.6	(69)
28 Kevin Harrasser	21:20.9	(92)
30 Eric Nelson	21:48.7	(101)
32 Tim McConnell	22:11.6	(110)
34 Eric Wodemyer	22:32.3	(121)

19-29

1 Don Merwin	14:54.5	(2)
2 Michael Healey	15:32.6	(4)
3 Steve Whitehead	16:09.5	(7)
4 Mark Palmer	16:46.4	(10)
5 Al Masterson	17:12.0	(15)
6 Rob Fisher	17:30.2	(22)
7 Mike Schneider	18:32.6	(31)
8 Kevin Lennon	19:33.7	(51)

## FEMALE

1 Catherine Skicki	18:33.3	(32)
2 Laurie Gadley	20:30.3	(68)
3 Christy Oliveira	21:18.6	(86)
4 Colleen Stewart	22:44.4	(129)
5 Jennifer Shields	23:02.1	(134)
6 Lisa Evanhoe	23:53.8	(151)
7 Jennifer Doniak	24:03.4	(156)
8 Sheri Hidever	24:57.1	(179)

1 Heather Hollahan	17:43.4	(24)
2 Nichole Oliveira	19:06.5	(44)
3 Becky Collens	19:58.7	(58)
4 Cori Gifford	20:51.6	(77)
5 Beth Thomas	20:54.2	(78)
6 Heidi Thoensen	21:02.1	(83)
7 Michelle Hankin	21:08.9	(85)
8 Joanna Robinson	21:59.4	(105)
9 Joana Hessick	22:03.2	(106)
10 Kelly Sheehy	24:37.3	(116)
11 Kim Brewer	24:38.9	(167)
12 Janine Petrick	24:39.4	(168)

14-18 MALE

15 Sean Harrasser	18:34.8	(34)
17 Michael Neir	19:12.9	(46)
19 Dean Woods	19:41.2	(52)
21 Dan Hiestand	19:53.8	(55)
23 Scott Leffler	20:03.8	(60)
25 William Safford	20:33.5	(69)
27 Ryan Douth	20:58.2	(80)
29 Bryan Fitzpatrick	21:55.7	(100)
31 Brian Charbonneau	21:52.8	(103)
33 Aaron Harris	22:15.1	(112)
35 Todd Hauer	23:18.5	(136)

FEMALE

1 Vivian Grathon	19:23.2	(48)
2 Jennifer Daniell	19:28.9	(49)
3 Carole Grandmain	21:25.4	(90)
4 Nicole Kure	21:33.5	(96)
5 Natalie Stewart	21:58.9	(104)
6 Sheri Peterson	23:22.0	(139)
7 Sandy Wondra	23:55.4	(152)
8 Sherry Graddy	24:00.6	(160)

MALE			FEMALE		
19-29					
9 Gary Duinell	20:12.7	(63)	9 Darla Hewitt	24:14.2	(163)
10 Lance Orozoco	20:38.4	(72)	10 Sue Hagberg	24:21.3	(165)
11 Mike Baxter	21:00.1	(81)	11 Kim Edholm	24:48.1	(173)
12 Michael Grandmain	21:35.1	(95)	12 Linda Weeks	24:54.9	(177)
13 Robert Farley	21:43.4	(98)	13 Judy DeHallie	25:13.1	(183)
14 Murray Pirritana	22:29.9	(119)	14 Lynda Stockton	26:01.4	(196)
15 Trent Teesdale	23:50.9	(149)			
16 Robert Davis	24:06.8	(159)			
17 Wayne Welch	24:21.0	(164)			
18 David Steele	24:39.9	(169)			
19 Robert Fisher	24:42.8	(176)			
20 Thomas Price	26:04.9	(198)			

30-34					
1 Mike Kelly	14:52.9	( 1)	1 Victoria Zetocha	22:09.5	(108)
2 Richard Parks	17:12.6	(16)	2 Patti Hepburn	22:55.6	(131)
3 Steven Thomas	17:33.8	(23)	3 Tara Swanson	22:56.1	(132)
4 Greg Pontarolia	20:04.5	(61)	4 Barbara Erochlan	23:48.3	(148)
5 David Trainer	20:36.5	(70)	5 Rita Metzler	23:52.0	(150)
6 Bob Severson	20:37.7	(71)	6 Nancy Huber	24:02.9	(155)
7 Oscar Cervantes	21:07.9	(84)	7 Susan Grabek	24:06.1	(158)
8 Richard Grogan	22:31.0	(120)	8 Bev Uttinger	24:56.5	(178)
9 John Morton	22:34.0	(122)	9 Carol Lancaster	25:10.7	(181)
10 Larry Morgan	22:34.8	(123)	10 Mary-Louise	25:49.6	(195)
11 Gary Henery	22:41.7	(127)	Mumill		
12 John Neves	22:42.5	(128)	11 Terry Reddin	26:20.5	(203)
13 Stephen Lotspeich	22:56.8	(133)	12 Denise Reed	26:33.3	(208)
14 Bud Warren	25:30.7	(189)	13 Annette Mendez	26:34.4	(210)
15 Lloyd Grove	26:23.7	(204)			

35-39					
1 Lee Ferrero	16:55.0	(11)	1 Hilario Salsedo	20:10.5	(62)
2 Warren Coleman	17:14.6	(18)	2 Jenis Openshaw	21:49.3	(102)
3 Steve Conley	17:22.4	(20)	3 Paula Kahler	22:36.1	(125)
4 Anthony Johnson	17:23.9	(21)	4 Cyrilla Salsedo	23:16.6	(135)
5 James Nelson	18:50.4	(38)	5 Kathy DiPerry	24:40.7	(170)
6 Grady Fort	19:00.5	(40)	6 Colleen Taylor	25:09.8	(180)
7 Bruce Makinson	19:01.7	(41)	7 Angela Diezi	25:14.7	(184)
8 Mike Lybrand	19:08.6	(45)	8 Paulette Buckmann	25:23.0	(187)
9 Greg Beale	19:56.6	(56)	9 Bobbie Christian	25:31.4	(190)
10 Dennis Boyle	20:22.9	(65)	son		
11 David Wheeler	20:50.6	(76)	10 Harriet Miller	26:19.7	(202)
12 Tom Ruffner	20:54.8	(79)			
13 Bob Martin	21:24.8	(89)			
14 Ray Frisbie	21:33.1	(93)			
15 Kaven Brown	21:45.1	(99)			
16 Will Douglas	22:51.7	(130)			
17 Thomas Powers	23:21.8	(137)			
18 Joshua Megill	23:29.0	(140)			
19 Ronald Megill	23:29.0	(141)			
20 Lewis Arno	25:48.5	(194)			
21 Scott Brown	26:27.2	(206)			
22 Gary Steele	26:32.9	(207)			

### 10 MILE RESULTS

MALE		FEMALE			
10-13					
1 Robbie Scott	78:42.5	(87)	1 Tomi Seymour	93:03.9	(127)
2 Lathrop Sleezer	79:19.0	(91)			
3 Jamie Payne	85:24.7	(108)			
4 Robert Payne	95:57.8	(124)			

14-18					
1 David Shraeder	62:02.6	( 7)			
2 Gary Youme	67:21.7	(23)			
3 Erik Edholm	68:11.3	(26)			
4 Steve Gorsuch	68:40.2	(28)			
5 Brett Clark	69:58.0	(36)			
6 Larry Harris	71:15.6	(49)			
7 John Carey	76:17.1	(74)			
8 Craig Bentley	76:17.6	(75)			
9 Glen Foster	78:24.7	(86)			
10 Clyde Tibbett	81:55.5	(101)			

19-29					
1 Bill Yeoman	55:21.7	( 1)	1 Sandy Martin-		
2 Alan Tenschler	64:11.3	(12)	Murray	70:20.6	(40)
3 Alan Woolard	66:24.9	(18)	2 Tania Bruse	73:18.8	(57)
4 Alan Shipman	68:53.4	(31)	3 Gail Small	77:32.9	(82)
5 Doug DeHallie	69:32.6	(34)	4 Laurie Apecechea	80:15.5	(93)
6 Mark Karns	69:58.7	(37)	5 Diana Hilken	80:40.2	(97)
7 Larry Grandy	71:02.8	(46)	6 Denise Bertagna	81:35.4	(99)
8 Don Bruse	73:19.2	(58)			
9 Gary Schneegas	75:51.5	(71)			
10 Andrew Hogge	75:55.8	(72)			
11 Dean Halton	80:19.3	(94)			
12 Michael Bertagna	89:32.5	(115)			

30-34					
1 Rodney Smith	61:17.8	( 6)	1 Shirley Shaw	72:33.8	(54)
2 Tim Rossiter	68:29.9	(27)	2 Rebeca Franco	75:04.8	(68)
3 Bill Tramontin	69:15.2	(33)	3 Suzan Towlen	77:03.0	(79)
4 Steven Meyer	70:15.2	(39)	4 Karen Meyer	78:44.1	(88)
5 Kim Harrison	70:27.1	(41)	5 Jacqui Kaufman	95:36.4	(128)
6 Michael Iuele	71:09.6	(47)	6 Mary Schwartz	1:49:00.2	(130)
7 Rob Early	71:55.2	(52)			
8 Harold Silva	72:14.3	(53)			
9 Jerry Brown	73:49.1	(60)			
10 Herb Davidson	76:18.3	(76)			
11 Tom Ruonavaara	77:58.9	(83)			
12 Larry Lash	80:00.4	(92)			
13 Steve Davidson	80:31.3	(96)			
14 Doug Gordon	81:34.6	(98)			
15 David Fockt	85:26.1	(109)			
16 Bryan Evers	86:29.5	(112)			
17 John Calhoun	92:29.4	(118)			

## 10 MILE RESULTS

## MALE

## FEMALE

10-13

1 Robbie Scott	78:42.5	(87)
2 Lathrop Sleezer	79:19.0	(91)
3 Jamie Payne	85:24.7	(108)
4 Robert Payne	95:57.8	(124)

1 Toni Seymour 93:03.9 (127)

14-18

1 David Shraeder	62:02.6	(7)
2 Gary Towne	67:21.7	(23)
3 Erik Edholm	68:11.3	(26)
4 Steve Gorsuch	68:40.2	(28)
5 Brett Clark	69:58.0	(36)
6 Larry Harris	71:15.6	(49)
7 John Carey	76:17.1	(74)
8 Craig Bentley	76:17.6	(75)
9 Glen Foster	78:24.7	(86)
10 Clyde Tibbett	81:55.5	(101)

19-29

1 Bill Yeoman	55:21.7	(1)
2 Alan Tenschler	64:11.3	(12)
3 Alan Woolard	66:24.9	(18)
4 Alan Shipman	68:53.4	(31)
5 Doug DeMallie	69:32.6	(34)
6 Mark Karns	69:58.7	(37)
7 Larry Grandy	71:02.8	(46)
8 Don Druse	73:19.2	(58)
9 Gary Schneegas	75:51.5	(71)
10 Andrew Hogge	75:55.8	(72)
11 Dean Halton	80:19.3	(94)
12 Michael Bertagna	89:32.5	(115)

1 Sandy Martin-		
	Murray	70:20.6 (40)
2 Tania Druse		73:18.8 (57)
3 Gail Small		77:32.9 (82)
4 Laurie Apecechea		80:15.5 (93)
5 Diana Hilken		80:40.2 (97)
6 Denise Bertagna		81:35.4 (99)

30-34

1 Rodney Smith	61:17.8	(6)
2 Tim Rossiter	68:29.9	(27)
3 Bill Tramontin	69:15.2	(33)
4 Steven Meyer	70:15.2	(39)
5 Kim Harrison	70:27.1	(41)
6 Michael Iuele	71:09.6	(47)
7 Rob Early	71:55.2	(52)
8 Harold Silva	72:14.3	(53)
9 Jerry Brown	73:49.1	(60)
10 Herb Davidson	76:18.3	(76)
11 Tom Ruonavaara	77:58.9	(83)
12 Larry Lash	80:00.4	(92)
13 Steve Davidson	80:31.3	(96)
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1 Shirley Shaw	72:33.8	(54)
2 Rebeca Franco	75:04.8	(68)
3 Suzan Towlen	77:03.0	(79)
4 Karen Meyer	78:44.1	(88)
5 Jacqui Kaufman	95:36.4	(128)
6 Mary Schwartz	1:49:00.2	(130)

## MALE

35-39

1 Dick Look	60:04.8	( 2)
2 Glen Hardrock	60:30.0	( 3)
3 John McIntosh	60:54.1	( 5)
4 Jack Holcomb	63:28.7	(11)
5 James Fisher	65:01.1	(14)
6 David Charlebois	65:36.2	(16)
7 John DiPerry	66:30.8	(19)
8 James Wyatt	66:43.7	(20)
9 Butch Stratton	67:19.3	(22)
Jim King	67:27.5	(24)
11 Roy Redd	70:01.9	(38)
12 Buer Kol	70:57.2	(44)
13 Terrence Green	72:44.4	(55)
14 Mike Montgomery	74:11.6	(62)
15 Larry Olson	74:19.3	(63)
16 Bill Horton	75:56.9	(73)
17 Scott Phillips	76:26.6	(77)
18 Paul Miller	78:24.2	(85)
19 Steve Ryberg	78:46.5	(89)
20 David Binning	80:20.0	(95)
21 Arthur Thomas	84:33.7	(103)
22 Jose Garcia	91:33.9	(116)

40-44

1 Bill Gardner	60:44.1	( 4)
2 Bill Parr	63:02.2	( 9)
3 Ron Prior	63:28.1	(10)
4 Joe Gazzigli	65:00.5	(13)
5 Colin Dazzi	65:56.5	(17)
6 Lynn Aase	66:47.5	(21)
7 Fred Vogel	68:40.5	(29)
8 Robert Thomas	68:45.8	(30)
9 Donald Yost	68:56.7	(32)
10 Daryl Harris	71:16.6	(50)
11 Bill Dawson	74:22.2	(64)
12 Wm. Johnson	74:29.8	(65)
13 Richard Gyuro	74:47.7	(66)
14 Lawrence Towner	75:35.1	(69)
15 Dick Kahler	77:32.7	(81)
16 Mark Scott	87:23.9	(114)
17 Robert Payne	96:32.5	(125)

45-49

1 Ron Dunlap	70:33.9	(42)
2 Earnest Dalton	75:42.0	(70)
3 Ralph Scott	77:13.8	(80)
4 Lowell Britain Jr.	79:04.2	(90)
5 Robert Smallfield	84:44.0	(105)
6 David Klasson	86:20.9	(111)
7 Royce Zumalt	94:30.0	(122)

## FEMALE

1 Nancy Ruffner	71:28.0	(51)
2 Jessie Stratton	73:25.2	(59)
3 Lee Macey	76:27.7	(78)
4 Meredith Parks	85:49.1	(110)
5 Holly Navarro	93:28.6	(120)
6 Suzie Rodriquez	1:45:28.3	(128)
7 Marilyn Hatten-	1:47:14.5	(129)
hauer		

1 Marijke Valencia	70:37.7	(43)
2 Marge Dunlap	73:57.8	(61)
3 Susian Condon	78:08.3	(84)
4 Carolyn McHenry	84:40.6	(104)
5 Michele Nance	85:00.3	(106)
6 Rita McFarland	91:40.0	(117)
7 Norma Moore	99:05.7	(126)

50-59 MALE

1 Robert Malain	62:34.8	( 8)
2 Lee Bunnell	65:15.7	(15)
3 Harry Daniell	67:29.9	(25)
4 Ken Vollenweider	70:59.4	(45)
5 Mel Sullens	72:53.6	(56)
6 Milton Schultz	75:04.2	(67)
7 John Castillo	81:53.5	(100)
8 Richard Abbe	81:56.7	(102)
9 Dwight Roberts	85:02.0	(107)
10 Jerry Emerson	87:09.0	(113)

50-59 FEMALE

1 Margaret	92:47.2	(119)
Appecechea		
2 Georgia Straus-	93:37.0	(121)
baugh		

### 3 MILE RESULTS

#### MALE

#### FEMALE

#### 0-13

1	Brian Gaddy	19:04.2	(42)
2	Randy Duggan	19:05.8	(43)
3	Jesse Dorris	21:01.3	(82)
4	Doug Martin	21:26.0	(91)
5	Trevor Brady	22:05.6	(107)
6	Josh Dorris	22:24.6	(117)
7	Randy Bush	23:33.8	(142)
8	Tom Harris	23:57.0	(153)
9	Zack Taylor	24:11.3	(161)
10	Kevin Boschnick	24:51.9	(174)
11	Cain Gillis	24:52.4	(175)
12	Bill Wheeler	24:47.2	(193)
13	Chris Dale Smith	26:14.1	(200)

1	Catherine Skicki	18:33.3	(32)
2	Laurie Gadley	20:30.3	(68)
3	Christy Oliveira	21:18.6	(86)
4	Colleen Stewart	22:44.4	(129)
5	Jennifer Shields	23:02.1	(134)
6	Lisa Evanhoe	23:53.8	(151)
7	Jennifer Doniak	24:03.4	(156)
8	Sheri Nidever	24:57.1	(179)

#### 14-18

1	Ernie Freer	15:24.0	( 3)
2	Eric Schmidt	16:08.4	( 5)
3	Jeff Hayes	16:09.2	( 6)
4	Randy Penn	16:22.4	( 8)
5	Mike Weidlein	16:45.5	( 9)
6	Forrest Stuckey	16:58.3	(12)
7	Jason Salter	17:01.2	(13)
8	Jesse Carter	17:04.7	(14)
9	David Odegard	17:13.0	(17)
10	Gregory Dunlap	17:20.0	(19)
11	Tim Sheehy	18:01.7	(25)

1	Heather Hollahan	17:43.4	(24)
2	Nichole Oliveira	19:06.5	(44)
3	Becky Collens	19:58.7	(58)
4	Cori Gifford	20:51.6	(77)
5	Beth Thomas	20:54.2	(78)
6	Heidi Thoensen	21:02.1	(83)
7	Michelle Hankin	21:08.8	(85)
8	Joanna Robinson	21:59.4	(105)
9	Joana Messick	22:03.2	(106)
10	Kelly Sheehy	24:37.3	(116)
11	Kim Brewer	24:38.9	(167)
12	Janine Petrick	24:39.4	(168)

12	Roger Freer	18:02.0	(27)
13	Danny McGehee	18:20.1	(28)
14	Mike True	18:27.7	(30)
16	Jeff Woods	18:58.3	(39)
18	James Best	19:32.6	(50)
20	John Kelly	19:51.8	(54)
22	Eric Tofflemire	20:00.3	(59)
24	John McDaniel	20:27.0	(67)
26	Corey McKenna	20:46.6	(69)
28	Kevin Harrasser	21:28.9	(92)
30	Eric Nelson	21:48.7	(101)
32	Tim McConnell	22:11.6	(110)
34	Eric Wedemyer	22:32.3	(121)

#### 14-18 MALE

15	Sean Harrasser	18:34.8	(34)
17	Michael Meir	19:12.9	(46)
19	Dean Woods	19:41.2	(52)
21	Dan Hiestand	19:53.8	(55)
23	Scott Leffler	20:03.8	(60)
25	William Safford	20:33.5	(69)
27	Ryan Douth	20:58.2	(80)
29	Bryan Fitzpatrick	21:55.7	(100)
31	Brian Charbonneau	21:52.8	(103)
33	Aaron Harris	22:15.1	(112)
35	Todd Hamer	23:18.5	(136)

#### 19-29

1	Don Merwin	14:54.5	( 2)
2	Michael Healey	15:32.6	( 4)
3	Steve Whitehead	16:09.5	( 7)
4	Mark Palmer	16:46.4	(10)
5	Al Masterson	17:12.0	(15)
6	Rob Fisher	17:30.2	(22)
7	Mike Schneider	18:32.6	(31)
8	Kevin Lennox	19:33.7	(51)

#### FEMALE

1	Vivian Grathon	19:23.2	(48)
2	Jennifer Daniell	19:28.9	(49)
3	Carole Grandmain	21:25.4	(90)
4	Nicole Kure	21:33.5	(96)
5	Natalie Stewart	21:58.9	(104)
6	Sheri Peterson	23:22.0	(139)
7	Sandy Wopdra	23:55.4	(152)
8	Sherry Graddy	24:08.6	(160)

## MALE

## FEMALE

## 19-29

9 Gary Dwinell	20:12.7	(63)
10 Lance Orozoco	20:33.4	(72)
11 Mike Baxter	21:00.1	(81)
12 Michael Grandmain	21:35.1	(95)
13 Robert Farley	21:43.4	(98)
14 Murray Pirritana	22:22.9	(119)
15 Trent Teesdale	23:50.9	(149)
16 Robert Davis	24:06.8	(159)
17 Wayne Welch	24:21.0	(164)
18 David Steele	24:39.9	(169)
19 Robert Fisher	24:42.8	(176)
20 Thomas Price	26:04.9	(198)

9 Daria Hewitt	24:14.2	(163)
10 Sue Hagberg	24:21.3	(165)
11 Kim Edholm	24:48.1	(173)
12 Linda Meeks	24:54.9	(177)
13 Judy DeMallie	25:13.1	(183)
14 Lynda Stockton	26:01.4	(196)

## 30-34

1 Mike Kell	17:52.9	(1)
2 Richard Parks	17:12.6	(16)
3 Steven Thomas	17:33.8	(23)
4 Greg Pontarolia	20:04.5	(61)
5 David Trainer	20:36.5	(70)
6 Bob Severson	20:37.7	(71)
7 Oscar Cervantes	21:07.9	(84)
8 Richard Grogan	22:31.0	(120)
9 John Morton	22:34.0	(122)
10 Larry Morgan	22:34.8	(123)
11 Gary Henery	22:41.7	(127)
12 John Hayes	22:42.5	(128)
13 Stephen Lotspeich	22:56.8	(133)
14 Bud Warren	25:30.7	(189)
15 Lloyd Grove	26:23.7	(204)

1 Victoria Zetocha	22:09.5	(108)
2 Patti Hepburn	22:55.6	(131)
3 Tara Swanson	22:56.1	(132)
4 Barbara Erochlan	23:48.3	(148)
5 Rita Hetzel	23:52.0	(150)
6 Nancy Huber	24:02.9	(155)
7 Susan Grabel	24:06.1	(158)
8 Bev Uttinger	24:56.5	(178)
9 Carol Lancaster	25:10.7	(181)
10 Mary-Louise Munill	25:49.6	(195)
11 Terry Reddin	26:20.5	(203)
12 Denise Reed	26:33.3	(208)
13 Annette Mendez	26:34.4	(210)

## 35-39

1 Lee Ferrero	16:55.0	(11)
2 Warren Coleman	17:14.6	(18)
3 Steve Conley	17:22.4	(20)
4 Anthony Johnson	17:23.9	(21)
5 James Nelson	18:50.4	(38)
6 Grady Fort	19:00.5	(40)
7 Bruce Makinson	19:01.7	(41)
8 Mike Lybrand	19:08.6	(45)
9 Greg Beale	19:56.6	(56)
10 Dennis Boyle	20:22.9	(65)
11 David Wheeler	20:50.6	(76)
12 Tom Ruffner	20:54.8	(79)
13 Bob Martin	21:24.8	(89)
14 Ray Frisbie	21:33.1	(93)
15 Kaven Brown	21:45.1	(99)
16 Will Douglas	22:51.7	(130)
17 Thomas Powers	23:21.8	(137)
18 Joshua Megill	23:29.0	(140)
19 Ronald Megill	23:29.0	(141)
20 Lewis Arno	25:48.5	(194)
21 Scott Brown	26:27.2	(206)
22 Gary Steele	26:32.9	(207)

1 Hilario Salsedo	20:10.5	(62)
2 Jenis Openshaw	21:49.3	(102)
3 Paula Kahler	22:36.1	(125)
4 Cyrilla Salsedo	23:16.6	(135)
5 Kathy DiPerry	24:40.7	(170)
6 Colleen Taylor	25:09.8	(180)
7 Angela Diezi	25:14.7	(184)
8 Paulette Buckmann	25:23.0	(187)
9 Bobbie Christian- son	25:31.4	(190)
10 Harriet Miller	26:19.7	(202)

MALE

FEMALE

40-44

1	Al Katchke	18:49.1	(36)
2	Gary Smoot	18:49.5	(37)
3	Gary Hollahan	19:19.1	(47)
4	Robert Galusha	19:50.2	(53)
5	Lee Salter	20:15.5	(64)
6	Franklin Cibula	20:24.6	(66)
7	David Bush	21:23.3	(87)
8	James Weber	21:24.1	(88)
9	Michael McKenna	21:40.5	(97)
10	Bill Robinson	22:11.2	(109)
11	Gary Heller	22:13.1	(111)
13	Wayne Kessler	23:21.8	(138)
15	Art Preciado	24:41.7	(171)
17	Dennis Johnson	25:36.3	(192)

1	Lorna Gray	22:22.8	(116)
2	Alice Hastings	22:25.9	(118)
3	Kathleen Evanhoe	22:37.5	(126)
4	Carolyn Ward	23:42.5	(145)
5	Donna Dalton	23:59.2	(154)
6	Penny Harris	24:04.1	(157)
7	Codie Powers	25:25.5	(188)
8	Nancy Heber	26:02.1	(197)

40-44 MALE

12	Virgil Redden	22:35.3	(129)
14	Ron Chadwick	23:34.4	(143)
16	Wm. Evanhoe	24:52.7	(176)
18	Lynton Smith	26:06.8	(199)

45-49

1	Len Edholm	18:15.7	(27)
2	Glenn Reed	18:44.0	(35)
3	Terry Healey	19:57.5	(57)
4	Walter Zahnel	20:47.4	(75)
5	Lynn Leistinger	22:16.3	(113)
6	Egon Harrasser	23:45.3	(146)
7	Bill Wamsley	23:47.6	(147)
8	Ray Everett	25:12.6	(182)
9	David Smith	25:22.6	(186)
10	Al Druse	26:26.5	(205)

FEMALE

1	Mary Smith	25:17.0	(185)
2	Margaret Keys	26:14.7	(201)
3	Sharon McKelvie	26:33.8	(209)

50-59

1	Mary Malain	24:13.0	(162)
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60+ MALE

1	Patrick Ryan	23:40.7	(144)
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50-59

1	Mort Ward	18:20.7	(29)
3	Bill Wagner	20:39.7	(73)
5	James Myers	22:16.7	(114)
7	Gene Greenwell	25:35.4	(191)

2	Everett Riggle	18:34.5	(33)
4	Lefty Hastings	21:39.8	(96)
6	Jim Gard	22:17.2	(115)

TIMES FOR PLACES 211-279

211	26:35.3	212	26:36.0	213	26:38.9	214	26:39.6	215	26:46.9
216	26:49.7	217	26:54.2	218	27:11.4	219	27:26.8	220	27:27.4
221	27:35.0	222	27:35.7	223	27:40.7	224	27:52.2	225	27:55.0
226	28:05.3	227	28:12.9	228	28:14.5	229	28:15.1	230	28:15.7
231	28:16.4	232	28:20.2	233	28:20.8	234	28:25.6	235	28:29.3
236	28:29.7	237	28:40.8	238	28:47.1	239	28:55.0	240	28:55.6
241	29:09.3	242	29:10.7	243	29:13.1	244	29:16.3	245	29:22.4
246	29:40.7	247	29:44.1	248	29:46.7	249	29:55.1	250	29:55.6
251	30:01.8	252	30:32.5	253	30:33.6	254	30:35.5	255	30:42.2
256	30:46.7	257	30:52.7	258	30:54.1	259	31:14.3	260	31:23.0
261	31:23.6	262	31:26.4	263	31:38.4	264	31:50.0	265	31:59.8
266	32:00.7	267	33:52.4	268	35:05.4	269	35:06.2	270	36:31.0
271	36:31.0	272	36:46.1	273	36:46.4	274	39:18.7	275	39:19.3
276	42:25.8	277	44:00.7	278	44:01.1	279	44:01.5		