

NORTHERN CALIFORNIA SENIORS TRACK CLUB

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MARCH 1974

LADIES DAY AT THE MARATHON

One of the most exciting long distance events for this year was the First Annual National AAU Senior Womens' Marathon held on Feb. 10th. It was only a few years ago that the National AAU said that women could not run in marathons or any distance beyond 3 miles for that matter. But the persistence of the fair sex has paid off, and this year the AAU relented by allowing the San Mateo Recreation Dept. to sponsor a womens' marathon in conjunction with the West Valley Marathon.

Eighty females of all ages signed up to run on that warm spring morning. Excitement was in the air, the band played, and after a few speeches, the gun went off. The runners started the long run and the observers settled down to watch as the runners came around each loop of the 5 mile lap course.

In the Masters Division, our own Ruth Anderson, proudly wearing her NCSTC shirt, came in as First over 40, breaking her own record by several minutes and setting the new world record for Masters Women at 3:20:59. Two other over 40 females come in under 3:30. LuAnn Kralick of San Diego and a girl named Nikki Hobson. Club member Virginia Collins was 4th Master Woman, followed by Carroll O'Connor who participated despite an injury. Both girls were well under 4 hours, but times are not available at this time.

In the younger girls divisions, Joan Ullyo had a very fast time of 3:13 even though she had a painful hip, and Joan and her UC Med. Center teammates became National Team Champions. Three girls finished under 3 hours, and little Maryetta Boitano, daughter of senior runners John and Mary had the remarkable time of 3:01:14. Maryetta will be 11 on March 2nd. Mrs. Boitano was probably the only 50 year old to run, but I don't have her time.

Incidentally, several hundred men and boys were running along with the ladies. Ross Smith had his best marathon time, as 1st Master, at 2:33:33. Four other club members ran under 3 hours, sorry I am unable to give names and times.

Full results will be published next issue. Other notables that I am sure of are Bob Knapp who ran his first marathon in 3:46 and perhaps the guys with the most guts in the "50 and over Plodder" category, Carl Reiterman, who improved his past record considerably with a time of 5 hours exactly and Jim Powell who was five minutes behind Carl. Both of these men are fairly new to the running game, and have a tremendous amount of determination to keep on their feet that long. Hope we will see more of this from other members. Speed isn't the only thing important in running.

THE 1974 TRACK SEASON

- SAT. MARCH 9: Los Altos High, Los Altos.
Tartan runways for Long and Triple Jumps:
Track is dirt.
- SAT. MARCH 23: Edwards Stadium, UC Berkeley.
All runways including Javelin are tartan;
Track is dirt. Use entrance North of Harmon
Gym, -right behind home plate on the base-
ball diamond.
- SAT. APRIL 6th: College of Marin, Kentfield
Track and runways are all weather surface.
- SUN. APRIL 21: Calif. State Univ. at Sacramento.
Track and runways are all weather surface.
- SAT. MAY 4th: Downey High, Modesto.
Dirt track and runways.
- SAT. MAY 18th: Tentative- Tracy High, Tracy.
Dirt track and runways.
- SUN. JUNE 9th; Club Championships- Cal. State
University at-Sacramento- all weather track.

Due to popular demand, we are going to change the event schedule so that there is a minimum of one hour recovery period between running events that are likely doubles. This was suggested by Emmett Smith and seems to have no detractors. Gotta let these old men rest!

Please turn to page 2 for the schedule of events.

The schedule of event is as follows:

<u>Time</u>	<u>Event</u>
11:50	Long Distance Run*
11:50	Javelin**
1:00	120 Yard Hurdles
1:00	High Jump***
1:00	Long Jump
1:00	Shot Put*****
1:20	Mile Run
1:50	100 Yard Dash**
2:20	440 Yard Dash
2:30	Discus*****
2:30	Triple Jump
2:50	Three Mile Run***
3:20	880 Yard Run**
3:50	220 Yard Dash

* The long distance run will be either a 6 mile run on the track or a 4-6 mile Cross Country run. If the run is on the track, an effort will be made to actually run 10,000 meters and give both the 6 mile and 10,000 meter times.

** These events are scheduled concurrently with like events of the Women's Triathlon which will be run as a flight or heat of the regular event.

*** An effort will be made to have the High Jump at all meets but the equipment may not be available every time.

**** An effort will be made to actually run 5,000 meters and give both the 3 mile and 5,000 meter times.

***** The weight schedule may vary at some locations. If the Hammer is held, it will be at 11:50.

We would like to again call attention to the Women's Triathlon. We realize that this may seem a peculiar choice of events to those of you who are already in Long Distance running. However, these are three of the events for which women's tables are available for scoring and quite frankly they were also selected to give more of you gals a better chance to win. This is especially true since a quick survey indicates that none of you has ever held a javelin- let alone thrown one. Additionally, the former policy still holds true- if 3 or more women desire a women's heat in any event it will be run. Furthermore, should any of you desire to compete with the men, please feel free to do so.

All in all, we hope for more active participation by as many persons of all ages and speeds as possible in all of our meets since that is the key to each getting the most out of their own participation.

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TREASURER'S REPORT

An error was made in the Dues' Notification in relation to the Series '74 package deal for husbands and wives. The actual price is \$15.00 for both husband and wife and that includes 2 T-Shirts. You couples who haven't yet sent in your money, please include \$6 for a double membership. Those couples who have already sent in \$10 will be contacted by the treasurer.

Some members failed to realize that the price of the track package is \$10 in addition to the \$6 dues. They will be contacted also.

John Hutchinson, treasurer, urges every member to send in his payments to avoid sending delinquent bills. Next issue, John promises a report on the membership, with a financial report.

FIRST ANNUAL MASTERS RELAYS

On Sat. March 16th, the 1st Annual Central Coast Corona Del Mar Master Relays will be held at Cal-Poly in San Luis Obispo. Ed Phillips is planning to attend and hopes to get together some NCSTC relay teams. If you are interested, call Ed for more information. There will be entry forms available at the Los Altos Meet on March 9th.

DATES FOR THE FUTURE

Sat. June 1st, Kennedy Games, UC Berkeley
 Sat. & Sun. June 22-23. Los Angeles Sports International, Los Angeles.
 Sat. & Sun. June 29-30, Canadian Masters, Vancouver, B.C.
 Fri. & Sat. July 5-6, AAU Masters, Gresham, Ore.
 Sun. July 7, AAU Masters Marathon, Gresham, Ore.
 Fri. & Sat. Aug. 2-3. AAU Masters Decathlon, Santa Maria, Calif.

MASTERS COMPETITION IN S. CALIF OR HAWAII

Sat. March 30. Los Angeles Valley College
 Sat. & Sun. April 6-7: Grandfather Games
 Los Angeles Valley College.
 Sat. & Sun. April 13-14: Hawaii Inter. Masters Honolulu.
 Sat. & Sun. June 1-2: Los Angeles Sports Inter. Decathlon.
 Sat. June 8: Corona Del Mar Relays, Irvine.

MEMBER OF THE MONTH

Each month, as a new feature, I hope to have a personality sketch on various members of our club. This month, it seems natural to introduce our new president, Ed Phillips.

Ed is definitely a track and field man (no similiarity to a leg man) despite efforts to turn him into a long distance runner. His track career started at Richmond High and continued at UC Berkeley. This included running various distances, as well as javelin throwing.

During his 16 month Army tour of duty in Germany, he met and married his wife, Hanni. They have two sons, Bob and Mike, who attend Los Altos High and have competed in track there.

Ed joined NCSTC in 1972, and has become committed to the javelin ever since. He holds the Division 1 Club Record at 162'6" and has placed fifth in both the 1972 and 1973 AAU Masters meets.

Besides a delightful boyish enthusiasm which is particularly evident when discussing NCSTC, Ed has a creative side to him. During the year leading up to the 1973 season, Ed tried weight training and decided he could improve on it by applying power training concepts similiar to interval training for middle distance runners. The fact that no suitable equipment existed was of little consequence to Ed. As a practicing mechanical engineer, he designed two pieces of hydraulic apparatus- one simulating the discus, for son Mike, and the other simulating the javelin for himself. The idea is that the power applied in each is immediately turned to heat by dissipation through an orifice in the manner of an automotive shock absorber. (Fascinating!) Since there is relatively low mass involved it is not possible to throw the implement as in lifting weights and you have to follow thru to complete the motion. This as a side benefit seems to improve form. With all that practice, we expect Ed will be at least 2nd in the 1974 Master meet. Rumor has it that he sometimes gets up at 4:00 AM to pull this machine. (It's obvious that you don't have a waterbed yet, Ed.)

Ed's hopes for 1974 for the NCSTC include a better organized track program for all members, including women, plus a strong newsletter covering all events prominently participated in by club members.

My spies tell me that Ed is regularly running several distances in the Fun Runs at Foothill College and doing very well. Your Editor will be very disappointed if Ed doesn't enter the Masters only race at Lake Merced this month. And here's hoping he will bring Hanni along to run in the women's division. That will be a good way to start off what is sure to be a good year with a guy like Ed as president.

THE EXAMINER GAMES

Reported by Ed Phillips

The 1974 Examiner Games were quite exciting with many outstanding marks and competitive races. The open class events have been well covered in the press, but if you were not there yourself (as many of our members were), you missed the results of "our" events. The Seniors Long Jump started at 6 PM with Mal Andrews winning with a very good 20' 7 3/4". Next came the seniors mile with Tom Sturak winning in 4:35.6. The 40-54 60 yard dash followed with the three top men being tied. Finally, the 55-up 60 yard dash was won by Payton Jordan. In both sprints the second place finishers had poor starts due apparently to having one jump each and therefore playing it quite safe the second time. Complete results are as follows;

Seniors' Long Jump

1. Mal Andrews (Bay Area Striders) 20' 7 3/4
2. Bill Presber (Unattached) 19' 1 3/4
3. Van Paris (Herbert Hoover Boys Club) 18' 1 1/2
4. Ed Mahany (NCSTC) 17' 8 3/4

Seniors Mile

1. Tom Sturak (unattached) 4:35.6
2. Jim Shettler (West Valley J&S) 4:39.8
3. Peter Mundel (Santa Monica) 4:40.6
4. Dennis Teeguarden (NCSTC) 4:40.8
5. Ken Napier (West Valley) 4:42.3
6. Len Thornton (High Sierra) 4:45
7. Walt Betschart (NCSTC) 4:46
8. Vance Koerner (NCSTC) 4:56.5
9. Mike Healy (West Valley and NCSTC) NT
10. Don Pickett (NCSTC) NT

Seniors' 60 yard dash (40-54)

1. Jim Lingel (Bay Area Striders) 6.8
2. Dick Marlin (NCSTC) 6.8
3. Van Paris (Herbert Hoover Boys Club)
4. Mal Andrews (Bay Area Striders) 6.9
5. Bob Jordan (NCSTC)

Seniors' 60 yard dash (55 & up)

1. Payton Jordan (Stanford) 7.1
2. Al Guidet (Beverly Hills Striders) 7.2
3. Jack Barnes (Striders) 7.8
4. John Satti (NCSTC) 8.1
5. Harvey Fanucci (NCSTC)
6. Alan Cranston (Senators TC)

It was certainly exciting to see a father son team participating in the meet particularly when the father is a Nor Cal Senior member. Walt Betschart must have been proud of son Andy's 4:20 mile in the "Devil Mile". But my guess is that Andy was just as proud of his fathers' 4:56 !! Congratulations to them both. Now if we can only get Mrs. B. to enter the women's Triathlon -----

CHRISTMAS RELAYS

Contributed by Lee Adams

It was the night before Christmas (Relays) and all through the land, every runner was tucked in his own little pad,--well, maybe it doesn't exactly go like that, but I guarantee you that anyone participating in the First Annual 50 Mile Christmas Relay should have been home in bed early. The title of this race rings with excitement to any distance runner,-- fifty miles down coast Highway #1, wow! and a relay at that. The word relay conjures up visions of Olympic style baton-hand-offs and smoking starts.

The day of the big happening was quite cool with low fog in the hills. At the gym it was worse than the Bay-to Breakers hassle. Imagine trying to get a relay team of five or ten runners in one spot, with 100 other teams trying to do the same thing. Many of the teams had missing members that didn't show, but thanks to the fine organization hosting the race, every effort was made to see that no-one made the long trip for nothing.

Finally the first leggers lined up outside the gym. The gun was raised and the mad dash was on. During the race, the unforeseen happened. The sky opened up and the sun poured down. The coast was beautiful, the ocean blue and calm and the lush land to both sides of the road was great. Transportation problems for a distance like 50 miles were unforeseen by most. The cars wound up at one point and the runners at another. It all worked out in spite of ourselves. Everyone pitched in and took care of the other runners. It was one of those times when you were proud to be a member of the running fraternity.

The course was let's face it, tough, or as they say when they don't want to scare you off, demanding. We ran on the left shoulder facing traffic. You could tell the runners who had completed their leg of the relay, the right leg was shorter than the left from running on the sloped shoulder. At each check point from start to finish there were plenty of enthusiastic supporters. This was a time-consuming event, starting at 9:am and finishing at about 4:30. In closing, I must say I have heard nothing but good things, like "Wait till next year" or "What a super race". The turn out was greater than the organizers expected. It was a super experience for all. We Seniors will be back in force once again in 1974.

THE LITTLE OLD LADIES TEAM

Contributed by Catherine Smith

A relay race from Half Moon Bay to Santa Cruz? How about giving senior (40+) women a category all their own? The old men have a great

time running against each other, why should we have to compete against the likes of Francie Larrieu? Having talked Jack Leydig and Dawn Bressie into a senior womens category (well, for 30 and over), it was up to us to recruit some teams. The responses were worth the effort of multiple phone calls and letters, and so after much consultation, we were able to organize two five women teams. Unfortunately, owing to accidents and injuries, mostly my own stress fracture, one of the teams evaporated the night before the race and we were able to provide only feeble competition to Joan Ullyot's speedy crowd. The NCSTC members that ran on the team were Lynn Penn, Betty Adams, and Carroll O'Conner.

Next year, more teams and more success. Thanks to Dawn and Jack for helping the cause of sweaty-little-old-ladies everywhere, we appreciate opportunities like this relay.

(ED.'s note)

The sponsoring San Mateo Recreation Dep't West Valley Track Club state that there were 92 teams, with 525 runners, and next year, they plan to run the race in the opposite direction from Santa Cruz to Half Moon Bay, with hopefully twice as many teams.

The first 4 Senior Teams were:

- 12. West Valley J&S 5:01:50
- 30. Pregnancy Control Center 5:24:05
- (That's got to be Pax Beale!)
- 36. Pamakid Seniors 5:28:50
- 37. Northern Calif. Seniors 5:29:00
- Nicholson, Paffenbarger, Shank, Harrison and Preston.
- 91. Little Old Ladies 7:26: 11

EXECUTIVE BOARD MEETING

All members are welcome to attend the next meeting of the executive board, to be held on Sunday, March 17th, at Phil and Robyn Paulson's home, 629 44th Ave. San Francisco. We plan to meet over an informal pot-luck dinner at about 6:30. If you can make it, please call me so I'll know how many to expect and so I can tell you what to bring. My phone is 751-8825. Hope to see some new faces then.

NATIONAL AAU MASTERS XC CHAMPIONSHIPS

Three of our club members, among them the new long distance chairman, Jim Nicholson, are the national champions for a Masters Cross Country Team after edging out San Diego Track Club at Elyria, Ohio on Nov. 17th. The PA-AAU team took advantage of a new AAU ruling allowing masters teams to be composed of various individuals from an Association. Our members, Ross Smith, Jim Nicholson and Mike Healy placed 16th, 25th, and 32nd respectively. (Ross and Mike are dues paying members but sometimes run for other clubs.) Congratulations to these fast runners for doing so well.



PA-AAU's NATIONAL CHAMPIONSHIP MASTER'S XC TEAM: (LEFT TO RIGHT) - MIKE HEALY, ROSS SMITH, JIM NICHOLSON, KEN NAPIER, AND JIM SHETTLER.

DEFINITIONS

(Quoted from the 1974 AAU Schedule)

"Junior means under 20 years of age. Senior means any age(open competition) and Master means 40 years of age or older." I discussed this with Rich Perry who informed me that this terminology was adopted to conform with National AAU terminology. So I will be increasingly using the term Master when referring to our members.

BOSTON ANYONE?

Jack Leydig is getting together a tour group package for those of you going back east to run the Boston Marathon. It is quite involved with four options and a possible savings of \$75. If you might be interested, DON'T DELAY. Contact Jack Leydig, 603 S. Eldorado, San Mateo 94402 or phone him at 415/342-3181 immediately. He needs names to hold seats not later than March 13 so get busy. If you can't get hold of Jack, I have the details so call me and I'll send them to you.

SIXTH ANNUAL NOR-CAL SENIORS LAKE MERCED RACE

Jack Bettencourt is making plans for the Masters only race coming up this month on Sat. March 30th at Lake Merced in San Francisco. This race is for men and women, despite the AAU schedule statement. For some of us, this is the big race of the year, and Jack is hoping for a good sized turnout. The race starts at 11 AM, but come early to register and meet the other runners. Jack promises categories for all age groups, including the over 70 year olds-Wow! that will be one of the interesting competitions to watch- between 72 year old Herb Dowler and 71 year old Ben Hirsch. For the females, if there are any in the over 50, a separate category can be set up on race day. Incidentally, our club goes by the AAU rule that you are 40 or 50 on Jan. 1st of this year if you will reach that age during the year. I hope all you wives will start practicing now so you can enter along with your husbands. I can almost guarantee that I will be bringing up the rear this year because of foot surgery and a bout with Infectious Mononucleosis, so don't worry about being slow. The fun is in the running no matter how slow. There will be a \$2 entry fee and the distance is 5 miles.

LAKE MERCED PICNIC

After the race, weather permitting, we will have a picnic, as we have done in the past. All runners and their families and friends are invited. We will sell beer, wine and soft drinks at a nominal fee, and hope that you can bring a picnic lunch with you. Blankets might be in order in case the ground is damp. This is one of the best times to get to know club members and talk about how well you did in the race, so please plan on staying around. If it should rain, we will have to cancel plans for a picnic, we were unable to reserve the clubhouse.

LOOKING TO GRESHAM

Four NCCTC members ran the Burlingame Marathon under 3 hours, and Jim Nicholson is talking up a team in the Masters Marathon at Gresham Oregon in July. He is planning to run it and would like to hear from any others of you that might be interested. Write Jim at 2178 47th Ave. S.F. 94116 or phone 661-0591.

ROBYN'S REMARKS

I suppose if life begins at forty, as I have always been told, then one can undertake a totally new type of endeavor at that ripe young age. Editing a newsletter is most assuredly a task for which I have had no experience but then many of our members are in their 50's, 60's and even 70's before starting a running career- and if they can do it so can I. So, with this in mind, I volunteered to edit this newsletter, partly because no-one else came forward, but also because I believe very much in the idea of people running, at every age, and I want to do anything I can to encourage it.

Naturally, I can not do the newsletter alone, I need help from each of you, and I hope you will continue to send in race results, comments, criticism or anything that you think might be of interest to our membership. One of my goals for this year is to add more of the personal touch to the newsletter, so try to include more comments about the members as well as their time.

The Track and Field element of the club is undoubtedly worried that I will turn this into a Long Distance Newspaper since I am essentially a long distance runner, but I promise to give them fair coverage. During the past 2 years, when my husband and I have attended board meetings, I have found it fascinating to watch the two factions of the club interact, often argue, but invariably come to some agreeable conclusion. That is the unique character of the Northern California Seniors and I shall try to do what I can to preserve it. There is surely room for both types of activities, and I'd like to see more intermingling of the two. After attending one track meet last year, Phil and I plan to go to more, and I certainly will try to throw that darn javelin of Ed's! And with my 8-minute miles, I'm sure to be lapped many times, but it will be fun to run the mile with the men. Hope more slow runners will come out and join me.

My predecessor did a remarkable job in his last newsletter, particularly when writing about women. That is the most exciting thing about running to me, at present, to see all the records broken as more females discover the joys of running. I will try not to let my enthusiasm carry me away in reporting events during the year. In other words, men will get lots of coverage too.

Here's hoping to see many of you in Los Altos on March 9th, but most of all, at Lake Merced on the 30th. I look forward to meeting lots of new members then.

OAKLAND INDOOR INVITATIONAL TRACK & FIELD CHAMPIONSHIPS OF THE PA-AAU

Reported by Ed Phillips

There were two Masters events, the 50 meter dash and the 1500 meter run. The 50 was basically two races in one with Jim Lingel coming in in the last 20 meters to win in 6.3 over Dick Marlin's 6.4. The rest of the field finished in a blanket at 6.6 There seemed little doubt that Bill Presber won the third place award but the official placement of Bob Jordan, Mal Andrews and Van Parish in that order was somewhat disputed. Mal had quite a day before the night meet began. He challenged 8 younger competitors in the open Pentathlon- and was not last. A fellow named Jenner who was 10th in Munich in the Decathlon won, with Mal finishing 8th with 2291 points. The 1500 saw Dennis Teegarden improve his finishing position by two places from the Examiner Games by coming in 2nd in 4:22.8 to Jim Shettler's 4:22.6. Peter Mundle was 3rd in 4:23.4 while Ken Napier was 4th in 4:30.3. The remaining order was Walt Betschart-5th, Mike Healy- 6th, Vance Koerner-7th, and Don Pickett- 8th.

Possibly the 2 outstanding races were the high school 50 meter with the meet's fastest time, 5.7, by Castlemont's Maurice Glass and the 1500 meter, 3:50.0 by DeLa Calle's Rich Kimball- names to remember come State Meet time- (and 20 years from now too)

LIVERMORE VALLEY 8.5 Mile RUN- DEC. 2, 1973

<u>Place</u>	<u>Name</u>	<u>Time</u>
76	Ed Preston	53:03
84	Lee Adams	53:25
89	Walt Betschart	53:45
96	Gough Reinhardt	54:00
104	Art Freiler	54:21
107	Jim Allen	54:32
151	Frank Cuzzillo	58:08
160	Joan Ulliyot	58:45
199	Ruth Anderson	61:01
210	Dan Ulliyot	62:05
215	Elaine Pedersen	62:23
221	David Davis	62:48
224	Keith Walker	62:57
231	James Forsyth	63:20
268	Carl Reiterman	70:33
271	Ruth Dettering	71:59
274	Dominic Artuso	72:37
283	Phil Gray	75:35
289	John T. Anderson	78:10
296	Betty Adams	82.01

DAISY HILL RUNS - January 13, 1974

13.5 Miles

Place	Name	Time
4	Ross Smith	1:21.05* New record- 1st 40&
13	Mike Healy	1:28.50
16	Gough Reinhardt	1:32:16
34	Catherine Smith	1:53.47
45	Carl Reiterman	2:26.11

6.75 Miles

25	Dominic Artuso	57:14
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CAMELLIA FESTIVAL 100 MILE RELAY

Jim Nicholson, long distance chairman has spent many hours on the phone to get together a team from NCSTC members to run in the 100 mile relay this month. Paul Reese, race director would love to see some women's teams too, if some of you gals are interested. It's in conjunction with a festival and is supposed to be quite an exciting weekend. At this time, the men's team will be:

- Leg 1-Nicholson
 - Leg 2 Templeman
 - Leg 3-Jacobs
 - leg 4-Wood
 - Leg 5-Reese
 - Leg 6-Harrison
 - Leg 7- Porter
 - Leg 8-Allen
 - Leg 9-Koerner
 - Leg 10-Betschart
- Sounds like a winning team- good running !

Walt Stack is looking for some company from the Bay Area to join him in the 12th Annual John F. Kennedy 50 mile Hike/Run in Boonesboro, Maryland. This year it will be held on Sat. March 30th-(that's the same day as our Lake Merced race-sorry,Walt, count us out). The race is 13 miles of rough footing on the rock strewn Appalachian Trail followed by 26 pleasant miles along the Potomac River-over all 39 miles of paths and trails. Last year there were 1724 starters and 673 finishers.(under 15 hours)

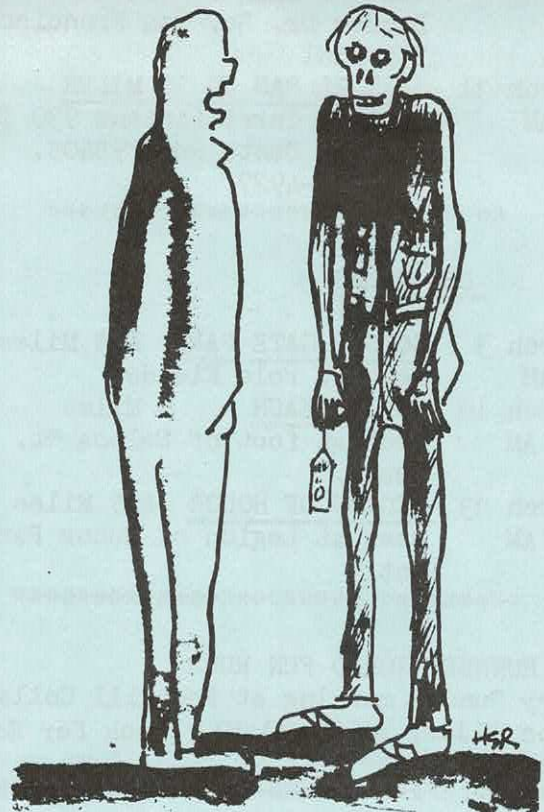
Walt will be flying sometime in the middle of the last week of March, and wants either male or female (Walt!!)company. If interested, please contact Walt at 321 Collingwood. S.F. 94114 or call him at 647-9459.

For those of you interested in reading more about this race, Runners World had an article in this months issue. It sounds like a real challenge,or to Quote our inimitable Walt Stack, a real ball-buster.

PACIFIC ASSOCIATION- AAU-20KILO
CHAMPIONSHIPS - January 27, 1974

Place	Name	Time
41	Jim Nicholson	75:12 2nd Master
46	Peter Wood	76:44
55	Gough Reinhardt	78:34
61	Bob Porter	80:37
70	Joan Ulliyot	82:34
108	David Davis	98 19
116	Carl Reiterman	150:00

Stuart Ruth, part-time artist-comedian has graciously given me the copyright privileges for his series of "running jokes" that was in the DSE newsletters over the past 2 years. Many of you have seen them but he has also promised me some original material when the mood hits. Many thanks.



LOOKS LIKE YOU ARE IN SERIOUS TRAINING

If he had a skirt on, I'd think it was Ruth Anderson !!

CALENDAR OF RUNNING EVENTS

AAU RACES

Sat. March 2 SEARSVILLE LAKE RUN 8 miles
 9:30 AM Contact Ray White 788 Mayview
 Ave. Palo Alto 94303: 323-4455

Sun. March 3 FREMONT 10 KILO
 10 AM Contact Jim Sigman City Gov't
 Bldg. Fremont 94538: 796-3471

Sat. March 9 CAMELLIA FESTIVAL 100 MILER
 TBA Contact John Hill 604 Flint Way
 Sacramento 95818 (March 2 deadline)
 Phone 916/446-6341

Sun. March 10 CAMELLIA FESTIVAL 100 Mile
 TBA RELAY Contact Paul Reese 2789
 17th St. Sacramento 95818 Phone
 916/443-1549

Sun. March 17 30 KILO CHAMPIONSHIPS
 10 AM Contact Chuck Day P.O. Box 3818
 Carmel 93921. 408/624-1180

Sat. March 23 50 MILE CHAMPIONSHIPS
 8 AM Contact Bob DeCelle P.O.Box 1606
 Alameda 94501 Phone(work)523-2244

Sun. March 24 ST. PATRICIA'S DAY RUN 10 Kilo
 9 AM Women and Master's men only-con-
 tact Dawn Bressie 330 W. 20th Ave.
 San Mateo 94402

Sat. March 30 SENIORS ONLY LAKE MERCED 5 miles
 11 AM Contact Jack Bettencourt 136
 Dundee Dr. So. San Francisco 94080
 755-9681

Sun. March 31 LAKE IL SAN JO 10 MILER
 10 AM Contact Terry Pintane 930 Tran-
 quillo Santa Rosa 95405.
 707-539-4927.

DSE RACES

Sun. March 3 GOLDEN GATE PARK 4.5 Miles
 10AM Meet at Polo Fields

Sun. March 10 OCEAN BEACH 6 Miles
 10 AM Meet at foot of Balboa St. on the
 beach.

Sat. March 23 LEGION OF HONOR 4.5 Miles
 10 AM Meet at Legion of Honor Parking
 Lot.

RUNNERS WORLD FUN RUNS

Every Sunday morning at Foothill College
 Los Altos Hills, at 10:30 AM. Look for Ed
 Phillips !

FIRST ANNUAL PALO ALTO 10 MILE RUN-NOV. 24, 1973

<u>Name</u>	<u>Time</u>
Jim Campbell	59:36
Ed Preston	62:50
Peter Wood	63:08
Gough Reinhardt	65:17
Alan Waterman	65:17
Pax Beale	67:38
Bob Knapp	71:16
Larry Fox	74:10
Bruce Dingwall	85:08
Jack Bettencourt	76:02
Carl Reiterman	94:07
George Tracy	98:33
Bev Bettencourt	98:54

PEPSI 20 MILE RACE- NOV. 25, 1973

<u>Place</u>	<u>Name</u>	<u>Time</u>
62	Jim Nicholson	2:05:45 2nd 40 &
64	Flory Rodd	2:05:53 1st 50 &
103	Walt Betschart	2:11:34 3rd 40&
111	Pete Mattei	2:12:05
113	Lee Adams	2:12:15
145	Joan Ulliyot	2:16:13 1st Female
(New record for course)		
146	Ralph Paffenbarger	2:16:13 3rd 50&
168	Don Nachbar	2:17:46
169	Art Waggoner	2:17:47
188	Bruce Dingwall	2:20:17
133	Jim Allen (sorry)	2:14:33 2nd 50&
234	Rex Dieterich	2:26:00
235	Ted Larson	2:26:02
261	Dave Davis	2:29:57
286	Dan Ulliyot	2:35:35
290	Ruth Anderson	2:36:24
292	Elaine Pedersen	2:36:43
301	Luka Sekulich	2:39:00
321	George French	2:45:13
341	Grant Bennett	2:54:02
396	Herb Dowler	3:30:35 1st 70&
406	Carl Reiterman	3:56:25
409	Betty Adams	3:57:30

Scanning race results for members names
 is very difficult, so please forgive the om-
 mission if it was your name I missed. Drop
 me a line so I can give you proper credit in
 a later issue. It sure is a help if you are
 registered to run for the club.

KING'S RIVER RUN REEDLEY, CALIF.

One of our faster runners established a new record in the King's River Run. The race which was sponsored by the High Sierra Track Club was 4 miles and Ed's record time was for men 50:59. His time was 24:12.

Last minute notice from Ed Phillips says that we are negotiating for some late summer and fall Track meets- one of them to be held at Foothill Community College.

LIKE TO ICE SKATE ??

Some of the DSE runners are getting together on Tues. March 12 for an ice skating party. We skate at the S.F. Ice Arena, 48th & Kirkham from 7:30 to 10:30. It's lots of fun and the rink gives us a rate, if you tell them you are with the running group. Kids are welcome, but try to let me know if you are coming by Sunday March 10th. 751-8825.

T-SHIRTS FOR SALE.

The very nice red T-shirts for the long distance set are available now and will be on sale at the Lake Merced race. I hear they look much better on the girls but you men will like them too. They sell for \$3.00.

Remember to send your dues in to John Hutchinson right now- we want to get an up-dated directory soon and the club must remain solvent. Thanks.

It happened on the Masters' South Pacific Tour, according to wife, Marcie. Someone was watching Walt running lap after lap in a long race and commented "Walt doesn't need a stop-watch, he needs a calendar." Guess that applies to some of the rest of us too.

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



NAME: _____ Home phone: _____

ADDRESS: _____
Number Street City Zip Code

DATE OF BIRTH: _____ OCCUPATION: _____

BUSINESS ADDRESS: _____ BUSINESS PHONE: _____

INFORMATION FOR CLUB DIRECTORY

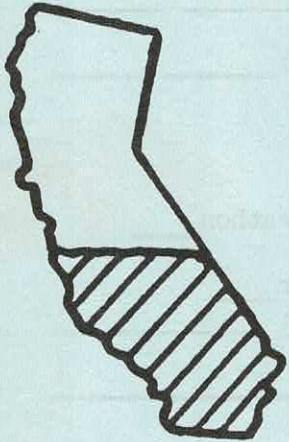
Please check your interest:
Road and Cross-Country: 2-5 miles ___ 5-10 miles ___ 10 miles - Marathon ___
Track: 100 yds. ___ 440 yds. ___ 1 mile ___ 3 miles ___ Other ___
Field: Long Jump ___ High Jump ___ Shot Put ___ Javelin ___ Other ___
Pertinent Data on recent achievements?/ and/or Athletic History : _____



Membership dues are \$6:00 per year (same for a married couple). Dues pay for your Newsletter each month and club directory. Make checks payable to Northern Calif. Seniors Track Club and mail them to John Hutchinson, Sec- Treas. 225 San Marcos Ave. San Francisco, 94116, Calif. If spouse wishes active membership, please fill out two of these forms.

NORTHERN CALIFORNIA SENIORS TRACK CLUB

629 - 44th Avenue
San Francisco, Calif.
94121



Bill Frederickson

Box 98

San Geronimo,

Ca. 94963



FIRST CLASS MAIL