

# NORTHERN CALIFORNIA SENIORS TRACK CLUB

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V.P.: Paul Reese, 2789 - 17th Street, Sacramento 95818 Ph: 443-1549  
SEC-TREAS: John Hutchinson, 225 San Marcos, San Francisco 94116 Ph: 681-1736  
MEMBERSHIP: Phil Paulson, 629 - 44th Ave, San Francisco 94121 Ph: 751-8825  
WOMEN: Robyn Paulson, 629 - 44th Ave, San Francisco 94121 Ph: 751-8825  
EDITOR: John Hill, 604 Flint Way, Sacramento 95818 Ph: 446-6341

NUMBER 50

December, 1973

## COMING EVENTS

- Sat Jan 5 PA-AAU 15 Kilo Championships, Redwood City/Woodside, 10am. Mike Ipsen, Redwood City Striders, P.O. Box 868, Redwood City, Ca 94064. Ph 368-1095.
- Sat Jan 12 3rd Annual Big Valley 10 Miler, Lincoln H.S., Stockton, 10am. Wayne Badgley, 2226 Gardena Ave., Stockton, Ca 95204. Ph 209/477-4272.
- Sun Jan 13 3rd Annual Daisy Hill Runs, 7 & 14 Milers, Sonoma State College, Rohnert Park, 10am. Bob Lynde, Track Coach, Sonoma St. College, Rohnert Park, Ca 94928. Ph 707/823-6435.
- Sat Jan 19 18 Mile XC, Woodside, 10am. Mike Ipsen, Redwood City Striders, P.O. Box 868, Redwood City, Ca 94064. Ph 368-1095.
- Sun Jan 27 PA-AAU 20 Kilo Championships, Portola Valley School, (nr. Woodside), 10am. Rich Perry, 3909 Peppertree Ct., Redwood City, Ca 94061. Ph. 364-5599.
- Sat Feb 2 Trinidad-Beach Run, 8.5 Mi., McKinleyville H.S., 7 mi. north of Arcata, 2pm. Dr. Richard Gilchrist, 281 Hidden Valley Rd., Bayside, Ca 95524. Ph 707/443-1226. Trinidad C of C is sponsor.
- Sun Feb 3 4th Annual Channel to Lake 10 Miler, Georgia & Santa Clara Sts., Vallejo, 10am. Solano Track Club, P.O. Box 624, Vallejo, Ca 94590.
- Sun Feb 10 4th Annual West Valley Marathon & 1st Annual Natl. AAU Senior Women's Marathon, San Mateo High School, 9am. For WVM, Jack Leydig, West Valley TC, P.O. Box 1551, San Mateo, Ca 94401, Ph 342-3181. For AAU, Dawn Bressie, Recreation Dept., City Hall, 330 W. 20th Ave., San Mateo, Ca 94402, ph 343-2803, Work: 574-6745. Note: Women's Senior Championship is limited to 14-and-over (Special 13-and-under and Masters divisions will be available).
- Sun Feb 17 3rd Annual Elk-A-Thon, 5 miles Open (3/4 Mile to 3 Mile Age-Groups), Landana & Lynwood Sts., Concord, 10am. Vern Forry, 166 Greenwood Circle, Walnut Creek, Ca 94596. Sponsored by Youth Activities Committee, Concord.
- Sat Feb 23 5th Annual Martinez Run, 8.4 Mi., Rankin Park, Martinez, 10am. Luka Sekulich, 1485 Darlene Dr., Concord, Ca 94520. Ph 685-5185. Sponsored by Northern California Seniors Track Club.
- Sat Mar 2 Searsville Lake Run, 8 M., Sandhill & Portola Rds, Woodside, 9:30am. Raymond R. White, Stanford Running Club, 788 Mayview Ave., Palo Alto, Ca. 94303. Ph 323-4455, (Work) 321-2300, Ext. 3052.
- Sun Mar 3 3rd Annual Fremont 10 Kilo, Fremont, 10am. Jim Sigman, Dept of Rec. & Leisure Svcs, City Gov't Bldg., Civic Center Dr, Fremont, Ca 94538. Ph 796-3471.
- Sat Mar 10 Camellia Festival 100 Miler, Sacramento, 6am. NO POST ENTRIES, March 2 deadline. 24-hour limit for run. John Hill, 604 Flint Way, Sacramento, Ca 95818. Ph 916/446-6341.
- Sun Mar 11 Camellia Festival 100-Mile Relay, time TBA. NO POST ENTRIES, March 2 deadline. Paul Reese, 2789 17th St., Sac. 95818. Ph 443-1549.

## IMPORTANT NOTICE TO ALL NORTHERN CALIFORNIA SENIORS' TRACK CLUB MEMBERS

The Annual Meeting, of which there will probably only be one, will be held at 8 o'clock on January 19th, 1974, Saturday, at the home of Jack and Bev Bettencourt, 136 Dundee Drive, South San Francisco, California, 94080 telephone 415/755-9681). (That time is 8 PM.)

Everyone is invited and expected to come. The business will be the election of new officers, planning the new year, sharing ideas and gripes. The fun will be meeting your club mates from far and wide. You can brag about your recent PRs, show off your injuries. 1974 promises to be a great year for the club, with a bunch of new members and a strengthened club. Come and get into the action: your talents are needed, your ideas are needed, and your vocal support is needed.

A nominating committee has been appointed by President Bill Monheit, and consists of Ralph Paffenbarger, Don Pickett and Jack Bettencourt (Chairman). They will propose a slate of officers at the meeting.

If anyone wishes to propose himself or anyone else for any of these offices, he may do so by writing to Jack or by a nomination at the time of the meeting.

Following the election, the in-coming president traditionally assumes chairmanship of the meeting, at which time the new business for 1974 becomes the subject for discussion. Be there to get your ideas across! By virtue of our broad geographic spread, communication in the club is difficult. Here is one chance to be heard in person and to meet the guys with the ideas. If by any chance you cannot come and have a proposal, gripe, or other comment to be heard, please drop a note to the present secretary, John Hutchinson, 225 San Marcos St., San Francisco, Calif. 94116, and he will see that it is given proper attention at the meeting; but better yet, be there yourself!

A live club has an active membership. Come to the meeting and be counted. Remember January 19, 1974, at Jack Bettencourt's.

### Directions:

1. Use Highway 280 to Hickory Avenue turnoff
2. East on Hickory 1/2 mile
3. South on Longford 1/2 block
4. Dundee Drive, West to #136

### President's Comments:

In accordance with Article V of the By-Laws, this general membership meeting in January will be held for the purpose of electing the President, Vice-President and Secretary-Treasurer for the calendar year 1974, for fixing of the dues for the coming year, for the submission of any other business deemed timely by the outgoing officers, and for the discussion of any other business brought up by the general membership.

In addition to your nominating function (Editor's note---this was addressed to the nominating committee, but applies to us all.), you are urged to promote as large an attendance as possible at this important meeting by individual conversations with fellow NCSTC members.

HOLIDAY GREETINGS AND GOOD RUNNING IN 1974 !

William J. Monheit, President

QUALIFYING TRIALS

Saturday January 12, 1974, starting at noon,  
Mills High School, Millbrae, Dirt Track,  
Entry fee fifty cents.

**Events:** Dash 40-up and 55-up  
Mile run 40-up  
Long Jump 40-up  
age based upon year of birth.

Results will be used to select entries for Feb. 1st Cow Palace meet and for Feb. 16th Coliseum meet. Cow Palace will have 60 yard dash for both 40-up and 55-up plus a mile run and long jump for 40-up. Coliseum will have 50 meter dash and 1500 meter run for 40-up. Valid AAU card required. Rain out dates are January 19th and 26th.

(415)342-6993

Emmett Smith  
Masters Commissioner  
Pacific Association - AAU

NOTICE

This winter the All-Comer's meets will be held at Mills High School, Millbrae, on the following Saturdays: December 15, 22, and 29. January 5, 12, 19 and 26. The long jump and pole vault are scheduled for 11 am with the other field events following. The first funning event, the 440 yd. relay, is at noon.

The move from College of San Mateo was necessary because of new track and runway construction.

We are indebted to Ed Parker, Mills High School coach, for accomodating us at the last minute.

Harry Young - President Nor. Cal. T & F Ass.  
2120 Adeline Drive  
Burlingame, Ca. 94010

Home Phone 343-3778  
Bus. Phone 574-6452

1974 BAY-TO-BREAKERS PREPARATIONS BEING MADE

DATE IS MAY 19, 1974

According to Frank R. Geis, Meet Director for this Internationally Famous Race, meetings have been held with the City Fathers in regards to traffic and route; also a staff meeting with the PA Registration Office and S. F. EXAMINER Sports Promotion Department, in anticipation of the largest race yet to be held. Inquiries have arrived in the Executive Office from England, Canada and last week one from Chatswood, Australia addressed to The Mayor, City Hall, San Francisco requesting the 1974 date. Applications will be mailed to all participants of last years race the first week in March, 1974 with entries closing May 3rd, 1974.

TORONTO IN 1975

As many of you know, Toronto plans to stage a full-fledged Masters Olympics in their new Olympic grounds in '75, 12 months before the open Olympics of '76. It is not too soon to start pointing toward this glamour event.

John Hutchinson relayed us the following entrance standards for the Toronto Masters, as gleaned from Dave Pain's Masters' Newsletter:

MINIMUM STANDARDS SUGGESTED FOR TORONTO '75

At our request, Bob Gilmore, National AAU Masters Chairman, has come up with the following standards as minimum qualifying standards for track events for the International meeting in Toronto in 1975. We publish these to solicit comments and reactions. Let's hear from you, In a later issue, we will publish similar minimums for field events.

	Div. I	Div. II	Div. III	Div. IV
100 yds	12.0	13.2	14.4	15.6
100 mtrs	13.2	14.5	15.8	18.8
200/220	26.5	27.8	33.8	39.0
400/440	59.0	62.0	74.0	90.0
800/880	2:24.0	2:32.0	2:50.0	3:15.0
1500m	4:34.0	5:32.0	6:10.0	7:15.0
1 mile	5:00	5:45	6:30	8:30
2 miles	10:30	12:00	14:00	18:00
3 Miles	17:00	19:00	22:00	27:00
5000m	18:00	20:00	23:00	28:00
6 miles	34:00	38:00	42:00	55:00
10,000m	36:00	40:00	44:00	57:00
3000St	13:00	15:00	18:00	20:00
Marathon	3:20	3:40	4:00	4:20
110/120 hh	19.0	20.0	25.0	30.0
400/440 IH	65.0	69.0	76.0	98.0

(Editor's note: In looking over these figures we got the impression that they are mostly reasonable. We do think that any Fred Grace type who can do the steeple chase in less than 20:00 probably can find it a lot easier to qualify in the 2 mile with 18:00. Most of the other apparent inconsistencies seem confined to Div. IV, although the Div. II 440 (62.0) looks like a much better performance than the 100yd (13.2).)

1974 NATIONAL AAU CHAMPIONSHIPS ESPECIALLY FOR NCSTC INTEREST

Masters Track & Field Championship July Gresham, Oregon  
 Masters Decathlon Championship August Santa Maria, Calif.  
 Women's National Marathon Championship February 10 Burlingame, Calif.

More information on these later, we hope.

U. S. MASTERS INVITED TO  
COMPETE IN ITA SPONSORED MEETS

Jim Terrell, Meet Director of ITA, has invited Masters athletes to compete in selected Senior events during ITA's 2nd professional track season.

Terrell stated in his letter that "We'd very much like to entertain the prospect of a few seniors events in our meets in each city. Due to the balance between field and track events, we unfortunately can only look at running events for the present at least. No doubt a distance event would be popular (mile preferably) and maybe a dash or a relay. I think that I would favor a mile and a mile relay and think that you could count on at least these two events. And, of course, a relay would get more people into the act and the same persons who ran the mile could return back into that event later.

"I'd appreciate your counsel on what type of awards seniors generally might prefer. We could donate a modest sum to that particular area's masters program, or come up with some sort of momentary for each winner and/or participant, etc. We are not now in a position to furnish much in the way of expenses and know that the opportunity just to compete will be welcome.

"As seniors, no amateur-professional rules apply but should anyone feel tainted by such participation we would of course understand."

The tentative '74 schedule of ITA is:

Feb. 15	Nassau, N.Y.	Apr. 20	Portland, Ore.
Feb. 16	Baltimore, Md.	Apr. 26	Louisville, Ky.
Mar. 1	Los Angeles, Ca	Apr. 27	Kansas City, Mo.
Mar. 2	Pocatello, Ida.	May 3	Cleveland, Ohio
Mar. 8	San Francisco, Ca.	May 4	Detroit, Mich.
Mar. 22	Oklahoma City, Okla.	May 17	Salt Lake, Utah
Mar. 23	Mobile, Ala.	May 18	Ft. Worth, Tex.
Apr. 5	Atlanta, Ga	May 24	Philadelphia, Pa
Apr. 6	Richmond, Va	June 5	New York, N.Y.
Apr. 19	San Diego, Calif.		

We agree that as Veterans competing as amateurs against one another in an ITA meet, that under current AAU rules, as Masters, we need not fear losing our amateur status.

If you are interested in competing in an ITA meet as a Master, just write to Jim c/o ITA, Suite 100, 12121 Wilshire Blvd., Los Angeles, Calif. 90025

1973	SCHEDULE OF EVENTS
Dec. 2	Culver City Marathon, Recreation Dept., Culver City, Ca.
Dec. 13-Jan 10	U.S. Masters Tour - Fiji, New Zealand, Australia and Hawaii
Dec. 16	1st Annual Honolulu Marathon, 6:30 a.m., c/o John Trippany, A.F.R.C., Ft. De Russy, APO 96558
Dec. 30-31	Hawaiian Masters Track Meet (35 and over) University of Hawaii, Honolulu. Mt. Tantalus 10-mile run. Bud Deacon, 3275 Pacific Heights Drive, Honolulu, Hawaii, 96813
<hr/>	
1974	
Jan. 12	Mission Bay Marathon, San Diego, Calif., Bill Gookin, 5946 Wenrick Dr., San Diego, Ca. 92120
March 9	Masters Indoor Track Championships, Peddie School, Hightstown, New Jersey, Bob Fine, Masters Sports Assoc., 11 Park Place, New York 10007
June 29-30	Canadian Masters 1st Annual Track and Field Championships. Richmond, Vancouver, B.C., Don Farquharson, 269 Ridgewood Road, West Hill, Ontario, Can.
July 5-7	AAU Masters Track and Field Championships and Marathon. Gresham, Oregon (near Portland) Jim Puckett, Mt. Hood Community College.
Aug. 2-3	Nat. AAU Masters Decathlon Championships, Allen Hancock College, Santa Maria, California
Aug. 3	Nat. AAU Masters 15 km., Michigan City, Indiana, R. Kring Hal Higdon, 2815 Lake Shore Dr. Michigan City, Ind. 46360

### Bob DeCelle Honored by AAU

Our good friend and patron Bob DeCelle, who was instrumental in forming the Northern California Seniors Track Club back in the spring of 1968, was given a well-deserved award by the AAU at its annual meeting October 7-13 in West Yellowstone. Bob was presented with the Long Distance Running award, in recognition of the tremendous contribution he has made to the sport in general, but particularly in the Pacific Association. We should all be quite aware that without Bob's interest in Senior running, his support of the club, and his friendly support of our members, we would have a greater struggle for a place in the busy athletic world.

Congratulations on the award, Bob, and thanks for your help to NCSTC and Senior running.

From John Hutchinson

### Rehabilitation Run Is Only Recent Track News of Seniors

Al Guidet, who has moved to California City (near Lancaster), sent Ruben Melgosa a report on one of his recent experiences:

"On August 30 I ran at College of the Canyons with a group of kids from the local Alcoholic and Drug Rehabilitation Center against the Los Angeles Sheriff's Department. Sgt. Perry Knox, who just turned 40 that day also ran. Otherwise, the oldest guy at the meet was 28 years old. Knox beat Anexter at UCLA last June and now runs for CDM.

"In the 100yd Knox was first in 10.4; I was 2nd in 10:7. In the 50yd it was Knox first in 5.4, Guidet second in 5.6. Knox did not run the 220. I was in 2nd place coming off the turn, but tied up about 30 or 40 yards out and finished in 4th place in 24.9. The winner was an 18-year-old in 23.6."

Al Guidet, as relayed by Ruben Melgosa

### Editor's Comments

As usual, the material has swarmed in for this issue. We had to save back some choice items which we may need for January, our last issue. We hope you contributors will keep up the good work for the new Editor who will get out the February edition.

We note that the DSE News is also getting a new Editor. Incumbent Grace Ruth reports a better excuse than we could think of for retiring-- pregnancy.

The year 1973 has been marked by many outstanding achievements in Track and Field and in Long Distance Running. We hope to go into that more specifically in the January edition.

In our recent reading we have come across more and more expert opinions to the effect that most runner injuries can be traced to foot problems. It almost seems that one should have a mechanical engineer rather than a physician examine him before he starts his training. Corrective shoe attachments and inserts, which tend to keep intolerable strains from developing in other parts of the body, are currently recommended over treatments of the symptoms which develop in the points of strain. For the few runner ailments which do not come from foot problems, the best treatment may usually be development of muscles to help keep the painful part of the body in its proper place.

PAAAU 50KM RUN  
 NOVEMBER 11, 1973  
 SACRAMENTO

From Walt Betschart, Meet Director

Place	Name	Club	Age	7-1/2 Mi.	25 Km	23-1/2 Mi.	50 Km
1	Steve Dean	GW	24	42:45	1:26:05	2:12:45	2:56:06.8
2	Frank Krebs	GW	30	42:55	1:31	2:26:15	3:28:34
3	Chuck Day	GW	32	50	1:44:15	2:42:45	3:37:46
4	Wally Shiel	SWT	22	47	1:37:45	2:37:20	3:41:36
5	Dave Russell	BH	26	45:05	1:37:45	2:47:10	3:47:09
6	Ed Dally	Navy	42	52	1:48	2:51:20	3:50:20
7	Jim Fauss	PAM	33	54:35	1:53:30	2:57:20	3:52:24
8	Art Waggoner	NCS	47	52:40	1:51:15	2:53:10	3:54:18
9	Ed Collins	GS	36	52	1:48	2:50:55	3:55:57
10	Al Monterrosa	PAM	27	59:55	1:58	3:05:10	4:01:31
11	John Perkins	GS	46	52:40	1:51:15	2:53:10	4:03:21
12	Dave Chatterton	PAM	18	59:55	1:58	3:10:35	4:30:31
13	Carl Reiterman	DSE	52	74:45		5:01	6:30
DNF	Jon Higley	GS	20	52	1:49	2:50:55	
DNF	Jim Sane	D	15	47:10	1:47:25	3:11:20	
DNF	Mike Edmonds	WV	17	50	1:44:15		
DNF	Frank Delgado	GS	29	52	1:48		
DNF	Robert Ogg	D	15	47:15	1:48		
DNF	Ted McRice	WV	20	52	1:48		
DNF	Ralph Blount	O	40	52:40	1:51:15		
DNF	Shane Hale	D	15	50:35	2:01		
DNF	Paul Reese	NCS	56	52			

Comments:

Course: Outback course along Sacramento River levee road.

Weather: Cool, slight rain, strong headwind on return.

Alameda Cross Country Carnival, September 8, 1973

Open Race -- 7.2 Miles

1. George Stewart 25	37:12	65. William Clarke 47	48:55
7. Jim Shettler 40	39:20	74. Bruce Dingwall 40 NCS	51:14
9. Ross Smith 45	40:19	79. J. Jenner 41	51:37
22. Dennis Teegarden 42 NCS	42:10	85. Ray Mahannah 57	53:47
35. Gough Reinhardt 45 NCS	44:05	92. Tom Rivas 46	55:43
36. Joe King, Sr. 47	44:12	93. Gail Wetzork 42	55:44
42. Flory Rodd 50	44:43	95. Leslie Wilson 42	56:05
43. Paul Reese 56 NCS	44:53	107. David Lewis 51	63:30
50. Jim Allen 51	45:37	110. Dominic Artuso 49	73:31
59. Richard Mueller 48	47:53	111. Carl Reiterman 52	73:31

Our Northern California Seniors Track Club was the 1st Senior Team, based on the scoring of those with NCS identifications above. Main competition seems to have been from other NCS men who chose to run for one of the other clubs in which they have membership.

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Results from John Hutchinson

## BILL MONHEIT'S FUN RUN &amp; BRUNCH

Invitations to this event at Parkwoods Apartments Complex, the new Oakland residence of Bill Monheit, specified that a special 4-mile run would be held on Saturday, November 17, rain or shine. Participants were put to the test. At 10:00 A.M. 15 runners, 9 men and 6 women, were sent on their way in what may have been the heaviest deluge of the season. The course was uphill along picturesque Old Tunnel Road to a point two miles out, and return. Despite the inclement weather the ardor of the runners remained undampened, and, as the bedraggled participants were checked in, some respectable times were recorded.

Immediately after the run the participants exhibited their Spartan qualities by subjecting themselves to the soothing effects of the 190 degree sauna, the 105 degree therapeutic pool, the 80 degree swimming pool, and the 70 degree gym. A deceptively potent punch and a delicious brunch was served in the clubroom, prepared by Bill's friend and Chief Hostess, Ruth Fulle.

Following the presentations of place awards in the categories of Men, Women, and Husband/Wife Teams, Ruth led the jolly group at the piano in some rousing singing. A highlight of the entertainment was the beautiful and provocative belly-dancing performance by Mary Norkin. Other pleasures in the clubhouse enjoyed by the guests were billiards, chess, and ball-room dancing.

The race results follow. Since this is the first time that the event has been held, the winning times in the three categories will, of course, constitute records. First and second place in each category received appropriate award ribbons, and last place in each category received a booby prize.

1. Phil Paulson	24:13	(First Man)
2. Dan Ulliyot	24:54	(Second Man)
3. Joan Ulliyot	25:13	(First Woman) (First Team)
4. Emmett Smith	26:15	
5. Bernard Berger	27:08	
6. Fred Berthrong	27:27	
7. Rick Norkin	27:38	
8. Elaine Pederson	28:39	(Second Woman)
9. Bill Kelley	29:35	
10. Bill Monheit	30:57	
11. Robyn Paulson	31:00	(Second Team)
12. Pax Beale	31:01	(Last Man)
13. Liz Berger	31:55	
14. Betty Smith	36:44	
15. Kathy Kelley	42:54	(Last Woman) (Last Team)

#### PA-AAU 10,000 Meter Senior Championship

In the PA-AAU 10,000 Meter Championships on November 10, 1973, the individual winner was 25-year-old H. Menet of University of Nevada TC. His time was 30:05. The first Senior (over 40) was Dave Stevenson (45) of the Stanford Running Club in 36:00. Bill Snavely followed in 36:30, then Jim Nicholson followed closely in an excellent 36:51 to be the first from NCSTC across the line. Mike Healy ran in 38:09 for second NCSTC finisher. Lee Adams was in his shadow at 38:14.

PA-AAU 10,000 Meter Senior Championship, Continued

Other 40-year-and-olders were: J. Soubier 38:57, W. Mott (45) 39:14, Alan Waterman (55) 39:15!, G. Cowlan (42) 39:38, T. Theacy (41) 39:38, W. Riddell (53) 40:27, Arden Valusek (42, NCSTC) 41:28, R. Danielson (43) 43:14, R. Niedrauer (42) 43:44, L. Burns (42) 45:28, Jim Stephenson (52) 45:54, A Seyranian (47) 45:58, D. Selvin (47) 45:59, C. O'Conner (43) 46:53, McLean (52) 47:00, M. Marini (49) 47:09, Harry Gibson (40, NCSTC) 47:26, Walt Stack (65) 49:41, R. Anawalt (54) 50:43, Ruth Dettering (47) 52:17, C. Martin (40) 59:15, E. Midgley (40) Nt, and J. Powell (52) NT.

(A number of NCSTC members are listed above without club identification. We only listed NCSTC when the runner entered with that designation. In this area , many runners are in good standing in two or more clubs.)

NCSTC fielded one runner in the 30-40 age bracket, Keith Walker who did 46:07 for 162nd place. The West Valley 20-year-olds wiped up the team trophy easily with 30 points.

From John Hutchinson

"LIFE BEGINS AT 60" HOLLYWOOD TO LAS VEGAS RUN

A team of eight long distance runners, with ages averaging 65 years, took off from the Sunset Strip in Hollywood at 8:00 P.M. Wednesday, November 21, (Thanksgiving Eve), with their destination the famed Las Vegas Strip, 285 miles away. The team ran as a non-stop relay, with each man running 30 minute legs over desert and foothills, and 10 minute legs over the mountain ridges. The weather generally was good, although some sleet, rain, and very cold weather was encountered in the higher elevations.

The run terminated on Friday, November 23 at 1:41 P.M. at the Hotel Sahara, the sponsor of the event. The well-conditioned men covered the 285 mile distance in 41 hours and 52 minutes, 12 minutes off the mark set in 1972.

The participants were greeted with a welcoming reception on their arrival at the Hotel Sahara, and that evening were honored guests of the Hotel at the Jim Nabors dinner show. Also, room and meal accommodations were extended to the runners through the next day, courtesy of the Hotel Sahara.

Team members in the Hollywood to Las Vegas Run were as follows:

<u>NAME</u>	<u>AGE</u>	<u>FROM</u>
BILL MONHEIT	64	Oakland
WALT STACK	66	San Francisco
AL CLARK	60	Orange
WALT FREDERICK	66	Pico Rivera
MONTY MONTGOMERY	67	Sherman Oaks
NOEL JOHNSON	74	San Diego
JOHN MONTOYA	61	Colton
BILL SELVIN	63	Orange

NORTHERN CALIFORNIA SENIORS' TRACK CLUB  
A running club for men and women  
over thirty

APPLICATION FOR MEMBERSHIP

Name: \_\_\_\_\_ Home Telephone: \_\_\_\_\_

Address: \_\_\_\_\_  
No. Street City Zip Code

Date of Birth: \_\_\_\_\_ A.A.U. Registration No. \_\_\_\_\_

Occupation: \_\_\_\_\_ Business Address \_\_\_\_\_ Phone \_\_\_\_\_

Information for Club Directory

Please indicate your interest and recent achievements:

Road and Cross-country: 2-5 miles \_\_\_\_\_ 5-10 miles \_\_\_\_\_ 10 miles & up \_\_\_\_\_

Track: 100 yds. \_\_\_\_\_ 440 yds. \_\_\_\_\_ 1 mile \_\_\_\_\_ 3 miles \_\_\_\_\_ other \_\_\_\_\_

Field: Long jump \_\_\_\_\_ High jump \_\_\_\_\_ Shot put \_\_\_\_\_ other \_\_\_\_\_

Additional remarks on current performance: \_\_\_\_\_

Athletic History: \_\_\_\_\_

Membership dues are \$6.00 per year (same for a married couple). The dues pay for your membership letter (Newsletter) each month, and club directory. Make checks payable to the Northern California Seniors' Track Club and mail to Phil Paulson, Membership Chairman, 629 - 44th Ave, San Francisco, California 94121

(We understand the Secretary-Treasurer will send bills to all members in January, 1974. Since the dues in 1974 could be different from \$6.00, it might be best to send in this completed form without any money if you wish to apply to become a new member now.)

NORTHERN CALIFORNIA SENIORS TRACK CLUB  
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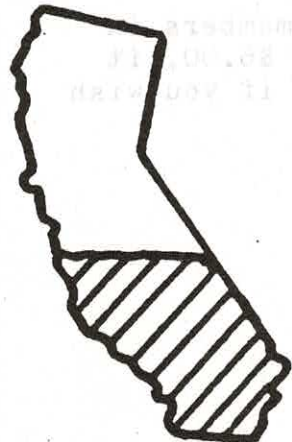
APPLICATION FOR MEMBERSHIP

Name: \_\_\_\_\_  
Address: No. \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ A.A.U. Registration No. \_\_\_\_\_  
Occupation: \_\_\_\_\_ Business Address \_\_\_\_\_ Phone \_\_\_\_\_

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