



MID-PACIFIC ROAD RUNNERS CLUB

JANUARY - MARCH 1992

WOW! What a year...1991... April Rippel (MPRRC 1990 Female Runner of the Year) did 37 races and Frank Rippel did 39, most of them were MPRRC weekend races - THAT IS CLUB PARTICIPATION. That was not the most though; Ruth Heidrich did 52 races and she does that many every year. Frank got 4 newsletters out and alot of the races had record attendance because of the newsletter telling where the race was, when and what to expect. We could use more input into the newsletter and anybody in the club can submit articles to Frank. Our club membership is over 500 and the computer data base is working great keeping current data on all members; printing out rosters and race results.

UP COMMING EVENTS



RRCA HAWAII 10M STATE CHAMPIONSHIP

8 FEBRUARY, 6:30 A.M.

OAHU PERIMETER RELAY - 133M

22-23 FEBRUARY, 5:30 P.M.

FORT SHAFTER HILLS - 4M

29 FEBRUARY, 7:00 A.M.

RRCA HAWAII 10K STATE CHAMPIONSHIP

15 MARCH, 7:00 A.M.

NORMAN TAMANAHA MEMORIAL - 15K

29 MARCH, 6:00 A.M.

HAWAII STATE 50M RRCA CHAMPIONSHIP

/56 MILE RELAY

4 APRIL, 5:00 A.M.

Lament of the Aging Runner

Mother Nature hates runners! Yes she does. For 35 or 40 years she calmly but diabolically leads us into a false sense of security and immortality. Our bodies get leaner and stronger. We get faster, run longer and look great. We are confident in our rewards for living a pure life.

Then, somewhere around the fortieth birthday the rules change. With a grim and dark sense of humor Dame Nature begins unceremoniously plucking away all those benefits previously endowed.

It starts innocently enough; a gray hair here, a crow's foot there, a nagging pain or a minute lost on your most recent 10K. At first the message seems clear to you, train harder, eat better, sleep more and everything will get back to normal. Fat chance!

Ma Nature is just starting. The newspaper boy calls you 'Old Timer' and your bathroom mirror lies to you. You feel 25 but look 55. Bifocals become necessary to read the shrinking numbers on your hi tech stopwatch. Body parts start to wear out. Your 50,000 mile warranty has expired and the occasional surgery is needed to repair knee, shoulder or prostate.

Year after year you lose a minute or two or three on your 10K or Marathon and you can actually hear Old Girl Nature snickering in the background (made more difficult by your fading hearing). One day comes the realization that there is a lot of extra skin hanging on your face, neck and, of course, belly. And it's there to stay.

That proud mop of thick curly hair becomes a scant covering of thin straggly fuzz. But the hair is not lost, only cleverly transplanted to your ears, nose, shoulders, toes, back and other useless, irrelevant and embarrassing places. Aches and pains become the norm. Each morning requires a few extra minutes to 'jump start' a protesting body but it does start! At least most of the time.

So now what? Give in? Grow old gracefully? No way!

I shall continue to train in dark of night, heat of day, rain, sleet, hail and smog,
I shall continue to subsist on herbs and twigs and electrolyte replacement drinks,
I shall continue to operate on endorphin highs,
I shall continue to look like the poster boy for mid-life anorexia.

And as for you Ms. Nature

B-B-B-Baby, you ain't seen NOTHIN' yet!

Larry Axmaker

Axmaker Associates ©

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From Hawaii to the Gulf: A MPPRC Runner on the go.....Yeu Tsu Margaret Lee

Being a life-member of the MPPRC, I feel like I should tell you my life history....No, No, don't worry. Let me just tell you my story since Hawaii.

In 1983, I came to Hawaii and worked as a general surgeon at the Tripler Medical Center. My original agreement was to stay for one year. But I liked Hawaii so much, I decided to stay and then I joined the Army. I had not done any physical activity since high school. By necessity, I started running 2-miles and passed the required PT (physical training) tests. Since my boss (Dr. Peter Barcia) and other surgeons were running long distances, I finished my very first Honolulu Marathon in 1984. Since then I have finished 13 marathons (9 in Hawaii, 2 in Los Angeles; Chicago and Boston each).

Late 1990, I got order to go to the Desert Shield. I was assigned to be one of 13 surgeons to join the 13th Evacuation Hospital, a National Guard Unit from Wisconsin. I had to change to a small airplane at Chicago to go to Ft. McCoy, WI. I had my first scare when the plane took off in 1-ft. deep snow and had to turn back 180-degree because the de-icers of the wings were frozen.

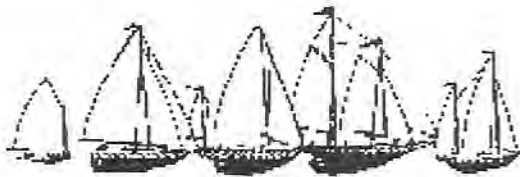
On Jan. 13, 1991, we got to Saudia Arabia. Like many other units, first we stayed in Khobar Towers (near the Dahrn International Air port Hotel, where all U.S. TV teams worked). We were billeted in barracks built by the Saudi government for the Bedouins. But the buildings were left empty before the Americans came, because the nomadic Bedouins prefer to wander in the desert! We had to carry our gas mask with us at all times, and we could only run inside the barbed-wire fences. On the fifth night, we heard the Scud missiles over our heads, saw the flashes and cheered for the Patriots. More MOPP alerts... One week later, we finally were told to move out.

We built a 400-bed hospital on the barren terrain from ground up in Norther Saudi. We were located about 50 miles south-west of the western tip of Kuwait and 2 miles south line of the Tapline Highway (the major oil pipe line from the Persian Gulf to the Mediterranean Sea). We lived in tents. The patients tents had metal frames and the operating rooms were converted mobile homes (DEPMEDS). The hospital admitted its first patient on Feb. 13th (11 days before the ground war started) and discharged its last patient 23 days later. We took care of 3,907 out-patients, 435 in-patients and performed 125 operations. Luckily, the majority of the war wounds were of the EPW's.

My running schedule was very irregular in the beginning. Before the ground war, we were busy digging ditches, making sand bags, checking equipments, requesting supplies ect. Despite, or may be because of the criss-cross patterns made by the deuce-&-half (5-ton) trucks and bull-dozer, drive ways and tracks were within the camp were far from walkable. We were not allowed to run outside the berm, because there were reports or rumors of terrorists in the area. There were Bedouins with their camels and sheep roaming in the desert. Some females running outside the camp were chased by the Saudis!

After the war, restrictions were lifted. Still we have to time our runs with the time we were allowed to take showers (Hot showers were alternated between male and females on different days.). The wide open desert is not were as romantic as in the Hollywood movies....There was sand everywhere, but mixed with numerous large and small rocks. Many people had twisted ankles or knees. In fact, one-third of the orthopedic calls were jogging or soft-ball related injuries.

Late February, we started to have real desert sand storms. The wind came suddenly from nowhere, and the sand was so thick one cannot see people 5-feet away. We had some heavy thundering storms too. People were saying that all the bottled waters imported certainly increased the humidity there. About Easter time, some yellow and purple wide flowers did bloom. We even had a 10K Desert Storm Run. After a while, we all got homesick....I made several Tikis with large rocks I found in the Desert. They blessed me and send me home safely. So, here I am back in paradise. Aloha and Happy New Year 1992 to all!



ANNOUNCEMENT: NEW AMOUNT TO DO RACES.

MID-PACIFIC ROAD RUNNERS CLUB will be charging non-members \$4.00 to do a normal club race, and \$5.00 for a RRCA Championship. Regular club races will still be free for members and a \$3.00 charge for RRCA races.

The yearly cost to join the club did not change.

MRS. E. FULLARD-LEO MEMORIAL TANTALUS RUN - 10M
 OCT 6, 1991 (CLOCKWISE)

MALE

WOMEN

OVERALL

<u>MALE</u>		<u>WOMEN</u>		<u>OVERALL</u>	
ELITE					
1. AARON PIERSON	57:30	CONSUELO COMISO	1:15:45	1. AARON PIERSON	57:30
2. LOUIS TOMSIC	1:00:36	LILLA BUTLER	1:17:17	2. LOUIS TOMSIC	1:00:36
3. SCOTT LOWE	1:02:07	DENYSE HUBER	1:22:47	3. SCOTT LOWE	1:02:07
10 to 14					
1. NATHAN KISHIMOTO	1:37:23			4. DOUG WIRTZ	1:02:10
15 to 19					
1. ALEX YU	1:16:50			5. JON JOKIEL	1:03:22
2. STEVEN LEUNG	1:22:51			6. GIZ KAMIYA	1:04:08
3. C. KISHIMOTO	1:26:22			7. ALBERT SMITH	1:04:42
20 to 29					
1. DOUG WIRTZ	1:20:10			8. DAVID DIGRANDI	1:05:05
2. JON JOKIEL	1:03:22			9. DAN KOOB	1:05:13
3. ALBERT SMITH	1:04:42			10. TROY WOUTERS	1:07:15
30 to 39					
1. GIZ KAMIYA	1:04:08	CAROL LIEBAN	1:24:02	11. MATT PENN	1:08:01
2. DAN KOOB	1:05:13	ETHEL GUERRERO	1:24:29	12. DUSTIN WOODS	1:12:30
3. TROY WOUTERS	1:07:15	MARY CAMARA	1:27:01	13. ARTHUR GAVATT	1:13:14
40 to 49					
1. DAVID DIGRANDI	1:05:05	SANDRA P. BURGESS	1:23:40	14. DOUGLAS SMITH	1:14:01
2. ARTHUR GRAVATT	1:13:14	JULIA SOHN	1:30:19	15. JOSEPH ANSTEE	1:14:02
3. ROY IHARA	1:14:51			16. EDWARD HINZMAN	1:14:24
50 to 59					
1. DENNIS W. MOORE	1:21:17	RUTH HEIDRICH	1:27:39	17. ROY IHARA	1:14:51
2. BOB BURNS	1:25:38	JEAN MOORE	1:35:29	18. DAVE KRUPP	1:14:54
3. ROBERT DOLEMAN	1:27:05			19. CONSUELO COMISO	1:15:45
60 to 69					
1. WILLIAM BURGESS	1:19:40			20. JOHN REICHL	1:16:09
2. ROBERT COOLING	1:24:52			21. STEPHEN KINGSLEY	1:16:23
3. ROBERT HENNINGER	1:27:18			22. AKABILL MOLNEN	1:16:27
70 and OVER					
1. MARTIN SHERMAN	1:36:37	RACE WALKERS		23. ALEX YU	1:16:50
		1. BILL BANBROCK	2:04:09	24. LILLA BUTLER	1:17:17
				25. MARK MARSING	1:17:34
				26. WILLIAM BURGESS	1:19:40
				27. FRANK RIPPEL	1:20:03
				28. DENNIS W. MOORE	1:21:17
				29. RICH MOCK	1:21:26
				30. WILLIAM CAMARA	1:21:34
				31. KURT FRANK	1:21:39
				32. LESLIE HOKYO	1:22:14
				33. MARK ORTIZ	1:22:38
				34. DENYSE HUBER	1:22:47
				35. STEVEN LEUNG	1:22:51
				36. DENNIS UYEHARA	1:23:07
				37. DANIEL GALLAGHER	1:23:22
				38. SANDRA BURGESS	1:23:40
				39. CAROL LIEBAN	1:24:02
				40. ETHEL GUERRERO	1:24:29
				41. ROBERT COOLING	1:24:52
				42. BOB BURNS	1:25:38
				43. C. KISHIMOTO	1:26:22
				44. BILL BATES	1:26:37
				45. MARY CAMARA	1:27:01
				46. ROBERT DOLEMAN	1:27:05
				47. ROBERT HENNINGER	1:27:18
				48. TOM SEAMONDS	1:27:20
				49. RUTH HEIDRICH	1:27:39
				50. BETH BLACKBURN	1:27:51
				51. ROBERT WILSON	1:28:27
				52. PATRICK GALLAGHER	1:29:01
				53. JOHN CHEUNG	1:29:54
				54. JULIA SOHN	1:30:19
				55. DAVID RARANGOL	1:30:24



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Nancy P. Eastlund - 833-3458
 SUN TOURS AND TRAVEL

MOANALUA - SALT LAKE - 10K
 NOV 3, 1991

MALE

WOMEN

OVERALL

ELITE

1. DAN PINYERD	34:29	LILLA BUTLER	41:59	1. DAN PINERD	34:29
2. JON SCHROEDER	34:49	ANNE VELING	42:24	2. JON SCHROEDER	34:49
3. ED KOBAYASHI	35:22	NANCY EASTLUND	48:01	3. ED KOBAYASHI	35:22
10 to 14					
1. NATHAN KISHIMOTO	48:18			4. PAUL OSHIRO	35:43
15 to 19					
1. CHRIS KISHIMOTO	45:17	ANAND LANDRUM	53:34	5. LOUIS TOMSIC	35:49
20 to 29					
1. PAUL OSHIRO	35:43	CELESTE KAMIYA	1:02:38	6. FRANK PUGLIESE	36:16
2. LOUIS TOMSIC	35:39			7. HARRY YOSHIDA	36:46
3. JAMES OSHIRO	39:45			8. DAVID DIGRANDI	37:46
30 to 39					
1. FRANK PUGLIESE	36:16	ETHEL GUERRERO	49:26	9. COSWIN SAITO	38:06
2. COSWIN SAITO	38:06	BETH BLACKBURN	51:34	10. SCOTT KAMIYA	39:08
3. SCOTT KAMIYA	39:08	APRIL RIPPEL	54:46	11. JAMES OSHIRO	39:44
40 to 49					
1. HARRY YOSHIDA	36:46	JULIA SOHN	54:02	12. ALBERTO RIVAS	39:45
2. DAVID DIGRANDI	37:46	LINDA YOSHIDA	1:04:05	13. RAYMOND PAUL	39:55
3. ARTHUR GRAVATT	41:38			14. MARK MEEHAN	41:02
50 to 59					
1. ALBERTO RIVAS	39:45			15. ARTHUR GRAVATT	41:38
2. HOWARD WIIG	42:21			16. LILLA BUTLER	41:59
60 to 69					
1. SCOTT HAMILTON	47:50	RUTH MUNRO	1:04:03	17. HOWARD WIIG	42:21
2. DAVID RARANGOL	52:50			18. ANNE VELING	42:24
3. LYLE NELSON	1:00:37			19. DAVE KRUPP	43:08
70 and OVER					
1. NAOTO INADA	47:20			20. ROY IHARA	43:20
2. MARTIN SHERMAN	54:50			21. LON EASTLUND	43:38
3. BILL BEAUCHAMP	1:14:01			22. JOHN HALL	45:06

RACE WALKERS

1. TAMARA WILLIAMS	1:05:46
2. JOAN DAVIS	1:17:30

30. FRANK RIPPEL	47:19
31. NAOTO INADA	47:20
32. SCOTT HAMILTON	47:50
33. RICH STOKES	47:51
34. NANCY EASTLUND	48:01
35. NATHAN KISHIMOTO	48:18
36. NATHAN ARAGAKI	49:23
37. ETHEL GUERRERO	49:26
38. BETH BLACKBURN	51:34
39. DAVID RARANGOL	52:50
40. LLOYD REYES	53:23
41. ANAND LANDRUM	53:34
42. JULIA SOHN	54:02
43. APRIL RIPPEL	54:46
44. MARTIN SHERMAN	54:51
45. LYLE NELSON	1:00:37
46. CELESTE KAMIYA	1:02:38
47. DAVID BELL	1:03:06
48. RUTH MUNRO	1:04:03
49. LINDA YOSHIDA	1:04:05
50. CLIFF SMITH	1:05:12
51. TAMARA WILLIAMS	1:05:46
52. BILL BEAUCHAMP	1:14:01

53. JOAN DAVIS 1:17:30

EVENT: 11-10-91 RICA SK HAWAII CHAMPIONSHIP

OVERALL

PLACE	NAME	TIME	PLACE	DIV	SEX	PLACE	RACE	DIV
1.	FANELLI, GARY	15:03	1	M40-44	1	4:51		
2.	MACDONALD, DUNCAN	15:10	2	M40-44	2	4:53		
3.	PIERSON, AARON	15:25	3	M25-29	1	4:58		
4.	FITCH, MICHAEL	15:32	4	M25-29	2	4:59		
5.	MARLIS, DANIEL	15:40	5	M30-34	1	5:03		
6.	GEORGI, MICHAEL	15:47	6	M35-39	1	5:05		
7.	OBRIEN, KEN	15:52	7	M25-29	3	5:06		
8.	PINNEO, DANNY	15:56	8	M30-34	2	5:09		
9.	HATSUNO, RICHARD	16:11	9	M30-34	3	5:13		
10.	MACRUI, RAY	16:13	10	M30-34	1	5:13		
11.	SCHROEDER, JOHN	16:26	11	M30-34	4	5:17		
12.	RAYMOND, WHIT	16:30	12	M30-34	5	5:19		
13.	CARLE, STEPHEN	16:36	13	M35-39	2	5:21		
14.	BOCA TORRES, RAUL	16:38	14	M25-29	4	5:21		
15.	HOOK, TIMOTHY	16:46	15	M35-39	3	5:24		
16.	LOWE, SCOTT	16:49	16	M15-19	1	5:25		
17.	TOMIC, LOUIS	16:52	17	M25-29	5	5:26		
18.	LOSANO, FRED	16:56	18	M40-44	3	5:27		
19.	MARISCAL, EDUARDO	16:57	19	M25-29	6	5:27		
20.	ROTH, STAN	16:59	20	M25-29	7	5:28		
21.	LINDGREN, GERRY	17:00	21	M45-49	1	5:28		
22.	RATE, RON	17:10	22	M45-49	2	5:32		
23.	LATURAU, JOE	17:12	23	M35-39	4	5:32		
24.	NEWMAN, MARK	17:13	24	M35-39	5	5:32		
25.	RIVAS, ALBERTO	17:14	25	M50-54	1	5:33		
26.	SWEENEY, ROBERT	17:16	26	M30-34	6	5:33		
27.	CLIFTM, TIM	17:19	27	M30-34	7	5:34		
28.	SEARSCO, SONNY	17:19	28	M25-29	8	5:34		
29.	COX, ANTHONY	17:21	29	M30-34	8	5:35		
30.	YOSHIDA, HARRY	17:27	30	M40-44	4	5:37		
31.	CONDON, GEOFFREY	17:36	31	M45-49	3	5:40		
32.	BUSH, RAY	17:41	32	M30-34	9	5:41		
33.	OSHIRO, JAMES	17:42	33	M20-24	2	5:42		
34.	COTTRELL, CLAY	17:44	34	M30-34	10	5:42		
35.	SAITO, COBWIN	17:56	35	M30-34	11	5:46		
36.	THARA, MATT	18:01	36	M15-19	2	5:48		
37.	MILLER, GLEN	18:05	37	M30-34	12	5:49		
38.	KERVAREC, JEAN YVES	18:17	38	M35-39	6	5:53		
39.	O'HEALY, JOE	18:20	39	M40-44	5	5:54		
40.	LEWIS, JAMES	18:21	40	M20-24	3	5:54		
41.	MILLER, BLAINE	18:24	41	M30-34	13	5:55		
42.	MESSER, DAVID	18:24	42	M30-34	14	5:55		
43.	TRUJILLO, RICO	18:25	43	M25-29	9	5:56		
44.	NONN, TONY	18:27	44	M45-49	4	5:56		
45.	HUANICO, ED	18:28	45	M2-92	1	5:57		
46.	COMISO, CONNIE	18:34	1	F 35-39	1	5:59		
47.	GRIGSBY, DAN	18:37	46	M45-49	5	5:59		
48.	TERANISHI, TERRY-FUMIO	18:44	47	M50-54	2	6:02		
49.	JONES, ROYCE	18:51	48	M35-39	7	6:04		
50.	MENDELSON, GIL	18:53	49	M45-49	6	6:05		
51.	HACK, GREGORY	19:07	50	M25-29	10	6:09		
52.	FISCHER, DUFFY	19:10	51	M20-24	4	6:10		
53.	ANDRES, MARCOEL	19:17	52	M25-29	11	6:12		
54.	AKAMINE, GLENN	19:18	53	M35-39	8	6:13		
55.	BUSQUE, ROLAND	19:20	54	M25-29	12	6:13		
56.	SANFORD, ROBERT	19:20	55	M10-14	1	6:13		
57.	YAMAMOTO, WAYNE	19:21	56	M2-92	2	6:14		
58.	MURRICE, ALAN	19:24	57	M20-24	5	6:15		
59.	UJIHORI, LAURENCE	19:25	58	M25-29	13	6:15		
60.	FORSTER, DA NIEL	19:25	59	M25-29	14	6:15		
61.	KRAPP, DAVE	19:28	60	M35-39	9	6:16		
62.	MCELLEMAN, MATT	19:32	61	M30-34	15	6:17		
63.	JONES, SAM	19:36	62	M45-49	7	6:18		
64.	MELLEN, AKABILL	19:37	63	M45-49	8	6:19		
65.	THARA, ROY	19:40	64	M40-44	6	6:20		
66.	WITIG, HOWARD	19:41	65	M50-54	3	6:20		
67.	FRANK, KURT	19:44	66	M30-34	16	6:21		
68.	FALLON, JOHN	19:46	2	F 30-34	1	6:21		
69.	LOWE, CHAD	19:46	67	M10-14	2	6:22		
70.	MACDONALD, ERI	19:47	3	F 10-14	1	6:22		
71.	LEDGERWOOD, SCOTT	19:53	68	M15-19	3	6:24		
72.	ZAK, STEPHEN	19:56	69	M40-44	7	6:25		
73.	LOH-MOHAN, RHONDA	19:58	4	F 25-29	1	6:26		
74.	MURAMATSU, MASAHIDE	20:20	5	F 50-54	1	6:33		
75.	FRAZIER, STAN	20:25	70	M25-29	15	6:34		
76.	DAVIDSON, BILLY	20:28	71	M35-39	10	6:35		
77.	DEBELE, PIERRE	20:39	72	M35-39	11	6:39		
78.	RAYMOND, MARYANN	20:40	6	F 30-34	2	6:39		
79.	BROWN, ALEC	20:42	73	M50-54	4	6:40		
80.	REYNOLDS, RANDY	20:43	74	M35-39	12	6:40		
81.	MATHIAS, BART	20:47	75	M65-69	1	6:41		
82.	COTTRELL, HEATHER	20:51	7	F 25-29	2	6:43		
83.	TERUYA, WESTON	20:52	76	M10-14	3	6:43		
84.	DEGELE, BILL	20:54	77	M65-69	2	6:44		
85.	WAGGNER, ROY	21:01	78	M30-34	17	6:46		
86.	BAIZ, BOB	21:04	79	M25-29	16	6:47		
87.	WALSH, VINCE	21:07	80	M15-19	4	6:48		
88.	BOWMAN, ALAN	21:09	81	M35-39	13	6:48		
89.	SANDERS, DENIS	21:12	82	M35-39	14	6:49		
90.	KARBERS, JACK	21:15	83	M50-54	5	6:50		
91.	BELLANDI, MICHAEL	21:16	84	M40-44	8	6:51		
92.	LUCAS, EMERY	21:17	85	M45-49	9	6:51		
93.	HUGHES, MARK	21:19	86	M40-44	9	6:52		
94.	HAMILTON, JR., SCOTT	21:20	87	M10-14	1	6:52		
95.	FREY, PAUL	21:24	88	M40-44	10	6:53		
96.	LEHMAN, ANDREA	21:26	8	F 40-44	1	6:54		
97.	KUGEL, DAVID	21:29	89	M40-44	11	6:55		
98.	TIPALOV, KIM	21:33	9	F 25-29	3	6:56		
99.	CHAVEZ, JOSEPH	21:34	90	M25-29	17	6:56		
100.	MONTOYA, SANDRA	21:35	10	F 35-39	2	6:57		
101.	MOORE, DENNIS	21:35	91	M50-54	6	6:57		
102.	BURGESS, H. WILLIAM	21:37	92	M60-64	2	6:57		
103.	SHIMIZU, TSUBASA	21:40	93	M10-14	4	6:58		
104.	COLEMAN, ROBERT	21:40	94	M65-69	3	6:58		
105.	TERUYA, WADE	21:42	96	M10-14	5	6:59		
106.	McMILLIAN, ROCKI	21:43	11	F 40-44	2	6:59		
107.	SERRAO, RON	21:45	96	M40-44	12	7:00		
108.	PORTIS, JOHN	21:46	97	M35-39	15	7:00		
109.	MACDONALD, DANIEL	21:48	98	M35-39	16	7:01		
110.	THADA, NAOTO	21:48	99	M70-90	1	7:01		
111.	WALLACE, JOHN	21:50	100	M50-54	7	7:02		
112.	PETERS, DAVID	21:51	101	M25-29	18	7:02		
113.	BERGER, CAROLYN	21:59	12	F 10-14	2	7:05		
114.	FUJII, ARTHUR	22:00	102	M40-44	13	7:05		
115.	WALLACE, FRANK	22:01	103	M65-69	4	7:05		
116.	GARFIELD, DAVID	22:01	104	M30-34	18	7:05		
117.	TESHIMA, TESH	22:04	106	M65-69	5	7:06		
118.	OHJIMA, JANICE	22:08	13	F 35-39	3	7:07		
119.	WATANABE, CRAIG	22:10	106	M40-44	14	7:08		
120.	MURAHARA, LYNN	22:13	14	F 35-39	4	7:09		
121.	RIPPEL, FRANK	22:23	107	M35-39	17	7:12		
122.	ACLER, STEPHEN	22:26	108	M10-14	6	7:13		
123.	BALL, EDWARD	22:32	109	M45-49	10	7:15		
124.	SALTMAN, PAUL	22:36	110	M40-44	15	7:16		
125.	TIDWELL, MATHANIEL	22:44	111	M30-34	19	7:19		
126.	GUERRERO, ETHEL	22:48	15	F 35-39	5	7:20		
127.	ROLLOLAZO, ARMANDO	22:49	112	M30-34	20	7:21		
128.	COOLING, ROBERT	22:52	113	M65-69	1	7:22		
129.	HENNINGER, ROBERT	22:59	114	M65-69	2	7:24		
130.	BURGESS, SANDRA	23:06	16	F 40-44	3	7:26		
131.	CORREIA, MARK	23:06	115	M30-34	21	7:26		
132.	HOWARD, GEOFFREY	23:12	116	M50-54	8	7:28		
133.	GRIGSBY, MELCOIE	23:14	17	F 40-44	4	7:29		
134.	VAN RONZELLEN, WILLIAM	23:17	117	M30-34	22	7:30		
135.	SCHLESSEL, PETE	23:27	118	M50-54	9	7:33		
136.	LEDBETTER, RICHARD	23:28	119	M25-29	19	7:33		
137.	ADAMS, JOHN	23:37	120	M35-39	18	7:36		
138.	SHIMIZU, KEN	23:38	121	M10-14	7	7:36		
139.	HILL, MORGAN	23:46	122	M20-24	6	7:39		
140.	JOHNSON, CLAUDE	23:49	18	F 30-34	3	7:40		
141.	NOLEN, JARED	23:50	123	M 1- 9	1	7:40		
142.	FLEMISTER, BEAU	23:51	124	M 1- 9	2	7:41		
143.	BLACKBURN, BETH	23:52	19	F 30-34	4	7:41		
144.	DENNAN, ROCHELLE	23:59	20	F 25-29	4	7:43		
145.	HISER, SKIP	24:02	125	M35-39	19	7:44		
146.	HELBERG, BRUCE	24:05	126	M20-24	7	7:45		
147.	LAIRD, TIMOTHY	24:18	127	M25-29	20	7:49		
148.	BLOCK, SUSAN	24:20	21	F 40-44	5	7:50		
149.	HOWARTH, JAMES	24:31	128	M25-29	21	7:53		
150.	CROMWELL, BEE	24:34	22	F 45-49	1	7:54		
151.	RIPPEL, APRIL	24:51	23	F 35-39	6	7:59		
152.	NOLEN, NATHAN	24:56	129	M10-14	8	8:01		
153.	VAN DE VLEKERT, JENNY	25:09	24	F 50-54	2	8:06		
154.	WHITEHOUSE, BRIAN	25:10	130	M25-29	22	8:06		
155.	DONOHY, JACK	25:11	131	M40-44	16	8:06		
156.	LOK, K. LANI	25:12	25	F 50-54	3	8:07		
157.	SHAW, JOE	25:13	132	M45-49	11	8:07		
158.	ARNOLD, DAVID	25:23	133	M35-39	20	8:10		
159.	JACKSON, NEAKA	25:24	134	M10-14	9	8:11		
160.	REISS, KEN	25:31	135	M45-49	12	8:13		
161.	OKUMURA, ESTEE	25:35	26	F 10-14	3	8:14		
162.	SHERMAN, MARTIN	25:40	136	M70-90	2	8:16		
163.	BALLEGA, SAMUEL	25:54	137	M30-34	23	8:20		
164.	TROZZI, SHARLEE	25:57	27	F 25-29	5	8:21		
165.	CHANG, CHARLIE	25:59	138	M40-44	17	8:22		

BOSETTI - 10K
JAN 5, 1992

MALE

WOMEN

OVERALL

ELITE

1. MICHAEL GEORGI	33:57	LILLA BUTLER	43:25	1. MICHAEL GEORGI	33:57
2. JOHN DEVINE	34:34	CONNIE CHAN	46:48	2. JOHN DEVINE	34:34
3. DAN PINYERD	34:42	DEBBIE INADA	47:44	3. DAN PINYERD	34:42

20 to 29

1. LOUIS TOMSIC	37:03			4. GARY NETTLES	34:43
2. JOHN ROBINSON	37:23			5. FRANK PUGLIESE	35:13

30 to 39

1. GARY NETTLES	34:43	ETHEL GUERRERO	53:03	6. RUBEN CHAPPINS	35:27
2. FRANK PUGLIESE	35:13	APRIL RIPPEL	54:34	7. GERRY LINDGREN	35:54
3. DAVID CAGNEY	41:13	CHRIS LIMA	55:05	8. LOUIS TOMSIC	37:03

40 to 49

1. RUBEN CHAPPINS	35:27	LUCY McCURDY	1:04:31	9. JOHN ROBINSON	37:23
2. GERRY LINDGREN	35:54			10. DAVID CAGNEY	41:13
3. MICHAEL HUGHES	42:08			11. AL GOES	41:15

50 to 59

1. HOWARD WIIG	43:13	RUTH HEIDRICH	50:34	12. TIM CORRIGAN	41:53
2. BART MATHIAS	44:24	JEAN MOORE	53:57	13. MICHAEL HUGHES	42:08
3. DENNIS MOORE	46:43			14. JOSEPH ANSTEE	42:47

60 to 69

1. DAVID RARANGOL	52:01			15. GREG WOLFE	43:01
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70 & OVER

1. NAOTO INADA	46:59			16. HOWARD WIIG	43:13
2. MARTIN SHERMAN	54:44			17. LILLA BUTLER	43:25
3. BILL BEAUCHAMP	1:15:17			18. DENNIS UYEHARA	43:32

RACEWALKERS

1. JOAN DAVIS	1:19:24			19. BART MATHIAS	44:24
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20. DENIS MOORE	46:43
21. CONNIE CHAN	46:48
22. NAOTO INADA	46:59
23. MIKE McCURDY	47:04
24. FRANK WALLACE	47:08
25. RICHARD ALCANTARA	47:25
26. DEBBIE INADA	47:44
27. BOB DOLEMAN	49:13
28. RUTH HEIDRICH	50:34
29. DAVID RARANGOL	52:01
30. ETHEL GUERRERO	53:03
31. JEAN MOORE	53:57
32. TONY HUBER	54:15
33. APRIL RIPPEL	54:34
34. MARTIN SHERMAN	54:44
35. CHRIS LIMA	55:05
36. BETH BLACKBURN	56:51
37. STEPHEN LOWE	57:52
38. CAL CHONG	1:02:03
39. LUCY McCURDY	1:04:31
40. ROY SAKAMOTO	1:08:31
41. BILL BEAUCHAMP	1:15:17
42. JOAN DAVIS	1:19:24

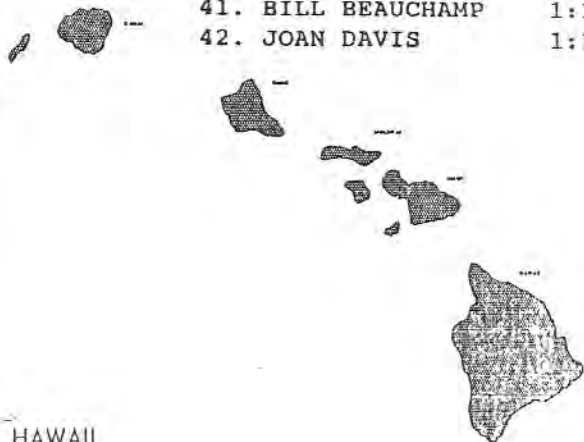
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