

26th Annual  
NORCAL  
JOHN  
FRANK  
MEMORIAL  
RUN

March 23, 1996

A VERY SPECIAL THANKS  
TO OUR SPONSORS

BUD LIGHT  
CASTLE ROCK SPRING WATER  
CITY OF SHASTA LAKE  
C. R. GIBBS  
DOMECURIO'S  
EXPRESS PERSONNEL  
FOOTHILL DISTRIBUTING  
HILLTOP INN  
NORTH VALLEY BANK  
PEPSI  
SCHMETT EQUIPMENT  
SENTRY MARKETS  
SHASTA LAKE LIONS' CLUB

NORCAL JOHN FRANK MEMORIAL RUN 1996

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## TEN MILE ROAD RACE

Shasta Lake, CA March 23, 1996 10:00 a.m. Weather: Clear, 55 degrees

| PLACE | TIME    | PACE  | NO. | DIV/TOT | NAME                | AG | S | TOWN           | ST |
|-------|---------|-------|-----|---------|---------------------|----|---|----------------|----|
| 1     | 52:20   | 17:27 | 1   | 1/4     | DICK OLDFIELD       | 35 | M | TIGARD         | OR |
| 2     | 53:04   | 17:41 | 6   | 1/7     | TOM CUSHMAN         | 42 | M | CHICO          | CA |
| 3     | 54:51   | 18:17 | 134 | 2/4     | BILL JOSEPH         | 39 | M | SHASTA         | CA |
| 4     | 57:08   | 19:03 | 281 | 3/4     | MIKE ERCOLINI       | 37 | M | REDDING        | CA |
| 5     | 57:24   | 19:08 | 270 | 1/9     | JIM PRICE           | 45 | M | REDDING        | CA |
| 6     | 1:00:53 | 20:18 | 146 | 1/2     | ERIK JORRICK        | 28 | M | SACRAMENTO     | CA |
| 7     | 1:01:22 | 20:27 | 136 | 1/2     | VERONICA HASKELL    | 28 | F | REDDING        | CA |
| 8     | 1:02:24 | 20:48 | 96  | 2/9     | JAMIESON VAN EATON  | 49 | M | REDDING        | CA |
| 9     | 1:03:46 | 21:15 | 2   | 2/2     | JUDITH MANNING      | 28 | F | SHASTA LAKE    | CA |
| 10    | 1:04:42 | 21:34 | 164 | 2/7     | GARY PURSELL        | 40 | M | REDDING        | CA |
| 11    | 1:04:42 | 21:34 | 196 | 1/2     | JIM LAURITZEN       | 33 | M | REDDING        | CA |
| 12    | 1:05:38 | 21:53 | 85  | 2/2     | JAMES ADAMS         | 34 | M | OROVILLE       | CA |
| 13    | 1:08:03 | 22:41 | 142 | 1/1     | ZACH CALDWELL       | 15 | M | REDDING        | CA |
| 14    | 1:08:07 | 22:42 | 35  | 1/4     | M JAMES WARNEMUENDE | 55 | M | REDDING        | CA |
| 15    | 1:09:34 | 23:11 | 28  | 3/9     | JIM LANGUM          | 49 | M | REDDING        | CA |
| 16    | 1:10:11 | 23:24 | 160 | 1/2     | LANE CARLSON        | 20 | M | REDDING        | CA |
| 17    | 1:10:11 | 23:24 | 159 | 4/9     | BILL CARLSON        | 48 | M | REDDING        | CA |
| 18    | 1:10:30 | 23:30 | 16  | 1/3     | ERICA RODRIGUEZ     | 19 | F | REDDING        | CA |
| 19    | 1:11:05 | 23:42 | 55  | 1/3     | JOHN FRANK          | 54 | M | SHASTA LAKE    | CA |
| 20    | 1:11:47 | 23:56 | 223 | 1/3     | BERNIE ELLIOTT      | 42 | F | REDDING        | CA |
| 21    | 1:12:01 | 24:00 | 216 | 2/4     | RON DUNLAP          | 57 | M | REDDING        | CA |
| 22    | 1:12:51 | 24:17 | 251 | 3/7     | DAN BICKLE          | 43 | M | REDDING        | CA |
| 23    | 1:12:54 | 24:18 | 108 | 2/3     | LORI KLUCK          | 17 | F | REDDING        | CA |
| 24    | 1:13:30 | 24:30 | 280 | 3/3     | KARA HUNN           | 16 | F | CENTRAL VALLEY | CA |
| 25    | 1:13:45 | 24:35 | 273 | 4/7     | GENEROME            | 41 | M | OROVILLE       | CA |
| 26    | 1:13:46 | 24:35 | 203 | 1/2     | ED BUSH             | 62 | M | ANDERSON       | CA |
| 27    | 1:13:56 | 24:39 | 267 | 2/2     | DARRELL HARTMAN     | 22 | M | REDDING        | CA |
| 28    | 1:14:14 | 24:45 | 231 | 5/9     | VIC CROOKS          | 46 | M | RED BLUFF      | CA |
| 29    | 1:16:04 | 25:21 | 49  | 6/9     | RONALD HARRIS       | 45 | M | HYAMPOM        | CA |
| 30    | 1:17:08 | 25:43 | 90  | 2/2     | STEPHEN SCHEER      | 28 | M | OROVILLE       | CA |
| 31    | 1:17:21 | 25:47 | 125 | 5/7     | TERRY FAIRHURST     | 44 | M | OAKLEY         | CA |
| 32    | 1:17:49 | 25:56 | 255 | 3/4     | GLENN REED          | 57 | M | REDDING        | CA |
| 33    | 1:18:48 | 26:16 | 122 | 1/3     | HARRY DANIELL       | 67 | M | REDDING        | CA |
| 34    | 1:18:51 | 26:17 | 118 | 2/3     | DENNIS COOK         | 54 | M | REDDING        | CA |
| 35    | 1:19:23 | 26:28 | 93  | 1/2     | KEITH WEBB          | 19 | M | SHASTA LAKE    | CA |
| 36    | 1:19:24 | 26:28 | 61  | 7/9     | KEN DECAMP          | 49 | M | SHASTA LAKE    | CA |
| 37    | 1:19:24 | 26:28 | 132 | 1/2     | MEREDITH PARKS      | 48 | F | REDDING        | CA |
| 38    | 1:20:25 | 26:48 | 58  | 2/2     | BARBARA COSINDAB    | 45 | F | REDDING        | CA |
| 39    | 1:21:04 | 27:01 | 245 | 8/9     | PAT MILLER          | 47 | M | REDDING        | CA |
| 40    | 1:22:36 | 27:32 | 121 | 3/3     | DON YOST            | 53 | M | REDDING        | CA |
| 41    | 1:23:15 | 27:45 | 56  | 1/2     | KATHY FRANK         | 51 | F | SHASTA LAKE    | CA |
| 42    | 1:24:57 | 28:19 | 91  | 1/2     | KAREN CALDWELL      | 37 | F | REDDING        | CA |
| 43    | 1:26:34 | 28:51 | 81  | 2/2     | JOHN LINDBERG       | 62 | M | TRINITY CENTER | CA |
| 44    | 1:28:07 | 29:22 | 165 | 2/3     | BONNIE PURSELL      | 40 | F | REDDING        | CA |
| 45    | 1:28:44 | 29:35 | 277 | 2/2     | GODY LANDBERG       | 17 | M |                |    |
| 46    | 1:28:55 | 29:38 | 27  | 2/3     | IRA STANLEY         | 66 | M | TULELAKE       | CA |
| 47    | 1:31:32 | 30:31 | 32  | 1/1     | MICHELLE OVERLING   | 24 | F | REDDING        | CA |
| 48    | 1:31:48 | 30:36 | 254 | 3/3     | MARTHA BOSTON       | 42 | F | REDDING        | CA |
| 49    | 1:32:29 | 30:50 | 249 | 6/7     | DENNIS GRADY        | 43 | M | REDDING        | CA |
| 50    | 1:32:30 | 30:50 | 47  | 7/7     | HAROLD SILVA        | 42 | M | PALO CEDRO     | CA |

NORCAL JOHN FRANK MEMORIAL RUN 1996

## TEN MILE ROAD RACE

Shasta Lake, CA March 23, 1996 10:00 a.m. Weather: Clear, 55 degrees

| PLACE | TIME    | PACE  | NO. | DIV/TOT | NAME           | AG | S | TOWN           | ST |
|-------|---------|-------|-----|---------|----------------|----|---|----------------|----|
| 51    | 1:34:14 | 31:25 | 150 | 2/2     | CAROLYN WARD   | 54 | F | QUINCY         | CA |
| 52    | 1:34:14 | 31:25 | 105 | 1/1     | JIM SULLIVAN   | 72 | M | COOL           | CA |
| 53    | 1:36:23 | 32:08 | 170 | 9/9     | STEVEN MEYER   | 46 | M | REDDING        | CA |
| 54    | 1:36:52 | 32:17 | 227 | 4/4     | ROBERT FARLEY  | 35 | M | SHASTA LAKE    | CA |
| 55    | 1:37:58 | 32:39 | 65  | 3/3     | JOHN GRIFFIN   | 69 | M | TRINITY CENTER | CA |
| 56    | 1:39:23 | 33:08 | 46  | 4/4     | ANDY BERWIND   | 59 | M | REDDING        | CA |
| 57    | 1:50:29 | 36:50 | 106 | 1/1     | ARLENE BIDWELL | 57 | F | REDDING        | CA |
| 58    | 1:56:23 | 38:48 | 95  | 2/2     | LYNN WEBB      | 37 | F | SHASTA LAKE    | CA |

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NORCAL JOHN FRANK MEMORIAL RUN 1996

## ONE MILE ROAD RACE

Shasta Lake, CA March 23, 1996 10:00 a.m. Weather: Clouds, 55 degrees

| PLACE | TIME  | PACE | NO. | DIV/TOT | NAME                | AG | S | TOWN           | ST |
|-------|-------|------|-----|---------|---------------------|----|---|----------------|----|
| 1     | 7:38  | 2:33 | 434 | 1/1     | DUSTIN CLEMENTS     | 13 | M | REDDING        | CA |
| 2     | 8:44  | 2:55 | 411 | 1/1     | KARI SILVA          | 9  | F | PALO CEDRO     | CA |
| 3     | 8:58  | 2:59 | 427 | 1/3     | WILLIAM KRATZER     | 9  | M | CENTRAL VALLEY | CA |
| 4     | 9:06  | 3:02 | 401 | 1/2     | AMANDA RACKLEY      | 11 | F | SHASTA LAKE    | CA |
| 5     | 9:23  | 3:08 | 409 |         | BOY #2 SANTA CRUZ   |    |   | HAYFORK        | CA |
| 6     | 9:39  | 3:13 | 175 | 2/3     | SAGE BAKER          | 9  | M | SHASTA LAKE    | CA |
| 7     | 9:46  | 3:15 | 426 | 2/2     | HOPE FARLEY         | 11 | F | SHASTA LAKE    | CA |
| 8     | 11:07 | 3:42 | 413 | 3/3     | GREYSON HARRIS      | 8  | M | HYAMPOM        | CA |
| 9     | 11:42 | 3:54 | 436 | 1/1     | MARY SHEER          | 29 | F | OROVILLE       | CA |
| 10    | 12:30 | 4:10 | 412 | 1/2     | TONY SILVA          | 5  | M | PALO CEDRO     | CA |
| 11    | 12:31 | 4:10 | 410 | 1/2     | COLLEEN SILVA       | 39 | F | PALO CEDRO     | CA |
| 12    | 12:32 | 4:11 | 430 | 1/2     | JIM PERKINS         | 51 | M | CENTRAL VALLEY | CA |
| 13    | 12:33 | 4:11 | 431 | 1/1     | DIANNE TAYLOR       | 50 | F | PALO CEDRO     | CA |
| 14    | 12:34 | 4:11 | 432 | 1/1     | TOM TAYLOR          | 20 | M | PALO CEDRO     | CA |
| 15    | 13:52 | 4:37 | 435 | 2/2     | JERRY GORDON        | 50 | M | CRESCENT CITY  | CA |
| 16    | 13:53 | 4:38 | 415 | 1/2     | JOYCELYN WEYKER     | 55 | F | SEBASTOPOL     | CA |
| 17    | 14:03 | 4:41 | 414 | 1/1     | LUCILLE CHRISTENSEN | 74 | F | REDDING        | CA |
| 18    | 14:05 | 4:42 | 420 | 1/2     | FRANK LEE           | 64 | M | SHASTA LAKE    | CA |
| 19    | 14:05 | 4:42 | 400 | 1/1     | BARBARA HENDERSON   | 41 | F | REDDING        | CA |
| 20    | 14:16 | 4:45 | 403 | 1/1     | GERTIE JOHNSON      | 62 | F | REDDING        | CA |
| 21    | 14:31 | 4:50 | 408 |         | BOY#1 SANTA CRUZ    |    |   | HAYFORK        | CA |
| 22    | 15:23 | 5:08 | 422 | 1/1     | EARL LOVE           | 77 | M | REDDING        | CA |
| 23    | 15:24 | 5:08 | 433 | 1/1     | KEN MATIAS          | 55 | M | REDDING        | CA |
| 24    | 16:29 | 5:30 | 419 | 2/2     | CHARLENE TAYLOR     | 57 | F | REDDING        | CA |
| 25    | 16:30 | 5:30 | 418 | 2/2     | LEROY TAYLOR        | 64 | M | REDDING        | CA |
| 26    | 17:53 | 5:58 | 407 |         | SANTA CRUZ          |    |   | HAYFORK        | CA |
| 27    | 19:20 | 6:27 | 416 | 2/2     | COLTON HOWARD       | 1  | M | REDMOND        | OR |
| 28    | 23:06 | 7:42 | 425 | 2/2     | RACHAEL E FARLEY    | 35 | F | SHASTA LAKE    | CA |

NORCAL JOHN FRANK MEMORIAL RUN 1996

## THREE MILE ROAD RACE

Shasta Lake, CA March 23, 1996 10:00 a.m. Weather: Clear, 55 degrees

| PLACE | TIME  | PACE | NO. | DIV/TOT | NAME                | AG | S | TOWN           | ST |
|-------|-------|------|-----|---------|---------------------|----|---|----------------|----|
| 1     | 15:03 | 5:01 | 265 | 1/16    | JIM HOWARTH         | 29 | M | EUGENE         | OR |
| 2     | 16:31 | 5:30 | 225 | 1/8     | COLBY PHILLIPS      | 16 | M | REDDING        | CA |
| 3     | 16:33 | 5:31 | 14  | 1/16    | BRYCE LIGHTHALL     | 15 | M | REDDING        | CA |
| 4     | 16:46 | 5:35 | 237 | 1/7     | CHUCK McDONALD      | 49 | M | REDDING        | CA |
| 5     | 16:49 | 5:36 | 276 | 1/8     | VINCENT GAMA        | 35 | M | CHICO          | CA |
| 6     | 17:08 | 5:43 | 193 | 2/16    | STEVEN SPRINGHORN   | 13 | M | REDDING        | CA |
| 7     | 17:36 | 5:52 | 241 | 1/8     | STEVE PILES         | 40 | M | BELLA VISTA    | CA |
| 8     | 17:39 | 5:53 | 218 | 3/16    | ANTHONY COTRELL     | 15 | M | SHASTA LAKE    | CA |
| 9     | 17:39 | 5:53 | 153 | 2/8     | JAMES HINKLE        | 16 | M | SHASTA LAKE    | CA |
| 10    | 17:46 | 5:55 | 167 | 1/6     | MEGAN SHEEHY        | 25 | F | REDDING        | CA |
| 11    | 18:13 | 6:04 | 195 | 2/8     | AL MASTERSON        | 38 | M | REDDING        | CA |
| 12    | 18:14 | 6:05 | 72  | 4/16    | JASON GOLENER       | 15 | M | SHINGLETOWN    | CA |
| 13    | 18:23 | 6:08 | 82  | 2/16    | PETER BORACCI       | 32 | M | REDDING        | CA |
| 14    | 19:03 | 6:21 | 111 | 5/16    | BRIAN WILLIAMSON    | 14 | M | REDDING        | CA |
| 15    | 19:15 | 6:25 | 182 | 2/8     | PAUL BROUSSEAU      | 43 | M | REDDING        | CA |
| 16    | 19:29 | 6:30 | 234 | 1/11    | DENE DONIAK         | 50 | M | CENTRAL VALLEY | CA |
| 17    | 19:51 | 6:37 | 57  | 1/3     | PHILIP ERATH        | 61 | M | JUNCTION CITY  | CA |
| 18    | 19:51 | 6:37 | 23  | 3/16    | DONNIE FERGUSON     | 32 | M | SHASTA LAKE    | CA |
| 19    | 19:52 | 6:37 | 261 | 4/16    | LEO SMITH           | 32 | M | CENTRAL VALLEY | CA |
| 20    | 20:02 | 6:41 | 194 | 3/8     | TOM THOMAS          | 41 | M | REDDING        | CA |
| 21    | 20:10 | 6:43 | 226 | 1/8     | LOUIS QUIGGLE       | 55 | M | REDDING        | CA |
| 22    | 20:16 | 6:45 | 262 | 5/16    | GEOFF DIAZ          | 32 | M | REDDING        | CA |
| 23    | 20:21 | 6:47 | 183 | 6/16    | COLBY BROUSSEAU     | 15 | M | REDDING        | CA |
| 24    | 20:28 | 6:49 | 275 | 2/8     | BERT BOOTHROYD      | 55 | M | SALINAS        | CA |
| 25    | 20:43 | 6:54 | 147 | 7/16    | DAVID RAMOS         | 13 | M | REDDING        | CA |
| 26    | 20:44 | 6:55 | 263 | 1/5     | ROBERT PENN         | 29 | M | REDDING        | CA |
| 27    | 20:44 | 6:55 | 272 | 6/16    | JOHN LAWELL         | 30 | M | SACRAMENTO     | CA |
| 28    | 20:49 | 6:56 | 52  | 1/8     | JILL O'TOOLE        | 38 | F | PALO CEDRO     | CA |
| 29    | 20:57 | 6:59 | 9   | 1/5     | BOB MALAIN          | 68 | M | REDDING        | CA |
| 30    | 21:08 | 7:03 | 10  | 7/16    | LEE YOUNG           | 34 | M | SHASTA LAKE    | CA |
| 31    | 21:12 | 7:04 | 94  | 3/8     | DAVID LEWIS         | 17 | M | SHASTA LAKE    | CA |
| 32    | 21:15 | 7:05 | 149 | 2/5     | MORT WARD           | 65 | M | QUINCY         | CA |
| 33    | 21:23 | 7:08 | 169 | 1/8     | PAM MASTERSON       | 43 | F | REDDING        | CA |
| 34    | 21:27 | 7:09 | 256 | 8/16    | BARRY TIPPIN        | 32 | M | REDDING        | CA |
| 35    | 21:27 | 7:09 | 133 | 9/16    | DON CHILTON         | 32 | M | REDDING        | CA |
| 36    | 21:29 | 7:10 | 211 | 2/8     | TONYA GEERS         | 37 | F | REDDING        | CA |
| 37    | 21:30 | 7:10 | 42  | 2/8     | CHRISTINA SCHLOSSER | 43 | F | REDDING        | CA |
| 38    | 21:31 | 7:10 | 119 | 1/7     | ERIC PACE           | 9  | M | REDDING        | CA |
| 39    | 21:39 | 7:13 | 18  | 2/11    | BILL HORTON         | 50 | M | ANDERSON       | CA |
| 40    | 21:39 | 7:13 | 17  | 1/4     | TERRI HORTON        | 23 | F | ANDERSON       | CA |
| 41    | 21:40 | 7:13 | 137 | 1/2     | DAWSON KELSEY       | 22 | M | REDDING        | CA |
| 42    | 21:43 | 7:14 | 185 | 10/16   | DAN FRANK           | 31 | M | SHASTA LAKE    | CA |
| 43    | 21:44 | 7:15 | 210 | 3/8     | CHRISTI WHITCOME    | 39 | F | ALTURAS        | CA |
| 44    | 21:57 | 7:19 | 219 | 1/9     | LANA YOUNG          | 14 | F | SHASTA LAKE    | CA |
| 45    | 22:00 | 7:20 | 59  | 4/8     | EILEEN MCINTYRE     | 39 | F | REDDING        | CA |
| 46    | 22:01 | 7:20 | 236 | 3/8     | BOB BUCK            | 38 | M | PALO CEDRO     | CA |
| 47    | 22:04 | 7:21 | 163 | 4/8     | PANCHO FAIRHURST    | 43 | M | DUNSHUIR       | CA |
| 48    | 22:07 | 7:22 | 423 | 2/7     | MICHAEL MORTON      | 47 | M | REDDING        | CA |
| 49    | 22:11 | 7:24 | 102 | 4/8     | JIMMY MCFADDEN      | 17 | M | REDDING        | CA |
| 50    | 22:19 | 7:26 | 260 | 4/8     | BEN REED JR         | 35 | M | REDDING        | CA |

New record. Old record 15:14 by Dick Oldfield of Tigard OR in 1995

NORCAL JOHN FRANK MEMORIAL RUN 1996

## THREE MILE ROAD RACE

Shasta Lake, CA March 23, 1996 10:00 a.m. Weather: Clear, 55 degrees

| PLACE | TIME  | PACE | NO. | DIV/TOT | NAME             | AG | S | TOWN           | ST |
|-------|-------|------|-----|---------|------------------|----|---|----------------|----|
| 51    | 22:21 | 7:27 | 154 | 2/5     | STEVE MINTZ      | 26 | M | REDDING        | CA |
| 52    | 22:24 | 7:28 | 258 | 5/8     | SLATER GORDON    | 16 | M | CRESCENT CITY  | CA |
| 53    | 22:26 | 7:29 | 242 | 1/6     | JESSIE STRATTON  | 50 | F | REDDING        | CA |
| 54    | 22:27 | 7:29 | 206 | 1/4     | AQUILLA LOHR     | 10 | F | SHINGLETOWN    | CA |
| 55    | 22:28 | 7:29 | 135 | 3/8     | SUE McDONALD     | 44 | F | REDDING        | CA |
| 56    | 22:29 | 7:30 | 213 | 11/16   | KEITH HUNTING    | 33 | M | REDDING        | CA |
| 57    | 22:31 | 7:30 | 222 | 6/8     | CHRISTIAN TEAGUE | 16 | M | REDDING        | CA |
| 58    | 22:36 | 7:32 | 22  | 3/7     | RANDY RUESCH     | 45 | M | SHINGLETOWN    | CA |
| 59    | 22:45 | 7:35 | 247 | 2/6     | ANDREA ELSBERRY  | 25 | F | REDDING        | CA |
| 60    | 22:45 | 7:35 | 24  | 4/8     | BETH HIFSUD      | 44 | F | REDDING        | CA |
| 61    | 22:47 | 7:36 | 224 | 2/9     | CRISTA PHILLIPS  | 12 | F | REDDING        | CA |
| 62    | 22:50 | 7:37 | 20  | 1/8     | GAIL PERKINS     | 33 | F | REDDING        | CA |
| 63    | 22:51 | 7:37 | 19  | 3/11    | LEROY PERKINS    | 50 | M | REDDING        | CA |
| 64    | 22:51 | 7:37 | 209 | 5/8     | PAUL WHITCOME    | 40 | M | ALTURAS        | CA |
| 65    | 22:55 | 7:38 | 74  | 4/11    | GARY V ROGERS    | 52 | M | SHINGLETOWN    | CA |
| 66    | 22:56 | 7:39 | 248 | 5/8     | DAVE RYAN        | 38 | M | REDDING        | CA |
| 67    | 22:59 | 7:40 | 212 | 5/11    | AL KATSCHKE      | 53 | M | ANDERSON       | CA |
| 68    | 23:02 | 7:41 | 143 | 8/16    | JAKE SAYDYK      | 13 | M | SHASTA LAKE    | CA |
| 69    | 23:11 | 7:44 | 190 | 2/7     | CHRIS LOZINTO    | 10 | M | SHASTA LAKE    | CA |
| 70    | 23:15 | 7:45 | 21  | 3/8     | JOE BROWN        | 56 | M | RED BLUFF      | CA |
| 71    | 23:35 | 7:52 | 12  | 2/8     | REBECCA JUMP     | 34 | F | REDDING        | CA |
| 72    | 23:36 | 7:52 | 180 | 2/2     | CHRIS RUSSO      | 21 | M | REDDING        | CA |
| 73    | 23:37 | 7:52 | 233 | 3/6     | JENNIFER DONIAK  | 25 | F | CENTRAL VALLEY | CA |
| 74    | 23:41 | 7:54 | 101 | 6/8     | STEVE CORTOPASSI | 40 | M | REDDING        | CA |
| 75    | 23:45 | 7:55 | 103 | 4/7     | JOHN B CROWE     | 48 | M | REDDING        | CA |
| 76    | 23:52 | 7:57 | 83  | 6/8     | MICHAEL FOSS     | 35 | M | REDDING        | CA |
| 77    | 24:00 | 8:00 | 178 | 7/8     | BRIAN BAKER      | 35 | M | SHASTA LAKE    | CA |
| 78    | 24:06 | 8:02 | 181 | 12/16   | CAL DEMECURIO    | 33 | M | REDDING        | CA |
| 79    | 24:07 | 8:02 | 274 | 3/7     | KEVIN OLGER      | 10 | M | CENTRAL VALLEY | CA |
| 80    | 24:15 | 8:05 | 192 | 1/10    | MARY SPRINGHORN  | 45 | F | REDDING        | CA |
| 81    | 24:28 | 8:09 | 168 | 2/10    | CAROLE KUSSOV    | 48 | F | REDDING        | CA |
| 82    | 24:29 | 8:10 | 269 | 9/16    | DANIEL MERVIN    | 11 | M | SACRAMENTO     | CA |
| 83    | 24:30 | 8:10 | 78  | 13/16   | ALLEN THORNBURG  | 31 | M | CLOVIS         | CA |
| 84    | 24:31 | 8:10 | 117 | 7/8     | WES REYNOLDS     | 44 | M | REDDING        | CA |
| 85    | 24:32 | 8:11 | 239 | 3/5     | KYLE WRIGHT      | 29 | M | ANDERSON       | CA |
| 86    | 24:34 | 8:11 | 238 | 2/4     | KIN STRATING     | 24 | F | REDDING        | CA |
| 87    | 24:38 | 8:13 | 99  | 6/11    | DARYL HARRIS     | 54 | M | REDDING        | CA |
| 88    | 24:40 | 8:13 | 84  | 2/3     | DEAN REED        | 60 | M | GEORGETOWN     | CA |
| 89    | 24:50 | 8:17 | 107 | 7/11    | GEORGE RAY       | 53 | M | PALO CEDRO     | CA |
| 90    | 25:08 | 8:23 | 44  | 3/5     | LEFTY HASTINGS   | 66 | M | REDDING        | CA |
| 91    | 25:22 | 8:27 | 229 | 4/5     | BRIAN SNIDER     | 27 | M | REDDING        | CA |
| 92    | 25:25 | 8:28 | 60  | 2/6     | PAM DECAMP       | 50 | F | SHASTA LAKE    | CA |
| 93    | 25:30 | 8:30 | 76  | 5/7     | BOB FRANK        | 45 | M | REDDING        | CA |
| 94    | 25:31 | 8:30 | 43  | 8/11    | RICHARD MARCHAND | 53 | M | REDDING        | CA |
| 95    | 25:42 | 8:34 | 63  | 9/11    | STAN CUNNINGHAM  | 51 | M | REDDING        | CA |
| 96    | 25:44 | 8:35 | 31  | 3/8     | PAULA PEARCE     | 31 | F | SHASTA LAKE    | CA |
| 97    | 26:12 | 8:44 | 129 | 10/16   | LONDON CARVALHO  | 12 | M | REDDING        | CA |
| 98    | 26:13 | 8:44 | 127 | 4/8     | RICHARD DUVAL    | 55 | M | ANDERSON       | CA |
| 99    | 26:16 | 8:45 | 92  | 4/8     | SHERRY LINDSAY   | 30 | F | SHASTA LAKE    | CA |
| 100   | 26:25 | 8:48 | 161 | 3/10    | SUE CARLSON      | 47 | F | REDDING        | CA |

THREE MILE ROAD RACE

Shasta Lake, CA March 23, 1996 10:00 a.m. Weather: Clear, 55 degrees

| PLACE | TIME  | PACE  | NO. | DIV/TOT | NAME               | AG | S TOWN             | ST |
|-------|-------|-------|-----|---------|--------------------|----|--------------------|----|
| 101   | 26:45 | 8:55  | 25  | 1/2     | MARIE ROUSE        | 60 | F REDDING          | CA |
| 102   | 26:47 | 8:56  | 33  | 1/1     | LAWRENCE FORERO    | 72 | M WEAVERVILLE      | CA |
| 103   | 26:58 | 8:59  | 155 | 8/8     | JOE CHICONE        | 37 | M REDDING          | CA |
| 104   | 27:06 | 9:02  | 39  | 4/7     | GARRISON JONES     | 10 | M REDDING          | CA |
| 105   | 27:14 | 9:05  | 250 | 5/8     | MARY GRADY         | 44 | F REDDING          | CA |
| 106   | 27:25 | 9:08  | 88  | 1/5     | SARAH DOMKE        | 17 | F REDDING          | CA |
| 107   | 27:25 | 9:08  | 89  | 2/5     | LINDSEY BOSWORTH   | 16 | F REDDING          | CA |
| 108   | 27:34 | 9:11  | 259 | 11/16   | CODY GORDON        | 13 | M CRESCENT CITY    | CA |
| 109   | 27:35 | 9:12  | 220 | 3/5     | MARGE IVERSON      | 17 | F REDDING          | CA |
| 110   | 27:38 | 9:13  | 120 | 5/8     | KAREN OLDFIELD     | 36 | F TIGARD           | OR |
| 111   | 27:40 | 9:13  | 252 | 4/5     | BRAULIA MORA       | 16 | F REDDING          | CA |
| 112   | 27:40 | 9:13  | 148 | 5/7     | CHRIS CASEM        | 6  | M REDDING          | CA |
| 113   | 27:51 | 9:17  | 50  | 12/16   | CARSON HARRIS      | 12 | M HYAMPOM          | CA |
| 114   | 27:59 | 9:20  | 37  | 4/5     | HERMAN ROMERO      | 68 | M WILLOWS          | CA |
| 115   | 28:04 | 9:21  | 152 | 6/7     | DAN SCHUMACHER     | 47 | M REDDING          | CA |
| 116   | 28:58 | 9:39  | 64  | 3/6     | YVONNE CUNNINGHAM  | 53 | F REDDING          | CA |
| 117   | 29:05 | 9:42  | 184 | 3/9     | QUINN BROUSSEAU    | 11 | F REDDING          | CA |
| 118   | 29:09 | 9:43  | 200 | 6/7     | TOM OSTROWSKI      | 9  | M SHASTA LAKE      | CA |
| 119   | 29:11 | 9:44  | 166 | 1/5     | DIANE PRETTYMAN    | 56 | F REDDING          | CA |
| 120   | 29:14 | 9:45  | 257 | 4/10    | KAREN GORDON       | 48 | F CRESCENT CITY    | CA |
| 121   | 29:18 | 9:46  | 204 | 4/6     | MARIA QUIRO'S-BUSH | 50 | F ANDERSON         | CA |
| 122   | 29:24 | 9:48  | 198 | 2/4     | MIMI BROWN         | 9  | F FALL RIVER MILLS | CA |
| 123   | 29:24 | 9:48  | 197 | 8/8     | BILL BROWN         | 44 | M FALL RIVER MILLS | CA |
| 124   | 29:56 | 9:59  | 80  | 5/8     | HOWARD WEYKER      | 56 | M SEBASTOPOL       | CA |
| 125   | 30:18 | 10:06 | 126 | 14/16   | BEN DEMECURIO      | 31 | M REDDING          | CA |
| 126   | 30:28 | 10:09 | 86  | 13/16   | DEREK REESE        | 14 | M SHASTA LAKE      | CA |
| 127   | 30:32 | 10:11 | 40  | 5/10    | DONNA COLLINS      | 45 | F REDDING          | CA |
| 128   | 30:41 | 10:14 | 191 | 14/16   | CASEY LOZINTO      | 12 | M SHASTA LAKE      | CA |
| 129   | 30:48 | 10:16 | 38  | 5/8     | HEATHER JONES      | 34 | F REDDING          | CA |
| 130   | 31:09 | 10:23 | 100 | 15/16   | ED WHITE           | 30 | M REDDING          | CA |
| 131   | 31:10 | 10:23 | 130 | 4/9     | LINDSEY CARVALHO   | 15 | F REDDING          | CA |
| 132   | 31:17 | 10:26 | 51  | 6/8     | LISA MCKINNEY      | 37 | F HYAMPOM          | CA |
| 133   | 31:23 | 10:28 | 15  | 1/8     | MARY MALAIN        | 68 | F REDDING          | CA |
| 134   | 31:32 | 10:31 | 228 | 3/4     | AMBER FARLEY       | 10 | F SHASTA LAKE      | CA |
| 135   | 31:34 | 10:31 | 26  | 3/4     | VICKEY MCGRATH     | 24 | F SHASTA LAKE      | CA |
| 136   | 31:54 | 10:38 | 124 | 6/10    | BETH WEIL          | 47 | F SNELLVILLE       | GA |
| 137   | 31:57 | 10:39 | 140 | 6/8     | TANNIE SCOTT       | 32 | F PALO CEDRO       | CA |
| 138   | 32:33 | 10:51 | 29  | 1/1     | GENE HANSON        | 75 | M CORVALLIS        | OR |
| 139   | 32:35 | 10:52 | 271 | 3/3     | KIN SPENCER        | 61 | M RED BLUFF        | CA |
| 140   | 33:03 | 11:01 | 34  | 2/8     | BEVERLY FORERO     | 67 | F WEAVERVILLE      | CA |
| 141   | 34:07 | 11:22 | 232 | 7/7     | DANIEL SPAULDING   | 10 | M                  | CA |
| 142   | 34:21 | 11:27 | 54  | 5/5     | BOB WAGNER         | 65 | M REDDING          | CA |
| 143   | 34:23 | 11:28 | 53  | 2/5     | JOANN LOCKWOOD     | 55 | F REDDING          | CA |
| 144   | 34:54 | 11:38 | 104 | 3/8     | GERI SULLIVAN      | 67 | F COOL             | CA |
| 145   | 36:27 | 12:09 | 176 | 5/9     | JESSICA BAKER      | 11 | F SHASTA LAKE      | CA |
| 146   | 36:50 | 12:17 | 128 | 5/6     | ILENE DUVAL        | 54 | F ANDERSON         | CA |
| 147   | 37:52 | 12:37 | 36  | 6/8     | JIM POPE           | 55 | M REDDING          | CA |
| 148   | 37:57 | 12:39 | 201 | 2/2     | DOROTHY MONTONYE   | 62 | F REDDING          | CA |
| 149   | 38:05 | 12:42 | 174 | 7/10    | MARYLYNN NOLAND    | 48 | F REDDING          | CA |
| 150   | 38:31 | 12:50 | 173 | 7/8     | SHERI MEYER        | 30 | F REDDING          | CA |

THREE MILE ROAD RACE

Shasta Lake, CA March 23, 1996 10:00 a.m. Weather: Clear, 55 degrees

| PLACE | TIME  | PACE  | NO. | DIV/TOT | NAME                | AG | S TOWN           | ST |
|-------|-------|-------|-----|---------|---------------------|----|------------------|----|
| 151   | 38:51 | 12:57 | 41  | 7/7     | LARRY FRESHOUR      | 45 | M REDDING        | CA |
| 152   | 39:12 | 13:04 | 217 | 8/10    | MELANIE EVANS       | 49 | F REDDING        | CA |
| 153   | 40:17 | 13:26 | 75  | 7/8     | JOE FRANK           | 17 | M REDDING        | CA |
| 154   | 40:17 | 13:26 | 157 | 6/9     | MELISSA KNUTTILA    | 15 | F FARGO          | ND |
| 155   | 40:57 | 13:39 | 188 | 4/4     | JESSICA SANDERS     | 9  | F SHASTA LAKE    | CA |
| 156   | 41:05 | 13:42 | 123 | 1/2     | HELEN KLINGLER      | 71 | F REDDING        | CA |
| 157   | 41:09 | 13:43 | 186 | 7/9     | TONYA SANDERS       | 11 | F SHASTA LAKE    | CA |
| 158   | 41:43 | 13:54 | 189 | 1/1     | CRAIGG LOZINTO      | 5  | M SHASTA LAKE    | CA |
| 159   | 41:56 | 13:59 | 77  | 6/8     | PENNY BLUE          | 40 | F REDDING        | CA |
| 160   | 41:58 | 13:59 | 187 | 4/6     | BRENDA FRANK        | 29 | F SHASTA LAKE    | CA |
| 161   | 42:25 | 14:08 | 66  | 4/8     | LAURIE SCHALLER     | 40 | F REDDING        | CA |
| 162   | 42:26 | 14:09 | 278 | 10/11   | PAUL GANS           | 50 | M REDDING        | CA |
| 163   | 44:57 | 14:59 | 156 | 7/8     | KRIS KNUTTILA       | 44 | F FARGO          | ND |
| 164   | 45:57 | 15:19 | 113 | 7/8     | LARRY ACKERNECHT    | 57 | M REDDING        | CA |
| 165   | 45:58 | 15:19 | 71  | 15/16   | J.R.FORD            | 12 | M REDDING        | CA |
| 166   | 45:58 | 15:19 | 70  | 16/16   | BEN FORD            | 14 | M REDDING        | CA |
| 167   | 46:33 | 15:31 | 279 | 8/8     | RAY SINER/MAYER     | 58 | M CENTRAL VALLEY | CA |
| 168   | 46:57 | 15:39 | 114 | 3/5     | SHIRLEY ACKERNECHT  | 58 | F REDDING        | CA |
| 169   | 46:57 | 15:39 | 208 | 5/6     | JAMIE MERIDITH      | 26 | F COTTONWOOD     | CA |
| 170   | 47:02 | 15:41 | 116 | 9/10    | BETSY LATTEN        | 49 | F REDDING        | CA |
| 171   | 47:05 | 15:42 | 115 | 11/11   | WAYNE LATTEN        | 51 | M REDDING        | CA |
| 172   | 47:39 | 15:53 | 69  | 8/9     | JULIE FORD          | 15 | F REDDING        | CA |
| 173   | 47:40 | 15:53 | 68  | 7/8     | SONYA FORD          | 38 | F REDDING        | CA |
| 174   | 47:45 | 15:55 | 139 | 8/8     | TAMI MEREDITH       | 32 | F COTTONWOOD     | CA |
| 175   | 47:47 | 15:56 | 207 | 4/5     | WINNIE MERIDITH     | 59 | F COTTONWOOD     | CA |
| 176   | 48:01 | 16:00 | 240 | 6/6     | PATTY PETERSON      | 51 | F REDDING        | CA |
| 177   | 48:54 | 16:18 | 243 | 5/5     | JESSICA RUSSELL     | 16 | F REDDING        | CA |
| 178   | 48:55 | 16:18 | 244 | 8/8     | JEREMIAH NOLAND     | 18 | M REDDING        | CA |
| 179   | 49:36 | 16:32 | 266 | 6/6     | LINDA FRANK         | 25 | F CENTRAL VALLEY | CA |
| 180   | 49:37 | 16:32 | 110 | 16/16   | TONY GRILLO         | 32 | M SANTA ROSA     | CA |
| 181   | 49:37 | 16:32 | 79  | 5/5     | ERIK WEYKER         | 28 | M SEBASTOPOL     | CA |
| 182   | 50:08 | 16:43 | 177 | 8/8     | JENNIFER BAKER      | 35 | F SHASTA LAKE    | CA |
| 183   | 50:32 | 16:51 | 162 | 9/9     | ALICIA FAIRHURST    | 12 | F DUNSMUIR       | CA |
| 184   | 50:36 | 16:52 | 151 | 8/8     | LAUREL SCHUMACHER   | 44 | F REDDING        | CA |
| 185   | 50:49 | 16:56 | 172 | 4/4     | RENE HUBER          | 20 | F REDDING        | CA |
| 186   | 50:50 | 16:57 | 87  | 10/10   | FRAN REESE          | 48 | F SHASTA LAKE    | CA |
| 187   | 50:57 | 16:59 | 214 | 1/1     | EUNICE LOVE         | 76 | F REDDING        | CA |
| 188   | 50:58 | 16:59 | 215 | 5/5     | GRACE SCHWENGER     | 55 | F REDDING        | CA |
| 189   | 50:58 | 16:59 | 145 | 5/8     | NANCY UNDERWOOD     | 69 | F SHASTA LAKE    | CA |
| 190   | 51:14 | 17:05 | 141 | 2/2     | BETTIE HOLLINGSHEAD | 70 | F SHASTA LAKE    | CA |
| 191   | 51:15 | 17:05 | 138 | 6/8     | JUNE ROMANO         | 66 | F SHASTA LAKE    | CA |
| 192   | 51:37 | 17:12 | 179 | 7/8     | SHIRLEY ROCKWELL    | 65 | F SHASTA LAKE    | CA |
| 193   | 51:37 | 17:12 | 144 | 8/8     | LOIS EMERSON        | 66 | F SHASTA LAKE    | CA |