

## **Arroyo Seco Freako '93**

**By Ed Rinderle**

He staggers around the last turn, his arms flailing wildly! He wanders back and forth over the last 30 yards, gasping for breath! Then, 5 yards short of the finish, he collapses in a heap! Finally, in a last, desperate effort, he rolls across the finish!! Thus, Bill Read of Section 322 wins the 1993 Arroyo Seco Freako Microthon, finishing over a minute ahead of his closest competitor!

Eighteen minutes earlier, I as the race director brought back memories (for some of us really old-timers) of C. B. Boff, as he started the race by popping the top off a beer can. (Non- alcoholic, of course!) Thirty-four runners then took off on their jaunt around the tough 5K cross country course in upper Oak Grove Park. Fortunately, thirty-four runners also finished!

Complete results appear below. Medals went to the #1 finisher in each of the three categories listed. Second and third place finishers received "gag" awards, as the Running Club took the opportunity to unload some old Freako medals!

Ziad Haddad earned special mention by running the course in 26:56 after starting five minutes late!!

After the race, runners enjoyed the cool weather and relaxed under the trees, guzzling drinks provided by the club. Ed handed out the medals, then drew names for special prizes: chances to taste one of his April Fool's Cajun brownies. Ribbons went to all participants.

Special thanks go to the following people. Stephanie Nelson, Bob Thurstans, Abe Feinberg, Dave Childs, Eileen Clark, Roy Kakuda, and Steve Matousek. They did most of the work, making Ed's job easy.

## Arroyo Seco Freako '93 Results

	Men under 40			Men 40 & over	
1.	Bill Read	18:01	1.	Rene Aguero	19:29
2.	Randy Brown	19:11	2.	Len Efron	19:34
3.	Leon Maldonado	19:23	3.	Phil Callaban	22:23
4.	Michael Taylor	19:41	4.	Roy Kakuda	22:45
5.	Jakob van Zyl	19:53	5.	Bill Epping	23:23
6.	David Haub	20:37	6.	Rich Benson	23:26
7.	David Hansen	21:56	7.	Jim Schmidling	24:06
8.	Howard Zebker	23:09	8.	Earl Higa	24:12
9.	William Mathews	23:24	9.	Jim Frautnick	25:00
10.	JSean Howard	23:40	10.	Dick Horn	25:08
11.	Dave Tseng	25:02	11.	Dave Scaff	25:53
12.	Thang Pham	25:06	12.	Ben Sedighi	26:13
13.	Art Densmore	25:37	13.	Bill Mandeville	26:50
14.	Ziad Haddad	26:56	14.	Paul Penzo	27:36
15.	Dennis Rowan	28:31	15.	Charles Voge	27:56
			16.	Myron Hitch	28:48
	<b>Women</b>				
1.	Mignon Belongie	26:27			
2.	Caroline Racho	28:36			
3.	Leticia Montanez	31:44			