

Includes the Runner's Schedule Calendar!

Nov/Dec 2008

California Track & Running News

VOLUME 34

NUMBER 6

\$3.95

WINTER TRAIL SHOE REVIEWS

**Q&A WITH STEPHANIE
BROWN TRAFTON**

USA MASTERS T&F CHAMPS

SD-IMPERIAL XC UPDATE



In August at the USA Masters Outdoor Track & Field Championships in Spokane, Californian TOM PATSALIS (86, Alhambra) won Gold medals in four events, helping So Cal Fleet Feet Track Club claim its first outdoor team title.

Chris Stone/masterstrack.com

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TRACK & FIELD™**
Official Publication of the
California/Northern Nevada
Associations of USATF

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Fort Atkinson, WI