

FUNNIES FROM AN "UNFUNNY" RUN - THE 50K COOL CANYON CRAWL

These stories come from SWEAT member Jim Sullivan who, with his wife Jerry, worked an aid station at the Cool Canyon Crawl near their home in Cool.

Ultramarathoners are a rare breed - who else can laugh and joke when they're dying after 26.5 mountain miles, with 4.5 to go?

Royce Zumalt gave 'em his classic, crossing the finish line with "Here I am finishing in alphabetical order again". And when asked how he felt, he replied "This is the worst day of my life and I've been married twice."

But the best one on the course was from one of the slower participants who had been running for about six hours and was near death, and asked if his friend Jerry had come through the aid stop. When told that Jerry was only about five minutes ahead he quipped, "That animal!"

TALES FROM THE VIENNA WOODS (OR MAYBE IT WAS AUBURN)

Hot off the presses are the results of the American River 50 Mile held Saturday, April 3. Several SWEAT runners participated in this grueling uphill trail run from Sacramento City College to Auburn. The weather cooperated, being nice and cool, but a bit on the rainy side. Jessie Stratton was the first SWEAT runner to finish with an excellent time of 8 hours, 32 minutes, winning her age group in the process. Breathing down her neck was Marge Dunlap at 8:41, also good for first in her age group (Royce Zumalt swears he hasn't seen Marge run recently where she hasn't been either first in her age group or first overall). Shortly after Marge, came Lorraine Hashey in a time of 9:28, followed by Royce himself at 11:43. Jamieson Van Eaton started the 50 miler but was forced to withdraw at 28 miles with an injury.

Congratulations from all us normal people for doing so well!

TRAINING TIPS - HARD/EASY PRINCIPLE

A recent article in the Record Searchlight by Dr. Gabe Mirkin had the following training advise:

"Nobody can exercise vigorously every day. If you think that you can, expect to be injured. All athletic training is done by stressing and recovering. It's called the hard/easy principle. On one day, you exercise vigorously and your muscles feel sore. Then, for the next few workouts you exercise far less intensely until the soreness disappears. Only then should you attempt another hard workout. Athletes in competitive sports have to train specifically in their sports."

For walkers and runners that could translate to a fast hard workout on one day, followed by a slow easy one the next. Another application of this principle would be a long run or walk on one day, then a short workout the next day. Cross training with another sport gives specific muscle groups a chance to rest. In addition an occasional day off, say once a week, gives the body a better chance to recuperate than it would with continual training. Triathletes have three pursuits to juggle into a training schedule. Such a regimen allows muscle groups to recover, but finding an "easy" day is difficult when training seriously in three sports.

Dr. Mirkin concludes, "The hard-easy principle applies to your skeletal muscles, not your heart. You can exercise hard on consecutive days as long as you do not use the same set of skeletal muscles."

RACE RESULTS

NORCAL JOHN FRANK MEMORIAL RUN

The Norcal John Frank Memorial Run was held on Saturday, March 27 with approximately 380 participants. Congratulations to all of you who participated and the many others who volunteered their time and talents. Special recognition to our two SWEAT members who won their respective races and set records. Luanne Park won the women's 10 mile with a record time of 1:00:27 bettering her own record from last year. In the three mile race, Kim Stempien bettered the previous record time by 31 seconds with a 17:02 finish. Super times, ladies! A big thank you to Race Director, Linda Doniak, for her hard work and dedication.

<u>3 MILE</u>			<u>9 & UNDER</u>			<u>45-49</u>		
<u>MEN</u>								
<u>Overall Race Top 20</u>								
1	Mark Fricker, Canby OR	15:22	1	J.R. Ford, Redding	20:59	1	Chuck MacDonald, Redding	16:41
2	Bill Joseph, Shasta	15:25	2	Nick Mifsud, Redding	21:48	2	Ron Schultz, Redding	17:36
3	Gid Rysdam, Molalla, OR	15:56	3	Daniel Merwin, Sacramento	31:10	3	Gary Brooks, Carson City, NV	17:38
4	Brian Gaddy, Redding	16:25	<u>10-13</u>					
5	Jared Scoubes, Cottonwood	16:35	1	Steven Springhorn, Redding	18:44	1	John Frank, Summit City	19:30
6	Chuck MacDonald, Redding	16:41	2	Russell Mifsud, Redding	20:42	2	Joe Brown, Red Bluff	20:51
7	Mark Ganger, Palo Cedro	16:42	3	Chris Frost, Redding	21:10	3	Jack Hansen, Red Bluff	21:34
8	Al Masterson, Redding	16:57	<u>14-18</u>					
9	Nick Covarrubias, Anderson	17:06	1	Jared Scoubes, Cottonwood	16:35	1	Philip Erath, Junction City	19:42
10	Bruce Andrew, Anderson	17:06	2	Patrick Yates, Redding	17:48	2	Ken Vollenweider, Palo Cedro	22:22
11	Terry Slover, Cottonwood	17:17	3	Ryan Wade, Redding	18:35	3	Lowell Britain, Redding	22:33
12	Bob Digulio, Redding	17:17	<u>19-24</u>					
13	Fred Perl, Redding	17:28	1	Brian Gaddy, Redding	16:25	1	Mort Ward, Quincy	19:25
14	Ron Schultz, Redding	17:36	2	Joe Hill, Redding	20:43	<u>65-69</u>		
15	Gary Brooks, Carson City, NV	17:38	3	Josh Doniak, Central Valley	21:14	1	Lawrence Forero, Weaverville	25:28
16	Barry Dawson, Cottonwood	17:44	<u>25-29</u>					
17	Patrick Yates, Redding	17:48	1	Donnie Ferguson, Central Valley	18:16	<u>10 MILE</u>		
18	Donnie Ferguson, Central Valley	18:16	2	Aaron Haley, Redding	19:30	<u>MEN</u>		
19	Guy Malain, Redding	18:30	3	Don Merwin, Sacramento	20:32	<u>TOP 20 OVERALL</u>		
20	Richard Cross, Redding	18:33	<u>30-34</u>			1	Tom Cushman, Chico	54:09
<u>WHEELS</u>			1	Mark Fricker, Canby, OR	15:22	2	Pat Kornder, Redding	56:21
<u>SOLO</u>			2	Gid Rysdam, Molalla, OR	15:56	3	Mark Schafer, Chico	57:35
1	Mark Granger, Palo Cedro	16:42	3	Bruce Andrew, Anderson	17:06	4	Tom Peet, Chico	58:54
2	Nick Covarrubias, Anderson	17:06	<u>35-39</u>			5	Vincent Gama, Chico	1:00:00
3	Terry Slover, Redding	17:17	1	Bill Joseph, Shasta	15:25	6	Jim Walker, Chico	1:01:00
4	Bob Digulio, Redding	17:18	2	Al Masterson, Redding	16:57	7	Rod Smith, Lewiston	1:01:35
<u>DUO</u>			3	Barry Dawson, Cottonwood	17:44	8	John Diezsi, Burney	1:02:48
1	Andy Main, Redding	26:32	<u>40-44</u>			9	Larry Warren, Mt. Shasta	1:03:59
			1	Gay Malain, Redding	18:30	10	Jim Bevin, Red Bluff	1:05:19
			2	Mike Morton, Redding	19:37	11	Don Mason, Burney	1:08:00
			3	Don Clark, Chico	20:13	12	Peter Nicolay, Redding	1:08:21
						13	Leroy Perkins, Whitmore	1:08:36

14	Jason Montelongo, Redding	1:08:45
15	Nicholas Stefanisko, Red Bluff	1:09:38
6	Lee Bunnell, Redding	1:10:27
17	Jose Loza, Sacramento	1:11:38
18	Robert Malain, Redding	1:11:40
19	Bob Piercy, Project City	1:11:40
20	Louis Quiggle, Redding	1:11:40

18 & UNDER

1	Jason Montelongo, Redding	1:08:45
2	Neal Fluhrer, Redding	1:12:56
3	Mike Sheriff, Petaluma	1:27:45
19-24		
1	Jose Loza, Sacramento	1:11:38
25-29		
1	Pat Koruder, Redding	56:21
30-34		
1	Mark Schafer, Chico	57:35
2	Tom Peet, Chico	58:54
3	Vincent Gama, Chico	1:00:06
35-39		
1	Tom Cushman	54:09
2	Jim Walker, Chico	1:01:35
3	Peter Nicolay, Redding	1:08:21

40-44

1	Rod Smith, Lewiston	1:01:35
2	Don Mason, Burney	1:08:00
3	Bob Piercy, Project City	1:11:40
45-49		
1	John Diezai, Burney	1:02:48
2	Leroy Perkins, Whitmore	1:08:36
3	William Horton, Anderson	1:21:56
50-54		
1	Larry Warren, Mt. Shasta	1:03:59
2	Ron Dualap, Redding	1:09:23
3	Nicholas Stefanisko, Red Bluff	1:09:38

55-59

1	Jim Bevina, Red Bluff	1:05:19
2	Lee Bunnell, Redding	1:10:27
3	Johnny Luzzadder, Red Bluff	1:18:39
60-64		
1	Harry Daniell, Redding	1:18:53
2	Ira Stanley, Tulelake	1:24:47

65 & Over

1	Robert Malain, Redding	1:11:40
2	Bill Stowell, Fort Jones	1:17:33
3	Jim Sullivan, Cool	1:31:46

WOMEN

TOP 20 OVERALL

1	Luanne Park, Redding	1:00:27
2	Gail Jones, Weaverville	1:08:34
3	Renee Thomas, Redding	1:11:07
4	Sherry Mann, Redding	1:14:35
5	Christina Schlosser, Redding	1:17:59
7	Carole Grandmain, Redding	1:18:03
8	Meridith Parks, Redding	1:19:42
9	Marci Martin, Redding	1:20:40
10	Karen Meyer, Redding	1:22:56
11	Robin Debruner, Redding	1:23:33
12	Cyndi Schieber, Mt. Shasta	1:27:55
13	Lori Goyne, Redding	1:28:37
14	Daisy Roberts, Yreka	1:28:40

25-29

1	Marci Martin, Redding	1:20:40
30-34		
1	LuAnne Park, Redding	1:00:27
2	Gail Small, Redding	1:17:59
3	Carole Grandmain, Redding	1:18:03
35-39		
1	Gail Jones, Weaverville	1:08:34
2	Renee Thomas, Redding	1:11:07
3	Karen Meyer, Redding	1:18:03
40-44		
1	Sherry Mann, Redding	1:14:35
2	Christina Schlosser, Redding	1:17:05

45-49

1	Meredith Parks, Redding	1:19:42
60-64		
1	Daisy Roberts, Yreka	1:28:40

3 MILE WOMEN

TOP 20 OVERALL

1	Kim Stempien, Redding	17:02
2	Krissy Look, Redding	18:34
3	Naomi Ramos, Redding	19:19
4	Nicole Hartley, Bella Vista	19:26
5	Tonya Geers, Redding	19:52
6	Carie Irwin, Redding	20:15
7	Sarah Duclos, Anderson	20:49
8	Liada Doniak, Central Valley	20:50
9	Liada Frank, Summit City	20:50
10	Terry Reddin, Redding	21:11
11	Shannon Williams, Red Bluff	21:14
12	Jennifer Doniak, Central Valley	21:16
13	Leslie Bringolf, Chico	21:29
14	Natalie Wilhelmson, Chico	21:36
15	Beth Mifsud, Redding	22:01
16	Diedra Malain, Redding	22:02
17	Marlina Riffel, Redding	22:03
18	Lacey Hoffman, Red Bluff	22:08
19	Suzi Mayberry, Redding	22:28
20	Traci Benoit, Redding	22:58

WHEELS

DUO

1	Diedra Malain, Redding	22:02
2	Nancy Main, Redding	26:36
3	Kathy Malain, Redding	30:59
2 & Under		
1	Quinn Brousseau, Redding	33:05
10-13		
1	Naomi Ramos, Redding	19:19
2	Nicole Hartley, Bella Vista	19:26
3	Sarah Duclos, Anderson	20:49

14-18

1	Krissy Look, Redding	18:34
2	Carie Irwin, Redding	20:15
3	Traci Benoit, Anderson	22:58
19-24		
1	Linda Frank, Summit City	21:11
2	Jennifer Doniak, Central Valley	21:16
3	Natalie Wilhelmson, Chico	21:36
25-29		
1	Leslie Bringolf, Chico	21:29
2	Crista Cbelemedor, Petaluma	24:19
3	Lisa Little, Redding	24:33

30-34

1	Kim Stempien, Redding	17:02
2	Tonya Geers, Redding	19:52
3	Marlina Riffel, Redding	22:03
35-39		
1	Denise Sherwood, Redding	23:39
2	Kim Finck, Redding	25:32
3	Marlene Criss, Bieber	26:18
40-44		
1	Terry Reddin, Redding	21:11
2	Beth Mifsud, Redding	22:01
3	Sue MacDonald, Redding	23:04
45-49		
1	Linda Doniak, Central Valley	20:50
2	Kathy Frank, Summit City	23:29
3	Jill Hill, Redding	26:17

50-54

1	Carolyn Ward, Quincy	25:06
2	Diane Prettyman, Redding	25:21
3	Yvonne Cunningham, Redding	26:26
55-59		
1	Sandy Goudzward, Redding	24:03
2	Marie Rouse, Redding	25:38
60-64		
1	Beverly Foreo, Weaverville	25:38
2	Marcene Parkan, Weaverville	28:11
3	Betty Head, Central Valley	41:26

3 MILE WALK

MEN 2 & Under

1	Daniel Spaulding, Redding	52:43
2	Sage Baker, Central Valley	57:17
10-13		
1	Shane Cattanach, Shingletown	38:04

2	Dylan Kahler, Redding	41:17
3	Nolan Wilson, Redding	48:16

14-18

1	Joe Frank, Redding	48:34
25-29		
1	Ralph Taylor, Sacramento	41:43
30-34		
1	John Dodge, Redding	37:07
35-39		
1	Jerry Lee Ford, Redding	52:42
40-44		
1	Robert Meyer, Redding	35:57
2	Bob Frank, Redding	38:30
3	Chuck Peters, Red Bluff	43:02
50-54		
1	Pete Biachetti, Burney	27:13
2	David Lutzow, Chico	30:43
3	Howard Weyker, Sebastopol	38:34
55-59		
1	Bill Wamsley, Redding	32:02
2	Van Barr, Oak Run	35:59
3	Royce Zumalt, Redding	37:05
65-69		
1	Mel Riffel, Redding	35:35

70-74

1	Mel Fisher, Redding	42:16
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WOMEN

2 & UNDER

1	Jessica Baker, Central Valley	57:10
10-13		
1	Jessica Devlaming, Redding	40:41
2	Jamie Spaulding, Redding	41:18
3	Danielle Frank, Redding	42:22
14-18		
1	Tiffany Whalen, Redding	43:36
25-29		
1	Helen Storms, Benicia	37:24
2	Kari Taylor, Sacramento	40:07
3	Elizabeth Oliver, Redding	40:41
30-34		
1	Vickie Wolf, Redding	39:49
2	Kari Cattanach, Anderson	40:15
3	Evelyn Henriksbo, Redding	40:25

35-39

1	Elly Carrara, Redding	31:24
2	Margaret Wilson, Redding	32:04
3	Margaret Riffel, Redding	32:16
40-44		
1	Virginia Marquez, Redding	34:14
2	Cynilla Salsedo, Redding	34:57
3	Gerri Brousseau, Redding	38:33

45-49

1	Betsy Latten, Redding	37:45
2	Pamela Hibbs, Redding	39:20
3	Jessie Stratton, Redding	43:01
50-54		
1	Doris Jean Reed, Palo Cedro	35:42
2	Judy Wamsley, Redding	43:43
3	Sue Fairchild, Palo Cedro	46:05

55-59

1	Nancy Keller, Redding	39:19
2	Lavonne Cattanach, Shingletown	43:50
3	Barbara Brubaker, Central Valley	49:05
60-64		
1	Lauredia Thompson, Redding	40:11
2	Bileen Richardson, Gerber	43:15
3	Barbara Brubaker, Central Valley	49:05

65-69

1	Marge Riffel, Redding	37:10
2	Barbara Roberts, Redding	49:06
3	Alberta Woodrum, Redding	52:52
70-74		
1	Anita Libbee, Palo Cedro	45:22
75-79		
1	Ethel Hamusek, Redding	46:21
2	Lolita Martorell, Redding	36:22
3	Annie Giacomazzi, Redding	49:07

85 & Over

1	Marjorie Atchison, Redding	1:02:16
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