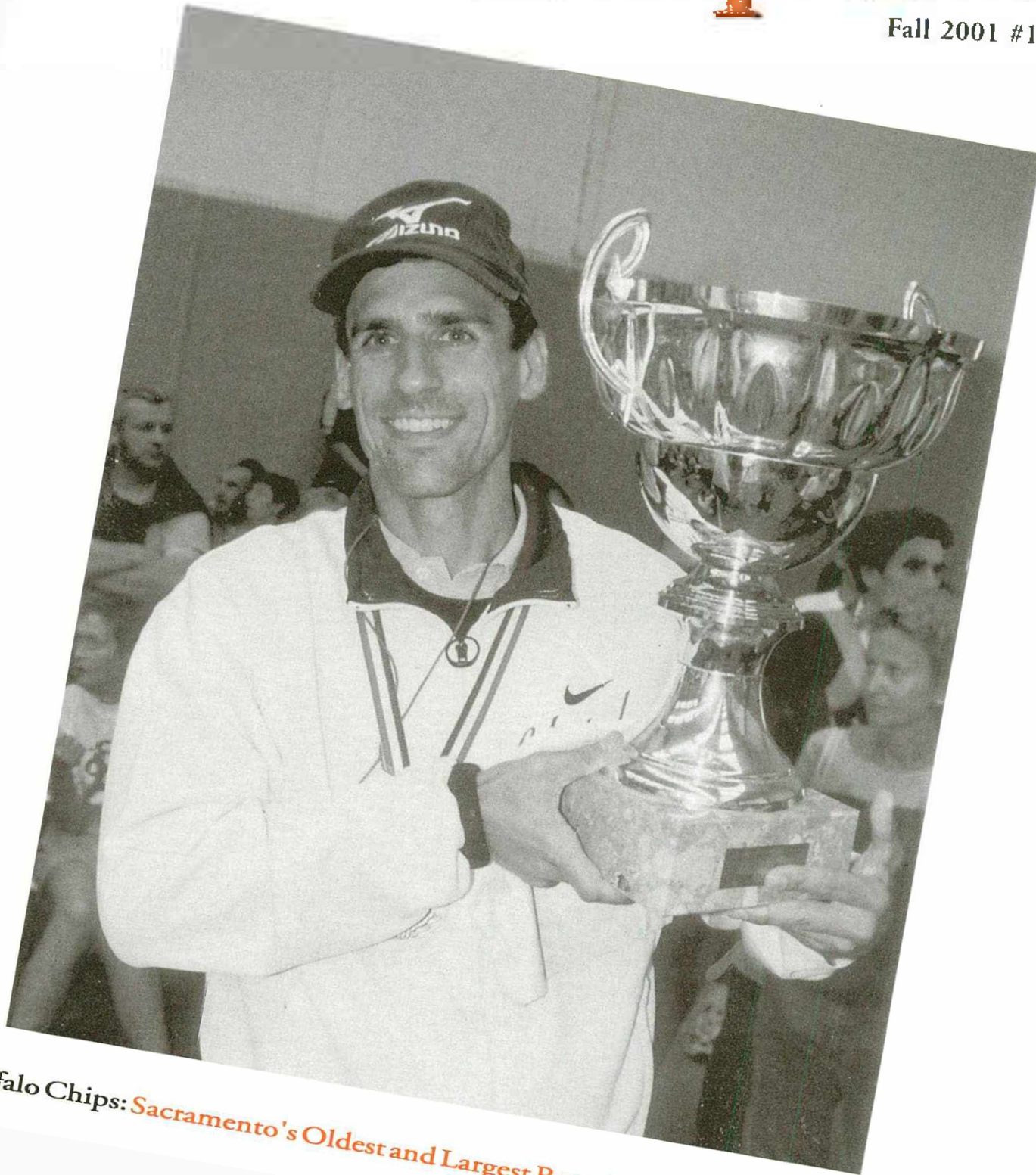




The  
**Buffalo  
Enquirer**

Fall 2001 #155



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

## Board of Directors

High Dunger  
John Hancock  
209.952.2521  
John\_Hancock@dot.ca.gov  
Vice High Dunger  
& Outreach  
Mike Grassinger  
916.482.1254  
mikeg@comcastnet.com  
Buckaroo  
Po Adams  
916.481.3983  
poruns24@aol.com  
Bison Scribe  
& Social Coordinator  
Alene Antelman  
916.978.7925  
leaners@cwnet.co  
Awards  
Virginia Hawes  
916.485.9566  
vhandpc@telocity.com  
Equipment  
Greg Soderlund  
916.929.7858  
soderlundultras@msn.com  
Historian  
Abe Underwood  
916.638.3900  
ajujuiek@aol.com  
Mailings  
Ron Peck  
916.344.1376  
no email address  
Major Sponsor Outreach  
Fred Kaiser  
916.486.1882  
fredkailaw@aol.com  
Membership  
Harry Criswell  
916.383.5513  
harryc@technologist.co  
Race & Fitness Walkers  
& Lobbyist  
Sharon Norris  
916.383.1420  
x2ski@hotmail.com  
Safety Coordinator  
Eric Bean  
916.681.4327  
peezyontrees@aol.com  
Training Director  
& Web Site Liaison  
George Parrott  
916.488.6580  
gparrott@csus.edu  
Volunteer Coordinator  
Vacant  
mccladdi@pacbell.net  
Youth Coordinator  
Ken Briscoe  
916.456.9265  
kenbriscoe@yahoo.com

## STATE OF THE HERD

Greetings to all,

Pride in yourself, pride in your running, pride in your club. That is what we are about, these Buffalo Chips. It is a great feeling to go to a race and be able to cheer fellow club members on and be cheered on just because you are a member of a running club that you can be proud of. We wear sweats and singlets adorned with Chip insignias, so that we can show that we are a part of something special, the best running club around. For the past two years I have been high dunger of this running club, the Buffalo Chips, and some of you have had the chance to meet me and others still might not yet know who I am. Well let me tell you in addition to being a life-long runner, I'm a hiker, a climber, a state worker, a Buffalo Chip, and a friend. I have had a chance to learn a lot about this club and the people who make it up. This last summer I even ventured into the world of ultramarathons and ran my first 50k thanks to getting to know some of the club members who regularly run these events. As for the Chips board, we have had some successes and some failures and have learned quite a bit along the way. We promoted team racing in cross-country and the Pacific Association road racing circuit. We also promoted club social events and as always, the continuity of club-organized races and workouts.

As the end of the year rapidly approaches, we look forward to hitting the ski slopes, opening Christmas presents, running in the rain, and of course electing a new Chips board. This is your chance to have a say in how your club is run. I know it might seem like more fun to sit on the sidelines and second guess the decisions made by our club's leadership, but putting some of that runner's patience and determination to work as a board member is much more rewarding. Over the last few years I have witnessed many good people joining the board and making a difference in the club. I have also seen people join the board and find out it is not what they expected, but at least they stepped up to the plate and gave it a try. This is your club and this is your chance to make your club what you want it to be.

We attempt to run the January election in democratic fashion. Sometimes we succeed. We have a nominating committee, and we get a slate of candidates from the committee and vote. If you want to represent the Buffalo Chips by serving on the board give any current board member a call and volunteer to join this unique inner circle.

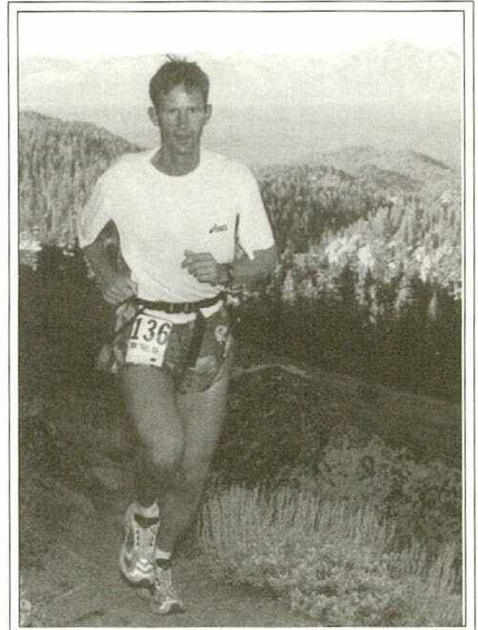


photo by John Hancock

High Dunger

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

**Buffalo Chips hotline**  
916.481.3653

**Buffalo Chips mailing address**  
BCRC, P.O. Box 19908  
Sacramento, CA 95819-0908

**Buffalo Chips web page**  
[www.buffalochips.net](http://www.buffalochips.net)



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



**PA/USATF web page**  
[www.pausatf.org](http://www.pausatf.org)

**Buffalo Chips Running Club:**  
PA/USATF Club #104

**RRCA web page**  
[www.rrca.org](http://www.rrca.org)

# EDITOR'S DROPPINGS

Hello Fellow Chips,

Well, we did it. It was a struggle, but with a little determination and a lot of long hours it was certainly an achievable task. I apologize for this issue being so late. I will try my best to get the next one out on time, as long as I receive all the contributions on time. I get a lot more proficient with this publishing program, I don't run into any walls, and...

Extra thanks to our wonderful contributors; without them we would not have a newsletter. Dave Creek, Cynci Calvin, Laura Kulsik and Eric Ianacone were kind enough to spend a great deal of time away from their busy schedules to help me with the technical stuff and all the other ins and outs of editing. And thanks to my dear husband for being so patience and understanding. Thanks, guys. I really do appreciate all of you.

And now for the bad news. My partner in crime, Cary Bertocini, will not be able to share the duties of editorship with me, due to other obligations and commitments. He has, however, offered to help whenever possible. You can be sure I'll be raking him up on that offer. Together we promise to bring you an outstanding product--one that Dave and our other great former editors will be proud of.

Now that I've got you feeling all fuzzy inside, I have a big favor to ask. As you know, it takes people to make things happen. It takes people to operate a club and it takes a lot of people to put on the events which we all love and can't live without. Yes, folks, we need volunteers. Lots and lots of 'em. Volunteering is fun and rewarding. Your support would be greatly appreciated and the running community will love you for it. Just think, if each club member volunteered at one race per year... Now just imagine what an impact it would make if you multiplied that by two or maybe even three.

I hope you enjoy this month's issue as well as all future issues. And please keep in mind that we, the folks who put the newsletter together, are always open to suggestions. If you have any ideas, thoughts, likes or dislikes, or simply wish to make a submission, please write, email or call me. This is your newsletter as much as it is mine, so just tell me what you want. I would love to hear from you.

*Nancy*

**On the Cover:  
The World Challenge 100K  
Rich Hanna, with his huge trophy!**

photo from Rich Hanna



photo by Joe McCladdie

## The Buffalo Enquirer

#155 Fall 2001

The Buffalo Enquirer is the official newsletter of The Buffalo Chips Running Club of Sacramento. Everyone is welcome to contribute to the newsletter.

THE DEADLINE FOR THE  
NEXT ISSUE IS  
MONDAY, JAN. 10TH

Editor

Nancy Mitchum  
9465 Laguna Lake Way  
Elk Grove, CA 95758  
916.691.2660  
firstwave@softcom.net

Contributors

Po Adams  
Alene Antelman  
Ken Briscoe  
Cynci Calvin  
Mary Coordt  
Harry Criswell  
DeeDee Grafius  
John Hancock  
Eric Ianacone  
Christine Powell-Miller  
George Parrott  
Doug Thurston  
Jeanette Turvill

Photos by

Eric Ianacone  
Joe McCladdie

### Race Coordinators

Mud Run  
Vacant  
Would you like the job?

Jed Smith Classic  
Ron Peck  
916.344.1376  
no email address

Susan B. Anthony 5K  
and  
Buffalo Stampede  
Cheri Alvarez  
916.929.3042  
calvarez@hhsdc.ca.gov

### Liasons

Pacific Association / USATF  
Cynci Calvin  
530.823.2661  
ccrun@psyber.com

RRCA  
Po Adams  
916.481.3983  
poruns24@aol.com

CIM  
Cynci Calvin  
530.823.2661  
ccrun@psyber.com

### Chips General Store

Myra Rhodes  
916.482.8528  
leenmyra@aol.com

Team Incentive Program  
Cynci Calvin  
530.823.2661  
ccrun@psyber.com

Web Site Coordinators  
Luis Alvarez  
916.481.2365  
luis.alvarez@intel.com  
George Parrott  
916.488.6580  
gparrott@csus.edu



# PA/USATF NEWS



by Cynci Calvin, PA/USATF Buffalo Chips Liaison

**WWW.PAUSATF.ORG**

for standings, results, schedules, on-line registration, and much, much MORE!



by Cynci Calvin, PA/USATF Buffalo Chips Liaison

**WWW.PAUSATF.ORG**

for standings, results, schedules, on-line registration, and much, much MORE!

**Ultra Grand Prix:** The 2000-2001 Ultra Grand Prix and the 2001 Road Grand Prix are winding down. Remaining on the ultra schedule are the Helen Klein 50-Mile & 50K (Nov. 10) and the Quad Dipsea (Nov. 24). Chips who are in strong contention for end-of-season high rankings include **Eric Skaden** (men 29 & under), **Herb Tanzer** (men 40-49), **Lee Rhodes** (men 60-69), **Jen Devine** (women 29 & under), **Linda McFadden** (women 30-39), **Laura Kulsik** (women 40-49), and **Barbara Elia** (women 50-59). In the team rankings Chips are in contention with the top men's, women's and mixed teams, and are in second place for overall points. Good luck to all and finish strong!!

The Ultra Grand Prix will begin anew in January, this time on a January to December schedule. The latest news about the 2002 schedule is that most of this year's events will be on the schedule—some of them need to firm up their dates—and as soon as they are established, a final schedule will be posted on the web site, sent out to everyone via e-mail, and published in the January/February issue of *California Track & Running News*.

**Road Grand Prix:** At *Buffalo Enquirer* press time, two events remained on the schedule and by the time you receive this there will probably be one (the California International Marathon). The Heritage Oaks Bark 10K in Paso Robles was held Sept. 30 and is a newcomer to the circuit. A stalwart portion of the herd migrated to the event and you can read about Paso Robles and Clarksburg 30K in the next *Buffalo Enquirer*. See page five for a Humboldt report.

Throughout the year the Chips have been fielding teams in every division, but not at every event. Something very positive this year: we've had several strong performances in the Road Grand Prix by some of our open men Chips (**Lloyd Levine**, **Eric Berntsen**, **Cary Bertoncini**, **Phil Smith** to mention a few). Hope you guys will be hangin' together during the season's final events. Our Women's Seniors Team is hanging on to first place (96-86) over Tamalpa, and the Women's Super Seniors are in a solid first place over the West Valley Track Club. **Barbara Miller**, our American and World record holding star 60-69'er is ranked a solid first in both the 50-59 and the 60-69 age divisions. Since Barbara just might opt for season-end money in the 50-59, guess what? Another record holding Chippette, **Myra Rhodes**, now second to Barbara in the 60-69'ers, will sprint away with top honors in that division. You go girls!

A special mention goes to the Chip Women's Masters Team: it's tied with West Valley Joggers and Striders for third, and that's a money spot, folks! So go for the dough, women. If you are a 40-49 woman Chip and wish to compete in one of the remaining Road Grand Prix events, contact either me (info above) or **Chris Iwahashi** (916/488-6580, ckiwahashi@ucdavis.edu). We need you!

*continued on next page*

## ROAD RUNNER'S CLUB OF AMERICA NEWS



RRCA UPDATE FALL 2001

by Po Adams

Buffalo Chips Liaison

RRCA Western Region Director

Well, fellow Chips, I just returned from Alexandria Virginia where I attended the RRCA National Board Meeting. We meet normally three times a year, including the RRCA Convention. This Meeting was special because of the retirement of Henley Gabeau, who has been the RRCA Executive Director since 1991. Henley has been a fixture of the RRCA, but now we have a new Director.

David Dobrzynski of Franklin Mass. was selected as the National organization's executive director. David is a former executive at Nike and Reebok, and David comes to the RRCA with extensive professional business, development and marketing experience. A competitive middle and long distance runner, David received a full 4-year athletic scholarship cross country track and field from Georgetown University in the 1970s. David graduated with a degree in business administration. Recently he completed the Bay State Marathon, first among Masters with a time of 2:45:30. With 30 years of running experience, David has been both the athlete and the coach, but today, prefers the joy of coaching. Now, I will tell you what I think of David

Dobrzynski, at my first meeting. He wants to be called David. Medium build, slender like a oereal runner, one who listens, but knows his words are worthwhile. Although the word for the RRCA is what we working on in the meeting. To me it is not quite I feel David knows the RRCA has to change and grow. The world is different today. As you well know. So we are thinking, (the Board) about what the RRCA should focus on Guidance, or Rules. Working with the USATF to make a better running community. What should the future of the RRCA be?

I think it is an interesting time, for our Running World is finally growing up. To do what is best for those of us who feel that running is a way of Life. Do you have to join a club? Do you have to join an association of runners? Why can't you do your thing? The RRCA is studying that. And I am thinking about that a lot. Next period I will inform you all about RRCA Insurance and what it does for our club. And I can tell you, without the RRCA insurance, we would neither have the club races, workouts or meetings we have.

**Cross Country Grand Prix:** Carol Parise and Cary Craig are doing a superb job of organizing the Chip Harriettes. Bob Venditti has organized a team of men's seniors (Joel Contreras and Brendan O'Neill, Arnold Utterback, Tony Johnson, and Ernie Takahashi). They'd sure like to have more company and get a men's masters team together, too! A wrap of XC will be in the next Buffalo Enquirer.

*Posted on the home page of the Pacific Association's web site:*

"Our most sincere condolences go out to the families and friends of the victims of our national tragedy. Although athletics may not be our foremost focus during this time of solidarity, we are reassured that sports like track and field, long distance running, and race walking contribute to the unified spirit of all people, and have been instrumental in promoting world understanding and peace."

by Cynci Calvin

e-mail your bunion/endorphin ideas to [ccrun@psyber.com](mailto:ccrun@psyber.com)

## BUNIONS to



- ⊗ Runners who won't run on the correct side of the bike trail (it's THE LEFT SIDE, facing oncoming traffic).
- ⊗ Motorists who won't give you an inch of extra room—and then glare at you as if to say "See, I'm right; running IS a dangerous thing to do!"
- ⊗ Motorcyclists who rev up mufflerless engines as they drive by you. Do they think runners are hard of hearing?
- ⊗ Evil little rocks that poke their heads out of a nice flat stretch of trail and trip you when you'd least expect it.

## ENDORPHINS to



- 😊 **Rich Hanna**—for his superb second place at the 100K World Championships.
- 😊 **Bob Venditti** who has singlehandedly made Chip men a presence at the IA XC Grand Prix events.
- 😊 **Buffy**—for your years of humorous, erudite answers in your advice column, "Dear Buffy." How will I survive without your answers!
- 😊 **Nancy**, your new *Buffalo Enquirer* Editor. Bless your volunteerin' heart!

## PA Happenings

The Humboldt Redwoods Marathon and Half Marathon PA-USATF Championship event was held under the BEST CONDITIONS in its more than 20 year history. Temperature was in the low 50s at race start and under an overcast sky never got above 55 degrees until after even the marathoners were done!

This incredibly fast course treated super CHIP master Dennis Early to first Bison finisher and Amy Grafius led her mom DeeDee and a stampede of additional Clippettes across the line with her 1:27 territory finish.

Solid CHIP performances were recorded by Chris Brissey, Brendan O'Neill, Barbara Miller, Myra Rhodes, Chris Iwahashi, Christy Anderson, Cynci Calvin, Claudia Isham, Cary Craig, Francine Mejia and Cheri Alvarez with several getting ALLTIME PRs. On the men's side, following Brendan, Brissey, Doug Braasch, Luis Alvarez, Monte Schacht, Ray Boyer, Pete Zinsli, Mike Grassinger, and George Parrott represented some of the HERD at Humboldt.

On the way back to Sacramento after the run, many of us stopped at the historic Benbow Inn for their incredible Sunday Brunch. It was a wonderful finish to a perfect morning.

## Coming Soon

The California International Marathon is looking for ten experienced, enthusiastic marathoners for Pace Team Leaders to assist marathon runners in achieving a specific time goal. The Pace Teams are sponsored by Clif SHOT and Clif BAR. Pace Team leaders will receive free marathon entry, a special "Pace Team Leader" shirt, and lots of Clif product! The goal times will be in approximate 15-minute intervals from 3-hours to 5-hours. You should be able to run the marathon distance 15 to 30 minutes faster than your pace group's goal. If you are interested in one of the Pace Team Leader positions or would like more information, contact Cynci Calvin.

Can you spare three hours to register runners for the annual **Run to Feed the Hungry**? Proceeds from Run to Feed the Hungry support the many services provided by the Sacramento Food Bank. Last year 9,000 runners participated in this Thanksgiving Day race. This year, we're expecting a whopping 11,500 runners. Volunteers are needed daily at Fleet Feet "J" Street starting Friday, November 16th through Wednesday the 21st. If you can help, take a look at the following time slots and either e-mail Jeanette Turvill, registration coordinator, at [jturvill@mindspring.com](mailto:jturvill@mindspring.com) or phone her at (916) 322-5746 (wk) or (916) 933-5019 (6:00-9:00 p.m.) and let her know when you can help. Thank you and earn the right to eat that pumpkin pie! Sign up for the Run to Feed the Hungry!! Please email Jeanette Turvill at [jturvill@mindspring.com](mailto:jturvill@mindspring.com)

As the PA Championship, this will not only be the largest association meet of the season, but it will also be the first qualifier for any Pacific Association athletes on the way to the USATF Jr. Olympic XC National Championships in Lincoln, NE on December 8, 2001.

So, we need the help of anyone who would like to lend a hand in helping us once again present another high quality running event. We'll need volunteers for the following posts:

Set-up — 6:45 to 8:45AM RACE Registration — 6:45 to 10:00AM  
 USATF Registration — 6:45 to 10:00AM Course Monitors — 10:00 to 1:30PM  
 Finish Line Crew — 10:00 to 1:30PM Timing Crew — 9:45 to 1:30PM  
 Results Posting — 10:00 to 1:30PM Region 14 Registration  
 10:00 to 2:00PM Clean-up — 1:30 to 2:30PM

If you, or anyone you know, would like to help, please let us know which area(s) you would most like to work in. Please, don't hesitate to contact Ken Briscoe at (916) 802-9414.

# NEW FROM NIKE



## AIR KANTARA

- \* Large volume, dual-pressure air-sole in heel.
- \* Firmer medial side foam with footbridge for rear foot control.
  - \* Forefoot Air-Sole unit.
  - \* Responsive Duralon forefoot.
  - \* Roomier, breathable upper.

*For the runner looking for the maximum blend of cushioning and stability.*

Mention this ad and bring your chips card for the special Buffalo Chips price of \$105.00  
(regular \$120.00)

Good at the following locations:

Davis	Fair Oaks	Roseville	Sacramento
615 2nd St	8128 Madison Ave	1850 Douglas Blvd	2311 J St
530-758-6453	916-965-8326	916-783-4558	916-442-3338

Offer good through November 30, 2001. Not valid with any other discount or coupons.

# AWARD PROGRAM NEWS

## Chip TIP (Team Incentive Program) 2001

We're in the last month of the 2001 Chip Team Incentive Program, started last year to promote Chip camaraderie and visibility. It will end on December 31, 2001, so enter those team events to earn a Chip Team Racing jacket or a pair of matching wind pants (they have arrived and I'm ready to distribute them!). Remember, you must be registered with the Pacific Association and you need a total (any combination) of eight road, XC or ultra team events or a total of five ultra team events) from Jan. 1 to Dec. 31, 2001. Submit your list to Cynci Calvin, ccrun@psyber.com, 530/888-8158 9810 Stoneyridge Rd., Auburn, CA 95603. The rules of the program and for events that qualify for points toward are in the Buffalo Bible and posted on the Chip web site, or contact Cynci with your questions. A partial list of team events that qualify is below.

### Events to date include but are not necessarily limited to:

Cal 10  
Jed Smith 50K  
50-Plus 8K  
Way Too Cool 50K  
Houlihan's 12K  
American River 50-Miler  
Ruth Anderson 100K  
Boston Marathon (all-Chip teams only)  
Compaq 10K  
Big Sur 5K  
Big Sur Marathon Relay (all-Chip teams on'y)  
Mi Wok 100K  
Quicksilver 50-Miler & 50K  
Silver State 50K  
Hoy's Zippy 5K  
Shriner's 8K  
Western States 100-Miler  
Fleet Feet Capital Mile  
San Francisco Marathon Relay (all-Chip teams only)  
Skyline 50K (8/5)  
Santa Cruz XC (8/25)  
GG Headlads 50K (8/25)  
Empire XC (9/1)  
GG Park XC (9/8)  
Rio Del Lago 100-M (9/15)  
Sierra Nevada 52.4-M (9/15)  
Crystal Springs XC (9/15)  
UC Davis XC (9/22)  
Presidio XC (10/6)  
Sierra College XC (10/13)  
Humboldt 1/2 Marathon (10/21)

### Events ahead include but are not necessarily limited to:

Lake Natoma 1/2 Marathon Relay (all-Chip teams only)  
Shoreline Open XC (10/27)  
Heritage Banks 10K (10/30)  
Firetrails 50K (10/13)  
Tamalpa Challenge (11/3)  
Helen Klein 50-M (11/10)  
Clarksburg 30K (11/11)  
PA XC Champs. (11/18)  
Quad Dipsea (11/24)  
Cal International Marathon (12/2)  
U.S. Bank Marathon Relay Challenge (all-Chip teams only) (12/2)  
Christmas Relays (12/9) (all Chip teams only)

Clarksburg 30K (Clarksburg) 1.5 points Dec. 2:  
California International Marathon (our backyard) triple points for teams, double points for individuals. Dec. 9: Christmas Relays (San Francisco) 1 point.



### Team Incentive Singlet Awardees:

**John Hancock** for Shriner's 8K  
**Arnold Utterback** for Friday Nite Races

The Buffalo Bash will be held Sunday December 2nd, at Cal Expo's Turf club, cocktails at 5:00, dinner at 6:00. The cost is \$10.00 for adults, and \$5.00 for Children or young adults 18 and under. Please send a check to Aliene Antelman-Aldrich, 3315 American River Dr. Sacto. 95864. Please include the names of the people attending. Deadline is November 23rd, tickets will not be sold at the door. Please make checks payable to the Buffalo Chips Running Club.

## TEAM UPDATE

### Men's Teams Open

1.	TransAdi	92.5
2.	WVTC	88
3.	HoyEx	73.5
4.	Aggies	48
5.	EBS	33
6.	WVJS	26
7.	Tamalpa	22.5
8.	Chips	17
9.	Empire	14
10.	GVH	13.5
11.	SSS	6
12.	Rebels	5

### Masters

1.	HoyEx	88.5
2.	WVTC	81
3.	Aggies	74
4.	EBS	47.5
5.	Rebels	31
6.	Chips	25
7.	SSS	18
8.	Tamalpa	17
9.	WVTC	5
10.	Ryans	4

### Seniors

1.	HoyEx	104
2.	Tamalpa	95.5
3.	WVJS	52.5
4.	Chips	49
5.	EBS	44
6.	WNLR	33
7.	SSS	21
8.	Empire	13
9.	Rebels	8
10.	GVH	8

### Super Seniors

1.	Tamalpa	100.5
2.	WVTC	99
3.	Chips	44
4.	Tara	6

### Veterans

1.	WVJS	40
----	------	----

### Women's Teams Open

1.	Impala	86.5
2.	AbilAdi	81
3.	Aggie	73
4.	WVTC	60.5
5.	HoyEx	54
6.	Tamalpa	31
7.	WVJS	19.5
8.	SSS	10
8.	Chips	10
10.	GVH	6

### Masters

1.	Impala	89.5
2.	WVTC	81
3.	WVJS	48
3.	Chips	48
5.	SSS	29
6.	Tamalpa	16

### Seniors

1.	Chips	94
2.	Tamalpa	86
3.	Impala	74.5
4.	WVJS	34
5.	WVTC	24.5
6.	SSS	18.5

### Super Seniors

1.	Chips	30
2.	WVTC	18

### Veterans

No teams reported.

Revised July 2001

## The World Challenge

### 100K

by Cary Craig

Cleder, France

On August 26, 2001, at 5:00 a.m. 1800 runners stand poised to start running 100 kilometers through villages, chateaus, farmlands and the rugged shores of the English channel on Brittany's north coast. About 1,000 of the runners are just there to run 100K, the way many of us would run a marathon. About 500 are competing in the French National 100K Championships. About 300 are runners representing teams from over 20 different countries there to compete in the 100K World Championship. Among those 300 are 12 runners, 6 men and 6 women, representing the United States. Three of these U.S. ultra runners, standing shoulder to shoulder with the world's finest ultra runners, are PA/USATF athletes. They are Rich Hanna, Tom Johnson, and Jennifer Devine-Pfeiffer. Fireworks illuminated the sky briefly, then they were off amidst the cheering and flagwaving of hundreds of enthusiastic spectators. "Allez, allez!!"

Thanks to an abundance of frequent flier miles I had the privilege to be standing on the sidelines watching and waiting for the race to begin. I had originally planned to be there simply to watch and cheer for our hometown heroes...my good friend and running coach, Rich; my running club teammate, Jen; and my acquaintance, Tom. By virtue of knowing a quarter of the US team I had been welcomed as "one of the gang" by the team managers and was given the opportunity to help support the team on raceday. Jen Devine-Pfeiffer was the only athlete making the trip alone so I volunteered to be her support crew. Although I would see portions of the rest of the race, it was Jen's race that I followed every step of the way and it was through her that I experienced the event.

The race was twice around a 50K loop. The continuously rolling course twisted its way through rural farmland dominated by artichoke fields, several stately chateaus, numerous small villages and Brittany's north coast. In the warmish, humid conditions the runners faced darkness, morning fog, rain showers and, in the late stages of the race, a hot sun. There was a lot of carnage on the course. Many of the early frontrunners faded and folded in the telling late miles of a challenging course on a challenging day.

Rich Hanna was making his first international appearance in over six years. This was a comeback performance for him after a series of injuries had kept him virtually sidelined between the summer of '95 and the summer of 2000. Those of us who have watched his return to health and serious training knew he was in killer shape and in a position to pull off a great run. In my glimpses of

him in the early going he looked strong, smooth, relaxed, and patient. In the second half of the race runners in the front began coming back to him and by 80K he found himself in second place and closing on the leader. Though he came within less than a minute of the eventual winner, Yasufumi Mikami of Japan, he would not catch him. Struggling with tiring quads over the last 10K, Rich held his position and crossed the line ahead of the heavy local favorite, defending world champion Pascal Ferizon of France, to snag the silver medal in a brilliant 6:43:09. He was heralded by the French media as the surprise of the day. His friends and fans in Northern California were not at all surprised.

Jen Devine-Pfeiffer was running in only her second 100K and it was her first international experience. I met her at about every other aid station to help her with her fluid and nutritional needs, provide encouragement and moral support and to egg her on when the going got a bit tough. I don't think I saw another runner who appeared to be having as much "fun" in the race. For the first 65K she'd arrive at each aid station with a huge smile and a laugh, looking smooth, feeling great. It wasn't until about 75K that any fatigue began to show. Her stride remained strong and fluid. From a distance no one would know it was getting harder. But up close I could see the strain in her eyes, now my job began in earnest. I tried to help keep her focused and positive with a mixture of white lies and encouraging truths. Jen demonstrated a combination of wonderful talent and amazing toughness and resolve to push through those difficult final miles to finish 17th among the best women in the world in a stellar 8:25:26. She was the second to finish of the six American women, outrun by only the seasoned international veteran, Daniele Cherniak of New York. The scoring American trio of Daniele, Jen and Nikki Kimball, who finished her impressive World Championship debut only 6 minutes behind Jen, shocked "the experts" by nearly upsetting the German women for the bronze.

Both Rich and Jen have likely secured spots on next year's 100K World Champion team with their spectacular runs in Cleder. I, along with the rest of the Pacific Association, am looking forward to cheering them on in Belgium in 2002.

#### *Olympic Flame*

*Diane Hill has been nominated to be a Torchbearer for the 2002 Winter Olympics. She will proudly carry the Olympic Flame as the Torch Relay winds its way through Sacramento next January. Exact date and location TBA.*



## Race Briefs

by George Parrott

### Run for the Arts

This event drew a great field of almost 1500 runners and walkers and topping the "Chip field" was none other than **High Danger** John Hancock. This was not a "PR" course with many turns and some technical problems with a course "gate" being still closed when the lead runners arrived there. but....the times were still decent for those running hard. Ann Gunnison, out of Stanford and previously a local McClatchy High product, topped the women's field with a 12 year old in second female spot followed by **Chip** Chris Iwahashi 3rd overall and first master's female. Close on Chris' heels was the stellar "little Chip" Helen Seldin, coming off her overall **win** at the Blisters For Sisters 5k with another 20 ish 5k at **age nine!!!!**

### Davis Stampede

Helen Seldin, youth Chip extraordinaire, took home **second** overall honors and more importantly broke 20 minutes for the first time. Brother, Steven was running strongly a bit in the lead still, but young Helen is showing **immense** promise as a strong racer well beyond her "age group" expectations.

### Silver State Marathon

Rae Clark **won** this event Overall. Rae, who will be fifty soon, is still the American record holder at 12 hours and 100 Miles (road, 12:12). He is holding up superbly and is an inspiration to **all** of us. Congratulations, Rae!

### XC Top Finishers

Top CHIP finishers were Brad Lael, John Hancock, Doug Thurston, Dennis Early, Brendon O'Neill, Tony Johnson, Ernie Takahashi, Arnold Utterback and Bob Vendetti for the men's division.

Rachel Ross Russell, imported from the U.K. continues to lead our women's group at these settings with former youth (now adult) CHIP Sara Pope running very well also. Chris Iwahashi, Zenith Lobell, Meg Svoboda, Carol Parise, Cary Craig, Francine Meija, Leah Aragon, Toni Reynolds and Linda Hall rounded out the HERD.



and

**FLEET  
FEET**  
*Sports*

 **FALL SPECIAL** 

MENTION THIS AD TO RECEIVE

**15% OFF**

**ALL APPAREL, SHOES AND ACCESSORIES.**

**NEW FALL APPAREL IS HERE!**



**OFFER GOOD AT THE FOLLOWING LOCATIONS:**

**DAVIS**  
615 2<sup>ND</sup> ST  
530-758-6453

**FAIR OAKS**  
8128 MADISON AVE  
916-965-8326

**ROSEVILLE**  
1850 DOUGLAS BLVD  
916-783-4558

**SACRAMENTO**  
2311 J ST  
916-442-3338

Not valid with any other discount or coupons. Please present your Buffalo Chips card at the time of purchase. Offer good on non-sale merchandise only. Offer good through November 30, 2001.

# From The Big Apple and the Lone Star State to Romatherapy and Beantown: 8 Marathons in 6 Months

by Laura Kulsik

During a six month span from November 2000 to this past April I ran eight road marathons. People ask me which one I liked the best. Each was special in their own way. Below is a post-race wrap-up of each of those events. Perhaps the information will inspire you to try one of them.

## New York City Marathon

The Big Apple

When is it? First Sunday in November

Compared to CIM, it's 13 times bigger. Fast course with rollers to make it interesting.

Organization? This is the race that started it all; city-wide marathons were modeled after NYC. The city has rallied behind this event which is a mutual lovefest between the runners and spectators...and the cops love working the event.

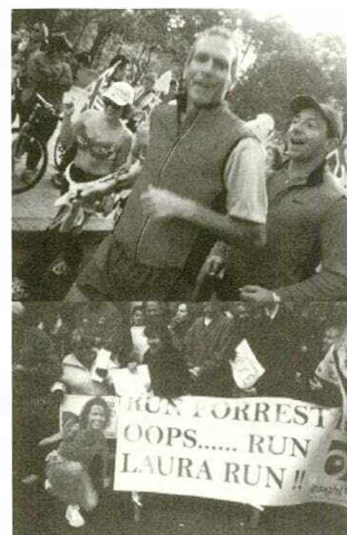
What's not to like? If you are an expo junkie, NYC doesn't offer much in the way of freebies and they limit what vendors can sell. However, they have a wide range of official merchandise to buy.

Cool thing I really, really liked? Having "celebrity runner" status which allowed me to start way up front; it took me two seconds to get to the start mat on the Verrazano-Narrows Bridge.

The shirt? I gave my shirt away.

My favorite part, besides the finish? Running through each of the five boroughs carrying toilet paper (we peed in every borough), a cell phone (to report on our progress to our friends at Tavern on the Green), and a camera (we took pictures of each other with the crowds along the way.) My fast friend Lori kept me, and the crowds entertained with her antics until we arrived in Central Park when the reality of running 26 miles kicked in!

Other things to do? Savor the city! I went museum crazy. I ran a lot too; the park was a Who's Who each morning. The day before the marathon, do the International Friendship Run. This enormous "we are the world" moving party starts at the U.N. and goes down the Avenue of The Americas to Central Park where breakfast is served to 20,000 internationals. It's 4 miles, it's free, and we laughed the whole time. We ran with Bangladeshis, Brits and the Dutch last year.



photos from Laura Kulsik

## Tucson Marathon

Arizona

When is it? First Sunday in December

Compared to CIM, it's a warmer alternative on the same day. The course has a ton of downhill, much of it in the final miles when your legs might already be trashed. I ran it as the 3:40 pace leader for the Runner's World Pace Team.

Organization? Good job. Nice cozy expo comparable to CIM...race finishes

at an upscale resort in the desert...chip timing, results on the web immediately.

What's not to like? Some early miles are pretty boring but it still beats running past strip malls.

Cool thing I really, really liked? The cute cactus-shaped finisher's medal, and getting a tan during the race. (Bring sunscreen!)

The shirt? Decent shirt, cactus on it (what a shock)

My favorite part, besides the finish? Knowing that a lot of runners in my group got their Boston Marathon qualifier.

Other things to do? Take a hike in Saguaro National Park, tour the Biosphere 2 Center in nearby Oracle, or cross the border into Nogales.

## Houston Marathon

Texas

When is it? Second Sunday in January

Compared to CIM, it felt like the same race course and crowd but with about one in 10 entrants wearing those Texas flag shorts!

Organization? Well done. Separate men's and women's starts on parallel streets. Easy and relaxed atmosphere even though it is a large race...chip-timed by Compaq, the race's title sponsor.

What's not to like? The course is as strip-mall ridden as CIM but with more poor 'hoods and humongous mansions along the way. Plenty of portaporties but it seemed no vacancies for miles and miles.

Cool thing I really, really liked? Receiving a Compaq iPaq Personal Audio Player and a crystal computer mouse for placing in my division.

The shirt? Nice. Simple red and white bandana design.

My favorite part, besides the finish? The post-race staging area was inside the Convention Center in case of bad weather...lots of hot food, real food beyond the usual NorCal fare...banks of computers set up so you could review your official splits, time and place.

Other things to do? Try a bayou goo pie at House of Pies...visit Rice College...check out Memorial Park where the locals run. It's just a three mile loop but during the steamy summer months its paths and parking lots fill up as early as 4 am! If you don't already, it will make you really appreciate what we have here in Sac.

## Austin Marathon

Texas

When is it? Third Sunday in February

Compared to CIM, it's even faster!

Organization? Well done. Big Texas hospitality reigns.

What's not to like? It was very cold at the start.

Cool thing I really, really liked? I ran it as the 3:40 pace leader for the Runner's World Pace Team. They chose this run because it's a fast course but I was really blown away by how fast it really was. You cork screw down to the finish. Nothing severe, just very mild stuff. I highly recommend Austin to anyone hoping to obtain a Trials or Boston qualifier or a plain old PR!

The shirt? A keeper. RW's shirt of the year.

My favorite part, besides the finish? The Pace Team seminars at the expo - listening to John "The Penguin" Bingham get everybody excited about running marathons...making a pilgrimage to Run-Tex, the largest running store in the country. It's also the only running establishment I've been to that has their own espresso bar and private label bottled water.

Other things to do? Austin is not just the capitol of Texas, it is the music capitol of the country and they're singing more than country and western here. The downtown is vibrant and eclectic. It's a college town and probably has more bars per capita than any place in the U.S....run along Town Lake and watch the thousands of Mexican bats under the bridges at sundown.

continued on next page

## Napa Valley Marathon

California

When is it? First Sunday in March

Compared to CIM, it's prettier.

Organization? Nice touches like awarding the winners their weight in wine. This could be a great destination marathon but I understand they must limit race entries due to hotel capacity in the region so get your entry in early.

What's not to like? This year, the weather; rain, cold and headwinds made for a nasty case of hyperthermia starting at mile 15.

Cool thing I really, really liked? Watching the horses run wild in the pasture next to the start.

The shirt? Needs a new look but the robes are a great freebie, and the souvenir wine glasses (to buy) are a unique alternative to the standard expo fare.

My favorite part, besides the finish? Taking a hot bath after being hyperthermic during and following the run.

Other things to do? Great time of year to visit the wine country - lush, green hillsides and no crowds. This is a foodie's dream destination marathon and it's so close! Some of the best restaurants in the country are here: French Laundry, Terra, Mustards to name a few in a few price ranges...get a mud bath treatment and massage up in Calistoga after your run.

## Marathona della Circa di Roma

Italy

When is it? Last Sunday in March

Compared to CIM, it's not a terribly fast course as it has 20K of cobblestones. (Surprisingly they didn't hurt as much as I thought.) You get a breathtaking tour of the old city. The race organizers deleted the city's seven hills without deleting the monumental views. Chips who have run other big city marathons including New York, London, Paris, and Berlin agree: no city is as beautiful as Rome. This place never has a bad hair day! And since Rome is one of the worst cities to run in, touring it in the form of a race is the way to go.

Organization? What organization? Like a lot in Italy, it is organized chaos but somehow it works. They could learn a lot from NYC.

What's not to like? Lame expo with no trinkets...start corrals were a mess, and no portapotties!

Cool thing I really, really liked? Running through history. We started at the Coliseum, right next to the Arch de Constantine where Abebe Bikila crossed the finish line first, and barefoot, at the 1960 Olympic Marathon. And we ran past everything: the Forum, Piazza Navona, the Spanish Steps, the Villa Borghese, the Tiber River, the Vatican, Trevi Fountain, and the Pantheon. The spring temperatures were perfect.

The shirt and other goodies? Great design, of course (this is the design mecca of the world), and free to all entrants: very cool Benetton backpacks with embroidered race logo. Buono!

My favorite part, besides the finish? Seeing other Chips on the course including Tammy and Tom White, Richard Falat, Maria Sun, and Mike Halko.

Other things to do? Walk but look both ways TWICE before the crossing the street. People watch...Italians are gorgeous; no tattoos or weird pierced body parts here. If you want to blend in, here's a few tips: accessorize by holding a cell phone to your ear and a cigarette to your mouth...don't bother turning on the TV; the only Italian program we miss is Big Diet, it's Survivor, Temptation Island and Who Wants to be a Millionaire rolled up in to one



"reality-based" show; put 10 extremely obese people under one roof for three months, offer 20 million (that's a lot of lira!) to the person who loses the most weight but tempt them with boxed chocolates and delivered pizzas the whole time.

## Boston Marathon

Massachusetts

When is it? Third Monday in April. Patriot's Day

Compared to CIM and New York, it's the only other marathon you must do in this lifetime. I've run it five times now and still haven't tired of it.

Organization? Awesome. Only second to New York.

What's not to like? For this year only, they had to move the expo to another venue, near "the big dig", so it wasn't within the usual walking distance of the back bay.

Cool thing I really, really liked? The hype before the race, and the crowds during the race. If you don't like crowds, you won't like Boston. If you are an expo junkie (I am not), Boston is The Mother of all Expos.

The shirt? It's notoriously lame but they do that so you will buy the cool paraphernalia and the B.A.A. has more of it than any other marathon.

My favorite part, besides the finish? Before the race: bumping into Chips on the street - especially the ones doing their first Boston.

During the race: the giant Adidas banners along the race course: In Hopkinton - "Welcome to Boston, the greatest running event since, well, forever," in Natick - "87,000 screaming fans down. 313,000 screaming fans to go.", Wellesley - "Wellesley College: next 320 decibels.", and in Framingham - "Remember: Running it is nowhere as painful as never having had the chance."

After the race: laughing about how sore I was in the middle of the run that when a \$20 bill floated by my feet, I couldn't even bend down to retrieve it!

Other things to do? Boston is a great walking city and reeks of history but if you're saving yourself for race day take the "T" or taxis. Jog along the Charles River, see a Red Sox game, see a play, visit a museum, eat in Little Italy. You can't go wrong food-wise in Boston.

## Big Sur Marathon

California

When is it? Last Sunday in April

Compared to CIM, it's a perfect companion run to our hometown course. If you want to run two marathons in the state in one year, do these two, or do the "California Grand Slam" by throwing Napa in the mix. Don't let people convince you that Big Sur is a slow course. I negative split and got my fastest time of the year on this one. It has some noteworthy hills but they're conveniently located in the middle of the run, the second half is full of incredible downs that nobody seems to remember. Take advantage of those.

Organization? I have never seen volunteers as proud of an event as the "blue coats" are at Big Sur. If this race could earn a Zagat rating, it would earn a 25; top shelf all the way.

What's not to like? This race is dang near perfect in every way.

Cool thing I really, really liked? I was pleasantly surprised at how fast this course was. I knew it was going to be pretty and pretty windy and have lots of uphill but nobody said anything about the downhill except for my husband. He was right - there's a lot of them.

The shirt and other goodies? Circa 1970's-style headshop art but tons of cool merchandise to buy; the best I've ever seen at any race anywhere.

My favorite part, besides the finish? The whimsical signage along the course, and music of every kind...watching the "blue coats" take care of the runners; they are the concierges and maitre d's of the marathon world.

Other things to do? Eat your way down Highway 101; salt water taffy in Santa Cruz, artichokes in Salinas, strawberries in Monterey, seafood and wine in Carmel.

# NUTRITION

## Winterize Now

by Mary Coordt

**F**eeling run down? It is freezing outside, you are tired and are feeling the initial symptoms of the cold. No one likes to be sick nor can they afford to stay home from work or miss a training run, so they commonly look for methods to boost immunity. People talk about boosting immunity as if it were a task similar to increasing one's running endurance or building muscle. But maintaining a healthy immune system is much more complicated than buying one of the hundreds of supplements promising to boost immunity. Unless you are severely malnourished you are wasting money on fraudulent claims and could be suppressing some immune responses with megadoses of certain supplements, as has been shown with zinc, vitamin C or echinacea. So what can we do to protect ourselves from getting sick? Below are some quick tips to ward off the sniffles.

**Wash your hands.** According to the Centers for Disease Control, this is the most important thing you can do to keep from getting sick. It only takes about 20 seconds. Almost everyone can do it. It's not expensive.

**Injection of flu vaccines.** Hopefully you already got your shot because this is truly the only proven immune-booster.

**Navel oranges, kiwi and peppers.** These are just a few of the many rich sources of vitamin C and antioxidants available during winter. Although it is uncommon to be deficient in vitamin C, low levels have been associated with poor immune function. Because numerous studies have shown that vitamin C supplements have no effect on immune response unless you are deficient and there is growing evidence that there is a toxicity level, it may be wiser to *overdose* with fruits and vegetables.

**Take in more fluids.** As it gets cold out we tend to drink less water and more coffee and become at risk for dehydration. With the fluid loss from sneezing and staying in the dry heated office it is a good prevention measure to keep reaching for the water bottle.

**Exercise.** I know all of you do this. Although research shows that sedentary people don't have as vigorous an immune system as those who exercise, there is also evidence that overdoing exercise may depress the immune system. It is reported that 25% of runners get sick after a marathon.

**Rest.** Although losing sleep for a night or two won't necessarily make you ill, it may temporarily depress immunity and make you more vulnerable to certain microbes.

**Increase consumption of soup.** Although the exact mechanism is still unclear, studies have found that vegetable-rich chicken soup helps stop

neutrophils from inflicting sniffles. (couldn't hurt to try butternut squash soup, too: it is packed with beta-carotene an antioxidant)

**Zinc.** Research indicates that the immune system is adversely affected by even moderate degrees of zinc deficiency. People who are zinc-deficient have a more difficult time resisting infections. As a runner it is important to eat plenty of foods rich in zinc: oysters, beef, poultry, and legumes. But avoid long term use of zinc supplements or lozenges because studies have found that taking over 50mg a day will cause vomiting, diarrhea, headaches, exhaustion and interfere with copper metabolism, anemia, acceleration of atherosclerosis and impair your immunity.



Mary Coordt at Buffalo Stampede 3rd woman

**Echinacea.** There is evidence that it can help lessen the severity of cold symptoms if taken at the first sign of illness and continue for one week. Long-term use is not recommended as it has shown to suppress the immune system. It is not clearly understood which of echinacea's chemical components are responsible for its effects and consumers face a problem when purchasing it because there is no guarantee of the level of active ingredients.

## Top Marathon Marks

by Doug Thurston

The list below charts the progression of world and U.S. marathon bests for men and women in the past 20 years.

### World best - Men

2:05:42	Khalid Khannouchi (MAR)
24 Oct 1999	Chicago IL/USA
2:06:05	Ronaldo daCosta (BRA)
20 Sep 1998	Berlin GER
2:06:50	Belayneh Dinsamo (ETH)
17 Apr 1988	Rotterdam HOL
2:07:12	Carlos Sousa Lopes (POR)
20 Apr 1985	Rotterdam HOL
2:08:05	Steve Jones (WAL)
21 Oct 1984	Chicago IL/USA
2:08:18	Rob deCastella (AUS)
6 Dec 1981	Fukuoka JPN
2:09:01	Gerard Nijboer (HOL)
26 Apr 1980	Amsterdam HOL
2:09:06	Shigeru So (JPN)
5 Feb 1978	Beppu JPN
2:09:12	Ian Thompson (ENG)
31 Jan 1974	Christchurch NZL
2:09:29	Ronald Hill (ENG)
23 Jul 1970	Edinburgh SCO
2:09:37	Derek Clayton (AUS)
3 Dec 1967	Fukuoka JPN
2:12:00	Morio Shigematsu (JPN)
12 Jun 1965	Chiswick ENG
2:12:12	Abebe Bikila (ETH)
21 Oct 1964	Tokyo JPN
2:13:55	Basil Benjamin Heatley (GBR)
13 Jun 1964	Chiswick ENG
2:14:28	Leonard "Buddy" Edelen (USA)
15 Jun 1963	Chiswick ENG
2:15:16	Toru Terasawa (JPN)
17 Feb 1963	Beppu JPN
2:15:17	Abebe Bikila (ETH)
10 Sep 1960	Rome ITA
2:15:18	Sergei Popov (RUS)
24 Aug 1958	Stockholm SWE
2:17:40	James Henry Peters (GBR)
26 Jun 1954	Chiswick ENG
2:18:35	James Henry Peters (GBR)
4 Oct 1953	Turku FIN
2:18:41	James Henry Peters (GBR)
13 Jun 1953	Chiswick ENG
2:20:43	James Henry Peters (GBR)
14 Jun 1952	Chiswick ENG
2:25:15	Choi Yun-Chil (KOR)
28 Oct 1951	Pusan KOR
2:29:19	Sohn Kee-Chung (KOR)
9 Aug 1936	Berlin GER
2:30:58	Harry William Payne (GBR)
5 Jul 1929	Stamford Bridge ENG
2:36:07	Alexis Ahlgren (SWE)
31 May 1913	Stamford Bridge ENG
2:37:23	Henri Siret (FRA)
10 Oct 1908	Shepherds Bush ENG
2:55:19	Johnny Joseph Hayes (USA)
24 Jul 1908	Shepherds Bush ENG

photo by Eric Iannone

**World best - Women**

2:18:47 Catherine Ndereba (KEN)  
 07 Oct 2001 Chicago IL/USA  
 2:19:46 Naoko Takahashi (JPN)  
 30 Sep 2001 Berlin GER  
 2:20:43 Tegla Loroupe (KEN)  
 26 Sep 1999 Berlin GER  
 2:20:47 Tegla Loroupe (KEN)  
 19 Apr 1998 Rotterdam HOL  
 2:21:06 Ingrid Kristiansen (NOR)  
 21 Apr 1985 London ENG  
 2:22:43 Joan Samuelson (USA)  
 18 Apr 1983 Boston MA/USA  
 2:25:29 Grete Waitz (NOR)  
 17 Apr 1983 London ENG  
 2:26:11 Joan Samuelson (USA)  
 12 Sep 1982 Eugene OR/USA  
 2:26:47 Allison Roe (NZL)  
 20 Apr 1981 Boston MA/USA  
 2:29:57 Joyce Smith (ENG)  
 29 Mar 1981 London ENG  
 2:30:27 Joyce Smith (ENG)  
 16 Nov 1980 Tokyo JPN  
 2:30:58 Patti Catalano (USA)  
 6 Sep 1980 Montreal CAN  
 2:31:23 Joan Samuelson (USA)  
 3 Feb 1980 Auckland NZL  
 2:34:48 Christa Vahlensieck (GER)  
 10 Sep 1977 Berlin GER  
 2:38:19 Jacqueline Hansen (USA)  
 12 Oct 1975 Eugene OR/USA  
 2:40:16 Christa Vahlensieck (GER)  
 3 May 1975 Dulmen GER  
 2:42:25 Liane Winter (GER)  
 21 Apr 1975 Boston MA/USA  
 2:43:55 Jacqueline Hansen (USA)  
 1 Dec 1974 Culver City CA/USA  
 2:47:12 Michiko Gorman (USA)  
 15 Apr 1974 Boston MA/USA  
 2:48:36 Michiko Gorman (USA)  
 2 Dec 1973 Culver City CA/USA  
 2:49:40 Cheryl Bridges (USA)  
 5 Dec 1971 Culver City CA/USA  
 3:01:42 Beth Bonner (USA)  
 9 May 1971 Philadelphia PA/USA  
 3:02:53 Caroline Walker (USA)  
 28 Feb 1970 Seaside OR/USA  
 3:07:27 Anni Pedersen (GER)  
 16 Sep 1967 Waldniel GER  
 3:15:23 Maureen Wilton (CAN)  
 6 May 1967 Toronto CAN  
 3:19:33 Mildred Sampson (NZL)  
 21 Jul 1964 Auckland NZL  
 3:27:45 Dale Greig (SCO)  
 23 May 1964 Ryde ENG

**USA Men**

2:07:01 Khalid Khannouchi (NY)  
 22 Oct 2000 Chicago IL/USA  
 2:08:47 Robert Kempainen (MN)  
 18 Apr 1994 Boston MA/USA  
 2:09:21 Alberto Salazar (OR)  
 4 Dec 1983 Fukuoka JPN  
 2:08:52 Alberto Salazar (OR)  
 19 Apr 1982 Boston MA/USA  
 2:10:20 Tony Sandoval (NM)  
 9 Sep 1979 Eugene OR/USA  
 2:10:20 Jeff Wells (TX)

9 Sep 1979 Eugene OR/USA  
 2:09:28 Bill Rodgers (MA)  
 16 Apr 1979 Boston MA/USA  
 2:09:56 Bill Rodgers (MA)  
 21 Apr 1975 Boston MA/USA  
 2:10:30 Frank Shorter (CO)  
 3 Dec 1972 Fukuoka JPN  
 2:11:36 Ken Moore (OR)  
 6 Dec 1970 Fukuoka JPN  
 2:11:13 Eamon O'Reilly (DC)  
 20 Apr 1970 Boston MA/USA  
 2:14:29 Amby Burfoot (CT)  
 8 Dec 1968 Fukuoka JPN  
 2:18:13 Leonard "Buddy" Edelen  
 21 Oct 1964 Tokyo JPN  
 2:14:28 Leonard "Buddy" Edelen  
 15 Jun 1963 Chiswick ENG  
 2:18:57 Leonard "Buddy" Edelen  
 2 Dec 1962 Fukuoka JPN

**USA Women**

2:21:21 Joan Samuelson (ME)  
 20 Oct 1985 Chicago IL/USA  
 2:22:43 Joan Samuelson (ME)  
 18 Apr 1983 Boston MA/USA  
 2:26:11 Joan Samuelson (ME)  
 12 Sep 1982 Eugene OR/USA  
 2:27:52 Patti Catalano (MA)  
 20 Apr 1981 Boston MA/USA  
 2:30:58 Patti Catalano (MA)  
 6 Sep 1980 Montreal CAN  
 2:31:23 Joan Samuelson (ME)

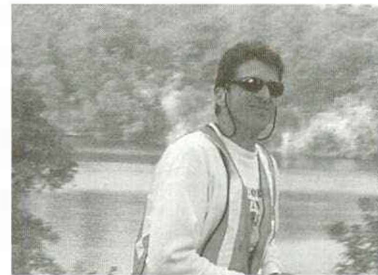


photo by Nancy Mirchum

3 Feb 1980 Auckland NZL  
 2:35:16 Joan Samuelson (ME)  
 16 Apr 1979 Boston MA/USA  
 2:36:24 Julie Brown (CA)  
 10 Sep 1978 Eugene OR/USA  
 2:37:57 Kim Merritt (WI)  
 11 Sep 1977 Eugene OR/USA  
 2:38:19 Jacqueline Hansen (CA)  
 12 Oct 1975 Eugene OR/USA  
 2:43:55 Jacqueline Hansen (CA)  
 1 Dec 1974 Culver City CA/USA  
 2:47:12 Michiko Gorman (CA)  
 15 Apr 1974 Boston MA/USA  
 2:48:36 Michiko Gorman (CA)  
 2 Dec 1973 Culver City CA/USA  
 2:49:40 Cheryl Bridges (IN)  
 5 Dec 1971 Culver City CA/USA  
 3:01:42 Beth Bonner  
 9 May 1971 Philadelphia PA/USA  
 3:02:53 Caroline Walker  
 28 Feb 1970 Seaside OR/USA  
 3:21:19 Sara Mae Berman (MA)  
 28 Sep 1969 Atlantic City NJ/USA  
 3:21:40 Roberta Gibb  
 19 Apr 1966 Boston MA/USA

# Chips Chase Clock at Chevy's 5/12k

*--As Runners We Mourn the Nation's Loss*

By George Parrott

The annual Chevy's 12k and companion 5k events found smaller crowds than usual this past weekend, most likely due to the national tragedy we all shared and still carry from the events of September 11 in New York City, Washington D.C., and in the rural fields of Pennsylvania.

We are slowly returning to our regular patterns of daily life, but we may never fully return to the atmosphere of innocence that we generally held prior to September 11. While we now see this as an Attack on America, it was even more an assault on our naive view of the world being distant from us and of terrorism being something "others" experienced.

We now carry and feel the pain of every victim of such barbarism, and in our empathy we will never be innocent again.

Our stalwart CHIPS ventured out that morning to begin their collective healing with their rededication to racing and to the overall company of others. This much was VERY good psychology and very good healing.

Many BISON participated in the Chevy's experience, Robin Cambra, Grete Carriger and Judy Shipman also added to their divisional award resume, and on the men's side TWELVE YEAR OLD Michael Salvatierra turned an awesome 49:51 to capture that division. Our masters' men went 1-2 in the 45-49 division with Dave Smith leading Jeff Hayes in that segment.

The companion shorter race was billed as a 5km, though the accuracy of the mile splits raised some uncertainty. Runners in this "5km" can likely produce a MUCH faster time on a more accurate course ...next time. Natasha LeBeaud, another of our maturing "Junior Chips" turned a simply wonderful 18:54 for 3rd overall female, and Christine Iwahashi won the master's women's group and was 5th overall female in the field with her 20:21. Ernie Takahashi and Irv Faria captured top honors in their respective age divisions.



Coming more regularly on SATURDAYS  
 FREE 5/10k "Fun Run/Race" option.

We will be more regularly using the "University Park 5/10k course for Saturday morning workouts/runs. This course allows perfect pacing practice for 5-10 km race development, and it is "certification accurate" and with virtually 3 turns on the whole course and NO ELEVATION change greater than about 20 inches total....This is a wonderful "benchmark" course. Come join us for SATURDAY MORNING workouts on this "time trial" course. Can you say "PR"?"

\*\*Thanks to CHIP Doug Thurston for volunteering to work with the County to get accurate mile marks on the newly repaved parkway!\*

# Buffalo Stampede 2001





## Out-Of-State Trail Races

by Laura Kulsik

*"We do not go to the green woods and crystal waters to rough it, we go to smooth it. We get it rough enough at home; in towns and cities..."* Nessnuk, 1920 Woodcraft

More than eighty years later these words still hold true and I often think of them during my trail runs and while on vacation. As I become more passionate about my running and travel time, I often combine the two. I have been to 33 states and I've always managed to find a trail to explore whether it be for a simple walk, a run, or backpacking trek. Many times, I've been able to find a trail race on my out-of-state travels - easy to find now with the Internet. And when this happens, it's wonderful - the opportunity to explore the great outdoors with all of the amenities an organized race has to offer including food, water, and course markings. Below are four out-of-state trail races, all subultra distances, I have ran and highly recommend. Each run can be as smooth or rough as you want them to be.

**Pikes Peak Ascent 13.32 miles Manitou Springs, Colorado** Altitude anyone? This rocky mountain, high altitude adventure will sear your lungs and turn your legs into rubber...and that's just after the first mile. The ascent, originally started as a bet between smokers and nonsmokers 46 years ago, begins at a little over 6,000 feet. You double that in the first 11 miles and then it's 2,000 more in-your-face vertical above treeline and in the clouds before you summit at 14,110. (The midpacker will finish the ascent in a time close to their marathon time.) This is one race where you don't want to hang out at the finish line. The year I "ran" it, it was dry and 70 degrees at the start but an icy and wet 27 degrees at the finish on top. Moreover, one can develop a massive headache when you go from sea level to elevations above 8,000 quickly. Fortunately, the race organizers offer a free shuttle service to get you off the peak. Yep, only in Colorado can you reach a natural wonder via a highway open to vehicular traffic. However, if you really must run down the mountain, there is the Pikes Peak Marathon held the next day. The 26.64 miles is actually the shortest ultra in the country as well as one of the largest too. Get your entries in early for both as the events, usually held on the third weekend in August fill as early as May. Lock at a postcard of the peak when you are done; you'll amaze yourself that you ran the thing but don't expect a true wilderness experience while you're doing it; ascent entries are capped at 2,000. For more information: [pikespeakmarathon.org](http://pikespeakmarathon.org)

**acidas Seven Sisters 12 miles Amherst, Massachusetts** This rocky out-and-back run along the ridge line of the Mt. Holyoke Range packs 5,100 feet of climb into just 12 miles. After New York's 18 mile Escarpment Run, aSS is said to be the roughest subultra. "a unique offering of beauty and pain." Held on the first Sunday in May, the year I ran it it was an unseasonable 96 degrees, the hottest day of the year. It was brutal yet I totally loved it. I managed to finish strong, undehydrated, and amazingly, without falling. The course starts with an 800-foot climb up a giant pile of shale called Bare Mountain but this is only the beginning of the rocky roller coaster. With relentlessly steep climbs, boulders galore, and hazardous footing it is the only race where I have had to employ Class 3 climbing skills; in other words - I had to use my hands a lot! And, I swear, the longest flat was no more than 50 yards

- that happens when you run on the porch of Mountain House. Yes, you run through a house. The six-mile turn around offers great views of the Pioneer Valley below but then it's deja vu all over again for the return trip. One full-service aid station is at the turn around and a water jug drop is at the four and the 10 mile marks but I highly recommend one carry their own water and calories for this one. For more information: [www.newenglandtrailrunner.com](http://www.newenglandtrailrunner.com)

**Triple Trail Challenge Half Marathon, 10K, and 5K Newark, Delaware** The challenge: run a trail half marathon followed by a trail 10K followed by a trail 5K. It's set up so that all three races can be run if desired, and that was my desire. Staged at White Clay Creek State Park, just outside of the Delaware capitol, the TTC half marathon field had 50 or so starters with about a dozen of us in the "Ironperson" division. Wow, that almost makes me sound like a triathlete, which I am not. I had seen web photos of the course and it looked pretty and pretty benign. What one learns about east coast trail races is that while they don't have the elevation we have here in trail Mecca, what they do have are relentless little bumps that wear you down little by little. Another thing you learn is that east coasters take their shoes off when they cross streams. And it was at the water crossings where this Northern California girl made her move! The half marathon was over and done with for me in about 1:45 but I had to wait another 30 minutes before we began the 10K. And that was the hard part for me, keeping my body temperature up during the wait. Jogging around seemed to help. The 10K, with a whole new slough of fresh faces and even fresher bodies, was exhausting and exhilarating but it was the 5K, with still more fresh people than in the other two events combined, that

really took it's toll on me. But of course, I had already run nearly 19 miles on trails at full blast! Sure, we had two breaks in there amounting to almost an hour of downtime but still - almost a marathon's worth of trails. I even placed in the half marathon and 5K (but not the 10K in the middle.) Nice!!!! For more information: [coolrunning.com](http://coolrunning.com)

**Lehigh River Relay Run 23.5 miles Allentown, Pennsylvania** My husband, Bart Yasso, founded this race for the Red Cross 11 years ago. The relay, run on the third Sunday in July, has since blossomed into one of the east coast's largest with 190 five-person relay teams and 75 Ironpeople taking part. Our family had enough participants to field three of those teams plus one. The Yassos are a large running tribe! Bart suggested I just run the whole thing. It would be a good opportunity for me to see my future stomping grounds as well as run with family members. We Ironheads got a 15-minute head start on the relay folks yet, after the first leg, I don't think I passed anyone the entire race. Yet two of our relay teams, Who put the ass in Yasso? and Who let the Yassos out? were right on my tail. Each relay leg varies from 3.38 miles to 5.8 miles, and two of those legs have moderate hills. The course is run on a rootless, rockless, mud-free dirt towpath alongside the beautiful, shaded Lehigh River. In other words: it is fast and pretty. And it reeks of history. Before you reach the finish in Bethlehem where the river meets up with the Delaware Canal you have run alongside canals and lockes that were dug and built by hand more than a century ago. For more information: [brenneisel@usa.redcross.org](mailto:brenneisel@usa.redcross.org) For personal trail running stories: [www.trailrunner.com](http://www.trailrunner.com)

## Chips in Modesto

by Dee DeeGrafius

Ninety miles south of Sacramento, in the Modesto area, there is a small, active group of loyal Chips who have been running all around the world.

Barbara Miller and Doug Braasch traveled in July to Brisbane, Australia to compete in the WAVA (world's masters) Track & Field meet. Both competed in the 60-65 age division of the 5,000 meters, 10,000 meters, and marathon over the five-day span. Barbara placed first marathon, second in the 10,000 meters and fourth in the 5000 meters. Doug placed in the top half of his age group in each of the three events.

Larry Smith competed in the Camp Pendleton Triathlon in Southern California. He completed the three-sport event in 11:34, one half hour faster than last year. He also ran the Hood to Coast Relay in Oregon. Larry and his wife, Candy, will soon be going to Nepal for a backpacking trip.

Brendan O'Neil ran a half marathon while vacationing in Lake Tahoe. He is just getting started for the fall cross country and road racing.

Linda McFadden has been running 100 milers all over the country; Western States, Leadville and Wasatch. She also ran 60 miles of the John Muir Trail but the need to go back to work limited the time that was needed to complete the entire JMT.

Amy Grafius and Dee Dee Grafius also hit the backcountry trails to enjoy the summer: two backpacking trips and a run of a trans-sierra east-west crossing (24 hours) during a major thunderstorm on July 4th were the highlights.

Things really heated up as the incredible Barbara Elia had another successful finish of the Badwater Ultra, the grueling 135-mile event that starts in Death Valley's Badwater and finishes at the Whitney Portal. She placed third woman overall and was a half hour faster

than her run last year. This year she had a Chips crew: Linda, Amy and Dee Dee.

On September 8th at the Sierra Challenge 24 hour adventure race the team of Smith Chevrolet: Larry, Amy, Dee Dee along with a nonChip placed fourth overall with a time of 27:16. This is the second adventure race finish for the team. The race started at Millerton Lake with an eight mile run, followed with a short 100 m swim in full running gear, a seven-mile paddle around the lake in a whitewater raft, a 26 mile mountain bike (extreme downhill, huge "push your bike up" hills and numerous dismounts due to large rocks on the course), a 27 mile road bike (again uphill,) and culminated with a 20-mile hike (of course no markings or trails at times and a 300' rappel). The finish was at Fish Camp outside of Yosemite.

Summer fun is over and now Barbara Miller, Doug, Amy, Larry and Dee Dee are getting serious about the remainder of the Pacific Association Grand Prix circuit. They are training together under their new coach Mary Shea (past All-American/Michigan State and 1988 Olympic Trials 10,000m competitor). Mary is now coaching at Modesto Junior College. She was Amy's coach while at the University of Nevada in Reno.



Larry Smith, Dee Dee Grafius, Amy Grafius and nonChip  
Sierra Challenge 24 Hour Adventure Race

photo from Dee Dee Grafius

## Dennis Early and Kathy Aragon Take Top Masters at Stampede

by George Parrot

The 27th hosting of the club's biggest race is now history, and it is a chapter that all Bison can be most proud to have shared. The 2001 edition of the fastest fall 10 attracted over 520 finishers with about 140 of those taking advantage of the early/Migration start

It was a fine day for racing and a wonderful day to enjoy a scenic ten miles through some of Sacramento's best suburban areas. This year the Stampede joined our other club races in featuring timing by ChampionChip technology, and we had results available on site within about 30 minutes of the runner's actual finish. The whole results summary and even the awards ceremony was completed by before 11 a.m. Every runner got a fully monitored and aid staffed course.

Our volunteers were organized before the event with a dinner hosted at CSUS by their food services program as a further contribution to the event, and we thank all of our supporting sponsors for their assistance.

Our aid stations and course monitors included students and faculty from Christian Brothers, St. Francis, Elk Grove and Rio Americano High Schools. We thank them for their involvement and support as well, and we will be making donations to the Cross Country Programs at these schools from the proceeds of our event.

The best overall performance of the day, on the course, was that of Bay area super senior, Shirley Marson, who ran 68 for the ten miles and broke the national record by about 90 seconds for this division. Our own Barbara Miller (age 62) had the second best overall performance of the day in this very competitive division and also claimed a National Record for her age.

Top Chip times were recorded by Dennis Early in winning the men's master's and with Mary Coordt's 3rd overall 61 minute finish in the open women. Our "out of area Chipette" Kathy Aragon (earlier Pfeiffer) also won the master's women's division with her 65 clocking. It was great to see Kathy back in town for the weekend; she was here to join in the family celebration for her mother's 80th birthday.

Also winning age group hardware for the distaff group: Rachel Ritchey, Amanda Johnson (both past JR Chips) and Sara Pope (also running with us since age 11 and now 24 and out of college!). Ginger Bryan and Peggy Ewing took hardware in their respective age divisions as did Tina Beal in the tough master's women's group.

On the men's side, Ernie Takahashi, Doug Braasch, and Irv Faria claimed further treasure to take home, and our master's men's group had several other guys close to Dennis but just behind two Nonchips who claimed that recognition (Bruce Anteleman, Jeff Hayes, Doug Thurston). Congratulations to all the athletes who completed the course, and especially to Cheri Alvarez, husband Luis, and the whole crew who made this run so smoothly and rewardingly.

# RACE RESULTS

by Eric Ianacone

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

## Pacific Crest Half Marathon

Bend OR - 30 June 2001

Overall Winners

Men - Bill Raitter 1:11:52  
Women - Sarah Raitter 1:23:48

## Chips & Chippettes

471 Stuart Sargisson 2:35:32  
508 Lisa V. Sargisson 2:43:31

## Fleet Feet Capitol Mile

Sacramento, CA - 1 July 2001

Boys Age 13-Under

1 Michael Salvatierra 05:21.8  
4 Robbie Smith 06:13.6

Young Men 14-19

14 Scott Riggle 06:39.0

Young Women 14-19

2 Katie Hartman 05:43.4

Women 20-39

28 Becky Johnson 06:55.2

Men 20-39 Heat B

24 Lloyd Levine 05:15.0

Men 20-39 Heat C

14 Timothy Jordan 05:30.9  
18 Rich Berson 05:46.5

Men 40-49 Heat A

12 Dennis Prizmich 04:45.9  
29 David Haake 05:32.3

Men 40-49 Heat B

6 Dennis Early 05:06.7  
7 Doug Riggle 05:07.0

9 Doug Thurston 05:11.5

11 John M. Ducray 05:16.5

14 Jeff Hayes 05:18.1

21 Steve Bond 05:28.2

23 Rae Clark 05:38.6

24 Rory Salvatierra 05:41.3

25 Jim Kril 05:46.2

26 Dan Cox 05:47.3

29 David Kalb 06:01.6

Women 40-49

10 Christine Iwashashi 06:04.3

13 Robin Cambra 06:49.0

Men 50-59

7 Greg Jewett 05:09.2

14 Brendan O'Neil 05:23.0

15 Tony Johnson 05:25.7

21 Arnold Utterback 05:49.2

23 Andrew Swan 05:54.1

24 Michael McKee 06:01.1

25 Dennis N. Scott 06:12.6

27 Tom Kuzmich 06:24.0

32 Bob Venditti 07:06.8

Women 50-59

5 Toni Reynolds 07:39.3

6 Cynci Calvin 07:53.8

8 Lilian Shek 08:44.2

9 Linda Hall 09:59.8

Men 60-69

13 Dave Creek 06:35.0

17 Mike Grassinger 07:34.7

Women 60-69

3 Myra Rhodes 06:45.0

Men 70-Over

1 Irv Faria 06:46.8

Women 70-Over

1 Peggy Ewing 09:43.3

## Hernia Hill Half Marathon

Avery, CA - 1 July 2001

Overall Winner

Stephen Siegel 1:30:31

Terry Jewell 2:01:57

## Chips

8 John Nichols 1:49:07

## Hernia Hill Half Marathon

Avery, CA - 1 July 2001

Overall Winner

Steve Ottaway 0:45:46

Mary Lothrop 0:50:09

## Chips

7 Michael Otten 1:01:19

## Mt. Shasta July 4th 5 Mile Race

Mt. Shasta, CA - 4 July 2001

Overall Winners

Bryce Lighthall 25:54

Michelle Hanaford 30:58

## Chippette

16 Aaron Kelly Stephens 31:35

## San Francisco Marathon

San Francisco, CA - 8 July 2001

Overall Winners

Vitas Ezersis 2:30:54

Micha Lowe 3:12:10

## Chips & Chippettes

67 Rae Clark 3:12:08

281 Michelle LaSala 3:37:55

291 Gary Campbell 3:36:08

737 James R. Young 4:01:04

1231 Steve White 4:26:07

1325 Miranda Wichelns 4:31:01

1356 Ronald Adams 4:32:51

1667 Glenn E. Millar 4:53:58

1711 Howard Ferris 4:56:46

2156 James Rademaker 5:44:30

## San Francisco Half Marathon

San Francisco, CA - 8 July 2001

Overall Winners

Ken Brown 1:13:31

Christine Brighton 1:26:31

## Chips & Chippettes

39 Larry Smith 1:30:41

64 John Nichols 1:34:08

98 Kim Isham 1:38:15

380 Monty Schacht 1:53:32

784 Candy Smith 2:07:00

1164 Susan Wong 2:21:46

1190 Jennifer Rousseve 2:22:24

1228 Claudia Isham 2:24:50

1295 Stuart Sargisson 2:36:59

1401 K. M. Seabourne 2:40:48

1414 Lisa V. Sargisson 2:50:50

## Friday Night 5K

Sacramento, CA - 13 July 2001

Overall Winners

Chad Worthen 15:35

Jamie Whitmore 18:00

## Chips

4 Brad Lael 16:07

7 John Hancock 17:00

21 Kevin Cimini 18:21

23 Steve Bond 18:50

29 Hank Beal 19:27

38 Arnold Utterback 20:19

40 Kim Isham 20:21

47 Mike Lewis 21:25

53 Bill Staack 22:19

60 Robbie Smith 22:54

65 Scott Riggle 23:33

67 Michael Wilhelm 23:46

70 Igor Hermann 24:20

84 Hank Greenblatt 28:36

85 David Rater 28:48

89 Roger Fong 32:07

## Chippettes

2 Mary Coordt 18:31

11 Meg Svoboda 21:12

13 Calvin Glass 17:44

19 Karri Hildebrandt 22:12

25 Florence Fong 23:18

30 Patricia Ruzicka 24:56

34 Melissa Heede 26:21

48 Lucinda Fisher 28:40

49 Angie Zamora 28:46

63 Claudia Isham 30:56

66 Louise Simpson 31:03

77 Candace McGahan 32:34

78 Lilian Shek 32:39

83 Linda Hall 35:26

## Merced Downtown Classic 1

### Mile

Merced, CA - 14 July 2001

Overall Winners

Jose Garcia 5:04

Kimberly Cloud 5:31

## Chips

32 Vic Lyons 14:36

## Merced Downtown Classic 5K

Merced, CA - 14 July 2001

Overall Winners

Terry Richardson 17:21

Lisa Hunter 21:33

## Chips

7 Brendan O'Neill 19:40

## Donner Lake Multi-Event

## Challenge

Truckee, CA - 15 July 2001

Overall Winners

Tim Sheeper 2:11:21

Maria Monica 2:31:51

## Chips & Chippettes

33 Mike Gottardi 2:34:17

176 John Pottebaum 2:58:39

231 Robin Green 3:05:31

241 Chuck Stevens 3:06:53

## Vermont 100 Miler

21,22 July 2001

Overall Winners

Joe Hildebrand 15:53:34

Ellen McCurtin 19:08:06

## Chippette

138 Linda McFadden 27:20:59

## Tahoe Rim Trail 50K

21 July 2001

Overall Winners

John Hancock 4:54:00

Mary Coordt 5:22:03

## Chips & Chippettes

1 John Hancock 4:54:00

2 Erk Skaden 5:09:43

4 Mary Coordt 5:22:03

9 Bruce Aldrich 5:46:06

42 Cary Craig 7:06:02

46 Bill Hambrick 7:09:51

57 Thomas Windsperger 7:32:19

61 Diane Kato 7:34:24

62 Joe McCladdie 7:34:24

73 Dave Michel 7:52:37

81 James R. Young 8:03:31

86 Ellen Crouse 8:13:25

87 Myra Rhodes 8:22:29

104 Margie Read 9:03:03

112 Lucinda Fisher 9:23:50

128 Lilian Shek 10:54:02

129 Pam Delapp 13:14:47

130 Po Adams 13:18:12

## Tahoe Rim Trail 50 Mile

Lake Tahoe, CA - 21 July 2001

Overall Winners

David Melkonian 8:08:50

Betsy Nye 10:03:11

## Chips & Chippettes

6 Brent Backus 9:18:12

7 Wayne Miles 9:21:34

16 Helen Hull 10:10:31

46 Lee Rhodes 13:01:34

47 Howard Ferris 13:01:35

## Eppie's Great Race

Sacramento, CA - 21 July 2001

Division Team Name

1 Mark Barrett 1:41:02

Tandem Kayak Current Adventures

1 Edward Burns 1:41:02

Tandem Kayak Current Adventures

1 Tim Shannon 1:57:54

Men's 50+ Yung No Mo

# RACE RESULTS

2	Michael Stanton	2:00:44
Corporate	Team Ashrae	
9	Chuck Stevens	2:03:53
Ironman 40+		
3	Carl Bergemann	2:04:25
Men's 50+	Three Woodys	
3	James Karver	2:04:25
Men's 50+	Three Woodys	
2	Linda Elgart	2:04:50
Women's 40+	Pink Doggy Dogg	
14	Cary Bertoncini	2:05:27
Ironman		
2	Steve Pass	2:06:41
Ironman 50+		
15	Herb Tanzer	2:06:57
Ironman 40+		
8	Brian Tsuyuki	2:10:21
Men's 40+	Old Age Bytes	
31	Levi Newlin	2:10:31
Ironman		
7	Mike Sullivan	2:12:08
Tandem Canoe	The Dream	
Team 3		
Pam Goodley		2:12:47
Ironwoman 40+		
11	David Kalb	2:14:25
Men's 40+	Kjb	
11	John Johnson	2:14:25
Men's 40+	Kjb	
5	F. Morgan-Voyce	2:15:31
Ironwoman 40+		
45	Lloyd Levine	2:16:14
Ironman		
9	Jerri Clark	2:16:27
Tandem Canoe	Jim-bob & the Hot	
Chicks		
1	Jacob Veiga	2:16:44
Juniors		
13	Steve White	2:18:37
Men's 40+	Two Brits And A Yark	
5	Courtney Palko	2:22:02
Ironwoman		
20	Gary B. Keill	2:26:15
Sit On Top	Start Up Girl -2	
17	Ronald Adams	2:27:31
Ironman 50+		
1	Barbara Ashe	2:28:07
Ironwoman 50+		
26	Bob Pasko	2:34:16
Family	Do Not Pasko	
30	Mike Saling	2:35:35
Ironman 50+		
90	Don Howson	2:38:39
Ironman 40+		
22	Kate Anthony	2:49:12
Ironwoman 40+		
24	Laura Birkhimer	2:54:07
Women	The Cheesemo's	
58	Bendan Blue	2:57:59
Ironwoman		
60	Jennifer Music	3:00:14
Ironwoman		
168	Eric Bean	9:99:99
Ironman		
171	Brad Lael	9:99:99
Ironman		
178	Phil Smith	9:99:99
Ironman		

## Wharf to Wharf 10K

Santa Cruz, CA - 22 July 2001  
(Top 100 Men & Women)  
Overall Winners  
Evans Rutto 27:16  
Grace Momanyi 31:23  
**Chippette**  
31 Angela Tangheti 39:29:00

## Badwater Ultra Marathon 135 Miles

Badwater to Mt. Whitney  
25-27 July 2001  
Overall Winners  
Michael Trevino 28:18:12  
Anne Longstaff 40:13:40  
**Chippette**  
3 Barbara Elia 45:09:49

## Delta Pear Fair 10 Miles

Courtland, CA - 29 July 2001  
Overall Winners  
Rich Hanna 53:18  
Mary Court 1:05:17  
**Chips & Chippettes**  
1 Rich Hanna 53:18  
7 Rae Clark 1:04:51  
9 Mary Coordt 1:05:17  
10 Jim King 1:05:41  
13 Ernest K. Takahashi 1:08:39  
17 Arnold Utterback 1:10:56  
18 Sara Pope 1:11:29  
23 Mario L. Sanchez 1:13:43  
32 Richard Powers 1:17:54  
49 Joseph Domagalski 1:25:08  
68 Chiyo Shingu 1:35:52  
80 Caryn King 1:45:43  
81 Joyce Pryor 1:46:21  
86 Hank Greenblatt 1:49:43  
88 Stuart Sargisson 1:53:23  
91 Candace McGahan 1:57:51  
92 Louise Simpson 1:57:51  
94 Lisa V. Sargisson 2:02:15

## Delta Pear Fair 5 Miles

Courtland, CA - 29 July 2001  
Overall Winners  
Brad Lael 28:49  
Julie Taggart 34:06  
**Chips & Chippettes**  
1 Brad Lael 28:49  
15 Timothy Jordan 36:05  
22 Michelle Martin 39:40  
24 Roger Fong 40:48  
41 Gordon S. Hall 45:44  
44 Peter Zinsli 46:22  
52 Bettie Powers 48:44  
57 Gabrielle Morris 50:42  
59 Florence Fong 52:47  
60 Mary Lee Meyer 53:00

## US Bank Bean Run 10K

Tracy, CA - 4 August 2001  
Overall Winners  
Justin Rau 33:58  
Caitlin Chock 38:06

Chippettes  
1 Caitlin Chock 38:06  
**Chips**  
42 D. B. Robinson 52:09  
45 Bob Diercks 52:42

## US Bank Bean Run 5K

Tracy, CA - 4 August 2001  
Overall Winners  
Nate Moroski 16:14  
Ali Pearson 19:18  
**Chips**  
11 Jim King 18:36  
28 Joby Chock 21:46

## Chippettes

2 Linda Chock 19:28  
10 Diana Radavero 22:49  
58 Charlotte Davis 36:39

## Skyline 50K Endurance Run

Castro Valley CA - 5 August 2001  
Overall Winners  
Craig Steinmaus 3:50:45  
Mary Crazy Horse Fagan 4:48:44

## Chips & Chippettes

4 Erik Skaden 3:58:18  
43 Laura Kulsik 5:01:10  
78 Jerry Lile 5:34:24  
88 Michael Wilhelm 5:45:37  
93 Diane Kato 5:47:11  
93 Joe McCladdie 5:47:11  
101 Ellen Crouse 5:53:00  
126 Renda Gail 6:16:36  
127 Janice I. Levet 6:17:33  
134 Randy Snyder 6:24:13  
142 Ronald Adams 6:32:40  
150 Greg Soderlund 6:41:45  
154 Marie Gonzales 6:43:20  
155 Ken Crouse 6:43:24  
168 Barbara Elia 6:49:51  
175 Marvin Johnson 6:54:34  
185 Don Wilkison 7:06:40  
195 Lucinda Fisher 7:18:44  
202 Margie Read 7:29:17  
204 Gloria Takagishi 7:29:43  
207 Joyce Pryor 7:37:12

## Alameda Run to the Parks 10K

Alameda, CA - 5 August 2001  
Overall Winners  
Richie Boulet 31:32  
Magdalena Lewy 34:54  
**Chips & Chippettes**  
2 Rich Hanna 31:42  
45 Mary Coordt 38:02  
121 Sara Pope 42:19

## Friday Night 5K

Sacramento, CA - 10 August 2001  
Overall Winners  
Vernon Ruiz 15:18  
Tami Rodriguez 19:09  
**Chips**  
8 Brad Lael 16:34  
16 David Cimini 17:42  
18 Kevin Cimini 17:57

## HAPPY NEW AGE GROUP

from the Herd!



New Age Group This

Mack Martinez	70-74
Andrew Berwind	65-69
Florence Fong	65-69
Nova Poff	65-69
Michael Brandt	60-64
Gary Carriger	60-64
Gary Davis	60-64
David Kessler	60-64
Tommy Corona	55-59
Su Hedemark	55-59
Greg Jewett	55-59
Lois Kugelmass	55-59
Roger Merle	55-59
Joyce Pryor	55-59
Dilyn Radakovitz	55-59
Alan Young	55-59
Margie Zachariou	55-59
Ismael Castro	50-54
Chris Enfante	50-54
Carol Fisch	50-54
Don Howson	50-54
Alan Mattes	50-54
Jennifer Rousseve	50-54
Bob Rubin	50-54
Mario L. Sanchez	50-54
Gail Wheeler	50-54
Michael Wilhelm	50-54
Terrell Bary	45-49
Ken Briscoe	45-49
Joe Hartman	45-49
Theresa Krtil	45-49
Michelle Martin	45-49
M. McCluskey-Jasper	45-49
Chuck Stevens	45-49
John Aquino	40-44
Sue Phenix	40-44
Carla Gottardi	35-39
Leanne Cobb	30-34
Jennifer Pfeifer	30-34
Erik Skaden	30-34
Mike Gutterman	25-29
Noah Kalb	20-24
Stephanie Walker	20-24
Katie Hartman	15-19
Rachel Reed	15-19
Scott Riggle	15-19
Margaret Toole	15-19
Erin Wachter	15-19
Jennifer Walker	15-19
Haley Briscoe	10-15
Laura Clevenger	10-15
Catherine Farley	10-15
Katie Coughlin	5-9

# RACE RESULTS

19	Doug Riggie	18:01
22	John M. Ducray	18:16
23	Mrk Murray	18:18
36	Steve Bond	19:02
41	Arnold Utterback	19:56
51	Kim Isham	20:48
53	Mike Lewis	21:09
54	Joe Domek	21:19
55	Greg Rousseve	21:25
56	Bill Staack	21:32
59	Robbie Smith	21:44
69	Irv Faria	23:04
70	Roger Fong	23:32
71	Doug Essary	23:34
72	Steve White	23:37
90	Ted Rieger	28:51
94	Hank Greenblatt	30:25

## Chippettes

8	Cary Craig	21:59
17	Amy Dierlam	24:33
21	Patricia Ruzicka	25:32
38	Claudia Isham	30:06
39	Louise Simpson	30:40
47	Florence Fong	32:05
48	Candace McGahan	32:07
56	Linda Hall	34:59

## DSE 12 Hour Distance Classic

Golden Gate Park- 11 August 2001  
Overall Winners

David Kim	73.69 Miles
Marian Lyons	51.23 Miles

## Chippettes

2	Lilian Shek	49.06 Miles
---	-------------	-------------

## Susan B. Anthony 5K

Sacramento, Ca - 11 August 2001  
Overall Winner

Melanie Cleland	17:40	
2	Caitlin Chock	17:53
3	Mary Coordt	18:21
4	Jennifer Pfeifer	18:56
5	Tina Beal	19:08
8	Linda Chock	19:24
9	Sara Pope	19:34
16	Danielle Domurat	20:20
18	Carol Parise	20:28
21	Meg Svoboda	21:12
22	Holly Harman	21:27
23	Cindy Scott	21:49
24	Zenith Lobell	21:53
25	Kirsten Schneider	21:56
33	Greta Carriger	22:56
34	Holly Welch	23:37
37	Nanette Farley	24:04
43	Becky Johnson	24:42
47	Janice I. Levet	24:54
50	Desiree Love	24:58
57	Melanee Baskerville	25:18
60	Maggie Ward	25:42
66	Christy Anderson	25:59
67	Lori Prizmich	26:18
70	Chiyo Shingu	26:30
76	Kate Sutherland	26:59
83	Mary Bryant	27:29
85	Cindy Kaiser	27:43
90	Karen Dotson	28:03

91	Leona Nenow	28:06
93	Kristi A. Gabriel	28:11
97	Gail Gutterman	28:17
107	Ann Marie Hargrove	29:33
109	Jennifer Rousseve	29:38
110	Louise Simpson	29:48
112	Jo Ann Souvignier	29:57
115	Victoria Yamamoto	30:05
127	Julie Criswell	30:55
128	Jeannette Hagen	30:55
131	Joyce Pryor	31:01
132	Miranda Fram	31:04
134	Lori Brunelle	31:29
135	Candace McGahan	31:32
145	Lisa Klostermann	32:47
150	Karinne Bauer	33:12
159	Peggy Ewing	35:06
160	Po Adams	35:38
161	Linda Hall	35:50
168	Charlotte Davis	38:08
172	Jacqueline Kelley	38:28
180	Lois Kugelmass	39:13
181	Jaci-Marie Nitschke	39:24
186	Christina Dillon	40:34
187	Georgina Buxton	41:06
188	Dolores A. Reed	41:53
190	Kristy Wiese	42:08
191	Joye Bunds	42:28
202	Barbra Farren	46:35

## Chronicle Classic 5 Miler

Palo Alto, CA - 12 August 2001

### Overall Winners

David Cullum	23:12	
Sarah Raitter	27:11	
133	Courtney Palko	32:38

## Blisters for Sisters 5K

Sacramento, Ca - 18 August 2001

### Overall Winners

Helen Selden	30:41/20:11	
Mike Ammon	30:53/17:23	
6 /18	Tony Johnson	32:07/19:37
7 /47	Irv Faria	32:28/22:28
9/3	Brad Lael	32:41/15:41
10 /4	Mike Gottardi	32:43/16:43
16/12	John M. Ducray	33:14/18:44
19/55	Roger Fong	33:36/23:06
20/31	Cary Craig	33:39/21:09
25/65	E. Echeverria	34:05/25:35
30/33	Greg Rousseve	34:47/21:17
32/35	Holly Harman	34:56/21:26
38/27	Mario Sanchez	35:21/20:51
39/15	Bob Rowden	35:22/19:22
46/60	Doug Essary	35:55/23:25
52/98	Gordon S. Hall	36:17/25:47
53/96	Maggie Ward	36:41:00/25:41
54/97	Christy Anderson	36:43/54:30
57/59	Steve White	36:53/23:23
61/46	Tom Hale	36:57/22:27
66/145	Leona Nenow	37:07/28:07
80/75	Amy Dierlam	38:04/24:34
103/89	Hazel Bergholdt	39:11/25:11
104/146	A. Hargrove	39:15/28:15
109/95	Angie Zamora	39:36/25:36
111/157	M. Silva	39:43/28:43
134/173	D. Messenger	40:47/47:00

142/131	Debbie Book	41:01/27:31
143/133	Mary Bryant	41:03/27:33
148/203	Florence Fong	41:21/31:51
190/192	K. Seabourne	43:30/31:00
210/231	Linda Hall	45:01/35:01
263/248	Christina Dillon	52:01/38:01
273/270	Charlotte Davis	55:07/46:07
275/253	Tristan Hanson	55:44/44:00

## Hook & Ladder 10K

San Francisco, CA - 18 August

2001 Overall Winners

Jurg Stalder	32:09	
Jennifer Major	37:59	
273	Peter Zinsli	55:03

## Dammit Run 5M

Los Gatos, CA - 18 August 2001

### Overall Winners

Kenrick Sealy	27:45
Yvonne Lund	33:28

## Chips

2	Edward C. Burns	28:0
73	Edward T. Burns	37:11
229	David Larson	44:44

## Vine to Wine 10K

Livermore, CA - 19 August 2001

### Overall Winners

Sean Messiter	32:45	
Simona Mandochi	34:55	
68	Barbara Miller	43:47
232	Barbara Elia	54:13
351	Chris Klostermann	1:00:04

## Vine to Wine 5K

Livermore, CA - 19 August 2001

### Overall Winners

Carl Dambkowski	15:15	
Jessie Baldwin	19:13	
57	Carey Gregg	21:16

## Leadville Trail 100 Miles - Race

### Across the Sky -

Leadville, CO - 19 August 2001

### Overall Winners

Steve Peterson	17:40:53	
Janet Runyan	21:47:44	
8	Erik Skaden	21:22:38
87	Bill Finkbeiner	28:11:24

## America's Finest City Half Marathon

San Diego - 19 August 2001

### Overall Winners

Wilson Onsare	1:02:44
Margaret Okayo	1:10:37

## Chips

54	Phil Smith	1:21:58
363	Tom Carras	1:38:41
162	Bill Cushard	1:56:00
1353	Roger Merle	1:57:28

## Chippettes

900	Anne Connelly	2:07:22
-----	---------------	---------

## America's Finest City 5K

San Diego - 19 August 2001

### Overall Winners

Robert Seaman	15:23
Shannon Grady	17:31

358	Sue Murray	46:50
-----	------------	-------

## Headlands 50K

San Francisco, CA - 25 August 2001

### Overall Winners

Carl Anderson	3:59:34
Ann Trason	4:30:16

## Chips & Chippettes

62	Jerry Lile	5:48:34
96	Michael Wilhelm	6:20:51
110	Ellen Crouse	6:33:43
148	Ken Crouse	7:17:44
151	Linda McFadden	7:20:15
152	Caryn King	7:20:15
165	Jim King	7:58:46
170	Barbara Elia	8:20:23

## Run For The Arts 5K

Sacramento, CA - 25 August 2001

### Overall Winners

Chris Knorzer	16:15
Anne Gunnison	18:27

## Chips & Chippettes

5	John Hancock	17:04
17	Jim King	18:20
23	John M. Ducray	18:34
38	Jim Krtil	19:50
40	Timothy Jordan	20:02
45	Christine Iwahashi	20:17
47	Carol Parise	20:22
49	David Weamer	20:25
55	Mike Schneider	20:49
58	Sarah Krtil	20:56
67	Holly Harman	21:19
68	Kirsten Schneider	21:23
69	Greg Rousseve	21:26
89	Roger Fong	22:03
92	Irv Faria	22:11
99	Edward Echeverria	22:31
101	Robbie Smith	22:34
104	Jeffrey Plummer	22:47
115	Charlie Fox	23:06
118	Doug Essary	23:16
123	Janice I. Levet	23:38
124	Holly Welch	23:40
140	Bob Diercks	24:13
142	Patricia Ruzicka	24:20
158	Gerald Jones	24:50
194	Gordon S. Hall	25:56
197	Chiyo Shingu	26:01
212	Peter Zinsli	26:31
239	Hazel Bergholdt	27:05
283	Christopher Dowell	28:30
288	Ted Rieger	28:40
318	Jennifer Rousseve	29:27
330	Maltie Jones	29:46
339	Barbara Hart	29:55
347	Mike Grassinger	30:04
376	Florence Fong	30:50
423	Candace McGahan	32:30
424	Louise Simpson	32:31
436	Peggy Ewing	33:11
455	Lori Brunelle	33:50
459	Linda Hall	34:12
488	Glen Zuffelato	35:44
546	Charlotte Davis	38:41
666	Mariune Walker	48:50
679	Patricia Kane	49:06

# RACE RESULTS

## U.C.S.C. Cross Country Challenge 8K

Santa Cruz - 25 August 2001

Overall Winner

Steve Immel	24:48
140 Joel Contreras	36:14
161 Bob Venditti	42:59

## 100K World Challenge

Cleder, France - 26 August 2001

Overall Winners

Yasufumi Mikami	6:33:28
Elvira Kolpakova	7:31:12
2 Rich Hanna	6:43:09
137 Jennifer Devine-Pfeifer	8:25:26

## Silver State Marathon

Reno, NV - 26 August 2001

Overall Winners

Rae Clark	3:08:42
Denise Gilroy	3:30:14
1 Rae Clark	3:08:42
12 Floyd Whiting	3:36:33
59 Jack Rozance	4:11:32

## Silver State Half Marathon

Reno, NV - 26 August 2001

Overall Winners

Ryan Ress	1:16:07
Elizabeth Daane	1:23:21
164 Michael Otten	2:04:21
264 Ralph Keith	2:37:18
268 Stuart Sargisson	2:39:32

## Silver State 10K

Reno, NV - 26 August 2001

Overall Winners

Ronald Tibađuza	32:43
Lynice Anderson	39:19
212 Lisa V. Sargisson	1:11:36

## River Run 5K

Sacramento, CA - 26 August 2001

Overall Winners

Jason Carwile	17:40
Eva Lauf	21:07
13 Larry Osborne	22:44
18 Holly Welch	23:11
47 Hank Greenblatt	26:53:00
52 Dilyn Radakovitz	27:36:00

## Golden State Triathlon

Sacramento, CA - 26 August 2001

Overall Winners

Aaron King	1:08:33
Diana Berexa	1:14:01
19 Mike Gottardi	1:14:39
21 Ken Cox	1:14:48
95 John Pottebaum	1:22:05
115 Chuck Stevens	1:23:33
244 Ron Hart	1:34:12
290 Lori Prizmich	1:37:41
306 Brad Winters	1:38:48
344 Karen Davis	1:41:14
351 Gail Gulterman	1:41:44
401 Liz Zelandais	1:46:27
460 Michael Meyer	1:52:38

484 Julie Neberman	1:56:19
500 Alene Antelman-Aldrich	1:58:44
534 Maria Trujillo-Tough	2:07:43
538 Karen Hays	2:11:05
551 Linda Kramer	2:17:59

## American Psychological Association 5K Rat Race

26 August 2001

Overall Winners

Kevin Elliot	15:14
Julie Lackoff	17:11
103 John Davis	29:28

## Empire Open Cross Country

Windsor, CA - 1 September 2001

Overall Winner

Diana Fitzpatrick	26:10
Chippettes	
28 Carol Parise	30:25
33 Christine Iwahashi	31:04
37 Zenith Lobell	31:38
54 Toni Reynolds	40:44

Master Men

Overall Winner

Ty Strange	23:19
18 Doug Thurston	26:35
52 Joel Contreras	31:41
70 Bob Venditti	37:23

Open Men

Overall Winner

Steve Immel	21:47
30 Dennis Prizmich	24:49

## Kirkwood 5K

Kirkwood, CA - 1 September 2001

Overall Winners

Bob Ryser	19:20
Lauren Reersgard	24:06
26 Janice I. Levett	26:29

## Run on the Sly 50 Miles

Pollock Pines, CA - 2 Sept 2001

Overall Winners

Bryan Hacker	7:04:19
Helen Hull	8:39:50
5 Wayne Miles	8:25:42
7 Helen Hull	8:39:50
13 Jerry Lile	9:12:56
27 Renda Gail	10:18:55
34 James R. Young	11:11:08
35 Randy Snyder	11:26:10

## Run on the Sly 50K

Pollock Pines, CA - 2 Sept 2001

Overall Winners

Brad Lael	4:19:00
Kimberly Bruyn	4:56:38
1 Brad Lael	4:19:00
3 Brent Backus	4:55:06
8 Courtney Palko	5:03:12
14 Barbara Ashe	5:25:50
15 Howard Ferris	5:28:27
21 Michael Wilhelm	5:50:07
29 Ronald Adams	6:12:10
32 Dawn Infurna-Bean	6:13:10
37 Janice I. Levett	6:18:55
38 Ginger Bryan	6:19:53

48 Joe Pope	6:43:43
49 Ron Peck	6:45:59
58 Mario L. Sanchez	6:59:42
66 Barbara Elia	7:33:17
79 Steve Wetmore	8:33:45
80 Peter Zinsli	8:33:46

## Run on the Sly 30K

Pollock Pines, CA - 2 September 2001

Overall Winners

Jeff Piland	2:23:44
Mo Barley	2:40:38
10 Rae Clark	2:40:39
18 Koren Martinelli	2:50:13
24 Mike Lewis	2:57:22
29 Ray Moyer	3:00:39
31 Wayne Marsh	3:03:13
42 Karen Davis	3:11:16
43 Dan Cox	3:11:27
44 Snalako Wengronowitz	3:11:28
45 Michael McKee	3:11:37
48 K Giovanni-Parrottino	3:12:25
64 Patricia Ruzicka	3:24:03
70 Denis Zilaff	3:26:56
72 Charles Brown	3:27:53
78 Cindy Kaiser	3:32:25
79 Fred W. Kaiser	3:33:55
83 Alan Young	3:35:19
85 Janel M. Steele	3:39:25
99 Marvin Johnson	3:53:44
100 Virginia Hawes	3:54:23
105 Glenn E. Millar	4:02:22
125 Peggy Ewing	5:46:53

## Run On The Sly 7 Miles

Pollock Pines, CA - 2 September 2001

Overall Winners

Sara Pope	1:00:17
Jay Aliff	1:00:48
1 Sara Pope	1:00:17
5 Meg Svoboda	1:05:04
8 Nanette Farley	1:13:12

## Fleet Feet Labor Day 5K Run

Davis, CA - 3 September 2001

Overall Winners

Paul Wellman	16:29
Erika Aklufi	19:55
7 Dave Smith	17:18
9 Doug Riggle	17:43
14 Elliot Block	18:20
28 Steve Bond	19:41
43 Ashley Barry	20:44
57 Bill Staack	21:33
87 Tommie Corona	24:04
149 Terrell Barry	27:18
184 Jan Stevens	28:39
204 Nova Poff	29:52

## Fleet Feet Labor Day 10K Run

Davis, CA - 3 September 2001

Overall Winners

Chad Worthen	31:42
Jamima Iley	37:49
56 Joe Dorrek	46:09

# Welcome, New Chips !

William Ahlenius  
Alicia Amaro  
Gail Aubert  
Kristen Aubert  
Dori Barbee  
Anne Boyea  
Anne Branstad  
Lisa Branstad  
Jeremy Burlingame  
Pamela Crown  
Mark Dennis  
Melinda Dennis  
Phil Dynan  
Danielle Eichhorn  
Carol Fisch  
Calvin Glass  
Andrea Graves  
Melissa Heede  
Alexis Jayne  
David Jayne  
Regina Jayne  
Taylor Jayne  
Ken Keyzer  
Dieter Kiefer  
Corey King  
David King  
Kenny Lima  
Mack Martinez  
Carolyn McCarter  
Dylan McIntyre  
Gerry Miller  
Scott Nicholas  
Patty Payne  
Beth Pendexter  
Sue Phenix  
Rachel Ross-Russell  
Don Rush  
Duncan Russell  
Karen Shevlin  
Natalie Stanley  
Kathleen Tarrant  
Margaret Toole  
Carolyn Walker  
Kathleen Williams  
Lillian Wong  
Rob Wortman

# RACE RESULTS

76	Kevin Buron	47:59
171	Hank Greenblatt	58:25
222	Linda Hall	1:11:25

## Golden Gate Park Open Cross Country 5K

San Francisco, CA - 8 Sept 2001  
Overall Winner  
Peter Gilmore 15:26

129	Greg Jewett	18:47
164	Brendan O'Neill	19:48
215	Joel Contreras	21:59
244	Bob Venditti	25:25

## Buffalo Stampede 10 Miles

Sacramento, CA - 9 Sept 2001  
Overall Winner  
Chad Worthen 52:13

Chips

11	Dennis Early	1:00:21
15	Bruce Aldrich	1:02:44
16	Jeff Hayes	1:03:00
18	Doug Thurston	1:03:21
21	Mark Murray	1:04:10
22	Jim King	1:04:14
24	Chris Brissey	1:05:36
26	Ernest Takahashi	1:06:11
27	Tony Johnson	1:06:21
29	John Nichols	1:07:16
32	Hank Beal	1:07:35
33	Bob Fredenburg	1:07:37
35	Brendan O'Neill	1:07:49
37	Arnold Utterback	1:08:00
38	Tim Coughlin	1:08:14
47	Doug Braasch	1:09:50
48	Kim Isham	1:09:51
51	Rory Salvatierra	1:10:48
53	Joby Chock	1:11:23
60	Bob Sharman	1:12:39
62	Brad Winters	1:12:40
65	Chuck Honeycutt	1:13:15
66	Mario L. Sanchez	1:13:27
72	Dave Michel	1:14:32
75	Michael McKee	1:14:55
76	Mike Lewis	1:15:03
77	Joel Contreras	1:15:07
89	Ed Robles	1:16:41
90	Eric Bean	1:16:44
91	Howard Ferris	1:16:51
98	Ken Ellis	1:18:31
99	Joseph Domagalski	1:18:51
101	Ray Moyer	1:19:05
112	Edward Echeverria	1:20:46
114	Jon S. Thomas	1:20:58
116	Kevin Buron	1:21:08
118	Steve White	1:21:34
120	Monty Schacht	1:21:44
121	Irv Faria	1:21:53
130	Charles Brown	1:23:14
132	Denis Zilaff	1:23:24
134	Doug Essary	1:23:39
138	Dan Johannes	1:23:55
140	Bill Cushard	1:24:06
141	Steven Polansky	1:24:06
142	Richard Rose	1:24:10
143	Ronald Adams	1:24:24
144	Larry Osborne	1:24:33

146	Tom Kuzmich	1:24:38
148	Khasminder Singh	1:24:49
157	Jim Fischer	1:25:40
158	Harry Criswell	1:25:45
160	Dave Creek	1:25:50
162	Fred W. Kaiser	1:26:13
174	Gregory Nissen	1:27:46
176	Michael Wilhelm	1:27:54
184	Gordon S. Hall	1:29:29
186	Joe Pope	1:30:18
192	Joe Ballmer	1:33:07
193	Rich Walker	1:33:10
203	Ismael Castro	1:36:28
206	J. W. Crosby	1:41:22

## Buffalo Stampede 10 Miles

Sacramento, CA - 9 September 2001  
Overall Winner  
Melanie Cleland 1:00:14

Chippettes

3	Mary Coordt	1:01:21
4	Kathy Aragon	1:05:41
5	Tina Beal	1:06:58
8	Danielle Domurat	1:08:16
9	Sara Pope	1:08:46
13	Barbara Miller	1:11:52
23	Courtney Palko	1:15:26
26	Dee Coughlin	1:16:52
31	K Giovanini-Parrottino	1:18:24
32	Karen Davis	1:18:26
34	Francine Mejia	1:18:31
46	Rachael Ritchey	1:21:47
54	Melanee Baskerville	1:22:57
58	Pamela Crown	1:23:31
60	Deborah Kanner	1:23:39
63	Patricia Ruzicka	1:23:56
65	Penny Westfall	1:24:01
70	Linda Frazier	1:25:01
75	Ann Wolfersberger	1:25:27
83	Cindy Kaiser	1:26:12
84	Maggie Ward	1:26:16
87	Deanna Winter	1:26:31
91	Janice I. Levet	1:27:02
100	Ginger Bryan	1:27:57
104	Cynci Calvin	1:28:20
106	Cindy Nalepa-Nelson	1:28:33
114	Becky Johnson	1:29:56
115	Alicia Amaro	1:29:59
117	Karen Shevlin	1:30:05
121	Tracy Downer	1:30:47
124	Judy Shipman	1:31:24
129	Natalie Stanlay	1:31:38
130	Jerri Clark	1:32:00
133	Chiyo Shingu	1:32:09
138	Christy Anderson	1:33:06
144	Karen Dotson	1:33:52
147	Andrea Coronado	1:34:36
150	Ellen Crouse	1:34:48
165	Madeleine Silva	1:37:23
169	Barbara Ella	1:38:21
180	Peggy Ewing	1:56:40

## Buffalo Stampede Migration

10 Miles  
Sacramento, CA - 9 Sept 2001  
Chips

10	Hank Greenblatt	1:42:04
11	Ken Keyzer	1:42:29
14	Larry M. Lieb	1:46:21
16	Don Howson	1:48:04
18	Stuart Sargisson	1:55:38
21	Michael Meyer	2:00:09
23	Richard Bauer	2:02:47
25	George Billingsley	2:14:02

## Buffalo Stampede Migration

10 Miles  
Sacramento, CA - 9 Sept 2001  
Chippettes

3	Toni Reynolds	1:31:39
14	Allyson Trethewey	1:37:17
26	Dilyn Radakovitz	1:41:58
42	Claudia Isham	1:46:05
57	Suellen Jost	1:52:35
59	Barbara Thomas	1:52:47
60	Julie Criswell	1:53:11
67	Karinne Bauer	1:56:11
72	Lisa V. Sargisson	1:59:35
74	Louise Simpson	2:01:35
75	Candace McGahan	2:01:36
76	Miranda Fram	2:03:35
77	Lori Brunelle	2:04:29
78	Marian McKone	2:04:42
???	Linda Hall	2:16:01
108	Barbara Guthrie	2:35:40

## Chevys Fresh Mex Run 5K

Sacramento, CA - 15 Sept 2001  
Overall Winners  
Jeff Oberlatz 16:37  
Melanie Cleland 17:14

Chips & Chippettes

14	John Nichols	18:46
16	Natasha La Beaud	18:54
19	Jim Wachter	19:18
23	Ernest K. Takahashi	19:29
32	Christine Iwahashi	20:21
37	Holly Harman	21:15
50	Tom Hale	22:09
54	Irv Faria	22:27
64	Michelle Martin	23:22
113	Kristine Ogilvie	26:02
200	Jennifer Music	28:38
228	Kevin McQuhae	29:19
281	Kathleen Seabourne	30:40
484	Charlotte Davis	37:13
586	Pam Delapp	45:38
627	Ralph Keith	48:34

## Chevys Fresh Mex Run 12K

Sacramento, CA - 15 Sept 2001  
Overall Winners  
Chad Worthen 39:11  
Katie Gengler 45:49

Chips & Chippette

6	Dave Smith	43:53
14	Jeff Hayes	46:58
16	Bob Rowden	47:14
32	Barry Turner	49:49

33	Michael Salvatierra	49:51
50	Mike Herbers	51:15
60	Courtney Palko	51:50
63	Dawn Infurna-Bean	52:04
71	Rory Salvatierra	52:16
78	David Haake	52:49
107	Zenith Lobell	54:27
116	Barbara Ashe	54:49
124	Shalako Wengronowitz	55:23
125	Dan Cox	55:24
133	Michael McKee	55:42
146	Wayne Marsh	56:09
150	Denise Wall	56:12
160	Eric Ianacone	56:34
188	Greta Carriger	57:42
213	Bill Staack	58:43
233	Cindy Kaiser	59:21
234	Fred W. Kaiser	59:21
236	Pamela Crown	59:23
237	Robin Cambra	59:24
242	Edward Echeverria	59:32
282	Bill Cushard	1:01:19
287	Steven Polansky	1:01:24
305	Bill Whitney	1:02:03
316	Roger Merle	1:02:27
319	Larry Osborne	1:02:33
351	Karen Shevlin	1:03:26
353	Harry Criswell	1:03:31
354	Bob Diercks	1:03:33
356	Richard Rose	1:03:35
358	Lyle La Beaud	1:03:37
359	Ronald Adams	1:03:37
368	Patricia Ruzicka	1:03:47
370	Maggie Ward	1:03:49
411	Judy Shipman	1:04:42
438	Joe Ballmer	1:05:50
452	Mary Ann Flemmer	1:06:12
472	Gerald Jones	1:06:41
503	Tracy Downer	1:07:32
553	Dan Johannes	1:08:47
569	Bob Miller	1:09:14
638	Karen Winholt	1:10:55
690	Kathleen Spencer	1:12:44
691	Michael Gardner	1:12:44
692	Hank Greenblatt	1:12:45
700	G. Tristan Hanson	1:13:18
712	Madeleine Silva	1:13:41
722	Eric Nichol	1:13:54
739	Allyson Trethewey	1:14:47
742	Jeanette Turvill	1:14:52
774	Christy Anderson	1:16:06
845	Gladys Northcross	1:18:56
919	Julie Criswell	1:22:58
922	Hugh Massey	1:23:16
923	Lauri Massey	1:23:30
955	Louise Simpson	1:27:34
956	Candace McGahan	1:27:35
989	Linda Hall	1:32:26
1020	Ruth Carter	1:37:59
1029	Evie Baker	1:42:31

Crystal Springs Challenge - 4.19 Miles  
Belmont, CA - 15 September 2001  
Overall Winners  
Tyler Graff - Open 20:47  
Ty Strange - Masters 21:39



# RACE RESULTS

Frank Ruona - Seniors	24:38
142Brendan O'Neill	27:09
173 Joel Contreras	29:52
196 Bob Venditti	34:52

## Rio Del Lago 100 Mile Run

Granite Bay, CA - 15 Sept 2001  
Overall Winners

Michael Sweeney	17:56:08
Sena Goodman	23:05:40

**Chip**

15 Michael Wilhelm	27:45:42
--------------------	----------

## Sierra Nevada Endurance Run 52.6 Miles

Granite Bay, CA - 15 Sept 2001  
Overall Winners

Carl Johnson	8:35:05
Helen Hull	9:45:20

### Chips & Chippettes

3 Helen Hull	9:45:20
9 Wayne Miles	11:20:23
11 Renda Gail	11:45:32
23 James R. Young	13:56:20
24 Barbara Elia	14:02:55
29 Marvin Johnson	14:18:05

## Sierra Nevada Endurance Run 52.6 Mile Relay

Granite Bay - 15 September 2001  
Overall Winners

Jennifer Johnson	8:03:28
------------------	---------

Ann Trason Team

2 Janice I. Lovet	9:47:22
4 Ellen Crouse	10:49:47
4 Jerry Lile	10:49:47
6 Joe Pope	12:12:00
7 Chuck Honeycutt	12:33:16
8 Greg Soderlund	14:18:45

## Jamba Juice 5K Banana Man Chase / Champions Run for Children

San Francisco, CA - 16 September 2001  
Overall Winners

Peter Gilmore	14:50
Linn Shulte-Sasse	17:17

**Chippette**

145 Sara Pope	19:53
---------------	-------

## Grand Prix Cross Country Race #5 5K, Davis, CA

22 September 2001  
Overall Winner

Melanie Cleland	17:49
-----------------	-------

**Chippettes**

84 Sara Pope	20:14
111 Linda Chock	20:43
122 Christine Iwahashi	20:53
125 Zenith Lobell	20:57
138 Meg Svoboda	21:13
144 Carol Parise	21:25
186 Francine Mejia	23:30
195 Leah Aragon	24:04
208 Therese Iknioian	24:45

221 Toni Reynolds	26:16
-------------------	-------

## Grand Prix Cross Country Race #5 8K

Davis, CA - 22 September 2001  
Overall Winner

Ryan Miller	25:06
-------------	-------

**Chips**

88 Brad Lael	27:46
103 John Hancock	28:05
160 Doug Thurston	30:10
162 Dennis Early	30:14
190 Brendan O'Neill	31:56
202 Tony Johnson	32:51
205 Ernest Takahashi	33:08
209 Arnold Utterback	33:28
229 Joel Contreras	36:35
232 Bill Staack	37:31
239 Bob Venditti	42:57

## Mount Diablo Fall Trail Runs 50K

22 September 2001  
Overall Winners

Rob Edde	6:09:42
Gayla Johnson	7:18:45

**Chippette**

10 Linda McFadden	8:10:00
-------------------	---------

## Whiskeytown 50K

Red Bluff, CA - 23 Sept 2001  
Overall Winners

Douglas Gallaher	4:55:16
Beverly Anderson	5:15:29

**Chip**

7 Barry Fisher	6:13:41
----------------	---------

## Granite Bay Triathlon

Granite Bay, CA - 23 Sept 2001  
Overall Winners

Scott Young	1:27:25
Lynice Anderson	1:48:45

**Chips & Chippettes**

7 Mark Barrett	1:38:00
15 Mike Gottardi	1:41:24
21 Ken Cox	1:43:16
183 Karen Davis	2:10:41
206 Howard Ferris	2:13:21
196 Brad Winters	2:11:59
239 Brien Hensley	2:17:31
319 Kevin Tanner	2:34:29

## Eagle Mountain 50K

Emigrant Gap, CA - 29 Sept 2001  
Overall Winners

Brad Lael	3:36:36
Beverly Abbs	3:54:44

**Chips & Chippettes**

1 Brad Lael	3:36:36
7 Helen Hull	4:19:37
13 Barry Fisher	4:29:35
14 Randy Snyder	4:46:33
24 Ellen Crouse	6:06:30
26 Judy Shipman	6:07:40
27 Ken Crouse	6:10:51
30 Barbara Elia	6:21:52

31 Lucinda Fisher	6:57:49
-------------------	---------

## Carousel to Coasters 5K Run

Santa Clara, CA - 30 Sept 2001  
Overall Winners

Gary Blamco	15:44
Stephanie Hovancik	18:27

**Chips & Chippettes**

13 Joe Martin	18:19
42 Mike Lewis	20:28
63 Robbie Smith	21:26
116 Patricia Ruzicka	23:39
54C Nancy Yee	44:02

## Portland Marathon

Portland, OR - 30 Sept 2001  
Overall Winners

Manabu Otak	2:33:01
Yoshimatsu Chigusa	2:49:56

**Chips & Chippettes**

335 Bart Yasso	3:19:43
902 Gary Campbell	3:40:15
925 Laura Kulsik	3:40:58
1792 Pam Goodley	4:01:22
2991 Steve Birkholz	4:29:37
3382 Glenn E. Millar	4:39:20
4659 Sharon Lewis	5:24:12

## Portland Marathon 5 Mile Run

Portland, OR - 30 Sept 2001  
Overall Winners

Takuma Tsukuda	25:21
Jenifer Compton	30:04

**Chips & Chippettes**

306 Tommie Corona	41:24
512 Lynne Ruddell	46:28

## Journal Jog 8K

Reno, NV - 30 September 2001  
Overall Winners

Scott Young	25:58
Kristi Arthur	29:58

**Chip**

205 Floyd Whiting	37:35
-------------------	-------

## Heritage Oaks 10K

Paso Robles, CA - 30 Sept 2001  
Overall Winners

Janko Bensa	29:44
Kristin Schwartz	33:43

**Chips & Chippettes**

72 Greg Jewett	35:54
92 Mary Coordt	37:34
104 Amy Grafius	38:47
110 Dee Dee Grafius	39:51
111 Brendan O'Neill	39:54
124 Christine Iwahashi	41:19
142 Doug Braasch	42:38
155 Barbara Miller	43:55
160 Dave Michel	44:24
183 Myra Rhodes	48:38
200 Lee Rhodes	51:36
216 Christy Anderson	54:31
246 Linda Hall	1:07:37
247 Mike Grassinger	1:08:30

Seen at  
Run on the Sly  
Sept. 2001



# Po Goes Poley Poley and Summits Mt. Kilimanjaro

by Po Adams

In March I decided climbing Kilimanjaro was a possibility for 2001. So, I contacted the REI Adventure group and sent in my deposit. Besides money, there was another requirement—a doctor's approval of a strenuous trip. And, being a long distance runner for 22 years, I passed with flying colors.

I prepared for the challenge starting with Lake Chabot's Trail Marathon, then longer treks, up and down Auburn Dam, Squaw, Double Dip Sea, Tahoe Rim hiking, Mt. Whitney, Tahoe Rim Trail 50K and Pikes Peak Marathon. On August 26, I was on my way to Nairobi, Kenya, and the Narengu Gate, Tanzania, the approach to Mt. Kilimanjaro, the tallest mountain in Africa at 19,340 feet. I was the only woman out of eleven.

The trip from Nairobi Kenya to Arusha, Tanzania was hours filled with adventures of open trucks, submachine guns at the Kenya/Tanzania border, colorful Masai herders, watching a fellow painting the white line on the road by hand, plus much supervision. We observed ostriches, giraffes, impalas, zebras, colorful plants and small towns, all from an open, rugged bus that hit every bump for over 100 kilometers.

Our group was led by Peter Moto, with over 400 summits of Kilimanjaro, three assistant guides and 24 porters to carry our equipment. We began in tropical rain and the singing of Peter and the porters. Our four day trekking climb began in the rain forests to Mandara Hut, (approximate 12K) a 15K through the Moorlands, to Horombo Hut. Here we slept over two nights to acclimate, and took a practice trek to see how it felt over 14,500. You felt it! Then on day four we trekked up to Kibo Huts at 15,500 feet. The scenery was now reminiscent of living on the moon.

We awoke at 11:15 p.m. from our short sleep. Put on the final layer of clothes. I already had most of them on, including my Buffalo Chip shirt. It was now Sept. 3, 2001 and at 12:05 a.m. The full moon was so bright, I could see to place my foot exactly in Dismas footprint. Although the moon shined intensely and we could see our immediate steps, I could not see the landscape, but, I realized we were traveling very steeply up. We seemed to be climbing and scrambling up a rocky, slippery path, which we zigzagged from side to side to be able to maintain our upward scramble. I thought to myself, this can't be the switchbacks I heard about up to Gilman's Pt. My ideas of switchbacks are those like Whitney or Pikes Peak, long gradual moves upwards, where you could almost catch your breath. It became a precise effort to achieve footing on the slippery scree.

The upward motion was only made possible by maintaining a drunken, left or right movement with the help of our sticks. Peter began to sing beautiful half English, half Swahili songs. It was very soothing in the clear and cold mountain air. Nearing the 17,000 feet, our water bottles were frozen solid, CamelBak tubes frozen, (except if you ran the tube down your arm). I figured out that Gatorade is better than water, because it forms crystals in the bottles that you suck like shaved ice. Our energy bars were frozen to rock consistency.

Finally, near day break, we were at Gilman's Pt., over 18,635 feet. The climb through the scree was difficult, but it was nothing like the lack of oxygen. As I climbed higher, I continued moving as slowly as possible with short stops to breathe deeply. Now I just crawled and scrambled over very high rocks. Although I felt I was the slowest one of the group, and of course the oldest, Peter told me he knew I could make it to the summit, and I believed him. Finally, the sun came up behind the mountain, Mawenzi. It was gorgeous. Now I knew I had less than a thousand feet higher to go.

We traveled now in daylight, progressing ever so slowly up the ridge trail to the summit. We were told that from now on it would be easier, but that

was not entirely true, although we progressed. We saw the glaciers, the frozen snow points cutting you if you stepped incorrectly and then there was the sign at the summit. I had made it with my buddies. They were all cheering me and made me feel like I really did something special. We took pictures in front of the Uhuru Summit Sign.

In a private moment, I found my daughter Suzanne's ashes, tucked close to my heart. With nervous hands, I tossed her earthly remains towards the crater below. Softly, the winds at the top of Africa picked her up and welcomed her - where she never had an opportunity to visit. I was at peace.

My visit at the summit of Kilimanjaro lasted about 45 minutes. It had taken me almost 8 1/2 hours to reach the summit. Going down was a different matter. Oxygen became plentiful. The trip down was less than 12 hours. We rested at the bunk house for 30 minute rest, then headed off for the seven mile trek to Horombo Huts. The path was well defined, making it possible for me to get ahead of those who beat me down the mountain. I felt good: not too tired, just sort of floating, realizing that I had really gone to the summit and down again.

That night we partied. Oh yeah, with Kilimanjaro beer, and in bed by eight. The next morning, a seven mile trek down to Horombo Hut for a party lunch for the porters. Then down another seven more miles; through the Rain Forests, so terribly steep, I knew my toes were victims. Finally, Narengu Gate, sign out, and prove that we did it. Then, waiting, for our certificates, we learned that a record was broken. I was the oldest woman in the world, to have ever summit Uhuru Peak, the summit of Kilimanjaro, tallest mountain in Africa. That was pretty neat, because the closest age was 66.

The trip back to Arusha, Tanzania, and a hot shower was almost as good as the summit. We had a fabulous meal. That night, I slept peacefully under a queen size mosquito net. I had done what I came here to do.

The return to Nairobi, Kenya was 6 hours long and again, melodramatic. However, this last evening, before catching our flights, the gang and I ate at the Carnivor, A must place to eat, where we were served ostrich, zebra, alligator, plus many other tropical animals cooked on a spit. I didn't have much of an appetite, but the conversation was great, and we felt wonderful about ourselves. Just ordinary Americans from every walk of life who had prepared for the challenge and found ourselves not wanting.

Oh well, Kilimanjaro, I found your heart. What's next?

## Smart Training

by George Parrott

Training for a good half-marathon...or marathon? Are you getting your **long runs** in at a "quality effort?" The "long run" is not just about miles completed, at least not so if you are time oriented in your distance racing goals. You should be running your longer runs at "race effort" for your goal distance though those longer runs might only be 75% of the actual goal race distance. If you are planning on racing a 13.1 miler, your longer runs should be **at least** 10 miles and ideally closer to 16-18 miles, and you should be running at least 8-9 miles of that longer run at full distance race effort. For a marathon "race," your longer run should be 16-28 miles and again at least 16 miles done at "goal race effort."

If you do not train to tolerate the burden of the goal demand race effort, then your body will **not** be ready to take that strain on race day. If you have **never** done 26 miles **total** during your overall weekly training (perhaps over 3-4 days of your 7 day training week) at your average goal pace, then there is virtually **no way** that your body or your mind can handle 26 miles at one **time** at that level of stress and discomfort. One must train with "quality miles" components to race these longer distances successfully.

# BOARD DROPPINGS

## Buffalo Chips Running Club

### Board Minutes

(condensed version)

For a complete copy (and handouts or tapes from the meeting) please contact the Chips Scribe, Alene Antelman, at leaners@cwnet.com or call her at 916.978.7925. If you have an item you wish the Chip Board to discuss, send it to Alene and to the High Dunger, John Hancock. **They must receive this information at least eight days before the scheduled Board meeting.**

#### August 1, 2001

**Present:** Alene Antelman-Aldrich, John Hancock, Sharon Smith-Norris, Harry Criswell, Ken Briscoe, Ron Peck, Po Adams, Fred Kaiser, Virginia Hawes, George Parrott, Mike Grassinger  
**Absent:** Abe Underwood, Joe McCladdie, Eric Bean, Greg Soderlund

**Guests:** Bruce Aldrich, Dave Creek, Cheri Alvarez

Meeting called to order. The July minutes were approved.

#### Officer Reports:

**Po Adams:** Financial reports were handed out. They will be made available to members on request. The financial report was approved.

**Mike Grassinger:** Nothing to report.

**Alene:** Nothing to report. Virginia Hawes Nothing to report. Fred Kaiser: A small donor will support Susan B with a "goody" bag.

**Ken Briscoe:** He had a pool party for the kids before Nationals. The party was a success, and several youth CHIPS participated at Nationals. Ken is now preparing the youth CHIPS for their Nov. 10th X-Country race series. Way to go Ken!  
**Ron Peck:** He sent off two mailings in July, Susan B and Buffalo Stampede race flyers.

**Fred Kaiser:** First US Credit Union contributed money towards Susan B. They also want to put running merchandise in "goody" bags for Susan B.

**George Parrott:** Now that he's back in town, he will be keeping the website updated more frequently.

**Harry Criswell:** There are now a total of 730 members.

**Sharon Smith Norris:** Nothing to report.

#### Special Committee reports:

Alene and Harry were asked to set up a policy or guidelines on proper club email distributions. They came up with the following. First off, they developed a "disclaimer", which will be included on all emails. The second policy was for Harry and one other board member to review the potential mail before it goes out. At this time, Alene will assist Harry. The motion passed, one abstained.

#### Race Reports:

**Sharon for the Monarch's Run:** Only 10 of 20 volunteers were available, so they were short-handed on volunteers. There were about 120 runners and the CHIPS made money. Regarding the July 4th Race: Rich will be submitting bills to Pc for payment. Cheri Alvarez for Susan B: There are 57 people are signed up so far. There is a chiropractor who wants to set up a booth at the race. The board discussed whether this should be allowed. Nothing was resolved.

**Cheri Alvarez for Buffalo Stampede:**

The board discussed whether www.BrightRoom.com should be allowed to take and sell photos. She sent out letters to Railey's/Bel Air for food at the race. She also sent a letter to Crystal Geyser for water. So far she has heard nothing from either of them.

#### Social Events:

**Alene:** She is arranging for food at the picnic following the Susan B. The picnics for members only. The Buffalo Bash (after CIM) is on target.

**Ken Briscoe:** Will cancel the talent show. No one has volunteered to participate.

**Humbolt 1/2:** George has a block of rooms on hold at Sherwood Forrest. Let him know if you want to stay there.

#### New Business:

**Dave Creek:** He passed out an Enquirer budget proposal. It can be made available on request. The quarterly editors expenses are about \$60. A motion was made to give the editor up to \$60 per issue of undocumented expenses when requested. This motion passed. A motion was made to give the editor up to \$600 for the purchase of new hardware/software. Payable with a detailed accounting of the purchase.

**Advertising in the Enquirer:**

The CHIPS need to be paid 50% of the total ad price before printing. A motion was made to allow the editor to receive 1/3 commission of the ad price for each ad he/she sells in the Enquirer. This is up to an 8-page limit without board approval. This motion passed, one abstained. Also, the editor must follow non-profit postal regulations with each ad. There was much discussion about the color cover and the cost. The color cover exceeds the budget, so the board would like to think further on this before deciding what to allow.

**Dues:** A two-tier dues system was discussed. Those willing to volunteer throughout the year should pay less than those that do not. This idea will be brought up again next meeting.

Meeting adjourned

#### September 5, 2001

**Present:** Alene Antelman-Aldrich, John Hancock, Ron Peck, Fred Kaiser, Virginia Hawes, George Parrott, Mike Grassinger, Abe Underwood, Joe McCladdie

**Absent:** Sharon Smith-Norris, Harry Criswell, Ken Briscoe, Poe Adams, Eric Bean, Greg Soderlund

**Guests:** Matthew Kaiser

Meeting called to order at 6:00 pm. The August minutes were approved.

**Officer Reports:** Mike Grassinger, Outreach Coordinator: We currently lack any media contact. Christy Anderson has volunteered to expand our media coverage and contact. Poe Adams, Treasurer (absent)

**Absent,** but she sent a report out to everyone. Next meeting we will talk about our budget.

**Alene/Mike, Social Committee:**

We are working on getting a band for the Buffalo Bash. It seems like the Susan B after race party worked out very well. The Burritos were provided free of charge. Virginia Hawes Nothing to report. Ron Peck Nothing to report. Abe Underwood: Nothing to report. Joe McCladdie: Nothing to report.

Board meetings are held at 6 p.m. on the first Wednesday of each month at Golden Empire Council-Boy Scouts of America 251 Commerce Circle, Sacramento. All members are welcome to attend.

**George Parrott:** Jennifer Ferring is setting up a running portal on the WEB which will have many running links available. The Website is under www.sacrunning.com. The CHIP website will be getting a new look. There seems to be a problem with regular runners at our Tuesday Night Workouts that are nonmembers.

**Harry Criswell:** (absent) He sent out a detailed spreadsheet of our membership, which is about 770, plus or minus five. Eric Bean (absent) Others have heard that Eric has been getting calls on the "Hot Line."

#### Race Reports:

**Ron Peck** does not have a budget for next year's Jed Smith right now. This will be discussed next meeting. There was low participation at Susan B this year. Therefore, the CHIPS may like the idea of a new racing series, called "Valley Racing" that helps boost local races in the series. Right now the series includes, Susan B, Labor Day Run, Buffalo Stampede, CIM, and 4 Bridges. The series is partly funded by CIM money.

George proposed that the CHIPS send a "thank you letter" to Ruedi Eggers for his participation in the Volunteer Coordinator Dinner for the Buffalo Stampede volunteers. The dinner was held at CSUS.

**Fred Kaiser:** He sent a thank you letter to Dick Cochran for his donation to Susan B.

#### Old Business:

**Award Budget.** Virginia needs an additional \$550 for the end of the year awards. There was a motion made to add \$550 to the awards budget. The motion passed.

George will be chairing a committee to discuss and design a two tiered membership. The object is to get people to volunteer more.

#### New Business:

The women's Cross-Country team is asking for \$200. The motion was made to give Carol Parise, Team Captain, \$200. This passed.

**Race Director:** We need a liaison between the board and the race directors. The CHIPS have had to double our liability coverage from 1 million to 2 million.

We need 2 board members to volunteer as recruiters to get people to run for next year's board. Alene and Mike agreed to it. We need more board members to participate at workouts. Therefore, there was a motion made to change the board meeting nights to Tuesday, after workouts at the Golden Empire Counsel Building. This motion passed.

#### Meeting adjourned

#### Board Meeting Format

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

# Buffalo Chips Running Club MEMBERSHIP APPLICATION

or download a form from [www.buffalochips.net](http://www.buffalochips.net)

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

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

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

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

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

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

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

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
 Birthdate \_\_\_\_\_ Fax # \_\_\_\_\_  
 E-Mail # \_\_\_\_\_



Family Members (family membership only)

1. Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 2. Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 3. Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 4. Name \_\_\_\_\_ Birthdate \_\_\_\_\_

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

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

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

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

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

**CLUB MEMBERSHIP APPLICATION WAIVER**

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

\_\_\_\_\_  
 Signature/Date

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

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

# CHIPS RACE CALENDAR

PA/USATF Grand Prix Races & Points Multipliers: R = Road U = Ultra X = Cross Country

X 1.0	Sat	Oct	6	San Francisco	Presidio Challenge XC	www.pausatf.org; 415/337-9042
	Sun	Oct	7	Chicago, IL	Chicago Marathon	www.chicagomarathon.com; 888/243-3344
				Lake Tahoe	Kokanee Festival of Races 13.1M, 10K/5K Trail	www.lahoemtnmilers.org; 530/542-3424
				Sacramento	Sacramento Marathon/Half Marathon	starlite99@aol.com; 707/678-5005
	Fri	Oct	12	Lake Tahoe	Tahoe Ultra 3-Day Stage Marathon—Stage 1—Emerald Bay to Spooner Lake	www.laketahoemarathon.com
U 1.6	Sat	Oct	13	Castro Valley	Dick Collins Firetrails 50M	www.pausatf.org/data/UMSchedule.html; 510/535-0337
				Folsom	Run With Nature 10K/5K	http://www.folsom.ca.us; 916/355-7366
				Lake Tahoe	Tahoe Ultra 3-Day Stage Marathon—Stage 2—Spooner Lake to Tahoe City	www.laketahoemarathon.com
					Tahoe 5K/Kids' Fun Runs	www.laketahoemarathon.com
				Vacaville	Stride for Life	www.martinson.com
X 1.0				Rocklin	Sierra College Challenge XC	www.pausatf.org; 916/355-8155
				Vacaville	Marti Nelson Stride For Life 10K/5K	www.martinson.com; 707/446-5507
	Sun	Oct	14	Lake Tahoe	Tahoe Ultra 3-Day Stage Marathon—Stage 3—"regular" marathon	www.laketahoemarathon.com
					Tahoe Marathon Walk/Marathon Relay (3- and 5-person)/Half Marathon /10K	www.laketahoemarathon.com
	Sun	Oct	21	Davis	Stepping out for Scholarships 10K/5K	800/242-4123
				Folsom	Lake Natoma Four Bridges Half Marathon and Three Person Relay (new race)	www.fourbridgeshalf.org
				Sacramento	Bela Bru Wenmat Classic 10K/5K	916/481-5004
				Nevada City	Run Through the Colors 10K/5K	www.motherlode.sierraclub.org; 530/265-2666
R 1.5				Weott	Humboldt Half Marathon	www.pausatf.org; 707/443-1220
					Humboldt Marathon (non-Grand prix event)	www.northcoast.com/~htm; 707/443-1220
	Sat	Oct	27	Calistoga	Napa Wine Fall Country Classic Marathon/Half Marathon/10K	www.envirosports.com; 415/868-1829
X 1.0				Mountain View	Shoreline Open XC	www.pausatf.org; 650/933-3296
				Sacramento	Zoo Zoom 10K/5K	www.rungoldmedal.org; 916/929-4786
	Sun	Oct	28	San Jose	Silicon Valley Marathon/Half Marathon/Relay	www.svmarathon.com; 888/726-5673
X 1.5	Sat	Nov	3	San Rafael	John Lawson Tamalpa Challenge XC	www.pausatf.org; 415/878/9340
	Sun	Nov	4	Camino	Apple Hill 7.73M Run/3.5M Run/Walk/Kids' .5M Run	www.ahhr.org; 530/644-4552; x234
				Santa Clarita	Santa Clarita Marathon/Half Marathon/5K	www.scmarathon.com; 888/823-3455
U 1.6	Sat	Nov	10	Sacramento	Helen Klein 50M	916/859-0821
U 1.0					Helen Klein 50K	916/859-0821
R 1.5	Sun	Nov	11	Clarksburg	Clarksburg Country Run 30K and non-Grand Prix 5K/Kid's 1M	www.rungoldmedal.com; 916/929-4786
				Long Beach	Long Beach Marathon/Half Marathon/Bike Tour/Inline Skate	www.runlongbeach.com; 562/728-8829
	Sat	Nov	17	Davis	Davis Turkey Trot 10K/5K Run/Walk	www.changeofpace.com; 800/757-5275
X 2.0	Sun	Nov	18	San Francisco	PA/USATF XC Championships	www.pausatf.org; 916/444-6816
	Thur	Nov	22	Sacramento	Run to Feed the Hungry 10K/5K	www.runtofeedthehungry.com; 916/719-4400
U 1.0	Sun	Nov	25	Mill Valley	Quadruple Dipsea	www.run100s.com/qd.htm; 415/894-1336
				San Francisco	Run to the Far Side 10K/5K	www.rhodyco.com; 415/759-2690
	Sun	Dec	1	Trabuco Forest	Saddleback Mountain Trail Marathon/5K	RNDEnterprises@aol.com; 949/857-1055
R 2.0	Sun	Dec	3	Folsom	California International Marathon	www.runcim.org; 916/983-4622
					J.S. Bank Marathon Relay Challenge	www.runcim.org; 916/983-4622
R 1.0	Sun	Dec	9	San Francisco	Christmas Relays (4x4.46M)	www.stevenscreekriders.org/events/xmasrelay/main.html; 510/635-9508
				Ridgecrest	OTHC High Desert 50K/30K	www.ridgenet/~OTHC; 760/384-3764
	Mon	Dec	31	Sacramento	Midnight Run 2001 2M	www.rungoldmedal.com; 916/929-4786
	Tue	Jan	1	Redding	Redding Marathon, Half Marathon/ 10K/5K	www.geocities.com/sweatrc; 530/243-4501
				Auburn	Resolution 10M, 10K/5K run/walk	www.jandjsportproduction.com; 530/305-1112
	Sun	Jan	6	Cayucos	Hearst Castle Marathon/Half Marathon	800/390-3515
	Sat	Jan	12	Catalina	Avalon Benefit 50-Mile Run	Johnreg@catalinaisp.com; 310/510-9686
	Sun	Jan	13	Stocton	PA/USATF Road Grand Prix Event	California 10M nephronman@aol.com; 209/478-2802
				Elverta	Jed Smith 30K & 50-Miler	www.buffalohips.net; 916/481-3653
	Sun	Jan	27	Huntington Beach	Pacific Shoreline Marathon/Half Marathon/5K	www.marathonrun.com; 949/766-1428
				San Francisco	Home DepotSF Half Marathon/ 5K	pamakids@pacbell.net; 415/333-4780
	Sun	Feb	3	Davis	Davis Stampede Half/10K/ 5K	www.changeofpace.com; 530/757-2012
				Las Vegas	Las Vegas Marathon/Relay/Half/5k	www.LVMarathon.com; 702/876-3870
U 1.0	Sat	Feb	9	Elverta	PA/USATF ULTRA Grand Prix Event	www.buffalohips.net; 916/481-3653
	Sun	Mar	3	Los Angeles	Los Angeles Marathon/ 5K Run/Walk	www.lamarathon.com; 310/444-5544
				Napa	Napa Valley Marathon/ 5K	www.shnvm.com; 707/255-2609
U 1.0	Sat	Mar	9	Cool	PA/USATF Ultra Grand Prix Event	916/638-1611
	Sat	Mar	16	Redding	Norcal John Frank Memorial 10M/3M/1M Run	www.geocities.com; 530/241-5268
R 1.0	Sun	Mar	17	Palo Alto	Fifty-Plus 8K/5K Racewalk & Fitness Walk Relays	www.50plus.org; 650/323-6160
R 2.0	Sun	Mar	24	Sausalito	Houlihan's 12K	www.rhodyco.com; 415/759-2690
				San Miguel	San Miguel Marathon	gkrrogers@tcsn.net; 805/472-9668
	Sat	Mar	30	Ellensburg, WA	Yekima River Canyon Marathon	www.ontherun.com/yrcom; 425/226-1518
				Seaside	Monterey Bay Half Marathon	asrh@monterey.edu; 831/582-3015

# What's in Here ?

	page		page
Award Program News .....	7	State of the Herd .....	2
Board Minutes .....	25	Stories .....	8
Editors Droppings .....	3	100K Championship .....	8
Membership Application .....	26	Chips in the Silicon Valley .....	17
PA/USATF News .....	4	Eight Marathons in Six Months .....	10
Pictures .....	14	Po Goes Poley Poley and Summits .....	24
Race Calendar .....	27	Kilimanjaro .....	24
Race Results .....	18	World Records .....	13
Race Reports .....	17		
Buffalo Stampede .....	17		
Chevy's to Chevy's .....	13		
Various Races .....	8		
RRCA News .....	4		



## RRCA 2000 Newsletter of the Year



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

Nonprofit  
Organization  
U.S.Postage  
P A I D  
Permit No. 25  
Auburn, Ca 95603

Address Service  
Requested



The  
**Buffalo  
Enquirer**

Spring 2001 #153



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

## Board of Directors

### High Dunger

John Hancock  
209.952.2521  
John\_Hancock@dot.ca.gov

### Vice High Dunger & Outreach

Mike Grossinger  
916.482.1254  
mikeg@comcast.net

### Buckaroo

Po Adams  
916.481.3983  
poruns24@aol.com

### Bison Scribe & Social Coordinator

Alene Antelman  
916.978.7925  
leaners@cw.net

### Awards

Virginia Hawes  
916.485.9566  
vhandpc@telocity.com

### Equipment

Greg Soderlund  
916.929.7858  
soderlundultras@msn.com

### Historian

Abe Underwood  
916.638.3900  
ajjuliek@aol.com

### Mailings

Ron Peck  
916.344.1376  
no email address

### Major Sponsor Outreach

Fred Koiser  
916.486.1882  
fredkailaw@aol.com

### Membership

Harry Criswell  
916.383.5513  
harryc@technologist.co

### Race & Fitness Walkers & Lobbyist

Sharon Norris  
916.383.1420  
x2ski@hotmail.com

### Racing Teams Coordinator

Vacant

### Safety Coordinator

Eric Bean  
916.681.4327  
peezyontrees@aol.com

### Training Director & Web Site Liaison

George Parratt  
916.488.6580  
gparratt@csus.edu

### Volunteer Coordinator

Joe McCladdie  
916.331.1840  
mcccladdi@pacbell.net

### Youth Coordinator

Ken Briscoe  
916.456.9265  
kenbriscoe@yahoo.com

## STATE OF THE HERD

Where have all the open runners gone?

Back when I ran on the high school track team I would go to the local road races and see clubs with fast runners competing for team prizes. Just knowing that when I grew up and finished school I could still find a club to run with was exciting. Even when I ran on a team in college we would compete against these good club teams. After college, being young and rebellious, we formed our own open racing team. This turned out to be a bit of a challenge since our team members scattered to the far corners of the state and it wasn't easy to get together to run in the same races. But now I'm a Buffalo Chip, on a club whose members are mostly from within a 50-mile radius, and I'm ready to run some races as a Buffalo Chip but when I look around, the first question that comes to mind is where have all the open runners gone? It seems that fast open runners are in shorter supply than a megawatt of power on a blistering Sacramento summer day. So where are all of these 20 and 30 year-old fast runners I looked up to as a kid?

Baffled club race team coordinator Greg Jewett has loaded up the Mystery Machine with Scooby Snacks in preparation of attempting to solve this mystery of the missing Open Runners. He asks "Why are the Chips able to field teams of Masters, Seniors, and even Super Seniors Runners yet Open Teams have vanished like the Bull Market?"

While it might appear that the species of Open Runners has become extinct, they are regularly spotted on the tracks and trails of Sacramento. Rumor has it that some, like me in my youth, have rebelled against the mainstream and have formed their own race clubs. Others, it is reported, can't seem to play nice with one or two of the 1000+ members of the Chips so they are looking to the other side of the fence for greener grass. It's also been rumored that fast open runners are really solitary animals who, when let loose in the herd, will attack their own species. I just don't buy these excuses. So I ask again "where have all the open runners gone?" Well I think they are already among us. These open runners are you, your training partners, and your friends. We just need to show off what a great club this is and get these open runners back into the race.

So let's look at the pros of racing for the Chips versus some other club....If you run for another club, you will have maybe five people who know your name. If you run in a Chips singlet, 100s of people will know your name. If you seek out a fast club, you most likely will be one of the slower guys on your team...If you race for the Chips, you are almost guaranteed to be one of the top guys. Think about this...Why wouldn't you want to race for a club that has regular workouts, support from hundreds of other members in the club, and people to train with right in your own back yard? It's just too easy. Could it be possible that these people just need to see for themselves that the grass isn't always greener?

You might not know it, but in this club, unlike your job, you actually have a say in how the club is run. You really are just as important as any other member and maybe more so since, the continuation of the species of Buffalo Chips depends on the X and Y Generation of runners. The club is what YOU make of it, it's not what you let it make of you. Rather than finding an alternative club to race with, why not take up residence in a club that already has in place what takes new clubs years to put together. Just remember, we are not nations in the Middle East, we are people in and around Sacramento with something in common—running. How about coming together to show other teams that Sacramento not only has a big running club with good masters ultra marathoners, but also has an outstanding group of fast open runners.

To find out more about open team racing, call me or email me.

  
John Hancock

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

**Buffalo Chips hotline**  
916.481.3653

**Buffalo Chips mailing address**  
BCRC, P.O. Box 19908  
Sacramento, CA 95819-0908

**Buffalo Chips web page**  
[www.buffalochips.net](http://www.buffalochips.net)



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



**PA/USATF web page**  
[www.pausatf.org](http://www.pausatf.org)

**Buffalo Chips Running Club:**  
PA/USATF Club #104

**RRCA web page**  
[www.rrca.org](http://www.rrca.org)



photo from John Hancock

# EDITOR'S DROPPINGS

Hi Chips-

You'll note when perusing the pages of this edition that the Chips, both as individuals and as a club, received a heap of awards during the past three months. Check out the PA/USATF page. Note, in particular, Cynci Calvin's PA/USATF report on page four. Congratulations, Barbara, Myra, Cynci and Buffalo Chips Running Club!

And I'm *really* delighted to announce that the Buffalo Enquirer received the RRCA's year 2000 Jerry Little Memorial Newsletter of the Year Award (large club category). Po Adams, in her RRCA report on page four, provides a few more details. Right here, however, I'd like to acknowledge and give thanks to my super-duper newsletter team who wrote articles, took pictures, or in some other way helped last year. Many of these folks contribute to every issue! Here they are:

Po Adams, Mike Annon, Brent Backus, Ken Briscoe, Cynci Calvin, Frank Cirrill, Janet Colman, Mary Coordt, Harry Criswell, Julie Criswell, Kitt Flynn, DeeDee Grafius, Dennis Grandy, Joyce Karver, Wil King, Norm Klein, Laura Kulsik, Buffy Lowe, Joe McCladdie, Theresa McCourt, Diane McIntire, Bob McKinney, Dave Michel, Barbara Miller, Ted Moore, Teddy Morris, Debbie O'Brien, George Parrott, Dale Phillips, Paul Reese, Ed Reilly, Rena Schumann, Ann Simpson, Kelly Sossich, Janet Steele, Kim Stevenson, Doug Thurston, Mary Ann Treadaway, Abe Underwood, Mimi Veiga, Mark Winirz and Liz Zelandais.

More and more Chips—about 70% at last count—are using the internet these days, which is giving us a way to provide "time-sensitive" information in a much more effective way. The weekly workout schedule and reports on many of the previous weekend's races are being emailed to everyone who has provided Harry Criswell with an email address. The Chips web site provides this information and much more. (I have you, for instance, checked out Pete Zinsli's Sacramento Area Running Results Database?)

The web site is now officially under new management. Chips web site founder and long-time web master Ed Reilly has said his good-bye's and has departed for his new home in New York. So Luiz Alvarez and George Parrott are now on the job—and, undoubtedly, experiencing the "delight" of the new challenge.

At the April Chips board meeting, I told the board that I would like to "retire" from my Enquirer editor position sometime this year. I have been—unofficially—offered free transportation, lodging, meals, and registration to all races anywhere in the world (Bart Yasso, look out!) should I be willing to continue a while longer. I am reconsidering, may possibly continue if additional services such as physical therapy, massages, podiatrist service, etc., are thrown in the package. However, I am doubtful about the full board approving of this modest enticement package.

So... would you like to be the next Enquirer editor? Give me a call or email me if you'd like more information.

*Dave*

P.S. It was an ecstatic agony deciding on which of Joe McCladdie's Way Too Cool pictures to publish in this issue. They are many and they are beautiful! Joe, get these pictures on your web site!

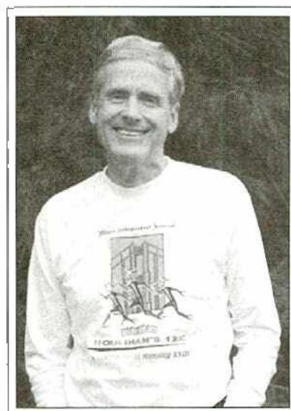


photo by Judy Creek

## The Buffalo Enquirer

#153 Spring 2001

The Buffalo Enquirer is the official newsletter of The Buffalo Chips Running Club of Sacramento. Everyone is welcome to contribute to the newsletter.

**THE DEADLINE FOR THE NEXT ISSUE IS MONDAY, JUNE 25TH**

### Editor

Dave Creek  
2751 Sunrise Drive  
Meadow Vista, CA 95722  
530.878.1487  
creek@jps.net

### Contributors

Po Adams  
Alene Antelman  
Peter Berghuis  
Cary Berrancini  
Ken Briscoe  
Cynci Calvin  
Mary Coordt  
Harry Criswell  
Julie Criswell  
Mike Grassinger  
John Hancock  
Bob Hanna  
Virginia Hawes  
Eric Ianacone  
Peeyarless Ann Ingrid  
Greg Jewett  
Laura Kulsik  
Buffy Lowe  
Joe McCladdie  
Tony Milevsky  
Kevin Morrill  
George Parrott  
Mary Ann Treadaway  
Abe Underwood  
Mimi Veiga  
Sandy Womack

**On the Cover:**  
**Lillian Shek on her Way Too Cool**  
photo by Joe McCladdie

### Race Coordinators

**Mud Run**  
Dave Ragsdale  
916.985.4451  
griffin@aol.com

**Jed Smith Classic**  
Ron Peck  
916.344.1376  
no email address

**Susan B. Anthony 5K & Buffalo Stampede**

Cheri Alvarez  
916.929.3042  
calvarez@lilsdc.ca.gov

### Liaisons

**Pacific Association / USATF**  
Cynci Calvin  
530.823.2661  
ccrun@psyber.com

**RRCA**  
Po Adams  
916.481.3983  
porvns24@aol.com

**CM**  
Cynci Calvin  
530.823.2661  
ccrun@psyber.com

### Chips General Store

Myra Bridges  
916.482.8528  
leannmyra@aol.com

### Team Incentive Program

Cynci Calvin  
530.823.2661  
ccrun@psyber.com

### Web Site Coordinators

Luiz Alvarez  
916.481.2365  
luiz.alvarez@intel.com  
George Parrott  
916.488.6580  
gparrott@csus.edu



# PA/USATF NEWS



by Cyncl Calvin, PA/USATF Buffalo Chips Liaison

[WWW.PAUSATF.ORG](http://WWW.PAUSATF.ORG)

for standings, results, schedules, on-line registration, and much, much MORE!

Buffalo Chips  
PA/USATF  
Club Number was, is,  
and always will be:  
**#104**

At the end of January several Chips attended the LDR Annual Awards Banquet in San Francisco. The Reebok Aggies hosted the event, which was held at the elegant Fort Mason Officers Club in San Francisco. It's always fun to try to recognize fellow runners dressed in clothes other than team racing gear! The Chips walked away with the top award for the Super Senior Women's Team and USATF National awards were presented to Myra Rhodes (65-59) and Barbara Miller (60-64) for their accomplishments in the world of 40 & over running. The crowning moment came when the Buffalo Chips Running Club was awarded the "Club of the Year Award for Participation and Achievement." In the announcement of the award, Tyler Abbott indicated that the Chips fielded more than a third again as many teams as any other club in the Grand Prix events and that our high volunteer turnout and enthusiasm at Sacramento—area events has set a positive example for all the other LDR clubs. I was touched by receiving the "Road Racing Volunteer of the Year Award"—an award I will easily share with several other hard-working LDR committee volunteers.



Chip Founding Father Abe Underwood (l.) accepts the PA's LDR "Club of the Year" Award for 2000 from LDR Men's Chair, Tyler Abbot.

Photo by Cyncl Calvin

So, what's the latest news from the PA? How about this: the Ultra Grand Prix is in full swing, we are four races into the Road GP and two races into the Race Walk GP, the Track & Field GP has just begun, the youth track meets have begun, the Track & Field Junior Olympic Championships are coming to Sac State in July, and the fall Cross Country GP schedule was just finalized. Wow!

Indeed, the PA is so packed with events that members from other associations around the country come here to compete in our Grand Prix. Within the PA's LDR Committee, this has sparked a lively debate on whether or not to impose any restrictions on these "OOAA's" (out of association athletes). So far, to receive prize money they must join the PA and be a member of a PA team. Ideas being discussed are whether to limit a team to a percentage of out-of-association athletes, to require a panel to approve these athletes' participation, or whether to simply allow anyone to sign on with whomever and compete unrestricted. If you would like to join in this discussion, join the LDR eGroup by logging on to PAUSATF-LDR-owner@yahoo.com

## ROAD RUNNER'S CLUB OF AMERICA NEWS



RRCA UPDATE Spring 2001

by Po Adams

Buffalo Chips Liaison

RRCA Western Region Director

The good news is that our faith in Dave Creek and his journalistic abilities paid off: Dave and the Buffalo Enquirer won the RRCA National Large Newsletter Award for 2000. The sad news is that he will be unable to visit the RRCA Albuquerque Convention to pick it up. His travel agent, wife Judy, had made plans for them to visit Italy at that time—because Dave blew it by forgetting to notify Judy of the convention dates—and they were unable to reschedule that trip.

Not to worry. Joe McCladdie, who was selected to represent the Buffalo Chips at the RRCA convention, will be there to accept the award in Albuquerque. Last year I Dave represented our club at the Atlanta RRCA Convention and really enjoyed the meeting of running feet and minds. I am sure Joe will return with new ideas to use in our club.

Last month I worked at the LA Marathon Expo RRCA Booth for three days. There I met runners from all over the U.S. and found that many of them do not realize the Road Runners of America is an association of running clubs. They would ask, "Can I join?" I explained that if your club belongs to the RRCA, you are a member.

Every member of the Buffalo Chips is an RRCA member. Your club pays a

small fee for you, and buys the club insurance needed for holding club races, workouts, etc.

As a Chip you should receive the RRCA quarterly newsletter, *FootNotes*. If your address is current. So if you move be sure to notify Harry Criswell, the Chips Membership czar! *FootNotes* is not mailed as first class mail and so the Post Office will not forward it to your new address. **And** you will not receive our prize winning newsletter, *The Buffalo Enquirer* or the Buffalo Bible, either, because they also travel as bulk mail. Keep your mailing address up to date! Stay informed!

I'm constantly amazed at the differences between running clubs. In early March, I traveled south to visit the Fresno Joggers on their Award night. The Fresno Joggers was formed from a YMCA group who liked to run about a year before the Buffalo Chips was born. They are a gang who love to run but also enjoy the health aspect and community service. Their "Joggers Challenge" Awards are given for points accumulated during the year for community service and volunteerism as well as running and biking. The Fresno Joggers is 120 strong and about 40 attended their Awards banquet in a local Chinese restaurant. Next visit, the Sierra TrailBlazers of Cedar Grove.

I will be off to Albuquerque in May as the Western Director, RRCA and your Club Liaison. I hope to listen and learn a lot of worthwhile running news.

## 15K Race Walk Championships

The rain and hail stopped long enough for the 1st Annual Buffalo Chips (Race) Walk in the Park on Sunday, April 8th. The Pacific Association 15K Championship drew 15 competitors and the 5K race drew 5 racers from Northern California and Nevada. The race, held on a 2.5K loop in Land Park, was the second race walk sponsored by the Chips in the last year. (The first was at the Buffalo Stampede last September.) Both the 5K and the 15K races offered age-group as well as overall awards.

Chip race director Ann Gerhardt was joined by a dedicated group of Chip race walkers in the planning and execution of the race. Sandy Womack oversaw registration and the DQ board. Nancy Mitchum and husband, Frank, set up the course and hauled equipment. Nance Nelle scouted out food for the judges, volunteers and racers—thank you to NY Bagel Boys, Mrs. Fields, and Safeway—and she acted as the recorder during the race. Sharon Norris took care of publicity and she and Meg Snively took over traffic control during race time. Mimi Veiga and Joe McCladdie coordinated a great group of volunteers. Joe was also the official event photographer.

The USATF-sanctioned course provided the racers with a flat, shaded (not that they needed to be any cooler) route. Because the course tends to curve, racers who walked the tangents cut down on

distance traveled. The wind was a factor especially as racers reached the end of their 9.3 mile race.

Age-group winners in the 5K and 15K races received medals and the 15K overall Men's and Women's winners received beautiful plaques depicting race walkers. Many, many thanks to the judges and volunteers for all their work. It was greatly appreciated.

### RACE RESULTS

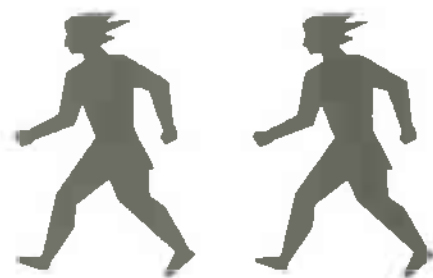
Place	Name	Time	Age Gp
<b>15K race- Men</b>			
1	Roger Wellborn	1:24:51	45-49
2	Joe Berendt	1:25:23	45-49
3	Bill Penner	1:29:34	50-54
4	Bryan Winter	1:35:20	40-44
5	Stu Kinney	1:42:05	50-64
6	Jon Borset	2:05:24	70-74
<b>15K Race- Women</b>			
1	Susan Martinovich	1:39:13	40-44
2	MJ Baglin	1:42:01	50-54
3	Nancy Mitchum CHIP	1:53:32	40-44
4	Elisabeth Price	1:55:15	45-49
5	Charlotte Williams	2:08:32	65-69
<b>5K Race- Women</b>			
1	Teri Brothers	30:51	40-44
2	Rhonda Ruiz	35:32	40-44
3	Kim Frohsin	35:44	35-39
<b>5K Race Men</b>			
1	John Mullane	35:07	60-64

## Ann Gerhardt at USA Indoor T&F Championships

Chip race walker and race walk coach, Ann Gerhardt traveled to the 2001 USA National Masters Indoor Track and Field Championships on March 25th in Boston, Massachusetts. Following are the 3,000 meter race walk race results in Ann's age group. Complete race results can be found at the TRACS web site <[www.tracs.net/](http://www.tracs.net/)>.

### Women 45-49

Place	Name	Home	Time
1	Lee Chase	Glastonbury CT	15:34:99
2	Ann Gerhardt	Sacramento CA	16:34:63
3	Debbie Topham	Mayville MI	16:52:41
4	Chris Anderson	Shrewsbury MA	17:58:82



## Slow Mover's Reflections on Race Walking

by Mimi Veiga

Last month I moved into a new age group (40-40-something). I am told that many people look forward to moving into a new age group because they feel it gives them a competitive edge. My new age group for race walking women is one of the most competitive of all age groups. I have determined that I will finally gain a competitive edge when I move into the 90-95 year old age group. This will be due, in large part, to the fact that most or all of the other people in my age group will be dead! This conclusion has led me to develop a new mission in life. As the Lorax in Dr. Seuss story spoke for the trees, I have decided I will speak for the slow-moving.

I am not without experience in this department. As a child, my Mom claims she could put me down in one spot and come back a while later and still find me in the same spot (even after I had learned to crawl!). I work with preschool-age children so I know that personality and temperament are as much a part of how an individual arrives as the color of their eyes. Some of us arrive ready to move and continue this pattern and some of us arrive ready to sit and move only when necessary and continue this pattern into adulthood. The trick for the slow-moving, I suppose, is to use this propensity to one's advantage when necessary and work against it,

when required. Choosing the half marathon over the half mile seems a reasonable choice.

I frequently joke with my race walk coach that I possess only a very few fast-twitch muscles. At one point, the count was one, each leg sharing a measly one half a fast-twitch muscle. Now, after months and months of speedwork on Saturday mornings, I believe that one muscle has been joined by two or three others. Often, nowadays, I can be heard to complain that my long, slow workout is driving me a little bit crazy. Am I transforming into a speedster? I seriously doubt it. A small taste of a faster pace has shown me that my legs have the ability to move a bit quicker. This could be discouraging to a speedster, but to a slow-mover, it can only be interpreted as a sign of progress.

Our American culture moves at a rapid-fire pace. Many speedsters revel in that pace until it creates too much stress for them. Slow-movers are either run over or left behind. Both types would do well to seek balance whenever possible. Cultivating the art of dragging your feet could add years to your life.

How do you know if you are a slow-mover? If you've ever finished a race last (I've been there), you're a slow-mover. If you start races at the back of the pack so as not to be flattened, you're a slow-

mover. The keys here are the fact that you're even out there and that you finish.

We slow-movers ask not for your pity. Many of us are in excellent shape (yes, it took longer), and happy to be out there day after day. So, if you're still around at age 90, speedsters beware! The playing field will be level (& oh, so much more familiar to slow-movers). Shuffle on!

### PA/USATF 2001 Race Walk Schedule

May 6	Golden Gate Race Walkers PA 20K Championship Walk (10K to qualify) Palo Alto Stu Kinney: < <a href="mailto:snkinney@pacbell.net">snkinney@pacbell.net</a> >
Jun 16	Pacific Association Sr. Track & Field Championship 5K San Francisco State Ron Daniel: < <a href="mailto:ron.daniel@lmco.com">ron.daniel@lmco.com</a> >
Sep 9	Golden Gate Race Walkers Founders Day Club Championship & PA GP 10K Oakland Stu Kinney: < <a href="mailto:snkinney@pacbell.net">snkinney@pacbell.net</a> >
Oct 27	Monterey Peninsula Walk Walk Walk Club, PA Championship 10K and GP Seaside Hansi Rigney: < <a href="mailto:rigney@redshift.com">rigney@redshift.com</a> >

# AWARD PROGRAM NEWS

## Run Fast, Win Free Stuff! Chips Award Programs

by Virginia Hawes

Buffalo Chips has *not one but two* incentive award programs to recognize individuals for their best race performances. We're not trying to keep them secret but few Chips seem to know about them, judging from how few awards have been claimed so far this year. Here's the scoop:

**5% Improvement Award:** If your new PR, in a race at any distance, is 5% (or more) faster than your previous race PR at that distance, you earn a Buffalo Chips T-shirt. You have a choice of red or purple (as long as the sizes hold out) and you can win this award once a year. To claim your shirt, e-mail or call the Award Chairperson (currently Virginia Hawes) to report your new PR, your old PR, and what size shirt you wear.

**Racing Singlet Award:** See the information on the next page for a full description of the rules and the standard times for each distance in your age group. (It also appears on the inside back cover of the 2001 Buffalo Bible.) We need published results to document this one, and you can win this award once every two years.

Right now we don't have kids' sizes in T-shirts or singlets. The Board has discussed having an award program just for the kids.

**Chip Team Incentive Program:** See below.

## Reporting New Personal Records

by Harry Criswell

Fellow Chips, we want to support your training, participation in fitness events, and racing, and thus we would like to "return" to an earlier era when we publicized your new personal records. We used to announce members' new PRs at the Tuesday night workout every week, but the workout group has gotten a bit big for George Parrott to know what everybody has done the past weekend.

So *please* consider helping the "old man" in presenting the Weekly Workout News by reporting directly to him any and all new personal records at any and every distance. He is planning a special section of the Weekly Workout News (emailed to all those with email addresses, handed out at the Tuesday night workout, and on the Chips web site) with "hot off the pavement/trails news" where new personal bests for members will be recognized. However, this depends on *you* submitting this information to him. We do want to know how you are doing in our sport so...

Email George <glparrott@home.com> the info, *ideally by Monday noon*, following your new PR in the following format:

Email Subject: New Personal Record  
Email Body: Race Name/Distance/Date/  
Your Name/Age/Gender/Time

If your new time is also better than a 5% improvement on your previous best time for this distance, then you are eligible for a 5% Improvement Award t-shirt. In that case, further note your previous best time for this distance and copy the whole message additionally to Virginia Hawes at <pcurtis@msn.com>.

*And* if you are one of those faster "racer" Chips, check to see if your time is better than what is necessary for one of the *new* Chips Racing Singlets which are special awards earned by exceeding the club's age and gender and distance specific qualifying times. These qualifying times are *newly revised*. They are shown on the next page, on the inside back cover of the 2001 Buffalo Bible, and also on the Chips website:

<<http://www.buffalochips.net/singlet-stds.htm>>. If you have achieved this performance level, *also note this* in your email to Virginia.

You will need to come to Tuesday night workout to claim your improvement and/or racing AWARD shirt/singlet (or make other arrangements with Virginia). But let's get going on "Spring training" to earn these special Club Awards!



## Chip TIP (Team Incentive Program) 2001

The 2001 Chip Team Incentive Program, started last year to promote Chip camaraderie and visibility, is off to a great start—it began on January 1st, 2001 and will end on December 31, 2001. Below are lists of events that qualify for points toward receiving a Chip Team Racing jacket or a pair of matching wind pants:

### Events to date include:

Cal 10  
Jed Smith 50K  
50-Plus 8K  
Way Too Cool 50K  
Haulihan's 12K  
American River 50-Miler  
Ruth Anderson 100K  
Boston Marathon (must be on an all-Chip team)  
Compaq 10K  
Big Sur 5K  
Big Sur Marathon Relay (must be on an all-Chip team)  
Mi Wak 100K

### Events ahead include:

Quicksilver 50-Miler & 50K (San Jose, May 12)  
Silver State 50K (Reno, May 19)  
Hoy's Zippy 5K (San Francisco, May 28)  
Shriner's 8K (Sacramento, June 23)  
Western States 100-Miler (Squaw Valley, June 23)  
Fleet Feet Capital Mile (July 1, Sacramento)  
Skyline 50K (Castro Valley, Aug. 5)



Remember that this year YOU are to keep track of your events and submit a list to Cynci Calvin (info below) when you have accumulated the required eight road races (may be combined with ultras) or five ultras. Basic rules include: wearing Chip identifiable attire during the event (which must have an official team competition within it), using a Chip team name in the relay competitions, being registered with the Pacific Association/USATF. For in depth rules, go to the Chip web site or contact Cynci, or take a look at the last issue of the Buffalo Enquirer. GO CHIPS!

Got Chip TIP questions? contact Cynci Calvin, ccrun@psyber.com, 530/823-2661  
9810 StoneyrIDGE Rd. Auburn, CA 95603

## New Standards Approved For Earned Singlet Program

Look at the Earned Singlet Program table below. (You'll also find it on the inside back cover of the 2001 Buffalo Bible.) The Earned Singlet Program has been expanded, improved, with goals that are easier to achieve.

This program has been around since the mid 80's as a way to reward members who achieve certain performance standards. It was started when George Parrott had some extra running gear available and thought that it was a proper way to get it to the members. The current award is a special club-racing singlet. The standards have gone through several revisions and updates through the years but have always been set at very high levels. So high, in fact, that very few singlets have been awarded in recent years. Many age group times were almost unattainable by older Chips. Unless you were genetically blessed this program was pretty much out of touch.

Last year, the Board set up a committee to review the standards and propose appropriate changes that would allow a greater number of singlet awards. This task eventually fell on the shoulders of Mike Grassinger, George Parrott and Abe Underwood, with contributions from Pete Zinsli and others.

The committee reviewed other performance programs based on both national and international standards. Various performance levels were then

compared to the database of local race results covering tens of thousands of individual times. Finally, the actual times of our own Chip membership were reviewed against these standards.

The result is a set of tables for women and men that has been expanded both in race distance and the number of age groups. The races include 15 distances from 100 meters to 100 miles. The tables are now in five-year age groups and expands from 5 to 10 groups. But more importantly, the times are significantly easier, especially in the older age groups. Where only one to two percent of the Chips could achieve the old tables the new standards should allow between 10 and 15 percent to qualify for Singlet Awards.

The new standards are still lofty because they are designed to be that way. If your times for *your 2001 races* already meet the new standards...Congratulations. Contact Virginia Hawes to apply for your singlet. For those of you who have times that don't quite make it the new standards will become goals for you to work for and train to achieve.

*Go for it!*

—The Standards Committee and the Board Members

### 2001 Chips Earned Singlet Program

#### WOMEN

Distance	Age									
	0-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
100m	14.0	14.7	15.3	16.0	16.8	17.7	19.4	21.0	23.0	26.0
200m	28.4	30.8	32.0	34.0	36.0	38.0	41.0	45.0	50.0	56.0
400m	65.0	69.0	73.0	77.0	81.0	86.0	93.0	101.0	112.0	126.0
800m	2:35	2:45	2:50	3:00	3:15	3:30	3:50	4:15	4:45	5:20
1500m	5:20	5:40	5:55	6:15	6:40	7:10	7:45	8:25	9:20	10:30
1 mi	5:45	6:15	6:25	6:55	7:25	7:55	8:10	9:30	10:30	12:00
5K	19:30	20:30	21:30	22:45	24:00	25:30	27:00	29:00	31:00	34:00
5mi/8K	32:00	33:30	35:15	37:15	39:15	41:30	44:00	47:00	51:00	56:00
10K	41:00	42:45	45:00	47:15	49:30	52:15	55:15	59:00	64:00	70:00
10 mi	67:00	70:00	73:00	77:00	81:00	85:00	90:00	97:00	105:00	115:00
13.1 mi	1:29	1:33	1:38	1:43	1:48	1:54	2:00	2:09	2:19	2:32
Marathon	3:09	3:15	3:24	3:35	3:46	3:58	4:12	4:30	4:50	5:15
50 mi (flat)	7:30	8:00	8:25	9:00	9:20	9:40	10:05	10:30	10:55	11:20
50 mi (trail)	8:25	8:55	9:00	9:40	10:10	10:40	11:10	11:45	12:15	13:00
100 mi	24:00	25:00	26:00	26:30	27:00	27:30	28:00	28:30	29:00	30:00

#### MEN

Distance	Age									
	0-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
100m	11.3	12.1	12.5	12.9	13.5	14.2	15.5	17.0	19.0	21.0
200m	23.1	25.0	26.3	27.5	29.0	31.0	34.0	38.0	42.0	47.0
400m	53.0	57.0	60.0	64.0	67.0	72.0	82.0	93.0	103.0	116.0
800m	2:05	2:15	2:20	2:30	2:40	2:55	3:15	3:45	4:10	4:40
1500m	4:20	4:40	4:55	5:15	5:40	6:05	6:50	7:45	8:35	9:35
1 mi	4:40	5:05	5:20	5:45	6:10	6:35	7:30	8:35	9:30	10:45
5K	17:00	17:45	18:30	19:15	20:00	21:00	22:15	23:30	25:00	27:00
5mi/8K	28:00	29:00	30:00	31:30	33:00	35:00	37:00	39:00	41:00	44:00
10K	35:30	36:45	38:15	40:00	41:45	43:30	46:00	49:00	52:00	56:00
10 mi	58:00	60:00	62:00	65:00	68:00	72:00	76:00	80:00	85:00	93:00
13.1 mi	1:17	1:20	1:24	1:28	1:32	1:36	1:41	1:46	1:54	2:03
Marathon	2:46	2:50	2:56	3:04	3:13	3:22	3:32	3:45	4:00	4:20
50 mi (flat)	6:30	7:10	7:40	8:10	8:40	9:15	9:50	10:20	10:45	11:10
50 mi (trail)	7:30	8:10	8:30	9:00	9:30	10:05	10:40	11:00	11:30	12:00
100 mi	24:00	25:00	25:30	26:00	26:30	27:00	27:30	28:00	29:00	30:00

#### The Rules

1. Any Chip meeting the criteria in any single performance qualifies for a FREE special club racing singlet.
2. The performance must have been in a scheduled event with published results.
3. **You** must submit your request for this award and document your performance (when, where, how fast with supporting published results) to the Awards Chair. See more detailed reporting instructions in Harry Criswell's article on the previous page.
4. Only **one** singlet can be earned every **two** years. The Awards Chair and Board may disallow any performance if the course distance or results are questionable.

#### And on a related subject:

In order to score as a Chip in Grand Prix events, you **must** have a USAT&F card (cost \$15) and the card must identify you as a Chip (club #104) member!

Please check your USATF card; it should indicate club number 104, just under your city of residence. If the card does NOT say #104, contact the PA/USATF office and ask them to change your identification. If there is no club number recorded there you are officially "unattached," and you cannot be scored on any Chips teams!

USAT&F office:  
phone 916/993-4715  
fax 916/983-4624

## "Getting Good" Track & Field Clinic

The 2001 Buffalo Chips' "Getting Good" Track & Field Clinic on Saturday, March 3rd at CSUS seemed to bring out the best of everything. It started out as an idea from Jim Wachter, Buffalo Chips Youth Coach, who figured it would be a tremendous way to kick off our 2001 track and field season. From there the momentum built. The clinic filled to near maximum capacity with 55 enrollees participating in classes that included combined group sessions for Warm-up/Stretching/Flexibility and Form Drills, and then four separate group sessions covering starts, hurdles, high jump, and long jump.

On a weekend forecast filled with rain, the day of the clinic was blessed with nearly perfect weather: no rain, clearing skies, a little bit of sun, and just enough overcast to keep the participants from getting too hot. Joe Nelf, CSUS Head Track & Field Coach, had kindly volunteered his expertise and coaching staff—including several CSUS Track & Field athletes—to assist with our clinic, and what an incredible job they did! The ability of the coaches to capture the kids' interests and to keep them focused was exceptional, and then joining us for pizza and ice cream afterwards and sitting among the athletes was the icing on the cake. The sessions averaged a coach/student ratio of about one to four; so it was easy for these young athletes to get the instruction needed to properly learn new skills.

The pizza and ice cream "session" was a perfect way to end the clinic, and many thanks go to Chip Rudy Egger, CSUS Dining Services Director, for dedicating funds in his budget to help with the Youth Chip program! On the way out the door, participants received an event t-shirt specially designed for young athletes by a young athlete—thanks to Katie Briscoe for her debut in graphic design!

An evaluation form was provided to the athletes, and when all the results were tabulated, hurdles and long jump were tied for favorite session among athletes, and over 90% of the 43 returned surveys reported that the things explained were either "really easy" or "easy" to understand. A statement by parent/spectator Tracy Williams really sums things up: "I liked watching the kids learn a new event, something other than just running, and totally enjoying it. The clinic is something that needs to be added to the ever growing Youth Chip programs." Thanks to all those who helped make this event such a success, the volunteers and the participants!

*Now*, if by chance, you have experience in hurdles or long jump and would like to help coach interested Youth Chips in these events, please contact Ken Briscoe at (916) 456-9265 or email [kenbriscoe@yahoo.com](mailto:kenbriscoe@yahoo.com). Believe me, you'll have as much fun as the kids have, and they have a lot!!

### Buffalo Chips Youth Running Team 2001 Tentative Race Schedule

3/31/01	Da' Mayor's 100/1500 Meters Championships Kezar Stadium, San Francisco Info: Billy Ray Smith (415) 558-5553
4/07/01	Santa Rosa Express Track Meet Santa Rosa Jr. College, Santa Rosa Info: Bob Shar (707) 539-6787
4/21/01	Old Mill Run 150 Yards/1 mile/2 mile/10K Columbia Info: (209) 533-3843
4/28/01	Renaissance Relays Kezar Stadium, San Francisco Info: Veronica Davis (415) 826-9371
5/06/01	Speed City Invitational Las Gatas High School, Los Gatos Info: Cliff Scott (209) 827-3567
5/20/01	3M Invitational Logan High School, Union City Info: Will Pittman (510) 581-4428
5/28/01	PAC Championship Location to be announced Info: Eimer Haynes (916) 924-8883
6/16/01	Van Dyke Relays Cardova High School, Rancho Cordova Info: Joe Silva (916) 422-6549
6/22/01	Junior Olympic Top 3 Qualifier CSUS, Sacramento
6/24/01	Info: Bob Shar (707) 539-6787
7/24/01	USATF National Jr. Olympic T&F Championships
7/28/01	CSUS, Sacramento Info: Bob Shar (707) 539-6787

This schedule may change as the season progresses. For specific info, updates, changes, or directions to meets, please check the Youth Chip info at [www.buffalochips.net](http://www.buffalochips.net), or call Ken Briscoe (916) 456-9265.

## Youth Chip Road Runners

It seems the Buffalo Chips Youth Running Team has been doing its part to leave footprints in the arenas of Track & Field and Cross Country. And if you look closely, you'll see that some of them are also blazing a pretty hot trail on the asphalt.

At the Davis Stampede on February 4th, the Youth Chips captured four number one spots, one second place, and two third places, with **Caitlin Chock** (15) cruising in as **1st Overall Female** in the 5K at 17:43! Here's the breakdown of some times that you might think belong to seasoned adult athletes:

Race	Divison	Place	Athlete	Age	Time	Pace
5K	F/12/Under	1	Helen Seldin	9	20:58	6:44
5K	F/12/Under	3	Haley Briscoe	9	24:43	7:57
5K	F/12/Under	4	Chloe Lyon	9	24:45	7:57
5K	F/13-15	1	Caitlin Chock	15	17:43	5:42
5K	F/13-15	3	Ashley Barry	14	20:43	6:39
5K	F/13-15	5	Katie Hartman	14	21:22	6:52
10K	M/12/Under	1	Steven Seldin	12	42:32	6:50
10K	M/12/Under	2	Robbie Smith	7	49:15	7:55

**AMAZING!**

And then at the Spring Stride for Children 5K on March 11th **Helen Seldin** (9) and brother **Stephen** (12) dominated the 15/Under Divisions to place winning times of 20:51 and 20:27 respectively. With third place finishes in the same 15/Under divisions were **Katya Davidson** (10) at 27:00 and **Robbie Smith** (7) at 22:07.

Way to go, RoadRunners! BEEP, BEEP

## Youth Chip Q&A Session

**Q: What is the Buffalo Chips Youth Running Team?**

**A:** It is the youth division of Sacramento's oldest, largest, and even nationally recognized running club, the Buffalo Chips. The Team's objective is to promote fitness and fun through running, with a strong belief in proper nutrition, rest, and preparation. We run year round and participate in all types of running: track & field, cross-country, fun runs, and road races. Find out more at:

[www.buffalochips.net](http://www.buffalochips.net)

**Q: Is there a membership fee to join the Buffalo Chips Youth Running Team?**

**A:** No. But joining the Buffalo Chip Running Club has an annual fee of \$25-\$30, and provides some great benefits, like discounts at Fleet Feet, fun running and social events, and our award winning quarterly newsletter, *The Buffalo Enquirer*.

**Q: When are workouts held?**

**A:** There are usually three to four workouts per week. Two or three of the workouts are group workouts, with the remaining workouts to be done

"On Your Own." Location and workout specifics are posted on the Buffalo Chips Youth Running Team site which can be accessed from [www.buffalochips.net](http://www.buffalochips.net).

**Q: Are race uniforms provided?**

**A:** The Buffalo Chips will provide race uniforms (shorts/shirts) to youth members at no cost after completion of 10 group workouts. If a new member needs a uniform for competition but has not completed 10 group workouts, uniforms may be purchased for approximately \$40.

**Q: How much are race entry fees?**

**A:** USAIT Youth races usually cost \$4 to \$6 per event. Road races, for instance 5Ks, typically have fees that range from \$15 to \$25.

**Q: What makes this 2001 Track & Field Season special?**

**A:** The USAIT National Junior Olympic Track & Field Championships will be held at CSUS Sacramento from July 24th to July 29th. This will be a rare opportunity to compete at a national event

without having to travel. It will also provide your family and friends an easy opportunity to attend a National Championship track meet.

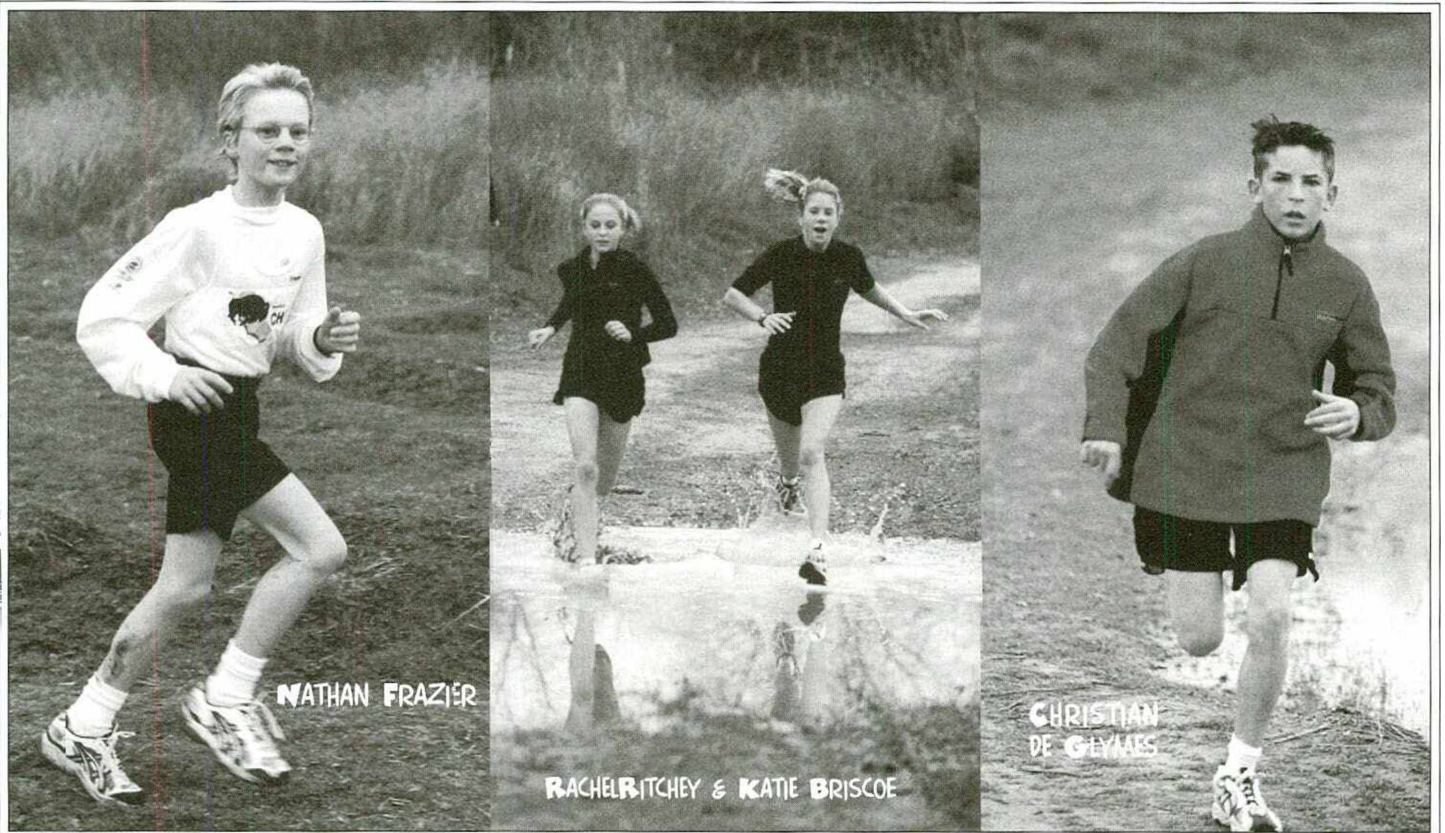
**Q: Are the Chips doing anything special in preparation for this event?**

**A:** Yes, we're offering a unique workout incentive program. Our goal is to help team members become well prepared for their best performances of the season. Here's how it works: For each of the next five months, March through July, a surprise incentive will be given for each month that you complete 14 of the scheduled workouts or race events. There will also be a minimum requirement to attend at least one group workout per week. The remaining workouts may be done "On Your Own", but they must be the same workout as posted, and done on the same day as posted. Surprises will be given within a week after the end of the preceding month.

**Q: What should I do if I didn't find the question or answer that I was looking for listed above?**

**A:** Contact Ken Briscoe by phone: (916) 456-9265, or email: [kenbriscoe@yahoo.com](mailto:kenbriscoe@yahoo.com)

## THE MUD RUN!



NATHAN FRAZIER

RACHEL BITCHEY & KATIE BRISCOE

CHRISTIAN DE GEVAARS

# Romancing the Chip (ette)

by Cyncl Calvin



photo by Mike Halko

*Bart and Laura following their wedding ceremony in Casoli*

Here's a true romance story that combines all the essential elements: Chips and running! NO FOOLING on this one!

Bart Yasso and Laura Kulsik began a long-term friendship when they first met at a Road Runners Club of America convention back in 1993. Laura was the Buffalo Inquirer editor, and she attended the convention to accept the B.E.'s first award for best large club newsletter. Bart regularly participates in RRCA conventions, giving talks about his adventure running experiences—Africa, Nepal, Patagonia, India, New Zealand—you name it!—that are considered a convention highlight. He is Runner's World's Sponsorship Program Director and many of you have met him manning the RW booth at sports expo's. He's also famous for his Yasso 800's training program and for participating in the first Death Valley to Mt. Whitney ultra run (hence the nickname "Badwater Bart").

Their friendship deepened over the years and if you knew Laura, you met Bart, with his chiseled good looks (a mix of Joe Montana and Kevin Costner), his easy-going ways, his great stories, and his undeniable sense of humor. They both always seemed a bit in awe of each other: Laura referred to Bart as "St. Bart" and was infatuated with his runner-lean calves; Bart said of Laura, "That Laura, she's amazing!"

Finally (especially in my matchmaker's mind), last October their mutual admiration society blossomed into a full blown romance. Bart invited Laura to join the *Runner's World* group at the New York City Marathon. Talk about a dream of a first date! While there, she and Bart spent enough time together to allow their true feelings to surface and have never looked back. To give you an idea—Bart greeted Laura at the marathon finish with a dozen red roses. I received an e-mail from Laura after she returned from NY that simply said "Bart rocks!"

In late January, Bart proposed to Laura and she said "Okay." The wedding site choice hopped around from the Placer HS track, to under a big oak tree at my house, to a chapel in Las Vegas, and finally to the tiny mountain village of Casoli, Italy! Casoli was the home of Laura's grandparents, Carmela and Domenic Di Lauro, who were married there in a civil ceremony in 1909. 92 years later Bart and Laura tied the knot in a similar ceremony with dear friends, close family, and newly-found Casoli relatives. Appropriately, they celebrated by running the Rome Marathon together a few days later.

Congratulation and best wishes for a lifetime of love, health, and happiness!



foto di Giuseppe Di P. P. P.

*Casoli, Italy*

## CHIPS SOCIAL EVENTS

by Alene Antelman-Aldrich and Mike Grassinger

YOUR NEW SOCIAL DIRECTORS ARE PLEASED TO ANNOUNCE THE UPCOMING EVENTS (PLANNED AND TENTATIVE) FOR YEAR 2001.



JUNE 9

A track meet is tentatively planned to be held on June 9th at Rancho Cordova High School. The proposal is for a Club meet with picnic attached. Details are processing. Additional information to be announced.



JULY 22

Wharf to Wharf Bus. There will be a Chips Sponsored bus to this event. Details available later.



AUGUST 11

Susan B. Anthony run will have a free picnic attached to it in the same format as last year.



DECEMBER 2

Buffalo Bash—We are please to announce that this annual extravaganza will again be held at the Turf Club. The menu will be much like last year with the addition of a vegetarian dish. Cost will be about the same, with special rates for families and others.



**SPECIAL NOTE**

SOON WE WILL BE FACED WITH THE SWELTERING HEAT OF SUMMER. SOOO, FOR THOSE OF YOU WHO PARTICIPATE IN THE TUESDAY NIGHT WORKOUT, THE CLUB WILL BE SPONSORING TWO FREE BEVERAGE NIGHTS. FROM DIET SODAS TO A FROSTY ADULT BEVERAGE, THE CHIPS WILL POP FOR A FREE ONE OR TWO.

Dear Buffy:

I just want to say it here for the whole world to see: Chip Rich Hanna rocks! Do you agree?!

A Fan of "The Man" in Davis

Dear Fan:

The whole world reads the *Enquirer*?! Neither the editor of this fine magazine nor Buffy appreciated our audience. Buffy must be more careful in the future!

As to your question, Buffy only *assumes* that Rich Hanna rocks. He's always running way too fast to tell! But Buffy thinks you're on the right track.

Rock On.

Buffy



Dear Buffy:

My wife is not a slave to fashion, but she does have one particular running apparel hang-up. If she wears Adidas brand shoes, her whole outfit, from the socks to her jogbra and cap have to be Adidas as well. She doesn't buy a ton of clothes, but this matching hang-up does get in the way every morning because it takes her so long to complete the outfit. Any suggestions?

Husband of a Crazy Woman

Dear Crazy:

Have her run naked. Moreover, you guys should ooth Hash. After a few Hash "runs," she'll forget entirely about a balanced wardrobe and worry instead about a balanced mental state! Too, she'll find herself owning nothing but Hash clothes, and the rest will take care of itself. Hashing is how we keep the gene pool of the herd clean.

But, after that sign-off, it may be a moot point.

Crazy herself,

Buffy



Dear Buffy:

My husband and I are fairly new Chips. ["Fresh Dung"—Editor] We've been coming to the Tuesday interval workout since last Fall. At the end of our work-out and after the cool-down, we make it a point to hug and kiss each other, and sometimes we do this while George is making announcements.

A married couple kissing isn't such a bad thing, is it? But, I'm afraid we are the only ones who have ever kissed at a work-out! Is it some unwritten code of conduct that you can't show affection toward the one you love on Tuesdays? If not, I'm at a loss as to why nobody else, married or not, is kissing? Do you know?

Carmichael Kissing Couple

Dear Couple:

After Tuesday night work-outs, it's been Buffy's experience that simply breathing is a priority, let alone enough breath to kiss. That, plus it's not uncommon for a couple to start a work-out together and no longer be a couple upon completion. More power to you, and Buffy hopes it catches on . . .

To that end, certain rules apply, i.e., the Unwritten Code: Kissing isn't a bad thing. Quick kisses with hugs are socially acceptable. Long, more involved, noisy tongue battles, with or without hugs, probably should not be displayed to the Chips at large.

Affectionately,

Buffy



Dear Buffy:

The *Buffalo Enquirer* is such a fine news:ctter, and your column is one of the reasons why it is continually good. Don't you think the Club could fatten its coffers by selling the magazine to members of other running clubs?

Enquirer-Lover in Loomis

Dear Loomis:

We would if we could. Although, pure Buffy in and of itself may well not the Dung Cash Cache a penny or two.

See you at the Book Signing,

Buffy



Dear Buffy:

Let's complain to the CIM folks about their "fluid stations," as they like to call them. Why does CIM have it backwards? You are supposed to pass out the Gatorade first and water second (or, Gatorade on one side of the street and water on the other). This way, if you spill the Gatorade, you can wash it off with the water. All the other major marathons in the country have it right but us.

THE COMMITTEE TO GET IT RIGHT



Dear Compound Question Committee:

The question must be dissected and answered, it's that good:

1. "Fluid Stations." You're new here, aren't you? It's common knowledge that CIM is run in the rain. Always. No exceptions (except the rare years Buffy doesn't work an aid station). Therefore "fluid."

2. Backwards. You must be running from the Capitol to Folsom, right?

3. Spilling Gatorade first as opposed to water really shouldn't be a problem. You're running 26 miles. What's a little sticky discomfort compared to *that*!

4. All the other major marathons. Hey, this is California. We set the standard, not follow it!

The scientific answer, however, is: Technically (this makes it "scientific"), it's a stomach dilution thing. If water hits the stomach first, it's able to dilute the soon-to-follow Gatorade. Thus, Gatorade Eight is born! Or, have a Coors Light! (Mile 20).

Beware, if the Gatorade is first to hit the digestive track, it does not return the diluting favor, allowing instead the water to pass right on through, and you'll be feeling like a cat hacking up a fur ball! See Coors Light above.

See you at the Fluid Stations(s) in December.

Buffy



Dear Dave, ah, err, Buffy:

The photo on page three in the last *Enquirer* of Editor Dave Creek is so cute! Do you know if he is single? I am an attractive, 48-year-old Chippette. Want to play matchmaker?

Single in Shingle Springs

Dear Single:

I don't know—ask his wife.

That detail notwithstanding, Buffy will consent to play matchmaker, as you suggest. On this condition: you supply Buffy a photo of you, and Buffy will supply a photo of her 46-year-old, 18-minute 5K runner, and we shall let the Herd decide!

Done with Mirrors,

Buffy

## Good Works

Sacramento Food Bank Services provides many services to the residents of the Sacramento Region. These services include educational opportunities for adults in its Community Learning Center, an Intel Computer Clubhouse for youth ages 8-18, a Mother-Baby Program for new and expectant moms and dads, a food and nutrition program providing over 400,000 people with groceries each year, a Clothes Closet which distributes over 20,000 articles of clothing each month, a seniors club called the Bridge Builders with over 250 members, and a Transitional Housing Program for formerly homeless families.

Rich Hanna's dedication in directing our Hanson McClain's Run To Feed The Hungry resulted in over 9,500 runners/walkers attending last Thanksgiving Day. The net proceeds to SFBS totaled over \$120,000. Rich's competitive spirit really has helped "the Run" grow over the years, and his unselfish character encourages "Run" volunteers to follow his lead like he was a great General. We value Rich's continued innovation and his open mind in constantly looking for ways to improve our 'run' and make it the best possible experience for the participants. The families and individuals we serve at SFBS have benefited greatly from the proceeds of Hanson McClain's Run To Feed The Hungry, and we are most grateful that Rich is at the helm of this great event.

Peter Berghuis  
Executive Director  
Sacramento Food Bank Services

Rich Hanna has been a coach with The Leukemia & Lymphoma Society's Team in Training program since 1995. The Team in Training program is the largest fundraising program of The Leukemia & Lymphoma Society and is the world's largest fitness training program. In the Sacramento area, over 500 athletes are trained each year to finish one of several marathons.

Since Rich and his training partner Tony Milevsky started with the program, they have trained well over 1,500 runners and walkers who have gone on to finish what is in many cases their first marathons. Rich's impact on the program can be seen in the faces of each of the athletes as they finish their events and by the number of people who return as alumni each year. It is due to this impact that we have been able to show continued growth in the program and, ultimately, provide more in services to the honored patients we serve.

We are both fortunate and proud to have Rich as part of the Team in Training "team" and look forward to many more years with him.

Kevin Morrill  
Campaign Director  
The Leukemia & Lymphoma Society

## Roots of a World Class Runner

by Bob Hanna

It was just after 2 p.m. on Saturday, March 24, 2001 in Pittsburgh, Pennsylvania that Rich Hanna finished the U.S. National Championship 100K race in second place, six minutes behind the winner, Jim Garcia of Massachusetts. Two minutes later, Bob Sweeney of New York finishes the race as the third person qualifying, by that race, to represent the United States in the World Championship 100K race in France during the later part of August, 2001. All three runners had led for part of the long race, run in high winds and snow flurries. The course consisted primarily of twelve times around a 5-mile loop of which approximately 3.5 miles was concrete. The winning time was just under 7:06.

At least two other runners have qualified for the U.S. team based upon their resume's. They are Dan Held, who placed third in the 2000 World Championship 100K with a time of 6:33, and Dave Durham, a noted mountain runner. On the U.S. team to compete in France are four runners who have run marathons under 2:20. Rich Hanna is optimistic about the showing of the 2001 U.S. 100K team in France next August.

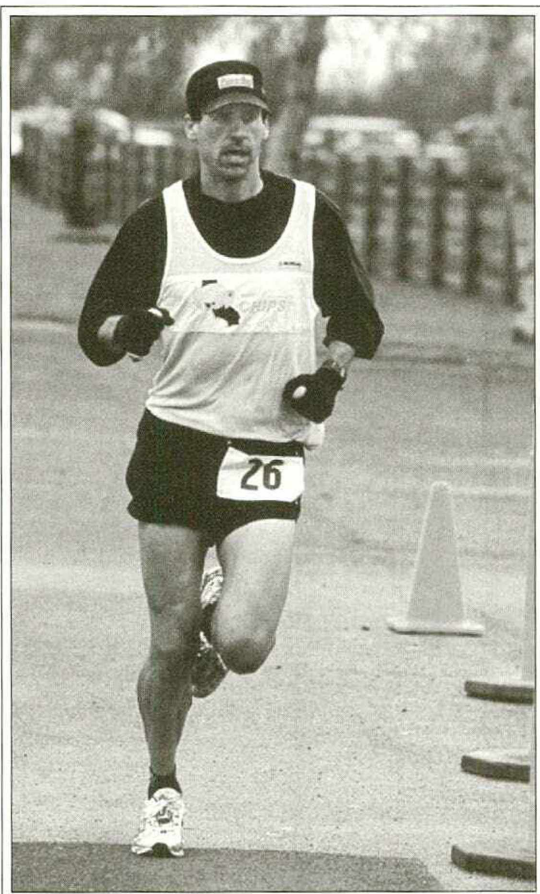
How did Rich Hanna get to a position of competence and respect in the running world? Did he become a runner because he wasn't good in any other sport?

When Rich Hanna was in grade school people thought he might become a professional baseball player. He was quick, very focused on the game, was never known to make a mental error and almost no fielding errors. He was one of those kids that most of the Little League dads wanted their kid to be like. Then he graduated to the Babe Ruth League; his coach, Ernie Perazo, said that he postponed his retirement from coaching Babe Ruth because of recruiting Rich on his team. By people who knew them both, Rich was compared to Larry Bowa at that age. But baseball lost its attraction to Rich because in practice there was too much inaction.

Rich started running marathons while he was playing in the Babe Ruth League. In 1977, just after turning 13, he learned of the Sacramento Marathon and wanted to participate. With two or three weeks of self-training, plus taking advantage of an announced long practice run, he competed in that marathon and finished in 3:01. During that practice run, Rich started accumulating fans who continue to support him to this day. Among the people who were inspired by seeing this small 13 year old kid gutting it out at the finish was his dad, who started running soon afterwards. Eleven years earlier his dad (that's me) wrote a letter of "Advice to a Young Son" in which he recommended that as for a sport, running may be the best. It allows for team participation and individual achievement.

At Sacramento High School Rich ran cross-country and the one-mile and two-mile in track. He did well, but was not outstanding. One season he was on the varsity tennis team. His primary interests were road races and marathons. Coach Joe Silva at Sacramento High School, who Rich believes was his best coach, was accepting of Rich's interests and did not place demands or prohibitions on him. At home, his mother and I were supportive of his running but did not push him. At that time long distance running was just becoming popular, and the effect of long distance running on growing youths was not known.

Perhaps Rich would have been better off limiting his racing to track and cross country and maybe 10K road races until after finishing high school. Even as a youth he would run 70 miles per week to train for marathons. He has had his share of long-lasting injuries, including before and during his first semester at Cal Poly and most of the last five years. On the other hand, his interest in running was not stymied and he was not burned out by a restrictive or demanding coach. He did not run on college teams primarily because of work. Rich put himself through



Rich running the Jed Smith 50K, which he won

## Another View...

by Tony Milevsky

school, attending Cal Poly, CSU Sacramento and he graduated from U.C. Davis where he majored in Political Science. While at college Rich worked many different jobs, one of them as a banquer waiter. He did get in some running: one day he left Sacramento early in the morning, drove to Yosemite, ran to the top of Half Dome, returned to Sacramento and worked late into the evening at his waiter job.

Significant races for Rich before the 100K he just finished include first place in Eppies Great Race Iron Man Division in 1984 at age 19 when he barely beat a fast closing kayaking Lin Feil; first place for ten years in the Eppies Family Division along with his brother and dad; the 1993 CIM Marathon which he finished with his best time of 2:17; first place in the 1995 American River 50 with a time of 5:37; and in 1994 and 1995 winning the U.S. National 100K Championship which resulted in his being on the team representing the United States in Japan and in Holland in the World Championship 100K. His best 100K time was 6:42 in 1995. During some of the ten years that his family team won in Eppies Great Race Rich would compete in the bicycle leg because of his running injuries.

Until March 24, 2001 Rich had not been beaten by a United States citizen in an ultra-marathon run in the United States. This is true despite Tom Johnson, who was instrumental in getting Rich to run ultras, finishing ahead of Rich's 13th place finish in Japan. In 1995 Valmir Nunez, the 100K Champion of Brazil beat him in the U.S. An injury prevented Rich from running in Holland but not

from being the primary pit crew person for Tom Johnson. Rich recruited a 12 year-old Hollander with a bicycle to round out Tom's pit crew. Rich rewarded the boy with a T-shirt and later sent to him a Chicago Bulls sweat shirt after learning of the boy's favorite sport and team.

Being an active diplomat of the sport, Rich often speaks to groups of runners, be they pre-marathon workshops, running clubs or the Leukemia Team In Training that he and his good friend Tony Milevsky coaches. He has great compassion for people who desire to run marathons. Rich serves as the Race Director for Run to Feed the Hungry, Run Against Pain, Blisters for Sisters, Run for the Kids and the Friday Night 5K series.

With co-author Dennis Craythorn, Rich wrote and published two books describing and rating marathons, the first for those in the United States, and the second for international marathons. The first book, "The Ultimate Guide to Marathons," had a second printing and once was revised. The book of international marathons book was republished in German. Dennis and Rich also prepared and published a unique runner's diary.

As impressive as are his accomplishments in the sphere of running, Rich is well respected and much admired as a person in and outside of the running community. His former boss, Bob Tribe, perhaps most accurately epitomized Rich during an interview for a March 23, 1994 Sacramento Bee article. "If I had a son, I'd like him to be like Rich. I mean that not because he's a great runner, but because he's an exceptional person."

Over the years I have had a chance to get to know Rich Hanna a little better than most. Rich and I have been good friends for many years. There are so many great things that have been said about Rich and honestly, I can't argue any of it. However, quite frankly, I would like everyone to know about the dark side of the running legend of Sacramento.

Rich, or Rico as he is also known, can be quite finicky when it comes to food. There was a time when he used to go only to the Spaghetti Factory for dinner. I think he knew every employee by name. (I must say, Rich is good with names.) He has strict rules about caffeine consumption. He believes in coffee and drinks it religiously every morning. If he drinks a soda, it has to be half Pepsi and Half diet Pepsi. Let's not forget the two bagels a day from Manhattan's. It would be unusual to drive by H and 47th street and not see that guy getting his bagel fix.

Rich and I have spent a lot of time on the road in hotel rooms together over the years. Rich is a great roommate and wonderful travel companion, but he has a terrible addiction that he doesn't like to confess. He is an ESPN junky! Rich will turn on ESPN and watch it from the moment we walk in the door of the hotel room to the moment we check out. It can get so bad that sometimes I will hide the remote from Rich. He can sit on the edge of his bed in a trance, with his mouth open and a slight lean forward, for hours watching the same stuff, over and over.

There are just a few other things about my good friend that I would like to share. Rich cannot say no to anyone. He is so damn polite that he will talk to anyone who wants to talk even when we have all agreed that it is time to go. Sometimes I have to say, "I'm leaving now" even when Rich is the one who drove.

And those damn E-3 grips! He has to have them on every run. They have become his "pink blanket." This guy could almost break into tears when he realizes that he has left home without them. We are always trying to locate them before and after runs. He leaves them on top of his car when we drive off. He leaves them in my car, at the gym and at home so we have to go back to get them because he feels naked without them.

I guess what I'm trying to say is that I know about all the good things that Rich does and I am grateful to be a friend to a man of such character, but these idiosyncrasies are what make him the great guy that I know and love.



photo by Joe McClardie

Rich's Jed Smith support team, from left to right: Af Riend, Bob Hanna, Suzy Martinez, Suzy's fiancé, Doug Hanna, Jeff Hildebrandt. Kneeling, Dave Michel with Rich & Suzy's Abby

## Running on Fast Food?

by Mary Coordt

Spring is here and many of you will be traveling to a different city or state to compete in a race. Have you thought about what you will eat while on the road? That is, eat to perform your best? Trying to maintain the high carbohydrate runner's diet while traveling can be difficult, considering fast food is notorious for its fat content.

The number of people eating fast food has roughly tripled in the past 20 years. So it is not surprising that 61% of Americans are overweight and 27% are obese. *Did you know that the average American eats four servings of French fries a week?!*

Although no fast-food meal can match the nutritional quality you could make at home (or bring with you), it's not impossible to find a reasonably lean on-the-road meal. Here are some strategies to find a quick meal on the road that will give you the carbs you need without slowing you down with the undesired extra fat.

### Breakfast

**General Tips:** When choosing baked goods, try a bagel or English muffin rather than a biscuit, croissant, danish or donut. Use jam instead of butter. Skip the meat offered with egg sandwiches to save on fat calories or, if you really crave it, at least choose ham, which is leaner than sausage or bacon.

**McDonald's:** Cheerios/Wheaties with lowfat milk; hotcakes with some syrup (no butter); lowfat apple bran muffin; English muffin with jam; orange juice. *(You can take a banana to slice on pancakes or cereal to boost carbs.)*

**Arby's:** Scrambled egg; orange juice; reduced-fat milk (2%)

**Burger King:** Don't stop, keep driving!

### Lunch/Dinner

**General Tips:** The key to ordering sandwiches/hamburgers is to "hold the sauce". Mayonnaise, tartar sauce and *secret sauce* are all loaded with fat. Drink lowfat milk, unsweetened ice tea or diet soda. *(A 20 oz. Coke has 254 empty calories.)*

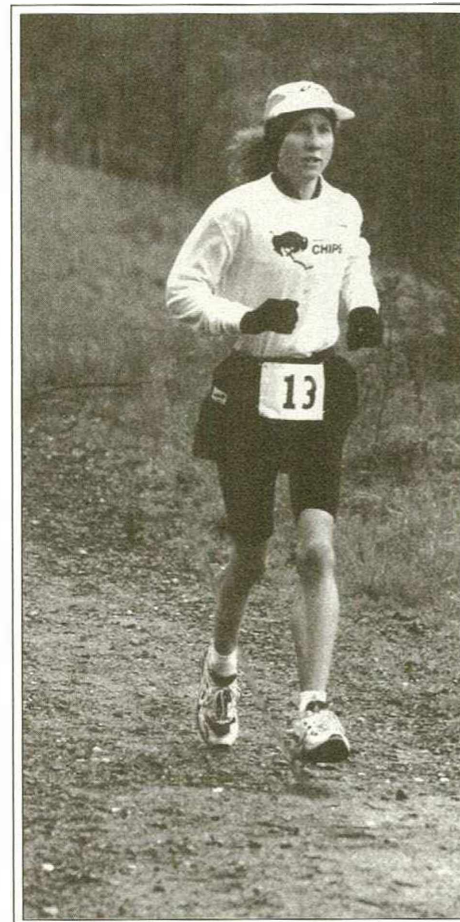
Skip the french fries, or at least split one order with a friend, considering a McDonald's large fries is 540 calories and 26 grams of fat! (A history of McD's french fries: In the 1950's-60's there was only one size—2 oz. with 200 calories; in 1970's the original became the "small" and the 320 calorie "large" was added; this trend continued until today there is the 7oz. "supersize" at 610 calories and 29 grams of fat. We can safely predict the 2001-2002 size of fries will require a dolly to cart it out!)

**McDonald's:** Grilled chicken sandwich and, if you can't handle it "dry", ask for light mayo in a small packet and use sparingly. (340 calories and 7 grams of fat)

- Order the salad shaker instead of fries.
- If you can't resist a burger choose a plain hamburger over a Quarter Pounder w/cheese and you will save over 200 calories and 16 grams of fat.
- **Steer clear** of the McFlurry unless you want to suck down 1000 calories! If you desire something cool, go for the Fruit'n Yogurt parfait instead, with 280 calories and only 4grams of fat, plus real fruit.

**Burger King:** Best bet is the BK Broiler, not the Chicken Club, which is nothing more than a fried chicken sandwich with bacon and cheese. Even without cheese this baby packs 700 calories and 44 grams of fat.

• A sure fire way to slow down your race would be to eat the Double Whopper w/Cheese—960 calories and 63 grams of fat. This is the **complete daily** fat allowance for most people, and 24 grams



Mary, the 50K winner at Jed Smith

of it are artery-clogging saturated fat.

**Taco Bell:** To lower fat intake at this stop, skip the sour cream, cheese and anything labeled "Supreme".

- The beans are reheated in water so are quite lean.
- Lean chicken, veggies and rice wrapped in a tortilla or plain bean burrito is the selection to make for the runner seeking a high carbohydrate meal.
- Even steak soft taco isn't too bad at 230 calories and 10 grams of fat.

• A poor choice would be the taco salad with fried shell at 850 calories, 52grams of fat (15 of those saturated fat) Another loser is the seven layer burrito at 530 calories and 23grams of fat.

• For a *drop-dead* deal order the Chalupa Value Meal at under \$4 and get 970 calories and 56 grams of fat.

**Wendy's:** Might as well park the car, some of the leanest fast food meals awaits you!

- Grilled chicken sandwich is a winner!
- As a runner you can really increase your carbs with a baked potato topped with veggies instead of sour cream and butter.
- Salad bar is an excellent addition to the meal, but watch out for the chicken & potato salads and dressings.

**Arby's:** This is one of the few chains that makes it easy for the health-conscious customers by highlighting low-fat offerings on its menu board.

• Most of light menu is good, especially light roast turkey, chicken and yes, even the light roast beef.

• Order the baked potato *plain*, then add low-fat sauce sparingly *(By ordering the Deluxe Baked Potato you will add 16 grams of needless fat).*

**Long John Silver's:** Ha! Sure, low-fat fried fish. If you pride yourself on finishing each race dead last, load up here.

Do you have  
a  
nutrition question  
for Mary?

Send it to her  
at  
[MCnutr4run@aol.com](mailto:MCnutr4run@aol.com)

## Summer Training

by George Parrott

Spring is well upon us, and we can now look forward to enjoyable, but challenging training during the warmer months of Summer.

In general we should be training for some specific goal or at least a fitness concept. We can select a target race like the Buffalo Stampede or Humboldt Half-Marathon and design our training for that particular challenge, or we can design our training simply to "keep us fit."

Our actual training should be consistent with some goal, and thus have some program or plan which can keep us motivated but not overworked or heading toward injury. Training is about gradual changes in our total being, and it involves both mental and physical elements.

We typically want to be "more fit," and this means usually having more speed and also more endurance. We can use these elements of fitness to organize and develop our daily training program.

For most of us, endurance should come first in the process of fitness building. We should work on being able to go longer and further before we worry much about going faster. Through the process of building fundamental endurance we are developing better movement patterns and certainly stronger muscles and bone systems to ultimately and later take more intensity and speed.

Endurance is the core of any aerobic training plan. We need to get our "short workouts" to the point of at least 60 minutes duration of constant elevated heart rate, and this elevated endurance heart rate level should be between 60% and 70% of maximum heart rate for optimal "base building" in a safe manner.

Endurance workouts are about getting the body to handle constant demand and effort and about further learning to *hold focus* at a specific level of intensity. In the summer trying to train at too high a heart rate level under the higher ambient temperature is a formula for a stroke or severe heat stress. We must *not* carry workout effort at high core body temperatures for too long, and summer is the most *dangerous* time for the endurance runner.

Plan your longer runs for the earlier morning times, and wear a hat, sunglasses. *And* sunscreen! "Solar energy" is better for plants than for human skin and vision.

Carry water or plan on stopping regularly for drinks during your longer runs. I have found myself losing up to seven pounds during a 90-minute long run on a hot July day; this is *not* good. Drink more and with more awareness during your summer training. I find myself craving more salty foods, too, during this time of training. If you have an urge for corn chips or whatever go for it! Your body is a most sensitive "system" and summer training puts much

more stress on a wide range of the body's operational needs.

*Always* carry an ID if you are running solo.

Gradually adapt to running in the hotter parts of the day by actually doing this once or twice each week. I run at least a couple of runs per week around mid-day or at noon breaks. I do shorter workouts at these times, but they help my body learn to handle the full range of summer demands as the ambient temperatures rise.

For your summer speed sessions, recognize that you cannot do longer tempo runs *safely* above about 90°F and you cannot *safely* do longer repeats like miles or 1.5 mile elements. The problem here is "core body temperature" which at higher induced levels ends up killing brain cells. The human brain is the most important organ and functional system in the body, and the total homeostatic control mechanism in the body exists to "protect" the brain. What this means is that when the brain starts to overheat, then blood flow to the muscles is shunted to the brain, and this reduces task performance, e.g. running speed. At higher danger levels of body-core heating, we get dizzy and ultimately pass out. This process of "unconsciousness" is another primitive adaptation to protect the brain from total destruction by ceasing that particular risk.

*Before* getting to that primitive physiological level of "brain protection," we should impose more thoughtful adjustments to our actual workout design. In the summer we should do a lot of 800 meter and shorter repeats; this is great for fundamental speed building, but it is actually demanded just to control the risk of core body overheating. When we do find a cooler day or earlier morning to do a "speed workout," we should do miles or even a tempo run, but not at over 90°F ambient temperature.

The actual "speed component" of our weekly training cycle should be something like 50% to 100% of our target race distance. Hence if our target race is a half-marathon, we should be doing a minimum of 6.5 miles of speed effort per week and up to 13 miles of speed focus. For racing optimization, our total weekly miles should be *at least* twice our goal race distance and more ideally four times that target distance. Hence for the half-marathon our minimum weekly mileage should be about 26 miles and more ideally about 52 miles.

For the marathon goal, these summer months allow us to train regularly, but we must find times to get all of our running components safely included. We need to get in a long run of 18 to 26 miles; we need to do regular daily runs of seven to nine miles; and we should be doing weekly speed

work totalling about 15 to 25 miles of core quality effort. We *must* tailor these workouts to the risks and dangers of high ambient temperatures and the following "safety rules:"

1. If it is over 60° F longer constant effort runs will be adversely affected by this "excess temperature" and
2. If it is over 90° F *no* kind of intensive quality workout session should force core body temperature up for more than about 4 minutes at a time.

Of course the summer warmth does make it easier for certain kinds of muscle soreness to be more easily handled. We warm up more quickly and can be loose and flexible a bit more easily at temperatures above about 75° F.

Training thoughtfully and "programmatically" also provides the mental side of our development. When we think about and organize our training, we are then challenged to fully execute it; this is the way we become "psychologically strong" as well as physically strong.

Training in the summer is a wonderful opportunity for both physical and psychological development in our overall fitness.

---



---

## Winning

from Mike Grassinger

A few years ago, at the Seattle Special Olympics, nine contestants, all physically or mentally disabled, assembled at the starting line for the 100-yard dash.

At the gun, they all started out, not exactly in a dash, but with a relish to run the race to the finish and win. All, that is, except one little boy who stumbled on the asphalt, fell a couple of times, and began to cry.

The other eight heard the boy cry. They slowed down and looked back. Then they all turned around and went back...every one of them.

One girl with Down's syndrome bent down and kissed him and said, "This will make it better." Then all nine linked arms and walked together to the finish line.

Everyone in the stadium stood, and the cheering went on for several minutes. People who were there are still telling the story.

Why? Because deep down we know this one thing:

What matters in this life is more than winning for ourselves. What matters in this life is helping others win, even if it means slowing down and changing our course.

# X-TREME TRAINING

*Disclaimer: The techniques expressed below are based solely on the author's extrapolations, distortions, and permutations of current training theories. Do not undertake any without first consulting with a certified athletic trainer or coach.*

by Peeyailless Ann Ingired

**X** Hold your breath during intervals. This will mimic the oxygen debt experienced when training at high altitude.

**X** Train right on through respiratory infections, which mimics the oxygen debt described above. Also, all the spitting, coughing and sneezing provides an additional handicap, which when removed, makes you feel as though you could run forever. (Draw-back: death from the infection, but hey?! that's nothing when we're talkin' X-treme).

**X** Let your toenails grow, grow, grow! Just suffer through all the black toenails and blisters. When you are ready to run your next race, you will no longer have any toenails and your running shoes will feel like your favorite slippers.

**X** Abstain from fluids before and during your long workouts. If your kidneys survive, perhaps you will too and may even develop one or two humps on your back for future fluid storage. This effect can be enhanced by drinking a six-pack of beer with a pound of salted roasted peanuts the evening before the workout.

**X** For interval training, seek out terrain that is muddy, rutted, rocky, eroded, narrow, slushy, snowy, icy, sandy. Wear your racing flats. If you survive this without broken ankles, you will feel like you're running on a cloud at your next road race.

**X** If temperatures climb to above 75° F, bundle up in layers of poly-pro; wear tights,

gloves, hats. Do the X-treme sweat thing and you'll be ready for the Badwater 100 in no time

**X** If temperatures drop below 30° F, keep the clothes to a minimum (shorts, shoes, socks, and perhaps a jogbra). If you survive the cold cramps, you'll be ready for the Penquin Club division at the Antarctica Marathon.

**X** Log on to [www.tortureracks.com](http://www.tortureracks.com) and print out the directions for making the infamous racks used to stretch victims until they confessed or were torn asunder. Build the rack around your bed. Each night tie yourself in and gradually tighten the straps to provide a full body stretch while you sleep. Voila! Your stretching accomplished without losing a waking moment and after a year or so, you might add an inch or two to your height.

## Falling Down—One of Life's Great Lessons

by Mary Ann Treadaway

I love running. It makes me feel good—most of the time. I started running for weight loss, and I began my journey on a treadmill in a health club. At first it was grueling and I really had to push myself to increase the distance. I couldn't understand the "runner's high" I had heard about. But I kept on pushing.

Gradually I began to feel the pull to put in more miles. If three miles a few days a week was good for the body and soul, more would be better! And so I began to push myself and took my new found passion to the outdoors. I remember vividly the first time I fell. I had completed four miles, decided I was feeling good and would run one more. As I was nearing the end of that fifth mile, my right toe caught on a crack in the sidewalk and down I went. Even with ripped tights and scraped knees, what hurt the most was my pride. The first thing I did was look around to see if anyone saw me. Luckily, or so I thought at the time, there were no witnesses.

I continued running, joined a running club, got into speedwork, and met lots of other runners. Before I knew it I was training for marathons. I couldn't believe it. And all the time, pushing the miles, thinking this body should be doing more, more...

My husband and I were starting a long run on a beautiful fall day, perfect running weather. About five miles out I caught an edge and was forced forward. I slid along the asphalt for what seemed like an eternity. A group of women walkers heard my cry as I fell and came to my rescue. While my husband ran to get our car, these wonderful angels walked me to their starting point, wrapped me in a blanket and bandaged my wounds. One of the women named Ellen, stayed and talked with me while we waited for my husband. I will never forget that visit. She told me all about her running—yes, she was a runner too. We talked about our families, dreams and our various running accomplishments. Ellen shared with me some of her personal life's struggles. I know we weren't waiting long but it felt like we had known each other for years. After that experience, we

would see each other from time to time as we each trained for various races. We would stop to chat and I found myself looking for her whenever I was out on the trail.

I continued to run with new goals always in mind. Rarely was the running for fun but always as a response to some new pressure I put on myself. I've got to get weight off, I've got to run faster. I need to do more miles...

The next and last time I fell, I managed to break my arm. I had been pushing to increase the weekly mileage and was very tired. Now I couldn't run for six weeks and had time to think, reassess my priorities and remember how much joy I had felt when I reached three miles on the treadmill so long ago.

I began to realize that all that pushing was really hurting me, mentally and physically. I began to put life into perspective and longed to regain the joy of running again just for the pure joy of it. And so the time came when the doctor said OK, you can start running again. It was difficult. My first run felt like that first day on the treadmill so many years ago. But I plugged along and took the time to noticed the beauty around me.

After a few weeks I was feeling pretty good and offered to run with a friend during his last couple of miles of the local marathon. The day came and I ran him to the finish. It felt so good to give something back...to repay all the kindness other runners had shown to me during all of my calamities. As I was heading back home, there was Ellen making her way towards the finish line. I waved and yelled hello. I was so happy to see her but I was afraid I wouldn't be able to run the additional distance with her. Then something clicked in me. I turned around, caught up with her and ran with her to the finish line! We chatted away like we had known each other for years. It was such a precious moment and I was so grateful for the opportunity to help my friend who had taken such good care of me.

A few weeks later I received a card from Ellen thanking me for my kindness. But I am the one that is grateful for our special time as we made our way to the finish line that day. Thanks Ellen!

## No Stopping in Boston

by Cari Bertoncini

**W**ow. I didn't know what to expect, since this was my first Boston Marathon, but everything anyone has ever said about how incredible this race is, well, it's all true and more. 500,000 plus screaming, cheering, orange-slice holding, bell ringing and generally having an incredible time spectators line the course from start to finish. F16 fighters fly by as the national anthem finishes the pre-race ceremonies, punctuating the Patriot's Day holiday that is host to the oldest marathon in the world. You can't help but run and be stunned, too.

A bunch of Chips participated in this year's, the 105<sup>th</sup>, running of the Boston Marathon. For **Therese Iknoian**, **Pam Goodley**, **Courtney Palko**, and me this was our first. According to Pete Zinsli's database, it was also trip #1 for **Danielle Domurat**, **Wayman Yip**, and **Karen Parrottino**. Multiple Boston Chips included **Doug Braasch**, **Laura Kulsik**, **Cynci Calvin**, **Carol Mikkelsen**, **Ski Pisarski**, and our very own age division course record holder, **Barbara Miller**.

Last year Barbara set an American Best marathon time for women 60-69 in the 2000 Boston (3:11:57). This year the BAA invited her back. She won her age division and now holds the second best women's 60-69 Boston time.

Driving the course on Friday, my Dad and I took wrong turns a couple of times, but there was no chance of that happening on race day. I don't think you could drop out of this race if you tried—the spectators turn the entire course from start to finish into a human tunnel of excitement, enthusiasm and support. My ears are still ringing two days later. And leave your water bottles, belts and gel packets at home: you don't need them here—everything you need is provided by the children of the Boston Marathon. All along the course are children of various ages and some adults offering oranges, bananas, gel packets, water, sponges with incredibly sincere enthusiasm. At some point in the race, I took a cup of water from a ten year old boy, said thank you, and he said "you're welcome," although his tone made it sound more like an amazed "thank you" for letting him help me.

Fortunately, I didn't end up needing too much help but that was far from assured before the race. After qualifying at the CIM, my training had gone quite well, and I even completed my first ultra at Jed Smith in February. But a nagging calf injury over the last month threatened the Boston trip and forced me into cross training for most of that time. The physical therapy, deep tissue massages, cross training, icing, aspirin and rabbit's foot



### Boston Marathon®

rubbing seemed to work, and after a little stiffness the first two miles, my leg loosened up and I had a pretty nice day.

The most difficult part of the race, as it turned out, was getting away from Steve. Allow me to explain: apparently, someone running a most the exact race and pace that I was running was also wearing a shirt with "Steve" printed on it. As I mentioned above, there were about 500,000 frenzied fans along the course, and roughly half of them felt obliged to yell out "Go Steve," "All right Steve," "Good Job Steve," etc. By the 23<sup>rd</sup> mile in the race, with legs of pain and the inevitable irritability brought on by increasing glycogen depletion, well, let's just say I'd heard enough of Steve. But he turned out to be a pretty nice guy and even assisted me over the last couple of miles helping me to keep pace (although this had an obviously ironic consequence).

After a dizzying finish and a surprisingly rapid onset of chills and teeth chattering, along with a startling lack of coordination, vision, mental function, etc, with my Boston Marathon Medal around my neck, I stumbled over to where my dad and brother were waiting for me, and they dragged me down the street to the Boston Park Plaza Hotel. A mere 45 minutes after finishing my first Boston Marathon, I was happily having a bib rice around my neck, ready to pounce (okay, sort of fall onto) a 1.5-pound Maine Lobster. Best damn bag I ever ate (with due credit to Nevada Smith).

The next day at the airport, a middle aged couple were laughing at me as I navigated getting into and out of my seat in the lounge, tried to walk, etc. When I rose to get on the plane, the woman said "If I were you, I'd quit running if it

hurt that much afterward." I smiled, knowing they couldn't possibly understand all of the incredible experiences and people connected to this temporary and well-earned pain. I thought about replying "I believe it," but instead smiled again and said "Not me."

I'm pretty sure my Chip running mates at this year's race would agree that, in this marathon the pain endured pales in comparison with the enormity of the experience. One Chip couldn't get enough of the incredible Boston course, or perhaps just distrusted the shuttle bus to the start—or was using "a double" as a Western States training run.

**Laura Kulsik** left her hotel near the finish line at 7:35, ran to the starting line in four hours. She reports that "It was very exciting to see the aid stations get set up and the spectators get into position. The entire last six miles people would ask me if I started in Boston, said I was crazy, blessed me, and mostly told me I was 'going the wrong way.' I got teary eyed when I passed the 'Welcome to Hopkinton' sign." Then she ran the course with the rest of us and finished in a superb 3:37! An awesome performance that is nearly as awesome as the event, participants and fans comprising the Boston Marathon experience. I'll finish where I started with a single word – Wow.

#### Boston Marathon

Boston - 16 April 2000

Overall Winners

Men - Lee Bongju 2:09:43

Women - Catherine Ndereba 2:23:53

#### Chips & Chippettes

2880 Robert Honer 3:17:42

2757 Cari Bertoncini 3:17:47

3294 Scott White 3:20:54

3529 Joe Cress 3:24:02

3949 Suzanne Gregory 3:24:10

4065 Barbara Miller 3:28:59

4426 Danielle Domurat 3:29:01

5917 Laura Kulsik 3:37:27

6313 Karen Martinelli 3:38:38

6798 Wayman Yip 3:43:08

7915 Courtney Palko 3:49:54

8633 Karen Parrottino 3:53:40

8787 Pam Goodley 3:54:28

8989 Therese Iknoian 3:55:43

9079 Karen Davis 3:57:43

9085 Ski Pisarski 4:00:42

10292 Cynci Calvin 4:10:39

10649 Doug Braasch 4:18:46

11676 Carol Mikkelsen 4:32:34

[Results compiled by a manual search; apologies to anyone missed. Editor]

# Ed Reilly Departs for Yonkers, New York

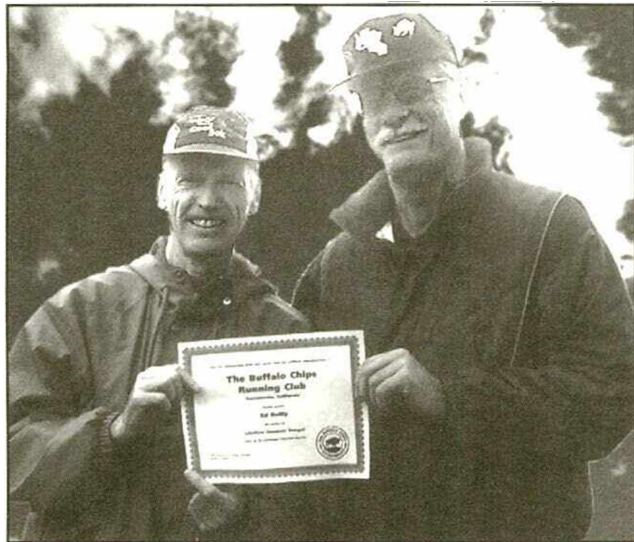


photo by Cynci Calvin

In thanks for all he has done, Ed Reilly (left) receives a Lifetime Buffalo Chip Running Club Membership, presented to him by Vice-dunger, Mike Grassinger.

from "the Herd"

Ed Reilly is retiring for the second time in his multi-faceted life. For his first retirement, our Sacramento running community was blessed by his decision to settle in Auburn. Here he began his second "career:" volunteerism within our running community. He pioneered the web site "Sacramento Running" on which he placed and operated the Buffalo Chips RC's web page (which later acquired the URL of [www.BuffaloChips.net](http://www.BuffaloChips.net)). His other volunteer activities included helping out with radio communications at many of our ultra running events and also at the Tevis Cup 100-Mile Endurance Ride. He has assisted with youth events and we don't think a "no muscle" exists in his mind or body, as he has been an unstinting event volunteer any time he was asked.

But somewhere he found a "no" muscle when many of us begged him to give up the wacky idea he had of returning to his roots on the East coast. OK—so he has blood ties there—but we all feel his real family is here!

Ed, thanks for all you have done, visit us soon and often, and remember that if the weather and people of your new home don't suit you, we will welcome you back here with open arms.

## Bunions & Endorphins

by Cynci Calvin

### ENDORPHINS to



😊 **Rich Hanna** —for his solid second place finish at the 100K National Championships. Good luck at the World Championships!

😊 **Amy Grafius** —our enthusiastic and speedy open Chip woman. Other 39 & under Chiptles, Amy is looking for company on her team!

😊 **Sacramento** —for being awarded the 2004 Olympic Trials and the 2005 World Veteran Games!

😊 **The 2001 Chip Board** —for all you do, we appreciate you!

### BUNIONS to



☹️ Anyone who tries to tell you "the Good Lord only gave you so many steps, and you're using them all up with your running..."

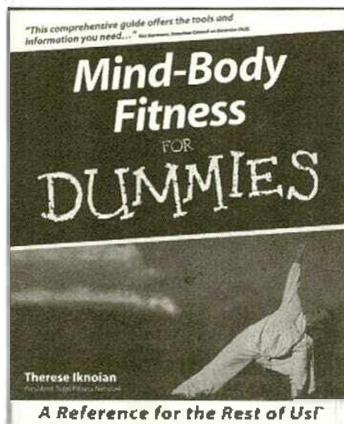
☹️ Blisters! Why do they "pop up" as a peculiar reward after a particularly successful hard workout or race?

☹️ People who consider the word "jogging" a lesser activity than "running." Heck —there's even some folks who think a 7-minute mile is jogging!

☹️ People who whine about getting slower with age if you are healthy and running, no whining allowed.

## Book Review

by Cynci Calvin



I am a classic example of the uni-tasking runner. I *just* want to *run*. Don't talk to me about stretching, cross training, or—God forbid—any of those odd ball activities like yoga, tai chi, pilates! Out the door I go for my morning run and then it's on with my day. And I have had my share of injuries to prove just what a dummy I am about this uni-tasking mode!

What to do? Will I (or many like-minded Chips) ever change? Well, now there's hope for all of us. Pick up a copy of *Mind-Body Fitness for Dummies*, written by one of our very own: Chipette **Therese Iknioan**. It is available at all the standard book outlets, or contact Therese.

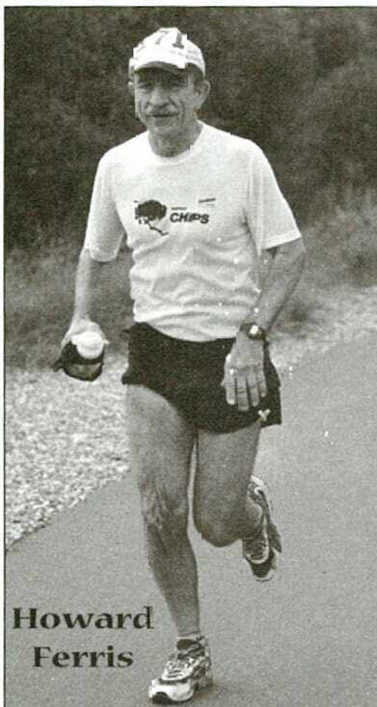
I remember the first "Dummies" book I purchased — *Internet for Dummies*. It helped me wade through all the tech terms and made the web make sense. In *Mind-Body Fitness for Dummies* Therese provides you with a patient, user-friendly, and often humorous exploration of the many methods available to enhance the mind-body connection. With thoughtful descriptions and infectious enthusiasm she encourages you to chose methods best suited to you—or to mix and match with different pieces of each. She describes ways you can actually incorporate the methods into your busy schedule and provides an in-depth appendix of resources.

Therese Iknioan has been a Chip for the last couple of years. Her background is in competitive race walking, but she joined the Chips to pursue her new hobby: running! She's been a contributing Chip masters women's team member both in XC and on the roads, and just ran her second marathon—Boston!

Therese has a degree in journalism and exercise physiology, and she has authored two books on race walking. She and writer-husband fellow-Chip Michael live in Grass Valley.

# AMERICAN RIVER 50

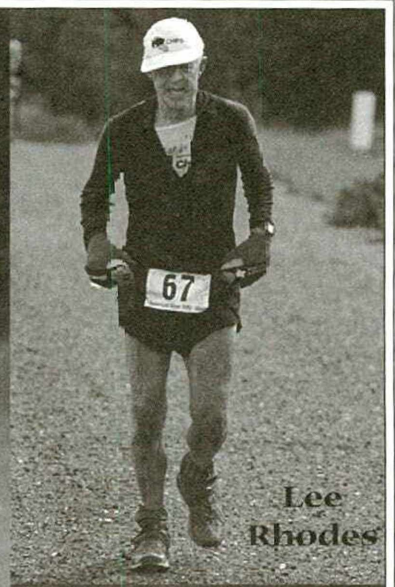
photos by Jim McDougal



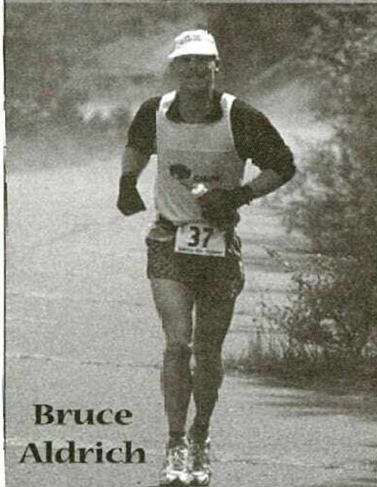
Howard Ferris



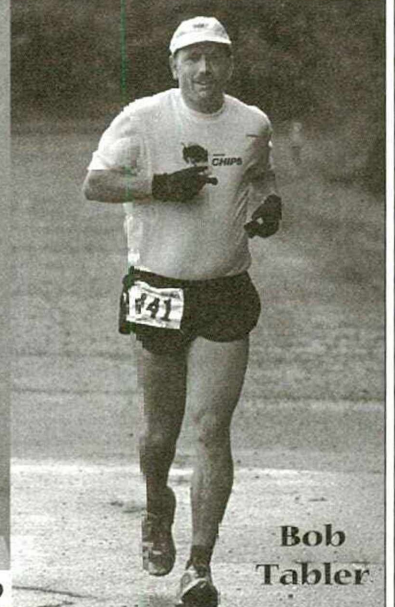
Jennifer Pfeiffer, first woman, 8th overall, with a time of 6:49



Lee Rhodes



Bruce Aldrich



Bob Tabler

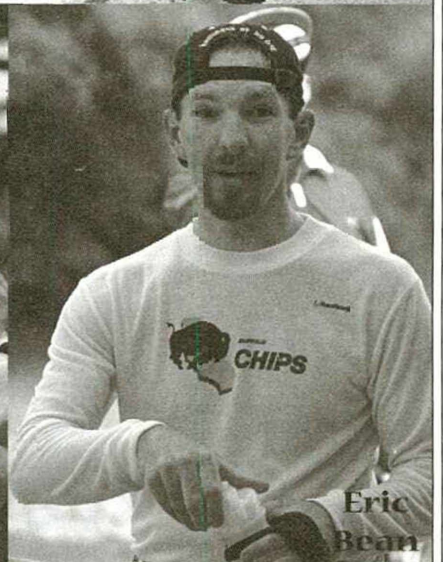


Greg Soderlund



Barbara Elia

DeeDee Grafius



Eric Bean

# John Clark 1942-2001

by Abe Underwood

Early in the afternoon of March 8, John Clark went out for a run...and he almost finished it. He was just two blocks from his house when his heart stopped. It was apparently very sudden, since he fell face down on the pavement. The ambulance arrived quickly but efforts to revive him were unsuccessful. The autopsy report indicated that he had 95% blockage in two main coronary arteries. He probably didn't know what hit him.

John was not your neighborhood jogger. He ran nearly every day for 30 years. He was a Buffalo Chip for many them. He had completed 307 Marathons and 123 Ultras (races over 26 miles). John was a runner several times over. However, like most of us, he was not a gifted or blessed runner. He didn't win or place highly in most races. He just showed up...and he showed up a lot. He loved to run.

The news was a shock to all of us who knew him. John was always in great shape and should have been bullet proof. So why did this happen?

John's wife, Ingrid, provided me with many of the details of his life. She also allowed me to read his running logs for anything that might be shared with his fellow running friends.

John was basically a hard working family man. After putting in four years in the Air Force he married Ingrid, began working for the State and attended American River College, later CSUS. He got his degree in Biology and then even took a shot at medical school with the desire to become a dentist. But after a year he decided it wasn't for him. His jobs with the State included 13 years with the CHP and 17 as a Correctional Officer. He retired on December 31, 1999.

John started running in 1971 after he pulled a muscle while lifting weights. The doctor suggested he should do something aerobic and recommended the book, AEROBICS, by Dr. Cooper. John read the book but kept up the weight work. He soon joined the Chips, and running became an obsession with him. However, if running was an obsession with John so were his house, his cars, his country music and guitars. He was a perfectionist in many areas of his life.

In recent years we saw each other infrequently—maybe at a race or at Steve's Pizza at Madison and Fair Oaks. I would stop there to wait for my daughter's school to get out and would find John there, after his work at Folsom Prison, having a beer, eating a pizza and reading the paper.

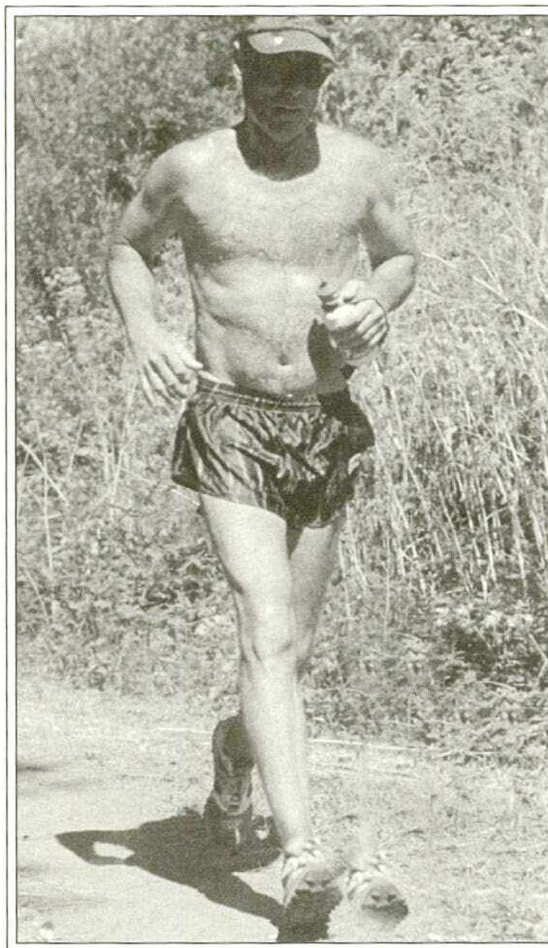
His diet would sound familiar to any runner. His family ate chicken, salads and very little red meat.

He didn't eat junk food or sweets, but he did like chicken and garlic pizza to the point of having it several times a week. He took vitamins, and interest-

ingly, an aspirin nearly every day.

John did not have much of a medical history. He

**John was always in great shape and should have been bullet proof.**



John at Skyline 50K, 1998

photo from Ingrid Clark

had had no major injuries or illness and his wife said he never complained about feeling bad except for an occasional cold or the flu. In fact, as near as Ingrid knew, he had only had one physical examination in the last few years. In December 2000 he decided he needed life insurance to cover a recent house ownership obligation they had with their daughter. Ingrid believed it wasn't necessary, but John insisted. He passed the

physical but had never opened the envelope with the results. The blood test results showed Total Cholesterol-273, HDL-65, LDL-176, Triglycerides-157. Except for the HDL, these numbers are all out of the normal accepted range. He probably never knew he had high cholesterol.

Another thing he had no knowledge of was his family tree. Most of us have a few generations to family medical history to alert us to genetic health conditions. He was not so fortunate. John was adopted.

Deaths of this nature require an autopsy report. Besides the 95% closure in two coronaries there was 20% blockage in two rear arteries. The report also showed an enlarged heart with an enlarged left ventricle. More importantly, there was evidence of scarring from a previous heart attack!

John's running log is very brief, with no record of his feelings or emotions. A typical log entry for a marathon would say "4:05 Comfortable, No walk, OK". There was also a daily note about the temperature and weather, but little else. He recorded his daily miles and summarized them by week, month and year. His annual miles were holding at just below 2000 miles a year: 1997-2482, 1998-1724, 1999-2041, 2000-1895, however, he had greatly cut back on the races he ran. He only ran two marathons and no ultras in the last two years. Although he frequently averaged over 200 miles per month during the summer, the last few months showed he was only running about 40 miles a month. Most of his runs were around the neighborhood on his 2.6 mile course. His log always recorded this as a two mile run.

Did John know something about his health that he never talked or wrote about? Did he think about his own mortality? Probably so. He did about others. His log showed the deaths of most personalities. For example, on 4-6-98 he noted in red, "Tammy Wynett, 55, Clot." It is difficult to believe that his heart or his head hadn't given him a few clues. Somewhere along the way his heart had failed him and it had probably been bothering him for some time. We will never know. It was also completely within John's nature to keep these clues to himself.

His family and fellow runners will miss him greatly.

**It is difficult to believe that his heart or his head hadn't given him a few clues.**

## Peak Experience

by Mary Ann Treadaway

Sleep the night before eludes me  
Full of anxiety, have I prepared enough?  
What can I expect of myself and  
Will the weather hold?  
The alarm, startling at 3:00 a.m.  
My tired body struggles to rise  
A drink of water, bagel and banana  
Dress in tights, long-sleeved shirt and visor  
Stretch sleeping leg muscles  
And pray I can make it.

Images of the previous eighteen months come to mind  
The hours of training, miles of running  
The fatigue, aches and pains, the analgesics  
I know every crack, crevice, bend, view and mile marker  
Along the thirty mile hike trail  
But is it enough? Am I ready for whatever this day will bring?

And then the gun  
The elite at the front line shoot out like sprinters  
And those of us behind follow  
At the pace our legs can carry us.

I approach the first mile marker, only 25.2 miles to go  
The next nine miles are easy enough  
The months of training have prepared me for this!  
Eat a power bar before fatigue finds me.

Mile sixteen...my body talks to me  
Legs heavy, are there weights in my shoes?  
Feet swelling and blisters in the making  
Clothes heavy with sweat and rain  
My body shivers as the wind stings my face.

Oh my God, there's a cheering crowd ahead,  
I hold my head high, pick up the pace  
And run proudly by.

As the cheers dim in the distance, the pain resumes  
Mile twenty...almost there!  
Only 6.2 miles to go...piece of cake!  
Six more miles, my body screams at me.  
I keep running.

I hear the crowd as I make my way closer to the finish line  
Only one half mile to go. But will my body hold out?  
The sounds of cheering pull me closer, I am going to make it!  
Tired legs, moving against their will  
Inching towards the finish that moves farther away with each step.

Finally, round one last corner, only one block to go  
The crowd cheers as each runner comes through.  
Tears well up and I can't swallow the lump in my throat  
My name on the loudspeaker as I approach the finish line  
A surge of energy and renewal replace the bodily pain  
I cross the line and pure ecstasy fills me  
A medal placed around my neck, silver blanket around my shoulders  
I burst into tears of joy...I am a marathoner!

## Vive La Spring!

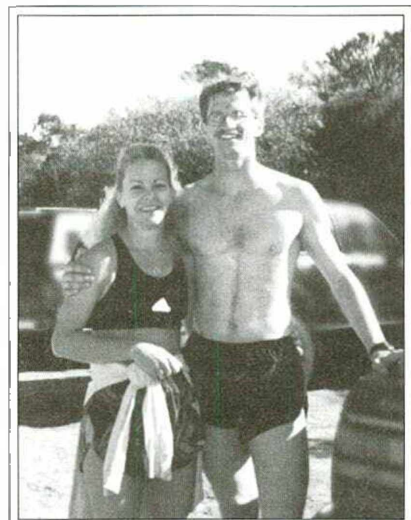
by Julie Criswell

My husband, Harry, also known as the Morning Run Nazi, warmly welcomes the arrival of spring. He appreciates spring, not for its beauty, but because he doesn't have quite as hard a time getting me out of my warm cozy bed, into running gear, and out the door when there is sunshine in the sky. All that annoying hat, glove, face warmer, thermal-protective stuff can be left behind in a big pile on the bottom of the closet floor.

When the days start to get longer, we can get some miles under our belts in the a.m. or we can wait until after work and battle the swarms of gnats along the bike trail around dusk. If Harry swallows enough bugs on the evening run, I don't have to cook dinner!

The midday weather is still cool enough in the spring to sneak in a lunch hour run on Thursdays at work. I toil in a busy medical/dental office complex in Rocklin. While everyone else is pulling back into the staff parking lot with his or her Fast Food Bags-O-Fat Grams, I sprint out the back door and up Sunset Hill. The ornamental pear trees are covered in clusters of tiny white blossoms, the bees are humming, and it feels great to be outside. Plenty of time to run three miles, clean up, change, and eat lunch before I'm back working on the chain gang.

The weekends should be six days long in the spring. It's fun to get out of town and leave the doggies with a babysitter. We are lucky to have relatives in Santa Cruz who are willing to bunk us on gorgeous weekends so we can hit the trails down there for a change. The Wilder Ridge Loop north of Santa Cruz on Hwy 1 is a great run this time of year. The loop is six miles up and down dirt trails with an awesome lookout over Monterey Bay after a hard climb. The grass is tall, the breeze invigorates you and there's wildlife galore...like the psycho mountain bikers that come flying down the steep single track on the backstretch.



Julie and Harry Criswell at Santa Cruz

This year there is the completed loop around Lake Natoma. The south side trail is finished with some cute wooden footbridges that are still so new you can smell the creosote. The scenery is so beautiful on the 12 plus miles that the run seems to be done in a flash. The wildflowers and the butterflies and the skulls on the lake clear your mind and warm your soul. This spring we also welcomed the reopening of our stretch of bike trail between Warr Avenue and Sac State on the south side of the American River. The big trucks and earthmovers have hogged the trail for months, improving the levee integrity so we don't all wash away some day. Now that they are done playing in the dirt, we have repossessed our turf. Norman The Fat Lab Mix, and his assistant, Alex The Cat Hater Rorweiler, have celebrated spring by re-marking every bush, tree, and blade of grass along that entire stretch of trail. The dogs both agree with me that spring is a superior season.

We can all smile now that the sun has returned and look forward to many frostbite-free miles on our runs. Get your sunscreen and your shades, and start wearing out your shoes again 'cause spring is here!

# MEET THE HERD

**Name:** Greg Jewett

**Age:** 54

**Family Members:** Wife Margy; son Devin, 11

**Native of:** "Back East" (D.C. area and Connecticut)

**Occupation:** Aspiring book indexer and middle school cross country and track coach.

**A Buffalo Chip for:** 3 years

**Years running:** On and off since I was a freshman in high school.

**Started running because:** I was the kid who got picked last in all sports while growing up. When I was in 9th grade there were a half dozen kids in my class who were faster than me (in a small class of 100) but all of them were good at other sports so I was the only one who worked hard at running and I got faster than them...I finally found a sport I could be good at, especially by working hard.

**I knew I was hooked on running when...** I actually finished second in a mile race when I was a freshman. I was exhilarated!

**Favorite places to run:** Trails and country roads with little or no auto traffic but lots of runners.

**Current weekly mileage:** 100, more or less.

<u>PRs:</u> Alltime		<u>Since turning 50</u>	
5K	15:40	Mile	5:06
5 Miles	25:27	8K (4.97 mi.)	28:08
10K	31:43	10K	34:51
10 Miles	52:07	10 Miles	58:43
		1/2 Marathon	1:19:07
Marathon	2:25:27	Marathon	2:49:29

**Best performance ever:** I suppose the 34:51 10K at Pacific Sun last September...so far!

**Currently training for:** Capitol Mile this summer and CIM in December.

**Favorite race:** Probably Cal 10. A no-frills racer's race. Boston and Humboldt Redwoods, too.

**One of my earliest misconceptions about running was...** Everything! Maybe that talent was everything. Now I know hard work, inspiration, and desire are **at least** as important.

**Any pre-race rituals?** I focus on carbohydrates the night before and take caffeine and two aspirin before the race.

**Race I haven't done that I'd really like to do:** Chicago Marathon might be fun.

**Training philosophy/schedule:** I'm a disciple of Arthur Lydiard. I break my training into 3 periods: High mileage (3 to 6 months or more) with a long run once a week, followed by a month of intense hill work (while trying to hold the mileage), and then 2 to 3 months of speed work

including intervals, tempo runs, and races all leading up to a focus race. I try to always have that race in mind throughout my training.

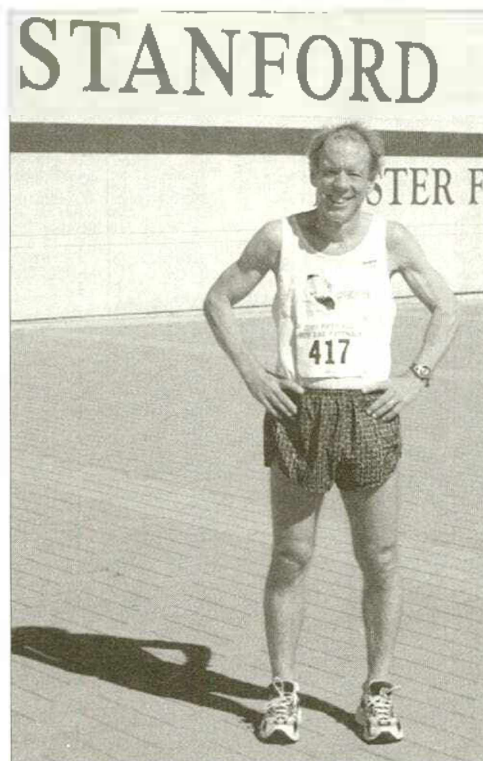
**Training diet:** As I move into racing season I eat lighter and smarter. Otherwise I eat what I want.

**One piece of advice I'd give to other runners...** If you want it bad enough and are willing to work for it you can succeed beyond anything you imagined. Believe in yourself!

**If I could race a particular race with any person, I'd race with...** my son Devin.

**When nobody's looking, I'd like to...** I won't tell!

**One of my hidden talents is:** Must have something to do with playing with numbers and statistics, I have so much fun with it.



Greg after setting new PR at 50 Plus 8K, March 1

**Favorite vacation destination I've already been to:** Ecuador and London.

**Favorite vacation destination I haven't yet been to:** Africa.

**Hobbies, collections, other interests:** Baseball, fantasy baseball, Scottish history, travel.

**Favorite things (restaurant, movie, book, game, et al):** *Once A Runner* by John L. Parker; Billy Elliott (the movie); all kinds of food; all kinds of music; travel; spring.

**The most impulsive thing I've ever done is...** Probably when I hitchhiked around Canada & the US. I just picked up and did it without thinking about it.

**The one thing that other Buffalo Chips would love to know about me is...** My ego isn't big enough to think there's anything other Buffalo Chips would love to know about me.

**Name:** Sandy Womack

**Age:** 52

**Family Members:**

Bob, Husband; Sammie, 21 year old cat

**Native of:** St. Louis

**Occupation:**

Director of Counseling Services, Edupoint, Inc.

**A Buffalo Chip for:**

one year

**Years race walking:**

I have been a racewalker for 16 years, starting in Denver. Then I was a member of Golden Gate Racewalkers (in the Bay Area) for 10 years. I have been a member of Chips racewalking group since I joined the Chips.

**Started race walking because...**

I sprained my ankle and couldn't run. I learned to race walk after taking a class called "Racewalking in the Park" in Denver about 16 years ago. The leader of the class was in such good shape that I wanted to learn this sport and gain all the benefits. I started doing races and because there were so few racewalkers, I usually could get a medal. I have been doing 10- 12 races per year and have been to the National Master's five times and once to the California Senior Games

**I knew I was hooked on race walking when...**

I won my first race

**Favorite places to race walk:**

Around the lakes at Rancho Murieta

**Current weekly mileage:**

20 - 25

**PR's:** 5K: 28' 10K: 58'

**Best performance ever:**

Winning Hayward Classic in Eugene, Oregon

**Currently training for:**

Senior Games in Baton Rouge

**Favorite race:** Blisters for Sisters

**One of my earliest misconceptions about race walking was...**

that you couldn't get injured.

**Any pre-race rituals?**

Warming up the same way before every race



*Sandy on right, with training partner Laura Cribbins*

photo from Sandy Womack

**Race I haven't done that I'd really like to do:**

a marathon

**Training philosophy/ schedule:**

speed work, tempo workout, and long, slow distance

**Training diet:**

"In and Out Burger" diet

**One piece of advice I'd give to other walkers/ runners:**

It gets harder to stay thin after 50.

**If I could racewalk with a particular race with any person, I'd racewalk with:**

Laura Cribbins, my training partner for 10 years.

**One of my hidden talents is:**

giving presentations

**Favorite vacation destination I've already been to:**

England

**Favorite vacation destination I haven't yet been to:**

Australia

**Hobbies, and other interests:** travel, reading

**Favorite things in books, movies, etc.:**

Maeve Binchy books, Bill Bryson's travel adventures; English-based movies

**The most impulsive thing I've ever done is:**

Move across the country

**The one thing other Buffalo Chips would love to know about me is:**

I am willing to volunteer at races

# RACE RESULTS by Eric Ianacone

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

## San Diego Marathon

San Diego - 21 January 2001  
Overall Winners

Men - Audrey Kuznetsov 2:17:39  
Women - Alena Viniitskaya 2:49:20

### Chips & Chippettes

68 Mary Coordt 3:11:47  
89 Christine Iwahashi 3:16:10  
170 Valentine Pisarski 3:28:51  
664 Julie Neberman 4:09:15  
787 Linda McFadden 4:17:49



photo by George Parrott

Chris Iwabashi - San Diego Marathon

## San Diego Half Marathon

San Diego - 21 January 2001  
Overall Winners

Men - Janko Bensa 1:03:55  
Women - Valentina Egorova 1:13:48

### Chips & Chippettes

381 Terry Hedemark 1:38:48  
693 Dave Michel 1:46:30  
2381 George Parrott 2:18:31

## Home Depot Half Marathon

San Francisco - 28 January 2001  
Overall Winners

Men - Rich Hanna 1:10:22  
Women - Holly Nybo 1:25:05

### Chips & Chippettes

1 Rich Hanna 1:10:22  
479 Dawn Infurna Bean 1:40:34  
767 Cary Craig 1:46:23  
962 Ann Grove 1:49:55  
1321 Kevin Buran 1:55:10

## Las Vegas Marathon

Las Vegas NV - 4 February 2001  
Overall Winners

Men - Mike Dudley 2:18:13  
Women - Iuna Kazakova 2:41:56

### Chips & Chippettes

86 Mark Barrett 2:57:55  
173 Rena Schumann 3:09:10  
225 Wayne Miles 3:13:11  
756 Dan Cox 3:41:00  
852 Linda McFadden 3:45:57

1654 Michael McKee 4:22:58  
2151 Stuart Sargisson 5:05:42  
2209 Nancy Mitchum 5:14:56

## Las Vegas Half Marathon

Las Vegas NV - 4 February 2001  
Overall Winners

Men - Weldon Johnson 1:05:35  
Women - Rosa Gutierrez 1:13:17

### Chips & Chippettes

331 Barbara Miller 1:31:00  
436 Laura Kulsik 1:34:57  
1359 Larry Smith 1:56:05  
1625 Carol Mikkelsen 2:01:42  
2732 Lisa V. Sargisson 2:40:14

## Davis Stampede Half Marathon

Davis - 4 February 2001  
Overall Winners

Men - Chris Knotzer 1:11:01  
Women - Katy Hallbacher 1:24:39

### Chips & Chippettes

7 Erik Skaden 1:16:44  
9 Dennis Prizmich 1:17:22  
11 Mike Gottardi 1:18:23  
21 Kevin Cimini 1:22:13  
26 Dennis Early 1:23:34  
30 Mark Murray 1:24:04  
31 Joe Cress 1:24:10  
37 Bruce Aldrich 1:25:34  
44 Jennifer Pfeifer 1:28:04  
63 Bob Friedenburg 1:31:03  
69 Danielle Domurat 1:31:50  
103 Valentine Pisarski 1:35:11  
112 Mickey Ankhelyi 1:36:12  
117 Joby Chock 1:36:50  
136 Gary Campbell 1:38:21  
151 John A. Caselli 1:39:28  
174 Barbara Ashe 1:42:06  
184 Therese Iknolan 1:43:14  
207 Ken Johnson 1:45:18

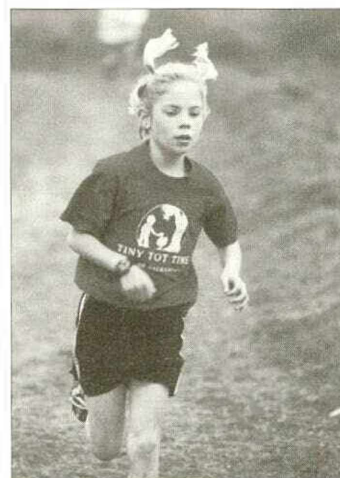


photo by Joe McClardie

Haley Briscoe - Mud Run



photo by Joe McClardie

Mark Murry - Mud Run

223 Scott Romine 1:46:27  
231 Koren Martinelli 1:46:56  
255 Bill Staack 1:48:44  
266 Larry Osborne 1:49:36  
267 Steve White 1:49:37  
276 Ken Messenger 1:50:04  
283 Karen Davis 1:50:38  
284 Steven Polansky 1:50:49  
288 Chris Apodaca 1:51:13  
296 Karen Parrottino 1:51:53  
317 Edward Echeverria 1:53:07  
326 Wayne Marsh 1:53:35  
371 Tracey Perron 1:56:01  
402 Mike Fuller 1:58:30  
406 Julie Criswell 1:58:36  
413 Lynell Heaps 1:58:49  
421 Cindy Nalepa-Nelson 1:59:09  
445 Andrew Berwind 2:00:47  
455 Kate Anthony 2:01:18  
463 Charles Brown 2:01:56  
484 Jennifer Rice 2:03:21  
494 Michael Gardner 2:03:51  
519 Charles Curran 2:05:55  
523 Bill Cushard 2:06:02  
527 Rich Walker 2:06:17  
540 Laurie Richardson 2:07:26  
549 Madeleine Silva 2:07:52  
550 Shalako Wangronowitz 2:07:52  
557 Emily Carbone 2:08:14  
563 Jennifer Rousseve 2:08:32  
567 Manuel Laverde 2:08:54  
568 Ronald Adams 2:09:02  
589 Patty Halfman 2:10:57  
605 Audrey Rishel 2:12:27  
621 Ann Kelly 2:14:49  
626 Gerald Jones 2:16:15  
642 Karen Winholt 2:17:48  
658 Terry Fiscus 2:19:19  
677 Lilian Shek 2:22:24  
683 Gwynne Pratt 2:24:06  
684 Brad Lae 2:24:07  
687 Evie Baker 2:25:56  
705 Karen Wehner 2:31:50  
717 Vic Lyons 2:41:51

## Davis Stampede 10K

Davis - 4 February 2001  
Overall Winners

Men - Scott Young 34:14  
Women - Kristi Arthur 38:27

### Chips & Chippettes

9 Doug Riggall 37:38  
10 Ken Cox 37:51  
11 John Nichols 37:55  
18 Amy Grafius 38:35  
25 Bob Rowden 39:11  
31 Steve Bond 39:55  
34 Dee Dee Grafius 40:27  
58 Krista Taylor 42:41  
61 Suzanne Gregory 42:57  
69 Carol Parise 43:33  
76 Nahed Abdin 44:13  
107 Mike Lewis 46:37  
135 Don Fencik 48:07  
138 Ron Peck 48:21  
160 Robbie Smith 49:15  
197 Amy Dierlam 50:32  
204 Tom Kuzmich 50:45  
218 Robin Cambra 51:30  
230 Eileen Cubanski 52:12  
265 Patricia Ruzicka 53:32  
269 David Fajen 53:35  
277 Desiree Love 53:57  
292 Leanne Cobb 54:20  
310 John D. Dunn 54:44  
345 Christy Anderson 55:32  
349 Mary Ann Treadaway 55:38  
360 Keri Polko 56:06  
410 Mike Saling 57:12  
443 Franklin Treadaway 58:16  
467 Mattie Jones 58:50  
511 Rosemary Fajen 1:00:00  
525 Bill Ballantine 1:00:30  
530 Steve Brikholz 1:00:34  
537 Mike Grassinger 1:00:42  
578 Allyson Trelhewey 1:01:57  
719 Trish Landry 1:07:55  
777 Barbara Rinker 1:12:41  
786 Ann Maille Hargrove 1:14:13



photo by Joe McClardie

Eric Ianacone - Jed Smith

# RACE RESULTS



George Billingsley - Jed Smith

7	Cindy Scott	2:28:42
8	Bill Hambrick	2:29:06
10	Mario I. Sanchez	2:30:40
15	John Nichols	2:39:00
16	Cary Craig	2:39:11
22	Pam Goodley	2:46:08
23	Ken Johnson	2:46:09
24	Brad Winters	2:49:08
26	Ken Messenger	2:49:37
31	Kathy Welch	3:00:27
34	Gwynne Pratt	3:06:57
35	Janice I. Levet	3:09:32
41	Laigh A. Ruldage	3:31:30
45	George Billingsley	4:16:07
46	Joyce Karver	4:30:11
50	Pam Delapp	4:48:45
51	Ruth Carter	4:56:54
52	Po Adams	5:24:55

## Jed Smith 50K

Elverta - 10 February 2001

Overall Winners

Men - Rich Hanna	3:06:31
Women - Mary Coordt	3:54:35

## Chips & Chippettes

1	Rich Hanna	3:06:31
5	Brod Loel	3:33:24
6	Erik Skaden	3:39:24
8	Brent Backus	3:40:27
12	Mary Coordt	3:54:35
15	Howard Ferris	4:07:10
17	Rena Schumann	4:13:19
18	Ernest K. Takahashi	4:15:09
19	Christine Iwahashi	4:15:48
23	Cary Bertancini	4:27:40
24	Arnold Uterback	4:28:29
25	Jerry Life	4:31:23
31	Dawn Inturna-Bear	4:49:16
33	Eric Iacone	4:50:52
37	Floyd Whiting	4:53:55
39	Myra Rhodes	4:55:15
40	Lee Rhodes	5:01:35
41	Denis Zilaff	5:10:13
48	Diana Radavero	5:25:48

## Davis Stampede 5K

Davis - 4 February 2001

Overall Winners

Men - Frank Thomas	15:52
Women - Caitlin Chock	17:43

## Chips & Chippettes

13	Aaron Kelly Stephens	17:39
14	Tim Shannon	17:41
15	Caitlin Chock	17:43
26	Elliot Black	18:35
31	John M. Ducrey	18:55
33	J. Michael Morris	18:59
58	Howard Price	20:37
62	Ashley Barry	20:43
73	Sarah Kritl	21:13
74	Katie Hartman	21:22
75	Travis Lyon	21:23
81	Jon H. Shelgren	21:37
83	David Kalb	21:42
94	Linda Tobia	22:14
118	Scott Riggle	22:59
127	Roger Fong	23:18
177	Haley Ericsoe	24:43
178	Chloe Lyon	24:45
235	Michele Oulrey	26:16
329	Hank Greenblatt	28:30
412	Mel Golovich	30:29
420	Bendan Blue	30:39
456	Michael Meyer	31:32
468	Florence Fong	31:54
471	Kathleen Seabourne	31:55
481	Mary Lee Meyer	32:12
491	Robby Hartman	32:20
494	Joe Hartman	32:25
580	Charlotte Davis	34:19
625	Linda Kae	36:21
654	Po Adams	37:37
687	Anthony Decillis	39:25
712	Sam Moore	41:23
757	Julie Smith	47:16
792	Linda Hall	50:23

## Jed Smith 30K

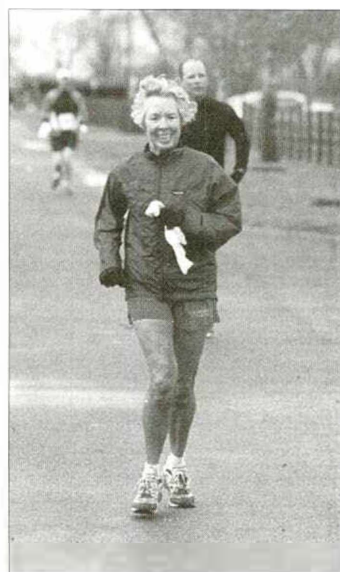
Elverta - 10 February, 2001

Overall Winners

Men - Christopher Craig	2:01:55
Women - Liz Fagan	2:10:00

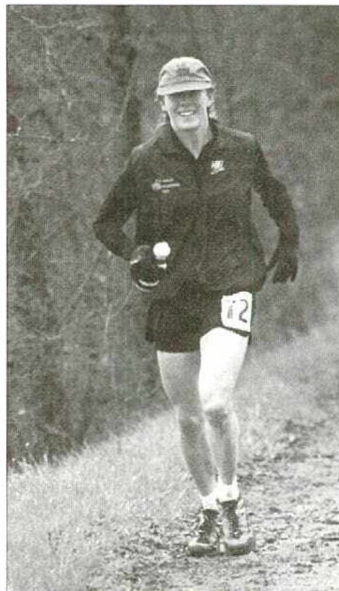
## Chips & Chippettes

6	Laura Kulsik	2:26:53
---	--------------	---------



Dina Talbot - Jed Smith

53	Laurie Richardson	5:47:09
59	Karen Pierce	5:53:50
60	Ginger Bryan	5:53:51
62	Tom Kuzmich	5:58:50
63	Shakala Wengronowitz	5:58:51
65	Barbara Elia	6:04:35
66	Jim Purvis	6:12:37
68	Margie Read	6:22:44
72	Lilion Shek	6:46:41
74	Lucinda Fisher	6:53:55



Rena Schumann - Jed Smith

## Jed Smith 50M

Elverta - 10 February 2001

Overall Winners

Men - Eugene Trahern	6:54:03
Women - Linda McFadden	9:03:28

## Chippettes

7	Linda McFadden	9:03:28
---	----------------	---------

## Napa Marathon

Napa - 4 March 2001

Overall Winners

Men - Anthony Crudale	2:42:27
Women - Miriam Schmiel	2:53:14

## Chips & Chippettes

26	Bruce Aldrich	3:03:44
27	Herb Tanzer	3:03:56
67	Rena Schumann	3:20:01
88	Ned Fiori	3:23:32
94	Howard Ferris	3:24:18
99	Craig Newport	3:25:18
103	Christine Iwahashi	3:25:27
160	Joe Cress	3:33:44
174	Valentine Pisarski	3:35:18
284	Andrew Pollack	3:48:11
337	Robert B. Miller	3:52:00
355	Laura Kulsik	3:53:10
365	Jack Rozance	3:53:28
392	Bill Sloack	3:55:49
488	Wayne Kocher	4:02:25
551	Ann Grove	4:07:41
557	Linda McFadden	4:07:53
567	Ken Messenger	4:08:25

# HAPPY NEW AGE GROUP

from the Herd!



New  
Age  
Group  
This  
Quarter

Carl Ellsworth	70-74
Mayo Jack	65-69
Dick Cochran	60-64
Art Cordova	60-64
Gerald Jones	60-64
C.D. Mc Curry Jr.	60-64
Judy Shipman	60-64
Florence Apodaca	55-59
Cynel Calvin	55-59
Mary Euretig	55-59
Terry Hedemark	55-59
Taylor Jane	55-59
Wayne Miles	55-59
Craig Newport	55-59
Dennis Nolan	55-59
Steven Polansky	55-59
Barbara Rinke	55-59
Mel Golovich	50-54
Carey Gregg	50-54
Virginia Hawes	50-54
Janice Levet	50-54
Gwynne Pratt	50-54
Stewart Black	45-49
Steve Bond	45-49
Dennis Early	45-49
Jeff Hayes	45-49
Patty Hoffman	45-49
Mary Lee Meyer	45-49
Al Michel	45-49
Ellen Nishimura	45-49
Doug Riggle	45-49
Judy Riggle	45-49
Ruth Wells	45-49
Linda Zarzana	45-49
Denise Callahan	40-44
Tim Coughlin	40-44
Marie Gonzales	40-44
Allison Orofino	40-44
Karen Partotino	40-44
Rena Schumann	40-44
Brett Winholt	40-44
Alan Anzai	35-39
Cathy Carbonaro	35-39
Shelly Ellis	35-39
Eric Nichol	35-39
Thad Puzdrakiewicz	35-39
Rachelle Barbour	30-34
Tamara Maxon	30-34
Christina Morgado	30-34
Stacie Rinker	30-34
Denise Wall	30-34
Robin Green	25-29
Lisa Jones	25-29
Katie Spickelmeier	20-24
Christopher Zarzana	20-24
Ashley Barry	15-19
David Cambra	15-19
Julie Cambra	15-19
Karri Hildebrandt	15-19
Katie Mennemeier	10-14
Kenji Anzai	5-9
Connor Nelson	5-9

# RACE RESULTS



photo by Joe McClardie

## Ernie Takahashi - Way Too Cool

683	Marie Gonzales	4:17:47
717	Bill Freiling	4:20:04
741	Dick Forehand	4:22:05
868	Janice I. Levet	4:32:16
1059	Rich Walker	4:52:21
1069	Glenn E. Miller	4:53:08
1116	Jane Blythe	4:58:07
1158	Francine Morgan-Voyce	5:04:36
1236	Ismael Castro	5:19:33
1253	Lilian Shek	5:21:03

## Los Angeles Marathon

Los Angeles - 5 March 2001

### Overall Winners

Men - Benson Mutisya Muthi	2:11:55
Women - Jane Salome	2:33:33

### Chips & Chippettes

2401	Brad Winters	4:04:43
3416	Chris Apodaca	4:19:02
12817	Ruth Carter	6:28:23

Individual results not available for this race; this list is undoubtedly incomplete.

## Way Too Cool

Cool - 10 March 2001

### Overall Winners

Men - Nate McDowell	3:36:57
Women - Emma Davies	4:19:39

### Chips & Chippettes

9	Bryan Hacker	4:00:06
11	Brad Loel	4:01:45
14	Erik Skaden	4:03:19
17	Brent Backus	4:04:51
19	Mark Engemann	4:06:26
28	Mark Murray	4:19:36
30	Herb Tanzer	4:20:55
62	Mo Bartfey	4:51:10
68	Howard Ferris	4:52:08
71	Mark Barrett	4:53:20
87	Jerry Ite	5:00:03
90	Dawn Infurna-Bean	5:00:41
95	Jim King	5:04:01

98	John Blue	5:06:07
101	Floyd Whiting	5:07:56
103	Laura Kulsik	5:09:01
118	Ernest K. Takahashi	5:14:25
139	Bill Finkbeiner	5:22:34
141	Bill Hambrick	5:22:39
148	Patrick Carr	5:24:34
150	Budd Ring	5:26:31
151	Eric Ianacone	5:26:39
154	Kathy Welch	5:27:19
161	Cary Craig	5:29:29
166	Helen Hull	5:31:41
191	Chuck Honeycutt	5:40:39
198	Barbara Ashe	5:44:05
199	Lee Rhodes	5:44:33
208	Wayne Kocher	5:47:35
212	Eric Bean	5:48:14
217	Michael Kutzman	5:50:23
222	Ann Grove	5:52:34
244	Shalaka Wengronowitz	5:57:04
248	Linda McFadden	5:58:18
253	Dan Cox	5:59:22
271	John Nichols	6:05:31
298	Denis Zilaff	6:18:23
301	Stewart Black	6:20:07
309	Don Wilkison	6:23:27
312	Ginger Bryan	6:24:13
313	Brian Tsuyuki	6:24:39
318	Gwynne Pratt	6:26:11
331	Diana Radavero	6:30:26
340	Tracey Perron	6:33:00
346	Alan Young	6:38:32
347	Tom Kuzmich	6:39:16
348	Ken Crouse	6:39:47
364	Bill Roehr	6:46:48
367	Marvin Johnson	6:47:55
368	Karen Pierce	6:48:27
369	James R. Young	6:48:29
374	Roger Dike	6:48:58
378	Edward J. Reilly	6:51:12
379	Ellen Crouse	6:52:32
389	Ron Peck	6:54:50
390	Bob Tabler	6:55:19
393	Dennis N. Scott	6:55:49
406	Leigh A. Rutledge	7:02:26



photo by Joe McClardie

## Alan Young - Way Too Cool

409	Stan Jensen	7:02:30
419	Fred W. Kaiser	7:05:00
458	Barbara Elia	7:34:15
465	Francine Morgan-Voyce	7:37:21
467	Jo Ann Souvignier	7:38:13
468	Margie Read	7:38:54
474	Gloria Takagishi	7:43:06
475	Linda Parr	7:43:07
484	Lucinda Fisher	7:57:05
485	Lilian Shek	7:58:28
488	Jan Lambert	8:05:01
492	Steve Wetmore	8:09:51

## Spring Stride for Children 5K

Sacramento - 11 March 2001

### Overall Winners

Men - Geoff Fleming	16:13
Women - Melanie Cleland	17:41

### Chips & Chippettes

3	Dennis Prizmich	16:34
7	Kevin Cimini	17:59
10	Cary Berioncini	18:30
13	Steve Bond	19:06
14	Cathy Carbonaro	19:13
19	Gary Hester	19:51
20	Krista Taylor	19:58
33	Warman Yip	21:11
36	Jon H. Shelgren	21:29
38	Mike Lewis	21:53
39	Sarah Kril	21:55
43	Robbie Smith	22:07
44	Charles Curran	22:15
59	Edward Echeverria	23:24
62	Roger Fong	23:38
70	Desiree Love	24:30
78	Laura Birkhimer	24:49
79	Patricia Ruzicka	24:53
83	Gail Spelis	25:02
93	Roger Brown	25:48
104	Hank Greenblatt	26:30
108	Manuel Loverde	26:42
114	Katya Davidson	27:00
136	David Rater	28:26
186	Kathleen Seabourne	31:18
209	Charlotte Davis	34:47
230	Anthony Decillis	38:28
239	Nancy Hoag	42:22
240	Stephanie Nemechek	42:22
280	Myrna Wathen	52:11

## John Frank Memorial Run 10M

Redding - 17 March 2001

### Overall Winners

Men - Tom Cushman	57:15
Women - Kim Stempien	1:07:54

### Chips & Chippettes

20	Kim Isham	1:12:32
64	Andrew Berwind	1:28:33
100	Claudia Isham	1:50:47

## Catalina Island Marathon

Catalina Island - 17 March 2001

### Overall Winners

Men - Gordon Duff	2:56:29
Women - Paula Newby-Fraser	3:28:58

## Chips & Chippettes

52	Scott Sullivan	3:53:09
99	Jerry Ite	4:11:19
269	Linda McFadden	4:51:52
275	Elena Sherman	4:54:44
389	Caroi Mikkelsen	5:19:33
505	Candy Smith	5:57:19

## Fifty Plus 8K

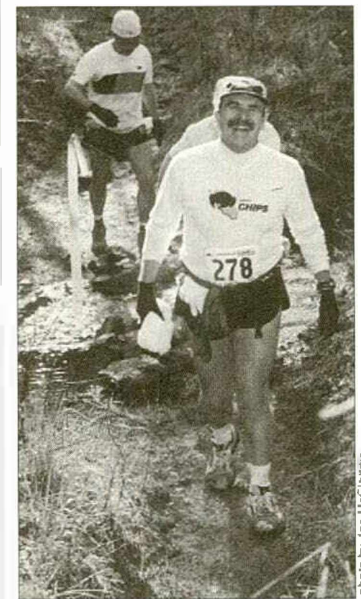
Palo Alto - 18 March 2001

### Overall Winners

Men - Jim Gorman	27:43
Women - Dee Dee Grafius	31:02

### Chips & Chippettes

4	Greg Jewett	28:08
20	Dee Dee Grafius	31:02
24	Brendan O'Neill	31:19
46	Arnold Utterback	32:55
55	Doug Braasch	33:34
67	Barbara Miller	34:32
79	Joel Conteras	35:37
122	Myra Rhodes	39:08
126	Lee Rhodes	39:39
128	Joe McClardie	39:50
132	Cynci Calvin	40:19
148	Dave Creek	42:00
155	Christy Anderson	42:28
193	Mike Grassinger	45:17
211	Don Watson	47:12
275	Pe Adams	1:00:16
278	Linda Hall	1:03:16



## Fred Kaiser - Way Too Cool

photo by Joe McClardie

## KFRC Houlihan's 12K

San Francisco - 25 March 2001

### Overall Winners

Men - Chris Lundstrom	37:21
Women - Rosa Gutierrez	43:08

### Chips & Chippettes

37	Dennis Rinde	41:23
73	Greg Jewett	43:56
83	Richard Govi	44:29
113	Dennis Early	45:49
146	Amy Grafius	47:17

# RACE RESULTS



photo by Joe McCladdie

Ginger Bryant & granddaughter  
Way Too Cool

165	Brendan O'Neill	48:21
185	Bruce Aldrich	49:01
189	Dee Dee Grafius	49:06
241	Arnold Uterback	50:46
284	Doug Braasch	51:32
346	Christine Iwahashi	52:40
373	Barbara Miller	53:09
377	Larry Smith	53:24
406	Valentine Pisarek	53:53
450	Carey Gregg	54:32
505	Cindy Scott	55:26
509	Bob Tabler	55:33
534	Scott Romine	56:00
648	Barbara Ashe	57:49
693	Therese Ilnoiar	58:24
739	Courtney Palko	58:58
747	Sarah Krtil	59:03
812	Gret Carriger	59:42
865	Don Fencik	1:00:13
901	Michael F. Prizmich	1:00:34
956	Pam Goodley	1:00:58

970	Bill Freiling	1:01:08
997	Ron Peck	1:01:26
1005	Lee Rhodes	1:01:31
1059	Myra Rhodes	1:02:05
1106	Cyni Calvin	1:02:36
1143	Monty Schacht	1:02:58
1150	Kevin Buron	1:03:01
1163	Ginger Bryan	1:03:05
1430	Dave Creek	1:05:47
1439	Rabin Cambra	1:05:50
1463	Cindy Kaiser	1:06:02
1464	Fred W. Kaiser	1:06:03
1485	Karen Pierce	1:06:19
1610	Diane Kato	1:07:29
1622	Joe McCladdie	1:07:36
1734	Keri Palko	1:08:44
1922	Dick Cochran	1:10:29
2000	Candy Smith	1:11:12
2002	Carol Mikkelsen	1:11:12
2034	Christy Anderson	1:11:27
2077	Jennifer Fearing	1:11:42
2136	Mary Ann Treadaway	1:12:24
2165	Lynne Ruddell	1:12:35
2178	Michael Gardner	1:12:42
2180	Kathleen Spencer	1:12:43
2271	Bob Rowden	1:13:47
2291	Dan Cox	1:14:05
2439	Mike Grassinger	1:15:24
2593	Lucinda Fisher	1:17:11
2762	Tom Bryan	1:19:08
2816	Nanette Farley	1:19:42
2817	Barbara Thomas	1:19:43
2908	Peter Zinsli	1:20:54
2909	Lilian Shek	1:20:55
2974	Kathleen Seabourne	1:21:49
2978	Nova Poff	1:21:51
2979	Karen Wehner	1:21:54
2988	Cathy Shields	1:22:01
3018	Peggy Ewing	1:22:26
3050	Linda Hall	1:23:03
3141	Steve Wetmore	1:24:32
3203	Kathy Rood	1:25:27
3206	Toni Reynolds	1:25:28
3246	Amy Pollock	1:26:20
3548	Pa Adams	1:34:42

3599	Meg Snavelly	1:37:19
3674	Marian McKone	1:43:37
3678	Linda M. Prizmich	1:44:07
3759	Madeleine Silva	1:53:26
3791	Lisa Jones	2:00:26
3872	Cathy Cademarti	2:18:04

## USATF National Masters Championships 5000m

Carlsbad - 1 Apr 2001

Overall Winners:

Simond Karou	14:12
Sabrina Robinson	17:02

### Chips

75	Kevin Cimini	17:46
206	Doug Braasch	20:02

### Chippettes

33	Barbara Miller	20:59
----	----------------	-------

## American River Endurance Run 50M

Sacramento - 7 April 2001

Overall Winners:

Chad Ricklefs	6:16:49
Jennifer Devine-Pfeifer	6:49:54

### Chips/Chippettes

6	Erik Skacen	6:44:00
8	Jennifer Devine-Pfeifer	6:49:54
9	Herb Tarzer	7:02:11
10	Brent Backus	7:03:11
20	Bruce Aldrich	7:30:22
27	Rena Schumann	7:44:31
33	Howard Ferris	7:49:01
35	Rae Clark	7:49:40
40	Wayne Miles	7:52:58
46	Laura Kulsik	8:04:16
49	Jerry Lile	8:10:00
68	Jim King	8:32:36
69	Ernest K. Takahashi	8:33:11
71	Dawn Infurna-Bean	8:33:52
72	Helen Hull	8:36:05
73	Scott Sullivan	8:38:24
81	Floyd Whiting	8:43:22
85	Bill Finkbeiner	8:45:32
86	Michael Halko	8:45:35
98	Eric Iacono	8:53:20

108	Eric Bear	9:02:16
133	Richard Hieronymus	9:19:50
151	Barry Fisher	9:31:08
163	Ellen Crouse	9:37:09
178	Bill Kasson	9:46:04
186	Elena Sherman	9:48:22
191	Kathy Welch	9:49:16
198	Stewart Black	9:55:39
207	Lee Rhodes	10:00:55
214	Ann Grove	10:08:01
218	Bob Tabler	10:09:01
226	Michael Wilhelm	10:11:53
240	Don Wilkison	10:22:25
253	Diana Radavero	10:29:37
274	Alan Young	10:45:22
276	Brian Tsuyuki	10:46:16
290	Ken Crouse	11:01:00
300	Linda McFadden	11:11:46
323	Ginger Bryan	11:31:51
333	Bill Roehr	11:40:09
336	Barbara Elia	11:42:24
337	Dee Dee Grafius	11:42:24
339	Gloria Takagishi	11:43:25
342	Tom Kuzmich	11:44:34
356	Dennis N. Scott	11:57:33
373	Roger Dike	12:24:35
376	Lilian Shek	12:26:52
381	Lucinda Fisher	12:29:04
391	Karen Hays	12:51:54
395	Jo Ann Souvignier	12:53:46



Photo by Joe McCladdie

Mark Engemann - Way Too Cool

## Welcome, New Chips !

Kate Anthony  
Florence Apodaca  
Tiffany Barrow  
Hazel Bergtholdt  
Eric Berntsen  
Doug Braasch  
Leta Bryant  
Robin Cain  
Patrick Carr  
Ismael Castro  
Jerri Clark  
Charlotte Davis  
Karen Cotson  
Tracy Downer

Paul Duncan  
Edward Echeverria  
Evan Eickmeyer  
Stacy Esdom  
Bob Fredenburg  
Stephani Grace  
Hank Greenblatt  
Gail Greiner-Marcotte  
David Haake  
Tom Hale  
Paul Harding  
Kathy Harker  
Karen Hays  
Brien Hensley

Patty Hoffman  
Kim Isham  
Taylor Jane  
Karen Kelley-Day  
Jim Krtil  
Kevin Landt  
Andria Lee  
Mike Lewis  
Dezanie Martin  
Kari Martin  
Reina Mayorga  
Kevin Mcquhae  
Nancy Mitchum  
Jennifer Music

Craig Newport  
Krista Novotny  
Cristina Ochoa  
Kerry O'Hara  
Courtney Palko  
Steve Picanco  
Nova Poff  
Melissa Poole  
James Rademaker  
Casey Ressler  
Patricia Roberson  
Sharon Roseme  
Paul Rotondo  
Sherri Rowland

Lynne Ruddell  
Lavon Stalling-Jordan  
Aaron Kelly Stephens  
Tosha Theveos  
Barbara Thomas  
Matthew Thomas  
Barry Turner  
Jeanette Turvill  
Rich Walker  
Scott White  
Steve White  
Bill Whitney  
Brad Winters  
Larry Wolff

# BOARD DROPPINGS

## Buffalo Chips Running Club

### Board Minutes

(condensed version)

For a complete copy (and handouts or tapes from the meeting) please contact the Chips Scribe, Alene Antelman, at [leaners@cwnet.com](mailto:leaners@cwnet.com) or call her at 916.978.7925. If you have an item you wish the Chip Board to discuss, send it to Alene and to the High Dunger, John Hancock. **They must receive this information at least eight days before the scheduled Board meeting.**

#### Annual Board Election Meeting 13 January 2001

The Annual Board Election Meeting was held after the Predict Your Time Run. There were 16 nominations for board membership. George Parrott introduced each of the possible Board Members to the gathered group. The vote was held, and all sixteen names were approved.

led by John Hancock the board proceeded with the selection of its officers. The following selections were made:

High Dunger-John Hancock. Vice High Dunger & Outreach-Mike Grassinger. Buckaroo-Po Adams. Bison Scribe & Social Coordinator-Alene Antelman. Awards-Virginia Hawes. Equipment-Greg Soderlund. Historian-Abe Underwood. Mailings-Ron Peck. Major Sponsor Outreach-Fred Kaiser. Membership-Harry Criswell. Race & Fitness Walkers & Lobbyist-Sharon Norris. Racing Teams Coordinator-Greg Jewett. Safety Coordinator-Eric Bean. Training Director & Web Site Liaison-George Parrott. Volunteer Coordinator-Joe McCladdie. Youth Coordinator-Ken Briscoe.

John requested that if anyone had something for the Agenda to please let him know at least eight days before the next meeting.

Need to discuss the Social Event Dates for 2001. Running Standards Committee needs to report. George Parrott requested a budget based on our current needs. Race Directors will now be called Event Coordinators.

New Business: Ron Peck said Jed Smith had received \$3,086 so far. Ages of runners from 24 to 75. A number of people were from out of state. Ron has everything covered. The Championship Chips have been contacted and will be used.

Comments: George suggested on line registration and putting the Chip Store on line. It was pointed out that everyone does not have a computer. Possible change of membership start/end date. Harry wants as is. When is the Buffalo Bible coming out? How about the size of the fonts? George stated that the New Singlet Standards do not have to have Board Review. Web Site Director will be Luis Alvarez.

The next meeting to be held Wednesday, February 7th at 6 p.m. at the Lunch Connection. Agenda to be sent out.

#### Board Meeting 7 February 2001

Present: Alene Antelman-Aldrich, Mike Grassinger, John Hancock, Ron Peck, Fred Kaiser, Ken Briscoe, Greg Jewett, George Parrott, Joe McCladdie, Greg Soderlund, Eric Bean, Po Adams, Sharon Smith Norris, Harry Criswell. Absent: Virginia Hawes, Abe Underwood.

Meeting called to order 18:05. December and January minutes approved.

Officer reports.

Mike Grassinger: Houlihan's bus. \$15 per person. Will run it like Po did it last year. Social Events: Houlihan's bus 3/25. Track meet party June date, no specific day. Wharf to Wharf bus July 22nd Susan B Anthony party in August. Buffalo Bash-December 2nd (after CIM) possible sharing with the Silver State Striders/Reno of a bus to Humboldt-October.

Po Adams: Unknown balance as of now. Will get it for next meeting.

Ken Briscoe: Youth track and field clinic is 3/3 at CSUS. Fred Kaiser: Wants to get a major sponsor. Had some ideas for sponsorship but nothing was approved. George suggested we give Fred lots of latitude in obtaining a major sponsor. George moved to have Fred generate whatever contract he deems reasonable, then bring that to Board for final approval of all contracts. Vote was 11 pass, 2 abstain.

Greg Soderlund: His budget: \$350 for equipment. He handed over the Buffalo Bash to Alene and Mike. Ron Peck doesn't have a computer. Soderlund has one in Chip storage. George motioned to have Steve Wetmore test it out and give it to Ron. Upon Ron getting it working and acceptable. Ron will then donate a "reasonable value" for this hardware back to the club. Motion passed.

Joe McCladdie: 42 volunteers for Jed Smith Ultras. George Parrott: Web site is changing, will be partially available on 2/8/01. George mentioned vandalism on University and AR Drive. Don't leave anything in your car when you go for a run. New singlet standards, Mike will work with George on this and get the updates to the Buffalo Bible.

Harry Criswell: 16 new members. Total is 768, as of 2/01. His budget for the bible is \$1,900.

Sharon: 4/8 Race walk at Land Park. 15K and 5K are the distances.

Greg Jewett: Racing team money is needed. We need captains and runners for XC/Country events, especially "men's open".

Eric Bean: Discussed the American River Parkway Coalition and Safety issues. George suggested the Chips sell reflective vests. Myra can sell them. A "Flyer" should go out to the public about the safe and unsafe places to run on the bike trail.

Dick Cochran: (First Federal Credit Union)

He is donating two car batteries to Jed Smith to power the computer scoring equipment (Champion Chip System).

7:25pm Meeting adjourned

#### Board Meeting 7 March 2001

Present: Alene Antelman-Aldrich, Mike Grassinger, John Hancock, Ron Peck, Fred Kaiser, Ken Briscoe, Greg Jewett, George Parrott, Joe McCladdie, Eric Bean, Po Adams, Sharon Smith Norris, Harry Criswell. Absent: Greg Soderlund, Abe Underwood. Guests: Steve Wetmore, Meg Svoboda.

Meeting called to order 18:03. Feb. minutes approved.

Officer Reports

Mike Grassinger: Houlihan's bus ready to go, 45 people signed up, waiting list of 10. Buffalo Bash to be at the Turf Club. \$2000 the current budget. Discussed possible budget increase.

Po Adams: Treasury report passed out with receipts. The ending Feb 2001 balance \$27,512.

Alene Antelman-Aldrich: We will be having an outreach booth at the Women's Legacy Health Fair on May 8th. Mike volunteered to man the booth and will be looking for more volunteers.

Virginia Hawes: Next Enquirer will have a blurb about CHIP singlets.

Fred Kaiser: Spoke on donor outreach. He's looking

Board meetings are held at 6 pm on the first Wednesday of each month at the Lunch Connection Cafe.

251 Lathrop Way, Sacramento

All members are welcome to attend.

for major club sponsors, discussed a possible "underwriting" of free club memberships for certain sponsors or donors.

Joe McCladdie: Need volunteers for race walking event on 4/8/01.

George Parrott: Website transition has occurred. Photos from the Napa Marathon appear on the website. We'd like to get new photos on the website every two weeks. Photos should be submitted the Monday following the weekend event. In the "work-out" portion of the website, club members can report their PR's and have them posted.

Harry Criswell: 783 members which includes 14 new members. George to review Harry's Buffalo Bible. They will meet to review it within the next 36 hours.

Sharon Smith Norris: Race walk in William Land Park on 4/8, need 30 to 35 volunteers, 100 cones, and timing mechanisms. Ron Peck says the event has the required \$1,000,000 of insurance.

Greg Jewett: Nothing to report.

Eric Bean: American River Parkway Safety Coalition. Bylaws going out this week. He brought samples of reflective vests.

Ken Briscoe: Youth CHIP running clinic went very well. Special Committees: Race singlet standards completed, going to Harry Elite athlete proposal budgeted for \$500 per year. George moved Bylaws change (3a in proposal) to read: must attend 1 volunteer work effort in past year. Must run 3 local races and 1 Grand Prix event. Motion passed.

Greg Jewett wants more exposure throughout Northern CA for our club. He wants more participation in Grand Prix events. George moved for member "subcommittee" of the elite athlete sponsor committee. This will consist of the treasurer, training director, volunteer coordinator, team competitor, and High Dunger. Motion passed.

Races: Jed Smith went well except for the controversial 2nd place finisher in the 50k. We had less paid entry fees this year than last. Mud Run made \$180.50. This will go to the "children's" account. Buffalo Stampede race apparel is being decided upon.

Social Events: Talent Show-To be held 4/27 at Discovery H.S. Track Meet June 9th. Wharf to Wharf Bus is being worked on.

Susan B same as last year.

Old Business: George is working on rewriting the bylaws. John Hancock will meet with George next Wednesday.

New Business: Po proposed we have a Chip representative at the RRCA Convention in New Mexico May 26. Joe McCladdie was selected. His budget is \$750. Mary Coidt requested funds to attend the World 100K in Pittsburg. George moved to give \$250 to Mary for this, contingent that no other funds externally made. Motion passed. Meg Svoboda brought in a special appreciation award given to the Chips from the Special Olympic Committee. 19:30 Meeting adjourned.

#### Board Meeting Format

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

# CLUB RECORDS



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

## OPEN, MEN, 39 & under

6 Days	no record received
48 Hours	nrr
24 Hours	Rae Clark 165.3 mi. USATF NFI Ch'ship '90 American Record
12 Hours	Rae Clark 98 mi.
1 Hour	nrr
100 Miles	Rae Clark 12:12.19 Sn Chimney, USATF N.C. '89 American Record
100K	Tom Johnson 6:41.40 100K Ultra Ch'ship '94
50 Miles	Rae Clark 5:28.32* USATF N.C. '88
50K	Dennis Rinde 3:02.33 Jed Smith '93
Marathon	Rich Hanna 2:17:51 CIM '93
30K	nrr
Half Mara	Ben Ayers 1:06:22 Humboldt-Redwoods '95
10 Miles	Craig Moore 50:43 Cal 10
10K	John Sup 30:52 Davis Track Meet '91
8K/5 Miles	John Sup 24:31 Fujitsu 8K '90
5K	Reggie Williams 14:27 Cal State Track Meet
Mile	Jeff Adams 4:36:20 Fleet Feet Mile '96
1500 mtrs	Randy Sturgeon 4:07.65
800 mtrs	Daryl Katcher 2:00.64 Trojan Masters '90
400 mtrs	nrr
200 mtrs	nrr
100 mtrs	Greg Hodson 13.4 Los Gatos A-C Meet '96

## OPEN WOMEN, 39 & under

6 Days	nrr
48 Hours	nrr
24 Hours	nrr
12 Hours	nrr
1 Hour	nrr
100 Miles	Patti Teale 21:12:24 Vermont '91
100K	nrr
50 Miles	Jennifer Devine 3:35.06 Jed Smith '99
Marathon	Eileen Taylor 2:37:01 Chicago Marathon '82
30K	Jeannie Urness 1:53:51 Clarksburg '92
Half Mara	Robyn Root 1:13 Phila. Dist. Classic '87
10 Miles	Kathy Pfeifer 54:50 Trevira Twosome '88
10K	Kathy Pfeifer 32:59 Mt. Sac Relays '88
8K/5 Miles	Robyn Root 26:27 Bastille Day 8K
5K	Robyn Root 16:37 Susan B. Anthony 5K
Mile	Meg Svoboda 5:11.99 Fleet Feet Mile '96
1500 mtrs	Theresa McCourt 4:50 A-C Meet '92
800 mtrs	Theresa McCourt 2:22 West Mstrs. Hayward '92
400 mtrs	Melanee Baskerville 72.27 Cordova A-C Meet '97
200 mtrs	Melanee Baskerville 31.32 Cordova A-C Meet '97
100 mtrs	nrr

## MASTERS, MEN 40-49

6 Days	nrr
48 Hours	Jeff Hagen 213.7 mi. Gibson Ranch 48 Hr '93
24 Hours	Eric Ianacone 125 mi. Gibson Ranch 24 Hr '94
12 Hours	Eric Ianacone 76 mi, 1044yd Bay Area UR 12 Hr '94
1 Hour	nrr

100 Miles	Abe Underwood 15:49:51 AAU 100 Miler '78
100K	Rae Clark 7:15.18 Ruth Anderson '92
50 Miles	Rae Clark 5:51:21 Helen Klein '95
50K	Eric Ianacone 4:03.49 Jed Smith '97
Marathon	Jim Milton 2:26:27 CIM '91
30K	Jim Milton 1:43.18 Clarksburg '92
Half Mara	Jim Milton 1:10:01 Humboldt '91
10 Miles	Jim Milton 53.31 Woodland 10 '92
10K	Jim Milton 31:08 SJ Mercury News '92
8K/5 Miles	Jim Milton 25.26 Fujitsu 8K '92
5K	Jim Milton 15.12 Davis Turkey Trot '92
Mile	Steva Hall 4:48.48 Fleet Feet Mile '99
1500 mtrs	Jim Milton 4.17
800 mtrs	Daryl Katcher 1:58.45 TAC N 1 Masters '90
400 mtrs	David Kalb 56.22 Hornet Spring Classic '99
200 mtrs	David Kalb 25.28 Cordova A-C Meet '00
100 mtrs	David Kalb 12.50 Cordova A-C Meet '00

## MASTERS, WOMEN, 40-49

6 Days	nrr
48 Hours	Jan Levett 146.5 mi. Gibson Ranch '95
24 Hours	Jan Levett 116 mi. USATF N.C. '92
12 Hours	Jan Levett 68.25 mi. Run for Sight, Sonoma '92
1 Hour	nrr
100 Miles	Jan Levett 19:29:29* USATF N.C. '92
100K	Christine Flaherty 9:26:25 Ruth Anderson 100K '98
50 Miles	Joan Reiss 6:58 Jed Smith '87
50K	Christine Iwashita 3:56:29 Jed Smith '99
Marathon	Sharlet Gilbert 2:43:46 Boston Marathon '94
30K	nrr
Half Mara	Kathy Ward 1:17:37 Las Vegas '97
10 Miles	Kathy Ward 59.56 Cal 10 '96
10K	Kathy Ward 36.36 SJ Mercury News '97
8K/5 Miles	Joan Reiss 31.32 Kathy Ward 17.34
5K	Kathy Ward 17.34 Davis Turkey Trot '95
Mile	Dee Dee Grafius 5:15:55 Fleet Feet Mile '97
1500 mtrs	Kathy Ward 5.01 Masters TM, Los Gatos '95
800 mtrs	Dee Dee Grafius 2:18:07 U.S. Age Group Record
400 mtrs	Dee Dee Grafius 63.13 Cordova A-C Meet '97
200 mtrs	nrr
100 mtrs	nrr

## SENIORS, MEN 50-59

6 Days	nrr
48 Hours	Jeff Hagen 216.4 miles TAMU 48 Texas '99 American Record (pending)
24 Hours	Jeff Hagen 131 miles Pacific Rim Run '98
12 Hours	nrr
1 Hour	nrr
100 Miles	Jeff Hagen 7:59:03* Megan's 24-Hr. Run '95
100K	Eric Ianacone 9:13:28 Ruth Anderson 100K '98

50 Miles	Paul Reese 6:22.25 Eric Ianacone 4:07:29
50K	Jed Smith '99
Marathon	Jim O'Neil 2:35:48 Burlingame '77
30K	nrr
Half Mara	Jim O'Neil 1:17:30* Burlingame '77
10 Miles	Jim O'Neil 55:02 Sacramento 10 Miler '79
10K	Jim O'Neil 33:30 U.S. Masters '76
8K/5 Miles	Jim O'Neil 26.33 Lake Merced Mstrs '76
5K	Jim O'Neil 16.14 U.S. Masters, OR '76
Mile	Greg Jewett 5:06.00 Fleet Feet Capital Mile '00
1500 mtrs	Dan Martin 4:53.1
800 mtrs	Matt Duncan 2:21:27 S. Florida Rnning Clbs '00
400 mtrs	Matt Duncan 62.77 U.S. Masters, OR '00
200 mtrs	nrr
100 mtrs	nrr

## SENIORS, WOMEN 50-59

6 Days	nrr
48 Hours	nrr
24 Hours	nrr
12 Hours	nrr
1 Hour	nrr
100 Miles	Joan Reiss 23:44 Western States '88
100K	Barbara Elia 10:25:06 Helen Klein 100K '95
50 Miles	Joan Reiss 8:35 AR 50
50K	Dee Dee Grafius 4:37 S. CA USATF Chmpships '00 American Record (pending)
Marathon	Barbara Miller 3:06:48 CIM '96
30K	Dee Dee Grafius 2:14:34 Clarksburg '99
Half Mara	Dee Dee Grafius 1:26:19 Bidwell Classic '01
10 Miles	Dee Dee Grafius 1:06 Cal 10 '00
10K	Dee Dee Grafius 40:02 Zoo Zoom '99
8K	Dee Dee Grafius 31:04 Stanford 50+ '01
5K	Dee Dee Grafius 18:58 Davis Stampede '00
Mile	Cynal Calvin 6:26:00 Fleet Feet Mile '96
1500 mtrs	Dee Dee Grafius 4:52 Woody Wilson UCD '99
800 mtrs	Dee Dee Grafius 2:21 Woody Wilson UCD '99
400 mtrs	nrr
200 mtrs	nrr
100 mtrs	nrr

## SUPER SENIORS, MEN 60+

6 Days	nrr
48 Hours	nrr
24 Hours	nrr
12 Hours	George Billingsley 52.78 mi. American Record
1 Hour	nrr
100 Miles	Lee Rhodes 26:17 Western States '94
100K	nrr
50 Miles	Paul Reese 7:16:29 nrr
50K	nrr
Marathon	Paul Reese 3:02:22 Carl Ellsworth 2:05:49
30K	Carl Ellsworth 1:24:48 Clarksburg '91
Half Mara	Carl Ellsworth 1:03:58 Humboldt Redwoods '91
10 Miles	Carl Ellsworth 1:03:58 Buffalo Stampede '91
10K	Carl Ellsworth 38:26 Tandem Up & Running '91
8K/5 Miles	Carl Ellsworth 31:08

5K	Paul Reese 17.53
Mile	Carl Ellsworth 5:44
1500 mtrs	Sonora Mile 5:12 NorCal Masters '93
800 mtrs	Carl Ellsworth 2:34 Cal St. Olympics '93
400 mtrs	nrr
200 mtrs	nrr
100 mtrs	nrr

## SUPER SENIORS, WOMEN 60+

6 Days	Helen Klein 373 miles World Record
48 Hours	Helen Klein 130.48 miles American Best
24 Hours	Helen Klein 109.5 miles Redwood Empire '91 World Record
12 Hours	Helen Klein 60.5 miles American Record
1 Hour	nrr
100 Miles	Helen Klein 23.29.34
100K	Helen Klein 12:09.17 American Record
50 Miles	Helen Klein 9:01:37 Jed Smith '84
50K	Myra Rhodes 4:39.46 Jed Smith '93 American Record
Marathon	Barbara Miller 3:11:57 Boston '00 World Best
30K	Barbara Miller 2:17:10 Clarksburg '99 American Record (pending)
Half Mara	Barbara Miller 1:29:49 Humboldt Redwoods '99 American Record
10 Miles	Barbara Miller 1:08.45 Buffalo Stampede '99 American Record
10K	Barbara Miller 41:37 Pacific Sun '00
8K/5 Miles	Barbara Miller 33:22 50 Plus 8K '00
5K	Barbara Miller 20:12 Zippy 5K '00
Mile	Myra Rhodes 6:41.38 Fleet Feet Mile '96
1500 mtrs	Joan Reiss 6:17*
800 mtrs	nrr
400 mtrs	nrr
200 mtrs	nrr
100 mtrs	nrr

nrr = no record received  
\* time inferred from longer race

Many Chips hold National, North American and World best marks at distances—and in five year age groups—not listed on this page due to space limitations. This page lists only club records for set time events and STANDARD distances on any surface including road, track and trail in each 10-year age division using our best available information. If you know of any errors or better times, please contact Dave Creek.

Revised 3-31-01

# CHIPS RACE CALENDAR

**PA/USATF Grand Prix Races & Points Multipliers: R = Road U = Ultra X = Cross Country**  
**XC points are tentative**

	Sun	Apr	29	Carmel	Big Sur International Marathon/Relay/21M PowerWalk/10.6M	www.bsim.org; 831/625-6226
<b>R 1.0</b>					<b>News Channel 46 5K</b>	www.bsim.org; 831/625-6226
<b>U 2.0</b>	Sat	May	5	Sausalito	<b>MiWok 100K</b>	www.MiWok100k.com/
	Sun	May	6	Wealt	Avenue of the Giants Marathon/2 Person Relay	www.humboldt1.com/~avenue; 707/443-1226
	Sat	May	12	Sacramento	Komen Race For The Cure 5K/1M Fitness Walk	www.sackomen.org; 916/492-6474
<b>U 1.0</b>				San Jose	<b>Mike Popolizio Quick Silver 50K</b>	www.Run100s.com/qs.htm
<b>U 1.6</b>					<b>Mike Popolizio Quick Silver 50M</b>	www.Run100s.com/as.htm
				Auburn	Save-A-Life 5K Fun Run	www.jandysportsproductions.com/page0015.html; 916/505-7725
	Sat	May	19	Cool	Choosing Life Half Marathon/10K/5K	zeln@thegrid.net; 530/622-7271
<b>U 1.0</b>				Sacramento	Run Against Pain 10K/5K	916/734-9063
				Reno, NV	<b>Silver State 50K</b>	www.silverstatestriders.com/50-50/info.htm; 702/324-5310
					Silver State 50M/50K 2-Person Relay	www.silverstatestriders.com/50-50/info.htm; 702/324-5310
	Sun	May	27	Sausalito	Sausalito 5 Miler 5M	www.tompertdesign.com/clients/signmeup/buttons/2buttons.html; 415/339-8220
	Mon	May	28	Boulder, CO	Bolder Boulder 10K	www.bolderboulder.com; 303/444-7223
				Kenfield	Pacific Sun Races 10K	www.tamalparrunners.org; 415/721-3791
<b>R 1.0</b>	Mon	May	28	San Francisco	<b>Zippy 5K</b>	www.hoys.com
					Zippy 5K Walk	www.hoys.com
	Sat	Jun	2	Auburn	Best Run by a Dam Site 50K/Relay	www.run100s.com/best.htm; 530/272-6935
				Aptos	Forest of Nisene Marks Marathon/Half Marathon/5K	www.buffalochips.net/events/nisene.htm; 831/438-0167
	Sun	Jun	3	Fish Camp	Shadow of the Giants 50K	bazhawley@sierratel.com; 949/635-9860
				Nevada City	Gold Country Marathon/Half Marathon/10K/5K	www.active.com
				San Diego	Suzuki Rock 'n' Roll Marathon	www.RnRmarathon.com; 858/450-6510
				Sonoma	Hill The Road Jack 10K/2.2M	www.hilltheroadjack.org; 707/938-8544
	Sat	Jun	9	South Lake Tahoe	De Celle Memorial Lake Tahoe 72M Relay	www.LakeTahoeRelay.com; 530/877-9731
	Sun	Jun	10	Mill Valley	Dipsea 7.1M	www.dipsea.org; 415/331-3550
	Sat	Jun	16	Duluth MN	Grandmas Marathon/Half Marathon	www.grandmamarathon.com/main.html
	Sun	Jun	17	Pleasanton	Pleasanton Spirit Run 10K/5K/Kids Guppy Race	www.pleasantonrotary.org/spirit.htm; 925/462-0518
				San Francisco	DSE Walt Stack Trail 10K	www.dserunners.com; 415/978-0837
<b>R 1.0</b>	Sat	Jun	23	Sacramento	<b>Shriners Capital Challenge 8K</b>	www.rungoldmedal.com; 916/929-4786
<b>U 3.3</b>				Squaw Valley	<b>Western States Endurance Run 100M</b>	www.ws100.com; 916/456-1122
				Stinson Beach	Double Dipsea 13.7M	www.dserunners.com/schedule/double_dipsea_race.htm; 415/978-0837
	Sun	Jul	1	Sacramento	Fleet Feet Capitol Mile	www.rungoldmedal.com/mile.html; 916/929-4786
	Wed	Jul	4	Sacramento	River Run 5M <b>FREE!</b>	www.buffalochips.net/events; 916/492-8966
					Cal Expo Fireworks 5K evening) TENTATIVE	www.rungoldmedal.com; 916/929-4786
	Sun	Jul	8	San Francisco	Chronicle Marathon	www.chroniclemarathon.com/; 415/284-9294
	Sun	Jul	15	Donner Lake	10K Run/2x5K Relay	www.changeofpace.com; 530/757-2012
	Sun	Jul	22	Santa Cruz	Wharf to Wharf 10K	http://www.wharftowharf.com/frame.htm
	Tue	Jul	24	Sacramento	National Junior Olympic Championships	www.pausatf.org/data/YTrkJOTF.html; 916/983-4715
	Sun	Jul	29	Courtland	Delta Pear Fair 10M/5M	PearFair2001@aol.com
<b>U 1.0</b>	Mon	Aug	6	Castro Valley	<b>Skyline 50K</b>	http://www.pausatf.org/data/UMSchedule.html; 510/430-1591
	Sat	Aug	11	Sacramento	Susan B. Anthony 5K Run/Walk (for women only)	clalvarez@home.com; 916/481-2365
	Sat	Aug	18	Sacramento	Blisters for Sisters TENTATIVE	916/448-2951
	Sun	Aug	19	San Diego	America's Finest City Half Marathon/5K	www.afhalf.com/
				Carmichael	Carmichael Classic 10K/5K	www.buffalochips.net/events/carmchal.htm; 916/485-5322
	Sat	Aug	25	Sacramento	Run For The Arts 5K	www.rungoldmeda.com/events.html; 916/929-4786
<b>X 1.0</b>				Santa Cruz	<b>Santa Cruz XC</b>	[new race]www.pausatf.org; 916/444-6816
	Sun	Aug	26	Sacramento	River Run 5K	www.changeofpace.com
<b>U 1.0</b>				Marin Headlands	<b>Golden Gate Headlands 50 K</b>	http://www.pausatf.org/data/UMSchedule.html; 415/389-9606
<b>X 1.0</b>	Sat	Sep	1	Santa Rosa	<b>Empire XC</b>	www.pausatf.org; 916/444-6816
	Mon	Sep	3	Pollack Pines	Run On The Sly 50M/50K/30K	www.runsly.org/; barfishruns@hotmail.com
				Auburn	Canyon Classic 10.45 Run	www.ChristianTeam.org/page16.html
				Davis	Fleet Feet Labor Day 10K/5K	530/758-6453
				Sacramento	Run For Humanity 10K/5K	www.rungoldmedal.com/events.html; 916/929-4786
	Sat	Sep	8	Lake Tahoe	America's Most Beautiful Relay (72M)	www.tahoemtnmilers.org/2001AMBR.htm; 530/542-3424
<b>X 1.0</b>				San Francisco	<b>Golden Gate Park XC</b>	www.pausatf.org; 916/444-6816
	Sun	Sep	9	Sacramento	Buffalo Stampede 10M/5K	clalvarez@home.com; 916/481-2365
	Sat	Sep	15	Crystal Springs	<b>Crystal Springs XC</b>	www.pausatf.org; 916/444-6816
				Sacramento	Chevy's Fresh Mex 12K/5K	www.changeofpace.com; 530/757-2012
<b>U 3.3</b>				Granite Bay	<b>Rio Del Lago 100 Mile Endurance Run</b>	www.run100s.com/r1100.htm; 916/859-0821
<b>U 1.7</b>				Granite Bay	<b>Sierra Nevada 52.6 Mile Endurance Run &amp; Relay</b>	www.Run100s.com/sner.htm; 916/859-0821
<b>X 1.0</b>	Sat	Sep	22	Davis	<b>Davis Open XC</b>	www.pausatf.org; 916/444-6816
	Sat	Sep	29	San Francisco	Provident Relay 199M	http://www.therelay.com/indexmain.html; 650/508-9700
<b>R 3.0</b>	Sun	Sep	30	Paso Robles	<b>Heritage Oaks Banks 10K</b>	www.pausatf.org/data/2001/RRSchedule.html; mnassey@heritageoaksbank.com
				Portland, OR	Portland Marathon	http://www.portlandmarathon.org/

# Buffalo Chips Running Club MEMBERSHIP APPLICATION

or download a form from [www.buffalochips.net](http://www.buffalochips.net)

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

**Membership Qualifications - None!**  
 Beginners, kids, co-ed's, gen-Xers, boomers and older are all equally welcome.

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

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

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

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

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

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
 Birthdate \_\_\_\_\_ Fax # \_\_\_\_\_  
 E-Mail # \_\_\_\_\_



Family Members (family membership only)

1. Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 2. Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 3. Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 4. Name \_\_\_\_\_ Birthdate \_\_\_\_\_

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

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

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

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

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

### CLUB MEMBERSHIP APPLICATION WAIVER

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

Signature/Date \_\_\_\_\_

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

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

# WHAT'S IN HERE ?

	page		page
Award Programs .. 5% Improvement Award .....	6	RRCA Update .....	4
Earned Singlet Program .....	7	Social Events .....	10
Racing Singlet Award .....	6	State of the Herd .....	2
Team Incentive Program .....	6	Stories & Photos... American River 50 .....	19
Board Minutes .....	28	Boston Marathon .....	17
Book Review .....	18	Ed Reilly Departs for Yonkers .....	18
Mind-Body Fitness .....	18	Falling Down .....	16
Bunions & Endorphins .....	18	John Clark 1942-2001 .....	20
Club Records .....	29	Peak Experience .....	21
Dear Buffy .....	11	Romancing the Chip (ette) .....	10
Editor's Droppings .....	3	Roots of a World Class Runner .....	12
Meet the Herd .....	22	Good Deeds .....	12
Greg Jewett .....	22	Another View .....	13
Sandy Womack .....	23	Vive La Spring! .....	21
Membership Application .....	31	Slow Mover's Reflections .....	5
New Age Group Chips .....	25	Winning .....	15
New Chips .....	27	Training .....	14
PA/USATF News .....	4	Running on Fast Food? .....	15
Race Calendar .....	30	Summer Training .....	16
Race Results .....	24	Xtreme Training .....	8
Race Walking News .....	5	Young Runner's Society .....	8



## RRCA 2000 Newsletter of the Year



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

Nonprofit  
Organization  
U.S. Postage  
**PAID**  
Permit No. 25  
Auburn, Ca 95603

Address Service Requested



The

# Buffalo Enquirer

Summer 2001 #154



## Board of Directors

### High Dunger

John Hancock  
209.952.2521  
John\_Hancock@dot.ca.gov

### Vice High Dunger & Outreach

Mike Grassinger  
916.482.1254  
mikeg@comcastnet.com

### Buckaroo

Pa Adams  
916.481.3983  
poruns24@aol.com

### Bison Scribe & Social Coordinator

Alene Antelman  
916.978.7925  
leaners@cwnet.com

### Awards

Virginia Hawes  
916.485.9566  
vhawpc@telocity.com

### Equipment

Greg Soderlund  
916.929.7858  
soderlundultras@msn.com

### Historian

Abe Underwood  
916.638.3900  
ajjuliek@aol.com

### Mailings

Ron Peck  
916.344.1376  
no email address

### Major Sponsor Outreach

Fred Kaiser  
916.486.1882  
fredkailow@aol.com

### Membership

Harry Criswell  
916.383.5513  
naryc@technologist.co

### Race & Fitness Walkers & Lobbyist

Sharon Norris  
916.383.1420  
x2ski@hotmail.com

### Safety Coordinator

Eric Bean  
916.681.4327  
eezontrees@aol.com

### Training Director & Web Site Liaison

George Parrott  
916.488.6580  
gparrott@csus.edu

### Volunteer Coordinator

Joe McCladdie  
916.331.1840  
mccladdi@pacbell.net

### Youth Coordinator

Ken Briscoe  
916.456.9265  
kenbriscoe@yahoo.com

## STATE OF THE HERD

Greetings, Mighty Chips.

With the demise of our favorite sandwich shop, the Lunch Connection, it was time to find a new Tuesday night workout site. Over the past few years our Tuesday night herd has migrated many times, from the popular American River Drive to the Cal Expo parking lot to the Lunch Connection. No location is perfect and, on a 105° day in July, Commerce Circle leaves much to be desired. But the 1-1/4 mile circle, with very light traffic and ample parking, is pretty much all we can ask for when looking for a spot for a hundred runners to do an interval workout.

We were given little notice of the closing of the Lunch Connection and, with the weather heating up, we had to think fast to find a place. The ideas were flying (with my personal favorite being a short section of the Tahoe rim trail). Our workout coordinator, George Parrott, while running slowly in the area, had noticed that there was a Boy Scout office near the half mile mark. As a result of a successful negotiation over the rent, we were fortunate to have to migrate only a short distance. We still have ample parking, a good loop course to run around, a bathroom and water to use, and a little more shade for our staging ground. Now all we need to do is figure out how to do the warm up without running too far. And many thanks to Eric Bean, our club safety coordinator, for getting water coolers for these hot evening workouts. (Anyone interested in helping out with the refreshment coordination please talk to Eric at the Tuesday night workout.)

Now with the summer in full swing there are lots of races to choose from. With the leadership of Rich Hanna the club returned this year to help sponsor the 4th of July Run, and it was a huge success. The club will also be sponsoring our traditional Susan B. Anthony 5K and Buffalo Stampede 10 Mile runs under the leadership of new race coordinator Cheri Alvarez. The club is also helping out with a new race this year, the Monarchs Run on July 29th at Arco Arena. Sharon Norris, veteran skier but new to race directing, has done a great job of coordinating this event.

The team racing will be fun this fall with the Pacific Association cross country series playing a big part. Cary Craig, Carol Parise and Eric Bernsen will be coordinating this effort. Eric, who is new to the area and our club, was able to motivate a few of the open men's runners to show up and make a complete team for the Shriner's 8K in June. As my previous State of the Herd mentioned, these open men's runners are in the club; they just have to show up for the races. The Bay Area clubs better watch out now that we have some motivated open runners!

The summer is also the season of social events. We will again have a summer social after the Susan B. Anthony run. There will be free food and games in the park for all club members. This was an outstanding event last year and it will be great to keep it as a tradition. There is also the travel to parties, gatherings, weddings, runs, and mountain climbs with the members of the herd. So if you are thinking that there just isn't enough to do this summer take a look at our web site, get out to the workouts and races, be a volunteer, and get to know your fellow Chips.

And congratulations and good luck to our Chips Jen Pfeiffer and Rich Hanna who have qualified to run for the U.S. team in the (way too long) world 100K championships in France.

It is great to see all of the new people getting involved in the workouts, team racing, volunteering, race directing, and newsletter editing. These are the Chips who are taking advantage of all that the club has to offer. Thanks to everyone who makes this club great.

  
John Hancock

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

**Buffalo Chips hotline**  
916.481.3653

**Buffalo Chips mailing address**  
BCRC, P.O. Box 19908  
Sacramento, CA 95819-0908

**Buffalo Chips web page**  
[www.buffalochips.net](http://www.buffalochips.net)



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



**PA/USATF web page**  
[www.pausatf.org](http://www.pausatf.org)

**Buffalo Chips Running Club:**  
PA/USATF Club #104

**RRCA web page**  
[www.rrca.org](http://www.rrca.org)

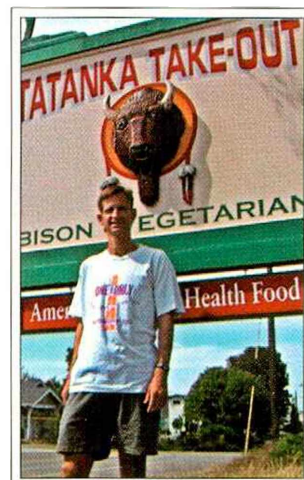


photo from John Hancock

# EDITOR'S DROPPINGS

Hi Chips-

I couldn't resist, this being my last issue as editor, trying something that many of us have wanted for a long time—a full-color cover. Of course, it cost a good deal more, but there was enough money in the budget for one issue. What do you think?

I had a *very* difficult time deciding which picture to put on the cover. The result is that there are two covers—sort of. Look at page 31 for the "other cover."

Good news! Something that never has happened. Several people were interested in taking over the editorship of this august publication; so there was a "race" for the position! And the winners—yes there's more than one—are Cary Bertoncini, the new editor, and Nancy Mitchum, the associate editor. Since both Cary and Nancy work for a living instead of lazing around like the current editor, they decided to double-team the job.

Cary has written articles for the last two Enquirers, has been an English teacher, is very computer savvy, works at the J Street Fleet Feet, and has refused to give me more than the standard Chips Fleet Feet discount despite my generosity in recommending him for his new job. He was away from running for several years, and has just started running marathons. His second one was Boston this year!

Nancy's bubbly enthusiasm about the editor job is, I think, characteristic of the way she approaches all sorts of challenges. She has been running for only three and a half years. That's why she has only completed only 36 marathons in the past 36 months! Yes, 36! (She says that she "...ran some, walked some and race-walked some...") When she's not marathoning she volunteers at a dozen or more races per year. So she'll have plenty of time left over to edit the Enquirer...

I am, of course, delighted to have snagged these two to take over from me. I'm sure that they'll bring a lot of fresh ideas to the Enquirer so that you'll continue to wait anxiously by your mailbox for the next edition. You can find out more about them by reading their "Meet the Herd" bios on pages 16 & 17.

Their email addresses and telephone numbers, in case you want to get started early:

Cary: cbert@omsoft.com (916) 448-2011

Nancy: firstwave@sofcom.net (916) 691-2260

One of the great parts of this editor job has been, for me, to meet and get to know so many of you Chips, and I know I'll miss that regular contact. So I'll be looking at other "Chip" ways to spend time with you.

*Dave*

**On the Cover:**  
Western States Endurance Run  
Laura Kulsik, with only 96 miles to go!

and

**On the "Other Cover," page 31**  
Western States Endurance Run  
Jen Pfeiffer, in Foresthill, the 62-mile point

photos by Joe McCladdie

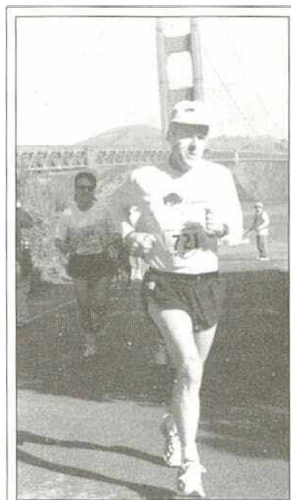


photo by Gene Cahn

## The Buffalo Enquirer

#154 Summer 2001

The Buffalo Enquirer is the official newsletter of The Buffalo Chips Running Club of Sacramento. Everyone is welcome to contribute to the newsletter.

**THE DEADLINE FOR THE NEXT ISSUE IS MONDAY, SEPT. 24TH**

### Editor

Dave Creek

2751 Sunrise Drive

Meadow Vista, CA 95722

530.878.1487

creek@jps.net

### Contributors

Po Adams  
Alene Antelman  
Cary Bertoncini  
Jerry Bloom  
Ken Briscoe  
Gene Cahn  
Cynci Calvin  
Jonathan Casner  
Mary Coordt  
Harry Criswell  
Kiti Flynn  
Renda Gale  
Mike Grassinger  
John Hancock  
Eric Ianacone  
Wil King  
Bully Lowe  
Joe McCladdie  
Nancy Mitchum  
Lee Rhodes  
Myra Rhodes  
Michael Selman  
Mimi Veiga



### Race Coordinators

#### Mud Run

Vacant  
Would you like the job?

#### Jed Smith Classic

Ron Peck  
916 344 1376  
no email address

#### Susan B. Anthony 5K

&  
Buffalo Stampede  
Chari Alvarez  
916 929 3042  
calvarez@hhsdc.ca.gov

### Liaisons

#### Pacific Association / USATF

Cynci Calvin  
530.823.2661  
ccrun@psyber.com

#### RRCA

Po Adams  
916.481.3983  
poruns24@aol.com

#### CIM

Cynci Calvin  
530.823.2661  
ccrun@psyber.com

### Chips General Store

Myra Rhodes  
916.482.8528  
leenmyra@aol.com

### Team Incentive Program

Cynci Calvin  
530.823.2661  
ccrun@psyber.com

### Web Site Coordinators

Luis Alvarez  
916.481.2365  
luis.alvarez@intel.com  
George Parratt  
916.488.6580  
gparratt@csu.edu

# PA/USATF NEWS



by Cyncl Calvin, PA/USATF Buffalo Chips Liaison

[WWW.PAUSATF.ORG](http://WWW.PAUSATF.ORG)

for standings, results, schedules, on-line registration, and much, much MORE!

Buffalo Chips  
PA/USATF  
Club Number was, is,  
and always will be:  
**#104**

## Ultra and Road Grand Prix

The 2000-2001 Ultra Grand Prix and the 2001 Road Grand Prix are winding down. Ultra has eight events left (out of the 23 of this mega-ultra circuit that began in August of 2000) and Roads have five remaining. The Ultra Grand Prix will begin anew in January, this time on a January to December schedule and you can bet that the powers that be are putting that schedule together as you read this. Data for both circuits are continually being updated so please check out [www.pausatf.org](http://www.pausatf.org) to see the most recent individual and team standings. One thing I know for sure: the Chips are definitely a presence! Here's a reminder to all: the Road Grand Prix has its biggest point value events coming up and two of them are local: Clarksburg and CIM. So let's be sure you are registered with PA/USATF and let's get solid teams together to finish the season strong!

## Cross Country Time!

Enjoy the spirit of team racing more than ever during the cross country season! The Pacific Association's Cross Country Grand Prix is the best in the country and for good reason. This year there will be 10 events—beginning August 25 and ending on November 18—short and sweet (sort of like the events...). Our teams are a great way to renew friendships and make new ones; the races are small and the spectating is great. They are all listed on the Chips Race Schedule on page 30, and a very detailed calendar is also available on the PA's web site. If you are interested in participating the best thing to do is contact one of our team captains to let them know. Introduce

yourself if they haven't met you and tell them what events you are planning to run. This helps them to organize the teams, encourage some carpooling, and keeps us cohesive—and that's a big part of the fun. But if you decide to run a XC event on the spur of the moment, that's OK, too! Just be sure you have registered with the Pacific Association, wear Chip identifiable clothing of some sort, let the Chips at the event know you are indeed one of them, and have fun. Always remember that speed is not a requirement to participate, but don't be surprised if you see your running times improve as the season progresses. XC is wonderful training.

Carol Parise (women 14 to 39) (916) 484-0116; ccpp@jps.net  
Cory Craig (women 40 & over): (530) 752-6898; ccraig@ucdavis.edu  
Eric Berntsen (men 18-39): (916) 399-5539; ekberntsen@ix.netcom.com  
George Parrott (men 40 & over) (916) 488-6580 gparrott@home.com

## National Junior Olympic Track & Field Championships

The Pacific Association spent several years planning this national championship event held in Sacramento July 24-29—bid preparation, bid presentation, and dealing with the myriad of details required to make it happen once the bid was accepted (very similar to what was required to get the Olympic Trials here). Over 4,000 potential future Olympians from all over the U.S. participated including a solid contingent of our own Youth Chips. Numerous Buffalo Chip volunteers were also present. Highlights will be published in the next issue of the Buffalo Enquirer.

# ROAD RUNNER'S CLUB OF AMERICA NEWS



## RRCA UPDATE Summer 2001

by Po Adams

Buffalo Chips Liaison

RRCA Western Region Director

One more time. Yes, this was the fifth time I attended an RRCA National Convention. Colorado Springs CO, Peoria IL, Spokane WA, Peachtree City GA and this year Albuquerque New Mexico. For some years we have been rotating from east to west and in between, so as to visit and learn how other running clubs operate all over America.

It seems like each year the convention improves. Or it could be that as we acquaint ourselves with more running strangers, the networking improves, and the learning curve never seems to flatten out.

Albuquerque went all out for us. We stayed at the Sheraton in Old Town, close to all the little shops and restaurants, that could be visited in the spare time. The Board Reception was held at the Albuquerque Aquarium. There was great fun and conversation with the sharks and fish swimming around

in the beautiful darkened building. A great way to meet old and new friends.

The next day was down to business meetings. I was pleased to have about 25 attendees at my Western Region Meeting where we discussed the big subject of convention rotation, children's running, RRCA Championships and how to get and keep volunteers. The Work Shops were on many different subject from newsletters, insurance, children, women, seniors running, volunteering and the State Reps had their own big meeting to discuss their problems. The State Rep Lunch was fun as usual and much competition between the states and regions.

The Adventure Luncheon with Bart Yasso of *Runners World* (and spouse of Laura Kulsik) was hilarious as usual. The Business Meeting was held, voting on subjects of insurance costs and rotating

convention, and new amendments. And, oh, I was reelected for two more years. That evening, we had the Annual Awards Reception and Banquet, where Henley Gabeau read Dave Creek's amusing thank you, for being honored as the Editor of the Outstanding RRCA Large Newsletter. Cyncl Calvin and Joe McCladdie were there to receive Dave's Award, and represent the Buffalo Chips.

There were daily morning runs through Old Town along the Colorado River and, on Saturday, a morning Burrito Breakfast Run on the high mesa outside of Albuquerque. We went early and saw the sunrise at 6:30, looking down from the mesa overlooking Albuquerque. The air was cold, clean and sharp which gave us an appetite for our Burrito Breakfast afterwards. Of course the Run for the Zoo, 5 and 10K was held on Sunday for 7000 runners and walkers. A nice breathless climax to the weekend for Sacramento Valley folks.

By Joe McCladdie

I had the great pleasure of attending the RRCA 2001 National Convention which was held in Albuquerque, New Mexico from the 2nd through the 6th of May. I was there to represent the



photo by Joe McCladdie

*Nancy Hobbs and Cynci Calvin manning the CIM booth*

Buffalo Chips and, along with Cynci Calvin, to pick up the Jerry Little Memorial Journalism Award for Outstanding Large Club Newsletters. (Our esteemed editor, Dave Creek, had promised his wife a trip to Italy and was unable to attend. Sorry Dave!)

Other Chips attending the conference were Po Adams, RRCA Western Region Director, Norm Haines RRCA Southern California Representative, and Bert Yasso our adopted Chip from *Runner's World Magazine* and husband to our own ultra runner, Laura Kulsik-Yasso.

The convention was held in the Sheraton Inn, located in Albuquerque's Old Town. The Old Town retains its Spanish heritage, a central plaza of colorful flowers, an adobe style church, administra-

tion buildings, homes with hidden patios and gardens and many shops and galleries with a large selection of Southwest art and jewelry. On our first day Po Adams and I enjoyed a shopping and sightseeing tour of the area. We were fortunate to meet and have lunch with Henley Gabeau, Executive Director of the RRCA at one of the outdoor patio restaurants.

The convention was hosted by the Albuquerque Road Runners Club, who did a marvelous job of providing entertainment and running opportunities for attendees. They scheduled a run for each morning to start the day. The course was on their bike trail, which parallels the Rio Grande and has views of the Sandia Mountains (with a 10,678 ft. peak) to the east.

Early Saturday morning the ARR hosted a Breakfast Burrito Run on the West Mesa at the Petroglyph National Park. The West Mesa is a winding 17 mile long line of lava escarpment and five volcanic cones. There are more than 15,000 petroglyphs (images pecked or scratched into the rock). Most of them were created between AD 1300 and 1600; some could be as much as 2000 to 3000 years old, well before the Spanish colonial period.

We came here for a five-mile run along this lava line as the sun was slowly announcing daybreak, while looking down on the sleeping city of Albuquerque below. It was a great run and the huge number of attendees at the restaurant for the Burrito Breakfast provided an excellent opportunity to bond with other runners and officials from all over the country. (The RRCA boasts 675 clubs, 190,000 members and over 1,800,000 race participants.)

We spent the rest of the day attending workshops. Building Better Websites for Race Clubs was a must attend. But the workshop that benefited me the most was Creating an Efficient Team of Volunteers, since my position as the Chip's Board volunteer coordinator. I learned ways to better reward all the club's volunteers who so faithfully

give of their time and efforts to support the club.

There were many convention highlights:

- The Bert Yasso Adventure Lunch, in which Bert showed slides from his races in the most unusual places around the world.
- The Meet the Board Reception held at the local aquarium; this social gathering was treated to the peaceful sight of a large variety of fish.
- The Reception and Awards Banquet which closed out the convention with a cocktail reception and the Awards Presentation. I had been told in advance by Henley Gabeau that "Dave's acceptance letter for the Outstanding Large Club Newsletter Award honored Cynci for the help she had given him." So, while photographing Cynci accepting the plaque, I was surprised and pleased that Dave, in his acceptance, was also very generous in his compliments for my photographs. Thanks, Dave.

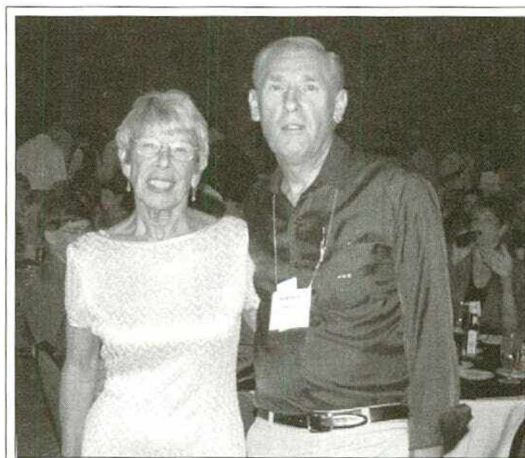


photo by Joe McCladdie

*Po Adams and Norm Klein*

On Sunday, our final day in Albuquerque, the ARR had arranged for the RRCA convention attendees to take part in their annual Run for the Zoo 10K and 5K races. By this time we had formed many new friendships. One of those was Dr. Ruth Heindrich is a six-time Ironman Triathlon finisher who has completed 67 marathons and earned over 800 first place race trophies in road races and triathlons all over the world. She is the author of "A Race For Life" and "The Race For Life Cookbook." And Ruth is a cancer survivor.

An excellent convention! The Albuquerque Road Runners did a fine job of welcoming us to their beautiful city and the RRCA conducted an informative and interesting business convention. I strongly recommend that the Buffalo Chips send as many representatives as possible to the next convention. Attending a RRCA convention is a wonderful way to take a "runner's vacation."

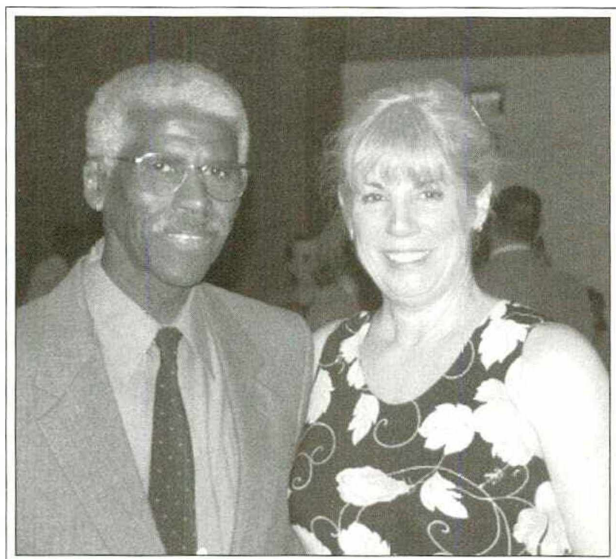


photo from Joe McCladdie

*Joe with Henley Gabeau, RRCA Executive Director*

# AWARD PROGRAM NEWS

## AWARD RECIPIENTS

from Virginia Hawes

**5% Improvement Award:** If your new PR in a race at any distance is 5% (or more) faster than your previous race PR at that distance, you earn a Buffalo Chips T-shirt (red or purple as long as the sizes hold out) and you can win this award once a year. Contact the Award Chairperson Virginia Hawes to report your new PR, your old PR, and what size shirt you wear.

5% Improvement awards were recently awarded to **Steve Bond** and **Shalako Wengronowitz**.

**Earned Racing Singlet Award:** See page 7 of the '01 Buffalo Enquirer Spring issue or the inside back cover of the 2001 Buffalo Bible for a full description of the rules and the standard times for each distance in your age group. We need published results to document this one, and you can win this award once every two years. The following Chips have recently received their Earned Racing Singlet award:

**Bruce Aldrich, Barbara Ashe, Eric Berntse, Doug Braasch, Tom Carras, Greta Carriger, Dave Creek, Dennis Early, Mike Grassinger, Helen Hull, Tony Johnson, Karen Kelley-Day, Wayne Miles, Barbara Miller, Brendan O'Neill, and Ernie Takahashi.**

**CONGRATULATIONS!**

## Steve Bond— On a Roll!

by Cynci Calvin

Steve is a Grass Valley Chip, who, in spite of living in the ultra-mecca foothills, sticks with short distance racing. He is a post-collegiate runner who returned to running after a many-year hiatus due to injuries and work. Steve turned 40 in May of 1996 and has been carefully tracking his times ever since. In spite of parenting duties, work, several illnesses, and a broken arm sustained from a fall during a training run, Steve stuck with his program. When I asked him at the Fleet Feet Capitol Mile to what he could attribute his recent improvement he said "consistency!" He added that a weight training conditioning program has also helped. Steve proudly wears his Chip singlet at all events and has regularly scored on our Chips Men's Masters team. Congratulations, Steve, on this fine string of performances and your award of a Chips 5% Improvement Singlet!



*Steve Bond after a 9-second PR at the Fleet Feet Capitol Mile.*

photo by Cynci Calvin

**Resurrection Run 5K** (4/7/01)—18:39, his Master's PR

**Race For the Cure 5K** (May 12)—19:07; he ran 19:54 at the same event last year!

**Run Against Pain 5K** (May 19)—19:04.6

**Gold Country 5K** (June 3)—19:50, a very hilly course. Steve won the event, his first win in 23 years. He ran it 56 seconds faster than last year and set a Master's course record by 38 seconds!

**Friday Night 5K Race Series** (6/8)—18:51.4  
**Shriners 8K** (6/23)—31:13; a 6:16 per mile pace - a faster per mile pace for 5 miles than he ran for a 5K last year.

**1600m at Auburn All comers** (6/27)—5:38, a 9 second Masters PR.

**3200m at Auburn All comers** (6/27)—12:04 a 10 second Masters PR! and a total of a 63-second improvement for a 1600m/3200m double run last year.

**Fleet Feet Capitol Mile** (7/1)—5:28.15 a 9-second master's PR. 2:40 vs. 2:42 negative split which was also his best Master's half mile time.

## Chip TIP (Team Incentive Program) 2001



The 2001 Chip Team Incentive Program, started last year to promote Chip camaraderie and visibility, began on January 1, 2001 and will end on December 31, 2001. The rules of the program and for events that qualify for points toward receiving a Chip Team Racing jacket or a pair of matching wind pants are in the Buffalo Bible and posted on the Chip web site. A partial list of qualifying events is below (more info about them is on the race calendar). When you have participated in a total of eight road, XC or ultra team events or a total of five ultra team events send the list to Cynci Calvin, ccrun@psyber.com, 530/888-8158, 9810 Stonyridge Rd., Auburn, CA 95603. Feel free to contact her with questions or for additional information.



**Events to date include** but are not necessarily limited to:

Cal 10	Big Sur Marathon Relay (all-Chip teams only)
Jed Smith 50K	Mi Wok 100K
50-Plus 8K	Quicksilver 50-Miler & 50K
Way Too Cool 50K	Silver State 50K
Houlihan's 12K	Hoy's Zippy 5K
American River 50-Miler	Shriners' 8K
Ruth Anderson 100K	Western States 100-Miler
Boston Marathon (all-Chip teams only)	Fleet Feet Capitol Mile
Compaq 10K	San Francisco Marathon Relay (all-Chip teams only)
Big Sur 5K	

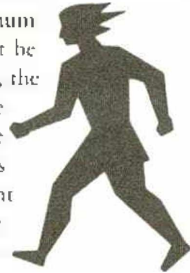
**Events ahead include** but are not necessarily limited to:

Skyline 50K	8/ 5	Shoreline Open XC	10/27
Santa Cruz XC	8/25	Heritage Banks 12K	10/30
GG Headlads 50K	8/25	Firetrails 50K	10/13
Empire XC	9/ 1	Sri Chinmoy 24-Hr.	10/27
GG Park XC	9/ 8	Tamalpa Challenge	11/ 3
Rio Del Lago 100-M	9/15	Helen Klein 50-M	11/10
Sierra Nevada 52.4-M	9/15	Clarksburg 30K	11/11
Crystal Springs XC	9/15	PA XC Champs.	11/18
UC Davis XC	9/22	Quad Dipsea	11/24
Presidio XC	10/ 6	Cal International Marathon	12/ 2
Sierra College XC	10/13	U.S. Bank Marathon Relay (all-Chip teams only)	12/ 2
Humboldt 1/2 Marathon	10/21		
Lake Natoma 1/2 Marathon Relay (all-Chip teams only)	10/21	Christmas Relays	12/ 9

## Race Walking From A New Perspective

As athletes we all know that it is important to do what we can as individuals to give something back to the sports we participate in and enjoy. That may mean helping with a fund-raiser for the team, making phone calls for an upcoming event, volunteering at a road race or, for me, becoming a race walk judge. The initial stages of this process have already given me a new appreciation of the job race walk judges do each time there is a judged race walk event.

There are several things to know about judging a race walk. According to USA T&F rules there must be a minimum number of judges for each race walk. Each judge must be certified and, in order for any official records to be set, the required number of certified judges must be present. The judge's job during a race is to determine whether the race walkers are abiding by the sport's two rules: upon the foot's contact with the ground, the racer's knee must be straight until it passes under the body and one foot must be on the ground at all times. Both of these things must be observable with the human eye.



Sounds easy enough, doesn't it? Well, after acting as an apprentice judge for two recent race walks, I can tell you it is anything but easy! Granted, the really blatant bent knees are easy to spot. It is the "soft" knees or the one knee straight or the side you're watching and the one on the other side not straight that are hard for the novice judge like me to spot. I am anticipating that after I have watched a few thousand knees go past, I will be able to better spot the ones that were not in accordance with the rules.

The other race walking rule breaker is "lifting." In this case, a racer does not have one foot on the ground at all times. This, in fact, means that both feet are off the ground for a split second. During this time, a judge's human eye must be able to observe this. I personally live for the day that I go fast enough to get a lifting call in a race because you have to be going at a pretty darn good pace to even get close to having both feet off the ground.

As an apprentice judge, I have so far had the opportunity to look over the shoulders of experienced judges during races and pick their brains for exactly what to watch for. This mentoring process is extremely valuable to me as a novice judge, as it is to anyone in a sport who is advised by athletes more experienced. I am beginning to learn which judges like me to hold questions until after the racers pass and which ones can think out loud so I know what's going on in their heads and in their observations.

My training process will include many more stints as an apprentice judge at races. This means I will judge racers, but none of my warnings or disqualifications will have any bearing on the outcome of races. I will soon take a written test on USA T&F rules for a number of track and field events (I've heard it's open-book, so I won't stress the fact that I have no clue about high jumping or pole vaulting or hurdles). Eventually I will attend a judge's clinic held by USA T&F. Somewhere down the line, I will become a certified race walk judge (the third member of the Buffalo Chips to be certified).

Why go through all these hoops? The answer for me is simple: to help keep a sport I am involved in going. Without judges, our event, which is a technique-based event, cannot occur. It took me well over 30 years to find something I enjoyed doing athletically and, while I will never set any records as a race walker (except maybe in the 95-100 age group), race walking is something I see myself pursuing for many years to come. My involvement as a volunteer and eventually a judge will help to insure that if my daughters decide 30 years from now that they want to race walk, there will be places for them to learn and events for them to participate in.

## Chips Race Walk News

- The Chips Race Walk group continues to meet on Saturday mornings in front of the weight room at the Sac State track for a speed workout session. Our group has recently been joined by a number of legal race walkers from Sierra Racewalkers. Coach Ann Gerhardt instructs in legal race walk technique and keeps us all on our toes with intervals. Call Sharon Norris (916-383-1420) for more info on the Race Walk group.
- New this year will be an 800 meter Race Walk (unjudged) at the annual Auburn A1-Comers Meets on July 11 and July 25th sponsored by the Auburn Gold Country Rotary Club. Chips member Therese Iknioian will oversee the race walk. Call Ted Moore (530-878-7076) for more information. Meets begin at 5:45 with the race walk.
- Buffalo Chips Race Walk is in the process of scheduling a race walk event for the Pacific Association's 2002 calendar. More information as the calendar for next year develops. Chip volunteers will be needed to help with the race.
- Due to limited space in the last issue of the *Enquirer*, the names of volunteers who gave their time and talent to the Race Walk in the Park 15K race held in April were not included. *Now*, due to computer glitches, I cannot find the list of all their names! My sincerest apologies and my immense thanks to all the volunteers who counted laps, manned the aid station, judged, registered, rode in disqualifications, and did all the things that needed to be done that day to make the event an overwhelming success! The race was highly rated by members of the Pacific Association who raced, judged or attended. Thank you all!

## BUFFALO CHIPS RUNNING CLUB CLOTHING OUTFITTERS

MYRA RHODES, MANAGER  
LEE RHODES, STOCK BOY

	\$
Coolmax Singlet	20
Coolmax Trail Shirt	20
Short Sleeve Coolmax Shirt	20
Long Sleeve Coolmax Shirt	23
Buffalo Butt Shorts	20
Long Distance Trail Shorts	25
Pin	3
Buffalo Chips Cap	10
Sweatshirt - Crew Neck	20
Sweatshirt - Hooded	25
Safety Vest	call
Buffalo Chips Cotton T-Shirt	10
License Plate Frame	3
Decal	1
Tatoos (3)	1

# YOU JUST NEVER KNOW! — A Western States Chronicle

by Renda Gail

This was going to be the year! After a 29:44 finish in 2000 I had made up my mind that I would get in shape, try to be drawn in the lottery, and then do this right!



Renda (#16) on her way out of Squaw Valley photo by Joe McClardie

I had a few setbacks, but by Memorial Day weekend, the training weekend of all training weekends, I felt I had a shot at improving my finish time. I was not planning on a great feat; it was just that, having heard the cut-off horns at every aid station in 2000, I wanted to get down the trail without that experience again. This would mean just a small thirty-minute improvement. It sounded do-able.

Saturday morning at 3:30 a.m. I pick up my race number and then return to my room for breakfast. This way I can get a feel for the weather. I have never been in Squaw Valley when it was so warm that early in the morning. It is going to be a great day!

At 5:00 a.m. the shotgun goes off and the race begins. In the dark it is hard to know who is in front of or behind me and I am concerned not only about going out too fast, but especially about going too slow. I had hoped to hang with a couple of my friends, Joan Scannel and Bobbie Little, who are more experienced at setting a pace. Last year I had been very slow—the 342nd person going up over the escarpment and over to Lyons Ridge—and I want to start this year a little more aggressively. As we reach the escarpment I find myself on course with Joan and Bobbie. This is a good sign, as they are both great runners. My confidence holds.

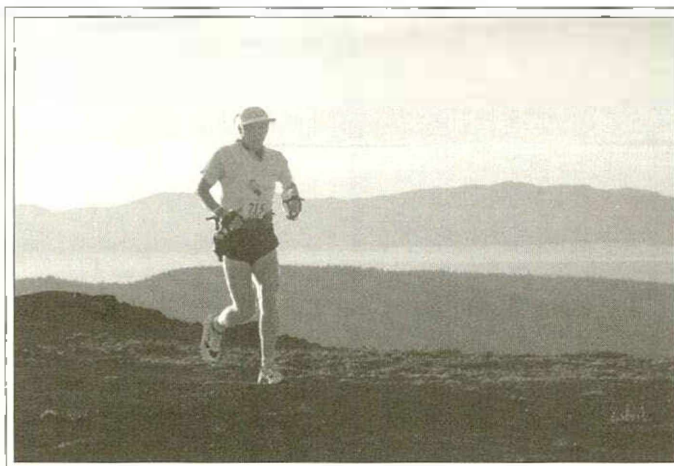
The trip across Lyons Ridge to Duncan Canyon, the 24-mile marker, is a challenge. The wind picks up, creating dust clouds. It is also cooler than I had expected and I am starting to experience a wave of chills on occasion, along with a runny nose. I'm not sure whether I am catching a cold or that the dust is creating havoc with my lungs and sinuses. Another challenge! Still, I make it through the Duncan Canyon aid station without hearing the horn blow.

I'm looking forward to seeing my brother Les at Robinson Flat, the 30-mile marker. My brother has

always been on my crew and throughout last year's run he had told me I would have to finish because it was his last year crewing. But here he is again, taking care of me! He has cold chicken soup and a can of tomato juice waiting for me. While Les is feeding me his wife Becky is reloading my pack. An exercise they will be repeating over and over during the next 20-plus hours.

The next goal...to make it to Michigan Bluff before dark. And I do! It is tough, some ups and downs, but pretty much a good steady run. Now I am miles ahead of my longest training run! Confidence and high hopes have carried me this far, and I'm thrilled to be in Michigan Bluff on my way to Foresthill before dark.

The sun drops quickly, and it is dark as I cross Volcano Creek and start the climb to the Bath Road aid station. Still not sleepy! Last year I wanted to lie down in the trail and sleep. This year, it's a fun run down to the creek and now I'm in a steady climb to Bath Road, looking forward to Foresthill. This is where I finally get to see my other supporters. The folks that have signed on to crew me. I know that



Eric Linauone enjoying the sunrise

photo by Joe McClardie

my friend Lisa Downey will have a smoothie waiting for me. "Peach or strawberry? What is your pleasure?" At this point, I cannot tell the difference. Oh-oh, bad sign.

OK! I must be in good shape. I am in Foresthill earlier than ever and my weight is the same as my start weight, whereas last year I was up 10 pounds. But my feet hurt! And, I am tired! And nothing tastes good. Judy Shipman is waiting for me with a shirt. I am cold and glad to have it. It seems cold all day, but maybe I am just not coherent. No time to think about it. Mike Baum is waiting to take me down the Cal Street Trail. It is time and it will be

a few hours before I get to see the crew again!

I will see Les and Becky on the near side of the river at Rucky Chucky and Judy will be driving Lisa and Mike's relief pacer Ron Adams around the canyon to the Greengate to meet me. It truly is a team effort to get me to the finish.

What a beautiful night! The stars are shining, and somehow Mike keeps me moving. I am amazed at how easily we seem to move down the trail. Running in the dark is a pleasure—maybe because we don't see what is up ahead, and maybe because we are not really running. I think I must be ahead of last year. No horns, but I am getting nauseous. Mike is wonderful; he gives me just enough time to throw up before getting me to run again. We make it to Cal 1 and I get some food in me, drink up and move on. Sick again and the whole routine is repeated, but we make it to Cal 2. Now, to make it to the river. I arrive at the river before the horn blowers, making my way over slippery rocks through the black rolling water, holding onto the cable. It is such a rush to step out into the water, the volunteers steadying the cable...like a new day! I feel like it is still possible to beat my last year time. Little do I realize I am about to fall apart.

You just never know what spurs you on. I remember all the advice and stories I have heard over the years, but my wheels are falling off. As I

start up to the Greengate aid station my new pacer, Ron Adams, along with Judy and Lisa, join me for the climb. I am slowing considerably. I'm still hoping to pick up the pace later, but I am so sleepy.

Leaving Greengate: it is downhill now. Ron is trying his best to get me to move. My feet hurt and I can't stop peeing! Stop-start, stop-start. I am sure Ron is getting frustrated with me. I feel bad. I just can't seem to get moving. We run a little and walk a

lot with the stops. Lots of stops! But we are getting closer.

I am trying to calculate the time after seeing the mile markers. How long do I have? Is it still possible? I can't figure it out—non-functioning brain. Ron is talking to me, but I can't understand what he is saying and I can't answer him; I just keep trying to move, to catch Ron. And then I hear it—the horn! Is that the 3-blast warning? No, it's the single blast cut-off. No, maybe I didn't hear that right! Maybe I don't remember the order correctly.

It was the cut-off horn.

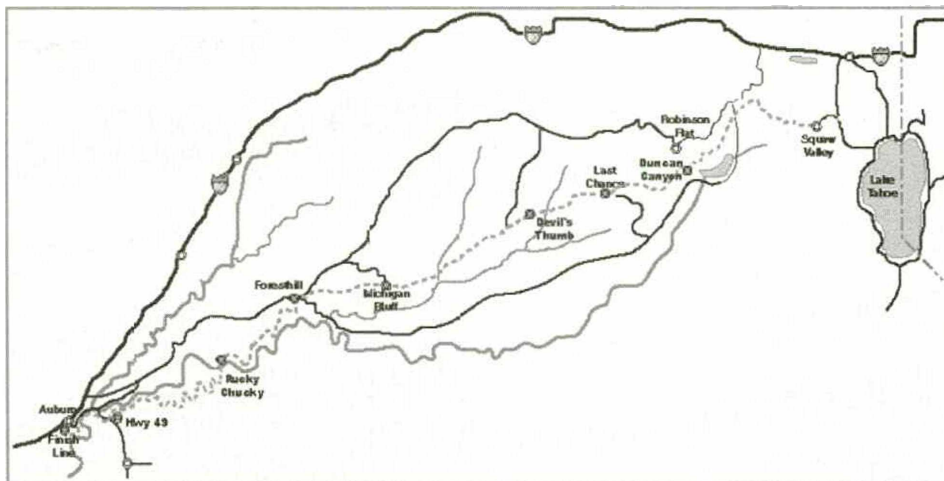
*continued on next page*

"The privilege of running this race, and the enjoyment of meeting friends and sharing special time on the trail are worth all the blisters, nauseous moments and sleepless nights."

I have made it to Auburn Lake Trails...85 miles. Like horseshoes, though, close doesn't count. As Jim Drake cuts off my wristband I remember that it was Jim who paced me through my first two finishes. Ron Adams, my pacer, had been up all night waiting for me to reach the river, and then he had the privilege of accompanying me for barely six miles, only to see me cut. Last year he had been successful—he got me a finish. This year I can't do it. I feel bad for Ron. He worked hard and I just don't have it. This year I thought I would be in better shape and finish easier, but I couldn't get there.

So this is my story of Western States. For me, it was a gamble from the beginning. Although my training was better than in previous years I still have not found the magic formula. I remember the training and all the fun I have had this last year. I'll remember this day on the trail. The old friends I ran with during this run and the new friends I met. The interesting personal stories I heard and the toughness I witnessed in fellow runners. The privilege of running this race, and the enjoyment of meeting friends and sharing special time on the trail are worth all the blisters, nauseous moments and sleepless nights.

I had started in Squaw Valley with high hopes, only to realize the disappointment of a DNF. One thing about Western States: it is always there next year, and if you are drawn and if you qualify, you get to try it again. And yes, I will try again: try to improve my run, find the self discipline to train, try not to wear out my friends. And yes, again my brother Les will be there to take care of me. Next year, maybe I will find the magic formula, but first...I guess I had better go get a qualifying run in. Can I run a 50-miler? Of course I can!



Excerpts from

## WESTERN STATES ENDURANCE RUN ~100 MILES~ PARTICIPANT'S GUIDE JUNE 23, 2001

### I. PARTICIPATION

Entrants for the Western States Endurance Run are selected by a lottery conducted in late autumn of the year preceding the event. More applicants are accepted than are expected to start, in anticipation of some cancellations. Accordingly, no waiting list will be maintained. All entrants must apply by the deadline. As a strict qualification requirement for entry in this year's Western States Endurance Run, the following minimum times must be met and certified by a newspaper article account, official race result or listing in "Ultrarunning" magazine: (a) age 39 or under: 50 miles in under 9 hours or 100 kilometers in under 12 hours or 100 miles in under 24 hours; (b) age 40 to 49: 50 miles in under 9 hours or 100 kilometers in under 12 hours or 100 miles in under 24 hours; (c) age 50 or over: 50 miles in under 10 hours or 100 kilometers in under 13 hours or 100 miles in under 24 hours. If the race is a trail run, one hour may be added to the minimum qualifying time. (Example: for age 39 or under, the minimum qualifying time for a 50 mile trail run is 10 hours.) Runners who cannot meet the 50-mile qualifying standard may qualify by completing three races of 50 miles or more. A 12-hour time limit is applied to each race. The qualifying run must be completed during the 13 months preceding the deadline date (usually November 15) for entry into the following year's Western States Run. Fifty mile training runs and runs established for the sole purpose of qualifying will not be acceptable. Twelve-hour and 24-hour track runs are acceptable. Official finisher of a 100 mile trail run in the allotted time may be used as a qualifier.

### III. COURSE AND TRAIL DESCRIPTION

The Western States Endurance Run follows the middle portion of the famous Western States Trail, a nationally dedicated recreational trail that stretches from Salt Lake City, Utah, to Sacramento, California. One of the most arduous organized running events in the U.S., the Western States 100 is truly the "Ultimate Challenge" for the long distance runner. Entry in this event should not be taken lightly! Beginning in Squaw Valley, site of the 1960 Winter Olympic Games, the trail ascends from the valley floor (elevation 6,200 feet) to Emigrant Pass (elevation 8,750 feet), a climb of 2,550 vertical feet in the first 4 miles. From the pass, following the original trails used by the gold and silver miners of the 1850's, runners travel west, climbing another 15,540 feet and descending 22,970 feet before reaching Auburn, a small town in the heart of California's historic gold country. Most of the trail passes through remote and rugged territory. People who are unfamiliar with the area should use caution when planning training runs, especially in the high country. REMEMBER THAT MUCH OF THIS TERRITORY IS ACCESSIBLE ONLY BY FOOT, HORSE OR HELICOPTER. Due to the remoteness and inaccessibility of the trail, the Western States Endurance Run differs substantially from other organized runs. Adequate mental and physical preparation are of utmost importance to each runner, for the mountains, although beautiful, are relentless in their challenge and unforgiving to the ill-prepared.



photo by Joe McCluddle

Jerzy Bloom weighing in at Foresthill, with his pacer, Kathy Hamilton, watching over him

# YOUNG RUNNER'S SOCIETY

## Chips On Fast Track To Nationals

by Ken Briscoe

**A**s in any race it's been a constant battle for position on the track leading to the 2001 USATF National Junior Olympic Track & Field Championships. Several members of the Buffalo Chips Youth Running Team have crossed the finish line in time to earn themselves a position on the start line at the largest and toughest youth track and field event in the country. After competing at the Region 16 Championships for Northern California and Northern Nevada on June 22-24, 15 out of 26 Chip athletes qualified to advance to the Nationals being held on July 24-29, 2001 at CSUS, Sacramento, site of the former 2000 U.S. Olympic Trials for Track & Field and the site for the Olympic Trials in 2004.

In the world of USA Track & Field Junior Olympics there are 16 regions throughout the United States. Athletes competing to advance to the Nationals must finish 1st, 2nd or 3rd in their event at the Regional Championships. Competition takes place on an age division level for boys and girls, covering two years per division based on date of birth. This year's divisions: Bantam/born 91-92, Midget/born 89-90, Youth/born 87-88, Intermediate/born 85-86, and Young Men & Women/born 83-84.

This year's Region 16 Championships hosted nearly 1500 athletes at Contra Costa College, in San Pablo, California. Race conditions were among the worst in the country, with athletes having to contend with constant winds ranging from 15 to 30 m.p.h.. Since seed times from this meet will be used in structuring heats for National competition, the impact of these conditions will be felt significantly by many of this region's runners competing at distances longer than 400 meters. And for the Buffalo Chips, that means pretty much everybody. But the bottom line is simple; a chance to compete at the National level is a rare opportunity. At present, the Chips have two Track & Field All-Americans from the 2000 National Championships in Buffalo, New York: Katie Briscoe, Youth Girls/3000m/6th Place and Erin Wachter, Youth Girls/3000M/7th Place. If all goes well this year, the Chips have the potential to claim a few more spots in 2001.

Here's a summary of the Youth Chips at the Region 16 Championships:

- 26 Youth Chips competed
- 15 qualified for the Nationals!
- In 29 events, the Youth Chips had 19 finishes in the top four spots!

### 1st Place Finishes

Erin Wachter		Youth Girls, 3000m
Brandon Lanesse	}	Youth Boys, 4x800m Relay
Jake Kelly-Strong		
Tim Cannon	(including alternate)	
Jason Engler	}	Intermediate Girls, 4x800m Relay
Josh Robinson		
Katie Hartman		
Ashley Barry		
Elizabeth Salvatierra		
Erin Wachter		
Ingrid Cantola		
Jason Engler	(including alternate)	Youth Boys, 1500m

### 2nd Place Finishes

Tim Cannon	Youth Boys, 3000m
Scott Roth	Youth Boys, Pole Vault
Erin Wachter	Intermediate Girls, 1500m

### 3rd Place Finishes

Katie Briscoe	Youth Girls, 3000m
Ashley Barry	Intermediate Girls, 3000m
Helen Seldin	Bantam Girls, 1500m
Patrick Carden	Bantam Boys, 1500m
Jason Engler	Youth Boys, 800m
Katie Hartman	Intermediate Girls, 800m
Brandon Lanesse	Youth Boys, 400m
Thomas Wachter	Midget Boys, High Jump

### 4th Place Finishes

Haley Briscoe	Bantam Girls, 800m
Patrick Carden	Bantam Boys, 800m
Haley Briscoe	Bantam Girls, 1500m
Katie Hartman	Intermediate Girls, 1500m

After five months of training, members of the Buffalo Chips Youth Running Team experienced some of their best races ever and presented some of the best race performances in Northern CA competition. And even though not all qualified for National competition, they all have the spirit of true champions.



photo by Ken Briscoe

Erin Wachter, Katie Briscoe, Michael Salvatierra track workout at Cordova High

### And a story from an old Chip...

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day they were playing cards when one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time, but I just can't remember your names. I've thought and thought, but I can't recall it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just looked at her. Finally she said, "How soon do you need to know?"

- from Mike Grassinger

## Chips Win XC Challenge

by Ken Briscoe

The Buffalo Chips Youth Running Team has been competing for four seasons of USATF Cross Country, and has successfully hosted cross-country meets for the last two years. This year it will be hosting the Pacific Association/USATF Junior Olympic Cross Country Championships at Sierra College in Rocklin on Sunday November 11th.

This prestigious site has been the home for numerous XC Championships: Division 2 NCAA Regionals, California Community Colleges Sacramento CIF Sectionals, and the Big Sky Conference. The Chips are proud to have this opportunity to present this venue for a USATF Youth XC Championship.

This meet will serve as the first of two qualifiers for athletes on the way to the XC Nationals in Lincoln, Nebraska on Saturday, December 8, 2001.

Association and Regional XC meets are awarded to clubs on a bid basis which takes place at the Regional Track & Field Championships preceding the XC Season. In this particular "XC race," the Chips were challenged by three other clubs hoping to win the bid: Santa Rosa Express who has hosted seven championships, Pleasanton Hear with three, and Tony Williams Track Club from Oakland. After a few laps of bidding, the Chips crossed the finish line with enough votes to receive the award of being deemed host club. Once the Championship meet was awarded, the bidding continued for posting of preliminary meets. Following are the results of those "races":

### Youth Cross Country 2001

Sunday, Sept. 30	Silver State Striders, Reno
Sunday, Oct. 7	Southeast Mustangs, San Jose
Sunday, Oct. 14	Palo Alto Lightning, Palo Alto
Sunday, Oct. 21	Pleasanton Heat, Pleasanton
Sunday, Oct. 28	Vallejo PAL Steppers, Vallejo
Sunday, Nov. 4	Tony Williams Track Club, Patterson
Sunday, Nov. 11	Buffalo Chips, Rocklin PA/USATF Junior Olympic Championships
Sunday, Nov. 18	Central Assn., Fresno Region 14/USATF Junior Olympic Championships
Saturday, Dec. 8	USATF National Junior Olympic XC Championships, Lincoln, NE

## Rich or Poor? A Question of Perspective

from Wil King

One day a father of a very wealthy family took his son on a trip to the country. The purpose was to show his son how poor people can be. They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return from the trip, the father asked his son, "How was the trip?" "It was great, Dad." "Did you see how poor people can be?" the father asked. "Oh yeah" said the son. "So what did you learn from the trip?" asked the father.

The son answered, "I saw that we have one dog and they had four.

"We have a pool that reaches to the middle of our garden and they have a creek that has no end.

"We have imported lanterns in our garden and they have the stars at night.

"We have a small piece of land to live on and they have fields that go beyond our sight.

"We have servants who serve us, but they serve others."

"We buy our food, but they grow theirs.

"We have walls around our property to protect us, they have friends to protect them".

With this the boy's father was speechless. Then his son added, "Thanks Dad for showing me how poor we are."

Too many times we forget what we have and concentrate on what we don't have. What is one person's worthless object is another's prize possession. It is all based on one's perspective. Take joy in *all* you have, especially in your friends.



Josh Robinson & Patrick Carden, PA/USATF Jr. Olympic Championships, Union City

## Buffalo Who?

by Ken Briscoe

She's an 11 year old girl, 60 inches tall, weighing in at 93 pounds. She gets 8.8 hours of sleep per night, and earns a 3.7 GPA. She can't decide which is her favorite subject-Art or Science-but she knows she doesn't like Math! Her favorite color is blue, her choice of car to get (if she could drive) is predominately German (Audi TT, BMW, or Porsche). Her favorite running event seems to be 3000M, and her sport of choice other than running is soccer(although swimming is a close second). Who could this be?

Well, it's not really any one specific Chip. It's a profile of a Youth Chip, taken from eight Youth Chips who responded to a questionnaire about the above listed items. It was an unscientific survey to give us a better idea about Youth Chips, and what they're like. There is no standard deviation, and the info gathered was definitely not anonymous. But, if this was a real person, you'd sure have some specific info about her, and hopefully that would help you appreciate her a little more.

Now here's some of the real data that was supplied, although the true matches are not given to protect the innocent.

- Likes 400M, soccer, and green. Wants a Toyota Prius.
- Doesn't like math, but wants an Audi TT. Averages 10 hrs. of sleep and likes green.
- Doesn't like Science, but likes cool 4 Door Cars, Math, and the color yellow.
- Likes Porsche cars, basketball, 9 hours of sleep, and blue. Doesn't like math.
- Wants a Dodge Durango, doesn't like world geography, averages 8 hours of sleep and likes navy blue.
- Likes the color orange, soccer, and reading. Doesn't like science. Wants an Explorer.
- Likes Art, 3000M, and BMW. Doesn't like Math. Likes Red.
- Likes Blue, Language Arts, and wants a 65 Mustang. Doesn't have a least favorite subject in school.

Can you match them up?

- A. Brandon Lanese
- B. Erin Wachter
- C. Haley Briscoe
- D. Katie Briscoe
- E. Katie Hartman
- F. Laura Clevenger
- G. Nathan Frazier
- H. Robby Hartman

# CHIPS ON TRIPS

## King Family Bags Sixth Win at 2001 Bolder Boulder

by Wil King

As the patriarch of the family I have to admit this is a tough run for me. I can no longer train as hard or as often as I used to so I'm never able to get into really good shape. I am prone to getting altitude sickness, which manifests itself as a never ending headache post-race. And a 10K is still over six miles no matter how you do it. With that said I consider it a great event and a wonderful occasion for a family get-together.

This year we had eight participants. Our two sons, Scott and Dan and his wife Monika, our daughter Laurie and her husband Rick, Scott's oldest daughter Kelly and my wife Bobbie, and me. As in scoring cross country runs, the place you finish in your age is the score you bring for the team total. This year we tied our best ever finish score with 7 points—the sum of the top four finisher's scores in their age. Our finish places were 1, 1, 2, 3, 5, 12, 17 and 101 earned in order by Laurie, Rick, Wil, Kelly, Dan, Bobbie, Scott and Monika. The second place team scored 35 points while third was 103.

This was a particularly good year for the family team in spite of all the doubt-talking before the event. Only Laurie and Rick run consistently—and their places show it. The rest of us train when we can and/or train when we are not injured. Kelly, for example, trains by being a ten-year old and playing a lot of soccer; the Bolder Boulder is her only running event of the year. So each year is sort of a "guess-what" as to who will be able to run it, let alone how well someone will do. The problem now is that we have tradition going for us and until we place second we each have a strong tendency to make the effort to run the event regardless of our condition. I did hear several commenting about how it will be different for them next year because they will be able to train more consistently. Well...we'll see...

There are many things about the Bolder Boulder that make it the premier road race that it is. Because it is always run on Memorial Day there is a strong patriotic theme to the event from handing out American Flags to the participants to the fly-by by four Navy fighters, the precision parachuting into the stadium by a top military team and the singing of the Star Spangled Banner. The University of

Colorado Stadium is packed with 60,000 to 90,000 people, 40,000 of whom have recently completed the race.

The Bolder Boulder celebrated its 23rd running this year and is the fifth largest road race in the country. It is the only road race of its size to be able to give every participant their official time for the run. They have a unique way of running the event to make that happen. It is not a gang start but a wave start. There were 67 waves this year to accommodate all the runners so that no runner has to wait much time before passing the starting line. In order to run in the "A" wave the participant must qualify by having run the 10K in a published event under 38 minutes, male or female. There are slower qualify-

tary by Frank Shorter, one of the founders of the event and a winner of the third running of the event in 1981.

The event now features a three-person team race for the elites. In other words in order to run the event there have to be three people on the team from the same country. This year there were 15 men's teams and 13 women's teams competing. The women's elite race winner was Deena Drossin, an American who trains and lives in Alamosa, Colorado. Deena has won five cross country titles, was the winner of the 10K in last summer's Olympic Trials held in Sacramento and holds the American 5K record. She earned about \$22,000 for her

efforts in winning this year's Bolder Boulder. The men and the women's teams both placed fourth in this year's event, which is the highest place they have attained to date. It bodes well for America's coming competitiveness in distance events.

One thing the event had going for it this year was the weather. The Sunday morning eight days before the event we spent watching our granddaughter, Kelly, play in her soccer finals in Denver. The weather was gorgeous and the temperature was over 80 degrees when someone said they had heard it was supposed to snow that day. No one would believe it—nor a cloud in the sky. We went on a hike about

4 p.m. and before 5 we were being snowed on! It snowed over two inches overnight and made for a chilly next day. The rest of the week had its good days and its cool ones and by race day on Monday it was clear weather but considerably cooler than it was the year before. This gave all the runners a better opportunity to run well.

With the 2001 Bolder Boulder behind us we can now look forward to competing again next year. Come join us. You'll be glad you did.



left to right: Scott, Kelly, Bobbie, Wil

ing times required for each of the next ten waves or so before they start putting people in by application only. For the last two years I've had the disadvantage of starting so far back (about the 30th wave) that I've had a huge number of people to pass. The streets get pretty crowded through some residential areas and it is not always easy to pass. Nevertheless, it is not all that distracting. The race can be likened to a parade in reverse. The bands stay put and the people march by.

Another feature of the race that is unique, is that after the citizens run their event they are treated to food in the stadium and have good seating to watch the elite men and women's races from the stands. These races begin after the citizens have finished their race. The elite race is not along the same course as the citizen's race. This year it not only started and finished in the stadium; it also passed through it at about its mid-point. The event is followed by cameras and are shown on two big screens inside the stadium with excellent commen-

Ed Reilly reports—

Well, I really think I left trail running behind and have entered la-la land now! In checking out the Yonkers Marathon—Yonkers, N.Y. is my new home town—I found that it's run on the city streets but is *not*, repeat, *not* closed to traffic.

## Over The River

by Kitt Flynn

Halfway up a 3 mile loop trail I crossed paths with a woman runner wearing purple shorts. Like nearly all trails in and around Grass Valley this one is hilly. Its ridge goes along for about a mile next to a fence with an opening mid-way that leads to more trails and eventually the road. A blond woman with a bicycle was standing at the opening. She asked me if I had seen two little girls walking on the trail. I told her I hadn't. She said, "If you do, tell them that their mother is looking for them." I said, "I will," and ran on.

Most days this early in the morning I don't see anyone on this trail, except Anne, the walker, who is so regular that I wonder where she is if she's not out there. When I approached the homestretch I saw the girls walking with the runner. I stopped to tell them their mom was looking for them. Their names were Maddie, age 7, and Andrea, age 9. They didn't seem at all concerned but they had gotten lost. When I described the woman with the bicycle as blond, Maddie said, "Blond?" I said, "Yes." She looked at the ground, contemplating, and said to herself, "Blond," then to me, "No, no, that wasn't our mom." I said, "She did look too young to be your mom. Maybe your mom asked her to ride her bike down the trail to look for you." That didn't register with Maddie. So I asked Andrea, "Don't you think that's what happened?" Maddie looked at Andrea, who took her time to picture that happening before saying, "Yes." When Maddie turned to me, I said, "Don't you think so?" She nodded in an "I suppose," way. The runner told me that the girls lived in Cedar Ridge (just above the trail) and got lost taking this shortcut to their grandma's house.

I was thinking of the milk cartons with the missing kid pictures on them and the public service ads that used to be on TV—the ones that warned kids to run for their lives if a stranger talked to them. With that in mind I looked at each attentive face while I laid out my plan, which amounted to me giving the girls a ride—my car was parked at the foot of the trail—to Grandma's house. I asked, "Would that be all right?" The runner said, "I was going to do that, but my car is two miles away. With a worried mom and a grandma waiting, that would be nice if you could help them out."

Maddie, Andrea and I said goodbye to the runner. Although the girls had on long pants and coats, they were good sports and ran to the car with me. Then Andrea said, "Oh, now I know where we are." She pointed at a horse trailer down the street with a blue tarp over it. She said, "We turn past that to get to Grandma's."

On the way to Grandma's I told them, "I'll go to her door with you and explain that you made a wrong turn." Maddie looked up at me with her freckled face. Andrea was busy leaning forward, staring straight ahead; she didn't want to lose sight of the blue tarp. I parked in the alley behind Grandma's house and we went through her back yard to her sliding glass door. She was seated on a couch by the door. She got up and, through the glass, said, "Where have you girls been?" She opened the door and hustled Maddie and Andrea into the house. Standing behind her, they looked out. I started to explain, thinking she would appreciate some calming words. But, she thanked me curtly and slid the door closed. I stood there for a moment, like a discouraged salesman, before I left to go back to the trail to run another loop.

I ran across the blonde riding her bike. When she asked, I told her the girls got to Grandma's all right but their grandma forgot to let them say goodbye.

## Run on the Sly— Give It a Try!

by Jerry Bloom

We start running for different reasons: some to lose weight, some to compete, some just because running is a natural effort. We continue to run for only one reason: we enjoy it. Whether it be on the track, on the road or on the trail, running evolves into much more than a sport for most of us; it becomes a way of life.

Many of you have never have tried trail running, but you should. If you have a love for running and have a love for forests and trails you will really love trail running.

In 1992 Bob Read and Margie Lopez decided to put together a run through the forest up and around Sly Park. After many, many miles of exploring the forest and looking over maps they penciled in race courses which encompassed much of the forest they loved, working to get the mileage right (which was no easy task).

In 1993 they hosted an unofficial test run with many friends there to try the very first Run on the Sly. It was a first trail run for many of these runners, and they were concerned with running through an unknown forest and getting off course. But they ran because Bob had promised to mark the course so well that they all would be able to follow the trail—even if he had to paint a white mark down the center of the trail!

Bob and Margie's determination to make things as nice as possible for all runners also set up a pattern for the race that still holds true and one for which the race is renowned. Race management does whatever is necessary to ensure the comfort and safety of all runners competing at Run on the Sly. The courses are somewhat demanding but, nonetheless, the Run on the Sly was the first trail race for many now-seasoned trail runners.

The Run on the Sly offers four race distances: 7.6 mile, 30K, 50K and 50 mile. The 7.6 race is both a competitive one (with awards for the first three men and first three women) and also a non-competitive come-out-and-see-what-this-trail-run-stuff-is-all-about run for those not eager to race or who want to take their time meandering through the forest instead. All the runs start and finish at the same location which is the site of one of the best post-race parties in the area—great food, great awards, great company. There are also aid stations along the way which are strategically placed and stocked with all the goodies needed to keep trail runners running.

Each runner's progress is tracked by the El Dorado County Search and Rescue team to ensure that no one gets lost (and no one does get lost). It is also there to provide any necessary medical support required. In return for its efforts, all proceeds from the race go to this very worthwhile non-profit organization.

This year the Run on the Sly will see new race management, with Barry and Lucinda Fisher (also Chip members) taking over the helm, ably assisted by Kathy Hamilton and yours truly. Our goal is to keep the race in the same spirit started by Bob and Margie almost a decade ago.

So if you haven't already made plans for Labor Day weekend, come on up to the forest and try a "Run on the Sly."

Pacific Association  
USA Track & Field  
120 Penderosa Ct.  
Folsom, CA 95630  
916-983-4715

I think the Pacific  
Association knows  
we're the Buffalo Chips!

TO  
Cyril Calvin  
- 120 Penderosa Ct. -

## Your Questions Answered

by Mary Coordt

Several readers emailed me their nutrition questions and I decided to share them with the rest of the Chips. Here are the facts I uncovered while researching answers to the five most intriguing questions I received.

*Q: I have been reading about ionized water. Does it really provide the body with more oxygen and energy?*

**A:** Well, that depends: do you have gills? The only animals that derive oxygen from water are fish. But it is not difficult to fall for this fraud, as there are more than 24,000 web pages trying to sell you water ionizers. These are machines costing several hundred dollars that claim to create either alkaline ionized water or acid ionized water by passing electric current through the water, and are supposed to "provide body with lots of oxygen and energy."

Oxygen from the air enters the lungs and is captured by the heme (iron) portion of the blood. Hence, taking oxygen into the stomach through a liquid, pill, or food would not raise the body's blood level of oxygen. The basic chemistry premise is misleading since electrolysis of water creates hydrogen and oxygen molecules, not ions.

While numerous additional health claims are made for ionized water, e.g., "helps balance the body's pH," "fight infectious bacteria," none has any supporting evidence.

*Q: I have been feeling really tired for the last month even though I am running the same workouts I always have. A friend suggested I am anemic and should take iron supplements. Is this good idea?*

**A:** No. Low iron isn't the only cause of feeling tired (some others: stress, lack of sleep, dehydration, hot weather) nor is it the only cause of anemia; vitamin B<sub>12</sub> and folate deficiencies can also cause anemia.

If you suspect you have iron deficiency anemia, ask your doctor for a simple blood test. Then, your first line of defense should be to increase consumption of iron-rich foods (red meats, oysters, clams and poultry are superior sources).

Recent research shows that taking iron supplements indiscriminately can lead to a serious condition called iron overload. The excess iron consumed will prevent absorption of other minerals, and then deposits itself in body tissues where acting as a powerful oxidant can cause everything from cirrhosis of the liver to arthritis to diabetes to congestive heart failure.

*Q: I frequently consume wheat grass juice by adding it to my smoothies because I was told it will cover my nutrient needs from the next servings of vegetables I need a day. Is this true?*

**A:** This wheat grass craze began because some thought humans ought to eat it to "detoxify" the body, similar to ruminants which have a complex

stomach system with bacteria to digest it. This silly idea led to this green concoction being praised not only as a source of nutrients, but as a preventive and cure for numerous diseases.

Although some grass mixtures may have varying amounts of vitamin C, it doesn't even come close to providing the nutrients from five servings of vegetables, and there are no known medicinal qualities.

So, while wheat grass does appear safe, you also need to eat your whole fruits and vegetables.

*Q: I am fairly new to running and have been told that sport bars are good for before and during long runs. At the store I saw at least a dozen to choose from. How do I know which one to try?*

**A:** Great question! Brain Maxwell (a 2:14 marathoner) started the energy bar market when he sought to develop a portable, high carbohydrate source to fuel him through long runs. The result was the creation of PowerBar, still the market leader. Since then there has been a countless number of energy bars produced, with sales up 50% from last year, to over \$110 million. Are they all as effective as PowerBar? Unfortunately, no. To be competitive in the energy bar business manufacturers strive to find a new niche. The result is a burgeoning and confusing selection for athletes. Some may affect your performance in the same way as a candy bar. Read on to be sure you are getting your money's worth.

Before and during long runs, you should choose foods and energy bars that are high in carbohydrates, but low in fat, protein and fiber in order to speed digestion and maximize the rate at which carbohydrates travel to your exercising muscles. Ideally, the bar should provide no more than 15% calories from fat, less than 10-15% calories from protein and less than 5-6 grams fiber. Some good fueling choices are: Clif Bar, PowerBar and Gatorade Bar.

High protein bars such as GeniSoy, Met-Rx, Promax, PowerBar Protein Plus and BioProtein should only be used for an expensive, high calorie after-run snack; they should not replace real food.

Other bars are popular because they taste like candy bars, and that is because they contain **around 30% calories from fat!** These include the trendy 40-30-30 bars (ratio of carbs to protein to fat) such as Ironman Bar, PR Bar and Balance Bar, and although targeted at the athlete, they do not provide the fuel mixture needed to sustain a runner's endurance.

Finally, there are the newer supplemental bars, e.g., Boost, Odwalla. The clever makers of these bars

persuade people to eat a fortified candy bar with added herbs or amino acids *instead* of real food...and to think they're healthier and more energetic as a result

The bottom line is that there is no magic in any energy bar. So do not feel pressured to spend extra money on a bar when you can find the correct fuel mixture you need in regular food. For instance you can purchase a six-pack of bagels for the price of one bar.

### Determining if your sports bar meets the optimal percentage of each nutrient type (carbs, fats and protein)

Step 1: calculate the calories of each nutrient type by multiplying the grams (found on the label) by the respective physiological fuel value (fat=9cal/gm, protein & carb=4cal/gm)

Step 2: calculate the calory %'s by dividing the nutrient calories by the total calories (found on the label) in one bar.

Here's an example using a PowerBar

#### Step 1:

total fat: 2.5 gms x 9 cal/gm = 22.5 cal  
total carbs: 45.0 gms x 4 cal/gm = 180.0 cal  
total protein: 9.0 gms x 4 cal/gm = 36.0 cal

#### Step 2:

label states that one bar has 230 calories  
% fat: 22.5 cal + 230 cal = 9.7%  
% carbs: 180 cal + 230 cal = 78.3%  
% protein: 36 cal + 230 cal = 15.6%

The PowerBar (as noted on the label) also has 3 grams of fiber. So it meets all the ideal criteria that endurance athletes should look for when choosing a bar to best fuel themselves before and during a prolonged event.

*Q: Is carbo-loading necessary for 5Ks and 10Ks?*

**A:** Research has clearly shown that a consistent high carbohydrate diet can enhance a runner's performance. In addition, during races lasting longer than 90 minutes, glycogen stores can run out; so it makes sense to have a pre-race meal high in carbohydrates. Although you may not take over 90 minutes to run a 5K or 10K, I still recommend you eat a small meal before your race to provide glucose to your brain and to top off your glycogen tanks which are low due to the overnight fast. Aim for 300-500 calories (depends on body weight), 1-1/2 to 2 hours before the start, choosing high carbohydrate foods such as toast/bagel with jam, sports drink and bananas.

# Running By the Numbers

by Michael Selman (The Roads Scholar, TheRoadsScholar@aol.com)

**H**ave you ever noticed that when runners get together and talk about running, it's hard for anyone to complete a sentence that doesn't have a number in it? Runners and numbers, for the most part, just seem to go together. And, if you think about it, numbers are an intricate and integral part of every runner's life. Every decision we make, and every goal we have must be numeric in order for us to plan how we're going to get where we want to be.

For example, a typical day for me always starts with a number, and that number is 4:40. That's what time I get up if I'm going to have enough time to get in a good run before work. And the honest truth is, when I turn my alarm off in the morning, and look at the time, the clock actually says 5:00. That's because, like many other runners I know, I keep my clock about 20 minutes fast in order to give the illusion that I'm actually somehow stealing an additional 20 minutes of sleep every night. Somehow, 5:00 seems so much more palatable than 4:40.

And there are runners who are much more numeric than I am. They couldn't possibly start their day without measuring their resting heart rate before ever crawling out of bed. For them, this first measurement of heartbeats reveals more about their future than today's Horoscope. Ten additional beats per minute may be the difference between running the planned 400's at race pace and going back to sleep for another hour. But I'm not much into Astrology.

Numbers continue to dominate my thoughts as I drink my coffee and anticipate my run for the day. I can't start a month without having a goal for total miles I want to reach by month's end. And every day, I calculate how far I have gone, how far I still have to go, and how much more I need to run to get me there. I'll usually make my monthly mileage goal aggressively high, so I can keep tight tension on that fine line between success and the alternative. In February and March, I made my goal exactly. In April, unfortunately, I'm going to be about three miles short for the month (Unless I wake up at 4:20 tomorrow instead of 4:40, and decide to run 8 instead of 5. Hmmmm.)

Track workouts are another relationship we have with our numbers. How can they be avoided? Once again, there are expectations going in, and data spewing out as the workout progresses. And it is all digital. I say to myself that I plan to 5 X 800 in 3:20 or less with a 1/4 mile jog in between next Wednesday. Then, I meticulously hit my watch every time around the track so I can see what each 400 within the 800 looks like. Then, I write every split in my log, reliving each one as I do.

Once again, when it comes to numbers, I run in the back of the pack compared to some. For example, I don't wear a heart rate monitor, but many who do could not envision running without one. More numbers to juggle, compile, and sort out. And you have to be half mathematician, half masochist in order to first figure out your maximum heart rate, and then to calculate the percentages which give you those important threshold numbers.

And the smart marketers of anything having to do with running know about our love/hate relationship with numbers. That's why an apparel manufacturer names itself Sub 4, and a sports drink company names itself 10K. And when was the last time New Balance ever christened a new shoe with a name? I'm honestly not sure they ever have. They just number them.

My main fixation with numbers right now has to do with my 5K race goal. I'm kind of like a Pit Bull, as I have my teeth so firmly clenched on that sub 22 minute mark that I won't let go. Now I understand that a sub 22 is not so earth shattering for many of you reading this. I remember a time that 22 minutes was a swift training run, but that's when my teeth were wrapped around the sub 20 barrier. I've been close the last couple of races, clocking in at 22:16, and 22:19. Maybe a few more weeks of 800's at the track, or 4:40 wake-up calls, or increasing my weekly mileage from 35 to 40 miles will do the trick.

The truth of the matter is, most of you reading this have some kind of a running-related goal that includes at least one number and possibly more. It could be a distance goal for a given run, or a mileage goal for a given week, or a time goal for a given race. And the beauty is that none of it is really a "given." The joy is in going out and earning it.

And so, I digress. Alas, at the ripe old age of 45, and after almost 20 years of running, I have not come close to kicking this numbers habit. In fact, over the years, it had probably gotten worse. But I urge you to listen carefully the next time you're in a room full of runners, and just see how often numbers come up in conversation. It could be anything from "Ah yes, I remember way back in 1985 when..." Or, "I just missed placing in the 45-49 age group..." or any of a zillion other examples. Sometimes I honestly feel that without numbers, runners would have nothing to talk about. And for some, without numbers, there may not even be reason to run at all.

And so tomorrow morning, I will close out another month of numbers, as my alarm goes off at 4:40 (or maybe 4:20). I'll run 5 to 8 miles, at an 8:30 to 9:15 per mile pace, and then add up my monthly mileage, and close the books on April. And then the next day, I get to start all over for May. Isn't life grand?

Will I ever be cured of this numbers infatuation? I wouldn't "count" on it.

## Dehydration— Avoid It!

### Thirst: A risky business

This is an imprecise signal for dehydration. It often fails to kick in until the body is approaching a danger point.

People who swear heavily are especially at risk, and are least likely to drink enough.

Older people who are physically active are also at greater than average risk. Thirst sensation, sweat production and ability to concentrate urine decline with age.

Even an ordinary fitness walker can lose large amounts of water in hot weather or on a challenging course.

Due to loss of water, it is especially dangerous to exercise in clothing that does not breathe.

### Your body needs water

Water loss resulting in as little as 1% drop in body weight (a mere 1.5 pounds for a 150 pound person) could raise your body temperature and increase your risk of heat stroke and heat exhaustion.

It is common to dehydrate from 2%-6% of your body weight during exercise in the heat.

As body temperature rises, muscles fatigue sooner and exercise performance declines by 20% to 50%.

If dehydrated, you are likely to feel stressed out, unduly fatigued, and lethargic after a workout. You may also feel headachy, dizzy, and nauseated and not feel much better the following day.

Getting acclimated to the heat means you need more water because your body sweats more efficiently.

### How much water?

Start drinking plenty of water before activity (about a pint). Ideally, this is done 2 hours prior to activity.

Continue to drink through your activity, coming 6 to 12 ounces every 15 to 20 minutes.

To maximize its effect, the water should be cool but not ice cold.

Weigh yourself before and after activity. For each pound lost in weight, you need to drink a pint of water to replace water lost through sweating.

### What to avoid

Avoid beverages with caffeine or alcohol. They increase dehydration.

Avoid fruit juices or non-diet soft drinks. Sugar can aggravate dehydration and cause bloating and cramps.

courtesy of  
Newton Wellesley Primary Care, PC

# MEET THE HERD

**Name:** Cary Bertoncini

**Age:** 34.

**Family Members:** wife—Yukari Sekine; cats—Peko, Tuna, Tigger, Trout, and Stinky.

**Native of:** Colusa, California. (Yes, I'm that guy.)

**Occupation:** Fleet Feet clerk & race timing/management

**A Buffalo Chip for:** three years

**Years running:** nine, then 14 off, then the last two years

**Started running because:**  
I was an unusual kid. Started again because I was an unusually shaped adult.

**I knew I was hooked on running when...**

I went out for an easy run one day and forgot to turn around until I was too tired and had to call home for a ride.

**Favorite place(s) to run:**  
on trails through redwood forests.

**Current weekly mileage:**  
40ish and moving up—with any luck.

**PRs:**  
4:41 mile; 16:28 5K; 34:43 10K; 59:21 10 mile; 1:22:41 1/2 marathon; 3:10 marathon; 4:20 50K.

**Best performance ever:**  
a tie—Poor Red's Love Run 1/2 Marathon in 1984, and my CIM Boston qualifier in 2000.

**Currently training for:**  
I'm trying to get mileage up and weight down to begin training for a marathon effort in January/February.

**Favorite race(s):**  
Buffalo Stampede, of course, and the Friday Night 5K Series!

**One of my earliest misconceptions about running was...**  
that I'd eventually be as fast as Bill Rodgers.

**Any pre-race rituals?**  
I usually get everything ready the night before, lay out all my clothes, etc.

**Race I haven't done that I'd really like to do:**  
Western States, New York City Marathon, Pikes Peak Marathon, Medoc Marathon, Mt. Whitney Marathon, Utica Boilermaker, Hood to Coast Relay, Providian Relay, Dipsea (lots and lots more!)

**Training philosophy/schedule:**  
Ideal—good mileage base, then two speed workouts and a long run per week. Real—fit as much in as I can, health and time allowing, and race as often as I can, with the same caveats.

**Training diet:**  
Try not to drink too much beer!

**One piece of advice I'd give to other runners:**  
Run happy, be patient, and be consistent—but wait, isn't that three pieces of advice?

**If I could run a particular race with any person, I'd run Boston with Boston Billy.**

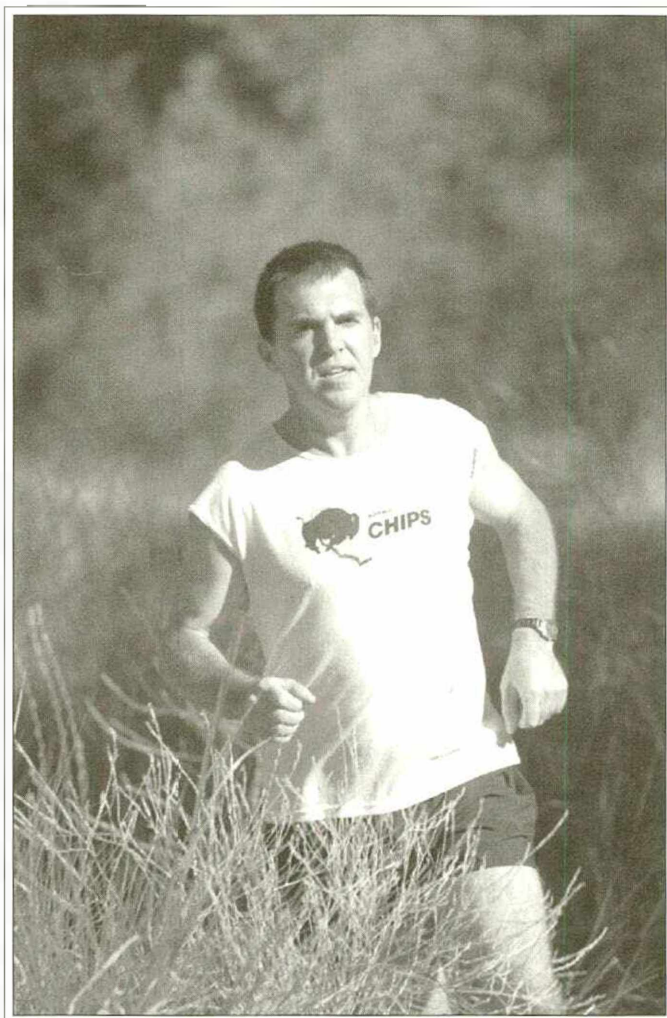
**When nobody's looking, I'd like to...**  
do a cartwheel.

**One of my hidden talents is:**  
I don't think I hide my talents very well—either that, or they're still hidden from me.

**Favorite vacation destination I've already been to:**  
Bali.

**Favorite vacation destination I haven't yet been to:**  
Nepal.

**Hobbies, collections, other interests:**  
rafting, fishing, backpacking, kayaking, baseball (fan), computers, net surfing



**Favorite things (restaurant, movie, book, game, et al):**  
My English Professors will probably cringe, but my favorite book is a lie between Kurt Vonnegut's "Cat's Cradle" and John Kennedy Toole's "A Confederacy of Dunces."

**The most impulsive thing I've ever done was...**  
move to China for 2 years. Wait, does getting married count? Or maybe it was doing that 50K last February?

**The one thing that other Buffalo Chips would love to know about me is...**  
I quit a high paying career job to resume running and to seek more happiness—and I'm **very** happy with the results so far.

**Name:** Nancy Mitchum

**Age:** 41

**Family Members:** Frank, spouse of 16 years

**Native of:** Brooklyn, New York

**Occupation:** Office Manager

**A Buffalo Chip for:** six months

**Years running/race walking:** three

**Started running/race walking because...**  
I wanted to be fit.

**I knew I was hooked on running/race walking when...**  
That was all I could think about.

**Favorite place(s) to run:**  
anywhere that's shaded, green and peaceful

**Current weekly mileage:**  
30-35

**PRs:**  
Portland Marathon 5:08 (run/walk)

**Best performance ever:**  
I took a set of car keys from a very irate motorist at the Suzuki Rock N Roll Marathon last year. The motorist, who was angry because he was stuck in a marathon-caused traffic jam near the 20-mile mark, got out of his car and threatened a runner. Once I got the keys, I waved them in the air as I ran back into the crowd. The runners started cheering for me. I really felt like a hero. Even better was the boost of adrenaline that got me through those last six miles so effortlessly.

**Currently training for:**  
anything that comes my way

**Favorite race(s):**  
Catalina Marathon, Napa Marathon, Chronicle Marathon, Philadelphia Marathon, Skyline 50K, Run on the Sky 50K, Hernia Half Marathon

**One of my earliest misconceptions about running was...**  
that it would get easier. Never did

**Any pre-race rituals?**

Right before I begin a race, I make a mental list of:  
1) How many participants I'm going to talk to or say "hi" to;  
2) How many volunteers I'm going to thank; and  
3) How many runners I hope to pass while I race walk.

**Race I haven't done that I'd really like to do:**

Boreo Eco-Challenge and the Marathon Des Sables.



**Training philosophy/schedule:**

Get it any which way you can (training, that is)

**Training diet:**

carbs, carbs and more carbs

**One piece of advice I'd give to other runners/walkers:**

Make exercise a part of your everyday life, but don't let it run your life.

**If I could run a particular race with any person, I'd run...**

the Western States with my honey.

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

close my eyes and feel the breeze on my face. No, I am not crazy, just a little weird.

**One of my hidden talents is:**

Ballroom dancing

**Favorite vacation destination I've already been to:**

Egypt

**Favorite vacation destination I haven't yet been to:**

Asia

**Hobbies, collections, other interests:**

earning medals, collecting medals, and framing medals

**Favorite things (restaurant, movie, book, game, et al):**

getting up with the birds, breathing fresh air, the smell of rain and watching runners and walkers outside my living room window

**The most impulsive thing I've ever done was...**

join the Air Force when I was 20.

**The one thing that other Buffalo Chips would love to know about me is...**

that I can be talked into doing just about anything (especially if it's impulsive).

# Buffalo Chip Runners Star In REI Corporate Catalog

by Po Adams

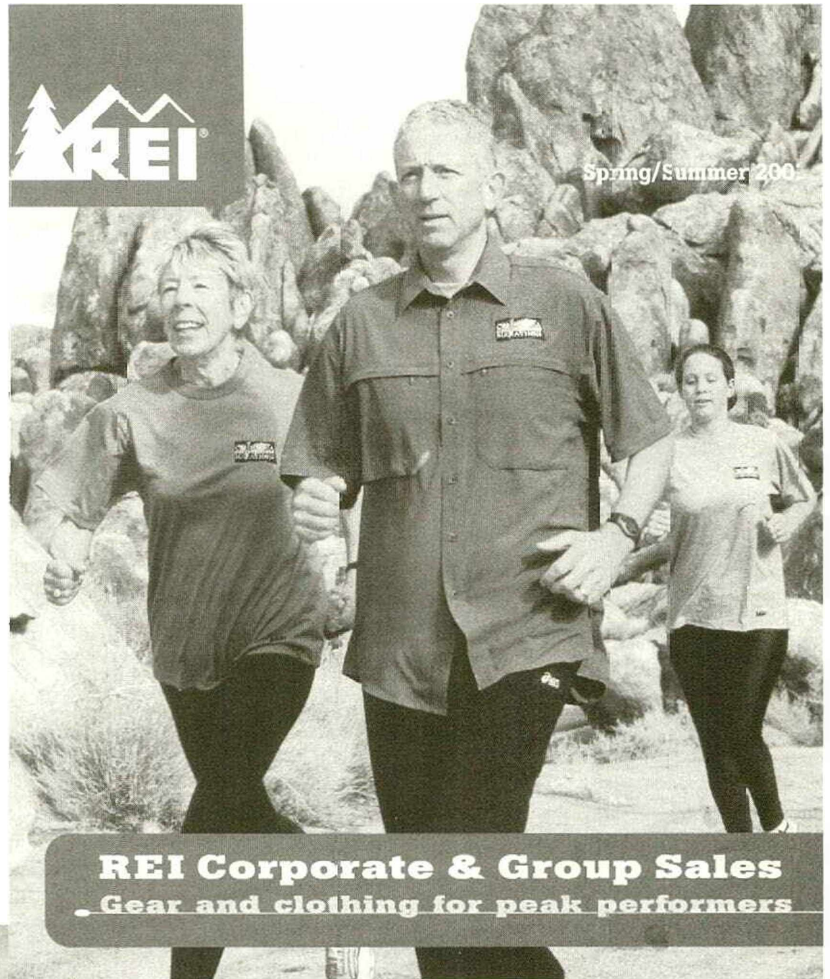
Would you like to be on a magazine cover? Or at least a sports catalog?

Of course, you must be photogenic. Or you must be a person of note. Or you must be a member of the California International Marathon board of directors; it would be helpful to be a member of the Buffalo Chips of Sacramento, California.

Well, Leigh Rutledge is all of that. She's a veteran Chip, the CIM board president, and of course, she is photogenic. And Leigh has a nose for how to get what CIM needs and at the same time how to have a good time.

In January Leigh heard that there was a possibility of a photo shoot for an REI catalog. Somehow, due to Leigh's contacts the Chip members of the CIM board were asked to participate in that photo shoot in Death Valley. Most every board member but Leigh and I were busy, so the catalog models became it Leigh, Bill, Bill's daughter Dayna and me.

Just before we left for Death Valley we got a message that the weather in the desert was rainy and terrible. Leigh suggested a



**REI Corporate & Group Sales**  
Gear and clothing for peak performers

Po, Bill and Dayna

route taking us through the Alabama Hills below Whitney and above Lone Pine. So off we went, with Bill driving, through Tahoe, encountering snow in the passes—a four-wheel drive really helped! Bill drove us into the somewhat warmer, but wetter Lone Pine. It poured that evening, and Dow Villa was our haven until somebody would arrive to appreciate our being there.

The next morning while we were eating breakfast in the restaurant, two gals came over and said, "Are you the CIM models for the REI shot?" Of course we were!

Off we went up to the Alabama Hills in their big travel trailer loaded with clothes and camera equipment. The rain had ceased, the cloud formations were beautiful for a while, but it was freezing. Of course, being nonprofessional models we said, "We're not too cold. Why, it's like spring in Sacramento." We were supplied with REI-CIM embroidered shirts, jackets, hats, etc. to wear during the shot.

Bill, Leigh, Dayna and I ran our tails off up and down and around the rock formations for over two hours (intervals, you know). The photographer was looking for that special shot that would make the clothes look good and us famous. They had promised Leigh that we would be on the cover, plus the inside cover and elsewhere in the catalogue. They gave us embroidered shirts, plus an REI gift Certificate for our efforts, and a ride back to the motel.

The trip back was anticlimactic. Weather terrible, Bill a good driver, snow everywhere. But we did not care. After all, we were going to be on the cover of the REI Catalog!

Being a Chip provides fun-filled opportunities!



California International Marathon board members Leigh Rutledge (far left) and Mariposa Adams (far right) test out REI gear on a run with Dayna and Bill Hambrick.



Men's  
Clay



Women's  
Putty

### REI Walkabout Shell

A lightweight, packable parka built for commuting, traveling or hiking, this shell offers waterproof, breathable protection, a hideaway hood and plenty of pockets. Imported.

- Men's S-XL Clay Navy CP640-535 \$150
- Men's tall M-XL Navy CP665-551 \$150
- Women's S-XL Putty Sage CP640-536 \$150



Save 10% or more off of these prices—call us!

Leigh, Dayna, Bill and Po

Dear Buffy:

I'm not a regular at the Chips Tuesday night interval workouts. I heard that our staging spot, The Lunch Connection, closed down in May, and we need to find another home for the workout. We were paying them \$300 a month for use of their facilities. Isn't this like the fifth time in 20 years we've had to relocate? Why doesn't the Chips Board just invest in a permanent home for the club? Other clubs, smaller than ours, have permanent homes, why can't we?

*Homeless Herd Member*

Dear Homeless:

Have you priced real estate lately?

Where do you live? We'll do the workouts at your place. That way, you can be a regular Tuesday nighter without leaving the comfort of your home! The only drawback may be lack of toilet facilities. Buffy's recollection is that the boys doing their thing in the bushes has gotten the herd into dire straights more than once. That, and no shirts. But, that may be a plus.

Buffy



Dear Buffy:

Do you know anything about those running shoes that look like they're spring-loaded? The shoes have a pogo-stick style coil in the bottom which is supposed to "spring" you forward when you run. I'd like to try a pair, but am afraid the \$49 investment may be a bit steep. I can't find anything about them on the Web, so thought I'd try you. Any info you have would be appreciated.

*Shoefly Guy*

Dear Guy:

You find any pair of running shoes for \$49—which includes both the left and the right shoe—spring-loaded or otherwise, buy them and buy them now! Buffy guesses you meant \$149, or more likely \$249. She's also betting they're Nikes, which should be boycotted at all costs.

Having said that, why don't you go ahead and "spring" for them anyway and wear them with the glove-like socks discussed below. Query—in the Fall, will you have to "spring" back with them?

Buffy



Dear Buffy:

My friend has been trying to qualify for the Olympic Marathon Trials for quite a while. Her marathon PR is almost a minute a mile slower than the requirements. She takes all sorts of "natural

supplements," races on the fastest courses, has quit her job and has done about everything short of cheating in her quest to obtain this goal. All I want to do is qualify for the Boston Marathon.

I'm a male, and I, too, have about a minute a mile to go before I attain the 3:20 time needed to qualify. My friend tells me to "give it up" and that it's not going to happen unless I start taking all these "natural supplements" as she does. I don't make fun of her and her seemingly impossible dream, so why should she make fun of me?

*Beantown Dreamer*

Dear Dreamer:

You lost Buffy with the "making fun" part. Qualifying for the Olympics or the Boston Marathon could hardly be considered "fun" by any stretch of the imagination. Buffy suggests finding "friends" who support you, and go on and give those "natural supplements" a try. Failing that, think about shooting for a shorter distance. Or, ultra runs. Or, take the Rosie Ruiz route and fall into any given race at about the half-way mark. You guys are WAY too serious! Running should be FUN above all else. Loose sight of that, and you may as well hang up your spring-loaded, pricey Nikes.

Buffy



Dear Buffy:

I read in the Chips Bulletin that Dave Creek, editor of the award-winning Buffalo Enquirer, is stepping down from his club post and will be replacing George Hirsch as the publisher of *Runners' World*. Is there any truth to this rumor?

*Faithful Enquirer Reader*

Dear Reader:

Dave, is this a cheap, attention-getting device on your part? Buffy knows nothing of the kind, but it would not be a surprise. Anyone as talented and into the running scene as our sainted Edi or should, indeed, move on to a higher plane. If this is true, can we get Laura and Carol back?

Editor-in-Waiting,

Buffy



Dear Buffy:

I have a number of foot problems, ranging from calluses to ingrown toenails that I thought could be remedied by wearing "toe socks" which I purchased at a race expo last year. The socks are fashioned like a glove, with a separate covering for each toe. They're pretty cute, or at least I think they are, but



after a race not too long ago, I was changing my shoes and removing the "glove" socks when I became the object of ridicule by my fellow Chips for wearing something "faddish" or "stupid." People said I looked ridiculous. I was amazed and disappointed that so many people were practically offended by my choice in sock-wear. Do you have any idea why these socks struck such a negative cord?

*Trendy Wendy*

Dear Wendy:

Anyone who spends upwards of \$200 for a pair of running shoes that come in every day-glow color of the rainbow, frequently in the same pair, has no reason to laugh, criticize or otherwise snicker at your footwear. To say nothing of the black toenails which are the hallmark of the ultra-runners! Buffy says to be a trend-setter, and if these glove-socks work for you, let 'em wear cake - err, eat cake!

Has a pair I herself,

Buffy



Dear Buffy:

I love this club, but there are waaaaay too many girls in the Herd at the moment! I adore Chip guys, but there is nobody available at the time, so would you please encourage all Bison, elite and common dung alike, to, in turn, seek out their single running male friends to join the club? I've come to realize that I need a boyfriend who is a runner. Acknowledging that the Chips isn't the only running club in the world, where would I find better odds (and, no I don't want anyone who is odd!) on the roads, the track, the trails? Seems the cutest ones are the ultra runners, but they're never home and awake at the same time. Any advice?

*Single in Sacramento*

Dear Single:

The answer is one word: Hash. Hang with the Hash House Harriers, that is. The odds are 3-1 in your favor. The ratio of "odd" ones may be higher, but, hey, give it a try! If nothing else, Hashing involves beer, and you can always drink 'em pretty!

Buffy

# MEET THE HERD



photo by Eric Iannone

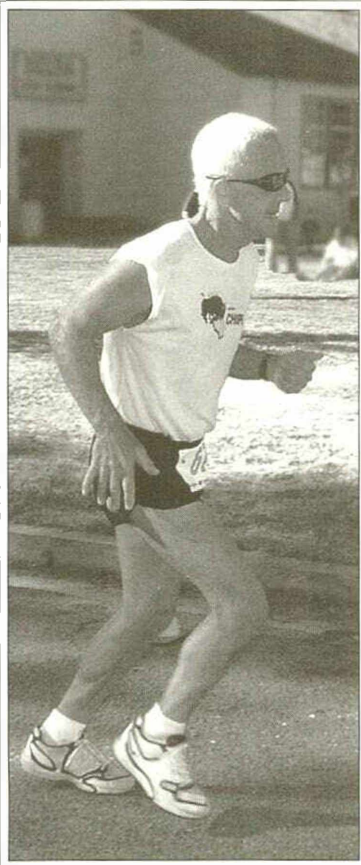


photo by George Pizzuti

<b>Name:</b>	<b>Myra Rhodes</b>	<b>Lee Rhodes</b>
<b>Age:</b>	69	68
<b>Married for:</b>	46 years	46 years
<b>Family Members:</b>	Leland, three children and four grandchildren	Myra, three children and four grandchildren
<b>Native of:</b>	California	California
<b>Occupation:</b>	retired	financial analyst
<b>A Buffalo Chip for:</b>	12 years	12 years
<b>Years running:</b>	24	24
<b>Started running because:</b>	I wanted to keep in shape for tennis.	I wanted to stay as fit as Myra.
<b>I knew I was hooked on running when...</b>	I joined the Chips.	I couldn't quit!
<b>Favorite place(s) to run:</b>	American River Bike Trail	the Sierra Nevada's and the Rockies
<b>Current weekly mileage:</b>	50 to 60	75
<b>PRs:</b>	marathon 3:36, 10-mile 1:17, 10K 46:40, 5K 22:20, mile 6:41	no answer
<b>Best performance ever:</b>	1993 Jed Smith 50K 4:39:46 (American age group record)	26:17 Western States 100 mile at age 61
<b>Currently training for:</b>	Tahoe Rim Trail 50K	Leadville Trail 100
<b>Favorite race(s):</b>	Humboldt Half Marathon, CIM	all mountain ultras
<b>One of my earliest misconceptions about running was...</b>	none	that you can get by without eating in long races
<b>Any pre-race rituals?</b>	none	none
<b>Race I haven't done that I'd really like to do:</b>	Saint George Marathon	Hardrock 100
<b>Training philosophy/schedule:</b>	Be consistent.	long runs on Wednesday, Saturday and Sunday, one dayper week intervals, one day tempo run
<b>Training diet (if you have one):</b>	a low-fat, healthy diet	moderation in everything
<b>One piece of advice I'd give to other runners:</b>	Run with friends and have fun.	Speedwork is a necessity for doing ultras.
<b>If I could run a particular race with any person</b>	I'd run American River 50 with Leland.	I'd run Vermont 100 with Myra.
<b>Favorite vacation destination:</b>	Hawaii	Colorado
<b>Hobbies, collections, other interests: kids and grandkids</b>	knitting and being with my family	kids and grandkids, reading, but I never have enough time for it

# CLUB RECORDS



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

Category	Distance	Name	Time	Name	Time	Name	Time	
OPEN MEN 39 & under	6 Days	nrr		50 Miles	Paul Reese	6:22.25	Pearl Fair '91	
	48 Hours	nrr		50K	Eric Ianacone	4:07.29	5K Paul Reese	
	24 Hours	Roe Clark	165.3 mi.	Marathon	Jed Smith '99	2:35.48	1 Mile Carl Ellsworth	
		USAIF N.C. Ch'ship '90			Jim O'Neil		Sonora Mile	
		American Record			Burlingame '77		Carl Ellsworth	
	12 Hours	Roe Clark	98 mi	30K	nrr		NorCal Masters '93	
	1 Hour	nrr		Half Mara	Jim O'Neil	1:17.30*	800 mtrs Carl Ellsworth	
	100 Miles	Roe Clark	12:12:19	10 Miles	Burlingame '77		Cal Sr Olympics '93	
		Sri Chimnony			Jim O'Neil	55:02	400 mtrs nrr	
		USAIF N.C. '89		Marathon	Sacramento 10 Miler '79		200 mtrs Mike Grassinger	
		American Record			Jim O'Neil	33.30	100 mtrs nrr	
		100K	Tom Johnson	6:41.40	8K/5 Miles	Jim O'Neil	26.33	
		100K Ultra Ch'ship '94			Lake Merced Mstrs '76			
	50 Miles	Roe Clark	5:28.32*	10 Miles	5K	Jim O'Neil	16.14	
		USAIF N.C. '88			U.S. Masters, OR '76			
	50K	Dennis Rinde	3:02:33	10K	Greg Jewett	5:06.00		
		Jed Smith '93			Fleet Feet Capital Mile '00			
	Marathon	Rich Hanna	2:17.51	8K/5 Miles	1500 mtrs	Don Martin	4:53.1	
		CiM '93			800 mtrs	Matt Duncan	2:21.27	
	30K	nrr		5K	400 mtrs	U.S. Masters, OR '00	62.77	
	Half Mara	Ben Ayers	1:06.22	Mile	200 mtrs	nrr		
		Humboldt-Redwoods '95			100 mtrs	nrr		
	10 Miles	Craig Moore	50.43	1500 mtrs	Jim Milton	4.11		
		Cal 10		300 mtrs	Daryl Katcher	1:58.45		
	10K	John Sup	30:52	400 mtrs	IAC N'l Masters '90	56.22		
	Davis Track Meet '91			David Kalb				
8K/5 Miles	John Sup	24.31	200 mtrs	David Kalb	25.28			
	Fujitsu 8K '90		100 mtrs	David Kalb	12.50			
5K	Reggie Williams	14.27						
	Cal State Track Meet							
Mile	Jeff Adams	4:36.20						
	Fleet Feet Mile '96							
1500 mtrs	Randy Sturgeon	4:07.65						
800 mtrs	Daryl Katcher	2:00.64						
	Trojan Masters '90							
400 mtrs	nrr							
200 mtrs	nrr							
100 mtrs	Greg Hodson	13.4						
	Los Gatos A-C Meet '96							
OPEN WOMEN 39 & under								
6 Days	nrr							
48 Hours	nrr							
24 Hours	nrr							
12 Hours	nrr							
1 Hour	nrr							
100 Miles	Patil Isale	21:12.24						
	Vermont '91							
100K	nrr							
50 Miles	nrr							
50K	Jennifer Devine	3:35:06						
	Jed Smith '99							
Marathon	Eileen Taylor	2:37:01						
	Chicago Marathon '82							
30K	Jeanne Urnes	1:53:51						
	Clarksburg '92							
Half Mara	Robyn Root	1:13						
	Phila Dist Classic '87							
10 Miles	Kathy Pfeifer	54.50						
	Ireara Twosome '88							
10K	Kathy Pfeifer	32:59						
	Mt. Sac Relays '88							
8K/5 Miles	Robyn Root	26.27						
	Bastille Day 8K							
5K	Robyn Root	16.37						
	Susan B. Anthony 5K							
Mile	Meg Svoboda	5:11.99						
	Fleet Feet Mile '96							
1500 mtrs	Theresa McCourt	4:50						
	A-C Meet '92							
800 mtrs	Theresa McCourt	2:22						
	West Mstrs. Hayward '92							
400 mtrs	Melanee Baskerville	72.27						
	Cordova A-C Meet '97							
200 mtrs	Melanee Baskerville	31.32						
	Cordova A-C Meet '97							
100 mtrs	nrr							
MASTERS, MEN 40-49								
6 Days	nrr							
48 Hours	Jeff Hagen	216.4 miles						
	TAMU 48 Hr '93							
	American Record (pending)							
24 Hours	Jeff Hagen	131 miles						
	Pacific Rim Run '98							
12 Hours	nrr							
1 Hour	nrr							
100 Miles	Jeff Hagen	17:59.03*						
	Megan's 24-Hr. Run '98							
12 Hours	Eric Ianacone	76mi. 1044rd						
	Bay Area UR 12 Hr. '94							
1 Hour	nrr							
100 Miles	Abe Underwood	15:49.51						
	AAU 100 Miler '78							
100K	Roe Clark	7:15.18						
	Ruth Anderson '92							
50 Miles	Roe Clark	5:51:21						
	Helen Klein '95							
50K	Eric Ianacone	4:03.49						
	Jed Smith '97							
Marathon	Jim Milton	2:26.27						
	CiM '91							
30K	Jim Milton	1:43.18						
	Clarksburg '92							
Half Mara	Jim Milton	1:10.01						
	Humboldt '91							
10 Miles	Jim Milton	53.31						
	Woodland 10 '92							
10K	Jim Milton	31.08						
	SJ Mercury News '92							
8K/5 Miles	Jim Milton	25.26						
	Fujitsu 8K '92							
5K	Jim Milton	15.12						
	Davis Turkey Trot '92							
Mile	Steve Hall	4:48.48						
	Fleet Feet Mile '99							
1500 mtrs	Jim Milton	4.11						
	'92							
300 mtrs	Daryl Katcher	1:58.45						
	IAC N'l Masters '90							
400 mtrs	David Kalb	56.22						
	Hornet Spring Classic '99							
200 mtrs	David Kalb	25.28						
	Cordova A-C Meet '00							
100 mtrs	David Kalb	12.50						
	Cordova A-C Meet '00							
MASTERS, WOMEN 40-49								
6 Days	nrr							
48 Hours	Jan Level	146.5 mi.						
	Gibson Ranch '95							
24 Hours	Jan Level	116 mi						
	USAIF N.C. '92							
12 Hours	Jan Level	68.25 mi						
	Run for Sight, Sonoma '92							
1 Hour	nrr							
100 Miles	Jan Level	19:29.29*						
	USAIF N.C. '92							
100K	Christine Flaherty	9:26.25						
	Ruth Anderson 100K '98							
50 Miles	Joan Reiss	6:58						
	Jed Smith '87							
50K	Christine Iwahashi	3:56.29						
	Jed Smith '99							
Marathon	Shariet Gilbert	2:43.46						
	Boston Marathon '94							
30K	nrr							
Half Mara	Kathy Ward	1:17.37						
	Las Vegas '97							
10 Miles	Kathy Ward	59.56						
	Cal 10 '96							
10K	Kathy Ward	36:36						
	SJ Mercury News '97							
8K/5 Miles	Joan Reiss	31.32						
	5K	Kathy Ward	17.34					
	Davis Turkey Trot '95							
Mile	Dee Dee Grafus	5:15.55						
	Fleet Feet Mile '97							
1500 mtrs	Kathy Ward	5:01						
	Masters T.M., Los Gatos '95							
800 mtrs	Dee Dee Grafus	2:18.07						
	U.S. Age Group Record							
400 mtrs	Dee Dee Grafus	63.13						
	Cordova A-C Meet '97							
200 mtrs	nrr							
100 mtrs	nrr							
SENIORS, MEN 50-59								
6 Days	nrr							
48 Hours	Jeff Hagen	216.4 miles						
	TAMU 48 Hr '93							
	American Record (pending)							
24 Hours	Jeff Hagen	131 miles						
	Pacific Rim Run '98							
12 Hours	nrr							
1 Hour	nrr							
100 Miles	Jeff Hagen	17:59.03*						
	Megan's 24-Hr. Run '98							
12 Hours	Eric Ianacone	9:13.28						
	Ruth Anderson 100K '98							
1 Hour	nrr							
50 Miles	Paul Reese	7:16.29						
	50K	nrr						
Marathon	Paul Reese	3:02.22						
	30K	Carl Ellsworth	2:05.49					
	Clarksburg '91							
Half Mara	Carl Ellsworth	1:24.48						
	Humboldt Redwoods '91							
10 Miles	Carl Ellsworth	1:03.58						
	Buffalo Stampede '91							
10K	Carl Ellsworth	38.26						
	Tandem Up & Running '91							
8K/5 Miles	Carl Ellsworth	31.08						
SENIORS, WOMEN 50-59								
6 Days	nrr							
48 Hours	nrr							
24 Hours	nrr							
12 Hours	George Billingsley	52.78 mi						
	American Record							
1 Hour	nrr							
100 Miles	Lee Rhodes	26.17						
	Western States '94							
100K	nrr							
50 Miles	Paul Reese	7:16.29						
	50K	nrr						
Marathon	Paul Reese	3:02.22						
	30K	Carl Ellsworth	2:05.49					
	Clarksburg '91							

# RACE RESULTS by Eric Ianacone

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

## Boston Marathon

Boston MA - 16 April 2001

### Overall Winners

Men - Bongju Lee 2:09:43  
Women - C. Ndereba 2:23:53

### Chips & Chippettes

1390 Matt Duncan 3:07:15  
2557 Cary Bertocini 3:17:47  
3294 Scott White 3:20:54  
3529 Joe Cress 3:24:02  
3949 Suzanne Gregory 3:24:10  
4065 Barbara Miller 3:28:59  
4426 Danielle Domurat 3:29:01  
5917 Laura Kulsik 3:37:27  
6313 Koren Martinelli 3:38:38  
6798 Waiman Yip 3:43:08  
7915 Courtney Palko 3:49:54  
8633 Karen Parrottino 3:53:40  
8787 Pam Goodley 3:54:28  
8919 Therese Iknorian 3:55:43  
9079 Koren Davis 3:57:43  
9085 Ski Prsarski 4:00:42  
10292 Cynci Calvin 4:10:39  
10649 Doug Braasch 4:18:46  
11676 Carol Mikkelsen 4:32:34

## Ruth Anderson 50M

San Francisco - 21 April 2001

### Overall Winners

Men - Joe Schieffer 6:26:19  
Women - Rena Schumann 7:11:35

### Chips & Chippettes

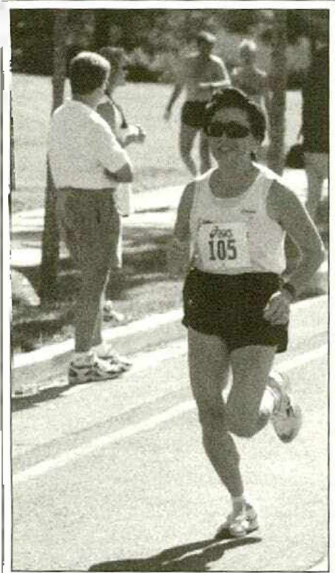
3 Rena Schumann 7:11:35  
9 Linda McFadden 8:41:29  
18 Barbara Elia 10:44:16

## Compaq's Up & Running 10K

Cupertino - 22 April 2001

### Overall Winners

Men - Dan Nelson 30:26  
Women - L. Somers Smith 34:00



Run Against Pain - Florence Fong



Run Against Pain - Cathy Carbonaro

### Chips & Chippettes

82 Greg Jewett 36:28  
107 Doug Riggle 37:46  
148 Brendan O'Neill 39:16  
266 Barbara Miller 44:02  
403 Myra Rhodes 49:30  
415 Lee Rhodes 50:02  
429 David Larson 50:22  
708 Peter Zinsli 1:01:04  
825 Linda Hall 1:15:19

## Big Sur International Marathon

Carmel - 29 April 2001

### Overall Winners

Men - Arsenio Ortiz 2:25:38  
Women - Janna Maikova 2:46:41

### Chips & Chippettes

21 Bart Yasso 2:58:55  
133 Laura Kulsik 3:27:57  
353 Cary Craig 3:46:45  
762 Thad Puzdrakiewicz 4:07:41  
984 Laura Paggel 4:18:21  
985 Michelle Puzdrakiewicz 4:18:22  
1031 Bob Tabler 4:20:18  
1032 Janet Steele 4:20:19  
2219 Rich Walker 5:14:29  
2327 Glenn Millar 5:23:01

## Big Sur News Channel 46 5K

Carmel - 29 April 2001

### Overall Winners

Men - Steve Moreno 14:59  
Women - Nicole Kulikov 17:39

### Chips

38 Dennis Rinde 16:43  
95 Brendan O'Neill 19:04  
153 Douglas Braasch 21:08  
262 Fred Kaiser 24:43  
276 Lee Rhodes 25:08

## Chippettes

162 Christine Iwahashi 21:24  
183 Barbara Miller 22:10  
248 Myra Rhodes 24:11  
944 Linda Hall 36:58

## Cinco De Miles 5M

Sacramento - 5 May 2001

### Overall Winners

Men - Gustavo Perez 26:31  
Women - Ma Barley 32:17

### Chips & Chippettes

7 Lloyd Levine 30:55  
8 Jeff Hayes 31:13  
10 John Nichols 31:31  
30 Joel Contreras 35:47  
89 Bob Diercks 41:11  
113 Leslie Axelrod 42:50  
114 Melissa Poole 42:50  
133 David Cavazos 43:40  
156 Hank Groenblatt 45:13  
171 Bob Sully 46:19  
186 Jennifer Roussevo 47:46  
189 Allyson Trethewey 47:55  
214 Mary Lee Meyer 49:18  
218 Kate Sutherland 49:30  
231 Kathleen Seabourne 51:08  
232 Dilyn Radakovitz 51:10  
264 Candace McGahan 57:00  
274 Linda Hall 59:41

## Cinco De Miles 5K

Sacramento - 5 May 2001

### Overall Winners

Men - Jeremy Redding 16:26  
Women - Melanie Cleland 18:07

### Chips & Chippettes

2 Eric Benitsen 16:39  
9 Erin Wachter 19:18  
10 Katie Briscoe 19:30  
22 Bill Staack 20:51  
30 Michael Wilhelm 21:57  
39 Francine Mejia 22:52  
41 Roger Fong 23:14  
51 Amy Dierlam 24:52  
133 Florence Fong 31:15  
177 Charlotte Davis 34:44

## Miwok 100K

Marin Headlands - 5 May 2001

### Overall Winners

Men - Chad Ricklets 8:41:15  
Women - Ann Trason 8:55:49

### Chips & Chippettes

9 Herb Tanzer 10:08:23  
23 Rena Schumann 11:09:37  
34 Howard Ferris 11:26:26  
50 Jerry Tile 12:11:35  
62 Barry Fisher 12:28:11  
64 Dawn Infurna-Bean 12:30:30  
75 Ellen Crouse 12:47:12  
111 Lee Rhodes 13:57:51

## Avenue of the Giants Marathon

Weott - 6 May 2001

### Overall Winners

Men - Billy Morris 2:39:55  
Women - Sara Freitas 3:07:21

### Chips & Chippettes

8 Dennis Early 2:50:03  
18 John Blue 3:08:26  
29 Craig Newport 3:16:41  
66 Barbara Ashe 3:29:45  
205 Ken Messenger 3:58:33  
274 Stewart Black 4:12:46  
289 Penny Westfall 4:15:09  
333 Kate Anthony 4:24:03  
349 Jerri Clark 4:26:51  
512 Gladys Northcross 5:06:27  
542 Ismael Castro 5:16:12  
569 Ann Marie Haigrave 5:29:54  
645 George Billingsley 7:12:44

## Avenue of the Giants 10K

Weott - 6 May 2001

### Overall Winners

Men - Steve Shaefer 34:31  
Women - D SB 41:54

### Chips & Chippettes

12 Mario L. Sanchez 42:20  
29 Stephani Grace 45:26  
31 Karen Kelley-Day 45:55  
213 Donna Messenger 1:02:42

## Race for the Cure 5K

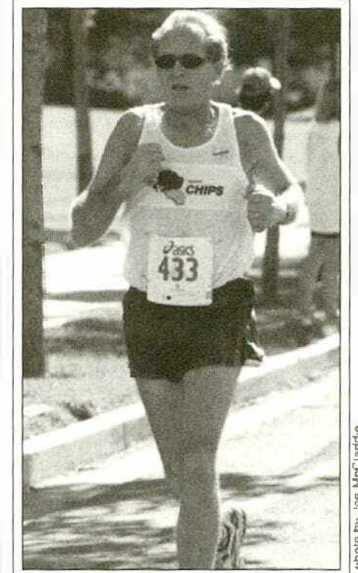
Sacramento - 12 May 2001

### Overall Winners

Men - Richie Bonler 15:55  
Women - Melanie Cleland 17:41

### Chips & Chippettes

9 Eric Benitsen 16:51  
24 Doug Riggle 18:05



Run Against Pain - Howard Price

# RACE RESULTS



photo by Pat Ruzicka

Hit the Road Jack - Helen Sioen, 2.2m, 1st woman, Age group 1st, Robbie Smith, 10K, Age Group 1st; Stephen Sider, 10K, Age Group 1st

26	J. Michael Morris	8:12	259	Mira Rhodes	23:32
29	Iou Nishimura	8:16	274	Roger Fara	23:38
30	Dave Smith	8:19	284	Tom Hale	23:44
35	Lloyd Levine	8:35	295	Holly Welch	23:47
44	Steve Bond	19:07	298	Pam Goodley	23:52
43	Dick Rothill	19:10	331	Robin Cambra	24:19
52	John M. Duckay	19:19	348	Patricia Ruzicka	24:32
53	Bob Sherman	19:32	373	Deborah Kanner	24:47
57	Cory Bertancini	19:33	417	Gary Metzarus	25:12
60	Allison Orolino	19:33	460	Nathan Frazier	25:33
65	Tony Johnson	19:40	469	Harry Criswell	25:37
75	Larry Smith	20:04	496	Desiree Love	25:50
77	Krista Taylor	20:05	501	Julia Criswell	25:54
85	Natashia La Beaud	20:13	529	Roger Brown	26:03
87	Tom Carras	20:13	530	Jack Sohl	26:03
90	Steve Pass	20:16	535	Bill Cushman	26:10
100	Claire Malanson Fry	20:28	551	William Cockrell	26:17
105	Christine Iwchashi	20:35			
109	Denny Potter	20:39			
114	Mike Gutterman	20:50			
117	Gary Campbell	20:56			
125	Dan Cox	21:04			
131	Greg Nishimura	21:12			
139	Kyle Zarzana	21:23			
146	Dennis N. Scott	21:32			
147	Holly Harmon	21:33			
155	Cindy Scott	21:44			
179	Sarah Knil	22:08			
183	Kristen Schneider	22:17			
220	Laurie Vidman	22:59			
227	Karen Davis	23:03			
230	Francine Mejia	23:06			
232	Carl E. Ellsworth	23:07			
243	Richard Powers	23:12			
252	Fred W. Kaiser	23:22			
255	Charlie Fox	23:24			
256	Iv. Faria	23:25			
259	Edward Echeverria	23:26			
260	Robbie Smith	23:27			

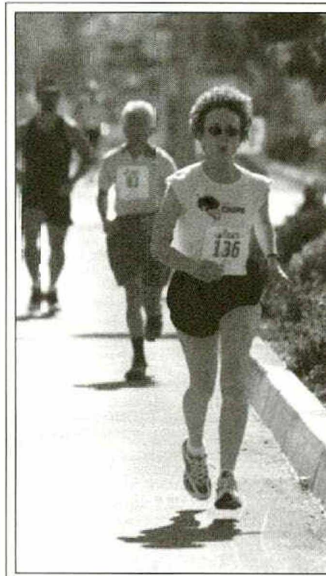


photo by Joe McClardine

Run Against Pain - Toni Reynolds

590	Wil King	26:27
618	Emily Carbone	26:47
632	Laurie Richardson	26:53
685	Christy Anderson	27:17
697	Joe Knil	27:25
708	Andrew Griffin	27:31
725	Candy Smith	27:37
814	Rosemarie Ruiz	28:03
865	Hailey Taylor	28:20
934	Hank Greenblatt	28:46
955	Jeri Clark	28:51
957	Bellie Powers	28:51
981	Steve Birkholz	28:55
1040	Karen Winholt	29:23
1071	Luis Alvarez	29:39
1117	Teresa L. Touss	30:00
1120	Kathleen Spencer	30:02
1148	Judy Cavin	30:17
1193	Jennifer Music	30:28
1198	Judy Sohl	30:30
1235	Melanie Trout	30:36
1240	Nancy Yee	30:37
1243	Gregory Trout	30:37
1248	Kate Sutherland	30:41
1295	Florence Fang	31:18
1296	Evie Baker	31:19
1299	Linda Frazier	31:24
1362	Mike Grossinger	31:56
1364	Victoria Yamamoto	31:56
1403	Robert Zarzana	32:12
1449	Toni Reynolds	32:35
1459	Zachary Taylor	32:41
1496	Lauri Massey	33:10
1572	Alice Carney	33:47
1630	Stewart Black	34:04
1682	Linda Kee	34:30
1686	Hugh Massey	34:32
1842	Jane Blythe	36:00
1902	Pa Adams	36:18
1926	Cheri Alvarez	36:29
1935	Rosie Peters	36:40
1937	Peter Zinsli	36:40
1953	Charlotte Davis	36:51
2129	Dilyn Radakovitz	38:11
2175	Reina Mayorga	38:37
2181	Leona Nenow	38:34
2242	Anne Staines	39:24
2247	Cindy Kaises	39:24
2249	Lynda Otto	39:24
2389	Candace Mc Gahan	40:45
2410	Linda Killian	41:00
2532	George Parrott	42:00
2609	Jeannette Hagen	42:44
2638	Jaci-Marie Nitschke	43:00
2768	Leah Aragar	44:00
2936	Sharon Roseme	45:15
2967	Sam Moore	45:36
3042	Jenny Takahashi	46:15
3132	Barbara Farten	46:48
3225	Gail Spelis	47:44
3264	Melea Martinez	48:00
3408	Christina Dillon	49:07
3514	Marijane Walker	50:06

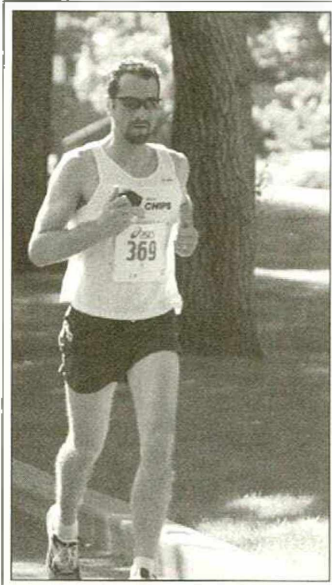
## HAPPY NEW AGE GROUP from the Herd!



New  
Age  
Group  
This  
Quarter

Hope Swan	85-89
Hugh Massey	70-74
Jack Sohl	70-74
Michael Meyer	65-69
Edward J. Reilly	65-69
Lucinda Fisher	60-64
Karen Dullin	55-59
Ronald Parrett	55-59
Suzanne Peck	55-59
Christine Powell-Millar	55-59
Bob Rinker	55-59
Arnold Ulterback	55-59
Joseph Domagalski	50-54
Ann Gerhardt	50-54
Tom Hale	50-54
Vicky Martin	50-54
Jim McElroy	50-54
Donna Wetterer Pore	50-54
James Rademaker	50-54
Greg Rousseve	50-54
Monty Schacht	50-54
Barbara Thomas	50-54
Ken Cox	45-49
Steve Grogan	45-49
David Haake	45-49
Michael Halko	45-49
Greg Hodson	45-49
Jennifer Kalfsbeek	45-49
Judy Picanco	45-49
Kevin Tanner	45-49
Chris Lack	40-44
Krista Taylor	40-44
Shing Anzai	35-39
Cory Bertancini	35-39
Mary Bryant	35-39
Greg Eames	35-39
Tristan Hanson	35-39
Kelly Nichols	35-39
Adarsh Bhat	30-34
Jennifer Fearing	30-34
Kendra Garobsk	30-34
Derek Murray	30-34
Kari Roberts	30-34
Sarah Rogerson	30-34
Joe Martin	15-19
Garrett Saling	15-19
Elizabeth Salvatierra	15-19
Shelbie Baker	10-14
Chloe Lyon	10-14

# RACE RESULTS



Run Against Pain - Mike Morris

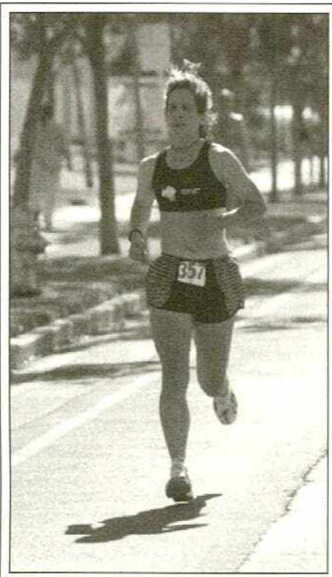
3555	Anthony Decillis	50:35
3563	Diane Hill	50:40
3620	Tsuru Ellsworth	51:04
3665	Ann Wolfersberger	51:31
3757	Lisa Klostermann	51:47
4234	Patricia Kane	54:42
4824	Mary Seto	58:14
5134	Barbara Rinker	1:00:22
5536	Elizabeth Kondor	1:01:34
5720	Joye Bunds	1:02:08
6437	Sarah Aquino	1:06:33
6655	Jill Matranga	1:07:48
6760	Nanette Farley	1:08:05

## Save-A-Life 5K

Auburn - 12 May 2001

Overall Winners

Men - Tom Hummel	17:50
Women - Joan Lewis	20:18



Run Against Pain - Cary Craig

## Chips & Chippettes

7	Craig Newport	21:45
11	Michael Kutzman	22:07
36	Michael Otten	26:50

## Quicksilver 50M

San Jose - 17 May 2001

Overall Winners

Men - Rick Simonsen	7:33.57
Women - Jennifer Pfeifer	8:19.30

## Chips & Chippettes

6	Jennifer Pfeifer	8:19.30
28	Linda McFadden	10:40:06

## Quicksilver 50K

San Jose - 17 May 2001

Overall Winners

Men - Erik Dube	4:22:04
Women - Laura Kulsik	4:53.44

## Chips & Chippettes

2	Bart Yasso	4:26.24
10	Laura Kulsik	4:53.44
11	Rena Schumann	4:54:18
26	Eric Ianacone	5:30:50
43	Janice L. Levet	5:59:13
46	Marie Gonzales	6:11:18
74	Barbara Elia	8:04:20

## Silver State 50M

Reno NV - 19 May 2001

Overall Winners

Men - James Kerby	7:41
Women - Betsy Nye	9:27

## Chips & Chippettes

6	Wayne Miles	9:08
16	Barry Fisher	10:27
18	Bill Finkbeiner	10:42
22	Floyd Whiting	10:50
29	Lee Rhodes	11:39
35	Linda McFadden	12:15

## Silver State 50K

Reno NV - 19 May 2001

Overall Winners

Men - Scott St John	5:32
Women - Laura Kulsik	6:20

## Chips & Chippettes

9	Laura Kulsik	6:20
18	Jerry Lile	6:55
22	Eric Ianacone	7:11
38	Dawn Infurna-Bean	7:58
55	Lucinda Fisher	9:51
<b>50K Team</b>		
1	Biad Iael	5:32
	Bart Yasso	

## Run Against Pain 10K

Sacramento - 19 May 2001

Overall Winners

Men - Jacob Busienei	31:24
Women - Svetlana Zakharova	35:24

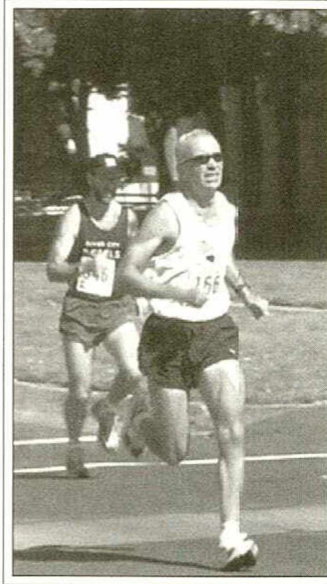
## Chips

9	Edward C. Burns	34:06
18	Lloyd Levine	40:17
21	Tony Johnson	41:08
28	Gary Campbell	44:12
30	Edward T. Burns	45:23
45	Don Fencik	49:45
46	Steve White	49:53
57	Larry Osborne	52:39
71	Steve Birkholz	58:11

82	J. W. Crosby	1:03:44
91	Glen Zuffelato	1:13:23

## Chippettes

5	Tina Beal	40:13
6	Cathy Carbonaro	40:39
15	Myra Rhodes	50:07
29	Desiree Love	54:35



Capitol Mile - John Darlington

30	Toni Reynolds	55:34
34	Jeri Clark	56:57
41	Katie Burns	58:00
50	Ann Wolfersberger	1:01:07
76	Candace McGahan	1:12:50
82	Linda Hall	1:17:22

## Run Against Pain 5K

Sacramento - 19 May 2001

Overall Winners

Men - Damon Chamberlain	15:18
Women - Una English	16:41

## Chips

9	J. Michael Morris	17:48
10	Steve Pinney	18:14
14	Doug Thurston	19:01
15	Steve Bond	19:04
17	Brendan O'Neill	19:17
19	Dick Railiff	19:41
21	Bob Fredenburg	20:00
22	Jim Krtil	20:15
23	Arnold Utterback	20:18
26	Howard Price	20:46
28	Joe Domek	21:14
30	Joel Contreras	21:42
31	Carl E. Ellsworth	22:04
35	Edward Echeverria	23:00
36	Roger Fong	23:26

## Chippettes

7	Linda Zarzana	20:26
11	Cary Craig	21:27
12	Sarah Krtil	21:34
45	Micki Haley	30:56
46	Florence Fong	30:58
60	Louise Simpson	33:51
66	Charlotte Davis	34:58
110	Lorraine McCall	52:05

## Zippy 5K

San Francisco - 28 May 2001

Overall Winners

Men - Chris Lundstrom	14:52
Women - Nicole Kulikov	15:35

## Chips

32	Eric Bernsten	16:16
43	Phil Smith	16:30
91	Dave Smith	17:33
104	Doug Riggle	18:02
106	Greg Jewett	18:08
120	Lloyd Levine	18:35
153	Brendan O'Neill	19:49
174	Kim Isham	20:34
177	Doug Braasch	20:42
239	Michael F. Prizmich	23:29
248	Manty Schacht	23:55
249	Dave Creek	24:03
264	Lee Rhodes	25:11
277	Peter Zinsli	27:13
284	Mike Grassinger	28:18

## Chippettes

32	Sara Pope	19:48
39	Christine Iwahashi	20:03
59	Barbara Miller	20:52
80	Francine Mejia	22:14
107	Myra Rhodes	23:56
153	Cynai Calvin	28:47
157	Lilian Shek	29:56
160	Claudia Isham	30:31
170	Linda M. Prizmich	33:55
173	Linda Hall	34:22
178	Po Adams	36:01

## San Diego Rock 'N' Roll Marathon

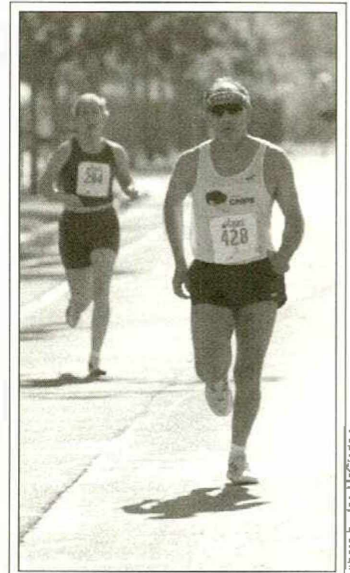
San Diego - 3 June 2001

Overall Winners

Men - John Kagwe	2:10:07
Women - Margaret Okaya	2:25:05

## Chips & Chippettes

243	Mary Coordt	3:11:48
1024	Steve Ashe	3:36:19
2268	Ken Johnson	3:54:49
2540	Don Fencik	4:10:35



Run Against Pain - Joel Contreras

Photo by Joe McClanahan

# RACE RESULTS

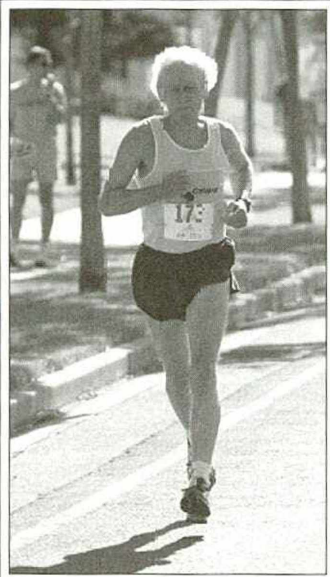


Photo by Joe McCladde

*Run Against Pain - Carl Ellsworth*

8862 Katie Burrs	4:58:14
10915 Barbara Thomas	5:24:19
269 Kathleen Seabourne	5:42:38

## Shriner's 8K

Sacramento - 23 June 2001

Overall Winners

Men - Mike Dudley	24:09
Women - Kristin Schwartz	27:35

## Chips & Chippettes

25 Ed Burns	26:26
30 Eric Bernsen	26:37
40 John Hancock	27:09
41 Brad Loe	27:10
51 Dennis Piznich	27:37
70 Greg Jewett	29:12
71 Dennis Early	29:13
79 Doug Riggle	29:40
96 Lloyd Levine	30:25
119 Steve Bond	31:13
127 Brendan O'Neill	31:43
129 Tony Johnson	31:48
136 Friesel K. Takakashi	32:07
144 Hank Beal	32:30
145 Bob Rowden	32:31
146 Tom Carras	32:32
155 Tina Beal	32:53
157 Doug Brasch	32:56
162 Steve Pass	33:04
168 Maria L. Sanchez	33:16
191 David Weamer	34:05
194 Edward T. Burns	34:14
199 Barbara Miller	34:30
213 Gary Campbell	35:18
215 Dan Cox	35:24
216 Michael McKee	35:24
220 Dennis N. Scott	35:39
231 Francine Mejia	36:21
235 Jennifer Feoring	36:41
239 Dan Aiola	37:03
262 Greta Carriger	37:59
265 Tom Hale	38:03
269 Roger Fong	38:06
270 Robin Cambra	38:11
274 Carl E. Ellsworth	38:18
275 Scott Riggle	38:19

276 Myra Rhodes	38:21
277 Pam Goodley	38:21
278 Therese Innonan	38:28
282 Irv Faria	38:43
286 Tom Kuzmich	38:49
290 Marty Schacht	38:56
302 Dave Creek	39:29
306 Edward Echeverria	39:36
311 Steven Polansky	39:47
326 Bob Diercks	40:22
346 Toni Reynolds	41:14
351 Becky Johnson	41:25
358 Harry Criswell	41:40
378 Desiree Love	42:16
384 Maggie Ward	42:32
386 Christy Anderson	42:40
395 Michael Gardner	42:50
398 Cyni Calvin	42:56
403 Peter Zinsli	43:07
420 Gerald Jones	43:34
430 Nanette Farley	43:49
431 Hank Greenblatt	43:51
438 D. B. Robinson	44:18
439 Kevin Geoghegan	44:19
461 Mattie Jones	45:25
462 Jon H. Shelgren	45:26
486 Mary Bryant	46:13
491 Laura Clevenger	46:19
492 Phil Clevenger	46:19
524 Karen Winholt	47:24
534 Christopher Dawel	48:39
555 Roger Brown	48:42
576 Dilyn Radakovitz	49:51
591 Florence Fong	50:26
592 Louise Simpson	50:27
596 Sharon Lewis	50:38
615 Steve Daniels	51:35
616 Evie Baker	51:36
623 Jeannette Hagen	52:13
639 Candace McGahan	53:39
650 Peggy Ewing	54:39
656 Gladys Northcross	55:20
667 Linda Hall	56:54
670 Charlotte Davis	57:42
699 Tristan Hanson	1:02:19



Photo by Kenny Lima

*Capitol Mile - Linda Hall*

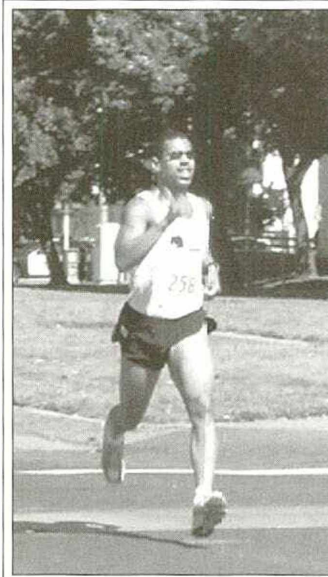


Photo from Kenny Lima

*Capitol Mile - Kenny Lima*

714 Shakisa Wangrenowitz	1:07:05
715 Lois Kugelmass	1:07:06
717 Anthony Decillis	1:09:01

## Western States 100 Mile Endurance Run

Squaw Valley - 23 June 2001

Overall Winners

Men - Scott Jurek	16:38
Women - Ann Trason	18:33

## Chips & Chippettes

28 Laura Kulsik	21:15
44 Jennifer Devine Pfeifer	22:20
45 Edward Wolfe	22:25
62 Herb Tanzer	23:20
72 Jerry Lilo	23:31
94 Dawn Infurna-Bean	24:27
151 Barry Fisher	27:26
175 Michael Talbert	28:01
198 Michael Halko	28:39

## Fleet Feet Capitol Mile

Sacramento - 1 July 2001

## Chips & Chippettes

Place By Various

Male/Female Age Groups

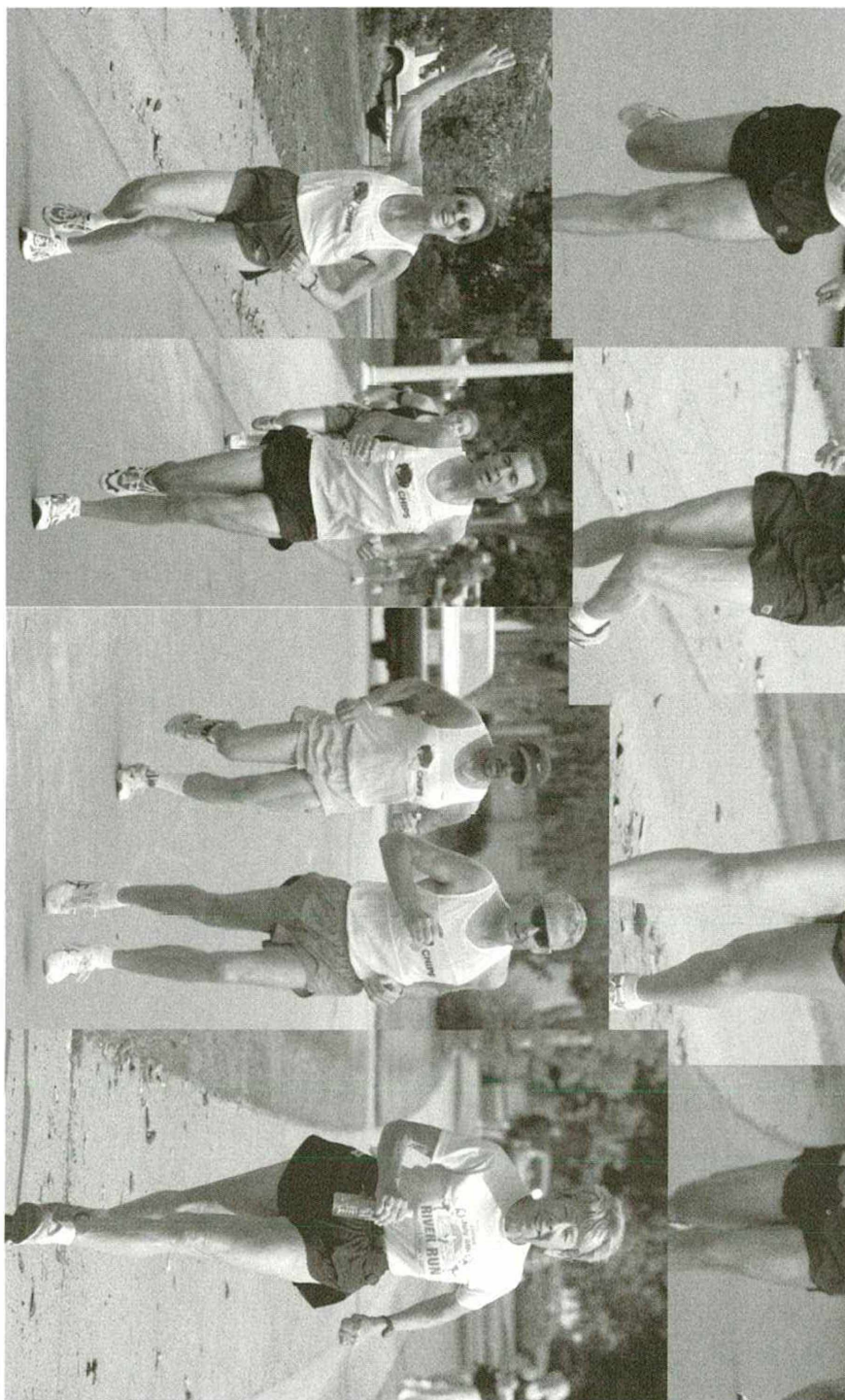
9 Doug Thurston	5:11.5
1 Michael Salvaterra	5:21.8
21 Steve Bond	5:28.2
4 Kenny Lima	5:29.0
23 Rae Clark	5:38.6
24 Rory Salvaterra	5:41.3
18 Rich Berson	5:46.5
26 Dan Cox	5:47.3
21 Arnold Utterback	5:49.2
23 Andrew Swan	5:54.1
25 Dennis Scott	6:12.6
4 Robbie Smith	6:13.6
13 Dave Creek	6:35.0
13 Robin Cambra	6:49.0
32 Bob Venditti	7:06.8
33 Nicol Bryant	7:47.9
6 Cyni Calvin	7:53.8
8 Ililan Shek	8:44.2

# Welcome, New Chips !

- Jeff Adams
- Joe Ballme
- Julie Beal
- Mary Bryant
- Nicol Bryant
- Anna Chan
- Tommie Corona
- Bob Diercks
- Tycee Gamble
- John Gordon
- Igor Hermann
- Nancy Hobbs
- Claire Jacquemin
- Becky Johnson
- Suellen Jost
- Linda Kramer
- Chris Lack
- Karen Lack
- Nathan Lack
- Sara Lack
- Zenith Lobell
- Kathy Lopes
- Matthew McClary
- Megan McClary
- Francine Mejia
- Duane Miller
- Ray Moyer
- Kristine Ogilvie
- Bill Otto
- Jeffrey Plummer
- Melanie Polka
- Angelina Rademaker
- Dallas Reagan
- D. B. Robinson
- Kirsten Schneider
- Mike Schneider
- Greg Senter
- Phil Smith
- Tammy Smith
- Randy Snyder
- Jessica Torrence
- Pam Watson
- David Weamer
- Maureen Weamer
- Hongjian Xu
- Karin Zarcone
- Liz Zelandais

# THE 4TH OF





photos by Joe McCladdie

# JULY RUN



# BOARD DROPPINGS

## Buffalo Chips Running Club

### Board Minutes

(condensed version)

For a complete copy (and handouts or tapes from the meeting) please contact the Chips Scribe, Alene Antelman, at leaners@cwnet.com or call her at 916.978.7925. If you have an item you wish the Chip Board to discuss, send it to Alene and to the High Dunger, John Hancock. They must receive this information at least eight days before the scheduled Board meeting.

#### Board Meeting 4 April 2001

Present: Alene Antelman-Aldrich, Mike Grassinger, Virginia Hawes, John Hancock, Abe Underwood, Fred Kaiser, Greg Jewett, George Parrott, Joe McCladdie, Eric Bean, Po Adams, Sharon Smith Norris, Harry Criswell, Absent: Greg Soderlund, Ken Briscoe, Ron Peck

Guests: Bruce Aldrich, Cheri Alvarez, Lee Rhodes, Dave Creek, Julie Criswell

Meeting called to order 6:05pm. March minutes approved

#### Officer Reports

Sharon Smith-Norris: Race/walk this Sunday (4/8) is on track. The Sacramento Monarchs want a lot of people in the stands on July 27th for a nationally televised game against the Suns. They want the Chips to put on a 5k/10k race out at Arco Arena. The board agreed with the idea and will discuss it more at a later date.

Mike Grassinger: The Haulihan's bus was a success. We made \$46 dollars. The Wharf to Wharf bus will probably not get off the ground. The track meet at the school is in limbo because the school is non-responsive. The Bash is on track. We're working on it.

Po Adams: Treasurer's report "speaks for itself". Alene Antelman-Aldrich: We will be having a booth at the Women's Legacy Conference May 8th at the Sheraton Hotel. 400 women will attend this event. Virginia Hawes: Working on new singlet standards. There was a recent 5% improvement award.

Fred Kaiser: Sending out letters and contacting people for sponsorship. Need sponsors for Susan B. & the Stampede. Abe Underwood: Working on new singlet standards. Joe McCladdie: Will have enough volunteers for Sunday's race/walk on 8 April.

George Parrott: Difficult for me to put out weekly workouts due to running incident injuries. Will be submitting a formal document to the board concerning the incident. Mike Grassinger obtained a statement from a witness to the running incident. Mike read this statement to the board. After limited discussion it was suggested, and decided upon, to hold a special board meeting 23 May to review evidence. Fred Kaiser will be the facilitator.

Harry Criswell: Bible mailed. 14 new members, 32 dropped members. Eric Bean volunteered to call dropped members to learn why they dropped.

Greg Jewett: Presented his "Chips Racing Team Survey". Discussion on whether the Chips want to be a competitive running club.

Eric Bean: Discussed safety issues on the bike trail including maps and signs. Waiting for reflective vest samples.

#### Race Reports

Jed Smith report: George reported that the second place 50K runner was disqualified.

Mud Run. No mud.

Race Walk: This weekend, April 8th.

July 4th Race: will be on the 4th of July.

Susan B and the Stampede: Cheri is working on them. The course for the Stampede might need to be changed due to portable classrooms in the finish area.

#### Old Business

Joe is going to RRCA Convention in Albuquerque.

#### New Business

Dave Creek wants to retire as editor of the Enquirer after the completion of the July issue. The club will email

a notice that we are looking for a new editor. Dave is doing a fantastic job and we hope he will reconsider. Meeting adjourned at 7:30pm.

#### Board Meeting 2 May 2001

Present: Alene Antelman-Aldrich, Virginia Hawes, John Hancock, Abe Underwood, Fred Kaiser, Eric Bean, Sharon Smith-Norris, Harry Criswell, Ken Briscoe, Ron Peck, Absent: Greg Soderlund, Mike Grassinger, George Parrott, Joe McCladdie, Po Adams, Guests: Cheri Alvarez, Louie Alvarez

Meeting called to order at 6:03 p.m. April minutes approved. Alene will send Abe's edited minutes to Board. Correspondence: Greg Jewett has resigned from the Board.

#### Officer Reports

Alene Antelman-Aldrich: No new business. Virginia Hawes: There have been five new singlet awards. May need to request increase in budget.

Ken Briscoe: Kids are doing well. The nationals for kids will be held at Sac State the end of July. They are improving well.

Fred Kaiser: No money for sponsorship as of yet, still trying. Major sponsors want to focus on specific purposes.

Ron Peck: Mailed out photos and stories to ultra magazine. Jed Smith report was passed out to the Board. Dennis Scott and Ron are looking into Mather for Jed Smith location. Board will vote on change.

Abe Underwood: No new business.

Cheri Alvarez representing George Parrott: Passed out information on Monarchs. No 5K for the Buffalo Stampede. Eric Bean: There are now police motorcycles on and around the bike trail for the safety coalition.

Harry Criswell: We have a total of 741 members. Twelve new members. Fifteen members have dropped in April.

Sharon Smith-Norris: There were 20 people in the race walk at William Land Park. We had a positive cash flow. The Monarchs game, 5 and 10k race will be July 29th. It will start at 08:30 a.m. We need 20 volunteers. Each runner will get a ticket for the game. Timing will be for the top 10 runners.

Sharon moved for a vote to consummate the deal with the Monarchs. Sponsor to propose agreement for the race: nine yes, one abstain.

Social Events: Ken's talent show has cancelled. He is proposing a talent segment at the end of either Susan B. Anthony or the Stampede. Please pass the word, we need talent for the show. Alene and Mike will be handling the food for Susan B.

#### New Business

Treasurer's Report was handed out.

Eric Bean: Eric is interested in organizing runs for the outlaying areas; this is to include non-Chip runners.

Termination and Suspension of membership: Bob Rowden is asking for postponement of the May 23rd meeting. The topic was discussed. Alene moved to postpone the May 23rd meeting until Bob can be present. Motion passed, seven yes, three in favor of keeping date, one abstain. Abe will draft a letter to John to be sent to Connie saying that no decision was made in our last meeting concerning Bob. We discussed having a meeting to hear both sides.

Meeting adjourned at 7:20 p.m.

Board meetings are held at 6 p.m. on the first Wednesday of each month at Golden Empire Council - Boy Scouts of America, 251 Commerce Circle, Sacramento. All members are welcome to attend.

#### Board Meeting 6 June 2001

Present: Alene Antelman-Aldrich, Mike Grassinger, John Hancock, Abe Underwood, Joe McCladdie, Eric Bean, Sharon Smith-Norris, Harry Criswell, Ken Briscoe, Ron Peck, Po Adams, Absent: Greg Soderlund, Virginia Hawes, Fred Kaiser, George Parrott

Meeting called to order at 6:05 p.m. The May minutes were approved.

#### Officer Reports

Mike Grassinger: Potential new members are calling him for information.

Po Adams: Handed out the treasurer's report. Alene/Mike: Beverages were served at the 8 May Tuesday night workout. The club paid for this.

Ken Briscoe: San Francisco Striders gave the Chips youth program a \$500 grant. The youth Nationals are at the end of July.

Ron Peck: Has mailed results for Jed Smith to 202 people. The Monarch's course has been certified and the Chips will get \$5 per runner.

Abe Underwood: Abe spoke for Virginia regarding singlet awards. When calculating cut-off times, seconds don't count. Times are rounded down to the nearest minute.

Joe McCladdie: Joe went to the RRCA convention in New Mexico. Dave Creek, Enquirer Editor, was honored at the convention for "Outstanding Large Club Newsletter". Joe attended volunteer workshops to learn how to successfully recruit volunteers.

Harry Criswell: He handed out a membership ledger which shows new, and dropped memberships. The current total is 739.

Eric Bean: Eric brought a sample safety vest, which will cost \$8. The vests can be sold at our store. We will give this information to Myra so she can order them. Sharon Smith-Norris: Nothing to report.

#### Race Reports

4th of July Run: Rich Hanna has everything handled but he needs 15 volunteers. The race starts at 8:00am.

Monarch's Run: Over 2000 race flyers were sent out. We need 20 volunteers. The race is 7/29. The Monarch's will help sponsor Susan B next year.

Old Business: Three people are interested in becoming the Enquirer editor.

#### New Business

The Chips are negotiating a price for club wind-pants. Western States 100: We have enough volunteers for the CHIPS aid station. Rucky Chucky: Eric Bean wants to give the volunteers something from the CHIP store for their service. Abe motioned to contribute \$100 to the volunteers at the aid station. 10 passed and one abstained.

Location for meetings: Alene volunteered to find a location for our monthly meetings.

Meeting adjourned at 7:00 p.m.

#### Board Meeting Format

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

# Buffalo Chips Running Club MEMBERSHIP APPLICATION

or download a form from [www.buffalochips.net](http://www.buffalochips.net)

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

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

**Membership Qualifications - None!**  
 Beginners, kids, co-eds, gen-Xers, boomers and older are all equally welcome

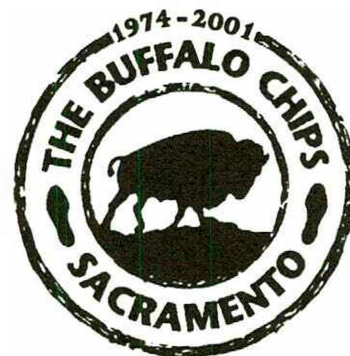
*So sign up by filling out the application below and sending it in with your dues, ASAP!*

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

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

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

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
 Birthdate \_\_\_\_\_ Fax # \_\_\_\_\_  
 E-Mail # \_\_\_\_\_



Family Members (family membership only)

1. Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 2. Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 3. Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 4. Name \_\_\_\_\_ Birthdate \_\_\_\_\_

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

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

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

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

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

### CLUB MEMBERSHIP APPLICATION WAIVER

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

\_\_\_\_\_  
 Signature/Date

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

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

# CHIPS RACE CALENDAR

PA/USATF Grand Prix Races & Points Multipliers: R = Road U = Ultra X = Cross Country

	Tue	Jul	24	Sacramento	National Junior Olympic Championships (through July 29th)	www.pausatf.org/data/YTriKJOTF.html	916/983-4715
	Sun	Jul	29	Courtland	Delta Pear Fair 10M/5M		PearFair2001@aol.com
				Sacramento	Sacramento Monarchs Fun Run in the Sun 5K/10K	www.buffalochips.net/events/monarchs-fun-run.htm	
U 1.0	Sun	Aug	5	Castro Valley	<b>Skyline 50K</b>	www.pausatf.org/data/UMSchedule.html	406/752-6431
	Sat	Aug	11	Sacramento	Susan B. Anthony 5K Run/Walk (for women only)	clalvarez@home.com	916/481-2365
	Sat	Aug	18	Sacramento	Blisters for Sisters TENTATIVE		916/448-2951
	Sun	Aug	19	Carmichael	Carmichael Classic 10K/5K	www.buffalochips.net/events/carmchal.htm	916/485-5322
				San Diego	America's Finest City Half Marathon/5K		www.afchalf.co
U 1.0	Sat	Aug	25	Marin Headlands	<b>Golden Gate Headlands 50 K</b>	www.pausatf.org/data/UMSchedule.html	415/389-9606
				Sacramento	Run For The Arts 5K	www.rungoldmedal.com/events.html	916/929-4786
X 1.5				Santa Cruz	<b>UC Santa Cruz Challenge XC</b> (new race)	www.pausatf.org	831/471-9444
	Sun	Aug	26	Sacramento	River Run 5K	www.changeofpace.com	
X 1.0	Sat	Sep	1	Santa Rosa	<b>Empire Open XC</b>	www.pausatf.org	707/527-9020
	Sun	Sep	2	Auburn	Canyon Classic 10.45M Run	www.ChristianTeam.org/page16.html	
				Davis	Fleet Feet Labor Day 10K/5K		530/758-6453
				Pollack Pines	Run On The Sly 50M/50K/30K	www.runsly.org/~parfishruns@hotmail.com	
	Mon	Sep	3	Sacramento	Run For Humanity 10K/5K	www.rungoldmedal.com/events.html	916/929-4786
	Sat	Sep	8	Lake Tahoe	America's Most Beautiful Relay (72M)	www.tahoemrmlers.org/2001AMBR.htm	530/542-3424
X 2.0				San Francisco	<b>Golden Gate Park Open XC</b>	www.pausatf.org	916/444-6816
	Sun	Sep	9	Sacramento	Buffalo Stampede 10M/5K	www.buffalochips.net/events/stampede2001.htm	916/481-2365
X 1.0	Sat	Sep	15	Crystal Springs	<b>Crystal Springs Challenge XC</b>	www.pausatf.org	415/934-0163
U 3.3				Granite Bay	<b>Rio Del Lago 100 Mile Endurance Run</b>	www.Run100s.com/sner.htm	916/859-0821
U 1.7				Granite Bay	<b>Sierra Nevada 52.6 Mile Endurance Run &amp; Relay</b>	www.Run100s.com/sner.htm	916/859-0821
				Sacramento	Chevy's Fresh Mex 12K/5K	www.changeofpace.com	530/757-2012
X 1.0	Sat	Sep	22	Davis	<b>UC Davis Aggie Invitational XC</b>	www.pausatf.org	530/752-6681
	Sat	Sep	29	San Francisco	Providence Relay 199M	http://www.therelay.com/indexmain.html	650/508-9700
R 3.0	Sun	Sep	30	Paso Robles	<b>Heritage Oaks Banks 10K</b>	www.pausatf.org/data/2001/RRSchedule.html	m.massey@heritageoaksbank.com
				Portland, OR	Portland Marathon	http://www.portlandmarathon.org/	
X 1.0	Sat	Oct	6	San Francisco	<b>Presidio Challenge XC</b>	www.pausatf.org	415/337-9042
	Sun	Oct	7	Chicago, IL	Chicago Marathon	www.chicagomarathon.com	888/243-3344
				Reno, NV	Race for the Cure 5K/1M		775/355-7311
				Sacramento	Sacramento Marathon/Half Marathon	startite99@aol.com	707/678-5005
	Fri	Oct	12	Lake Tahoe	Tahoe Ultra 3-Day Stage Marathon—Stage 1—Emerald Bay to Spooner Lake	www.laketahoemarathon.com	
U 1.6	Sat	Oct	13	Castro Valley	<b>Dick Collins Firetrails 50M</b>	www.pausatf.org/data/UMSchedule.html	510/535-0337
				Folsom	Run With Nature 10K/5K	http://www.folsom.ca.us/~	916/355-7366
				Lake Tahoe	Tahoe Ultra 3-Day Stage Marathon—Stage 2—Spooner Lake to Tahoe City	www.laketahoemarathon.com	
					Tahoe 5K/Kids' Fun Runs	www.laketahoemarathon.com	
X 1.0				Rocklin	<b>Sierra College Challenge XC</b>	www.pausatf.org	916/355-8155
				Vacaville	Marti Nelson Stride For Life 10K/5K	www.martinelson.com	707/446-5507
	Sun	Oct	14	Lake Tahoe	Tahoe Ultra 3-Day Stage Marathon—Stage 3—"regular" marathon	www.laketahoemarathon.com	
					Tahoe Marathon Walk/Marathon Relay (3- and 5-person)/Half Marathon/10K	www.laketahoemarathon.com	
	Sun	Oct	21	Davis	Stepping out for Scholarships 10K/5K		800/242-4123
				Folsom	Lake Natoma Four Bridges Half Marathon and Three Person Relay (new race)	www.fourbridgeshalf.org/	
				Sacramento	Bela Bru Wenmat Classic 10K/5K		916/481-5004
				Nevada City	Run Through the Colors 10K/5K	www.motherlode.sierraclub.org	530/265-2666
R 1.5				Weott	<b>Humboldt Half Marathon</b>	www.pausatf.org	707/443-1220
					Humboldt Marathon (non-Grand Prix event)	www.northcoast.com/~hmt	707/443-1220
	Sat	Oct	27	Calistoga	Napa Wine Fall Country Classic Marathon/Half Marathon/10K	www.envirosports.com	415/868-1829
X 1.0				Mountain View	<b>Shoreline Open XC</b>	www.pausatf.org	650/933-3296
				Sacramento	Zoo Zoom 10K/5K	www.rungoldmedal.org	916/929-4786
	Sun	Oct	28	San Jose	Silicon Valley Marathon/Half Marathon/Relay	www.svmrathon.com	888/726-5673
X 1.5	Sat	Nov	3	San Rafael	<b>John Lawson Tamalpa Challenge XC</b>	www.pausatf.org	415/878-9340
	Sun	Nov	4	Camino	Apple Hill 7.73M Run/3.5M Run/Walk/Kids' 5M Run	www.ahhr.org	530/644-4552, x234
U 1.6	Sat	Nov	10	Sacramento	<b>Helen Klein 50M</b>		916/859-0821
U 1.0					<b>Helen Klein 50K</b>		916/859-0821
R 1.5	Sun	Nov	11	Clarksburg	<b>Clarksburg Country Run 30K</b> (and new Grand Prix 5K/Kids' 1M)	www.rungoldmedal.com	916/929-4786
	Sat	Nov	17	Davis	Davis Turkey Trot 10K/5K Run/Walk	www.changeofpace.com	800/757-5275
X 2.0	Sun	Nov	18	San Francisco	<b>PA/USATF XC Championships</b>	www.pausatf.org	916/444-6816
	Thur	Nov	22	Sacramento	Run to Feed the Hungry 10K/5K	www.runtofeedthehungry.com	916/719-4400
U 1.0	Sun	Nov	25	Mill Valley	<b>Quadruple Dipsea</b>	www.run100s.com/qd.htm	415/894-1336
				San Francisco	Run to the Far Side 10K/5K	www.rhodyco.com	415/759-2690
R 2.0	Sun	Dec	3	Folsom	<b>California International Marathon</b>	www.runcim.org	916/983-4622
					U.S. Bank Marathon Relay Challenge	www.runcim.org	916/983-4622
R 1.0	Sun	Dec	9	San Francisco	Christmas Relays (4x4 46M)	www.stevenscreekstriders.org/events/xmasrelay/main.html	510/635-9508
	Mon	Dec	31	Sacramento	Midnight Run 2001 2M	www.rungoldmedal.com	916/929-4786



# The Buffalo Enquirer

Summer 2001 #154



THE OTHER  
COVER POSSIBILITY  
—A TOUGH CHOICE!

# WHAT'S IN HERE ?

	page		page
Award Program News .....	6	Race Walking News .....	7
Board Minutes .....	28	RRCA News .....	4
Club Records .....	21	State of the Herd .....	2
Editors Droppings .....	3	Stories .....	
Meet the Herd .....		Bolder Boulder .....	12
Cary Bertoncini .....	16	Chips in REI Catalog .....	18
Nancy Mitchum .....	17	Dear Buffy .....	19
Lee Rhodes .....	20	Over the River .....	13
Myra Rhodes .....	20	RRCA National Convention .....	5
Membership Application .....	29	Run on the Sly .....	13
PA/USATF News .....	4	Running by the Numbers .....	15
Pictures .....	26	Western States Chronicle .....	8
Race Calendar .....	30	Training .....	
Race Results .....	22	Dehydration—How to Avoid It .....	15
		Nutrition .....	14
		Young Runner's Society .....	10



## RRCA 2000 Newsletter of the Year

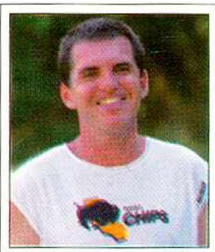


**Buffalo Chips** Running Club  
P.O. Box 19908  
Sacramento, CA 95819 0908

Nonprofit  
Organization  
US Postage  
**PAID**  
Permit No. 25  
Auburn, Ca 95603

Address Service Requested

### New Editors for the next issue!



Cary Bertoncini  
Editor



Nancy Mitchum  
Associate Editor

\*\*\*\*\*95-DIGIT 95670  
ABE UNDERWOOD 2  
11406 GOLD HILL, CT 12  
GOLD RIVER CA 95670 7219

