

May 27, 1978
Temp.- 75-80 deg.
Clear and Sunny

NORCAL 10 MILE/3 MILE RESULTS

10 Ml.
90 Starters
90 Finishers
3 Mi.
115 Starters
110 Finishers

10 Mile

<u>Place</u>	<u>Name</u>	<u>Division/Sex</u>	<u>Residence</u>	<u>Club</u>	<u>Time</u>
1.	Lee Ferrero	30-39M*	Weed	SWEAT	56:05
2.	Jim Rocha	18-29M*	Arcata	SRRC	58:27
3.	Peter Wisowaty	18-29M**	Lafayette	-	58:28
4.	Richard Look	30-39M**	Redding	SWEAT	58:32
5.	Jim Bevins	40-49M*	Susanville	-	60:19*
6.	Walt Schafer	30-39M***	Chico	CRC	61:01
7.	Robert Woodliff	30-39M	N. Highlands	WVJS	61:59
8.	Bill Nelson	30-39M	Reno	-	63:05
9.	Steve Daniels	18-29M***	Redding	SWEAT	63:17
10.	Jack Frost	30-39M	Redding	SWEAT	63:23
11.	Bradley Williams	18-29M	Redding	-	64:47
12.	Wayne Moss	30-39M	Weaverville	SWEAT	65:01
13.	Doug Riggle	18-29M	Chico	CRC	66:07
14.	Lynn Aase	30-39M	Redding	SWEAT	66:19
15.	Dick Johnston	30-39M	Eureka	SRRC	66:41
16.	Merill Cray	18-29F*	Chico	CRC	67:15*
17.	John Caton	18-29M	Davis	Cal Aggie	68:11
18.	Dan Hartland	18-29M	Redding	-	68:32
19.	Ken Stanley	30-39M	Anderson	-	68:43
20.	Mike Andrews	30-39M	Oroville	CRC	68:48
21.	Martin Cote	30-39M	Jackson, Ore.	SOS	69:03
22.	V.I. Wexner	30-39M	Shingletown	SWEAT	69:05
23.	Lee Leonard	40-49M**	Redding	SWEAT	69:32
24.	R.J. Kula	30-39M	Eureka	SRRC	69:43
25.	Baul Bush	30-39M	Monte Soreno	-	70:10
26.	Tom Giuliano	18-29M	Berkeley	-	70:23
27.	Kent Clausen	18-29M	Redding	SWEAT	70:43
28.	Robert Early	18-29M	Redding	-	70:52
29.	Milt Schultz	40-49M***	Redding	SWEAT	71:03
30.	Steve Meyer	18-29M	Central Valley	-	71:24
31.	David Nyquist	18-29M	Chico	CRC	71:32
32.	David Cressey	18-29M	Redding	-	71:46
33.	Dick Kahler	30-39M	Redding	SWEAT	71:51
34.	Pete Larko	30-39M	Redding	SWEAT	71:55
35.	R.F. Milton	40-49M	Redding	SWEAT	71:59
36.	David Martinez	30-39M	Concord	-	73:02
37.	Dale Haines	30-39M	Redding	SWEAT	73:14
38.	Jerry Fowler	30-39M	McKinleyville	SRRC	73:48
39.	Michael Quinn	18-29M	Chico	-	74:19
40.	Mike Silva	30-39M	Redding	SWEAT	74:30
41.	Scott Hepburn	40-49M	Redding	SWEAT	74:51
42.	Ron Quick	30-39M	Modesto	-	75:12
43.	Bill Lee	18-29M	Mt. Shasta	-	76:15
44.	David Beach	18-29M	Los Molinos	-	76:22
45.	Fete Rand	30-39M	Redding	SWEAT	76:42
46.	Russell Azevedo	40-49M	Redding	-	76:47
47.	Rod Snider	18-29M	Santa Barbara	-	76:52
48.	Lee Bunnell	40-49M	Redding	-	76:53
49.	Dean Hinshaw	40-49M	Redding	SWEAT	77:23
50.	Ross Fetters	30-39M	Redding	SWEAT	77:51
51.	Robert Lee Sousa	18-29M	Arcata	SRRC	78:07
52.	Gary Rodgers	30-39M	oville	-	78:17

*Did Not
enter*

*my
1971
time*

(10 Mile Con't)

53.	Bob Galusha	30-39M	Redding	-	78:38
54.	Angie Miller	18-29F**	Redding	-	79:11
55.	Ron Ritcher	30-39M	Oroville	-	79:18
56.	Dave Rowley	18-29M	Redding	SWEAT	79:34
57.	Ralph Johnson	30-39M	Redding	-	79:57
58.	Dave Gasman	40-49M	Redding	-	80:14
59.	Mark Leaf	18-29M	Anderson	-	80:23
60.	Richard Abbe	50+M*	Redding	SWEAT	80:58
61.	Jerry Ardnt	30-39M	Albany, Or.	SWEAT	80:59
62.	Doug Williams	30-39M	Redding	-	81:18
63.	Charlie Kennedy	18-29M	Redding	SWEAT	81:44
64.	Catherine Gray	18-29F***	Chico	CRC	82:09
65.	<u>George Grahn</u>	50+M**	Redding	SWEAT	84:11
66.	Ray Frisbie	30-39M	Whitmore	WORC	84:14
67.	Al Law	40-49M	Redding	-	84:17
68.	Laurie Bagley	13-17F*	Redding	-	84:36
69.	Susan Condon	30-39F*	Chico	CRC	86:32
70.	Loren Bell	30-39M	Redding	SWEAT	87:03
71.	Tate Arnerich	13-17M*	Cottonwood	Stars	88:09
72.	Phil Gash	30-39M	Redding	-	89:02
73.	Bill Wamsley	40-49M	Redding	-	89:17
74.	Jerry Fikes	30-39M	Redding	-	91:24
75.	Ron McGill	30-39M	Anderson	-	91:31
76.	Richard Fuller	30-39M	Concord	-	91:34
77.	C. Wolfer	40-49M	Redding	-	91:41
78.	Jerry Widlow	30-39M	Redding	-	92:05
79.	Robert Hastings	40-49M	Redding	-	94:43
80.	Carolyn McHenry	30-39F**	Redding	SWEAT	96:22
81.	Verlyn Huddleston	13-17M*	Cottonwood	-	97:50
82.	Doyle Rice	30-39M	Cottonwood	Stars	98:33
83.	Paula Hamon	30-39F***	Anderson	-	98:38
84.	Steve Hamon	30-39M	Anderson	-	98:40
85.	Elizabeth Stewart	30-39F	Chico	CRC	1:41:21
86.	Judy Moss	30-39F	Redding	-	1:43:34
87.	Mike Carnahan	13-17M***	Cottonwood	Stars	1:49:37
88.	Jenis Openshaw	18-29F	Anderson	SWEAT	1:50:09
89.	Teresa Kendrick	13-17F**	Redding	-	1:51:51
90.	Jack Allen	18-29M	Redding	-	1:52:33

*Division 1st

**Division 2nd

***Division 3rd

Time*

(Indicates new division
course record)3 Mile

1.	Al Masterson	18-29M*	Redding	-	15:59 *
2.	Tom Hayes	30-39M*	Redding	SWEAT	16:13
3.	Scott Brazil	13-17M*	Redding	-	16:30 *
4.	Mark Elwell	18-29M**	Redding	-	16:35
5.	Wayne Riddle	13-17M**	Weaverville	-	16:49
6.	Dan Simas	18-29M***	Eureka	SRRC	16:58
7.	Mark Bunnell	13-17M***	Redding	-	16:59
8.	Robert Ross	30-39M**	Chico	CRC	17:07
9.	Glenn Reed	30-39M***	Redding	SWEAT	17:12
10.	Andy Park	13-17M	Chico	CRC	17:16
11.	Dan Weidlein	13-17M	Redding	-	17:57
12.	Mark Stinson	13-17M	Redding	-	18:01
13.	Mac Forbes	30-39M	Redding	SWEAT	18:01
14.	Mark Little	13-17M	Shingletown	-	18:02
15.	Kim Carter	12 and UnderF*	Redding	Redding TC	18:20*

(3 Mile Con't)

16.	Robert Ross	40-49M*	Redding	SWEAT	18:21*
17.	Shovran Schreder	12-M*	Shasta	RTC	18:21*
18.	Steve Scott	12-M**	Shasta	RTC	18:23
19.	Berry DeWalt	12-M***	Palo Cedro	-	18:26
20.	Mark Condon	13-17M	Chico	CRC	18:47
21.	Rich Emerson	18-29M	Redding	SWEAT	19:40
22.	John Chappellear	18-29M	Redding	-	19:46
23.	Scott Stiewig	13-17M	Napa	SRCBDA	19:48
24.	Steve Conley	30-39M	Redding	-	19:49
25.	Sabrina Schreder	12-F**	Shasta	RTC	19:51
26.	Jeff Kepple	13-17M	Redding	-	19:53
27.	Scott Weide	13-17M	Redding	-	19:54
28.	Jules Kincaid	40-49M**	Paradise	CRC	19:55
29.	Elong Schreder	12-F***	Shasta	RTC	19:56
30.	Laurel Brazil	30-39M	Redding	-	20:13
31.	Seward Schreder	13-17M	Shasta	-	20:18
32.	Wayne Crabtree	18-29M	Redding	-	20:19
33.	Franklin Cibula	30-39M	Redding	-	20:26
34.	David Wedle	13-17M	Redding	-	20:27
35.	Greg Regnart	12-M	Palo Cedro	-	21:15
36.	Mike Dinega	18-29M	Placerville	-	21:25
37.	Zane Schreder	12-M	Shasta	-	21:26
38.	Paula Kahler	30-39F*	Redding	SWEAT	21:34*
39.	Loren Bianchini	30-39M	Red Bluff	-	21:35
40.	Heidi Mathis	13-17F*	Redding	-	21:54*
41.	Harold Silva	18-29M	Redding	SWEAT	21:56
42.	Robert Regnart	12-M	Palo Cedro	-	21:58
43.	Amelia Richards	18-29F*	Gerber	-	21:59*
44.	Maclyn McGlary	40-49M***	Arcata	SREC	22:01
45.	Theresa Henneman	40-49F*	Chico	CRC	22:07*
46.	Damon Cropsey	30-39M	Redding	-	22:17
47.	Steve Fleshman	18-29M	Redding	-	22:20
48.	Kathy Crabtree	18-29F**	Redding	-	22:22
49.	Ben Mattox	40-49M	Redding	-	22:24
50.	John Martin	30-39M	Sparks, Nev.	-	22:32
51.	David Hoopaugh	12-M	Redding	-	22:34
52.	Jim Knapp	30-39M	Redding	-	22:49
53.	Wilson Gurle	30-39M	Redding	-	23:07
54.	William Ruess	30-39M	Anderson	-	23:07
55.	Suzanne Taylor	30-39F**	Redding	-	23:22
56.	Kelly Brazil	12-F	Redding	-	23:31
57.	Mark Terhakowac	30-39M	Redding	-	23:35
58.	John Miley	30-39M	Redding	-	23:36
59.	Lloyd Stiewig	30-39M	Merlin, Ore.	SRCBDA	23:39
60.	Janice Carter	30-39F***	Redding	-	23:55
61.	Kenneth Clark	30-39M	Redding	-	23:59
62.	Shellie McGuaghey	18-29F***	Eugene, Ore.	-	24:05
63.	Jess Underwood	50+M*	Redding	-	24:06
64.	Jane Warren	18-29F	Redding	-	24:07
65.	Ted Stiewig	40-49M	Grants Pass, Or.	SRCBDA	24:11
66.	Ron McHenry	30-39M	Redding	-	24:16
67.	Mary Fitzhugh	18-29F	Cottonwood	SWEAT	24:18
68.	Jean Mattox	30-39F	Redding	-	24:19
69.	William Stiewig	30-39M	Napa	SRCBDA	24:30
70.	Linda Burns	30-39F	Chico	CRC	24:34
71.	Evy Kaukonen	18-29F	Redding	-	24:35
72.	Dennis McArthur	30-39M	Redding	-	24:50
73.	Mike Hoopaugh	12-M	Redding	-	24:59
74.	Barbara Fisher	30-39F	Redding	-	25:03
75.	Bonnie McNabb	18-29F	Redding	-	25:06

(3 Mile Con't)

76.	Julie Underwood	18-29F	Redding	-	25:23
77.	Sara Paquette	18-29F	Redding	-	25:27
78.	Jack Frost II	12-M	Redding	-	25:28
79.	Diane Galusha	30-39F	Redding	-	25:32
80.	Barbara Hudson	40-49F**	Redding	-	25:49
81.	Kit Harvey	18-29F	Redding	-	25:55
82.	Trudy Ginkus	30-39F	Redding	-	25:55
84.	Stan Tarling	50+M**	Redding	-	26:32
85.	Francis Parr	18-29F	Redding	SWEAT	26:55
86.	Carol Ralston	30-39F	Redding	-	27:05
87.	Jean Sturm	30-39F	Bella Vista	-	27:19
89.	Brandy Gorcey	18-29F	Red Bluff	-	27:07
88.	Robertta Owen	30-39F	Redding	-	27:20
89.	Lisa Galusha	12-F	Redding	-	27:26
90.	Becky Kincaid	12-F	Paradise	CRG	27:26
91.	Steve Green	30-39M	Redding	-	28:32
92.	Claud Duffy	30-39M	Redding	-	28:36
93.	Julie McArthur	12-F	Redding	-	28:47
94.	Joseph Pulcini	30-39M	Redding	-	28:48
95.	Yvonne McArthur	30-39F	Redding	-	29:12
96.	Sue Anderson	30-39F	Redding	-	29:34
97.	Andrea Scott	30-39F	Redding	-	29:47
98.	Marilyn Woods	30-39F	Redding	-	29:48
99.	Shirley Kibler	18-29F	Anderson	-	29:49
100.	Vicki Phillippi	18-29F	Redding	-	29:50
101.	Tawa Little	12-F	Shingletown	-	30:08
102.	Terry Lynch	18-29F	Redding	-	30:11
103.	Jean Bagley	30-39F	Redding	-	30:12
104.	Marcia Brazil	30-39F	Redding	-	30:24
105.	Jenny Rodriguez	18-29F	Oroville	-	30:29
106.	Caroline Schreder	30-39F	Shasta	-	30:30
107.	H.M. Stiewig	30-39M	Napa	SRGBDA	30:31
108.	Mary Stiewig	30-39F	Napa	SRGBDA	30:31
109.	Nancy McGill	30-39F	Anderson	-	31:25
110.	Robertta Adams	30-39F	Redding	SWEAT	31:42

Time*
(Indicates new division
course record)

Race Participants:

SWEAT would like to extend their thanks to all of you who both participated and stood by and cheered at this year's NorCal 10 and 3 Mile Races. I would like to congratulate everyone who ran and finished this edition of our run and hope that the experience was a rewarding one. Every year seems to give us more experience in organizing this race and next year we promise to improve upon this year's run. Remember that next year the NorCal 10 and 3 Mile Races will be held on March 24. This will let us take advantage of the beautiful Redding Spring weather.

Also I would like to mention the Whiskeytown Relays (4 person teams) which will be held this September on ~~XXXXXXXXXX~~ Sunday the 24th. This is a great event and we expect 75 teams for the 3rd Annual.

Thank you for your support and cooperation and have a good running year.

Tom Hayes

