

CONGRATULATIONS...and many thanks too
all of the participants of this, our
19th annual Nor-Cal Run!

RESULTS

Bud Light NORCAL JOHN FRANK MEMORIAL RUN 1989

*** THREE MILE WALK ***

Redding California March 25, 1989 10:00 a.m. Weather: Cloudy, 60 degrees

PLACE	TIME	PACE	NO.	NAME	DIV	CA	TOWN	ST
1	0:30:53	10:18	332	LEONARD OLIVERA	1	MJ	REDDING	CA
2	0:30:55	10:18	431	PHILIP A. LYDON	1	MP	CHICO	CA
3	0:32:58	10:59	438	LYNN HENDRIX	1	FG	REDDING	CA
4	0:32:59	11:00	355	ALICE HASTINGS	1	FK	REDDING	CA
5	0:33:03	11:01	705	JOAN SULLENS	1	FP	REDDING	CA
6	0:34:08	11:23	413	KATHLEEN ROBERTS	1	FH	PAJO CEDRO	CA
7	0:34:10	11:23	414	BRUCE ROBERTS	1	MN	PAJO CEDRO	CA
8	0:34:36	11:32	407	BOB WAGNER	2	MP	REDDING	CA
9	0:34:59	11:40	362	MARTHA BOSTON	2	FH	REDDING	CA
10	0:35:01	11:40	437	WILLIAM HENDRIX	1	MG	REDDING	CA
11	0:36:24	12:08	408	NANCY THOMPSON	3	FH	RED BLUFF	CA
12	0:36:25	12:08	418	FLORENCE NOORDHOFF	1	FQ	RED BLUFF	CA
13	0:36:39	12:13	331	JIM MORTON	1	MK	REDDING	CA
14	0:36:46	12:15	998	TERRY ALEXANDER	2	MJ	REDDING	CA
15	0:36:47	12:16	445	DEBBIE DAMMER	2	FG	CENTRAL VALLEY	CA
16	0:36:56	12:19	389	MEL RIFFEL	1	MQ	REDDING	CA
17	0:36:58	12:19	353	FRANCINE MEZO	1	FN	JUNCTION CITY	CA
18	0:37:01	12:20	326	DENNIS STARKEY	1	MD	REDDING	CA
19	0:37:55	12:38	325	SCOTT FLETCHER	2	MD	REDDING	CA
20	0:38:03	12:41	360	RON CLARK	2	MJ	ANDERSON	CA
21	0:38:12	12:44	377	JENNIFER BAKER	1	FE	CENTRAL VALLEY	CA
22	0:38:13	12:44	340	HELEN KLINGLER	2	FQ	REDDING	CA
23	0:38:15	12:45	403	KATHY WHITE	4	FJ	REDDING	CA
24	0:38:54	12:58	417	JANN PENSERINI	2	FK	REDDING	CA
25	0:38:54	12:58	345	DENNY BRUBAKER	2	MN	CENTRAL VALLEY	CA
26	0:39:19	13:06	383	GEORGIA PRICE	3	FG	CHICO	CA
27	0:39:35	13:12	949	BETSY LATTEN	1	FJ	REDDING	CA
28	0:39:40	13:13	375	GLEN GONZAGOWSKI	2	MQ	COTTONWOOD	CA
29	0:39:48	13:16	450	JUNE AMEN	3	FK	REDDING	CA
30	0:40:06	13:22	329	RON MCGEEHEE	3	MN	REDDING	CA
31	0:40:36	13:32	356	CHUCK CLARK	4	MN	ANDERSON	CA
32	0:40:47	13:36	925	KIAN RICHARDS	1	MC	REDDING	CA
33	0:41:31	13:50	370	MARGIE RIFFEL	3	FQ	REDDING	CA
34	0:41:35	13:52	421	BETTE MILLER	2	FN	ANDERSON	CA
35	0:41:41	13:54	439	ETHEL HAMUSEK	1	FT	REDDING	CA
36	0:41:52	13:57	393	JEANETTE WOOLERY	2	FJ	COTTONWOOD	CA
37	0:41:58	13:59	420	FRED MILLER	3	MQ	ANDERSON	CA
38	0:41:59	14:00	319	JANET THOMAS	5	FH	REDDING	CA
39	0:42:04	14:01	410	BELINDA SANDA	6	FH	REDDING	CA
40	0:42:06	14:03	363	EVA VAUGHAN	7	FH	ANDERSON	CA
41	0:42:09	14:03	373	BARBARA PETERSON	3	FN	REDDING	CA
42	0:42:24	14:06	339	ROY BERNARD	1	MT	REDDING	CA
43	0:42:25	14:06	396	ALVINA CHRISTENSEN	8	FH	ANDERSON	CA
44	0:42:26	14:09	334	CHRIS COMBER	1	FC	REDDING	CA
45	0:42:43	14:14	778	KATHRINE CLARK	9	FH	REDDING	CA
46	0:43:05	14:22	381	JANICE SCOTT	4	FK	REDDING	CA
47	0:43:11	14:24	400	CHANTEL WOJCIAK	2	FE	REDMOND	OR
48	0:43:20	14:27	415	SIS PEYTON	2	FP	REDDING	CA
49	0:43:21	14:27	443	MIDGE DIER	4	FN	MCARTHUR	CA
50	0:43:22	14:27	354	JUDY RODERICK	10	FH	REDDING	CA

PLACE	TIME	PACE	NO.	NAME	DIV	CA	TOWN	ST
51	0:43:38	14:33	374	MARLENE HUBBARTT	4	FG	LIVE OAK	CA
52	0:43:40	14:33	372	MARGARIT GONZAGOWSKI	3	FP	COTTONWOOD	CA
53	0:43:41	14:34	357	SANDY CLARK	5	FK	ANDERSON	CA
54	0:43:42	14:34	424	BETTY MERRILL	4	FQ	REDDING	CA
55	0:43:43	14:34	412	JUNE ROMANO	4	FP	CENTRAL VALLEY	CA
56	0:43:49	14:36	422	DIANE MILLER	5	FG	WOODLAND	CA
57	0:43:50	14:37	447	JOYCE COSENTINO	5	FP	DUNSMUIR	CA
58	0:44:25	14:48	408	JUDY WAMSLEY	5	FN	REDDING	CA
59	0:44:25	14:48	446	BOB DAMMER	1	MH	CENTRAL VALLEY	CA
60	0:44:36	14:52	428	LOLITA MARTORELL	2	FT	REDDING	CA
61	0:44:47	14:56	436	CARLA BIGGINBOTHAM	8	FK	BURNEY	CA
62	0:44:48	14:56	442	WENDY DIER	1	FD	MCARTHUR	CA
63	0:44:49	14:56	430	KATHY MALAIN	6	FG	REDDING	CA
64	0:44:50	14:57	429	MARY MALAIN	5	FQ	REDDING	CA
65	0:44:56	14:59	433	VELVET JIMMIE LEMERE	6	FQ	DUNSMUIR	CA
66	0:45:54	15:18	333	KIM FARRAR	7	FG	REDDING	CA
67	0:45:56	15:19	440	JOR FRANK	1	MB	REDDING	CA
68	0:46:02	15:21	358	FRED BROPHY	2	MK	REDDING	CA
69	0:46:03	15:21	359	CLAUDIA BROPHY	3	FJ	REDDING	CA
70	0:46:10	15:23	411	LINA ROMERO	7	FQ	WILLOWS	CA
71	0:46:51	15:37	428	DELLA MARTIN	4	FJ	WHITMORE	CA
72	0:46:52	15:37	378	BARBARA KLASSON	6	FN	WHITMORE	CA
73	0:47:04	15:41	328	ANN WEBB	6	FP	REDDING	CA
74	0:47:11	15:44	409	KAREN STAPLES	11	FH	RED BLUFF	CA
75	0:47:12	15:44	382	CHRIS REEVES	5	FJ	REDDING	CA
76	0:47:13	15:44	399	BILLIE K. WOOD	7	FK	REDDING	CA
77	0:47:30	15:50	405	HOWARD WEYKER	3	MK	SEBASTOPOL	CA
78	0:47:31	15:50	338	ELIN P. WEYKER	2	FD	SANTA ROSA	CA
79	0:47:32	15:51	404	JOYCE WEYKER	8	FK	SEBASTOPOL	CA
80	0:47:42	15:54	434	JEREMIAH JONES	1	MA	WEAVERVILLE	CA
81	0:47:50	15:57	320	SHERKE WELCH	8	FG	REDDING	CA
82	0:47:51	15:57	435	ERNIE JONES	2	MH	WEAVERVILLE	CA
83	0:47:52	15:57	344	JESSICA RUSSELL	1	FA	REDDING	CA
84	0:47:55	15:58	391	BETTY HOLLINGSHEAD	8	FQ	SUMMIT CITY	CA
85	0:47:56	15:59	427	MARY MARTIN	1	FR	WEAVERVILLE	CA
86	0:49:07	16:22	976	DANIELLE FRANK	2	FA	REDDING	CA
87	0:49:08	16:23	364	JULIE FORD	3	FA	REDDING	CA
88	0:49:09	16:23	884	J. B. FORD	2	MA	REDDING	CA
89	0:49:10	16:23	350	SHERRY STURGIS	2	FC	PAJO CEDRO	CA
90	0:49:11	16:24	351	GREG FRANK	2	MC	REDDING	CA
91	0:49:33	16:31	389	CAROL SILVERIA	9	PK	CENTRAL VALLEY	CA
92	0:49:34	16:31	346	ANNIE CHIPLEY	7	FN	CENTRAL VALLEY	CA
93	0:49:35	16:32	398	CHRISTA COLBERT	4	FA	ANDERSON	CA
94	0:49:36	16:32	397	LINDA CHRISTENSEN	7	FP	ANDERSON	CA
95	0:49:45	16:35	348	SUSAN BRADLEY	12	FH	REDDING	CA
96	0:49:46	16:35	386	SHAUNA DAY	5	FA	REDDING	CA
97	0:49:47	16:36	385	LAURETTA DAY	13	FH	REDDING	CA
98	0:50:07	16:42	337	SUSIE MARGESON	3	FE	PLACERVILLE	CA
99	0:50:08	16:43	365	SONYA FORD	9	FG	REDDING	CA
100	0:50:14	16:45	322	SHERRY GADDY	10	FG	REDDING	CA
101	0:50:15	16:45	321	CODY GADDY	9	FQ	REDDING	CA
102	0:50:26	16:49	449	SUSAN CHIPLEY	8	FP	CENTRAL VALLEY	CA
103	0:50:27	16:49	388	GARY SILVERIA	4	MK	CENTRAL VALLEY	CA
104	0:50:49	16:56	323	TAMRON LLOYD	6	FA	ANDERSON	CA
105	0:51:03	17:01	335	TIMOTHY SEARS	3	MA	REDDING	CA
106	0:51:09	17:03	336	KAREN SEARS	11	FG	REDDING	CA
107	0:51:09	17:03	324	RON LLOYD	3	MH	ANDERSON	CA
108	0:51:10	17:03	401	LORI WILSON	6	FJ	MARYSVILLE	CA
109	0:51:11	17:04	419	KAREN MORRISON	7	VJ	MARYSVILLE	CA
110	0:51:48	17:16	367	LYNNE PORTERFIELD	12	FG	REDDING	CA
111	0:51:49	17:16	376	NANCY MCWHIRTER	8	FN	REDDING	CA
112	0:52:38	17:33	366	PAULA REDDING	13	FG	SUMMIT CITY	CA
113	0:52:39	17:33	347	KITTY HARRIS	4	FE	REDDING	CA
114	0:54:19	18:06	909	JOAN WAGNER	9	FN	REDDING	CA
115	0:57:05	19:02	448	GINGER CLARY	10	FN	FRENCH GULCH	CA
116	0:57:06	19:02	390	CYNTHIA COLE	8	FJ	FRENCH GULCH	CA
117	0:58:57	19:39	425	MARLENE HUBBARTT				

THREE MILE ROAD RACE

Redding California March 25, 1989 10:00 a.m. Weather: Cloudy, 60 degrees

PLACE	TIME	PACE	NO.	NAME	DIV	CA	TOWN	ST
1	0:14:09	4:43	1	MARK FRICKER	1	ME	CANBY	OR
2	0:15:45	5:15	787	RAUL HIGGINS	1	MG	REDDING	CA
3	0:15:53	5:18	709	BILL JOSEPH	2	MG	REDDING	CA
4	0:15:59	5:20	887	JEREMY REDDING	1	MC	SUMMIT CITY	CA
5	0:16:01	5:20	723	HERVE PASTRE	1	MJ	SUSANVILLE	CA
6	0:16:07	5:22	770	BRIAN GADY	2	MC	REDDING	CA
7	0:16:18	5:28	872	DANNY MCGEEHEE	1	MD	REDDING	CA
8	0:16:52	5:37	38	DAN WALTERS	2	MJ	REDDING	CA
9	0:17:02	5:41	778	AL MASTERSON	3	MG	REDDING	CA
10	0:17:05	5:42	725	WALT SCHAFER	1	MK	CHICO	CA
11	0:17:14	5:45	718	NELSEN COBB	4	MG	YUBA CITY	CA
12	0:17:17	5:48	974	DAN FRANK	2	MD	SUMMIT CITY	CA
13	0:17:17	5:48	738	LEE YOUNG	2	ME	CENTRAL VALLEY	CA
14	0:17:24	5:48	734	STEVEN THOMAS	1	MH	REDDING	CA
15	0:17:26	5:49	931	FRED PERL	3	ME	REDDING	CA
16	0:17:28	5:49	817	MIKE O'TOOLE	5	MG	REDDING	CA
17	0:17:32	5:51	766	BRIAN FROST	4	ME	REDDING	CA
18	0:17:44	5:55	941	JOSH MEGILL	3	MC	ANDERSON	CA
19	0:17:48	5:56	953	DAN KRAUSE	1	MB	CHICO	CA
20	0:17:49	5:56	852	ARJAY HINEK	3	MD	REDDING	CA
21	0:17:50	5:57	798	TOM RUFFNER	3	MJ	REDDING	CA
22	0:17:52	5:57	945	GUY MALAIN	2	MH	REDDING	CA
23	0:17:54	5:58	721	STEVE LEUCK	5	ME	MT SHASTA	CA
24	0:17:55	5:58	736	DAVID MALDONADO	6	ME	SACRAMENTO	CA
25	0:18:01	6:00	722	MIKE BEALE	4	MC	REDDING	CA
26	0:18:03	6:01	825	ANDY FORBES	6	MG	REDDING	CA
27	0:18:08	6:03	807	MORT WARD	1	MP	REDDING	CA
28	0:18:24	6:08	772	LARRY CROW	7	ME	REDDING	CA
29	0:18:31	6:10	904	MARTY WILDER	8	ME	ANDERSON	CA
30	0:18:32	6:11	893	RON SCHULTZ	4	MJ	REDDING	CA
31	0:18:37	6:12	815	CHRIS ANDERSON	2	MB	YREKA	CA
32	0:18:40	6:13	811	SEAN J. HARRASSER	4	MD	CHICO	CA
33	0:18:41	6:14	85	IAN M. HARRASSER	9	ME	CHICO	CA
34	0:18:47	6:16	812	KEVIN HARRASSER	5	MD	REDDING	CA
35	0:18:49	6:16	886	JOHN DIEZSI	5	MJ	BURNEY	CA
36	0:18:49	6:16	884	JOHN DIPERRY	6	MJ	REDDING	CA
37	0:18:51	6:17	916	MEGAN SHEEHY	1	FC	REDDING	CA
38	0:18:56	6:19	855	BRIAN BAKER	10	ME	CENTRAL VALLEY	CA
39	0:18:57	6:19	730	MARY CILLEY	1	FE	SANTA ROSA	CA
40	0:19:04	6:21	797	IRENE CARDENAS	1	FB	CHICO	CA
41	0:19:08	6:23	920	DAN RUSSELL	7	MJ	REDDING	CA
42	0:19:15	6:25	956	GAIL JONES	1	FH	WEAVERVILLE	CA
43	0:19:18	6:26	780	LEON ANDREWS	7	MG	REDDING	CA
44	0:19:21	6:27	818	JILL O'TOOLE	1	FG	REDDING	CA
45	0:19:22	6:27	886	DAVID LOWELL	6	MD	REDDING	CA
46	0:19:44	6:35	985	LIAN DIEZSI	5	MC	BURNEY	CA
47	0:19:46	6:35	900	ROY BUTTERFIELD	1	MN	SUSANVILLE	CA
48	0:19:47	6:36	749	LAURIE ALIRES	2	FB	CHICO	CA
49	0:19:49	6:36	799	NANCY RUFFNER	1	FJ	REDDING	CA
50	0:19:52	6:37	747	RICK SANDERS	8	MG	DAVIS	CA

Record: 13:49 by Mark Fricker of Oregon in 1987

THREE MILE ROAD RACE

Redding California March 25, 1989 10:00 a.m. Weather: Cloudy, 60 degrees

PLACE	TIME	PACE	NO.	NAME	DIV	CA	TOWN	ST
51	0:19:56	6:39	934	PETER O'NEILL	8	MJ	REDDING	CA
52	0:19:59	6:40	892	JERRY BROWN	3	MH	REDDING	CA
53	0:20:03	6:41	882	KURT VOLLMERS	9	MG	REDDING	CA
54	0:20:04	6:41	883	RON JOHNSON	4	MH	RED BLUFF	CA
55	0:20:05	6:42	4	SARA GATES	3	FB	CHICO	CA
56	0:20:05	6:42	714	DAN SPIESS	9	MJ	REDDING	CA
57	0:20:13	6:44	946	BOB MALAIN	1	MQ	REDDING	CA
58	0:20:15	6:45	808	KRISTIE WILLIAMS	1	FA	OROVILLE	CA
59	0:20:22	6:47	755	JAMES DRUMMOND	11	ME	REDDING	CA
60	0:20:25	6:48	991	DAVID CUNNINGHAM	7	MD	REDDING	CA
61	0:20:26	6:49	790	DEA NASON	2	FE	MT. SHASTA	CA
62	0:20:35	6:52	866	WILL HALL	2	MK	SHINGLETOWN	CA
63	0:20:36	6:52	814	ASH SHERWOOD	10	MJ	REDDING	CA
64	0:20:37	6:52	720	DAVE ENGLERT	10	MG	REDDING	CA
65	0:20:38	6:53	840	MARK GILBERT	6	MC	WHITMORE	CA
66	0:20:40	6:53	783	JEFF PARKAN	12	MD	REDDING	CA
67	0:20:40	6:53	769	PAT MILLER	11	NJ	REDDING	CA
68	0:20:47	6:56	848	NIKKI OLIVEIRA	1	FD	REDDING	CA
69	0:20:48	6:56	994	LOUIS BARGAS	2	MN	COTTONWOOD	CA
70	0:20:51	6:57	837	FLINT MAVIS	7	MC	WHITMORE	CA
71	0:20:52	6:57	379	CARL FREDRICKSON	3	MB	COTTONWOOD	CA
72	0:20:53	6:58	756	STEVE LAYTON	13	ME	COTTONWOOD	CA
73	0:20:53	6:58	868	STEVE WESTLAKE	14	ME	REDDING	CA
74	0:20:54	6:58	973	JOHN FRANK	3	MK	SUMMIT CITY	CA
75	0:20:56	6:59	993	MICHAEL BERTAGNA	11	MG	REDDING	CA
76	0:20:59	7:00	830	NED REEVES	8	MC	WHITMORE	CA
77	0:20:59	7:00	889	MAC FORBES	12	MJ	REDDING	CA
78	0:21:01	7:00	867	JEFF BUCKS	15	ME	REDDING	CA
79	0:21:15	7:05	750	FRANKIE EVANISKO	1	MA	CHICO	CA
80	0:21:16	7:05	890	RENEE CUNNINGHAM	2	FD	REDDING	CA
81	0:21:16	7:05	740	PATRICK MAYBERRY	12	MG	REDDING	CA
82	0:21:17	7:06	806	JEANNE OSTER	3	FE	SACRAMENTO	CA
83	0:21:19	7:06	894	MIKE SILVA	5	MH	REDDING	CA
84	0:21:22	7:07	712	STEPHANIE POSSON	2	FJ	MT SHASTA	CA
85	0:21:33	7:11	732	SUZAN TOWLEN	2	FH	MT SHASTA	CA
86	0:21:46	7:15	758	MIKE MANGAS	13	MG	REDDING	CA
87	0:21:52	7:17	785	SUSAN LOVERN	3	FJ	REDDING	CA
88	0:21:53	7:18	707	RIP RYNESS	9	MC	BURNEY	CA
89	0:21:56	7:19	989	STAN CUNNINGHAM	13	MJ	REDDING	CA
90	0:22:01	7:20	754	JIM SEELY	14	MG	REDDING	CA
91	0:22:02	7:21	757	MORRIS MARGESON	6	MH	PLACERVILLE	CA
92	0:22:04	7:21	761	DELL G. GRAY	14	MJ	YUBA CITY	CA
93	0:22:07	7:22	860	DARYL HARRIS	4	MK	WHITMORE	CA
94	0:22:07	7:22	816	DONALD YOST	5	MK	REDDING	CA
95	0:22:09	7:23	768	PHILLIP SAWTELLE	7	MH	CENTRAL VALLEY	CA
96	0:22:10	7:23	751	AARON CHIPLEY	15	MJ	REDDING	CA
97	0:22:11	7:24	881	JEFF UTLEY	8	MD	REDDING	CA
98	0:22:12	7:24	954	MIKE KOWALEWSKI	15	MG	SHINGLETOWN	CA
99	0:22:13	7:24	727	LARRY MORGAN	8	MH	REDDING	CA
100	0:22:15	7:25	746	JEFF FINCK	16	ME	REDDING	CA

THREE MILE ROAD RACE

Redding California March 25, 1989 10:00 a.m. Weather: Cloudy, 60 degrees

PLACE	TIME	PACE	NO.	NAME	DIV	CA	TOWN	ST
101	0:32:16	7:25	788	MARC NEMINIC	9	MM	REDDING	CA
102	0:32:18	7:26	752	AUSTIN STANDIFORD	4	MB	SUSANVILLE	CA
103	0:32:19	7:26	810	GENE GREENWELL	2	MP	REDDING	CA
104	0:32:21	7:27	711	VON DANIEL	9	MD	ALAMEDA	CA
105	0:32:26	7:29	805	DAVID LOVELESS	16	MG	REDDING	CA
106	0:32:26	7:29	64	LEE MACEY	4	FJ	REDDING	CA
107	0:32:27	7:29	741	PHIL SITTNER	16	MJ	ORANGEVALE	CA
108	0:32:27	7:29	964	JOE HILL	10	MC	REDDING	CA
109	0:32:28	7:29	897	PAT MORGAN	17	MG	REDDING	CA
110	0:32:29	7:30	914	MOEL VAN SLYKE	10	MM	REDDING	CA
111	0:32:30	7:30	775	GARY HENRY	11	MM	REDDING	CA
112	0:32:39	7:33	929	ZACHARY PINE	5	MB	REDDING	CA
113	0:32:40	7:33	731	CAL DEMERCUR	17	ME	REDDING	CA
114	0:32:40	7:33	710	JENNIFER SHIELDS	2	FC	WEAVERVILLE	CA
115	0:32:43	7:34	987	ANGELA DIEISI	3	FC	BURNEY	CA
116	0:32:44	7:35	735	JERRY FIKES	6	MK	REDDING	CA
117	0:32:45	7:35	977	BOB FRANK	12	MM	REDDING	CA
118	0:32:48	7:36	885	JOE WEATH	6	MB	COTTONWOOD	CA
119	0:32:49	7:36	858	LAURA CHRISTMAN	2	FG	REDDING	CA
120	0:32:51	7:37	913	CHARLES SPRINGHEAD	13	MM	REDDING	CA
121	0:33:00	7:40	939	ADAM MEYER	7	MB	REDDING	CA
122	0:33:04	7:41	809	TRENT TEESDALE	18	ME	REDDING	CA
123	0:33:05	7:42	910	JIM SULLIVAN	1	MR	COOL	CA
124	0:33:06	7:42	807	CHRIS LABELLA	18	MG	REDDING	CA
125	0:33:16	7:45	871	KAREN SCHULTZ	3	FH	REDDING	CA
126	0:33:18	7:46	862	DAVID KLASSON	3	MN	WHITMORE	CA
127	0:33:19	7:46	863	DAVID A KNOX	8	MB	COTTONWOOD	CA
128	0:33:27	7:49	777	SCOTT REDDEN	10	MD	REDDING	CA
129	0:33:29	7:50	842	DAVID RETSKY	11	MC	WHITMORE	CA
130	0:33:30	7:50	829	MATTHEW LOCKLIN	12	MC	WHITMORE	CA
131	0:33:31	7:50	951	JED LANGUM	2	MA	REDDING	CA
132	0:33:31	7:50	950	JIM LANGUM	17	MJ	REDDING	CA
133	0:33:32	7:51	733	HOWARD HOUSE	19	ME	REDDING	CA
134	0:33:36	7:52	874	JOHN TAYLOR	4	MN	REDDING	CA
135	0:33:40	7:53	820	JOE SANCEDO	3	MP	RED BLUFF	CA
136	0:33:42	7:54	978	LAWRENCE FORERO	2	MR	WEAVERVILLE	CA
137	0:33:46	7:55	744	MITCH STANBERRY	3	MA	WEAVERVILLE	CA
138	0:33:52	7:57	971	SUZI FREMMING	4	FE	REDDING	CA
139	0:33:53	7:58	903	ROBERT WOOD	4	MP	REDDING	CA
140	0:33:53	7:58	922	HERNAN ROMERO	2	MQ	WILLOWS	CA
141	0:33:58	7:59	819	DON COLGATE	14	MM	ANDERSON	CA
142	0:34:03	8:01	930	WHITNEY PINE	4	FC	REDDING	CA
143	0:34:03	8:01	947	SHERRY LINDSAY	3	FD	CENTRAL VALLEY	CA
144	0:34:05	8:02	936	DARRIN MORGAN	20	ME	REDDING	CA
145	0:34:07	8:02	890	PATRICIA WOODEN	4	FH	REDDING	CA
146	0:34:08	8:03	742	PHIL SITTNER	18	MJ	ORANGEVALE	CA
147	0:34:13	8:04	839	CARSON MCCANN	9	MB	WHITMORE	CA
148	0:34:20	8:07	821	KEN ROSS	19	MG	ANDERSON	CA
149	0:34:22	8:07	858	RUTH GOUVEIA	5	FH	PALO CEDRO	CA
150	0:34:25	8:08	927	RICH RAGSDALE	20	MG	REDDING	CA

THREE MILE ROAD RACE

Redding California March 25, 1989 10:00 a.m. Weather: Cloudy, 60 degrees

PLACE	TIME	PACE	NO.	NAME	DIV	CA	TOWN	ST
151	0:24:26	8:09	926	KATHY RAMIREZ	6	FH	FRENCH GULCH	CA
152	0:24:27	8:09	876	WENDELL REEVES	7	MK	REDDING	CA
153	0:24:35	8:12	387	JOHN TOBOSA	19	MJ	RED BLUFF	CA
154	0:24:39	8:13	902	MICHAEL WOODRUM	15	MM	REDDING	CA
155	0:24:43	8:14	957	STACEY JOHNSON	4	FD	STOCKTON	CA
156	0:24:44	8:15	924	TERRY RICHARDS	16	MM	REDDING	CA
157	0:24:44	8:15	861	PENNY HARRIS	1	FK	WHITMORE	CA
158	0:24:45	8:15	748	BECCI CILENTI	5	FC	MONTGOMERY CRK	CA
159	0:24:50	8:17	857	SUE CARLSON	5	FJ	REDDING	CA
160	0:24:52	8:17	918	GARY SANDA	20	MJ	REDDING	CA
161	0:25:00	8:20	979	BEVERLY FORERO	1	FQ	WEAVERVILLE	CA
162	0:25:09	8:23	765	MITCHELL MAROVICH	21	ME	SANTA ROSA	CA
163	0:25:10	8:23	948	KEVIN LINDSAY	11	MD	CENTRAL VALLEY	CA
164	0:25:10	8:23	802	STACEY HAUPTMAN	4	FB	ANDERSON	CA
165	0:25:12	8:24	988	YVONNE CUNNINGHAM	2	FK	REDDING	CA
166	0:25:15	8:25	831	MARCUS SIMMS	13	MC	WHITMORE	CA
167	0:25:16	8:25	827	TARA SWANSON	7	FH	REDDING	CA
168	0:25:19	8:26	782	SHARA CROWLEY	5	FE	LOS GATOS	CA
169	0:25:24	8:28	972	KATHY FRANK	6	FJ	SUMMIT CITY	CA
170	0:25:27	8:29	864	CHET CHRISTENSEN	17	MM	ANDERSON	CA
171	0:25:32	8:31	923	AL RODRIGUEZ	3	MQ	REDDING	CA
172	0:25:35	8:32	915	CINDY SILVA	3	FG	REDDING	CA
173	0:25:37	8:32	763	MARGARET APECECHEA	1	FP	REDDING	CA
174	0:25:41	8:34	853	RALPH TAYLOR	22	ME	REDDING	CA
175	0:25:42	8:34	892	DAVE JONES	21	MJ	BIEBER	CA
176	0:25:44	8:35	781	SHANNON CONLEY	5	FB	CENTRAL VALLEY	CA
177	0:25:45	8:35	764	LAURA BARBEAU	4	FG	ANDERSON	CA
178	0:25:47	8:36	828	WARREN SWANSON	22	MJ	REDDING	CA
179	0:25:52	8:37	933	MARCENE PARKAN	2	FP	WEAVERVILLE	CA
180	0:26:02	8:41	996	STEVEN ANDERSON	21	MG	REDDING	CA
181	0:26:05	8:42	995	DAWN ARNOLD	5	FG	MCARTHUR	CA
182	0:26:08	8:43	774	MATTHEW WALLACE	22	MG	MODESTO	CA
183	0:26:10	8:43	955	SUSIE KIRCH	6	FG	ANDERSON	CA
184	0:26:17	8:46	968	GARY GIBSON	5	MN	REDDING	CA
185	0:26:18	8:46	906	ERIK WEYKER	12	MD	SEBASTOPOL	CA
186	0:26:18	8:46	835	HEATHER BROWN	6	FC	WHITMORE	CA
187	0:26:22	8:47	833	HEATHER ROBINSON	7	FC	WHITMORE	CA
188	0:26:23	8:48	982	DENISE DUBAY	8	FH	REDDING	CA
189	0:26:24	8:48	932	LINDA PATTERSON	6	FE	COTTONWOOD	CA
190	0:26:31	8:50	877	VICKY THOMPSON	7	FE	REDDING	CA
191	0:26:34	8:51	895	KATHERINE PETERSON	6	FB	COTTONWOOD	CA
192	0:26:34	8:51	967	LORI GOYNE	8	FE	REDDING	CA
193	0:26:39	8:53	796	DENNIS GRADY	18	MM	REDDING	CA
194	0:26:40	8:53	719	GREG HALE	23	ME	PPO SAN FRANCISCO	CA
195	0:26:40	8:53	983	JUDY DONOVAN	9	FE	SACRAMENTO	CA
196	0:26:41	8:54	753	GENTRY STANDIFORD	2	FA	SUSANVILLE	CA
197	0:26:42	8:54	791	MIKE DOLAN	19	MM	REDDING	CA
198	0:26:54	8:58	771	ANNETTE WILHELMSON	8	FC	REDDING	CA
199	0:26:55	8:58	965	CHRIS HILL	7	FJ	REDDING	CA
200	0:27:09	9:03	804	PATTY LOVELESS	7	FG	REDDING	CA

THREE MILE ROAD RACE

Redding California March 25, 1989 10:00 a.m. Weather: Cloudy, 50 degrees

PLACE	TIME	PACE	NO.	NAME	DIV	CA	TOWN	ST
201	0:27:10	9:03	937	TERRI MISSLIN	8	FG	REDDING	CA
202	0:27:13	9:04	743	MIKE SHEDD	23	MG	REDDING	CA
203	0:27:13	9:04	832	ALISON BERLINER	9	FC	WHITMORE	CA
204	0:27:14	9:05	899	CHARLOTE BUTTERFIELD	3	FK	SUSANVILLE	CA
205	0:27:15	9:05	836	STEPHANIE WRIGHT	10	FC	WHITMORE	CA
206	0:27:16	9:05	921	MARIE ROUSE	1	FN	REDDING	CA
207	0:27:20	9:07	834	TANA PETERSON	11	FC	WHITMORE	CA
208	0:27:21	9:07	859	TRAVIS GOUVEIA	10	MB	PALO CEDRO	CA
209	0:27:22	9:07	938	AMY MEYER	7	FB	REDDING	CA
210	0:27:33	9:11	803	JILL HILL	8	FJ	REDDING	CA
211	0:27:40	9:13	962	JON HOEFT	23	MJ	REDDING	CA
212	0:27:40	9:13	739	LARRY FRESHOUR	20	MH	REDDING	CA
213	0:27:51	9:17	919	ALYISON RYBERG	9	FH	COTTONWOOD	CA
214	0:27:55	9:18	870	ALLEN KROHN	24	MJ	REDDING	CA
215	0:27:59	9:20	969	MIGDALIA GARCIA	10	FH	REDDING	CA
216	0:28:13	9:24	869	BONNIE TROCHMAN	9	FG	REDDING	CA
217	0:28:16	9:25	745	MEGAN ARNO	12	FC	DUNSMUIR	CA
218	0:28:21	9:27	875	RICHARD PRICE	21	MH	CHICO	CA
219	0:28:22	9:27	891	CHERYL JONES	10	FE	BIEBER	CA
220	0:28:32	9:31	997	JENNIFER ALLMAN	10	FG	RED BLUFF	CA
221	0:28:40	9:36	713	JACOB MANGES	4	MA		
222	0:28:50	9:37	911	GERRY SULLIVAN	2	FQ	COOL	CA
223	0:28:51	9:37	826	LINDA SHANDLEY	9	FJ	REDDING	CA
224	0:28:56	9:39	824	VIC WOOLERY	25	MJ	COTTONWOOD	CA
225	0:29:03	9:41	717	DEBBIE RIGG	11	FG	REDDING	CA
226	0:29:12	9:44	767	SUZAN HARVEY	12	FG	REDDING	CA
227	0:29:12	9:44	726	CAROLYN STORY	1	FV	EUREKA	CA
228	0:29:14	9:45	737	LEO M. YOUNG	6	MN	CENTRAL VALLEY	CA
229	0:29:17	9:46	724	CLARENCE STORY	26	MJ	EUREKA	CA
230	0:29:26	9:49	708	JASON TAYLOR	11	MB	REDDING	CA
231	0:29:27	9:49	788	ROSALIE OWENS	10	FJ	RED BLUFF	CA
232	0:29:34	9:51	801	MARGO RICHARDS	8	FB	LIVERMORE	CA
233	0:29:36	9:52	384	DOUGLAS SANT	24	ME	REDDING	CA
234	0:29:38	9:53	856	TRENT TAYLOR	13	MD	REDDING	CA
235	0:29:41	9:54	854	CARRIE TAYLOR	5	FD	REDDING	CA
236	0:29:49	9:56	878	JANE DAVIDSON	11	FH	REDDING	CA
237	0:29:58	9:59	959	WADE IUELE	5	MA	ELK GROVE	CA
238	0:30:00	10:00	792	MATT RODERICK	12	MB	REDDING	CA
239	0:30:19	10:06	942	BEN MEGILL	6	MA	ANDERSON	CA
240	0:30:21	10:07	795	LARRY OLINGER	27	MJ	ANDERSON	CA
241	0:30:22	10:07	793	AL DRUSE	7	MN	REDDING	CA
242	0:30:31	10:10	940	RON MEGILL	28	MJ	ANDERSON	CA
243	0:30:42	10:14	980	KATHLEEN FATOR	12	FH	REDDING	CA
244	0:30:43	10:14	975	TOM FRANK	14	MC	REDDING	CA
245	0:30:46	10:15	846	MARCIE KONE	13	FC	WHITMORE	CA
246	0:30:57	10:19	800	ROCHELLE RICHARDS	9	FB	LIVERMORE	CA
247	0:31:12	10:24	905	ERIN WEYKER	6	FD	SEBASTAPOL	CA
248	0:31:36	10:32	844	ALEXANDRA BRITTAN	14	FC	WHITMORE	CA
249	0:31:36	10:32	847	ROBIN BECK	7	FD	WHITMORE	CA
250	0:31:42	10:34	880	CASEY DAVIDSON	7	MA	REDDING	CA

THREE MILE ROAD RACE

Redding California March 25, 1989 10:00 a.m. Weather: Cloudy, 50 degrees

PLACE	TIME	PACE	NO.	NAME	DIV	CA	TOWN	ST
251	0:31:43	10:34	879	ANNIE DAVIDSON	10	FB	REDDING	CA
252	0:31:43	10:34	759	STEVE DAVIDSON	22	MH	REDDING	CA
253	0:31:53	10:38	888	JAN VINCENT	13	FH	ELK GROVE	CA
254	0:32:00	10:40	960	PATRICIA IUELE	14	FH	ELK GROVE	CA
255	0:32:01	10:40	928	ROSALIND QUIGGLE	2	FN	REDDING	CA
256	0:32:21	10:47	729	ADAM ZAHARNS	8	MA	REDDING	CA
257	0:32:21	10:47	760	SHELLY GRAY	15	FH	YUBA CITY	CA
258	0:32:31	10:50	843	MARY MOORE	15	FC	WHITMORE	CA
259	0:32:35	10:52	784	DIANE PRETTYMAN	4	FK	REDDING	CA
260	0:32:45	10:55	958	LORI JOHNSON	8	FD	PALO CEDRO	CA
261	0:32:46	10:55	873	CAROL TERRY	5	FK	REDDING	CA
262	0:32:48	10:56	999	MARJORIE ADAMS	16	FC	REDDING	CA
263	0:33:06	11:02	822	LEONARD SCHROEDER	5	MP	ANDERSON	CA
264	0:33:59	11:20	789	JOLENE KEMEN	16	FH	RED BLUFF	CA
265	0:36:32	12:11	716	MEGAN HAVENSTEIN	17	FC	REDDING	CA
266	0:36:42	12:14	885	BENJAMIN FORD	9	MA	REDDING	CA
267	0:36:43	12:14	886	JERRY LEE FORD	24	MG	REDDING	CA
268	0:36:45	12:15	762	BROOKE GRAY	11	FB	YUBA CITY	CA
269	0:36:48	12:16	728	STEWART GRAY	10	MA	REDDING	CA
270	0:36:50	12:17	838	MERINTHER NICHOLS	18	FC	WHITMORE	CA
271	0:37:23	12:28	961	AL HULL	3	MR	DURHAM	CA
272	0:39:54	13:18	773	MIDGE MILLER	13	FG	REDDING	CA
273	0:39:54	13:18	935	PAM MOSSBARGER	11	FJ	CENTRAL VALLEY	CA

OUR SPONSORS DESERVE OUR GRATITUDE AND
MANY THANKS FOR THEIR FINE SUPPORT!!!



HILLTOP INN



Kentucky Fried Chicken



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Bud Light NCRCA JOHN FRANK MEMORIAL RUN 1989

TEN MILE ROAD RACE

Redding California March 25, 1989 10:00 a.m. Weather: Cloudy, 60 degrees

PLACE	TIME	PACE	NO.	NAME	DIV	CA	TOWN	ST
1	0:53:22	5:20	11	GEO RYSDAM	1	ME	MOLALLA	OR
2	0:53:51	5:23	87	TOM CUSHMAN	1	MH	CHICO	CA
3	0:54:58	5:30	51	JIM PRICE	2	MH	REDDING	CA
4	0:55:36	5:40	85	STEVE PILES	1	MG	BELLA VISTA	CA
5	0:58:20	5:50	67	PATRICK KORNDER	2	ME	REDDING	CA
6	0:59:28	5:57	80	GARY TOWNY	1	MD	CHICO	CA
7	0:59:40	5:58	706	CARLOS LOPEZ	3	ME	WOODLAND	CA
8	1:01:12	6:07	79	JAMIE HARVEY	4	ME	REDDING	CA
9	1:01:26	6:09	29	LEON DEVOID	1	MJ	REDDING	CA
10	1:01:41	6:10	49	PHILIP BEARD	1	MC	WHITMORE	CA
11	1:01:58	6:12	2	YOSHIE PILES	1	FE	BELLA VISTA	CA
12	1:02:35	6:16	62	LARRY WARREN	1	MK	REDDING	CA
13	1:03:05	6:19	24	KENNY WARDE	3	MH	SUSANVILLE	CA
14	1:04:39	6:28	14	ALAN SHIPMAN	2	MG	REDDING	CA
15	1:05:19	6:32	26	MICHAEL CLARK	4	MH	ASHLAND	OR
15	1:08:01	6:48	48	ERICK CARLSON	2	MC	REDDING	CA
17	1:08:44	6:52	46	TOM ENGSTROM	3	MG	REDDING	CA
18	1:09:14	6:55	45	BILL CARLSON	2	MJ	REDDING	CA
19	1:09:27	6:57	62	MARK KARNS	4	MG	REDDING	CA
20	1:09:34	6:57	75	GLENN REED	1	MN	REDDING	CA
21	1:09:37	6:58	15	JOHN ARCHER	5	MG	REDDING	CA
22	1:10:09	7:01	38	BILL JOHNSON	2	MK	PALO CEDRO	CA
23	1:10:48	7:05	57	SVEN KLASEEN	5	MH	REDDING	CA
24	1:10:57	7:06	47	LANE CARLSON	3	MC	REDDING	CA
25	1:11:08	7:07	33	JOE GAZZIGLI	3	MK	REDDING	CA
26	1:11:30	7:09	53	JESSIE STRATTON	1	FJ	ANDERSON	CA
27	1:11:58	7:12	50	HAROLD SILVA	6	MH	PALO CEDRO	CA
28	1:12:25	7:15	19	ROBERT ADAMS	7	MH	REDDING	CA
29	1:12:44	7:16	42	HARRY DANIELL	1	MO	REDDING	CA
30	1:14:24	7:26	77	RICH WILSON	6	MG	REDDING	CA
31	1:14:53	7:29	82	SCOTT HEPBURN	2	MN	REDDING	CA
32	1:14:58	7:30	31	LYNN AASE	4	MK	REDDING	CA
33	1:15:10	7:31	22	STEVE MEYER	8	MH	REDDING	CA
34	1:15:22	7:32	36	DENNIS COOK	5	MK	REDDING	CA
35	1:15:23	7:32	41	KEN VOLLENWEIDER	1	MP	PALO CEDRO	CA
36	1:15:37	7:34	61	JIM FORCELLA	9	MH	PALO CEDRO	CA
37	1:15:55	7:36	20	MICHAEL IUELE	10	MH	ELK GROVE	CA
38	1:15:55	7:36	66	JOHN CALHOUN	11	MH	SACRAMENTO	CA
39	1:16:40	7:40	88	NEIL POSSON	3	MJ	MT SHASTA	CA
40	1:17:54	7:47	32	LOUIS QUIGGLE	6	MK	REDDING	CA
41	1:18:08	7:49	44	MARK VAUGHAN	7	MG	ANDERSON	CA
42	1:18:33	7:51	70	BOB STAPLES	12	MH	RED BLUFF	CA
43	1:18:37	7:51	16	DICK LINDOELL	8	MG	CENTRAL VALLEY	CA
44	1:18:58	7:54	23	DAVID NICKERSON	13	MH	OAKVILLE	CA
45	1:19:10	7:55	56	DAVE SCIARRA	5	ME	REDDING	CA
46	1:19:15	7:56	81	THERESA RATERMANN	1	FQ	FAIR OAKS	CA
47	1:19:20	7:56	68	VINCE REISER	6	ME	REDDING	CA
48	1:20:01	8:00	40	IRA STANLEY	2	MP	TULE LAKE	CA
49	1:20:35	8:04	39	LARRY DIER	3	MN	MCCARTHER	CA
50	1:20:55	8:06	25	BRYAN EVERS	14	MH	REDDING	CA

Record: 48:29 by Ric Sayer of Oregon in 1982

Bud Light NCRCA JOHN FRANK MEMORIAL RUN 1989

TEN MILE ROAD RACE

Redding California March 25, 1989 10:00 a.m. Weather: Cloudy, 60 degrees

PLACE	TIME	PACE	NO.	NAME	DIV	CA	TOWN	ST
51	1:20:59	8:06	78	PRIS BRUTLAG	2	FJ	REDDING	CA
52	1:21:43	8:10	27	MEREDITH PARKS	3	FJ	REDDING	CA
53	1:21:46	8:11	52	MONTI HILL	7	ME	CHICO	CA
54	1:24:00	8:24	30	WILLIAM NODESHA	4	MJ	CENTRAL VALLEY	CA
55	1:24:27	8:27	83	DAISY ROBERTS	1	FP	YREKA	CA
56	1:25:06	8:31	21	KAREN MEYER	1	FH	REDDING	CA
57	1:25:39	8:34	84	DWIGHT ROBERTS	2	MQ	YREKA	CA
58	1:25:57	8:36	55	LEFTY HASTINGS	3	MP	REDDING	CA
59	1:27:21	8:44	71	ANA ROWBIC	2	FG	WEAVERVILLE	CA
60	1:27:24	8:44	17	BRUCE HEDRICK	9	MG	REDDING	CA
61	1:27:57	8:48	37	CAROLYN WARD	1	FK	REDDING	CA
62	1:28:19	8:50	60	RAY FRISBIE	5	MJ	WHITMORE	CA
63	1:29:44	8:58	74	JOE MCFARLAND	7	MK	REDDING	CA
64	1:32:39	9:16	34	LARRY HILL	8	MK	REDDING	CA
65	1:33:52	9:23	76	MATT ANDERSON	6	MJ	ANDERSON	CA
66	1:34:09	9:25	73	DIANA LIENBY	1	FD	REDDING	CA
67	1:34:10	9:25	54	KENBO	10	MG	ANDERSON	CA
68	1:34:55	9:30	86	BOB BARCLAY	4	MP	ALTURAS	CA
69	1:43:30	10:21	59	MAVIS SIMMONS	2	FK	REDDING	CA
70	1:44:22	10:26	69	DOUG REISER	11	MG	REDDING	CA

PROCEEDS FROM THIS RACE ARE USED FOR SCHOLARSHIPS FOR HIGH SCHOOL RUNNERS, INCLUDING THE JOHN FRANK SCHOLARSHIP FUND. ADDITIONAL MONEY FROM THIS EVENT IS USED TO HELP PROMOTE RUNNING/WALKING ACTIVITIES IN THE REDDING COMMUNITY.

THANKS EVERYONE!! WE'LL SEE YOU NEXT YEAR.