

**adidas presents the  
USA Winter Cross Country National Championships**

**13 - 14 February 1999  
Lake Spanaway Golf Course  
Tacoma, WA**

**Master Women 4k Recap**

The master women's 4k race is scheduled to begin at 1:30 pm Saturday February 13th. Race Recap will be posted ASAP following the conclusion of the race.

Women's Master's - 4K (3,865 meters) RACE CONDITIONS: Partly cloudy, temp: 53 degrees F. Face course mostly flat with good footing despite wet conditions. NOTES 'N' QUOTES: Kim Bender (age 40), "The conditions were good, not much mud at all, so I got out hard. I knew Regina Joyce would be hard to beat if she was anywhere near me with 400 left. So I got out hard and tried to keep the gaps, and that's how it turned out. I'm glad we didn't have run two more laps. It's the perfect course for cross country. I don't think I've run one race in the past few months where it hasn't rained, so today worked out well, and you could even get a rhythm out there. I haven't raced much until 6-7 months ago because I've been in graduate school. I'm still coming back to racing. (Past accomplishments?) In cross country I've won three regional championships and been to nationals. I have a PR of 16:11 for 5K and 2:45 in the marathon. I have some good times back in the early '90's. I was nervous coming in, but in a good way. This was an important race for me."

**Master Men 6k Recap**

The master men's 6k race is scheduled to begin at 12:45 pm Saturday February 13th. Race Recap will be posted ASAP following the conclusion of the race.

Men's Masters - 6K (5,865 meters) RACE CONDITIONS: Cloudy with occasional light drizzle, temp: 48 degrees F. Face course mostly flat with good footing despite wet conditions. NOTES 'N' QUOTES: Rudy Munoz (age 41), "I'm a track runner and not much of a cross country person, but it was an easy win. I got out steady and stayed relaxed, and at about 4,000 [going into the last lap], I left the others. (Past accomplishments?) In the past I've run 28:52 for 10K about 18 years ago. I've made multiple American teams in the past, but I don't care so much about the past now, I'm more ready to look ahead. I used to train with the Belgium junior team back in the late '70's, and also under Peter Snell. Masters-wise, I've just started to run after taking three years off. This is my first real race back and it's a confidence-booster. I'm just starting to get into shape, and looking to get on a club team. It's fun to be racing again - that's probably why it felt so easy today. The course was great, almost like a European one and very spectator-friendly."

## Master Women 4k

### Team Scores (Aggregate Time):

#### Women's 40-49 (3 Runners)

Eastside Runners -- 50:41

#### Women's 50-59 (3 Runners)

Snohomish TC -- 54:10

#### Women's 60-69 (3 Runners)

Snohomish TC -- 57:29

### Individual Results

- 1 Kimball Bender 40 Seattle, WA 13:41
- 2 Regina Joyce 42 Brooks 13:57
- 3 Sue Grigsby 42 Everett, WA 15:00
- 4 Deeann Dougherty 40 Portland, OR 15:11
- 5 Bonni Walker 47 CANADA 15:28
- 6 Jenny Swanson 43 Renton, WA 15:34
- 7 Janet Sobczak-Marti44 Surf City Strider15:50
- 8 Mary Meek 46 Clatskanie, OR 16:01
- 9 Cami Jamerson 35 Portland, OR 16:03
- 10 Donna Jornlin 44 Eastside Runners 16:13
- 11 Amy Haberman 44 Santa Cruz, CA 16:15
- 12 Dorie Quam 54 Snohomish TC 16:27
- 13 Barbara Rush 42 Seattle, WA 16:30
- 14 Marcia Koren 49 Eastside Runners 16:36
- 15 Margaret Harder 37 Holy Smokes TC 16:43
- 16 Diane Palmason 60 CANADA 17:16
- 17 Louisa Clayton 38 Holy Smokes TC 17:24
- 18 Judith Fisher 55 Federal Way, WA 17:32
- 19 Susie Main 40 Eastside Runners 17:52
- 20 Ricki Vadset 56 Snohomish TC 17:55
- 21 Christine Curtis 61 Snohomish TC 18:16
- 22 Carol Degan 43 Eastside Runners 18:32
- 23 Sue Stipe 61 Snohomish TC 19:07
- 24 Keri Heagle 38 Holy Smokes TC 19:12
- 25 Mona Petrou 50 Snohomish TC 19:48
- 26 Jane Dods 63 Oregon TC Masters20:03
- 27 Suzi MacLeod 65 Central Oregon RK20:05
- 28 Peggy Ainslie 67 Snohomish TC 20:06
- 29 Francis Steinfeld 60 CANADA 21:18
- 30 Dawn Russell 74 Springfield, OR 27:49

## Master Men 6k Results

### Team Scores (Aggregate Time):

#### Men's 40-49 (5 Runners)

1. Central Mass. Striders -- 97:44
2. Club Northwest -- 98:10
3. Boulder Road Runners -- 98:42
4. Team Red Lizard -- 103:22

#### Men's 50-59 (5 Runners)

Snohomish TC -- 105:28

#### Men's 60-69 (3 Runners)

Snohomish TC -- 75:53

### Individual Results

- 1 Rudy Munoz 41 Fresno, CA 18:33
- 2 Armando Siqueiros 40 Reebok Aggies 18:38
- 3 Andrew Crook 40 Boulder Road RC 18:56
- 4 Geary Daniels 45 Central Mass. Striders 19:04
- 5 Mark Winder 43 Red Lizard 19:06
- 6 Jim Garcia 40 Central Mass. Striders 19:08
- 7 Herman Atkins 50 Snohomish TC 19:10
- 8 Mark Billet 45 Club Northwest 19:11
- 9 Bill Lawrence 44 Boulder Road RC 19:14
- 10 Emil Magallanes 43 Reebok Aggies 19:23
- 11 Erkki Ojala 46 Red Lizard 19:25
- 12 Bruce Cyra 40 Club Northwest 19:33
- 13 Kevin McGovern 41 Central Mass. Striders 19:34
- 14 Page Bodine 40 Boulder Road RC 19:36
- 15 Michael Allison 47 Club Northwest 19:41
- 16 Richard O'Brien 50 Selah Striders 19:46
- 17 Robert Hodge 43 Central Mass. Striders 19:47
- 18 Denis Villeneuve 42 Club Northwest 19:50
- 19 Rockwell Moulton 41 Club Northwest 19:55
- 20 James Mahar 44 Club Northwest 20:03
- 21 Richard Ovian 44 Central Mass. Striders 20:11
- 22 Jim McGill 50 Snohomish TC 20:14
- 23 Timothy Dolen 42 Boulder Road RC 20:17
- 24 Bill Gaudere 41 Central Mass. Striders 20:22
- 25 Art Coolidge 52 Southern Oregon Sizzlers 20:27
- 26 Dave Dooley 51 Boulder Road RC 20:39
- 27 Michael Carnahan 53 Red Lizard 20:48
- 28 Louie VanDuzer 47 Columbia Falls, MT 20:49
- 29 David Flowers 42 Club Northwest 21:01
- 30 Carl Mohr 48 Boulder Road RC 21:02
- 31 Mark Lawrence 49 CANADA 21:04
- 32 Iain Fisher 50 CANADA 21:07
- 33 Tim Swietlik 40 Red Lizard 21:09
- 34 Philip Welch 49 Snohomish TC 21:10

35 John Dzewaltowski 41 Ft Steilacoom RC 21:12  
36 Michael Carlson 41 Ft Steilacoom RC 21:16  
37 Scott Abrams 42 Oregon Road Running Club 21:16  
38 Chuck Dooley 43 Club Northwest 21:16  
39 Rob Lang 42 CANADA 21:17  
40 John Johnson 50 Issaquah, WA 21:18  
41 Steve Denton 47 Gig Harbor, WA 21:22  
42 Greg Swanson 46 Renton, WA 21:28  
43 Crispin Garza 40 Selah, WA 21:28  
44 John Hahn 51 Snohomish TC 21:37  
45 Ron Barker 52 Boise, ID 21:46  
46 Herb Phillips 58 CANADA 21:47  
47 Arny Stonkus 44 Seattle, WA 21:48  
48 Dale Bohm 40 Eastside Runners 21:57  
49 Craig Bown 47 Marysville, WA 22:00  
50 Carl Sniffen 46 Grants Pass, OR 22:02  
51 Richard Zirn 45 Ft Steilacoom RC 22:04  
52 Peter O'Neil 52 Snohomish TC 22:11  
53 Wayne Pumphrey 42 Edmonds, WA 22:14  
54 Gale Pfueller 56 Snohomish TC 22:16  
55 Dan McCormack 60 Eugene, OR 22:20  
56 Mike Donoghue 56 Snohomish TC 22:24  
57 Howard Norman 47 Seattle, WA 22:29  
58 Duane Murphy 53 Aberdeen, WA 22:32  
59 Clifford Chaffee 47 Everett, WA 22:33  
60 Rick Garrison 46 Kent, WA 22:37  
61 John Woodcock 54 CANADA 22:39  
62 Bob Martin 48 Seattle, WA 22:40  
63 Stan Grochowski 46 Ft Steilacoom RC 22:42  
64 Michael Heffernan 58 Red Lizard 22:54  
65 Fred Bass 43 Hillsboro, OR 23:00  
66 Stephen Odwin 62 CANADA 23:06  
67 Paul Muto 51 Seattle, WA 23:07  
68 Joe Clark 40 Tacoma, WA 23:16  
69 Jake Madderom 54 CANADA 23:24  
70 Rocky Riviera 44 Boulder Road RC 23:27  
71 Paul Ladniak 52 Seattle, WA 23:31  
72 Tom Hastie 52 CANADA 23:32  
73 Ron Taylor 55 Snohomish TC 23:33  
74 Rich Castro 51 Boulder Road RC 23:42  
75 Bryan Kempter 46 Chapel Hill, NC 24:05  
76 Bob Stone 50 Sound RC 24:18  
77 Tim Joslin 58 Snohomish TC 24:26  
78 David Pitkethly 62 Snohomish TC 24:31  
79 Brian Brouillet 43 Club Northwest 24:34  
80 Doug Sturm 50 Seattle, WA 25:33  
81 Larry Wright 62 Snohomish TC 25:34  
82 Mel Preedy 65 Snohomish TC 25:48

83 Derek Mahaffey 64 Snohomish TC 25:55  
84 Jim Peterson 53 3 Rivers RR 25:58  
85 Roy Veal 61 Spanaway, WA 25:59  
86 Foster Kimble 52 Portland RC/Reebok 26:43  
87 John Elder 57 Olympia, WA 26:55  
88 Ken Ogden 62 Portland Masters TC 27:05  
89 Albert Huff 61 Snohomish TC 27:54  
90 Bruce Katter 64 Snohomish TC 29:17  
91 John Seabrook 52 Unattached 30:50  
92 Jimmy Smith 58 Bremerton, WA 32:39  
93 Field Ryan 66 Snohomish TC 35:30  
94 Jule Crabtree 85 Royal City, WA 47:56