

April 13, 1979

TO: Arroyo Seco Participants and Enthusiasts  
FROM: Roz Barbieri *Roz*  
SUBJECT: 5th Annual Arroyo Seco Microthon

Attached are the results from the Microthon. Seventy-three people ran in the race and seventy-three finished. The Universe is doing a big spread on the race with photographs and all.

Thank you all for participating and especially to those who helped me with the preparation prior to and during the race. Without your help, it wouldn't have been. Special thanks to Len Efron, John Beckman and Ed Rinderle for efforts beyond the call of duty.

Ribbons were given to all participants and if anyone did not receive one, please let me know. My mail stop is 506-316.

Remember: The 10 Km will be at Noon on April 17 beginning at the South end of the Rose Bowl itself, next to the playing fields. Also, if you can't run then, I will take any 10 Km time (sanctioned race) between March 15 and April 17. I must have that information, however, no later than April 17 or our results will not be tabulated with the rest of NASA.

Information of interest:

Saturday, April 21--UCLA Extension presents:  
Running: Medical and Training Guidelines  
9 am to 5 pm, 147 Dodd Hall, for further information call  
Dept. of Biological and Physical Sciences  
213/825-7093

Sunday, April 22--Anheuser-Busch Charity 10 Km run  
Cal State Northridge. \$5 (\$2 w/o T-shirt) if mailed by  
April 15, late entries, \$2 more--Jeffrey Foundation  
10 Km Run Committee, P.O. Box 54851, Terminal Annex,  
Los Angeles 90054

Sunday, April 29--1979 Glendale Distance Classic  
5 and 10 Km run, 8 am Verdugo Park. For further  
information call G.G.C. 244-7257

If you want entry blanks, please call me or the person listed above.

Also, if you have information of interest to runners, I maintain a bulletin board outside my office (506-362). On Lab, Kathy O'Hara has agreed to post information at the lower cafeteria and Steve Ledder at the main cafeteria. Therefore, send me any information and I will see it is posted.

ARROYO SECO FREAKO  
MICROTHON

March 30, 1979

Individual Scoring

Men

Under 30

2.	Jim Quick	22:10
5.	John LuValle	23:39
7.	Don Chapman	23:51
12.	Brian Seed	25:12
13.	Paul Birkeland	25:14
19.	Mike Wilson	27:07
21.	T. Horton	27:30
36.	Steve Jacobs	30:26
42.	John Jameson	30:46
46.	Guy Lohman	31:55
59.	Wayne Maupin	36:10
60.	Carter Brown	36:32
62.	Gil Fragosa	37:05

30 - 34

3.	Bruce Bills	22:42
6.	Ed Rinderle	23:50
8.	Dave Thompson	24:08
9.	Milan Karspeck	24:33
11.	Dan Evans	25:07
14.	Paul Stella	25:18
16.	Sam Reynolds	26:03
20.	Ken Zagzebski	27:08
29.	Les Sackett	29:50
30.	Louis D'Amario	30:00
38.	Denis Elliott	30:40
44.	Peter Kupferman	31:47
45.	Richard Pomphrey	31:48
69.	Mickey O'Hara	38:38

35 - 39

1.	John Beckman	21:52
4.	Chuck Greenhall	23:39
18.	Joe Luthy	26:11
22.	Muhammad Afzal	27:50
23.	Booth Hartley	28:08
35.	R. J. Phillips	30:14
40.	Steve Ledder	30:46
41.	Charles Lahmeyer	30:46.5
51.	Hilmer Martinez	33:18
53.	Terry Dunbar	34:10
55.	Vince Coasolo	34:30

40 - 49

10.	Len Effron	24:51
15.	Ray Prizgintas	25:32
17.	Gene Burke	26:07
25.	Charles Odd	28:35
27.	Paul Westmoreland	29:43
28.	Ed Blizzard	29:43
31.	Hank Doupe	29:56
32.	Elmer Floyd	30:00
33.	Ed McNevin	30:06
47.	E. D. Callender	32:05
48.	Don Bane	32:36
50.	Dick Levin	38:09
52.	Don Meyer	33:49
54.	Dick Coffin	34:17
56.	Reed Miner	34:34
57.	Olen Adams	35:23
58.	Jim Johansen	36:10
61.	John Carnakis	37:05
*70.	Robin Young	35:10
71.	Robert Shepard	41:35
73.	Ed Sherry	49:45

50 - 60

24.	Dick Davies	28:22
26.	Mel Salem	28:56
34.	Paul Penzo	30:10
43.	John Gates	31:05
63.	John Hatch	37:14
66.	Chuck Stein	37:58

Over 60

65.	Jack Tanner	37:30
67.	Dave Bender	38:14

\* Started 5 minutes late

ARROYO SECO FREAKO  
MICROTHON

March 30, 1979

Individual Scoring

Team Scoring

Women

Under 30

37. Patti Van Kirk 30:34  
49. Linda Lee 32:43

30 and Over

39. Chris Weiner 30:43  
64. Linda Cammack 37:26  
68. Kathy O'Hara 38:38  
72. Pat Shepard 41:35

Geo-Whizzes 13  
Division 31 17  
126ers 58  
Streakers 100  
Foothill Flyers 114