



# THE BUFFALO ENQUIRER

1st quarter 1994 # 120

## Completing CIM via *Riegerous* Training and the *Tanner* Strategy

BY TED RIEGER

For most runners, the 1993 California International Marathon (CIM) started in Folsom at 7:05 a.m. December 5. For me, the CIM began at a different time and place, about six weeks earlier, somewhere along American River Dr., with visions (or illusions) of wide open streets and an effortless stride.

### WHERE THE BUFFALO ROAM

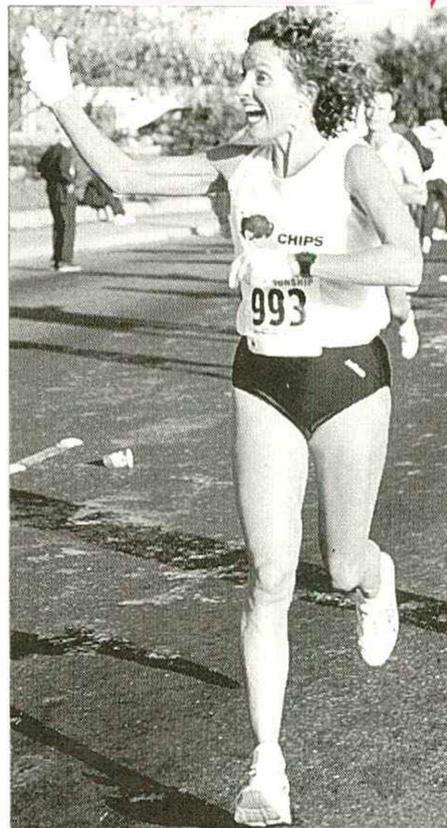
It was a Tuesday night Chips workout in mid-October. I was running with fellow Chip Kevin Tanner, a seasoned veteran of one CIM. We ran at a steady comfortable pace, completing an enjoyable 7 mile workout that seemed much easier than normal. Kevin mentioned his plan to run the CIM and discussed his marathon strategy. Later, I contemplated my physical shape, my running progress, and the "Tanner Strategy." These factors, coupled with a temporary lapse in the use of my mental faculties, led me to register for the CIM the last week in October. After investing \$46 in race fees, I was committed. Actually, many people thought I should be committed (clinically speaking.)

### SELDOM WAS HEARD AN ENCOURAGING WORD

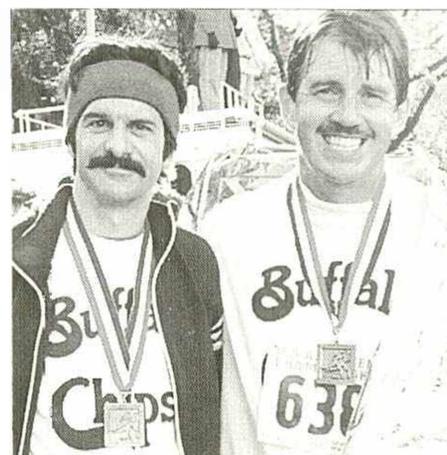
I must further explain that when I registered, I had never run a distance farther than seven miles, I'd never run a race longer than five miles, and my weekly mileage had rarely reached double digits during the 15 months of my running career up to that point. When fellow Chips learned of my intention to run CIM, reactions were overwhelming, as the following comments indicate: Tom Tabar: "You're nuts!!" Char Berta: "Are you serious???!?" Robin Carboni: "Uh oh, Ted." Being a good businessman, Tabar immediately started a pool to take bets on what mile of the course I would bite the pavement.

Perhaps they didn't quite understand the fail-safe Tanner Strategy. In simple terms, the Tanner Strategy says: maintain a 10 minute/mile pace and pig-out at every aid station. In other words: the strategy is to keep moving at a comfortable pace, have fun doing it, and finish. As a first time marathoner, my approach was all important. I never called it a race. If I approached it as a 26.2 mile race, I wouldn't make it. I approached it as a social and recreational event—a Sunday morning outing of 4-5 hours with refreshments along the way. Having a running mate was also important, and I knew Kevin would be a good one. He's a dentist, thus he's an expert on pain, and anyone who dispenses laughing gas has to be fun. Of course, another benefit of running with Kevin was that if I had any teeth problems along the way, I'd be in good hands. *CIM continued on page 13.*

*what a beautiful day!*



ANNE VELING LOOKS RATHER CHEPPEY AT THE THE CHIPS AID STATION 15.5 MILES INTO CIM. PHOTO BY DAVE KING



FIRST-TIMER TED RIEGER (LEFT) WITH VETERAN MARATHONER KEVIN TANNER AFTER THEIR CIM VICTORIES.

**Jed Smith Ultra Classic on February 12th at Gibson Ranch. Be there!**



### About the Buffalo Chips

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

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

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

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

Please come join us! For more information please contact a Buffalo Chips board member. Their names, positions and phone numbers are listed on the back page of this newsletter. Membership applications are available at workouts, from all board members, and at all local Fleet Feet stores.

**RRCA**  
ROAD RUNNERS CLUB OF AMERICA



The Buffalo Chips Running Club  
is a non-profit organization  
and a member of  
The Road Runners Club of America

## STATE of the herd

Welcome to 1994, the twentieth anniversary of the founding of our club. Pause and consider, think and reflect. We'll never again run the exact path that got us to where we are. But we should consider ourselves lucky indeed if, during the next twenty years, we are able to capture the spirit, the dedication and the rewards that have been our bounty since 1974. Conceived as we surely were in the mind's eye of a solitary runner seeking a community of kindred spirits, we are what we are now because of the collective wisdom over the years of those who provided the creative spark to breathe life into our club. We all have our part to play, even if at times this means nothing more than writing a dues check each year. But the vitality of the club depends upon the continuing ebb and flow of our members into the collective mix. For every member who has to curtail participation in club activities for reasons of family, school, employment or injury, another must step forward to take his or her place; to race, to cheer, to volunteer, to join in.

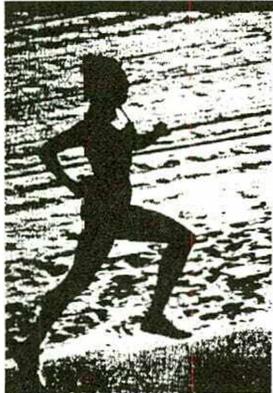
If you have drifted away from active participation in the club, think about the good times you had coming out to Tuesday night workouts, or racing a time or two with your fellow Chips, or volunteering for some worthy club function. Consider what caused you to drift away. Perhaps the events in your life that focused your attention to other things are no longer keeping you away from the club. Perhaps it's just been so long that you haven't gotten back into the habit of equating Tuesday night with Steve's Pizza. If so, what's keeping you? I can almost guarantee that more than one person remembers you and wishes that you were still around. And if you just happen to be my two distaff running buddies and roommates at Humboldt three years ago, where are you now? Or my fellow traveler and roommate at Humboldt two years ago, you can't be replaced with just anyone you know. Or my long distance telephone source of encouragement for a big PR at Grandma's, who is going to replace you and pull me along some rainy, windy day during the last hard miles at Rescue? You all get my point don't you? Sure you do. For every person who ever participated in a club activity, there is at least one other person who received a benefit from such participation.

And speaking of participation, the Chips presence on the Grand Prix racing circuit last year was dismal. We aim to change that with, among other things, a program of incentives that are discussed in detail elsewhere in this issue. On the bright side, we had a really good turnout for the first Grand Prix race of 1994, the California 10 miler in Stockton on January 9. Those new hooded Chips sweatshirts came in handy during the cold, and certainly made our presence known to the multitudes (I heard the following comments on the course: "I see Chips everywhere", and "I always seem to be behind some Chip").

Here's wishing all of you another twenty years of good times.

*Prospectively yours,*

Joe Staats  
High Dunger.



## Terrific New Safety Video Available from the RRCA

Two of the greatest benefits of running with the Chips are 1) the opportunity to run with others rather than running alone, and 2) being a member of The Road Runners Club of America. The RRCA is not the governing body of the sport and has no intention of becoming that. They provide

guidelines, programs, grants, services and dozens of opportunities for us as individual runners and clubs to take advantage of. Some of these include the Women's Distance Festivals, Electric City Challenge series, Runner's World Kids "I Did It" Runs, RRCA VISA cards, long-distance calling program, etc. The latest to come out of RRCA headquarters in Virginia is a terrific new video on safety.

Every five minutes a woman is raped. The number of rapes and assaults in the U.S. has gone up 40% in the last 10 years. Some of these crimes have been against women runners. Should you be afraid to run? Absolutely not. Running is your right but safety is your responsibility. These are the messages in the video the RRCA has just released. The 13 minute video, "women running: run smart. run safe." and its companion brochure, offer advice on safe running for women. The project was funded by a grant from the Athletic Footwear Association.

Safe running has been a cause I feel strongly about. Being a woman, safety issues are always on my mind. But you needn't be a female or a runner to be concerned about safety issues! Everyone should be concerned. No one is immune from being assaulted! Having been an assault victim, I have faced firsthand the frustration of dealing with local law enforcement. I've experienced their lack of interest, possibly due to a heavy workload, and insensitivity to an occurrence that happens way too often. And that is one of the reasons why I'm impressed with this safety video; it is a product of the grassroots running community working with law enforcement officials in an effort to fight crimes against runners. Following are some of the lessons explained in the video.

Don't run scared. Run aware. Law enforcement officers and women runners featured in the video share ideas on how to protect yourself. Learn to be confident, alert and prepared.

Some do's: Know where you are running. Run at a time and location where people are present. Do run against traffic so you can watch oncoming vehicles. Run with confidence and show it. Do look strangers in the eye when you pass them - but keep moving. Attackers look for victims who seem unsure. Because you have a mental picture of their face you

let them know you won't be passive. Do carry a noisemaker such as a body alarm but not a whistle (whistles are often mistaken for playground 'fun' noise).

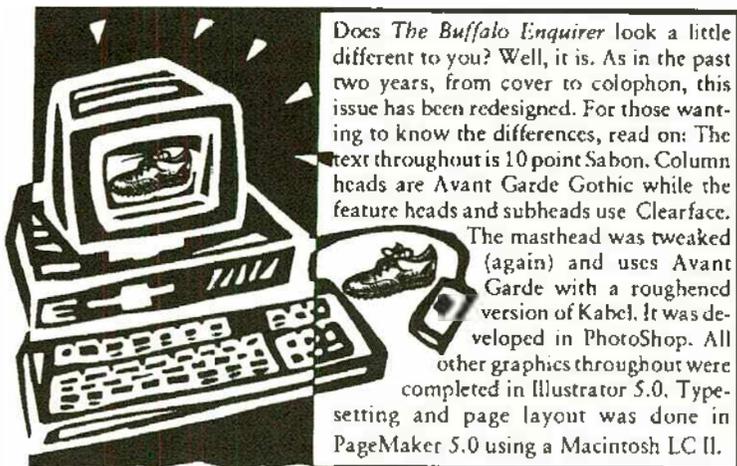
Some don't's: Don't run at night but if you do, run with friends or a dog. Don't wear headphones; they advertise that you are tuning out. Listening to the latest tunes is any easy way to get through a tough run but it's also an incredibly easy way to not hear the sound of approaching vehicles and potential attackers.

Interestingly enough, the video does not address the use of self-protection aerosols such as mace and pepper-spray. Possession of both are prohibited by law in some jurisdictions. It is also believed by some, that such self-protection units should not be named as such and should not be considered a weapon as they can be used against the potential victim.

Each of the RRCA's 490 clubs has been sent a copy of this video. High Dunger Joe Staats and I each have a copy of this video. Please feel free to borrow one from either of us. You can learn something yourself and help promote safe running by encouraging others to view and purchase the video. I brought my copy of the video to work for a viewing with about six other female co-workers who run or walk at lunch and after work. We held a round table discussion afterwards. The video is available to women's organizations and other community groups. Additional copies of the video are available from RRCA headquarters for \$15 including postage. Their address: 1150 South Washington Street, Suite 250, Alexandria, Virginia 22314-4493 or phone (703) 836-0558.

*Be safe out there!*

Laura Kulsik  
Editor



# TUESDAY NIGHT WORKOUT GROUP



Training Director  
George Parrott

**Group 1**  
walkers - fitness clearance  
by family doctor

**Group 2**  
any fun run participant,  
runs 3-4 miles

**Group 3**  
ability to run 50 minutes;  
10k slower than 55  
minutes

**Group 4**  
10k under 55 or mile  
under 8:00

**Group 5**  
10k under 48. or mile  
under 7:30

**Group 6**  
10k under 43 or mile  
under 7:00

**Group 7**  
10k under 41 or mile  
under 6:30

**Group 8**  
10k under 39 or mile  
under 6:10

**Group 9**  
10k under 37 or mile  
under 5:45

**Group 10**  
10k under 34 or mile  
under 5:20

The best workout is run  
"hanging on" - not leading  
a group. If you are leading;  
you should be in the next  
higher group!

The focus is on preparation  
for 5k to the marathon. In-  
dividual coaching and tips  
available.

By GARY KELL

My definition of a sandbagger is one who enters into a group, contest or competition under pretense of being of one skill level when they are in fact more skilled than they let on. In golf, a sandbagger misrepresents his or her handicap. When applied to our Tuesday night workouts, a sandbagger is one with the skill level of a group 10 runner who runs with group 8, etc. They can often be heard calling out "Come on you slow pokes, hurry up, lets go!" as you catch up, out of breath, to your group at the start of the next interval after just running the fastest split of your life at that distance.

# NO SAND BAGGING

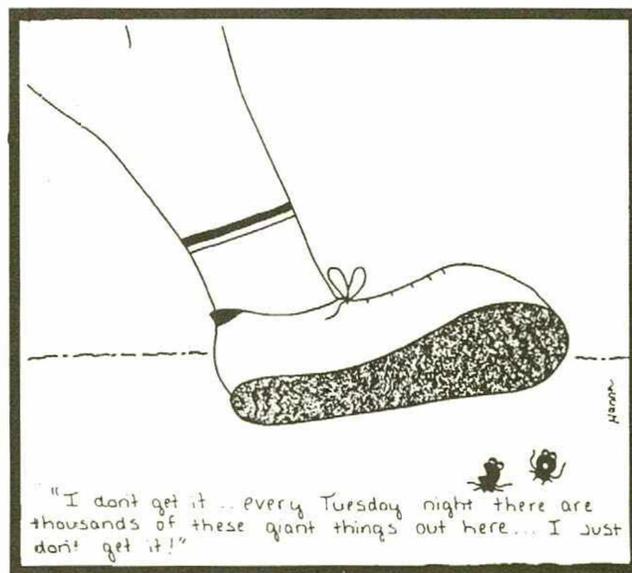
## Sandbaggers Go Home! (to your own group)

Sandbaggers have a negative effect on the Club in many ways. One negative effect is that they don't get the workout they deserve and are capable of because they have no peers to challenge them into running hard. This in turn has a trickle down effect which keeps others from getting their best from the workouts. The runners who actually belong in a given group can't keep up, get discouraged and move down into a lower group where they can run comfortably, which pushes that group's runners into a lower group, etc., etc. As a true group 5 and sometimes group 6 runner, I can verify from experience that approximately 50% of group 6 runners should be in group 7, and that group 5 is also composed of mostly group 6 runners. I have been told there are major sandbaggers in groups 7 and 8 as well. Often I suggest that sandbaggers move up to their true workout group. "Oh I couldn't run with that group," they tell me "they are TOO FAST!" Get the idea?

At the lower levels this trickle down ultimately leaves runners without a lower group to move down to. These runners either struggle to keep up, constantly too tired to run the next interval for full benefit, or turn tail and head home...maybe too frustrated to ever return to a Chips workout. As a Club that encourages people to come out and run with and join us by saying we're a running club for runners of all ages and abilities, I think we should be embarrassed by the bracket creep that is

occurring in our workout groups. I wonder how many runners we have lost by not living up to our advertising.

So let's turn the situation around. Read and observe the posted interval times which establish the workout groups. If you are a group leader, learn and enforce the interval times for your group. If your group is full of sandbaggers, encourage them to move up a group. Let your group leader know that you believe sandbaggers should move up. Let your group leader know if you find him or her sandbagging. Let George Parrot, Workout Coordinator, know if sandbagging is rampant in your group or if your group leader is sandbagging. Let's keep the workouts honest and fun for everyone. And if you are a sandbagger....GO HOME (to your own group)!





## CLUB news

*Saturday, December 4th, Sacramento Hilton* – More than 60 people representing eight running clubs attended the first-ever California RRCA State Meeting, held in conjunction with the California International Marathon expo. Clubs

represented included us (The Buffalo Chips), Golden Bay Striders (Castro Valley), The Merced Track Club, North Coast Striders (Ukiah), San Luis Distance Club (San Luis Obispo), Shadowchase Running Club (Modesto), South Coast Roadrunners (Irvine), and the Visalia Runners. Each was allotted time to have a club representative talk about their club. A big thank you goes out to Chips Treasurer Steve Topper for being our spokesperson. Leveraging sponsorship is a hot topic with most clubs. Wayward bison (and Oregon RRCA Representative) Jeff Hollister talked about the challenge of obtaining sponsorship and told us of ideas working up in Portland. Tom Raynor, new President of Fleet Feet, Inc., the 37 store chain of running sports retail stores, discussed ways to get sponsorship, keep it and lose it. Tom has been in the sporting goods business for 18 years having worked at Brooks, Wilson, and at Nike in its formative years. He gave us a hilarious example of a poor sponsorship proposal. World-class runner and RRCA Women's Distance Committee Chair, Gordon Bakaulis, talked about the latest news out of the USATF convention she attended earlier in the week. And finally, veteran marathoner and Chips Workout Director George Parrott went over the CIM course mile by mile. (Bo knows football? Well, George knows CIM.) He knows the course like some people know the back of their hand! Most of those in attendance were running the marathon the next day; many for the first time. He promised everyone it was gonna be a spectacular morning for a PR. He was right.

With 13 speakers and an ambitious agenda it was a lot of information to disseminate in three hours. Returned questionnaires indicate that it was a worthwhile event and that yes, we should have another meeting in 1994. Suggestions were made that a different club host it each year, and that the meeting be held in conjunction with a shorter race, possibly a club sponsored event and maybe extend the session to a full day with a break for lunch. If you are interested in more information on the RRCA or the '94 State Meeting please contact me: Laura Kulsik (983-5272).

### IT'S A WONDERFUL RUNNERS LIFE!

The RRCA and the Jimmy Stewart Relay Marathon (newest member of the RRCA) announce an exciting opportunity to participate in the 1994 Jimmy Stewart Relay Marathon to be held on Sunday, April 10th in Los Angeles.

Each RRCA club president was sent a flyer detailing this opportunity. Following are some of the highlights. • One club from each RRCA region (east, west, central, south) will be selected to enter a 5 person team (must include two women). Team members will be chosen by the clubs selected. Additional clubs from our region may register for the relay at a reduced rate of \$100. The RRCA runners will compete in their own category; the "George Baileys" from "It's a Wonderful Life". • Complimentary airfare (via Southwest Air), hotel rooms (double occupancy), and transportation to and from the race along with a camped entry. Wow! • A successful club will be selected on the basis of its contributions to community and charitable causes and its promotion of grass roots running through club activities. An essay of no more than 500 words should be submitted by the club president, along with a one page letter of recommendation from the club's RRCA State Representative. Both essay and State Rep letter are to be sent to RRCA President Carl Sniffen postmarked no later than February 1, 1994.



## ROAD RUNNERS CLUB OF AMERICA

1150 SOUTH WASHINGTON STREET • SUITE 250 • ALEXANDRIA, VA 22314-4493

Western Regional Director #15  
December 9, 1993

## NEWSLETTER AWARDS

The following newsletters were entered in the national competition from the western region:

Footnotes, Southern Colorado Road Runners, Pueblo, CO - winner in the small club category; Dolphin South End News, Dolphin South End Runners, San Francisco, CA - winner in the medium club category; The Oregon Distance Runner, Oregon Road Runners Club, Portland, OR - winner in the large club category; Laura Kulsik, Buffalo Chips Running Club - winner in the club writer category.

• Congratulations to all of the winners in the western region and best of luck in the national competition!

New Year, New Training—Advice from 6 Experts—p. 32

# RUNNING

JANUARY 1994

## 15 Weeks to your Fastest Marathon

Your day-by-day Training Guide developed by one of the world's top marathoners—page 38

### HOW FIT ARE YOU?

Discover your strengths, eliminate your weaknesses

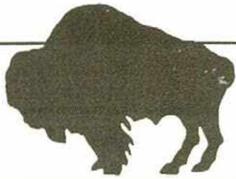
### Tales of Inspiration

The story of two runners who fought back

Improve your training vocabulary! Power words you must know for better running

Jeannie Wokasch, Hawaii's marathon heroine

WHO'S THAT RUNNER?  
HAWAIIAN BUFFALO CHIP JEANNIE WOKASCH IS THE COVER GIRL ON THE CURRENT ISSUE OF *RUNNING TIMES*.



## Welcome to the Herd!

*New Buffalo Chips*

Dan Airola  
 Jeff Alves  
 Bill Ballantine  
 Russell Beliveau  
 Bob Bergenheim  
 Brent Blakely  
 Thom Bright  
 William D. Bronte  
 Jean Miller Brooks  
 Judy Covin  
 Michael Edling  
 Mark Engemann  
 Margaret Ervin  
 Peter Fitch  
 Baerbel Greule  
 Peggy Harrington  
 Kathy Herke  
 Gracie Imhoff  
 Mark Kempton  
 Steve Kilmar  
 Martah Martin  
 Ted Papantoniadis  
 Irene Itokazu Redona  
 Robin Rogerson  
 Ellen Romano  
 Pete Spaulding  
 Gary Stephens  
 Kerrie Thompson  
 Mary Ann Truitt  
 Frank Valdez  
 William Wanninger

*If you have any questions  
 regarding membership please contact  
 Dick Kinter or any Board Member  
 listed on back page.*

**Lifetime Membership**  
 Valentine Pisarski  
 Paul Camerer  
 Christine Iwahashi  
 George Parrott

## ENQUIRER **classifieds**

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

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

Fit friendly female (44) hoping to find fantastic fellow (40-50) for fun, frolicking, and 5Ks. Respond to ad #45.

If you know a local runner or walker who is not in the club please send us their name, address and phone #. We'll send them a Newcomer's Packet and membership application. Write to: Chips Newcomer's Packet attn: LK, P.O. Box 19908, Sacto, 95819-0908.

The Chips' 20th Anniversary is this year! Do you have any ideas on what we could do as a club to celebrate this milestone? Call any board member, listed on the outside back pack page of this newsletter, with your ideas. Let's celebrate bigtime!

Have you purchased your '94 USATF card yet? Schedule and information on page 25.

Chips official water bottles on sale now. \$2 and \$3. See Steve Topper on Tuesday nights.

*You can run  
 but you can't hide!*



*Happy 50th George.*

## Planning a move?



**WARNING: Third class mail is not forwarded!** If you have a change of address, you should immediately contact **Dick Kinter** at 944-1503. Dick is our membership chairperson. Please call him or send him the necessary information at the Chips mail box. The U.S. Post Office will not

forward this newsletter from your old address to your new one. We must have your new address on our files for you to continue to receive *The Buffalo Enquirer*.



**DUNNIGAN**  
*Sierra Oaks*

2394 Fair Oaks Blvd.  
 Sacramento, CA 95825

**Bus. 484-3004 x232**

**LEIGH A. RUTLEDGE**  
 REALTOR  
 THE PROFESSIONAL'S CHOICE



# BOARD droppings

November 3, 1993, 6:30 p.m.

## The Good Earth

Present: Joe Staats, Sandi Falat, Dick Kinter, Po Adams, Steve Ashe, Robin Carboni, Lee Rhodes, Dave Ragsdale, Rex Paulsen, Leigh Rutledge.  
Guests: Gary Keill, George Parrott, Carol Parise

**Tuesday Night Workouts:** Gary Keill, group S/6 runner, concerned about pace definitions for workouts - seems like pace parameters as posted in the newsletters are continually broken; runners doing workouts at race pace and often leaving slower but legitimate runners of a group behind upon reorganization for the next interval. Along with George's input, Board developed these suggestions: 1) Post race pace per group on workout schedule list, 2) Have lead (fastest in group) runner act as group leader, 3) Print 3X5 card for group leader with workout schedule and interval split goals, have lead keep group within interval pace guidelines, 4) Have group leaders reassemble entire group before taking off for the next interval.

**Kids "I Did It" run:** November 6 in Discovery Park. Thanks to Greg Margetich, 2 or 3 local sponsors have been obtained. Kids will be presented with finisher's buttons. Cookies and drinks available for post-race refreshments.

**Singlet Final Report:** Carol mentioned need to alter club logo to fit on singlet front panel properly. Board agreed.

**Update on ASICS sponsorship:** Proposal still in progress. Mark to send specific proposal to be discussed.

**Other Old Business:** RunCal will list all races free in Jan./Feb. issue, but need information now. Board motioned and approved the following race directors for 1994: 4th of July: Dick Kinter, Susan B. Anthony: Steve Ashe, Buffalo Stampede: Lee Rhodes, Jed Smith: Norm Klein.

**Marketing survey complete,** received 150 back. To be used to develop a marketing packet.

**Treasurer's report:** None. Steve in Chicago.

**President's report:** Board motioned and approved Annual Membership Meeting to be Saturday, January 8, 1994. Meet at University Park clubhouse for SKrun, followed by potluck brunch, then meeting and voting for new club officers at 10 a.m.

**New Business: CIM aid station:** Race director asked Joe to have club provide 20-30 people to work an aid station. Steve Ashe to be station captain, for station at Leo Lane and Fair Oaks Blvd. Steve to post flyer at Tuesday night workouts. Motion approved.

**Thursday night workout lighting:** Lighting at CSUS track costs too much for the club. Thursday track workouts will continue to be in the dark.

**Water bottle proposal:** George and Joe presented proposal per advertisement to get 300 bottles printed with club name/logo. Motion approved to place initial order. George to coordinate.

**Other New Business: Ad in the Schedule for Club workout** to read "Bleachers Sports Pub" instead of "the bleachers" and will list Joe and George's phone numbers for contact.

**Buffalo Chips Birthday Cards** have run out. Motion to continue sending cards did not pass.

**Post-CIM party** to be held at Bleachers December 5 at 5 p.m. Joe to act as liaison with Bleachers. Carol to make flyer. Leigh to assist with coinciding canned food drive (bring 1 can of food for local food closet). Separate flyers for party and membership bruch to be included in next newsletter.

**Extra newsletters** to be printed this quarter because we ran out last time. Will need more copies for CIM Expo and membership promo. People who join club now and pay \$20 can be member for rest of 1993 and 1994. Those who pay \$15 now will be member for 1994 and only get '94 post-CIM dinner free only. Need suggestions for end of year awards. Tell Joe of persons to nominate/which category/reasons why - soon! This will also be announced on Tuesday nights.

Meeting adjourned 8:40 p.m.

December 1, 1993 6:30 p.m.

## The Good Earth

Present: Joe Staats, Lee Rhodes, Dave Ragsdale, Steve Ashe, Steve Topper, Laura Kulsik, Dick Kinter, Leigh Rutledge, Po Adams, Robin Carboni, Guests: George Parrott, Carol Parise

**Youth "I Did It" Track Meet:** Participant numbers were very low otherwise event was successful. Advertisement via school districts needs to be revamped, some schools never received info. Tentatively scheduled next time for May 22. Would like to hold it at a school to eliminate parking fees required at park.

**Lifetime membership discount** at Fleet Feet discussed. Nothing decided yet.

**CIM Expo Table:** Volunteers needed to run the booth, Friday and Saturday. Table will feature newcomer packets including newsletter, membership applications, "22 Reasons to Join the Chips," t-shirts, and video.

**CIM Aid Station:** 22 people have volunteered, need 8 more. Located at the 15.5 mile mark. Volunteers to be there at 7:30 am. T-shirts and party for all volunteers.

**ASICS Sponsorship:** Will not work out this time.

**Stockport Harriers Sister Club:** Joe received a letter from the Harriers president, stating that their club voted unanimously to have the Chips as their sister club.

**Treasurer's Report:** Sweatshirts are selling like hotcakes; a third batch was ordered.

**President's Report:** Joe mentioned that volunteers have commented positively on seeing their names in the newsletter.

**Proposal regarding the Davis Turkey Trot:** A discussion ensued on the disorganization of the Turkey Trot.

**Membership Report:** 544 primary paid members for 1993; 83 new members for 1993. So far, 114 paid members for 1994. Next year, possibly develop some sort of computer renewal form to make it easier for members to renew - a "Buffalo Bill."

**Summer Aid Station Recognition:** Board agreed to have Tim Keatron, Guy Terra, and Bruce Cannon (all formerly of Fleet Feet J Street) as guests of the Club at the Buffalo Bash December 5th as a thank you for manning the summer Tuesday night aid station.

**Club Awards/Recognition:** After much deliberation, the Board resolved that all awards and any form of recognition on behalf of the Club must be voted on and approved by the Board.

**Buffalo Bash: December 5, 5 p.m.,** Bleacher's Sports Pub. Bring canned food item, dessert to share. Club pays for the food for 1993 members. Non-members \$7.00. Drinks extra. Come and see the CIM Chips on video. End of the year awards will be given out also.

Meeting adjourned 9:00 p.m..

## 1994 Buffalo Chips Board of Directors?

New Chips  
Board  
Members  
listed on  
outside  
back page  
of this  
newsletter



# HEALTH and nutrition

BY ROBIN CARBONI, M.P.H., R.D.

Now that winter is over, it's time for the Buffalo to come out of hibernation. Let's pack away the tights and Thermax gear, and slip on our shorts and singlets. Suddenly the body becomes more visible - oh my! Are you happy with your weight??

Although running is a fantastic aerobic, calorie-burning exercise, weight gain can occur if caloric intake exceeds caloric expenditure. Many runners decrease their winter workouts due to inclement weather, illness, lack of motivation, and busy holiday schedules. Fewer calories and/or increased alternative sports activities will prevent winter weight gain. But those turkey dinners, spiked egg-nogs, and Christmas cookies were oh so hard to resist. What to do about those extra pounds?

There are many formulas to calculate energy needs to maintain or lose body weight. Preferably, the formula will incorporate basal metabolic rate (the least amount of energy required to maintain vital functions at rest - this varies with weight, height, sex, age, and environment). The number of



THE BUFFALO CHIPS GENERAL STORE is open for business with a wide array of "official" Buffalo Chips merchandise. The apparel all contain the Buffalo Chips name and Buffalo logo on it.

HEAVY-DUTY, HOODED SWEATSHIRTS	\$20
COOLMAX RACING SINGLETS	\$12
SHORT-SLEEVED T-SHIRTS	\$ 6
SMALL WATER BOTTLES	\$ 2
LARGE WATER BOTTLES	\$ 3
REFLECTIVE VESTS	\$ 5
ENTERTAINMENT BOOKS	\$40
A BUFFALO CHIP - INDIVIDUALLY PACKAGED	\$ 1

This merchandise can be purchased at Tuesday night workouts and at most area races on weekends. In addition, you can call Steve or Blanca at (916) 424-3454 and make arrangements to pick up merchandise in the Pocket/Greenhaven area in the evenings. If necessary, we can make arrangements to ship merchandise to you. Call for details.

## Weighting for Springtime

calories expended during any type of activity also varies with body size and activity intensity. Losing weight is tough for a runner in training. It is difficult to diet when top performance is required, and therefore is best prior to the competitive season. The body works much better on a stream of income carbohydrate than on stored fat. For each pound of fat lost, 3,500 calories need to be eliminated from the diet. This can be done by restricting calories *and* increasing exercise. Diet alone is not an effective way to take off fat. Ideally, weight loss should be gradual (0.5 to 2 pounds per week). If the runner loses weight any faster, it will be a combination of fat, protein, and indispensable body fluids necessary for blood flow to the muscles, skin, and body organs and for body temperature regulation. Because fat is the body's preferred fuel, the runner will lose fat more readily if exercise is of moderate intensity and long duration. Since dietary fat is more efficiently stored as body fat than protein or carbohydrate, a low fat (10 to 25 percent of total calories) high carbohydrate diet will enhance weight loss. The ultimate goal is to establish a weight at which performance is best.

There is a difference between being overweight and being overfat. If you're a muscular runner, you may weigh more than the "desirable" weight for your height (as indicated on height/weight tables) because muscle weighs more than fat. Researchers have determined that how much you weigh is not as important as how great a percentage of your weight is fat. Excess body fat does hinder performance, besides being a risk factor for heart disease, hypertension, and diabetes. On the other hand, too little body fat is also unhealthy. At least 3 to 5 percent body fat is essential for the functioning of cells, membranes, and the nervous system. Women need an additional 5 to 8 percent body fat for female hormonal production, related to childbearing. Weight loss is inadvisable if the percentage of body fat is less than 7 percent for men, and 12 percent for women. According to McArdle, Katch, and Katch in the book *Exercise Physiology* (3rd ed., 1991), the average elite male marathon runner is 4 percent body fat, while the average elite female distance runner is 15 percent body fat. A desirable range for athletic men is 10 to 18 percent body fat, and 18 to 25 percent body fat for athletic women. Body composition tests measure percent body fat, and are typically administered by cardiac rehabilitation programs, universities, sports-medicine facilities, and health clubs. The most common tests include hydrostatic (underwater) weighing, skin-fold calipers, and bioelectric impedance. If you're concerned about weight control and/or your athletic performance, body composition tests plus weekly body weight checks on the scale can help establish a baseline and monitor progress.

DeLoof Guido  
Overakker, 34  
B 8530 Harelbeke - Belgium  
tel. oo.32.56.716113

*Dear Sportsfriend,*

Two years ago me and my wife went to NY after putting an idea in an american sportsmagazine. The "idea" was very simple: I come running Marathon in the USA and my american friend runs a race in Belgium or elsewhere in Europe! It worked! During our 5 day stay in the house of my friend my wife and I had an excellent contact with our guest family. And that although there was a 15 year age difference! But we had running in common. It was for both families a great experience and in fact it was a great way to enjoy "live" the "american" style of life which is different from ours. There was a warm relationship between both families and it was as if we had known us for years. It was in any case a very personal way of getting in contact with the USA instead of the unpersonal way of a hotel. And...this contact was made possible by something we had in common: athletics! It seems to me that this very personal way of making friends is a great opportunity to make friends all over the world. So, sport is making the world really a little smaller and maybe better!

So maybe I can tell you something about myself. I am a modest runner of 40 years old and I began running in 1986. After 2 years of running I ran my first marathon in 3 h. 14' and my PR is 2 h 56' but I hope to get it sharper as I am a veteran from this year. The year after I organised a race in my hometown and in 1994 it will be organised for the 5th time. It is an international run with czech, french, portuguese and hungarian runners but most of the 300+ runners are belgians of course! Also I have possibility of inviting a group of runners from USA to Belgium in a marathon which will be run on 16.10.94. I am married to Linda, 38 years old and we have tow daughters of 15 And 12 years old. I am living in the Flemish part of Belgium and I speak english, french and german. I am training 4 to 5 times a weck and I run for pleasure. I still enjoy running as a way of being free in nature.

I like to seek contact with an american or canadian family to organise a family exchange (with or without children). Age, colour, religion, occupation, PR...are not important! If we share running, it must work! Thanks!

*Yours in sport,*  
DeLoof Guido

## *Marine Corps Marathon* **The Dynamic Duo Does D. C.**

BY CYNCI CALVIN

October 24, 1993 - A change of scene from our Auburn hills beckoned Anne and I this fall. Thanks to healed injuries and a couple of months of healthy training, we set our sights on the Marine Corps Marathon. Not everyone is aware that this is the fourth largest U. S. marathon (behind N.Y., Chicago, and L.A.). The entries are *limited* to 14,000, a quota which is usually filled. But no prize money is offered, therefore, the race has much less publicity. It prides itself on being a "people's marathon", and it is very much that. The Marine Corps manages the entire race, from entries to finish line, and the organization is superb. At the race expo there were lots of the usual "good buys" and a few unusual ones. Mace was being sold over the counter (no license required), as Mace is legal without a license in Virginia. In Washington D. C., just across the Potomac River, it is illegal to carry. Polite, straight shouldered, uniformed Marines were everywhere to direct you and answer questions. We already had the feel that this marathon would be "by the numbers" HUP, 2, 3, 4!

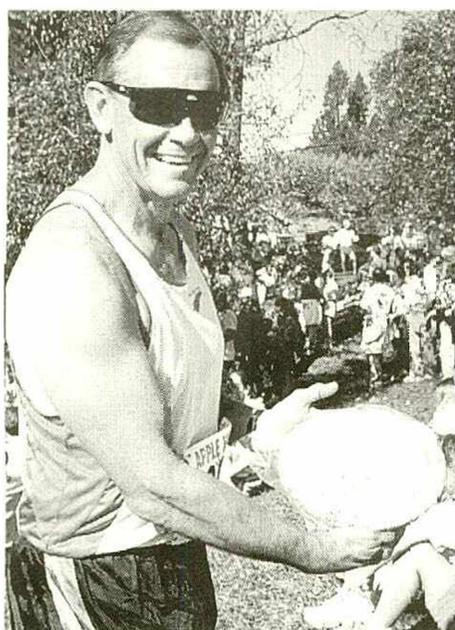
The starting area was a true mob scene, and even the Marines weren't able to provide enough porta-potties for the crowd. Fortunately, there were lots of additional ones on the course. The start itself is slow. But the runners were good-natured, and it seemed like most were positioning themselves correctly. Conditions were close to perfect; sunny with temperatures in the low 50's. A perfect day for sight-seeing.

The course is famous for just that. It sends the runners around the Pentagon, past the start/finish at Arlington National Cemetery, through Georgetown, and past the Kennedy Center. Then we run by the Lincoln Memorial, down Capitol Mall past the White House, the Washington Monument and many museums, around the U. S. Capitol, back down the Mall, around the Jefferson Memorial and East Potomac Park. The finish is up a nasty little hill at the Iwo Jima Marine Corps War Memorial in Arlington Cemetery. Are you tired yet? It's a PR course, not flat, but gently rolling. The spectators were many and enthusiastic and the finish area provided a great place for post-race picnics. The aid stations were worked by platoons of Marines, who were the picture of efficiency, right down to the ones holding globs of vaseline on gloved hands! I've never been "Ma'am.-ed" so much in my life! Lots of Marines were competing in the race. Most were recognizable by their red and gold singlets and shorts, but we also saw a group of four, in full combat dress, carrying flags, coming down mile 24 as we were leaving. Amazing.

Both Anne and I recommend this marathon. It's a great time to visit D. C. The fall colors are blazing, humidity is low, and the timing is perfect for a CIM training marathon!

*Overall Male*                      *Overall Female*  
Dominic Bariod in 2:23:52      Holly Ebert in 2:48:47

*Chips*  
Anne Veling in 3:10 (3rd, W40-44)  
CynCI Calvin in 3:23 (3rd, W44-49)



CARL DAHL WON AN APPLE PIE FOR WINNING HIS DIVISION AT APPLE HILL.

## November 7, 1993 Apple Hill Harvest Run

RESULTS FROM LINDA APATHY

### *Chips doing the Apple Hill 3.6 miler*

Ken Ellis	24:11
Cathie Simonsen	24:21
4th woman overall, 3rd in div.	
Carl Dahl	25:03
1st in division	
Jim Karver	25:17
2nd in division	
Red Rieger	26:56
Michael Otten	27:02
Angie Cantelmi	29:40
Pam Cantelmi	29:48
Michael Heaney	30:14
Martha Martin	33:30
Linda Apathy	34:39
Char Berta	37:00

### *Chips doing the Apple Hill 8 miler*

Jerry Iyerly	51:11
1st in age division	
Grant Irwin	52:53
Greg Wheatfill	56:54
Jim Beland	1:01:32
Beckie Starsky	1:02:00
Rex Paulsen	1:02:08
Norm Bennett	1:03:27
Mark Swigert	1:13:01

Linda says the race results for both events were cut off so the above results probably do not include all club members.

## November 7, 1993 Clarksburg Country Runs

### Clarksburg 5K Results

Overall Male	
Tim Wood	15:01
Overall Female	
25. Dee Dee Grafius	19:43

### *Chips*

3. Brad Lael	16:11
1st in division	
9. Bob Whithead	17:33
1st in division	
17. Stephen Boland	18:26
29. Mercedes Amaya	20:31
1st in division	
36. Linda Hood	21:13
2nd in division	
55. Cathy Rohm	22:31
4th in division	
60. Jennifer Siragusa	22:42
1st in division	
76. Arthur Goolkasian	24:13
4th in division	
96. Jim Eymann	25:26
123. Grace Wadowski	27:11
131. Blanca Topper	27:46
201. Tsuru Ellsworth	43:59
217 finishers	

### Clarksburg 30K Results

Overall Male	
Brent Griffiths	1:38:02
Overall Female	
24. Kathy Bowman	1:52:53

### *Chips*

28. Andy Harris	1:54:51
34. Tim Frawley	1:56:18
2nd in division	
46. Bruce Aldrich	1:59:27
47. Craig Newport	1:59:44
4th in division	
54. Steve Yee	2:01:25
59. Mark Metz	2:02:10
60. Theresa McCourt	2:02:16
5th in division	
71. John Buckerfield	2:04:24
2nd in division	
74. Todd Clark	2:05:24
75. Troy Turner	2:05:36
83. Chris Iwahashi	2:06:22
3rd in division	
98. Ron Souza	2:09:13
102. Doug Essary	2:09:45
112. Cindy Scott	2:11:16
5th in division	
118. Steve Ainsworth	2:12:27

119. Robin Carboni	2:13:00
3rd in division	
122. Ron Parrett	2:13:20
1st heavyweight	
128. Carl Ellsworth	2:14:35
1st in division	
129. Barbara Miller	2:14:44
1st in division	
131. Ben LaSala	2:14:55
134. Barbara Heiller	2:15:01
138. John Bremer	2:15:18
141. Meg Svoboda	2:15:53
5th in division	
147. Ramona Gutierrez	2:16:18
156. Cynci Calvin	2:17:34
1st in division	
161. Pete Spaulding	2:17:43
166. David Ragsdale	2:18:23
174. Carol Parise	2:20:03
183. Jon Shelgren	2:21:07
187. Kevin Johnson	2:21:52
189. Neil Kelly	2:22:00
191. George Parrott	2:22:18
195. Steve Topper	2:22:50
209. Rachel Atchley	2:24:49
210. Monty Schacht	2:24:54
230. Jill Kirkman	2:27:56
256. Daniel Airola	2:33:23
261. Chuck Wadowski	2:34:08
268. Chris Neary	2:34:58
269. Bob Venditti	2:34:58
279. Myra Rhodes	2:36:05
1st in division	
281. Alfred Saragoza	2:37:06
290. Lisa Givens	2:37:47
4th in division	
293. Stephanie Stokes	2:38:24
294. Jeffrey Starsky	2:38:25
303. Thomas Marshall	2:40:28
5th in division	
324. Jeannie Blakeslee	2:43:13
329. Gordon Hall	2:44:03
333. Bob Sharman	2:44:49
342. Stephen Ballard	2:46:15
343. Stuart Sargisson	2:46:22
348. Donna Quisenberry	2:47:01
353. Tricia Johnson	2:48:26
358. Dick Cochran	2:49:04
375. Dale Secord	2:52:45
382. Khartoon Tudhope	2:54:58
3rd in division	
387. Scott Mikkelson	2:56:24
388. Steven Polansky	2:56:29
392. Bandana Dave	2:58:28
396. Michael McKee	2:59:38
397. Carl Cullum	2:59:38
403. Jack Clancy	3:01:58

results continued on next page

results continued from page 8

- 408. Melissa Noteboom 3:02:34
- 414. Katie Glende 3:03:48
- 417. Majel Baker 3:04:38
- 434. Regina Ciambrone 3:11:36
- 438. Jennifer Ekstedt 3:12:47
- 453. Joyce Pryor 3:19:50
- 455. Marilyn Smith 3:22:33
- 479. Po Adams 3:46:00

1st in division

489 finishers

## BUFFALO bits

To preserve the buffalo as a species, the best thing we can do is eat them. Animals that people eat do not become extinct. That's why we have so many more chickens than bald eagles in this country.

*Harold Danz,  
Executive Director of the  
American Bison  
Association*

WHERE  
THE  
BUFFALO  
ROAM.

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DALE PHILLIPS AND GRETE CARRINGER POSE BEHIND A RACE BANNER PRE-NYC MARATHON.

## New York City Marathon

BY DALE PHILLIPS

November 10, 1993 - Four female Chips; Leona Nenow, Greta Carriger, Dale Phillips, and Mercedes Amaya flew to New York City to participate in the New York Marathon. Only Leona had been to the Big Apple before so everyone else was in high anticipation. We stayed at the Sheraton New York and Towers hotel which served as co-race headquarters with the Hilton and right in the middle of the action. We arrived four days before the race so we had three days of sight seeing planned. We toured Manhattan. The Empire State Building by night, the United Nations, the World Trade Center, Rockefeller Center, Trump Towers, the Statue of Liberty, Ellis Island, and we saw The Phantom of the Opera.

Oh, of course, we did the normal things required of every runner; race number pickup, packet pickup, and checking out the expo to find all the things we wanted but really didn't need. A couple of mornings we jogged in Central Park to learn the course and pretend we were leading the race (everyone has fantasies).

Race day dawned clear, humid and very warm and my worst fears were about to come true. If there is a formula for a PW, I had it: a) fly across the country for a race, b) don't sleep for four nights, c) stop eating, and d) don't hydrate properly. By the time the race started, the temperature was in the high 60's with the humidity just as

high. By the two mile mark, just off the Verrazano Narrows Bridge, I knew I was in big trouble. I was gulping water, trying to get out of the way of the other runners, and desperately trying to find a flat area on the road to run. By 10 miles I was walking through the water stops and couldn't stop thinking about dropping out of the race. At 18 miles I was reduced to picking up and eating the unopened Tootsie Rolls that other runners had dropped on the road. How much lower could I go? Through Central Park hundreds of spectators were gathered to cheer us on and help us stagger across the finish line. Thank God for them!

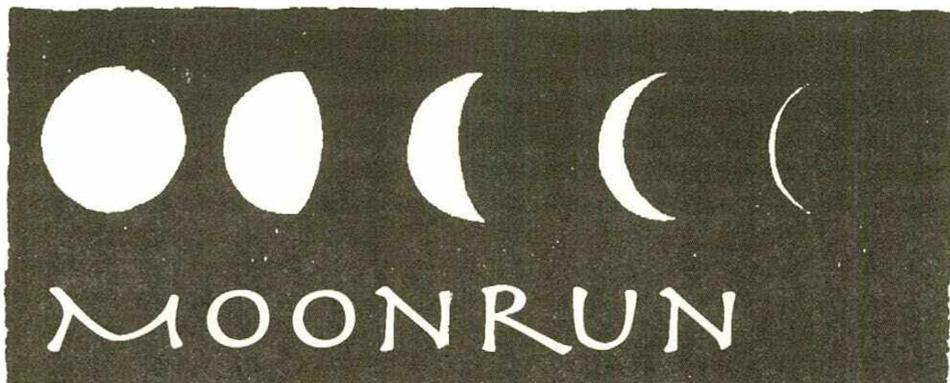
It would have been nice to finish as I had dreamed - smiling, fresh as a daisy, with arms raised. But the sad reality was limping across the finish line, head down, with tears streaming down my face.

I'm sure there will be other races and other memories, but I hope this one fades rapidly.

### *New York City Marathon*

#### *Chips Results*

Mercedes Amaya	3:18:50
Chris Iwahashi	3:18:56
George Parrott	3:40:56
Linda Hood	3:37:33
Dale Phillips	4:41:10
Greta Carriger	4:47:07
Joe Staats	DNF
Leona Nenow	Injured



BY MICHAEL DELISLE

There is no finer time to run than under the moonlight. And without a doubt, the finest week for nocturnal running is the seven days leading up to the full moon. In warm weather, the air cools down gracefully at night, while midwinter's icy chill relaxes its iron grip at dusk, as northerly gusts abate, leaving a crystalline nighttime sky. Free from the encumbrances of daylight, a runner's step is lighter and quicker, as brisk footfalls prance playfully down the moonlit country lane. Each step is a game, not a gauntlet: each breath treat not a trauma.

As the waxing moon provides increasing illumination, a lone oak stands sentinel in the middle of a rolling hayfield, adrift in its ebony shadow. Thick stands of timber cast heavier shadows, black as pitch, and the runner slows ever so slightly up approaching. A gaping tunnel of darkness looms ahead, and although the runner knows the road very well, occasional surprises sometimes lurk in the deepening shade of the forest at night. A large tree limb, blown down by the gusty winds of a late afternoon rain shower, straddles both lanes, not yet moved or crushed by passing automobiles. The runner senses, rather than sees the obstruction, and dances fluidly across the branch. Hickory nuts, acorns, walnuts, and even a lumpy green hedge apple all conspire to trip up the unwary nighttime jogger. Yet, sharing a sliver of divine protection with certain drunks and little children, no harm befalls the nocturnal traveler.

And then, the luminous glow of the moon shatters the shrouds of shadow as the runner bursts from the woods into an open stretch of roadway flanked by the vast rolling pastures white as snow. Moonbeams play on a few gentle ripples disturbing the mirror smooth surface of a nearby pond, reflecting a million dazzling points of light.

Effortlessly, the runner picks up the pace, delighting in the feel of the crisp night air, nurtured by the solidity of the blacktop underfoot. Each rock, each pebble, each crack in the asphalt is visible in the gleaming moonlight. But it has become unnecessary to even watch the road; it is better to run by feel. The feel of the warm breeze atop a rolling hill, the sudden chill of air grown heavy with mist, plunging into a low spot tucked in between two ridges; the feel of swift, mysteriously flattened by night. Then reaching the top, and easing down, gliding sinuously, feet barely brushing the pavement. Again and again, up and down, curving back into the shadows of a young hardwood glade, sailing out into the rapture of full moonlight once again, then ducking one last time under the trees before finally slowing, not without some regret, to a tranquil halt atop a small rise from where the spectacular journey began barely an hour before.

Standing hypnotized under the sublime radiance of the glowing orange sphere, a blissful serenity spreads throughout the body. This felicity lasts long past the time of returning to the place of mere electric lights. It endures for hours, days, lifetimes. It charms, it transfixes. It becomes a way of life, a part of us, a part of this eminently captivating running life.

*The author, Michael deLisle is a member of the Knoxville, TN Track Club and editor of their newsletter, Footnotes. Michael represented the southern region in the Road Runners Club of America club writer of the year contest last year.*

November 27, 1993

## Quadruple Dipsea

Overall Male	
Sean Crom	4:04:51
Overall Female	
27. Chrissy Duryea	5:00:59

### Chips

22. Bruce Aldrich	4:55:40
37. Doug Arnold	5:16:22
46. Eric Ianacone	5:28:07
62. Mike Hernandez	5:48:33
63. Bill Hambrick	5:48:33
70. Howard Klein	5:58:32
87. Patti Teale	6:22:45
95. Christine Flaherty	6:34:27
122. Barbara Miller	7:12:58
123. Dan Pfiefer	7:18:53
<i>184 starters, 139 finishers</i>	

This Mill Valley ultra trail race attracted many Chips; half of whom finished, as noted above, and just as many who opted to DNF (or run the single and double Dipsea only). This event also has three wacky divisions: *The Great Scott Division* (which included anybody with the name of Scott. For example, Dave Scott, Bruce Linscott, DNS. Willard Scott), *The Jones Division*, and *The Corn Infested States Division*.

## 19 Chips "Win" Western States Lottery

December 4, 1993 - Nineteen Chips were among more than 300 chosen, from 707 lottery entries, to participate in the 1994 edition of the Western States 100 Mile Endurance Run to be held in late June. You may want to contact these fellow bison to help them train for "Western" or serve as a crew member or pacer - or on second thought, maybe you want to stay away from them for the first half of the year.

Rae Clark	Wayne Miles
Bill Finkbeiner	Neil Moore
Christine Flaherty	George Parrott
Jeanne Ann Gerard	Dan Pfiefer
Jeff Hagen	Joe Pope
Chuck Honeycutt	Lee Rhodes
Frank Ives	Raymond Scannell
Tom Johnson	Rick Simonsen
Diane Kato	Patti Teale
Howard Klein	

*CIM continued from front page*

The proper elements were in place: a vision, a strategy, a goal to have fun, a partner, and a sufficient amount of insanity. The only missing link was adequate training, but hey, I still had five weeks for that. I proceeded with a Riegerous training program that began with a Halloween Hash run through The Downtown Plaza—dodging shoppers and mall security. I later got a bit more serious, with average weekly mileages of 30-40 miles, including one 19 mile run and three 10 mile runs. The increased mileage also provided the experiences of blackened toenails, a bruised metatarsus, intermittent knee aches, and a new diet with high quantities of carbos and Ibuprofen. The minor ailments necessitated a balance between running and rest to ensure I wouldn't beat myself up before I got to the starting line. I rested four days prior to CIM to save my body for major pounding in the big event.

#### THE SKIES WERE NOT CLOUDY ALL DAY

The Chips bus rolled into the starting area in Folsom, in the pre-dawn of December 5, packed with bodies exuding a mix of tension and anticipation. I was already having fun. While other Chips worried about bowel movements and lubrication of body parts, my main concern before the start was that my bladder be like the weather—clear and dry.

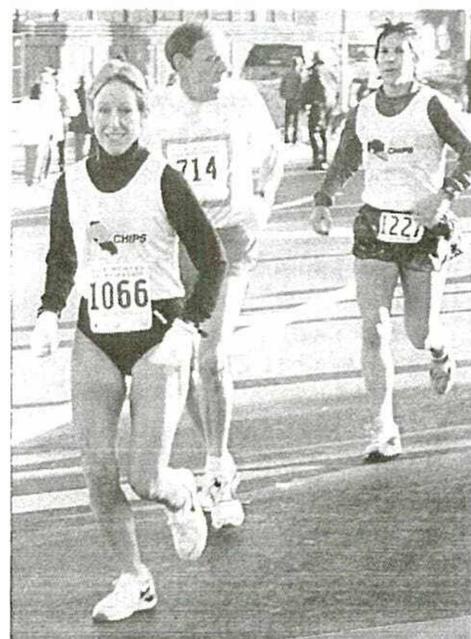
The starting siren went off on schedule. Kevin and I shuffled along with the middle- to back-of-the-pack the first mile, at an 11+ minute pace. The next few miles, we settled into a 9:15 pace. With good weather, good company, and a comfortable pace. I observed that there was more to the marathon than just running, and I'm glad I took a camera. CIM is also about the people that line the streets on a cold morning to wave, cheer and give you 26 miles of encouragement. And no one can run a marathon without volunteers and aid stations. At the Chips aid station at Mile 15.5, we saw Dennis Scott and other herdsman on a different side of a

water cup for a change. Other memories linger, like the band and the party atmosphere in Fair Oaks Village, the woman on stilts near Mile 12, and the barefoot runner. I also enjoyed the power and importance I felt while strutting across major intersections and seeing lines of vehicles backed up with irate drivers. I didn't envy the fast runners, they probably rushed through most of this good stuff without fully appreciating it.

As it turns out, we overran the Tanner Strategy, at least in terms of pace time. Our comfortable 9:15 pace lasted 21 miles. Near the H St. Bridge, seeing that I was feeling more energetic, Kevin told me to go ahead. Realizing that this fun couldn't last forever, and with a shot at breaking four hours, I pushed the last five miles. I passed what seemed like about 200 runners, many of whom were no longer running, and finished at 3:58:01. Kevin came in at 4:06:54. By teaming up, we achieved our individual goals, and then some. I finished 22 minutes faster than expected and Kevin PR'd by 14 minutes.

My doubters have since humbled themselves to offer congratulations on my finish, even Tabar, whose pool of wagers mysteriously dried-up when he heard my results. At the post-CIM Buffalo Bash, I made a smart-ass comment saying, "Running a marathon was not what I had expected—it was easier." As a concession to the serious trainers, I'll admit that the day after was not what I expected either. I hobbled around with two dysfunctional limbs of stiff, aching muscle. I felt like a poster boy for *National Marathon Damage Awareness Month*. But by the end of the week, the aches were minor and isolated, and I no longer moved with a discernible limp.

In conclusion, it was real, it was fun, and in writing this a few weeks removed from the pain, I can even say it was real fun. Yes, there's nothing like running a marathon. I fully recommend it to anyone who aspires to higher levels of masochism.



***CIM results and more photos on next two pages.***

TOP TO BOTTOM: RON PARRETT, BOB VENDETTI, CYNCI CALVIN AND CARY CRAIG HAVE GOT THIS GUY SURROUNDED.

# CALIFORNIA INTERNATIONAL MARATHON **results**

## Overall Men

1. Jerry Lawson 2:10:27
2. Jon Solly 2:12:30
3. Peter Maher 2:13:16

## Chips

9. Rich Hanna 2:17:51
28. Brad Lael 2:33:06
72. Tim Frawley 2:48:27
81. Craig Newport 2:49:33
90. Rac Clark 2:51:39
99. Ron Souza 2:52:32
107. Kevin Cimini 2:54:02
125. Al Michel 2:56:46
172. Troy Turner 3:01:54
173. Bob Whitehead 3:01:56
177. Bill Hambrick 3:02:23
186. Doug Kirkman 3:03:37
192. Bob Sharmon 3:05:01
199. Todd Clark 3:05:56
212. Rick Simonsen 3:07:08
213. Peter Spaulding 3:07:19
220. Steve Ainsworth 3:07:46
225. Greg Margetich 3:08:32
226. Howard Ferris 3:08:42
233. Ben LaSala 3:09:02
240. Doug Essary 3:09:26
247. Ron Parrett 3:09:36
248. George Parrott 3:09:37
298. Scott Gherini 3:16:19
313. Neil Kelly 3:17:43

has run all 11 CIMs

334. Vernon Oakes 3:19:20
350. Steve Topper 3:20:39
365. Jim Drake 3:22:01
380. Monty Schacht 3:23:32
422. John Davis 3:26:25
430. Valentine Pisarski 3:26:51
483. Daniel Airola 3:30:35
506. James Raia 3:33:07

has run all 11 CIMs

513. Rick Jensen 3:33:50
514. Kevin Johnson 3:34:06
522. John Bremer 3:35:05
531. Denis Zilaff 3:36:04

has run all 11 CIMs

537. Dan Pfiefer 3:36:41
568. Elliott Eisenbud 3:38:58

has run all 11 CIMs

585. Bob Vendetti 3:40:19
675. Rex Paulsen 3:45:49
686. Richard Gann II 3:46:29
691. Steve Haun 3:47:00

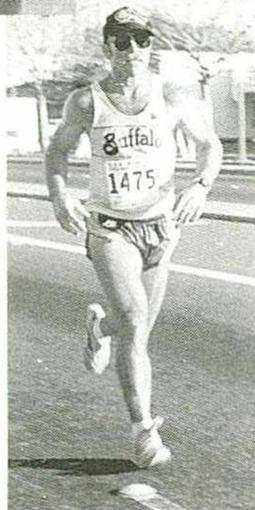
has run all 11 CIMs

737. Fred Kaiser 3:50:29
753. Roberto Sanchez 3:51:47

775. John Clark 3:54:13
  784. Arnold Utterback 3:54:42
  804. Steven Polansky 3:56:04
  811. Lee Rhodes 3:56:38
  834. Ted Rieger 3:58:01
  852. Carl Cullum 3:59:26
  866. Dave Kessler 4:00:38
  910. Chuck Wadowski 4:06:19
  912. George Billingsley 4:06:49
- first in division
913. Kevin Tanner 4:06:54
  950. Scott Mikkkelson 4:10:35
  977. Gar Harmon 4:14:19
  985. Glenn Millar 4:16:00
  1002. Bill Bronte 4:19:45
  1004. Ralph Clark 4:20:09
  1028. Michael McKee 4:22:28
  1034. O.B. Ray 4:23:37
  1039. Dale Secord 4:23:53
  1078. Robert Hobkirk 4:30:57
  1148. Robert Calvo 4:48:48
  1159. Robert Hubertis 4:54:44



TIM FRAWLEY  
(ABOVE) AND RAE  
CLARK (AT RIGHT).



## Overall Women

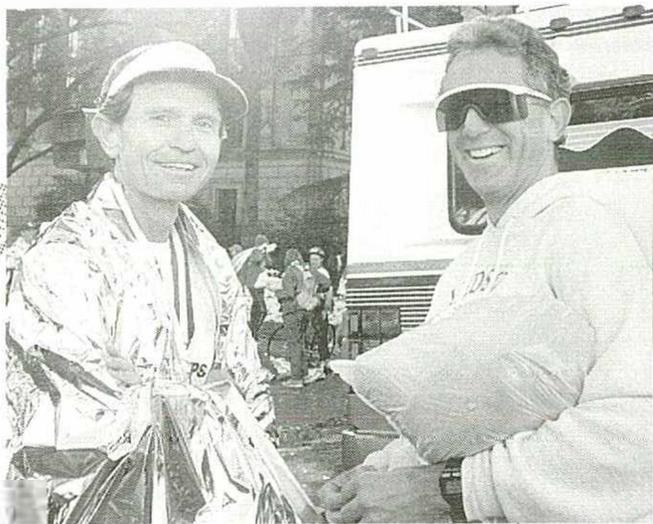
1. Linda Somers 2:34:11
2. Diana Fitzpatrick 2:37:32
3. Gordon Boukalis 2:38:35

## Chips

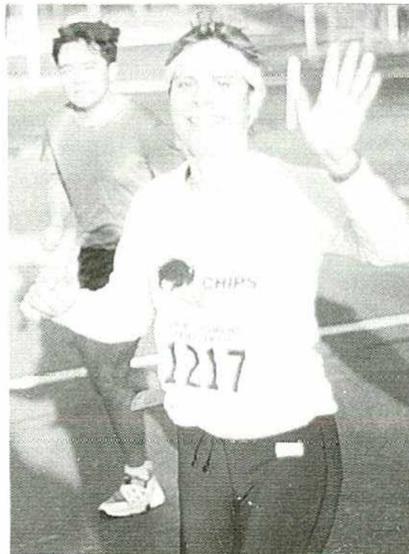
15. Theresa McCourt 2:56:49
  24. Cindy Scott 3:05:17
  28. Anne Veling 3:07:59
- 3rd in division, 3rd masters
29. Robin Carboni 3:08:48
  31. Carol Parise 3:09:40
  37. Nettie Marsh 3:14:37
  44. Linda Cassilas 3:19:10
  45. Cynci Calvin 3:19:21
- 3rd in division
46. Meg Svoboda 3:19:46
  51. Jill Kirkman 3:21:25
  52. Cary Craig 3:21:46
  53. Ramona Gutierrez 3:22:15
  66. Barbara Heiler 3:26:29
  133. Tammy White 3:46:06
  134. Lisa Givens 3:46:35
  143. Khartoon Tudhope 3:48:09
  168. Myra Rhodes 3:51:59
- first in division
179. Sue Murray 3:54:13
  181. Beckie Starsky 3:54:40
  187. Cynthia Underwood 3:55:00
  195. Cindy Nalepa-Nelson 3:56:15
  197. Donna Quisenberry 3:56:27
  198. Tricia Johnson 3:56:27
  225. Denise Walker 4:00:43
  249. Sue Ann McGee 4:06:47
  286. Marilyn Smith 4:17:17
  302. Katie Glende 4:20:02
  304. Joyce Mikal-Flynn 4:20:51
  306. Melissa Noteboom 4:20:58
  322. Janet Rivard 4:23:36
  333. Florence Apodaca 4:27:26
  338. Marilee Grunwald 4:28:08
  357. Majel Baker 4:33:30
  372. Blanca Topper 4:36:06
  382. Regina Ciambrone 4:37:51
  393. Joyce Pryor 4:43:13
  405. Rosie Sutherland 4:46:26
  429. Christine Powell-Millar 4:53:35

Bold type denotes a PR.

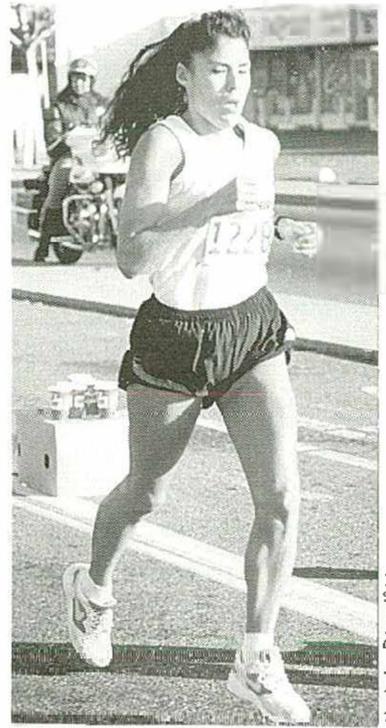
**118 Chips completed  
CIM '93 for a total of  
3,091 miles ran in less  
than five hours!**



JIM DRAKE AND BILL HAMBRICK



CINDY NALEPA-NELSON



RAMONA GUTIERREZ



"WATER, GATORADE, BEER, MIXED DRINKS...": HERDSMEN SERVE IT UP AT THE CHIPPERS AID STATION.



The aid station at the 25 mile mark was manned by a group from the local Junior High school... needless to say the fast approaching runners were not amused.

## Thank you

Elite Dunger Steve Ashe thanks the following Chippers for their help at the Chips Aid Station located at the 15.5 mile mark of the CIM course along Fair Oaks Blvd. in scenic downtown Carmichael. While the aid station lacked in the decorative department (we were supposed to represent a country to carry out the international theme of the marathon) the Chips crew did not lack in the enthusiasm department cheering on everyone regardless of whether or not they donned a Chips singlet. The aid station aid went off extremely well and we can only hope that this volunteer effort becomes an annual tradition.

### Chips aid station volunteers

- |                 |                 |
|-----------------|-----------------|
| Gregor Larabee  | Joe Pope        |
| Dave King       | Randall Hill    |
| Trudy Roselle   | Art Goolkasian  |
| Dennis Scott    | Mike Grassinger |
| Julie Newcomer  | Norm Bennett    |
| Carl Dahl       | Meg Meyering    |
| Rhonda Janssen  | Shannon Arieta  |
| Michael Heary   | J.D. Phipps     |
| Laura Kulsik    | Claudia Isham   |
| Vicki Bollinger | Joe Staats      |
| Dick Kinter     | Steve Ashe      |
|                 | Barbara Farrin  |



Male Runner  
of the Year  
Brad Lael

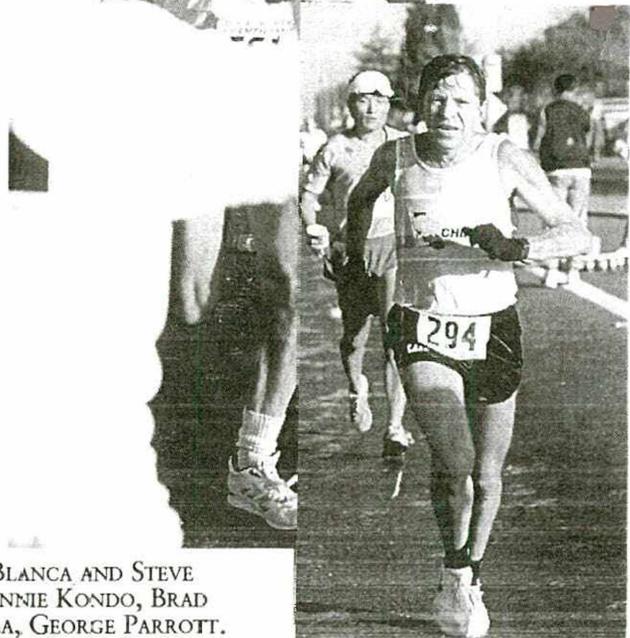
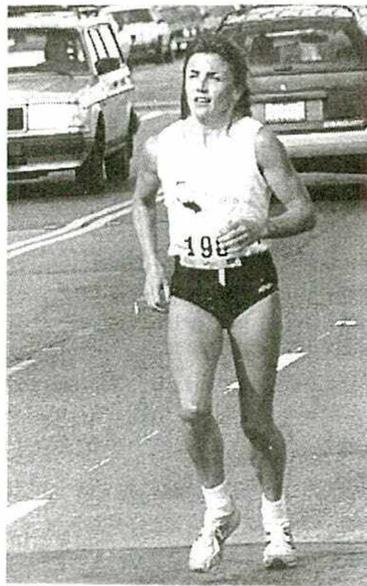
Female Runners  
of the Year  
Connie Kondo  
Theresa McCourt

Most Improved  
Linda Apathy  
Ben LaSala

Chip of the Year Award  
George Parrott

Outstanding Contributions  
Laura Kulsik

Outstanding Volunteers  
Blanca Topper  
Steve Topper



TOP TO BOTTOM, LEFT TO RIGHT: BLANCA AND STEVE TOPPER, THERESA MCCOURT, CONNIE KONDO, BRAD LAEL, LINDA APATHY, BEN LASALA, GEORGE PARROTT.

While the previous Saturday saw sunshine and PRs at the 11th running of CIM, the Sacramento area has not seen such bad race day weather in years as it did on Saturday, December 11, 1993. While both Folsom's Christmas Wish Runs and The Sacramento Jingle Bell Runs for Arthritis had plenty of pre-registered entrants, the stormy weather that morning saw very few runners toe the starting line. Hats off to those who braved the dismal conditions!

## December 11, 1993 Christmas Wish Run

### 5K Results

Overall Male	
Jan Burzik	17:28
Overall Female	
Chip Bev Marks	19:35

### Other Chips

Rick Kushman	17:41
1st in division, 3rd male	
Ty Nelson	20:29
2nd in division	
Sandy Sup	21:51
1st in division	
Michael Otten	23:57
3rd in division	
David Stanley	26:16
Tess Stanley	26:18
2nd in division	
Bill Ballantine	28:15
2nd in division	
Terri Drake	29:11
Robin Lemaire	29:33
Paul Camerer	33:22
1st in division	
Raymond Malaski	39:38

### 10K Results

Overall Male	
Mark Hoefer	35:22
Overall Female	
Linda Jungsten	38:38

### Chips

Michael Healey	35:55
3rd in division	
Randy Sturgeon	36:51
1st in division	
Kim Isham	39:07
3rd in division	
Theresa McCourt	40:30
2nd in division, 3rd woman	
Greg Wheatfill	42:37
Sharlet Gilbert	42:39
1st in division	

## December 11, 1993 Jingle Bell Run for Arthritis

### 5K Results

Overall Male	
D. Guerrero	16:27
Overall Female	
Chip Cathie Simonsen	20:27

### Other Chips

Jennifer Ekstedt	27:25
2nd in division	
Trudy Roselle	30:48

### 10K Results

Overall Male	
Bill Fanselow	34:01
Overall Female	
Kip Freytag	40:48

### Chips

Brad Lael	36:50
-----------	-------

Dennis Scott	42:48
3rd in division	
Doug Essary	43:26
4th in division	
Jim Beland	45:00
5th in division	
Sabino Galvan	50:53
Dennis Joyce	51:27
Jeanne Ann Gerard	51:44
Kathy Ratermann	52:26
5th in division	
Elin Miller	54:08
Bill Miller	54:20
Sue McGee	54:49
5th in division	
Mike Grassinger	56:27
Mark Swigert	57:08
Marian McKone	61:13
1st in division	
Marilyn Terhune-Young	62:27
Claudia Isham	65:09

## December 21, 1993 Chips Caroling

It was a usual Tuesday night complete with the usual suspects but the usual workout sheet listing intervals was replaced by music sheets courtesy of our resident Choir Mistress Cathy Rohm. Yes, it was that time of year when we jog and jingle bell our way down University Avenue and American River Drive. About a dozen homes, 'er the people in them, are serenaded and then rewarded (for listening to us?) with boxes of See's candy.



## Christmas Relays

December 19th - The Chips fielded two teams at this year's Christmas Relays. The event, which attracted 223 four-person teams, is run around San Francisco's Lake Merced. The Buffalo Chips Open team of Brad Lael, George Parrott, Carol Parise and Christine Iwahashi finished in 1:54:47 averaging a 6:25 pace. They placed 28th out of 58 open teams and 63rd overall. The Chips women's masters team consisting of Ann Gerhardt, Anne Veling, Cynici Calvin and Sharlet Gilbert won their division finishing in 2:06:30 and averaging 6:34 a mile. They placed 114th overall.

**Boston Marathon Chips on Trips: April 15th -19th.**  
For more information contact George Parrott



photo by George Parrott

**PINEAPPLE HEADS:** ISLAND CHIPPERS CAROL PARISE, CARY CRAIG AND CHRIS IWASHI DON THEIR NEW HEADGEAR.

# HAWAIIAN CHIPS on TRIPS

December 11, 1993

## Honolulu Marathon

### Chips results

Jeannie Wokasch	2:47
5th woman overall	
Carl Ellsworth	3:11
Chris Iwahashi	3:26
George Parrott	3:31
Linda Hood	3:36
Rosie Sutherland	cruisin'

*Cheering Chips:* Carol Parise, Cary Craig, and Tsuru Ellsworth.

Mark your calendars: This year's Honolulu Marathon is scheduled for December 10th.

# 34 pieces of meaningful and meaningless ironman TRIATHLON

BY JOHN O'FARRELL.

1. Where: The Big Island, Hawaii
2. When: Sometime in October each year
3. Distance: 2.4m swim, 112m bike, 26.2m run
4. Genesis: Waikiki Rough Water Swim + Around the Island Bike Ride + Honolulu Marathon
5. First year: 1978; winner: Gordon Haller; time: 11:46
6. First woman participant: 1979; Lyn Lemaire; time: 12:55
7. Most wins, male: 6, Dave Scott
8. Most wins, female: 6, Paula Newby-Fraser
9. Fastest time, male: 8:07, Mark Allen 1993
10. Fastest time, female: 8:55, Paula Newby-Fraser 1992
11. Fastest splits - swim: Brad Hinshaw 47:39 (66 sec/100yd), bike: Jurgen Zack 4:27:42 (25+mph avg. spd), run: Mark Allen 2:40:04 (6:10/mile)
12. Most top ten pro finishes: probably Scott Tinley; 15 IM's in all.
13. Most "dnfs" pro: Mark Montgomery (9)
14. Best race conditions: 1993—cool, no wind, low humidity
15. Worst race conditions: either 1984 or more likely 1990—avg. temp on run 95 degrees; asphalt temperature mid day on bike 140 degrees; wind gusts to 45 mph at Hawi; humidity, 90-95 %
16. Number of finishers 1978: 12, all men
17. Number of finishers 1993: 1353; 1047 men (95% finish, 5% dnf), 306 women (86% finish, 14% dnf)
18. Ironman entry fee 1978: \$3; entry fee 1993: \$235
19. Youngest finisher 1993: 18, Nathan Cary
20. Oldest male finisher 1993: 76, Jim Ward, time: 16:35
21. Oldest female finisher 1993: 70, Lynn Edwards, time: 15:53
22. Tourist revenue generated first year: <\$100
23. Tourist revenue generated in 1992: \$32,000,000
24. Ironman freeword association: Kona, The Big Dance, Dig Me Beach, Queen K, Hawi, The Pit, Energy Lab, King Kamehameha, Alii Drive, Dave Scott, Mark Allen
25. Percentage of men who shave their legs: 95%
26. Preferred razor: Lady Remington
27. Percentage of women who shave their legs: 87%
28. Preferred razor: straight edge
29. Ironman world series 1994: New Zealand (3-13), Australia (4-17), Japan (5-?), Europe (7-9), Canada (7-28), Hawaii (10-15)
30. The dreaded 5 "H's" of the IM: Heat exhaustion, Hyponatremia, Hypoglycemia, Hallucination and deHydration
31. Typical rate of fluid loss: 2—6 pints/hour, 3—9 gallons/12 hrs, 24-72 pounds/12 hrs
32. Most liters of IV fluid, local triathlete: Ryan Adamson, 6 ('90); Nancy Huber, 6 ('93)
33. Number of local competing in 1993: 17
34. Fastest local time 1993: Tony Milevshy, 9:25

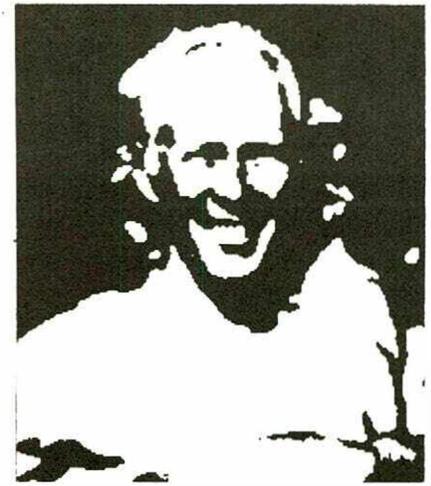
MAHALO!

*Editor's note: Congratulations go out to Julie Brendel and Jerry Brendel. I did not list their Hawaii Ironman times in the last issue. Julie finished in 11:36 and Jerry's time was 10:44. Congratulations!*

# chips

# PROFILE:

Starting with long-time Chip Carl Ellsworth, *The Buffalo Enquirer* will profile a different member of the herd in each issue. This question and answer format is quite popular in other club newsletters and running publications. If you know of any Chips you think should be profiled, please let me know. *Thanks, L.K.*



Carl Ellsworth

1. **Name:** Carl Ellsworth
2. **Date of Birth:** April 23, 1931
3. **Place of birth:** Pompton Lakes, New Jersey
4. **Current job:** Retired/part-time University Lecturer
5. **Marital status:** Wife, daughter, grandchildren
6. **Educational Background:** Ph.D. (Political Science)
7. **Least favorite subject in school:** Philosophy
8. **Favorite subject in school:** Japanese Politics (Weird, huh? Perhaps living in Japan for 27 years might help understand this unusual choice. I got my BA and MA in Tokyo and taught Poli Sci there.
9. **Residence:** Kailua, Hawaii and Nevada City, CA
10. **Favorite thing about Sacramento:** Chip's workouts
11. **Least favorite thing about Sacramento:** Summer and winter weather
12. **Favorite book, publication...:** *The Buffalo Enquirer*
13. **Book you are currently reading:** See 12.
14. **Favorite non-running magazine:** Didn't know there were any.
15. **Favorite TV show:** CNN Primetime News
16. **People you'd most like to invite over for dinner:** Bill and Hillary
17. **Favorite food:** Sashimi
18. **Favorite restaurant:** Any that have food sashimi
19. **Hobbies:** Running
20. **Collections:** Running shoes
21. **Favorite game:** 5¢ slots at Reno
22. **Favorite vacation destination you've already been to:** Many in Asia, Europe and America
23. **Favorite spectator sport:** Surfing contests
24. **Years running:** 16
25. **Favorite running distance:** 5K
26. **Favorite race:** Humboldt-Redwoods Half Marathon
27. **Favorite running shoe:** Asics
28. **Favorite running clothing:** Those on sale
29. **Favorite running food:** Pasta
30. **Worst running-related moment:** Being attacked by three dogs while on a training run in rural Washington.
31. **Most embarrassing running moment:** Collapsing about 50 yards from the finish line in a big race and not being able to get up - had to crawl to the finish.
32. **Best running experience:** Running a PR (2:45:17) marathon shortly after becoming 55.
33. **Best Buffalo Chips moment:** Brunching with Chippers after races
34. **Non-running achievement of which you are most proud:** Making the semi-finals in a surf contest when I was in my 40s.
35. **Secret fantasy:** Having Bill and Al ask me for my opinion on complex political problems as we jog around D.C.
36. **Pet peeve:** Slugs who get up front in races
37. **Political leanings:** Liberal (What would Rush L. have to talk about if it weren't for us?)
38. **Favorite famous quote:** Older runners don't slow down - they break down.
39. **Personal philosophy:** Give it your best shot.
40. **Short-term goal:** Run fast.
41. **Long-term goal:** Run faster.

*Your favorite  
race(s) of 1993?*



Yosemite Cloud's Rest 19 Miler. This trail run starts at Lake Tenaya and goes over Cloud's Rest. I'm afraid of heights. It was so scary but absolutely beautiful.

*Karen Durham*

Locally, The Lover's Run (half marathon) in Placerville. It hailed but it wasn't wet just hilly and fun. Out-of-town, the Clam Chowder Chase (4 Miler) in Santa Cruz. The first quarter mile is on the boardwalk and the last quarter mile is run on the sand.

*Laura Kulsik*

Locally, Chevy's to Chevy's 12K. Great first-time race. Good organization, good food and great hats (sombros).

*Cynci Calvin*

The Cool Canyon Crawl 50K. It's close by, pretty, and you get to be in the woods for a few hours.

*Tom Winter*

Chevy's to Chevy's. Good race, aid and organization. I was sharing the lead for the first seven miles. I missed placing first by 2 seconds. Great food too.

*Brad Lael*

## January 1, 1994 Resolution Run 5K & 10K

RESULTS FROM THERESA McCOURT

### 10K Results

Overall Male  
*Chip Brad Lael* 33:41  
Overall Female  
*Chip Sharlet Gilbert* 39:51

*Other 10K Chips*  
Kim Isham 37:26  
third master male

Brian Woodhouse 38:00  
Joel Contreras 40:46  
Steve Topper 41:46  
Barbara Heiller 42:14  
Russell Nakata 45:04  
Randy Hill 45:55  
Scott Mikkelson 47:53  
Gordon Hall 48:20  
Igor Hermann 48:53  
Rex Paulsen 51:13

Hangover!  
Beckie Starsky 51:15  
Hangover!

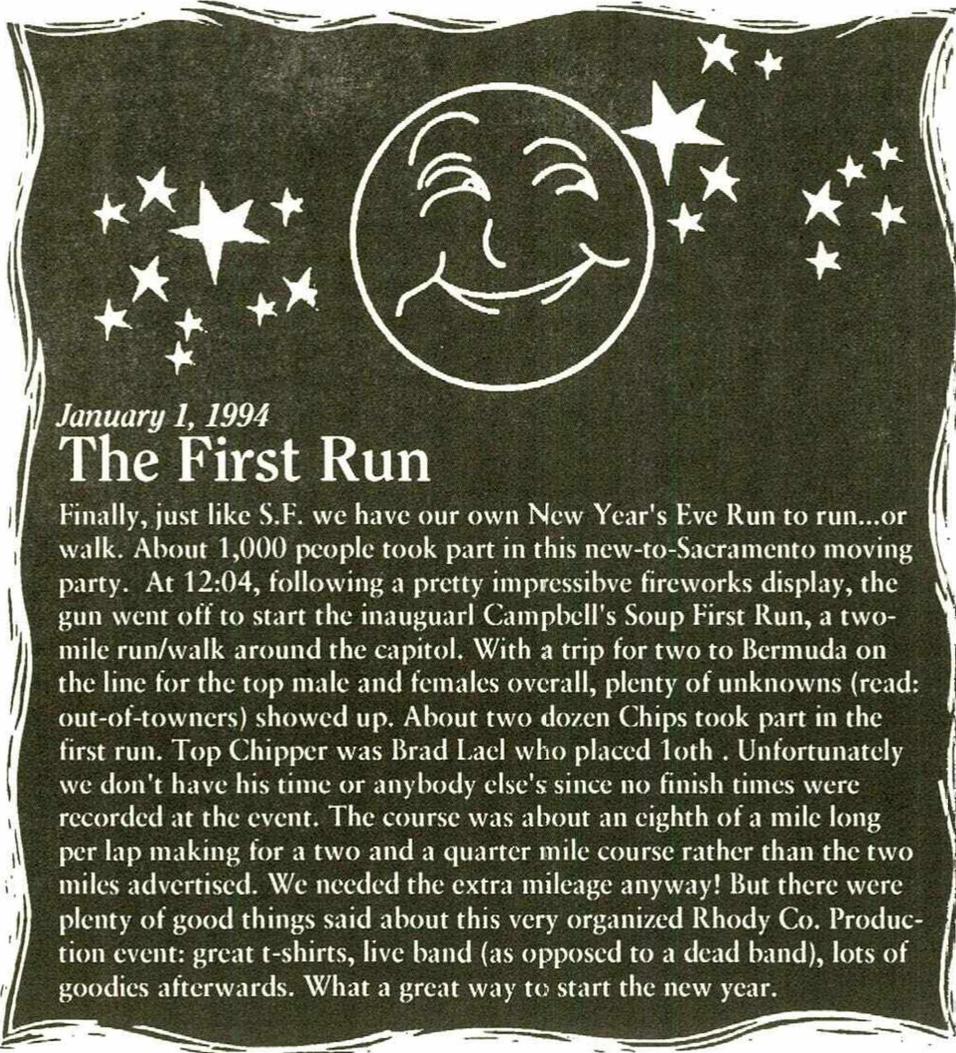
Michelle McClure 51:37  
Mike Grassinger 54:42  
Marilyn Smith 56:15  
Robin Lemaire 56:43  
Dick Kinter 57:45  
Susan Hiuga 60:02  
Connie Kondo  
pacing her sister above  
Margie Feller 64:32  
Ellen Sampson 65:01

### 5K Results

Overall Male  
Mike Ammon 17:25  
Overall Female  
Vickie Pell 20:11

*5K Chips*  
Margaret Ervin 22:24  
2nd female overall  
Mike Otten 23:39  
Jim Parsons 33:48

*Apologies to any Chips we missed. Remember, it's important to write "CHIPS" on your bib number so that we can more easily see your name on the finish board.*



January 1, 1994

## The First Run

Finally, just like S.F. we have our own New Year's Eve Run to run...or walk. About 1,000 people took part in this new-to-Sacramento moving party. At 12:04, following a pretty impressible fireworks display, the gun went off to start the inaugural Campbell's Soup First Run, a two-mile run/walk around the capitol. With a trip for two to Bermuda on the line for the top male and females overall, plenty of unknowns (read: out-of-towners) showed up. About two dozen Chips took part in the first run. Top Chipper was Brad Lael who placed 10th. Unfortunately we don't have his time or anybody else's since no finish times were recorded at the event. The course was about an eighth of a mile long per lap making for a two and a quarter mile course rather than the two miles advertised. We needed the extra mileage anyway! But there were plenty of good things said about this very organized Rhody Co. Production event: great t-shirts, live band (as opposed to a dead band), lots of goodies afterwards. What a great way to start the new year.



January 9, 1994

# California 10 Miler, Stockton

BY GEORGE PARROTT

The first of the 1994 Grand Prix events attracted over twice as many runners as the 1993 edition and harked this venue back to some of the luster of its halcyon days in the early 1980s. In those pre-\$\$\$ days, there were as many as 15 runners under 50 minutes and over 170 broke 60 minutes for this always flat, fast, and cool setting. The Buffalo Stampede has a course as fast as this one, but it is always warmer in September (thank goodness!) than January, so Stockton has remained the site of many Northern California personal records for runners of all levels.

This 1994 hosting kept many of the old traditions alive in its second (?) year on a new site: 1. the course was flat and very fast (few turns); 2. the pre-race check-in and facilities

Men's Open Team  
54:22 Brad Lael  
59:29 Bruce Aldrich  
61:21 Kevin Cimini  
61:30 Brian Woodhouse  
64:04 John Seivert

Women's Open Team  
64:01 Francie Benson  
65:26 Connie Kondo  
66:47 Chris Iwahashi  
67:48 Sherri Lotridge  
70:04 Carol Parise  
76:36 AnnMarie Ott  
94:11 Blanca Topper

Masters Women  
64:00 Sharlet Gilbert  
68:38 Ann Veling PR  
70:07 Ann Gerhardt  
70:27 Cynci Calvin  
93:08 Melissa Noteboom  
96:50 Robyn LeMaire  
104:39 Claudia Isham

Masters Men  
61:35 Kim Isham  
61:59 Steve Yee  
61:59 Craig Newport  
63:33 Bob Whitehead  
66:11 Arnold Utterback  
68:00 David Givens  
68:07 Steve Topper  
70:45 Ben LaSala  
73:27 Bob Venditti  
80:17 Scott Mikkelson

Senior Men  
65:50 J.G. Contreras  
68:27 Joe Staats  
69:04 David Ragsdale  
70:31 George Parrott  
73:09 Ron Peck  
91:28 Mike Grassinger

Senior Women  
NO CHIP ENTRANTS!

Super Senior Women  
82:20 Myra Rhodes

Super Senior Men  
NO CHIPS RAN!!!!

In summary, the HERD generally did itself quite proud in showing its broad presence in this race; everyone reported very positive experiences with the total race experience, and those shy Buffalo missing this first of the year prancing of the HERD please join us for the next fun on the road—March 27 Houlihans to Houlihans in the Bay Area!!

RELAY RACE ADDED TO REGIONAL EVENTS  
February 19 is the date chosen for a new 4 x 2.5 mile relay event in the "North" Bay area. Details are sketchy at this time, but flyers should be available at workout ASAP. Team entry fees have been announced as only \$20! Look for further details.

## BOSTON BOUND CHIPS '94

The Chips annual excursion to Beantown is planned for the nights of April 15 (Friday) through April 18 (Monday). This includes four (4) nights hotel, a pre-race pasta dinner at the hotel, and a post-race "happy hour" and excuses session from 5-6 p.m. race-day. Remember the Boston Marathon is a MONDAY race and starts at noon! Most of us will travel to Boston on Friday, April 15, and return to Sacramento on Tuesday, April 19. Earlier arrivals and later returns are quite possible with notice to the hotel. We use the Copley Square Hotel, which is one of the nicer small hotels of Boston, and it is in the block the race finishes on, but one street over! Access to the hotel from the airport is most convenient by subway (and cheap) and subway connections are very good for almost any sightseeing in the greater urban area. *Hotel/meal/happy hour package costs (inc all taxes) are as follows: Single \$450 • Double (one bed, 2 people) \$543 • Twin (per bed/person) \$282.50 • Triple (pper)\$215.* All checks must be made out to: George Parrott and ideally should be paid by February 1, 1994—a very few last minute spaces will be held. Call and commit ASAP!

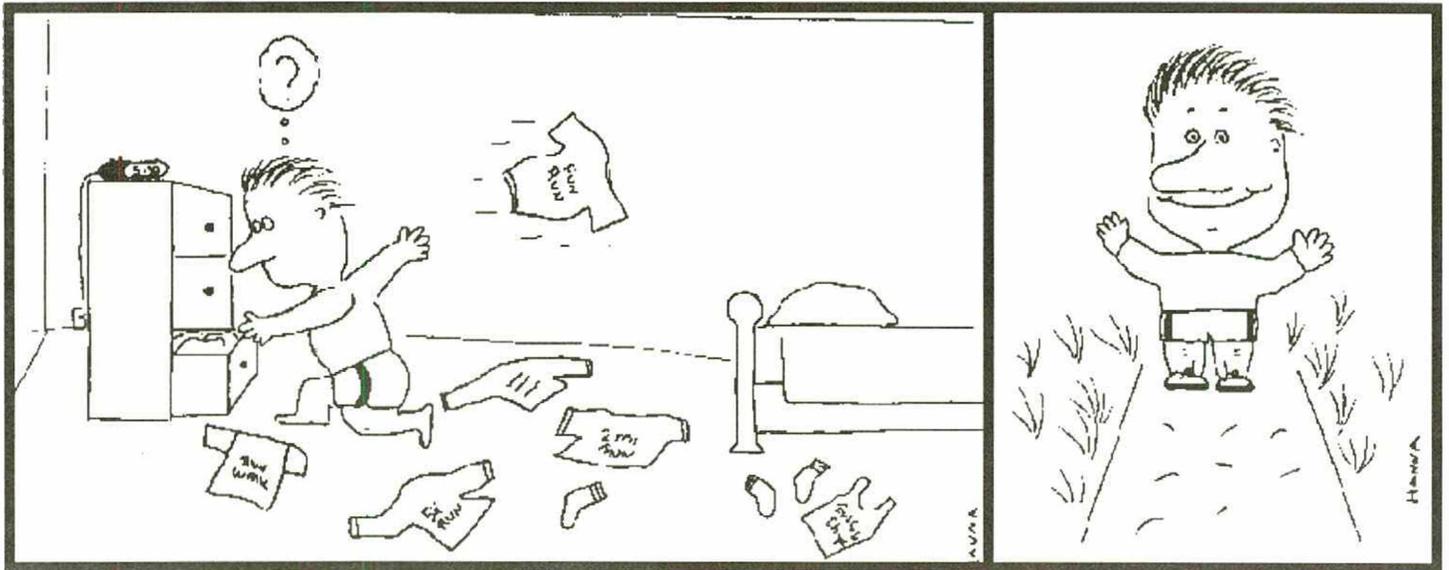
# clothing CRISIS

BY MIKE McKONE

Sunday morning. 5:30 a.m. It's dark. I'm tired and a little anxious. My wife is asleep and I'm rifling through my dresser drawers looking for just the right clothes for today's race. Why, I wonder, didn't I plan ahead and pick out my "racing uniform" last night. Right now, the cause of my concern is that I can't find a decent t-shirt to wear under my Buffalo Chips singlet. After ten minutes, I have looked at every t-shirt I own and nothing looks appealing. Of course, I am only looking for a t-shirt to wear under my singlet. So chances are good that few people, if any, will even notice it.

while not quite a "He won the Hawaii Ironman, he's a testosterone god", it serves its purpose.

While putting on my t-shirt, I realized that the "right t-shirt question" never comes up during the summer. In warm weather, its singlets, black shorts, socks, running shoes and I'm ready to go. But when the weather gets colder, fashion and comfort prompt these early morning scavenger hunts and debates as to which t-shirt projects a more athletic image. When I look in the mirror with my complete ensemble that



Nevertheless, for those who do notice it, I need the right t-shirt that will make me look fast; something that will plant doubt in other runners and make them think, "He must be good - look at that t-shirt, only studs run that race." Unfortunately, nearly every t-shirt in my dresser is of the "Albertson's 5K" variety. The only thing these t-shirts inspire is confidence in other runners.

While some of you may dismiss my pre-race ruminations as simple vanity, I am sure that many of you either consciously or subconsciously tend to wear t-shirts from longer or more difficult races than the easier or less demanding ones. If you don't believe this, then why do our marathon t-shirts wear out more quickly than the t-shirt from fill-in-the-blank 10K which consisted of two loops around a cornfield and parking lot? Certainly, to some extent, we all subscribe to Andre Agassi's theory that image is everything.

After one more search through my t-shirts, I pick the 1989 Clarksburg Foundation 30K. It's white, long-sleeved, kind of dull, but most runners know it's a tough race. It inspires a "he did Clarksburg, he must be serious" attitude which,

includes a Clarksburg t-shirt barely visible beneath my Chips singlet, I see a mid-pack runner staring back. I had hoped for something a bit more dynamic, but it's time to wake the family, get everyone dressed, loaded in the car and off to the race. When we arrive at the race, I once again realize my concerns were futile. There are so many different t-shirts on people of all shapes and sizes that my "racing uniform" is nothing more than one jelly bean in a jar of thousands. I also notice that the fast runners look fast no matter what they wear. Some of these guys are wearing ratty t-shirts from forgotten races and still they look fast. Another guy walks by in a crisp Napa Marathon t-shirt and, without seeing him run a step, I predict certain victory over him.

An hour later, while in the finish chute, I see a Podunk 5K shirt in front of me - more evidence that image is everything only until the gun goes off. Tomorrow I plan to buy a plain white long-sleeved t-shirt and put an end to my 5:30 a.m. clothing crisis. While it may not look fast, at least it matches. And that is more than I can say for most of the other mid-pack racing uniforms.



*Rude Awakening;  
they're waiting  
for you at La Bou.*



DO YOU KNOW WHO'S CAR THIS LICENSE PLATE (WITH HOLDER THAT READS: GOD BLESS THE CHIPS) BELONGS TO?  
HINT: THE CAR IS JUST LIKE ITS OWNER - FAST!

## Big Chip Trip Planned for 1995

BY GEORGE PARROTT

Block your calendars for the last week in July and the first week in August 1995; you are invited for the running experience of a lifetime! After spending a year in the Manchester area of Northern England, Parrott heard so many times.... "you must run the Tour of Tameside." According to all local input and many comments from Brits around the country, the TOUR OF TAMESIDE is a primo event of special flavor and opportunity. Tameside is the local name for the area around the South of Manchester, and the "Tour of Tameside" is a six (6) race series or stage event where you run a different distance in a different corner of the "shire" each evening for six of seven evenings—you have Wednesday off! The distances vary from shorter road formats through a buffeteria of British running up to a half-marathon. In 1993 the races were:

- Stage 1. 11 Mile road race
2. 6 Mile Hill race
3. 7 mile road race
4. Half marathon
5. 6.3 Mile cross country race
6. 9 Mile canal race

On the "off-Wednesday," we will be running a local evening workout with the Stockport Harriers, our sister club, who incidentally are the hosting organization for the overall TOUR OF TAMESIDE series.

There will be side trips planned in the week after the orgy of running into the British version of Tahoe/Carmel and down to Stratford for some cultural enrichment in the Bard's own theatre. The general theme of this proposed itinerary is "England with its modern people." It is not proposed that this trip, with its two week program will expose the traveler to historical England, but rather introduce the traveling runner to British life today, meeting British runners in a format of sport and participation shared by over 500 in 1993. Almost no Americans travel to this event, and hence this group will be the "internationals" of the week, and the Brits very much enjoy hosting their fellow athletes.

Post-run time in the local Pubs is standard practice for British runners, and they are eager to introduce you to the nuances of British beers and ales. Carol Parise, Bruce Aldrich, and Joe Staats sampled a bit of this warmth during their trip to England for the 1993 London Marathon, and they can provide further observations.

Budget estimates for trip:

- (S.F.-Manchester) \$700
- Housing (14 nights inc Breakfasts) \$700
- Food/Meals (15 days) \$300
- Local Travel (\$2.50)
- Event Entry (\$45?)
- Estimated Total..... \$\$ 1,995/person

Start your planning ....Now. there are both individual and team scoring divisions, and I would hope we could field teams???

# 1994 PA-USATF LDR grand prix



BY GEORGE PARROTT

## USA T & F CARDS: CHIPS WINNERS

Starting in mid-February there will be a series of prize drawings for CHIPS who have their 1994 USA T & F memberships cards. These cards provide several significant overall benefits for our members including:

1. RunCal, the regional magazine covering race results and upcoming races throughout California.
2. Insurance, including coverage while traveling to and from almost any race in this country and while running in such sanctioned events.
3. Club identification which allows you to be credited for possible individual and TEAM scoring in all Northern California USA T & F Grand Prix events.

In order to make USA T & F membership even more rewarding, the Buffalo Chips will be having a series of special workout drawings; entry into the drawings requires simply...your USA T & F card for 1994 with the Chips as your named club. The dates and prizes (you must be present to win, but you remain entered for a given workout night once entered):

1. 1994 Runner's Logbook/diary (Feb 1/Tues)
2. Mizuno running shoes (Feb 8/Tues & Feb 17/Thur)
3. ASICS clothes, etc (Feb 22/Tues & Mar 3/Thur)
4. Chips Shorts (Mar 8 & 15/Tues)
5. Chips Socks (Mar 24 & 31/Thur)

MIZUNO SHOES donated by Kevin Cruickshank on behalf of Mizuno USA's support to the Chips.

ASICS items courtesy of Mark Nenow and ASICS continuing support for grassroots running.

Participation in selected Grand Prix events, e.g. The Silver State 15km in Reno will be further rewarded with additional incentives. For these selected events, all Chips participants will gather immediately after the race and put their race numbers ("bibs") into a drawing. There will be a prize awarded at each such event, clothing, shoes, and even restaurant awards will be presented.

Overall and regular participation in Grand Prix and other club selected races will be further rewarded with "participation points." Throughout 1994, there will be about 16 events yielding "participation points," most will be Grand Prix races. With the attainment of 11 participation events, club members will earn....a special Chips "grand prix" windbreaker (or sweatshirt). This item will NOT be available for purchase, but will only be awarded for sup-

porting the club. These club participation awards will require that the member have a USA T & F card and be representing the Chips on that card, but performance/times are NOT a factor on earning this recognition. If, any of our Chips teams win \$\$ at an individual Grand Prix race, then those 3 or 5 scoring club members will individually split that reward. Overall end-of-year awards for team performance made through the Grand Prix funds will remain with the General Club Funds to provide support for the participation awards outlined earlier.

## GRAND PRIX AND PARTICIPATION RACES 1994

<u>Date</u>	<u>Race</u>	<u>Division</u>	<u>Points</u>
March 20	Stanford 8K	Seniors	1
March 27	Houlihan's 12K	All	1
April 24	Big Sur 5K	All	2
May 30	Pacific Sun 10K	All Women	1
June 18	Fujitsu 8K	Open & Mstrs	TBA
June 26	Sonora Mile	All	1.5
July 31	Festival 10K	All Men	TBA
September 25	Silver State 15K	All	1
October 16	Humboldt Half	All	1.5
November	Clarksburg 30K	All	2
December 4	CA Intntl Mar	All	2

If you haven't already sent in your PA-USATF application, please contact the USA T & F Pacific Association. Their address: 120 Ponderosa Court, Folsom, CA 95630. The registration fee is \$12. You must sign up as a Buffalo Chip in order to be eligible for team competition, so remember...

club: **Buffalo Chips**

club number: **104**

sport: **LDR**  
(long distance running)

## BLAST from the past

## CHIP facts



The above bib number belongs to Chip Dale Phillips. Dale ran the Pepsi-Cola 20 Miler in Clarksburg. She won the woman's division with a time of 2:33 placing 160th overall. The race is now about a mile and a half shorter and is known as the Clarksburg Country Run 30K. *The Enquirer* welcomes, and encourages, any running paraphernalia (including early running photos) you may want to share with the rest of the herd. Please send your contributions to *The Enquirer*. Address and deadlines listed on inside back cover.

from Membership Chairman  
Dick Kinter

(membership ending 12-31-93)

Current Membership:	544
a. Families:	111
b. Singles:	428
c. Dependents:	190
d. Under 21 (not included in above families or dependents):	5

Total: 734

oops!

The photo credits for the terrific Kid's "I Did It" Run photos were inadvertently left out of the last issue. Thanks to Steve Ashe and Jeanne Ann Gerard for the great shots. And Grant Irwin took the hilarious Humboldt hot tubbers photo that wasn't credited in that same issue. Thanks Grant. And we missed the following Chips' times for the Portland Marathon: Glen Millar - 4:20:10, and Christine Powell-Millar - 5:18:06.

Congratulations to *Chips on Tropical Trips*: Having fun in the sun and fun on the run were Claudia Isham who finished the Bermuda Half Marathon in 2:19:54. Her husband Kim did the full marathon in 3:07:28 and placed second in the 40-49. Good job!

*The Buffalo Enquirer's* "Don't Ask, Don't Tell" Policy re: PRs and PWs: Effective immediately, your friendly local running club newsletter will not be reporting your PRs and PWs unless you notify *Enquirer* headquarters of such newsworthy information by deadline. PRs and PWs will only be recorded as such if the holder of said PR or PW reports this information his or herself. Thank you.

**Just some reminders:** Have you written an article or provided race results for your club newsletter this year? If not, a race results form is printed on page 23 for your convenience. Newsletter deadlines and other information is listed on page 27. Have you paid your 1994 Chips dues yet? You should do so if you want to receive *Footnotes*, *The Buffalo Enquirer* and the Chips '94 Roster. Have you bought your '94 USAIF card yet? You need it to run CIM, S.F. Marathon, Boston Marathon and to be eligible to win the prizes listed on page 25. Have you got tired of all these reminders?

## MARK YOUR CALENDARS!

### MARSHALL M.A.S.H. RUNS:

### SUNDAY, APRIL 24TH, 1994

Marshall Hospital and the Mountain Democrat present the  
**6th Annual Marshall M.A.S.H. Run**  
5K & 10K Run, 5K Walk, and Kids' 1/2 Mile Run  
Sunday, April 24, 1994  
Ponderosa High School, Shingle Springs

- ◆ 8:30 am kids' run
- ◆ 9 am 5 & 10K runs
- ◆ 9 am 5K walk
- ◆ Live music
- ◆ Refreshments
- ◆ 921st M.A.S.H. unit

- ◆ Entry fee is \$14 for pre-registration
- ◆ \$18 on race day
- ◆ Kids' 1/2 Mile Run (for children 12 and under) \$6.
- ◆ Race day registration starts at 7 am.
- ◆ For more information or to request a registration form call 626-2874.

Proceeds will go to the Forget-Me-Not Club—a breast cancer early detection program.

# 1994 BUFFALO chips calendar



post this on refrigerator door

<b>JANUARY</b>			
Sun., 1/16	Walt Disney World Marathon,	Florida	407/827-7200
Sun., 1/30	Home Depot 5K & 1/2 Marathon, GG Park,	San Francisco	415/681-2323
<b>FEBRUARY</b>			
Wed., 2/2	Buffalo Chips Board Meeting, Good Earth on Arden, 6:30 PM		916/489-4181
Sat., 2/5	Las Vegas Marathon, 1/2 Marathon, and relay	Las Vegas	702/876-3870
Sun., 2/6	Long Beach Marathon, 1/2 Marathon, and relay	Long Beach	310/494-2664
Sun., 2/6	Davis Stampede 5K/10K/1/2 Marathon,	Davis, CA	916/757-6017
Sat., 2/12	Jedediah Smith Ultra Classic 100K USATF 100K N'l Chmpshp	Gibson Ranch, Sacto.,	916/638-1161
Sat., 2/12	Lover's Run 5K, 10K, 1/2 Marathon	Placerville	916/622-5551
Sun., 2/13	Jedediah Smith Ultra Classic 50 Miler and 50K	Gibson Ranch, Sacto.,	916/638-1161
Sun., 2/20	Chinese New Year 5K/10K R, 4K W,	San Francisco	415/982-4412
Sun., 2/27	Couples Relay 5K,	Oakland	510/339-2430
<b>MARCH</b>			
Wed., 3/2	Buffalo Chips Board Meeting, Good Earth on Arden, 6:30 PM		916/489-4181
Sat., 3/5	Bidwell Classic 1/2 Marathon,	Chico	916/898-4791
Sat., 3/5	Eagle Mt. Snowshoe Classic,	Yuba Gap	916/783-4558
Sat., 3/5	Run for the Seals 4M,	Sausalito	415/289-7325
Sun., 3/6	Napa Valley Marathon,	Calistoga-Napa	707/255-2609
Sun., 3/6	City of Los Angeles Marathon		310/444-5544
Sat., 3/12	Cool Canyon Cawl 50K Ultra Trail Run	Cool	916/885-3438
Sun., 3/13	Bud Lite Merced Rascal Creek 10K RRCA State Championship	Merced	209/723-3911
Sun., 3/20	50 Plus 8K PA/USATF Seniors & Above	Stanford	
Sun., 3/27	Houlihan's to Houlihan's 12K (PA/USATF),	Sausalito to S.F.	415/387-2178
<b>APRIL</b>			
Sat., 4/2	American River 50 Miler Trail Run	Sac State to Auburn	916/783-4558
Wed., 4/6	Buffalo Chips Board Meeting, Good Earth on Arden, 6:30 PM		916/489-4181
4/7-4/10	Road Runners Club of America (RRCA) National Convention	Washington D.C.	916/983-5272
Sun., 4/10	Cherry Blossom 10 Miler	Washington D.C.	301/371-5583
Sun., 4/10	Gimme Shelter 5K run, 1M walk,	San Francisco	415/387-2178
Sat., 4/16	Chico Masters 4 M, 9 AM,	Chico	916/898-4791
Sat., 4/16	PA/USATF Ultra GP Ruth Anderson 100K & 50M,	Oakland	510/530-6634
Mon., 4/18	Boston Marathon !!!! Great Chips Trip!!!	Boston, MA	508/435-6905
Sun., 4/24	6th Annual Marshall M.A.S..II. Run 5K, 10K, 1/2 Mi. Kids Run	Shingle Springs	916/626-2874
Sun., 4/24	Big Sur International Marathon and 5K (USA/I&F)	Big Sur/ Carmel	408/625-6226
<b>MAY</b>			
Sun., 5/1	Buffalo Marathon	Buffalo, New York	716/837-RACE
Sun., 5/1	Vancouver Int. Marathon	Vancouver, B.C.	604/872-2928
Sun., 5/1	May Day Run, 9 AM,	San Francisco	415/433-2273
Wed., 5/4	Buffalo Chips Board Meeting, Good Earth, 6:30 PM		916/489-4181
Sat., 5/7	PA/USATF Ultra GP Quicksilver 50 Mi, & 50K	San Jose	408/978-5199
Sat., 5/7	Mutt Strut 5K/10K, 8 AM	Davis	916/757-2012
Sat., 5/7	Marantha Half Marathon and Full Marathon	Sacramento	916/878-0697
Sat., 5/14	PA/USATF Ultra GP Silver State 50K & 50M	Reno	702/356-2024
Sun., 5/15	Examiner Bay to Breakers	San Francisco	415/777-8743
Wed., 5/18	Humpday 5K	Davis	916/757-6017
Sun., 5/22	Runner's World Kid's "I Did It" Run varied distances	Sacramento	916/488-6580
Mon., 5/30	PA/USATF LDR GPwomen (tent.) Pacific Sun 10K	Kentfield	415/472-RACE

PA/USATF events are for all divisions unless otherwise specified

## Advertising Rates

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

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

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

## Contributions

Letters, articles, photographs, race results and original art are welcome and encouraged. However, not all submitted material can be printed, and some will be used with a delay. Handwritten contributions are accepted but material submitted on disc (Mac and IBM), with accompanying hard copy, is preferred. The editor reserves the right to refuse inclusion of items and to correct grammar, delete when necessary and otherwise re-write some material in order to achieve a reasonable standard of coherency and comprehensibility in the newsletter. You will be consulted if any major surgery needs to be performed on your submission. The deadline for the next issue (2nd Quarter 1994) is March 15th, 1994. All contributions received by the deadline are not guaranteed to be included in the next issue; timely stories take precedence over articles of general interest and those received first take precedence over those received later.

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

Send material to:  
*The Buffalo Enquirer*, Laura Kulsik, P. O. Box 19968, Sacramento, CA 95819-0908.

**1994 CHIPS BOARD OF DIRECTORS**

Joe Staats, <i>President</i>	489-4181
Steve Ashe, <i>Vice President</i>	366-6772
Steve Topper, <i>Treasurer</i>	424-3454
Trudy Roselle, <i>Secretary</i>	363-1735
Po Adams	481-3983
Robin Carboni	388-1656
Sandi Falat	852-0768
Dick Kinter	944-1503
Bob Lipow	863-3472
Carol Parise	484-0116
Rex Paulsen	863-1157
Dave Ragsdale	922-6199
Leigh Rutledge	484-5420
Cliff Stapp	989-0808
Beckie Starsky	567-7645

other names and numbers you'll need to know

<i>Road Runners Club of America State Rep</i>	
Laura Kulsik	983-5272
<i>USA Track and Field Liaison (tentative)</i>	
George Parrott	488-6580
<i>Club Race Directors</i>	
Jedediah Smith Ultras	
Norm Klein	638-1161
July 4th 5 Miler	
Dick Kinter	944-1503
Susan B. Anthony 5K	
Steve Ashe	366-6772
Buffalo Stampede 10 Miler	
Lee Rhodes	482-8528



**YOU NEED NOT BE RICH,  
THIN, POWERFUL,  
GOOD-LOOKING, FAMOUS  
OR FAST TO  
BE A BUFFALO CHIP.  
EVERYONE IS WELCOME!**

**BUFFALO CHIPS** **running club**

P.O. Box 19908

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# THE BUFFALO ENQUIRER

2nd quarter 1994 #121

*Lael Wins 50K, Miller is First in Fifty Miler*

## Hanna Breaks Club Record at Jedediah Smith 100K

BY GEORGE PARROTT

February 12th and 13th, 1994 shall henceforth stand as the most distinguished of HERDINGS, for let it be known on those days did the tribe Buffalo take on the WORLD and did then the world find the tribe BUFFALO most overwhelming. Three races on one weekend at distances that the casual runner cannot even comprehend, and the HERD won every race!!!

The 100km: A truly world-class field assembled for the start of the 100km in the cold and dark of Saturday, February 12th, and the 75+ who cued the starting line included U.S. record holders, World Legends, and newly anointed stars of these extreme distances—and a newcomer. With the start, one runner went kamikaze or to steal the race, depending on the outcome of his strategy and another late starter blasted by the whole field to try to latch onto the momentum of the leader. However, over miles 5-28 or so there was a predatory pack of what this observer called "the wolves" who worried little about those early wanna-bees and carefully studied each other. By about mid-race our early leader was gobbled up and soon dropped out, and his pursuer began to die the inexorable death of one who reached for Sun, but only ended up getting very badly burnt. The "wolf pack" began to separate at about the 28-35 mile point with the emergent

leader becoming - the newcomer - our own Rich Hanna. Hanna gradually opened up a clean gap on the field which by about 55 miles into the race was over a mile to the next runner. Through those penultimate stages, Tom Johnson was running solidly in third or fourth, but over the final 10 miles Brian Hacker produced a brilliant finishing push to push all the way into 2nd and Tom come home solidly in 5th (7:08). Our own new master, running teamwise in the open, Rae Clark was 10th (7:31) overall. The CHIPS open men's team claimed their first EVER national championship by defeating a team from Wisconsin by a cumulative time of....10 minutes!! Hanna, with this win, is automatically the U.S. champion at 100km and selected for the U.S. team for the world 100km championships in Japan in June! Congratulations to Rich and all the finishers!



SUPERFAST CHIP RICH HANNA WON A TRIP TO JAPAN FOR HIS 100K WIN AT JED SMITH.

PHOTO: JANE BYNG

The 50km...February 13th, 1994: The shortest race of this long distance weekend started with the Sun well up in the morning sky and the promise of a wonderful California day to come, and the finish found a repeat of the 100km—the newcomer triumphs!!! Brad Lael brought his new marathon JED SMITH CONTINUED ON PAGE 22.

*Why are you a Chip?*

see center spread



HISTORY OF  
THE AMERICAN RIVER BIKE TRAIL  
PART 1 STARTS ON PAGE 21



## About the Buffalo Chips

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

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

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

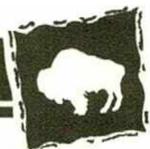
We often meet for hill training or long runs on the bike trail on the weekends. The times and dates of these runs are announced at the Tuesday night workouts. The hill training is done in Rescue, located about 30 miles east of Sacramento off Highway 50.

Please come join us! For more information please contact a Buffalo Chips board member. Their names, positions and phone numbers are listed on the back page of this newsletter. Membership applications are available at workouts, from all board members, and at all local Fleet Feet stores.



The Buffalo Chips Running Club  
is a non-profit organization  
and a member of  
The Road Runners Club of America

# STATE of the herd



I feel the first stirrings of spring. As I dispense with my running tights for another season, I notice in the mirror the return of color to my face, the inevitable result of running in sunshine that may not make us any healthier but sure makes us look more vibrant and alive. And sure enough, there is light aplenty during our Tuesday night warmup and even partially during the workout itself. In due course even that glorious and satisfying post-workout jog back to the beginning will be basked in the twilight glow of sunshine. One doesn't need a calendar to know that spring is near. Just count the number of Chippers on Tuesday night and you know. And who can blame those who hibernated off and on again during the cold winter months and have returned for full-time running? You can see it in their eyes, and most importantly you can see it in their legs: These people can't wait to run!

Maybe it's because of spring-like weather or maybe something else, but my phone has been ringing off the hook (if phones still had hooks) from prospective new members. And I love to talk about the club when I receive or return these calls. I'm sure you readers who have taken the time to read this column are becoming weary of all of my musings about how great the club is, but not me. This was brought home to me as I prepared an essay on the club to send to the RRCA for consideration as one of five clubs nationwide to be selected for sponsorship to the Jimmy Stewart Relay Marathon this April in Los Angeles. I suppose I could say it was the brilliance of my writing skills that got us the sponsorship. But that is not the truth of the matter. Truth be told, the writing of the essay was so very easy: List all the great and numerous things our club has done, and still does, add a few verbs, nouns and other parts of speech whose names I have meticulously suppressed since the eighth grade, and *voila!*, another success in the bag for the Buffalo Chips.

Is this column long enough? Should I keep going on and on to fill a one size fits all mentality? Nope, it's still light out, I'm lacing up my Nike Air Max's and out the door I go. Catch me if you can.

*Bipedally yours,*

Joe Staats  
High Dunger

---

## Contributions

Letters, articles, photographs, race results (especially race results!) and original art are welcome and encouraged. However, not all submitted material can be printed, and some will be used with a delay. Handwritten contributions are accepted but material submitted on disc (Mac and IBM) with accompanying hard copy is preferred. The Editor reserves the right to refuse inclusion of items and to correct grammar, delete when necessary and otherwise re-write some material in order to achieve a reasonable standard of coherency and comprehensibility in the newsletter. You will be consulted if any major surgery needs to be performed on your submission. The deadline for the next issue is May 15, 1994. All contributions received by the deadline are not guaranteed to be included in the next issue; timely stories take precedence over articles of general interest and those received first take precedence over those received later.

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*The Buffalo Enquirer*, Laura Kulsik, P.O. Box 19908, Sacramento, CA 95819-0908



## EDITOR'S droppings



Where were you in 1974? 1994 is a milestone in Buffalo Chips history. It marks the 20th anniversary of our club's humble beginnings.

In 1974, I was in junior high school...and proud to say, a runner. I was fourteen. While I'm happy not to be that young and stupid again there were plenty of good times to be had and some of them involved running.

The first time I ever got straight As, well almost, was in 1974. I earned an A in every class but P.E. We played basketball for a whole quarter. I think I touched the ball maybe six times. I was totally non-aggressive. But when it came time to switch over to track and the annual President's Fitness Test (remember that?), that's where I shined. I was in P.E. heaven. I even practiced at home with my brother. We'd do sprints, sit-ups, and time each other on the side-step coordination exercise and flex-arm hang (a substitute for pull-ups) for which I held the school record of something like two minutes. The running portion of the test consisted of a run/walk around the school track as many times as you could in 12 minutes. I think I completed a little over six laps, and always with a kick at the end. What happened to that kick? Because of my speed on the track, I became known as "the fastest white girl" at my school. I was all legs and skinny. *What happened?* The track coach and the track girls asked me to join the team but I was too shy to get involved. But I continued to enjoy the track portion of P.E. I was a sprinter and, don't laugh, a high jumper. My hero was high jumper Dwight Stone. A few years later, still shy, I joined the high school track team. I was a miler and on the mile relay. While I was no longer the "fastest white girl" at school and I rarely placed in invitational competition I was always improving, and most importantly - having fun. In my junior year, for the first time in California state history, they opened up cross-country to girls. I was the captain of my school's first girl's cross-country team. There were more than 30 of us! We ran one and a half miles at races. The next year we were allowed to run two miles just like the boys. While I enjoyed other sports including tennis and gymnastics, running was always a favorite thing to do. On summer nights, my friends and I would go to Baskin Robbins, buy jamoca milkshakes, go watch the first few innings of the neighborhood baseball game then head on over to the track and run laps till the game ended. We would keep track of our laps by throwing pennies into the empty milkshake cups at the end of each lap. I remember the most we ever did was 24 laps. Wow! Things have certainly changed since then. I don't need a cup to keep track of my laps; I now have a 30-lap watch to do that. And even though I still enjoy running just as I did back then, I rarely step foot on a track except for Thursday night Chips workouts. Why run on a track when there's a whole world to see? (Why? Because the track makes me faster.)

The Buffalo Chips didn't become a part of my running history till I joined the herd in the fall of 1991. It's interesting to think that while I was doing my running thing in school and later, on my own, hundreds of others were already members of the herd in those formative years. Only eight Chips have been members since the beginning which shows you that even though the running population has waned over the last two decades, our club has gained in popularity. So, the next time I'm in a race and some unChip makes a comment about the buffalo on my butt (Yes, our new team shorts have buffalos on the butt.) I'll be proud to tell them I'm a member of the Chips, running strong for 20 years.

*See you on Tuesday night!*

Laura Kulsik  
Editor

*Meet Cynci Calvin and Debra Cleveland*

## New Editors to Take Over Buffalo Enquirer

BY LAURA KULSIK

It's time again, time to amend "A Brief History of The Buffalo Enquirer", Issue 117. It's time for me, Laura Kulsik, Buffalo Enquirer Editor #16, to step down. After 30 months, 13 issues and 404 pages (18 months and 270 pages with co-editor Carol Parise) I'm ready to take a time out from the computer and run a few more miles.

I'll be handing over the newsletter reins to two new ~~suckers~~ editors. Meet Debra Cleveland and Cynci Calvin. After a five month talent search we discovered them, hiding behind their Nikes and protected by their fellow Chipsters in Tuesday night's Group 6. Well, Debra and Cynci, say good-bye to PRs and hello to deadlines! Just kidding. You two will not have to edit alone. Carol and I will continue to help with the newsletter - making sure there's just the right amount of misspelled words and PRs not recorded in each issue. Hey, we don't want our little newsletter to resemble a professional publication, do we?

I believe this editor transition will be just like a good relay hand-off; smooth. As any *Enquirer* editor will tell you, and there's been 16 of us - it's not an easy job. Is it any wonder that half of the former editors can be found in insane asylums, rather than at your next local 5K starting line, intravenously fed UltraFuel and Gatorade and muttering about deadlines?

Please help Cynci and Debra by continuing to provide the newsletter with race results and articles. Remember, this newsletter is a team effort. There's no USATF points for those contributing but you'll certainly score big with your fellow herdsmen.

*Good luck Cynci and Debra!*

# PAIN PALS INJURY INDEX

# RUNNING INJURY PROJECT

Here is our second installment of the Pain Pals Injury Index which will be featured in alternating issues of *The Enquirer*. The Chips listed below, whose names are in the current *Buffalo Bible*, are awaiting your calls. Please understand that when you contact someone they are not giving medical advice - just friendly, hopefully helpful, advice. We will continue to add to the list more injuries with the names of Chips who have had that problem.

## **KNEE INJURIES: VERY COMMON SITE OF RUNNING INJURIES.**

Patella Tendonitis. (Pain and inflammations of the soft tissue below the knee cap.)

Roger Merle  
Kim Isham

Torn Medial Meniscus. (Torn cartilage causing locking on extension, pain and swelling of the knee.)

Roger Merle  
Carl Ellsworth  
Susi Thompson

**Send us your injuries!** Submission of your name must be made with the understanding that you may be called by a fellow Chip who wants to know what you did to treat your injury. We plan to update this information as needed and print an occasional gem of wisdom or advice for particular injuries.

Please take a minute and send your information to any one of the following:

Pam Cantelmi	8791 Longmore Way	Fair Oaks	95628	962-1133
Laura Kulsik	P.O. Box 19508	Sacramento	95819-0908	983-5272
Mike McKone	11584 Big Far Way	Gold River	95670	631-9449

Thanks for your participation.

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Injury/Injuries \_\_\_\_\_

Pulled Anterior Cruciate Ligament. (Traumatic injury to ligaments that stabilize the knee, usually a more acute injury, serious cause)

Robin Carboni

Iliotibial Band Syndrome. (Inflammation of the fascia that runs along the outside of the leg from the thigh from the hip to the knee. It helps stabilize the knee.)

Peggy Blair  
Kim Isham

Prepatella Bursitis. (Commonly known as "housemaid's knee" caused by trauma (a fall) or chronic trauma (kneeling)).

Kim Isham

**ACHILLES TENDON INJURIES: THE ACHILLES TENDON IS A STRONG TENDON THAT ATTACHES TO THE BACK OF THE HEEL, THINS OUT AS IT PASSES OVER THE ANKLE AND THEN WIDENS AND CONNECTS TO THE CALF MUSCLES.**

Achilles Tendonitis. (An inflammation of the tendon causing pain at the back of the foot, usually at the thin part of the ankle.)

Carl Ellsworth

Achille and Calf cramps.

Gordon Hall  
Carl Ellsworth

**HEEL PROBLEMS: USUALLY THESE ARE VERY PAINFUL AND TAKE A LONG TIME TO HEAL.**

Plantar Fasciitis. (Heel pain on the inside of the forward part of the heel that is usually worse in the morning or at the beginning of a run.)

Marilee Grunwald  
Carl Ellsworth

Heel Pain. (Can be a bursitis or heel spur.)

Pam Cantelmi  
Carl Ellsworth  
Peggy Blair

**SHIN PROBLEMS: PAIN IN THE LOWER FRONT LEG BONE (TIBIA) AND THE MUSCLES SURROUNDING IT.**

Stress Fracture. (A small crack or break in the Tibia that causes a throbbing pain in the front of the lower leg.)

Marilee Grunwald  
Carl Ellsworth

Periostitis. (Inflammation of the membrane that covers the Tibia.)

Pam Cantelmi

## **FOOT INJURIES**

Morton's Neuroma. (Pain felt between the third and fourth toes in the forefoot)

Peggy Blair  
Pam Cantelmi

Sesamoiditis. (Pain in the area of the two small bones at the base of the large toe. This is where you "push off" when you walk or run.)

Peggy Blair  
Pam Cantelmi  
Laura Kulsik

Stress Fractures of the Metatarsals. (Small cracks or breaks in the toes.)

Kim Isham

## **HIP INJURIES**

Torn Hip Flexor Muscle. (Groin pull)

Marilee Grunwald  
Carl Ellsworth

Periformis Syndrome. (Pain in the butt.) The periformis is a hip muscle which, when irritated, may entrap the sciatic nerve as the latter enters the thigh from the hip. Can spread into the hamstrings.)

Laura Kulsik

## **HAMSTRING AREA INJURIES**

Hamstring pulls.

Carl Ellsworth

Sciatica. (Inflammation of the sciatica nerve that causes tightness and pain from the buttocks down the back of the leg and then wraps around the top of the foot.)

Pam Cantelmi Cynci Calvin  
Kim Isham

*Call these fellow herdsman now. If they're not running, or currently injured, they are sitting by their phones awaiting your calls!*

# ENQUIRER **classifieds**

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

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

**Attn. Real Estate Sales Personnel!!** Now you can hire fit, attractive, runners of all ages. "Why?" you ask. Happy joggers cause property values to soar by providing the area with the aura of a safe, health-oriented neighborhood. Available by the hour, mornings or evenings (specify). \$50/hr/runner, babies in baby joggers \$25/hr extra. Call Rent-A Runner, Inc. now! 1-800-RNTARUN.

**SFF** (as in single fast female) seeking relief from Buffalo Chip recruiters. Quit trying to catch me!!!

**CPM** (as in couch potato male) seeking relief from Buffalo Chip recruiters. Leave me alone with my remote and my refrigerator!!!

Do you know of a local runner or walker who is not in the club please send us their name, address and phone #. We'll send them a Newcomer's Packet and membership application Write to: Chips Newcomer's Packet attn: LK, P.O. Box 19908, Sacto, 95819-0908.

**The Chips' 20th Anniversary** is this year! Do you have any ideas on what we could do as a club to celebrate this milestone? Call any board member, listed on the outside back pack page of this newsletter, with your ideas. Let's celebrate bigtime!

**Have you purchased your '94 USATF card yet?** Schedule and information on page 31.

**A dung deal: buffalo chips on sale now.** Only \$1 each. See Steve Topper on Tuesday nights.

"Man is the only animal that blushes. Or needs to," said Mark Twain

Steve, we're crazy about you. Your naked platonic running girlie girls.

Congratulations **Dream Team** members! Have fun at the Jimmy Stewart relay Marathon in April!

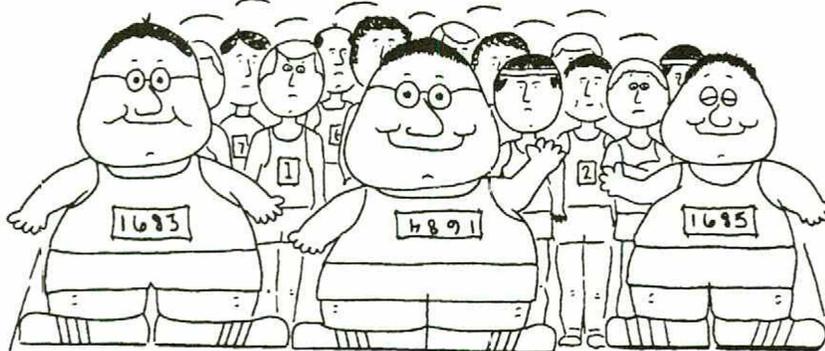


## Welcome to the Herd!

### New Buffalo Chips

Steve Archibald	Robert Peterson
Bill Janicki	Dennis Early
Susan B. Anthony	James M. Polisini
Marilyn Baldwin	Howard Figler
Jackie Kelley	David Rater
Mo Bartley	Jim Flanigan
Pamela Kelly	Rhoda Rhunner
Mike Baume	Jim Flewelling
Diane Knight	Irene E. Riego
Darby Benson	Vincent S. Fong
Jean La Fever	Jason Rivers
William Berger	Chuck Seerey
Ted Lammensen	Tana Gabriel
Brenda Roland	Tim Seerey
Rod Linares	Sean B. Gallagher
Kiko Bracker	Art Smith
Bruce Legan	Tim Gandy
Dan Britts	Wes Ternstates
Blaine Brown	Kyle D. Thomas
Elise Manders	Speedy Gonzales
Deane Calvin	Mark Gouge
Randy Marx	Cecilia Tillett
Tony Capasso	Dennis Grandy
Roger L. Minor	Mary Thon
Debra Cleveland	Tina Wallis
Jodi Newman	Greg Hodson
Becky Condit	Kelly C. Ward
Annmarie Ott	Joe Holmberg
Joel Contreras	Eric Wolfe
Saranya Parrott	Robert F. Hubertus
Diane Devlin	Don Zacharias
Marilyn R. Peterson	William Hyidsten
Lisa Downey	Ima Zoomer

START 5K



Implementing their innovative strategy, the Eggman brothers realize to win the race doesn't necessarily mean you have to be the fastest or the fittest.

If you have any questions regarding membership please contact Dick Kinter or any Board Member listed on back page.

# CLUB news

BY LAURA KULSIK

*Other running clubs in the U.S. with the word "buffalo" in their name: 3*

*South Buffalo Athletic Club  
Greater Buffalo Track Club  
Buffalo Valley Striders*

*New York  
New York  
Pennsylvania*

*Other clubs with the word "chips" in their name: 0*

Runners in Maryland have worked out a special deal with their Department of Motor Vehicles; they operate a license plate (actual plate, not holder) program. Any Maryland running club member may acquire Maryland "RUN" tags for a one-time fee. There are currently 615 on the road. More than 200 members of the Montgomery County Road Runners have these plates. Examples: RUN0003, RUN0315.

**an excerpt from the "Missed Manners" column by Michael Hughes in *Wingfoot*, The Atlanta Track Club's newsletter**

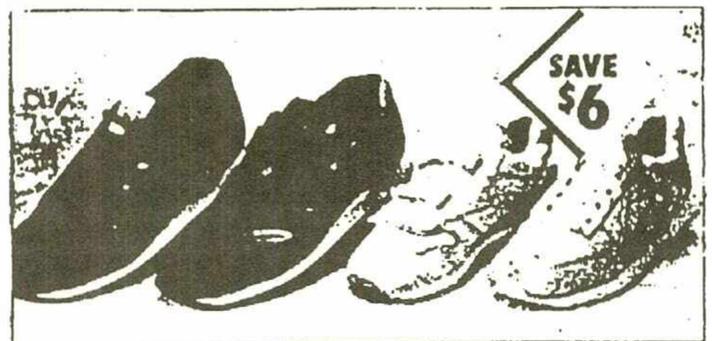
Dear Mr. Manners,

Recently, while competing in my first 10K, I noted a runner yelling angrily at one of the workers for giving an incorrect time at the mile mark. Aren't these people volunteers? Don't you consider this to be unspeakably rude behavior? Opprobrious

Dear Opprobrious,

May I call you Opy? Yes you are quite correct in your assessment of the situation. Many runners forget that without volunteers there would be no races. Without races there would be no shoe companies with big TV contracts. Without all that, there might not be any running at all. That is why we have quietly installed a clause in the race waivers that states, "Rudeness on the part of any participant will result in death or dismemberment." Of course we would never go that far. A clubbed knee or a gunshot wound to the arm is usually enough to ensure exemplary behavior in the future. So, as a citizen activist, you may apply justice at will. But, as always, be careful; there could be a small legal problem.

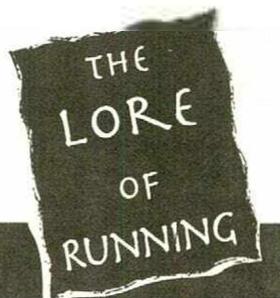
from *Striding Out*, newsletter of the North Coast Striders of Ukiah



Men's or Ladies' Jogging Shoes  
Select Men's black lace-up or Navy with adjustable strap. Ladies' White lace-up Jogger or with adjustable straps. Reg. 14.99

**8.99** PR.

The price is right . . . . .  
but would you run in these?  
(This ad appeared in a local paper recently.)



## BOOK review

# "Lore of Running"

Author - Timothy Noakes, M.D.

Leisure Press - 804 pages \$22.95 (paperback)

BY KIM ISHAM

Tim Noakes, runner, physician, scientist and author has, in this runner's opinion, written one of the best, most comprehensive books on the subject of running to date.

Loaded with photos, charts, diagrams, and training schedules, the book is composed of three parts: Physiology; Training; and Health and Medical Considerations.

Dr. Noakes style of writing is very easy to read, yet extremely thorough in explanation. Some of the subjects covered include Muscle Structure and Function; Theory and Practice of Training; Training the Mind; Racing - 10K, Marathon and Longer; Diagnosis and Treatment of Running Injuries; Special Concerns for Women; and Medical Benefits and Hazards of Running.

In the book's foreword, George Sheehan wrote, "Noakes has a training, an intelligence, a sensitivity, and experience that few writers on the athletic life can equal. On every page we can see the work of the scientist."

This is probably not the kind of book that most will sit down and read from cover to cover, as it is a reference - an encyclopedia of running.

"The Lore of Running" has been available for some time now, but if you haven't added it to your running library, I strongly recommend that you do.

SPECIAL DISCOUNT

**CARBO BURST**  
**QUICK ENERGY!**  
111 g. simple and complex carbohydrate in 4oz. tube

**BEAT THE BONK!**  
**NEGATIVE SPLIT THAT RACE!**

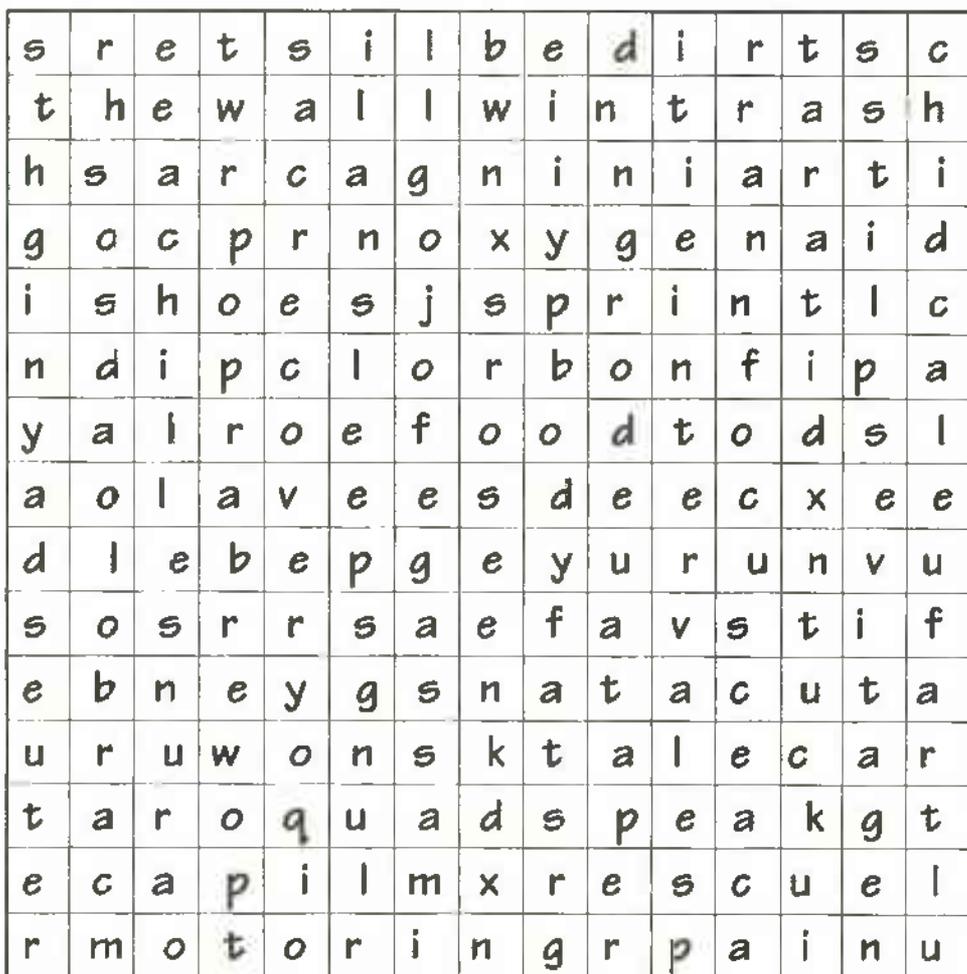
Contact: Mimi Garris 988 9670  
John O'Farrell 967 7893

# FUN stuff

BY LAURA KULSIK

Take time out from your training and complete the Word Find below. All the words are running related. Words run forward, backward, up and down but not diagonally. Have at it. Answers are on page 9.

## RUNNING WORD FIND

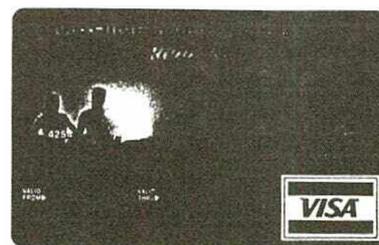


Find these words in the puzzle above.

stride	carbo load
blisters	achilles
the wall	exceed
trash (as in 'Don't trash your legs.')	food
crash (as in "She crashed and buried in that last 5K.")	power bar
win (as in "No, I did not win the Boston Marathon.")	pr (personal record)
training (as in "What? Me train? The 100K is a full two weeks away.")	lsd (long slow distance)
aid	recovery
tuesday nights	run
	lungs
	oxygen
	sleep
	massage
	focus

taper	body fat
training	quads
interval	knees
sprint	shoes
motoring (as in when your clubmates pay you a compliment after a speedy five miler, they say you were motoring.)	peak
rescue (as in "Why do you have to get up at 6 a.m. on Sunday morning? Rescue.")	pain
ultra fuel	tac (as in "What's the former name of USA Track and Field? TAC.")
negative splits	jog (as in when a co-worker caught you doing sprints the other day at the track; you were "jogging".)
	race

# KEEP THE RRCA RUNNING!



Apply for the Road Runners Club of America VISA Card and receive a VERY LOW fixed Annual Percentage Rate on all loan transactions through December 31, 1994! Upon Application, you'll receive complete details on how to transfer any existing credit card balances with higher APFs to your new Road Runners Club of America VISA.

For more information on this VERY LOW rate or to apply by phone, call

## 1-800-446-5336

MONDAY - FRIDAY, 8:30 AM - 8:00 PM, E.S.T.  
ASK FOR OPERATOR RR-3.

### LIMITED OFFER

It's easy to apply for your very own RRCA VISA!



*Where Has TAC Gone?*

# What Is This Thing Called USATF?

USATF and to carry out that organizations purpose where possible and applicable; to promote and encourage physical fitness through athletics; and to issue sanctions for all qualified events.

Two very visible functions of the PA/USATF are those of course certification and event sanctioning. These are tow completely separate issues. A race may be sanctioned even though its course is not certified. Any runner who is concerned about setting personal records for various distances should be aware that any race course that is not USATF certified may not be the exact distance advertised. USATF issue strict regulations on course measurement, so running a USATF certified course will guarantee an accurate measurement. Any road racing records set must be run on a certified course.

To be sanctioned, a race must agree to be conducted in accordance with USATF rules and regulations and to meet a certain minimum set of standards established by USATF for competitions. These include standards for officiating, timing, and judging; safety precautions; on-site medical coverage; and drug testing. A sanction will be accompanied by liability insurance covers athletes and named officials for the specific event in cases where the race organizers can be shown to have been negligent. You should by aware that an unsanctioned race may not carry liability insurance for the athlete or the officials.

Obviously, you do not have to be a member of PA/USATF to run in most road races; however, one benefit of your membership is personal accident insurance that applies if you run in a sanctioned race or are injured during practices conducted by USATF member organizations. You are even covered by insurance when traveling to and from these USATF member events. Your support of USATF by joining the Pacific Association for the very reasonable fee of \$12.00 per year for individual adult athletes will help the association bring pressure upon non-sanctioned races and races with uncertified courses to offer their participants and officials the very best in road races by conforming to nationally accepted standards.

To join PA/USATF ask George for an application at the next workout!

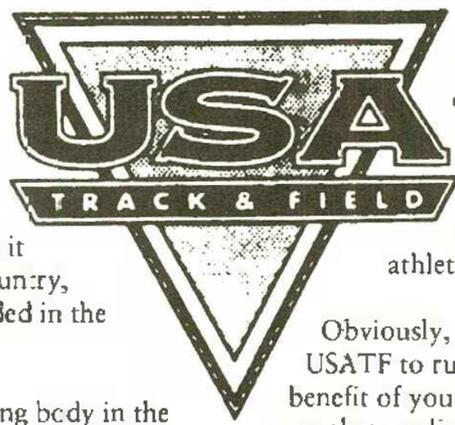
To join PA/USATF ask George for an application at the next workout!

*About the author: In addition to being the Masters LDR Chairman of the Potomac Valley Association of USATF, Chris Stockdale writes a column for the RRCA publication Footnotes called "From the Clubs." She is also one of the Washington, DC, area's top ranked female masters runners and is a member of Montgomery County Road Runners Club and the DC Road Runners Club.*

BY CHRIS STOCKDALE

In an attempt to answer some of the many questions runners have about the governing body of their sport, brief articles will appear in this newsletter on a periodic basis.

In early 1993, the Athletics Congress (TAC) officially changed its name to USA Track & Field (USATF). The Athletics What? is no more! A new logo was adopted, showing an inverted superman-like triangle. Unfortunately, the new name or logo still does not make it clear that long distance running, cross country, race walking and ultra running are included in the jurisdiction of the organization.



USA Track & Field is the official governing body in the United States for track and field events, cross country, long distance running (including ultra running) and race walking. Regional organizations consisting of individuals and clubs administer local USATF programs and activities. Your club is a member of the Pacific Association of USATF.

The purposes of The Pacific Association as defined by its bylaws, are to act as the local governing body under



**DUNNIGAN**  
*Sierra Dales*

2394 Fair Oaks Blvd.  
Sacramento, CA 95825

**Bus. 484-3004 x232**





# 1993 Pacific Association USATF LDR Grand Prix Chips

BY CYNCI CALVIN

The following shows the ranking of members of the herd and herd teams at the end of 1993 after completing all or a portion of races for cumulative points in the above mentioned competition. 1994 provides our club with another opportunity to compete in this series of races for glory, fame, camaraderie, and, dare I say it?, money, once again. And the club now has an incentive program to inspire you. But take it from me. I've enjoyed these races for six years. They are some of the best organized and most fun you can enter. The arrival of a mysterious check in the mail just because you happened to be the extra warm body that your team needed that day makes entering all the more worthwhile! Soooo, be sure to join PA/USATF, list The Buffalo Chips as your team on the USATF form and the race entry, and put the LDR races on your calendar! Next one is the Big Sur 5K on April 24th. Entries available in *The Schedule*.

**Open Men (63 listed)**

28. Brad Lael

**Open Women (66 listed)**

- 2. Theresa McCourt
- 25. Chris Iwahashi
- 30. Cindy Scott
- 43. Robin Carboni
- 48. Connie Kondo
- 57. Carol Parise
- 64. Kathy Ward
- 66. Anne Veling

**Master Men (46 listed)**

- 26. Stephen Yee
- 27. Richard Govi

**Master Women (37 listed)**

- 7. Ann Cerhardt
- 15. Cynci Calvin
- 23. Myra Rhodes

**Senior Men (23 listed): zip**

**Senior Women (8 listed): zip**

**Super Senior Men (9 listed)**

- 2. Carl Ellsworth
- 6. Lee Rhodes

**Super Senior Women (7 listed)**

- 1. Myra Rhodes !!

**Veteran Men and Veteran Women:**  
zip

**Open Men Teams: 8th**

**Open Women Teams: 4th**

**Masters Men Teams: 7th**

**Masters Women Teams: 4th**

**Senior Men Teams: 6th**

**Senior Women Teams:**  
zip

**Super Senior Men and Women:**  
zip

## PA-USATF LDR grand prix

If you haven't already sent in your PA-USATF application, please contact the USA T & F Pacific Association. Their address: 120 Ponderosa Court, Folsom, CA 95630. The registration fee is \$12. You must sign up as a Buffalo Chip in order to be eligible for team competition, so remember...

club: **Buffalo Chips**



club number: **104**

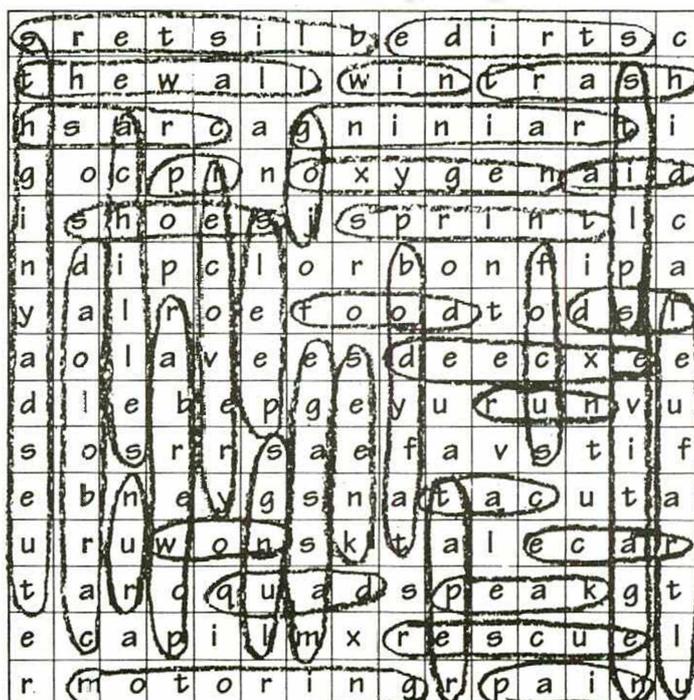
sport: **LDR**  
(long distance running)

### THE REMAINDER OF THE '94 GRAND PRIX SCHEDULE

Date	Race	Division	Points
April 24	Big Sur 5K	All	2
May 30	Pacific Sun 10K	All Women	1
June 18	Fujitsu 8K	Open & Mstrs	TBA
June 26	Sonora Mile	All	1.5
July 31	Festival 10K	All Men	TBA
September 25	Silver State 15K	All	1
October 16	Humboldt Half	All	1.5
November	Clarksburg 30K	All	2
December 4	CA Intntl Mara	All	2

listing is subject to change!

### answers to the Running Word Search on page 7



# BOARD droppings

**January 5, 1993 The Good Earth 6:30 pm**  
Present: Steve Topper, Steve Ashe, Po Adams, Joe Staats, Robin Carboni, Sandi Falat, Dick Kinter, Lee Rhodes, Dave Ragsdale, Leigh Rutledge, Beckie Starsky, Rex Paulsen

Guests: George Parrott, Carol Parise, Jim Sapienza

**Special Report:** Jim Sapienza presented the background, philosophy and goals of the Fleet Feet Infinity Racing Team started by Tom Raynor, president of Fleet Feet, Inc.

**Achievement Awards:** 5% improvement award program to be reinstated. Ideas raised for incentives for faster runners.

**Lifetime Membership Discounts at Fleet Feet:** Fleet Feet will provide one \$50.00 gift certificate per lifetime member.

**Update on Chips Shorts:** Carol to order small batch of black RaceReady Shorts with gold buffalo on the back to sell. If these sell well, will continue to stock.

**Chips Annual Meeting:** Saturday January 8th at the University Park Clubhouse. Will feature the "guess your own time" division. Following run is potluck brunch along with board elections and short meeting.

**Treasurer's Report:** This past year, money was cleared from increased clothing sales, membership dues, and race management fees.

**Membership Report:** 302 paid members for 1994 signed up to date. New Club roster to be printed by March 1. Will be in booklet form and feature workout schedule, calendar of USATF races and significant Buffalo Chip events.

**USATF Card Incentives:** Was suggested to have drawings for USATF card holders every month on workout nights for prizes in order to provide incentives for people to join. Idea tabled for now.

**Jed Smith Ultra:** February 12 and 13. Volunteers very welcome - lots of things to do. This will be Norm Klein's last year as race director. Any volunteers for next year??

Meeting adjourned 8:30 pm.

**February 2, 1994 6:30 p.m. The Good Earth**  
Present: Joe Staats, Laura Kulsik, Steve Ashe, Po Adams, Dave Ragsdale, Robin Carboni, Leigh Rutledge, Sandi Falat, Trudy Roselle, Becky Starsky, Steve Topper, Dick Kinter, Cliff Stapp, Carol Parise, Bob Lipow and George Parrott, Lee Rhodes

**Guest presentation:** Charles Gerdel of the Sacramento Bikeriders reported that he is coordinating the clearing of the American River Parkway of overgrowth. Requested anyone willing to assist him on a weekday to contact him at 338-8803.

Lee Rhodes signed up volunteers for Jed Smith.

Minutes of the last board meeting were approved.

Board approved request from Laura Kulsik to be reimbursed for attending RRCA convention in Washington D.C. in April. Laura has been selected as a finalist in the competition for best written contribution to a club newsletter. Board approved \$300 for this purpose and set general \$300 limit for all requests for out-of-state travel and \$100 for in-state. Any future request is subject to board approval/disapproval.

George Parrott reported that the kids "I DID IT" run will be held on May 22, 1994 at Carolyn Wenzel School. A coordinated publicity effort is being planned to insure a good turnout.

The board approved expanding the 1994 club directory to include other information useful to club members. It will be known as the Buffalo Bible, Revised Running Edition for 1994.

Carol Parise reported that the new club singlets are in and that the shorts have been ordered.

The following coordinator assignments were made: Social Director: Robin Carboni, Volunteer Coordinator: Leigh Rutledge, Publicity Coordinator: Cliff Stapp, Sponsorship Coordinator: Steve Ashe, Race Services Director: Dave Ragsdale

Steve Topper presented an updated financial report. Steve also reported that 1000 club decals are on order and that the club has received its certification of insurance. Also discussed was fact that we need club members to sign revised liability waivers. It was decided that these waivers would be presented to members for signature at next Tuesday's workout.

Joe Staats presented the President's Report and indicated that he has submitted an essay to RRCA for sponsorship of five club members to Jimmy Stewart Relay Marathon in Los Angeles on April 10, 1994. Joe also appointed a committee to work with him on a club resource manual.

The board approved a revised proposal from George Parrott relating to an incentive program for getting club members to attend races, especially Grand Prix races.

George Parrott also reported a possible club sponsorship that he has been working on. Further information will be provided at a future meeting.

Dave Ragsdale reported that the club has contracted to do the finish line for the Sloughhouse Run on June 12, 1994 for \$600. We will need 30 volunteers for this effort.

Laura Kulsik presented a proposal regarding a campaign to donate used running shoes to

inmate-runners at Folsom State Prison. Although the matter was discussed, no action was taken.

Meeting was adjourned at 9:30 p.m.

**March 2, 1984 The Good Earth 6:30 pm**  
Present: Joe Staats, Steve Ashe, Po Adams, Dave Ragsdale, Robin Carboni, Rex Paulsen, Sandi Falat, Trudy Roselle, Steve Topper, Dick Kinter, George Parrott, Carol Parise, Bob Lipow, Dave Givens

Minutes of the last board meeting were approved.

George Parrott and Dave Ragsdale are targeting several schools to insure a good turnout for the kids "I DID IT RUN" on May 22nd, 1994 at Carolyn Wenzel School.

George reported he is working with Dan Lang from Nature's Warehouse for sponsorship of club events.

Joe Staats reported that Debra Cleveland, a Davis English major is now the new newsletter editor.

The RRCA selected the Buffalo Chips as one of 7 sponsorships for the Jimmy Stewart Relay Marathon April 10th in Los Angeles. Representing the Chips are: Rich Hanna, Brad Lael, Jeff Hilderbrand, Connie Kondo, and Franci Benson.

Dave Ragsdale suggested a jacket with special emblem for club recognition at the Jimmy Stewart relay. The board approved ordering club jackets with special lettering for those going to the relay.

Steve Topper presented an updated financial report. He also reported that club decals are now available for \$1.00 each.

Joe Staats presented the President's Report and indicated we are in need of a director for next year's Jed Smith race.

Robin Carboni presented a list of suggested social events for the year. Activities and dates to be announced later.

The board approved moving the Susan B. Anthony race to August 20th providing it does not conflict with the San Diego marathon.

Carol Parise is ordering socks with the club logo.

Sandi Falat reported that at the recent USAA Health Fair several people indicated interest in becoming a club member, especially walkers.

Kick Kinter reported that the 1994 club directory is at the printers.

George Parrott and Sandi Falat volunteered to work on a committee for a 20th anniversary run between Sacramento and Marysville.

Dave Givens offered his advisory services for the kids' "I DID IT RUN" program.

The meeting was adjourned at 8:30 p.m.

## Children's Running Off To A Good Start in 1994

# New Children's Running Video Available

The Road Runners Club of America has completed a video "Children Running: Fun!", supporting children's running. Funded by a grant from the Athletic Footwear Association, the video depicts scenes of children participating in running events around the United States, in schools, on the roads and in the playgrounds.

The 27 minute video is focused toward children, their parents, teachers and coaches based on the RRCA's guidelines for children's running and developed with the help of RRCA club volunteers, teachers, coaches and medical experts. Extending the outreach of this grassroots program to increase the knowledge about fitness through running for our kids, every RRCA club has received a free copy of the video. Both High Dunger Joe Staats (489-4181) and RRCA State Representative Laura Kalsik (983-5272) have copies of "Children Running: Fun." Please contact either one of them if you would like to view the video. Additional copies are available for \$18 (postage and handling included) from RRCA headquarters (703-836-0558).

The RRCA, with support from NIKE, Inc., has published a 20-page booklet written by Don Kardong and Jim Ferstle entitled "Children's Running - A Guide for Parents and Kids" and helped fund children's running development programs around the country. The RRCA has also published an 82-page curriculum guide by Joyce Rankin, "Children's Running, A Guide for Teachers and Coaches." Both publications have been endorsed by The President's Council on Physical Fitness and Sports. Laura has copies of both publications. They can also be purchased from the RRCA. The children's booklet is available for \$1 and the curriculum guide is \$15

## WE GET letters



Dear Enquirer Editorial Staff,

Re: Board Dropping Error  
(Issue #120)

First column, 2nd to last insert. As for the CIM Chips aid station at Leo Lane and Fair Oaks, there is no "Leo Lane" around town. Curious readers might check it out in their Thomas Maps, but will only find a Leo Lane in the Cosumnes area. The junction at Fair Oaks Blvd. is actually "Leos Lane".

Sincerely,  
Jim Mace

*Editorial Staff: Oops!  
Maybe we meant Cleo Lane?*

Dear Fellow Herdsmen,

Concerning distances on part of Tuesday evening's run: For those who turn left off of the Guy West Bridge onto University Dr., to American River Dr. and back, the distance is 4.84 miles, not 5 miles. If you're keeping track of your times, that 280 less yards would be a miscalculation of about a minute overall, whatever your pace.

P.S. I measured the above on my mountain bike one day. Perhaps all or most cyclomers are not accurate. I measured the wheel circumference and the number of revolutions per 1/10-mile to gauge the measuring accuracy. It was off only 45/100 per mile, but I compensated for that difference back into my calculations.

Yours truly,  
An anal-retentive Chip

## SACRAMENTO'S BUFFALO CHIPS RUNNING CLUB

PRESENTS

# THE 2ND ANNUAL SACRAMENTO KIDS "I DID IT!" RUNS!

12:15 PM, on Sunday, May 22nd, at Caroline Wenzel School, 6870  
Greenhaven Drive, Sacramento.

There will be a 2 mile run (8-12 yrs.), two 1 mile runs (5-8 yrs. & 9-12 yrs.),  
two 1/4 mile runs, (8 yrs. & younger, 9-12 yrs.), and a  
25 meter Tote Toddle.

\$4.00 entry fee includes refreshments, T-shirts,  
and ribbons to all finishers.

Check at schools and at sports stores for flyers and entry blanks, or call  
488-8580 or 922-0199 for information.

Volunteers needed!

## IRONMAN JUNKIES

Chip followers of the triathlon world may have noticed that KCRA (Channel 3) did not air the 1993 Ironman Triathlon last December 11th. Instead, 90 minutes of infomercials were shown in place. Many local and angry triathletes and other interested followers phoned or wrote letters to the station in protest. The word is that the program director realized that she had made a serious error in reference to the audience rating of this event. Per a phone call to NBC in New York, the '93 Ironman will be rebroadcast Sunday, June 12 - the day after the Sloughhouse Country Run. Mark your calendars.

## Words for the Wounded

BY ROBIN CARBONI, M.P.H., R.D.

This issue, I'm taking the liberty to write about something near, but definitely not dear to my heart - running injuries. After fighting off the dreaded flu bug just in time for CIM, I've been mostly sidelined since then. I'm sure I'm not the only injured Chip as of this time. So, this is especially for all of the injured and previously injured Chippers...

1. Being injured is a mental stress - for compulsive running addicts, as some of us are. The stress level increases in proportion to the length and severity of the injury. Recognize the injury as potential stress, and be prepared to deal with it.
2. Take an active approach to your injury - remember: RICE (rest, ice, compression, elevation) to self-treat the area, as appropriate. Regular aspirin and ibuprofen reduces inflammation and pain. Don't be afraid to take 2-5 days off



THE BUFFALO CHIPS GENERAL STORE is open for business with a wide array of "official" Buffalo Chips merchandise. The apparel all contain the Buffalo Chips name and Buffalo logo on it.

HEAVY-DUTY, HOODED SWEATSHIRTS	\$20
COOLMAX RACING SINGLETS	\$12
SHORT-SLEEVED T-SHIRTS	\$ 6
SMALL WATER BOTTLES	\$ 2
LARGE WATER BOTTLES	\$ 3
REFLECTIVE VESTS	\$ 5
ENTERTAINMENT BOOKS	\$40
A BUFFALO CHIP - INDIVIDUALLY PACKAGED	\$ 1

This merchandise can be purchased at Tuesday night workouts and at most area races on weekends. In addition, you can call Steve or Blanca at (916) 424-3454 and make arrangements to pick up merchandise in the Pocket/Greenhaven area in the evenings. If necessary, we can make arrangements to ship merchandise to you. Call for details.

from running (and also refrain from any other aggravating activity). According to Jeff Galloway in Galloway's Book on Running, you'll lose no more than one percent of conditioning. Consult a medical doctor, orthopedist, or podiatrist and get your problem diagnosed. He/she may prescribe antiinflammatory meds and/or physical to speed the healing process.

3. Stay fit and maintain sanity - by engaging in other forms of exercise that do not aggravate your injury. There are many other options, but most do not offer the convenience nor do they completely simulate the cardiovascular and strengthening effects of running. What alternate exercises you're able to depends on the location and severity of your injury. Here's a list of options: running in a swimming pool, cycling, walking, swimming, aerobics, Stairmaster, rowing, weightlifting, dancing (country, rock and roll, ballroom), racketball sports, Nordic Track, cross country skiing, snowshoeing, skating. Do what you can. Make the alternate activity(s) as enjoyable as possible.
4. Analyze what went wrong - learn from your injuries. Reflect upon your total mileage, training schedule, racing strategies, condition and type of running shoes. Perhaps you would benefit from arch supports or orthotics. By learning from mistakes, you can prevent future injuries.
5. Cope with the injury positively and constructively - don't freak out. It's not the end of the world. You're still a valuable person and respected Chip. Focus on other important things in your life: job, spouse/significant other, family, friends, special projects, social activities...hey, now's the time to party and stay out late Friday and Saturday nights without worrying about a race early the next day! Tap into other stress outlets: listening to music, writing, meditation, reading, other relaxing hobbies.
6. Eat right! Running burns calories more efficiently than most other types of aerobic sports. If weight control is a concern, then you'll have to perform the alternative exercises for a longer duration than the usual time spent running in order to burn the same number of calories. Running or walking one mile, regardless of the pace, burns 100 calories. Calorie expenditure charts in nutrition guidebooks can provide further information on alternate activities.
7. Remember to laugh - lighten up! Watch a funny movie or TV show, go see a live comedy show, look at the comic strips daily and clip the ones that especially amuse or enlighten you. Did you know that laughter (along with aerobic exercise, and sex!) increase brain levels of those "feel good" chemicals - the endorphins?!
8. Have patience - truly compulsive people are not blessed with much patience. Yep, I want it all...and I want it now. Mellow out. This too will pass. You'll truly appreciate being able to run again!

# Finishing your first triathlon is better than what?



BY JOHN O' FARKELL

My first triathlon was Old Sac during the spring of 1990. I entered the race with total fear and trepidation. I did not know what I was getting myself into. When I crossed the finish line at Old Sac I felt wonderful, like I had cheated death, like a real tri-geek, a stud, an Ironman(?), like maybe I should now shave my legs. I had defied the odds (or maybe the Gods) and did not drown in the freezing American River (52 degrees), I didn't crash my aero-bar-less and basket-pedaled 12 speed "racer" and I made it thru the run without one single cramp.

*How good did I feel, let me share with you what that feeling was better than:*

- bowling 6 strikes in a row toward a 226 game in a high school bowling league
- shooting a 76 at Diamond Oaks Golf Course (5 birdies, 6 pars and 7 bogies)
- swimming in the high school Division III Finals to a second place in the 200yd freestyle relay
- dunking a softball on a 10' rim as a skinny 145 lb 5'8" high school senior
- skiing the face at Heavenly Valley
- burying a volleyball inside of the 8' line against three 6'4" blockers from Oregon State in a college volleyball tournament
- catching a 2 lb steelhead on lightweight flyrod on the Rogue River
- breaking the 30 minute barrier in a 8k race as a master
- running the rack in a call-shot tournament while playing hookie from senior study hall in high school
- hitting 85 mph on Madison Ave in third gear on a Kawasaki 1300cc motorcycle wearing nothing more than a speedo and a tank top

*Now let me tell you what finishing my first triathlon was not quite as good as:*

- being present and assisting in the birth of my two daughters
- finishing the Davis Stampede (1/2 marathon) stride for stride, hand in hand with my wife Beth as she "pr'd"
- getting my drivers license
- finishing my first Ironman
- mugging in the backseat of my parents '38 Plymouth
- falling in love a first, second, third or fourth time
- having sex anytime
- watching my 9 year old daughter come from behind to cross the finish line as the first girl in the Childrens Mile at the 93 Cordova Classic
- bearing George Parrot during the "hurricane" CIM marathon in 1987 with time of 3:00:03
- watching my 12 year old daughter (the only girl in the class) get her Black Belt in karate thru Kovars Karate Center last summer
- enjoying the expression on my parents faces when the limousine came to pick them up for their 50th wedding anniversary party

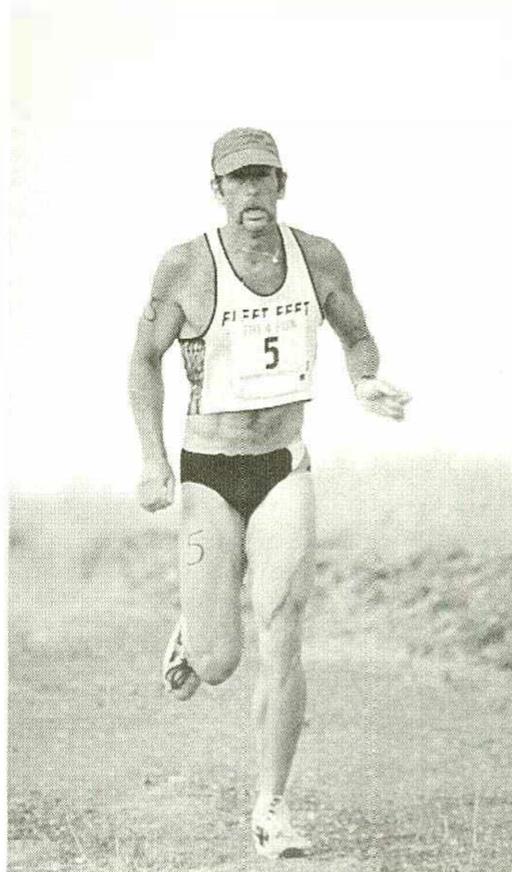
Finishing that first triathlon was quite an experience and thrill for me; each one that I have completed since that first Old Sac still gives me a wonderful rush. Hopefully, the "tri-way" will always hold its allure for me. Maybe it can be something special for you too! There must be a few bison and bisonettes longing to don a slinky speedo and "shave-down" for at least one tri in '94. Join me and give it a tri—then make up your own list of what finishing your first tri was better than or not quite as good as. See you on the tri-circuit....

A runner's definition of a triathlete:

*A triathlete is an injured runner who has a bike and lives near a pool.*

# chips PROFILE:

1. Name: John O'Farrell
2. Date of Birth: February 8, 1947
3. Place of birth: Sacramento
4. Current job: Deputy County Executive for Policy Analysis & Program Development
5. Marital status: Wife of 13 years, Beth; two children: Caitlin (12) and Brianne (9)
6. Educational Background: B.A. History and Political Science - UCD, M.A. Public Administration - CSUS
7. Least favorite subject in school: Physics
8. Favorite subject in school: P.E. - Anything athletic
9. Residence: Gold River
10. Favorite thing about Sacramento area: ability to train just about all year; close proximity to everything
11. Least favorite thing about Sacramento area: fog
12. Best physical feature: my ectomorphic body ideally suited to triathlons
13. Worst physical feature: my soleus --once or twice a year, it tears!
14. Favorite books: *Flannigan's Run*, *Trinity*, *Exodus*
15. Book you are currently reading: *Iron Will*
16. Favorite non-running magazine: *Bon Appetit*
17. Favorite artist: Wolfgang Puck
18. People you'd most like to invite over for dinner: Mark Allen, Paula Newby Fraser
19. Favorite foods: Mexican, Japanese (sushi)
20. Favorite restaurant: Mikuni (Fair Oaks)
21. Favorite musical performers: Van Morrison (Wave Length), Jim Morrison/Doors, David Bowie (China Doll)
22. Hobbies: golf, tennis, skiing, biking, running, swimming, cookies, working on my house
23. Collections: cook books
24. Favorite game: tennis or golf



John O'Farrell

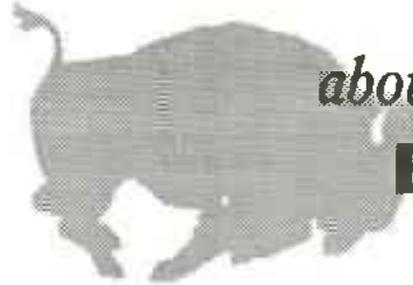
25. Favorite vacation destination you've already been to: Kona
26. Favorite vacation destination you haven't yet been to: New England
27. Favorite spectator sport: two person beach volleyball
28. Years running: 14
29. Favorite racing distance: 5K to 10K
30. Favorite races: Santa Cruz Triathlon, Donner Lake Triathlon, Eppies Great Race
31. Favorite running shoe: Saucony Grid
32. Favorite running clothing: InSport, TriFit, Tinley
33. Favorite running foods: cheeseburger and Beck's beer
34. Worst running-related moment: DNF at 7 mile mark (Angora Ridge) of World's Toughest Triathlon
35. Most embarrassing running moment: Sac Half Marathon - my crotch was foaming from excessive laundry detergent which hadn't been rinsed out.
36. Best running experience: 61:54 Cal 10, 3:00:03 '87 CIM (Hurricane) Marathon, 29:29 Strohs, 1:52 at Wildflower
37. Best Buffalo Chips moment: Going to Boston with the Chips in 1988
38. Non-running achievement of which you are most proud: my two daughters
39. Secret fantasy: Compete in a triathlon with my children
40. Pet peeve: a\_\_holes on the bike trail --riders and runners
41. Political leanings: liberal - except I believe in capital punishment for everything from running a stop sign to murder!
42. Favorite famous quote: You can't go through life being a pussy!
43. Personal philosophy: Play hard, train hard, work hard - leave a mark and make a difference
44. Short-term goal: to train and enjoy triathlons long-term
45. Long-term goal: retire young and healthy; race, train, travel all over the world. Raise my children to enjoy the same lifestyle I do.

# TOP 10 Running Fashion Faux Pas

BY ENQUIRER FASHION DEPARTMENT (READ: THE USUAL SUSPECT)

1. Wearing only dark clothing at night. (Shows lack of brains.)
2. Wearing neoprene or extra clothing just to increase the amount of sweat. (About as effective as a diet coke with a Big Mac in order to lose weight.)
3. Wearing running shoes with dress socks, coat, and tie. (Either dress up or stay home.)
4. Wearing race numbers on the back. (Do you intend to run through the finish chute backwards?)
5. Wearing tights with running shorts. (Somewhat like the decision to remove clothes on a nude beach, personal discretion is advised.)
6. Wearing tights without running shorts. (See above.)
7. Wearing a T-shirt more than once without washing it. ("It's just clean sweat," — yeah and that's just clean mildew.)
8. Allowing your jock strap waistband to creep up your back when running shirtless. (Matches only the tape holding your glasses together.)
9. Wearing a thong leotard while running any distance more than 50 feet. (Only exception is if your bathroom is further than 50 feet from your bed.)
10. Buying shoes just for the flashing light. (Ask the driver who ran you over why he didn't see the little blinking light.)

Tell  
your running friends,  
family and  
co-workers  
about the spring



**Buffalo  
Chips**

**Newcomers'**

**Workout**

**Who:** Sacramento-area runners, joggers and walkers

**When:** Tuesday, April 5th at 5:30pm. Orientation at 5:30. Actual workout begins about 5:45 and concludes around 7:00pm.

**Where:** Meet in the parking lot behind Steve's Pizza at 813 Howe Avenue. From Hwy 50, take Howe Avenue north past Fair Oaks Blvd. Steve's located on the left (west) side. If you've passed Northrop, you've gone too far. There is plenty of parking in the office lots behind Steve's near the American River parkway access. Do not park in Steve's parking lot. Thanks!

**Any questions?**

Please contact Joe at 489-4181 or Laura at 983-5272.

*See you Tuesday, April 5th!*

**BUFFALO bits**

**Buffalo Bill Cody**



FIRST BUFFALO CHIP TO  
BE PICTURED ON A U.S.  
POSTAGE STAMP:  
BUFFALO BILL CODY

**The Neighborhood Butcher**

- Whole Body Fryers ..... \$1.39 lb.
- Rump Roast ..... \$2.99 lb.
- Chuck Roast ..... \$2.99 lb.
- Chicken Breast ..... \$2.69 lb.
- Chicken Legs ..... \$1.69 lb.
- Fresh Willie Bird Turkeys  
UPON ARRIVAL ..... \$1.59 lb.
- Imported Buffalo Chips  
Sundried ..... \$10.99 lb.

**Buffalo Chips R.C.  
20th Anniversary**

**Extravaganza:**  
May (exact date tba) 1994

**PICNIC  
&**

**FUN RUN  
7-PERSON RELAY**

(we're recreating the Camilla  
Relay which fielded the first  
Chips team two decades ago!)

Herd on the street: We've already lost *The Sacramento Union* to the rising popularity of *The Buffalo Enquirer*. Now the *Sacramento Bee* is considering a cut-back to an every other Wednesday publication for the same reason! The alternate Wednesday issue would be retained due to the increased revenues generated by people who purchase this edition solely for Theresa McCourt's fine article on Sacramento area running.

**BUCK'S/CAÑADA**

**5K & 10K RUN & FITNESS WALK  
SUNDAY, APRIL 17th - 8:30 a.m.**

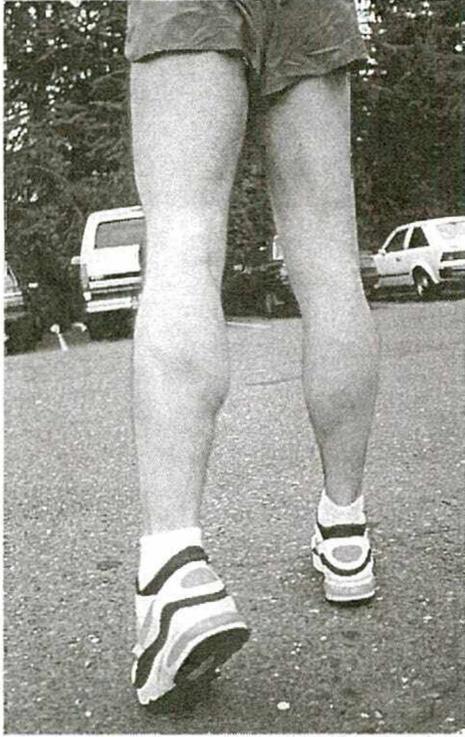


**RUN WITH THE HERD**

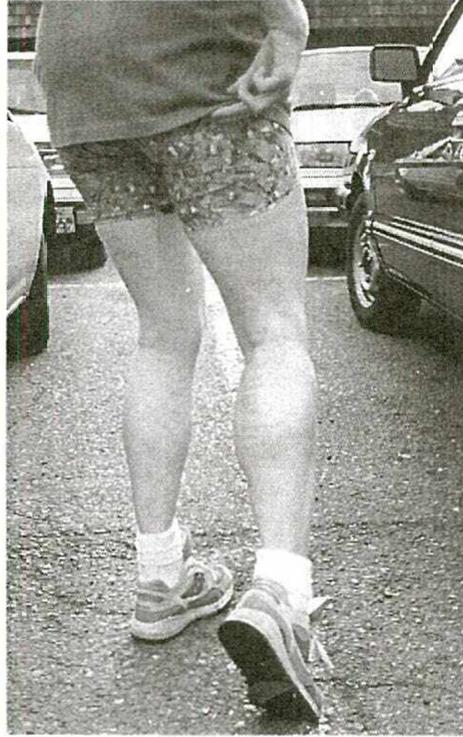
START IS EDGEWOOD AND CAÑADA ROADS  
1/4 MILE WEST OF EDGEWOOD EXIT OFF HWY 280  
COURSE IS GENTLE ROLLING ON A CLOSED HIGHWAY  
RUN ALONG BEAUTIFUL CRYSTAL SPRINGS RESERVOIR  
PAST FILOLI AND THE PULGAS WATER TEMPLE  
**CALL BRUCE EDMONDS AT (415) 306-3212 FOR APPLICATION**

# Legs! Legs! Legs!

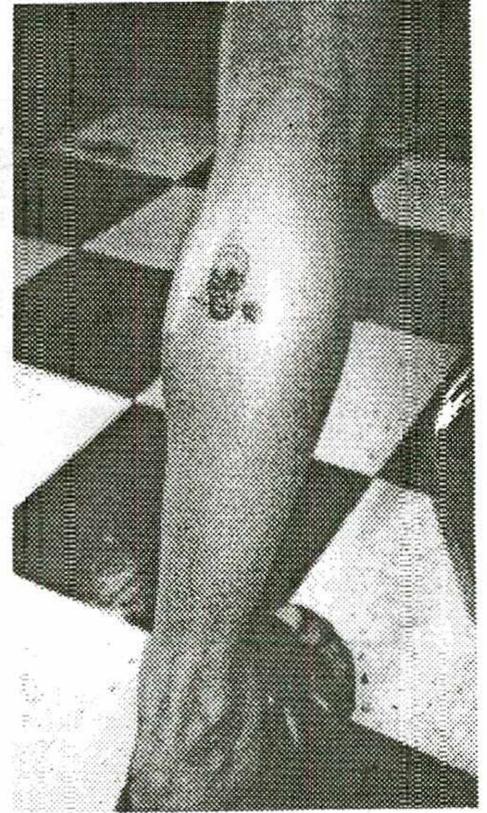
Can you identify these Chip legs? Answers below.



1.



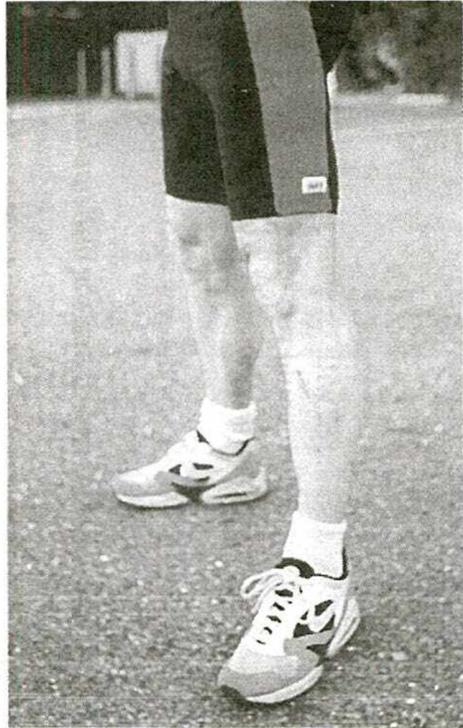
2.



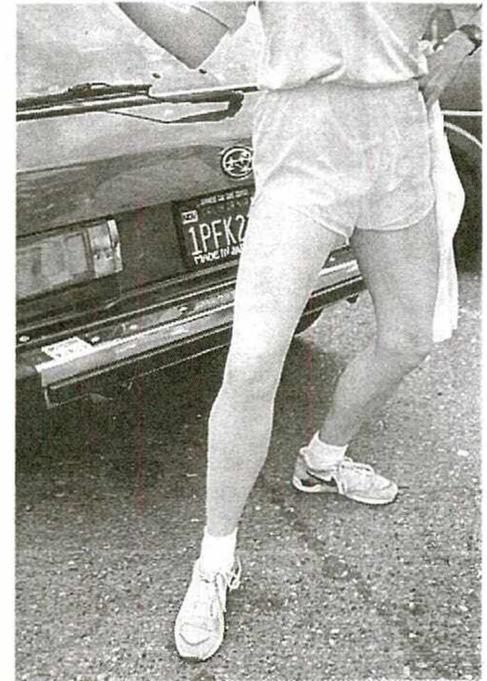
3.



4.



5.



6.

1. Joe Staats 2. Char Berta 3. John O' Farrell 4. Cynci Calvin and Anne Veling 5. Mystery Dude 6. Rhonda Janssen



*The Chip environment provides a great place to 'sling the bull!'. And I like the camaraderie, too.*

*Stalwart Chip Dale Philips (1987)*

*For meeting people and for mixing socializing running with running.*

*Olympic Trials Chip Eileen Clausus-Taylor (1981)*

Initially I wanted to be associated with the fast runners of the area and hoped that some of their talent would rub off on me; now I enjoy the fact that the Buffalo Chips are synonymous with the community of Sacramento.

*Motivator (rhymes with terminator) Chip George Parrott (1977)*

*For all the camaraderie I've missed, and the anticipation of that first workout.*

*Has Yet To Make a Tuesday Night Workout (Virgin) Chip, Greg Kendrick (1991)*

When I started running, I figured that if you're going to run, joining a group like the Buffalo Chips was the thing to do!

*Super senior Chip Po Adams (Chip since 1979 when she started running at the age of 55)*

I wouldn't NOT be a Buffalo Chip!! I enjoy the people I've met, the people I'm going to meet. There's no other organization I'd rather be a member of than the Buffalo Chips!!

*All-Around Chip Barbara Farren (1977)*



*For George Parrott's enthusiasm, for running with fellow Chips, for brunch after the runs, and of course, for the newsletter.*

*Well preserved Chip Don Spickelmeier (1975)*

*Because we love to get out in the fresh air in our Baby Joggers, and make sure Mom and Dad get their workouts!*

*Microchips Christian Finkbeiner age 4 months and Cory Yee age 5 months (1994)*

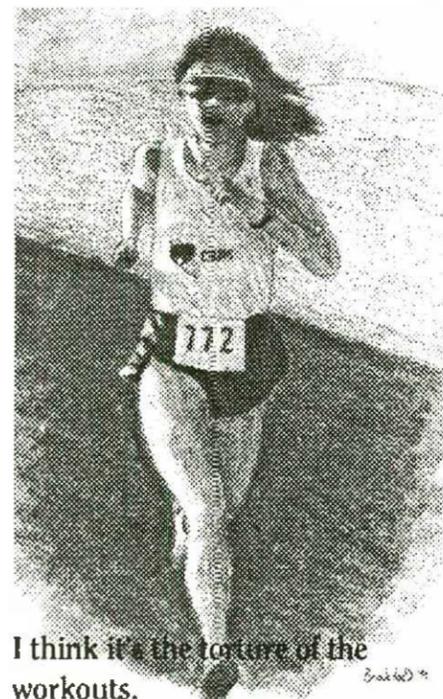
*I like the people who like to run! I enjoy the running and I enjoy the people. And that doesn't mean you have to run long distances.*

*Hash Chip Jim Eymann (1989)*



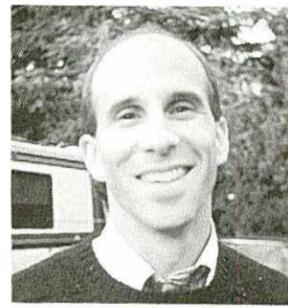
*We need to do speed workouts to improve our running, and the Chips give us incentive to do them.*

*Tri-Chip Duo Jerry and Julie Brendel (1990)*



*I think it's the torture of the workouts.*

*Teacher Chip Connie Condo (1985)*



*Because there's lots of nice people!*

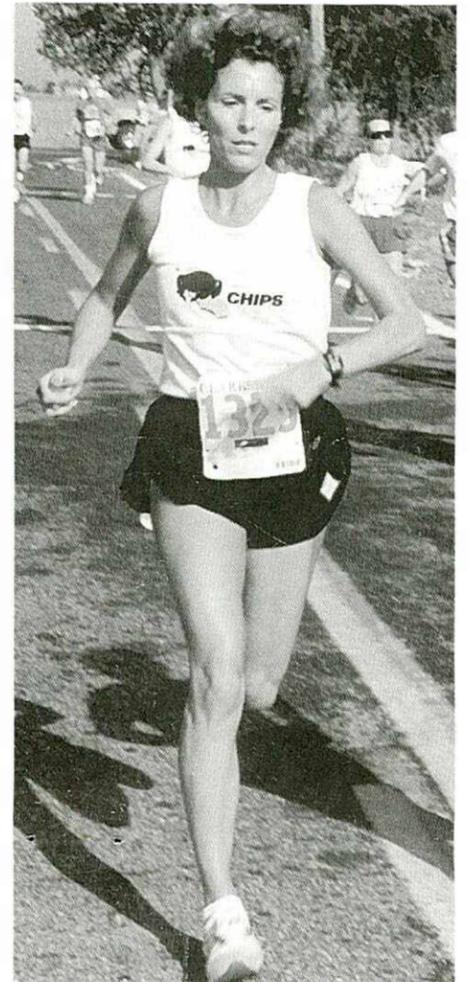
*Oval Chip Rick Kushman (1989)*

*It's a lot easier to get Runners World in Sacramento than it is to get Chip/dung news in Pennsylvania!*

*Runners' World Chip Bob Wischnia (honorary Chip since 1984)*

*Because I like to run with the other members.*

*Tri-Chip Bruce Aldrich (1987)*

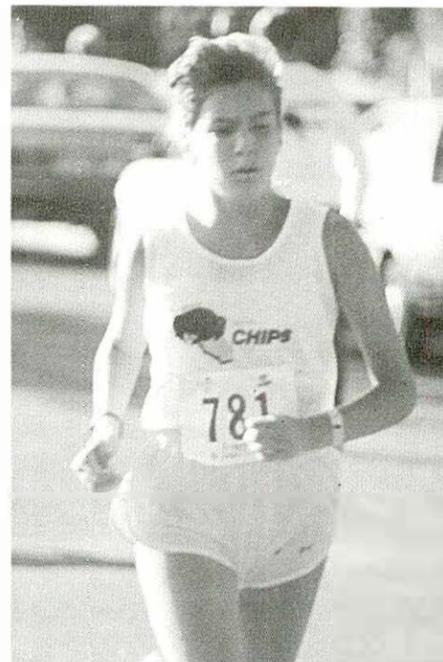


*Because I've never had so much fun experiencing so much pain! Also for the fun people with which to share my discomfort, the advice, and The Enquirer.*

*High Flying Chip Anne Veling (1992)*

*I like the people I meet, and being a Chip has helped me to improve my running.*

*Student Chip Jennifer Siragusa (Chip since 1988 when she was 10)*



*To keep my buns firm, to watch other firm buns, and for all the nice people.*

*Party Chip Cathy Rohm (1989)*

*I really enjoy the people at the Tuesday night workouts, and we ultra-people need a little speedwork too!*

*Ultra Chip Jim Drake (1977)*

*Because I'm a slow learner.*

*Exploding Chip Carl Parise (1987)*

*Because of the advice and encouragement of fellow Chips. I feel absolutely no condemning spirit.*

*Fresh Chip, Tana Gabriel (1994)*



# TIME traveler

BY CYNGI CALVIN

Whew! I barely got my magic Nikes back in time! Mike McKone borrowed them for his American River Parkway research, and Laura used them to find ideas for this Twentieth Anniversary issue. They've really been putting in the miles! Either those prototype waffle soles are truly made of magic stuff, or they don't make 'em like they used to - the soles are barely worn. Good thing, too, because now it's my turn to lace them up and explore some of the mile markers of the last twenty years of the Buffalo Chips history. Hope I make it back in time for *The Enquirer's* deadline.

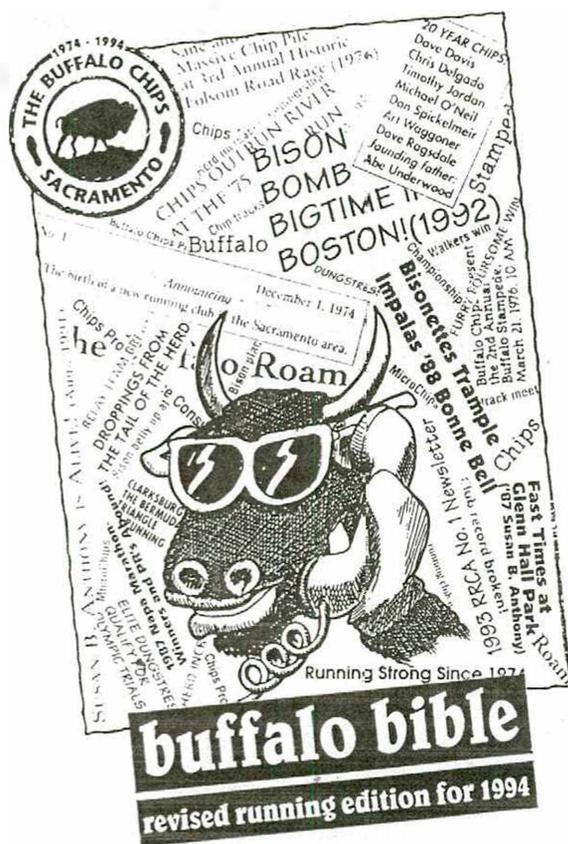


- Dec., 1974: Formation of the Buffalo Chips Running Club announced. Dues for single or family \$5.00.
- March, 1975: First Buffalo Stampede which was also the first Club sponsored race.
- June, 1975: Tuesday night workouts announced. Fast runners only who met at Guy West Bridge.
- Dec., 1975: Membership totals 69, including 2 women.
- Jan., 1977: First Buffalo Bash
- Oct., 1977: First Marathon held in Sacramento (The Sacramento Marathon, similar course as today)
- June, 1977: Executive Committee established.
- Dec., 1979: Membership totals 223, with approximately 60 women.
- August, 1980: First Susan B. Anthony Women Only 5K
- Dec., 1980: Dues increased to \$7.00 single and \$13.00 family
- Jan., 1981: Transition of PA/AU to PA/TAC

With great sadness we announce the recent brutal murder of Vanessa Chappell, age 30, a runner with our sister club the Stockport Harriers of Stockport, England. Vanessa was on assignment in Germany as a computer programmer for the British Defense Ministry and was attacked and slain while on one of her frequent training runs. Vanessa was one of several Harriers who ran with us in the New York Marathon last November. She and her fiance, Steve, also a Harrier, came to Sacramento after New York to visit with George Parrott and Chris Iwahashi and other members of our club. She raced with us at the Davis Turkey Trot and joined us for the traditional post-race breakfast. Vanessa was very active with the youth runners with her club and George Parrott is asking for donations to a youth running fund to be established and sent to Stockport in her memory. Contact George for further information. Vanessa was truly a wonderful person to know. She will be missed.

Joe Staats

- Feb., 1981: First Jed Smith Ultra Run
- March, 1981: Chip Women Team capture PA/TAC Marathon Championship at the Bidwell Marathon in Chico.
- Mid-1982: Buffalo Chips incorporate.
- Spring, 1982: Rescue course set up with official mile marks. Do we thank or curse George?
- Dec., 1983: First California International Marathon.
- Dec., 1984: Membership totals approximately 350.
- March, 1985: "Less fast Chips" officially encouraged to join Tuesday night workouts.
- October, 1986: A record 130 runners and walkers show up for Tuesday night workout.
- May, 1987: Tuesday night herd migrates from The Graduate to Steve's Pizza on Howe Ave.
- Jan., 1989: Dues increased to \$15 per individual and \$19.00 per family
- Dec., 1989: Membership totals approximately 350.
- Nov., 1990: Chips join Road Runners Club of America
- April 1991: Chips Open Women capture team title at Boston Marathon.
- Nov., 1992: *The Buffalo Enquirer* is awarded RRCA best large club newsletter in western region of RRCA
- Jan., 1993: Lifetime membership offered at \$300 per individual and \$380 per family.
- March, 1993: Transition of PA/TAC to Pacific Association/USA Track and Field (USATF).
- April, 1993: *The Buffalo Enquirer* wins national award; The RRCA Jerry Little Memorial Award for Outstanding Large Club Newsletter.
- Sept., 1993: Tuesday Night Group Workout numbering system changes, from Group 1 (walkers) to Group 10 (the fastest), to better balance groups.
- Jan., 1994: Membership totals approximately 455.
- Feb., 1994: Buffalo Chips win entry in Jimmy Stewart Relay Marathon; five-person "Dream Team" selected.



*You've come a long way, Bison !!*

## THE MILE-BY-MILE HISTORY OF THE AMERICAN RIVER BIKE TRAIL

BY MIKE MCKONE

*Editor's Note: This is the first part of a two-part article on the Lower American River and American River Bike Trail.*

When measured by length of flow, the American River is rather small compared to the great rivers of the West. At seventy miles in length and an average flow of 2,000 cubic feet per second, the American River is barely a creek next to the Columbia or Colorado Rivers. Even the Sacramento River is four times longer and five times bigger. Yet, when measured in terms of historical significance, the American surpasses most rivers in the United States and ranks with the big boys (apologies to those who are gender-sensitive), including the Mississippi and Missouri. In fact, after the discovery of gold, the American River was the most well known river in the world, as prospectors of all nationalities traveled to this area with dreams of striking it rich.

Today, as we run, walk, or bicycle along the American River bike trail, we may recall our grammar school history lessons which recount the discovery of gold at Sutter's Mill in 1848. James Marshall, an employee of Captain John Sutter, happened to see a glimmer of gold among the river cobbles while cutting lumber. A few days later at Sutter's Fort, Marshall and Sutter confirmed that the metal was actually gold and swore to keep the find a secret. However, news of the discovery leaked out and many tribute Sam Brannon with riding through the streets of San Francisco with news of the gold discovery. Within months, the gold rush was on.

Unfortunately, many of us learn little about the American River aside from the discovery of gold. Yet the stories and anecdotes that make up the river's history are as rich, and more abundant, than the gold which made it so famous.

This article covers some of the more notable events which occurred along the

lower American River. This area extends thirty-one miles from Discovery Park to Folsom Lake. Paralleling the entire length of the lower American is the American River Bike Trail. This historical tour begins at Mile 0 - Discovery Park and, over the course of 5,000 years, ends at Beale's Point.

Located at the confluence of the Sacramento and American Rivers, Discovery Park is the site of the Pushone Indian Village. The Maidu Indians inhabited the area surrounding the American River for at least 600 years and other tribes lived along the American River as early as 5,000 years ago. The last Niseanan Maidu lived in the Discovery Park area as late as 1890.

The green automobile bridge located within the park originally joined the City of Oakland with Alameda. In the 1920s, the bridge was purchased by the

County of Sacramento and taken by barge to its present location. For over 40 years, the bridge served as the main northern route out of town until Interstate 5 was built in 1968.

DISCOVERY PARK is the start of the American River Bike Trail. You may be surprised to learn that the present bike trail is actually the second bike trail along the American River. In 1896, the Capital City Wheelmen build a bicycle path from Sacramento to the City of Folsom. At its dedication, 500 cyclists rode the first section of the cinder path. However, after a few years, the path fell into disuse and virtually disappeared.

In 1966, the first six miles of the American River Bike Trail was built between Discovery Park and the present site of Cal Expo. The availability of the land upon which the bike trail is built was due, in part, to the lack of construction and development bordering the river. Until the Folsom Dam was built in 1955, any structure near the river was fair game for repetitive winter floods. Once the dam was built, developers began eyeing the prime real estate along the river. In 1959, the Department of Parks and Recreation was created and, in one of its first acts, designated the American River Parkway between Nimbus Dam and Discovery Park.

Actual acquisition of the land was hampered by high costs of riverfront property and only sporadic public support. In 1961, the County Planning Commission approved development of a subdivision which would come within 125 feet of the river. Within a month, concerned citizens led by James Mullaney organized the "Save the American River Association" (SARA) and provided the energy in getting the county, state and private citizens to support the parkway and bike trail.

HISTORY CONTINUED ON PAGE 22

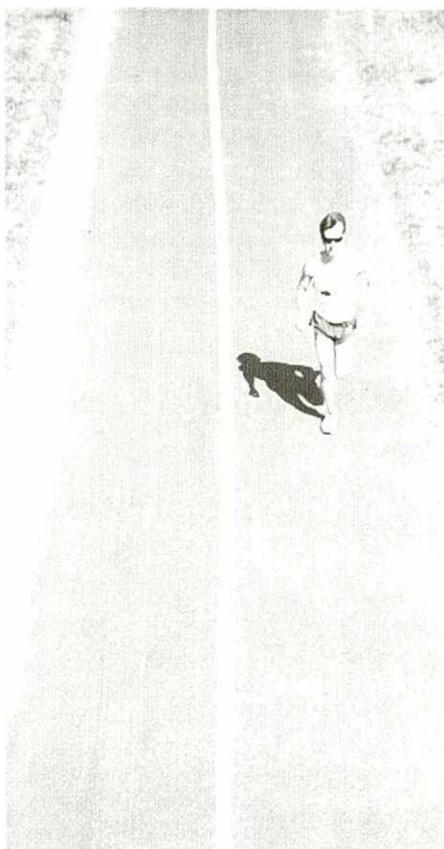


PHOTO: LAURA KILSEK

HISTORY CONTINUED FROM PAGE 21

Five years later, the bike trail became a reality.

As you travel from Mile 0 at Discovery Park toward Folsom Lake, it is evident that, on any given day, the bike trail is visited by walkers, runners, bicyclists, naturalists, strollers, fishermen, local citizens, and tourists. Unfortunately, it is occasionally visited by criminals as well. Portions of the trail, particularly Miles One through Six, are remote and caution is always urged. However, there is at least one incident where the attackee turned the tables on the attacker. On June 8, 1981, near Mile Two, a diminutive female runner and her German shepherd, Shultz, were passed by a bicyclist who warned of a flasher ahead. With a "I'm not going to take it anymore" attitude, the runner continued along the trail, spotted the flasher and informed him that she was making a citizen's arrest. The threat of a well-placed canine bite forced the flasher to a nearby telephone booth on Northgate Boulevard where the police were summoned and the flasher arrested.

At Mile Three, the bike trail crosses the property of the OLD RANCHO DEL PASO. From 1839 to 1844, Captain John Sutter obtained four separate grants of land from the Mexican government. The other land grants were named Rancho San Juan, Rancho de Los Americanos, and New Helvetia.

In 1846, Edwin Bryan described Rancho Del Paso when he wrote

*"We passed through large evergreen oak groves, some of them miles in width. Game is very abundant. We frequently saw deer feeding quietly one or two hundred yards from us and large flocks of antelope."*

Near Mile Three is the campsite of Jedediah Smith, who, in February, 1818, was the first American to see the American River. At that time, the river had several names, including Ojotska, Las Llagas, Wild River, and Rio de Los Americanos. As the river became more well known, the name "American River" stuck.

While Jedediah Smith was an early visitor, General Gabriel Moraga, a Spaniard, was the first European to "find" the river in 1808 while searching for mission sites.

Near Mile Five, you see PARADISE BEACH along the west bank of the river. This half mile strip of sand gained notoriety in the mid-1970s when it became a popular nude beach. At its peak, several hundred sunbathers, dressed only in lotion and a smile, could be seen with a Neapolitan complexion (i.e., brown, white and sunburn). Large crowds, concerned neighbors and the consternation of others led to the end of the nude beach by 1980.

At Mile Five, you pass the CONSTITUTION GROVE. Established by the Sacramento Tree Foundation in 1987, the grove originally contained 213 oaks in honor of the 200 years since the drafting of the constitution and the 13 original colonies. Presently, the grove contains well over 400 oak trees.

At Mile Six, you pass near BUSHY LAKE. This 300 acre nature preserve was originally created to provide a recreation area for CAL EXPO. Initially, Cal Expo fed the lake with water; however, during the drought in the late 1980's, Sacramento County took over control of the lake and maintains it as a haven for wildlife, including herons, deer and beaver.

In 1972, the bike trail expanded from Cal Expo to RIO AMERICANO HIGH SCHOOL (Mile Twelve). At Mile Seven, you pass the CAMPUS COMMONS GOLF COURSE. This par-3 course was built in 1972 and, while fun, it has never been the site of a major professional tournament.

At Mile Eight, you see the distinctive replica of the Golden Gate Bridge. Named after GUY WEST, who founded CSUS in 1947, the footbridge connects the CSUS campus with the community of Campus Commons.

Mile Eight is also near the site of the FIVE MILE HOUSE where, from 1850 to 1852, pony express riders made their first pit stop (i.e., changed horses) as they began their journey to St. Joseph's, Missouri.

THE CSUS CAMPUS sits upon the old town of Brighton. During the gold rush, several towns existed along the American River. Most, like Hoboken and Mitchville, only lasted a few years before succumbing to winter floods. Other towns were swallowed by the expanding city limits of Sacramento.

At Mile Nine, you pass the campsite of Captain John C. Fremont. In 1846, as was between the United States and

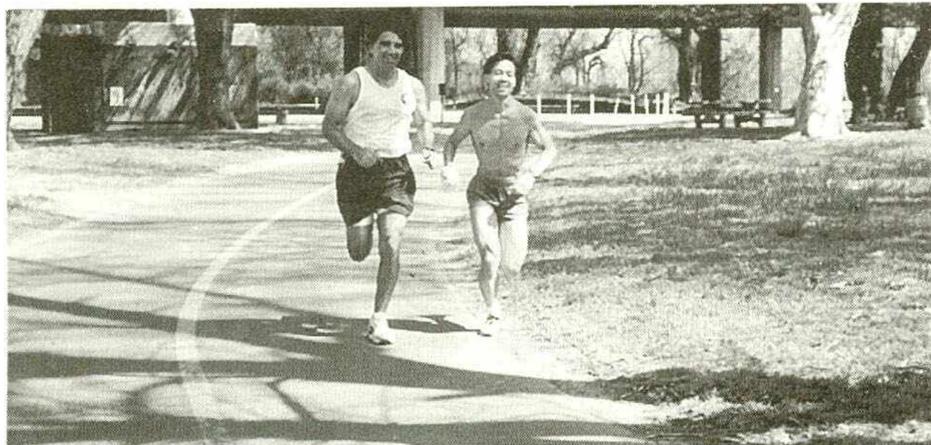


PHOTO: LAURA KULSK

# After the Last Run

BY STEVE TOPPER

Mexico broke out, Fremont lead his men from the area near Howe Avenue to SUTTER'S FORT, raised the American Flag and took command of the fort.

Just past Mile Nine is a drinking fountain and park benches which local runners and walkers once called "the office". During the late 1970s and 1980s, several retired gentlemen would regularly congregate on the benches and pass the time while watching runners and walkers go by. Most of these men have passed on and "the office" is all but forgotten.

The WATT AVENUE BRIDGE marks Mile Ten. This area is described in John C. Fremont's journal in an entry dated March, 1844. After leading an expedition across the Sierras and along the American River toward Sutter's Fort, Captain Fremont and Kit Carsen describe seeing a building sitting upon a bluff overlooking the river which was inhabited by Maidu Indians. Fremont and his men were surprised to find the building had glass windows, which, by today's standards, is like finding a fax machine in a box of Crackerjacks. The Indians told Fremont that Sutter's Fort is ten miles down the river. By best calculations, this places the structure somewhere near the American River between Miles Ten and Eleven.

In 1950, Teichert & Son Construction Co. build a small bridge just east of the Watt Avenue bridge. For over 20 years, the bridge was a popular one for kids to jump into the river and float beneath the Watt Avenue bridge. However, a number of drownings led to the destruction of the bridge in 1973.

Just prior to Mile Eleven, you see several small oak trees and a plaque bearing "J. Dallen Hagedorn Family Grove". This is the second of two groves established by the Sacramento Tree Foundation and it is named in honor of Jane Hagedorn, who is one of the original founders of the Sacramento Tree Foundation.

*Next issue: Part II of The History of the American River Bike Trail*

Long distance running gives one an opportunity to think, to let your mind wander, to ponder important things in life that we otherwise wouldn't have time to think about. Often as I pass the 4 mile mark at Rescue my mind switches tracks and begins to drift to a subject that has intrigued me for some time. Off to the right, sitting on a small bluff overlooking Deer Valley Road I imagine the Buffalo Chips cemetery. Yes, there's already a small cemetery occupying this tranquil piece of land and that's precisely why my mind drifts to thoughts of the Buffalo Chips cemetery each time I pass this spot on my long training runs on Sunday mornings. I wonder if other Chips have the same fantasy as me each time I pass this landmark on my run.

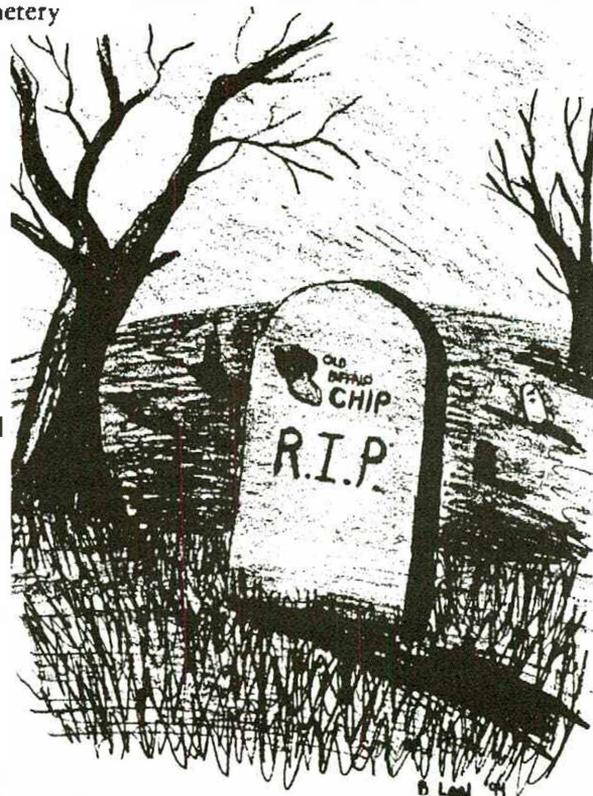
The more I pass this wonderful place I am convinced we should start an annual Buffalo Chips cookie drive and use the proceeds to purchase this cemetery and rename it the Buffalo Chips Cemetery. The first thing we'd do is move the current residents to another location—they won't mind. We would then have an ideal location for our final resting spot. I am sure there are many Chips like myself who would relish the idea of being buried along Deer Valley Road so we could watch fellow Chips pass by on their Sunday morning training runs each week. What a great way to spend all that time we'll have after "the final run".

This would be great for today's runners as they pass by that they, too, will be able to still enjoy the sport of running long after "the final run". To me it seems like a win/win situation.

As I come upon the entry to the Buffalo Chips Cemetery on my long run I look up and see the Chips Timing Clock hanging from the massive wrought-iron

gateway. Only now its a perpetual clock with the numbers constantly moving—a reminder that time never stands still.

Each Sunday as I pass by the Buffalo Chips Cemetery I imagine the wonderful headstones gaily decorated with finishers medals and favorite running shoes. Along with the traditional flowers our loved ones and fellow chips



would see to it that our final resting places are adorned with our favorite running things. Personally I want my headstone to be in the shape of a giant pair of Nike Analogs with my marathon medals hanging from the top so they can blow in the wind. There's nothing like the sound of marathon medals gently clanging in the wind—it's a serene sound that will forever remind me of the thrill of crossing that finish line after 26.2 grueling miles. After all that's why we were at Rescue on Sunday mornings.

What's comforting to me as I pass this  
LAST RUN CONTINUED ON PAGE 24.

LAST RUN CONTINUED FROM PAGE 23.

spot on every run is that I will be surrounded by friends who enjoy the same things as me. That's much more comforting than the thought of not knowing my neighbors in a more traditional final home. Who knows, without the Buffalo Chips Cemetery I take the risk of ending up in a location surrounded by strangers, smokers, drug addicts, the obese, junk food junkies and other slackers who laughed at us runners as we worked hard to keep the edge and postpone what happens after "the final run" as long as possible.

Now that I am assured of a place in the Buffalo Chips Cemetery my mind drifts to location. Obviously the choicest spots are right along Deer Valley Road because here we can see fellow runners pass by on Sunday mornings. They are the choicest spots. The 50 yard line locations. Right up next to the stage. But who gets to have these spots? What are the qualifications? Are they first come, first served? Are they based on speed? Are they given to those with the most age group awards? Are they reserved for all Board Members or just High Dungers? The possibilities are endless. Nevertheless, this is probably the most important issue facing the new Board subcommittee on Cemetery Plot Assignments.

On one particular pass by the Buffalo Chips Cemetery I realized there is a possible solution to this dilemma. It's skyboxes. Once we move the current residents we take some of the proceeds from our cookie sales and build a massive structure that enables every Chips resident to have a view of Deer Valley Road. Once finished and fully occupied it would look more like a large set of bleachers in an Olympic stadium. In this way every Chip electing to become a resident of the Buffalo Chips Cemetery could select a spot providing a panoramic view of Deer Valley Road. Now, in fact, the positions higher off the ground and away from the front row could get the best views. But at least every spot will afford a good view. Still, for those loners one could elect a ground location underneath the skybox.

As I ponder these important issues I find comfort in the fact that space will not be a major issue in the grand scheme of things. Running ensures us that we won't be checking in for quite some time and that there's no need to que up to move in. In fact I can't think of a single occupant at this time. But it's important that we plan ahead, that we ensure we are masters of our own destiny.

That's why it is important that each of us think now about those running things we want with us when we complete that "final run" and check into the Buffalo Chips Cemetery on Deer Valley Road. I know I think about them as I pass by on my Sunday morning runs at Rescue.

Just so you don't think I have this thing about the big marathon in the sky I want you to know that as soon as I reach the 5 mile mark my mind again shifts gears and starts focusing on that long, tedious trudge up to the 6 mile mark—that hill of hills that never seems to end. There are times, though, that upon reaching the top my body feels as though it may get to the giant Nike Analog headstone draped with marathon medals sooner than I had planned. But then my mind once again shifts gears and begins thinking about the bottle stashed at Starbucks.

By now you're probably wondering what in the hell does he think about on that long climb from 11 to 13? You'll have to run with me some day to find out.



June 18, 1994...

## Grandma's Marathon!

The Chips will be reviving their strong connections with the very well-respected Grandma's Marathon in Duluth, MN, for 1994. This race is considered by many to be second only to Boston in its community support and quality of execution. For 1994, there is also a Half-marathon, and a probable Five-miler (on Friday evening) as part of the celebration of running. The 1994 Grandma's Marathon is the first qualifying race for women toward the 1996 Olympics and it is the women's National Championship for 1994! There will be many courtesies extended faster U.S. women, including free entry, hotel and per diem, and even travel depending upon their qualifying times, and this is a fast and honest course. The course records are 2:09 and 2:29 both established on a cool and tail-winded day, but there are typical tailwinds almost every year. This is one of the most beautiful marathon courses in the country, starting 26 miles north of Duluth and following the shores of Lake Superior South into Downtown Duluth and out to the "Canal Bridge" area. The post-race goodies are as generous as anywhere, and it seems that 25% or more of the Duluth area residents turn out to watch and support the race (Hint: If as many Sacramentans supported CIM, we would have over 300,000 in crowds along the course!). The race is treated with total respect by the local and regional media with full TV coverage and in depth, multi-day, newspaper details. Tentative plans call for Chips to leave on Thursday (June 16) flying into Minneapolis and sharing a van for the 3 hour drive to Duluth. The air connection from Minneapolis to Duluth takes only about 40 minutes, but costs over \$150/person; the drive is actually quite beautiful. We would return to Sacramento on Monday (June 20), though perhaps a Sunday departure might be negotiated? Hotel expenses (4 nights) in Duluth would be about \$100 per room per night, food expenses are quite reasonable in that area, and airfare is ????. Again, check with George Parrott (488-6580). Note, if you want to run the half-marathon, *entry prior to March 1, is critical*. The half-marathon has been closing at 1700 entrants, and the full attracts another 5,000!!!



VEGAS CHIPPERS TAKE TIME OUT FROM THEIR MORNING-AFTER-MARATHON RUN TO SMILE FOR THE CAMERAS. LEFT TO RIGHT (WITH THEIR VEGA\$ WINS/LOSSES IN PARENTHESIS): LAURA KULSIK, (+\$12), CAROL PARISE (-25C), CARY CRAIG (+25C), GEORGE PARROTT (EVEN \$), CHRIS IWAHASHI (-\$3).

February 5, 1994

## Chips on Gambling Trips; Vegas-Style

BY RICHARD FALAT

The moment you mention Las Vegas your mind conjures up the image of smoking, drinking, gambling and girls-girls-girls. However this may soon be a nostalgic thought. Las Vegas is moving away from the old stereotype and attempting to become a family vacation spot. Casinos are now built with both adults and children in mind. Gaming areas are more spacious and smoke levels have been greatly reduced.

Virtual reality rides are the big new attraction here. They allow you to fly in cyber-space or drive an F1 car. These rides let you experience the sensation of motion and will raise your heart rate. Street entertainment has gone from the oldest profession to excessively staged productions. A streetside volcano erupts on a regular schedule, rumbling and roaring with flames shooting into the sky. Farther down the strip is a lagoon where swashbuckling pirates confront a British gunship and send it to a watery grave.

Enough fun, lets get to the main reason a Chip's contingency appeared in Las Vegas. The full and half marathon courses boast net elevation losses of 500 and 700 feet respectively. They are billed as "PR" courses and attracted 3,400 runners. The game plan for the marathon was to run the first half under control, miles 1 to 12 are uphill. For the second half, push the pace. Take advantage of the downhill to mile 22 and then run the remaining flat miles with conviction. The game plan for the half marathon was a little easier. fly.

Race day weather supplied temperatures in the low 40s and a stiff

headwind. The starting area had a few problems with water availability and late buses so the start was delayed. With very little change in the desert scenery the course is mentally demanding. The Las Vegas skyline becomes visible at mile 12 and looms there till the end of the race. However, an Elvis sighting was made at mile 18 by all the Chip runners.

Both courses proved to be fast with several PR and Boston qualifying times posted.

### Las Vegas International Half Marathon

*Overall Male*  
Paul Pilkinton 1:02:37

*Overall Female*  
Nadia Prasad 1:09:05

*Chips*  
Carol Parise 1:29:36  
Cary Craig 1:35:30  
Lil Frawly 1:48:08

### Las Vegas International Marathon

*Overall Male*  
Mike Dudley 2:16:54

*Overall Female*  
Debbie Hanson 2:51:39

*Chips*  
Bruce Aldrich 2:44:34  
Dickie Falat 2:55:36  
Sharlet Gilbert 2:58:49  
*4th master*  
Chris Iwahashi 3:07:07

*2nd in age division*  
Bruce Logan 3:13:48  
George Parrott 3:28:20  
Laura Kulsik 3:30:19  
Dennis Scott 3:55:05  
Bob Vendetti DNF

*savin' self for Boston qualifier at Napa*

**Bold type denotes a PR.**

February 6, 1994

## Davis Stampede Invaded by Stampeding Bison

BY CYNCI CALVIN

"Neither rain, nor wind, nor sleet, nor snow, etc., " were my thoughts as I braved a downpour on the Davis causeway that Sunday morning, "will keep me from running in a race which I have pre-entered." While other Chips were luxuriating in the resort environs of Las Vegas, with their race 24 hours behind them, twenty or so homebound Chips braved the nasty weather and arrived at Davis High to compete in this annual event.

The Davis Stampede, managed by A Change of Pace, has something for everyone. There is a 5K, a 10K, a Half-marathon, childcare, lots of refreshments, and a very flat PR-type (weather permitting) course. We all lucked out with the weather this year. The rains became a drizzle, and the famous Davis winds never did show up. Although the Herd was well represented both by bodies and winners, the PR stats were not impressive, and either the competitors were taking it easy, they are all quite modest, or perhaps the wet surfaces resulted in a lack of traction (excuse #154). The finishers were greeted by beverages, cookies, hot soup, fresh bread, and the traditional cowbells for the division winners. I did kind of miss the potholders that were awarded at the Davis Turkey Trot. . . not. There was also an unending raffle of goodies, and winners received more good stuff in addition to their cowbells, thanks to Sporting Feet in Davis.

RESULTS ON PAGE 26

## Davis Stampede

RESULTS FROM LAURA KULSIK  
APOLOGIES TO ANYONE NOT LISTED.

### 5K

#### Overall Male

Chip Brad Lael 15:57

#### Overall Female

Bev Marx 18:57

#### Chips

Chuck Nichols 17:08

2nd, age

Jon Shelgren 18:22

2nd, age

Don Spickelmier 20:15

3rd, age

Michael Otten 23:08

Theresa Stanley 23:36

Gil Sanguinetti 23:45

Julie Newcomer 28:08

539 finishers

### 10K

#### Overall Male

Parker Kelly 31:08

#### Overall Female

Jeanne Sapienza 35:06

#### Chips

Kevin Cimini 36:17

Ron Souza 37:22

2nd, age

John Buckerfield 37:26

Kathy Ward 39:21

1st, age

Stephen Boland 39:42

Kevin Johnson 43:19

Jim Beland 43:52

Chuck Wadowski 44:13

Ron Peck 44:37

Beckie Starsky 46:01

Rex Paulsen 46:05

Ted Reiger 46:27

Jack Clancy 47:52

Cynthia Underwood 56:25

Blanca Topper 58:40

Marian McKone 58:44

1st, age

Marilyn Smith 58:41

Mark Swigert 1:00:22

Po Adams 1:02:12

1st, age

499 finishers

### Half Marathon

#### Overall Male

Chip Rich Hanna 1:07:46

#### Overall Female

Rae Henderson 1:19:56

#### Chips

Steve Yee 1:21:42

2nd, age

Barry Turner 1:21:43

Kim Isham 1:21:46

Brian Woodhouse 1:22:33

Jerry Brendel 1:23:58

Steve Ashe 1:26:25

Antoinette Marsh 1:31:00

3rd, age

Joel Contreras 1:31:38

Michael McKone 1:31:59

John Davis 1:33:27

Cynci Calvin 1:36:09

1st, age

Steve Topper 1:38:23

Annmarie Ott 1:38:27

Linda Hood 1:42:42

Jodi Newman 1:43:00

Rob Estes 1:44:24

Alfred Saragosa 1:46:24

Carl Cullum 1:48:25

Michael McGee 1:48:25

Gordon Hall 1:48:39

2nd, age

Cindy Nalepa-Nelson 1:49:33

Roger Merle 1:49:51

Mel Golovich 1:54:38

Denise Walker 2:02:43

Melissa Noteboom 2:07:23

Claudia Isham 2:16:37

Dick Kinter 2:18:41

3rd, age

Marilyn Terhune-Young 2:20:12

450 finishers

Note: Almost as many Chips ran the Half Marathon as the 5K and 10K combined. Do we like distance or what?

## QUOTE unquote

The faster the run  
the sooner the fun.

*Fun-runnin' Chip*

If I don't use  
my passport,  
it's not a race.

Continent-jumping Chip

The country's total running  
population fell 8% to 30.4  
million last year. The falloff  
among hard-core runners,  
those taking to the streets or  
track at least 100 times in 1992,  
was smaller: their numbers  
shrank 3% to 8.3 million.

American Sports data study

February 5, 1994: Travelin' Man Bob Whitehead reports a good time was had by all at the Trinidad Clam Beach Run in Humboldt County. The challenging six-mile race was won by Rick Savre in a course record of 43:49. Top woman was Kim Stepien in 52:43 who placed 26th overall. Bob finished in 54:54 placing 39th and 7th in his age division. Bob says two miles is run on the sand. At the finish was a huge bonfire and a marching band which marched into the Pacific Ocean. Wow!



A GALLERY OF PUBLIC ART AT 55 MPH: IF YOU'RE EVER DOWN IN L.A. AND STUCK ON THE SAN DIEGO FREEWAY (ON I-405 NEAR IAX) AND SEE GIANT RUNNERS OF ALL SHAPES, RACES AND AGES, THEN YOU'RE LOOKING AT KEN TWITCHELL'S 1991 TRIBUTE TO THE L.A. MARATHON

### Jed Smith Volunteers

Many thanks to all of the Chips and non-Chips who very unselfishly gave their time to volunteer for the various duties necessary to make the Jed Smith races the tremendous success they were. Those deserving our appreciation:

#### Race Directors

Helen and Norman Klein  
Myra and Lee Rhodes

#### Aid Station Captains

Dave Mullins and Bill Worcester  
Linda Moise and Barry Fisher

#### Generous Workers

Chris Iwahashi	Dave Ragsdale	Lee Rhodes III
Po Adams	Sandi Falat	Kristina Irwin
Blanca Topper	Bob Sanchez	Mark Young
Steve Topper	Dana Gard	Linus Massoth
Connie Kondo	Chris Delgado	Danny Burnham
Trudy Roselle	James Raia	Bob Dickerson
George Parrott	Mike Suen	Eileen Dickerson
Robin Carboni	Jeanne An Gerard	Larry Frantzen
Randy Hill	Dennis Scott	Larry Griffith
Ray Patterson	Joe Pope	Gary Ritchie
Chuck Nichols	Mark Samuelson	Jim Jordan
Frank Ives	Mo Bartley	Rosemary Johnson
Barbara Farren	Him Luedtke	Marvin Johnson
Kerry Wright	Liz Luedtke	Dale Cummings
Brad Lael	Barbara Balliet	George Foxworth
Bruce Aldrich	Dennis Rinde	Hollis Lenderking
Jim Drake	Tom Winter	Claudia Michand
Pat Drake	Bernie Leopold	Rich Michand
Carol Parise	Peggy Johannes	Laurette Fox
Mike McKee	Pat McGee	Gary Loucks
Dick Kinter	Ray Perkins	Annabell Loucks
Sandy Grandy	Carol Perkins	Dave Kim
Ben LaSala	Pat Whyte	Rod Carveth
Art Goolkasian	Lucinda Fisher	Dave Scott
Richard Jones	Linda Fernandez	Margaret Ervin
Dave King	Kathy Maynard	Michael Palmer
Joe Staats	Connie Gee	George Black
Grant Irwin	Jean LeFever	Jean Evans

### Jed Smith Ultra Classic Results

RESULTS FROM DEBRA CLEVELAND

#### 100 KM National Championship

##### Overall Male

Chip Rich Hanna 6:48:59

##### Overall Female

11. Donna Perkins 7:33:46

#### Chips

5. Tom Johnson 7:08:10  
10. Rae Clark 7:31:30  
37. George Parrott 9:50:11  
47. Elliot Eisenbud 11:09:08  
53. Joe Holmberg 11:58:40

76 starters, 56 finishers

#### 50 Miler

##### Overall Male

Greg Miller 5:53:07

##### Overall Female

13. Meg Cocci 8:19:34

#### Chips

3. Rick Simonsen 6:44:40  
4. Bill Finkbeiner 6:46:25  
7. Dana Gard 7:05:12  
24. Steve Haun 9:31:33  
25. Jeanne Ann Gerard 9:33:16

34 starters, 28 finishers

#### 50 KM

##### Overall Male

Chip Brad Lael 3:03:23

##### Overall Female

13. Suzie Lister 3:53:03

#### Chips

11. Greg Atchley 3:51:43  
14. Bruce Aldrich 3:53:42  
20. Jon Shelgren 4:09:50  
25. Chuck Honeycutt 4:20:50  
30. Tom Winter 4:32:05  
31. John Clark 4:35:55  
38. Barbara Miller 4:46:05  
41. James Raia 4:51:00  
43. Doug Arnold 4:55:47  
50. Bob Sanchez 5:06:55  
51. Sue McGee 5:09:40  
55. Joe Pope 5:18:00  
58. Marsha Arnold 5:22:47  
59. Patricia Honeycutt 5:22:48  
64. Janet Rivard 5:29:55  
69. Stuart Sargisson 5:38:35  
70. Dan Pfeifer 5:40:43

95 starters, 87 finishers

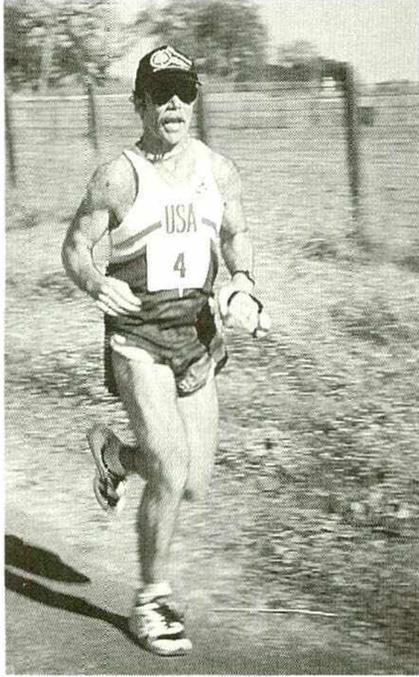
JED SMITH CONTINUED FROM FRONT PAGE

PR of 2:33 (at the 1993 CIM) to the starting line to test his increasing strength work completed since December. He had only a modest goal: he wanted to run under 3:05 and ideally under 3:00 for 50km! For the uninitiated and metrically naive 50km = 31.07 miles and 3 hours is a very good time for 26.2 miles. Brad average 5:54 per mile for 31 miles and was never headed; he simply ran the time trial he expected to produce and either equalled or improved his marathon PR enroute! Congratulations Brad and all the other finishers!

The 50 Miler: Starting this element of the Jed Smith Trilogy, many Bison heard the call to begin their loops around Gibson Ranch Park, but out to erase his experience at the Pony Express 50 back in August, Chip Greg Miller had a great deal to prove to himself and to his supporters who knew he was much better than his August trial. Jed Smith would have been proud of Greg, for he stayed the course, and he never worried about who might be behind him, for like Brad in the 50km, Greg set the standard for the day and never weakened. Five hours and fifty three minutes later, he would rest, but the others would continue. See columns at right for complete Chips results.

# Jedediah Smith Ultra Chips on the move

*...only 10 loops to go*



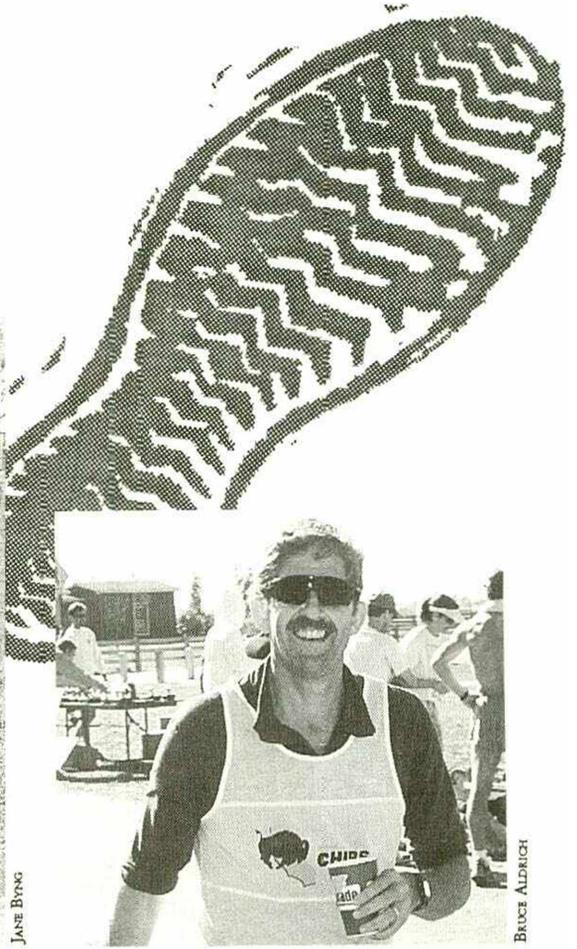
JANE BYNG

RAE CLARK



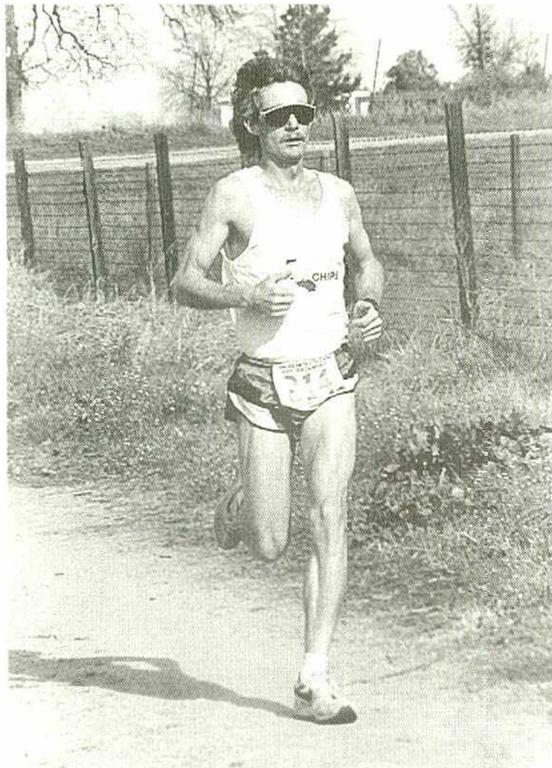
JANE BYNG

TOM WINTER



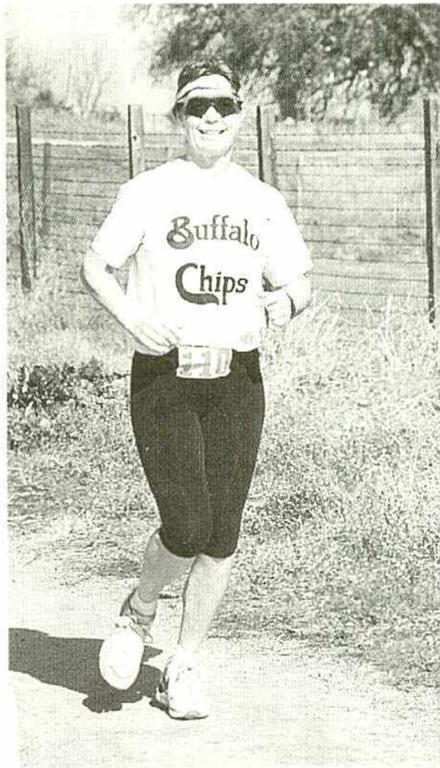
BRUCE ALDRICH

DOUG ARNOLD



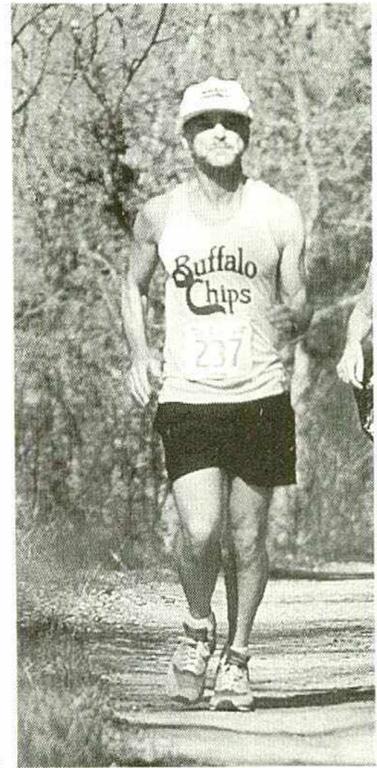
JANE BYNG

BRAD LAEL



JANE BYNG

JEANE ANN GERARD



KEN COUSE

STUART SARGISSON

## February 19, 1994 Lover's Run

RESULTS FROM EVERYONE!

5K

*Overall Male*

Paul Damico 17:06

*Overall Female*

Vickie Pcell 19:56

**Chips**

28. Robert Miller 24:58

1st, age

42. Char Berta 26:33

2nd, age

61. Linda Apathy 28:19

84. Paul Camerer 32:09

10K

Overall winner was a non-Chip female; a Chip male actually finished ahead of her but ran as a bandit!

**10K Chips**

8. Grete Carriger 51:59

1st, age

11. Dale Phillips 53:54

2nd, age

19. Dave King 56:43

25. Mike Grassinger 59:30

2nd, age

43. Blanca Topper 1:00

47. Irene Kessler 1:11

**Half Marathon**

*Overall Male*

Chip Rae Clark 1:27:31

*Overall Female*

Kathy Ceragiolo 1:36:26

**Other Chips**

4. Steve Ashe 1:31:33

3rd, age

12. Laura Kulsik 1:38:24

1st, age

13. Mo Bartley 1:39:40

2nd, age

17. Dennis Scott 1:42:02

19. Herb Tanimoto 1:43:13

24. Steve Topper 1:43:25

28. Annmarie Ott 1:45:37

31. Mike Otten 1:49:19

3rd, age

44. Jan Levet 2:00:02

1st, age

51. Sue Murray 2:02:38

## February 27, 1994 Clam Chowder Chase

BY LAURA KULSIK

Santa Cruz was the setting for this annual event which stages separate races for men and women and attracted more than 600 entrants. The men ran first. The 4.5 mile course starts in a parking lot, loops through the boardwalk, follows the San Lorenzo bike path out-and-back and finishes on the beach. The course is flat and rolling with about 4 miles of asphalt and 1/2 mile of soft sand which makes for a pretty hilarious spectator sport at the finish on the beach. Chips on Beach Trips give the Chowder Chase 14 thumbs up.

*Overall Male*

Jose Pilar Aispuro

22:31

**Chip Men**

Andy Harris 24:53

Jim Eymann 38:59

1st, age 70 and over

Cathy Rohm 39:01

1st woman in men's race

*Overall Female*

Barb Meyers Acosta 25:54

**Chip Women**

Sharlet Gilbert 28:13

2nd overall, first master

Laura Kulsik 31:22

3rd, age

Fam Cantelmi 33:40

4th, age

Lil Frawley 36:38

3rd, age

## March 4th 1994 Save the Seals 4 Miler

BY DALE PHILLIPS

Chips Greta Carriger and Dale Phillips were on the starting line at this 12th annual running with 1500 others where the proceeds benefitted The Marine Mammal Center in the Marine Headlands. The course started at Rodeo Beach and wound around the rolling (steep) hills and again ended with an uphill finish at the beach.

Greta Carriger 31:40

2nd, 50-59

Dale Phillips 34:29

*This spring area runners will be offered an alternative to pavement marathons. The Reno Hilton is sponsoring a Five Dollar Slot Machine Marathon and channel six is sponsoring the Burt Wolf Eating Well Marathon. Sounds like some great cross-training events! Dates and times TBA.*

## March 5, 1994 Chip Women Sweep Field

BY STEVE TOPPER

In an awesome show of strength Sharlet, Francie and Connie swept the field of women runners at Bidwell Park in Chico. Taking 1-2-3 respectively the Chips women turned-in a great performance on a cool, overcast morning. What many would say was ideal racing weather. A total of 9 Chips, all wearing Chips colors, ran in the 18th annual Bidwell Classic. A double loop course the race is held in Bidwell Park, the 3rd largest municipal park in America. Chips turnout was low as many club members were resting for the big race the next day—the Napa Marathon. Still, those at Chico enjoyed a great race with several club members capturing age-division awards.

*Overall Male*

Gary Towne 1:11:21

*Overall Female*

Chip Sharlet Gilbert 1:23:19

**Other Chico Chips**

Bob Whitehead 1:23:07

3rd in age

Sharlet Gilbert 1:23:19

1st overall female, 1st in age

Francie Benson 1:24:08

2nd overall female, 1st in age

Connie Kondo 1:24:53

3rd overall female, 1st in age

John Davis 1:29:51

3rd in age

Ron Peck 1:38:08

Blanca Topper 2:10:10

Melissa Noteboom 2:10:15

Mike Grassinger 2:11:25

## Sutter Home Napa Valley Marathon - March 6, 1994

# Sun Shines on Bison Migrating Down the Silverado Trail

BY CYNCI CALVIN

The Herd was well-represented at Napa by fifteen-plus Chips, ranging from veterans to first-timers. Our arrival was hyped by the local newspaper, who picked Chris Iwahashi to win the Women's race, and Brad Lael to win the Men's. Their reaction was a low-key, "You just never know." The small but fun Marathon Expo was highlighted by guest speaker, writer Joe Henderson, who gave an excellent talk about "Running the Race of Your Life". This did not refer to the next day's efforts, but rather to maintaining your ability to run for the rest of your life. He provided some good tips about speedwork (yes, you need it to get faster), long runs (take walking breaks), and recovery (take a break from the pounding, and swim, cycle, walk, etc.). The pasta feed had the Napa Valley's gourmet touches that included mixed baby greens salad, tasty pasta dishes, and fudgy chocolate and custardy lemon squares.

The point-to-point course requires the runners to take a very early (5 AM) shuttle from Napa to the start at Calistoga. This worked smoothly, and gave us plenty of time to eat our power bars and hydrate. The wheelchair contestants were promptly started at 7 AM, and the remaining 1,250 entrants were off and running at 7:05, as the sun rose over the Napa Valley. What a morning! Blue, blue skies, dark green oaks, kelly green grass, brilliant yellow mustard, and pink-blossomed fruit trees provided views that made even the most serious marathoners gasp in delight. Sunshine raised the temperatures on the rolling course into the mid-sixties by 10:00 AM, which some of us thought a bit warm. Breezes swirled around us, becoming a tailwind in the last six miles. Carol Lowe, the women's winner in 2:59:48, but hoping for a 2:54, was frustrated by the heat. She came from Oregon, where she had been training in 30 degree temperatures. I think that the Men's winner, Joseph Karnes, who finished in 2:21:08, missed the heat altogether.

So now you know that Chris and Brad did not win, but they finished with 2nds overall, which were fine performances for both. Brad was more than pleased with a 4 minute PR, and Chris ran a smart race, picking off 4 women in the second half of the course. She was gaining on Lowe, who had to walk part of the last few miles. If the course were just a bit longer. Hmmm, could George's



ANNMARIE OTT PRs AT NAPA, HER THIRD MARATHON.

ultra running be contagious? Our other big star for the day was Bob Vendetti, who qualified for Boston AND got a 12 minute PR. Lee and Myra Rhodes' son, Lee III, also clocked a PR in 3:12. Big congratulations go to first time marathoners Claudia Isham and Tana Gabriel. A couple other highlights of the day include Wheelchair race, where winner Jerry Deets set a course record of 1:55:30, but barely held on to beat 2nd place Chuck McAvoy from Rancho Cordova by 20 seconds. Chris Hude of Carmichael was 3rd in 1:58:57. This constituted the fastest top finishers in marathon history, with all three beating the course record of 2:01:29. And the "no way she's 66" year old we

watched at the awards ceremony, crying a fistful of balloons, was Edda Palmer, who had just completed her 100th marathon! Big congratulations and thank yous are due to race director Norm Klein for providing us all with another superbly managed event.

### Chip Results

Brad Lael	2:28:26 (2nd overall, 2nd 25-29)
Vincent Fong	2:52:12
Chris Iwahashi	3:03:41 (2nd overall, 1st, 35-39)
Mark Williams	2:44:27 (2nd 40-44)
Lee Rhodes III	3:12:30 and he's going to Boston!
Carol Parise	3:15:26 (8th overall, 2nd, 25-29)
CynCI Calvin	3:18:08 (12th overall, 1st, 45-49)
Kim Isham	3:18:33
Arnold Utterback	3:20:50
Bob Vendetti	3:23:29 and he's going to Boston!
Monty Schacht	3:26:33
George Parrott	3:29:48
Jody Newman	3:35:10
Annmarie Ott	3:35:26
Pam Cantelmi	3:41:43 and she's going to Boston!
Fred Kaiser	3:46:40
Khartoom Tudhope	3:57:05 (1st, 55-59)
Myra Rhodes	4:00:19 (1st, 60-64)
Marilee Grunwald	4:01:13
George Billingsley	4:31:13
Tana Gabriel	5:16:56 (1st Marathon!)
Claudia Isham	5:22:08 (1st Marathon!)

**Bold type denotes a PR.** Training run participants Theresa McCourt, Joe Staats, Cary Craig, and Lee Rhodes all agree that this is a great place for a long run.



ANSWER: NEW, CLEAN RUNNING SHOES  
QUESTION: WHAT WON'T YOU SEE AT AN ULTRA?

## Cool Canyon Crawl 50K

# Hanna Hauls at Crawl

BY LAURA KULSIK

February 12th, 1994 - The word for the day: cool. Cool weather, cool runnings, cool caps to all of the ultra finishers. The fourth annual running of the Cool Canyon Crawl 50K saw its largest starting field to date: 333. That number included 94 women, possibly the largest ratio of women to men in ultra history. Fifty two Chips were among those who hauled and crawled their way through mud, streams, forests, poison oak, severe downhill and killer uphill, some so famous they are given names: Ball Bearing, Goat Hill, and a little in-your-face dirt wall aptly called S.O.B.

Fastest of the herd was also fastest of the field - Rich Hanna, defending champ and course record holder, who came across the finish line in 3:30, six minutes faster than his CR set last year. The second and third place finishers Carl Anderson (husband of Ultra goddess Ann Trason), and Chip Tom Johnson also came in under the old mark with 3:32 and 3:34 respectively. Chico triathlete Luanne Park who dabbles, and dabbles very well, in ultras won the women's division finishing in 4:12, well under Trason's CR of 3:59, but 24 minutes ahead of her closest female competitors.

The herd saw many outstanding performances on this perfect day, most notably Chuck Honeycutt's 4:40, a 29 minute PR, Bruce Aldrich's 4:12, a 17 minute PR, and Ultra Virgin Richard Falat's debut of 4:43.

### Cool Canyon Crawl 50K Results

#### Overall Male

Chip Rich Hanna 3:30:44  
broke own course record by 6 minutes

#### Overall Female

16. Luanne Park 4:12:15

#### Other Chips

3. Tom Johnson 3:34:14  
18. Bruce Aldrich 4:13:05  
29. Ray Scannell 4:26:27  
34. Wayne Miles 4:35:06  
35. Gary Johnson 4:35:12  
36. Mark Romalia 4:36:05  
41. Bill Hambrick 4:39:26  
43. Mike Hernandez 4:41:53  
44. Greg Wheatfill 4:42:36  
46. Bill Finkbeiner 4:42:46  
48. Richard Falat 4:43:53  
Ultra debut!  
57. Floyd Whiting 4:48:39  
64. Chuck Honeycutt 4:50:57  
65. Rick Simonsen 4:51:03  
74. Daniel Fowkes 4:57:51  
77. Dana Gard 4:59:47  
82. Steven Harrold 5:01:52  
90. Laura Kulsik 5:04:17  
98. Eric Ianacone 5:08:32

105. Herb Tanimoto	5:12:31	200. Marsha Bendix-Arnold	6:01:58
114. Toni Belaustegui	5:17:44	207. James Raia	6:06:09
117. Jeff Hagen	5:20:15	222. Steve Ashe	6:11:09
118. Christine Flaherty	5:20:23	Ultra debut!	
120. Howie Klein	5:21:47	223. Lisa Downing	6:11:11
125. George Parrott	5:23:30	Ultra debut!	
146. Doug Arnold	5:31:36	240. Lee Rhodes	6:24:42

## Take it easy on the first half. Then take it easy on the second half.

advice from a veteran Ultra Chip to a Cool Canyon Novice Chip

148. Elliott Eisenbud	5:32:03	242. Joc Pope	6:29:08
149. Greg Soderlund	5:32:46	248. Delmar Fralick	6:31:06
158. Tom Winter	5:35:19	260. Patricia Honeycutt	6:37:56
159. Mark Engemann	5:37:57	261. Denise Walker	6:38:26
161. Patti Teale	5:38:33	262. Fred Kaiser	6:38:38
166. Frank Ives	5:41:32	272. Barbara Miller	6:47:28
180. Dennis Scott	5:48:28	275. Betty Pfiefer	6:49:09
181. Cathie Simonsen	5:49:18	280. Joyce Pryor	6:56:45
Ultra debut!		287. Janet Rivard	7:03:29
186. Denis Zilaff	5:51:44	303. Dan Pfiefer	7:21:38
198. Barry Turner	6:00:44	323 finishers	

Carry a water bottle, leave your racing flats at home and go out slower than you think you should. Only then will you finish faster than you think you can.

Ann Trason

Congratulations go out to UltraChips Jeff Hagen and Jim Drake who, according to the January-February 1994 issue of *Ultrarunning* magazine, had the two best men's 48-hour performances in North America last year, with 213.75 and 213 miles, respectively. Alright guys! Also making "all-time best performances" or "last year's best" lists were the following Chips: Rae Clark, Helen Klein, Jan Levet, Toni Belaustegui, and Leon Rothstein.



# buffalo chips CLUB RECORDS

## Open, Men

24 Hour Run	Rae Clark	165.3 miles
	USATF Nt'l Chmpnshp '90	
	<i>North American Record</i>	
100 Miles (Road)	Rae Clark	12:12:19
	Sri Chimnony, N.Y.	
	USATF N.C. '89	
	<i>N.A. Record</i>	
100K (Road)	Rich Hanna	6:47:58
50 Miles (Road)	Jed Smith '94	
50K (Road)	Rae Clark	*5:28:32
	USATF N.C. '88	
50K (Road)	Dennis Rinde	3:02:31
	Jed Smith '93	
50K (Trail)	Rich Hanna	3:30:44
	Cool Canyon Crawl '94	
Marathon	Rich Hanna	2:17:51
	CIM '93	
Half Mara.	Craig Moore	1:07:31
	Nike Half	
10 Miles	Craig Moore	50:43
	Cal 10, Stockton	
10K	John Sup	30:52
	Davis Track Meet '91	
8K/5 Miles	John Sup	24:31
	Fugitsu 8K '90	
5K	Reggie Williams	14:27
	Cal State Track Meet '90	
1500m	Randy Sturgeon	4:07.65
800m	Daryl Katcher	2:00.64
	Trojan Masters USC '90	

## Open, Women

100 Miles (Trail)	Patti Teale	21:12:24
	Vermont 100 '91	
50 Miles	Joan Reiss	6:58
	Jed Smith	
50K (Road)	Christine Iwahashi	3:37:43
	Jed Smith '92	
Marathon	Eileen Taylor	2:37:01
	Chicago Marathon '82	
Half Mara.	Robyn Root	1:13
	Phila. Distance Classic '87	
10 Miles	Kathy Pfeifer	54:50
	Trevera Twosome, N.Y. '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	
1500m	Theresa McCourt	4:50
	All Comers Meet '92	
800m	Theresa McCourt	2:22
	West Mstrs T.M. Hayward '92	

## Masters, Men 40-49

48 Hours	Jeff Hagen	213.7 miles
	Gibson Ranch 48 Hr. Run '93	
100 Miles	Abe Underwood	15:49:51
	AAU 100 Miler '78	
100K	Rae Clark	7:31:30
	Jed Smith '94	
50 Miles	Abe Underwood	6:08:54
	AAU Chmpnshp. '78	
Marathon	Jim Milton	2:26:27
	CIM '91	

30K	Jim Milton	1:43:18
	Clarksburg '92	
Half Mara.	Jim Milton	1:10:01
	Humboldt Redwoods '91	
10 Miles	Jim Milton	53:31
	Woodland 10 '92	
10K	Jim Milton	31:08
	San Jose Mercury News '92	
8K/5 Miles	Jim Milton	25:26
	Fugitsu 8K '92	
5K	Jim Milton	15:12
	Davis Turkey Trot '92	
1500m	Jim Milton	4:11
	'92	
800 m	Daryl Katcher	1:58.45
	USATF Nt'l Masters, '90	

## Masters, Women 40-49

24 Hours	Jan Levet	116 miles
	USATF N.C. '92	
100 Miles (Road)	Jan Levet	*19:29:29
100 Miles (Trail)	Toni Belaustegui	22:10:22
	Western States '90	
100K	Jan Levet	9:29:30
	Ruth Anderson 100K '92	
50 Miles	Joan Reiss	6:58
	Jed Smith '87	
50K (Road)	Jan Levet	4:11:02
	Jed Smith '93	
Marathon	Joan Reiss	2:56:24
	Modesto Marathon '84	
Half Mara.	Joan Reiss	1:24:37
10 Miles	Joan Reiss	1:03:24
	Buffalo Stampede '85	
10K	Joan Reiss	38:36
8K/5 Miles	Joan Reiss	31:32
5K	Ann Gerhardt	19:29
	Run to the Farside '92	
1500m	Ann Gerhardt	*5:38
	Sonora Mile '93	

## Men 50-59

48 Hours	Jim Drake	213 miles
	Gibson Ranch 48 Hr. Run '93	
	<i>N.A. Record</i>	
24 Hours	Jim Drake	*129 miles
	Gibson Ranch 24 Hr. Run '93	
100 Miles	Jim Drake	*19:21:00
	Gibson Ranch 24 Hr. Run '93	
100K	Jim Drake	9:18:20
(Road)	Ruth Anderson 100K '92	
50 Miles	Paul Reese	6:22:25
Marathon	Jim O'Neil	2:35
Half Mara.	Jim O'Neil	*1:17:30
10 Miles	Don Spickelmier	58:17
	Buffalo Stampede '91	
10K	Jim O'Neil	33:54
8K/5 Miles	Jim O'Neil	*27:13
5K	Jim O'Neil	16:19
1500m	Don Martin	4:53.1

## Women, 50-59

100 Miles (Trail)	Joan Reiss	23:44
	Western States '88	
50 Miles	Joan Reiss	8:35

Marathon	American River 50	
	Joan Reiss	3:16
10K	Joan Reiss	42:35
	Bonne Bell '89	
5K	Joan Reiss	20:56
	Susan B. Anthony 5K '88	
1500m	Joan Reiss	*6:17

## Men, 60-69

100 Miles (Trail)	Paul Reese	26:44
	Western States '88	
50 Miles	Paul Reese	7:16:29
Marathon	Paul Reese	3:02:22
30K	Carl Ellsworth	2:05:49
	Clarksburg '91	
Half Mara.	Carl Ellsworth	1:24:48
	Humboldt Redwoods '91	
10 Miles	Carl Ellsworth	1:03:58
	Buffalo Stampede '91	
10K	Carl Ellsworth	38:26
	Tandem Up & Running '91	
8K/5 Miles	Carl Ellsworth	31:08
	Pear Fair '91	
5K	Paul Reese	17:53
1500m	Carl Ellsworth	5:12
	NorCal Sr. T.M. '93	

## Women, 60-69

24 Hours	Helen Klein	109.5 miles
	Redwood Empire '91	
100 Miles	Helen Klein	21:03
	Redwood Empire '91	
100K	Helen Klein	12:09:17
	Ruth Anderson Run '89	
50 Miles	Helen Klein	9:01:37
	Jed Smith '84	
50K (Road)	Helen Klein	5:33
	Jed Smith '91	
50K (Trail)	Myra Rhodes	6:11:57
	Cool Canyon Crawl '93	
Marathon	Myra Rhodes	3:36:32
	CIM '92	
Half Mara.	Myra Rhodes	1:43:53
	Humboldt Redwoods '92	
10K	Helen Klein	51:53
	Bonne Bell, Ohio '90	
5K	Myra Rhodes	22:36
	Davis Turkey Trot '92	
Mile	Myra Rhodes	7:00
	Sonora Mile '92	

## Relays

### Men, 30-39

4x200m	Hartmann, McNutt, Williams, Katcher	1:51
	USATF State Meet '88	
4x400m	McNutt, Katcher, McNutt, Katcher	4:07
4x800m	Govi, Katcher, Hartmann, McNutt	9:44

### Men, 40-49

4x800m	Nelson, Livingston, Martin, Park	10:15
4x400m	Nelson, Katcher, Nelson, Katcher	3:59
	ARC Track '90	

\* time inferred from longer race Revised 3-14-94

This is the latest and greatest listing of club records for standard distances and age divisions using our best available information. Please write to us at the club p.o. box (attn: Laura Kulsik) if you know of any errors or better times. Runners must have been a Chip with dues paid, a Chip registered USA T & F card, and be in club singlet. Additional distances, eg. 400 m await participation.

## Buffalo Chips Dream Team: L.A. in April Chips Selected for Jimmy Stewart Relay Marathon

BY GEORGE PARROTT

The Buffalo Chips Running Club was selected as one of four in the United States to participate in the 1994 Jimmy Stewart Relay Marathon (April 10th) under the sponsorship of the RRCA and the event organizers. The Chips team was selected in a club time trial on February 19, 1994 on the University Park 5k-10k course, but with the final determination set at the five mile mark. This format was chosen because the event demands five relay legs of about 5.2 miles each, hence the most situation-specific format was planned. The requirements for team participation specify that we must have at least two women on the team, so it will be composed of three men and two women who will receive free airfare to Los Angeles, two nights hotel and VIP shuttle back and forth to the race! This is a real coup for the club, as it was awarded on the basis of the range of club activities that serve running and our community. High Dunger Joe Staats and California RRCA state representative Laura Kulsik submitted supporting statements for our consideration, and...we WON. This opportunity is a so an addi-

tional benefit for those faster BISON in the herd to receive the recognition of their clubmates for those efforts.

### *and the winners are...*

So, who's going to represent the herd at the Jimmy Stewart Relay Marathon?

Rich Hanna has been given an automatic place on the team, since he was recovering from his 100km Jed Smith victory the week prior to the time trial. Several of the club's other stalwart speedsters vied for the last two men's slots, and on the women's side the time trial ordered who will be traveling to L.A.

Other chipsters making up the Dream Team are: Brad Lael, Connie Kondo, Francie Benson and Jeff Hildebrandt. Congratulations and good luck in L.A.!

*The Buffalo Chips Dream Team, representing the western region will be competing against three other RRCA clubs in their own special club category. The other clubs are: The Freehold Running Club of Freehold, New Jersey (eastern region), The South DeKalb Striders of Decatur, Georgia (southern region), and the Mid-America Running Association of Kansas City, Missouri (central region). The South Coast Road Runners of Irvine, California will also be representing the western region at the relay.*

**Get your 7-person relay teams together for the Buffalo Chips 20th Anniversary Extravaganza in May. Exact date tba; stay tuned! Picnic + friends + running = FUN!**



Calvin soon becomes the first marathoner to literally hit the wall at the 20 mile mark.

# TUESDAY NIGHT WORKOUT GROUP GUIDELINES



Training Director  
George Parrott

**Group 1**  
walkers - fitness clearance  
by family doctor

**Group 2**  
any fun run participant,  
runs 3-4 miles

**Group 3**  
ability to run 50 minutes;  
10k slower than 55  
minutes

**Group 4**  
10k under 55 or mile  
under 8:00

**Group 5**  
10k under 48. or mile  
under 7:30

**Group 6**  
10k under 43 or mile  
under 7:00

**Group 7**  
10k under 41 or mile  
under 6:30

**Group 8**  
10k under 39 or mile  
under 6:10

**Group 9**  
10k under 37 or mile  
under 5:45

**Group 10**  
10k under 34 or mile  
under 5:20

The best workout is run  
"hanging on" - not leading  
a group. If you are leading;  
you should be in the next  
higher group!

The focus is on preparation  
for 5k to the marathon. In-  
dividual coaching and tips  
available.

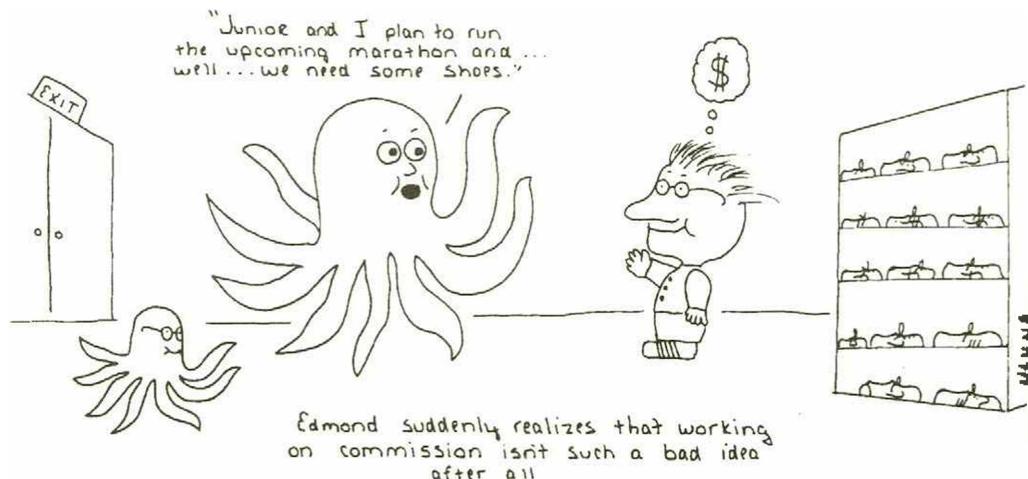
## PA/USATF Long Distance Running and Ultra Grand Prix Events

Sun., 3/27	Houlihan's to Houlihan's 12K (LDR), Sausalito	415/387-2178
Sat., 4/2	American River 50M (Ultra, masters), Sacramento	916/783-4558
Sun., 4/24	Big Sur 5K (LDR), Carmel	408/625-6225
Sun., 4/17	Ruth Anderson 100K (Ultra), Stanford	800/491-8988
Sat., 5/7	Quicksilver 50 M (Ultra), San Jose	408/978-5199
Sat., 6/25	Western States 100M (Ultra)	916/638-1161
Sun., 6/26	Mother Lode Mile (LDR), Sonora	209/532-1910
Sun., 7/24	Fremont 10K (LDR, both men & women), Fremont	510/791-6350
Sun., 8/7	Skyline 50K (Ultra), 7 AM, Castro Valley	510/278-0451
Sun., 9/25	Silver State 15K (LDR), Reno	702/852-5037
Sun., 10/16	Humboldt Redwoods 1/2 Marathon (LDR), Weott	707/442-6463
Sun., 11/13	Clarksburg 30K (LDR), Clarksburg	916/665-1712
Sat., 11/19	Cross Country Championships (LDR), S.F.	415/618-1467
Sun., 12/4	Calif. Int. Marathon (LDR), Sacramento	916/983-4622

PA/USATF events are for all divisions unless otherwise specified.  
\*Entries available in *The Schedule*.

## BUFFALO CHIPS CLUB MEETINGS, SOCIAL, AND VOLUNTEER EVENTS

<b>APRIL</b>		
WED., 4/5	Newcomer's Night!	916/489-4181
WED., 4/6	Board meeting, The Good Earth on Arden, 6 PM	
<b>MAY</b>		
WED., 5/4	Board meeting, The Good Earth on Arden, 6 PM	
Sun., 5/22	Kids "I Did It!" Run	916/488-6580
<b>JUNE</b>		
Wed., 6/1	Board Meeting, The Good Earth on Arden, 6 PM	
Sat., 6/25	Western States 100 Mile Endurance Run	
<b>JULY</b>		
Wed., 7/6	Board Meeting, The Good Earth on Arden, 6 PM	
<b>AUGUST</b>		
Wed., 8/3	Board Meeting, The Good Earth on Arden, 6 PM	
Sat., 8/13	Susab B., Anthony Woman's 5K R/W, Sacramento	916/366-6772
<b>SEPTEMBER</b>		
Wed., 9/7	Board Meeting, The Good Earth on Arden, 6 PM	
Sun., 9/11	The Buffalo Stampede 10 Miler, Sacramento	916/482-8528
<b>OCTOBER</b>		
Wed., 10/5	Board Meeting, The Good Earth on Arden, 6 PM	
<b>NOVEMBER</b>		
Wed., 11/2	Board Meeting, The Good Earth on Arden, 6 PM	
<b>DECEMBER</b>		
Sun., 12/4	California International Marathon, Folsom to Sacramento	
Sun., 12/4	The Buffalo Bash, dinner and fun free to members, 5 PM, place TBA	
Wed., 12/7	Board meeting, The Good Earth on Arden, 6 PM	



# 1994 BUFFALO



post this on refrigerator door

## APRIL

Sat., 4/2	<b>PA/USATF Ultra GP(masters) American River 50M, Sacramento</b>	916/783-4558
Sat., 4/2	Rabbit Run 5K, Polo Fields GG Park, San Francisco, 9 AM	415/665-3397
Sat., 4/2	Three Valleys 1/2 Marathon/5K, Pinole, 9 AM	510/223-5778
Sat., 4/2	GG Headlands Marathon, 1/2 Marathon & 7M, Sausalito, 8 AM	415/868-1829
Sat., 4/2	SET CLOCKS AHEAD 1 HOUR TONIGHT III	
Sun., 4/3	Romancing the Island 12K/25K, Angel Isl., take ferry from Tiburon	415/868-1829
Sat., 4/9	Napa Trail Marathon/1/2 Marathon/10K, Napa Valley State Park	415/868-1829
Sat., 4/9	Artchoke 1/2Marathon/10K, Pescadero	510/223-5778
Sun., 4/10	Gimme Shelter 5K run, 1M walk, San Francisco	415/387-2178
Sun., 4/10	Lighthouse 10Krun/5Kwalk/1M kids run, Santa Cruz	408/423-5755
Sun., 4/10	Misty Redwood 10K, Redwood Regional Park, Oakland, 9 AM	510//893-5474
Sun., 4/10	Jimmy Stewart Relay Marathon, LA, <b>GO CHIPS DREAM TEAMII</b>	310/829-8968
Sat., 4/16	Chico Masters 4 M, 9 AM, Chico	916/898-4791
Sat., 4/16	Rancho Solano 10K/5K/Kids mile, Rancho Solano CC, Fairfield	916/757-7767
Sat., 4/16	<b>PA/USATF Ultra GP Ruth Anderson 100K, Stanford</b>	<b>415/861-1401</b>
Sat., 4/16	Palo Alto Running Festival 50K/10K/5K runs & relays, Stanford	800/491-8988
Sat., 4/16	Nimitz Run 5K/10K, Treasure Island, 9AM	415/497-2824
Sat., 4/16	Mother Lode Biathlon (6mR/28mB), El Dorado Hills, 8 AM	916/852-7317
Sat., 4/17	Foothills Fun Run 10Kr/5K r,w/1/2m kids r, Hewlett-Packard Pavillon, Roseville, 8:30 AM	707/431-3301
Sun., 4/17	Fitch Mountain Footrace 10K/3K, Healdsburg, 8 AM	800/444-4097
Sun., 4/17	London Marathon	408/559-2011
Sun., 4/17	Tortoise & the Hare 10Krun/5Kwalk, Los Gatos	415/306-3212
Sun., 4/17	Buck's Run 10Kr/5Kw "run with the herd" buffalo logo, Woodside	707/253-4283
Sun., 4/17	Run for Literacy 10K/5Kruns/2M walk, Yountville, 8:30 AM	508/435-6905
Mon., 4/18	Boston Marathon IIII Great Chips TripIII	209/532-1910
Sat., 4/23	Red Hills Earth Day Trail Run 12K, Chinese Camp	510/906-8880
Sat., 4/23	Brickyard Run 8.4M, Martinez Municipal Park, Martinez, 8:30 AM	415/868-1829
Sat., 4/23	Bollnas Ridge Wild Boar Marathon/18M/8M, Stinson Beach	408/625-6226
Sun., 4/24	Big Sur International Marathon	<b>408/625-6225</b>
Sun., 4/24	<b>PA/USATF LDR GP Big Sur 5K, 8 AM, Carmel</b>	
Sun., 4/24	Paris Marathon, Paris, France	916/626-2874
Sun., 4/24	Marshall M.A.S.H. 5K/10K, kids 1/2ml., Shingle Springs, 8 30AM	209/466-6674
Sun., 4/24	Asparagus Festival 5K, Oak Grove Park, Stockton, 8:30 AM	916/372-7367
Sat., 4/30	Laguna Fun-N-Fast10K/5K run, walk, Elk Grove, 8 AM	916/265-2797
Sat., 4/30	Nevada City 5K/10K at United Methodist Church, 8:30 AM	415/583-6268
Sat., 4/30	Ocean Beach 5K/10K run/walk, San Francisco, 9:15 AM	
<b>MAY</b>		
Sun., 5/1	Avenue of the Giants Marathon/10K, Weott	707/443-1226
Sun., 5/1	Chico State Celebration 5K run/walk, Chico	916/895-1680
Sun., 5/1	Sun Run 5Mrun/2.3Mwalk/kids .5M, Fair Oaks, 8 AM	916/961-4312
Sun., 5/1	Vichy Spring 5Mrun/2.5Mwalk, Wm. Hill Winery, Napa, 8:30 AM	707/254-8701
Sun., 5/1	SF Performing Arts 5K, Marina Green, San Francisco, 9AM	415/673-2634
Sun., 5/1	May Day Run 5K/10K, GG Park, San Francisco, 9 AM	415/433-2273
Sat., 5/7	<b>PA/USATF Ultra GP Quicksilver 50 MI, &amp; 50K, San Jose</b>	<b>408/978-5199</b>
Sat., 5/7	Angel Island 4.5M run/walk, ferry at 12:30 PM	415/781-6785
Sat., 5/7	Great Bookworm Classic, KidsR/2mW/5K/10K, Carson City, NV	702/588-2864
Sat., 5/7	Human Race-Marln 5M, Larkspur Landing off Hwy 101, 8 AM	415/479-5660
Sat., 5/7	Sierra Century 100M/100K/50K, cycle in the foothills, Roseville	916/455-5981
Sat., 5/7	Marantha 1/2 Marathon/10K, Sacramento, 8:25 AM	916/878-0697
Sat., 5/14	Benton Ranch 5K/10K & Jr. Mile, Redding, 8 AM	916/225-5803
Sat., 5/14	<b>PA/USATF Ultra GP Silver State 50K &amp; 50M, Reno</b>	<b>702/356-2024</b>
Sun., 5/15	Examiner Bay to Breakers, San Francisco	415/777-8743
Sun., 5/15	Tilden Tough 10M, Tilden Park, Berkeley, 9 AM	510/601-7887
Wed., 5/18	Humpday 5K, Davis, 6 PM	916/757-6017
Sun., 5/22	Runner's World Kid's "I Did It Run", various distances, Sacramento	916/489-4181
Sun., 5/22	Old Sacramento Triathlon. (.3Ms/13Mb/3Mr), Sacramento	916/442-3338
Sun., 5/22	Heavenly's Run for the Rim 5K/10K, South Lake Tahoe, 10 AM	916/757-6017
Sun., 5/22	Donner Lake 7M/14M, Truckee, 9 AM	510/223-5778
Mon., 5/30	<b>Pacific Sun 10K/2.5M, Kentfield, 8 AM</b>	<b>415/472-RACE</b>

**Every Tuesday  
Night from  
7pm to 8pm  
onKSAC 1240  
am, all-sports  
radio**

**Tune into  
BK'S  
ENDURANCE  
HOUR  
hosted by  
professional  
triathlete  
Brad Kearns.**

**BK's  
Endurance  
Hour is a NEW  
radio program  
covering the  
world of  
endurance  
sports!**

**The program  
features:**

- call-in at **1-800-225-1240** and discuss your favorite topics or talk to the regularly scheduled, in-studio celebrity guests.
- Hear interviews from the world's top endurance athletes!
- local update: race reports, event schedules, and top performances
- giveaways of products that endurance athletes will love!

1994  
Buffalo Chips  
Board of  
Directors

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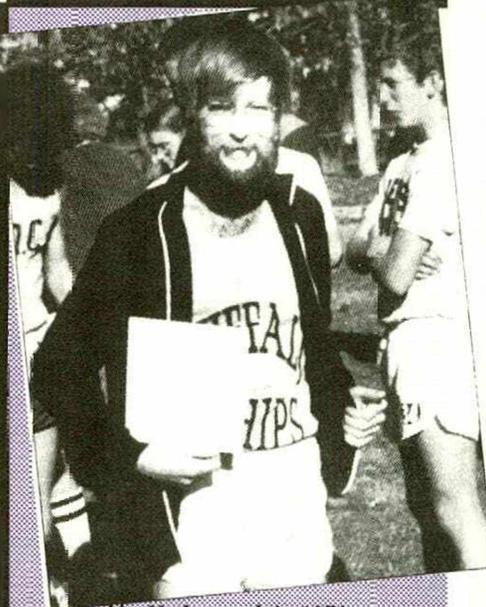
**BIG ANNIVERSARY EXTRAVAGANZA!!!**

**CLUB FUN**



1  
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Get your 7-person relay teams together for the Buffalo Chips 20th Anniversary Extravaganza in May. Exact date tba. We will be re-running the steps of the original Chips who ran fielded the very first Chips team at the 1974 Camelia Relay (Sacramento to Marysville). Picnic + friends + running = FUN!



Abe Underwood, in 1974, the founding father of the Chips

details to come **not to be missed!!!**

**BUFFALO CHIPS** running club

P.O. Box 19908  
Sacramento, CA 95819-0908

Non-Profit  
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# THE BUFFALO ENQUIRER

June 1994 #122

## Bison Put the 'Bos'\* in Boston!

Boston Marathon  
Monday, April 18, 1994

by Cynci Calvin

Last year, one lonely herd member, Kerry Wright, represented the Chips in Boston. Some Bison were lame, others were on a diversionary trip to London. This year, about thirty of the herd made the pilgrimage to this Mecca of Marathons. We arrived in mini-herds, achieving our full complement by Sunday evening. Bob Vendetti had a round-about route via the very appropriate Buffalo, NY. Linda Hood zoomed in on a red-eye flight, which arrived in time to let her pick up her bib number at the expo, catch up on a little sleep, and



It's Patriots' Day Eve for the Herd at the Copley Square Hotel

carbo-load for Monday's big event. The folks at the Copley Square Hotel welcomed us with their customary enthusiasm and warmth. They always make us feel at home, even this far from the home range.

For those who arrived early, pre-race activities were varied and plentiful. All of us spent time (some, too much time!) at the fantastic Sports Expo, shopping, eating, watching, listening, and learning. Culture-bound Bison

*(continued on page 20)*

\* 'Bos' is Latin for buffalo

### Other Top Stories in this Issue:



**Buffalo Chip Tom Johnson shatters course record at the American River 50-Mile Race.**



**Everyone had fun at the 2nd Sacramento area Kids "I Did It!" Run. Increased participation portends a bright future for this fine event.**



**Chips "Dream Team" places 10th overall and wins RRCA team division at the**



**Good times bring back good memories at the Chips 20th Anniversary Relay.**

These and other race results stories and photos start on page 19



## About the Buffalo Chips

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

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

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

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

Please join us! For more information, contact a Buffalo Chips board member. Names, positions and phone numbers are listed on the back page of this newsletter. Membership applications are available at workouts, from all board members, and at all local Fleet Feet stores.



The Buffalo Chips Running Club is a non-profit organization and a member of The Road Runners Club of America

## STATE of the herd

The recent deaths of English running friend Vanessa Chappell, and local runner Barbara Schoener, caused me to reflect on how temporary is our lease on all things mortal, and how unpredictable our lives can be. Although I only briefly got to know Vanessa, and did not know Barbara at all, I have this certain feeling that convinces me that each of them knew how, in the words of the late teacher, author and philosopher Joseph Campbell, to "follow their bliss," to vigorously pursue, without wavering, those things in life that give us meaning and fulfillment. It is not without significance that Vanessa and Barbara each took leave of us while vigorously pursuing their bliss on the running path. Although we should mourn that their lives were cut short in such tragic circumstances, we should equally rejoice with the knowledge that they engaged life with real purpose, both for themselves and for those around them.

Any mention of Joseph Campbell always reminds me of something else he said, that each of us has a measure of immortality in the sense that our acts and deeds have the effect of changing the course of the future. This is especially brought home when one contemplates our good deeds, large and small. Who could have imagined in 1974 that the inspiration of founding father, Abe Underwood, would ultimately produce the 600-member Buffalo Chips some twenty years later. Or that a mere word of encouragement from Lee Rhodes to Rich Hanna would convince him to enter, and win, the 100K National Championship, and be selected to represent the U.S. at the upcoming World 100K Championship in Japan. I think of these and other things, after having participated last weekend with the many Chips volunteers who helped put on the Kids "I Did It!" Run, and who yelled and screamed encouragement to all those little guys and gals who were giving their all. Yes, count on it, the course of the future was changed for the better.

See you next time. Keep on running.

Joe Staats  
High Dunger

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### Contributions

Letters, articles, photographs, race results (especially race results!) and original art are welcome and encouraged. However, not all submitted material can be printed, and some will be used with a delay. Handwritten contributions are accepted but material submitted on disc (Mac and IBM) with accompanying hard copy is preferred. The Editor reserves the right to refuse inclusion of items and to correct grammar, delete when necessary and otherwise re-write some material to achieve a reasonable standard of coherence and clarity in the newsletter. You will be consulted if any major surgery needs to be performed on your submission. The deadlines for the next two issues are July 31, 1994 and October 31, 1994. All contributions received by the deadline are not guaranteed to be included in the next issue; timely stories take precedence over articles of general interest and those received first take precedence over those received later.

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

Send material to:  
*The Buffalo Enquirer*, Cynici and Debra, P.O. Box 19908, Sacramento, CA 95819-0908

## EDITOR'S droppings

As I ponder this blank space in front of me, I have to wonder how I got myself in this fix. I think I'll blame two New Year's Resolutions. In 1983, I resolved to use running as an efficient, uncomplicated way to get my minimum dose of aerobic exercise (a Covert Bailey born-again), and I used Bay to Breakers as my incentive. I trained well on my Auburn hills, inspired by the ups & downs that I *knew* awaited me in San Francisco. When I could run 8 miles without stopping, I figured I was ready. What fun I had! I can still remember the thrill of running through Golden Gate Park and out to the ocean. Although I backed off a bit afterwards, friends kept encouraging me. Then the hype from the first Cal International sealed my fate. I didn't run that one, but resolution #2 was to run it in '84. I was as thrilled with that experience as I was with Bay to Breakers, so I embarked on a series of training programs, shorter races and marathons, mostly on my own.



My post-Boston endorphin high.

By late summer of 1988, I felt that I had come up empty one too many times in my PR quests. I knew about the Buffalo Chips and had even tried a workout or two. I also knew that there were some fine women masters runners in the club, and the idea of team efforts really appealed to me. So I became a regular, starting on October 25, 1988. My times improved, and I had good times as well. The Buffalo Chips have provided me with friends, advice, travel experiences, support when injured, incentives and that beloved source of news from here and afar, *The Buffalo Enquirer*. A few months ago, Joe Staats tiptoed up to me, and gently asked me to be the editor of this revered publication. I ran away screaming "Eek, eek, EEK! Are you CRAZY?!" I like to write once in a while, and I have the Chips compost, I mean archives, buried somewhere in my garage, but that didn't justify such an outrageous offer. I answered that he had to make Laura and Carol continue as editors, as if he had the power to chain them to our feeble little computer. But Joe is not at the top of the heap for nothing, and he continued to wheedle. I, in the meantime, went on a quest of my own, thinking there must be someone out there who would be more qualified, more motivated than I for this position. I discovered new Chip, Debra Cleveland, who runs with me in Group 6. One Tuesday evening, she let it slip that she is an English major at Davis. At the end of the next interval (such timing), I transferred Joe's offer to her and she said, "yes." Hah! What a coup! Of course I sweetened the request by offering to help all I could. So, you now have two new 'scared droppingleess' editors with the impossible task of filling the Kulsik/Parise shoes. We both feel strongly that the underlying strength of *The Enquirer* is in the variety and uniqueness of information that the membership provides. We'll be harassing everyone to bring in race results, to provide us with original articles, to send us anything and everything you see about Buffaloes and to seek out advertisements and classifieds. And don't forget about humor - jokes, cartoons, funny stories. If at all possible, put whatever you've got on Mac compatible disks, but plain paper is fine, too, and bring it to Tuesday night workout or just mail it to either Debra or me. All of you fellow dungers out there, please ponder these future blank pages with us. Help us fix this fix we're in. At the same time, you will be giving a little back to the club that gives you so much.

Cynci Calvin  
co-editor

P.S. Whoopee! I just filled another page!

---

The American River Parkway History article from Mike McKone will continue in our next issue.

On a radio interview last spring, the Sacramento Kings' star rookie, Bobby Hurley, who is recovering from a near fatal auto accident, was herd to say that he can finally run three miles in a little over a 30 minutes, so he knows he's getting better. The Herd understands.

Coming soon! Buffalo Chip Membership Gift Certificates! The perfect gift for everyone!!!

Be sure to let Dick Kinter know of any change of address. 3rd Class mail is not forwarded.

# BARBARA

by Cynthia Underwood  
Chapel of the Pines  
Placerville, CA  
April 26, 1994

The first time I ever met Barbara was at the 13-mile mark of the 1983 Clarksburg 30K. The scene is very clear in my mind because I was so taken with her sunny personality and the obvious way she was in love with Pete. I was able to observe Barbara and Pete together for a few minutes. They were very clearly delighted with each other.

I am honored to be able to share Barbara with you as I knew her. She was someone extra special. She had a quality about her that was magnetic. I think it was her optimism and enthusiasm for life that was so appealing. I wanted her in my life and was willing to make the extra effort to develop a close relationship even though she lived in Camino, then Cool, then Placerville, while I lived in Sacramento. The question of the week for Barbara and me was always, "Where are we going to run, how far, and what time?"

The bond between us at first was based on our love of running. It grew with the birth of her son Andrew, then my daughter Julie, and then her daughter Anna. We never got tired of talking about pregnancy and childbirth in those days.

We trained together as often as we could. We would always start our long runs extra early so as not to be gone from the kids too long. Often we would be finishing our 16 miles at Rescue when other runners were just starting. We spent many, many hours together running and talking about every aspect of life, from solving the world's problems to the color of our nail polish. Kids and husbands were a big topic. So was running. We eagerly looked forward to our next long run at Rescue or on the trail because we loved to run and we loved to talk to each other. When

else would we have time to sit down and talk for two or three hours uninterrupted? We promised each other that we would still be out there running together when we were 60.

Barbara was so happy talking about her family. They were always foremost in her mind. She was devoted to Pete and appreciated his special qualities. She loved Anna and Andrew deeply and she knew how to show it. I learned a great deal from Barbara about being patient and loving with children. I always paid attention to what she had to say about bringing up kids.

Barbara was gifted in her ability to articulate her thoughts and feelings. Of anyone I've ever known, Barbara was the one who most impressed upon me the importance of appreciating life now. She would always say, "Cynthia, life is so precious. Life is short. We've just got to enjoy each day as if it were our last, and we need to make sure our families always know how much they are loved. We can't take anything for granted." We talked about this a lot. This was the way Barbara lived.

I know that Barbara will always be present in the hearts of her family and friends. We can be comforted by that, and know that her spirit will never leave her children.

I've searched for what Barbara would ask of me now. The answer came quickly because of the many conversations we had about our children and what we wanted for them should anything happen to us. She would want Andrew and Anna to grow up knowing how much she loves them and how proud she is of them. She would want those who cared for her to care for her children

My promise to Barbara is that I will write about my experiences with her so that Anna and Andrew will eventually see their mother through the eyes of a friend. I can tell them about the times we spent at Camp Fleet Feet and how much she enjoyed it and loved watching the kids. How she very enthusiastically supported Pete through training for and completing

the Western States 100-Mile Run. About the time she paced me through my best marathon, a highlight in my life that I attribute to her encouragement. How once we waited for Pete and A.J. to finish a trail run at Point Reyes, standing in a field in the rain, in ankle-deep water, while Barbara carried Andrew for what seemed like hours, and she never complained. Mostly I just want to let her family know what Barbara meant to me and how I learned from her.

From my personal experience, I know how important and comforting it is to have written accounts of events in the life of a loved one who has passed on. These accounts grow more meaningful as time passes and memories fade. Please think about sharing your memories of Barbara with her family. Write them down, however brief, so they will not be lost. We all know something special about her. **SHARE YOUR MEMORIES WITH THOSE SHE LOVED.** In this way, her children will be able to have the experience of knowing her through the eyes of others. As they grow up, they will gain more and more understanding of who their mother was. This is the gift that we can all give to Barbara and her family.

Although my heart is so heavy now, I can hear Barbara telling me, as she has so many times before, "Life is precious. Appreciate what you have. Take care of yourself. Don't take your family for granted. Treasure your child."

Barbara was a beloved friend. I will miss her always.

Contributions for a memorial marker on the trail can be sent to:

Barbara Schoener Trust Fund  
c/o Patty Cornell  
U.S. Bank  
3075 Sacramento St.  
Placerville, CA 95667

# BOARD droppings

## BOARD DROPPINGS

### Board Minutes

*April 6, 1994*

*The Good Earth 6:30 PM*

Present: Joe Staats, Steve Topper, Dick Kinter, Dave Ragsdale, George Parrott, Sandi Falat, Leigh Rutledge, Robin Carboni, Carol Parise, Cliff Strapp and Trudi Roselle

Minutes from the last board meeting were approved.

George Parrott reported that entry forms are available for the 1994 Kids "I Did It!" run with some already distributed. Ellen Sampson and Dave Givers are targeting more schools with information.

Dick Kinter reported he had the fliers and insurance certificate for the July 4th run.

President Joe Staats reported that the Susan B will be held as originally planned on August 13th.

George Parrott stated the sponsorship proposal should be signed by April 15th as reported by Dan Lang.

The board agreed the 20th anniversary run will be held in Sacramento. Please sign up at the Tuesday night workout.

Because of another planned race, the "Helen Klein 100K," scheduled for the same weekend as the annual Jed Smith race, the board is in need of a major fundraising event. A proposal was made to use the Jed Smith date to have a British relay format. Another possibility would be some version of the Northwest "Coast-to-Coast" run. Other options to be considered.

Carol Parise suggested that selected reporters cover running events to give more information to the newsletter

and recognition to club members. Newcomers night to be held the 1st Tuesday in May.

Steve Topper presented an updated financial report.

President Joe Staats shared with the board a well-written letter from Mr. John Romano of Folsom prison.

Dick Kinter asks that all members please renew their membership.

Meeting adjourned at 8:30 pm.

*May 4, 1994*

*The Good Earth 6:30 PM*

Present: Joe Staats, Steve Topper, Dick Kinter, Dave Ragsdale, Sandi Falat, Leigh Rutledge, Carol Parise, Po Adams, Becky Starsky, Rex Paulsen, Steve Ashe, Trudy Roselle and Lee Rhodes (beginning of meeting).  
Guests: Ron and Suzanne Peck.

Minutes: Approved from last meeting.

Lee Rhodes requested volunteers and an assistant race director for the Buffalo Stampede.

Motion was approved to have sweatshirts for entrants and T-shirts for the volunteers at the Buffalo Stampede. The design is to incorporate the theme of the twentieth anniversary of the club as well as the race.

Dick Kinter reported all is in order for the July 4th run.

Steve Ashe reported the Susan B is on schedule with fliers and shirt design available at the next meeting.

The board approved funds for a new chalk, finish board and flags..

A signed letter of sponsorship was received from Dan Lang.

Steve Topper presented an updated financial report.

Carol Parise has ordered socks with the club logo and is checking on Coolmax T-shirts.

President's Report: Joe Staats shared comments regarding how the Chips team was chosen for the Jimmy Stewart Relay Marathon. Team members said they were given the royal treatment at this event.

The American River cleanup is scheduled for September 10, 1994. Volunteers may call Leigh Rutledge.

The board approved a \$300 donation each to Tom Johnson and Rich Hanna for their trip to the Ultra Championship in Japan.

The board also approved a \$100 donation to the Barbara Schoener trust fund and reimbursement to Steve Topper for flowers to the memorial service on behalf of the club.  
Meeting adjourned at 8:45 pm.

Save this date!!

Saturday  
September 10, 1994

for  
laughs, prizes, & good deeds!

It's the annual

American River  
Cleanup

Contact:

Lee Rutledge  
(H)487-7420  
(W)484-2030

# HEALTH and nutrition

by Robin Carboni, M.P.H., R.D.

## QUESTION:

What should runners eat and drink before, during and after workouts?

## ANSWER:

Both fluids and complex carbohydrate-rich foods are essential for peak performance. Here are some suggestions.

### Precompetition Nutrition

Many experts believe the type of food runners eat before competition influences how well they perform. The best foods to eat before the start of any exercise are those rich in carbohydrates since they are easily digested and will provide fuel during prolonged exercise. In contrast, foods high in fat and protein can actually diminish athletic performance. The general rule is for runners to consume between 0.5 and 2.0 grams of carbohydrate per pound of body weight 1-4

hours before the start of exercise. To avoid gastrointestinal distress, the carbohydrate content of the meal should be in the lower end of this range as the runner approaches workout. Examples for a person weighing 120 lbs. are as follows:

### Carbohydrate Intake

163 grams, 3 hours before exercise

### SNACKS/MEALS

1 whole bagel  
2 tablespoons jam  
8 ounces nonfat yogurt  
1 ounce dry cereal  
1 cup orange juice

### OR

54 grams, 1 hour before exercise

### SNACKS/MEALS

1 whole bagel  
1 tablespoon jam  
1 cup nonfat milk

Runners should prepare for workouts by drinking 14-20 ounces of fluid 15 minutes before start time.

### Nutrition During a Workout

Research has shown that consuming carbohydrates (25-30 grams every half hour) can delay fatigue and allow athletes to train harder and longer in sessions lasting more than 1 hour. This amount can be obtained through either carbohydrate-rich foods or fluids. Eating 1 banana, 5 graham crackers, 10 lowfat crackers, or 2-3 fig bars will supply adequate amounts of carbohydrates. Drinking 1 cup of a sports drink containing 5%-7% carbohydrates every 15 minutes also provides this recommended amount. Sports drinks can aid in hydration as well, since it is recommended that runners drink 3-6 ounces of fluid every 10-15 minutes during exercise to help replace sweat losses and maintain blood volume.

### Postcompetition Nutrition

Muscle glycogen resynthesis following exhaustive exercise is often the factor that limits recovery and daily training intensity. Muscle glycogen resynthesis occurs at a rate of approximately 5% per hour under optimal conditions; however, during the first 2 hours after exercise, the rate is 7% per hour. Therefore, it is recommended that runners eat or drink at least 70-100 grams of carbohydrates within 30 minutes after exercise to take advantage of this elevated resynthesis rate. This should be followed by an additional 75-100 grams every 2-4 hours thereafter. The latest research also shows that postexercise muscle glycogen storage



THE BUFFALO CHIPS GENERAL STORE is open for business with a wide array of "official" Buffalo Chips merchandise. All clothing has the Buffalo Chips name and Buffalo logo on it.

HEAVY-DUTY, HOODED SWEATSHIRTS	\$20
COOLMAX RACING SINGLETS	\$12
SHORT-SLEEVED T-SHIRTS	\$ 6
SMALL WATER BOTTLES	\$ 2
LARGE WATER BOTTLES	\$ 3
REFLECTIVE VESTS	\$ 5
ENTERTAINMENT BOOKS	\$40
A BUFFALO CHIP - INDIVIDUALLY PACKAGED	\$ 1

This merchandise can be purchased at Tuesday night workouts and at most area races on weekends. In addition, you can call Steve or Blanca at (916) 424-3454 and make arrangements to pick up merchandise in the Pocket/Greenhaven area in the evenings. If necessary, we can make arrangements to ship merchandise to you. Call for details.

can be enhanced with a carbohydrate-protein mixture. The following snacks/meals provide both protein and 100 grams of carbohydrates:

- \* 1 bagel with 1 tablespoon peanut butter & 2/3 cup raisins
- \* 1 cup lowfat yogurt, 1 banana, and 1 cup fruit juice
- \* 1 turkey sandwich (1 ounce turkey) on 2 slices of whole wheat bread, and 1 cup applesauce
- \* 9 lowfat crackers with 2 ounces lowfat cheese, and 1 cup fruit juice
- \* 1 ounce lean meat with pita bread, 3 fig bars, 1 cup fruit juice, and 1 small apple

Runners can monitor their fluid status by weighing themselves before and after workouts. For every pound of body weight lost during exercise, 2 cups of fluid (preferably water) should be consumed.

## WE GET letters

Dear Buffalo Chips R. C.,

Two of the past 3 years, I have run the Buffalo (NY) Marathon with my friend Steve. Of course, he actually runs it in Buffalo, where he lives, at 8:30 EDT, and I run it in Stockton at 5:30 PDT, but we run it together. He registers for me, and, later, he sends me the shirt. His wife eats my pasta the night before and does the pizza and beer for me afterward. You wouldn't believe it, but she's the one in remarkable shape! Anyway, I'd really like to do something special for Steve, like a membership in the Buffalo Chips R. C. Does it come with a shirt? I would appreciate some information. Thanks a lot. I'm anxious to hear from you.  
Sincerely,  
Tim

*Ed. note: Tim has been sent 2 newcomer packets, which have all the information he needs. Gift certificates for Chip Memberships will be available soon from Steve Topper.*

Dear Laura,

**Thank you for all your hard work. It was very fruitful and appreciated. I wish you the very best on whatever future endeavors you undertake.**  
Sincerely,  
Craig Newport

*ed. note: So Laura----did you get a nice gold watch and a good retirement benefits package, too? I bet the hardest part was giving up that lucrative salary and all the perks. And what's next? The Wall Street Journal? Lear? Cosmopolitan?*

Dear Laura,

It was nice meeting you at the RRCA National Convention. I found your presentation at the newsletter workshop to be very informative. I'm already incorporating things I learned into our newsletter, *Starting Lines*. Of all the newsletters I collected at the convention, I enjoyed the *Buffalo Enquirer* the most. The design, writing, and overall presentation are first rate. It's easy to see why you won the Jerry Little Award for large clubs last year. As I mentioned at the convention, I'd

## Wanted: Streaking Runners

LAURA KULSEK

Have you ever got up and ran one day...then ran the next day...and the next day...and the next...and couldn't stop? Me neither!

Are you a streaking runner? Definition of a streaker: one who runs everyday for a long period of time.

George A. Hancock, feature editor of *The Runner's Gazette* is compiling a comprehensive list of all streaking runners in the U.S. I know there's probably more than a handful of Chips who are streakers. He needs the following data from streakers: their initial start date, length of streak, age, sex, occupation and place of residence.

For more information, contact:

George Hancock  
1020 1st Street - Mine 40  
Windber, PA 15963  
(717) 524-9713

like to start a newsletter swap between the Chips and Greater Lowell. Our clubs have a lot in common; we both have a strong club identity, we're similar in size, and we both have award winning newsletters. I know I can pick up a lot of tips just from reading the *Enquirer*, and I hope you feel the same about *Starting Lines*. So if you're interested in an exchange, just add us to your mailing list. I've already added the Chips to ours.

Thanks,  
Dave Camire  
Greater Lowell Road Runners  
P. O. Box 864  
Lowell, MA 01853

*Ed. note: Starting Lines won the Jerry Little award for '93. We have newsletter exchanges with a number of other running clubs. We often use material from them, and they are a handy reference to what's happening elsewhere. If you're planning a trip, and you're looking for some running-type information, ask Cynci or Debra if we have a recent newsletter from the area to which you are traveling.*

# M ORPHOLOGY AND OTHER CHARACTERISTICS OF THE ULTIMATE TRI-MAN

by John O'Farrell

The 1990's 'tri-man' is the quintessential work of anatomical art, truly poetry in motion, a mellifluous movement of mass and muscle.\* If you can conjure up a vision of the famous 19th century Rodin sculpture, THE THINKER, that's how modern day 'tri-man' is put together. The 90's 'tri-man' has the physique of a light-heavy weight boxer. He is strong and powerful, quick and agile, and possesses enough aerobic capacity to blow up a weather balloon. When his body is racing, his arms and legs resemble driving pistons of blue twisted steel. His heart and lungs push blood and air like nitro going thru a supercharged engine.

No sissy here, he churns through cold and turbulent lakes and oceans in a frenzied state, trading blows with fellow triathletes during the swim. He accelerates into spleen-bending downhill sprints laid out on his aero bars without the slightest rectal pucker and watches his bike computer climb to 50mph. It never crosses his mind that the only things that separate him and his mortality from the asphalt are a 20lb. bike and two 19cc tires. He can run with lungs searing, quads and calves aching, and heart redlining. He can cruise thru that tortuous 10K in 35 minutes after an anaerobic and physically abusive swim and a demanding and debilitating bike. This guy is a precision racing machine.

If I could build the ideal local 'tri-man,' I'd borrow component parts from many talented area runners and triathletes. Listed below are the characteristics and some of the more desirable parts.

**Chronological age:** ageless; **height:** 5'9" to 6'1"; **weight:** 155-175 lbs.; **body fat:** 6%-12%; **body type:** ectomorphic to meso-endomorphic; **personality traits:** anal retentive (a slave to his training log), compulsive-addictive (never misses a workout for fear of losing the endorphin high), pathological achiever/counter phobic (extreme Type A with an abject fear of failure).

## Atlas-Like

### BEST OF THE BEST PARTS\*\*

**Shoulders:** broad and strong, 'atlas-like' in proportion, capable of carrying the heaven and earth. Prototype tri shoulders: Brock Dagg, Vic Mounts, Ron Parrett.

**Chest/back:** very muscular and well-defined (42-44"), with fully developed latissimus dorsi and pectoralis majors. 'Lats and pecs' resemble sides of beef. Prototype tri chest: Don Weaver, Dwight Miller, Mike Hernandez.

**Heart/lungs:** capable of pumping liters and liters of super-oxygenated blood to satiate tissue, muscle and bone during strenuous competition; lungs able to move massive volumes of air/CO2 without stentorian and labored breathing. Prototype heart and lungs: Rich Hanna, Tom Johnson.

**Arms:** massive biceps and triceps (16-18") criss-crossed with a vascular network that resembles the Illinois State Freeway system. Prototype tri arms: Rob Estes, Don Bryant, Charlie Falcon.

**Torso/waist:** wash board belly, smallish waist (30-32") with no appurtenant adipose tissue colloquially referred to as "love-handles". Prototype tri torso: Rich Falat, Mark Gouge, Jerry Brendel.

**Legs:** humongous quads and hamstrings (22-26"); well shaped if not bulbous calves (15-17"); no unsightly leg hair. Prototype tri quads: John Siefert, Kevin Keane; prototype tri calves: Bob Hammond.

### Bulbous Calves

**Characteristically distinct in appearance:** John Armour, 195 lbs. of muscle, bone and sinew; 3 earrings, 3 tatoos, "Tarus Bulba" hair-do.

**Most gutsy, always on the edge,** balls-to-the-wall, never say die, never show weakness, vulnerability or fear, go for the gusto, extreme tri racer: Don Weaver.

**Best overall combination** of component parts: Brad Kearns, Don Weaver, Darrin Rohr, Tony Milevsky, John "tarus bulba" Armour.

**Other distinguishing characteristics:** longish hair sometimes worn in ponytail or braid; pierced ear, normally a gold hoop or Ironman earring; one or more tatoos; significant road rash scars on shoulders, hips and knees.

\* The 90's tri-woman is equally as pleasing in form and grace, yet an article contrived on the subject, even in fun, might evoke the great hue and cry of blatant sexism—so no such article will flow from my pen!

\*\*There are sooo many good parts to chose from locally to create the ultimate tri-man, it is a difficult task at best. There's a whole slew of triguys and runners that I didn't draw from that also could have been used to construct the ideal body type; their turn will come in some future article.



## Wildflower '94

by IBIRNMN/ Team Dude

Team Dude/Fleetfeet once again was well-dressed and more than adequately represented at Wildflower '94. For those of you who are tri-don't-knows or tri-wannabes, the Wildflower Triathlon and Festival consists of three separate races happening the first weekend of May each year in and around Lake San Antonio. Lake San Antonio is 40 miles west of King City off US 101 in the rolling hills of the central valley.

In 1994, 3000 triathletes competed in one of three races, making Wildflower the second largest triathlon in the world. The races consist of an incredibly tough one-half ironman (1.2 m swim, 56m bike, 13.1m run), which is one of the Hawaii Ironman qualifiers; a sprint mountain bike race (0.25 m swim, 9.7m mountain bike, 2m run); and an international distance event (0.5m swim, 20m bike, 4.5m run), which is the annual US collegiate championship race.

The festival officially begins on Friday before the long-course race the next day, but really starts to happen early in the week when the Cal Poly students begin arriving with kegs of beer, frisbees and camping gear. The Cal Poly Recreation Department puts on the race and supplies the army of volunteers that manage the aid stations, work the transition area and otherwise make it all happen.

Team Dude/Fleetfeet arrived en-mass over Thursday and Friday and strategically staked out a dozen campsites at the 2-mile mark on the run in the Harris Creek campground. Just about the entire

Sacramento tri-community travelled to Wildflower, settled in at the Harris Creek encampment, and competed in one of the races. Forty-plus Team Dude/Fleetfeet members and friends raced over the two days.

Friday is late registration, packet pickup and bike check day. It's also an anxious time for many, an occasion for reflection and the last opportunity to get "race ready." Everyone has a different ritual. Mine generally goes as follows: check and clean the goggles; silicone and baby powder the wet suit; place race numbers on my helmet, bike and race belt. check the race wheels; look the bike over; go through the gears; wash the Oakleys; mix the Gatorade or CytoMax; count the Lepin; crack the tube of Carboburst; powder the running shoes—and have that last beer!

This is a nervous time for me, those moments when I carefully consider each leg of the race. Visions flash through my mind, rhetorical questions leap out like "How cold will the water be; should I wear the short or long sleeve wet suit; will the swim start be like a water polo match with kicking and shoving and other triathletes swimming over the top of me; will my bike work; will I drop the chain or flat; will I crash and be one huge mass of road rash or worse yet? How fast do I dare go on the steep downhill, 43, 45, 48 or should I forget the brakes completely and hope the wheels hold the road when the speedometer hits 50 mph? How will my legs feel toward the end of the bike—tight and cramping or lose and fluid? Can I run the run?"

By the time everything is ready, my mind has flashed on a thousand details. Everything that could be done has been done—hard training, taper. I'm ready, p.r., we'll see.

One last meal, a sleepless night, it's showtime! Ten—nine—eight—six—five—three—two—one. The fifth wave of the swim start begins. All 200-plus masters men hit the water in a ridiculous frenzy. 5 hours, 17 minutes and twenty-two seconds later, I stagger across the finish line, physically exhausted, but mentally satisfied that I have done as well as I could. In fact, I have p.r.'ed.

The weather has been nearly perfect, no debilitating heat, no voracious

headwinds, nothing unusual has happened. I improve my prior year swim time by almost 4 minutes, knock 12 minutes off the bike and run the run, another 2 minute improvement over last year. In total, I better my '92 time by almost 40 minutes and my '93 time by over 18 minutes.

I place 8th in the age group out of sixty 45-49 year olds and two 100th overall out of almost nine hundred total triathletes. It's been a good day!

The Wildflower Festival is now a world class event. At the awards, five different countries are represented. Wolfgang Dietrich, third at last year's Ironman, is the overall winner. He set a new course record of 4:10. Donna Peters was a "three-pete," coming from behind on the run to bury the pro women for the third year in a row, also in record time, 4:48.

The fastest masters male set a new course record in 4:28 while the first masters female finished in 5:17. Darrin Rohr, honorary Team Dude/official Team Fleetfeet member, again was the fastest amateur, and again an Ironman qualifier. He also set a new amateur record in a blistering 4:21. Darrin also recorded a 1:20 half along the way on a run course that looks like the ugliest parts of A R 50. Way to go Darrin! Other memories of the weekend include:

- the giant Tarantula next to my tent on race eve
- the six foot rattler at mile sixteen on the bike course
- the barebreathed\* coeds serving Gatorade at the 4-mile mark on the run (What a slow mile that was!)
- the 2-mile climb on the run from mile ten to twelve—run the run!
- my wife, kids and friends at the finish
- Markie G demonstrating the rainbird after the race while rehydrating on many beers
- Gerry godfather Cryderman winning the lottery drawing to Hawaii.

*\*eds. note: we don't know what "barebreathed" means, but it sure got John excited!*



## Tri-type Events for 1994

6/26 7/9	San Diego Tri Deathride	International 1-5 passes 48-128 miles	San Diego Markleeville	name says it all
7/9	Tri 4 Fun	Sprint	Rancho Seco	
7/10	Serene Lakes Tri	Sprint	Serene Lakes	
7/16	Bud Light Tri	International	Bakersfield	
7/16	Epples	5.8mr/13mb/6.7Kp	Sacramento	don't miss it
7/17	Donner Lake Tri	International	Donner Lake	tough, altitude
7/30	Vineman Tri	IM & 1/2 IM	Santa Rosa	flat, fast
8/6	Tri 4 Fun	Sprint	Sacramento	
8/7	River of No Return	s/canoe/portage/r	Guerreville	
8/13	Donner Lake	2.7m swim	Donner Lake	cold
8/14	Mike & Rob's Tri	1/2 IM	Santa Barbara	
8/20,21	Great North Tri	Sprint, internat'l.	Davis	a P.R. for sure
8/?	World's Toughest Tri		Lake Tahoe	name says it all
8/20,21	Iron Klds Tri	100yd sw/5Kb/1Kr 200yd sw/10Kb?2Kr	Sacramento	great kids event
8/28	IM Canada	IM	Penticton, B.C.	outstanding event
9/25	Citizen's Tri	International	Sacramento	great giveaways
10/2	Santa Cruz Tri	International	Santa Cruz	be ocean swim ready
10/15	The Blg Dance	IM of IM's	Kona	a dream come true

Sprint = 400-600 yd sw/12-18 m bike/<5K run  
 International = 1000 yd. sw/20-30mbike/5m-10K run  
 1/2 IM = 1.0-1.2m sw/50-60m bike/10-13.1m run  
 IM = 2-2.4m sw/100-112m bike/18-26.2m run

## Bits O' Bull

by Carol Parise

Thought about moving up in the world? How about going for a run at 8000 feet in the Colorado Rockies and climbing up to 14,000 feet within 8 miles - across snowfields. No, this is not how your parents went to school as children. It is called the U.S. Fila Sky Invitational Marathon in Aspen, Colorado, and superfast, soon-to-be lightheaded Chips, **Theresa McCourt**, **Rich Hanna** and **Tom Johnson** are 3 of 48 runners from around the world who accepted the invitation to compete in this demanding race. Along with cash prizes, the top 3 men and women will automatically receive entry to the Fila Sky Marathon in Tibet. However, Theresa, Tom and Rich will have to use all of their fast twitch muscles and high VO2 max lungs to have a shot at a top finishing spot. The field includes some of the toughest of the high-altitude trained ultrarunners, who epitomize the phrase "no whiners." Go for it, Rich, Tom and Theresa, and don't forget the oxygen tanks. . . .Triathletes **Karen Durham** and **Julie Brendel** are both anticipating the arrival of their first child. Julie is in her first "tri"-mester and

attends Tuesday night workouts conscientiously running with a heart monitor. Karen is in her third "tri"-mester, and is still swimming regularly at Rio del Oro. Looks like both of these women are going to give birth to "tri"-babies (and I don't mean triplets!). . . . While on the subject of tri-geeks, it's been "herd" that new Chip, **Vincent Fong** has really kicked some bison butt at the Wildflower triathlon. He even passed Paula Newby-Fraser on the run (she's not a Chip, but we'll give him some credit anyway. Way to go, Vince! . . . Anyone looking for a Chemist who can do the Hawaii Ironman in under 10 hours? If so, save recession victim, **Richard Falat** from a life of overtraining and give him a call. . . . Latest Chips on injured reserve are **Kerry Wright** and **Eric Park**. Kerry is in a walking cast for a stress fracture. Eric has been battling knee problems and has decided to have surgery. He plans on doing his recovery time on a 67-foot boat in Fiji (doctor's orders, of course). Best wishes to both for a speedy return to the roads. . . . New-Chip, **Brick Robbins** from San Diego is going to Russia for a marathon and plans on taking a chipload of shirts to sell. Brick came to Tuesday night workouts after hearing about the club from "a blond Chris on the biketrail who's done AR 50 a bunch of times." Could that be 7:56 AR runner **Chris Flaherty**? . . . Leaving

# F U N stuff

## The Buffalo Enquirer Puzzle: a "Ran"agram

Unscramble these letters to give common running terms:

STARLNEVI    \_ \_ o \_ \_ \_ o \_ \_ \_

DESSARTY    o \_ \_ \_ \_ o \_ \_ \_

ADENICTS    \_ \_ o \_ \_ \_ \_ \_ \_

SHIRTGENCT    \_ \_ \_ \_ o \_ \_ \_ \_ o \_

KEDSPOWER    \_ o \_ \_ \_ \_ o \_ o

Unscramble the circled letters, to make a phrase that explains that all the above words help you to do this:

\_\_\_\_\_

Answer below, but no peeking!



the Chips to accompany her husband to Michigan (a job offer too good to refuse) and to continue her education is **Rhonda Jansen**. Rhonda graduated from CSUS this spring and will pursue more schooling at Michigan State. Good Luck Rhonda! Hopefully you'll find some harriers in Michigan. . . . **Eileen Taylor** recently appeared in Runner's World on a list of women who qualified for 3 Olympic Marathon Trials. Eileen has also recently been spotted at Tuesday night workout. Could she be going for #4? . . . Also appearing in Runner's World is world-class Chip, **Mark Nenow**, who is making a racing

comeback. He is moving to Boulder, CO to train full time. Go for it, Mark! . . . Also on the comeback trail is longtime-Chip, **Char Berta** who ran her first 10K in 2.5 years at the Coot Scoot. Keep it up, Char! . . . Finally, if you need a couple of bucks for pizza on Tuesday night, don't ask dentist **Grant Irwin** (just kidding, Grant. But it was too good not to use). Grant also reminds his fellow herdsmen to floss their teeth after brushing. Brushing after flossing forces all the crud you just got out back between the teeth. Yecchhh. Speaking of such things, send any good gossip-type stuff to **Carol Parise**, and she'll make this a regular feature.

### Nonchip People News

Dr. Paul Spangler, who took up running at the age of 78, passed away last March, while on one of his thrice weekly runs. He was 95 years young. He set 41 U.S. records on the road and on the track. He won 7 gold medals at the World Veteran Games in '93. A resident of San Luis Obispo, he was a regular at California races, and was a respected and beloved inspiration to us all. He was in the process of writing a small book, which will be completed by the 50-Plus Association and available from them at cost.

Answer: Intervals, rest days, distance, stretching, and trackwork all help you to "train to peak."

# club Notes

LAURA KULSIK

*from The Southern Oregon Sizzler's newsletter...*

This is a letter, perhaps to everyone. Our truck was recently vandalized and our owner's manual, truck registration and boat title were stolen. Later on we found all of these items in our mailbox with a note that said "found by a runner."

We would like to give thanks to the person who gathered up the discarded papers and returned them to us. Thanks to you the world is somehow better.

*Roger S. Keener, 702 S. Modoc, Medford, Oregon*

**Call for Shoes** The Inside Track 1,000 Mile Club, the track club made up of about 90 inmates at Folsom Prison is newest member of the RRCA. They need running shoes. Currently the club members are running either barefoot or in their boots. If you have an extra pair of still usable shoes you can donate please contact USA Track and Field - Pacific Association in Folsom which is a clearing house for the contributions. Their number is 983-4622.

**Cool races in the Bay Area:** *The Final Result's* Vic Khachadourian (spell that fast!) just may be the most creative race director in Northern California. He's noticed that "successful and popular running events have a novel theme, course or idea." Some of his include The Run the Runway (advertised as the flattest course on Earth, entrant run on the runway at N.A.S. Moffet Field and finish in a hangar) and The Run Down the Deficit Run where proceeds were donated to local and federal government to reduce the national debt. For a listing of future events call The Final Result: 1-800-491-8988.

## Run Safe Video Wins National Award

The RRCA video "women running: run safe. run smart" has won a Golden Apple award from the National Education Film and Video Festival. The 13 minute video won the organization's highest award which means it will now be entered into the 1994 Academy Awards in the Documentary and Short Films category. The video reflects the positive portrayal of women runners while at the same time showing the necessity of safety awareness and a good working relationship with law enforcement. The video illustrates awareness tips developed by the RRCA with input from runners, the FBI, and other law enforcement agencies. It is available from the RRCA for \$15 (including postage and handling). High Dunger Joe Staats and I both have copies. If you'd like to view it please contact Joe or call me at 983-5272.

*P.S. If you thought "Personal Best" was my last venture into MovieLand, watch 'women running: run safe. run smart' very closely. I'm in it but don't blink! You'll see a close-up of me listening intently and...surprise of all surprises: I was having a good hair day!*

## SHOES!

New Models to Try  
by George Parrott

Have you found that your times have stopped improving? Are you less enthusiastic about lacing on those sneakers for your daily run? Are your friends avoiding you? Perhaps for a variety of reasons you are ready for a new look in your running shoes. As funny as it might seem, getting a new pair of shoes can give your workouts both a psychological and a physical lift, and for many in the HERD, a pair of lighter racing/training shoes may be part of the answer to "How do I get a PR?"

Running shoes have, I'm sorry to remind you, a very finite life. Generally 500-600 miles or three to four months in the summer, and your old "friends" are due to be assigned to the geriatric home for old shoes. Both wear and the passive deterioration of the midsole materials to oxidation put real limits on the longevity of our most central training tools. Replacing shoes at regular intervals and even training in two or three different models are very thoughtful and protective strategies to protecting the most important of your assets as a runner -- your biomechanical lower systems.

**MIZUNO** has upgraded its well-respected Challenger model into what is now called the Spyder. This is a fairly light (but not dainty or wimpy) racing/training shoe that many BISON could well stampede with! I have used this shoe for fast trail runs and hard track workouts; it has enough forefoot protection and traction for the trail, and it is light enough and responsive enough for the track or Tuesday night workout. This would be a good 10k to marathon shoe for almost any runner!

**AVIA** has just introduced the Mantis as a lighter trainer or longer race shoe. This design features some of my favorite wild colors and an innovative lacing system. The shoe has a great deal of midsole thickness for a lighter shoe, making it quite protective, but just a bit stiff. There is good motion control with this design, and it should be good for medium to heavier runners as their racing shoe or fast trainer.

**ASICS** continues to develop its Gel cushioning system, and their newest Gel-Lyte Trail has proven to be very well-made, durable, protective and comfortable. This shoe is the antithesis of the Mantis in its color format -- conservative blacks and a little purple, but it features the snug-fit collar and very good trail traction for high marks on functionality.

**BROOKS** recently sent out a new mid-line shoe called the Phoenix that promises to be quite light, well-cushioned with their Hydroflow cell, and very comfortable for Tuesday-night type workouts or races of any distance up to the marathon. Since Brooks is aggressively trying to get back in the running market, I expect these shoes to be very competitively priced.

**NIKE** is introducing a new model called the Huarche Racer, but **avoid it like the plague!!!** I got mine at Boston, and I am still trying to break them in. There are very rough, unfinished seams in the inside forefoot area, and these are **tearing up my feet!** I think the design concept of this shoe has promise, but Nike has major quality control problems here!!! I have not tested any of the new, price conscious, line of Triax models which Nike debuted at Boston.

# usat&f story by Chris Stockdale

## Remember TACSTATS?

### Now It's Road Running Information Center!

Chris Stockdale

In the last article you were introduced to USA Track and Field. This article describes how USAT&F and RRCA are working together for the running community. I hope you will be interested in the following information. The Road Running Information Center, based in Santa Barbara, CA, is the officially designated road running record keeper and national database for USAT&F. The Center covers, documents, and promotes long distance running in this country and throughout the world. Its database contains the names of more than 25,000 athletes and information on 5,000 races and events.

Each month, the Center produces World Rankings for elite open athletes for the media and other sources. In addition, it provides running related information such as demographics and statistics to anyone who is interested. However, the database serves *not only* elite runners, race directors, the media and USAT&F officials, but also runners of all ages who have run a national class time on a certified course. The Center has established time standards for the commonly run distances (5K, 8K, 10K, marathon, etc.) for each age group for males and females. (See box which shows the Women's Standards for '93). '94 Standards are about to be released.

On a bimonthly basis, the Center publishes a newsletter called *On the Roads*, which has 4,500 subscribers. This newsletter covers the sport of running in the US and the world. Article topics include athlete profiles, sports medicine, American and world records, age group rankings, race director information, national championships, annual demographic studies and other relevant road running information. It is free for national class runners, USAT&F officials, race directors and the media; otherwise, subscriptions are \$20 a year.



(If you believe you are a nationally ranked runner but are not receiving this newsletter, make sure the Center has your address.

Every year, the Center produces a records and ranking book. This book, more than 450 pages long, covers the national records (male and female) for the standard distances (5K to 50 miles), along with that year's rankings per distance for all age groups and the all-time lists (American citizens). The next edition will include more than 14,000 annual 1993 rankings and 9,000+ all-time rankings and single and age group records. It sells for \$45.

To order publications or to request information, write to Ryan Lamppa at the USAT&F Road Running Information Center, 5522 Camino Cerralvo, Santa Barbara, CA 93111: fax him at 805/967-5958, or phone him at 805/683-5868.

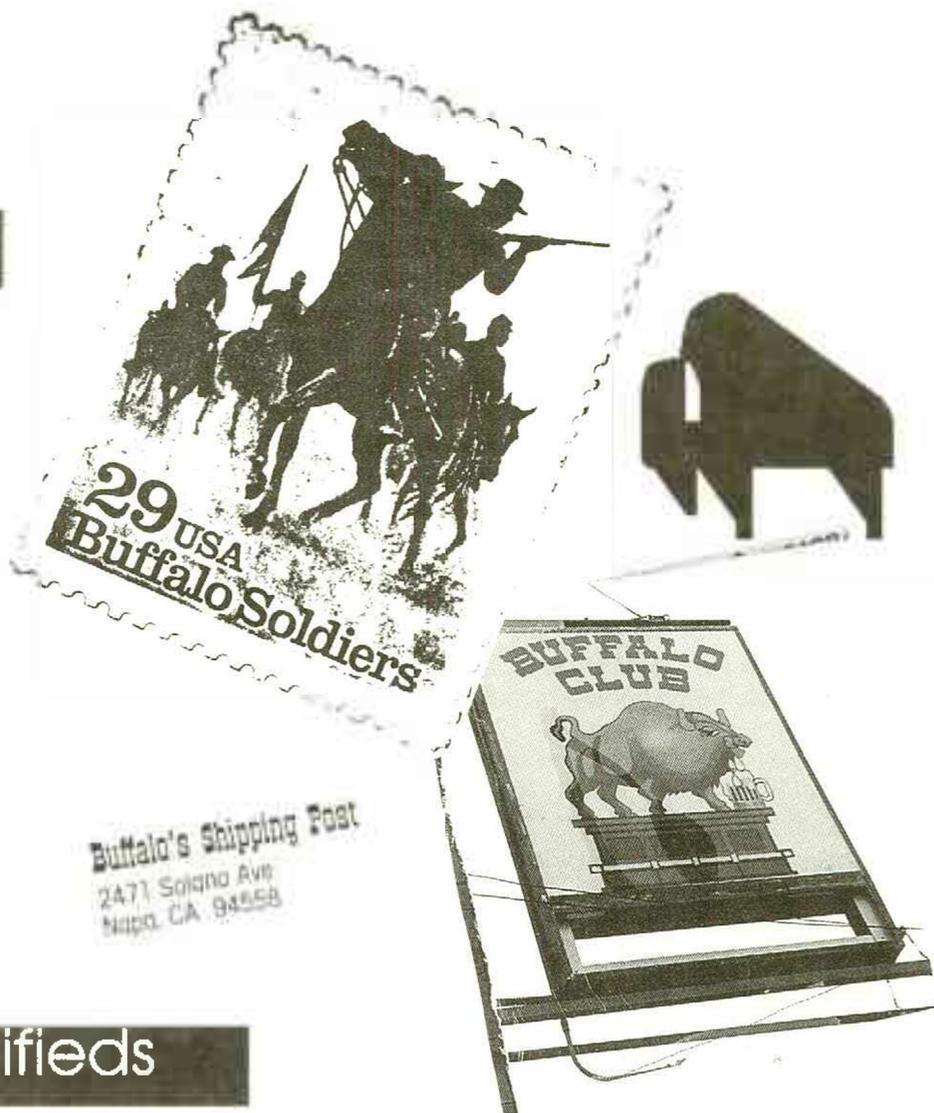
*About the author: in addition to being the Masters LDR Chairman of the Potomac Valley Association of USAT&F, she writes a column for the RRCA publication, Footnotes, entitled "From the Clubs". She is one of the Washington, DC area top woman master's runners and is a member of the Montgomery County Road Runners Club and the DC Road Runners Club.*

**There are still lots of USAT&F Grand Prix races left in the '94 season! Get a registration form from George Parrott or from the Pacific Association in Folsom. You'll need it anyway for Cal International. Don't forget to list your club as The Buffalo Chips, so you will be eligible for team competitions automatically. Next Long Distance race is the Sonora Mile on June 26th. Next Ultra is Western States, on June 25th.**

## BUFFALO bits

You know you're a Buffalo Chip if:

1. You're attracted to people with hairy shoulders.
2. You want your kids to go to the University of Colorado.
3. Black and gold are the predominate colors in your wardrobe.
4. Your travel plans include Las Vegas in February; Boston in April; Duluth, MN in June; Manchester, England in July; and San Diego in August; but you always stay in Sacramento the first weekend of December.
5. You consider "Buffalo Butt" a term of endearment.



## ENQUIRER classifieds

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

Cost? \$5 for the first 20 words. Each additional word is 25 cents. Send adds with payment in full to The Buffalo Enquirer at the Chips P.O. Box. Make checks payable to The Buffalo Chips R. C.

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**Wanted:** A volunteer to be responsible for collecting race results for The Enquirer. We're really serious about this one! Responsibilities would include assigning different races to different people, getting race directors to send results, compiling data in a legible format. Contact Cynci or Debra.

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**Wanted:** *Runner's World* magazines circa '78, '79. Contact Jim Mason at Tuesday night workout (Group 6).

**Remember!!!** Bulk mail is NOT forwarded. You must remember to give Dick Kinter your new address (by phone or postcard) BEFORE you move, or your Enquirer, which costs a fortune to produce, will end up in the dead letter file!!! 916/944-1503

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**Such a deal** we've got for you! On July 4th (8 a.m.) at cool, shady Glen Hall Park is a 5-mile race, sponsored by the Buffalo Chips, and it's FREE! Join us to run, or sign up to volunteer. For more info call Dick Kinter at 916/944-1503.

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**Wanted:** An inspired, creative, independently wealthy, hardworking, unemployed genius with a Ph.D in English, Journalism, and Graphic Arts to be the next editor of *The Buffalo Enquirer*. Contact Cynci or Debra.

**Women Runners and Walkers:** Be sure to save Saturday, August 13th, and plan to enjoy the Susan B. Anthony all women 5K Run and Walk. It's at beautiful Glen Hall Park at 8 a.m. Call Steve Ashe at 916/366-6772 for more info.

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**Wanted:** Chip men! Come help out and check 'em out at the Susan B. 5K! Give Steve a call at above number.

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**Wanted:** More USAT&F team Chips. Open, Masters, Seniors, Super-seniors, we know you're out there! Remember, fame and fortune await. For more info call George Parrott at 488-6580.

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**BUFFALO chopper, Hobart 84142, power take off w/attachmts \$1500. 877-7836 877-3397**

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## Safety on the Trails

by Cynci Calvin

Runner safety is an issue *The Buffalo Enquirer* addresses regularly. Barbara Schoener's death from a cougar attack while running on an American River trail has motivated me to write about safety on the trails. We love our sport for its simplicity and spontaneity. But we need to make ourselves aware of the hazards that exist not only in civilization but also in the parks and wilderness, where more and more people choose to run. The footing of the trails alone is a hazard. A trail runner is more vulnerable to the weather, be it hot or cold. Poison oak, Giardia-tainted water, Lyme disease-carrying ticks, and rattlesnakes are just a few more goblins lurking out there. While animal habitat dwindles, more and more humans are trying to enjoy open space, and animal-

human confrontations are on the rise. How do we maximize our safety and still enjoy our excursions into Nature's domains? Here are some important things to consider before, during and after your run in the great outdoors.

### Before the run:

- 1. Never run alone.** I know this "rule" grates on the nerves of every runner whether on the trail or otherwise. To some it is like saying, "Join a tennis club and give up running," but it is also our very best insurance for safety. If you have an accident on the trails, it is less likely that help will be nearby. If you have company on your run, help is there. Also, there is someone who can return for help. Predators are less likely to attack two or more people together, and if such an attack occurs, chances of fending it off are better. Running with a dog is no guarantee for safety from predators, and might even attract them.
- 2. Plan your run.** Select a distance and a route before you leave your house. Consider the weather forecast, what the trail conditions might be, how to dress and what gear to take.
- 3. Run during daylight hours.** An obvious reason for this is that you can see better during the day. Another reason is that many wild animals are nocturnal. Daylight running is one more way to reduce the chance of an encounter.
- 4. Inform someone of the route and time of your run.** This is a basic rule for all runners and is as important for trail running as it is for road running.
- 5. Dress appropriately.** We usually remember things like hats, sunblock, and protective eyewear, but also consider protective clothing if your route is taking you through brushy, thistly, poison-oaky areas. Apply tick/insect repellent. Wearing clothes that make you look bigger and less like a deer may be a deterrent to predators, although there is no written proof of this. Current research provides no information about a way to dress that will absolutely prevent an attack from a stalking predator. Placer County Trapper, Bob McCurry reports that baggy, loose, low contrast or solid color clothing is a good choice for three reasons. First, it will make you appear larger (you can even pull your jacket up above your head to enhance this effect during a confrontation). Second, you have the chance of slipping out of the clothing if attacked. Third, low contrast or solid colors will not look like the coat patterns of prey animals. McCurry also reports that you should smell like a human. Don't shower before the run, don't use deodorants, perfumes, or colognes, and working up a bit of a sweat before heading out is not a bad idea. He mentions that new running shoes should not be worn, explaining that they have a distinctive rubber smell that could actually be an attractant. Cougars are known to "mark" tire remnants on the roads next to deer roadkills on which they have fed.
- 6. Plan to carry essential supplies.** There are books written about this, but basically the supplies relate to the kind of run you are planning. For a shorter trail run you might not need anything. The longer the run, the more complex the needs and considerations will be. They include items like water bottles, water filters, food, deterrent devices, space blankets, a pocket knife, matches or lighter, a first aid kit, and on into the world of backpacking.

My point here is to plan according to where and how long you're going to run. Don't just head down the trail without considering what you might need to have an enjoyable and safe experience.

**7. Consider carrying a deterrent/self-defense device.** Mace, pepper spray, supersonic sound devices, and noisemakers are all possibilities, but once again be aware that very little research has been done to prove the effectiveness of any of these against wild animals. Jim Halfpenny, biologist, tracker and field guide has studied 394 cases of human-mountain lion interaction, 37 of which are considered close encounters. He recommends carrying pepper spray, which has been used successfully. There is also some evidence that a stun gun would be effective against a larger predator. A handgun is another possibility, but remember that you need a special permit to carry one in any park system. Unfortunately, the most common predator you might encounter is one of our own species, against whom Mace, pepper sprays, stun guns, and hand guns do have proven effectiveness.

**8. Menstruating women** must be aware that they are more likely to attract a predatory animal. Stay out of the wilderness during this time, or run with company.

## During the run:

**1. Be alert.** This might be as simple as getting a good night sleep before your run, or as important as *not running* if you are overly fatigued. Trail running is tricky business. You need to watch the trail to avoid stumbling, and you have to look ahead for obstacles, snakes, sick animals, or healthy larger animals, with whom you might be sharing the trail. If you have an accident or encounter an animal, you must be sharp enough to know how to react.

**2. Poison oak** is all over Califor-

nia, and most people are allergic to it. Its glossy leaves, three to a stem, resemble the leaves of true oak trees. In response to dryness and heat, the leaves gradually turn from green to shades of orange and red. The leaves fall off in the winter, making the plants very difficult to recognize. All parts of the plant have the toxic oil. Protective clothing and avoidance are the most effective preventative measures, but be aware that the oil sticks to clothing.

**3. Insects** to be concerned about are primarily ticks. Wear insect repellent and protective clothing.

This has the added benefit of keeping mosquitos away. Be sure to do a tick check after your run. If one is imbedded, attempt to remove it intact, and consult with your physician as soon as possible about antibiotic therapy for Lyme's disease. Consult with your doctor if you discover a red, sore spot that might have been a tick bite, even if it is several days after your run. Symptoms of Lyme disease are varied and flu-like. If such symptoms persist, be sure to explain to your doctor that you run trails and might have been exposed to infectious ticks. Other insects to be aware of are bees and black widow spiders. Stay away from swarming bees, and if you are allergic to bee stings, talk to your physician about carrying a "bee sting kit." Black widow spiders have a poisonous bite, which is not deadly to humans. They are distinctly glossy black with an orange "hourglass" shape on their underside. They live under dry wood and in rock crevasses, so avoid careless action around such places.

**4. Bad water** might not look bad at all. But even backpackers in the high Sierras are told to filter any of the water they might drink because of the risk of Giardia. This micro-organism causes a very nasty diarrhea, which has debilitating effects if left untreated. At lower



elevations, raw water can also carry Salmonella and hepatitis. Carry good water, a filter (available at outdoor stores), or both.

**5. Unsafe swimming** could ruin you and your run. Before you plunge into that river, consider the possibility that the current might sweep you away, or that concussion-causing rocks lurk under the surface. You should swim only in calm pools, and ease into them. Never dive.

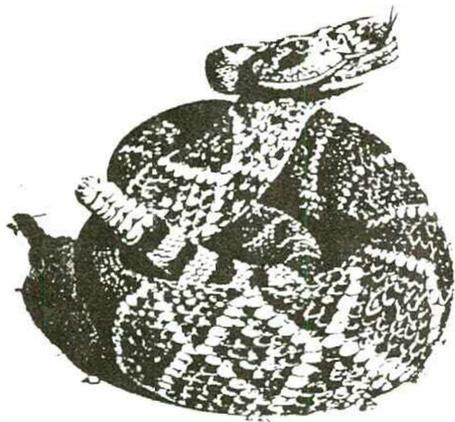
**6. Mine shafts** are present all over the Sierras and their foothills. They are intriguing but they are also unstable. Leave them alone.

**7. Sudden changes in the weather** are more likely to occur on the trails at higher elevations. When running these trails carry some kind of clothing or a space blanket, which will enable you to stay warm in a sudden downpour.

**8. Lightning** accompanies thunderstorms. If one is predicted most of us will stay at home. But if you get caught in one of these storms, you can avoid a lightning strike by staying away from tall trees, by staying off high, exposed ridges, and by not running out in the open.

**9. Snakes** are often seen by trail runners, and rattlesnakes are the dangerous ones in California. They are distinguished by their jointed rattles on the tail, their triangular shaped head, a distinct neck region, heavy bodies, and blunt tails near which there are a series of dark and light bands. Rattlesnakes live all over California, from sea level up to more than 10,000 foot elevations. John Brode, snake expert for the California Department of Fish and Game, offers this advice in a 1993 article of *Employee Magazine*:

"When hiking, stick to well used trails and wear over-the-ankle boots and loose fitting, long pants. Don't step or put your hands where you can't see, and don't wander around in the dark. Step ON logs and rocks not over them, and be extra careful where you put your hands when climbing rocks. Avoid walking through dense brush or willow



thickets" Also be aware that snakes are more active in the spring, when they leave their hibernation dens, and in the fall, when they migrate back to their dens. Baby rattlesnakes have venom too, so any size rattler is dangerous. If a snake is seen on or near the trail, just leave it alone and give it plenty of space as you pass it. If you feel safer staying on the trail, wait for the snake to retreat. If you are bitten by a rattlesnake, stay calm (death from snakebite is extremely rare), keep the bitten area immobile and cool (not iced), and get to a hospital as soon as possible. A crosscut of the wound and suction of the venom is not recommended, although a new device called a Sawyer Extractor Pump may be useful and worth carrying if you will be more than four hours from a hospital. Do not apply a tourniquet or pack the area with ice as these methods can cause tissue damage. A compression band (loose enough to fit a finger beneath) above the wound may also be helpful.

**10. Small and medium sized animals** would include foxes, coyotes, wolverines, badgers, skunks, squirrels, marmots, opossums, rats and mice. These animals avoid contact with humans, and most of them are nocturnal. If you come



close to one on the trail, and it doesn't immediately leave, it is very likely to be sick. Rabies and plague are just two examples of animal diseases communicable to humans. Suffering animals are also very defensive and may bite. Give an animal like this a wide berth, and when you return, report its location to a Park or Fish and Game official. If you do have contact with a wild animal, especially any contact that breaks the skin, get medical attention as soon as possible.

**11. Cougars** are also called pumas and mountain lions. Since bobcats are carnivores, and have been known to kill deer, they can be included with cougars even though they only weigh up to 30 pounds. The habitat of both these animals is



extensive. They are territorial and will seek new habitats if a familiar one becomes crowded or the food source dwindles. If you see a mountain lion or a bobcat on the trail, there are important rules to follow. These are taken directly from the California State Department of Fish and Game's pamphlet "Living with Mountain lions,"

**DO NOT APPROACH A LION:** Most mountain lions will try to avoid a confrontation. Give them a way to escape.

**DO NOT RUN FROM A LION:** Running may stimulate a mountain lion's instinct to chase. Instead, stand and face the animal. Make eye contact.

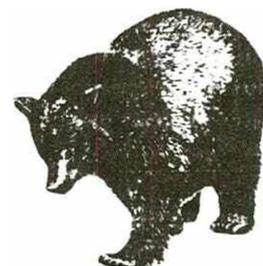
**DO NOT CROUCH DOWN OR BEND OVER:** A person squatting or bending over looks a lot like a four-legged prey animal.

**DO ALL YOU CAN TO APPEAR LARGER:** Raise your

arms. Open your jacket if you are wearing one. Throw stones, branches, or whatever you can reach without crouching or turning your back. Wave your arms slowly and speak firmly in a loud voice. The idea is to convince the mountain lion that you are not prey and that you may be a danger to it.

**FIGHT BACK IF ATTACKED:** A hiker in Southern California used a rock to fend off a mountain lion that was attacking his son. Others have fought back successfully with sticks, caps, jackets, garden tools, and their bare hands. Since a mountain lion usually tries to bite the head or neck, try to remain standing and face the attacking animal. Cougars are solitary and elusive. As mentioned in an article in the July, 1992 issue of *National Geographic*, there were 53 unprovoked mountain lion attacks in both the U. S. and Canada between 1890 and 1990, of which 9 were fatal. In comparison, in the U. S. alone, there are an average 40 bee sting and 80 lightning strike fatalities annually.

**12. The Sierra Nevada Black Bear** lives in the Sierra Nevada Mountains south to Kern County, then west to parts of the Coast Range. There is a Northwestern Black Bear that lives in California's northwestern counties. California has no grizzly bears. Since some bears have had contact with humans in park situations, they might be less timid than we would hope. Be aware of this, and follow the aforementioned mountain lion rules if you see a bear on the trail.



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## After the run:

1. **Drink and eat.** This is an obvious one, but trail running is often longer and more taxing than other kinds of running, and exposure to the elements can be more intense. So don't forget to rehydrate and catch up on your nutrition.
2. **Report suspicious people, unusual animal encounters, and any severe damage or hazard on the trail to the proper authorities.**
3. **Clean up carefully.** If you were around poison oak, put clothes immediately into the wash, and scrub down with a strong soap. Check thoroughly for ticks.

Wherever we run, there is potential for an accident or a problem. The first step toward minimizing this potential is awareness. Educate yourself about the dangers you might have to confront, and do whatever you can to minimize their chances of occurring. Know how to deal with them if they do occur. Take responsibility for your love of this sport, and encourage your fellow runners to do the same.

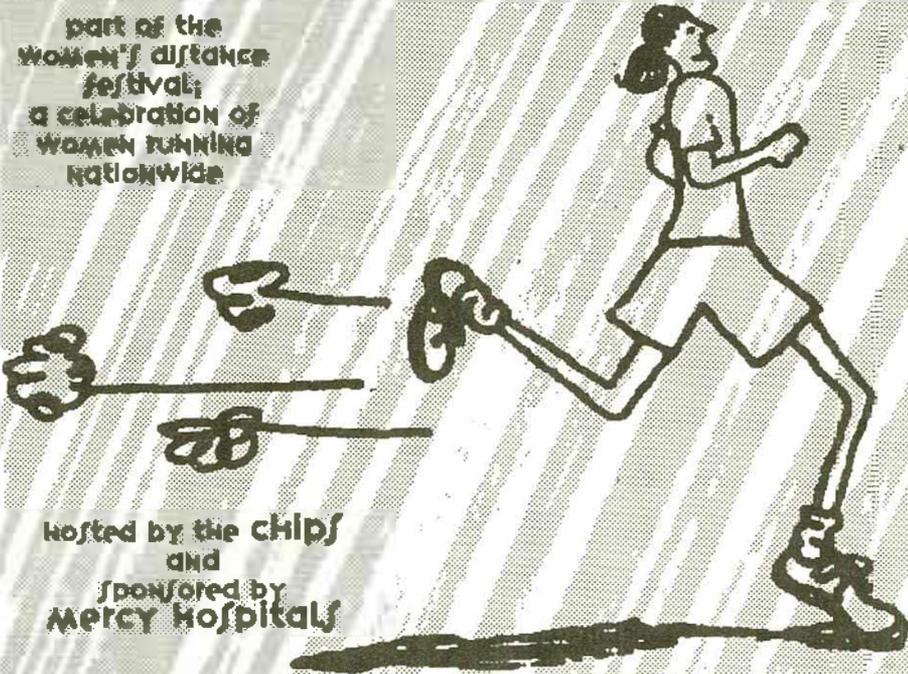
For references, contact Cynci Calvin.

**saturday, august 13, 1994**

# **Susan B. Anthony Women's 5k**

**run • walk • race walk**

part of the  
women's distance  
festival;  
a celebration of  
women running  
nationally



hosted by the chips  
and  
sponsored by  
mercy hospitals

**fun • cool t-shirts and tank tops • great awards  
& goodie bags • lots of raffle prizes**

**Where: glen hall park, sacto., time: 8:00am**  
**for a race application, call 366-6772 or 983-5272**



## Welcome to the Herd!

New Buffalo Chips

Alajanera Aguirre  
Kathleen Allgaier  
Bill Beime  
Richard Bergins  
Shelly Black  
Nicole Boyer  
William Breiger  
Skip B. Buck  
John Camps  
Judy R. Cooke  
Steve Dominguez  
Ron Dona  
Don Fencik  
Mike Figliola  
Margie Foust  
Darlynn Giorgi  
Angela Heung  
Dave Holman  
Mike Knzovich  
Helen Kretzmann  
Ginger Kurowski  
Lou Levy  
Sherri Lotridge  
Buffy Lowe  
Jim Mace  
Michelle Markee  
Ben McCoy  
Wayne Miller  
Neil Moore  
Bill Niemi  
Greg Nissen  
Scott E. Owens  
Vickie Pell  
George Pumphrey  
Dick Ratliff  
Maria A. Rodgers  
Kathy Ryan  
Bill Slocum  
Jack Sohl  
Sara Tinoco  
Pat Watters  
Beth Weigl

If you have any questions  
regarding membership please contact  
Dick Kinter or any Board Member



## Jimmy Stewart Marathon Relay Sunday April 10, 1994 Griffith Park, Los Angeles

by Jeff Hildebrandt

Several months ago the RRCA awarded the Buffalo Chips the privilege of sending a team on an expense paid trip to represent the Western Region at this event. The Chips were selected from other Western Regional clubs on the basis of a written description sent to the RRCA about the history, purpose, and accomplishments of our organization. So who got to go? A time trial event was held from which the three fastest men and two fastest women were selected as the team. The herd cutifully responded and when the dust settled our very own Bison '94 Dream Team consisted of Rich Hanna, Brad Lael, Jeff Hildebrandt, Connie Kondo, and Francie Benson.

They competed in the 13th running of this event, which is co-hosted by Jimmy Stewart and Robert Wagner. All proceeds benefit the Child Study Center of St. Joseph's Hospital in Santa Monica. Each team member runs a fairly flat 5.2 mile loop in LA's Griffith Park, where the baton exchange occurs at the "Merry-Go-Round area!" The event is open to a number of team categories, with a \$500 entry fee for most, but only

\$100 for RRCA teams. South Coast Road Runners, sometimes called the "Chips of the South", fielded five teams! The race had enough activities, including a celebrity race, happening before, during, and after the event to make the whole day an experience.

Jeff Hildebrandt reports that on Saturday morning, April 9th, the "Dream Team" gathered at the Sacramento airport, where they discovered that Brad was suffering from a flu bug. Too late for a last minute substitution! They boarded a Southwest Airline flight to Burbank, where they were greeted by Willie James, their shuttle driver. He had been a volunteer for the Relay for many years, and was an excellent source of information about the Relay and about earthquake devastated LA.

The Chipsters' hotel was in Santa Monica, not far from the beach. After a few hours of sightseeing, they returned to the hotel, where Willie awaited to take them to the pre-race dinner, which was held at a very nice Italian restaurant. Brad made it to the restaurant where his stomach said "no way." Back to the hotel for him. The remaining four enjoyed their meal while they checked out the competition. Here they discovered that other regions' winning clubs had chosen their teams in different ways. For instance, the Eastern Region team from New Jersey was selected from members who did the most volunteer work. What a nice reward for them to have a trip to sunny California after that nasty East Coast winter!

Willie picked up the team at 6:00 a.m. Sunday morning. Fortunately, Brad was feeling much better; he was even able to eat! V.I.P. treatment was the order of the day, from their arrival at Griffith Park to the post-race festivities. They carried a hand stamp and a wrist band which gave them access to the V.I.P. area.

Connie Kondo was the team captain. She was responsible for a lot of the organization before and during the trip. For her effort, the relay baton was hers. Connie decided to have Jeff run the first leg of the relay. Brad would get the second leg, Connie the third, Francie the fourth, and Rich would bring it home.

With Robert Wagner announcing the start of the race, they were off. After a crowded start, Jeff was able to find some open space and settle into his pace. Running 4th behind three Mexican runners, he handed off to Brad. Brad ran strong and gave Connie the baton in 5th position. Connie also ran well, keeping the team in good position. She handed off to Francie in 10th position. At this point in the race, there were a lot of teams looping the course, passing the slower teams. Francie turned in a strong leg, handing off to Rich in 14th position. Rich turned on the afterburners and passed four other teams, putting the Chips in 10th place overall, and first place in our regional division. Out of 670 teams competing, 10th place as a mixed team was a great performance. But they *were* perplexed that they didn't get close to Rich Hanna's 2:17 PR marathon time! The winning team from Mexico ran around 2:08.

The Chips "Dream Team" says, "Hats off to organizers and sponsors of the Jimmy Stewart Relay Marathon! We were given the V.I.P. treatment." They also think The Jimmy Stewart Relay Marathon would be a good future event for any group of Chippers who want a change of pace. Being involved in team relays was fun for the whole group. It's something for everyone to think about for next year's running schedule.



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ing, listening and learning. Culture-bound Bison enjoyed the Boston Museum of Fine Arts and the Boston Symphony. Several of the herd's Bulls were sighted in Cambridge enjoying rhythm and blues, and three Cows enjoyed a great musical review of 50's music called *Forever Plaid*. Have you herd that the Boston Red Sox are considering a Buffalo as their mascot? That's how many of us were sighted at their games over the weekend! Sightings of Chips were also reported at the Samuel Adams Brewery and at Filene's Basement (a Boston-based department store institution). On Sunday evening, most of us gathered for a pre-race pasta dinner at the hotel. This saved us the stress of getting to the official pasta dinner, at which the Boston Athletic Association somehow manages to feed around 15,000 people. It's lots of fun and an amazing feat, but we decided to save our feet instead.

I like to think of raceday in Boston as leisurely. Most people think of it as frustrating. The race starts at noon, and the buses get us to the start at Hopkinton between 9 and 10 a.m. There's plenty of time to eat, hydrate, chat, review race strategy, find long lost friends and use the portapotties. This year, we also critiqued pre-race keep warm fashions. Chris won high praise for her recycled space blanket wrap-around skirt. It's environmentally correct, kept her legs warm, and metallics are very "in" this year! I wistfully gazed upon a baby blue garbage bag, looking down at my drab black one, until I realized the solar power of mine. Decidedly "cut" was long underwear with holes. At 11:30 a.m. we started the 1/2 mile walk to the starting pens, where we wished one another good luck and went our separate ways. Tears came to my eyes as the Hopkinton High School Band played the National Anthem. Then the wheel chair racers were started, and fifteen minutes later, the gun sounded for our start. We were off and running!



Wyoming Chip, Lee Rhodes III, learning all about Slamming a Sam.



Barbara, Chris, and Cyncl about to shed their pre-race fashions.

Well, some of us were off and running. Fellow Chips reported times as long as ten minutes to cross the starting line. And after that, there is a herky jerky mile as everyone finds a niche in which to run. It is all pretty crazy, but it is Boston. They *do* adjust your finishing time if you want to use it for next year's qualifying, and anyone who knows Boston knows to ask, "So how long did it take you to cross the start line?" Quite unique, since the usual question asked is, "How long did it take you to cross the finish line?" The weather seemed

scary at first, with blustery winds, some clouds and temperatures in the mid-50's. People were talking about tail winds, but little did we know. That seemed too much to hope for! Once into the first few miles of the race, I could feel the wind push me *up* a hill. We had those tail winds for the entire distance. But it was a drying wind, so staying hydrated was essential. The net effect is reflected in all the course records set this day. And I can't fail to mention the 1.5 million cheering fans all along the course who provided a tail wind of their own.

The herd once again did the Club proud. Sharlet Gilbert starred in the increasingly tough Master Women's Division, coming in 3rd (misreported in the Boston Globe as 2nd), in an awesome time of 2:43:46. This is a Club record for a master woman's marathon, improving on Joan Reiss's 2:56:24 (Modesto, 1984) by nearly 13 minutes. Chris Iwahashi kept a sub 3-hour pace until mile 24, where an elephant hitched a ride with her and made her carry it to the finish in 3:03. At our post-race-war-story-review party at the Copley Square, everyone reported strong, successful races, and everyone agreed that this is one tough course, even with a tail wind. Then most trooped off to Legal ("if it ain't fresh, it ain't legal") Seafoods Restaurant for well-earned nourishment, and a hardy few of that crowd went on to the post-race party. This is held in The Alley, a cluster of nightclubs that have a variety of music-something for everyone. The entire area was cordoned off for marathoners and guests only, and it's pretty amazing to see how quickly some people can recover from their marathon efforts.

Tuesday morning, many of us met in the hotel's coffee shop to say, "Good-bye" and "See you next Tuesday." As I emerged from the elevator I saw George, who was on the phone checking with B.A.A. about team results. Our master

women's team included Sharlet Gilbert, Pam Cantelmi and myself. I dragged Pam from the coffee shop in time to see George hang up the phone and turn to us, saying, "You did it! You won!" Only a very deep fear of being arrested for disturbing the peace kept us from shrieking at the top of our lungs, but in mid-decibel range we expressed our excitement and joy. When I first joined the Chips in 1988, I had a pipe dream to compete in Boston with a master women's team. At that time, the division did not even exist. Last year, when the division did exist, injuries struck our potential team, and Kerry Wright was our sole rep. So this year my pipe dream not only came true, but we won! Thank you Buffalo Chips, thank you George, thank you Sharlet and Pam. And thank you other master women, such as Jan Levet, Anne Veling, Ann Gerhardt and Kerry Wright who didn't make it to Boston this year, but whose encouragement and enthusiasm most certainly contributed to our success.

#### Winning Times

*Open Men:* Cosmos Ndeti (Kenya) in 2:07:15 (course record)

*Open Women:* Utta Pippig (Germany) in 2:21:45 (course record)

*Master Men:* Doug Kurtis (Michigan) in 2:15:48

*Master Women:* Emma Scaunich (Italy) in 2:33:36

*Wheelchair Men:* Heinz Frei (Switzerland) in 1:21:23 (course record)

*Wheelchair Women:* Jean Driscoll (Illinois) in 1:34:22 (course record)

*First American, 7th overall:* Bob Kempainen (Minneapolis) in 2:08:47 (course record)

*Master Women's Team:* Buffalo Chips Running Club in 9:30

#### Chip Women Times\*

Sharlet Gilbert: 2:43:46

Chris Iwahashi: 3:03

Cynci Calvin: 3:16

Barbara Heiller: 3:24 (her last mile was a 6:30!)

Cary Craig: 3:24

Pam Cantelmi: 3:30

Linda Hood: 3:47

Cindy Nalepa-Nelson: 3:59

The 4 hour Cruisers:

Cindy Hayes

Pam Kelly

#### Chip Men Times\*

Bob Sharman: 3:00:30

Ron Parrett: 3:13:13

Lee Rhodes III: 3:15

Mark Metz: 3:15

Monty Schacht: 3:16 (a comeback PR!)

George Parrott: 3:16

Steve Ainsworth: 3:19

Joe Staats: 3:21

John Murray: 3:23

Ski Polanski: 3:30

John Murray: 3:50 something

#### Chip Athletic Supporters, Best of Times:

Eric Park, injured qualifier

Sherrie Lotridge, injured qualifier

Howard Ferris

John and Christine Davis

Sue Murray

Kathleen Kastner

Julia Ainsworth

Deane Calvin

Pat Whelan

John Gilbert

Ron Parrett's friend's friend

\*These times are unofficial.

They're sort of Fenway (as in ball)

Park figures!

Lee Rhodes on his way to a 2nd place division finish at AR 50



photo by Jane Byng



Photo by Jane Byng

Chip Tom Johnson with pacer, Chip Rich Hanna, cruising to a course record.

## The American River 50 Mile Endurance Run

April 2, 1994

by Jim Mace

The nearly 500 runners, fit and ready, appeared calm and laid back at the start, in contrast to the fear most people about to tackle such a monster effort would display. If these mortals had misgivings about accomplishing their goals, they fooled me.

Ultrarunners, a special and gifted band of athletes, who are able to commit themselves to high mileage training and competitions, deserve serious admiration. It has mine, and I consider their ventures as nothing short of noble. The American River 50 is not one of those knockdown, dragged out, hellish kinds of courses, conceived by the sadistic of mind, but it is diverse and demanding. The first 24 miles are on a relatively level asphalt bike trail, which meanders along the American River to Negro Bar. The next 3.5 miles to Beals Point are hilly, but the course flattens out until mile 32 at Granite Bay. Here the pavement stops, and

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a narrow, rocky, rutted horsetrail begins, which becomes increasingly rough and hilly as it nears the finish in Auburn. The course wends its way through 9 townships and 2 counties.

The American River 50 is the largest ultra run in North America. This year it attracted 6 ultrarunners from Japan (for the 2nd year in a row), 2 from England, and many from states such as Alaska, Florida, and Minnesota. 114 women entered, the largest number ever in an ultra. 60% of the starting field were more than 40 years old, and within that number, a couple dozen were more than 60 years old.

Individuals to watch in the men's division included Carl Anderson, Buffalo Chip Tom Johnson, Brian Purcell, and Harry Johnson. Carl Anderson, of Kensington, CA, has one of the few sub-six hour times on this course. Harry Johnson, from Anchorage, AK, has led many ultraruns, including last year's Western States until mile 70. Can he hang on this time to win? Brian Purcell, from Santa Rosa, CA, is a past winner of Western States and has a Jed Smith 100K time of 7:06. Tom Johnson, from Loomis, CA, has the most impressive list of ultrarunning victories, including three Western States wins. The top women included Chrissy Duryea, of Cambell, CA, who won the quadruple Dipsea in November, and Luanne Park, of Redding, CA, who won the Cool Canyon 50K in 4:15, the 2nd fastest woman's time ever. Suzie Lister of Oakland, CA, is ranked #1 in the USAT&F Ultra Grand Prix, with victories at the Jed Smith 24-hour run (122 miles) and the Ledson Marsh 50 Miler (7:44).

Race officials and entrants gathered at the start at the CSUS campus early in the morning on April 2. Race Director Delmar Fralick gave preliminary information and a pep talk, photographers took pictures and competitors traded handshakes and well-wishes. The race started promptly at 6 a.m., and as the runners took off, support teams, volunteers and Fleet Feet race crews left for assigned checkpoints and aid stations.

Lead runners Scott St. John, Harry Johnson, Carl Anderson and Tom Johnson reached the first checkpoint (mile 5.1) in a record 29 minutes. They continued this record pace through Goethe Park (mile 9.3) in 55 minutes. Harry Johnson reached the Nimbus Dam Overlook (mile 19.5) in 1:53, a 5:48 pace, with Carl Anderson, Greg Miller, Tom Johnson and Scott Johnson close behind. The first woman to reach Nimbus was Luanne Park in 2:02, a 6:15 pace, followed by

Suzie Lister in 2:16. Mary Ann Murphy, Bridget Brunnick, Charmella Schumaker-Sercrest, and Chrissy Duryea arrived 15 minutes later. At Nego Bar (mile 23.7), Luanne Park still led Suzie, Bridget, and Chrissy. Carl Anderson arrived at Granite Bay (mile 31.7) in about 3:20, 30 seconds ahead of Tom Johnson. Carl's wife, Ann Trason, joined him there as his pacer, but when Tom Johnson passed them around mile 33 she left him to chase Tom alone. Tom arrived at Rattlesnake Bar (mile 41.1) in 4:18, followed by Harry Johnson in 4:38, and Dave Scott and Brian Purcell 5 minutes later. Rich Hanna paced Tom the last 20+ miles and they covered the final 2 uphill miles in 14:30. Tom's time of 5:33:21 beat Sean Crom's course record (5:43:59) by almost 10 minutes. Carl Anderson was next in 5:50:49, followed by Harry Johnson in 6:09:48. Several miles outside Auburn, Chrissy Duryea kept Luanne Park in her sights and passed her at about mile 46, but Luanne caught back up at mile 47. With just over 2 miles to go, Chrissy pulled away once again and held the lead to win in 6:49:55, 16th overall. She and Luanne are 2 of only 4 women to break the 7 hour time at the American River 50. They are in fine company with Ann Trason and Kathy D'Onofrio-Wood. Luanne finished in 6:53:54, followed by Suzie Lister in 7:01:42. The first men's master finisher was Joe Schlereth of Fresno, CA in 6:21:48, good for 6th overall. The first women's master was Lynn O'Malley of Edmonds, WA, with a time of 7:46:49, 68th overall.



Happy Chip Wayne Miles on his way to a sub-7 hour AR 50

"This is the year," Tom Johnson said after the race. "I woke up at 4:30 a.m. and, boom! either it was going to be very good or very bad. I ran a comfortable pace, keeping a low heart rate, below 145 the first 20 miles, and around 149 the next 10, allowing for a smooth first marathon in 2:41:30."

Meanwhile, behind the elite runners, the middle and back-of-the-pack runners cruised along. Temperatures reached a high of 75 degrees, making non-heat trained runners subject to dehydration. Then there was a 10-degree drop in temperature around 3 p.m., which actually caused some to experience hypothermia. Local Chips commented on some of their personal experiences. Rick Simonsen was challenged by the single track dirt trail portion of the course, even though he was able to pass six people on the hills. Jeff Hagen was fearful of the poison oak everywhere. Rae Clark and Simonsen both saw a small rattlesnake in the middle of the trail. The snake more than likely greeted other runners, too. Howard Klein said "his wheels came off," when, while gazing at a horse, he stumbled and fell. He had a bad leg, suffered dehydra-



photo by Jane Byng

Chip Tom Winter looking fresh at the finish tion, and his pacer was late, but he made a game out of the run trying to stay ahead of his wife and fellow ultrarunner, Patti Teale. She finished just 9 minutes behind him.

*Ed. note: More than 40 Buffalo Chips entered, with 40 listed in the results as finishing under 12 hours. Tom Johnson's course record is a phenomenal accomplishment. Some other strong performances by Chipsters include Rae Clark's solid 18th place finish, even though he was handicapped by a nasty respiratory virus. Wayne Miles finished 23rd, and Rick Simonsen, Eric Ianacone and Mike Hernandez all finished in the top 50, with Bill Hambrick and Greg Atchley in 51st and 52nd spots, respectively. George Parrott, Chuck Honeycutt and Lee Rhodes all had excellent times, which forecast good results at Western States in June.*

### Chip Men

1. Tom Johnson	5:33:21
8. Greg Miller	6:26:36
18. Rae Clark	6:51:07
	(4th, 40-49)
23. Wayne Miles	6:55:45
33. Rick Simonsen	7:13:56
36. Eric Ianacone	7:15:08
49. Mike Hernandez	7:29:18
51. Bill Hambrick	7:30:34
52. Greg Atchley	7:31:36
64. Mark Romalia	7:43:42
66. Bill Finkbeiner	7:45:07
71. George Parrott	7:48:53
	(5th, 50-59)
91. Chuck Honeycutt	8:07:59
112. Herb Tanimoto	8:22:12
138. Lee Rhodes	8:34:20
	(2nd, 60+)
146. Steven Harrol	8:37:20
155. Jeff Hagen	8:41:05
156. John Seivert	8:41:27
192. Richard Jones	8:58:24
224. Howard Klein	9:14:20
230. Elliot Eisenbud	9:18:57
231. Dennis Scott	9:19:50
246. Tom Winter	9:25:10
250. Bill Wood	9:26:10
	(4th, 60+)
286. Frank Ives	9:46:45
289. Denis Zilaff	9:48:53
314. Joe Pope	10:08:40
341. Michael Brodie	10:24:19
359. Fred Kaiser	10:33:13
362. Gordon Hall	10:38:31
387. Dan Pfeifer	11:01:30
420. Stuart Sargisson	11:25:27

### Chip Women

21. Toni Belaustegui	8:44:25
27. Barbara A. Miller	8:56:20
35. Patti Teale	9:23:31
50. M. Bendix-Arnold	9:52:27
60. Janet Rivard	10:20:34
71. Jeane Ann Gerard	10:48:40
73. Sue Ann McGee	10:50:59
80. Khartoon Tudhope	11:02:05



How about a sub-5:30 next year?

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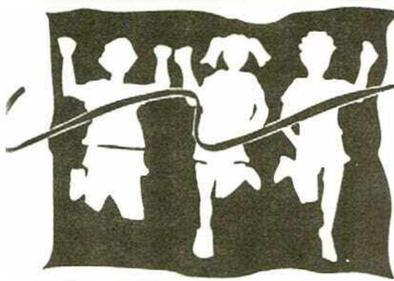
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## Kids "I Did It" Run

Sunday, May 22,  
1994

by Tana Leigh Gabriel

"Hot!" That was the young runners' most popular description of the *Runner's World* Kids "I Did It!" Run held at the

Caroline Wenzel School, Sacramento. With all the enthusiasm and fervor of an adult event, the run was on-time, well-organized and gave many of the first-time runners a bring-'em-back sampling of the excitement and challenge of event runs. From the 25-meter toddle to the 2-mile run, there was a challenge for every level, with no pressure to place nor race.

As hosts, the Buffalo Chips Running Club volunteers were winners. The cheering by the volunteers at the lap and finish points lifted and encouraged the already wired young runners. With many youngsters reporting this as their first experience with running, our club's friendly support helps ensure a new generation of hooked participants. The Kids "I Did It!" Run—a national program started just last year—enjoys the support of President Clinton as well as sponsorship by *Runner's World*, Honda, Oral-B and Road Runners Club of America.

Buffalo Chips Running Club, having hosted a similar event last November, continues its efforts, says trainer George Parrott, "because we support increased commitment to encourage youngsters to be lifelong runners." More promotion is needed, he continued, in the schools throughout the Sacramento area. Judging from the sweaty grins of triumph, a simple invitation is all that's needed to get children on the run.

Six races in all, the first run, held at high noon, was a two-mile course for ages 8-12. Kristopher Sotelo, a lanky 12-year old, gave the Rabbit (Brad Lael) a run for the lead, finishing off the two miles in just under 13 minutes. (Brad, by the way, had warmed up for his rabbit role by running 27 miles earlier that morning!) Arien (12) and Izak Diaz (9), brothers, were there for their first run ever and agreed it was an exciting time. Finishing the run shoeless (he'd taken off his shoes because they were too loose and he wanted to pick up speed), Arien plans to join the Buffalo

Chips for their Tuesday night workouts. Big brother Garick (14), a volunteer, says they will all three be there!

Sisters Shari (7), Kari (9) and Jamie (10) Gobec ran the two-miler with grace and speed, heartily confirming the reports of almost all the runners that the race was *hot*. There were mixed reactions among the sisters about whether they plan to run again.

The most revealing report of the run experience came from Jeryme Hutchison, 7. Sure from the start that he would finish the race, he stated the reason for his confidence: "Because I'd get lost if I didn't finish." Older brother Joshua, an experienced athlete of 9 notes, "Sports year round doesn't stop me!" Joshua is an active asthmatic who simply carries an inhaler in case a breathing problem develops. Kevin Crouse, whose been running two years, offered a strong, unflinching analysis of why he runs, "I like running. It's fun. It's competitive. It keeps me in shape, and it helps my diet. I'm diabetic, so the running helps keep me healthy." Right on, er Run on, Kevin!

Brian Kerr, a six-year old who finished the miler in 8 minutes, is a Chip-off-the-old block. Dad, who modestly declined to give his name, used to be a Serious Runner and is now a Serious Dad. Recruited by Chips Group Four leader Blanca Topper, the Kerr family also had a 1/4 mile participant, seven-year old Alison there for her first run.

One young man, 9-year old Christopher Gabriel, fell prey to the unexpected. Confident he could finish the two-mile challenge since he'd successfully run 7 miles on another occasion, Chris was side-lined by a mid-run tummy ache. "I wanted to run. I like running. But I couldn't finish today. I'm gonna run next time," he stated from his collapsed recovery position beneath a shady tree near the finish line.

Lined up and ready to GO! in the Tots Toddle

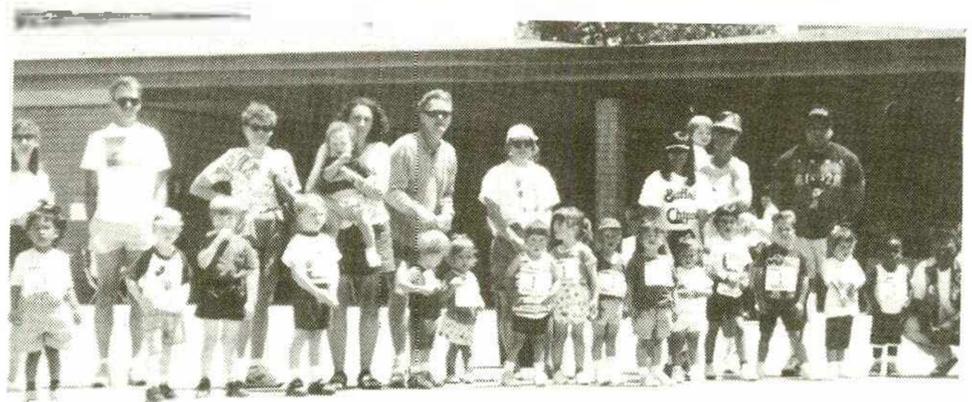


photo by Chris Iwahashi

# Anniversary Relay Kicks Off 20th Year Celebration

May 15, 1994

The Chips have been on the Sacramento running scene for 20 years, and the club's mythic herdstory tells that the Bison first gathered to participate in a seven-stage relay race, so our HERD birthday celebration started off with a thematic recreation of that inaugural event. Gathering OLD BUFFALO is an arduous task, for they are cranky and ill-tempered, so this birthday party run was formatted to be as convenient for the OLD BISON as possible--they got to go first and last!

The first stage of this "gender-relational" stage race began at 7:00 a.m. with the 50+ males taking off from the 6.5 mile mark on the bike trail to complete a seven-mile leg. Each stage of the event was scaled to the gender and age group of the participating HERDSTERS, and also worked like a separate age-gender group race because the stages began with the arrival of the FIRST finisher from the preceding stage. Six teams were formed based on the pre-registrants and randomly assigned to create as comparable overall finishing times as possible while maintaining some "competition" for team and stage winners. Each stage (age/gender) winner received 3\$ for the post-event meal and the winning team members also received 2\$ toward their post-event meal. Based on full participation across the seven stages and six teams, we should have had enough money to fund fully this reward format, but due to some empty signups and additional race-day no-shows, the winning team members received \$3.00 each while the winning stage runners received \$6 each. These award funds were generated from the \$2/runner entry fees collected raceday.

Participants included three BISON (Spickelmier, Ragsdale, and Delgado) with full twenty-year membership credentials, founding Buffalo Abe Underwood, and one very fresh new Bisonette who paid her dues that morning! The event results:

## Team Finishing Order

### Stage 1. 50+ Males, 7 miles

1	2	3	4	5	6	Raceday Entrants
Underwood	Spickelmier	Staats	Shelgren Kinter	Delgado		
54:28	46:22*	47:28	47:00	64:54	54:28	
Davis	Peck	Parrott	Contreras	Ragadale Keill		Drake
46:45	48:20	51:05	46:37	48:18	52:40	51:04

### Stage 2. 0-39 Males, 10 miles

Lael	---	---	Buckerfield	Irwin	---
54:19*	63:32	54:19	61:42	63:32	61:42

### Stage 3. 0-39 Females, 10 miles

Aguirre	Kondo	Ott	Parise	Iwahashi Topper		Craig
68:11	65:13*	76:03	67:20	67:23	85:00	73:20

### Stage 4. 40-49 Males, 8 miles

Topper	---	Machado Utterback	Nichols	Parrott	
52:55	52:45	50:12	52:53	45:53*	52:45

### Stage 5. 40-49 Males, 6 miles

LaSala	Whitehead	Neary	---	Menard Isham	
40:20	35:56*	40:56	40:56	47:45	39:57

### Stage 6. 40-49 Females

---	Isham	---	---	---	---
37:57	37:57*	37:57	37:57	37:57	37:57

### Stage 7. 50+ Females, 4 miles

Carriger Rhodes	Cimbrione	Roselle	---	---	
30:20	30:15	33:46	39:20	30:15	39:20

### TOTALS

373:55	379:00	390:26	392:25	404:37	422:01
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note: bold face denotes PR

\*stage winner



photo by Cris Iwahashi

Smiling Herd Gathers for 20th Anniversary Relay



Old bison trying to understand new watches!

## Buffalo Shuffle to the Houlihan's Hassle

Houlihan's to Houlihan's 12K  
A Celebration of Running XI  
March 27, 1994

by Cyncl Calvin



Chip participation in the USAT&F Long Distance Grand Prix surged when a sizable contingent of the herd migrated to San Francisco to compete in this event, the second race of the '94 circuit. This is a tribute to everyone's spirit of competition, because a strong mindset is required to toe the starting line of this event. One must leave Sacramento by 5 a.m., to arrive and get parked in the Fisherman's Wharf area of San Francisco by 6:30 a.m., to board a shuttle bus to the start in Sausalito, to use the portapotties, get out of warm clothes, get warm clothes on the sweats truck, warm up, and find the proper wave in which to start. Somewhere around 5,000 other runners are trying to do the same things, and needless to say, there's lots of room for something to go wrong. So, if you survive the hassles, the question is, "Is it worth it?"

I'll answer, "yes," with two qualifications, no rain, and give yourself plenty of time. The plusses include a 100% scenic and challenging course. It is one of only three races held each year that gives runners the opportunity to race across the Golden Gate Bridge. Also, Rhodyco Race Production does a fine job of managing this event, which benefits the Edgewood Children's Center. The finish area had live music, lots of goodies, a raffle, a timely awards ceremony, and sunshine.

Some of my fellow Chips might have answered "no" in spite of the sunshine. Various problems arising from the complexities of this race included not finding one's proper starting wave, insufficient warm-ups, and wasted adrenaline just trying to get to the start on time. But we all deserve lots of credit for braving these hassles, and as the results below show, most of us even succeeded in crossing the finish line!

*Men's Winner:* Rey Flores 37:18 (note: top 5 finished within 15 seconds of each other!)

*Women's Winner:* Barbara Meyers-Acosta 42:50

### Chip Men:

Jeff Hildebrandt	38:54
Richard Govi	41:33
Kitt Flynn	41:37
Brad Lael	41:42 (wrong wave, recorded as 1:01:42)
Steve Yee	45:49
John Buckerfield	46:07
Ron Souza	46:58
Carl Ellsworth	50:41 (1st in age div.)
Michael McKone	50:48
Monty Schacht	51:24
Joe Staats	53:17
David Givens	53:30
Stephen Topper	53:46
George Parrott	54:18
Valentine Pisarski	54:19
Howard Ferris	54:21
Richard Jones	57:12
Mel Golovich	1:00:00
Sabino Galvan	1:00:35
Rex Paulsen	1:02:33
Majel Baker	1:04:04
Bob Sully	1:06:48

### Chip Women:

Sharlet Gilbert	45:36 (1st Master)
Connie Kondo	48:04
Chris Iwahashi	48:47
Francie Benson	48:53
Cyncl Calvin	53:11(1st in age div.)
Sherrie Lotridge	53:30
Laura Kulsik	54:04
Toni Belaustegui	56:22 (3rd in age div.)
Annmarie Ott	57:11
Michelle Markee	57:57
Linda Hood	58:27
Kerry Wright	59:48
Beckie Starsky	1:02:33
Myra Rhodes	1:03:25 (2nd in age div.)
Judy Covin	1:04:04
Brenda Pollard	1:04:17
Lil Frawley	1:05:58
Denise Walker	1:06:48
Julie Newcomer	1:08:12
Blanca Topper	1:13:09

## More Races, More Results!

### Quicksilver 50K and 50 Mile San Jose, May 7, 1994

O.K. Here's our explanation for the slow times—it's a good one. It poured all night and continued next morning. At race start, 6:00 a.m., the rain was coming down in sheets. Even George Parrott and Iwahashi, known for braving anything, decided to bag it before the race began.

They had a lovely day—sleeping in late at the hotel and then eating a long and leisurely breakfast in a warm, cosy cafe. Can you believe that they didn't run all day? In the words of Parrott, "Occasionally, I get flashes of brilliance."

Meanwhile, the other Chips—who had already paid their entry fees—had no idea Parrot and Iwahashi were not on the course. Fearing Parrott's retribution at Tuesday night workout, they went ahead, slipping and sliding through mile after mile of soupy mud.

How slippery was it? The rumor goes that the race photographer slipped on the first uphill and broke his leg.

By the way, Mo Bartley, second woman in the 50-miler, was only 30 minutes behind ultrarunning champ Chrissy Duryea. Also, Lee Rhodes, 61, ran so well, despite a fall in the poison oak and a cut on his arm, that he beat Ray Piva, a world and American age group record holder.

### 50 Miler

#### Chips

Mo Bartley	9:00:00, 2nd woman and first Chip
Lee Rhodes	9:29:00, 1st, 60-69
Bill Finkbeiner	9:36:11
Wayne Miles	9:36:11 (pacing Bill)

### 50K

#### Chips

Theresa McCourt	6:12:55 2nd woman
Delmar Fralick	6:15:17
John Clark	6:16:34
Richard Jones	6:22:15 Ran 50 miler week before!
Gary Waldsmith	7:40:10

### 17th Annual Mercury News 10K Sunday March 20, 1994, San Jose

Two Chip women finished in the top 25 of this highly competitive and well-attended race. The women entrants included the likes of Linda Sommers, Barb Myers-Acosta, and Patti Sue Plummer, who finished 1st, 2nd, and 3rd. Chip Sharlet Gilbert won the Women Masters' Division in 36:43, and Chip Connie Kondo was 24th woman in 39:46. Brad Lael was 25th male overall in an equally competitive division, with a time of 32:27. The top 6 men had times under 30 minutes, and the next 10 were under 32 minutes!

### Rancho Solano 5K and 10K and Kids 1 Mile Run, Saturday, April 16, 1994

#### Overall winners of 5K

Male: Rick Kushman (Chip)	15:55	Course Record
Female: Vickie Pell (Chip)	19:27	Course Record

#### Chips

Rick Kushman 30-39	15:55	1st overall
Mike Ammon 40-49 (he's almost a Chip)	17:08	2nd in age division
Vickie Pell 40-49	19:27	1st overall
Laurie Holm 40-49	26:45	3rd in age division
Robyn Lemaire 40-49	26:48	4th in age division

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#### Overall winners of 10K

Male: James Martin	35:55	Course record
Female: Theresa McCourt	37:12	Course record

#### Chips

Theresa McCourt	37:12	1st overall
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### Kids 1 Mile

#### Chips

Aaron Turner 8 and under	8:21	1st in age division
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### Nevada City Spring Run 10K and 5K Saturday, April 30, 1994

#### Overall winners of 5K

Male: Chuck Hallbauer	17:29
Female: Malia Dinell	20:28

#### Chips

Rick Kushman	17:35, 2nd overall and 1st 30-39
Carl Ellsworth	20:11, 4th overall and 1st 60-69

#### Overall winners of 10K

Male: Chip Andy Harris	37:32
Female: Chip Theresa McCourt	40:46

#### Other Chips

Jerry Lyerly	42:10, 8th overall and 1st, 50-59
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## 6th Annual Marshall Mash

April 24, 1994

Marshall Hospital and *The Mountain Democrat* of Placerville with a horde of capable volunteers staged another successful event. Proceeds from the 1,538 registered entrants benefited The Forget-me-not Club, a breast cancer early detection program. The Chips thank all involved, especially Race Director, Linda Babbit, for all their hard work.

### 5K

#### Overall Winners

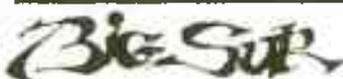
male: Chip Brad Lael 16:39  
female: Laurie Schuster 19:35

#### Master Division Winners

male: 'Buffalo' Mike Ammon 18:08 (still not a Chip??)  
female: Chip Vickie Pell 21:04

### Chips

Bob Whitehead 18:57 (3rd, 45-49)  
Steve Grogan 20:40 (2nd, 35-39)  
Tony Capasso 21:45 (3rd, 40-44)  
David Stanley 23:11  
Jack Clancy 24:15 (5th, 50-54)  
Margaret Ervin 24:46 (4th, 35-39)  
Glenda Laird 25:48 (4th, 40-44)  
Robert B. Miller 27:17 (5th, 60-69)  
Marilyn Baldwin 30:30  
Po Adams 30:55 (1st, 60-69)  
Christine McKone 31:10  
Barbara Grogan 33:40  
Diana Grogan 33:40



## Marathon and 5K Sunday, April 24, 1994

As if the Big Sur Marathon course isn't challenging enough, the entrants were harrassed by rain, wind and even hail as a cold front crossed over the west coast this April weekend. Results are as follows:

### Marathon

#### Overall winners

male: Chad Bennion 2:24:36  
female: Kim Marie Goff 2:52:01

#### Master division winners

male: Greg Homer 2:41:52  
female: Mary Ryzner 3:15:25

### Chips

4. Rich Hanna 2:27:22 (2nd, 25-29)  
38. Kiko Bracker 2:59:48 (1st race as a common dunger!)  
159. Mo Bartley 3:33:21 (3rd, 35-39)  
WA Chip Craig Moore 2:46:34 (3rd, 40-44)

### 10K

#### Overall Winners

male: Matt Yeo 33:46  
female: Joan Gregg 41:50

#### Master Division Winners

male: Gregcry Coit 37:30  
female: Jan Bleiweiss 47:45

### Wheelchair

Chris Hood 42:14  
Chuck McAvoy 44:25

### Chips

Thom Pearman 37:23 (3rd, 30-34)  
John Buckerfield 39:04 (1st, 25-29)  
Grant Irwin 40:59 (5th, 35-39)  
Mike McKone 41:43 (5th, 30-34)  
David Ragsdale 42:09 (1st, 55-59)  
Steve Topper 42:57 (2nd, 45-49)  
Richard Ccchran 45:33 (3rd, 55-59)  
Jim Beland 46:52  
Robert Peterson 47:29 (2nd, 50-54)  
Allison Orofino 47:50 (5th, 30-34)  
Annmarie Ott 48:18  
Becky Statsky 49:23  
Rex Paulsen 49:27  
Bill Jaricki 50:19  
Michelle Markee 51:02  
Greta Carriger 51:17 (1st, 50-54)  
Jan Levet 51:34 (3rd, 40-44)  
Ann Marie Collins 52:14  
Jim Reese 52:39  
Scott Mikkelson 52:47  
John Dunn 54:47 (1st, 60-69)  
Blanca Topper 55:00  
Brenda Pollard 55:00 (2nd, 45-49)  
Ray Malaski 55:19  
Dale Phillips 55:33  
Regina Ciabrone 56:53 (1st, 55-59)  
Peggy Ewing 1:02:54 (1st, 60-69)  
Diane Devlin 1:05:47 (4th, 50-54)  
Irene Kessler 1:08:11



### 5K USAT&F LDR Grand Prix event

#### Overall winners

male: Sakhri Azzeddine 15:02  
female: Ceci St. Geme 16:37

#### Master division winners

male: Frances Gailson 15:56  
female: Leslie McHampton 18:21

### Chips

Carl Ellsworth 19:52 (1st, 60-64)  
Connie Kondo 19:59  
Joe Staats 20:16  
Chris Iwahashi 20:53  
Patricia Story 22:03 (1st, 45-49)  
George Parrott 23:20



# TIME TRAVELER

by Cyncl Calvin

Participants for the 1994 Western States 100-Mile Endurance Run were drawn in a lottery the day before the Cal International last December. At the Sports Expo, I remember hearing people buzzing about who the "lucky" candidates were. As the date for this grueling ultrarun nears (June 25, calling all volunteers!), I can't help but wonder about its beginnings. Why? When? Who? So once again I'll lace up my magic prototype waffle sole Nikes and have them take me back in time in search of these answers. Sure hope these shoes can handle the trails!

## August, 1955, somewhere on the Western States Trail.

Ouch! I already slipped, fell and skinned my knee. I can't



believe I've left my beloved pavement for this investigation. From behind a big ol' pine tree, I watch horses and riders go by and glean from the riders' comments that this is the first of the now famous Tevis Cup Endurance Rides, at this time a very approximate 100-mile ride from Tahoe City to Auburn, for horse and rider teams only. It is still held, usually in August, and

covers a route very similar to today's biped event. I only see bipeds astride this day, but herein lies the very deep roots (and routes and ruts) of the present-day endurance run. These horse and rider teams cover territory that is further steeped in history. Native Americans developed these trails, which were subsequently used by pioneers and finally gold miners as they forged their way from the Sierra Nevada mountains to the foothills and valleys of Northern California.

## August, 1973, same place

Eighteen years later and almost twenty-one years from the present, my Nikes have brought me back to my observation point behind that same pine tree. I see a rider, dismounted, inspecting his horse's leg and sighing, "Not this time, Rattlenose, ol' gal. This leg is not meant to go the distance." As I follow them to the next Vet Check, I hear him chatting amiably to Rattlenose and musing about covering this course without a horse, on his own two feet. Rattlenose nodded happily, as if agreeing that this was a great idea! At the Vet Check, I discovered that I was following Gordon Ainsleigh and his trusty mare, Win For Me, nicknamed Winifred Rattlenose, because of her distinctive snort. Gordon stayed with his mare that day, but the thought of traveling this course on foot under twenty four hours stayed with him. No slouch himself in the brand new sport of ultrarunning, he started to train for this effort. With the determination characteristic of this breed of runner, he toed the starting line the following year as the only runner amidst a field of horse and rider teams.

## August 4, 1974, Auburn

My Nikes have jogged me up another year, and I'm watching the horse and rider teams cross the finish line of this year's Tevis Cup. Finally I hear a race official make



Gordon Ainsleigh

the announcement that Gordon was sighted trotting across No Hands Bridge, and he was well on pace to finish under the required 24- hours. He crossed the finish line with a time of 23 hours and 42 minutes, proving to the world that a human on foot can cover the same distance within the same time as our four-legged equine friends. With course temperatures reaching 109 degrees F, I'm sure that Rattlenose, peacefully munching hay back at her barn, was happier than anyone for Gordon's success!

## 1975, 1976, 1977

My magic shoes are zooming me through these years as I glean significant information. In 1975, Gordon, hoping to better his time from 1974, was sick from overtraining and unable to make a second attempt. A man named Ron Kelly tried, was on pace, but frustrated from hearing "You're almost there!" one too many times, dropped out at No Hands Bridge. In 1976, the famed Cowman was the sole biped, and he finished in 24 and 1/2 hours. The persistence of these few, along with the increasing popularity of ultrarunning, caused the Western States Trail Foundation to decide to

(continued on page 30)

(continued from page 29)

place an ad late in 1976 in the classified section of Runners World. It read as follows:

**The Ultimate Challenge: a 100 mile cross country race in the high mountains and deep canyons of the Northern California Sierra Nevada Mountains. Contact the Western States Trail Foundation.**

Thirteen brave souls not only answered the ad, but entered the race, along with all the horse and rider teams. Only three finished. Andy Gonzales of Colfax was the "winner" and finished under the 24 hour limit. The other two finishers had fallen behind the 24 hour pace, but refused to quit and finished in 28 hours. They were awarded each a plaque anyway, and this set the precedent for allowing the runners to have more than 24 hours to finish. It opened discussion concerning the fact that people *are* different from horses, and that the bipeds afoot should be separated from the bipeds astride. Late June, 1978 was chosen for the "bipeds afoot" race, which was named "The Western States 100-Mile Endurance Run."

#### Late June, 1978.

My shoes have brought me to the finish area of the first official Western States 100-Mile Endurance Run. Blearily eyed, but determined to see how the runners fared, I watch 16 of the 60 people who started finish under 24 hours. This includes the man who started it all, Gordon Ainsleigh, who finished 11th, and the first woman entrant, Pat Smythe. Another 14 trickled in under the 30-hour time limit.

*Ed. note: The event was considered a success and has been held every year since. The first Buffalo Chips competed in 1979. This was a team effort. George Parrott obtained sponsorship from Brooks Shoe Company, who agreed to pay entry fees and provide shoes, clothing, night lighting gear, and special T-shirts for support crews. The team included our Founding Father Abe Underwood, Elliott Eisenbud, Marc Hoeschler, George, and Chip Woman, Candy Hearn. All finished under 24 hours, and Candy was the 2nd woman finisher. Gordon Ainsleigh competed in the Western States Endurance Run numerous times. He recently*

## Chips on

(Short but Unique)

## Trips

Glenn and Christine Millar competed in some "off the beaten trail" events early this year. On

January 1, they ran the Rio Resolution 10K Run in Carmel and gave it two big toes up. The course takes the runners up the Mission Trail, around quaint Carmel streets, across a beach (1/2 mile of sand running) by the Carmel River, up bluff trails to Pt. Lobos and to the finish at the Mission. Their times of 62:48 and 71:16 reflect the toughness of the course, but they say that they "resolve" to run this race each January.

This same intrepid couple ventured to another not-so-well-known event held in Marin County on January 29, the China Camp Marathon. They report that it is a scenic, hilly course in a park which borders San Pablo Bay. They must like it because it is the third time they have participated. Glenn ran a 4:43:30 and Christine a 5:23:54, which not only was a PR for her on this course, but she was also 1st woman! Good work and congratulations, Christine!

Continuing their adventures, they traveled to Seaside, Oregon, where they ran the Trails End Marathon on Feb. 19. This marathon is so named because Lewis and Clark came to their "trail's end" near here. Glenn reports a rainy trip, although the sun did shine for the run (now that's timing!). The race is well-organized by the Oregon Road Runners Club. Although this was the 24th running, Glenn and Christine had the feeling that no one locally (here or there!) seemed to know about the event. Some runners knew about it, because Glenn's time of 4:38:27 placed him 354th overall. Christine finished 381st overall and placed 5th in her age division with a 4:50:51. Shawn Endsley was overall male winner in 2:37:13, and Teri Loew won the Women's division in 3:03:05.





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THE PROFESSIONAL'S CHOICE





# BUFFALO CHIPS CALENDAR

post this on refrigerator door



## RUNNING EVENTS

### June

Sat., 6/18	Escape from Marin Marathon, 1/2 Marathon, 7M, Sausalito	415/868-1829
Sat., 6/18	Grandma's Marathon, Duluth, MN, Great Chips Trip!!!	218/727-0947
Sat., 6/18	<b>PA/USATF LDR GP (open M &amp; W) Fujitsu 8K, San Jose</b>	415/288-1760*
Sun., 6/19	High Sierra Marathon, 1/2 Marathon, Truckee	510/223-5778
Sun., 6/19	Isleton Crawdad Festival 5 Miler, Isleton/Walnut Grove	916/776-1627
Sat., 6/25	Ch. 6 Run/Skate/Walk, 5K/10K/6M kids, Sacramento	916/929-5843
Sat., 6/25	Double Dipsea (13.7 M), Stinson Beach	415/978-0837
Sat., 6/25	<b>PA/USATF Ultra GP Western States 100M, Squaw Valley</b>	<b>916/638-1161</b>
Sun., 6/26	<b>PA/USATF LDR GP Motherlode Mile, Sonora</b>	<b>209/532-1910</b>
Sun., 6/26	Truckee River Run, Roll, & Stroll 5 M, Tahoe City	916/581-0181
Sun., 6/26	Dick Houston Memorial/Woodminster 6.3M, Oakland	510/522-3724
Sun., 6/26	IAU World Challenge 100K, Good luck Tom and Rich	

### July

Sat., 7/2	Rocklin Jubilee 5K/10K at Sierra College in Rocklin, 7:30 AM	916/632-4100
Sat., 7/2	China Camp 1/2 Marathon & Marathon, & 8 M, San Rafael	415/868-1820
Sun., 7/3	Women's Distance Festival 4.6 M run/walk, San Francisco	415/978-0837
Sun., 7/4	River Run 5M, Glen Hall Park, Sacramento 8 AM, FREE!	916/944-1503
Sat., 7/9	Thunder Run 5K/10K run/5K walk, Elk Grove	916/686-8891
Sun., 7/10	Lake Chabot Trail Challenge 1/2 Marathon, Castro Valley	510/484-1339

Sat., 7/9	Tri For Fun #2, 1Ks/20Kb/5Kr, Rancho Seco	916/965-8326
Sat., 7/16	Spooner Lake 1/2 Marathon, near Lake Tahoe	510/223-5778
Sat., 7/16	Round Valley Lake 5.5Mr/5K r&w, Greenville	916/283-4779
Sat., 7/16	Eppies Great Race, 5.8Mr/12.5Mb/6.3Mpaddle, Sacramento	916/366-2940
Thu., 7/21	Tour of Tameside, Manchester, England; Chips Trip for 1995. Talk to George, Parrott.	
Sun., 7/24	Wharf to Wharf 6M, Santa Cruz	408/475-2196*
Sat., 7/30	Giants Run to Home Plate 5K, Candlestick Park	415/330-2517
Sun., 7/31	San Francisco Marathon	415/391-2123*
Sun., 7/31	Pear Fair 5 & 10 M, Walnut Grove	916/776-1627

### August

Sat., 8/6	Tri For Fun, see 7/9	
Sat., 8/13	Susan B. Anthony 5K run/walk, Glen Hall Park, Sacramento	916/366-6772
Sun., 8/14	Mammoth Lake Marathon	510/223-5778
Sun., 8/14	SF Hook & Ladder 10K, GG Park	415/753-0880
Sun., 8/14	Donner Party Trail Marathon/25K/10K, Donner Pass	415/868-1829
Sun., 8/21	America's Finest City 1/2 Marathon/5K, San Diego, Chips Trip	619/297-3901
Sat., 8/27	Wolf Mtn. 10k/1.8M & .5M kids + kids triathlon, Grass Valley	916/878-0687
Sun., 8/28	Time on your Side 5K/10K & 5K walk, Oakland	510/601-7887
Sun., 8/28	Silver State Marathon/1/2Marathon/10K, Reno/Carson City	702/849-0419
Sun., 8/28	Catfish Jubilee 5M, Walnut Grove	916/776-1627

## PA/USATF LDR and Ultra GP Events

Sat., 6/18	<b>Fujitsu 8K (LDR open men &amp; women), San Jose</b>	<b>415/288-1760*</b>
Sat., 6/25	<b>Western States 100M (Ultra)</b>	<b>916/638-1161</b>
Sun., 6/26	<b>Mother Lode Mile (LDR), Sonora</b>	<b>209/532-1910</b>
Sun., 8/7	<b>Skyline 50K (Ultra), 7 AM, Castro Valley</b>	<b>510/278-0451</b>
Sat., 9/11	<b>Bayside Tech. Park 8K (LDR, Master M &amp; W), Fremont</b>	<b>415/466-1511</b>
Sun., 9/25	<b>Silver State 15K (LDR), Reno</b>	<b>702/852-5037</b>
Sun.10/16	<b>Humboldt Redwoods 1/2 Marathon (LDR), Weott</b>	<b>707/442-6463</b>
Sun.11/13	<b>Clarksburg 30K (LDR), Clarksburg</b>	<b>916/665-1712</b>
Sat., 11/19	<b>Cross Country Championships (LDR), San Francisco</b>	<b>415/618-1467</b>
Sun., 12/4	<b>Calif. Int. Marathon (LDR), Sacramento</b>	<b>916/983-4622</b>

PA/USATF events are for all divisions unless otherwise specified.

\*Entries available in *The Schedule*.

1994  
Buffalo Chips  
Board of Directors

Joe Staats, President	489-4181
Steve Ashe, Vice-President/Sponsorships	366-6772
Sandi Falat, past President	852-0768
Steve Topper, Treasurer	424-3454
Trudy Roselle, Secretary	363-7127
Cliff Stapf, Publicity	989-0808
Dick Kinter, Membership	944-1503
Leigh Rutledge, Race/Volunteer Coord.	487-7420
Robin Carboni, Social Director	388-1656
Po Adams, Mail Distribution	481-3933
Carol Parise	773-3864
Dave Ragsdale	922-6199
Rex Paulsen	863-1157
Beckie Starsky	983-6067

Other Important Chippers

George Parrott, Workout Coord./USAT&F	483-6580
Lee Rhodes, Equipment	482-8528
Laura Kulsik, RRCA State Rep	323-0293
Cynoi Calvin, newsletter co-editor	823-2661
Debra Cleveland, newsletter co-editor	753-3274

## DATES TO REMEMBER

### CLUB MEETINGS, SOCIAL, AND VOLUNTEER EVENTS

#### JUNE

Sat., 6/25 Western States 100-Mile Endurance Run

#### JULY

Mon., 7/4 4th of July River Run, Glen Hall Park, 8 AM

Wed., 7/6 Board meeting, The Good Earth on Arden, 6 PM

#### AUGUST

Wed., 8/3 Board Meeting, The Good Earth on Arden, 6 PM

Sat., 8/13 Susan B., Anthony Woman's 5K R/W, Glen Hall Park, Sacramento

#### SEPTEMBER

Wed., 9/7 Board meeting, The Good Earth on Arden, 6 PM

Sat., 9/10 American River Parkway Clean-up

Sun., 9/11 The Buffalo Stampede 10 Miler, Rio Americano HS, Sacramento

#### OCTOBER

Wed., 10/5 Board Meeting, The Good Earth on Arden, 6 PM

#### NOVEMBER

Wed., 11/2 Board Meeting, The Good Earth on Arden, 6 PM

#### DECEMBER

Sun., 12/4 California International Marathon, Folsom to Sacramento

Sun., 12/4 The Buffalo Bash, dinner and fun free to members, 5 PM, place TBA

**BUFFALO CHIPS** running club

P.O. Box 19908

Sacramento, CA 95819-0908

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# THE BUFFALO ENQUIRER

Late Summer, 1994 #123

## Women Vote with Their Feet at the Susan B. Anthony 5K

RRCA Women's Distance Festival  
Glenn Hall Park, Sacramento  
August 13, 1994

by Cynci Calvin

Eight am was none too soon for the anxious women awaiting the start of this annual Sacramento women-only event. But the rising temperatures of the valley were kept on hold by the handsome shade trees which line the streets of this course. Besides, it was ONLY a 5K! Those who understand racing 5K's might disagree, but the intensity of effort during that "short" event makes the time spent running seem like an eternity. Afterward, I asked our workout coordinator and the race MC, Professor George Parrott, to teach a course in "Five K 1A".

The event was truly a success, with 303 entries, including walkers, joggers, beginning, midpack and advanced competitors, and family units of grandmothers, mothers and daughters. Just look at the race results to see the great participation by the Chip women, with 18 placing in the top 35, and a total of 52 finishers! A splendid post-race raffle was held that included gift certificates from Fleet Feet and *(continued, with results and more pictures on page 33, 34)*

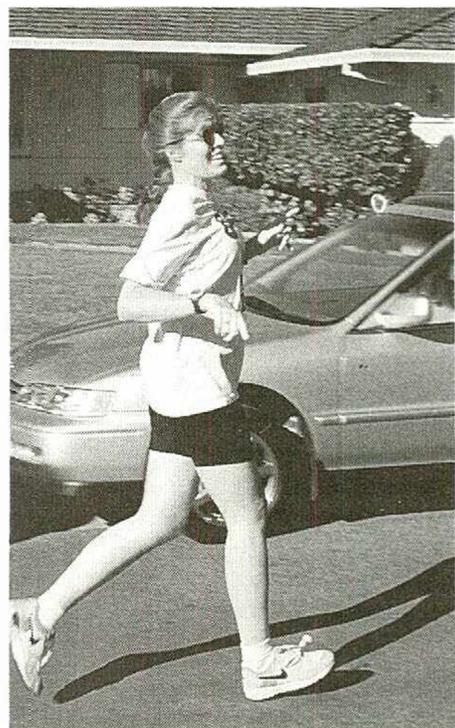


Photo by Ted Reiger

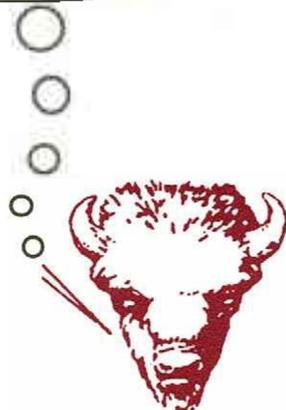
Sandi Falat strides out.



Photo by Ted Reiger

left to right: #3 Woman, (Theresa McCourt), #1 woman (Jeanne Sapienza), #2 woman (Francie Benson), and #1 Man, race director, Steve Ashe

What do weight loss programs and Tuesday night workouts have in common?  
See answer in centerfold.





## About the Buffalo Chips

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

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

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

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

Please come join us! For more information please contact a Buffalo Chips board member. Their names, positions and phone numbers are listed on the back page of this newsletter. Membership applications are available at workouts, from all board members, and at all local Fleet Feet stores.



The Buffalo Chips Running Club is a non-profit organization and a member of The Road Runners Club of America

## STATE of the herd

What would our club, or any club for that matter, be like without volunteers? Pretty dismal I reckon, or more likely non-existent. I reflect upon this issue as I ponder what our club has accomplished for the first half of this year, and what is in store for the remainder. Familiar faces come to mind because so much of the club's success results from the persistent efforts of a dedicated few. Many of you know quite well the accomplishments of some of these folks: A.J. Underwood, known affectionately as the Founding Father of the club; Norm Klein, who as race director brought success and excellence to the Jed Smith Ultra and everything else he touched; George Parrott, once referred to by the announcer at the Boston Marathon as "Mr. Buffalo", and whose Tuesday night recitals bring megaphone solos to a new level; Lee Rhodes, whose dedication to the club and persistence in finishing any task he undertakes are legendary (at this year's AR 50 it was reported that Lee encountered a horse on the trail that was blocking his way--I remember remarking with great amusement that I wished the horse a speedy recovery); Laura Kulsik, who wasn't satisfied with merely "excellent" when she took over *The Buffalo Enquirer*, but just had to, and did, bring our publication up to truly championship calibre. But wait, there are others, the unsung heroes who quietly go about their business without fanfare or expectations of accolades.

There is Po Adams, who at 70 years of age simply isn't satisfied to rest on her numerous running laurels, but has been a board member of long standing who always seems to be in the thick of things when needed. Among her many chores is the rather thankless task of regularly retrieving mail from our post office box and getting it to the appropriate person. And you wouldn't get your Buffalo Enquirer each time without Po to affix mailing labels, staple inserts, and trudge off to the post office as our bulk mail expert.

Steve Ashe is the Club vice-president and truly a nice guy in the best sense. Steve never avoids an assignment and always steps forward when most needed. He was race director for Susan B. last year and will be this year as well. He also was in charge of the Chips aid station at last year's CIM, and I believe he intends to be so this year as well.

Carol Parise, who can say enough about her? She seems to be everywhere, and how she manages to fit running, swimming and biking into her schedule while doing so much for the club is beyond me. She is presently a board member, and attended board meetings regularly even when she wasn't. She is very active with the *Enquirer* as sometime co-editor, writer, photographer, and reporter of race results. And if you are running in the new Chips singlet or Buffalo Butt running shorts, you can thank Carol, for she spent many hours choosing fabrics, designs and negotiating with suppliers to get the best product and value for the club.

(continued on page 4)

### Contributions

Letters, articles, photographs, race results (especially race results!) and original art are welcome and encouraged. However, not all submitted material can be printed, and some will be used with a delay. Handwritten contributions are accepted but material submitted on disc (Mac and IBM) with accompanying hard copy is preferred. The Editor reserves the right to refuse inclusion of items and to correct grammar, delete when necessary and otherwise re-write some material in order to achieve a reasonable standard of coherency and comprehensibility in the newsletter. You will be consulted if any major surgery needs to be performed on your submission. The deadlines for the next two issues are October 31, 1994 and January 31, 1995. All contributions received by the deadline are not guaranteed to be included in the next issue; timely stories take precedence over articles of general interest and those received first take precedence over those received later.

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

Send material to:

*The Buffalo Enquirer*, Cyni and Debra, P.O. Box 19908, Sacramento, CA 95819-0908 or deposit in "Newsletter Contribution" envelope on the fence at Tuesday night workouts.

## EDITOR'S droppings

As I contemplated having to drop my first droppings, I racked my brain for an amusing or dramatic running anecdote. Alas, nothing came to mind. I suppose I need to enliven my running life by putting myself in more dangerous situations. Since I wanted to have an impressive debut column I considered either borrowing a "Drama in Real Life" from Reader's Digest and giving it a running twist or calling one of my pasta recipes "Lynn Jennings Pasta" and pretending she sent it to me. However, lying is not what I call an auspicious beginning. Therefore, for my first column I drew from my contemplations on the sport of running.

I recently took a break from being a full-time student to refill my rapidly emptying coffers. Since I did not want a permanent job I signed up with a temporary agency and soon had a position with a company located near Arco Arena. It was with great ambivalence that I began working full-time; I could no longer take my early-morning run at 11:00 a.m. Also, since this was pre-daylight savings time, I dreaded running in the dark after work. So once I began working I quickly assessed the possibility of running during my lunch hour. Although there was a fitness center down the hall with shower facilities I could use, the outdoor scenery looked grim; there appeared to be nothing of interest to look at. On my first reconnaissance run I found a truck-driving school, a Raley's distribution center, a myriad of office buildings, and undeveloped lots already becoming trash dumps. Not the sort of scenery which inspires. However, after a few days I found a slough behind the Raley's property with a dirt track alongside it. Although the slough was only about a half-mile long, it offered some variety and I began to run past it daily, using it as a turn-around point. To my surprise and delight, I frequently saw some sort of waterfowl in the slough area. The highlight of my waterfowl sightings was the day I startled a Blue Heron which had been standing in the water. It flew alongside me for a short ways and I wished I looked as graceful. I felt I had found a small runningshoehold of nature in an area slated for more development. Each day I looked forward to reaching the slough because I never knew if there might be another heron, an egret or ducks to see. It was certainly a quiet contrast to the nearby roar of Interstate 80.

One windy day I was running on my usual route toward the slough, introspectively staring at the asphalt, when I thought I heard voices nearby. I quickly looked around but saw no one in the empty lots to my left and right. I kept running and again thought I heard someone talking. I finally looked up ahead of me and what pastoral scene should unfold but a herd of sheep grazing. What I had heard was their "baaaa"ing. I started to laugh because it seemed so preposterous: a herd of sheep out near Arco Arena! I felt sorry for all the people who worked in this area and spent their lunch hours eating indoors when this amazing sight awaited them. After that, in addition to looking for waterfowl, I was also on "sheep alert". My vigilance paid off and I had the good fortune of running in the midst of the sheep when they had been left to graze near the slough. There were some adorable lambs and a few goats too, just a few feet away.

These experiences caused me to think about how lucky I feel to be involved in a sport that affords the opportunity to see so much, often when it's least expected. I had thought it would be miserably boring to run in a place that turned out to offer some pleasant surprises. Circumstances forced me to look for small things to enliven these solitary jaunts and I felt more observant for having done so. Now I try to appreciate even the running routes I've run hundreds of times. Although I wasn't loath to return to studenthood and early-morning runs at 11:00 a.m., I remember those lunch-hour runs as having increased my appreciation of the sport of running.

Keep those stories and results coming!

Debra Cleveland



Debra contemplating finishing.

---

### In this American Bison-size issue you will find:

-  Mega-race results and stories,
-  Theresa McCourt's Adventure Run in the Rockies,
-  Tom and Rich's Great Adventure at the 100K Championships in Japan, Part I,
-  The History of the American River Bike Trail, Part II,
-  And syndicated writer Buffy Lowe with his "Dear Buffy" column.

(continued from page 2)

Dick Kinter, a man for all seasons who maintains all of the club membership records. If you have a membership card, you got it from Dick. Do you like the new format of the Buffalo Bible? Thank Dick. Did you like the free July 4th race that the club put on? Who do you have to thank for that? Yes, fast learners, the correct answer is Dick Kinter.

Dave Ragsdale is a longtime Chip, board member, workout coordinator during George Parrott's absence in the U.K, race director, and a guy I can always turn to when something needs to get done. You may be aware that the club has again become active in contracting out race management services to other organizations. Dave's expertise made this possible, which in turn brought in additional funds to the club treasury to pay for many of the additional things we can now afford to do. Do I hear huzzahs for this fellow?

Who is Steve Topper? He is the guy who is crazy enough to actually want to be treasurer of the club. And skilled enough, I might add, to do the best job imaginable. And if that was all he did, he would deserve an award, but look around the next time you go to a Chips-Sponsored event and you will see Steve hard at work doing many, many things: he brings equipment and supplies; he collects money; he measures and marks the course, and works the finish line; and he sets up his now famous "General Store" to bring club apparel and accessories directly to you.

Did I list everyone who deserves mention in this column? Nope, I just simply ran out of room. More later.

Joe Staats  
High Dunger



photo by Laura Kuljak

High Dunger and Vice-Dunger--and we all think this is a running club!



## WELCOME!!! New Members

- Hank Beal
- Cathy Bordisso-Crowley
- Leah Bric
- Catherine Brown
- Brenda Burch
- Alan Chidley
- Mark Curry
- Al Davis
- Jerry Duncan
- Rick Edson
- Doug Essary
- David Fajan
- Michael Gardener
- John Geurghegan
- Ruben Gonzalez
- Gina Graf
- Rick Green
- John Hartmann
- Mike Henry
- Charles Hensley
- Gregory Hunte
- Mukul Jain
- Lisa Kasper
- Patrick Kenney
- George Kirby
- Beth Kleine
- Stephen Lane
- Gay Marie Letendre
- Maureen McColligan
- Bob Mooney
- Alex Petzinger
- Mike Pipe
- Mary Jo Pokorny
- Rick Reyes
- Ross Roberts
- Ingaborg Sammern
- Edward "Buzz" Sotelo
- Kathleen Spencer
- Youssay Tianeff
- Ken Weiner
- Erik Whealy
- Laurie Widman
- Kevin Woodruff
- Vanessa Wright

The **brother**  
**TOUR of**  
**TAMESIDE**  
The toughest challenge  
in British athletics!

Summer  
1995 !!

Stage 1  
Sunday 19th July 11:30am  
From Richmond Park to Richmond  
Race  
Stage 2  
Monday 20th July 11:30am  
From Richmond Park to Richmond  
Race  
Stage 3  
Tuesday 21st July 11:30am  
From Richmond Park to Richmond  
Race  
Stage 4  
Wednesday 27th July 11:30am  
From Richmond Park to Richmond  
Race  
Stage 5  
Friday 29th July 11:30am  
From Richmond Park to Richmond  
Race  
Followed by  
Manchester 1995 Family Fun Run

If you have any questions  
regarding membership, please  
contact Dick Kinter, or any of  
the members listed on the  
back page.



News and information from Chip  
Laura Kulsik, who is also the RRCA  
Representative for California

## club notes

*from the East Bay Striders (Oakland) newsletter...* The Striders once again fielded a team with an interesting name at last month's Tahoe Relays. This year's EBS entry, which placed 2nd in the open men's division, were The East German Women's Swim Team. Members included Olga Schmeil, Helga Heins, Hilde Heimlich, Luta Farfegneugen and Ingrid Gretel. Congratulations guys.

*from Footloose, newsletter of the Runners Inn Running Club (San Francisco)...* From their Book Review column: The Portapotties of Marin County....this is the romantic story of John Porta-let, the tall, strong, but sensitive sanitation man who comes to service and photograph the portapotties along the trails of Marin County and the girl he falls in love with. It is a short but steamy story mainly because there was only one roll of paper to write it on. The book includes artwork of out-houses in Death Valley and rest rooms in Golden Gate Park as well as the famed Dipsea Trail Sanitation Dump. It won the prestigious Mill Valley Bidet Award at this year's annual festival.

*from the Six Rivers Running Club (Arcata, CA) newsletter 'Good 'Ol Days' column...* The second annual Skinnydipper Adventure Run will be held on Saturday,

July 28th, 1984 at 9 am. 16 miles up and back on wilderness trails. No one is forced to enter the Skinnydipper Adventure Run. In fact, one should seriously consider not entering. Northern California offers many other recreational opportunities which are less likely to result in death, dismemberment, divorce, drug use, and possible affiliation with known subversives.

*from the Southern Oregon Sizzlers (Medford, OR) newsletter...* **Old Shoes Gain A New Life** It smells like a shoe store, looks like confetti and feels like fun. It's the latest thing from Nike Inc.: colorful bits of old athletic shoes ground up like pea gravel and pressed together to form a resilient athletic surface. A "creative crush", you might say. In a news conference at Nike Town, the company announced that this summer it will build a playground in Northeast Portland with a basketball court made from recycled shoes. The project is the latest installment in Nike's Participate in the Lives of America's Youth - or PLAY - project designed to expand kids' opportunities for organized, supervised play. The 4,000 square foot park at the headquarters for Christian Women Against Crime will cost \$40,000 and will include a basketball court, playground equipment, fencing and lights. It will be open to the public, and it is estimated that 500 kids will use it regularly. The conference kicked off a "Reuse-a-Shoe" promotion in which the public can donate their old Nikes to the project. It will take about 25,000 shoes to build the surface of the playground.



## NATIONAL RRCA CONVENTION, April 7-10, 1994

### Running Fun and Business in Washington D.C.

Where else can you eat, sleep, and breath running for four days? Try a Road Runners Club of America Convention. This year's national convention, the 37th annual, was the biggest yet with more than 400 in attendance. It was hosted by RRCA headquarters in Alexandria, Virginia, and held at the Ritz-Carlton in the Pentagon City area of Washington D.C.

While I was enroute to D.C., six RRCA conventioners had the honor of running with President Clinton during his morning jaunt through the city. It was a who's who in the running world at the convention. RW publisher George Hirsch was there. Julie Brown, Amby Burfoot and Sister Marion Irvine were there to be inducted in the RRCA Hall of Fame. The Running Nun even said the blessing at the awards banquet. She prayed "we would all remain injury-free". Wow! Dr. LeRoy Walker, United States Olympic Committee President, was the keynote speaker and shared with us what would be in store at Atlanta in 1996. He guaranteed that "nobody will run in an air-conditioned lane. "Yikes! But these conventions are not just about famous runners and people giving speeches. They're geared towards you and me, club people. For three days I attended workshops and seminars on a variety of topics including Club Newsletters (*the Buffalo Enquirer* is now famous!), Coaching Club Coaches, Sponsorship Marketing, Course Measurement, Children Have Fun with Fitness, Training Programs for Your Club, No One Wants an Injury, Leadership Development, and Membership Recruitment. I spoke (without fainting!) at both the Newsletter and Membership Recruitment workshops and learned a ton just by listening to others share their stories. There's a lot of really exciting things other clubs are doing that I'd like to share with the Chips. Reebok, which sponsors the RRCA state representative program, put on a breakfast for the 38 reps in attendance. They also paid my registration fee. You'll see a great appreciation for club volunteers at RRCA conventions. Club members are rewarded for their good deeds. While no Californian or CA club won a national award we were well represented in the club writer and

newsletter categories. *The Buffalo Enquirer* was not eligible for an award this year as we won last year's national award for Best Large Club Newsletter. But enough about great ideas, cool people and big awards. Social events included a Beach Party and Auction (bid on shoes, apparel, trips, race packages, even a private run with Lynn Jennings), and lots of running. Every morning started with a fun run through the city hosted by members of one of the many local D.C. clubs who took turns playing tour guide to us. We also did the Federal Run-Around one evening where we were paired with two other conventioners on relay teams passing a *Running Times* mag rolled up as a baton.

I would like to thank the Buffalo Chips Board of Directors for partially financing my trip to the convention. I appreciate their support and hope they will continue to sponsor other Chips on Convention Trips. We can learn a lot from each other in the running community.

**Northern Telecom  
Cherry Blossom 10-  
Miler** April 10, 1994

My four days of running-related doings in the nation's capitol culminated on Sunday morning with the Northern Telecom Cherry Blossom 10 miler. This ain't no MacRace. This was the bigtime and among the limited field of 5,800 runners were some of the world's premiere road racers. RRCA conventioners jogged the two miles from the hotel to the race start which was located next to the Reflecting Pool near the Jefferson and Lincoln Memorials. True to its name, the race was ran under white and pink Japanese Cherry Blossom trees. It's not every year that the cherry blossoms are in bloom during the run. We were lucky. We were also fortunate that the race started while it was calm and cool because in the 75 minutes it took me to run the race things were changing quite rapidly. By the time I reached the six mile mark, the race winner, Kenyan William Sigei was in another zip code getting a PR and setting a world record in the process, breaking Greg Meyer's mark by 12 seconds set at the same race nine years earlier. I continued on my run enjoying the sights. It truly was the most incredibly beautiful 10 miler I've ever run. I only have our beloved Stampede and Woodland 10 to compare it to. By mile 8 the wind started blowing like crazy. It rained (I'm talking CIM '87 rain) the last two miles

and hailed as I came across the finish line more than seven minutes off my PR. But I didn't care. It was one of those races where I was just glad to be a part of it. I was glad to be running and injury-free.

- Overall Male**  
 William Sigei, Kenya 46:01  
**world record**  
*(old record 46:13, Greg Meyer, same race, different course)*  
 2. Thomas Osano, Kenya 46:05  
 3. Josphat Machuka, Kenya 46:07

- Overall Female**  
 Helen Chepngeno, Kenya 54:05  
 2. Jame Omoro, Kenya 54:06  
 3. Olga Markova, Russia 54:55

- First Chip (only Chip)**  
 Laura Kulsik 75:04

**RRCA  
state half marathon  
championship**



**11th Annual Lake Chabot Trail Challenge**  
 Sunday, July 10  
 More than 400 runners participated in the 11th annual Lake Chabot Trail Challenge hosted by the Golden Bay Runners of Castro Valley. The half marathon course was run on wide dirt service roads amidst eucalyptus groves that traverse the park around and above, way above, beautiful Lake Chabot south of the Oakland Hills. About 10% of the race is on paved walking paths. The course is absolutely killer. Imagine doing the 16 mile Rescue course twice but condensing all those hills into 13.1 miles. The worst of the uphill was in the begin-

ning miles which allowed us to fly in the later miles. To give you an idea of how diverse each mile was, my fastest mile (mile 10) was a 6:35 while the slowest (mile 3) was a 12:10. The course was accurate, well-marked and well-manned. We were promised five aid stations but were actually blessed with six. The weather was perfect - cool and a foggy but sunny by the time we finished. We were greeted with lots of food and incredible goodie bags. Steve Ashe told me his his 1:38 finish time was equivalent to a 1:18 but my 1:49 was only equal to a 1:47. Oh well!

- Overall Male**  
 Jeff Teeters 1:18:37  
**Overall Female**  
 26. Elizabeth Vitalis 1:34:04

- Chips**  
 19. Rac Clark 1:30:51  
*2nd in age division*  
 49. Steve Ashe 1:38:11  
 95. Kevin Johnson 1:47:39  
 104. Laura Kulsik 1:49:42  
 174. Jan Levet 1:58:38  
*5th in age division*  
 213. Jim Purvis 2:03:28  
 331. Karen Purvis 2:25:01  
*2nd in age division*  
 347. Cynthia Underwood 2:30:00

Next year's run: Sunday, July 9, 1994

**Runner's World To Host 1995 Convention**  
**Allentown, Pennsylvania**  
 Mark your calendars now: The 38th Annual RRCA convention will be held May 4-7, 1995 in Allentown, Pennsylvania and hosted by *Runner's World* in cooperation with the Lehigh Valley Road Runners. Come experience Pennsylvania Dutch hospitality, shoofly pie, and Yuengling beer (from the oldest brewery in the U.S.) in Allentown, just 30 miles from Emmaus (pronounced ee-MAY-uhz), home of Rodale Press and RW headquarters. For more information, call (703) 836-0558.

# VOX BOS

## MARION, OH MARION, WHEREFORE ART THOU MARION?

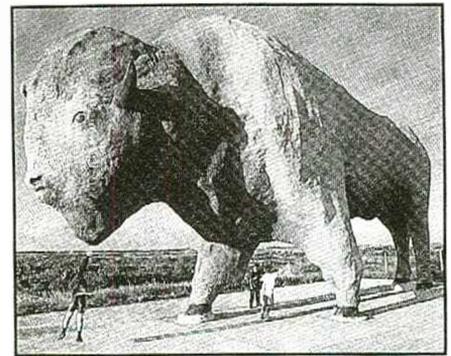
BY SCOTT MIKKELSON

I would like for you to meet my good friend and new Chip, Marlon Foust. Growing up with a less than common name he has endured much cajoling and kidding all his life, but perhaps none more than since he started running with me earlier this year. When I convinced him to run the Marshall Mash he dutifully sent in his registration only to get his number back in the mail emblazoned with the name "Harold Foust". Now granted, Marlon does have some pretty bad handwriting but this aberration of his name is Way Out There!!! The next race he entered was the "Heavenly Run For the Rim". When the results were posted, he was listed as "Marion Foust" - STRIKE TWO!! All this time I had been bugging Marlon to join our happy gang of Chips so when he did send in his application and does I suggested that he list himself with his nickname "Marty" - surely no one could screw that up, right? YEAH RIGHT! The new Enquirer arrives boasting our new members, among them the inimitable MARGIE FOUST! I feel so sorry for this guy that I am going to suggest that at the next Chip workout we all take a vote on ONE name for Marlon and then we stick to it. So what do you say? How does the name MARLENE sound?

# BUFFALO BITS

So just how big is this herd do you think? (answer below)

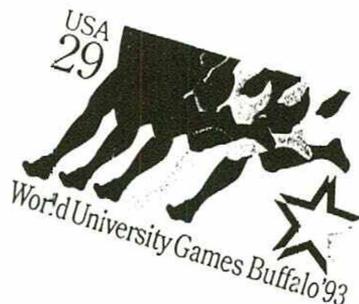
- 1. 300-400
- 2. 400-500
- 3. 600-700
- 4. 700-800
- 5. 800-900
- 6. 900-1000



The "World's Largest Buffalo" is clearly visible from I-94 and is joined by a pioneer village with museums and shops. A live herd of buffalo now graze near this statue.

## North Dakota

population 16,280 map index K-18  
Jamestown, home of the World's Largest Buffalo and a growing live herd of buffalo that can be seen just off I-94, is a regional center for shopping, cultural and recreational activities. Frontier Village, 252-6307, at the feet of the 61-ton buffalo statue, is open May - Sept. Fort Seward Interpretive Center is open daily. The Stutsman County Museum is open every day from 1-5. The Arts Center, 251-2496, the Louis L'Amour Gallery, 252-3457, the North Dakota Athletic Hall of Fame, 252-485, are open year-round, as is the Northern Prairie Wildlife Research Center, 252-5363, one of three in the nation. For more information on things to do and see in Jamestown, call the Jamestown Promotion & Tourism Center at 252-4835 or stop in at their location at 212 3rd Ave NE.



Answers: but gettin' close to 500

# PAIN PALS INJURY INDEX

## CHIPS RUNNING INJURY PROJECT

Here is our third installment of the Pain Pals Injury Index which will be featured in alternating issues of *The Enquirer*. The Chips listed below, whose names are in the current *Buffalo Bible*, are awaiting your calls. Please understand that when you contact someone they are not giving medical advice - just friendly, hopefully helpful, advice. We will continue to add to the list more injuries with the names of Chips who have had that problem.

*Call these fellow herdsmen now. If they're not running, or currently injured, they are sitting by their phones awaiting your calls!*

### KNEE INJURIES: VERY COMMON SITE OF RUNNING INJURIES.

Patella tendonitis-pain and inflammation of the soft tissue below the knee cap; see article on next page.

Roger Merle  
Kim Isham

Torn Medial Meniscus-torn cartilage causing locking on extension, pain and swelling of the knee.

Roger Merle  
Carl Ellsworth  
Susi Thompson

Pulled Anterior Cruciate Ligament-traumatic injury to ligaments that stabilize the knee, usually an acute injury with a serious cause.

Robin Carboni

Iliotibial Band Syndrome-inflammation of the fascia that runs along the outside of the leg from the upper thigh to the knee, which it helps to stabilize.

Peggy Blair  
Kim Isham

Prepatella Bursitis-commonly known as "housemaids knee", caused by acute trauma like a fall, or chronic trauma, like kneeling.

Kim Isham



**ACHILLES TENDON INJURIES:** THE ACHILLES TENDON IS THE STRONG TENDON THAT ATTACHES TO THE BACK OF THE HEEL, THINS OUT AS IT PASSES OVER THE ANKLE, AND THEN WIDENS AND CONNECTS TO THE CALF MUSCLES.

Achilles Tendonitis-an inflammation of the tendon, causing pain at the back of the foot, usually at the thin part of the ankle.

Carl Ellsworth

Achilles and calf cramps

Gordon Hall  
Carl Ellsworth



**HEEL PROBLEMS:** USUALLY THESE ARE VERY PAINFUL AND TAKE A LONG TIME TO HEAL.

Plantar fasciitis-heel pain on the inside of the forward part of the heel that is usually worse in the morning or at the beginning of a run.

Marilee Grunwald  
Carl Ellsworth  
Cynci Calvin

Heel Pain-can be bursitis or heel spur.

Pam Canyelmi  
Carl Ellsworth  
Peggy Blair

**SHIN PROBLEMS:** PAIN IN THE LOWER FRONT LEG BONE (TIBIA) AND THE MUSCLES SURROUNDING IT.

Stress fracture-a small crack or break in the tibia that causes pain in the front of the lower leg.

Marilee Grunwald  
Carl Ellsworth

Periostitis-inflammation of the membrane that covers the tibia.

Pam Cantelmi

**FOOT INJURIES (other than heel)**

Morton's Neuroma-pain felt between the 3rd and 4th toes in the forefoot.

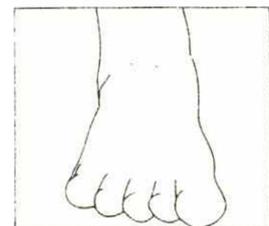
Peggy Blair  
Pam Cantelmi

Sesamoiditis-pain in the area of the 2 small bones at the base of the large toe; this is where you push off when you run.

Peggy Blair  
Pam Cantelmi  
Laura Kulsik

Stress Fractures of the Metatarsals-small cracks or breaks in the long bones of the midfoot.

Kim Isham



## HIP INJURIES

### Torn Hip Flexor Muscle-groin pull

Marilee Grunwald  
Carl Ellsworth

Periformis Syndrome- "pain in the butt"; the periformis is a hip muscle which, when irritated, may entrap the sciatic nerve as it enters the thigh from the hip. Can spread into hamstring.

Laura Kulsik

Trochanteric bursitis-pain and inflammation of the bursa over the outside of the hip.

Kim Isham

## HAMSTRING INJURIES

### Hamstring Pulls

Carl Ellsworth

### Hamstring tendonitis

Cynci Calvin

Sciatica-inflammation of the sciatic nerve that causes tightness and pain from the upper buttocks down the back of the leg and then wraps around the top of the foot. Can be confused with hamstring tendonitis.

Pam Cantelmi  
Kim Isham

## Patella Tendonitis

Kim Isham

Any of the tendons that surround the knee can become inflamed from the stress of running. Most of the time this inflammation affects either the large quadriceps tendon which attaches the quadriceps to the patella (kneecap), or the patella tendon which attaches the patella to the tibia (lower front leg) bone. In this article I will discuss patella tendonitis, or "jumper's knee" as this problem is sometimes called.

Symptoms and diagnosis: pain and swelling of the tendons over the area of inflammation are usual. Moving the knee causes a grating or sandy feeling over the tendon, indicating inflammation of the tendon as the knee moves through its sheath. The pain frequently radiates along a tendon into the body of the muscle. Tendonitis is aggravated by running, especially downhill running, and improves during rest. Patella tendonitis can usually be differentiated from more serious knee injuries because aside from pain, there is no dysfunction of the knee. Also, the pain of this tendonitis can subside after a warm-up run of 15 to 20 minutes.

Comments and treatment: treat this injury as you would

any tendonitis. Apply heat before and ice after running. Take anti-inflammatories to relieve inflammation. Decrease mileage, intensity of workout, or allow yourself a few days of complete rest. Treatment may also involve taping and orthotic foot control. Rehabilitation strength exercises are helpful.

I relate my case of Patella tendonitis to a change I made in my running shoes. Compared to the old model, the "new improved model" had a slightly different placement of the firmer density midsole section. After running for 2 weeks in the new shoes, I began to notice pain and tenderness below my right kneecap. After another week the area directly below my kneecap was swelling and became *very* tender. Whenever the patella tendon made the slightest contact with anything, it really hurt! Also, every time my right foot hit the ground, the tendon hurt.

The only change in my running activities over the last few weeks I noted in my running log book was the change in shoes. I started wearing the old model of this shoe, and I soon noticed that the knee was a little better, but the tenderness persisted. After months of avoiding downhill, icing, anti-inflammatories, stretching, and that supreme sacrifice of a complete lay-off of running, there was no improvement. Big-time frustration was setting in mixed with a certain amount of panic.

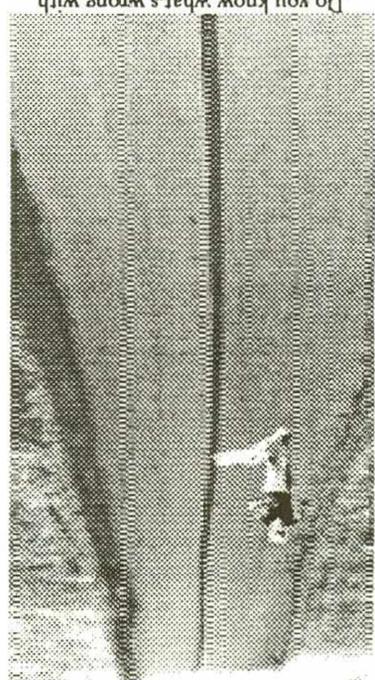
Fueled by frustration, I decided to try one of those electronic massagers and literally ground it into the tendon for about 5 minutes. After the initial pain subsided, the tendon would feel pretty good. I also began leg extensions with about 20 pounds and over a period of 2 weeks I increased the weight. These methods combined with deep massage brought marked improvement. I continued with this program, and 2 to 3 weeks later I was pain-free.

In summary, three things helped resolve this injury; 1) the change in running shoes; 2) deep tissue massage (cross frictions) on the patella tendon; 3) quadricep strengthening.

Would you be willing to share your injury advice with fellow runners? If so, send us your name and injury, and we will include you in this list. We're also looking for more kinds of injuries. Send or phone your information to one of the following:

Pam Cantelmi: 961-0150  
Laura Kulsik: 983-5272  
Mike McKone: 631-9449

Answer: Not only is he running alone, but he's running on the wrong side of the bike trail. Always run on the left side, facing oncoming traffic.



Do you know what's wrong with this picture? answer below

## History of the American River Bike Trail, Part II

by Mike McKone

This is the second installment about the Lower American River and American River Bike Trail.

### At Mile 12, the bike trail

enters Carmichael and crosses property which was once a productive pear orchard. The old irrigation pump houses and smudge can still be seen tucked among the star thistle. The orchard fell into disuse during the early 1960's and was removed prior to the bike trail's extension in the 1970's. Near Mile Twelve, Harrington Way provides access to the American River. During the 1960's and 1970's this spot was laced with motorcycle trails. To local kids, this area was simply known as the "Honda Hills."

### At Mile 13, you enter William

Pond Park, which is named after the first director of Parks and Recreation. The park sits on the former site of Arden Sand and Gravel Company.

Adjacent to the park is a former sewage treatment plant which is now a sheriff's training facility.

### Mile thirteen is also near the

location of the Grist Mill. Captain John Sutter determined that this narrow spot along the river was ideal for a grist (wheat) mill. To build the mill, Sutter needed lumber. This prompted the construction of the lumber mill along the American River near Coloma. Therefore, the grist mill is indirectly responsible for the discovery of gold. Although the mill was eventually completed, it is doubtful flour was ever ground there.

### In 1848, Sam Brannon

purchased the grist mill and turned it into the City Hotel. Brannon apparently had grand ideas of turning the City Hotel into a gambler's palace. However, Donald Trump he was not. The living quarters were Spartan - a row of bunks against a wall, a hairbrush chained to a shelf, and a single community toothbrush. The City Hotel was a quick bust. The building was disassembled and virtually every remnant of the grist mill is now gone.

### At Mile 14, the trail crosses

the Harold Richey Bridge. Richey was instrumental in development of the bike trail. He could be seen almost every day bicycling or walking along the trail and became a good friend to the regular bike trail users. After Richey died in 1987, a ground roots effort led to the bridge being named on his behalf.

### Construction of the Richey

Bridge prompted considerable controversy. Nearby property owners felt the bridge would block their view and increases traffic. Their ill feelings toward the bridge may have had some psychic effect because during its construction in 1976, the central portion of the bridge suddenly collapsed and fell into the river. Fortunately no one was hurt.

### The Richey Bridge can be seen

in many of the background of the movie, "The River's Edge." This rather disturbing movie stars Dennis Hopper and was released in 1986. Mile Fourteen also marks the entrance to C.M. Goethe Park. The

444-acre park was named in honor of the Sacramento conservationist who died in 1968 at age 91.

### From Mile 14 to 15, you skirt

the edge of Goethe Park. Through this area you can see several stands of oak, cottonwood, and eucalyptus. Some of the oak trees reach a height of 100 feet. The Valley Oaks lose their leaves in winter, while the Interior Live Oaks are evergreen. During the early summer, the Fremont Cottonwood makes its presence known by releasing small puffs of "cotton" which fill the air and line the bike trail. Captain John Fremont was said to favor cotton-woods because they signaled a good camping area in an otherwise arid environment.

### It should also be noted that

Goethe Park is the location of the annual Eppie's Great Race. Touted as the world's oldest triathlon, the Great Race features a 5.8 mile run, 12 mile bicycle race, and a 6.3 mile kayak/triathlon. Held each July, the Great Race is easily one of the Sacramento's top participatory events.

### Between Miles 15 and 16, the

trail enters Cordova Community Park. This park is particularly suited to picnics because it contains a petting zoo, duck pond, and 9,000 feet of miniature train track. Beginning in the early 1970s, the Sacramento Valley Steamers have provided train enthusiasts, of all ages, free rides on the 1/8 size steam, oil, coal and propane trains. Call the Steamers for ride days and look for their annual train convention each October.

### Across the river from

Cordova Park is Ancil Hoffman Park. This 386-acre park includes an 19-hole golf course and was named after the former county supervisor Ancil Hoffman may have been better known as the manager of world heavy weight champion, Max Baer. On a side-note, Max Baer was the father of Max Baer, Jr., otherwise known as Jethro on the TV series "Beverly Hills, 90210". Hoffman died in 1976 at the age of 91.

### At Mile 17, the bike trail

crosses one of the best areas for

spotting wildlife. Coyotes, deer, wild turkeys, owls, and vultures are seen frequently. Occasionally, users have even spotted mountain lions and just recently a bald eagle was seen gliding over the river.

On the other side of the river is the Effie Yeaw Interpretive Center. Built in 1976, the center contains information about flora and fauna of the American River as well as a "Discovery" trail perfect for families with small children. Effie Yeaw (rhymes with "jaw") was a teacher and conservationist as well as author of the *Outdoor World of the Sacramento Region*.

Mile 18 is located between the San Juan Rapids and "Suicide Bend" on the American River. It was at this spot that a woman claimed to have been abducted, raped, and left tied to a tree until discovered by a fisherman in the early morning. While the incident later proved to be a hoax, it underscored the need for people to use caution along the bike trail.

At Mile 20, the trail passes two bridges, one at Sunrise Boulevard and one at Bridge Street. The Sunrise bridge underwent a widening project in 1992. A curious feature about the widening project was that a portion of the bridge was left devoted for a future light rail track. Hopefully, the "build it and it will come" theory will work and light rail will be extended along Sunrise Boulevard.

The older bridge, located one-quarter mile east of Sunrise, was built in 1910. This bridge, and the Rainbow Bridge located in Folsom, are the two oldest bridges on the American River. This bridge can be seen in the movie, "The Stuntman," starring Barbara Hershey, Steve Railsback and Peter O'Toole. In the movie, Railsback drives a car off the bridge and plunges into the river.

Mile 21 borders the community of Gold River. Once known as one of the least desirable properties in Sacramento, the cobble-strewn property was developed in the early 1980's by the Powell Corporation. Today, Gold River contains over 2,100 homes in 18 "villages" with more on the way.

By the time you reach Mile 22, you may have noticed large piles of river cobbles. The river cobbles stand as evidence of dredge mining that began after placer mining was outlawed. Placer mining involved washing away the top soil with powerful water hoses. This caused silt to enter the river and hamper navigation in both the Sacramento and American Rivers. In the early 1900s, dredge mining began. This form of mining involved placing barges up to 200 feet in length in the middle of a small, man-made lake. At the front of the barge was a shovel which lifted huge amounts of soil and rock onto the barge where it was processed and eventually dumped off the back. As a result, the barge was able to move considerable distances as the "lake" continually moved forward. This process left several square miles of river cobble on top of the soil.

As you pass the cobble piles, look for the white cobble. These are quartz and their presence is what led prospectors to look for gold. At times, entrepreneurs have

## Parkway Nuisance Star Thistle

Laura Kulsik

Run along virtually any segment of the American River Parkway and you can't help but notice that Summer is here. Your senses come alive with the sights (squirrels and birds), the scents (honeysuckle and ripe wild berries), the sounds (cyclists warning runners: "On your left!") and if you're not careful you may touch something not so pleasant: the #1 form of plant life, though not native, the star thistle. Ouch!

Summertime is when the star thistle's growth spurt really kicks in. During the winter, the thistle are just harmless brown stalks but come summer they turn into a tall green, many-branched menace with yellowish spiny flowers that grow rampant and stretch themselves right out to the actual parkway. They could easily be called "green barbed wire with roots".

While contact with star thistle is certainly not as painful to humans as contact with poison oak, it is unpleasant. I did a Hash run on a star thistle-infested horse trail, bordering the A.R.P. at approximately miles 12 and 13, and I ended up with scratched up, bloody legs *and arms* (this stuff can grow three feet high).

Star thistle is not native to the area having been introduced from Europe long ago and it is threatening the Parkway's natural ecology. County Park maintenance crews have been working with UC Davis to develop a plan to eradicate the botanical nuisance. They routinely cut and spray to control the plant but permanently ridding the Parkway of it is a long-term effort so in the meantime be careful out there.

attempted to sell the cobbles, otherwise known as "California potatoes" as building supply material. The cobbles were used to build streets in both Old Sacramento and San Francisco.

Mile 22 is also the location of Sailor Bar. Legend has it that the name was given to this area after a sailor jumped ship and staked his claim at this location.

Mile 23 is located on the Hazel Bridge. Built in 1966, the bridge won an award for its designer, Authur Kiefer due to its incorporation of a horse path. Today, the horse path is used primarily by bicyclists and joggers.

Mile Twenty-Three is also the location of the Nimbus Fish Hatchery. During the year, the fish hatchery processes up to 30 million baby salmon and over 500,000 steelhead trout. The salmon runs on the American River begin in and around October and continue through

(continued on page 12)

December. Salmon are allowed through the ladder and into the hatchery once the water temperature drops below 60 degrees. While the salmon count was down during the drought years, 1993 proved to be a tremendous year.

Hazel and Nimbus Dam mark the end of the American River Parkway. Jurisdiction changes from Sacramento County to the State of California for the remaining eight miles to Folsom Lake.

At Mile 26 you are in the vicinity of Texas Hill which is the source of cobblestones used to pave several streets in San Francisco and Sacramento. In 1882, a commercial steamer, Daisy, towed barges of cobble and firewood to Sacramento. This area marks the furthest travel made by a commercial steamer up the American River.

At Mile 27 you enter the Negro Bar area along Lake Natomas. Negro Bar began in the early 1850s when several hundred Black miners worked the land on the south bank of the river. At its peak, Negro Bar was little more than a ramshackle collection of tents and wooden buildings. It lasted only one or two years before it was flooded and renamed Granite City. In 1855, the area became the City of Folsom after it was named for a local landowner.

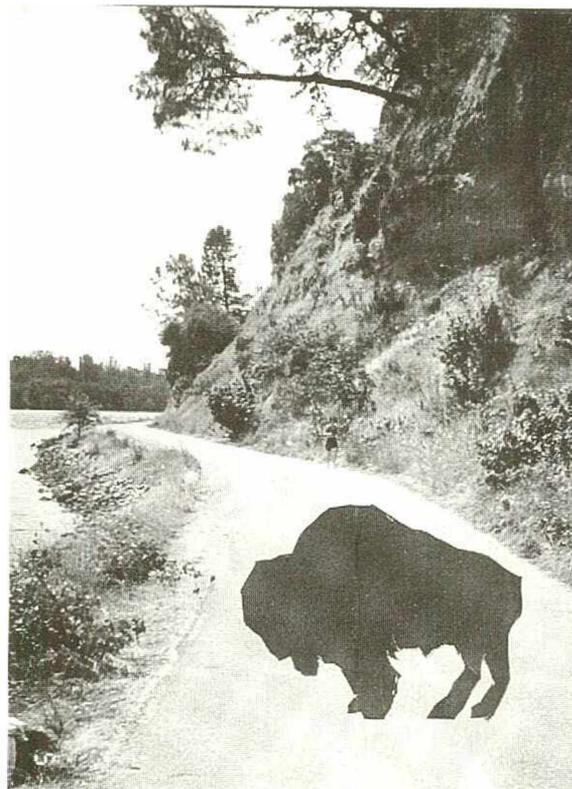
The stretch between Folsom and Sacramento is the site of the first railroad in the western United States. One of the engineers who built that railroad was Theodore Judah, who later became famous for supervising construction of the Union Pacific Railroad across the Sierra mountains.

At Mile 28, you are adjacent to the Folsom Power House. Built in 1895, the Power House supplied electricity to Sacramento until 1952. When the Power House began operation, it marked the first time electricity was transmitted further than five miles.

Just beyond Mile 28 is the

Rainbow Bridge. Built in 1918, the bridge is the oldest active bridge on the river. One hundred feet upriver from the Rainbow Bridge and you can see the foundation of an arched steel bridge which served Folsom from 1895 to the Second World War. Besides these two bridges, at least five other bridges cross this portion of the river, with the first bridge built in 1854 by The Sacramento Valley Railroad. One bridge in particular, a 300 foot suspension bridge, was the longest suspension bridge in the state when it was built in 1861.

As you approach Mile 29 and begin the climb toward Folsom lake, you see the granite walls of Folsom Prison. Construction for Folsom



photo/art by Laura Kulak

Prison began in 1858 in order to relieve overcrowded conditions at San Quentin. Folsom Prison officially began operation in 1880 with most of the inmates working in the rock quarry that produced the prison's formidable walls.

Mile 30 is near Folsom Dam. As mentioned earlier, winter flooding and summer drought brought the need

for a dam and reservoir. Built in 1955 as part of the Central Valley Project, the dam is 340 feet high and 1,400 feet across.

Just beyond Mile 31 the bike trail comes to an end at Beals Point. This area was named after the town of Beals Bar which, like several other small towns, now lies under Folsom's waters. As most Sacramentans know, the lake level fluctuates dramatically depending upon the time of year and whether the State is experiencing a drought. In good years, the lake can reach its capacity of 1,000,000 acre feet. In dry years (or more optimistically, good beach years), the amount of water drops to approximately 100,000 acre feet.

When the Folsom Dam was completed, engineers predicted it would take three years to fill Folsom Lake to capacity. However, in a story that has repeated itself at least a few times since 1955, a big winter storm filled Folsom Lake in eight days. The lake covers 18,000 acres and has 75 miles of shoreline.

Certainly an article this size cannot cover every historical fact or personality which contributed to the history of the Lower American River. Hopefully, this article did provide some flavor of the abundant history in this area and pique your curiosity. I would like to acknowledge the Sacramento Public Library System and the CSUS library for their information. Acknowledgment also goes to William Dillinger and William Holden whose writings concerning the American River contributed to this article. Finally, I would like to thank the ladies who operate the Folsom History Museum and who didn't mind my two year old son running around while I quickly wrote notes for this article.





by IBIRNMN

## THE ROAD TO KONA

Aesop said a journey of a thousand miles must begin with a single step. The road to Ironman, Western States, that first marathon or 5K all begin the same way. We start with that first step, a dream. This dream turns into reality after the first footstep and then thousands more are taken. Races can be painful, debilitating and, sometimes, even humiliating. Ultra distance races are the extreme, they can be total and complete forms of physical and mental torture. Why do we do them? I'm not sure. They certainly give us a sense of satisfaction if we do well. On the other hand, they can destroy us in many ways if we do poorly.

Every ultra distance race has its allure and camp followers. For ultra runners, Western States seems to be the race to conquer. And what cyclist wouldn't want to compete in the Tour de France? For triathletes, the premier ultra event is the Hawaiian Ironman.

I was fortunate enough to qualify for and compete in the 1990 Hawaiian Ironman. Near the end of that race, immobilized by painful leg cramps and doubled over with a stomach that wouldn't hold anything, I said to myself, "This is stupid, I'll never do this again". Later, laying on the massage table with an IV dangling from my arm, totally dehydrated, painfully exhausted and semi-delirious, I gradually became rational and did a quick post-mortem on the race. Where did I go wrong? Did I not take enough fluid? Did I ride too hard on the bike? What prevented me from running the run? Within hours (and 3-4 liters of IV fluid) I was up and wandering around the finish area and planning my training for 1991. I have not been back.

The road to Kona is long and difficult. Some never make it, but they never stop trying. I have tried to qualify every year since 1990. In 1991, it was the World's Toughest Triathlon; in '92, Ironman Canada; in '93, the World's Toughest again (dnf). Why do I and so many others want to return to Kona each October? What is so special about the Ironman. For those of us who swim, bike and run, it is the place to be during the full moon in October of each year. The Ironman week is a difficult experience to describe; the Ironman race is something you'll never forget.

My interest in the Ironman was not immediate, but developed over time. I had been doing triathlons for about a year before qualifying for Kona, working up from sprint distances to longer races, steadily testing my body and mind. While I was training for these races I joined a group of men and women triathletes who had been to Kona. When people who have been there describe the experience, you become caught up in it. Veterans of Kona nurture and foster the Ironman spirit. They are relentless in their crusade to make fellow triathletes Ironmen. Eventually, after hours and hours of hearing about "IM hype, Dig me beach Queen Q, etc." I

become coopted and succumb to the challenge. As I train throughout the year my commitment becomes personal even though I draw strength and conviction from the group. I swim, bike and run; I double and triple my training distances. My long swims extend from a mile to two miles, my bike rides take five and six hours, I struggle through a three hour Sunday run barely making 20 miles. Only then am I ready to try to qualify.

There are Ironman qualifying races all over the world Australia, Canada, Europe, Japan, New Zealand. There are also a number of qualifying races in the United States. These are all quality races in some very exciting venues and must be conquered before earning the trip to the "Big Dance". All of the qualifiers attract world class pro's and talented age-groupers, and offer prize money, but they are preliminaries to the main event.

The Ironman occurs in October on the Saturday closest to the full moon. Some years the full moon shines early during the month and the number of sunshine finishers is relatively high because the days are longer. Other years the race is staged late in October and number of sunshine finishers drops dramatically. This year, the race will be held on October 15th, mid month. The sun will set around 7:00 pm and the light sticks will begin to glow within the hour. The course will close at midnight, 17 hours after the 1450 triathletes entered the water at Kailua Pier. I hope to be at Kailua Pier on October 15th; I also dream of being a sunshine finisher, a feat equivalent to a sub 20-hour Western States or a 2:45 marathon. It may never happen but it's a great dream! There are a number of other local triathletes who also hope to be on Kona racing on October 15th. All of us still need to qualify to get there. We plan to do this at IM Canada on August 28th. Meet the IM Canada class of 1994: Bruce Aldridge, Rob Estes, Doug Elliot, Vince Fong, Peter Fitch, Mark Gouge, Beth Gouge, Jim Hardigan, Curt Haury, Nancy Huber, Felix Jaramillo, IBIRONM, Kevin Pedrotti and Dan Quisenberry.

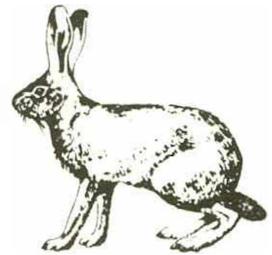
There will be 1450 competitors at IM Canada with 140 slots available for IM Hawaii. So theoretically, your odds are one in ten to qualify. In reality, IM slots are awarded by age group; the larger the age group, the greater the number of slots. For example, in my age group there are 90 competitors, this translates into about 9 slots. In the 30-34 year old male age group, there may be as many as 220 contestants, and this would translate into 21 slots.

That's all for now folks, stay tuned, Part II of the Road to Kona is yet to come and will feature the fortunate qualifiers from the IM Canada class of 1994 and Ironman itself.

*ed. note:* since this was written, Nancy Huber and Bruce Logan have qualified. Congratulations!

# The Laidback and Wacky World of Hash Running

by Cynci Calvin



Before reading Karen Durham's article below, here is some background about how the Hash form of running came to be. It all began somewhere in Malaysia, during the height of the British Empire. British soldiers were famous for their rowdy weekend partying. To shape them up on Monday, their superior officers made them run. To provide incentive, the officers made the run something of a game. The fastest of the men ("the hare") set a course for the rest to follow. The remainder of the men tried to run down the "hare". Their rowdiness was not to be tamed, as the runners made sure that there was ample beer available at various stages of the run. There were no rules governing the routes the hares chose. Beer drinking games were included in the run, and a hearty lunch or dinner followed the activity. The basic form of this kind of a "fun run" has been maintained, and has spread throughout the world. Every major city has a loosely knit Hash group of runners. They welcome out-of-towners and newcomers, they scorn regimentation and schedules, they proudly admit to being "drinkers with a running problem", and they laugh a whole lot! We've got a number of Hash runners who are also Chips. If you're up for a change in your running routine, ask around and find out when the next Sacramento Hash run is scheduled. I asked if the Hash folks might be interested in putting their runs in the Chips Calendar, but they declined. That would just be too organized!



## Who's That Chip

by Karen Durham

"Ok, What is this, anyway? Some kind of secret organization? I mean, what kind of weirdos go around calling each other funny names and swilling beer *in the middle of a race, for crying out loud!*"

Is a secret, solemn cult initiation rite taking place twice monthly in the Sacramento area? Fortunately, this isn't Waco, Texas.

You can probably identify just about anyone in the club as a "One" or a "Four," but do you know that many among us have a lesser-known, (or just lesser) running life? Yes, many seemingly serious-minded Chips wear HASH aliases. At the risk of earning a down-down\*, here are the aliases of these miscreants (first names only, please!), and the origins of such, well, *rude* names.

Back Door	Is Shelly so-called because of her realty background, or could it be...
Hairball	Mel, Mel, Mel, we know you don't own a cat.
Hang Loose	Ken says he's named for his laid-back attitude towards life, but let's ask his fiancée.
Hash Crash	Eric is a pilot. Say no more.
Lawn Job	On her first HASH, Laura assaulted a man innocently cutting his grass; turns out he's an old boyfriend!
Madonawanna	Donna seems so respectable. . . .
Mr. Mxyzptlk	Jim 1 was aptly named for a comic book character known for his devilish tendency to confuse everyone, including himself!
Prime Mate	Tom will do any little thing for his wife, Up & Coming. Talk about dedication!
Scat Man	Pat worked for a company formerly called Pacific Guano--no wonder they went under!
Snow Job	Rumor has it, Carl would rather ski than just about anything.
Up & Coming	Tammy was named after proving herself one of the fastest HASH learners ever!
Wax Off	Norm owns a car wash, but could there be a hidden meaning here?
Whineonandonandonandonandonand.....	Dennis, <i>Shut up!</i>
Quickie	All we can say is. . . .she's fast!

\*\*down-down" is Hash-eze for chug-a-lug

## RACE RESULTS and STORIES

Your *Enquirer* editors asked for contributions of race results and stories from our fellow Chips and did you ever respond! The following pages will show what a busy group we've been these last few months. The stories' points of view were rich and varied, ranging from those superfast guys 100k racing at the Championships in Japan, to the happy go lucky fun runners at the Isleton Crawdad Festival "almost" 5 Miler. The races reported here are in "almost" chronological order. There is a "Tail End" section at the , you guessed it, end. It somehow seems fitting that we should start with an article that missed the last issue, especially since it is about one of those races that started it all for many of us.

### The 93rd Running, Walking, Bouncing & Crawling of the Bay to Breakers 12K

May 16, 1994

by Ann Gerhardt

Balls flew high in the air, a green Gila Monster loomed large over the crowd, torsos gyrated to rock music, competitors jockeyed for position . . . and the race hadn't even started. Human Walls, a crowd control device that Disney probably considered once and rejected, were everywhere. I'm not sure what happened to the Red and Blue Jacket Walls, but when the starting gun fired, the Green Jacket Wall got to de-jacket and run the race. It didn't make the seeded runners behind the Green Jackets too happy, but it guaranteed the elite runners, who waited behind No Walls, a chance to win something.

**The course:** It's very simple. The first two miles are a slalom course with lots of human obstacles/gates and a few 90 degree turns. The third mile features the "test-your-resolve-to-really-run-this-race" 1/2-mile Hayes Street HILL. One water station is somewhere in the middle. Then two miles on easy undulations propel the masses into Golden Gate Park, where they slide DOWN the last two and a half miles. The finish is singularly uninspiring with your back to the ocean. Not a race for Rocky, but the park was nice. The race directors say it's a 12K (7.46 miles) race. They lie. With all the initial lateral maneuvers necessary for survival, 159,982 legs do closer to 8 miles. The leg number is calculated from 80,000 runners less the top four, who presumably were able to go straight.

**The weather:** Great. The pre-race rain was planned by the race directors to discourage all but the truly insane. And it didn't hurt anyone who wasn't in a paper mache costume.

**The competition:** Uta Fippig dropped out due to illness and an uninformed Lisa Ondieki avoided Uta by racing in Cleveland. That left Arne Marie Letko and Jody Hawkins to try to catch the Kenyan and everyone else to have a good time. I didn't hear any scuttlebutt about the male competition. I did notice that except for Ed Eyestone, they were all short, and that Machuka has an arm swing vaguely reminiscent of the Parrot style. It almost swung him into first place. He'll just have to come to Sacramento to learn it right from the master.

**Entrants of note:** Four Buffalo Chips (sorry if I missed any), one soon-to-be-Chip, 40 odd elites, about 500 seeded and sub-seeded idiots who chose to waste their fine legs on this party, a few thousand corporate types who ran subseeded because they work for the sponsors, a few nudes, Lorena Bobbitt, 5 Elvis's, 1 real Beefeater, 1 devil, Tonya getting 8 miles of whacks on Nancy, 1 Madonna, 1 Pope, Jesus, Beavis & Butthead, 1 Clinton, 1 drag Godzilla, 2 basketball dribblers who run faster that way than I do on a good day, the Warriors and 49ers presidents, a string of garlic heads, an udderly mad cow centipede, seeded centipedes with no discernible theme except FAST, the Flintstones in their 5-human power car, a school of sharks, Stonehenge, the San Francisco Skyline, and a whole lot of people who weren't competing at all. The few

people who tried to run fast were put in their place by others who shouted, "You're not going to win, you know, not from back HERE!"

**The finishers:** In excess of 80,000 entrants finished, with a whole bunch finishing before Monty Schacht, Steve Boland, Jim McElroy and I. Ismael Kirui was the first male and Tecla Lorupe was the first female. Elvis Presley, Bill Clinton and Mark Conover were part of the first place Reebok Aggies Centipede. Someone named Toni Velez had the dubious distinction of finishing 10,000th, being the last person to get her name in the Examiner results (just thought you'd like to know that).

**The cool down:** The half mile trek to the polo fields offers a convenient cool down, but anyone who tried to jog it would probably be ridiculed.

**The post-race party:** Not great. No free food. The live entertainment occurred too late to be appreciated. It was well-organized though, and there were lots of recycling bins.

**The T-shirt:** White with a dumb picture signed by an *Artiste*. The race directors couldn't possibly have picked it as best from a competing group. Just shows that you can't reject the design when you hire an *Artiste* to do it.

#### Summary Grade:

Organization - A+

Party - B (not enough nudes or crazies)

Race - D (unless you are a Kenyan for whom it was an A)

Opportunity for noncompeting runners to have fun - A

**Heavenly Run for the Rim**  
**May 22, 1994**  
 by Scott Mikkelsen

Having vowed to do more new and unusual runs this year, I convinced my friend and new Chip Marlon to accompany me to do this race. I had heard it was a fabulous course with great scenery. We had recently run at Rescue and at the Marshall Mash and figured there really couldn't be any worse hills or terrain.

Race morning we arrived only 15 minutes before the start and had to run up some stairs to pick up our numbers. About halfway up, we realized that something was missing - OXYGEN!! It hadn't occurred to us we would be racing at a 6000-foot elevation!

We made it to the start on time and were greeted by a few fellow Chips. Then we were off for 6.2 miles of pure Hell. The first mile and a half were almost straight down. I knew it was a loop course, so I knew we would have to climb back up that hill (mountain) on the way back. By the time we had finished our descent, my back (recently recovered from injury) and my knees told me the race was already over. The next 3 miles were uneventful, except Marlon and I had to walk through the aid station because we both felt like we needed an oxygen mask. Then came that tortuous climb back up to the finish. I don't know if anyone had the guts to actually run the entire hill (mountain), but everyone around me walked. At last the finish line appeared, but not before I realized I had been humbled by Mother Nature's cruel joke --her one-two punch of hills and lack of oxygen. Congratulations fellow Chips - you deserve it!

**Chips**

Mark Metz 41:01 (2nd, 30-39)  
 Barbara Heiller 45:31 (1st, 30-39)  
 Steve Ainsworth 47:07 (3rd, 30-39)  
 Don Fencik 54:12 (14, 30-39)  
 S. Mikkelsen 57:27 (18, 30-39)  
 Marlon Faust 57:31 (19, 30-39)



**Shadow of the Giants "50K"**  
 June 4, 1994

by George Parrott

Apparently this event saw cataclysmic conditions last year with stories of snow, sleet, closed trails and an early termination of the run for safety reasons. This year was experienced under almost perfect conditions. This is a great course for your first trail "ultra." Though billed as a 50km, it is actually about 29 miles, and the race director says, "it's close enough, let's just use these course records as references for this course." I agree! The start and finish are at a mountain/outdoor training school, and there are cabins with dorm bunks and hot showers for available for after the race. Very close to the start are several commercial motels and a couple of B and Bs! There is a pre-race meal in the dining building and an optional (extra cost) post-race barbecue for refueling while the awards are being finalized. The race brings in from 135 to 250 participants and takes them over a course that climbs for the first 5-6 miles, then runs fairly level mostly over fire roads and wider trails through the middle sections and then returns down, down, down on good road surfaces until the last 1.5 miles when you return to the beginning section of runnable, but rock-strewn downhill singletrack (trail, not road).

The course is well marked almost everywhere and there are adequate aid stations to allow one bottle running. One or two runners did go off course, but nobody gets lost in this race, and every runner gets to see some beautiful sections of the mid-Sierra. The race starts and finishes at Fish Camp, which is near the South entrance to Yosemite and about a three and a half hour drive from Sacramento. Elevations vary from about 6000 feet at the start to 7500 feet, and course records are 3:39 for men and 4:18 for women (both established this year!). Put in context with the many textures of an ultra, this event compares on my scaling as follows:

	Organization	Awards	Course	Aid Stations	Difficulty
AR50	9	9	7	8	7
Pony Express 50	9	6	4	9	4
Skyline 50km	8	6	6	7	7
Jed Smith 50 km	9	7	5	8	3
WS 100	10	10	9	9	9
Shadow of Giants 50k	7	5	8	7	5

This is a "runner's run," but it is not for the cherrypicker or nitpicker. The race director, "Baz," is a most enthusiastic and self-entertaining trail fanatic from England, but he is NOT compulsive about the details (as noted above in the race "distance") and he tends to enjoy the social side of the event when perhaps some additional efforts in actual race directing might be in order. Awards are mostly for the top 1-2, and shirt design, etc. is only OK. There are random raffle prizes awarded at the pre-race meal, and even goodies for the race director's special friends. It is quite low-key and intended to be just that.

The beauty of this event is the course, for it is all runnable, scenic, and often spectacular. At about the 15-mile point, runners do a one-mile loop through a signposted grove of 2000-3000 year old giant redwoods (hence the event name). If you have NOT yet run an ultra and/or a trail race, this is about as good as it gets for enjoying a long run in the real woods. Let's get a BIG GROUP of Bison together for the first weekend in June next year and experience a weekend at Fish Camp. We can go down Friday, run the event on Saturday, then stay over Satur-

*(continued on next page)*

day night, and perhaps even come back through Yosemite on Sunday?

**Overall Winners**

male: Tom Cheese 3:39:35  
 female: Evelyn Marshall 4:18:25  
 (CR,15th overall)

**Chips**

Lee Rhodes (1st 60+) 5:20:13  
 George Parrott 5:47:12  
 Richard Jones 5:52:02  
 Herb Tanimoto 5:53:45 (got lost, ran extra 4+ miles)  
 Jeane Ann Gerard 7:12:05  
 Last Finisher 7:44:42

(Run of the Pines results)

**10K Chips**

Howard Ferris 51:02 (1st in age div.)  
 John Dunn 57:49 (3rd in age div.)  
 Glen Millar 58:33 (3rd in age)  
 Christine Powell-Millar 69:32

**1/2 Marathon Chips**

Steve Topper 1:35:38 (3rd overall, 1st in age div.)  
 Blanca Topper 2:01:13  
 Janet Rivard 2:08  
 Diane Devlin 2:40

*Ed. note:* Glenn Millar adds that the race benefits Sierra Ridge Middle School, is well organized and a great family event.

16:56

**Overall Female:** Jeanne Sapienza in 18:00

**Chip Men**

Philip Deacon 16:56 (1st overall)  
 Jack Sohl 22:40 (1st in age div.)  
 Mike Otten 24:21  
 William Feller 27:25

**Chip Women**

Vickie Pell 21:35 (1st 40-49)  
 Shannon Reed 22:13 (1st 13-19)  
 Cathy Rohm 23:21 (3rd 40-49)  
 Martha Martin 28:53  
 Judy Turner 29:50  
 Linda Apathy 29:56  
 Charlotte Berta 30:35  
 Claudia Isham 31:05  
 Marjorie Feller 34:17

**Run of the Pines 5K, 10K, & 1/2 Marathon**

June 4th, 1994  
 by Blanca Topper

Sierra Ridge Middle School in Pollock Pines (4000 ft. elev.) was the starting area for the third annual Run of the Pines. This year a grueling 1/2-marathon was added as a test for those who are not weak of heart. All three courses had challenging hills. It was unseasonably warm and the 1/2 marathon started at 9:30 AM. While I was running, I had an "out of body" experience. I was really out of it, and my mind kept telling my body, "#@\*\$!", I think this is worse than Rescue!.

Hills aside, the area is beautiful, and the race attracted 314 runners.



photo by Blanca Topper

Glen Millar rewarded for a run well done.



**Awesome Chip Women Threesome Finish 1,2,3 in Sloughouse Country Run 10K; Chip Men Win Both 5K and 10K.**

June 11, 1994

by Cynci Calvin

Speedy Chip women Francie Benson, Chris Iwahashi, and Connie Kondo finished 1st, 2nd and 3rd in the 10th Annual Sloughouse 10K. Chip men won both the 5K (Phil Deacon) and the 10K (Brad Lael) to round out a strong Chip showing at this very popular area event. Race directors Nancy Clark, Lou Edgar, and Martha Fierro, report that this year's runs raised almost \$6000, which will be shared by Young Life and the Norbert Havlick Memorial Scholarship Fund. 227 runners finished the 5K, 188 runners finished the 10K, and 71 walkers completed the 5K Walk. Chip Brad Lael was declared the recipient of the Havlick Best of Field Award for his 33:42 winning time in the 10K. The race directors extend a special thanks to Buffalo Chips Dave Ragsdale, Steve Topper, et. al. who handled the finish line scoring.

**5K**

**Overall Male:** Chip Phil Deacon in

(results in next column)

(continued in next column)

**10K**

**Overall Male:** Chip Brad Lael in 33:42

**Overall Female:** Chip Francie Benson in 39:39

**Chip Men**

Brad Lael 33:32 (1st overall)  
 Kim Isham 38:52 (1st, 40-49))  
 Al Michel 39:38 (3rd, 30-39)  
 Sean Gallagher 40:42  
 Richard Gann 45:19  
 Jay Rutherford 47:06  
 Jon Thomas 48:24  
 Robin Rogerson 48:37  
 Dan Pfeifer 49:12  
 John Dunn 53:06 (3rd, 60-69)

Ken Crouse 53:06  
 Jim Beland 53:09  
 Ray Malaski 54:28  
 William Bronte 57:14  
 Mike Grassinger 58:18  
 Jim Eyman 59:32  
 Richard Cochran 1:04:34

**Chip Women**

Francie Benson 39:39 (1st overall)  
 Chris Iwahashi 40:48 (2nd, 30-39)  
 Connie Kondo 41:41 (3rd, 30-39)  
 Dale Philips 50:18 (1st, 40-49)  
 Brenda Pollard 54:33  
 Ginger Kurowski 56:14  
 Gretchen Malaski 56:46  
 Janet Rivard 58:07

Walking Chip Linda Trombino was the 11th walker to cross the line in a time of 39:10, which was faster than 8 of the 5K runner entrants!

*ed. note:* Crawdad Festival, 6/19, on pg. 33

# Grandmas Marathon

June 18, 1994

Duluth, Minnesota

by Carol Parise

Imagine discussing the California International Marathon (CIM) with a non-runner and not getting a response of "How long is that marathon?" Imagine listening to your car radio while driving in San Francisco or Tahoe and hearing the D.J.s discussing the best places on the course to cheer on the runners - two days before the race. Imagine walking into Carl's Junior in the mall and seeing drawings done by local school children of runners and statements like "Good luck in the marathon." Imagine shopping in Downtown Plaza and overhearing salespeople and customers discussing the shifts they are working at "the marathon." And finally, imagine the CIM finish line complete with souvenirs and a post-race party that includes kegs, bands, and dancing into the night.

In the Capitol City of California, for CIM, all of these things are but a dream because CIM well, is CIM and few non-running Sacramentans know it for anything but the annoyance of closed streets on a Sunday morning in December. However, in the city of Duluth Minnesota, Grandma's Marathon is more than a marathon (everybody in Duluth knows a marathon is 26.2 miles). It is a huge event that involves more than just the running community. If you have ever been to Old Sacramento during the Dixieland Jazz Jubilee, you have an idea of what kind of event we're talking about. Grandma's Marathon is like a cross between the Boston and Napa Marathons. It has the bigtime city marathon organization and hype with pasta feeds and entertainment like Boston (though it could use a bargain-filled expo). It also has a beautiful course and hassle-free environment because the number of entrants is a manageable size (3000 or so) like Napa. Grandma's Marathon is simply known as "The Marathon" on race weekend. The staging area (i.e. packet pickup, and race paraphernalia) are all at the Canal Park waterfront on Lake Superior

It is not likely that Californians usually vacation in Duluth. Duluth is a small city (population appx. 90,000), is not directly accessible (fly into Minneapolis/St. Paul and either take a commuter flight or drive 2 and 1/2 hours north) and is covered with snow for about 9 months out of the year. There are no white sand beaches or amusement parks but they do have a Casino a short drive south, and they have something that is not seen anywhere in California this time of year...GREEN. Remember that color, the one that describes grass and weeds in late March and early April? Green is everywhere in the Midwest and East even during the heat of summer, although it is somewhat hard to imagine when the mercury reaches 100 degrees in good old Sacto.. Another feature of this part of the country is the proximity to the Canadian boarder. The Canadian influence was seen all over

in the area where raised Canadian flags and Canadian coins were not uncommon. When traveling northeast (take the marathon course in reverse and keep going) through small towns on the way to Canada, you see many cars with canoes strapped to the top of their cars as they headed to the boundary waters which are known for the best canoeing in the world.

A record number nine Chips took the trip up to this city 145 miles south of the Canadian Border to participate in what is more of an event than a race. Joe Staats, George Parrott, David Ragsdale, Cary Craig and Carol Parise (aka Brad Lael) weren't in the marathon mood for one reason or another and entered the Gary Bjorklund Half-Marathon which is somewhat like the Dipsea in terms of entering. Once the entries go out, the race fills within about one week. Speaking from experience, it is impossible to get into this race once it is filled. Joe Staats and David Ragsdale ran 1:31 and

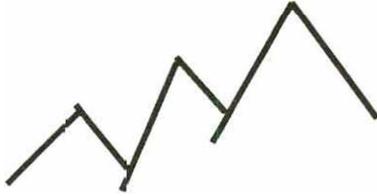
1:40 respectively. George's visions (nightmares?) of climbing up and down Devil's Thumb and Michigan Bluff with a pulled calf muscle in just one week kept him sane with a 1:55. Cary Craig had the best run of the trip. She had a 3 minute PR of 1:34 even though she insisted she couldn't run that kind of pace for at least 10 of the 13.1 miles.

The marathon is the premier event in Duluth and this year included the Women's National Championship Marathon which featured approximately 100 sub-three hour women

marathoners vying for Olympic Trials Qualifying Times and big cash prizes. Chris Iwahashi, Connie Kondo, Sharlet Gilbert and former Chip Jeannie Wokasch participated in this event. Fast people are treated well at Grandma's. Invited runners receive several goodies including gear bags, massages, and a 1lb bag of M&Ms. The Championship Race started at 8am, 1/2 hour earlier than the regular marathon which made the event stand out and also made for great spectating. Because of the small number of participants in this race, there was added pressure due to loss of anonymity and furthermore, the top women tended to get a bit isolated without the usual hoards of men with which to run. Linda Sommers won the whole shebang with a 2:33. Sharlet Gilbert was first Chip, 17th woman, and 1st Masters woman with an outstanding time of 2:44. Even with the added stresses, heat, and humidity Chris (2:57), Connie (2:59), and Jeannie (2:47) managed to have great runs.

Because the half-marathon started at 6:30 (3:30 pst) those running this race had the opportunity to witness the Championship Race from the comfort of the grass while drinking, eating, and videotaping. This also gave us the opportunity to watch Don Johns and Jose Ramirez duke it out in the last .2 mile for 1st and 2nd (respectively) in the "regular marathon", and see Bruce Aldrich comfortably finish his marathon training run in 3:01.





## The Sky's The Limit

By Theresa McCourt

At a prerace meeting for the U.S. Fila SkyMarathon, detail-oriented runners, including three Chips, asked all the usual questions—mainly about aid stations, beverages and transport to the start.

What they should have asked was how much climbing gear to carry.

The top three men wore crampons.

Welcome to what could be one of the more bizarre marathons in North America, run at dizzying heights, covering the standard 26.2 miles and attracting a small field of high-class talent.

Sure, it helped to be a veteran endurance runner, but the SkyMarathon was more conducive to mountain goats and downhill skiers. As we well know, the Chips from the flatlands of Sacramento, don't fit into this category.

Just six miles into the race, all of it very uphill, the 39 runners found themselves at the top of walls of snow. And there was only one way to get down: on their rears.

This race, just outside Aspen, Colorado, was part of a series of high-altitude marathons conducted by Peak Performance Project, a group of Italian researchers, medical doctors and psychologists trying to test the limits of endurance on some of the highest mountains in the world.

The series, with financial backing from the Italian sportswear company, Fila, included races in the Italian Alps and the Himalayas. This was the team's first torture test on American soil.

At times it felt like real torture.

Two of Sacramento's top runners and both members of our club, Tom Johnson and Rich Hanna, who last month also represented the U.S. at the World 100 Km Championships, finished the run looking as if they had been through an anti-graffiti treatment from Singapore officials.

Their rears were sore from the snow slide, their legs were scraped from

falls on the almost vertical trail, and their skin was raw from breaking through the crusty snow and falling into nearly waist deep holes.

Rich, a 2:17 marathoner and winner of the U.S. 100 Km Championships, took it on himself to make sure the pain was evenly distributed.

"At one point," he said, "I found myself falling down one of the snow faces head first."

A week later, on the long plane ride to the World 100 Km Championships in Japan, Rich had to stand for at least five of the more than 10 hours of flight. His rear end was still hurting.

The course began at the trail head to 14,265-foot Castle Peak, the highest mountain in the Elk Mountain Range, climbing from 8,000 feet elevation to almost 14,000, then heading downhill again.

Once off the trail, the runners still had 13 miles of unforgiving asphalt to cross the finish in downtown Aspen.

The eventual winner, Matt Carpenter of Colorado Springs, CO, was a man with proven mountain goat credentials.

He is the course record-holder of Colorado's Pikes Peak Marathon, and winner of last year's Fila Everest SkyMarathon in Tibet. At a constant altitude of 14,500 feet, the Tibet race is the world's highest marathon.

Carpenter was one of the few runners who knew he was going to need some mountaineering equipment.

As he clambered up one of the snow faces, using his arms as much as his legs, he realized he was wasting precious energy slipping back in the snow. He attached his secret weapons, a pair of light-weight crampons, to the bottom of his shoes.

But at the turnaround point, he was as much a victim of the terrain and gravity as everyone else.

"At first, I tried to run down the snow faces," he said. "Then I just sat on my rear, lifted my legs and slid down."

A runner behind him, Milan Madaj of Slovakia, followed Carpenter's style, except he yelled at the top of his lungs.

As Carpenter left the snow, Madaj briefly stole first place, also passing Tom Sobal of Leadville, CO, three-time member of the U.S. Mountain Racing Team.

Carpenter reclaimed the lead on rocky trail before Mile 10. Then, dragging a battered field behind him: for more than

16 miles, he finally finished in 3:08:27.

"Overall, this race has a high beat-up factor," he said.

Italy's Fabio Meraldi (3:11:58) and Ettore Champretavy (3:15:47) finished 2-3 for Italy. Both are top mountain runners in the Italian Alps who tied for third at last year's Everest SkyMarathon. Madaj sank to fifth place and Sobal to seventh.

Meanwhile Rich and Tom, realizing they would not make the top five as many had expected, made it something of a choice to save their legs for the world championships.

Tom, three-time winner and course record-holder of the Western States 100-Mile Endurance Run, finished 10th and Rich 24th.

As for the women's race, no one had any doubt that Bruna Fanetti, a top alpine runner from Italy, would win. She was first woman at the 1993 Everest SkyMarathon.

Melanie McHugh of Boulder, CO, and Ellen Miller of Vail, CO, placed 2-3.

But the story of this was less the race and more the adventure.

For many of the Americans, a mix of triathletes, mountain runners, ultrarunners and classic marathoners, the race was a combination of survival and trying to maintain some dignity.

This writer for instance, a veteran of some 20 marathons and eventual middle-of-the-pack finisher in Aspen, found herself dead last as she scrambled through the snow. Just then, I topped a boulder and stared into the eye of a British television camera two feet away.

The camera and I stared back and forth for a moment, and I realized all hopes of anonymity were gone. But it was worse. The crew knew I was English.

"Come on," said a British voice, "don't let the side down."

But there were serious consequences to the race, too.

One runner, Terrie Minzer of Colorado Springs, CO, who was second woman at last year's Pikes Peak Marathon, collapsed at the last aid station, only four miles from the end.

"Before it happened," she said, "I was running with my eyes closed. I couldn't keep them open."

At the aid station, the lone Italian volunteer was unsure what to do. Another woman runner, straggling by, happened to notice Minzer's feet sticking out from under the aid station table.

(continued on page 20)

She ran into the middle of the road and hailed a family in a pickup truck. They loaded Minzer into the back and took her to the hospital, where she was treated for heat exhaustion.

But when all was said and done, other than battered butts and the occasional bout of heat exhaustion, it was unclear to most of the runners what the researchers had found.

In fact, this race was really a stepping stone to the other two circuit races, the first up Italy's Monte Rosa, Europe's second highest mountain, July 17, and the second at the Everest SkyMarathon October 9.

In addition to winning a slice of \$8,000 in prize money, the first three men and women in the U.S. Fila SkyMarathon won all-expense paid trips to these other races.

There, the researchers measure energy expenditure, muscle fatigue, dehydration and hormone levels.

Both before and after each race, the team also test the Italian runners to compare prerace and post-race conditioning. And they run neuropsychological tests to measure a person's reaction time and ability to discern visual patterns while going down difficult terrain.

"This is an important ability," said Ugo Savardi, Ph.D, a teacher at the University of Verona, "because when going down a steep slope very fast, one small mistake can make a big difference."

Though the team hopes to have a book ready in the next year, its key point seems to be that when truly fit people climb in high altitudes, they debunk traditional mountaineering concepts about physiological limits, altitude sickness and how fast people can climb on reduced amounts of oxygen.

They support this claim with their annual 32.5-mile race up and down Mont Blanc, Europe's highest mountain at 15,770 feet. Because the race is so dangerous and difficult, they limit the field to only the most experienced mountain runners.

Marino Giacometti, originally a mountain climber and now an avid mountain runner, is the founder of the project.

"Most mountaineering expeditions," he said, "take at least three days to get up and down Mont Blanc. Last year, one of our runners ran it in 7 hours and 3 minutes."

But by the end of this marathon, the researchers' tests and plans were about as clear to the runners as the directions for getting to the finish line in front of the

Grand Aspen Hotel.

As we entered the outskirts of town, we tried to find the small orange flags the Italians had used to direct us up and down the snow faces and along the almost 12-mile stretch of Castle Creek Road.

We found only two flags, but we came to at least six crossroads.

Several of us had to ask passersby, mostly tourists, how to get to the hotel.

With emotions stretched thin by the numerous challenges we had already been through, we waited several minutes while helpful couples debated with each other about which way we should go.

Suffice to say, we got there eventually.

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## Wheel Chair Racers Invade Cal State, Sacramento

By RICH BERGINS

In Mid-June, I was privileged to work with a group of elite wheelchair athletes, as Cal. State University sponsored a week-long training camp for wheelchair athletes from all over the country. It was co-sponsored by the U.S. Olympic Committee and Wheelchair Sports America. As a student in the Biomedical Engineering Program, I was involved with biomechanical testing and racing chair modifications. I was fortunate to work with the track and road racing athletes. Their stay also included videotape analysis of form, pulmonary and lung capacity testing, body composition and nutritional analysis, in addition to informational lectures presented by various faculty and visiting staff. Topics ranged from weight-training and flexibility to sport psychology.

As an engineer, I was fascinated with the racers' exotic racing chairs and carbon fiber wheels. As an athlete, I was excited to be exposed to such serious athletes, some of whom make a living doing road races with the help of major sponsors. Deanna (4th at the L.A. Marathon/Wheelchair Division) impressed me with her knowledge of training principles and equipment, her major sponsors, which include Nike and Specialized Bicycles, and her poised, friendly manner.

But as a person, I was most

privileged to be exposed to such people with great mental and physical strength. They do quite well with what they have, appreciate life, and excel at many endeavors beside their athletics. In this case, the word "disabled" is nonsense! I know of so-called "able-bodied" people who smoke, do minimal physical and mental activity and let their "useful" muscles atrophy. That is my definition of disabled (self-imposed).

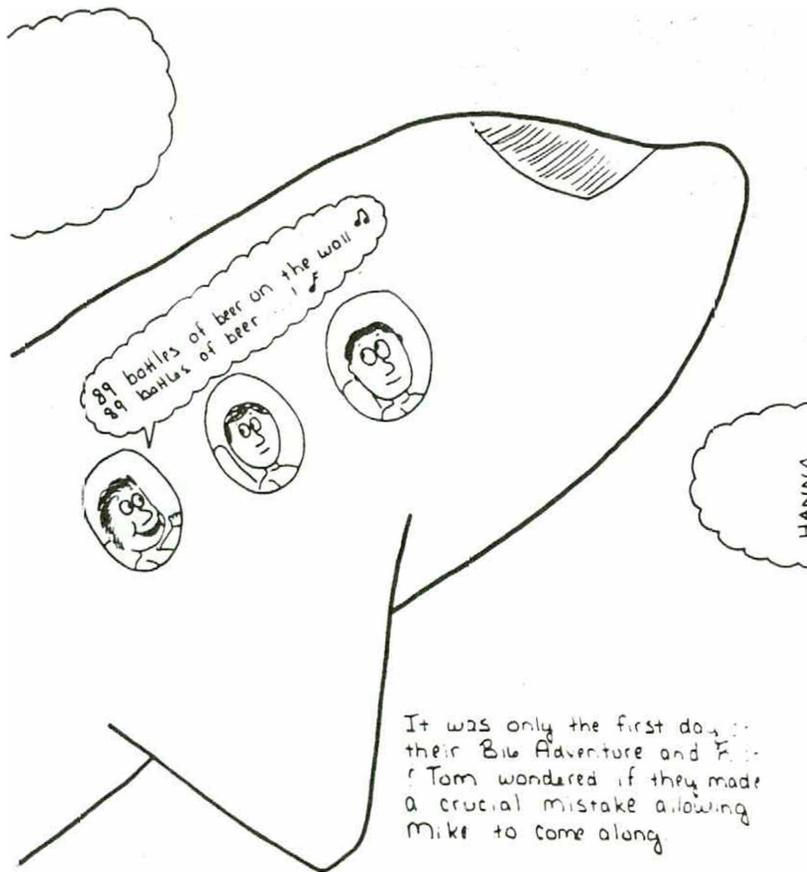
After awhile, I stopped viewing them as disabled people and started seeing them as serious national-class athletes. When someone talks about doing 7-10 miles on the American River Trail in the evening, to top off their afternoon track workout, I refuse to refer to them as disabled! 80-100 mile training weeks, weight training on their "easy" days, 20-mile long runs? They sound like road racers/marathoners to me. Upon arrival, I told them we have pretty clean dorms, a pool, and sunny weather. I was bombarded with more important questions such as: Where can we get some PowerBars? Did the airlines bend my wheels? (Sound familiar to you triathletes?) Are we going to train today? Where's the running track?

The highlight of the week was an informal 10km race around campus. Although they had three vans and several people clearing traffic on the course, they needed someone on a bicycle to stay closer to the pack for safety and visibility. I volunteered (leapt at the chance!).

At the start, their 37-year-old coach took to the front and pulled the pack up to their 17-18 mph racing speed. As I casually picked up speed on my mountain bike, I saw I had better accelerate quickly as the pack almost swallowed me up. Similar to runners, they got up to their racing speed and tried to maintain efficient form and top speed for the duration. They did little surging, very little coasting (except when tucking into a draft, as bike racers do). It was just efficient, powerful strokes with high turnover. Being a good motivator and coach, Kenny took the lead and first "burned off" his sprinters (the shorter distance specialists), then eventually left the distance racers, most of which were more than 10 years his junior. As with running, age is irrelevant.

With a lap to go (2+ miles), he dropped his only challenger with a relentless acceleration that put the second place man into oxygen debt, as he was losing contact with no draft to tuck behind. Many of us can identify with that experience. Like a smart runner, our

(continued on page 37)



Doug Hanna

## Tom and Rich's Big Adventure 100K World Challenge

Saroma, Japan

June 26, 1994

Part 1 of 2

by Rich Hanna and athletic supporter, Mike Knezovich

Chip members Rich Hanna, Tom Johnson and Mike Knezovich recently journeyed to Saroma, Japan to compete in the 1994 100K World Challenge held on June 26. The following is a "brief" account of their Big Adventure.

June 19, 1994, started much like any other mid-June day for most people, but not for two of the area's top distance runners and one really nice guy who also runs a little. This was day one of "Tom & Rich's Big Adventure". The four months of anticipation following the 100K National Championship at Jed Smith was finally over, along with the prospecting for sponsorship, fundraising races and T-shirt sales. It

was time to pack up the good wishes and high hopes of family and friends and head for the land of the Rising YEN. Oops! I mean the Rising Sun of course.

For ultramarathoners, anytime is a good time to get in some extra mileage, so Rich and Mike decided to do some speedwork to catch the flight at Sacramento Metro to Seattle. To the untrained eye (any non-Buffalo Chipper) this may have looked like tardiness. After a little song and dance with tickets, baggage and security, the Buffalo Chips caught some altitude around 9:20 a.m. S.T. (Sacramento Time).

It wasn't until arrival at the SEA-TAC Airport that the trio first joined forces

for the remainder of the adventure. You see, Tom had been the first on the plane in Sacramento, establishing an early, psychologically competitive edge. A short rest in Seattle allowed the Chips to sample some home-brew (coffee...a local obsession) and unite with the rest of the U.S. team before the ultra-marathon flight across the Pacific. Members of the Canadian team from Alberta, Vancouver and Medicine Hat tagged along as a bonus.

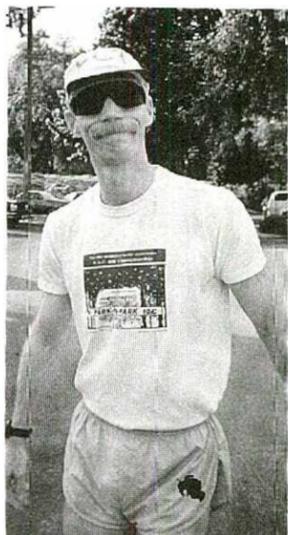
Two hours into the leap across the water, the U.S. wins its first medal for being the loudest bunch on the plane. Everyone was trading stories of their races abroad and most memorable plane trips. Mike dazzled them all with his famous trip to Redding. No race, but he did see some really cool grain elevators. After eating what everyone thought was an awesome lunch (for plane food), American Airlines subjected its prisoners to back-to-back torture sessions called "Sister Act II" and "Free Willy"...very painful and no one could find the remote control.

At 11:20 p.m. S.T. the Chips invade the Narito International Airport, local time is 3:20 p.m....the next day. Although the three felt their day should be just about done, Rich was everyone's hero when he reminded the team they got to board another plane, after a three hour wait, for an hour and a half flight to Sapporo. This was an especially appreciated reminder for teammates who began their journey from New York and Wisconsin. Carrying and dragging all the luggage through foreign customs was lots of fun too. After changing their dollars into a bunch of coins with holes in them, the Chips got their first breath of Japanese air. Little by little the guys began to realize they were nowhere near University Avenue.

By the time the team boarded a shuttle bus to the plane headed for Sapporo at 6:30 p.m. (2:30 a.m. S.T.), a sense of there were no smiling faces. An hour and a half later, the team reaches what

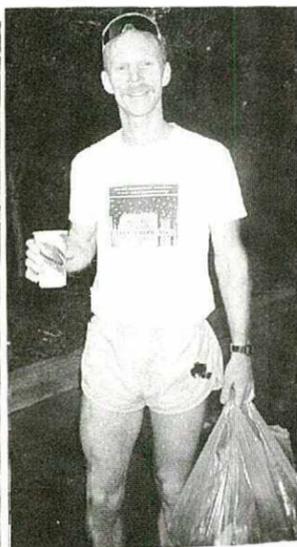
(continued on page 24)

Before



Bruce Aldrich, ready and willing!

After



And now he's going to practice for the American River Clean-up on 9/10!!

Answer: they both have before and after photos!

BEFORE: BEHIND STEVE'S PIZZA ON HOWE, 5:30 PM

No bare chests or feet in Steve's!

WARM UP

STRETCH, STRETCH, STRETTTCCHHH

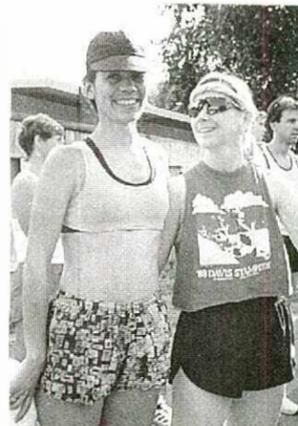
read the "fence"

lock the car

drink, DRINK, DRINK

Before

After



Maria Rogers & Lori Widman are ready!



Here they demonstrate the post-workout lean!

Find your group

INTERVALS

FLEET FEET AID STATION

SWEAT

6x1/2

PACE

2x3/4, 2x1/2, 4x1/4

4x1mi

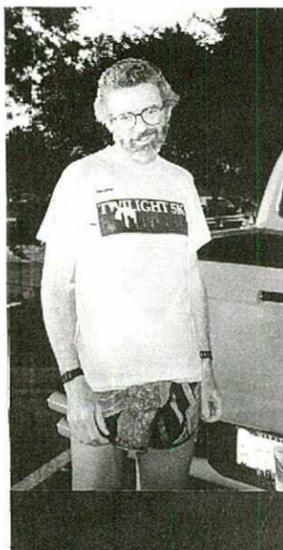
STEADY STATE

Before



Steve Topper, one happy guy.

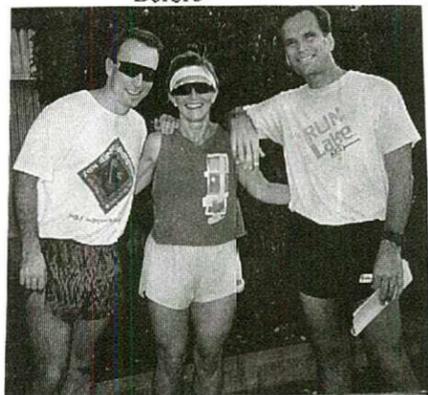
After



Either sales at the Buffalo General Store or his interval times were slow.

Back to the barn!!

Before



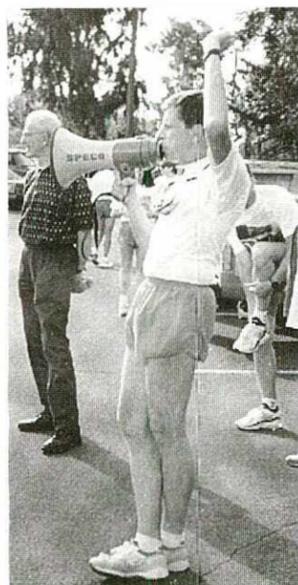
Mark Metz, Barbara Heiler, & Steve Ainsworth

After



Barbara is still strong enough to support Mark and Steve.

Before



Workout Coordinator George Parrot, giving the Herd the Word.

After



George changing from a Roadie to a Foodie.

COOL DOWN

WATER

STRETCH, STRETCH, STRETTTCCHHH

EAT, eat, eat

leaf piles

BIKE!!!

CAR BACK!!

What are we doing?

NO SANDBAGGERS!

huff n' puff

HANG ON!!

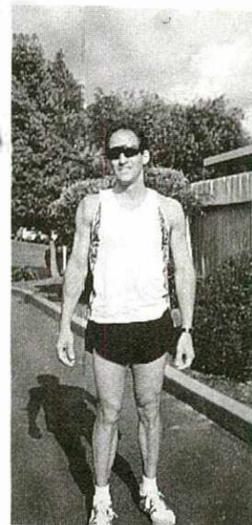
hard efforts

1, 2, 3, GO!!

recover

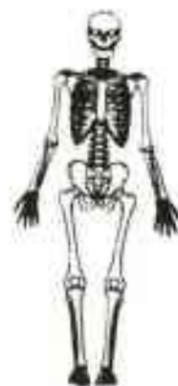
FINISH STRONG

Before



Grant Irwin: a lean, mean running machine.

After



What happens when you overdo it on Tuesday night.

FOR BEST RECOVERY, TAKE IN 100 GRAMS OF CARBOHYDRATE IN FIRST 1/2 HOUR AFTER WORKOUT

No bare chests or feet in Steve's!

bird baths

QUICK CHANGES

PIZZA

beer

soda

SLEEP

AFTER: STEVE'S PIZZA ON HOWE, 7:00 PM

they thought was their final destination, hopefully only minutes away from a soft bed and pillow. All were very disappointed to hear they needed to carry bags to a train station and travel 50 minutes to downtown Sapporo. By now the Chips had lost their crunch and were starting to feel much like a real buffalo chip.

A train and taxi ride later, Tom, Rich and Mike made their triumphant entrance to the Oriental Olympic Motel at 9:45 p.m. (5:45 a.m. Monday morning S.T.). There they found the finish line: a room the size of an average kitchen with two beds and pillows that felt like bags of rice. So ended day one of the adventure.

Day two (now it's Tuesday, June 21st) began with Tom getting up for a run at 5:00 a.m. Rich and Mike were "close" behind with an 8:30 a.m. run through a nearby park and the downtown streets of Sapporo. It was a bit treacherous as traffic flows opposite to that of the traffic in the U.S. Leave it to Rich and Mike to get lost. They were forced to get directions from a local businessman who made it his personal quest to find the hotel and escort the lost chips to the front doors.

After a quick shower, Mike and Rich couldn't find Tom and so headed out for some sight-seeing around Sapporo. The Japanese truly believe in their advertising, using entire sides of 200-300' buildings for elaborate neon signs and chasing lights. One building had a giant plaster Santa Claus and two elves climbing up its side 7 stories high. Equally interesting was an underground shopping mall the Chips found called Pole Town. Apparently, Pole Town was built (or dug) to keep consumerism strong while snow piled up in Sapporo during winter. By this time, the two realized they hadn't eaten yet and found a popular bread store - reliable, good-tasting food with NO fish in the ingredients.

Odori Park was the next stop on the downtown tour. Looking similar to

an extended version of Capitol Mall Park, this was obviously a favorite hang-out for the locals. The strip-park was filled with neatly manicured flower beds, elders feeding pigeons, children chasing the pigeons away, sculptures, big water fountains and a high steel tower at one end (the Sapporo TV Tower). The park was literally mobbed with packs of retired folks and high schoolers mostly in uniforms. The high school girls treated the traveling Chips like celebrities and used the opportunity to try the English they knew. They were also perfectly at home in front of and behind Mike's camera.

The Chips hooked up with a few other

Since Chips are not ones to take the easy way out, the tram ride to the mountain-top was bypassed for a trail hike.

U.S. teammates that evening to find the finest restaurant in Sapporo for dinner, and they found it---Shakey's Pizza ( the same pizza chain started on 57th and "J" in the Chips hometown by local entrepreneur Shakey Johnson, no relation to Tom). The team was a little disappointed in the way pizza was made in Japan and especially the pitchers of beer for 1600 yen(over \$16.00).

A brief, street-level tour of Sapporo's night-life followed. There seemed to be more people walking around than during the day, including more tourists and non-Japanese. The major streets were lined with independent vendors selling jewelry and crafts on blankets and tables. One street was blocked off for a duo playing Beatles songs ... a real crowd pleaser. The younger Japanese love American pop/rock-n-roll, new or old. After singing along to a few verses of "Love, Love Me Do" and "Twist and Shout", the

Americans made their way back to the hotel for the night.

Wednesday, the 22nd, found the Chips face-to-face with the hotel's free breakfast buffet of salmon, octopus (cooked, believe it or not), miso soup, shredded cabbage, rice and something that looked like cold tortellini and squirted when you bit into it. Rich and Mike felt compelled at this point to tell their friends about the bread store in Pole Town. The Chips saved the day for the less adventuresome appetites.

Later that morning, Tom, Rich, Mike and a couple members of the women team took a street car to the base of Mt. Morwa on the outskirts of Sapporo. This is normally a ski resort area in the winter, but currently looks more like South Lake Tahoe in the off-season. Since Chips are not ones to take the easy way out, the tram ride to the mountain-top was bypassed for a trail hike. A third of the way up, the five encountered a cemetery overlooking Sapporo. Each plot consisted of a large cement platform, marble bench seats for visitors, tall marble pillars for identification and holders for candles and insects. It was a little eerie, but was also a popular spot for young couples to be alone together. Somehow the group got turned around and found themselves back at the base of the hill. This time they took the tram up for some spectacular panoramic viewing of the city.

Wednesday evening was fairly uneventful, although the Chips went to a local diner for some udon noodles. Ordering consisted mainly of pointing at pictures on a menu, holding up fingers showing how many were needed, and lots of smiling.

On Thursday morning the Chips had the routine down---a little salmon, octopus and "tortellini", then off to the bread store for some supplementary carbohydrates. Once back, the team boarded a bus bound for the athlete's village along Saroma Lake, 300 or more miles away.

(cont'd. on pg. 25)

The team got their first look at rural Hokaido after leaving the city. Rice seemed to be a popular form of ground cover. One of the rest stops put the team near Mt. Asahi in a mountain range similar to the Sierras. Here, Ainu Indian villagers set up souvenir shops to prey on tourists (and traveling Buffalo Chips). It was interesting that these villagers spoke more English than people in Sapporo.

At 5:30 in the evening, the American and Canadian teams pulled into the athletes' village not far from the 100k finish area in Tokoro. It was then that Mike discovered his true purpose for traveling so far from Sacramento---to help unload the bus while the others went sight-seeing!

The village appeared to be a retreat facility complete with cafeteria, indoor basketball court, dorm style bedrooms, common shower and bathroom areas, classrooms and park golf equipment (which will be explained in part 2 of this article). The first thing the Chips noticed was that everyone left their shoes in the front entrance area and wore slippers inside the complex. The slippers were for smaller, Japanese -ize feet, but we just let our heels hang out. The bedrooms were designed for volume sleeping as each room slept 8 or more in bunk-type beds with another rice bag for your head.

The Chips went for a 4-mile run, seeing some of the competition on the road for the first time. The village was across the street from Saroma Lake, which is actually a bay off of the ocean. The climate and surroundings made you feel you were somewhere in Monterey. The weather was the best part of all, without a hint of the rain that was anticipated.

The team was somewhat relieved to be served more westernized food for the first meal at the village. After the fine buffet dining experience, the Americans invaded the basketball court and challenged the world to a big game of

100 foreign ultra-runners performing a traditional Japanese line dance proved to be great entertainment for several local youngsters as the laughter never ceased.

H-O-R-S-E or (PUT OUT). No other countries showed, so the Americans practiced amongst themselves. Rich and Mike dominated, but Tom surprised everyone with his triple-reverse-behind-the-back slam dunk which ended with a flip off the back board. We all wondered if Tom was in the wrong sport. God knows the Sacramento Kings could use him this coming season. But first things first. The Chips ended another day of their adventure with that move, and curled up next to their rice bag pillows for the night.

The morning of Friday the 24th started with the first western-style breakfast of the trip. Eggs, cornflakes and orange juice were efficiently consumed. Team meetings took place for a good portion of the morning as team managers and handlers decided which handler would be responsible for which runner. During the strategy session, Mike's proposal to club last year's world challenge winner, Konstantine Santoalov of Russia, in the leg was narrowly defeated. After tying up many loose ends, the meeting adjourned and it was off to the rooms to change into presentation warm-up suits as team pictures were scheduled to be taken before leaving on a bus to Yubet - site of the opening ceremonies and the start of Sunday's race.

If anyone lacked enthusiasm for the upcoming race, Friday's opening ceremonies changed that. The three race sponsoring towns of Yubetsu, Saroma and Tokoro did an outstanding job in welcoming the athletes to the competition. Complete with marching bands, the 1/2 mile flag

parade featured 25+ competing teams marching behind their country flag, speeches from local dignitaries, a food and beer fest, and authentic Japanese music and dance.

Mike was appointed official team photographer for the parade and at one point had 6 cameras and 1 video camera dangling from his neck. As the parade worked its way along the town streets, Mike ran from point-to-point snapping shot after shot until suddenly he unknowingly stopped just short and to the left of a very solid looking Japanese flower box. After taking 5 quick pictures with the 5 separate cameras, Mike was ready to blindly sprint to his next picture destination when several alert American team members spotted him and warned him of the impending danger. They did not want to see their expensive Japanese cameras crash to the ground with Mike on top. Mike made it through the rest of the parade with no close calls.

Later that evening, after much eating, drinking and socializing at the outdoor barbecue, the traditional Japanese line dance had begun with several athletes periodically joining in. One hundred foreign ultra-runners performing a traditional Japanese line dance proved to be great entertainment for several local youngsters as the laughter never ceased. After all the Japanese beer and squid -on-a-stick had been consumed, it was back to the athlete's village to settle down to that all important good sleep the night before the night before the race. Although the day's opening ceremonies were obviously nowhere near the scale one would see at the Olympic Games, it was just as special to the participating athletes. This was their Olympics. The tone was now set as race day was only one day away.

Stay tuned for the conclusion of this article featuring the pre-race day preparation, race day and the aftermath in next edition of *The Buffalo Enquirer*.

# PAIN SWEAT DIRT BLISTERS

## Western States 100 Mile Endurance Run

June 25, 1994

by George Parrott

In the watershed of the Sierra, we take this challenge to the human spirit somewhat for granted—or simply ignore distances of this magnitude as being beyond absurdity. Yet the Western States 100 has become the pinnacle of 100 milers, virtually the world championship course or Olympic venue for the trail runner. This was the 20th anniversary of the first runner who accepted this momentous challenge and met the demanding standard of a sub-24 hour finish. Along with this original runner, Gordy Ainsleigh, some 421 others were accepted for the 1994 race and almost 390 actually started.

The course is best broken into segments:

1. From Squaw Valley to Robinson Flat, 30.2 miles, high altitude, mostly runnable
2. From Robinson Flat to Michigan Bluff, 25.7 miles, the dreaded canyons, hot, many climbs
3. From Michigan Bluff to Rucky Chucky, 22.3 miles, hot, pacers at

Foresthill, then the killing Calif. Loop down to river

4. From Rucky Chucky to Highway 49, 18.5 miles, all runnable, but flashlight time

5. From Hiway 49 to Finish, 6.7 miles From 93 to 99 miles all uphill!

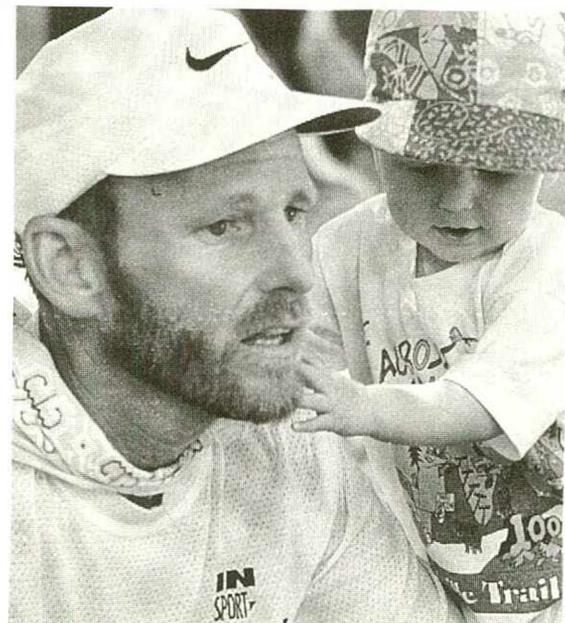
Hosted by Race Director, Norman Klein, this event strives to have the best aid stations, medical support, and general ambiance of any race of any distance anywhere; most participants believe it succeeds. Runners come from all over the world and from throughout the U.S. to accept this challenge. Many who do not get drawn in the annual selection lottery still come from all over the U.S. to serve as race volunteers or pacers for others. More than almost any other sports event this athletic experience unifies its participants into a sense of unity; the word "family" is often used, but is perhaps just a bit too emotional.

For 1994, the weather conditions were about the best seen in the last 15 years. It was warm enough to be comfortable in the early high altitude sections but not so warm as to kill off the runners in the deeper canyons and on open slopes of the mid-course sections. As in previous years, two out-of-area runners set the opening pace. Harry Johnson, from Alaska, and Eric Clifton from North Carolina went to the front and pushed throughout the early half of the course. Tim Twietmeyer, the local favorite and prior winner, cruised along in third to fifth position with sentimental favorite Ann Trason always in the top ten through the first 30-40 miles of the distance. By Michigan Bluff, the real race had begun to emerge, as Clifton was looking very weary, Harry Johnson was still holding first, but Twietmeyer was closing along with--Ann Trason. Running second in the

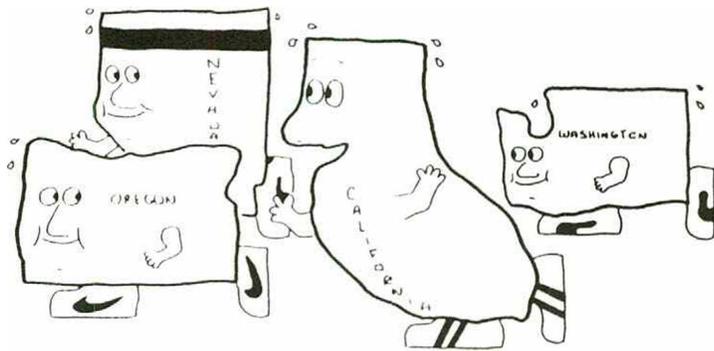
women's field all day was Evelyn Marshall from San Diego; Evelyn is a relative neophyte at these distances, but had shown great promise in her training and was picked by this writer for 2nd after watching her on a long training run the month before the race. By Rucky Chucky, the overall winners had been decided, as Twietmeyer had taken over his expected first place and continued to widen the margin on the second place overall finisher--Ann Trason.

Chip Runners were always in the top ten, and at the finish line, decennially strong Bill Finkbeiner crossed with training partner and fellow geriatric Wayne Miles in a tie for 8th place (19:49). Finishing very strongly in 14th place was Rick Simonsen (20:xx) and a surprising and most impressive 17th overall was Mark Romalia in 21:10! Closing out our sub-24 buckle holders, Chuck Honeycutt screamed in from Robie Point to break 23 hours in 22:57, and Jeff Hagen added a Western States award to his many mementos from races all over the U.S. with a time of 23:XX. Over 24 hours, but receiving brass buckles as official finishers were: Barbara Miller, Lee Rhodes, Roger Dike, Patu Teale, and Joe Pope.

Bruised by the course but not defeated by their frustrations and setbacks, Greg Miller spent the first



Bill Finkbeiner getting some encouragement from son Christian



**CAL CONVINCES HIS RUNNING PARTNERS TO HOST AN ANNUAL ENDURANCE RUN.**

DOUG HANNA

days after the race in the hospital for treatment of kidney problems and a broken ankle. Chris Flaherty will be giving therapy to an infected knee that hobbled her from the beginning until her forced withdrawal. There were about twenty (20) CHIPS chosen for the 1994 Western States, and about 18 started. Parrott's withdrawal at Robinson Flat was the first of the DNF frustrations. For all of us who did not make it this year, we can look to the 86 entrants who finished under 24 hours and the 163 who who came in under the 30 hour limit as our inspiration and testimonial to the strength of the human spirit. One hundred miles/one day across terrain often beyond belief!

For next year: Let's get even more CHIPS involved in the WS100. We need to staff our 90-mile aid station, but I will be encouraging many more volunteers to participate as pacers/crew for out-of-area runners. I cannot tell you how helpful it is to have a pacer over the last 35 miles, and these duties can be divided into 15-20 mile segments. To share one of the most demanding challenges in this sport with another, to make their dreams come true is to richly participate in the human drama this event involves. I will be organizing "training runs" on sections of the final course over the next several months. Anybody who has completed a half-marathon should be able to join in these preparation/participation workouts. Come see what these runners are faced with; join

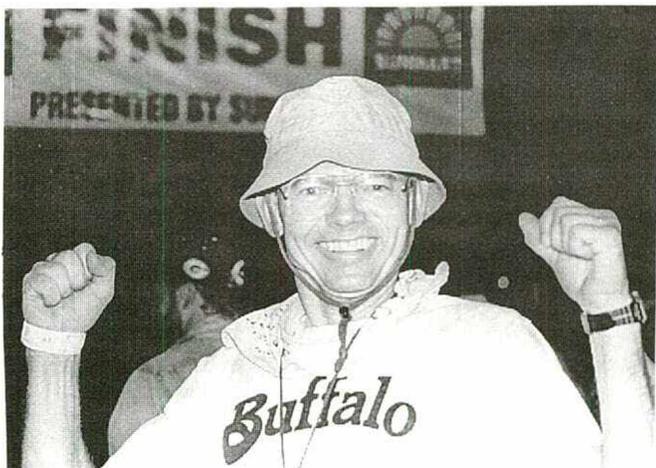


Photo by Jane Byng  
 "Oh boy! I get a silver buckle!" says Jeff Hagen, after 23 hours on the trails!

in the energy of America's Finest Ultramarathon!

**Western States Results**

<i>Overall Male:</i>	
Tim Tweitmeyer	16:51:01
<i>Overall Female and 2nd overall:</i>	
Ann Trason	17:37:51
<b>Awesome Chip Finishers</b>	
Bill Finlbeiner	19:49:18
Wayne Miles	19:49:18
Rick Simonsen	20:50:11
Mark Romalia	21:10:14
Chuck Honeycutt	22:57:35
Jeff Hagen	23:32:02
Lec Rhodes	26:17:06
Joe Pope	26:56:11
Roger Dike	27:37:07
Barbara A. Miller	28:30:24
Patti Teale	29:23:20

**Mother Lode Mile, Sonora  
 USATF Long Distance  
 Grand Prix Event  
 June 26, 1994  
 by Kim Isham**



A small contingent of seven graying Bison made the trek to Sonora to race one mile on a weekend when most of the Herd were concerning themselves with a race one hundred times longer. The event was the PA-USATF Mother Lode Mile. It is a hilly course, held on an out (uphill) and back (downhill) road. The race was divided into eight heats by age and gender, including a kid's race and a fun run. I had never done this race before, and soon realized that the folks here were serious about it. I entered the "fun run" to check out the course, and with a seven minute flat time I was beaten by everyone except two women in the 70+ age group who were closing fast! Although the race was a humbling experience, I will be back next year to try to better my time. I hope they have a finish line display clock by then. (A bit odd not to have one for a USATF Grand Prix event).

*Overall Male:* Jamey Harris in 4:13:09  
*Overall Female:* Maria Trujillo in 5:06:50

<b>Chips, 40-49 Division</b>	
Kitt Flynn	4:50 (8th)
Kim Isham	5:22 (33rd)
Bob Whitehead	5:26 (34th)
Arnold Utterback	5:36 (36th)
Chris Neary	5:41 (38th)

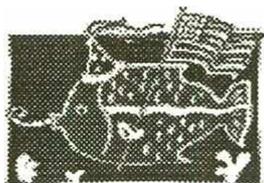
<b>Chips, 50-54 Division</b>	
Joel Contreras	5:30 (14th)

<b>Chips, 60-64 Division</b>	
Carl Ellsworth	5:52 (22nd)

# Rocklin Aloha Jubilee

July 2, 1994

BY LAURA KULSIK



The best thing about the Rocklin Aloha Jubilee was the start time - 7:30 a.m. We could do our 5K/10K thing and be back home in time to do whatever it is we do on a hot holiday weekend. The worst thing about the Jubilee was that there was only one aid station for the 5K folks and two for the 10K people if you count the water (and nothing more than that and a few orange slices) at the end. Both races, which attracted almost 200 runners, are run mostly on the famous Sierra College cross-country course complete with plenty of small hills and big dust. The courses were well-marked and monitored but the overall feel was let's just get over these hills to the finish line and go home cuz it's hot. Congratulations to Sierra College student and new Chip Phillip Deacon for his 10K win and our 40+ blonde team of Sharlet Gilbert, Vicki Pell and Cynci Calvin for their sweep of the Masters Womens division.

## Rocklin Aloha Jubilee 5K results

*Overall Male*  
Patrick Rainey 16:35  
*Overall Female*  
Jill Strangie 18:57

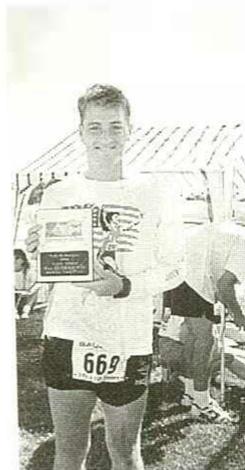
*Chips*  
Shannon Reed 20:26  
*1st in division*  
Art Goolkasian 24:12  
Ron Dona 26:06  
*1st in division*  
Glenda Laird 26:06  
*1st in division*  
Grace Wadowski 27:46

## Rocklin Aloha Jubilee 10K results

*Overall Male*  
Chip Phillip Deacon 36:02  
*Overall Female*  
Chip Sharlet Gilbert 43:35

*Other Chips*  
Vickie Pell 46:10  
*2nd in division*  
Laura Kulsik 46:48  
*2nd in division*  
Cynci Calvin 48:10  
*3rd in division*  
Chuck Wadowski 47:31

Louis Walters 49:08  
Tim Ganders 49:11  
Dan Pfeifer 50:43  
John Dunn 55:43  
*3rd in division*



ALOHA JUBILEE OVERALL  
10K WINNER: PHILLIP DEACON



ALOHA JUBILEE OVERALL 10K  
FEMALE: SHARLET GILBERT

## Fourth of July River Run

Glen Hall Park, Sacramento  
Guess the date!



Po Adams (center) and a few of the many friends that helped her celebrate her 70th birthday.

Dick Kinter, race Director, reports to your editors that 475 eager runners arrived to take advantage of this free run sponsored by our club. A highlight of the day was the celebration of Po Adam's 70th birthday, complete with cake and a hearty rendition of the Happy Birthday song. Dick was a bit worried a few days before the race that he might not have enough volunteers, but help showed up in force for the day. He says " When the chips are down, the Chips show up!" Many thanks go to the other sponsors,

(continued on next page)

including Fleet Feet, Nature's Warehouse, Crystal Water, Oxyfresh, Price Club, And Kim Isham with his Marathoner's Touch Massage Therapy, which was much appreciated by the 5-Milers.

#### Results

##### Women - Runners:

1. Kathy Ward	31:12
2. Chris Iwahashi	31:28
3. Bev Marx	32:00
4. Julie Duffek	32:00
5. Carol Parise	32:25

##### Men - Runners:

1. Damon Chamberlin	25:46
2. Brad Lael	26:15
3. Eric Prussel	26:16
4. Leonard Veare	26:52
5. Kitt Flynn	27:05

##### Women - Walkers:

1. Karen Stoyanowski	41:17
2. Terri Brothers	47:23
3. Nancy Zielenski	54:35
4. Joleen De Groot	57:27
5. Helen Stoors	57:35

##### Men - Walkers:

1. Darwin De Groot	48:29
2. Bob Eisner	48:46
3. Jeff Martin	53:34
4. Tom Turrentine	59:48
5. Wally Lundeen	1:00:39

## Eppie's Great Race

July 16, 1994

#### Chip Performances of Note:

Vicki Pell was overall first Ironwoman, and, of course, first >40 Ironwoman.

Char Berta competed in the Open Ironwomen and finished with a fine time of 2:00:24.

Carl Dahl, in his first Eppies, finished in 2:28: and 8th in the over 50 Ironmen.

Linda Apathy finished 13th in the >40 Ironwomen with a time of 2:47:30.

John Casselli and team defended their title by winning the Media Division once again.

Ann Gerhardt and team won the >40 women's division.

*ed. note* I'm still pulling for a Mixed over 40 canoe division. Also we KNOW there were more Chips out there. Hope you all had fun.

warmup, done with espresso in one hand and a bagel in the other, we were ready for the countdown and the singing of our national anthem - 12,000 runners strong singing in 10,058-part harmony and off we went. Past the Boardwalk and the Giant Dipper we had ridden the night before - I'll keep to the running. I think (the picture looked more like a G-Force training exercise than something I would "voluntarily" participate in). Although it's difficult to describe, I was able to count 45 of the 56 bands that were scheduled to be along the 10k race course - more than one for every 1/4 mile! Great tunes and great spectator support - lots of garden hoses, white wine, the fire department's shower truck and just enough aid stations to keep the runners shopping. With a lot of the route along the cliffs overlooking the Pacific Ocean, the scenery was spectacular. The run ends with a 200 yd or so downhill stretch leading into Capitola. Getting through the goodie bag line was no problem and neither was taking a plunge in the ocean for a couple of body surfing attempts. Showers were available for a quick rinse-off and then listening to more music and dancing occupied us before the ending ceremony and drawing of raffle prizes. Afterwards, it was a quick three block walk to the FREE buses which we boarded within 10 minutes. We were back in Santa Cruz in time for brunch before a late checkout.

Who won? I don't know, nor do I care, but the fourth Sunday of July is already on my calendar for 1995 - See you there!!!!

#### Wharf to Wharf Chip Finishers:

(not necessarily in order)

##### Women:

Connie Kondo	38:06
Angela Tanghetti	38:42
Chris Iwahashi	39:02
Mercedes Amaya	40:39
Barbara Heillier	40:54
Carol Parise	41:55
Cary Craig	43:02
Laura Kulsik	44:02
Claudia Isham	
Blanca Topper	
Rosie Sutherland	

##### Men:

Brad Lael	32:58
Kim Isham	37:06
Mario Guzman	
Joe Staats	
Bob Venditti	
Eric Wolfe	
George Parrott	
Steve Topper	

*ed. note:* Sorry! ran out of time to track times down.



Brad Lael outrunning the crowds at Wharf to Wharf



And Kim Isham is not too far behind!

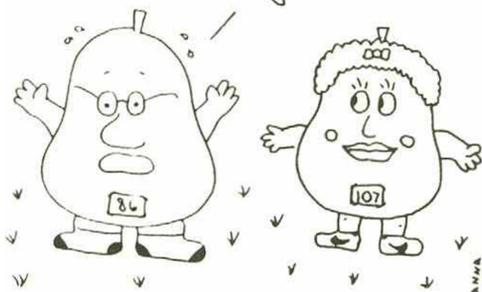
## Ken Does the Party at The Wharf to Wharf Run

July 24, 1994

by Ken Crouse

Greeting fellow Herdspersons (geesh, there's a politically correct pile of dung!): - Well, ya'll missed a real great time down in Santa Cruz and Capitola over the weekend of July 24th. With Wharf to Wharf 1994 scheduled to begin at 8:30, I looked out the window at 7AM expecting to see fog and was greeted by a clear blue sky!!! - very unusual in Santa Cruz this time of year. We wandered on down to the start and it was warm enough to be in tank tops (those racing types sometimes call them "singlets"), shorts and shoes. After a good jazzercise

"Agnes! I forgot my **PEAR** of running shoes!"



Panic Strikes This Pair of Pears

cartoon by Doug Hartman

## Pear Fair Runs

July 31 1994

BY LAURA KULSIK

If you ever wanted to run a race on virtually every type of terrain in sight *and* with a head wind, you should have been one of the more than 50 Chips running the Pear Fair Runs.

*Brisk* was the word for the morning as we drove up to park our cars (\$3 fee) in the middle of a grassy field in the tiny Delta town of Courtland. Little did we know that the 3/4 mile of hay and grass we drove over would be part of the first and last miles of our races. This was not the usual MacRace. Aside from the grass and hay (allergy sufferers beware) we also ran over gravel and dirt and finally on pavement which constituted about 80% of the course. Running in between tall corn fields on one side and pear orchards on the other, you would think there would be enough protection to shield us from the prevailing winds but, as many of our times demonstrated, that was not the case. It didn't matter; as long as the heat wasn't on this was bigtime summer running fun...and an easy way to get a killer five or ten mile training run in, complete with mile markers and aid stations.

For runners not associated with the Chips, the Pear Fair Runs may have been a bit intimidating as almost one third of the 10 mile field were Chip-pers (wearing their singlets too) and roughly 9% of the 5 milers were Chips. The herd was everywhere in

those fields; back, front and center. Cool.

### Pear Fair 5 Mile results

**Overall Male**  
Richard McCann in 27:24  
**Overall Female**  
Julie Duffell in 33:45 (28)

- |                            |                        |
|----------------------------|------------------------|
| 3. Jim Elam                | 27:53                  |
|                            | <i>2nd in division</i> |
| 13. Bob Whitehead          | 30:48                  |
|                            | <i>2nd in division</i> |
| 16. John Seivert           | 31:23                  |
| 29. Scott Taggart          | 33:46                  |
| 34. Ramiro Galvan          | 35:07                  |
| 39. Irv Faria              | 37:10                  |
|                            | <i>1st in division</i> |
| 40. Cathy Bordisso-Crawley | 37:24                  |
|                            | <i>2nd in division</i> |
| 55. Myra Rhodes            | 39:33                  |
|                            | <i>1st in division</i> |
| 88. Chris Davis            | 43:49                  |
| 89. Cindy Nalepa           | 44:10                  |
| 105. Susan Hiuga           | 46:04                  |
| <b>165 finishers</b>       |                        |

### Pear Fair 10 Mile results

**Overall Male**  
Don Hicks 56:53  
**Overall Female**  
14. Chip Connie Kondo 64:44

### Other Chips

- |                 |                        |
|-----------------|------------------------|
| 3. Thom Pearman | 59:38                  |
|                 | <i>2nd in division</i> |
| 4. Andy Harris  | 59:58                  |



photo by Carl Dahl

They needed those sunglasses. All that hardware was blinding!

- |                      |                        |
|----------------------|------------------------|
|                      | <i>3rd in division</i> |
| 6. Al Michel         | 60:28                  |
|                      | <i>3rd in division</i> |
| 8. Chris Enfante     | 61:46                  |
|                      | <i>1st in division</i> |
| 12. Ron Souza        | 63:37                  |
|                      | <i>2nd in division</i> |
| 18. Joel Contreras   | 66:49                  |
| 30. Doug Essary      | 69:23                  |
| 31. John Davis       | 69:30                  |
|                      | <i>2nd in division</i> |
| 34. Ron Peck         | 70:26                  |
|                      | <i>3rd in division</i> |
| 35. Randall Hill     | 70:45                  |
| 37. Carol Parise     | 71:11                  |
|                      | <i>2nd in division</i> |
| 38. Howard Ferris    | 71:42                  |
| 40. Ben LaSala       | 72:07                  |
| 41. Steve Topper     | 72:30                  |
| 46. Cathie Simonsen  | 72:58                  |
|                      | <i>3rd in division</i> |
| 48. Mary Scangarella | 74:12                  |
| 49. Greg Soderlund   | 74:24                  |
| 51. Laura Kulsik     | 74:43                  |
| 54. Jodi Newman      | 74:54                  |
|                      | <i>2nd in division</i> |
| 59. Dan Pfeifer      | 76:35                  |
| 63. Richard Gann     | 77:43                  |
| 72. Michael Orten    | 79:15                  |
| 82. AnnMarie Ott     | 80:45                  |
| 85. John Dunn        | 81:39                  |
|                      | <i>1st in division</i> |
| 91. Joe Pope         | 82:45                  |
| 96. Sara Timoco      | 84:56                  |
| 111. Lisa Wisinger   | 88:52                  |
| 112. Majel Baker     | 88:59                  |
| 118. Blanca Topper   | 91:04                  |
| 119. Bill Slocum     | 91:28                  |
| 121. Mike Grassinger | 91:46                  |
| 130. Char Berta      | 1:41:19                |
| 131. Martha Martin   | 1:43:47                |
| 133. Cindy Pettus    | 1:48:09                |
| 137. Ellen Sampson   | 1:56:01                |
| 138. Diane Devlin    | 1:56:02                |
| <b>139 finishers</b> |                        |

Bold type denotes a PR



Photo by Carl Dahl

Jodi Newman gets a trophy to go with that PR.



## The City of San Francisco Marathon

July 31, 1994

Over 4,000 people, including fifteen Chips, participated in the 17th running of the San Francisco Marathon. This race, which has seen participation levels fluctuate between 8,000 to less than 1,000 runners, is enjoying a resurgence in popularity and looks to be a major marathon.

The course is not particularly difficult, at least on paper. However, most people finished 10-15 minutes slower than their best times. This is likely due to a slow, narrow start on the Golden Gate Bridge and an overall elevation gain of 200 feet over the last seven miles.

For those who ran the race, lasting impressions will include: the cold, swirling wind and fog while waiting for the cable car bell to sound the start of the race; the 3-car accident on the bridge which delayed the start by ten minutes and brought all vehicle traffic to a standstill while the runners paraded past; the bemused tourists in Fisherman's Wharf and North Beach; the Chinese citizens in their morning Tai Chi reverie in Washington Park; the homeless men pushing their shopping carts near the docks under the Bay Bridge; the rock band on Haight and Divisadero playing Jimi Hendrix; the relative serenity of Golden Gate Park; the search for familiar faces along Sunset Avenue where the course makes a 1.5 mile out-and-back jag to the south; entering Kezar Stadium and running the final 300 yards on the tartan track as names are announced and a crowd of over 5,000 cheers; the assistants looking in the faces of runners and inquiring if they are okay and, finally, wondering how the race organizers

lined up 4,000 bags of sweat clothes so that finding your bag was the easiest part of the day. Now the details. The pre-race exposition held at the Hilton Hotel was quite large with goodies and exhibits ranging from KMS Shampoo to some herbal drink that reminds me of "Veggie Boy" (wow - you really taste that Kale!). The short-sleeve t-shirt receives an "A" for being bright, colorful and without advertising. Race organization and traffic control was excellent. Post-race assistance was adequate; however, I could only find water and Powerade in the finish area -- a bananas, oranges or anything else to eat would have been appreciated.

The race was won by Kenyan Patrick Muturi with a time of 2:17:34. First female honors went to Hungarian Karolina Fzabo in 2:44:34. Special kudos go to Cynci Calvin as first female master and Peggy Ewing, who was also first in her age bracket.

For those looking for a big-city marathon, strongly consider San Francisco in 1995.

### SF Marathon Results

*Overall Male:* Patrick Muturi in 2:17:34  
*Overall Female:* Karolina Szabo in 2:44:34

#### Chip Men

Brad Lael 2:42:05  
 Mark Williams 2:50:56  
 Kiko Bracker 2:53:01  
 Steve Boland 3:14:19  
 Arnold Utterback 3:32:04  
 Mike McKone 3:32:30  
 George Parrott 3:34:24  
 Rae Clark 3:57:08  
 Fred Kaiser 4:29:15

#### Chip Women

Chris Iwahashi 3:00:46 (6th Woman)  
 Cynci Calvin 3:20:51 (1st Master Woman)  
 Meg Svoda 3:21:43  
 Lorenda Gail 3:57:09  
 Darlynnne Giorgi 4:24:01  
 Joyce Karver 4:58:38  
 Peggy Ewing 5:04:13 (1st, 60-65)

Po Adams 5:25:54 (1st, 70+ div.),  
 Happy Birthday!



Laura and Cynci catching their breath and enjoying the view.

photo by a stranger in the beer line

## 14th Annual Mountain Run Squaw Valley USA

August 6, 1994

by Cynci Calvin

Now here's a different way to get your anaerobic exercise! Just try racing up the first 3.6 miles of the Western States 100 trail. Yes, that's UP Squaw Peak! This well-organized and unique event has a big name sponsor in Patagonia, who provides enticing awards of fleecy jackets and capilene turtle-necks. But from this runner's perspective, the true reward (especially since I didn't win anything) was the incredible finish at the tram complex on Squaw Peak. Wow! Fabulous views, sun decks, tennis courts, a cafe, and a spectacular swimming pool with cascading waterfalls (closed to runners, but beautiful nonetheless). It all caught me by surprise, and considering my state of oxygen debt, I still wonder if I might have been hallucinating. For future reference, your 10K time is an approximate prediction of your finish time on this course.

### Results

*Overall Male:*  
 Miguel Tibuadiza in 29:30  
*Overall Female:*  
 Terry Schmidt in 34:40

### Chips

Joe Pope, Jr. 37:14 (3rd, 20-29)  
 Vickie Pell 40:28 (1st 40-49)  
 Ken Weiner 45:20  
 Laura Kulsik 46:14 (2nd, 30-39)  
 Cynci Calvin 46:57  
 Mike Otten 47:50  
 Sally Edwards 48:00  
 Irv Faria 49:42 (3rd, 60-69)  
 Joe Pope 50:42

355 finishers in run, 152 finishers in walk



## Skyline 50K Endurance Run

August 7, 1994

Entrants of this USATF Ultra Grand Prix event had it pretty easy this year, reports Greg Soderland. The temperatures were only in the mid-nineties, instead of the triple digits of last year. He also said the event continues to be very well hosted by the Golden Bay Runners of Castro Valley and has excellent aid stations.

### Results (from Greg Soderland)

#### Overall Male

Mark Richtman in 3:50

#### Overall Female

Suzie Lister and Marian Murphy in 4:56

#### Chips

Eric Ianacone	5:05
Greg Soderland	5:23
John Clarek	5:31
Elliott Eisenbud	5:34
Mike Baume	5:52
	(1st Ultra!)
Ron Peck	6:04
Barbara A. Miller	6:13
Janet Rivard	6:44
Bill Liberty	6:44
James Raia	6:50
Neil Moore	7:37

(with bad knee)



(continued from page 1)

Victoria's Secret, and dinners at Paragary's Restaurant. Special thanks go to race director Steve Ashe (coralling all those bulls for assistance wasn't easy), Laura Kulsik for her unique and creative tank top design, Kim Isham for providing his magic "Marathoner's Touch" with post race massage, Grant Irwin, DDS for being a generous sponsor, and to Greg Miller for opening his conveniently located house for the post-race potluck.

### Susan B. Anthony Results

#### Overall Winner

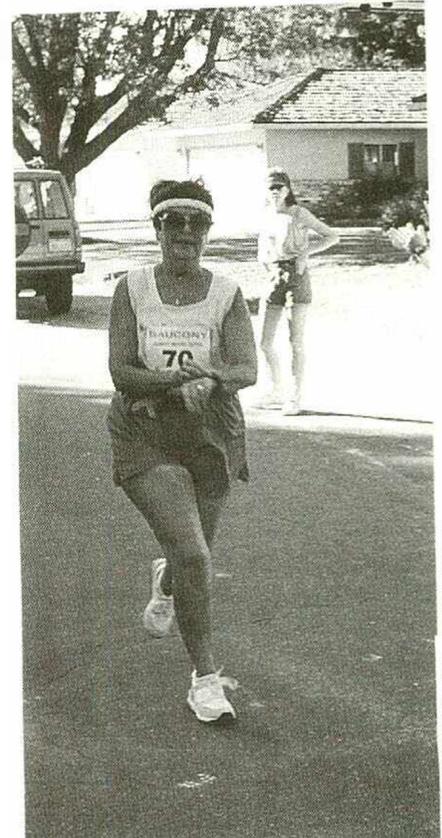
Jeanne Sapienza in 17:58

#### Chips

2. Francie Benson	18:08
	(1st in age)
3. Theresa McCourt	18:24
	(1st in age)
5. Connie Kondo	18:53
	(2nd in age)
7. Chris Iwahashi	18:56
	(3rd in age)
9. Barbara Heiller	19:03 PR!!
11. Gina Berry	19:20
13. Carol Parise	19:26
	(2nd in age)
16. Shannon Reed	19:38
	(1st in age)
18. Vickie Pell	20:07
	(1st in age)
19. Mercedes Amaya	20:13
22. Jodi Newman	20:24
23. Ramona Gutterez	20:27
26. Cathie Simonsen	20:39
29. Tricia Johnson	20:54
31. Mary Scangarella	21:02
33. Cynci Calvin	21:09
	(2nd in age)
35. Laura Kulsik	21:34
Marcia Bendix-Arnold	23:36
58. Gretchen Gaither	23:49
?. Brenda Pollard	23:36
68. Gay Marie Leterdne	24:16
74. Cindy Nalepa-Nelson	14:34
84. Blanca Topper	25:03
85. Kate Sutherland	25:04
99. Leona Nenow	25:35
	(1st in age)
112. Regina Ciambrione	26:00

117. Susan Hiuga	28:12
118. Nicole Boyer	28:15
124. Martha Martin	26:27
132. Michelle Bunds	26:48
144. Vicki Freytag	27:30
146. Linda Apathy	27:34
147. Claudia Isham	27:35
151. Grace Wadowski	27:47
154. Peggy Ewing	27:58
	(1st in age)
155. Char Berta	28:06
169. Po Adams	28:55
	(1st in age)
178. Trudy Roselle	29:16
181. Susan Murray	29:21
185. Marian McKone	29:27
190> Karen Feller	29:38
200. Irene Kessler	30:00
201. Susan Moylan	30:06
217. Ellen Sampson	30:57
232. Dayna Hambrick	32:00
236. Jackie Kelly	32:29
247. Joyce Bunds	34:15
Walkers	
264. Sandi Falat	37:35
271. Barbara Farren	40:47
287. Julia Ainsworth	42:52

303 finishers



Barbara Farren right on time!

Photo by Ted Reger

art by Laura Kulaik

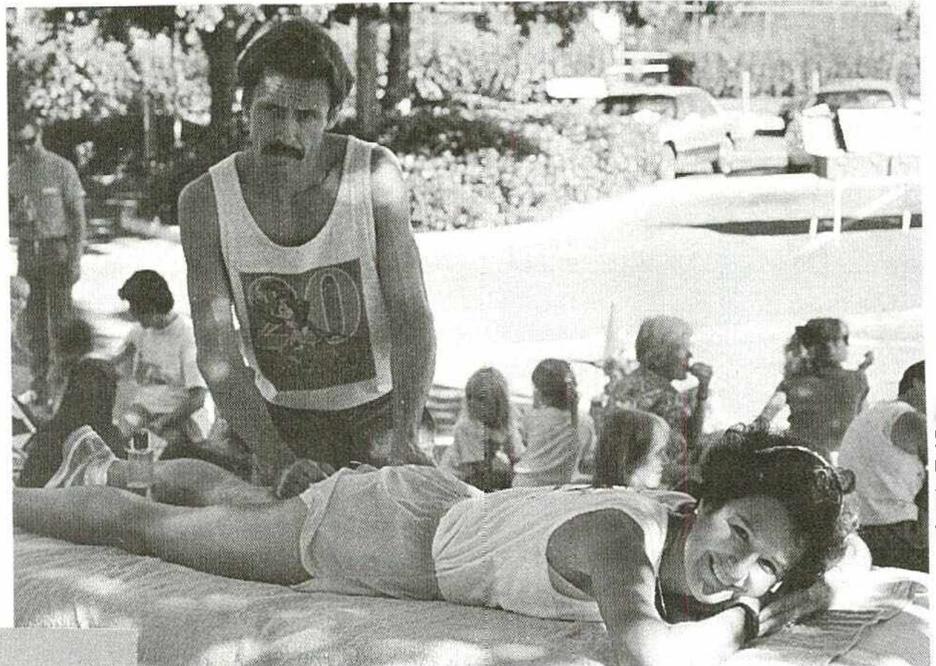


photo by Ted Reiger

Kim Isham keeps Cathie Soimonsen smiling after a hard workout.



Francie Benson and Cynthia Linsey

photo by Ted Reiger

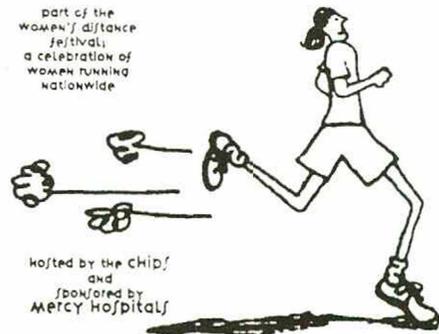


photo by Ted Reiger

Cheers!

**SUSAN B. ANTHONY WOMEN'S 5k**  
 RUN • WALK • RACE WALK

part of the  
 WOMEN'S distance  
 festival,  
 a celebration of  
 WOMEN RUNNING  
 nationwide



hosted by the CHIPs  
 and  
 sponsored by  
 MERCY hospitals

art by Laura Kulaik



photo by Ted Reiger

Are there two Connie's in the Club? Or was I seeing double?



## tail ends (Late arrivals, individual reports, and missifs)

Question: What happens in the Town of Isleton when there's the smell of crawdads cooking, an arts and crafts festival in progress, and hundreds of runners looking for a start line?

**Answer: The Isleton Crawdad Festival Annual 5 Miler!**

June 19, 1994

by Blanca Topper

What a great day for a race! Blue sky, sunshine, a light breeze, and the runners found the start line! Race director, Troy Turner, did announce that the course was actually 4.9 miles. It took the runners up on a levy. Here, Lisa Wisinger had to jump a large snake slithering across the levy (what was his name, Lisa?). We ran through a residential neighborhood, then a section on a rocky surface, and finally through the middle of town to the finish. Race results were promptly available and announced by Troy and Judy Turner and they show that the Chips did indeed "Pinch tails and Suck Heads" \*!!

\*logo for the Isleton Crawdad Festival

A little bird told us that Rick Kushman raced at the Masters' and Sub-masters' National Track & Field Championships held recently in Eugene. He placed 5th in the 500M with a time of 16:19, and he ran the 1500 in an awesome 4:11. Now that's what we call F-A-S-T!!!

Congratulations to Theresa McCourt for a *Runner's World* PR. She has THREE articles published in the September issue !! She is a past editor of *The Enquirer* and we are fortunate enough to have her as a regular contributor. No telling what fame and fortune awaits those who work on this newsletter. Good job, Theresa!

Tri For Fun #3, held at Rancho Seco on August 6th, had a good turnout with some notable performances by some new and not-so-new tri-type Chips. Vince Fong was 2nd overall in 1:08:30, with IBIRNMN (John O'Farrell) and Tim Frawley not too far behind in times of 1:14 and 1:16. Troy Turner finished the event strongly but we don't have a time.

The Chip women were represented ably by Carol Parise (1:29 and 4th in age), Claudia Isham (2:02 and 1st!! in age), Margie Feller (2:06 and 2nd in age), and Vicki Freytag (2:07 and 4th in age).

Carol Parise and Trudy Roselle report that this is an excellent event for those runner types to get their feet (and everything else) wet. Wil Roxburgh is to be commended for staging a fine series of events and all who competed are looking forward to next year's series.

We got a brief report (unsigned) from the Grass Valley Memorial 8K on May 29th.. The Chip says it was hot and hilly! Three Chips braved the course:

Kim Isham	31:40 (5th in age div.)
Dave Ragsdale	35:36 (4th in age div.)
Regina Ciambrione	44:11 (3rd in age div.)

**FLASH!** A late report came in from Glenn Millar concerning the Big Sur Marathon on April 24. The Buffalo Chips Running Club can boast that we have three members ranked as "Grizzled Veterans" (an official race designation). They achieved this honor because they are finishers of all nine Big Sur Marathons, and there are only about 60 such "Veterans" worldwide. And the members are (drumroll, please):

Elliott Eisenbud  
Glenn Millar  
Christine Powell-Millar

Congratulations!



John Dunn

Glenn Millar

Markleeville 10K  
June 6, 1994

Glenn Millar reports that this race was not well-publicized or organized this year. It was the first of the "Alpine Series" with races to follow at Bear Valley and Kirkwood. He tells us that it is a beautiful run in the High Sierra (elev. about 5000 feet), with an out (down) and back (up) course from Grover Hot Springs. And everyone won raffle prizes and got freebies!

**Chips**

John Dunn	(1st in age div.)
Glenn Millar	62:50
Christine Powell-Millar	66:48

## a bit more of the tail end

Elk Grove Thunder Run held on July 9th and The Channel 6 Birthday Bash Runs held on June 25th, are two local events for which we are lacking results. John Dunn did send me his times he should be proud of them!

Thunder Run 10K	49:35 (2nd in age)
Channel 6 10K	49:48 (1st in age)

Gene Pumphrey (who has been mistakenly called George; he should get together with Marion...I mean Marlon!) also sent us a note saying that he placed 1st in the 60-99 age division of the 5K at the Thunder Run with an awesome time of 21:43. Good work, Gene!

*ed. note:* Now if only we could get all the Chips would turn in their results like this!

### Fourth Of July 5 Mile Footrace Mt Shasta

Overall Male	
Jim Howarth	24:39
Overall Female	
Christy Olivera	29:23
Chips	
Bob Whitehead	28:58 (2nd in age div., 22nd overall, AND a PR!
Michael Wilhelm	30:42 (4th in age div., 37th overall)

Bob included a beautiful photo of the awards podium with Mt Shasta in the background, but even our great half-tones wouldn't do it justice.



## The Pitch

by Mike McKone

We've all heard the pitch. For only twenty minutes, three times per week, you will be on your way to a new, shapelier you. The pitcher glows in a sheen of sweat, taut muscles glisten as the benefits of the Solo Flex, Nordic Trek, Thigh master, exercise videotape, or the latest exercise machine are expounded. However, the principle message is that in just one hour per week you will have these muscles, this flatter tummy, and maybe even these white teeth and full head of hair. Certainly, only the most gullible believe the slick advertisement. Yet, I wonder why the "twenty minutes, three times per week"? This promise is repeated so often it sounds like a mantra.

When I hear "twenty minutes, three times per week," the message I receive is: "this is the most boring activity imaginable, but if you just stick it out, you may have some (modest) results." The message quickly becomes reality after the exercise machine is purchased. Once the initial excitement of a new toy wears off and your "three times a week" pledge dips to three times a month and then three times a year, the machine is relegated to the garage. After a few months, it's covered with rags, gardening equipment and dust.

Much of the reason why exercise equipment so frequently gathers dust is that it's owners begin with the idea that they only need to exercise a minimum amount of time to achieve results. They typically set a stopwatch, begin exercising, and then watch the time slowly tick off until twenty minutes expires. How dull! Only masochists can begin an activity with the idea that they only need to do it for twenty minutes. Even making love takes on a new light if you begin by thinking, "I need to do this for only twenty minutes." Experienced runners know that few runs are more dull than when you continually glance at your stopwatch to make sure you have run a certain period of time.

This information is not earth-shattering: it's only common sense. Then why don't advertisers take a different tack? Why not tell us the item is so great we will never stop using it? Why not explain that we will enjoy the exercise, the exertion of our muscles, the reduction of mental stress and the, for lack of a better description, "good feelings" which derive from the act of exercising? Why not stress the means rather than the long-term result?

This same idea applies to the Buffalo Chips. Many Chips only recently have taken up running. Some of these new runners believe they need to run only twenty minutes, three times per week. This mind set guarantees he or she will not be a runner for long.

Olympic marathoner Frank Shorter once said, "You have to do it for no ulterior motive. You have to do it for the thing itself." The key to successful running cannot be stated more simply. Runners who have been at it for ten, fifteen, twenty years agree that the results of running pale beside the run itself. Sure, a strong cardiovascular system and weight control are important, but most runners would probably continue running without these benefits. Successful runners enjoy the exertion of running and its cathartic effect. The idea of twenty minutes three times per week never enters their mind.

Does this mean all people should enjoy running? No. Nor does it mean that runners will enjoy every run. Successful runners endure occasional days where their only thought is about stopping. Yet successful runners also know these feelings are transitory and the desire to run will return tomorrow or the next day.

What if running is a drudgery? What if running is always long and boring no matter how hard you try to enjoy it? For you, the answer is to find another form of exercise.

Runners are born, not made. You either like running or you don't. If you don't, that's fine. There are dozens of activities with people as devoted to their sport as successful runners are to running. The national Masters Swimming Program and the hundreds of bicycle clubs attest to that. Find a sport where "twenty minutes three times per week" is not your motivation. Find an exercise you enjoy. Once you do that, your chances of becoming a successful runner, bicyclist, swimmer etc., increase dramatically.

Treadmill in your home it's never too cold, dark or wet to exercise.

The XT 1500 has:

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The XT 1500 will fit comfortably in your home and budget

## The Enquirer Adds Infamous Advice Columnist to Contributing Staff!

The Enquirer editors are proud to announce that after intense negotiation with the agents of syndicated columnist Buffy Lowe, we can now publish for you his famous question and answer article which appears in all running publications worth their salty sweat. Famous tho' this person is, we understand his answers have been criticized as infamous and highly controversial, so we wish to call your attention to our Enquirer disclaimer on page 2. Remember too, that he is always seeking thought-provoking questions and requests that his readers send such questions in care of their club's newsletter. I'm sure our herd members have a bounty of such questions so send them to the Buffalo Enquirer c/o Cynci and Debra at the P.O. Box. We will see that they're forwarded to Buffy.

Dear Buffy Lowe:

On my Tuesday night workout recently, I was running what seemed to be a safe distance behind one of my male running companions. Being behind our male companions usually is a pleasant experience, affording the Bun Patrol a rather nice view, especially in summer. On this outing, however, this male person had "breath-taking" body odor -- the stop-in-your-tracks variety.

My question is, he's always in front of me, but not often enough to justify my dropping down a group. Chances of staying in front are slim to none. It's a guy thing -- they never let us pass them! What do you suggest?

Signed: Second by a Nose

Dear Nose:

Remember the good ol' days of advertising when Proctor & Gamble could actually run an ad that said "Aren't you glad you use Dial? Don't you wish everybody did?" (This was before their logo was identified as witchery, not because the American TV audience had any sensibilities.)

Well, since running faster than he does may be out of the question (if out-running BO increased PR's, it'd be a pretty smelly world out there) Buffy Lowe would suggest that you take a dab 'o Dial and simply put it under your nose. Providing

you don't sneeze yourself silly, the scent of Dial will out-scent the waft of fumes coming from the front of the pack.

Alternatively, it's said that the male exhibiting the aforementioned gross B.O. may simply be suffering from TMT (Too Much Testosterone). The solution for that problem, however, is best left out of print.

Dear Buffy Lowe:

On our Tuesday night pre-workout run, I'm always baffled by the amount of chatter that goes on when George is trying to update the faithful on Herd Accomplishments of the Prior Weekend! Not only is it rude, but I just know that one day I'LL WIN A RACE AND NO ONE WILL LISTEN?

How can I get my fellow Dungers to tone down while these announcements are made without sounding like a whining school teacher and brown-nose?

Signed: (Did Not) Herd It Through The Grapevine

Dear Herd:

Here's a two-part answer:

1. Win a race;
2. Bring a bigger bull horn.

---

### Bits-O-Bull

Carol Parise

Dale Phillips was destined to be common dung. In B.C (Before Chipdom), Dale was involved in a softball tournament where a Buffalo Chip throwing contest was held. Dale flung the dung 45 feet to win the contest. It is because of this victory that Dale became a Chip. Well, maybe this isn't the only reason she became a Chip but that why this is called Bits-O-Bull....Randall Hill is off to Illinois to live closer to his family and pursue a teaching career. Randall just finished a stint as a student teacher at Florin High School where instead of instructing a standard jumping jacks, run-around-the track physical ed class, he looked to the students and saw there was a great deal of interest in breakdancing. So Randall pulled out the gym mats and supervised students not

normally interested in school type stuff as they taught each other heart-pounding, sweat-producing routines that included twisting, turning, flipping, and moon-walking. Randall also ran a 10 mile PR at the Pear Fair. Maybe he's been taking lessons from his students....George Parrott was so sick of the star-thistle growing on the shoulder of the bike trail that he single-handedly attempted to eradicate the tire-flattening, scratch producing weeds armed only with a gas-powered weed-eater. Parkway workers observed this noble effort, took pity on him, and within a week were out in large mowing machines clearing the shoulder of the bike trail from the Guy West Bridge all the way to Goethe Park. Coincidentally, the mowing took place the week before Eppie's Great Race. While on the subject of Eppie's, Francie Benson is moving pretty fast these days. Francie is a group 8 regular (usually the only woman) and ran a 50 second PR for 5 miles as team participant in Eppie's. If she can slice off 50 seconds for 5 miles, just think about what she could shave off in 10, 20, or 50 miles. Go Francie!... And whoever said runners have one-track minds (or should I say feet) didn't know Steve Ashe, John O'farrell, Ted Rieger, Carl Dahl, Linda Apathy, and Char Berta. These multifaceted Chips participated in the Ironperson division of Eppie's Great Race where studette Chippers Vicky Pell and Linda Casillas went 1 and 2 in the woman's division.... Speaking of triathlons, congratulations goes out to tri-Chips Nancy Huber and Bruce Logan who qualified at the Vineman 1/2 Ironman in Santa Rosa for the Ironman in Kona Hawaii on October 15th. Qualifying at a shorter-than-Ironman distance is no small feat (feet?) because very few "slots" are available at these distances. Bruce and Nancy had to finish 1st in the 40-49 year age group to earn the spot. Aloha Nancy and Bruce!...Also Sharlet Gilbert deserves a "way-to-go" for being the first of several Chips (I'm being optimistic) to qualify for the 1996 Olympic Marathon Trials. Sharlet ran 2:44:41 at Grandma's Marathon to earn the chance to qualify for the Olympic Team. Incidentally, Sharlet was also 1st master in the race. To follow up on bits in the last issue, Karen and Patrick Durham welcomed the birth of their baby girl at the end of June. Karen went out for a walk to alleviate what she thought were "false labor pains," and soon discovered these pains weren't false. She made it to the hospital in time but didn't get a chance to take off her running shoes until she was in the recovery room!

second place man backed off knowing that surviving and finishing is the important thing. It was a show of strength, as no one could match Kenny's tempo or share in the pace-making. He seemed unconcerned with the competition, as his strategy was pretty simple "Hammer!" The wind on the backstretch was tough; the heat was brutal. But he maintained his relentless stroke, even accelerating to 20 mph with a slight tailwind as he snuck in behind my lead bicycle. After the race, he thanked me for the even pacesetting. Inside, I was thankful for having been at the front of an exciting race with some of the best athletes I've ever seen. Typical racers they were, when offered water at the finish, they first wanted to know their times. Kenny turned 6.5 miles (not the claimed 10 km.) in around 23 minutes, not bad for arm-power (in 90+-degree heat).

I learned many things from these athletes that week, most of which had little to do with engineering. They taught me to appreciate life, to make the best of whatever gifts we are blessed with. They taught me not to make excuses, to just get out there and do it., whether it be training or pursuing any goals. They taught me that enthusiasm and persistence will overcome any obstacles. They also taught me that fun and laughter can fit into anyone's "serious" training schedule.

Even though they're gone now, my runs have been more lively and enjoyable. Timed runs and races are less important. I'm happy that I can run. I guess returning to school after so many years has taught me things I didn't think were included in the "lesson plan".

## CHIP PROFILE

By Theresa McCourt



**Name:** Steve Topper  
**Birthday:** 9/14/45  
**Birthplace:** Evansville, Indiana  
**Current job:** Marketing Manager, Direct Mail, First Nationwide Bank  
**Vital statistic:** Married  
**Children:** one stepson, 22 years old in October  
**Pets:** 7 cats  
**Education:** MBA, 1969, Indiana Univ.  
**Residence:** Pocket area in Sacramento  
**Favorite thing about Sacramento:** hot, sunny weather  
**Least favorite thing about Sacramento:** cold, rainy winters  
**Best physical feature:** small butt  
**Book currently reading:** *The Rise and Fall of Strategic Planning*  
**Favorite non-running magazine:** *People*  
**People you'd most like to invite over for dinner:** Chips runners and car buffs  
**Favorite foods:** I'm a vegetarian: beans, fresh fruit, rice  
**Hobbies:** cars, racing, antique collections  
**Collections:** rocks, blue willow china, elephants  
**Favorite vacation destinations you've already been to:** Camp Fleet Feet--Tahoe  
**Favorite vacation destinations you haven't been to:** Ireland  
**Years running:** 8  
**Favorite racing distance:** half-marathon  
**Favorite races:** Marshall Mash, Wharf-to-Wharf, Davis Stampede  
**Most embarrassing running moments:** farting while in the presence of women runners  
**Best Buffalo Chips moment:** Volunteer of the year with Blanca [profiled in next issue] in 1993  
**Secret fantasy:** I am a famous race car driver  
**Pet peeve:** I have hundreds. One is people who dump their ash trays from their cars in the parking lot. They should be caned.  
**Favorite famous quote:** "Everyone has some purpose in life even if it's to serve as a bad example." Mark Twain.  
**Personal philosophy:** Work hard and treat everyone like you would want to be treated.  
**Short-term goal:** become totally injury-free  
**Long-term goal:** Live to be 120 years old -- or older.



**Name:** Blanca Topper  
**Birthday:** 12/26/54  
**Birthplace:** Mayaguez, Puerto Rico  
**Current job:** Exec. Secretary for Executive Search, an outplacement firm  
**Vital statistic:** Married  
**Children:** one son, 22 years young in October  
**Pets:** 7 cats  
**Education:** some college  
**Residence:** Pocket area in Sacramento  
**Favorite thing about Sacramento:** Old Sac and all the year round running events  
**Least favorite thing about Sacramento:** the haze that hangs over the city  
**Best physical feature:** all of me  
**Book currently reading:** *How We Die*  
**Favorite non-running magazine:** *People and Psychology Today*, it's a tooss-up.  
**People you'd most like to invite over for dinner:** Clint Eastwood (I like him.) and friends I've made this past year  
**Favorite foods:** all kinds of pasta, rice, and beans  
**Hobbies:** antique stores, reading  
**Collections:** blue willow china, perfume bottles, cats  
**Favorite vacation destinations you've already been to:** St. Petersburg, Florida, Table Rock Missouri,  
**Favorite vacation destinations you haven't been to:** Puerto Rico  
**Years running:** 7  
**Favorite racing distance:** half-marathon  
**Favorite races:** Marshall Mash, Wharf-to-Wharf, Run to the Far side, Run to the Pines 1/2 Marathon  
**Most embarrassing running moments:** at CIM '92, I'd had a root canal and was on antibiotics, I had a yeast infection, and I'd had ankle surgery 2 months before so my ankle was still swollen, and the weather was miserable!  
**Best Buffalo Chips moment:** Volunteer of the year with Steve  
**Secret fantasy:** to co-star with Clint Eastwood  
**Pet peeve:** when people talk about things they don't really know about  
**Favorite famous quote:** "When there's a will, there's a way."  
**Personal philosophy:** Treat everyone like you would want to be treated.  
**Short-term goal:** one more year of college for Paul  
**Long-term goal:** to get my degree

# CLASSIFIEDS

You know who you are, and you're very special. Your *Enquirer* editors send a huge THANK YOU to all of you who contributed to this issue. We couldn't have done it without you!

Happy 50th Birthday to Ben LaSala! And welcome to your new age division. Too bad for the Chips USA T&F Masters Team. Lucky for the Seniors Team! George, are you reading this?

**Wanted!** Advertisements and classifieds for *The Buffalo Enquirer*. You don't have to be a Chip to use this service. Rates are described below. Nonprofit ads and notices are free. A membership of close to 800, all of whom read every word of this publication, provides great exposure. Tell your friends!

Trail Runners! Who is interested in sharing a cabin/tent at the Enviroports Yosemite Cloud's Rest Envirothon to cut costs? It's a 3-day, noncompetitive event, Sept 30 to Oct 2. Call Kiko at 758-3187

Boys! Guys! Men! Please use a little (lots of ?) deodorant before Tuesday night workout so everyone will have a more enjoyable evening. The air quality is bad enough out there!

## Advertising Rates

Full Page:	\$130
1/2 page:	\$70
1/4 page:	\$40
Business card:	\$25
Classified:	\$5 for first 20 words, each additional word is 25 cents.

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THE BUFFALO CHIPS GENERAL STORE is open for business with a wide array of "official" Buffalo Chips merchandise. All clothing has the Buffalo Chips name and Buffalo logo on it.

HEAVY-DUTY, HOODED SWEATSHIRTS	\$20
COOLMAX RACING SINGLETS	\$12
SHORT-SLEEVED T-SHIRTS	\$ 6
SMALL WATER BOTTLES	\$ 2
LARGE WATER BOTTLES	\$ 3
REFLECTIVE VESTS	\$ 5
ENTERTAINMENT BOOKS	\$40
A BUFFALO CHIP - INDIVIDUALLY PACKAGED	\$ 1

This merchandise can be purchased at Tuesday night workouts and at most area races on weekends. In addition, you can call Steve or Blanca at (916) 424-3454 and make arrangements to pick up merchandise in the Pocket/Greenhaven area in the evenings. If necessary, we can make arrangements to ship merchandise to you.  
*Call for details.*



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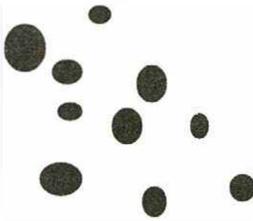
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THE PROFESSIONAL'S CHOICE



# BOARD DROPPINGS



June 1, 1994 6:30 pm  
The Good Earth

Present: Joe Staats, Steve Topper, Dick Kinter, Steve Ashe, Rex Paulson, Leigh Rutledge, Trudy Roselle, Dave Ragsdale, Robin Carboni, Carol Parise.

Guests: Amice Staats, A.J. Underwood, Jim Drake, Ron and Susan Peck

Jed Smith: The Board approved a motion to continue the Jed Smith as a one day event, either a 50m or 50k on February 11th at Gibson Ranch. A.J. Underwood and Jim Drake to be race directors.

20th Anniversary Relays: Joe reported that the 20th anniversary relay race was a great success.

Kids "I did it" run: Had over 100 kids compete this year which was a major increase from the last run. Will probably apply for a grant for 1995.

4th of July Run: Dick Kinter reported all is in order for the 4th of July run with the exception of more volunteers needed for course monitoring and aid stations. Dick also reported that Gift Certificates are now available for club memberships.

Susan B. : Steve Ashe reported the loss of Mercy sponsorship but hoped to have another sponsor before the next meeting.

Buffalo Stampede: The board approved tweek jackets in place of sweat shirts for the Buffalo Stampede.

Treasurers Report: Steve presented an updated financial report.

Presidents Report: Joe reported that the club received thank you letters

from Tom Johnson and Rick Hanna stating their appreciation for the club donation for the 100k World Championships.

Social Director's Report: Robin discussed plans for the picnic on June 11th. The board approved use of club funds for supplies.

Clothing Update: Carol stated that the club socks should arrive within two to three weeks. The 5% improvement shirts should be ready in six weeks.

Other: A proposal was made and approved to exchange fliers with the Tamalpa Club.

Meeting adjourned at 7:45 pm.

July 6, 1994 6:30 pm  
The Good Earth

Present: Joe Staats, Steve Topper, Dick Kinter, Steve Ashe, Carol Parise, Po Adams

Minutes of June Meeting approved.

4th of July Run: Dick reported on the 4th of July 5 miler. Approximately 475 participants. Many compliments received from runners.

Susan B. Anthony: Steve stated all background work was completed. Sponsors are Price Club and Grant Irwin among others. No problem getting volunteers. Carol to work on organization of post-Susan B. potluck.

Treasurers Report: Exact as usual

President's Report: Robin Carboni resigned as social director. Joe to respond to letter from James Raia regarding distribution of club funds.

Coordinator's Reports: Carol responsible for Loud Night. Flyer to be made. Date set to be August 30.

Membership: Dick reported 539 primary members. Steve suggested getting membership renewals out early. Buffalo Bible to be proofed by Board.

Dick expressed concern about handling emergency situations at club races. Will look into purchasing a cot.

Meeting adjourned: 8:06 pm

August 3, 1994  
The Good Earth

Present: Joe Staats, Po Adams, Trudy Roselle, George aParrott and Carol Parise

Meeting was called to order by Joe Staats, President.

Minutes: July minutes were approved as read

Steve Ashe reported that the club is ready for the Susan B. Anthony 5K. After the race a potluck brunch will be held at Greg Miller's house.

Dick Kinter has obtained a fold-up cot to be used at club-sponsored races for emergencies.

Steve Topper sent word to the meeting the club is still financially solvent.

A discussion was held regarding special achievement awards.

Dave Ragsdale volunteered to be in charge of publicity for the newcomers' night which will be held on the first Tuesday of September.

Meeting adjourned at 7:45 pm.

## Guidelines for Tuesday Night Workouts

5:30 PM

behind Steve's Pizza, at Spanos Court off of Howe Avenue, just North of Fair Oaks Blvd.

These workouts are open to all club members and visitors, for whom membership applications are available. The training focus is on preparation for 5K to marathon distances. Walking and easy, fun running groups are available, also. See below.

### Workout Group Standards

Group	Weekly Dist.	Tues Dist.	10k PR	Mile PR
1 (walkers)	<15mi	3-4m	na	12min
2 (steady state)	<20 mi	4-6m	58+	9 min
3 (transition)	25-30mi	4-6m	55+	8:30min
4	30-40mi	6-8m	49+	7:45min
5	35-45mi	6-8m	45+	7:15min
6	40-55mi	7-8m	42+	6:30min
7	40-70mi	7-8m	39+	6:00min
8	45-75mi	8-9m	37+	5:45min
9	45-90mi	8-9m	35+	5:20min
10	45-120+ mi	8-9m	<34	<5:15

The best workout is run "hanging on"—not leading a group; if you are leading, you should be in the next higher group!!!

**newcomers'night**  
**tuesday, september 6th**  
see information on pg. 42

### Achievment Alert!!

Don't forget to check your times from your recent races against the standards listed on page 35 of your "Buffalo Bible" to see if you qualify for a FREE Chips racing singlet. Submit your Running Achievement Award Application, or a copy thereof, located on the page 36.

5% Improvement Award Special Edition Buffalo Chip T-shirts are also being awarded. Since January of 1993, if you have a race time at any distance that is 5% faster than your previously recorded time, submit the information in writing to Dave Ragsdale or George Parrott. For example, if you ran a 10K in March of 1993 in 50 minutes, then in May of 1994, you ran a 10K in 47:30 minutes, you qualify for the T-shirt!



## CLUB RECORDS SHATTERED

LAUREA KULSIK

A lot of activity has taken place this year in the Chips' Club Records Department ...and there's still four months left!...Congratulations to Tom Johnson who recently broke teammate Rich Hanna's 100K (road) record at the Ultra Championships in Japan. Tom's time of 6:41:40 bested Rich's record by more than six minutes and is not too far away from the North American record of 6:38:21. It is also noteworthy to report that Rich bettered his 100K time at that race, going under his old PR by more than three minutes....Super Senior Lee Rhodes holds the new 100-mile (trail) record in the 60-69 division with his 26:17 finish at Western States, beating Paul Reese's six year old record by 27 minutes. And Masters runner Sharlet Gilbert is keeping us busy breaking club records practically every time she comes across the finish line. In 1994 alone, she has brought down the following Chips records (women, 40-49), all previously owned by Joan Reiss: 2:43:46 Marathon run at Boston, 1:23:19 Half Marathon at Chico's Bidwell Classic, and a 31:32 10K at the San Jose Mercury News 10K. While these times are simply awesome they are not Sharlet's best times as a Master but they are her fastest times since she's donned a Chips singlet. I'm sure we'll be seeing Sharlet bettering her own records before the year's out. According to Ryan Lamppa of the Road Running Information Center, the following are Sharlet's fastest times as a Master's runner: Marathon (2:38:00 at Grandma's '92), 10 miles (1:02:02 at the Presidio 10 '91), and 5K (19:21 at the Davis Turkey Trot '91).



# buffalo chips CLUB RECORDS

## Open, Men

24 Hour Run	Rae Clark	165.3 miles
	<i>USATF Nat'l Chmpnshp '90</i>	
	<i>North American Record</i>	
100 Miles (Road)	Rae Clark	12:12:19
	<i>Sri Chimnoy, N.Y.</i>	
	<i>USATF N.C. '89</i>	
	<i>N.A. Record</i>	
100K (Road)	Tom Johnson	6:41:40
	<i>100K Ultra Ch'ship Japan '94</i>	
50 Miles (Road)	Rae Clark	*5:28:32
	<i>USATF N.C. '88</i>	
50K (Road)	Dennis Rinde	3:02:33
	<i>Jed Smith '93</i>	
50K (Trail)	Rich Hanna	3:30:44
	<i>Cool Canyon Crawl '94</i>	
Marathon	Rich Hanna	2:17:51
	<i>CIM '93</i>	
Half Mara.	Craig Moore	1:07:31
	<i>Nike Half</i>	
10 Miles	Craig Moore	50:43
	<i>Cal 10, Stockton</i>	
10K	John Sup	30:52
	<i>Davis Track Meet '91</i>	
8K/5 Miles	John Sup	24:31
	<i>Fugitsu 8K '90</i>	
5K	Reggie Williams	14:27
	<i>Cal State Track Meet '90</i>	
1500m	Randy Sturgeon	4:07:65
800m	Daryl Katcher	2:00:64
	<i>Trojan Masters USC '90</i>	

## Open, Women

100 Miles (Trail)	Patti Teale	21:12:24
	<i>Vermont 100 '91</i>	
50 Miles	Joan Reiss	6:58
	<i>Jed Smith</i>	
50K (Road, Marathon)	Christine Iwashashi	3:37:48
	<i>Jed Smith '92</i>	
	<i>Eileen Taylor</i>	
	<i>Chicago Marathon '82</i>	
Half Mara.	Robyn Root	1:13
	<i>Phila. Distance Classic '87</i>	
10 Miles	Kathy Pfeifer	54:50
	<i>Trevera Twosome, N.Y. '88</i>	
10K	Kathy Pfeifer	32:59
	<i>Mt. Sac Relays '88</i>	
8K/5 Miles	Robyn Root	26:27
	<i>Bastille Day 8K</i>	
5K	Robyn Root	16:37
	<i>Susan B. Anthony 5K</i>	
1500m	Theresa McCourt	4:50
	<i>All Comers Meet '92</i>	
800m	Theresa McCourt	2:22
	<i>West Mstrs T.M. Hayward '92</i>	

## Masters, Men 40-49

48 Hours	Jeff Hagen	213.7 miles
	<i>Gibson Ranch 48 Hr. Run '93</i>	
100 Miles	Abe Underwood	15:49:51
	<i>AAU 100 Miler '78</i>	
100K	Rae Clark	7:31:30
	<i>Jed Smith '94</i>	
50 Miles	Abe Underwood	6:08:54
	<i>AAU Chmpnshp. '78</i>	
Marathon	Jim Milton	2:26:27
	<i>CIM '91</i>	
30K	Jim Milton	1:43:18
	<i>Clarksburg '92</i>	

Half Mara.	Jim Milton	1:10:01
	<i>Humboldt Redwoods '91</i>	
10 Miles	Jim Milton	53:31
	<i>Woodland 10 '92</i>	
10K	Jim Milton	31:08
	<i>San Jose Mercury News '92</i>	
8K/5 Miles	Jim Milton	25:26
	<i>Fugitsu 8K '92</i>	
5K	Jim Milton	15:12
	<i>Davis Turkey Trot '92</i>	
1500m	Jim Milton	4:11
	<i>'92</i>	
800 m	Daryl Katcher	1:58.45
	<i>USATF Nat'l Masters, '90</i>	

## Masters, Women 40-49

24 Hours	Jan Levet	116 miles
	<i>USATF N.C. '92</i>	
100 Miles (Road)	Jan Levet	*19:29:29
100 Miles (Trail)	Toni Bclaustegui	22:10:22
	<i>Western States '90</i>	
100K	Jan Levet	9:29:30
	<i>Ruth Anderson 100K '92</i>	
50 Miles	Joan Reiss	6:58
	<i>Jed Smith '87</i>	
50K (Road)	Jan Levet	4:11:02
	<i>Jed Smith '93</i>	
Marathon	Sharlet Gilbert	2:43:46
	<i>Boston Marathon '94</i>	
Half Mara.	Sharlet Gilbert	1:23:19
	<i>Bidwell Classic '94</i>	
10 Miles	Sharlet Gilbert	1:04:39
	<i>Buffalo Stampede '93</i>	
10K	Sharlet Gilbert	36:48
	<i>San Jose Mercury News '94</i>	
8K/5 Miles	Joan Reiss	31:32
5K	Ann Gerhardt	19:29
	<i>Run to the Farside '92</i>	
1500m	Ann Gerhardt	*5:38
	<i>Sonora Mile '93</i>	

## Men 50-59

48 Hours	Jim Drake	213 miles
	<i>Gibson Ranch 48 Hr. Run '93</i>	
	<i>N.A. Record, age group</i>	
24 Hours	Jim Drake	*129 miles
	<i>Gibson Ranch 24 Hr. Run '93</i>	
100 Miles	Jim Drake	*19:21:00
	<i>Gibson Ranch 24 Hr. Run '93</i>	
100K	Jim Drake	9:18:20
	<i>Ruth Anderson 100K '92</i>	
50 Miles (Road)	Paul Reese	6:22:25
Marathon	Jim O'Neil	2:35
Half Mara.	Jim O'Neil	*1:17:30
10 Miles	Don Spickelmier	58:17
	<i>Buffalo Stampede '91</i>	
10K	Jim O'Neil	33:54
8K/5 Miles	Jim O'Neil	*27:18
5K	Jim O'Neil	15:19
1500m	Don Martin	4:53.1

## Women, 50-59

100 Miles (Trail)	Joan Reiss	23:44
	<i>Western States '88</i>	
50 Miles (Trail)	Joan Reiss	8:35
	<i>American River 50</i>	
Marathon	Joan Reiss	3:16
10K	Joan Reiss	42:35
	<i>Bonne Bell '89</i>	

5K	Joan Reiss	20:56
	<i>Susan B. Anthony 5K '88</i>	
1500m	Joan Reiss	*6:17

## Men, 60-69

100 Miles (Trail)	Lee Rhodes	26:17
	<i>Western States '94</i>	
50 Miles	Paul Reese	7:16:29
Marathon	Paul Reese	3:02:22
30K	Carl Ellsworth	2:05:49
	<i>Clarksburg '91</i>	
Half Mara.	Carl Ellsworth	1:24:48
	<i>Humboldt Redwoods '91</i>	
10 Miles	Carl Ellsworth	1:03:58
	<i>Buffalo Stampede '91</i>	
10K	Carl Ellsworth	38:26
	<i>Tandem Up &amp; Running '91</i>	
8K/5 Miles	Carl Ellsworth	31:08
	<i>Pear Fair '91</i>	
5K	Paul Reese	17:53
1500m	Carl Ellsworth	5:12
	<i>NorCal Sr. T.M. '93</i>	

## Women, 60-69

24 Hours	Helen Klein	109.5 miles
	<i>Redwood Empire '91</i>	
100 Miles	Helen Klein	21:03
	<i>Redwood Empire '91</i>	
100K	Helen Klein	12:09:17
	<i>Ruth Anderson Run '90</i>	
50 Miles (Trail)	Myra Rhodes	9:59:19
	<i>American River 50 '93</i>	
50K (Road)	Myra Rhodes	4:39:46
	<i>Jed Smith '93</i>	
50K (Trail)	Myra Rhodes	6:11:57
	<i>Cool Canyon Crawl '93</i>	
	<i>N.A. Record, age group</i>	
Marathon	Myra Rhodes	3:36:32
	<i>CIM '92</i>	
Half Mara.	Myra Rhodes	1:43:53
	<i>Humboldt Redwoods '92</i>	
10 Miles	Myra Rhodes	1:18:28
	<i>Buffalo Stampede '93</i>	
10K	Helen Klein	51:53
	<i>Bonne Bell, Ohio '90</i>	
5K	Myra Rhodes	22:36
	<i>Zoo Zoom '92</i>	
Mile	Myra Rhodes	7:00
	<i>Sonora Mile '92</i>	

## Relays

### Men, 30-39

4x200m	Hartmann, McNutt, Williams, Katcher	1:51
	<i>USATF State Meet '88</i>	
4x400m	McNutt, Katcher, McNutt, Katcher	4:07
4x800m	Govi, Katcher, Hartmann, McNutt	9:44

### Men, 40-49

4x800m	Nelson, Livingston, Martin, Park	10:15
4x400m	Nelson, Katcher, Nelson, Katcher	3:59
	<i>ARC Track '90</i>	

\* time inferred from longer race Revised 8-9-94  
 Bold type denotes records broken this year



P.O. Box 19938  
Sacramento, CA 95819

### Weight Worries??

Part of the reason many people exercise is to lose weight or keep weight-gain under control. However, people, especially women, may become overly concerned about their weight and use drastic methods to get or stay thin. That is why Dr. Ann Gerhardt, a Chips member, started an organization called "Women Insisting on Natural Shapes" (WINS). Dr. Gerhardt is president of the non-profit group and according to its newsletter is dedicated to "educating women and girls about what normal, healthy, female shapes are and the dangers of bulimia and excessive dieting, and changing female images in the media and advertising to those that are natural and attainable with healthy lifestyles. As a nascent organization, lots of assistance is needed to get things up and running. You can contact the group at the following address:

WINS  
PO Box 19938  
Sacramento, CA  
95819  
(800) 600-WINS

### A Buffalo Chip Tradition

Do not miss the Buffalo Stampede 10 Miler on Sunday, September 11th at 8am! Come celebrate the Chips 20th Anniversary Year, go for a PR on this flat, fast course, or just enjoy the shaded and scenic route on American River Drive. Start /Finish is at Rio Americano High School. A Chips original that has clearly withstood the test of time!

### Blisters for Sisters 5K, 10K and 1 Mile Walk

Saturday, October 22nd at 8 am in Old Town, Sacramento  
Benefits the Chemical Dependency Center for Women  
It is a very popular race for an excellent cause.

BE THERE!

workout note: an excellent strength workout would be to do this race on Saturday and The Race for the Cure in San Francisco on Sunday as back to back tempo runs (NOT all out efforts). Both you and the causes benefit!



Don't forget to mark your calendar for the Great American River Clean-Up on Saturday, September 10, 10 am to noon, at all the river access points from Discovery Park to Negro Bar. This is the day before The Buffalo Stampede 10 Miler, so take a day off running and donate the time to keep a favorite running area clean. A Riverfest begins at noon at Goethe Park and Discovery Park, which will feature an environmental fair, free lunch & T-shirts for volunteers, awards, prizes and more! 916/489-4181

### Mace/Pepper Spray Class Update!

7:30 pm, Tuesday, September 20, at University Park Clubhouse (off Howe Ave. near Fair Oaks Blvd.) Upgrade to mace-pepper spray available for \$20.70 (includes spray, license upgrade, and 1/2 required class & test). Approximately \$35 for new licensees includes license, spray, and required 2-1/2 hour class, which is loaded with worthwhile information on self-defense. These rates are EXCELLENT! Enrollment is limited to 30, not 60 as flyers at Susan B. stated.

Call *right away* to reserve your space!

Cynci Calvin at 823-2661

or

Laura Kulsik at 983-5272

### Newcomers' Night!! Tuesday, September 6th

(and it's also Avia night with free water bottles from the Avia rep)

Tell your walking and running friends to come see and participate in one of Sacramento's most fun and worthwhile happenings. Exercise advice, camaraderie, refreshments and membership applications (pro-rated for 1/2 year) will all be available, as they are every Tuesday night at 5:30 pm, behind Steve's Pizza on Spanos Court off of Howe Ave.

RACES, RACES, RACES  
POST ON YOUR REFRIGERATOR!

Sat., Aug. 27	Wilder West 1/2-Marathon & 10K	Santa Cruz	510/223-577
Sun., Aug. 28	Walnut Grove Catfish Jubilee 5M	Walnut Grove	916/776-1627
Sat., Sept. 3	Millbrae Hill Climber 5K/10K	Millbrae	415/696-1196
Sat., Sept. 3	The Roseville Mile	Roseville	916/783-4558
Sun., Sept. 4	Boothill 1/2-Marathon/10K	Pescadero	510/223-5778
Mon. Sept. 5	Run for the Square, 10K/5K	Lodi	209/333-7863
Sat., Sept. 10	SSPCA Doggy Dash 5K/2K	SACRAMENTO	916/383-7387 X43
Sat., Sept. 10	John Orogren Memorial 5K Run/Walk	Marysville	916/741-6839
Sun., Sept. 11	Buffalo Stampede 10 Mile	SACRAMENTO	916/482-8528
Sun., Sept. 11	Prune Festival 10K/5K	Yuba City	916/673-3436
Sun., Sept. 11	Goldent Gate Presidio 10M/3M	San Francisco	415/781/6785
Fri., Sept. 16	Palo Alto Weekly Moonlight Run 10K/5K	Palo Alto	415/329-2342
Sat., Sept. 17	Arichoke Festival 10K Run/5K Walk	Castroville	408/633-2465
Sat., Sept. 17	City to City Benefit Fun Run 10K/5K	Davis	916/756-7681
Sat., Sept. 17	Pacific Crest Trail 50K/25K/12K/50K Relay	Squaw Valley	510/223-5778
Sun., Sept. 18	Monterey Bay 10K/5K Run/Walk	Monterey	408/899-1570
Sun., Sept. 18	Walnut Festival 5K/10K	Walnut Creek	510/947-5348
Sat., Sept. 24	Chevy's to Chevy's Run 12K	SACRAMENTO	916/757-6017
Sun., Sept. 25	Silver State 15K Championships Run	Sparks, NV	702/688-3926
Sat., Oct. 1	Lumberjack 10K/5K Run/Walk	West Point, CA	209/293-4679
Sat., Oct. 1	Where The Hell Is Truckee 30K	Truckee	916/773-2791
Sat., Oct. 1	Yosemite Cloud's Rest Envirothon	Yosemite	415/868-1829
Sun., Oct. 2	Portland Marathon & Festival of Events	Portland, OR	503/226-111
Sun., Oct. 2	Sacramento Marathon/1/2-Marathon	SACRAMENTO	916/678-5005
Sat., Oct. 8	Site to Site Run/Walk 8M/5K	Nevada City	916/273-5148
Sun., Oct. 9	Denver Int'l Marathon/5K	Denver, CO	303/534-6555
Sun., Oct. 9	Sacramento Zoo Zoom	SACRAMENTO	916/264-5887
Sun., Oct. 16	Humboldt Redwoods Marathon/1/2-M	Weott	707/443-1220
Sun., Oct. 16	Pumpkin Festival Run	Half Moon Bay	415/726-9043
Sat., Oct. 22	Blisters for Sisters 5K/10K/1M walk	SACRAMENTO	916/448-2951
Sun., Oct. 23	Race For The Cure	San Francisco	1-800/698-8699
Sat., Oct. 29	Monster Mash Fun Run 5K/10K	SACRAMENTO	916/481-9421
Sun., Oct. 30	Santa Cruz Distance Classic 15K/5K	Santa Cruz	408/429-8025
Sat., Nov. 5	Santa Barbara 1/2-Marathon	Santa Barbara	805/964-2591
Sun., Nov. 6	Apple Hill Harvest Run 8M/3.6M	Camino	916/621-7828
Sun., Nov. 6	NY City Marathon	NY, NY	212/860-4455
Sun., Nov. 6	Sonora Heart & Sole Classic (11th) 10K/2M	Sonora	209/532-1910
Sun. Nov. 13	Clarksburg Country Run 30K/5K/1M for kids	Clarksburg	916/983-4622
Sat., Nov. 19	Davis Turkey Trot 5K/10K	Davis	916/757-6017
Sat., Nov. 23	Clarksburg 30K, USATF LDR Grand Prix	Clarksburg	916/655-1712
Thurs., Nov. 24	S.F. Turkey Trot 5K/10K	S.F.	415/665-3397
Sat., Nov. 26	Seattle Marathon/1/2-Marathon/8K Walk	Seattle, WA	206/821-6474
Sun., Nov. 27	Run To The Far Side (Gary Larson T-shirt)	S.F.	415/387-2178
Sun., Dec. 4	Calif. Int'l Marathon(USATF Grand Prix)	Sacramento	916/983-4622
Sun., Dec. 18	Christmas Relays 4X6.4M (21st)	S.F.	510/635-9508

**CALLING ALL  
CHIPS!**

MARK THESE  
SPECIAL DATES:

Sat., 9/25  
for the  
Silver State LDR  
Grand Prix 15K in  
Reno

and

Sun., 10/10  
for the  
Humboldt LDR  
Grand Prix 1/2  
Marathon in Weott.

Let's have a BIG  
Chip showing!

PA/USATF Long Distance Running Grand Prix Events

Sun., 9/25	Silver State 15K, Reno, 702/852-5037
Sun., 10/16	Humboldt Redwoods 1/2 Marathon, Weott, 707/442-6463
Sun., 11/13	Clarksburg 30K, Clarksbur, 916/665-1712
Sat., 11/19	Cross-Country Championships, S.F., 415/618-1467
Sun., 12/4	Calif. Int. Marathon, Sacramento, 916/983-4622

PA/USATF Ultra Grand Prix Events

Sat., 9/24	Napa Valley 50 Miler, Napa, 707/252-2808
Sat., 10/15	Firetrails 50 Miler, San Leandro, 510/530-6634
Sat., 11/12	Gibson Ranch 24 Hour, Sacramento, 916/638-1161
Sat., 11/26	Quadruple Dipsea, Mt. Tamalpias, 415/894-1336

PA/USATF events are for all divisions unless otherwise specified.



**CHIPS SOCIAL AND VOLUNTEER EVENTS ON BACK PAGE**

Buffalo Chips Running Club has a Sister club in Stockport, England, The Stockport Harriers. Below you see their logo, a Roman Warrior, in spirited competition with the Chips familiar bison.



## DATES TO REMEMBER!

### CLUB MEETINGS, SOCIAL, AND VOLUNTEER EVENTS

#### SEPTEMBER

- Wed., 9/7 Board meeting, The Good Earth on Arden, 6 PM
- Sat., 9/10 American River Parkway Clean-up, contact TBA
- Sun., 9/11 The Buffalo Stampede 10 Miler, Rio Americano HS, Sacramento, 916/482-8528

#### OCTOBER

- Wed., 10/5 Board Meeting, The Good Earth on Arden, 6 PM

#### NOVEMBER

- Wed., 11/2 Board Meeting, The Good Earth on Arden, 6 PM

#### DECEMBER

- Sun., 12/4 California International Marathon, Folsom to Sacramento
- Sun., 12/4 The Buffalo Bash, dinner and fun free to members, 5 PM, place TBA

## 1994 Buffalo Chips Board of Directors

Joe Staats, President	489-4181
Steve Ashe, Vice-President/Sponsorships	366-6772
Sandi Falat, past President	852-0768
Steve Topper, Treasurer	424-3454
Trudy Roselle, Secretary	363-7127
Cliff Stapf, Publicity	989-0808
Dick Kinter, Membership	944-1503
Leigh Rutledge, Race/Volunteer Coord.	487-7420
Po Adams, Mail Distribution	481-3983
Carol Parise	773-3864
Dave Ragsdale	922-6199
Rex Paulsen	863-1157
Beckie Starsky	983-6067

### Other Important Chippers

George Parrott, Workout Coord./USAT&F	488-6580
Lee Rhodes, Equipment	482-8528
Laura Kulsik, RRCA State Rep	323-0293
Cyncl Calvin, newsletter co-editor	823-2661
Debra Cleveland, newsletter co-editor	753-3274

**BUFFALO CHIPS** running club

P.O. Box 19908

Sacramento, CA 95819-0908

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Sacramento, CA

# The Buffalo Enquirer

20th Anniversary Celebration Issue

Number 124

1974 - 1994

November 1994

## The 20th Running of the Buffalo Stampede is a Raging (bull of a) Success.

September 11, 1994

by Cynci Calvin

### Past Presidents on Parade at Buffalo Stampede '94

Six hundred fifty entrants, superb race management by Race Director Lee Rhodes, cool weather and "to die for" Tyvek jackets combined to make this late summer tradition an exceptionally fine event. Two hundred common, elite, and board dungsers competed. Many were rewarded not only with handsome awards, raffle prizes and good food, but also with personal record (PR) times. Our oldest finisher was Mel Shine, 85 years young, and our youngest finishers were Chips Nick Williams and Dayna Hambrick, 12 years old. Big thanks go to our sponsors, especially Auburn Farms/Natures Warehouse, and to our many volunteers.

(continued on page 18)



Dr. Elliott Eisenbud  
1980-81



Marsha Bendix-Arnold  
1988-89



Greg Miller  
1990

photos by Eric Tanascone

Past Presidents also present at the Stampede, either running or volunteering, were George Parrott ('85-'86), Dave Ragsdale ('86-'88), Sandi Farar ('92-'93), and Joe Staats ('93-?).

### In this issue:



From the archives, a twenty year retrospective of the Buffalo Chips Running Club, in five-year age divisions, pages 26-33.



Part II of Tom and Rich's Great Adventure at the 100K World Championships in Japan, page 13.



Chips tripping all over themselves and race results *ad infinitum* starting on page 7.



A white Buffalo is born! When? Where? Why is this event so special? Answers on page 39.

The first Buffalo Stampede was held in March of 1975, along the Garden Highway. It included a 50K. One hundred twenty runners ran the 10 miler, and twenty-nine ran the 50K. Entry fee was \$2, with T-shirts awarded to the first 100 finishers. The race budget was \$450, and the race just managed to make expenses. Winners Darryl Beardall in the 50K (3:06:41) and Ron Elijah the 10 Mile (50:22), came from the Marin Athletic Club.



THE BUFFALO CHIPS RUNNING CLUB IS A NON-PROFIT ORGANIZATION AND A MEMBER OF THE ROAD RUNNERS CLUB OF AMERICA

# State of the Herd

Geez, is it that time again? Gotta write a column. Oh boy, lucky for me I've got three people I didn't mention last time when paying homage to those who have made important contributions to the club. Piece of cake. Get the verbs and adjectives right, and the column writes itself.

Last issue I mentioned a host of members who have devoted so much of their time to the club. This time I'm going to tell you about some generous folks who, in addition to everything else, have parted with hard-earned cash on behalf of the Buffalo Chips. In these days of down-sizing and fiscal restraint, it isn't easy finding race sponsors and other funding sources for the club. So, all the more reason to take the time to recognize three among us who have made financial contributions.

I first met Grant Irwin three years ago when he joined the Chips contingent who ran the 189-mile Hood to Coast Relay Race in Oregon. We sure needed him for we were five persons short of having a full team of twelve. This meant that each of us had to run five (and in one case, six) relay legs of approximately five miles instead of the usual three legs. About all I knew of Grant back then was that he was quite a bit faster and younger than I. Well, he's still faster and younger, but I know a bit more about him, and it's all good. Grant has been running only since 1990 when he first joined the Chips, and has certainly come a long ways as is evidenced by his 1:22 PR at this year's Humboldt Half-Marathon. When Grant isn't running, he is a dentist, with offices on Scripps Drive near the corner of Howe and University. When my dentist of twenty years retired, I went to a new dentist who I endured for one visit. I then went to Grant. I reckon I'll stay with him until *he* retires. Before coming to Sacramento, Grant lived in Southern California where he received his dental degree from Loma Linda University. He is married and has two daughters, ages 2 and 5. During preparations for the 1994 Susan B. Anthony Race, we knew we were going to have trouble finding sponsors. In a flash of brilliance, someone suggested that we approach Grant about being one of the principal sponsors. This means giving us money, and I'm not talking nickels and dimes. Being the kind of guy he is, Grant forked over the cash. What do we say? How about, Thanks?

(continued on page 44)

# About the Buffalo Chips

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

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

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

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

Please join us! For more information please contact a Buffalo Chips board member. Their names, positions and phone numbers are listed on the back page of this newsletter. Membership applications are available at workouts, from all hoarc members, and at all local Fleet Feet stores.

## Reminders, Reminders

Third Class mail is NOT forwarded. Inform Dick Kinter (944-1503) if you have a change of address!

To ensure your inclusion in the 1995 Roster, be sure to pay your 1995 dues PROMPTLY.

To ensure uninterrupted delivery of *The Buffalo Enquirer*, pay your 1995 dues PROMPTLY.

If you have any questions about membership, call Dick Kinter (944-1503).

Any member from 1994 will pay full dues, no matter what time of year they send in their payment.

## Welcome New Members!



Ivan Aike  
Ron Adams  
Libby Almeida  
Florence Apodaca  
Steve Backlund  
Richard Baumhofer  
Tracy Bennett  
Steve Brooks  
Jabe Byng  
Tara Calkin & family  
Chris Corlett  
Jerry Coronado  
Lori Cucinotta  
Stephen Delikat & family  
Jennifer Devine  
Joseph Domagalski  
Patty Ernst  
Timothy Fadum  
Jim Fisher & family

Renda Gail  
Robin Gilmore & family  
Mel Golovich  
Mike & Carla Gottardi  
Ron Guenza  
Ramona Guiterrez  
Jeff Hurrill  
Elana Indicks  
David Mark Jang  
Carol Jungk  
Andrew Levitt & family  
Wayne Marsh  
Michael Meyer & family  
Beth A. Miller  
Carlos Moravek  
Tami Lynn Moyers  
Jim & Renata Otto  
Susan Perry  
Ron Petroff

Howard Price  
Michael Prizmich  
Dave Roeber  
David Samsel  
Joachim Schnier  
John Scott  
Lynn Seal  
Wendy Simmons  
Sparky Sparks  
Suzanne J. Stockdale  
Doug Thurston  
Franklin Treadaway & family  
Louis Vismara  
Nicholas Williams & family  
Kevin Winter  
Petra Woltering  
Ken Young

## About The Buffalo Enquirer

### Newsletter Contributions

Letters, articles, photographs, race results (especially race results!) and original art are welcome and encouraged. However, not all submitted material can be printed, and some will be used with a delay. Handwritten contributions are accepted but material submitted on disc (Mac and IBM) with accompanying hard copy is preferred. The Editor reserves the right to refuse inclusion of items and to correct grammar, delete when necessary and otherwise re-write some material to achieve a reasonable standard of coherence and clarity in the newsletter. You will be consulted if any major surgery needs to be performed on your submission. The deadlines for the next two issues are December 31, 1994 and February 15, 1995. All contributions received by the deadline are not guaranteed to be included in the next issue; timely stories take precedence over articles of general interest and those received first take precedence over those received later.

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

### Send material to:

*The Buffalo Enquirer*, Cynci Calvin, P.O. Box 19908, Sacramento, CA 95819-0908

## We get results!

This has been the proud cry of your *Buffalo Enquirer* staff since it's first issue in 1975. As I put the finishing touches in this 20th Anniversary issue, I have to admit that the "we" portion of this phrase must be expanded. If not, your editor will be hauled off to the Bison Sanitarium, where she will spend the rest of her days mumbling membership lists, finishing times, and age division awards. Computer lists will float before her glazed eyes, and an occasional "Aha! thought I'd miss you, you obscure little Chip!" is understood from her otherwise meaningless prattle. Not a pretty picture.

So I'm calling on all you wannabe Clark Kents, especially those of you who have been wondering how you could help the Club in a simple, one time way. Gathering race results for the newsletter can be really fun, too! (That's my Tom Sawyer act.) When you contact me either by phone (823-2661) or at a workout, I'll give you a simple format to follow.

Are you afraid it might be a lot of work? Not if you take just one race! Even CIM, with 2000 entrants, is a breeze. Get a friend to help, settle in before a cozy fire (winter) or by a pool (summer). And think of the perks! You can find out the name of that creep who charged the finish line to finish ahead of you. You can laugh over some of the funny names. You can see who has a family or single membership. You can start to put names to some of your fellow dungers. You can be the first to see the whole picture: who had a great race, who bombed, who cruised. Best of all, you have control over your own result. You can be sure your name is spelled correctly, you can opt to NOT report your time, but at least you know you won't be overlooked. And your efforts will be appreciated not only by me, but by the entire club membership! Upcoming and past races to consider are The Pocket 10, Apple Hill, The Gibson Ranch Ultras, Pilgrim's Progress, Clarksburg, The Davis Turkey Trot Races, Run to Feed the Hungry, Run to the Far Side, Cal International (CIM), The Cordova Classic, The Jingle Bell Run for Arthritis, Folsom Christmas Wish Run, Christmas Relays, The Resolution Run, The First Run, and Cal 10. These are listed in the calendar on page 51. Let's all get results!

Now that I have you chomping at the bit to sign on, here are a few words of advice to all Chips about how you can increase your chances of having your own hard-earned results recorded by one of these soon-to-sign-on volunteers.

1. Give your result, especially if it is a PR, to the editor.
2. Spell your name on your race entry as it appears on the roster, and write it clearly.
4. Pay your 1995 dues promptly, so you don't end up on one of the supplementary membership lists.
5. Wear a Chips singlet or T-shirt.
6. Shower your editor with attention, money, and gifts.

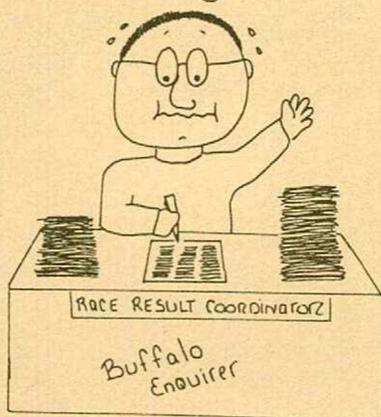
I'll be waiting for your calls (823-2661)!



Mary Adare giving Cynci results in 1974

photo by Fallon

Why did I volunteer for this? Look at all these Chip finishers! Why can't they finish in alphabetical order!?!?



DOUG HANNA

Hanna

Cynci



# Board droppings

September 7, 1994  
The Good Earth, 6:30 pm

Present: Joe Staats, Steve Ashe, Po Adams, Sandy Falat, Trudy Roselle, George Parrott, Leigh Rutledge, Carol Parise, Steve Topper, and David Ragsdale

Minutes from August approved.

Steve Ashe gave final report on Susan B. Anthony 5K. There were 322 paid entries, 302 finishers versus 298 paid and 286 finishers in the '93 race.

Suggestions for the 1995 race were made.

The Board approved a \$250 Contribution from Susan B. to the Sexual Assault Center.

The Board approved a motion that a donation from funds in excess of race expenses from future races will be made to a selected charity.

Joe reported that 25 newcomers showed up at the Tuesday night Newcomers Night and that registration for the Stampede was ahead of last year's race.

Leigh stated that volunteers for the Sept. 10th American River Clean-up would leave from La Bou on Howe at 8:30 am.

Joe discussed the noise at Tuesday night workout when George is delivering information. He also reported that walkers are leaving early thereby leaving some participants without partners.

Dave discussed future charges for club management of races. Finish line service fees will be \$750 without names and addresses, \$1000 with.

Carol reported that she will request replacement of faded club shorts and singlets.

George suggested that there be a place on new membership applications for FAX numbers and E-mail addresses. He also reminded us that as members we can report our race times directly to the *Enquirer* editor.

The Board approved a motion to increase 1995 dues to \$20 for individuals and \$25 for families. From August to December the fee is \$15 and \$20 respectively, for new members only.

Meeting adjourned at 8:30 pm.

October 5, 1994  
The Good Earth, 6:30 pm

Present: Joe Staats, Steve Ashe, Dick Kinter, Leigh Rutledge, Po Adams, Steve Topper, Carol Parise, Dave Ragsdale, and guests Mike Kinter, Cynici Calvin

Minutes of September were not received by Joe and will be reviewed at next meeting.

Leigh reported that the Chips had a good turnout at the AR Parkway Clean-up Project on 9/10.

Dave reported on The Buffalo Bash arrangements. There will be a family style pasta (vegetarian and meat options) at Bleachers. Salad and French bread are included. Board authorized Dave to notify Bleachers to expect 175.

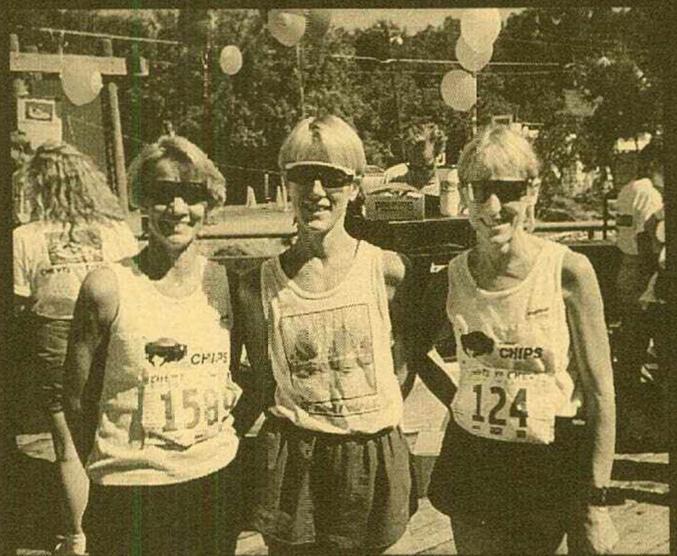
Steve presented the financial report. All's well.

Awards Committee for awards to be presented at the Buffalo Bash was appointed by the Board. Members are Leigh, Joe and Steve. Awards authorized: George Parrott award (if appropriate this year), Runners of the Year (male and female), Most Improved (male and female), Volunteer of the Year. Selected persons from sub-groups will be asked to comment on notable performances of the year.

Dave Ragsdale was appointed 1995 Susan B. Anthony Race Director. The Board authorized Cynici Calvin, *Buffalo Enquirer* editor, \$1200 for a laser printer for the newsletter.

The Board selected January 7, 1995 as the date for the annual membership meeting. It will be preceded by a members only run on the University Park course. The meeting will be held afterward at the University Park Clubhouse, if it's available.

The Cloning of the Blond Bison  
It's happening in Sacramento.  
Is your town next?



CONCERT & CD RELEASE PARTY!  
at the 6th Annual "Peacemas Concert"  
with ERIC PARK  
Char Berta, flute  
Gene Avery, sax



where: New 5th String, 5360 H St.  
when: Sunday, December 11, 7:30 pm  
tix: \$7.50  
info: 452-8282



celebrating the release of

Eric Park's  
Compact Disc  
"Woodlark"

20 songs

55 minutes long

available soon at The Beat and  
Tower stores



## club notes

from RRCA State Rep, Dungstress Laura Kulsik

Keep the weekend of March 11 and 12, 1995 open for a super fast 10K in Merced hosted by the Merced Track Club. The 1995 RRCA California State 10K Championship will be run that Sunday preceded by a pasta dinner on Saturday. The guest speaker at the dinner will be Olympian Frank Shorter. He will be competing in the 10K as well! Race flyers will be available at the Chips Tuesday night workouts. For more information on Rascal Creek V please call race director David Zacharias at (209) 723-3911.

The California Cup? It isn't official yet, but there may be an in-state competition at the California International Marathon between the Buffalo Chips and their counterparts in the south land, the South Coast Roadrunners of Irvine. It is proposed that there be an intra-club competition - counting the first 40 Chip CIM finishers against the first 40 SCRR CIM finishers. The club dual would continue next summer on SCRR's turf at America's Finest City Half Marathon in August. Details are still being ironed out. Stay tuned.

Just Do It is the name of a new book, written by Donald Katz, chronicling an American success, Nike. It is the story of how Phil Knight, Nike's reclusive founder, turned a tiny start-up operation into a \$4 billion pop fashion giant. The book covers Nike's various victories and defeats and tales about those athletes who pride themselves on having "Nike attitude". Katz also tells the story of the company's research, marketing and manufacturing methods and competition with arch rivals Reebok and Adidas.

**Olympic Marathon Trials Qualifying Times...** 1996 qualifying standards for men are 2:20:00 for full reimbursement of expenses and 2:22:00 for an invitation without reimbursement. Women will need to get a 2:42:00 for full reimbursement and 2:50:00 for an invitation without reimbursement for expenses. The qualifying period for men started on January 1st of this year and continues through December 31, 1995. For women, qualifying began on June 18 and ends in January 1996. The men's trials will be February 17, 1996, in Charlotte, North Carolina. The women's trials will be February 10, 1996 in Columbia, South Carolina.

## TTCA 15 tips for running safely

1. Carry identification.
2. Carry coins for a phone call.
3. Run with a partner.
4. Write down or leave word of the direction of your run.
5. Run in familiar areas.
6. Always stay alert.
7. Avoid unpopulated areas.
8. DON'T WEAR HEADSETS!!
9. Ignore verbal harassment.
10. Run against traffic.
11. Wear reflective vests.
12. Use your intuition about a person or area.
13. Practice memorizing license tags or characteristics of strangers.
14. Carry a whistle or noisemaker. (Chips recommend Pepper spray.)
15. CALL POLICE IMMEDIATELY if something happens to you or anyone else, or if you notice something suspicious.

## don't mess with us!

### 30 More Chips Now Carry Pepper Spray

After a grueling Tuesday night workout, 30 or so Chips trudged over to the University Park Clubhouse, where they diligently absorbed the information required to be licensed to carry Pepper or Mace Spray for self-defense. The class was held by Steve Caballero of the California Security Training Academy. Steve is a dynamic and dedicated instructor, and we appreciated his talents at holding our attention and tuning us in to the basics of self-defense. We all left much wiser as well as licensed. This class will be held again, as demand requires. If you are interested, let Cynici Calvin or Laura Kulsik know.

## dark tuesday night rules

### Safety First!

Reflective clothing required for night workouts, the brighter the better. Flashlights and blinking lights recommended!

Run within bike lanes.

Be alert for vehicular traffic, especially on narrow sections of road and in intersections.

Never assume traffic (auto or bicycle) will yield right away. Inform fellow runners of oncoming or coming from behind traffic, auto or bicycle.

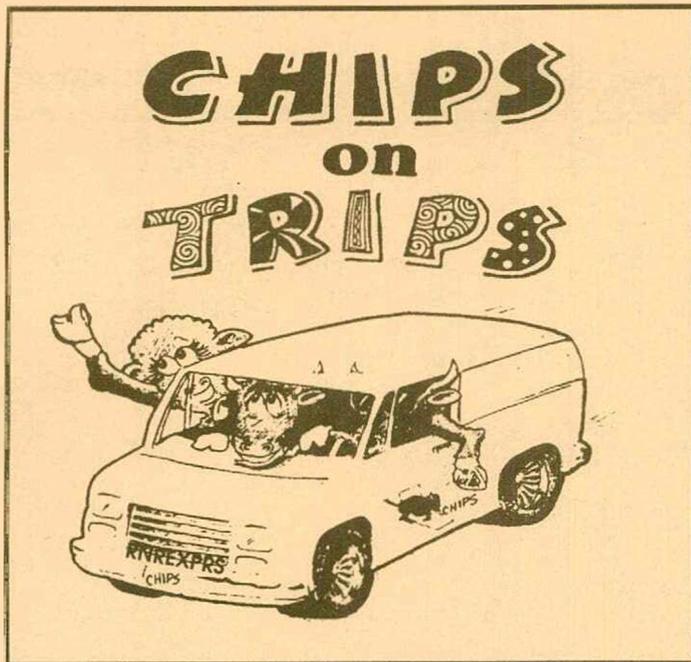
While running toward Watt Avenue, stay to the far right.

While running toward Steve's Pizza, use the outside lane and yield the inside lane to approaching runners.

During rest intervals, get completely off the road.

Stop and return to Steve's, or seek assistance, if you are fatigued or suffer an injury.

Never return to Steve's alone. Use the buddy system.



## Chips Trip into the Future

The 99th Boston Marathon  
April 17, 1995



Everyone is talking about the 100th running of Boston in 1996, but let's not overlook the 99th on April 17, 1995. The Chips will have a block of rooms reserved at the Copley Square Hotel (approx. \$70 per person per night), 2 blocks from the finish line. This will be a chance for first timers to check out the course, so they'll know what's in store for them in '96. Veteran Boston entrants will all testify to the incredible support and enthusiasm that Beantown provides for the marathoners. That, combined with the charm and historical interest of Boston, make this Chips' trip a classic. The last local race for qualifying is the Napa Marathon on March 5, 1995. Qualifying standards are listed below. For additional information on the trip, contact George Parrott at 916/488-6580. For a race application, send an SASE (business size with 52 cents postage) to The Boston Athletic Association, P.O. Box 1996, Hopkinton, MA, 01748. Room deposits of \$100 are due on December 20.

Age Group	Men	Women
18-34	3 hrs 10 min	3 hrs 40 min
35-39	3 hrs 15 min	3 hrs 45 min
40-44	3 hrs 20 min	3 hrs 50 min
45-49	3 hrs 25 min	3 hrs 55 min
50-54	3 hrs 30 min	4 hrs 00 min
55-59	3 hrs 35 min	4 hrs 05 min
60-64	3 hrs 40 min	4 hrs 10 min
65-69	3 hrs 45 min	4 hrs 15 min
70 & older	3 hrs 50 min	4 hrs 20 min
<b>Wheelchair Division</b>		
<b>Qualifying Times</b>		
class 1 (quad)	3 hrs 00 min	3 hrs 10 min
class 2-5	2 hrs 10 min	2 hrs 35 min

Tour of Tameside Trip, Manchester, England  
July 21-August 8, 1995

What is it? How did the Chips come to consider participating in it, whatever it is? Read on.

George Parrott spent most of 1993 on a Fulbright Exchange to Manchester Metropolitan University. His stay there included running with a nearby club, The Stockport Harriers, who have since become a sister club to the Buffalo Chips. The Stockport Harriers volunteer and compete in this annual event. So George has begun organizing a trip to England for the Chips to join in the fun!

The first part of this trip will include participation in The Tour of Tameside, a series of six races in a period of seven days. The event has been held since 1981 and is billed as "The Toughest Challenge in British Athletics". Entrants in various age and team divisions compete for awards and about \$6000 worth of prize money. The events include:

- day 1: 11 miles "mostly on roads"
- day 2: 6 miles, hills
- day 3: 7 miles, road
- day 4: rest
- day 5: 1/2 marathon on roads
- day 6: 6 miles, cross country
- day 7: 9 miles, roads and paths

Top times are in the low 4:20 range for men and just over 5:00 for women. More than 400 athletes competed in 1994.

The second part of the trip will include visits to London, Stratford-on-Avon, and the Cotswolds. Price is estimated at \$2,250. So start saving, put the dates on your calendar, and call George with questions at 916/488-6580. \$250 deposits are due on January 15, 1995.

The 100th Running of the Boston Marathon  
Monday, April 15, 1996

### Procedures for Official Qualifiers:

1. Qualifying times are the same as for the 99th Running.
2. Entrants must run a qualifying time between Oct. 1, 1994, and **December 31, 1995** at a marathon sanctioned by USATF or foreign equivalent, over a certified course.
3. Entrant's application accompanied by proof of qualification must be completed and postmarked by December 31, 1995.
4. Qualifying times are based on age on April 15, 1996.

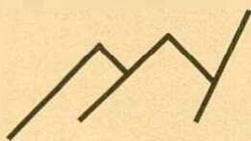
### Procedures for Nonqualifiers (previously called handits, now referred to as the 100th Open Division):

1. Applications for this division will be available on April 18th, 1995.
2. Based on the number of Qualifiers, a limited number of Open Division entries will be accepted on a rolling, space available lottery basis.
3. Applications must be completed and postmarked by **November 1, 1995**.

To receive an application, send an SASE business size 52 cent stamped envelope to The Boston Athletic Assoc., P.O. Box 1996, Hopkinton, MA 01748

## Chips on Elevation Trips

by Elliott Eisenbud



Here are a couple of summer adventure type runs, if you are interested in getting away from the flat land and doing some serious hills.

In mid-July, there is the Mosquito Marathon at Leadville, California. It starts at an altitude of more than 10,000 feet and crosses Mosquito Pass at well more than 13,000 feet on two occasions. Most of this is trail with 70% above timberline (11,640 feet) and a total vertical ascent of 6,300 feet. A little premedication with Advil prevented headache and nausea at the extremely high altitude, but I got a bad case of the wobblies heading up the last mile on a steep, narrow trail to the pass. The degree of difficulty as calculated in *Running Wild* magazine is close to 8, which means that you can multiply your best flat marathon time by 1.8 to predict your approximate finishing time in this marathon. Four hours has never been broken. The race is well run with excellent aid stations and course markings, and it will probably be the most difficult marathon you will ever run. The major problem with this run is the altitude. If you are not acclimated (95% of the entrants were from New Mexico and Colorado), you can lose up to one hour in time.

A race a little closer to home is the Baldy Peaks 50K, which is actually 32.14 miles, held the last weekend of August in Southern California, 20 minutes from the Ontario Airport. Mt. Baldy is ascended twice, first by switchbacks and then by a trail that goes straight up at an elevation gain of 1000 feet per mile. A third climb up Thunder Mountain is thrown in for good measure. The total vertical ascent of this race is 10,775 feet and the degree of difficulty is 8.24. A good downhill runner can actually make up large amounts of time on this course, and the finishing stretch is spectacular with an 8.5 mile downhill plunge. This was the slowest time I've ever had for a 50K, at 8:28, but it still placed me in the top half of the field.

## Chips "To Die for" Trip to San Diego for America's Finest City's 1/2 Marathon Sunday, August 21st, 1994

by Cynci Calvin

About 20 Chips signed on for this true value package arranged by travel/workout coordinator George Parrott for the 17th Annual running of America's Finest City 1/2 Marathon. \$200 included round trip airfare, 3 nights lodging and shared (4 per car) car rental. The race is ranked as one of the top 25 in the U.S. by *Runner's World*, and these Chip Trippers believe it deserves this honor.

The weekend was one of nonstop camaraderie and good times. The Sunday 7 am start kept us from getting too rowdy on Saturday. Most Chips made a stop at the Sports Expo before heading off to Pacific beach. Four of us became international travelers as we crossed the border into Mexico for Tiajuana shopping. Oddly enough, Mexico had a country wide ban on the sale of alcohol because of the elections on Sunday. Not a Bohemia or bottle of Kahlua to be found! That evening we all, even George, enjoyed a pre-race dinner at an excellent vegetarian restaurant in the city's Hillcrest area.

Oh yes. The race. George made sure we would be the first on the shuttle to the starting area at 5:30 am, so that we would be able to watch the sunrise over the portapotties at Point Loma. Twenty Chips can verify it was truly a memorable sight. Thanks

George. The race was packed with almost 5000 runners, so the start was slow and aid stations got low on supplies for the back of the pack runners. The Chips observed Jello Tequila "shooters" available at mile 9, enjoyed the Mariache bands' lively music, and learned not to get between a centipede team and an aid station. We could have done without the 80+% humidity. The course was not quite as scenic as advertised. We went down from Point Loma to Harbor Island, along the Embarcadero, and finished with a series of nasty hills that brought us up to Balboa Park. The finish area was festive, and the Chips presence was made clear with our Chips Banner. Along with the usual comments of "you guys sure traveled a long way" and "what's that mean?" the banner drew retired Chip, Jim O'Neil, over to us for a mini-reunion. He was an original Chip, still holds Chip age division records, and now lives in La Jolla.

With the race a fait accomplis, we continued to enjoy our get-away. Post race brunch, poolside sitting, boogy boarding at the beach, and Old Town shopping activities were followed by a delicious and rowdy get together Mexican dinner at The Old Town Cafe. On Monday some of us went to the Zoo, while others shopped at Horton Plaza, an upscale, multi-level shopping area designed by the same architect who designed Sacramento's Downtown Plaza.

Next year we still have Marine World, Coronado, La Jolla, and the Gaslight District to explore. George is already planning the trip. Sign me up!



Tiajuana Chips Laura, Meg, Cynci and Bill on a photo-op with a bashful Zebra Chip

(continued from page 7)

## America's Finest City 1/2 Marathon Results

### Overall Male

Patrick Muturi (Kenya) 1:03:33

### Overall Female

Roseli Machado (Brazil) 1:14:44

### Chips

Jim Williamson	1:26
Chris Iwahashi	1:26
(4th, 35-39)	
Connie Kondo	1:26
Pam Allenby	1:31
Meg Svoboda	1:32
Jim O'Neil (retired Chip)	1:34
(2nd, 65-69)	
Cynci Calvin	1:35
(1st, 45-49)	
Beth Weigel	1:35
Joe Staats	1:35
Tim Olmstead	1:36
Steve Topper	1:37
Laura Kulsik	1:38
George Parrott	1:39
Steve Ainsworth	1:39
Doyle Bailie	1:42
Dave Ragsdale	1:43



## Cox Cable Goodwill 10K Results

### Overall Male

Brian Abshire 29:50

### Overall Female

Maria Trujillo 34:50

### Chips

Bob Whitehead	37:59 (3rd, 45-49)
Connie Kondo	38:58 (3rd, 35-39)
Chris Iwahashi	39:47 (4th, 35-39)
Carl Ellsworth	41:37 (1st, 60-64)
George Parrott	44:00

## Silver State 15K Championships

Reno, Nevada

Sunday, September 25, 1994



by Cynci Calvin

Here is another example of the hard running Chips "doing a double". Many of the Chips who entered this race had run the Chevy's to Chevy's on Saturday! The smart ones drove up to Reno on Saturday afternoon and relaxed in the comfort of The Truckee River Lodge, one of the rare non-smoking hotels in Reno. The not so smart ones dragged themselves out of bed at 5 am to drive up on race morning. Misfortune struck three of these Chips. The car of their obliging and gracious chauffeur, Doug Thurston, got a flat tire, 20 miles outside Reno. Then came the bad news. The adapter for the locking lug nut didn't fit! We thought all was saved when two CA Dept. of Forestry firetrucks pulled up, but the zombies inside just sat there, totally unresponsive to our requests for help, and then mysteriously drove off. Wierd. But with much persistence, Doug kept pounding, prying, and praying and one hour later, the lug nut loosened. He changed the tire in a flash, and we arrived at the race about 15 minutes after the start.

We watched the front runners come through the 3 mile mark, and were taking pictures and cheering fellow Chips, when George came charging through and ordered us (in no uncertain terms) to get our numbers and get on course. The teams needed us to finish! We checked with the Race Director, who was most obliging, got our numbers, stood at the empty starting line and we were off! All we can say was that we had a very slow first mile (38 minutes?). But we did finish, and even managed to pass a few runners in the last mile! Next year, I think we'll go up on Saturday! *Addendum: Unofficially, it looks like the Women's Masters Team ended up placing second! Thanks George.*

## Silver State 15K Championship Results

### Overall Male

Alan L. Dehlinger 46:57

### Overall Female

Maria Trujillo 54:15

(results continued on next page)

## Chips on USATF Trips



### Cox Cable's Run for Goodwill

USATF 10K Championships

Eureka, CA

Sunday, August 14, 1994

by Cynci Calvin

A handful of indefatigable Chips migrated north to participate in this not so widely publicized event. Remember, this was the day after the Club's production of the Susan B. Anthony 5K, where women ran hard and men worked hard. For the trip to Eureka, George Parrott volunteered his RNRXPRS van and his driving talents to haul anyone game to enter. Chris Iwahashi, Connie Kondo, and Carl and Tsuru Ellsworth joined him. They left Saturday afternoon and arrived in time for some dinner and a questionable night's sleep at the dorm style lodging of Humboldt State.

The race benefited Mark Conover (elite runner suffering from Hodgkin's Disease), Redwoods Ombudsmen, and Humboldt Connections, and was well-attended by local runners as well as competitive USATF-LDR Grand Prix point chasers. The 10K event was the highlight of a weekend of activities that included a one mile race on Friday, a Sports Expo and Pasta Feed on Saturday, and on Sunday, a Kid's Run and a 2-mile walk/fun run. Congratulations to our hardy Chips for their fine performances.

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**Chips**

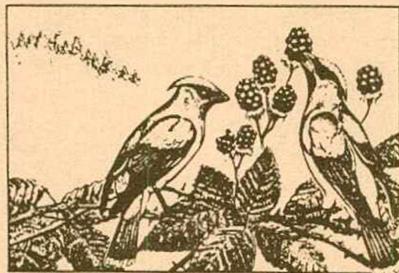
Chris Iwahashi	1:02:36
Connie Kondo	1:03:25
Dave Samsel	1:04:41
Carl Ellsworth	1:05:33
(1st, 60-64)	
Ron Peck	1:06:33
Valentine Pisarski	1:07:02
Cary Craig	1:09:08
Laura Kulsik	1:09:22
George Parrott	1:10:06
Myra Rhodes	1:14:52
(1st, 60-65)	
Vanessa Wright	1:14:53
John Dunn	1:15:23
Kerry Wright	1:18:32
Elana Indicks	1:31:37



The Flat Tire Gang:  
 Carol Parise (left) 1:50:45  
 Anne Veling (right) 1:52:55  
 Cynci Calvin (middle) 1:52:56

**15th Annual  
 Humboldt Half Marathon Championships**

Weott, California  
 Sunday, October 16, 1994



**Bison Boast Bountiful Bests at Humboldt**

by Cynci Calvin

One Chip was "herd" to say after running this incredibly scenic out and back course on the Avenue of the Giants, "Going out was downhill, and coming back was downhill!" The rest of us agreed, unanimously, which says something about the good run had by a.l. Maybe it was the

cool weather, or all the oxygen that those ancient monster redwoods exhale. George Parrott described it as an "Escher course". The race is well worth the weekend trip. Not only is the course downhill both out and back, but Three Rivers Running Club does a fine job of race organization. The T-shirts are unique, with a bird motif designed by a local artist, and Redwood seedlings are given to each finisher. There also is a well-attended marathon.

The Chips seem to take over the peaceful town of Garberville with its quaint shops, good food, and hospitable people. A contingent of 5 Chips had the thrilling opportunity to fly there in a twin engine Cessna. The flight takes about an hour, complete with great views of the valley, the Sutter Buttes, and the coast range. The only drawbacks were 1) finding the Garberville landing strip, which is tucked into a little valley about five miles from town, 2) getting from the landing strip to town, 3) getting to the race and back, and 4) getting to the airstrip in time for the return flight. They survived these drawbacks under the leadership of High Dunger, Joe Staats, who had arranged the flight. Thanks are due to the gracious cooperation of Grant Irwin's family and Tim Olmstead, who ferried these Airborn Chips about despite all their gloating about their quick and easy trip (the drive takes 4 to 5 hours).

**Humboldt Half Marathon Results**

bold type denotes PR

<i>Overall Male</i>	
Dave Scudamore	1:06:44
<i>Overall Female</i>	
43. Terry Schmidt-Adams	1:16:47
<b>Chips</b>	
9. Jeff Hildebrandt	1:08:40
(6th 30-34, 1st 1/2 Marathon!)	
66. Francie Benson	1:18:38
(4th overall, 1st 30-34)	
82. Bob Whitehead	1:19:58
(5th, 45-49)	
101. Grant Irwin	1:22:21
117. Connie Kondo	1:23:18
(4th, 34-39)	
126. Theresa McCourt	1:24:16
(5th 34-39)	
127. Christine Iwahashi	1:24:25
(6th, 34-39)	
164. Meg Svoboda	1:28:25
(6th, 25-29)	
169. Phil McCann	1:28:47
(1st, Stockport Harrier div.)	
187. Joe Staats	1:30:13
197. Joel Contreras	1:30:49
208. Laura Kulsik	1:31:05
212. Cynci Calvin	1:31:20
(1st, 45-49)	
225. Jodi Newman	1:31:55
227. Tim Olmstead	1:31:58
228. Cary Craig	1:32:02
230. Kevin Johnson	1:32:08
231. Jim Otto	1:32:12

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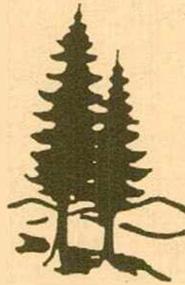
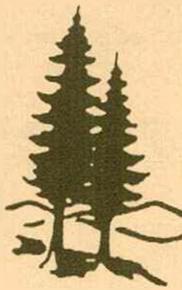
244. George Parrott	1:33:17
305. Richard Cochran (6th, 55-59)	1:37:41
330. Linda Hood	1:39:02
346. Lee Rhodes (3rd, 60-64)	1:40:21
354. Vanessa Wright	1:40:59
364. John Johnson	1:41:28
416. Kerry Wright	1:44:13
424. Lisa Downey	1:44:26
425. Myra Rhodes (1st, 60-64)	1:44:27
562. Sabino Galvan	1:52:32
589. William Feller	1:53:41
629. Mike Grassinger	1:56:15
639. Tami Moyers	1:56:41
642. Marilee Grunwald	1:56:45
645. Flo Apodaca	1:56:53
648. Deborah McCann (2nd, Stockport Harrier div.)	1:57:00
657. Blanca Topper	1:57:46
725. Melissa Noteboom	2:01:45
851. Jim Drake	2:13:52
919. Jean LaFever (4th, 60-65)	2:25:00
922. Pat Drake	2:26:06
941. Ray Helm (9th, 65-69)	2:30:48
948. Marjorie Feller	2:31:38
999. Inge Helm (6th, 60-64)	3:09:26

1033 finishers

#### Chip Full Marathon Finishers

151. John Caselli	3:52:48
154. John Zilaff	3:57:07

300 finishers



interspersed with sections of trail. We ran by more farms, through covered bridges, and over rolling hills. I'd love to see this place in the fall!

The management of the race is very low key. The rules are kept to a minimum. For example, your crew (or "handlers" as the easterners call them) have only one restriction. They cannot hand you anything from a moving vehicle. We could live with that. Even though they didn't mention it, I figured cheating was out. And the medical people didn't want to see our feet, smell our feet, hear about our feet, or answer questions about our feet. I took this to mean no podiatrists would be available. Dang!

You may be wondering about the "Ride" part of the race's name. This event is also an endurance horse race. I was a little concerned about the horses, especially since they don't have the manners to step off the trail when eliminating waste. Runners find it wise to allow them to use as much of the trail as they want. Twenty-six horses started the race, and since all but 9 dropped out, they were not much of a problem.

We met for a 4:00 am start at Smoke Rise Farm on July 23. It was cool but not cold. We were all excited and apprehensive about the day. According to the natives, the days before had been hotter and more humid than usual. But this was a beautiful morning, and how hot could it get?? So off we went into the dark. Since we had arrived in Vermont only a day in advance, I did not have the chance to check out the course. I started wishing I had seen at least a little of the course before race day. But time being as it is... It took some faith to follow a bunch of people I didn't know into the dark of the trees below the starting line.

About half the runners started with flashlights. Those without lights seemed to stay awfully close to those who did. I started to sweat fairly heavily as it got lighter. Feeling this warm before the sun was out made me a little nervous. I remember thinking that running in humidity couldn't be too bad. Just stay hydrated and try to keep the sweat out of my eyes. So I started drinking heavily (yes, water!).

At twelve miles we came to the first of two covered bridges in Taftsville. The sun was coming up through a high fog. Steve and I were still together at this point and he looked strong. This was also the first place our crews could meet us. A quick stop for refueling and off we went.

The course is mostly gravel roads. The Vermont road system is made up of highways and major thoroughfares covered in asphalt with the remainder of the roads covered with gravel. They are smooth without any ruts and easy on the feet. About 90% of the course is on these gravel roads, with the rest on single track trails.

The course was beautiful. Everywhere I looked was more incredible scenery. Fields of green grass, maple trees, and a variety of other foliage. Century old farms dotted the landscape with their traditional white paint, the typical New England look.

Thirty-six aid stations, some staffed and some not, dotted the course. I drank at every one of them as well as finishing a hand bottle between them. These stops were set up in front yards and in barns. They had names like Lillian's, Harvey's, Brown School House, Yates Farm, and Cow Shed.

The doctors weighed us four times in this race to make sure we were processing fluids. Too light and we risk dehydration, too heavy and we may suffer from kidney shutdown. At the first weigh station at 27 miles, I was 5 lbs. over starting weight, a little heavy. I guess I was probably drinking more than was necessary. Sure enough, I started urinating about every 20 minutes after this. Sure wish I could accomplish the task without stopping.

Somewhere along the way I lost track of Steve, although Susan kept me posted on his progress. By now sweat was running down my legs and into my shoes. This concerned me because of the potential for blisters. I was right. At about fifty miles the ball of my foot started to get hot. I stopped and changed my shoes and socks,

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## Chips on a Vermont Trip

### Vermont 100 Mile Endurance Ride and Run

July 23, 1994

by Bill Hambrick



Hambrick, Harrold and crew

On July 23, your Buffalo Chip representatives challenged the Vermont 100 Mile Endurance Ride and Run. Steve Harrold and I decided last year that this would be our adventure for 1994. My crew consisted of my Chip wife and crew chief Leigh "Do what she says and no one will get hurt!" Rutledge, Chip daughters Melanie and Dayna (who have crewed enough to be qualified crew chief for anyone who needs one), my Mom and her hubby, my sister and her hubby, and my nephew. Steve decided to travel light and brought Susan (wife and chief sock supplier).

The race starts at Smoke Rise Farm in Woodstock, Vermont, which is in a beautiful region of the New England states. The farm is really a horse ranch and must be where they take all those postcard pictures of Vermont. The course is primarily dirt and gravel roads

but it seemed like a futile exercise as they became wet again in about 20 minutes. I had gone through all of my dry footwear by mile 65. To dry the wet socks, my crew put them on the hot manifold of the Hertz machine. This did a fine job of drying the socks and that Ford will never smell the same. Unfortunately, my feet were already like hamburger. I think it was about this time we also had our first of two rain showers. And after the sun went down it drizzled for most of the evening. The rain was refreshing until the heat steamed the water from the roads, adding to the humidity.

As the miles went by, the blisters got worse. Besides getting tired, everyone around me seemed to have similar problems. At about 55 or 60 miles I somehow turned right onto a driveway instead of going straight. I suddenly found myself all alone in a barnyard, with no trail markings anywhere in sight. Dang! Retracing my steps I found the trail, but lost 10 to 15 minutes in the process. Since I didn't know the course, I rarely had a clue where I was. Fortunately it was well marked and each aid station had mileage signs. Going off course was my fault for not paying attention.

My sister Pat, a tri-athlete who lives outside of Boston, was appointed slave and pacer for the last 22 miles. She had never run that far and did a terrific job of pulling my dragging butt to the finish line. She even survived when both flashlights and all batteries were used up in a very dark section of the course. I was even able to pass another runner in the last 3 miles at a stinging 15-minute-per-mile pace. At the South Woodstock aid station, 4 miles from the finish and exactly 19 hours into the race, I knew that at the pace I was going, we would have to scramble to finish before 20 hours. She cajoled and prodded me so that we crossed the finish line in 19:42:10.

Steve finished awhile later, looking fine wearing Susan's shirt and her matching purple socks. He was able to avoid most of the blister problems, but had similar experiences with his flashlight. He also ran the entire distance without a pacer. What a stud.

The awards ceremony was also low key. It started with a great BBQ meal. An inordinate amount of time seemed to be spent congratulating those who completed the ride. Leigh finally pointed out that the owner of the horse farm had won the race. (Now I understand...) The foot-race was won by James Garcia of Massachusetts in his first 100 miler in 16:39. He swears he will never do this again. The women's race was won by Southern Californian Bridget Brunnick in 20:06, also running her first 100-mile race.

Two hundred thirty runners roed the starting line, 34 of whom were women. Of these starters, 135 finished, 21 of whom were women, and 75 runners finished within 24 hours. Twenty-six horses started. I didn't check their sexes. Nine finished (the winner in 13:44). The temperature was in the 90's and the humidity must have been the same.

I really enjoyed this race. I know my crew did. It was very well organized, and the volunteers were friendly and helpful. Despite all I'd heard of the New England states, the scenery was even prettier than I expected. Next time it hopefully will not be as humid.

#### Vermont 100 Run Results

##### Overall Male

James Garcia 16:39

##### Overall Female

Bridget Brunnick 20:06

##### Chips:

Bill Hambrick 19:42

(13th place)

Steve Harrold 22:52

(55th place)

(230 starters, 135 finishers)



Bill & Steve, still smiling after all those miles

## Chip on a Utah Trip

### St. George Marathon, Utah

October 1, 1994

by Craig Newport

The St. George Marathon in St. George, Utah, is one of those marathons that I've had on my "Marathons I'd like to Try" list for years. I was fascinated with the elevation drop. It starts at 5340 feet and finishes at 2680 feet in St. George. The logistics are similar to Napa and Big Sur. Virtually everyone is bussed to the start. I was amused to note that they check your number when you get on the bus. Is there a crime wave I haven't noted? Do people like to get up at four in the morning on the weekend to get a free ride in a school bus to a cluster of portable toilets? I suppose race bandits have sunk that low.

More than 3500 people entered the race. That's a lot of buses and a lot of portable toilets. The race was well-managed and had plenty of both. I appreciated the mood lighting in the toilets. They had a light stick taped to the wall. They also had portable toilets at each mile marker, which seemed like a lot when I was driving the course the day before. It seemed less so when I stopped to use the one at the 15-mile mark. The latch was broken, and four people dropped by to see how I was progressing. I was only in there about two minutes. I timed it.

They start about an hour before sunrise, so it is dark when you take off. The race management did an admirable job of seeding 250 of the faster runners by bib number and had well marked areas for them. I'm afraid all this accomplished was to allow you to recognize immediately who was ignoring the seeding system. Since the race starts on a two lane road in the dark, weaving through the overly optimistic road hogs was more dangerous and more annoying than usual.

I was even less impressed by some Marathon participants who bombarded two volunteers trying to organize the sweats in the back of a rental truck. Does a mostly downhill race bring out the less scrupulous members of the running community? Maybe that's why I didn't see any other Chips there.

That's enough opinions. Here are some facts. The men and women's winners were Paul Rosser and Holly Rich-Ebert in 2:16:09 and 2:41:32, respectively. Paul's time was less than a minute behind the course record. Holly finished 61st overall.

I finished in the coveted 273 position in a time of 3:01:27. On the positive side, I had a great (for me) third of a Marathon. From mile 17 to the finish, I passed about 200 runners. I also ran negative splits, which I don't think I have ever done in my fiftyish marathons. Perhaps I should have stopped at the portable toilet at the 2-mile mark. Actually I think it was because I'm an altitude wimp. I just couldn't roll until I got down well below 4000 feet.

On the negative side, I had a lousy to mediocre two thirds of a Marathon trip. The airplane wouldn't start on our flight out of Sacramento (a bad start omen?). When we checked out of our St. George motel, we found they had added a 50% Marathon Weekend surcharge to our bill.

Should you yield to the downhill beckonings of St. George? Perhaps. Do you need a tune-up for the Sacramento Marathon, which is usually held the next day? How does your body hold up to racing downhill? Could you live with a PR you could never duplicate elsewhere? Will your spouse want to go hiking in Zion National Park after the race? Answer questions like these, then decide.

## Chips on a Portland Trip

### The Portland Marathon

October 2, 1994

by Po Adams



As some of you know, at the Mash Run in April, I won the raffle, two round trip tickets to Portland, a stay at the Hilton, and entry to the Portland Marathon, all donated by the Lambauer Travel Agency. That is something I could hardly refuse, especially since my son, granddaughters, and great-grandkids reside there, and because the Portland Marathon is a class act. I asked Peggy Ewing to accompany me, because she keeps me from getting lost on our trips, and more importantly, because we now compete in different age groups.

So off on Southwest we flew to possibly rainy Portland. We even ran into Glen and Christine Millar who were also planning to run the Marathon, so we knew we wouldn't be alone.

Peggy and I really enjoyed our stay at the Hilton. We could walk everywhere. It was just a few blocks from the start and finish (across the street from Niketown), and less than a 10-minute walk to the pasta feed on Saturday. The feed was held at Lincoln High School where the 24-hour Megan's Run for S.I.D.S. was happening on the track. Boise Chip, Leon Rothstein, was participating!

The weather on the whole was a runner's delight--cool, sunny, windless. At 7 am on Sunday, 4000 Marathon runners and walkers lined up separately on parallel streets for the same start. The walkers meshed with the slower runners a half mile later, and never interfered with the runners. Portland has excellent management and great volunteers.

The course is a loop. There's a big hill at mile 3. Miles 6-10 are a nasty straight, through an industrial area with a turn-around, so you can see everybody ahead of you. I did pass Mavis Lindgren (age 86), the grand old lady of Marathons, with a cheer, and hoped she had a headstart on me. Then the countryside became more agreeable until the steep climb to St. John's Bridge at mile 17. This area would separate the boys from the girls (in the old days). We found it was easier to walk, no matter what your sex! I was so happy to be on the bridge that I started to move again, slowly, but with a positive attitude. After the 22 mile marker, and giving the photographer a smile (like you're not dying), it was a downhill romp. Then the final crossing of the Willamette, on the steel bridge, mile 25, and I've got it made! In the final moments I heard, "Grandma, Grandma, Keep moving! I'm taking your picture!" Yes, there was Wednesday, my 26-year-old granddaughter, along with my son.

The finish line was not lonely. They announce your name and city, place your finisher's medal around your

neck, present you with a rose, and wrap you up in a space blanket. Then food, food, drink, drink, and only for the runners. Fences keep out everyone else, even friends. Later Peggy and I picked up our finishers T-shirts, in the correct size.

The Hilton allowed us to stay until 2 pm, so we had plenty of time to shower and pack. Around 3:30 pm we attended the awards ceremony, where we were surprised to learn that Peggy was first in the 65-69 division, and I was first in the 70+ division.

#### Overall Winner

Masato Yonehara, Tokyo 2:18:39

#### Overall Female Winner

Elizabeth Snodgrass, Oregon 2:52:41

#### Chips

Jack Sohl 4:01

Glen Millar 4:37

Christine Powell-Millar 4:56

Stuart Sargisson (didn't get his time, but he paced Christine for awhile; a helpful Chip for sure.)

Po Adams 5:25

Peggy Ewing 5:43

## A Chip on a Lonely Cross Country Trip

### Cross Country or Bust

by Ann Gerhardt

As Ernie Ezis, a hairbrain kayaker once said, "I wasn't born stupid." Nope, not me. I was born smart. My parents told me so. Though I started out OK and there have been glimmerings of intelligence in the years that followed, stupidity finally won out. It took years of hard training to be able to do all of the dumb things I did at one race on October 1.

I'm not talking about The Great Race in Pittsburgh, PA, the weekend before. I happened to be in Pittsburgh and it truly is a great race. But I hurt myself a bit with that herculean effort. The massage therapist after the race told me so.

So I guess it was a bit foolhardy to show up at Annadale Park in Santa Rosa the following weekend. I just couldn't skip a chance to trash my body in a cross-country race. It was my second one ever (as, in my whole life).

I suppose, if I had to run a cross-country race, I could have picked one close to home, so I could find it. Noooo. I had to go all the way out to Santa Rosa. Rte. 12 detoured, and my only directions to the park guided me from Rte. 12. And I had to leave home with just enough time to get there and register, not counting for detours, potty breaks, traffic and refueling. I arrived within 15 minutes of race time, including the 12-m nute start delay. One is supposed to arrive really early to work up enthusiasm with one's team, learn the course and do a rah rah team cheer at the start, like the Aggies do. I was the "lone ranger Chip."

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The first part of the course wound around the picnic area in a large, asphalt loop. This was to "string us out" before we got to the trails. It really succeeded in "burning out" all but the fastest (read Ceci St. Geme) and smartest (me not included). Bad move. I was just trying to run fast to stay with the group so I wouldn't get lost. This fear, which originated with a woman before the race who said that she had gotten totally lost on her trial run, was unjustified. They had plenty of helpful course monitors.

And I carried the course map with me (Barbara Richardson found this very amusing), but it was utterly useless and the friendly course monitors made it superfluous. The tiny trail turnoffs weren't on the map, which made it look like there was only one trail in the whole park.

I was so far behind the runner in front of me, I had no way of following the group. This caused desperation. It is really stupid to believe a competitor when she tells you the course veers off a main trail onto a tiny one. It took thirty seconds to figure that one out, and by that time the masters runners had caught up to me.

Somewhere in the second mile THE CRAMP began to insinuate its tenacious hold on my rectus abdominus muscle. This usually occurs when I don't drink enough water and run too fast, both of which I was stupid enough to have worked hard at that morning. By mile three, DNF thoughts had crept into my brain, but I was afraid I'd get really lost if I tried to find a short-cut back to my car.

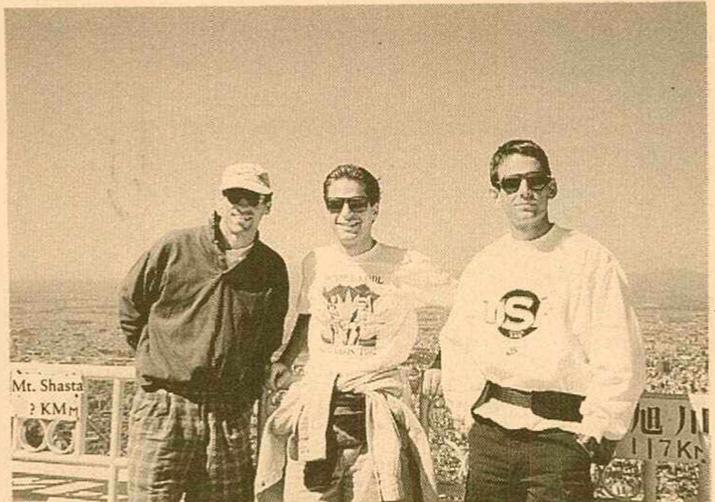
The cramp slowed me down enough to allow me to see the gorgeous scenery, a definite plus in this cross-country race. The course wound past a pond, amid trees, atop a levee and through fields. It's a delightful place for a stroll, which my race was deteriorating into. The only smart thing I did all morning was walk, rather than run, up a 60 degree grade to the levee.

No, I wasn't born stupid. It's just that no one told me that x-country races are for teams. Now I know that I should have nagged, cajoled, begged and bribed other Chips to join my adventure. Everyone else at the race enjoyed camaraderie, high spirits and food after the race. I had a Powerbar and lemonade. I sat and read, or wandered over to the finish line periodically to see people I didn't know finish the other races. Maybe I just wanted to see other people suffering as much as I had--the thrill of victory and all that stuff.

They had three races, one each for women, masters men and open men. Computer printouts of the results were available for pickup by the time of the awards. Very nice! Now someone needs to teach me how to read them. They are printed by team, with secret codes to signify rankings.

The trivia quiz amused us all and amazed me with how much some people knew about runners past. They rewarded correct answers by zinging a Powerbar in the general direction of the winner.

Now that I've learned the stupid way of doing a cross-country race, I could prove how really stupid I am and do it again. And since I've garnered your sympathy over my solitary, sorry state, maybe some of you might be willing to join me... The scenery, variety and (potential) camaraderie sure beats pounding the pavement in the same road races year after year.



Rich, Mike and Tom atop Mt. Moiwa with Sapporo as a backdrop. On a clear day you can see Mt. Shasta, CA.

## Tom and Rich's Big Adventure, Part II

100k World Challenge at Lake Saroma, Japan  
June 26, 1994

by Buffalo Chips Tom Johnson, Rich Hanna and Mike Knezovich

Saturday, the day before race day, started off with breakfast at the usual time. The U.S. managers were visibly nervous since the cooking staff had no Wheaties for their runners. The rest of the team joked among themselves about the food, drink and dancing at the previous night's opening ceremonies in Yubetsu.

Free time for the team followed breakfast. This was the first opportunity to relax and do your own thing around the complex. The recreation of choice for Rich, Mike and Tom was Park Golf. Rarely seen (if at all) on American soil, this was an actual nine hole course circling the athletes' village. The game is a mix of miniature golf and croquet played around landscaping similar to what you would find surrounding your cabin up at Tahoe (and we all have those). Mike, Tom and Rich could not go half an hour without being involved in some type of contest, and the Canadian mens' team appeared to be suitable prey. This set the stage for the first ever CANUSA (pronounced Kanoosa) Park Golf Challenge. USA won, although results are unofficial because of a protest Canadians filed.

Meanwhile, the rest of the village was alive with local media reporting crews interviewing runners and photographing meetings of the international teams. There was even some media exposure of the CANUSA Challenge. Some countries prepare for a race of this caliber with intense meetings to coordinate detailed strategies. North Americans play Park Golf.

Spaghetti was served for lunch. Carbo-loading with pasta the day before the race appears to be popular in all corners of the planet. Following this fine Italianese cuisine, the American team began to gather for a final "plan of attack" meeting. It was obvious on the faces of the runners that the time had come for some serious psychological preparation. The only people smiling were those who knew they were not running 62 miles in the morning and the Jamaican team, who walked around saying "Don't worry, be happy mon!" During the

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Rich and Mike with translators for the U.S. Team

meeting, the support crew members broke up into small groups with their assigned runners. Mike, Rich and Tom sat down and discussed the details of what was needed at each of the "Team" aid stations at the 30k, 65k and 80k points. After making a short shopping list, Mike jumped into a van with

a few other crew members and headed into downtown Tokoro, population of 5,000, site of the finish line. The driver was Bill Belew, who lives and owns a small business on the main island of Japan. This was a tall, blond, Scandinavian-looking man (mid 40's) who could easily pass for a tourist, but who could drop you to your knees in laughter when he begins to speak Japanese slang fluently with the locals. Bill contacted the American team manager, through Internet, to make his translating skills and personal vehicle available to the U.S. team for no other reward than to be part of the support crew. Bill's help proved to be a priceless advantage for the team. He ended up working mainly with Tom, Rich and Mike.

Mike returned to the athletes' village with supplies of bottled water and Pocari Sweat. He found Tom and Rich had turned their sleeping quarters into a Cytomax/Metabolol bottling factory. The atmosphere was somber and a little tense, and the room was off-limits to Geeks and Nerds. This was the locker room before the big game.

As evening approached, the athletes' village became a beehive of activity with runners and coaches moving quickly in and out of bedrooms and hallways. Rich and Tom talked more strategy with Mike, showing him how to pour bottles of Advil in their mouths during the race without breaking stride. Strategy gradually gave way to lighter topics such as what time after the race tomorrow do the U.S. Chips meet the Canadians for round two of the CANUSA Parks Golf Challenge.

With the 8:00 p.m. "lights out" order for the team getting closer, Mike sensed an opportunity was presenting itself. Like a vampire awakening at sundown, Mike suddenly realized a greater purpose for being at this place, at this time. It was time to trade! Shirts, hats, postcards, key chains, pins, jackets, ties, scarfs, Powerbars, soap, pictures of the wife and kids (or sometimes just the wife), you name it, it was all changing hands. It was time to trade! Shirts, hats, postcards, key chains, pins, jackets, ties, scarfs, Powerbars, soap, pictures of the wife and kids (or sometimes just the wife), you name it, it was all changing hands. Mike appeared to be the instigator of the frenzy. He could get you what you needed,



Pre-race still life of Tom, Mike and Rich with girl riding fish (background).

for the right price, of course. At one point, he coordinated a five-way trade with South African and New Zealand team members participating. One German runner almost traded away his racing flats for Mike's '92 Zoo Zoom T-shirt (just kidding).

Trademania came to a close with the passing of 8 p.m. bedtime in the U.S. camp. There was nothing left to do but lay awake in bed amid worry about blisters, stomach problems, blow ups and DNF's. Next stop, race day.

#### RACE DAY

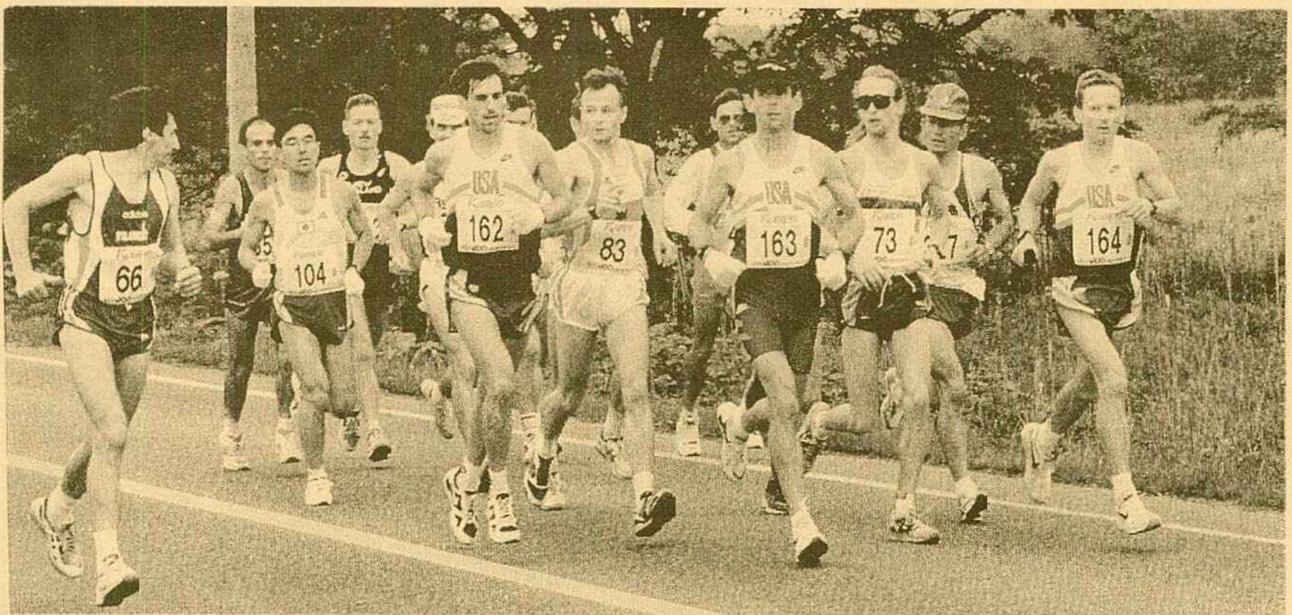
After five days of acclimatization, including sightseeing, international friendship, souvenir exchanging, relaxing and the inevitable last minute preparing, race day finally arrived. The race start time of 5:00 a.m. necessitated an early wake up call. Buses left the athletes' village at 3:00 a.m. to transport the athletes to the start in Yubetsu - forty-five minutes away. Not surprisingly, the demeanor among the athletes had significantly changed. Every competitor is now wearing his/her game face (race face). Anxiety replaced the previous days' feelings of easy-going, international brotherhood.

The buses carrying the approximately 300 international runners arrived at the starting area to the greeting of 2500 Japanese competitors and many more spectators. No, this is not a misprint. Ultra-running is so popular in Japan that the Lake Saroma 100k is but one more than thirty 100k races held annually in Japan. Podiatrists do very well in Japan. 2500 runners is the limit for the race. Compared to U.S. 100k races, 2500 runners is more than the total number of runners the U.S. attracts in all 100k races combined over a three-year period. And for those of you who think entry fees for races in the U.S. are becoming ridiculously expensive, it may make you feel better to learn that the entry fee for the Lake Saroma is 14,000 yen or \$140.

With the dull pounding of a Japanese drum (perhaps symbolic of impending doom for many) in the background, the competitors are called to the start line. Mike could not believe that some competitors actually warm-up before running 62 miles. The 300 international athletes are spotted ahead of the 2500 Japanese runners. Each country from Australia to the U.S. has a narrow segment of the start line. The months of planning and training have culminated in this moment. The gun sounds and the runners are off to the cheering of the local townspeople (most of whom are chanting "Gun Batte" which is a Japanese catch-all term for "go for it", "good luck", etc...). The runners negotiated three quick turns in the first 1k and then headed out to the countryside. Rich and Tom were forewarned that some of the European runners bring a new meaning to the phrase "run the tangents". Sure enough, less than two minutes into the race, Jean Paul Pratt of Belgium, a former world champion, and a French runner waste little time cutting off Tom and Rich into the second turn and ran across the neatly manicured lawn of a Buddhist temple successfully knocking two seconds from their overall time. It is evident early that the pace will be fast as the lead vehicles, camera crews and helicopter slowly pulled away from the pack of runners containing the Americans.

As mentioned before, the Lake Saroma course is on the north shore of Japan's northernmost island, Hokkaido. Lake Saroma is not actually a lake, but is an almost landlocked inlet of the Pacific Ocean. The 'lake' has both fresh water and salt water areas, and is heavily fished by commercial fishermen. The race course essentially circumnavigates the inlet, including long out and back stretches on the two peninsulas between the lake and the open ocean. Fellow chipper Helen Klein provided the U.S. team with a tape of the 1988 Lake Saroma 100k race. After viewing the tape, the general consensus was that the course ran through open fields with warm temperatures, plenty of long straight-aways and plenty of headwind. In actuality, the course was much better than anticipated. The first 30k was flat and included one out-and-back of about 5k each way, which was an excellent opportunity to see

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Tom Johnson (163) leads a pack with Teammates Rich Hanna (#162) and Clem Grum (#164) at the 20K mark. The French runner (#56) is being kicked for making rude gastrointestinal noises.

the rabbits, the lead pack, and the rest of the field. The course had a series of long rolling hills from 40-65k and the last 35k were mostly flat with some short rolling hills between 82-96k. There was a second out-and-back from 80-98k, which could prove to be psychologically demoralizing, since at 80k the runners are only 2k from the finish but, within the race, actually 22k away. The weather was initially overcast and cool but noticeably humid. Toward the end of the race, the sun appeared and temperatures rose.

At 15k, a couple of rabbits (Japanese unknowns trying to make names for themselves) are followed by a large pack featuring the 1992-93 world champion Konstantin Santolov and about 25 wanna-bes. Tom and Rich and two other Americans, Clement Grum of Wisconsin and Bryan Hacker of Indiana are in the chase pack two minutes back, along with several Japanese, Germans, Brits, French, Canadians, Kiwis, and Spaniards. By 50k the hills have helped dwindle the chase pack down to 4 runners, Tom, Rich, a Canadian and a German. The four pass the 50k mark in 3:14 and cut their position from 50 to 25. The fast, early pace quickly claimed victims and noteworthy ones at that. Pre-race favorites and former world champions Konstantin Santolov of Russia and Valmir Nunes of Brazil are out of the race at 60k. By 65k, the chase pack is no longer a pack since only Tom and Rich remain together. Rich and Tom are 21st then 18th then 16th and still going. Bryan Hacker is the third American only two minutes behind. At this point, Rich reminded Tom of the philosophical tidbit offered by one of the U.S. team managers the day before: "TEAM is an acronym for Together Each Achieves More". Before Rich could put away his pompoms, Tom had thrown in a five minute mile leaving Rich in his dust and questioning the effectiveness of sappy wordplay. Actually, Tom and Rich continue to run together until close to 70k when Rich pulls slightly ahead as both continued to pass slowing runners. Now word is out that a couple of South African runners were responsible for dismantling the lead pack by throwing in several fartleks between 35-40k. (Does anyone see a contradiction here, 100k and fartlek?)

The 80k mark is fast approaching. Until now, the competitors have received their custom bottles of aid every 10k. Team handlers were allowed to assist the runners only at 30k, 65k and 80k. The aid stations contained not only the customary water, Japanese electrolyte (Pocari Sweat), and bananas, but additional well known Japanese energy boosters including pickled umi (don't ask), rice cakes and bean jam buns.

50 miles into the race, which in a 100k compares to 22 miles in a marathon, the wall was near, nearer for some than

others. The prospect of seeing the leaders and other U.S. team members was perhaps the only redeeming aspect of the aforementioned 18k out-and-back. Although Rich passed 50 miles in a respectable 5:14, the pickled umi was actually starting to sound tasty - not a good sign! Tom raced through 50 in 5:15 and was still running strong. While Tom continued to improve his placing, Rich concerned himself with maintaining his position. At 88k, Tom strode by Rich as Rich de a sarcastic comment regarding the 'beauty' of that particular portion of the course. The day before the race, the same person who offered the TEAM acronym mentioned that the last 20k of the race was the most breathtaking part of the course. Understandably, at 90k into the race, Tom and Rich could have been running along the French Riviera and not enjoyed the scenery.

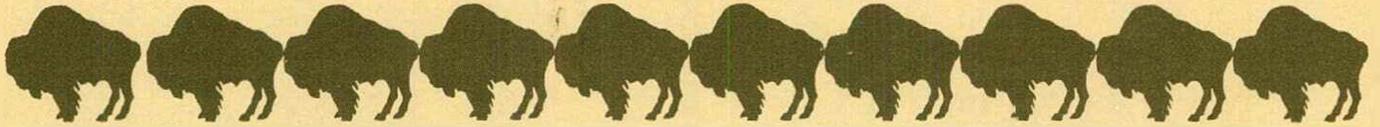
The lead runners consisted of a Russian, German and South African. From 92 to 98k, many of the U.S. team members are spotted heading to the 89k turnaround. Bryan Hacker was maintaining his position as the third place U.S. runner. Chrissy Duryea of Los Gatos was running the race of her life and leading the American women through 8.5k. Tom dug down and reeled in two more competitors and crossed the finish with a stellar performance of 6:41 and 9th place. Rich held together for a 6:45 finish and 13th place, while Bryan Hacker finished strong in 6:55 and 19th place, which guaranteed the U.S. mens' team a 3rd place finish. This was the best ever finish for the American team.

Some of the top performances, believe it or not, came from non-Chippers. Alexey Volgin of Russia, a former world junior race walking champion, won the mens' race in an impressive 6:22. Coming off a heartbreaking 20 second loss in last year's World Championship, Valentina Shatyaeva, also of Russia, captured the womens' race in 7:27. Chrissy Duryea led the U.S. women with a 7th place overall finish in 7:57. Injuries prevented many of the other U.S. women from running their best as the team



The U.S. 100K National Team. Brian Purcell, Tom, Chrissy and Rich

# Race Results from the Home Range



## 5K River Run II

Miller Park, Sacramento  
August 26, 1994

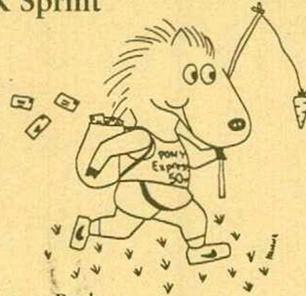
*Overall Male Winner*  
Chip Rich Hanna 15:04  
*Overall Female Winner*  
Joanne Kelley 18:19

### Other Chips

Jeff Hildebrandt 15:41  
*(2nd overall, 2nd, 30-34)*  
Rick Kushman 16:52  
*(3rd, 35-39)*  
Ron Souza 17:55  
*(1st, 40-44)*  
Kim Isham 18:00  
*(3rd, 40-44)*  
Jim Flanigan 18:05  
*2nd, 45-49)*  
Theresa McCourt 18:24  
*(1st, 35-39)*  
Carol Parise 19:13  
*(3rd, 25-29)*  
Ben LaSala 19:26  
*(1st, 50-54)*  
Kip Freytag 19:43  
*(2nd, 30-34)*  
Brendan Burch 20:22  
*(3rd, 15-19)*  
Vickie Pell 20:23  
*(1st, 40-44)*  
George Pumphrey 21:17  
*(1st, 65-69)*  
Brenda Pollard 24:27  
*2nd, 45-49)*  
Cynthia Underwood 24:57  
*(3rd, 40-44)*

## Pony Express 50 Mile Run and 50K Sprint

Doug Hanna



Cameron Park  
August 27, 1994

### 50 Mile Run

*Overall Male*  
Chip Rae Clark 6:15:42  
*Overall Female (& 2nd overall)*  
Chrissy Duryea 6:22:31  
*Other Chips*  
1. Rae Clark 6:15:42  
5. Christine Iwahashi 7:08:39  
*(2nd female in her 1st 50 miler!)*  
10. Thomas Larson 7:54:55  
16. Greg Soderland 8:29:18  
22. Barbara Ann Miller 9:19:30  
23. Bill Wood 9:21:45  
24. James Raia 10:07:33  
31. John Davis 11:19:28  
*(32 finishers)*

### 50K Sprint

*Overall Male*  
Carl Anderson 3:30  
*Overall Female*  
Joan Scannell 5:42  
*Chips*  
5. Rick Simonsen 4:22  
11. George Parrott 4:57  
13. Elliott Eisenbud 5:25  
15. Howard Klein 5:36  
21. Doug Arnold 5:43  
*(35 finishers)*

## Catfish 5 Miler

Walnut Grove  
August 28, 1994

by Linda Apathy

It was a sunny, breezy day as the Chips ran off with the awards at the Catfish Run. Several Chips made a day of the Festival by eating, watching the Catfish Races, listening to Mumbo Gumbo, and drinking a few beers.

### Chips

2. Rick Kushman 27:57  
*(2nd, 30-39, 2nd, overall)*  
6. Bob Whitehead 29:13  
*(2nd, 40-49)*  
19. Dave Ragsdale 32:12  
*(3rd, 50-59)*  
28. Jodi Newman 33:55  
*(2nd, 19-29)*  
41. Mike Otten 37:12  
50. Cathy Rohm 38:08  
*(1st, 40-49)*  
86. Jim Porterfield 45:20  
87. Jim Eymann 45:22  
88. Martha Martin 45:45  
90. Char Berta 45:45  
*(10 Chips, 120+ finishers)*

## 50 Mile, 50K and 30K Runs on the Sly at Sly Park near Placerville on September 4, 1994

by Glenn Millar

These ultra runs, on rocky trails and logging runs in the wilds of El Dorado National Forest above and around Sly Park Lake, were very well-organized by Margie Lopez and Bob Read. They even included a 7-mile noncompetitive event. One hundred seventy-five entered the races, an unusually large number for a first time ultra. Twenty-five percent of both the 30K and 50K events were Chips!

All distances were challenging and scenic to say the least! Christine and I helped Margie and Bob mark the 50-Mile course twice, especially the part called "Plum Creek Trail", miles 23-29 or so. In a 4-wheel drive vehicle, it took 2 1/2 hours to place white ribbons on that stretch previously known only to venturesome mountain bikers, 4-footed creatures, and a handful of 2-footed ones.

*(continued on page 17)*

(continued from page 15)

The 50K and 30K courses shared many of the same trails - up and down ridges and around the lake on horse trails. To quote Elliott Eisenbud, a seasoned ultra-Chip, "That course was a tough sucker!"

Every detail was tended to for this event, from predawn instructions and maps to the trail markings to great aid stations and finish. The wonderful volunteers staffing the aid stations came from the ranks of local businesses, service organizations and runners. We had more portapotties per capita than any CIM ever had. Many of the Volunteers were members of El Dorado Search and Rescue. They were ever-present, in planes overhead, on foot, in vehicles. It was reassuring to have them as "sweeps" on horseback as four of us ran alone on long and wild stretches of Girard Mill Trail.

The aid station at mile 11 (50K), and 37(50 Mile) was staffed by Chips Neil and LaVerne Moore. Down a slight hill, out of the woods, it was like coming home, an oasis!

The inspiration for The Runs on the Sly came to Bob and Margie on Labor Day of '93, when a group of local runners were doing various distances on these trails. The benefit would be for El Dorado Search and Rescue. In April of '94, the tragic focus for Search and Rescue unfolded for Barbara Schoener and her family. You all know this tragedy. The first and all future Runs on the Sly are dedicated to Barbara. To quote Margie Lopez, "We silently welcome Barbara's heart and soul to join us every year. It is my belief that she was with us on the trails this September 4, and that was the reason for Runs on the Sly's success. From now on this is her race."

#### Run on the Sly 50 Mile Results

<i>Overall Male</i>	
Chip Wayne Miles	7:01:42
<i>Overall Female</i>	
Chip Rachel Atchley	8:00:00
<i>Other Chips</i>	
3. Tom Winter	7:48:10
(tied for 3rd, overall)	
9. Thomas Windsberger	9:01:19
(2nd 40-49)	
10. Herb Tanimoto	9:06:42
(3rd, 40-49)	
18. Renda Gail	10:07:29
(25 finishers)	

#### Run on the Sly 50K Results

<i>Overall Male</i>	
Matthijs Ignace	5:01:40
<i>Overall Female</i>	
Joan Scannell	6:21:59
<i>Chips</i>	
8. Howard Ferris	5:36:00
(1st, 50-59)	
10. Barry Turner	5:58:38
(3rd, 50-59)	
12. Mike Baume	6:08:27
(2nd, 30-39)	
13. Jeff Hagen	6:11:20
14. Elliott Eisenbud	6:12:36
18. Jim Drake	6:22:42
24. Joe Pope	6:35:53
30. Richard Jones	6:50:03
38. Janet Rivard	7:19:24
(2nd, 30-39)	
43. Barbara Ann Miller	8:04:34
46. Glenn Millar	8:28:29
47. Christine Powell-Millar	8:28:29
(49 finishers)	

#### Run on the Sly 30K results

<i>Overall Male</i>	
Tony Brickel	2:33:47
<i>Overall Female</i>	
4. Chip Cathie Simonsen	2:34:22
<i>Other Chips</i>	
3. Mark Samuelson	2:34:21
(3rd overall)	
5. Mo Bartley	2:34:23
(2nd female overall)	
7. Tim Seery	2:37:14
(1st, 30-39)	
8. Michelle Markee	2:40:00
(3rd female overall)	
9. John Shelgren	2:41:44
(1st, 50-59)	
10. Tim Olmstead	2:43:41
(2nd, 40-49)	
12. Judy Walker	2:45:23
(1st, 40-49)	
15. Dennis Scott	2:55:31
18. Kevin Johnson	2:59:28
21. Jan Lever	3:03:14
(2nd, 40-49)	
27. Kerry Wright	3:10:14
(3rd, 40-49)	
32. Cynthia Underwood	3:33:16
33. Jennifer Ekstedt	3:34:10
42. Beth Finkbeiner	3:46:35
(3rd, 30-39)	
46. Pat Drake	3:59:18
49. Trudy Turner	4:13:45
(49 finishers)	

## 14th Annual Forty-Niner Biathlon and Stagecoach Run

Auburn  
September 5, 1994

by Cynci Calvin

This is a fun and low-key event staged by The Christian Runner's Association and directed by Nick Vogt. The Biathlon consists of a 6.1 mile run from Bowman School off Highway 80 to Robie Point, then down the Western States Trail to No Hands Bridge, followed by a 7.45 mile bike ride on uphill roads out of the canyon and back to Bowman School. The Biathlon can be a team effort, with the additional option for the runner of the team to continue as a competitor in the Stagecoach Run. The 10.45 mile run is a separate event, which includes the run part of the biathlon and continues from No Hands Bridge to the infamous 2+ mile uphill Stagecoach dirt road, and 2 more miles on paved roads to the finish at the school. It's a great training run, and provides quite the contrast to the Buffalo Stampede held the following week!

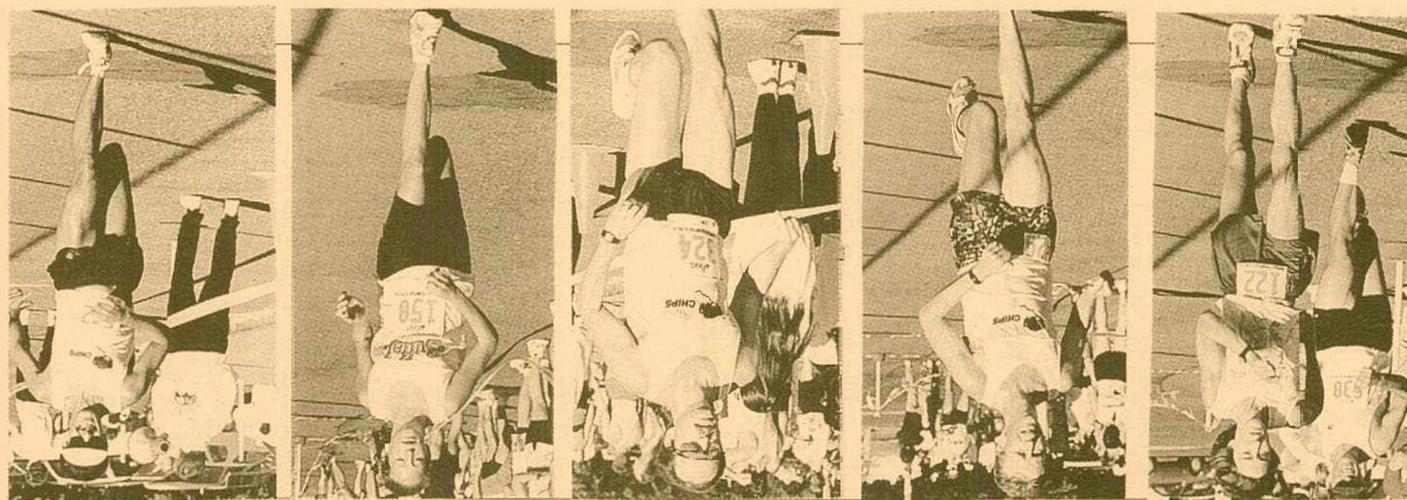
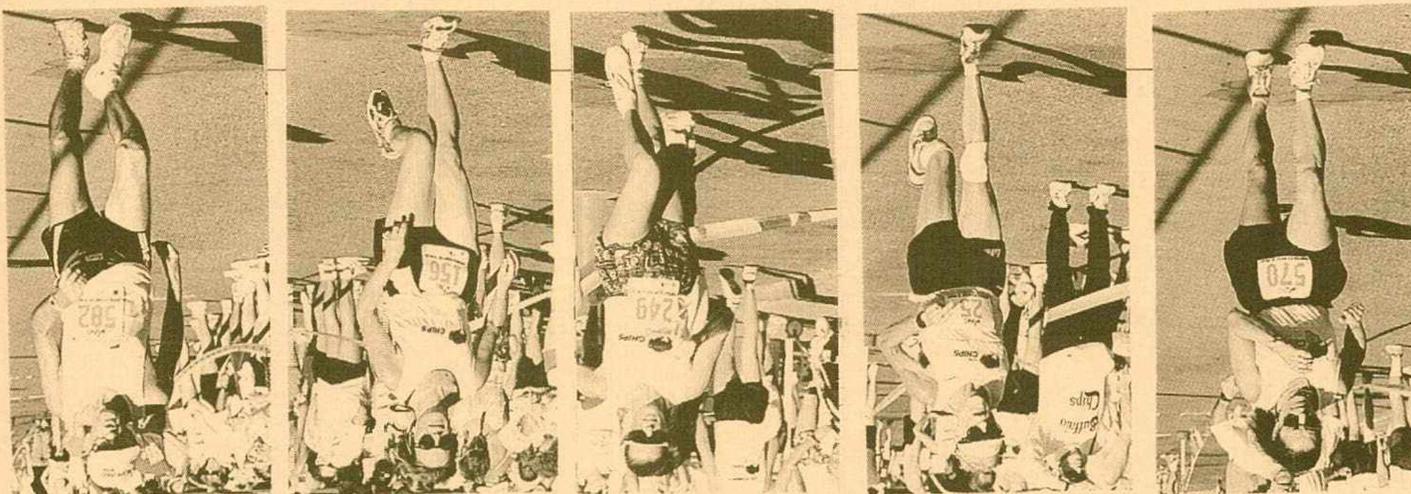
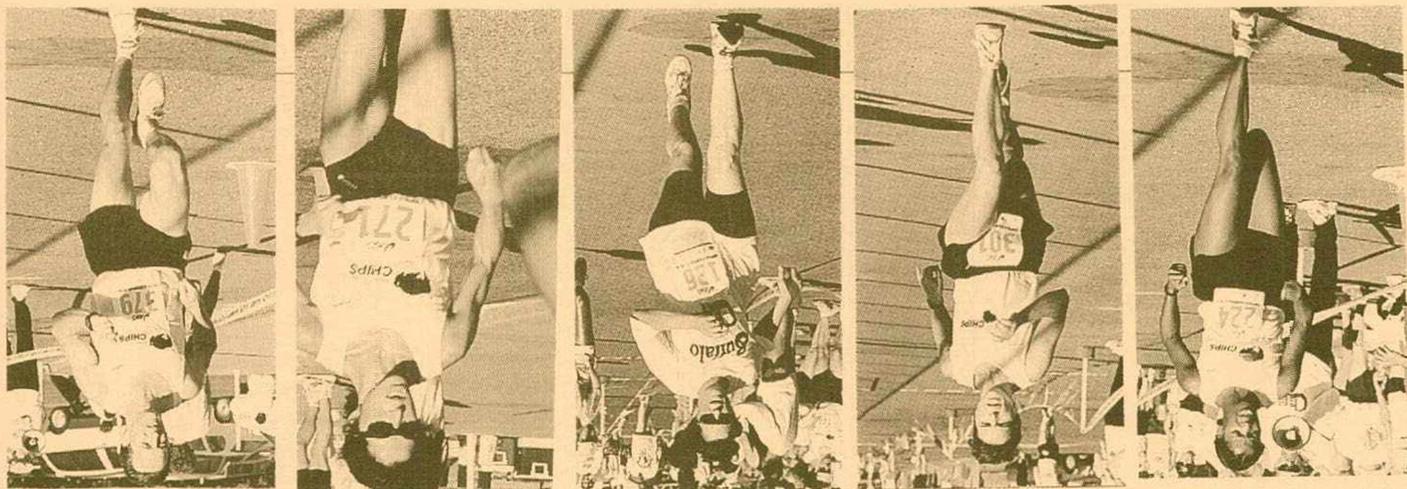
#### Biathlon

<i>Overall Male</i>	
Pete Vicencio	1:03:39
<i>Overall Team</i>	
Rene Gonzales/Dave Smith	1:06:20
<i>Overall Female</i>	
Kristen Martinez	1:20:42
<i>Overall Female Team</i>	
Mary Obi/Virginia Blantin	1:37:41
<i>Chips</i>	
John Seivert	1:11:59
(2nd, 30-39)	
Grant Irwin	1:14:12

#### Run

<i>Overall Male</i>	
Rene Gonzales	1:09:42
<i>Overall Female</i>	
Chip Anne Veling	1:23:21
<i>Other Chips</i>	
Rae Clark	1:11:00
(2nd, overall male, 1st 40-49)	
Cynci Calvin	1:27:00
(2nd overall female, 2nd 40-49)	
Dan Pfeifer	1:38:56
Brenda Boland	2:41:02

Correct Answers, left to right, top to bottom: Mary Scangarella, Greg Soderlund, Mike McKone, Dayna Hambrick, Chris Enfante, Flo Apodaca, Jack Sohl, Tina Beal, Melissa Noteboom, George Billingsley, Linda Hood, Gina Berry, Joyce Pryor, Ckris Iwahashi, Jeff Hildebrandt.



Match the following names with these Chip Stampede finishers: Melissa Noteboom, Chris Iwahashi, Jack Sohl, Mike McKone, Greg Soderlund, Jeff Hildebrandt, Tina Beal, Chris Enfante, Joyce Pryor, Mary Scangarella, George Billingsley, Linda Hood, Dayna Hambrick, Flo Apodaca, Gina Berry. Answers below.

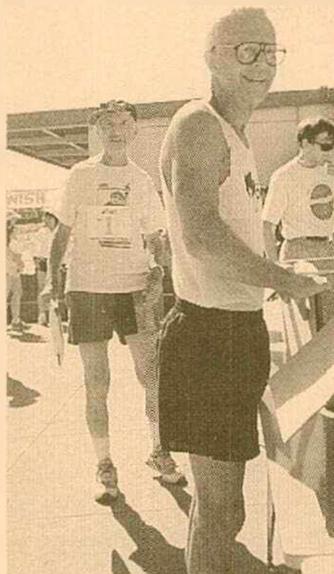
## Name That Chip!

(Buffalo Stampede, continued from page 1)

# Stampede Sponsors

**Buffalo Chips Running Club  
Thank You All!**

Auburn Farms/Nature's Warehouse, Dan Lang  
Asics Tiger Corporation, Jim King  
Price-Costco, Nathan Laskey  
Fleet Feet Sports, Roseville, Delmar Fralick  
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Al's Fish, Poultry, & Meats, 723 56th St., Al Ortiz  
Sacramento Sweets Co., 1035 Front St., Jason Minow  
Unique Wood Designs, Dale Phillips



Lee Rhodes, working hard and still smiling, with Mel Shine admiring his efforts.

## Stampede Volunteers Thanks to all!

Race Director: Lee Rhodes  
Assistant: Carol Parise

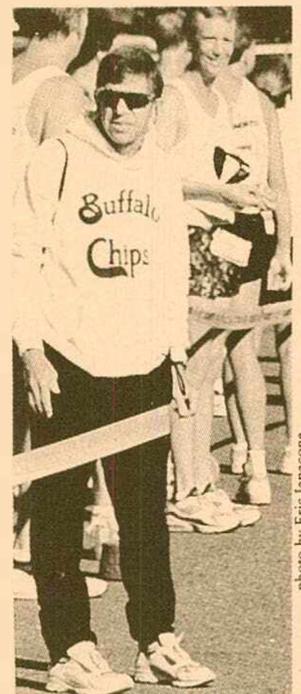
Lead Bike: Bruce Aldrich  
1 Mile Split: Eric Ianacone  
5 Mile Split: Carl Dahl  
MC: George Parrott  
Photographer: Eric Ianacone

**Aid Stations:**  
Doug Arnold  
Susan Perry  
Rich Michaud  
Bob Taylor

**Traffic Control:**  
Bob Sanchez  
Rick Kushman  
Joe Staats  
Jim Rademaker  
Norm Bennett  
Steve Ashe  
Mark Kempton  
Clark Gossett  
Gordon Hall  
Kathy Peterson  
Jerry Lyerly  
John Buckerfield  
Rich Jones

**Registration, Food, and Finish Line:**  
Steve Topper  
Blanca Topper  
Carol Parise  
Chris Iwahashi  
Connie Kondo  
Bill Hambrick  
Margaret Erwin  
Greta Carriger  
Claudia Michaud

Barbara Farren  
Tom Farren  
Pat Honeycutt  
Ted Reiger  
Cary Craig  
Leona Nenow  
Chuck Honeycutt  
Steve Daniels  
Sandi Falat  
Peggy Yamaguchi  
Dana Gard  
Rich Jones  
John Buckerfield  
Eric Ianacone  
Bob Vinditti  
Rich Hanna  
Greg Miller  
Scott Mikkelson  
Laura Mikkelson  
Flo Apodaca



Past Prez and '94 MC George Parrott cheers on the finishers.

## Buffalo Stampede Results

### Overall Male

Rich Hanna 51:03

### Overall Female

17. Kim Bruyn 59:13

### Chips

(Bold type denotes a PR time.)

1. Rich Hanna 51:03

(1st, 30-39)

3. Mike Gottardi 52:03

(2nd, 19-29)

4. Jeff Hildebrandt 53:57

(2nd, 30-39)

5. Brad Lael 54:40

(3rd, 19-29)

7. Mike Kinter 57:32

(3rd, 30-39)

9. Tim Shannon 57:45

(1st, 40-49)

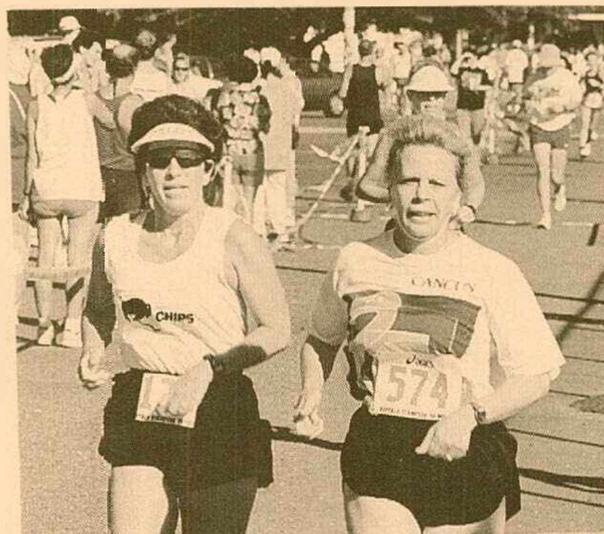
10. Tracy Bennett 57:55

11. Greg Miller 58:02

14. Chris Enfante 58:43

(2nd, 40-49)

16. Doug Thurston 59:12  
23. Kevin Cimini 1:00:14  
24. Mark Curry 1:00:22  
25. Ron Souza 1:00:26



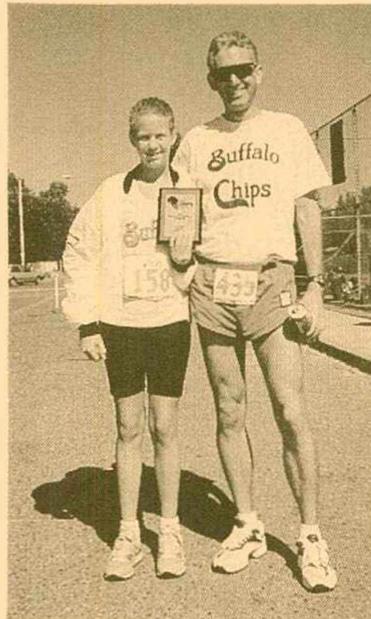
Patricia Honeycutt and Sandy Grandy

28. Mark Metz 1:00:40  
31. Francie Benson 1:01:10  
(3rd female overall; 3rd, 30-39)  
32. Michael Edling 1:01:16  
34. Bob Sharman 1:01:25  
35. Kim Isham 1:01:28  
37. Mike Stanton 1:01:48  
38. Barry Turner 1:01:51  
39. Ruben Gonzalez 1:01:57  
40. Grant Irwin 1:01:58  
41. Jim Flanigan 1:02:00  
44. Connie Kondo 1:02:18  
45. Dennis Early 1:02:19  
46. Sean Gallagher 1:02:35

(Stampede results, continued)

50. Doug Essary	1:03:41
51. John Seivert	1:04:00
52. Chris Iwahashi	1:04:04
53. Tim Frawley	1:04:05
54. Fred Reyes	1:04:26
56. Craig Newport	1:04:37
60. Mike McKone	1:05:06
61. Heidi Seivert	1:05:16
65. Bill Hambrick	1:05:21
67. Joel Contreras	1:05:36
<i>(1st, 50-59)</i>	
71. Howard Ferris	1:05:56
<i>(2nd, 50-59)</i>	
73. Joachim Schnier	1:06:30
74. Meg Svoboda	1:06:32
<i>(2nd, 20-29)</i>	
78. Robert Lipow	1:06:30
79. King Wayman	1:06:52
81. Mike Pipe	1:06:58
<i>(3rd, 50-59)</i>	
84. Gina Berry	1:07:11
86. Ron Parrett	1:07:14
89. Barbara Heiller	1:07:34
91. Ken Young	1:07:42
92. Ben LaSala	1:07:46
94. Carla Gottardi	1:08:01
<i>(3rd, 20-29)</i>	
96. Cathie Simonsen	1:08:07
98. Steve Daniels	1:08:12
99. Dave Samsel	1:08:52
102. Dan Airola	1:08:24
107. Anne Veling	1:08:30
<i>(1st, 40-49)</i>	
109. Mike Suen	1:08:43
111. Ramona Gutierrez	1:08:55
112. Mark Romalia	1:08:56
113. Steve Topper	1:08:59
114. Chuck Honeycutt	1:09:02
115. Pete Spaulding	1:09:03
119. Mike Hernandez	1:09:07
122. Jon Thomas	1:09:25
128. Jodi Newman	1:09:36
129. Steven Harrold	1:09:41
130. Jeff Hagen	1:09:41
131. Stephan Delikat	1:09:41
132. Hank Beal	1:09:48
134. Mark Berry	1:09:53
135. Robin Rogerson	1:09:56
137. Rick Reyes	1:10:03
138. Tim Olmstead	1:10:04
140. Chris Neary	1:10:11
141. Cynci Calvin	1:10:18
<i>(2nd, 40-49)</i>	
142. John Camps	1:10:19
144. Ron Peck	1:10:23
147. Mike Knezovich	1:10:35
148. Jim Otto	1:10:48
152. Jim Beland	1:11:15
153. Mary Scangarella	1:11:19
<i>(3rd, 40-49)</i>	

159. Beckie Starsky	1:11:39
163. Laura Kulsik	1:11:49
171. Richard Cochran	1:12:30
174. Tina Beal	1:12:34
175. Robert Peterson	1:12:34
177. Don Fencik	1:12:57
182. Ben McCoy	1:13:13
186. Greg Soderlund	1:13:37
187. Leah Morris	1:13:37
190. Teddy Morris	1:13:54
193. Ross Roberts	1:14:06
194. Beth Weigel	1:14:09
195. Chuck Wadowski	1:14:11
197. Ken Mennemeier	1:14:22
201. Tricia Johnson	1:14:33
213. Don Johannes	1:15:10
215. Fred Kaiser	1:15:20
217. Greg Kendrick	1:15:22



2nd youngest finisher, Bisonette Dayna Hambrick (2nd, 18 & under), poses with proud Bison Papa Bill.

photo by Cynci Calvin

220. Irv Faria	1:15:31
<i>(3rd, 60-69)</i>	
226. Linda Hood	1:15:46
234. Ted Reiger	1:16:30
235. Dan Pfeifer	1:16:37
238. Igor Hermann	1:16:41
239. Dennis Scott	1:16:48
240. Michelle Markee	1:16:59
243. Helene Eisenbud	1:17:06
247. Jeffrey Starsky	1:17:19
248. Rex Paulsen	1:17:21
250. Laurie Widman	1:17:29
253. Roger Merle	1:17:49
254. Myra Rhodes	1:17:51
<i>(1st, 60-69)</i>	
256. Les Axelrod	1:17:54
257. Nathan Laskey	1:17:56
258. Jack Sohl	1:17:59

264. Thomas Marshall	1:18:21
266. Marlon Faust	1:18:22
268. Scott Mikkelson	1:18:31
270. Lorenda Gail	1:18:34
274. Marsha Arnold	1:18:41
279. Elliott Eisenbud	1:18:55
281. Louis Vismara	1:18:57
284. Stephen Lane	1:19:17
290. Jeane Ann Gerard	1:19:30
292. John Dunn	1:19:36
307. Sabino Galvan	1:20:36
309. Michael McKee	1:20:57
310. David Woodruff	1:21:01
319. Marilee Grunwald	1:21:14
321. Sheelly Black	1:21:18
323. Steven Polansky	1:21:20
329. Tami Moyers	1:21:49
331. Judy Covin	1:21:56
<i>(2nd, 50-59)</i>	
334. Monica Lasgoity	1:22:02
337. Greg Nissen	1:22:12
340. Joe Pope	1:22:22
342. Dave Cavazos	1:22:23
349. Kevin Tanner	1:22:35
354. George Billingsley	1:23:08
<i>(1st, 70-79)</i>	
360. Brenda Pollard	1:23:51
363. Ralph Clark	1:24:27
369. Kathleen Allgaier	1:24:52
371. Sara Tinoco	1:25:00
372. Jana Howard	1:25:03
380. Maureen McColligan	1:25:35
<i>(3rd, 50-59)</i>	
382. Michael Gardner	1:25:40
383. Ken Crouse	1:25:47
388. Tyler Duncan	1:26:27
<i>(1st, 18 and under)</i>	
389. Katie Glende	1:26:37
392. Jerry Duncan	1:27:13
400. Sue Ann McGee	1:27:40
406. Lucinda Fisher	1:28:09
410. John McColligan	1:28:41
411. Jack Clancy	1:28:48
412. Regina Ciambrone	1:28:57
421. Flo Apodaca	1:29:48
425. Chiyo Shingu	1:30:22
427. Jocelyn Hernandez	1:30:39
433. Melissa Noteboom	1:31:07
440. Karla Camps	1:31:27
445. Claudia Isham	1:31:43
447. Blanca Topper	1:31:47
448. Sandy Grandy	1:32:29
449. Patricia Honeycutt	1:32:29
451. Sue Murray	1:32:33
463. Sue Hiuga	1:33:04
464. Irene Riego	1:33:08
469. Leigh Rutledge	1:33:26
471. Stuart Sargisson	1:33:43
483. Grace Wadowski	1:35:03
487. Joyce Pryor	1:35:52

(continued on page 21)

(continued from page 19)

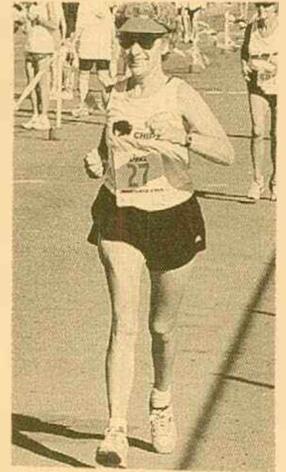
- 487. Joyce Pryor 1:35:52
  - 490. Jim Porterfield 1:36:16
  - 492. Dayna Hambrick 1:37:20  
(2nd, 18 & under)
  - 507. Dick Kinter 1:39:36
  - 508. Teddy Walton 1:39:51
  - 509. Trudy Roselle 1:40:25
  - 510. Marian McKone 1:40:33  
(3rd, 60-69)
  - 520. Joyce Karver 1:43:33
  - 531. John Gabriel 1:45:26
  - 532. Tana Gabriel 1:45:26
  - 538. Irene Kessler 1:45:59
  - 539. Jean LaFever 1:46:08
  - 547. Po Adams 1:47:31  
(1st, 70-79)
  - 552. Nick Williams 1:50:48
  - 553. Nancy Williams 1:51:02
  - 554. Janet Rivard 1:51:02
  - 558. Angelina Rademaker 1:54:37
  - 560. Marjorie Feller 1:55:16
  - 561. Peggy Ewing 1:55:48
  - 562. Rosie Sutherland 1:56:37
  - 564. Diane Devlin 1:57:12
  - 571. Jackie Kelley 2:00:11
  - 572. Georgina Buxton 2:00:20
- total finishers=583  
Chips=200!!



Kathleen Algair



Po Adams  
"Ho-hum, track meet yesterday in San Diego, a 10-mile race today. Wonder what I'll do tomorrow?"



Trudy Roselle



Scott Mikkelson



Mike Knezovich



Myra Rhodes earns a PR.



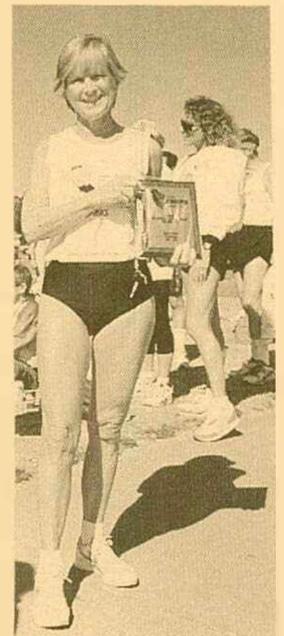
Sue McGee



Sabino Galvan



Masters Women sweep! Senior Men did, too.  
Mary (3rd), Anne (1st), Cynci (2nd)  
Anne shows off her special trophy made by Dale Phillips



Here she's enjoying that PR along with a 1st place age division trophy.

## Pacific Crest Trail Runs

September 17, 1994  
Squaw Valley

### 25K

#### Overall Male

Michael Taylor 2:18:36

#### Overall Female

Sara Freitas 2:27:39

#### Chips

2. Grant Irwin 2:24:03

(2nd overall, 2nd, 30-39)

41. Marilee Grunwald 3:21:52

42. Lisa Downey 3:22:52

66. Stuart Sargisson 4:31:15

(66 finishers)

### 50K

#### Overall Male

Sean Crom 4:39:17

#### Overall Female

Cathy Fitzgerald 5:59:37

#### Chips

6. Greg Wheatfill 5:36:14

(3rd, 30-39)

11. Bill Hambrick 5:54:50

(3rd, 40-49)

26. Joe Holmberg 6:48:11

43. Renda Gail 8:16:05

(3rd, 40-49)

(48 finishers)

### 50K Relay

#### Overall Winners

Kjar & Ivantosch 4:41:01

#### Chips

5. Finkbeiner & Finkbeiner

6:00:23

7. Underwood & Schoener

6:32:36

8. Stephens & Dahl 6:44:30

(9 team finishers)

## 5th Annual Carmichael Classic

### Cross-Country Run

Sunday, September 18, 1994

by Eric Park

Under clear skies and over a shady course of mostly grass and trails, more than 100 harriers skirted the American River, dodged turkeys in the Effie Yeaw Nature Center, and an albino rabbit and even, as the winner claimed, a rattlesnake or two, as they completed the 5th Annual Carmichael Classic Cross-Country Run.

Ten-time "Eppie's" champion Don Hicks ran this one as if he owned the course, which he nearly does: it's his home "speed training" course. Barely cracking a smile, Hicks claimed to have broad-jumped "about 30 feet," (a world record by some eleven inches) when dodging rattlers here.

Hicks cruised to the win in 31:57, besting runner-up Mike Mendoza by more than two minutes, despite, he said, "being in oxygen debt all the way." And despite the presence of Thom Pearman, who began the race in a lead pack with Hicks and eventual third-place winner Troy Turner, but suffered an asthma attack in mid-campaign. Pearman recouped to claim the crown at the shorter 5k distance in 17:14, trouncing your reporter, in second place, by nearly three minutes. Teenager Joel Edwards, winner of the 13-17 age division, took third, just a step or two back.

In the women's division, masters and sub-masters dominated the shorter race: Joanna Kimball, Terri Simon, and Glenda Lane took the overall prizes. A few places back, Judy Turner, second place winner in the 30's

division, claimed a personal best but, with a rueful smile, echoed the sentiments of Hicks: "It's a short course. I've never been under 26 minutes before." Indeed, personal bests were unlikely over the hilly, rocky trails circling Ancil Hoffman Park - but in the festive atmosphere punctuated by children's squeals, and the anticipation of the generous raffle prizes, including a television set, assembled by the race organizers from Carmichael Parks and Rec., no one really seemed to mind.

The Woman's 10k was won by Desiree Wilson in 42:05, followed by Carol Meek of the Elk Grove Running Club and Jill Jones in second and third, and the Senior (50-plus) Men's title went to veteran local runner Dave Ragsdale, a dedicated performer who commonly logs 80-mile training weeks.

Carmichael Classic Noteworthy performances:

#### 5K Men

1. Chip Thom Pearman 17:14

2. Chip Eric Park 20:02

(1st, 40-49)

3. Joel Edwards 20:20

(1st, 13-17)

#### 5K Women

6. Chip Judy Turner 25:25

(2nd, 30-39)

#### 10K Men

1. Don Hicks 31:57

2. Mike Mendoza 34:00

3. Chip Troy Turner 36:44

Chip Dave Ragsdale 41:45

(1st 50-59)

Chip Scott Goulart n/t

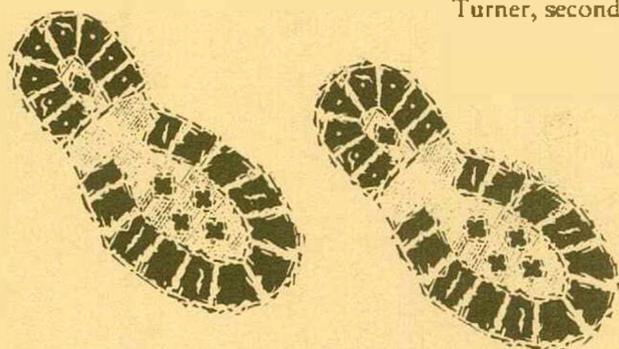
(2nd, 18-29)

#### 10K Women

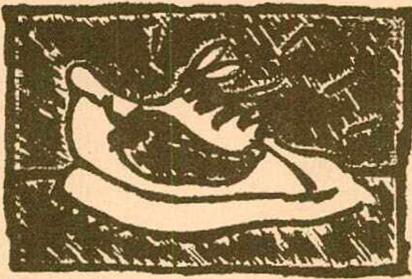
1. Desiree Wilson 42:05

2. Carol Meek 42:30

3. Jill Jones 44:54



**WHEN THE CHIPS  
ARE DOWN  
WATCH YOUR  
STEP**



## CHEVYS TO CHEVYS

### 2nd Annual Chevys to Chevys 12K

September 24, 1994

Sacramento

by Cynci Calvin

The well-advertised success of the 1st Chevys to Chevys brought out 4 times the number of last year's entries. As a result, too few shuttle busses caused a delay of 45 minutes in the start, which in turn meant higher temperatures for all and dead leg syndrome for many of the runners. This glitch combined with confusion over prize money flawed the otherwise delightful event. And Chevy's needs to get credit for coming through with the prize money, finally.

There is something so very "Sacramento" about this event. Perhaps it's the finish next to the Sacramento River, or all those black and gold Chip singlets, or the warm weather, or the bike trail course. Chevys provided colorful sombreros, covered beverage cups, Marguerita shakers, Chevy T-shirts, and a bountiful brunch, fruit, and beverages for all entrants. There were mariachi bands on the course and at the finish. The awards and raffle (Patagonia fleece jackets!) were timely. This was an event an event to be enjoyed by runners and walkers of all ages. We'll look forward to the 3rd Annual next year.

Results from Laura Kulsik

#### Overall Male

Chip Rich Hanna 37:35

#### Overall Female

10. Christine Kennedy 43:47

#### Other Chips

3. Mike Gottardi 39:02

(2nd, 25-29)

5. Brad Lael 41:48

(3rd, 25-29)

6. Jeff Hildebrandt	41:59
(3rd, 30-34)	
15. Mark Metz	44:45
20. Francie Benson	45:26
(2nd female overall, 1st, 30-34)	
21. Kim Isham	45:32
(1st, 40-44)	
22. Ruben Gonzalez	45:46
24. Jim Flanigan	45:52
(2nd, 45-49)	
28. Sean Gallagher	46:24
31. Troy Turner	46:27
33. Tim Frawley	46:32
(3rd, 45-49)	
36. Fred Reyes	47:10
37. Theresa McCourt	47:12
(3rd female overall, 2nd, 35-39)	
38. Kevin Cimini	47:21
40. Connie Kondo	47:31
(3rd, 35-39)	
41. Joel Contreras	47:37
(2nd, 50-54)	
42. Kathy Ward	47:44
(1st, 40-44)	
50. Christine Iwahashi	48:21
64. Howard Ferris	49:32
67. Barbara Heiller	49:39
68. Alex Petzinger	49:39
77. Dan Airola	50:03
82. Sharlet Gilbert	50:14
(2nd, 40-44)	
83. Mark Romalia	50:19
84. Pam Allenby	50:24
85. Pete Spaulding	50:25
87. Steve Topper	50:26
91. Tim Olmstead	50:41
93. Ben LaSala	50:44
96. Vickie Pell	51:01
(3rd, 40-44)	
97. John Davis	51:07

103. Cynci Calvin	51:33
(1st, 45-49)	
105. Jeff Hagen	51:48
108. George Kirby	51:54
109. Jerry Lyerly	51:55
(1st, 55-59)	
111. Mark Engemann	51:57
112. Anne Veling	51:57
113. Jon Shelgren	51:59
114. Mike Suen	52:01
141. Carla Gottardi	53:13
(2nd, 25-29)	
150. George Parrott	53:34
152. Beckie Starsky	53:37
157. Tara Calkin	53:48
158. Ben McCoy	54:04
164. Gene Pumphrey	54:25
(1st, 65-59)	
167. Laura Kulsik	54:30
170. Richard Cochran	54:44
(3rd, 55-59)	
171. Chuck Wadowski	54:45
172. Fred Kaiser	54:49
175. Catherine Brown	54:58
(1st, 15-19)	
177. Greg Kendrick	55:07
189. Irv Faria	55:38
(1st, 60-64)	
207. Doyle Bailie	56:11
208. Jodi Newman	56:13
222. Lou Levy	56:37
224. Michelle Markee	56:38
230. Tom Marshall	56:50
(2nd, 60-64)	
238. Roger Merle	56:57
240. Roger Mooney	56:58
247. Beth Weigel	57:07
248. Nathan Laskey	57:09
255. Norm Bennett	57:22
270. John E. Scott	57:56
271. Sabino Galvan	57:58
289. Cathy Bordisso-Crowley	58:36

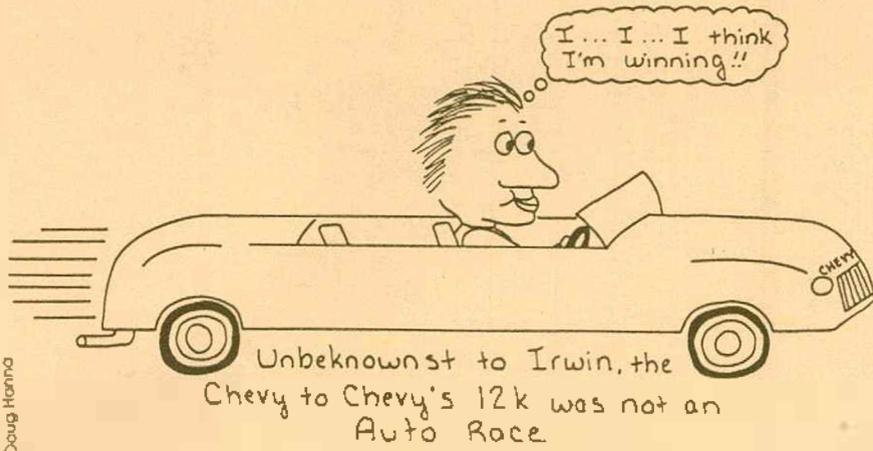
302. Marlon Foust	58:51
307. Michael Otten	58:57
309. Don Zacharias	58:59
312. Scott Mikkelson	59:03
321. Vanessa Wright	59:13
344. Margaret Ervin	59:46
351. John Dunn	59:56
360. Michelle La Sala	1:00:04
(1st, 14 & under)	
369. Cynthia Lindsay	1:00:20
373. Brenda Pollard	1:00:23
377. Ron Adams	1:00:32
379. Bill Janicki	1:00:39
392. Jack Sohl	1:01:03
425. Greta Carriger	1:01:59
(3rd, 50-54)	
426. Kerry Wright	1:02:04



Eos Amigos, Scott Mikkelson & Marlon Foust

photo by Cynci Calvin

(results continued on next page) 23



Doug Hanna

440. Kevin Tanner	1:02:20	598. Gracie Imhoff	1:06:46	769. Grace Wadowski	1:11:42
449. Jack Clancy	1:02:35	601. Gay Marie Letendre		771. Claudia Isham	1:11:43
473. Pam Cantelmi	1:03:04			812. Regina Ciambrone	1:12:54
479. Lisa Downey	1:03:10			(2nd, 50-59)	
480. Marilee Grunwald	1:03:10	628. Patty Ernst	1:07:42	814. Leona Nenow	1:12:55
481. Tami Moyers	1:03:11	636. William Feller	1:07:52	(3rd, 50-59)	
486. Jana Howard	1:03:14	642. Lori Cucinotta	1:08:02	836. Brenda Boland	1:13:33
544. Lyle Eastman	1:05:15	666. Mike Grassinger	1:08:36	840. Tana Leigh Gabriel	1:13:36
558. Art Cordova	1:05:33	668. Elana Indicks	1:08:39	874. Trudy Roselle	1:14:35
565. Majel Baker	1:05:46	669. Susan Hiuga	1:08:40	914. Marianne McReynolds	
569. Glenda Laird	1:05:51	672. Mel Golovich	1:08:44		1:16:12
576. Blanca Topper	1:06:01	679. Cathy Rohm	1:08:50	924. Peggy Ewing	1:16:27
582. Kathleen Spencer	1:06:15	705. Vicki Freytag	1:09:35	(1st, 65-69)	
		753. Jim Porterfield	1:11:14	957. John Gabriel	1:17:41
				966. Joyce Karver	1:18:20
				977. Rosie Sutherland	1:19:07
				981. Jean LaFever	1:19:14
				(1st, 60-64)	
				984. Jim Boston	1:19:28
				1000. Irene Kessler	1:19:49
				1008. Rick Green	1:20:06
				1036. John Geoghegan	1:22:07
				1076. Jim Mace	1:25:15
				1095. Jackie Kelly	1:27:03
				1139. Marjorie Feller	1:32:33
				1213. Barbra Farren	1:42:27
				1231. Christine Davis	1:45:29
					(1375 finishers)

### "Where the Hell Is Truckee?" 30K

Lake Tahoe to Truckee  
October 1, 1994

by Cynci Calvin

I always run the Sac 1/2 as part of my CIM training, and although I've always enjoyed that event, this year I decided to do something different. Very different.

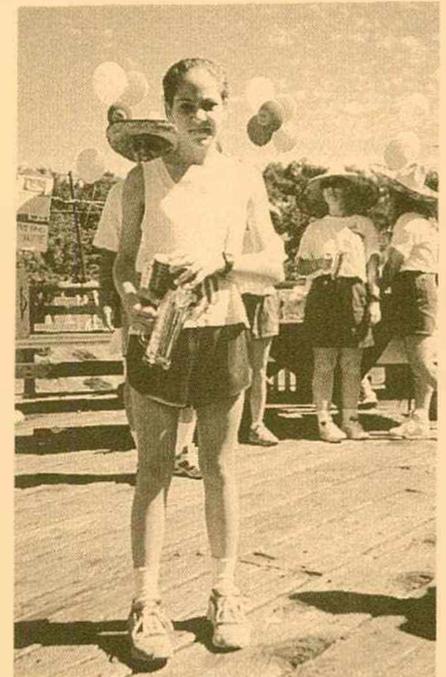
I chose to venture off the pavement and run this scenic trail race. It is appropriately named for the mid-race sensation of being lost, as you trudge up a rocky trail, or pound down a dirt road, or pause to look for the freshest flour arrow.

Delmar Fralick organized this year's event, and he did a fine job. Well-organized aid stations, a prompt starting time, and, thankfully, a very well-marked course combined with a super finish spread of beverages, muffins and scones made the race fun and much less intimidating than the name indicates. Plan to add at least a minute per mile to your flatland 30K

pace, especially if you're not altitude acclimated and not a kamikaze downhill runner. Better yet, leave your watch at home and just enjoy the scenery and pine-scented fresh air!

#### "Where the Hell Is Truckee" 30K Results

<i>Overall Male</i>	
Tom Wood	1:57:27
<i>Overall Female</i>	
12. Chip Rachel Atchley	2:23:45
<b>Other Chips</b>	
3. Jeff Hildebrandt	2:01:58
(3rd, 30-39)	
10. Ken Young	2:20:30
(1st, 50-59)	
14. Steve Griffey	2:25:29
18. Tim Seery	2:31:58
21. Bob Peterson	2:34:32
24. Mark Engemann	2:37:03
27. Cynci Calvin	2:37:42
(1st, 40-49)	
41. Greg Soderlund	2:46:35
50. Richard Jones	2:52:36
60. Jackie Walker	2:56:00
61. Helen Hull	2:56:10
64. Gary Loucks	2:59:37



Michele La Sala, 14 & under age division winner at Chevys to Chevys

71. Diane Kato	3:03:55
72. James Raia	3:04:37
76. Pat Durham	3:07:29
93. Ken Crouse	3:19:31
110. Beth Finkbeiner	3:35:41
1119. Helen Klein	3:43:11

# 18th Annual Sacramento Marathon and 1/2 Marathon

Sacramento  
October 2, 1994

## Full Marathon

### Overall Male Winner

1. Edmund Burke 2:28:30

### Overall Female Winner

12. AnnaMarie Howard 3:11:18

### Wheelchair Winner

2. Ed Hauanio 2:41:34

## Chips

3. Rae Clark 2:48:26

(2nd overall runner, 1st, 40-44)

8. Tim Frawley 2:59:07

(1st, 45-49)

9. Richard Falat 3:00:55

(1st, 35-39)

29. Jim Drake 3:25:20

(1st, 50-54)

101. Elliott Eisenbud 4:03:02

103. Dan Pfeifer 4:06:05

152. James Rademaker 5:51:24

(1st, Master Hwywt.)

(152 finishers)

## 1/2 Marathon

### Overall Male Winner

1. Dave Larson 59:09

### Overall Female Winner

9. Kim Bryun 1:19:44

## Chips

6. Chris Enfante 1:18:16

(1st, 40-44)

10. Al Michel 1:19:53

(2nd, 35-39)

11. Jerry Brendel 1:20:11

(3rd, 35-39)

13. Bob Bergenheim 1:20:41

16. Francie Benson 1:20:55

(2nd Overall Female, 2nd, 30-34)

20. Ruben Gonzalez 1:24:35

(1st, 25-29)

22. Jim Flanigan 1:25:18

(2nd, 45-49)

25. Sean Gallagher 1:26:24

32. Howard Ferris 1:27:49

(2nd, 50-54)

37. Troy Turner 1:28:50

38. Carlos Moravek 1:28:58

39. Kim Isham 1:29:09

(3rd, 40-49)

43. Mike Pipe 1:29:48

(3rd, 50-54)

46. Joel Contreras 1:30:24

68. Rick Reyes 1:33:09

69. Ben La Sala 1:33:28

71. Cathie Simonsen 1:33:50

(2nd, 35-39)

73. Wayne Marsh 1:34:02

74. Hank Beal 1:34:02

77. Joachim Schnier 1:34:08

79. John Camps 1:34:11

80. Mary Scangarella 1:34:19

(1st, 40-44)

83. Carol Parise 1:34:58

86. Robin Rogerson 1:35:12

90. Laura Kulsik 1:35:29

92. Beckie Starsky 1:35:35

114. Jon Thomas 1:38:08

115. Sylvie Brouder-Kealey 1:38:09

117. Paul Mitchell 1:38:18

130. Michael Prizmich 1:39:54

131. Cary Craig 1:40:00

137. Jan Levet 1:40:40

(3rd, 40-49)

143. Steve Topper 1:41:00

147. Michelle Markee 1:41:22

149. Stephen Lanc 1:41:34

161. Igor Hermann 1:43:08

165. Thomas Marshall 1:43:29

(2nd, 65-69)

173. Fred Kaiser 1:44:04

189. Andrew Levitt 1:44:35

202. Tess Stanley 1:45:37

205. Marsha Bendix-Arnold 1:46:33

224. Greg Soderland 1:47:47

226. John Dunn 1:47:57

233. Erik Whealy 1:48:18

242. Steven Polansky 1:49:27

248. Judy Covin 1:49:59

(3rd, 50-54)

259. Renda Gail 1:51:00

260. Ron Adams 1:51:01

262. Kevin Winter 1:51:11

263. Lyle Eastman 1:51:15

276. Rex Paulsen 1:52:48

293. Kevin Tanner 1:54:19

(3rd, Open Hwywt.)

295. Jennifer Ekstedt 1:54:23

298. Majel Baker 1:54:28

306. Michael McKee 1:54:45

307. Maureen McColligan 1:54:56

(1st, 54-55)

315. Mike Grassinger 1:56:17

342. David Stanley 1:58:43

358. Susan Guenard 1:59:51

366. Katie Glende 2:00:40

378. Greg Nissen 2:10:53

385. Jack Clancy 2:02:21

386. Betsie Goulart 2:02:23

412. Bob Calvo 2:04:39

417. Jim Porterfield 2:05:12

430. Vicki Freyrag 2:06:18

438. Sara Tinoco 2:06:51

439. Jana Howard 2:06:52

442. Blanca Topper 2:07:16

443. Melissa Noteboom 2:07:17

446. Irene Riego 2:07:39

477. Jim Boston 2:12:10

481. John McColligan 2:13:04

506. Char Berta 2:16:53

509. Debby Henry 2:17:47

512. Trudy Roselle 2:19:50

516. Michael Meyer 2:20:21

536. Mayo Jack 2:28:25

545. Ellen Sampson 2:32:44

547. Diane Sampson 2:36:22

548. Angelina Rademaker 2:39:07

(568 finishers)

## Fourth Annual Site to Site 5K & 8 Mile Run and Walk

Grass Valley/Nevada City  
October 8, 1994

## 5K

### Overall Male Winner

Conor Medley 19:42

### Overall Female Winner

3. Joel Perryman 21:17

## Chips

None!? (33 finishers)

## 8 Mile

### Overall Male Winner

Curt Feenstra 45:04

### Overall Female Winner

8. Sara Freitas 52:42

## Chips

11. Barry Turner 54:59

(1st, 50-59)

15. Cynci Calvin 58:42

(1st, 40-49)

16. Jim Otto 58:43

17. David Ragsdale 59:30

(2nd, 50-59)

18. Greg Kendrick 59:51

19. Laura Kulsik 59:53

(2nd, 30-39)

21. Gary Loucks 1:00:21

(3rd, 50-59)

30. John Dunn 1:04:15

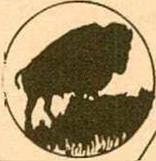
(1st, 60-69) (74 finishers)





# 1984

This is the Black Hole in the Chips' archives. We're missing all of the '83 newsletters. Please call the Editor if you have any copies.



4/80

THE BUFFALO CHIPS NEWSLETTER

Volume 1, Number 1

Editor: Glenn Bailey

Address: 10000 S. 1st St., Suite 100, San Jose, CA 95138

Phone: (415) 261-1234

Subscription Rates: \$5.00 per year, \$1.00 per copy.

Advertising Rates: \$10.00 per page per month.

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**DROPPINGS FROM THE MOUTH OF THE HERD**

**HALF-FAST NEWS**

The Buffalo Chips Running Club is a group of runners who meet regularly for a run and then have a meal. The club is open to all runners and is a great place to meet new people and get advice on running. The club meets every Tuesday at 7:00 AM at the San Jose Community Center. For more information, contact Glenn Bailey at (415) 261-1234.

looking for a partner.

2/84

## BUFFALO CHIPS

RUNNING CLUB

- |                |                   |          |
|----------------|-------------------|----------|
| Glenn Bailey   | High Dungen       | 427-2319 |
| Gordon Hill    | Vice Dungen       | 975-2035 |
| Bill Stinson   | Dung Recorder     | 487-8398 |
| Mike Miller    | Dung Counter      | 488-3871 |
| Eileen Clausus | Dung Co-ordinator |          |
| Mike Miller    | Dung Herder       | 488-3833 |
| Abe Underwood  | News Editor       | 392-7677 |
| Galen Baker    | Dung Editor       | 381-8423 |

Feb. 25, 1984

**LETTER FROM THE EDITOR**

Well all you common dung, the newsletter may live yet! At least I think it lives, the critics haven't had much of a chance to comment yet. Anyway, a group of your fellow CHIPS have put our efforts together and hope to keep this time honored newsletter coming.

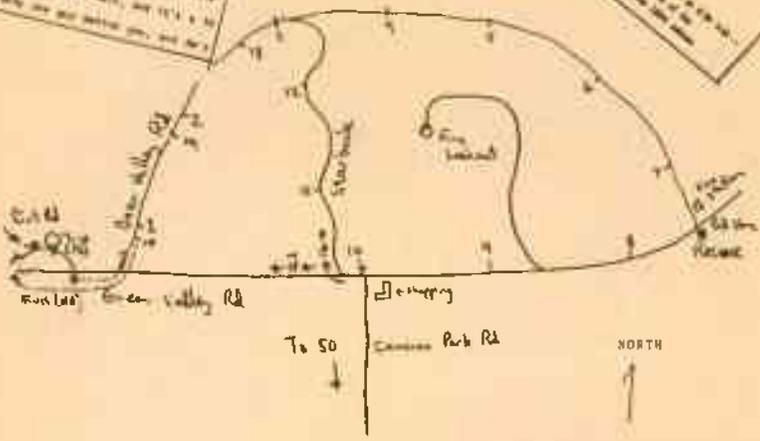
First of all, to Galen Baker, I've been a CHIP for a couple of years now and thought I was time to get involved. Besides, my head always felt the writing was better if I did it myself. Notice I said "better" not "write". It's not much fun to write a dozen pages of news and hopefully interesting material every two months. So I have asked a few friends, both old and new, to lend a hand. These contributors, major contributors, and production people deserve a special notice. At this time the list includes:

- GLEN BAILEY with the State of the Herd.
- BILL STATIONER with Board of Director's Minutes.
- KEN MURRAY with race coverage and upcoming events.
- DR. JOE COOK with advice on diet and exercise.
- MARGE HANSEN with the Cooker and the race schedule.
- JOAN REISS with S.L.D.R.A. news.
- MIKE MILLER with "Articles at Large".
- TIM "Robbie" YORK with "Articles at Large".
- WENDY with "Articles at Large".
- CYNTHIA YOUNG with production assistance.

This list includes those who have agreed to help or will be continuing with ongoing efforts. However, this list will grow because there are several others that have not been confirmed at this time.

It will be our joint hope to produce a high quality, informative newsletter. Your comments and suggestions will be most welcome. However, if you suggest that "someone" should write an article, be advised that I may suggest that this elusive someone be you.

*Handwritten signature*





1989

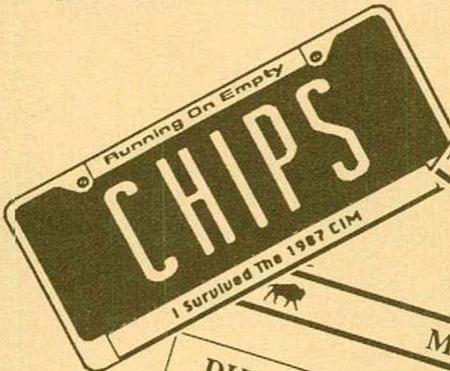


BUFFALO CHIPS NEWSLETTER

"The Chips"...Sacramento's Oldest & Largest Running Club

NUMBER 89

SEPTEMBER 1987



HONORABLE MENTION

Only one person sent in an official entry by mail to our "Name the Bison Tracks" contest. Paul Brimbery sent in a suggestion on our masthead. For now, however, we are relying on divine inspiration...

MISCELLANEOUS EXHAUST

DUNGER PROFILE: GEORGE PARROTT

HOME: La Boulangene on Howe Ave. AGE: Old, exact age unknown, (we're recalling the carbon-dating device) PROFESSION: Part-time Professor of Psychology at C.S.U.S. full time coffee taster at "La Bou."

QUOTE: "After 70 marathons you'd think this would get easier," or, "Go out hard, work the middle and kick it home," or, "Have you all gotten your T.A.C. cards yet?"

LATEST ACCOMPLISHMENT: Prototype for the incredible human megaphone.

FAVORITE SONGS: "Running on Empty," "Against The Wind," "Tina-Gooda-Da-Vila," Theme song from "ALF"

HOBBIES: Electronic gadgetry, finding and cajoling race directors, globe-trotting running vacations, Reggie.

PROFILE: Not much of one, if he turns sideways you can barely see him.

HIS RUNNING CLUB: The Buffalo Chips. (We'll take anybody...with a sense of humor.)



THE BUFFALO ENQUIRER

"The Buffalo Chips"...Sacramento's Oldest & Largest Running Club

Number 95

Running Strong Since 1974

September 1988



Suzette Moore, Hilary Naylor and Christine Inahashi experiencing "runner's high" near the finish of the Susan B. 5K. This premier club event produced 258 finishers. Blonette Allison Orfano won in 17:21. (Photo: Eric Inahashi)

SUSAN B ANTHONY WOMEN'S 5K RUN & 2 MILE WALK

Saturday August 20th, 1988 witnessed the largest field to ever participate in the Susan B. Anthony women's only 5K run and 2 mile walk. Nearly 260 runners and 74 walkers raced, ran, jogged and walked their way through the streets of River Park (actually Sandburg Dr.).

Theresa McCourt 17:29, Chris Inahashi 18:10, Suzette Moore 18:18, Karen Coe 18:34 and Patti Smith 18:43 over the Impalas racing team from S.F. for the second year in this event. (I put this in for George because he gets off on this team rivalry stuff!)

Continued on Page 9



THE BUFFALO ENQUIRER

"The Buffalo Chips"...Sacramento's Oldest & Largest Running Club

Number 100

15th Anniversary Issue

July 1989



Club founder, Abe Underwood (front center with Buffalo Chips singlet), pauses with "The Herd" before heading out for another fun Tuesday evening workout in 100 degree heat. (Photo: Dennis Scott)

THE EARLY YEARS: How It All Began

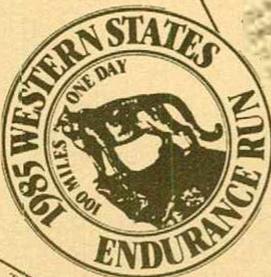
By Abe Underwood

The Buffalo Chips haven't always been the biggest running club in the state capital. In fact, the club got off to a humble beginning a few years before the running craze swept across the country.

Chips. The race was a 10-person, team-only run from Sacramento to Marysville and back on the Garden Highway. There were seven teams entered and the Chips distinguished themselves by finishing last.

How did this awesome team ever come out on top? For the answer, we must dress a bit to the time period of 1973. Running was not a popular sport and there were several years away. Fortunately, the local area was a mecca of organized events and a fairly busy area where it was available to those willing to travel.

Continued on Page 10



THE END IS HERE UNLESS AN EDITOR IS NEAR

WALKERS WALKERS WALKERS

When the walking group we have walked all over and around Sacramento, they're looking great!!! If you haven't walked for the past few weeks, you're probably behind in your walking routine. We are a new addition to the Double Creek Running Club.

The Buffalo Enquirer  
 "The Buffalo Chips" ... Sacramento's Oldest & Largest Running Club  
 Number 103 Running Strong Since 1974 January 1990



New Club President Greg Miller (left) seeks guidance from Club spiritual advisor. (Photo: Daryl Katcher)

WERNER SCHINK LAST SEEN IN PANAMA AT PAPAL NUNCIO!!!!...page 22  
 EAGLES 1990 TOUR TO BENEFIT CHIPS YOUTH PROGRAM!!...page 26  
 DAVE RAGSDALE CAPTURED BY ALIENS!!!!...page 30  
 BAGWAN SRI RAJNEESH CANCELS LECTURE TOUR!!!!...page 34

Continued on Page 21



### ROAD RUNNERS CLUB OF AMERICA - UPDATE

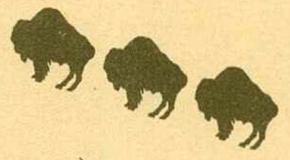
By Jeff Hollister

By now, all members who were listed as paid members on last year's club roster, should have received their first issue of Footnotes. Footnotes, is a quarterly publication which is distributed to all members of our club by the Road Runners Club of America (RRCA). If you have changed your address or have become a new member since the last roster was published, you will be added to the RRCA's distribution list later in the year. RRCA only allows us to update their mailing list at certain times of the year. Please keep membership up to date by sending in your dues as soon as possible after year end, or notify them of any change in address (send changes to the Club's P.O. Box, Attn: Membership). Our club's newsletter and the RRCA's publication is mailed by 3rd class bulk rate mail and is not forwarded in cases where there is an address change.

We hope you enjoy this publication from the RRCA. Our club pays an annual fee per member to the RRCA for this service. Please feel free to write them directly if you want to file a story with them or just want to brag about our great club, or one of its members.

Each year the RRCA supports RRCA member clubs in hosting a Women's Distance Festival to encourage more women and children to participate in running. Their support typically involves specially designed medals for the top three award winners, advertisements, banners, and special awards. I have signed up our club's Susan B. Anthony 5K Race, which will be held this year on August 17, as a potential for support.

# 1990



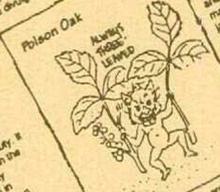
YOU WANT THE HERD, WE'LL BRING THE CHIPS!

I would like to start work on purchasing a permanent home for the Chips to meet for Tuesday night workouts. With a little creativity, we could buy a house along the river in the American River Drive area. We have realtors, and professional people in the club to help us in this regard. Money might be a problem so it would be easier to have a home donated.  
 The High Dungstress

### HILL TRAINING

Secret's out...again. Every few years it is up to the Buffalo Enquirer editors to spill the beans and beauty a hillside to the local running community. Where to go, how to go, and how to go. The answer is Rescue.

Hidden in the foothills just north of the city is the quiet little town of Hillside. It's a nice, quiet town and a beautiful view of the river. The standard run is 16 miles (make that 17) in great parkland. Many of the runners in the club are doing this run. For instance, about 10 minutes after you can get to take a left turn onto Hillside Drive that will take you two short miles, to the top of the hill (lookout) hill. Former B.E. member, Mike reported that if you run the hill you'll see the names of some of the elite members of the herd at the exact spots where the hill was and they were located to walk the course. This late advice is unrelated but is no cause for shame.



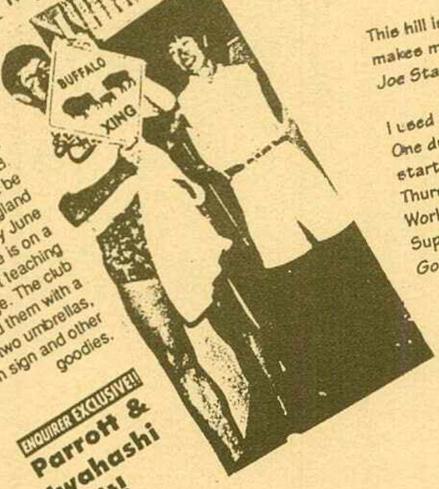
When there's a hill there's probably a cave. Many a Chipster has discovered a cave of protein rich sustenance in a mountain while working behind the bushes in the backcountry. Be careful out there!

Rescue can be tough but it is always beautiful. Distinct and other flowers in and around of nature... and the air is just what you need. Don't be surprised to see these little creatures in the form of small lizards, snakes, and other things. They have the road! Fortunately there are very few vehicles up there but you know the rules of the road. Now get up there and get some miles in!

This is a hill. I am an Ethiopian.  
 John Bremer

### Chips on Overseas Trips

The Chips hosted a farewell potluck brunch for George Parrott and Chris Iwahashi on August 15 following Susan B. Anthony. They will be in Stockport, England until early June where George is on a Fulbright teaching exchange. The club provided them with a cake, two umbrellas, bison sign and other goodies.



ENQUIRER EXCLUSIVE!  
 Parrott & Iwahashi Split!

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

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

### THE BUFFALO CHIPS - SACRAMENTO'S OLDEST & LARGEST RUNNING CLUB - RUNNING STRONG SINCE 1974

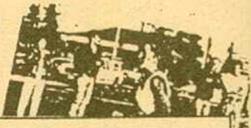


## THE BUFFALO ENQUIRER

Just Another Day

December 8, 1991  
 106 Chips Run California International Marathon  
 Carol Parise

It was a calm, clear morning in December of '91. When thousands of people gathered in Folsom for a run. But this was not just any ordinary workout. Hundreds of Chips were among the runners. Seven percent of all...



### THE BUFFALO CHIPS - SACRAMENTO'S OLDEST & LARGEST RUNNING CLUB - RUNNING STRONG SINCE 1974



## THE BUFFALO ENQUIRER

April 1981 1982 - Number 118



WHERE'S GEORGE?!

**Bia Board Brouhaha**  
 Just Three Months In Office - High Dungstress Calls It Quits!

After only three months in office Sandra (Sandi) Falat has called it quits. Citing lack of expense account at Nordstrom, lack of travel expenses to Australia and past lack of respect for the spelling of her first name, Sandi Falat has walked (not run) out of office. "I get no respect!" said only the second dungstress in the history of the Chips. The vice-dungster, Norm Bennett is not sure if he'll step in for the dungstress as he has requested an all expense paid trip to the Bahamas Marathon. The treasurer is stunned at the request. "We don't even have enough money to buy our Enquirer editors a Mac let alone expenses for club officers to take lavish trips!" exclaimed the stressed officer who re-Brouhaha continued on page 39

**Tuesday Night Workouts Cancelled!**

**Parrott Says Slow Down**

After years of hard training, fast frequent racing, and avoiding days off, George Parrott admits it's time for a break. "I thought I knew what I was talking about, but now I stand corrected. Light running, plenty of rest days, with no more than one marathon a year is the training method of the future." Parrott, the former megamileage master, recommends running no more than 10 miles a week, and cross-training, bowling and golf during the summer months and jogging in the winter. What about those grueling Rescue runs? Rescue is fine, George says, as long as you do it on your bike. Parrott also suggests cutting the Thursday night track workouts by half the distance. Why spend today what you can jog tomorrow? Tuesday night workouts are cancelled until further notice. Instead, George invites everyone to join him at La Bou for espresso and cappuccino. For the meantime, it Parrott Says continued on page 40

**Strange but True**  
 CIM Course Ruled Too Short;  
 Boston Qualifying Times Invalid!

Details on page 41

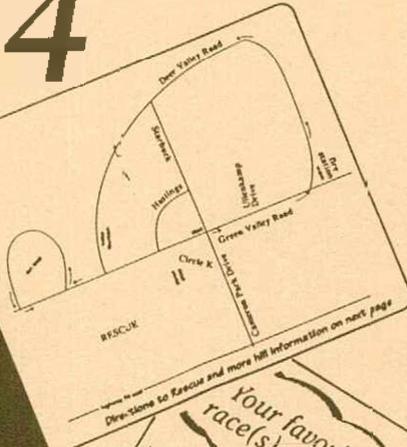
### BUFFALO IN BARCELONA! TWELVE BISON ON U.S. OLYMPIC TEAM

# 1994

## RESCUE

Rescue...  
My latest favorite  
Place on Earth  
ASG K&K

While we're the only  
beneficial type of  
reel dance training  
Arthur Lydiard



## Your favorite race(s) of 1993?

Yosemite Club's 100.1 Mile. The hill-and-in. One of them, the CIM. I'm afraid of heights. It was so...  
Locally, the Lover's Run (the marathon) was beautiful. I was there for the first time. I missed the first by 2 seconds. Great food too.  
Locally, Chevy's 100.1 Mile. It's close by, pretty. Good organization, good food and great beer (ambrosia).  
The Great Canyon Crawl 100K. It's close by, pretty. Good organization, good food and great beer (ambrosia).  
Chevy's 100.1 Mile. It's close by, pretty. Good organization, good food and great beer (ambrosia).  
Help! I'm trapped in a Tuesday...  
Locally, Chevy's 100.1 Mile. It's close by, pretty. Good organization, good food and great beer (ambrosia).  
The Great Canyon Crawl 100K. It's close by, pretty. Good organization, good food and great beer (ambrosia).  
Chevy's 100.1 Mile. It's close by, pretty. Good organization, good food and great beer (ambrosia).

## We Win Bigtime!

What do Enquirer editors Laura Kulkig and Carol Parise have in common with Mary Decker Slaney, Steve Spence and running writer Owen Anderson? They can all run a 10K in under 42 minutes? Well, yes but that's not what we had in mind. Let's see...none of them has won our club's own Susan B. Anthony award. Three of the five are former runners. Three of the five are former recipients of Road Runners Club of America awards. Let alone even heard of it. Okay, give up? The correct answer: All five were recipients of the Little Memorial Award for Outstanding Journalist in the club newsletter division. While following her European running debut at the London Marathon, Laura ventured up to the RRCA National Convention in Portland to accept the honor. The award, which the two Chipettes took over a year and a half ago, is probably the most-time consuming volunteer effort of our club's. Judges for it's look, content, attention to detail and overall basic sense of fun.



PAIN PALS INJURY INDEX  
RUNNING INJURY PROJECT

## Buffalo Bits

Safety on the Trails

**It Pays to be a Buffalo Chip**

Jeff Holtzer

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

Dues	\$15.00*
Less benefits	
Annual CIM Party	(6.00)
Quarterly Newsletter	(6.00)
RRCA Dues	(11.00)**
Liability Insurance	(7.40)***
Club discount	(3.00)****
Your net cost (benefits) (5.40)	

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

\*\* Our club pays \$1 per member for each individual's membership in the Road Runners Club of America (RRCA).

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

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

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

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

Buffalo Chips Running Club has a 6542 club in Stockport, England. The Stockport-Harrogate 20 mile (loop) a Roman Warrior. The Stockport-Harrogate 20 mile (loop) a Roman Warrior. The Stockport-Harrogate 20 mile (loop) a Roman Warrior.

THE BUFFALO CHIPS - SACRAMENTO'S OLDEST & LARGEST RUNNING CLUB - RUNNING STRONG SINCE 1974



## THE BUFFALO ENQUIRER

Issue 115 - First Quarter 1994

## 93 Chips Endure Stormathon '92

Leon Rothstein

The 10th running of the California International Marathon saw the usual heavy turnout of Buffalo Chips. Although down from last year's 106 finishers, 93 determined members of the herd completed the course.



"Thank God it's done and it's over but it is an experience I will carry with me for the rest of my life. I'll do more but not until a few sit down!"

With a crowd this size and a run this long disappointments are inevitable. While not everyone met their expectations, the club as a whole performed magnificently. This is a tribute to all Chips, whether they ran well or not. As one of the main beneficiaries, I can attest to the value of our spirit and camaraderie as a vital training supplement.

Weather conditions did not help matters. The biggest problem was the strong headwind on much of the course. The rain, heavy at times, was also an obstacle. It has been suggested that the water slowed us middle-of-the-pack types by anywhere from three to six minutes.

Results: Five Chips made their marathon debuts at CIM this year: Carl Dahl, Gary Crowder, Ben La Sala, Grace Wadowski and Melissa Notaboom. As one of last year's rookies, I remember the thrill these newcomers felt.

Team Chips took the men's masters title with the 4th, 8th and 9th place division finishes of Clark Enfants, Jim Milton and Gabe Sandoval. Gabe was also the top finisher in the 45-49 year age division. Senior Myra Rhodes set a PR and a course record in her age group. Howard Farris placed second in his 50-54 year age division. Joe Staats finished in under 3 hours for the first time. Neil Kelly, Dennis Ziloff, James Ray, Elliott Esenbud, Steve Haun and Steve Polansky have now completed all 10 CIMs.

Perhaps most impressive of all, in these tough conditions there were 14 PRs. This is a tribute to the entire herd and suggests that many of us have another PR on the way!

Results and photos on page 22 & 23

MEET YOUR 1993 BUFFALO CHIPS BOARD OF DIRECTORS ON PAGES 9 - 11

## TALES OF TERROR

## TIME TRAVELER

Time-Perpetrator Spray Class Update!  
Perpetrator Spray, September 20, at Fair Oaks University. Upgrade to mass-perpetrator spray available for required class & test. Approximate \$35 for new licenses includes license, spray, and required information on self-defense. These are available at flyers at Susan B. stated. There are a limited number of spots to reserve your space. Contact Calvin at 823-2661 or Laura Kulkig at 983-5272.

sacramento's oldest & largest running club THE BUFFALO CHIPS



## THE BUFFALO ENQUIRER

2nd quarter 1994 #121

## Lael Wins 50K, Miller is First in Fifty Miler Hanna Breaks Club Record at Jedediah Smith 100K

February 11th and 13th, 1994 will forever be remembered as the most dramatic of HERRINGING. For in it the tribe Buffalo take on the WORLD and all then the world find the tribe BUFFALO most overwhelming. Three races on one weekend in distances that the casual runner cannot even comprehend, and the HERD was every race!!!

leader becoming - the newcomer - our own Rich Hanna. Hanna gradually opened up a clean gap on the field which by about 55 miles into the race was over a mile to the next runner. Through those penultimate stages, Tom Johnson was running solidly in third or fourth, but over the final 10 miles Brian Hacker produced a brilliant finishing push to push all the way into 2nd and Tom came home solidly in 3rd (7:08). Our own own



SEVENTEENTH YEAR RICH HANNA WON A TRIP TO JAPAN FOR THE 100K W/ JIM SMITH.

The 100K: A truly world-class field assembled for the start of the 100K in the mid and dark of January... February 12th, and the 75+ who crowd the starting line included U.S. record holders, World Legends, and newly anointed stars of these extreme distances—and a newcomer. With the start, one runner went kamikaze or to steal the race, depending on the outcome of his strategy and another late starter blasted by the whole field to try to latch onto the momentum of the leader. However, over mile 5:28 or so there was a predatory pack of what this observer called "the wolves" who worried little about those early waana-bees and carefully studied each other. By about mid-race our early leader was gobbled up and soon dropped out, and his pursuer began to die the inevitable death of one who reached for Sun, but only ended up getting very beefy bears. The "wolf pack" began to separate at about the 28-35 mile point with the emergence

the U.S. champion at 100km and selected for the U.S. team for the world 100km championships in Japan in June! Congratulations to Rich and all the finishers!

The 50K...February 13th, 1994. The shortest race of this long distance weekend started with the Sun well up in the morning sky and the promise of a wonderful California day to come, and the finish found a repeat of the 100K—the newcomer triumph!!! Brad Laal brought his new marathon Jim Smith continued on race 22.

Why are you a Chip?  
see center spread

HISTORY OF THE AMERICAN RIVER BIKE TRAIL  
PART I STARTS ON PAGE 21



## Sacramento Zoo Zoom 5K Run/ Walk & 10K Run

William Land Park, Sacramento  
October 9, 1994

### 5K Run/Walk

#### Overall Winner

Chip Jeff Hildebrandt 15:26

#### Overall Female Winner

24. Barbara Richardson 18:00

### Other Chips

10. Tim Shannon 17:11

(1st, 40-49)

16. Bob Whitehead 17:49

(3rd, 40-49)

26. Don Spickelmier 18:22

(1st, 50-59)

27. Jon Shelgren 18:25

(2nd, 50-59)

36. Doug Essary 19:09

37. Gina Berry 19:11

(2nd female overall, 2nd, 30-39)

45. Ron Guenza 19:45

48. Rick Reyes 19:50

54. John Davis 20:02

56. Jason Sanguinetti 20:04

58. Marc Berry 20:06

63. Curt Haury 20:26

65. Ron Peck 20:38

84. Jim Beland 21:26

85. Libby Almeida 21:38

(2nd, 20-29)

108. Robert Mooney 22:45

111. Trevor Frawley 22:49

121. Margaret Ervin 23:02

136. Sylvie Brouder-Kealey 23:36

151. Lori Cucinotta 23:54

156. Judy Covin 24:00

(1st, 50-59)

160. Diane Kato 24:01

184. Steve Jacobson 24:32

201. Gretchen Gaither 24:53

204. Gil Sanguinetti 24:56

226. Tosca Henry 25:19

230. Jim Polsini 25:22

265. Jim Macy 25:59

307. Heather Henry 26:42

309. Robert Miller 26:42

(2nd, 60-69)

324. Grace Imhoff 26:57

342. Jim Boston 27:12

356. Cynthia Underwood 27:28

365. Grace Wadowski 27:33

437. Leigh Rutledge 28:38

445. Petra Woltering 28:50

482. Po Adams 29:22

(1st, 70-79)

502. John Geoghegan 29:42

699. Debra Meyer 33:62

783. Paul Camerer 36:42

(2nd, 70-79)

914. Caitlin O'Farrell 38:34

857. Barbara Farren 42:09

(1112 finishers)

### 10K Run

#### Overall Winner

Gary W. Towne 32:37

#### Overall Female Winner

8. Teresa Lopes 34:30

### Chips

12. Bob Bergenheim 36:32

13. Jerry Brendel 36:40

20. Barry Turner 37:37

21. Tim Frawley 37:40

23. Fred Reyes 38:12

30. Sean Gallagher 39:07

31. Stephen Boland 39:14

39. Charles Hensley 40:03

46. Mark Romalia 40:22

53. Gregory Hunte 41:07

58. Mercedes Amaya 41:25

65. Dan Airola 41:56

68. Anne Veling 42:09

(2nd, 40-49)

69. Brian Newell 42:16

72. Cynci Calvin 42:34

(3rd, 40-49)

73. Ray Patterson 42:36

76. Tata Calkin 42:48

77. Mike Knezovich 42:51

78. Bill Hydisten 42:56

81. Mo Bartley 43:08

82. Sylvie Brouder-Kealey 43:09

83. Kevin Winter 43:11

85. Ben McCoy 43:14

87. Ken Mennemeier 43:29

88. Beckie Starsky 43:39

101. Chuck Wadowski 44:37

105. Dan Pfeifer 45:04

128. Nate Laskey 47:03

139. Eric Ianacone 47:48

140. Ross Roberts 47:52

166. Bill Miller 48:57

170. Ron Adams 49:17

172. John Dunn 49:34

(1st, 60-69)

173. Rex Paulsen 49:38

189. Mike Gardner 50:36

192. Margie Lindsay 50:49

194. Mark Leary 50:52

196. Charles Napier 51:02

238. Art Cordova 53:38

247. Elin Miller 53:58

251. Mei Golovich 54:13

259. David Rater 54:38

270. Beth O'Farrell 55:02

286. Mayo Jack 56:44

292. Robert Miller 57:44

297. Stuart Sargisson 58:07

317. Dayna Hambrick 59:46

(2nd, 18& under)

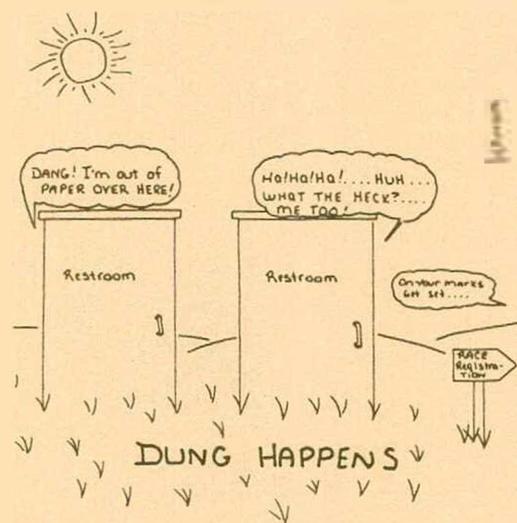
324. Marianne McReynolds

1:00:23

345. Irene Kessler 1:04:38

360. Linda Prizmich 1:09:18

(374 finishers)

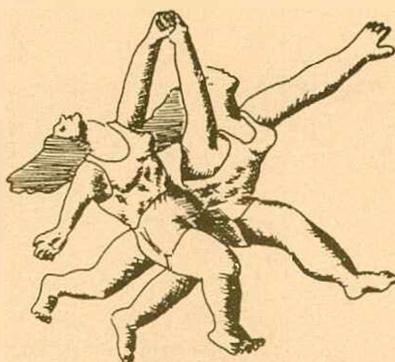


## Blisters for Sisters 5K & 10K Run Mile Walk, and Kids' Run, Jump & Climb Event

Old Town, Sacramento  
October 22, 1994

by Cynci Calvin

Crisp, clear fall weather greeted the walkers, kids, and runners who gathered to stretch their legs and enter these events. The proceeds benefitted the Chemical Dependency Center for Women. Old Town provided an excellent site for the events. Easy parking and access, minimum traffic, and plenty of post-race activities were just some of the plusses. The race was well-organized and festive and provided the inspiring highlight of Carol Parise breaking 40 minutes in the 10K race. This was a long sought and hard fought for goal (as in 6 years) PR. Congratulations Carol!!



5K	
Chips	
Troy Turner	18:19
(1st, 30-39)	
Ben LaSala	19:27
(1st, 50-59)	
Joel Contreras	19:26
Patty Ernst	25:45
(2nd, age div.)	
Flo Apodaca	26:41
Ellen Sampson	30:48

10K	
Chips	
Theresa McCourt	39:05
(1st overall female)	
Joachim Schnier	39:35
(1st, 40-49)	
Carol Parise	39:43
(2nd overall female, 1st, 20-29)	
Jennifer Devine	40:44
Tim Olmstead	40:50
Steve Topper	40:52
Cynci Calvin	42:56
(1st, 40-49)	
Sally Edwards	44:22
(2nd, 40-49)	
Nathan Laskey	45:56
Margaret Ervin	47:12
John Dunn	48:35
(1st, 60-69)	
Blanca Topper	52:10



## Tail Ends (Individual Reports, Late Reports, Odds, and, you guessed it, Ends)

**11th Annual Folsom/Albertsons  
Fun Runs/Fit Walk, October 15, 1994**  
The 5K had one Chip, Howard Price, running well and placing 13th overall in the 5K with a time of 19:58. That's out of 120 finishers, but I might have missed a few of you!  
The 10K was won by Chip Randy Sturgeon in 35:39. Good Work! Other Chip finishers were Tess Stanley in 46:39, Cynthia Lindsay in 47:21, Bill Janicki in 47:49, and David Stanley in 48:20. There were 94 finishers in that one.

How about this one for a late report: way back in April, Chip Mo Bartley was first OVERALL in the 49er Double Marathon 50 Miler in Sausalito with a time of 7:11:15. Awesome! In the Marathon of that event, Chip Greg Wheatfill finished 3rd overall with a time of 3:08. On the same day in Fairfield, a few shorter distance minded Chips ventured to the Rancho Solano 5K & 10K in Fairfield, where Theresa McCourt was 1st female in the 10K in 37:12, Rick Kushman won the 5K in 15:55, and Vickie Pell was 1st woman in the 10K. Those Chips pop up everywhere and they're FAST!

Ultra Chips to complete the Angeles Crest 100 Mile Endurance Run last month were Tom Winter, who place 11th overall in 22:54, and Herb Tanimoto (29:59).

Gene Pumphrey, one of the Chip's speedy super seniors, helped organize the Lumberjack Run on October 1 in West Point (northeast of Jackson). Gene reports that the event was successful and made some money for the Blue Mountain Youth Coalition. He was the only Chip, but represented us well by winning his age division in both the 5K (23:21) and the 10K (51:45)! And the courses were hilly, too.

### KNBR Bridge to Bridge 12K

San Francisco, October 2, 1994  
A few Chips joined the crowds at this well publicised event, but weren't thrilled with their times. Mike Kinter should be pleased with his "42-ish" effort. Chris Iwahashi was happy to beat George, who ran "54-ish".

### San Francisco Marathon Update:

Glenn Millar	4:39
Christine Powell -Millar	5:26
Jim Rademaker	6:45
<i>Congratulations and sorry we missed you in the last issue!!</i>	

Chip Jackie Walker won her age division with a time of 23:50 at the John Orogden Memorial 5K in September, and Chip Sandra Coffey was 3rd (26:17) in the same division.

(continued on page 36)

(Tail Ends, continued from page 35)

Congratulations to Jan Levet. She was 2nd woman at the Burney Classic Marathon on September 11.

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### The Millar Runing Travel Report

#### Kirkwood 10K

Kirkwood Meadows, 9/11/94  
Mountains, cold wind, 7800-8000 elev.

Glenn Millar 58:19  
(2nd in age)

Christine Powell-Millar 61:37  
(8 min. PR on this course!)

#### To-Run-Osaurus 10K

South Lake Tahoe, 9/17/94  
Tough trail run at altitude with great raffle prizes.

Glenn Millar 59:57  
Christine Powell-Millar 69:26

#### Serene Lakes 1/2 Marathon

Serene Lakes, 10/9/94  
Overall Winner

Billy Shott 1:39:52

Overall Female Winner

Chip Jackie Walker 1:49:04

Other Chips

Fred Kaiser 2:06:03  
(1st in age div.)

Glenn Millar 2:13:15  
(1st in age div.)

Jana Howard 2:22:46

Christine Powell-Millar 2:23:49

(2nd in age div.)

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Rhonda Jannsen, who moved to the midwest a few months ago, hasn't stopped running. We got the word that she ran the Twin Cities Marathon on October 2 in 3:44:17. Good work, Rhonda!

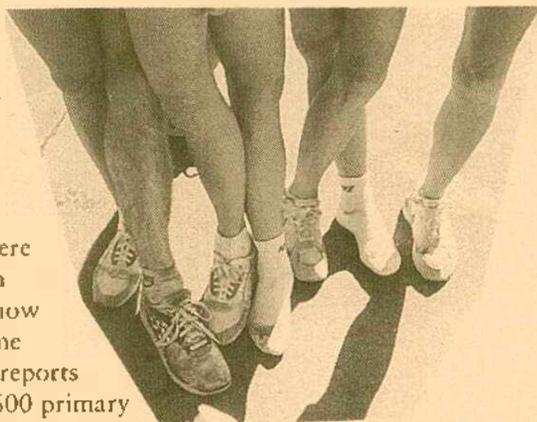
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The Prune Festival 5K and 10K in Marysville sent us results that only included age division winners. Out of those, I discovered that Bob Whitehead represented the Chips with a time of 38:43 in the 10K (2nd, 40-49).

by Carol Parise

When you hear someone yelling to Mary Scangerella to go to her arms at the end of a race, you better pick it up. Have you ever noticed that Mary Scangerella is really ripped? No, I don't mean that she is drunk, but instead of having typical runners arms that look like and have the strength of angel hair pasta, Mary has the arm strength that the rest of us envy. How does she do it, you ask? No, she's not on steroids, Cybergenics or Gaineris Fuel 2000. Mary does it the old fashioned way, by pumping out 100 push-ups a day in sets of 50! In addition, she crunches 200 situps per day in sets of 100. So, when Mary starts pumping her arms in the last .2 of a 10k, watch out, because you are about to be passed!...High dunger Joe Staats didn't always dream of becoming an attorney. In fact, in his early days, he could have quite possibly had the initials M.D. after his name instead of J.D. That is until he took high school chemistry. Joe was in charge of hooking up the bunsen burner and turning on the gas. Joe hooked the burner to the water line. When he turned the valve on and his lab partner attempted to light the bunson burner, Joe's dreams of a science career were drowned in a stream of water....Barbara Heiller is leaving the Chips for a 15-month tour in Guam. She was given orders to leave on the 14th of November. Gee, Barbara, you're so lucky that Clarksburg is on the 13th....Myra Rhodes has been invited to the Sunmart 50-mile trail race, which is one of the most prestigious 50 mile races in the country. Myra is the club record holder for the 60-69 year age division in the marathon and 50k. She took about a year off from ultra races but had big plans for a great CIM based on her PR at the Buffalo Stampede. However, when the invitation came, she decided that a year off was enough and quickly jumped from the roads to the trails to prepare for this race coming up on December 17. Good luck Myra!...Jana Howard is preparing to run her first marathon and her good friend, Marathon veteran Sara Tinoco has been key in making sure Jana is adequately prepared. To do this they have been doing their long runs together. However, their 20 miler from Hell came on a Sunday at Rescue where they commiserated for over 4 hours. I'll let them explain all of their adventures to you. Look at the bright side, if complete and total misery is experienced before running the marathon, CIM will be a breeze. Have a great first one, Jana... Heard in the herd...at a recent Workout From Hell (5.5 miles of speed) the following exchange took place between two Dungsters regarding a Dungsterette who flew by the pair. Dungster #1, "She's sure looking good" Dungster #2, "And she's running good, too" ... Chris Iwahashi just can't stay away from the EC. A little over a year after she and George returned from a 9 month stint in Northern England, it looks like they again are headed for a European vacation. Chris won the breast cancer survivor division at the Race for the Cure on October 23 where the prize was 2 round trip tickets to a European city of choice... Did you know that bison membership is at an all time high? Membership guru Dick Kinter reports that the herd now consists of about 600 primary members and when family members are included, we swell to over 800. If everyone remembers to renew for next year, we could reach 1000 in 1995!

# Bits of BULL



These legs look mighty confused!

# Golden Girls on Track

## California State Senior Olympics

San Diego  
September 10, 1994

Two Golden Girls, AKA Super Senior Chips, competed in the California State Championships in San Diego to Qualify for the National Senior Games to be staged in San Antonio Texas in May 1995. Peggy Ewing in the 65-69 age group and myself, Po Adams, in my new 70-74 year age bracket flew as South West Friends to show how two Northern California Chippers could do in track and field. Peggy and I attended the National Games in Baton Rouge in 1993 at LSU, and we were thrilled with the enthusiasm and camaraderie of the 8000 Senior athletes in all sports from every state in the U.S.

The Senior Olympics is set up like the regular Olympics except that you must be 55 years old to participate. You also compete against seniors in your own 5-year age division. There are around 25 sports including swimming, tennis, bicycling, triathlons, basketball, baseball, bowling and even horseshoes.

We arrived in San Diego the day before our events and attended a non-cocktail party in a neat palm draped hotel. Peggy and I decided on a pre-race dinner around 8 pm that consisted of hot fudge sundaes and decaf coffee - a real non-complex carbohydrate meal. The next day, after a pancake breakfast, the Chip athletes began the adventures in big time track and field at the UCSD track in La Jolla.

The first thing we learned about this event is that you must report on time or you are scratched. Even if a race final is at 2 pm, you report at 9 am or whatever. The clerk was God, if you were not on time...KAPUT.

The first race was the 50 meter dash, I was brave but came in 2nd. Peggy had declined. We also entered the 1500, 800, 400, 200, and 100 meter races along with the long jump. In between races, we would run over to the long jump pit to get in our four qualifying jumps. After catching a quick break, at 5 pm, we ran a 5k around the SD campus. It was hilly, especially the final 1/2 mile.

I felt my best event was the 1500 meters in spite of both shoe laces untying and flying after the first lap. My main opponent said it blew her concentration - but not for me to beat her. I did PR though. Peggy was more fortunate than I, or should I say better. She won the Gold in her age group for all of her events.

I will not bore you with statistics, except that we both qualified for our national games. Peggy brought home seven gold medals and I acquired four gold and four silver. At the airport, security could not figure how two little old ladies in running shoes could be carrying so much disc shaped metal in their carry-on luggage. They kept running it through the scanner. It was really funny. We got home by 10 pm and somehow ran the Buffalo Stampede 10 miler at 8am the next morning...True Golden Chippers.



## LETTERS

A reader's response to a classified ad request for men to control body odor and to Dear Buffy's advice to "2nd by a Nose":

To the Enquirer,

Please allow me, while remaining nameless like the person or persons who complained, to offer my thoughts on Buffaloes and body odor.

Let me say straightforwardly that I found these jibes to be snooty, thoughtless, and at least as offensive as the scent of the unwashed.

Consider that many men in our club must rush directly from low-paying, manual-labor jobs to the work-outs. There is no time to perfume oneself between 5:30 and 5:45. Are manual laborers to be excluded from the club, especially if they can kick your ass, running-wise?

Consider, further, that ours is a health-oriented club, which ought to be mindful of the consequences of its actions - like, for example, coating one's underarms with the aluminum salts that are virtually universal in deodorants. Worse, consider the foolishness of running (and sweating) with your pores blocked by an anti-perspirant. This insane practice backs up all of the toxics your body is trying to eliminate into your lymph system, which then tries to filter it out via the kidneys. Including the carcinogenic aluminum salts of your anti-perspirant.

When my father passed away from cancer five years ago, I made a list of all of the unhealthy practices that may have brought on this horrible disease. High up on the list was a lifelong practice of coating himself with anti-perspirants; his cancer began in the lymph system, in and around his underarms.

So if you don't like the way some fellow smells, instead of griping anonymously in the *Enquirer*, consider stepping 12 or 24 inches sidewise, or pass him if you can. And consider whether a health-oriented club ought to be teaching itself to recognize, or even celebrate, the ways of our own flesh.

signed,  
A Powder Buff

On a less controversial note:

Dear Editor,

We enjoyed reading Carol Parise's article about Grandma's Marathon in the late summer issue, 1994, of *The Buffalo Enquirer*. It's always nice to hear that people had a good time at Grandma's.

We welcome more Buffalo Chippers to come to Duluth. Our 19th Annual event is scheduled for Saturday, June 17, 1995.

Hope to see you then!

Sincerely,

Julianne Peters

Public Relations Director, Grandma's Marathon

# Dear Buffy



Dear Buffy Lowe:

As a runner and always fashion-conscious citizen, I'm becoming increasingly concerned with the price and quality of running shoes. One of running's attractions is that it's pretty equipment-simple. A pair of decent shoes and a couple pairs of shorts, and you're set. Plus, what's the first thing we tell people when they ask, "How do I start running?" GET GOOD SHOES!!!! But overall, prices have skyrocketed, and quality is being flushed. That's because too much is spent on advertising, and too little, apparently, on turning out a good running shoe.

My question, Buffy, is this: Why are we runners forced to pay the freight of the enormous advertising budgets for the name brand running shoe manufacturers? We have no choice but to buy their product, but they NEVER ASK US WHAT WE WANT!! Think of the savings they'd make if they cruised out to a Chips gathering and started talking running shoes! Then, maybe, they'd appreciate their market and could concentrate on making a good shoe!

But, no. We get some 6'7" basketball player who has no clue what it takes to do a Tuesday night workout or run a marathon, and he's getting paid LOTS to tell us what brand of shoe to buy to perform an atheletic endeavor about which he KNOWS NOTHING!! Am I missing something here? Unless we runners find ourselves unfortunate enough to be drafted by the Kings, this highly-paid individual and your average runner are not looking for the same shoe. How can we right this grievous wrong

Signed,  
Galled with Wall Street

Dear Galled:

I, too, am outraged by this sort of forced spending for shoes that don't meet our needs and for unwillingly underwriting a fat advertising campaign. You look at an ad for any major brand shoe manufacturer and see the equivalent of Mickey Mouse telling us it's COOL for us to blow our paychecks on a pair of poor quality running shoes. You buy them or go barefoot because you can't float the bank loan to buy a better quality shoe.

It keeps Buffy up nights. Clearly, the knowledgeable folks in charge of advertising are not mental giants. Be glad they're not air traffic controllers . . . There simply is no logical way to attract the attention of the

corporate dollar — that mega-giant corporation whose very existence in the running shoe market depends on runners! What made us think that the germ-brains in charge would ask runners????!! Or would use runners in their ads?

Whew — that's a load off my chest — Here's what we do. We'll all run naked. That will get their attention. Buffy guarantees it.

Sympathetically grievously,  
Buffy Lowe

Dear Buffy,

I've been running for 4 years and have gotten fit and lost fat, all of which makes me happy. I've also gone from an "D" cup bra to an "A" cup (a cup a year, so to speak), which is OK, but will this trend continue? Will the trend simply flatten out, so to speak, or will I become concave? I am a bit worried, so answer soon.

Sincerely,  
"On my way to a double A"

Dear "On My Way to Double A":

Double A isn't bad if you're a baseball player, but it's not something those of the fairer, curvier sex tend to brag about, you're right. Buffy, however, is an AA — and not of the baseball or abstaining variety! So, in a worst case scenario, we'll be the same size!

Worry not about becoming concave. There's a point beyond which your chest will not shrink. Trust me on this. It's that More-Than-a-Champagne-Glassful rule. There will always be enough for a champagne glass, and if we have to, we buy smaller glasses!

Nonetheless, the overall benefits you receive from running far outweigh (pun intended) the mere loss of some fatty tissue. When your hat size begins to wane, WORRY! In the meantime, keep poundin' that pavement. Wouldn't you rather associate with men who value you for your 10K time and brains?

Do not fret. As you inch your way into the Double A category, write me again. I know where to buy all the small jog bras — and others!

Flatly,  
Buffy

Dear Buffy,

I love my girlfriend. My girlfriend loves running. I hate running. What's a boyfriend to do??

Help Me,  
A Boyfriend of a Chipette

Dear Boyfriend:

How did you two get together in the first place?!

I appreciate inquiries of this nature and jump at the chance to let my readers benefit from my many years of experience I've endured in relationships where He Does and She Doesn't, or vice versa. (Historically, this only involved sex. Now, the issue is more diverse.)

Let me offer the most obvious solutions: (1) You start running or (2) send Tonya Harding and crew after your girl.

Let's address No. 1. We won't bother with No. 2, so read on without fear. Before Buffy began her spectacular career of running, she thought people who ran simply couldn't afford a bike. She didn't know many actual runners, but those she did meet by the purest of coincidences (runners and The Buff did not haunt the same spots in those days) were always, it seemed, very skinny. And they ran marathons. Buff became convinced that if you ran, you had to do a marathon. It was some kind of religious deal. Later Buffy discovered *you don't have to run a marathon to be a runner!*

Runners are the loveliest of people. This is particularly true if you socialize with non-runners. And it's becoming more and more everyday to have non-marathoners and the less speedy among us. My point is, if you can jog a little, give it a try. If you can walk fast, go for it!

The rewards are many, the drawbacks few. The views great in the summer! Running will be something you can do together, for Pete's sake. And, it increases your overall aerobic stamina, if you know what Buff means, and she thinks you do!

My point is, give her way a try and see what happens. Or, if running totally turns you off, or if you weigh, say 350 pounds or so, running may not be an option. In that instance, you keep being you (Buffy assumes there's more to this love affair than lack of mutual Sauconyst!). And, if she really loves you, you have no problem. Treat her running time as "separate but equal" time, and take advantage of this time to do whatever it is you enjoy doing sans lady friend.

If all this fails, send Buffy your picture — only if you don't weigh 350 pounds!

Best of Luck, \_\_\_  
The Buffy of Love

# White Buffalo Born During Chips 20th Anniversary

by Laura Kulsik

On a 43-acre farm on the banks of the Rock River in south central Wisconsin, a miracle was born on August 20th. Tied along a barbed-wire fence surrounding the farm are turquoise, cedar berries, dream catchers, medicine wheels, eagle feathers - gifts left by Native Americans.

The object of their devotion is a baby buffalo. She's white, and the first such female to have been born in this century. Some bison experts have estimated that the odds of a white birth are one in three million. But according to the National Bison Association, the chance of a buffalo like Miracle being born is one in six billion (yes, billion). Whatever the calculated odds, it's agreed, that this birth is extremely rare. Consider that the only other documented white buffalo this century died in 1959. His name was Big Medicine and he lived to be 36 years old.

David and Valerie Heider's farm in Janesville is home to this white buffalo calf. Miracle, the only member of the herd they have ever named, is a manifestation of the divine. The Great Plains Indian tribes consider her birth as something of the equivalent to the second-coming of Christ. She is a symbol of hope, rebirth and unity. A Sioux medicine man from South Dakota was one of the first to make the pilgrimage to the Heider's farm. He said Miracle's birth "will bring purity of mind, body and spirit, and unify all nations, black, red, yellow and white."

Legend has it that three hunters encountered a white buffalo calf. The white buffalo turned into a beautiful woman and instructed the hunters to return to their village and prepare for her arrival. When she appeared four days later, she had with her a sacred pipe and a new set of laws for the Sioux. In another version, anonymously left by a Chip at a Tuesday night workout, one of the hunters tried to seduce her and she turned him into a pile of bones and dust. Reportedly, this still happens on the roads when a non-Chip male tries to pass a female Chip in a race; he is reduced to nothing more than a pile of bones and dust. But anyway, back to the story...

Miracle's special status has been something of a mixed blessing to the Heiders who raise buffalo for sale to breeders. Dave Heider says he has no problems with Native Americans but with others who want to pet or be photographed with Miracle and will come up to his farm at any hour of the day. Heider says you do not get close to a calf when her 1,100 pound mother is nearby; she would kill anyone trying to get near her baby. Since the calf was born three months ago more than 20,000 people have visited their farm. Most of the visitors are Native Americans. Many of them have traveled for days, to pay homage and pray to the white buffalo. They've even been offered a 24-hour security detail to protect the sacred calf. But despite all the prayers, the Heiders say they're trying to get their calf insured - through Lloyd's of London. The family has set up regular visiting hours from noon to 5 pm on weekends. There is no admission to view the calf.

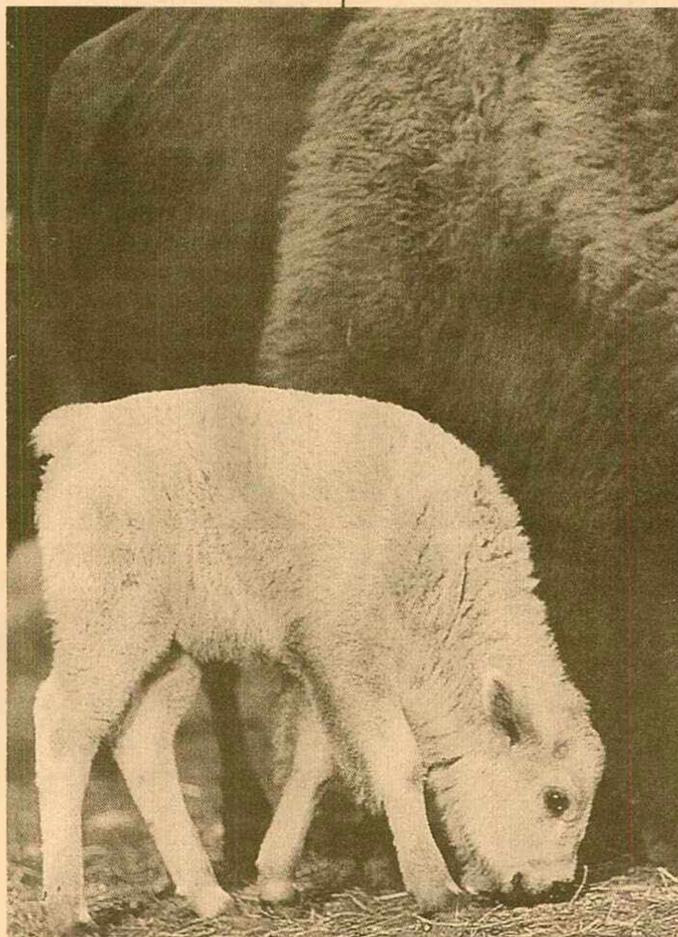
The Heiders have turned away some tempting offers for the newest member of their herd. They do not intend to profit from Miracle's birth. Rocker Ted Nugent, who recorded a song called "Great White Buffalo" in 1974

wants Miracle for his ranch.

An anonymous bidder offered \$250,000.

Ordinarily, a one-year-old female buffalo fetches about \$1,400.

The Heiders say they have learned a great deal about Indian culture since word got out about their little white buffalo. They are careful not to call the Native Americans "Indians". They are most impressed with the Chippewa and Sioux ceremonies performed during pilgrimages to the farm. David Heider said, "they drive hundreds of miles, stay a few minutes, wish us happiness, and then drive back home. I've learned a lot."



Miracle, the white buffalo calf will "bring purity of mind, body and spirit, and unify all nations."

*Information for this story was gathered from UPI and AP wire stories. Letters written to the Heiders have gone unanswered...but is it any wonder? I think they are pretty busy these days.*



Tri  
Corner

"every kid's a winner"

by IBIRNMN

She flew under the rainbow arch, with arms raised over her head and fists clenched. She knew what to do, that is how to finish, for she had seen it before, many times. She broke the tape in 24:01. As she crossed the finish line, the "every kid's a winner" banner caught her small chest and trailed serpentine behind. She was breathing hard and her body was glistening with sweat. Her heart rate was well into the 200 range, rapid-firing like that of a hummingbird. Her race belt was crumpled and askew on her right hip, her speedo pulled up on her little bottom. She was wearing size one Nike Airs with no socks. She is a perfectly proportioned nine-year-old little girl, a diminutive four foot six inches, barely weighing fifty five pounds. She was poetry in motion that morning, "Tinkerbell" in tennis shoes. She had just completed her first triathlon, "Ironkids, Sacramento". She is my legacy to the sport of triathlon, and she is also my daughter, Brianne Kacey O'Farrell, and I am very proud of her.

### Ironkid Races

Ironkid races take place throughout the year in seventeen cities and thirteen states. Upwards of thirty thousand kids have participated in the Rainbow Ironkids Bread races over the last ten years. This was our family's first experience with the event and it was memorable.

The Sacramento Ironkids race had the second largest turnout of any of the races in the 1994 schedule. There were over 350 "F. T. A.'s"—future triathletes of America—ranging in age from seven to ten (juniors), and eleven to fourteen (seniors), at Cosumnes River College the morning of August 20. They were there for a purpose—to test their mettle against other kids the same age, and more importantly, to have fun. All body types were represented—ecto, endo and mesomorphs. There were skinny kids, lean kids and chubby kids. Some had the frames and miniature muscles of developing athletes. Others did not. There were almost as many young boys as girls; they were ethnically and culturally diverse. Each of these white, black and brown kids had momentarily escaped from life's everyday problems—homework, chores—to satisfy a common goal—be an Ironkids finisher!

They came from near-- Carmichael, Elk Grove, Fair Oaks, Sacramento and from far-- Bakersfield, Eureka, Los Angeles, and Reno. For some, this was the first time they had ever tried anything like this. For the "Ironvets", this was their second, third, or fourth race. Those that had been here before knew the drill—swim, bike, run—be a finisher!

A few of the kids would be age group winners earning a trip to the Regional Championship in Fresno and possibly to the Finals in Nashville, Tennessee. For most of the kids, however, crossing the finishing line would give them no more than bragging and boasting rights for days to come. What their young minds didn't know is that being an Ironkids finisher would also give them a sense of personal satisfaction, help build self-esteem and confidence. Hopefully, their Ironkids experience would be the beginning of a lifelong commitment to developing strong bodies, happy hearts and healthy lifestyles.

### Brianne

Brianne had talked about doing Ironkids for over a year. She's been a "tri-groupie" since she was four, part of the family support structure for almost all of my races. She has always been there at the finish line waiting for me with a big hug and a smile. She enjoys being at races, schmoozing with the triathletes, hanging around the finish line. She knows triathlon: distances, times, the major players like Dave Scott, Mark Allen, Brad Kearns, Wolfgang, Scottie "V", Paula Newbury-Fraser and Erin Baker. She can speak the language—drafting, d.q., splits, transition time, how many bags? were you in the tent? She understands the sense of personal frustration and failure of the dreaded "dnf". She has wanted to be a triathlete for as long as I can remember. Ironkids was the natural progression and to be her official entrance into the triathlon world.

### Brianne and Whitney

Bri and her best bud Whitney signed up for the race in early July. They trained sparingly, a couple of short runs around the block, rode their bikes several times to Short Stop and played "marco-polo" in the pool. Caitlin, Bri's older sister, had been the designated trainer early on but had not had much success in getting the two little girls to follow any regular training regime.

For many of the Ironkids, the swim leg was to be the toughest. Bri and Whit did not have swim team experience like some of the Ironkids, nor were they totally hydrophobic non-swimmers. They were somewhere in between, with less than polished freestyles, but able to make it through the swim without having to resort to the humiliating dog-paddle. They were not BMX racers either, but they could ride their mountain bikes well, if not fast. They could both run, however, and run fast.

The night before the race we talked strategy, fluid intake, food and what they would wear. Bri had decided to do the whole race in her swim suit with a race belt rather than take the extra time to pull on a singlet and running shorts. Whitney opted to race in more traditional attire—shorts and shirt. Neither would carry a water bottle or energy bars; they would eat a good breakfast and hydrate well before the race. Finally, we discussed transitions, the importance of "running the run" and finishing strong. They were ready as they could be—ready to do their first triathlon on youthful spirit, guts and adrenaline.

(continued on next page 41)

(continued from page 40)

## The Race

Race morning, all 357 Ironkids were lined up by age group on the east side of the pool at Cosumnes River College. They had been body marked and were waiting for the wave starts. They each had ants in their pants, some had to pee, others were just suffering from pre-race jitters.

Brianne and Whitney would leave in the same wave, but swim in different lanes. As it became closer and closer to their wave start, our anxiety increased tenfold. Bri shared a lane with another nine-year-old girl. They began the 100 meter swim stroke for stroke through the first lap. They made the turn and Brianne ripped off her goggles. Beth and I were in total panic trying to figure out what had happened. Bri continued swimming somewhat in a zig-zag fashion bumping into the lane line. She was obviously swimming with her eyes closed because she almost ran into the nine year old sharing the lane with her. We later found out her goggles were leaking and she couldn't see anyway. She finished the swim in a little more than two minutes. She ran to her bike, pulled on her helmet, lifted her bike off the rack and took off on the five kilometer ride. Her mountain bike with the twenty inch wheels, two inch tires and thirty pounds of weight was far from light and aero. A little over sixteen minutes later she was back into the transition area and ready to run. She knew, run the run. As she completed the one kilometer loop she passed a dozen other Ironkids. As she rounded the last turn, her mother, sister and I began running outside the track with her. Unfortunately, we couldn't keep up! She was on a mission—to be an Ironkids finisher. She sprinted the last one hundred yards and passed beneath the rainbow arch. She was now a triathlete. She did not win or place, nor did she beat her best friend Whitney, but she tried as hard as she could and raced well. She made us all very proud.

The Ironkids experience is something every family should share. It is well organized, safe and a thrill to watch. If you want your child to tri-something-different, encourage an Ironkids experience in 1995.

## KONA: Part II Ironman Class of '94 Graduates!

by IBIRNMIN

Team Chip was well represented again on Kona for the Ironman Championship. Congratulations bigtime to you awesome Chip finishers !!!

Mark Gouge (30-34)	10:38
Bruce Aldridge (35-39)	10:45
Bruce Logan (40-44)	11:31
Peter Fitch (40-44)	13:49
Dan Quisenberry (50-54)	15:21

For the record, here is a quickly prepared and possibly deficient list of those Sacramento area triathletes that have made the "full moon" trip to the Big Island over the last several years:

Ryan Adamson, Bruce Aldridge, Cricket Banks, Ardis Bow, Jerry Brendel, Julie Brendel, Bob Bustabade, Ken Campbell, Gerry Cryderman, Brock Dagg, Mike DeCew, Sally Edwards, Doug Elliot, Rob Estes, Rich Falat, Lin File, Peter Fitch, Joe Gitt, Mark Gouge, Bob Hammond, Jim Hardigan, Curt Haury, Dave Holm, Nancy Huber, Rich Jackson, Felix Jaramillo, Brad Kearns, Kevin Keane, Lynn Keane, Eric Knight Lisa Lantsberger, Bruce Logan, Tom Marshall, Tony Milevsky, John Murphy, John O'Farrell, Kevin Pedrotti, Dan Quisenberry, John Sievert, Michael Taylor, Roger Taylor, Eva Ueltzen, Rob Ueltzen, Don Weaver.

## Go in the Snow with Snowshoes for Fun and Crosstraining

by Delmar Fralick

The function and sport of snowshoeing has changed little since its origination some 6,000 years ago. In the late 1700s, George Washington's troops used snowshoes as a form of transportation. For recreation, the troops would form relays and running events to condition themselves for anticipated battles.

Snowshoeing is not a common word in the sporting goods industry as of yet. But give those runners something new for crosstraining and fun, and the sport of snowshoeing will expand to new horizons. Available now are lightweight, hi-tech snowshoes that add speed and comfort to the workout. Yuba Snowshoes, a company owned by Chip Sally



Tom Joanson frolicking at a Fralick snowshoe event.

Edwards, and based here in Sacramento, developed and markets these snowshoes.

Last year there was a snowshoe Marathon and a series of shorter events. These events will be held again this year. Below are the dates established so far.

- 1/14 5K, 10K at Eagle Mountain
- 3/5 Yuba Snowshoe Marathon, 5K, 10K

Contact Delmar Fralick at Fleet Feet for more information.

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# Chip's Profile



by Theresa McCourt

**Name:** Mo Bartley  
**Date of birth:** May 12, 1955  
**Place of birth:** Scranton, PA  
**Current job:** Patient Care Coordinator, The Plastic Surgery Center  
**Marital status:** Divorced  
**Any pets:** Two horses, two kitties, three goldfish  
**Any kids:** No  
**Educational background:** Ralley College, Northridge CA, two years  
**Least favorite subject in school:** Math  
**Favorite subject in school:** Anthropology  
**Place of residence:** Cool, CA  
**Favorite thing about Sacramento:** Biba's

**Least favorite thing about Sacramento:** Fog  
**Best physical feature:** Legs  
**Worst physical feature:** Feet  
**Favorite books:** John Grisham's books  
**Book you are currently reading:** *Honor Among Thieves*, Jeffrey Archer  
**Favorite non-running magazine:** *Sunset*  
**Favorite artist:** Christian Reise Lassen  
**Favorite foods:** Italian  
**Favorite restaurant:** Pasquale T's, Auburn  
**Favorite musical performers:** John Melloncamp  
**Hobbies:** Horses, gardening  
**Collections:** Stuffed animals  
**Favorite games:** strip poker  
**Favorite vacation destinations you've already been to:** Tahiti  
**Favorite vacation destinations you haven't been to:** Bali, Australia, New Zealand  
**Favorite spectator sport:** Polo, equestrian events  
**Years running:** Seven years  
**Favorite racing distance:** 100-milers  
**Favorite races:** Wasatch 100, Western States 100, Double 49er, Point Reyes Marathon  
**Favorite running shoe:** Nike, Skylon TC  
**Favorite running clothing:** Fleet Feet hat  
**Favorite running foods:** Milk and turkey sandwiches, Reese's Peanut Butter Cups  
**Worst running-related moments:** Throwing up, which I've done a lot

**Most embarrassing running moments:** Falling in front of a photographer at the Sierra Nevada last year and landing on top of Bill Wise  
**Best running experience:** Western States 1993. It taught me a lot.  
**Best Buffalo Chips moment:** Having pizza and beer at Steve's on Tuesday night with Judy, Greg, Grant, Bill, Wayne, and Dana. Oh yeah, and don't forget that awesome stud Delmar.  
**Non-running achievement of which you are most proud:** Designing and building my own home  
**Secret fantasy:** You'll never guess, and I'll never tell  
**Pet peeve:** People who leave the faucet running too long  
**Political leanings:** Independent  
**Favorite famous quote:** "The credit belongs to the person who is actually in the arena, whose face is marred by dust, sweat, and blood, a leader who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause, who at best if he fails at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory or defeat." Theodore Roosevelt (1910)  
**Personal philosophy:** Live, love, and laugh and never stop learning  
**Short-term goal:** Run a fast marathon  
**Long-term goal:** Stay healthy and happy

# Buffalo bits

## Buffalo Buffoonery

1. What do old men and buffalo chips have in common?
2. What did the Buffalo Papa say to his kid as he left for his first day at school?  
(Answers below, but you might not want to know.)

1. The older they are, the more they are to pick up.  
 2. Bye, son.

**Bison Meat**  
 (AMERICAN BUFFALO)

...The Natural Choice

	per serving	CALORIES	FAT	CHOLESTEROL
BISON	93	118 g	43 mg	15 mg
Beef	183	117 g	73 mg	59 mg
Chicken	140	3.0 g	73 mg	59 mg
Turkey	125	3.0 g	73 mg	59 mg

\*Bison had 40% less fat 90 days prior to processing than published data.

## The Buffalo Dictionary

**anoa:** a dwarf species of bison.

**Tatonka:** 1. a Native American word for the great and strong spirit of the buffalo 2. soon to be utilized by a certain running club in the Sacramento area of Northern California as a cheer or word of encouragement spoken to fellow members during running events.

## Eating on the Go

by Carla Anson-Gottardi R.D.

It is 7:15 am and you have just returned from your morning run. You quickly jump in the shower, dry your hair, grab the things you need for work and speed off in your car. When you pull into the parking lot at work your stomach starts to grumble and you realize you forgot to eat breakfast. "That's ok," you think, "someone in the office always brings in doughnuts."

Does this sound familiar? Busy hison lifestyles lead to on-the-run eating. With a little planning those on-the-go meals or snacks can be nutrient dense and keep energy levels at the high intensity active people need. Here are some healthy suggestions for buffaloes grazing between meals.

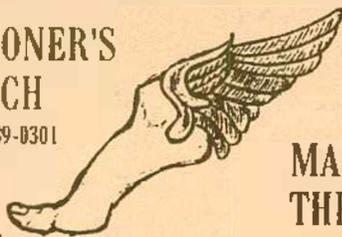
- Fresh fruit such as apples, bananas, pears, grapes, etc.
- Powerbars or any other low fat energy bar
- Muffins, look for the low fat or fat free choices or make your own and freeze them for gradual use
- Dry cereal makes a good snack when you are in a hurry
- Granola bars, low fat or fat free
- Yogurt
- Dried fruit such as raisins, apricots, or apples
- Popcorn, leave off the butter and sprinkle it with butter buds instead
- Bagel with fat free or low fat cream cheese or jam
- Pretzels, most are fat free but check the nutrition label to be sure
- Carrot sticks or any other vegetables such as celery, jicama, zucchini, etc.
- Rice cakes, they come in some delicious new flavors like apple cinnamon and caramel
- Fat free cookies, Auburn Farms or Health Valley make some good ones
- Fat free toaster pastries
- Cottage cheese comes in snack packs now
- Nuts, but not too many. They are a good source of protein but they are also high in fat

*ed. note: Do any of you Chips have ideas for eating on the go? Send them to us to print for your fellow starving, hypoglycemic runners. I'll add yogurt cones and milkshakes. And how about Sushi? Mmmmm.*

SPORTS • SWEDISH • DEEP TISSUE • ACUPRESSURE

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TOUCH**

Phone: 489-0301



**MASSAGE  
THERAPY**

**KIM ISHAM  
CERTIFIED MASSAGE THERAPIST**

**UCD**  
UC DAVIS  
MEDICAL CENTER **MC**

## PERFORMANCE TESTING—A BARGAIN AT 50 BUCKS!

by IBIRNMN

VO2 max, AT, MHR, rpms, wattage, body fat, lean body weight—what do they have in common? They are all components of the performance testing program offered by UCDMC. For the price of a pair of "middle of the road" running shoes—\$50—UCDMC will develop personalized training and performance profiles for area runners, cyclists and triathletes.

Schedule an appointment now and pony up the \$50 to scientifically learn your anaerobic threshold, maximum heart rate, maximal oxygen uptake, watts of power produced, and as a bonus, body fat and lean body weight. Find out if you have developed a large "left" heart, an athlete's heart, or simply if you have any abnormalities with your ticker. You can be tested either on a treadmill or on a cyclometer—your choice. Here's how my test went.

I scheduled an appointment for 8:00 am at the Performance Testing Lab at UCDMC on Stockton Blvd. I arrived a little after 8:00, after driving around the complex, lost for at least 15 minutes. Room 5202 on the fifth floor of the main hospital is where I was supposed to be. Kent Mercer, Licensed Respiratory Therapist and Exercise Physiologist, the technician responsible for conducting the testing, had me change into exercise clothes and ready myself for the performance testing. He began by asking me basic biographical information—height, weight, age, etc.—and entered this data into his computer. He then took out the calipers and measured body fat at different points on my frame—tricep, belly, love-handle, thigh. Next, he placed half a dozen electrodes on my back and chest to connect me to the heart monitor. I chose to test on the cyclometer rather than the treadmill for I was about to have reconstructive (ACL) surgery on my right knee the following Tuesday.

I began warming up on the cyclometer, spinning easily at 90 rpm's and 50 watts of power. I did this for about 10 minutes. The required effort was like pedaling downhill in a very easy gear. My heart rate was recorded and the data entered into the computer.

Following the warmup, I had to work a little harder. We were now going to establish baseline data for the performance profile. I continued to pedal at 90 rpm's, but Kent increased the load to 150 watts. I rode under this effort for 5 minutes breathing into a tube suspended in front of me. The breathing tube measured oxygen intake and carbon dioxide output. My heart rate was also recorded as it began

(continued on next page 44)

(continued from page 43)

to climb. It was into the low 120's.

After 5 minutes at 150 watts, Kent cranked up the throttle again and had me maintain the same cadence but at 200 watts of output. I was breathing through a tube, nose pinched shut with something akin to a clothes pin, which was not only awkward but terribly unnatural. Every once in a while, I'd try to get a little extra air through my nose and my ears would pop because no oxygen could get in. This was one of the more difficult parts of the test to get used to.

Back to pedaling—200 watts of output, in retrospect, was a pretty good load. I felt the quad muscles fatigue as the lactic acid built up. For you cyclists, the effort was equivalent to riding in your 53X14. At the end of 5 minutes, Kent shut me down. My heart rate was in the 150-155 range. He now had baseline data for measured intervals (5 minutes), at a certain workload (150 and 200 watts) and sustained cadence (90rpm's). With this information, I could now go back and retest at the same load, interval and cadence and check my heart rate to determine if I was in better or worse shape. A lower heart rate would mean improved fitness; a higher heart rate, a decline in fitness.

I recovered for 5 minutes or so again spinning freely. Now we were ready for the "Grand Finale"—anaerobic threshold (a.t.), maximum oxygen intake (VO2 max), and maximum heart rate (m.h.r.). We were now ready to take the heart, lungs and muscles to the pinnacle of pain and effort.

I was to maintain cadence again at 90 rpm and pedal to exhaustion (maximum heart rate) as the load increased from 0 watts to burnout, all the while breathing and exhaling into a one inch tube suspended in front of me. I began—50 watts, 100, 125, 150, 200. Because of the previous effort, I was already sweating profusely, breathing hard, and building up lactic acid in my legs. 225, 250, 275—heart rate was now well into the low 160's and breaths coming in audible gasps. 300, 310—Indurain has produced 550 watts of power, Lance Armstrong, 500; I felt awful. I was now breathing as deeply as I could to suck in every precious oxygen molecule. Heart rate was now in the mid 170's. 315, 325, 330—I was sweating so much and my breathing was so labored, that I was having a hard time reading the cadence and wattage on the cyclometer. Kent now had me increase my cadence to as fast I could pedal. I was just about ready to explode—cadence, 106, wattage close to 350 and heart rate somewhere in the ionosphere.

I finally blew. The total test lasts 8 minutes, 32 seconds. The maximum wattage reached, 351. At the conclusion of the one and a half hour session, I showered and changed into work clothes while Kent began to interpret the raw data. My profile is: body fat at 8.6%, mhr at 184, anaerobic threshold at 155, and VO2 max at 70.

Everyone is different. Some of my triathlete and running buddies have relatively low "mhr's," while others, like myself, do not fit the universal profile of 220 minus age equals maximum heart rate. I'm almost 48, therefore, based on the formula above, my theoretical max should be no more than 172. It's all relative. If you cross the finish line in 32 minutes running a 10k and your heart rate is only 160, you're still one hell of a lot faster than I am at a 37 minute 10k and a maximum heart rate of 184!

Give Kent a call at 734-2244 and set up an appointment. Performance testing will only be provided as long as local athletes use it.

(State of the Herd, continued from page 2)

Dan Lang I first met briefly a couple of years ago at one of those Saturday morning University Park tempo sessions that George Parrott frequently asks us to endure. A couple of Saturdays later, I ran into him at a continuing legal education program being held at McGeorge School of Law. Copyright law was the subject, and I sure wished I had chosen Parrott's version of self-inflicted pain instead. Anyway, I learned right away that Dan has a greater capacity for the arcane aspects of the law than I, and that in addition to being a non-practicing lawyer, he was *el jefe supremo* (for those of you who never took Latin or Greek, that means he's the guy who never has to say "yes, sir") of the Auburn Farms and Nature's Warehouse health food empire. Health foods, you say? Like those yummy no-fat cookies and fruit newtons? Yeah, and we've been hitting Dan up for plenty of those babies for post-race refreshments ever since. Dan, who got his law degree from Boalt Hall at U.C. Berkeley, used to be a practicing lawyer in Los Angeles, specializing in entertainment law and real estate investment syndications. When he wearied of doing the bidding for others, he scrapped the practice of law in favor of managing his own real estate and securities investments (sounds like financial independence to me). Dan, who is married and has a two-year-old daughter, Zoe, joined the Chips in 1992. Being the greedy souls that we are, we figured if Dan has fig newtons coming out the ears, maybe, just maybe, he has a few extra bucks to be one of our major race sponsors. What, you say you sure appreciate the Tyvek jackets we passed out at the Buffalo Stampede? Wouldn't have been possible without the generous financial support of Dan.

Leigh Rutledge has been running since 1986 and joined the Chips in 1987. She has been an active participant and volunteer in club activities and is presently on the Board of Directors as our Volunteer Coordinator. Never a shrinking violet, Leigh speaks her mind at board meetings, and, as a sign that her skin is as thick as mine, volunteered two years running to be on the Awards Committee. Leigh has been in the real estate profession since 1981 and is presently a broker with the Sierra Oaks office of Dunnigan Realtors. Leigh grew up in Idaho and received a B.A. degree in marketing at Boise State. When asked where she lived before coming to Sacramento, her response was "a lot of places", but when pressed confided that Austin, Texas, was a way-station for a short time immediately before Sacramento. If you don't know what Leigh looks like, you just haven't been paying attention. For the last four years Leigh has had an ad with her picture on it in each issue of *The Buffalo Enquirer*. No, folks, the ads aren't free. Leigh knew I was going to be writing about her in this issue, and said to be sure and mention the fact that one of the best things about joining the Chips is that she met, and married, our own Bill Hambrick. So who might you go to when you want to buy or sell a house? Brilliant, go to the head of the class.

In the words of Ian Shoales, "I gotta go."

JOE STAATS  
High Dunger



*(Tom and Rich's Great Adventure, continued from page 15)*

placed 5th, unable to improve on their 1993 performance of 3rd place. The team standings had Germany first with Japan only 41 seconds behind and the Americans 12 minutes back in 3rd. For the women, Russia was the runaway winner followed by France and Great Britain.

The finish line of this 62 miles of madness was landscaped with hundreds of locals from the town of Tokoro. A high percentage were children in school uniforms cheering wildly and waving flags for anyone with a bib number, or a camera in Mike's case. Even the local high school marching band was performing where the runners made one last turn for the finish line.

As more of the top runners accumulated and collapsed around the finish area, the thoughts on their minds were universal, "give me ice and Advil now" so that "if I never do this again I might still be able to use my knees when I retire." Tom and Rich got the royal leg massage treatment by teenagers in the basketball gym. It took one and a half hours of therapy before Rich could put one foot in front of the other and remain standing.

As the afternoon wore on, the last of the runners continued to hobble in. With the entire U.S. team reunited, it was time to catch the shuttle back to the athletes village. As this happened, the weather was getting cooler and cloudier. By the time the bus arrived at the village, a few rain drops had already fallen. Within an hour or so, the village was being bathed in a thick tropical rain, which made a fitting end to a very long day of agony and triumph for Tom, Rich and for anyone who simply survived.

Later that evening, the Chips got together with the rest of their teammates for dinner and brewskies. There was not a lot of dancing, and the Americans had plenty to celebrate with their third place overall victory and Tom and Rich's strong finish. In fact, Rich was feeling so good, he and Mike decided to end the day with a little more basketball and ping pong.

Monday morning started a little later and a bit slower than previous mornings. Tom and Rich had the unenviable task of descending from their top bunks. This accomplished, the two hobbled their way to breakfast each trying to waddle less like a penguin than the other. Mike slept in after a late night celebration with the victorious Russian womens' team. After trading war stories over breakfast, the athletes packed their bags and left the village for the noon-time awards ceremony and closing festivities.

The awards ceremony at a fancy hotel situated at the 60k mark of the race course commenced with several Japanese folk songs and speeches. It is customary to give officials of the host country gifts of goodwill. The Americans presented the officials with miniature Liberty Bells provided by our team doctor who happens to reside in ... you guessed it - Philadelphia. After the presentation of awards, which consisted of tile plaques with beautifully hand painted floral designs, the crowd filed outside for more sushi and beer. Successfully regaining some of yesterday's lost poundage, the Americans boarded a bus and quickly arrived at a local youth hostel for their last night in Japan.

After receiving room assignments and unpacking, the Chips and some additional teammates ventured out for a long walk in an effort to break down some of the ever present lactic acid. The turnaround point of the walk happened to be a Japanese mom and pop grocery store in a small town called Hamasaroma. Immediately upon entry, it was obvious that foreigners rarely patronized this particular establishment. Although, up to this point in the trip everyone had been treated exceptionally well, nothing compared to the hospitality the group received in this quaint little market. Samples of varying and mysterious forms of seafood were offered fresh from the sullied hands of the store fisherman who was just off the boat and still in his soggy fishing boots. In addition, hand carved wooden key chains and town pins were generously presented to the foreigners. Before leaving, each customer, turned guest was encouraged to sign his/her name and

hometown on a special placard with gold trim hung on the store wall for posterity. The Chips promised to return after dinner.

After enjoying the best dinner of the trip (even better than the Shakey's Pizza in Sapporo) and armed with several American souvenirs, the Chips set off to visit their new found friends in Hamasaroma and reciprocate their generosity. When they arrived for the second time, the Chips were treated with even more enthusiasm than the initial visit. With each gift given by the Chips, another gift came back to them. This time we received homemade oragami and chopstick holders, ultraman gummy candies and various other treats. It was now much past closing time and clear that the storekeepers were in no hurry to see the Chips leave. However, after taking group photos with family and friends, the Chips graciously bid Sayonara and started their one and a half mile trek back to the hostel. Yet, barely a block down the road, a Toyota van pulled alongside the Chips and the driver, a friend of the storekeepers, herded the Chips inside and gave them front door escort service back to the hostel. Still reeling from the overwhelming hospitality, the Chips ate a few ultraman gummy candies and bunked down for a good night's rest in preparation for Tuesday's ultramarathon day of travel.

Breakfast came early on Tuesday. One final meal at the hostel and it was time to turn in those short plastic slippers for the last time. At 7 am they boarded the bus to Sapporo, and by 2:20 that afternoon, the Chips had boarded a plane in Sapporo headed for Narita. The in-flight meal is worth mentioning. It consisted of a sealed plastic wrapped sandwich-looking thing that appeared to be the sponge that comes with a can of Turtle Wax, even at close range. It was a green spongy bun sliced in half with a dark brown, sticky, lumpy filling. Rich tried to sneak his onto someone else's tray, Tom put his in a bag to bring home for lab testing, and Mike took a bite out of his on a dare by Rich. Big mistake. It was the first time Mike unfolded the airplane bag without trying to be funny or curious. Everyone worried if the pilot was being served the same.

At 5:45 Tuesday evening, the team was on its way off of the main island headed for home turf. By some weird luck, Tom and Brian Purcell were bumped up to first class, and they were not even upset. Feeling guilty, those in first class sent a couple bottles of wine to their teammates in coach. A glass or two later and it was nap-time for the rest of the flight.

Seeing the coastal mountain range bordering Seattle was a welcome sight for the Chips. The bad news was that it was 10:00 a.m. Tuesday all over again. Finally, after an hour of "good-byes" and "don't forget to write me's" with the U.S. and Canadian members, Tom, Rich and Mike were on the last leg of the Big Adventure. It was a weird feeling being on a flight barely half full and quiet heading south to Sacramento after getting on a bus at 7 a.m. in a small fishing village on the north coast of Japan.

Tom and Rich's Big Adventure concluded at 1:30 PDT with touchdown at Sac Metro. The trio was a little disappointed to find there were no live TV camera crews waiting as they came off the plane. However, the Chips were happy to make it back to the herd in time for the Tuesday night workout.

*Special Note: We would like to thank the Buffalo Chips for the generous support shown for our Japan adventure. In addition thank you to all the Chips who participated in the Tom & Rich's Big Adventure fundraiser fun run and to many other Chips, too numerous to name, who aided our endeavor.*



# Tuesday Night Workout

## What's the group for me?



This is the most often asked question on Tuesday nights by neophyte Chips. Below you will see a list of standards to give you a rough idea of the weekly mileage and pace per mile of which you should be capable. Feel free to ask fellow Chips for more information. The workout coordinator, George Parrott (the guy with the megaphone), is available for questions at the workout or by phone (488-6580).

Group	Weekly Dist.	Tues Dist.	10k PR	Mile PR
1 (walkers)	< 15mi	3-4m	na	12min
2 (steady state)	< 20 mi	4-6m	58+	9 min
3 (transition)	25-30mi	4-6m	55+	8:30min
4	30-40mi	6-8m	49+	7:45min
5	35-45mi	6-8m	45+	7:15min
6	40-55mi	7-8m	42+	6:30min
7	40-70mi	7-8m	39+	6:00min
8	45-75mi	8-9m	37+	5:45min
9	45-90mi	8-9m	35+	5:20min
10	45-120+ mi	8-9m	< 34	< 5:15

The best workout is run "hanging on"—not leading a group; if you are leading, you should be in the next higher group!!!

## CLASSIFIEDS

**WANTED:** a take-charge type interested in race finish-line volunteer work. Call Sandi Falat at 362-9762.

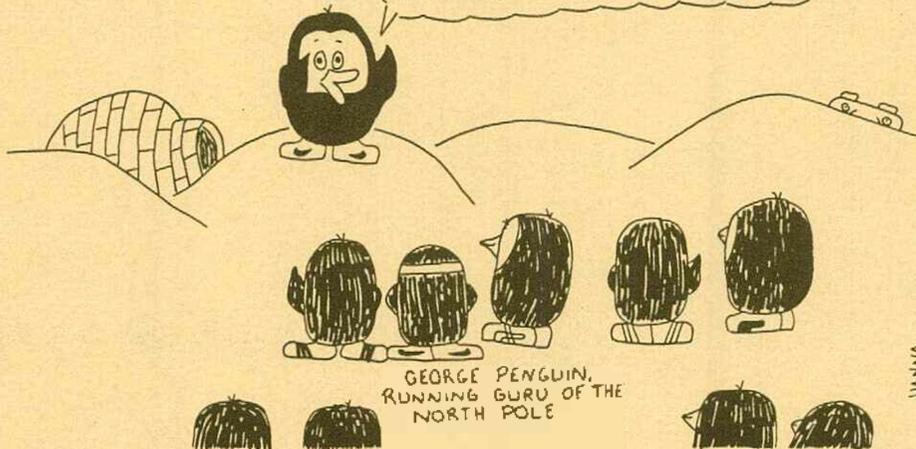
**FOR SALE:** a Wharf to Wharf poster. It's a classic! Call Barbara Farren at 486-8470.

**WANTED:** information leading to the thief who broke into my car at Arden Fair and stole my back-pack. It's the Skylons in the pack that I need! Reward! Tell Carol (she's the only barefoot person Tuesday night at Steve's).

**PERSONAL:** whoever you are who stole my back-pack at Arden Fair on 10/29, there's a reward waiting for you if you just return my skylons. No questions asked! Leave a note for Carol, 5:30 pm, Tuesday at Steve's Pizza on Howe.

**WANTED:** Volunteers to get race results! Thought I'd put this here in case you didn't read my Editor's Droppings.

"Tonight's workout will consist of 4 one mile repeats with a one quarter mile jog in between. Run at your normal race pace... Oh... watch out for the Polar Bear Running Club. They were a little upset with our team win last week at the Santa 10k. I think they know it in for us!"

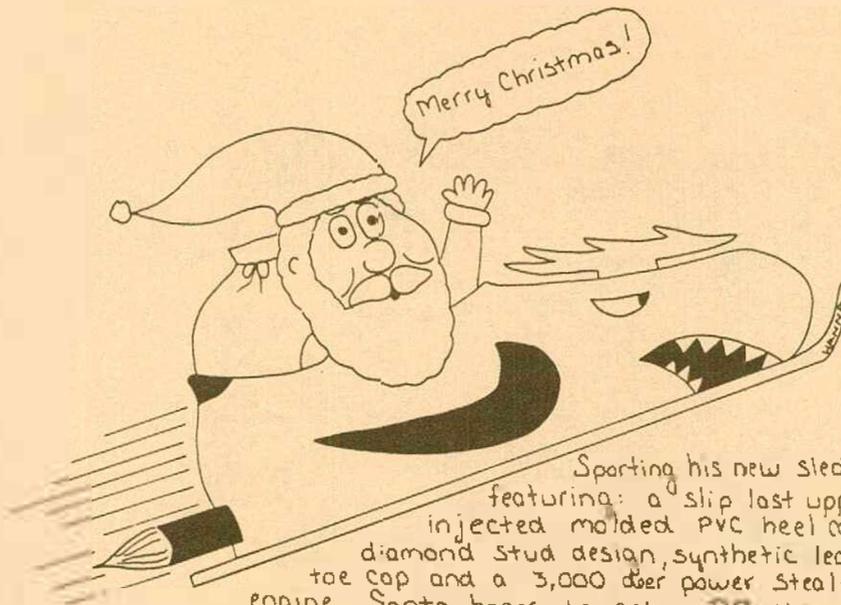


Doug Hanna

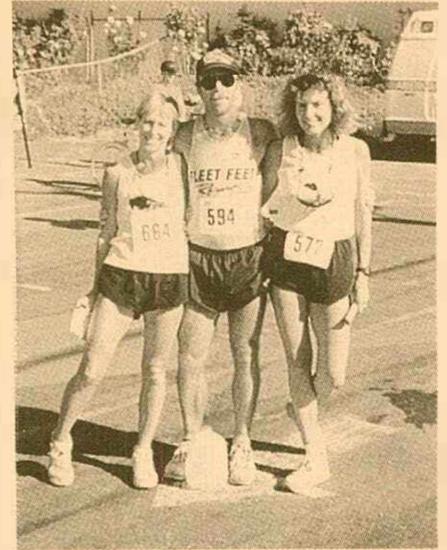
HANNA

GEORGE PENGUIN,  
RUNNING GURU OF THE  
NORTH POLE





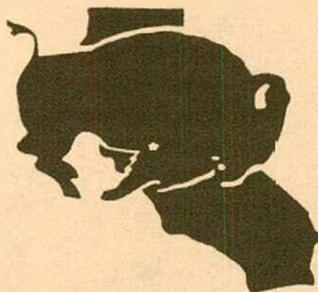
Sporting his new sled featuring: a slip last upper, injected molded PVC heel counter, diamond stud design, synthetic leather toe cap and a 3,000 deer power Stealth engine, Santa hopes to set a PR this holiday season.



Here's Rae Clark with a Chip on each shoulder.

### Ideas to simplify your Christmas shopping:

1. Give a Buffalo Chips Running Club Membership. Gift Certificates available from Steve Topper (see below).
2. How about an Entertainment Book? Discounts at fine restaurants, hotels, airfare, a gift that will "give" all year!
3. Buffalo Chip clothing and gear--great values!



# BUFFALO CHIPS GENERAL STORE

THE BUFFALO CHIPS GENERAL STORE is open for business with a wide array of "official" Buffalo Chips merchandise. The apparel all have the Buffalo Chips name and Buffalo logo.

HEAVY-DUTY, HOODED SWEATSHIRTS	\$20
COOLMAX RACING SINGLETS	\$12
SHORT-SLEEVED T-SHIRTS	\$ 6
BUFFALO CHIP SOCKS	\$ 2
SMALL WATER BOTTLES	\$ 2
LARGE WATER BOTTLES	\$ 3
REFLECTIVE VESTS	\$ 5
ENTERTAINMENT BOOKS	\$40
A BUFFALO CHIP - INDIVIDUALLY PACKAGED	\$ 1
MEMBERSHIP GIFT CERTIFICATES	\$20 /\$25

This merchandise can be purchased at Tuesday night workouts and at most area races on weekends. In addition, you can call Steve or Blanca at (916) 424-3454 and make arrangements to pick up merchandise in the Pocket/Greenhaven area in the evenings. We can make arrangements to ship merchandise to you. Call for details.

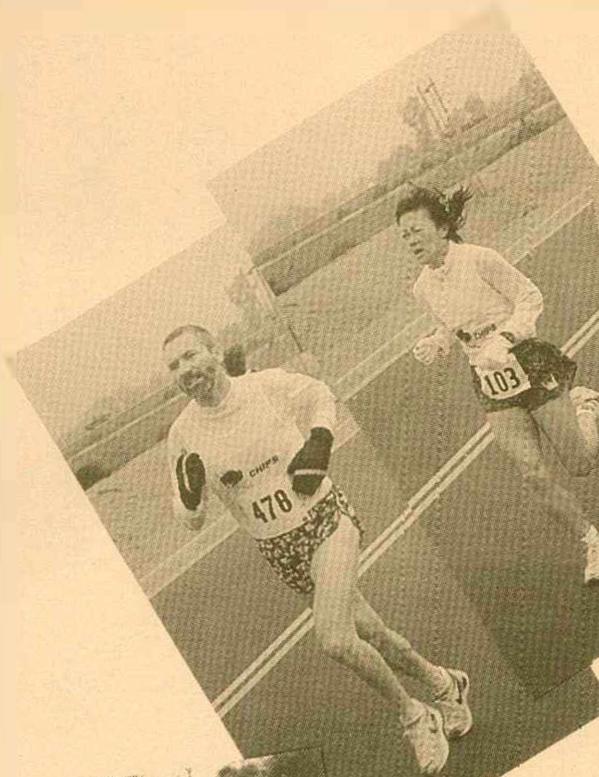


## DUNNIGAN *Sierra Oaks*

2394 Fair Oaks Blvd.  
Sacramento, CA 95825

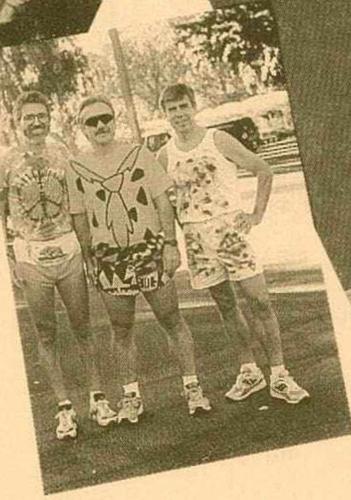
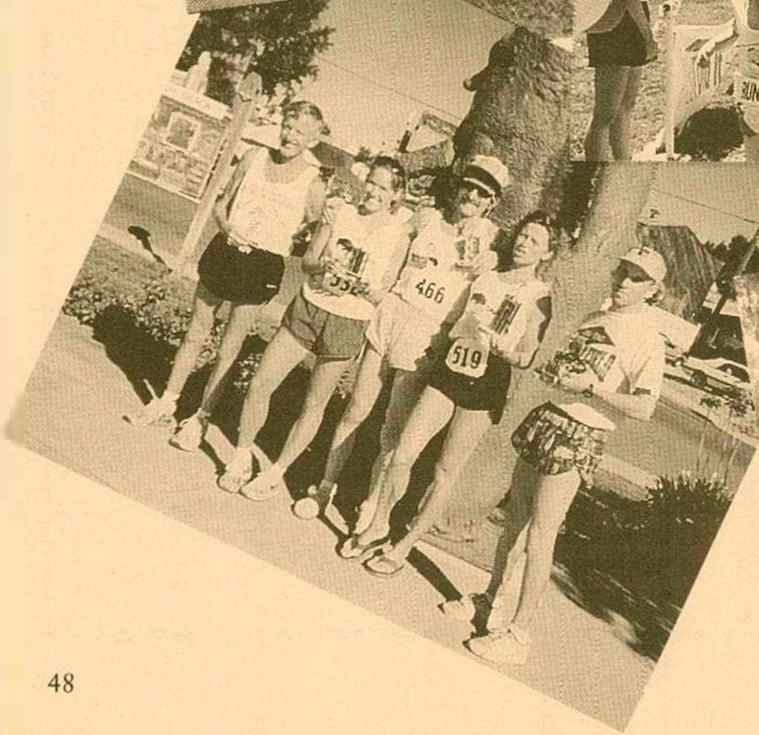
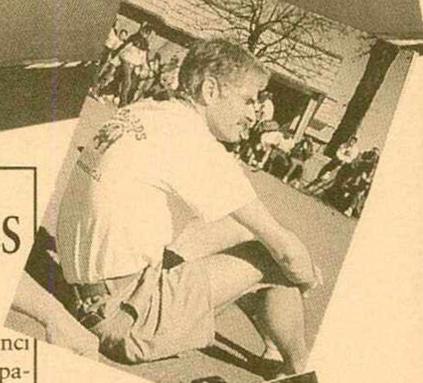
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# THE YEAR IN PICTURES

Photo credits go to Eric Ianacone, Ted Reiger, Cyncl Calvin, Laura Kulsik, Bob Whitehead, Linda Apathy, Mike Ammon, Dennis Scott. Remember the originals will be for sale at the Buffalo Bash for a nominal fee, proceeds of which go to a selected good cause.



More of

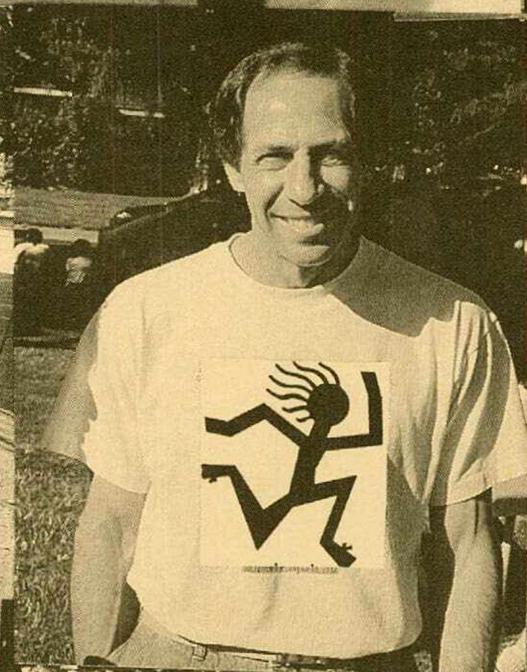
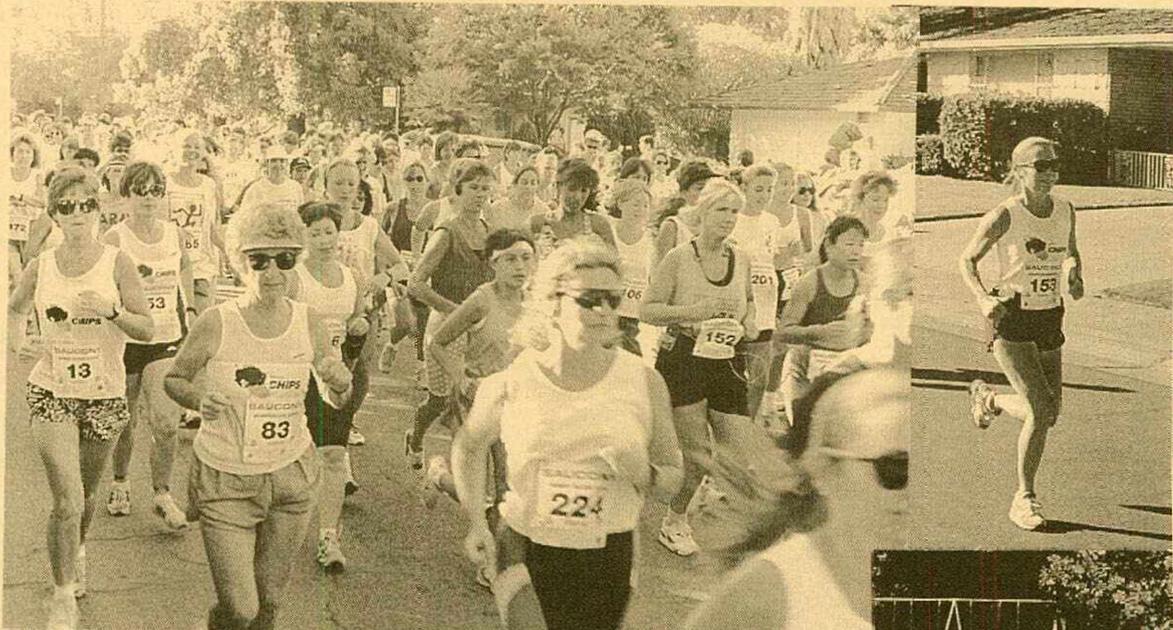
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1994



# CLUB STUFF

## DUES ARE DUE BY JANUARY 1, 1995!!

the bad news: they're going up to \$20 for a single membership and \$25 for a family membership.

the good news: the price is still the best bargain in town. One new member thought it was just great that we only charged \$20 a month! We did set him straight, but it started your Treasurer, Steve Topper thinking.....

Cal 10 is the first USATF event of '95 and it's on Sunday, January 8. So start talkin' TEAM, renew your USATF cards pronto, and start the year off right for the glory of Chipdom. We have plenty of runners in all age groups. The USATF runs are well-organized and fun. For more information, contact George Parrott (488-6580).

**PARTY, PARTY, PARTY!!!**  
saturday, december 4, 5 pm at bleacher's pub on  
university for the **BUFFALO BASH** pasta dinner.  
it's free to all members (\$7 for nonmembers). c. i. m.  
video will be playing. year end awards will be pre-  
sented. party 'til the cows (and bulls) come home!  
**PARTY, PARTY, PARTY!!!**

**BE THERE OR BE !!**

January 7 at 8 am for the  
Members Only 5K (Uni-  
versity Park course), elec-  
tions, and potluck brunch  
(University Park Club-  
house). 489-4181

*Steve Ashe requests the pleasure of your company at two CIM weekend events. On Sat., Dec. 3, Volunteers are needed to assist him with the Jingle Bell Run for Arthritis in William Land Park. On Sunday, Steve is in charge of the Buffalo Chips aid station at mile 15. This is reputed to be one of the most fun volunteer activities of the year. Call him early to reserve your place. 366-6772*

## WANTED

Information concerning your fellow Chips for Year End Awards! Give any information you might have concerning fellow Chips' achievements to the Awards Committee. Categories are:

- Outstanding Male and Female Runners
- Most Improved Male and Female Runner
- The George Parrott Award for Club Contributions
- Volunteer of the Year

Awards Committee: Joe Staats, Steve Ashe, Leigh Rutledge

## THANK YOU!

THANKS ARE DUE TO ALL THE CHIPS WHO ASSISTED AT THE AMERICAN RIVER PARKWAY CLEAN-UP ON SEPTEMBER 9. YOUR WORK IS APPRECIATED BY THE WHOLE COMMUNITY!

## RACES, RACES, RACES POST ON YOUR REFRIGERATOR!

### November 1994

Sun., 11/13	Clarksburg Country Run 30K/5K/kids 1M	Clarksburg	916/983-4622*
Sat., 11/19	Davis Turkey Trot 5K/10K, kids runs	Davis	916/757-6017*
Sat., 11/19	PA/X-Country 6K/10K Championships	S.F.	415/252-5370
Thurs., 11/24	Run to Feed the Hungry, 10K/2K	Sacramento	916/852-8463*
Thurs., 11/24	Thanksgiving Turkey Trot 5K/10K	S. F.	415/665-3397
Sat., 11/26	Quadruple Dipsea	Mill Valley	418/94-1336
Sat., 11/26	Seattle Marathon/1/2-Marathon/8K W	Seattle, WA	206/821-6474
Sun., 11/27	Run To The Far Side (Gary Larson T-shirt!)	S. F.	415/387-2178*

### December

Sat., 12/3	Jingle Bell Run for Arthritis	Sacramento	916/368-5599
Sun., 12/4	Calif. Int'l Marathon	Sacramento	916/983-4622*
Sun., 12/4	Dallas White Rock Marathon	Texas	214/526-5318
Sat., 12/10	Christmas Classic 5K/10K	Rancho Cordova	916/852-TIME
Sun., 12/11	Honolulu Marathon	Hawaii	808/734-7200
Sun., 12/17	Christmas Wish Run 5K, 10K	Folsom	916/852-TIME
Sun., 12/18	Christmas Relays 4X4.64 m.	S. F.	510/635-9508
Sat., 12/31	First Run 2M run/walk, midnight	Sacramento	415/387-2178

### January 1995

Sun., 1/1	Resolution Run 5K/10K	West Sac	916/372-7367
Sun., 1/8	Cal 10	Stockton	209/478-2802*
Sun., 1/8	Walt Disney World Marathon, Orlando	Florida	406/827-7200
Sun., 1/15	Houston-Tenneco Marathon	Texas	713/864-9305
Sat., 1/21	Record Searchlight 1/2 Marathon, 2m, 10K	Redding	916/241-3215
Sun., 1/29	Home Depot 1/2 Marathon, 5K	S. F.	415/346-2846*

### February

Sat., 2/4	Las Vegas Marathon & 1/2 Marathon, Great Chips Tripl		702/876-3870*
Sun., 2/5	Davis Stampede 5K/10K/1/2 Marathon	Davis	916/757-6017
Sun., 2/5	Long Beach Marathon, 1/2 Marathon	Long Beach	310/494-2664
Sat., 2/11	17th Jed Smith Ultras, 50K, 50M	Sacramento	916/344-2878
Sat., 2/11	Lover's Run 5K, 10K, 1/2 Marathon	Placerville	916/622-5551

### March

Sun., 3/5	Suffer Home Napa Valley Marathon Napa		707/255-2609*
Sun., 3/5	Bidwell Classic 1/2 Marathon	Chico	916/898-4791
Sun., 3/5	City of Los Angeles Marathon, 5K	Los Angeles	310/444-5544
Sat., 3/11	Cool Canyon Crawl 50K Trail Run	Cool	916/885-3438
Sun., 3/12	County Bank Rascal Creek Run 10K, fun runs, RRCA 10K Championships	Merced	209/723-3911
Sat., 3/18	Pocket Pursuit 5kR/30kR/5kR	Sacramento	916/782-8124
Sun., 3/26	Houlihan's to Houlihan's 12K	S. F.	415/387-2178

### April

Sat., 4/1	16th American River 50M, Sacramento to Auburn		916/783-1558
Mon., 4/17	99th Boston Marathon, awesome Chips Trip		see page 6 for details

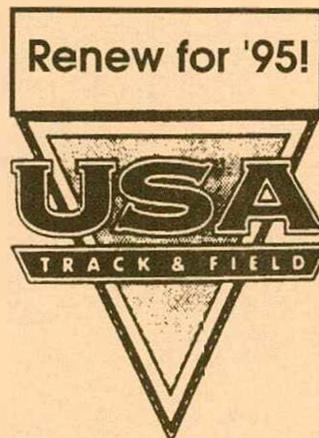
\*Entries in October or November Schedule

### USAT&F LDR Grand Prix Races

<b>1994</b>	
11/13	Clarksburg 30K, Clarksburg, 916/983-4622
12/4	Calif. Int. Marathon, Sacramento, 916/983-4622
<b>1995</b>	
1/9	Cal 10, Stockton, 209/478-2802
3/26	Houlihan's to Houlihan's, S.F., 415/387-2178

### USAT&F Ultra Grand Prix Races

<b>1994</b>	
11/12	Gibson Ranch Multiday Classic, Sacto., 916/638-1161
11/26	Quadruple Dipsea, Mill Valley, 415/894-1336
<b>1995</b>	
2/18	Helen Klein 100K, Sacramento, 916/638-1161
4/1	American River 50M, Sacramento, 916/783-1558
4/15	Ruth Anderson 100K, San Francisco, 415/994-6128
5/13	Quicksilver 50K, San Jose, 408/978-5199
5/20	Silver State 50K, Reno, 702/356-2024
6/24	Western States 100M, Squaw Valley, 916/638-1161



## 1993-1994 PA/USATF Ultra Grand Prix Chip Standings

The Ultra Grand Prix season ended in '94 with the Western States 100. Congratulations to the following Chips for their efforts, and contributions to the glory of Chipdom!

### Open Men

6. Rick Simonsen
20. Bruce Aldrich
24. Brad Lael
34. Bill Hambrick

### Open Women

6. Diane Kato
9. Mo Bartley
14. Cindy Scott
15. Theresa McCourt
18. Christine Iwahashi
20. Laura Kulsik
24. Sue McGee

### Men, 40 & over

5. Chuck Honeycutt (\$50)
9. Eric Ianacone
14. Mike Hernandez
17. Rae Clark
19. Mark Samuelson
23. George Parrott
26. Dan Pfeifer
27. Fred Kaiser
53. Dennis Scott

### Women, 40 & over

1. Barbara Ann Miller (\$150)
2. Chris Flaherty (\$100)
9. Jan Levet
24. Patricia Honeycutt

### Men, 50 & over

4. Lee Rhodes
12. Joe Pope
14. Elliott Eisenbud
15. Gordon Hall
22. George Parrott
30. Richard Jones

### Men 60 & over

3. Lee Rhodes
4. Gordon Hall

### Open Women's Team

2. Chips
- Master Men's Team
1. Chips
- Master Women's Team
2. Chips
- Mixed Teams
1. Chips

### Open Women's Team

2. Chips
- Master Men's Team
1. Chips
- Master Women's Team
2. Chips
- Mixed Teams
1. Chips

### Master Men's Team

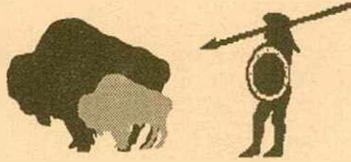
1. Chips
- Master Women's Team
2. Chips
- Mixed Teams
1. Chips

### Master Women's Team

1. Chips

And good luck to all you ultra Chips in the '94/'95 season. How about sending your editor some results and write-ups? We're already missing the Sonoma Run for Sight on 9/10, the Napa Valley 50M on 9/24, and the Firetrails 50M on 10/15.

Buffalo Chips Bison are shown here in spirited competition with the Roman Warrior of their U. K. sister club, The Stockport Harriers.



**DATES TO REMEMBER!**  
**CLUB MEETINGS, SOCIAL, AND VOLUNTEER EVENTS**

**DECEMBER**

- Sat., 12/3 Jingle Bell Run for Arthritis, Wm. Land Park  
Steve Ashe, 366-6772
  - Sun., 12/4 California International Marathon, Folsom to  
Sacramento, Steve Ashe, 366-6772
  - Sun., 12/4 The Buffalo Bash, dinner free to members, 5 pm,  
Bleachers Pub on University Ave., Sacramento
  - Wed., 12/7 Board Meeting, The Good Earth on Arden, 6:30 pm
- JANUARY, 1995**
- Wed., 1/3 Board Meeting, The Good Earth at Arden, 6:30 pm
  - Sat., 1/7 Members only 5K, Potluck, and Board Elections, 8 am
- FEBRUARY**
- Wed., 2/1 Board Meeting, The Good Earth at Arden, 6:30 pm
- MARCH**
- Wed., 3/1 Board Meeting, The Good Earth at Arden, 6:30 pm

**1994  
 Buffalo Chips  
 Board of Directors**

Joe Staats, President	489-4181
Steve Ashe, Vice-President/Sponsorships	366-6772
Sandi Falat, past President	852-0768
Steve Topper, Treasurer	424-3454
Trudy Roselle, Secretary	363-7127
Cliff Stapf, Publicity	989-0808
Dick Kinter, Membership	944-1503
Leigh Rutledge, Race/Volunteer Coord.	487-7420
Po Adams, Mail Distribution	481-3983
Carol Parise	773-3864
Dave Ragsdale	922-6199
Rex Paulsen	863-1157
Beckie Starsky	983-6067

**Other Important Chippers**

George Parrott, Workout Coord./USAT&F	488-6580
Lee Rhodes, Equipment	482-8528
Laura Kulsik, RRCA State Rep	323-0293
Cynci Calvin, newsletter editor	823-2661

**BUFFALO CHIPS RUNNING CLUB**

**P.O. Box 19908  
 Sacramento, CA 95819-0908**

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