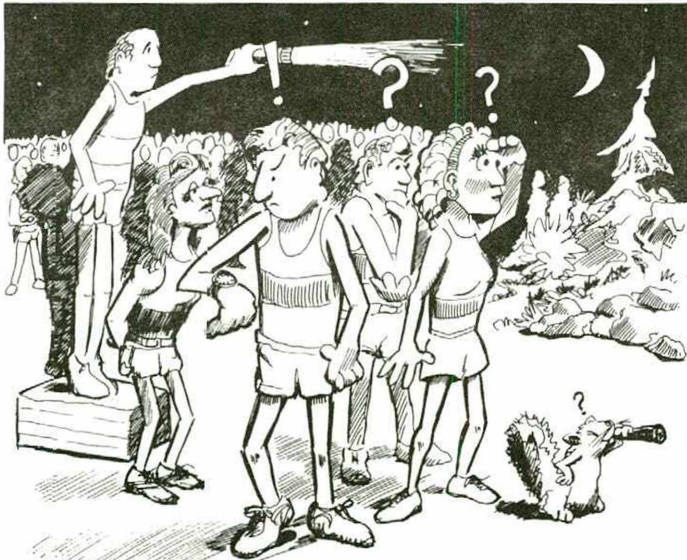




THE BUFFALO ENQUIRER

April Fools! 1992 • Number 110



WHERE'S GEORGE?!

GOLOVITCH

Big Board Brouhaha

Just Three Months In Office - High Dungstress Calls It Quits!

After only three months in office Sandra (Sandi) Falat has called it quits. Citing lack of expense account at Nordstrom, lack of travel expenses to Australia and past lack of respect for the spelling of her first name, Sandi Falat has walked (not run) out of office.. "I get no respect" said only the second dungstress in the history of the Chips. The vice-dungster, Norm Bennett is not sure if he'll step in for the dungstress as he has requested an all expense paid trip to the Bahamas Marathon. The treasurer is stunned at the requests "We don't even have enough money to buy our *Enquirer* editors a Mac let alone expenses for club officers to take lavish trips!" exclaimed the stressed officer who re-

Brouhaha continued on page 39

Tuesday Night Workouts Cancelled!

Parrott Says Slow Down

After years of hard training, fast frequent racing, and avoiding days off, George Parrott admits it's time for a break. "I thought I knew what I was talking about, but now I stand corrected. Light running, plenty of rest days, with no more than one marathon a year is the training method of the future." Parrott, the former megamileage meister, recommends running no more than 10 miles a week, and cross-training; bowling and golf during the summer months and luge in the winter. What about those grueling Rescue runs? Rescue is fine, George says, as long as you do it on your bike. Parrott also suggests cutting the Thursday night track workouts by half the distance. Why sprint today what you can jog tomorrow? Tuesday night workouts are cancelled until further notice. Instead, George invites everyone to join him at La Bou for espresso and cappuccino. For the meantime, it

Parrott Says continued on page 40

Strange but True

CIM Course Ruled Too Short; Boston Qualifying Times Invalid!

Details on page 41

BUFFALO IN BARCELONA! TWELVE BISON ON U.S. OLYMPIC TEAM



About the Buffalo Chips...

The Chips were founded in 1974 as a running club for all levels of runners, as well as joggers and walkers.

Interval workouts are held every Tuesday at 5:45 pm. We meet behind Steve's Pizza located at 813 Howe Avenue. The suggested arrival time is 5:30 pm. You are asked not to park in Steve's parking lot since we will be gone for about an hour. Please use the lots behind Steve's or near the river levee. During the winter and spring months, *reflective vests are required* and flashlights are recommended.

Track workouts are held every Thursday at 5:45 at the Sac State track. The warm-up begins at 5:30 pm at Bleacher's Sports Pub at 900 University Avenue.

We often meet for hill training or long runs on the bike trail on the weekends. The times and dates of these runs are announced at the Tuesday night workouts. The hill training is done in Rescue, located about 30 minutes east of Sacramento off Highway 50.

Please come join us! For more information please contact the Buffalo Chips hotline.

**Buffalo Chips Hotline:
454-5133**

**Running Crisis Party Line
1-800-BLUF-ALO**
Not sleeping because you're worried about that big race tomorrow? Can't seem to qualify for Boston despite logging 120 miles a week? Running on empty? Let's talk!

State of the Herd

Greetings from your new president. I recognize the importance of my first State of the Herd Address to you and know that the majority of you will be studying, dissecting and analyzing this message to try to determine where my leadership will take this club. The only help that I can give you in this important task is to reveal that I contain the seeds of greatness. (As evidenced by my unique, if not, revolutionary running style, hereafter to be known as walking).

Leadership is lonely; walking is lonely; I must have been lonely or else I would not have been at the meeting where I had this great honor thrust upon me. I therefore feel that it is appropriate that my administration have as its first goal, the ending of loneliness. To do this, I am hoping to increase participation by all levels of members in our running, walking and social activities. Help me end my loneliness. Help me to expand my circle of ex-friends who participated in my election. Help me take control of this club, away from the special interest groups and the club to the people that it was meant to serve.

Not that my plan has been made public, I anticipate that certain subversive elements will attempt to thwart the return of your collective involvement in club activities. I recognize that my life may be in danger as a result of this bold leadership and challenge vested few. Your increased involvement in club activities (besides being a lot of fun), could well be all that stands between me and a coup d'etat.

Until we can marshal the full power of our membership, I will be conducting the duties of my office from a safe hotel on an unnamed island in the Caribbean. In my absence, do not trust anyone, especially the Vice President, Norm Bennett, who has been suspiciously interested in the club's Swiss bank accounts. Nor should you trust the Treasurer, Karen Strand, who continually denies the existence of said accounts. Nor should you trust the Secretary, Robin Gilmore, who inexplicably deletes all discussions of accounts from the minutes of our meetings. Certainly, we should not trust any Past Presidents. (How is it that Greg Miller, ex-President, was able to relocate to the Fresno Riviera, and why was it that my predecessor, Jeff Hollister let this go uninvestigated). Coincidence? I think not!

As you may have heard, in order to protect the club funds, I have personally taken control of these accounts and will be conducting an executive audit from my island base to determine if a dues assessment is warranted.

Good luck and my God be with us all in this April Fool's season.

Your Esteemed Leader,

Sandi Falat
High Dungstress

Editors' Note: From here on out any mention of our Hugh Dungstress (emphasis on the stress) Sandi Falat shall be spelled correctly: Sandi. Not Sandra. Not Sandy. Not Sandee. To further emphasize the correct spelling of her name, we have taken it upon ourselves to spell Sandi with a bold i each time her name appears in the Buffalo Enquirer throughout her tenure.



THE BUFFALO ENQUIRER

Second Quarter • Number 110

February 8 & 9, 1992

Gard and Iwahashi Lead the Way at Jed Smith Ultras

Norman Klein

Since moving the Jed Smith 50 Mile Run from an industrial park setting three years ago, to the lovely surroundings at Gibson Ranch, and including a 50 KM and 100KM event in the format, we have had a number of significant events occur. The number of participants has increased significantly, either a world or North American record has been established each year and the number of women participants has increased

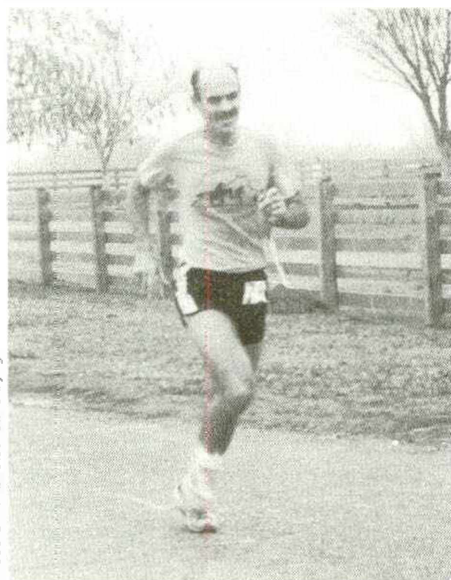
each year. This year, was no exception to this rule.

The 100 KM and 50 KM events took place on Saturday. Much to our surprise, every registered entrant showed up to the start and the pouring rain stopped just prior to the 6:00 am start of the 100 KM.

The 50 KM race featured a duel between Dana Gard and Dave

Carlson. Dana who had won Ledson Marsh just two weeks earlier, was still able to duel with Carlson with just two weeks between events. The two passed each other frequently and going into the final 3.31 mile lap, Gard had almost a three minute lead on Carlson. Carlson made an incredible attempt to catch him, and when the two competitors entered the final 200 yards to the finish line, the race was on. Gard was able to hold on and finish first in 3:31:27. Carlson had closed to within nine seconds of catching him. These two fine runners provided a wonderful show for everyone who was there to witness it.

Christine Iwahashi made her debut in a 50 KM road race (she has run 50 KM trail races previously) and easily won the women's race. Chris is a consistent 2:45-2:50 marathoner and has won numerous marathons. Her time of 3:37:48 was good enough for third place overall, breaking the course record by 29 minutes. She was followed closely by Cindy Scott, who also was moving up from the marathon distance. Cindy's time of 3:45:55, was good enough for 7th



Dana Gard, winner of the 50K



Chris Iwahashi, third overall and first woman in the 50K

Jed Smith continued on page 10



EDITORS' COLUMN

Excuses, excuses...

Ah! The Winter Olympics. Every night for a fortnight, we'd go home, turn on the tv, tune into Albertville and watch the Olympics before/after/instead of our nightly workout. Why do we go through this ritual every four years? Why do we watch people we've never heard of, from countries we never heard of, who have spent their entire lives training in sports we've never heard of (come on now, curling?), finish 47th? Why ask why?

Anyway, thank goodness they're over and we can finally catch up on our sleep...and our running.

If we learned anything, aside from the fact that American female athletes are superior to their male counterparts, we learned that even the international elite have a multitude of alibis explaining why they performed so poorly. The Olympians were notorious for *alibing* their lousy performances. At last count, poor showings were blamed on cold weather, warm weather, soft ice, hard ice, pebbly ice, slushy ice, the wrong skis, the wrong boots, the wrong sled runners, the wrong time of day, the wrong ski course, the wrong target, bad meat, bad water, a rotten childhood, lost good luck charms, and not enough sleep. Which got us to thinking...What ever happened to the good, old-fashioned excuse of "I did the best that I could but it wasn't good/ far/fast/high enough."?

We've come to the conclusion that if the elite athletes of the world can get away with blaming everything else on their poor performances than why can't we little 'ol Buffalo Chips use alibis for our bad runs?

To paraphrase Eric Clapton, "We don't want your alibis" but actually folks - we do want your alibis. Print your best excuse on the form below and we'll print them in the next *Enquirer* for all to use for our next lousy run.

I had a bad run because:

Newsletter Contribution Deadlines

3rd Quarter '92: July 10
 4th Quarter '92: October 10
 1st Quarter '93: December 10

All contributions received on the deadline (the 10th of the month prior to publication) are not guaranteed to be included in the next issue. Timely stories take precedence over general articles and those received by us first take precedence over those sent to us later in the quarter.

Letters, articles, photographs and race results are welcome and encouraged. Handwritten contributions are accepted but material submitted on disc (Mac and IBM), with accompanying hard copy, is preferred. The editors reserve the right to refuse inclusion of items and to edit. Opinions expressed in the *Enquirer* are not necessarily those of the editors or Board of Directors. Send material to:

Buffalo Enquirer Editors
 Laura Kulsik and Carol Parise
 P. O. Box 19908,
 Sacramento, CA
 95819-0908

Advertising Rates:

Full page: \$130
 1/2 page: \$70
 1/4 page: \$40
 Business card: \$25

The deadline for ads is the 10th of the month prior to publication. Submit all ads to the editors at the Chips P. O. Box.



The Big One that Got Away

Greetings from the land of the World Championship Chip Throwers (frozen six months of the year), The Buffalo Chip Campground (Sturgis, S.D. Harley-Davidson Annual Rally) and the former home of new Buffalo Chip, ultra runner Jeff Hagen. If we thought you Chippers could find something Jeff could finally do well, we'd have put shoes on him and sent him west a long time ago; he's better known for throwing bull but we miss him on the long training runs. If you ever get out this way we still have some respectable pladders left that welcome sharing trails and tales.

Buffalo Chip,
Dennis H. Hill
5420 Pinedale Heights
Rapid City, South Dakota 57702
(605) 342-7022

P.S. Sign up his daughters. They are Olympic material!

Thanks

George,
I want to thank you for your guidance and encouragement during my Tuesday and Thursday training runs with the Buffalo Chips. Thanks to those sessions I have had a very successful Nordic racing season. I have not been running with the Chips because on Tuesdays I run the Pasadena hill (really stride the hill), with ski poles from the entrance to the parking lot along the American River to the top of the hill near Fair Oaks Blvd., and leave for ski training on Thursday noon then race every Sunday.

Due to some good luck and your early season training sessions, I am now a member of the Far West Ski Team (that is, number one for the the 60 to 69 age class). I will soon be leaving for Anchorage, Alaska to represent the U.S.A. in the Masters World Cup in Cross-Country Skiing in the age class 60 to 64 years. I'll be racing a 20K in classical technique, 15K in freestyle (skating), 30K in classical technique and a 25K in freestyle. There will be one day for recovery between races. It's going to be a challenge if nothing else than for recovery.

Thank you again so much for your training sessions. I am looking forward to running again with the Chips following the ski season. Please give my best to Joe and the other Chips with whom I have trained.

Sincerely,
Irv Faria

Shirt Trick

In one of last year's editions of the *Buffalo Enquirer* I read with snorted breath your in depth analysis of the possibilities of rewards for wearing the Buffalo Chips shirt during a race

Endeavoring to replicate the scientific results I wore my shirt to the Oakland Double 10K. It was true during this race I came in at 85 minutes, a full six minutes faster than last year. I also tried it in Modesto at the Graffiti 5 Miler ventured in Lompoc where I participated in a warm, difficult Valley of the Flowers Marathon. It turned out to be my second best time in thirteen marathons (only by seven seconds). It qualified me for Boston. It also got me third in my age group.

My feelings are that the shirt trick really does work. I just have one suggestion. Since buffalos don't wear shirts maybe we could get a buffalo insignia for our shorts and not wear a shirt. Some interesting possibilities.

A footnote: The shirt may have been helped slightly by the 10% fat diet, Shaklee Protein Mix, supplements of phosphorus and V.E. Who knows?

Respectfully,
L. Kessler
Ceres (Southern Section)

Past High Dunger's Note: Thank you for field testing the extraordinary power of a Chip singlet. And by the way, we do have club shorts in flourescent colors with buffalos on them. They are available to club members who volunteer at club races and events. I will not discuss at this time a new Harvard research study which is exploring "other" extraordinary powers the owners of the shorts are experiencing.

It's all in the mind

Fellow Herdsmen,
The key to faster running is in the mind, not in the physical body. The body's strength and endurance is limited. Alternatively, we should look at the mind's unlimited power. We must tap in to those powers and use them to our advantage. Wasting time conditioning the body is ludicrous. The best way to train is through mental conditioning; exercise for the brain, if you will. This means visualization techniques, hydrotherapy, moon boots and hallucinogenic drugs, to name a few. Find yourself a good sports therapist and the sky is the limit!

Auspiciously,
an enlightened Chip

January 18, 1992

Food, Folks and Fun

What does it take to convince runners to convene on a Saturday morning to discuss business? Every January the answer to this question racks the brains of board members. This year, the lights went on in heads of the executive bison as they decided that few things capture a runner's attention like free races and free food. This bribe was used to entice new and old members alike to come to the University Park Clubhouse on January 18. The day began with a 5k race on the course of the newly dedicated University Park Classic. The race included a "guess your own time" where the winner is the person who came closest to his/her predicted time. There was also the "fastest person win" division. Prizes included bottles of wine, movie passes, Blockbuster free video rentals, Steve's pizzas and the ever popular whoppers. Following the race, the runners ate their entry fees. What?! The entry fee to the race was a something to share at potluck brunch. This brunch included so much food that some compulsive eaters/runners were known to put in extra miles the rest of the week to burn off the calories consumed during this feast. Finally, the order business of electing new club officers took place. In the end, those members who decided to celebrate Chipdom on this day found themselves to be the newly elected club officers.

Overall, there was a positive response from several bison who admit it was the most fun they've ever had at a club election. So, remember next year when it's time to elect new board members, don't groan and say "I don't want to get involved in club politics." Come out, show your support for the club and eat your heart out!



Brad Lael is first at the finish.

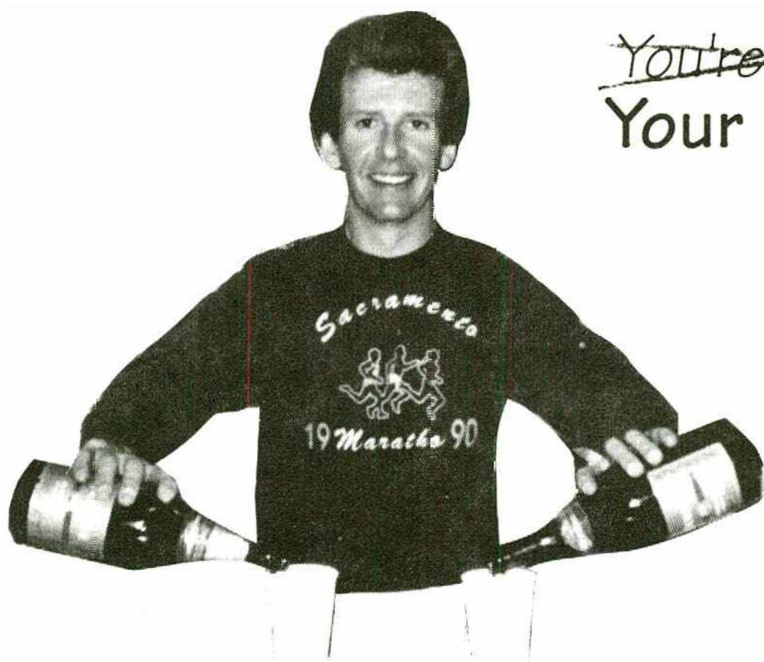


Robin Ward smiling all the way.

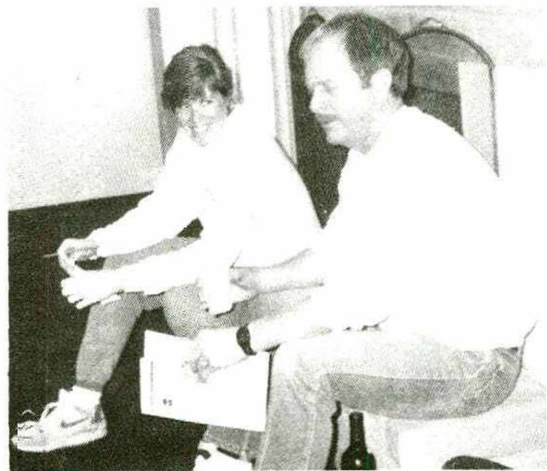
Members Only 5K Race a.k.a. The University Park Classic

Name	Actual Time	Predicted Time	Time Difference
1. Brad Lael	17:11	17:00	+11seconds
2. Chris Enrante	17:22	Random	
3. Ed Matoveik	17:24	17:04	+20 seconds
4. Michael Wilhelm	18:03	17:52	11 seconds
5. Steve Yee	18:52	19:00	- 8 seconds
6. Theresa McCourt	18:57	18:40	+17 seconds
7. Bruce Aldrich	19:03	19:11	-8 seconds
8. Eric Park	19:06	19:15	-9 seconds
9. Doug Essary	19:10	Random	
10. Michael Hersher	19:16	18:00	+1:16
11. Ken Mennemeier	19:26	18:59	+27 seconds
12. David Ragsdale	19:36	18:25	+1:21
13. Steve Topper	19:46	19:58	-12 seconds
14. Brian Woodhouse	19:52	19:37	+15 seconds
15. Ray Patterson	20:12	21:00	-48 seconds
16. Mike Suen	20:20	Random	
17. Randall Hill	20:30	Random	
18. John Harmann	20:56	20:30	+26 seconds
19. Carl Aamodt	21:24	21:00	+24 seconds
20. Michael McKone	21:31	22:00	-29 seconds
21. David Fung	22:11	Random	
22. George Parrott	23:02	Random	
23. Richard Jones	23:07	Random	
24. Joe Pope	23:21	22:50	+31 seconds
25. Art Goolkasian	23:28	22:30	+58 seconds
26. Robin Ward	23:35	22:47	+48 seconds
27. Myra Rhodes	23:36	22:02	+1:34
28. Chris Iwahashi	23:38	Random	
29. Lisa Greitan	24:01	24:30	-29 seconds
30. Lou Thelen	24:02	Random	
31. Dennis Scott	24:07	24:00	+7 seconds
32. Chuck Nichols	24:31	23:15	+ 1:16
33. Georgina Buxton	n/a	(lost!)	Random
34. Cathy Rohm	26:40	25:04	+ 1:34
35. Norm Bennett	26:41	Random	
36. Jim Eymann	26:44	25:04	+1:40
37. Jane Marks	28:47	Random	
38. George Marks	28:48	Random	
39. Po Adams	29:59	27:57	+2:02
40. Sarah Jacobson	29:24	27:00	+2:24
41. Steve Jacobs	29:25	27:00	+2:25
42. Blanca Topper	29:59	27:13	+2:46
43. Sandi Falat	34:16	Walker	Random
44. Ardie Winters	38:28	Walker	41:00 -2:32
45. Linda Apathy	38:28	Walker	37:15 +1:13
46. Jim Porterfield	39:39	(lost!)	26:50 +12:49
47. Cheryl Meyer	40:21	(lost!)	26:40 +13:49

Bold type denotes Predicted Time and Random winners



~~You're Bored?~~
Your Board!



Would you use this aid station? 1992 Board member at large, Mel Golovich serves up Exceed, champagne, sparkling cider at the Members Only brunch.

Omigod: Newly elected High Dungstress Sandi Falat and second in command Norm Bennett have a few seconds to reflect on their dilemma before the paparazzi converge on them.

Question: What do you get when you mix seven runners, a race walker, a senior ultramarathoner, an "I've only run three races" runner and three Hash runners named Partyball, Wax Off and Tits Up?

Answer: The Buffalo Chips 1992 Board of Directors!

This year promises to be quite interesting (for lack of a better word) with such a diverse mix of directors. Returning are Sandi Falat, Robin Gilmore, Jeff Hollister, Dick Kinter, Leigh Rutledge, Lee Rhodes and Dennis Scott. Stepping on board are Po Adams, Norm Bennett, Chris Delgado, Mel Golovich, Cathy Rohm and Karen Strand. Sandi, who was a member-at-large last year comes back reincarnated as the High Dungstress, only the second female president in the club's history.

We don't know if we should be worried, but shortly after being elected, President Falat was overheard saying, "Running is not a very healthy activity. Just look around and see how many of us are suffering through an injury.

1992 B o a r d o f D i r e c t o r s	ELITE DUNG	
	<i>President</i>	
	Sandi Falat	368-2589
	<i>Vice President</i>	
	Norm Bennett	924-9301
	<i>Past President</i>	
	Jeff Hollister	454-6131
	<i>Treasurer</i>	
	Karen Strand	731-4913
	<i>Membership</i>	
	Dick Kinter	944-1503
	<i>Equipment</i>	
	Lee Rhodes	482-8528
<i>Race Consultant</i>		
Dennis Scott	455-8710	
<i>Secretary</i>		
Robin Gilmore	361-3461	
<i>Social Director</i>		
Cathy Rohm	649-9620	
<i>Members at Large:</i>		
Po Adams	481-3983	
Chris Delgado	923-6129	
Mel Golovich	383-3647	
Leigh Rutledge	484-5420	

Walking is the direction I see the club moving towards."

What should we expect from this year's board? The unexpected? "I would like to start working on purchasing a permanent home for the Chips to meet for Tuesday night workouts. With a little creativity, we could buy a house along the river in the American River Drive area. We have realtors and professional people in the club to help us in this regard. Money might be a problem, but it would be easier to have a home donated." Er right, Sandi. Would you like another glass of champagne?

Please feel free to call the board members(at all hours of the night)... Want to volunteer for a club

event? Call Sandi. Like she says, "The only way to achieve total self actualization is to be a VOLUNTEER at one of the many club functions." Need to know when the next Chips soiree is? Call Cathy Rohm. Have a change of address? Contact Dick Kinter in writing. You get the idea.



Your Board: Left to right (Back row) Lee Rhodes, Dennis Scott, Dick Kinter, Jeff Hollister, Norm Bennett. (Front row) Karen Strand, Robin Gilmore, Leigh Rutledge, Sandi Falat, Cathy Rohm. Camera shy: Po Adams, Chris Delgado, and Mel Golovich



BOARD DROPPINGS

Board Minutes - February 5, 1992

Good Earth Restaurant, 7:30 pm

Present: Sandi Falat, Norm Bennett, Steve Daniels, Robin Gilmore, Cathy Rohm, Jeff Hollister, Dick Kinter, Dennis Scott, Po Adams, Karen Strand, Leigh Rutledge, Lee Rhodes.

Guests: Laura Kulsik, Carol Parise, Myra Rhodes, Carl Dahl, Linda Apathy, Mike Otten

Steve Daniels presented revenues and expenses for January and the projected '92 budget. The '92 budget will be lower than '91 and small deficit for the year is anticipated. This results from the loss of the Dragon Run and the RT run this year plus a request for funds for a computer for the newsletter staff.

8

Cost offsets can be made by selling advertising in the newsletter and the savings on postage due to the bulk rate postage permit. Steve announced that Karen Strand will be taking over as Treasurer. She was nominated for the position, the motion was seconded, and votes were unanimously in her favor. ° Dick Kinter reported on membership. He sent reminders to members who have not renewed their membership. The membership directory is due out by 4/15/92. Carol and Laura to receive updates of new members in order to include them on the newsletter mailing list. Sandi received list of February birthdays. ° "Passbook" sales - to be brought up at a future meeting ° Mel Golovich to be approached on finding a way to keep track of service points earned by members. The Service Award schedule to be published in the newsletter. ° Newsletter is currently in the works - any more details were deliberately suppressed by the newsletter staff to enhance reader anticipation. Contributions to the Enquirer are due by 3/10/92. ° Cathy Rohm reported on the Chips Social Scene. There will be a regular column in the newsletter for Chips on their out-of-town escapades; Chips on Trips ° Jeff Hollister suggested a spring clean-up of the storage unit. The Board decided to sell excess t-shirts at workouts. An announcement is to be made on this. Jeff told us that the lights are down at Sac State now, but with days getting lighter, it shouldn't pose a problem at this time. Jeff mentioned a tentative commitment on the Senior Games 10k this year. We can expect to be approached by them on this race. ° Jed Smith race is fully organized and

ready to go. There is a high percent of out-of-town runners this year. ° Peggy Johansen is resigning C M committee - Dennis Scott nominated to replace her as we need a Chip rep on the CIM board. ° Tony Moore in charge of Buffalo Stampede this year. ° Mike Otten here to solicit ideas for the 4th of July run. He outlined a list of potential sponsors. Po Adams suggested River City Bank - she'll contact them. The course needs to be re-configured to put the Start/Finish line closer to the park. Jeff presented Mike with an award for race director for last year. ° Norm Bennett suggested a "Mens Only Race" untitled at this time maybe to be held the day after the Susan B. The idea was met with much enthusiasm by the board - especially the female portion. ° Laura presented some new identity marks of the Buffalo Chips logo. It's been suggested that it be updated (the club needs to make a graceful transition into the '90's). These, too, were met with much enthusiasm as were samples of birthday cards. Buffalo Chips business cards were distributed to board members.

Board Minutes - March 4, 1992

Good Earth, 7:30pm

Present: Sandi Falat, Norm Bennett, Robin Gilmore, Cathy Rohm, Jeff Hollister, Dick Kinter, Dennis Scott, Po Adams, Karen Strand, Leigh Rutledge, Lee Rhodes, Mel Golovich.

Guests: Carol Parise, Laura Kulsik, Myra Rhodes, Karen Durham

Treasury report - it balances. Need accounts for TAC expenses ° Membership - directory due out middle of March. Phone calls to be made to people that haven't renewed their memberships. ° Suggestion made to escort new members on Tuesday night workouts to familiarize them with the workout format. ° Tracking of service points were discussed. A listing of events and the relative points to be published in the newsletter. ° 32 pages for next newsletter. Deadline is 3/10/92. Right to edit articles by editorial staff should be assumed by every submitter. ° Logo-issue - tabled for future meetings

° Social scene - several suggestions were submitted - bowling nite, a training camp (Camp "Club Foot"), houseboat trips, scavenger runs, Stinson Beach/Bodega Bay weekends. ° Fourth of July Run - Mike Otten suggested hats to sell instead of shirts. Board would like to see a sample before committing funds to the project. ° Susan B. - Jim Williams to be race director. Tank tops suggested instead of t-shirts. ° Stampede - date set for September 13th. Tyvek jackets suggested instead of t-shirts. The cost needs to be researched. ° USAA Outdoor Fair - Friday, April 4 from 11:00-3:00. Chips to be represented with a Chips booth, running routes we use, shirts, newsletters etc. We were invited to participate - USAA has 1300 employees. This would be good PR for the club.

WE GET RESULTS!

We Get Results! is divided into three sections: *Ultra Update*, *Chips on Trips*, and *Home on the Range*. *Chips on Trips* features race wrap-ups from road trips taken by Chips to lands far away...like Honolulu and Redding. *Home on the Range* covers races the herd runs in the Sacramento area. To all our contributors: *Thanks* for coming through. Your response has been tremendous. Because of your enthusiasm, this issue has turned into the 32 page monster that it is.

U L T R A U P D A T E

December 28-January 3rd

The Gibson Ranch Multi-Day Classic

Po Adams

Well kids, and most of you are to me. I would like to tell you of my latest adventure - my first 24 hour race - at age 67.

Training - Actually I'm always in training. In '91 I ran the Jed Smith 50k three marathons (Napa, San Francisco and CIM), two half marathons, the Clarksburg 30k and many other races from 100 meters up. I maintained a 50+ miles/week average (advantage of being retired) and a 12 1/2 year base of running.

Having read a lot of *Ultra-Running's* articles on this distance - especially new chip Jeff Hagen's story on the 90' Gibson 24 hour run with his 3rd place finish - I followed Jeff's advice as to stretch after every five laps, walking against the wind and keeping fueled.

So my story - At 9:05 am Saturday, December 28 under dripping skies, we stalwart few 24 hour runners along with the 6-day, 72-hour and 48-hour runners hit our first obstacle, the goose walk. The geese crossed our path about an 1/8 mile into the run. And, you don't move a goose! But on we proceeded around the lake. There was a wind tunnel between 1/2 and 3/4 mile. After the first mile, I walked this area. Down the straight-a-way were the lap counters and the ever present and cheerful food givers. From lap 2 on, I drank cola energy drinks or whatever on every lap. For lunch, I had hot vegetable soup and mainly liquids, banana bites and baked potatoes the rest of the time.

The weather cleared, but the wind on the back area continued. I did not fight it. I had picked a mark, an arrow by a light to stop running and walk. I maintained this plan faithfully until about 42 laps when the wind was stronger than me. It was now dark and the rains picked up. They said at 6 hours I had 27 laps but I kept going. Dinner was rice pilaf a-la-rain, I was always on the move. Finally, at 8:45 I was so wet and cold I stopped, checked in and asked for a 2:30 wake-up call (No, it wasn't the Hilton - just

the good old warm bunk house), called my husband, and crawled with surprising agility onto the top bunk. I removed my wet shoes and socks and jacket, wrapped myself into my own warm blanket and pillow, felt the tingly feeling in my surprised feet and tried to ignore the wind and rain outside. The knock on the door came faithfully at 2:30 am. But I lay there until another knock and call of "are you getting up?" (shades of your mother) sounded at the door. Embarrassed, I reported for duty. Having previously completed 48 laps, at 3:48 am, I can say that '87 CIM was a picnic. After the first lap, I found a large umbrella which I used defensively, walking against the wind and rain. After 10 miles, the umbrella blew out. Drenched, I stopped, changed shoes and socks again, found a plastic cover and warm, dry wool mittens. The wind just never stopped. The sleet like rain glowed against our lighted way. As daylight came, the rain eased and at about 8 am I checked my number of laps run. The lap counter said I had 60 miles. Sixty-miles, I had been thinking in terms of laps, not miles. This news cheered me and off I went, not stopping for food or water. About 8:50 am, I stopped as I needed 20 minutes for another lap. I ran to the bunk house to clean up for the awards ceremony.

Note: I would like to say that this race is so well organized (by Norm and Helen Klein, Linda and John Moise) that a person like me who had no help could handle all of their own needs. I drove there, hauled my own stuff pleased to have a warm bunk, a wake-up call, good food, kind helpful volunteers, finish and truck on home feeling great!

In addition, there was a ray of sunshine during the race. Fellow chip Peggy Ewing dropped out by around the marathon time and ran a couple of laps with me. Not only that, she had enough confidence in me that I would be there at the end that she came to see the finish and accept my over 60 award at the Awards Ceremony. That's a friend. That's a chip.

Chip Results

48 hours
Jeff Hagen - winner 193.8
Jim Drake - 100

24 hours
Tom Wright - 134.15
Ray Scannell - 90
Po Adams - 63
Bill Finkbeiner - 50
George Billingsly - 50

*Ultra Chips
on the run at
Jed Smith*



Howie Klein



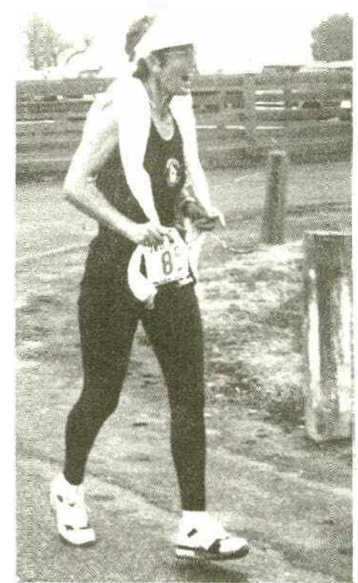
Pat Adams



Myra Rhodes was only two minutes off the American record in her age division.



Jim Drake (left) receives his award for winning the 50 to 59 age division in the 50 miler while Bill Finkbeiner relaxes after his 9.24:57 performance (first Chip) in the 100k.



Ultra specialist Helen Kle n, winner of her age division.

Jed Smith continued from page 3

overall, and her time also broke the old course record by 21 minutes.

Ray Piva turned in an incredible performance in the 50 KM. Ray made his ultra debut at Jed Smith last year, and his time of 7:02 established an American record for 50 miles in the 60-64 age group. This year, he opted to run the 50 KM where he broke the existing world record in the 65-69 age group by 19 minutes. His time of 3:30:02 was good enough for eighth overall.

Another outstanding performance was that of Myra Rhodes who at age 59, ran 4:43:18, just missing the American Record by two minutes. Our women's performances were truly outstanding, and Myra, especially, could rewrite the record book when she turns 60 next year.

One of the goals when we added the 50 KM race at Jed Smith, was the hope that we could encourage more

women to participate. Our goal was attained this year as 40 percent of the starting field were women, and even more remarkable, five women over the age of 60 competed. This has to have established some sort of record.

The 100 KM was won in 7:43:38 by Joe Schlereth who took the lead from the start and never relinquished it. Second place was won by Gary Hilliard. Edith Bogenhuber, switched from the trails to the roads to win the women's race in 10:01:05. Helen Hull came in second in 10:22:25.

Dan Williams who ran a strong and even paced effort finished first in the 50 mile race in 6:15:27. Second was Dave Scott in 6:23:00 followed by Tom Wright in 6:23:33. Wright is the present leader in the California Ultra Grand Prix Series. Susan Gimbel won the women's division in 7:20:29.

Jed Smith Results

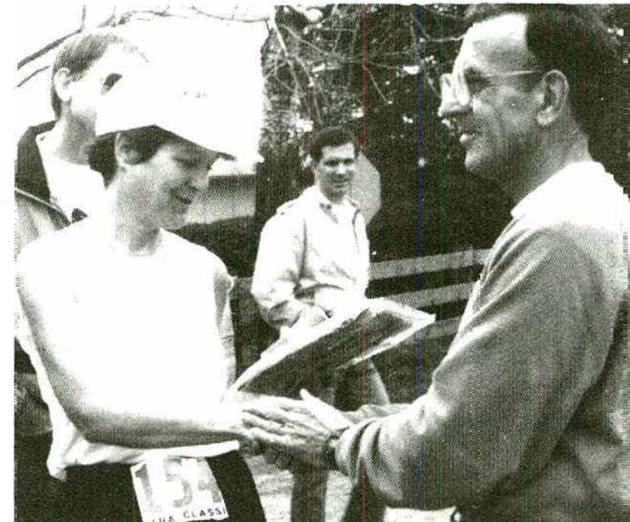
100K

1. Joe Schlereth, 41	7:34:36	
50 mile split - 5:47:23		
2. Gary Hilliard, 37	8:09:13	
3. Wayne Miles, 44	8:25:32	Chip
4. John Maffi, 46	8:51:03	
5. Dennis Huffman, 42	8:54:48	
6. Dan Duffy, 38	8:55:15	
7. Jacques Martin, 38	8:56:59	
8. Bill Finkbeiner, 36	9:24:57	Chip
9. Edith Bogenhuber, 47	10:01:05	
10. David Kamp, 44	10:16:05	
11. Helen Kull, 33	10:22:25	Chipette
12. Aaron Goldman, 60, NM	10:50:43	
13. John Cervantes, 39	10:55:21	
14. Steve Kozachik, 38, AZ	11:03:05	
15. Herman Cohen, 52	11:08:15	
16. Don Choi, 43	11:19:35	
17. Henri Girault, 55, FRANCE	11:27:09	
18. Lyl Holmberg, 49	11:30:42	
19. David Nakashima, 44	11:31:18	
20. Richard Gillespie, 32	11:53:05	
21. Gary Waldsmith, 51	12:01:08	Chip
22. Jim Miller, 45	12:26:00	
23. Ron Perkins, 52	12:52:09	
Allan Kaplan, 36	12:52:09	
25. Marie Boyd, 43	13:34:45	

31 starters

50K

1. Sam Gard, 47	3:31:27	Chip
2. Dave Carlson, 38, NV	3:31:36	Chipette
3. Chris Iwahashi, 36	3:37:48	Chipette
4. Phil Penna, 43	3:39:00	Chip
5. Craig Newport, 45,	3:39:32	Chip
6. Tim Trietmeyer, 33	3:44:57	Chipette
7. Cindy Scott, 36	3:45:55	Chipette
8. Ray Piva, 65	3:50:02	
World Record, Age 65-69		
9. Ron Howard, 40	3:52:01	
10. Nick Bassett, 47, WY	3:57:52	
11. Rachel Atchley, 27, NV	3:57:58	
12. Edward Frisch, 52, NV	3:59:32	
13. Jeff Parker, 32, NV	4:01:24	
14. Tony Capasso, 40	4:03:44	
15. Peter Annuth, 39, GER	4:05:56	
16. David Kim, 49	4:07:34	
17. Melinda Creel, 34	4:08:15	
18. Mike Longero, 34, NV	4:09:47	
19. George Parrott, 48	4:09:56	Chip
20. Jan Levat, 40	4:14:41	Chipette
21. Ron Kovacs, 53	4:18:04	
22. Steve Harrold, 44	4:21:16	Chip
23. Martin Hillier, 54	4:23:39	Chipette
24. Carol Parise, 26	4:23:42	Chipette
25. Joe Holmberg, 51	4:24:57	
26. Toni Belaustegui, 44, NV	4:31:32	Chipette
27. Steven Strickland, 31	4:36:08	
28. Mike Florence, 42	4:37:16	
29. Joan Steidinger, 37	4:39:17	
30. Phil Wright, 47	4:39:45	
31. Lori Frisch, 32, NV	4:40:02	Chipette
32. Linda Elam, 46	4:40:55	Chipette
33. Dominic Spinetta, 54	4:40:56	
34. Mary Kleinbach, 40	4:41:59	
35. Richard Bartel, 46	4:42:39	
36. Dan Koellen, 34	4:43:07	
37. Myra Rhodes, 59	4:43:18	Chipette
38. John Clark, 49	4:43:20	Chip
39. Laurette Fox, 39	4:44:00	
40. Heidi Anderson, 34	4:44:48	
41. Suzanne Roat, 28	4:46:54	
42. Harry Baume, 48	4:47:22	
43. Elliott Eisenbud, 49	4:48:41	Chip
44. Frank Ives, 49	4:48:44	Chip
45. Marie Gonzales, 30	4:48:50	
46. Jan Kahdeeman, 35	4:49:53	
47. Peter MacLbert, 46	4:50:15	
48. Delmar Fralick, 28	4:54:12	



Cindy Scott, second woman (3:45:55) and seventh overall in the 50K, accepts her plaque from race director Norm Klein.



49. Jack Klingman, 33	4:54:13	
50. Michael Niema, 38	4:57:19	
51. Dan Pfeifer, 45	4:58:10	Chip
52. Jeff Buck, 33	4:58:19	
53. Jack Heusser, 50	5:08:35	
54. Barbara Miller, 4	5:09:05	
55. Debe Holmberg, 43	5:10:39	
56. Les Axelrod, 45	5:11:23	
57. Graham Farquharson, 51,	5:16:12	
58. Bob Matulac, 56	5:16:23	
59. George Mitchell, 28	5:18:01	
60. Tony Jankowski, 39	5:20:53	
61. Eric Gould, 33	5:21:46	
62. Frank Kenny, 36	5:25:16	
63. Sandy Grandy, 40	5:28:53	Chipette
64. Pat Wellington, 43	5:29:51	
65. Bob Tsubamoto, 50	5:29:51	
66. Margie Lopez, 39	5:31:19	Chipette
67. Joseph O'Flaherty, 57	5:35:51	
68. Tony Rossmann, 50	5:38:16	
69. Theresa Rounds, 33	5:42:21	
70. Dick Collins, 57	5:45:21	
71. Janet Rivard, 36	5:45:46	
72. Stuart Sargisson, 52	5:46:27	
73. Joyce Flynn, 37	5:47:40	
Terry Flynn, 39	5:47:40	
Patti Teale, 36	5:47:40	Chipette
76. Kathy Maynard, 44	5:48:16	
77. Jan Lambert, 45	5:48:41	
78. John Rhodes, 44, NV	5:48:42	Chipette
79. Joyce Pryor, 45	5:49:15	Chipette
80. Helen Klein, 69	5:50:00	Chipette
81. AT Miller, 42	5:51:36	
82. Wally Rapozo, 63	5:57:46	
83. Carole Goldberg, 34	5:58:12	
84. Ed Fishman, 68	5:58:57	
85. Jennifer Varro, 25	6:06:17	
86. Diane Melanson, 50	6:10:57	
Russ Melanson, 57	6:10:57	
88. Sandy Strain, 47	6:12:04	
89. Mary Sundberg, 43	6:12:47	
90. Po Adams, 67	6:13:05	Chipette
91. Norma Slowey, 47	6:14:38	
92. Lucinda Fisher, 50	6:17:00	
Don McNelly, 71, NY	6:17:00	
94. Mike Tselentis, 65	6:29:38	
95. Douglas Plourde, 43, NV	6:32:10	
96. Liese Rapozo, 64	6:38:08	
97. Lois Cook, 60	6:43:44	
Art Acosta, 52	6:43:44	
99. Joan McClintock, 48	7:17:03	
100. Jim Skophammer, 68	8:12:17	
101. Lillian Fishman, 66	8:53:56	
109 starters		

50 Miler

1. Dar Williams, 43	6:15:27	
2. Dave Scott, 34	6:23:00	
3. Tom Wright, 47	6:23:33	Chip
4. Frank Ruona, 46	6:25:21	
5. Bruce Aldrich, 36	6:34:24	Chip

6. Joe Brarinburg, 47, NV	6:38:45	
7. Charles Crompton, 44	6:43:44	
8. Mike Hernandez, 38	6:51:55	Chip
9. Michael Palmer, 38	6:55:57	
10. Alfred Bogenhuber, 52	6:58:11	
11. Dow Mattingly, 40	7:02:27	
12. Bill Hambrick, 37	7:02:53	Chip
13. Stan Wirgate, 32	7:03:42	
14. Arnie Stemsrud, 33, OR	7:10:36	
15. Michael Danese, 32	7:11:43	
16. Jim Drease, 51	7:14:20	Chip
17. Jim Howard, 37	7:18:33	
18. Susan Gumbel, 45	7:20:29	
19. Tom O'Connell, 41	7:31:59	
20. Jim Butera, 44	7:32:36	
21. David Kim, 49	7:33:57	
22. Burgess Harmer, 49, NV	7:34:29	
23. Chuck Mcneycutt, 44	7:41:53	Chip
24. Jim Furman, 45	7:42:15	
25. Roland Martin, 43, NV	7:49:09	
26. Barney Eaty, 45	7:52:33	
27. Tim Carr, 46	7:54:57	
28. Mike Piccardo, 41	7:56:12	
29. Andy Lewis, 40	7:56:12	
30. Eric Johnson, 37, NV	7:58:41	
Ron Tauchen, 45, NV	7:58:41	
32. Phil Wright, 47	8:04:32	
33. Pierce Cornelius, 61, OR	8:06:26	
34. Jack Resh, 60	8:06:30	
35. Steve Haun, 48	8:08:21	
36. Roger Oike, 37	8:09:09	
37. Dave Damas, 43	8:10:03	
38. Jim Kleinbach, 49	8:14:20	
39. Frank Shuman-Monti, 33	8:16:52	
40. Carl Cull, 45	8:17:05	
41. Richard Laine, 62	8:20:18	
42. Eddie Lujan, 53	8:28:23	
43. Ken Okubo, 54	8:33:13	
44. Jeff Hagen, 44	8:33:59	Chip
45. Robert Longwell, 53	8:35:05	Chip
46. Dennis Scott, 43	8:38:19	Chip
47. Russell Bravard, 35	8:41:18	
48. Sarah Freeman, 41, MA	8:42:33	
49. Ulf Werwer, 51	8:43:44	
50. John Clark, 49	8:45:15	Chip
51. Kurt Fox, 29	8:53:15	
52. Mike Cronk, 48	8:54:08	
53. Philip Bass, 44	8:56:04	
54. Ron Naess, 40	8:57:51	
55. Dan Lindstrom, 42	9:00:06	
56. Milan Yarga, 46, NV	9:05:11	
57. Audrey Riers, 52	9:10:02	
58. Bob Blaschild, 43	9:10:51	
Linda K rcher, 46	9:11:23	
Gloria Takagishi, 46	9:11:23	
61. Dan Pfeifer, 45	9:12:58	Chip
62. Joan Ruse, 42	9:14:01	
63. Gerald Jackson, 51	9:14:20	
64. Joann Hull, 36	9:20:23	
65. Bob Meekins, 52	9:50:37	
66. Don Cho, 43	10:10:17	
67. Alice Gimore, 48	10:14:35	
68. Sandy Becker, 53	10:21:08	
79 starters		

In appreciation of the Jed Smith volunteers

Thanks!

Lee Rhodes

The overall success of the Jed Smith Races was due to the outstanding efforts of the many volunteers - both Chips and non-Chips, under Norm Klein's direction. The aid station captains deserve particular recognition as they put in up to 14 hour days.

The Captains

Dorothy and George Peavy
Nancy and Charlie Gabri
Diane and Russ Melanson
Dave Mullins and Bill Worcester

Their Assistants

Frank Ives	Beth Finkbeiner	Joyce Karver
Michael Wilhelm	Tom Wilhelm	Mike O'Neil
Norm Bennett	Mike McKone	Jim Eymann
Red Gossett	Dave Kessler	Linda Apathy
Art Gookasian	Jim McElroy	Carl Dahl
Dede Dugdale	Michael McKee	Tom Farran
Paul Powell	Chris Iwahashi	Barbara Farran
Mike Saling	Connie Kondo	Carl Northeimer
Pay Patterson	Susan Simmons	Lee Hayes
Charles Whitaker	Wendell Lummis	Suzanne Razez
Mike Caplan	Charles Napier	Helen Olivar
Rich Jones	Po Adams	Betsy Gordon

The importance of the *lap counters* is obvious. These volunteers made a tremendous difference in the enjoyment and success of the runners. Our lap counting system, new this year, worked to perfection, thanks to the following:

Chuck Honeycutt	Pat Drake	Susan
Bruce Aldrich	Jim Drake	VanVelkinberg
Betty Pfeifer	Margie Lopez	Lucinda Fisher
Bill Hambrick	Scott Mills	Barry Fisher
Chuck Nichols	Mike Otten	Dan Baglione
Dana Gard	Bob Sanchez	Anne King
Dennis Scott	Phil Bass	Sue Murray
Chris Delgado	Jim Jordan	Dewey Ware
Gina Berry	Margaret Martin	Norma Ware
Jeff Hollister	George Foxworth	Jim McDade
Helen Hull	Rich Michaud	Jeanne Ennis
Rich Jones	Bill Micsan	Carol Hewitt
Tim Jordan	Rae London	Richard Shields
Joe Pope	Larry Frantzen	Barney Baty
Mike Suen	Jim Perry	Judy Walker
Gordon Hall	Audrey Viers	Patrick Kemp

The kitchen crew, under the very able direction of Helen Klein, prepared and served dinner to over 50 participants on Friday and Saturday nights. Helen was assisted by Sandi Falat, Robin Gilmore, Myra Rhodes and Dale Cummings.

The construction chores (setting up the tents, etc.) were handled by John Moise, Gary Waldsmith and Rod Carveth.

In addition to all those mentioned above, many others just showed up and pitched in - we regret not getting everyone's name but their help was greatly appreciated. Also, several people worked both days, worked at the aid stations, and counted laps *and* did kitchen duty! All in all, over 100 Chips and "friends of Chips" volunteered their time. Our closing accolade must go to Helen and Norm Klein for again doing the Chips proud with their overall race organization and direction.

Lost!

I'm a pair of Oakley sunglasses and I can't find my way home. My owner, a Chipette and Jed Smith volunteer left me in the volunteer tent at the Jed Smith Ultras on Saturday, February 8th. If you found me and don't know who I belong to please return me to Lee Rhodes or one of the Enquirer editors. Thanks!

Bill Finkbeiner Quits Ultrarunning!

by Dweezle

This guy has a "string" (consecutive running days) over 10 years now. The number of 50 and 100 mile races he's competed in are mind boggling. Now Bill says, "I guess all this running has finally caught up with me. My knee joints are so bad that I can barely get out of bed in the morning." Bill plans to take up vehicle restoration and race directing as hobbies. "Running was like a drug, I just couldn't get enough. Now look at me."

Ultra Racing: An Outsider's Perspective

Craig Newport

The appeal and mystique of racing distances longer than the marathon have been discussed by many people. Most of these people know more about the subject than I do since they are experienced ultra runners. If you are looking for comprehensive knowledge of the sport, there are better sources for this information than this article. There are many people in this club who are true successful veterans of this sport.

I offer my perspective partly because, as someone once said, "We are all prisoners of our own experience." I also offer it because many people in this club are in the position I was in yesterday. That position was as a runner who had run races in distances up to and including the marathon but not beyond. I might be able to provide some knowledge in this relatively painless way.

Before yesterday, I had run about 200 races over an eleven year period with 40 or 50 of them being marathons. For about seven of those years, various people have

Most directors of ultras seem to look for the toughest terrain within driving distance. They love hills, uneven footing, altitude, temperature extremes and inaccessibility.

tried to talk me into running ultras. I declined. My reasoning was (and is) that the training for a marathon can fit in to the average person's schedule without disrupting your life very much but that training for a fifty miler or longer means something else has to give, usually your attention to your family, work, home, or any other activities you were involved in.

My curiosity, my persistent friends, my advancing age and that "in between" distance of 50K (31 miles) finally wore me down and I signed the check that entered me into the ultra world. I offer this perspective then not as an expert but as one who has freshly made that step that others might be contemplating.

What are the similarities between people whose longest race is the marathon and those whose shortest race is the marathon? Both these groups are in good aerobic shape. I'll not take up which is better. Let it suffice that both groups are probably in the top 2% of the population at large.

Don't get into ultra running to impress your non-running friends. All they know is that a 10K, a marathon or the Western States 100 is a lot farther than the distance from

wherever they parked to wherever they are going. Anything beyond that is either silly or something they have "been meaning to do."

One similarity that turned out to be a mild surprise to me was that the women have arrived. Around 30-40% of the field in the race I ran (the El Dorado 50/50) was female. Part of my surprise may be chauvinism. Another part was that I consider the female of the species to be slightly more sane. I picture the first warrior, the first motorcyclist and the first bungee jumper as males. The fact that the women were running ultras made me feel it wasn't just another macho overcompensation in our semi-controlled existences.

What are the differences? The obvious one is the distance. This difference isn't a linear relationship. The cliché is that the halfway point in a marathon is the 20 mile point. I believe that is correct in terms of effort, concentration and energy expenditure. This relationship carries over to ultras. A 50K is more than five miles harder than a marathon even on the same type of terrain. How much harder is a 100 miler? I don't know.

Another difference is the location of most ultra races. In Sacramento we are familiar with two ultra races, the American River 50 Miler and the Jedediah Smith Ultra Classic where the transition to ultra racing terrain is moderated somewhat. Most directors of ultras seem to look for the toughest terrain within driving distance. They love hills, uneven footing, altitude, temperature extremes and inaccessibility.

What is better about ultra racing than road racing? They are usually staged in beautiful locations. Even if you take the race seriously enough to be unable to appreciate it during the event, you can enjoy your surroundings before and after the race.

Recovery from an ultra race is not necessarily a function of the distance of the race. Recovery from a marathon almost always takes longer than recovery from a shorter race. This relationship does not seem to extend out to the ultra events in a linear fashion. Part of the recovery is built into the race. All but the elite of the sport walk part of the course. The variation in terrain forces the use of a larger variety of muscle groups, not unlike triathloning, spreading the fatigue out to dissipate more quickly.

The last area where I consider ultras superior is a subjective judgement. I like the people who are associated with these events. Without being negative toward people

Ultra Racing continued on page 12

Ultra Racing continued from page 11

associated with road racing, cycling, triathloning and other aerobic pursuits, I think ultra runners are more "Hawaiian." I know that sounds strange but having lived in Hawaii, I have my own definition that has nothing to do with Polynesian ancestry. The true Hawaiian is friendly toward virtually everyone, takes things as they come without rancor, almost always gives others the benefit of a doubt and is not concerned with prestige or protecting their turf. That is how I see the ultra crowd. For me it is a high compliment.

Ultra runners show off their blisters and purple toenails as proof they made a good effort.

What is worse about ultra racing? The first thing is something that concerns about everyone. That is time. Ultras take more time than shorter road

races. The training takes more time. The races take more time. Driving to training runs and races takes more time.

Ultras are not for people who like to judge their state of fitness by looking at their race performances. Along with the usual uncontrollable factors of the average road race like weather, your health, your age, etc., you have unique courses that you can only run once a year. The evaluation of your performance becomes a subjective judgement rather than a comparison of numbers.

Another minus for ultras is shoes. The technology just isn't there. If you are squeamish, don't watch ultra runners take off their shoes after a race. Frank Shorter didn't let other runners see his feet because he felt they would be encouraged by how beat up they looked. Ultra runners show off blisters and purple toenails as proof they made a good effort.

Another thing I consider a drawback is the drug talk at ultra races. I'm not referring to performance enhancing steroids. I'm talking about the drugs designed to combat discomfort. If you want a variety of opinions on Motrin, ibuprofen, acetaminophen, aspirin and Maalox, go to an ultra race. I don't consider these drugs to be evil in themselves. They just testify to the discomfort that sometimes spills over into the pain category that is associated with this sport.

Is ultra racing for you? Let me outline my idea of the successful ultra competitor. This isn't necessarily the person contending for the lead. This definition is for the person who enjoys themselves, looks forward to the next race and leads a somewhat balanced life.

The successful ultra competitors have some all around athletic ability. Jumping from rock to rock on a mountain trail takes more balance and skill than running around the neighborhood. They have forgiving digestive systems. Some people can learn to eat while running. Some cannot. They also have families that either like to attend ultra events or at least have something else to do that doesn't make them resent their competitor who is off for hours (or days) at a time. They don't have problems with altitude. They also have the ability to concentrate on many things at once, their own bodily resources, the next step, how much water they should be carrying, staying on the trail, etc.

Will I become an ultra runner? I don't think so. The night after running my first ultra, I dreamed that Cab Calloway had started using electric instruments and I was his equipment man on his tour! Then again, if I was so good at predicting the future, I would be earning my living by purchasing a lottery ticket at the 7-11.

Should you become an ultra runner? If you don't see something here that makes you completely repulsed, give it a try. At the very least, it will be a unique experience.

1992 - CLUB SERVICE AWARDS



Club members who volunteer at a club function earn points towards a Service Award t-shirt or shorts (your choice). To receive this coveted running apparel you need to earn eight service points during the year. Points are distributed as follows:

- Newsletter contribution* 1
- Newsletter help (mailing, etc.)* 1
- Help at a social function* 1
- Help at a non-club race* 1
- Help at a club race* 2
- Organize social function* 2
- Choirmaster* 2.1
- Help at Ultra (6 hours)* 3
- Board Member (fool)* 4
- Race Director (bigger fool)* 8
- Enquirer Editors (biggest fools)* 80

As a final perk, a special drawing will be held among those club members who have earned Service Award clothing (Board members are ineligible). The winner of the drawing will receive a trip for two anywhere outside of the continental United States - a \$3,000 value. Regarding this latter matter, please contact Board member A. Pril - Fulls for more details. So earn those service points and impress your fellow bison with your new running duds. ...and maybe win a trip.

Name _____ Phone # _____
 Address _____ # Points Earned _____
 Events _____
 Responsibilities _____

Forward this form to any Board member or send to the Chip's P. O. Box

28 Chips "win" lottery!

We'd like to congratulate *or send sympathy cards* (it's a tough call!) to the following Chips who were lucky/unlucky enough to get their names chosen for the Western States 100 to be run on June 27th, 1992. About 300 are allowed to run the grueling hundred mile course which starts at Squaw Valley at an elevation of 6,200 feet and has a net climb of 18,090 feet and a 22,970 foot decline before finishing at Placer High School in Auburn. You may want to contact these folks and offer your services as pit crews or pacers (which are allowed only after the 60 mile mark). We're sure they'd appreciate your help.

The (Un)lucky Chips in the Western States 100

Toni Belaustegui
Rae Clark
Jim Drake
Linda Elam
Bill Finkbeiner
Dana Gard
Dennis Hagele
Bill Hambrick
Steve Harrold
Mike Hernandez
Helen Hull
Frank Ives
Tom Johnson
Helen Klein
Howard Klein
Wayne Miles
Lee Rhodes
Tom Rooney
Joan Scannell
Ray Scannell
Dennis Scott
Greg Soderlund
Patti Teale
Abe Underwood
Gary Waldsmity
Tom Winter
Bill Wood
Tom Wright

F.Y.I.

Buffalo Chip **Eileen Taylor** ran in the Olympic Marathon Trials in Houston, but due to a nagging cold she had to drop out at around nine miles. Eileen was not alone; of the 89 starters approximately one third of the field was unable to finish. The race was won by Janis Klecker of Minnesota, quite possibly the fastest dentist in the country. Janis is no stranger to the streets of Sacramento. She's won the California International Marathon twice; in '88 and '90.

Errata: We goofed. On the cover of the last *Buffalo Enquirer* we wrote that Jim Milton was the second Chip in at CIM. Rich Hanna was first, Jeff Edwards was second and Jim was third and not fourth as indicated in the CIM results on page 12. On page 14, we captioned Jeff as Rich and Rich as Jeff. No, they did not have out-of-body experiences - rather, your editors were out of their minds!

High Dungstress sighted! The high dungstress (emphasis on the *stress*), claiming to be conducting an executive audit from an undisclosed island was seen just two weeks ago. Clad in jeans, gardening gloves and toting a shovel, the newly elected officer was spotted attempting to start a vegetable garden on a plot of land on La Riveria Drive just west of Watt Avenue. Believing her disguise as "Farmer Falat" would confuse onlookers as to her true identity, the dungstress was armed by only one of her usual seven highly-trained and highly-built secret service men. An interrogation of the lone body guard as to why the high dungstress was subjected to such blister-provoking manual labor extracted only the feeble response of "This was her own idea." *Enquirer* reporters will keep you posted on any further sightings of our beloved leader.

**T
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s**

The *Enquirer* editors would like to give special thank yous to the following:

Stan Golovich (Mel's bro) for his great illustrations on our cover and in our *Chips on Trips* section. The herd never looked better. Your work is great. We hope to feature more of it in future issues.

Robert Kulsik (Laura's dad) for driving up from Santa Cruz with his Macintosh SE30 and leaving it with us for a few weeks so we could put this baby to bed! We couldn't have done it without you, your equipment and your Macexpertise.

American River 50 Miler: April 4th

December 15, 1991

Chips in Paradise- Honolulu Marathon

Bruce Aldrich

Tired of the cold? Need an excuse to take a vacation? Next year try Honolulu. About 14,000 runners took the gun on December 15th. Nine thousand of the entrants were Japanese! This race reportedly has the largest number of Japanese entrants in the world.

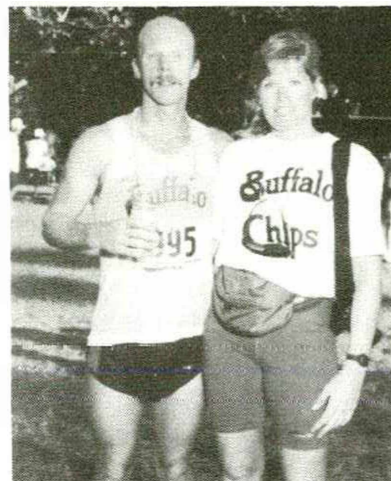
The pre-race instructions were given in both Japanese and English. We were told that the 3:00am temperature was 71 degrees. This would not be a pr day, but it sure was comfortable standing around for the start in shorts and a singlet. No need for a sweats bus here. The race got under way at 5:30am with a blast from a Howitzer cannon. Fireworks lit up the sky and we were off.

The course is fairly flat, with the exception of a hill passing by Diamond Head, at mile six going out, and 24 on the return. The aid stations were frequent and well stocked. To help combat the heat, cold wet sponges were provided as well. In addition to the official aid stations there were numerous unofficial Japanese aid stations serving up mysterious dark colored brews to their countrymen.

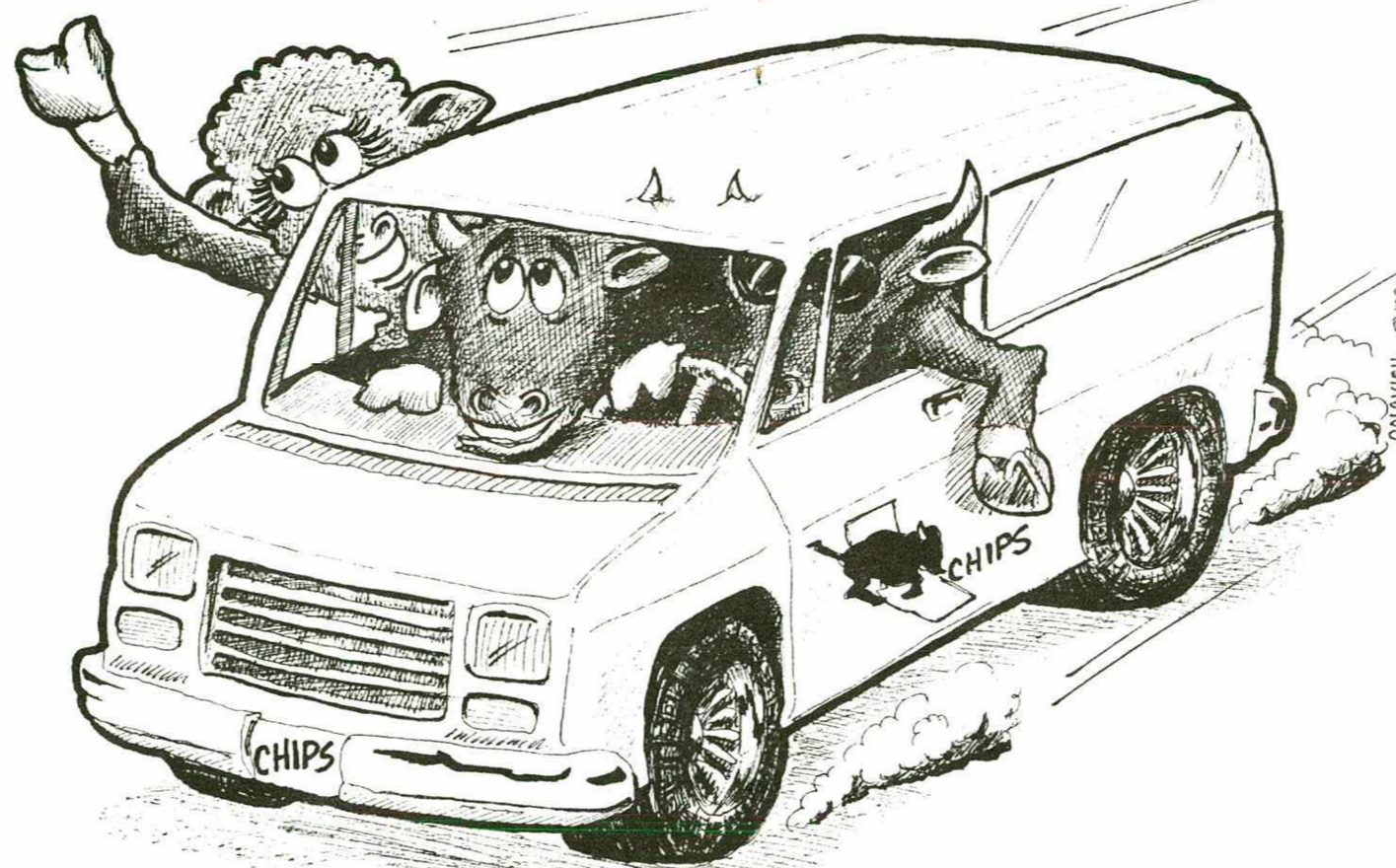
Plenty of spectators lined the course. However, since most of them were speaking Japanese, their cries of encouragement (?) didn't go over quite as well as the occasional "Go buffalo!".

Overhead banners near the end of the course created several false finish lines that turned the final "kick" into never ending oxygen debt. After receiving a lei at the finish line, we walked through the chutes to refreshing cool water showers. Now we were ready for cool drinks, sun, and live music. No hot soup, spaceblankets, or muddy lawns here. *We were in paradise!*

Bruce Aldrich, pictured here with winning walker Sandi Falat, after his marathon.



CHIPS on TRIPS



Results

1st Male: Benson Masya (Kenya) 2:18
 1st Female: Ritva Kaija Lemettinen (Finland) 2:40
 Chips: Jeannie Urness 2:55 (4th woman)
 Bruce Aldrich 2:57
 Chris Iwahashi 3:03 (10th woman)
 Jim Drake 3:07
 Dennis Scott 3:28
 George Parrot 3:35
 Bruce and
 Tonya Mauldin 4:54 tie!

Two or three thousand race walkers left the line at 5:30am with the marathoners. Participants in the Mayor's Walk raced the first 4 plus miles of the marathon course, to Kapiolani Park, the marathon finish. The High Durigstress herself, Sandi Falat, tied for first place, passing hundreds of marathoners in the process!

January 11, 1992

Rendezvous at Redding

Cathy Rohm

You guys are Buffalo what? The maid at the Redding hotel asked with a mystified expression. We had clearly stated our affiliation by taping a Chips decal over the suite number, as well as on the sides of the rented van. You see, we wanted all of Redding to know that they were dealing with Team Chips at the Record-Searchlight 10K and half-marathon.

Saturday morning dawned clear and cold, which was some kind of refreshment after the Valley Fog, which tailed us from Sacramento to Dead Bluff, errh, ah, Red Bluff. With six strong, we set out for Caldwell Park for, what was for some of us, the 8th running of said race. Entries were down substantially from last year, which was a TAC-certified race, and the t-shirts (always a compelling factor, no matter how many drawers full you have) truly an afterthought. And, short-sleeved. A definite must for the Goodwill bag. . . .

The course is now two years old and an immense improvement over the original course. As 10Ks go, it's one of the author's favorites . . . following a bike trail up one side of the river and down the other. Although "down" isn't quite the appropriate word, for the last three miles are up!

Of our "team" of six, we had two walkers (Team Linda), one on injured reserve, and three 10K runners. Of the latter, Norm Bennett streaked in (not literally, but maybe next year?!) with a 47:19, yours truly with a personal worst at 49:10 (it was the cold that wouldn't give up, or could it be the Louie Bread garlic-o-rama from Louie Cairo's in Williams, and Jim Eymann with a 53:??, which earned him second place in his division!

Other Buffalo faring well in the half marathon: Jim Milton (1:10:??) was the first old-guy-master in and third overall (!), Jeannie Urness (1:21:??) was the third woman overall, Pam Cantelmi (1:33:??) was first in her division, and Kathy Ratermann (1:41:??) got a pr with her finish.

As always, the commraderie with our fellow Chips made every step of the way worthwhile. . . this event offers all the beer you can (or want) to drink afterwards, and since Upper Crust Pizza is a co-sponsor and they just happen to be right up the street, this was a natural for refueling. (It always amazes me how many calories one can burn in a simple 6.2 mile run!!!! Thank heaven!!!)

The post-lunch pizza was followed by a hot tub at the hotel, a nap, and a great Mexican dinner. In spite of our best intentions of returning to the hotel, parking the van

Rendezvous continued on page 20



Team Chips: (Left to right) Mel Golovich, Linda Trombino, Norm Bennett, Cathy Rohm, Jim Eymann, Linda Apathy.

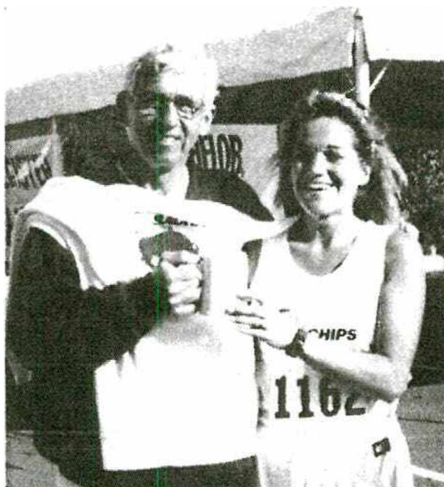
Rendezvous continued from page 19

and walking across the street to the Red Lion for dancing, we turned into immediate couch potatoes and watched TV until 1 in the morning! And this is a big night on the town?!

At any rate, this run is highly recommended, and for those who think the drive's too far, go in groups of six. The cost for the van and hotel came to a total of \$50 per person. Not bad, huh?



Jacuzzi time: Jim Eymann with Cathy Rohm and Linda Apathy



Heavy medal favorites: Jim Eymann (again!) with Jeannie Urness.

No More Boring T-shirts!

Michael McKone



Most of us have at least one drawer stuffed with running t-shirts. In fact, some of us have several drawers, a few boxes, and a rag bag comprised solely of running t-shirts. While recently hunting through a drawer and looking for a shirt which might possibly match my spiffy shorts, I noticed that most of my t-shirts are hopelessly boring. Many lack imagination, or color, or consist almost entirely of advertising. To wit, the 1992 Redding Record Searchlight shirt lacks everything except advertising.

Terrible t-shirts are not a new phenomenon. However, when entry fees hovered around \$10 I didn't mind. Now, with entry fees typically between \$15 and \$20, I have become more selective in what races I enter and the t-shirt is playing a bigger role in the selection process. In talking to many of you, I hear that I am not alone. So, with t-shirts being such an integral part of a decision to run a race, why are they so bad?

I understand that organizing a race involves hundreds of details and the t-shirt is simply one more. However, the reach of my forgiveness cannot cover the '91 Houlihan's (sterile is the best I can say for it), the '91 Davis Turkey Trot (do we really deserve "TURKEY" emblazoned on our chests?), the '92 Redding Record Searchlight (I think I'm gonna hurl), the '90 Farside (no wonder Gary Larson didn't appear), any Davis Stampede (except '88 - yes, I like the running cows), or the '90 Pocket Pursuit (more commercials than the Olympics). Other examples of rotten t-shirts abound at any Tuesday workout.

In this sea of mediocrity, there are a few examples of decent t-shirts. They are easy to recall because these are the shirts which our spouses tend to covet. In '91 the Dome to Delta shirt has imagination, many colors, little advertising and is actually quite fashionable. The '90 Bidwell also stands out for its nice design on a salmon colored shirt. The '89 CIM shirt gets points for a unique design (recognizable from 2 miles away) but the billboard on the back is like a bad fall on the triple lutz. The '92 Jed Smith has color, design and imagination; however, it looks like something my grandparents bought me on their trip to Yellowstone.

With entry fees continuing to rise, t-shirts will increasingly become more important. Therefore, it would serve us all well to mention to the race director your opinion of the t-shirt. A little constructive criticism goes a long way and is much better than the usual "this shirt sucks." hopefully, the next generation of t-shirts will be an improvement over the last several years.

January 18th, 1992

Point Reyes 25K and Marathon

Bandana Dave

I love running trail runs.

On January 18th a small group of Chips drove over to Pt. Reyes for a trail run organized by Enviro-Sports. For those of you who are familiar with Dave Horning's runs (some people *race* in them), you know these are not for the faint of heart or body. Many people hold strong opinions about Horning's runs - some strongly negative (aid stations, trail markings) and some strongly positive (the fantastic scenery, odors and challenge of hills) The hills and vistas on the Marin County coast are some of the most beautiful in California. To run in these hills is a treat, a spiritual experience, a meditation with nature, a yearning of some distant desire for physical dueling from my primordial past, a duel that gives my body credence in the physical world. The joy of being by myself while amongst many is a solitude that I know many runners can appreciate, in hills or in the flats.

To this end I'll do several of these runs in succession, then back off and do other runs - flat stuff. But always aware of a need to return. I feel a longing if I stay away for any length of time much the way someone who has been in the wilderness for a long time longs for social interaction.

In any case — Saturday morning, leaving at 6AM, we saw (Who is that?) Carol Parise running on Howe Ave in the dark...at 6AM... on SATURDAY morning. We know there must have been a good reason...right Carol?

The run on the 18th consisted of a marathon and 25K. Helen Hull ran the marathon. Helen did a respectable 5:10 in spite of nursing a sore hip. She told me that after laboring up the hills, she looks forward to the downhill part, but she could not enjoy it as in the past because of the jarring to her hip. Here's to a quick recovery, Helen.

The 25K was run by Tammy White in 2:58, Dan Jenkins in 2:59 (Dan got lost, too), Kathy Raterman in 3:05, and bringing up the tail, me. I can't help it, I have a tendency to stop and take in the scenery. And the coast at Arch Rock in Drake's Bay is majestic, and sweeping, not to mention the narrow, steep trail here. One gives up either the effort for speed, or the glimpse of the pacifically sculptured coast. I chose to watch the view this year (best excuse Laura?) and ended up with a 3:38, just minutes in front of the first marathoners: 3:43:58.

Other Chips in the marathon were Ray Scannell (4:21), Joan Scannell (5:10), Elliot Eisenbud (5:19) and Gary Waldsmith (6:07). Great show Chips. Get ready for Cool!

Another Chip to run the 25K was Joyce Pryor (3:50). Dave Horning ought to appreciate the Buffalo Chips Running Club as more than seven percent of the runners in the Pt. Reyes Trail Run were Chips.

February 29, 1992

Valley of the Moon - Call of the Wild 10K, 1/2 Marathon and Marathon

Karen Durham

A small but eager crew participated in the inaugural running of the "Call of the Wild" in Annadell State Park. It is now one of many, many Tri-Sports (Dave Horning, AKA Dollar-a-Mile-Dave) runs which 'happen' in the greater Marin/Pt. Reyes area, and offers a choice of 10K, 1/2 and full marathons. As we middle-of-the-packers say, "to finish is to win!" My goal was to guess my time, and I came within three minutes on the 1/2. Excellent, since the guess has a major element of: how much longer is the run than advertized, one-half mile, two miles. . . ?

We began as always, with our own rendition of the Star Spangled Banner. Watch your backs, Buffalo Chips Choir. The race began with no TAC officials present (they must have gotten the date wrong). Dave waved his arms in the general direction of the Pacific Ocean, "Start up the hill! OK, go!" with half the pack still facing the wrong way.

Not too bad (gcod?) on the difficulty scale. This one had a few steep hills, but I could always see the top. The scenery was fine, though it can't compete with the coastal vistas, which can really make you forget that 30 seconds ago, you wanted to lay down and die. Now, many runners do not see the views as they run. Maybe that's why many runners stay on their feet until the end. In keeping with the spirit of these runs, I almost always stop for a good view, but sometimes I only wish I had.

During the first half, I faithfully stopped to admire each panorama. Then that woman passed me. I reacted as any warm-blooded Chipper would, and picked up my pace. No more gawking tourist, I. Sailing along, I passed the culprit, and three others as well. I was undefeatable except by the 50 or so people still in front of me. I took a
Call of the Wild continued on page 22

February 1st, 1992

Taking a Gamble; The Las Vegas International Marathon

Cynci Calvin

The brochure describes cool weather, clean air, Runner's World top 20, a straight, point to point, downhill course, 37% PR's in '91, tail wind, a great Boston qualifier, awards and money in 5 year age divisions, and all the perks and glamour of the West's gaming capital. This description lures about 2,000 runners each year to Las Vegas, and this year that included a sizeable contingent of the herd. All of us were fit and excited to find out just how wonderful this marathon could be.

Las Vegas, with its smoke-filled casinos inside, and vast empty desert outside, provides a very unique setting for a marathon. The sports expo was small, but fun, and bargains were to be found. Next year it will last for two days and be bigger. And next year there will also be a half marathon. I missed not having a posted list of entrants. It's always fun to look for friends and competition. The pasta feed at \$10/person was not a bargain as there are lots of very good, reasonable restaurants in Las Vegas.

On marathon day we were bussed (Boston-style, in yellow school buses) 26 miles out into that Nevada desert. Pre-race instructions warned us to watch out for desert tortoises, an endangered species. The course goes through a part of their habitat, and anyone caught disturbing one is subject to a \$25,000 fine!! Now that would mess up anyone's marathon! At the start, the portapotties were barely adequate, possibly because the men were having a tough time finding a cactus large enough to stand behind. And that sweats bus parked an extra 1/2 mile from the start was bad news.

The race started promptly at 7:30 AM, and everyone was psyched. Perfect 45 degree shorts and singlets weather, no wind, and a beautiful sunrise, and during the first 3 miles of a gentle downhill, that brochure was gaining credibility. Then the uphill grade began, and it continued for EIGHT miles. Sure, I saw it in the brochure's course profile, but on paper it looked so gradual. I started to work on my excuses, as my pace slowed from the planned 7:10 to a 7:25. Maybe it's the altitude or the dry air or CIM was too recent? About mile 11, the course levels a bit and that famous downhill grade begins about mile 13. The view of downtown Las Vegas is great, my pace jumps back to 7:00, and I'm still thinking PR (sub 3:09). But at mile 20, I had the distinct sensation that I was going UP

hill again. The course levels out for the last six miles, and the contrast from the miles of downhill causes that sensation. My mile times started increasing once again, and by mile 23 thoughts of "just finishing" replaced those of "PR's". As I entered the finish chute, heard the announcer, and saw the clock, "just finishing" took on a new meaning. The finish chute is about a quarter of a mile long! Oh well, so add another couple of minutes to my time (3:13); it's just a long training run, after all.

At the awards ceremony later that day, I discovered that I had lots of company among Chips and non-Chips, who had also been disappointed in failed expectations. One non-Chip was crying into a beer about not qualifying for Boston by 4 minutes (he was only a minute off at Chicago). Another non-Chip, Arturo Navarro, who currently holds the world's best masters' time of 2:10, came in at 2:16 (overall winner). Jeannie Urness, superfast Chip, was third woman in 2:46, but even she was a bit disappointed in "no PR" and in missing both first (to Gail Kingma) and second by seconds. My comment of, "Well, at least it was an exciting finish. I bet the crowd loved it." drew a few puzzled looks. Then I remembered. There are no crowds at Las Vegas! Other woes included a DNF for superfast Chips master Jim Milton, and a flu marathon for Pam Cantelmi, which made her time of 3:26 awesome.

...My comment of, "Well, at least it was an exciting finish. I bet the crowd loved it." drew a few puzzled looks. Then I remembered. There are no crowds at Las Vegas!

Speedster Chips Rich Hanna (2:24), and Andy Ferguson (2:29) had both planned on faster times, as did Anne

Veling (3:12). Helen Hull, sandwiching Las Vegas between the Ledson 50K and the Jed Smith 100K, did a very respectable 3:24, but didn't like all that pavement. Fred Kaiser (3:30) agreed that the course was more difficult than predicted. Bruce Mauldin came in at 3:08 and Tonya Mauldin finished in 4:24. And Steve Polanski, what did you think?

So why didn't we all have wonderful PR marathons that day? I think there are a few lessons to be learned. First, 26.2 miles is NEVER going to be easy, no matter what the advertisements might lead you to believe. Second, a marathon course should be carefully analyzed. In the brochure the elevations and the finish chute were clearly described. I only saw that downhill grade. Thirdly, long, steady uphill and downhill grades can be just as taxing as rolling hills, if not more so. So, now that I've analyzed this course ad nauseum, I'm ready to try it again next year. And all of you who enter it next year will have one less excuse for not having a wonderful, PR marathon!

February 9th, 1992

Boston by way of Long Beach The \$299 Bet

Laura Kulsik

*(sung to the tune 'The Beverly Hillbillies')
Now this here's a story 'bout a Chip named Dan
To qualify for Boston he entered CIM and ran
Then at the finish he got a good time
but it wasn't fast enough so he'd have to toe the line
in Long Beach that is, palm trees, pretty girls...*

Dan Jenkins ran a pr at CIM but his 3:23 was just three minutes shy of what he needed to qualify for the Boston Marathon. He gave George the \$299 needed to reserve the flight to Boston. Now all Dan had to do was run a marathon in 3:20 or better. Wherever he decided to run - we (the Chips cheerleading squad of Kathy Ratermann, Carol Richardson, Tammy White and I) were going to. And the price was just right for Long Beach. We stayed at the elegant Sheraton (oh excuse me, that's next year!) 'er make that the Travelodge, only three blocks from the race start and finish outside the Convention Center on Ocean Street.

Aside from rah- rah duties, the female Chips planned on running 20 miles of the course as a training run. You'd think any boy Chip would love all that attention from four girl Chips but Dan seemed pretty stressed out by our constant mothering: "You're not drinking enough water Dan", "Dan, stay off your feet.", "Are you carbo-loading Dan?". With some pretty awesome training runs under his belt it was a pretty sure thing, in our opinion, Dan wasn't gambling when he prepaid for Boston. Just point him in the right direction and he'd be fine.

You've heard the old adage: Don't judge a book by its cover. Likewise, you can't judge the Long Beach Marathon by its race t-shirt. The t-shirt? Boring. The race? Read on.

Cool ocean breezes, overcast skies and temperatures in the low 60s made for a shorts-and-singlet day. It was only hours later that the killer storm burst on the scene.

Dan was an official entrant but his harem of chipettes were running unofficial. Even if we weren't doing the full 26.2 miles these banditas were feeling pretty guilty. That's another story: *Chips on Guilt Trips*. We thought "What race number? We don't need no stinkin' race number!" but our attitude quickly changed once the gun went off and we realized what an *absitively posilutely* wonderful course the city of Long Beach had laid out for us! On a scale of 1 to 10 we gave the Long Beach Marathon a12. Everything about it made it for stress-free running for the 3,000 or so marathoners entered... *well, as stress-free as a marathon can get*. Even though the field is 50% larger than CIM we noticed a greater contingency of the entrants were fun runners out for a pleasant cruise through this city.

The first six miles of the course included a few mild hills on the way to and from the Port where we ran by the Queen Mary and the hangar holding Howard Hugh's infamous Spruce Goose. Then it's east to the marina through some beautiful neighborhoods including my favorite, "Little Venice" complete with canals, a fountain square, and charming streets with Italian names like Lido, Geneva, Appian Way and Vesuvian Walk. A series of loops here allow for plenty of opportunities to see those ahead and behind you. And Dan was way ahead of us, right on schedule.

Our 20 mile training run turned into something of marathonic (?) proportions; Carol and I running about 24 and Tammy and Kathy going all the way. It was hard to stop with such tremendous crowd support!

Visually, it's not Bay -to -Breakers but the field is much zanier than in most marathons. People on the run: the L.A. Leggers (isn't that a clever name?), cops in uniform (we only hope they were polypro) shooting runners who passed them, a man with one leg skateboarding the course, another entrant hopping the whole thing on his left foot, and a couple with matching t-shirts that read "I'll say 'I do' at 26.2"...and they did!

The marathon boasts the most efficient and plentiful aid stations we'd every experienced. Although, as banditos we didn't feel worthy, these are some of the other amenities we liked: Cold, wet sponges for cooling down and wiping off sticky gatorade spills...Gobs of vaseline smeared on cardboard; just run by and wipe some off...flip charts showing your pace at every mile...light water sprays and ice cubes bins throughout the course.. volunteers who would squirt 'Stopain' analgesic spray on your sore spots; just point to where it hurts and you'd get sprayed ..and official *traveling aid stations*; about a half dozen crews on tandem bicycles were cycling the course carrying baskets full of fluids, first aid supplies and so on. While one of the two would cycle slow at the runner's pace, the other rider could get the runner what they requested.

Did Dan win his \$299 bet? You bet. He finished in 3:16:11, keeping a 7:26 pace through mile22 when he "really slowed down" (his words, not ours!) to a 7:30 pace for the last four miles. Job well done. Mission accomplished. Other Chips in the southland: Gabe Sandoval (2:44), Ron Parrett (3:10), Bruce Mauldin (3:13) and Tonya Mauldin (3:58). *Alright Team Chips!*



photo credit: some guy boarding flight #253 to Denver

Boston bound: (from left to right) Kathy Ratermann, Tammy White, Carol Richardson and Laura Kulsik with Dan Jenkins, the latest Cnip to qualify for Boston.



Call of the Wild continued from page 19

dive. Splat. I rolled, because I didn't want to miss a spot. After a mile or so, when I was sure no structural damage was done, I noticed my competition had disappeared. Must have impressed the heck out of 'em. While I don't recommend this strategy for everyone, let's consider the possibilities for, say, the Susan B. Anthony?

As in all D-M-D runs, it was wise to carry water. The one aid station, plenty for a 1/2 marathon, was randomly placed on the course. It made a terrific point of reference, since I knew only three or four miles now remained (we were back on the 10K loop). I was astounded at the bountiful feast awaiting the weary. Water (more than one gallon jug), juices, and most amazingly, FOOD. Unfortunately, I was unprepared to enjoy this cornucopia, for I was still heady with the success of my downhill maneuvers.

Out of sight of the aid, I came across a horrifying sight. Eco-terrorism strikes again! Milling about at a marker-less intersection were three dazed and lost runners, victims of some well-meaning, non-thinker's attempt to thwart an overt (to them) plan to clear-cut the area. We staggered under the beating sun, (you make the call) while we decided which trail to take. Fortunately, we had a map (D-M-D's) between us, and a whole mind (how many runners does it take to point to the north?). Maybe Dave should supply us with compasses as well as maps for future orienteerathons.

The end was identified, of course, by D-M-D himself lounging against a picnic table, stop watch and clipboard in hand. All this paraphernalia may sound like overkill, but you can't time a finish too precisely. I'm sure Dave's watch times to the 100th of a second. When you stop running, that's your time. Now I'm a stickler for running through the tape (are you listening, George?), so I always keep running until Dave calls out a time, anywhere from five feet to twenty yards, in this case, in front of him. Maybe he was afraid I'd take him down with me.

The big disappointment for me was not running through Wolf House, in the park next over. After all, Jack London would have been proud to have such a distinguished race named after his writing. Nonetheless, where else can you get hours of discomfort for a mere few chips?

Call of the Wild Results

Marathon		1/2 Marathon	
John Clark	4:34:20	Laura Kulsik	1:57:30
		Karen Durham	2:13:58
10K		Dave Kessler	2:15:30
Cathy Rohm	1:23:35	Kathy	
		Ratermann	2:15:45

March 1, 1992 **Los Angeles Marathon**

You've read about the shooting at the L.A. Marathon. A tragedy for sure. You've read about the wedding at the L.A. Marathon. How about the running of the L.A. Marathon? And most importantly, how did the herd do?

Five Chips were among the 19,000 runners at this year's L.A. Marathon which saw a few Russians shatter the women's course record. Superfast Chip Jeff Edwards was right up there with them. He finished in 2:26. John Mendoza came in at 2:58 and that included more than six miles of walking at the end! And three Chipettes made their marathon debuts in L.A. Leona Nenow came in at 4:07, Robin Carboni in 3:20 while Mercedes Amaya finished in a very impressive 3:10, finishing 42nd of the women and 15th of the American women. The top 26 females were all foreigners!



L.A. gearing: Mercedes Amaya makes her marathon debut.

In next issue:

Read about Robin Carboni's experience at the L.A. Marathon as part of the Friendship Cup Run, a race within the race. Due to deadlines and space limitations we regret we were unable to include the article in this issue.

LATE BREAKING RESULTS AT PRESS TIME LATE BREAKING RESULTS AT PRESS TIME

March 7, 1992

We Did Well at Bidwell

The annual harmonic convergence of Chips in Chico took place on a cool, sunny Saturday in Bidwell Park. A flat, fast two-loop half-marathon course through the tree-laden park allowed for a PR day for some and an-almost- PR-day for most of the herd. The winning time of 1:06:33 was run by local Roger Dix. Superfast Chris Iwahashi came back to defend the women's title in 1:22:06 and was closely followed by fellow Chipette Theresa McCourt.

Because it is a leap year, scheduling of the Bidwell Classic coincided with the Napa Valley Marathon run the next day. When runners have a choice it looks like they will opt for the shorter distance. This year's running of the 1/2 marathon saw almost a hundred more entries than last year's run while numbers for the marathon were down by a third. Last year both races were run under pretty nasty weather conditions.

Results

20. Bruce Aldrich (5th in age division)	1:19:06	
24. Michael Wilhelm (tied for 1st in age division)	1:19:62	<i>Yes, you read that right!</i>
34. Greg Wheatfill	1:21:36	
37. Christine Iwahashi (1st female overall)	1:22:06	
39. Theresa McCourt (2nd female overall)	1:22:16	
52. Connie Kondo (4th female overall)	1:26:14	
75. Eric Park	1:29:03	
85. Gina Berry (3rd in division)	1:29:58	<i>1st 1/2 marathon!</i>
92. George Parrott	1:30:42	
96. Anne Veling (3rd in division)	1:31:15	
101. Cynci Calvin (1st in division)	1:31:34	
105. Joe Staats (4th in division)	1:32:04	
115. Greg Margetich	1:32:45	
139. Laura Kulsik	1:35:23	
163. Carl Dahl	1:36:54	
351. Cathy Rohm (3rd in division)	1:51:49	
352. Mel Golovich	1:51:50	
361. Jim Eymann	1:53:02	
508. Robin Gilmore	2:06:14	
Sandi Falat(1st female walker)	2:32:41	<i>1st 1/2 marathon!</i>
Linda Apathy(2nd fem. walker)	2:37:48	<i>13 minute pr!</i>
611 Finishers		<i>Bold type denotes a PR</i>

March 8, 1992

San Jose Mercury News 10K

Two masters Chips, Jim Milton and Gabriel Sandoval ventured down to San Jose for the Mercury News 10K which fields a pretty large (6,000) and impressive field. The good news is that both of our men ran well. Gabe finished in 34:35. Jim ran a PR and set a new Chips masters 10K record with his time of 31:08. The bad news is that awards went only one deep (shallow?) in the open and masters divisions so Jim, who ran second to Miguel Tibiduzza of Reno (30:15) did not come home with the \$500 prize money or the trip to Puerto Vallarta...but he's still being hounded for autographs anyway!

We had the opportunity to relive the race, in 60 minutes no less, that night with play-by-play coverage provided by channel 36. Rashid El Basir, a 1500 meter runner from Morocco, won the event in 28:49, setting a new course record in the process. On the women's side, New Yorker Gordon Bloch won with a 33:04 setting a new course record. (Gordon placed eighth at the U.S. Women's Olympic Trials with a time of 2:35:30 earlier this year.)

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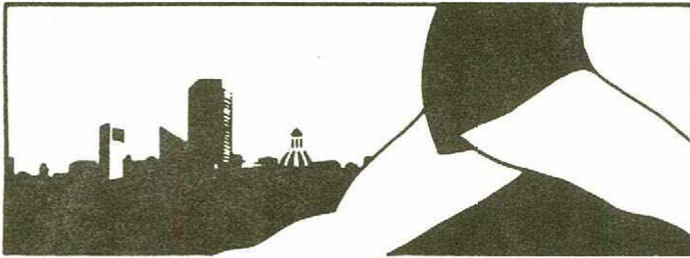
A SERVICE OF NBC AND CABLEVISION



HOME on the RANGE

Middle of the Pack Report

Dave's Davis



Bandana Dave

Where do I start? How do I begin? What do I say? These were the questions running through my mind as I in ran the last 1.1 miles of the Davis Stampede, 1/2 marathon. 1:45 on the official clock. This was the course I PRd in last year with a 1:36. What's my excuse? Last year I was primed with a CIM run, ready for Jed Smith, hoping for AR50, and ten pounds lighter. None of those this year. So I have many to choose from. I can make some up. In truth though, how did I finish? With blisters on my feet. Question: How do I run 16 miles at Rescue the week before, feel fine afterwards, and then feel so poorly doing 13? Is this a case for a cycle the body goes through wherein there are highs and lows in physical abilities?. I shouldn't complain. Back running after a year of injuries, one month of running is not a lot to prepare for any good time. I hoped I could pace at 8 minutes and I did. The complaints arise due to "Secret Goals", goals beyond reason, wishful thinking, etc. I rode over to Davis with Kathy Ratermann, Dan Jenkins, Eileen, and Carol Richardson. Every one PRd, except me. I was P0d.

But there were things I liked about the Davis Stampede. One of them is the loop between mile seven and mile eight. I like to look along the creek after mile seven and can catch a glimpse of some of the faster runners coming down the stretch after mile eight. The ones I see are more than a mile ahead of me. It is encouraging to see them churning the air with their arms and legs. There were other highlights. A woman with the Buffalo Chip emblem named Jill passed me after mile 9. My feet were feeling lots of pain by then. She ask how I was doing or something to that effect—I can't remember. The point was, someone I didn't know made a gesture of concern toward me at a crucial time when my spirit was starting to lag—it made the race worthwhile. At the homestretch, seeing Chris, Connie, George and others running back gave me added strength to finish the best I was able to. And finally, going through the chute, I heard some friends call my name and cheer me on and, for a split second, I felt like a winner. I'm glad I decided not to quit.

January 12, 1992

Cal 10

Eighteen male Chips and only one female Chip (C'mon ladies! Next year?) ventured south to Stockton to run this fast and flat race put on by the Stockton Yellow Jackets Running Club. Team competition saw the *Buffalo Chips* take first. The only other team entrant, *Colder than Hell* racing team (from Antarctica? Or is that a statement on the day's weather? But hey, we'll take what we can run away with! Laurie Binder of Oakland broke the master woman's course record with her 56:46 finish. Her time was also good enough for third overall on the women's side which was won by Lynn Nelson with a time of 56:22 placing her 11th overall. The men's race was won by Jay Marden in 48:27. There were 164 finishers. Below is a listing of the Chip finishers.

Andrew Ferguson (5th)	53:59
Gabriel Sandoval (14th)	56:32
Gil Machado (15th)	56:33
Brad Lael (20th)	57:28
Chris Enfante (21st)	57:34
Mike Ammon (24th)	57:59
Al Michel (25th)	57:59
Tom Pearman (27th)	58:29
Kevin Cimini (37th)	59:34
John Kennedy (41st)	60:15
John Seivert (42nd)	60:38
Robert Seldner (56th)	63:39
Ronald Souza (57th)	63:41
Bob Whitehead (58th)	63:41
Andy Harris ((65th)	65:25
Tom Taber (80th)	68:12
Craig Newport (81st)	68:13
Stephen Topper (84th)	68:23
Khartoon Tudhope (123rd)	80:26

Bold type denotes a PR



**Buffalo Chips
Night:
April 9th,
6-9pm**

After the first hill repeat workout of the year (meet at the Sizzler on Sunrise at 6pm), head on over to Fleet Feet at 8128 Madison Ave. for *Chips Night*. Receive an additional 10% off all purchases - on top of the 10% discount given club members for a 20% discount. Prices good on clearance merchandise too. Refreshments and muffins will be served. For additional information call 965-8326.



Jeff Edwards Wins Davis Stampede Half Marathon

Female Chips Place 1, 2, 3, 4!

The herd made a thunderous showing on March 2nd at the windy Davis Stampede, the first major race of the new year. Superfast Chip, 26 year old Jeff Edwards won the half marathon by about a minute and a half. The female Chips dominated the women's race by taking the top four places. Theresa McCourt paved the way, followed by Chris Iwahashi, Mercedes Amaya (making a very impressive 1/2 marathon debut), and Connie Kondo. Awards went four deep in five year age divisions which allowed more than 20 of the herd to take home hardware (read: cowbells) in the day's three races.

Davis Stampede Results

5K (500 finishers)

1st Male: Steve Lopez (Unchip) 14:34
1st Female: Krissy Look (Unchip) 17:30

Chips

5. Tom Wilhelm 16:14
(3rd in age group)
58. Michael Otten 20:23
(2nd in age group)
71. Robin Ward 21:07
(3rd in age group)
85. Cathy Rohm 22:00
(1st in age group)
183. Clint Armstrong 25:19
(4th in age group)

10K (484 finishers)

1st Male: M. Tibaduiza (Unchip) 31:59
1st Female: S. Latshaw (Unchip) 36:07

Chips:

11. Bruce Aldrich 35:11
(3rd in age group)
22. Donnie Cabitac 36:20
(4th in age group)
23. Don Spickelmier 36:24
(1st in age group)
4C. Dan Jenkins 38:38
6C. Gina Berry 40:18
(3rd in age group)
100. Shannon Reed 43:41
(2nd in age group)
233. Jim Eymann 50:41
(1st in age group)
354. Robin Gilmore 55:59

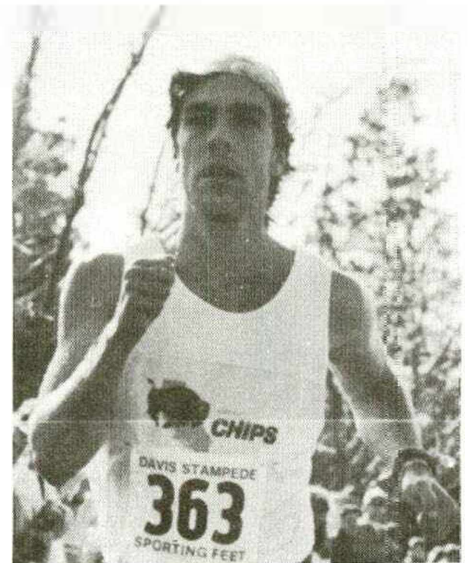
Half marathon (536 finishers)

1st Male:
Jeff Edwards (Chip!) 1:09:44
1st Female:
Theresa McCourt (Chip!) 1:24:01

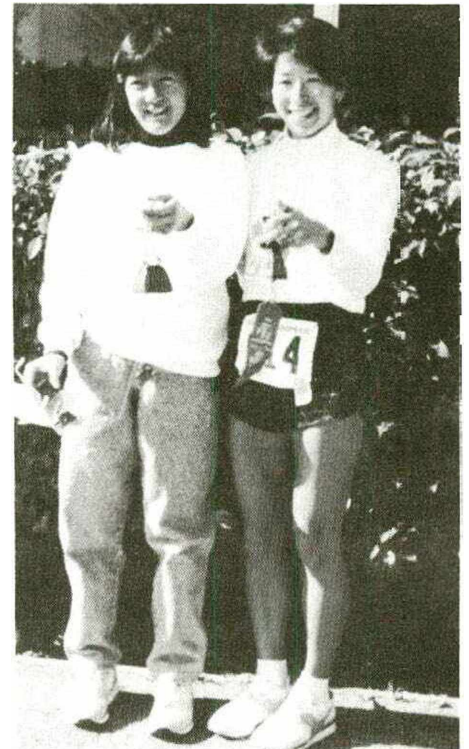
Other Chips

10. Gil Machado 1:15:05
(3rd in age group)
21. Brad Lael 1:20:45
25. Craig Newport 1:21:31
(3rd in age group)
54. Chris Iwahashi 1:26:22
(2nd female)
66. Jim Beland 1:28:12
69. Mercedes Amaya 1:28:42
(3rd female)
70. Connie Kondo 1:28:54
(4th female)
106. Ramona Gutierrez 1:32:56
(3rd in age group)
111. Ron Parrett 1:33:33
120. George Parrott 1:34:06
160. Carol Parise 1:37:09
(2nd in age group)
164. Toni Belaustugi 1:37:53
(2nd in age group)
181. Laura Kulsik 1:38:55
191. Dan Pfiefer 1:39:23
196. Kathy Ratermann **1:39:44**
197. Michael Wilhelm 1:39:47
240. Carol Richardson **1:43:22**
260. Dave Kessler 1:45:07
288. Leon Rothstein 1:47:23
300. Cary Craig 1:48:06
400. George Billingsley 1:58:23
(1st in age group)

Bold type denotes a pr



And the winner is...by more than a quarter of a mile: Jeff Edwards (1:09:44)



FABs (Fast Asian Buffalo) Connie Kondo and Chris Iwahashi show off their Stampede awards - cowbells.



We were able to recommend a few places to the hungry champion, both here and in Barcelona,** after which she spoke with us at length on those pleasant subjects, running and eating. Most of the conversation took place the following afternoon, in the Red Lion coffee shop where Eastall cheerily filled an hour of tape as we waited (and waited) for coffee; and we hand-scribed yet more into our notebooks.

Eastall claims that she had been hopeless at games until she changed schools during "6th Form" at about age 17 and took up cross country. Finding that she had some ability at it, she won the county championship, and was off to the races. At the same time, she became a vegetarian. "For me, it's just consideration to animals," she says. "Your shouldn't harm them if you don't have to." Eastall grew up in a rural part of England called Bury St. Edmunds in Suffolk, East Anglia, about 90 miles NE of London. She lived down the road from a slaughter house and was moved by the sound of the pigs squealing.

Five years later, Eastall took the next step and became a vegan, after learning about cruelty towards animals in the dairy industry. "I just couldn't drink milk anymore," she says. As a vegan, she avoids cheese and eggs as well, and wears no leather, or animal-based or tested cosmetics.

VENI VIDI VEGAN, or The Vegetarians are Coming! The Vegetarians are Coming!

Sally believes that vegetarianism is very compatible with her running "because of the high carbohydrates. People who eat meat may not get enough carbohydrates at times." Sally always travels prepared, carrying her own sunflower seeds, biscuits and "jelly babies"—or jelly beans, as

we know them here. Since gelatin is an animal by-product, Eastall uses a brand condensed with pectin.

Among Sally Eastall's staple foods are soy milk, tofu, beans, lentils, and "a lot of bread." Except for the B-12 supplement added to Eastall's brand of soy milk, she uses no supplementary minerals or "vitt-amins." (Dietary B-12 is a matter of special interest to pure vegans.) There was some laughter at the difference between English "vitt-amins" and American "vi-tamis," and an impromptu chorus of "you say ee-ther, ' I say 'eye-ther'" as the coffee finally arrived.

Eastall took hers without cream. Asked to explain how pizza is possible without cheese, she described on piled high with mushrooms, tomato ("To-mah-to"), green peppers, olives, pineapple and sweet corn. Can Steve's make 'em like that?

Visiting with Sally Eastall

*Women's Winner and Course Record Holder,
California International Marathon—
and British Olympian!*

by Eric Park

Despite tight security at the Red Lion, our prestigious *Buffalo Enquirer* press credentials won for us a chance to speak with Cal International women's winner and course record holder Sally Eastall, and as the shock of this honor began to wear off, and we began to know our subject, we came to understand what motivates a winner: food! A vegetarian of long standing, Eastall—hobbling only slightly after her 2:29, a 5-minute PR that placed her on the British Olympic team—declared that she was having trouble finding enough to eat.

Sally received a grant from the British Athletic Association to pay for her trip to Sacramento to run the CIM. Her hotel was paid for, but since she did not ask to run until late, the race was unable to pay for her air fare. Asked about her experience at CIM, Eastall said she "felt good all the way. I liked the up and down, it kept my muscles from getting tight." And can she be persuaded to come back? "I might do," she responded. But for now, her focus is on representing England at the Barcelona Olympics. At press time, Eastall was tuning up for Barcelona by traveling to the Nagoya Marathon in Japan, where, said, the food is "excellent."

Eastall became a vegan after learning about the cruelty towards animals in the dairy industry. "I just couldn't drink milk anymore..." As a vegan, she avoids cheese and eggs as well, and wears no leather, or animal-based or tested cosmetics

Sally works full time as a medical technologist, specializing in biochemistry, and credits her "breakthrough," after some years spent "knocking about" at the 2:56 level, to the regular routine. She runs once a day, averaging about 60 miles per week. She also attributes her improvement to lots of speedwork. But, she lacks the speed to rung the 5,000 or 10,000 at the national level. "I'm a plodder," she says. (she "plods" along at a 5:45 per mile pace!)

Any parting thoughts for us American runners or vegetarians? "To runners in general, I say this: a lot of it is in the mind. It's just a case of belief in yourself and going out for it. A lot of people are too limited in what they think they can do. To vegetarians, I say you don't need vitt-amins."

The Buffalo Chips Running Club wishes good luck to a truly conscious, articulate and talented athlete.



Your reporter takes the liberty of recommending these resources to local runners and others interested in vegetarianism:

1. *Mum's Restaurant* (Breakfast/lunch/dinner; all vegetarian, cheese/ eggs OK, vegan options), 2968 Freeport, 444-3015, and music 1st Tuesday of each month by *Buffalo Chip* Jeanne Johnson.
2. *Marline's Vegetable Patch* (Sacto's only vegan restaurant; lunch only), 1119-8th St., just off the Mall, 448-3327.
3. *Blue Mango* (all vegetarian, cheese/eggs OK, vegan options, more music by Johnson), 330 G. St., Davis, 1-756-5216
4. *Latitudes* (formerly "The Kitchen," vegetarian till recently, now quadrupled in size and featuring [sigh] "fin and feather" dishes), 130 Maple St., Old Town Auburn, 1-885-9535.
5. *Sacto. Veg. Society* (monthly potlucks, newsletter, special events: 1559-32nd St., 457-4982).
6. *American Vegan Soc.*, (newsletter, sponsors National Vegetarian Convention), 501 Old Harding Hwy., Malaga, NJ 08328.
7. *Sacto. Natural Foods Co-op*, Alhambra at S Sts.
8. *And for the benefit of Chips traveling to Barcelona, try:*
"Les Corts Catalanes," Gran Via de Corts Catalanes, 603.
"Self-Naturalista," C. Santa Ana, 11-13.
"Biocenter," C. Pintor Fortuny, 24.

And in Madrid, only one:

"Biotika," Amor de Dios, 3 (3-min. jog from Plaza Retiros).

A different edition of this article appeared in the Sacramento Vegan Society Newsletter

How to Stuff a Buffalo (No-Cheese Vegan Pizza)

1. Frozen pizza crust (Whole wheat if possible. No lard.)
2. Top with a layer of vegetarian (no lard) refried beans.
3. Top that with a layer of tomato paste or sauce (organic of course)
4. Chop on fresh corn (or use frozen or canned and pretend.)
5. Chop up zucchini and sprinkle it on.
6. Chop up 6-8 button mushrooms and add 'em to the pile.
7. Bake at 375 for 15 minutes, and bon appetit!

Running and Sex

By Mary Thon

Okay. I'm busted. That was a trick headline. An easy way to get you to read this. No, I'm really not going to talk about how to better your running through sex or visa versa.

My non-running friends (nrfs) still try to get a lot of mileage out of that running/sex survey that was printed in that eminent scientific journal, *People* magazine years ago. I'm sure you've all heard the results from your nrfs too. Apparently the study revealed that 58% of runners think about sex while running...I guess that's not too surprising. But the same study also showed that 36% of adults think about running while having sex! Now, that's scary!

These results show that a surprising number of runners think about sex and a smaller but more amazing percentage of people having sex think about running. But is either really a substitute for the other?

Another study, aided by a grant from the National Sex Foundation, reports that of 482 couples, "the frequency of sex drops considerably when one or both partners run."

The two activities have much in common. Both can be sweaty, exhausting, hard on the joints and require the participants to assume ridiculous positions - such as running in place at red lights. But why, for many, is running far more fun than sex?

First of all, as runners we've all been found guilty, at one time or another, of taking enormous pleasure in boring our nrfs to death by telling them how far we go, how long we do it and how many times a week. If those precious few who still cling to sex talked like that, they'd be ostracized for bragging or whining, as the case might be.

Secondly, running can be done anywhere. Indeed, those who take part in the big races, like our own California International Marathon in December, do it in the streets with 2,000 other people all at once even though they frighten dogs, cats and other living things usually on their way to church. (No offense, and this is really for another story - but I'm tired of people getting mad at runners because they're outside on a Sunday morning celebrating life! It sure beats honkin' your horn in disgust, flipping runners off and disobeying police who are just trying to do their job.)

Running versus sex? Runners rarely lose any sleep over running. And we suffer no recriminations and few regrets. (Okay, okay - I do regret not getting off to a faster start in my last 5K!) And when you say to someone with whom you've spent two hours doin' the hills in Rescue, "I'll always respect you", you mean it!

And finally, running consumes more calories. According to Jeff Galloway's book on running, an hour of running, regardless of speed, consumes the calories in an average slice of Apple Hill apple pie, while a couple sleeping together for a whole night rarely burn up two pieces of celery between them.

It's little wonder that the phrase heard more and more often these evenings in Chips' homes is, "Not tonight, my calves hurt and my quads are killing me."

If you think the recession is bad now, wait until the multi-billion dollar sex industry goes belly up. Buy stock in Trojans? Take stock in Nike instead.

Sex just isn't healthy these days. Stories about Mike Tyson, demo Prez hopeful Bill Clinton's sexcapades, a doctor who enseminated more than 70 women with his own sperm, and people videotaping their neighbors having sex all made headlines. The two most scandalous things to happen in running were probably Rosie Ruiz's infamous faux Boston finish and sprinter Ben Johnson's steroid-tainted performance at the '88 Olympics.

According to the surveys, there's little doubt that running will replace sex as the nation's major preoccupation. And you thought people got excited about sex and getting lots of it. People get excited about mileage and getting lots of it. Just last week, the National Sex Foundation begun working with laboratory rats in an experiment aimed at proving that sex can be made more fun than running.


...the study revealed that 58% of runners think about sex while running...and 36% of adults think about running while having sex.

Their initial problem was to interest the rats in the latter pursuit. All attempts failed until the researchers outfitted the rats in little Chips singlets, shorts, Oakleys and Nike Air Mariahs.

Soon the rats were huffing and puffing away on their stairmasters, vying to see which could run the longest before collapsing in exhaustion. Can it be assumed that they are renouncing sex as not even a rat wishes to make love to a smelly rat?

Currently, the researchers are playing the romantic theme from *Elvira Madigan* (you know it, Mozart's Piano Concerto No. 21) around the clock if they aren't already reading aloud sonnets, and flashing pictures on the wall of nude female rats with staples in their midsections for the boy rats and photos of rogue rodents Ben and Willard for the girl rats. As of this writing, these efforts seem to be in vain. The rats are still running - doing their stretching exercises and interval training. But will it ever end? How many weeks can an Ultra last? How many laps around a little cage can a rat do? Will love, 'er sex win over running? Stay tuned!

TALES OF TERROR



The Scream with apologies to the great expressionist Edvard Munch

Back by popular demand...another tale about your first Tuesday night workout with the Chips...

'Twas a dark and stormy night. Well, it was dark. Very, very dark. December 4, 1990. Check the Farmer's Almanac if you're not sure. It was d-a-r-k!

My first Tuesday Night Workout is ingrained in my memory like J. Geils' Freeze Frame — I remember it as if it were yesterday — the last of the group's reflective vests leaping the gate going onto the levee. My amazement that people actually would voluntarily run in the dark and the cold was topped off by the fact that they were wearing these dweebie vests. It nearly stopped me in my tracks. But, my guide for this maiden voyage, Eric (Who-Booked-This-Gig) Park, assured me that it'd be all right.

Obviously, I ran with the 1's — the slow 1's. Had I known of the steady state group, I surely would have run with them. (Shirley would have run with them, too.) It will come to no surprise to anyone reading this that your first workout brings you to your knees — almost literally. If it wasn't for the promise of The Last Interval, i.e., pizza and beer at Steve's, I might not be the Olympic potential I am today.

It took only a few short weeks of "ridin' tail" with the 1's before I broke a 7-minute mile!!! Now, that may not seem so very impressive to most Chips, but I'm tellin' you, it was some kind of euphoric experience for me, and it kept me coming back. When at Redding just a few short weeks later, I took a full five minutes off my 10-K PR (down from a sub-50 to 45 and change — my first 3rd place in any race), I was hocked.

Hats off to the Chippers, and especially George for showing up almost 52 weeks a year and having the patience and endurance to put up with the chatter, armed with nothing but a mini bull horn!

Humbly submitted,
Cathy Rohm

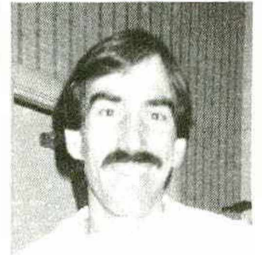
More terror next issue!

Vox bos

In Latin, Vox populi means 'Voice of the People' so, of course, Vox bos translates to 'Voice of the Buffalo'. Starting with this issue, we will print responses to questions asked herdsmen by our roaming reporter.

Your favorite race?

Jeff Hollister: The Fourth of July 5-Miler. It's free, fun and organized by our club.



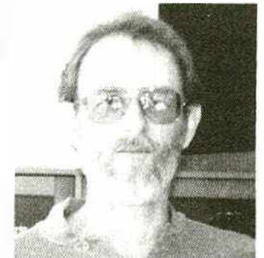
Jim Drake: American River 50. It starts at Sac State where I spent 5 years to get a 4 year degree. Goes up the bike trail which we all know and love (?). At about the marathon point the run switches to trails and some shade. It's great for weight loss. I'm usually sick blowing chunks at 30 mile point. Then ya hang on till 47 miles for a 3 mile climb. This separates the runners from the *girlyboys*.

Susi Thompson: Bay to Breakers because it's a lot of fun and you still get some exercise!



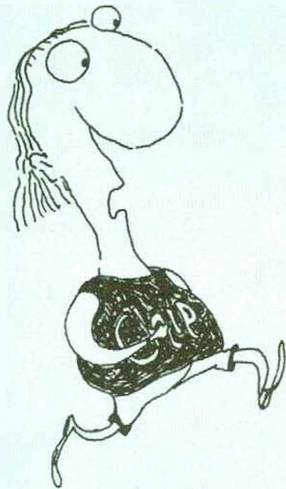
Theresa McCourt: The Courtland Pear Fair. It's a small town, social atmosphere with the fair afterwards. The race occurs in the summer, on the Delta - the sun feels good and the white wine pear frappes go down easy.

Jim Beland: Brutus K. Hamilton Slu Run - good party - band, beer, food and friends.



Kathy Pfeifer: Any race I don't have to run; I'd rather watch! But on the track - Mt. SAC Relays and on the road - Bloomsday - nice course and something that involves everyone. I haven't run Bay to Breakers but would guess it's comparable.

Running
would be
easier if I
didn't have
to bring my
body with
me.



C A L E N D A R

April

4	American River 50 Miler	Sacramento	537-7177
5	1040K/1040EZ Rapid Refund Run 5K/10K	Sacramento	455-3520
5	Run to Literacy 5K/10K/1mile	Napa	(707) 253-4283
9	Buffalo Chips Night 6-9pm (discount night for members only) at 8128 Madison Avenue Fleet Feet	Fair Oaks	965-8326
	(following Thurs. night hill workout - meet at Sizzler on Sunrise at 6pm)		
12	Bonnie Bell 5K/10K Run & Walk	S.F.	(415) 681-2323
18	Masters 4 Miler	Chico	891-7411
20	Boston Marathon	Boston	(508) 435-6905
26	Big Sur Marathon	Big Sur	(408)625-6226

May

3	Cinco de Mayo 5K Run/2 Mile Walk	Stockton	(209) 948-0938
9	Pony Express 50 Miler	Cameron Park	783-4558
17	Examiners Bay to Breakers 12K	S.F.	(415) 777-7773
17	Old Sac Triathlon	Sacramento	442-RACE
25	Pacific Sun 10K <i>TAC Grand Prix Race (all divisions!)</i>	Kentfield (College of Marin)	(415) 472-RACE
31	Cal. Senior Games (age 50 on up) distances and time tba	Sacramento	

June

7	Russian River Marathon	Ukiah	(707) 462-1950
13	Golden West Run (distance tba) (run precedes Golden West H.S. Invitational Track Meet)	CSU, Sacto.	983-4622
20	Grandma's Marathon	Duluth, Minn	(218) 727-0947
21	City of San Francisco Marathon	S.F.	(415) 896-1530
27	Western States 100 miler (entrants already determined by lottery)	Squaw Valley	638-1161

July

4	July Fourth 5 Miler 8am Glen Hall Park, Sacramento	324-4585
32	Kathmandu Marathon	India

This calendar is compiled from your submissions. *The Schedule* gleanings and flyers we receive. Entries are local, regional and national. If you have anything of interest, please contact us or mail your item to the Chips P.O. Box.



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Everything You Wanted to Know About TAC Scoring But Were Afraid to Ask

Lee Rhodes

This past racing season (1991), many Chips enjoyed taking part in TAC's Pacific Association Grand Prix road races. Everyone is encouraged to join TAC. The annual fee is \$12 and includes a subscription to *Run Cal* magazine. Membership forms are available at Tuesday night workouts or by calling 983-4622. A membership form is also available in last quarter's *Buffalo Enquirer*.

Remember to put down 'Buffalo Chips' as your running club on the form as well as our TAC club number, 104.

At all Grand Prix road races, dollar awards are given to the top individual finishers and to most top teams. Points are also awarded (see below) and totaled at the end of the year with those scoring the highest receiving additional monetary awards.

To earn Grand Prix race points, a runner must be a member of the TAC Pacific Association and live in its geographic area. (Theoretically, a fifth place finisher could earn first place points if the first four finishers lived outside of the Pacific Association area.) The prize money awards differ for the various races and are decided on by the individual race managers and the TAC LDR committee.

In all divisions (Open, Masters, and Seniors), the top ten teams - both men and women, in the Grand Prix races, are awarded points on the basis of 10 for first place, 9 for second, 8 for third, etc. Again, for Clarksburg and CIM the points are doubled. Prize money is awarded in the same manner as in the individual competition with the top team(s)

How to Score	Individual Scoring Points								
		1st	2nd	3rd	4th	5th...	10th...	15th...	25th...
Open:	Top 25 score	30	24	23	22	21	16	11	1
Masters:	Top 15 score	20	14	13	12	11	6	1	
Seniors:	Top 5 score	10	6	4	2	1			
Super Seniors:	Top 5 score	10	6	4	2	1			

The above points are awarded for each race except Clarksburg (Foundation Health 30K) and the California International Marathon. These two longer races have the point value *doubled*. Also, at the end of the year in addition to any dollar award earned, free entry in the following year's (1993) Grand Prix races will be given to the top 15 men and top 15 women in the Open division, top 10 in the Masters, top five in the Seniors, and top one in the Super Seniors. *Note: For 1992 GP races free entry is given to the top 25 in the Open division and top 15 in the Masters.*

being recognized at individual races and at the end of the year. Although teams can have many runners, the following number are necessary to score. Individual times are totaled to arrive at the team placing, except for cross-country. Herethe finishing *pieces* of the team members are totaled.

Runners Needed for a Team

<i>Open Division</i>		
<i>Men</i>		5 for less than 30K 3 for 30K and Marathon
<i>Women</i>		5 for less than 30K 3 for 30K and Marathon
<i>Masters Division</i>		
<i>Men</i>		5 for less than 30K 3 for 30K and Marathon
<i>Women</i>		3 for all distances
<i>Senior Division</i>		
<i>Men</i>		3 for all distances
<i>Women</i>		3 for all distances

The 1992 schedule of Grand Prix races was included on page 22 of last quarter's *Buffalo Enquirer*. A listing of the next few months TAC Grand Prix races is included in this month's calendar listing on page 30.

PA-TAC News

We are pleased to announce that **Myra Rhodes**, our top seniors woman's master in the middle and long distances placed fourth and not seventh in the PA-TAC standings for 1991as reported in the last *Enquirer* issue. Seems that TAC miscalculated the CIM finish and dropped Myra three spots.

Also, we would like to report '91team scoring, which was not released in time for last issue. The Chips' divisions placed as follows:

Open Women:	2nd of 9 teams
Open Men:	5th of 13 teams
Masters Women:	4th of 5 teams
Masters Men:	5th of 6 teams
Senior Women:	1st of 3 teams
Senior Men:	3rd of 5 teams

Your
very
own

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time/ mile	5k	5 mi.	10k	15k	10 mi.	20k	13.1 mi.	15 mi.	25k	30k	20 mi.	marathon
4:40	14:30	23:20	29:00	43:30	46:40	58:00	1:01:11	1:10:00	1:12:30	1:27:00	1:33:20	2:02:21
4:50	15:01	24:10	30:02	45:03	48:20	1:00:04	1:03:22	1:12:30	1:15:05	1:30:06	1:36:40	2:06:43
5:00	15:32	25:00	31:04	46:36	50:00	1:02:08	1:05:33	1:15:00	1:17:40	1:33:12	1:40:00	2:11:06
5:10	16:03	25:50	32:06	48:09	51:40	1:04:12	1:07:44	1:17:30	1:20:15	1:36:18	1:43:20	2:15:28
5:20	16:34	26:40	33:08	49:42	53:20	1:06:16	1:09:55	1:20:00	1:22:50	1:39:24	1:46:40	2:19:50
5:30	17:05	27:30	34:10	51:15	55:00	1:08:20	1:12:06	1:22:30	1:25:25	1:42:30	1:50:00	2:24:12
5:40	17:36	28:20	35:12	52:48	56:40	1:10:24	1:14:17	1:25:00	1:28:40	1:45:36	1:53:20	2:28:34
5:50	18:07	29:10	36:14	54:21	58:20	1:12:28	1:16:28	1:27:30	1:30:35	1:48:42	1:56:40	2:32:56
6:00	18:39	30:00	37:17	55:56	1:00:00	1:14:33	1:18:39	1:30:00	1:33:10	1:51:48	2:00:00	2:37:19
6:10	19:10	30:50	38:19	57:29	1:01:40	1:16:38	1:20:50	1:32:30	1:35:45	1:54:54	2:03:20	2:41:41
6:20	19:41	31:40	39:22	59:03	1:03:20	1:18:43	1:23:02	1:35:00	1:38:20	1:58:00	2:06:40	2:46:03
6:30	20:12	32:30	40:24	1:00:36	1:05:00	1:20:47	1:25:13	1:37:30	1:40:55	2:01:06	2:10:00	2:50:25
6:40	20:43	33:20	41:26	1:02:09	1:06:40	1:22:52	1:27:24	1:40:00	1:43:30	2:04:12	2:13:20	2:54:47
6:50	21:14	34:10	42:28	1:03:42	1:08:20	1:24:56	1:29:35	1:42:30	1:46:05	2:07:24	2:16:40	2:59:09
7:00	21:45	35:00	43:30	1:05:15	1:10:00	1:27:00	1:31:46	1:45:00	1:48:40	2:10:30	2:20:00	3:03:03
7:10	22:16	35:50	44:32	1:06:48	1:11:40	1:29:04	1:33:57	1:47:30	1:51:15	2:13:36	2:23:20	3:07:55
7:20	22:47	36:40	45:34	1:08:21	1:13:20	1:31:08	1:36:08	1:50:00	1:53:50	2:16:42	2:26:40	3:12:17
7:30	23:18	37:30	46:36	1:09:54	1:15:00	1:33:12	1:38:19	1:52:30	1:56:25	2:19:48	2:30:00	3:16:39
7:40	23:49	38:20	47:38	1:11:27	1:16:40	1:35:16	1:40:30	1:55:00	1:59:00	2:22:54	2:33:20	3:21:01
7:50	24:20	39:10	48:40	1:13:00	1:18:20	1:37:20	1:42:41	1:57:30	2:01:35	2:26:00	2:36:40	3:25:23
8:00	24:51	40:00	49:42	1:14:33	1:20:00	1:39:24	1:44:52	2:00:00	2:04:10	2:29:06	2:40:00	3:29:45
8:10	25:22	40:50	50:44	1:16:06	1:21:40	1:41:28	1:47:04	2:02:30	2:06:45	2:32:12	2:43:20	3:34:07
8:20	25:53	41:40	51:46	1:17:39	1:23:20	1:43:32	1:49:15	2:05:00	2:09:20	2:35:18	2:46:40	3:38:29
8:30	26:24	42:30	52:48	1:19:12	1:25:00	1:45:36	1:51:26	2:07:30	2:11:55	2:38:24	2:50:00	3:42:51
8:40	26:55	43:20	53:50	1:20:45	1:26:40	1:47:40	1:53:37	2:10:00	2:14:30	2:41:30	2:53:20	3:47:13
8:50	27:26	44:10	54:52	1:22:18	1:28:20	1:49:44	1:55:48	2:12:30	2:17:05	2:44:36	2:56:40	3:51:35
9:00	27:57	45:00	55:54	1:23:51	1:30:00	1:51:48	1:57:59	2:15:00	2:19:40	2:47:42	3:00:00	3:56:00
9:10	28:28	45:50	56:56	1:25:24	1:31:40	1:53:52	2:00:10	2:17:30	2:22:15	2:50:48	3:03:20	4:00:22
9:20	28:59	46:40	57:58	1:26:57	1:33:20	1:55:56	2:02:21	2:20:00	2:24:50	2:53:54	3:06:40	4:04:44
9:30	29:30	47:30	59:00	1:28:30	1:35:00	1:58:00	2:04:32	2:22:30	2:27:25	2:57:00	3:10:00	4:09:06
9:40	30:01	48:20	1:00:02	1:30:03	1:36:40	2:00:04	2:06:43	2:25:00	2:30:00	3:00:06	3:13:20	4:13:28
9:50	30:32	49:10	1:01:04	1:31:36	1:38:20	2:02:08	2:08:55	2:27:30	2:32:35	3:03:12	3:16:40	4:17:50

THE **BUFFALO**
ENQUIRER

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Sacramento, CA 95819-0908

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THE BUFFALO ENQUIRER

First Quarter 1992 • Number 109

December 8, 1991

106 Chips Run California International Marathon

Carol Parise

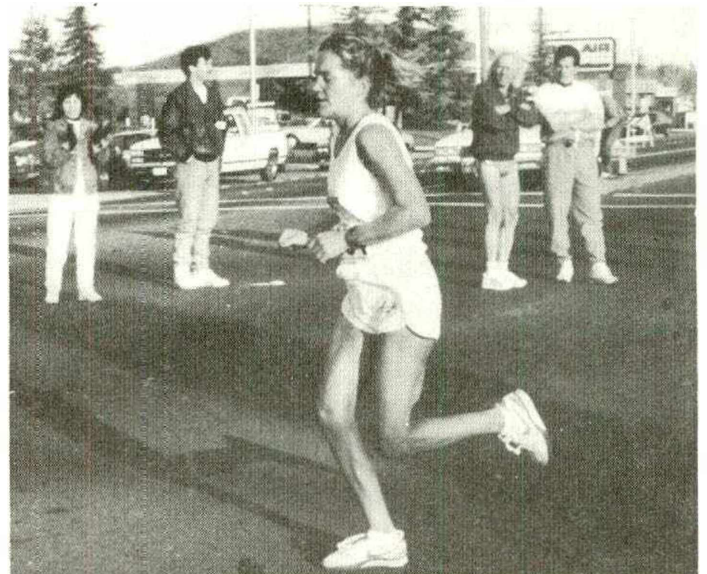
It was a calm, clear morning in December of '91
When thousands of people gathered in Folsom for a run.
But this was not just any ordinary workout
This was the what months of training were all about.
Hundreds of Chips were among the pack
Seven percent of all who finished wore that gold and black.

The wheelchairs took off with the rising sun
While five minutes later, the runners heard the gun.
The CIM had begun once again
To challenge all runners, novice and veteran.
There were 26 miles of road to be mastered
To be tackled by all level of runner, slower and faster.

Free food was an incentive that provided a thrill
For those who "Beat Pete" got a pizza without the bill.
As they plodded out the miles, all runners received aid
From volunteers asking if they wanted water or Gatorade.
Spectators came out and cheered with glee
They knew the runners names from the listing in the *Bee*.

Sunrise, Manzanita, Marconi and Watt
Each intersection was a battle that had to be fought.
Fulton, Howe and finally downtown
Where those who feeling weary began the countdown.
They counted down the miles and street names, you see,
All are numbered in sequence 26, 25, 24, 23....

When there was only left a 5k to run
Most would agree, it wasn't much fun.
While the top notch runners competed for cash
The mid and back packers tried not to crash.
continued on page 11



Fast and Furious: Jeannie Urness, fifth woman overall and first Chipette, finished CIM in 2:45:57



Who is that capped bloke? Jim Milton, of course, who finished first Masters overall and second of the Chips in 2:26:27.



About the Buffalo Chips...

The Chips were founded in 1974 as a running club for all levels of runners, as well as joggers and walkers.

Interval workouts are held every Tuesday at 5:45 pm. We meet behind Steve's Pizza located at 813 Howe Avenue. The suggested arrival time is 5:30 pm. You are asked not to park in Steve's parking lot since we will be gone for about an hour. Please use the lots behind Steve's or near the river levee. During the winter and spring months, reflective vests are required and flashlights are recommended.

Track workouts are held every Thursday at 5:45 at the Sac State track. The warm-up begins at 5:30 pm at Bleacher's Sports Pub at 900 University Avenue.

We often meet for hill training or long runs on the bike trail on the weekends. The times and dates of these runs are announced at the Tuesday night workouts. The hill training is done in Rescue, located about 30 minutes east of Sacramento off Highway 50.

Please come join us! For more information please contact the Buffalo Chips hotline.

**Buffalo Chips Hotline:
454-5133**

STATE OF THE HERD

By Jeff Hollister,
High Dunger

Another year of running and racing has passed. Did you make any New Year's resolutions pertaining to running? If you did, our club will be there to help you achieve them with our Tuesday and Thursday night workouts continuing in 1992. Good luck in achieving your goals!

I'd like to take this opportunity to thank the many individuals who volunteered their time to better the club in 1991. Most importantly, I would like to thank all of this year's Board of Directors. This year's Board accomplished many objectives which will benefit the club for many years. Just some of those objectives included organizing the club as a non-profit organization, successfully applying for and receiving a non-profit mailing permit (this will save the club a significant amount of money over future years), joining the Road Runner's Club of America (this enabled us to receive lower cost liability insurance as well as other benefits), and many others.

I also would like to thank all of our club's 1991 race directors as follows: Norm Klein for his great work on the Jed Smith Ultras last February, Michael Otten for the 4th of July 5-Miler, my wife Jo Hollister for the Susan B. Anthony 5K held this past August, and Tony Moore for the Buffalo Stampede in September. Their hours of planning and organizing did not go unnoticed. Also, I need to thank the many volunteers who wrote articles for the newsletters, helped out at one of our races, staffed one of our Race Expo booths, and helped at one of our social events during the year. I can't say enough about these people. If you have received a copy of the recently issued "Footnotes" magazine published by the Road Runners Club of America, please read the editorial article entitled "Demise Of A Running Club" on page four. As this article describes, it is important for all of us to contribute something back into the running community. One such way is to help out at a club function. I hope all of you can find time to help out at one or more club events next year. Successfully recruiting new volunteers still remains a major stumbling block for this club.

This will be my last State of the Herd since I will be stepping down as High Dunger after serving as club president for 1991. I want to give someone else in the community the opportunity to preside over this club in 1992 as well as devote more time to my family and career. I still will be continuing as an active Board Member in 1992 in an advisory "Past President" position and plan to be an active volunteer at club functions. Thank you for all your support over the past year and have a safe, injury free 1992!



EDITORS' COLUMN

Editors' Droppings: Welcome to the 1992 version of the *Buffalo Enquirer*. Almost eighteen years, 108 issues and 1,600 pages ago our little running rag was born. We hope to carry on the time-honored tradition of the previous 12 editors...and suffer newsletter burnout before the end of the year! Actually, one way to avoid a mental meltdown in this position (it's not a job, it's a misadventure!) is to solicit help, lots of help, from you, our fellow herdsman. We'd like you to contribute stories, namely race results, to our beloved *Enquirer*. We need your articles like a plant needs water to survive, like a runner needs oxygen to run, like...

Anyway, have you ever noticed that your worst races always seems to creep into publication everywhere for everyone to see whereas your best race never gets reported or worse, it makes it into print but due to typos your 10K time is ten minutes slower than you actually ran it?

We've been looking for a solution to this dastardly dilemma. Can we possibly find some people - *volunteers anyone?* - to hang around races after the food is all gone, the awards handed out and yes, even after the raffle prizes have all been passed out. Why? We are seeking/making/forcing (at gunpoint) "volunteers" to collect results from local races. Our goal is to print a complete listing of Chip finishers in every local run. Starting with the next issue we want to cover each race from three perspectives. We want to hear your account of the race whether you're at the front of the pack, the middle of the pack, or the back of the pack. DNF? Tell us about it! Hey, you front of the pack people...just because you're fast doesn't mean you're off the hook! Tell us what your race was like. Middle of the pack reporting is important because race directors rely on feedback from this level of runner which makes up the majority of the field at most races. We need to hear from the rear too. You back of the packers may sometimes feel slighted because you've been out there longer than anyone else, and it's getting hot and they've already closed down the aid stations, and the food is gone before you are even within a mile of the finish. Pick a race or two this year and give us the inside story. Thanks!

We apologize to those who submitted articles we didn't use this issue. The contributions were great but we couldn't print everything due to lack of space - this issue turned out to be a biggie. We will run your articles next issue.

Carol Parise Laura Kulsik
Editors

THE BUFFALO ENQUIRER

Letters, articles, photographs and race results are welcome and encouraged. Handwritten and typed contributions are accepted but material submitted on discs (Mac and IBM), with accompanying hard copy, is preferred. Please send material to: *Buffalo Enquirer Editors*, P. O. Box 19908, Sacramento, CA 95819-0908

Advertising Rates:

Full page: \$130
1/2 page: \$70
1/4 page: \$40
Business card: \$25

Race flyers 50% off above prices
The deadline for ads is the 15th of the month prior to publication. Submit all ads to the editors at the Chips P. O. Box.



Welcome!

Since joining the Chips organization I have observed different levels of ability as it pertains to running. The elite runner, the back of the packer, and all of those in between. It has been an extreme leaning experience, finding out all the different aspects of what makes for a good athlete. Training, diet, different running shoes, proper rest, motivation, planning, injury prevention and recovery, and the list goes on. And what about the jargon; pr's, splits, negative splits, target zone. *You gotta love this sport!*

As we all know, running benefits us in so many ways... from decreasing our risk of heart disease to maintaining a "mean and lean" body; not to mention the physiological phenomena of the "runners high". As we increase our fitness we begin to realize that we can do more than we think. We really can! Running is a great way for us to remember that goals can be achieved in and out of the running world. We can apply what we learn from running to other areas of our lives.

The Buffalo Chips Running Club is an organization with an abundance of resources. It is a place where people can learn about what will benefit them, as they see fit, a place to make friends and a place to have fun!

I have been a member of the Chips since January 1991 and have already experienced all of this. So why keep this "best kept secret" to ourselves? Spread the news, tell your friends, co-workers, anyone and everyone (especially non-runners) about "our club". Everyone benefits and **ALL ARE WELCOME!!**

Tim Halleran

It Pays to be a Buffalo Chip



Jeff Hollister

The one thing you will not see change in 1992 is the amount of dues you pay to become a member. It still continues to be one of the best bargains in town as illustrated:

Dues \$15.00*

Less benefits:

Annual CIM Party	(6.00)
Quarterly Newsletter	(6.00)
RRCA Dues	(1.00)**
Liability Insurance	(2.40)***
Club discount	(5.00)****

Your net cost (benefit) (5.40)

* - Assuming individual membership. Family membership is \$19 and each family member is eligible for Fleet Feet discounts!

** -Our club pays \$1 per member for each individual's

membership in the Road Runners Club of America (RRCA).

*** -Our club pays a \$50 base fee plus \$2.40 per member for club workout/event liability insurance to RRCA.

**** -Assuming you purchase just one pair of running shoes priced at \$50 from any Fleet Feet store and receiving the club's 10 percent discount.

Other benefits

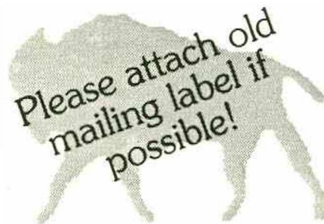
Club supervised workouts, racing singlets/sweatshirts and T-shirts at quantity discount prices, etc..

All club membership renewal forms are due now. Membership forms are available in the J Street Fleet Feet store or at Tuesday or Thursday night workouts.

Buffalo Chips Running Club Membership Application for 1992

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 Buffalo Chips Running 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 under 18 yrs. _____ Date _____

Renewal New Membership

Address/Phone change from last year

DUES: check one Individual Family

<input type="checkbox"/> under 21 \$5.00	<input type="checkbox"/> \$15.00	<input type="checkbox"/> \$19.00	Jan.-Dec.
	<input type="checkbox"/> \$10.00	<input type="checkbox"/> \$13.00	July-Dec.

Name _____

Address _____

City/State _____ Zip _____

Home Phone _____ Work Phone _____

Birthdate _____

Check here if above information to be omitted from club roster

Please check the function at which you would like to help: (earn service points)

- Newsletter
- Social Events
- Finish Lines



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

Family members (family membership only)

1. Name _____ Birthdate _____
2. Name _____ Birthdate _____
3. Name _____ Birthdate _____
4. Name _____ Birthdate _____

Among all of the adult runners in the Herd are a small contingency of runners under the legal drinking, voting and some driving age. These younger Chips are familiar faces at workouts in the late spring and summer then disappear in the fall to become top runners on their respective cross country teams. Dawn Cabitac, Sarah Pope, Joe Pope Jr., and Jason Tackett, have been featured in local newspapers for their running achievements in Cross Country this year.

Dawn Cabitac is a Sophomore at Florin High School. In early October, the Neighbors Section of the *Sacramento Bee* wrote a feature on Dawn as being one of the top runners in the Delta League. Dawn has had a great year, greatly improving her times from her freshman and winning all but one of her league meets. Because of her performance throughout the season and at the Section Meet, she qualified for the State Meet finishing around 34th in the state among the tough Division I runners.

Sarah and Joe Pope Jr. attend Del Oro High School and were the focus of an article in the *Auburn Journal* in November. **Joe Pope Jr.** is a Senior and was a consistent contender in the Sierra Foothill League. He was ranked Number 1 on Del Oro's Team and the only male runner at Del Oro to qualify for the State Meet. Joe Jr. has plans to run in college and has already been accepted at Humboldt State. UCD is also a possibility. With his off season training already in progress and anticipation of college, Joe Jr.'s outstanding prep years are most likely only a preview of things to come.

After four years of running in road races and Chips workouts, **Sarah Pope** finally put her talent to use as the top runner on Del Oro's Cross Country Team. As a Freshman, Sarah already has the rest of the Sierra Foothill League running scared as she placed consistently first or second in every meet winning the league title. Sarah steadily improved throughout the entire season, peaking at the State Meet where she finished 10th among all Division III runners in the state.

Jason Tackett is a Junior at Mira Loma and was highlighted as one of the best prep males in the area in the Neighbors Section of the *Sacramento Bee*. Significantly improving over his Sophomore year, Jason was always in the lead pack from the gun and duked it out with runners from the acclaimed Jesuit Cross Country team. Jesuit tried several strategies but in every meet, it was Jason who broke the tape. Jason also qualified for the State Meet where he was moved from Division III to a tougher Division II and he placed 14th.

A bit east of where the Buffalo Roam...

Buffalo Chip **Chris Cotton** recently completed an outstanding season as a member of the cross country running team at Wasatch Academy in Mt. Pleasant, Utah. He is in his junior year at the independent boarding school of 130 students in central Utah. Cotton's season was highlighted by an individual Region 11 championship and a second place finish in the 1A Utah State High School Championships.

Bill Bedford, who is the cross country and track coach at Wasatch, said "Chris arrived for the season in great shape and wasted no time in acclimatizing to the 6000 feet elevation out here. Competing against local athletes in Utah has definitely made him a tougher more competitive runner." Cotton was always the top finisher for the team and (with one exception) never placed lower than second overall in any of his races. In addition, during the regular season, he was the boys' overall winner at the Wasatch Academy Invitational on October 4, setting a course record in the process. By virtue of a second place finish at the Regional Championships, the team successfully qualified all of its members at the State meet. In addition, Cotton became the individual champion as he won the 3.1 mile race in 17:20. In doing so, he easily held off Mike Yount, the unofficial state record holder in the 1600 meters.

In the Utah State High School Championships in Salt Lake City, Chris found himself in a pack of several runners with a very fast early pace. Cotton surged on the downhills but never was able to take the lead, and finished second in 16:47 on the rain-soaked, somewhat lengthened 3.0 mile course, just 5 seconds out of first place. "Chris ran a gutsy race and provided a lot of excitement with his second place finish," said Coach Bedford. For his efforts and accomplishments, Chris was recognized as the outstanding Male Athlete of the Fall season at Wasatch Academy.

Chris recently competed in the Kinney Western Regional Cross Country Championships on December 7, 1991 and placed in the top 60 in the seeded race running a 16:40 for the 5000 meter course.

Contributed by Bill Bedford

Dawn, Sarah, Joe Jr., Jason and Chris: Good Luck this spring in track!

WE GET RESULTS !

Race wrap-ups! We didn't get as many results as we would have liked but we're gonna try to catch you up to date with how we've been doin' the last six months. Thanks to all of our contributors. We hope to hear from the rest of you this year! Remember: Write a story and earn credits towards your service award...and most importantly, score big points with the editors!

June 23, 1991

The San Francisco Marathon

Cynci Calvin

I missed Napa... then Boston... and my training finally started picking up as the Valley heat intensified. I had logged in two boring, hot, twenty-milers, and I was starting to think seriously about a nice trip to the Arctic. The Chips were talking "Grandma's", and how beautiful and charming Duluth is in June. Sigh...not for me, thanks to insufficient funds and questionable training. But the San Francisco Marathon was on my calendar, that date was fast approaching, and although the price was not right (\$45 dollars post entry), at least plane fare wasn't required. I made the final decision to *Just Do It* on Friday the 21st.

I drove down to San Francisco on Saturday, entered, visited Mom and Dad, and on Sunday in the blessed cool of the Bay Area, had a most enjoyable training run. There were a few trade-offs for the cool weather and marathon atmosphere. I did have to rise at 4:30 am in order to be at the Great Highway in SF at 5:30 am in order to take a bus to the start back in Sausalito. There I waited until 8 am for the start. There were sufficient portapotties, cheerful volunteers, and a huge tent for shelter from those cool breezes.

The start of the San Francisco Marathon has to be one of the best anywhere. The runners cross the Golden Gate Bridge, and the Pacific is truly exhilarating. It is quite the experience to be running on the pavement of such a well-traveled landmark. The course continues on through the Presidio, the Palace of Fine Arts, the Marina, and over to Fisherman's Wharf. The runners travel up Columbus Street, through the financial district (my folks call Montgomery St. "the canyon"), call Montgomery St. "the

canyon"), and onto Market St., where there is surprised cheering from the bag and basket brigades. The course then starts following the Bay to Breakers course along Hayes St. to Golden Gate Park. In the park, a first time marathoner to whom I'd spoken at the start zoomed past me cheering "I'm hooked, I'm hooked! I love marathoning!!" I think he did OK, as that was after the half-way, I never saw him again, and I had a 7 minute negative split. Once out of Golden Gate Park, the course follows Sunset Blvd., goes around Lake Merced, and back to the Pacific and Great Highway (yes, I could see my little car patiently waiting for me). The cross wind off the Pacific was bearable, the music was great, but that last mile and a half uphill into the park and the finish at the polo fields was a killer.

This is definitely a big city marathon, even if only about 3,000 runners participated. There is a big Sports Expo, great support from volunteers, aid stations, cheering crowds, and music. Best of all, The City lends its famous views and personality to amaze, amuse and distract the entrants. And Sacramento valley runners, take note! This is a great occasion to pull yourself out of the "oh-no-not-another-90-degree-training-run-day" blues. Congratulations to all the Chip entrants: Jan Levet with her post surgery, post stress fracture on course training effort; Rae Clark cruisin' for a short training run; Helen Hull ("it just happened to fit into my schedule"); Wonderwomen Po, Pat, Karen, and Joyce; Several others whose singlets I recognized; and special congratulations to Grant Marcom for finishing his first marathon. Grant, are you "hooked" too? Maybe next year the Chips will launch an even more serious invasion. Remember, if you're ready for a summer marathon or you would like to have a nice, cool, long training run, try the San Francisco Marathon.

*"I'm hooked! I'm hooked!
I love marathoning."*

Every Runner's Nightmare?

The Clarksburg 30k

Carol Parise

What is it about The Clarksburg 30k that brings out the worst in a runner? Think about it for a moment. Clarksburg is not a hilly course, it's not at altitude and it's shorter than a marathon; yet, while discussing this race

with fellow Chips, I found it very difficult to discover some who were happy with their performance at Clarksburg. Why is it that one race can cause runners to feel their training has been futile and make the thought of CIM send chills through their spine? "Forget CIM, I'm just not going to enter", exclaims novice and veteran marathoners alike. "There is no way I can run six more miles at that pace,

especially since my goal marathon pace is at least *(fill in the blank)* seconds faster than my Clarksburg pace."

I asked several Chips in hopes of finding an answer to what could be one of the most baffling mysteries since the dawn of man. Could it be the late start time? (10 am

Why is it that one race can cause runners to feel their training has been futile and make the thought of CIM send chills through their spine?

as opposed to 8 am). We'd all like to believe that the solution is that simple. The trouble with this rationalization is that 10 am is an hour earlier than it used to start. Not many Chips claimed to run fast enough

this year to warrant that one hour really made the difference. Besides, some said they ran SLOWER this year even with the earlier start. The same could be said for the weather. Yes, it was warm at Clarksburg but again, was it warm enough to justify your time. It's the course, another baffled Bison claimed. "It is so desolate out there, you feel like you're running in the middle of Kansas, and besides you're running sideways part of the way (referring to the camber of the road)."

The most agreed upon theory of this perplexing question is from a Chip and who did not run this year's Clarksburg but has endured the mysterious experience of the Clarksburg bug. "It's the Bermuda Triangle of Running" exclaims Runner/Reporter/Psychic Rick Kushman (1-900-Run-Seer*). There is a mysterious force in the air at Clarksburg that causes even the most well-trained athlete to run significantly slower than they are truly capable."

Despite all of the negative feedback, there are those truly extraordinary cases where a runner will escape the

...it's the Bermuda Triangle of Running. There is a mysterious force in the air at Clarksburg that causes even the most well-trained athlete to run significantly slower than they're truly capable.

nightmare of Clarksburg and perform at or beyond his/her wildest expectations. These chosen ones have been said to be tapping into a higher realm of existence where they defy the odds at Clarksburg. They have been timed to be the fastest to use the portapotties. Whether this is a cause and effect relationship has yet to be determined.

*All calls \$150.00 per minute

Chips Ahoy!

Chipettes Get Their Running Jollies at Christmas Relays

Laura Kulsik



"Stupid!"
"idiots!"

"You're Gonna Hurt Yourself!"

These were some of the comments directed our way when Carol Parise and I told our fellow herdsman that we, two battered marathoners, were going to run a 4.5 mile leg each at the San Francisco Christmas Relays at Lake Merced. Patricia Storey and Mercedes Amaya committed to run the two *fast legs* of *Chips Ahoy*, the Chips' open women's team and sole entry at the relays. Last year the Chips fielded so many teams we chartered a bus but this annual event, which is usually run two weeks after CIM came on Sunday, December 15th, just a week after the marathon. Hardly an enthusiastic response was heard from the Chips camp which was full of recovering marathoners dreaming of rest and relaxation rather than TAC points! But the hopes of scoring anything were shattered even before the gun went off as the Impalas saturated the open women's division by fielding five (count em' five) teams to our battered and barely able to move one. In the end they placed two of their teams in the top four along with the Aggies and Flyers. We finished eighth out of one hundred teams...or maybe thirteen teams? Something like that.

Top 10 Reasons Why We're Glad We Ran the Relay

10. Perfect opportunity to escape the fog
9. PR'd on the drive into the city...Carol doesn't stop at toll booths - she can throw dollar bills into people's hands while driving 45 miles an hour
8. Learned the line for the eucalyptus trees is 20 minutes shorter than the line for the portapotties at Lake Merced
7. Mercedes was the first runner to cross the finish line in the Sunglasses Division
6. Carol needed more of a workout than hauling a lifecycle up a flight of stairs
5. Laura never received so much attention from men even if they were firemen just trying to give her oxygen
4. Patricia learned not to inform the Chips of her whereabouts on the weekends...how convenient for us she just happened to be in the city that day!
3. Our viewing pleasure: five times as many men's teams as women's teams in the open division
2. We treated ourselves to a killer brunch at Bette's Oceanview Diner in Berkeley
1. We were escorted back to Sacramento by a convoy of teddy bear totin' Hell's Angels on Harleys

September 22, 1991

Stanford Centennial Trail Runs

James Raia

Using some creative self-sufficiency, Bill Hambrick continued his Ascension in the ultra-marathon fraternity with a strong third-place finish in the 100k division of the inaugural Stanford Centennial Trail Runs.

Superbly organized Norm Klein and Tony Rossman as a benefit for the 100th anniversary of Stanford University, the 50k and 100k events progressed from the Stanford track and football stadium into the surrounding foothills. After climbing into the fog at Skyline Ridge, the course meandered through the trails for the 50 k finish with a short jaunt on the starting track.

One of 30 starters in 100k division, Hambrick steadily made his way, reaching the Skyline Ridge easily before returning for the 50k turnaround in 5:10.

As temperatures increased, the 37 yr.old veteran chip arrived at the 50-mile split in 9:09 and then finished the 62-mile endeavor in 11:45:45. Jerry Wittenauer was victorious in 9:54:59, with veteran ultra runner Dow Mattingly second in 10:07:35.

With the ever-warming sun and the long, unprotected trail taking its toll, Hambrick's effort also included some make-shift surgery. In the waning miles of the race, he stopped, removed one shoe and used a race number pin to drain several aggravating blisters.

For an unfortunate group, which included this correspondent, a well-meaning but misinformed trail ranger erroneously guided us up a steep hill. By the time we realized the error, we had added at least five miles and 45 minutes to our journey.

This relenting contingent included veteran Chips trail runners Helen Hull, Joan Scannell and Joan Reiss. Momentarily upset, we nevertheless continued our trek unscathed. For this first-time trail runner, the experience was educational and rewarding. Not only did I get my first "taste" of the Trail ultra world, but my appreciation for ultra runners' talents was renewed.

The accompanying 50k event was easily claimed by Western States 100 veteran Dave Scott (Fremont), in 4:20:23. Michael Duncan followed about three minutes later, with Nick Nickols third in 4:25:25.

Several Chips also fared well among the 86 finishers from a starting 50k field of 91. the presiding Herd included: Jan Levet (5:27:47), Elliott Eisenbud (5:58:11), Myra Rhodes (6:12:43), John Clark (6:24:03) and Joan Scannell (6:28:17).

Other Chip representatives included 100k entrants Ray Scannell and Mark Williams. Both, however, opted for 50k finishes, with Scannell timed in 4:23 and Williams 4:37.

In addition to smiling volunteers' faces and well-stocked aid stations, finishers' names were displayed on the football stadium scoreboard as they made their way down a short entry ramp onto the track. Stanford legendary track coach Brooks Johnson and Olympic marathoner Nancy Ditz and her sister were present at the start, offering encouragement. The race entourage also offered a race dedication to the Ditz sisters' father, who recently passed away.

With several race changes under consideration, the race is likely to be held next year. It's a nice way to spend the day.

Results

50 kilometers

1. Dave Scott, 4:20:33
2. Michael Duncan, 4:23:19
3. Nick Nickols, 4:25:25

Chips Finishers

- 32.. Jan Levet, 5:27:47
- 47: Elliott Eisenbud, 5:58:11
53. Myra Rhodes, 6:12:43
56. John Clark 6:25:03
58. Joan Scannell, 6:28:17

100 kilometers

1. Jerry Wittenauer, 9:54:59
2. Dow Mattingly, 10:07:35
3. Bill Hambrick, 11:45:55

Other Chips Finishers

13. Ray Scannell (50k), 4:23
14. Mark Williams (50k), 4:37
22. Helen Hull (60k, est.), 6:54
23. James Raia (60k, est.), 7:09

50K? 50 Miles? 100K?

*Need an Ultra fix?
Choose from the Jed Smith runs.
Application on inside back cover.*

October 26, 1991

Sierra Nevada Endurance Run

52.4 miles, Granite Bay to Cool (round-trip)

James Raia

Following a night of horrendous rains, a field of 93 runners, including 23 hardy Herdsters, gathered for the fifth running of this tough trail double-marathon in the Sierra Nevada foothills.

And despite continuing rains, hail, a good supply of mud and the hellish ascents of K2 and Cardiac, there were 70 finishers, including 20 Chips.

After holding a three-minute lead over Roger Dike at Horseshoe Bar, Tom Johnson, the two-time reigning Western States 100 champion, was never seriously challenged. The 32 yr. old Sacramento engineer had a nine-minute advantage over Ann Trason at Maidu and then maintained about a 20-minute cushion over the three-time WS100 women's champion before finishing in 7:47:26.

The always impressive Trason was second in 8:07:09, finishing about eight minutes ahead of Charles Compton and 1 hour and 15 minutes ahead of second woman Rachel Proctor, who placed 11th overall in 9:28:19.

Bill Finkbeiner led the Chip contingent, earning a five-year buckle with his 12th place in 9:46:55. Helen Hull, continued her steady streak of top ultra finishes, placed 14th overall and third woman in 9:48:16.

Chips Bill Hambrick (17th) Frank Ives (18th) and Lee Rhodes (20th), followed, rounding out six Chips among the top 20.

Despite the inclement weather, race director and his band of enthusiastic volunteers worked admirably to support the runners. Chips Jim Drake and Dana Gard were particularly helpful to this correspondent on his maiden 50-mile voyage. It was quite a day, thanks to everyone.

Results

1. Tom Johnson (Chip), 7:47:26
2. Ann Trason (1st woman), 8:07:09
3. Charles Compton, 8:15:04
4. Ken Cox 8:26:27
5. Bill Wise, 8:55:40

Other Chip Finishers

12. Bill Finkbeiner, 9:46:55
14. Helen Hull (3rd woman), 9:48:16
17. Bill Hambrick, 9:59:26
18. Frank Ives, 9:59:27
20. Lee Rhodes, 10:16:59
25. Howard Klein, 10:37:54
26. John Clark, 10:38:01
30. Dennis Scott, 10:50:37
31. Ray Scannell, 10:53:04
40. Mike Hernandez, 11:04:25
41. Doug Arnold, 11:14:03
44. Joe Fope, 11:20:21
45. A.J. Underwood, 11:21:52
47. Joan Scannell (7th woman), 11:28:58
53. Greg Soderlund, 11:49:41
56. James Raia, 11:55:15
57. Bill Wood (1st 60 over), 11:55:36
65. Dan Pfeifer, 12:34:25

93 starters, 70 finishers

RACE EQUIPMENT FOR RENT

The Buffalo Chips Running Club has a complete inventory of race management equipment which can be reserved and rented at highly competitive rates. Individual piece rates have been established and special package options are available as follows:

Bare Bones: One-sided display clock and one printing timer for official records.....\$100 (\$125 deposit)

Timing Bundle: Two display timers and three printing timers.....\$200 (deposit \$1,000)

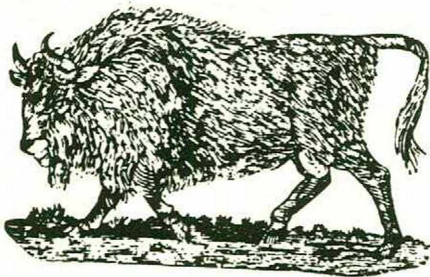
Course supplies: Chalking device, cones, finish-line barriers and flags, miscellaneous safety vests and traffic signs, etc.....\$75 (deposit \$200)

Registration: 4-6 tables for registration, portable hand-held megaphone, car-powered public address system\$25 (deposit \$200)

Reservations should be made as soon as possible and no later than six weeks before race day. Late reservations and cancellations are subject to penalties.

For more information call Lee Rhodes (916)482-8528

FAST BISON



Buffalo Chips Club Records

We are trying to keep an up-to-date list of club records for standard distances and age divisions. We are doing this in a fairly ad hoc way: we started with our best guess and have called people to verify. We are also going through the old newsletters and newspaper clippings to confirm the records and when and where they were set. In the meantime we will print our best available information. Please write to us at the Club P.O. Box if you know of any errors or better times. Runners must have been a Chip - with dues paid - at the time of the performance.

Open, Men

100 Miles (RD)	Rae Clark	12:12:19
	<i>North American Record</i>	
100 km (RD)	Rae Clark	6:56
50 Miles (RD)	Rae Clark	5:28
Marathon	Jim Howard	2:18:06
Half-Marathon	Craig Moore	67:31
10 Miles	Craig Moore	50:43
10 Km	John Sup	30:52
	<i>Davis Track Meet '91</i>	
8km/5 Miles	John Sup	24:31
	<i>Fugistu 8K '90</i>	
5 km	John Sup	14:49
	<i>Chico Track Meet '91</i>	
1500m	Randy Sturgeon	4:07.65
800m	Daryl Katcher	2:00.64

Open, Women

100 miles	Toni Belaustegui	22:10:22
	<i>Western States '90</i>	
50 Miles	Joan Reiss	6:58
Marathon	Eileen Claugus	2:37:16
Half-Marathon	Robyn Root	1:13
10 Miles	Robyn Root	55:24
10 km	Kathy Pfeiffer	32:58
8km/5 Miles	Robyn Root	26:27
5 km	Robyn Root	16:37
1500m	Theresa McCourt	4:54

Masters, Men 40-49

100 Miles	Abe Underwood	15:49:51
50 Miles	Abe Underwood	6:08:54
Marathon	Jim Milton	2:26:27
	<i>CIM '91</i>	
Half-Marathon	Jim Milton	1:10:01
	<i>Humboldt Redwood '91</i>	
10 Miles	Jim Milton	54:24
	<i>Pear Fair '91</i>	
10 km	Jim Milton	32:00
	<i>Alameda '91</i>	
8km/5 Miles	Jim Milton	26:16
	<i>4th of July 5 Miler</i>	
5 km	Jim Milton	15:25
	<i>Davis Turkey Trot '91</i>	
1500m	Tim Shannon	4:19
	<i>Los Gatos '91</i>	
800 m	Daryl Katcher	1:58:45

Masters, Women 40-49

100 Miles	Toni Belaustegui	22:10:22
	<i>Western States '90</i>	
50 Miles	Joan Reiss	6:58
Marathon	Joan Reiss	2:56:24
Half-Marathon	Joan Reiss	1:24:37
10 Miles	Joan Reiss	63:24
10km	Joan Reiss	38:36
8km/5 Miles	Joan Reiss	31:32
5km	Joan Reiss	19:55
1500m	Joan Reiss	5:58*

Men, 50-59

100 Miles	Jim Drake	19:21:00
50 Miles	Paul Reese	6:22:25
Marathon	Jim O'Neil	2:35
Half-Marathon	Jim O'Neil	1:17:30*
10 Miles	Don Spicklemier	58:17
	<i>Buffalo Stampede '91</i>	
10km	Jim O'Neil	33:54
8km/5 Miles	Jim O'Neil	27:18*
5km	Jim O'Neil	16:19
1500m	Don Martin	4:53.1

Women, 50-59

100 Miles	Joan Reiss	23:44
50 Miles(AR)	Joan Reiss	8:35
Marathon	Joan Reiss	3:16
10km	Joan Reiss	42:35
5km	Joan Reiss	20:56
1500m	Joan Reiss	6:17*

Men, 60-69

50 Miles	Paul Reese	7:16:29
Marathon	Paul Reese	3:02:22
Half-Marathon	Carl Ellsworth	1:24:48
	<i>Humboldt Redwood '91</i>	
10 Miles	Carl Ellsworth	1:03:58
	<i>Buffalo Stampede '91</i>	
10km	Carl Ellsworth	38:26
	<i>Tandem Up&Running '91</i>	
8km/5 miles	Carl Ellsworth	31:08
	<i>Pear Fair '91</i>	
5km	Paul Reese	17:53
1500m	Paul Reese	5:22*

RELAY RACES

Men, 30-39

4x200m	Hartmann, McNutt, Williams, Katcher	1:51
4x400m	McNutt, Katcher, McNutt, Katcher	4:07
4x800m	Govi, Katcher, Hartmann, McNutt	9:44

Men, 40-49

4x800m	Nelson, Livingston, Martin, Park	10:15
4x400m	Nelson, Katcher, Nelson, Katcher	3:59

* time inferred from longer race

If you have any additional information on club records please contact the Enquirer editors. This list will be printed every other issue as records don't change that quickly...unless, of course, Jim Milton continues on with his record-setting ways!

California International Marathon continued from page 1

Some were successful and fought off that erosion
The rest—we'll you could hear the explosion.

After hours of pounding, the Capitol came into view
But it was passed up the first time to get that point 2.
As they turned down 8th street and around the bend
The runners saw the clock and sprinted towards the end.
They mustered up some strength that had been depleted by
the miles
To get that big PR go to Boston or the Trials.
Some of them made their running goals and others, not quite
And everyone tried to convince each other that "Hey, you put
up a good fight."

The Monday morning after, they were reminded of the day
before
When they maneuvered themselves out of their beds' and
winced when their feet touched the floor.

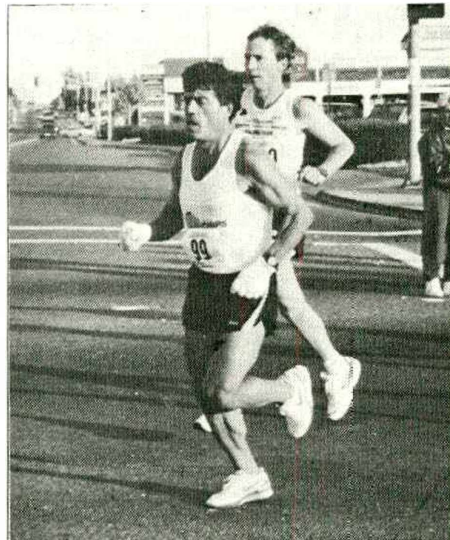


*Kathy Ratermann (3:30) beats Pete and a lot
of other people!*



John Mendoza: 2:31

CIM photos by Gary Craig



Gabriel Sandoval: 2:39



Connie Kondo: 2:56

They struggled to work on stiffened legs, not able to move
too fast

Their coworkers laughed when they watched them hobble
while claiming that running's a blast.

Bruce Deacon of Canada won the race in 2:15:16
And Sally Eastall of England was the fastest women CIM had
seen.

Rich Hanna was the 1st Chip in, at around the 2:22 range
While Jeanne Urness "wheeled" in the women at 2:45 and
change.

Cyncl Calvin was the first Chip woman in the category of
Master

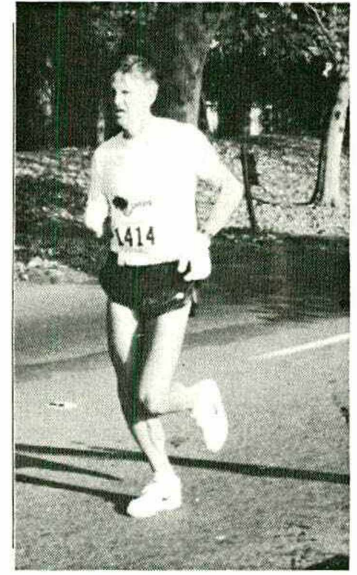
And since Jim Milton has been over 40 he has never run any
faster.

The rest of the results were listed in the paper and we've
listed the Chips here for you

We're sorry if we forgot anybody but we're wearymarathoners
too.
(more marathon coverage on pages 12 and 13)



*Mel Golovich (3:25) Bud lites it
after his 65 minute pr.*



Doug Essary: 3:05



Marathon Results!

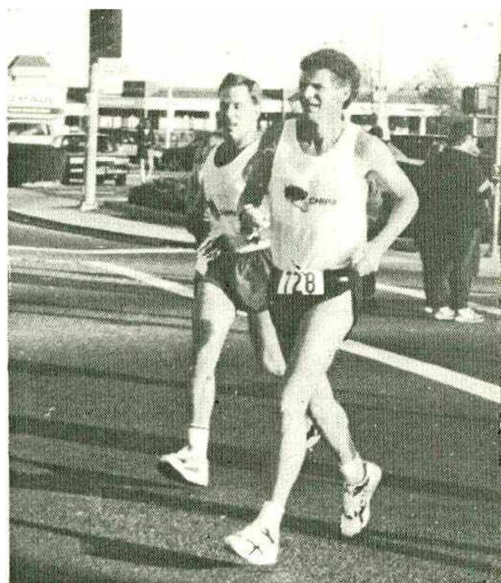
The Herd Runs 2,761 Miles at CIM '91

Women

Place	Name	Time/PR (if bold is a pr)
1	Sally Eastall	2:29:29
2	Michele Bush-Cuke	2:37:41
3	Kimberly Bruyn	2:42:00
Chips Women		
5	Jeannie Urness	2:45:57
15	Christine Iwahashi	2:52:51
16	Theresa McCourt	2:53:18
21	Connine Kondo	2:56:27
31	Cindy Scott	3:01:56
43	Cynci Calvin	3:10:05
59	Helen Hull	3:18:12
60	Carol Parise	3:18:33
64	Laura Kulsik	3:19:25
72	Gina Berry	3:24:05
90	Ann Gerhardt	3:27:48
92	Waiman Yip	3:28:19
94	Jan Levet	3:28:45
103	Kathy Rattermann	3:30:45
104	Tammy White	3:30:45
108	Toni Belaustegui	3:31:28
119	Myra Rhodes	3:36:04
143	Jill Kirkman	3:42:49
177	Christine Flaherty	3:49:28
193	Khartoon Tudhope	3:52:16
207	Taeko O'Hara	3:54:10
208	Carol Richardson	3:54:10
222	Lily Frawley	3:57:37
294	Tonya Mauldin	4:13:44
344	Blauca Topper	4:33:45
365	Po Adams	4:41:29

Men

Place	Name	Time/PR (if bold is a pr)
1	Bruce Deacon	2:15:16
2	Fraser Clyne	2:16:58
3	Hanyk Jankowski	2:17:26
Chips Men		
22	Rich Hanna	2:22:25
28	Jeff Edwards	2:24:02
27	Dean Rinde	2:23:52
32	Jim Milton	2:26:27
35	Andrew Ferguson	2:27:05
53	John Mendoza	2:31:50
69	Dwight Miller	2:35:41
83	Gilbert Machado	2:38:57
85	Brad Lael	2:39:16
86	Gabe Sandoval	2:39:35
93	Chris Enfante	2:40:45
104	Rae Clark	2:42:20
108	Al Michel	2:43:36
110	Greg Miller	2:43:40
125	Don Spickelmier	2:47:09
126	Tim Frawley	2:47:27
133	Craig Newport	2:48:37
136	Michael Wilhelm	2:48:52
139	Steve Yee	2:49:02
152	Tom Rennie Jr	2:50:53
154	Craig McLoughlin	2:51:05
159	John S. Kennedy	2:51:42
177	Barry Turner	2:53:56
188	Rick Simonsen	2:55:36
208	Bill Hambrick	2:57:31
210	John Seivert	2:57:52
211	Bob Hammond	2:57:52
219	Tom Winter	2:58:35
231	Troy Turner	2:59:20
235	Jeff Hollister	2:59:40
263	Thomas Cooper	3:02:46
265	Rob Whitehead	3:03:09
269	Tony Contreras	3:03:51
279	Ed Matovcik	3:04:44
285	Doug Essary	3:05:18
286	Steve Ainsworth	3:05:22
291	George Parrott	3:05:51
298	Ron Parrett	3:06:37
315	S. Gherini	3:07:43
325	Chuck Beddow	3:08:53
326	Ernest Takahashi	3:08:56
330	Doug Kirkman	3:09:10
338	Mike Suen	3:09:57
355	Eric Ianacone	3:12:25
350	Kurt Carpenter	3:13:09



The fearsome twosome: James Raia (at left) (3:21) and Chuck Honeycutt (3:15)

Welcome to the Wonderful World of Marathoning!

First-time marathoners:

Jill Kirkman

Leon Rothstein



Men

Place	Name	Time/PR (if bold is a pr)
361	Scott Mills	3:13:09
372	Paul Powell	3:13:48
373	Chuck Honeycutt	3:13:51
338	Frank Ives	3:15:13
417	Paul Mitchell	3:17:12
430	Steve Topper	3:17:58
441	Harold Hartin	3:18:28
448	Neil Kelly	3:18:50
451	John Bremer	3:19:11
484	Dan Pfeifer	3:19:36
478	Joe Staats	3:21:07
481	James Raia	3:21:51
487	Stan Wegner	3:21:51
494	Steve Galvan	3:22:25
502	Dan Jankins	3:23:06
509	Bill Benisek	3:23:31
513	Steve Haun	3:23:40
523	Lee Rhodes	3:24:15
542	Monty Schact	3:25:41
546	Mel Golovich	3:25:53
566	Tim Halleran	3:27:34
575	Rosen Dike	3:27:58
582	Lee Rhodes III	3:28:33
602	Joe Pope	3:30:14
606	Ron Hall	3:30:33
829	Gary Waldsmith	3:49:37
897	George Billingsly	3:54:34
1016	Leon Rothstein	4:07:09
1040	Roberto Sanchez	4:11:27
1047	Terry Flynn	4:12:43
1066	John Derhiemer	4:16:42
1139	Michael Sullivan	4:34:14
1142	Gary Towle	4:34:24
1152	William Kershaw	4:38:49
1169	Howard Fong	4:44:07

I'll Never Marathon Again

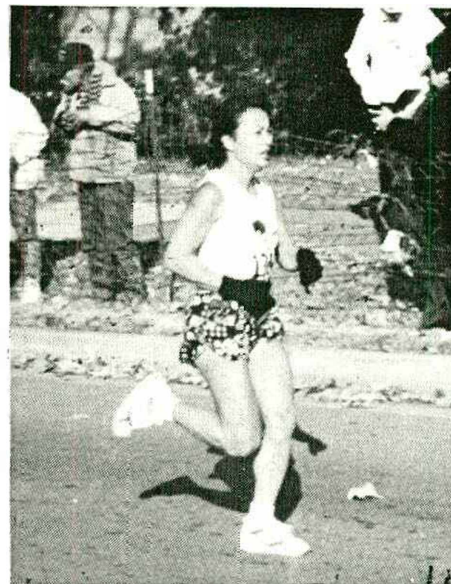
(sung to the tune of I'll Never Fall in Love Again)
by Scary Gary

What do you get when you marathon
You lose all your glycogen and your fluids
That's what you get when you do it
I'll never marathon again

What do you get when you marathon
You gotta get up at the crack of dawn
It never ends
It goes on and on
I'll never marathon again

Don't tell me what it's all about
'Cause I hit the wall and I dropped out
Out of that race
That race that's unkind to you
That is why
I'm here to remind you

What do you get when you marathon
You get a lot of sweat and a lot of sorrow
So, at least, until tomorrow
I'll never marathon again
No baby, I'll never marathon again



Waiman Yip: 3:28

End of the Year Party

Buffalo Bash

Carol Parise



The end of the year brings to mind several major events; Thanksgiving, Christmas, CIM and best of all, the Chips End of the Year Party. As usual, free food, entertainment and good friends made this bash the premier social event of the year. Chips came out of the woodwork to eat, drink and be merry. The new location of Bleachers Sports Bar (previously The Graduate) proved to be an ideal location as they have the largest number of TV screens in the area next to Circuit City. What more could a battered bison ask for than to relive the CIM on over 10 video monitors (race

coverage courtesy of George Parrott's video equipment and the expert camera work of Ryan Dahl and Greg Soderlund)? Live entertainment was provided by Scary Gary with his two songs depicting the herd in all of its glory. Jeff Hollister and George played Masters of Ceremony in distributing awards in several categories including Outstanding Improvement, Special Volunteers, Race Directors, Special Performance of the Year, Notable Performances and Preps of the year. A Perpetual 1991 Record Plaque was also begun.



George Parrott: 3:05



The Best of the Best: (left to right): Back row: Tom Johnson, Jeff Edwards, Jim Milton, Don Spicklemier, Tim Frawley, Carl Ellsworth. Front row: Rich Hanna, Jeannie Urness, Ann Gerhardt, Myra Rhodes, Eileen Taylor.

Perpetual 1991 Record Plaque

		Open	Masters	Seniors
Track	Men	Artie Huff	Darryl Katcher	Ty Nelson
	Women	***	***	***
Road - 25km	Men	Jeff Edwards	Jim Milton	Don Spicklemier
	Women	Jeannie Urness	Ann Gerhardt	Myra Rhodes
30k - 42k	Men	Rich Hanna	Tim Frawley	Carl Ellsworth
	Women	Eileen Taylor	Cynci Calvin	Myra Rhodes
Ultras	Men	Tom Johnson	Scott Mills	Jim Drake
	Women	Helen Hull	***	Myra Rhodes

Outstanding Improvement

Norm Bennett
Mel Golovich
Dan Jenkins
Doug Kirkman
Carol Parise
Kathy Rattermann
Arnold Utterbach
Tammy White
Michael Wilhelm

Outstanding Volunteers

Jim Beland
Carl Dahl
Sandy Falat
Tim Halleran
Jeff and Joanne Hollister
Peg and Dan Johannes
Grant Marcom
Joe Pope
James Raia
Dennis Scott

Race Directors

Joanne and Jeff Hollister
Norm Klein
Tony Moore
Mike Otten

Notable Performances

Tom Winters - for being 2nd at the Mule Run Ultra behind Dennis Rinde
Jim Milton - for his 1:10:01 at the Humbolt Redwoods Half Marathon
Carol Parise - for her 3:20, 17 minute PR at the Napa Marathon
Helen Klein - for all of her accomplishments this year
Lee Rhodes - for being 4th overall at Double Danny
Tom Johnson - for being first at the Western States 100 for the second time and setting the course record
Don Spickelmier - for his 2:48 marathon debut at age 50
Patti Teal - for her performance at the Vermont 100
Laura Kulsik - for finishing the Boston Marathon when she shouldn't have started
Chris Iwahashi - for her inspiring performance of 2:45:28 at CIM 1990

Musician in Racing Flats

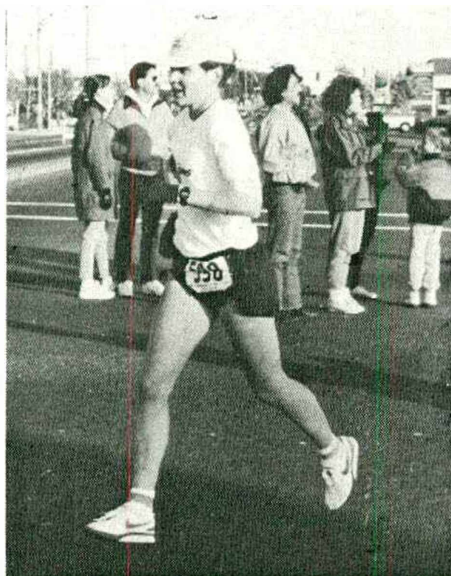
Eric Park

Preps of the Year

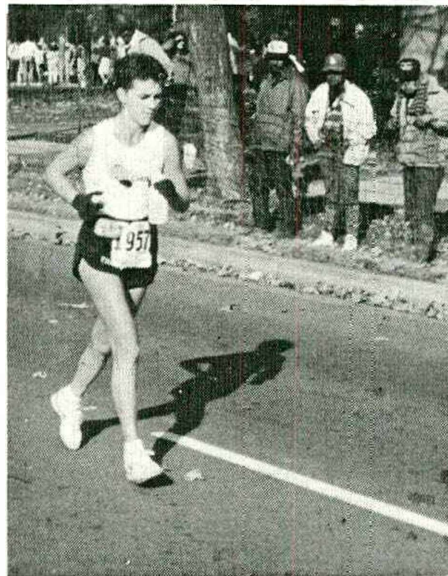
Sara Pope
Jason Tackett

Road Runners Club of America Awards for Outstanding Contributions to the Club Over the Years

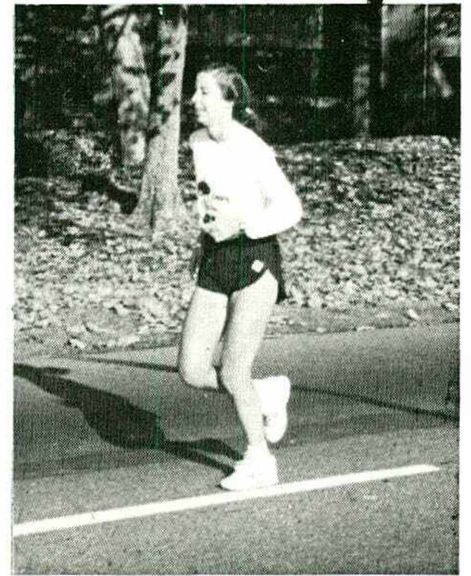
David Ragsdale
Abe Underwood
George Parrott



Carol Parise: 3:18



Ann Gerhardt: 3:26



Tammy White: 3:30

Help! I'm trapped in a Tuesday Night Workout!

TALES OF TERROR

We recently asked Chips to relate their experiences of their first Tuesday night and following are the various replies. A big THANKS to all of the contributors.

My main feeling that first Tuesday was apprehension. I had always thought that Buffalo Chips was a pretty elite runners group, and had just met a couple of the mid-pack folks the previous week, on the July 4th Heat Wave run.

New places and people are frequently intimidating, but this was a friendlier group than many, and my concern about being welcome at the beginning vanished, to be replaced with a concern about being alive at the end. 3x1/2 mile, 6x1/4 mile was not something I was really ready for.

Reality is seldom as bad as the anticipation, but sometimes reality lives up to its image, and this was one of them for me. Running with the slow of the slow helped, seeing other people not much better off. I suppose the distance in time now makes it seem more dramatic than it really was, and clearly I cheated death on the streets, so it can't have been all that bad. (Sometimes the time perspective makes things look better too.)

I don't know who it was (a man and a woman) I spoke with on the 4th of July run, but if they read this, 'Thanks. I never would have come out without meeting you. Now I won't miss it for anything'. (Of course the rain is not yet here, so that last claim may be washed away).

Carl Cullen

If you believe the *Buffalo Chips* are a bunch of elitist running snobs...that you couldn't possibly keep up with them... and that you'd never like them anyway...there's something you should know...

They aren't. You can. You will.

Yes. *Snobs*. That's what I thought of the *Buffalo Chips* when I first heard about the herd through the local runner's rumor mill. Everyone knew the Chips were Running Junkies. Serious speed demons who ate, slept, breathed and fantasized about sub-four miles and qualifying for the Olympic trials. What use would they have for me? My running fantasies didn't go beyond improving my time in the 100 yard dash and on up to the marathon. I joined the Chips, kind of. I sent in my membership fee but it took me seven years (!) before I gathered up the courage to finally run with them on Tuesday nights.

Tuesday, October 11, 1990 goes down in my running journal as the day reality threw me a fast curve; there are hundreds of runners faster than me, a lot faster than me...and they're all Chips. For me, the running club was also an Ego Reduction Clinic and OverEater's Anonymous group. *How could I ever eat again after seeing all these skinny bodies?* I walked to the staging area in the parking lot at Steve's Pizza totally intimidated at the sight of all these lean adults, no doubt, there to relive their glory days of high school and college track stardom. These were the runners who had trophy rooms in their houses. Heck, these people probably made big bucks when they ran. I was just happy to win a raffle prize at the end of a 10K! But not now. I had bigger plans. I wanted to qualify for the Boston Marathon.

But how could I possibly train for a marathon when, at 5:30pm, it was 110 degrees? No, make that 130. The asphalt was so hot that rubber tires exploded and sent cars swerving. I thought it certainly must be illegal or at least a health hazard to run in that stuff. Apparently 100 or so other runners didn't think so. Did they know something I

My first Tuesday night workout was a pleasant experience. I was a little nervous but quickly found two friends, Darrell and Martha Martin, who directed me into the proper group. Group 1, they said. "You won't have any trouble keeping up". We did 3/4 miles, I think 4 of them plus a couple 440's thrown in. I finished the whole workout and was hooked. Thank you Buffalo Chips!

Dale Phillips

didn't? Maybe there was ice cold Lemonade and a pool at various points in the work out?

After a mile and a half jog (Is a 9 minute per mile pace still considered a jog?) on the bike trail out to University Avenue, it gets serious. They divide into groups. Which one do I run with? Pick one: Group 1, 2, 3, 4, 5 or the special marathon group? Umm, the marathon group? Wrong answer! I started out with the marathoners. Their workout consisted of six one-mile repeats. By the end of the first brutal mile, which I'm sure was a pr for me, my legs were limp noodles, I was going into heavy duty oxygen debt and delirium was setting in. In fact I was so delirious I hooked up with the next group approaching the start line - Group 4. The Chip's speed was not news to me but I still couldn't get over it. I couldn't even run *with* (read: *behind*) these folks for a brief period. I completed a marathon 10 years earlier but that was then, this is now. I knew I was in over my head but I continued on with this work out, sampling each group, hoping to find my niche. But before the end of the evening I was barely maintaining contact with the slow wave of Group 1. That first Tuesday night workout I felt like the little steel ball in pinball that just rolls all the way back down past the flippers instead of bouncing around and forward scoring points.

But I did it. I completed a Chips workout. Now I could say I ran with the local running gods and goddesses including the famous Chris Iwahashi. I was star struck. I even asked another Chip for an autograph. She was so embarrassed. I've since come to realize these road stars are just athletes with the same swollen calves, blackened toe nails and blistered feet the rest of us endure. And I've learned there are far more runners like myself than there are stars. People new to running doing their first 10K, young mothers trying marathons and grandmothers training for ultras. There's a lot of inspiration to be surrounded by.

It's been a year, two marathons (CIM and Boston) and prs in everything for me since I started working out with the Chips. I'm still running with Group 1 but progressing quite nicely thank you. Now, if you really want to hear a horror story let me tell you about last week...my first *Thursday* night track workout!

Laura Kulsik

My family and I moved from Rapid City, South Dakota, to Sacramento exactly one year ago. Shortly thereafter I attended my first Tuesday Night Workout. The reason? Dennis Hill, one of my Rapid City running buddies, is a Buffalo Chips member. No, he has never lived in Sacramento, nor has he ever attended a Chips workout. Dennis just heard about the club, liked its name, and thought the "High Dunger" designation for its president was a riot—so he joined!! He made me promise to check out the club when I arrived in Sacramento. Following are impressions of my first Tuesday Night Workout, which mostly took the form of questions:

1. *Where did all these runners come from?* There were probably more runners at my first Chips workout than there are runners in the western half of South Dakota. Of course, the whole state of SD could come up with only 699,999 people in the 1990 census (which makes it a great, uncrowded place to run).

2. *Why are practically all of the runners at the workout as fast as lightning?* Although I have never considered myself to be a fast runner, which is probably why I prefer 100-milers to 10k's, I was amazed at how slow I felt at that first Chips workout. I had to run full tilt to keep up with Group 2! Either George Parrot's interval workouts are extraordinarily effective, which turns everyone who tries them into a speed demon, or the workouts tend to appeal more to runners of exceptional ability than to runners with limited ability. I suspect that both explanations come into play.

3. *Why are there so many ultrarunners at the workout?* The place was crawling with ultrarunners, both male and female, but it was apparent that only some of them were there for the intervals. The others did a little bit of running, a lot of visiting before the workout, and a lot of eating after the workout. Most were probably recovering from various ultra races or training runs from the preceding weekend. Anyway, they obviously had their priorities straight, so I hung around with them most of the time.

Overall, my first Buffalo Chips workout impressed me very much. George has developed an excellent interval program, and he and the club are providing a great service to runners who want to improve their speed. I still attend mainly for the social aspects, but one of these days maybe George will talk me into some serious speed work. If nothing else, it might provide me with an impressive sprint during the last quarter mile of my next 100-miler!

Jeff Hagen

It's not too late to tell us your tale.
More **terror** next issue!

BOARD DROPPINGS

Minutes submitted by Rose Russell

October 2, 1991

Meeting was held at The Good Earth. Members present: Jeff Hollister, Robin Gilmore, Dick Kinter, Leigh Rutledge, Dennis Scott, Sandi Falat, Lee Rhodes. Guests Present: Myra Rhodes, George Parrott

Treasurer's Report: September income \$8853, expenses \$6448, Year to date income \$37,503, expenses \$32,999

The following motions were made, seconded, and ayes carried:

Purchase of software package up to \$100 for membership purposes.

Budget for awards \$600

Annual meeting January 11 or 18, not to conflict with the Redding Half Marathon.

Discussion was held concerning the following:

Buffalo Stampede: George suggested getting San Juan School District involved in order to raise additional money and increase volunteer effort. Tony Moore is interested in being director again next year.

Christmas Party, December 8, 1991. Still working on Bleachers Sports Pub (formerly The Graduate) as a location. Cost to be determined.

Membership: Dick Kinter is to be chairman. Revisions will be made to membership form and printed as soon as possible.

Awards Committee: George Parrott, Karen Hunsacker, Robin Gilmore, Dennis Scott, Sandi Falat and Dave Ragsdale.

Annual elections possibly to be held at University Park Clubhouse.

Christmas Relays: Whether or not to get a bus.

Meeting adjourned.

November 6, 1991

Meeting was held at The Good Earth.

Members present: Jeff Hollister, Rose Russell, Dick Kinter, Leigh Rutledge, Dennis Scott, Sandi Falat, Lee Rhodes. Guests Present: Myra Rhodes

Treasurer's Report: October income \$3211, expenses \$1903, Year to date income \$38,719, expenses \$35,074

Old business:

Christmas party, Sunday December 8, 1991. Dinner 5:30 p.m., members free, guests \$6. Awards committee has been selected, budget was set at \$500 for awards, place it to be Bleachers Sports Pub, shirts will be sold at \$6 each. Everyone is invited to bring a dessert. Jeff to send out a flyer.

Membership-club roster is out, new membership form is finalized and ready to be sent out Tuesday night. Dick Kinter is membership chairman.

Annual election is to be Saturday January 18, 1992 and is to include a fun run.

Volunteers are needed for the Masters Track and Field Event. First meeting is in Alameda in December.

CSUS-Jeff is working on public relations. They are going to install lights which can be used for Thursday track workouts. They would like to have some of their events listed in our newsletter.

CIM-December 8, 1991. We will have table with membership sales and CIM tape similar to last years.

Next board meeting: December 4, 1991

Meeting adjourned.

December 4, 1991

Meeting was held at Original Pete's. Members present: Jeff Hollister, Rose Russell, Dick Kinter, Leigh Rutledge, James Raia, Robin Gilmore, Tim Halleran, Sandi Falat. Guests Present: George Parrott, Linda Halleran

Treasurer's Report: November income \$1340, expenses at \$1714, Year to date income \$40,059, expenses \$36,787

The following motions were made, seconded and ayes carried:

To decide at the next meeting whether to institute a service point system and fund for participation in TAC races.

To authorize George Parrott up to \$200 to have our logo art work done so it will be available to club members to order a windbreaker or polar fleece jacket.

Old business:

Christmas party, Sunday December 8, 1991. Dinner 5:30 p.m., members free, guests \$6. All awards have been purchased, shirts have been purchased and will be on sale.

Since a problem always arises as to who is to receive awards it was suggested that next year post cards be sent out for nominations.

Annual meeting/fun run/walk January 18, 1992. Jeff is going to put out a flyer to remind members and hopefully, the newsletter will be out prior to the meeting.

Lights at CSUS for Thursday track workout - \$10 per hour. They have been ordered.

Membership cards will be sent out promptly.

CIM/Christmas Run Expos - December 6 and 7 and December 13 and 14 - volunteers needed. Tradition of Christmas caroling/thank you American River Drive to continue this year - December 17.

New Business:

Possibility of reinstating sending of birthday cards, Sandi and Dick to work on that.

Possibility of having a yearbook or combined calender/yearbook.

Possibility of placing more emphasis on walking. Spring runner/walker clinic and possibility.

Meeting adjourned. Next Meeting January 8

1991 Board of Directors

Jeff Hollister ('91 President):	454-6131	Robin Gilmore:	361-3461
Byron Lea:	923-6445	Rose Russell:	722-1417
Dick Kinter:	944-1503	Sandra Falat:	368-2589
Dennis Scott:	455-8710	Steve Daniels:	422-8930
James Raia:	923-5250	Tim Halleran:	393-2384
Lee Rhodes:	482-8528	Cheryl Clanton-Somers:	457-1401
Leigh Rutledge:	484-5420		

**Board Elections:
January 18th!**



Tuesday December 17, 1991

Choirmaster's Report

by Eric Park, Choirmaster

Once again, on a winter's evening dark and dreary, the dreaded "Buffalo Chorale" held hostage the residents of the Campus Commons and American River Drive with its annual "Caroling Run." Plastic-wrapped Buffalo Hymnals in hand—for the rain threatened once more to reduce the paper to tissue, as in '89—and sternly admonished to proceed at "no faster than an 8:30 pace," for fear of leaving behind half of the choir, as last year—the brilliantly prepared and highly motivated tunesters departed the Los Rios parking lot in fine fettle, though sadly diminished by the absence (AWOL) of co-choirmaster Char Berta, who is thus automatically nominated for duty in '92 (likewise Parrott and Iwahashi, who upon the thin pretext of a birthday had decamped for Hawaii).

The thrilling optimism of the evening is illustrated by this verbatim exchange with a promising-looking baritone:

"We're going to sing carols?"

"Yep."

"While running?"

(Tone of disgust) "No, thanks."

Well, not exactly while running—but another virtuoso was lost before I could explain about stopping, handing out candy, etc. Still, the wonder of it is, the gig went fairly smoothly. (There were, for example, no fatalities.) Even the rain co-operated, leaving the fifty of us relatively warm and dry as we distributed our seven traditional boxes of high-cholesterol bribes, mostly to folks along the Tuesday-night route whose water we have slurped, and whose laws we have trampled during the past year.

"This is really *unusual*," exclaimed an awe-stricken gentleman, chocolates in hand, waving us good-bye—and, true,

"We're going to sing carols?"

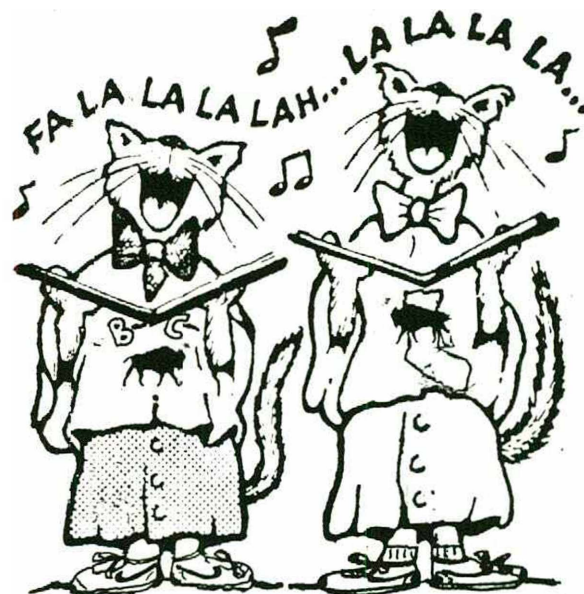
"Yep."

"While running?"

"Yep."

(Tone of disgust) "No, thanks."

there was nothing ordinary about our version of "Frosty the Snowman." And a lady in her dressing-gown, at the Watt Ave. water-stop, perhaps stunned by our rendition of "Up on the Housetop (Click, Click, Click)," assured us, with



a weak smile, that we could use her water "anytime"—though it was unclear whether she added, "You don't need to sing."

It was about at this point that Cathy Rohm, by her high-minded and scholarly commentary on our repertoire ("It sucked"), achieved automatic co-nomination as "Choirmaster '92." True, we inadvertently omitted our piece de

"This is really unusual," exclaimed one awe-stricken gentleman, chocolates in hand, waving us good-bye - and, true, there was nothing ordinary about our version of "Frosty the a Snowman."

resistance, "Silent Night," from the Hymnal—but your humble servant has not been the same since attempting to lead carols on that rain-lashed, wind-driven 38 degree night two years ago.

In the end, it was kind of heart-warming to see the long-tethered, tone-deaf hoofsters take off like rockets from the turnaround point, leaving only the little knot of Schnapps-guzzlers at the back of the pack, who missed the turn at University and arrived only much later at Steve's. There Dennis Scott awaited us, rosy-cheeked and dry, and was awarded the last automatic nomination for '92.

F.Y.I.

Swimming?!

Donner Lake 2.7 Mile Swim

Michael M. McKone

Okay, I know this is a running club and an article about a swimming event is like the proverbial fish out of water. Well, I am nursing a rather persistent case of tendinitis and haven't run since May. After enviously reading the articles in the last *Enquirer* about races which I missed, I decided to contribute my two cents about running's distance cousin: open water swimming.

The Twelfth Annual Donner Lake Swim was held on a cool (50 degrees) and calm morning. Three hundred and twenty swimmers, the vast majority clad only in speedos and orange caps, took to the water at 9:00 am. The course began at the east (Truckee) end of the lake and proceeded straight to the west end. There were no markers or buoys lining the route. Once the gun sounded, swimmers fanned out and literally extended from shore to shore as they swam the length of the lake. The finish was marked with a bright orange banner which, from 2.7 miles away, looks about as big as the period at the end of this sentence.

Whether the course is actually 2.7 miles long is subject to debate. We were told that the lake is down about one and a half feet, so the swim is three feet short of the full 2.7 miles. This news was met with visible relief from the swimmers.

At 68 degrees, the water was cool, but not numbingly so. (My reproductive capability is still intact, I think.) The water was also incredibly clear. It took about a quarter-mile for the bottom to fall from sight at a depth of 40 to 50 feet. I am told that the deepest part of the lake reaches 900 feet, a rather sobering fact to consider. *Has the Loch Ness Monster ever been spotted here?*

Open water swimming is an exhilarating experience. While enveloped in water, the rest of the world is tuned out. As a result, you tend to notice subtle sensations like the sound of water passing over your ears, the feel of bubbles as they brush your face, and, of course, the exertion of your muscles. Other swimmers appear near you for a few minutes then drift away. Unlike running, where you generally have a pretty good idea as to where you are in relation to other runners, it is difficult to tell where you are in the pack until you finish. The swim is an amazingly private experience.

The race was won by Paul Asmuth in a time of 55:11. The first woman, Lisa Johns, placed fourth overall with a time of 56:50! In fact, women occupied three of the top 10 spots. Your humble writer scorched the water with a time of 1:20:24. Good enough for 205th place and at least one beer before they ran out.

Running will always be my first love, but swimming is a sexy mistress. If anyone would like information about open water

swimming, get in touch with me and I would be happy to direct you to people who know more about it. Please contact me at: 11584 Big Four Way, Gold River, CA 95670

The Silicon Orthotic

Steve Tristant

The most advanced foot orthotic to date is now available in the Sacramento area. Called the Custom Gel Orthotic, these devices fill a void that has long existed in the field of Sports Medicine. They are able to provide unsurpassed shock absorption for runners combined with enhanced mechanical stability.

All running shoe companies have picked up on the importance of shock absorption in a running shoe and have marketed numerous gimmicks to increase a shoe's ability to dissipate the shock placed on the body with running. The universal problem, though, is the more shock absorbing a shoe becomes the heavier it gets or it becomes "mushy", losing its ability to provide support. This is because the midsole is modified with some absorbing material compromising the stability and support of the shoe.

The way Custom Silicon Gel Orthotics work is through the principles of fluid dynamics. As the heel hits the ground the silicon material is pushed forward against resistance, easing the force of impact, eliminating any jarring effect to the foot and back. As the silicon is pushed forward into the arch there is control from any excessive pronation.

Finally, as the heel comes off the ground and the runner is pushing off the ball of the foot, a wave action that is created within the orthotic actually helps propel the foot forward.

By providing the most effective shock absorption available with enhanced stability, a runner is able to increase mileage and speed by avoiding overuse injury and fatigue, to achieve better results. The Silicon Orthotic also has some ability to control biomechanical dysfunction to help treat leg or foot injuries for quicker recovery. With unsurpassed shock absorbing ability, use of the Silicon Orthotics allow an individual to train and race in a lighter shoe.

Documented analysis and hundreds of testimonials have proven the superior results obtainable with Custom Silicon Orthotics.

These orthotics are not for everyone, though. They are most effective for the individual with a fairly stable foot who pronates mildly and needs increased protection from the pounding of running. Someone who excessively pronates, basically has too much shock absorption and needs the greater control that the more traditional plastic orthotics can provide. To see if Custom Silicon Gel Orthotics would benefit you, contact Sports Podiatrist, Dr. Steve Tristant at 965-8079 for a complimentary screening.



Be sure to watch the Houston-Tenneco (Women's Olympic Trials) Marathon on TV on Sunday, January 26th. Our very own **Eileen Taylor** is going to be among the women competing for a spot on the Olympic team. The top three finishers go on to Barcelona this summer. Eileen qualified with her 2:41:19 finish at Grandma's Marathon in Duluth, Minnesota last summer. Go Eileen! We're behind you...sometimes a few miles behind you, but behind you all the way!



Eileen Taylor

Let there be light! Please be careful running over the Guy West Bridge near Sac State. As of this writing the lights are **off on the bridge**. High Dunger Jeff Hollister informs us that we have lights **on at the track** from 5:30 to 7:30 during Thursday night workouts at Sac State. Let's make sure things are safe and bright in '92!

Roster cutoff: Remember to send your membership dues in by March 31, 1992 in order to be included on the Chips Roster and receive future editions of The Buffalo Enquirer. Dick Kinter, board member in charge of membership asks that you please write legibly or better yet, attach your old mailing label. Please note any change in phone, address (bulk mail is not forwarded!), and any change in *number of family members*. Application on page four.

Buffalo in Boston: The herd is holding a 20 room block at the Copley Square Hotel in Boston again for 1992. We have been filling our reservations for the last few years, so get your name and money in early for these convenient and desirable (only one block from the finish line of the race!) accommodations! Please contact George Parrott at 488-6580 for more information.

Congratulations to **Mel 'Partyball' Golovich** for graduating from Sac State with a degree in Electrical Engineering. Alright Mel!

Saturday, January 18th MEMBERS ONLY 5K RACE!

...and Brunch and
Membership Meeting

Schedule of Events:

- 7:30-8:15am: Registration for 5K Run/Walk
- 8:30: 5K Run/Walk
- 9:30: Pottluck/Brunch at the University Park Clubhouse
- 10:00: Awards/Membership meeting/Nomination and Election of 1992 Board of Directors



Please come and support the club by attending this year's Annual Meeting and election of the 1992 Board of Directors. Combined with this year's meeting will be a 5K Road Race for club members and any guests interested in joining the club. The 3.1 mile race (walkers and race-walkers are welcome!) will be on a flat, fast course. Awards will be randomly based upon the number of entrants and on finishing time predictions in order to distribute them evenly amongst all abilities within the club.

Your entry to the race will be a potluck brunch item to share (donuts, muffins, fruit salad, quiche, etc.) The club will provide paper plates, utensils and drinks. If you are interested in becoming a board member or volunteer for 1992 please call for more information at 454-6131. Please attend! Come and ask questions, voice any concerns, and more importantly, learn about your club!

Where is the University Clubhouse? From Highway 50, take Howe Avenue north to Swarthmore, turn left and go all the way up to the end and turn in the clubhouse parking lot.

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Lark Francis, loyal member of the honest Group Ones has left us to start an auxiliary chapter of the Buffalo Chips in Huntsville, Alabama. Pictured at her last Thursday night on the track at Sac: (left to right) Kathy Ratermann, Taeko O'Hara, Lark, Jennifer Siragusa and Bob.

Scoring Buffalo Chips

**Results of the 1991
TAC Grand Prix**

Open Women

- 1. Jeannie Urness
- 3. Chris Iwahashi
- 4. Theresa McCourt
- 10. Connie Kondo
- 25. Cindy Scott

Open Men

- 4. Rich Hanna
- 5. Jeff Edwards
- 12. Jim Milton

Master Women

- 7. Cynci Calvin
- 16. Ann Gerhardt
- 19. Jan Levet

Masters Men

- 1. Jim Milton
- 7. Gabriel Sandoval
- 24. John Mendoza

Senior Women

- 7. Myra Rhodes

Senior Men

- 3. Don Spicklemeir

Super Senior Men

- 1. Carl Ellsworth

Ultra Grand Prix

Open Men

- 1. Tom Wright

Open Women

- 2. Toni Belastegui

Senior Men

- 1. Jim Drake

Super Senior Women

- 1. Helen Klein

Team results have not been released as of this writing.

PAC Time Again

Time to renew or join PA-TAC. Your TAC card is easily worth the \$12 it costs for the great *Cal Run* newsletter that you'll receive by joining. Look over the schedule of TAC races. These are well-done events with good timing and accurate courses. Try to make a few of the out-of-town races. We should be able to field teams in all divisions. You need not be a top runner to earn points for the team. Come join us. We need you! Buy your TAC card today.

**PA/TAC 1992 Long Distance Running
Grand Prix Schedule**

DATE	RACE	DISTANCE	LOCATION	DIVISIONS	PT. VAL.
March 22	50-Plus Runners	8K	Stanford Univ.	Seniors & Super Seniors	1.0
March 29	Houlihan's	12K	Sausalito/S.F.	All Divisions	1.0
May 25	Pacific Sun	10K	Kentfield	All Divisions	1.0
Aug. 2	Mother Lode (tentative)	Mile	Sonoma	All Divisions	1.0
Oct. 4	Silver State	15K	Reno	All Divisions	1.0
Oct. 11	Zoo Zoom	5K	Sacramento	All Women	1.0
Oct. 18	Humboldt	Half Mar.	Humboldt Cnty.	All Divisions	1.5
Oct. 31	Cross Country: Golden Gate Park or Stanford Golf C.	10K/6K 8K	San Francisco or Palo Alto	All Divisions	1.0
Nov. 15	Foundation	30K	Clarksburg	All Divisions	TBA
Nov. 21	Turkey Trot	5K	Davis	All Men	1.0
Dec. 6	Cal International	Marathon	Sacramento	All Divisions	TBA

Team Relays — To Be Announced

PLEASE PRINT OR TYPE INFORMATION IN THE APPROPRIATE BOX

The Athletics Congress of the USA



PACIFIC ASSOCIATION
800 BONITA DRIVE
FOLSOM, CA 95630
SEND STAMPED SELF-ADDRESSED ENVELOPE
REGISTRATION FEE \$12.00

TAC REGISTRATION NUMBER

LAST NAME FIRST INITIAL

ADDRESS

CITY STATE ZIP CODE

I certify that in accordance with the rules of TAC and the IAAF, I am eligible to compete in the indicated sport(s).

ATHLETE'S SIGNATURE _____

DATE OF APPLICATION MONTH DAY YEAR

DATE OF BIRTH MONTH DAY YEAR

AGE

SEX M/MALE or F/FEMALE

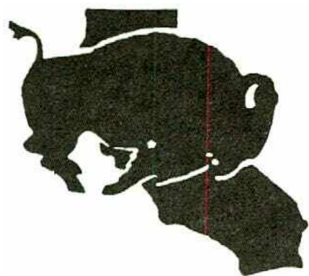
U.S. CITIZEN Y/YES or N/NO COUNTRY OF CITIZENSHIP

SPORTS T-L-R T = T&F L = LDR R = RW

CLASSIFICATION Y-M Y = YOUTH ATHLETICS M = MASTERS

CLUB # 104 CLUB NAME Buffalo Chips

AREA CODE PHONE



JEDEDIAH SMITH ULTRA CLASSIC

50 Km • 50 Mile • 100 Km

Sacramento, CA • Saturday & Sunday • February 8 & 9, 1992

STARTS AND TIME LIMITS:

100 Km - 6:00 a.m. start, Saturday, February 8, 13-hour time limit.
50 Km - 8:00 a.m. start, Saturday, February 8, 10-hour time limit.
50 Mile - 8:00 a.m. start, Sunday, February 9, 10-hour time limit.



LOCATION:

Gibson Ranch, Sacramento, California.

COURSE:

Beautiful 3.25 mile (flat and fast) loop in a magnificent park setting. 50% pavement and 50% well-groomed dirt roads winding through wooded areas and farmlands. Enjoy running around a lovely lake and seeing the wonderful animals and birds that are year-round inhabitants of the ranch. Many picnic areas and recreational facilities for the family. TAC Certified. Excellent Western States Qualifier (105 runners qualified in the past two years).

AID:

Three aid stations per loop will be provided. Water, Gatorade and snacks will be available. Crews welcome.

ENTRY:

Entry is \$35 (plus a self-addressed, stamped envelope) received by January 25, 1992. \$60 entry to race on Saturday and Sunday. **Late and Race Day Registration \$40.** Must be 18 years old. Please make checks payable to Buffalo Chips and mail to: Norman Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. Race Directors, Helen & Norman Klein - (916) 638-1161.

AWARDS:

Distinctive awards in all events and all divisions. Newly designed long sleeve T-shirts to all participants.

PRE-RACE PASTA FEED:

Come to Gibson Ranch Park (indoors) on Friday and/or Saturday night, February 7 & 8, at 5:30 p.m. for a pre-race pasta feed and entertainment. Price: \$8.00 adults, \$4.00 kids 12 and under.

LODGING:

Bunk house lodging (dormitory style) and showers, adjacent to start/finish area are available on Friday and Saturday night at Gibson Ranch Park for \$10.00 per person per day.

WAIVER: In consideration of your accepting my entry, I intending to be legally bound, hereby for myself, my heirs, and executors, waive and release any and all claims that I may have against the persons and organizations affiliated with the race; TAC, the officials, the local jurisdictions, the Buffalo Chips Running Club, and the sponsors while participating in or traveling to or from the Jedediah Smith Ultra Classic on February 7, 8 & 9, 1992. I further attest that I am physically fit and have sufficiently trained for competition in this event.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Sex: M F Birthdate: _____ Age: _____

Event: 50 Km 50 Mile 100 Km 50Km & 50 Mile
 100 Km & 50 Mile

Division: 18-29 30-39 40-49 50-59 60-69 70+

Signature: _____ Date: _____

Race Entry Fee: = _____

Pasta Feed (adults):

Fri, Feb. 7 _____ x \$8.00 = _____

Sat, Feb. 8 _____ x \$8.00 = _____

Pasta Feed (kids):

Fri, Feb. 7 _____ x \$4.00 = _____

Sat, Feb. 8 _____ x \$4.00 = _____

Bunk House Lodging:

Fri, Feb. 7 _____ x \$10.00 = _____

Sat, Feb. 8 _____ x \$10.00 = _____

TOTAL: _____



January

18 **Buffalo Chips Members Only** Sacramento 454-6131
5K Run/Walk, brunch and Board Elections!...more info on page 21

26 San Francisco 1/2 Marathon Sacramento (415) 681-2323

February

1 **CPR Saturday (Free CPR Training)** All locations (800) 222-4CPR

2 Davis Stampede 5K/10K/1/2 Marathon Davis 757-6017

2 Las Vegas Marathon Las Vegas, NV (702) 870-8269

8 **Jed Smith Ultras 50K/100K** Sacramento 638-1161

9 **Jed Smith Ultras 50 Miler** Sacramento 638-1161

9 Long Beach Marathon Long Beach (213) 494-2664

March

1 Los Angeles Marathon Los Angeles 213)444-5544

7 Bidwell Classic 1/2 Marathon Chico 342-9214

8 Napa Marathon Napa (707) 255-2609

Maui Marathon Hawaii (808) 871-6441

April

4 American River 50 (Miler) Sacramento 537-7177

18 Masters 4 Miler Chico 891-7411

20 Boston Marathon Boston

26 Big Sur Marathon Big Sur

Buffalo Chips Running Club
 P.O. Box 19903
 Sacramento, CA 95819-0903

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 Sacramento, CA





THE BUFFALO ENQUIRER

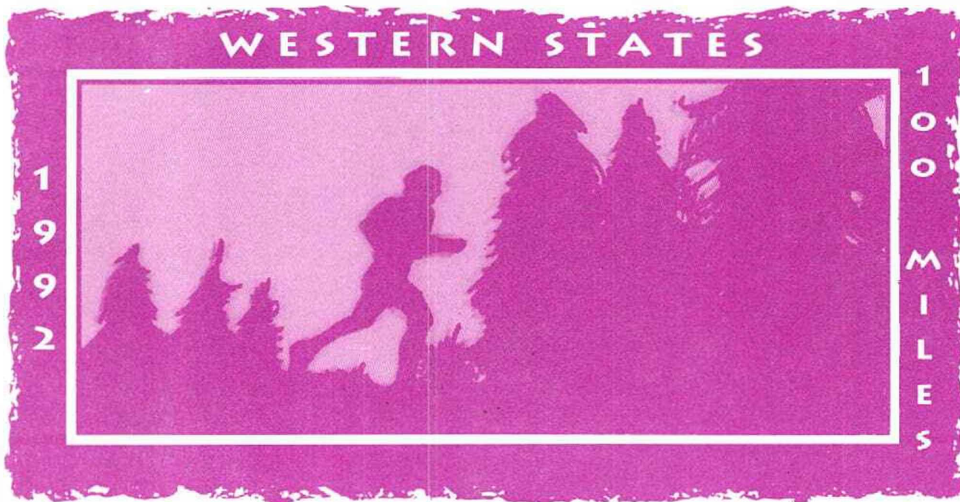
July - August 1992 • Number 112

Notes from Brown's Ravine All Night Bar & Grill or Why I Work the Chip's Aid Station at the "States"

Cathy Rohm

"Welcome to Hell — you're 10 miles from Heaven!" This is what the runners entering the Brown's Ravine aid station on the Western States 100-Mile Run heard at the 90-mile mark. These words of encouragement were unerringly uttered by The Devil Himself, Sebastian Garcia, accompanied by his "Devilette," Susi Thompson.

As in years past, the Chips have provided not only food, a well-needed place to get off those weary feet, but entertainment galore. This came in the form of costumed aide station personnel, beach umbrellas which appeared to hover in mid-air, Christmas lights, raucous music, and cheers which were as enthusiastic for the first runner as for the last. The idea was to momentarily allow these road-worn runners to get their minds off the task at hand and, perhaps in some way, make that last ten miles easier. For those Chips who have never worked this station, it should be viewed not as a 16-hour stint of non-stop work (and, okay, visiting with famous endurance run from a vantage point not available to just everyone. It *Brown's Ravine* continued on page 22



June 27, 1992

Western States 100 - A First Timer's Thoughts

Bill Hambrick

Never did I dream 7 years ago when I started running that I would ever enter the Western States Endurance Run. But there I was on a cool Saturday morning in June with some 370 other runners, ready to conquer the distance.

Entering this event seemed to be a logical progression in my trail running hobby. There wasn't a question that Western had to be attempted. However, when I found out my name had been picked in the lottery, I started to

hyperventilate and saw the next seven months of my life as a series of long training runs and races. What had I gotten myself into?

To say that acceptance into this race for the first time is scary is an understatement. Picking the brains of 100 mile veterans, and meeting at Raley's on Saturday mornings became a normal part of life. The car began to look like I was living out of it, full of *Western States* continued on page 20





About the Buffalo Chips...

The Chips were founded in 1974 as a running club for all levels of runners, as well as joggers and walkers.

Interval workouts are held every **Tuesday** at 5:45 pm. We meet **behind** Steve's Pizza located at 813 Howe Avenue. The suggested arrival time is 5:30 pm. You are asked not to park in Steve's parking lot since we will be gone for about an hour. Please use the lots behind Steve's or near the river levee. During the winter and spring months, *reflective vests are required* and flashlights are recommended.

Track workouts are held every **Thursday** at 5:45 at the Sac State track. The warm-up begins at 5:30 pm at Bleacher's Sports Pub at 900 University Avenue.

We often meet for hill training or long runs on the bike trail on the weekends. The times and dates of these runs are announced at the Tuesday night workouts. The hill training is done in Rescue, located about 30 minutes east of Sacramento off Highway 50.

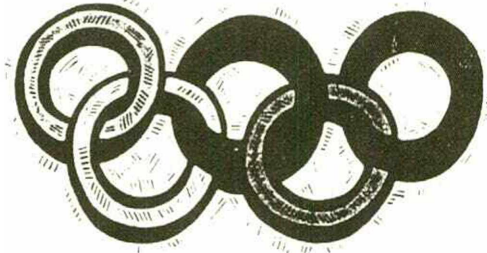
Please come join us! For more information please contact the Buffalo Chips hotline.

Buffalo Chips Hotline:
454-5133

RRCA
ROAD RUNNERS CLUB OF AMERICA



State of the Herd



Once again your President, me, finds that she must go directly to the herd, you, because of the questionable judgement and integrity of the Board, them. I wish to remind all that we are but a few hours from the start of the Olympics, and while the Chips surprisingly do not have any members on the Olympic team, it seems only appropriate that the President of one of the nation's largest running clubs be present to give her support and expertise. The Board, them, feel that a more appropriate use of club funds would be to put on the Susan B. Anthony 5K and the Buffalo Stampede. These are the type of people that you have elected to leadership roles; little people short on vision and lacking any appreciation for classy gestures or insight into the big picture.

Regrettably, we must follow where the misguided have led. Yes, you won't be sending me to the Olympics, but I am not bitter. Rather, taking the higher road, I urge you to participate in these two races either by competing or volunteering. It is important that we all join together to overcome this disappointment and do something positive.

I look forward to seeing each of you at these events so that we can in some small way salvage the reputation of the club. After all, we are known for putting on some of the best races.

Respectfully submitted,

Sandi Falat
High Dungstress

Contributions: Letters, articles, photographs, race results and original art are welcome and encouraged. However, not all submitted material can be printed, and some will be used with a delay (see *Deadlines* on page 3). Handwritten contributions are accepted but material submitted on disc (Mac and IBM), with accompanying hard copy, is preferred. The editors reserve the right to refuse inclusion of items and to correct misspellings and syntax, delete when necessary and otherwise re-write some materials in order to achieve a reasonable standard of coherency and comprehensibility in the newsletter. You will be consulted if any major surgery needs to be performed on your submission.

Opinions expressed in the *Enquirer* are not necessarily those of the editors or Buffalo Chips Board of Directors.

Send material to:
Buffalo Enquirer Editors
Laura Kulsik and Carol Parise
P. O. Box 19908
Sacramento, CA 95819-0908



editors' droppings

Because of lack of space due to race results (we've got more than ten pages of results!) there is no room for our beloved *editors' column*, aka *editors' droppings*. We would have loved to share it with you.

Believe us, it was a riot...the funniest stuff we've come up with all year. We're sure you'd agree. We couldn't stop laughing it was so funny...especially the part where we

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SACRAMENTO, CA 95825
FAX: (916) 484-7683

PVT: (916) 484-5420
BUS: (916) 481-3840

C A L E N D A R

Date	Time	Name	Type of Event	Location	Contact
July					
18	8:00	Eppie's Great Race	Triathlon	William Pond	366-2940
18	8:00	Benicia Main St. & Fitness Fair	5k/10k	Benicia	(707)745-1511
19	7:00	Hernia Hill	Half-Marathon	Murphys	(209)728-2654
19	8:00	Takara Cable Car Chase	5 miler	San Francisco	(510)540-0934
25	8:00	Gilroy Garlic Festival	5K/10K	Gilroy	(408)637-8283
26	9:00	Beaver Believer	3m/6m	American River College	965-1837
26	8:30	Wharf -to-Wharf	6 miler	Santa Cruz	(408)475-2196
26	8:00	Pear Fair	5m/10m	Courtland	776-1627
28	All day	2 wks. before Chips t-shirt sale	Anticipation of t-shirt sale	Wherever you are	
August					
1	8:00	Lambtown USA Fun Run	5K/10K	Dixon	678-2650
1	9:30	The Mountain Run	3.6 miler	Squaw Valley	426-9559
2	7:00	Skyline	50K	Castro Valley	(510)278-0451
2	9:00	Amphibiathlon	Biathlon	Rancho Seco	(415)952-9621
2	7:30	MotherLode Mile	Mile	Sonora	(209)532-1910
4	All day	1 wk. before Chips t-shirt sale	Anticipation of t-shirt sale	Wherever you are	
8	8:00	Tri-for-Fun	Triathlon	Rancho Seco	965-8326
11	After workout	CHIPS T-SHIRT SALE		STEVE'S PIZZA	
15	8:00	SUSAN B. ANTHONY	5K run & walk for women	Glen Hall Park	924-9301
16	8:30	Presidio	3m/10m	The Presidio, S. F.	(415)781-6785
16	8:00	Race for a Gift of Life	Biathlon	Natomas Racquet Club	(408)659-1725
30	7:00	City of San Francisco Marathon	26.2 miles	S.F.	(415)391-2123
September					
13	8:00	BUFFALO STAMPEDE	5K/10 miler	Rio Americano H.S.	454-5133

(applications for Susan B. & Buffalo Stampede available at workouts and at Fleet Feet and Sporting Feet stores)

Newsletter Contribution Deadlines

Sept-Oct '92: August 15
Nov-Dec '92: October 15

All contributions received by the deadline are not guaranteed to be included in the next issue. Timely stories take precedence over articles of general interest and those received first take precedence over those sent to us later.

Advertising Rates

Full page: \$130
1/2 page: \$70
1/4 page: \$40
Business card: \$25

NEW: Classified ads (limited to items for sale, items wanted and personals). Cost is \$5 for first 20 words. Each additional word is 25c.

The deadline for ads is the 15th of the month prior to publication. Submit all ads with payment in full to the editors at the Chips P.O. Box. Make checks payable to the Buffalo Chips Running Club



LETTERS

Dear Herd:

If you are considering entering this year's San Francisco Marathon or California International Marathon, you should be aware of a new entry fee policy.

In addition to usual race fees, all entrants will be required to have a TAC card. If you do not have a TAC card, the mandatory membership fee is \$12.

John Mansoor, executive director of TAC's Pacific Association, has detailed in a personal correspondence that the \$12 TAC card fee will be used in the following ways: \$4.00 to cover insurance costs; \$2.00 to help mail the TAC regional publication *RunCal*; and \$6.00 to a general fund that helps support, among other items, local youth school track and field programs, the Golden West Invitational track and field meet, and the substantial debt of the San Francisco Marathon.

If you have any questions or concerns regarding the new TAC card fee policy, contact The Pacific Association (TAC), 120 Ponderosa Court, Folsom, CA 95630 (916)983-4622.

Sincerely,
James Raia

Dear Ann Landers

I have three brothers. One brother is a runner, another has been sentenced to death in the electric chair for murder, the other brother is in Folsom for kidnapping a child. My mother died from insanity when I was three years old. My sister is in jail for armed robbery and my father sells drugs.

Recently I met a girl who was just released from prison where she served a term for smothering her child to death. I love this girl and want to marry her. My problem is this: How can I tell her that my brother is a runner?

Confused in Sacramento

Just a quick note to say how incredibly impressed I am with the *Buffalo Enquirer*...Sure, lots of corny prose, but well presented corn (not a bad club either).

We look forward to the upcoming Chip versus Impala showdown at Susan B.

Best,
**Mike Fanelli, Coach
Impala Racing Team**

David Warady is a Chip now living in Huntington Beach California. As you sit in your nice comfortable chair in your air-conditioned home reading your newsletter, Warady is plodding out 45 miles per day in the 64-day Runner's World Trans America Footrace. The race began in Huntington Beach on June 20 and will finish August 22 in New York's Central Park. The race covers 2,804 miles and includes a climb to Loveland Pass in Colorado (elevation 11,992 ft). The following is a letter David sent to George two days before the race began.

Hey Georgie,

Was sitting here thinking of the old days (which only us old men can do) and I'd thought I'd drop you a quick line.

Many people have been asking me how I've trained for this summer's transcontinental race and I told them that you really can't - in any short period of time. I tell them that to even toe the starting line you need years and years of a high mileage diet. Obviously that included for me all my years training with the Buffalo Chips at Rescue and the Tues./Thurs. night workouts. High mileage mixed with 5-10 percent quality running.

Years of training means many great training partners - you, Steve Daniels, (both of you were my early mentors) Chris Turney, Eileen, Chris, Karl, Bruce, and ...

Having good training partners brings light to the importance of the social element behind running. The Chips provide an incredibly great environment for that. I'm proud to have spent my formative running years with the Chips, proud to have continued my membership all these years while living in Southern California, and feel honored that as I run across the country this summer one of the flags I'll be carrying high will be that of the Buffalo Chips. I couldn't have gotten here without you, Steve D. and the rest of the gang.

I'll be thinking of you guys as I make my way across the U.S.

Sincerely,
David (I'll die a Chip)

ENQUIRER CLASSIFIEDS

Classifieds are limited to items for sale, items or services wanted, and personals.

Cost? \$5 for the first 20 words. Each additional word is 25c. The deadline for ads is the 15th of the month prior to publication. Submit all ads with payment in full to the Editors at the Chip's P.O. Box. Please make checks payable to the Buffalo Chips Running Club.

How to respond to a numbered personal ad? Easy. Just specify the ad number on the outside of the envelope containing the letter to be forwarded.

Wanted

NEEDED: WORKOUT COORDINATOR for Tuesday and/or Thursday night group workouts. Group Coordinators wanted too. Limited term (9 mo.) position.

Must be dependable, reliable, responsible (are we getting a bit redundant here?). The pay

is non-existent but the rewards are 'er rewarding?! We need you! This could be your first step to fame and fortune. Please send resume (sub 35 10K not required) to: Chip Board of Directors, P.O. Box 19908, Sacto., CA 95819-0908

Personals

25 YEARS OF RUNNING!
Happy Anniversary Eileen

Personals

BABY BUFFALO! Welcome to the world, Alexis Theresa, born on June 1st and weighing in at 8 lbs., 10 oz. The proud parents: Kathy (Pfeifer) and Chuck Aragon. And on July 10th another bison baby: Michael Ryan weighing in at a hefty 9lbs., 7 oz. Beaming buffalo: Mike and Christine McKone.

CONGRATULATIONS Western States finishers! Good Job...now get some rest!

SWF, Green-eyed, bright, gorgeous, blonde, fast runner, successful, independent, young 30, widely read, talented, sensual goddess seeks mate. Ego maniacs need not apply. #6

CHRIS & GEORGE: Have a *great* time in Europe. You'll be missed!

CONGRATULTIONS TO LAURIE PETERSON, coach of Mira Loma's cross-country and track teams - on the birth of her baby girl, Brianna Rae born April 22nd.

ADJECTIVE, ADJECTIVE MALE, 42, seeks female runner/jogger/walker. Object: ADVERB GERUND and maybe NOUN. Use your imagination. Maybe we could be each others favorite SUBJECT. #7

I HATE YOU. I HATE YOU. I HATE YOU. Miserable nonentity seeks no one. Hates everything. Leave me alone. #8



Give us a call!
Your '92 Officers
and Editors are
here to help you.

ELITE DUNG

Board of Directors

President	Sandi Falat	383-8354
Vice President	Norm Bennett	924-9301
Past President	Jeff Hollister	454-6131
Treasurer	Karen Strand	731-4913
Membership	Dick Kinter	944-1503
Equipment	Lee Rhodes	482-8528
Race Consultant	Dennis Scott	455-8710
Secretary	Robin Gilmore	361-3461
Social Director	Cathy Rohm	649-9620
Members at Large:	Po Adams	481-3983
	Chris Delgado	923-6129
	Mel Golovich	383-3647
	Leigh Rutledge	484-5420

Buffalo Enquirer Editors

Laura Kulsik 983-5272
Carol Parise 484-0115

★ Good bye Chris & George Party ★

following the Susan B. Anthony 5K Run on Saturday, August 15th. It's a potluck so bring your favorite dish to share. Location: The University Park Clubhouse - take Howe Avenue (towards Hwy 50) and turn left onto Swarthmore and go all the way up to the end and turn into the clubhouse parking lot.

pssst...it's a secret!

Herd Harassment

Editors Blamed for Declining Attendance on Tuesday Nights

Theresa McCourt

A major study of Bison behavior, released yesterday, notes that attendance at Tuesday night workouts is dropping at an alarming rate—more than 97 percent since the beginning of the year.

According to the report, demanding editors Laura Kulsik and Carol Parise of the *Buffalo Enquirer* are causing the decline. Apparently, they have been harassing club members to write stories. Members feel so beleaguered they are now avoiding their usual habitat.

The report concluded that only four members remain—two editors, George Parrott and Christine Iwahashi. However, even Parrott and Iwahashi have plans to move elsewhere. They leave for England in September and will hide there for a year.

"I'm tired of being hounded," Parrott said. "I mean, I love running, but when you can't even run a race without having to write about it, well, it's just too much. England seems to be our last hope."

"I love my club, but enough is enough," said Iwahashi. "I can't believe that we've had to seek asylum in England just to get away from them. I just hope the English know how to put on races better than they can cook."

The newsletter editors took issue with the report.

"It's way off," Carol Parise said. "Actually the decline is no more than 95 percent. Really, folks, there is no link between our gentle persuasion and this slight drop in numbers." Laura Kulsik was clearly shocked at the report's claims.

Later, after a closed-door meeting both Kulsik and Parise again talked to reporters. They claimed that an anonymous tip suggests the work of envious newsletter editors from another club.

They appealed to all members to fly in the face of such reports. To keep running—and to—er—keep writing.

Vox bos

In Latin, Vox populi means 'Voice of the People' so, of course, Vox bos translates to 'Voice of the Buffalo'. In each *Enquirer* issue we will print responses to questions asked herdsman by our roaming reporter.



Why are you a better runner now than you were last year?...or...What changes have you made to improve your running?

Carl Ellsworth Last year when I turned 60, a busy schedule, injuries and illnesses kept my mileage down. My times were disappointing. This year I have decided to train harder. I'm running 75-85 m.p.w. with two speed workouts and a Sunday long run of 20-26 miles. Whether I improve or breakdown before the racing season is the unknown.

Jim Drake After years of running, miles and miles of training and racing we get to know our bodies very well. Hopefully we learn from our mistakes. Most important item: When you run you must drink. When it's warm you gotta drink more. Even a 2 or 3 lb. weight loss will effect performance. I used to be obsessed with total miles. More must be better. Run everyday. This can get ya sick and hurt. I now know it takes me (age 51) more than 24 hours to recover so...I take off at least one day or a day and a half. Usually run 5 days per week sometimes 4 days.

Grant Irwin Chips has been the main reason for my improvement. Speedwork is the key - see *Runner's World* December 1991 issue.

Po Adams Because I retired and can run when I want - but actually I have a better attitude. I finally learned after 12 years - it isn't luck or bio-rhythms - it's the long runs - changes - more fun running.

Michael Wilhelm Several reasons but one of the most important is a change in attitude. Last year I considered myself a slug - and with good reason, I suppose - so I ran accordingly. But after some modest improvements in race times and an awareness of an underlying potential, I turned my thinking around. And once I began to think of myself as a fast(er) runner I started training harder with good results.



Approved by the Chip's hierarchy! not

FINALLY, THE ONE SHOE FOR ALL THE EXERCISE I'M NOT GETTING!

In today's confusing world of athletic footwear, there's an expensive shoe for every sport and activity. But what if you don't exercise? Is there a reasonably priced shoe for you?

Esenem Footwear introduces the Sloth, the shoe that takes all the guesswork out of what to wear when you want to avoid physical exertion of any kind.

This remarkable shoe, years in the making, has absolutely no cushioning or support. In no way does it conform to the shape of the human foot. Just slipping it on dramatically increases the odds of shock-related injuries to the bones, muscles, and tendons of the lower leg. In fact, a recent poll of leading podiatrists and sports-medicine experts concluded that attempting any physical activity in it will do irreparable damage to your feet. That's because the Sloth's patented Korrugated inner sole is engineered to cripple you almost immedi-

ately, whether you're not jogging, aerobically, or enjoying racquet sports.

The truth is, you can barely stand up in it.

The Sloth.

Until now, you couldn't find one shoe for the wide range of activities you didn't engage in.

One size doesn't fit anybody.

A WORD FROM THE WISE

Dear Esenem Footwear:

It's so rare to buy a product that does just what it's advertised to do, which is why I want to thank you for the Sloth. For years I suffered from the temptation to exercise, mostly running with the Buffalo Chips - the local running club, and was finally able to conquer it, thanks to your marvelous footwear. When my pair of Sloths arrived in the mail, I tried them on immediately to make sure they didn't fit. The doorbell happened to ring and I got up to see who it was. I had to be hospitalized immediately with several fractured metatarsals and a lacerated plantar arch.

For my money, the Sloth is the only way to incapacitate yourself.

*Yours truly,
a former Chip
Mo R. N. Are
Sacramento, CA*

NO OTHER SHOE HAS ALL THESE FEATURES:



THE SLOTH

Esenem Footwear

Your Pace in the REAL WORLD

Mike McKone

It's another Tuesday night along American River Drive and a group of runners is gutting-out a mile interval. As the group crosses a quarter mile mark, several pairs of eyes quickly glance to wristwatches and mental notes of pace are made; "Let's see, that's 1:32; my pace is 6:08 per mile..."

For many of us the pace check goes on each Tuesday, during each interval, at each quarter mile mark. Running pace, while not quite an obsession, frequently crosses the minds of runners. Every runner knows his or her mile pace and every runner wishes that his pace was a little (or a lot) faster. With our ongoing concern over pace, have you ever wondered where your race pace fits into the overall scheme of the world? For example, have you ever wondered how fast the space shuttle does a mile? Or, have you considered how fast the swiftest swimmer, bicyclist, or juggler does a mile?

With a little research and a pocket calculator you can compare your pace to anything that moves. At 186,000 miles per second, light travels one mile in .0000053 of a second. Even faster, the Starship Enterprise at Warp Seven hits a mile at .00000075 of a second. Compare that to the Space Shuttle Endeavor, which plods along at 17,500 mph or a mile pace of .21 per second. Comparatively, the fastest Indy car at 230 mph, practically stands still while doing a mile in 16 seconds. A 747 covers a mile in six seconds and the fastest submarine can do it in 75 seconds.

In the animal world, a canvas back duck hits one mile in 55 seconds. The swiftest dinosaur, with an ostrich-like build, could do a mile in about 80 seconds. If the conditions are just right, a fly can cover one mile in

2 1/2 minutes. When motivated, an African Black Mamba snake can maintain a five minute per mile pace although, thankfully, for only a short distance. While somewhat slower, but equally alarming, the fastest spider has a six minute per mile stride.

On the other end of the scale, it seems that additional legs don't necessarily help as a centipede can only muster a pace of 54 minutes. However, that still beats the quickest snail which takes 8 3/4 days to leave a mile long track. In the plant world, the champion is a variety of bamboo which grows 36 inches per day for a speed of .00002 mph or a mile pace of 4.8 years.

Now consider the athletic world. If Carl Lewis could maintain his 100 meter pace over one mile, he would do it in 2:44. Matt Biondi's world record 100 meter freestyle pace works out to 13:10 per mile. Summer Sanders' 200 meter butterfly pace equals 17:14 per mile. The fastest unaided cyclist can do a mile in 67 seconds. The quickest unicyclist has a 3:40 per mile pace. Someone juggling three balls ran a mile in 4:43 and someone else has a mile pace of 9:22 while walking on his hands.

While these facts do little other than fuel a cocktail party conversation, they do exemplify one of the axioms of running; which is, no matter how fast or slow you are, there is always something faster and something behind you. Your own pace has its place in the world — most likely behind the guy juggling three balls but way ahead of that poor snail. And like the juggler and the snail, we all wish we could run a little faster.



May 25, 1992

Pacific Sun 10K

Theresa McCourt

The Chips ran well at the 15th Annual Pacific Sun 10K, May 25. Here are their times—and apologies to any folks we may have missed:

Jim Milton (<i>first Chip and first Master</i>)	32:02
Brad Lael	33:19
Gabe Sandoval (<i>third master</i>)	34:22
Gil Machado	34:26
Christine Kennedy (<i>first woman overall</i>)	35:01
Jeannie Urness	36:01
Mike Wilhelm	36:11
Jim McElroy	36:13
Theresa McCourt	37:02
Christine Iwahashi	38:26
Joe Staats	38:35
Cindy Scott	38:48
Ann Gerhardt	40:45
Carol Parise	41:28
Laura Kulsik	41:56
George Parrott	44:07

(bold type denotes a personal best)

Tidbits: This was the second race in the 1992 Grand Prix Road Racing Circuit, organized by the Pacific Association of The Athletics Congress. Our women's team placed first.

Russian River Half Marathon

Carl Cullum

Five o'clock is a lot cooler in Ukiah than in Sacramento, definitely not-shirt weather, unless you are there to run; nonetheless, a gaggle of folks that included a handful of Chips were up and at 'em for the Russian River Runs (8K, half and full marathon). After so many badly organized or poor t-shirt runs, it is great to find one that had it all.

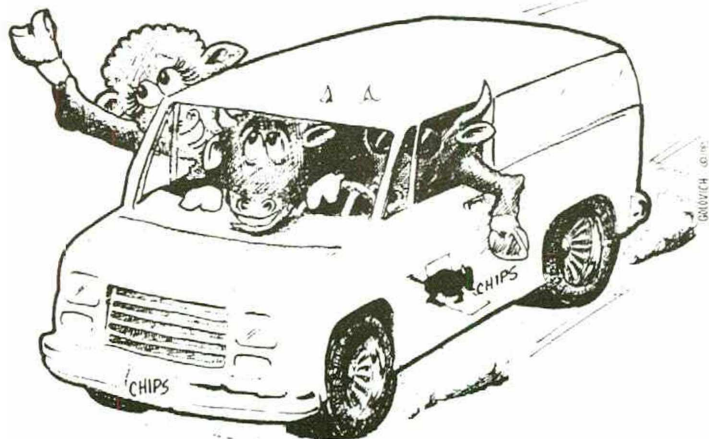
Summary: Good course, EXCELLENT support, good-looking t-shirt, fair price.

I think we all recommend the run for next year. There were splits at 1, 2, 3, 4...(you get the idea) marks, and for my legs they seemed accurate. Water stops were just right, and they even had sponges, no doubt much needed by marathoners out past three hours, and welcomed by everyone.

We were all there for the half marathon (had to save our energy for Tuesday night).

Chip finishers: Grant Marcum (1:29), Tammy White (1:36), Carl Cullum (1:41), Eileen Ross (1:58) - *first half marathon*

CHIPS on TRIPS



The course has a reputation for being fast, but many runners complained the numerous turns slowed the pace down. Also, the first mile marker was way off—a difference of almost a minute.

Believe it or not, Jim Milton, our top masters runner, was a little disappointed in his time. Chris Kennedy, our most recent immigrant from the British Isles, was first woman—I mean FIRST. But, she too, expected more of herself.

"Well, I'm a little disappointed," she said, "because I haven't beaten Gil, yet."

Kennedy also gave a moving speech at the awards ceremony, thanking the Chips for their support. Apparently, our tireless leader, George Parrott, fainted.

Oh, and we very rarely thank our support crews, but Rick Kushman deserves special appreciation. Not only did he lead a motorcycle of Chips to the right spot, but he also cheered furiously—from atop a garbage can at the start. Later, he drilled people round the last lap on the track.

Chips on Far Away Trips **Bolder-Boulder 10K**

Cathy Rohm

Ever been stung by a dead bee? Ever bought a \$500 t-shirt? Well, I have. The latter could be particularly painful, if not for the wonderful company, the fine (albeit cold) run, and the great company of fellow Chips.

Boulder, Colorado, Memorial Day Weekend is the forum for the Bolder-Boulder 10-K Roadrace. I'm sure this is one of the best organized road races in the country, and about the fourth largest. With a field of 35,000 "citizens" followed by a small and fast throng of "elite runners," this race truly does offer something for everybody. Your Chip members Jim Eymann, Norm Bennett,



Cathy Rohm and Jim Eymann and a piece of great taxidermy work.

Mel Golovich and Cathy Rohm (aka "the Usual Suspects") took this trip and bought those shirts! We stayed with some wonderful friends of Norm's, to whom we owe undying thanks for their "Welcome Buffalo Chips" banner, bountiful feasts, beautiful "acclamation" runs, and moral support. The race itself is run in waves, and the course is extremely well monitored to weed out the non-registered runners. The course is a TAC-certified 10-K and finishes at the beautiful University of Colorado stadium, which nestles at the foot of the breath-taking Rockies (if the clouds would have lifted, we coulda seen 'em!). And it's no coincidence that the U 'o' C's mascot is a BUFFALO!

Following a Safeway-provided "power lunch," you're free to roam around, get warm clothes and wait for the elite runners' race. The women then race and come in with winning times in the (hold on to your heart monitors) 27 - 28 minute time frame!

PREP PROFILE

Jason Tackett - Jason just completed his junior year at Mira Loma. Jason ran the 1 and 2 mile races with a PR in the mile of 4:35 and 9:20 for the 2 mile. These PRs were both achieved at the State meet where he finished 13th.

Larry Johannesen is also a Senior to be at Mira Loma and ran the 800 and the 1 mile. He has a personal best of 2:13 for the 800 and 4:52 for the mile. Larry made it to the finals of the Capital Valley Conference.

Lisa Allen - In her freshman year track season, bothered by shin splints and a foot injury, Lisa ran a PR of 5:28 for the mile and 11:59 for the 2 mile. Her mile PR was run during 2nd race of the season before the injuries. She made it to Sections and it looks like an injury free Lisa could send the rest of the CVC running scared for the next 3 years.

Long time Chip **Sarah Pope** finished her Freshman track season at Del Oro where she had an outstanding cross country season. On the track, Sarah focused on the 2 mile where she has a PR of 11:47. She also occasionally ran the mile where her best time is 5:34.

Shannon Reed - Shannon just completed her Junior Year at Johnson High School where she was the only girl at Johnson who ran the mile and 2 mile distances. The rest of Johnson's track team consisting of sprinters. Her best mile is a 5:28 which she ran at a meet at Del Campo. Her 2 mile PR is 11:43. Shannon has been a Chip since she was about 11 and ran the Cal International Hurricane when she was 13 years old.

Dawn Cabitac - Dawn had a great Sophomore Track Season at Florin High School. Dawn ran the mile and 2 miles and occasionally ran a leg in the 4X400 relay. She peaked at the middle of the season at the Meet of Champions where she ran her PR mile of 5:14. She also has run 11:36 for the 2 mile.

Chris Cotton - Chris is a Sacramento native who attends a boarding school in Mt Pleasant Utah. At 6000 feet, acclimating to the altitude is a not-so-fun part of training. Chris acclimates very well, so well in fact that he was 3rd in the state championships in Utah for both the 3200 with a 9:45 and the 1600 with a 4:30.

Congratulations to all of these Chips. Have a fun, relaxing summer and get ready to kick @#&* next fall!

That's fast! There were six men who had already qualified for this year's Olympic. . . when they say "elite," they ain't a-whistlin' Dixie!

And, the t-shirts were worth every penny! If you ever find yourself (1) in a bind for something new and different to do Memorial Day or (2) looking to run a really great 10-K, be bold - - do Bolder-Boulder!

Running Around in Circles 'er Ovals

TAC Track

Rojja Bannista

Nobody grab a weapon. These are not fighting words. But, you know, there actually is more to running than just the marathon.

A handful of Chips have spent the last few months with that in mind, working on their speed, and running—gasp—track. A few of them even came away with PA-TAC medals.

The TAC submasters and masters championships start the serious part of the track season, which lasts until mid-August, in case anyone is interested. The TAC meet, in Gilroy on June 13, included everything from two world bests for the year, to a handful of future Olympians, to two 75-year-olds slugging it out over 800 meters.

The Chips contingent, much of which was wheeled into this track thing by admitted track-rat Rick Kushman, focused on the middle distances. (Apparently we have no one limber enough to even consider running the hurdles.)

Kushman doubled in races about 90 minutes apart and came away with silver medals in the 800 (2:04) and 1500 (4:19) in the 35-39 age group. In the same age group, Gil Machado was second in a hot, windy 5,000 with a 16:53.

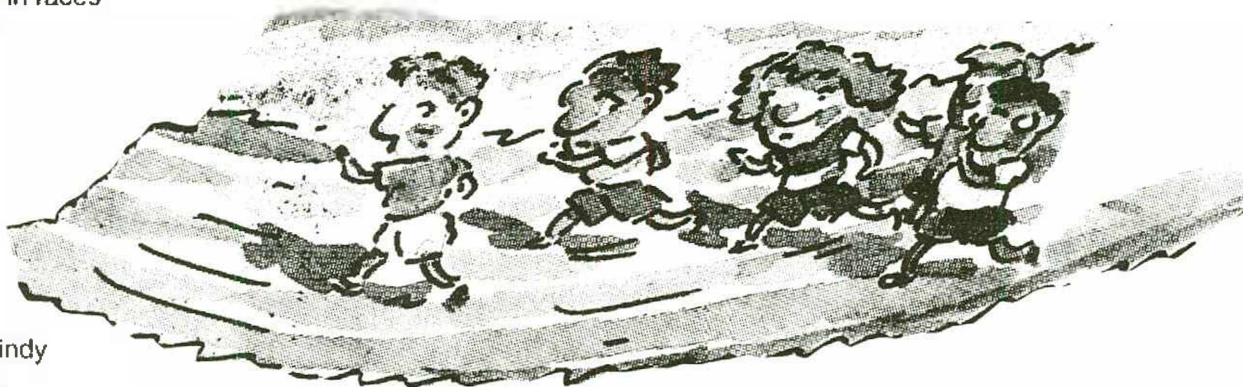
Tim Shannon won the 1,500 for the 40-44 class with a strong 4:21, and Gabe Sandoval won a bronze for the 45-49 year olds in his first 1,500 ever with a 4:24. Sandoval also tried doubling back two hours later in the 5,000 but finished out of the money.

Brad Lael, venturing back to the track for the first time since college, waited all day in the sun and found himself in an open 5,000 with a pack of guys who run in the middle 14:00s. Lael ran a respectable, mid-pack 16:33, but left swearing he was staying on the roads where at least you don't have to run in circles. In a display of sportsmanship, he also refused to blame the pre-race hamburger.

Machado showed some sportsmanship, too. In some races the age groups were run together and it got hard to figure out who finished in what place. When Machado checked in with the meet officials, he was given a gold medal for his race. But when Machado went to the results board, he found he had finished second. Without hesitation, he went back to the meet officials and traded down for the silver.

Well, the stupid course was long, but...

As a tune-up for the TAC meet, a few of these guys wandered up to Placerville a week earlier for the D.A.R.E./Fleet Feet road mile, which as it turned out, was a mile and 50 yards. Nonetheless, running a mile on the roads makes everyone take off like they are sprinting a 400. (Sandoval led the field through the first quarter in 61 seconds, right on pace for a 4:04. He backed off when he saw the split.)



ond and the 20-29 age group winner in 4:41, Sandoval won the masters group in 4:53, and Machado was second behind Kushman in the 30-39 age group in 4:54. To complete a solid day for the Chips, Robin Warc won the 50-59 age group in 5:58.

The guys left grumbling just a bit, however, because of the mismeasured mile. Fifty yards may not be much over 10k, but eight or nine seconds makes a big difference in a mile time. All of which left the Chippers answering the how-did-you-do questions with the age-old reply: "Well, the stupid course was long, but..."

WE GET RESULTS!

May 16, 1992 Nugget 50 Miler

Overall Male
1. Tom Cheese 6:25:31

Overall Female
2. Chrissy Duryea 7:38:53

Chips
10. Jan Levet 8:34:10
12. Bill Hambrick 8:46:49
Mike Hernandez 8:46:49

50 starters/ 47 finishers

May 16, 1992 Silver State 50K & 50 Miler

50K

Overall Male
1. Sean Crom 4:39:52
Course record

Overall Female
15. Lori Frisch 6:41:19

Chips
12. Greg Wheatfill 6:17:48
16. Jim Drake 6:44:16
17. John Clark 6:47:53

47 finishers

50 Miler

Overall Male
1. Carl Andersen 6:52:53
Course record

Overall Female
12. Laura Vaughan 8:41:24

Chips
4. Bill Finkbeiner 7:49:56
15. Toni Belaustegui 9:02:17
19. Frank Ives 9:36:44
21. Steve Harrold 9:39:20
29. Helen Hull 10:30:30
30. Dennis Scott 10:32:11

50 finishers

For your information... Jim Milton keeps on breaking the club records in the 40-49 division. He holds every record in that division on up to the marathon distance. Jim, do you plan on doing any ultras before your 50? Anyway, *Old man Milton*, as he is affectionately known by the herd, has broken his own record for 5 miles (25:26) and the masters record for the 1500 (4:10:08). Congratulations also go out to another British Isles import, **Chris Kennedy**, who placed second at the Tandem Up & Running 10K in May. She was very happy with her time of 34:25....**Steve and Blanca Topper - Cherry Pickin' Couple of the Year?** They ran, not two but *three* races during the Father's Day weekend starting with the Stockton Twilight Run on Friday. Steve doesn't remember his time but he sure remembers thinking he was gonna place at this one as awards went four deep in each age division and he placed sixth overall. Unfortunately, four of the five guys ahead of him were also in his 40-49 year age division! Chip **Bob Whitehead** was 5th in 40:07.

May 9, 1992 Quicksilver 50K & 50 Miler Endurance Run - San Jose

50 Miler

Overall Female
1. Ann Trason 6:43:52

Overall Male
2. Brian Purcell 7:20:51

Chips
5. Bill Finkbeiner 8:29:59
12. Chuck Honeycutt 9:05:22

82 starters/60 finishers

50K

Overall Male
1. Tom Johnson 4:00:16

Overall Female
13. Rachel Atchley 5:02:55

Chips
15. Lee Rhodes 5:14:31
27. Elliott Eisenbud 5:50:14
57. Helen Klein 6:59:22
58. Pat Honeycutt 7:01:25

80 starters/75 finishers

June 7, 1992 Gold Country Road Races - Nevada City



And everyone's a winner: Kneeling: Linda Apathy, Theresa McCourt (1st woman in the 30K). Standing: Carl Dahl, Jim Otto, Cindy Scott (2nd woman in the 30K), Mel Golovich, Greg Wheatfill.

at the races at the races at the races at the races at

June 13, 1992

Not So Taxing 5 Mile Run/5K Walk

Course: Residential neighborhood in Glen Hall Park

Overall Male

Bill Elliot 27:24

Overall Female

Stephanie Green 33:40

Chips

Ron Souza 29:36 (3rd male overall)
Jeff Hollister 30:11
Joe Staats 30:41
Doug Essary 32:28
Laura Kulsik 34:14 (2nd female overall)
Mel Golovich 34:29
Carol Parise 34:41
Tammy White 36:16 (out for a cruise)
Eileen Ross 40:59
Marilyn Smith 41:41 (don't shoot us!)
Karen Durham tna (goofing off)

1,000 finishers - or maybe closer to 100

June 13, 1992

Sloughhouse Country Run

Mike McKone

The 8th Annual Sloughhouse Country Run was held on a beautiful June morning with eight Chips running the 5K and 12 Chips opting for the 10K. This is a race which embraces the idea of running in the country. The course is somewhat difficult as it includes two miles of unpaved and uneven, levy road and two miles of gentle hills. This is not a pr course as most Chips ran one to two minutes off their usual times.

Despite the slow course, the Sloughhouse run is quite enjoyable. Both the 5K and 10K were well marked and "seemed" accurate. The volunteers and organizers went out of their way to be friendly. Post race refreshments included fruit, sodas, bottled water, live music and, for a few dollars, a barbecue brunch on the deck of the Sloughhouse Inn. One additional point in its favor is the fact that Sloughhouse is only 10-15 miles from Sacramento. After several recent treks to the Bay Area, the short drive was a welcome break. The only negatives included a mediocre t-shirt and a congested finish line - refreshment area which could be improved by moving the refreshments further from the finish. Overall, the race gets a "B."

Sloughhouse Country Run results on page 17.

June 13, 1992

28th Annual Robert De Celle II Memorial Tahoe Relays

At this race around the lake, the Chips fielded two senior teams and contributed seven runners to two other teams in the open men's and mixed (coed) divisions...and they all placed!

Chips Jim Milton, Rich Hanna, Jeff Edwards, Andy Ferguson and Rich Govi along with two Fleet Feeters running under the guise (or disguise?) of *Fleet Feet Roseville* won the race around the lake in 6:52:47 - way ahead, like 15 minutes ahead of their competition, *East Bay Whiners*. Hey, *Fleet Feet* may be faster but we like the *Whiners* name a lot more.

The senior male bison placed not one but two teams among the top three in the men's 50 plus division. *The Buffalo Chips Seniors* won that category in 8:33:18 and placed 20th overall of 78 teams. That team included Jim Drake, Tim Jordan, Jon Shelgren, Dave Ragsdale and A.J. Underwood. Third, and placing 46th overall were the *Buffalo Chips Striders* in at 9:41:22. They were led by Chips Tom Marshall, Gordon Hall and Paul Mitchell.

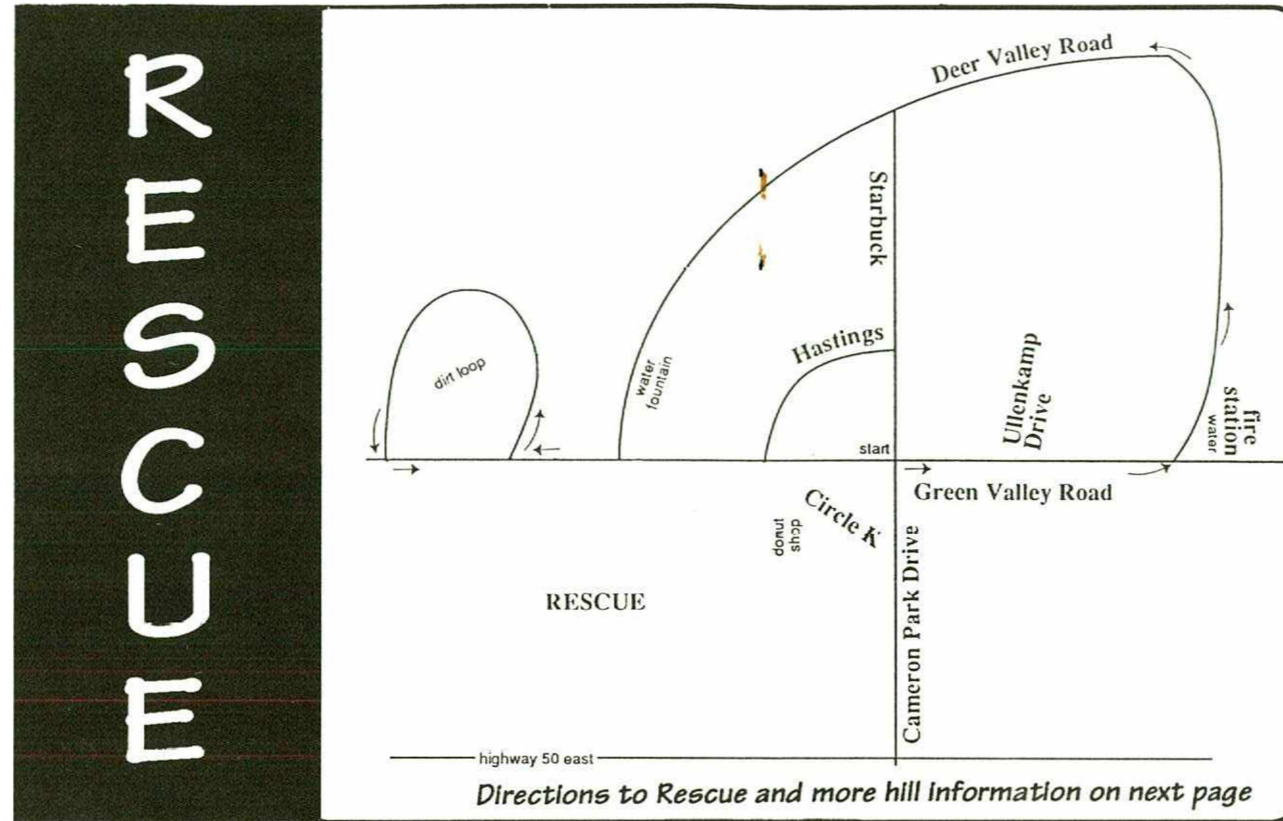
In the mixed division, Greg Wheatfill and Kathy Ratermann teamed with five East Bay Striders to make up the team known as *Large Rotating Fish*. Don't even ask! We thought *East Bay Buffalo* or *Striding Chips* would have sufficed but *Large Rotating Fish*? They placed third in their division and 21st overall with an 8:34:14 clocking - just 54 seconds behind the *B.C. Seniors*.

All the Chips checking in at *Enquirer* headquarters reported a wonderful time up at the lake. It snowed the day before and after but was cool and clear during the run.

If you want to put together a relay that's a little bit closer to home and shorter than Hood-to-Coast but longer than the Lake Merced Christmas Relays consider fielding a team for next year's Tahoe Relays. And think of a clever team name. Following is a listing of our favorite names from this year's run: *Left off of Everyone Else's Team*, *Old Soles*, *5:00 Shadows*, *Endorphin Scouts*, *Endorphinaddicts*, *Galloping Grapes*, *Fast Local Guys*, *4Fs*.

Rescue...
my least favorite
place on Earth
RSQ Rek

Hills are the only
beneficial type of
resistance training.
Arthur Lydiard



This hill is my friend. It
makes me stronger.
Joe Staats

I used to be a Group
One duffer until I
started doing
Thursday Hill
Workouts. Now I am a
Supreme Being.
God

HILL TRAINING

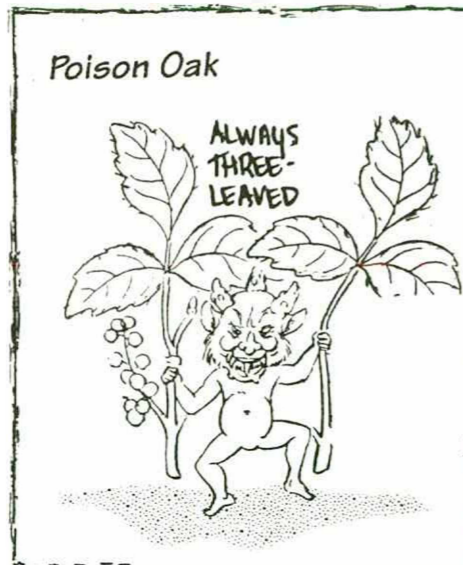
Come on Baby and (do) Rescue (with) Me!

Laura Kulsik and Carol Parise

The secret's out...again. Every few years it is up to the *Buffalo Enquirer* editors to spill the beans and divulge the best kept secret in the local running community. Where the heck do we flatlanders go to partake in some serious hill training? The answer is Rescue.

Nestled in the foothills just north of Hwy 50 is this quiet little town full o'hills, peace and quiet and beauty. If it's a raceless weekend down in the valley chances are on Sunday morning there'll be Chips up in Rescue doing a long morning run. The standard run is 16 miles (miles are marked in green paint) but many options from 10 to 20 miles are do-able. For instance, about 10 minutes into the run you can opt to take a left turn up Ullenkamp Drive that will take you, after two torturous miles, to the top of Pine (Lookout) Hill. Former *B.E.* editor Steve McNutt reported that if you look closely at the road on the steepest part of the hill you'll see the

names of some of the elite members of the herd at the exact spots where the hill won and they were forced to walk. He cautions, this fate awaits the uninitiated but is no cause for shame.

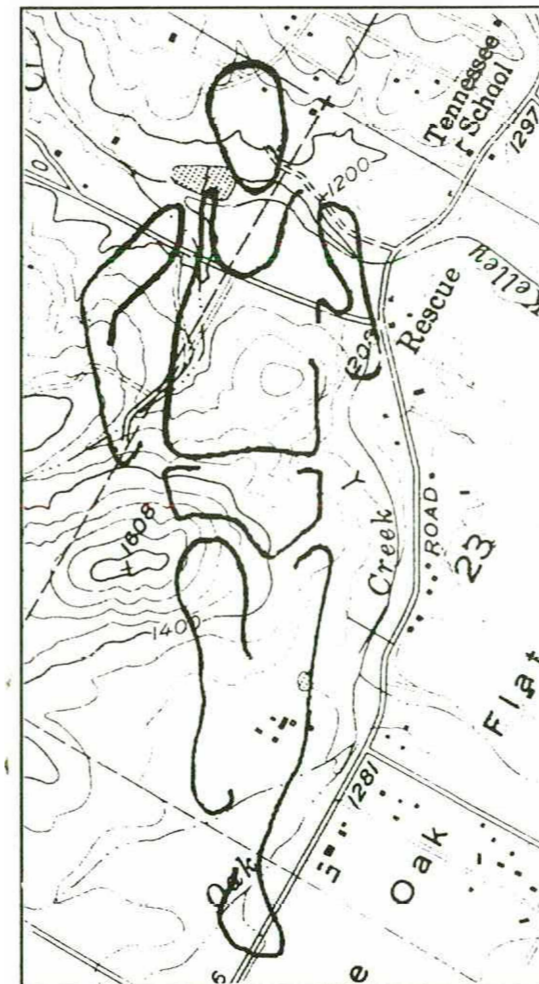


Where there's hills there's probably poison oak. Many a Chipette has developed a case of poison oak at one time or another while sneaking behind the bushes to 'go to the bathroom'. Be careful out there!

Rescue can be tough but it is always beautiful. Daffodils and other flowers in bloom in spring, the beautiful colors and smells of autumn...and the animals. Deer, squirrels, chipmunks, jackrabbits. Don't be surprised if a squirrel challenges you to a 20 yard dash! Unfortunately, you'll sometimes see these little creatures in the form of road pizza. To avoid being road pizza yourself, when a car comes along - let them have the road! Fortunately, there are very few vehicles up there but you know the rules of the road. Now get up there and get some miles in!

This is a hill. I am an
Ethiopian.

John Bremer



For the Strong of Quadriceps... Hilly Courses/Races

Western States 100-Mile Endurance Run (trails from Squaw Valley to Auburn)

Sierra Nevada Endurance Run (trails from Granite Bay to Cool and back)

American River 50 Miler (same trail as above up to Auburn Dam Overlook)

Cool Canyon Crawl 50K (its name says it all)

Any Enviro-Sport Run (trail runs every weekend usually in the Bay Area, ie. Santa Cruz, Mt. Tamalpais...call 415- 868-1829 for more information)

Apple Hill 8 Miler (rolling paved roads thru Camino)

American River Bike Trail (from mile 27 on up)

Bridge Street, Capitola and Pennsylvania Ave. (great for hill repeats, in Fair Oaks, access from A. R. bike trail)

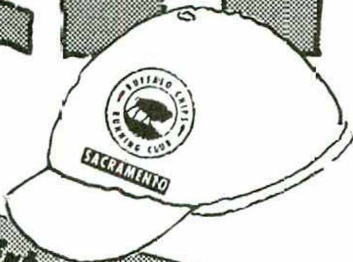
Russell Ridge in Folsom (in the back of the Lexington Hills subdivision, across from Chambersburg Way...very short - maybe 300 yards- but extremely steep...just looking at it makes your achilles hurt!)

Running at Rescue

CHIPS' T-SHIRT & CAP

SALE

AUG 11



**T-shirts as low as \$3!
Nothing over \$7!**



**A FREE Chips key chain
with every purchase!**



**The SALE will take place at
STEVE'S PIZZA following
the AUG. 11th TUESDAY
night workout. Don't forget
your \$! Cash & checks gladly
accepted.**

To Get There:

1. Take highway 50 east to Cameron Park Drive
2. Make a left on Cameron Park Drive (under the freeway)
3. Go straight about 3 miles to the intersection of Cameron Park Drive and Green Valley Road.
4. Park at the shopping complex on the left. There's a Circle K mini mart, donut shop (we buy their donuts to use their bathroom!), Round Table Pizza and other shops.

To Run:

10 miles - Go east on Green Valley Road and make a left at Deer Valley Road. Follow Deer Valley around and make a left on Starbuck. Go straight and make a right at Hastings. Hastings runs into Green Valley. Make a left at Green Valley and you will see your car on the right side of the road

12 miles - Follow the same directions as the 10 but instead of turning left on Starbuck, go straight and follow the loop back out to Green Valley Road. Make a left on Green Valley and you will see your car about 2 miles up (way up) the road.

16 miles - Follow the same directions as the 12 but instead of making a left on Green Valley, make a right. Go down to the dirt loop and make a right. Follow the loop (its not very long) back to the main road and make a left back onto Green Valley Road. Make a left on Deer Valley and retrace your steps. Yes, after all that downhill you enjoyed. Make a right at Starbuck and a left at Hastings and a left on Green Valley.

About 20 miles - Do the 16 mile loop but instead of making a right on Starbuck, go straight and follow the loop back to the fire station. Make a right on Green Valley and your car will be waiting about 2.5 miles away.

Hints:

1. There is a water fountain at the fire station on the corner of Green Valley and Deer Valley Road and at a house at around the 9 mile mark on the 12 or 16 mile course. They installed a water fountain for us in their front yard!
2. If you need more water stops than that—and don't like carrying a water bottle—"plant" a water jug or two at the corner of Starbuck and Deer Valley—most of the routes pass this corner twice so more opportunities to take in fluids.
3. When you first start running on Green Valley Road, the traffic is somewhat heavy but traffic is usually non-existent on Deer Valley Road.
4. All miles are marked in green neon paint on the 12 and 16 mile loop.
5. The entire run is hilly but the consensus is that the 12 is the worst because of the 2 mile climb at the end on Green Valley Road. You're huffing and puffing while cars fly by at 50 mph. The 16 is tough but the majority is run on Deer Valley where the scenery is really nice if you pick your eyeballs off the pavement and look around. The 10 has a couple of tough hills but is do-able.

Sloughouse Country Run continued from page 13

Chips

5K

3. Andy Harris	17:21
15. Patty Smith	20:06
<i>(1st female overall)</i>	
28. Robin Ward	21:43
<i>(1st in division)</i>	
34. Jason Sanguetti	22:28
<i>(1st in division)</i>	
43. Dave Andreotti	23:24
44. Greg Miller	23:26
66. Gil Sanguinetti	25:07
112. Linda Apathy	28:39
241 finishers	

10K

5. John Kennedy	36:16
11. Jeannie Urness	38:42
<i>(1st female overall)</i>	
13. Steve Topper	39:58
12. Mike McKone	40:00
24. Dan Jenkins	41:31
25. Arnold Utterback	41:32
39. Sally Edwards	42:38
<i>(1st in division)</i>	
76. Michael McKee	47:52
103. Ray Malaski	49:40
119. Kerry Wright	51:40
<i>(3rd in division)</i>	
126. Jennifer Siragusa	52:38
<i>(2nd in division)</i>	
128. Gretchen Malaski	52:49
181 finishers	

June 20, 1992

Where the Hell is Truckee? 30K Run

Kathy Ratermann

So where the hell is Truckee? If you participate in this run, you will understand why it is called "Where The Hell Is Truckee?" It seemed like it just went on and on and on. Actually, I don't think the run is really that difficult. The real problem is that I am just out of shape.

The run starts out fairly flat and then begins a gradual climb. If you are used to trail running, the climb is a piece of cake (unless you are out of shape like me). There are a couple of places where the ascent is steep, but nothing really breathtaking. The climb only lasts about 6 miles and then you start the descent. The downhill is great. It's fast, but not so steep that you are out of control. Most of the course is on a logging road, which makes it a good run to do with friends and socialize along the way. The last mile or so is a pretty treacherous climb on pavement through a residential area.

This is a fun run with beautiful scenery that I recommend to anyone who wants to know "Where the hell is Truckee?"

Chips

Greg Wheatfill (8th overall)	2:15:24
Myra Rhodes	
<i>(1st in Masters - 40 and over!)</i>	
Ken Granrud	3:01:54
Bill Montague	3:26:04
Kathy Ratermann (cruising!)	3:30:41
91 finishers	

JULY

Club-sponsored 5 miler

Fourth of July River Run

Men

1. Leonard Spirandeo	25:30
2. Andy Ferguson	25:42
3. Shawn Smallwood	25:48
4. Patrick Rainey	25:51
5. Bill Langhout	25:58
6. Brad Lael	26:05

Women

1. Jenette Allred	29:21
<i>(Guam Olympic Team)</i>	
2. Bev Marks	29:46
3. Theresa McCourt	30:29
4. Stephanie Green	31:01
5. Sue Peterson	33:36
6. Carol Parise	33:36

Walkers

Men

1. Randy Avellar	42:36
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Women

1. Karen Stoyanowski	40:53
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4th

5

MILER



July 12, 1992

Elk Grove

Home Field Challenge

Chips, 5K

2. Jim Milton	15:48
3. Brad Lael	15:52
4. Chris Cotton	16:00

Chips, 10K

Chris Enfante	34:40
Tom Pearman	35:10
Ron Souza	36:40
Troy Turner	37:45
Steve Topper	39:04
Tom Taber	39:58

Dear Editors:

I just got done running eight miles through downtown. I took the day off sick. (I hope none of my supervisors saw me). Anyway, I got home, had a glass of water, ate an "It's It" ice cream sandwich and *The Enquirer* caught my eye. I noticed the article mentioning that sub 40 minute 10Ks are a sure thing after one does a story for the *Enquirer*. Huh? "Duh, Ah sure hope it works," I said, in a backwoods drawl, with my finger between my front teeth.

Marshall Mash '92

Hot Mamma Jamma!

Bob Burkle

The weather had been warming up for some time prior to race day. It was the first warm days of the year and I'm always show getting acclimated. I felt good, though. I would soon become painfully aware of my true condition, however.

I had spent the night in a motel in Sams Town. I arrived there late Friday night. I didn't get to sleep until 11:00 pm. Naturally I wasn't pre-registered, so I got up at 6:30 am because I wanted to get registered before the rush. I stopped at McDonald's and got a large coffee. I had two large glasses of water in my motel room earlier. But that and the coffee still didn't hydrate me enough to urinate before the start of the 10k. This had me a little concerned. The crowd was happy. I saw an old friend and chatted. Except for almost sending everybody to the wrong start point, it looked well organized.

I started fast. I felt like Superman. The first 5k was generally downhill. I was passing all "those runners" that look like they can run circles around me. I had my sights set on a sub 40 minute 10k. Even though I knew the back 5k would be generally uphill, I was just brimming with speed and confidence. I had passed the first watering hole without stopping. That was at 1 mile. Guess what? That was the only water on the course. When I got to 5 1/2k, I died. We had turned to start back. The course started uphill. The wind was still. The sun shone down unmercifully. I felt hot. My wind was gone. I was giving it all I had, but I swear I could have crawled faster! My mouth was like a desert on a windy day. My lips stuck together. I felt my forehead to check for sweat. There was some sweat, but I felt bad. When a grandma with white hair, that looked like Ann Rudin passed me, I gave it up. I pictured myself passing out, falling to the ground, and flopping on the asphalt like a fish out of water. I walked to the next aid station (8k). They didn't have water. I probably should have had them take me back, but stupid pride made me go on. I did a lazy jog for the remainder of the course. As soon as I crossed the finish line, I mad a bee line to the water station. You guessed it! They were out of water. I had to push past people eight deep to the Calistoga table. I was shaking so badly, I almost dropped my first bottle.

Boy was I disappointed! My time was something like 59 minutes. Oh well, it's all part of getting to know your body.

In defense of the race organizers, at the staging area, there was a multitude of treats; fruits, yogurt and all the Calistoga you could drink. That part was great. With all the people, cos-

June 21, 1992

Isleton Crawdad Festival 5-Miler

Cathy Rohm



Bite the tails and do what to the head!?! This was the phrase of the day at the 5th Annual Crawdad (or mud bug) Festival which took place in Isleton on Sunday, June 21st. *Chips on Trips* were there in force for what's always a true adventure. Too bad we always have to run ...

The five-mile loop leaves the outskirts of Isleton, meanders through a field of sorts on a slightly winding, but ever-so-banked road, courses along a levee, up and past a marina where the early morning fisherpersons are looking up at us with expressions that can only be translated as "Crazy folks out runnin' in the sun when they could be a-fishin'!" Then back down the levee at approximately the 3-mile mark, through the "suburbs" of Isleton, down the dirt-road-with-no-end (Ah, is that the 4-mile mark I see in the dust?), and finally smack dab down the middle of Main Street to the finish. And the next person who tells this writer at the end of a race that the course is short WILL BE KILLED!

We Chips "took home the hardware," and figuring 100 calories burned per mile, we had at least 5,000 cal-o-ries to make up by munching crawdads, doodads, and anything else that was handy. This was an especially good day for beer distributors, as the humid temperature nipped at the 100-plus mark, and we nipped at the Buds!

And what better thing to do following successful completion of a long and dusty trail but jump in the river! Yes, a little swimming and then on up the river to the Delta King for over three hours of dancing to the wonderful and energetic Mumbo Gumbo — who says runners don't know how to have a good time! My advice for next year: Be there, or be a mud bug!

Chips finishing in the money: Rich Hanna, 1st overall with an amazing time of 24:49 (if you're not Captain Math, that works out to a sub 5-minute mile!); Bruce Aldrich, 27:11; Carl Dahl, 32:36, was second in the men 50 - 59 division; Cathy Rohm, 1st, women 40 - 49, with a 36:01. Other festive 5-milers: Jim Beland, Jim Eyman, Mike Otten, Blanca and Steve Topper, and walkers Susi Thompson, Linda Apathy and Sandi Falat.

tumes and festive atmosphere, it could have been the fastest race of the year. I'm sure it was for some.

I'm definitely going to run Marshall Mash next year. The countryside is so beautiful. The people are all so neighborly, too! But I think I'm going to bring my own water.

June 20, 1992

Grandma's Marathon

Laura Kulsik

Greetings from The Land of Ten Million Lakes (or is it 10,000?). It took five flights to get us seven Chips here to Minnesota but that's what you gotta do when rt tickets are available for as low as \$175! What a deal. Five of us then cruised up to Duluth from the Minneapolis airport in a Cadillac, another deal at only \$100 for four days. It had all the amenities and George Parrott at the wheel. Yes, we were stylin'.

I'll confess I was expecting Duluth to be just a truck stop of a town but I was pleasantly surprised. What a beautiful place! (It's a shame about the train derailment and subsequent chemical leak only a week later)...We had plenty of time to sightsee and eat - at the marathon's namesake restaurant of course. Grandma's made the herd feel right at home, especially with a picture of Chris Iwahashi on the wall and an old sign from the Buffalo Brewing Company of Sacramento! And it didn't hurt that they treated us to our first meal *free!*

Two days of rain and cold made us get out our gloves, hats and polypro in preparation for the worst but June 20th was the rarest of days, one that both the 5,700 runners in the 16th Grandma's Marathon and thousands of spectators lining the course could delight in. Blessedly cool temperatures, reaching a high of only 54 degrees, and soft breezes, blowing in our favor for 26 of the 26.2 miles, made conditions nearly ideal. The course was fast, gently rolling and point-to-point for the most part traversing the picturesque grassy wooded shores of Lake Superior. It's not like I've done a million marathons but I've never run on such a scenic course! The first 19 miles take place on Old Highway 61, miles 19-22 cover residential neighborhoods and miles 22-26 run through downtown Duluth. While world-class racers enjoyed this lightning-fast course and perfect weather, the rest of us also benefited from the superb organization and hospitality offered at Grandma's. Guest speakers at our hotel included Benji Durden and Barcelona-bound Janice Klecker. The runner's expo, while lacking in vendors made up for in the runner's paraphernalia department featuring some of the best race shirts I've seen and at very affordable prices. During Grandma's Week, Duluthians go all out to welcome not just the marathoners but all runners to their town: Grandpa's 5-miler and a kid's race took place the night before and the always full Garry Bjorkland Half Marathon, starting an hour before Grandma's, is run on the second half of the marathon course.



Gentlemen, you may start your engines: Under the pretense of taking this baby for a test-drive, George Parrott (riding shotgun) and Joe Staa's take refuge from the 31 degree temperature at the start of Grandma's. It was the coldest start in the history of the race.

Of course, for the winners Roy Dooney (2:13:25) of Ireland and Jane Welzel (2:33:01) of Colorado the race paid off in more than memories of a pleasant Saturday morning jaunt. Both collected prs and \$7,250 each. The Chips didn't do bad either. Native Minnesotan Jeannie Urness pr'd and broke the 2:45 barrier with her 2:44:04 finish placing her 11th and in the money. She even stopped to chat with a friend at mile 20. And in typical Jeannie fashion, cartwheeled into the finish chute. Joe Staats ran this marathon in 3:01:20, 15 minutes faster than any of his others, and placed 10th in his ten-year age division. Chris came down with a cold but knew completing the run was do-able at mile 14. She finished in 2:54:23. Connie Kondo was pleased with her 3:08:04 outcome following three weeks of pool running due to an injury. I was happy with my killer training run of 3:24:26 but now I'm starting to wonder if it was a training run or not! Ceres Chip Leroy Kessler and George kept each other awake in the final miles with Leroy finishing in 3:37:00 and George in 3:37:11. And I'm sure about a dozen or so females are thanking *that nice man in the Chips singlet* for informing them if they just picked up the pace a little they would qualify for Boston.

Upon completing the race, the women are each handed a rose and everyone is welcome to a generous spread of post-race munchies. After letting the pain drain in the hottest hot tub of all time we ventured on over to another one of Duluth's finest, Fitzers, for lunch and shopping and then onto Grandma's for dinner (eat, run and jacuzzi, that's all we do!) sans Jeannie who celebrated her big race with a bungee jump! Fumor has it that it's the best way to get rid of lactic acid. *Would she do it again? Yes. Would we do Grandma's again? Fourteen thumbs up.*





photo: Pam Cantelmi

You're more than half way there: Bill Hambrick coming into Foresthill.

Western States continued from page 1
water bottles, clothing, Dairy Queen milk shake cups and dust. As the race grew nearer, the logistical planning became a chore.

Race morning was exciting. Captured nervous energy could have powered the Squaw Tram for an hour. When the gun went off, it was a relief that we were finally underway.

Despite a nasty fall and a couple of low/slow spots, I couldn't have asked for a better run. I can't say whether it was proper training, crewing, pacing, eating, or attitude that helped me through the day.

I made a number of new friendships, and strengthened some old ones. I found out that I'm a lot tougher than I thought I was, and things in life that seemed difficult before aren't really so bad after all. My faith in people was refreshed as I realize that 1300 plus volunteers gave up a weekend to help me and my fellow runners challenge our goals.

As any runner can attest, support is the biggest gift we can ask for from our families and friends. Doug Arnold paced me in an intelligent and entertaining ways throughout the night. My father and brother-in-law helped crew. Especially helpful were my daughters, Melanie and Dayna, who put up with my training runs and races with smiles on their faces and encouragement. And my crew boss, Leigh Rutledge, whose never-say-die attitude made my world a better place.

Will I do it again? I've already filled out next years application.



photo: Cathy Rohm

Bill Wood (right) and his pacer Eric Park at Erown's Ravine. Bill doesn't look too bad for havin' gone 50 miles, does he?!

Western States 100 Mile Endurance Run

Results

Overall Male

1. Tim Twietmeyer 16:54:16

Overall Female

3. Ann Trason 18:14:48

course record

Chips

2. Ray Scannell	17:27:54
7. Bill Finkbiener	18:51:41
9. Rae Clark	19:18:23
24. Tom Wright	22:06:04
26. Bill Hambrick	22:09:50
61. Dennis Scott	23:38:18
68. Steven Harrold	23:48:37
81. Helen Hull	25:15:32
82. Frank Ives	25:16:20
86. A.J. Underwood	25:46:33
91. Jim Drake	26:11:05
94. Chuck Honeycutt	26:17:52
134. Lee Rhodes	27:55:11
158. Bill Wood	28:33:40
220. Helen Klein	29:36:32

A few other Chips...wayward Chips completed Western States but we can't print their times as they haven't paid their '92 dues!



Wildlife of the Western States Trail

Eric Park

Since my chances of running the Western States 100-Mile Endurance Classic are between slim and none, I leaped at the chance to be included in the training and pacing crew for one of this year's warriors: 63-year old Bill Wood, who along with his daughter Jeannie, herself a veteran of the Angels Crest 100-Miler, Chip Gar Harmon and I went for all the marbles on June 27th.

Although my pacing chores were limited to the 18-mile stretch known as the "California Loop," from Foresthill to Green Gate, just beyond the Rucky Chucky river crossing, my training runs with Bill encompassed some 60 miles of the infamous 100. And since much has already been said about the *running* aspect of this spectacular terrain, I'd like to offer a perspective on one of the less-covered features of Western States training: the wildlife!

An, city folk, you don't know what you're missing! Rattlers, for example. I saw my first rattler on my first excursion with Bill. He/She/It (or, as I expressed it at the time, "Shee It) was about four feet long, and might well have been dead, for all that it deigned to move. It was stretched directly across the path, in the sun, and stopped me cold, despite the 95 degree heat. No heroes we: our ultimate solution was to chuck little dirt clods at it until it slithered out of the way, which took a regal while.

By the time we reached the promontory known as "Devil's Thumb," the rattler had grown in our telling to epic proportions. It was at least a foot thick, and carrying guns, dressed in an eye patch and a Raiders jacket, etc. And its big brother!

I will not dwell on the obvious: the millions of gray and ground squirrels, chipmunks, hawks, vultures, deer and jackrabbits that too quickly become familiar on the trail. This wondrous balance of nature is most often seen between hunters' sights, or on "jackalope" postcards from Wyoming.

Why, the biggest jackrabbit we saw, just a few yards from the trail's end at Auburn High, was a bare four feet at the shoulder, and its ears scarcely reached higher than mine! Hardly worth the mentioning.

Nor will I elaborate on the legions of spiders (lead runners must bear a hanky at the ready to cleanse away the sheets of spider-silk from their eyes, nose, arms, hair, teeth...), chain-wielding mosquitoes, exponentially breeding forest-flies, half inch long ants in endless columns...but the lady bugs!

Twice we encountered them, in Motherlode swarms of red-winged gold - with just a bucket and a lid and a few dozen

baggies, we could have scooped away hundreds of dollars worth of these pretty little garden-pest munchers, perhaps even making up for the time we had taken off work to train for this run.

And a caravan of deer gave us pause, at the bridge, still within the town of Auburn, six or seven of them, not in the least impressed by our 13-mile odyssey that morning. We

...at the bridge, six or seven deer gave us pause, not in the least impressed by our 13-mile odyssey. We spotted a couple bucks with six-inch antlers. Sub-trophy size, for sure, bless 'em.

spotted a couple bucks, with (at most) six-inch antlers. Sub-trophy size, for sure, bless 'em.

We can't confirm our eagle. It was thirty feet up, big enough to be a wild turkey, but flying too high; too brown to be a vulture. Maybe an owl, but if so, one of

the largest in history. But then, in our tall tales, a 30-pound owl wouldn't stretch too much more, would it?

Speaking of things rarely seen — alive — a hair-raising, spitting sound, just west of Foresthill, drew my attention to an animal snarling at us from just beneath the path. I thought it was a wolverine, by its fierceness and its bared fangs. But it just stood there, and as I crept back out of the clump of poison oak in which I had taken refuge, I spotted its little pink tail. A possum! Really a remarkably brave little creature, for all of its slowness and fear, standing us off. I had never seen one before, except in its sad aspect as road pizza.

Bill claims that coffee grounds and baking soda make an excellent poison oak remedy, by the way. Simply apply to the rear — that is, to the infected area. Sticks like a plaster.

I won't go on, but I've saved the best for last. We had almost made it back to Dusty Corners when Bill, excitedly grabbing my arm and gesturing, set it to flight: "Sure," we said, "a bear." And then I saw him! Or her. Either way, there is something profoundly moving in the sight of a 500-pound rump bobbing around the next bend in one's own path. I saw little of its 500-pound upper body, but did glimpse clearly its 100-pound head, turned back to fix a beady eye on us, frozen in the trail. I have not exaggerated much this time; this, my first bear, and, the powers willing, my last bear, was as big as my divan.

Later (much later) we followed in its wake toward the car. I saw where it had beveled off the path into a stream bed. It had can openers for toenails. The incident made the remaining half mile fly by--put some spring back into our steps.

P.S. Bill finished the run in 28 hours, thirty three minutes!



Helen Hull (right) and her pacer Carol Parise at Foresthill.

Brown's Ravine continued from page 1

not available to just everyone. It also makes clear why this race isn't televised! And because you are a member of Chips, you have a better appreciation of what endurance runs are. How often are you able to come face to face with 200-plus runners who already have 90 miles of hell trail under their belts? I figure that if I'm not going to do this, I might as well help and observe. And the stories are great every year. Take for instance . . .

The runner from England who entered our station sans pacer. Obviously, he had come a long way to compete in this event and was literally ready to throw in the towel. He had seemingly nothing left and couldn't muster the courage to face the moonless ten miles into Auburn. Would we allow this to happen? No, no, Nanette! The young and energetic Artie Huff (friend and companion of John Dahl) jumped up and led the Brown's Ravine crew in a "You can do it" chorus reminiscent of a high school pep rally. What a story that'll make back home.

And those wonderful masseuses, gallantly carting the r massage tables and ointments down from Parking Level B. That would be Bob Whitehead and new addition Monique — job well done. Imagine rubbing feet that had seen 90 miles of the proverbial dusty trail! Are we talkin' service points here or what?!

And it's always exciting to see fellow Chips, both as competitors and as pacers. To name a few, Carol Parise pacing Helen Hull, both of whom looked more like they just finished a 10-K, coming in too late for the 24-hour mark, but 22



Lee Rhodes comin' in to refill his water bottles.

photos : Pam Cantelini

comfortably within the 30 hours, with Helen saying, "Now, will you let me relax and enjoy this run!" George Parrott pacing his and Chris' visitor from Japan, Tatsuya Muramatsu, Mike Otten and his runner Edd e Lujan whose second pacer ended up at our aide station for six hours and got caught up in aiding the runners), competitor Gary Waldsmith, (only one more 100 to go!), Eric Park with his super senior runner Bill Wood, and many more.

But, to me, seeing Dennis Scott, aka "Friend of the Trail" to whom the run is pretty much as old hat as this run can get and has always helped put together Brown's Bar and All-Night Grill, come in as a participant. Does he always look happy? "Dennis — you forgot your horse!"

As the 24-hour cut off approaches, the runners become less concerned with doing much beyond getting to the finish line within their allotted time. And as the sun comes up, the runners for the next couple of hours are a little more relaxed, content to simply have a successful completion of this run in hand.

As we watched the last of the runners, who by now were doing little more than trudging, go off down the trail only to have to go back up and into Auburn, it makes you appreciate the depths of the human spirit. It also makes you quit griping about those l-o-n-g 10-k's! The Western States is truly an event of the body, mind and spirit. Hats off to all entrants, whether in first place, middle of the pack, or DNF. You're all wonderful, dedicated runners, and the world's a better place for having you and your determined spirit here!



*The Devil at 90 Miles:
Sebastian Garcia*

Runners Anonymous

Timothy Martin

Hello. My name is Tim.

Hello Tim!

And I'm a compulsive runner.

[embarrassing silence]

I haven't run for, let's see now...eight hours.

Alright! [wild applause]

This is my first Runners Anonymous meeting and I'm kinda' nervous. I'm not sure what to say, so I guess I'll just start at the beginning.

I got my first pair of running shoes about ten years ago. Everyone else already had them. Lots of people were into distance running. It was the thing to do. A few of the guys I hung around with were into the hard stuff. We called them streakers, because they had consecutive days of running numbered, not in weeks or months but *years*. One guy had a 15 year streak going.

[gasps of disbelief]

But I was strictly a social runner. It helped me stay mellow, you know?

[nods, muttering of assent]

Then I got hooked up with a running club. There was a lot of pressure to get involved, to become a part of the group. Someone was always asking me to go for a run. I couldn't say no. The next thing I knew, I was up to 100 miles a week.

Ooohh! [a woman faints]

After that, I got hooked on racing and my wife left me. Who can blame her? I was never home. I was doing everything I could find: local 10ks, out of town half-marathons - you name it.

Before long, I stopped showing up for work and lost my job. But I didn't care. My body fat was down to 3.2. My cholesterol level was 126. I was flying high on P.R.s.

I discovered ultra-running and my downward slide continued, 200, 250 miles a week was nothing for a junking like me. I'd get up in the morning and go on a 30 mile run just to jump-start my heart. I was living entirely off of endorphins. I guess I got depressed. I stopped coming home. I finally got evicted from my apartment.

No! I can't stand it! [a man bolts from the room]

Broke, homeless, desperate, I had to find some way to support my habit. Huddled beside a high-school track one evening, I watched a runner circle around. I was insane. I couldn't control myself. "Hey sweetheart," I hollered out,

"interested in a little speed?"

"What's it going for on the street?" she asked.

"Cheap," I said. "A pair of used Reeboks and a bottle of Cytomax."

"You're under arrest," she yelled, twisting my arm behind my back and pinning me to the track. How was I to know she was an undercover running cop?

In jail, surrounded by hardened criminals, I knew I'd hit rock bottom. I'd lost my wife, my apartment and my job. And somewhere along the line I'd also lost the chest strap to my heart-rate monitor. I began to weep.

That night I had a dream. A strange man came in and stood beside my bunk. He was wearing shorts, a singlet and a seeded number from the New York Marathon.

"Tim," he said, "it's Alberto." As he spoke there seemed to be a glow about him.

"Alberto," I gasped, "what are you doing here?"

"Everything will be fine," he said.

"You just have to cut back on you mileage a little. No more than two

workouts a day, understand?"

"You're right!" I cried. "I see where I've gone astray!"

The next morning, after they let me out of jail, I walked the streets and thought about the dream. Then I found myself outside of this building. A sign on the door said, "Runners Anonymous in progress, Come on in."

So, that's my story. I know I have a hilly road ahead of me, one that's full of headwinds, potholes, and angry dogs. But I swear, I'm going to take it one mile at a time. From now on, my splits are going to be positive and I'm off speed for good!

[cheers, standing ovation]

Editors' Note: This is reprinted with permission from the Six Rivers Running Club (Humboldt County) newsletter. Timothy is president of the club.

Also of note regarding Running and AA...some members of the South Coast Roadrunners of Irvine, CA claim they "are not a running club but a drinking club with a running problem".

You saw it in *The Enquirer* first!

MENTAL TELEPATHY PROVEN

A few months ago your editors made a call for running alibis...*I can't run cuz.....* Former Chip Craig Moore, now of the Great Northwest, without knowledge of our recent request sent us this article on excuses and how to get the most out of your alibi. We loved reading it but we gotta go now to take care of our ripped metatarsals and lacerated plantars. Must be those Sloth shoes we bought.

"Well Excuse Me!"

Craig Moore, M.D.

Excuses.

Excuses.

Excuses.

*...As the rest of
the world
dissects politics
and weather,
runners bitch
and moan. It is
wimpy and must
be stopped.*

"David, how you doin'?", engaging tongue before thinking. Cursing my stupidity, I winced at the ensuing onslaught of his verbal barrage.

"Terrible. I don't even know why I am here. I should be home in bed. Do you know I have a temperature of 108.4? I haven't run in weeks. I had my wisdom teeth pulled. My shoes don't match. I missed my espresso. I gave blood this morning. And I have a paternity suit on Monday," whined David.

On and on, he detailed his gruesome battle with the bubonic plague. A lesser person would have dialed "911" or a mortuary to pick up the body. Stoically I suffered David's Oscar performance of "I've Got the Running Excuses Blues." As expected, David won the race.

Excuses. Excuses. Excuses. They are thicker at races than Japanese in the Honolulu Marathon. From the ride down, through registration, warm up, the run and finish. Even while slamming down Twinkies and Ho-hoes, runners blame aid stations, traffic and karma. As the rest of the world dissects politics and weather, runners bitch and moan. It is wimpy, and must be stopped.

I don't mind the excuses, heck we all need them. Only a fool claims to be well trained, injury free, and shows up with matching snorts, singlet and shoes. Like a naive pig invited to a Hawaiian Luau, he is guaranteed to be the main course. Before the race end, he will blow an air sole, be bacon in a Pit Bull feeding frenzy, or become a Bronco hood ornament.

Nobody races without an excuse, a debility, a safety net. Never happened. Never will.

Just theoretically imagine that ever happened. Then there would be no reason to ever run again. Utopia, nirvana, ecstasy have been achieved. Improvement becomes obsolete. Time to trash the Sauconys and park it on the couch.

On the other hand, excuses give us promise of tomorrow. You dream of a better race, tailwind weather, pogo-propulsion shoes, and a cliff dropping course. You haven't reached your zenith. There is still an Olympian yearning to be discovered.

Also, no one is impressed after running well without an arm's length of excuses. Genetics gets the credit, and you are just spoiled with natural talent. But run well despite battling infirmity, affliction, and disease and tongues fall out, jaws drop, eyes pop. You are "Rocky" of the road races. Paul Gompers' 4th at the '88 Olympic Trials running on an ankle

belonging to the Sta-Puff Marshmallow man was astounding. Bob Kempainen coming off a stress fracture to run 3rd at the '92 Trials raised his fine performance to Herculean mythology. Joan Benoit's knee surgery mere weeks before claiming gold in LA made us all burst with pride.

We are full of excuses. My gripe is that they have become boorish and monotonous. Ad nauseam I hear the standard rubbish:

Training - I trained too much, too little, or not at all.

Racing - I raced hard last week. I choke at races. It's too crowded.

Illness - I have the flu, a cold, allergies, and a hangover.

Injury - I strained my calf, hamstring, Achilles, and eyes.

Weather - It's too hot, too cold, too damp, too dry, too humid, or too windy. We should be sailing.

And on and on and on. Come on people, if we are going to whine, lets get creative and stimulating. Nobody believes us anyway, so get wild, and bold, and outlandish. Don't bore with generic whimpering. Go for excitement.

The secret is vocabulary.

"Sprains" and "strains" don't rate. They are too common, and don't elicit any sympathy. "Tears" and "rips" are dramatic, spine chilling, and glamorous. Envision the Olympic sprinter flipping head over heels in a tumble of agony and grimace while "ripping his hamstring." Fat bellied couch potatoes and little old ladies "strain" themselves. Athletes "tear" and "rip." Go for the gusto, go for the sympathy vote.

"Fractures", "pealed-layers-of-skin" and "lacerations" rate macho points for pushing on. "Shin splints", "blisters" and "cuts" are child's play and come with the territory. No cheers for these. When ABC covered the 1985 Western States 100 Mile Run, drama unfolded as Vickie Johnson,

hobbled toward the finish line with a "laceration down to the bone". A "cut knee" would have hardly been newsworthy.

Learn obscure parts of the body and use their Latin names. You will be levitated to professional ranks. "Ripped talo-fibular ligaments" rate "Ohs and Ayahs" while "sprained ankles" are a dime a dozen. "Injured metatarsals" get the nod, while "sore feet" are plain Jane.

Throw an "-ITIS" on the end of the work and you audience is begging to be saved the gory, and gruesome details. "Pharyngitis", "bronchitis", "gastritis", are so

much more graphic than sore throats, a cold, or belly pain.

Be polysyllabic. The longer the words, the more impressive your performance. The killing combo of I am suffering from, "Polymorphonuclear leukocytosis, hyperpyrexia, myalgia, and cephalgia" wins hands down over "I've got the flu." Spastic? Waddle instead of graceful? Blame it on "biomechanical dyscoordination".

Abbreviate. Doctors do, since they can't spell and it rings with authority. Flush "diarrhea" for "RTGE" (rapid transit of gastric effluents). If Grete Weitz can win New York with diarrhea streaming down her leg, you aren't going to get two "boo hoo's". But with "RTGE" your stature for toeing the line is God like. Instead of "runner's knee", label your injury "PFS" (patella femoral syndrome). When you are "tired", bring them to tears with your diagnosis of "CFS" (chronic fatigue syndrome). But keep current and ahead of the crowd. They learn daily, and where "ITB" previously raised eyebrows, it now gets less interest than Oprah's latest diet. If you run out of legitimate abbreviations, create your own. Everyone nods knowingly, as they too have dealt with the deadly "MJB" while you enjoy ground roasted or decaffeinated.

There you have it. The secret of successful running. How naive to think that speed had anything to do with it. How fast you run, doesn't mean diddly. The game is how well you talk. Keep that tongue trained. - Craig

About the author:

Craig Moore, M.D. is a family doctor with an interest in sports medicine. He and Suzette share the role of jailer, trainer, and protector of their 5 terrorists, Megan 9, Jenni 6, Allison 5, William 2, and Annie 5 months. Their cages are in Bellingham, Washington. Suzette has run a 2:53 marathon, wins many local races, and has a PR of 37:28 in the 10k. Craig ran Western States three times, finishing 9th in '86 and 6th in '87. Despite plague, tornadoes, heat stroke, and anthrax he ran the Olympic Trials in '88. Now he sits home eating Ben and Jerry's Chocolate Chip Cookie Dough ice cream and makes up excuses why he can't run.

Learn obscure parts of the body and use their Latin names... "Ripped talofibular ligament" rate "Ohs and Ayahs" while "sprained ankles" are a dime a dozen.

Fat bellied couch potatoes and little old ladies "strain" themselves. Athletes "tear" and "rip". Go for the gusto, go for the sympathy vote.



BOARD DROPPINGS

July 1, 1992
Good Earth

Present: Sandi Falat, Norm Bennett, Robin Gilmore, Cathy Rohm, Po Adams, Dennis Scott, Jeff Hollister
Guests: Carol Parise, Laura Kulsik, Mike Otten

Treasurer's Report: Spent \$272.18 on hats for Fourth of July Run. Chips need to make some money.

Newsletter Update: Next issue will be big. Still need people to follow through on race results. Editors need a Mac.

Social Scene: T-shirt exchange had seven Chips show up. Fun for the seven but a bust for the club.

Susan B. Anthony update: T-shirt suppliers are being considered by Laura and the logo is in progress. Certificates will be given to all finishers. Liability insurance covers every aspect of the race. Babysitting to be provided.

Volunteer sign-up sheet to pass around next week. Instead of prize money, Nordstrom gift certificates being considered to top finishers in age divisions. The motion was made by Robin Gilmore and seconded by Dennis Scott.

Stampede Update: Tony Moore not present to update us!

Fourth of July update: Leftover shirts to be sold for \$4 at the race. Hats on sale for \$5. Refreshments are all taken care of. Location is Glen Hall Park. Start line changed a bit. Crystal is donating water. Fleet Feet donating raffle prizes. Union too? Awards for 1st place were shown. Permits all acquired. Volunteers lined up.

Workout Coordinator: We need dedicated, knowledgeable people to submit resumes. George will be gone from September '92 until June '93. Jeff Hollister said he will give up his golf league to take over Tuesday nights. Cathy Rohm to take over as Group 1 coordinator on a rotation basis.

T-shirt Sale: It's like the big Earthquake that is always talked about but never happens! August 11 (Tuesday night) is the big night. Will be listed in newsletter. Also, Fleet Feet stores out of singlets and applications are nada at downtown store. We need to re-supply our outlets.

George and Chris Party: Following Susan B. at their clubhouse. Invitations to be sent to other running clubs. Ken Campbell will take care of reservations at clubhouse; Dennis Scott to draw a map and directions. Carol to produce address list of other clubs. Potluck brunch - everyone bring a favorite dish. Cathy to do invitations.

New business: Baby joggers continues to be a liability problem on the bike trail. We need to prepare ourselves for changes in current litigation in this area. Club policy does not need to reflect RRCA policy; runners are at their own risk - the Chips, should not as a group, be drawn into personal choice. The club does not encourage inline skates (roller blades), bicycles or baby joggers at workouts.

Music Selections at Western States: To be pre-recorded mix, seven and a half hours - Dennis Scott as captain, will take care of the selections.

Meeting adjourned 9:15

June 3, 1992
Good Earth

Present: Sandi Falat, Norm Bennett, Karen Strand, Po Adams, Cathy Rohm, Dick Kinter

Guests: Tony Moore, Carol Parise

Treasurer's Report - Money from TAC not in yet. Tax return put on extension

Newsletter update - due out Friday. The staff will meet to do eat pizza and do mailing. Need reporters/writers for Western States (want both a runner's and spectator's point of view). Would like more people to be involved in getting race results.

Social scene update - T-shirt exchange, June 20, 1992 at Goethe Park. Any ugly t-shirt will qualify! 8:00 start. Going away party for George and Chris suggested, possibly potluck brunch after the Susan B. on August so out of town runners can be included.

Susan B. update - Norm Bennett will take over, along with various volunteers. The search for sponsors is not on. Laura is working on t-shirt design.

Stampede update - design for shirt completed. Considering awards for top 3 walkers in the 5k, a nicely framed certificate would be acceptable. Room rates at Allstar Inn are reduced to \$32.00 for race entrants. A pasta feed at Bleachers for \$10.00 per person for Chips only is being considered. Sponsors include Reebok, Powerbar and Cytomax. The 10 mile will begin at 8:00 and 5k at 8:15. Entry fee for 10 mile is \$15.00 before September 6 and \$18.00 after. The 5k will be \$13.00 before and \$17.00 after.

4th of July 5 miler - Mike is not here so no update. Po will call volunteers for the run

Tues/Thurs night coordinator is needed in George's absence. Applications will be accepted and reviewed by the board. Someone who is dependable is preferred.

T-shirt sale - These are shirts from old races. We will begin this practice at some of our races in the future.

TAC - requirement at CIM that all runners have a TAC card. Club board decided we can't speak for 600 people on this issue. An informational piece on this will be put in the newsletter.

SUSAN B. IS BACK!

MERCY SAN JUAN HOSPITAL
 MERCY AMERICAN RIVER HOSPITAL
 PACIFIC FERTILITY CENTER

present the

92' SUSAN B.

the right to vote and the right to
 suffrage march
 freedom
 right
 le
 nu
 the
 an
 women's
 the right to vote
 to run

ANTHONY



WOMEN'S 5K

SACRAMENTO

a run, race walk and walk for women

SATURDAY, AUGUST 15
 START FOR ALL EVENTS: 8:00 AM

FREE BABYSITTING!
 FREE BABYSITTING FOR ALL CHILDREN 2 YEARS OR OLDER. JOANNE HOLLISTER AND HER DISCOVERY TOYS WILL BE LOCATED NEXT TO THE PARK IN A FENCED PLAYGROUND. RSVP & QUESTIONS CALL 454-6131

WHERE

GLEN HALL PARK, SACRAMENTO
 FROM HIGHWAY 50 TAKE HOWE AVENUE
 NORTH, TURN LEFT ON FAIR OAKS BLVD.,
 RIGHT ON CARLSON DRIVE TO GLEN HALL
 PARK.

WHEN

WEDNESDAY AUGUST 15, 1992
 SATURDAY AUGUST 15, 7:30 AM
 REGISTRATION: 6:30 - 7:30 AM
 8:00 AM START FOR ALL EVENTS

PRIZES & AWARDS

RUNNERS: AWARDS TO TOP 3 IN EACH
 10-YEAR AGE DIVISION (GIFT CERTIFICATES
 TO DIVISION WINNERS 70 AND OVER). GIFT
 CERTIFICATES FOR THE TOP 5 FINISHERS IN
 THE OPEN DIVISION (39 AND UNDER), TOP
 THREE MASTERS (40-49), AND TOP SENIOR
 (50-59) AND SUPER SENIOR (60-69)
 RUNNERS. OVERALL TEAM AWARD TO THE
 TOP 3 TEAMS (5 MEMBERS ARE A TEAM).

COURSE

FLAT, FAST, SHADED 3.1 MILE COURSE IS
 CERTIFIED BY TAC.

GENERAL INFORMATION

PLEASE OBSERVE PACE SIGNS AT THE
 STARTING LINE. IN ORDER TO
 CONDUCT A SMOOTH SAFE START,
 FASTER PARTICIPANTS WILL BE
 ALLOWED TO LINE UP FIRST,
 FOLLOWED BY THE SLOWER
 PARTICIPANTS. PACING IS NOT
 ALLOWED AND OBSERVERS WILL BE
 WATCHING FOR PACING AMONG THE
 TOP RUNNERS. TEAM PARTICIPANTS
 SHOULD WEAR SINGLET'S OR SHIRTS
 WHICH IDENTIFY THE TEAM THEY ARE
 PARTICIPATING ON (PREFERABLY
 WITH TEAM LOGOS ON THE FRONT
 AND BACK).

RACE WALKERS: AWARDS TO TOP 5
 OVERALL. GIFT CERTIFICATE TO FIRST RACE
 WALKER.

ALL PARTICIPANTS: RANDOM RAFFLE
 PRIZES TO BE AWARDED FOLLOWING THE
 AWARDS CEREMONY (MUST BE PRESENT TO
 WIN). RAFFLE PRIZES WILL INCLUDE ITEMS
 FROM VICTORIA'S SECRET, NORDSTROM AND
 OTHERS!

FEES

ALL PARTICIPANTS - \$12 UNTIL AUGUST
 10, \$15 THEREAFTER. ENTRY FEE INCLUDES
 HIGH QUALITY T-SHIRT WITH A NEW
 RACE LOGO, FINISHER'S CERTIFICATE,
 REFRESHMENTS AND ENTRY INTO
 RANDOM DRAWING. PARTICIPANTS
 RUNNING ON A TEAM MUST
 PRE-REGISTER AND INDICATE THEIR
 TEAM AFFILIATION ON THEIR ENTRY
 FORM.

THIS FLYER MAY BE PHOTOCOPIED.
 T-SHIRTS FOR PRE-REGISTERED
 PARTICIPANTS WILL BE DISTRIBUTED
 PRIOR TO THE START OF THE RACE
 (RACE DAY REGISTRANTS WILL RECEIVE
 THEIR SHIRT AFTER THE RACE WHILE
 SUPPLIES LAST). INFORMATION
 BOOTHS WILL BE SET UP BY SUSAN B.
 SPONSORS.

RACE DIRECTOR: NORM BENNETT
 (924-9301). RACE ORGANIZED AND
 MANAGED BY THE BUFFALO CHIPS
 RUNNING CLUB OF SACRAMENTO.

ENTRY FORM

NAME _____

CLUB _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

AGE/RACE DAY _____

RACE _____

WAIVER: I know that running a road race is a potentially hazardous 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 including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. 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, Road Runners Club, the City 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 negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, rerorderings, or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in this race and I will abide by this guideline.

SIGNATURE _____

PARENT/GUARDIAN SIGNATURE IF UNDER 18: _____

Please mark division and event:

<input type="checkbox"/> 14 and under	<input type="checkbox"/> 80-89	<input type="checkbox"/> 5K Run
<input type="checkbox"/> 15-19	<input type="checkbox"/> 90-99	<input type="checkbox"/> 5K Racewalk
<input type="checkbox"/> 20-29	<input type="checkbox"/> 100 and over	<input type="checkbox"/> 5K Walk
<input type="checkbox"/> 30-39		<input type="checkbox"/> Wheelchair
<input type="checkbox"/> 40-49		
<input type="checkbox"/> 50-59		
<input type="checkbox"/> 60-69		
<input type="checkbox"/> 70-79		

MAKE CHECKS PAYABLE TO:
 BUFFALO CHIPS RUNNING CLUB
 P. O. BOX 19908
 SACRAMENTO, CA 95819-0908

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Race Results

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Jed Smithn Ultras
TEAM PARTICIPANTS

BUFFALO STAMPEDE

THE **BUFFALO ENQUIRER**

- Articles
- Race results
- Soliciting advertising
- Race results
- Photographs
- Race results
- Mailings
- Race results
- Art work



INFORMATION BOOTHS

SUSAN B.

Board member

Club clothing

RRCA Convention

Course monitors

ELITE DUNG

GROUP COORDINATOR

Race Course Meas'ment

THE **BUFFALO ENQUIRER**

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THE BUFFALO ENQUIRER

Nov. - Dec. 1992 • Issue #114



We dream of Jeannie... or at least as running as fast as Jeannie Urness and setting as many CRs (course records this year; about a dozen) and PRs (almost every time she comes across the finish line she sets a new personal best).

TAC Championship Half Marathon **Jeannie Urness Motors at Humboldt-Redwoods**

Carol Parise

A big bunch of bison traveled north to the Humboldt Redwoods Marathon/Half-Marathon run presented by the Six Rivers Running Club. While most races boast a "flat, fast course" or "breathtaking scenery," few courses offer both. The Humboldt/Redwoods course is one of those rare races that has both of these attributes and attracts all types of runners - speedmeisters and scenery buffs alike.

The journey to Weott could be best described as "the long and winding roads". Unfortunately the roads led to "Chips on Dramamine Trips" for several backseat bison. However, it was agreed that the hours of driving were well worth it after emerging from the car, taking a deep breath of fresh air and viewing the miles and miles of tree-lined hills.

Garberville, being the closest town to Weott that provides several hotels and restaurants, was "home base" for the majority of the herd. Several choices for dinner were available in Garberville the night before the race but a quaint alternative was the annual American Legion Hall Pasta Feed in Weott.

Humboldt continued on page 18

Clarksburg!

Cynci Calvin

Every fall, as so many of our stalwart herd plan our Cal International training, one simple word evokes in us a sense of grim foreboding: CLARKSBURG. Why? Perhaps because we have all suffered out there on those delta levy roads.

Overly optimistic about our training strengths and at a time when our training miles are taking their toll, we seek a Clarksburg PR that will forecast a CIM PR. Hah! Has anyone ever tapered for Clarksburg? Has anyone ever done a sensible Clarksburg tempo run? Usually a high mileage week ends with a stumbling, dead leg, "will this race ever be over" Clarksburg finish, as we struggle back to reality from this aptly named "Bermuda Triangle of Running".

But the 1992 Clarksburg Roadraces were almost unbelievably different. A magical aura pervaded this year's scene. Sunshine glinted off the fall colors, and cool breezes kept temperatures in the low sixties. The event is always superbly organized, from the fearless Boy Scouts directing edgy-runner-drivers to the convenient parking, to cheery volunteers everywhere, to well-stocked aid stations, to stylish T-shirts, to abundant post-race goodies. The tiny community of Clarksburg rolls out the red carpet for us all. Management combines tradition with a desire to stage a first class event.. Changes are made which are sensitive to runners' needs, such as moving the start time up to 10 AM, and substituting the postrace "stew" with wholesome box lunches. And this year we all thrived on Clarksburg's hospitality. The finish line scene was full of smiling faces, talk of PR's, laughter, and upbeat comments! No groans, no writhings in agony, no myriads of excuses. What happened?? Are we all wiser and stronger runners? Perhaps we all ran from the Bermuda Triangle into the Twilight Zone? Enter next year's Clarksburg and see if you can find the answer!

Clarksburg results on page 22 1

THE YEAR IN PICTURES
PAGES 12 THROUGH 14

get psyched up! **Marathon Madness**
turn to page 10



About the Buffalo Chips...

The Chips were founded in 1974 as a running club for all levels of runners, as well as joggers and walkers.

Interval workouts are held every Tuesday at 5:45 pm. We meet behind Steve's Pizza located at 813 Howe Avenue. The suggested arrival time is 5:30 pm. You are asked not to park in Steve's parking lot since we will be gone for about an hour. Please use the lots behind Steve's or near the river levee. During the winter and spring months, *reflective vests are required* and flashlights are recommended.

Track workouts are held every Thursday at 5:45 at the Sac State track. The warm-up begins at 5:30 pm at Bleacher's Sports Pub at 900 University Avenue.

We often meet for hill training or long runs on the bike trail on the weekends. The times and dates of these runs are announced at the Tuesday night workouts. The hill training is done in Rescue, located about 30 minutes east of Sacramento off Highway 50.

Please come join us! For more information please contact the Buffalo Chips hotline.

Buffalo Chips Hotline:
454-5133



State of the Herd

As your High Dungstress surveys the herd, I see that things are as they should be. Winter coats appearing, stragglers returning from the high pastures ahead of the snow and all are looking forward to CIM and the holidays. But on a serious vein, I, your High Dungstress see some things from my perspective at the front of the herd that concerns me.

It takes a lot of members working together to keep the herd moving. If asked, few refuse their help. The problem is that some of the people that do the asking start to burn out. I don't think that this club will ever be in a position where the many step forward without being asked that we can stop needing the "askers".

The "askers" are your **officers, board members, editors** and the core of **involved** volunteers. This group has turnover as the responsibilities and opportunities of individual lives change. The health of the club, continuation of programs and the values that individual members receive are dependent upon bringing in "fresh blood". I think we are at the point now where the club yearns for a new group of individuals to step forward and join those already at the front of the herd.

Each member of the herd has their own personal reason for being part of this club. For some it is limited to the organized Tuesday/Thursday workouts. Others want to participate in our social events and sponsored events. Many, in addition to these things also see the club as an opportunity to socialize with people who share common interests (at this point I am sure the editors will try to insert that the many only belong so that the few can benefit. Rumor has it the *Buffalo Enquirer* could receive a nationally recognized Pulitzer award (not??). Whatever reason, the continuation of these club functions is dependent upon the involvement of club members who give their time and skills to make them successful. Speaking from experience, I believe that by being involved these members of the herd are getting more back than they are giving.

This club does not need a few individuals to give a lot, but rather the many to give a little. If you do not want to be in a leadership position, then find someone who is and offer to help. If you are asked to help remember that the person who is asking has the same demands on their time that you do, but has found the time to give.

So come to the front of the herd where the air is clear. Where you don't have to eat the dust of those ahead of you. Where the vistas are open and there is more to see than the back of the throng that you are following. Be an asker or be an askee, but be involved - the Herd needs you!

Respectfully submitted,

High Dungstress

Contributions: Letters, articles, photographs, race results and original art are welcome and encouraged. However, not all submitted material can be printed, and some will be used with a delay (see *Deadlines* on page 3). Handwritten contributions are accepted but material submitted on disc (Mac and IBM), with accompanying hard copy, is preferred. The editors reserve the right to refuse inclusion of items and to correct misspellings and syntax, delete when necessary and otherwise re-write some materials in order to achieve a reasonable standard of coherency and comprehensibility in the newsletter. You will be consulted if any major surgery needs to be performed on your submission.

Opinions expressed in the *Enquirer* are not necessarily those of the editors or Buffalo Chips Board of Directors.

Send material to:

Buffalo Enquirer Editors

Laura Kulsik and Carol Parise

P. O. Box 19908

Sacramento, CA 95819-0908



Thank you

What a year! Six issues and 172 pages later...and we're finally getting a computer! Until it's hooked up we'll continue to do all the typesetting in our trusty little typewriters!

As the year comes to a close, we want to thank everyone who has helped in the production and distribution of this newsletter, many of your lives. Ha ha! But seriously folks we thank you, our loyal readers - and writers!

First and foremost, we want to thank our elves who stayed past the usual hours. They've done such a fine job on *The Buffalo Enquirer*. Their hard work is behind the scenes and not often recognized, but it is extremely important. If it is not done correctly the little pieces of type will fail to adhere to the page, resulting in embarrassing omissions or alterations. So here's to you, sans rancor. Our endless dedication to this publication is nothing less than we expected from our

...naturally, there are a great many other people without whom this newsletter would not be possible since we would print and get real letters or at least have a few by friends!

...of course, as your editors with backgrounds in journalism going way back to high school, Carol would like to thank Sister Nancy and Laura would like to thank Pamela Pillsbury for believing in us. Their encouragement and guidance were so consistently valuable to us that

Fast forward to the present. We would like to give a big thank you to His Holiness who was so valuable to us that we don't understand why people started saying those things about him. The... seemed so small and un... Others who must be singled out include... Dick... al... all, J... f... olli... ge... t... ike... ne... am... mi... ave... jr... my... te... ndi... at... uce... ich... J... s... ia... Da... sler... el... ich... an... nes... Je... e... ess... C... hi... ike... wn... Ro... ik... St... ich... Ca... len... B... l... emo... ie... ro... Fr... ng... St... ee... Gr... n... Mr... is... is... elli... ey... ow... mes... ess... ul... lta... and... but by no means least, our parents.

The usual difficulty with acknowledgments, of course, is that someone is inevitably left out. We have taken great care to avoid that unfortunate. For once, we are confident that no one has been passed over.

Your editors,
Laura Kuls and Carol Paris



Errata: Angelo Tobar is a Chip and finished first in the heavy-weight division at the Sacramento Half Marathon with a time of 1:22:22. Chip Gary Crowder also did the Sac Half and came in at 1:34:31. And finally, it was Bob Venditti and not his twin brother Scott (who seldom gets off the couch!) who ran (and PR'd) in the S.F. Marathon. Congratulations!

Attention all Chips: If your name does not wind up in our race results when it should then please contact Dick Kinter at 944-1503, our board member in charge of membership. We list only current (read: dues paid) Chips as shown in the roster. If your name should be in there but isn't please contact Dick. We don't want to leave anybody out but with more than 500 members in the herd this may happen. A sure way to guarantee that your name and times get in *The Enquirer* is to provide us with race results. Please send these to the editors within two weeks of the event's running. Thanks!

Newsletter Contribution Deadlines

1st Quarter 92: December 15th
2nd Quarter 92: March 15th

All contributions received by the deadline are not guaranteed to be included in the next issue. Timely stories take precedence over articles of general interest and those received first take precedence over those sent to us later.

Advertising Rates

Full page: \$130
1/2 page: \$70
1/4 page: \$40
Business card: \$25

Classified ads (limited to items for sale, items wanted and personals). Cost is \$5 for first 20 words. Each additional word is 25c.

The deadline for ads is the 15th of the month prior to publication. Submit all ads with payment in full to the editors at the Chips P.O. Box. Make checks payable to the Buffalo Chips Running Club.

LYON

& ASSOCIATES REALTORS



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PVT. (916) 484-5420
BUS. (916) 481-3840



LETTERS

RUNNER'S WORLD.

THE OFFICIAL
NEWSLETTER OF THE
SACTO CLUB
FALL 1992 VOL 24 #4

10-28-92

dear dungheads,

i just wanted to thank the chip who has kept me on your mailing list for the new enquirer. it is, without a doubt, the best, most entertaining club newsletter we receive. it's also the most fun.

haven't run in sacto since cim '84...maybe it was but your newsletter is a great way for me to keep in touch with sacto friends....sally edwards provides occasional updates, but not enough....

great to hear george & chris are going to england. hope to visit them there...maybe at london.

anyway: thanks for keeping me on your freebie list. i'd send you runner's world, but you probably get it....and it's a lot easier to buy in sacto than chip/dung news is here in pennsylvania.

cheers,

bob wischnia



1993 Dues are due by December 31st, 1992

Membership renewals
sent out on
November 13th.



ENQUIRER CLASSIFIEDS

Classifieds are limited to items for sale, items or services wanted, and personals.

Cost? \$5 for the first 20 words. Each additional word is 25c. The deadline for ads is the 15th of the month prior to publication. Submit all ads with payment in full to the editors at the Chip's P.O. Box. Please make checks payable to the Buffalo Chips Running Club.

How to respond to a numbered personal ad? Easy. Just specify the ad number on the outside of the envelope containing the letter to be forwarded.

Personals

ZEALOUS STUDENT (SWM) ON AN ANTI-INTELLECTUAL THING seeks running mate for off-road exploring (detours at La Bou and Java City) and afternoon breakfasts. Job optional. Coffee drinkers only. #12

GOOD BYE (and Good Luck) BLAINE HOLMAN. You will be missed. Have a great time in Florida.

HELP! I'm a SWF (24) being held prisoner in this chinese fortune cookie factory--rescuers please respond. #13

THERESA MCCOURT



CAPITAL WORDPLAY

916-447-1203
P.O. BOX 162896
SACRAMENTO
CA 95816-9073

Vox bos

In Latin, Vox populi means 'Voice of the People' so, of course, Vox bos translates to 'Voice of the Buffalo'. In each *Enquirer* issue we will print responses to questions asked herdsmen by our roaming reporter.



Winter Running

Poem for The Tuesday
Night Buffalo Chips

Now the wind sharpens its
edges on mountain rocks

The spear of cold pierces
tree branches

The gong from a far-off
pagoda hastens

The travelers step as boys
playing flutes

Drive the buffaloes home
across the twilight

*attributed to Ho Chi Minh,
Submitted by Dave Kessler*



Your ideal
workout?

Theresa McCourt For some reason I really like 6 x 1 mile at a very specific pace as training for the marathon.

Susi Thompson 5 miles - at 12 minutes a mile

Kathy Pfeifer 16 x a quarter mile with 1 minute recovery

Jeff Hollister Tuesday night at the club's workout with a beer and pizza chaser

Steve McNutt Fartlek - about 7-8 miles on grass or trails

Grant Irwin 10 - 12 miles with hills

Po Adams Running the horse trails along the river from Jacob Lane to the Guy West Bridge...coyotes, deer, skunks, squirrels, turkey and sometimes g ___ amn bicycles (I hate them - they are not supposed to be there)

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(Satisfaction Guaranteed or Money Back)

QUOTE/UNQUOTE

As President of the club, I will be traveling frequently to spread the club's word. In my absence (Tahiti Annual Running Club Conference, Bora Bora Semi-annual Club Fundraiser, Hawaii club luncheon, Europe BI-annual President's Meeting, etc.) Vice President Norm will be filling in for me. Bye.

The High Dungstress

Heard anything interesting lately? Send it to the editors for inclusion in *Quote/Unquote*.

MORE MYSTERIES AND OTHER IRRITATIONS

Mike McKone

Why do some bicyclists treat runners like gates in a slalom course?

WHY DO YOU STILL SEE WOMEN RUNNING ALONE WITH HEADPHONES ON THE BIKE TRAIL?

Why are race results almost never in the local papers? If I owned a newspaper and knew that several hundred people were interested in reading an item that only takes up three column inches, I would make sure it was printed.

A few months ago I wrote about the mystery of petite women runners' ability to outrun long-legged males. That article prompted some of you to convey other mysteries, wonders, and irritations that surround running. While none of these topics have been the subject of a Donahue show (yet), they do occupy our minds from time to time.

For example, when was the last time you wondered why slow runners like to stand near the starting line? Why are distances so often inaccurate? Why can't race directors think of something else besides t-shirts to give out? What is wrong with beer mugs, wine glasses, running shorts, visors, towels, work out bags or a free 5 X 7 photo of the start?

Why is it that when a race gives out singlets, they are for men only? Unless a woman has jog-bra-friendly breasts, she can't wear it without risking overexposure. Imagine the howl if a race gave out jog bras to everyone, men included.

Why do running shoe companies feel compelled to change their shoes each year? Once we find a pair we like, the company is certain to a) change the color, b) raise the price, and c) add some technical doo-dad with negligible effect.

Why is it that at 2 miles into my morning run I often must find a bathroom—and fast! Twenty minutes earlier, I couldn't go if my life depended on it. And, why is it that the greater my need to use a restroom, the less chance that it will have toilet paper? Why do we need to go to the bathroom 10 times before a race?

With the possible exception of ABC's coverage of the New York Marathon, why can't television stations adequately cover a race? Two years ago the one hour program that followed the CIM contained shots out of sequence and announcers who knew only one or two prominent runners and virtually no


local runners. Last year, the station didn't even try to cover it. Why are race results almost never in the local papers? If I owned a newspaper and knew that several hundred people were interested in reading an item that only takes three column inches, I would make sure it was printed. Fifty people can be seen on TV protesting the demise of Bolivian snail darters while 800 athletes are ignored.

Why do you still see women running alone and with headphones on the bike trail? Why do bicyclists rarely let you know they are bearing down upon you at 25 mph? And why do some bicyclists treat runners like gates in a slalom course? For that matter, why do some runners treat the center stripe on the bike trail as if God told them to run on it?

Those of you who have ingested or inhaled a few bugs along the bike trail may wonder why insects swarm directly over the trail shoulder at a height of five feet. If they must fly over the shoulder, can't they maintain an altitude of at least ten feet? Have you ever wondered how many calories are in a gnat?

Finally, why are entry fees suddenly rising so high? A few years ago, \$15.00 was considered outrageous for a marathon. This year, the Sacramento 1/2 Marathon was \$25.00 and the CIM wants \$30.00 plus TAC membership. Do you think that races will price themselves out of existence? Can you remember when running was an inexpensive sport?

To the outside world, running neither requires nor inspires much thought. You lace up your shoes and go; no problem. However, as we run along familiar trails, our minds wander over topics ranging from low-flying bugs to the politics of light hearted and incapable of being answered. Some questions, however, are much more serious and demand our effort for answers.

 'Tis the season...

Great Gifts to Give and Receive

Laura Kulsik

Don't know what to give your running loved ones this holiday season? Hopefully this list of goodies will help you out. Most of the *stuff* is available at Fleet Feet, REI, Raleys, and Payless to name a few. Some of the books are in stock at Fleet Feet, Tower, Brentano's and through the CAVU Co. I've picked classics and books that have been published within the last three years.

Stuff.

polypropylene or capilene clothing
(wicks away sweat for more comfortable winter running)
a year's supply of cytomax, exceed, ultrafuel...
Tecnu - cleansing treatment for poison oak
(wash with two hours after running trails)
magazine subscriptions
(*Running Times, Runner's World, UltraRunner*)
Chips' club renewal
running shoes (cost: about a penny a mile)
sunglasses
t-shirt quilt
30 lap chronograph (50 lapper for ultrarunners)
stocking stuffers: gloves, socks, skittles, aspirin, vaseline,
water bottles, sunscreen, bandaids, powerbars...

Books.

NON-FICTION

Lore of Running
Tim Noakes
Running: A Celebration of the Sport and
the World's Best Places to Enjoy It
(published by *Fodor'sSports*) *John Schubert*
Galloway's Book on Running
Jeff Galloway
The Competitive Runner's Handbook
Bob Glover
Runner's Repair Manual
Dr. Murray F. Weisenfeld
Running and Being
George Sheehan
Meditations from the Breakdown Lane;
Running Across America
James E. Shapiro
Middle Distances
Jess Jarver
The Super Mental Training Book
Robert K. Stevenson
The Biomechanics of Distance Running
Peter R. Cavanaugh, PhD
The Competitive Edge - Mental
Preparation for Distance Running
Richard Elliott

FICTION

Once a Runner
John Parker
Flanagan's Run
Tom McNab
The Loneliness of the Long Distance
Runner (and other short stories)
Alan Sillitoe

BIOGRAPHIES

Running Tide
Joan Benoit
The Four-Minute Mile
Roger Bannister
Grete Waitz Guide to Running
Waitz and Gloria Averbuch

FOR THE MASTER'S RUNNER

Master's Running and Racing
Bill Rodgers and Priscilla Welch
with *Joe Henderson*
Master's Running Guide
Hal Higdon
A Six-Minute Mile
Jinny Beyer

FOR FUN

Backwards Running
Robert K. Stevenson
Half a Mind: Hashing -
The New Running Sport
Alice Johnson

FOR THE ULTRA RUNNER

The Death Valley 300
Richard Benyo

FOOD, FEET, FAT, ETC...

Power Foods
Liz Applegate, PhD
Eating for Endurance
Ellen Coleman, R.D.
The New Fit or Fat
Coverd Bailey
Happy Feet
Frank Murray
The Injured Runner's
Training Handbook
Bob Glover and
Murray Weisenfeld

A lot of runners say if you're to buy only one book on running this is the one to get.

From Tim Noakes' Lore of Running

The Ten Laws of Running Injuries

1. Running injuries are not an act of God.
2. Each injury progresses through stages from onset to recovery.
3. Each running injury indicates that the athlete has reached the breakdown point.
4. Virtually all running injuries are curable.
5. X-rays and other sophisticated investigations are seldom necessary to diagnose the injury.
6. Treat the cause, not the effect.
7. Rest is seldom the most appropriate treatment.
8. Never accept as a final option the advice of a non-runner.
9. Avoid the knife.
10. There is no definite scientific evidence that running causes osteoarthritis in runners whose knees were normal when they started running.

Most of these books are available through The CAVU Co., a mail order book service for runners. Call them at (503) 382-0864.

Will it be victory No. 8 for Don Hicks, or will Blindman prevail?

It's your on-the-spot blind reporter T.T. who sensed all, observed and noted all accounts of the most happening triathlon, Eppie's Great Race, bringing you the up-to-date and latest news with this eye-witness report.

Before going into the actual description of the exciting events of Eppie's that day, we must set some pre-requisites before you read further. A few of the pre-requisites are: to have a certain mind set, a good imagination, a sense of humor, and be ready for plays on words and innuendoes. Now that we have laid some of the foundation, prepare yourself to enter the world we call "braille vision." It's a cross between the Twilight Zone, Star Trek, where

no man has gone before, and interactive video games where hands-on experience is required.

Picture in your mind that you are sitting in a theater-like atmosphere, and a voice from the distance says "Welcome. You have just entered the braille-vision dimension. You must use imagination, focus on the screen, place your hands on the hand-grips at your side, and let your imagination run wild. For you are about to witness the upcoming live events at Eppie's Great Race."

It's Saturday morning, July 18th, 7:45 a.m.—Goethe Park. A park-like atmosphere with tall, green umbrella-like trees, limbs stretching out as if they were trying to shake hands with the blue sky. The sun was shining off in the distance as if it was smiling upon all the participants of Eppie's Great Race. There was every type of athlete you could imagine: runners, bikers, kayakers, corporate teams, family teams, ironmen, ironwomen and yes, even an adaptive division. Old and young alike all seemed to be there for the same purpose. That was to compete, have fun, and finish the race. There were even signs of a picnic spread out over the grassy area where the athletes had laid their blankets and ice chests for the festive activities after the race finish.

Race time was drawing near. The announcer vocalized that the adaptive division would be starting in three minutes, and they would have a two minute headstart before the iron men and women; the corporate teams and other athletes would leave ten minutes behind the iron athletes. The tension began to heighten. Athletes' faces became expressionless and their nerves were on end. Perspiration broke out on their bodies. Some athletes did last minute stretching and were laughing as if this was no big event, and then there was Don Hicks- the seven time winner. Could he make it number eight, standing shoulder to shoulder with the other iron men and women hopefuls?

One minute and thirty seconds before the firing of the gun and the adaptive division teams blaze their way down the trail in hopes of winning their division at Eppie's Great Race. As all participants wait for the countdown, someone yells "What's this? Is that who I think it is? It looks like Batman and Robin!" Another athlete exclaims, "No, it looks like Batman is holding on to Robin's arm, so he doesn't stumble." Athlete No. 2 exclaims again, "It must be Blindman and his faithful companion who looks a lot like Dennis Scott but his name is Roger. Their clothes! Their capes! Their masks! Their whole attire, so similar to those other caped heroes. I understand that Blindman and Roger are even famous for fighting crime and thwarting evil. Yeah! I even saw an article in the Sacramento Bee on Blindman and Roger and saw them interviewed on KCRA channel 3 sports. They must be here to insure there is no foul play and that all rules are abided, and that participants have fun."

Bang! The gun went off. The adaptive teams were on their way. Bang! The Iron Men and Women were off seemingly seconds later. Bang! Corporate teams, families, mixed teams, Blindman and Roger were off and the race was on. All the athletes began to stride out and loosen up as the pack lengthened its way down the trail. Co-mingling with the corporate teams, families and others, Blindman and Roger smiled, made conversation with the other athletes as they jogged beside them in hopes to make the competitors more comfortable with their presence. They even tried to reassure them that they were out there for fun, but also to make sure there was no misconduct. Approaching Watt Avenue Bridge, bounding off the levee, on the bike trail, and back up to the levee again. Roger with his thick-rimmed telescope-like glasses noticed one athlete elbowing another about a hundred yards up the levee. Roger exclaimed, "B. M.! Do my eyes deceive me? Holy Body Slam! Foul play! We must halt this forbidden behavior!" B. M.'s extrasensory perception picked up on Roger's concern and knew there was a task at hand with which they must deal. They picked up their pace and surrounded the culprit and his victims in seconds. B. M. then stated "Halt this fiendish activity or we will escort you off this course and to the Sacramento County Jail." The culprit had a look of dismay and terror in his face and immediately apologized to B. M. and the victim, confessing he would change his way. Feeling they had accomplished a good deed, B. M. and R. moved down the trail, finishing the running stage of Eppie's and approaching the biking area, cool, calm and collected. Others seemed nervous and searched quite frantically for their bikes and helmets.

"Holy spokes!" said R. "There's the Batmobike" (a two-seater, 21 speeds, brand name Santana, fully loaded with two bottles of Exceed.) R. jumped on front and adjusted his

glasses so that he could fully see the bike trail and the other athletes. B. M. secured his position in back and adjusted his cape so it wouldn't get caught in the spokes. He enjoyed the back seat position, for it would give him a bird's-eye view of any activity in front of him. They were off! R. shifted gears, trying to find one that was comfortable but just enough to keep up with the other athletes. As they rode their Batmobiike down the trail, you swore you could hear the bike's chain making a sound like a song that went "You've got to change your evil ways, baby. Yeah, you got to change your evil ways." It was a lot like that song by Carlos Santana.

The biking stage went by quite briskly—no encounters of wrongdoing and the athletes seemed more at ease and happy with B. M. & R. in the race. Word had already got out about their encounter with the corrupt runner in the first stage of the race. It was like the old telegraph effect—the word had gone out and been up and back on the trail, faster than a nanosecond.

Sunrise Bridge was approaching. Time to get off the Batmobiike and get ready for the kayaking stage and the last part of the Eppie's Great Race. By this time, B. M. & R. had worked their way up into contention with the front runners. R., adjusting his glasses, swore he saw Don Hicks and two of his fellow competitors just about 50 yards in front of them. B. M. could also sense that they were near the front of the pack because he was feeling those good vibrations from the his companion R. Dismounting their Batmobiike, they scampered off to the river to secure their position in the Batcanoe. Grasping their vests and paddles, securing them both in their respective positions, R. glanced over to the area where all competitors' kayaks, canoes and rafts were positioned. He noticed Don Hicks still ahead, placing competitors' paddles in the bushes. This would insure Don's eighth win in Eppie's Great Race. In pure amazement and shock, Roger exclaimed "Holy felonious activity B. M. I don't believe what I just witnessed! A crime of misdeed in trust!"

B. M., always being tuned in to Roger's sensitivity and awareness, got fired up and over-zealous. He exclaimed, "We must prevail, R. We must stop this culprit of wrongdoing and misdeeds. Into the Batcanoe and down the river we must go."

They both paddled frantically. In a blink of an eye, Don Hicks, a nationally ranked kayaker, was already down the river and was at least half a mile ahead of our caped crusaders. R. positioned in the back of the kayak, paddled and steered the boat through the San Juan rapids. B. M. was positioned up in front and was the working bee, paddling and navigating. He pointed out to R. some of the sights of the American River, but also kept them focused to the task at hand. With a mile and a half to go, they didn't seem to be gaining much on the experienced kayaker, Don Hicks. They wove their way through the rapids and through fellow kayakers, not wanting to cause any of them to turn over.

Roger yelled, "B. M. we only have a half mile to go, and we've yet to gain much water on our rival!"

B. M. scratched his Bat antennae and yelled, "This means we must pull all plugs and go for the jugular! I'm going to press my B. M. braille watch and our secret automatically powered paddles will extend from the sides of the Batcanoe and give us more stroking power!"

Bang! Pow! Zip! Presto! Low and behold, there they were. The automatic rowing paddles. And boy did B. M. & R. make waves! In a drop of a hanky B. M. & R were barking at Don Hicks' heels. With less than 25 yards to go it looked like Don Hicks would secure his eighth victory and defeat B. M. & R. Don beached his boat and started making his way to the finish line. B. M. & R. beached their boat, fans yelling

...we must pull out all the plugs and go for the jugular! I'm going to press my B.M. braille watch and our secret automatically powered paddles will extend from the sides of the Batcanoe and give us more steering power.

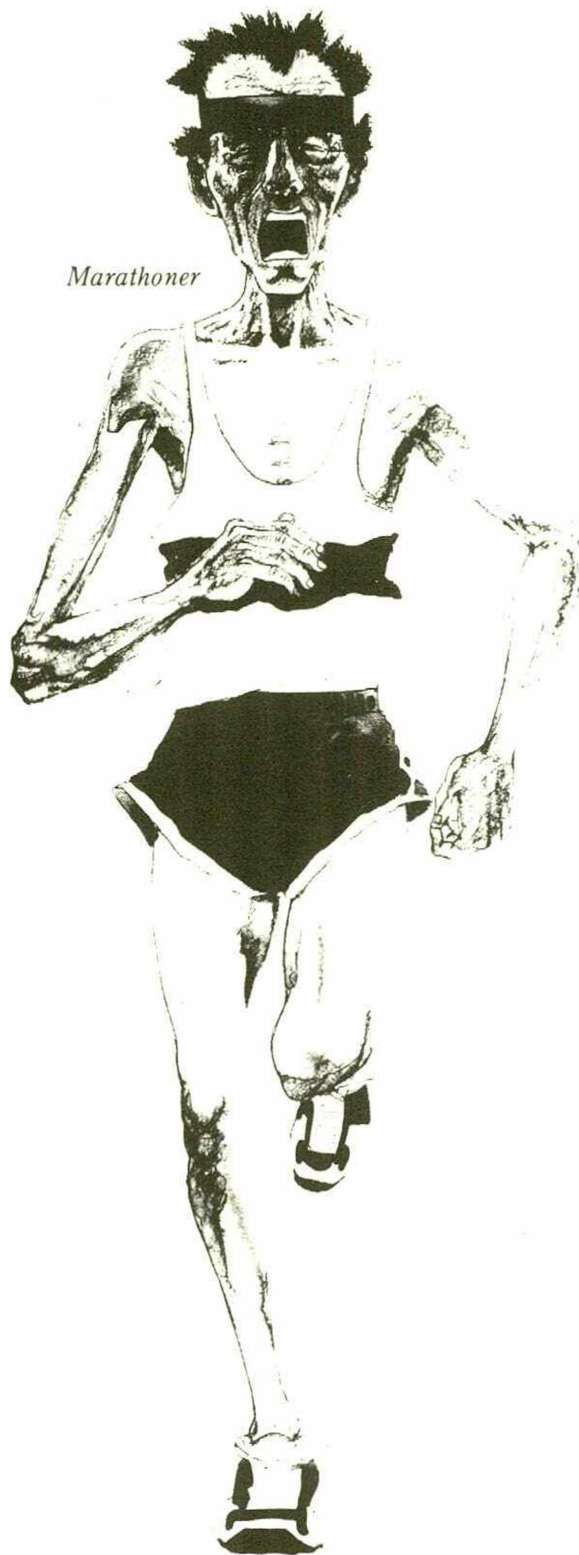
and cheering—not knowing what had happened at the kayaking stage. But they had heard about the victory of B. M. & R. during the running stage. Don Hicks crossed the finish line, claimed his victory, crowd yelling and screaming. B. M. & R. crossed the finish line, dismayed but not defeated. As Don shook hands with Eppie, while Eppie presented him with his victory trophy, B. M. forced his way through to intervene with the presentation of the trophy. Eppie, startled and confused, stated "What is this nonsense? Who are you? An alien?" "I'm Blindman with my fellow companion Roger. We fight crime and foul play. Roger saw Don Hicks hide his fellow competitors' paddles in the bushes to secure his victory."

While B. M. was explaining himself to Eppie, a race director was whispering in Eppie's ear. Eppie replied, "Yes B. M., I know who you are and your findings have been confirmed by the Live-Copter video tape replay."

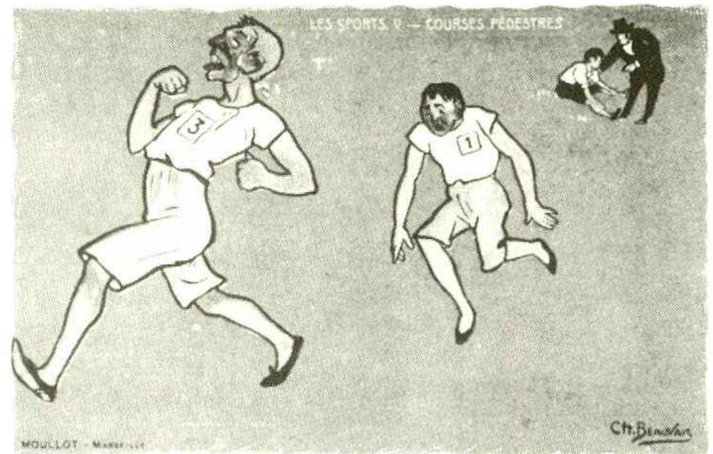
Eppie then took the award out of Hicks' grasp who stood there in complete astonishment and disappointment. The crowd roared, cheered, and clapped for B. M. & R. Eppie then put his hand on B. M.'s shoulder, shook his hand and congratulated him on a job well done. Blindman, modest and composed, replied "It is up to Roger and myself to insure that law and order and fun is upheld."

Now, fellow Chippers, we would like you to wind your imagination down, disengage your thinking processes and lift your hands off the hand grips. Now bring yourself back to a state of mind with which you're comfortable. As the picture fades away, slightly imagine B. M. and Roger running off into the distance with their capes flapping underneath a sky of red, green and blue—almost like a rainbow. B. M. is shouting with an echo "Onward and upward! Let's braille the trail, partner." And the infamous B. M. & R. fade into the distance.

**Your on-the-spot blind reporter,
Tom Tabor**



Marathoner



A drawing that appeared in a French magazine depicting the torture of long-distance running. We've come a long way... and we're getting there faster.



arathons! We love 'em. We hate 'em. The idea of a marathon race was the brainchild of Frenchman Michel Breal, a student of Greek mythology who suggested that a race along the Marathon-Athens route taken by the soldier-messenger in the year 490 BC would make a fitting climax to the revival of the Olympic Games in

Athens in 1896. Twenty one Greeks and four foreign competitors started the inaugural run which was won by Spiridon Louis. Now almost 100 years later were still running marathons. For quite a while (maybe up until a few years ago?) the marathon used to be considered the private territory of cranks and eccentrics. Now it has become the property of the people. CIM, the California International Marathon is right around the corner. Approximately 25% of the herd will be among the more than two thousand entrants running the big local marathon that starts at Folsom Dam and ends near the capital steps. Hopefully, all of us have done our "homework" to prepare ourselves for the big day. Us slower runners are jealous of the faster ones who don't have to be out there in the elements for too long. Speaking of the elements....when was the last time it rained during CIM? Is a storm due? What will you do? Forfeit the run? Be brave and run it anyway? All the answers to these questions will be answered soon. And when it's all over and someone asks you when your next marathon will be tell them you comply to the Frank Shorter Rule of Marathonning: You can't run another until you forget how bad the last one felt!

Laura Kulsik

marathoner: Person who derives great personal satisfaction from an experience very similar to breathing into a plastic bag for about thirty minutes. Why doesn't he just do that? Starve *your* brain of oxygen for a few months and then see if it occurs to you.

from *Humans at Work*, reprinted with permission from Simon and Schuster
10

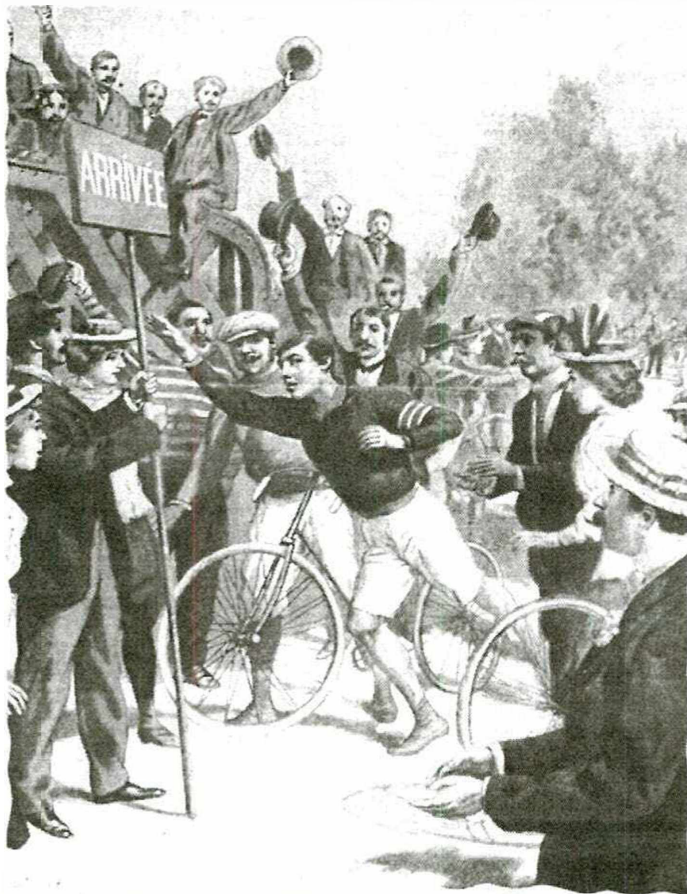
The marathon got its name after a Greek runner Pheidippides delivered a letter from Athens to Marathon. Upon his arrival he delivered the mail, collapsed and died. Had he delivered the letter to Sprint - 100 meters away, Pheidippides would still be alive today.

Comedian Jerry Seinfeld

Chips Streaking at CIM!

Eight Chips are among 29 runners who will be trying to keep their consecutive California International Marathon streak alive. They have run it every year since its inception in 1983. Wish the following Chips good luck in their ninth running of CIM.

John Clark	Mike O'Neil
Elliott Eisenbud	Steven Polansky
Steve Haun	James Raia
Neil Kelly	Denis Zilaff



An artist's impression of Frenchman Michel Theato winning the 1900 Olympic Marathon in Paris.

If you want to run, then run a mile. If you want to experience another life then run a marathon.
Emile Zapotek

The key to the marathon is energy conservation.
Steve Spence, U.S. Olympian

It's a treat - being a long distance runner.
Alan Sillitoe

Most Popular Marathons with the Herd
Ten marathons featuring the most Chip entrants over the last 12 month period:

1. California International (Dec.)	106 Chips
2. Boston (April)	31 Chips
3. San Francisco (August)	19 Chips
4. Napa (February)	12 Chips
5. Las Vegas (January)	11 Chips
6. Honolulu (December)	8 Chips
7. Big Sur (April)	7 Chips
8. Grandma's (June)	7 Chips
9. Los Angeles (March)	6 Chips
10. Long Beach (February)	5 Chips

The 25 Largest U.S. Marathon
in order of # of finishers in 91-92

1. New York City
2. Los Angeles
3. Marine Corps (Washington D.C.)
4. Honolulu
5. Old Style/Chicago
6. Boston
7. Twin Cities
8. Grandma's (Duluth, MN)
9. Long Beach
10. Houston Tenneco
11. Columbus
12. Portland
13. Dallas White Rock
14. Pittsburgh
15. San Diego International
16. Detroit Free Press International
17. Big Sur International
18. St. George (Utah)
19. California International-Sacramento (CIM)
20. Revco-Cleveland
21. Napa Valley
22. San Francisco
23. St. Louis
24. Las Vegas
25. Rocket City (Alabama)

Questions:

1. As far as we know the herd has been represented at all these marathons but five; can you guess which ones?
2. Which Chip has run the most marathons listed above in the last twelve month period?

Answers:

1. Houston, Dallas, Detroit, Cleveland and Rocket City
2. Jeannie Urness ran Honolulu, Grandma's, Big Sur, CIM, San Francisco, Napa and Las Vegas

CHIP SHOTS '92

The Year in Pictures

Shutterbug credits: Linda Apathy, Pam Cantelmi, Cary Craig, Sandi Falat, Mel Golovich, Joanne Hollister, Chuck Honeycutt, Laura Kulsik, Carol Parise, Kathy Ratermann, Cathy Rohm, Leon Rothstein, Dennis Scott and especially Mike Suen.

Call for photos for 1993: Make it a New Year's resolution to take photos at the next race you decide not to run. Play cheerleader to your fellow Chips and take pictures while you're at it. Please submit photos to the editors within one week after the event. Photos will be returned promptly unless you request otherwise. Thanks!

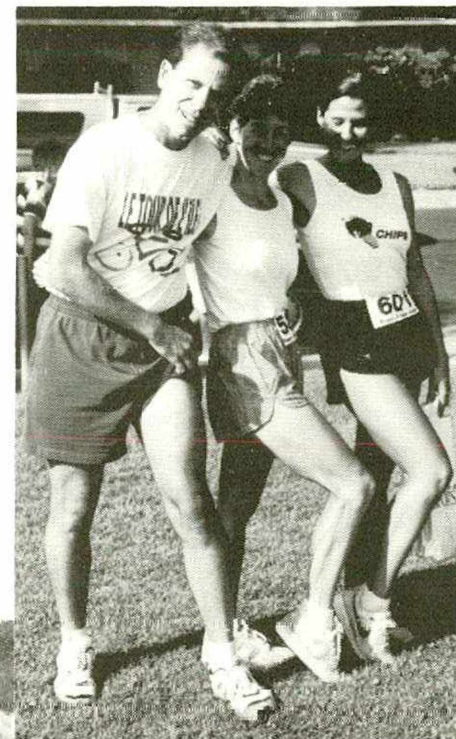


Photo Sale!

All the photos you've seen in the Enquirer over the last year along with more than two hundred others will be on sale at the Chips end-of-the-year party, the Buffalo Bash on December 6th at 5pm. All photos (black and white, color, and regardless of size) will be on sale for 50 cents each. No further discounts. We think that's cheap enough! Besides, all the proceed\$ will go to a local charity of the Enquirer editors' choice.

more photos on page 14



Photo Contest!

Aside from being able to buy all these photos at the Chips end-of-the-year party we will also be having a contest! Whoever can identify the race associated with each of the photos on pages 12 through 14 will win something! Maybe a trip for two to? or most probably some sort of Chip paraphernalia like a mug or something. Stuff definitely worth winning. In case of a tie whoever sends in the most hilarious captions to go along with the photos will win. Caption accompaniment not necessary though but will break a tie. So enter now and enter as often as you like. Send a xerox of the photos along with your guesses to the address below by December 1st.

Enquirer Photo Contest
 P.O. Box 1E90B
 Sacramento, CA 95819-090B

Bribes are now not being accepted in the form of white chocolate macademia nut cookies.



October 11th, 1992
Zoo Zoom
5K & 10K

5K
Overall male
 Ernie Freer 15:08
(new course record)

Chips
 Jim Milton 15:46
(4th overall 1st master)
 Andy Ferguson 15:56
(2nd in age division)
 Chuck Nichols 17:05
(3rd in age division)
 Jim McElroy 17:21
(4th in age division)
 Doug Essary 19:20
 Norm Bennett 21:15

Overall Female
 Carol Stubbs 16:49

Chips
 Theresa
 McCourt 18:49
 Anne Veling 19:58
 Ann Gerhardt 20:27
(3rd in age division)
 Carol Parise 20:41
 Cathy Rohm 21:20
 Patricia Story 22:11
 Cynci Calvin 21:48
(2nd in age division)
 Myra Rhodes 22:36
(1st in age division)
 Eileen Ross 23:43
 Jennifer
 Siragusa 23:45
 Sandi Falat 25:49
 Po Adams 28:41
(2nd in age division)

1287 finishers

10K
Overall Male
 Matt Yeo 32:12

Chips
 Dennis Rinde 32:49
*(2nd overall,
 2nd in age division)*
 Brad Lael 34:43
*(4th overall,
 first in age division)*

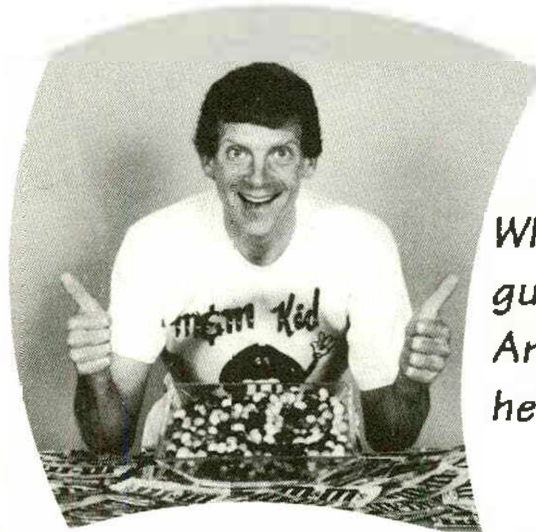
Chris Enfante 35:53
(1st master)
 Tim Frawley 36:38
(2nd master)
 Bruce Aldrich 36:29
 Craig
 McLoughlin 37:46
 Jeff Hollister
 Jerry Lyerly 39:24
(1st in age division)
 Barry Turner 39:37
 Chuck Honeycutt
*(refused to divulge
 his time)*
 Richard Falat 42:11

Overall Female
 P. Melanie
 Murray 39:04

Chips
 Mercedes
 Amaya 41:15
*(3rd overall,
 2nd in age division)*
 Ann Veling 42:33
(4th in age division)
 Beckie Starsky 45:03
(4th in age division)
 Kerry Wright 46:09
(2nd in age division)
 Cary Craig 50:49

409 finishers

Bold type denotes a pr



*Who is this
 guy?
 And why is
 he smiling?*

Meet David Warady, aka "The M & M Kid". David, a data-base programmer who now lives in southern California has been a longtime member of the herd. David's latest claim to fame is as the winner of the Runner's World TransAmerica Footrace. The 2,935.8 mile race which took him 64 days (official running time: 521:35:57 - a little over 21 days) was the first staged footrace across America since the Bunion Derby was run in 1929 from New York to California. No prize money was awarded.

David, 35 and 27 other ultrarunners left Huntington Beach on June 20th. He was one of 13 survivors who made it to the finish in New York City's Central Park. He finished almost six hours ahead of the second place finisher. The race traversed 13 states in stages ranging from 30 to 60 miles. David won only 10 of the races 64 stages but his steadiness and meticulous preparation paid off. Kelly Babiak, David's wife, quit her job to crew him fulltime. She accompanied him in their rented minivan and provided him with liquids every three miles and peanut butter and banana sandwiches about three times a day. The runners braved conditions including 120 degree heat and mountainous climbs at 12,000 feet.

The race organizers, The Ultra Marathon Runners Association and its chief sponsor, Runner's World, hope to make the race an annual event.

Upon David's finish in Central Park his blood pressure was measured at 115 over 60 and his pulse was a steady 72. Wow! That's a Chip. David will be in town over the Thanksgiving holiday weekend and would love to hook up with some of the herd for a bike trail run. Read more about his TransAmerica exploits in the forthcoming issue of Runner's World.



Bob Whitehead
 ID #18296

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Chips on Desert Trips

From Rim To Rim And Back Again



Bandana Dave and Kathy Ratermann

Dave talking here. My feelings went from trepidation to conquering strength one recent Grand Canyon weekend.

Saturday, October 17th: 4800 feet down to the Colorado River. We started at the South Rim and headed down the South Kaibab Trail for about 7 or 8 miles until we came to Phantom Ranch. Phantom Ranch consisted of a store/restaurant and several bungalos that could be reserved for overnight accommodations. After grabbing a snack at Phantom Ranch we started off toward the North Rim. We ran along the Bright Angel Creek and after just a few miles we came to Cottonwood Camp where we were able to refill our water bottles (it was really just another excuse to stop for a few minutes). After leaving Cottonwood Camp we continued running along the Bright Angel Creek. The scenery was breathtaking. After a few more miles we began the climb up to the North Rim. Along the way we passed Roaring Springs. Some of us considered the mile and a half side excursion over to Roaring Springs, but fortunately we didn't consider it for very long. Finally we got through the Redwall Cliffs and at last were at the North Rim. The Grand Canyon North Rim Lodge was very appealing with its cozy little log cabin bungalos. Dinner in the dining room on the North Rim watching the sunset capped a wonderfully inspiring day.

Kathy's turn. Sunday, Oct 18: Cool morning at 8000+ feet elevation heading down to the River at 2350 feet elevation. There we were at the North Rim again, but this time it was the start of our run. Some of us had real strong doubts about whether or not our sore leg muscles could carry us across the canyon once again. Some of us had trouble just getting to the coffee shop. Starting down the trail Sunday morning was not quite as smooth as it was the day before. Although Bandana Dave kept bragging about how great he felt, I felt new agony with every step. I kept hoping my revenge would come later. We descended once again and passed through the Redwall Cliffs (Dave was scared) and Roaring Springs. This time there was no mention of a side trip to Roaring Springs. We eventually came to Cottonwood Camp where we were a group for the last time that day. From Cottonwood Camp Dave, Helen and I managed to take a half mile side trip to Ribbon Falls. It was refreshing and an unexpected pleasure. We pushed on toward Phantom Ranch and finally Dave started to wither (tee hee). Helen was strong as ever (#@*#@\$&()*&). At Phantom Ranch we stopped to refuel and rest. What a mistake for me. I got so stiff I had to walk down the three or four steps from the store backwards. Dave and Helen found it quite amusing. Helen and Dave started to run and somehow I managed a slow trot. We crossed the silver suspension bridge that spanned the Colorado River and climbed a part of the canyon known as Devil's Corkscrew (appropriately named). We continued toward the South Rim via the Bright Angel trail where I lost sight of Helen and Dave. I dragged myself up to Indian Gardens and found Helen and Dave waiting for me. The climb from Indian Gardens to the South Rim was essentially a walk. There were a couple of water stops on the way up, but we didn't dare stop for fear we might not start again. At last, the coveted rim was within reach. Dave and I looked at our watches when we were just 10 steps away and realized we had only 10 seconds to make it to the top before 8 hours elapsed. Dave started to run, and I told him I was going to make it under 8 anyway. Dave wanted to know how and I pushed my stop button and said "just like that."*



Memories? I'm still there (*this is Dave talkin' now*). Monday night watching the football game, I was vaguely aware of the orange and black jerseys on the screen. My mind, still wrapped in the magic of that Grand experience, would not let go. And all the fun of running with friends. Down one side and up the other. Twice, in two consecutive days. Some folks we met from Georgetown called us maniacs, but loved us. You see, there is comfort in numbers.



on the edge of cliffs, running down trails, eating, buying souvenirs, and giving "Dollar-a-mile-Dave" a bad time.

It took a "split-second" to run past rock walls that were two-billion years old, but it took several hours to climb 4800 feet out of the canyon from the Colorado River. Scenic all the way. We have never had a better run, and are looking forward to next year. See you there?

Transplanted ChipCarol Richardson (formerly of Sacramento, now of Phoenix), Kathy Ratermann, Dave Kessler, Helen Hull, and Tom and Tammy White spent two days in the Grand Canyon taking pictures of each other balancing

Summer Bi...Some are not

Carl Cullen

"You will never think of a 5K the same". So reads the flier for the Summer Biathlon series (I know summer is gone, but it is also just around the corner).

Summer Biathlon is a Run and Shoot event, definitely a twist on the regular 5K runs. It is 3 one mile intervals (or however you want to run them) with shooting a .22 rifle in between them. The first time you fire 5 shots laying down. The second time is 5 shots standing. Any hits are good for time, i.e. you get time SUBTRACTED from your course time. Anyone who dreams about taking 2 minutes off your 5K, or if

you want a race with a difference, this is worth looking into and trying.

The next season starts sometime in March, and as best I know there are going to be at least four in the area with one in Sacramento. Others are scheduled for Truckee, Oakland, San Francisco and Santa Rosa. For Chips on Trips, Sun Valley is an option in the late fall.

Think of it as a Tuesday night with a built in frustration-vert, or a different experience, but think about it. Details to come.

Banner Mountain Stampede 7.73 Mile Run

This is a handicapped (age and gender) finish run held on September 27th near Nevada City that attracted 72 runners of all ages.

Listed here are overall and Chip results showing both actual time run and overall handicapped finish.

Overall winner	Age	Overall Time	Handicap	Actual Running Time
1. Everett Riggie	60	68:56	13	55:56
Chips				
4. Craig Newport	46	72:35	21	51:35
10. David Ragsdale	54	74:49	19	55:49
43. Jim Otto	37	91:28	26	65:28
66. Renate Otto	32	1:47:16	21	86:16

at the races at the races

Oct. 4th: 9th Annual Rio Vista Bass Derby 5K
 5K - Overall Male: Don Hicks (16:13), Overall Female: Mary Clark (19:42)...**Chips:** Kevin Cimini (16:57, 2nd in age div.), Michael Otten (21:23, 3rd in age div.), 81 finishers...**10K** - Overall Male: Gary Johnsrud (33:53), Overall Female: Alejandra Aguirre (41:30)... **No Chips in 10K. 45 finishers.**

Humboldt continued from page 1.

The \$5 all you can eat dinner included free parking, homemade sauces, a bake sale, and one-of-a-kind hospitality that big city pasta feeds just can't match.

As expected, several Chips had outstanding performances at the half-marathon distance. Jeannie Urness, fresh off her 2:40.34 performance at the Fox Cities Marathon, won the women's race, PRd and set the course record by 35 seconds in 1:16.51. She felt so good when finished, she almost continued on to run the marathon. Instead, she ran out to pace two long time friends who were running their first half-marathon. Jim Milton, who holds the course record for masters was first Chip, first master and 11th overall in is 1:10:03, only 1 second off his record setting time! Other Chips took home handfuls of hardware. Theresa McCourt was 2nd in her age division in a time of 1:20:21 and Myra Rhodes is rewriting the Chips record books in her age division with her 1:43:53 performance (1st in her division).

The Six Rivers Running Club deserves a lot of credit for putting on such a well-organized event that not only delivered what it promised but offered a pretty nice-looking t-shirt. A few Chips even reported receiving awards in the mail less than a week after the race for placing as far back as 11th in their age division! You can bet next year, the herd will again migrate north for this quality race.



photo courtesy of Linda Hood

Humboldt-Redwoods Half Marathon Results	Overall Male	1. Alan Dehlinger	1:06:53
	Overall Female	47. Superfast Chip	
		Jeannie Urness	1:16:51

(broke course record)

Other Chips

Jim Milton	1:10:03	Mel Golovich	1:38:37
(first Master, 11th overall)		Lee Rhodes	1:39:01
Brad Lael	1:13:17	Patricia Story	1:39:38
Gabe Sandoval	1:16:11	Myra Rhodes	1:43:53
Gil Machado	1:17:56	(1st in age division)	
Mike Wilhelm	1:18:58	Cary Craig	1:48:10
Theresa McCourt	1:20:21	Theresa Stanley	1:48:33
(2nd in age division)		Eileen Ross	1:54:53
Bob Whitehead	1:24:13	Renate Otto	1:54:57
Joe Staats	1:24:20	Linda Apathy	1:58:27
Carl Ellsworth	1:24:59	Denise Walker	2:06:01
Connie Kondo	1:25:27	Jim Porterfield	2:06:01
Laura Kulsik	1:28:39	Sue Van Velkingburgh	2:17:12
Jerry Lyerly	1:29:27	Pat Drake	2:22:11
Ann Gerhardt	1:30:22	(Pat's game plan: get one mile in every 11 minutes and touch a tree at every mile for transference of energy.)	
Monte 'Surge' Schact	1:31:32		
Rick Kushman	1:31:33		
Carol Parise	1:32:37		
Tom Tabor	1:35:45		
Chris Turney	1:35:45		

Bold type denotes a PR
977 finishers

Next TAC Championship Race (all divisions):

CALIFORNIA INTERNATIONAL MARATHON

Sunday, December 6th, 1992 7:05am

Folsom to Sacramento

Run it or be along the course to cheer us on!!

Humboldt-Redwoods Full Marathon Results

Overall Male	
Kirk Burrows	2:27:28
Overall Female	
Colleen Conners Pace	3:17:46

Chips

Jim Drake	3:08:01
(2nd in age division)	
Randy Hill	3:21:21
Denis Zilaff	3:38:01

242 finishers

1992 Jingle Bell Run for Arthritis

On **Saturday, December 5** the Northeastern California Chapter of the National Arthritis Foundation will be hosting a 5K run/walk and 10K run in William Land Park. Community business and military leaders are working throughout the Greater Sacramento community to assure this event is fun-filled and a major success. Raffle prizes, costume prizes (Christmas theme), and special incentive prizes (for raising pledge donations) await all participants. Registrants who raise \$25 through sponsors will receive a free long sleeved Jingle Bell Run TShirt; \$50 for a sweatshirt.

Entry fee is \$10 if postmarked by 11/30, \$15 thereafter and on race day. Many refreshments and food will be available on race day. A children's 1/2 mile will also be available for a two can food donation to help Sacramento's food closets. Race flyers are available at all Fleet Feet locations or by calling 921-5533.

The purpose of this event is to raise funds to help find the cause and cure for over 100 forms of arthritis and to provide services to over 700,000 people (including young adults and children) in the Northeastern California Chapter's service area. The Arthritis Foundation is the source of help and hope for an estimated 37 million Americans who have arthritis. I have volunteered my time to help them stage this event. If anyone else is interested in helping out, please call the Arthritis Foundation at 921-5533.

Jeff Hollister - Race Director

Gibson Ranch Multiday Classic

The third annual Gibson Ranch Multiday Classic will be held from **Friday, January 1, 1993 to Thursday, January 7, 1993**. In addition to these dates, the TAC 24 hour National Championships will be held, starting at 9:00 am on Wednesday, December 30, 1992. There is already an excellent field of runners entered in these events, and the championship event will feature the finest 24 hour runners in the Nation. Volunteers are needed to serve as lap counters, and staff the aid station tent. Each volunteer will receive a high quality t-shirt, and their meals during their shifts. We welcome everyone to come and see some of the finest 24 hour runners this country has to offer. For further information, please call: Norman Klein at (916)638-1161 or Linda Moise at (916)961-0971.

Want to run the London Marathon?

If you have run under 2:45 for males or 3:15 for females in 1991 or 1992 send details of your performance and enclose an SASE with international postage credit (see the Post Office) to:

NutraSweet London Marathon
P.O. Box 262
Richmond, Surrey
TW10 5JB
England

If you would like to run London, but have not met these standards, you will probably need to go through a sports travel agency. Details will be posted as soon as they become available to the *Enquirer's* overseas correspondent.

Helen Klein Sets World Record

Helen and Norman Klein just returned from a tour of the islands along the Great Barrier Reef in Australia. This trip was taken in celebration of their 25th wedding anniversary. While there, Helen participated in the Caboolture Six Day Race. Helen, the only woman in the eight person field, finished third overall. Enroute to this third place finish, she eclipsed two of her world records, breaking the 500 km record by 11 hours and 49 minutes, and extending the six day world record from 340 to 354.9 miles. The race was just one of the many highlights of the trip, along with the many natural treasures that Australia has to offer. The hundreds of miles of unspoiled beaches; the koalas, kangaroos, and kookaburra birds; and the incredible marine life that you see when dining along the Great Barrier Reef, truly makes for a marvelous vacation.

Davos Nachtlauf

Marcia Hillary

Although I race occasionally in Sacramento area races, and I've been a Chip for several years, somehow my name is never included as a Chip finisher. But if I write my own article then I can ensure that my name gets into print. And what better race to report than the Davos Nachtlauf—Davos as in Switzerland and Nachtlauf as in "night run."

The race in which I was registered, the Eliterenned (the "elite" runners' race) began promptly at 2145 hours, or 9:45 pm, on Samstag 18 Juli (Saturday, July 18) right after the Volkerennen ("people's race"), wheelchair races and children's races. Damen (women) ran 2 circuits of the course for something over 5k, while herren (men) ran 3 circuits for something less than 8k. There were no kilometer markers, and I'm not even sure where the finish line was, but I couldn't miss the steep uphill near the Eisstadion (the ice stadium). The city streets were well lit and lined with hundreds, possibly thousands (how about tens of thousands?), of cheering onlookers in town to prepare for the next Saturday's races: the 67 kilometer Alpine Marathon, 39 kilometer Seritglauf and 28 kilometer Landwasserlauf.

Runners were guaranteed race results and sure enough, 5 days later results of the Volksrennen and Eliterenned were delivered to my hotel room. There were 35 female finishers in the Eliterenned, with the winner timed with Swiss accuracy in 17:51.6. I was the second of the 4 American women to finish in a slow but steady 26:52.2. (Can I blame 9 hours of jet lag for my slow pace, or the gastrointestinal problems I've suffered for 7 months?) of the 175 male finishers, six were American. The male winner, from Kenya, was timed in 23:20.3, while the first American finished in 29:59.9. As far as I could tell, I was the only Chip. Certainly I was the only person from California.

If you need a race with accurate mile markers, or even kilometer markers, don't buy you ticket to next year's Nachtlauf. But if you'd like to experience a road race with runners from all around the globe, in an idyllic setting with friendly spectators, you might want to start saving you Swiss francs for next year's race!



LAGUNA CHALLENGE

October 31, 1992

Laguna Challenge 5K and 10K

5K Result

Overall Male
 Brian Abshire 14:2

Overall Female
 Chip Patty Smith 18:39

Other Chips

Brad Lael 16:05 (3rd male overall)	Michael Otten 20:57 (1st in age division)
Michael Toma 17:24	Paul Menerd 22:01
Ron Souza 17:43	Kerry Wright 22:09 (1st in age division)
Brian Woodhouse 18:19	Jerry Lyerly, Jr. 23:35
Brian Newell 19:44 (3rd in 10 yr. age division)	Denis Kondo 24:16

10K Results

Overall Male
 Leonard Sperandeo 32:40

Overall Female
 Chip Jeannie Urness 34:34

Other Chips

Rich Govi 33:45 (1st in 10 yr. age division)	Laura Kulsik 41:27 (3rd female overall)
Theo Rademaker 34:34	Rex Paulsen 42:56
Michael Wilhelm 35:15 (2nd in age division)	Beckie Starsky 43:32 (1st in age division)
Al Michel 35:56	Patricia Story 43:48 (1st in age division)
Steven Yee 38:21	Carl Cullen 45:35
Jerry Lyerly 38:30 (1st in age division)	Tammy White 46:18
Leon Rothstein 39:20	Tom White 46:20
Arnold Utterback 39:33	Michael McKee 46:56
Dan Jenkins 39:47	Katie Glende 48:15
Connie Kondo 39:57 (2nd female overall)	Ray Malaski 50:08
Chuck Honeycutt 40:30	Gretchen Malaski 50:41
Dan Pfeifer 41:00	Jennifer Ekstedt 50:57
	David Evans 55:06

Bold type denotes a pr

30K Results

Overall Male
 Rich McCandless 1:39:26

Overall Female
 25. Maria Trujillo 1:50:42

Chips

Jim Milton 1:43:17 (2nd Master)	Arnold Utterback 2:15:08
Dennis Rinde 1:45:30	John Davis 2:15:40
Dwight Miller 1:51:02 (4th in division)	Gary Crowder 2:16:16
Brad Lael 1:53:27	Rex Paulsen 2:16:40
Jeannie Urness 1:53:51 (2nd female overall)	Beckie Starsky 2:16:41 (4th in division)
Tim Frawley 1:53:57	Carol Parise 2:17:07 (5th in division)
Gabe Sandoval 1:54:57	Rob Spence 2:17:17
Chris Enfante ??	Carl Dahl 2:17:49
Kevin Cimini 1:57:18	Cynci Calvin 2:20:18 (placed in division!)
Craig Newport 1:58:14	Bob Austin 2:19:04
Ron Souza 1:59:41	Dan Jenkins 2:20:10
Randy Shingai 1:59:44	Ben La Sala 2:23:19
Bruce Aldrich 2:00:25	Dennis Scott 2:23:48
Al Michel 2:01:04	Neil Kelly 2:26:56
Theresa McCourt 2:01:54	Nancy Huber 2:27:09
Cindy Scott 2:03:29	Gary Keill 2:28:30
John Seivert 2:04:00	Myra Rhodes 2:29:58 (1st in division)
Connie Kondo 2:06:01	Fred Kaiser 2:30:13
Richard Falat 2:07:20	Dick Cochran 2:31:10
Steve Ainsworth 2:07:25	Linda Hood 2:34:20
Doug Essary 2:07:42	Mel Golovich 2:34:21
Carl Ellsworth 2:08:54 (1st in division)	Kerry Wright 2:34:59
Kim Isham 2:09:27	Bandana Dave 2:37:01
Chuck Honeycutt 2:11:10	Kathy Ratermann 2:37:01
Mercedes Amaya 2:11:12 (2nd in division)	Leon Rothstein 2:39:10
Ron Parrett 2:11:15 (2nd in heavyweight division)	Jill Kirkman 2:39:14
Steve Topper 2:12:11	Bob Venditti 2:39:41
Laura Kulsik 2:12:18	George Billingsley 2:43:12 (2nd in age division)
Dan Pfeiffer 2:12:39	Cary Craig 2:43:13
Heidi Seivert 2:12:40	Blanca Topper
Ann Gerhardt 2:14:55 (4th in division)	Po Adams PW! (2nd in age division)
Anne Veling 2:15:01 (4th in division)	

381 finishers

5K Results

Overall Male
 Ernie Freer 14:57

Overall Female
 Joanne Kelly 19:06

Chips

Jeff Hollister 18:05	Susi Thompson 36:13 (walker)
Norm Bennett 21:35	Barbara Farren 40:23 (3rd in division)
Cathy Rohm 21:39 (1st in division)	Tsuru Ellsworth 48:24
Chiyo Shingu 24:11 (1st in division)	347 finishers
Jennifer Ekstedt 24:31 (2nd in division)	
Shelley Weisman 28:41	

Apologies to anyone we missed!

Bold type denotes a pr

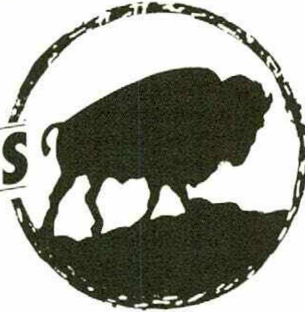
BUFFALO BASH

PARTY! Party! Party!



December 6, 1992: The annual Buffalo Bash will be held at Bleacher's Sports Pub on University Avenue. Dinner sat 5:30, show up at 5. Bring an item of canned food for the food bank - tis the holiday season! We'll have three pasta dishes, salad and bread.

BOARD DROPPINGS



October 14, 1992 6:30
Good Earth

Board Members Present: Sandi Falat, Norm Bennett, Myra Rhodes, Lee Rhodes, Leigh Rutledge, Po Adams, Cathy Rohm, Karen Strand, and Dennis Scott

Guests: Carol Parise, Laura Kulsik, Steve Ashe, Arnold Utterback and Robin Carboni

1. Treasury Report:

Presented by Karen Strand. Buffalo Stampede cleared \$1,412 for the club. All expenses for both the Susan B. Anthony Race and the Stampede have now been submitted.

2. Buffalo Stampede Wrap-up Stampede cleared \$1,412 for the Club. There was a discussion regarding obtaining a race director for the 1993 Stampede. Feed-back was generally favorable, although the 5-K course was apparently mismarked or not marked very clearly. Results should be mailed out by race director.

3. CIM End-of-Year Party: As last year, this will be held at Bleacher's Sports Bar. See further details in this Enquirer! The awards committee this year consists of Gil Machado and James Raia. Motion by Lee Rhodes to budget \$500 for awards. Motion carried.

4. Nominations for Next Year's Board: Returning Board members will be Dennis Scott, Cathy Rohm, Lee Rhodes, and Po Adams. Undecided is Leigh Rutledge. Motion was made to substitute Member-at-Large positions to be Race Director Coordinator and Tuesday Night Work-Out Coordinator. It was felt that by making these two positions actual Board slots, we will avoid the last-minute confusion that so often accompanies the approach of the Susan B and the Stampede and vacating (albeit temporarily) the Tuesday night position. This motion passed and will be added to next year's Board. Motion was also made to make the Enquire editors Board members. Motion passed. Board Members Needed: President, Past President, Vice President, Treasurer, marketing/publication/promotion member? Run/meeting/potluck similar to members only of last January will be held in order to fill the above-referenced positions.

5. Service Points Award Discussion regarding changing award for accumulation of service points. It looks like the shorts are here to stay. Anyone with any suggestions may make same to any of the Board members.

6. Additional Run(s) in '93: It was suggested that we venture into a couples only/children's run sometime in February. Here's where the new race director coordinator will come in.

7. Race directors for '93: As of this printing, yes, we need directors for the Susan B. and for the Stampede.

8. Jed Smith Update: Lee Rhodes advised that he was able to obtain the facilities at Gibson Ranch. Motion was made to compensate Norm Klein for the Jed Smith run since this is a unique, two-day event involving substantially more work than the garden variety one-dayer. Exact amount or percentage of compensation to be determined.

9. FYI — General Anyone wishing to participate as a guest may come to any Board meeting. They're held the first Wednesday of the month (October of this year being the only exception due to everyone leaving town at once, apparently!). The meetings are generally 2 - 2-1/2 hours in length, and all input is welcome.

10. New Business: Motion made and carried to allocate funds to purchase new computer for the Enquire editors. Dennis Scott will be assisting in obtaining same. Expect bigger 'n' better issues! We're in national competition for the Best Darned Newsletter put out by a Running Club. Awards for this achievement will be announced at Portland, Oregon in April of '93!

Mention made by High Dungstress of petition to be signed to allow a continuous, all-year, no-vehicle bike trail continuation which will run from Natomas to Greenhaven. See Sandi for details.

Meeting adjourned at 8:57.

November 4, 1992 6:30
Good Earth

Board Members Present: Sandi Falat, Robin Gilmore, Dick Kinter, Karen Strand, Lee Rhodes, Cathy Rohm, Leigh Rutledge, Po Adams, Jeff Hollister, Dennis Scott.

Guests: Carol Parise, Laura Kulsik, Norm Klein, Bruce Aldrich, James Raia.

1. Treasury Report: Another bottom line: We have \$\$\$! Need to do 1099s on persons winning over \$600.

2. Jed Smith: Norm Klein gave us a brief report. Run scheduled for 2/13 - 2/14. Areas of help needed from club members are: 3 - 4 people on Wednesday before to rake gravel (insures a faster course) - BRING YOUR OWN RAKE!, volunteers to prepare and serve dinners and clean up afterwards. Eight to set up tents...Gibson Ranch Multi-day Classic to be announced in newsletter. P.S. VOLUNTEERS GET T-SHIRT AND FOOD!

3. Buffalo Bash/CIM Banquet: Bring a can of food for Food Closet. Dec. 6th at 5pm at Bleachers on University Avenue. T-shirts and photos to be sold. M'sh p forms available and infamous Chips desserts to be served by the hard...MEMBERS ONLY Brunch and 5K Run and board elections: Saturday, January 16, 1993. Location TBA.

4. Nominations for 1993 Board: New positions need to be developed in terms of job duties/responsibilities.

5. Service points awards: People seeking service points awards are responsible for reporting their points to the club for proper recording. Shorts will be awarded.

6. Nominations Committee: Info to go out in newsletter and separate flyer to go out regarding end-of-the-year award nominations.

7. Structure needed for Tuesday night workouts. Newcomers are not returning - lack of organization could be culprit.

Meeting adjourned.

As promised... Board Description

WE NEED YOU!

Think of joining the 1993 Buffalo Chips Board of Directors! All positions up for grabs. New positions have been created. Get Involved! Board position descriptions and election date as follows.

PRESIDENT

- Reside over monthly Board meetings
- Establish agenda for meetings and direction for Board members -Act as liaison for the club at public functions/ races -Promote club
- Monitor activities of the Board members/ offer advice -Communicate/assist with club's race directors
- Fill in gaps when necessary

PAST PRESIDENT

- Act as advisor to successive president - Attend Board meetings at an advisory capacity - Assist at club events where possible

MEMBERSHIP

- Maintain club roster
- Provide newsletter staff with most current roster -Provide new members with information packet
- Distribute, order and update membership applications at club events
- Run out mailing labels as needed

TREASURER

- Prepares budget
- Makes deposits/disbursements
- Prepares monthly statement at Board Meetings
- Prepares Tax returns
- Files necessary regulatory reports

PUBLICITY/ADVERTISING

- Possess a knowledge of club history
- Sends race results to major running publications

- Distributes race flyers and newsletters to local running stores -Contacts and advertises in local publications (list to be provided)
- Actively publicizes club events to members and the community -Issues press releases of upcoming events
- Maintains the "Chips Hot Line"
- Maintains race registration lists
- Mails out flyers to previous years applicants

SOCIAL DIRECTOR

- Plan, organize and conduct club social events (includes Election Meeting, Buffalo Bash, parties/pot lucks and other gatherings)

EQUIPMENT MANAGER

- Maintains club equipment
- Keeps the keys to the storage facility
- Insures proper supply of equipment prior to club races (Chalk, printer paper, batteries etc.)
- Schedules/coordinates renting of club equipment

SECRETARY

- Takes minutes at all official Club Meetings (Board meetings, Election Meeting)
- Coordinates publication of minutes through newsletter editors

WORKOUT COORDINATOR

- Writes appropriate workouts for all levels/ abilities on Tues/Thurs. nights
- Announces upcoming events, results etc.
- Assists new members in proper group placement

- Enforces safety guidelines
- Distributes club literature to those requesting it

RACE/VOLUNTEER COORDINATOR

- Works closely with race directors to determine the type and number of volunteers needed for events
- Uses membership roster to call members interested in working specific club functions
- Ensures that all events have adequate staff
- Uses any means necessary to solicit volunteers!!

NEWSLETTER EDITOR(S)

- Publishes *The Buffalo Enquirer* on a quarterly basis

MAIL DISTRIBUTOR

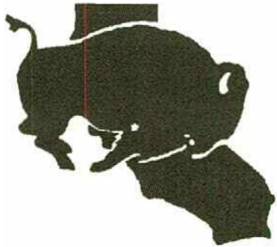
- Visits local post office to collect club mail
- Distributes mail to appropriate Board members

Keep in mind that these job descriptions do not mean that the elected member must perform all of the requirements of the position him/herself. The elected member is responsible for making sure that the job is done and is urged to delegate tasks to eager volunteers. Remember, the Buffalo Chips entails everybody, not just Board members. We all work and have lives outside of the Chips - even Board members, so if you are not planning on running for a Board position, please be available to help those who are

GET ONBOARD THE CHIPS BOARD OF DIRECTORS

BOARD ELECTION:
January 16, 1993
following the 'Members Only'
5K run and brunch. Time and
location to be announced.

VOTE! *Get involved!*
Join the Chips Board



BUFFALO CHIPS RUNNING CLUB

JEDEDIAH SMITH ULTRA CLASSIC

50 Km • 50 Mile • 100 Km

Sacramento, CA • Saturday & Sunday • February 13 & 14, 1993



STARTS AND TIME LIMITS:

100 Km - 6:00 a.m. start, Saturday, February 13, 13-hour time limit.
50 Km - 8:00 a.m. start, Saturday, February 13, 10-hour time limit.
50 Mile - 8:00 a.m. start, Sunday, February 14, 10-hour time limit.

LOCATION:

Gibson Ranch, Sacramento, California.

COURSE:

Beautiful 3.25 mile (flat and fast) loop in a magnificent park setting. 50% pavement and 50% well-groomed dirt roads winding through wooded areas and farmlands. Enjoy running around a lovely lake and seeing the animals and birds that are year-round inhabitants of the ranch. Many picnic areas and recreational facilities for the family. TAC Certified. Excellent Western States Qualifier.



AID:

Three Western States style aid stations with Gatorade per loop. Crews welcome.

ENTRY:

Entry is \$35 (plus a self-addressed, stamped envelope) received by January 24, 1993. \$60 entry to race on Saturday and Sunday. **Late and Race Day Registration \$40.** Must be 18 years old. Please make checks payable to Buffalo Chips and mail to: Norman Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670 - (916) 638-1161.

GRAND PRIX:

50km is a Pacific Assoc./TAC Ultra Grand Prix event - all divisions.

AWARDS:

Distinctive awards in all events and all divisions. Long sleeve T-shirts to all participants.

PRE-RACE PASTA FEED:

Come to Gibson Ranch Park (indoors) on Friday and/or Saturday night, February 12 & 13, at 5:30 p.m. for a pre-race pasta feed and entertainment. Price: \$8.00 adults, \$4.00 kids 12 and under.

LODGING:

Bunk house lodging (dormitory style) and showers, adjacent to start/finish area are available on Friday and Saturday night at Gibson Ranch Park for \$12.00 (our cost) per person per day.

WAIVER: In consideration of your accepting my entry, I intending to be legally bound, hereby for myself, my heirs, and executors, waive and release any and all claims that I may have against the persons and organizations affiliated with the race; TAC, RRCA, the officials, the local jurisdictions, the Buffalo Chips Running Club, and the sponsors while participating in or traveling to or from the Jedediah Smith Ultra Classic on February 12, 13 & 14, 1993. I further attest that I am physically fit and have sufficiently trained for competition in this event.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Sex: M F Birthdate: _____ Age: _____

Event: 50 Km 50 Mile 100 Km 50Km & 50 Mile
 100 Km & 50 Mile

Shirt Size: S M L XL

Divisions: 18-29 30-39 40-49 50-59 60-69 70+

Signature: _____ Date: _____

Race Entry Fee: = _____

Pasta Feed (adults):

Fri, Feb. 12 _____ x \$8.00 = _____

Sat, Feb. 13 _____ x \$8.00 = _____

Pasta Feed (kids):

Fri, Feb. 12 _____ x \$4.00 = _____

Sat, Feb. 13 _____ x \$4.00 = _____

Bunk House Lodging:

Fri, Feb. 12 _____ x \$12.00 = _____

Sat, Feb. 13 _____ x \$12.00 = _____

TOTAL: = _____



The annual Buffalo Bash will be held at Bleacher's Sports Pub on University Avenue. Dinner is at 5:30, show up at 5. We'll have three pasta dishes, salad and bread. **Admission for Chips** (names will be checked at the door against the current roster!): a can of food for the Food Bank - 'tis the holiday season! **Admission for non-members/guests:** \$5 per person.

CIM video, entertainment and dinner will be provided. Bring a dessert to share if you'd like. T-shirts and other Chips paraphernalia will be on sale along with all the photos you've seen in the *Buffalo Enquirer*. *Be prepared to have fun! Running, jogging and any other reasonable facsimile thereof will not be allowed!*

THE BUFFALO ENQUIRER

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



RACE CALENDAR

Date	Race Name	Location	Distance	Contact
November				
21	Turkey Trot	Davis	5K/10K	757-6017
22	Christmas Wish	Folsom	5K/10K	635-6942
29	Run to the Far Side	S.F.	5K/10K	(415) 387-2178
December				
5	Jingle Bell Run	Sacto.	5K/10K	921-5533
6	CA. Intntl'l Marathon**	Sacto.	Marathon	983-4622
12	Christmas Wish Run	Folsom	5K/10K	635-6942
27	Holiday 5K	Davis	5K	442-3338
January				
16	Chips Brunch & Run	Sacto. (tba)	5K & 5K Prediction	

** TAC Championship event Note: All phone numbers listed above without area codes have a 916 area code.

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U.S. Postage
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Sacramento, CA

HAVE YOU PAID YOUR MEMBERSHIP DUES FOR 1993?



THE BUFFALO ENQUIRER

September - October 1992 • Issue 113



August 15, 1992

Susan B. Anthony 5K Run, Walk and Race Walk

Mary Bane-Utterback

The 10th Annual Susan B Anthony women's 5K took place on a bright but cool Saturday morning. The event drew 254 participants including running teams from Stockton and the Bay area. Sponsors included Mercy San Juan Hospital, Mercy American River Hospital and Pacific Fertility Center.

One could not ask for a smoother event. In the words of one new comer to the Susan B. - "This is so well organized!". Participants moved quickly through registration and onto the start line. The course was flat and wound its way through the quiet and shady residential area of River Park. Local residents showed their interest

by coming out doors to watch and sometimes waved as participants passed by. Race volunteers were especially supportive and they were there to the finish. Joanne Hollister even provided free baby sitting!

The award ceremony included several random drawings for prizes including Nordstrom gift certificates. And, I have to admit that George's humor sprinkled here and there made the ceremony even more entertaining. Over all, the Susan B is a completely enjoyable, well organized and fully supported event. It's definitely not a race to miss!

Results and pix on page 20

September 13, 1992

Buffalo Stampede

Robin Carboni

A beautiful, clear and cool Sunday morning greeted several hundred runners for the 16th Annual Buffalo Stampede. I had eagerly awaited this race, a premier Buffalo Chips fall race that starts and finishes at Rio Americano High School and covers much of the Chips old stomping (training) grounds on American River Drive. Indeed, I felt right at home and recalled fond memories. I guess I'm just not tired of local races yet because I've been either out of town, injured, or just generally inactive with the Chips for the last four years.

Amidst some confusion about the actual start area for the race, we all took off with proper direction. *Stampede continued on page 27*



Women on the verge of a 5K: Light rains welcomed almost 250 runners and walkers at the tenth running of the Susan B. Anthony, the Chips' own 5K run, walk and race walk held for women. Thirty two of the herd completed the annual event.



About the Buffalo Chips...

The Chips were founded in 1974 as a running club for all levels of runners, as well as joggers and walkers.

Interval workouts are held every Tuesday at 5:45 pm. We meet behind Steve's Pizza located at 813 Howe Avenue. The suggested arrival time is 5:30 pm. You are asked not to park in Steve's parking lot since we will be gone for about an hour. Please use the lots behind Steve's or near the river levee. During the winter and spring months, *reflective vests are required* and flashlights are recommended.

Track workouts are held every Thursday at 5:45 at the Sac State track. The warm-up begins at 5:30 pm at Bleacher's Sports Pub at 900 University Avenue.

We often meet for hill training or long runs on the bike trail on the weekends. The times and dates of these runs are announced at the Tuesday night workouts. The hill training is done in Rescue, located about 30 minutes east of Sacramento off Highway 50.

Please come join us! For more information please contact the Buffalo Chips hotline.

Buffalo Chips Hotline:
454-5133



State of the Herd

Dear Herd:

As your President/High Dungstress, I can take great satisfaction and pride in announcing that unlike the State or National Governments, the Buffalo Chips are functioning and progressing as planned. The success of the club at this time is due in no small part to the many common dung that have accepted responsibilities. They are doing so well, that I find that I am able to take time off from my heavy duties to visit the big herd up in Yellowstone. I will take your greetings and well wishes to all the buffalo that I meet on my trip and anticipate that I will have a new prospective on what it means to be a High Dungstress.

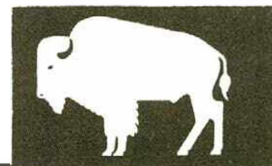
During my absence, there will obviously be a vacuum of power and leadership at the front of the herd. Do not fear; there is no need to stampede, except in an orderly fashion as was done on the 13th. I know that this opportunity will find new people moving to the front. Is it a coincidence that this is happening prior to nominations for the new board, I think not.

As always, I wish to encourage all of you to become more involved. The time commitment is nominal given that many volunteers, and the fun and friendships that result more than compensates.

I know that the herd can taste the changing of the seasons in the air. No longer will we be found clustered under trees hiding from the heat of the sun. Rather, it is the time to prepare ourselves for the winter migration, one can almost see that winter coats (tights, sweats, gloves and **reflective vests**).

As we all get back into our normal routines after summer and its unique distractions, I hope that you will make your participation in the herd's workouts and activities a part of your routine.

Respectfully submitted
Sandi Falat
High Dungstress



Contributions: Letters, articles, photographs, race results and original art are welcome and encouraged. However, not all submitted material can be printed, and some will be used with a delay (see *Deadlines* on page 4). Handwritten contributions are accepted but material submitted on disc (Mac and IBM), with accompanying hard copy, is preferred. The editors reserve the right to refuse inclusion of items and to correct misspellings and syntax, delete when necessary and otherwise re-write some materials in order to achieve a reasonable standard of coherency and comprehensibility in the newsletter. You will be consulted if any major surgery needs to be performed on your submission.

Opinions expressed in the *Enquirer* are not necessarily those of the editors or Buffalo Chips Board of Directors.

Send material to:
Buffalo Enquirer Editors
Laura Kulsik and Carol Parise
P. O. Box 19908
Sacramento, CA 95819-0908

WANTED: Experienced Male and Female Escorts to Assist Enthusiastic Beginners

Now that we have your attention, read on...

Once upon a time a runner named Mr. Newcomer who ran about a 9 minute pace wanted to do some speedwork. Mr. Newcomer heard of the Buffalo Chips through a coworker and after 6 months finally got up the nerve to go to a Tuesday night workout. He timidly walked out to the group where everyone was talking to their friends and discussing the workout. Mr. Newcomer was told to run with Group A and that the workout will be 2 times a mile. Mr. Newcomer, didn't have a clue as to what that meant but he didn't want to look stupid and ask questions. He followed what he believed was the proper group hoping that they would be able to enlighten him as to what this whole workout was all about. However, when listening to the conversation during the warm-up, Mr. Newcomer realized that the rest of the people in the group were also new to the Chips and were unsure of what to do. He completed the workout but the whole time, there was nothing but uncertainty among all group members. He envied all of those people in the large, organized groups who sped past along American River Drive. When Mr. Newcomer arrived back at the start feeling lost and discouraged, he quickly fled to his car and went home feeling like he was foolish to think he could run with this club. He was never seen at another Buffalo Chips workout. The End.

Though this story may be somewhat exaggerated (hopefully) I believe that this scenario is not as uncommon at the Chips workouts as we all may think. Even if you have been coming to workouts regularly for a few years, you may not have noticed that fewer runners come out to the Chips as Group A and B runners and work their way up the ranks. Though we have no statistically significant research to support this hypothesis, I believe that part of the reason that the Chips are not growing into the slower ranks is because the club as a whole is not making an all out effort to welcome novice runners. The opposite is true when a new fast runner happens to join the club. We seem to want to run, eat and hang out with him/her. Is this what the Chips is all about? Probably not. But by not providing an encouraging environment to less experienced runners, we are in danger of being labeled as an elitist club who only caters to fast runners. Is this image we want for the Buffalo Chips? I think most would agree that this is not an image that most of us would be proud of.

Fortunately, preventing the Chips from having the reputation an elitist club not a difficult task. It is as easy as taking the time at every Chips workout to look for new faces in the crowd and say hello! A simple introduction can help an intimidated newcomer feel a little more at ease among a field of strangers. Another suggestion for supporting beginning runners is to provide consistent leadership in Groups A and B every week. Unless there is some guidance in these groups,

those who do not know other runners in their group will not come back. It is not enough just to tell them the what to do, send them on their way and expect them to know how the workout is supposed to be done. By providing a consistent group leader, slower runners will feel like they are just as important to the club as faster runners.

Who will provide this leadership, you ask? You will! All it takes is two people a week to fill these roles. In a club where at least 50 people show up each Tuesday night, it should not be hard to find two people who would be willing to be escorts for Groups A and B for the evening. Perfect candidates for Group A and B coordinators are those who have raced over the weekend and don't want to do speedwork or those who just come out to socialize. Instead running off alone on the bike trail, how about volunteering to escort groups A or B through their workouts. You will still get your run in, and though it may not be at your usual pace, you would be providing a great service to these runners and to the club. Providing neophyte runners with an experienced escort provides a win/win situation for the group and the leader. The newer, not-so-fast runners will have someone who can answer their questions and encourage them through the workout and you, the more experienced leader, have a chance to share your running tales with people who really want to hear all of your running stories about how hard you crashed when you went out too fast, or how slow you ran when you first started. Runners new to the sport are generally anxious to find out everything they can about their new activity and you can be the person to provide them with this information.

I also propose that groups 2, 3, and 4 get involved in helping out with Groups A and B. You fast people have acquired loads of knowledge over the miles and since the majority of the volunteers at club functions are coming from the slower groups (only 1 current board member has ever run in a group higher than 1!), this is your chance to help out. Beginning runners could learn a lot from you sub 6:00, 5:30 and 5:00 minute milers and would one night a year really make be a detriment to your training? If two people would take the initiative every Tuesday night, there would be some consistently established in these groups and neophyte runners would know that the Chips care about them too.

In order to maintain the Buffalo Chips as a running club for everyone, fast and slow alike **we all** need to contribute once in a while. So take the initiative to declare yourself the leader of Group A or B for a workout, welcome all of the Mr. and Ms. Newcomers and make sure they receive the welcome encouragement they deserve from the Chips.

Carol Parise

My other life as a runner

Now everybody knows. It all started when I was spotted running...or "jogging" as the co-worker who caught me in the act put it. The next day at work:

"You're a jogger!"

"Yeah. I run."

How far do you go?"

"I've run a few marathons."

"How far is a marathon?"

"They're always 26.2 miles."

"You run 26 miles. I can't even run around the block. Ha ha ha."

It was not meant to be a secret but my other life as a runner is not something that comes up often at work. How would they know if they didn't see me doing it? I'm not one to wear my running shoes with dresses. And I don't wear race t-shirts to work. I certainly could never be accused of sounding like a running junkie. They'd never know I was a runner unless they'd question me a day after a marathon as to why I was walking around like I just got off a horse!

But since I've been caught doing the running/jogging thing, word got out and my escapades on the roads made it into the department's in-house newsletter: "Laura Kulsik Runs Boston Marathon". Now I'm not just a designer, I'm *The Runner*.

It's been four months since the Boston story hit print but I still hear it in the hallways: "Oh, you're the marathoner. I can't even run around the block. Ha ha ha."

A friend of mine who is a writer and a runner gets irritated with similar greetings at his workplace. He says: "Do you know how stupid they sound? No one comes up to me and says 'Hey, you're a writer. I'm illiterate!' No one says to an intelligent person 'Hey, you're smart. I'm an idiot!' And I bet no one goes up to a beautiful person and says 'Hey, you're beautiful. I'm ugly as sin. Ha ha ha.' But a person will come up to a runner and make fun of the fact that their fit."

I don't get upset when my co-workers mock my running. One guy never tires of imitating me running across the finish line in slo-mo! Another one goes on and on like the SteveMeister guy

from the *Saturday Night Live* skit: "Hey, it's Laura. Laura, the long-distance running princess. The marathoning meister. Run around Laura. Laura the Running Babe...."

Of course, I'd rather they be out running with me but it seems they'd rather hear about my last run, latest case of poison oak or nagging injury, or ask me for advice. *I'm not a doctor but I sometimes play one at work*. They think I'm so healthy. They think I run to stay in shape but I really stay in shape so I can run! I might be healthier than these "unrunners" and running may prevent heart attacks in the future but the shin splints and blisters hurt now!

Besides the mockery and healthy bit there's the excuses...The inevitable: "Whenever I get the urge to exercise I lie down until it passes." Others say, "Oh, I'm not a competitive person." What they really mean is that they cannot stand to lose. Any runner of any ability has lost more races than they have won. Runners I know don't see each other as enemies but as partners in a cooperative game. My co-workers know what pr stands for but they still look disappointed that I never come in first. They don't understand the pleasure of being alone on the trails or the glory of training to beat someone who beat you the week before. They understand Olympic Gold and prize money. But they can never understand why anyone would run a long, slow 16 miles of hills at Rescue just because...

My writer/runner friend can't stand the excuses. He thinks they're all guilty and jealous. Guilty? Maybe. Jealous? Possibly. They tell you about how they're going to start an exercise program. Maybe I'm naive. I talk to them, and answer their questions, encourage them and support their efforts to get back in shape. They always say "get back in shape" as if they were once contenders. Some of them were. I'm sincere in my efforts to get them on the roads but maybe they're just humoring me with their desire to run.

So, when the next person comes up to me and says, "So, you're a runner. I can't even run around the block." I won't be nasty and say "I know." I'll just smile and not try to turn them into a runner. I'll run off down the road and they, like any good American, can drive off to the post office just three blocks away to buy a 29¢ stamp.

Laura Kulsik

THE BUFFALO ENQUIRER

Newsletter Contribution Deadlines
Nov-Dec '92: October 15

Advertising Rates


Full page:	\$130
1/2 page:	\$70
1/4 page:	\$40
Business card:	\$25

NEW: Classified ads (limited to items for sale, items wanted and personals). Cost is \$5 for first 20 words. Each additional word is 25c.

The deadline for ads is the 15th of the month prior to publication. Submit all ads with payment in full to the editors at the Chips P.O. Box. Make checks payable to the Buffalo Chips Running Club.

Errata: We apologize for the following deletions in the last issue (#113)...UltraChip Michael Hernandez *did* complete the Western States 100. His time was 22:17. Tom 'PrimeMate' White (husband of Tammy) is a Chip and he beat the *Enquirer* editors' butts at The Not-So-Taxing 5 Miler in June. Deleted from the TAC Tracks article: Chip Rick Kushman won the D.A.R.E./Fleet Feet Road Mile in 4:38. Fellow Chip Brad Lael came in at 4:41 placing second in his 20 -29 yr. age division.

Bison Bits



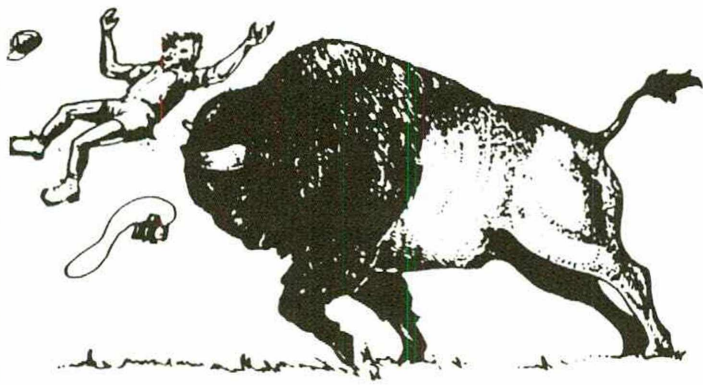
WARNING

TWELVE VISITORS WERE GORED BY BUFFALO LAST SUMMER

RUFFALO CAN WEIGH 2000 POUNDS AND CAN SPRINT AT 30 MPH, THREE TIMES FASTER THAN YOU CAN RUN

THESE ANIMALS MAY APPEAR TAME BUT ARE WILD, UNPREDICTABLE, AND DANGEROUS

DO NOT APPROACH BUFFALO



* (THAT'S A 12:25 10K, FOLKS.)

BUFFALO

BRAND

Pajaro Valley APPLES

PRODUCE OF U.S.A.

NEWTOWN PIPPINS

CONTENTS: 1 BUSHEL NET WT.

Packed by

J. P. BRAYCOVICH CO.

WATSONVILLE - CALIFORNIA - U.S.A.

Buffalo are one of those species where the adults are supremely ugly and the babies are cute

WHAT IS life?" asked Crowfoot, the Blackfoot warrior and orator who lived a century ago. "It is the breath of a buffalo in the winter time."

Buffalo are thrilling. People are drawn to them. You can't walk past the buffalo pen in a zoo without checking in with the inscrutable creatures. They awaken a dim yet powerful public memory, a potent stirring of nobility and guilt. They are a caged myth. An American unicorn. "Cattle don't give you an adrenaline rush when you see them."

PLEASE DON'T FEED THE BISON

The animals in this enclosure have special diets, properly balanced for their nutritional needs. Please do not feed them anything, even leaves.

For your health and safety, please don't touch the Bison. Stay well back from the fence.

Thank you.

In the "best names" category, "Read My Splits," one of several teams from the White Horse, was a clear winner over such competition as the "Buffalo Chip Dips" (Department of the Interior) and the "Al Gore Rhythms" (Senator Al Gore) teams.

Q ● Where can I buy a
● Chips singlet?

A ● Fleet Feet.

QUOTE/UNQUOTE

I hate this part!!!

*a Buffalo Enquirer editor
overheard at the start of
Susan B.*

*My podiatrist said 90%
of the running population
pronate while the other
10% stagnate.*

the other editor

*I would like to start work
on purchasing a
permanent home for the
Chips to meet for
Tuesday night workouts.
With a little creativity, we
could buy a house along
the river in the American
River Drive area. We have
realtors, and professional
people in the club to help
us in this regard. Money
might be a problem so it
would be easier to have a
home donated.*

The High Dungstress

*When the gun goes off I
think "Heck, I'll get their
sooner or later."*

*overheard from a senior
runner at the beginning of
Eppie's Great Race*



BUFFALO CROSSING!

Give your favorite member of the herd the right of way with a 12 x 12 safety yellow metal (not plastic) *Buffalo Xing* sign.

Just like the real thing. Yellow reflective sign with black lettering and art and two holes for hanging. Cost: \$18.10 (including tax) per sign. Call Laura at 983-5272 for more information.

ENQUIRER CLASSIFIEDS

Classifieds are limited to items for sale, items or services wanted, and personals. Cost? \$5 for the first 20 words. Each additional word is 25c. The deadline for ads is the 15th of the month prior to publication. Submit all ads with payment in full to the editors at the Chip's P.O. Box. *Please make checks payable to the Buffalo Chips Running Club.* How to respond to a numbered personal ad? Easy. Just specify the ad number on the outside of the envelope containing the letter to be forwarded.

Wanted

Race results wanted for the upcoming races: Zoo Zoom, Sacramento Half and Full Marathons, Humboldt, Clarksburg, Davis Turkey Trot, Christmas Wish Run and CIM. Send all results and stories to the *Buffalo Enquirer* Editors at the Chip's P.O. box. *Thanks!*

Personals

LOW MILEAGE 1949 CLASSIC.

White, slim, 6" chassis, hazel headlights, curly brown headliner. Has bucket seats designed for average width passengers. Plenty of room for running/trail gear. Ashtrays removed. Driven everywhere but to church on Sundays. No obligation test drive for reasonably attractive women 30 to 45, with at least three wheels on the ground. #10

DWF, 34, EXTREMELY ATTRACTIVE RUNNER,

physically fit, intelligent, currently supporting herself but tired of it. Desires male of any race, creed or national origin, over 70, fabulously wealthy and terminally ill. No need to send photo, just financial statement and medical records to prove wealth and ill health. #11

entertainment '93



books are here!

Help the club...

and SAVE \$\$\$ at the same time. Buy an Entertainment '93 Book for only \$40 and save hundreds of dollars! Books available NOW at Tuesday night workouts. See Lee Rhodes or call him at 482-8528.

Save big bucks on airfare and hotels by purchasing this book. Going to Food Group with the herd on Tuesday and Thursday nights? Save \$\$ on your meals with two for one specials at more than a hundred local eateries. Movie passes. etc.

Give us your favorite recipe...
and we'll put it in the **Chips Cookbook**.

We all know we've got a lot of good runners in the herd but rumor has it there's just as many good cooks! What better way to showcase our gastronomical talents than with a Chip's cookbook?

Chapters to include: carbo-loading delights, vegetarian, ethnic, desserts, main courses...all the usual cookbook standards. Send your favorite recipes (yes, send more than one!) to:

Chef Bison
c/o The Buffalo Enquirer,
P.O. Box 19908,
Sacramento 95819-0908

what's cookin'



BUFFALO CHILI

- 1/2 pound bacon, chopped
- 2 large yellow onions, chopped
- 6 cloves garlic, minced
- 3 pounds buffalo stew meat, coarsely ground or cut into 1/2-inch pieces, depending on preference and quality of the meat
- 1/4 teaspoon freshly ground black pepper or hot-pepper flakes
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried rosemary
- Salt to taste
- 1/4 cup ground red chili or chili powder
- 2 teaspoons ground cumin
- 1 tablespoon flour
- 1 1/2 cups dark beer
- 1 35-ounce can Italian plum tomatoes, drained and chopped
- 1/2 cup plus 2 tablespoons tomato paste

In a large, heavy cast-iron skillet or pot, combine bacon, onion and garlic and cook over low heat until onions are soft and translucent. Drain off any fat. Season buffalo meat with pepper, thyme, rosemary, salt, ground chili and cumin. Dust with flour. Add meat to skillet and cook over high heat, stirring with a large spoon, until lightly browned. Add beer, tomatoes and tomato paste and bring to a boil. Reduce heat, cover and cook for 2 1/2 hours, stirring occasionally. Taste and adjust seasonings. Skim any fat from surface. Serves 6 to 8. From "American Game Cooking" by John Ash and Sid Goldstein (Aris Books, \$25).

Note: Ground red chili, made exclusively from dried chilies, can be found in Latin American markets. Chili powder varies with the manufacturer, but it is always a blend of chili with other spices, such as cumin, coriander, and cloves.

submitted by Norm Bennett

Hi there fellow chippers (aka 'common dung; just a group of crazy guys and women who like to hit the trails and train to win)! Being a fellow chipper and an avid reader of The Buffalo Enquirer, it came to my attention that there had been requests for articles to be submitted to the newsletter for printing. I thought I'd try my luck at writing an article so I grabbed my slate and stylus which had been gathering dust, wiped it clean and put on my thinking cap.

Brailin' the Trails with Tom

Thomas Tabor

Before you go any further I want you to realize that this article is quite different and requires a certain mindset. A few requirements will enable you to get the full impact of the tale. The first requirement is that you have a great imagination; second, a sense of humor; and finally, be prepared for play-on-words and innuendos. Keep in mind that my sense of humor is slanted from the blind person's point of view. Now that we've laid the foundation, prepare yourself to enter the world we call "braille-vision." It's a cross between the Twilight Zone, Star Trek where no man has gone before, and interactive video games where hands-on experience is required.

Picture in your mind that you are sitting in a theatre like atmosphere and a voice from the distance says, "Welcome. You have just entered the braille-vision dimension. You must use imagination, focus on the screen, place your hands on the hand-grips at your side, and let your imagination run wild. For you are about to witness the upcoming live events at the YMCA Y-Not 5K/10K Run.

I'm lying in bed in a deep, heavy sleep. The alarm goes off at 7:00 am. I reach up to turn the alarm off, and realizes it's Saturday morning. I have to get dressed and run in the YMCA 10K at 8:30. As I rise, I hear the wind blowing through the trees and notice the sun glaring through the window. The wind seems very gustful and strong so I think this may effect my performance in the run. I fumble around to feel for my shoes and shorts, headband and blind runner's shirt I'll wear for the race. I move from the bedroom to the living room and prepare myself for the upcoming event. I put my running attire on to solidify my readiness.

I patiently wait in the living room for my running partner, a faithful steed, Chris Turney, who I've rounded up earlier from the stable to run with me. Chris, being part human and part horse, at times gets confused over which part of him is human or thoroughbred. As I wait the wind rustling through the trees, I hear a faint "clip-clop, clip-clop" in the

distance, which tells me my faithful steed has arrived. I surge toward the door with my traveling bag and keys in hand. I rush down the stairs to meet my faithful companion and we venture off into the direction of the YMCA at 3127 Eastern Avenue.

Upon our arrival, Chris points out to me by various head gestures and arm movements that there were some obstacles that were part of the running course that we would like to get a feel for, and check them out. After signing up for the event, we trotted around a portion of the course which contained a flat, grassy area that Chris just wanted to nibble on, and a hard turn right onto a side walk past a tennis court, and through a four foot wide gate with twenty yards to go to the start/finish line. We were able to negotiate the obstacles quite easily, for Chris being a high-bred runner and experienced at cross-country, didn't even break a sweat guiding me through the barriers.

It was five minutes before race time. We were surrounded by Chips and other runners, many of them laughing and talking freely. One of the runners pointed out to another that the time clock seemed to be mounted on a ladder. This time clock was like no other. It appeared to be one they would use at swimming events. Also, at that moment, the race director took his place at the start/finish line and announced to the runners that the race would begin in one minute, and to take places behind the line. He repeated this three times in a row, and it struck me as quite funny that this start was so important. It seemed like an Olympic event. Another runner pointed out that the megaphone the director was using to speak through was really an orange pylon. Then the race director began his countdown: three, two, one. We were off and running.

My faithful steed Chris and I were off like stampeding stallions out onto the streets, around the turn, and down the long narrow road, huffing and puffing. After running for twenty one minutes, Chris was nodding to the left and right as a gesture to feel the presence of the nice, aesthetic houses, freshly groomed yards in a pleasant residential neighborhood. Negotiating a few more turns, passing cars that were parked on the side of the road, we moved freely down the road - my hair blowing in my face and Chris' mane blowing in the wind. Negotiating the yard sale in the obstacle course, and passing the start/finish line for round one, preparing for the second round of the tow lap course to complete the 10K. We had no problem negotiating the turn, the streets and the small inclines as we had already covered it before.

We negotiated the yard sale again, then the obstacle course, and crossed the finish line with great personal elation and satisfaction. But now it was time to get down and party, and scarf up on the free pancakes, sausage, bananas and orange juice that were part of the rewards for running this event.

While gathering up the free food, I noticed there was music playing in the background and the hut where the pancakes and sausage were being dished up looked like a cross between a tough-shed and a concession stand. Seated at a table, we began to relax and enjoy ourselves even more, for the awards ceremony and raffle were about to begin. Fellow chippers placed in both races and won some of the raffle prizes. As the announcer called out names and age-groups for the awards, I noticed he was also the race director I heard at the start of the run. And in the midst of the music and the background, he welcomed us to the YMCA at least four times in a row, which seemed quite peculiar. During the ceremony and raffle drawing, the announcer continued to welcome us to the YMCA. After much analysis and thought process, I came to realize that the race director/announcer was developmentally slow. But there was a gleam in his eye, a smile on his face and an aura of personality that indicated he was also intelligent. I was quite struck by this and my wheels really began to spin. Here was a person, Randy was his name, director of this race and also working at the YMCA; a productive person, and able-bodied with potential. With some basic teaching, tools and hands-on training, there was no telling what he could do. Just a little time and patience, and this man was self-sufficient and could be more independent if someone just took the time to help.

Well, the ceremony was over and all the awards and prizes were given out. I asked Chris to direct me towards Randy. I shook his hand and congratulated him on a great race and effort. Next year, remember if you want to have a really good time, a meal and support a worthy cause, I suggest you do the Y-Not Run at the YMCA.

Now fellow chippers, wind your imagination down, disengage your thinking processes and lift your hands from the hand-grips. Now bring yourself back to the state of mind with which your comfortable. As the picture fades away, imagine Chris and I galloping off into the distance underneath a sky of red, green and blue - almost like a rainbow. I'm shouting with an echo, "Onward and upward! Let's braille the trail, partner!" And that infamous blind runner's shirt fades to black.

A question to ponder: How many of the other race participants witnessed the same observations with their 20-20 vision?

*Your on-the-spot blind reporter,
Thomas Tabor*

P.S. To all you available chipettes who are thrill-seekers, like adventure and fun - Thomas's motto is "You've never been on a good date till you've been on a blind one."...and, as Dusty Springfield once sang, "The only one who could really reach me was the son of a blind man, and the only one who could really teach me was the son of a blind man. Yes it was, yes it was..."

Vox bos

In Latin, Vcx populi means 'Voice of the People' so, of course, Vox bos translates to 'Voice of the Buffalo'. In each *Enquirer* issue we will print responses to questions asked herdsman by our roaming reporter.

What is your
favorite
distance?



Randy Sturgeon The mile. I have always thought of the miler as the thorough bred of running. The 100 meter runner is the swiftest, the marathoner the king of endurance and the miler the one who combines these two skills. The mile is long enough to have drama, but short enough that you can't go for hot dogs, and you can race the next day after running one. My fascination with the mile started when I was a little kid watching the soon to be Olympic champion Peter Snell of New Zealand destroy the best America had to offer in a 1963 meet in Modesto.

Jim Drake When ya aint fast then ya best go long. My favorite distance is anything over a marathon. In an ultra you can eat and drink, walk and talk, enjoy the run. Marathons and under are too serious.

Steve McNutt 5K - just the right combination of speed and endurance. Five miles is good too. 10K gets too long.

Craig Moore Marathon. I lack the short distance speed. They are not as demanding of a time commitment as training for ultras.

Linda Apathy 10K. 5Ks are just too short. I enjoy the longer distance.

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Special Deal Heartrate Monitors— Fleet Feet Madison

For those slow-deciding Chips who now realize that training is much more programmatic with a state of the art heartrate monitor, Fleet Feet Fair Oaks (Madison at Fair Oaks) is still providing a very special price only for Chips and only for cash (\$\$\$) or check purchases—absolutely no credit cards allowed at these prices. The Polar Accurex is available for \$172 including tax and there is another model which goes out-the-door at \$155, but it does not have all the split capacity or battery replacement ease of the Accurex model. My recommendation: get the Accurex; this price is at least \$20 less than any mail-order anywhere! *George Parrott*

Casio 30-Split Workout/ Marathoner Watches Back in Stock

The most satisfactory wristwatch timing unit any of us have tried in the last five years has been very hard to impossible to find for almost six months. In the last couple of months this unit from Casio has re-appeared in several area retail outlets. Prices vary from around \$35 to \$55 for the same unit, sobe wary. There are now several colors of watch cases available in addition to the traditional black....lime green anyone? I've purchased one just to back up my "old reliable" in case. This unit can store up to 30 splits in a sequential workout or across several different timed events. It has all the regular day, date, time, and alarm functions, and it is perfect for getting all the splits in December's California International Marathon! *George Parrott*

Tuesday Night Workouts:

Meet Gil Machado.

Gil will be the interim Tuesday night workout coordinator while George Parrott is in England during the next nine months.

If you have any questions or ideas regarding the workouts feel free to call Gil at 444-0149.



The Latest on TAC Rules and the Heart Rate Monitor Thing

In a word, everything is *cool*.

Two issues ago (*Enquirer* #111 May-June) you may recall an item in the *F.Y.I.* column regarding the use of heart rate monitors worn by athletes during a race and one race director challenging that as being an illegal practice; illegal in that under Rule 66.1 of The Athletic Congress of the USA (TAC) which prohibits "assistance" and "technical devices".

Bob Hersh, Chair of the TAC Rules Committee, says that monitors worn by athletes during a race are *perfectly legal*. There is a reference to a "technical device" in the second sentence of Rule 66.1 but when taken in its proper context it is clear that the only relevant prohibition in the rules against "assistance" is set forth in the first sentence of the same rule which subjects to disqualification "a competitor who shall receive any assistance whatsoever from any person". The second sentence defines assistance as conveying advice, information or help. A runner has never been disqualified for wearing a chronograph on the wrist, although such things are clearly technical devices, because the assistance is not received from any person and nobody conveys anything to an athlete who wears a chronograph. The same is true of heart rate monitors. As long as they are borne by the runner and do not require the involvement of others, they are absolutely legal. Hersh, however did want to make clear that the race directors of any non-championship invitational are entirely within their rights to ban heart rate monitors but would be very much mistaken if they think that the rules of TAC require that they ban them. Organizers of such events can set their own arbitrary entry standards. Recent examples of this include the Millrose Games which bans high jumpers who approach from the left side, and the Boston Marathon which has barred athletes unable to make a certain standard. Likewise, organizers can ban the use of heart rate monitors if they wish.

For your information, The Road Runner Club of America (RRCA) of which the Buffalo Chips is a member club, makes no rules that its clubs must follow.

Thanks to Henley Gible, RRCA Executive Director, I have tons of literature on the subject of heart rate monitors. Please contact me and I'll be glad to share it with you. *Laura Kulsik*



Clarksburg 30K and 5K

Foundation Charity Challenge
November 15, 1992 10am

THE ITINERANT RUNNER

Cyncl Calvin

The Itinerant Runner
Is reporting again.
With more on news on
life
In the not-so-fast lane

I left off at Boston
And hills called "Heart-
break."
Seeing Chips friends
Was worth every ache.

3:20 my time
Thanks to George's
routine.

On Tuesday I hobbled
With Tim in N'Orleans.

I rested on the Gulf
Water's so blue, sand's
so white.
Then saw Jacksonville
family-
The visit a delight.

Now I could walk
Without a limp.
Time to start jogging
Don't call me a wimp!

Down in the keys
I even ran five miles.
The town called Marathon
Just made me smile.

On East Coast beaches
I tried not to be lazy.
Other tourists watched
me run.
And thought I was crazy.

But in Washington D.C.
There're runners every-
where.

I could run all I wanted
And no one would stare.

At Gettysburg it's sad
What Civil War had done.
Then we saw Amish farmers-
They've no time to run.

Cooperstown, New York
And Adirondack Park,
Around lakes they call ponds
My running's a lark.

In Maine I PR'd
But not in a race.
Seven days eating lobster
With a smile on my face.

In the Maritime Provinces
With land and sea so fair.
The running was easy
Great views everywhere.

So I built up my mileage
To thirty-mile weeks.
But I can see I've filled out
Both sets of cheeks.

From Quebec and Ontario
To Niagara we went.
But "Buffalo" is where
My time should be spent!

We didn't stay there
I felt such remorse.
But friends in Toledo
Kept us on course.

Seeing Chicago
Made me think "Marathon."
We watched the Cubs win
Should I have run?

So I did the next day
The rain poured on me.
I was happy it was not
One hundred and three.

On the Chippewa Trail
I ran in Wisconsin.
Tim's in the museum-
Of fresh water fishin'.

We drove North from Duluth
Along Superior's shores.
And saw the great scenery
Of Grandma's course.

I ran on Dakota plains
And in Montana's Big Horn Park.
Where we met Ted and Jane
Instead of Lewis and Clark.

On Forest Service Roads
I ran in the West.
Nevada and Idaho
Were some of the best.

Then Oregon beaches,
And California, too.
Now we're in Auburn-
My miles still too few.

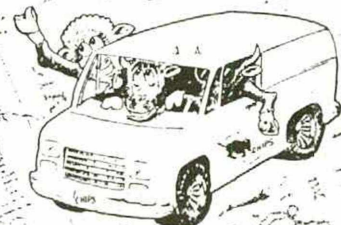
It's time to go run
So I'll end this poem.
Our trip was fantastic,
But it's great to be home.

Tho' a bit out of shape
I'm glad to be back.
So I'll see you on Tuesday
At Rescue, or even the track!

CHIPS

on

TRIPS



Running, Mental Health, and World Peace

George Parrott

Ok, now I've gotten your attention, let's consider what it means to participate in a sport. Why do you run, bike, swim, etc.? Why do you go to organized events in these sports as a participant? Why do you go to these events to.....race or compete?

I propose that first of all many, perhaps most of us, maintain our sports participation on the basis of a general health rationalization. Notice I have specified the term "rationalization," for general fitness participation is widely recognized to be satisfied with perhaps 15 miles per week of running or equivalent participation. How many of us record only 15 miles per week? I suspect the typical club member is more likely at 40 miles per week, and many of us at Tuesday night workouts are averaging 70-100 miles per week. The evidence here suggests that we are into sports for much more than general fitness.

I propose many of us enjoy the social interactions that occur in these endurance-oriented sports, for we enjoy the company of fellow lifestyle participants—we may seem boring to some people, but we are really a fun group to "hang out with!" Certainly there is a strong social reward to athletic participation as we see it in the Buffalo Chips Running Club.

Some club members fully satisfy their personal needs with such interactions and their own enjoyment of fitness training, but most of us do go to races and even seem concerned about how we have performed. What does this tell us?

I would further propose that many of us seek to test new limits of who we are through our athletic participation. There is a sub-discipline of psychology that looks at how personality might be described and modified and sees "self-actualization" and the personal "construction of one's self-construct" as central issues. Athletic competition pushes us to test the raw elements of our being, for when we finish there is only the clock and our own psyche to merge a final reality.

There are some very critical implications to this last line..."the clock and our own psyche..." Running is NOT life-and-death; the greatest runner in the world, running the greatest race imaginable, has not in that endeavor done anything to reduce world hunger or improve world peace. Athletics and athletic participation is about self-development; the only truth in an athletic performance iswhat it means to that athlete - you! I see club members avoiding races because they "aren't ready to compete, or aren't in great shape." but they are missing the social side of the event in order to assuage their self-esteem from a

bruise that should never be experienced—I go to races when I'm not in super shape; I'm running times now that are much slower than my ideals or even personal bests, but this is NOT depressing, for I am better this week than I was last week. My window of relevant comparison is current and recent, not based in fantasy or even in my long past record of personal records. I suggest that going to races as training settings makes a great deal of sense. Pay your entry, put on the number, and run that day the race only you know is best for your training and program. I will be running the S.F. Marathon in a few days; I would have liked to have gotten in much more training than turned out to be possible, so I will pull back my fantasy goal for that day, and I will still try to produce the best test of my self-as-a-runner as I am able. If you are disappointed in my time, I won't let that bother me, for I will have known that it was all I could do that day.

"the clock and our own psyche"...
Running is NOT life-and-death; the greatest runner in the world, running the greatest race imaginable, has not in that endeavor done anything to reduce world hunger or improve world peace. Athletics and athletic participation is about self-development; the only truth in an athletic performance is what it means to the athlete - you!

We are not professionals in sport, and we can be truly thankful that we do have meaningful and important contributions that we make to our society, because athletics is what we do for ourselves. All of us make compromises in our training, for we are not perfect examples of biomechanics, nor do we have total freedom from worldly and personal concerns. I urge each of us to keep our views of sport and our own efforts in perspective. We are trying to expand our sense of selfhood through our athletic participation; let's support one another in that pursuit, be positive and noncritical of participation at all levels of performance and be supportive of the club through our volunteering andeven PA-TAC race participation.

See many of you for the London Marathon and everybody by early June 1993.

How I spent my summer vacation

Camp Fleet Feet

Kathy Ratermann

Ever thought about going to a running camp? They're for kids, right? Wrong! There are running camps that are specifically for kids, running camps that are for adults only and running camps that are for everyone.

I was looking through a copy of *Running Times* which I got free in my Boston Marathon race packet, when I saw a several page listing of running camps. There were several running camps that looked like they would be fun, so all I had to do was pick one.

I finally decided on Camp Fleet Feet. It was inexpensive, not too far away, and it was the only one I could talk any of my friends into going to. Actually, I found out Helen Hull and Steve and Blanca Topper go to Camp Fleet Feet every year, and were planning to go this year.

Camp Fleet Feet started Monday, August 3rd and ended Sunday, August 9th. We camped at General Creek Campground in Sugar Pine Point State Park about 10 miles south of Tahoe City.

A typical day at Camp Fleet Feet started with a 7:00 a.m. run that ranged from 8 to 15 miles. If you wanted to run a shorter run, there always seemed to be a group doing a little less mileage. Of course, if you wanted to skip a run altogether you were free to do that too. Some of the places we ran included General Creek, Homewood, Meeks Bay, Emerald Bay, and Barker Pass. They were all great runs with spectacular views.

At 11:00 a.m. each day there were speakers who talked about racing, ultra running, track running, blood and nutrition, and a number of other topics. One of the speakers who gave a very interesting presentation was Bruce Cannon from Fleet Feet. Bruce brought a variety of running shoes and talked about the different qualities of each shoe.

Around 1:00 or 2:00 each afternoon there was a bicycle ride. The bike ride was extremely popular with the kids. I went on the bike ride a couple of times, but most of the time I opted for a relaxing afternoon at the beach. The rides I did go on were on trails and that made them a lot of fun.

About 5:00 every evening there was a swimming coach available to watch your swimming technique and offer training tips. This was another popular one with the kids. Most of the adults weren't brave enough to get into the cold Lake Tahoe water, including me. The swimming coach also had a kayak that he took out to the water, and he offered some basic kayak training to anyone who wanted to give it a try.

At 7:00 each evening there was usually a speaker. One night there was a potluck, another night there was a slide show where we saw slides that were taken by different people in camp all week.

Camp Fleet Feet ended with a triathlon Sunday morning. Unfortunately, I had to leave Saturday and was not able to participate in the triathlon, but it sounded like it was a lot of fun. The triathlon was set up with three people on a team, with one person running, one swimming, and one cycling. Each team had to guess what their triathlon finish time would be, and of course watches were not allowed. What a great way to get everyone, including the kids involved.

Have I convinced you yet? Come on, give it a try it's a lot of fun.

run around

A big congratulations and a "Wow. We're impressed!" go out to elite dunger **Chris Turney** for his firlace finish at the 22nd Annual World Ride and Tie Championships. Chris and former Chip Jim Howard (club record holder in the marathon) and Willie (thier horse) won the 40-mile event which was held on July 18th in the Santa Cruz mountains...UltraChip **Bill Finkbiener** of Auburn must love the number three. His blisters barely had time to heal after his third place finish at the Western Sates 100 when he headed to the Rockies to run the Leadville 100. More than 300 runners started the race but less than half finished including Chip **Dan Pfeifer** who succumbed to the altitude about 25 miles into the grueling event. Bill's time of 20:30:06 was just a little more than a half hour behind the winner, Rick Spady of Montana.....Finkbiener completed the *Grand Slam* of Ultras by also doing the Wasatch 100 where he placed third (again!) with the time of 23:23 and Angeles Crest 100 where he ked a 21:18 for fifth place. Chip **Jeff Hagen** crested at Angeles also.

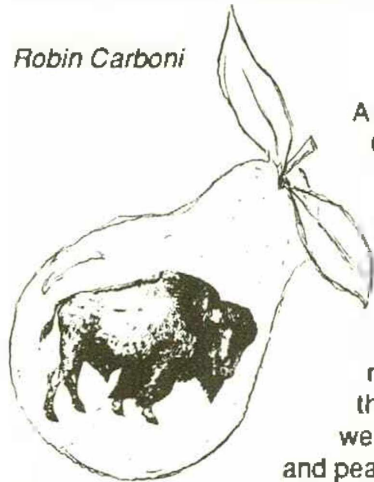
Kathy Ratermann will here on out be referred to as *Kathy Rattleman* after unwittingly striding over the biggest rattlesnake (7 feet long and 10 inches thick) ever seen between Horseshoe and Rattlesnake Bars. Kathy was out blazin' 18 miles worth of trails with **Bandana Dave Kessler, Pam Cantelmi and Laura Kulsik** when she flew over the snake which stopped her fellow Chips dead in their tracks. Once she'd seen what she had so narrowly missed (*thank goodness she has a nice long stride and quiet footing*) she gave out a loud, and well deserved scream. It took the quartet two hours to finish the remaining 6 miles of trails as every branch and twig resembled The Snake.

.....Labor Day was a "Two Shirt Weekend" for the *Dollar a Mile Dave Horning* gang of **Tammy and Tom White, Kathy Rattleman, Helen Hull, Dan Jenkins, Bandana Dave Kessler, and Joe Staats** who ran the *Bolinas Ridge Wild Boar Run* on Saturday followed by the *Out Where the Tule Elk Roam Run* on Sunday With all them hills you must have some maximus hurtin' glutius. Happy Trails.

July 26, 1992

Courtland Delta Pear Fair Runs

Robin Carboni



A small but mighty band of Chips ventured into the Delta one bright and sunny Sunday morning to make their mark at yet another Courtland Delta Pear Fair road race. This is definitely one of my favorite local races. The morning drive there is always so pleasant, weaving along the river levees

and pear trees. The race has a

down-home touch, through the corn fields and country lanes. And the fair to enjoy after the race always has delicious pear goodies, unique handmade craft items, live music, and a parade. What a great way to spend a summer day!

So where was everyone?!?! This race really turned into - not a cherry picker - but a pear picker for many Chips, despite the Herd's modes showing. This being my fourth year to run Pear Fair, I had seen increased competition over the years - many hot cookies, local and not-so-local, hammering it out and nailing some really impressive times. In 1988, my last Pear Fair race, my 67:50 for 10 miles was good enough for second place in the 20-29 division. This year, I ran nearly four minutes slower and still placed. Were the rest of you in Capitola, doing the Wharf to Wharf or vacationing in more exotic places? I missed the rest of y'all, but I still had fun.

The course, changed this year to avoid the here-to-fore rather unsafe start on the levee road, took us over a mile of straw-strewn back road followed by a bumpy mile of dusty read along the cornfields. Since I'm not a trail bunny, I looked forward to finally hitting the pavement by mile 2. Somewhere in all the confusion, I missed seeing the first mile mark brandished on the dusty road along with an orange cone - but no human mile timer! But I calmed down at mile 2, feet on familiar smooth pavement and noting that I was on goal pace of 7 minutes per mile. The new course still featured an out-and-back approach with the 56 mile runners turning around the 2.5 miles. It's always exciting to see the front runners as they turn around and start back to the finish. When I saw Bev Marx turn around at 2.5 miles, I began to wonder where the other fast women were on the course. One gal with a peculiar gait passed me - I couldn't stay with her because of head wind, but I could see her about 200 yards ahead of me at mile 4. Then past the 5 mile turnaround, I heard some runners calling out, "Second woman, second woman!" and Chips and other friends cheered me on.

That really fired me up, but by that point my body was starting to scream to me that the previous week's flu bug had drained me of my deeper reserves. So I hung on, just wanting to maintain my pace. I caught sight of the first woman...and my stubborn legs just wouldn't pick it up. Two very nice men stayed with me from miles 6-8, and encouraged me to keep movin' on. It was back to the bumpy dusty read at mile 8! Then I heard a voice in the distance, "Go, Robin, go!" It was my dear friend Craig, who had

accompanied me to the race, on top of some farming equipment, ready to take my picture! I felt like a superstar at that point, and managed a big smile for my photographer. Then it was over the straw and to the finish! I was definitely ready for pear goodies to replete my totally depleted glycogen stores.

Chip Tammy White cruised in behind me, out for a post-vacation Sunday training run. The men's 5 and 10 mile times were quick and up to the usual impressive Pear Fair standards, and several Chips scored big here. Non-Chips dominated the women's 5 mile, with Bev Marx sailing to an easy victory.

Come to the fair next year and run for your pears!

Results

10 Mile

Overall Male

Chip Rich Hanna 53:08

Overall Female

Heidi Fassler 70:09

Other Chips

Brad Lael 55:35

(2nd overall)

John Kennedy 59:35

(2nd in age division)

Dan Jenkins 68:20

Arnold Utterback 69:50

Kim Isham 70:25

Ron Peck 70:45

(1st in age division)

Robin Carboni 71:38

(2nd female overall,

first in age division)

Tammy White 74:49

Tom Marshall 75:10

(1st in age division)

Ben LaSala 80:01

Peggy Ewing 97:41

(2nd in age division)

Po Adams 1:44:36

(3rd in age division)

5 Mile

Overall Male

Ted Williams 27:50

Overall Female

Bev Marks 31:05

Chips

Kevin Gimini 28:34

(1st in age division)

Chris Enfante 28:24

(1st in age division)

Gordon Hall 38:28

(1st in age division)

Jimmy Low 40:38

(3rd in age division)

Marian McKone 60:40

(1st in age division)

July 26, 1992

Pony Express 50 Mile Run

James Raia

The cliches "running in circles" and "spinning your wheels" have evolved throughout history for good reason. The concept is easy to comprehend. While repeatedly exerting great effort, the subject becomes frustrated by a figurative or literal progress to the same place.

With such knowledge, it should have come as some surprise-but didn't that 53 runners picked one of the hottest days of the year to demonstrate the principle.

And although some succeeded to perform their lemming imitations faster than others, the group participated in the Pony Express 50-Mile Run in Cameron Park on July 26 again successfully proved the collective lack of intelligence among the ultramarathon community.

With the savvy guidance of race director Delmar Fralick and his host of frolicking volunteers, we began to circle the narrow, 1.25-mile trail course around the manmade lake in two waves because of the "large" field.

With the race director's edict that runners could opt for a 50-kilometer split because of the pending heat, 14 of the smarter lemmings opted for a shorter excursion as the temperature increased to a reported 102 degrees.

Mike Hernandez, who with several other Chips, was back into the ultra foolishness less than a month after a strong finish at Western States, claimed the 50K in 4:47. He was followed by fellow Chips Elliott Eisenbud (5:04) and John Clark (5:08).

Joan Scannell, the 50-mile women's winner the previous year, also opted for the 50k and was victorious in the women's division and seventh overall in 6:05.

While the 50Kers recovered in the shade with cool drinks and smirky glances, 33 others progressed with envy and finished the 50-miler.

And with apologies for the abovementioned joking, Chips Rae Clark and Ray Scannell showcased their great talents.

Both running fresh off of impressive WS100 finishes, they ran with Herb Tanzer for much of the first 20 miles before Clark moved into an 11-minute lead over Mark Samuelson after 30 miles.

Clark remained steady, completing his five 10-mile splits in 1:06, 1:10, 1:11, 1:18 and 1:28 en route to victory in 6:13:31. Scannell followed in 6:43:00. Tanzer, after a nice rest, finished third in 6:49:01. Samuelson was fourth in 6:51:34.

Chrissy Duryea, another WS100 finisher quickly returning to the ultra circuit, won the women's division by more than a half hour in 7:11:56. Chipette Mary Scangarella, returning to competition after a dreadfully nagging injury, turned in perhaps the best performance of the day, finishing second among the 12 women 50-milers in 7:47:59. Elaina McMahon was third in 7:49:26.

Five other Chips-Joe Pope (9:28:24), Diane Kato (9:54:54), Wayne Miles (10:05:03), James Raia (10:50:28) and Lucinda Fisher (11:42:25)-completed the 50-miler. Helen Klein (6:26) was also among the five Chips who finished the 50k.

Compliments should go to Delmar, his family and the large contingent of volunteers, most of whom put in 14-hour days and smiled throughout despite having to listen to Norman Klein's silly jokes at the aide station.

The flat, dirt trail course may not be the most exciting course around. But the Pony Express 50-Mile Run fits in well as one of the many quaint and well-organized ultras in Northern California for any would-be lemmings who are considering joining the ultra fraternity next year.

Chips Results

50 Miler

1. Rae Clark	6:13:31	
2. Ray Scannell	6:43:00	
7. Mary Scangarella	7:47:59	(2nd woman)
18. Joe Pope	9:28:24	(1st, 50-60)
20. Diane Kato	9:54:54	(7th woman)
23. Wayne Miles	10:05:03	
27. James Raia	10:50:28	
31. Lucinda Fisher	11:42:25	(11th woman)

50 Kilometers

1. Mike Hernandez	4:47	
2. Elliot Eisenbud	5:04	
3. John Clark	5:08	
7. Joan Scannell	6:05	(1st woman)
10. Helen Klein	6:26	(3rd woman)

July 26, 1992

Wharf to Wharf Wharf 6 Miler



What a way to get away
from the heat of a July summer...

This annual event not only provides a rolling hills course along the ocean but a great batch of goodies at the end. Hind jackets were awarded to the top 100 male and female finishers.

Overall Male

Lameck Aguta 26:42

Overall Female

Albina Galliamova 31:34

Chips

Blaine Holman	33:59
Steve Topper	37:10
Connie Kondo	37:42
Carol Parise	40:50
Cathy Rohm	50:00
Jim Eymann	50:00
Blanca Topper	51:33
Marilyn Smith	52:50

The Sonora Mile

Jim Milton

The herd, not as large as it usually is for a TAC race, headed south to Sonora for the Mother Lode Mile. The course was somewhat different than most of us are used to. The course was out and back with the out being uphill and the back being downhill. This type of course however, provided some exciting racing and an excellent view for spectators. The rather warm weather did not deter some good performances from the Chips.

Chris Cotton was the first to cross the line in the under 20 age group in a time of 4:49 (even though he almost lost his way at the turn around).

In the mens open, the fastest race of the day, there was a first place tie between Joe Carnegie and Mark Mastalir in a terrific time of 4:13. The first place Chip was Rick Kushman who just held on to beat Brad Lael. Both were credited with the same time of 4:38. Andy Ferguson was close on their heels with 4:40.

The womens open was another exciting race with Pat Stone of Pleasant Hill winning in 5:11. Our own Chip, Jeannie Urness, was in the thick of it until the last 200 yards where her lack of speed allowed a couple of runners to pass her. Jeannie was 4th overall in 5:18. Theresa McCourt also had an excellent run finishing 5th in 5:21.

The mens masters saw Chip Jim Milton in control of the race from the turn around, winning in 4:39. Rich Govi ran well, finishing third in 4:45, and Gabriel Sandoval was 8th in 4:51. The Chips took first team in this category.

The womens masters saw Shirley Matson of Moraga win easily in 5:21. The first Chip was Ann Gerhardt in 6:20 while Myra Rhodes was the top Senior with a time of 7:00. The Mens seniors saw Don Spicklemeier take first place with a very fast time of 5:01.

Chip Results:



Youth

1. Chris Cotton: 4:49

Mens Open

17. Rick Kushman 4:38
18. Brad Lael 4:38
20. Andy Ferguson 4:40
29. Gil Machado 4:59

Womens Open

4. Jeannie Urness 5:18
5. Theresa McCourt 5:21
9. Bev Marx 5:31
14. Connie Kondo 5:36
18. Chris Iwahashi 5:41

Mens Masters

1. Jim Milton 4:39
3. Rich Govi 4:45
8. Garbriel Sandoval 4:51
12. Curt Duff 4:58
15. Don Spicklemeier 5:01
32. Mike Wilhelm 5:31
41. Joe Staats 5:31
48. Arnold Utterback 5:36
66. George Parrott 6:34

Womens Masters

11. Ann Gerhardt 6:20
18. Myra Rhodes 7:00



CARDIOVASCULAR TESTING FOR SCIENTIFIC TRAINING MAXIMAL OXYGEN UPTAKE (VO₂ MAX) ANAEROBIC THRESHOLD (AT)

Maximal oxygen uptake (VO₂ max) or aerobic capacity measures your ability to consume, transport, and utilize oxygen and thereby serves as an important indicator of your present aerobic capacity and endurance potential.

Anaerobic threshold (AT) measures your ability to exercise at a given intensity while consuming enough oxygen to control the level of lactic acid in your blood. The ability to exercise at an intensity near your VO₂ max (AT % of VO₂ max) is of equal importance to possessing a high VO₂ max.

Knowing your heart rate at which both your VO₂ max and AT occur allows you to structure your training intensity at the most effective training level to enhance performance.

The Exercise Physiology Laboratory at California State University, Sacramento offers both running (treadmill) and cycling (bicycle

ergometer) graded exercise tests to measure your VO₂ max, AT, and heart rate. Noninvasive data gathering during the test provides computerized results and findings which you may scientifically apply to your training.

The cost for this test is normally \$125.00. If you are an active member (card holder) of the Buffalo Chips Running Club the cost is \$65.00. Other evaluations, i.e., underwater weighing, skinfold, blood chemistry, etc. are also available.

For more information or to make an appointment, call

Dr. Irvin Faria, Director
Human Performance Laboratory
California State University, Sacramento
(916) 278-6902

River of No Return Pentathlon

Steve Ashe

The world's oddities - the duck bill platypus, strange patterns in some English wheat fields, and possibly the River of No Return Pentathlon. This race is fairly unique: a team of two athletes compete the 0.5 mile swim, followed by a 10-mile canoe, then drag the canoe up a hill for .035 miles, run 9.4 miles, then finish off with a 24 mile bike leg. Scoring is based on the cumulative placings of both athletes.

After spending a night of uncertainty on where we were going to sleep because of filled motels (thanks to the Sonoma County Fair), the race started at Healdsburg's Veterans Memorial Beach with an 800 yard swim for the small field of approximately 75 teams.

Now the fun begins. Canoeing is not something you really train for; and river canoeing is something that takes at least a minor level of skill to negotiate things like - current, eddies, obstacles, and the always present, overhanging tree branches. I'm sure for the people, along the river bank the sight of canoes zig-zagging down the river was amusing, with both paddlers constantly commenting on each others effort. After about 5 miles of paddling, we gave our aching shoulder a break and slowed to enjoy the scenery of the Russian River. This section of the river is fairly tranquil and it was tempting to abandon the race and re-enact the adventures of Huck Finn and Big Jim as they floated down the Mississippi. But this is a race, man, so snap out of it.

THERESA MCCOURT



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Off the canoe, dragging the canoe up the hill (they were rentals) and on to run. The 9.4 mile run was through absolutely beautiful countryside with vineyards and golden hills. At this point, the field was very spread out, and you were running by yourself. Water stops along the way were very appreciative as the temperature was in the eighties.

After the run, we jumped on the bikes and continued through the quaint Sonoma countryside. The bike loop went

up one side of the Healdsburg Valley and then back down the other side. If it weren't for the allowable drafting, this portion would have been difficult. But soon the finish banner was in front of my weary soul and this ordeal was over.

If you're into the multi-sport thing, and looking for a unique, one-of-a-kind race, consider the River of No Return Pentathlon. This race makes for a great getaway, but remember, wine tasting *after* the race.

Vineman Triathlon

Bruce Aldrich

If you're looking for a good workout, the "Ironman distance" (2.4 mile swim, 112 mile bike, 26.2 mile run) Vineman Triathlon might just be your race. This years Vineman began at 7:00 am in Guerneville (Sonoma County). The swim is a double out-and-back course in the very polluted Russian River. The bike portion is a double loop course which winds through various Sonoma wine valleys, ending near the Santa Rosa Airport. The marathon course is laid out on rolling country roads. As usual the morning fog had long since lifted by run time, allowing the sun and resulting 90 degree plus heat to add to the difficulty of the marathon. This year's winner was a professional triathlete, finishing in 9 hours and 2 minutes. But don't worry, the course stays open until midnight I believe (17 hours), plenty of time for almost everyone to finish.

For the less ambitious, the Vineman also hosts a Half Vineman race, which is run concurrently with the Vineman. Nearly three times as many competitors opted for this shorter race. *(more Vineman on page 19.)*

Chips

Full Vineman

Mark Engemann 12:33:29

Half Vineman

Bruce Aldrich 4:38:34

Karen Durham 7:43:24

Pat Durham 7:07:10

Cathy Rohm 6:36:14

Buffalo Bash

THE HERD'S ANNUAL PARTY WILL
BE SUNDAY, DECEMBER 6TH
FOLLOWING THE CALIFORNIA
INTERNATIONAL MARATHON.
TIME AND LOCATION TO BE
ANNOUNCED SHORTLY.

Stay tuned!



Tri Corner

John O'Farrell



TRI-ING it

Tri-something-different, tri-something-harder, tri-something more, tri-something-else; just TRI!

Some of you older bison may remember me. I brought you the "Perils of C.T." (aka cross-training) or "How I Tore My Hamstring, Bruised My Ribs and Made Mince-meat Out of My Face." (January 1989), my tongue-in-cheek account about how forced cross-training caused me undue physical harm and calamity, but nonetheless, forever changed my life. Well, I'm back to bring you "The Pleasures of T.T." (aka triathlon training) or "How I Went From a Tri-4-Fun to the Ironman World Championship on Kona In Two Short Years."

The purpose of this short article is to try to convince some of you "one-dimensional" that there is life in addition to running. It is a life that is physically, emotionally and intellectually as gratifying and challenging as pounding the pavement. Believe me, you CAN satisfy your compulsive-obsessive-addictive need for cardio-vascular fitness, a ectomorphic, if not slightly muscular body type and emotional/cerebral stimulation. You can still do your Tuesday

night workouts and long runs on Sunday. If you throw in a few bike rides and a couple of swims you are just about ready to attempt your first tri.

You'll need a "few" pieces of additional equipment—a tri-bike, preferably light weight frame such as carbon fiber, titanium or aluminum equipped with aero bars, clipless pedals, grip shifts, and Zipp or HED wheels, Giro helmet and Look, Time or Sidi racing shoes; a wet suit (Quintana Roo, Aleda), goggles and swim cap; and finally, a Huge Tri bag to carry all of your clothing, equipment and nutritional needs (Power bars, Stim-o-stam, CAPS, Carboburst). Oops, I almost forgot, you'll need a Yakima rack to haul your bike on.

Now to training. If you want to dabble in triathlons (Tim Frawley has done this and he finds it somewhat satisfying) you can get by with minimal effort—3000 to 5000 yards per week swimming which includes interval work, steady state and long swims; 50 to 75 miles per week riding including intervals, hills, a time trial and a long ride and finally, running. Yes the "r" word. You're going to be disappointed however, you can't run 70 to 80 miles per week and still do

all of the things you have to do—such as work, attend to family and friends, eat and sleep and swim and bike. You will have to cut back on running—25 to 30 miles is more than enough given your running background.

How much time does this take each week: Two hours swimming, three to four hours riding and two to three hours running for a grand total of eight to nine hours per week. This training regime should prepare you, after about 10 to 12 weeks for short course or maybe international distance triathlons. Short courses are generally under a half mile swim, under 20 mile bike ride and three mile run; international courses are up to 1.5k swim, 40k bike ride and 10k run.

If you want to do more than just dabble in triathlons and be a semi-competitive tri-geek, you are going to have to train or "tri" a little harder: 7000 to 8000 yards per week swimming, 100 to 120 miles per week riding and 30 to 40 miles per week running. This will put you in terrific shape for anything from the international distance to the one-half ironman (1.2 mile swim, 56 mile bike, 13.2 mile run). The time commitment ranges from 10 to 12 hours of actual training time per week.

Now, if you want to become a full blown and crazed ironperson and eventually become a member of "Team Dude," you're really going to have to train—10,000-15,000 yards per week swimming, 175 to 250 miles per week riding and 40 plus miles running. This can take upwards of twenty plus hours actual training time. It's at this point your life takes on true meaning. You are not sure where you work, or if in fact you have a job; you kiss the wrong woman or man good night because you have forgotten where you live; and you pick up the wrong children at karate because your kids don't take karate. But you are just about ready to tackle the Ironman. Throw in a couple of Saturday "bricks" (ride 60-80 hard then a serious 6-10 mile run) and a mega week of training including the ultimate brick (100 mile ride, 12 mile run) and you should be ready for the 2.4 mile swim, 112 mile bike ride and 26.2 mile run. This assumes you've conquered the fear of open water swimming by spending the obligatory time in Lake Natoma and spinning up Marshall grade in you 53-19.

Where can you meet people that do stuff like this—well first look among your own herd, there are a couple of closet triathletes. To preserve their anonymity I'll just use the initials T.F., B.A. One of them has been known to "shave down" for a race and the other recently purchased a Litespeed Tachyon.

Now if they won't own up to the fact that they are closet tri-guys and have been seen at some of the local triathlons, there are a few other places where you can meet multi-dimensionals—Fleetfeet Fair Oaks, City Bikeworks and Gold River Racket Club. Fleetfeet and City Bike carry all the tri gear you'll ever need. Employees at both stores are hard core, competitive triathletes. Gold River seems to be establishing itself as the tri-mecca for the Sacramento area. many of the repeat age-group winners and placers hail from Gold River. And, many of the young hammerheads train at Gold River. In 1990 10 triathletes from Gold River went to the Kona Coast for the Ironman World Championship. Finally, Brad Kearns, Triathlete of the Year, has been seen in the Gold River pool.

If you are interested in tri-ing something, tri-ing something more challenging or tri-ing something more fun, contact the author. The tri-world opens up many, many new challenges—a number of

quality local races, some very challenging races of short to long distance within a couple of hours and some "interesting" ultra distance bike rides and swims. Five passes of the "Death ride" is an excellent training day; the Donner Lake Swim (2.7 miles if you swim straight) is a wonderful way to start the morning. The tri world is truly interesting, here are six reasons why:

1. Where else (other than Finocchios) can you see 30, 40 and 50 year old men with shaved legs?
2. Where else can you see beautiful bodies, male and female, in the briefest swimming apparel and not feel like a voyeur?
3. Where else can you go as fast on a bike as you can in a car—tri the descent down old highway 40 (bike portion of the Donner Lake Tri)? Speeds over 50 mph are attainable but not recommended.
4. You're getting tired of your old heros and role models—how about an entirely new group: Mark Allen, Dave Scott, Erin Baker, Paula Newby-Fraser, Brad Kearns).
5. You've wanted to visit exotic places but could never justify the time or expense—tri the world: Virgin Islands, New Zeland, Canada, Germany, Japan, South America and Hawaii.
6. Finally, are those old running prs getting stale? How about a sub 3:00 marathon at the end of an Ironman. (Mark Allen 2:40).

For more information on training and racing, contact John O'Farrell at 967-7893.

'92 Vineman & Half-Vineman Triathlon

Karen Durham

The Vineman Triathlon is a qualifier for the Hawaii Ironman Triathlon, with distances of 2.4m (swim), 56m (bike) and marathon (run), with alternative 1/2 distances for us not-so-toughs.

The course is easy by serious tri standards, with smooth water, a mostly easy rolling bike course and only one small hill on the run. Those who had not trained seriously found the few little hills intimidating, but the full triathletes who passed on the way to the top were undismayed.

The aid stations were well stocked for the 1/2, but as hunger struck at mile 9 of the run, I couldn't imagine doing the full race without bringing a lot of extra goodies. Cudos to the volunteers manning the aid stations. Even late in the day they were full of zeal and eager to offer positive reinforcement.

This enthusiasm did not extend to the Tri-Fed officials, who offered inadequate answers to questions regarding rules. Shame on them for having the power to DQ while not being in full command of the regs (esp. the three who were unable even to answer a question!).

It's unfortunate that the entire schedule of events takes place over four days, too long for most people holding a full time job, not to mention expensive, and no free food to speak of (conspicuously lacking in the finishing area—Eppies it ain't).

Logistics and officials aside, the Vineman is an enjoyable race, with many photo ops, friendly people and kind weather. Congrats for a third-place finish by relay team Tri-To-Come-3, whose cyclist was non other than our own Cathy Rohm. Way to go, Stud-Muffin!

Heterodoxies of Running

Karen Durham

Some of us can't have a monogamous relationship with a homoathletic sport.

We know what real runners say about us; "they have short attention spans," "they're fickle!"

They accuse us of disloyalty, of indulgence, of "playing" at sports...

...so, we don't get into this mainlining stuff. Purity is not our thing.

Those who patronize us call it "Cross-training."

We call it fun.

Susan B Anthony Results


248 finishers

Place	Name	Age	City	Time
1.	Sabrina Han	24	Belmont	16:52
2.	Jeannie Urness (top Chip finisher)	30	Mather AFB	17:18
3.	Rae Stiger	25	Moraga	17:22
4.	Jeanne Sapeza	25	SF	17:45
5.	Eileen B. Erler	31	SF	17:46

Chips

Place	Name	Age	City	Time
11.	Francie Benson	30	Sacto	18:29
12.	Chris Iwahashi	36	Sacto	18:39
13.	Connie Kondo	34	Folsom	18:41
25.	Robin Carboni	27	Sacto	19:55
27.	Mercedes Amaya	35	Sacto	20:10
28.	Carol Parise	26	Sacto	20:18
30.	Ann Veling	37	Auburn	20:21
33.	Laura Kulsik	32	Folsom	20:33
45.	Marsha Bendix	36	Ctrs Hts	21:53
62.	Eileen Ross	37	Sacto	23:41
66.	Gretchen Gaither	30	Sacto	24:04
68.	Karen Strand	36	Sacto	24:09
71.	Leona Nenow	37	Carmichael	24:16
78.	Michelle Bunds	33	Sacto	24:40
87.	Blanca Topper	37	Sacto	25:07
91.	Leigh Rutledge	36	Sacto	25:20
99.	Joyce Pryor	45	Gold River	25:55
132.	Po Adams	68	Carmichael	28:15
135.	Angie Cantelmi	13	Gold River	28:24
146.	Susan Hiuga	36	Sacto	28:54
148.	Pat Drake		Sacto	29:06
199.	Suzi Thompson	40	Carmichael	35:36
201.	Mary B. Utterback	47	Sacto	36:09
202.	Ardie Winters	58	Sacto	36:40
210.	Barbara Farren	59	Sacto	41:09
211.	Dayna Hambrick	10	Sacto	41:25
228.	Kerry Wright	40	Sacto	48:33
231.	Jeanne Natysin	44	Sacto	49:14
235.	Alison Beland	16	Orangevale	50:00
236.	Amy Beland	18	Orangevale	50:01
244.	Melanie Hambrick	13	Sacto	56:03

S the right to vote and the right to
U suffrage march
S freed
A right
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B. women's protest
 the right to vote to run



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Angie Cantelmi



Francie Benson

Susan B. photos courtesy of
 Mike Suen and Chuck Honeycutt.



CHIPS



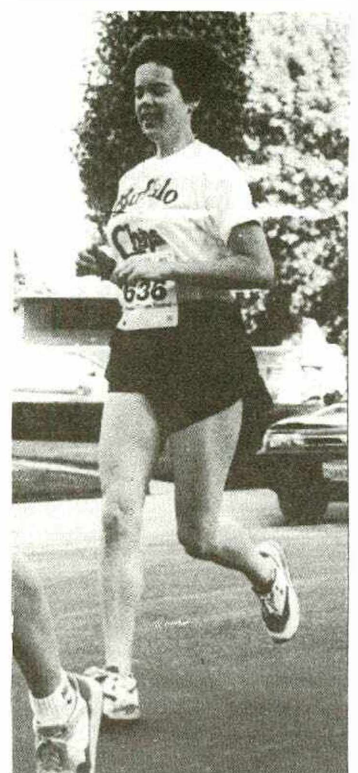
Robin Carboni



Blanca Topper



Ardie Winters



Eileen Ross

QUESTION How do I get my picture in the Enquirer?

ANSWER Wear your Chips' singlet at your next race.

Chips on Overseas Trips

The Chips hosted a farewell potluck brunch for George Parrott and Chris Iwahashi on August 15 following Susan B. Anthony. They will be in Stockport, England until early June where George is on a Fullbright teaching exchange. The club provided them with a cake, two umbrellas, bison sign and other goodies.



August 27 - 28th, 1992

Hood to Coast Relays

Monty Schact

For the second straight year I agreed to participate in the Hood to Coast Relay with a group of running friends from the Napa Valley.

The course starts at Mt. Hood's Timberline Lodge at about 6,000 feet. The race boasted over 9,000 runners on 750 teams this year.

The relay is divided into 36 segments and each team is composed of 12 runners and all runners are required to carry flashlights and wear a reflective vest in the dark. In fact the relay race is so popular, a shorter distance of 120 miles was started from Portland to the coastal team of Seaside.

Our team, "The Napa Valley 24 bun salute" consisted of 10 men and 2 women. After finishing in 51st place and 10th sub-master team last year, we were seeded in the last time slot with the top seeds including Oregon resident and San Francisco and Los Angeles Marathon winner Ric Sayne along with Ron Tabb. After the first leg which began at 9:00 pm, a 5.5 mile leg with a 2,000 foot elevation drop, we actually found ourselves in dead last.

My first leg began at 9:45 pm, was 5.6 miles and had a 1,500 foot elevation loss. I averaged 6:09 per mile. Once each of us finished our respective leg, we had a few minutes to recover and stretch before jumping into one of two vans for our next exchange point. After the first six legs were completed we took a nap of about 2 hours. We pulled out sleeping bags and slept in the parking lot of a grocery chain.

My second leg began around 4:45 am and my exchange point was an industrial area in Portland. It is tough to keep focused, but especially early in the morning. Fortunately for me, I ran along the Portland waterfront where there were plenty of runners to pick off. In fact, that was a game each team member played to keep focused. I managed to pass 32 runners on my 5.3 mile loop. I felt pretty good about my leg, but couldn't find my teammate at the exchange point as he was waiting to use the toilet. My third leg was an easy an easy 4.7 but was run at about 2:00 pm. It was probably 90 degrees by the time I started running.

"Napa Valley 24 bun salute" finished in 22 hours, 28 minutes. Five minutes slower than last year and almost 6 hours slower than the winning team, the "Killer Bs" who won for the sixth straight year in a time of 16:31. The winning women's team, "Girls just want to have fun" finished in 21:25.

THE BUFFALO CHIPS • SACRAMENTO'S OLDEST & LARGEST RUNNING CLUB • RUNNING STRONG SINCE 1974



THE BUFFALO ENQUIRER

special good bye issue

ENQUIRER EXCLUSIVE!!

Parrott & Iwahashi Split!

Cheerio!

That's English for: Sure, go ahead and leave your friends, the only people who really care about you, the ones who let you take cuts in the finish chute, the people who would throw themselves in front of a truck on your behalf, fine, just take off!



Weeping Bison with achey breaky hearts tell all! page 7

They can run... but can they hide?

The BIG ESCAPE

Who are these people... and where do they think they're going? (George Parrott left) and Chris Iwahashi (right) are going to the bathroom and get their right... (George Parrott) (Chris Iwahashi) (George Parrott) (Chris Iwahashi) Split! continued on page 6



Buffalo Chips Club Records

This is the *latest and greatest* listing of club records for standard distances and age divisions using our best available information. Please write to us at the Club P.O. Box if you know of any errors or better times. Runners must have been a Chip - with dues paid - at the time of the performance.

Open, Men

24 Hour Run	Rac Clark	165.3 miles
	<i>Megan's 24 Hr. Run (TAC Ni'l Chmpnshp '90)</i>	
	<i>North American Record</i>	
100 Miles (RD)	Rac Clark	12:12:19
	<i>Sri Chinnoy, N.Y.</i>	
	<i>(TACN.C. '89) N.A. Record</i>	
100 km (RD)	Rac Clark	6:56:43
	<i>Edmund Fitzgerald 100K, (TAC Ni'l Chmpnshp '88)</i>	
50 Miles (RD)	Rac Clark	5:28:32*
	<i>Edmund Fitzgerald 100K (TAC N.C. '88)</i>	
Marathon	Jim Howard	2:18:06
	<i>Avenue of the Giants</i>	
Half-Marathon	Craig Moore	1:07:31
	<i>Nike Half</i>	
10 Miles	Craig Moore	50:43
	<i>Cal 10, Stockton</i>	
10 Km	John Sup	30:52
	<i>Davis Track Meet '91</i>	
8km/5 Miles	John Sup	24:31
	<i>Fugitsu 8K '90</i>	
5 km	Reggie Williams	14:27
	<i>Cal State Track Meet '90</i>	
1500m	Randy Sturgeon	4:07.65
800m	Daryl Katcher	2:00.64
	<i>Trojan Masters USC '90</i>	

Open, Women

100 miles	Patti Teale	21:12:24
	<i>Vermont 100 '91</i>	
50 Miles	Joan Reiss	6:58
	<i>Jed Smith</i>	
Marathon	Eileen Taylor	2:37:01
	<i>Chicago Marathon '82</i>	
Half-Marathon	Robyn Root	1:13
	<i>Phila. Distance Classic '87</i>	
10 Miles	Kathy Pfeifer	54:50
	<i>Trevera Twosome, N.Y. '88</i>	
10 km	Kathy Pfeifer	32:59
	<i>Mt. SAC Relays '88</i>	
8km/5 Miles	Robyn Root	26:27
	<i>Bastille Day 8K</i>	
5 km	Robyn Root	16:37
	<i>Susan B. Anthony 5K</i>	
1500m	Theresa McCourt	4:54
	<i>Sac State Track Meet '91</i>	

Masters, Men 40-49

100 Miles	Abe Underwood	15:49:51
	<i>Pac AAU 100 Miler, '78</i>	
50 Miles	Abe Underwood	6:08:54
	<i>Ni'l AAU Senior & Masters Chmpnshp, '78</i>	

Marathon	Jim Milton	2:26:27
	<i>CIM '91</i>	
Half-Marathon	Jim Milton	1:10:01
	<i>Humboldt Redwoods '91</i>	
10 Miles	Jim Milton	53:31
	<i>Woodland 10 '92</i>	
10 km	Jim Milton	31:08
	<i>San Jose Mercury News '92</i>	
8km/5 Miles	Jim Milton	26:16
	<i>4th of July 5 Miler '91</i>	
5 km	Jim Milton	15:25
	<i>Davis Turkey Trot '91</i>	
1500m	Tim Shannon	4:19
	<i>Los Gatos '91</i>	
800 m	Daryl Katcher	1:58.45
	<i>TAC Ni'l Masters, '90</i>	

Masters, Women 40-49

100 Miles	Toni Belaustegui	22:10:22
	<i>Western States '90</i>	
50 Miles	Joan Reiss	6:58
	<i>Jed Smith</i>	
Marathon	Joan Reiss	2:56:24
	<i>Modesto Marathon</i>	
Half-Marathon	Joan Reiss	1:24:37
10 Miles	Joan Reiss	63:24
	<i>Buffalo Stampede</i>	
10km	Joan Reiss	38:36
8km/5 Miles	Joan Reiss	31:32
5km	Karen Purvis	19:47
	<i>Susan B. Anthony '87</i>	
1500m	Joan Reiss	5:58*

Men, 50-59

100 Miles	Jim Drake	19:21:00*
	<i>100 mile split at Gibson Ranch 24 Hr. Run</i>	
50 Miles	Paul Reese	6:22:25
	<i>Auburn</i>	
Marathon	Jim O'Neil	2:35
Half-Marathon	Jim O'Neil	1:17:30*
10 Miles	Don Spickelmier	58:17
	<i>Buffalo Stampede '91</i>	
10km	Jim O'Neil	33:54
8km/5 Miles	Jim O'Neil	27:18*
5km	Jim O'Neil	16:19
1500m	Don Martin	4:53.1

Women, 50-59

100 Miles	Joan Reiss	23:44
50 Miles(AR)	Joan Reiss	8:35
	<i>American River 50</i>	
Marathon	Joan Reiss	3:16
10km	Joan Reiss	42:35
5km	Joan Reiss	20:56
1500m	Joan Reiss	6:17*

Men, 60-69

50 Miles	Paul Reese	7:16:29
Marathon	Paul Reese	3:02:22
Half-Marathon	Carl Ellsworth	1:24:48
	<i>Humboldt Redwood '91</i>	
10 Miles	Carl Ellsworth	1:03:58
	<i>Buffalo Stampede '91</i>	
10km	Carl Ellsworth	38:26
	<i>Tandem Up&Running '91</i>	
8km/5 miles	Carl Ellsworth	31:08
	<i>Pear Fair '91</i>	
5km	Paul Reese	17:53
1500m	Paul Reese	5:22*

Women, 60-69

24 Hours	Helen Klein	109.5 Miles
	<i>Redwood Empire, '91</i>	
100 Miles	Helen Klein	21:03
	<i>Redwood Empire '91</i>	
100K	Helen Klein	12:09:17
	<i>Ruth Anderson Run, '89</i>	
50 Miles	Helen Klein	9:01:37
	<i>Jed Smith '84</i>	
50K	Helen Klein	5:33
	<i>Jed Smith '91</i>	
Marathon	Helen Klein	4:07:22
	<i>Oakland Marathon '84</i>	
10K	Helen Klein	51:53
	<i>Bonne Belle, Cleveland, OH '90</i>	
Mile	Myra Rhodes	7:00
	<i>Sonora Mile '92</i>	

RELAY RACES

Men, 30-39

4x200m	Hartmann, McNutt, Williams, Katcher	1:51
	<i>CA. State Master's Team Chmpnshps '88</i>	
4x400m	McNutt, Katcher, McNutt, Katcher	4:07
4x800m	Govi, Katcher, Hartmann, McNutt	9:44

Men, 40-49

4x800m	Nelson, Livingston, Martin, Park	10:15
4x400m	Nelson, Katcher, Nelson, Katcher	3:59
	<i>ARC Track '90</i>	

* time inferred from longer race
If you have any additional information on club records please contact the Enquirer editors. This list will be printed every other issue as records don't change that quickly.

26.2 Golden Miles with The Leukemia Society Team in Training

Josh Summit

7:45 am, Sunday 30 August. San Francisco Golden Gate Bridge.

"Can't believe we're here. It's finally happening."
"Looks like...six months in the making! Guess it's bloody well time, huh?" A chuckle. "Feels like an Army commercial. Team in Training: We do more before nine am..." Both of them laugh. "How're you feeling?"
"Scared. Ready...I think. Resigned, I guess. You?"
"The same. It's been fun along the way, though. Good luck."

Well, these weren't our exact words, but it's close to the spirit with which Jim Runyon and I began the San Francisco Marathon. Jim and I spend half a year preparing for the race with some of the greatest folks to lace up running shoes, brought together by a very special organization: the Sacramento chapter of the Leukemia Society.

Who were we? The Leukemia Society Team in Training (Sacramento contingent): ten people, none experienced marathoners, brought together to raise money for a cause and push themselves harder than ever before. In March, we must have looked like an unlikely group for a marathon. But six months later, we were not only ready but *eager* to run. Brilliant coaching by Chris Iwahashi and George Parrott, and unfailing support by the group, brought us through. At one point, Chris said that she wanted to get us to the starting line with enough enthusiasm to finish no matter how ugly it got. She succeeded.

Running has a reputation for being a solo sport: A lonely runner on a deserted road, with a look of grim determination on his or her face. That image has some truth to it. But running can be a group challenge on a completely different level, while not losing that individual aspect. Without my team, I wouldn't have finished those 26.2 "golden" miles. Little things made the difference: A few words of encouragement during a workout, a joke to make a rough spot smoother, concern over another person's injury. Folks who cared about each other. The final proof came after the marathon, when people took more pride and satisfaction in each others' accomplishments than in their own. You can't just break up a group like that, right? So seven of us will be seeing y'all at CIM in December!

Let me introduce you to the 1992 Leukemia Society Team in Training: Connie Dennis, Shantay Jones, Linda Osling, Melanie Polka, Jim Runyon, Ellen Sampson, Dawn Sloss, Don Tarnasky, and Lynn Yamamoto. Heartfelt thanks to family and friends who helped along the way, to "team mom" Laura Runyon, to Chris and George for making it possible, and to Tracy Latino at the Leukemia Society for being there, beginning to end.

24

August 30, 1992

San Francisco Marathon

Leon Rothstein



Eighteen Chips completed the San Francisco Marathon including two first timers and six PRs. Three others came along for a tough training run.

Top O'the Herd

Congratulations go to two first time marathoners - Grant Irwin and Kerry Wright. One's first is always a milestone in one's life.

On this tougher than average course, 6 other CHIPS turned in PRs - Jeann e Urness, Steve Toppper, Carol Parise, Leon Rothstein, Scott Venditti, and Blanca Topper.

Jeannie, Chris Iwahashi, Ron Parrett, and Helen Klein placed in their age categories.

Neil Kelly's finish was remarkable since he climbed Mount Whitney just a few days earlier.

George Parrott, completing his 98th marathon, turned back during the race to run with some of Chris's Team in Training runners. These mostly first time marathoners ran as a fund raiser for the Leukemia Society. All ten of them completed the course.

Helen Klein (first in her age group) was one of two "Masters of the Marathon" chosen by Mastercard, a race sponsor. Helen was chosen from 1000 master runners nominated from all over the world. This honor was based on Helen's ability as an inspiration to anyone, not just other seniors, who wish to maintain active, healthy lives.



Leon Rothstein

The Rest of the Story

There were some minor problems beforehand. Transportation was a mess - too many buses at one pickup point, too few at another. Some people just barely got to the start on time.

Seating was inadequate at the pre-race meal, but in San Francisco one should

dine out anyway. The race director is aware of the problems and should have them straightened out next year.

The course started at Vista Point at the north end of the Golden Gate Bridge. The road narrows and U-turns onto the bridge almost immediately, making for a slow start. This is an advantage for the over-three-hour crowd since we could start near the front of the pack without fear of being trampled.

We crossed the bridge then ran through the Presidio. We passed the Palace of the Legion of Honor then cruised along the Embarcadero and into downtown. This first part of the course was easy - no major hills to contend with.

The only steep hill was Hayes Street (10th mile) with over 300 feet elevation gain over 5 city blocks. We headed out next for a beautiful jaunt through Golden Gate Park, out Sunset Avenue, around Lake Merced, and back up the Great Highway. Most of this last bit after the lake was uphill. We finished by coming back into the park with a half lap around the polo field.

The route is an excellent one on several counts. First, of course, it provides a grand tour of a beautiful city. Second, the scenery is so varied that boredom is not a factor. Third, there is only one steep hill, although the course as a whole has several smaller ones.

This course is said to be about 4 minutes slower than CIM for those in the 3 hour range, and about 6-8 minutes slower in the 4 hour range.

As far as plans for the future, race officials hope to someday attract 10,000 runners. This year 2400 started and 2138 finished. They hope to move to mid July so as to be midway between the Boston and New York Marathons (and thereby attract more elite runners). A July date might be nice for Chips since we would not have to train throughout our hot summer.

As it is, however, the race has a certain charm characteristic of San Francisco. It is a fun, midsized race which provides a nice gauge of progress, a challenging course, and a successful conclusion to a long summer of training.

San Francisco Marathon

Results

Overall Male

Sergio Jimenez
Mexico 2:16:44

Overall Female

Irina Bogacheva
Kyrgystan 2:36:34

Chips

First Timers

Grant Irwin 3:16:22
Kerry Wright 5:30:01

Others

Jeannie Urness **2:43:58**

(5th woman, 2nd in age group)

Chris Iwahashi 2:54:57

(7th woman, 3rd in age group)

Ron Parrett 3:13:58

(9th in age group)

Troy Turner 3:13:54

Steve Topper **3:15:11**

Kim Isham 3:17:07

Carol Parise **3:18:01**

Leon Rothstein **3:18:52**

Randy Hill 3:24:50

Arnold Utterback 3:30:18

Neil Kelly 3:37:13

(climbed Mt. Whitney the previous week)

George Parrott 4:15:17

(turned back to run with pals)

Scott Venditti **4:18:25**

Blanca Topper **4:19:55**

Werner Schink 4:23:47

Scott Michaelson 4:25:43

Helen Klein 4:29:57

(1st in age group, Mastercard Master of the Marathon)

Bold type denotes a PR.

Training Runs (registered; not banditos)

Eileen Ross

Tammy White

Tom White

Laura Kulsik



APRIL 1993 RRCA Convention!

T	W	T	F	S
		1	2	3
5	6	7	8	9
10	11	12	13	14
15	16	17	18	19
20	21	22	23	24
25	26	27	28	29
30				

The 37th Annual Road Runners Club of America (RRCA) convention will be held in Portland, Oregon from April 22 through April 25th. Think about going and representing the Chips at this four day event that will include a visit to Nike World Campus, fun runs, seminars, an expo (hear that, shoppers?) and on Sunday an 8K race that will serve as the RRCA and TAC 8K National Championship. For more information contact a board member!



Buffalo Chips Running Club

Workout Guidelines

Just a refresher in case you forgot the rules of the road. Please, be careful out there!!

It's getting dark out earlier so remember safety first and a fun time second.

1. Wear reflective clothing and/or vests during winter or night workouts. Wear bright, highly visible colors during summer workouts.
2. Everyone is encouraged to obtain a TAC card.
3. Run within white bike lane markings.
4. Be particularly alert for vehicular traffic on narrow sections of the road and while running through intersections, especially Watt Ave. It is recommended to run single file on University Ave.
5. Never assume vehicular traffic will yield right of way.
6. Utilize water stops along workout route, particularly during warm weather.
7. Respect private and public property along course. (Last person in line turns off the water; don't trample through flower beds, bushes, etc.)
8. Yield right of way to bicyclists. (It's easier for a runner to alter his or her course than it is for a cyclist.)
9. While running toward Watt Ave., utilize inside lane (hug the curb). While returning toward Steve's Pizza, use outside lane and yield inside lane to approaching runners.
10. During rest intervals, get completely off the road.
11. If you feel particularly fatigued or if you may have suffered an injury, there's no shame in stopping. It's wiser to interrupt one workout rather than risk the consequences of dehydration, hyperthermia or a possible serious injury.
12. Always remember safety first. Happy training!

Three thousand male runners lose their lives each year because they do not look both ways after using the "restroom."

Attention Chip men/guys/boys: We don't want to lose any of you so for safety's sake, please use the bathroom before workout so you don't have to water the petunias on University Avenue. Thanks!



Stampede continued from page 1

The 10 miler bunch snaked around the residential area for the first two miles, shot straight down American River Drive until mile 4, took another detour past more sprawling \$500,000 (or so) homes, tucked back past Bleachers Sports Bar, and then jammed for the finish at the high school. Nice, scenic, fairly shady and fast course.

Besides the two improperly marked splits at miles 5 and 6 (too long/too short), the total course length seemed accurate. I started at 6:45 pace, along with fellow Chip John Davis, and we kept each other going at this pace most of the way through. John and I were determined to keep Chip Chuck Honeycutt in sight, and the three of us played cat and mouse from mile 9 to the finish, with John and I narrowly beating Chuck. I had a great run - a 1 minute PR for 10 miles! My parents, dear souls, didn't even arrive soon enough to see me finish! I think they're finally convinced that I have some speed. I'm sure the cheese lasagna and chocolate Powerbar the night before, along with a solid night's sleep, helped fuel these long legs of mine.

The awards ceremony, a bit befuddled due to some computer race time problems, dragged out - but Chip Carol Parise, Mistress of Ceremonies, kept the show going by interspersing raffle prize drawings between the 5k and 10 mile results. Many age-group winners left early, but most of the Chips stuck around. And yes, the Chips took home a good percentage of the hardware! And once again, the Chips have kicked off the start of yet another long distance running season...

A big THANK YOU to all of the volunteers at the Buffalo Stampede. You were enthusiastic and great to work with. The race could not have been run without all of you!!

Sincerely,
Carol Parise
(un-official volunteer coordinator)

**Buffalo Stampede
10 Miler**

<i>Overall Male</i>		60. Robin Carboni	66:41
<i>Champion Chip</i>		<i>(1st in age division)</i>	
Jim Milton	53:57	61. Carl Ellsworth	66:49
<i>(broke own club record for master's men division)</i>		<i>(1st in age division)</i>	
<i>Overall Female</i>		64. John Davis	67:03
5. Linda Somers	56:45	71. Laura Kulsik	68:31
<i>Other Chips</i>		76. Chuck Honeycutt	69:08
2. Brad Lael	54:08	77. Dan Johanner	69:15
<i>(1st in age division)</i>		79. Carl Dahl	69:33
6. Chris Enfante	56:46	82. Jeff Hagen	69:42
<i>(2nd in age division)</i>		84. Ken Mennemeier	70:06
7. Dwight Miller	57:23	85. David Fung	70:07
<i>(2nd in age division)</i>		87. Ron Peck	70:28
8. Tim Shannon	57:40	88. Dan Pfieler	70:36
<i>(3rd in age division)</i>		89. Jon Thomas	70:43
12. Gil Machado	58:26	102. Richard Cochran	72:37
13. Michael Wilhelm	58:26	104. Merle Watson	72:43
17. Randy Shingai	59:54	108. Tammy White	73:09
19. John Kennedy	60:15	110. Beckie Starsky	73:29
20. Bruce Aldrich	60:33	113. Ross Roberts	74:26
21. Don Spickelmier	60:37	115. John Caselli	74:31
<i>(1st in age division)</i>		118. Jim Otto	74:57
23. Tim Frawley	60:50	122. Kathy Ratermann	75:43
27. Craig McLoughlin	61:37	125. Cynci Calvin	76:13
30. Todd Clark	62:20	<i>(1st in age division)</i>	
31. Kevin Cimini	62:30	126. Barbara Heiller	76:14
35. Theresa McCourt	63:13	136. Roger Merle	77:14
37. Connie Kondo	63:23	137. Scott Mikkelson	77:18
38. Jon Shelgren	63:23	138. Jack Clancy	77:41
<i>(2nd in age division)</i>		139. William Fitzgerald	77:48
40. Brian Woodhouse	63:30	140. Gar Harmon	77:59
41. Greg Wheatfill	63:39	162. Joe Pope	80:16
42. Rick Buxton	63:41	184. Leona Nenow	84:39
45. Steve Topper	64:24	<i>(1st in age division)</i>	
47. Bill Hambrick	64:33	189. Chiyo Shingu	85:31
49. Kevin Johnson	64:51	<i>(2nd in age division)</i>	
50. John Bremer	64:54	191. Betty Pfieler	86:17
53. Ron Parrett	65:33	201. Marilyn Smith	89:03
54. Kim Isham	65:41	240. Marian McKone	99:41
58. Dan Jenkins	66:32	<i>(2nd in age division)</i>	
		245. Po Adams	1:42:26
		<i>(3rd in age division)</i>	

Bold type denotes pr 253 finishers

More.....

Photos and Stampede 5K Run and Walk results are on the next two pages.



The BUFFALO STAMPEDE

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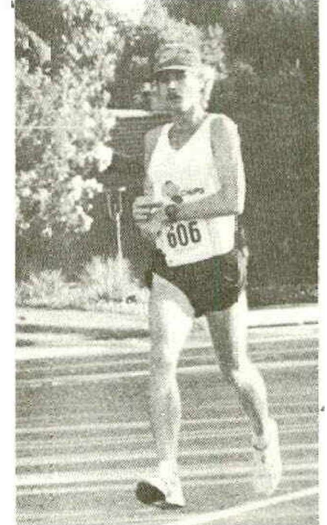
Jim Milton, 10 Mile winner



Ron Parrett



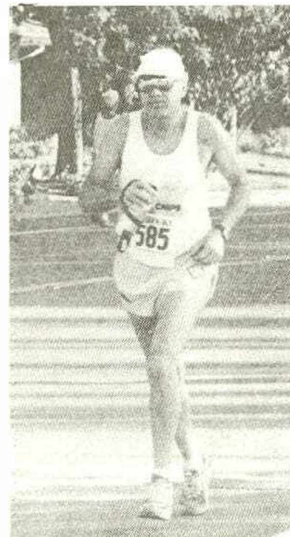
Beckie Starsky



Brad Lael



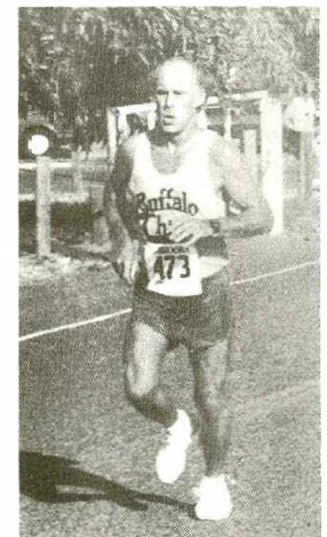
Gabe Sandoval



Joe Pope



Joyce Prycr




Jon Shelgren



Sarah Jacobson

photos by Mike Suen



What's the difference between the buffalo on the left and the one on the right? Right! The buffalo on the right is wearing his reflective vest. Don't forget yours for Tuesday night workout!

RACE T-SHIRTS

T-SHIRTS FROM BOTH THE SUSAN B. ANTHONY RUN AND THE BUFFALO STAMPEDE ARE AVAILABLE. CONTACT A BOARD MEMBER FOR PRICE (A GOOD DEAL!) AND SIZES AVAILABLE.

Buffalo Stampede 5K Run

<i>Overall Male</i>	
Steve Pappa	15:56
<i>Overall Female</i>	
<u>ChampionChip</u>	
5. Jeannie Urness	17:23

Other Chips

4. Gabriel Sandoval	17:02
<i>(1st in age division)</i>	
6. Ted McKnight	17:45
7. Steve Daniels	17:53
<i>(2nd in age division)</i>	
9. Patty Smith	19:39
10. Charles Whitaker	20:02
<i>(1st in age division)</i>	
13. Paul Mitchell	20:20
15. Norm Bennett	20:51
25. Marcia Hillary	22:06
32. Gordon Hall	23:10
<i>(2nd in age division)</i>	
42. Linda Apathy	25:46
<i>(1st in age division)</i>	
44. Carol Wheeler	26:04
<i>(3rd in age division)</i>	
47. Sarah Jacobson	26:55
<i>(1st in age division)</i>	
48. Steve Jacobson	27:02
62. Peggy Ewing	29:33
<i>(1st in age division)</i>	

91 finishers

5K Race Walk

<i>Overall Female</i>	
Karen Stoyanowski	25:39
<i>Overall Male</i>	
2. Tommy Aunan	27:20
20 finishers	

Come for the Run, Stay for the Raffle

Woodland Fall Mall 10 Miler and 3 Miler

Laura Kulsik

Ketchup and cow manure.
Walkmen and \$50 gift certificates.
The Buffalo Chips!

The above are answers to the questions: What does it smell like when you run through 10 miles of Woodland? What are some of the raffle prizes awarded at the post-race ceremony? Who is the winning team of the Woodland Fall Mall Run?

I really enjoy this race which I've been running since its inception three years ago. The Fall Mall Run is usually held the week after the Buffalo Stampede. I think it's pretty fun to do two 10 milers a week apart on very comparable courses for a time comparison. Both are flat and fast through residential neighborhoods. The one major difference is that it was probably 15 degrees hotter at Woodland. Each year there always seems to be a fiasco of some sort. Last year a train came roaring through at the three mile mark, allowing the top runners a midrace stretch. And later on, about two dozen of us were led off course by a well-intentioned course monitor who had us bypass a turn thus shortening the run by about half a mile. This year both problems were remedied. Trains came to a halt and the bypassed turn was practically lined with velvet ropes so it was virtually impossible to miss the turnoff. Despite getting the word out too late (less than 100 people registered), the event, which support local school track and cross-country programs is certainly one of the best organized in the area. Plenty of volunteers, fluids and goodies. The men's race saw a nice competition among a pack that included Brad Hawthorne, Don Hicks and Chips Rich Hanna and Jim Milton. But I think the guys had more fun afterwards when the majority of them won some pretty killer raffle prizes ranging from FortyNiner jackets to free pizzas. Forget PRs. Next year we're goin' for the \$50 gift certificate from Gottschalks!

Results

10 Miler

Overall Male

ChampionChip

Rich Hanna	51:01
<i>Overall Female</i>	
Linda Somers	57:36

Chips

Jim Milton	53:31
<i>(3rd overall, first in age division, and broke own club record in master's men division)</i>	
Brad Lael	56:52
<i>(3rd in age division)</i>	
Chris Enfante	56:54
<i>(2nd in age division)</i>	
Gil Machado	58:20
<i>(2nd in age division)</i>	
Ron Souza	59:01
<i>(3rd in age division)</i>	
Tim Frawley	60:14
<i>(3rd in age division)</i>	
Steve Topper	64:50
<i>(2nd in age division)</i>	
Ron Parrett	66:20
<i>(1st heavyweight and 2nd in age division)</i>	
Laura Kulsik	67:57
<i>(2nd woman)</i>	
Ron Peck	70:51
<i>(3rd in age division)</i>	
Craig Newport	71:38
Tom Tabor	71:38
Kerry Wright	80:38
George Billingsley	82:43
<i>(1st in age division...he's 70!)</i>	
Blanca Topper	85:25
<i>(2nd in age division)</i>	
Jennifer Ekstedt	90:54
Marilyn Smith	90:58
Peggy Ewing	1:45:05
<i>(1st in age division)</i>	

5 Miler

Overall Male

Thom (yes, with an h)	
Pearman	16:58

Overall Female

Hillary Olson	23:19
---------------	-------

Bold type denotes a pr.



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September 27, 1992

Portland Marathon

Mike Suen

The 21st running of the Portland Marathon on September 27 met a new challenge from a course change of past years. Changes included an extra loop back (now 2), crossing train tracks and a good hill between miles 13 and 14 (from the river up to a bridge). All of which were not welcomed by me.

Portland does cater to the mid to back of the packers and for that reason it is unique. It's the only marathon, that I know of, which has an early start for walkers and slower runners. With the 1 1/2 hour handicap, they can finish with the mainstream of runners.

Along with the marathon, there were several other events including a 24 hour race, 5 mile run/walk, 2 mile kids run and this year a run and shoot biathlon. All events totaling around 11,000 participants with the marathon having about 4,500 registered runners.

Partly cloudy skies and 50 degrees led to some fairly good times. I put myself across the line in 3:14:47 feeling good with the results and now thinking about the CIM.

Overall men

- | | |
|-----------------------|---------|
| 1. Takshi Kondo | 2:20:01 |
| 2. David Steffens | 2:22:30 |
| 3. Toshiaki Kuruizawa | 2:23:31 |

Overall women

- | | |
|-------------------|---------|
| 1. Janet Kelley | 2:51:03 |
| 2. Nikki Rafie | 2:54:46 |
| 3. Carol Carrigan | 2:56:22 |

Other Chips

Barbara Heiller 3:29:10

(needed a long run after a vacation in the Great North)

October 4, 1992

Reno: Silver State 15K and 5K

Carol Parise

While most of the Chips decided to run the Sacramento Half on this day, a good number of Chips opted to run the Silver State 15k. Since this was the TAC 15k championship race, most chippers attended to pick up TAC points and/or participate on a Chips team. The herd fielded teams in three divisions, Masters Men, Open Women and Masters Womens. Not bad, since no race day registration was available and teams needed to be arranged in advanced. There were a couple things missing from this race. One of them was scenery, but the oxygen debt from the altitude prevented most from being able to discuss all of the exciting vista points of scenic Sparks Nevada anyway. The other very noticeable absence was that of accurate mile splits. With a 1 mile split that was way short, no 5 or 6 split and erratic 7 to finish splits, this was one area the race could definitely improve.

The Chips teams did very well. Jeanne Urness was first overall, leading the Open Womens team to victory while Theresa McCourt was fourth.

15K

Overall Male

Dennis O'Halleran 50:35

Overall Female

Chip Jeannie Urness 54:24

Chips Results

Jim Milton	50:45
(2nd overall, first master)	
Rich Govi	52:50
(3rd master)	
Brad Lael	53:24
Gabe Sandoval	54:29
Rae Clark	55:36
Mike Wilhelm	59:37
Theresa McCourt	59:02
Jerry Lyerly	60:39
Carl Ellsworth	62:36
Ann Gerhardt	63:34
Connie Kondo	64:30
Anne Veling	65:10
Carol Parise	66:29
Patricia Story	68:35
Cynci Calvin	70:11
Myra Rhodes	75:16

5K

Rick Kushman 18:00 (long course)

October 4, 1992

Sacramento Marathon and Half Marathon

Laura Kulsik

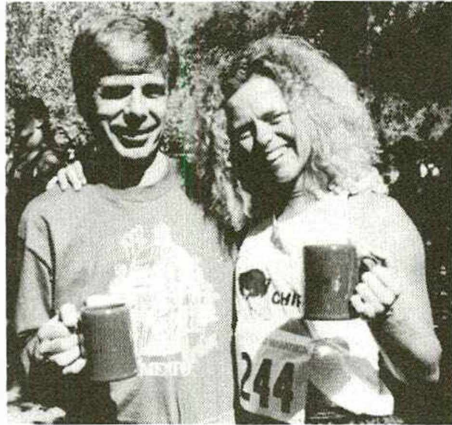
What a great race and day for cherry pickin' and pr'n. Despite the big Silver State 15K in Reno and the Bridge to Bridge run it seems most of the herd opted to get in a longer run and stay in Sacramento. I saw those uh beautiful Chips singlets everywhere I looked. I also noticed a lot of bandit bison on the course. Can we really blame these buffalo when race day entry is \$35!? As for official entrants, the results show that there were just a dozen less Chips here as were at our last club race, The Buffalo Stampede.

If you've never done the Sacramento Marathon or Half Marathon, what do you need to know? Four things:

1. Don't do the full. But if you must do the full
2. Don't expect a pr.
3. Stay for the food, music and micro-mini expo.
4. This event is extremely well-organized.

The marathon was completed by 110 runners this year while the half marathon attracted 560 entrants. The course starts in William Land Park, winds its way through the neighborhoods bordering the park, out onto Broadway, past the SPCA (I feel awful running by those crying pups) and up a slight grade to Old Sac where you loop around and go back to the park the way you came. About 26 turns in all. The full marathon consists of two loops of that. Fifty two turns. Who knows how many seconds you can shave off your finish time by cutting those corners?

As for CIM pre-race requisites, the half ranks pretty close to the Clarksburg Foundation Health 30K in the "must do but hate the course" category. I reached the finish a lot sooner than I expected and so did a lot of other Chips. And for some of us who never place this was a special day. One of the only times I've placed in a race I was running *against/with* nuns (at the Sisters of Mercy Nun Run in Auburn last May) and some of them, like Sister Mary Catherine, weren't too far behind me! Anyway, that's another story.



Joe Staats and Cathy Rohm mug with their mugs after placing in their divisions at the Sacto. Half Marathon.

photo by Linda Apathy

Results

Half Marathon

Overall Male (a Chip!)

1. Rich Hanna 1:10:00

Overall Female

49. Linda Casillas 1:27:57

Other Chips

4. Chris Enfante 1:15:11

(1st in age division)

5. Dwight Miller 1:15:44

(1st in age division)

9. Ron Souza 1:18:19

(4th in age division)

11. Tim Frawley 1:19:13

(2nd in age division)

36. Joe Staats 1:26:05

(3rd in age division)

38. Steve Topper 1:26:38

(3rd in age division)

40. Ron Parrett 1:26:55

(2nd heavyweight)

41. S. Ainsworth 1:27:08

51. A. Utterback 1:28:00

53. Leon Rothstein 1:28:24

54. Dan Jenkins 1:28:30

61. Laura Kulsik 1:28:54

(1st in age division)

62. Ray Patterson 1:29:05

67. C. Honeycutt 1:29:49

68. Thomas Winter 1:30:04

69. Steve Ashe 1:30:11

83. Jon Thomas 1:32:45

94. Rex Paulsen 1:34:08

95. Beckie Starsky 1:34:30

(2nd in age division)

103. Neil Kelly 1:35:48

108. Roger Belcourt 1:36:13

109. Ben LaSala 1:36:16

118. Dan Johannes 1:36:53

130. Barbara Heiller 1:38:03

(5th in age division)

139. Robin Ward 1:39:13

157. Carl Cullum 1:41:27

174. S. Polansky 1:42:16

175. K. Ratermann 1:42:29

177. Tom Marshall 1:42:30

(1st in age division)

178. Marcia Hillary 1:42:35

(5th in age division)

189. Marsha Bendix 1:43:30

190. Jim Otto 1:43:36

191. Patti Teale 1:43:37

209. Fred Kaiser 1:45:13

219. Cathy Rohm 1:45:46

(2nd in age division)

242. Dave Kessler 1:47:53

251. Mike McKee 1:48:17

333. Tom Johnson 1:55:08

334. G. Waldsmith 1:55:09

346. Chiyo Shingu 1:56:35

(2nd in age division)

356. Lisa Givens 1:57:15

377. Robert Calvo 1:59:08

389. John Twilling 1:59:38

400. Linda Apathy 2:00:13

401. Renate Otto 2:00:19

422. Joyce Pryor 2:02:30

423. Blanca Topper 2:02:55

477. Peggy Ewing 2:12:41

(1st in age division)

502. Po Adams 2:16:55

(2nd in age division)

509. Bill Wood 2:18:44

Full Marathon

Overall Male

1. Joe Schieffer 2:36:57

Overall Female

34. Anne Lerner 3:37:17

Chips

4. Craig Newport 2:58:32

(1st in age division)

5. M. Hernandez 3:00:16

(1st in age division)

11. Jim Drake 3:13:15

(1st in age division)

12. Kim Isham 3:13:20

(2nd in age division)

16. Richard Falat 3:20:30

(5th in age division)

19. Paul Mitchell 3:23:16

(1st in age division)

33. John Clark 3:34:31

46. Dan Pfeifer 3:44:39

61. Elliott Eisenbud 3:53:51

64. Steve Haun 3:55:16

74. G. Billingsley 3:58:36

(1st in age division)

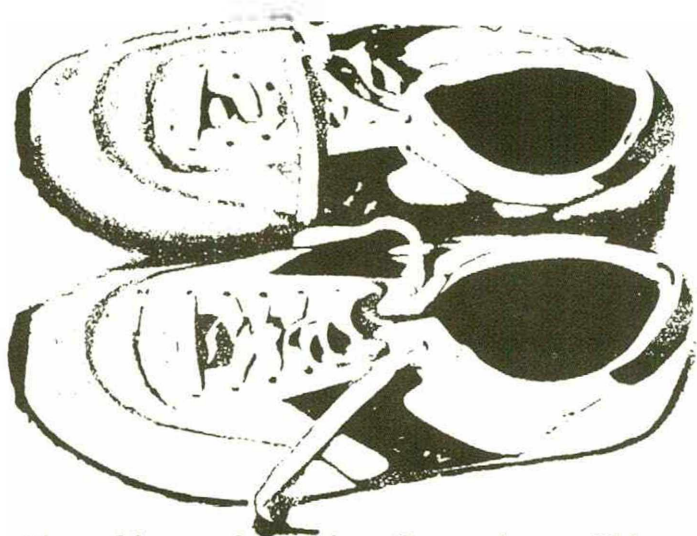
Bold type denotes a PR

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New Shoes for Value Conscious Chips

George Parrott

With running shoe prices now regularly going beyond the \$100 mark led by the very pricey levels of mostly market-leading Nike, it is hard to find a really good shoe under \$85 list, but here are a couple of real superstars in the still reasonable price range.

ASICS has produced a Gel Lyte Ultra that I have found to be a very good performer for Tuesday nite workouts and for many of my longer tempo runs. True to its name, it is in the light trainer class, and bigger male runners might well use this as their racing shoe for marathons. This is NOT a motion control shoe, so runners with very strong pronation may break this down on the medial side rather quickly, though mine are holding up to my quirky rotation. Suggested retail on this model is \$84.95, but Fleet Feet (2408 J) reports their display price at \$74.99 less the Chips discount. There is also a women's model of this shoe.

My discovery as the best buy in the current shoe market is the Mizuno HST 60. This is a well-featured lighter trainer that also might double as a marathon racing model for any over 160 pound runner. The HST 60 has the graphite plate in the midsole for control, and it is reflectorized for night workouts—these will be soon on us! There is a very solid heel counter and supporting structure, so this is also a reasonable motion control shoe for virtually any running biomechanics. Priced at \$60 list, less your Chips discount this model is the steal in the market. I ran Grandma's marathon in mine, and several other club members are singing the praises of this design. There is also a women's model. Kevin Cruickshank, the Mizuno national running promotions honcho and Bruce Cannon of Fleet Feet, are planning a special Mizuno night for sometime in September at the Chips Tuesday night workout. They will be giving out waterbottles filled with ice-cold Gatorade and providing test samples of various Mizuno shoes for workout use. Bruce suggests that he will even arrange a "trade-in" program for that night if you decide to get your new Mizunos then-and-there and dispose of your ...e.g. dead Nike Pegasus—or whatever.

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BOARD DROPPINGS



Board Minutes - August 8, 1992
Good Earth, 6:30pm

Present: Sand Falat, Norm Bennett, Jeff Hollister, Karen Strand, Po Adams, Dick Kinter, Lee Rhodes, Myra Rhodes, Leigh Rutledge, Cathy Rohm, Dennis Scott.

Guests: Carol Parise, Laura Kulsik, Mike Otten

Treasurers Report - Passed out by Karen Strand. Major expenses for singlet order, deposit for George and Chris going away party and related Susan B. Anthony expenses. We need income!!

Stampede Update - flyers are in and need to be distributed to appropriate places. Ad to be placed in the Bee for next Wednesday's paper.

T-shirt sale - Scheduled next Tuesday, August 11th.

4th of July Run - Mike Otten - net cost \$400.00 - about \$1.00 a runner. What a deal!! Mike says there were no major complaints - everything ran smoothly. Temperature was definitely more favorable than last year.

Leigh Rutledge made a motion that the club not pay for any alcoholic beverages at any club function. Lee Rhodes seconded the motion. The motion was approved.

George and Chris Party - Impalas and West Valley expressed an interest in coming. Carol needs help in setting up the night before. Club to bring hot dishes. Basics (napkins, etc) to be checked on in shed. A sign-up sheet for food items, etc.

Jed Smith update - Lee Rhodes - Co. Board of Supervisors meeting to determine whether Gibson Ranch will be available for Jed Smith next year. 50k to be a Grand Prix race for men and women both. Lee needs runners to show up at the Board of Supervisors meeting as a show of support.

Susan B. Anthony (Norm!) - Norm Bennett needs to determine prizes - the value of the gift certificates that will be awarded. Nordstroms, Victoria's Secret are among the gift certificates being considered. Volunteers still needed. Runners expected to be at 300-350 tops. Race budget allocated at \$2100. 31 awards to be provided by club.

(thought for next year - Women of the club to make the awards (i.e. cross-stitch) - the personal touch is usually well-received)

FLEET FEET

Sports
J St.

The Proud Sponsor of the Tuesday Night Chips Aid Station would like to say "*Thanks*" to all Buffalo Chips for a great summer by announcing our

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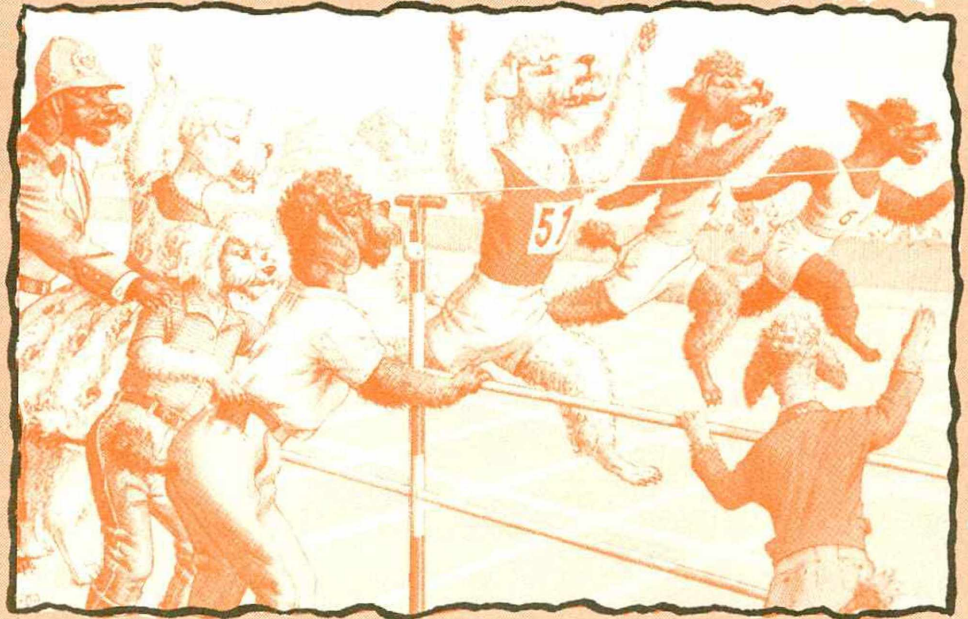
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427-8022

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Fleet Feet Sports
8128 Madison Avenue
Fair Oaks, CA 95628
965-8326



calendar

This calendar is compiled from your submissions, The Schedule and California Running News gleanings, and flyers we receive. Entries are local, regional and national. If you have anything of interest, please mail your item to the Chips' p.o. box (attn: *Enquirer Calendar*).

OCT				
11	Zoo Zoom 5k/10k	8:00	William Land Park	264-7444
17	Wenmat 5k/10/kids	8:30	William Pond	481-5004
18	Humbolt Half/Full Mar	9:00	Weott	(707)442-6463
24	Sierra Nevada (52.4m)	7:00	Granite Bay	773-2791
25	Race for the Cure 5k/1m	8:30	Golden Gate Park, S.F.	(415)332-0881
31	Monster Mash 5k/10k	8:00	William Land Park	447-1848
31	Laguna 5k/10k/kids	8:30	Methodist Hospital	423-3000
NOV				
1	Waterfront 10m/5k	8:00	Embarcadero	(415)563-3444
3	FLEET FEET "CHIPS NIGHT"	7-10pm	Fleet Feet 2408 J Street, Sacto.	442-3338
7	PA/TAC Cross Country	Varied	GG Park (30th & JFK)	(415)753-1215
15	Clarksburg 30k/5k/1m	10:00	Delta High School	678-5005
21	Turkey Trot 5k/10k	TBA	Davis Civic Center	757-6017
27	After Turkey Trot 5k/10k	9:00	Promenade Shopping Center	372-7367
29	Far Side 10k/5k	8:30	Golden Gate Park, S.F.	(415)387-2178
DEC				
5	Run for Arthritis 10k	9:00	TBA	(916)921-5533
6	California Intrnl Marathon	7:00	Folsom	983-4622
6	BUFFALO BASH (PARTY)	TBA	Somewhere in Sacramento	TBA
20	Christmas Relays	9:00	Lake Merced, S.F.	N/A

Bold denotes TAC race

THE BUFFALO ENQUIRER

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

REMINDER: Please renew your membership before the end of the year. "Bills" will be sent out next month. No more free newsletters to those who have not paid their club dues by December 31st.



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No porta-potties. Raffle prizes need to be finalized - any ideas are to be encourage for Stampede also.

New Business - Inquiry by the Teichart Corp. for race clock for their company picnic..

We have enough volunteers for babysitting for Susan B. Anthony.

National Arthritis foundation wants to rend equipment 1 week (need to check cause I thought it was the day before) before CIM. Jeff Hollister was solicited by them for position of Technical Advisor.

Entertainment Book orders for next year are coming in. Prices will go up but club's profit will go up from \$7.00 a book to \$8.00 a book. Lee Rhodes to take orders by phone. This will be announced in the Enquirer (aka "Whoop-de-Doo" courtesy of Leigh Rutledge).

Buffalo Enquirer to be included in national contest for best club newsletter. YES!!!

Suggestions made for end of year awards, the end of year party, Halloween Party, etc., to be put in newsletter. Open nominations process is recommended for Board positions.

Meeting adjourned.

Board Minutes - September 2, 1992 The Good Earth, 6:30 pm

Present: Sandi Falat, Norm Bennett, Cathy Rohm, Karen Strand, Lee Rhodes, Po Adams, Robin Gilmore, Leigh Rutledge, Jeff Hollister.

Guests: Tony Moore, Gil Machado, Carol Parise, James Raia, Laura Kulsik.

Treasurers Report: We made money on Susan B!! A quote from the High Dungsstress "Well I'll be go to *&#!" Motion made, seconded and turned down on club paying for non-alcoholic drinks at Board meetings.

Buffalo Stampede: 11 days away. Permits purchased, school paid, flyers to go out in the neighborhoods?? (check this), Cytomax, Powerbar, Sierra water, fruit is all lined up. Volunteers need to be at Rio Americano by 5:30 am on the 13th. Print-out of race results will be available after race. Carol to call master list of volunteers. Kaiser will not sponsor, but Saucony might for \$500.00 and several pairs of shoes. Fit 1 cannot commit to money but might donate some memberships, some massage therapists and maybe an aerobic instructor for a warm-up. It has been suggested that we seek marketing students to locate sponsors, this could be a term project for an eager student.

Susan B.: Norm says 248 women showed up. Shirts were a hit.

Tues./Thurs. night coordinator: Gil will do both nights. Philosophy - structured for 2 types of runners - 10k people and marathon people. Gil will write up a schedule on how the workouts should be run and group placement. There seems to be discouragement for some when faced with faster runners in slower groups.

Membership: leftover directories - what to do with them? Will be sent to new members that have joined up after the directory was compiled. Renewal notices to take the form of a bill. Will be due by December 31 or member will be undunged meaning name will not be in the roster. Sandi will print up the envelops, Laura will design the bill, Carol will assist with the mailing. Bill should be sent by November 1.

Chips Social Scene: Venue for Halloween party to be changed. Cathy to contact other people and will report back to us. Venue for CIM party will be the same if possible (Bleachers on University) on December 6th. Cathy to look into the information. It's time to think about nominations for end-of-year awards. A committee is needed - Gil, James and Jeff Hollister to be on the committee.

Nominations for 1993: Board is considering creating some new positions. Some duties have fallen through the cracks. Duty statements to be developed - Sandi, Jeff, Carol, Robin and Laura to be on committee to develop this. They will meet Sept 8 after workout at Steves.

New Business: Motion made, seconded and approved to spend money on a hard drive for Newsletter staff.

A set amount of money needs to be determined for exclusive rights to the T-shirt. A motion was made, seconded and approved for negotiations in this area. Gil to look into this.

Po Adams will take over the function of a volunteer points coordinator for the rest of the year.

Jed Smith venue not certain due to the county budget. More information on Jed Smith at next meeting.

Are you bored?

Think of joining the 1993 Buffalo Chips Board of Directors! All positions up for grabs. New positions to be created. Get involved! Board position descriptions and election date and time in the next issue of the Enquirer.

Age is Out

LifestyleS are IN

Mike McKone

When was the last time you finished a race with a PR time only to find that you were 20th or so in you age division? Did you then compare your time to older age brackets and find that you would not be in the top three of the next four divisions? Were you exasperated to see that you were finally in the money with runners twenty years your senior?

For many of us, these observations are a regular part to racing. In a 300 person race with the usual age divisions, 15 percent of runners place in the top three of their respective divisions. That leaves a whopping 85 percent of us who are left comparing our times to other divisions and thinking, "at least I beat all the 13 year old girls."

The frustration caused by running so hard and placing so poorly raises an interesting question? Is age a fair determinant of ability? With most of us seeing faster runners who are one to two decades older, it is safe to say that age has less impact on ability than other factors. Aside from God-given talent, the biggest factor is more training time. That is, a persons ability is more closely related to the amount of time devoted to training than age. This fact is supported every time we mutter, "I'll bet none of those guys who beat me have a wife and two children to look after" or, "how fast would she be if she worked 45 hours per week?"

Presently, races are divided by sex and age. a few recognize a heavyweight division. However, no race currently divides its runners by the time each runner devotes to training. Now here is an idea that may spark some interest in races with struggling attendance. Too complicated you say? Why not

divide runners into four or five "lifestyle" divisions which suggest the amount of time a person has to train. For example, how would you like to see a race application with the following divisions:

1. Men/women Single and working.
2. Men/women Single with children.
3. Men/women Married, no children.
4. Men/women Married with children.
5. Men/women Children moved out.

Personally, I would like to see how my times compare to other men who are married with children at home. Of course I would be humiliated if I still came in twentieth, but I least I would be a bit wiser.

(We) are left to comparing our times to other divisions and thinking, "at least I beat all the 13 year old girls."

Another way to divide runners would be to simply place them in categories dependent upon the number of miles run each week. You could have the following:

1. M/W 0-10 miles per week.
2. M/W 11-20 miles per week.
3. M/W 21-30 miles per week.
4. M/W 31-40 miles per week.
5. M/W 41 + miles per week.

Lest you take me too seriously, I am not advocating that TAC races or other "prominent" races trash age divisions; however, there are plenty of smaller races desperately looking for innovative ways to attract runners. Perhaps new divisions might prompt the 85 percent of us who rarely crack the top three to enter a race which we might otherwise not.

Attention: Contributing Chips with Computers (Computer Chips?)...

If you contribute an article to *The Buffalo Enquirer* and submit it on disc, please write on it: your name, phone number, and type of disc (Mac or PC). Discs should also be accompanied by hard copy. Thanks.

Your friendly *Enquirer* editors

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