

NORTHERN CALIFORNIA SENIORS TRACK CLUB

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NUMBER 43

Late March, 1973

COMING EVENTS

- Sat Apr 7 De Anza Ridge Run, 9 Mi, Cupertino, 9am. Joggeronauts, Jim Woodruff, 531 Benvenue, Los Altos, 94022.
- Sun Apr 8 NCSTC Track Meet at Tracy High School, 1pm. (See elsewhere in this issue for details.)
- Sun Apr 8 1st Napa Valley Orienteering Competition, 10am, Ed Healy, 449 Klamath Dr., Vacaville, 95688.
- Sun Apr 8 Legion of Honor 4.5 Mi, San Francisco, 10am Dolphin-South End Running Club.
- Sun Apr 15 Cupertino Marathon, Cupertino, Knights of Columbus, 9am. Dan O'Keefe, 20203 Camarda Ct., Cupertino 95014. (Certified)
- Sun Apr 15 Mt. Vaca Hill Climb, 10.6 Mi, Vacaville, 9am. Bay Area Road Runners, Bill Flodberg, 1w925 Foothill, San Martin 95046.
- Sun Apr 15 DSE Kennedy Drive 4.7 Mi; Meet at Polo Fields, Golden Gate Park, San Francisco, 10am.
- Sun Apr 15 Mad River Run, 6.1 Mi, Blue Lake (Near Arcata), 1pm. Bob Dickerson, P.O. Box 396, Blue Lake, Ca 95525.
- Mon Apr 16 Boston Marathon, Boston, Mass., noon. Boston Athletic Ass'n, Will Cloney, c/o Boston Garden, Boston, Mass. 02144.
- Sat Apr 21 El Dorado Burro Trail Race, 14 Mi, El Dorado, Ca., 10am. Ernie Marinoni, 5105 Newton Rd., Placerville, Ca. 95667. (See elsewhere this issue for details.)
- Sun Apr 22 DSE 3 Mi. Nob Hill Run, Meet at Dolphin Club, S.F., 10am.
- Sat Apr 28 Sacramento-Woodland Run, 22 Mi, 10am. Woodland Chamber of Commerce, 520 Main St., Woodland, Ca 95695.
- Sat Apr 28 Douglas County Jogathon, Stewart Pk., Roseburg, Ore., 11am. Ron Hjort, Roseburg Recr. Dept., Roseburg, Ore. 97470.
- Sun Apr 29 NCSTC Track Meet at Sonoma State College, Rohnert Park, 1pm. (See elsewhere in this issue for details.) (Set clock up 1 hour.)
- Sun Apr 29 Mt. Diablo Disturbance Race, 6.6 Mi, 9am PDT. Pre-entries required, as handicap race. Jack Kirk, Star Route, Mariposa 95338.
- Sun May 6 Avenue of the Giants Marathon (Certified), Weott, 9am. Six Rivers RC, Dick Gilchrist, 281 Hidden Valley Rd., Bayside, Ca 95525. The PAAAU schedule lists wrong date and time.
- Sun May 6 Guardsman Angel Island Race & Picnic, 11:30am, 5.25 Mi. The Guardsmen, c/o Phil Fernandez, 12 Geary St., S.F. 94108.
- Sat May 12 8 Mi Road Race, Golden Gate Pk, S.F., 9am. Rich Perry, 3909 Peppertree Ct., Redwood City, Ca 94061.
- Sun May 13 DSE 5 Mi Golden Gate Bridge Vista. Meet at Legion of Honor Parking Lot, 10 am.
- Sun May 13 Manresa Beach Runs (RRC), 1, 2, & 8 Mi, 1:30pm. Bill Flodberg, 12925 Foothill Ave., San Martin, Ca. 95046.

WHERE DO WE GET N.C.S.T.C. UNIFORMS?

Those highly visible and very comfortable nylon red and gold "racing silks" can be purchased from the Flying Goose Sporting Goods, Inc., 1655 Taraval Street, San Francisco 94116 (phone 415, 661-1909). The shirts are gold nylon for \$4.50 (small 34-36, medium 38-40, large 42-44, XL 46), the stencilling job "Northern California Seniors" for \$0.75, the pants are scarlet nylon for \$3.00 (small 28-30, medium 32-34, large 36-38, XL 40), and the mailing charge \$0.50. Total cost = \$8.75. Please send them a check or money order for this amount, with name and address. Get suited up and run as a recognizable club member!

(Author unknown. Relayed to us
by John Hutchinson.)

NOTICE TO ALL MEMBERS

Dues for 1973 are now payable to the Secretary-Treasurer, John Hutchinson, 225 San Marcos Avenue, San Francisco, California 94116. Make checks payable to Northern California Seniors Track Club. The amount is \$6.00, same as last year. In addition to the newsletters, this amount will cover the new and revised, up-to-date Club Directory, which is now in press. Deadline for dues payment is April 15, same as for income tax, and not nearly so painful.

John Hutchinson

CONSUMER INFORMATION

An increasing number of runners are selling running equipment in their spare time and their portable stores can be seen at most road races. For some of us who do not live near sporting goods stores with full lines of racing flats, etc, and for others who would have to choose between running and shopping on our days off, this is a real convenience. Usually the prices at the racing site are as good or better than in most sporting goods stores.

We have been favorably impressed by a mail order item called "Sole Saver." It is a gooey material which can be spread on worn spots of shoes and changes in a day or two to a sort of crepe rubber. It is especially useful if you do not let the wear get too much of a start. A thin layer hardens more rapidly, and a less-than-perfect match is of little consequence if practically all of the original sole material is retained under a protective covering of the goo. You can get "Sole Saver" from Carpet Products Co, Dept. R"-11, P.O. Box 5, Central Square, New York 13036. Total cost is \$2.25 for 1/2 Pint, \$3.95 for Pint.

We have had good results in sticking thin sheets of tough rubber (like automobile inner tube pieces) on the rear inch or two of racing flats. You stick the protective piece on with rubber cement before the heel begins to wear. When the protector wears thin, pull it off (a solvent like acetone may be needed) and stick on another. If you tend to land first on your heel this procedure can save you a lot on shoe wear.

We would appreciate any ideas you may have about making our equipment more useful or economical.

NORTHERN CALIFORNIA SENIORS TRACK MEET AT SONOMA STATE

Time: Sunday, April 29, 1973, 1:00 PM.

Place: Sonoma State College, Rohnert Park, California. It is about 10 miles south of Santa Rosa, near Cotati.

Meet Information: The meet will follow our standard schedule, with possibly an intermediate hurdle race added toward the end.

1:00p	120 Hurdles	Schedule of field events will be announced at the meet.
1:20	100 Yd.	
1:50	Mile	
2:20	440 Yd.	
2:50	880 Yd.	
3:20	220 Yd.	
3:50	3 Mile	

Equipment: All running or jumping events will be with spikes no longer than 1/4 inch, or with flats or bare feet. The track and runways are grasstex. It is sometimes hard to get implements of all the required weights, so bring your own if you can.

Meet Director: Al Guidet, 71 Raymond, Petaluma 94952.

NORTHERN CALIFORNIA SENIORS TRACK MEET AT MODESTO

Time: Sunday, May 6, 1973, 1:00 PM.

Place: Downey High School, Coffee Rd., Modesto

Track: One of those fast clay tracks typical of the San Joaquin Valley. Long spikes will be helpful. We believe the run ways are clay also, but you jumpers might bring short spikes also in case we are wrong.

Meet Director: Dick Marlin, 3413 Stembridge, Modesto 95350.

General: A very successful meet was held here last year. The turn-out was big and the performances were fast and/or far. The schedule will be the same as for Tracy and Sonoma State meets, with some field events added if demand and available implements are favorable. It is always well to bring your own shot, discus, etc., as a complete set of the various weights is hard for any one person to collect for a meet. Last year the official competition began at age 30, with competition by 5 year increments on up.

Last year this meet served as a qualifying meet for the senior competition in the PAAAU Championship Meet. We plan to give further details in the next newsletter.

NCSTC HOW AND WHERE MEET, SUNDAY, MAY 20, 1973

HELP! Ed Dowell advises us that a meet on Sunday, May 20, would be a big help in rounding out our schedule, but so far we are short a director and a site. Anybody who wishes to volunteer or to suggest somebody else who might volunteer to set this meet up please let Ed know. Ed's address is 422 North Street, Woodland, 95695, Phone 916- 666-0328.

2nd Annual Tracy Masters Track and Field Meet Co-sponsored by the Tracy Recreation Commission and the Northern California Seniors Track Club
 (AAU Club Sanctioned for Men 25 and Over - To be recorded and awarded in 5 year age groupings for each event)

DATE AND TIME 1 PM Sunday, 8 April 1973 at the Tracy High School Track in Tracy, California

Age Divisions of Competition

<u>Division</u>	<u>Age Group</u>
1	25-29
2	30-34
3	35-39
4	40-44
5	45-49
6	50-54
7	55-59
8	60-64
9	65-69
10	70+ (more divisions if required)

The "age" for this meet is the age an entrant is, or will become in 1973

Awards 1st, 2nd, and 3rd, in each age Division for each event.

Events Scheduled for All Divisions 8 April 1973

<u>Track</u>	<u>Field</u>
1:00 PM Registration	1:00 PM Registration
1:20 PM 100 yd dash	1:20 PM Hammer Throw (16 lbs) (Div 1-10)
1:50 PM 1 mile run	(followed by) Discus Throw (4 lb 6 oz Div 1-5)
2:20 PM 440 yd dash	(31b 9oz Div 6-7) (2-2 lb Div 8 & + if avail.)
2:50 PM 880 yd dash	2:50 PM Shot Put (16# 1-5)(12# 6-7)(8# 8 & +)
3:20 PM 220 yd dash	3:20 PM Long Jump
3:50 PM 3 or 5 mile run (whichever has the most registrants)	
and Civic/Fraternal Club Relay - Possible City vs County Relays	

Shoe Information

Dirt Track - allows up to long spikes
 Jump approaches - allows up to short spikes
 Throw areas - concrete surface allows smooth shoes

Implements

Discus 2# 2oz and Shot 8# may be unavailable. Could you bring one?

Registration \$1 all inclusive entry fee for as many events as desired - all entrants must waive responsibility for any accident by exempting the AAU, Pacific Assn AAU, Northern California Seniors Track Club, Tracy High School, Tracy Recreation Commission and the City of Tracy and all of the related organizations administrations and staff from any liability due to an accident.

Note: Mixed ages will probably run, jump or throw together. The key is to make sure your time or distance is properly recorded with your meet registration number that you will be given to wear.

MEET DIRECTOR: Chet Steele, Comptroller
 Defense Depot Tracy
 Phone 835-0800, Ext. 206 (for information)

BIG MASTERS TRACK MEETS

- April 19, 20, 21 Hawaii Masters Track & Field Championship, University of Hawaii, Honolulu. Bob Gardner, 4504-A Kahala Ave, Honolulu, Hawaii 96816. Entry deadline is April 9, so time is short if you aren't already entered.
- June 23, 24 Los Angeles Senior Olympics, 5 year age groups. We have no particulars as yet.
- June 30, July 1 Meet with British Veterans at University of California, Irvine Tartan Track.
Info: David H. R. Pain, 1160 Via Espana La Jolla, California 92037
- July 6, 7, 8 AAU Masters Track and Field Championship, San Diego. 40-49, 50-59, 60-69, 70 & up.

We still haven't heard when the Northwest Masters Track and Field Championship will be held at Gresham, Oregon. Last year it was a bit later than the San Diego Masters.

If anybody still has not heard about David H. R. Pain's planned South Pacific Masters Meets and Taur, you can get a leaflet from Pain at the address above if you do not have a friend who has one of the leaflets.

EL DORADO "BURRO TRAIL" RACE - 14 MILES

Time: Saturday, April 21st, 1973, 10:00 A.M.

Sponsored by: Kiwanis Hangtown Harriers and the Pacific Association of the AAU.

Entry fee: \$1.00 if received by Wednesday, April 18, 1973.
Post entry - \$2.00.

Awards: 1st and 2nd place trophies in the following divisions:
Open and Senior (40 - 49)

1st place trophy in each of the following divisions:
(50 and over) - Women - High School - 12 and under.

Ribbons to all finishers.

Directions: From Sacramento take Hiway 50 East towards Placerville. Turn right on El Dorado Road before you get to Placerville. The starting line is on Main Street (Hiway 49) in front of the El Dorado Post Office.

Mail entries to: Ernie Marinoni, 5101 Newtown Road, Placerville, California, 95667.

CUPERTINO MARATHON, SUNDAY, APRIL 15

The advertising for this race emphasizes that it is a challenging course. The race starts at DeAnza College at 9 a.m. and finishes there when you complete one loop. Post entries will be accepted until 8:45 a.m. There will be aid stations every 3 miles or so. Showers at DeAnza College. Prizes for many categories, including family groups. The heavyweight class is 200 lb rather than the 190 more frequently chosen of late. The Pax Beale's and Bill Snavely's may have to break training to qualify for that class. One frequent road runner who will be sure to qualify is Dave Weill. As an Olympic discus thrower he had about 280 lb well distributed on his 6' 7" frame. Quite a trick to carry that bulk over the Martinez 8.4 miler in 62:32.

Fifth Annual Martinez 8.4 Mile Run, Feb. 24, 1973

Rainy weather held down the entries but gave way to sunshine just before the race started. The beautiful weather lasted through the race and almost an hour thereafter. Richard Kimball of the Sacramento Track Club won by 41 seconds and was 54.8 seconds behind Alvaro Mejia's course record—a fantastic performance for a sixteen-year-old. Ross Smith and Ken Napier, both previously undefeated in senior competition of the 1972-1973 season, provided the expected great duel, with Smith finally gaining the victory. Most astounding senior performance of all was probably by Eve Barraza. Running on many freshly-mended bones, she beat all the women of whatever ages. Ernest Beyer (46), David Dunton (43), Eugene Martin (46) and William Smith (52) each apparently finished in one of the unreported places: 55, 78, 82, 90, 108, 109, 118, or 119. Places and times of 40-and-overs and NCSTC members:

1. Richard Kimball, 16	41:22	97. Bob McGuire	46	58:37	
16. Ross Smith	45	45:22	98. John Elliott	52	58:48
17. Ken Napier	40	45:41	100. Thomas Lawrence	42	58:54
20. Jim O'Neil	47	46:49	101. Eve Barraza	45	59:09
22. Dennis Teeguarden	41	47:05	102. Valerie Cooper	19	59:15
23. Robert Malain	46	47:28	103. Pax Beale	43	60:01
28. Gil Tarin	41	47:58	111. Alvin Wiggins	50	60:48
31. James Shettler	40	48:34	117. Bob McIvor	42	61:51
44. Paul Reese	55	50:37	123. Donald Tranner	40	62:52
48. Don Pickett	45	51:02	124. Hank Fragoza	42	63:25
51. Bill Snavely	41	51:21	125. Ernest Marinoni	68	63:38
60. Jim Allen	51	52:37	127. Pat Bunds	40	65:03
66. Ralph Blount	40	53:39	132. Catherine Smith	39	66:51
67. John Souaer	42	53:46	134. Frank Protteau	46	68:09
34. Flory Rodd	49	56:03	142. Roger Anawalt	53	73:39
85. Howard Buckner	45	56:11	144. Carl Reiterman	51	75:09

00ps! We missed Thomas Pinckard, who was 56th in 52:04. He is 35 and an NCSTC member.

Results by Director Luka Sekulich, with backup by John Hutchinson.

Second Annual Fremont 10,000M, Fremont, Sun. March 11, 1973

Many runners were slowed by the slippery mud and ruts over a mile of the course, but no wind and near ideal temperature allowed for good running times. 172 runners, both males and females, ages 7 through 73 completed the nearly six and a quarter mile run. The race was run in three sections according to expected time, with an added novice open section. Seven in Division III were disqualified for running too fast, as nobody who could run under 46:00 was supposed to be in it. James Shettler, a rather new 40-year-old, was the best performer in the 40-and-over group. Following are times of identified 40-and-up's, NCSTC members, their families, and other performances thought to be of most interest:

33:02	Dan Anderson (New course record, old 33:05.6)	37:57	John Comisky
34:46	James Shettler	38:16	M.J.DeBenedetti
35:17	Ken Napier	38:48	Frank Harrison, NCSTC
35:29	Jim O'Neil	38:56	Ed Preston, NCSTC
36:24	William Cronin, NCSTC	39:09	Kermit Bayless
36:42	Dennis Teeguarden, NCSTC	40:24	James Allen, NCSTC
		40:49	John Hutchinson, NCSTC

Fremont 10,000, Continued

41:15	Joe Carey, NCSTC	47:37	George Dekay, NCSTC
41:23	Phil Paulson, NCSTC	48:17	Karl Newland
41:24	G.C.Reinhardt, NCSTC	48:31	Ernest Marinoni, NCSTC
41:48	Donal Coghlan	48:38	William Monheit, NCSTC
43:11	Emmett Smith, NCSTC	50:45	Eric Newland
43:21	Pax Beale, NCSTC	51:20	Robert Oliver
44:08	Bob McIvor	52:11	Carl Wood, youngest, 7
44:09	Louis Fields, NCSTC	53:47	Dr Paul E. Spangler, oldest, 73
44:29	Grant Newland, NCSTC	54:26	William Fields
44:48	Bernard Berger, NCSTC	55:06	George Martin
45:19	Eve Barraza, NCSTC, again	55:27	Robyn Paulson, NCSTC
	first woman of any age	65:12	Lisa Tarin
45:35	David Oliver	65:56	Kathy Newland
46:11	Tertius Chandler, NCSTC		Novice Open
46:41	Joe Fields	40:37	Melvin Barer, NCSTC
47:05	Jack Kirk	51:25	Calvin Steele

Results by Joe Carey, with assist by
John Hutchinson

American River Trail Race, 8.4 Miles, January 28, 1973

The race was shortened from 12.2 miles (full length of bike trail) to 8.4 miles because of recent rains submerging part of the course. Course measurement is based on Sacramento County's posted mile markers; we hope to wheel-measure the course in the near future.

Steve Martin and Gary Green of Davis High School were the leaders at the turn-around. They had approximately fifty yards on Nick Vogt at that point. Green faded to third during the final 4.2 miles. Steve Dean made a rare road appearance, started very slowly, and worked his way through the crowd for a fine fourth place effort. This was Dean's first race since October. Recently some interesting races have taken place between Jim Freeman and Jim O'Neil. Freeman is a freshman at La Sierra High School and ran a very fine 20 mile race in December (1:57+). O'Neil of course is one of Northern California's better senior runners, who at age 48, recently ran a 9:58 two mile on the track. Freeman won this one by only ten seconds.

1. Steve Martin	17	42:09	60. Joel Castaneda	45	58:32
20. Jim O'Neil	48	46:28	63. George Koch	45	59:08
29. Gil Tarin	41	48:13	66. Grant Bennett	43	60:22
40. A.A. Waggoner	47	50:31	69. John Hill	54	62:26
41. D.L. Nachbar	41	50:50	73. Jim Thuerwachter	40	65:58
43. Walt Betschart	45	51:22	74. Cliff Hazen	43	67:00
54. Howard Buckner	45	54:28			

Report by Race Director, Walt Lange

We have measured the course with a wheel since Walt's report. The length came out 8 miles, 143 yards. The County mile markers apparently were set by something like an automobile odometer. The indicated miles were variable, but most of them were short by 100 feet or more.

This was another race in which one might gain by competing out of his class. Jim Freeman chose to run open and took the 8th medal. Judged as a high schooler he would have been a no-medal 12th.

Trials for Cow Palace Meet

On January 13, 1973 the senior trials for the Cow Palace Meet were held at the College of San Mateo.

A stellar field of 16 entered the mile run with the first eight under 5:00 to qualify. David Pratt of the Northern California Seniors Track Club led from the start to the finish stretch but was overtaken by Norman Lloyd of the Stanford Running Club. Lap times were 64.5, 68.5, 73, 69.

Winner:	Norman Lloyd	SRC	4:34.5
2	David Pratt	NCS	4:34.7
3	Dennis Teeguarden	NCS	4:37.9
4	Ken Napier	WVJS	4:38.0
5	Dave Stevenson	WVJS	4:40.0
6	Jim Shettler	WVJS	4:42.7
7	Len Thornton	High Sierra T.C.	?
8	Peter Wood	NCS	4:49
9	R. E. Haynes	SRC	4:56
10	?		5:01
11	Vance Koerner	NCS	5:04
12	?		5:10
13	?		5:19
14	?		5:21
15	?		5:37
16	?		5:39

Other entrants whose finish positions were not caught were D. T. Nachbar, NCS, Eugene DeSoto, Unattached, Jack Garnett, Unattached, William Brown, BAS, Frank Veloz, Unattached, Ken Moore, Unattached.

In the 60 yard dash those marked* qualified for the Cow Palace:

Heat 1

Ed Dowell	NCS	6.9*
Hans Bruhner	NCS	7.4
Bob Jordan	NCS	7.3
John Green	Dustas T.C.	7.3
Mal Andrews	BAS	6.8*
Kelets	?	7.2

Heat 2

William Smith	NCS	7.3
Al Guidet	NCS	7.0
Dick Marlin	NCS	6.7*
Stan Dowell	NCS	7.0
Huel Washington	BAS	6.8*
Dick Salzman	NCS	9.2

Cow Palace Trials, ContinuedHeat 3

John Satti	NCS	7.8
Marion Sanchez	BAS	6.8*
Will Frederickson	NCS	7.2
Don Lucerto	NCS	7.9
Tom Harvey	NCS	7.2
Robert O'Connor	R.C. Flyers	7.7
Jim Lingle	BAS	6.7*

Long Jump

1. Mal Andrews	BAS	20' 2-3/8"
2. John Green	Dustus T.C.	17' 1-3/4"
3. Will Frederickson	NCS	16' 9-3/4"
4. Huel Washington	BAS	16' 9-1/4"
5. Harry Huseny	Una.	15' 8-1/2"
6. Al Guidet	NCS	14' 11-1/2"

Results of Cow Palace Indoor Meet - January 26, 1973Seniors Long Jump

1. Mal Andrews	-	BAS	-	40	-	21' 2"
2. John "J.J." Green	-	DTC	-	42	-	18' 2-3/4"
3. Huel Washington	-	UNA	-	44	-	17' 8-1/2"

Seniors Mile Run

1. Ken Napier	-	WVJS	-	40	-	4:37.8
2. Norman Lloyd	-	SRC	-	40	-	4:38.5
3. Dennis Teeguarden	-	NCS	-	41	-	4:39.3

Seniors 60 Yard Dash - 40-54

1. Jim Lingel	-	BAS	-	41	6.6 (new record)
2. Marion Sanchez	-	BAS	-	40	6.7
3. Richard Marlin	-	NCS	-	42	6.8

Seniors 60 Yard Dash - 55 and Up

1. Payton Jordan	-	S.U	-	56	7.1
2. Al Guidet	-	NCS	-	55	7.3
3. John Satti	-	NCS	-	59	7.7

SENIOR MEN'S EVENTS -- 1973 SAN FRANCISCO EXAMINER GAMES

(Jan. 26, 1973)-- Ken Napier (West Valley Joggers, 40) continued his winning ways by taking first place in the sixth annual running of the Senior Men's Mile at the San Francisco Examiner Games. Ken turned in a flashy 4:37.3 pace, edging Norman Lloyd (Stanford Running Club, 40) and Dennis Teeguarden (NorCal Srs., 41). Lloyd was timed in 4:38.5, and Teeguarden in 4:39.3. Four runners went below the 4:40 mark in a comparatively fast, highly competitive race. Teeguarden led the opening lap, then Napier moved up to set the pace. Starting the third lap Teeguarden again took the lead and set the pace through the next seven laps. Napier and Lloyd meantime held striking positions, and with less than a lap to go exploded past Teeguarden in a furious sprint for the tape. Napier held off Lloyd's challenge on the last curve to win with a comfortable margin. Happily, the race was only 11 laps this time - a true mile and 1-lap shorter than last year's race.

Results

1. Ken Napier	4:37.3	West Valley Jog.
2. Norman Lloyd	4:38.5	Stanford Run Cl.
3. Dennis Teeguarden	4:39.3	Nor Cal. Srs.
4. Dave Pratt	4:39.4	Nor Cal. Srs.
5. Len Thorntom	4:41.5	High Sierra T.C.
6. Dave Stevenson	4:42.6	Stanford Run Cl.
7. James Shettler	N.T.	West Valley Jog.
8. Gene Haynes	N.T.	Stanford Run Cl.
9. Peter Wood	N.T.	Nor Cal. Srs.

In the Senior 60-yard dash, Jim Lingel (Bay Area Striders, 41) repeated his 1972 victory in the same event, cracking the tape in 6.6. Marion Sanchez (Bay Area Striders, 40) was in hot pursuit, finishing second in 6.7. Richard Marlin (Nor Cal Srs., 42) was third in 6.8.

Judging from crowd response, the 60-yard dash for Seniors 55 & up is one of the more exciting events in this annual classic. The talent and grace in this group of senior athletes is always impressive. Payton Jordan (56) also repeated his 1972 victory in this event, winning in 7.1. Al Guidet (Nor Cal Srs., 55) who is always there in front somewhere, took second place honors in 7.3. John Satti (Nor Cal Srs., 59) was third in 7.7. This made John the oldest medal winner in the 1973 Examiner Games.

For Seniors, the Examiner Games has to rank as the top track and field event of the year. To be sure, the U.S. Masters Track and Field Championships provide more opportunities for competition. But there is a special quality to the Examiner Games. A large, enthusiastic crowd (13,700 this year) is one element. The presence of outstanding young athletes is another. Whatever it is, to those who observe and to those who participate, the Examiner Games is a great show.

D. Teeguarden

Dennis also points out that we won the 1972 Dipsea Race, but nobody seems to have reported it anywhere. We believe Dennis may give us some more word on that team effort soon--we certainly hope so.

Third Annual Camellia Festival One-Day 100 Mile, March 10, 11.

Natalie Cullimore's victory put her first in a number of ways, and John Arberry, in the tradition of Number 2, tried harder.

Apparently Natalie became the first woman ever to win a major road race open to men. She certainly became the only person to twice complete the Camellia 1-day 100, and may well be the only person in the United States who has twice run 100 miles in less than a day. A day of wind and rain followed by a frigid night made conditions difficult, but Natalie turned a final time of 18:09:16--the second best ever by a woman even though some what slower than her 16:11:00 of 1971. As in 1971 she ground away the miles by maintaining a steady pace, slowing down slightly as the inevitable fatigue increased. Her time at 50 miles was 7:48, leaving 10:21 for the second 50. Her longest stop reportedly was to give her hair a brush before passing a photographer.

John Arberry, who set a drop-out record by finishing 80 miles of the 1972 race, completed the first 50 in a conservative 8:19:40. At 90 miles (in 18:45:30) he was looking weak, but amazingly still bringing his arms and legs smoothly forward-and-back, almost free of hitches or wobbles. After that he stiffened rapidly and was reduced to a peg-legged walk most of the remaining distance. A great effort kept him struggling on until he crossed the final line in 22:21:39 and became the 9th ever to finish this race..

Dave Chatterton, 17, proved the most durable of the other contestants, finishing 55 miles in 13:14:35. Dave took an hour off for lunch after 50 miles and was unable to get limbered up again. Rex Dietderich of NCSTC had shown excellent condition with his 2:56:54 in the February 11 marathon at Burlingame, but an achilles tendon problem did him in at 40 miles in 7:38:00. Rex was in or near the lead in the early stages. The other entrants, Ray Beamer, Jack Halligan, Roger Deutschle and Steve Chatterton (12), retired respectively at 37½ miles, marathon distance, 25 miles and 20 miles.

.....Over in South Africa, last October 6, Derek Kay won a 100 mile race at Durban in 11:56:56, breaking the world record of 12:15:09 held since 1970 by Dave Box, also of South Africa. We have just learned that Kay was one of 48 runners who finished. If, as suggested by Joe Henderson of Runners World, the 100 mile runner is looking for loneliness, Durban must be a poor place to find it....

Camellia Festival 3-Day 100 Mile, March 9, 10, 11.

As in the one-day race, the finishers were limited to two. Young Dave Russell gained a few minutes on Paul Reese on the 33 1/3 mile first leg which covered many ups and downs between Sacramento (Mather Field) and Jackson. On the more rugged and predominately up-hill leg from Jackson to Placerville they finished in a tie. Russell proved to be slightly better on the down-hill and pulled away for a total time lead of about a half hour on the final third from Placerville back to Mather Field.

Miscellaneous

Being tuckered out we are somewhat glad to be running out of space, but we regret having to leave out a number of things we hoped to include. Ruben Melgosa gave us some all comers sprint results and also the Cow Palace trial results. We printed Emmett's copy as it fitted without re-typing. Next time we will print the results of our College of Marin meet as already supplied by John Hutchinson, and a report on Al Guidet's experiments with the standing start. Thanks for all those items, all you helpful writers.