

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 Miler 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, 11 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 in her age group or first overall). Shortly after Marge, came Lorraine Hasher 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.

3 MILE

MEN

Overall Race Top 20

| | | |
|----|---------------------------------|-------|
| 1 | Mark Fricker, Canby OR | 15:22 |
| 2 | Bill Joseph, Shasta, | 15:25 |
| 3 | Gid Rysdam, Molalla, OR | 15:56 |
| 4 | Brian Gaddy, Redding | 16:25 |
| 5 | Jared Scoubes, Cottonwood | 16:35 |
| 6 | Chuck MacDonald, Redding | 16:41 |
| 7 | Mark Ganger, Palo Cedro | 16:42 |
| 8 | Al Masterson, Redding | 16:57 |
| 9 | Nick Covarrubias, Anderson | 17:06 |
| 10 | Bruce Andrew, Anderson | 17:06 |
| 11 | Terry Slover, Cottonwood | 17:17 |
| 12 | Bob Digiulio, Redding | 17:17 |
| 13 | Fred Perl, Redding | 17:28 |
| 14 | Ron Schultz, Redding | 17:36 |
| 15 | Gary Brooks, Carson City, NV | 17:38 |
| 16 | Barry Dawson, Cottonwood | 17:44 |
| 17 | Patrick Yates, Redding | 17:48 |
| 18 | Donnie Ferguson, Central Valley | 18:16 |
| 19 | Guy Malain, Redding | 18:30 |
| 20 | Richard Cross, Redding | 18:33 |

WHEELS

SOLO

| | | |
|---|----------------------------|-------|
| 1 | Mark Granger, Palo Cedro | 16:42 |
| 2 | Nick Covarrubias, Anderson | 17:06 |
| 3 | Terry Slover, Redding | 17:17 |
| 4 | Bob Digiulio, Redding | 17:18 |

DUO

| | | |
|---|--------------------|-------|
| 1 | Andy Main, Redding | 26:32 |
|---|--------------------|-------|

9 & UNDER

| | | |
|---|---------------------------|-------|
| 1 | J.R. Ford, Redding | 20:59 |
| 2 | Nick Mifsud, Redding | 21:48 |
| 3 | Daniel Merwin, Sacramento | 31:10 |

10-13

| | | |
|---|----------------------------|-------|
| 1 | Steven Springhorn, Redding | 18:44 |
| 2 | Russell Mifsud, Redding | 20:42 |
| 3 | Chris Frost, Redding | 21:10 |

14-18

| | | |
|---|---------------------------|-------|
| 1 | Jared Scoubes, Cottonwood | 16:35 |
| 2 | Patrick Yates, Redding | 17:48 |
| 3 | Ryan Wade, Redding | 18:35 |

19-24

| | | |
|---|-----------------------------|-------|
| 1 | Brian Gaddy, Redding | 16:25 |
| 2 | Joe Hill, Redding | 20:43 |
| 3 | Josh Doniak, Central Valley | 21:14 |

25-29

| | | |
|---|---------------------------------|-------|
| 1 | Donnie Ferguson, Central Valley | 18:16 |
| 2 | Aaron Haley, Redding | 19:30 |
| 3 | Don Merwin, Sacramento | 20:32 |

30-34

| | | |
|---|-------------------------|-------|
| 1 | Mark Fricker, Canby, OR | 15:22 |
| 2 | Gid Rysdam, Molalla, OR | 15:56 |
| 3 | Bruce Andrew, Anderson | 17:06 |

35-39

| | | |
|---|--------------------------|-------|
| 1 | Bill Joseph, Shasta | 15:25 |
| 2 | Al Masterson, Redding | 16:57 |
| 3 | Barry Dawson, Cottonwood | 17:44 |

40-44

| | | |
|---|----------------------|-------|
| 1 | Gay Malain, Redding | 18:30 |
| 2 | Mike Morton, Redding | 19:37 |
| 3 | Don Clark, Chico | 20:13 |

45-49

| | | |
|---|------------------------------|-------|
| 1 | Chuck MacDonald, Redding | 16:44 |
| 2 | Ron Schultz, Redding | 17:36 |
| 3 | Gary Brooks, Carson City, NV | 17:38 |

50-54

| | | |
|---|-------------------------|-------|
| 1 | John Frank, Summit City | 19:36 |
| 2 | Joe Brown, Red Bluff | 20:57 |
| 3 | Jack Hansen, Red Bluff | 21:34 |

55-59

| | | |
|---|------------------------------|-------|
| 1 | Philip Erath, Junction City | 19:42 |
| 2 | Ken Vollenweider, Palo Cedro | 22:22 |
| 3 | Lowell Britain, Redding | 22:33 |

60-64

| | | |
|---|-------------------|-------|
| 1 | Mort Ward, Quincy | 19:22 |
|---|-------------------|-------|

65-69

| | | |
|---|------------------------------|-------|
| 1 | Lawrence Forero, Weaverville | 25:22 |
|---|------------------------------|-------|

10 MILE

MEN

TOP 20 OVERALL

| | | |
|----|--------------------------|---------|
| 1 | Tom Cushman, Chico | 54:05 |
| 2 | Pat Kornder, Redding | 56:22 |
| 3 | Mark Schafer, Chico | 57:33 |
| 4 | Tom Peet, Chico | 58:54 |
| 5 | Vincent Gama, Chico | 1:00:05 |
| 6 | Jim Walker, Chico | 1:01:15 |
| 7 | Rod Smith, Lewiston | 1:01:15 |
| 8 | John Diezsi, Burney | 1:02:15 |
| 9 | Larry Warren, Mt. Shasta | 1:03:15 |
| 10 | Jim Bevens, Red Bluff | 1:05:15 |
| 11 | Don Mason, Burney | 1:08:15 |
| 12 | Peter Nicolay, Redding | 1:08:15 |
| 13 | Leroy Perkins, Whitmore | 1:08:15 |

| | | | | | | | | |
|----|--------------------------------|---------|----|---------------------------------|--------|---|----------------------------------|--------|
| 14 | Jason Montelongo, Redding | 1:08:45 | | | | 2 | Dylan Kahler, Redding | 41:17 |
| 15 | Nicholas Stefanisko, Red Bluff | 1:09:38 | | | | 3 | Nolan Wilson, Redding | 48:16 |
| 16 | Lee Bunnell, Redding | 1:10:27 | | | | | 14-18 | |
| 17 | Jose Loza, Sacramento | 1:1:38 | 1 | Kim Stempien, Redding | 17:02 | 1 | Joe Frank, Redding | 48:34 |
| 18 | Robert Malain, Redding | 1:11:40 | 2 | Krissy Look, Redding | 18:34 | | 25-29 | |
| 19 | Bob Piercy, Project City | 1:11:40 | 3 | Naomi Ramos, Redding | 19:19 | 1 | Ralph Taylor, Sacramento | 41:43 |
| 20 | Louis Quiggle, Redding | 1:11:40 | 4 | Nicole Hartley, Bella Vista | 19:26 | | 30-34 | |
| | 18 & UNDER | | 5 | Tonya Geers, Redding | 19:52 | 1 | John Dodge, Redding | 37:07 |
| 1 | Jason Montelongo, Redding | 1:08:45 | 6 | Carie Irwin, Redding | 20:15 | | 35-39 | |
| 2 | Neal Fluhrer, Redding | 1:12:56 | 7 | Sarah Duclos, Anderson | 20:49 | 1 | Jerry Lee Ford, Redding | 52:42 |
| 3 | Mike Sheriff, Petaluma | 1:27:45 | 8 | Linda Doniak, Central Valley | 20:50 | | 40-44 | |
| | 19-24 | | 9 | Linda Frank, Summit City | 20:50 | 1 | Robert Meyer, Redding | 35:57 |
| 1 | Jose Loza, Sacramento | 1:11:38 | 10 | Terry Reddin, Redding | 21:11 | 2 | Bob Frank, Redding | 38:30 |
| | | | 11 | Shannon Williams, Red Bluff | 21:14 | 3 | Chuck Peters, Red Bluff | 43:02 |
| 1 | Pat Kornder, Redding | 56:21 | 12 | Jennifer Doniak, Central Valley | 21:16 | | 50-54 | |
| | 30-34 | | 13 | Leslie Bringolf, Chico | 21:29 | 1 | Pete Biachetti, Burney | 27:13 |
| 1 | Mark Schafer, Chico | 57:35 | 14 | Natalie Wilhelmsen, Chico | 21:36 | 2 | David Lutzow, Chico | 30:43 |
| 2 | Tom Peet, Chico | 58:54 | 15 | Beth Mifsud, Redding | 22:01 | 3 | Howard Weyker, Sebastopol | 38:34 |
| 3 | Vincent Gama, Chico | 1:00:06 | 16 | Diedra Malain, Redding | 22:02 | | 55-59 | |
| | 35-39 | | 17 | Martina Riffel, Redding | 22:03 | 1 | Bill Wamsley, Redding | 32:02 |
| 1 | Tom Cushman | 54:09 | 18 | Lacey Hoffman, Red Bluff | 22:08 | 2 | Van Barr, Oak Run | 35:59 |
| 2 | Jim Walker, Chico | 1:01:35 | 19 | Suzi Mayberry, Redding | 22:28 | 3 | Royce Zamalt, Redding | 37:05 |
| 3 | Peter Nicolay, Redding | 1:08:21 | 20 | Traci Benoit, | 22:58 | | 65-69 | |
| | 40-44 | | | WHEELS | | 1 | Mel Riffel, Redding | 35:35 |
| 1 | Rod Smith, Lewiston | 1:01:35 | | DUO | | | 70-74 | |
| 2 | Don Mason, Burney | 1:08:00 | 1 | Diedra Malain, Redding | 22:02 | 1 | Mel Fisher, Redding | 42:16 |
| 3 | Bob Piercy, Project City | 1:11:40 | 2 | Nancy Main, Redding | 26:36 | | WOMEN | |
| | 45-49 | | 3 | Kathy Malain, Redding | 30:59 | | 9 & UNDER | |
| 1 | John Diezsi, Burney | 1:02:48 | | 9 & Under | | 1 | Jessica Baker, Central Valley | 57:10 |
| 2 | Leroy Perkins, Whitmore | 1:08:36 | 1 | Quinn Brousseau, Redding | 33:05 | | 10-13 | |
| 3 | William Horton, Anderson | 1:21:56 | | 10-13 | | 1 | Jessica Devlaming, Redding | 40:41 |
| | 50-54 | | 1 | Naomi Ramos, Redding | 19:19 | 2 | Jamie Spaulding, Redding | 41:18 |
| 1 | Larry Warren, Mt. Shasta | 1:03:59 | 2 | Nicole Hartley, Bella Vista | 19:26 | 3 | Danielle Frank, Redding | 42:22 |
| 2 | Ron Dunlap, Redding | 1:09:23 | 3 | Sarah Duclos, Anderson | 20:49 | | | |
| 3 | Nicholas Stefanisko, Red Bluff | 1:09:38 | | 14-18 | | 1 | Tiffany Whalen, Redding | 43:36 |
| | 55-59 | | 1 | Krissy Look, Redding | 18:34 | | 25-29 | |
| 1 | Jim Bevins, Red Bluff | 1:05:19 | 2 | Carie Irwin, Redding | 20:15 | 1 | Helen Storrs, Benicia | 37:24 |
| 2 | Lee Bunnell, Redding | 1:10:27 | 3 | Traci Benoit, Anderson | 22:58 | 2 | Kari Taylor, Sacramento | 40:07 |
| 3 | Johnny Luzzadder, Red Bluff | 1:18:39 | | 19-24 | | 3 | Elizabeth Oliver, Redding | 40:41 |
| | 60-64 | | 1 | Linda Frank, Summit City | 21:11 | | 30-34 | |
| 1 | Harry Daniell, Redding | 1:18:53 | 2 | Jennifer Doniak, Central Valley | 21:16 | 1 | Vickie Wolf, Redding | 39:49 |
| 2 | Ira Stanley, Tulelake | 1:24:47 | 3 | Natalie Wilhelmsen, Chico | 21:36 | 2 | Kari Cottanach, Anderson | 40:15 |
| | 65 & Over | | | 25-29 | | 3 | Evelyn Henriksbo, Redding | 40:25 |
| 1 | Robert Malain, Redding | 1:11:40 | 1 | Leslie Bringolf, Chico | 21:29 | | 35-39 | |
| 2 | Bill Stowell, Fort Jones | 1:17:33 | 2 | Crista Chelemados, Petaluma | 24:19 | 1 | Elly Carrara, Redding | 31:24 |
| 3 | Jim Sullivan, Cool | 1:31:46 | 3 | Lisa Little, Redding | 24:33 | 2 | Margaret Wilson, Redding | 32:04 |
| | WOMEN | | | 30-34 | | 3 | Margaret Rifel, Redding | 32:16 |
| | TOP 20 OVERALL | | 1 | Kim Stempien, Redding | 17:02 | | 40-44 | |
| 1 | Luanne Park, Redding | 1:00:27 | 2 | Tonya Geers, Redding | 19:52 | 1 | Virginia Marquez, Redding | 34:14 |
| 2 | Gail Jones, Weaverville | 1:08:34 | 3 | Martina Riffel, Redding | 22:03 | 2 | Cyrilla Salsedo, Redding | 34:57 |
| 3 | Renee Thomas, Redding | 1:11:07 | | 35-39 | | 3 | Gerri Brousseau, Redding | 38:33 |
| 4 | Sherry Mann, Redding | 1:14:35 | 1 | Denise Sherwood, Redding | 23:39 | | 45-49 | |
| 5 | Christina Schlosser, Redding | 1:17:59 | 2 | Kim Finck, Redding | 25:32 | 1 | Betsy Latten, Redding | 37:45 |
| 7 | Carole Grandmain, Redding | 1:18:03 | 3 | Martene Criss, Bieber | 26:18 | 2 | Pamela Hibbs, Redding | 39:20 |
| 8 | Meridith Parks, Redding | 1:19:42 | | 40-44 | | 3 | Jessie Stratton, Redding | 43:01 |
| 9 | Marci Martin, Redding | 1:20:40 | 1 | Terry Reddin, Redding | 21:11 | | 50-54 | |
| 10 | Karen Meyer, Redding | 1:22:56 | 2 | Beth Mifsud, Redding | 22:01 | 1 | Doris Jean Reed, Palo Cedro | 35:42 |
| 11 | Robin Debruler, Redding | 1:23:33 | 3 | Sue MacDonald, Redding | 23:04 | 2 | Judy Wamsley, Redding | 43:43 |
| 12 | Cyndi Schieber, Mt. Shasta | 1:27:55 | | 45-49 | | 3 | Sue Fairchild, Palo Cedro | 46:05 |
| 13 | Lori Goyne, Redding | 1:28:37 | 1 | Linda Doniak, Central Valley | 20:50 | | 55-59 | |
| 14 | Daisy Roberts, Yreka | 1:28:40 | 2 | Kathy Frank, Summit City | 23:29 | 1 | Nancy Keller, Redding | 39:19 |
| | 25-29 | | 3 | Jill Hill, Redding | 26:17 | 2 | Lavonne Cattanach, Shingletown | 43:50 |
| 1 | Marci Martin, Redding | 1:20:40 | | 50-54 | | 3 | Barbara Brubaker, Central Valley | 49:05 |
| | 30-34 | | 1 | Carolyn Ward, Quincy | 252:06 | | 60-64 | |
| 1 | LuAnne Park, Redding | 1:00:27 | 2 | Diane Prettyman, Redding | 25:21 | 1 | Lauredia Thompson, Redding | 40:11 |
| 2 | Gail Small, Redding | 1:17:59 | 3 | Yvonne Cunningham, Redding | 26:26 | 2 | Eileen Richardson, Gerber | 43:15 |
| 3 | Carole Grandmain, Redding | 1:18:03 | | 55-59 | | 3 | Barbara Brubaker, Central Valley | 49:05 |
| | 35-39 | | 1 | Sandy Goudzward, Redding | 24:03 | | 65-69 | |
| 1 | Gail Jones, Weaverville | 1:08:34 | 2 | Marie Rouse, Redding | 25:38 | 1 | Marge Riffel, Redding | 37:10 |
| 2 | Renee Thomas, Redding | 1:11:07 | | 60-64 | | 2 | Barbara Roberts, Redding | 49:06 |
| 3 | Karen Meyer, Redding | 1:18:03 | 1 | Beverly Forero, Weaverville | 25:38 | 3 | Alberta Woodrum, Redding | 52:52 |
| | 40-44 | | 2 | Marcene Parkan, Weaverville | 28:11 | | 70-74 | |
| 1 | Sherry Mann, Redding | 1:14:35 | 3 | Betty Head, Central Valley | 41:26 | 1 | Anita Libbee, Palo Cedro | 45:22 |
| 2 | Christina Schlosser, Redding | 1:17:05 | | 3 MILE WALK | | | 75-79 | |
| | 45-49 | | 1 | Daniel Spaulding, Redding | 52:43 | 1 | Ethel Hamusek, Redding | 46:21 |
| 1 | Meredith Parks, Redding | 1:19:42 | 1 | Sage Baker, Central Valley | 57:17 | 2 | Lolita Martorelli, Redding | 36:22 |
| | 60-64 | | 2 | | | 3 | Annie Giacomazzi, Redding | 49:07 |
| 1 | Daisy Roberts, Yreka | 1:28:40 | | 10-13 | | | 85 & Over | |
| | | | 1 | Shane Cattanach, Shingletown | 38:04 | 1 | Marjorie Atchison, Redding | 1:02:1 |

*** THREE MILE WALK ***

Redding, California March 27, 1993 9:45 a.m. Weather: Cloudy, 60 degrees

| PLACE | TIME | PACE | NO. | DIV/TOT | NAME | AG | S TOWN | ST |
|-------|-------|-------|-----|---------|-------------------|----|------------------|----|
| 1 | 27:13 | 9:04 | 366 | 1/5 | PETE GIACHETTI | 50 | M BURNEY | CA |
| 2 | 30:43 | 10:14 | 6 | 2/5 | DAVID LUTZOW | 52 | M CHICO | CA |
| 3 | 31:24 | 10:28 | 7 | 1/12 | ELLY CARRARA | 35 | F REDDING | CA |
| 4 | 32:02 | 10:41 | 292 | 1/4 | BILL WANSLEY | 56 | M REDDING | CA |
| 5 | 32:04 | 10:41 | 32 | 2/12 | MARGARET WILSON | 36 | F REDDING | CA |
| 6 | 32:16 | 10:45 | 231 | 3/12 | MARGARET RIFFEL | 38 | F REDDING | CA |
| 7 | 34:14 | 11:25 | 90 | 1/9 | VIRGINIA MARQUEZ | 40 | F REDDING | CA |
| 8 | 34:57 | 11:39 | 39 | 2/9 | CYRILLA SALSEDO | 44 | F REDDING | CA |
| 9 | 35:35 | 11:52 | 46 | 1/1 | MEL RIFFEL | 66 | M REDDING | CA |
| 10 | 35:42 | 11:54 | 304 | 1/4 | DORIS JEAN REED | 50 | F PALO CEDRO | CA |
| 11 | 35:57 | 11:59 | 284 | 1/4 | ROBERT MEYER | 43 | M REDDING | CA |
| 12 | 35:59 | 12:00 | 266 | 2/4 | VAN BARR | 56 | M OAK RUN | CA |
| 13 | 37:05 | 12:22 | 334 | 3/4 | ROYCE ZUMALT | 55 | M REDDING | CA |
| 14 | 37:07 | 12:22 | 322 | 1/1 | JOHN DODGE | 34 | M REDDING | CA |
| 15 | 37:10 | 12:23 | 45 | 1/4 | MARGE RIFFEL | 66 | F REDDING | CA |
| 16 | 37:24 | 12:28 | 341 | 1/5 | HELEN STORRS | 26 | F BENICIA | CA |
| 17 | 37:45 | 12:35 | 301 | 1/7 | BETSY LATTEN | 46 | F REDDING | CA |
| 18 | 38:27 | 12:49 | 312 | 4/12 | NANCY SHATOS | 36 | F ANDERSON | CA |
| 19 | 38:30 | 12:50 | 124 | 2/4 | BOB FRANK | 42 | M REDDING | CA |
| 20 | 38:33 | 12:51 | 163 | 3/9 | GERRI BROUSSEAU | 40 | F REDDING | CA |
| 21 | 38:34 | 12:51 | 169 | 3/5 | HOWARD WEYKER | 52 | M SEBASTOPOL | CA |
| 22 | 38:04 | 12:41 | 127 | 1/3 | SHANE CATTANACH | 10 | M SHINGLETOWN | CA |
| 23 | 39:08 | 13:03 | 87 | 5/12 | DEBORAH FLYNN | 35 | F REDDING | CA |
| 24 | 39:19 | 13:06 | 71 | 1/3 | NANCY KELLER | 58 | F REDDING | CA |
| 25 | 39:20 | 13:07 | 72 | 2/7 | PAMELA HIBBS | 46 | F REDDING | CA |
| 26 | 39:49 | 13:16 | 207 | 1/6 | VICKIE WOLF | 31 | F REDDING | CA |
| 27 | 39:51 | 13:17 | 156 | 4/9 | KATHY WHITE | 42 | F REDDING | CA |
| 28 | 39:55 | 13:18 | 215 | 1/2 | DENNY BRUBAKER | 58 | M CENTRAL VALLEY | CA |
| 29 | 40:07 | 13:22 | 182 | 2/5 | KARI TAYLOR | 27 | F SACRAMENTO | CA |
| 30 | 40:11 | 13:24 | 82 | 1/3 | LAUREDIA THOMPSON | 61 | F REDDING | CA |
| 31 | 40:15 | 13:25 | 378 | 2/6 | KARI COTTANACH | 31 | F ANDERSON | CA |
| 32 | 40:41 | 13:34 | 256 | 3/5 | ELIZABETH OLIVER | 28 | F REDDING | CA |
| 33 | 40:25 | 13:28 | 311 | 3/6 | EVELYN HENRIKSBO | 34 | F REDDING | CA |
| 34 | 40:41 | 13:34 | 358 | 1/6 | JESSICA DEVLAMING | 12 | F REDDING | CA |
| 35 | 40:53 | 13:38 | 357 | 5/9 | MARY DEVLAMING | 44 | F REDDING | CA |
| 36 | 41:17 | 13:46 | 134 | 2/3 | DYLAN KAHLER | 11 | M REDDING | CA |
| 37 | 41:18 | 13:46 | 250 | 2/6 | JAMIE SPAULDING | 12 | F REDDING | CA |
| 38 | 41:43 | 13:54 | 181 | 1/1 | RALPH TAYLOR | 29 | M SACRAMENTO | CA |
| 39 | 42:16 | 14:05 | 189 | 1/1 | MEL FISHER | 70 | M REDDING | CA |
| 40 | 42:22 | 14:07 | 123 | 3/6 | DANIELLE FRANK | 11 | F REDDING | CA |
| 41 | 43:01 | 14:20 | 333 | 3/7 | JESSIE STRATTON | 47 | F REDDING | CA |
| 42 | 43:02 | 14:21 | 332 | 3/4 | CHUCK PETERS | 43 | M RED BLUFF | CA |
| 43 | 43:15 | 14:25 | 203 | 2/3 | EILEEN RICHARDSON | 63 | F GERBER | CA |
| 44 | 43:16 | 14:25 | 204 | 4/5 | CINDY RICHARDSON | 29 | F MENLO PARK | CA |
| 45 | 43:18 | 14:26 | 107 | 4/7 | MARILYN FRATTO | 46 | F REDDING | CA |
| 46 | 43:36 | 14:32 | 328 | 1/1 | TIFFANY WHALEN | 15 | F REDDING | CA |
| 47 | 43:38 | 14:33 | 147 | 5/7 | LINDA BROWN | 48 | F COTTONWOOD | CA |

THREE MILE ROAD RACE

Redding, California March 27, 1993 10:00 a.m. Weather: Cloudy, 60 degrees

| PLACE | TIME | PACE | NO. | DIV/TOT | NAME | AG | S TOWN | ST |
|-------|-------|------|-----|---------|--------------------|----|------------------|----|
| 51 | 20:41 | 6:54 | 159 | 7/11 | KEVIN YATES | 14 | M REDDING | CA |
| 52 | 20:42 | 6:54 | 173 | 2/11 | RUSSELL WIFSUD | 13 | M REDDING | CA |
| 53 | 20:43 | 6:54 | 29 | 2/5 | JOE HILL | 22 | M REDDING | CA |
| 54 | 20:49 | 6:56 | 196 | 3/5 | SARAH DUCLOS | 13 | F ANDERSON | CA |
| 55 | 20:49 | 6:56 | 60 | 5/12 | STAN CUNNINGHAM | 48 | M REDDING | CA |
| 56 | 20:50 | 6:57 | 13 | 1/4 | LINDA DONIAK | 48 | F CENTRAL VALLEY | CA |
| 57 | 20:50 | 6:57 | 225 | 5/14 | BILL SPRINGHORN | 43 | M REDDING | CA |
| 58 | 20:51 | 6:57 | 150 | 2/6 | JOE BROWN | 53 | M RED BLUFF | CA |
| 59 | 20:59 | 7:00 | 257 | 1/4 | J.R.FORD | 9 | M REDDING | CA |
| 60 | 21:00 | 7:00 | 228 | 11/22 | MONTE HILL | 32 | M CHICO | CA |
| 61 | 21:06 | 7:02 | 201 | 12/22 | DAN WELCH | 30 | M SANTA ROSA | CA |
| 62 | 21:10 | 7:03 | 64 | 3/11 | CHRIS FROST | 11 | M REDDING | CA |
| 63 | 21:10 | 7:03 | 61 | 6/14 | NOEL VAN SLYKE | 43 | M REDDING | CA |
| 64 | 21:11 | 7:04 | 20 | 1/5 | LINDA FRANK | 22 | F SUMMIT CITY | CA |
| 65 | 21:11 | 7:04 | 348 | 1/8 | TERRY REDDIN | 43 | F REDDING | CA |
| 66 | 21:14 | 7:05 | 108 | 4/5 | SHANNON WILLIAMS | 11 | F RED BLUFF | CA |
| 67 | 21:14 | 7:05 | 306 | 3/5 | JOSH DONIAK | 19 | M CENTRAL VALLEY | CA |
| 68 | 21:16 | 7:05 | 307 | 2/5 | JENNIFER DONIAK | 22 | F CENTRAL VALLEY | CA |
| 69 | 21:29 | 7:10 | 12 | 1/5 | LESLIE BRINGOLF | 28 | F CHICO | CA |
| 70 | 21:31 | 7:10 | 232 | 6/12 | JIM BRISTOW | 45 | M REDDING | CA |
| 71 | 21:33 | 7:11 | 363 | 4/9 | DAN FRANK | 28 | M CENTRAL VALLEY | CA |
| 72 | 21:34 | 7:11 | 27 | 3/6 | JACK HANSEN | 54 | M RED BLUFF | CA |
| 73 | 21:35 | 7:12 | 367 | 4/5 | STEVE TAYLOR | 22 | M REDDING | CA |
| 74 | 21:36 | 7:12 | 205 | 3/5 | NATALIE WILHELMSON | 23 | F CHICO | CA |
| 75 | 21:39 | 7:13 | 294 | 13/22 | BRIAN BAKER | 32 | M CENTRAL VALLEY | CA |
| 76 | 21:41 | 7:14 | 271 | 8/11 | DOUGLAS WOOLLEY | 14 | M COTTONWOOD | CA |
| 77 | 21:46 | 7:15 | 167 | 7/12 | MAC FORBES | 45 | M REDDING | CA |
| 78 | 21:47 | 7:16 | 318 | 9/11 | TODD DEVLAMING | 14 | M REDDING | CA |
| 79 | 21:48 | 7:16 | 175 | 2/4 | NICK WIFSUD | 9 | M REDDING | CA |
| 80 | 21:57 | 7:19 | 290 | 14/22 | ROBERT FARLEY | 32 | M CENTRAL VALLEY | CA |
| 81 | 21:59 | 7:20 | 105 | 4/6 | DARYL HARRIS | 51 | M REDDING | CA |
| 82 | 22:01 | 7:20 | 174 | 2/8 | BETH WIFSUD | 41 | F REDDING | CA |
| ST 83 | 22:02 | 7:21 | 308 | 1/4 | DIEDRA MALAIN | 40 | F REDDING | CA |
| 84 | 22:03 | 7:21 | 185 | 3/10 | MARLINA RIFFEL | 33 | F REDDING | CA |
| 85 | 22:08 | 7:23 | 279 | 9/10 | BRIAN GEERS | 38 | M REDDING | CA |
| 86 | 22:08 | 7:23 | 128 | 5/5 | LACEY HOFFMAN | 10 | F RED BLUFF | CA |
| 87 | 22:09 | 7:23 | 202 | 5/9 | KIRK SCHUTZ | 25 | M SANTA ROSA | CA |
| 88 | 22:19 | 7:26 | 200 | 15/22 | MITCHELL MAROVICH | 33 | M SANTA ROSA | CA |
| 89 | 22:22 | 7:27 | 129 | 2/5 | KEN VOLLENWEIDER | 59 | M PALO CEDRO | CA |
| 90 | 22:23 | 7:28 | 85 | 7/14 | RANDY RUESCH | 42 | M SHINGLETOWN | CA |
| 91 | 22:28 | 7:29 | 350 | 4/10 | SUZI MAYBERRY | 31 | F REDDING | CA |
| 92 | 22:33 | 7:31 | 209 | 3/5 | LOWELL BRITAIN | 56 | M REDDING | CA |
| 93 | 22:33 | 7:31 | 21 | 10/11 | CHAD WILSON | 14 | M COTTONWOOD | CA |
| 94 | 22:35 | 7:32 | 146 | 5/5 | SCOTT BROWN | 21 | M COTTONWOOD | CA |
| 95 | 22:37 | 7:32 | 140 | 5/6 | WAYNE KESSLER | 51 | M REDDING | CA |
| 96 | 22:40 | 7:33 | 206 | 16/22 | KURT LERVOLD | 32 | M REDDING | CA |
| 97 | 22:58 | 7:39 | 265 | 3/5 | TRACI BENOIT | 16 | F ANDERSON | CA |
| 98 | 23:01 | 7:40 | 303 | 4/5 | FRAN HADASSER | 50 | M REDDING | CA |

THREE MILE ROAD RACE

Redding, California March 27, 1993 10:00 a.m. Weather: Cloudy, 60 degrees

| PLACE | TIME | PACE | NO. | DIV/TOT | NAME | AG | S TOWN | ST |
|-------|-------|------|-----|---------|-------------------|----|------------------|----|
| 101 | 23:12 | 7:44 | 343 | 4/11 | SLATER GORDON | 13 | M CRESENT CITY | CA |
| 102 | 23:16 | 7:45 | 370 | 8/14 | DAN DUCLOS | 42 | M ANDERSON | CA |
| 103 | 23:18 | 7:46 | 336 | 10/10 | LARRY WADOSKY | 38 | M REDDING | CA |
| 104 | 23:19 | 7:46 | 224 | 4/8 | MARY SPRINGHORN | 42 | F REDDING | CA |
| 105 | 23:26 | 7:49 | 273 | 9/12 | GREG LUFT | 48 | M REDDING | CA |
| 106 | 23:27 | 7:49 | 172 | 5/11 | JOE HIFBUD | 11 | M REDDING | CA |
| 107 | 23:29 | 7:50 | 222 | 2/4 | KATHY FRANK | 48 | F SUMMIT CITY | CA |
| 108 | 23:30 | 7:50 | 254 | 5/8 | BEA BENJAMIN | 40 | F MT. SHASTA | CA |
| 109 | 23:31 | 7:50 | 54 | 17/22 | ROGER CHELENEOS | 30 | M SAN FRANCISCO | CA |
| 110 | 23:39 | 7:53 | 275 | 1/6 | DENISE SHERWOOD | 35 | F REDDING | CA |
| 111 | 23:42 | 7:54 | 230 | 9/14 | RICHARD GROSAN | 41 | M REDDING | CA |
| 112 | 23:43 | 7:54 | 278 | 10/14 | DARRYL SAVAGE | 43 | M CENTRAL VALLEY | CA |
| 113 | 23:48 | 7:56 | 372 | 5/10 | ANNA HEADY | 33 | F WEAVERVILLE | CA |
| 114 | 23:59 | 8:00 | 73 | 10/12 | DAVE JONES | 45 | M BIEBER | CA |
| 115 | 24:03 | 8:01 | 346 | 1/2 | SANDY GUDZWARD | 55 | F REDDING | CA |
| 116 | 24:06 | 8:02 | 359 | 11/11 | DAVID SAWYER | 14 | M REDDING | CA |
| 117 | 24:11 | 8:04 | 132 | 6/11 | RYAN KAHLER | 13 | M REDDING | CA |
| 118 | 24:19 | 8:06 | 195 | 6/8 | SUZAN TOWLEN | 43 | F MT. SHASTA | CA |
| 119 | 24:19 | 8:06 | 76 | 2/5 | CRISTA CHELENEOS | 29 | F PETALUMA | CA |
| 120 | 24:22 | 8:07 | 94 | 18/22 | STEVE WESTLAKE | 31 | M REDDING | CA |
| 121 | 24:31 | 8:10 | 286 | 7/11 | RYAN PRIOR | 13 | M REDDING | CA |
| 122 | 24:33 | 8:11 | 263 | 3/5 | LISA LITTLE | 28 | F REDDING | CA |
| 123 | 24:35 | 8:12 | 89 | 11/14 | JIM MERCER | 40 | M REDDING | CA |
| 124 | 24:39 | 8:13 | 289 | 12/14 | BRIAN HARVICK | 42 | M REDDING | CA |
| 125 | 24:41 | 8:14 | 114 | 6/10 | PATTY LOVELESS | 34 | F REDDING | CA |
| 126 | 24:45 | 8:15 | 138 | 19/22 | BRAD BURNETT | 32 | M ELK GROVE | CA |
| 127 | 24:52 | 8:17 | 75 | 20/22 | RICK CHELENEOS | 31 | M PETALUMA | CA |
| 128 | 24:56 | 8:19 | 142 | 13/14 | DOUG WAY | 44 | M REDDING | CA |
| 129 | 25:06 | 8:22 | 242 | 1/4 | CARDLYN WARD | 51 | F QUINCY | CA |
| 130 | 25:07 | 8:22 | 184 | 4/5 | SHERRY LINDSAY | 27 | F CENTRAL VALLEY | CA |
| 131 | 25:13 | 8:24 | 55 | 7/10 | YUNI CHELENEOS | 31 | F SAN FRANCISCO | CA |
| 132 | 25:21 | 8:27 | 253 | 21/22 | MARTY STRAUBAUGH | 31 | M ANDERSON | CA |
| 133 | 25:21 | 8:27 | 282 | 2/4 | DIANE PRETTYMAN | 53 | F REDDING | CA |
| 134 | 25:21 | 8:27 | 325 | 6/9 | DAVE HENDRICKSON | 28 | M REDDING | CA |
| 135 | 25:24 | 8:28 | 337 | 4/5 | JEBBICA GRANGER | 14 | F PALO CEDRO | CA |
| 136 | 25:28 | 8:29 | 103 | 1/1 | LAWRENCE FORERO | 69 | M WEAVERVILLE | CA |
| 137 | 25:30 | 8:30 | 259 | 8/11 | BENJAMIN FORD | 11 | M REDDING | CA |
| 138 | 25:32 | 8:31 | 212 | 2/6 | KIM FINCK | 35 | F REDDING | CA |
| 139 | 25:35 | 8:32 | 96 | 5/5 | AMY MEYER | 17 | F REDDING | CA |
| 140 | 25:38 | 8:33 | 104 | 1/3 | BEVERLY FORERO | 64 | F WEAVERVILLE | CA |
| 141 | 25:38 | 8:33 | 22 | 2/2 | MARIE ROUSE | 56 | F REDDING | CA |
| 142 | 25:53 | 8:38 | 18 | 11/12 | RON ARMSTRONG | 46 | M SHINGLETOWN | CA |
| 143 | 26:17 | 8:46 | 246 | 4/5 | LAREA TULLIS | 22 | F CHICO | CA |
| 144 | 26:17 | 8:46 | 310 | 3/4 | JILL HILL | 46 | F REDDING | CA |
| 145 | 26:18 | 8:46 | 272 | 3/6 | MARLENE CRISS | 39 | F BIEBER | CA |
| 146 | 26:26 | 8:49 | 59 | 3/4 | YVONNE CUNNINGHAM | 50 | F REDDING | CA |
| 147 | 26:32 | 8:51 | 326 | 2/4 | ANDY MAIN | 38 | M REDDING | CA |
| 148 | 26:36 | 8:52 | 327 | 3/4 | NANCY MAIN | 39 | F REDDING | CA |

*** THREE MILE WALK ***

Redding, California March 27, 1993 9:45 a.m. Weather: Cloudy, 60 degrees

| PLACE | TIME | PACE | NO. | DIV/TOT | NAME | AG | S TOWN | ST |
|-------|---------|-------|-----|---------|--------------------|----|------------------|----|
| 51 | 44:45 | 14:55 | 335 | 6/9 | PAT PEARSON | 44 | F PALO CEDRO | CA |
| 52 | 45:14 | 15:05 | 317 | 3/3 | JIMMIE LENERE | 64 | F DUNSMUIR | CA |
| 53 | 45:22 | 15:07 | 191 | 1/1 | ANITA LIBBEE | 71 | F PALO CEDRO | CA |
| 54 | 45:23 | 15:08 | 226 | 6/12 | GLORIA SHAW | 35 | F REDDING | CA |
| 55 | 45:24 | 15:08 | 300 | 7/12 | GINNY FOX | 37 | F REDDING | CA |
| 56 | 45:31 | 15:10 | 251 | 7/9 | SHIRLENE SPAULDING | 42 | F REDDING | CA |
| 57 | 45:32 | 15:11 | 248 | 4/6 | BECKI SPAULDING | 10 | F REDDING | CA |
| 58 | 45:51 | 15:17 | 287 | 8/9 | GENA PRIOR | 44 | F REDDING | CA |
| 59 | 45:52 | 15:17 | 131 | 7/7 | PAULA KAHLER | 45 | F REDDING | CA |
| 60 | 46:05 | 15:22 | 323 | 3/4 | SUE FAIRCILD | 52 | F PALO CEDRO | CA |
| 61 | 46:06 | 15:22 | 324 | 2/2 | CLIFFORD FAIRCILD | 57 | M PALO CEDRO | CA |
| 62 | 46:21 | 15:27 | 302 | 1/3 | ETHEL HAMUSEK | 76 | F REDDING | CA |
| 63 | 46:22 | 15:27 | 291 | 2/3 | LOLITA MANTORELL | 79 | F REDDING | CA |
| 64 | 46:55 | 15:38 | 83 | 9/9 | VALERIE FAIRHURST | 41 | F OAKLEY | CA |
| 65 | 47:17 | 15:46 | 193 | 8/12 | KATHERYN JONES | 35 | F PALO CEDRO | CA |
| 66 | 47:18 | 15:46 | 270 | 4/6 | MAUREN JONES | 32 | F REDDING | CA |
| 67 | 47:19 | 15:46 | 269 | 4/4 | JIM SHAW | 57 | M PALO CEDRO | CA |
| 68 | 48:01 | 16:00 | 362 | 5/5 | BRENDA LEE | 26 | F CENTRAL VALLEY | CA |
| 69 | 48:02 | 16:01 | 170 | 4/4 | JOYCE MEYKER | 52 | F SEBASTOPOL | CA |
| 70 | 48:16 | 16:05 | 353 | 3/3 | NOLAN WILSON | 12 | M REDDING | CA |
| 71 | 48:30 | 16:10 | 277 | 4/5 | MARSHALL WHEELER | 53 | M REDDING | CA |
| 72 | 48:34 | 16:11 | 125 | 1/1 | JOE FRANK | 14 | M REDDING | CA |
| 73 | 49:05 | 16:22 | 214 | 3/3 | BARBARA BRUBAKER | 58 | F CENTRAL VALLEY | CA |
| 74 | 49:06 | 16:22 | 34 | 2/4 | BARBARA ROBERTS | 68 | F REDDING | CA |
| 75 | 49:07 | 16:22 | 35 | 3/3 | ANNIE GIACOMAZZI | 75 | F REDDING | CA |
| 76 | 49:41 | 16:34 | 48 | 9/12 | SHARON HANES | 36 | F ANDERSON | CA |
| 77 | 50:23 | 16:48 | 345 | 5/6 | TRACI HANMER | 13 | F REDDING | CA |
| 78 | 50:24 | 16:48 | 258 | 6/6 | JULIE FORD | 12 | F REDDING | CA |
| 79 | 51:19 | 17:06 | 219 | 10/12 | MARLENE HUBBARTT | 37 | F LIVE OAK | CA |
| 80 | 51:22 | 17:07 | 217 | 5/6 | NICHELLE HERNANDEZ | 31 | F COLUSA | CA |
| 81 | 52:42 | 17:34 | 260 | 1/1 | JERRY LEE FORD | 38 | M REDDING | CA |
| 82 | 52:43 | 17:34 | 249 | 1/2 | DANIEL SPAULDING | 7 | M REDDING | CA |
| 83 | 52:44 | 17:35 | 247 | 4/4 | WILL SPAULDING | 44 | M REDDING | CA |
| 84 | 52:52 | 17:37 | 81 | 3/4 | ALBERTA WOODRUM | 68 | F REDDING | CA |
| 85 | 52:53 | 17:38 | 280 | 4/4 | JOSIE VAUGHAN | 68 | F REDDING | CA |
| 86 | 56:12 | 18:44 | 115 | 11/12 | KAREN HONELL | 35 | F CHICO | CA |
| 87 | 57:10 | 19:03 | 295 | 1/1 | JESSICA BAKER | 8 | F CENTRAL VALLEY | CA |
| 88 | 57:17 | 19:06 | 296 | 2/2 | SAGE BAKER | 6 | M CENTRAL VALLEY | CA |
| 89 | 57:20 | 19:07 | 293 | 6/6 | JENNIFER BAKER | 32 | F CENTRAL VALLEY | CA |
| 90 | 57:21 | 19:07 | 261 | 12/12 | SONYA FORD | 35 | F REDDING | CA |
| 91 | 1:02:16 | 20:45 | 113 | 1/1 | MARJORIE ATCHISON | 86 | F REDDING | CA |
| 92 | 1:02:17 | 20:46 | 314 | 5/5 | RUDY ZOELLNER | 54 | M REDDING | CA |

★wheelchair
ST-stroller

THREE MILE ROAD RACE

Redding, California March 27, 1993 10:00 a.m. Weather: Cloudy, 60 degrees

| PLACE | TIME | PACE | NO. | DIV/TOT | NAME | AG | S TOWN | ST |
|-------|-------|------|-----|---------|-------------------|----|------------------|----|
| 1 | 15:22 | 5:07 | 1 | 1/22 | MARK FRICKER | 33 | M CANBY | OR |
| 2 | 15:25 | 5:08 | 109 | 1/10 | BILL JOSEPH | 36 | M SHASTA | CA |
| 3 | 15:56 | 5:19 | 30 | 2/22 | GID RYSDAM | 31 | M MOLALLA | OR |
| 4 | 16:25 | 5:28 | 154 | 1/5 | BRIAN GADDY | 22 | M REDDING | CA |
| 5 | 16:35 | 5:32 | 347 | 1/11 | JARED SCUBES | 18 | M COTTONWOOD | CA |
| 6 | 16:41 | 5:34 | 56 | 1/12 | CHUCK MACDONALD | 46 | M REDDING | CA |
| ★ 7 | 16:42 | 5:34 | 4 | 1/4 | MARK GRANGER | 36 | M PALO CEDRO | CA |
| 8 | 16:57 | 5:39 | 339 | 2/10 | AL MASTERSOON | 35 | M REDDING | CA |
| ★ 9 | 17:02 | 5:41 | 11 | 1/10 | KIM STEMPIEN | 30 | F REDDING | CA |
| ★ 10 | 17:06 | 5:42 | 88 | 2/4 | NICK COVARRUBIAS | 44 | M ANDERSON | CA |
| 11 | 17:06 | 5:42 | 264 | 3/22 | BRUCE ANDREW | 32 | M ANDERSON | CA |
| ★ 12 | 17:17 | 5:46 | 92 | 3/4 | TERRY SLOWER | 31 | M REDDING | CA |
| ★ 13 | 17:18 | 5:46 | 119 | 4/4 | BOB DIGIULIO | 46 | M REDDING | CA |
| 14 | 17:28 | 5:49 | 24 | 4/22 | FRED PERL | 30 | M REDDING | CA |
| 15 | 17:36 | 5:52 | 79 | 2/12 | RON SCHULTZ | 48 | M REDDING | CA |
| 16 | 17:38 | 5:53 | 330 | 3/12 | GARY BROOKS | 46 | M CARSON CITY | NV |
| 17 | 17:44 | 5:55 | 283 | 3/10 | BARRY DAWSON | 39 | M COTTONWOOD | CA |
| 18 | 17:48 | 5:56 | 159 | 2/11 | PATRICK YATES | 18 | M REDDING | CA |
| 19 | 18:16 | 6:05 | 220 | 1/9 | DONNIE FERGUSON | 29 | M CENTRAL VALLEY | CA |
| 20 | 18:30 | 6:10 | 78 | 1/14 | GUY MALAIN | 40 | M REDDING | CA |
| 21 | 18:33 | 6:11 | 315 | 4/10 | RICHARD CROSS | 39 | M REDDING | CA |
| 22 | 18:34 | 6:11 | 379 | 1/5 | KRISSY LOOK | 18 | F REDDING | CA |
| 23 | 18:35 | 6:12 | 155 | 3/11 | RYAN MADE | 14 | M REDDING | CA |
| 24 | 18:44 | 6:15 | 223 | 1/11 | STEVEN SPRINGHORN | 10 | M REDDING | CA |
| 25 | 18:49 | 6:16 | 98 | 4/11 | ADAM MEYER | 14 | M REDDING | CA |
| 26 | 18:49 | 6:16 | 321 | 5/10 | DAVE EVERSON | 38 | M REDDING | CA |
| 27 | 19:08 | 6:23 | 198 | 4/12 | JIM LANGUM | 48 | M REDDING | CA |
| 28 | 19:16 | 6:25 | 382 | 5/22 | DAVID MACDONDO | 32 | M SACRAMENTO | CA |
| 29 | 19:19 | 6:26 | 179 | 1/5 | NAOMI RAMOS | 12 | F REDDING | CA |
| 30 | 19:25 | 6:28 | 241 | 1/1 | MORT WARD | 62 | M QUINCY | CA |
| 31 | 19:26 | 6:29 | 319 | 2/5 | NICOLE HARTLEY | 11 | F BELLA VISTA | CA |
| 32 | 19:30 | 6:30 | 352 | 2/9 | AARON HALEY | 27 | M REDDING | CA |
| 33 | 19:30 | 6:30 | 221 | 1/6 | JOHN FRANK | 51 | M SUMMIT CITY | CA |
| 34 | 19:31 | 6:30 | 381 | 6/22 | LÉE YOUNG | 31 | M CENTRAL VALLEY | CA |
| 35 | 19:31 | 6:30 | 351 | 7/22 | BRIAN FROST | 33 | M REDDING | CA |
| 36 | 19:37 | 6:32 | 338 | 2/14 | NIKE MORTON | 44 | M REDDING | CA |
| 37 | 19:42 | 6:34 | 25 | 1/5 | PHILIP ERATH | 58 | M JUNCTION CITY | CA |
| 38 | 19:52 | 6:37 | 281 | 2/10 | TUNYA GEERS | 34 | F REDDING | CA |
| 39 | 19:55 | 6:38 | 17 | 8/22 | CAL DEMECURIO | 30 | M SHINGLETOWN | CA |
| 40 | 19:57 | 6:39 | 354 | 9/22 | JIM CAURITZEN | 30 | M REDDING | CA |
| 41 | 20:06 | 6:42 | 165 | 5/11 | KEVIN WEBSTER | 18 | M REDDING | CA |
| 42 | 20:13 | 6:44 | 349 | 3/14 | DON CLARK | 41 | M CHICO | CA |
| 43 | 20:15 | 6:45 | 15 | 6/11 | NIKE MORRIS | 18 | M REDDING | CA |
| 44 | 20:15 | 6:45 | 305 | 2/5 | CARIE IRWIN | 15 | F REDDING | CA |
| 45 | 20:18 | 6:46 | 161 | 6/10 | PAUL BROUSSEAU | 39 | M REDDING | CA |
| 46 | 20:27 | 6:49 | 41 | 4/14 | ROBERT RAMIREZ | 43 | M RED BLUFF | CA |
| 47 | 20:28 | 6:49 | 309 | 7/10 | KEITH MALAIN | 36 | M REDDING | CA |
| 48 | 20:31 | 6:50 | 62 | 10/22 | DAN HENDRICKSON | 30 | M ALBANY | OR |

New
R

THREE MILE ROAD RACE

Redding, California March 27, 1993 10:00 a.m. Weather: Cloudy, 60 degrees

| PLACE | TIME | PACE | NO. | DIV/TOT | NAME | AG | S TOWN | ST |
|-------|-------|-------|-----|---------|------------------|----|------------------|----|
| 151 | 26:55 | 8:58 | 133 | 6/6 | DICK KAHLER | 50 | M REDDING | CA |
| 152 | 27:17 | 9:06 | 374 | 8/9 | KEVIN LINDSAY | 28 | M CENTRAL VALLEY | CA |
| 153 | 27:37 | 9:12 | 344 | 7/8 | KAREN GORDON | 44 | F CRESENT CITY | CA |
| 154 | 27:40 | 9:13 | 148 | 12/12 | THOMAS BROWN | 48 | M COTTONWOOD | CA |
| 155 | 27:44 | 9:15 | 267 | 4/6 | MARY AXELSON | 38 | F REDDING | CA |
| 156 | 27:49 | 9:16 | 342 | 9/11 | CODY GORDON | 10 | M CRESENT CITY | CA |
| 157 | 28:03 | 9:21 | 168 | 9/9 | ERIK MEYER | 26 | M SEBASTOPOL | CA |
| 158 | 28:11 | 9:24 | 112 | 2/3 | MARCENE PARKAM | 63 | F MEANVILLE | CA |
| 159 | 28:19 | 9:26 | 239 | 8/10 | TINA LOPEZ | 31 | F REDDING | CA |
| 160 | 28:32 | 9:31 | 235 | 9/10 | KRISTEN DAHLIN | 30 | F REDDING | CA |
| 161 | 28:38 | 9:33 | 178 | 8/8 | GLENDA GERVA | 40 | F MT. SHASTA | CA |
| 162 | 28:41 | 9:34 | 199 | 5/5 | ELIN MAROVICH | 29 | F SANTA ROSA | CA |
| 163 | 28:44 | 9:35 | 63 | 10/11 | RYAN FROST | 13 | M REDDING | CA |
| 164 | 28:55 | 9:38 | 276 | 5/5 | VICKEY MCGRATH | 21 | F SUMMIT CITY | CA |
| 165 | 29:45 | 9:55 | 364 | 11/11 | CASEY LOZINTO | 10 | M CENTRAL VALLEY | CA |
| 166 | 29:48 | 9:56 | 233 | 10/10 | KAREN SELLERS | 33 | F REDDING | CA |
| 167 | 30:21 | 10:07 | 234 | 22/22 | TOM SELLERS | 32 | M REDDING | CA |
| 168 | 30:34 | 10:11 | 143 | 5/6 | SHIRLEY MAGNUSON | 39 | F DUNSMUIR | CA |
| 169 | 30:43 | 10:14 | 19 | 4/4 | SHORTY ARMSTRONG | 53 | F SHINGLETOWN | CA |
| 170 | 30:56 | 10:19 | 44 | 4/4 | FRANCES CONCKLIN | 47 | F REDDING | CA |
| 171 | 30:59 | 10:20 | 77 | 4/4 | KATHY MALAIN | 37 | F REDDING | CA |
| 172 | 31:10 | 10:23 | 361 | 3/4 | DANIEL MERTIN | 8 | M SACRAMENTO CA | CA |
| 173 | 31:37 | 10:32 | 365 | 4/4 | CHRIS LOZINTO | 7 | M CENTRAL VALLEY | CA |
| 174 | 33:05 | 11:02 | 160 | 1/1 | QUINN BROUSSEAU | 8 | F REDDING | CA |
| 175 | 37:07 | 12:22 | 47 | 6/6 | NIKKI FOWLER | 39 | F REDDING | CA |
| 176 | 41:26 | 13:49 | 120 | 3/3 | BETTY HEAD | 61 | F CENTRAL VALLEY | CA |
| 177 | 54:07 | 18:02 | 26 | 14/14 | MICHAEL SANMYER | 41 | M REDDING | CA |

ST

TEN MILE ROAD RACE

Redding, California March 27, 1993 10:00 a.m. Weather: Cloudy, 60 degrees

| PLACE | TIME | PACE | NO. | DIV/TOT | NAME | AG | S TOWN | ST |
|-------|---------|------|-----|---------|--------------|----|-------------|----|
| 1 | 54:09 | 5:25 | 9 | 1/5 | TOM CUSHMAN | 39 | M CHICO | CA |
| 2 | 56:21 | 5:38 | 36 | 1/1 | PAT KORNER | 29 | M REDDING | CA |
| 3 | 57:35 | 5:46 | 240 | 1/4 | MARK SCHAFER | 33 | M CHICO | CA |
| 4 | 58:54 | 5:53 | 149 | 2/4 | TOM PEET | 32 | M CHICO | CA |
| 5 | 1:00:06 | 6:01 | 213 | 3/4 | VINCENT GANA | 31 | M CHICO | CA |
| 6 | 1:00:27 | 6:03 | 2 | 1/6 | LUANNE PARK | 32 | F REDDING | CA |
| 7 | 1:01:35 | 6:10 | 171 | 2/5 | JIM WALKER | 35 | M CHICO | CA |
| 8 | 1:01:35 | 6:10 | 176 | 1/9 | ROD SMITH | 42 | M LEUTETOWN | CA |

New
Record

Bud Light NORCAL JOHN FRANK MEMORIAL RUN 1993

TEN MILE ROAD

Redding, California March 27, 1993 10:00 a.m. Weather: Cloudy, 60 degrees

| PLACE | TIME | PACE | NO. | DIV/TOT | NAME | AG | S | TOWN | ST |
|-------|---------|------|-----|---------|---------------------|----|---|--------------|----|
| 11 | 1:05:19 | 6:32 | 208 | 1/5 | JIM BEVINS | 55 | M | RED BLUFF | CA |
| 12 | 1:08:00 | 6:48 | 229 | 2/9 | DON MASON | 42 | M | BURNEY | CA |
| 13 | 1:08:21 | 6:50 | 368 | 3/5 | PETER NICOLAY | 37 | M | REDDING | CA |
| 14 | 1:08:34 | 6:51 | 68 | 1/3 | GAIL JONES | 38 | F | MEAUVERVILLE | CA |
| 15 | 1:08:36 | 6:52 | 135 | 2/3 | LERDY PERKINS | 47 | M | WHITMORE | CA |
| 16 | 1:08:45 | 6:53 | 164 | 1/2 | JASON MONTELONGO | 18 | M | REDDING | CA |
| 17 | 1:09:23 | 6:56 | 340 | 2/8 | RON DUNLAP | 54 | M | REDDING | CA |
| 18 | 1:09:38 | 6:58 | 144 | 3/8 | NICHOLAS STEFANIGKO | 50 | M | RED BLUFF | CA |
| 19 | 1:10:27 | 7:03 | 86 | 2/5 | LEE BUNNELL | 59 | M | REDDING | CA |
| 20 | 1:11:07 | 7:07 | 157 | 2/3 | RENEE THOMAS | 35 | F | REDDING | CA |
| 21 | 1:11:38 | 7:10 | 375 | 1/1 | JOSE LOZA | 23 | M | SACRAMENTO | CA |
| 22 | 1:11:40 | 7:10 | 211 | 1/4 | ROBERT MALAIN | 65 | M | REDDING | CA |
| 23 | 1:11:40 | 7:10 | 238 | 3/9 | BOB PIERCY | 44 | M | PROJECT CITY | CA |
| 24 | 1:11:40 | 7:10 | 380 | 4/8 | LOUIS QUICCLE | 52 | M | REDDING | CA |
| 25 | 1:12:56 | 7:18 | 139 | 2/2 | NEAL FLUHRER | 16 | M | REDDING | CA |
| 26 | 1:13:25 | 7:21 | 376 | 3/5 | BUSH ED | 59 | M | ANDERSON | CA |
| 27 | 1:14:21 | 7:26 | 288 | 4/9 | VIC CROOKS | 43 | M | RED BLUFF | CA |
| 28 | 1:14:35 | 7:28 | 42 | 1/2 | SHERRY MANN | 43 | F | REDDING | CA |
| 29 | 1:15:00 | 7:30 | 84 | 5/9 | TERRY FAIRHURST | 41 | M | OAKLEY | CA |
| 30 | 1:15:15 | 7:32 | 43 | 6/9 | J. RUSSELL MANN | 43 | M | REDDING | CA |
| 31 | 1:15:21 | 7:32 | 356 | 5/8 | DON YOST | 50 | M | REDDING | CA |
| 32 | 1:15:36 | 7:34 | 194 | 6/8 | GLENN REED | 54 | M | REDDING | CA |
| 33 | 1:16:48 | 7:41 | 102 | 4/5 | MARK VAUGHAN | 38 | M | ANDERSON | CA |
| 34 | 1:17:05 | 7:43 | 14 | 2/2 | CHRISTINA SCHLOSSER | 40 | F | REDDING | CA |
| 35 | 1:17:33 | 7:45 | 183 | 2/4 | BILL STOWELL | 65 | M | FORT JONES | CA |
| 36 | 1:17:59 | 7:48 | 141 | 2/6 | GAIL SMALL | 30 | F | REDDING | CA |
| 37 | 1:18:03 | 7:48 | 95 | 3/6 | CARDLE GRANDMAIN | 32 | F | REDDING | CA |
| 38 | 1:18:32 | 7:51 | 145 | 7/8 | PAUL FRANCOIS | 50 | M | REDDING | CA |
| 39 | 1:18:39 | 7:52 | 130 | 4/5 | JOHNNY LUZZADDER | 56 | M | RED BLUFF | CA |
| 40 | 1:18:53 | 7:53 | 10 | 1/2 | HARRY DANIELL | 64 | M | REDDING | CA |
| 41 | 1:19:42 | 7:58 | 297 | 1/1 | MEREDITH PARKS | 45 | F | REDDING | CA |
| 42 | 1:19:44 | 7:58 | 268 | 8/8 | AL KATSCHE | 50 | M | ANDERSON | CA |
| 43 | 1:20:07 | 8:01 | 244 | 7/9 | JOHN CALHOUN | 43 | M | ELK GROVE | CA |
| 44 | 1:20:34 | 8:03 | 331 | 8/9 | DAN BICKLE | 40 | M | REDDING | CA |
| 45 | 1:20:40 | 8:04 | 313 | 1/1 | MARCI MARTIN | 29 | F | REDDING | CA |
| 46 | 1:21:05 | 8:07 | 377 | 5/5 | MARK IBSEN | 37 | M | REDDING | CA |
| 47 | 1:21:56 | 8:12 | 37 | 3/3 | WILLIAM HORTON | 47 | M | ANDERSON | CA |
| 48 | 1:22:56 | 8:18 | 97 | 3/3 | KAREN MEYER | 39 | F | REDDING | CA |
| 49 | 1:23:33 | 8:21 | 80 | 4/6 | ROBIN DEBRULER | 31 | F | REDDING | CA |
| 50 | 1:24:13 | 8:25 | 355 | 4/4 | MATTHEW HAIGCH | 31 | M | REDDING | CA |
| 51 | 1:24:47 | 8:29 | 210 | 2/2 | IRA STANLEY | 63 | M | TULE LAKE | CA |
| 52 | 1:27:45 | 8:47 | 373 | 1/1 | MIKE SHERRIFF | 13 | M | PETALUMA | CA |
| 53 | 1:27:55 | 8:48 | 177 | 5/6 | CYNDI SCHIEBER | 32 | F | MT. SHASTA | CA |
| 54 | 1:28:37 | 8:52 | 192 | 6/6 | LORI GOYNE | 30 | F | REDDING | CA |
| 55 | 1:28:40 | 8:52 | 51 | 1/1 | DAISY ROBERTS | 61 | F | YREKA | CA |
| 56 | 1:31:46 | 9:11 | 66 | 3/4 | JIM GULLIVAN | 69 | M | CON | CA |
| 57 | 1:32:44 | 9:16 | 52 | 4/4 | DWIGHT ROBERTS | 67 | M | YREKA | CA |