Buffalo Ink

#148 the itsy bitsy teeny tiny really small newsletter of a really BIG running club

the buffalo chips

sacramento's oldest and largest running club running strong since 1974

Chips Board Votes To Downsize

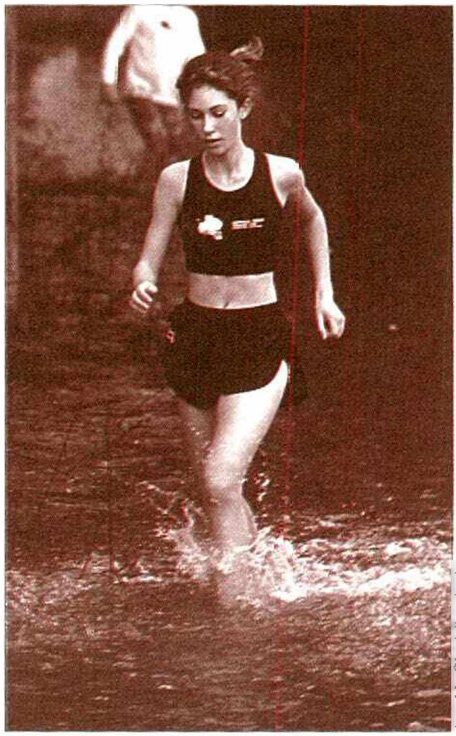
Newsletter, Races and Many Club Activities To Be Affected

by Teensy Smallvin

What you can almost see -grab the magnifying lens- is what you get. Why? Because the Chips' fat bank account was recently squandered in the production of *The Buffalo Enquirer's* 25th Anniversary Issue. As a result, the Chips' treasury was heading straight for the red zone. At an emergency board meeting, a solvency campaign was approved, and it's first victim, appropriately, is *The Buffalo Enquirer*, now renamed *Buffalo Ink*.

The meeting opened to a chant of "Fire Creakett! Fire Creakett!" but Editor Davey Creakett saved his lucrative and prestigious job by offering to try to downsize. Meanwhile, two past *Enquirer* editors are in charge of producing this interim publication while Creakett has been sent to the Road Runner's Club of America's (RRCA) week-long workshop on St. Barts for re newsletter editors, titled "Getting More Bang for Your Buck." Creakett also agreed to an undisclosed cut in pay. He will no longer be able to pay for proofreading services and photography shoots. After the meeting, his face etched with relief, Creakett gratefully sobbed, "The *Enquirer* is my life! Without it I might have to leave my computer, talk to my wife, or do something really crazy like train for a marathon!"

Now, what's the club to do to fatten up the coffers once again to their pre-Creakett balance? Downsize! Downsize everything from club races and *The Buffalo Bible* to *Chips on Trips* and other beloved club social activities. Details of the board's decision for dunger downsized doings are listed on page 3.



Joe McClaidie photo

Merry Legs, a new Junior Chip, splashes her way to a Shetland Pony Division win at the Chips Annual Mud Run.

He's back on the fast track: George Parrott clocks a 3:02

...see page 8

On the Road to Sidney:
Coordt & Devine qualify for the U.S. 50K Olympic team!

Shetland Ponies to Give Clydesdales a Run for their Money - see page 4

editors' droppings



Cynci Calvin



Laura Kulsik

Buffalo Ink

contributors:

Whizz Bayou

Fried Kisur

Little Kittle

Ben Kriscoe

Jo Muklady

Kathi Roam

Teensy Smallvin

HEY FOLKS,

It's us again, your resident interim editors. Sorry for the itsy bitsy newsletter but as you may already know, we had no choice due to the exorbitant overspending spree of *Buffalo Enquirer* editor, Davey Creakett. His silver anniversary issue was in a class by itself, a real beauty. But was it really worth the $9,978 it cost to produce? (That's almost as much as both of us spend in race entry fees for all of last year!) Anyway, you make the call. Apparently, the BC board already has and asked us to step in and produce a newsletter on a shoestring budget until the club coffers are replenished with the earnings from ebay sales. (See below.) In the meantime, we will produce this alternate publication, *Buffalo Ink* until further notice. Enjoy!

Buffalo Ink Interim Editors,
Cynci Calvin & Laura Kulsik

GREETINGS MY FELLOW CHIPS,

Although I am deeply sorry for my part in the depletion of the Chip treasury, here is my version of how it all happened. I feel it is important for you to understand that it is certainly not all my fault because I want your support for many years to come.

First, the price of silver skyrocketed and the ink for the cover, originally quoted at $200, suddenly became $9,978. Although my printer's original quote should have stood, and he should have absorbed the loss, I was so late with my volumes of mater al that the original quote had expired and the Chips were stuck with the extra cost.

Second, material poured in—from the ancient ones, from The Bash, from the feature writers, from our photographers. Who was I to deny them their moments of glory? I included as much as I could and the issue still kept growing.

Third, the inserts– THREE of them. Last minute contributors trying to use and abuse *The BE* for their own gain.

Fourth, as a result of all of the above (the number of pages, the three inserts, and the heavier cover paper) made it necessary to shrinkwrap each issue, rather than use the tab closures. MORE money.

So there you have it. Read it and weep and keep your magnifying glass handy for future issues of the Chips mini-mag. In the meantime, our coffers are being replenished by ebay sales of past full-size *BE* issues, which are fast becoming collector's items! The highest price to date for a single issue was $262!

Gratefully,
Davey Creakett, *still* your dedicated *Buffalo Enquirer* Editor

RUNNER'S WORLD **The Buffalo Chips voted by *Runner's World*: Best Looking Running Club in the Country for third straight year!** More members of the Chips have graced the cover of RW Magazine than any other running club.

downsized dung doings

Tuesday Night Workout Downsized

Due to an increased insurance premium and the new Sacramento City and County ordinances prohibiting gatherings of more than 15 people without a $125 parade permit, satellite workouts will be established in key NorCal locations by the June 15th deadline. If you don't know which satellite workout you have been assigned to, call the club hotline.

Tentative Meeting Areas for Satellite Workouts

- Sacramento zip codes 95825, 95826, & 95827: (Pavilions at Fair Oaks and Howe): credit card and appetite workout.
- Sacramento South: Florin Mall laps. Bullet proof jog bra and vest required. Shopping later.
- Sacramento East: Merlino's for mile repeats.
- Gold River: for all tri-Chips. Bike and speedo mandatory, running optional.
- Placer County: Auburn Dam Overlook for hill repeats. Bring your Tecnu & Ivy Block.
- Yolo County: Davis (County Rd. 20 and 29 intersection): wind resistance training.
- Folsom & Granite Bay: Mile 30 on the bike trail. Bring your swim suit for a dip later.
- Roseville (Douglas & I-80): "challenge the traffic" intervals.
- Squaw Valley: Oxygen deprivation hill repeats.

Club Records & Race Results Downsized

To save space, only Chip national and world records will be recorded but keep trying! And, only the race results of nationally ranked Chips will be reported in *Buffalo Ink*. Sorry. If you want to see your race times and those of your competition, then check out Pete Zinsli's amazing zuperduper database - linked to the Chips home page.

Club Activities

Don't worry. All of the usual activities, except for the costly Buffalo Bash, will continue to take place. Fees will be increased slightly, and innovative money making schemes will be added. The Fourth of July 5 Miler, for the first time in club history, will no longer be free. In fact, it won't even be run on the shady streets of East Sac but rather at Cal Expo as part of a national Tommy Hilfiger running event. *We are not making this up!* What's next, the Dolce & Gabbana/Jed Smith 50K? The DKNY/Susan B. Anthony 5K?

Just the Good Stuff

To save dozens of pages of valuable space, we no longer will we record separations, annulments, and divorces of Buffalo Chips. Please remember this is only a 16 page newsletter, not a yearbook! So, if you're now single and available, we can no longer do anything to help publicize your new status.

bison unions



Who wants to marry a millionaire when you can marry a runner?

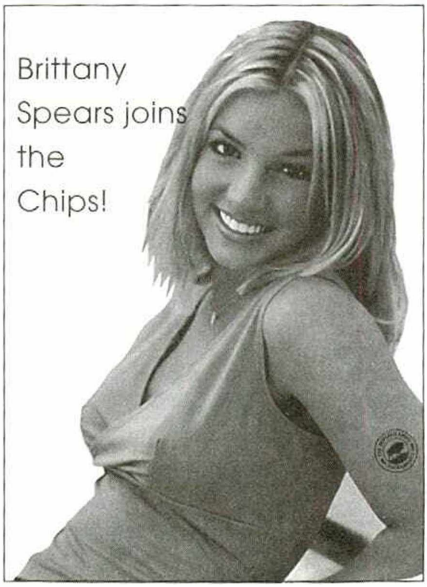
Apparently a lot of people... Chips who already did in 2000:

Ken Crouse & Ellen Romano
They met at The Buffalo Stampede. Who says the best thing you can pick up at a race is hardware?
Mark Murray & Heather Murray

Engaged Chips:

Bruce Aldrich & Alene Antelman
Jennifer Devine & Chris Pfeifer
Fred Kaiser & Cindy Reed
Abe Underwood & Autum Specht

new chip



vox bos voice of the buffalo

shetland ponies vs clydesdales

Dear Fellow Buffalo Chippers,
It really peeves me to hear heavyweight runners whining about how hard they have it. Heck, they've got their own weight class and award division, Clydesdales, while we vertically challenged runners, the Shetland Ponies, have nothing. Little stout people are forever being discriminated against on the roads and trails of Sacramento. It is time we received the attention and hardware that normal size people and those big louts get. Geez, we can hardly grab a cup of water at aid stations with those wagon pullers in our way. And for every one stride a Clydesdale takes, it takes us Shetland Ponies two or three. On top of that, most of us suffer from LLD (long leg deficiency). Besides constant whining, being spoiled by race directors, and getting in the way at aid stations, the off-road clydesdales are doing damage to the trails with their extra loads. In fact, they ought to be declared environmentally unfriendly! Sherland ponies will no longer tolerate the size discrimination that runs rampant in our running culture. Hear that race directors?

PeeWee of The Sherland Pony Brigade

male xc runners nerdy? no way

Dear Buffalo Inq Editors,
Recently in *City Sports* Magazine, there was a feature on Josh Cox, a teenage cross-country running phenom and Olympic Trials marathon qualifier from San Diego. He's a hottie and they referred to him as the antithesis to the typical high school running geek with taped glasses, greasy hair and no social skills. What? We beg to differ! We run cross-country and the males on our team are the best looking, nicest, and most popular guys in school. We're just writing to let you know how we feel so the rest of Sacramento and the world will know that high school cross country boys rock! Thanks!

Britney and Jessica

sacramento bumblebees rc?

Dear Editors,
The 25th anniversary celebration in conjunction with our annual Buffalo Bash was a truly magical evening. I especially enjoyed listening to all the old timers talk. I was particularly interested to hear Janie Russell, the very first Chipette, say that she told our founding father, Abe Underwood, way back then that the club singlet should be red and white and not yellow and brown. Being the High Dunger, and a male, he overruled her good taste. The club colors have since (d)evolved from yellow and brown to yellow and black. Since when are buffalo yellow or black? In the new millennium, shouldn't we listen to Janie now that even the men have become enlightened and realize that women are always right?

Kristal Light
who'd prefer to run in red and white

from the Editors: We agree! That's why Buffalo Ink *is red this issue and not yellow and black. If we can't convince the board to make the change, perhaps we should change our club name to the Sacramento Yellow Jackets or Bumblebees RC?*

fendered friend road rage

Dear BC Board of Directors,
I'm as mad as he_I (can you tell?) and I don't think I can take it anymore. I'm tired of cars honking at me whenever I run. Usually I wave back in response to their beeped greeting but I am now wondering if their honks are really greetings at all since some of these honkers have been swerving unnecessarily in my direction! I'm now convinced they're receiving five fingers for the price of one but no more. Road rage isn't just for cars anymore. We must become involved and stand up for our rights to run unharassed by our "fendered friends. I'm counting on you to get some sort of dialogue going.

Running out of patience (and fingers),
Cyd in Citrus Heights

family division

Dear Club Race Directors,
The club needs to include more special divisions in our races. The Susan B. Anthony boasts mother-daughter, and mother-daughter-grandmother divisions but how about just same plain old family divisions? Or more specifically - twin divisions? Most of my family runs and we have two sets of twins. My twin daughters Merry and Holly, and my twin sister Poinsettia and I (yes, we were all born in December) are road runners and would love to be on the victory stand together. I suggest that Run to Feed the Hungry set up special family divisions because as it is now it's just one big cattle call but with that many people and most folks home with their families on that day it lends itself to such categories.

Don't you agree?
Nowell Christian

Kenyans To Run in Buffalo Stampede

by Rhoda Rainer

THE BUFFALO STAMPEDE is the last major 10 miler in the country that has not been won by a Kenyan. But if race director Georgina Ferret has her way, that will likely change this fall. According to the Buffalo Stampede Board of Directors, Kenyans will be invited to the race for the first time in the event's history. It is also the first time that the club's premiere road race will be awarding major prize money. John Hancock has stepped on board as the title sponsor of the September 10th event and is putting up $10,000 in prize money to be awarded to the first overall male and female finishers. Prize money will go five deep in the open divisions and two deep in the master and senior categories. An $18,000 bonus will be awarded for any world records. While it is unlikely that a world record will be broken on the residential course, it is strongly believed that any and all of the Kenyans invited will obliterate the current course records. The men's record is 50:43 while the women's mark stands at 55:29. Stampede elite athlete coordinator Thurston Howell is in negotiations with the agents of many world-class and national class Kenyans regarding their appearance at the Stampede this September. For many of them, this will be their first race post-Sidney. The Stampede starting lineup may include Sanai Tanui, Moses Kemdenbawai, Harbor-to-Beach 12K record holder Joseph Chabote, and on the distaff side Tegla Kanga and Veronique Osewago. While most of the elite athletes will be staying at hotels, some prefer to be housed with host families. If you are interested in opening up your home to a Kenyan, please contact Thurston.

New Board Position: Fashion Police

by Donna Caran and Kalvin Cline

IT HAS COME TO THE ATTENTION of the Buffalo Chips Board of Directors that members of the herd are wearing club apparel with, and we aren't making this up, other items of clothing that don't even match! For example, a long-time Chip was seen at the Tuesday Night interval workout wearing a club singlet with blue, black and purple patterned shorts. *Oh please, girlfriend!* When confronted with the crime, the fashionably-challenged Chip realized her err and apologized profusely. She immediately drove to the downtown Fleet Feet store and stocked up on black and yellow shorts. Further embarrassments averted. But this one scenario is becoming all too common. What can we do to remedy the situation and stop embarrassing the clothing-uncoordinated as well as ourselves and the good name of our organization? Answer: A new board position, the Fashion Police.

The job specs for the Fashion Police are quite simple. The FP, aka The Clothing Czar, will issue citations to dress code offenders. The dress code is quite simple: 1. Don't look stupid. 2. Wear items of clothing that match. While no Chip will be ousted from the club for being a "fashion don't," their name will appear in *The Buffalo Inquirer* under the new column: *Clothing Offenders*. The FP will report all clothing offenses committed during the last Grand Prix season. Be careful out there: If you don't look good, we don't look good.

A SUPER SENIOR Buffalo Chipette is going on a leisurely run through her neighborhood one day when she notices a very small boy trying to press the doorbell on a house across the street. However, the boy is very short and the doorbell is too high for him to reach.

After watching the boy's efforts for some time, the Chipette jogs over to the porch where the boy is. She walks up behind the little fellow and placing her hand kindly on the child's shoulder, leans over and gives the doorbell two solid rings.

Crouching down to the child's level, the Chipette smiles benevolently and asks, "And now what, big guy?" To which the boy replies, "Now we run like crazy!"

the 2000 beefalo awards

by a couple of Chips with too much time on their hands during a long bike trail run

THE BUFFALO BASH and its awards segment have come and gone. We can't wait until December for the next one so we've come up with our own *underground* Chip awards. Four hours of bike trail run brainstorming - *a dangerous thing in groups larger than one!* - has resulted in the following alternative categories and awards. The *2000 Beefalo Awards* recognizes club members for being themselves by acknowledging their virtues and vices in silly ways. Here we honor Chips who have endeared us, namely for their bad luck, good luck, good looks, goofiness and charm.

The Energizer Bunny Award
Barbara Elia....she keeps going and going... To date, Barb has run more than 160 ultras.

The Groucho Marx Award
(tells the best stories and jokes on the run)
Mike Grassinger

The Big Guys Don't Sweat Award
again, Mike Grassinger

The Speediest Shetland Pony Award
Christine Iwahashi

The Running Wounded Award
Kim Isham....ouch! And George Parrott....post-surgery George is getting faster but watching Coach run is awfully painful.

King of the Uphill Award
(the mountain goat in the herd)...
Lee Rhodes. Perhaps it's time for this speedy super senior to run the infamous Mount Washington road race in New Hampshire - 7.6 miles of vertical.

The Great Train Wreck Award
(individual with the most spectacular injury for the year)
Kim Swayze...Early last June, Kim's frisky pot-bellied pig Sedgewick gouged her Achilles tendon with his tusk. She was out of commission and limping until mid-July. Keep that pig penned, Kim!

The "We Are One" Award
(recognizes the couple who run together stride for stride)....Christine and Glenn Millar

The Flamboyant Bison Award
(recognizes the Chip who is decked out in the most unusual attire and/or more Buffalo Paraphernalia than the rest of the herd combined)... hands down, George Parrott.

The Mr. Rodgers Race Director Award
He is so laid back he's gonna tip over!
Greg Soderlund

The Little Red Rooster Award
(the guy all the girls follow around) Last we checked Rich Hanna is still the current "Chip chick magnet." (Say that 5 times real fast.)

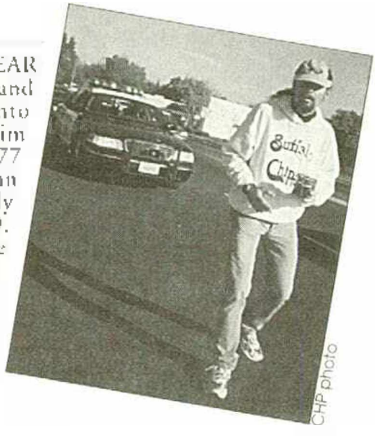
The Diana the Hunted Award
(the woman who leaves all the guys eating dust)....Can you narrow it down to just one for us? We can't.

Who's That Girl? Award
(the Chipette we all read about and gossip about but still don't know who she is despite years of probing and failed entrapment)....Buffy Lowe of Dear Buffy fame.

chips chp report

THE CLUB ALMOST MADE IT AN ENTIRE YEAR without any herdsmen getting busted for jaywalking and jayrunning (a new misdemeanor on the Sacramento County police books since June) that is, until Chip Kim "the Guru" Shaman was apprehended by CHP Unit #77 in broad daylight while wearing club clothing. Shaman was stopped for drinking while running in a disorderly fashion on Fair Oaks Boulevard on December 5, 1999. He was later released after analysis of the beverage he was carrying proved to be Carmichael drinking water. He was warned not to consume more than one glass per 100 lbs. of body weight every hour due to mind-altering substances found in recently analyzed samples.

B U S T E D !



CHP photo

meet the herd



Joe McCladdie

Name: Taylor Caitlyn Crowley

Age: 6 months

Family: Mom and Dad, Sparky my dog.

Native of: Sacramento

Occupation: Child Care Specialist

Years running: What's a year?

A Buffalo Chip since: Conception.

Started crawling because: It beat layin' around. I was tired of being a crib potato.

I knew I was hooked on crawling when... I crawled from Mom to Dad in a PR time.

Favorite place(s) to crawl: I prefer carpet to linoleum, tile or wood. It's softer, warmer and has better traction.

Current weekly mileage: 0.2 miles and I won't increase it by more than 10% a week.

PR's: 5 feet in 2 min.; 10 feet in 5 min., 20 feet in 13 min.

Favorite cross training: rolling over.

Currently training for: Grandma's House Marathon (26.2 feet). It's next week.

Favorite race(s): California International Marathon. It was my first chance to meet a whole bunch of Chips.

One of my earliest misconceptions about crawling was... That it would be really tough to learn how. But it wasn't at all. Mom says I'm a natural.

Any pre-race superstitions? I avoid mean black cats. Nice black cats are OK.

Race I haven't done that I'd really like to do: The Rattle Race. I have to do it this year because it's limited to 1-year-olds & under.

Training philosophy/schedule: Sleep, eat, burp, crawl, pee, poop, not neccessarily in that order; my trainers seem to think baths are important too.

Training diet (if you have one): Mother's milk has always worked well for me, but now I'm starting to experiment with some semi-solid stuff. Can't wait to try some of those sports gels!

One piece of advice I'd give to other crawlers... If you can't crawl, crying will get you everywhere.

If I could run, I'd run a race with.... My Mom and Dad, who I'd push in a double baby jogger to let 'em know what it feels like.

When nobody's looking, I like to... Sleep.

One of my hidden talents is: Being flexible enough to suck my toes.

Favorite vacation destination I've already been to: My car seat.

Favorite vacation destination I haven't yet been to: A Buffalo Chips workout.

Hobbies, collections, other interests: Toys, toys and more toys.

Favorite things (restaurant, movie, book, game, et al): My diapers.

The most impulsive thing I've ever done is... Scream bloody murder when Mom and Dad took me to the doctor for a shot.

The one thing that other Buffalo Chips would love to know about me is... How fast will I be when I start running with the Junior Chips.

itty bitty buffalo bits



Parrott flies at Napa

George Parrott is back and he's flying. The professor clocked a 3:02 at the Napa Valley Marathon in March. Really. Well, kind of. His last .2 of the marathon was 3 minutes and two seconds. Way to go!

Board Minutes

January 22: ..... 72 minutes
February 2: ..... 85 minutes
March 1: ..... 125 minutes

New Apparel in Chips General Store



See store manager Myra Rhodes at the Tuesday Night Interval Workout for the latest in club clothing. The General Store is open when her car trunk is open - before and after the workout. The *"I Live for Tuesday Nights"* cool max shirts are now available in long and short sleeve styles, in sizes M, L, and XL. Cost: $15. Jog bra style tops are available in S, M, and L. Cost: $26. Get 'em now while they last.

Separated at Birth?



IT'S AN AMAZING TALE! After years of searching, Teensy Smallvin (R) was reunited with her long lost daughter, Susan Guillet (L) at the Humboldt Half Marathon last October. Fellow Chips assisted in the search and when they sported Susan at the race start, they said to Teensy, "There she is!" The mother and child reunion looked like a cloning party to some. Teensy credits running genes and persistence to the successful quest: "If I just kept running I knew we'd find each other."

Stretching Committee Report Completed

The Buffalo Chip's specially financed Stretching Committee has finally finished their two year study on stretching and why so many club members are right - we're not talking money here; that's another study we'd like to undertake. Below are highlights from their detailed 203-page report.

The $11,775 study concluded that if the herd stays flexible they will save themselves a lot of pain. *(Editor's note: Not running fast can alleviate pain too.)* Among the key findings: Stretching is especially important for older Chips. It may help prevent injury and falls and thus relieve pain. "If you stumble and you're flexible," the report notes, "you may be able to catch yourself." Stretching is essential for runners who sit all day as the biggest promoter of inflexibility is sitting. Unfortunately, exercises such as running and cycling actually tighten muscles. It is advised that Chips stretch before and after running as well as spontaneously during the day. In our competitive culture, many people have trouble stretching because they don't know how to do things on an easy and moderate level. Stretching should be relaxed and natural as a yawn or a fart. Yet some people turn stretching into a contest. They see the next guy touch his toes so they figure that's what they've got to do. But stretching is not a race; it's a very individual matter. It's important to stretch by a feeling, not by some predetermined idea that you've got to touch your head to your knee as many show- offs have been doing at the Tuesday interval workout.

Although there is some difference of opinion on the various methods of flexibility training, the committee members agree on these guidelines:

- ✔ Stretch before running. Warm up with light movements such as walking, and use rhythmic easy motions.
- ✔ Stretch after running, when your muscles are warm and more receptive to deeper stretching.
- ✔ Focus on the muscle you are stretching, and move your body until you feel a mild tension in that muscle.
- ✔ Breathe slowly and rhythmically while holding the stretch for at least 12 to 33 seconds, then release.
- ✔ Don't bounce, hold your breath, strain or push a muscle too far.
- ✔ Consider stretching gently while soaking in a spa, after a shower or whenever you get up from sitting or lying down.
- ✔ Stretch daily. If time is limited, stretching all the major muscle groups (neck, shoulders, arms, chest, hips, groin, legs) two to three times a week will also provide significant benefits. At the very least, stretch for five minutes after each exercise session.

microchips

Redlands Red-Eye 10-Hour Youth Run

by Ken Briscoe

YOUTH CHIPS STAND TEST OF TIME - In the youth world of ultra running, a few members of Buffalo Chips Youth Running Team covered some incredible distances at the 1st Annual Redlands Red-Eye 10-Hour Youth Run in Redlands, CA on March 5, 2000. The course was a closed 6-mile loop on smooth, wide trails adjacent to pastures filled with cattle, horses, llamas, and goats. That, combined with early green grass and blossomy trees, made for a nearly perfect setting. The event hosted more that 850 runners from throughout the U.S., with a two runners from Mexico, and one from British Colombia.

Conditions were gorgeous, after the first hour of intermittent sprinkles and cool breezes. The event was tremendously well organized—from the early on line registration that opened in November, '99, right through to the Award's Ceremony at the close of the race. Aid stations were amply stocked early in the day with an assortment of cereals, breads, candy, and juices, and pizza was added later in the day.

As for Chip runners, **Katya Davidson**, age 9, returning to the running scene after several months of serious contention in the gymnastics arena, covered just under 39 miles in the 10-hour race, giving her a clean third place finish behind teammate **Kylie Brown**, age 10, who won the F/10 & Under Division at 43.71 miles! When asked by reporters from the local press how she did it, Kylie quietly responded "by moving one foot in front of the other." **Travis Lyon**, age 11, from Grass Valley, almost edged into a first place finish in the M/11-12 Division at 42.38 miles—just 1/10th of a mile behind the winner from Nashua PAL, Nashua, NH. And finally, proving that "old age" is often an asset in running, our age 13-15 Division competitors virtually stole the show. **Ashley Barry** and **Jared Potter** (the Youth Chips' original "Ultra Male") each pulled off 1st place finishes—covering the identical distances: 47.32miles!! These disrance were just off the existing age group records (47.81 miles, F/13-15 and 48.65 miles, M/13-15).

when asked by reporters how she did it, Kylie quietly responded, "by moving one foot in front of the other."

For these Ultra Chip Youths, it's been a long road and a lot of miles getting to this point, but their outstanding results really paint the picture. Given the overall condition, endurance, and attitude displayed by these young runners, be prepared to see them leave footprints throughout the world as they go on to compete in youth ultras on a global basis, and then step into the world of "Ultra" adults.

bits o'bull

Just how muddy was Way Too Cool ?

It was so muddy that...

with all the slipping and sliding downhill on your butt, the 31.1 mile course actually required 33.7 miles to finish.

there were enough shoes lost in the muck and reclaimed by the trail sweep crew to stock *Fleet Feet* for three months.

the race director disqualified you at the finish line if he could read your bib number.

the announcer at the finish line could not determine, with any accuracy, your gender.

the 540 entrants cut such a deep trough in the trail that the race director was cited by the county building department fo conducting excavation without an earth moving permit.

instead of going back out to search for the approximate twenty runners who never made it across the finish line the supposed missing runners were simply written off as a product of "bad math."

the finish line was officially anywhere within a mile or so of the actual finish or within ear shot of the race timer, George Parrott, whichever was closer.

editor's note Fred Kaiser achieved a new PW (personal worst) for WTC this year but refuses to document the time as such. He insists it was not a trail run but rather a biathlon.

I read somewhere that you can lose weight by entering marathons. I sent my money in for a few last year, spent about $200 bucks. Haven't lost a pound. Apparently, you have to show up.

From a nonrunner: I don't run or even exercise for that matter. If God meant for us to touch our toes, he would have put them further up our body.

New Trail Shoe Unveiled
Nike Names Model in Honor of Local Race

NIKE HAS REALIZED THAT THE extreme sport of ultrarunning has lured many roadrunners to the trails. To be competitive in the fast-growing and competitive trail shoe market they have introduced a new model honoring the oldest of the country's 100 mile trail events, Western States.

The new shoe is a "trail flat" called *The Robinson Flat* in honor of one of the event's tougher climbs. Robinson Flat, the 30 mile mark into States, is considered to be the first real canyon of the multi-canyon expedition that starts in Squaw Valley and ends in Auburn. Unlike other trail shoes which tend to be rigid, the Robinson Flat is lightweight and flexible due to more cushioning. As a local ultra noted, "it kicks the llama's a_s." The model features dual this-and-that and all of the obligatory bells and whistles including a pocket located on top of the tongue large enough to hold energy gels, keys, and mountain money. The shoe will come in two colors - sienna (brown) and incense cedar (green). And get this: all finishers of the June 24th run will receive a *free* pair upon crossing the finish line on the Placer Union High School track in Auburn. Wow! What a deal, especially when you consider they retail for $195.

Industry insiders reveal that other big players in the running shoe market are doing research and testing and may be naming shoes after some other well-establ shed local races. Adidas is testing a womens' racing flat tentatively called *The Susan B.* in honor of the Buffalo Chips' long running August run for women, the Susan B. Anthony 5K. Reebok is entering the trail shoe market with the *Sierra Nevada* named after the the country's largest double marathon, the Sierra Nevada Endurance Run (now known as Rio del Lago.) Perhaps runners will receive the new models upon their finishes at those shoes' namesake events? Stay tuned.

Little known facts about NorthernCalifornia trail races

DID YOU KNOW...

There is one sprained ankle for every 85 runners at the **Western States 100**, and for every 50 rattlesnake sightings, 33 are actually twigs and branches, one is a piece of string, one a garter snake, 14 are lizards, and one is actually a rattlesnake. To date, nobody has been bit by anything during the event aside from mosquitos, ticks, bees, and wasps.

If it is a heavy snow or ice year at Western States, it's guaranteed to be above 105 degrees five weeks later at the **Skyline 50K**.

The **American River 50** miler is actually a really long road race with a 19 mile cool down on the trails.

During the **Way Too Cool 50K**, two fire-bellied newts are squished to death per 17 runners, and there are 27 cases of poison oak per 100 finishers.WTC is the trail race most runners in Nor Cal do as their first ultra.

The **Epiphany Runs** are a different distance each year based on the age of the event's unofficial race director. In 2000, the rd was 49 so the runs were the Popular but Wussy 49K, the Real Deal 49 miler, and the Absurdly Feeble 24.5 option (the 49 cut in half.)

At the **Quadruple Dipsea**, for every 676 steps descended and ascended, there are 15 stumbles but only two falls per 125 runners per flight of stairs. Someone will break something at the Quad and it is usually an arm or a course record.

Useful tip #31:
If you are going to try **cross-country** running, start with a small country.

From a potential runner: the only reason I would take up running is so that I could hear **heavy breathing** again.

Podiatrists claim.... 90% of runners **pronate**, while the other 10% **stagnate**.

New ultras unveiled for 2000 and 2001

The Rio Del Lago 100 and American River 100

by April Fowles

FIRST THERE WAS THE WESTERN STATES 100, then comes the Rio Del Lago 100 this September. And in 2001 we will welcome the American River 100. Wow, three 100 mile runs and all within a few strides of your doormat! Are we lucky to live in Northern California or what?

The inaugural Rio Del Lago 100 is to be run on September 16th of this year in conjunction with the Rio Del Lago Double Marathon. Manny Rivers is the race director. Rumor has it that the overall male and female winners of the Rio Del Lago will win all-expense paid trips to Las Vegas where they will get four nights at the glitzy Rio and free race entry into Nevada's newest arrival on the ultra scene, the Casino Royale 100, a road 100 miler that will start and end on The Strip.

Unlike the Rio Del Lago, the American River 100 miler, aka Rio Americano, will not be run in conjunction with it's shorter counterpart, the AR 50. The event, however, will be run the next day, the Sunday following the 50 miler. AR 100 race director Craig Pearlund says the course will be an out and back of the current AR 50 course which starts at Sac State and ends at the Auburn Overlook via the American River Parkway and the Pioneer Express Trail. Special awards will be given to those who complete both AR events for a total of 150 miles. A silver buckle will be awarded to those who have posted combined race times of under 28 hours, and a brass buckle will be given to finishers who complete both events in a combined total time of 28 to 34 hours. All other finishers will receive a handshake and help off with their shoes if anyone is still around at the finish line.

Due to the needs of the fast-growing, slow moving ultra community, these two new century runs are considered by many long overdue additions to the popular Northern California trail running scene. Like Western States, both new-kid-on-the-block 100s will require entrants to have met qualifying standards although the AR 100 is a bit easier to get into: one just needs proof that they have completed a marathon in less than 4 hours if under 50 years of age, or 5 hours if 50 or older within a 12-month window. Unlike the Western States 100 miler, both events have no race entry limitations. The race directors for both runs are rumored to be in hot pursuit of the title: Largest 100 Miler On the Continent. The AR 100 has projected upwards of 1600 runners by 2004, and within a decade, enough runners to rival the largest ultra in the world, South Africas' Comrades. Let's help make it happen!

As you may know, the 100K and 100 mile events have been recognized by the IAAF and IOC and will be included as exhibition sports this September in Sydney, Australia. And it is rumored that the AR 100 has put in a bid to host the U.S. Olympic Ultramarathon Trials for 2004.

Too many miles, too few volunteers

Vending Machines To Replace Some Aid Stations at Western States

gleaned from the UltraList and WSER press releases

DUE TO THE CONTINUING HASSLES trying to find hundreds of volunteers to man the 22 aid stations of the country's largest 100 mile trail run, the Western States Board of Directors has decided to follow the example taken by other 100 milers and substitute manned aid stations with vending machines. Not only will this ease the burden provided by the volunteer deficiency but the move will provide increased revenue as the event will get to keep half of the proceeds from the vending machines to be situated along the course by the winning bidder, Acme Vending Machines of Rio Linda. It was decided that 18 aid stations will be dropped and replaced by machines, mostly in the remote sections of the trail. All aid stations prior to Michigan Bluff will be unmanned. The four aid stations that will remain include Michigan Bluff, Foresthill and the two Chips aid stations - Rucky Chucky and Brown's Bar. Race entrants will be required to carry a minimum of $40 in quarters with them. Regular ultra runner type foods will be available in all the machines. Items will include power bars, chips, cookies, energy gels like Gu, bottled spring water and a variety of beverages including Gatorade and Coke. Salt tablets and Tylenol packets will also be stocked. It is estimated that the cost for these items will range from $2.25 per energy gel up to $3.50 per .5 liter of water. The vending machines will accept exact change including the new "golden dollars" coins. WS Entrants are advised to "bring their mountain money" and save every penny they find on their runs between now and June 24th.

new cable network:runtv



by Kay Bell

WHO KNEW it would happen in our lifetime: A cable network devoted exclusively to running? Well, it has and it is in Sacramento...finally! *RunTV* has been on the airwaves in most of the major markets across the country for almost two years now but as usual Sacramento is the last to get anything worthwhile (ie: flush toilets, a winning professional basketball team, an IMAX theatre, In & Out Burger, Krispey Kremes.) You can watch *RunTV* locally on Comcast Cable channel 26.

The programmers at *RunTV* say their network caters to the "everyrunner." Racing coverage includes major international track events, college track and field meets, prep cross-country, road races, trail events and even coverage of some runs that are about as entertaining as watching water boil: 6-day events and 24-hour track runs. The network's lineup also includes a vast array of half hour and one hour in-studio and on the road slots:

Come Run With Us Showcases running clubs both big and small across the country. Mark your calendars and set your VCRs now: the Buffalo Chips will be the featured club on the November 31st telecast!

Cool Downs Classic and not so classic running movies - in the past they have shown ad nauseam: *Chariots of Fire*, *Running Brave*, and *Personal Best*.

Fartlek & Miles Hosted by genuine bonafide certified sports psychologists Dr. Mary Fartlek and Dr. Manny Miles, this hilarious one hour segment is a viewer call-in show, a sort of *Larry King* meets *Love Lines* but played out to runners with real running problems. *And you think you've got problems?* Rumor has it that our very own Dear Buffy may be guest hosting this show when the Dr. duo are on the road or vacation.

Good Job! How to Train Like A Champion Tips from the pros, a sampling: Run Faster With Frank Shorter, Sub 3:00 Hour Marathon, No Problem! - with Bill Rodgers, Your First 36 minute 10K, You Can Do It! - with Chip and N.A. record holder Mark Nenow.

Khalid! A day in the life of world marathon record holder Khalid Khannouchi ala *MTV's The Real World*.

Marathon & Beyond Explores the extreme and whacky world of Ultrarunning, hosted by Rich Benyo.

On the Road to Sydney Interviews with both American and foreign Olympic hopefuls.

Road Race of The Week From the Bix and Steamboat to Bloomsday and Bay to Breakers, the cable network takes you there with live coverage and commentary by our very own George Parrott.

Run Like A Girl Covers issues pertinent to women runners, hosted by Katherine Switzer.

Runner's Court A hybrid cross between *Court TV* and *Politically Incorrect* where the controversial and high profile cases of banned runners are examined, reexamined, rehashed and debated by a panel of experts. Also covers running news and issues of the day. Hosted by Geraldine Rivera and Janie Cochran.

***Runner's World* Presents** The magazine features up-close and personal interviews with past and present elite runners, and spotlights the greatest running achievements of the last century.

The Penguin Chronicles Waddling in the back of the pack with John Bingham.

The Altos A running version of HBO's *The Sopranos*. Only instead of a mob boss and his family, this dramedy (drama-comedy) chronicles the life of a much beloved Italian-American sprinter, his family and teammates during the 1940's. Very popular and well-received by both critics and viewers.

There's Nothing Funny About Running Musings, a la Andy Rooney, with Timothy Martin, author of the best seller by the same name.

Ultimate Marathons Hosted by Rich Hanna and Dennis Craythorn, authors of the wildly popular *Ultimate Guide to Marathons*, take you to a new marathon destination each week.

Warm Ups A running book club hosted by runner and TV celebrity Oprah Winfrey modeled after her original book club. Books to be showcased the next three months: *Once a Runner*, *Running on Empty*, and *Meditations from Life in the Breakdown Lane*.

hometown marathon will rock in 2000

by Merry Thon

THE LATEST AND GREATEST NEWS from the Executive Committee to the Executive Trustees to the Board of Directors for the California International Marathon (CIM) is that music will be added to the 18th annual event. In other words, the streets of Sacramento will rock on December 3, 2000.

Road racing, especially the marathon distance, is experiencing its second running boom. The trend, started in the mid 90s, is expected to continue well into the millennium. And the folks who watch and track these things say that if marathon organizers want to be competitive they need to differentiate themselves from the rest of the "didathons." The CIM Committee has taken this seriously and after much research, tequila, and discussion have announced that they will reinvent the marathon as a Northern California version of San Diego's Suzuki Rock 'n' Roll Marathon. By using that event's success with live music at every mile, the committee hopes to triple the marathon field by attracting at least 8,000 more runners to Sacramento. That's right, 12,000 entrants and more than two dozen musicians to rock your runner's world.

The new and improved jogging contest thru the streets of Sacramento and its neighboring strip mall-infested burbs will be known as The California International Musical Marathon (CIMM). While the event's budget will not allow for big name bands to play, the board has signed a deal with the Buffalo Chips to provide the entertainment along the course. And you thought your fellow common dung had no talents other than running? Twenty Nine Chips have been recruited as musical talent for the event so if you don't see all of the usual suspects lined up on Folsom-Auburn Road next December, be sure to look for them to serenade you along your way to the capitol. The following Chips have confirmed for CIMM.

Starting line: Warm up with our resident aerobic instructor Gail Gutterman performing Martha Reeves and The Vandelas' Nowhere To Run, or quite possibly Burt Bacharach's Raindrops Keep Falling On My Head.

Mile 1: Johnny Cash's Folsom Prison Blues as sung by Mike Grassinger

Mile 2: Bob Seeger's Against The Wind by Steve Wetmore

Mile 3: Bruce Springstein's Born To Run by Rich Hanna

Mile 4: Willie Nelson's On The Road Again by George Parrott

Mile 5: Fiona Apple's Fast As You Can by Mary Coordt

Mile 6: Boston's Don't Look Back by Steve Ashe

Mile 7: McFadden and Whitehead's Ain't No Stoppin Us Now by Katie Briscoe

Mile 8: Kate Bush's Running Up That Hill by Marie Gonzales

Mile 9: Tom Petty's Runnin' Down a Dream by Lucinda Fisher

Mile 10: The Grateful Dead's Truckin' by Tom Winter

Mile 11: New Kids On The Block's Step by Step by Mel Golovich

Mile 12: Cake's Going The Distance by Monty Schacht

Mile 13: Mathew Wilder's Break My Stride by Vickie Yamamoto

Mile 14: Linda Ronstadt's It's So Easy by Alan Anzai

Mile 15: The Eagles' Life In The Fast Lane by Barbara Miller

Mile 16: Rod Stewart's Hot Legs by Chris Hall

Mile 17: B- 52's Roam by Cathy Rohm

Mile 18: Grand Funk Railroad's I'm Getting Closer To My Home by Fred Kaiser

Mile 19: Blind Faith's Can't Find My Way Home by Harry Criswell

Mile 20: Pink Floyd's The Wall by Ken Crouse

Mile 21: The Righteous Brothers' You've Lost That Lovin' Feeling by Francine Morgan-Voyce

Mile 22: Lynyrd Skynyrd's Gimme Three Steps by Renda Gail

Mile 23: Jerry Lee Lewis' Big Legged Woman by Brad Lael

Mile 24: ACDC's Highway To Hell by Dennis Scott

Mile 25: Led Zepplin's Ramble On by Joe Mc Claddie

Mile 26: Jackson Browne's Running On Empty by Mike Prizmich

Mile 26.2: Pink Floyd's You'd Better Run by Greg Soderlund

And in the finish chute: Flock of Seagull's I Ran and R.E.M.'s Everybody Hurts Sometime by Doug Thurston

bits o'buffy

yoga as a running enhancer

Dear Buffy,
As you probably know, being the culturally With-It goddess that you are, the next big thing to help improve one's running is yoga. To me, it's just a fancy term for stretching while keeping your mouth shut. It only gets more respect because everyone, from Madonna to Meg Ryan, who does this including a fairly fast Chipette attach the words "inner" and "spiritual" to it. My friend, the Chipette, is about as far as one can get from spiritual. In fact, she should have her yoga mat confiscated! But then the bawling would kick in. Do you fight them, join them or just make fun of them?

Matt(less) in Elk Grove

Dear Mattless,
Buffy detects sour grapes here, and Yoga is not to blame. Rephrase and resumbit this question when you're ready to absorb the answer. "Stretching while keeping your mouth shut" did make Buffy giggle. Quite clever!

Reflect on Buffy's sage advice, and check in again. Ohm!!!!!!!!!!
Buffy

shetland ponies - no horsing around

Dear Buffy,
Heavyweight runners, aka Clydesdales, have their own weight class and award divisions while us little folks, aka Shetland Ponies, have nothing...nothing but a hard time running and racing. Buffy, please help stop the discrimination against us short runners. It's time we unite and demand our equal share at the races.

a Shetland Pony

Dear Pony,
A point you left out is that Clydesdales are also responsible for the fact that running t-shirts are always extra-large! I'm with you!

Look for me in the Petite Section,
Buffy

chips aid station

Dear Buffy,
In the old days, Steve Ashe, the CIM - Chips aid station captain/czar had to beg to get people to work the aid station. Now I hear you have to try out because of some big brouhaha in '99. When are the try outs and what do you have to do to pass the test?

Volunteer Wannabe

Dear Wannabe,
Buffy suggests that the term "Brouhaha" says it all, don't you? or, 'brew-ha-ha" if you will. Buffy has personally aided at said aid station because it was easier to get out of bed at 5 on an always rainy, windy Sunday December morning and hand out (what else) water than it was to RUN the actual marathon! Apparently, this state of mind has taken hold.

Buffy strongly suggests that you gather a Volunteer Resume, and you start by volunteering for the Chips aid station at the Western States 100 (crew accessible river crossing). Failing that, the hash house harriers welcome you with open arms at Brown's Bar and All-Nite Grille (hardy hikers only, no crew, no pool, no pets, no family, no loved ones but lots of brew haha). Pass either of these tests and you're a shoe-in at CIM.

CU at Brown's
Buffy

Don't do what these folks are doing: Standing around postponing their workout until workout coordinator George Parrott arrives. Start running! George will make unscheduled, random appearances at the tentative satellite workouts listed on page 3. Check the Chips' web site (www.buffpoop.org) for your correct workout site and start time!



2000 bored of directors and other vip chips


John Hancock

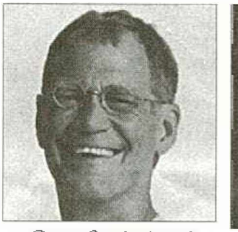

Po Adams


Lee Rhodes


Theresa McCourt


George Parrott


Abe Underwood


Greg Soderlund


Harry Criswell


Jody Newman


Joe McCladdie


Meg Svoboda


Ron Peck

Missing because she insisted on going for a long training walk during the photoshoot. **Sharon Norris**



Buffalo Chips Steering Committee
The BCSC may be the youngest running club steering committee in the country. Median age: 9!



Buffalo Chips Stretching Committee
Read their report on page 6.

important bc numbers & addresses

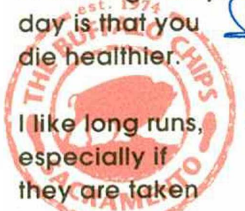
web site: www.jps.net/runinfo/welcome.html **email:**dung@yuk.net **snail mail:** bcrc, p.o. box 19908, sacramento, ca 95819-0908 **hotline:** 916.481.3653

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The advantage of running every day is that you die healthier.

I like long runs, especially if they are taken by people who annoy me.

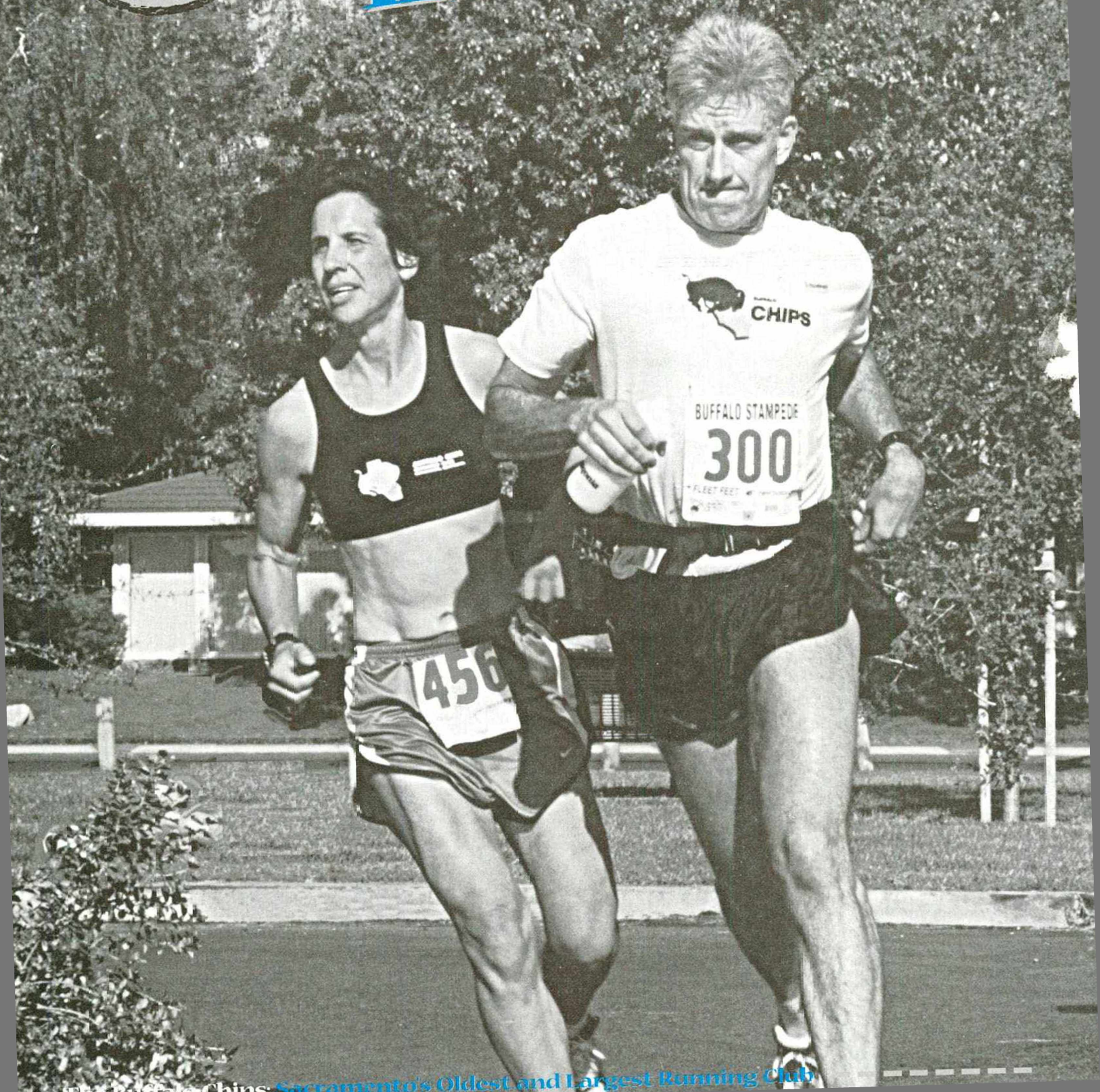


I'll Buy you a coffee
If You start your next
Run in front of Tevis
Then I'll buy you another
Coffee

1974 - 2000
THE BUFFALO CHIPS
SACRAMENTO

The Buffalo Enquirer

Fall 2000 #151



The Buffalo Chips: Sacramento's Oldest and Largest Running Club

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High Dunger
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Buffalo Stampede
Doug Thurston 916.447.2786

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Dave Creek 530.878.1487

Web Master
Ed Reilly 530.889.1923

hotline 916.481.3653

E-mail addresses and fax numbers are listed in The Buffalo Bible

STATE OF THE HERD

Greeting, Chips,

How do we say it? Success! The Olympic trials were just that, a fantastic, fun filled, eight days of great track performances. The Chips had a huge presence at this event, all with great seats by the finish line. The herd kept the dust down for some great track and field viewing. And not to be outdone by the Sacramento Sports Commission, the herd stepped up and we put on some great races and events of our own this summer. For a first time event, the Tummys run was a huge success and we were treated to the best seats in the house for the post run fireworks. I will have to admit I was amazed at the show that was put on by Cal Expo. During the trials, the club sponsored free run attracted some fast out of towners that got everyone's competitive juices flowing. We also had a great turn out in both volunteers and runners at the Susan B run. And the party, food, and games that took place after the race made for a great day. And finally to close out the summer racing season, the Buffalo Stampede with the addition of the competitive walking event was bigger and better than ever. So this is a big thanks to all of those who ran, participated, organized, volunteered or just spectated. It is all of you that make Sacramento and our club something special for running.



photo: Ivor Johnn Hancock

Now as fall is upon us and we feel that nip in the morning air, we have to remember that there is still plenty of running to be done and lots of great upcoming club activities. Many of you are keeping the excitement going by participating in the fall cross-country series or closing in on qualifying for that chip team racing jacket. If you haven't heard about it just check out the participation results in the Enquirer. And I know that there will be plenty to motivate those in training for the Cal International Marathon.

Everyone has their own personal reason for being part of this club and we can see that there are plenty of activities for all. Whatever the reason, the success of these club functions is dependent upon you and all that you bring to every event that you participate in. Speaking from experience, I believe that by being involved we are getting more back than we are giving.

So as not to hog all the fun this is another invitation to you to come to the front of the herd where the air is clear. Where the vistas are open and there is more to see that the back of the throng that you are following. Take us up on that invitation to be a part of the fun. The herd needs you!



High Dunger

On the Cover

Cary Craig and Bill Staack round the final turn at the Buffalo Stampede

MISSION STATEMENT

The mission of the Buffalo Chips Running Club is To increase public participation in running and walking as a recreational activity and a healthful exercise, and to provide opportunities for competition in the sport of running by organizing running related events and activities in the community.

The BCRC is a member of the Pacific Association of USATF and of the Road Runner's Club Of America (RRCA). USATF is the national governing body for running, race walking, track and field The RRCA is a national nonprofit organization of more than 700 other running and race walking clubs and events across the country

The Lunch Connection
Where the Chips meet every Tuesday night for the interval workout
•great food • friendly service • excellent prices • catering
251 Lathrop Way, Suite B, Sacramento
(Take Leisure Lane exit off of Highway 160. Stay to right,turn left onto Commerce Circle. Then go straight onto Leisure Way.)
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LEIGH A. BUTLEDGE
THE PROFESSIONAL'S CHOICE

EDITOR'S DROPPINGS

Hi Chips—

As the High Dunger said, the Olympic Trials were an awesome event for all of us, and many Chips were heavily involved. Cynci Calvin, my newsletter mentor/running pal, found that help was needed and found herself volunteering almost every day…It made me fill a bit guilty.

However, I had other things to do. Last Spring I decided that, since I was now a seasoned runner with an awesome total of three running years under my belt, it was time to get some "formal" training. So I searched about on the web and found a running camp where I could not only get educated, but where I could do it in a beautiful mountain setting less than an hour from home. Perfect! I had discovered Jim Hunt's "Sierra High" Long Distance Running Camp. Six days and five nights at the Sugar Bowl ski resort in Norden.

Jim Hunt is the XC/track coach who many years ago built the Humboldt State Harriers into a powerhouse, producing many great runners such as Mark Conover, 1988 marathon Olympian. Jim retired from Humboldt, but was lured back into coaching by Sierra College. He then *again* retired, but couldn't stay retired. He's now, at age 74, coaching the UC Davis XC team. Mark and several of the Humboldt Harrier alumni were at camp to assist Jim.



photo by Ann Simpson

Atop Mt. Lincoln - left to right, Mark Conover, Rachael Ritchey, Caitlin Chacck, Dave Creek and, in front, Elizabeth Ottenheimer

I was a bit concerned about whether the camp would be suited to the more "mature" runners of my age group, but I was assured that there would be other adults. And I would have my own room and bathroom. So this was going to be plush living!

When we checked in I found that *were* some other adult students. Five of us out of 42—mostly 16- and 17-year olds, including 14 members of the Piedmont High School XC Team and their coach. And I discovered that there were some fellow Chips in the class: Rachael Ritchey and Caitlin Chock. Rachel and Caitlin had their friend, Elizabeth Ottenheimeir (a wannabe Chip from Livermore), with them.

These three 13-year olds were running dynamite. Rachael had just returned from the Junior Olympic Championships in Buffalo, NY. Caitlin just ran the Susan B. 5K in 18:21. Elizabeth placed fifth in the Dipsea last June and in July ran the Capitol Mile in 5:24. These three quickly became known as "Triple Trouble" to the rest of us for their awesome running abilities. They were always out in front, or so I heard—from my vantage point in the pack I was never able to personally verify that fact. I ate a *lot* of dust during this week!

Each day: early morning run, a "quick step" drill session in late morning, a "challenging" run in the afternoon (e.g., running to the top of ski lifts and mountains). By Tuesday, I was wondering how I would survive until Friday. But I did. We finished off the week with a "Sunrise Run" (5:30 a.m.) up a mountain. I *did* get to see the sunrise, but only because I started 10 minutes before the kids.

A wonderful, exhilarating, exhausting experience. I'd heartily recommend it.

Dave

QUESTIONS ?

You're moving and still want to receive club mailings? (Remember, bulk mail is **not** forwarded.) Contact **Harry Criswell** …Do you want to know more about the Road Runner's Club of America? Contact **Po Adams** … Do you want to volunteer? Call **Jodi Newman** …You're traveling and want to workout with a running club in Prairie Dog City, Kansas but don't know how to contact them? Call **Po** again …Do you want to contribute to the club website? Contact **Ed Reilly** … Do you want to contribute to *The Buffalo Enquirer*? Contact **Dave Creek** …Do you want a PA/USATF application? Call **Cynci Calvin** … Rather walk than run? Call **Sharon Norris** …Do you want to get your kid involved in the youth program? Call **Ken Briscoe** … Do you want to learn how to use the timing equipment? Contact **Greg Soderlund** … Need a new racing singlet? Call **Myra Rhodes** … Do you want to sponsor a club race? Get hold of **George Parrott** … Do you want information on the weekly workouts? Check the **web site** or call **any board member** or the club **hotline** …You have a problem that can't be answered by a board member or other elite dunger? Write a letter to **Buffy** via **Dave Creek** … See page 2 for phone numbers.

The Buffalo Enquirer
#151 Fall 2000
The Buffalo Enquirer is the official newsletter of The Buffalo Chips Running Club of Sacramento.

Everyone is welcome to contribute to the newsletter. **The deadline for the next issue is Monday, December 11th.**

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Buffalo Chips web page
www.buffalochips.net

PA/USATF web page
www.pausatf.org

RRCA web page
www.rrca.org

RRCA UPDATE October 2000

by Po Adams
Buffalo Chips Liason
RRCA Western Region Director

New! RRCA Women's Safety Resources..

Something good for the RRCA came out of something bad. Remember the recent "wilding" incident up in Central Park where women's clothing was ripped off as they ran or skated through the crowd?

Prior to that weekend, RRCA sent *Fitness Magazine* a big packet of our women's safety brochures, posters the video, etc. *FM* had funded 10,000 of the brochures and our supply was depleted. Now *FM*'s is continuing to fund updated brochures and posters. The results—clubs can receive the brochures and posters free—pay postage only. Listed below the 16 t ps to help everyone run safely.

The RRCA Tips for Running Safety.

1. ***Don't wear headsets*** . Use your ears to be aware of your surroundings.
2. Always stay alert and aware of what's going on around you.
3. Carry a cell phone or change for a phone call.
4. *Trust* your intuition about a person or area. React or your intuition and avoid a person or situation you are unsure of.
5. Alter or vary your running route.
6. Run with a partner, run with a dog.
7. Write down or leave word of the direction of your run.
8. Avoid unpopulated areas, deserted streets, overgrown trails.
9. Carry ID. Don't wear jewelry.
10. Avoid verbal harassment.
11. Look directly at others and be observant.
12. Run against traffic.
13. Wear reflective material before dawn or after dark.
14. Practice memorizing license plates or identifying characteristics of strangers.
15. Carry a noise maker and/or OC (pepper spray)
16. ***Call police immediately*** if something happens to you or some else, or if you notice anyone out of the ordinary.

A personal note. Before I became the RRCA Northern California State Representative in 1996, I always wore headphones. Everyone said they grew out of my head. On the day I was appointed I ***quit cold*** : I knew that I had to practice what I preached. As much as I enjoyed my music, I now love the genuine closeness to my surroundings as I run my beloved horse trails.

FYI

In November of 1997 the Buffalo Chips held the RRCA Women's Safety Course here in Sacramento at the Radison. Henley Gabeau, RRCA Executive Director, and the Police Officers of the Alexandria, VA put on the program for Sacramento-area women of the Chips. We learned a lot. What we learned must be continually reinforced as we become careless at times.

The Chips Board Members—What They Do For You

by Po Adams

I believe I have belonged to the Chips long enough to let you know what these mysterious Chips board members do. Actually, in no way are we puzzling, and we are much in evidence. We volunteer; we agree to help out this thing called a club. I am sure most of us do not realize what will occur during the coming year because we "steer" as we need and act as we feel, to do the best for the club.

After years of club belonging, and due to less family pressure and retiring in 1990, I decided to run for the Board and maybe help with the mailing of the Enquirer. As a former career post office employee, I felt I could help in that area. Gosh, we had 300+ members then. Zip codes were in, label maker Dick Kinter was an angel, and I got my first mailing out, with the help of Carol Parise and Laura Kulsik at Steve's Pizza. That first night, as we were slapping labels on the *Enquirer*, tossing them all about, I felt "this is not organization." They really needed me. Carol and Laura were earnest, but I was organized. Experiences like this make you believe you are needed.

The years passed on. Finally I went to the Chips Hot Line. My Hot Line—I considered it *my* Hot Line for the Chips. I agreed, with the Board, to put it in my home and to answer all calls and provide any needed answers. This Hot Line was *real*—I was there when you phoned. I did it for two years with Dick Kinter as back up when I was not there. I still think today (of course I am old fashioned) to have a voice answer to say "yes, I will send you the information."

One day I got tired. One day, I said to myself after not missing eight years of meetings, except when my daughter died, "let some once else do it." And someone else did.

Then in late 1999, I thought, "I have had enough rest, I'll tackle the Board again." So I ran for Board again and was elected. The Vice Dunger position was the only one left after the other 14 positions were filled, and I thought it might be appropriate for me—since it was the only position left.

I am interested in the club. I want to be an integral part of the club. I want to make this club better in any way I can.

There are 15 members of the Board right now. It could change due to changing needs. But there is always a president, vice president, secretary, treasurer, etc. Board members have to attend the monthly meeting, except for just cause.

To get back to the system. The system of people assuming responsibility because they believe in their club. Okay, you like wearing the Chips singlet. You like the Tuesday night work outs, or you like our other workouts. Or you don't. If you don't like things, stop griping and help change them. Every Chip can, every Chip should, speak up and help out. The Board may be the backbone of the club, but the members are the real life of the club. If you do not like how the Board operates, put in your two cent. You might like it.

Why aren't you giving your two cents?

Why aren't you helping our club?

December/January is the time to decide whether you'd like to help lead the club and run for Board membership.

I am 76 years old; so you are not too old, not too slow.

Volunteer…The Buffalo Chips is ***your club*** .

by Cynci Calvin
Buffalo Chips Liaison

WWW.PAUSATF.ORG

Cross Country Chips

XC is the epitome of team running and I can hardly say enough good things about how much fun XC running is. Our youth are so lucky to have this as a sport option (many of us late-blooming runners never had that opportunity as kids), but know I understand why they love it. You really must BE THERE to appreciate how much fun these races are—smaller crowds, more low-key, great spectating, unique courses. More XC events are scheduled until mid-November; a detailed listing of the events is posted on the PA/USATF web site and begins on page 97 of the July/August issue of *California Track & Running News*. The events are also listed on the Chip race calendar on page 30.

For more information, carpooling, etc. :

Open Women: Carol Parise, 916/484-0116, capp@jps.net
Masters Women: Carrie Craig, cacraig@ucdavis.edu
Masters/Open Men: Rich Govi, 916/974-7250, dick36@freedsl.com
Senior Men: Greg Jewett, gcjewett@jps.net

Congratulations to **Greg "the blur" Jewett** for his age division course record at Sierra College meet!







photos by Cynci Calvin

A few XC Chips (L to R, top to bottom) - Sara Pope, Lillian Shek, Denise Wall, Cary Craig, Terry Barry, Cynci Calvin, Pam Goodley, Ashley Barry, "The Blur" Greg Jewett, Eric Yadao, Brendan O'Neill, Greg standing still, Bob Venditti, Cary ..... Ron Peck, Arnold Utterback, Steve Sampson, Kitt Flynn, Steve Bond

PA Pavement Pounders

The Road Grand Prix season has three events remaining: the Humboldt Half Marathon, Clarksburg, and the Christmas Relays. These last races will be huge factors in determining the season-end places of the women's masters and women's seniors teams—so here's a plug to all of you in those divisions to enter these three events. We cannot allow another Impala sweep! Clarksburg is particularly important because it is for double points. Our road team stars are the women's super seniors who lead the standings and have won every Grand Prix event entered! As for the rest of our age division teams, congratulations on your participation and all of your performances.

Current individual stars include men's senior phenom **Greg Jewett** (6th), women's masters **Theresa McCourt** (3rd) and **Connie Rowden** (7th), **Barbara Miller** (2nd in the women's seniors and 3rd in the women's super seniors), Super Senior **Myra Rhodes** (2nd), veteran woman **Po Adams** (1st).

Below are the Chip team places in each event through the Fleet Feet Capitol Mile to give you an idea of how we've been faring. As you can see, we had a number of "NT" (no team) slots and they are predominately in the open and veteran divisions. So let's encourage both ends of our age spectrum athletes to participate in more of these races in the future.

Cal 10 7. Open Men, 4. Masters Men, 6. Senior Men, 2. Super Senior Men, NT. Veteran Men, NT. Open Women, 1. Masters Women, 1. Senior Women, NT. Veteran Women.
Millenathon 1/2 Marathon 6. Open Men, NT. Masters Men, 6. Senior Men, 3. Super Senior Men, NT. Veteran Men, 6. Open Women, 1. Masters Women, NT. Senior Women, NT. Super Senior Women, NT. Veteran Women.
50-Plus 8K (for 50 & over only) 5. Senior Men, 4. Super Senior Men, NT. Veteran Men, 1. Senior Women, 1. Super Senior Women, NT. Veteran Women.
Houlihan's to Houlihan's 12K 10. Open Men, 6. Masters Men, 6. Senior Men, 4. Super Senior Men, NT. Veteran Men, 7. Open Women, 1. Masters Women, 1. Senior Women, 1. Super Senior Women, NT. Veteran Women.
Big Sur/Channel 46-5K : 8. Open Men, NT. Master Men, 7. Senior Men, NT. Super Senior Men, NT. Veteran Men, NT. Open Women, 3. Masters Women, 1. Senior Women, NT. Super Senior Women, NT. VeteranWomen.
Zippy 5K : 9. Open Men, 7. Masters Men, 5. Senior Men, 3. Super Senior Men, NT. Veteran Men, NT. Open Women, 4. Masters Women, 4. Senior Women, NT. Super Senior Women, NT. Veteran Women.
Shriners 8K 6. Open Men, 6. Masters Men, 4. Senior Men, 1. Super Senior Men, NT. Veteran Men, 4. Open Women, 2. Masters Women, 1. Senior Women, 1. Super Senior Women, NT. Veteran Women.
Fleet Feet Capitol Mile 9. Open Men, 6. Masters Men, 4. Senior Men, 5. Super Senior Men, NT. Veteran Men, NT. Open Women, 3. Masters Women, NT. Senior Women, 1. Super Senior Women, NT. Veteran Women.

PA Ultra Happenings

Two Chips were overall winners in the 1999-2000 PA Ultra Grand Prix : **Rena Schumann** (who races for Fleet Feet) won the open women's division and **Helen Klein** (who runs as unattached) won the veteran women's division. Other top finishers include team Chips **Eric Ianacone** (3rd, men's seniors), **Laura Kulsik** (2nd, open women), and **Barbara Elia** (3rd, women's seniors). The Chip men's team finished fifth, the women's team finished third, and the mixed team finished fourth, but in total club points rallied, the Chips finished third overall behind Bay Area Ultra Runners (first) and Fleet Feet (second). Congratulations!

Ultra-minded Chips began the new Ultra Grand Prix complete with rule changes and new races. At press time two events are history (Skyline 50K and the Headlands 50K). See how they fared in the results pages of this issue. Good luck to all in the new season!

Fleet Feet Capitol Mile Highlights

Sacramento
25 July 2000

by Doug Thurston, Race Director

The largest field ever of more than 450 men and women, girls, boys—both runners and walkers— competed in 17 separate one-mile races at the State Capitol in downtown Sacramento. The race was the road mile championship for the Pacific Association of USA Track & Field and featured a $2,200 prize money purse. The Olympic Track and Field Trials helped attract this large field of milers, with many entrants from outside California who were watching or competing in the Trials.

In the elite men's race, Reebok Aggie **Jamie Harris** swept by **Ben Turman** and **Kalid Abdalah** in the last 200 meters to win the event in 4:13. Turman was second in 4:14 and Abdalah's time was 4:16. Harris won $150 for his efforts. Harris holds the event course record of 4:06 from the inaugural Capitol Mile in 1996 and he competed in the 1,500 in this weeks U.S. Olympic Track and Field Trials in Sacramento. He mentioned to Cynci Calvin that he was not pleased with his time and that he was sleep deprived from all festivities surrounding the Trials. Those Aggies like to party!

Stephanie Dueringer won the women's open heat with a strong final push to top **Midori Sperandeo** of Fair Oaks, 5:10 to 5:12. Midori races for the Spiridon Team although she supports the Chips with her membership. **Sissel Berntsen-Heber** of Mill Valley was third in 5:14. Dueringer competed in the 1,500 in the Olympic T&F Trials as well. **Theresa McCourt** led the Chips masters' women to a third place team finish with her 5:40 time, making her



photo by Abe Underwood

A pile of Chips: Mike Grassinger, Dennis Early, George Parrott, Brendon O'Neill, Ernest Takahashi, Greg Jewett, Don Thow

the fastest official team Chip women's finisher. The top Chip male time was run by **Steve Hall** (5:05), although Senior speedster **Greg Jewett** was next with his 5:06 time.

Top age group competitors include 12-year-old **Elizabeth Ottenheimer** who ran 5:24 to beat all other girls and all but one boy under age 13. Elizabeth is from Livermore but recently met several Youth Chips and hopes to join them in Youth Chip team competitions. (In early June **Elizabeth** was *fifth* in the Dipsea!)

The walk events attracted U.S. Olympian **Michelle Rohl** of Wisconsin, who race walked one mile in 6:43. Two competitors from the Trials 20 km race competed in the mile as well with **Dave McGovern** outwalking **Michael Rohl**, 6:19 to 6:21.

The event was sponsored by Fleet Feet Sports of Sacramento and New Balance.

Susan B. Anthony Run: It's A Gal Thing

Sacramento
5 August 2000

by Doug Thurston, Race Director

Nearly 500 women and girls enjoyed a spirit of sisterhood and spirited competition at the Buffalo Chips annual Susan B. Anthony Women's 5 km run and walk on August 5th.



Never too young...

The event celebrated the perseverance and dedication of the race's namesake and the women who have fought for their rights as runners and as citizens. Women new to the sport may not realize that women were long thought unable to run distances. It was not until 1984 that the Olympics featured a marathon for women.

The flat and fast tree-lined 3.1-mile course through the River Park neighborhood produced outstanding Chip performances. **Midori Sperandeo** of Fair Oaks recorded a personal best and a runaway victory in 17:24, an average of 5:39 per mile. Second place went to 14-year-old **Caitlin Chock**, who crossed the finish line at Glen Hall Park 18:21.

Outstanding age group performances included **Myra Rhodes**, 23:31 to win the 65-69 division by over nine minutes andunchip **Margarethe Styskel**, who captured the 70-plus group by almost five minutes in 24:49.

The run was also the "graduation" for more than 40 members of a five-week beginning walker and runner program coordinated by **Chris Iwahashi**, **Sharon Norris**, and **Mary Coordt**. Congratulations to these new club members!

More than two dozen girls participated in a 1/2-mile fun run, for many their first-ever race.

Top age group performers won merchandise from Nike and Fleet Feet Sports Sacramento. All entrants enjoyed donated refreshments from Sacramento Bagel Factory, Noah's Bagels, Crystal Geyser, Genisoy, and Safeway.

A donation was provided by the event to the YWCA summer scholarship fund. Sponsors for the event included the law offices of Porter, Scott, Weiberg & Delehant; the offices of Longyear, O'Dea & Laura, and the George Hills Company.

The race director thanks the scores of Chips who volunteered for the event. Special thanks to **Charlie Fox**, **Jodi Newman**, **Bob Rowden**, **Cheri and Luis Alvarez**, **John Hancock**, **Harry Criswell**, **Bruce Aldridge**, **Meg Svoboda**, **Chris Iwahashi**, **Chris Hanna**, **Steve Wetmore**, and **George Parrott** for their help in critical race areas.



photo by Cynci Calvin

RD Doug Thurston announces winners of the three-generation team division L to R: Ginger Bryan, granddaughter Kristine Pierce, and daughter Karen Pierce.

by Cynci Calvin
ccrun@psyber.com
530/888-8158


photo by Cync Calvin

Super-Duper Senior Team at the Fleet Feet Capitol Mile: L to R, Dave Creek, Abe Underwood, Mike Grassinger

Having just returned from participating in a cross country team event with a whole herd of Chips, I have to say that the TIP is working! Chips were everywhere—cheering each other on, high-fiving, discussing strategies. It was a blast!

For those of you new to the Chips, this program's goal is to promote Chip camaraderie and visibility by offering a cool microfiber "Chip Racing Team" jacket to Chips who are registered with PA/USATF and who compete on a Chip team in a total of eight events (five ultra events). The events must have an official team competition. Be sure to follow the rules listed on page 33 of your Buffalo Bible and posted on the Chips web site for your events to count (www.buffalochips.net).



As of the Sierra College XC events on September 16, TIP jackets have been presented to the following participants: Lee Rhodes , Eric Ianacone , Bob Rowden , Myra Rhodes , Laura Kulsik , Barbara Elia , Connie Rowden , Steve Pass , Eric Yadao , and Greg Jewett . Congratulations!

Below are the tallies as of September 16. They include the Fleet Feet Capitol Mile, the Pacific Sun 10K, the Skyline 50K, The Golden Gate Headlands 50K, and the Golden Gate XC, and the Sierra College XC. I have not included the individual points here because the XC results had not been finalized—an E-mail update will be sent soon. Please contact me if you see any discrepancies.

Name (total # of events)

Open Men (16-39)
Bob Rowden (1U)
Eric Yadao (8)
Ed Burns (2)
Rich Hanna (1)
Cary Bertoncini (1)
Doug Thurston (1)
Scott Romine (2)
Dennis Prizmich (1)

Masters Men (40-49)
Steve Pass (8)
Rich Govi (5)
Kitt Flynn (3)
Herb Tanzer (1+2U)
Jerry Bloom (4U)
Tom Johnson (1+1U
Fred Kaiser (4+2U)
Monty Schacht (6)
Steve Hall (2)
Bruce Aldrich (3)
Al Michel (3)
Don Fencik (2)
Dennis Rinde (1)
Jeff Hildebrandt (1)
Dan Cox (2U+*)
Hank Beal (2)
Rae Clark (1U)
S.Wengronowitz (3+2U)
Ken Cox (1U)
Steve Bond (2)
Bill Mumma (1)
Mario Sanchez (3)
Rick Kushman (1)
David Kalb (1)
Roger Dike (1U)
Jeff Coe (1)
Peter Zinsli (5)
Dan Cox (1)
Michael Hodgson (1)
John Twilling (1)

Senior Men (50-59)
Greg Jewett (8)
Eric Ianacone (5U)
Brendan O'Neill (7)
E. Takahashi (5+2U)
Dennis Scott (4+2U)
Arnold Utterback (6)
Howard Price (7)
Dan Martin (2)
Ron Peck (5+2U)
Ron Adams (1+2U)
Gary Lolspeich (1)
Joe Holmberg (1)
Mike McKee (3)
Joel Contreras (3)
George Parrott (7)
Bob Rinker (1)
Tom Kuzmich (2)
Bob Venditti (5)
Mike Prizmich (1)
Dennis Early (1)
Steve Sampson (1)

Super Senior Men (60-69)
Lee Rhodes (8+ 3U)
Dave Creek (4)
Joe McCladdie (4)
Paul Mitchell (2)
Abe Underwood (2)
Marvin Johnson (2U)
Jim Fischer (1)
Mike Grassinger (5)
Dave Ragsdale (2)
Roger Fong (1)
Manuel Loverde (1)

Veteran Men (70 & O)
George Billingsley (1)
George Black (1)

Open Women (14-39)
Laura Kulsik (3U)*
Amy Brasil (5)
Mary Coordt (2)
Marie Gonzales (2U)
Esther Morris (2)
Amy Grafius (2)
Jennifer Devine (1)
Sarah Pope(2)
Denise Wall (2)
Carol Parise (1)
Ashley Barry (2)
Jodi Newman (1)
Jennifer Fearing (1)
Terrel Barry (2)

Masters Women (40-49)
Theresa McCourt (7)
Connie Rowden (8)
Chris Iwahashi (7)
Cary Craig (7)
Laura Kulsik (2U)*
Jen Kalfsbeek (1U)
Tina Beal (2)
Mo Bartley (3)
C. Malonsen-Fry (3)
Kathy Ward (1)
Pam Goodley (3)
Lilian Shek (2+1U)*
Alene Antelman (1)
Karen Fischer (1)
Therese Iknoian (1)

Senior Women (50-59)
Cynci Calvin (8)
Barbara Elia (5U)
Grafius Dee Dee (4)
Lucinda Fisher (1+2U)
Gail Gutterman (1U)
Linda Prizmich (2)
Judy Shipman (3U)
Lillian Shek (2+1U)*
Maggie Ward (1)
Barbara Rinker (1)
Madeleine Silva (1)

Super Senior Women (60-69)
Barbara Miller (7)
Myra Rhodes (9)
Carol Mikkelson (4)
Florence Fong (2)
Barbara Farren (1)

Veteran Women (70 & O)
Flo Adams (6)
Peggy Ewing (2)

U = ultra
*indicates changed in age division




photos by Abe Underwood

Capitol Mile - Chris Iwahashi and Cary Craig, Peter Zinsli, Bob Venditti

Buffalo Babes...

They're young and tame, with skinny legs and big smiles. They're not just girls, they're the Buffalo Babes. I can't really pinpoint when they became such—it just seemed to happen. When it comes to running, they do it all—track, cross country and road races. And, when if comes to fun, they have it *all*!

The following poem was written in a moment of reflection, as a special request—for some special girls who can instantly, and simultaneously, put a tear in your eye and a smile on your face.

It's dedicated to all the Buffalo Chip girls who run—it's dedicated to the Buffalo Babes.

OH, THE BUFFALO BABES

Oh, The Buffalo Babes, they sure can run
It started back, when they were young
Like deer out on a dusty trail
The chance to run would set their sail

And like the wind along the shore
They'd breeze for hours, and beg for more
But on that track with painted lines
Their simple strides seemed so divine

With fleeting feet around the curve
No runners came with greater nerve
Who'd run each lap, and hear that bell
And know their race was going well

Then sprinting up the final stretch
The Buffalo Babes would surely etch
Their places at the finish line
With memories locked in the sands of time

Youth Chips "On The Run"

Well, as most of you are probably aware, the Youth Chips have a lot to be proud of when it comes to running. And, as you can probably guess, many of them have a lot to be proud of outside of running. Trying to catch up with them to ask about what other things they do was pretty tough. From some of the Young Runners, here's a glimpse of life on the run:

Johnathan Labeaud, age 10, Folsom

This summer I have been helping with one of the smallest residents in our neighborhood. His name is Eli. He has special needs. I have been helping with his speech and walking. It makes me feel better since I can't run that much right now.

Rachael Ritchey, age 13, Elk Grove

I like to run, but there is another sport that I do 24/7: ***soccer*** ! I love to play soccer because you get to hit and shove and play all out core soccer. It lets out all of your anger at times. My dream is to do two major sports: soccer and running. Never, ever, ever, ever, ***ever***, give up!

Natasha Labeaud, age 13, Folsom

When I'm not running, I'm often playing my violin. This summer I made it into the Sacramento Youth Symphony. I like to take part in student council. I was vice-president last year and will be president this year. I was selected last year as a member of the National Junior Honor Society. Last year I won two scholarships in essay—one was local and the other was statewide. I also like to watch TV and talk on the phone.

Ashley Barry, age 14, Dixon

My main hobbies are playing the piano and the flute. I have played the piano since I was three, the flute since I was 10. I also love languages. I've studied Japanese since I was 12. I'll be studying French in high school. I'd like to learn Chinese. I also knit and weave.

In The Beginning . . .

I remember when my wife, Tracy, first read a small newspaper article about the Junior Chips. It was in January 1997. She thought this sounded like something our daughters Katie and Haley (ages 10 and 5 at the time) might really enjoy. The irony was that neither Tracy nor I were into running! So, on a somewhat cloudy January Saturday morning we headed out to the Junior Chip workout. We met coaches Steve Picanco and Artavia Edwards, and they introduced our kids to the "sport" of running.

It was great—it was, without a doubt, excellent exercise for them.



photos by Ken Briscoe

One neat thing was that it was free— no cost. Just show up and run and, if you liked it and wanted to continue, you could then join by filling out an application/waiver form. It seemed a little odd that there were only a few kids participating—and it seemed that most of those kids were like ours, kids from families who had read about this Junior Chip running program. There didn't seem to be many kids whose parents or relatives were runners with the Buffalo Chips.

Now the Buffalo Chips' Youth Program has become a significant part of our daughters lives—and hopefully, it will remain so as long as they would like. But, here's an interesting observation: nearly 4 years later, it's still the same. It's great exercise, it's free, an it's still small. And, what seems most interesting to me, is that in the world of so-called "real" sports for kids, things like baseball, soccer, swimming, and basketball, most of the kids who are participating are from families where the parents aren't typically participants in those sports as adults. But in this club of a thousand members filled with active adult runners, I would expect to see a much higher number of youth participants—daughters, sons, nieces, nephews, cousins and friends of those adults. Wouldn't you? I wonder why we don't?

Chips Stampede in Buffalo

2 All-Americans !
3 in the Top 10 !
7 in top 20 !

The Buffalo Chips Youth Running Team spent the last week of July 2000 in Buffalo, NY. They were there for the final youth track and field event of the season, THE BIG ONE — the USA Track and Field Junior Olympic National Championships. The CHIPS returned to Sacramento with some great memories, a lot to be proud of. Seven of the eight competing members returned as athletes ranked in the top 20 Nationally in their events. For Dmitri Godamunne, the CHIPS' 200 Meter Sprinter, he joined ranks of Michael Johnson and Maurice Green, with an unexpected injury that prevented him from completing his race. All-American status in track and field is attained by finishing in the top 8 nationally — Erin Wachter and Katie Briscoe returned as All-Americans in 3,000 Meters, and Anthony Jones just missed All-American in 400 Meters by .002 seconds!

USATF Youth Track & Field National Championships
Buffalo, NY — **25-30 July 2000**

Kylie Brown	BG	1500m	5:39.89	18th	
Thomas Wachter	MB	3000m	11:00.012	13th	PR
Anthony Jones	YB	400m	53.061	9th	PR
Rachael/Katie/Ashley/Erin	YG	4 x 800m	10:27.673	15th	
Katie Briscoe	YG	3000m	10:55.742	6th	PR All-American
Erin Wachter	YG	3000m	10:58.462	7th	PR All American

BG	=	Bantam Girls	born 90-91
MB	=	Midget Boys	born 88-89
YB	=	Youth Boys	born 86-87
YG	=	Youth Girls	born 86-87

On the Home Front...

In the local arena of road races, here are some results from the Buffalo Chips Youth Running Team:

Katya Davidson	F/12 & under	Shriner's 8K	40:38		Debut
Natasha LaBeaud	F/12 & under	Shriner's 8K	34.09	1st	Debut
Katya Davidson	F/12 & under	North Star 5K	23.05		PR
Natasha LaBeaud	F/14 & under	S.B Anthony 5K	20:50	3rd	
Katie Briscoe	F/14 & under	S.B Anthony 5K	20:37	2nd	
Caitlin Chock	F/14 & under	S.B Anthony 5K	18:21	1st 2nd overall	PR



photo by Joe McCladdie

Susan B.—3, 2, 1! Natasha LeBeaud, Katie Biscoe, Caitlin Chock

Youth XC 2000

Now that the weather has started to cool off, it's time for XC runners to heat things back up. There's a lot to get excited about. First of all, the National Junior Olympic XC Championships will be held right in our own backyard in Reno, NV on Saturday, December 9, 2000. This year's course, at Rancho San Rafael Regional Park, is brand-new. It should be spectacular; featuring many hills and valleys, and possibly the best spectator viewing ever.

Youth XC competition is be based on two-year age divisions from age 8 to18. The National Championships will probably host 2,500–3,000 of the country's best young runners. The Championships will kick things off with a Pasta Feed and Opening Ceremonies and wind up with an Awards Ceremony and Dance. Make plans to attend this year—as either a spectator or competitor! (Last year was in Spartanburg, South Carolina; next year will be in Nebraska.) You'll be sure to find the Buffalo Chips Youth Running Team with some championship performances.

If interested in training or running with the Buffalo Chips Youth Running Team, please contact Ken Briscoe (916) 456-9265.

YOUTH XC SCHEDULE - 2000

Date	Meet	Location	Hosted by/Contact
Sun.	Oct. 15	To be determined	Palo Alto Lightning TC Willie Young 650-321-2175
Sun.	Oct. 22	Golden Gate Park San Francisco	San Francisco Striders Billy Ray Smith 510-534-9650
Sun.	Oct. 29	Gibson Ranch Sacramento	Classic TC Karen Haynes 916-924-8883
Sun.	Nov. 5	Evergreen College San Jose	Southeast Mustangs TC Bob De La Cruz 408-532-6574
Sun.	Nov.12	Alum. Rock Park San Jose	NorCal Cheetahs Mike Jones 408-238-1201
		Pacific Association Junior Olympics Championships (the *only* qualifier for the Nationals)	
Sun.	Nov. 16	Rancho San Rafael Park Reno	PA Youth XC Clubs Bob Shor 707-539-6787 shorsr@aol.com
Sun.	Dec 3	Golden Gate Park San Francisco	San Francisco Striders Billy Ray Smith 510-534-9650
		National Junior Olympics XC Championships	
Sat.	Dec. 9	Rancho San Rafael Park Reno	-------- Bob Shor 707-539-6787 shorsr@aol.com

XC Youth Divisions & Distances

Division	Born	Distance
Sub-Bantams	1992 or later	2,000 m. or less
Bantams	1990 or 1991	3,000 m.
Midgets	1988 or 1989	4,000 m.
Youth	1986 or 1987	4,000 m.
Intermediate	1984 or 1985	5,000 m.
Young	1982 or 1983	5,000 m.

Sub-Bantam is not an official age division for Qualifying or National Competition. Preliminary meets often host sub-bantam races, but for Qualifiers and Nationals, Sub-Bantams must compete as Bantams.

Chips Pile It On At The National T & F Championships

Eugene OR
13 August 2000

by Abe Underwood

It seems the Chips like to watch track meets (e.g. the Olympic Trials), but they don't seem to participate to any great extent. That's really too bad because they missed a great opportunity just up the road in Eugene, Oregon at the University of Oregon. Hayward Field was the hotbed for track in the 1970's where it was the site of the Olympic Trials in '72, '76 & '80 and continues to be the prime location for national and international track meets. Alberto Salazar and Steve Prefontaine are national heroes from U of O and Coach Bill Bowerman's statue stands watching over the track. This was the site of the 2000 National Masters Track and Field Championships on August 10-13 where 1500 athletes showed up from all across the country to run, jump and putt.

The Chips were not well-represented; however, the ones who went made a small but notable showing. Ann Gerhardt kept her feet on the ground and made the best Chip showing by getting a 3rd place medal in the 45-49 5K Women's Racewalk with a 28:38. Great job Ann! She said it was one of her better times for 5K on the track. Ann had to rush back to Sacramento or she probably would have done as well in the 10K. Matt Duncan, who now lives in Miami, Florida, did both the 800 and 1500 meter runs(45-49) where he did 2:21 in the 800 prelims and 5:07 in the final of the 1500. Both were good efforts against some tough competition.

Abe Underwood went for the 5K Run (60-64) but his 22:02 didn't fair well against the 17 and 18 minute times for the medal winners. The next day Abe entered the 2K Steeplechase where he did a little better by picking up a 6th place ribbon with a time of 9:23. (See the next page for Abe's personal reflections on the Steeplechase.)

Other Chip performances included Steve Hall in the 45-49 800 Meter Run where he turned a 2:25 in the prelims. Steve didn't make it to the finals but Rick Kushman did. The final of the 800 turned out to be one of the hottest races of the meet. Rick, after putting in a 2:08 for 2nd in the preliminary on Thursday, was back for the final race on Saturday. It developed into a hard fought four-way duel to the finish with Rick getting fourth in 2:05 where only 1 1/2 sec. separated the first four finishers.

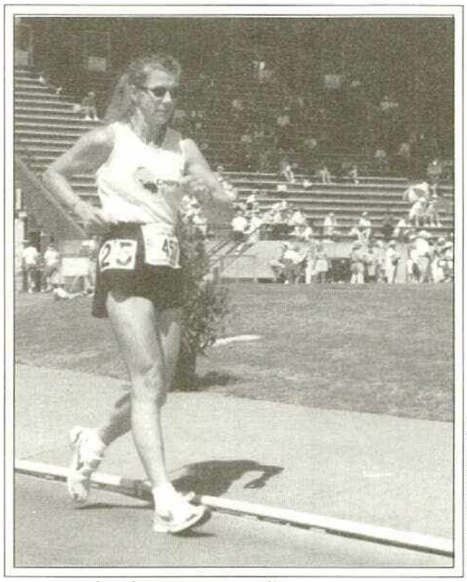


photo by Abe Underwood

Ann Gerhardt - 5000m Walk

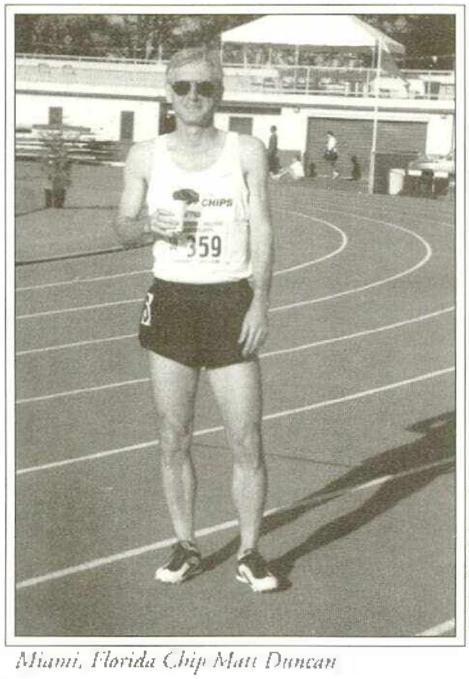


photo by Abe Underwood

Miami, Florida Chip Matt Duncan

Chip Midori Sperandeo and husband Leonard were also at the meet. Midori didn't run but Leonard made his presence known in the 40-45 1500 meter run. After easily running away from the field in his preliminary he also came up against the best of the meet in the final on Sunday. Leonard went to the front with the gun and led a fast field to the final straight-away. It was a full-out sprint to the finish where last years national champion nipped Leonard at the line. Leonard went 4:07 in another one of the great races of the meet.

Another runner of note was ex-Chip and record holder Jim O'Neil who now lives in Palm Springs. Jim is the only person who has competed in every National Masters Championship since back in the 60's, something like 32 or 33 years. That is some accomplishment. Jim has also medaled every year and this was no exception. He ran 24:32 to win the gold in the 5K Run 75-79. Check the Chip records for his many age-group feats (or is that feets?).

There may have been other Chips or Chip-related competitors at the meet (possibly in the many field events). Sorry I missed you!

It was a wonderful meet and great experience for everyone no matter how they may have done. It is special to be on the track or field with some of the best masters athletes in the country. Masters meets are mostly for the participants themselves. The stands were not filled with spectators, mainly just a few other competitors and friends. So, even though you are out there on the track for all to see, it was never an embarrassment and even the slowest were cheered to the finish. With that many competitors in so many events and age-groups (counting men and women from 30 on up in 5-year age-groups), it took a full four days to get through it all. Many participants stayed in the dorms and ate in the cafeteria. It was a bit like being back in school. So, if you get the chance, and want to do a first-class T & F event, try to make it to the National Masters T & F Championships. Next year won't be quite as easy to attend as it will be held in Baton Rouge, LA during the last week of July. Just ***do it***.

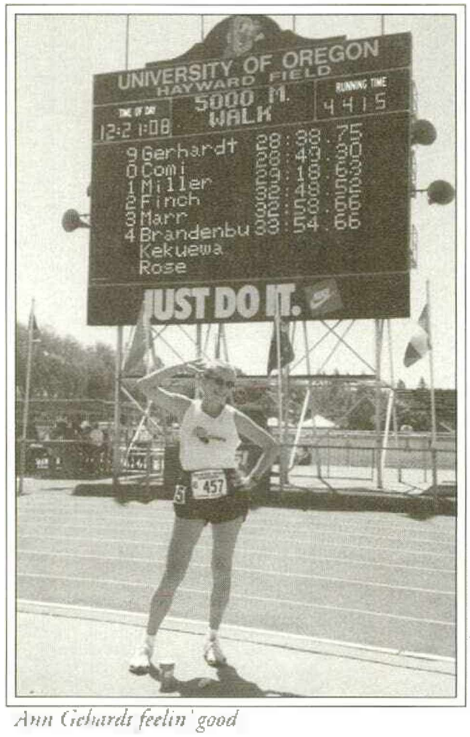


photo by Abe Underwood

Ann Gerhardt feelin' good

The Steeplechase: An 'On The Track And Under The Water' Review

By: Abe Underwood

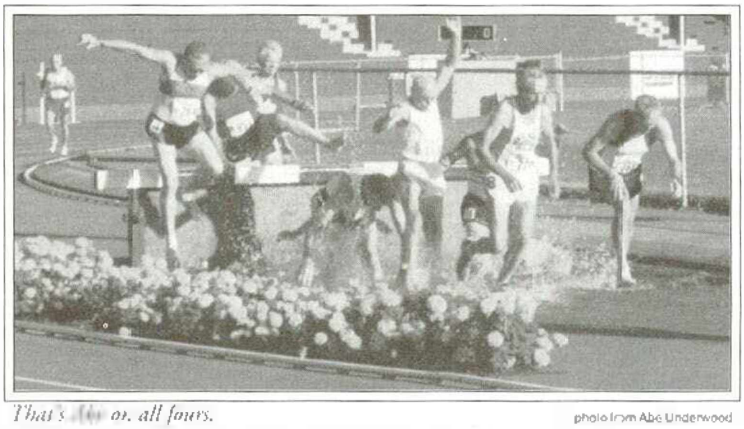
I had not competed in a big track event for many years so it seemed like a good chance to have fun and see some old (and even older) running friends. The annual National Masters Track and Field Championships were being held in August at the U of O in Eugene, Oregon. I had pre-entered the 5K, 10K and the Steeplechase, all run on the track. I knew the competition would be tough as these old guys (and women) take their racing rather seriously. However, I reminded myself, this is just for fun.

The meet started on Thursday and my first event was the 5K. I managed a 22:02 which placed me 11th in my age group, not great, but that was the best I could do. Yes, that meant getting lapped a couple times by the leaders. Undaunted, I tried the steeplechase on Friday. Now as you know, the steeplechase is not just a running event but it includes jumping hurdles and water pits. It is much like the equestrian event, but without the horses. At this point I must admit that I had never tried this race before. Secretly I have wanted to run a steeplechase for probably 20 years. I guess the opportunity just never presented itself. I did question my wisdom of attempting such a thing in a national meet. Others did also, as in, "Why do you want to try something like that? Can't you get hurt doing that?"

I didn't have a good answer and to say "Just for fun" seemed too flippant.

I found the steeplechase to be one tough mother of a race. I recall how wasted most steeplechasers look after they finish…now I know why. The normal steeplechase is 3K with 36" hurdles. However, for all women and men over 60, it is 2K with a 30" hurdle height. It sounded reasonable to me as that converts to 1 1/4 miles, 5 laps, with four hurdles and one water jump per lap. That divides up each lap into what amounts to five 80-yard sprints per lap, or 25 total. I expected it to be hard on the legs as they were not trained for it…it would probably be hard even if I had been trained. Before the race I had fabricated a 30-inch hurdle out of some PVC pipe but had not had a chance to try it out. The night before the event I enlisted the help of a couple of buddies and we erected it out in the dorm parking lot. I made several passes at it and either knocked it down or found it very difficult to clear. I sensed an air of concern from the guys when I couldn't master their technique suggestions. This started to concern me too because the actual race hurdles aren't the kind that fall down when you hit them. They are more like a gymnastics balance beam. It takes two people to move one. I suddenly had frightening vision of me catching a toe at mid-height. That would probably result in a nose-dive onto the hard rubber track…ugly thought. Hey, this is supposed to be just for fun.

So frankly, the next morning, as I stood at the starting line, I had no idea how I would take the first hurdle. At the gun I let most of the pack take off ahead of me. In the event I had some disaster I didn't want to become an additional barriers for the others. The other fellows took the first hurdle in all manner of ways. Some of the older guys (of course we were all old as the race included all men 60 and up) even vaulted it using their hands. However, by some childhood instinct, I lead with my right foot, stepped on the top of the beam like it was a big log in the woods and jumped over…it worked, and with minimal loss of speed. A few meters, and another hurdle later, I was fast approaching the water jump. I used the same technique and launched myself as far as I could…However, that was still several feet short. The result was a four-point landing in about a foot of water. This was OK for me but some of fellows who couldn't jump very far had to deal with crotch deep water.



That's two or, all fours. photo from Abe Underwood

The worst part was the landing on the slanted and submerged surface. The landing was hard and when you hit the bottom of the pit it felt like jumping off the roof of a house. Another surprise was the bottom of the pit—it was slippery with algae. This was further complicated by the fact I had naively worn racing flats with no spikes. So, it took some work to get out of the water. Getting my speed up again was made difficult due to the extra pound of water I now had in each shoe. Most of that soon slushed out and about the time I felt like I was running again, there was another damn hurdle to be negotiated…this time with wet shoes…OK, made that one, now I just had to run down the straightaway and I had completed one lap.

As it turned out, I stayed lucky, didn't miss any hurdles, or fall down. As the finish line approach on the last lap it looked as good as it does at the end of any marathon or ultra. However, it wasn't over yet as some crusty old guy thought he could beat me down the straight. So I dug down deep for one last sprint and managed to hold him off. However, my victory was shallow one, as I found out later that he had won the gold medal in his division: 70-74. These guys are tough.

It took a few moments to recover and I must have looked pretty bad because a couple of officials tried to give me water and asked if I was OK. I said "No thanks, I'm fine and I've had plenty of water." I looked up as the Hayward Field scoreboard flashed my time (9:23). I started to feel a lot better and was very pleased to find that I was only about a minute behind the winner. I must have spent that much time slogging around in the water pit.

If you don't know it, Eugene is the home of Nike. The company logo we all know is prominently displayed on the scoreboard…*Just do it*. So, I just did it, and maybe that is the answer to my friend's questions. And, I may just do it again…sometime. But first, if you will please excuse me, I must go to the pool and practice my water jumps.

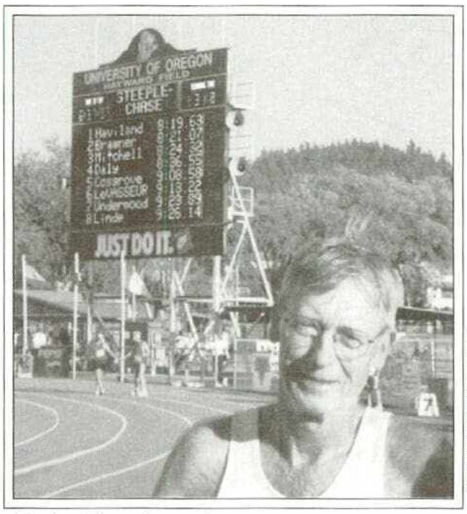
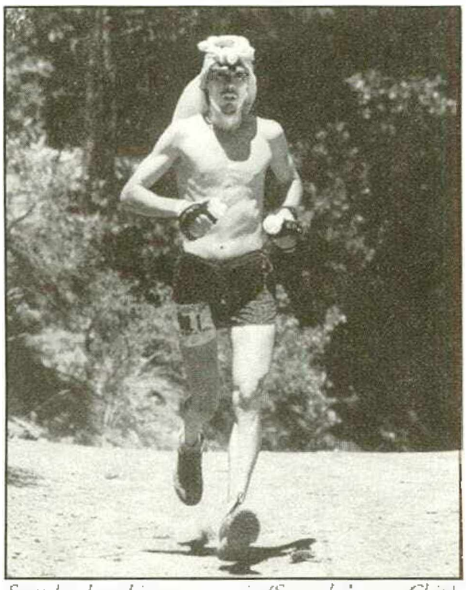


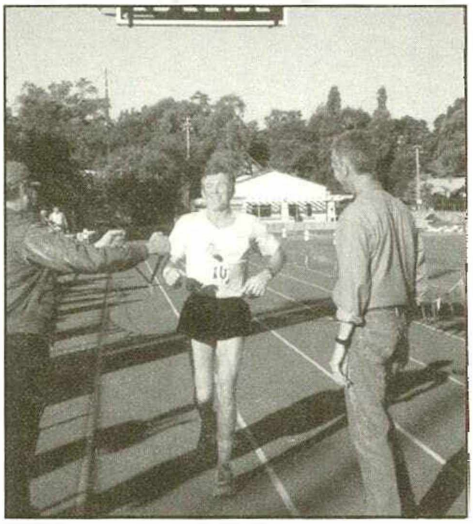
photo from Abe Underwood

Not bad for a first try!

Seen at Western States



Scott Jurek on his way to a win (Sorry, he's not a Chip)



Eric Ianacone at the finish line



Rena Schumann happy after her finish

photos by Joe McClaskie

Plumas Pacific Crest Trail 50-Miler

by Brent Backus

July 15, 2000

I decided to run the Plumas PCT 50 to come to face with my demons: if I could get under 10 hours I would then consider entering the Western States lottery. The RD Terri Hayes told me I would not be disappointed with the views and the greatness of the PCT. I was soon to find out she was right.

The Plumas PCT 50, run in the Plumas National Forest, is one of trail running's best-kept secrets. President Theodore Roosevelt established the Plumas National Forest in March of 1908. The Plumas PCT 50 begins where the Pacific Crest Trail (PCT) crosses the LaPorte Road outside of Quincy, California. About 80 miles of the PCT stretch across Plumas County, with elevations from 2,400 to 7,000 feet. The Plumas PCT 50 covers the PCT's most dynamic sections in Plumas County, including the Feather River Canyons and the Bucks Lake Wilderness Area. The beauty and solitude of nature is what this run is about.

The Plumas PCT 50 is a "no frills" run. There are no awards and no shirts, just memories. One needs to be self-reliant and confident about running in a remote area. Four self-serve aid stations were planned and no ribbons marked the course—PCT trail markers on the trees were your only guides, unless you had a forest map. Perhaps due to this "no frills" theme, only three runners showed up (Terri Hayes, Lois Cook, and me). Lois opted for running the 50K course.

We were shuttled to the 6 a.m. start by our only volunteer, Calvin, a Quincy local. From LaPorte Road the course had a 12-mile 4,000-foot elevation drop with a few small hills here and there down to the middle fork of the Feather River. I twisted my ankle within the first four miles thanks to looking at one of the many outstanding views instead of watching my footing. A mile after crossing the middle fork of the Feather River on a wooden footbridge, I found the first self-serve aid station followed by another wooden footbridge at Bear Creek. I continued to climb a runnable stretch to Lookout Rock, where the views of the canyons were even more spectacular. But the second self-serve aid station was not to be—unknown culprits stole it!

I made it to aid station three (mile 31) at Bucks Summit Road with no water. I had a drop bag there and Calvin was there, too. I apologized for being 10 minutes late, explaining that I did not know the climb out of the middle fork was so long. Then I made the two-mile climb to Bucks Summit followed by more uphills to Clear Creek and the fourth self-serve aid station. Most of this section was in the burn areas from last years forest fires and in full sun, although there was a helpful breeze accompanying the mid-80 degree temperatures. I cooled myself off and drank the water from Clear Creek in the back third of the run (my next article may be on giardia).

Now I had views of Mt. Lassen (40 miles to the north) and views of Silver Lake (to the immediate east below). I stopped several times to admire the many majestic conifers, wondering how they missed the lumberjack's ax. This region is home to mountain lions, bears, bobcats, rattlesnake, and mountain storms. However we were blessed with clear skies and the only evidence I noticed of wildlife was some bear scat.

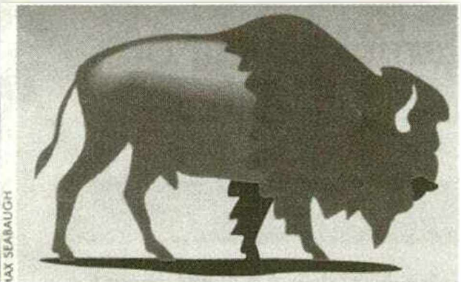
The last three miles are a quad buster! The PCT is steep with numerous switchbacks and rocks hidden by the oak leaves (but my right big toe found one). The finish is at the General Store in the town of Belden on the North Fork of the Feather River—it is also the only structure in Belden. What luck! There was a crowd at the finish! I got many weird looks and to my disappointment no offered me a cold one—the crowd belonged to a private motorcycle rally.

I completed the run peacefully knowing that I survived, ran under 10 hours (9:07:07), and was thankful for what god has given us to enjoy. I found my wife, Pam, and shared my stories with her. Later I found Terri to thank her for her efforts. Terri had opted to run 50K due to the theft of the second aid station.

I would highly recommend this run and Terri Hayes plans to hold it again next year on July 21. Maybe it won't be such a secret then!

**editor's note: —and they'll have caught that aid station thief!*

RUN WITH BISON



MAX SEABAUGH

Antelope Island State Park, located in Utah's Great Salt Lake, rumbles under the hooves of over 600 bison Oct. 31-Nov. 1 during the **Bison Roundup**. The following weekend, Nov. 6-10, the animals receive their annual health checkup, which offers a great opportunity for people to see bison up close and personal. Call (801) 550-6165. For camping reservations, call (801) 773-2941.

Badwater Barbara

Modified from an article by Tom Holliday entitled "To Hell and Back" published Sunday, August 20, 2000, courtesy of *The Modesto Bee*

When you open a can of soup in Death Valley, sometimes the soup is already warm. Bottles of wine explode. Summertime tempera tures reach 125 degrees. In these conditions on July 27, Modesto Chip Barbara Elia began the notorious Badwater Ultramarathon: Badwater in



photo from DeeDee Grafius

Barbara and DeeDee in Death Valley

Death Valley to Whitney Portal. She covered the 135 miles in 45 1/2 hours and met both of her goals: finish under the 60-hour time limit and finish under 48 hours to earn a belt buckle. Then she took it easy for a day... and she kept going—up.

Usually when the 55-year-old Barbara runs a 100-miler she "can't walk for a week." This time, she rested 24 hours and then hiked Mount Whitney, at 14,496 feet the highest mountain in the lower 48 states. Death Valley is in east-central California. Badwater is 282 feet below seal level, and from the desert floor the race route yo-yos from 5,000 feet to 2,000 to 7,000 to 3,000 to 8,000.

Seventy-two miles into her adventure, at 6 a.m. Barbara said good morning to a particularly hellish 15-mile climb. "When I got to the top of that," recalls Barbara, "I said, 'Give me some chicken soup.' Driver Leroy Peterson and fellow Modesto Chips DeeDee and Amy Grafius were part of the support crew that made sure Barbara got her soup and crackers and Coke and coffee and took care of her every need.

DeeDee (mom), 51, and 26-year-old Amy (daughter) took turns running with her from 18 to 72 miles. Then other pacers took over. The first 41 miles Barbara tried to run at a 15-minute-per-mile pace; then a 20-minute pace until mile 122; then a 30-minute pace the rest of the way. She walked the uphills and ran the downhills.

Barbara would take a break every couple miles and ice her feet every couple hours. If she slept, it was 25 minutes at the most. "When I was eating, they'd stick my scarf in ice water and I'd put it on and it was wonderful." When she cooled off in a motel swimming pool at the 41-mile mark, "they all watched to make sure I didn't drown."

Amy is an assistant track and cross country coach at Modesto Junior College, where Barbara teaches physical education. She tended to Barbara's battered feet. She iced them (they guessed they used 400 pounds of ice), taped them, lanced the blisters, again and again and again.

Barbara says the race went better than she expected because she was prepared. She ran in a kind of Barbara of Arabia get-up. A white hood, long-sleeved white shirt and white skirt, all with plenty of room to allow her to run comfortably.

She says, "I had coffee at 122 miles and that perked me up." If only it were that simple. This is a place where rocks are too hot to touch, where leaning against a car is like leaning against a furnace. Where wind creates what they call the "blow dryer effect." Extreme.

It didn't hurt that Barbara was relentlessly upbeat. DeeDee and Amy say she's like that all the time. They say she's popular among ultramarathoners. That when one of Barbara's support vehicles pulls over, other vehicles often join them. DeeDee says that when she'd go into Lone Pine near the end of the race, folks would ask her "How's Barb doing?"

"Watching her race, to me it looked enjoyable," says Amy, who's thinking about trying Badwater someday. DeeDee, Amy, Barbara... they appreciate the beauty of the place. A meteor shower at night. The Panamint Mountains that shoot up from the valley floor. The butterfly that landed on Amy's hand as she tended to Barbara's feet, or the little bird that was clearly delighted by a blast from DeeDee's water bottle.

And they respect it. You don't conquer Death Valley. "It's in charge," says Amy. "You're waiting for it to conquer you." And yet Amy would hear Barbara and DeeDee laughing and telling jokes as they pulled in for a break. Says DeeDee, a pre-school teacher at Kairos Child Development Center, "We were enjoying being in an extreme environment and being spiritually comfortable. Not physically comfortable, but spiritually comfortable."

It was Barbara's first Badwater race. "A new challenge," she said. "I wanna do this again." And there's no reason to think that she won't. The divorced mother of three has run 195 ultramarathons. As far as she knows, no woman has run more.

The men's winner clocked 25:09:05, the women's winner 29:48:27—both were Russians. There were 69 starters, 49 finishers, 40 men and of the nine women, Barbara was fourth. The finish was marked only by a banner wrapped around a tree. The race director kept a vigil — even at night he'd be there with his flashlight, greet the finisher, turn off his light, climb in his van and go back to sleep.

Barbara spent the rest of Saturday after the race napping and relaxing and enjoying the awards dinner in Lone Pine. She felt OK the next morning, and the hike up Whitney with Amy and Dee Dee was a "go." They left Whitney Portal at 4:56 a.m., reached the peak at 1:51 p.m., spent a half hour at the top, then made it down at 9:31.



photo from DeeDee Grafius

Amy Grafius, Dee Dee Grafius and Barb Elia near the top of Mt. Whitney

DEAR BUFFY

Dear Buffy:

Will the Chips resume the Thursday night track workouts at Sac State, now that the Olympic Track & Field trials are over? I miss the track workouts, and it would be pretty cool to run on the same surface which has been graced by the likes of Michael Johnson and Marion Jones.

Sprint Star Wanna-Be

Dear Sprint:

Of course they'll resume, and Buffy guesses with more participants than ever. As Olympic figure skating causes masses of young girls to flock to the skating rinks, sit back and watch tracksters begin coming out of the woodwork! Make your running reservations now! As an aside, don't you think the Olympic trial folks aren't thanking their lucky stars that they get to run in Buffalo Chip territory? Buffy thinks, yes, indeed!

Keep Sprinting,

Cutting-Edge Buffy

Dear Buffy,

Help!! I'm an Internet junkie! I play on the computer more than I run. In fact, I subscribe to seven running-related user groups including The Dead Runners' Society, Road Runners Anonymous, RunAmok and the Running Fools lists. But, this has turned into a problem—all this time spent on line has interfered with the time I spend running.

I am running less than half the mileage I used to put in a year ago. Any suggestions?

FRUSTRATED RUNNER.COM

Dear Dot Com,

You've heard of lap-top computers? Buffy thinks it's time that you come up with a "shoe-top" computer. You can dot.com the miles away while getting in actual mileage. Buffy thinks it's an idea whose time has come. The ultimate in multi-tasking!

www.buffy.com

Dear Buffy:

I've got a shoe problem. It seems I can't get rid of them, even though they're overtaking my closet space big-time. I get very sentimental about my running shoes, and as a result, I can't throw them away. I still own the first pair of shoes I ever wore in a race—they're nine years old and the ones from my first marathon (Napa) and my first Boston (Boston) and the pair from my first ultra, and then the pair that got me my PR in the marathon, and another from my fastest 50-K, and on and on. The shoes are taking up a lot of room. And they stink! Is it normal to be so attached to shoes?

Bless my soles,

SHOEFULL JOE

Dear Shoefull,

Did someone say "Imelda?"

It's not a shoe separation anxiety problem I suspect here, I believe you're merely bragging to the club members that you've done all these races! Cart them off to Loaves & Fishes now. Before you're tempted to take them to the Antiques Roadshow.

Barefoot Buffy

Dear Buffy:

I pride myself on being 10H natural in everything I do. When it comes to my diet, nothing synthetic passes my lips. No artificial sweeteners or chemicals to speak of. Same for the clothes I wear—everything is natural fibers—cotton, wool, silk and leather. Yet, it is becoming increasingly difficult to find running clothes that are made of natural fibers. Everything is capilene this or polypropylene that.

Am I the only runner who is environmentally alert? Do you know of a sports retailer or manufacturer that deals exclusively in natural fibers?

Polly Propyleneless

Dear Polly,

You gonna eat this stuff or wear it? Go with hemp. And, good luck.

Naturally yours,

Buffy

Dear Buffy:

Why are road runners, for the most part, friendlier than track runners, and ultrarunners friendlier than both? I'm simply an observer who does 'em all!

Loving Variety



Dear Variety:

Buffy detects an obvious pattern here — the longer the distance, the more pleasant the runner...Buffy takes anaerobic running for $100 on this one, Bob. The final answer, and it makes total sense. Just how "friendly" can one be while on the verge of spitting out a lung on a 100-meter sprint? Conversely, on those longer distances (to Buffy, that's a 10-K), you've got lots of time to chat, and as for ultras, you pretty much have to be friendly and chat!

Buffy's answer is: It's not the personality; it's the distance.

Always Friendly while Running (Slow),

Buffy

Dear Buffy:

Why do we have 10-year age divisions at the Buffalo Stampede Ten-Miler? The race is certainly well-attended enough to warrant 5-year age splits, don't you think?

Just wondering on the middle of the (large) pack

Dear Wondering:

What do you mean "5-year" splits? That race is huge, and Buffy would suggest 1-year age groups! That particular 10-miler is a gut-buster, and competing against yourself is enough! Having fewer age group folks to battle would go a long way to making the 10 miles go a little faster. And think of the thrill of the awards ceremony —

Buffy says to consult the Board of Directors with your five-year notion. Sounds like a heck of a good idea. Right up there with adding the 5-k!

See you in September,

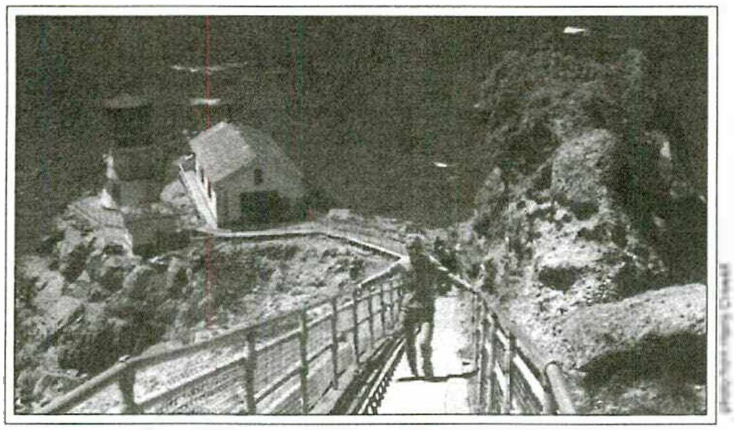
Buffy

Second Honeymoon

by Julie Criswell

After one year of marriage Harry and I decided to return to the scene of the crime (the honeymoon) at Point Reyes Station. Friends discovered an unbelievable B&B there, word has spread, more friends have visited and now it's hard to get a reservation. Fortunately we were able to reserve three days to celebrate our first year, rest, run, hike, and rejuvenate in the fabulous hot tub.

Point Reyes National Seashore is a wonderful national park just a short drive north of San Francisco on Hwy 1. The Point's lighthouse is famous for its 300+ steps down, down, down and then up, up, up. The view is amazing —Pacific Ocean and gorgeous coastline. We were lucky to hit a day with zero fog and only mild wind. The 300 steps are a nice workout—a real heart thumper for the two of us, but a sure turn on for you masochists who love hills.



Julie at Point Reyes Lighthouse—300 steps up!

The Tomales Point Trail inside the park is one place you can always count on seeing Tule Elk. The trail has easy grades and make-you-drool scenery: Pacific Ocean on one side, and Tomales Bay on the other. Three miles out to the point and three miles back. We saw a heard of juvenile male elk and two separate "sheiks" with large harems of adoring females.

The Olema Valley Trail was pure runner's nirvana. It starts at the Five Brooks Stable just about 3½ miles south of Olema on Hwy 1. The Olema Valley Trail parallels the San Andreas Fault line. Two separate little creeks flowing in opposite directions (Olema Creek and Pine Gulch Creek) hop-scotch in and out of view along the trail. The trail runs about 5½ miles in one direction to an area called Dog Town. (We saw no dogs and no town!) Deciduous and evergreen trees provide a lot of dense forest cover through parts of the run. We surprised a nervous deer that flew down a hillside like a runaway truck. We saw bobcat tracks and, yuck, one snake. There are two water crossings that can be picked across without getting too wet, several challenging steep hills, but they are mercifully short. We each took one water bottle—and wished we had more.

On our return to the stables where our car was parked, we received some odd looks from a group leaving on horseback for a trail ride. When we returned to our B&B and peeled off the smelly running clothes we discovered why. Our legs were completely black from the rich forest dirt we'd stirred up. The elusive Big Foot and Wife wearing Asics & Nike are what the horseback riders must have seen!



If you are itching to leave the poor air quality and heat behind for a few days and get in some beautiful scenic runs, we recommend a Pt. Reyes rendezvous ASAP.

Welcome, New Chips !

Sherry Andrade	Robin Green	Lynda Otto
Leah Aragon	Jeannette Hagen	Sheri Penberton
Kathleen Arceo	Linda Hall	Laura Poggel
Marilyn Baca	Karen Harris	Danielle Potter
Evie Baker	Karen Harris	Danielle Potter
Jack Baker	Barbara Hart	Katie Reece
Shelbie Baker	Su Hedemark	Toni Reynolds
Stefanie Baker	Terry Hedemark	KariJo Rhoads
Christina Barajas	Molly Hennessey	Kari Roberts
Korinne Bauer	Mike Herbers	Chuck Robertson
Manuel Beberros	Bliss Hipp	Patricia Robinson
Cary Bertoncini	Nancy Hoag	Corrinne Sawyers
Christina Bertram	Carolyn Hunt	Gary Schedler
Lorraine Bond	Leslie Johnson	Kim Sharp
Steve Bond	Lisa Jones	Bill Shepard
Debbi Book	Patricia Kane	Cathy Shields
Roger Brown	Sarah Kegley	Lori Shields
Lori Brunelle	Shannon Kennedy	Scot Smith
Teresa Brunetti	Linda Killian	Meg Snavely
Leigh Byford-Brown	Leslie Kleespie	Brent Soldati
Cathy Cademarti	Chris Klostermann	Gail Spelis
Catherine Carbonaro	Lisa Klostermann	Anne Staines
Alice Carney	Carolyn Konrad	Bob Sully
Caitlin Chock	Carolyn Konrad	Kate Sutherland
Joby Chock	Pamela Kruger	Lauren Taylor
Linda Chock	Merilyn Lashley	Synden Thomas
Shayla Chock	Edythe Leek	Kim Thompson
Wesley Chock	John Lipp	Donna Rae Turner
Leanne Cobb	Janice Lumsden	Rebecca Turner
Anne Connelly	Karen Martinelli	Daniel Wall
Joe Cress	Melea Martinez	Shayne Wall
Heather Crimson	Jill Matranga	Chere Ward-
J.W. Crosby	Tamara Maxon	Myrna Wathen
Rhoben Dalusong	Darlene Mcclure	Karen Wehner
Lucie Deile	Vicki Mccready	Mickey Whisenand
Christina Dillon	Jim Mcelroy	Cheryl White
Janet J. Dixon	Cheri Mcelwee	Kristy Wiese
Danielle Domurat	Kevin Mcfadden	Tracy Williams
Karen Duffin	Mary Lee Meyer	Brett Winholt
Lisa Eichler	James Migliore	Justin Winholt
Linda Elgan	William Miller	Karen Winholt
Sheila Enes	Marlene Mirossou	Ann Wolfersberger
Mary Eureka	Marta Monroe	Sandra Womack
Francess Fort	Tom Mowchan	Ellen Wood
Jamie Frink	Derek Murray	Ellen Wood
Jim Frink	Stephanie Nemechek	David Wright
Kendra Ganobsik	Laura Neuman	James R. Young
Ann Gerhardt	Pam Newton	Margie Zachariou
Jennifer Giger	Jaci-Marie Nitschke	Cyle Zezotarski
Colleen Gilleti	Brianne Noble	Gabe Zezotarski
Carla Gottardi	Renee O'Donnell	Stan Zezotarski
Mike Gottardi		

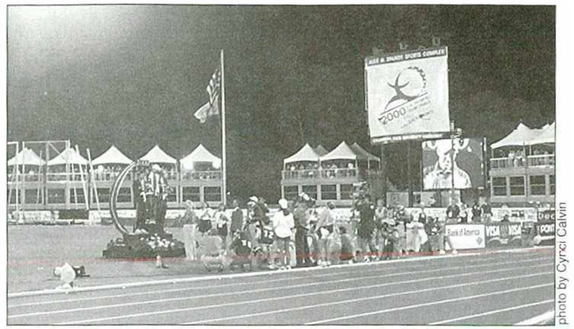
Bison Folio



Bison use many tricks to beat the heat in the middle of summer. They will limit their activity during the hottest part of the day, becoming more active as the sun starts to set. They may graze at night, then lie around and ruminate during the day. Occasionally they will cool off in a pond, but they don't do this as often as expected. Reprinted courtesy of Prairie Thunder, newsletter for The Nature Conservancy's "Adopt-a-Bison" program.

A Chips-Eye View of
The 2000 Olympic Track & Field Trials

by Cynci Calvin

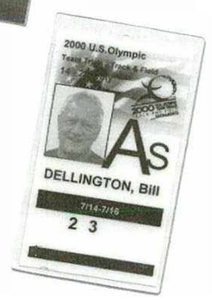

photo by Cynci Calvin

July 14-23, 2000
Alex G. Spanos
Sports Complex
C.S.U.S.





Billy is a
Buffalo Chip!





A fun example: George Parrott was bent over the computer cranking out credentials one after another when an older gentleman sat in the chair in front of him. "Your first name is Bill?" George asked for the requisite confirmation. "Yes" the gentleman agreed. "And last name Dellington?" George continued. The man, not really listening carefully, agreed. George typed it all in and snapped the man's picture. One more done and on to the next. As the man started to leave a friend of his stopped him and started to laugh, "When did you change your name to Dellington?" he asked. "Dellington? I kinda like Dellington!" was the fellow's good-natured reply. Pretty soon we are all laughing and a slightly red-faced George quickly reprinted the man's credential with the correct name— Dellinger.



photo by Cynci Calvin

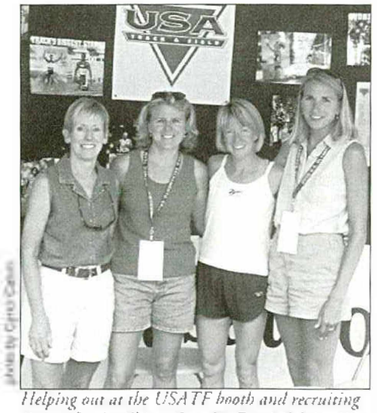


photo by Cynci Calvin

Helping out at the USATF booth and recruiting Deena for the Chips: (L to R) Cynci Calvin, Kim Swayze, 10,000-meter winner Deena Drossin and Nancy McDowell.

The Oly Trials excitement built steadily in Buffalo Chip-land—from the time of the selection site announcement, to the calls for volunteers, to the kick-off of the ticket sales, to the preparations at Sac State, to the opening ceremonies. Soon after the ticket sales kick-off, the farsighted CEO of the "Bank of George Parrott" offered to purchase a block of Gold Section tickets for any Chips who would reimburse him. A ticket in the Gold Section for all eight days of the events including a parking pass could be purchased for $200. Thanks to George's organizational and banking skills, we had our very own Chip section just a few rows up from the finish line, complete with a great view of the entire track, both big screens, and the victory stand. Thank you George!

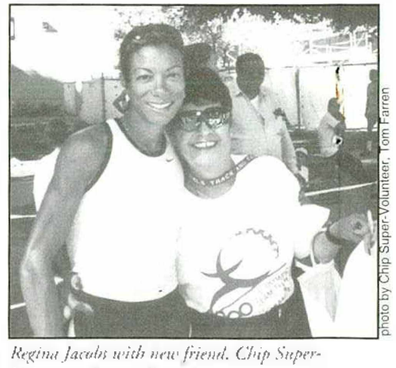
Below is a retrospective of the Trials and all the fun we had spectating, volunteering and, for one Chip, competing! If the Trials return to Sacramento in 2004, you can bet the Chips will be deeply involved again.

Chips Volunteer!

We might have had only one Chip competing in the Trials, but the ubiquitous Chips were just that as volunteers. Chips become certified officials in order to be ready to help the official Officials; Chips were ticket-takers, Chips guided people to their seats; Chips shuttled athletes around; Chips offered out-of-towners advice about restaurants, shopping and running locations; Chips helped in the USATF booth; Chips held a free, low-key race in scenic Glen Hall Park (Po's Belated Birthday Run) and invited out of towners to attend; Chips helped with athlete credentialing and packet pick-up.

The last item mentioned was an emergency call for volunteers that turned out to be a truly fascinating and rewarding experience. On the Monday before the Wednesday arrival of the first athletes and support crews, it was discovered that no arrangements for credentialling and packet pick-up had been made. This is not a simple one-day affair. It starts the Wednesday before Friday's opening and continues for the next nine days as the athletes arrive for their events. When the registered people arrive after showing identification and proof of USATF membership, they pick up their packet. Then they are provided with a laminated photo ID credential. Producing these I.D.'s require special computers and people who must be able to operate them. The Chips helped out with packet pick-up, USATF registration, and with credentialling—sometimes for hours and hours and on multiple days, so that the room would always have people capable of performing these duties.

Those of us who offered to help suddenly found ourselves amid a steady stream of America's finest track and field athletes, to say nothing of famous coaches, retired athlete stars, the athletes' proud families, and USATF high mucky-mucks. You just never knew who would come through the door next! It was a dream of a volunteer position and we all voiced what a positive experience it was. The athletes were polite; they were beautiful, they were energized, they were enthusiastic, they were refreshing, they were modest, and they were thankful for any and all help and advice. It is a tribute to the sport of T&F that such a fine group of people participate.


photo by Chip Super-Volunteer, Tom Farren

Regina Jacobs with new friend, Chip Super-Volunteer, Barara Farren

Chips Spectate!

It was a lively group in the Chip Gold Section seats. Many of us shared our tickets with other Chips so there was a rotating group of the herd on any given day. We were all learned a lot about the events and of course had some unique Chip comments about the world of T&F.

Trials Top 8 "Heard by the Herd:"

8. *It's going to be a great eight days and I'm ready: I found the parking, I found my seat, I found the nearest beer stand…*

7. *Now if I could only hear the announcer…*

6. *Next time we're at a race just before the start remember to slap your thighs a few times— it'll help you run like Deena, Regina, and Anne Marie.*

5. *Can't wait 'til Chips track workouts resume here so we can soak up all the residual leg speed left.*

4. *I think that in 2004, the Chips should have seats in the VIP Pavilion, preferably next to the Spanos Group. Response: "Heck no! We have better seats here!"*

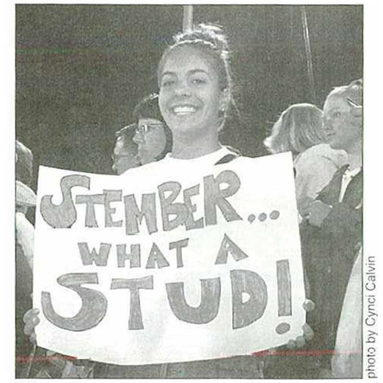


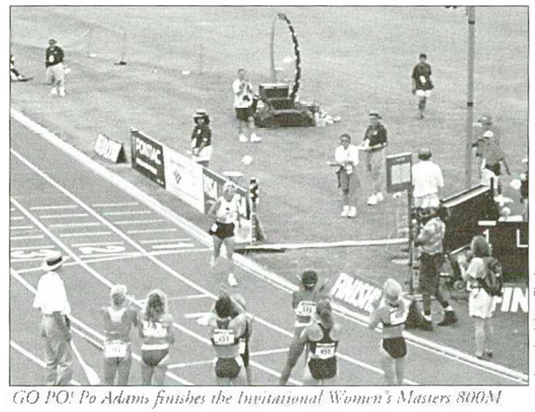
photo by Cynci Calvin

Chippette Maree Cambra says it all!!

3. *Go Regina! …Go Stember!…* ***Go Po!!***

2. *My legs are my drums and I'm just out here making music.*—Gabe Jennings

1. *We have hurdles at our Tuesday night workouts— but we call them railroad tracks.*


photo by Lilian Shek

GO PO! Po Adams finishes the Invitational Women's Masters 800M

…and One Chip Competes!

A special O1 committee invited female athletes to compete in a series of women's masters meter runs. For the 800-meters, Chippette Po Adams, 76, was invited to represent the 75-79 year division and was the oldest athlete competing in the 2000 Olympic Track & Field Trials. Here's her story. Congratulations Po!

What Happened To Me at the 800 Meters
By Po Adams

Kim Jefferson, age 36, was the youngest women's masters athlete in the women's masters 800-meter run, and I was the oldest (76). Quite a combination. Kim stayed with me and after I picked her up at the airport, I took her to athlete packet pick-up where I had volunteered on Wednesday (a wonderful and satisfying experience).

On Saturday morning we attended the "Belated Birthday Run for Po" at Glen Hall Park. Around two p.m. we went to Sac State and eventually got through security to the athletes' practice track, where Michael Johnson, Regina Jacobs, Maurice Greene, Marion Jones, were in and out doing their thing. Our event was not until 6:56 p.m., so the tension and the "wishing-it-was-over" thoughts were building. We watched some of the events and noticed that as evening approached the day's heat was being cooled by an alta cumulus cloud cover.

Our group of nine women, age 36 to 76, warmed up, got our bip numbers, and were put in a holding pen according to our events. Finally we walked to the start line. The stands were really full with a great Sacramento crowd plus others from all over the United States. There was electricity in the air; I have never had such a hyped-up feeling. People were clapping, and I guess because I'm a Sacramento gal, they were calling my name over and over. I cry now when I think of the emotions I felt.

We were instructed about the staggered start. I was number one, the oldest, and I would go first. Sumi, age 71 was next, 13 seconds later. Yvette, age 60, was 40 seconds later, and on down through the 50's, 40's and then Kim, age 36, 73 seconds after I started. The clock would start with me. My starter's gun went off, and I don't know how I did it, but I took off. It was a very strange feeling to be running on the 400 meter oval in front of thousands of people all by myself. I looked up at the big screen where I saw myself running alone. Almost a quarter of the way around I looked again, and it showed Kim and two other gals waiting to start (…pays to be ancient). Then Sumi passed me, and gradually the others.

I got to the bell lap, 400 meters, and it was two minutes on the dot, exactly what I had hoped for, although I had no idea of my time because I always have competed on the track with people closer to my age. But here I was in another world. About 200 meters from the end, my legs died. They felt like heavy logs, and the last 100 meters was an eternity. Somehow I made myself pick up a little speed and I finished. The crowd kept cheering me on and I was concentrating so hard on the finish line that I did not see the clock. At the finish all of us women athletes hugged each other and I was so glad it was over.

I, the oldest finisher in the 2000 Olympic T&F Trials, was with a fast group! Kim did the 800 in two minutes and 24 seconds and was fifth.

Later we gals all went to dinner together and had a ball. We may be older than the Olympic Trials qualifiers, but we proved older women runners also can…just do it!

Doubles and Intervals for Ultra Runners

by George Parrott

There are some very good reasons for doing doubles and intervals.

Workouts should mimic, as training, as much of the demands as possible of later "racing" . Training is ***specific*** , so designing your overall workout "program" to develop ***all*** aspects of what will be needed later in your "goal racing" is important.

There are thus, many types of goal racing for ultra runners:

- to finish
- to PR
- to "race"

While each of these goals are overlapping at times with the others, they do seem to require a bit of special planning in the preparation.

Training To Finish

With this goal, the ultra runner is focused on getting through the event and thus the demands of distance and terrain are the most important to design preparation around. Getting in many longer training runs, getting extended TOF (Time On Feet) training, and getting used to the demands of particular terrain (rocky trails or harder roads, e.g., WS100 vs. Comrades or Lake Saroma) are ***the*** important elements of preparation.

Doing doubles gets the body even more prepared for extended efforts with at least some recovery breaks, but in the later stages of training doing long training runs of 50-70% of the total final "test stage" in one session will be helpful.

For a road or trail ultra, doing some speed work is often an advantage, for it helps with running efficiency. This is ***particularly important*** for a road ultra (e.g. Comrades or Lake Saroma, etc.), but it is also helpful even for trail challenges as it helps with your push-off energy even on those rough surfaces. Within the Chips here in Sacramento, most of our top trail runners have done regular speed work of one form or another, even as they prepped for demands like the WS100. Our top male WS100 runners, those who have actually ***won*** the event (Tom Johnson, Jim Howard, Mark ?) ***All*** regularly did speed work sessions with the club in the buildup to their better races. Rich Hanna, one of our top 100K runners and twice national champion regularly did speed work.

In summary for the "to finish" runner some "doubles" in the early and middle stages of total endurance buildup are good/helpful, and some speedwork, perhaps once/week, is always helpful to maintain running efficiency. However, the ***really important*** training elements for the "to finish" runner is the total time/distance long runs and doing combinations of these, e.g., Saturday + Sunday totals that come to within 90% (or even 100%) of the total planned race challenge distance, ***but done over the two days*** . Training is specific.

Training to PR

Doing solid long run combinations (again the Saturday + Sunday) 90%+ of distance totals is very important as is doing four or five 50% distance races in the 4-5 months before the target event. For a goal 50 miler this would mean doing 4-5 marathons run decently hard or trail 50Ks if the goal was a trail race.

For the PR goal runner, the important plan should be to look back at the weakest aspects of the previous PR and work on developing ***that element*** better for this next attack on new territory.

If cramps or stomach problems were the weak point, then experiment with longer training/harder training runs (for cramps) or even more calcium or potassium (again for cramps) in your pre-race and early stage race calorie intake. For stomach problems try different foods, even those that others think are wrong. One of our friends, from Japan, uses MILK during his ultras--it works for HIM. Another top early 80's WS100 female (winner actually) stopped midcourse for strawberry crepes!

For the PR goal runner, the plan ***must*** also include improvement in running efficiency, and thus speed work is very important. Racing shorter events even 10K's on the roads will help your overall running performance. Doing repeat miles is always a good workout, be your goal a 10K PR or a 100K PR. The top Comrades runners are ***racers*** . They are doing quality workouts ***and*** doing volume training. The ONLY American to ever really compete at Comrades was/is Alberto Salazar, and NOBODY thinks he doesn't do intervals and speedwork. Tom Johnson has run very well at Comrades, and I can assure you Tom does speed.

Training to Race

For the racing-oriented ultra runner, you hopefully know what it takes, but for the others of us, we can reflect on what it might be like to be in the heat of the battle up front.

Racing is another level of both physical and mental intensity. The racing oriented ultra runner must be doing all the things the PR oriented ultra runner works on, but, further, must additionally learn to play their own best mental game plan and sometimes even play the mental strings of their opponents.

Racing is also not just a challenge to the self...to PR, but also to win over others. You must be "in the hunt" to win the race for even long races are often not served up to the victor, but actually very carefully snatched by that totally successful planner. Of course modesty and humility demand that the victor later just make claims that it was tough, I ran hard, and I was lucky to win. But luck usually has little to do with such "racing victory. Hence for the racing ultra runner, speedwork is crucial, for it will be a race and an endurance challenge.

Learning to run hard when tired is very important, and there doing doubles with a pattern of 25-30 miles in the morning followed by a later afternoon/evening session of 10-14 miles actually run hard is very good event specific training. Many top marathoners run slightly smaller versions of such intensity doubles. Brian Maxwell (of PowerBar Company ownership) was a top Canadian marathoner (2:13) and he often did 20+ miles in the morning and then another hard workout in the late afternoon. The Italian who won the Olympic gold in the marathon and then won Boston also regularly did hard morning 30k runs followed by afternoon 20-25km runs at 5:00 pace (Giolindo Bordin). Knowing you can run hard when tired and knowing you have trained harder than the others gives you both a mental and a physical strength to push...and break your competition.

Further, the ***mental side*** of the ultra is important for the racer. Staying focused and not giving up. Giving it your all is so crucial to getting the most out of your body on that day. Mike Caitlin (twice WS100 winner) was so intense on the course that he often tried to drop his pacer! He wanted the absolute biggest gap of the next runner possible, and he unconsciously found himself racing his own pacer over the last 20 miles of his two victories at Western. Sally Edwards, another WS100 winner would cruise through aid stations looking her absolute best and freshest and then get her own aid from her own crew another one half mile or so down the course. This was, in part, so that her competition behind got the word, "Sally is looking ***really strong*** ." Sally was playing on the mental side of her competition to give them the view she wanted-one of total strength...impossible to run down. To push them to give up even the hope of beating her. By the way, Sally also did intervals with the Chips in those days.

And another icon of trail ultras, Bill Finkbeiner, the first 10 time finisher and often top 10 finisher at Leadville, and many time finisher of the WS100, in all of his best performance years, was a Tuesday night regular at the Chips Tuesday speed sessions.

continued on next page

And while I have never run really well on the trails, I have broken 6 hours at 50 miles, and there my last 5 miles were at a 6:50 pace, and I have also broken 7 hours at the American River 50 with the last 3 miles of that brutal uphill climb done with every step a running step. Both of those achievements came with double workouts on both of my speed days each week and a regular program of such "efficiency training."

Editor's note—

George has some experience under his belt:

- two sub 24 finishes at WS100
- one sub 30 finish at WS
- many sub-eight finishes at AR50
- many sub 7 finishes at road 50K settings
- three sub 12 finishes at Lake Tahoe
- London to Brighton, 1972, 7:47
- Comrades 9:48
- 100K 9:28
- won 50-55 National Championship, age 53
- 128 road marathons, PR 2:41
- more than 30 sub 3 hour marathons



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HRM training: some thoughts

by George Parrott

I have used and continue to use an heart rate monitor; in fact mine is one of the computer downloading variety, so I am well based in my own performance data for a period of almost 10 years. I have been running now for a bit over 20 years, so only about half of my actual training experience has been HRM based.

One of the consistent observations I have concluded is that many of my running friends seem to over-use their HRM feedback.

What do I mean by this?

Well, training involves pushing the edges of where you *are*, so that you can get stronger to move to a *new* place *beyond* where you have been.

Pushing the edges is not easy; it is not fun when you are doing it, and it is not ever comfortable…except when it is over.

Using an HRM seems to be giving many runners a false sense of what is adequate and what is appropriate for "training." It is easy to find your comfort zone with the HRM...use 60% of max HR (however you compute that value), and you will be training to be sure. You will not, however, be getting anything like optimal improvement from that kind of workout, of course.

One of the big returns of 60% training or anything near that is that such workouts are not likely to produce injury and they do produce slow and gradual "growth."

But *if* your goal is to improve your racing time in this millennium then you are going to need to use your HRM to find the "ugly and uncomfortable" zone for a considerable period of time each week.

Selye's general adaptation syndrome and virtually all training models demand that we take ourselves right out to the "breaking point" without breaking and then give ourselves recovery time to adapt to that high stress load; then repeat the pattern as the body gets stronger and more able to handle these new "demands."

This means establishing a pattern, individual to your goals, current strengths and time available of "hard and easy" days. For most of us, at lower mileage and without long years of callusing training, perhaps all we can do for "hard" days is one/week. At a more advanced level of preparation, we can probably build to two/week, and for the Mike Kail's among us, they might achieve three/week. The best training I have ever done had three hard workouts/week, and I was able to handle that level until I "tried" to go to four…and got injured.

But those "hard days" can be seriously compromised *if* the HRM guidance we use is at too low a level of demand. Many of us simply do not have a good fix on our max HR—and a workout even 2% lower than optimal, in my humble opinion, produces something like a 10% loss in "active return." If your "hard days" workout levels are 5-10% below what you might be using, then the "adaptive stress return" is seriously compromised.

Here is one suggestion to consider in terms of using your HRMs for hard days:

1. After you have been running some of your harder day workouts for two-three weeks, leave the HRM off for several weeks of those sessions and just run them "subjectively hard." For a session like 10 x 200 or 4 x 400, you should be running those progressively harder and the last couple should leave you in doubt IF you can even finish standing up. For a tempo run without the HRM, you should try to run 10K "race pace" for three miles or so without being rested.
2. After you have run these kind of workouts without the HRM, then put it on and catch your HR levels at the end of those workouts for feedback information, particularly off the three to four mile tempo run format.
3. Then use the numbers from the tempo run end point for setting up goals for some additional HR focused new workouts:
   a. longer tempo runs of 5-8 miles at 95% of what you were recording at the end of your early 3 mile tempo efforts, starting out at 80% levels for 3-4 miles and then gradually building intensity to finish at 95% over the last 2 miles of a 6-8 mile effort
   b. long distance runs that are *not* LSD runs but rather *long focus* runs with goal distance of 14-20 miles and first half effort levels of 80% and final half effort levels approaching 90%—or even 100% of your baseline early 3-4 mile tempo range.

This is a doable pattern; it is *not* an easy one, however, and those longer runs at that level of focus are not fun, except when they are over, but they *will* make you a *much* better marathoner and even improve your 10K times…*guaranteed* .

Using your HRM to allow yourself to run in some "safe" zone is safe, but not necessarily optimal for training return. Of course only *you* can decide how much you want to challenge yourself in this sport and how much you want to target your workouts on maintaining your current form.

Notice that I implied and now clearly point out that for track workouts of 800 m. and less, leave the HRM at home and run the workouts with your stopwatch only; at these distances, HRM data is, in my humble opinion, less helpful than simple time.

Eating to Recovery

by Mary Coordt

Training for Helen Klein? California International Marathon? Or perhaps a 10 mile race or half marathon? When you cross that finish line, whether it is your first race, your tenth or hundredth you will have accomplished an important goal—you finished! But are you really done? No! That race may be over but your body is crying for attention. A long or intense run lasting over 60-90 minutes can leave you dehydrated and drained of your glycogen stores (storage form of glucose, the major fuel for exercise). In other words, your gauge is on "empty". If you do not answer your body's cries for help they will amplify into screams and there will be little chance of escaping the ensuing hours of aching muscles and weakness from fatigue that will make you feel sluggish for several days.

Generally, athletes and coaches have not considered post-event nutrition as important as pre-event or during the event. But what and when you eat after prolonged exercise can be just as important as what you eat before a race. So here are some post-race goals for optimal recovery and to enable you to run stronger the next time.

Goal 1: tank-up immediately

The timing is as important as the composition of what you consume to initiate your recovery process. Several studies on runners and cyclists have repeatedly shown that consuming carbohydrates immediately after exercise versus two hours after can accelerate the rate of glycogen synthesis and expand muscle glycogen storage. Moreover, this practice resulted in a better performance during their next workout.

Why? Among the possible explanations is that the greater blood flow to muscles immediately after exercise enables the muscles cells more likely to take up glucose. In addition, after a workout the muscle cells are more sensitive to the effects of the hormone insulin, which promotes glycogen synthesis.

What does this means to you? It means that delaying carbohydrate intake for too long will reduce muscle glycogen storage and impair recovery. However, most athletes are not hungry after strenuous exercise and eating a potato or pasta may not sound appealing. But you may be thirsty and you need fluids so by drinking a sports drink soon after crossing the finish line you can rehydrate and refuel at the same time. Most sports drinks provide the proper amount of carbohydrate at 6-9 percent to optimize gastric emptying and intestinal absorption. Drink beyond the feeling of thirst, as it is not a reliable indicator of hydration status. It is recommended to replace each pound of body weight lost with 16-20 ounces or 2-3 cups of fluid. Avoid chronic dehydration as it can be as detrimental to your performance as glycogen depletion. (See the last Enquirer for more hydration tips.)

Goal 2: fill-up quickly with a carbohydrate & protein fix

While the sports drink is convenient immediately after a race, it will not be sufficient for optimal recovery; so try to get some real food as soon as possible, at least within the next two hours. Several years ago all the research indicated that pure carbohydrate was the best refueling choice. Now several studies show that the combination of protein and carbohydrate induces a faster rate of glycogen resynthesis in the hours following exercise compared to either carbohydrate or protein given alone.

Why? The researchers reported that protein in combination with carbohydrates produced a greater secretion of the hormone insulin, crucial in rebuilding glycogen. In addition, including some protein in the post race meal may aid in the muscle repair process, in the replacement of damaged red blood cells and making any needed antibodies to fight off infections. But do not overdo it: too much protein in a post race meal can impair glycogen synthesis and slow digestion and absorption of the needed glucose from carbohydrates. The ideal carbohydrate-to-protein ratio used in these studies varied from 3:1 to 4:1.

Add antioxidants: Numerous studies show that free-radical formation increases after intense

continued on next page

BUNIONS TO :



- Runners who insist on folding their bib numbers into a little square that shows nothing but the number. Remember that the race you are running would not happen without the sponsors' support, so give them the visibility they deserve!
- Runners who a) do not pre-register for a race and then b) who show up at the last minute to register and c) complain about the registration lines to the volunteers.
- The Oregonians who sat above the Chip section at the Trials and bragged about how the only true track fans are in Eugene.
- Tuesday night workout Chips who set a pace wayyyy faster than the one prescribed for the group they chose to run in. What're ya tryin' to do? Kill us off?

ENDORPHINS TO :



- All the guys who showed up to help at the Susan B. Anthony 5K.
- The inspirational thank you speech the lady from the YWCA gave at the start of the Susan B. Anthony 5K.
- The new women Chips who participated in the Chips "new to running/walking" clinic (held by Chris Iwahashi, Mary Coordt, Sharon Norris) and who then ran or walked Susan B. Congratulations and welcome to the Herd!
- An extra endorphin or two to those from the above group who are continuing to come to Chip workouts (you'll need them!).
- Chris, Sharon, and Mary!

Send your bunion/endorphin opinions to Cynci Calvin at 530-823-2661 or ccrun@psyber.com

continued from previous page

exercise and can contribute to muscle damage and the soreness you encounter after a race. Formed on a regular basis, these free radicals are molecules that contain an unpaired electron, making them unstable, highly reactive substances that damage tissues. Although exhausting exercise induces more free radical generation, your regular physical training increases the activity of your body's antioxidant enzymes to help defend against their destructive nature. But these enzymes cannot do the entire job. Antioxidants from foods you eat are needed to assist your defense system.

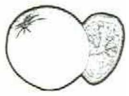
Why? A number of studies have shown that high intakes of antioxidants resulted in reduced markers of muscle tissue damage after exercise. Although antioxidants have not been shown to improve physical performance, theoretically the prevention of muscle tissue damage may allow you to train more effectively, which can lead to improved running times. Hence, it seems sensible to help fully protect yourself by consuming foods rich in antioxidants such as carotenoids, vitamin C and vitamin E.

What this means for you: For a speedy recovery after a tough workout first rehydrate with a sport drink, then consume a meal high in carbohydrates and moderate in protein to start replenishing your glycogen stores. Also include a complete assortment of antioxidants found in a variety of fruits and vegetables to help defend against free radicals and lessen muscle damage, inflammation and soreness. You have probably heard of beta-carotene, but there is a whole family of carotenes including lutein and lycopene. Look for brightly or deeply colored fruits and vegetables, such as carrots, peppers, sweet potatoes, winter squash, mangos. For foods rich in vitamin C, add bell peppers, tomatoes, strawberries and citrus fruit to your meals. And incorporate more vitamin E in your diet with nuts, seeds, wheat germ, leafy greens and some vegetable oils.

The Finish! Meeting these post race goal of refueling according to the latest scientific studies, can ensure a speedy recovery and enable you to perform your best the next time. Besides, by promptly responding to your body's cry for help you will end the day with two great finishes! Consider the following meals which are low in fat, provide around 500-600 calories and loaded with an array of antioxidants.

Continue drinking fluids with this post race meal but try to hold off on celebrating with a beer until dinner time. Drinking alcohol after a race will slow your recovery. Not only is alcohol cause fluid loss but it inter-feres with glycogen synthesis.





Smart Meals



Simple Snack

3 ounces turkey breast on whole wheat bread, tomato & avocado, an orange
2 oatmeal raisins cookies
(513 calories with carbs to protein at 3:1)

The Vegetarian

tofu stir-fry (1 cup sticky rice, 1/2 cup tofu & veggies (asparagus, kale, red bell peppers)
2 fortune cookies
(493 calories with carbs to protein at 3:1)

Seafood Inspired

1.5 cups fresh spinach noodles with shrimp & clams, broccoli, carrots, green peppers
one small multigrain roll
a slice watermelon
(547 calories with carbs to protein at 3:1)

Cool and Soothing

smoothie (1 cup nonfat fruit yogurt, 1/2 cup blueberries, 1 cup strawberries, 1/2 cup mango, 1 cup soy milk, 2 teaspoons wheat germ)
1/2 cup of trail mix with almonds, sunflower seeds and dried apricots
(522 calories, with carbs to protein at 3.5:1)

Soup's On

2 cups chicken penne vegetable soup (green beans, tomatoes, peppers)
10 Ritz crackers
1 cup 1% milk
20 grapes
(610 calories with carbs to protein at 3:1)

Hearty Breakfast

1 waffle (7 inch) with 2 tablespoons maple syrup
2 oz. Canadian bacon
1 cup orange juice
1 large slice cantaloupe
(587 calories, with carbs to protein at 4:1)









Want to get faster?

by George Parrott

Recently I attended a "coaching clinic" that was a sidebar to our Sacramento Olympic Trials. Hosted by Reebok, and sited only 5 minutes by bike from either my house or my office, it was pretty much a "must do."

And it was a stimulating experience...to be in the domain of some of the top recognized distance coaches in the country and sharing their wisdom along with an audience of at least 150 others.

So, what did I learn?

First, for top level performance and getting as much from your body as possible, it is highly productive to do as much mileage as you can and work up to that plateau—ideally 100+ miles/week-over a series of years.

It was noted that it took Deena Drossin about 4 years to get to her current workout load in that range, and that Joanie Benoit-Samuelson did almost consistently 110+ miles/week.

Volume is critical, but some simply cannot handle that kind of continued pounding, and thusly one must tailor the workouts to the physiology of the individual athlete.

But here is something else that virtually *all* of us could be doing, and we are likely to *not* be doing it or not doing enough of it:

Fast Feet!

Several of the coaches clearly agreed that programmatic "drills" for developing fast push off response or "quick feet" were central to their training programs and to the development of peak potential in their distance runners.

This means things like skips, high knee and back kick drills, fast turnover running in place segments, ***anything*** that promotes fast push-off and fast turnover in terms of "leaving the ground."

As a "distance runner" I tend to ignore such elements, and most recently with our inability to actually use the CSUS track, I have not been encouraging our Thursday session with these kinds of drills, but I am going back to them, even on our Thursday road environment, as the clear conclusion of this august body was that such a training element was foundational in increasing running speed.

Sometimes the obvious gets forgotten?

How much should you do? About twice a week of perhaps 5 minutes each duration focussed just on the ankle and foot actions relative to fast push-off.

The Twenty Mile Run

by Kitt Flynn

At Warner Middle School, in the late sixties, our PE coach, Mr. Van Way, was a running enthusiast. A quality coach is especially impressive when they themselves can do what they assign. Coach conceived an annual event for any and all of his students, a road race called "The Twenty Mile Run."

Our school was the start and finish point. The end of the Huntington Beach pier, ten miles away, was the turn around. We'd start out with thirty or so kids lined up behind the coach who paced us to the end of the pier. There, we walked for a few minutes and drank water. When coach said go, we took off on our own for the return.

Depending on one's ability and ambition, we had goals to finish in the top ten or win overall. Finishing in the top ten would get your name on the brass-plated Twenty Mile Run plaque displayed in the boys gym—proof of success as well as a prize.

I ran the race during each of my seventh and eighth grade years. The first, I ran alongside my older brother Tim and his buddies. They helped pull me to tenth place and first seventh grader.

Naturally, my sights were set for winning the following year. I knew that wouldn't be easy. The following year, aside from needing to run twenty miles again, the competition shaped up to a higher quality. Also, the race was Coach's baby. Any kid showing potential got some personalized conversations with him. I thought he was conspiring against me! Of course he wasn't, but I remember him saying only one sentence when I asked for training advise about six weeks before the race. He said, "You should run a lot." Thanks, Coach.

There was one other kid who had also run the race as a seventh grader, but he hadn't finished. Just after I finished, he was sitting on a six foot brick wall. As I walked by him, savoring my glory, he candidly said to me, "Next year I'm going to win."

I'll save you the suspense. He did. Don't get me wrong, no sour grapes here. I ran a heck of a race, beat a lot of determined runners, and placed second. I think Coach allowed me to learn a hard lesson: You have to want it the most, and your laurels won't carry you through. Besides, that kid ran boldly, out front, all the way from the pier. I ran hard to shake everyone else, but I couldn't catch him.

What I recall most vividly was at the finish area. When I saw him waiting, I felt as great for him as I did for myself. We watched everyone come in, including Coach, who cruised in with the final finishers.

This having taken place pre-running boom era makes it that much more amazing that Coach conceived the event at all. On top of that, each year, he convinced a new group of kids to try to run twenty miles.

Freshman Angst

by Kitt Flynn

Running varsity cross country and track as a high school freshman brought praise. I accepted it lightly, but self-inflicted pressure to perform well sometimes got in my way.

A teammate, Steve Christiano, ran varsity while a freshman the year before me. Lankly built and well-suited for running, Steve had a mischievous nature. He drew me into taking part in his imaginative put-ons. Once we ad-libbed a conversation with a football player, flattering him with stories we pretended to have heard about him. Seeing his inflated ego put performance pressure into a comical perspective.

One Monday afternoon, Steve and I recruited two of our teammates to run with us to Irvine High from our school, Fountain Valley. We had a track meet scheduled at Irvine the coming Friday. We hoped an impromptu visit would be entertaining for us and for their runners. Also, I could evaluate the one freshman I knew that they had competing in my event, the two-mile.

When we arrived we spotted Irvine runners on their hilly, red-dirt cross country course. They were surprised to see us coming in our Fountain Valley t-shirts and shorts. Christiano started right in with his ironic humor, cajoling them to banter with us.

We ran together on their course, until we parted ways near their locker room. They had all talked and joked with us, except for the freshman. He seemed annoyed. I don't recall his name, but thinking of him brings to mind General Barry McCaffrey, the drug czar (U.S. Drug Policy Director). I've seen Barry McCaffrey in interviews. He's serious and doesn't appear to have time for a joke. That's how the freshman reacted to Steve's jesting. So I'll call him "Barry." On the way back to Fountain Valley it was decided that, "for the team," I ought to beat Barry on Friday.

Friday afternoon at the track meet was sunny and windy. There were times that I envied the sprinters. Set.... Bang. Eleven seconds later they're walking around and congratulating each other. I was warming-up, stretching, warming, stretching; regretting my life. Some pre-race jitters are more acute than others. I'll never know why a race seems so impossibly important. Christiano ran the mile earlier that day, before my two mile event. I envied him, too. I wanted to be a miler. Coach Leonard decided the two mile was a better distance for me.

Barry and I and the others took to the red cinder track. The starter made his instructional speech (it sounded like what I imagine some dogs hear when people talk to them). Bang.... we're off. After the first quarter mile, my rival was pulling the surge, slow, surge strategy; he was running like a car with a faulty carburetor. I wasn't prepared for that and it zapped me physically and squelched my tenacity. After passing each other several times, he finished two steps in front of me.

I staggered off the track and sat down on a green wooden bench. I felt, and likely looked, wasted. The assistant coach came over to me, and for some reason popped an ammonia tube under my nose; a jolting and unwelcome burning experience. I sprang to my feet and moved away.

I don't find it easy to be gracious in defeat, but I managed to offer my congratulations to Barry that day, shook his hand and said, "good race."

The Nature Conservancy®
Oklahoma Chapter
ADOPT-A-BISON
23 West Fourth Street, Suite 200
Tulsa, Oklahoma 74103-5080

BUFFALO STAMPEDE!



10 September 2000



photos by Abe Underwood

RACE RESULTS

by Eric Ianacone

photos by Joe McCladdie

We apologize if we missed listing any dues-paid Chips in our race results. With hundreds of Chips and hundreds of races, a few members might be missed ... and unhappy because they didn't see their name here. If your name has been missed it is likely that you used either a first or last name on the race application that is not exactly the same as on the Chip roster; for the Chip finder program to work there must be an exact match.

Fleet Feet Capitol Mile

Sacramento - 23 July 2000

Place in heat	Chips & Chippettes	
6	Matt Pelascini	4:42
28	Steve Hall	5:05
5	Greg Jewett	5:06
2	Midori Sperandeo	5:12
15	Brendan O Neill	5:20
36	Eric Yadao	5:22
12	Bob Rowden	5:30
17	Steve Pass	5:30
18	John M. Ducray	5:31
31	Herb Tanzer	5:31
25	Arnold Utterback	5:38
22	Lee Rhodes	7:34
15	Karen P. Stevens	7:40
24	Manuel Loverde	7:55
50	George Parrott	8:46
21	Peggy Ewing	9:03
26	Vic Lyons	9:06
22	Po Adams	10:02

Wharf to Wharf

Santa Cruz 10K - 23 July 2000

Overall Winners

Men - John Gwako 27:55

Women - Kelly Corbet 32:41

Chips

Chippettes

1	Midori Sperandeo	17:24
11	Nancy McDowell	19:28
14	Mo Bartley	19:30
16	Tina Beal	19:32
24	Cara Parise	20:18
28	Katie Briscoe	20:37
29	Natasha Le Beaud	20:50
30	Cindy Scot	20:50
33	Gina Mandy	21:06
35	Jodi Newman	21:16
40	Christine Iwanashi	21:47
51	Greta Carrigal	22:58
53	Marie Gonzales	23:06
129	Judy Sohl	27:30
157	Louise Simpson	28:44
158	Tamara Brkovich	28:49
166	Dilyn Radakovitz	29:06
182	Peggy Ewing	29:46
183	Donna Messenger	29:47
185	Candace McGahan	29:51
219	Alene Antelman	31:23
220	Miranda S. Fram	31:25
249	Barbara Rinker	32:37
266	Nancy Hoag	33:33
297	Cheri Alvarez	35:16
299	Jacqueline Kelley	35:20
302	Po Adams	35:44
310	Tracy Williams	36:19
320	Lani Fraizer	36:59
328	Gloria Takagishi	37:35
345	Karen Boerner	39:21
357	Barbara Farren	42:00
365	Joye Bunds	42:49



Susna B. Anthony - The Start

6	Theresa McCourt	5:40
26	Ernest K. Takahashi	5:41
17	Dan Cox	5:44
31	David Kalb	5:48
34	Michael McKee	5:52
32	Mario L. Sanchez	5:54
14	Connie Rowden	6:03
10	Cary Craig	6:26
22	Christine Iwahashi	6:27
14	Dave Creek	6:29
15	Abe Underwood	6:32
37	Shalaka Wengronowitz	6:37
40	Monty Schacht	6:40
42	Peter Zinsli	6:57
8	Cynci Calvin	6:58
9	Myra Rhodes	6:59
47	Bob Venditti	7:01
18	Mike Grassinger	7:02
23	Bryan Hacker	32:18

Chippettes

23	Angela Tanghetti	39:04
31	Barbara Miller	39:33
30	Mo Bartley	39:32
52	Nancy McDowell	40:35

White River 50 Mile Trail Run

Greenwater, WA - 29 July 2000

Overall Winners

Men - Nate McDowell 6:50:26

Women - Lorraine Lees 8:30:24

Chips/Chippettes

26	Kathy Welch	10:23:57
37	Jeff Hagen	10:44:46

Susan B. Anthony 5K

Sacramento - 5 August 2000

Overall Winner

Midori Sperandeo 17:24

56	Ginger Bryan	23:14
57	Amy Brasil	23:16
58	Cynci Calvin	23:17
61	Margaret Ervin	23:27
62	Melanee Baskerville	23:30
63	Myra Rhodes	23:31
68	Karen Davis	24:03
69	Karen Pierce	24:03
72	Julie Criswell	24:12
83	Dale Phillips	25:04
88	Jana Howard	25:16
100	Maggie Ward	25:55
108	Karen P. Stevens	26:31
113	Kim Swayze	26:52
119	Michele Bunds	27:07
124	Cindy Reed	27:16
125	Chiyo Shingu	27:20
126	Joyce Pryor	27:22
366	Martha Grassinger	43:04
405	Lindy Young	49:09

Dry Bean 10K

Tracy - 5 August 2000

Overall Winners

Men - Seth Guikema 33:55

Women - Deona Willie 42:48

Chip

13 Larry Smith 41:13

Skyline 50K

Castro Valley - 6 August 2000

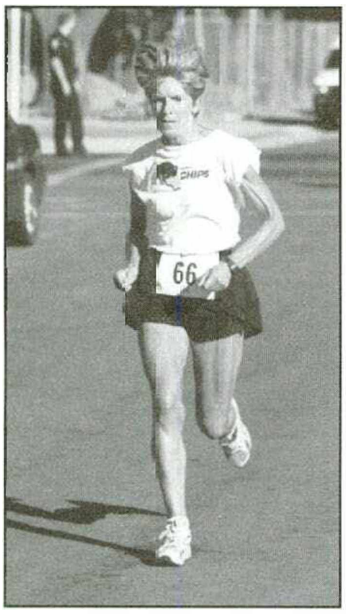
Overall Winners

Men - Tom Johnson 3:36:20

Women - Rena Schumann 4:45:19

Chips & Chippettes

1 Tom Johnson 3:36:20



Susan B. - Greta Carriger

20	Rena Schumann	4:45:19
24	Laura Kulsik	4:49:31
46	Bob Rowden	5:16:33
47	Cary Craig	5:19:27
61	Chuck Stevens	5:29:13
62	Steven E. Harrold	5:30:01
65	Christopher Hall	5:33:46
82	Jerry Bloom	5:45:31
91	Diane Kato	5:51:37
95	Marie Gonzales	5:54:21
99	Ron Peck	5:56:50
100	Lee Rhodes	5:57:48
122	Bill Roehr	6:16:06
123	David Wright	6:17:45
127	Linda McFadden	6:21:23
128	Fred W. Kaiser	6:21:44
132	Ronald Adams	6:29:38
135	Marvin Johnson	6:34:20
159	Don Wilkison	7:02:08



Susan B. - Caitlin Chuck

160	Lucinda Fisher	7:03:01
165	Margie Read	7:07:46
175	Barbara A. Elia	7:51:39
180	Lilian Shek	8:15:30

Run For The Arts 5K

Sacramento - 11 August 2000

Overall Winners

Men	Jon Hager	16:13
Women	Julie Taggart	19:17

Chips & Chippettes

16	Mark Murray	18:08
29	Herb Tanzer	18:49
51	Rory Salvatierra	20:15
52	Carol Parise	20:27
60	Dennis N. Scott	21:07
68	Nahed Abdin	21:22
101	Andrew Pollock	22:36
128	Katie Hartman	23:32
155	Robbie Smith	24:22
174	Peter Zinsli	24:48
200	Gerald Jones	25:31
225	Linda Donovan	26:02
227	Mary Mabry	26:09
247	Maggie Ward	26:37
265	Mattie Jones	27:13
310	Jennifer Rousseve	28:42
336	Rosemarie Ruiz	29:08
357	Glen Zuffelato	29:45
381	David Rater	30:14
390	Debbie Book	30:27
423	Kathleen Seabourne	31:18
446	Louise Simpson	32:26
461	Amy Pollock	32:59
472	Hugh Massey	33:20
493	Lauri Massey	33:44
524	Nancy Hoag	34:30
545	Linda Kee	35:02
562	Kay Hutchinson	35:40
568	Jeff Pollock	35:47
576	Greg Beatty	36:01
578	Steve Wetmore	36:02
581	Cheri Alvarez	36:03
594	Vic Lyons	36:32
600	Tracy Williams	36:54
655	Anthony Decillis	40:02
713	Amy Dierlam	43:34
732	Ted Rieger	44:33
869	Judy Pipe	52:27
972	Katya Davisson	57:14
981	Melody Davidson	57:54

Leadville 10K

leadville CO - 13 August 2000

Overall Winners

Men -	Lynn Foutch	42:39
Women	Bob Leonard	43:16

Chip

39	Wayne Kocher	58:44

Blisters for Sisters 5K

Sacramento - 19 August 2000

Overall Winners

Men - Mike Ammon 30:48/18:18

Women - Kathy Thurston 32:01/20:01

Chips & Chippettes

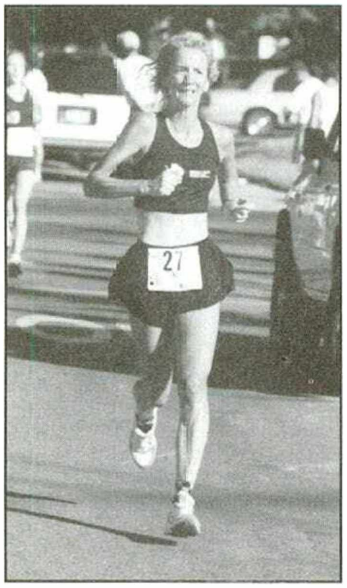
		Handicap Time	Actual Time
2	Kathy Thurston	32:01	[illegible]
5	Theresa McCourt	32:[illegible]	[illegible]
7	Tina Beal	32:25	[illegible]
9	Ernest Fukahashi	32:35	20:05
14	Steve Hall	33:04	18:44
21	Dave Ragsdale	33:44	22:14
26	Joel Contreras	34:06	21:38
30	Hank Beal	34:27	19:57
32	Don Spickelmier	34:33	22:33
39	Dan Arand	35:01	22:37
44	Therese Iknoian	35:13	22:53
45	Maria I. Sanchez	35:24	20:54
64	Maggie Ward	36:50	25:50
65	Roberto Sanchez	36:57	25:27
76	Jim Fischer	37:44	[illegible]
80	Rea D. Cichocki	37:58	[illegible]
94	Deborah Hopwood	38:29	26:29
130	Steve Daniels	40:36	[illegible]
175	Kathleen Seabourne	43:13	30:43
202	Lisa Morana	45:24	32:54
220	Vic Lyons	46:24	43:24
273	Sam Moore	52:07	41:07

Leadville Trail 100 Mile

Leadville CO - 19 August 2000

Overall Winners

Men -	Chad Ricklefs	18:07:57
Women	Amanda McIntosh	22:16:17

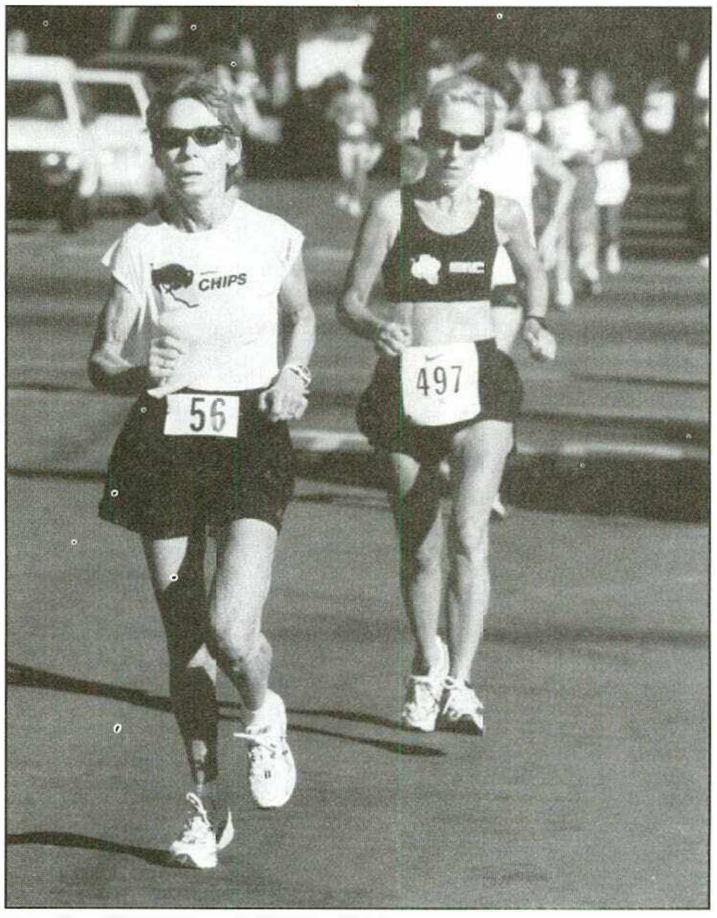


Susan B. - Flo Bartley

Chips & Chippettes

58	Barry Fisher	27:00:35
89	Bill Finkbeiner	28:06:25
132	Linda McFadden	29:03:38





Susan B. - Ginger Bryan and Cyndi Clavin



Susan B. - Siena Diroma - 3 years old

Golden Gate Headlands 50K

Marin - 26 August 2000
Overall Winners

Men -	Brian Purcell	4:12:12
Women -	Tiea Rosen	5:32:59

Chips

66	David Wright	7:03:17
67	Ken Crouse	7:08:09

Chippettes

5	Kathy Welch	5:52:39
19	Joan Mark	6:38:52
23	Linda McFadden	7:05:41
36	Barbara A. Elia	8:10:22

Silver State Marathon

Reno/Carson City 27 August 2000
Overall Winners

Men -	Ted Rasoumoff	2:55:47
Women -	Susan Enlow	3:35:34

Chips

3	Rae Clark	3:02:00
015	Mark Barrett	3:17:51
048	Bill Freiling	3:58:39
049	Jack Rozance	3:58:40

Silver State Half Marathon

Reno/Carson City 27 August 2000
Overall Winners

Men -	Martin Lopez	1:17:40
Women -	Kay Gooch	1:22:15

Chips & Chippettes

18	John Nichols	1:31:39
45	Christine Iwahashi	1:41:00
124	Margaret Ervin	1:55:13
286	Stuart Sargisson	2:28:53
300	George Parrott	2:34:45

Silver State 10K

Reno/Carson City 27 August 2000
Overall Winners

Men -	Brian Buscay	34:19
Women -	Lynice Anderson	39:49

Chippettes

140	Kelly Nichols	59:59
206	Lisa V. Sargisson	1:11:48

Run on the Sly 50 Miles

Pollack Pines 3 September 2000
Overall Winners

Men -	Nick Bingham	6:32:00
Women -	Renee Athay	8:15:21

Chips & Chippettes

6	Wayne Miles	7:47:47
23	Steven E. Harrold	9:13:22
25	Marie Gonzales	9:33:10
32	Janice I. Lever	9:46:26
37	Renda Gail	10:12:09
43	Ronald Adams	10:39:18

Run on the Sly 50K

Pollack Pines - 3 September 2000
Overall Winners

Men -	Scott St. John	3:45:44
Women -	Leslie Birdlebough	4:38:14

Chips & Chippettes

2	Brad Loel	4:02:49
5	Howard Ferris	4:38:01
13	Barbara Ashe	2:52:47
20	Michael Wilhelm	3:01:00
23	Dan Cox	3:02:57
26	Wayne Marsh	3:04:39
28	Greta Corriger	3:05:52
31	Ron Peck	3:07:33
39	Chuck Honeycutt	3:10:53
49	Margaret Ervin	3:20:02
50	Karen Pierce	3:20:49
51	Karen Davis	3:21:17
59	Ginger Bryan	3:22:24
62	Michael McKee	3:24:10
63	Mary Ann Flemmer	3:24:55
64	Denis Zilaff	3:24:56
67	Charles Brown	3:27:04
99	Leigh A. Rutledge	3:48:42
100	Lucinda Fisher	3:51:37
111	Francine Morgan-Wood	4:19:18
113	Peggy Ewing	4:28:08
116	Po Adams	4:57:37
117	Christopher Hall	5:07:50

Run on the Sly 7 Mile



Susan B. - Working the Results Outside - Steve Wetmore & George Parrott

13	Laura Kulsik	4:59:18
21	Dee Dee Grafius	5:18:20
30	Thomas J. Larson	5:47:16
31	Lee Rhodes	5:50:12
41	Ed Reilly	6:21:28
58	Mario L. Sanchez	6:41:52
61	Don Wilkison	6:50:00
77	Rita Bates Barnes	7:40:44
78	Judy Shipman	7:41:33
83	John Scott	7:53:53
86	Barbara A. Elia	8:01:59
87	Steve Wetmore	8:08:28
92	Lilian Shek	8:39:31

Run on the Sly 30K

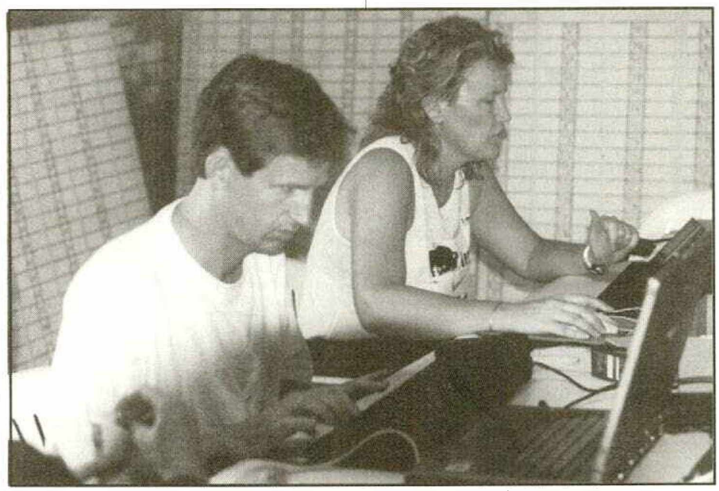
Pollack Pines - 3 September 2000
Overall Winners

Men -	Rae Clark	2:22:33
Women -	Courtney Pelko	2:40:56

Chips & Chippettes

1	Rae Clark	2:22:33
5	Larry Smith	2:35:36
6	Budd Ring	2:36:42
11	Rena Schumann	2:51:56

Pollack Pines - 3 September 2000
Overall Winners No Times
Men - Jay Ahff
Women - Elizabeth Baker



Susan B. - Working the Results Inside - John Hancock & Cheri Alvarez

Chippettes

16	Patricia Honeycutt	

Pacific Sun 10K

Kentfield 4 September 2000
Overall Winners

Men -	Gary Stolz	29:39
Women -	Maria Trujillo de Rios	35:30

Chips & Chippettes

12	Edward Burns	32:16
53	Greg Jewett	34:51
70	Kitt Flynn	35:55
153	Tom Johnson	39:07
177	Ernest Takahashi	40:04
191	Steve Pass	40:29
195	Eric Yadao	40:31
197	Bob Rowden	40:32
201	Connie Rowden	40:37
231	Barb Miller	41:37
274	Claire Malonson-Fry	42:48
279	Christine Iwahashi	42:57
363	Cary Craig	45:29
384	Howard Price	45:52
419	Cynci Calvin	46:57
431	Joe McCladdie	47:14
492	Monty Schacht	48:47
507	Peter Zinsli	48:59
567	Tom Kuzmich	50:15
581	Myra Rhodes	50:31
603	Fred Kaiser	51:23
619	Bob Venditti	51:52
744	Lee Rhodes	54:31
776	Mike Grassinger	55:22
988	George Parrott	1:01:45
1090	Lilian Shek	1:08:43

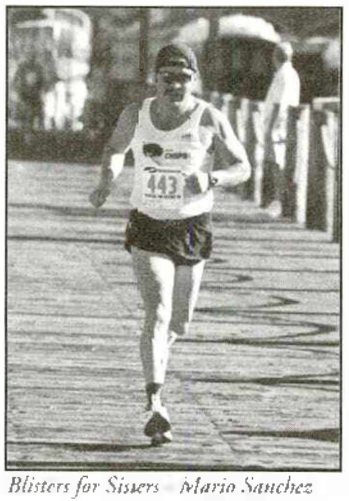
Run for Humanity 5K

Sacramento - 4 September 2000
Overall Winners

Men -	Frank Thomas	16:09
Women -	Kathy Thurston	20:24

Chips & Chippettes

9	Kathy Thurston	20:24
11	Natasha La Beaud	21:01
12	Danny Potter	21:05
16	Dave Ragsdale	21:58
28	Roger Fong	24:25
54	Jennifer Rousseve	28:01
73	Kathleen Seabourne	30:14



Blisters for Sisters - Mario Sanchez

80	Bill Mahan	30:55
81	Florence Fong	31:08
85	Lisa Morana	31:37
103	Mickie Potter	34:40

Run for Humanity 10K

Sacramento - 4 September 2000

Overall Winners

Men - Bryan Butterbaugh 34:36

Women - Julie Taggart 39:55

Chips & Chippettes

4	Al Michel	36:29
7	Steve Hall	37:4[illegible]
8	John Nichols	37:45
23	Phil Boerner	45:42
36	Dave Creek	47:38
54	Michelle Martin	52:0[illegible]
70	Laurie Richardson	54:43
109	Stuart Sargisson	63:46
113	Lisa V. Sargisson	65:38

Buffalo Stampede 10 Miler

Sacramento - 10 September 2000

Overall Winners

Men - Edward Burns 53:27

Women - Karen Steele 1:04:59

Chips & Chippettes

1	Edward C. Burns	53:27
6	Mark Murray	1:01:19
14	Dennis Early	1:03:19
15	Jeff Hayes	1:03:22
21	Bob Rowden	1:04:30
26	Ernest K. Takahashi	1:05:45
29	Karl Watanabe	1:06:25
30	Jennifer Pfeiffer	1:06:29
38	Mo Bartley	1:07:20
40	Steve Pass	1:07:41
41	Connie Rowden	1:07:49
43	Gary Hester	1:08:22
49	Monty Senecht	1:09:13
51	Karen D. Heiden	1:09:19
56	Larry Smith	1:10:08
58	Howard Ferris	1:10:15
59	Dan Alarid	1:10:18
60	Rory Salvatierra	1:10:25
65	Marie L. Sanchez	1:11:25
68	Ken Johnson	1:11:48
77	Barbara Ashe	1:12:56
82	Dave Ragsdale	1:13:14
90	Gary Callahan	1:13:58
93	Rachael Ritchey	1:14:02
96	Chuck Honeycutt	1:14:08
97	Phil Boerner	1:14:14
102	Dave Michel	1:14:38
116	Joel Contreras	1:15:40
118	Richard Hieronymus	1:15:47
125	Gary Campbel	1:16:08
134	Michael F. Prizmich	1:16:29
137	J. Michael Morris	1:16:34
148	Dennis N. Scott	1:17:10
152	Michael McKee	1:17:26
156	Ron Peck	1:17:46
165	Greg Kendrick	1:18:23
167	Bill Staack	1:18:26
168	Cary Craig	1:18:49
177	Paul Mitchell	1:19:28
178	Ernie Gini	1:19:35
179	Cynci Calvin	1:19:36
184	Patty Coquette	1:20:16
188	Anne Veling	1:20:27
212	Michael Wilhelm	1:22:23
213	Margaret Ervin	1:22:26
216	Karen Davis	1:22:36
220	Dan Johannes	1:22:47
233	Steven Polansky	1:23:19
238	Ken Messenger	1:23:31
250	Doug Essary	1:24:07
252	Erik L. Wheaty	1:24:19
254	Denis Zilaff	1:24:23



Blisters for Sisters-Dave Ragsdale

256	Robin Cambra	1:24:38
263	Julie Criswell	1:25:12
264	Tom Kuzmich	1:25:13
277	Deanna Winter	1:26:14
279	Charles Brown	1:26:26
282	Gary Weinberg	1:26:48
299	Ken Crouse	1:27:35
301	Virginia Hawes	1:27:44
314	Karen Pierce	1:28:23
320	Harry Criswell	1:28:32
321	Julie Smith	1:28:37
325	Mike Taylor	1:28:44
338	Linda Donovan	1:29:27
347	Richard Rose	1:30:09
356	Susan Lee	1:30:37
365	Leigh A. Rutledge	1:31:20
368	Larry Shaw	1:31:25
371	Gail Gutterman	1:32:02
372	Alan Young	1:32:02
373	Mike Grassinger	1:32:15
382	Cynthia Hayes	1:33:07
385	Gregory Nissen	1:33:17
403	Penny Westfall	1:34:28
407	Joyce Pryor	1:35:09
412	Chiyo Shingu	1:35:36
416	Francine Morgan-Voyce	1:35:59
417	Victoria Yamamoto	1:36:00
418	Madeleine Silva	1:36:09
422	Jeane Ann Gerard	1:36:56
423	Judy Sohl	1:37:03
425	Gloria Takagishi	1:37:16
426	Jennifer Rousseve	1:37:21
427	Bob Miller	1:37:28
435	Peggy Yasukochi	1:39:26
436	Laurie Richardson	1:39:57
447	Sarah Sheridan	1:44:25
450	Peggy Ewing	1:46:26
459	Linda Parr	1:51:18
460	George Billingsley	1:51:20
470	Candace McGahan	2:16:15
471	Vic Lyons	2:28:32

Buffalo Stampede 5K

Sacramento - 10 September 2000

(Long course - about 6K)

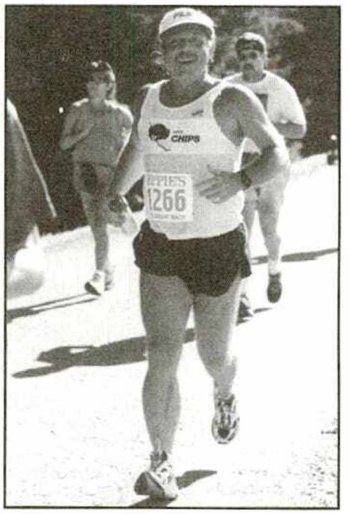
Overall Winners

Men - Gustavo Perez 20:04

Women - Natasha La Beaud 22:49

Chips & Chippettes

13	Kevin Dudek	22:22
14	Natasha La Beaud	22:49
18	Barbara Miller	23:16
19	Nahed Abdin	23:19
28	Robbie Smith	25:05
30	Ted Veling	25:20
32	Katie Hartman	25:56
37	Art Goolkasian	26:29
41	Doug Riggle	26:55
45	Judy Shipman	27:20
52	Steve Nieman	28:59
55	Chloe Lyon	29:55
56	David Rater	30:02
57	Diane Hill	30:14
61	Christopher Dowell	30:28
70	Donna Messenger	31:03
72	Jan Stevens	31:14
82	Glen Zuffelato	32:43
84	Cindy Bowles	33:06
92	Karen P. Stevens	33:57
101	Evelyn Lieb	36:07
103	Jacqueline Kelley	36:29
106	Po Adams	36:49
110	Rosie Peters	45:31
117	Anthony Decillis	46:21



Eppies - Ron Adams

HAPPY NEW AGE GROUP

from the Herd !





New Age Group This Quarter

Bruce Aldrich	45-49
Evie Baker	40-44
Sean Barry	50-54
Jo Ann Beard	55-59
Jeff Bensch	40-44
Gabrielle Boyle	35-39
Maren J. Caldwell	55-59
Jordan Callahan	5- 9
Phil Clevenger	45-49
Ken Crouse	45-49
Teo A. Daugherty	55-59
Christopher Enfante	20-24
Bill Finkbeiner	45-49
Tracy Fiori	30-34
Christine Iwahashi	45-49
Marvin Johnson	70-74
Diane Kato	45-49
Shannon Kennedy	30-34
Karl Kerster	35-39
Jan Kinder	50-54
Cynthia Lindsey-Niemon	40-44
Bill Mahan	70-74
Bob Markson	80-84
Lorraine Mc Call	45-49
William Miller	55-59
Francine Morgan Voyce	45-49
Pam Newton	30-34
Jaci-Marie Nirschke	25-29
Tammy S. Novoa	40-44
Steve Pass	50-54
Rhiannon Potter	20-24
Chad Prizmich	5- 9
Nigel W.T. Quinn	45-49
Kathy Ratermann	40-44
Dolores A. Reed	65-69
Ben Rinker	25-29
Lisa V. Sargisson	60-64
Bob Sharman	45-49
Jairaj Singh	30-34
Susan Smith	45-49
Judy Sohl	55-59
Kristie Spencer	5- 9
Don Spickelmier	60-64
Bill Staack	50-54
Michael Stanton	40-44
McKenzie Sup	5- 9
Mike Taylor	40-44
Teri Thompson	45-49
Michele Thorpe	5- 9
Megan Veling	20-24
Colleen Wachter	10-14
Daniel Wall	35-39
Lyndee Williams	50-54
Ann Wolfersberger	45-49

Buffalo Chips Running Club
Board Minutes
(condensed version)

Board meetings are held at
6 pm on the first Wednesday of each month
at the Lunch Connection Cafe
251 Lathrop Way, Sacramento
All members are welcome to attend

For a complete copy (and handouts from the meeting), please contact the Chips Scribe, Theresa McCourt, at Abalony@aol.com or call her at (916) 451-8568. If you have an item you wish the Chip Board to discuss, send it to Theresa and to the High Dunger, John Hancock. ***They must receive this information at least eight days before the scheduled Board meeting.***

July 5, 2000
Present Po Adams, Harry Criswell, John Hancock, Theresa McCourt, Joe McCladdie, George Parrott, Ron Peck, Lee Rhodes, and Meg Svoboda.
Absent: Ken Briscoe, Jodi Newman, Sharon Norris, Greg Soderlund, Abe Underwood, and Jim Wachter.
Guests: Doug Thurston
The June minutes were approved.
Officers' Reports:
- Po Adams said that grants for kids are available through the Road Runners Club of America (RRCA) and that she had suggested Ken Briscoe apply for one by July 15.
- Treasury has approximately $20,000 in cash.
- Joe McCladdie has some Chips' singlets to award as part of the Chips improvement program. He will keep an eye out for members who meet the personal record and speed guidelines. Please ask Joe for more information.
- Ron Peck mailed 700 letters to club members with flyers for Chips races. He also ordered 1000 regular envelopes, 500 membership envelopes, and 500 membership cards for 2001. Postage for the race flyer mailings cost $231.
- The membership report through June 30 shows that the club has a total membership of 693, with 23 new members in June and 99 new members from the beginning of the year.
- Meg Svoboda handed out recruitment materials at the 2000 Tommy's All American 5K.
- Doug Thurston will put a total of 1500 membership applications and club information sheets in the race packets for Susan B. Anthony and the Buffalo Stampede.
- Theresa McCourt will manage a recruitment booth at the Buffalo Stampede.

Other Business
- Doug Thurston estimated, without data entry information yet, approximately 610 entrants at the 2000 Tommy's All American 5K.
- The Chips provided 25 of the total of 40 volunteers at the 2000 Tommy's All American 5K.
- Meg Svoboda secured food donations for the Susan B. Anthony 5K.
- Doug Thurston mailed 666 entry forms to women for the Susan B. Anthony 5K (a women-only race).
- Approximately 40 women have registered for the women's fitness clinic organized by Chris Iwahashi in conjunction with Susan B. Anthony.
- The start of the Buffalo Stampede in September will be blocked from cars this year, with a detour to take the traffic away from that point.
- The California Highway Patrol will also manage the off ramps near Watt Avenue.
- The club has reserved $700 for the two youth coaches for the approximate costs of their airfare to the USATF National Junior Olympic Track and Field Championships July 25 to July 30 if the coaches cannot get reimbursement from grants offered by the RRCA.
- The board will hold a picnic social for all club members in Glenn Hall Park after the Susan B. Anthony 5K, August 5, starting at approximately 10:30 a.m., once the race is fully over. The two events are separate from each other. Members are asked to bring either a salad or a dessert.

Meeting adjourned

August 2, 2000
Present: Po Adams, George Parrott, Lee Rhodes, Ron Peck, Po Adams, Joe McCladdie, Jodi Newman, Harry Crisswell, and Meg Svoboda.
Absent: Ken Briscoe, Sharon Norris, Greg Soderlund, Abe Underwood, John Hancock, Theresa McCourt, and Jim Wachter.
Guest: Doug Thurston
the July minutes were approved.
Officers' Reports
- Po Adams reported that the banquet will occur after the Susan B. Anthony race. She has worked with a committee, which included Joe McCladdie, Ron Peck, and Barbra Farren, in preparation for the banquet. The committee has ordered enough food for 100 people, including $380.00 paid to Subway. Jodi Newman added that she will bring equipment for some games at the banquet, such as volleyball, frisbee, etc.
- Lee Rhodes stated there's nothing out of the ordinary to report with the treasury.
- Joe McCladdie awarded five chips t-shirts since the last board meeting. Two to George Parrot to send to "Buffalo" who is still in the hospital, one to Laura Kulsix for her elite accomplishment in Western States, one to Herb Tanzer for his elite accomplishment in Conrad's, and one to Bob Rowden as a 5% improvement award.
- Po read Ken Briscoe's report on the youth activities which included recent results of the Jr. Olympic National Track and Field Championships in Buffalo, NY. Po added that she requested $1,350 of $3,500 available from the RCAA for the Western Region for the Buffalo Chips Youth Program.
- Ron Peck reported that he ordered 1500 membership packets, some of which Doug Thurston used in the Susan B. applications. [The cost of these packets came to about $250.00.] Ron also reported that he completed the Grand Prix contract for Jed Smith. He has started working on fliers for this race and will start work on the budget for it soon.
- Jodi Newman reported she confirmed 55 volunteers for the Susan B. Anthony race. She sent forms and emails confirming their area of volunteering and had organized volunteer committees for each area. She'll start recruiting volunteers for Stampede in mid-August.
- George Parrott reported a request from Golden Valley Harriers (a Davis running club) for the Chips mailing list. George motioned to approve this request with a charge of $35 for this set of mailing labels. The motion was approved. [6 ayes, 0 noes, 2 abstentions.] George added that the July 15 Po's Belated Birthday Run came off well. The Chips received $440 in donations, though this was partially offset by $240 in park fees.
He also reported that the Susan B. clinics are doing well, with 40-50 regular attendees and sometimes higher numbers turning out.
George also suggested the start up of satellite workout programs (i.e. in Folsom, Roseville, etc.) for people who can't get downtown for the weekly workouts.
Po asked about Fish Hatchery workout and George verified that it is still an official Chips workout.
- Harry Criswell submitted his membership report which showed a slight drop in membership over the last month. However, the report did not include the Susan B. clinic attendees. Harry also passed out Chips fact sheets. George said he would update some of the facts. Several board members commented on how helpful Harry's membership reports are and how useful the fact sheets are for purposes such as membership recruitment. Doug Thurston noted that gender statistics should be added to the fact sheet.
- Meg Svoboda reported that Myra Rhodes will help in distributing membership information at the Chips clothing booth at the Susan B. Anthony race in her absence. She added that she will update the Chips website address on the hotline.

Other Business
- George Parrott noted Ed Reilly will be moving away so the Chips need to find someone to run the Chips web site.
- Doug Thurston distributed memos and presented updates on the Susan B. Anthony and Stampede races. Doug presented a proposal by Change of Pace to give the Chips $50 and three comped entries to the Chevy race in exchange for Chips stuffing Change of Pace flyers in Stampede packets. The board approved the proposal. [6 ayes, 0 noes, 2 abstentions.]

Meeting adjourned.

Agenda for the September 6, 2000 Meeting
1) Call to Order
2) Reading, Correction and Approval of Previous Minutes
3) Officers Reports
4) Special Committees' Reports
- Committee to evaluate club goal and elite athlete support

5) Race Directors/Liaison Reports
- Jed Smith, Mud Run, Tommy Hilfiger Race (payment report), 15th of July race, Susan B Anthony, Buffalo Stampede

7) Old Business
- Buffalo Enquirer budget
- Choose Date for 2001 budget planning meeting
- Docial event for 2001 — possible spring fling

8) New Business
- Women's XC team funds
- Nike Women's Tri — Parrott
- End of year banquet

9) Announcements
- Handouts, officer/race director reports, new business, need to be emailed to Theresa McCourt by Tuesday the week prior to the board meeting

Special Announcements
- The treasury will sponsor a light lunch/dinner w/ beverage of choice, not to exceed $5.00 per person for board members and important guests

10) Adjournment

Next 2000 Meetings:

October 4, Nov. 1, Dec. 6

Board Meeting Format
Courtesy and Roberts Rules of Order dictate that we have to institute a policy of timing speakers. Plus, no speaker will be allowed to talk unless acknowledged by the High Dunger. This will be accomplished by the raising of your hand. Thank You.

CLUB RECORDS



ACCORDING TO THE BUFFALO CHIPS BOARD OF DIRECTORS, A RECORD HOLDER MUST HAVE BEEN A CHIP with dues paid, a current Chip registered USATF card (individual can belong to other clubs but must be registered as a Chip with the Pacific Association), and IN CLUB UNIFORM (racing singlet or t-shirt) AT THE TIME OF RECORD PERFORMANCE. Due to space constraints, we cannot possibly list every record and have therefore only listed the most standard ones.

OPEN, MEN, 39 & under

6 Days	no record received		
48 Hours	nrr		
24 Hours	Rae Clark	165.3 miles	
	USATF Nat'l Ch'ship '90		
	American Record		
12 Hours	Rae Clark	98 miles	
1 Hour	nrr		
100 Miles	Rae Clark	12:12:19	
	Sri Chimnoy,		
	USATF N.C. '89		
	American Record		
100K	Tom Johnson	6:41:40	
	100K Ultra Ch'ship '94		
50 Miles	Rae Clark	5:28:32*	
	USATF N.C. '88		
50K	Dennis Rinde	3:02:33	
	Jed Smith '93		
Marathon	Rich Hanna	2:17:51	
	CIM '93		
30K	nrr		
Half Mara	Ben Ayers	1:06:22	
	Humboldt-Redwoods '95		
10 Miles	Craig Moore	50:43	
	Cal 10		
10K	John Sup	30:52	
	Davis Track Meet '91		
8K/5 Miles	John Sup	24:31	
	Fujitsu 8K '90		
5K	Reggie Williams	14:27	
	Cal State Track Meet		
Mile	Jeff Adams	4:36:20	
	Fleet Feet Mile '96		
1500 mtrs	Randy Sturgeon	4:07.65	
800 mtrs	Daryl Katcher	2:00.64	
	Trojan Masters '90		
400 mtrs	nrr		
200 mtrs	nrr		
100 mtrs	Greg Hodson	13.4	
	Los Gatos A-C Meet '96		

OPEN, WOMEN, 39 & under

6 Days	nrr		
48 Hours	nrr		
24 Hours	nrr		
12 Hours	nrr		
1 Hour	nrr		
100 Miles	Patti Teale	21:12:24	
	Vermont '91		
100K	nrr		
50 Miles	nrr		
50K	Jennifer Devine	3:35:06	
	Jed Smith '99		
Marathon	Eileen Taylor	2:37:01	
	Chicago Marathon '82		
30K	Jeannie Urness	1:53:51	
	Clarksburg '92		
Half Mara	Robyn Root	1:13	
	Phila. Dist. Classic '87		
10 Miles	Kathy Pfiefer	54:50	
	Trevira Twosome '88		
10K	Kathy Pfiefer	32:59	
	Mt. Sac Relays '88		
8K/5 Miles	Robyn Root	26:27	
	Bastille Day 8K		
5K	Robyn Root	16:37	
	Susan B. Anthony 5K		
Mile	Meg Svoboda	5:11.99	
	Fleet Feet Mile '96		
1500 mtrs	Theresa McCourt	4:50	
	A-C Meet '92		
800 mtrs	Theresa McCourt	2:22	
	West Mstrs. Hayward '92		
400 mtrs	Melanee Baskerville	72.27	
	Cordova A-C Meet '97		
200 mtrs	Melanee Baskerville	31.32	
	Cordova A-C Meet '97		
100 mtrs	nrr		

MASTERS, MEN 40-49

6 Days	nrr		
48 Hours	Jeff Hagen	213.7 miles	
	Gibson Ranch 48 Hr '93		
24 Hours	Eric Ianacone	125 miles	
	Gibson Ranch 24 Hr '94		
12 Hours	Eric Ianacone	76m.1044yd	
	Bay Area UR 12 Hr '94		
1 Hour	nrr		
100 Miles	Abe Underwood	15:49:51	
	AAU 100 Miler '78		
100K	Rae Clark	7:15:18	
	Ruth Anderson '92		
50 Miles	Rae Clark	5:51:21	
	Helen Klein '95		
50K	Eric Ianacone	4:03:49	
	Jed Smith '97		
Marathon	Jim Milton	2:26:27	
	CIM '91		
30K	Jim Milton	1:43:18	
	Clarksburg '92		
Half Mara	Jim Milton	1:10:01	
	Humboldt '91		
10 Miles	Jim Milton	53:31	
	Woodland 10 '92		
10K	Jim Milton	31:08	
	SJ Mercury News '92		
8K/5 Miles	Jim Milton	25:26	
	Fujitsu 8K '92		
5K	Jim Milton	15:12	
	Davis Turkey Trot '92		
Mile	Steve Hall	4:48.48	
	Fleet Feet Mile '99		
1500 mtrs	Jim Milton	4:11	
	'92		
800 mtrs	Daryl Katcher	1:58.45	
	TAC Nat'l Masters '90		
400 mtrs	David Kalb	56.22	
	Hornet Spring Classic '99		
200 mtrs	David Kalb	25.28	
New➔	Cordova A-C Meet '00		
100 mtrs	David Kalb	12.50	
New➔	Cordova A-C Meet '00		

MASTERS, WOMEN, 40-49

6 Days	nrr		
48 Hours	Jan Level	146.5	
miles	Gibson Ranch '95		
24 Hours	Jan Level	116	
miles	USATF N.C. '92		
12 Hours	Jan Level	68.25 miles	
	Run for Sight, Sonoma '92		
1 Hour	nrr		
100 Miles	Jan Level		
19:29:29*	USATF N.C. '92		
100K	Christine Flaherty	9:26:25	
	Ruth Anderson 100K '98		
50 Miles	Joan Reiss	6:58	
	Jed Smith '87		
50K	Christine Iwahashi	3:56:29	
	Jed Smith '99		
Marathon	Sharlet Gilbert	2:43:46	
	Boston Marathon '94		
30K	nrr		
Half Mara	Kathy Ward	1:17:37	
	Las Vegas '97		
10 Miles	Kathy Ward	59:56	
	Cal 10 '96		
10K	Kathy Ward	36:36	
	SJ Mercury News '97		
8K/5 Miles	Joan Reiss	31:32	
5K	Kathy Ward	17:34	
	Davis TurkeyTrot '95		
Mile	Dee Dee Gratius	5:15:55	
	Fleet Feet Mile '97		
1500 mtrs	Kathy Ward	5:01	
	Masters T.M., Los Gatos '95		
800 mtrs	Dee Dee Gratius	2:18.07	
	U.S. Age Group Record		
400 mtrs	Dee Dee Gratius	63.13	
	Cordova A-C Meet '97		
200 mtrs	nrr		
100 mtrs	nrr		

SENIORS, MEN 50-59

6 Days	nrr		
48 Hours	Jeff Hagen	216.4 miles	
	TAMU 48, Texas '99		
	pending American Record		
24 Hours	Jeff Hagen	131 miles	
	Pacific Rim Run '98		
12 Hours	nrr		
1 Hour	nrr		
100 Miles	Jeff Hagen	17:59:03*	
	Megan's 24-Hr. Run '98		
100K	Eric Ianacone	9:13:28	
	Ruth Anderson 100K '98		
50 Miles	Paul Reese	6:22:25	
50K	Eric Ianacone	4:07:29	
	Jed Smith '99		
Marathon	Jim O'Neil	2:35:48	
	Burlingame '77		
30K	nrr		
Half Mara	Jim O'Neil	1:17:30*	
	Burlingame '77		
10 Miles	Jim O'Neil	55:02	
	Sacramento TC Miler '79		
10K	Jim O'Neil	33:30	
	U.S. Masters '75		
8K/5 Miles	Jim O'Neil	26:33	
	Lake Merced Mstrs '76		
5K	Jim O'Neil	16:14	
	U.S. Masters, OR '76		
Mile	Greg Jewett	5:06.00	
New➔	Fleet Feet Capitol Mile '00		
1500 mtrs	Don Martin	4:53.1	
800 mtrs	Matt Duncan	2:23.19	
	Nat'l Masters Ch'ships '99		
400 mtrs	Ben La Sala	64.00	
	Los Gatos Meet '96		
200 mtrs	nrr		
100 mtrs	nrr		

SENIORS, WOMEN 50-59

6 Days	nrr		
48 Hours	nrr		
24 Hours	nrr		
12 Hours	nrr		
1 Hour	nrr		
100 Miles	Joan Reiss	23:44	
	Western States '88		
100K	Barbara Elia	10:25:06	
	Helen Klein 100K '95		
50 Miles	JoanReiss	8:35	
	AR 50		
50K	nrr		
Marathon	Barbara Miller	3:06:48	
	CIM '96		
30K	Dee Dee Gratius	2:14:34	
	Clarksburg '99		
Half Mara	nrr		
10 Miles	nrr		
10K	Barbara Miller	40:50	
	Merced Rascal Creek '96		
8K/5 Miles	nrr		
5K	Joan Reiss	20:56	
	Susan B. Anthony 5K '88		
Mile	Cynci Catvin	6:26.00	
	Fleet Feet Mile '96		
1500 mtrs	Joan Reiss	6:17*	
800 mtrs	nrr		
400 mtrs	nrr		
200 mtrs	nrr		
100 mtrs	nrr		

SUPER SENIORS, MEN 60+

6 Days	nrr		
48 Hours	nrr		
24 Hours	nrr		
12 Hours	George Billingsley	52.78 mi	
	American Record		
1 Hour	nrr		
100 Miles	Lee Rhodes	26:17	
	Western States '94		
100K	nrr		
50 Miles	Paul Reese	7:16:29	
50K	nrr		
Marathon	Paul Reese	3:02:22	
30K	Carl Ellsworth	2:05:49	
	Clarksburg '91		
Half Mara	Carl Ellsworth	1:24:48	
	Humboldt Redwoods '91		
10 Miles	Carl Ellsworth	1:03:58	
	Buffalo Stampede '91		
10K	Carl Ellsworth	38:26	
	Tandem Up & Running '91		
8K/5 Miles	Carl Ellsworth	31:08	
	Pear Fair '91		
5K	Paul Reese	17:53	
Mile	Carl Ellsworth	5:44	
	Sonora	Mile	
1500 mtrs	Carl Ellsworth	5:12	
	NorCal Masters '93		
800 mtrs	Carl Ellsworth	2:34	
	Cal Sr. Olympics '93		
400 mtrs	nrr		
200 mtrs	nrr		
100 mtrs	nrr		

SUPER SENIORS, WOMEN 60+

6 Days	Helen Klein	373 miles	
	World Record, age group		
48 Hours	Helen Klein	130.48 miles	
	American Best		
24 Hours	Helen Klein	109.5 miles	
	Redwood Empire '91		
	World Record		
12 Hours	Helen Klein	60.5 miles	
	American Record		
1 Hour	nrr		
100 Miles	Helen Klein	23:29:34	
100K	Helen Klein	12:09:17	
	American Record		
50 Miles	Helen Klein	9:01:37	
	Jed Smith '84		
50K	Myra Rhodes	4:39.46	
	Jed Smith '93		
	American Best		
Marathon	Barbara Miller	3:14:50	
	Rocket City (Alabama) '99		
	pending Amer. Record		
30K	Barbara Miller	2:17:10	
	Clarksburg '99		
	pending Amer. Record		
Half Mara	Barbara Miller	1:29:49	
	Humboldt Redwoods '99		
	pending Amer. Record		
10 Miles	Barbara Miller	1:08:45	
	Buffalo Stampede '99		
	pending Amer. Record		
10K	Myra Rhodes	46:40	
	Davis Turkey Trot '95		
8K/5 Miles	Myra Rhodes	33:22	
New➔	50 Plus 8K '00		
5K	Myra Rhodes	20:12	
New➔	Zippy 5K '00		
Mile	Myra Rhodes	6:41.38	
	Fleet Feet Mile '96		
1500 mtrs	Joan Reiss	6:17*	
800 mtrs	nrr		
400 mtrs	nrr		
200 mtrs	nrr		
100 mtrs	nrr		

nrr = no record received
* time inferred from longer race

Many Chips hold National, North American and World best marks at distances—and in five year age groups—not listed on this page due to space limitations. This page lists only club records for set time events and STANDARD distances on any surface including road, track and trail in each standard age division using our best available information. If you know of any errors or better times, please contact Dave Creek. Contact Lori Prizmich regarding Chips' "Earned Singlet Standard." Details in the Buffalo Bible.

Revised 09-15-00

CHIPS RACE CALENDAR

by Cynci Calvin

Sat.	Oct. 7	Folsom	Run With Nature 4.2M Walk/5K/10K	916/355-7366
		San Francisco	**PA/USATF XC Grand Prix Event** Hoy's Presidio Challenge	www.pausatf.org, 415/337-9042
		Alameda	Feet Feet Fun run 5K	madeintheshade@yahoo.com 707/644-9343
		San Jose	Quicksilver Half Marathon/10K	www.quicksilverrunning.com, 408/946-8532
Sun.	Oct. 8	Sacramento	Run 4 Life 5K	www.hhs.csus.edu/run4life/; 916/278-7336
		Granite Bay	Chanoko Trail Challenge 5-M & Duathlon	www.tbfracing.com 916/632-RACE
		S. Lake Tahoe	Lake Tahoe Marathon/Half Marathon Run & Walk/Marathon Relay/5K/10K	www.laketahoemarathon.com; 530/544-7095
		San Ramon	Primo's Run for Education 5K, 10K, Half Marathon	www.primosrun.com; 925/820-9181
Sat.	Oct. 14	Roseville	Firefighters Burn Free 10K/5K/1K	www.rosevillefirefighters.org, 916/782-1592
		Vacaville	Marti Nelson Stride For Life 5K/10K Run/Walk	www.martinelson.com, 707/446-5507
		Calistoga to Santa Cruz	The Providian Relay (12-person teams, 199 miles)	www.therelay.com; 650/508-9700
		Castro Valley	**PA/USATF Ultra Grand Prix Event** Dick Collins Firetrails 50-M	510/686-9077
Sun	Oct. 15	Weott	**PA/USATF Road Grand Prix Event** Humboldt Half Marathon	www.pausatf.org 707/443-1220
		Weott	Humboldt Marathon (non-Grand prix event)	www.northcoast.com/~htm, 707/443-1220
		Chico	Devils Kitchen 10-M Blazen Trail Race	530/892-9919
		Reno, NV	Race for the Cure 5K & 1-M	775/355-7311
		San Francisco	Race for the Cure 5K & 1K	www.sfkomen.org 800/698-8699
Sat.	Oct. 21	Sacramento	Bella Bru Wenmat Classic 5K/10K & Kid's 1/2 M Run	916/481-5004
		Belmont	**PA/USATF XC Grand Prix Event** Crystal Springs Challenge	www.pausatf.org, 415/657-4007
		Saint Helena	Hometown Harvest Festival 5K, 10K, Kids' Mile	707/258-2521
Sun.	Oct. 22	Granite Bay	Chanoko Trail Challenge 5-M & Duathlon	www.tbfracing.com 916/632-RACE
		Nevada City	Run Through the Colors 5K/10K	www.ncen.net/~sng-sc/run.thru.colors.html 530/265-2666
		Chicago	Chicago Marathon	www.chicagomarathon.com 888/243-3344
		Washington, D.C.	Marine Corps Marathon	www.marinecorpsmarathon.com, 800/RUN-USMC
Sat	Oct. 28	Sacramento	20th Annual Zoo Zoom 5K/10K/1 & 1/2M Kids' Runs	www.rungoldmedal.org 916/443-6223
		Mountain View	**PA/USATF XC Grand Prix Event** Shoreline Open	www.pausatf.org, 650/933-3296
		Calistoga	Napa Wine Fall Country Classic Marathon, Half Marathon, 10K	www.envirosports.com; 415/868-1829
Sun	Oct. 29	San Jose	Silicon Valley Marathon, Half Marathon, Relay	www.svmarathon.com, 888/726-5673
		San Francisco	Champions Run for Children (1-M Invit. & 5K	www.rhodyco.com, 415/759-2690
		Union City	Pumpkin Patch Dash 10K/5K/Kids' Runs	510/471-3232, x328
		Lafayette	Lafayette Reservoir Run 5K/10K/2-M Fun Run & Walk	www.lafayettechamber.org, 925/284-7404
Sat.	Nov. 4	San Rafael	**PA/USATF XC Grand Prix Event** Tamalpa Challenge	www.pausatf.org, 800/571-3456
		Knights Ferry	Salmon 5000 5K (& duathlon)	www.onyourmarkevents.com, 209/795-7832
		Vallejo	Mare Is. to Medusa 10K/5K/Free Kids Runs	staff@mareislandtomedusa.com, 707/648-4601
Sun	Nov. 5	Camino	Apple Hill 8-M/3.5-M/Kids' 1-M	530/644-4552, x234
		Chico	Almond Bowl 3-M, 6-M Run/Walk	530/879-9000
		Granite Bay	Chanoko Trail Run & Mtn. Bike	www.TBFRacing.com, 916/362-RACE
		New York	New York City Marathon	susan@nyrrc.org; 1 212/423-2249
Sat	Nov. 11	Sacramento	**PA/USATF Ultra Grand Prix Events** Helen Klein 50M & 50K	916/859-0821
		Yountville	"Heart of The Napa Valley" Veteran's Run 10K	707/944-9345
Sun	Nov. 12	Clarksburg	**PA/USATF Road Grand Prix Event** 35th Annual Clarksburg Country Run 30K	
		Clarksburg	also a non-Grand Prix 5K & a Kid's 1M	www.rungoldmedal.com; 916/447-2786
Sat.	Nov. 18	Davis	Davis TurkeyTrot 5K/10K/Kids' Runs	www.changeotpace.com, 800/757-5275
		San Francisco	**PA/USATF XC Grand Prix Event** XC Championships	www.pausatf.org; 415/586-8508
Thurs	Nov. 23	Sacramento	Run to Feed the Hungry 5K/10K	916/719-4400
		Modesto	Modesto Turkey Trot 5K XC Race	shrock@yosemite.cc.ca.us; 209/575-6279
Sat.	Nov. 25	Mill Valley	**PA/USATF Ultra Grand Prix Event** Quadruple Dipsea	www.run100s.com/qd.htm; 415/894-1336
Sun	Nov. 26	San Francisco	Run to the Far Side 5K/10K	www.rhodyco.com 415/759-2690
		Seattle	Seattle Marathon & Half Marathon	www.seattlemarathon.org; 206/729-3660
Sat.	Dec. 2	Marysville	Running of the Elves 5K	www.christianteam.org, 530/634-7727
		Alameda	Midway Homeless Shelter 5K/1-M Walk	http://members.home.net/mhovermale; 510/423-2647
Sun.	Dec. 3	Folsom to Sacramento	California International Marathon & 4-Person Relay	www.runcim.org, 916/983-4622
		Tucson, AZ	Jim Click Tucson Marathon, Half Marathon, & Relay	www.tucsonmarathon.com 520/320-0667
Sat	Dec. 9	Antioch	Holiday Run/Walk for Health 1-M, 3-M, 10K	amarosa@slip.net 925/757-2318
Sun	Dec. 10	San Francisco	**PA/USATF Road Grand Prix Event** Christmas Relays (4x4 46-M)	510/635-9508
Sun	Dec. 31	Sacramento	Midnight Run 2001 2-M	www.rungoldmedal.com, 916/447-2786
Sun	Jan. 7	Cayucos	Hearst Castle Marathon & Half Marathon	www.hearstcastle.org; info@hearstcastlemarathon.org
Sun	Jan. 14	Stockton	**PA/USATF Road Grand Prix Event** California 10-M	nephronman@aol.com 209/478-2802
		Oakland	Millennathon Half Marathon & 8K, DATE WILL CHANGE	www.millennathon.com, 888/441-2227
Sun	Jan. 21	Carlsbad	San Diego Marathon, Half Marathon, 5K, Kids' M	www.sdmarathon.cm; 888/792-2900
Sun.	Jan. 28	San Francisco	Home Depot SF Half Marathon/5K	pamakids@pacbell.net 415/333-4780
Sun	Feb. 4	Las Vegas, NV	Las Vegas Marathon, Half Marathon, Relay, 5K	www.LVMarathon.com 702/876-3870
Sat	Feb. 10	Elverta	**PA/USATF Ultra Grand Prix Event** Jed Smith 50K	www.buffalochips.net 916/481-3653
		Elverta	Jed Smith 30K & 50-Miler	www.buffalochips.net; 916/481-3653
Sun.	Mar. 4	Napa	Napa Valley Marathon & 5K	www.shnvm.com, 707/255-2609
		Los Angeles	Los Angeles Marathon & 5K Run/Walk	www.lamarathon.com; 310/444-5544
Sat	Mar. 10	Cool	**PA/USATF Ultra Grand Prix Event** Way Too Cool 50K	916/638-1161

Buffalo Chips Running Club MEMBERSHIP APPLICATION

or download a form from www.jps.net/runinfo/Sacram.htm

Here's just a few of the hundreds of benefits you'll receive by joining the Chips:

Membership Qualifications - None! Beginners, kids, co-eds, gen-X'ers, boomers and older are all equally welcome.

* Camaraderie, coaching, advice, networking, and laughter with 1000-plus other Chips.
* A quarterly newsletter with club news, profiles, race results, and race schedule.
* Bulletins sent at regular intervals to keep you up-to-date about Chip activities.
* Discounts at several local sports stores.
* Training groups meet regularly on Tuesdays at 5:30 p.m. for intervals and on Thursdays for track workouts. There are regular weekend long runs on a measured course near Rescue, E Dorado County and on the Bike Trail.
* The club hosts two or three social gatherings annually and presents a number of club awards.
* The club is a member of the Road Runners Club of America and you will receive their quarterly publication, *Footnotes*.
* The club has several incentive programs for achieving training goals.
* The chance to compete in a race on a Chip team.

So sign up by filling out the application below and sending it in with your dues. ASAP!

The first day of the month in which you pay your dues is your Anniversary Date for membership. It will be indicated on your mailing-address label, and you will receive a renewal application 60 days before this date.

☐ Renewal ☐ New Membership ☐ Address or contact change from last year? ☐ No change?

DUES: ☐ Full time student $5.00 ☐ Individual $25.00 $300.00 Lifetime ☐ Family $30.00 or $380.00 Lifetime

Name_____

Address_____

City/State_____Zip_____

Home Phone_____Work Phone_____

Birthdate_____Fax #_____

E-Mail #_____

Family Members (family membership only)

1. Name_____Birthdate_____
2. Name_____Birthdate_____
3. Name_____Birthdate_____
4. Name_____Birthdate_____

☐ Please check here if you would like this information to be omitted from the annual club roster which is sent to all members.

Please check the activity(ies) at which you would like to help:

- ☐ Newsletter
- ☐ Social Events
- ☐ Finish Lines
- ☐ Jed Smith Ultras (Feb.)
- ☐ 4th of July Freedom (Jul.)
- ☐ S. B. Anthony 5K (Aug.)
- ☐ Buffalo Stampede (Sep.)
- ☐ Board Member

Don't need this form? Give it to a friend! (Copies are OK, too!)

Fill out this form completely, SIGN WAIVER below, make your check out to BCRC, and mail to:

Buffalo Chips Running Club
P.O. Box 19908
Sacramento, CA 95819-0908

CLUB MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Buffalo Chips Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

_____
Signature/Date

_____
Parent's signature if applicant is under 18 yrs./Date

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Buffalo Chips Running Club
P.O. Box 19908
Sacramento, CA 95819-0908

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The Buffalo Enquirer

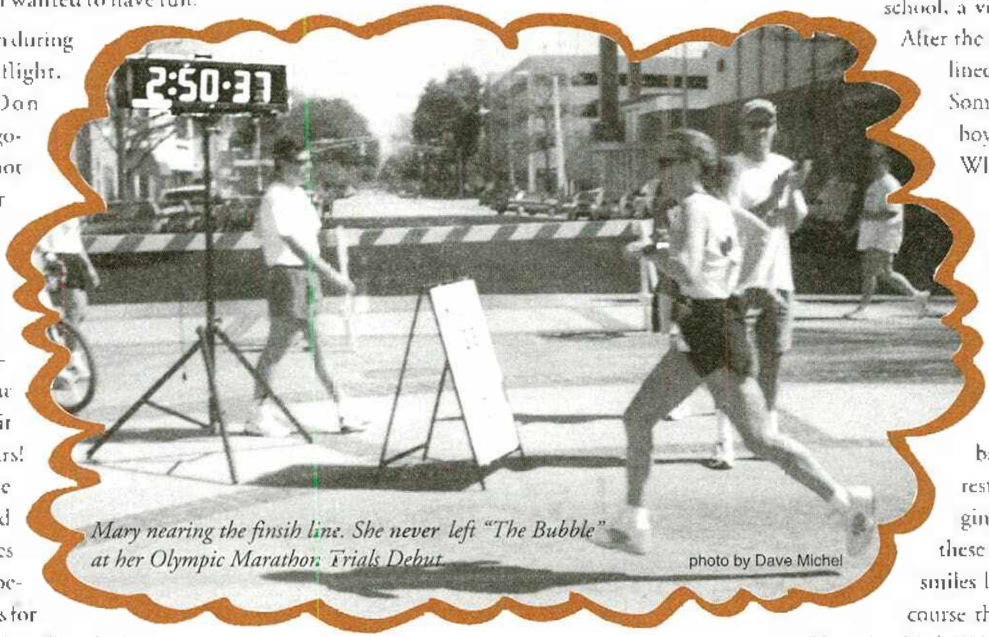
Spring 2000 #149

Mary Coordt at the Olympic Trials

by Mary Coordt

I had an unforgettable experience at the Olympic Marathon Trials in Columbia, South Carolina. After I qualified for the Trials last June, I wasn't mentally ready to endure the pressure involved with the intense training needed to set any time goals. Of course I trained, but my goal was to enjoy the entire event, and to share it with my family (husband Dave, my brother, Kevin, and my Mom). This was my Olympics and I wanted to have fun!

The excitement began during our last connecting flight. RRCA president Don Kardong was seated diagonally from us! I did not have the nerve to bother him, but it was a preview of the immensity of this event that I was to participate in. At the airport in Columbia special vans took us to our hotel, and Joan Benoit Samuelson was in ours! This was going to be great! We introduced ourselves (four athletes plus family) and Joan began voicing her concerns for the predicted warm weather. She asked if we would sign a petition to move the start to 7 a.m. rather than the scheduled 9 a.m. We all said "Sure!" (What did I care? I was going to have fun no matter what.) Although we only engaged in small talk, it was so HUGE for me!



Mary nearing the finsih line. She never left "The Bubble" at her Olympic Marathon Trials Debut. photo by Dave Michel

The next morning I picked up my race packet and socialized with other runners in the hospitality room, where there was water, bagels, fruit and other goodies for us. Dave and I had signed up for the morning course tour so we piled in the van to follow the famous blue line around the city. Yikes! This is a wicked course! Yeah, sure, I heard it was hilly, but where the hills were placed during the 26 miles seemed like a cruel practical joke. OK, that just further justified my intention to have fun, NOT a PR.

After we finished following the perplexing blue line we happily greeted my Mom and Kevin who had been flying all night. They arrived in time to go with us to Burton Pack Elementary School. I had signed up for the Sponsor-A-School program, and have been corresponding by mail and email with students at this underprivileged-student school. The kid's letters kept me and my husband laughing for hours; the kids are adorable! The three Trials athletes for this school were Miranda Shapiro (from Georgia), Chris Clark (from Alaska) and me. First, we first met with the 4th and 5th graders in the cafeteria. The kids asked great questions: "I can't believe they make you run 26 miles. They should make you run one mile because 26 miles will tire you out real fast. So try to practice running 26 miles." (Excellent advice!) "Do you get paid for your job (running)?" Ha! If you call sore muscles, fatigue and GI distress a form of payment, well...

Then we met the K-2 students. This was definitely a highlight of the trip! They treated me as if I had WON the Olympics! These students had been working for weeks to prepare speeches and a ceremony for us! Each runner was given a key to the school, a victory medal and flowers. After the ceremony all the students lined up behind each other. Some carried flags and one little boy held an Olympic torch. While one class formed the Olympic Rings, the rest of us followed a blue line recently painted on their school lawn, symbolizing our journey to take place tomorrow and how they will be there with us. We reached the finish line banner where we spent the rest of the time visiting, hugging and picture taking with these wonderful children. Their smiles lifted all of our hearts. Of course they all told us to win the Olympics. Little did they realize that THIS was my Olympics; I had already won, and for Chris Clark...well, who would have thought...[*Chris won in 2:33:31* - Editor]

We arrived back at the hotel just in time for the mandatory technical meeting (runners only). The excitement and tension filled the room as the race directors went over start time, special fluid tables, drug testing, etc. Wow, I was sure glad I did not have to worry about special fluids and drug testing. I only had to concentrate on having fun!

continued on page 6

Board of Directors

High Dunger
John Hancock 209 952 2521

Vice High Dunger & Social Director
Po Adams 916 481 3983

Buckaroo
Iee Rhodes 916.482 8525

Bison Scribe
Theresa McCourt 916 457 3315

Awards
Joe McCladdie 916 331 1840

Equipment
Greg Soderlund 916 929 7858

Historian
Abe Underwood 916 966.6800

Mailings
Ron Peck 916 344 1376

Membership
Harry Criswell 916 383 5513

Outreach / New Members
Meg Svaboda 916 443 2417

Race & Fitness Walkers
Sharon Norris 916 383 1420

Youth Coordinator
Ken Briscoe 916 456 9265

Youth Coach
Jim Wachter 916 861 0847

Training Director & Website Liaison
George Parrott 916 488.6580

Whatever
Jody Newman 916 924 3908

Race Directors

Jed Smith Classic
Ron Peck 916 344 1376

Mud Run
Dave Ragsdale 916 985 4451

July 4th 5 Miler
tba

Susan B. Anthony 5K
Doug Thurston 916 447 2786

Buffalo Stampede
Doug Thurston 916 447 2786

Liaisons

USATF - Pacific Association
Cynci Calvin 530 823 2661

RRCA
Po Adams 916 481 3983

CIM
Mike Caplan 916.483 0299

Other Important Dungers

Chips General Store
Myra Rhodes 916.482 8528

Newsletter Editor
Dave Creek 530 878 1487

Web Master
Ed Reilly 530 889 1923

hotline 916 481 3653

E-mail addresses and fax numbers are listed in The Buffalo Bible

STATE OF THE HERD

From the Top of the Pile

Retired High Dunger Mike Grassinger and the 1999 Board of Directors left the herd in a great position. The board not only proved that buffaloes are Y2K compliant, they left us with a new race director for the Chips' marquee races and ample funds to ensure that the club will have many outstanding social events in the upcoming year.



photo from John Hancock

You might be wondering who this new High Dunger is. While the inevitable aging process and injuries have kept me from regularly attending workouts in the past couple of years, I have been a Chip since 1995 and was on the Chips board in 1999. These days, I log more vertical miles than horizontal ones but eventually hope to find myself injury free and a regular workout attendee.

In the meantime, I am encouraged by the enthusiasm of both the 2000 Board of Directors and the common dung. While in past years it has been difficult to recruit enough people to fill board positions, the Y2K board elections produced a plethora of interest. In fact, so many people wanted to be on the board, the elections were truly elections and not just an exercise in approving those who showed up to run. While it was difficult to have to choose among all of the excellent candidates, it was exciting to see the eagerness of so many members who wanted to get involved with running the club—not just running in the club.

The new board didn't waste any time corralling another premiere running event for the Sacramento area. The Chips will be responsible for technical coordination of a new July 4th race sponsored by Tommy Hilfiger, *the* clothing choice of the in-crowd in high schools around the country. This race is expected to attract 1000+ runners and it will be part of the Cal Expo 4th of July celebration. The prospect of involvement in such an event is exciting for the Chips. However, this decision did not come easy because it meant finding a new date for the clubs annual 4th of July 5-Miler. This long-time club sponsored event has produced fond memories for Chips and non-Chips alike. The board took this into consideration but felt that by being an integral part of a large running event, we would be doing more for the Sacramento running community. We will be looking for volunteers and participants in the months to come.

I want to remind you that this is your club, so feel free to provide the board with your input, stop by the monthly board meetings and help out at club events. This club has not only survived the last 25 years but it has become something special because so many have done so much to support it. We always need your help! Make it your goal for the year to volunteer in at least one event for a guaranteed good time.

Faithfully,



High Dunger

MISSION STATEMENT

The mission of the Buffalo Chips Running Club is To increase public participation in running and walking as a recreational activity and a healthful exercise, and to provide opportunities for competition in the sport of running by organizing running-related events and activities in the community.

The BCRC is a member of the Pacific Association of USATF and of the Road Runner's Club Of America (RRCA). USATF is the national governing body for running, track and field. The RRCA is a national nonprofit organization of more than 700 other running and race walking clubs and events across the country

The Lunch Connection
Where the Chips meet every Tuesday night for the interval workout
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LEIGH A. RUTLEDGE
THE PROFESSIONAL'S CHOICE

EDITOR'S DROPPINGS

Hi Chips-

It's possible that you received, in the past week or two, a "knock-off" news rag, *Buffalo Ink*, in the mail purporting to be the official *Buffalo Chips Enquirer*. Don't you believe it! See the inside back cover of this ***official*** issue for further details.

We're well into the racing season now and, thanks to Cynci Calvin's team incentive program proposal, which the Chips Board bought hook, line and sinker, team Chips participation is growing at a healthy pace. Join in and earn a great Chips team jacket! See page 5 for the details.

I experienced my first Chips on Trips experience a few weeks ago, travelling to the Fifty Plus Fitness 8K race in Palo Alto. Mike Grassinger was kind enough to let six of us leave the driving to him. We found that he needed a great deal of advice in carrying out his mission, but we all were happy to provide him with all the counseling he needed...The Chips women *truly* distinguished themselves that day. *Four* Age Group Firsts! See page 11.

Just a week later I could have enjoyed another Chips on Trips experience by taking the Chips bus (with a professional driver) to Houlihan's. However, I was enticed by Cynci Calvin into riding with her so that we could run in the third wave and, supposedly, sleep in a bit longer. Well, that didn't work out exactly as planned. See the side bar on page 10 for details...

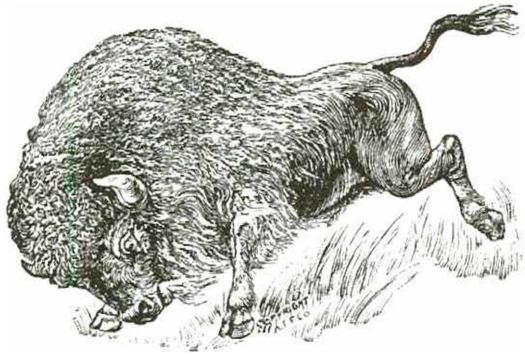
I asked our new High Dunger John Hancock, for a "head shot" picture to use with his State of the Herd message, but all he could come up with was a picture making him out to be an awesome runner. So, since my "droppings" have to appear next to his, I felt compelled to try to match him. Thus the picture to the right. Of course, it's a bit dated...1951...

I've lived in Meadow Vista for eleven years now, but prior to a month or two ago, I had ventured onto the American River Canyon trails a only few times. Why? I assumed that it was all up or all down because every trail that Rich Hanna put me on during my Team In Training days *was* all up or down. Web Master and running friend Ed Reilly to the rescue! Ed has shown me some beautiful, easy trails. Even old pavement pounder Cynci likes them! My first thought was to describe them to you, but concluded that that would be like describing hide-away spots in *Sunset Magazine*. Besides, most of you probably want the straight up and down stuff...



photo from ancient archives

Dave



QUESTIONS ?

You're moving and still want to receive club mailings? (Remember, bulk mail is not forwarded.) Contact **Harry Criswell** ...Do you want to know more about the Road Runner's Club of America? Contact **Po Adams** ...You're traveling and want to workout with a running club in Prairie Dog City, Kansas but don't know how to contact them? Call **Po** again...Do you want to contribute to the club website? Contact **Ed Reilly** ...Do you want to contribute to The *Buffalo Enquirer*? Contact **Dave Creek** ...Do you want a PA/USATF application? Call **Cynci Calvin** ...Rather walk than run? Call **Sharon Norris** ...Do you want to get your kid involved in the youth program? Call **Ken Briscoe** ...Do you want to learn how to use the timing equipment? Contact **Greg Soderlund** ...Need a new racing singlet? Call **Myra Rhodes** ...Do you want to sponsor a club race? Get hold of **George Parrott** ...Do you want information on the weekly workouts? Check the **web site** or call **any board member** or the club **hotline** ...You have a problem that can't be answered by a board member or other elite dunger? Write a letter to **Buffy** via **Dave Creek** ... See page 2 for phone numbers.

The Buffalo Enquirer
#149 Spring 2000
The Buffalo Enquirer is the official newsletter of The Buffalo Chips Running Club of Sacramento.

Everyone is welcome to contribute to the newsletter **The deadline for the next issue is June 12th.**

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PACIFIC ASSOCIATION/USATF NEWS

WWW.PAUSATF.ORG

by Cynci Calvin, Chips PA/USATF Liaison
Got Questions? ccrun@psyber.com
530/888-8158
Buffalo Chips are PA/USATF Club # 104

On the roads...

Thanks to the Chip Board's approval of a team running incentive program and perhaps to Tuesday night workout tirades, PA/USATF card-carrying Chip participation in PA Road Grand Prix events is on the rise! We've fielded complete teams in most divisions in all the races to date. Our Chip masters women's team is the star, with outright wins at Cal 10 and the Millenathon Half Marathon. The Chip women's over-50 teams, led by super-stars Mym Rhodes, Barbara Miller and Dee Dee Grafius have been competitive too. We'd love to have more of you 39 & under runners fill out some teams. There are plenty of events left in the season (see calendar on page 26). Please contact me if you have any interest in joining the fun.

On the long & winding trails...

The 1999-2000 PA Ultra Grand Prix started with the Skyline 50K on August 1, 1999, and it will end with the Western States 100-Miler the end of June. Following Jed Smith, the Chips women's team ranked second overall, the men ranked fifth, and the mixed teams ranked sixth. Overall point scores show Chips in third place! With the AR50 tallies not yet in, and Western States still to go, the ultra herd has time to rise even higher in the final standings. Meanwhile the PA Ultra Co-Chairs and Ultra Reps are hard at work to devise a schedule for the 2000-2001 Grand Prix. It will be announced in late May.

Another item for PA/USATF Ultra folks: a travel fund of $500 each for a qualified male and female was made available to send them to the national 100K Championship in Pittsburgh last March. Chip Jen Devine was the #1 choice for the woman, but unfortunately an injury prevented her from going.

Then there's that dust and mud thing...

It's short (3 to 4 miles), it's tough, it's a blast, and it's called Cross Country! The season opener is scheduled for Golden Gate Park on September 9, so summer is the time to get your teams together. These events count toward the Chip jacket, so mark you calendar and contact Carol Parise (open women), Cary Craig (masters women), Rich Govi (men).

PAUSATF 2000 Cross Country Grand Prix Schedule

9/9	Golden Gate Park Opener
9/16	Sierra College Open
9/23	UC Davis Aggie Invite Collegiate Event
9/30	Empire Open
10/7	Hoys Excelsior Open
10/21	Crystal Springs Open
10/28	Shoreline Open
11/4	Tamalpa Challenge
11/18	PA/USATF XC Champs

Ya gotta love those kids...

FACT: there are more youth involved in PA/USATF activities than adults! It's a goal of the Pacific Association to provide these kids with as much assistance as possible in both track & field and cross country, because they are our future and because there are fantastic life-long rewards to be gained from learning to participate in running sports at an early age. Our Jr. Chips are a great example of the kind of talent that's out there and they are participating in the PA/USATF meets with awesome results. Be sure to read about them on page 14.

Sign up NOW! online at www.PAUSATF.ORG or ask Cynci to send you a form.

ROAD RUNNER'S CLUB OF AMERICA NEWS

The RRCA Northern California State Representative has been found. This position has been vacant since I was elected as the Western Region Director last June. Gordon Wilkinson, vice-president of the Merced Track Club, has accepted the position. Gordon is a Fire Captain of the Livingston Fire District, a long time race director, and he has been an avid RRCA supporter in the valley area. Now he will be responsible for 21 RRCA clubs from Fresno to Eureka, including the Buffalo Chips.

Ever since the Chips joined the RRCA in 1990, a Chip has been the State Rep. The first one was former High Dunger, Jeff Hollister, then Laura Kulsik and, for the past four years, me. California has more RRCA running clubs than the rest of the nation: 67 and growing. That is why we have three State Reps: southern California, the San Francisco Bay area and the east and north area of our state (Gordon's responsibilities).

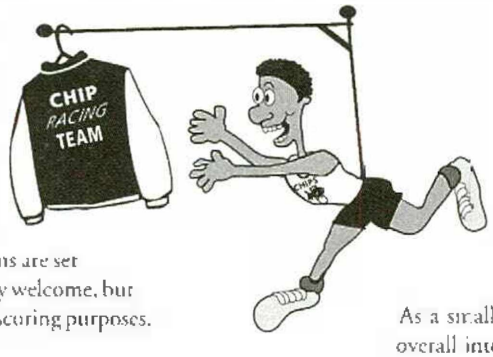
In May I will be attending the RRCA Convention in Peachtree City, Georgia. In February I attended the National Board Meeting there. Peachtree City is a small city, 20 miles south of Atlanta, with a convention center, 70 miles of running trails under towering pines, lakes, and a wonderful place for runners to gather and network. I know Georgia is a long way but we have to share with the other areas of the country from east to West. In May of 2001, the convention will be held in Albuquerque New Mexico, so I expect more Westerners will attend that convention.

In the past three years, I have visited Colorado Springs, Peoria Illinois and Spokane Washington for the conventions. Ask anyone who has ever attended a RRCA convention and they will tell you about the electricity and enthusiasm that is generated by a large group of runners getting together. We find out how different we are but because of running, we are the same. We come to meet, run and learn. Join us!

Po Adams
Buffalo Chips Liaison
Western Region Director, RRCA

from Cynci Calvin

CHIP TEAM INCENTIVE PROGRAM



Last January, the Chip Board passed a proposal to provide Chip members an incentive to compete in team events in order to promote Chip camaraderie and visibility. A flyer explaining the program was inserted in the last *Buffalo Enquirer*, but here is an encapsulated version for those of you who missed it. First, I want to re-emphasize: THIS IS NOT A PROGRAM FOR ELITE RUNNERS! Most team competitions are set up in age divisions, so all levels of ability are not only welcome, but often essential, in order to have complete teams for scoring purposes. Read on and come join the fun!

The incentive: A team jacket will be presented to each Chip who can prove he/she has participated in any combination of eight road, XC or ultra team events, or in five ultra team events, beginning 1/1/2000 and ending 12/31/2000.

The Rules

1) The events that qualify for this program include the Pacific Association's Road, Cross Country or Ultra Grand Prix events, as well as other official team events like relay events within marathons or ultras, or long distance relays like Hood to Coast or "The Relay." The team events must have a separate award category for the event, and Chips must be officially entered as a team.

2) Chip Team Members criteria:

a) Each member must be a Pacific Association/USATF member.

b) The team must be composed exclusively of Buffalo Chip members in good standing.

c) Identifiable Chip attire must be worn during the event.

d) If a team name is used it must refer to the Buffalo Chips RC.

e) The team need not win an award for the individuals to list their participation as one of his/her eight "jacket qualifying" events.

f) The individual need not have one of the top times on his/her team.

h) If the participating Chip does not have a complete team, but is officially entered on a Chip team in the event, the event will count toward the jacket.

g) The team member must finish the race. DNF's will not count.

As a small incentive to encourage participation and to stir up overall interest in the program, a point system has been established. The top 5 in the open & masters men divisions, top 5 in the women's open division, and top 3 in all other age divisions, will receive points according to their finish in relationship to other Chips (5,4,3,2,1 and 3,2,1 points respectively). These points will be posted on the website, published in *The Buffalo Enquirer*, and will help to determine year-end awards.

If you would like additional information, contact Cynci Calvin or the appropriate age division Chip Team Captain listed below:

Open Men (16-39): still needed
Open Women (14-39): still needed
Masters Women (40-49): Chris Iwahashi
Senior and Over Women (50 & over): Cynci Calvin (ccrun@psyber.com)
Masters Men (40-49): Rich Govi (916-974-7250)
George Parrott (geo241@saclink.csus.edu)
Senior Men (50-59): Greg Jewett (gcjewett@jps.net)
Super Senior Men (60-69): Dave Ragsdale (rgriffin1@aol.com)
Veterar men (70 & over): still needed

Chip Team Incentive Program Update

Below is a list of Chips who have participated to date (4/2/00) in the Team Incentive Program. It shows the Chip age division points accumulated (as described above). In parentheses are the total events for the Chip team jacket that each individual has participated in. The list includes Cal 10, the Millenathon Half Marathon, the Jed Smith 50K, 50-Plus 8K, Houlihan's to Houlihan's, and AR 50. Leading in participation is **Lee Rhodes**, with a grand total of five events. **Myra Rhodes**, **Howard Price**, **George Parrott**, **Dennis Scott**, and **Po Adams** are half-way to their jackets with a total of four events each.

Pts. Name (total # of events)

Open Men (16-39)
10 Bob Rowden (3)
5 Eric Yadao (1)
5 Hanna Rich (1)
4 Thurston Doug (1)
4 Scott Romine (1)
3 Dennis Prizmich (1)

Masters Men (40-49)
7 Rich Govi (2)
5 Herb Tanzer (1)
5 Dennis Rinde (1)
5 Jeff Hildebrandt (1)
6 Don Fencik (2)
5 Dan Cox (2)
4 Rae Clark (1)
4 Monty Schacht (3)
4 Tom Johnson (1)
4 Jerry Bloom (2)
4 S. Wengronowitz, S (3)
3 Ken Cox (1)
3 Bruce Aldrich (2)
2 Hank Beal (1)
2 Steve Hall (1)
2 Fred Kaiser (2)
2 Roger Dike (1)
2 Steve Poss (2)
1 Bill Mumma (1)
Jeff Coe (1)
Mario Sanchez (1)
Peter Zinsli (2)

Senior Men (50-59)
6 Greg Jewett (2)
6 Ernest Takahashi (3)
5 Eric Ianacone (2)
3 Brendan O'Neill (1)
3 Dennis Scott (4)
3 Howard Price (4)
3 Arnold Utterback (2)
2 Dan Martin (1)
2 Eric Ianacone (1)
1 Gary Lotspeich (1)
1 Ron Peck (3)
1 Joe Holmberg (1)
Joel Contreras (2)
George Parrott (4)
Bob Rinker (1)
Mike Mckee (1)
Tom Kuzmich (1)
Ron Adams (1)

Super Senior Men (60-69)
12 Lee Rhodes (5)
4 Dave Creek (2)
3 Joe McCladdie (2)
3 Abe Underwood (1)
3 Marvin Johnson (1)
2 Paul Mitchell (1)
1 Mike Grassinger (3)
1 Roger Fong (1)

Veteran Men (70 & O)
3 George Billingsley (1)
3 George Black (1)

Open Women (14-39)
10 Mary Coordt (2)
7 Amy Brasil (2)
7 Esther Morris (2
5 Julie Dittman (1)
5 Laura Kulsik (1)
5 Jennifer Devine (1)
4 Amy Grafius (1)

Masters Women (40-49)
6 Theresa McCourt (3)
4 Connie Rowden (2)
3 Jennifer Kalfsbeek (1)
3 Tina Beal (1)
3 Christine Iwahashi (3)
1 Cary Craig (2)
1 Mo Bartley (1)
Lilian Shek (1)

Senior Women (50-59)
6 Gratius Dee Dee (2)
5 Cynci Calvin (2)
5 Elia, Barbara (2)
3 Gail Gutterman (1)
2 Judy Shipman (1)
1 Linda Prizmich (1)
1 Lucinda Fisher (1)
Barbara Rinker (1)

Super Senior Women (60-69)
6 Barbara Miller (2)
5 Myra Rhodes (4)
3 Carol Mikkelson (3)
1 Florence Fong (1)

Veteran Women (70 & Over)
11 Po Adams (4)
3 Peggy Ewing (1)

MARY COORDT AT THE OLYMPIC TRIALS

continued from Front Page

Then, they described the BUBBLE. Why didn't anyone warn me about the Bubble! I learned that the zone beginning with the lead runner and extending to the last runner is defined as the Bubble, and there is a van that will be at the end of the bubble, at the three-hour mark. If you are at the end of the Bubble, the van may sweep you up if you are not holding a three-hour pace. What? Are they kidding? Suddenly my stomach tightened and I saw my envisioned fun marathon being carried away by the Bubble. First the blue paint brush got lost as someone tried to paint the flat course, then the weather is forecasted to reach mid to upper 70's, and now the three-hour Bubble! Do they NOT want three Americans at Sydney? And what about us "happy-to-be-here" runners? OK, do not panic. I will just have to redefine fun. Visual techniques are always helpful for good athletic performance, so I see myself running from the Pillsbury Dough Boy (i.e., the Bubble). He will be too big and tired to make it up the two mile hill at mile 21, not to mention the 90 foot climb at mile 25...yeah, this can be fun.



Mary with her new friends photo by Dave Michel

Race morning. Since the start is just outside the hotel door, most runners stay in their room until the last 20 minutes to relax and use their own bathroom. I get restless at 8:15 am and went downstairs. Many runners pace back and forth in the lobby, others sit in corners trying to get focused. After a few minutes I am relieved to find my friends, Sharon Servidio (from Virginia) and Cathy Pearce (from New Mexico), who also don't not know what to do to kill time. There is no reason to warm up; it is already 65 degrees outside. (Joan had been unsuccessful at moving the start time from 9 a.m. to 7 a.m.) and, with only 170 runners, there is not even the usual hour needed to stand in line for the porta potties.

We walk to the starting line and manage to get a group of 6-7 runners who are also apprehensive that they may start too fast but, at the same time, do not want to be caught by the Bubble! So we agree to start at a 6:30 pace. The gun goes off! Hundreds of people have gathered to watch the start and their cheering gives me chills as we run by. It is so much more emotional than I expected.

The first mile is 6:40—we actually manage to start conservatively! The next nine miles seem unusually long, but I am pleased that I am running with a group. Although I am maintaining the pace, my stride does not feel comfortable and the warm temperature already seems to be draining me of energy. At this moment I realize that this is going to be the toughest marathon ever. I stop taking splits but do not fear the Bubble, as many runners already have fallen off the pace. At the halfway point the clock just turns 1:25. I think about how I felt the last time I noted 1:25 at the half way point. It was at Grandma's Marathon in June, when I qualified for the Trials. Every second was so crucial at that marathon, so much pressure to hit each mile marker at the exact time. Suddenly, a sense of calmness comes over me, because I do not feel that type of stress and I realize that this 1:25 half means that only 13.1 miles remain and the Olympic Trial Marathon will be over. Suddenly, I know I must appreciate every moment no matter how difficult. It has to be fun!

Reaching Fort Jackson at mile 15 is just what I need to start having fun again. The crowd's cheering and yelling invigorates all of the runners during a point in the marathon when most of us forget why we are doing this in the first place. It is like getting a shot of adrenaline.

The 18-mile marker is the point I usually depend on the bag of tricks. I think every marathoner has some type of bag with positive reinforcement games to use during those most agonizing miles. At this point I use these mental games to convince myself that running eight miles is no big task, and I usually attempt to pick up the pace and pass as many runners as possible. Not this time! I know, at the half marathon marker, that this is not a course to do negative splits. (A 1:25 half doesn't even guarantee a sub-three-hour marathon!) I do pass many runners, but not because I am picking up the pace. Some of these women had bigger time goals than I had, but suffer from the heat and challenging course. I do not enjoy passing them; it saddens me. I try to give words of encouragement, hoping they will stay with me. Their eyes want to, but most just shouted back, "You GO!" I have the highest respect for these runners because they haven taken a risk to go after their dream and give it everything they have. They have courage! I feel like I have taken the timid route.

At the 20-mile marker I am running alone. I am hot, dehydrated (later I learn it is 86 degrees), my feet are throbbing, my legs feel clumsy and my left calf is screaming at me to stop. I have to resort to my bag of tricks, which is almost empty and I need to salvage at least one for the most difficult hills ahead. Then I see a few runners ahead of me. This gives me motivation; maybe we can conquer the last six miles together. I am going to have fun! Although I eventually pass these few exhausted women at mile 21, I am surprised to see my family cheering for me! Their support astonishes me. The cost and time they sacrificed to travel to Columbia warms my heart. Making it even more special is the fact that this is the first time my Mom has ever seen me run. Their love fills my heart and refreshes my goal to have fun and finish strong. These thoughts carry me up the two-mile hill, while others are not so lucky and have to walk or limp to the finish.

At mile 23, the kids from Burton Pack School line the streets and cheer—now that is touching! Their little faces gave me new spunk to my stride as I think about them sharing my dream. I only hope they will live out their dreams someday; they face so many more challenges in life than I face here today, or ever. The final hill ahead of me is no longer significant. Realizing the Trials will soon be over, I want to remember every last laborious step. I see the crowds gathered tightly on both sides of the blue line as I catch up to another runner. I smile as she decides to come with me, then even surges ahead of me as we are sandwiched between people yelling for us.

This is it! This is the Olympic Trials! Another person screams "Mary, wake up! And pass these women!" I guess I have a dazed look on my face, because I am realizing that this dream is about to end, and how appropriate it is for them to tell me to wake up. I increase my stride to cross the finish line next to the woman, Nancy. Nancy and I, along with others, congratulate each other, then I find my family to enjoy the final moments of the dream. When they ask me, "How was it?" I respond, "Fun!" In the most painful and joyful way possible, because it is my Olympics.



Dave, Mary and Mom celebrating photo by Dave Michel

[*Mary had a stunning time of 2:51:54* - Editor]

TRAiL MiX

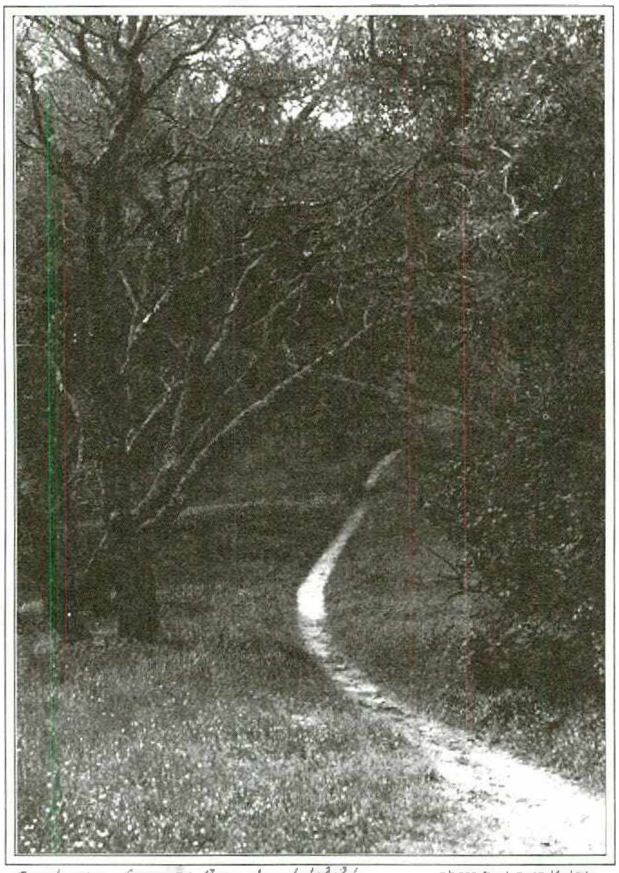
Short races on the trails...

You needn't be an ultrarunner to enjoy racing off the roads.

by Laura Kulsik

NORTHERN CALIFORNIA HAS A RICH TRADITION of ultraracing done on the trails. And why not? With miles and miles of startlingly beautiful trails who would want to run extremely long distances on a track or paved surface?

Many road runners have not ventured onto the unbeaten path believing that the trails are meant to be explored only if one is to run a really, really long way. And others are simply too afraid they will have a "Blair Witch" experience—getting lost out in the woods for a very long time. But with our local, well-organized trail races, you won't need a Global Positioning System to guide your way. The courses are well-marked with ribbon and there are sweeps out there looking for you if you are not checked in at the various aid stations. Ah, the aid stations! Another reason to race on trails. Even the short events have mini Western States-style buffets. It is important to refuel and hydrate even during the short distance stuff because what may take you nine minutes to run on the roads could very well turn into 14 minutes on the trails. And contrary to popular belief, Northern California now has a handful of short trail races to choose from aside from Enviro-Sport Adventurums in and around the Bay Area. Below I have listed some local short trail events you may want to check out. Welcome trails into your life in 2000!



Trail near Granite Bay, April 1995 photo by Laura Kulsik

Some Short (non-ultra distance) Northern California Trail Races

The Lake Chabot Trail Challenge is the product of the Golden Bay Runners of Castro Valley. This half marathon, held on the fourth Sunday in May, is run on hilly fire roads—ess than three miles are paved—through manzanita, eucalyptus forests and fern grottos. It starts at the Lake Chabot Marina and traverses much of the same scenic and hilly territory your ultra counterparts experience in the GBR's longer version of this event, the Skyline 50K held in August. Lake Chabot, which also has a 5K option, is the largest trail half marathon in the state attracting close to 300 runners. The GBR always put on a great race complete with superb aid stations, a spectacular post-race food-for-all, big raffle, and loaded goody bag. I highly recommend this event.

Formerly known as the Dam Run, the **Best Run by a Dam Site 50K Relay** is slated for Saturday, June 10th. The relay, now in its third year, is one 15.5 mile loop - a little more than one mile of it is on asphalt - that starts at the Auburn Dam Overlook, where the American River 50-Miler ends, and goes out to the town of Cool, where the Way to Cool 50K starts, and back to the Overlook via the Colfer Dam and flume trail. There is also a Dam 50K for those who want to do both loops solo. The Dam Relay is low-key and except for two steep climbs and descents, not terribly difficult running.

The Run on the Sly 30K is usually run on the Sunday before Labor Day. It is held in conjunction with a 50K, a 50 miler, and a seven mile walk. The 30K, with 130 finishers, is by far, the most popular of the three ROTS runs. The smell of incense cedar and the pines are great but it can get very hot out there and beware of the meat bees! A festive atmosphere, complete with music, and a very generous barbecue will greet you at the finish. And don't forget to try the barbecued zucchini. It's well worth running 18.6 miles for! Bring your lawn chair, kick back and cheer on your fellow runners in the longer events as they come across the finish line.

The Empire Mine Gold Rush 8K is put on by our sister club, the Sierra Trailblazers of Grass Valley. This trail run which attracted 62 runners in '99 is held on the first Sunday in October, and is held in conjunction with a three-mile walk your less athletic friends and family may want to enjoy. Later, shop and explore the foothills which are usually vibrant with color this time of year. This is an excellent choice for a trail newbie.

Last year's inaugural running of the **Chanoko 5K & 20K** trail events boasted a very impressive turn out; 41 ran the 5K and 120 completed the 20K. Run on the Sierra Express Trail near Folsom Lake in the American River Canyon, this year's event is scheduled for the third Sunday in October—a week before the SNER listed below.

The Rio del Lago Double Marathon Relay is the new name for the Sierra Nevada Endurance Relay. The September 16th event, in conjunction with the Rio del Lago double marathon and inaugural 100 miler is a 26.2 mile course that starts in Granite Bay and runs up to No Hands Bridge in Auburn. The relay people hand off there and join the solo round trippers back down to Granite Bay. Find a partner and decide who runs the uphill and who gets the down. The second running of the relay in '99 attracted 16 teams pretty much evenly split between the three categories: male/male, female/female, and coed. I recommend the relay for those who would otherwise be doing an overdistance training run in preparation for CIM. At the finish there are real showers to use in the junior high school locker rooms and a nice barbecue.

In my next *Trail Mix* column I will list some short and sweet out-of-state trail events you may want to consider during your travels across the country. Information on all the runs listed above can be found on Ed Reilly's Sacramento Running website at: www.jps.net/runinfo.

by Mimi Veiga

Which is which? What do you call your walking?

At a recent Chips event, as a couple of us neared the finish line, I heard someone call out, "Here come the powerwalkers!" Race walker that I am, I took no offense, but realized that many people outside the race walk world don't know what to call the walk we walk. Following is a comparison of three types of walking. I hope after reading through it, just what race walking is will become clearer. Of course, an up-close look at the sport would do it more justice than any chart could, so I invite all of you to attend the Women's 20K Olympic Race Walk trials on Sunday, July 16th at 8:00 a.m. at CSUS or the Men's 20K Olympic Race Walk Trials on Saturday, July 22nd at 8:00 a.m. also at CSUS. Watching elite race walkers walk the walk leaves no doubt about just how race walking is done.

Type of Walking:	RACE WALKING	POWER WALKING	FITNESS WALKING
Olympic Sport?	Yes, since 1908 (87 years). Women's distance : 20K Men's distances: 20K & 50K.	No.	No.
General Technique	Uses Olympic race walk form—one foot must be in contact with ground at all times; straight knee required.	Walking very fast in order to maintain cardiovascular health and burn calories.	"Regular" walking at a brisk pace.
arm swing:	Arms held at 90° angle.	May use hand weights to increase workout intensity.	Arms swing naturally at sides.
foot movement:	Feet fall directly one in front of the other along an imaginary center line.	Feet fall on either side of an imaginary center line.	Feet fall on either side of an imaginary center line.
knees:	Supporting leg must be straight at the knee from moment of foot contact with ground until leg passes under the body.	No requirements for knees; bent knees OK.	No requirements for knees; bent knees OK.
hips	Hips rotate front to back to create efficient stride length & forward propulsion.	Hips swing naturally.	Hips swing naturally.
Aerobic Benefits?	Yes.	Yes, at brisk pace.	Yes, at brisk pace.
Judged Event?	Yes—judges certified by USAT&F.	No.	No.
Participants compete in walking/running events?	Yes—usually judged events on a track, but also road races for runners/walkers.	May compete in walking divisions of running road races.	May compete in walking divisions of running road races
Reasons for choosing this type of walking over others	Eenjoy challenges of learning race walk technique; may or may not compete in judged events.	Improvemen of health and fitness, faster pace.	Improvemen of health and fitness, faster pace.

Chips Race Walk Update

The Race Walk group continues to meet on Saturday mornings at 8:00 a.m. at Cobblestone Restaurant on University Ave. They walk over the bridge to CSUS track for a speed workout and instruction in race walk technique. Email Susan Smith (sksmith@ns.net) or check the Chips website for any changes in the workout or to be added to the race walk email list.

On Feb. 13th, 2000, 4 Chips racewalkers served as volunteers at the Men's 50K Olympic Race Walk Trials at Sac State. Susan Smith, Sharon Norris, Ann Gerhardt and Mimi Veiga braved the monsoon rains and hurricane force winds to act as course marshalls, non-scoring judges and aid station volunteers. All agree that the weather conditions were abominable, but the opportunity to watch Olympic caliber athletes compete was amazing and worth all of the five hours spent in the wind and rain. (Word has it, though, that the resourceful Sharon Norris moved her car to her end of the course, ran the heater, allowed other course officials to warm up in her car, and even ordered pizza with her cell phone and had it delivered to her car! Necessity is the mother of invention!...). Curt Clausen was the eventual winner of the race and will be joined by the 2nd and 3rd place finishers on the U.S. Men's 50K Race Walk team. Several of the Chips Race Walk members will also brave what will probably be Sacramento Valley heat to act as volunteers in July for the Women's 20K and Men's 20K trials at Sac State.



US Olympic Men's 50K Race Walk 2/13/00. The lead pack worked together to break the wind for miles.

photos from Mimi Veiga

Olympic Race Walk trials at Sac State:

Women's 20K
Sunday, July 16th

Men's 20K
Saturday, July 22nd





Ann Gerhardt, non-scoring judge and Susan Smith, aid station



Mimi Veiga - Course Marshall/Abominable Rain Monster

the 8th wave

by Cynci Calvin

Dave Creek agreed to accompany me to the PA/USATF Long Distance Runner's meeting after Houlihan's, which precluded us from taking the Chip bus. So we drove down together, arrriving at Ghiradelli Square early (at 6:30 a.m.). I suggested doing a long run (running to the start, then racing back), but wimp Dave said "No!" So we rested, used the portapotties and, when we noticed a bus line that looked longer than a 2-a.m. Mardi Gras conga line (4-blocks), we decided (at 7:15) to queue up.

The line didn't move. Then there were calls for all the first wave entrants to load, followed by calls for all the second wave entrants to load. At 8:00 a.m., fearful of missing the third wave start and our team effort, I asked an RBLO (Rhodyco bus line offical) if we could get on a bus right away. I was told "Due to a problem with the buses, all the waves will be starting late; not to worry, your time will count." At 8:45 (!!) we boarded our bus and were carried off to our little part in a history-making Houlihan's.

As we passed the Presido, Dave and I watched Houlihan's first wavers speeding toward the Marina, and on the bridge we watch a packed crowd of second-wavers chugging along. As the bus approached the north end of the bridge, Dave and I could see the third wave crowd leaving the start line and all our hopes to augment a Chips team were dashed. "They didn't hold the third wave for us" we cried, "We're bummed—Big Time!"

The bus unloaded its downcast runners, and we plodded to the starting area where we heard an announcer on a loud speaker in a deep, Twilight Zone voice calling "Welcome to the Fooouuurrrrrthhh Wwwaavvvve!" This guy, who must have been making annoucements since 6:30 a.m., was fired up. He assured us that we would have an accurate finish time, explained that due to problems with the buses the management opted for a fourth wave, and he encouraged us to be proud to be part of this history-making experience. I'm sure glad he wasn't selling tidewater real estate in Florida—I would have bought it! He had us and the next three or four bus loads of entrants laughing and jiving as we did goofy pre-race warm-ups and welcomed each incoming bus load to "the Fooouuurrrrrthhh Wwwaavvvve!" Just before our historic start, Dave Rhody himself apologized to all for the inconvenience. Then, in the least congested start I have ever made in my 10 or so years of running Houlihan's to Houlihan's, Dave and I took off laughing.

Houlihan's To Who? lihan's

by Liz Zelandis

How many Chips does it take to run a 12K? At 5:30 a.m. Sunday, March 26 a busfull of them left Sacramento for the starting line of the 17th annual Houlihan's to Houlihan's Pacific Association USA Track and Field 12K Championship. In addition to the "officia," Chips bus, enough other Chips made their way to the race in other—and certainly less fun—modes of transportation to make up another BOCE. (That's Busfull of Chips Equivalent). That's a lotta Chips.

Undoubtedly one of the most beautiful 12K courses in the world, the race begins a few miles from the Sausalito Houlihan's, ascends across the Golden Gate Bridge, and finishes near Houlihan's on Fisherman's Wharf. Shortly before the race commenced, the announcer revealed that, ironically, the latter Houlie's is now closed—oops—the only impact of which seemed to be the reduction by one of after-race eating establishments.

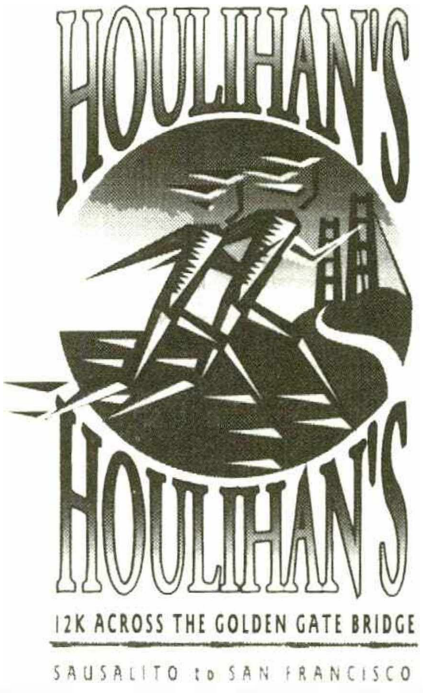
The weather was perfect. Bright sun. Slight breeze. Cool temp. No fog. The race was to have three waves, starting at 8:00, 8:15, and 8:30. Oops again. Bus trouble. (See sidebar.) It was rumored that some bus driver, a seeing eye dog no doubt nestled at her feet, may have known the way to San Jose but was not competent to find the way to Sausalito in a timely fashion and slowed down an entire procession of buses. A fourth wave was later ad-libbed and slotted for 9:10, and eventually sashayed its way off the blocks at 9:20.

Myra Rhodes set an American best time for 67-year-old women

The course started with a sweet downgrade that could lull one into dull-witted but happy complacency. On a perfect day in Marin County, who couldn't believe in 7.5 miles of gentle downhill running? The illusion was quickly dispelled as the Golden Gate came into view, complete with an uphill trek that should have required sherpas and oxygen. The rest of the course was merely challenging, with breathtaking views that displayed Mother Nature at her most extravagant.

Myra Rhodes, always an inspiration, was our Dung of the Day when she set an American best time for 67-year-old women at 1:01:31. (The mark is considered a single age "best," not a record, since the Houlihan's course does not fall within USATF's record quality standards.) What a thrill to ride home with a medal—even if it was on the other side of the bus. Though Myra was our stand-out Chip, a two-BOCE means that our entire club kicked booty with such an awesome turn-out. The team statistics are not complete at this writing; please recheck with Cynci Calvin for team tallies.

And the race winners? (Frankly, do we really care if it's anyone whose Chips dues aren't paid in full?)



For those stats fans, let it be known that Chris Schille of Santa Clara was the first to break the tape at 37:19, while Rosa Gutierrez of San Jose led the women with a time of 43:18-only a month after placing 16th at the U.S. Women's Olympic Marathon Trials. This was a record-setting fourth win in this race for both Schille and Gutierrez. Space is not adequate to enumerate the other winners here. However, a comprehensive list would name each of the 3,367 finishers as true winners, who overcame the challenge of hills and a defunct race namesake for the glory of personal accomplishment. And free beer.

Chips Shine at Carlsbad!!!

by Cynci Calvin

On March 26 at the Carlsbad 5000, perhaps the premier 5K event in the country, Chip Barbara Miller continued to rewrite the women's age 60 records. She set yet another U.S. a national single age masters record with a time of 20:24.

In the Masters Women's Divisional Results, trackster/all-around speedster Chip Dee Dee Grafius smoked the 50-54 competition with a 19:14. That's a 6:11-pace and she beat her closest rival by 1:32. *Congratulations, speedy Chipettes!*

Fifty-Plus 8-K Road Race

by Mark Winitz

About 500 participants completed the 17th Annual Fifty-Plus Fitness Association 8-Kilometer Road Race and 5-Kilometer Walk at Stanford University on March 19th. Mike Dove, 53, of Salinas won the men's 8K race in a time of 27 minutes and 30 seconds. Deedee Grafius, 50, of Modesto, topped the women in 31:40. The race, held under sunny and mild conditions, served as the age 50 and above 8-Kilometer Championship for the Pacific Association of USA Track and Field.

This race is historically one of the world's finest examples of senior fitness for the 50-and-over age group population. This year was no exception as three women set new U.S. records for their ages. Barbara Miller, 60, of Modesto who placed third female in 33:22, broke her own U.S. standard for women age 60-64 which she set last January. Former Fifty-Plus race champion and course record holder Shirley Matson (Larkspur, CA) placed second among women while setting a new U.S. single-age record (32:26) for 59-year-old women. Sixty-four year old Vicki Bigelow (San Lorenzo, CA) also set a new U.S. women's single age record of 37:10.

Age Group Winners

Men			
50-54	Michael Dove	53	27:30
55-59	Jim Gibbons	55	29:16
60-64	Neal Chappell	60	30:49
65-69	Tom Guldman	67	33:53
70-74	Richard Laine	70	39:08
75-79	Lou Fields	77	44:56
80-84	Tony Marshall	83	1:05:29
85-89	Ralph Jago	89	1:06:47
Women			
50-54	DeeDee Grafius	50	31:40
55-59	Shirley Matson	59	32:26
60-64	Barbara Miller	60	33:22
65-69	Myra Rhodes	67	39:15
70-74	Joy Johnson	73	46:58
75-79	Po Adams	75	58:21
80-84	Helen Kuziara	80	59:46

Dove, who recorded his third consecutive men's win here since turning 50, was followed by Jim Gorman (27:41, Palo Alto, CA), who also placed second last year. Greg Jewett (28:37, Loomis, CA) was third. This year's oldest 8K finisher was Ralph Jago, 89, who finished the approximately 5-mile race in 1:06:47, or 13:27 per mile pace. The 5K race walk winners were Shoja Torabian, 51, of Larkspur in 25:20 and Shirley Docksrader, 67, of Mill Valley, CA in 31:13.

During the weekend's festivities, Ben Parks, longtime coach at nearby Woodside (CA) High School, was awarded the Annual Emil Zatopek Award by the Fifty-Plus Fitness Association for his outstanding contributions to the sport and senior fitness. Former recipients of the award include New York City Marathon founder Fred Lebow, sprinter and former Stanford track coach Payton Jordan, Paul Spangler who set age group running records into his 90s, running writer Joe Henderson, and legendary Czech runner Zatopek. Miriam Nelson Ph.D., of Tufts University, author of Strong Women, Strong Bones was the keynote speaker at the association's annual pre-race banquet.

LA Marathon — 23,000 Brave Rain & Pain

by Norm Haines

The rain came down in torrents in L.A. on Sunday March 5th, but it did not extinguish the spirits of the 23,000 runners who were there for the 15th Annual L.A. Marathon. The start and finish of the marathon was the wettest L.A. Marathon on record. L.A. received slightly more than 1.75 inches of rain during the race. The water came down in sheets, and because of the cold you stiffened up. The temperature at the start line was 48 degrees (without counting the wind chill factor).

After the starting gun fired, the drenched field headed south on Figueroa Street. The back of the pack took 20 minutes to pass the starting line which was about 7 minutes longer than usual.

Most runners had slower times due to the poor conditions, including Chippers Po Adams , Chris Apodaca , Ruth Carter and Norm Haines . Running in a hard rain for up to 6 hours is no fun and after a short while become real work. In the end a fine time was had by all and hopefully we won't have to run in those conditions (in L.A.) again.



photo from Po Adams

Norm Haines & Po Adams before the LA Marathon

Equinox! The Equinox Marathon & Relay

By Po Adams

I met Steve Bainbridge, the RRCA Alaska State Rep in Spokane at the RRCA Convention, in May. Steve mentioned he was the RD of the Equinox Marathon held in September, and later we corresponded by e-mail about this Alaskan race. I also checked out the Running Club North's web pages to learn about their upcoming 37th annual marathon. I have always wanted to go to Alaska, and I thought that maybe this far off RRCA club would be a learning experience. Then Steve invited me and I flew off to Fairbanks two days before the race.

Equinox was an experience, an adventure, and fun. I was to fly over 2,000 miles to celebrate the change of seasons in Alaska. Sacramento was a hot 90 degrees, Seattle, overcast and Anchorage, cloudy. Another 500 miles, Fairbanks, and I was looking down at an awesome golden world. Not golden rocks or soil, but the golden leaves of the white birch and the quivering aspens. Not a touch of crimson anywhere.

Steve met me at the airport and introduced me to RCN member, Monte Jordan. Monte had agreeably offered her computer-sewing room as my temporary home. The next day, after a sound sleep, Steve picked me up at Monte's house. I followed him everywhere; to help when possible, eat good food at the Cookie Jar and the Pump House and meet club members. Steve Bainbridge is a very organized person, and everything was falling in to place, almost. You know how it is. As busy as he was with details, Steve drove the road area of the race course to acquaint me with the rigorous climb to Ester Dome. However, the leaf covered wood trails would remain a mystery until the following morning. That evening, I helped fill goody bags with his club members for the bib pickup and the pasta party at the Pump House. A light rain was worrisome, but it was guaranteed the temperature would keep marathoners happy. We would see.

Saturday, September 18, 1999, brought a gorgeous sunrise and temperatures in the 40's. Groups of runners warmed up in the University of Fairbanks gym, awaiting the start. Promptly at eight, Steve fired the gun and joined the 400 marathoners, relay runners and hikers. We moved across a grassy field, heading for the challenging climb up the university sledding hill. Immediately we found variety: steep hills and sharp descents, dirt paths and country roads. Moving into the woods, runners ran Indian file, passing with permission. These narrow ski trails made you feel you were in a tunnel of gold,

continued on next page

continued from previous page

below, around and above you. The woods were so thick, the sky was not visible and leaf covered roots were easy trippers for those unused to the terrain..

Coming out of the woods, around the 8 miles, we crossed railroad tracks, where we were told, the train will never stop.. So watch out. Then begun the gradual road climb to the steeper ascent of Ester Dome. Here I met Joe, 38, and walking. Joe has been doing the Equinox since he eleven. He was tall and lanky, and I had to match his long steps, two for one, to keep a conversation.. Joe hikes Equinox. "Hikers" have always participated in the race. If you finish the course within 10 hours, running or hiking, you receive the coveted Equinox Patch. And that was what Joe wanted. Once again we found ourselves in the woods, however, on an ancient impossibly graded road. I finally passed Joe and I struggled on to the dome.

Ester Dome is the temporary home of the marathon's one porta-potty. The absence of trees persuaded Steve to let modesty prevail. Locals drive up to the Dome to view the marathon, the relay and the scenery.. This area is usually windy, but not this day.. Attaining the Dome, I ran the sharp up and downs toward the turn-around. Runners returning, greeted you and hugs were passed around with my new friends. I finally reached the turn-around table, slapped it and said aloud. "Po was here!" Now, the reverse, and back to Ester Dome and mile 17. The return to the finish is unlike the early half of our run. You go down the "Chute." Imagine a three quarter mile stair without steps, but lots of roots, rocks and an occasional log to slow your descent. At the bottom, I found a beautiful wooded trail with a gentle down grade.. Just had to take photos, it was so beautiful.

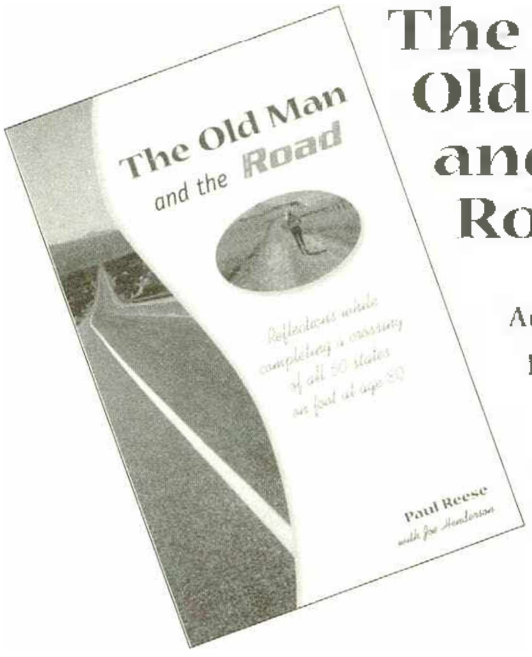
At mile 20, I came out of the deep woods onto a country road where I joined a 10 year old girl. The oldest and the youngest, together, running the Equinox.. This road was rolling with an occasional walk in the woods and other runners became visible as we moved closer to the university. At mile 25 there was an insulting last hill, but then a run downhill to the same field we left in the morning. I had finished and did not disappoint Steve.

The day was not over. That evening at 7:30, the Awards Dessert Banquet was held at the university with all kinds of wonderful sweets, pies and cakes to devour. As we arrived, we were handed a 1/4 inch Results Book. Complete results of all finishers, and in three hours after the 4PM finish. I was a special guest, as the RRCA Western Director, and Steve Bainbridge presented the awards. Steve gave me a Certificate of Lifetime Membership and a lifetime number, #75 from Running Club North. Attractive awards were given to all award winners. I should mention that the winners were Kevin Brinegar with a 2:47.29 and Jane Leblond, 3.27.13. Even I came in third woman over 60.

Running Club North of Fairbanks Alaska is the Road Runners Club of America northernmost running club.

And there isn't even a running shoe store in town....

BOOK REVIEW



The Old Man and the Road

Author:
Paul Reese

review by:
Dave Creek

In the last *Enquirer* you had the chance to hear from old-time Chip Paul "123,000 mile" Reese about the "dark ages" of running. Now you've have the opportunity to read about more of Paul's running adventures.

With the publication of *The Old Man and the Road*, Paul has completed his trilogy about traveling across all 50 states on foot between the ages of 73 and 80. As with Paul's first two books, *Ten Million Steps* and *Go East Old Man*, the third in the series was edited by runner, author and *Runner's World* columnist Joe Henderson.

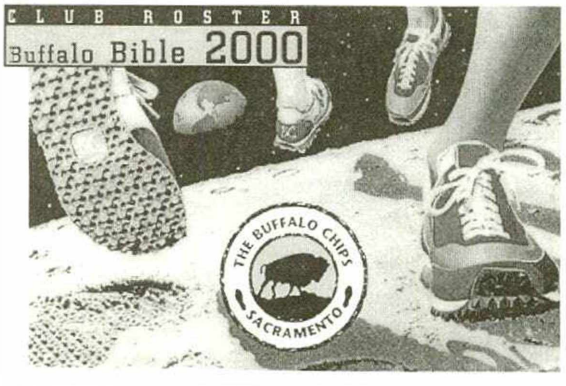
The *Old Man and the* Road focuses on the final stages of Paul's 7,600-mile tour around the country in 1997 at age 80—running and walking across the states east of the Mississippi River as well as Alaska and Hawaii.

The first phase of Paul's travels, documented in his book *Ten Million Steps*, was a run across the United States in 1990 at age 73 when he set a record as the oldest person to accomplish the feat. Phase two was running across the remaining states west of the Mississippi River, a story told in *Go East Old Man*.

While the setting of the book is running, it includes travel, adventure, aging and the reflections and (as Paul says) "ruminations of an old man as he goes down the road." Paul is a retired Marine Corps officer who saw action in World War II and Korea. He began running long-distance races in 1964 as a 47-year-old. He became a nationally ranked age-group runner, with a best marathon time of 2:39 at age 55. In 1990 at age 73, he became the oldest person ever to run across the United States. Paul lives with his wife, Elaine, in Auburn, California.

Paul will give a discounted price to us Chips. You can get the book by mailing Paul a check for $13 to Books, 308 Forest Court, Auburn, CA 95603.

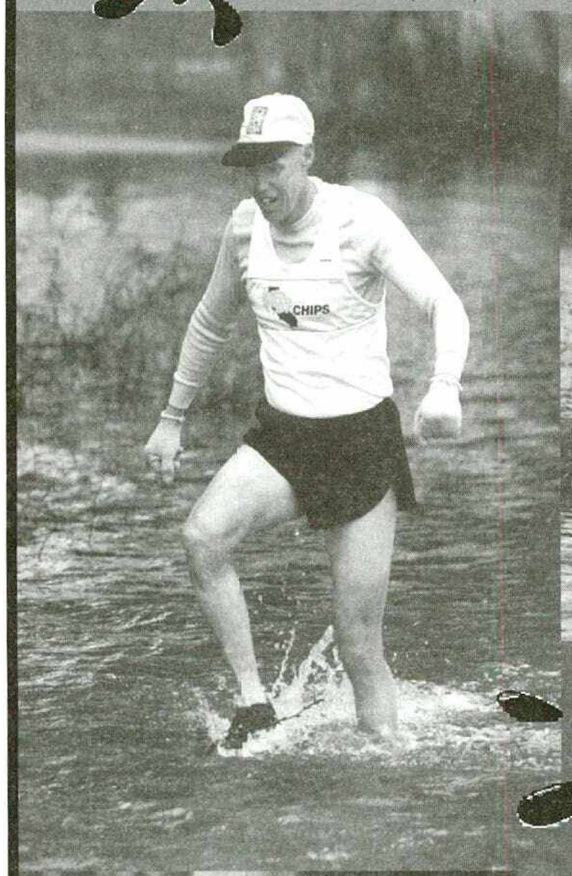
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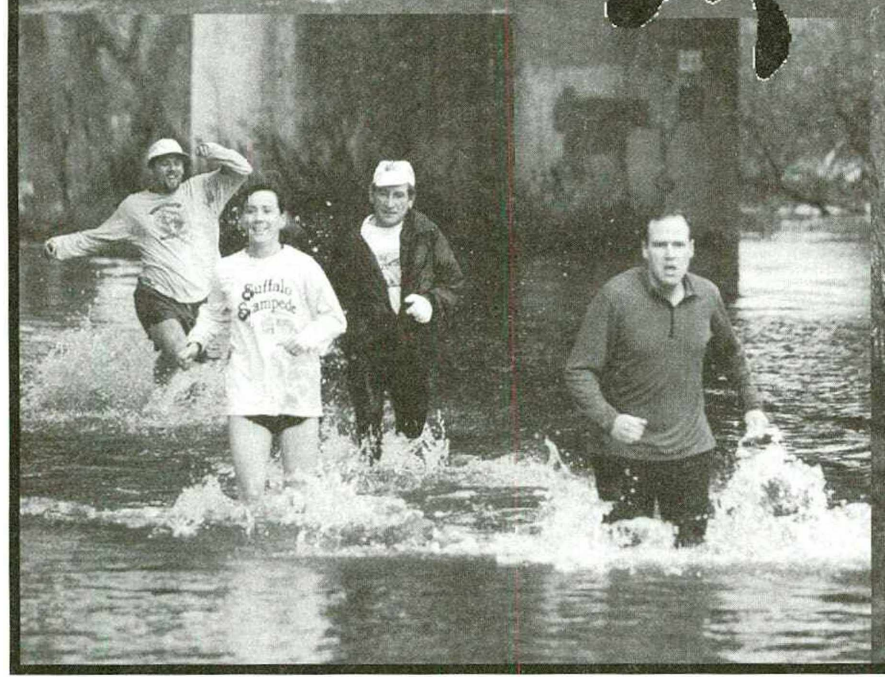
The Mud Run

25 February 2000

photos by Joe McCladdie









More Workouts — More Fun!

Most Chips know that the Youth Chips have workouts on Saturday mornings at McKinley Park — sometime we even see each other as we're getting ready to run. But just in case you didn't know it, the Youth Chips have nearly as many workout options per week as the Big Chips.

Saturday, 9:00 a.m.
McKinley Park

This workout is targeted to almost any level of runner, from kids who have never been to a running workout to kids who have run enough that they could probably run the whole workout. It is targeted towards providing an understanding of how overall fitness and running fit together. We jog to warm up, stretch, warm up a little more with jumping jacks (done the right way), high knees and butt-kicks, do some drills like skips, bounds, and side-to-sides, and then, we're ready to run. Sometimes, we even throw in some plyometrics! We run short relays, long relays, we run to see who can get closest to a predicted time, we even run backwards. We take our pulse, and we drink lots of water — even if we're not thirsty. Once the official workout ends after 40-60 minutes, the "unofficial workout" continues for another 15-30 minutes with a few games of hide and seek. But there's a catch — we all have to do pull-ups, bar-dips, push-ups and crunches before the games begin!

Sunday Mornings
Various Times & Locations

This is our weekly dose of "continuous aerobic running", or what is typically thought of as a long, easy run. Because of the "continuous" part of this run, it is targeted to runners who have developed enough running base to run for 20-75 minutes. Our runs are almost always on trails, with some favorites being Sierra College, Hazel Ave, Glen Hall Park, La Bou, and Beal's Point. Once this workout begins the toughest thing is getting a word in edgewise.

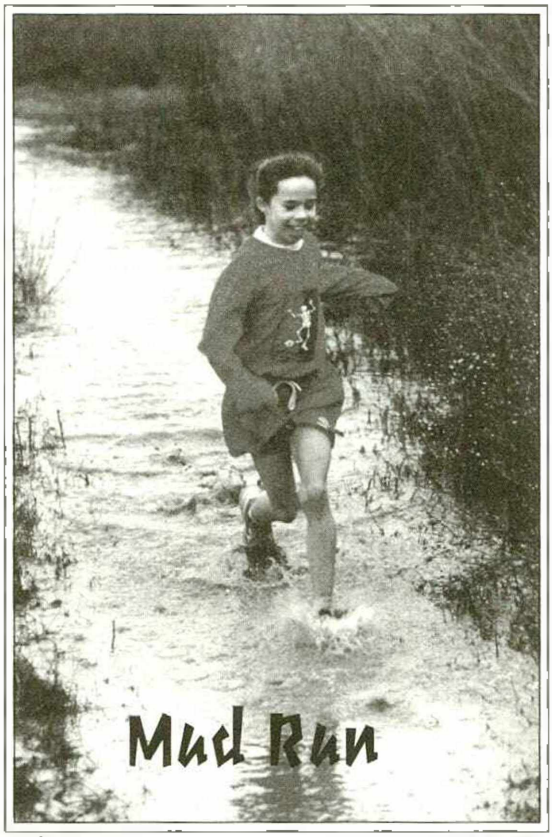
Tuesday Afternoon, either 3:30 p.m. / Cordova High, or 5:30 p.m. / Lunch Connection

These workouts are primarily tempo runs. We run about 10 minutes easy, step up to tempo pace for 2-3 miles, and then finish off with another mile at an easy pace. As with the continuous aerobic runs, these runs are more suitable for runners who have established an endurance base, although new runners would be welcome to join the Big Chips at 5:30 for long interval workouts.

Thursday, 5:30 p.m.
Cordova High Track

Fast and furious? Well, how about FAST. Our track workouts incorporate technique drills, plyometrics, and short interval speedwork, ranging from 200 to 1200 meters. Thursdays have become one of the most popular Youth Chip workouts. And, being a somewhat closed setting, vs. being out on trails, it is easy to accommodate nearly any level of runner. Even though it's a speed workout, the toughest part of this workout is to keep from going too fast.

Even though these are Youth Chip workouts, Big Chips, or adults, are always welcome. We can always use the extra friendship, and having extra adults at a workout always makes the supervision part a lot simpler. One of the best reasons for promoting running as a sport for kids is that it's a sport where parents don't get stuck on the sidelines —they can run with the kids...and even get left behind by the *kids*.



Kylie Brown photo by Joe McCladdie

Race In Review: The Mud Run

Like a lot of other things, it happens once a year, rain or shine. But unlike a lot of those other things, the Mud Run (2/26/00) does just what it says it's going to do - it gets you muddy. Now, for a lot of people, that probably doesn't sound fun, but I can say from experience, it's some kind of fun - maybe even...good, clean, fun. This is an event that brings with it no pressure, no hassles, and a lot of things to talk about at the finish line. Here's a brief interview with a couple of 13-year-old members of the Young Runner's Society, Ashley Barry (AB) and Katie Briscoe (KB):

RiR: What did you like most about the Mud Run? Why?

AB: The Puddles! It was messy, and like our team socks (Thanks Connie) say, "Girls love dirt!" (Or in this case, mud!)

KB: The mud, water, and trails. Why, because it made the run interesting.

RiR: How deep was the water?

AB: To just above my knees.

KB: Almost hip deep.

RiR: How cold was the water?

AB: It was VERY cold.

KB: It was so cold it numbed my feet!

RiR: Do you think you'll run the Mud Run next year?

AB: Yes!

KB: I more than likely will run the Mud Run next year.

RiR: What could be done to get more people to come to the Mud Run?

AB: Everyone who ran it should tell a lot of other people to come and have fun. Even my Mom said it looked like fun, and that she'll run it next year. KB: It definitely needs advertising and publicity.

RiR: On a scale of 1-10, with 10 being the best, how would you rate the Mud Run?

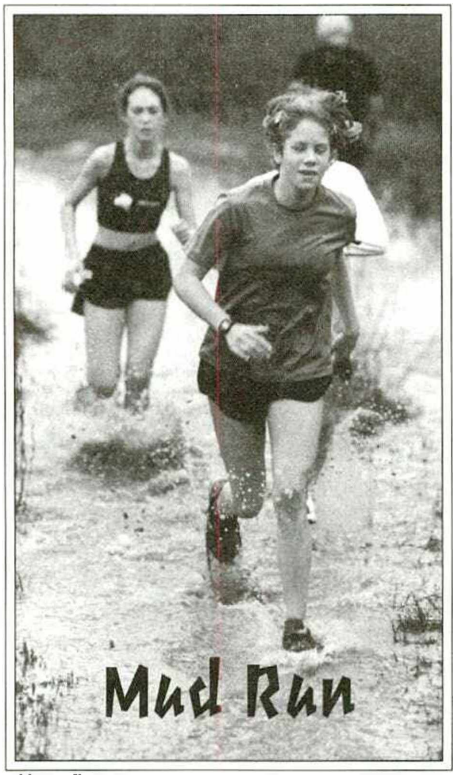
AB: I give it an 11! Hey, on commercials they give 11's on a scale of 1-10 all of the time, so, so can I!

KB: I would give the Mud Run a 9!

In retrospect, think back to how many times you've run the Mud Run. If you can't say you ever have, or don't remember the last time you did, mark your calendar for early February, 2001. Be young, again.

Youth Chips Welcome 18th Annual Davis Stampede 2/6/00

On a sunny Sunday, February 6, 2000, more than a dozen Youth Chips welcomed the opportunity to race at the Davis Stampede in the 5K & 10K events. For most of the Youth Chips, it had been nearly two months since the last race, and they were pretty hungry — and with the likes of pizza, yogurt, FRESH bagels, and chips/salsa, this was the right place to be. And in terms of racing, there were some outstanding performances, numerous PR's, and Top 10 Overall finishes!!



Katie Briscoe photo by Joe McCladdie

One Of The Biggest PRs Went To **Caitlin Chock** (14) who won the F/13-15 Division in 19:30—finishing an impressive 6th Female Overall! And following up with 5K PRs were **Natasha Lebeaud** (12), 1st/F/10-12, 20:28; **Julie Cambra** (13), 3rd/F/13-15, 21:42; **Colleen Wachter** (9), 1st/F/9&Under 23:26; **Chloe Lyon** (8), 3rd/F/9&Under, 25:25!

As for Top 10 Overall finishes, in the 5K, we had **Caitlin Chock** (14), **Erin Wachter** (13) and **Natasha Labeaud** at 6th, 7th, and 9th females respectively, with **Katie Briscoe** (13) coming in 8th/F in the 10K!

Davis Stampede - Youth Chip Results

Athlete	Division	Place	Time	Status
5K				
Colleen Wachter (9)	F/9&Under	1st	23:26	PR
Chloe Lyon (8)	F/9&Under	3rd	25:25	PR
Kyle Martinez (8)	M/9&Under	2nd	25:13	
Thomas Wachter (11)	M/10-12	4th	20:21	
Michael Salvatierra (10)	M/10-12	5th	21:01	
Travis Lyon (10)	M/10-12	7th	23.10	
Natasha LaBeaud (12)	F/10-12	1st	20:28	PR
Caitlin Chock (14)	F/13-15	1st	19:30	PR
Erin Wachter (13)	F/13-15	2nd	19:46	
Julie Cambra (13)	F/13-15	3rd	21:41	PR
Ashley Barry (13)	F/13-15	7th	23.24	
10K				
Rachael Ritchey (12)	F/10-12	1st	43:33	
Katie Brisco (13)	F/13-15	1st	41.40	
Whit Knoll (13)	F/13-15	4th	59.39	

"Da" Mayor's 100/1500 Meters Kezar Stadium San Francisco 3/25/00

Da" Mayor's 2000 had the Buffalo Chips Youth Running Team out of the blocks in style. In a youth event that pulled competition from as far away as Los Angeles, each of the 16 participating Youth Chips came home with place medals and smiles that tell the tale of a race well run. Competition was based on male/female divisions of one year increments determined by the year of birth, ranging from 1986 to 1994. The events were simple, either 100 or 1500 meters, and awards were given to the top eight finishers in each division. Our Youth Chip competitors had dates of birth ranging from 1986 to 1991, with eight newcomers in this year's meet.

Our fastest 1500 meter performance came from **Caitlin Chock** with an amazing debut run of 4:58 to win the Girls 1986 division. As for the boys 1986 division, **Anthony Jones**, our newest (and nearly only) Chip sprinter, debuted in the 1500 at 5:02 for a fabulous 3rd Place finish, then came back to almost win the 100 meters in 11:89 — he was about 1-2 inches behind the first place finisher!

"Da" Mayor's - Youth Chip Results

Athlete	Division	Place	Time	Status
1500 Meters				
Caitlin Chock	1986 Girls	1st	4.58	Debut
Erin Wachter	1986 Girls	3rd	5.02	PR
Julie Cambra	1986 Girls	8th	5.38	Debut
Anthony Jones	1986 Boys	3rd	5:02	Debut
Jared Potter	1986 Boys	6th	5.28	
Rachael Ritchey	1987 Girls	2nd	5:08	
Katie Briscoe	1987 Girls	4th	5:11	
Natasha LaBeaud	1987 Girls	6th	5.18	Debut
Jacob Kelly-Strong	1988 Boys	6th	5.13	Debut
Michael Salvatierra	1989 Boys	3rd	5:12	PR
Thomas Wachter	1989 Boys	5th	5:21	PR
Kylie Brown	1990 Girls	3rd	5:49	Debut
Colleen Wachter	1990 Girls	7th	6.07	
Katya Davidson	1990 Girls	8th	6.22	Debut
Haley Briscoe	1991 Girls	7th	6.18	Debut
Adam Kelly-Strong	1991 Boys	5th	6:16	Debut
100 Meters				
Natasha La Beaud	1987 Girls	Semi	15.01	Debut
Anthony Jones	1986 Boys	2nd	11.89	PR

Watch Your Language !

A seven-year-old boy and his four-year-old brother are upstairs in their bedroom. The seven-year old is explaining that it is high time that the two of them begin swearing. When his little brother responds enthusiastically, the seven-year old says, "When we go down stairs for breakfast this morning, I'll say "Hell" and you say "ass." The four-year old happily agrees.

As the two boys are seating themselves at the breakfast table, their Mother walks in and asks her older son what he would like to eat for breakfast.

The seven-year old replies, "Ah, Hell, mom, I'll just have some Cheerios."

The surprised mother reacts quickly. WHACK! The boy runs upstairs, bawling and rubbing his behind. With a sterner voice, the mother then asks younger son, "And what would ***you*** like for breakfast?"

"I'm not sure," the four-year old says, "but you can bet your sweet ass it's not gonna be Cheerios."

from Liz Zelandais

Flex It or Lose It - The Specifics

public domain drawings courtesy of Ted Moore

by Ted Moore, P.T.

In my last article I discussed the need for flexibility training (FT) and how running contributes to a gradual decline in muscle mobility. So now, what are the specifics?

Technique is everything . We have all heard or seen a variety of recommendations for stretching—not only what areas to stretch, what position to assume, how long to stretch, and how many reps. A couple of gentlemen (Jim and Phil Wharton, one an exercise physiologist and the other a physical trainer) researched the muscle's reaction to stretch. They found that a muscle stretches less "reluctantly" when the opposing muscle helps. It works even better if it is held for 2-3 seconds -no more, no less. Why does this work? Because our movements are coordinated by a combination of action by one muscle (or group of muscles) and simultaneous relaxation of others-usually those muscles on the opposite side of the bones from one another. If you contract a muscle (for example, your calf), then the muscle on the front of the leg, along the shin (the tibialis anterior) relaxes to allow the calf to work. Any sustained movement, particularly running, involves this. It is called reciprocal innervation and it allows for rhythmic, back-and-forth working of our muscles. However, the Wharton's found, using electrical muscle studies, that the relaxation time that is optimum for the muscle is 2-3 seconds, after which the muscle begins to want to contract again and will actually fight the stretch. So, technique means: stretch for short periods of time, and use the opposite muscles to aid in the relaxation of the muscle you are stretching. The Wharton's recommend 10 reps, held for 2-3 seconds each, to effectively stretch any given muscle.

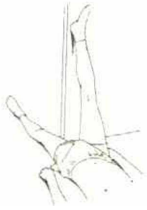
When do you stretch? I indicated in my last article, that stretching should be done gently before a run, during long runs (fluid, food, bathroom breaks), and ALWAYS after a run.

What muscles really need stretching in runners? Typically, the hamstrings are the most in need. They are probably the major cause of shortened stride length with neglect, aging, and/or fatigue. Most every runner is familiar with some form of hamstring stretch. Is one type of stretch better than another? I'm not too particular about the position of stretch for this muscle group (although my least favorite is the standing-bending forward-touching your toes technique, because of the low back stress is creates), as long as you follow the above technique. I have included several good examples of stretching for the hamstrings. Remember: contract the front thigh muscles while stretching the hamstrings.

Active Hamstring Stretch



Hamstring Wall Stretch



Standing Hamstring Stretch

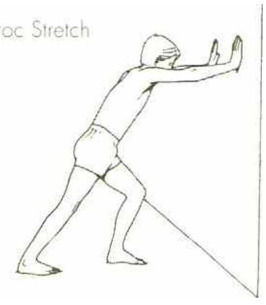


Seated Hamstring Stretch

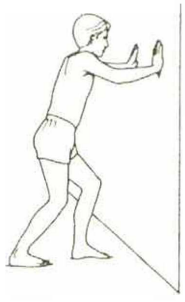


Another area of concern is the calf. This area is composed of two muscles: the gastrocnemius and the soleus. They need to be stretched separately. The gastroc is the bulkier muscle that rests over the flatter soleus underneath. This latter muscle is normally more efficient for endurance activities—the gastroc is ideally used for sprinting. Remember to tighten the front leg muscles during the stretch.

Gastroc Stretch

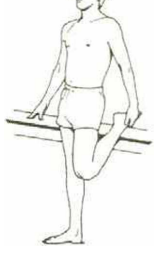


Soleus Stretch



The iliopsoas, or hip flexor muscle is another important muscle to stretch, as tightness in this area will reduce the stretching of the trailing leg during running. Contract the butt and hamstrings during this stretch.

Quadriceps Stretch



Hip Flexor Stretch



continued on next page

continued from previous page

The iliotibial (IT) band should be stretched as well. Tightness in this area can lead to lateral knee and/or thigh pain. Contract the adductor (groin or "squeezing") on the side that is being stretched



Lastly, an important area to stretch is the groin, or hip adductors. Contract the hip "spreading" muscles when doing this exercise.

Inner Thigh/Groin Stretch



So, there you have it. You may have additional stretches and stretching positions. Use them if they work for you, as long as you utilize the proper technique. Don't expect to turn into a gymnast or become a yoga master. Just expect to run longer, faster, and with less injury than your peers who don't pay attention to their Flexibility Training (FT).

If you wish to know more about Active Isolate Stretching techniques, I suggest the following web site: www.aistretch.com

Help Wanted!

Seeking enthusiastic coaches to assist with beginning fitness clinics for women. These clinics will focus on building the foundations of fitness for life and enabling participation in our Susan B. Anthony 5K on August 5th. Starting on July 5th and ending on August 2th, we will meet once a week on Wednesday evenings with the participants to walk/run and to have brief informative talks about various aspects of aerobic fitness. *No* previous experience is required, simply a willingness to share your fitness lifestyle and to support others seeking the same is necessary.

There are numerous books and manuals that guide one through the paces of fitness running/walking, yet as words on pages, they never replace what each of us as individuals can deliver with personal attention. These clinics are about bringing fitness to life in real dimensions, and it's done with the warmth and support of coaches and volunteers. Come share your experiences!

Thank You!

For further information, questions or to VOLUNTEER , contact Chris Iwahashi:

e-mail: ckiwahashi@ucdavis.edu
phone: (916) 488-6580

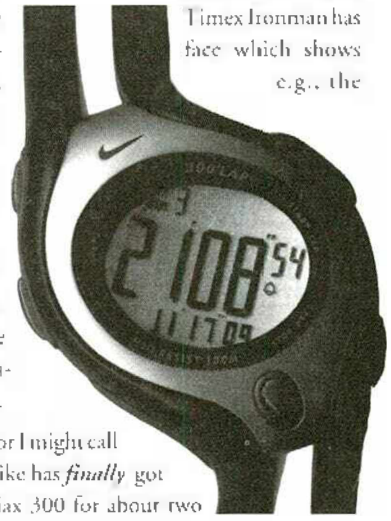
The Nike Triax 300
Nike Finally Gets It Right

by George Parrott

If you, like me, bought into the first generation of Nike Triax watches for their big digits and wonderful nightlight, then you also discovered fairly quickly that the "old reliable" Timex Ironman 100 Split had a better user interface and had more neat features, e.g., the memo function.

However we "early adopters", a.k.a. Guinea Pigs of Nike, selected the Nike Series One Triax watch in one of its various forms (10, 42, 120, 250 splits) because of its superb back lighting *and* the huge digits the splits which can be read quickly and accurately and, of course, stored for later review. I do many of my workouts at night and the night display on the Nike Triax is simply *the best* I have ever seen..

I purchased a 250-split, Series One, and I quickly discovered that Nike must have not used *any runners* in their design development of this device, for the splits cannot be displayed with the cumulative time *also* present. (In contrast, the Timex Ironman has a very obvious and intuitive interface which shows both the split and cumulative time, e.g., the time for the 5th mile and the time at 5 miles.) The Series One shows only the split and never the cumulative time until you get to the last "split" or STOP mode. This is just terrible for use during a longer race and especially for trying to record one's 5, 10, 15, etc. mile splits in something like a marathon. Nike just plain got it wrong.



Now there is the new Triax 300 (or I might call it "Series Two Triax") and here Nike has *finally* got it right. I have been using the Triax 300 for about two months now, and it is just about the perfect runner's watch. I *do* wish it had the Timex's memo storage feature and a bit fewer "splits," but the timing interface is *now* correct for runners.

The Triax 300 is what the first series *should* have been; anyone using one of the earlier models will know what I am addressing in terms of "computing cumulative splits" versus just seeing them in direct display with this new logic chip. While it is clearly overpriced at a MSRP of about $150, it is a much easier-to-use design than the Timex. After two plus years with the Series One I had no signs of battery failure or water problems with the case, but it is scarred in several places. The new Triax 300 has a case design with highly protective side material and what appears to be a new/different kind of case coloring which certainly promises to be attractive *much* longer.

Summary: If you are shopping for a new multi-split sports watch, strongly consider the Triax 300. Avoid the Series One models unless you are getting one from the Nike Outlet source at 40% or so off original MSRP. I recommend that any runner/sports person with problems reading typical watches should *seriously* consider this Triax series, and any individual needing a watch that is easily and quickly readable at night will find the Triax series superb.

P.S. I have *no* financial interest in either Timex or Nike, though I have friends who "work for" Nike.

Smart Racing

by George Parrott

The race experience should be simply an extension of your overall training program and even a part of that training program as it leads to other future goals.

Hence the first of the elements in ***smart racing*** is to have a master plan and overall program that includes a given race, but extends well beyond that single event with other goals. Have extended and orderly goals and plans for your racing.

The second element in ***smart racing*** should be demanding training. You must simulate major aspects of your planned racing in your training. You must have hills if a stage-wise goal race has hills, and you must do fast running if you hope to run fast on a particular day. You must, in fact, train must faster, albeit for shorter distances, than you plan to race on "test day."

The third element in ***smart racing*** is to construct realistic goals. Have three levels of goals for race day: 1. a really demanding, perfect case scenario goal; 2. totally realistic-it should be an attainable goal; 3. a fallback goal, if conditions beyond your control occur.

Finishing a race and getting the most out of it possible is always much better than dropping out completely because you will not attain your perfect case scenario goal. Remember that races are also part of your training too, and you should neither emotionally "drop out" of a training session or "bag" a race just because it is not going to be a PR that day.

The fourth element in ***smart racing*** is to run the "best course" for the event. Not many runners actually know how a running course is measured: a course is always measured on the ***shortest*** possible line that a prudent and safe runner might run. Unless a course is coned or otherwise formally specified for running "only on the bike lane," the smart runner should run every tangent whenever the course takes turns. I regularly observe up to 80 percent of a given field of runners actually running a course that is longer than what was measured! Smart runners run the required course, but never take one step that they do not have to for full certification.

And, finally, the ***smartest approach*** to optimum distance running performance is to run "even pace" or slightly negative pace over a given distance. This means that the ***worst*** thing that a runner can do is to open the first 10% or so of their idealized race ***too fast*** i.e., faster than goal pace. A ***smart runner*** would be about 5% slower than goal pace for the first 10% of their race distance, hit goal pace at about the 10% point of the event and then gradually increase that pace over the last 20-25% of the distance.

That is ***smart racing***.

Marathon Training

by George Parrott

Let me suggest a metaphor to reflect marathon training.

Imagine a large building...the marathon ***is*** that building. It ***is*** large, imposing, and when you "own" it then it is an awesome achievement.

But....the problem is that "the building" is often, repeat ***often***, constructed of the most unstable, illusory, and unreliable materials. It is literally a "movie front" in a 3D world. It can ***blow over*** or crumble in the slightest unanticipated situation.

Preparing to "own" such a building or more critically to "***build***" such a structure as a really functional ***large building*** one would ***like*** to ***over-build*** so that the structure could stand up to winds, rain, storms, heat, etc...

Often we are in a hurry or otherwise focused and thus we end up with "our building" that is more 2D "movie front" than 3D real. Yet we march/run onward and sometimes we are able, actually often able to "get by" in our tenuous and "unsafe" structure...

So IS, for most of us, our marathon training...we build what we can, not what we want or what would be "required to build to full "code." And we get by and accept that more "flimsy" structure/outcome.

Most higher level coaches and training programs suggest that running some ***long*** runs is very helpful. Those runs could easily be of 50k distance, as has been encouraged by the New Zealand based runners for many years. It would appear that regularly running 24-28 miles in training can be a solid strength element, and this was ***not*** that unusual in the early 80's when even Americans were competitive with the world in marathoning-and 10k's, too.

When I was very fit (for me), I regularly did two long runs a week of 16-25 miles, and often did runs of 35 miles at 7:30 or faster per mile pace. But I am now "getting by" on long runs in training of 15-16 miles and then ***trying*** to do marathons as training elements for other marathons.

Doing marathons as training elements is, in my opinion, the ***best way*** to get those really long runs done. If you do such a formal marathon entry as a training run, and if you run 30 sec/mile ***slower*** than a "real race effort" than I have found that it ***can*** be a solid training step. One is only a bit more tired after such an element and your actual training progress is ***not*** compromised by this but rather significantly facilitated.

And the "large building" you are constructing has added some very solid support girders...

Coach George Stories...

The Omnipresent Coach George

Does anyone remember Coach George's post concerning marathon training resurfacing a couple of months ago?

Well, after my long run Saturday I went to a local bagel store that serves as something of a hangout for runners and cyclists after they finish their workout on the Northern Central Railroad Trail.

I overheard two guys talking about their run when one of them said, "Man, Coach George ***rocks! He's my man!***"

Intrigued, I asked them who Coach George was.

"He's the only guy that says you've got to train like you're planning to run your marathon. He's one tough guy."

The other guy piped in, "He's the only thing that keeps me going on my long runs. Whenever I get tired and want to quit, I hear him saying that if you want to finish a marathon on tired legs, then you've got to train on tired legs."

I asked where I could find him, and they both looked at me dumbfounded. "I don't know," was the reply, "I got an e-mail from a friend who got it from somewhere. I don't know Coach George. He sure knows his stuff, though."

I have no doubt about which post they were talking about...I only wonder how many computers it went through before it got from California to Maryland, and how many other people are eating a post-long run meal and saying, "Coach George rocks!"

from Jim Adams, Dead Runner's Society

Is That Coach George?

So this runner dies, and he goes to Heaven, and he shows up for his first club run in the Afterlife.

Standing around waiting for the run to start, he sees a fellow trot out wearing a Buffalo Chips jacket covered in Dead Runner Society patches.

The runner asks an angel, "Wow-is that Coach George?" The angel replies,"No, that's God. He thinks he's Coach George."

from Jim Puckett, Dead Runner's Society

Dear Buffy:

I've heard that coffee and sex can be detrimental to one's running; however, someone recently told me that as long as they were good (good sex and a great cup of Joe), that they were okay. Seriously, what do you think about the effects of both on running?

Uncaffinated and Unsatiated
in 95826 (until further notice)

Dear Un-Un:

Give me your address, and I'll bring the coffee! Seriously, it's hard to find fault with good sex. You'd better be a very gifted runner to let one get in the way of the other! Not all PR's occur on the track, you know!

Now don't forget that address.

No De-Caf Here,

Buffy

Dear Buffy:

Ralph Lauren Polo has come out with a new line of sportswear catering to endurance athletes — mainly, trail runners and adventure racer types. The line, especially the shoes, look terrific, and I want to buy some, but I don't want the guys to laugh at me if they see me in this stuff, which they might consider "designer" apparel. Would you laugh at me?

Marco Polo

Dear Marco:

You bet your designer boots I would! Is nothing sacred?! Save dough on your outfit and buy health insurance. Do what I say, and don't make me have to say "I told you so."

I'm always right.

Buffy

Dear Buffy:

My training partner has been getting a PR in every race lately. I'm jealous! We're both the same age, and we do the same training. However, my partner has been practicing something called "feng shui" for her body, and she says that's making the difference in her racing. From what I gather, feng shui is a very 90's, Martha Stewart-New Age way of rearranging everything from furniture to your, your hair, etc., using an old Chinese art of placement to allow free flow of energy. How can this improve one's running? I'd rather ask you than ask her. Do you have a clue?

Clueless & Feng Shui-Less in Fair Oaks

Dear Fengless:

I'd say it works. It's placed her in front of you at the finish line! If I were you, I'd give feng shui a whirl. Quit equating it with anything Martha Stewart, and it won't hurt as much.

fenging to first,

Buffy

Dear Buffy:

I'm a single female and newbie to the Chips. Some friends want to fix me up with a guy in the Club. He seems nice enough, but I really don't have a clue as to whether or not he likes me. He always seems to look at me weird, like my nose is running (which it isn't) or like I don't shave my legs (which I do). I don't know what to make of it. Do you?

Gloria Slite

Dear Gloria:

You must pronate. Might as well let that nose drip, and toss the razor!

Regretfully,

Buffy

Dear Buffy:

I'm a single, 45-year-old Chip male. Recently, some of my fellow herdsmen and women have mentioned fixing me up with a Chipette. She seems to be a nice, pleasant person, but, unfortunately, she pronates severely — a definite major over-pronator. It is a big turnoff to me! Am I being unreasonable? Is there anything that can be done to correct her problem?

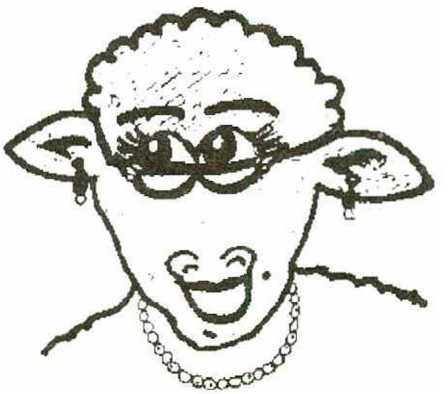
TURNED OFF IN 95825

Dear 95825:

Are you judging a halter class or considering a date?! I can see the personal ad now: Wanted SWF, 25 - 30, non-smoker no drugs. NO PRONATORS NEED APPLY! Buffy would suggest you find your dates out of enrollment records at podiatry schools. Or, be a little more open-minded. Give your well-meaning friends a chance and pack some orthodics!

Pro-Pronater,

Buffy



Dear Buffy-

What should I do about the Calvin/Kulsik gang (also known as the April Fools) which is attempting to wrest control of the Enquirer from me?

Editor

Dear Ed:

Have them insrirutionalized immediately. Although 72 hours would be the max they could be detained. Alternatively, send a MacIntosh virus their way . . . .

Your Partner in Crime,

Buffy

Foot Problems ?
Call:
DENNIS GRANDY, DPM
&
BARRY WEINER, DPM

We Will Keep You Up
And Running !

Runner's Hotline:
(916) 454-FOOT
Mon. & Fri. 12:30 p.m.-1:00 p.m.

email ?'s to
painless@ix.netcom.co

orthotics for $225
(Call for details: 454-3668)

Check us out on the web @
www.jstreetpod.com

My Friend, Richard Miles

by Doug Thurston

If you knew you only have a few months to live, what would you do? What would you want to tell the important people in your life?

Richard Miles is in this situation. He is dying of pancreatic cancer. Last October, Richard talked for a couple of hours about his life and his death. Despite being terribly wronged by fate, Richard is filled with courage, strength and love for his friends and family. He maintains his quick wit and the sparkle in his eye.

Richard served as vice president on the Buffalo Chips in 1998. He started the Pork Run in 1997 and also helped with the Avon run. In "real life", he was a deputy coroner for Sacramento County.

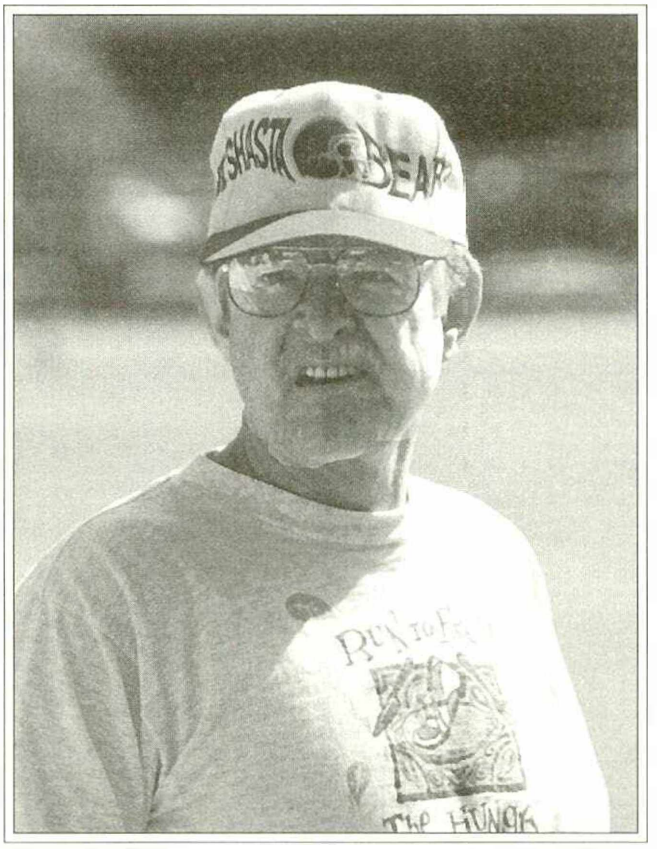
His illness came quickly. He first noticed a pain in his abdomen after running the San Francisco Marathon last July. Finishing in 3:57, it was his second marathon in six weeks, following a successful debut in 4:02 at the Rock-N-Roll Marathon in San Diego. Crossing the finish line in San Francisco was the last steps he ran.

After the race, he didn't snap back like he had after the Rock-N-Roll Marathon. He also felt a pain in his gut, which was more pronounced when twisting or turning, and more acid indigestion. He thought maybe the problem was in his gall bladder.

Slowly the pain in his stomach area below his sternum began to become more prevalent. Then he started to feel a little nauseous. Around the first of August, he began to turn yellow with jaundice.

"I called Kaiser and made an appointment with my doctor. In my line of work with contagious diseases, I thought I had picked up hepatitis."

Richard's doctor ran him through a battery of tests, which came back negative. He was feeling worse and had stopped going to work in early August. A week later, he became so ill one evening that he drove himself to the Kaiser emergency room. More tests revealed a cancerous growth on his pancreas. Subsequent tests determined that the cancer was probably not operable and that it was terminal.



Richard in 1998

photo by Jno Mc Claddie

Adenocarcinoma of the pancreas is very difficult to treat. It does not respond well to radiation or chemotherapy. Surgery for Richard was ruled out due to the tumor's location and because it had already invaded some of his vessels.

"I probably would have come out of surgery worse, although it's hard to imagine being worse than terminal," Richard said, "but it could have been more immediately terminal if they had operated."

He left the hospital on August 20th, thinking he had only a few weeks to live.

"I had to be honest, the way I was feeling then, I was OK with that prognosis. I just wanted to quit feeling the way I did." An oncologist, however, told him that the Kaiser physicians were too pessimistic.

"The oncologist figured that I had three or four months and maybe as many as six. So we tried a new type of chemotherapy that had produced fairly good results, not to lengthen people's lives, but to lessen their symptoms."

Unfortunately, the chemotherapy made his symptoms worse. By the third treatment, he was becoming a vegetable. He decided not to go again.

In simple terms, cancer is a group of cells that are "childlike." They have no discipline and they grow crazily and very quickly. Certain red blood cells that make up tissues like hair, skin, and gums also quickly replicate themselves. Chemotherapy attacks all such cells without differentiating between the bad cancer cells and the other fast-growing cells like hair, skin, and gums (which is why chemotherapy frequently causes hair loss.)

There's no logical explanation as to why cancer struck Richard. "Going back to 26 years of experience in the coroners office, I've seen bad things happen to good people and good things happen to bad people. It's just the luck of the draw. I didn't search for a reason why it came to me. I didn't have the energy. I needed all the goodness inside of me to stay positive for my family. There's no cancer in my family. It certainly wasn't my diet or lifestyle. I don't really have any bad habits. I eat lots of vegetables and lots of fiber. My real downfall is chocolate. Maybe it's the Hershey Bar syndrome," he said with a smile.

There were several dark moments early on. "When I was lying in the hospital alone, I would wake up from vivid dreams about backpacking, running, or camping and have that 10-second transition period before reality kicked in. That was always sad for me."

"But I'm pretty good at convincing myself that this is my lot and to be happy with what I have. I'm able to mend fences. I'm able to say thanks to those people who are true and who I feel affection for and who I think return a certain affection. I'm able to express myself and let them know my feelings."

"My situation is different than a guy who is killed in an auto accident. Sure, we're both dead. But I've had the chance to leave life complete. That I appreciate and cherish.

"I always pictured myself dying much later than now. And I thought I would die quickly, doing something strenuous like running, cycling, or backpacking. Something was going to happen and I'd be dead before I hit the ground."

Within a few months, Richard had talked to all of his family and said thanks to most of the friends, a goal he wasn't sure he was going to be able to accomplish.

"I've managed to say most of the things I wanted, but probably too soon. By the time I finally die, people will have forgotten them," Richard joked.

"I fully intend to live as long as I can. I have what I call realistic hope. Someone has to win the lottery. The odds are millions to one against me for surviving. I'm in agreement that this process is probably terminal. Still, strange things happen. No one knows what the body will do. So I know there's a chance, I just know it's a very minimal chance," he said.

Richard became a coroner by happenstance. He applied to Sacramento County's general application pool when he was 26, unemployed and drifting following a four-year tour in Vietnam. He took the County coroner test, even though he had no idea what a coroner did and had no medical background. His only experience with death was in the service. The testing process chose people who were psychologically cut out for the stress and strain of the job. Coroners are also peace officers who carry badges and can carry firearms.

Although he had little desire to be a death investigator, he became a Deputy Coroner Level I. After a year of training, he was handling pretty responsible cases and projects on his own.

"We worked in two-person teams: a senior investigator and a junior investigator. The senior investigator, a shift leader, would do the homicides, industrial accidents, child deaths and all the high visibility stuff. The junior investigators would do the body processing. I would undress the bodies, fingerprint them, photograph them, and do wound identification," Miles said.

Richard said he understands that there's a tremendous interest among other people in his condition and he said he does not consider it morbid.

"When people find out I'm a coroner, almost to a person, they say something like, 'Ugh, a coroner.' But then it isn't five minutes later before that same person is asking questions or telling a story about death. "I've been astounded since I been doing this job how little is really known by most people about death. I still see doctors in emergency rooms that don't know about death and are uncomfortable pronouncing people dead. It's amazing that the pinnacle of the medical profession doesn't even know much about it. Most of us only see death in the antiseptic surroundings of the funeral home.

"We're really isolated from it. But we all die eventually. Being a coroner has taught me that you are responsible for your body. People who wouldn't think of handing over control of their car will turn their body totally over to a doctor or an institution like Kaiser. For some reason, the whole medical field has this mystique that causes us to be hesitant in questioning, or to ask for a second opinion or to argue about what is right or what is wrong. We give up complete control of our body and we shouldn't. I'd always told myself that I wouldn't give up control. The problem is, when you get sick, and all of your physical resources go into the toilet, you get vulnerable and very dependent. I found myself willing to place myself in the hands of others because I didn't have the strength. I just wanted my pain to go away and to stop being sick. It was only through the strong will and energy of my family, who argued, pursued, and questioned, that I found answers," Richard said.

Richard said his professional experience might have helped him better read his own chart and understand his lab test results, but his experience went by the wayside went he became so sick.

"You don't look at it clinically. You look at it personally. You think, 'I'm hurting and I'm yellow and I've got all these things going on with me. Fix me!' And if they tell you that you need a test, you only ask, 'Will it make me feel better?' Then do it."

In his 26 years as a coroner, Miles handled more than 20,000 deaths. "You can't do that many of any one thing and not have it lose its mystique. But I still haven't figured death out," Miles said. "I don't know what happens to people when they die. All I know is that death happens, you don't know when it's coming, and it can sometimes leave a whole damn lot of tragedy behind it."

"I have learned there are certain unalterable things that have to be done by your survivors to finalize your affairs. It's a lot better to do them early when you are still alive."

Richard recommends leaving written descriptions of assets including all bank and financial accounts, establishing a will and/or a living trust, and making funeral arrangements in advance.

"Dealing with these financial issues are a terrible burden for the survivors who are trying to cope with the death. But, most people do not want to deal with this stuff until the time comes.

"Not all people are as fortunate in their death as me to have this time. These things can drift to the bottom of the priority stack, particularly when you are 53 years old and feeling in the best shape of your life."

In the months after his diagnosis, Richard's body changed from being able to run 26 miles at nine-minutes-per-mile to being excited just to walk a mile in 20 minutes, as he did on New Year's Eve.

"The changes in my body, the weight loss, the gaunt look, the loss of hair, and the fatigue, I'm pretty philosophical about. I have good days and bad days. I break down a little bit and let go with some emotions when it can do some good.

"Some days, I feel the whole gamut of emotions: that I'm failing (my wife) Mary; that I'm leaving life earlier than I planned; that there's things I won't be able to do. Those thoughts can all come together and make me sad at that moment. But as far as the changes, I'm actually focused on the positive rather than the fact that my body has dereriorated. I'm really trying to walk the positive line of everything I can."

"One of the things that astounds me is how much I look like my father in his later years. It took him 82 to 83 years to look like I look at 54. I wonder what he would do if he saw me. We could stand together in the mirror and probably wouldn't know which one was which."

Richard and Mary have talked about what to do when he approaches death. "At some point, I will go on this downward path," Richard said last fall. "That's inevitable if this disease process stays the way it should stay. I think the consensus is that people would rather have me die at home. No heroic life saving measures will be taken. The only thing I want are comfort measures related to pain management.

"It's easier for me to be philosophical because I am the one who's about ready to enter the 'room.' I would be less then candid if I didn't say I feel some trepidation and fear. I'm going someplace that everyone goes but nobody ever reports back what's there. I'd like to see my mom and dad again. That's one thing I think about to kick it over on the positive side."

Richard said he knows talking about his own death can easily make the listener sad.

"It's OK to feel sorry for me. That's not bad. I'm honored by these feelings. I would hate for the people who are close to me to not feel sorry for me. This is a tragedy. The people who have affection for me, it's comforting to know they are going to miss me and they are sorrowful. So many people have such good thoughts for me. It does help. I just hope I can share my love and when the time comes, that I die in some fashion that leaves my loved ones with some comfort. I would like to go into slow unconsciousness and just fade away."

"When you are facing your own death, you realize how many people it takes to get through life happy. I have told many of the people how much they meant to me. That has really been critical to me. The luster comes from these secondary contacts. What sticks is the affection for people. It adds a sweet little taste to life. If there's something on the other side, and I'm sitting around the campfire with the other angels or whatever, what I'll have with me are the positive thoughts of the human beings I knew."

Writer's Note

This story is based on a talk I had with Richard last October. In follow-up conversations, Richard said he enjoyed a peaceful Christmas holiday at Mt. Shasta with Mary's family. In January, the disease took a turn for the worse with more pain and less enjoyment of his days. Now, in late March, Richard's wife Mary said his liver has failed, he's sleeping a lot, and is down to 115 pounds.

RACE RESULTS

by Eric Ianacone

We apologize if we missed listing any dues-paid Chips in our race results. With hundreds of Chips, and hundreds of races, many members are bound to be missed...and unhappy because they didn't see their name here. If your name has been missed, this may be an indication that you misspelled your name on the race application. Remember that your race application first and last name must match the first and last name on the Chip roster.

Sunmart Trail Run - 50K

Huntsville TX
11 December 1999
Overall Winners

Men	Charles Hubbard	3:16:11
Women	Luanne Park	3:54:14

Chips

34	Wayne Miles	4:18:21

Sunmart Trail Run - 50 Mile

Huntsville TX
11 December 1999
Overall Winners

Men	Valmir Nunes	5:38:18
Women	Amanda McIntosh	7:15:44

Chippettes

130	Linda McFadden	9:22:40

Epiphany Ultra - Oakland The Real Deal 49 Miles

1 January 2000



photo by Eric Ianacone

Barry Fisher - Way Too Cool

Overall Winners

Men	Ken Gregorvich	7:22:01
Women	Carol LaPlant	9:36

Chips & Chippettes

14	Carol LaPlant	9:36
15	Stan Jensen	9:42

Epiphany Ultra - Oakland Popular But Wussy 49K

1 January 2000
Overall Winners

Men	Kevin Sawchuck	3:49
Women	Laura Kulsik	5:15

Chips & Chippettes

4	Howard Ferris	4:50
7	Laura Kulsik	5:15
8	Chris Hall	5:19
26	Linda McFadden	7:00
30	Janet Rivard	7:16
30	Lucinda Fisher	7:16
32	Barbara Elia	7:25

California 10 - Stockton

9 January 2000
Overall Winners

Men	Rob Reeder	0:49:28
Women	Rosa Gutierrez	0:57:02

Chips

38	Brian Davis	0:55:10
53	Michael Kinter	0:56:20
55	Dennis Rinde	0:56:38
70	Tom Johnson	0:57:42
82	Mark Barrett	0:58:37
89	Greg Jewett	0:59:05
90	Richard Govi	0:59:07
95	Steve Hall	0:59:19
101	Bill Mumma	0:59:28
111	Doug Thurston	1:00:09
118	Dennis Prizmich	1:00:26
120	Bruce Aldrich	1:00:29
166	Ernest Takahashi	1:04:58
172	Herb Tanzer	1:05:26
185	Steve Poss	1:06:22
207	Valentine Pisarski	1:09:09
229	Mario Sanchez	1:12:13
233	Howard Price	1:13:19
240	Jim Fischer	1:15:04
246	Joel Contreras	1:16:06
248	Abe Underwood	1:16:20
255	Bob Rowden	1:18:31
259	Don Fencik	1:19:38
264	Ron Peck	1:20:47
274	Peter Zinsli	1:24:18
279	Lee Rhodes	1:26:12
282	Ronald Adams	1:27:58
296	George Parrott	1:37:18
297	Mike Grassinger	1:37:25
308	Vic Lyons	2:27:40

Chippettes

8	Mary Coordt	1:00:50
14	Christine Brighton	1:02:25
20	Amy Grafius	1:05:31
26	Dee Dee Grafius	1:06:23
34	Theresa McCourt	1:07:39
45	Christine Iwahashi	1:09:36
46	Barbara Miller	1:09:43
68	Cary Craig	1:17:34
78	Myra Rhodes	1:21:29
84	Judy Shipman	1:22:51
90	Margaret Ervin	1:25:48
96	Jamie Caldwell	1:27:23
97	Esther Morris	1:27:23
103	Amy Brasil	1:28:32
120	Jeane Ann Gerard	1:36:53
129	Lilian Shek	1:49:40
133	Po Adams	2:07:33
134	Linda Prizmich	2:14:10



photo by Eric Ianacone

Bill Hambrick - Way Too Cool

Millenathon Half Marathon

16 January 2000
Overall Winners

Men	Philip Kemei	1:02:52
Women	Karolina Szabo	1:14:5

Chips

206	Dennis Scott	1:40:25
220	Bob Rowden	1:42:01
235	Howard Price	1:44:05
261	Don Fencik	1:47:13
265	Ron Peck	1:47:47
298	Lee Rhodes	1:52:3
339	Monty Schacht	1:56:47
442	George Parrott	2:16:45

Chippettes

21	Mary Coordt	1:22:27
39	Theresa McCourt	1:30:06
47	Connie Rowden	1:34:46
57	Christine Iwahashi	1:37:23
109	Cary Craig	1:48:29
119	Myra Rhodes	1:49:41
134	Mary Ann Truitt	1:52:8
191	Esther Morris	1:59:27
192	Jamie Caldwell	1:59:29
368	Po Adams	2:49:1

San Gabriel 50K Mt. Wilson

29 January 2000
Overall Winners

Men	Ian Torrence	4:09
Women	Jennifer Johnston	5:33

Chips & Chippettes

6	Mike Gottardi	4:52
8	Brad Lael	4:58
30	Laura Kulsik	5:57

Las Vegas Marathon

5 February 2000
Overall Winners

Men	Zoltan Holba	2:16:42
Women	Elena Vinitskaia	2:32:22

Chips & Chippettes

368	Rena Schumann	3:15:01
448	Bill Hambrick	3:19:29
569	Ron Parrett	3:25:54
887	John Nichols	3:38:44
1118	Linda McFadden	3:47:12
1988	Tom Kuzmich	4:25:01
2332	Louise Simpson	4:50:54
2522	Candace McGahan	5:12:06
2572	Stuart Sargisson	5:21:11

Las Vegas Half Marathon

5 February 2000
Overall Winners

Men	John Sence	1:02:56
Women	Kelly Cordell	1:12:04

Chippettes

328	Barbara Miller	1:28:50
2848	Lisa Sargisson	2:38:16

Davis Stampede 5K

6 February 2000
Overall Winners

Men	Frank Thomas	16:19
Women	Amy Grafius	18:21

Chips & Chippettes

5	Dennis Prizmich	16:52
13	Tim Shannon	17:53
22	Amy Grafius	18:21
33	Dee Dee Grafius	18:58
38	Theresa McCourt	19:23
46	Erin Wachter	19:46
51	Eric Yadao	20:00
60	Thomas Wachter	20:21
64	Natasha Labeaud	20:28
67	Howard Price	20:35
71	Ron Souza	20:51
74	Rory Salvatierra	20:55
83	David Kalb	21:10
91	Charles Curran	21:37
94	Julie Cambra	21:42
102	Steve Picanco	21:56
107	Jim Fischer	22:05
148	Travis Lyon	23:10
151	Maree Cambra	23:13
152	Roger Fong	23:14
154	Ashley Barry	23:24
155	Colleen Wachter	23:26
168	Ty Nelson	23:43
244	Michael Fuller	25:26
247	Danielle Carney	25:29
265	Chloe Lyon	25:52
266	Kirsti Lyon	25:52
272	Michele Oulrey	26:02
499	Florence Fong	30:18
658	Karen Fischer	33:04
746	Linda Kee	35:16
763	David Cambra	35:57
797	John Geoghegan	37:08
910	Barbra Farren	43:32
965	Lorraine McCall	47:01



photo by Eric Ianacone

Gail Gutterman - Way Too Cool

Davis Stampede 10K

6 February 2000
Overall Winners

Men - Scott Young		33:01
Women - Diane Harlick		38:27

Chips/Chippettes

22	Ken Cox	38:14
53	Katie Briscoe	41:40
58	Gary Lotspeich	42:18
72	Rachael Ritchey	43:33
80	Phil Boerne	44:16
83	Waiman Yip	44:32
86	David Ragsdale	44:43
94	Kathy Ryan	45:13
99	Cary Craig	45:29
100	Mike Schneider	45:30
120	Laurie Widman	46:49
131	Alan Capps	47:26
154	Janice Levet	48:25
170	Amy Dierlam	49:01
171	Joe McCloddie	49:02
183	Myra Rhodes	49:20
195	Sarah Lin-Aamodt	49:46
225	Julie Criswell	50:57
226	Scott Owens	50:59
244	David Smit	51:44
272	Harry Criswell	52:28
320	Karen Pierce	53:54
351	Suzanne Aschterlonie	54:41
353	Amy Brasil	54:46
440	Gary Weinberg	56:48
461	Krista Breuer	57:29
477	Kevin Geoghegan	57:57
483	Kelly Sossich	58:29
516	Denise Callahan	59:14
522	Gerald Jones	59:18
526	Mel Golovich	59:26
542	Whyt Knoll	59:39
557	John Burch	1:00:02
558	Bill Ballantine	1:00:03
633	Mike Grassinger	1:02:33
637	Michelle Houston	1:02:41
687	Laurale Lorentzen	1:04:31
702	Donna Messenger	1:05:03
791	Ron Dona	1:09:16
798	Tammy Novoa	1:09:38
815	Irene Kessler	1:12:05
851	Po Adams	1:17:25
864	Tertia Hawkins	1:20:53

Davis Stampede Half Marathon

6 February 2000
Overall Winners

Men - Rich Hanna		1:12:53
Women - Angela Isbill		1:19:43

Chips/Chippettes

16	Steve Hall	1:20:24
19	Alan Anzai	1:21:11
21	Mark Murray	1:21:52
22	Doug Thurston	1:22:05
35	Kevin Cimini	1:26:54
39	Ned Fiori	1:27:32
46	Budd Ring	1:28:19
66	Steve Pass	1:30:31
79	Gary Hester	1:30:57
82	Mike Stanton	1:31:21
139	Jennifer Fearing	1:37:24
148	Scott Romine	1:38:05
150	Dan Cox	1:38:17
165	Mario Sanchez	1:39:00
166	John Caselli	1:39:05
167	Gary Callahan	1:39:08
171	Ken Johnson	1:39:29
181	Michael McKee	1:40:24
192	Larry Gittings	1:41:56
220	Therese Iknoian	1:44:09
223	Laura Kulcik	1:44:22
247	Don Fencik	1:45:39
254	Tracy Fiori	1:46:20
255	John Danby	1:46:20
257	Robin Cambra	1:46:37
267	Chris Apodaca	1:47:30
282	Joel Contreras	1:48:28
303	Judy Shipman	1:49:50
309	Lee Rhodes	1:50:26
316	Janet Steele	1:50:52
325	Marie Gonzales	1:51:19
334	Diana Radavero	1:51:45
343	Karen Giovanini	1:52:26
345	Patty Coauette	1:52:32
381	Joe McInerney	1:54:45
384	Tamara Brikovich	1:54:51
387	Michael Otten	1:55:01
389	Cindy Nalepa-Nelson	1:55:02
401	Karen Davis	1:55:25
403	Cindy Reed	1:55:27
404	Fred Kaiser	1:55:28
409	Charles Brown	1:55:29
434	Maryann Flemmer	1:56:36
497	Kirsten Schneider	1:59:56
504	Kenneth Messenger	2:00:26
508	Peter Zinsli	2:01:06
509	Ron Adams	2:01:09
516	Margaret Ervin	2:01:32
526	John Davis	2:02:24
559	Sarah Sheridan	2:04:28
568	Shing Anzai	2:05:11
586	Steven Birkholz	2:06:36
609	Yolanda Almanza	2:08:15
654	Mary Seto	2:11:17
658	Ann Marie Hargrove	2:11:22
670	Joe Pope	2:12:29
689	Joyce Pryor	2:14:39
690	Madeleine Silva	2:14:44
694	Andrew Berwind	2:15:14
695	Amy Berwind	2:15:14
697	Jeaneann Gerard	2:15:20
704	Brenda Rau	2:16:22
709	Emily Carbone	2:17:40
710	Ann Kelly	2:18:04
713	Phyllis Berkley	2:18:11
719	Diane Hill	2:19:37
736	Robert Rinker	2:23:45
747	Shelly Ellis	2:25:31
749	Janice Taylor	2:25:42
764	Barbara Rinker	2:27:45
796	Tana Leigh Gabriel	2:43:03
803	Ruth Carter	2:51:59
805	Vic Lyons	3:04:32

Jed Smith 50 Miles

12 February 2000
Overall Winners

Men - Floyd Whiting		7:58:03
Women - June Gessner		8:11:23

Chips/Chippettes

1	Floyd Whiting	7:58:03
9	Linda McFadden	9:19:14



photo by Eric Ianacone

Brad Lael - Way Too Cool

Jed Smith 50K

12 February 2000
Overall Winners

Men - Kevin Sawchuk		3:23:37
Women - Jennifer Devine		3:38:05

Chips/Chippettes

6	Jennifer Devine	3:38:05
20	Ernest Takahashi	4:09:05
21	Howard Ferris	4:09:49
22	Jerry Lile	4:11:19

Welcome, New Chips !

Terri Anderson
Mickey Ankhelyi
John Aquino
Sarah Aquino
Brent Backus
Donald Black
Maren J. Caldwell
Gary Campbell
Laura Cockrell
William Cockrell
Jane Colman
Mark A. Conley
Nancy Cotter
Kevin Dudek
Karen Ernst
Mary Fine
Lani Fraizer
Ernie Gini
Ann Grove
Chuck Hammonds
Lara Hasik
Tyler Honeyman
Linda Hood
Wayne Kocher
Sharon Lewis
Lina Ligsay
Bill Livaich
Fernando Loza
Elden Monday
Jennifer Norris
Sharon S. Norris
Angelica Northcross
Donald Northcross
Gladys Northcross
Jasalynne Northcross
Brendan O'Neill
Tracey Perron
Dara Pfeiffer
Frank Rankin
Budd Ring
Alena Robinson
Greg Robinson
Scott Robinson
Dennis Roussel
Mike Sheldon
Elena Sherman
Julie Smith
Robbie Smith
Scott Sullivan
Cheryl Summers
Sam Underwood
David Wakefield
Don Watson
Holly Welch
James Wells
Patricia Wells
Whitney Wells
Alex Wolfe
Ellen Wolfe
Rick Wolfe
Brian Yates

HAPPY NEW AGE GROUP

from the Herd !





New Age Group This Quarter

Joe Alvarez	60-64
Mary Alvarez	65-69
Mo Bartley	45-49
Barbara Breckenridge	30-34
Ginger Bryan	60-64
Tom Bryan	60-64
Jennifer Caplan	30-34
Rea Cichocki	50-54
Kevin Cimini	40-44
Claire Daniels	10-14
Jennifer Ducray	20-24
Tammy Egger	35-39
Mark Engemann	40-44
David English	30-34
Rosemary Fajen	55-59
Beth Finkbeiner	40-44
Jim Fischer	60-64
Miranda From	35-39
Martha Grassinger	45-49
Jennifer Grogan	20-24
Katelyn Hall	10-14
Kay Hutchinson	50-54
Laura Kulsik ! !	**40-44**
Rick Kushman	45-49
Murielle La Beaud	40-44
Sydney Mc Dowell	10-14
Marian Mc Kone	70-74
Paul Mitchell	30-34
Michele Nelson	45-49
Renate Otto	40-44
Joemel Panisa	30-34
Eric Phillips	45-49
Bettie Powers	50-54
Michael Prizmich	55-59
Karen Purvis	60-64
David Rater	55-59
Tracey Savorn	30-34
Jon Shelgren	60-64
Madeleine Silva	50-54
Connie Spickelmier	50-54
Joel Thompson	10-14
Linda Tobia	35-39
Megan Wachter	15-19
Karl Watanabe	45-49
James Wellington	55-59
Margery Winter	50-54
Kyle Zarzana	15-19

RACE RESULTS

24	Mike Pettengill	4:15:40
27	Rena Schumann	4:20:31
37	Eric Ianacone	4:39:07
38	Kathy Welch	4:39:20
42	Dan Cox	4:44:30
48	Ernie Gini	4:56:22
52	Jerry Bloom	5:00:30
53	Thomas Winter	5:01:08
54	Stan Jensen	5:03:32
57	Phil Boerner	5:06:27
58	Lee Rhodes	5:07:26
59	Jan Levet	5:08:09
61	Denis Zilaff	5:09:57
63	Joe Holmberg	5:10:48
67	Shalnka Wengronowitz	5:15:31
70	Fred Kaiser	5:24:12
84	Gloria Takagishi	6:07:45
86	Barbara Elia	6:09:45



photo by Eric Ianacone

Jan Levet - Way Too Cool

88	Ron Hayes	6:19:32
89	Diane Hill	6:25:00
90	George Billingsley	6:43:34
100	Helen Klein	7:51:02

Jed Smith 30K

12 February 2000

Overall Winners

Men - Bruce Aldrich 2:08:13

Women - Michelle Winowiecki 2:30:25

Chips/Chippettes

1	Bruce Aldrich	2:08:13
2	Doug Riggle	2:15:27
5	John Danby	2:26:06
8	Ken Johnson	2:32:27
11	Laura Kulsik	2:34:40
12	Dave Ragsdale	2:35:14
14	Michael McKee	2:42:00
17	Margaret Ervin	2:45:58
22	Joan Mork	2:52:27
24	Ken Messenger	2:52:37
25	Ginger Bryan	2:53:05
28	Monty Schacht	2:59:19
30	Jennifer Dunn	3:04:58
31	Karen Pierce	3:04:59
33	Joseph Domagalski	3:09:15
37	Dennis Scott	3:26:11
38	Joe Pope	3:26:30
39	Jan Lambert	3:28:38
42	Ann Marie Hargrove	3:37:20
48	Lilian Shek	4:05:15
50	Steve Wetmore	4:05:48
51	Cindy Reed	4:12:05
53	Pam Delapp	4:27:43

Mud Run

25 February 2000

Overall Winners

Men - Ruben Rodriquez 31:31

Women - Laurie Widman 38:49

Chips/Chippettes

2	Matt Pelascini	32:06:00
5	Ken Johnson	37:01:00
7	Dan Potter	38:21:00
8	Laurie Widman	38:49:00
13	Joel Contreras	42:30:00
14	Jared Potter	42:41:00
15	Katie Briscoe	42:41:00
16	Ashley Barry	42:51:00
17	Richard Cannon	43:35:00
18	Eric Phillips	44:10:00
19	Eric Bean	44:18:00
21	Fred Kaiser	45:00:00
22	Cindy Reed	45:00:00
26	Harry Criswell	46:40:00
27	Gabriel Boyle	47:50:00
29	Bob Miller	50:11:00
32	Ken Briscoe	50:38:00
34	Lynell Heaps	52:05:00
37	Peggy Ewing	59:28:00
39	Lois Kugelmass	69:41:00
40	George Parrott	88:88

Los Angeles Marathon

Overall Winners

Men - Benson Mutisya Mbithi 2:11:55

Women - Jane Salumae 2:33:33

Chips/Chippettes

825	Norm Haines (3rd)	3:32:40
4065	Chris Apodaca	4:23:37
13445	Po Adams (1st)	6:32:23
14025	Ruth Carter	6:46:34

Napa Valley Marathon

5 March 2000

Overall Winners

Men - Christopher Ashfield 2:24:02

Women - Louise Kobin 2:54:42

Chips/Chippettes

27	Steve Hall	2:52:22
38	Herb Tanzer	2:54:53
143	Rena Schumann	3:15:46
151	Christine Iwahashi	3:17:05
158	Howard Ferris	3:18:08
173	Mike Pettengill	3:20:53
177	Valentine Pisarski	3:21:20
274	Gary Callahan	3:29:52
284	Andrew Pollock	3:31:32
402	Jim Fischer	3:43:06
439	Therese Iknoian	3:45:50
505	Dan Cox	3:50:45
548	Karen Giovanini	3:54:00
549	Patty Coquette	3:54:01
654	Karen Davis	4:00:33
763	Esther Morris	4:08:36
777	Monty Schacht	4:09:30
783	Eric Poulsen	4:09:57
836	Ann Grove	4:13:43
837	Wayne Kocher	4:13:43
838	Robin Cambra	4:13:46
915	Jamie Caldwell	4:19:56



Herb Tanzer - Way Too Cool

918	Penny Westfall	4:20:04
930	Dick Forehand	4:20:50
935	Karen Pierce	4:21:17
936	Jennifer Dunn	4:21:18
956	Ken Messenger	4:23:27
1012	Diana Radavero	4:27:28
1024	Ron Adams	4:28:39
1044	Judy Shipman	4:30:28
1113	Glenn Millar	4:38:48
1141	Laurie Richardson	4:41:11
1162	Michael McKee	4:43:09
1163	Shalara Wengronowitz	4:43:10
1164	Thomas Kuzmich	4:43:11
1196	Joe Henderson	4:46:39
1249	[illegible]	4:54:03
1250	Bob Pasko	4:54:03
1353	George Billingsley	5:17:27

Way Too Cool 50K

11 March 2000

Overall Winners

Men - Rich Hanna 3:45:07

Women - Luanne Park 4:18:58

Chips/Chippettes

4	Brad Lael	3:49:58
16	Mark Murray	4:16:21
22	Herb Tanzer	4:24:12
53	Howard Ferris	4:48:45
65	Jerry Lile	4:55:46
73	Laura Kulsik	5:01:35

90	Floyd Whiting	5:09:21
96	Kathy Welch	5:12:18
118	Bill Hambrick	5:26:02
133	Chuck Honeycutt	5:30:42
140	Michael Hernandez	5:33:15
143	Mike Pettengill	5:35:04
167	Bill Finkbeiner	5:43:25
189	Thomas Winter	5:50:46
192	Joanie Mark	5:51:41
201	Marie Gonzales	5:54:42
203	Lee Rhodes	5:55:27
209	Jennifer Kalfsbeek	5:58:58
213	Chris Hall	6:00:22
225	Janice Level	6:05:24
246	Thomas Windsperger	6:11:33
247	Barry Fisher	6:12:05
258	Denis Zilaff	6:15:56
260	Linda McFadden	6:16:17
263	Stan Jensen	6:16:41
264	John Nichols	6:17:52
266	Roger Dike	6:18:45
274	Bill Roehr	6:20:23
278	Ann Grove	6:20:44
279	Wayne Kocher	6:20:55
311	Gail Gutterman	6:32:15
312	Dennis Scott	6:32:33

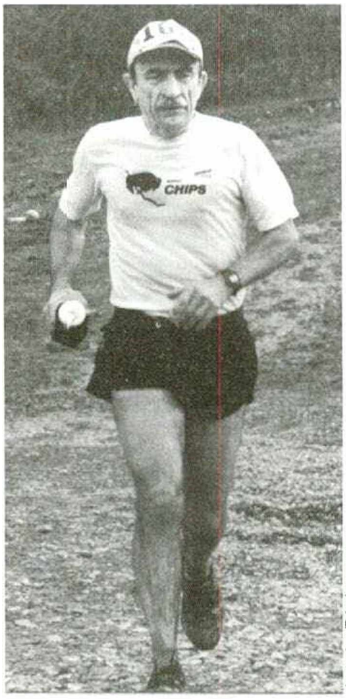


photo by Eric Ianacone

Howard Ferris - Way Too Cool

316	Alan Young	6:33:31
338	Mario Sanchez	6:44:06
340	Edward Reilly	6:44:40
383	Lucinda Fisher	7:00:59
384	Brian Tsuyuki	7:01:41
388	Ken Crouse	7:05:46
392	Bill Staack	7:06:28
393	Fred Kaiser	7:06:54
396	Steve Hall	7:07:57
426	Ron Adams	7:22:23
439	Gloria Takagishi	7:33:13
450	Barbara Elia	7:42:24
474	Neil Moore	8:11:14

2000 Fifty Plus Fitness 8K
Palo Alto

19 March 2000

Overall Winners

Men -	Michael Dove	27:30
Women -	Dee Dee Grafius	31:40

Chips/Chippettes

3	Greg Jewett	28:37
30	Dee Dee Grafius	31:40
37	Carl Bergemann	32:05
39	Arnold Utterback	32:24
48	Barbara Miller	33:22
53	Howard Price	34:23
64	Valentine Pisarski	34:53
75	Dennis Scott	35:59
82	Joel Contreras	36:20
110	Joe McCladdie	38:48
112	Dave Creek	39:01
116	Myra Rhodes	39:15
129	Lee Rhodes	40:23
130	Cynci Calvin	40:32
152	Carol Mikkelsen	42:16
186	Mike Grassinger	46:00
190	Robert Rinker	46:44
191	George Parrott	46:50
207	Barbara Rinker	48:33
248	Po Adams	58:21
257	Vic Lyons	1:04:08

Houlihan's to Houlihan's 12K
San Francisco

26 March 2000

Overall Winners

Chris Schile		37:19
Rosa Gutierrez		43:18

Chips & Chippettes

30	Jeff Hildebrandt	41:06
38	Bryan Hacker	41:29
79	Richard Govi	43:41
181	Bruce Aldrich	47:25
229	Brendan O'Neill	48:40
256	Steve Pass	49:27
281	Carl Bergemann	50:00
295	Hank Beal	50:20
313	Tina Beal	50:42
319	Arnold Utterback	50:51
350	Connie Rowden	51:37
376	Julie Dittman	52:03
380	Mo Bartley	52:07
396	Floyd Whiting	52:16
407	Rachael Ritchey	52:30
427	Eric Yadao	52:52
438	Scott Romine	53:15
471	Christine Iwahashi	53:37
480	Michael McKee	53:49
???	Kevin Dudek	53:56
494	Valentine Pisarski	54:08
503	Bob Tabler	54:14
563	Howard Price	55:17
577	Dennis N. Scott	55:24
689	Phil Baerner	57:08
???	Gary Campbell	58:09
780	Don Fencik	58:19
834	Ron Peck	58:57
913	Karen Giovanini	59:47
914	Bill Freiling	59:47
964	Monty Schacht	1:00:16
1003	Lee Rhodes	1:00:40
????	Dave Creek	1:00:47
1099	Myra Rhodes	1:01:31
1164	Pam Goodley	1:02:10



photo by Eric Ianacone

Gloria Takagishi - Way Too Cool

????	Cynci Calvin	1:02:53
1282	Shalako Wengronowitz	1:03:16
1306	Amy Brasil	1:03:27
1342	Tom Kuznich	1:03:50
1377	Ginger Bryan	1:04:06
1454	Roger Fong	1:04:48
1457	Karen Pierce	1:04:52
1577	Theresa McCourt	1:06:02
1592	Carol Mikkelsen	1:06:08
1595	Peter Zinsli	1:06:10
1623	Kimberly Bicke	1:06:26
1650	Cindy Reed	1:06:42
1653	Fred W. Kaiser	1:06:43
1719	Joe McCladdie	1:07:21
????	Gloria Baker	1:10:14
????	Debbie Fleming	1:10:14
2032	Maggie Ward	1:10:28
2047	Gary Weinberg	1:10:41
2066	Shelley Black	1:10:55
2088	Keri Palko	1:11:10
2149	Madeleine Silva	1:11:47
2179	Frank Rankin	1:12:00
2181	Chiyo Shingu	1:12:02
2189	Lina Ligsay	1:12:06
2190	Chris Enkante	1:12:07
????	Kelly A. Sossion	1:12:25
2376	Mike Grassinger	1:13:50
2394	Mark Van Oort	1:13:59
2423	George Parrott	1:14:25
2524	Kathleen Spence	1:15:23
2525	Michael Gardner	1:15:24
2591	Meg Gittings	1:16:29
2644	Michael Meyer	1:17:20
2752	John Burch	1:18:58
2779	Nanette Farley	1:19:25
2791	Lucinda Fisher	1:19:38
2805	Thomas Marshall	1:19:52
2808	Virginia Marshall	1:19:53
2905	Peggy Ewing	1:21:38
2998	Liz Zelandais	1:23:57
3000	Alene Antelman	1:23:59
3057	George Black	1:25:30
3108	Florence Fong	1:26:34
3167	Martha Grassinger	1:28:23
3170	Parthina Donson	1:28:26
3235	Phyllis Berkley	1:30:58
3240	Kathy Rood	1:31:06
3310	Po Adams	1:33:55

Houlihan's place numbers shown as ??? denote 4th wave runners whose times but not places were integrated with waves 1,2 & 3

American River 50 Miler

1 April 2000

Overall Winners

Men -	Michael Loney	6:10:33
Women -	Luanne Park	7:35:49

Chips/Chippettes

8	Herb Tanzer	6:57:58
18	Rae Clark	7:26:26
22	Rena Schumann	7:39:16
25	Howard Ferris	7:51:52
40	Jerry Lile	8:20:42
53	Laura Kulsik	8:30:34
56	Ken Cox	8:32:24
58	Kathy Welch	8:38:18
62	Eric Ianacone	8:42:54
72	Daniel J. Martin	8:54:21
92	Ernest K. Takahashi	9:06:15
99	Christine Flaherty	9:10:21
109	Joan Mark	9:17:03
118	Tom Winter	9:20:19
121	Janice I. Level	9:21:57
129	Linda McFadden	9:25:11
133	Stan Jensen	9:30:59
139	Wayne Miles	9:34:13
164	Mike Pettengill	9:46:57
169	Scott Sullivan	9:50:03
174	Floyd Whiting	9:52:53
194	Jennifer Kalfsbeek	10:09:24
210	Richard Hieronymus	10:18:24
216	Ann Grove	10:23:54
231	Roger Dike	10:34:26
257	Wayne Kocher	10:50:21
264	Marvin Johnson	10:52:01
265	Bill Finkbeiner	10:52:06
266	Jan Lambert	10:52:20
267	Gail Gutterman	10:52:57
278	Paul Mitchell	10:59:28
282	Barbara A. Elia	11:01:38
287	Dennis N. Scott	11:06:35
298	Renda Gail	11:11:19
300	Brian Tsuyuki	11:11:50
314	Bill Roehr	11:22:11
336	Gloria Takagishi	11:42:00
340	Shalako Wengronowitz	11:45:42
348	Lucinda Fisher	11:51:00
354	Ernie Gini	11:54:17
367	Norman Haines	12:03:33
392	Gary Davis	12:22:05
393	Jerry Bloom	12:22:06
394	Neil Moore	12:22:16
395	Ronald Adams	12:22:41
403	Helen Klein	12:28:03

CHIP RACE CALENDAR

Sat	April 22	Carmichael	Resurrection Run 5K Run/Walk & 1/2M Kid's Run	916/457-4726
Sun.	April 23	Granite Bay	Chanoko Trail Run & Mtn. Bike Duathlon	916/632-RACE
Sun.	April 30	Cupertino	Compaq's Up & Running 10K/2M Run/Walk	415/759-2690
		Ukiah	Russian River Marathon/1/2 Marathon/10K	707/468-8024
		Shingle Springs	M.A.S.H. 2000 10K Run/5K Run/Walk	530/622-5551x 904
Sat.	May 6	Rocklin	Placer Co. D.A.R.E. to Run 5K/10K/Kids' Run	916/791-5159
Sun.	May 7	Truckee	Donner Lake 7M/14M	510/223-5778
		Danville	Devil Mtn. Runs 5K/10K & Toys R Us Kids' Run	415/759-2690
Sun.	May 7	Vancouver, B.C.	Vancouver Marathon	604/872-2928
Sat	May 13	Sacramento	Komen Sacramento Race for the Cure 5K Run/1M Fitness Walk	916/492-6474
		Larkspur	The Human Race 5M	415/479-5660
Sun	May 14	Auburn	Bill Francis Memorial 5K/10K	www.racegate.com
Sat	May 20	Cool	Choosing Life Half Marathon/10K/5K	530/632-7271
		Folsom	"Exercise for Your Lives" 10K/5K/Kids' Run	916/939-1967
		Sacramento/Placerville	Dog-A-Thon 2.5M Fun Walks	916/447-7323
Sun	May 21	San Francisco	Examiner Bay to Breakers 12K	415/808-5000x222
		Berkeley	Tilden Tough Ten (-Mile)	510/339-2430
		Granite Bay	Chanoko Trail Run & Mtn. Bike Duathlon	916/632-RACE
Sun.	May 28	Modesto	Modesto Downtown Classic 8K/1M Kids' Run	209/575-4040
Mon	May 29	San Francisco	**PA/USATF Road Grand Prix Event**	
			Zippy 5K (double points!)	415/982-8043
Sat.	June 3	CSU Sacramento	Doggy Dash 5K/2K	916/383-7387 x 9102
Sun.	June 4	Stockton	The Bagel Chase 5K Run/Walk	209/367-1787
		Sonoma	Hit the Road Jack 10K/2.2M	707/935-7504
		San Diego	Suzuki Rock 'n Roll Marathon	619/450-6510
Fri.	June 16	South Africa	Comrades Marathon **Good Luck Chips on Trips!**	
Sat.	June 17	Sacramento	**PA/USATF Road Grand Prix Event**	
			2nd Annual Shriners Challenge Run/Walk	916/447-2786
Sat	June 24	Squaw Valley	**PA/USATF Ultra Grand Prix** Season's End Event	
			Western States 100-Miler, to volunteer contact Ken Crouse	916/979-1882
		Stinson Beach	Double Dipsea (13.7M)	415/978-0837
Sat	July 1	Graeagle	Graeagle 5K/10K	510/223-5778
Tues	July 4	Sacramento	**Tommy Hilfiger All American 5K,** Big Chip Volunteer Event!	916/447-2786
		Chico	Devil's Kitchen 10M Blazen Trail Race	510/223-5778
Sun	July 9	San Francisco	The Chronicle Marathon	800/698-8699
		Soda Springs	Donner Summit "To Hell & Back" 30K/15K	530/426-3538
Sun.	July 16	Lake Tahoe	Spooner Lake Half Marathon/10M/10K	510/223-5778
Sun.	July 23	Sacramento	**PA/USATF Road Grand Prix Event**	
			5th Annual Fleet Feet Capitol Mile	916/447-2786
		Santa Cruz	Wharf to Wharf 10K	831/475-2196
Sat.	July 29	Antioch	Skips to Skips Mtn. Challenge 10.5M/5K	888/827-5476
Sun.	Aug. 6	Sacramento	Susan B. Anthony 5K Run/Walk (for women only)	
			Big Chip Event! Chip men—volunteer!	916/447-2786
		Castro Valley	Tentative **PA/USATF Ultra Grand Prix Event**	
			Skyline 50K Endurance Run	510/430-1591
Fri.	Aug. 11	Sacramento	2nd Annual Run for the Arts 5K Run/Walk/7 p.m.	916/447-2786
Sun.	Aug. 13	San Diego	America's Finest City Half Marathon & 5K Chips on Trips!	858/450-6510
Sat.	Aug. 19	Sacramento	4th Annual Blisters for Sisters 5K Run/1M Walk	
			26 difference start waves by age/sex	916/447-2786
Sun.	Aug. 27	Reno/Carson City	Silver State Marathon/Half Marathon/10K	775/849-0419
Mon	Sept. 4	Kentfield	**USATF Road Grand Prix Event**	
			Pacific Sun 10K (& non-Grand Prix 2M)	415/897-6842
		Auburn	49er Canyon 10-Mile Classic	530/878-0697
		Sacramento	2nd Annual Run for Humanity 10K Run/5K Run/Walk	916/447-2786
		Davis	Fleet Feet Labor Day 5K/10K/Kids' Race	530/758-6453
Sat.	Sep. 9	Lake Tahoe	America's Most Beautiful Relay & Ultra (72M)	530/544-6771
		San Francisco	**PA/USATF XC Grand Prix Season** begins! See information on page 4.	
Sun.	Sep. 10	Sacramento	**Big Chip Event! 26th Annual Buffalo Stampede 10-Miler**	916/447-2786
Sat.	Sep. 16	Sacramento	Chevy's to Chevy's 12K/5K Run/Walk	800/757-5275
		Squaw Valley	Pacific Crest Trail 50K/25K/50K Relay/12K/25K Wild Walk	530/223-5778
Sat	Oct. 7	Folsom	Run With Nature 4.2M Walk/5K/10K	916/355-7366
Sun.	Oct. 8	S. Lake Tahoe	Lake Tahoe Marathon/Half Marathon Run & Walk/Marathon Relay/5K/10K	530/544-7095
Sun.	Oct. 15	Weott	**PA/USATF Road Grand Prix Event**	
			Humboldt Half Marathon (& non-Grand Prix Marathon)	707/839-1989
Sun.	Oct. 22	Nevada City	Run Through the Colors 5K/10K	530/265-2666
Sat	Oct. 28	Sacramento	20th Annual Zoo Zoom 5K/10K/1- & 1/2M Kids' Runs	916/443-6223
Sun	Nov. 23	Clarksburg	**PA/USATF Road Grand Prix Event**	
			35th Annual Clarksburg Country Run 30K (also non-Grand Prix 5K & Kids' 1M)	916/447-2786
Sat	Nov. 18	Davis	Davis TurkeyTrot 5K/10K/Kids' Runs	800/757-5275
Sun	Nov. 26	GG Park, San Francisco	Run to the Far Side 5K/10K	415/759-2690
Sun.	Dec. 3	Folsom to Sacramento	California International Marathon & 4-Person Relay	916/983-4622

CLUB RECORDS



ACCORDING TO THE BC BOARD OF DIRECTORS, RECORD HOLDER MUST HAVE BEEN A CHIP with dues paid a current Chip registered USATF card (individual can belong to other clubs but must be registered as a Chip with the Pacific Association) and IN CLUB UNIFORM (racing singlet or t-shirt) AT THE TIME OF RECORD PERFORMANCE. Due to space constraints we cannot possibly list every record and have therefore only listed the most standard ones.

OPEN, MEN, 39 & under

6 Days	no record received	
48 Hours	nrr	
24 Hours	Rae Clark USATF NM Ch'ship '90 American Record	165.3 miles
12 Hours	Rae Clark	98 miles
1 Hour	nrr	
100 Miles	Rae Clark Sri Chimnoy, USATF N.C. '89 American Record	12:12:19
100K	Tom Johnson 100K Ultra Ch'ship '94	6:41:40
50 Miles	Rae Clark USATF N.C. '88	5:28:32*
50K	Dennis Rinde Jed Smith '93	3:02:33
Marathon	Rich Hanna CIM '93	2:17:51
30K	nrr	
Half Mara	Ben Ayers Humboldt-Redwoods '95	1:06:22
10 Miles	Craig Moore Cal 10	50:43
10K	John Sup Davis Track Meet '91	30:52
8K/5 Miles	John Sup Fujitsu 8K '90	24:31
5K	Reggie Williams Cal State Track Meet	14:27
Mile	Jeff Adams Fleet Feet Mile '96	4:36:20
1500 mtrs	Randy Sturgeon	4:07.65
800 mtrs	Daryl Katcher Trojan Masters '90	2:00.64
400 mtrs	nrr	
200 mtrs	nrr	
100 mtrs	Greg Hodson Los Gatos A-C Meet '96	13.4

OPEN, WOMEN, 39 & under

6 Days	nrr	
48 Hours	nrr	
24 Hours	nrr	
12 Hours	nrr	
1 Hour	nrr	
100 Miles	Patti Teale Vermont '91	21:12:24
100K	nrr	
50 Miles	nrr	
50K	Jennifer Devine Jed Smith '99	3:35:06
Marathon	Eileen Taylor Chicago Marathon '82	2:37:01
30K	Jeannie Urness Clarksburg '92	1:53:51
Half Mara	Robyn Root Phila. Dist. Classic '87	1:13
10 Miles	Kathy Pfiefer Trevira Twosome '88	54:50
10K	Kathy Pfiefer Mt. Sac Relays '88	32:59
8K/5 Miles	Robyn Root Bastille Day 8K	26:27
5K	Robyn Root Susan B. Anthony 5K	16:37
Mile	Meg Svoboda Fleet Feet Mile '96	5:11.99
1500 mtrs	Theresa McCourt A-C Meet '92	4:50
800 mtrs	Theresa McCourt West Mstrs. Hayward '92	2:22
400 mtrs	Melanee Baskerville Cordova A-C Meet '97	72.27
200 mtrs	Melanee Baskerville Cordova A-C Meet '97	31.32
100 mtrs	nrr	

MASTERS, MEN 40-49

6 Days	nrr	
48 Hours	Jeff Hagen Gibson Ranch 48 Hr '93	213.7 miles
24 Hours	Eric Ianacone Gibson Ranch 24 Hr '94	125 miles
12 Hours	Eric Ianacone Bay Area UR 12 Hr. '94	76m.1044yd
1 Hour	nrr	
100 Miles	Abe Underwood AAU 100 Miler '78	15:49:51
100K	Rae Clark Ruth Anderson '92	7:15.18
50 Miles	Rae Clark Helen Klein '95	5:51:21
50K	Eric Ianacone Jed Smith '97	4:03:49
Marathon	Jim Milton CIM '91	2:26:27
30K	Jim Milton Clarksburg '92	1:43:18
Half Mara	Jim Milton Humboldt '91	1:10:01
10 Miles	Jim Milton Woodland 10 '92	53:31
10K	Jim Milton SJ Mercury News '92	31:08
8K/5 Miles	Jim Milton Fujitsu 8K '92	25:26
5K	Jim Milton Davis Turkey Trot '92	15:12
Mile	Steve Hall Fleet Feet Mile '99	4:48.48
1500 mtrs	Jim Milton '92	4:11
800 mtrs	Daryl Katcher TAC N'l Masters '90	1:58.45
400 mtrs	David Kalb Hornet Spring Classic '99	56.22
200 mtrs	David Kalb Cordova A-C Meet '99	26.50
100 mtrs	Greg Hodson Soquel HS Decathlon '97	13.6

MASTERS, WOMEN, 40-49

6 Days	nrr	
48 Hours	Jan Levet Gibson Ranch '95	146.5 miles
24 Hours	Jan Levet USATF N.C. '92	116 miles
12 Hours	Jan Levet Run for Sight, Sonoma '92	68.25 miles
1 Hour	nrr	
100 Miles	Jan Levet USATF N.C. '92	19:29:29*
100K	Christine Flaherty Ruth Anderson 100K '98	9:26:25
50 Miles	Joan Reiss Jed Smith '87	6:58
50K	Christine Iwahashi Jed Smith '99	3:56.29
Marathon	Sharlet Gilbert Boston Marathon '94	2:43:46
30K	nrr	
Half Mara	Kathy Ward Las Vegas '97	1:17.37
10 Miles	Kathy Ward Cal 10 '96	59:56
10K	Kathy Ward SJ Mercury News '97	36:36
8K/5 Miles	Joan Reiss	31.32
5K	Kathy Ward Davis TurkeyTrot '95	17:34
Mile	Dee Dee Grafius Fleet Feet Mile '97	5:15.55
1500 mtrs	Kathy Ward Masters T.M., Los Gatos '95	5:01
800 mtrs	Dee Dee Grafius U.S. Age Group Record	2:18:07
400 mtrs	Dee Dee Grafius Cordova A-C Meet '97	63.13
200 mtrs	nrr	
100 mtrs	nrr	

SENIORS, MEN 50-59

6 Days	nrr	
48 Hours	Jeff Hagen TAMU 48, Texas '99 pending American Record	216.4 miles
24 Hours	Jeff Hagen Pacific Rim Run '98	131 miles
12 Hours	nrr	
1 Hour	nrr	
100 Miles	Jeff Hagen Megan's 24-Hr. Run '98	17:59:03*
100K	Eric Ianacone Ruth Anderson 100K '98	9.13.28
50 Miles	Paul Reese	6:22:25
50K	Eric Ianacone Jed Smith '99	4:07:29
Marathon	Jim O'Neil Burlingame '77	2:35:48
30K	nrr	
Half Mara	Jim O'Neil Burlingame '77	1:17:30*
10 Miles	Jim O'Neil Sacramento 10 Miler '79	55:02
10K	Jim O'Neil U.S. Masters '76	33:30
8K/5 Miles	Jim O'Neil Lake Merced Mstrs '76	26:33
5K	Jim O'Neil U.S. Masters, O? '76	16:14
Mile	Ben La Sala Fleet Feet Mile '96	5:11.28
1500 mtrs	Don Martin	4.53.1
800 mtrs	Matt Duncan N'l Masters Ch'ships '99	2:23.19
400 mtrs	Ben La Sala Los Gatos Meet '96	64.00
200 mtrs	nrr	
100 mtrs	nrr	

SENIORS, WOMEN 50-59

6 Days	nrr	
48 Hours	nrr	
24 Hours	nrr	
12 Hours	nrr	
1 Hour	nrr	
100 Miles	Joan Reiss Western States '88	23.44
100k	Barbara Ellis Helen Klein 100K '95	10:25:06
50 Miles	JoanReiss AR 50	8.35
50k	nrr	
Marathon	Barbara Miller CIM '96	3:06:48
30k	Dee Dee Grafius Clarksburg '99	2:14.34
Half Marc	nrr	
10 Miles	nrr	
10k	Barbara Miller Merced Rascal Creek '96	40:50
8K/5 Miles	nrr	
5k	Joan Reiss Susan B. Anthony 5K '88	20:56
Mile	Cynci Calvin Fleet Feet Mile '96	6.26.00
1500 mtrs	Joan Reiss	6:17*
800 mtrs	nrr	
400 mtrs	nrr	
200 mtrs	nrr	
100 mtrs	nrr	

SUPER SENIORS, MEN 60+

6 Days	nrr	
48 Hours	nrr	
24 Hours	nrr	
12 Hours	George Billingsley American Record	52.78 mi
1 Hour	nrr	
100 Miles	Lee Rhodes Western States '94	26:17
100K	nrr	
50 Miles	Paul Reese	7:16:29
50K	nrr	
Marathon	Paul Reese	3:02:22
30K	Carl Ellsworth Clarksburg '91	2:05.49
Half Mara	Carl Ellsworth Humboldt Redwoods '91	1:24:48
10 Miles	Carl Ellsworth Buffalo Stampede '91	1:03.58
10K	Carl Ellsworth Tandem Up & Running '91	38.26
8K/5 Miles	Carl Ellsworth Pear Fair '9?	31:08
5K	Paul Reese	17:53
Mile	Carl Ellsworth Sonora	5.44 Mile
1500 mtrs	Carl Ellsworth NorCal Masters '93	5:12
800 mtrs	Carl Ellsworth Cal Sr. Olympics '93	2:34
400 mtrs	nrr	
200 mtrs	nrr	
100 mtrs	nrr	

SUPER SENIORS, WOMEN 60+

6 Days	Helen Klein World Record, age group	373 miles
48 Hours	Helen Klein American Best	130.48 miles
24 Hours	Helen Klein Redwood Empire '91 World Record	109.5 miles
12 Hours	Helen Klein American Record	60.5 miles
1 Hour	nrr	
100 Miles	Helen Klein	23:29:34
100K	Helen Klein American Record	12:09:17
50 Miles	Helen Klein Jed Smith '84	9:01:37
50K	Myra Rhodes Jed Smith '93 American Best	4:39.46
Marathon	Barbara Miller Rocket City (Alabama) '99 pending Amer. Record	3:14.50
30K	Barbara Miller Clarksburg '99 pending Amer. Record	2:17.10
Half Mara	Barbara Miller Humboldt Redwoods '99 pending Amer. Record	1:29.49
10 Miles	Barbara Miller Buffalo Stampede '99 pending Amer. Record	1:08.45
10K	Myra Rhodes Davis Turkey Trot '95	46.40
8K/5 Miles	nrr	
5K	Myra Rhodes Susan B. Anthony 5K '95	22:20
Mile	Myra Rhodes Fleet Feet Mile '96	6.41.38
1500 mtrs	Joan Reiss	6:17*
800 mtrs	nrr	
400 mtrs	nrr	
200 mtrs	nrr	
100 mtrs	nrr	

nrr = no record received
* time inferred from longer race

Many Chips hold National, North American and World best marks at distances—and in five year age groups—not listed on this page due to space limitations. This page lists only club records for set time events and STANDARD distances on any surface including road, track and trail in each standard age division using our best available information. If you know of any errors or better times, please contact Laura Kulsik. Contact Lori Prizmich regarding Chips' "Earned Singlet Standard." Details in the Buffalo Bible.

Revised 2-2-00

ONE OF THOSE PEOPLE

by Teddy Morris

The other day I was talking to a couple of the guys at my health club when they brought up the subject of a disease, which they had heard of, where people just had to run. Basically, it was a psychological problem that affected the brain. As I was driving home, I realized that I had that disease. No, not in the clinical sense, but, nonetheless, I still could not imagine my life without running. Over the years, I have tried to subjugate this need to run by contemplating that it may be in my best interest to stop spending those long hours on the road and, instead, spend those hours learning more, earning more or even cleaning more. Then one day, after deciding to take some time off, I saw a runner going up the road and I realized that traversing the asphalt is what I was meant to do. So, call it another sad case of runner's brain and, hopefully, I have been stricken for life.

Why Do I Run...

by George Parrott, 1983

I was another person
Not so very long ago.
I lived a different life,
And knew not where to go.

I gazed into the mirror
And ached at what I saw.
I dreamt another image
To tear my body raw.

I found a sport that gave to me,
As I could give to it.
My early runs, now painful thoughts.
I paid those dues and didn't quit.

Reaching out I sought to train,
To move with idols that I met.
Doug and Paul and Abe showed how
To grow into their set.

Why do I run? you now ask.
To TEST my body with my being,
To go against the man I was,
And LIVE the dream that I am seeing.

Today I run to meet my visions,
Racing shadows that I was,
Pushing further now I find,
Fewer limits...in my mind.

FINDER OF LOST PETS

by Teddy Morris

As a runner, you have probably already heard about the determination, discipline and dedication it takes to reach your training goals. But what nobody may have mentioned was that you should also be good with animals because, as a runner, you will sometimes be assuming the role of "Finder of Lost Pets" in your neighborhood. Believe me, I know what I am talking about, because I have been surprised to find myself in that honorable position on a number of occasions. Normally, what happens is that during a run, I will become acutely aware that I am being followed, but do not remember seeing another runner on that particular route. As the footsteps get closer, I look around to see that my pursuer is of the four-legged variety and has chosen me to be his new running buddy. During one such episode, I looked back to see that I was being chased by a little kitten. Of course, that did not say a whole lot about my training pace, but, then again, it did appear to be a rather fast kitten. Many of my canine buddies have run with me the entire way and followed me back to my house. This is causing my family all kinds of anxiety with regards to my running. Although, not necessarily because they worry about me, but they are worried about what stray animal will be accompanying me when I return home. My running is giving a whole new meaning to the term, "animal magnetism".

THE LONG WAY HOME

by Teddy Morris

Sometimes, during a particularly hard run, a real-ization will come to be—just by turning down this or another street, and taking a shortcut from my determined route, I could be finished that much sooner and end the self-imposed gauntlet that I find myself struggling to complete. Most of the time this is due, simply, to a lack of focus for the day's routine on my part. But sometimes this mode of thinking coincides with an actual or imagined physical malady. There have been plenty of times when I go over in my mind the many practical reasons why I should just take the alternate path and chalk that training episode up to experience. Of course, I also picture myself relaxing and doing very important things with all of the time and energy I would then have if I was not continuing to pound away at the asphalt road ahead of me—where my every movement demands an exertion of tired muscles and willpower. It is during those moments of mental and physical exhaustion, when I know that I have other options to choose from, that I make a conscious decision to go forward and endure the struggle to come—maybe just to see if I can. The decision becomes my own; and I consistently choose the long way home.

WHY DO I KEEP GOING?

by Teddy Morris

Sometimes I have to admit that I ask myself that question and cannot come up with a rational answer. Is it for health reasons that I lace up my running shoes and head out for another heart pounding session? Yes and no. Could it be some misplaced sense of discipline and commitment that keeps me launching myself out the door on frosty winter mornings and simmering summer afternoons? Maybe. Or do I just really enjoy it? Sometimes, and at other times, most definitely not. What keeps me running when I know that I am physically exhausted and near the point of collapse? Well, one day I seriously pondered that question, after an especially hard run, as I stood in the shower shaking and sweating. The simplest answer that I could come up with was that if I had stopped, and I easily could have, I would never know the true potential of my spirit. So, why do I keep going? I keep going to prove my faith in me.

First Ultra

by Diane Hill

I didn't say much (if anything) about it beforehand. No fanfare, no spectators. Just another (paid) training run with a friend, who unfortunately couldn't finish. Ten days ago, when I decided to do this, I told Jim, my husband, I was planning to run a 50K race on the twelfth of February. He said, "The twelfth of April?" "No, Jim, in a week and a half."

Yesterday, I quietly graduated into the world of ultra-running! Braving the weather, I completed the Jedediah Smith 50K run. I actually ran/walked/skirted some of the mud puddles to finish a 31 mile event! The race was broken down into seven laps, so I never counted miles, just laps. After completing the forth, I knew I was more than half way done; never did I focus on the fact that this still meant a half marathon more to go! I looked at the last lap as a victory lap (post-marathon distance) and savored every step. I ran smart, meaning very slowly with ample walk/bathroom/food breaks to finish and feel good. Thanks to great coaching I actually feel great with just a bit a muscle fatigue in the old quads. And I was never alone. The times that I saw no one around, I knew I was being supported by the wings of angels. In case you're curious, I sauntered in at 6 hours and 25 minutes.

I don't know if I'm nuts, or what, but it really was a wonderful experience!



Buffalo Chips Running Club
Board Minutes
(condensed version)

Board meetings are held at
6 pm on the first Wednesday of each month
at the Lunch Connection Cafe
All members are welcome to attend

January 22, 2000

Present: Board members Po Adams, Ken Briscoe, Harry Criswell, John Hancock, Joe McCladdie, Theresa McCourt, Sharon Norris, George Parrott, Ron Peck, Lee Rhodes, Greg Soderlund, and Meg Svoboda

Absent: Abe Underwood and Jim Wachter

Guests: Cynci Calvin, Dave Creek, Greg Jewett, Bob Rowden, and Doug Thurston. (Apologies if I have left any guests out. This Chip scribe did not realize she should record the names of guests.)

Business: At the general elections, Chip members elected new members for the board. The board then approved the following roles for each board member:

John Hancock: President; Po Adams: Vice President and social coordinator; Ken Briscoe: Youth coordinator; Harry Criswell: Membership; Rick Kushman: Track coordinator; Joe McCladdie: Awards coordinator; Theresa McCourt: Secretary; Sharon Norris: Walking group coordinator; George Parrott: Workout coordinator and web liaison to Ed Reilly; Ron Peck: Mailings; Lee Rhodes: Treasurer; Greg Soderlund: Equipment manager; Meg Svoboda: Outreach; Abe Underwood: Historian.

The board also approved the following: to abolish the position of volunteer coordinator and require each race director or social event coordinator to enlist and organize their own volunteers; to postpone until the next meeting the assignment of who will handle hotline responsibilities; to implement Cynci Calvin's written proposal to award a jacket to any Chip who runs eight official team events (5 official ultra team events) in the year 2000. The proposal would be retroactive to January 1, 2000, to include the Cal 10 and the Millenethon half marathon. (For the details about this proposal, see page XX of the Buffalo Enquirer.)

The board also discussed the previous board's decision about Susan B. Anthony and the Buffalo Stampede 10 Miler. Apparently, Doug Thurston will be the professional race director and coordinator for marketing and promotions for both Chip races. The Chips will pay for Doug's services, but at a lower rate than he normally charges. Doug reported that he will provide monthly updates, either written or oral, depending on whether he can attend each meeting. Avon will not hold its women's-only 10K in Sacramento this year; a national series, with races in other cities around the country and sponsored by Tommy Hilfiger, is considering staging a run in Sacramento, July 4, 2000. No decision has been made yet, and apparently, race organizers would confer with the board before taking any action.

February 2, 2000

Present: Po Adams, Ken Briscoe, Harry Criswell, John Hancock, Joe McCladdie, Theresa McCourt, Sharon Norris, George Parrott, Ron Peck, Lee Rhodes, Greg Soderlund, Meg Svoboda, Abe Underwood, and Jim Wachter.

Guests: Charlie Fox, Myra Rhodes, Bob Rowden, and Doug Thurston.

Minutes were approved.

Officers' Reports

Equipment: The club is missing a red hand truck, perhaps lost during the California International Marathon.

Membership: Membership as of January 31, 2000, totals 741 members, with 35 new members from January 1, 1999, through January 31, 2000.

Outreach: The walking group and kids' workouts will be listed on the club web site and in revised outreach materials for new members. The club also will attempt to get free listings of club workouts in the Wednesday events calendar of The Sacramento Bee and possibly other local publications.

Track: The board must now fill an open board position because Rick Kushman was accidentally listed on the voter ballot at the general elections, even though he did not choose to be. The board will follow the bylaws in finding someone to fill this open, 15th position on the board.

Treasurer: The yearly and monthly reports indicate the following: Jed Smith's income has so far outstripped expenses by $850.66; For 1999, club income outstripped expenses by $1,237.47; For 2000 through January 31, club income outstripped expenses by $976.82; January 2000 ending cash balance=$25,424.

Youth Program: Jim Wachter confirmed that he is continuing his role as kids' coach, working with Ken Briscoe. Kid's workouts are on Tuesdays, Thursdays, Saturdays, and Sundays. In addition, the kids now have the option of a 3:30 p.m., or a 5:30 p.m. workout on Tues. and some Thurs.

Walking: The walking group will meet 8 a.m., Saturdays at Cobblestone's cafe on University Avenue for a workout at the CSUS track. All levels are encouraged. Walkers do not have to be fast, and coordinators will offer training.

Other Business:

- The board approved a motion (11 in favor, 1 opposed, and one abstaining) that the club would encourage and support the invitation of the Tommy Hilfiger race on July 4, 2000. The Hilfiger race is part of a national series of races held on this date. Discussion occurred about offering technical support to the race in return for payment to the Chips, with the possibility of Doug Thurston acting as liaison and coordinating these duties.
- $317.39 for equipment was approved for youth program.
- A bus was approved for the Houlihan's to Houlihan's 12K, March 26.
- The Board did not concur with the suggestion of publishing minutes on the web. [As part of the corrections of these minutes, George Parrott wanted it noted that he does support putting the minutes on the Chips web page.]
- Board members agreed to request a link on the club web site to Joe McCladdie's Photo Page.

April 5,200

Present: Po Adams, Ken Briscoe, Harry Criswell, John Hancock, Joe McCladdie, Theresa McCourt, Jodi Newman, Sharon Norris, George Parrott, Ron Peck, Lee Rhodes, Meg Svoboda, and Jim Wachter.

Guests: Cynci Calvin, Myra Rhodes, Bob Rowden, and Doug Thurston.

The minutes were approved.

Correspondence: John Hancock summarized an e-mail from Laura Kulsik asking the board to authorize $500 in expenses for Jennifer Devine to send her to the GNC National 100K Championships in Pittsburgh. John then summarized the e-mail responses from other board members, showing that they all favored a subsidy to Jen, but that they disagreed on the amount. George Parrott also submitted some guidelines on providing subsidies to other club athletes in the future. Rick Kushman submitted a formal resignation from the board.

Officers' Reports

Mailing: Among various other items, Ron Peck reported that, of the 206 starters, 174 people finished the Jed Smith Chips race, February 12.

Social Activities: Thanks to Po Adams, the bus for Houlihan's to Houlihan's 12K, March 26, is full. Po also helped with the Mud Run, collecting $145 in cash.

Treasury: The yearly and monthly reports indicate the following: as of March 1, Jed Smith's income outstripped expenses by $3,774.38; through February 29, 2000, club income outstripped expenses by $1,864.29; January 2000 ending cash balance=$26,412.

Secretary: John Hancock informed Board members that they cannot send minutes to non-board members until after the board has approved the minutes.

Youth Program: Kids' coaches have purchased most of the equipment they requested funds for at the last board meeting, except for a megaphone, which they're still researching.

Web Liaison and Training Director: Thanks to Pete Zinsli, we now have a web site name of "buffalochips.net." However, to get our name parked on another server (rather than Pete's home machine), we need to purchase a monthly contract of about $20 or $30 per month. We also need to find a volunteer to maintain the separate site.

Membership: Membership as of March 1, 2000, totals 744, with a total of 45 new members from January 1. *Buffalo Bible* has gone to the printer, with 1,000 copies slated for printing.

Walking Group: Some slots still remain open for marshalls, umpires, and water station volunteers at the Olympic race walking time trials in July. If anyone is interested, please e-mail Sharon Norris at x2ski@hotmail.com.

Other Business

- Guest Cynci Calvin and member George Parrott will form a subcommittee to decide how much money should go to the future support of the club's elite athletes in special races.
- $100 of the $145 in proceeds from the Mud Run will go to Women Escaping a Violent Environment (WEAVE). The remaining $45 of the proceeds will cover any return use fees for equipment used.
- In the future, race directors will inform the board of their selected choice of a charity as beneficiary at least three months before the race. It will take a two-thirds vote to reject the race director's choice.
- The Tommy Hilfiger race, July 4 at Cal Expo, is definitely on, but John Mansoor is still two weeks away from receiving a written contract. The decision about who should act as liaison with John Mansoor was tabled until the next board meeting, April 5, with the expectation that John Mansoor will provide us by then with a written contract.
- Race fees for the Susan B. Anthony in August will be $16 early, $20 late, and $25 race day.
- Race fees for the Buffalo Stampede in September will be $23 early, $27 late, and $30 race day.
- Doug Thurston, R.D. for Susan B. Anthony and the Buffalo Stampede, will investigate apparel items for the Stampede using for guidance a dollar limit of $10 per apparel item.
- For the same fee structure and goodies (including apparel), the Buffalo Stampede will include a 5K in addition to the already existing 10-miler. Doug Thurston added that we could also provide a "no memento" option for both the 10-miler and 5K to reduce the fee by $10 for those choosing this option.
- The Buffalo Stampede will include an early migration start.
- The club will accept Buffalo Bucks provided as part of the entry fee for either the Susan B. Anthony or the Stampede.
- A portion of the proceeds from the Stampede will be given to local high school track and cross-country teams. The board will decide after we've paid our expenses which schools should receive the money and how much money they should receive.
- Chris Iwahashi will hold a 5-week beginning fitness walking and running clinic from July 3 or 5 in preparation for the Susan B. Anthony 5K, August 5. Expenditures consist of no more than $100 for photocopying 1000 to 1,200 clinic applications (two-sided), with additional dollars of no more than $2.50 per participant for photocopying weekly material.
- Jodi Newman replaced Rick Kushman as the new board member because she earned the next highest number of votes after the other board members who were elected.
- The board approved an increase of the Lunch Connection's monthly rental fee from $275 to $350, effective March 1, 2000. A proviso was added that we enter into this new agreement with a written contract that states the cost stays at $350 for two years starting from March 1, 2000.
- The board agreed to subsidize Jen Devine $300 for her trip to the National Championships on an "as needed basis." She must submit her expenses. If she doesn't run the race, then the money stays in the kitty, and we might reassign it should she run the Worlds.
- The board approved expenditures for a separate mailing of an April's Fool's issue for the club. Cost would be approx. $160 for mailing and approximately $300 for printing, but cost of second quarter newsletter would be less because issue would be smaller.
- Two items tabled due to lack of time: volunteers for Earth Day 2000 and a new date for the free River Park five-miler (traditionally held on July 4).
- Joe McCladdie's photo web site is now up and running under the title "Hot Photos" linked to the Chips page on Ed Reilly's web site at www.jps.net/runinfo/welcome.html

Buffalo Chips Running Club MEMBERSHIP APPLICATION

or download a form from www.jps.net/runinfo/Sacram.htm

Here's just a few of the hundreds of benefits you'll receive by joining the Chips:

Membership Qualifications – None! Beginners, kids, co-eds, gen-X'ers, boomers and older are all equally welcome.

* Camaraderie, coaching, advice, networking, and laughter with 1000-plus other Chips.
* A quarterly newsletter with club news, profiles, race results, and race schedule.
* Bulletins sent a regular intervals to keep you up-to-date about Chip activities.
* Discounts at several local sports stores.
* Training groups meet regularly on Tuesdays at 5:30 p.m. for intervals and on Thursdays for track workouts. There are regular weekend long runs on a measured course near Rescue, E Dorado County and on the Bike Trail.
* The club hosts two or three social gatherings annually and presents a number of club awards.
* The club is a member of the Road Runners Club of America and you will receive their quarterly publication, *Footnotes*.
* The club has several incentive programs for achieving training goals.
* The chance to compete in a race on a Chip team.

So sign up by filling out the application below and sending it in with your dues, ASAP!

The first day of the month in which you pay your dues is your Anniversary Date for membership. It will be indicated on your mailing-address label, and you will receive a renewal application 60 days before this date.

☐ Renewal ☐ New Membership ☐ Address or contact change from last year? ☐ No change?

DUES: ☐ Full time student $5.00 ☐ Individual $25.00 $300.00 Lifetime ☐ Family $30.00 or $380.00 Lifetime

Name_____

Address_____

City/State_____Zip_____

Home Phone_____Work Phone_____

Birthdate_____Fax #_____

E-Mail #_____

Family Members (family membership only)

1. Name_____Birthdate_____
2. Name_____Birthdate_____
3. Name_____Birthdate_____
4. Name_____Birthdate_____

☐ Please check here if you would like this information to be omitted from the annual club roster which is sent to all members.

Please check the activity(ies) at which you would like to help:

☐ Newsletter
☐ Social Events
☐ Finish Lines
☐ Jed Smith Ultras (Feb.)
☐ 4th of July Freedom (Jul.)
☐ S. B. Anthony 5K (Aug.)
☐ Buffalo Stampede (Sep.)
☐ Board Member

Don't need this form? Give it to a friend! (Copies are OK, too!)

Fill out this form completely, SIGN WAIVER below, make your check out to BCRC, and mail to:

Buffalo Chips Running Club
P.O. Box 19908
Sacramento, CA 95819-0908

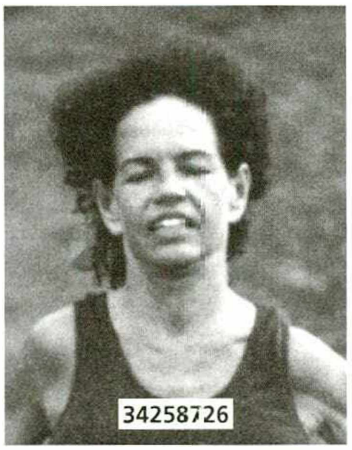
CLUB MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Buffalo Chips Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

_____
Signature/Date

_____
Parent's signature if applicant is under 18 yrs./Date

Wanted



Scatter Gun Kulsik



Red Pen Calvin

The Calvin/Kulsik Gang
a.k.a.
The April Fools

for

Publication Piracy

The reputation of the Buffalo Chips Running Club is in danger as a result of the nefarious actions of Kulsik and Calvin. These two sour-grapes former *Enquirer* editors recently mailed to all Chips a document called *"Buffalo Ink"*. They purported this red rag to be the successor to the *Buffalo Enquirer* . That is absolutely untrue!

Further, this rag was filled with humor, something of which the current highly respected *Enquirer* Editor disapproves. The *Enquirer* is a *serious* Runner's and Race Walker's publication, not a joke magazine!

Please report the whereabouts of these two thugs to Coach Parrott. He will apprehend them and force them into a training program that will leave them no time for further publication fraud.

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Buffalo Chips Running Club
P.O. Box 19908
Sacramento, CA 95819-0908

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The Buffalo Enquirer

Summer 2000 #150



photo by: Lisa McCluskie

The Buffalo Chips: Sacramento's Oldest and Largest Running Club

Board of Directors

High Dunger
John Hancock 209.952.2521

Vice High Dunger & Social Director
Po Adams 916.481.3983

Buckaroo
Lee Rhodes 916.482.8525

Bison Scribe
Theresa McCourt 916.457.3315

Awards
Joe McCladdie 916.331.1840

Equipment
Greg Soderlund 916.929.7858

Historian
Abe Underwood 916.966.6800

Mailings
Ron Peck 916.344.1376

Membership
Harry Criswell 916.383.5513

Outreach/New Members
Meg Svoboda 916.443.2417

Race & Fitness Walkers
Sharon Norris 916.383.1420

Youth Coordinator
Ken Briscoe 916.456.9265

Youth Coach
Jim Wachter 916.861.0847

Training Director & Website Liaison
George Parrott 916.488.6580

Volunteer Coordiantor
Jodi Newman 916.924.3908

Race Directors

Jed Smith Classic
Ron Peck 916.344.1376

Mud Run
Dave Ragsdale 916.985.4451

Susan B. Anthony 5K
Doug Thurston 916.447.2786

Buffalo Stampede
Doug Thurston 916.447.2786

Liaisons

USATF - Pacific Association
Cyndi Colvin 530.823.2661

RRCA
Po Adams 916.481.3983

CIM
Mike Caplan 916.483.0299

Other Important Dungers

Chips General Store
Myra Rhodes 916.482.8528

Newsletter Editor
Dave Creek 530.878.1487

Web Master
Ed Reilly 530.889.1923

hotline 916.481.3653

E-mail addresses and fax numbers are listed in The Buffalo Bible

STATE OF THE HERD

Greetings, Chips-

Racing, racing, and more racing....Regardless of how far or fast you put one foot in front of the other, Chips are in bog, uh, I mean buffalo heaven this summer. Chips whose idea of a good time includes races longer than the average workday and more hours than most of us get in sleep per night had two major races to choose from in June alone. A small herd of Chips traveled to the other side of the planet to participate in the world famous 54-mile Comrades Marathon in South Africa. The second race, the Western States 100, almost doubles the distance of Comrades and throws in brutal ups and downs over trails making it the dream race for those missing a few hunks of their bison brains—it just doesn't get much better than this! Yes, your faithful Buffalo Chips helped out with this one at the Rucky Chucky and the 90th mile Browns Bar aid stations. Chip Greg Soderlund is at the helm of this race taking over for long time race director Norm Klein.

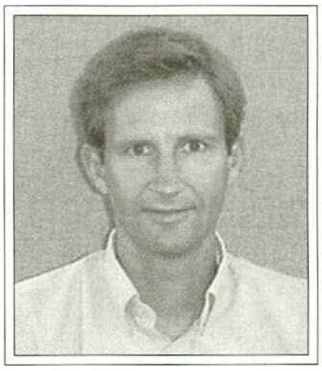


photo from John Hancock

For those who like races associated with events and festivals, the Chips are proud to be with a sponsor of the Tommy Hilfiger race, a benefit for the Muscular Dystrophy Society. This race is not to be confused with the ultra distance events already mentioned—the race is a 5K, starting and finishing on the same track that our fast four-legged friends run around all year long: the Cal Expo race track. This race will be in the evening and your race entry includes entry to the spectacular fireworks display that Cal Expo has put on for the past several years.

To keep our summer race juices flowing, Sacramento is hosting the Olympic Track and Field Trials at our own CSUS track begin July 14th. While no Chips are actually in the trials, the Chips will be "in" the trials both as spectators and as volunteers in various capacities. The executive director of the Trials was recently quoted in the paper as questioning the track and field knowledge of the huge number of trials attendees...I think that the organizers have underestimated the strength of the running community in the Sacramento area and will be amazed that attendees will actually know how far a 5000m and a 10,000m race is. In conjunction with spectating, the Chips will hold a five-mile run in Glen Hall Park on July 15th to allow all of us uneducated running spectators to put our note-taking skills to the test after watching that opening night 10,000m at the trials. This race will be free for all and will also include a belated birthday celebration for Po Adams.

In early August, the men do the chores while the women get to play at the annual Susan B. Anthony 5K. Later in August we hope to hold an end of summer picnic to celebrate our running successes and to remind us that the Chips are not just about running, but about friendships that we develop through the club..

So, no complaints this summer about being bored. You have lots to choose from no matter what form of running you like to do or watch. Your only dilemma should be how you are going to fit the rest of your summer plans in around all of these great Chips events.



High Dunger

MISSION STATEMENT

The mission of the Buffalo Chips Running Club is to increase public participation in running and walking as a recreational activity and a healthful exercise, and to provide opportunities for competition in the sport of running by organizing running-related events and activities in the community.

The BCRC is a member of the Pacific Association of USATF and of the Road Runner's Club Of America (RRCA). USATF is the national governing body for running, track and field. The RRCA is a national nonprofit organization of more than 700 other running and race walking clubs and events across the country.

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EDITOR'S DROPPINGS

Hi Chips-

Our Youth Chips continue with their superb performances. Ten of our Chip kids competed on July 1st and 2nd at the USA Track & Field Region 14 Junior Olympic Championships in Fresno, and eight of them qualified for the National Junior Olympic Championships to be held this year in Buffalo, New York in July. Check the results on page 10.

Youth coaches Ken Briscoe and Jim Wachrer have this to say about their team:

"There are many of our youth runners not listed among the eight qualifiers, but their performances are equally impressive and important because they have run their races to the ***best*** of their abilities—and that's what it takes to be a true winner. Many of our athletes participate in other activities, and as we all know, you can only do so many things.

One thing is for sure: the kids that participate with the Youth Chips have got to be the best quality kids around—they're polite, respectful, energetic, positive, motivated, grateful, and proud to be Chips. That's true of their parents, too."

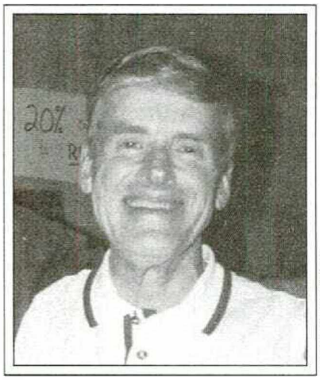


photo by Po Adams

My nomination for *Enquirer* hero of the quarter is Eric Ianacone. Eric's the guy who furnishes us with all the race results. To do that he has to root around at various web sites and email addresses, find the full results, clean up the data and then run them through his "Chip finder" program. Well, Eric ***always*** does that, but this past quarter he was distracted a bit by training for his ***tenth*** Western States. Nevertheless, he kept the results coming right up to the time he had to leave for Squaw Valley. Then, having picking up his 1,000-mile buckle after the race he sat down and, within a few days, produced the two Western States articles you'll find on page six.

George Parrott is always sending interesting info my direction. This one arrived too late for space as a regular article, but I think that you'd all like to read this news from George: "The ***greatest*** running performance in the last 50 years was recorded two weeks ago in Japan. Tomae Abe, a world-class (2:26) female marathoner ran the Lake Saroma 100K in 6:33, taking ***30 minutes*** off Ann Trason's previous world record. This makes the women's 100K time only 6.5% slower than the men's world record, which is the ***closest by far*** of any female performance in athletics, and certainly in running events. (Most are about 9.4-11% slower). This is the biggest percentage improvement ever in any running event. Tom Johnson's American and North American men's record is 6:30, so he was/is faster, but Abe's was the most spectacular athletic "breakthrough" in the last century!"

And here's a plug for an RRCA happening. Looking to combine your running with environmental awareness and running safety? Then you're ready to participate in the RRCA's Fourth Annual Run to Work Day, Friday September 15, 2000! You can order T-shirts or caps and receive a free participarion kit by contacting the RRCA. Phone (703) 836-0558, or email: runtowork@rrca.org. Or talk to Po Adams to get more information. Maybe promoting the Run to Work Day should be a Chips herd activity?...

Dave

national run to work day

On the Cover

Eric Ianacone cooling off during the American River 50

QUESTIONS ?

You're moving and still want to receive club mailings? [Remember, bulk mail is not forwarded.] Contact **Harry Criswell** ...Do you want to know more about the Road Runner's Club of America? Contact **Po Adams** ...You're traveling and want to workout with a running club in Prairie Dog City, Kansas but don't know how to contact them? Call **Po** again ...Do you want to contribute to the club website? Contact **Ed Reilly** ...Do you want to contribute to *The Buffalo Enquirer*? Contact **Dave Creek** ...Do you want a PA/USATF application? Call **Cynci Calvin** ...Rather walk than run? Call **Sharon Norris** ...Do you want to get your kid involved in the youth program? Call **Ken Briscoe** ...Do you want to learn how to use the timing equipment? Contact **Greg Soderlund** ...Need a new racing singlet? Call **Myra Rhodes** ...Do you want to sponsor a club race? Get hold of **George Parrott** ...Do you want information on the weekly workouts? Check the **web site** or call **any board member** or the club **hotline** ...You have a problem that can't be answered by a board member or other elite dunger? Write a letter to **Buffy** via **Dave Creek** ... See page 2 for phone numbers.

The Buffalo Enquirer
#150 Spring 2000
The Buffalo Enquirer is the official newsletter of The Buffalo Chips Running Club of Sacramento.

Everyone is welcome to contribute to the newsletter. **The deadline for the next issue is Friday, September 1st.**

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www.rrca.org

RRCA UPDATE June 2000

by Po Adams
Buffalo Chips Liason
RRCA Western Region Directo-

Enquirer Editor Dave Creek mentioned to me that I should let our fellow Chips know what the RRCA does for the club. Dave is fairly new to the club and knew little about the Road Runners of America before his "enlightening" at the RRCA convention which he, Norm Haines and I attended last month in Peachtree City, Georgia. He's right. So in this and in future issues I will attempt to explain what the RRCA does for our club and the running community.

First, let me give you some history. The Buffalo Chips joined the RRCA back in the days when Jeff Hollister was president. Jeff was a CPA and a leader who looked to the future. He realized that if this club was to grow, and put on club races, we needed insurance.

That is the first reason why running clubs join the RRCA. The RRCA offers a complete package of information, programs and services to clubs and runners for $1.25 a member and offers a low-cost liability insurance program to its clubs. Insurance is a good reason, but not the only reason for membership in this national organization.

Another reason: RRCA promotes quality in running clubs. The RRCA Handbook tells how to conduct a running event and organize and administer the running club. It helps assure that event directors conduct safe, high quality running events.

There was recently a race in Sonoma that was not directed by a club, but by community business owners who hired someone to put on the race for them. Safety was disregarded, e.g., children were using skate boards on the race path. The unsafe conditions were reported to the race operators who ignored the requests for safer conditions. Such unsafe conditions do not occur in a RRCA club managed race without repercussions. One Bay Area club was removed from the RRCA in 1999 because of unsafe practices.



Katherine Switzer awarding Po Adams her Age Group award at the Peaches & Pines 8K

photo from Po Adams

Another reason, RRCA promotes children's running. The RRCA is a pioneer in children's running development. To fulfill the this commitment, the RRCA has a wide range of information and programs, including the Children's Running Booklet, Curriculum Guide for elementary school teachers and the Children's Running video. The RRCA has resumed funding of member clubs' children's running programs. They are hoping that clubs will start new programs and also utilize the RRCA's curriculum guide for teachers and coaches with local schools, and the RRCA Children's Beginning Running booklet.

Each Regional Director has $3,500 to dispense at his or her discretion. As Western Region Director, I will distribute that money to children's running programs in the region. This is an opportunity for the children's coaches to receive a grant for their children's program.

I must receive requests for grants by July 15th in order to distribute the money in the fall season. So Chips, please be prompt with your request!

RRCA Convention Report

Peachtree City, Georgia – 11-14 May 2000

by Dave Creek

I've attended a lot of conventions over the years and, almost universally, they have ***bored*** me…but the RRCA Convention was great! I ***hate*** rooming with anyone (other than my wife)…but I roomed with Norm Haines, a Chip from Big Bear, and had a delightful time with him! The Whyndam Peachtree: a beautiful hotel/convention center, with great running trails. The Peachtree City Running Club: an extraordinarily efficient, gracious, friendly group of hosts; there was ***always*** a "pink shirt" within sight to answer to help us. Plane flights: on time or early! The Peaches & Pines 8K: fun, but 85° with 90% humidity; whew!

I had the opportunity to meet a lot of newsletter editors and web masters, exchange ideas with them, and see their newsletters and web sites—the reason, ostensibly, for me to go to the convention at Chips expense.

Po and Norm made certain that I met all the high rollers, and I met a lot of the other rollers myself. Po's Western Region meeting gave me a chance to meet many of the almost-locals…great folks! So it was, for me, a very rewarding networking experience.

And the convention was topped off by me getting treated to a "private" consultation on how to meet my running goals by a ***very august*** group.

Po and I were sitting on the airport bus on our way home when Katherine Switzer, of first-woman-to-run-the Boston fame and convention keynote speaker, jumped on board, along with Jerry Crockett, a much respected Oklahoma State distance running coach (now retired), Cathy Fieseler, a well known sports medicine M.D. and ultramarathoner , and Brad Lusk, a highly qualified physical trainer from Pacific Palisades. Katherine turns to me and asks, "What are your running goals?" I answer hesitantly, "Uh… I have this pipe dream of qualifying for Boston." Whereupon Katherine says to the group, "Well, we've got 25 minutes, guys, let's help Dave out." The group then grilled me, shook their heads about my injuries, bad habits and lack of patience—in effect, dissecting me, analyzing me and putting me back together again with lots of advice—all before we reached the airport. It was a great experience…and I'm even trying to follow the advice. (George Parrott would have loved it!)

Thanks, Chips, for rewarding this fledgling editor with a wonderful perk!

WWW.PAUSATF.ORG

by Cynci Calvin, Chips PA/USATF Liaison
Got Questions? ccrun@psyber.com
530/888-8158
Buffalo Chips are PA/USATF Club # 104

Cross Country Chips

September 9th is the toe-off date for the nine-race 2000 PA/USATF XC Grand Prix Series. To be sure, it's the Saturday beforeSunday's Buffalo Stampede, but a nice cool Golden Gate Park 5K or 4-mile "jog" will be perfect to loosen you up for the Chips' 10-Mile tradition. A detailed listing of the events begins on page 97 of the July/August issue of *California Track & Running News*. The events are also listed on the Chip race calendar on page 25.

XC Team Contacts

Open Women:	Carol Parise, 916/484-0116. capp@jps.net
Masters Women:	Carrie Craig, cacraig@ucdavis.edu
Men:	Rich Govi, 916/974-7250 dick36@freedsl.com

PA Ultra Happenings

The 1999-2000 season was completed with the WS 100-Miler and the PA's Ultra subcommittee's hard work has paid off to provide a 2000-2001 series. There are some notable changes. The series will end December 31, 2001, and starting in 2002 the series will follow the calendar year. Also, the difficulty points will reflect distances only, and events with 50Ks and 50-Milers will allow runners to compete in either/or for points. Most importantly, the runners' best seven events will be scored, and two of these must be 50K events.

The schedule and all the rules are posted on the www.pausatf.org web site and the final standings of the 1999-2000 season will be posted there soon.

PA Pavement Pounders

Chips had an awesome turnout at the Shriners Capital Challenge 8K on June 17! **Ed Burns** is our latest open men's division star, posting a 26:17 (that's a 5:17 pace, folks!) for 19th overall and 5th in a very tough field. **Barbara Miller** set a new 60-69 American record (pending) with her 32:42 time. The Chips fielded teams in all age divisions except the Veterans.

An interesting stat: of the 81 Chips who ran the race, 44 were PA/USATF registered as club #104, Buffalo Chips Running Club. If any of you who are not registered with PA/USATF and would like to know why it is worth the $15 to join, please contact me and I'll give you an earfull or an e-mailfull!

Sign up NOW! online at www.PAUSATF.ORG or ask Cynci to send you a form.

Chip Team Incentive Program

from Cynci Calvin
ccrun@psyber.com, 530/888-8158

The Team Incentive Program is thriving and the jackets should arrive any day now. Here's a preview of the artwork that will be on the back of the jacket. Our first awardees are Lee Rhodes and Eric Ianacone—congratulations!

For those of you who are new to the Chips, this program's goal is to promote Chip camaraderie and visibility by offering a cool "Chip Racing Team" jacket to Chips who are registered with PA/USATF and who, during 2000, compete on a Chip team in a total of 8 events (5 ultra events). The events must have an official team competition.

Be sure to follow the rules listed on page 33 of your Buffalo Bible and posted on the Chips web site for your events to count (www.buffalochips.net).



There's still plenty of time to participate, with the cross country team events events beginning in September, several fall marathons with relay competitions, and events in both the ultra and road PA/USATF Grand Prix series. Check the calendar on page 25 for listings, although there are events not posted on the calendar which might qualify. Contact me if you have any questions about this and send me your Chip Team results from events other than the PA/USATF Grand Prix.

Below are the tallies as of June 28; they include the Shriners 8K, Western States, and Comrades Marathon.

Pts Name (total # of events)

Open Men (16-39)
24 Bob Rowden (7)
16 Eric Yadao (4)
5 Ed Burns (1)
5 Rich Hanna (1)
4 Doug Thurston (1)
4 Scott Romine (2)
3 Dennis Prizmich (1)

Masters Men (40-49)
12 Rich Govi (3)
12 Steve Pass (5)
10 Herb Tanzer (2U)
9 Jerry Bloom (3U)
8 S. Wengronowitz (2+2U)
7 Monty Schacht (4)
6 Bruce Aldrich (3)
6 Fred Kaiser (3 +1U)
5 Al Michel (1)
5 Don Fencik (2)
5 Dennis Rinde (1)
5 Jeff Hildebrandt (1)
5 Dan Cox (2U)
4 Kevin Cimini (1)
4 Hank Beal (2)
4 Rae Clark (1U)
4 Tom Johnson (1U)
3 Ken Cox (1U)
2 Steve Hall (1)
1 Bill Mumma (1)
- Roger Dike (1U)
- Jeff Coe (1)
- Mario Sanchez (2)
- Peter Zinsli (4)
- Dan Cox (1)
- John Twilling (1)
- Bob Venditti (1)

Senior Men (50-59)
13 Eric Ianacone (5U)
12 Greg Jewett (4)
8 Ernest Takahashi (2+ 2U)
8 Dennis Scott (+2U)
7 Brendan O'Neill (4)
5 Howard Price (6)
6 Arnold Utterback (4)
5 Dan Martin (2)
1 Gary Lotspeich (1)
1 Ron Peck (4)
1 Joe Holmberg (1)
1 Mike Mckee (2)
- Joel Contreras (2)
- George Parrott (5)
- Bob Rinker (1)
- Tom Kuzmich (2)
- Ron Adams (1U)
- Mike Prizmich (1)

Super Senior Men (60-69)
19 Lee Rhodes (7 + 2U)
7 Dave Creek (3)
5 Joe McCladdie (3)
5 Paul Mitchell (2)
3 Abe Underwood (1)
3 Marvin Johnson (1)
2 Jim Fischer (1)
1 Mike Grassinger (4)
1 Dave Ragsdale (2)
- Roger Fong (1)

Veteran Men (70 & O)
3 George Billingsley (1)
3 George Black (1)

Open Women (14-39)
15 Laura Kulsik (3U)
10 Mary Coordt (2)
13 Amy Brasil (4)
7 Esther Morris (2)
9 Amy Grafius (2)
5 Jennifer Devine (1)
4 Carol Parise (1)
3 Jodi Newman (1)
1 Jennifer Fearing (1)

Masters Women (40-49)
14 Theresa McCourt (6)
7 Connie Rowden (6)
7 Christine Iwahashi (5)
3 Laura Kulsik (1U)*
3 Jennifer Kalfsbeek (1U)
3 Tina Beal (2)
4 Mo Bartley (2)
2 Cary Craig (3)
- Alene Antelman (1)
- Lilian Shek (2)
- Pam Goodley (1)
- Karen Fischer (1)

Senior Women (50-59)
12 Grafius Dee Dee (4)
10 Cynci Calvin (4)
8 Elia, Barbara (3U)
3 Gail Gutterman (1U)
2 Judy Shipman (1U)
3 Linda Prizmich (2)
1 Lucinda Fisher (1U)
1 Maggie Ward (1)
- Barbara Rinker (1)
- Madeleine Silva (1)

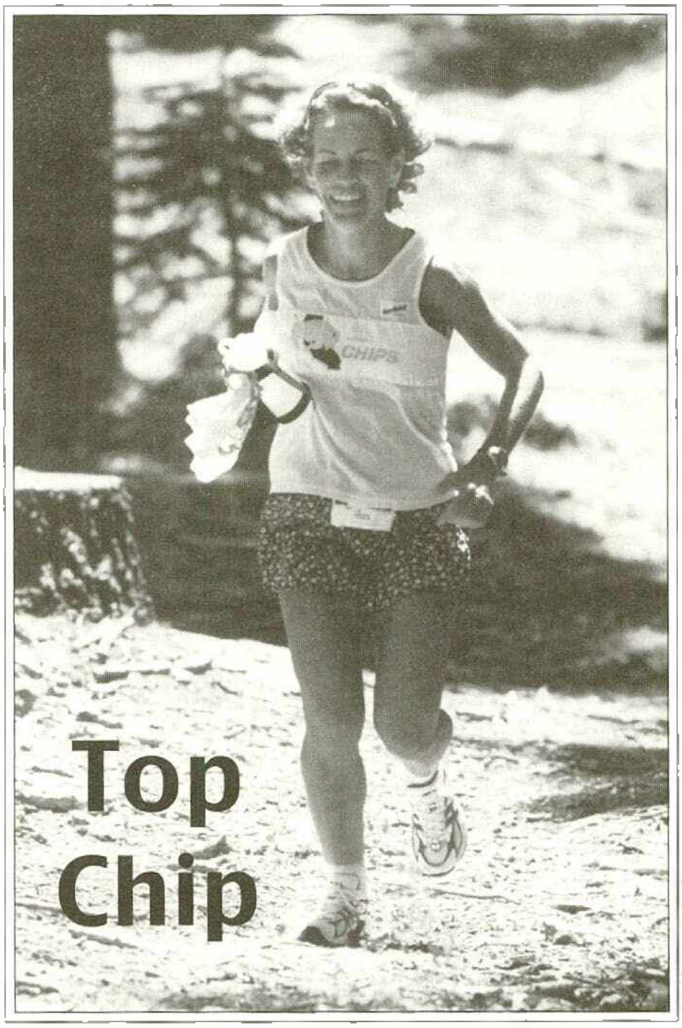
Super Senior Women (60-69)
15 Barbara Miller (6)
11 Myra Rhodes (7)
3 Carol Mikkelson (4)
2 Florence Fong (2)
1 Barbara Farren (1)

Veteran Women (70 & O)
14 Po Adams (5)
3 Peggy Ewing (1)

by Eric Ianacone

A Fine Performance, a Near Miss, and 10 Years of Grinding Out the Miles

The Western States Endurance Run was held on June 24th and 25th and nine members of the Chips successfully reached the finish line. The race was almost totally free of the snow that has plagued the early parts of the race the last few years. The overriding theme of this year's event would have to be the dust that the runners kicked up over the miles. Although the day was warm, heat was definitely not the overwhelming oppression that it has been in the past. There was a half moon occurring Saturday night but the moon was very late in rising and stayed below the hilly terrain most of the time. It made for the blackest of nights I've seen in all the years on the trails. A few times I was stretched out on the ground—how did that happen?—in the middle of the woods looking up at a truly gorgeous night sky.



Laura Kulsik leaving Robinson Flat on her way to a 22:51 finish

Laura Kulsik led all other Chips to the finish line in 34th place overall with a phenomenal time of 22:51:01. Laura seems to have found her niche and orchestrated her run with the precision of Sherman marching to the sea. Her crew may have felt like members of Patton's army.

Rena Schumann had another extraordinary run and just missed the 24 hour standard for a silver belt buckle with a time of 24:01:04. Rena has had a remarkable year of running ultras and marathons with a number of PR's this year.

I finished my tenth Western States to win a 1000 mile buckle. I first ran Western States in 1982 and, although applying for the event every year except one, had terrible luck in the lottery. Many people might consider not being selected good luck, but I have a masochistic streak.

The other finishers were Jerry Lile, Jan Lever, Jerry Bloom, Linda McFadden, Michael Halko, and Renda Gail. I congratulate all of them.

I would also like to commend those Chips who entered the race but were unable to complete the event. Taking on a task of this size requires a tremendous amount of time and effort. Theodore Roosevelt said it well:

> The credit belongs to those
> who actually are in the arena,
> who strive valiantly,
> who know the great enthusiasms, the great devotions,
> and spend themselves in a worthy cause;
> who, at best, know the triumph of high achievement and
> who, at worst, if they fail, fail while daring greatly,
> so that their place shall never be with those cold and timid souls
> who knew neither victory nor defeat.

Reflections from the Run

The saddest part of running Western States is seeing my fellow runners who don't reach the race finish line. Knowing how much time, money, and effort goes into even getting to the start line makes the thought of not finishing the race disheartening at best. Having not reached the finish line one year, I have some insight into how terrible the decision can be to not continue. I know the effort that a number of the other runners put in and that their inability to finish had nothing to do with a lack of training. So what is it that makes one runner succeed where other better trained runners fail?

I like to tell people that this race is 90 percent mental. However, that 10 percent physical part is so huge, it gives you an idea of what a monumental task awaits the runners. For my style of running, success comes first from the amount of running I do. Not being blessed with superior speed, I rely on an ability to keep moving at a consistent pace throughout the race. When I've tried to do too much speed work, I end up injured so I try to avoid unnecessary speed work other than races.

The second part of successful training for me involves time on the course. I try to cover as much of the course before the race as possible. I like to be able to pick sections that are 10 to 15 minutes ahead and concentrate on those small sections so as not to be intimidated by the thought of running a long distance. This year I had troubles early and, by Robinson Flat, my crew had doubts about my finishing. I was in trouble and if I had to contend with the "70 miles to the finish line" concept, it might have become overwhelming. Instead I kept my goals short and worked my way along until my body started cooperating once again.

The third part of training is concentrating on the individual things that can deter you during the race. These involve heat, altitude, blisters, dehydration… the list is long. The more thoroughly you train in these conditions and for these problems, the better your chance for success will be.

OK. So I did all of this once again and still had difficulties. There is always something. For me this year, my body decided to stop absorbing the enormous amount of food and drink I was consuming. My weight increased significantly. My body stopped sweating and this had me very worried. I was 10 pounds heavy and not sweating at 40 miles and I was about to enter the dreaded canyons in the midst of the course. The day was not excessively hot by historic standards, but it was warm enough that I needed to be able to cool myself through sweating. Fortunately, I drenched myself with water throughout the race either by pouring water on my clothes or by immersing myself in the

streams that runners have to cross during the race. The turning point for me was to get some electrolyte tablets which turned my system back on. Once I felt that I was no longer in danger of serious problems, I was once again able to concentrate on the immediate goal: the finish line that was still over 50 miles away.

With my recovery ongoing, I took off with a vengeance. I was well behind the 24-hour pace but I knew that if everything went perfectly, I could still make that goal. I knew my crew was going to be available to take care of my immediate nutritional needs and that I had a superior pacer in the form of Bill Koehr. Pacers and crew are very important parts of this race for one's emotional needs. I felt my prospects were good until on a long downhill grade, I felt the skin on my left heel peel away. I was able to run in a slightly modified way and kept up the pace. Jumping into the water of El Dorado Creek, all the hot spots on my feet (especially my left heel reminded me that there weren't enough endorphins to keep all the aches and pains at bay.

I found that I could run downhill well but the flats and the uphill made my heel seem like it was on fire. Undaunted I kept going as hard as I could knowing that if I did not absolutely stop, all things were possible. Through Michigan Bluff with a quick stop for heel repair and on through Foresthill for a quick back adjustment. My first contact with Bill and the second with my crew, Daryl Karcher and Jodi Newman, helped my mental attitude and I was renewed enough to run off into the Cal Loop with some hope remaining.

This area allows some serious downhill running and enough fairly level running to allow some closure on the 24-hour mark. I did fairly well down to the river when the trail starts a very steep climb heading toward the third aid station in the loop. As we were climbing, I felt every ounce of energy drain from my body and practically fell down. I told Bill that I had to lie down when we reached the aid station which suddenly seemed miles away. With Bill's encouragement, I struggled into the aid station. Unfortunately, the well-meaning aid station captain had to insure that I was not in need of more than just a short nap. After shining lights in my eyes and taking my pulse, he realized that, in fact, I was just tired. By then, my self-imposed 10 minute stop was almost at an end. I was able to close my eyes for a few seconds of a combat nap which revived me enough to continue my quest.

After even this brief break, I saw the 24-hour goal drop away. I continued to run as many of the sections as I could, stopping to get another back adjustment on the way. The finish line still looks good in the daylight and I am always thankful to reach it. Having had too many thoughts of dropping out early on, I was more grateful than ever. I had seen a few of my comrades dropping out along the way; one after being sick for several hours and another completely disoriented from following a narrow light through miles of dark trails. Both had trained equally as hard as I had and it was sad to see them give up the pursuit.

My thanks to Daryl Karcher who stayed the course for all 26 plus hours. Daryl is a track man who thinks an ultra is anything beyond the mile and cannot understand my fascination with distance. Thanks also to Jodi Newman who took pity on me trying to change my socks and came far too close to my less than clean feet. Finally, thanks to Bill Roehr who lived up to my expectations as a well-trained pacer who kept my spirits high.

It was wonderful to have a group of Buffalo Chips friends help me attain my goal of 10 finishes at Western States.

I'm planning on more than 10.

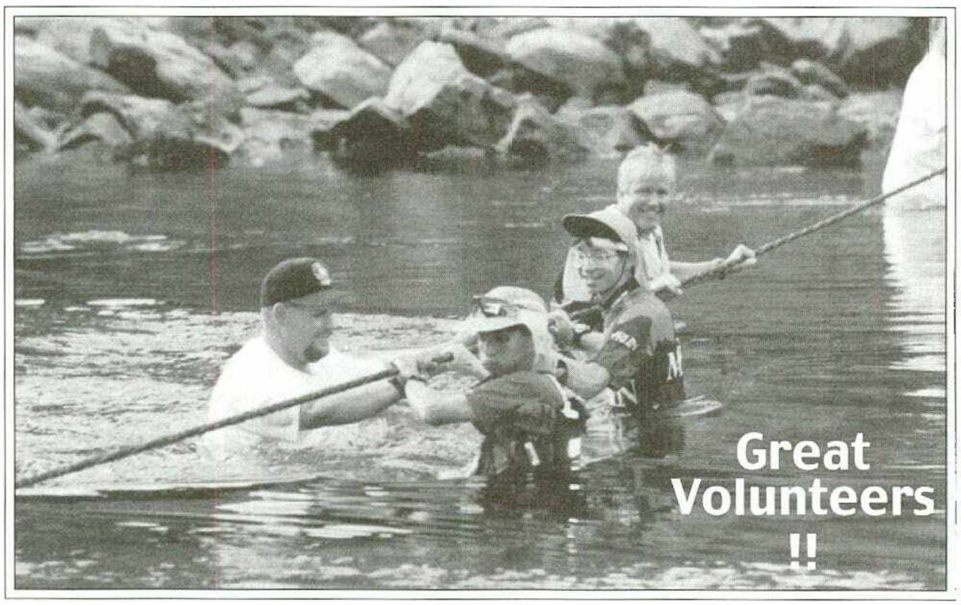


photo by Joe McCladdie

Volunteers assisting runners across the river at Rucky Chucky

Road Race Participation: Continued Growth

Running USA wire #150
courtesy of Running USA

In 1999, there were an estimated 7.1 million finishers from a total of more than 12,000 U.S. running events. Just fifteen years ago the world of organized U.S. road racing was much smaller with less than 3 million participants and only 1361 certified courses (i.e., accurately measured and documented by the governing body). At that time the most popular distances were 10Ks (515 courses or 38% of the total), 5Ks (148 or 11%), 8Ks (143 or 11%) and marathons (111 or 8%). In 1994, the number of USA Track & Field certified courses had grown to 12,918 with the 5K replacing the 10K as the most common distance (4002 compared to 3384 10Ks).

Currently, there are over 19,000 certified road courses in the USATF Road Running Technical Council database. Of the 9560 active ones (with dates of 1991 or later) 5Ks comprise almost half (4617) and 10Ks and 8Ks have a much smaller percent of the pie with 1834 and 487 courses respectively. The typical size of events has continued to grow, however, so the overall totals of participants in these events have not declined.

5K Leader of the Pack—Again

For the first time, 5K results reported to the USATF Road Running Information Center totaled more than one million performances—about ten times more than the RRIC received in 1987. The "typical" 5K grew by an average of 11% from 1998 to 1999. On closer examination, however, there is no such thing as a typical 5K. There are women-only 5Ks, cause-related 5Ks, competitive 5Ks and all others. The coed 5Ks that were not associated with Race for the Cure or Revlon Run for Women—both major charity fundraisers—grew an average of 5% last year. The competitive 5Ks such as Carlsbad and Freihofer's are still rare and continue to be popular. The RRIC estimates that there were more than 2.5 million finishers in all U.S. 5Ks, 1 million in 10Ks and 560,000 in 8Ks and 5 miles combined.

Other Growth Areas

Other distances still favored by runners include the marathon and half marathon with an estimated total of 435,000 and 425,000 finishers last year. Distances that stayed about the same or declined between 1 and 3 percent included the 12K, 25K, 2 mile, 3.5 mile and the 4 mile.

Races with largest increases (up by more than 2000 finishers) included 17 Race for the Cure events, Revlon Run for Women in New York and L.A., Avon Running 10K in Atlanta, San Diego Half-Marathon, Carlsbad 5000, LaSalle Banks Shamrock Shuffle 8K and the LaSalle Banks Chicago Marathon. And new events such as the Cincinnati Flying Pig Marathon with 10,000 participants and 4241 finishers in the regular marathon contributed to another strong year for the sport.

Boston Marathon

by Janet Steele

I have run off and on since junior high school, but consistently only for the last five years, and I ran my first marathon in June 1998. Thanks to running the Chips speed workouts last year, I was able to increase my speed to where I qualified for Boston at the 1999 CIM. That was my fourth marathon and my PR of 3:39+change. CIM was a wonderful experience. It was my second time doing that race, but it was my best. Not only in terms of a PR; it was just a perfect run day for me and a perfect race. I felt great.

I was very excited and thrilled to make it to Boston; it had been my goal throughout '99. The big day came and I knew that it would be a great experience. Maybe I was cocky from my CIM experience (and the fact that except for my very first marathon, which was a learning experience, my other three had all been good experiences...hard but not miserable). I know I didn't train as much as I should for Boston and I hadn't been eating carefully or sleeping well. But I was still confident that it would be a great run. I was telling folks I just wanted to enjoy it and do it under four hours and have fun. Internally, I told myself I really expected more like 3:45 which would re-qualify me for next year. Not that I could go again, but just to say I re-qualified.)

The first few miles were fine, then I got separated from fellow Chipper, Cindy Nalepa-Nelson, who I was running with. My watch had broken and I forgot to borrow one so I didn't know my pace. I am lousy at keeping my own pace anyway. So I ran too fast for me during miles four to ten. By the halfway mark I was feeling pretty horrid. Between miles 14 and 17 I was at the lowest point I have ever experienced in a run. I rarely walk, but this time I did. I was mentally as low as I can get, which made me think I was physically wiped out. At about that point Cindy passed me; so I joined her. Since I like hills, Heartbreak Hill gave me a good mental boost. Cindy and I realized we were in a position to beat four hours, but only if we really worked hard. I was pretty depressed by my whole race at this point. It just hadn't gone well.

At about mile 21 or 22 I pulled a little bit ahead of Cindy. I was wearing my Chips shirt (of course!) and a fellow ran up behind me and said "Hey Buffalo Chips". I turned and said hello to him. He said, "Do you know George?" This started a conversation about the Chips, and about "Coach George" and the running information he posts on the Internet. It turned out that this fellow is coach of a master's running club in Maryland. He called himself a "George disciple." He uses George's running philosophy and schedules to train his team. I think his name was Jim...but I wasn't thinking too clearly about this time...

As Jim talked, our pace picked up and I started to feel better. Tired but better. He asked how I was doing and I told him lousy and that I had figured on doing under 4 hours but it was looking iffy. He said he would help me. He indicated that he was normally a much faster runner but was taking this marathon easy, which explains why he appeared quite energetic.

This point of the course is narrow and the runners are in a thick crowd. Jim stepped up the pace and started making his way through clearing me a path. He would check over his shoulder every other stride to be sure I was still there. He would call out to the other runners, "coming through on your left, she's trying to go sub-4!". People would move aside and wish me luck. We basically took off! I could not believe our pace and wasn't sure I could keep it up but figured that there were only a few miles left so I had to give it all I had. When the course widened (now there was the fence keeping the spectators back), he would run beside me giving me encouragement. Every so often he would go over to the crowd of spectators and yell, "This is Janet, cheer for her!", and the crowd would start cheering like crazy. I felt like I wanted to collapse, but how can you when everyone is cheering? I was smiling and was embarrassed, but it was exactly what I needed. By the 25-mile marker we had taken enough time off that he said I could probably walk and still make it under 4:00. He told me we had done three miles at just about a 7:30 pace! (I believe it was closer to 8:00, but my CIM pace had been 8:20's.) I had to back off just a touch but we charged in to the finish. My clock time ended up at 3:56:44 with a chip time of 3:51:15 or so. I shook his hand and thanked him for bringing me in. Then he met up with some of his team members and I lost them in the crowd past the finish line.

Needless to say my splits are all over the place. During my "bad phase" I had several blazing 10 minute miles. Then I have this final split that averages around 8 or so (I don't recall exactly). Everyone asked me when I got home, "How is it that the last split was so fast? What happened?" And I tell them my story about the George disciple who ran me in because I was wearing my Chips shirt.

By the way- I learned many valuable lessons about running at Boston, about training, eating, sleeping, and not thinking that every race is going to be like your "feel good" race. I have never had trouble with the mental aspect of doing a marathon until Boston. Lesson learned!

And to Jim, who ran a Buffalo Chips runner in to a sub-4 on her first Boston and pretty much saved what was shaping up to be a miserable race: *Thank you!*

Buffalo Chips: Largest Club at Comrades 2000

by George Parrott

According to the Comrades Marathon website, the 2000 event was the largest by far of any in the previous 75 years; the 24,500 entrants included 809 internationals, also the largest in that group.

Of the international travelers, the website reported that the "Buffalo Chips Running Club was the largest single club group in this year's event".

A total of 23 Chips ran Comrades this year. Led by George Billingsley, age 78, the group included Jane Colman, Ann Grove and Wayne Kocher, Linda Hood, Chris Iwahashi, Jan Lambert, Jean-Paul and Stephanie Mayzaud, George Parrott, Thomas Read, Dennis Scott, Mike Sheldon, Elena Sherman and Scott Sullivan, Mike Talbert, Herb Tanzer, Ron Vertrees, Karl Watanabe,Shalako Wengronowitz, Floyd Whiting, Edward Wolfe, and Dave Wright.

The Chips traveling to the event took on the spirit of comradeship via a group donation to the Ethembeni School, which is a school for physically and visually handicapped native (Black) kids. This school serves about 300 kids from age five or six to about age 14 or 15 with the best programs they can, but their funds are limited. The Chips donated 10,000 Rand (about $1,500) to the school in a brief stop during their "pre-race" course tour. The school was right on the course at about the 40 mile mark this year and, as they always do, the kids come out to cheer on the runners!

And to commemorate the Chips participation in the 1997 and now the 2000 Comrades, there are now two special new plaques permanently posted on the "wall of honour" at about the halfway point of the course. These bronze plaques note the 1997 and the 2000 group presence of the Buffalo Chips Running Club in those Comrades events.

The Comrades Chips claim they did this as a "team event," and expect to receive credit toward their "team jacket" awards.....

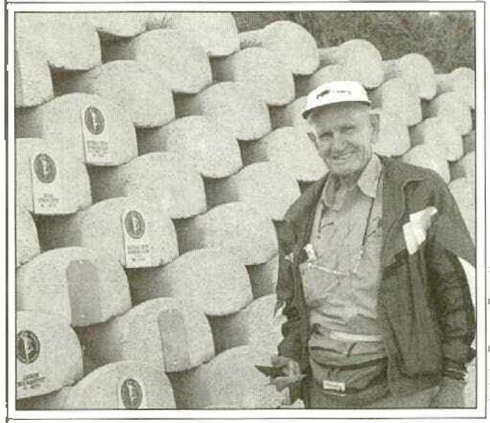


photo by George Parrott

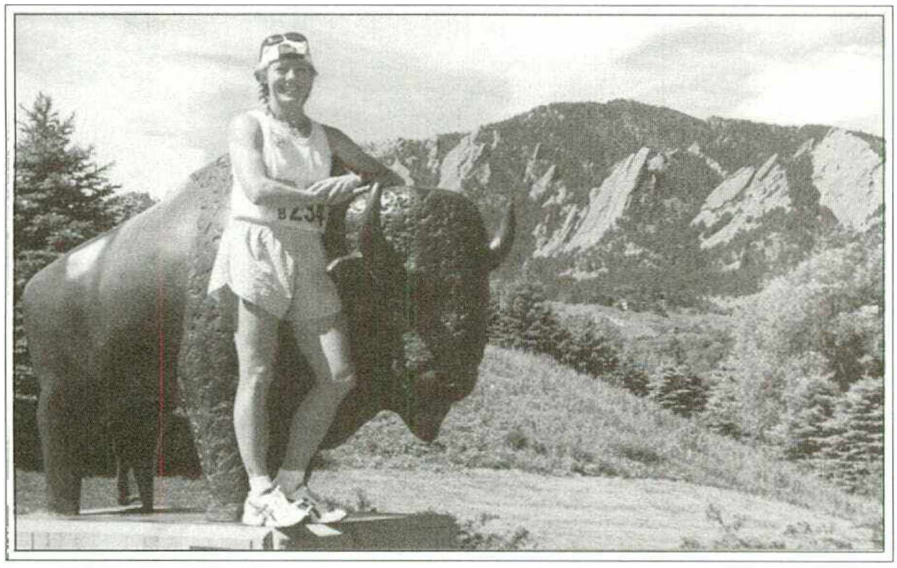
George Billingsley at Wall of Honour

Bolder Boulder 10K

May 29, 2000

by Rena Schumann

Looking for a Memorial Day Weekend alternative to Western States training camp? Consider the Bolder Boulder 10K. The Bolder Boulder 10K in Boulder, Colorado, offers a fast-pace Memorial Day tour of this very charming community.



Rena Schumann and friend

photo from Rena Schumann

The Bolder Boulder has developed into one of the premier distance races in America. It is the fourth largest race in the United States and tenth largest in the world. Founded by Frank Shorter in 1979, the Bolder Boulder offers "wave starts" which give all "citizens" (non elite runners) an equal, up-front start opportunity. Runners are assigned a wave (of which there are 56) based on submitted qualifying times, and each wave consists of approximately 800 runners. Waves receive their own gun start just about two minutes apart. It was a pleasure running in an all-similar-ability group.

The course tours downtown Boulder's business and residential neighborhoods and offers a wide variety of entertainment for runners along the way. Rock, country, R&B, and reggae musicians lined the streets, and talented belly dancers offered a distraction for some runners in a couple of locations on the course. The finish is thrilling, since the course ends with a lap around the University of Colorado's Folsom Field Stadium track. The course itself is fast and almost completely flat, so it's possible to PR—but don't forget the elevation; the course at its lowest point is 5,400'.

The 22nd running of the Bolder Boulder was one of the hottest on record: 88 degrees at 9 a.m.; 90 degrees by 1 p.m.; and a day's record high of 95 degrees. There were 44,432 registered for the race and a record 40,462 who crossed the finish line in spite of the heat.

The elite field of runners run separately and last (at 11:30 a.m.) which gives all citizen participants an opportunity to watch the really fast ones run. The elite run a four-lap circuit course, which starts and finishes at Folsom Field and which provides a terrific spectating opportunity. Thirty-two international teams, each comprised of three team members, challenged the women's team from Ethiopia and the men's team from Kenya to no avail. The Ethiopian women's team took 1st, 2nd, and 3rd places, and the men's Kenyan team took 1st, 2nd, and 4th places.

The Bolder Boulder has several team divisions in addition to elite international teams. Team categories include corporate, running club, masters, and military. Most notable for the Chips is the family team division, which has been dominated for the past several years by Chip Wil King's family.

Any number of family members may run on a family division team, but only the top four count in the scoring. The scoring is not done by time, but rather by the placing of each runner in his or her age group.

The King family (racing under the name "Gunbarrel Optometry Family Team") won its fifth consecutive family team title with a 12-point score! The King team ended with the following points: 1, 3, 3, 5, 7, 13, and 16, for a total of 12 points (the lowest four).

In addition to the King Family, the Buffalo Chips were very well represented in Boulder by Doug and Kathy Thurston, Jodi Newman, and me.

The University of Colorado's mascot is the buffalo, and buffalo commemorations on campus and around town abound. Buffalo Chip Running Club members have many *Enquirer* photo opportunities!

Visitors to Boulder seeking pre- and post-Bolder Boulder altitude and mountain training don't have far to go, as the hills and flatirons of Boulder are literally just a few feet away from town. Some of the top-ranked and most beautiful trails in the country, specifically the popular Mesa Trail, are in Boulder. Those preparing for Western States can enjoy quality 8,000' training by simply stepping out their back door.

The Boulder Creek Festival, a festival of art, food, and entertainment along downtown's Boulder Creek, is held over the three-day Memorial Day weekend. After the race, the Festival complements the 10K making for a full, very enjoyable day downtown.

The Bolder Boulder 10K combined with the Boulder Creek Festival and the beautiful Boulder trails provide ample argument to venture to Boulder next May to take part in this very special Memorial Day event.



photo from Wil King

Wil King (left), his wife Bobbi, son-in-law Rick Breuss, daughter Laura Breuss, son Dan and granddaughter Kelly (front)

Our Amazing Chip Kids

Look at the latest race results for the Buffalo Chips Youth Running Team. They're incredible! You can bet that eight kids are ready and raring to pack their bags for the Track & Field Nationals. And it's been a great Track Season for *all* who participated.

We've had a lot of fun, and can hardly wait for the upcoming Cross Country Season starting in August. The 2000 Cross Country National Junior Olympics will be in Reno this December, and the 2001 National Track & Field Junior Olympics will be held here in Sacramento in July 2001. Get ready for it!

Youth Chips Qualify for Junior Olympics in Buffalo, New York

Ten members of Sacramento's Buffalo Chips Youth Running Team competed on July 1st & 2nd at what you might call the "Junior" Olympic Trials for Track & Field—the USA Track & Field Region 14 Junior Olympic Championships in Fresno. Eight of those young athletes qualified to compete at the National Junior Olympic Championships to be held this year in Buffalo, New York on July 25-30. The Junior Olympic Track & Field series is designed for youth runners from ages 9 to 18.

This regional championship (which included California north of Bakersfield, Western Nevada and Hawaii) was one of 15 regional championship meets throughout the United States. Athletes needed to finish in the top three of their event to qualify for advancement to the National Junior Olympics.

National Junior Olympic Qualifiers

Anthony Jones	YB	100m	11.74	1st	
Dmitri Godamunne	YB	200m	24.26	2nd	PR
Anthony Jones	YB	400m	53.44	2nd	PR
Kylie Brown	BG	500m	5:36.7	1st	PR
Rachael Ritchey	YG	1500m	5:13.5	2nd	
Thomas Wachter	MB	3000m	11:03.4	2nd	PR
Katie Briscoe	YG	3000m	11:04.9	1st	PR
Erin Wachter	YG	3000m	11:06.8	2nd	
Rachael Ritchey, Katie Briscoe/ Ashley Barry, Erin Wachter	YG	4x800m	10:33.9	1st	



Left to Right: Jared Potter, Jim Wachter, Kylie Brown, Ashley Barry, Colleen Wachter, Erin Wachter, Adam Kelly-Strong, Dmitri Godamunne, Thomas Wachter, Katie Briscoe, Katya Davidson, Ken Briscoe



Youth Chips Take Home Court Advantage in Hughes Stadium

The Buffalo Chips Youth Running Team found out how good it feels to have the "Home Court Advantage" at the Pacific Association USATF Youth Track & Field Championship on Saturday/Sunday, May 13th and 14th, at Hughes Stadium in Sacramento—a meet that included clubs from Northern California (from Modesto to the Oregon border) and Reno, Nevada. After competing in 18 separate events, the Chips proudly left the stadium with 15 new PR's, seven first place, five second place, and three third place fin shes—quite an impressive accomplishment for a group with 12 members who are new to USATF track competition this year!

Youth Chips Turn On The Heat in Union City

Wow! What a track meet! It was the 7th Annual 3M Track Meet Invitational, in Union City on May 21st and 22nd. Other than the over 90 degree weather, the setting was perfect: a track built around a gorgeous astroturf football field at Logan High, an event schedule that didn't skip a beat, and stadium announcing reminiscent of horse racing and baseball games. This is an event that should be on every youth runner's schedule for next year.

Along with the hot weather came some of the hottest competition from throughout California and Nevada, with the Las Vegas Lizards and LA Jets taki ng the longest trips. For the Buffalo Chips Youth Running Team, neither the weather nor the competition could stop the streak of energy that puts the CHIPS in so many top spots.

With only ten athletes competing in nine separate events, the CHIPS managed to run away with two first place and four second place finishes, along with three new PR's.

Youth Chips Gamble and Win in Carson City

It was a new venue, but not much of a gamble, when the Buffalo Chips Youth Running Team went to the Pacific Association USATF Jr. Olympic Track and Field Championships in Carson City, Nevada on June 17th and 18th. This was a meet hosting more than 1,000 youth participants, and with 12 Youth Chips competing, nine placing in the top three in their races, and 11 qualifying to advance to the Region Championships, you might say this was a sure bet, even though the meet was held at an elevation of nearly 5,000 feet! For those with automotive knowledge, it is obvious that the Youth Chips are fuel injected.

This meet was the first official step towards competition at the Nationals in Buffalo, NY during the last week in July. In Association Championships throughout the country, athletes must place in the top eight of their race to advance to the USATF Region Championships. Our association (the Pacific Association) includes all of California north of Modesto and northwestern Nevada, and our region (Region 14) includes California from Bakersfield north, Western Nevada (Reno/Las Vegas), and Hawaii. At the Region Championships throughout the country, and at the Region 14 Championships in Fresno on July 1 and 2, competition somewhat matches the Olympic qualifying standards, where athletes must finish in the top three to advance to the National USATF Junior Olympic Championships.

With a couple more weeks to train, new competition from the Central Association, and Fresno weather in July, you know th ngs are going to heat up!

Goooo Chips!!!

SB	=	Sub-Bantam Boys	born 92/earlier
BB	=	Bantam Boys	born 90-91
BG	=	Bantam Girls	born 90-91
MB	=	Midget Boys	born 88-89
YB	=	Youth Boys	born 86-87
YG	=	Youth Girls	born 86-87

PA/USATF Youth Track & Field Championships
Hughes Stadium, Sacramento — 13 & 14 May 2000

Robby Hartman	SB	100m	19.66		Debut
Robby Hartman	SB	200m	41.19		Debut
Adam Kelly-Strong	BB	1500m	06:05.0		PR
Kylie Brown	BG	800m	02:46.4	1st	PR
Colleen Wachter	BG	800m	03:02.6		PR
Kylie Brown	BG	1500m	05:42.8	2nd	
Katya Davidson	BG	1500m	06:15.7		PR
Haley/Colleen/Katya/Kylie	BG	4 x 400m	5.40	3rd	Debut
Colleen Wachter	BG	Shot Put	18' 9"	1st	
Thomas Wachter	MB	3000m	11:18.8	2nd	Debut
Jake Kelly-Strong	MB	3000m	11:25.8	3rd	Debut
Michael Salvatierra	MB	3000m	11:30.0		PR
Anthony Jones	YB	100m	11.63	1st	PR
Dmitri Godamunne	YB	200m	25.22	2nd	PR
Anthony Jones	YB	400m	54.70	2nd	
Caitlin Chock	YG	800m	02:27.0	1st	
Caitlin Chock	YG	1500m	5:02.0	1st	
Erin Wachter	YG	3000m	11:04.6	1st	
Rachael Ritchey	YG	3000m	11:04.8	2nd	
Katie Briscoe	YG	3000m	11:10.2	3rd	
Natasha LeBeaud	YG	3000m	11:19.0		Debut
Ashley Barry	YG	3000m	12:34.0		PR
Rachael/Katie/Ashley/Erin	YG	4 x 800m	10:22.0	1st	PR

7th Annual 3M Invitational Track Meet
Union City — 20 & 21 May 2000

Colleen Wachter	BG	Shot Put	19' 9.5"	2nd	
Thomas Wachter	MB	3000m	11:41.55	2nd	
Dmitri Godamunne	YB	200m	25.28	2nd	
Caitlin Chock	YG	800m	2:27.05		PR
Caitlin Chock	YG	1500m	04:54.4		PR
Erin Wachter	YG	3000m	11:01.4		
Rachael Ritchey	YG	3000m	11:45.63	2nd	

USATF Junior Olympic Regional Championships
Carson City — 17 &18 June 2000

Michael Salvatierra	MB	1500m	05:22.5	3rd
Thomas Wachter	MB	3000m	11:16	2nd
Michael Salvatierra	MB	3000m	11:17	3rd
Anthony Jones	YB	100m	11.92	1st
Dmitri Godamunne	YB	200m	25.49	3rd
Anthony Jones	YB	400m	54.38	2nd
Caitlin Chock	YG	1500m	04:58.6	1st
Erin Wachter	YG	1500m	5:14.32	2nd
Rachael Ritchey	YG	1500m	05:16.4	3rd
Katie Briscoe	YG	3000m	11:11.8	1st
Erin Wachter	YG	3000m	11:26.69	2nd
Rachael Ritchey	YG	3000m	11:57.9	3rd
Rachael/Katie/Ashley/Erin	YG	4X800m	12:13.7	3rd

DEAR BUFFY

Dear Buffy,

I've always run—or so I thought—until a co-worker recently saw me during my nightly run and commented that she saw me "jogging." I said, "No, I was running." She insisted that the my pace was really a jog and not a run. I'm guessing my pace was around a 10-minute mile.

Is there an official minute-per-mile cutoff between running and jogging?

Wondering,

Elle L. Beene

Dear Beene,

The answer is quite simple—run/jog that co-worker down, and if you catch her, you're running. If she evades your grasp, you're a jogger. Don't forget that there's always walking!

Poking Along Herself,

Buffy

Dear Buffy,

What do you know about special race divisions? The Susan B. Anthony boasts mother-daughter and mother-daughter-granddaughter divisions. How about just some plain, old-fashioned family divisions? Or, more specifically, Twin Divisions? Most of my family runs, and we have two sets of twins. My twin daughters, Merry and Holly, and my twin sister, Poinsettia and I are road runners and would love to be on the victory stand together. I suggest that the Run to Feed the Hungry set up special family division because, as it is now, it's just one big cattle call, and with that many people, most folks come with their families on a day that lends itself to such categories. Don't you agree?

Also, do you know of any local events which award races in family or twin divisions?

Nowell Christian

Dear Nowell,

Buffy suggests Eppie's Great Race. There's a family division, and if you can out-race the Hannas, you're there. Or, suggest to the Chambers of Commerce of Yuba City/Marysville that they, as "twin cities," host such an event. You twins run and win the first year, and then bow out.

Buffy's Evil Twin,

Skippy

Dear Buffy,

I notice in our club newsletter that there are no club records set for some races. Does this mean that if I enter one of these unclaimed races—say, a 6-day race—my name will appear on the "Club Records" page of fame, no matter what my finishing time is?

Sincerely,

Desperate to be Famous

Dear Desperate,

You enter and complete a six-day race, and Buffy fears your name will appear in the obituaries! If you're willing to do a six-day event just to get into the record book, you may consider trying out for the new "Crazy Runner Videos" coming to you soon on the Running Channel!

Good luck, and Buffy will scour the record books for your name!

Start training,

Buffy

Dear Buffy,

I am outraged at the way club records are kept: that is, by gender and age group divisions only. How arbitrary. Do you think a 32-year-old woman who has three kids under age five and a husband who thinks running is rather silly be judged on the same basis as a single, 32-year old, childless woman who is able to train whenever she wants, eat regularly and get lots of sleep? No way! The club should maintain records for married persons (more difficult because a spouse's needs have to be met in addition to getting in training), married with one child, two children, etc.

Sincerely,

Desperate for a Club Record

Dear Desperate Two,

What's up with this record mania? First you guys want fancy t-shirts and now club records? What happened to running for the shear pleasure? And, do the three kids include the husband?

Nonetheless, at first blush, the record-keeping is not entirely fair as it exists. Buffy would suggest going one step further and propose the following categories for both the male and female divisions for each five-year age bracket:

* gifted runners (weekly mileage 40+ miles per week)

* those who run and have fun (30+ miles per week)

* those who run so they can eat fast food (maybe 20 a week)



* those who run and hate every step but do it any way (doesn't matter—it's all too long)

As an afterthought, how about consolation prizes for the injured?

Just a Thought,

Buffy

Dear Buffy,

What is your beverage of choice during a 5K? Water, Gatorade, Cytomax? What do you eat the night before a 5K? A marathon?

Hungry and Thirsty in Roseville

Dear H&T in R'Ville,

Buffy's choice is beer. That's her answer for all of the above questions.

A Marathon?

Buffy

Dear Buffy:

I get the runs while running. I'm sick and tired of this—er, ahh—running. Any miracle drugs or homeoparhic remedies out there that you could recommend?

JAY CREW

Dear Jay,

I'd pose that question to those running behind (no pun intended) you. They'll be more inspired than Buffy to come up with a solution. Barring that, eats lots of cheese the night before a "run."

Drizzling at times herself,

Buffy

Adult-Onset Athletes Unite...!

Okay, I admit it. I am an Adult-Onset Athlete. Sure, in my childhood, I pursued athletic endeavors similar to my peers with varying degrees of success—a brief stint as a ballerina (lack of flexibility, wrong bone structure), swim team member (seasonal), horseback rider (concussion), girls' softball catcher ("recreational" track, not "comp" or "select"), half-court girls' basketball player (stifling—hated stopping at the half-court line), gymnast (fear of heights and that bone structure thing again). Although I enjoyed many of these sports activities, I never really excelled at any one of them.

As a teenager, I played junior varsity volleyball for my high school team. Looking back, I never worked very hard and I wasn't especially dedicated. I didn't make the varsity level team and that is where my high school athletic career ended.

In college, I started jogging because my then-boyfriend, now-husband of 17 years, was a runner. I worked my way up to jogging three miles a day. It was probably good for my cardiovascular health, but I never really enjoyed it much.

In my early 30's, I split my time between aerobics classes and having babies. I got pretty good at aerobics and having babies, but the having babies thing made attending aerobics class challenging. I developed my own version of an aerobic/weight training workout by putting three 25-30 pound toddlers in a 45-pound double stroller and carrying a 10-15 pound baby in a backpack while walking a mile or two. That was the extent of my "athletic" career for a number of years.

As the kids grew I decided to revive my never-really-got-started, now-defunct athletic pursuits. I started walking four or five miles a day with my dogs. It was good for all of us. That is, until the morning one dog zigged and the other zagged and I broke my leg. Six weeks later and out of the splint, I started walking again—very slowly and with only one dog this time. It was during this time that my husband attended a Team In Training seminar, came home and announced that TNT had a walking team. I think my exact words were, "Who in the world would want to walk a marathon?!" Two marathons later, I was finally an athlete, at least in my own mind.

There are several benefits to being an Adult-Onset Athlete:

- no records from my youth to harken back to, only a continuing series of personal records as I improve with experience
- no photos or memories of me in uniforms of years past in sizes I have long since left behind
- no injuries incurred in my youthful glory days
- no memories of how my body was so flexible, fast, or any other quality bodies possess when much younger
- no regrets about races I should have won or done
- fewer inhibitions about learning to do something new (in my case, learning to race walk).

The Bottom Line: if it takes you well into adulthood to determine which sport fits you best, so be it. "Better late than never" truly applies here. If you have children, your decision to become an Adult-Onset Athlete serves as a wonderful example of lifelong attention to improving your health. If you don't have anyone to be an example for, pat yourself on the back. You have done a good thing.

To all of you who have been athletes since your youth and continue to be athletes, I salute you! Your longevity, your consistency, and your "stick-to-it-ness" are to be admired. To those of you, who like me, are Adult-Onset Athletes, I applaud you for your gumption to get up off the couch, your desire to try something new, and your decision to make a healthy difference in your life! It's never too late to become an athlete.

Chips Race Walk News & Information

- The Chips Race Walk/Walking group continues to meet on Saturday mornings at 8:00 a.m. at Cobblestone Restaurant on University Avenue for a speed workout and instruction in race walk technique. If you are a fitness walker and would like to learn to walk with greater efficiency, join us. If you would like to learn to race walk, come on out. The group welcomes walkers of all styles and speeds.
- Chips race walker and race walk judge Ann Gerhardt judged a 5K in Los Gatos the weekend of June 10th. Ann is working toward her national judging certification. Chips member, Mimi Veiga, raced this same 5K and improved her 5K track time by over a minute.
- Chips board member Sharon Norris completed her first marathon, the Suzuki Rock 'N' Roll Marathon, in San Diego in June. She is already making plans to go back next year and conquer the distance again.
- Several Chips race walk members will serve as volunteers at the Olympic trials in July. It should be an exciting chance to watch elite walkers in action.

Chips Walking & Running Clinic in July

Beginning July 5th and running for five consecutive Wednesdays, Buffalo Chips will sponsor a beginning fitness walking and running clinic for women. Participants will meet on Wednesdays at 6:00 p.m. at Glen Hall Park in Sacramento. The goals of the clinic are to present the fundamentals of fitness walking and running; to provide a basic plan from which participants can build their own lifetime fitness program; and to enable participants to participate in the upcoming Chips sponsored Susan B. Anthony 5K on August 5th.

Women of all ages are invited to participate and no prior experience is necessary.

Each Wednesday there will be a workout and a guest speaker on topics related to fitness walking and running: Safety, Clothing & Shoes, Nutrition, Aerobic Exercise, etc. The clinic will be lead by Buffalo Chips members.

The cost is $25 to non-Chips, which includes a one-year membership to the Buffalo Chips Running/Walking Club. If you are a current Chips member, the clinic is free.

For further information, contact:

Walking Coordinator - Sharon Norris @ (916) 381-4166 or

Running Coordinator - Mary Coordt @ (916) 684-0116

This is a great opportunity to motivate your friends and neighbors who need a structured start to fitness and a goal to work toward.

Upcoming Races of Interest to Walkers & Others

- Starting July 5th and continuing for 5 consecutive Wednesdays: Beginning Fitness Walking and Running Clinic, Glen Hall Park, 6 p.m.
- Sunday, July 23rd: Fleet Feet Capitol Mile. There will be judged youth and adult race walk divisions
- Saturday, August 5th: Susan B. Anthony 5K (women only) at Glen Hall Park, Sacramento
- Saturday, August 19th: Blisters for Sisters Race in Old Town Sac. A fun race with wave start format. Walkers of varying ages get their own start times.
- Sunday, September 10th: Buffalo Stampede. This year's race will include a judged 5K race walk on the track in conjunction with the Stampede.
- Sunday, October 1st: Sacramento Marathon and 1/2 Marathon. This race includes a walking division.

Check at Fleet Feet Shoes stores or of *California Running News* for entry forms for the above-mentioned events. The Runners Schedule web site is www.theschedule.com. See you out there!

Breaking the Tuesday Workout "Code"...

by George Parrott

Many of us coming to our first Tuesday night workouts at the Lunch Connection find ourselves at sea. There seems to be some kind of organized effort, but what is it? We ask ourselves, "What am I supposed to be doing?"

For the answer, read on...

The Rules

The first consideration for our Tuesday workouts at the Lunch Connection is that safety is always primary. It does not matter what kind of workout you are doing: cars have the right of way. Do not argue with any large vehicle...or small one, either! We have never had a personal safety problem with runners at the Lunch Connection course and we really do not want to break that record.

Second, workouts are both social and physical experiences. This means that we do not allow any kinds of headsets or radios. Use those only for treadmill workouts in your home or gym. Come prepared to meet others, encourage them, and participate in new conversations...and often "great stories."

Third, come prepared to work a bit harder than you are used to on your own. The biggest gain in fitness comes during the last stages of a hard workout and from the amount of time you spend right near or just over your aerobic limit. If you want to improve your running, then these sessions will be periods of "discomfort" which you can better tolerate by "sharing" them with others. It is via "controlled extremes of stress" that you gradually adapt to higher levels of physical potential...and mental toughness, too.

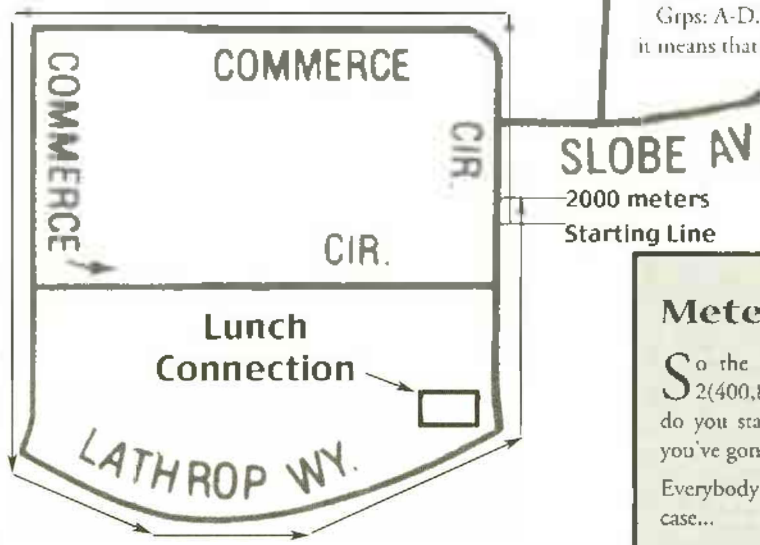
Fourth, come to do a pattern in the workout. The workouts are graded by fitness level, and you should try to finish the whole pattern. You will get the most of the workout by doing all that is planned for your fitness level. On the other hand, if you are ill or find yourself with a new and threatening "ache," then drop out of the workout and get whatever aid you need. This relates to consideration number one, safety, as noted above.

The Pattern

Workouts are designed around a three to four week pattern of varied distances and components, all oriented to increasing performance at distances from the 5K to the marathon and beyond. All races above the mile are really strength events, and we all have a certain base level of fundamental "speed." We just must develop the strength, both physically and mentally, to use and hold all the "speed" we fundamentally have. Within a "training week," workouts are planned around three or four elements, including the strength speed component of Tuesday nights, the faster leg turnover of Thursday evenings, and the absolute strength and tempo components of Saturday's and Sunday's longer runs.

Picking Your Group

In the Tuesday night session, the "alphabetical group designations," i.e., Groups A, B, C, D, E, F, G, H, designate, in decreasing order from A to H, speed and fitness levels. Sometimes Group A, the fastest group, can and will run its miles at a 5:00 per mile pace: sometimes this fastest group—of different people on a different Tuesday night—will be run its miles at a 6:15 pace. Groups are staged at about 25 seconds/mile differences on any given night; so Group B would run about a 5:35 pace if Group A was at 5:10. The slowest regular format training groups are the G and H groups, which are normally doing mile repeats at about 9:00.



The "Transition" group—those runners ready to do some "speed work," but not yet strong enough to do a full 3 miles of it—does 1.5 to 2 miles of total "speed effort" in a 5 mile total workout, compared to the usual 3 to 5 miles of speed effort in the G and H groups.

The ("SS") steady state runners and the ("FW") fitness walkers are not directly "organized," but rather individuals working out in our group setting for safety and synergy. We frequently have individuals at those levels of training, especially on Tuesday nights. They should run/walk on the OUTSIDE perimeter of the course/loop "against" the regular the flow of the other groups running on the inside perimeter. This is mostly for safety reasons for both patterns of participants.

So how do you pick your group? You should always run the most demanding group possible, since this means you have more people to help you run a better workout. The worst thing in a workout is to be leading the whole time in your group: it means you should have been in a group higher than you selected.

Breaking the "Code"

There usually will be a news flyer lying on a table inside the Lunch Connection that shows the workout schedules. So...how do you decipher it?

When the workout assignment shows:

Grps: A-D. . .2(400,800,1600)

it means that Groups A, B, C and D should do 2 sets of: 400 meters hard, 200 meter recovery, 800 meters hard, 200 meter recovery, 1600 meters hard, 400 meter recovery. The recoveries are

continued on next page

Meters? Where?

So the workout schedule for you says 2(400,800,1600). How far is that? Where do you start? How do you know how far you've gone?

Everybody knows this, of course, but just in case...

200 meters=1/8 mile
400 meters=1/4 mile
800 meters=1/2 mile
1600 meters= 1 mile

Well, that's almost true; 1600 meters is 31 feet short of a mile. (It's 0.994208 miles.)

Where do you start? At the starting line, of course! See the map.

How do you know how far you've gone? Look for markers painted on the road every 200 meters. One full circle (plus a few steps) is 2000 meters.

In the above example, you'd run hard 400 meters to the 400 meter line, jog-recover 200 meters to the 600 meter line, run hard 400 meters to the 1000 meter line, and so on.

Got it?

approximate distances. Nope, the recoveries aren't indicated in the "code."

A workout assignment of:

Grps: A-D...3(600), 2(1000), 1600

means that Groups A, B, C and D should do 3 sets of 600 meters hard with 200 meter recovery jogs between and after, then 2 sets of 1000 meters hard with 200 meter recovery jogs between and after, then 1600 meters hard with a 400 meter recovery.

All "quality workout participants" should do at least a 2000m (one-loop) warm-up before and cool-down after their quality efforts. The transition group sometimes does "only" a 1600m warm-up and cool-down by cutting through the middle of the Commerce Circle loop for their efforts in this component.

Our usual recovery jog is 200 meters, but this varies also by how long the hard effort unit was for that assignment. The goal of these workouts is to run each unit faster than the one before and not die and slow down during a workout session. Learn to apportion your energy to complete the whole workout with control and maximum output.

Quality!

A good and effective quality speed session should leave you pretty tired, but still knowing that you could have done another 20% or so more if you had been forced to do so. You should be able to run a good, easy run the next day.

Sometimes, perhaps every once in five workouts or so, it is great if you run "at serious risk" in terms of speed from the beginning of the session. Remembering that the biggest fitness gains come from truly pushing the edges, every once in a while throw most of your "controlled workout caution" to the winds and simply go for it from the beginning. Try running new PRs at every distance from the opening...hang on as you tire and still finish the workout even if, on that session you slow down quite a bit. You do not want to run every workout as a "crash and burn" experience, but doing this, perhaps every fifth workout, can put big additions in your fitness upper ranges.

Keep a Log!

Of course, keep a training log. Record all your runs, training runs for recovery, hard sessions, long runs. Record all your workout distances and times. These are very important references to your overall fitness and health levels. These data are core in helping you create your racing goals, and to know your fitness level from year to year. Smart running is about smart training and knowing what to do, when, and...how much.

Heel Pain: Steps In Healing Plantar Fasciitis

by Dennis Grandy, D.P.M.

It's 5 a.m.-time to roll out of bed and log six miles before anyone else is awake. First though, you have to stand on that heel-the one that feels like there is a nail in it-and limp to the bathroom. After a few steps, it starts to loosen up, so you think maybe it's going to finally resolve. Unfortunately, it tightens up after you've rested for a while; this cycle may go on for months. This is the agony of plantar fasciitis, a disabling injury that has sidelined more runners than any other single foot malady. In a study of 1,077 running patients plantar fasciitis, at 14%, was the most common injury. So if you haven't endured this personally, you no doubt know a fellow runner who has.

Anatomy of the problem

"Plantar" refers to the bottom of the foot. Fascia is the tough connective tissue extending from the heel to the ball of the foot. "Fasciitis" refers to inflammation of this tough connective tissue. This fascia is basically a flat tendon structure between the heel bone and the toe joints. It is overstressed in several directions. The heel bone, or calcaneus, rolls from side to side in the pronation-supination motions. In runners, the heel absorbs several times the body's weight with each step. The heel impact increases proportionately with heavier people. As noted, the fascia attaches to the toe joints; so with bending of the toes a longitudinal stretch is also introduced. The plantar fascia is literally where the "rubber meets the road" and this inelastic structure is pulled transversely and longitudinally. To make things worse, this takes place on concrete, asphalt and other unforgiving surfaces. The weakest part of the plantar fascia is the medial portion just in front of the calcaneus and is most often injured here.

The treatment

Unlike other injuries, plantar fasciitis can take several months to heal. The good news is that non-surgical methods are usually successful. However, it is best to use several modalities at once. Padding, taping, anti-inflammatory medication, cortisone, acupuncture, magnets, ultrasound, whirlpool, shoe modification, night splints and casts are just some of the options to consider.

I recommend a home program of:

1) taping around the heel and arch
2) use of an OTC insole (preferably a Superfeet)
3) brief daily ice massage, nightly moist heat soaks
4) optional oral anti-inflammatories.
5) daily calf stretches with upward stretching of the toe joints
6) cross-training options

If no improvement is seen after four weeks, you should see a sports podiatrist to modify the above program and undergo an evaluation. You may need custom orthotics designed for this problem and formal physical therapy at that point. You should also evaluate your running shoes for stability and wear pattern. I recommend a stable motion control shoe (most shoe companies have several models in this category.)

You should understand that there are many treatment choices to get you through this and back on the road or trail. Do realize, though, that weeks or months may pass before the heel is pain free. By recognizing the condition and seeking proper treatment you can minimize the recuperation period.

Dr. Dennis Grandy practices podiatric sports medicine with Chip Dr. Barry Weiner at J Street Podiatry Group, Inc. in Sacramento. They can be reached at 916-454-FOOT (3668) for appointments or consultations. Dr. Grandy is the podiatry director of the Western States 100 Miler, Podiatric Consultant to the Sac State Athletic Teams and has consulted with numerous marathon and running groups.

Foot Problems ?
Call:
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&
BARRY WEINER, DPM

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www.jstreetpod.com

Hydration Quiz: Are You Experiencing Damage from Dehydration?

by Mary Coordt, M.s., Nutrition

Whether you like it or not, you live in the Sacramento Valley and it is summer time. You know what I am referring to, the endless days of intolerable heat. You try to survive each day by going from air-conditioned house to air-conditioned car to air-conditioned work. By evening you are tired, have a headache, and there is a layer of sticky sweat clinging your clothes to your body. It is 6 p.m., you are dehydrated, and you haven't even run yet. I know, you are saying "I drink water," but is it enough?

On a cool day the average inactive man loses about 12 8-ounce cups of water, but takes in only nine cups (includes both liquid and food sources). A woman experiences a somewhat smaller loss (due to less lean body mass) of nine cups and only replaces 7-1/2 cups. So the average person spends most days slightly dehydrated. However, you are not average because you live in the heat and exercise; these additional factors can quickly lead to a state of severe dehydration. Not only will being dehydrated hurt your performance more than glycogen depletion, but it clearly contributes to constipation, helps cause or worsen asthma, kidney stones, urinary tract infections and may even increase risk of colds and certain cancers. Let's focus on water's indispensable role in regulating body temperature while you run. Here is a brief explanation of the magnificence of sweat.

Why You Sweat

We are not concerned with the sweat glands that exude the smelly odor (apocrine glands) located in hairy areas of the body that secrete an oily concoction to decrease friction. (Well, we are concerned, but we are not going to discuss that...) We are interested in the two to three million eccrine sweat glands which cover the surface of your body and provide the means to cool your body down when exercising in the heat. In cold weather, radiation and convection are the main routes to get rid of the heat produced during exercise. But in warmer weather—and especially in blazing hot weather—evaporation of sweat is the principal way to control the excessive rise in body core temperature. To illustrate the importance of the body's cooling system lets say a 150 pound male were to jog for an hour and could not dissipate the heat; his body temperature would increase over 22 ° to 120 ° F, a fatal condition. Your core temperature will increase during exercise, but with your efficient evaporative mechanisms it will only reach 102° to 104° F.

Now, Test your hydration knowledge with the Quiz below.

True or False: The body of a lean 150 pound athlete contains about 100 pounds of water.

True. This is the equivalent of 130 cans of soda or roughly 12 gallons of water! Water comprises about 60% of the body weight in the average adult male and 50% in the adult female, but this percentage may be as high as 70% or more in a muscular individual. The reason is that fat tissue is low in water content and muscle tissue is high in water content.

True or False: You should drink fluids whenever you start to get thirsty during exercise.

False. You should drink before you get thirsty. Thirst is not a reliable indicator of hydration status; by the time you are thirsty, your body is already dehydrated, losing as much as 1% of body weight. This deficit will reduce your capacity to do muscular work. Some symptoms of this mild dehydration include: headache, fatigue, dulled thinking, muscle cramps. To prevent this trouble, try to drink two 8-ounce cups about two hours before a hard workout and take frequent sips up to 30 minutes prior to the workout. Drink more when it is hot and, for longer events, you should begin hydration 24-48 hours before the event. (See the How Much, When and What to Drink table.)

True or False: After running for 30 minutes in the heat, you can easily lose a pound of water.

True. Sorry, weight loss is fluid and not fat. Eccrine sweat glands can produce up to 30 grams of sweat per minute or about two liters per hour. two liters of sweat is the equivalent of 4.4 pounds, so a 150-lb. runner could experience a loss of 3% body weight in one hour! Research has shown that each 2% drop in body weight significantly reduces aerobic performance in both runners and cyclists. The deterioration in endurance exercise is related to the decrease in blood volume. Less blood is sent to the muscles to provide fuel and oxygen while the decrease in blood flow to skin reduces the ability to dissipate the heat and cool the body. Severe dehydration occurs at a water loss of as little as 4% body weight, symptoms include: drop in blood pressure, muscle spasms, delirium, rapid heart beat, dizzy, nausea, tingling in arms and legs, cessation of sweat.

continued on top of next page

How Much, When and What to Drink

	Mild Temperatures	Warm or Hot Conditions
Before Exercise	2 cups of cold water 2 hours before workout	***and*** an additional 10-17 oz. of cold water 15-30 minutes before workout ***Avoid*** caffeine which acts as a diuretic and increases metabolic rate (and thus body temperature).
During Exercise	5-12 oz. of cold water every 15-20 minutes	6-8 oz. cold water every 10-12 minutes
	If exercising for more than an hour you also need a sports drink with 6-9% carbs; this amount has been shown to be optimal for gastric emptying and intestinal absorption. ***Avoid*** sports drinks with more than 10% carbs (and fruit juices and sodas, which have 12-15%); they are not as easily absorbed and cause GI upset	
After Exercise	***Drink beyond thirst.***Consume 2 cups for every pound lost. Also begin restoring your glycogen with sports drink; then, for optimal recovery, get a snack with a 4 to 1 ratio of carbs to protein.	Do the same as for mild temperature, but ***drink even more.***
	Avoid alcohol. Postpone celebrating until dinner time. Not only will alcohol further dehydrate you; it also interferes with glycogen resynthesis, which will slow your recovery.	

Considering that marathoners may lose 5% or more of their body weight during a race, it is imperative that they replace some of this fluid loss. I can appreciate the difficulty in drinking during a run, but the more you practice the more you train your intestinal tract to handle the fluid intake. (See the Table.)

True or False: Only during longer runs will you be affected adversely by warm conditions and are at risk for dehydration.

False. Although performance in strength, power or speed events that last less than a minute do not appear to suffer from the hot weather, a 5K runner will have to slow his or her normal pace somewhat. In a short race of greater intensity you will be producing heat more rapidly so blood flow to skin must quickly increase to dissipate the heat. In most runners the circulatory adjustments may not be sufficient and the body temperature will rise rapidly, leading to fatigue and a decrease in pace. Fortunately, you are not at risk of losing too much body water (and dehydration) during these short events; however, if you are not well hydrated prior to a race you are at a competitive disadvantage. Studies of runners have shown that when they were dehydrated by about 2% body weight prior to a race, their running speed decreased significantly: 6-7% in 5000m and 10000m events.

True or False: Heavy sweat losses will lead to an electrolyte deficiency.

False. Exercise in the heat can lead to high levels of sweat loss, but will not lead to an electrolyte deficiency. Sweat is mostly water – about 99%—and contains electrolytes derived from extracellular fluid, sodium and chloride. (Potasium is found inside the cells so loss is minimal and a deficiency is very rare.) On a daily basis athletes do lose more sodium due to sweat than sedentary people, but as sodium levels begin to decrease your kidneys will reabsorb more and excrete less in urine to maintain homeostasis. Moreover, no known human diet lacks sodium (it is in almost all foods); so there is only a minimum requirement of 500mg/day, which is effortlessly met.

Let's look at an example. On average, one liter of sweat contains 1/3 to 1/2 teaspoon of salt or about 600 to 1000mg of sodium. So after two hours of running in the heat you could lose as much as 2400 to 4000mg of sodium assuming a high sweat rate of two liters per hour. That loss is nothing considering the average American consumes 10 to 12 grams of salt or 4 to 4.8 grams of sodium per day! (Sodium content of common foods: 1.5 cups of Cornflakes + 3/4 cup lowfat milk = 500mg; one small cheeseburger = 725mg; one oz. pretzels = 890mg)

Several studies have reported that during and after a prolonged run in the heat, water alone, in combination with a balanced diet, will adequately maintain proper body electrolyte levels. And excessive intake of salts (salt tablets) during exercise may actually aggravate electrolyte imbalance, impair performance not to mention irritate the stomach and cause nausea.

However, the small amounts of electrolytes in typical sports drinks (50-100mg sodium per cup) has not been shown to be detrimental. These drinks can help your body retain fluid and, most importantly, taste good which encourages you to drink more. Plus, for runs lasting over two hours, you need the source of carbs found in a sports drink.

NOTE: For ultra-endurance competition (Western States/Ironman Triathlon) you do need adequate sodium in the fluids. Research suggests that you take a sodium level of 115-170mg per cup (in foods such as pretzels, salted potatoes, soups) during the event because if you only drink water you may dilute the sodium level in the blood, resulting in a serious condition called hyponatremia.

Of course, your best protection against severe dehydration is to run in the early morning or cool of the night, but if you decide to run in the heat of the day and start to feel any symptoms of impending heat injury, it is critical to stop exercising, get to a cool place (Mendocino?) and drink cool fluids!

High Mileage Convert

by Jane Colman

Well, I'm not talking about the sort of high mileage that elite runners do, or even the 70-mile weeks that Mike Kail runs when he's tapering...but for a low-mileage runner like me, the last two months have been a revelation.

I've always been a really low-mileage runner for all of my 22 years of running. When Jeff Galloway's first book came out I took his message (low overall mileage and really long runs, not walking!) to heart. My first marathon on Galloway-style training is still my PR —of course, it helped that I was at my all-time adult low weight—even though it wasn't a particularly fast course (New York City). Even when training for ultras, my typical distances would be alternating long-run weeks of 40-50 miles with short-run weeks of 25-35. I had never run two 50-mile weeks in a row, and had never run a 60+ week that didn't include a race of at least 50 miles (preceded by a taper and followed by a week off).

But all that changed when I started following Coach George's Comrades training program. In the last ten weeks I've run 572 miles.

In March, when I was running 50-ish weeks, I was tired and hungry all the time. By April, when I moved up to 60-mile weeks, my body had adjusted and I felt great. The first two weeks of May (75 and 73 miles) I thought would do me in, but aside from a blister (from a 32-miler in the rain) I'm feeling fine, and on yesterday's run I didn't feel any stiffness or soreness. And my weight has finally started coming down, although it's not yet to where I want it. The only downside is that it has taken over my life. When I was training for ultras I figured I had to devote one day every two weeks to running—if it didn't take all day it still left me too tired for much else—but lately it's been ***two days every week***.

I've also realized that I'm a ***much*** better road runner than trail runner—which will come as no surprise to anyone who's seen me on a trail run (especially Jim P., who was quite sure that we would make it down Sabino Canyon considerably faster if I would only let him carry me instead of insisting on making my way cautiously on my own two unsteady legs). It should have been obvious all along, but I've been in denial at least ever since my first trail 50K in 1990, probably since my first Double Dipsea in 1984. I just haven't got the mountain goat mentality.

So, consider me a mileage convert. I'm definitely ready for the cut back over the next few weeks (35, 50, 30, 18 according to the program) before Comrades, but when I get home from South Africa at the end of June and start up again, I want to get back to running at least 50-mile weeks.

And then I'll be looking for an answer to the question: can an old slow runner (I'm definitely older, slower and fatter than Jim P.) run 50-60 miles a week and still have a life?

[*Jane was part of the Chips Comrades Marathon team and finished in 11:44:31*—Editor]

MEET THE HERD

Name: Tony Johnson

Age: 56 in June (Is that a new age group? By the looks of some of the old fast chips I may be better off in a younger age group.)

Family Members:
Wife Peggy and—are you ready for this?—six (6) boys, Cameron and Evan (twins age 30), Jimmy 29, Dominic 24, Ryan 17 (senior at Jesuit) Nick 14 (freshman at Jesuit—thinks he is 21)

Native of: St. Lucia, West Indies—Simply beautiful

Occupation: CPA (To some: Cleaning, Pressing and Alterations)

Years running: 15, very spotty last five, Hoping that by getting more active with "Chips" I will be buffaloed into being consistent again.

A Buffalo Chip for: on and off for five years

Started running because:
Was set up by friends to run 4th leg Whiskeytown Relays. Had no idea what was coming. Ran (mostly walked) in tennis shoes and had a ball.

I knew I was hooked on running when...
I went out the next week in the neighborhood and ran by myself..



Tony finishing the 1988 CIM photo from Tony

Favorite place(s) to run:
Anywhere on American River Trail

Current weekly mileage: 5-25

PRs: CIM 2:59:51 (Whew!), Bidwell 6mi 34:45, can't remember rest.

Best performance ever:
In a hotel room in Las Vegas

Currently training for: Just trying to get back into shape, will do some shorter races and maybe eventually work up to CIM again.

Favorite race(s): Whiskeytown Relays (Redding). Have not run many in Sac as yet.

One of my earliest misconceptions about running was...
that My Nike Terra's would last forever...

Any pre-race superstitions?
I'll have to experiment with this in future.

Race I haven't done that I'd really like to do:
Bay to Breakers, Boston Marathon

Training philosophy/schedule:
Huge mileage is not really necessary, Quality is better than quantity.

Training diet (if you have one):
Avoid the ice cream at 10 p.m.

One piece of advice I'd give to other runners...
Always try to have fun. You don't mind the sweat when you are having fun. Running is the best escape from daily pressures.

If I could run a particular race with any person, I'd run with.... three of my sons on Whiskeytown or some other relay team. We will do it someday.

When nobody's looking, I'd like to...
I'd like to...be "Coach George" for a day at a Tuesday workout

One of my hidden talents is:
I'm still looking for one...must be well hidden

Favorite vacation destination I've already been to:
I've already been to: St. Lucia duh!!!

Favorite vacation destination I haven't yet been to:
Tahiti

Hobbies, collections, other interests: sailing, coaching grade school track

Favorite things (restaurant, movie, book, game, et al):
Attending track meets

The most impulsive thing I've ever done is...
Agree to respond to this questionnaire

The one thing that other Buffalo Chips would love to know about me is...
One of my sons "Dominic" represented St. Lucia at Olympics in Atlanta and will do so again in Sydney. He is a pole vaulter.

Name: **Barbara Miller**

Age: 60

Family Members:
son in Colorado Springs, daughter in Modesto, two grandchildren

Native of: Wichita Falls, KS

Occupation: realestateagent

Years running: 16

A Buffalo Chip for: too many to count

Started running:
for fitness; I had been involved in other sports (cycling, racquetball, volleyball, etc.) I knew I was hooked on running when: I ran my first race and placed in my age group.

Favorite place(s) to run:
the trail in the park behind my home in Modesto; anywhere by the ocean

Current weekly mileage: 50

PRs: 38:39 10K at age 49; 3:01:18 marathon at age 59

Best performance: probably the Boston Marathon, April, 2000; I ran a 3:11:37 with very even splits. It felt easy! My fastest miles were the last 5!

Currently training for: 5K & 10K races. I will do the Twin Cities Marathon in October.
Favorite race(s): Boston Marathon, St. George Marathon, Humboldt 1/2 marathon.

One of my earliest misconceptions about running was...
that it wasn't very much fun.



Barbara at Buffalo Stampede, 1998 photo from Sylvia

Any pre-race superstitions?
Not really

Race I haven't done that I'd really like to do:
London Marathon

Training diet (if you have one):
I'm a vegetarian so I have to make sure I get enough protein.

One piece of advice I'd give to other runners...
to train hard but try to be smart about injuries before they become a major problem.

If I could run a particular race with any person, I'd run with.... my friend, Doug Braasch.

Favorite vacation destination I've already been to:
Carmel-Monterey area

Here's some additional information about Barbara. Read on, and be amazed:

Age division ***first*** places in these marathons over the years: Boston, CIM, Grandma's. Big sur, Portland, Walt Disney World, Las Vegas, Tucson, St. George, Honolulu, Humboldt, Napa.

This year—and the year is just half over—she has set two 60-69 American Records (8K, 33:22 at the 50-Plus 8K in Palo Alto and 12K, 50:49 at Bloomsdcy, Spokane), and she has set an American Best 60-69 record at the Boston Marathon with her 3:11:57 time. She currently holds 6 American Age Group Awards.

She won the 50-59 Pacific Association's Women's Road Grand Prix circuit in 1991, 1992, 1993, 1995, and 1996.

In 1990 she won the 40-49 division of Pacific Association's Women's Road Grand Prix circuit.

In 1999 she received the USATF Outstanding Athlete Award for Females 60-64 and was Running Times Magazine's pick for 1999 Athlete of the Year for Females 60-64.



RACE RESULTS

by Eric Ianacone

We apologize if we missed listing any dues-paid Chips in our race results. With hundreds of Chips, and hundreds of races, many members are bound to be missed ...and unhappy because they didn't see their name here. If your name has been missed, this may be an indication that you misspelled your name on the race application. Remember that your race application first and last name must match the first and last name on the Chip roster.

Bull Run Run 50 Mile

Bull Run, VA
15 April 2000
Overall

Men - Courtney Cambell		6:27:50
Women - Christy Cosgrove		7:47:35

Chips/Chippettes

39	Laura Kulsik	8:58:54
87	Stan Jensen	9:52:16
144	Tammy White	10:47:13

Boston Marathon

17 April 2000
Overall

Men	Elijah Lagat	2:09:47
Men	Gezahenge Abera	2:09:47
Women	Catherine Ndereba	2:26:11

Chips/Chippettes

2248	Matt Duncan	3:08:03
2502	Alan Anzai	3:10:38
2635	Barbara Miller	3:11:53
3695	Julie Dittman	3:16:00
6418	Jennifer Fearing	3:29:21
7780	Heather Newcomb	3:36:29
8624	Jack Rozance	3:42:03
10525	Janet Steele	3:51:15
10618	Cindy Nelson	3:53:51
12483	Carol Mikkelsen	4:05:52
15317	F. Morgan Voyce	5:09:46

Ruth Anderson 100K

22 April 2000
Overall Winners

Men - Jeff Smith		8:51:29
Women - Gillian Robinson		11:07:20

Chips & Chippettes

7	Jerry Lile	11:01:32
10	Eric H. Poulsen	11:43:52
12	Ann Grove	12:09:53
13	Wayne Kocher	12:09:53
19	Barbara A. Elia	13:21:45

Big Sur 5K

30 April 2000
Overall Winners

Men - Ben Turman		15:08
Women - Katy Spink		17:35

Chip

37	Brian Davis	16:31
111	Carl Bergemann	19:35
114	Bob Rowden	19:38
129	Steve Pass	20:04
142	Eric Yadao	20:52
146	Howard Price	21:06
148	Travis Lyon	21:10
170	Dennis N. Scott	21:54
199	Fred W. Kaiser	23:04
272	Lee Rhodes	25:10

Chippettes

18	Dee Dee Grafius	19:34
61	Myra Rhodes	24:32
63	Cindy Reed	24:42
196	Chloe Lyon	29:54
208	Donna Messenger	30:18

Big Sur Marathon

30 April 2000
Overall Winners

Men - Esterban Vanegas		2:27:06
Women - Elvira Kolpaka		2:49:23

Chips/Chippettes

133	John Buckerfield	3:23:19
137	Christine Iwahashi	3:23:47
158	Karl Watanabe	3:26:03
395	Scott Romine	3:45:20
547	Thomas Winter	3:53:25
876	Wayne Kocher	4:07:42
882	Ann Grove	4:07:51
1059	Kenneth Messenger	4:16:52
1384	Amy Brasil	4:29:38
1412	Linda McFadden	4:30:50
1600	Candy Downen	4:38:58
1814	Jerry Furlong	4:48:42
1815	Candace Furlong	4:48:44
1827	Glenn Millar	4:49:08
1962	Pete Zinsli	4:55:36
2154	George Parratt	5:07:44

Mash 5K

30 April 2000
Overall Winners

Men -	Jon Hager	17:04
Women -	Tami Rodriguez	20:57

Chips & Chippettes

3	Kevin Cimini	18:32
9	Rory Salvatierra	20:42
77	Bill Ballantine	29:28
84	Christopher Dowell	30:29
120	Linda Kee	34:00

Mash 10K

30 April 2000
Overall Winners

Men	Brad Lael	38:35
Women	Judy Picket	44:43

Chips & Chippettes

1	Brad Lael	38:35
9	Kevin Dudek	43:37
18	Mario I. Sanchez	46:01
20	Robert Giblin	46:16
25	Phil Boerner	48:02
26	Ron Peck	48:10
30	Dave Ragsdale	48:56
38	Bill Freiling	50:36
39	Paul Mitchell	51:05
40	Marie Gonzales	51:49
53	Janice Level	54:01

Russian River 8K

30 April 2000
Overall Winners

Men - Ken Brown		27:42
Women - Whitney Garcia		42:15

Chips & Chippettes

27	David Smith	43:48
83	Po Adams	1:01:35

Russian River Half Marathon

30 April 2000
Overall Winners

Men - Nemesio Ruiz		1:26:34
Women - Chrystyne Krimmel		1:32:32

Chippett

37	Amy Dierlam	2:00:09

Avenue of the Giants Marathon

7 May 2000
Overall Winners

Men	Bryan Buterbaugh	2:40:47
Women -	Elizabeth Esser	2:56:46

Chips & Chippettes

32	Doug Riggle	3:17:44
37	Gary Hester	3:20:31
58	Rena Schumann	3:25:16
85	Chris Terrill	3:30:35
137	Jim Fischer	3:41:44
245	Wayne Kocher	4:00:10
264	Karen Davis	4:03:16
270	Marie Gonzales	4:04:09
292	Ann Grove	4:08:10
380	Don Fencik	4:24:25
390	Dennis N. Scott	4:26:38
435	Amy Berwind	4:38:46
449	Andrew Berwind	4:42:17
462	Madeleine Silva	4:44:58
463	Shalako Wengronowitz	4:44:58
494	Jan Lambert	4:54:21
545	Bettie Powers	5:06:57
566	Barbara Rinker	5:16:06
583	Diane Hill	5:24:53
585	Trish Danby	5:25:11

Avenue of the Giants 10K

7 May 2000
Overall Winners

Men	Brendan Banovik	36:19
Women	Marianne Stiles	40:55

Chips & Chippettes

26	Don Tollefson	45:44
219	Kathy Ryan	1:05:15
228	Karen Fischer	1:06:30

Pork Run 10K

7 May 2000
Overall Winners

Men - Bryan Hacker		33:06
Women - Connie Rowden		41:24

Chips & Chippettes

1	Bryan Hacker	33:06
2	Edward Burns	33:30
10	John Nichols	39:18
18	Connie Rowden	41:24
21	Mo Bartley	42:24
23	Scott Romine	42:52
24	Mario Sanchez	42:54
28	Waiman Yip	43:21
33	Bob Rowden	45:23
35	Dave Ragsdale	45:41
47	Marie Gonzales	47:15
68	Steven Polansky	50:37
83	Ron Peck	53:35
97	Jon Lambert	56:38
105	Joyce Pryor	58:28
124	Sue Murray	1:05:11
129	Miranda Fram	1:06:52

Quicksilver 50K

13 May 2000 Overall Winners

Men - Tom Greene		3:56:01
Women - Rena Schumann		4:50:39

Chips & Chippettes

7	Michael Duncan	4:21:33
14	Rena Schumann	4:50:39
16	Laura Kulsik	4:55:56
19	Daniel Martin	5:02:42
22	Charles Stevens	5:07:26
23	Jerry Lile	5:08:11
39	Stan Jensen	5:43:12
40	Eric Ianacone	5:48:04
43	Eric Bean	5:49:02
55	Ron Peck	6:09:24
63	Ann Grove	6:21:25
70	Wayne Kocher	6:30:46
87	Barbara Elia	7:30:13
91	Norm Klein	7:41:05

Quicksilver 50 Miles

13 May 2000
Overall Winners

Men - Tom Flahaven		8:01:19
Women - Gayle Johnson		8:26:53

Chips

3	Wayne Miles	8:32:37
19	Lee Rhodes	10:27:47

Race for the Cure 5K

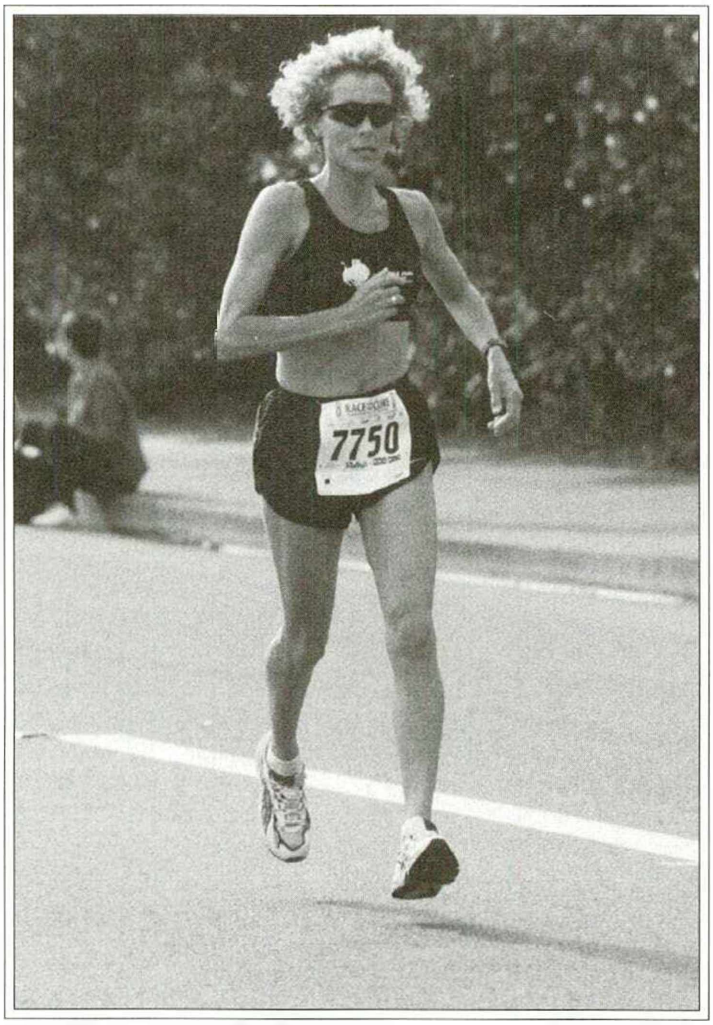
13 May 2000
Overall Winners

Men - Gary Bianco		15:39
Women	Midori Sperandeo	17:28

Chips & Chippettes

5	Bryan Hacker	15:57
10	Rick Kushman	17:05
13	Midori Sperandeo	17:28
15	Dennis Prizmich	17:32
16	Steve Hall	17:34
17	Tim Shannon	17:36
36	Bob Rowden	18:57
38	Hank Beal	19:03
41	Amy Grafius	19:13
44	Steve Pass	19:23
47	Mark Murray	19:30
48	Arnold Ulterback	19:30
49	Tina Beal	19:31
53	Kevin Dudek	19:42
67	Connie Rowden	19:57
86	Dan Cox	20:23
90	Gary Lotspeich	20:31

103	Joe Domek	20:55
109	Laurie Widman	21:14
110	Chuck Stevens	21:14
116	Christine Iwahashi	21:26
121	David Kalb	21:30
132	Jodi Newman	21:51
160	Anne Veling	22:31
166	Merle Steven Watson	22:37
170	Julie Cambra	22:46
179	Roger Fong	22:58
181	Maree Cambra	22:59
184	Thomas J. Larson	23:09
189	Nicole Darby	23:13
202	Myra Rhodes	23:26
214	Jennifer Norris	23:33
218	Susan Lee	23:35
225	Gary Campbell	23:39
229	Cindy Reed	23:41
231	Melanee Baskerville	23:45
242	Cynci Calvin	23:51
269	Robin Cambra	24:09
317	Gregory Nissen	24:39
336	Steven Polansky	24:49
341	Margaret Ervin	24:52
357	Julie Criswell	24:57
378	Deborah Hopwood	25:12
382	Mike Fuller	25:18
395	Jack Sohl	25:29
430	Amy Brasil	25:45
461	Art Gootkasian	26:12
463	Charles Curran	26:14
516	Bob Venditti	26:40
526	Amy Dierlam	26:44
548	Karen Pierce	26:53
615	Tammy S. Novoa	27:39
631	Gail Gutterman	27:43
660	Judy Sohl	27:55
717	Michele Bunds	28:28
726	Patricia Brown	28:34
758	Parthina Donson	28:48
763	Bob Miller	28:53
771	Jennifer Rousseve	28:55
774	Lauren Stevens	28:56
786	Frank Rankin	29:04
807	John Aquino	29:11
842	George Parrott	29:31
910	Debbie Book	30:01
925	Lezley Heene	30:05
932	Kathleen Spencer	30:07
935	Michael Gardner	30:08
997	Florence Fong	30:35
1004	Mike Grassinger	30:38
1035	Stewart Black	30:48
1037	Wendy Lee Anderson	30:49



Anne Veling on the fly - Race for the Cure photo by Joe McCladdie

1066	David Rater	30:59
1077	Kathleen Seabourne	31:06
1150	Gayle Bacon	31:38
1151	Emily Carbone	31:38
1227	Donna Messenger	32:12
1277	Krista Taylor	32:34
1307	Virginia Marshall	32:46
1334	Nancy Yee	32:57
1354	Lilian Shek	33:00
1405	Kayla Danks	33:13
1411	Laurie Richardson	33:16
1445	Ted Rieger	33:31
1468	Mike Taylor	33:39
1476	Zachary Taylor	33:40
1669	Jane Blythe	34:59
1689	Linda Kee	35:06
1821	Kathy Farmer	36:08
1830	Sharon S. Norris	36:10
1832	Whitney Knoll	36:10
1859	John Geoghegan	36:22
1910	Michele D. Bane	36:51
1916	Linda Parr	36:54
1969	Carl Bergemann	37:17
1981	Cheri Alvarez	37:19
2062	Jacqueline Kelley	38:06
2077	Sarah Aquino	38:11
2114	Rosie Peters	38:31
2352	Sam Moore	40:57
2567	Terri Basinger	43:32
2577	Mimi Veiga	43:34
2760	Tom Bryan	45:52
2843	Barbara Farren	46:44
2880	Doreen Evans	47:29
3056	Connie Noble	50:00
3453	Chiyo Shingu	54:10
3515	Cindy Bowles	54:45
3660	Cynthia Maher	56:00
3682	Joyce Bunds	56:12
3792	Jan Lambert	56:53
4214	Janet Becker	59:28
4215	Alison Berry	59:28
4228	Jana Howard	59:29
4395	Susan Smith	1:00:35
5826	Cathy Cademarti	1:10:55
5968	Nanette Farley	1:11:57
6042	Elizabeth Kondor	1:12:35
6143	Teresa Gilman	1:13:17
6780	Charles Brown	1:19:13
6954	Cheryl Summers	1:22:01

Silver State 50K

20 May 20000
Overall Winners

Men - Kevin Sawchuck	5:17
Women - Wendy Ackermann	6:24

Chips & Chippettes

11	Laura Kulsik	6:31
13	Rena Schumann	6:45
15	Jerry Lile	6:51
29	Stan Jensen	7:28
30	Lee Rhodes	7:36
33	Eric Ianacone	7:38
42	Christopher Hall	8:11

Silver State 50 Miles

20 May 20000
Overall Winners

Men - John Trent	8:36
Women - Betsy Nye	9:45

Chips & Chippettes

12	Janice Levet	11:31
13	Floyd Whiting	11:52
15	Bill Finkbeiner	12:20
20	Renda Gail	12:47

Choosing Life Half Marathon

20 May 2000
Overall Winners

Men - Bryan Hacker	1:25:56
Women - Mo Bartley	1:47:33

Chips & Chippettes

1	Bryan Hacker	1:25:56
2	Brad Ibel	1:31:07
3	Herb Lanzer	1:32:35
4	Doug Riggle	1:36:34
8	Doug Thurston	1:42:08
11	Mo Bartley	1:47:33
12	Connie Rowden	1:47:34
17	Barbara Ashe	[illegible]
20	Michael McKee	2:09:27
21	Gina Mandy	2:00:17
23	Eric Bean	2:02:17
30	Shaleko Wengronowitz	2:04:48
34	Eric Yadao	2:06:12
41	Dan Cox	2:09:28
54	Brian Tsuyuki	2:14:47
59	Michael Wilhelm	2:17:03
64	Keri Palko	2:20:46
68	Tom Kuzmich	2:21:05
69	Skip Outman	2:21:06
72	Bill Freiling	2:22:10
73	Tracey Perron	2:22:24
76	Ginger Bryan	2:22:54
77	Karen Pierce	2:22:55
78	Ken Crouse	2:23:01
80	Gail Gutterman	2:24:50
122	Karen Ernst	3:00:49
124	Glenn E. Millar	3:05:44
133	Po Adams	3:32:15
135	Ruth Carter	3:43:08

Choosing Life 10K

20 May 2000
Overall Winners

Men - Tyler Renshaw	41:46
Women - Mary Kay	51:59

Chips & Chippettes

10	Dave Ragsdale	52:20
20	Richard Rose	58:11
54	Tina Moore	1:20:24

Choosing Life 5K

20 May 2000
Overall Winners

Men - Jay Aliff	19:47
Women - Joan Lewis	19:55

Chips

26Christopher Dowell	30:14

Chanoko 8K

21 May 2000
Overall Winners

Men - Jeff Oberlatz	27:36
Women - Leslie Moore	32:44

HAPPY NEW AGE GROUP

from the Herd !





New Age Group This Quarter

Robert Burkle	50-54
Gary Campbell	45-49
Richard Connon	55-59
Jordan Corbett	15 19
Maureen Corr	40-44
Harry Criswell	35-39
Laura Daniels	45-49
Katya Davidson	10-14
Marci Davis	30-34
Donna Dike	40-44
Michael Fajen	20 24
Emily Fraser	10-14
Michael Gardner	45-49
Robert Giblin	55-59
Ernie Gini	50-54
Eric Govi	10-14
Jana Howard	45-49
Daryl Katchet	50-54
Wil King	70-74
Michelle La Sala	20-24
Warren Lockette	45-49
Vic Lyons	75-79
Dee Martin	45 49
Gerry Miller	45-49
Esther Morris	35-39
Teddy Morris, Jr.	40-44
Patricia Munoz	40-44
Sue Murray	55-59
Alexander Nera	20-24
Jean-Marie Nera	20-24
Lou Nishimura	45-49
Glen Ouchida	45-49
John Pope	30-34
Michelle Puzdrakiewicz	30-34
Ted Rieger	45 49
Scott Robinson	10-14
Ellen Sampson	50-54
Molly Shannon	20-24
Lilian Shek	50-54
Will Speller	10-14
Andrew Swan	50-54
Martha Swarts	55 59
Doug Thurston	40-44
Miranda Wichelns	20-24
Alex Wolfe	15-19
Edward Wolfe	40-44
Brian Woodhouse	45-49
Connor Woodruff	5 9
Victoria Yamamoto	45-49
Jason Zoeteman	30-34
Katy Zuffelato	10-14

RACE RESULTS

Chips & Chippettes

16	Cary Craig	35:24
20	Dave Ragsdale	37:12
31	Kelly A Sossich	44 33
34	Ann Stevens	45.13

Chanoko 20K

21 May 2000
Overall Winners

Men - Dan Feder	1:18 41
Women - Jennifer Devine	1:30:00

Chips & Chippettes

2	Mark Murray	1:22.08
3	Ned Fiori	1:22 56
8	John Nichols	1:29 33
9	Jennifer Devine	1:30:00
14	Bill Hambrick	1:35:31
18	Andrew Pollack	1:38 17
26	David Smith	1:43:30
27	Paul Mitchell	1:43 48
34	Joseph Domagalski	1:52:00
46	Tracy Fiori	2:00:18
53	Leigh Rutledge	2 24 00

Bolder Boulder 10K

29 May 2000
Overall Winners

Sammy Ngatia	31:46
Eliza Alexander	36:09

Chips/Chippettes

Kathy Thurston-Ward	45:26
Rena Schumann	45:59
Jodi Newman	46:29
Doug Thurston	46:42

Zippy 5K

29 May 2000
Overall Winners

Men - Kalic Abdalah	14.48
Women - Diana Harlick	17:09

Chips & Chippettes

49	Brian Davis	16:25
102	Richard Govi	17.21
114	Greg Jewett	17.37
142	David Smith	18 11
202	Car Bergemann	19.20
204	Arnold Utterback	19.22
205	Brendan O'Neill	19.24
212	Theresa McCourt	19:33
245	Barbara Miller	20 12
251	Steve Pass	20:17
256	Connie Rowden	20:19
260	Bob Rowden	20:22
268	Eric Yadao	20:36
279	Howard Price	20:49
314	Christine Iwahashi	21:38
353	Dave Creek	22:29
381	Monty Schacht	23:16
385	Michael F Prizmich	23.22
394	Myra Rhodes	23.36
395	Cynci Calvin	23:36
396	Joe Mc Claddie	23:39
406	Amy Biasi	23:54
444	Bob Venditti	25:14
456	Peter Zinsli	25:29
464	Lee Rhodes	25.46
493	Andrew Swan	27.03
505	Mike Sullivan	27.31
517	Mike Grassinger	28:18
551	George Parrott	30:09
583	Po Adams	36:02
586	Linda M. Prizmich	39:34
587	Ellen E Sampson	39:35

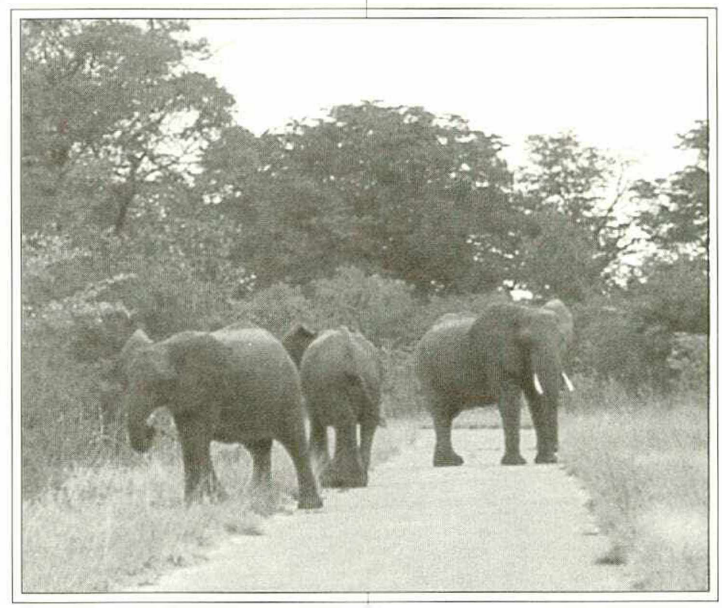
Best Run by a Dam Site 50K

3 June 2000
Overall Winners

Rena Schumann	4:36:01
Bob Pearson	4:39:15

Chips/Chippettes

1	Rena Schumann	4:36:01
3	Laura Kulsik	4.39:31
8	Howard Ferris	5.37.21
12	Janice Levet	5.44.48



The Comrades Clydesdales are BIG !

photo by George Parrott

13	Kathy Welch	5:45:47
14	Barry Fisher	5:46:44
16	Eric Bean	5:56.44
22	Marie Gonzales	6:32:02
29	Barbara Elia	7:28:27
30	Margie Lopez Read	7:35.05
31	Norman Klein	7.48.12
	Helen Klein	7:48.12

Relay Results

Teams with a Chip member

1	Herb Tanzer Brent Backus	3.45 20
4	Barbara Ashe Courtney Palko	4 57 57
7	Dennis Scott Herb Tanimoto	5:28:00
12	Lucinda Fisher Diane Kato	5:45:32
13	Michael McKee Tom Kuzmich	5:46 23





Gold Country Marathon

4 June 2000
Overall Winners

Men - Jose Juvenal	3:00.07
Women - Jennifer Devine	3:26.54

Chips & Chippettes

2	Brad Lael	3:11 18
3	Rae Clark	3:24:59
4	Jennifer Devine	3.26.54
18	Laura Kulsik	4.45.34
19	Christopher Hall	4 45.35
20	Lee Rhodes	4:46 41
23	Edward J Reilly	4:54.25
24	Ronald Adams	4:55:42

Gold Country Half Marathon

4 June 2000
Overall Winner

Men - Kevin Cimini	1:26:27
Women - Joan Delvert	1.39.35

Chips & Chippettes

1	Kevin Cimini	1.26.27
22	Myra Rhodes	1:58:27
38	Bob Venditti	2:27:57
40	Ellen E Sampson	3.38:58

Hit the Road Jack 10K

4 June 2000
Overall Winners

Men - Ken Brown	32:58
Women - Rosa Gutierrez	34:46

Chips & Chippettes

126	Tracey Savorn	45:40
489	Susan Smith	59.15
526	Tina Moore	1:01 12
717	Grace Nelson	1:37.35

Hit the Road Jack 2.2 Miles

4 June 2000
Overall Winners

Men - Rory Kuykendall	12:06
Women - Annie Devlin	12.12

Chips & Chippettes

83	Robbie Smith	17:59
166	Greg Beatty	20:43
169	Steve Wetmore	20:51

It's A Spring Thing 5K

10 June 2000

Overall Winners

Men -	Steve Peppard	15:57
Women -	Julie Taggart	18:53

Chips/Chippettes

2	Matt Pelascini	16:25
4	Jim Wachter	17:22
8	Doug Riggle	18:10
17	King Wayman	20:11
18	Dan Cox	20:20
22	Michael Kutzman	20:53
24	Nahed Abdin	21:14
31	Mary Ann Hemmer	22:40
67	Barbara Rinker	29:39

Comrades (Up) 87.3K

15 June 2000

Overall Winners

Men -	Vladimir Kotov	5:25:33
Women -	Maria Bak	6:15:35

Chips/Chippettes

354	Herb Tanzer	7:08:50
2543	Edward Wolfe	8:38:35
2640	Christine Iwahashi	8:40:24
2995	Karl Watanabe	8:46:10
3812	Floyd Whiting	8:57:06
5548	Jean-Paul Mazaud	9:37:52
5704	Michael Sheldon	9:55:15
7776	Scott Sullivan	10:11:52
9709	Dennis Scott	10:34:32
10064	Michael Talbert	10:47:26
11[illegible]	Elena Sherman	10:48:00
12[illegible]	Wayne Kocher	10:59:16
12731	[illegible]	10:59:48
13823	Ann Grove	11:01:09
13378	Thomas Read	11:10:55
14525	Linda Hood	11:22:39
14683	Ronald Vorhees	11:23:45
14[illegible]	Janice Lambert	11:33:28
14335	Jane Colman	11:44:31
	George Billingsley	
	Stephanie Mazaud	
	George Parrott	
	David Wright	

Grandmas Half Marathon

17 June 2000

Overall Winners

Men -	Ryan Meissen	1:08:09
Women -	Kelly Keeler	1:16:21

Chip

348	Mike Grassinger	2:09:52

Shriners' Challenge 8K

7 June 2000

Overall Winners

Kris Lunn		24:13
Diana Harlick		28:18

Chips/Chippettes

19	Edward C. Burns	26:17
24	Bryan Hacker	26:33
65	Greg Jewett	28:17
74	Midori Sperandeo	28:36
80	Al Michel	28:58

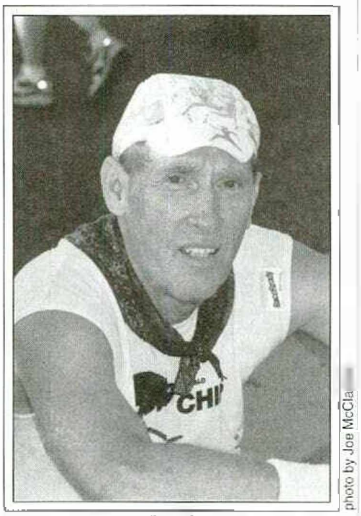


photo by Joe McCla[illegible]

Norm Haines after the race - AR 50

86	Tim Shannon	29:20
90	Kevin Cimini	29:29
93	Bruce Aldrich	29:40
108	John Nichols	30:26
124	Bob Rowden	31:05
131	Amy Grafius	31:24
135	Ernest K. Takahashi	31:45
142	Hank Beal	31:53
146	Arnold Utterback	31:54
147	Theresa McCourt	31:56
154	Dee Dee Grafius	32:13
159	Brendan O'Neill	32:20
162	Connie Rowden	32:24
165	Mo Bartlev	32:27
168	Tina Beal	32:39
171	Barbara Miller	32:42
179	Eric Yadao	33:02
182	Carol Parise	33:04
186	Steve Puss	33:09
207	Budd Ring	33:43
216	Natasha La Beaud	34:09
226	Paul Mitchell	34:48
230	Mario I. Sanchez	34:51
234	Jodi Newman	35:09
235	Jennifer Fearing	35:13
238	Dan Cox	35:26
247	Michael McKee	35:45
249	Valentine Pisarski	35:56
25	Janeen N. Thorpe	36:00
255	David Fajen	36:09
257	Jim Fische	36:18
259	Ron Peck	36:22
263	Dave Ragsdale	36:32
277	John Twilling	37:33
289	Jon H. Shelgren	37:59
293	Cynci Calvin	38:13
301	Irv Faria	38:44
307	Roger Forg	38:58
314	Myra Rhodes	39:06
315	Pam Goodley	39:07
322	Tom Kuzmich	39:36
333	Amy Brasl	40:08
343	Katya Davidson	40:38
345	Art Goolkasian	40:42
360	Maggie Ward	41:21
367	Harry Criswell	41:43
368	Julie Criswell	41:44
382	Lee Rhodes	42:13
391	Sheri Penberton	42:41
404	Rosemary Fajen	43:18
409	Madeleine Silva	43:29
410	Lyle La Beaud	43:32
414	Michael Gardner	43:40
418	Cindy Reed	43:50
419	Fred W. Kaiser	43:50
432	Hilda Youngblood	44:13
452	Gladys Northcross	45:03
460	Peter Zinsli	45:30
463	Laurie Richardson	45:42
467	Judy Sohl	45:53
468	Dale Phillips	45:54
486	Pat Batliner	46:47
498	Francine Magar-Voyce	47:25
514	Dilyn Radakovitz	48:50
530	Sheryl Maurer	49:39
537	Lilian Shek	49:54
541	Louise Simpson	50:09
550	Sarah Sheridan	50:42
568	Karen Fischer	52:02
573	Florence Feng	52:21
576	Gayle Bacon	52:27
580	Cindy Bowles	52:35
590	Candace McGahan	53:24
596	Alene Antemar	54:13
597	Dan Batliner	54:20
638	Vic Lyons	59:58
650	John Geoghegan	1:02:41
656	Anthony Decillis	1:03:58
665	Rosie Peters	1:06:51
677	Lois Kugelmass	1:10:49
678	Terri Basinger	1:10:50
681	Barbra Farren	1:14:38



Western States Endurance Run - 100 Miles

24-25 June 2000

Overall Winners

Men -	Scott Jurek	17:15:24
Women -	Ann Trason	19:44:42

Chips/Chippettes

34	Laura Kulsik	22:51:01
66	Rena Schumann	24:01:04
80	Jerry Lile	25:46:49
85	Eric Ianacone	25:22:01
107	Jon Level	27:01:45
119	Jerry Bloom	27:38:04
195	Linda McFadden	29:29:00
214	Michael Halke	29:44:21
215	Renda Gal	29.44.59
195	Linda McFadden	29.29.00
214	Michael Halke	29:44:21
215	Renda Gal	29.44.59

Welcome, New Chips !

Dan Alarid
Terri Anderson
Brent Backus
Steve Bond
Teresa Brunetti
Maren Caldwell
Kathleen Carolan
Jane Colman
Nancy Colter
Heather Crimson
Anthony Decillis
Danielle Domurat
Karen Duffin
Kim Fisher
Jamie Frink
Ann Gerhardt
Linda Hall
Rich Hanna
Lara Hasik
Terry Hedemark
Mike Herbers
Tyler Honeyman
Daryl Katcher
Kimberly Kindy
Leslie Kleespie
Edythe Leek
Lina Ligsay
James Mciver
Laura Neuman
Gladys Northcross
Stephanie Papas
Mike Sheldon
Jairaj Singh
Scott Sullivan
Cheryl Summers
Michael Talbert
Kim Thompson
Sam Underwoo
Jarred Wahl
Holly Welch
Lyndee Williams
Deanna Winter
Edward Wolfe
David Wright
James Young
Hilda Youngblood
Stan Zezotarski

Lina Ligsay
(New Chip - March 2000)
&
Chris Enfante
(old Chipper since 1982)
announce
our Engagement

Wedding Date
to be announced
soon !

CLUB RECORDS

by Laura Kulsik



ACCORDING TO THE BUFFALO CHIPS BOARD OF DIRECTORS, A RECORD HOLDER MUST HAVE BEEN A CHIP with dues paid, a current Chip registered USATF card (individual can belong to other clubs but must be registered as a Chip with the Pacific Association), and IN CLUB UNIFORM (racing singlet or T-shirt) AT THE TIME OF RECORD PERFORMANCE. Due to space constraints, we cannot possibly list every record and have therefore only listed the most standard ones.

OPEN, MEN, 39 & under

6 Days	no record received		
48 Hours	nrr		
24 Hours	Rae Clark	165.3 miles	USATF NFI Ch'ship '90 American Record
12 Hours	Rae Clark	98 miles	
1 Hour	nrr		
100 Miles	Rae Clark	12:12:19	Sri Chimnoy, USATF N.C. '89 American Record
100K	Tom Johnson	6:41:40	100K Ultra Ch'ship '94
50 Miles	Rae Clark	5:28:32*	USATF N.C. '88
50K	Dennis Rinde	3:02:33	Jed Smith '93
Marathon	Rich Hanna	2:17:51	CIM '93
30K	nrr		
Half Mara	Ben Ayers	1:06:22	Humboldt Redwoods '95
10 Miles	Craig Moore	50:43	Cal 10
10K	John Sup	30:52	Davis Track Meet '91
8K/5 Miles	John Sup	24:31	Fujitsu 8K '90
5K	Reggie Williams	14:27	Cal State Track Meet
Mile	Jeff Adams	4:36.20	Fleet Feet Mile '96
1500 mtrs	Randy Sturgeon	4:07.65	
800 mtrs	Daryl Katcher	2:00.64	Trojan Masters '90
400 mtrs	nrr		
200 mtrs	nrr		
100 mtrs	Greg Hodson	13.4	Los Gatos A-C Meet '96

OPEN, WOMEN, 39 & under

6 Days	nrr		
48 Hours	nrr		
24 Hours	nrr		
12 Hours	nrr		
1 Hour	nrr		
100 Miles	Patti Teale	21:12:24	Vermont '91
100K	nrr		
50 Miles	nrr		
50K	Jennifer Devine	3:35:06	Jed Smith '99
Marathon	Eileen Taylor	2:37:01	Chicago Marathon '82
30K	Jeannie Urness	1:53.51	Clarksburg '92
Half Mara	Robyn Root	1:13	Phila. Dist. Classic '87
10 Miles	Kathy Pfiefer	54:50	Trevira Twosome '86
10K	Kathy Pfiefer	32:59	Mt. Sac Relays '88
8K/5 Miles	Robyn Root	26:27	Bastille Day 8K
5K	Robyn Root	16:37	Susan B. Anthony 5K
Mile	Meg Sveboda	5:11.99	Fleet Feet Mile '96
1500 mtrs	Theresa McCourt	4:50	A-C Meet '92
800 mtrs	Theresa McCourt	2:22	West Mstrs., Hayward '92
400 mtrs	Melanee Baskerville	72.27	Cordova A-C Meet '97
200 mtrs	Melanee Baskerville	31.32	Cordova A-C Meet '97
100 mtrs	nrr		

MASTERS, MEN 40-49

6 Days	nrr		
48 Hours	Jeff Hagen	213.7 miles	Gibson Ranch 48 Hr '93
24 Hours	Eric Ianacone	125 miles	Gibson Ranch 24 Hr '94
12 Hours	Eric Ianacone	76m.1044yd	Bay Area UR 12 Hr. '94
1 Hour	nrr		
100 Miles	Abe Underwood	15:49:51	AAU 100 Miler '78
100K	Rae Clark	7:15:18	Ruth Anderson '92
50 Miles	Rae Clark	5:51:21	Helen Klein '95
50K	Eric Ianacone	4:03:49	Jed Smith '97
Marathon	Jim Milton	2:26:27	CIM '91
30K	Jim Milton	1:43.18	Clarksburg '92
Half Mara	Jim Milton	1:10:01	Humboldt '91
10 Miles	Jim Milton	53:31	Woodland 10 '92
10K	Jim Milton	31:08	SJ Mercury News '92
8K/5 Miles	Jim Milton	25:26	Fujitsu 8K '92
5K	Jim Milton	15:12	Davis Turkey Trot '92
Mile	Steve Hall	4:48.48	Fleet Feet Mile '99
1500 mtrs	Jim Milton	4:11	'92
800 mtrs	Daryl Katcher	1:58.45	TAC N'l Masters '90
400 mtrs	David Kalb	56.22	Hornet Spring Classic '99
200 mtrs	David Kalb	26.50	Cordova A-C Meet '99
100 mtrs	Greg Hodson	13.6	Soquel HS Decathlon '97

MASTERS, WOMEN, 40-49

6 Days	nrr		
48 Hours	Jan Levet	146.5 miles	Gibson Ranch '95
24 Hours	Jan Levet	116 miles	USATF N.C. '92
12 Hours	Jan Levet	68.25 miles	Run for Sight, Sonoma '92
1 Hour	nrr		
100 Miles	Jan Levet	19:29:29*	USATF N.C. '92
100K	Christine Flaherty	9:26.25	Ruth Anderson 100K '98
50 Miles	Joan Reiss	6:58	Jed Smith '87
50K	Christine Iwahashi	3:56.29	Jed Smith '99
Marathon	Sharlet Gilbert	2:43.46	Boston Marathon '94
30K	nrr		
Half Mara	Kathy Ward	1:17.37	Las Vegas '97
10 Miles	Kathy Ward	59:56	Cal 10 '96
10K	Kathy Ward	36.36	SJ Mercury News '97
8K/5 Miles	Joan Reiss	31.32	
5K	Kathy Ward	17:34	Davis TurkeyTrot '95
Mile	Dee Dee Gratius	5:15.55	Fleet Feet Mile '97
1500 mtrs	Kathy Ward	5:01	Masters TM., Los Gatos '95
800 mtrs	Dee Dee Gratius	2:18.07	U.S. Age Group Record
400 mtrs	Dee Dee Gratius	63.13	Cordova A-C Meet'97
200 mtrs	nrr		
100 mtrs	nrr		

SENIORS, MEN 50-59

6 Days	nrr		
48 Hours	Jeff Hagen	216.4 miles	TAMU 48, Texas '99 pending American Record
24 Hours	Jeff Hagen	131 miles	Pacific Rim Run '98
12 Hours	nrr		
1 Hour	nrr		
100 Miles	Jeff Hagen	17:59:03*	Megan's 24-Hr. Run '98
100K	Eric Ianacone	9:13.28	Ruth Anderson 100K '98
50 Miles	Paul Reese	6:22.25	
50K	Eric Ianacone	4:07:29	Jed Smith '99
Marathon	Jim O'Neil	2:35.48	Burlingame '77
30K	nrr		
Half Mara	Jim O'Neil	1:17:30*	Burlingame '77
10 Miles	Jim O'Neil	55.02	Sacramento 10 Miler '79
10K	Jim O'Neil	33:30	U.S. Masters '76
8K/5 Miles	Jim O'Neil	26.33	Lake Merced Mstrs '76
5K	Jim O'Neil	16:14	U.S. Masters, OR '76
Mile	Ben La Sala	5:11.28	Fleet Feet Mile '96
1500 mtrs	Don Martin	4:53.1	
800 mtrs	Matt Duncan	2:23.19	N'l Masters Ch'ships '99
400 mtrs	Ben La Sala	64.00	Los Gatos Meet '96
200 mtrs	nrr		
100 mtrs	nrr		

SENIORS, WOMEN 50-59

6 Days	nrr		
48 Hours	nrr		
24 Hours	nrr		
12 Hours	nrr		
1 Hour	nrr		
100 Miles	Joan Reiss	23:44	Western States '88
100K	Barbara Ella	10:25:06	Helen Klein 100K '95
50 Miles	JoanReiss	8:35	AR 50
50K	nrr		
Marathon	Barbara Miller	3:06.48	CIM '96
30K	Dee Dee Gratius	2:14:34	Clarksburg '99
Half Mara	nrr		
10 Miles	nrr		
10K	Barbara Miller	40:50	Merced Rascal Creek '96
8K/5 Miles	nrr		
5K	Joan Reiss	20:56	Susan B. Anthony 5K '88
Mile	Cynci Calvin	6:26.00	Fleet Feet Mile '96
1500 mtrs	Joan Reiss	6:17*	
800 mtrs	nrr		
400 mtrs	nrr		
200 mtrs	nrr		
100 mtrs	nrr		

SUPER SENIORS, MEN 60+

6 Days	nrr		
48 Hours	nrr		
24 Hours	nrr		
12 Hours	George Billingsley	52.78 mi	American Record
1 Hour	nrr		
100 Miles	Lee Rhodes	26:17	Western States '94
100K	nrr		
50 Miles	Paul Reese	7:16.29	
50K	nrr		
Marathon	Paul Reese	3:02.22	
30K	Carl Ellsworth	2:05.49	Clarksburg '91
Half Mara	Carl Ellsworth	1:24.48	Humboldt Redwoods '91
10 Miles	Carl Ellsworth	1:03:58	Buffalo Stampede '91
10K	Carl Ellsworth	38:26	Tandem Up & Running '91
8K/5 Miles	Carl Ellsworth	31.08	Pear Fair '91
5K	Paul Reese	17.53	
Mile	Carl Ellsworth	5:44	Sonora Mile
1500 mtrs	Carl Ellsworth	5:12	NorCal Masters '93
800 mtrs	Carl Ellsworth	2:34	Cal Sr. Olympics '93
400 mtrs	nrr		
200 mtrs	nrr		
100 mtrs	nrr		

SUPER SENIORS, WOMEN 60+

6 Days	Helen Klein	373 miles	World Record, age group
48 Hours	Helen Klein	130.48 miles	American Best
24 Hours	Helen Klein	109.5 miles	Redwood Empire '91 World Record
12 Hours	Helen Klein	60.5 miles	American Record
1 Hour	nrr		
100 Miles	Helen Klein	23:29:34	
100K	Helen Klein	12:09:17	American Record
50 Miles	Helen Klein	9:01:37	Jed Smith '84
50K	Myra Rhodes	4:39.46	Jed Smith '93 American Best
Marathon	Barbara Miller	3:14:50	Rocket City (Alabama) '99 pending Amer. Record
30K	Barbara Miller	2:17:10	Clarksburg '99 pending Amer. Record
Half Mara	Barbara Miller	1:29:49	Humboldt Redwoods '99 pending Amer. Record
10 Miles	Barbara Miller	1:08:45	Buffalo Stampede '99 pending Amer. Record
10K	Myra Rhodes	46:40	Davis Turkey Trot '95
8K/5 Miles	Myra Rhodes	33:22	50 Plus 8K '00
5K	Myra Rhodes	20:12	Zippy 5K '00
Mile	Myra Rhodes	6:41.38	Fleet Feet Mile '96
1500 mtrs	Joan Reiss	6:17*	
800 mtrs	nrr		
400 mtrs	nrr		
200 mtrs	nrr		
100 mtrs	nrr		

nrr = no record received

* time inferred from longer race

Many Chips hold National, North American and World best marks at distances—and in five year age groups—not listed on this page due to space limitations. This page lists only club records for set time events and STANDARD distances on any surface including road, track and trail in each standard age division using our best available information. If you know of any errors or better times, please contact Laura Kulsik. Contact Lori Prizmich regarding Chips' "Earned Singlet Standard." Details in the Buffalo Bible.

Revised 7/8/00

CHIP RACE CALENDAR

Sun.	July 16	Lake Tahoe	Spooner Lake Half Marathon/10M/10K	510/223-5778
Sun.	July 23	Sacramento	**PA/USATF Road Grand Prix Event** 5th Annual Fleet Feet Capitol Mile	www.rungoldmedal.com; 916/447-2786
		Santa Cruz	Wharf to Wharf 10Kwww.wharftowharf.com; 831/475-2196	
Fri.	July 28	Sacramento	Friday Night 5K Run/Walk	916/492-8966
Sat.	July 29	Sacramento	Eppies Great Race	www.thegreatrace.org; 916/875-6640
		Truckee	Northstar 5K/10K	northstar@boathcreek.com; 530/562-1010
		Antioch	Skips to Skips Mtn. Challenge 10.5M/5K	www.exodusracing.com; 888/827-5476
Sat.	Aug. 5	Tracy	California Dry Bean Festival 1M/5K/10K	www.tracychamber.org; 209/835-2131
Sun.	Aug. 6	Sacramento	Susan B. Anthony 5K Run/Walk (for women only) **Big Chip Event! Chip men—volunteer!**	entry & info on page 27
		Castro Valley	**PA/USATF Ultra Grand Prix Event** Skyline 50K Endurance Run	www.pausatf.org; 510/430-1591
Fri.	Aug. 11	Sacramento	2nd Annual Run for the Arts 5K Run/Walk/7 p.m.	www.rungoldmedal.com; 916/447-2786
Sun.	Aug. 13	Donner Summit	Devil's Outlook 1/2 Marathon/10K	510/223-5778
		San Diego	America's Finest City Half Marathon & 5K, Chips on Tips!	www.ofchalf.com; 858/450-6510
Sat.	Aug. 19	Sacramento	4th Annual Blisters for Sisters 5K Run/1M Walk 26 difference start waves by age/sex	www.rungoldmedal.com; 916/447-2786
Fri.	Aug. 25	Sacramento	Friday Night 5K Run/Walk	916/492-8966
Sat.	Aug. 26	Marin Co.	**PA/USATF Ultra Grand Prix Event** Golden Gate Headlands 50K	415-389-9606
Sun.	Aug. 27	Reno/Carson City	Silver State Marathon/Half Marathon/10K	www.silverstatemarathon.com; 775/849-0419
Sat.	Sept. 3	Marysville	John Oregden Memorial 5K	ctm@c3online.net; 530/878-0697
Sun.	Sept. 3	Pollack Pines	Run on the Sly 50-M, 50K & 7M	bread1@ips.net; 530/626-8846
Mon.	Sept. 4	Kentfield	**USATF Road Grand Prix Event** Pacific Sun 10K (& non-Grand Prix 2M	www.pausatf.org; 415/897-6842
		Auburn	49er Canyon 10-Mile Classic	ctm@c3online.net; 530/878-0697
		Sacramento	2nd Annual Run for Humanity 10K Run/5K Run/Walk	www.rungoldmedal.com; 916/447-2786
		Davis	Fleet Feet Labor Day 5K/10K/Kids' Race	ffdavis@aol.com; 530/758-6453
Sat.	Sept. 9	San Francisco	**PA/USATF XC Grand Prix** Season begins! Chip Team Jacket qualifiers!	see info on page 5
		Lake Tahoe	America's Most Beautiful Relay & Ultra (72M)	dogkissers@hotmail.com; 530/544-6771
Sun.	Sept. 10	Sacramento	**Big Chip Event! 26th Annual Buffalo Stampede 10-Miler**	entry & info on page 29
Sat.	Sept. 16	Sacramento	Chevy's to Chevy's 12K/5K Run/Walk	www.changeofpace.com; 800/757-5275
		Grass Valley	Empire Mine 5K Run & Walk/10K Run	530/265-5588
		Granite Bay	**PA/USATF Ultra Grand Prix Events:** Sierra Nevada Double Marathon (& non-Grand Prix Relay) and Rio Del Lago 100M	916/859-0821
		Squaw Valley	Pacific Crest Trail 50K/25K/50K Relay/12K/25K Wild Walk	530/223-5778
Sat.	Sept. 24	Redding	Whiskeytown Relays & 50K	www.geocities.com/oweatrc; 530/241-5268
Sun.	Oct. 1	San Francisco	KNBR Bridge to Bridge	www.knbr.com; 415/995-6868
		South Lake Tahoe	Kokanee Festival Trail Runs 1/2 Marathon/10K/5K	www.tahoemtnmilers.org; 530/542-3424
		Portland, OR	Portland Marathon	www.portlandmarathon.org; 503/226-1111
Sat.	Oct. 7	Folsom	Run With Nature 4.2M Walk/5K/10K	916/355-7366
Sun.	Oct. 8	South Lake Tahoe	Lake Tahoe Marathon/Half Marathon Run & Walk/Marathon Relay/5K/10K	wwwlaketahoemarathon.com; 530/544-7095
Sat.	Oct. 14	Roseville	Firefighters Burn Free 10K/5K/1K	www.rosevillefirefighters.org; 916/782-1592
		Calistoga to Santa Cruz	The Providian Relay (12 person teams, 199 miles)	www.therelay.com; 650/508-9700
		Castro Valley	**PA/USATF Ultra Grand Prix Event** Dick Collins Firetrails 50-M	510/686-9077
Sun.	Oct. 15	Weott	**PA/USATF Road Grand Prix Event** Humboldt Half Marathon (& non-Grand Prix Marathon)	www.pausatf.org; 707/839-1989
		San Francisco	Race for the Cure 5K & 1K	800/698-8699
Sat.	Oct. 21	Sacramento	Bella Bru Wenmal Classic 5K/10K & Kid's 1/2 M Run	916/481-5004
Sun.	Oct. 22	Nevada City	Run Through the Colors 5K/10K	www.ncen.net/~sng-sc/run_thru_colors.html; 530/265-2666
		Fresno	San Joaquin Valley Marathon, Corporate Relay 5K & Kid's 1K	www.sjcvmarathon.org; 559/266-1800
		Chicago	Chicago Marathon	www.chicagomarathon.com; 888/243-3344
		Washington, D.C.	Marine Corps Marathon	www.marinecorpsmarathon.com; 800/RUN-USMC
Sat.	Oct. 28	Sacramento	20th Annual Zoo Zoom 5K/10K/1 & 1/2M Kids' Runs	www.rungoldmedal.org; 916/443-6223
Sun.	Oct. 29	San Jose	Silicon Valley Marathon, 1/2 marathon, Relay	www.svmarathon.com; 888/726-5673
Sat.	Nov. 4	Sacramento	Jingle Bell Run for Arthritis 5K Run & Walk/10K Run	800/571-3456
Sun.	Nov. 5	Chico	Almond Bowl 3-M, 6-M Run/Walk	530/879-9000
		Granite Bay	Chanoko Trail Run & Mtn. Bike	www.IBRracing.com; 916/362-RACE
		New York	New York City Marathon	susan@nyrrc.org; 1 212/423-2249
Sat.	Nov. 11	Sacramento	**PA/USATF Ultra Grand Prix Event** Helen Klein 50M & 50K	916/859-0821
Sun.	Nov. 12	Clarksburg	**PA/USATF Road Grand Prix Event** 35th Annual Clarksburg Country Run 30K (also non-Grand Prix 5K & Kid's 1M)	www.rungoldmedal.com; 916/447-2786
Sat.	Nov. 18	Davis	Davis Turkeytrot 5K/10K/Kids' Runs	www.changeofpace.com; 800/757-5275
Thurs.	Nov. 23	Sacramento	Run to Feed the Hungry 5K/10K	916/719-4400
Sat.	Nov. 25	Mill Valley	**PA/USATF Ultra Grand Prix Event** Quadruple Dipsea	415/894-1336
Sun.	Nov. 26	San Francisco	Run to the Far Side 5K/10K	www.thodyco.com; 415/759-2690
Sun.	Dec. 3	Folsom to Sacramento	California International Marathon & 4 Person Relay	www.runcim.org; 916/983-4622
Sun.	Dec. 10	San Francisco	**PA/USATF Road Grand Prix Event** Christmas Relays	www.wvtc.org; 650/966-1511

Buffalo Chips Running Club
Board Minutes
(condensed version)

Board meetings are held at 6 pm on the first Wednesday of each month at the Lunch Connection Cafe, 251 Lathrop Way, Sacramento. All members are welcome to attend.

This is a condensed version of the official minutes. For a complete copy (and handouts from the meeting), please contact the Chips Scribe, Theresa McCourt, at Abalony@aol.com or call her at (916) 451-8568. If you have an item you wish the Chip Board to review, send it to Chip Scribe, Theresa McCourt and to High Dunger, John Hancock. ***They must receive this information at least eight days before the scheduled Board meeting.***

Board Minutes, May, 3, 2000

Present
Po Adams, Harry Criswell, John Hancock, Theresa McCourt, Jodi Newman, Sharon Norris, George Parrott, Ron Peck, Lee Rhodes, Greg Soderlund, Meg Svoboda, and Abe Underwood.

Guests
Mike Grassinger, Rick Kushman, Bob Rowden, and Doug Thurston.

Absent
Ken Briscoe, Joe McCladdie, and Jim Wachter.

Approval of Minutes
The minutes were approved

Officers' Reports
Officers presented the following reports.

- Po Adams and George Parrott will work together to develop some ideas and to set a date for a possible summer BBQ for club members.
- The board approved an additional reimbursement of $56 for Dave Creek, editor of the *Buffalo Enquirer*, for his trip to a convention in Atlanta hosted by the Road Runners Club of America (RRCA). This brings reimbursement to Dave for the trip to a total of $746.
- Through April 30, 2000, club expenses outstripped income by $2,022.97
- April 30 ending cash balance = $26,321
- Lee Rhodes praised Doug Thurston for managing to already collect $800 in donations for the Susan B. Anthony in August, and Doug, in turn, thanked Mike Grassinger.
- Through April 30, the youth Chips have attracted about 10 new members.
- Also, results from "Da' Mayors" 100m and 1500m Championships in San Francisco March 25, 2000, show the Buffalo Chips Youth Program as recipient of an $880 award.
- Ron Peck did the following after the Jed Smith race:
  1. Mailed 214 copies of race results
  2. Mailed race awards, April 19, 2000
  3. Sent race results and photos to *UltraRunning Magazine* April 25, 2000
- Jodi Newman will work with Doug Thurston to coordinate volunteers for the three Chips races coming up this summer (the Susan B., the 2000 Tommy's All American 5K, and the Buffalo Stampede).
- Greg Soderlund gave $400 (from donated time toward the American River 50 Miler by George Parrott, Chris Iwahashi, and Luis and Cheri Alvarez) to establish a line of credit for the Youth Development Program.
- A new water fountain (between mile 9 and 10 on the bike path) has been installed, and in the fall, Greg plans to buy a plaque or brass plate with the club logo on it to rivet into the concrete. The fountain is wheelchair accessible.
- The board turned down an offer from Road Runner Sports to purchase our mailing lists for four events.
- The club has a total membership of 732.
- It had 20 new members in April
- It has total of 68 new members from the beginning of the year through April 30.
- Sharon Norris has found five volunteers from her walking group to help with Chris Iwahashi's fitness clinic for Susan B. She'll be meeting with Chris again at the end of the month.
- Meg Svoboda said that the club's workouts are now listed in *The Sacramento Bee* each week. She also requested people to email her with items or events for *The Bee* or updates or input for the hotline.

Other Business
The board also accomplished the following:

Tommy's All American 5K
- The club now has a signed contract with John Mansoor for the 2000 Tommy's All American 5K.
- Among other benefits, the Chips would receive $4 per runner for the first 1,000 runners, with the amount per entrant decreasing for more than 1,000 runners, ending with 50 cents per runner for all entrants over 4,000.
- The $4 dollar per runner for the first 1,000 runners does not include the fee for Doug Thurston, hired as the technical race director. JJM & Associates (John Mansoor's company) will pay this $2,500 fee separately from the $4 per runner.
- The home page for the Tommy's All American 5K can be found at this address: www.tommyrun.com.
- George Parrott and Doug Thurston will work together to create a link to Sacramento Running.
- For the club's three summer races, Doug will send a request for volunteers to the club's 732 members.
- Jodi Newman will maintain the volunteer lists. Jodi and Doug will also work together on confirmation.
- The Tommy's 5K needs approximately 60 to 75 volunteers.

Susan B. 5K
- Cynci Calvin has created a design for the Susan B., tank top.
- Doug will print 12,000 to 15,000 entry forms for Susan B., with a mailing of 7,000 to only women in early June. Forms will also go into the Tommy's 5K goody bags.
- The club will donate at least $1 per entrant from the Susan B. race.

Buffalo Stampede
- Doug has filed the permits and started writing the product donation letters for the Buffalo Stampede.
- Lucinda Fisher has developed a concept for the Buffalo Stampede shirt.

Posting Minutes on Chip web site
- The board approved putting the full minutes on the web after their approval, not including the financial information.

Miscellaneous
- The board denied Rick Kushman's and Rich Hanna's request for the club to support the traditional July 4th race, offered free to runners and held for at least 20 years in Sacramento. The race is scheduled for the morning of July 4th. Rick had requested money to cover the insurance and continue the permit for the race, in addition to the loan of one or two items of equipment.
- The board approved a motion to give Paul Reese and George Billingsley honorary life memberships in the club.

Meeting adjourned.

Agenda for the June 7, 2000 Meeting
note: Board Minutes cannot be published until they have been approved at the subsequent meeting. The agenda may be published to keep the membership informed of the ongoing nature of the issues being discussed.

1) Call to Order
2) Reading, Correction and Approval of Previous Minutes 3) Officers Reports
   - Social Director - Po Adams (Summer Barbecue)
   - Treasurer - Lee Rhodes
   - Secretary -Theresa McCourt
   - Awards - Joe McCladdie
   - Youth - Ken Briscoe
   - Kids Coach - Jim Wachter
   - Mailings - Ron Peck
   - Historian - Abe Underwood
   - Volunteer Coordinator- Jodi Newman
   - Equipment - Greg Soderlund
   - Web Liason/Workout Coordinator - George Parrott
   - Contract with Lunch Connection
   - Membership - Harry Criswell
   - Walking Coordinator - Sharon Norris
   - Outreach/New Members/Hot line - Meg Svoboda (Sac Bee listing of workouts)
4) Special Committees' Reports
   - committee to evaluate club goal and elite athlete support
5) Race Directors/Liaison Reports: Jed Smith Mud Run, Tommy's All American 5K, 15th of July race, Susan B. Anthony; Buffalo Stampede.
6) Old Business
   - Contract with Lunch Connection Cafe
7) New Business
   - Costs of Buffalo Enquirer
   - New Chip item
8) Announcements
   - Handouts, officer/race reports, new business, need to be e-mailed to Theresa McCourt by Tuesday the week prior to the board meeting.

Susan B. Anthony Women's 5K



August 5, 2000

Sacramento, California

NIKE

RRCA

FLEET FEET Sports

Why a Women's Run and Walk?

Not long ago, women were thought incapable of distance running. It wasn't until 1984 that the Olympics offered a women's marathon.

The Susan B. Anthony Run celebrates the perseverance and dedication of the race's namesake and the many women who have fought for their rights as citizens and runners.

We welcome men as volunteers and cheerleaders in support of these women.

Beneficiary

- Sacramento YWCA Summer Camp Scholarship Fund

The Course

- Flat, scenic, and shaded 5 km (3.1 miles); certified by USA Track & Field.

Entry Fee

- $16 if postmarked on or before **July 26th**.
- $20 if postmarked July 27th-31st. *(Please do not mail after July 31st)*
- $20 at Fleet Feet, 2311 J St., Aug. 1-4th.
- $25 on race day, Saturday, August 5th
- Girls' 1/2-mile Fun Run is FREE! (12-under)
- Enter on line at www.rungoldmedal.com

Mail Entry to:

- Susan B. Anthony Run
  2311 J Street
  Sacramento, CA 95816

Payable to: The Buffalo Chips Running Club

Race Location/Parking

From Hwy. 50 exit Howe Ave. north. Turn left onto Fair Oaks Blvd. Turn right on Carlson. Follow Carlson Drive to Sandburg Drive. Parking on area streets at no charge.



Financial Support Provided by:
Law Offices of Porter, Scott, Weiberg & Delehant
Longyear, O'Dea & Laura
George Hills Company, Inc.

Packet Pick Up/Late Registration

- Friday, August 4th, Fleet Feet Sports, 2311 J Street, 11 a.m.-7 p.m.
- Race Day, Glen Hall Park, 6:30a.m.-7:45 a.m.

Race Day Schedule

Saturday, August 5

- 6:30 a.m.-7:45 a.m. Registration & packet pick up
- 8:00 a.m. 1/2-mile fun run (ages 12 & under)
- 8:15 a.m. Women's 5 km run and walk
- 10:00 a.m. Awards ceremony & raffle

Good Things & Awards

- Women's tank tops to 5 km entrants.
- Post-race raffle (must be present to win).
- Ribbons for 1/2 mile fun run finishers.
- 5 km Run: Nike shoes to 1st overall and 1st 40-over; Nike merchandise to top three in age division (14-under, 15-19, 20-24...70+).
- 5 km Walk - no awards; this is a fitness walk.
- Cool stuff to 100th, 200th, 300th and 400th plus oldest and youngest finishers.
- Awards to the mother/daughter team and to the grandmother/mother/daughter team with fastest combined times. (Mail team entries together; one person per entry, photocopies of form are acceptable.)

For More Information

- Doug Thurston, Race Director
  2311 J Street, Sacramento, CA 95816
  E-mail: rungoldmedal@aol.com
  Race hotline: (916) 447-2786

Susan B. Anthony Run/Walk Entry
Saturday, August 5, Sacramento

Check Event You Are Entering

❑ 5 km Run ❑ 5 km Walk

❑ Girls' 1/2 mile fun run

Age (on 8/5/2000) _____

Birthdate (mo/day/yr) __ / __ / __

Tank-top size (circle): S M L XL

Check if Team entry*

❑ mother/daughter (2 entries)

❑ grandmother/mother/daughter (3 entries)

*Mail entries together: one person per entry.

Check your division:

- ❑ 14 & under
- ❑ 15 - 19
- ❑ 20 - 24
- ❑ 25 - 29
- ❑ 30 - 34
- ❑ 35 - 39
- ❑ 40 - 44
- ❑ 45 - 49
- ❑ 50 - 54
- ❑ 55 - 59
- ❑ 60 - 64
- ❑ 65 - 59
- ❑ 70 & over
- ❑ Wheelchair

Please print clearly

First Name _____

Last Name _____

Address _____

City _____ ST ____ ZIP _____

Day Phone (___) _____ Ext_____

Evening Phone (___) _____

E-mail _____

Official Use Only

Fees and Deadlines:

$16 If Postmarked on or before July 26

$20 Postmarked July 27- 31 & at Fleet Feet Aug 1-4

$25 Race Day

Mail/Make payable to:

Susan B. Anthony Run
2311 J Street
Sacramento, CA 95816
Pay to: Buffalo Chips Running Club

Waiver (MUST BE SIGNED) I know that road running is a potentially dangerous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to falls, contact with other runners, the effects of the weather, including high heat and/or humidity), city traffic, and the conditions of the road. All such risks are known and appreciated by me. Having read this waiver, and knowing these facts, and in consideration of accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release the Buffalo Chips Running Club, the Road Runners Club of America, USATF, Gold Medal Event Management, Inc., the City and County of Sacramento, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of the carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose

Signed _____ *Date:* _____

(parent or guardian must sign if entrant is under 18 years of age)

CAMP FLEET FEET 2000



Sunday, JULY 30 through Saturday AUGUST 6, 2000

Sugar Pine Point State Park, California

On Lake Tahoe's West Shore



SIGN UP NOW!

Space is limited and reservations are on a first-come basis.

CAMP FLEET FEET is a great way to spend a **family** sports vacation at beautiful Lake Tahoe. It is a running, swimming, mountain biking change of pace for everyone. It has been held the first week in August for 22 consecutive years and the 23rd annual is scheduled for Sunday, July 30 through Saturday, August 6.



People from all over come for seven days of high altitude training, training tips, up-to-date information, and a chance to meet new friends and training partners. A typical day combines workouts in the morning and afternoon, a morning speaker, an afternoon activity, an evening program with relaxation, conversation, and camaraderie. Past Camp Fleet Feet speakers have included experts like authors Bob Anderson (stretching), Jeff Galloway (running), and Sally Edwards (triathlons and sports business), world record holder Paul Reese and Olympians Debbie Meyer, Lyle Nelson and Jeff Float.



CAMP FLEET FEET is held at California's Sugar Pine Point State Park on the west shore of Lake Tahoe. Campsite facilities include developed campsites, hot showers, tennis, basketball, volleyball, bike paths, nature programs, and boating.

THIS IS CAMPING (tents, trailers, RVs)! If you prefer, there are accommodations available outside the campground, but summer availability is limited. Call 1-800-824-6348, the Tahoe Visitors and Convention Bureau, for information.



Come for the week, or as many days as you can spare. The fee includes guided runs, mountain bike rides, coaching in open water swimming, a final day triathlon, and a camp T-shirt.

Fees for Camp Fleet Feet (Seven Days!)

$150 for one person.
$225 for 2-person family.
Add $20 for each additional family member.
i.e. family of 4 = $265
($225 + $20 X2 = $265)



Questions?

Call or FAX (916) 972-1119
E-mail: mwm@lanset.com
Or write to: **CAMP FLEET FEET**
4455 Arden Way
Sacramento, CA 95864

Sorry, no pets allowed.



BUFFALO CHIPS RUNNING CLUB
SACRAMENTO, CALIFORNIA

10 Mile Run ▪ 5 km Run/Walk ▪ 5 km Race Walk
Sunday, Sept. 10, 2000
Rio Americano High School, Sacramento

FLEET FEET Sports

Do the Buffalo Stampede!

Join the Buffalo Chips Running Club for the 26th Buffalo Stampede 10 miler and 5 km. The run benefits Rio Americano and Elk Grove High School track & cross country programs.

Date and Place

- Sunday, Sept. 10, 2000
- Rio Americano High School, 4540 American River Drive in Sacramento (Exit Hwy. 50 at Watt Ave. north; school is between the American River and Fair Oaks Blvd., and approx. 1.5 miles east of Watt Ave.)

Something for Everyone

- Certified, flat 10 Mile and 5 km (3.1-mile)
- 10 Mile "Migration" early start for runners and walkers over 10 minutes a mile.
- New: 5 km judged race walk on the track
- Free kid's runs on the track (1/4, 1/2 & 1 mi.)

Race Day Schedule

Sunday, Sept. 10, Rio Americano H.S.

6:15-8:00	Late Reg. & Packet Pick-up
7:00 a.m.	Start, Migration 10 Mile*
7:45 a.m.	Start, 5 km Run
8:10 a.m.	Start, Stampede 10 Mile Run
8:55 a.m.	Start, 5 km Race Walk on Track
10:00 a.m.	Start, Kid's fun runs on Track
10:30 a.m.	10 Mile & 5 km Awards

** Migration for pace over 10 minutes a mile*

Registration Fees and Deadlines

- **$23 registration fee** if postmarked on or before Thursday August 31
- **$27 late registration fee** postmarked 9/1 or after and at Fleet Feet Fair Oaks
- $30 race day registration fee
- **Enter online at www.rungoldmedal.com**

Registration Notes

- All entrants receive a long-sleeve, dri-release mock-turtleneck shirt ($20 value).
- Entries not confirmed; numbers not mailed.
- Please do not mail after Sept 5.
- Entries may be dropped off at Fleet Feet Sports, 8128 Madison Ave, Fair Oaks. The same fee schedule applies for drop-offs.

Packet Pick-Up & Late Registration

Fleet Feet, 8128 Madison Ave., Fair Oaks

- Friday, Sept. 8, 11 a.m. - 8 p.m.
- Saturday, Sept. 9, 11 a.m. - 6 p.m.

Avoid race-day lines: early packet pick-up & registration is highly recommended.

Race day, Sunday, Sept. 10

- 6:15-8:00 a.m., Rio Americano High School

Courses

- Both the 10 mile and 5 km are flat, certified loops beginning at Rio Americano High School. Aid stations are plentiful and mile splits are clearly marked.

Safety Rules for All Entrants

- No dogs
- No unregistered runners, walkers, or pacers
- No headphones or Walkmans
- No strollers or baby joggers

Parking

- Free parking at school. Early arrival and car-pooling recommended. Please do not park on American River Drive.

Post-Race Activities

- Free refreshments for runners.
- Raffle for prizes. Must be present to win.

Awards & Results

- Awards to top 3 men and women in each age division in the 10 mile, 5 km, and 5 km race walk. Divisions are: ages 15-under; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-over.
- No awards in 10 Mile migration.
- Results posted after Sept. 18 at: www.jps.net/runinfo/welcome.html www.rungoldmedal.com

Race Director

- Doug Thurston, 2311 J Street, Sacramento, CA 95816
  Hotline (916) 447-2786
  E-mail: rungoldmedal@aol.com
  Website: www.rungoldmedal.com

Buffalo Stampede Entry, Sunday, Sept. 10, 2000, Rio Americano High School

• OK to photocopy form • Do not staple check to entry form • Enter online at www.rungoldmedal.com

Official Use Only _____

FIRST NAME _____ LAST NAME _____

CHECK _____

AGE ON 9/10/00 BIRTHDATE (MO/DAY/YR) ___/___/___ GENDER Male Female

ADDRESS _____ Apt. No. _____

CITY _____ STATE _____ ZIP _____

CHECK _____

DAY PHONE ___-___-____

Circle Shirt Size *Adult, long-sleeve, pre-shrunk* Sm Med Lrg X-Lrg

Circle if Wheelchair

Event Entry Fees:

10 Mile or 5 km Run/Walk/Migration
$23 if postmarked on or before Thursday, August 31
$ ____
$27 if postmarked Sept. 1-5 or in-person Sept. 8-9
$ ____
$30 on race day, Sept. 10

Mail Form with Payment to:

Buffalo Stampede
c/o Fleet Feet Fair Oaks
8128 Madison Ave.
Fair Oaks, CA 95628
Pay to "Buffalo Chips Running Club"

Liability and Publicity Release: I know that running a road race is a potentially dangerous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event being known and appreciated by me. I am aware that the medical support for this event may be volunteers who will be prepared to administer first aid assistance. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Buffalo Chips Running Club, the Road Runners Club of America, the City and County of Sacramento, San Juan Unified School District, Gold Medal Event Management, Inc., and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event though that Liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

SIGNATURE: _____ DATE: _____ PARENT/GUARDIAN IF UNDER

Buffalo Chips Running Club MEMBERSHIP APPLICATION

or download a form from www.jps.net/runinfo/Sacram.htm

Here's just a few of the hundreds of benefits you'll receive by joining the Chips:

Membership Qualifications - None!
Beginners, kids, co-eds, gen-X'ers, boomers and older are all equally welcome.

* Camaraderie, coaching, advice, networking, and laughter with 1000-plus other Chips.
* A quarterly newsletter with club news, profiles, race results, and race schedule.
* Bulletins sent at regular intervals to keep you up-to-date about Chip activities.
* Discounts at several local sports stores.
* Training groups meet regularly on Tuesdays at 5:30 p.m. for intervals and on Thursdays for track workouts. There are regular weekend long runs on a measured course near Rescue, E Dorado County and on the Bike Trail.
* The club hosts two or three social gatherings annually and presents a number of club awards.
* The club is a member of the Road Runners Club of America and you will receive their quarterly publication, *Footnotes*.
* The club has several incentive programs for achieving training goals.
* The chance to compete in a race on a Chip team.

So sign up by filling out the application below and sending it in with your dues, ASAP!

The first day of the month in which you pay your dues is your Anniversary Date for membership. It will be indicated on your mailing-address label, and you will receive a renewal application 60 days before this date.

☐ Renewal ☐ New Membership ☐ Address or contact change from last year? ☐ No change?

DUES: ☐ Full time student $5.00 ☐ Individual $25.00 $300.00 Lifetime ☐ Family $30.00 or $380.00 Lifetime

Name_____

Address_____

City/State_____ Zip_____

Home Phone_____ Work Phone_____

Birthdate_____ Fax #_____

E-Mail #_____

1974 - 2000 THE BUFFALO CHIPS SACRAMENTO

Family Members (family membership only)

1. Name_____ Birthdate_____
2. Name_____ Birthdate_____
3. Name_____ Birthdate_____
4. Name_____ Birthdate_____

☐ Please check here if you would like this information to be omitted from the annual club roster which is sent to all members.

Please check the activity(ies) at which you would like to help:

- ☐ Newsletter
- ☐ Social Events
- ☐ Finish Lines
- ☐ Jed Smith Ultras (Feb.)
- ☐ 4th of July Freedom (Jul.)
- ☐ S. B. Anthony 5K (Aug.)
- ☐ Buffalo Stampede (Sep.)
- ☐ Board Member

Don't need this form? Give it to a friend! (Copies are OK, too!)

Fill out this form completely, SIGN WAIVER below, make your check out to BCRC, and mail to:

Buffalo Chips Running Club
P.O. Box 19908
Sacramento, CA 95819-0908

CLUB MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Buffalo Chips Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

_____
Signature/Date

_____
Parent's signature if applicant is under 18 yrs./Date

Volunteers Needed

BUFFALO CHIPS RUNNING CLUB

SACRAMENTO, CALIFORNIA

for Two Upcoming Buffalo Chips Running Club Events

Dear Fellow Buffalo Chip,

This summer, your club is producing two quality running events for area runners and walkers:

- Susan B. Anthony Women's 5K Run, 8 a.m., Saturday, August 5, Glen Hall Park
- Buffalo Stampede 10 Miler and 5K, 8 a.m., Sunday, Sept. 10, Rio Americano High School

We need your help! Our recent club survey revealed that more members would volunteer for races if they were asked. We are asking for your help! Volunteers are needed in all race areas including course monitors, split timers, fluid stations, registration and packet pick-up, finish line timing and scoring, and post-race refreshments.

As a volunteer, you'll have fun and feel a great personal satisfaction in helping fellow runners and walkers achieve their goal. Plus, you'll help raise funds for the YWCA Summer Camp Scholarship Fund (Susan B. Anthony Run) and area youth track teams (Buffalo Stampede).

Interested? Great! Return the form below or E-mail the pertinent information as soon as possible to Jodi Newman, the Club Volunteer Coordinator (see address below). Additional instructions including times and exact locations will be communicated to you by phone, e-mail or regular mail 5-7 days before the event.

Thanks in advance for your help. Please call or E-mail if you have any questions.

Jodi Newman, Volunteer Coodinator, 2236 Woodside Lane, Apt. 16, Sacramento, CA 95825 • (916) 924-3908 • E-mail: jnewman@metrocentre.net
Doug Thurston, Race Director, 2311 J Street, Sacramento, CA 95816 • (916) 447-2786 (work) • E-mail: rungoldmedal@aol.com

Event	Date	Volunteer Times	Location
Susan B. Anthony Women's 5K	Saturday, August 5th	6:30-10:30 a.m.	Glen Hall Park, Sacramento
Buffalo Stampede 10 Miler & 5K	Sunday, September 10	6 a.m.-11 a.m.	Rio Americano H.S., Sacramento

Buffalo Chips Summer 2000 Volunteer Registration Form

Please make extra copies for your friends, family, and co-workers!

Name(s): _____

Mailing Address: _____

City: _____ State: _____ ZIP: _____

Day Phone: _____ Eve Phone: _____ Best Time to Call _____

E-mail Address (if preferred way to communicate with you): _____

Are you a Buffalo Chips Member? (circle) YES NO *Non-members are welcome to volunteer!*

Race(s) you would like to volunteer:

___ Susan B. Anthony Run, Saturday, August 5
___ Buffalo Stampede, Sunday, Sept. 10

Area(s) you would like to help (if more than one, please indicate preference):

___ Registration Packet Pick-Up on Race Day
___ Course Monitors
___ Split Timers
___ Fluid Station
___ Pre-Race Day Registration (check dates below)
  ___ Susan B.: Fleet Feet J Street, Friday, August 4
  ___ Stampede: Fleet Feet Fair Oaks, Friday, Sept. 9
  ___ Stampede: Fleet Feet Fair Oaks, Saturday, Sept. 10
___ Finish Line Timing/Race Results
___ Post-Race Refreshments
___ Course Set-Up/Tear Down
___ Anywhere on race day
___ Packet stuffing (date, time, place TBA)

Comments: _____

Mail or E-mail Information to:
Jodi Newman
Volunteer Coordinator
2236 Woodside Lane, Apt. 16
Sacramento, CA 95825
Home Phone (916) 924-3908
E-mail: jnewman@metrocentre.net
Thanks for your help!

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RRCA Fourth Annual

national run to work day

Friday, September 15th

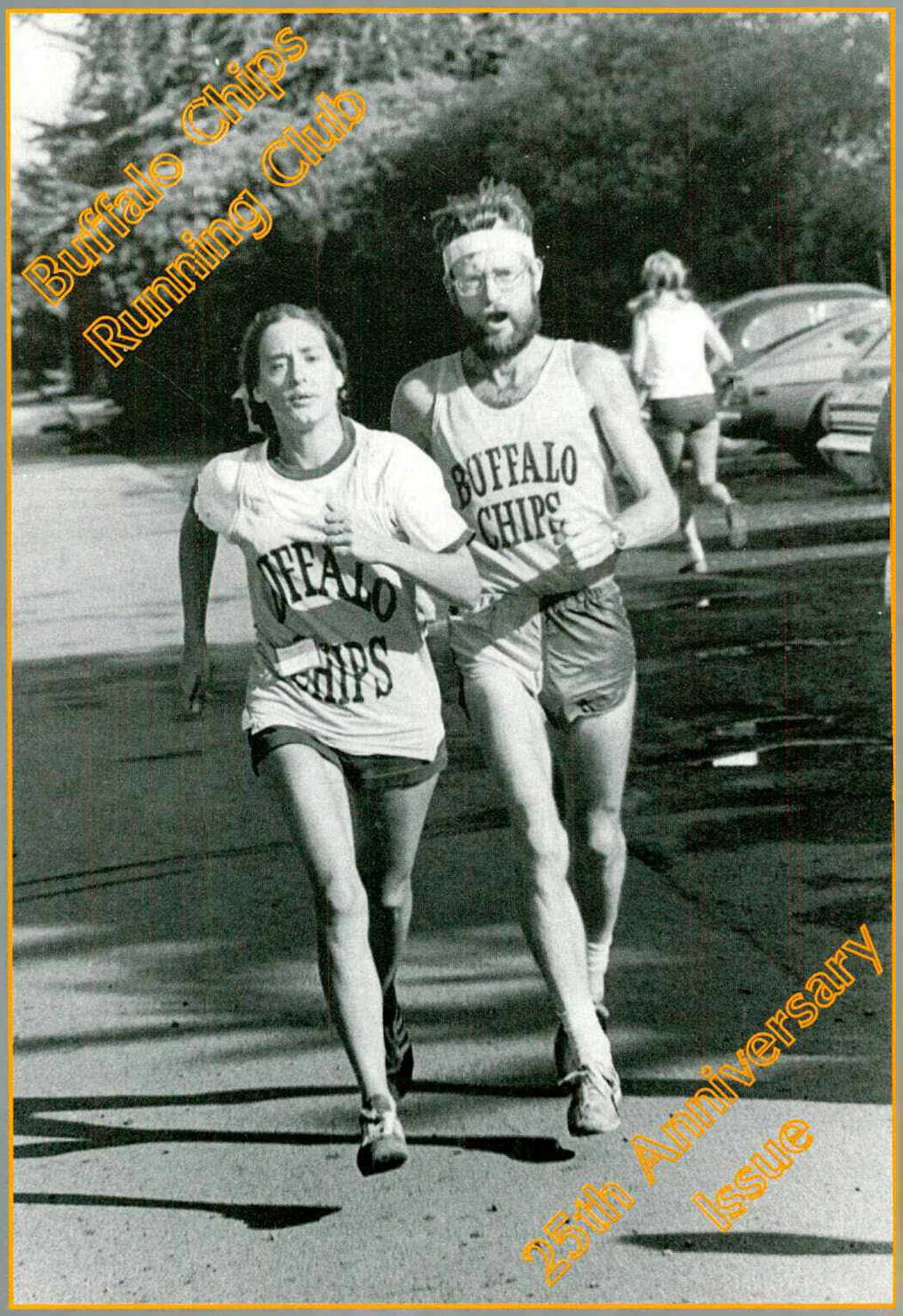
Buffalo Chips Running Club
P.O. Box 19908
Sacramento, CA 95819-0908

BULK RATE
NONPROFIT ORGANIZATION
U.S.POSTAGE PAID
PERMIT NO. 25
AUBURN, CA 95603

**********AUTO**5-DIGIT 95628
ABE UNDERWOOD 1
4037 BRIDGE ST 3
FAIR OAKS CA 95628-7503

The Buffalo Enquirer

Winter 2000 #148



The Buffalo Chips: [illegible]

Board of Directors

High Dunger
John Hancock 209.952.2521

Vice High Dunger & Social Director
Pa Adams 916.481.3983

Buckaroo
Lee Rhodes 916.482.8525

Bison Scribe
Theresa McCourt 916.457.3315

Awards
Joe McCladdie 916.331.1840

Equipment
Greg Soderlund 916.929.7858

Historian
Abe Underwood 916.966.6800

Mailings
Ron Peck 916.344.1376

Membership
Harry Criswell 916.383.5513

Outreach/New Members
Meg Svaboda 916.443.2417

Race & Fitness Walkers
Sharon Norris 916.383.1420

Youth Coordinator
Ken Briscoe 916.456.9265

Youth Coach
Jim Wachter 916.861.0847

Training Director & Website Liaison
George Parrott 916.488.6580

Track & Elite Dungers
Rick Kushman 916.456.1502

Race Directors

Jed Smith Classic
Ron Peck 916.344.1376

Mud Run
Dave Ragsdale 916.985.4451

July 4th 5 Miler
tba

Susan B. Anthony 5K
Doug Thurston 916.447.2786

Buffalo Stampede
Doug Thurston 916.447.2786

Liaisons

USATF - Pacific Association
Cyna Calvin 530.823.2661

RRCA
Pa Adams 916.481.3983

CIM
Mike Caplan 916.483.0299

Other Important Dungers

Chips General Store
Myra Rhodes 916.482.8528

Newsletter Editor
Dave Creek 530.878.1487

Web Master
Ed Reilly 530.889.1923

hotline 916.481.3653

Email addresses and fax numbers are listed in The Buffalo Bible

STATE OF THE HERD

Howdy from the H.D.,

The House—The Final Chapter: We are in and we survived. The blessed event took place on the only rainy day in November, some 4 months after our move-in date was set. SWMBO (she who must be obeyed) done good.

1999 is history. Challenging, I think, best describes the past twelve months. The Board faced several difficult tasks. Lively discussions proceeding contested votes were often the norm. Through it all, nobody quit and all came back for more month after month. Your Board of Directors for this past year were not sheep. Several new ideas came to fruition and/or are close to being done deals. To wit:

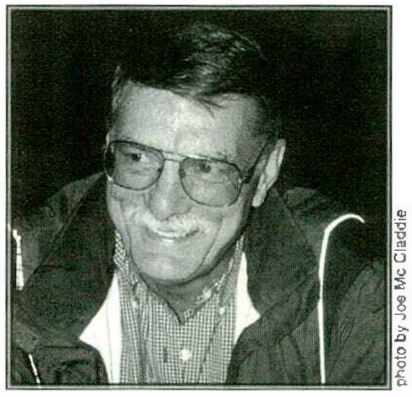


photo by Joe Mc Claddie

- Several Race Walkers have joined our Herd. They invite all walkers to our Tuesday night workout and more. It is an exciting concept that you will hear about soon.
- George is back! After a brief rest, Coach Parrott has returned to the fold as Training Director. Welcome home, George.
- Drs. Grandy and Weiner, DPM, have volunteered their services as Podiatrists to the Chips. They will be offering free consultation and huge discounts on services. (See their ad on page 41.)
- Susan B. and the Stampede will be professionally managed by Doug Thurston next year. Profits and participation has been slipping. This trial merger could be the answer.
- Volunteers and team running participation will be recognized and honored in the future with special jackets for meeting certain criteria. Participation is the *key* word.

Several candidates for the new board have come forward. As was stated in my last missive, this is your Club, get involved whether on the Board or a sub-committee. Heaven knows that a volunteer organization needs volunteers. Recently a Chip remarked that although he probably would not serve on the Board, he had never been personally asked to volunteer. Folks, the basic idea of giving of your time is for YOU to come forward. Please don't expect your running mates to do all the work.

The Buffalo Chips Running Club is the best darned club around. Keep it that way. *Get involved!*

Thank you.

Warmest Regards and belated seasons greetings!

Mike

High Dunger (Retired)

CONGRATULATIONS TO OUR NEW BOARD MEMBERS

MISSION STATEMENT

The mission of the Buffalo Chips Running Club is To increase public participation in running and walking as a recreational activity and a healthful exercise, and to provide opportunities for competition in the sport of running by organizing running-related events and activities in the community.

The BCRC is a member of the Pacific Association of USATF and of the Road Runner's Club Of America (RRCA). The USATF is the national governing body for running, track and field. The RRCA is a national nonprofit organization of more than 700 other running clubs and events across the country.

The Lunch Connection
Where the Chips meet every Tuesday night for the interval workout
•great food • friendly service • excellent prices • catering
251 Lathrop Way, Suite B, Sacramento
(Take Leisure Lane exit off of Highway 160. Stay to right, turn left onto Commerce Circle. Then go straight onto Leisure Way.)
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LEIGH A. RUTLEDGE

EDITOR'S DROPPINGS

Hi Chips—

The Buffalo Bash: A spectacular event, with 264 of us there! Those of you who did n't make it, eat your heart out! Here's what I remember, and my apologies to those I leave out: our founding father Abe Underwood, Autom Specht, Laura Kulsik and Cynci Calvin, with the help of many others, orchestrated this celebration that included a spectacular memorabilia exhibit. George Parrott arranged for a wonderful dinner and then made us feel like real runners by presenting us with the chance to visit with everyone while waiting in a buffet line longer than the longest-porta-a-potty-line-ever. Lori Prizmich and her team did a fine job sleuthing out our award-deserving athletes and volunteers, and knowledgeable super-runner Rick Kushman made the awards ceremony truly enjoyable. Founder Abe reminisced about the early days—lots of great and funny stories. Other ancient bison who shared their memories included John MacIntosh and Joan Reiss. All, however, were upstaged by First Chippette Janie Johnson-Russell, who delighted us by making fun of the original-male-only-Chips. The evening was finished in appropriate fashion by Paul "123.00 mile" Reese telling us about running in the dark ages of the early 1960's. A truly memorable 25th Anniversary party.

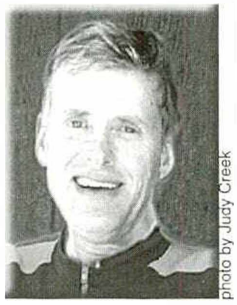


photo by Judy Creek

You'll find a lot of club history in this issue—12 pages of it. For me it was a delight delving into the misty club lore and talking with the ancient ones. I hope that you'll enjoy reading about it as much as I have.

I was pleased to hear that Mimi Veiga, one of my old Team In Training friends, joined the Chips last December and will be working with Ann Gerhardt and Susan Smith to start up a Chips race walking team. Mimi spent a year with TNT, then migrated to the Sierra Race Walkers, spending a few years there. You'll see a Race Walking article by Mimi in this issue.. and, undoubtedly, more in the coming issues. She's a very enthusiastic race walker and loves to tell all about it.

If you haven't visited the Chips web page lately you should go there. Ed Reilly is doing a super job of providing a lot of up to date Chips news. You should also visit his Sacramento Runner web page < http://www.jps.net/runinfo/welcome.html>; it's the place for Sacramento runners to get local news. And Chip Pete Zinsli has what Ed calls Pete's "Zuper-Duper Results Database" linked to both of these pages. You'll find your results for all of the local (and some not-so-local) races that you've run for the past two-plus years. Forgot a time? Find it there. A mite skeptical about someone's purported race time? Check it out! Thanks, Ed and Pete!

Dave

Congratulations, Barbara!

At the 23rd Annual Huntsville Times Rocket City Marathon in Huntsville, Alabama on December 11th Chippette Barbara Miller set yet another pending U.S. record, this time in the marathon with a time of 3:14:50. The previous age division record was 3:15:30, set by Helen Dick of Chicago in 1984.

The Cover Picture:
Berkeley Waterfront, 1975
Chippette #1 Janie Johnson Russell
Chipper #1 Abe Underwood
Photo from Abe Underwood

QUESTIONS ?

You're moving and still want to receive club mailings (remember bulk mail is not forwarded)? Contact **Harry Criswell** ...Do you want to attend the Road Runner's Club of America Convention in Atlanta? Contact **Po Adams** ... You're traveling and want to workout with a running club in Prairie Dog City, Kansas but don't know how to contact them? Call **Po** again...Do you want to contribute to the club website? Contact **Ed Reilly** ...Do you want to contribute to The *Buffalo Enquirer*? Contact **Dave Creek** ... Do you want a USATF application? Call **Cynci Calvin** ... Rather walk than run? Call **Sharon Norris** ...Do you want to get your kid involved in the youth program? Call **Ken Briscoe** ... Do you want to learn how to use the timing equipment? Contact **Greg Soderlund** ... Need a new racing singlet? Call **Myra Rhodes** ... Do you want to sponsor a club race? Get hold of **George Parrott** ...Do you want information on the weekly workouts? Check the **web site** or call **any board member** or the club **hotline** ...You have a problem that can't be answered by a board member or other elite dunger? Write a letter to **Buffy** via **Dave Creek** ... See page 2 for phone numbers.

The Buffalo Enquirer
#148 Winter 2000
The Buffalo Enquirer is the official newsletter of The Buffalo Chips Running Club of Sacramento.

Everyone is welcome to contribute to the newsletter. **The deadline for the next issue is March 13th.**

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PA/USATF web page
www.pausatf.org

RRCA web page
www.rrca.org

GOVERNOR GRAY DAVIS

Commendation

Buffalo Chips Running Club of Sacramento

December 5, 1999

It is a great pleasure to recognize the Buffalo Chips Running Club for their 25 years of service to the Sacramento community.

I salute the members for their commitment to the joys of health, exercise and teamwork. The hard work and dedication serve as an inspiration to us all.

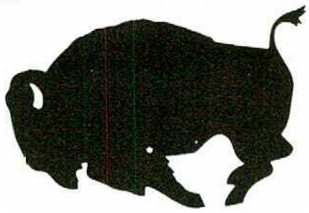
On behalf of the people of the State of California, I extend best wishes for continued success.

Gray Davis

Governor Gray Davis

STATE CAPITOL • SACRAMENTO, CALIFORNIA 95814 • (916) 445-2841





Dear Buffalo Chips:

I'd like to send my congratulations to the Buffalo Chips on the occasion of the club's 25th anniversary.

The success of any organization is a reflection of the talent, commitment and hard work of its volunteers, and the Chips have always been blessed with plenty of the right stuff. Willing and able volunteers have clearly helped your club succeed.

In addition, as I'm sure you know, the RRCA nationally has benefited over the years through the service of a variety of your members in committee work and on our Board of Directors. I hope we can continue to enjoy this involvement in the years ahead.

The Buffalo Chips are—or perhaps is—one of the RRCA's largest clubs as well as one of our most active. Strangely, though, it is the only RRCA club named after mammalian solid waste. Whatever that may mean, here's wishing you a great 25th anniversary celebration, and another 25 years of success.

Don Kardong
President, RRCA

RUNNER'S WORLD

To: Buffalo Chips Running Club

I have been following you for the club's entire history. Sometimes this has meant trailing in your hoof prints literally at races around the west. More often it has been while keeping track of your meanderings by way of *The Enquirer* and through talks with individual Chips.

You impress me. You show that running good times and HAVING good times can go together. You are a model for other clubs on how to set a pace that lets you last for 25 years.

Onward into the next 25!

Joe Henderson
Runner's World columnist

RUNNER'S WORLD

Dear Chips:

Since I started writing "On the Road" for Runner's World in 1993, I've visited over 70 U.S., Canadian and European cities. Though I've come across some outstanding running clubs, I have yet to find one as well-organized, all-embracing and one-of-a-kind as the Buffalo Chips. No lie. Moreover, I have been amazed at the Chips' high national profile, at the number of runners have I spoken to in Florida, Illinois, Massachusetts, Colorado, wherever who have heard of the Buffalo Chips and more still who think both the club name and logo is the coolest ever.

I remember our original shirts, the ones the seven of us wore in the Chips' initial team event, the 1974 Relay Around Lake Tahoe (I got stuck with the damn near all uphill 2nd leg), that had the Buffalo Club bar's address and a steaming pile of dung on the back.

Anyhow, congrats on a quarter century's excellence to a great running club! Though I finished up my racing days with the Capital City Flyers, my running soul has always been one of the atoms in the Great Chip Oversoul.

Doug Rennie,
of the Original Seven



I send my hearties' congratulations to the Buffalo Chips as they enter the new millennium at the same time we all celebrate their Silver Anniversary! Coincidence? I think not. The Chips is a magic club that attracts healthy, positive-thinking people from all walks of life. We are so lucky to be members!

I would like to applaud George Parrott for making this possible by badgering me at the Dusty Morgan runs into becoming a Chip. "There's more boys, and they wear shorter running shorts," were his words.

Thanks to Chips past, present and future for providing an organization that's fun, healthy and, for me, has created a whole new and dear circle of friends. And, sometimes we run!

To 25 more

[illegible]

The Early Years - How It All Began

Reprinted from the July 1989 Buffalo Enquirer 15th Anniversay issue

By Abe Underwood

The Buffalo Chips haven't always been the biggest running club in the state capital. In fact, the club got off to a humble beginning a few years before the running craze swept across the country.

The first official appearance of the Chips on the Northern California running scene was at the Camellia Festival 100-Mile Relay on March 10, 1974. This was but one of many 100-mile plus epics that Paul Reese organized; it served as a memorable "coming out" event for the Chips. The race was a 10-person, team-only run from Sacramento to Marysville and back on the Garden Highway. There were seven teams entered and the Chips distinguished themselves by finishing sixth overall. The post race victory talk centered on how we had handed the San Juan Strikers girl's team a smashing defeat.

How did this awesome team ever come into being? For the answer, we must digress a bit to the previous year, 1973. Running was not a popular sport and the "boom" was several years away. Fortunately, the Bay Area was a mecca of organized events and a fairly busy race schedule was available to those willing to travel. A big event was 200 entrants and 50 to 100 was common, so nearly everyone knew each other. At most races you could pick the order of finish just by who showed up. A few race results and seeing familiar faces soon united the regulars from Sacramento.

I ran frequently with Mickey Brodie and credit his encouragement for getting my running career started. Mickey ran for Sac State in the early 60's and was a member of the U.S. racewalking team at the 1964 Olympics in Tokyo. Mike McIntyre was another frequent running partner. Mike was and remains more shotputter than runner, but I wouldn't have wanted to share the early days with anyone else. Frank Rondas also ran track at Sac State and was an Amateur Athletic Union (AAU) official. He favored duck hunting over running because he didn't like the throwing-up part at the finish line. Pete Schoener and Larry Sumner were always at every race; they even finished most of them.

As the Camelia 100 approached, the idea of a team entry naturally evolved. We had to recruit hard to get 10 runners who felt they could complete 10 miles or weren't committed to other teams. Pete Schoener said, "Gosh, I've called everyone I know that runs." We finally added Bob Hultzen and Gail Leatherwood, both noon-time runners at Southside Park. John Griel, who ran on occasion and said he could get in shape, and finally Will Shank, an accomplished master who had run in the World Veterans Games.

Although we had substance, we still lacked identity. The record isn't clear and time has dulled the memories as to the exact moment the Chips name was proposed. However, in those days the Buffalo Club at 19th & "S" was a favorite spot for some of us to have a beer and shoot a game of pool. (We subsequently held post race and club meetings in the back room of the Buffalo Club.) It was a natural combination, and the Buffalo Chips were born. Recognizing that other clubs had matching singlets, I called the owner of the Buffalo Club one day about a week before the race, told him we were entering a team and needed some shirts. "If you can sponsor a bowling team, you can spring for shirts for some thirsty runners." He said. "Sure, hell, why not, but don't forget my logo."

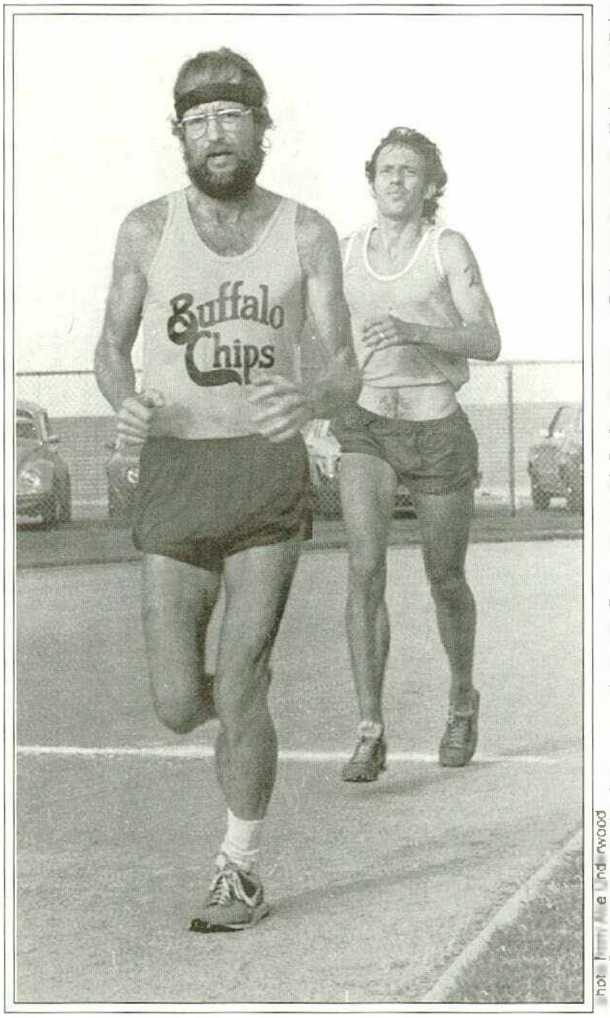


photo: Abe Underwood

Abe - 1978 L.A. National Masters 50-Mile Champion

I picked up 10 yellow singlets at South Sacramento Sports and had them silk-screened the next night in his buddy's garage. There wasn't any question about the logo (a buffalo standing on a bar drinking from a beer mug); it was the only one we had and it served us for many months. The "Buffalo Club" logo went on the back as I wanted to reserve the front for some yet to be designed club logo. These 10 shirts turned out to be the only ones we had for about a year, so after each race, I would retrieve them all and hand them out again at the next race!

The Camelia 100 itself was taken as a serious affair; we were up against the likes of the Golden West Track Club with Frank Krebs and Tim Jordan (Frank and Tim would both become Chips in later years and Frank was elected High Dunger in 1979), the West Valley Joggers and Striders, and the Northern California Seniors Track Club. It was cold and rainy that March morning as seven nervous runners huddled under the I-5 bridge over the Garden Highway. Paul Reese made a few historic remarks about the race and shortly we were off. (Paul also eventually became a Chip).

The relay order for the Chips was McIntyre, Underwood, Hultzen, Shank and Rondas on the outbound leg up the Garden Highway and US 99 to Marysville. We were holding our sixth place position, only five minutes behind the San Juan men's team, well into the end of the fifth leg going into Marysville. Frank Rondas was running on the sidewalk past a restaurant when a little old lady stepped out in to his path and they both went sprawling. Frank's fierce competitive instincts came into play as he yelled a few obscenities at the woman, scrambled up and raced off down the street.

The return stages were handled by Sumner, Schoener, Griel, Leatherwood and Brodie. As the afternoon wore on, the gaps between teams became greater and the order of finish more established. Sumner and Schoener both recorded good times and moved us to within three minutes of the San Juan men. You could feel the excitement in the air as the "Chippers" were sensing the smell of blood.

John Griel was a bit of an unknown quantity for the team—he was recruited at the last minute to fill out the necessary ten slots. He acclaimed himself ready and anxious to serve. He was so anxious, he almost missed the touch of hands from Pete Schoener as he sprinted down the levy road next to the Feather River. I drew a deep breath for both of us and promised myself to review my recruiting methods. John's dash lasted about 200 yards and he settled into about an eight-minute pace, which left him totally wasted at the end of his 9.2 mile leg. This was about three miles further than he had ever run before! He gave it all he had and more. Later, he said he shook and shivered and

threw up for two hours after finishing. Ironically, he was up against one of the fastest men out there that day on any team. The San Juan runner ran close to a six-minute pace; we fell behind them by about 15 minutes.

After Gail Leatherwood finished his section our hopes were then with Mickey Brodie for the final leg. Brodie streaked down the Garden Highway at a six-minute pace with a 19-minute gap to close. We soon got reports that he was moving up on his San Juan adversary and that a close finish was possible. The lead teams had long since finished and gone home, with Golden West posting a 9:49 overall time. Mickey was closing in fast and it was only a question of how close it would be. Alas, the 100 miles ran out before the race did and the Chips had to settle for sixth, about a minute behind the San Juan men's team.

The San Juan Striders girls' team was never a threat in real terms and we didn't give them much of a thought. Turned out that Paul had handicapped the race and their overall time was reduced by an hour and a half, which meant we beat them by only a couple of minutes (but who was counting).

It had been a long and mostly enjoyable first relay event for everyone. The whole experience sort of welded most of us together as only a good relay can do. The sharing and mutual dependence that day set into motion a process that led to the official formation of the club later that year. This loose group expanded through the summer as the Chips new image, or the "Buffalo Club," as we were sometimes called, showed up at various races in Novato, Kenwood, Folsom, Tiburon, Santa Cruz, Berkeley, Angwin and others. By now the Chip regulars included Hal Baker, Walt Betchart, Mike O'Neil, Dave Davis, Gene Knoefel, Howard Jacobson, Gene Marshal,

Ed Stromberg, Gordie Vredenburg and the first "Chipette" Jane Johnson, who had been a member of the Wills Spikettes women's track team of Sacramento, was club Secretary, and also edited all the early issues of the BC Newsletter.

The next big relay was Lake Tahoe on Aug. 17, 1974. Finding a seven-member team was much easier, and we even used recent race results to determine who would represent the Chips. The team lead off with Mickey Brodie followed by Doug Rennie, Paul Holmes, Lee Fox, Larry Sumner, Pete Schoener and Abe Underwood. We finished a respectable 25th overall. We were all in our thirties and the post-race discussion involved a proposal that the team should lobby for division-based results.

Shortly after the Tahoe Relay, the name BUFFALO CHIPS was added to the front of the singlets in plain block letters. This was actually confusing to the uninformed. The most frequently asked question in those days was, "What is a Buffalo Chip?"

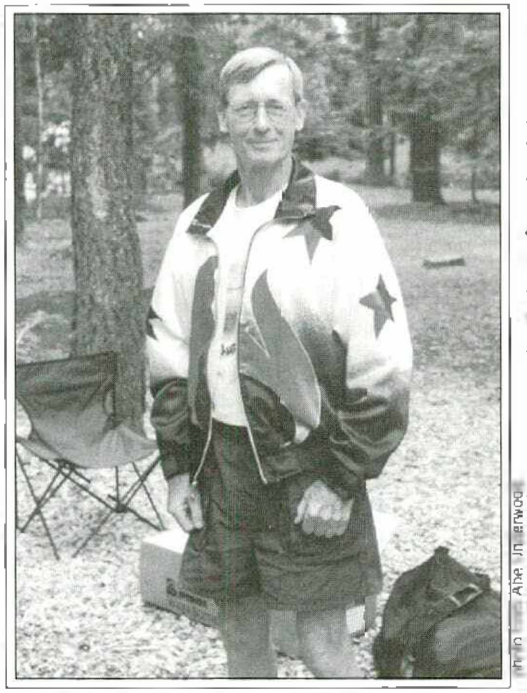


Photo: Abe Underwood

Camp Fleet Feet Lake Tahoe August 1999

An early club project was to put on a race which I had originally intended to be a 20K run held concurrently with a 50K run. All in the interest of metric conversion, of course. But, again, it was the infinite wisdom of Frank Rondas who thought we should call our race a Stampede and make it 10 miles because he couldn't figure out his pace at 20K. So, on April 6, 1975, the Buffalo Stampede 10 Mile Run (and 50K Championship) was held on the Garden Highway at the Elkhorn Bridge. There were 120 finishers in the 10 mile, won by Ron Eijah in 50:22; and 29 in the 50K won by Darryl Beardall in 3:06:41. The Buffalo Club helped sponsor the race which allowed us to break even with the budget. In later years the race was also supported by Buffalo Potato Chip Co. Another sponsor was the newly formed (or should that be foamed) Buffalo Brewing Co. They always contributed 10 cases of Buffalo Beer to the race while they were in business. King Smith and Lew Osteen were also early club members who showed only occasional interest in running but were always willing to serve on the race committee to handle the beer. Why did we always seem to run out of beer early?

So there on the open plains of Sacramento, a rumble herd was formed which grew and grew and thundered, and shook the very earth we ran upon.

And so it was.

A Note from Abe to the 25th Anniversary Crew...

Congratulations and a much deserved "Thank You" to all of you who played such a key role in making the BASH and ANNIVERSARY PARTY such a great success. I have received so many wonderful messages and calls from people who were there (and calls from several who said they wish they had been there). It would not have been possible were it not for your dedicated and untiring work.

Sure, there were some things that could have made it more perfect....that's the way it always seems to be. But we are our own worst critics and the other 260 or so didn't know the difference.

It was a super event that hopefully raised the bar and set a new standard for the Chips. Who says we don't have class?

Of course for me, it was truly special and I know it was also for the many early members who were able to be there. The Chips have much to be proud of throughout our long history. You have all played an important role in being a part of that history and sharing it with the other members.

I think we accomplished what we wanted and again the thanks goes to you.

Abe

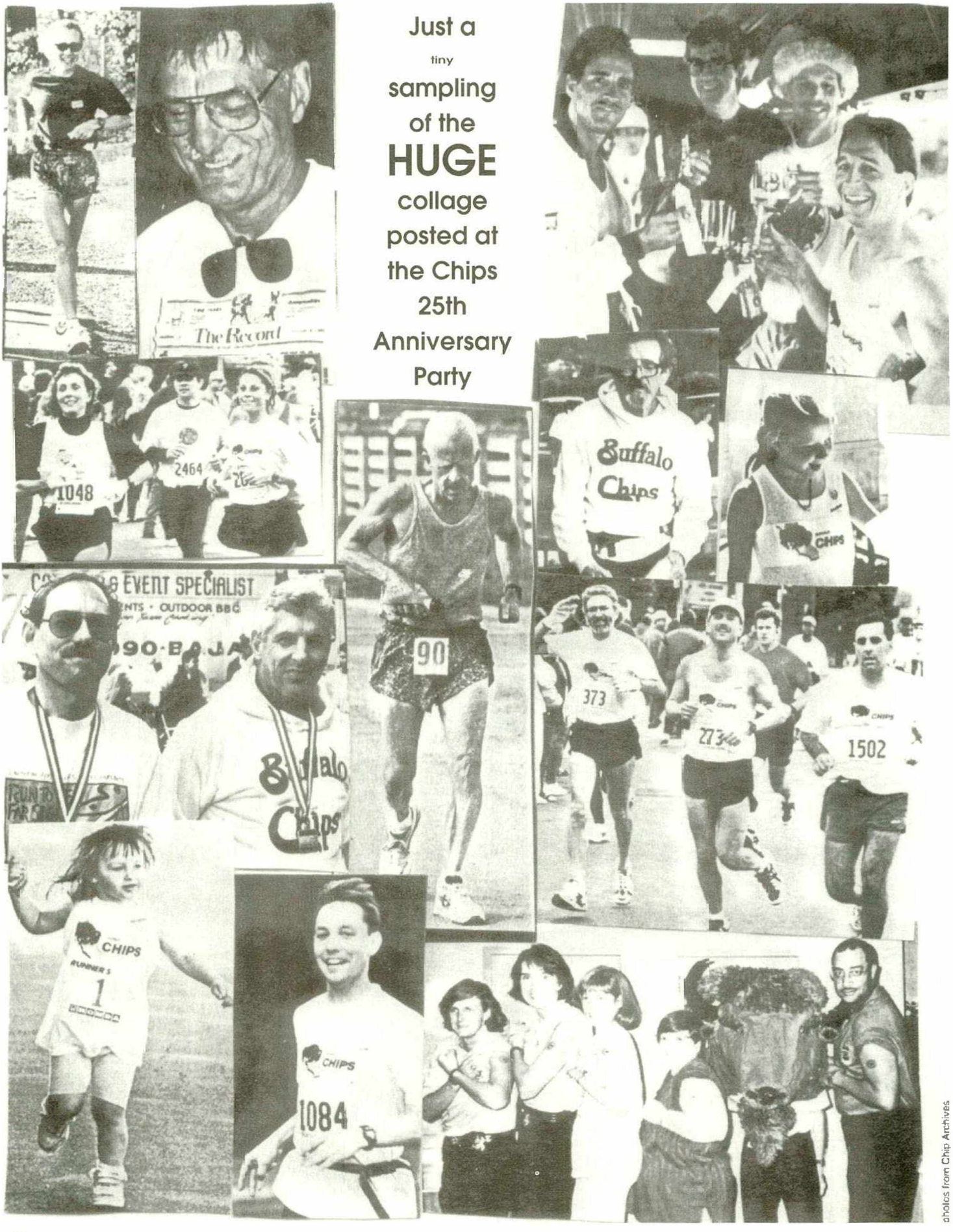
Seen at the Bash



photo by Laura Kulsik

New running shoes for Chris Iwahashi

Just a
tiny
sampling
of the
HUGE
collage
posted at
the Chips
25th
Anniversary
Party



photos from Chip Archives

#1 Buffalo Chippette

by Janie Johnson-Russell

Janie's speech at the Buffalo Bash
December 5 ,1999

A while back, A.J. (or Abe, if you prefer) Underwood, asked me to share with people how it felt to be the first female Buffalo Chip. The Chips' 25-year Reunion and Bash afforded me the perfect opportunity.

My association with the Chips began in 1974 when I was working for the State and attending Sac State. At that time I was a member of an all-female running team called Will's Spikettes.

One day, when I was running in William Land Park, I saw a man running toward me. He stopped to introduce himself as Mike McIntyre, and we chatted briefly. A few months later as I was exiting one of the Twin Towers after work, Mike spotted me and asked, "Aren't you Janie who runs in the park?" After I assured him that I was, he continued, "I'm Michael who does the same. I met you there on February the 7th. I recorded it in my running diary."

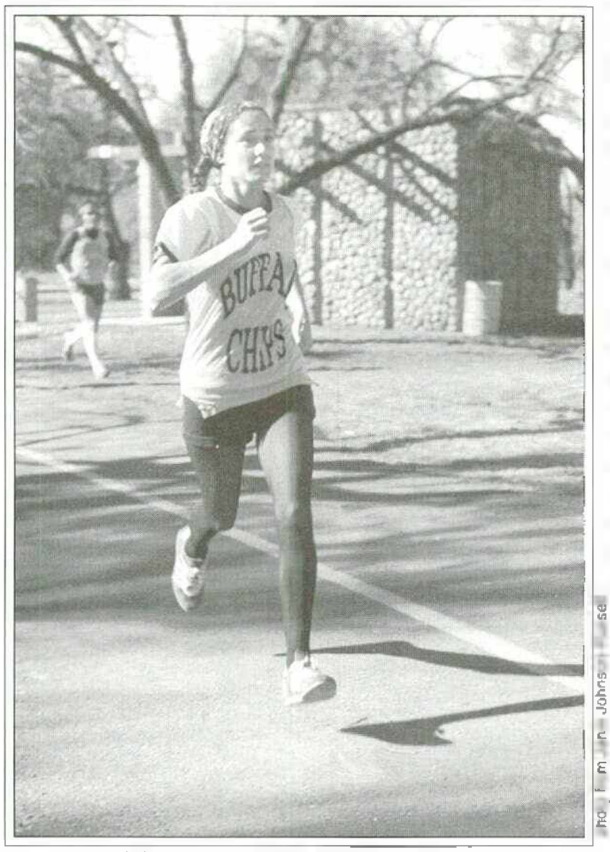


photo from Janie Johnson-Russell

Janie on the bike trail circa 1976 (Michael McIntyre in back)

A short while later, he introduced me to A.J. From that point on, I felt as if I were a part of a close-knit, ever-increasing, running family.

Now, why would an innocent, 21-year-old coed leave such elite runners as Eileen Claugus, Tina Anex, and Mary Scangarella for the company of lecherous, old men? Well, they weren't OLD then!

Most of you know that the Buffalo Chips Running Club started under the sponsorship of the Buffalo Club, a bar in downtown Sacramento. Many of you have had the opportunity to see the original, beer drinking buffalo logo on the back of some of the older shirts, shirts which A.J. and I silk-screened by hand. Two early Chip members, Lew Osteen and King Smith, attended some meetings with us at the Buffalo Club. Unfortunately, they thought we had started a ***drinking*** club. When they found out we were into exercise and running, they never came back.

Because I did not partake of the suds, at the first official meeting, I was elected secretary. My duties included being the chief grammarian and spellchecker for the newsletter (areas in which A.J. was notoriously lacking). Putting out the newsletter actually meant constant fighting and bickering with A.J. about format (he always insisted on two columns rather than a full-page, paragraph layout). Words of ***his*** choosing were to be capitalized and underlined. Anything he could do to make it hard for me to type on that old, manual, Underwood typewriter, he would do. A.J. felt he always had to have the final say on content as well. Another bone of contention for us was that I wanted ***red*** Buffalo Chips singlets!

At times, when we'd become too embroiled in our quarreling, we'd have to call Jeremiah to come up from Merced to act as referee. Of course, he always sided with A.J.

At the first Chips award ceremony, I was presented a certificate for ***Best Body***. I truly treasured having been so designated. In retrospect, however, I realize that not one of that emaciated, hirsute herd of testosterone laden, Frank Shorter "wannabees" was actually body beautiful.

Being the first female was exciting. I always felt safe, and I always felt accepted. I had friends who would run with me every day, any distance. Hal Baker would come to my apartment at 5:30 a.m. each day to escort me safely around Land Park. Mike O'Neil and Art Waggoner helped me through several races. Pete Schoener (whose only complaint about me is that I hug too hard) ran me through my first 16-mile training run. A.J., Ed Stromberg, and Mickey Brodie cheered me as I finished my first marathon at Avenue of the Giants.

Fraser Rasmussen, Jon Brown, Larry Sumner, Doug Rennie, Gene Knoefel, John McIntosh, Elliott Eisenbud, Mark Reese, John Clark, Gordy Vredenburg, Paul Holmes, Gene Marshall, Howard Jacobson, Dave Davis, Lee Fox, Dennis Lerl, Jim Drake, Chris Delgado, Don Spickelmeier, Frank Rondas, and the late, great Walt Berschart always made me feel a welcome part of the dung pile.

For those of you who completed the Cal International, congratulations! However, if you think you've found the perfect, downhill marathon in CIM, Paul Reese actually beat you to it. His marathon, which he ran with friends in the '70's, went from Foresthill ***down*** to the Auburn Bridge.

I have observed and admired the love affair Paul has had with running and with Elaine for almost 25 years. Because Paul and Elaine hosted some of the best races in California's history, I, too, became a race promoter and director. After seeing Elaine caring for Paul at numerous pit stops in ultra races, I endeavored to do the same for Jeremiah.

In closing, I'd like to share with you something that will help explain how great it was to be the first woman Chip. It occurred about a year ago. Web Chadwick, Jeremiah, and I were running in Land Park. Talk turned to old times, and Jeremiah said, "Yes, Art Waggoner really loved Janie." At which time, Web stopped running, grabbed Jer by the shoulder, stared him right in the eyes, and said, "Jeremiah, everybody loved Janie!"

Believe me, I am extremely proud and honored to have been the first Chipette.

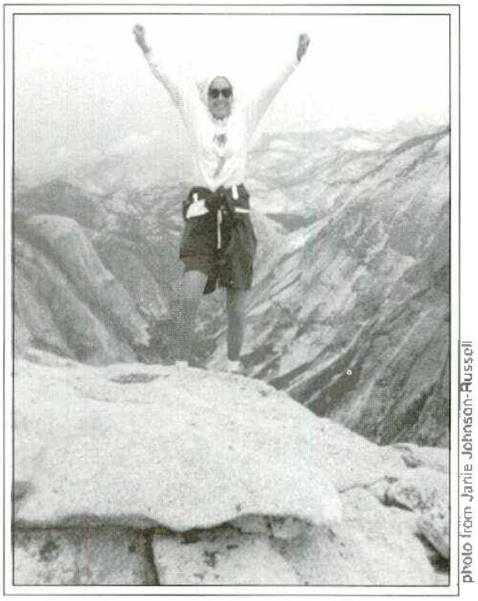


photo from Janie Johnson-Russell

Janie atop El Capitan - August 1999

Running in the Dark Ages

Paul's speech at the Buffalo Bash
December 5 ,1999

by Paul Reese

It's good to be here at the Bash. In fact, at age 82, it's good to be anywhere. Speaking of being here, the first thing I do every morning is to read the obits to make sure I am still here. And I must admit to always being greatly surprised —and immensely pleased—with my continued existence.

It's because I've been around so long that Abe Underwood called me and said, "Paul, we've got a Chips party coming up in December and we're looking for someone to talk about running in the Dark Ages. We think you should know all about that since you're older than dirt. We know you have an early curfew, but we won't keep you up late. Can you talk for ten minutes?"

"Yeah, Abe, I could handle that providing I don't have a senior moment. That's like not remembering my name, or where I am, or what I'm doing. But I've got to warn you, Abe, a senior moment is quite possible for an octogenarian in the prime of his senility."

"I'll chance it," Abe said.

Here we are, then, with some drama: will I have a senior moment? All of which adds some suspense as we come to the starting line of "Running in the Dark Ages".

"Hey, be careful, old man, or you'll kill yourself at that pace." Those were the first words spoken to me in my first race. The year was 1964. The race was 15 miles, Lodi to Stockton. "Be careful, old man"... Good Lord, I was a mere child of 47 at the time. But I was the oldest person in the race, and one of the two runners over 40 in the race. Which tells you something about how few seniors were racing back then.

The temperature was 90 degrees, but there was not a single aid station on the entire course. All the experienced runners had handlers who drove cars and provided aid. The rest of us suffered. Many times I looked at the muddy irrigation water in the adjacent vineyards and thought about drinking it.

The course was not marked. The rule in those days was that the runner was responsible for knowing the course.

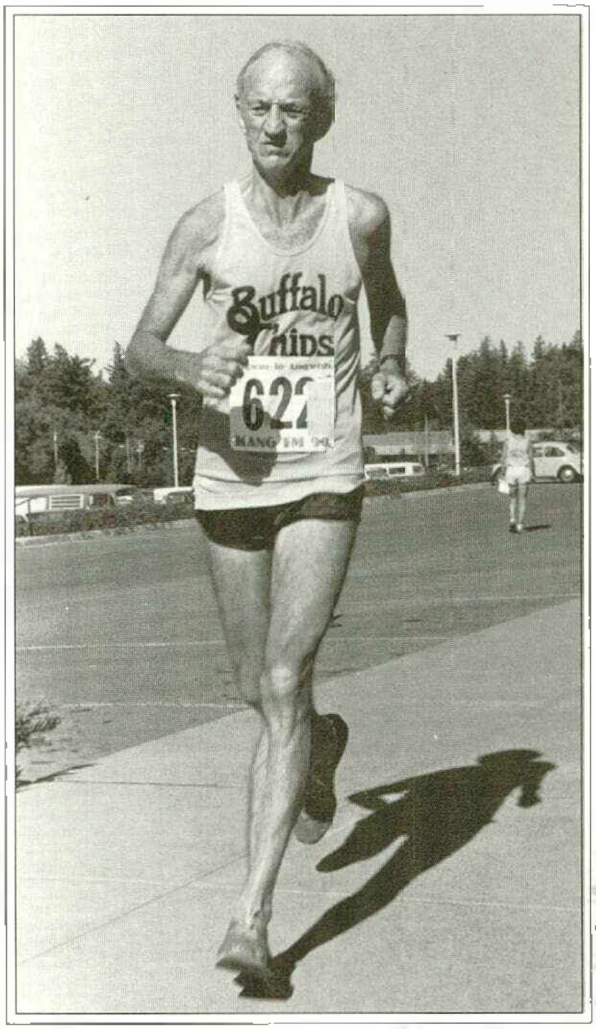
Miles were not marked. So we were never quite sure of where we were.

No splits were given. If a runner wanted splits, he had to get them from his handler.

The field for this race consisted of 64 starters. That was about par for the number of entries for most races in those days. All the runners were men. No women. Women didn't start getting on the scene until 1967 when Kathy Switzer kicked up a storm at the Boston Marathon.

To run in an AAU (Amateur Athletic Union) race you had to belong to the AAU, which was harmless enough since it cost only $1 a year to join. The rub was that, if you ran in a race not sanctioned by the AAU, you were banned for a year.

The AAU did some good things, though: they required that every race course be certified, that every race be sanctioned, and that every runner have written confirmation from his doctor that he was in good physical condition.



Finishing the hilly Angwin to Angwin 8 mile race 1983

photo from Paul Reese

How did you find out about races? Every year the AAU held a scheduling meeting. Race directors attended it and lobbied for the race date they wanted—and often didn't get. Bottom line: The AAU controlled the date for each race. After the meeting, the AAU published a booklet which listed the races for the year. That's how we knew about races.

When I started racing, only one race was listed for Sacramento. So we had to go to the Bay Area if we wanted to race. And the Bay Area was not loaded with races. For example, there were only two marathons-Point Reyes and Belmont.

Point Reyes in December was a beast—often rain, always cold, always windy. One year when the weather was miserable—bitterly cold, vicious wind, hail and sleet—I finished 9th among 63 starters. I also finished last because there were only 9 finishers.

Belmont, in 1965, was my introduction to marathons. It started at the water's edge at Half Moon Bay, went over King's Mountain, 2,000 feet, mainly on logging roads and trails, and finished in Belmont. Talk about being weaned on a tough marathon. Get this: at 23 miles we climbed a ladder over a 7-foot wire fence. My time was 3:40, good enough for 26th place in the field of 65 and first over 40. In today's market, 3:40 would not win the 60-year-old division in most marathons.

Because Sacramento and the Bay Area had few races, I often traveled to the LA area to race. But I just didn't go there, sign up for a race and run. Oh, no. The procedure was that we were required to get written permission from the Pacific Association, AAU to run in the Southern section in L.A., and the race director there had to approve our entry.

Another thing about racing: you did not enter a race by mailing in an entry. Instead, you went to the race, filled out an entry form, and gave it to an AAU official who checked your AAU card and your doctor's confirmation, and then collected your entry fee which was usually 50 cents. (But at times it skyrocketed to one dollar.)

As I mentioned before, when I started there were very few senior or masters runners. The masters program was slow in getting started, but once it did get started it spread like wildfire. And in 1968 the first national Masters Track & Field Meet was held. This was in San Diego.

In my early days of racing in the Bay Area and L.A., there was only one senior award, given to the first finisher over 40. It wasn't until the 1970's that the 50-year division was recognized in most races. Elaine and I are proud of the fact that in the late 1960's our Pepsi race gave awards in all divisions to age 90 for both men and women.

Okay, so I've been running for 35 years. What's the dumbest thing I ever did? That's easy—I did not take a single drink in my first five marathons. On my 6th, I passed out going up a hill. Thereafter, I became a drinker. My best imbibing came 25 years later when I ran the Comrades Marathon, 56 miles, which had 55 aid stations, and I drank Coke at every one of them.

Remember that I said in my first race many of the runners had handlers? Well, it took me four years before Elaine began pit crewing for me. Shows what a slow learner I am. After she did, racing became easier and more fun, and my times improved. Oh boy, did my times improve!

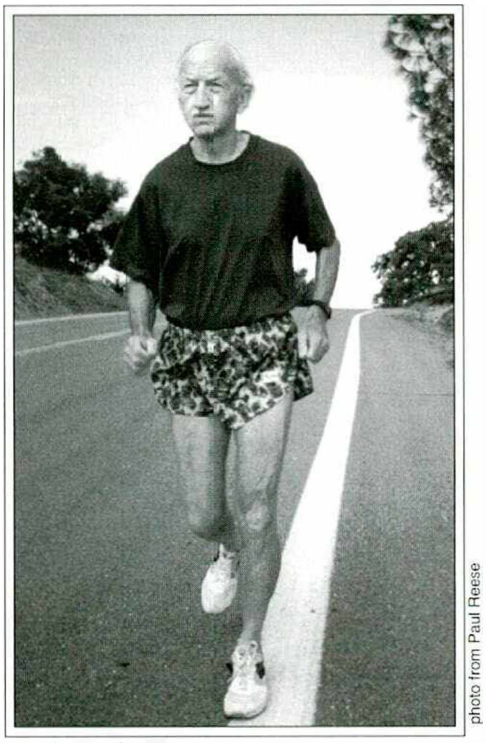


photo from Paul Reese

On the Road - 1999

One classical moment from my early racing.

The scene: Pleasanton, a 20K race. I think I'm going along at a good clip when, out of the corner of my eye, I see this person starting to pass me. I take a second look and see a chesty endowment and my immediate reaction is, "Oh, my God, a woman!" And at that precise moment, Francie Larrieu, pony tail flying in all directions, swooshed by me. I say swooshed because my pace for the race was 6:07, but she blasted away from me. Shocking because in those days women were in the back of the field. It would have eased the shock if she'd had "Future Three Time Olympian" on the back of her T-shirt.

Okay, let's turn from running and racing to shoes and running gear in the Dark Ages.

Shoes were primitive. To prevent blisters, many of us put tape around every other toe before a race. Riddell made one of the best shoes. They cost $20. Speaking of costs, the best buy I got on a pair of shoes back then was a pair of New Balance on sale for $2.50.

The shoe scene began to change when adidas™ got into the act. This was around the time of the Tokyo Olympics and they made a special cross country shoe called the Olympian. Only 5,000 pairs were made and I was lucky enough to get a pair, but not smart enough to preserve them. They cost $20, a high price in those days. These were Cadillacs compared the model T's we'd been running in.

So much for shoes.

Now running gear. In those early days most of it was primitive. Cotton shorts, tank tops, and T shirts. Heavy, bulky sweat suits. No nylon products. We had no good rain suits or wind suits. Of course, Gore-tex™ and Activent™ were not on the market. If we wanted to do any timing, we had to use a hand-held stop watch. There were no sophisticated wrist watches with timers, lap counters, and memories.

In the 35 years—123,000 miles—that I've been running, there have been many changes in running shoes, running gear, and running, itself. But with me one thing has always remained the same—constant and cardinal—and that thing is enjoying. I hope that is also true for you.

In the ascendancy of my running, much of the enjoying came from achieving or trying to achieve. Now in the descendancy of my running, when even Grandma Moses in her tennies runs away from me, enjoying comes from heeding this advice of John Stuart Mill who said, "I have learned to seek my happiness by limiting my desires rather than by trying to satisfy them."

Advice that applies not only to our running, but to our living—especially as we age...by limiting my desires rather than by trying to satisfy them.

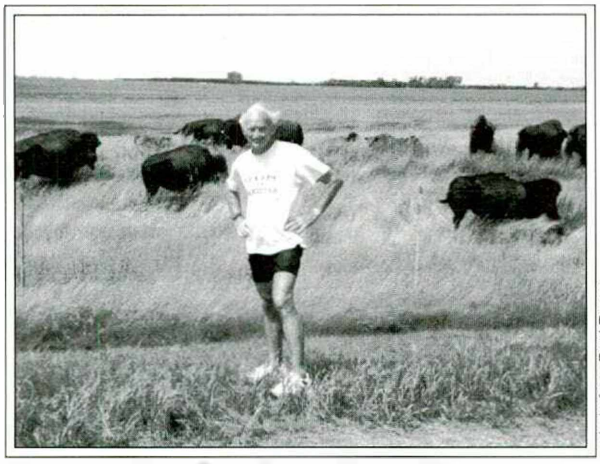


photo from Paul Reese

Rendezvous with buffalo in South Dakota - 1983

Buffalo Chips Annual Awards

Female Runner of the Year
Mary Coordt
Midori Sperandeo
Male Runner of the Year
Dennis Rinde
Master Female Runner of the Year
Theresa McCourt
Master Male Runner of the Year
Rick Kushman
Senior Female Runner of the Year
Barbara Miller
Senior Male Runner of the Year
Matt Duncan
Female Track Runner of the Year
Dee Dee Grafius
Male Track Runner of the Year
Steve Hall
Cross Country Runner of the Year
Carol Parise
Ultra Female Runner of the Year
Laura Kulsik
Ultra Master Female Runner of the Year
Chris Flaherty
Ultra Master Male Runner of the Year
Bill Hambrick
Ultra Senior Female Runner of the Year
Barbara Elia
Ultra Senior Male Runner of the Year
Eric Ianacone
Youth Female Runner of the Year
Erin Wachter
Youth Male Runner of the Year
Michael Salvatierra
Outstanding Performance
Christine Brighton
Katie Briscoe
Rae Clark
Jen Devine
Rachael Ritchey
Myra Rhodes
Kathy Ward
Outstanding Improvement
Mo Bartley
Tina Beal
Ed Burns
Suzan Gregory
Therese Iknoian
Greg Jewitt
Mike McKee
Esther Morris
Eric Nichol
Volunteers of the Year
Steve Ashe
Ken Briscoe
Dave Creek
Ed Reilly
Jim Wachter
Outstanding Contributions to the Sport
Po Adams
Inspirational Achievement Award
Cary Craig

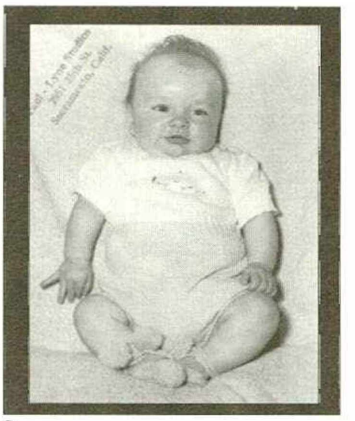
BABY BISON

Do you know who these Chips are? Answers are upside down below.

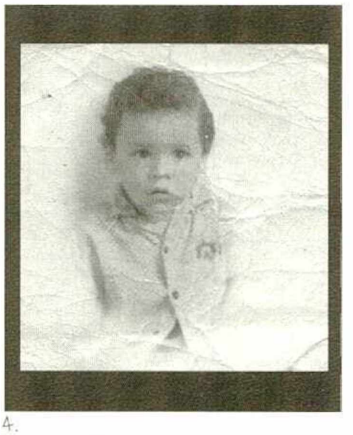
number

_____ Steve Ashe
_____ Dear Buffy
_____ Cynci Calvin
_____ Harry Criswell
_____ Cathy Crowley
_____ Eric Ianacone
_____ Laura Kulsik
_____ Carol Parise
_____ George Parrott
_____ Lori Prizmich
_____ Mario Sanchez
_____ Abe Underwood
_____ Steve Wetmore
_____ Vicki Yamamoto


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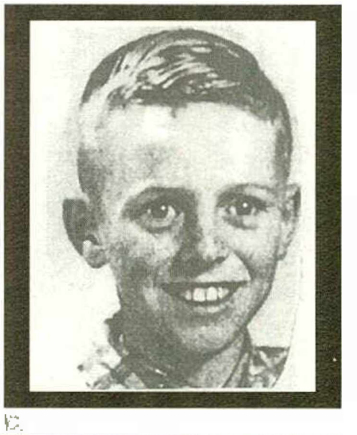

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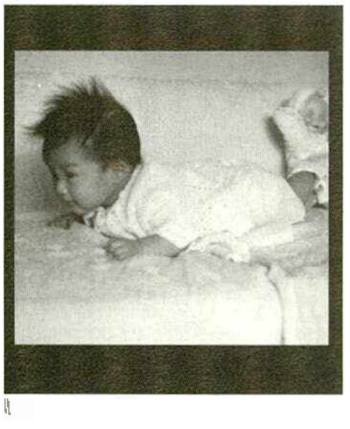

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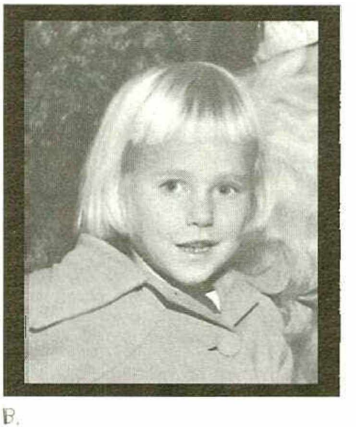

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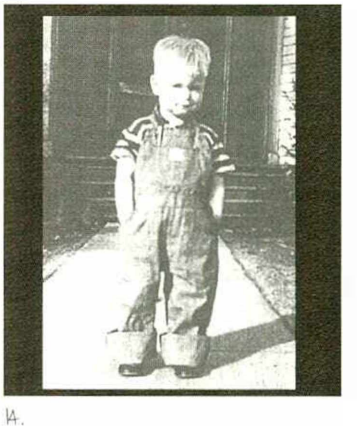

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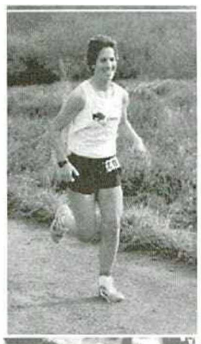

14.

6. Steve Ashe, 9. Dear Buffy, 13. Cynci Calvin, 12. Harry Criswell, 1. Cathy Crowley, 10. Eric Ianacone, 3. Laura Kulsik, 5. Carol Parise, 8. George Parrott, 7. Lori Prizmich, 4. Mario Sanchez, 14. Abe Underwood, 2. Steve Wetmore, 11. Vicki Yamamoto

CHIP SHOTS

through the years...

Photos are all courtesy of Chip Archives and of The California International Marathon Archives

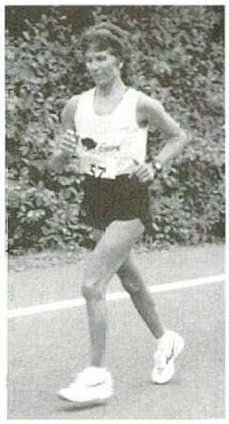








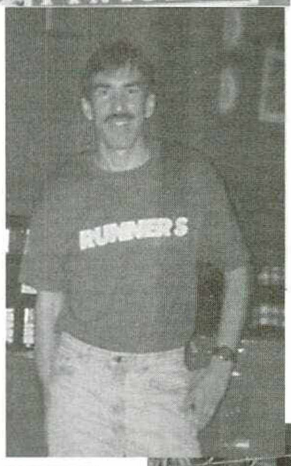


































Mile Markers on the 25-Year Course of BCRC History

by Cynci Calvin

Dec., 1974 Buffalo Chips Running Club is founded
Dues $5.00 (single & family both)

Mar., 1975 First Buffalo Stampede—
which was also the first Club sponsored race.

Jun., 1975 Official Tuesday night workouts begun,
with fast runners only meeting at Guy West Bridge

Dec., 1975 Membership totals **69** Two are women.

Jan., 1977 First Buffalo Bash!

Oct., 1977 Sacramento's first marathon—
The Sacramento Marathon

Jun., 1977 Buffalo Chip "Executive Committee" established.

Dec., 1979 Membership totals **223**
with approximately 60 women.

Aug., 1980 First Susan B. Anthony Women's 5K

Dec., 1980 Dues increased to $7 single/$13 family

Jan., 1981 The Athletics Congress (TAC) is born
and splits from the AAU.

Feb., 1981 First Jed Smith Ultra Run.

Mar., 1981 Chip Women's Team capture the PA/TAC Marathon
Championship at the Bidwell Marathon in Chico.

Mid - 1982 Buffalo Chips incorporate

Spring, 1982 Rescue course set up with official mile marks.
(Do we thank or curse George?!)

Dec., 1983 First California International Marathon.

Apr., 1984 Chip Open Women capture team title
at the Boston Marathon

Mar., 1985 Chips of all levels (not just speedsters) are officially
encouraged to join Tuesday night workouts

Oct., 1986 A record 130 runners and walkers show up for
or Tuesday night workout..

May, 1987 Tuesday night herd migrates from The Graduate
to Steve's Pizza on Howe Ave.

Jan., 1989 Dues increased to $15 single/$19 family

Sep., 1989 Steve McNutt submits *The Buffalo Enquirer* to the Road
Runners Club of America's news letter competition
He was told it would win, but since the Chips were not
an RRCA club at the time, it was DQ'ed!

Dec., 1989 Membership totals approximately 350

Nov., 1990 Chips join Road Runners Club of America.

Apr., 1991 Chips Open Women capture team title
at the Boston Marathon

Jan., 1993 Lifetime membership offered
at $300 per individual and $380 per family

Mar., 1993 TAC (The Athletics congress) is renamed
USA Track and Field (USATF)

Apr., 1993 *The Buffalo Enquirer* wins the RRCA's Jerry Little Memorial
Award for Outstanding Large Club Newsletter for 1992

Jan., 1994 Membership totals approximately **455**

Feb., 1994 Buffalo Chips chosen to be the RRCA' entry
in the Jimmy Stewart Relay Marathon.

Apr., 1994 Chips Masters Women capture team title
at the Boston Marathon.

Jan., 1995 Dues increase to $25 for individuals
($5.00 returned as "Buffalo Bucks"),
$30 for families, and $5 for students

Spring, 1996 The Buffalo Enquirer receives the RRCA's Jerry Little Memorial
Award for Outstanding Large Club Newsletter for 1995

Mid - 1996 Chips forced to leave Steve's Pizza on Howe and find new
workout location. They settle for the Cal Expo parking lot,
accurately described as "The Skillet" due to the solar-heated
blacktop.

Dec., 1996 Chips Board votes to give Team in Training members a
one year complimentary Chips membership

Jan., 1997 Chips switch from annual dues (Jan.-Dec.)
to "date of joining" annual renewal.

Early 1997 Chips make a most welcome move from Cal Expo to the
Lunch Connection Cafe on Lathrop near Commerce Circle
for their Tuesday night workouts.

Early 1997 Chips selected to host one of the RRCA's Women's Safety
Awareness Workshops held in nine locations around the U.S.

Fall, 1997 BCRC selected to host the 1998 Avon Women's Running 10K

Spring, 1998 *The Buffalo Enquirer* receives the RRCA's Jerry Little Memorial
Award for Outstanding Large Club Newsletter for 1997

Fall, 1998 BCRC selected to host the 1999 Avon Women's Running 10K

Sept., 1999 Chips at a Thursday night track workout are photographed by
Runners World magazine and used in an article about motivation.

Dec., 1999 Chip memberships tally approximately **750**
This does not include individual family members, which would
increase the number to somewhere around **1100**

BCRC Honor Roll

Enquirer Editors

by Cynci Calvin

Term		Scribe	Pages	Issues
Dec.	'74	Abe Underwood	273	29
Feb,	'78			
March	'78	Henry Rosendale	29	2
April	'78			
June,	'78	Mark Elgert	84	9
Sept.	'79			
Dec.	'79	Dennis Dunbar	116	14
Dec.	'81			
Jan.	'80	Marge Hansen	128	13
Dec.,	'83			
Feb.,	'84	Galin Baker	146	8
May,	'85			
June	'85	Ken & Nancy Yamaguchi	86	3
Oct.	'85			
Nov.	'85	Herb Tanimolo, Dennis Scott	40	2
Jan.	'86			
March	'86	Dennis Scott	88	4
Nov.	'86			
Jan.	'87	Steve McNutt	396	16
July	'89			
Sept.	'89	Theresa McCourt	30	2
Nov.	'89			
Jan.	'90	Steve McNutt, Jim Otto, Theresa McCourt, Jim Williams	20	1
June	'90	Steve McNutt, Jim Otto	116	5
July	'91	Jim Williams		
Jan.	'92	Laura Kulsik, Carol Farise	270	8
Summer	'93			
Fall	'93	Laura Kulsik	134	5
Spring	'94			
Summer	'94	Cynci Calvin	932	20
Dec.	'97			
Spring	'98	Robyn Chambers	72	2
Fal	'98			
Early	'99	Cynci Calvin	16	1
Spring	'99	Laura Kulsik	24	1
Summer to present	'99	Dave Creek	108	3

BCRC Honor Roll

High Dungers

by Cynci Calvin

Term	High Dunger
'74 - '76	Abe Underwood
'76 - '77	Jonathon Brown
'77 - '78	Paul Holmes
'78 - '79	Bob Hedges
'79 - '80	Frank Krebs
'80 - '81	Elliott Eisenbud
'81 - '82	Charlie Mersereau
'82 - '85	Glenn Bailey
'85 - '86	George Parrott
'86 - '88	Dave Ragsdale
'88 - '89	Marsha Bendix
'89 - '90	Gil Machado
'90 - '91	Greg Miller Byron Lea
'91 - '92	Jeff Hollister
'92 - '93	Sandi Falat
'94 - '96	Joe Staats
'97 - '98	Patty Ernst
'98 - '99	Mike Grassinger

25-years worth
of
Common Dungers
say
"Thank You!"

by Cynci Calvin, Chips PA/USATF Liaison
Got questions? ccrun@psyber.com
530/823-2661

www.PAUSATF.org

Check out results, standings, and lots of other news on the PA/USATF's website. Now offering online registration!



Chip Women Score High in '99 XC Grand Prix!

Only two points separated the **Buffalo Chips masters women** from the Impala masters women at the end of a thrilling season of dust, mud, and hay bale action. Unfortunately the Impala's came out on top, but I'm sure our team captains are carefuly reviewing the math before the standings are considered official. The Chips open women placed a solid fifth, only three points behind the highly competitive Reebok Aggies! Congratulations to all for tackling those challenging courses throughout the season. How about all of us making a New Year's Resolution this year to ruin the Impala's annual goal to capture all four age division titles!

Chips who collected individual points and their season end positions in the open division are: are: **Christine Brighton** (13), **DeeDee Gralius** (51), **Theresa McCourt** (52), **Chris Iwahashi** (60), **Leslie Houdeshell** (63). Masters women include: **Theresa McCourt** (4), **Mo Bartley** (5), **Christine Iwahashi** (11), **Cary Craig** (17), **Dee Dee Gralius** (19), **Claire Malonson-Fry** (20), **Cindy Scott** (23).

Other Chip women participants include: **Carol Parise, Nancy McDowell, Jody Newman, Nicole Darby** and **Rita Eames.**

On the men's side, **Rick Kushman** (39) was our sole Chip scorer in the final standings, and **Brian Woodhouse** also was a participant.

Congratulations to all!

Rhodes Takes a Solid First; Rinde & Coordt Nab Seconds in the 1999 Road Grand Prix

Myra Rhodes won the women's super senior division of this year-long series of northern California events. For her efforts she was awarded $150 (plus $50 for placing third in the senior division) as well as complimentary entries into the Y2K Road Grand Prix events. **Dennis Rinde** placed second in the men's masters division, worth $400 and complimentary entries. **Mary Coordt** placed second in the open division and received $500 along with complimentary entries. These are superlative performances, because the fields these runners faced in each of the events included many of northern California's finest athletes.

Final team year end tallies were not yet available, but there's a good chance that our Chip women masters team finished in second place (to those pesky Impalas). Other unofficial Chip team standings are Open Men, 8th; Masters Men, 5th; Senior Men 8th; Open Women, 6th; Senior Women, 4th.

Other Chip individual point scores are listed in the results section. Great job, everyone and good luck in 2000!

New PA Chip Team!

There are XC, road, ultra and youth Chips (and even a few track Chips) competing in PA/USATF events, and now we'll have race walkers! **Ann Gerhardt, Susan Smith** and **Mimi Veiga** are organizing an official **Buffalo Chip Race Walking Team**. They welcome fitness walkers to participate in the workouts and will coach anyone interested in learning race walking techniques. If you would like to know more, contact Susan Smith (916-391-1495, sksmith@ns.net) or check out the info posted on the Chips website.

Now's the Time— to join PA/USATF!

Remember! You don't have to be fast or young or old or race every weekend to gain the benefits of a PA/USATF membership!

There are more reasons than ever to sign up TODAY with our action-packed and hard-working Pacific Association.

- Receive a benefits package full of discounts and goodies.
- Registration is easier than ever. Register online at www.PAUSATF.org!
- You receive a bimonthly regional magazine, *California Track & Running News*, and a quarterly national publication, *Fast Forward*.
- Start the new PA/USATF Road Grand Prix season off by competing on a Chip age division team and by starting to collect points for your own individual standings.
- Chips are working on a team competition incentive program that we hope will include a cool "Chip Racing Team" jacket. Only PA/USATF registered Chips will be eligible.
- Learn coaching and officiating techniques attending clinics offered by the Pacific Association.
- Simply by joining you will be helping our youth athletes (the majority of the PA/USATF members are youths).



Remaining PA/USATF Ultra Grand Prix Events

Feb. 12	Jedediah Smith 50K, Elverta, Ron Peck, 916/344-1376
Apr. 1	American River 50-Miler, Greg Soderlund, 916/638-1161
Apr. 22	Ruth Anderson 100K, Jim Skophammer, 650/994-6128
May 13	Mike Popolizio Quicksilver 50K, Tom O'Connell, 408/453-9994(w)
May 20	Boomtown Silver State 50K, Tom Gallagher, 702/324-5310
June 24	Western States 100 Mile, Greg Soderlund, 916/638-1161

2000 PA/USATF Road Racing Schedule

Jan. 9	California 10-Miler, Larry Frank, 209-478-2802
Jan. 16	Millennathon 2000 1/2 Marathon, www.millenathon.com, 888/441-2227
Mar. 19	Fifty Plus 8K, Dave Ahn, 408-739-3226
Mar. 26	Houlihan's to Houlihan's 12K, San Francisco, Dave Rhody, 415-759-2690
Apr. 30	News Channel 46 5K, Big Sur
Jun. 17	Shriner's Capitol Challenge 8K, Sacramento, Doug Thurston 916-447-2786
July 23	Fleet Feet Capitol Mile (*tentative), Sacramento, Doug Thurston, 916-447-2786
Sept. 4	Pacific Sun 10K, Kentfield, Bernie Hollander, 415-897-6842
Oct. 15	Humboldt Redwoods 1/2 Marathon, Weott, Sharon Powers, 707-839-1989
Nov. 12	Clarksburg 30K, Clarksburg, Skip Seeback, 916-665-1712, 916-775-1318

The RRCA Journalism Contest is closed and the results are in. Sorry, our Buffalo Enquirer, did not win this time. It has been a tough editorial year for our new editor, Dave Creek. However, the Enquirer placed second to The Oregon Distance Runner, newsletter of the Oregon Road Runners Club. This was a very competitive year for the large running club newsletter competition. Oh well, there is always next year.

The Western Region Club Writer of 1999 was awarded to Hans Roenau of the Tamalpa Runners. First runner up was the Enquirer's Liz Zelandais, second of 18 club writers.. Mary Coordt and Laura Kulsik, also receive honorable mentions for their writing efforts. The journalism judges for the Western Region were Joe Henderson, Richard Benyo and Doug Thurston, all outstanding knowledgeable runners and writers. The winning writer of the Western Region competes at the national level with the other regions and the national winner is invited to receive his award at the national convention. .

Winners of the Western Region, large, medium and small size clubs' newsletters also learn who is best in the country in May. The Buffalo Enquirer, a large club, has won the National Award two times under Cynci Calvin's leadership.

The 44th RRCA National Convention, Peachtree City, Georgia will be held May 11-14th, 2000. Georgia is farther away than Spokane, but I am hopeful the Chips will send a club member to represent the club. Co-hosted by the RRCA Peachtree Running Club and the Atlanta Track Club, the first convention of the new millennium will be packed full of workshops, luncheons, meetings, runs as well as an auction, awards banquet and Expo. The Atlanta Track Club will host the convention; 8K road race on Saturday, May 13th. The race will take place on portions of Peachtree City's beautiful running paths. I will be giving you more information in the next Enquirer.

One of the nicest things about being a representative of the RRCA is the chance to travel and meet runners in other parts of the country. In September, I flew to Fairbanks Alaska, at the invitation of the Running Club North to visit and run the 37th Annual Equinox Marathon. What an adventure! The golden leaves of fall covered the steep ski trails to the top of Ester Dome, where the one potty stood.

Not enough trees, you see. I hope to be writing about this RRCA adventure after visiting the Hawaii RRCA group during the Honolulu Marathon. Life gets tough when you are willing to be an RRCA volunteer.

I am still looking for a RRCA Liaison to pass RRCA information directly to the club. You will have the opportunity to learn more about this grass roots organization, and write articles for the Buffalo Enquirer. Call me at 916/481-3983 or e-mail me at poruns24@aol.com.

Po Adams
RRCA Liaison
Western Regional Director

Race Walk Into The New "Mile-Ennium"

by Mimi Veiga

At its December board meeting, the Buffalo Chips board approved the addition of an official Pacific Association USATF Race Walk group. The Race Walk group will be open to walkers of all levels and will include fitness walkers as well as race walkers. Anyone wishing to learn "legal" racewalk technique will have the opportunity to do so at the group's Sat. 8 a.m. workouts. Walkers should meet at The Cobblestone Restaurant on University Drive (near Bleachers) Walkers can also join the Tuesday 5:30 p.m. interval workout. Meet at The Lunch Connection at 251 Luthrop or attend the Thursday 6 p.m. track workout at the American River College track.Check the website for further information, call Susan Smith at 391-1495 or email sksmith@ns.net. Race information, race results and workouts will be posted on the website.



Race Walking has been an Olympic track and field event since the 1904 St. Louis games. However, there are still many commonly-held myths about Race Walking:

1. Myth: Race walking is just slow running.
   Fact: Race walking is fundamentally different in technique than running. Race walking is an advanced form of walking technique that requires participants- if they compete in judged events- to comply with rules or face disqualification.
2. Myth: Race walkers are injured or "wannabee" runner.
   Fact: Many race walkers were never runners, have never been injured, and have no plans to become runners. Race walking is a viable means of staying in top physical condition. Race walking can and does provide participants with the camaraderie and fitness benefits many runners enjoy from their sport.
3. Myth: Race walking is just for women.
   Fact: The USATF sanctions race walk events for both women and men. The women's Olympic distance is now 20K. The men's Olympic distances are 20K and 50K. Race walking events will be part of the 2000 Olympic trials held at Sac State and will attract America's best race walkers.
4. Myth: Race walking cannot provide the same level of fitness that running can.
   Fact: Race walking is an aerobic activity which can provide participants with significant cardiovascular benefits. Race walkers can and do use heart rate monitors as a part of their training and incorporate interval, tempo, fartlek, and long distance workouts into their training programs. Race walking can provide participants with a high intensity workout which enables them to attain a high level of fitness.

If the new year inspires you to try a new way to stay in shape, join the newly-formed Buffalo Chips walking group. Come learn to race walk or improve the efficiency of your fitness walking technique. All will be welcomed.



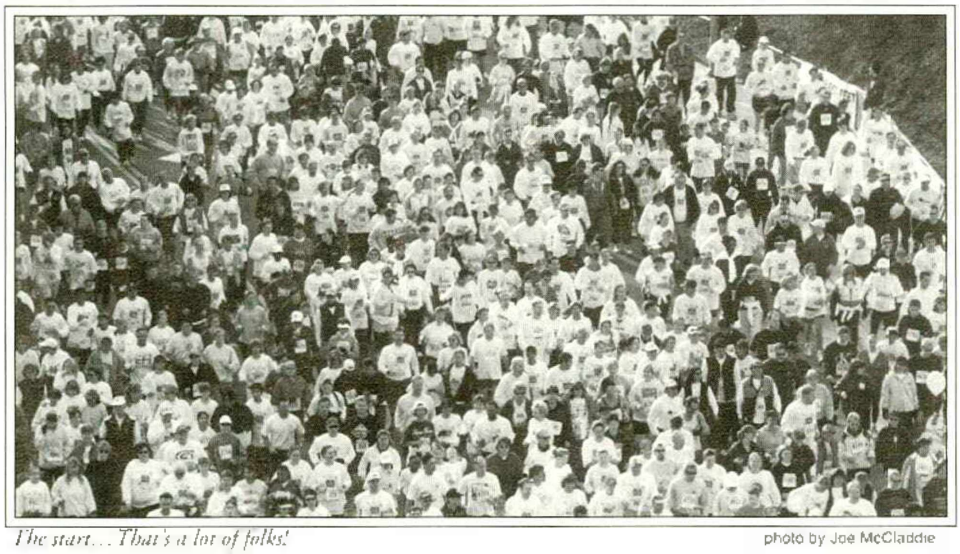
photo from Mimi Veiga

Mimi Veiga

Run to Feed the Hungry

by Rich Hanna

In the spring of 1994, Gaylord Walker, a runner, advertising executive and Sacramento Food Bank benefactor, approached Food Bank officials with the idea of hosting a family fun run on Thanksgiving morning. Gaylord was convinced that an event held on Thanksgiving benefitting area families in need would attract large support from the community. In fact, he predicted that by the fifth year, the race would net over $50,000 annually for the non-profit Food Bank. Fortunately, the Sacramento Food Bank followed through with the idea.



The start... That's a lot of folks! photo by Joe McCladdie

The Run to Feed the Hungry 5K/10K celebrated its sixth anniversary on Thanksgiving morning. With nearly 7,300 participants, up from 800 its first year, the race is now the largest running event in the Sacramento Valley. And while the race has become a holiday tradition for hundreds of area families and individuals, it has also turned into a very competitive event with some of the region's best runners competing for merchandise prizes from Asics, limited edition art work by local water colorist David Lobenberg, and air time on Channel 31 KMAX's live television coverage.

After starting on the esplanade leading into Sacramento State University (a new start for this year) under a beautiful sunny sky, the field of runners, walkers, baby strollers, and dogs wound through the beautiful streets of East Sacramento before finishing at the Scottish Rite Temple.

Former Sacramento State runner **Hector Delgado** bested the men's 10K field with a time of 31:42 while Oakland's **Katelyn Johnson** captured the women's crown in 36:15, with Chips **Midori Sperandeo** taking a 2nd in 36:57. **Dan Zulaich** of Carmel Valley and **Kathy Atkings** of Rocklin won the master's division in 36:00 and 39:10, respectively.

The 5K saw the Chips' own **Jennifer Devine** winning for the women in 17:55 and Sacramento's **Ben Ayers** leading the men in 15:40. **Cary Craig**, also a Chip member, took master's honors in 21:04 while **Frank Thomas** of Roseville won for the men in 16:16. There were many other outstanding Chips performances. (Check the Race Results section.)

Of course, the biggest winner of the event was the Sacramento Food Bank. Not only did the event increase the holiday appetite of so many, it raised over $100,000 for the Food Bank. Additionally, the race brought in over 4,500 pounds of food and 1,000 pairs of shoes. If only the prophetic Gaylord Walker were around to witness his creation. Gaylord died of throat cancer a few months before the 1998 event.

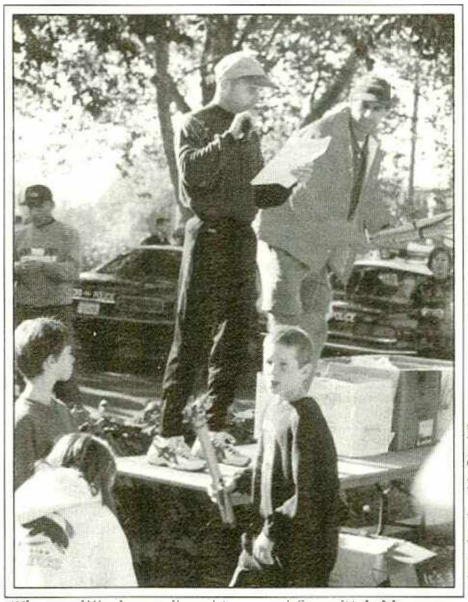


photo by Joe McCladdie

Thomas Wachter collects his award from Rich Hanna, Rick Kushman announcing



photo by Joe McCladdie

Haley Briscoe (7) 5K 28:41

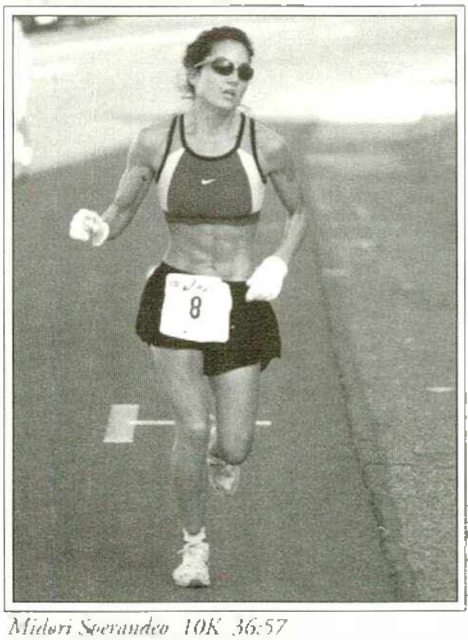


photo by Eric Ianacone

Midori Sperandeo 10K 36:57



photo by Joe McCladdie

Rachel Ritchey (12) 10K 40:31
Katie Briscoe (12) 10K 40:32

CIM + Sun = Marathon Smiles

by Cynci Calvin

The 17th edition of our local "big-time" marathon was a winner in all respects. A near record number of entrants toed the start line, which included over 200 relay teams. The event attracted athletes attempting to qualify for the U.S. Olympic Trials as well as athletes attempting international qualifiers. The event's fast course reputation was upheld as **Joe LeMay's** winning time qualified him for the Olympic Standard (sub-2:14) as well as the "A" U.S. Olympic Trials standard of sub-2:20.

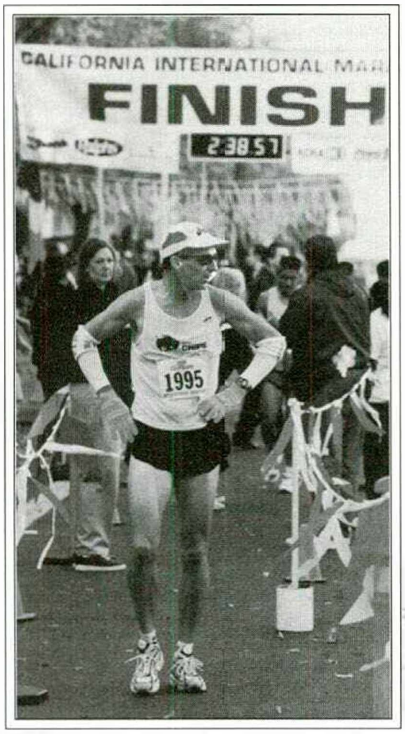


photo by Lynna Kuns

Top CIM Chip Master - Jeff Hildebrandt

Now the really important stuff: the marathon t-shirts with their colorful, albeit ample, runner icons were 90% approved by those surveyed—"avant garde" and "great colors" were a few of the comments (note: CIM board members are lobbying to get Cool-Max or Drylite shirts for 2000). The expo was nonstop busy and high energy. And sunshine certainly helps the overall ratings of each CIM, but the forgiving, rolling, net-downhill course never changes. It's just oh-so-nice not to face headwinds when you turn the corner at the Manzanita/Fair Oaks intersection.

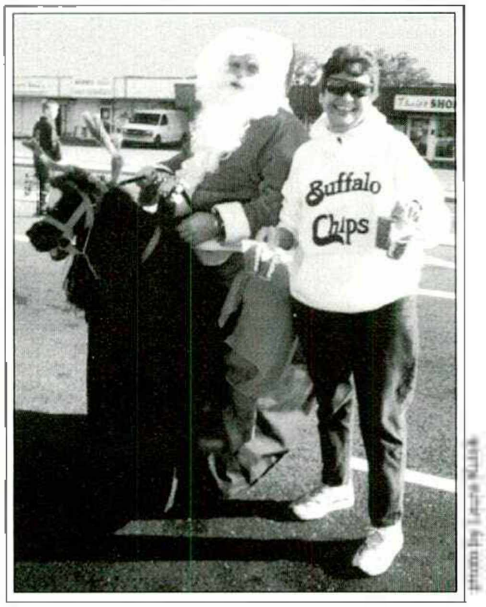


photo by Lynna Kuns

Chips Aid Station volunteer Barbara Farren makes sure the Santa and his reindeers are well hydrated

This year, I stood at just that location holding a Channel 3 mike, thanks to both a request from the KCRA folks to have a local color commentator and an injury (I've run 14 of these suckers). But it was great fun watching the runners, trying to report the finer points of marathoning to John Q. Public, and seeing our awesome Chips on the way to their various goals. Runner smiles were plentiful-reaching 13.1 miles in a marathon should produce a smile. It means the runner has paced him/herself well, knows he/she has only another half marathon to go and is ready to face that challenge.

Notable among our Chippette finishers: **Jen Devine** got a PR time with a 2:53 finish, good for 22nd overall and 4th in the 25-29 age division and **Francie Negri** nipped the 3:00 barrier with a 2:59:47. **Kathy Ward** achieved her second-ever marathon finish in 3:02 (2nd, 45-49), and that was after she had hamstring cramps at mile 18! Chip stalwarts, **Chris Iwahashi** and **Connie Rowden** finished just 2-nonchips apart in 3:06 and 3:07, and **Cindy Scott**, who had entered the day before, was all smiles crossing the finish line in 3:20. Cindy has battled a few injuries this last year or so and it's great to see her competing *and* smiling! **Judy Shipman**, ever-so-consistent, took second in the 55-59 division with a 3:48.

Among the Chippers: **Denis Zilaff** and **Steve Polansky** garnered their 17th CIM finishes and **Jeff Hildebrandt** was the 2nd 40-45 finisher in 2:38:43. Sub 3-hour finishers included **Mike Gottardi**, **Jamie Olson**, **Mark Murray**, **Alan Anzai**, **Eric Nichol**, **Al Michel**, and **Rae Clark**. Wow! **Howard Ferris** finished in 3:02 to grab 2nd place in the 55-59 division, and **Paul Mitchell** won the 65-69 division in 3:40!

The Relay teams I'll mention because they *must* be Chips are: **Bison Babes and Bulls** (3:03:32) and **Three Chips and a Dip** (3:11:17). I'm not sure about the acronym BCAC (??Buffalo Chips Athletic Club—a sub-division?) who finished in 2:55:53.

In this brief article, I know I missed some notable performances, but to all of you who ran your first CIM, your 17th, or one in-between, congratualtions!

Top 10 Things to Keep You Amused During CIM

by John Mecinger

10. See if you can count all the Burger Kings on Fair Oaks Blvd.
9. Learn to count backwards from 65 to 9.
8. Count the number of runners shorter than normal.
7. Ask for chicken noodle soup at the aid stations. Tell them all the other races you run have it.
6. Remind yourself that you could instead be in a crowded mall somewhere, participating in the excesses of the season.
5. Three words: pavement, pavement, pavement.
4. Rack your brains for a memorable quotation from President Clinton other than "I did not have sexual relations with that woman, Ms. Lewinsky."
3. Come up with 26 reasons why you'd vote for him again anyhow.
2. Smile knowingly at those who have hit the wall after mile 20.
1. Hope to God that you are not one of them.

Chips who have run all 17 CIMs

Steve Haun
Steve Polansky
Mike Sullivan
Ernest Takahashi
Barry Turner
Denis Zilaff

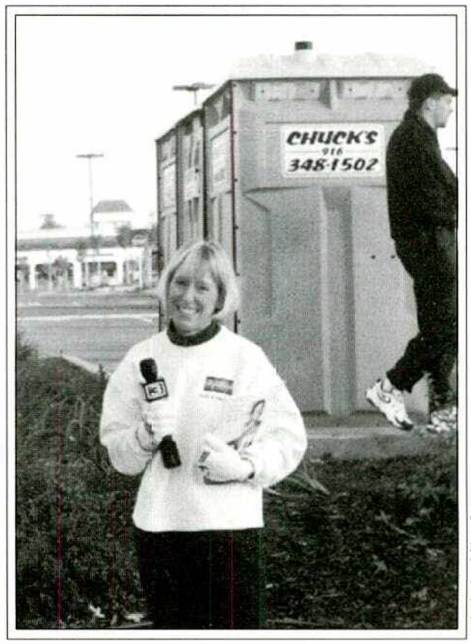


photo by Mike Ammen

Cynci Calvin reports everything...

Sierra Nevada Endurance Run

October 23, 1999

113 starters
101 finishers
18 relay teams
16 finishing teams

by Norm Klein

One of the primary concerns facing most runners who participate in ultradistance events (especially trail ultras) is the weather. Few people wish to spend hours in the rain, wind, or excessive cold or heat. The problem of inclement weather is even more of a concern to race directors for many reasons, so when the weather does not prove to be a factor in the staging of an event, runners, volunteers, crews, and race directors, all breathe a sigh of relief. Such was the case for this year's running of the Sierra Nevada Endurance Run. The weather gods certainly smiled on us and blessed us with absolutely perfect conditions; sunshine, temperatures in the mid 70's, and most importantly, no rain or wind.

> The weather gods certainly smiled on us and blessed us with absolute perfect conditions...

As the race unfolded, it was assumed that **Scott St. John** would be the ultimate winner. Back after a hiatus of several years, the course record holder with a record time of 7:11, **St. John** was definitely the pre-race favorite. The women's race would certainly come down to a battle between **Emma Davies** and **Rena Schumann**. Both women have been running very well over the past several months with Schumann running every race that Northern California has to offer. It appears as if she is trying to catch **Barbara Elia** as the all time leader in ultras completed.

St. John, as expected, bolted into the lead and never looked back. With the speed of a sub 2:20 marathoner, he has the natural talent to outclass most of his competitors. He at no time was challenged by any of the other runners in the field, however, he did meet a significant challenge from another source—that of his stomach. With ten miles remaining in the race, a severe attack of nausea and vomiting slowed him down, but once relieved, he continued on and managed to finish in 7:35:35. This was 24 minures off his course record, but more than 37 minutes ahead of his nearest competitor.

Charles Crompton perhaps turned in the most impressive performance of the day. At age 51, he ran 8:12:57 to finish second overall. I have seen **Charles** run in many races and he always appears the same. He runs relaxed and at no time does he ever appear in distress. Perhaps that is why at age 51, he is able to perform as well as he does. **Michael Loney** finished third in 8:18:54. **Emma Davies**, like **St. John**, led from the start and turned in a truly remarkable performance. Passing many of the lead men as she progressed along the course she not only finished sixth overall (less than two minutes behind third place finisher **Kevin Sawchuck**), but she defeated **Schumann** by fifty-one minutes. As is the case with many runners who have a great day, this mother of four young children, not only ran unchallenged but looked as fresh at the finish as she did at the start. A native of Great Britain, she even stayed around and listened to some of my terrible English jokes. **Deborah Askew** won the women masters' division, finishing just four minutes behind **Schumann**. **Kathryn Forshey** from Reno, Nevada has recently emerged as a strong competitor and she ran 11:04:43 to defeat a very strong 50 and over field which included **Linda Elam**, **Shirley Church**, **Barbara Elia**, and **Ann Grove**. The men's 60 and over race was a battle between **Tom Trabert** and **Dieter Walz**, with **Trabert** winning by just ten minutes.

A tradition was started many years ago at Sierra Nevada of awarding buckles to runners who finish the race for ten and five consecutive years. Sterling silver buckles are awarded to ten year finishers, bronze buckles are awarded to five year finishers. This year, **John Mark** received a ten year buckle.



Photo by Julie Steinkopf

Autom Specht congratulates Judy Shipman

and **Roger Dike**, **Linda Elam**, **Bob Longwell**, **Rebecca Hahn**, **Fernand Michaud**, and **Janet Pucci** all received their five year buckles. **Bill Finkbeiner** finished for the 13th consecutive year and **Joanie Mork** for her 11th. This is quite an accomplishment considering the many things that can occur that can interrupt a streak.

Several years ago, a relay was introduced to encourage runners to move up in distance as well as introduce them to trail running. Sierra Nevada is an out and back course with the runners changing at the turn around point at No Hands Bridge on the Western States Trail. Each year the number of teams has continued to grow. This year 18 teams entered in the three divisions: male/male, female/female, and male/female. **Mike Gottardi** and **Eric Nichol** won the male division, **Nancy March** and **Jan Levet** won the female division, and **Brad Lael** and **Michele Winowiecki** took the male/female division.

Having directed Western States for 14 years and Sunmart for seven (two of the largest ultras in the country) as well as the California International Marathon and Napa Marathon for a number of years, it was truly a pleasure to be involved in a smaller, low key event like Sierra Nevada. Naturally there are pre race concerns and small problems that arise, but the atmosphere of fewer runners, runners not being out for thirty hours, and the logistics involved in staging a much smaller race, certainly makes life a lot easier for a race director, no matter how much experience one has in directing races. The first race I ever directed was Western States in 1986. It goes without saying that Western States, Sunmart, or any race, is only as good as its volunteers.

We are fortunate in Northern California to have many experienced ultramarathoners who when not running are only too glad to serve as volunteers. Thus it is not difficult to find volunteers, and the volunteers available are capable of addressing the needs of the runners. As a result, many of the volunteers are recognized as they are seen at almost all of the races. **Linda and John Moise** and **George and Dorothy Peavy** are as well known as any runner on the ultra circuit. Another person who is rapidly approaching that status is **Royce Zumwalt**. **Royce** has assisted me at many of my races, many times coming days before the event to help with set up, and staying long after the last runner has gone home. He has also assisted **Greg Soderlund** in many of his races. It is people like **Royce** who make the life of a race director a lot less stressful.

The only problem that we encountered during the entire day was that someone decided to remove the trail ribbons for the last four miles of the race. We had to re-ribbon that stretch three different times. However, we were most fortunate that nobody got lost. Perhaps this happens at other races and it is something that I guess we will always have to contend with. The culprits even go so far as to rub out the chalk arrows and take the ribbons and hang them on another section of the trail. I have been fortunate not to have had this happen at any of my races, but I'm sure the day will come.

In retrospect, my first day directing Sierra Nevada was indeed a very good day.

15 Ultra Chips in 2000 Western States

by Armin Aw

The following Chips "got lucky" and had their names drawn for the 27th running of the world's premiere 100 mile footrace, the Western States 100, which start at 5 am in Squaw Valley on Saturday, June 24th. The race finishes at Placer Union H.S. in Auburn. Entrants have 30 hours to complete the course. The 583 entrants had a 66% chance of getting into the event. This is the one of the smallest Chip contingents at States in more than a decade, yet only three Chips who entered the lottery did not get in.

No need to send sympathy or condolence cards to these folks. An ordeal is what these folks wanted *and* paid for. An ordeal, and hopefully a great adventure, is what they'll get! Here they are, with their assigned race numbers:

131	Jerry Bloom	100	Janice Level
169	Rae Clark	376	Jerry Lile
81	Roger Dike	393	Daniel Martin
166	Howard Ferris	399	Linda McFadden
234	Lucinda Fisher	460	Eric Poulsen
247	Renda Gail	67	Lee Rhodes
10	Eric Ianacone	19	Rena Schumann
40	Laura Kulsik		

Congratulations to all of you!

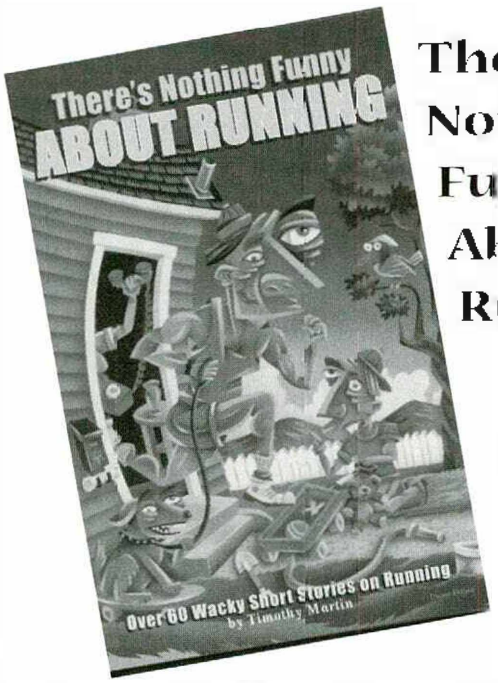
Miles 78 & 90 Belong To The Chips

Club Gets River Crossing Aid Station at Western States

by Laura Kulsik

Not running Western States this year but you want to help out? Good! Because we need you. The Chips will now be in charge of one of the most important aid stations on the course, the river crossing at Rucky Chucky (near side) at the 78 mile mark. This is an extremely important aid station as it is the spot where the runners must ford the American River. The crossing is a dangerous one and if the water level is too high, like it has been the last two years, the runners will cross by boat. Otherwise they will negotiate the river using guide ropes with assistance from the volunteers. Rucky Chucky checkpoint captain is Ken Crouse. You can reach Ken at 916.351.9870 or kcrouse@cord.com.

Additionally, you can volunteer at the other Chips' aid station, Brown's Bar. Aid station duties are shared with the Sacramento Hash House Harriers. Brown's is known as the party aid station and if you like loud music and lots of it this is the place to be on June 24th and 25th, 2000. Brown's Bar (and All Night Grille) is located at the 90 mile mark of States. Checkpoint captain is Dennis Scott. His number is 916.455.8710.



There's Nothing Funny About Running

Author: Timothy Martin

review by Laura Kulsik

The vast majority of running books available, including the ones in my personal library, don't really vary much in topic matter: "How to PR at Every Distance From the 5K to the Marathon," or "Be the Fastest Runner You Can Be." Isn't there more to running than being faster? Martin thinks so: "What I'd like to hear more about is the part of running that seldom gets mentioned: the fun part. I'd like to read about the buzz of adrenaline runners get when they lace up their shoes, and the lingering effects of endorphins after a simple jog in the forest. I'd like to read about belligerent race directors, comical road trips and spouses who procrastinate for hours before they run. I want to read about soul-searching runs, outrageous races, and inspirational friends." Martin, former president of the Six Rivers RC and a past winner of the Russian River Marathon, writes about all of these things in his book.

Most of the stories have a humorous intent; some inspire comical comment even from the serious-minded. A few are even somber, and there's one in particular, "Emily," about the authors' first run with his young daughter in her baby jogger that inspires reflection. There's even some ultrarunning tales including a funny bit that eavesdrops on conversations along the 100 mile route during Western States race day. He visits a Nudist Camp and runs their Bare Buns run yep in the buff! He talks about his DNF at Napa, his t-shirt collection, old shoes, new shoes, two left shoes and no shoes often in a very Seinfeldian way. He got so hooked on GU, he incorporated it into his daily diet. And we join the compulsive running author at his first Runners Anonymous Meeting. Martin is so funny I can't help but think he'd make a great stand-up comedian with all the material he has on runners alone.

Christmas may have come and gone but all of your friends should have birthdays this year. I highly recommend you buy this book for yourself and your favorite runners.

Welcome, New Chips !

Alene Antelman	Patty Coquette	James Goldstene	Kirsti Lyon	Matt Pelascini	Carol Schulz
La Ree Barrow	Susan Ensign	Brian Hausback	Dee Martin	John Radakovitz	Karen Singh
Eric Bean	Jeff Fruit	Brent Kaneyuki	Carol Mikkelsen	Diana Radovero	Gregory Trout
Amy Berwind	Kevin Geoghegan	Ann Kelly	John Nichols	Richard Rose	Miles Wichelns
Phil Boerner	Karen Giovanini	Gary Lotspeich	Lorena Perez	Rosemarie Ruiz	

Youth Chips Fly South for Winter

What makes it so much fun? Is it the dirt…the hills…the snakes? Or maybe the fact that they can play in the rain, and run in the mud, without getting in trouble? Whatever *"it"* is, it's *fun*! It's cross country!

When my daughter **Katie** joined the Youth Chips about three years ago, it was XC that really got her hooked on running. It was so much fun that she decided we needed more kids than just her doing it. So we set out to recruit some teammates. Well, the 1997 XC season is where it all started— with **Katie Briscoe, Amanda Johnson, and Rachael Ritchey** being the first of the Youth XC Chips.

This past 1999 XC season was proof that XC is contagious. After several races throughout northern California, a championship qualifier for the Pacific Association (Northern California and Reno), and another championship qualifier for Region 14 (Hawaii, Western NV, and California from Bakersfield north), eleven of fourteen qualifying members of the Buffalo Chips Youth Running Team flew south (via Southwest Airlines) to compete in the USATF National Junior Olympics XC Championships in Spartanburg, South Carolina on December 11, 1999. This was quite a jump— from three in 1997 and six in 1998 to 14 in 1999!

The Buffalo Chips Youth Girls' Team (born in 1985-86) was the only full team for team competition. Teammates **Ashley Barry, Caitlin Chock, Erin Wachter, Julie Cambra,** and **Whitney Knoll** really worked well together to pull off a sixteenth place team finish, an outstanding accomplishment for their first year in team competition! I'm sure we'll see a quantum leap for the Youth Girls' team in 2000.

Two Members, **Erin Wachter** And **Katie Briscoe** *came home designated as "All-Americans," each having finished in the Top 25 of their Division in this national competition* ! **Erin** got a 16th place finish in the Youth Girl Division (born 85-86), And **Katie** took a 21st in the Midget Girl Division(born 87-88). She has the added excitement of now being a "Two-Time All-American", having achieved All-American status in 1998 Most of the divisions host 200–250 athletes, so top 25, All-American, is *no walk in the park* .

The rest of the team, **Colleen Wachter** , **Jonathan Labeaud** , and **Thomas Wachter** in the Bantam Division(Born 89-90), with **Natasha Labeaud** and **Rachael Ritchey** in the Midget Division, proved that they had the spirit for national competition—running with all the heart and determination that qualified them for this competition.

With this final XC race behind them, the Youth Chips have returned home , where you can expect to see them once again at local road races in the Spring. If you have a hard time recognizing some of them, it's because of the aging process (It's amazing how it only works on kids…)

More Kids, More Fun!

1999 proved the best year ever for Youth Chip participation. Although it doesn't appear that kids are forsaking other sports to take up running, it does seem that more kids are trying the Buffalo Chips' choice for fun and exercise–and that's a good place to start. Throughout the year, the number of kids who participated in at least four workouts grew to nearly 50, with over two-thirds of them being "new kids on the block".

Our competition segment, The Buffalo Chips Youth Running Team, took a quantum leap this year. Track competition grew from one member in 1998 to five members in 1999, with three attaining a "top ten" national ranking in 1500 or 3000 meters. Road racing numbers grew from about seven to 25, and cross country jumped from 10 in 1998 to nearly 20 in 1999—14 of whom qualified for the 1999 USATF Junior Olympics National XC Championships, held last month in Spartanburg, South Carolina.

For the Youth Chips, more kids means more fun. So put our motto, "Running is Fun," to the test— introduce some new kids to the Youth Chips, and see if they find some new fun…and new friends.

Blame the Volunteers!

It was the Buffalo Chips Youth XC Invitational at Sierra College on October 3, 1999—and as usual, it was the volunteers that made the event a success—*so much so* that several people asked us to place a bid to host either the Pacific Association or Region 14 Youth XC Championships next season. As a preliminary USATF sanctioned meet (awarded by bid/vote process) leading up to the Junior Olympic Qualifiers, the age group event hosted nine separate races for runners from the the Bay Area to Reno.

One of the more unique features of the Chips Youth XC event was that it utilized lead and sweeper cyclists for each race. They included Kurt Klima and Chris Marney, members of the American River Mountain Bike Assistants (ARMBA voluntarily patrols trails in the Folsom-Auburn area, with the intent of promoting responsible trail use and providing trail users with directions or mechanical support), along with Chips board member Ron Peck. Our cyclists were responsible for much of the positive feedback that we got that day!

Many thanks go out to the **Volunteers** on this list (and to those who weren't on the list but jumped in at last minute):

Coordination/Planning/Course Layout : Jim Wachter, Jim Hunt (XC Coach, Sierra College), Danny Potter

Equipment Transport : Steve Wetmore

Course Set-up/Breakdown : Steve Wetmore, Danny Potter, Glen Zuffelaro

Registration : Terri Barry, Mickie Porter, Laurie Ritchey, Robin Montgomery, Robin Cambra, Tracy Williams

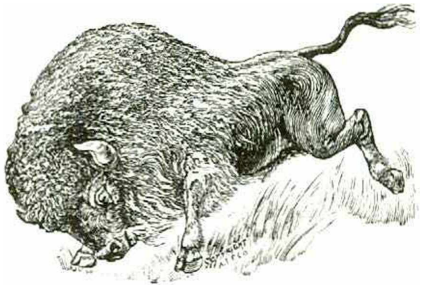
Chips Warm-Up Coordinator : Connie Kondo-Rowden

Starting Line : Jim Wachter

Course Monitors : Danny Potter, Glen Zuffelato, Dick Ratliff, Ron Peck, Steve Wetmore

Finish Line/Timing/Results : Dennis Prizmich, Paul Maita, Joe Domagalski, Egypt Dukes

DJ/PA System : Ron Figura



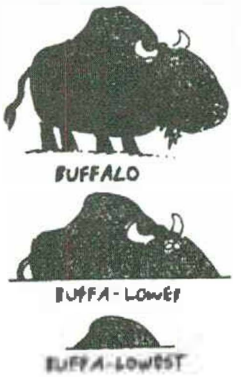
Get On Track in 2000

Here's a list of most of the USATF Pacific Association Track & Field Events designed specifically for youth runners.

2-16	Track & Field Clinic "Learn by Doing Clinic"	Logan H.S.	Lee Webb	Union City	(510) 638-6349
3-18	Oakland New Generation	Laney College	Sharon Carter	Oakland	(510) 638-6349
3-25	"Da" Mayor's - 2000 100/1500 Meter Championship	Kezar Stadium	Billy Ray Smith	San Francisco	(510) 534-9650
4-08	Santa Rosa Express	Petaluma H.S.	Bob Shor	Petaluma	(707) 539-6787
4-15	Vallejo Pacesetters		Alan Hayson	Vallejo	(707) 643-3145
4-22	Classic Track Club	Silver Creek H.S.	Karen Haynes	San Jose	(916) 924-8383
4-29	Renaissance Track Club	Kezar Stadium	Veronica Davis	San Francisco	(415) 826-9371
5-06 & 5-07	Speed City Invitational	Mitty H.S.	Cliff Scott	San Jose	(408) 448-9069
5/13 & 5/14	Pacific Assoc. Championship	CSUS	Billy Ray Smith	Sacramento	(510) 534-9650
5/20 & 5/21	3M Track Invitational	Logan H.S.	Will Pittman	Union City	(510) 851-4428
6/ 7 & 6/ 8	Junior Olympic Pacific Assoc. Championships	Carson H.S.	Billy Ray Smith	CarsonCity, NV	(510) 534-9650
7/1 & 7/2	Junior Olympic Region 14 Championships		Brad Tomasini	Fresno	(805) 758-5719
7/25 to 7/30	USATF National Jr. Olympic Championships	Univ. of N.Y.	Lionel Leach	Buffalo, NY	(201) 997-8583

Youth divisions are set in two year increments based on date of birth:

Bantam	1990-91
Midget	1988-89
Youth	1986-87
Intermediate	1984-85
Young Women/Men	1982-83



Running & Life

by Diane McIntire

I have chosen a trail run. I needed to get off the main road—the predictable consistent safe run where there is water when I need it and even terrain. The trail is rough but soft—it's easier on me, really it is. It's up and down makes me break my stride to walk at times. At first I used to feel guilty about that—like I wasn't supposed to walk at all, *ever*, but I have watched those beyond me, and they walk at times. It's OK.

Rocky and dusty, damp, sometimes flooded and overgrown. There are times you have to hack your way through and moments of graceful, natural descent along rivers among trees and flowers with the scents of rain-washed grasses and oak. There is refuge here and then there is danger, I am sure. Sometimes, when I let the fear creep in, I pick up my pace as if running faster will help me escape. I start to hyperventilate and a wave of anxious emotion crashes over me. I twist my ankle and stub my toes. I crash to the side of the mountain and skin my knees tumbling head first, and as I raise my head out of the dirt I realize how quiet and peaceful it is here —that I would rather be here than out on that straight black pavement sucking exhaust and raucous sound. I've washed up on that beach and the seas have calmed—they always do if I faithfully wait.

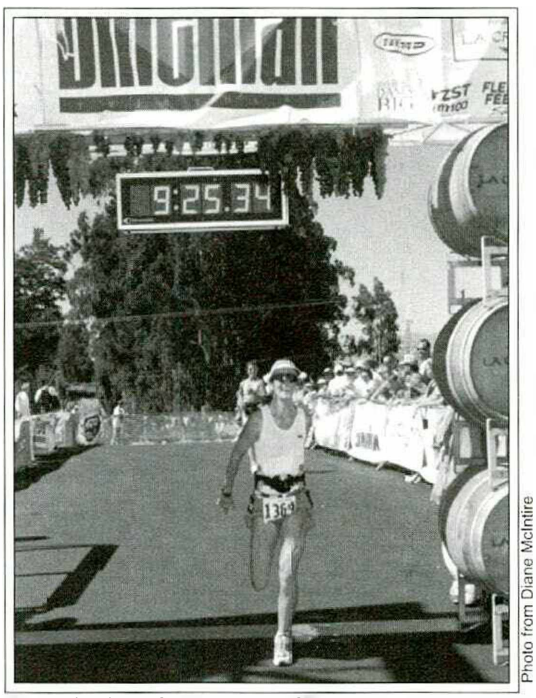


Photo from Diane McIntire

Diane finishing the Vineman Half-Ironman Santa Rosa 31 July 1999

I guess it's not my nature to go the easy way. I seem to want to struggle some, but not always. I find comfort in the fight and where it takes me because, before I know it, I am somewhere deep - deep in soulful reflection, and I see my surroundings as part of me—my life—and I realize I am part of the good, the bad and the ugly. After miles of this crusty trek, I feel so much better knowing that I have worked hard and felt lousy in the process, that I have gotten through it, that I didn't give up. I walk home with aching thighs and muscles that should be stretched. A shower will feel so good, and I will lay this body down to feel the charge of my work.



MEET THE HERD

Name: Frank Cirill

Age: 76

Family Members:
Doris (wife), Curtis (son), Lisa (daughter)

Native of:  , NY

Occupation: Retired construction engineer

Years running: 30

A Buffalo Chip for: 10 years

Started running because:
I wanted to stay in condition for High Sierra backpacking and fishing trips.

I knew I was hooked on running when...
I started to race on every weekend.

Favorite place(s) to run:
along the river on the American River Parkway

Current weekly mileage: 25-30

Best performance ever:
10K 43:30 (20 years ago)

Currently training for:
Senior Games, March 2000

Favorite race(s): July 4th River Park Race
Run for the Hungry
Eppies Great Race

One of my earliest misconceptions about running was...
that I would increase my running speed in a short period of time

Race I haven't done that I'd really like to do:
Any race in Venice or Florence, Italy

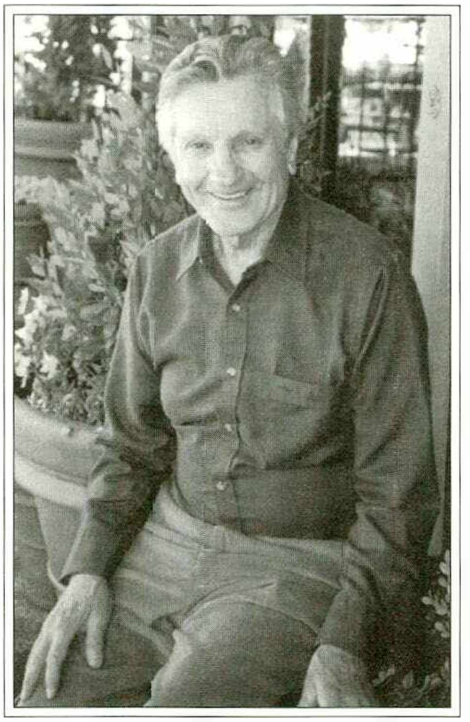


photo by Inside East Sacramento

Training philosophy/schedule:
Include stretching and strength training plus running for total fitness

Training diet (if you have one):
I don't maintain a training diet. I do eat nutritious foods in moderate amounts.

One piece of advice I'd give to other runners...
Don't wear out your knees in your forties and fifties—save some of their use for your sixties, seventies and eighties.

When nobody's looking, I'd like to...
run sprints on the new CSUS track.

One of my hidden talents is:
very strong resistance to running marathons and ultras

Favorite vacation destination I've already been to:
Italy and Great Britain

Favorite vacation destination I haven't yet been to:
six month circumnavigation of the world on a sailing ship

Hobbies, collections, other interests:
protection of the American River Parkway; sailing on replicas of historical sailing ships

Favorite things (restaurant, movie, book, game, et al):
Restaurants (Muffins, etc., Ettorie's, Biba's),
Reading: histories
Music: classical, opera and ethnic

The most impulsive thing I've ever done is...
buy car repair tools

The one thing that other Buffalo Chips would love to know about me is...
I am not computer literate.

Name: Kelly Sossich

Age: 30

Native of: Long Island, NY

Occupation: Financial Officer of Townsend Raimundo Besler & Usher, a political consulting/public relations firm

Years running: five

A Buffalo Chip for: one year (almost)

Started running because:
I started running because five years ago I decided to get a puppy, a part-Husky puppy. It takes a lot to tire out a Husky. I would take her for walks which eventually turned into runs. AS she got bigger we would run longer distances. I've taken her up to ten miles but she could probably go even further than that. It's tough to hold a leash for ten miles.

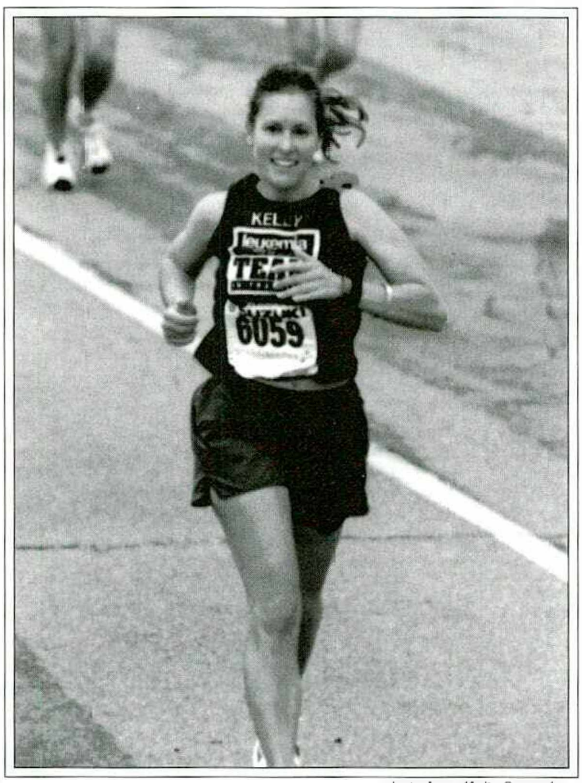


photo from Kelly Sossich

I knew I was hooked on running when:
I ran my first 5K race in 1998, Race for the Cure. It was so exciting and opened my eyes to a new dimension of what running was about. These races aren't just limited to the elite; there is room for average runners like myself. The Tuesday night workouts with the Chips further enlightened me to the realization that I could actually train to run faster. That was a new concept to me. It allowed me to set new running goals for myself. Now that I'm equipped this knowledge running is something I will be doing forever!

Favorite places to run:
Most of my running has been along the American River Parkway out by the fish hatchery. I can honestly say I never get bored of the view. The scenery changes with the seasons so each run feels like a fresh start. I'm a member of Leukemia Society's TNT and the coaches have introduced me to some beautiful trails in El Dorado Hills and Auburn. I love running on trails—prefer it over the road!

Best performance ever:
Well, I only have a handful of races under my belt. I was real proud to finish 25:30 in the 1999 Race for the Cure, four minutes faster than 1998. I was also real excited to finish the 1999 Rock 'N' Roll marathon in 4:16:07, a half-hour improvement from my marathon debut at the 1998 C.I.M.

The most impulsive thing I've ever done:
In September 1992, I came to Sacramento for a one-week vacation and have been here ever since! I came to visit my Aunt and Uncle. The first place my Uncle took me was Tahoe. I've been up and down the East Coast but the landscape of California just amazes me. There is so much diversity. So I was sold on California from day one!

Other interests:
Since I have chosen to stay here I figure I should take advantage of all California has to offer. My fiance has introduced me to a few pastimes that I like to use as "cross-training" to running. Our summertime is spent wakeboarding. I plan to take fellow Chip, Dave Creek up on his offer and next summer spend some time on his private lake in Meadow Vista. (Thanks Dave!). (*I suppose she'll want to bring her fiance... darn!*—editor) In the winter our time is spent on the slopes snowboarding.

The NYC Marathon: Not Just a Stroll In the Park

7 November 1999

by Liz Zelandais

This past February I was considering goals and adventures for this final year of the 20th Century, and the idea of running the New York City Marathon came to mind. When I found the web site on the Internet, it indicated that for a mere $7, I too could get an application—with absolutely no guarantee of acceptance to the November 7th race. Nevertheless, when the application arrived in the mail a few weeks later, just holding that piece of paper so full of promise gave me goose bumps.

The chances of getting in were not great. Only 30,000 applications are accepted (10,000 of those from non-U.S. countries), and hundreds of thousands apply. It's hard to believe that so many people would clamor for the privilege of going to this place where you spend huge amounts of money for bare survival, but the NYC Marathon is to many runners what a trip to the moon is for every little kid who ever dreamed of being an astronaut. Acceptance into the race was based on getting that application (and the prerequisite $50 check or charge) into their post office box before NYC Marathoner Wannabe #30,001. Let's cut to the chase and just say that I made it in spite of stringent rules that it couldn't be mailed before April 26, it could only be sent by regular mail (no express), and we happen to live on the opposite side of the continent.

In March I started my marathon training schedule, and three weeks before the marathon, I did my final long run. What was supposed to be my tapering phase became a vegetation phase—I got my stupid, recurring, pre-race bronchitis, and tapering was replaced by doing nothing except snorting and hacking. Between that and some prior weeks during which long hours of work had derailed my training schedule, I worried about if I could do the race. Before I left for New York, I was asking even atheists to pray for me.

Once I got to New York, I discovered some new pre-marathon training tips:

1. Do not become so absorbed in having fun in The City That Never Sleeps that you don't either.
2. Do not spend three days walking a marathon-equivalent all over Manhattan.
3. If you insist on doing #2, do not do it in cowboy boots.
4. If #2 and #3 both come to pass, avoid getting blisters.

I did them all. That finish line was looking more distant by the minute.

The race began on Staten Island, and the pre-race had a carnival-like atmosphere, covering probably 8-10 city blocks. Streets were lined with porta-potties (with lines 20 deep); tents were set up offering bagels, yogurt, and coffee; and runners were milling everywhere. After what seemed like hours (perhaps because it was—they herded us there before 8:00 for a 10:50 start), the gun fired, and the 30th NYC Marathon commenced. Ten minutes later I finally crossed the starting line, and this moment I'd worked towards for the greater part of the year had arrived.

The day was sunny, with a predicted high of 55 degrees. I follow the rule of thumb to dress for running as though the temperature is 20 degrees warmer than the thermometer indicates. Thus I was attired in running shorts and a sleeveless singlet. November 7 was, of course, the day the wonders of modern meteorology broke down, and the temperature was ultimately 46 degrees with a 20-something wind chill factor. I kept consoling myself with the fact that at least the sun was shining, a definite plus after the one other marathon I had done—the 1997 CIM in a cold, December downpour.

A brief geography lesson: New York City is comprised of five boroughs—Staten Island, Brooklyn, Queens, The Bronx, and Manhattan. The race goes through a piece of each borough in that order. Every person who has ever run a NYC Marathon comments on the crowds lining the streets and how wonderful they are. Ginger Bryan, who ran the NYC marathon a few years ago, spoke of spending a week in the Big Apple prior to the race, and hating the abruptness of these rude New Yorkers. Then she did the race and could not believe the outpouring of love and support from the same crowds who had elbowed her in the subways the week before.

I've always had a good experience with New Yorkers, but the race crowds are indeed like no other. They scream, they clap, they high-five you if you so desire—I so desired and stayed on the edge where I could slap hands and absorb this goodness. In addition to the official race aid stations of water and Gatorade, independent neighborhood coalitions handed out bananas, Kleenex, Band-Aids, and good wishes. I found that by screaming "Brooklyn rules!" (not in The Bronx, of course), "You're awesome!", and "Go Yankees/Mets!" (used appropriately to the team logo displayed), this lovefest was a reciprocal affair.

You can tell a lot about the hierarchy of runners by the goals they set. Those lean, mean running machines that you see on ESPN—those bodies that have a slight resemblance to concentration camp victims rocketing across finish lines—their goals are very different from mine. They envision setting world records, winning the Mercedes, and making bucks from endorsements. Even many Chips set goals for achieving new PRs and placing in the top of their age groups. I set the bar about as low as it can go, with only two goals for any race: 1) Finish and 2) Don't throw up. Thus far I have been successful in accomplishing those lofty aspirations for every event (when referring to myself, it's hard to keep saying "race" with a straight face) in which I've participated. That has included one other marathon, a couple of 30Ks, a half marathon, several 10Ks, and a few triathlons and duathlons.

Truth be told, I'm slower than my grandmother—who is deceased. But I get there. This day was no exception. I was at the 10-mile mark when the winner crossed the finish line at 2:09. For me, after five hours and thirty-six minutes of running, walking, chatting, whining, high-fiving, and just taking in the whole experience that is New York—it was over. And I felt great! Well, okay, my left hamstring hurt, I was tired and cold, and I wanted to go soak in a tub instead of heading to the airport to catch my plane. But elation overcame all, and I repeat, I felt great!

I came, I saw, I ran. I finished my goal for this final year of the 1900's. I hear that the True New Millennium doesn't start until 2001. Hmmmm.... what to plan for next year....

Persistence

by Kitt Flynn

Running has been a joy for me since my earliest memory of performing the motion it takes to do it. Although I showed an exceptional talent for running at a young age, I was distracted away from running during my school years and frustrated myself by not developing this talent. In my late twenties when I lived in Humboldt County, I ran some of the great races of that area, but below the quality I knew I was capable of. Later, at the cusp of forty and living in Grass Valley, I was determined to maximize my ability. With my love for running rekindled, I applied consistent, intelligent training and the confident belief that I could compete at a higher level. As a result, I've had success racing closer to my expected potential.

It was a particular thrill returning to race at some of the Humboldt events. One of my favorites was Trinidad to Clam Beach. The 8.5 mile course rolls over a meandering back road, passes through

continued on next page

continued from previous page

the countryside dotted with quaint homes, winds through Trinidad, then drops steeply down to the beach and through, not over, Little River. The final 2.5 miles are on hard packed sand at the water's edge.

I had run an 8.25 mile version of the course years earlier in just over 51 minutes. Now at age 41, my recent race times predicted how I might do against the clock and the masters field. Usually during warm up I check out my competition and plan accordingly. That day, unable to recognize the contenders, I decided I would run my best and take what comes.

I settled in with a runner (later known to me as John) and ran with him most of the race. Just before Little River I opened a gap between us. At the river crossing, runners have two options: toss their shoes in a pile to be picked up later and continue on barefoot, or slosh through. After a moment of indecision, I sloshed through with shoes on, but afterward the weight of the wet shoes convinced me to take them off. I noticed some walkers who had entered the event (walkers had started one hour earlier), and an agreeable couple said they would carry my shoes. As I thanked them and promised to return for them on my cool down, I watched John sail by and away.

The exhilaration of running barefoot helped me catch and pass John. Down this long stretch of beach I fixated on the blazing bonfire near the finish line. I finished in 48:46.

The race had started at 1:00 pm and the awards ceremony, held in Trinidad, would be at 7:00 pm. Though far from home I stayed for the ceremony to find out if I had placed.

Shortly after arriving at Trinidad Town Hall, I saw John walk in with a friend. We acknowledged each other and waited for the room to fill. Now I recognized many of the top runners from my Humboldt days. When third place 40-49 age group was announced, I was pleased to see my close competitor, John, receiving the award. When my name was called for second, I put on my best runner-up beauty contestant act, while wondering who won. First place for 40-49, overall winner, and setting a course record, was John's friend, Ric Sayre, a nationally ranked elite runner.

The rival interplay was a bonus to an already exceptional race experience. Also, Ric Sayre fared well that year on the national circuit. Throughout the year I enjoyed following his accomplishments. Witnessing his ability at the Trinidad to Clam Beach race reminded me to appreciate my own ability, and inspires me as I continue to test my limits.

Sea 2 Summit

Vancouver, B.C. 11 & 12 September 1999

by Dale Phillips

Let me tell you about my journey through the British Columbia Canadian Mountains on the Sea 2 Summit adventure race. It all started at 8:10 am September 11, 1999 in the little town of Deep Cove, BC. I was sitting in my single person sea kayak thinking of the 100 miles ahead and wondering what I had gotten myself into.

The first leg of this grueling race was a 19-kilometer kayak up Indian Arm Sound, inland from the Pacific. The rising sun was sparkling on the calm water as the horn blasted for us to begin. This leg of the race went well—not too many kayak jams or floundering people in the cold water. After 2-1/2 hours I reached the end of the water journey, thinking that the race was not going to be too hard.



Dale Phillips - Sea 2 Summit

Photo by Rae Price

Next my legs had to get ready for 50 kilometers of mountain bike riding up steep logging roads and treacherous single track trails over jagged rocks and road-blocking logs. There was even a small Tyrolean traverse thrown in to challenge the weak of heart. I've always heard that what goes up must come down, but not in this race. I was expecting four to five hours on the bike, but it turned into seven hours of up, up, up with very little down intermixed.

The cut off time for the bike ride was 5 pm. If I didn't make that time, I could not continue. I had thought it would be "no sweat," but by 4:30 I still had not arrived in the little Canadian town of Squamish. I panted into the checkpoint with only 15 minutes to spare. Ten minutes later, I left camp headed for a scramble that included hauling my tired body over slimy boulders, navigating in complete darkness, trekking through the dense creekside foliage, crawling, swimming and stumbling for 15 kilometers up a steep river canyon. And the race directors even required that I pick up trash on the way or receive a 30-minute penalty. At 9:00 pm, I finally stumbled into the last checkpoint of the day. I had no trash, my flash light batteries were dead, and I was a mass of scrapes and bruises. After 13 hours of torment, I was done; there was no way I was going to go through this all again tomorrow. I was going to quit.

As morning dawned, I was a little more rested, but I was still withdrawing from the competition. I left camp at 6:00 am and went to tell the race director that I was hanging up my shoes. He was a very persuasive man and convinced me to continue. He reminded me I had the option of stopping anytime throughout the day. So I found myself lined up at the start with 300+ other weary adventurers. At 7:00 am, we began another 50+ kilometers of mountain biking, once again facing boulders, stumps, roots, and huge amounts of mud.

In the middle of the second day's ride we spent an hour's navigating over an orienteering course. In one hour, we were to find as many of the ten impossibly tiny check points as we could. Any that we missed would add penalties to our finish time. So, I added 2-1/2 hours to my time in less than one hour.

At 2:00 pm I arrived at the base of Whistler, BC. I had only to climb up the 3000-foot ski slope and, of course, back down to finish the race. The awards ceremony was scheduled for 4:00 pm so I had to push hard to finish by then. The last 15 kilometers were literally in a freezing creek climbing over trees, through the ooze and muck to the top of the gondola lift. At times it was so steep I had the feet of other competitors in my face. I would wait for them to lift their feet so I could use the same footfall.

After 2-1/2 hours of climbing and descending I finished the 1999 Sea 2 Summit race from Vancouver to Whistler. I had climbed over 3000 feet, not counting the times I went down and then back up again. Just finishing this adventure was a great triumph for me. And I was the first master's woman to ever finish. In fact, I was the only master's woman to finish. As a reward, I received a free entry into next years race. Oh, boy, here I go again. Anyone interested in competing? There are two-person, four-person, and solo divisions, so let me know.

The Calistoga to Santa Cruz Relay

25 & 26 September 1999

by Liz Zelandais

On September 25-26—Saturday morning through Sunday afternoon—twelve Chips in two vans spent 29 hours (in close company) running The Relay, a 199-mile jaunt down the coast. The team was sponsored by Hubbert Systems Consulting—thus our team name, Hubbert's Hobblin' Heartbreakers. Two hundred teams participated, coming from as far away as Victoria, BC. Most had 12 people, but a few *completely* deranged folks did it with only three or four team members.

The Relay was broken into 36 legs from Calistoga in the wine country to the beach at Santa Cruz, with legs ranging in length from 3 miles to 8.9 miles. Each runner did three legs of the 36. For instance, a team's Runner #1, did legs 1, 13 and 25. Runner #2 did 2, 14, and 26, etc., with the 12-member teams leap-frogging in two vans to the change-off points.

It was a fun and amazing adventure. Imagine running over the crest of a hill to the panoramic view of a flaming sunset over miles of farmland, running under the full moon through the hills of Marin County, or pitching a sleeping bag on a gym floor (with snoring issuing forth from 100 other sleeping bags) for two hours' sleep. That lack of sleep made some hyper and some less than cheery—but overall it was a wonderful, supportive, exciting event that most of the participants are ready to do again next year.

The Relay is the flagship event for Organs 'R' Us, staged to raise awareness for organ donation. If you're interested in participating next year (in The Relay, not necessarily in immediate organ donation) or simply can't contain your curiosity—you can find more about the workings of The Relay at www.therelay.com.



photo from Liz Zelandais

In the picture: Dan Cox, Julie Dittman, Joe Domagalski, Don Fenerik, Deanne Hansen, Tom Kuzmich, Mike McKee, Susan Scott, Monty Schacht, Jane: Steele, Shalako Wengronowitz, Liz Zelandais

Joyce Carver Wins Medals in International Competition

Huntsman World Senior Games press release

Joyce Carver picked up two medals at the Huntsman World Senior Games held in St. George, Utah October 11-22, 1999. She won a silver in the 10K and a bronze in the half marathon. Congratulations, Joyce!

The Games, which promote fitness, friendship, fun and healthy competition for seniors, is sponsored primarily by the Jon & Karen Huntsman Foundation. The Games began in 1987 with about 500 participants and have grown each year since.

This is the 13th running of these games and included more than 4,500 male and female athletes 50 and over. Participants from each of the United States and 38 other countries have participated in these games.



photo by Huntsman World Senior Games

The sports involved are tennis, golf, social golf, swimming, basketball 3-on-3, basketball 5-on-5, basketball free throw and three point shooting, softball, cycling, mountain biking, track and field events, racquetball, road races, horseshoes, bowling, bridge, half marathon, table tennis, volleyball, triathlon and square dancing.

These Games also feature health screening education and social events for the participants.

In 2000, the Huntsman World Senior Games will be held October 9 through 20 in St. George, Utah. For more information, call (800) 562-1268 or contact us at http://www.infowest.com/hwsg

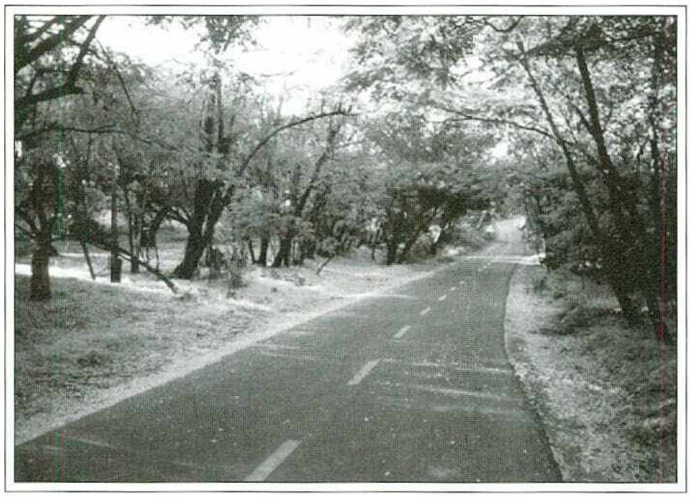
sacRunMento

Bison Baffler #8

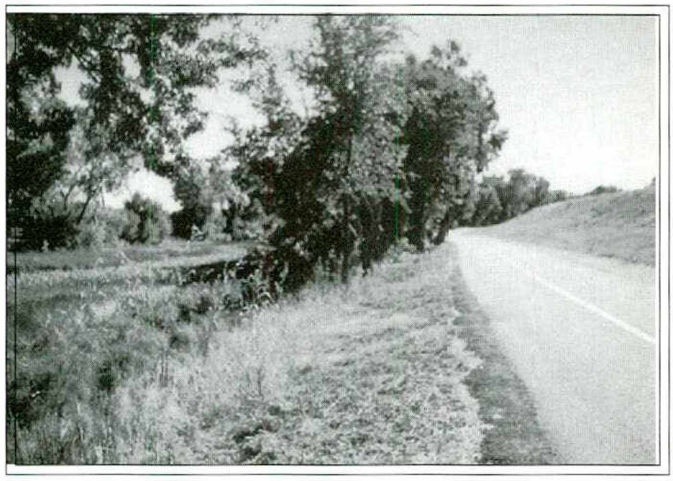
by Laura Kulsik

That long and winding road...How well do you know the American River Parkway? Can you identify the closest mile marker - or .5 mark - for each of the three spots pictured?

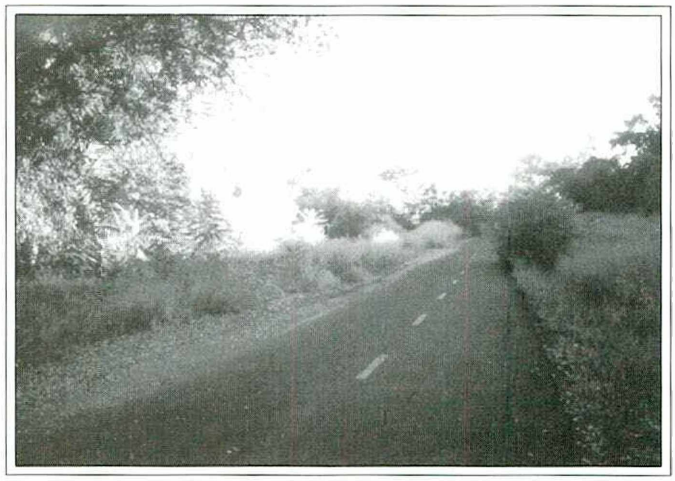
Answers at bottom.



1.



2.



3.

Photos by Myla Marks

Answers:
1 mile 29 ½ - below Folsom Dam
2 mile 3.7 - parallel to the Lime Ln Connection
3 mile 3 - below the Rainbow Bridge near Nature Bar

New Millennium Nutrition Plan

by Mary Coordt, M.S. Nutrition

Did you start the millennium with monumental New Year resolutions? Keeping in mind that during the Holidays the typical American gains 2-5 pounds, many of us made a promise to start the new decade with weight-loss resolutions. Did you promise to lose 5lbs. by eliminating fat in your diet? Or perhaps you chose to lose weight by giving up all desserts or alcohol. Nothing is wrong with these resolutions, but can it become a lifelong change? Adapting new habits is difficult enough without making strict rules of all the foods you ***can't ever*** eat. So I offer a New Millennium Nutrition Plan that emphasizes food you ***can*** and should eat to make the next decades healthier ones. Wherher your goal is to lose weight or prevent diseases, by incorporating these foods into your diet you will enjoy a healthier and longer life.

Get Hooked on Fish

Fish is practically the only source of omega-3 fats, a type of polyunsaturated fat that we cannot live without in our diet. These essential fats play a critical role in cell membranes, blood clot formation and the immune system. Although we only require a miniscule amount, consuming ***more*** fish can work wonders on your heart. Research clearly shows that eating fish a least once a week can protect you from heart disease by lowering blood cholesterol and triglyceride levels. Can it help you with your weight loss goal? Yes! New evidence is surfacing that substituting omega-3's for other dietary fats may help block your body from storing fat by signaling the utilization of fat for energy. Moreover, as a runner, fish provides you with the needed protein, zinc, iron and B12 that help muscles recover from a hard workout. The best sources of omega-3s are salmon,mackeral, Carp, Anchovies, Herring,Sturgeon. More Fish Tips:

- Only buy fish displayed on ice and it should ***not*** have a "fishy" odor.
- Cook fish until it flakes apart easily with a fork (10-13 minutes per inch thickness at 425 degrees)
- Thicker fish steaks grill very well while thinner filets can be wrapped in tinfoil with sliced vegetables,olive oil& fresh herbs then baked.

Think Whole and Brown fiber

Most runners have gotten the message to consume a diet high in carbohydrates (carbs) for oprimal running performance. But are you choosing the best types of carbs? Eating too many carbs from highly refined foods low in fiber and loaded with sugar—fat free cookies,muffins, crackers—can increase blood triglyceride levels and spell heart trouble. The link berween high fiber foods—fruits,vegetables and whole grains—and reduced coronary risk is powerful. Consuming 20-35 grams of fiber a day has shown to reduce blood cholesterol, blood pressure ***and*** body weight. Also, there is increasing evidence that it may reduce the risk of gallstones and ulcers as well as fend off colon cancer. At the very least, fiber helps prevent constipation (we all know Mom was right about how "roughage" keeps your insides moving). But for all these benefits, the evidence is for high-fiber foods! Not guzzling Metamucil! Eating at least five servings per day of fruits, vegetables, or beans and at least six servings of whole grains, generally ensures an ample intake of fiber. Here's how to boost fiber intake:

- Substitute ***whole*** unpeeled fruits for fruit juices Yes, peel oranges, but don't remove too much of the albedo layer(white fuzzy stuff), it contains the fiber and flavonoids—a phytochemical that is good for your heart.
- Select ***whole*** versions of grain products.Choose ***brown*** rice over white and breads made from "100% whole wheat", most breads called "wheat" or "multigrain" are made primarily from refined flour with a touch of molasses to give bread that brown "natural" look.
- Add beans, barley and vegetables to soups& stews.

Enrich Meals with Savory Soy

It is time to stop avoiding it and ***try*** it. Soybeans, also known as the "wonder bean," are not only a great source of fiber and protein but pack incredible health benefits.Over the last 30 years research has built a strong case that diets containing soy foods, especially those rich in isoflavones, can lower cholesterol levels and heart disease risk. Regularly consuming soy has also been linked to lower breast,prostate ***and*** colon cancer rates. Recently, the soy's isoflavones were found to increase bone mineral density in post-menopausal women. I know, many of you fear the idea of sticking your fork into a squishy white block of to fu, no matter how many diseases it may prevent. ***But wait!*** This is a very versatile "wonder bean"! There are many ways to incorporate the 25 grams/day of soy protein needed for the health benefits. It is easy when you know the wide array of soy foods available. Some soy products to shop for:

- Westernized soy products include breakfast sausages, soydogs, soyburgers.
- Isolated Soy Protein (ISP) sold in canisters by GeniSoy, works well as ingredient in casseroles, soups, muffins and morning fruit smoothies.
- Add fresh green soybeans to salads, pasta and rice dishes.
- Try soymilk in your cereal.
- Whole roasted soynuts are a great snack or add to cereals & yogurts.
- For the more daring palates use traditional soy foods :tofu, miso, natto, tempeh
- Soy sauce? Sorry, it is extremely low in heart healthy isoflavones and high in sodium.
- For more on soy foods visit www.soyfoods.com

LONG RUNS

by Kim Stevenson

As one of the new kids on the Chip block, I am really enjoying "Coach George"'s input. His mention of New Zealanders long runs for marathon training stirred up memories and nightmares!

Aucklanders had various runs that could be anything from 22 to 30 miles. Either on the roads or on bush tracks. Some of these courses were not necessarily measured, especially the bush tracks. Time on one's feet became the issue here, the nature of the terrain took care of the conditioning factor.

I have vivid memories of running on Kevin Ryan's 22-mile course, which consisted of many short, sharp hills—and I mean many! Kevin ran that course at a 2:30 to 2:40 pace. The rest of us mortals found that after tackling that course a marathon PR was inevitable. Bill Baillie had a similar course in a different area (24 miles) but the effect was the same.

The "Master" of New Zealand marathoning, Jack Foster, ran his long runs on steep farm land. In fact, I am looking at that land as I write this. The general terrain is very undulating. The hills could be anything from 100 to 800 metres. Jack would run for three hours on this countryside. Very few athletes could keep up with him on those runs and certainly not on a consistent basis. What the effort and equivalent distance was is still being argued. But on the strength of those runs, he ran 2:11 at age 41 and 2:20 at age 50. Although he rarely runs that now, he still rides a bike for similar time periods. Age 65! Sadly, many of the current crop of New Zealand runners are not prepared to do that sort of work to reach the pinnacles.

Keep putting in your two cents worth, George!

Flex It or Lose It

by Ted Moore, P.T.

So you've touched your toes a couple of times, run in place with "high-knee" lifts a bit, stretched each achille's a time or two, and you're ready to go…right? Or, you've just finished your workout and you're cooling down by walking a lap around the track (or your car). You pound down some electrolyte and refuel with a Power Bar. Another training session in the bank…is that all there is? I don't think so! Proper stretching of the muscles in preparation for and after running is an important part of your running program—especially if you wish to maintain optimal speed and prevent injury.

My interest in writing this article is to make you aware of the basics of anatomy, physiology, and purposes of **Flexibility Training** (FT). FT is as important a component of your fitness and performance program as strength, speed, or endurance training. When you were young, you spoke like a child, walked like a child, ran like a child: you were flexible—the most flexible of your entire life. You were also fairly invincible. Barring trauma, your muscles & tendons were essentially invulnerable.

Now, take a look at some senior citizens at your local shopping mall. Watch them move. What do they have in common? Their movements tend to be slow and restricted. Part of this is due to nerve/tissue aging, but a good deal of it is due to a loss of flexibility. This could be you and me someday (some of us sooner than others!). I can guarantee you will join the ranks of the "stiff" if you don't pay attention to flexibility exercises. And, you will speed up the process of losing flexibility by running without paying attention to stretching. If you're as addicted to running as I am, you'll take measures to counter the tightening effects of putting one foot in front of the other, over and over and over…

Just like "love and marriage" or "horse and buggy," running and tightness go together. Generally, we are at our flexible-best at birth. That degree of flexibility is determined primarily by genetics, with some of us a bit more flexible than others. As we proceed thru life, we use our muscles chronically in shortened ranges of motion, and we suffer a progressive loss of flexibility.

What areas typically get tight? Those that typically do the most work. Those areas are: gastroc-soleus (calf), quads, hamstrings, hip flexors (front of hip), adductors (groin), and the IT band (outside of thigh).

An interesting concept: muscles want to be tight. They love to seek a shortened position if left to their own means. The body must actively provide energy to the muscle fiber to prevent unwanted contraction. An example of a lack of this energy is rigor mortis: the muscle "stiffening" of a dead body. The circulation stops, the electrolytes necessary for proper relaxation are no longer provided, and all of the body's muscles contract.

Let's get back to the living: so what happens to us after miles and miles of running? Exercise physiologists generally agree gradual loss of flexibility is due to connective tissue shortening. The connective tissue is the "stuff" that holds our muscles together. These "sacs" help to shape our muscles. The "red meat" or muscle fibers are naturally very elastic, designed to shorten and lengthen fairly dramatically. The connective tissue sac (also sometimes called a sheath) is not quite so elastic. Like most exercise-related parts of the body, a certain amount of near-to-the-limit physical stress helps to maintain optimum function. Lack of activity or inappropriate activity can be detrimental. Running is such an activity. Why? Because it is an activity which occurs typically well below the limits of stretch of the muscles and connective tissues. So, we run along contracting and relaxing our muscles for mile after mile after mile…you do this long enough and the connective tissue sheath begins to accomodate to the shortened activity range of the muscle—eventually not allowing the normally flexible muscle to reach its potential for stretch. Eventually, the muscle shortens permanently as well. Kind of like the feeling you get at miles 22-26 of a marathon…only it's permanent.

So, what's the answer? Put some FT into your training schedule!! I recommend stretching gently before, at a point during, and after running. Stretch at other times as well: at work, home, after a hot bath or shower or hot tub soak…do it often! If Dave allows, I would like to follow up in the next issue with some ideas/concepts about stretching that may work for you.

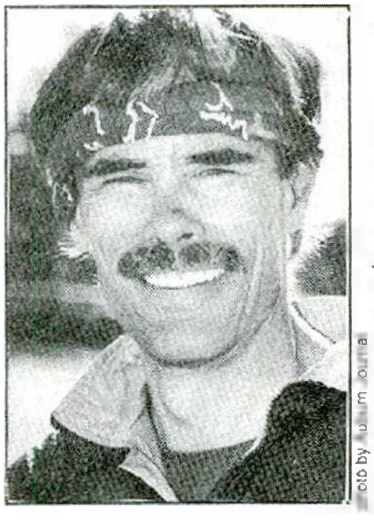


Photo by Tom Loura

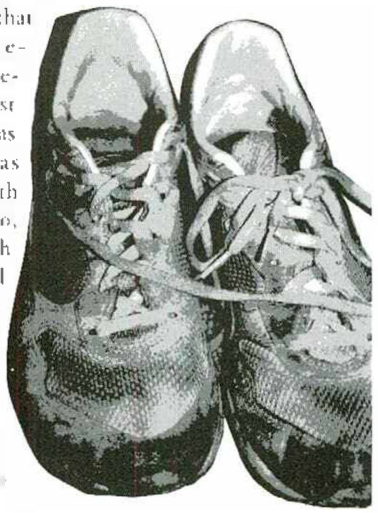
Ted is a registered physical therapist in Auburn, Ca, and has been in practice for 26 years. He is a 3-time qualifier/finisher of the Boston Marathon, and a 2-time finisher of the Western States 100 Mile Endurance Run. Specific comments or questions regarding the content of this article can be directed to Ted's email address: terms@psyber.com

Shoe Repair Man

by George Parrott

I used to, in the dim past, use Shoe Goo to rebuild the worn sections of my shoe soles. One *should* do something about the inevitable wear on the outside heel segment as this changes the angle of your immediate response to foot plant—increasing the range of motion on the ankle—as the shoe then wears away more and more on the "first contact area."

However, for several years now I have been using a hot-glue gun , and this seems to work better than Shoe Goo. The hot-glue gun, purchased at a do-it-yourself type store along with a large supply of extra glue sticks, allows one to set the rebuilt sole area *faster* and certainly *cheaper* than Shoe Goo. It is *also* then usable for *real* glue work around the house.



I find that hot-glue-gun rebuilds last *at least* as long as those with Shoe Goo, though this still means that every 30-50 miles I will be re-checking the treatments.

Hot-glue-gun rebuilds are not a panacea that you will allow you to use a "loved shoe" for ever. The midsoles in most designs, even Nike Air, will gradually lose their cushioning effects. I would *not* maintain *any* shoe as a trainer for more than six to eight months. Even if you are rotating several pairs of shoes (*a good idea*) and even with just intermittant use, e.g. once every week, don't use any shoe for more than a year. I am of the firm conviction that shoes will lose some of the protection quality even in storage, since the midsole material degrades to some extent through exposure to air and UV.

I believe in rotating several pairs of trainers from different companies because this forces the foot to adapt to slightly different stretching and range of motion process. I am further of the strong conviction that many cases of the dreaded plantar fasciitis occur when a runner is forced to make a "shoe change" and the new design then forces the foot to adapt and stretch and those tendons have become "rigid" through the "fanatic allegiance" to a single shoe design/model.

RACE RESULTS

by Eric Ianacone

As always, we apologize if we missed listing any dues-paid Chips in our race results. With hundreds of Chips, many members are bound to be missed. .and unhappy because they didn't see their name here. If your name has been missed, this may be an indication that you misspelled your name on the race application or that it is your turn to contribute to the race results so it won't happen the next time you pr, pw, or set a course record. Many thanks to Eric Ianacone for these results.

Ironman Canada
29 August 1999

	Larry Smith	12:33:00

Run On The Sly 30K
5 September 1999

Overall Winners

Men - Brad Lael		2:10:16
Women - Lori Stitch		2:18:29

Chips/Chippettes

1	Brad Lael	2:10:16
5	Rae Clark	2:19:36
6	Herb Tanzer	2:34:06
13	ThomasWindsperger	2:51:09
14	Laura Kulsik	2:51:17
42	Lee Rhodes	3:12:22
53	Greg Soderlund	3:16:36
57	Steven Polansky	3:20:51
58	Denis Zilaff	3:21:14
62	Bill Rochi	3:23:29
66	Don Fencik	3:26:50
70	Karen Pierce	3:28:41
71	Ginger Bryan	3:28:42
72	Jennifer Dunn	3:28:42
77	Janet Steele	3:31:00
83	Krista Breuer	3:35:10
84	Maryann Flemmer	3:35:11
86	Frank Mantong	3:36:02
90	Ken Crouse	3:37:22
91	Marlene McCluskey	3:37:50
96	Joe Pope	3:39:40
102	Leigh Rutledge	3:47:59
106	Peggy Ewing	3:55:12
114	Tom Bryan	4:25:36
118	Cheri Alvarez	4:36:38
121	Linda Prizmich	4:38:29
123	Po Adams	4:55:38
124	Pam Delapp	5:03:23
125	Candy Downen	5:10:19
126	Phyllis Berkley	5:17:22

GVH Fleet Feet Labor Day 10K
6 September 1999

Overall Winners

Men - Pete Vicencio		34:25
Women - Linda Casillas		40:41

Chips

4	Jamie Olson	35:58
14	Eric Nichol	39:08
27	Ken Johnson	42:39
30	Dan Cox	43:01
31	Jeremy Burlingame	43:06
42	Robert Giblin	44:31
43	Paul Mitchell	44:43
52	Kim Isham	45:59
84	Lyle Labeaud	52:21
91	Manuel Loverde	55:44

Chippettes

5	Jennifer Fearing	43:08
32	Debbi Book	56:40
37	Barbara Rinker	59:08
47	Claudia Isham	1:10:08

GVH Fleet Feet Labor Day 5K
6 September 1999

Overall Winners

Men - Konrad Knutson		15:02
Women - Diana Harlick		17:59

Chips

2	Jeff Hildebrandt	15:44
9	Tim Shannon	17:33
17	Bob Rowden	18:32
47	Dennis Scott	20:31
84	Jonathan Labeaud	25:05
86	Rod Basinger	25:13
104	Robert Rinker	27:38

Chippettes

4	Cary Craig	21:23
5	Natasha Labeaud	21:29
9	Ashley Barry	23:02
62	Kathleen Seabourne	29:01
92	Terri Basinger	34:22

Run for Humanity-10K
6 September 1999

Overall Winners

Men - Matt Sartor		33:51
Women - Julie Taggart		41:00

Chips

11	Arnold Utterback	40:06
14	Ernest Takahashi	40:55
18	Steve Daniels	42:09
21	Greg Rousseve	44:05
32	Gerald Jones	49:06

Chippettes

15	Maggie Ward	53:25
16	Mattie Jones	53:30
23	Jennifer Rousseve	60:17
26	Keri Palko	60:36
27	Sheryl Maurer	60:42
39	Laurie Lorentzen	68:28

Run for Humanity-5K
6 September 1999

Overall Winners

Men - Frank Thomas		16:22
Women - Rebecca Cilent		22:03

Chips

7	Bob Sharman	18:47
15	Danny Potter	21:02
31	Roger Fong	23:54
55	Ron Dona	31:42

Chippettes

4	Katya Davidson	24:36
34	Cynthia Abbott	30:14
40	Florence Fong	31:32
45	Cynthia Nedich	32:57
65	Lisa Morana	38:37
73	Jenny Takahashi	43:03
86	Doreen Evans	47:59

Golden Gate Presidio 12K
12 September 1999

Overall Winners

Men - Mike Williams		42:39
Women - Despas		45:19

Chips

29	David Larson	50:35
218	Gerald Jones	1:03:28

Chippettes

100	Mattie Jones	1:05:48

Pacific Crest Trail Almost Impossible 50K
18 September 1999

Overall Winners

Men - Jed Tukman		5:03:27
Women - Katie Gengler		5:31:24

Chip

8	ThomasWindsperger	6:41:57

Pacific Crest Trail Almost Impossible 25K
18 September 1999

Overall Winners

Men - Jordan Woods		2:18:00
Women - Diane Peterson		2:32:44

Chippette

17	Gail Gutte man	4:00:45

Portland Marathon
2 October 1999

Overall Winners

Men - Matt Messner		2:24:33
Women - Kyra Slade		2:48:23

Chips/Chippettes

161	Mary Coordt	3:04:34
610	Jennifer Fearing	3:27:29
1044	Chuck Honeycutt	3:40:26
1499	Susan Lee	3:50:29
1854	Margaret Ervin	3:57:36
2913	Majel Baker	4:21:52
3030	Susan Guenard	4:25:06
3843	Glenn Miller	4:49:57
4958	Christine Powell-Millar	5:44:34

Sacramento Marathon
3 October 1999

Overall Winners

Men - Brad Lael		2:44:50
Women - Rena Schumann		3:11:37

Chips

1	Brad Lael	2:44:50
6	Ernest Takahashi	3:12:23
20	Dan Cox	3:37:35
25	Richard Hieronymus	3:44:28
46	Fred Kaiser	4:02:23
76	Manuel Loverde	4:41:34
95	James Rademaker	6:24:27

Chippettes

1	Rena Schumann	3:11:37
10	Linda McFadden	4:13:41
29	Amy Brasil	4:50:13
42	Barbara Elia	5:30:54
45	Hilda Youngblood	5:34:57

Sacramento Half Marathon
3 October 1999

Overall Winners

Men - Ken Brown		1:14:27
Women - Niamh Nicholas		1:16:42

Chips

9	Kevin Cimini	1:20:25
11	Al Michel	1:21:14
14	Alan Anzai	1:22:45
18	Dick Ratliff	1:25:22
19	Ned Fiori	1:25:41
23	Eric Nichol	1:26:19
28	Doug Riggle	1:28:46
41	Christopher Terrill	1:30:16
45	Barry Turner	1:30:59
47	Andrew Pollock	1:31:20
56	Howard Ferris	1:33:10
60	Joseph Pope	1:33:55
74	Mario Sanchez	1:36:28
78	Mike Kutzman	1:36:45
79	Ron Parrett	1:36:54
85	Scott Ramine	1:37:33
87	Jack Rozance	1:37:55
92	Paul Mitchell	1:38:19
100	Robert Giblin	1:38:43
119	Steve Galvan	1:41:16
120	Ken Johnson	1:41:30
124	Thomas Winter	1:42:17
126	Charles Curran	1:42:22
130	Michael McKee	1:43:02
136	Dan Jenkins	1:43:33
140	Jason Stone	1:43:49
156	Khasminder Singh	1:45:35
179	Jim Fischer	1:49:34
186	Steven Polansky	1:50:37
188	Don Fencik	1:50:58
191	Edward Reilly	1:51:22
214	Shalako Wengronowitz	1:54:07
224	Gerald Jones	1:55:57
232	Greg Nissen	1:56:55
237	Todd Woolf	1:57:32
247	Ron Adams	1:58:43
251	Steve Birkholz	1:59:06
252	Dick Cochran	1:59:11
263	Peter Zinsli	2:01:06
269	Jim Obermaier	2:02:32
273	Mel Golovich	2:03:26
277	Eric Poulsen	2:04:31
282	Burt Peterson	2:06:45
295	Erik Wheaty	2:09:44
314	George Billingsley	2:18:10

Chippettes

2	Jennifer Devine	1:21:45
7	Dee Dee Grafius	1:29:24
12	Amy Grafius	1:36:27
21	Erika Botha	1:39:42
22	Trudy Nygren	1:40:09
24	Laurie Widman	1:41:31
26	Pam Goodley	1:42:26
32	Angie Williams	1:44:23
34	Kristen Hanley	1:45:32
35	Sharon Savery	1:45:34
51	Susan Sanford	1:51:01

56	Tamara Brikovich	1:51:33
61	Judy Shipman	1:51:47
67	Esther Morris	1:52:23
70	Linda Donovan	1:53:21
84	Amy Dierlam	1:54:48
99	Virginia Hawes	1:56:51
100	Andrea Coronado	1:56:52
101	Marie Jones	1:57:01
105	Nanette Farley	1:57:29
146	Joyce Pryor	2:02:37
164	Kathy Omand	2:04:25
185	Jamie Caldwell	2:06:37
198	Bettie Powers	2:08:01
199	Peggy Ewing	2:08:08
322	Po Adams	2:44:15
323	Miranda From	2:44:22
331	Robyn Marquez	2:48:40
339	Mary Truitt	2:57:43

Folsom's Run with Nature 10K

9 October 1999

Overall Winners

Men - Jeff Morgan		34:24
Women - Tina Beal		40:11
Chips		
11	Hank Beal	39:32
24	Greg Rousseve	42:58

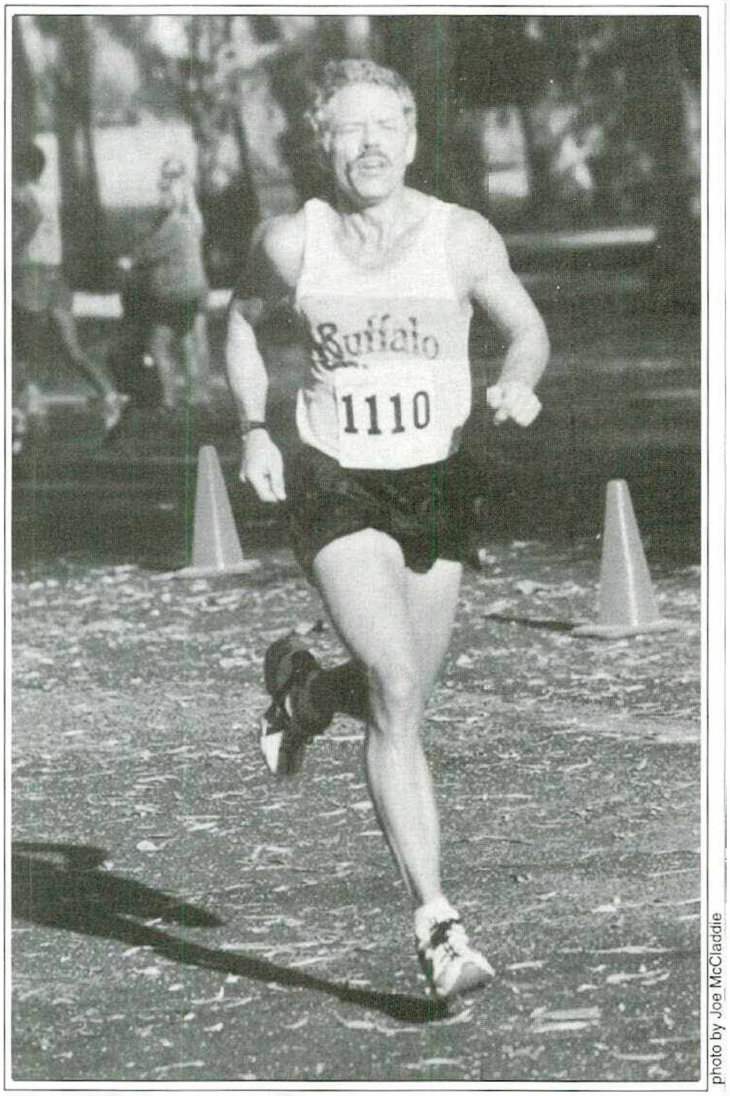


photo by Joe McCladdie

Dick Ratliff - Sacramento Half Marathon

201	Diane Hill	2:08:19
225	Gail Gutterman	2:12:22
230	Chiyo Shingu	2:12:31
232	Teresa Toups	2:13:02
235	Laurie Richardson	2:13:12
238	Ann Marie Hargrove	2:13:53
256	Jennifer Rousseve	2:18:47
263	Candace Megahan	2:21:12
265	Kathleen Seabourne	2:22:32
290	Debra Fleming	2:30:41
27	Mike Pipe	43:39
31	David Ragsdale	44:08
79	Lyle Labeaud	52:00
96	Denny Joyce	53:58
108	Ken Johnson	56:21
111	Robert Rinker	56:35
Chippettes		
1	Tina Beal	40:11
4	Suzanne Gregory	42:14
9	Laura Kulsik	45:21
11	Pam Goodley	45:36
17	Janice Levet	47:31
24	Myra Rhodes	49:45
62	Barbara Rinker	56:47

Folsom's Run with Nature 5K

9 October 1999

Overall Winner

Men - Brian Buscay		16:01
Women - Joan Lewis		18:58
Chips		
4	Rick Kushman	16:50
6	Greg Jewett	17:37
31	Abe Underwood	22:13
49	Greg Nissen	24:04
52	Jonathan Labeaud	24:15
67	Peter Zinsli	25:54
116	Robert Miller	30:49
Chippettes		
3	Natasha Labeaud	20:36
35	Deborah Hopwood	27:29
49	Cynthia Abbott	28:44
130	Joey Rivard	34:26
189	Jane Becker	45:57
190	Alison Berry	46:28

Humboldt Redwoods Marathon

17 October 1999

Overall Winners

Men - Billy Morris		2:40:13
Women - Christine Gramlich		3:14:44
Chips		
87	Denis Ziloff	3:51:15
144	Dick Forehand	4:19:45
187	Jerry Duncan	4:52:33
Chippette		
31	Janet Steele	3:56:52
39	Krista Breuer	3:58:56
61	Lisa Travis	4:12:18
144	Linda Middlesworth	5:44:36

Humboldt Redwoods Half Marathon

17 October 1999

Overall Winners

Men - Mike Dudley		1:06:02
Women - Katy Spink		1:19:50
Chips		
13	Jeff Hildebrandt	1:10:48
22	Dennis Rinde	1:13:15
24	Brian Davis	1:13:41
48	Greg Jewett	1:19:07
59	Douglas Thurston	1:21:47
69	Bruce Aldrich	1:24:04
80	Eric Nichol	1:25:49
84	Larry Smith	1:26:22
94	Bob Whitehead	1:27:18
139	Valentine Pisarski	1:34:11
175	King Wayman	1:40:33
178	David Ragsdale	1:40:57
182	Howard Price	1:42:01
203	Joe McCladdie	1:44:46
225	Monty Schacht	1:46:33
372	Chris Davis	2:06:45
374	George Parrott	2:07:16
405	Mike Grassinger	2:13:21
469	Robert Miller	2:44:41
Chippettes		
2	Christine Brighton	1:20:37
4	Mary Coordt	1:22:05
7	Jennifer Devine	1:24:22
16	Kathy Ward	1:27:37
19	Theresa Mccourt	1:28:14
23	Christine Iwahashi	1:29:32
24	Barbara Miller	1:29:49
36	Heather Newcomb	1:34:53
255	Candy Downen	2:05:09
266	Bettie Powers	2:05:56
270	Chiyo Shingu	2:06:31
335	Louise Simpson	2:14:01
365	Candace Megahan	2:18:20

Sierra Nevada Double Marathon

23 October 1999

Overall Winners

Men - Scott St. John		7:35:35
Women - Emma Davies		8:27:11
Chips/Chippettes		
2	Ned Fiori	8:22:29
13	Jerry Lile	9:15:10
14	Rena Schumann	9:18:44
23	Howard Ferris	9:39:44
30	Eric Ianacone	10:01:06
41	Stan Jensen	10:34:21
48	Kathy Welch	11:01:45
53	Bill Finkbeiner	11:06:45
54	Wayne Miles	11:06:46
60	Linda McFadden	11:14:01
61	Ron Behrmann	11:14:30
67	Marie Gonzales	11:26:53
78	Roger Dike	12:03:54
80	Renda Gail	12:09:43
82	Joe Holmberg	12:15:26
85	Barbara Elia	12:26:35
90	Judy Shipman	12:40:47

Early run by race officials

2 October 1999

	Greg Soderlund	12.50.00
	Marvin Johnson	12.50.00
Male Teams		
1	Eric Nichol	7:09:31
	Mike Gallardi	
4	Bill Hambrick	9:05:13
	Mike Hernandez	
Female Teams		
1	Jan Levet	9:33:47
	Nancy March	
3	Gail Gutterman	11:17:05
	Bobbi Little	
Mixed Teams		
3	Laura Kulsik	8.45:04
	Tom Winter	
128	Kathy Rood	5.19:32

Helen Klein Ultra Classic 50 Miles

13 November 1999

Overall Winners

Men - Mark Godale		5:35:12
Women - Deb Bollig		6:37:17
Chips/Chippettes		
4	Rae Clark	6.00:44

RACE RESULTS

Clarksburg Runner's Log

by Po Adams

Do you take the time to write not only your run for the day, but what happened of significance that day? I think that keeping an account of how you ran that day is important, not for a record but for the thoughts it brings back.

In November of 1982 I ran my first Clarksburg Run. It was the Pepsi 20 in those days. Log entry: "Nov. 22. A 20 Miler. I did it, but it was rough. 45 minutes at five miles, 93 at 10, don't remember 15. 3:14 at 19. Finished in 3:24:18. First 20 miler."

Today I ran the Clarksburg 30K, November 14, 1999. Now age 75.

Log entry: "Joe picked me up at 8:30. Joe is raking photos for the race and so will be there late, like when I come in. Weather was high fog, but turned out great. Saw so many Chips, so many good friends. Off a little late. But who cares. I am slow but I feel well. Five miles, 1:02, what would the "young" Po say? At the 10K mark saw my roommate at Grandma's, Christine Brighton, buzzing along. Ain't youth great-go Christine! There was the only "hill" which I welcomed, and the stretch where you see every one you know coming toward you and saying "Hi Po." You have to run. Old Po is known to everyone. Where in the heck is the nine mile mark? I've seen every Chip here. This time I will make this short. (Not like the rest of my log. I usually write my heartfelt feelings. Feelings are more important than pace when you have accumulated as many running friends as places.) Question: why are walkers faster then me running? Answer: they are younger and longer-legged. Half marathon, 1:57. Now is the long walk. I just decided to walk and I did. I even passed a few people. Arriving at the finish, there was Joe, the photographer, Randy Sturgeon, the announcer, and dear friend Peggy Ewing, awaiting the ancient one.

Mileage for the Day: 18.6"

15	Jerry Lile	6:56.55
23	Steve Wetmore	7:04.17
37	Eric Ianacone	8:12:16
43	Joe Holmberg	8:42:44
44	Linda McFadden	8:43:00
47	Marie Gonzales	8:49:23
67	Eric Poulsen	9:31:23
70	Lee Rhodes	9:40.45
77	Joyce Pryor	10:11:52
78	Barbara Elia	10:18:38
80	Renda Gail	10:26:15
90	Neil Moore	11:25:56
92	Helen Klein	11:56:54

Helen Klein Ultra Classic - 50K

23 October 1999

Overall Winners

Men - Will Pitenger		3:47:56
Women - Simone Keller		4:09:00
Chips/Chippettes		
4	Myra Rhodes	4:50:50
6	Laura Kulsik	4:59:06
15	Fred Kaiser	5:44:31

Clarksburg Country Run 30K

13 November 1999

Overall Winners

	Mike Dudley	1:36:15
	Maria Trujillo De Rios	1:57:59

Chips

11	Dennis Rinde	1:49.43
14	Brian Davis	1:50:56
30	Mark Murray	1:59.46
39	Al Michel	2:03:47
56	Chris Brissey	2:10:09
57	Ken Cox	2:10:39
60	Bob Sharman	2:11:00
91	Gary Hester	2:18:18
96	Barry Turner	2:19.22
99	David McIntire	2:19:45
110	Joseph Pope	2:21:27
124	Scott Romine	2:25:12
128	Michael Kulzman	2:26:29
138	Jack Rozance	2:28:34
157	Charles Curran	2:34:47
163	Michael McKee	2:35:57
164	Dan Cox	2:35:58
166	Rick Berard	2:36:53
174	Edward Reilly	2:38.44
186	Shalako Weingronowitz	2:44:07
192	Steven Polansky	2:45.01
196	Peter Zinsli	2:45:27
224	Michael Otten	2:52:28
230	Frank Montong	2:54:39
233	Steve Birkholz	2:54:55
238	Ron Adams	2:56:15
247	Jerry Duncan	3:01:46
249	Thad Puzdrakiewicz	3:02:36
252	Greg Nissen	3:03:45
261	Manuel Loverde	3:08:59
271	George Parrott	3:19.06
274	Michael Rosnack	3:21:25
275	John Scott	3:22:10
281	Stuart Sargisson	3:30:26
288	Jonathan Wolf	3:37:52
289	George Billingsley	3:40:00
297	Vic Lyons	5:02:38

Chippettes

3	Mary Coord	2:02.26
12	Theresa McCourt	2:12:25
14	Christine wahashi	2:13:10
20	Barbara Miller	2:17.10
24	Amy Grafius	2:22.09
27	Cindy Scott	2:25.25
45	Margaret Ervin	2:42.22
52	Janice Lovet	2:44:30
56	Amy Brasil	2:45.45
59	Marcia Gouvin	2:46.07
66	Diane McIntire	2:47.50
67	Jeremy Burlingame	2:47.50
73	Jennifer Kalfsbeek	2:50:17
77	Alan Young 2:51:50	
92	Judy Shipman	2:56:42
95	Susie Liu	2:57:51
98	Karen Davis	2:58:28
100	Andrea Coronado	2:59:22
105	Virginia Hawes	3:01.52
135	Jennifer Rousseve	3:15.24
138	Colleen Gilletti	3:17:16
148	Sherri Rosnack	3:23.48
154	Ann Hargrove	3:30:27
162	Miranda Fram	3:37:19
182	Po Adams	4:24:02
183	Ruth Carter	4:29:19

Clarksburg Country Run 5K

14 November 1999

Overall Winners

Men - Miguel Nuci		15:30
Women - Shannon Warburton		21:38

Chips

5	Kevin Cimini	17:23
6	Steve Hall	17:24
13	David Cimini	18.41
21	Bob Whitehead	19:47
35	Jim Fischer	22:16
58	Harry Criswell	25:30
82	Ron Dona	30:53
90	Robert Miller	32:48

Chippettes

11	Julie Criswell	24:54
19	Chiyo Shirgu	26:36
57	Cindy Bowles	30:49
70	Donna Messenger	32:37
103	Rosie Peters	37.36
105	Georgina Buxton	39.02
110	Karen Fischer	42.02
133	Judy Pipe	49.48

Davis Turkey Trot 10K

20 November 1999

Overall Winners

Men - Ben Turman		30:56
Women - Catherine		36:04

Chips

2	Jeff Hildebrandt	31.53
9	Greg Jewett	35.56
21	Marco Coelho	38:06
27	Dick Ratliff	38.52
37	Dave McIntire	39:48
40	Hank Beal	40:05
43	Joe Pope Jr	40:19
51	Howard Ferris	40:48
64	Mike Pipe	42:10
91	Mike Kutzman	43.43
97	John Caselli	44.03
135	Jim Fischer	46:14
170	Joe McCladdie	47:55
213	Edward Reilly	49:45
224	Scott Owens	50:28
234	Khasminder Singh	50:50
240	Peter Zinsli	51:07
263	Harry Criswell	52:07
308	Joe McInerney	54:45
310	Mel Golovich	54:53
332	Norm Miller	56:03
358	Bill Ballantine	57.49
366	Joe Pope Sr	58.23
369	Robert Rinker	58.53
388	Jim Eymann	1:00:33
416	Brian Nelson	1:02:43
430	Carl Miguel	1:05:25
443	Jim Beland	1:09:49
447	Vic Lyons	1:16.51

Chippettes

5	Tina Beal	40:18
9	Connie Rowden	41.17
26	Jennifer Fearing	44.23
29	Melanee Baskerville	44.36
35	Linda Zarzana	45.58
38	Dale Phillips	46:31
50	Diane McIntire	47:43
65	Sarah Lin-Aamodt	49:12
68	Susan Lee	49:30
77	Esther Morris	50:29
78	Julie Criswell	50:37
80	Judy Shipman	50:39
122	Tamara Brikovich	52:25
136	Kim Swayze	53.01
159	Cindy Nalepa-Nelson	54:07
169	Gail Gutterman	54.34
178	Teresa Toups	54:59
189	Bettie Powers	55:16
200	Shing Anzar	55:27
230	Madeline Silva	56:58
257	Kris Burks	58:25
258	Ruth Wells	58:28
296	Sheryl Maurer	1:01:12
320	Donna Messenger	1:02:47
355	Marian Mckone	1:06.47

Davis Turkey Trot 5K

20 November 1999

Overall Winners

Men - Chris Gaston		14:53
Women - Linda Gill		17:45

Chips

6	Bryon Hacker	15:46
12	Doug Thurston	16:47
20	Kevin Cimini	17:17
25	Tim Shannon	17:26
26	Steve Hall	17:31
27	Dennis Prizmich	17:38
38	Eric Nichol	18:15
41	David Cimini	18:36
97	David Kalb	20:54
102	Jon Shelgren	21:11
110	Joel Contreras	21:25
134	Irv Faria	22:07
158	Gerald Jones	22:51
162	Kyle Zarzana	23:11

175	Greg Nisser	23:37
198	Steve Harrold	24:16
215	Ty Nelson	24:46
243	Jack Sohl	25:22
398	Robert Zarzana	30:42
404	Ron Dana	30:54
422	Dave Fajen	31:49
516	Avan Curran	44:21
517	Charles Curran	44:24

Chippettes

5	Sara Pope	18:51
15	Nancy McDowell	19:35
42	Kristen Hanley	21:52
462	Linda Kee	33:46
471	Po Adams	34:09
613	Barbara Rinker	40:54
624	Karen Fischer	41:29
647	Barbie Farren	43:54
670	Judy Pipe	46:50

Run To Feed The Hungry 10K

25 November 1999

Overall Winners

Men - Hector Delgado 31:42

Women - Katelyn Johnson 36:15

Chips

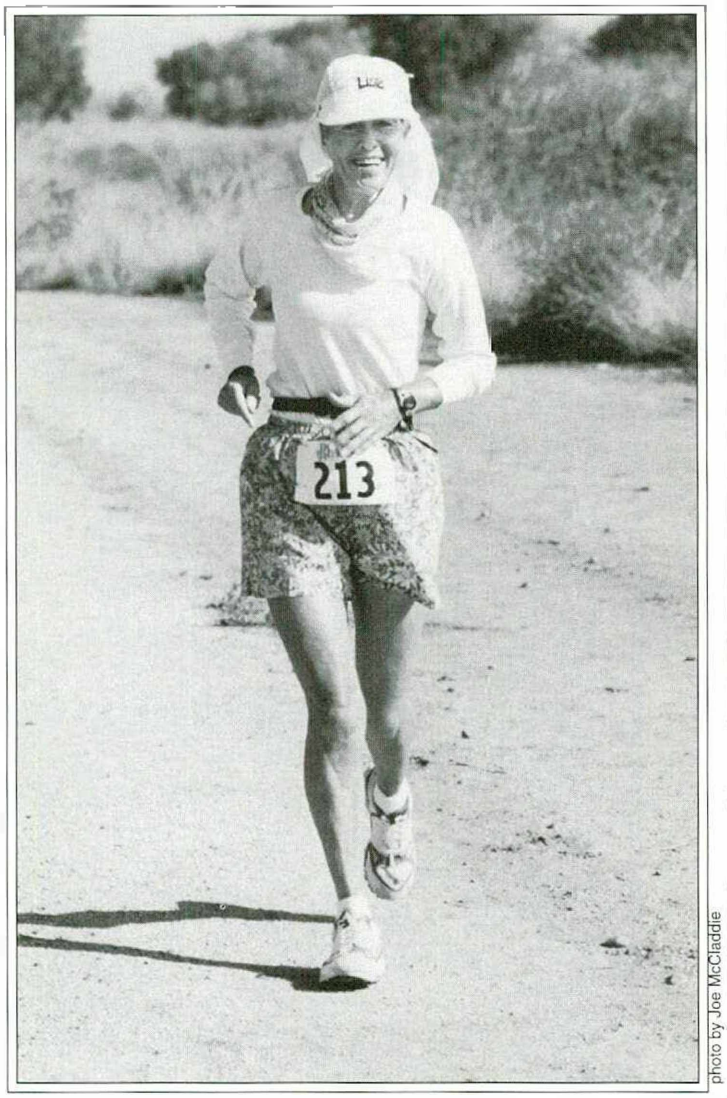


photo by Joe McCladdie

Helen Klein - Helen Klein Ultra Classic 50 mile

54	Mary Hayes	22:42
61	Linda Tobia	23:01
117	Mattie Jones	25:30
151	Judy Sohl	26:52
159	Chiyo Shingu	27:04
167	Emily Carbone	27:31
176	Rhoda Santamaria	27:36
183	Denise Callahan	27:49
311	Krista Perkins	30:24
347	Janice Taylor	31:07
369	Rosemary Fajen	31:49
4	Bryan Hacker	32:40
5	Mike Kinter	33:30
8	John Hancock	34:47
10	Alan Anzai	35:46
11	Mark Barrett	35:51
12	Kevin Cimini	35:57
18	Jamie Olson	36:50
29	Marco Coelho	37:56
30	David McIntire	37:56
31	Bob Shaiman	38:31
44	Barry Turner	39:40
50	Jim Wachter	39:53
51	Ernest Takahashi	40:08
56	Tom Carros	40:32
61	Bob Rowden	40:46
67	Ken Johnson	41:08
71	Brian Woodhouse	41:25
72	Howard Ferris	41:27
79	Michael Salvatierra	41:50
80	Andrew Pollock	41:51
90	Marc Sanchez	42:11
111	Greg Rousseve	43:17
119	Dennis Scott	43:45
124	Mike Pipe	43:52
130	Jack Rozance	43:58
131	Fred Kaiser	44:00
152	Michael McKee	44:42
162	Chris Zarzana	45:07
179	Joel Contreras	45:46
193	Daniel Reeves	46:16
197	Alan Capps	46:25
205	Greg Kendrick	46:38
224	Roger Fong	47:03
252	Dan Jenkins	48:01
265	Khasminder Singh	48:24
289	Frank Manfong	49:09
316	Michael Otten	49:58
318	Harry Criswell	50:01
319	Greg Nissen	50:02
335	Denis Zilaff	50:26
345	Gerald Jones	50:31
351	Kyle Zarzana	50:42
368	Ken Crouse	51:07
382	Erik Wheaty	51:31
386	Ken Mennemeier	51:35
398	Todc Woolf	51:49
399	Ron Adams	51:49
409	Eric Norton	52:15
423	Steve Birkholz	52:38
447	Merle Watson	52:59
450	Bob Venditti	53:00
512	Dick Cochran	54:36
514	Ron Hart	54:44
553	Ron Hayes	55:56
559	Jerry Furlong	56:06
577	Ron Davies	56:32
605	Stewart Black	57:26
617	Doug Newcomb	57:35
629	Michael Youngblood	57:52
635	Carl Bergemann	58:05
639	Ted Rieger	58:10
660	Steven Daniels	58:41
745	Mike Grassinger	1:01:59
800	Mel Golovich	1:04:54
817	Steven Harrold	1:05:47
833	Hugh Massey	1:06:23
847	John Burch	1:07:30
917	Mike Caplan	1:15:35

Chippettes

2	Midori Speredeo	36:57
3	Mary Coordt	37:25
9	Connie Rowden	39:50
13	Rachael Ritchey	40:31
14	Katie Briscoe	40:32
16	Angela Tanghetti	41:14
18	Barbara Miller	41:34
19	Christine Iwatashi	42:11
24	Heather Newcomb	43:25
28	Trudy Nygren	44:12
35	Melanie Baskerville	44:51
36	Suzanne Gregory	44:52
37	Tina Beal	44:54
47	Linda Zarzana	45:47
53	Nicole Darby	46:31
59	Mary Hayes	46:55
73	Diane McIntire	48:00
77	Janet Steele	48:16
79	Linda Donovan	48:21
80	Heidi Skaden	48:21
82	Susan Lee	48:30
85	Judy Shipman	49:10
91	Kristen Hanley	49:29
103	Julie Criswell	49:56
124	Maryann Truitt	51:11
131	Sharon Savery	51:22
142	Deborah Hopwood	52:21
155	Krista Breuer	52:45
158	Esther Morris	52:52
159	Sarah Lin-Aamodt	52:54
162	Susie Liu	52:59
178	Mattie Jones	53:19
186	Kimberly Bickel	53:35
188	Leona Nenow	53:37
195	Maryann Flemmer	54:02
225	Maggie Ward	54:45
262	Elizabeth McCleary	55:38
263	Marie Gonzales	55:39
266	Janet Rivard	55:55
276	Susan Huff	56:03
277	Candy Furlong	56:05
317	Laurie Widman	57:19
318	Dyan Pipe	57:21
332	Hilda Youngblood	57:51
334	Jan Kinder	57:54
337	Pat Ballner	57:59
370	Jennifer Rousseve	59:08
371	Karen Pierce	59:15
375	Diane Hill	59:19
384	Emily Carbone	59:44
390	Audrey Wells	59:57
423	Lezlie Heene	1:00:55
425	Eileen Cubanski	1:00:57
432	Helen Klein	1:01:03
458	Mary Sero	1:01:58
465	Christine Rozance	1:02:06
468	Nancy Hedblad	1:02:17
471	Joyce Pryor	1:02:21
484	Gabrielle Boyle	1:02:46
486	Laurale Lorentzen	1:02:51
494	Kelly Sossich	1:03:01
507	Sheryl Maurer	1:03:29
539	Nanette Farley	1:04:27
570	Tana Leigh Gabriel	1:05:37
596	Peggy Ewing	1:05:59
606	Lauri Massey	1:06:13
677	Tammy Novoa	1:08:52
693	Joyce Karver	1:09:41
710	Dawn Brown	1:10:25
742	Joanna Boettcher	1:12:02
753	Cynthia Hayes	1:13:06
755	Cheri Alvarez	1:13:11
769	Po Adams	1:14:42
789	Jami Harrison	1:16:25
791	Gloria Takagishi	1:16:33
792	Linda Parr	1:16:35

RACE RESULTS

Run To Feed The Hungry 5K
25 November 1999
Overall Winners
Men - Ben Ayers 15:40
Women - Jennifer Devine 17:55

Chips

7	Rick Kushman	16:36
14	Al Michel	17:06
18	Brad Lael	17:29
20	Bruce Aldrich	17:33
26	Mark Murray	17:56
29	Eric Nichol	18:12
30	Ken Cox	18:14
33	David C mini	18:27
35	Grant Irwin	18:33
44	Steve Pass	19:06
45	John Ducray	19:09
48	Hank Beal	19:11
55	Eric Yadao	19:30
68	Thomas Wachter	20:02
75	Kim Isham	20:33
77	Danny Potter	20:39
78	Don Spickelmier	20:40
82	Dan Cox	20:48
89	Jon Shelgren	21:15
101	Jim Fischer	21:45
118	Joe Domek	22:26
128	Dave Fajen	22:44
140	David Ragsdale	23:04
174	Jim Ritchey	23:56
184	Peter Zinsli	24:19
280	Robert Forehand	26:41
299	Mike Gardner	27:11
326	Jon Arnold	27:45
347	Bob Miller	28:15
385	Dick Forehand	29:09
388	Ryan Chin	29:15
443	Bill Mahan	30:30
449	Frank Cirill	30:40
461	Whit Arnold	30:52
484	Kyle Chin	31:19
536	Ron Dona	32:13
567	Brian Berlke	32:43
580	Austin Merick	32:53
690	David Cambra	34:59
702	Dan Batliner	35:10
725	Dennis Nolan	35:45
930	Mark Quillici	42:01
947	Phil Oppenheim	42:41
1036	James Karver	47:39
1072	Keenan Flynn	49:25
1356	George Parrott	59:47

Chippettes

1	Jennifer Devine	17:55
3	Erin Wachter	18:41
7	Erika Botha	20:50
8	Carol Panse	20:52
11	Cary Craig	21:04
12	Ashley Barry	21:06
19	Janeen Thorpe	22:18
30	Julie Cambra	23:28
31	Robin Cambra	23:32
35	Pam Goodley	23:55
37	Jennifer Kalfsbeek	23:58
42	Colleen Wachter	24:07
45	Maree Cambra	24:23
46	Andria Lee	24:30
119	Virginia Howes	28:05
136	Karen Stevens	28:39
137	Haley Briscoe	28:41
155	Kayla Danks	29:10
156	Kathleen Seabourne	29:11
158	Rhoda Santamaria	29:12
185	Jennifer Ducray	29:51
292	Florence Fong	31:32
299	Sue Murray	31:38
315	Robyn Marquez	31:49
387	Shanna Newcomb	32:57
397	Debra Fleming	33:00
409	Cindy Wong	33:03
413	Jeanette Turvili	33:04
1504	Karen Baker	50:44
1716	Lorraine McCall	53:51
1725	Linda Apathy	53:55
1779	Gail Wheeler	54:34
1876	Catherine Flynn	55:40
2018	Angelique Vigil	57:32
2121	Jenny Takahashi	58:39
2253	Tami Moyers	1:00:03
2279	Phyll s Berkley	1:00:21
2351	Teresa Toups	1:01:08
2356	Jennifer Dunn	1:01:20
2586	Michelle Puzdrak ewicz	1:04:51
2949	Christine Rylander	1:13:43

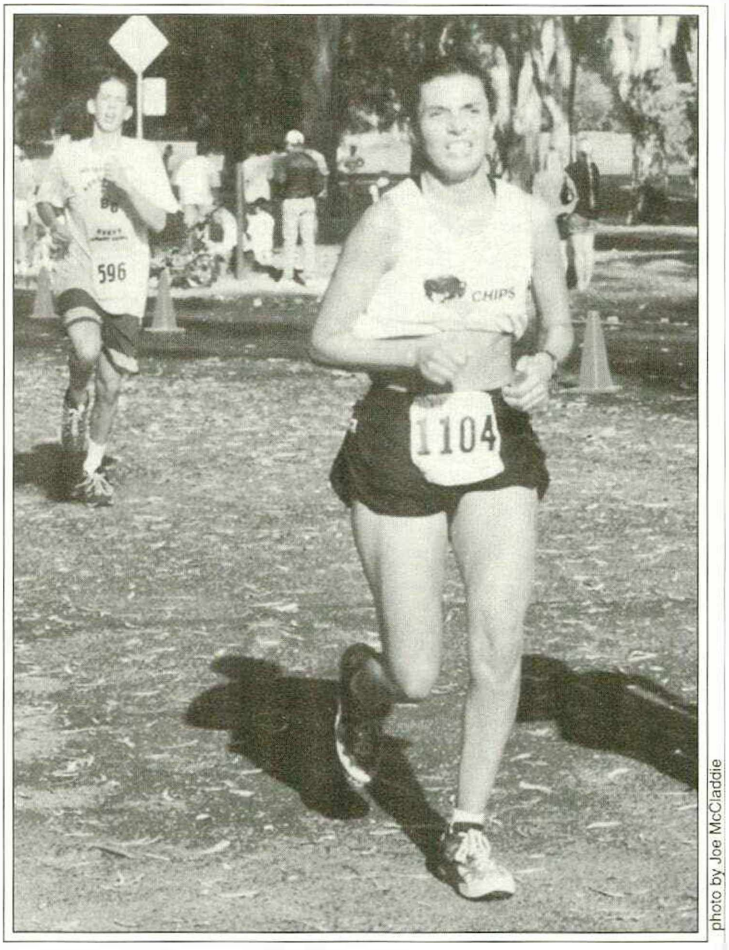


photo by Joe McCladdie

Esther Morris at Sacramento Half Marathon

436	Alma Fernandez	33:24
600	Francine Morgan-Voyce	35:27
613	Jeanne Sanders	35:36
644	Sally Edwards	35:58
664	Amy Pollack	36:13
734	Karen Fischer	37:15
801	Gayle Bacon	38:14
928	Janice Taylor	39:58
955	Sylvia Fox	40:19
1010	Michele Bond	41:06
1041	Suzette Pulido	41:48
1168	Nancy Yee	44:06
1199	Judy Pipe	44:40
1442	Joanne Beard	49:31
1462	Connie Noble	49:59

Quadruple Dipsey
27 November 1999
Overall Winners
Men - Geoff Vaughn 3:04.09
Women - Jeri Howland 5:22:54

36	Jerry Lile	5:21:40
45	Rena Schumann	5:34:10
78	Christine Flaherty	6:03:20
81	Thomas Windsperger	6:05:16
83	Kathy Welch	6:06:19
90	Eric Ianacone	6:09:41
91	Barry Fisher	6:09:50
104	Mike Hernandez	6:20:37
112	Chuck Honeycutt	6:29:49
129	Stan Jensen	6:39:28
132	Roger Dike	6:44:48
158	Barbara Elia	7:26:02
163	Christopher Hall	7:34:03
170	Janet Rivard	7:54:21
171	Ron Hayes	7:56:21

Run to the Far Side 10K
28 November 1999
Overall Winners
Men - Eric Tollefson 30:25
Women - Chris Lundy 35:09

Chips

55	Bruce Aldrich	38:18
196	Kim Isham	42:14
300	Valentine Pisarski	44:34
675	Larry Smith	49:57
772	Carl Bergemann	51:22
790	Peter Zinsli	51:36
1488	George Parrott	1:00:55

Chippettes

3	Christine Brighton	37:33
17	Christine Iwahashi	41:52
98	Greta Corriger	48:04
156	Judy Shipman	50:06
160	Susan Lee	50:12
514	Maggie Ward	57:06
807	Candy Downen	1:01:13
1533	Cheri Alvarez	1:12:59

Run to the Far Side 5K
28 November 1999
Overall Winners
Men - Richie Boulet 14:28
Women - Becky Spies 16:30

Chips

6	Jeff Hildebrandt	15:16
220	Joe McCladdie	23:17
329	Monty Schachl	25:48
880	Steve Wetmore	34:35
895	Ken Ellis	34:43

Chippettes

12	Connie Rowden	19:39
671	Claudia Isham	35:04
1016	Jan Bergemann	39:57
1018	Gretchen Bergemann	39:58

Firetrails 50 Miler
9-Oct-99
Overall Winners
Men - Jed Tukman 7:21:44
Women - Rena Schumann 8:55:26

Chips/Chippettes

5	Jerry Lile	8:32:25
6	Rena Schumann	8:55:26
15	Eric Ianacone	9:35:24
27	Stan Jensen	10:13:15
35	Barry Fisher	10:34:25
48	Linda McFadden	11:45:07
49	Barbara Elia	11:45:34
61	Lucinda Fisher	12:09:12

California International Marathon
5-Dec-99
Overall Winners
Men - Joseph Lemay 2:13:55
Women - Nickey Carroll 2:34:44

Chips

50	Jeff Hildebrandt	2:38:43
82	Mark Murray	2:47:09
84	Jamie Olson	2:47:47
105	Alan Anzai	2:52:50
113	Eric Nichol	2:54:26
116	Al Michel	2:54:57
121	Rae Clark	2:55:51
144	Jim Wachter	2:59:35
175	Lou Nishimura	3:03:17
176	Brian Woodhouse	3:03:30
180	Bob Sharman	3:03:40
188	Howard Ferris	3:04:33
202	Matthew Duncan	3:06:03
217	Dave McIntire	3:06:57
268	Ned Fiori	3:10:32
273	Ernest Takahashi	3:10:50
367	Eric Norton	3:18:27
370	Hank Beal	3:18:41
382	Barry Turner	3:20:18
395	Gary Hester	3:20:47
483	Jerry Bloom	3:27:13
491	Bill Hambrick	3:27:37
540	Charles Curran	3:29:57
558	Joseph Pope Jr.	3:31:30
567	Paul Mitchell	3:32:19
616	Ron Parrett	3:35:29
624	Scott Romine	3:35:54
625	Chuck Honeycutt	3:36:05
631	Ken Johnson	3:36:24
634	John Caselli	3:36:36
646	Jack Rozance	3:37:41
715	Paul Mitchell	3:40:14
742	Mike Hernandez	3:42:27
746	Chuck Stevens	3:42:51
762	Joseph Holmberg	3:43:41
769	Bill Roehr	3:44:01
784	Alan Capps	3:45:05
836	Dan Reeves	3:48:29
843	Rick Eerard	3:48:58
872	Denis Zilaff	3:51:00
901	Khasmender Singh	3:52:40
904	Richard Hieronymus	3:52:48
906	Larry Gittings	3:53:03
928	Jonathan Wolf	3:54:25
949	Michael McKee	3:55:38
971	Bill Freiling	3:57:20
981	Alan Young	3:57:43
982	Steven Polansky	3:57:44
983	Stuart Somach	3:57:46
1025	Mario Sanchez	4:00:23
1055	Shaloka Wengronowitz	4:03:07
1093	Peter Zinsli	4:06:57
1131	Roger Fong	4:10:14
1139	Greg Kendrick	4:11:15
1141	Eric Phillips	4:11:21
1145	Steven Birkholz	4:11:26
1174	Jeremy Burlingame	4:14:39
1190	Ron Adams	4:16:03
1241	Brian Tsuyuki	4:21:14
1251	Jerry Duncan	4:22:06
1329	Norman Haines	4:30:08
1333	Thad Fuzdrakiewicz	4:30:31
1337	Joel Contreras	4:30:50
1342	Greg Nissen	4:31:24
1344	Dick Forehand	4:31:31
1409	James Obermaier	4:41:00
1431	Burt Peterson	4:44:04
1442	Michael Otten	4:45:16
1463	Steven Harrold	4:48:44
1474	Gary Weinberg	4:50:12
1484	Bob Pasko	4:52:03
1492	Lyle Lebeaud	4:53:40
1500	Larry Leb	4:54:46
1506	George Billingsley	4:56:23



photo by Cynci Calvin

Joe McCladdie on the job - Clarksburg

1508	Stuart Sargisson	4:56:37
1525	Frank Mantong	4:59:48
1529	Michael Rosnack	5:00:51
1541	Erik Whealy	5:06:05
1563	Manue Loverde	5:14:47
1571	Michael Sullivan	5:18:34
1580	Amante Agbannaag	5:22:12
1604	Steve Haun	5:33:23
1617	James Rademaker	5:57:02

Chippettes

22	Jennifer Devine	2:53:50
37	Francie Negri	2:59:47
41	Kathy Ward	3:02:35
49	Christine Iwahashi	3:06:15
51	Connie Rowden	3:07:22
58	Rena Schumann	3:12:02
73	Jennifer Kearing	3:17:25
84	Cindy Scott	3:21:44
90	Suzanne Gregory	3:23:37
109	Marcia McKenzie	3:28:49
112	Krista Taylor	3:29:26
185	Trudy Nygren	3:39:12
187	Janet Steele	3:39:25
204	Laurie Widman	3:41:31
226	Sharon Savery	3:44:38
227	Pam Goodley	3:44:48
254	Judy Shipman	3:48:03
285	Jennifer Kalfsbeek	3:50:52
297	Robin Cambra	3:51:40
310	Amy Dover	3:53:05
315	Linda McFadden	3:53:35
319	Marie Gonzales	3:53:57
346	Marcia Gauvin	3:55:56
348	Mary Heyes	3:56:10
352	Margaret Ervin	3:56:26
363	Kristen Hanley	3:57:34
383	Susan Sanford	3:58:58
426	Lisa Travis	4:04:11
439	Amy Brasil	4:05:15

GO JAKS!

461	Karen Davis	4:08:24
506	Mary Ann Flemmer	4:13:38
518	Gail Gutterman	4:14:47
537	Karen Pierce	4:16:04
619	Diane Kato	4:22:44
655	Virginia Hawes	4:28:30
682	Patty Hintz	4:31:02
720	Susie Liu	4:36:20
735	Laurie Richardson	4:38:10
753	Kristine Difabio	4:40:15
788	Diane Hill	4:44:02
798	Jennifer Dunn	4:44:44
821	Janet Rivard	4:49:01
836	Lucinda Fisher	4:50:33
844	Francine Morgan-Voyce	4:52:05
897	Sherri Rosnack	5:01:45
991	Jo Ann Beard	5:21:59
998	Kathleen Seabourne	5:24:39
1049	Miranda From	5:43:17
1056	Debra Fleming	5:45:31

Midnight Run 5K

January 2000

Overall Winners

Men - Daniel Arroyo	15:11
Women - Amy Grafius	19:00

Chips/Chippettes

5	Bryan Hacker	16:12
26	Amy Grafius	19:00
28	Carl Bergemann	19:30
37	Chris Zarzana	19:58
39	Ernest Takahashi	19:59
40	Dee Dee Grafius	20:00
45	King Wayman	20:13
46	Katie Briscoe	20:16
63	Dennis Scott	20:54
69	Cary Craig	21:12
73	Kim Isham	21:17
85	C.D. McCurry	22:02
100	Nicole Darby	22:42
01	Jon Arnold	22:48
06	Greta Carriger	23:03
18	Merle Watson	23:20
23	Whitney Knoll	23:26
31	Jim Fischer	23:42
133	Frank Mantong	23:45
147	Lynell Heaps	24:05
150	Connie Rowden	24:09
151	Peter Zinsli	24:09
152	Bob Rowden	24:10
171	Gerald Jones	24:53
174	Julie Criswell	24:59
176	Harry Criswell	25:01
218	Robert Rinker	26:29
222	Mattie Jones	26:43
251	Michele Nelson	27:24
258	Leona Menow	27:41

California 10 (Mile)

9-Jan-00

Overall Winners

Men - Rob Reecer	0:49.28
Women - Rosa Gutierrez	0:57.02

Chips

53	Michael Kinter	0:56.20
55	Dennis Pinde	0:56.38
70	Tom Johnson	0:57.42
82	Mark Barrett	0:58:37
89	Greg Jewett	0:59:05
90	Richard Govi	0:59:07
95	Steve Hall	0:59:19
101	Bill Mumma	0:59:28
111	Doug Thurston	1:00:09
118	Dennis Prizmich	1:00:26
120	Bruce Aldrich	1:00:29
166	Ernest Takahashi	1:04:58
172	Herb Tanzer	1:05:26
185	Steve Pass	1:06:22
207	Valentine Pisarski	1:09:09
229	Mario Sanchez	1:12:13
233	Howard Price	1:13:19
240	Jim Fischer	1:15:04
246	Joel Contreras	1:16:06
248	Abe Underwood	1:16:20
255	Bob Rowden	1:18:31
259	Dan Fencik	1:19:38
264	Ron Peck	1:20:47
274	Peter Zinsli	1:24:18
279	Lee Rhodes	1:26:17
282	Ronald Adams	1:27:58
296	George Parrott	1:37:18
297	Mike Grassinger	1:37:25
308	Vic Lyons	2:27:40

Chippettes

8	Mary Coordt	1:00:50
14	Christine Brighton	1:02:25
20	Amy Grafius	1:05:31
26	Dee Dee Grafius	1:06:23
34	Theresa McCourt	1:07:39
45	Christine Iwahashi	1:09:36
46	Barbara Miller	1:09:43
68	Cary Craig	1:17:34
78	Myra Rhodes	1:21:29
81	Karen Giovanini	1:22:01
80	Patty Coquette	1:22:01
84	Judy Shipman	1:22:51
90	Margaret Ervin	1:25:48
96	Jamie Caldwell	1:27:23
97	Esther Morris	1:27:23
103	Amy Brasil	1:28:32
120	Jeane Ann Gerard	1:36:53
129	Lilian Shek	1:49:40
133	Po Adams	2:07:33
134	Linda Prizmich	2:14:10

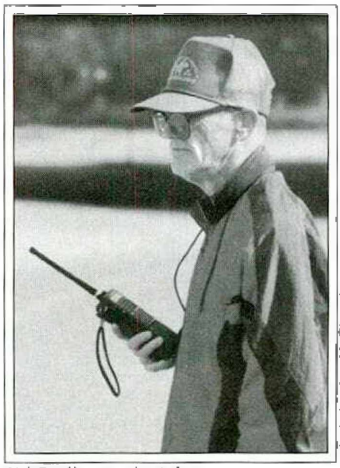


photo by Joe McCladdie

Ed Reilly on the job - Helen Klein Classic

CHIPS RACE CALENDAR

Sat., Jan. 29	Trinidad	Trinidad to Clam Beach 8.75M/5M/3M	707/677-1610
Sun., Jan. 30	San Francisco	Home Depot SF Half Marathon/5K	415/333-4780
	Santa Cruz	Special Olympics Fun Run-Walk 10K/3K	831/646-1426
Sat., Feb. 5	Sacramento	Chips Annual 5-Mile Mud Run	916/638-1161
	Santa Catalina Is.	Buffalo Run Half-Marathon/5K	714/978-1528
	Death Valley	Death Valley Trail Marathon & 30K	415/869-1829
Sun., Feb. 6	Davis	Davis Stampede 5K/10K /Half Marathon	530/757-6017
	Chinese Camp	Orient Express 4M/1M	209/532-7974
	Las Vegas	Las Vegas Int'l Marathon / Relay/Half-Marathon/5K	702/876-3870
Sat., Feb. 12	Elverta	**PA/USAT.F Ultra Grand Prix event!**	
		Jed Smith 50K (also 30K/50-Miler)	916/344-1376
	Volunteers needed!	**Awesome Chip Tradition!**	
	Stinson Beach	Cascading Cataracts Trail Marathon/25K	415/868-1829
Sun., Feb. 13	Calistoga	"Better Half" 13.1 Miler	707/942-2838
	Pacific Grove	Together With Love 10K Run	408/373-3389
Sat., Feb. 19	Sausalito	Escape from Marin Marathon/Half Marathon/7M	415/868-1829
Sun., Feb. 20	Saratoga	The Great Race 4M	408/980-7233
	(Date changed from Feb. 26)		
Sat., Feb. 26	Sacramento	**Buffalo Chips Annual Mud Run**	916/985-4451
	Ripon	Almond Blossom Run, 8K/1M	209/599-3476
Sat., Mar. 4	Chico	Bidwell Classic Half Marathon & 5K	530/879-9000
Sun., Mar. 5	Calistoga	Sutter Home Napa Valley Marathon/5K	707/255-2609
	Los Angeles	City of Los Angeles Marathon/5K	310/444-5544
Sat., Mar. 11	Cool	Way Too Cool 50K	916/638-1161
	San Francisco	Irish Sprint & Stride, 4.5M Run & 4M Walk	415/436-5694
Sun., Mar. 12	San Jose	San Jose Mercury News 10K Run/5K Walk	408/920-5755
Sat., Mar. 18	Crescent City	Redwood Wild River Run 15K/5K	707/464-3779
	Fort Bragg	Whale Run 10K/5K Run & Walk	707/964-0300
	Avalon	Catalina Is. Marathon/10K/5K/Kids Runs	714/978-1528
Sun., Mar. 19	Stanford	**PA/USATF Road Grand Prix event!**	
		for 50 & Overs! 50-Plus 8K Run; also a 5K Walk& Relay	650/323-6160
	Dublin	Shamrock 5K Fun Run-Walk	925/833-6645
Sat., Mar. 25	Oakland	Greek Independence Day 5K/10K, 5K Walk	510/521-3310
	Carlsbad	Jr. Carlsbad (12/Under), Diaper Dash	858/450-6510
	Redding	John Frank Memorial Run 1/3/10 miles	530/241-5268
Sun., Mar. 26	Sausalito	**PA/USATF Road Grand Prix Event!**	
		Great Chips on Trips race!	
		Houlihan's to Houlihan's 12K	415/759-2690
	Carlsbad	Carlsbad 5000	619/450-6510
Sat., Apr. 1	Sacramento to Auburn	**PA/USATF Ultra Grand Prix event!**	
		Montrail-Patagonia American River 50M Endurance Run	916/638-1161
Sun., Apr. 2	Paso Robles	Wine Country Half Marathon/5K	805/226-9911
Sat., Apr. 8	Napa	Carneros Vineyard 5K/10K	707/252-7122(x255)
	Medford, OR	Pear Blossom Run 10M/5K/1M/2M	541/535-1205
Sun., Apr. 9	San Francisco	Hastings Race Judicata 2000, 5K/10K Run-Walk	415/934-0757
	Los Angeles	Jimmy Stewart Relay Marathon (5x5.2M), Kid's Races	310/829-8968
Sat., Apr. 15	Sacramento	Share Your Life 5K	916/447-2786
Sun., Apr. 16	Martinez	Brickyard Run, 4M/8M	925/906-8880
	Stanford	MBA Challenge for Charity 5K/10K	650/947-0979
	Milpitas	ISI Logic Classic 5K/10K	408/433-8525
Mon., Apr. 17	Hopkinton, MA	Boston Marathon	508/435-6905
Sat., Apr. 22	San Francisco	**PA/USATF Ultra Grand Prix event!**	
		Ruth Anderson 100K	650/994-6128
Sun., Apr. 23	Pinole	Bunny Hop 5K/10K, Kids' 0.25M	510/223-5778
Sun., Apr. 30	Ukiah	Russian River Run Marathon, Half / 10K Run-Walk	707/468-8024
	Carmel	**PA/USATF Road Grand Prix event!**	
		Big Sur KION 5K	831/625-6226
		Big Sur International Marathon, Relay, 21M PowerWalk, 10.6M	831/625-6226
Sun., May 6	Sacramento	Pork Run 5K/10K	916/447-2786
Sun., May 7	Weott	Avenue of the Giants Marathon / 10K	707/443-1226
Sat., May 13	Sacramento	Race for the Cure 5K	916/492-6474
	San Jose	**PA/USATF Ultra Grand Prix event!**	
		Mike Popolizio Quicksilver 50K (also a 50-Miler)	408/453-9994
Sat., May 22	Reno	**PA/USATF Ultra Grand Prix event!**	
		Silver State 50K (also a 50-Miler)	702/324-5310
Sat., June 3	Aptos	Forest of Nisene Marks Marathon/Half-Marathon/5K	831/438-0167
	Palos Verdes	Palos Verdes Marathon/Half-Marathon/5K	310/828-4123

CLUB RECORDS



ACCORDING TO THE BC BOARD OF DIRECTORS, RECORD HOLDER MUST HAVE BEEN A CHIP with dues paid, a current Chip registered USATF card (individual can belong to other clubs but must be registered as a Chip with the Pacific Association), and IN CLUB UNIFORM (racing singlet or t-shirt) AT THE TIME OF RECORD PERFORMANCE. Due to space constraints, we cannot possibly list every record and have therefore only listed the most standard ones.

OPEN, MEN, 39 & under

6 Days	no record received	
48 Hours	nr	
24 Hours	Rae Clark USATF N'tl Ch'ship '90 American Record	165.3 miles
12 Hours	Rae Clark	98 miles
1 Hour	nr	
100 Miles	Rae Clark Sri Chinmoy, USATF N.C. '89 American Record	12:12:19
100K	Tom Johnson 100K Ultra Ch'ship '94	6:41:40
50 Miles	Rae Clark USATF N.C. '88	5:28:32*
50K	Dennis Rinde Jed Smith '93	3:02:33
Marathon	Rich Hanna CIM '93	2:17:51
30K	nr	
Half Mara	Ben Ayers Humboldt-Redwoods '95	1:06:22
10 Miles	Craig Moore Cal 10	50:43
10K	John Sup Davis Track Meet '91	30:52
8K/5 Miles	John Sup Fujitsu 8K '90	24:31
5K	Reggie Williams Cal State Track Meet	14:27
Mile	Jeff Adams Fleet Feet Mile '96	4:36.20
1500 mtrs	Randy Sturgeon	4:07.65
800 mtrs	Daryl Katcher Trojan Masters '90	2:00.64
400 mtrs	nr	
200 mtrs	nr	
100 mtrs	Greg Hodson Los Gatos A-C Meet '96	13.4

OPEN, WOMEN, 39 & under

6 Days	nr	
48 Hours	nr	
24 Hours	nr	
12 Hours	nr	
1 Hour	nr	
100 Miles	Patti Teale Vermont '91	21:12:24
100K	nr	
50 Miles	nr	
50K	Jennifer Devine Jed Smith '99	3:35:06
Marathon	Eileen Taylor Chicago Marathon '82	2:37:01
30K	Jeannie Urness Clarksburg '92	1:53:51
Half Mara	Robyn Root Philo. Dist. Classic '87	1:13
10 Miles	Kathy Pfeifer Trevira Twosome '88	54:50
10K	Kathy Pfeifer Mt. Sac Relays '88	32:59
8K/5 Miles	Robyn Root Bastille Day 8K	26:27
5K	Robyn Root Susan B. Anthony 5K	16:37
Mile	Meg Svoboda Fleet Feet Mile '96	5:11.99
500 mtrs	Theresa McCourt A-C Meet '92	4.50
800 mtrs	Theresa McCourt West Mstrs. Hayward '92	2:22
400 mtrs	Melanee Baskerville Cordova A-C Meet '97	72.27
200 mtrs	Melanee Baskerville Cordova A-C Meet '97	31.32
100 mtrs	nr	

MASTERS, MEN 40-49

6 Days	nr	
48 Hours	Jeff Hagen Gibson Ranch 48 Hr '93	213.7 miles
24 Hours	Eric Ianacone Gibson Ranch 24 Hr '94	125 miles
12 Hours	Eric Ianacone Bay Area UR 12 Hr '94	76m,1044yd
1 Hour	nr	
100 Miles	Abe Underwood AAU 100 Miler '78	15:49:51
100K	Rae Clark Ruth Anderson '92	7:15:18
50 Miles	Rae Clark Helen Klein '95	5:51:21
50K	Eric Ianacone Jed Smith '97	4:03:49
Marathon	Jim Milton CIM '91	2:26:27
30K	Jim Milton Clarksburg '92	1:43:18
Half Mara	Jim Milton Humboldt '91	1:10:01
10 Miles	Jim Milton Woodland 10 '92	53:31
10K	Jim Milton SJ Mercury News '92	31:08
8K/5 Miles	Jim Milton Fujitsu 8K '92	25:26
5K	Jim Milton Davis Turkey Trot '92	15:12
Mile	Steve Hall Fleet Feet Mile '99	4:48.48
1500 mtrs	Jim Milton '92	4:11
800 mtrs	Daryl Katcher TAC N'tl Masters '90	1:58.45
400 mtrs	David Kalb Hornet Spring Classic '99	56.22
200 mtrs	David Kalb Cordova A-C Meet '99	26.50
100 mtrs	Greg Hodson Soquel HS Decathlon '97	13.6

MASTERS, WOMEN, 40-49

6 Days	nr	
48 Hours	Jan Levet Gibson Ranch '95	146.5 miles
24 Hours	Jan Levet USATF N.C. '92	116 miles
12 Hours	Jan Levet Run for Sight, Sonoma '92	68.25 miles
1 Hour	nr	
100 Miles	Jan Levet USATF N.C. '92	19:29:29*
100K	Christine Flaherty Ruth Anderson 100K '98	9:26:25
50 Miles	Joan Reiss Jed Smith '87	6:58
50K	Christine Iwahashi Jed Smith '99	3:56:29
Marathon	Sharlet Gilbert Boston Marathon '94	2:43.46
30K	nr	
Half Mara	Kathy Ward Las Vegas '97	1:17:37
10 Miles	Kathy Ward Cal 10 '96	59:56
10K	Kathy Ward SJ Mercury News '97	36:36
8K/5 Miles	Joan Reiss	31:32
5K	Kathy Ward Davis Turkeytrot '95	17:34
Mile	Dee Dee Grafius Fleet Feet Mile '97	5:15.55
1500 mtrs	Kathy Ward Masters T.M., Los Gatos '95	5:01
800 mtrs	Dee Dee Grafius U.S. Age Group Record	2:18.07
400 mtrs	Dee Dee Grafius Cordova A-C Meet '97	63.13
200 mtrs	nr	
100 mtrs	nr	

SENIORS, MEN 50-59

6 Days	nr	
48 Hours	Jeff Hagen TAMU 48, Texas '99 American Record	216.4 miles
24 Hours	Jeff Hagen Pacific Rim Run '98	131 miles
12 Hours	nr	
1 Hour	nr	
100 Miles	Jeff Hagen Megan's 24-Hr Run '98	17:59:03*
100K	Eric Ianacone Ruth Anderson 100K '98	9:13:28
50 Miles	Paul Reese	6:22:25
50K	Eric Ianacone Jed Smith '99	4:07:29
Marathon	Jim O'Neil Burlingame '77	2:35:48
30K	nr	
Half Mara	Jim O'Neil Burlingame '77	1:17:30*
10 Miles	Jim O'Neil Sacramento 10 Miler '79	55:02
10K	Jim O'Neil U.S. Masters '76	33:30
8K/5 Miles	Jim O'Neil Lake Merced Mstrs '76	26:33
5K	Jim O'Neil U.S. Masters, OR '76	16:14
Mile	Ben La Sala Fleet Feet Mile '96	5:11.28
1500 mtrs	Don Martin	4:53.1
800 mtrs	Matt Duncan N'tl Masters Ch'ships '99	2:23.19
400 mtrs	Ben La Sala Los Gatos Meet '96	64.00
200 mtrs	nr	
100 mtrs	nr	

SENIORS, WOMEN 50-59

6 Days	nr	
48 Hours	nr	
24 Hours	nr	
12 Hours	nr	
1 Hour	nr	
100 Miles	Joan Reiss Western States '88	23:44
100K	Barbara Elia Helen Klein 100K '95	10:25:06
50 Miles	JoanReiss AR 50	8:35
50K	nr	
Marathon	Barbara Miller CIM '96	3:06:48
30K	Dee Dee Grafius Clarksburg '99	2:14:34
Half Mara	nr	
10 Miles	nr	
10K	Barbara Miller Merced Rascal Creek '96	40:50
8K/5 Miles	nr	
5K	Joan Reiss Susan B. Anthony 5K '88	20:56
Mile	Cynci Calvin Fleet Feet Mile '96	6:26.00
1500 mtrs	Joan Reiss	6:17*
800 mtrs	nr	
400 mtrs	nr	
200 mtrs	nr	
100 mtrs	nr	

SUPER SENIORS, MEN 60+

6 Days	nr	
48 Hours	nr	
24 Hours	nr	
12 Hours	George Billingsley American Record	52.78 mi
1 Hour	nr	
100 Miles	Lee Rhodes Western States '94	26:17
100K	nr	
50 Miles	Paul Reese	7:16:29
50K	nr	
Marathon	Paul Reese	3:02:22
30K	Carl Ellsworth Clarksburg '91	2:05:49
Half Mara	Carl Ellsworth Humboldt Redwoods '91	1:24.48
10 Miles	Carl Ellsworth Buffalo Stampede '97	1:03:58
10K	Carl Ellsworth Tandem Up & Running '91	38:26
8K/5 Miles	Carl Ellsworth Pear Fair '9?	31:08
5K	Paul Reese	17:53
Mile	Carl Ellsworth Sonora	5:44 Mile
1500 mtrs	Carl Ellsworth NorCal Masters '93	5:12
800 mtrs	Carl Ellsworth Cal Sr. Olympics '93	2:34
400 mtrs	nr	
200 mtrs	nr	
100 mtrs	nr	

SUPER SENIORS, WOMEN 60+

6 Days	Helen Klein World Record, age group	373 miles
48 Hours	Helen Klein American Best	130.48 miles
24 Hours	Helen Klein Redwood Empire '91 World Record	109.5 miles
12 Hours	Helen Klein American Record	60.5 miles
1 Hour	nr	
100 Miles	Helen Klein	23:29:34
100K	Helen Klein American Record	12:09:17
50 Miles	Helen Klein Jed Smith '84	9:01:37
50K	Myra Rhodes Jed Smith '93 American Best	4:39:46
Marathon	Myra Rhodes CIM '92	3:36:32
30K	Barbara Miller Clarksburg '99 pending Amer. Record	2:17:10
Half Mara	Barbara Miller Humboldt Redwoods '99 pending Amer. Record	1:29:49
10 Miles	Barbara Miller Buffalo Stampede '99 pending Amer. Record	1:08:45
10K	Myra Rhodes Davis Turkey Trot '95	46:40
8K/5 Miles	nr	
5K	Myra Rhodes Susan B. Anthony 5K '95	22:20
Mile	Myra Rhodes Fleet Feet Mile '96	6:41.38
1500 mtrs	Joan Reiss	6:17*
800 mtrs	nr	
400 mtrs	nr	
200 mtrs	nr	
100 mtrs	nr	

nr = no record received
* time inferred from longer race

Many Chips hold National, North American and World best marks at distances—and in five year age groups—not listed on this page due to space limitations. This page lists only club records for set time events and STANDARD distances on any surface including road, track and trail in each standard age division using our best available information. If you know of any errors or better times, please contact Laura Kulsik. Contact Lori Prizmich regarding Chips' "Earned Singlet Standard." Details in the Buffalo Bible.

Revised 12.4.99

1999 . . . Not Always Running



photos by Cyoni Calvin, Laura Kulsik and Joe McCladdie

DEAR BUFFY

Dear Buffy:

It's no secret that when drivers are talking on their cell phones, they do stupid things like get into accidents. And it's no wonder that more and more states are rickering drivers who are talking on their phones while driving. But when I saw two members of my own club talking on cell phones during a local race, I couldn't believe it! What is racing coming to? What can possibly be so important that one must talk on the phone at a 7:30-per-mile pace? I could understand it if they were a doctor, and it was an emergency call from the hospital. However, when I eavesdropped on these two conversations, that was not the case at all. When I passed Caller No. 1, a 40-ish, tall, thin male (okay, that narrows it down to a few hundred Chip boys!), it sounded like he was talking to his coach about his pace during the race and how his heart rate was too high. Needless to say, he kept on stumbling over his own feet while trying to concentrate on the phone conversation, his running and his heart rate monitor beeping! The next one was dialing. She pulled over for that, but in no time, I heard her "cell yell" with someone about a party they went to the night before! I don't know if it was the result of her run/talk or the party, but she finished more than 10 minutes behind me in the 10-mile race, even though we pretty much ran together for the first two miles. What should we or the race directors do about these new annoyances and dangers to our races? Any ideas?

Tired of the Cell-Yells,

Rita (Call me when I'm off my soapbox) Roadster

Dear Tired:

We need to get stenciled on the back of our running attire, along the lines of bumper stickers, the following: "Hang Up and Run!"

I agree. Who'd have ever thunk it would come to this?!

Dialed Out,

Buffy

Dear Buffy:

I've been in the best shape of my life since I took up running, but I've got more aches and pains than ever. A fellow runner suggested rolfing, but from what they said, it's supposed to be like deep tissue massage with tons of extra pain initially. I am scared! They say the pain goes away, and their sore muscles have been helped tremendously, but I am still hesitant to go through with this rolfing business. Help!

Rolfless Ralph in Rocklin

Dear 3R:

Let me get this straight — you claim to be in the best shape ever, yet you've fallen victim to more physical ailments than ever. Read that line again. Rolfing is not what you need — stop listening to these people! That's what you need! Runners are a wonderful lot, as a whole, but there are those serious, actual runners whose idea of pain, distance and mile markers may differ wildly from yours. I think here of Rolfing. Keep in mind that, though very nice people, the rolfing runners most likely are the very same people who will look you in the eye and say that running Western States really isn't that hard! All you have to do is train!

"Train" rhymes with "pain" for a reason. But, if you're running with the Big Dogs, you gotta do what the Big Dogs do. Roll-on, Ralph! And, put on a happy face!

Little Dog Runner,

Buffy (Hold the) Pain

Dear Buffy:

I've got a problem, but I don't know what to do about it. I love to start aces in the very, very back and pass as many people as I can. I guess you could say that I get off on passing other runners. My record is Bay-to-Breakers, where I think I passed over 20,000 runners. Of course, I sprained my ankle in the process, got pretty scraped up and was cursed at constantly. Because of those side effects that come with the territory of starting in the back and doing all that passing, I need to get past my hang-up. Do you have any suggestions.

WANDA "WHIZZ" BY-YOU

Dear Wanda:

Continue with your present starting point. Simply run the course in reverse. You'll get to pass ALL the people and, perhaps, avoid further serious injury. Wear a shirt that says "Be Kind to a Dyslexic Week" and go for it! Curse at yourself and you'll have all the elements you enjoy with none of the unpleasant side-effects. Charter Hospital has a lock-down unit with a pool, should you be taken into custody.

Luck Good Future in The,

Yffuß

Dear Buffy:

I have a crush on a race director, and I don't know what to do about it! I'd like to ask him out,



but I don't want him to think I only want to date him to get a free race entry, extra junk in my goodie bag, or a free race T-shirt. What would you do?

Confused and Anxious,

Dear C&A:

Tell me that no one stoops low enough to date a race director for free race entries! Say it ain't so! That is so cheap!

Fill out the race form, then ask him out. And, throw in a T-shirt for him!

Most of all, have fun.

Buffy

INTRODUCING:

DENNIS GRANDY, DPM
&
BARRY WEINER, DPM

WE WILL KEEP YOU UP AND RUNNING!

Runner's Hotline: (916)454-FOOT
(Mon. & Fri. 12:30pm - 1:00pm)

email ?'s to
painless@ix.netcom.co

orthotics for $225
(Call for details: 454-3668)

Check us out on the web @
www.jstreetpod.com
(last week in February)

Buffalo Chips Running Club
Board Minutes
(condensed version)

Board meetings are held at 6 pm on the first Wednesday of each month at the Lunch Connection Cafe. All members are welcome to attend

October 6, 1999

Board Members Present: Mike Grassinger, Greg Soderlund, Lee Rhodes, Harry Criswell, Ken Briscoe, Steve Wetmore, Ron Peck, John Hancock, George Parrott, Mary Ann Treadaway, Abe Underwood, Mary Coordt

Board Members Absent: Rich Govi, Gary Noe, Lori Prizmich

Guests: Myra Rhodes, Joe McCladdie, Dave Michel, Martha Grassinger

The meeting was called to order at 6:00 pm and the Sept. minutes were approved.

Correspondence: e-mail from Dave CreekDave requested that the Board members read and comment on the Enquirer.

Officers Reports

Harry Criswell distributed membership report.

Special Committees' Reports - none

Race Directors Reports

Jed Smith: Ron Peck distributed copies of the budget. He has printed 1600 flyers. Needs volunteers for lap counters (Mary Coordt has list of volunteers from last year)

30K and a 50K Millennium Run: Greg Soderlund reported entry fees to be $30 and $50 respectively, starts at 9:00 pm on 12/31 at the Guy West Bridge; and includes a shirt. Jackets can be purchased for $100. Parents from the Youth Chips will be staffing the aid stations. Profits from this event will be split between the Youth and the Parkway. Laura Kulsik is doing the artwork.

The Mud Run will be held Sat., February 26, 2000.

Susan B., Mike Grassinger and Steve Wetmore will co-direct. To be held 8/5/00. They have three sponsors. George Parrott will be in charge of timing and Chris Iwahashi will be conducting a clinic starting in June. She is looking for a co-director. Laura Kulsik will be doing the artwork.

Old Business

Buffalo Bash: Abe Underwood stated that the Bash/25th Anniversary was announced on the last page of the Enquirer. They have the address list for original members and have been in touch with the original owner of the Buffalo Club. George Parrott is working on getting speakers from Runner's World. The cost to the Club should be less than $3,000 based on an attendance of 400. Last year there were 160 that attended which was more than the RSVP number. It was decided to sell the tickets in advance and charge more for tickets at the door.

Coaches: Mark, the Tuesday night coach has resigned. After discussion it was decided that Jim Hunt would be contacted for information about what he would charge, etc. and reported at the next meeting.

Nominating Committee: Joe McCladdie and Liz Zelandais have expressed interest in running for the Board. A poll was taken of Board members present. Mary Coordt and Lee Rhodes are undecided. Mary Ann Treadaway will not be returning. Mike Grassinger, Greg Soderlund, Abe Underwood, Ken Briscoe, John Hancock, Steve Wetmore, Ron Peck, George Parrott, and Harry Criswell are interested in continuing on the Board. Gary Noe, Lori Prizmich, and Rich Govi were absent.

New Business

P.A. System: Motion passed to spend $300 to purchase of used equipment.

Chip CIM booth: Chips clothing will be for sale there. Greg Soderlund indicated that Western States would like to piggyback on the booth. If RRCA is there too there will not be enough room. George Parrott suggested that we ask for a double booth size since we are offering our clocks for the race.

Announcements

George Parrott announced that Sunday there will be a 5K Run for Life at CSUS. Three hundred are registered.

Mary Ann Treadaway will miss the next meeting. Ron Peck volunteered to take the minutes.

Meeting adjourned at 7:00 pm.

November 3, 1999

Board members present: Mike Grassinger, Greg Soderlund, Lee Rhodes, Harry Criswell, Ken Briscoe, Steve Wetmore, Ron Peck, Lori Prizmich, Abe Underwood, Mary Coordt

Board members absent: Rich Govi, John Hancock, Gary Noe, George Parrott, May Ann Treadaway

Guests: Cynci Calvin, Barry Weiner, DPM, Dennis Grndy, DPM, Myra Rhodes

Meeting called to order at 6 p.m. and minutes from October meeting were approved.

Correspondence: from The Buffalo Enquirer editor, Dave Creek— next Enquirer would be published in January

No Officers Reports, Special Committee's Reports or Race Directors reports.

Guest Speakers

Cynci Calvin (Chip PA/USATF Liaison) presented a proposal to encourage Chip team participation. Discussion followed. Subcommittee of Cynci, George Parrott and Lee Rhodes volunteered to present a more detailed proposal at a later meeting.

Barry Weiner, DPM and Dennis Grandy, DPM made a presentation and provided literature regarding a proposal to become the Chips "Official" podiatrists.

Old Business

Buffalo Bash: update given by Abe Underwood; announcements to be mailed out soon; cost per person will be $12, one speaker. Paul Reese confirmed.

Coaches: Ron Hunt left a message to Jim Hunt. Discussion followed and a motion to ask George Parrott if he would be interested in returning as workout coordinator. Mike Grassinger will contact George.

Nominating committee: at least three current board memebers are not planning to return to the board in 2000.

New Business

Ken Briscoe reviewed Youth Chip Cross Country activities. Motion passed to have seven more youth Chip jackets embroidered with Chip logo.

Meeting adjourned 7:30 p.m.

December 1, 1999

Board Members Present: Mike Grassinger, Lee Rhodes, Harry Criswell, Ken Briscoe, Steve Wetmore, Ron Peck, George Parrott, Mary Ann Treadaway, Abe Underwood, Lori Prizmich, Mary Coordt

Board Members Absent: Rich Govi, Gary Noe, Greg Soderlund, John Hancock

Guests: Myra Rhodes, Joe McCladdie, Tom Michel, Bob Rowden, Jim Wachter, George Black, Po Adams, Carol Parise, Charlie Fox, Ann Gerhardt, Sharon Norris.

The meeting was called to order at 6:00 pm.

Minutes of the Nov. 1999 meeting minutes approved.

Correspondence

Sacramento County Parks Department informed the Club that the Board of Supervisors had approved opening the Bike Trail to in-line skaters effective January 1, 2000 for a trial period. The Department had also received funding to widen the trail.

Mike Suen resigned from Chips and citing lack of volunteering for AR Bike Trail clean-up by the Club. George Parrott volunteered to talk to him about this.

Officers Reports -none

Special Committees' Reports - none

Race Director Reports

Jed Smith - all the fliers had been sent out. Ron brought a sample of shirts ordered for under $10.00 each. Volunteers will get a shirt also. He is hoping for 240 runners. Permit applications are in.

Mud Run - There was discussion about the date. It had been decided to have the run on Saturday, February 26, 2000. Mike asked for someone to draw up a flyer to go out with the Enquirer. Abe Underwood will do it.

Susan B. - nothing new to report.

Old Business

Bash & 25th Birthday Party - Abe Underwood and George Parrott reported on the planning and schedule for the Bash on December 5, 1999. Lori Prizmich reported on the awards program.

"Official Podiatrist" - Mike Grassinger indicated that he had received a message from Denis Zilaff but had not called him yet.

Paid Race Director - Lee Rhodes distributed a proposal from Doug Thurston for the Susan B. Anthony and Stampede. Lee and Greg Soderlund had met with Doug three times to negotiate this proposal. After a modified motion failed, the original motion was passed.

Workout Coordinator - Mike Grassinger stated that at the last meeting a motion was made and passed to ask George Parrott to resume as workout coordinator. George accepted.

New Business

Ann Gerhardt made a proposal that the Chips have a "semi-official" race walking group as part of the Club. This will enable them to vote as part of the PA/USATF. Ann indicated that the race walkers would race as Chips, have a byline in the newsletter and provide race results. Her proposal also included a request to have representation on the Chips Board. Motion passed to have a Chip race walking group with representation on the Board. Sharon Norris will represent the race walkers on the Board.

George Black inquired as to the process of electing Board members and if the current practice was as stated in the Bylaws. Mike said it was. George Parrott added that nominations are also open at the annual meeting.

Bob Rowden expressed concern about the process used to bring George Parrott back as training director. Mike Grassinger said the proper process was followed.

Jim Wachter expressed his concern that he and George do not always agree on training methods. He stated that he works with youth and would like to continue to work with youth, but does not want to coordinate the Thursday adult workout any longer.

Announcements

Mike Grassinger will not be returning to the Board next year.

Meeting adjourned at 7:30 pm.

Buffalo Chips Running Club MEMBERSHIP APPLICATION

Here's just a few of the hundreds of benefits you'll receive by joining the Chips:

Membership Qualifications - None!
Beginners, kids, co-eds, gen-X'ers, boomers and older are all equally welcome.

* Camaraderie, coaching, advice, networking, and laughter with 1000-plus other Chips.
* A quarterly newsletter with club news, profiles, race results, and race schedule.
* Bulletins sent a regular intervals to keep you up-to-date about Chip activities.
* Discounts at several local sports stores.
* Training groups meet regularly on Tuesdays at 5:30 p.m. for intervals and on Thursdays for track workouts. There are regular weekend long runs on a measured course near Rescue, E Dorado County and on the Bike Trail.
* The club hosts two or three social gatherings annually and presents a number of club awards.
* The club is a member of the Road Runners Club of America and you will receive their quarterly publication, *Footnotes*.
* The club has several incentive programs for achieving training goals.
* The chance to compete in a race on a Chip team.

So sign up by filling out the application below and sending it in with your dues, ASAP!

The first day of the month in which you pay your dues is your Anniversary Date for membership. It will be indicated on your mailing-address label, and you will receive a renewal application 60 days before this date.

☐ Renewal ☐ New Membership ☐ Address or contact change from last year? ☐ No change?

DUES: ☐ Full time student $5.00 ☐ Individual $25.00 $300.00 Lifetime ☐ Family $30.00 or $380.00 Lifetime

Name_____

Address_____

City/State_____Zip_____

Home Phone_____Work Phone_____

Birthdate_____Fax #_____

E-Mail #_____

Family Members (family membership only)

1. Name_____Birthdate_____
2. Name_____Birthdate_____
3. Name_____Birthdate_____
4. Name_____Birthdate_____

☐ Please check here if you would like this information to be omitted from the annual club roster which is sent to all members.

Please check the activity(ies) at which you would like to help:

- ☐ Newsletter
- ☐ Social Events
- ☐ Finish Lines
- ☐ Jed Smith Ultras (Feb.)
- ☐ 4th of July Freedom (Jul.)
- ☐ S. B. Anthony 5K (Aug.)
- ☐ Buffalo Stampede (Sep.)
- ☐ Board Member

Don't need this form? Give it to a friend! (Copies are OK, too!)

Fill out this form completely, SIGN WAIVER below, make your check out to BCRC, and mail to:

Buffalo Chips Running Club
P.O. Box 19908
Sacramento, CA 95819-0908

CLUB MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Buffalo Chips Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

_____
Signature/Date

_____
Parent's signature if applicant is under 18 yrs./Date

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