

# NORTHERN CALIFORNIA SENIORS TRACK CLUB

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## LOS ALTOS-A GREAT MEET THAT ALMOST WASN'T

Contributed by Ed Phillips

The first track meet of the season, the Los Altos meet, had everything, nine age group world records, the largest turnout in club history (61 participants), a long distance run, and the first women's track and field competition in club history---but the weather almost put us out of business before we got started. Torrential rains early in the week left the track usable but loaded with water and the relatively light rain on Thursday turned it into mud. Friday it seemed out of the question to hold the meet. However, at 10 o'clock on Saturday, Leo Long, Los Altos High's track coach, began dragging the track. Lap after lap with the drag allowed the air and sunshine to get to the surface and by meet time, the track was usable; by late in the meet it was quite good. Many thanks to Leo for without him we would not have had a meet. Since it was not possible to completely mark the track, we ran an old style 220 and one turn 440.

The performances in the sprints were quite notable. Jim Lingel turned in two winning and age group (42) WR's (10.3 and 22.8). Dick Marlin had a non-winning 10.4 and a winning 23.3 (different heat) for two more age group (43) WR's. Bill Frederickson turned in a non-winning 23.5 to Marlin's 23.3 for yet another WR performance but it doesn't count since he is also 43. The same heat had Payton Jordan running a non-winning 24.9 for still another age group (56) WR. Ted Rademaker ran a 17.0 120 High Hurdles for an age 49 WR while Jim York put the 16 pound shot 28'5" for an age 60 WR, and Walt Betschart triple jumped 36'8" for an age 46 WR. There were many other good performances including a 4:27 mile by Roland Verhe (30-39), a 10.4, 23.2 sprint double by Ben Anixter (30-39), a virtual dead heat in the 30-39 440 by Jesse Duran and Bill Green at 54.0, and an 11.9, 27.1 sprint double by Almeda Parish (30-39-female). Field event strength in the 40-49 age group was evident with a 41'7" Shot Put by Ted Wassam and a 161'6" Javelin Throw and a 120'2" Discus Heave by Leo Long.

The Women's Triathlon was a huge success with six entrants in the Javelin, 100, and 880. The events were scored using the Female Portuguese Tables. Highest point total went to Almeda Parish while Joan Ulliyot did well and won the Javelin.

Joan is hurting what with a recent leg injury and figures to improve her running events to make this an interesting competition later in the season. Florence Stage and Ann Walker provided close competition in the 40-49 group with Florence winning. Complete results of Triathlon and the mens events follow.

Name	Javelin	100	880	Total
1. Almeda Parish	13.62 m. -210 pts	11.9 642 pt	2:56 413	845 pts.
2. Joan Ulliyot	17.97 m. 5 pts.	16.2 80 pts	3:03 356	441 pts
3. Beverly Bettencourt	13.45 m. -215 pts.	18.0 -80 pts.	3:48 50	-245 pts.
<b>(30-39)</b>				
1. Florence Stage	11.93 m. -290 pts.	16.7 12 pts.	3:49 49 pts.	-229
2. Ann Walker	10.91 m. -340 pts.	17.5 -40 pts.	3:35 131 pts	-249
3. Robyn Paulson	8.70 m. -450 pts.	17.1 0 pts.	3:33 148 pts	-302



### JAVELIN

<u>30-39</u>	
1. Rose	153'10"
<u>40-49</u>	
1. Long	161'6"
2. Wassam	156'2"
3. Phillips	150'0"
4. Kettles	135'10"
<u>60-69</u>	
1. Henry	71'2"

### SHOT PUT 16 lb.

<u>40-49</u>	
1. Wassam	41'7"
2. Howell	33'0"
3. Long	31'5"
4. Betschart	29'2"
5. Shearer	29'1½"
<u>60-69</u>	
1. York	28'5"

### TRIPLE JUMP

<u>40-49</u>	
1. Andrew	37'1½"
2. Betschart	36'8"

100 Yard Dash

<u>30-39</u>	1. Anixter 10.4	2. Carr 10.5	3. Kalinick 10.7	4. Verhe 11.4
<u>50-59</u>	1. Rademaker 11.1	2. Hoover 12.6	3. Thursby 12.7	4. Dunn 13.1
<u>60-69</u>	1. Satti 12.2			

<u>40-49</u>	1. Lingel 10.3	2. Marlin 10.4	3. Parish 10.7	4. Frederickson 10.8	5. B. Jordan 10.9	6. Halliday 10.9 tie	7. Melgosa 11.0	8. E. Dowell 11.1	9. S. Dowell 11.2	10. Washington 11.4	11. Roemer 11.5	12. Ild 12.3 tie	Walker 12.3
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DISCUS

<u>40-49</u>	1. Long 120'2"	2. Wassam 118'5"	3. Howell 100'4"
<u>60-69</u>	1. York 114'0"	2. Henry 66'2"	

220 Yard Dash

<u>30-39</u>	1. Anixter 23.2	2. Duran 23.5	3. A. Parish 27.1(girl)
<u>50-59</u>	1. P. Jordan 24.9	2. Hoover 28.4	3. Thursby 28.8

<u>40-49</u>	1. Lingel 22.8	2. Marlin 23.3	3. Frederickson 23.5	4. E. Dowell 24.2	5. Halliday tie 24.4	6. Jordan tie 24.4	7. S. Dowell tie 24.6	8. Washington tie 24.6	9. Melgosa 25.0	10. Roemer 25.4	11. Andrews 26.4	12. Orlovitz 26.4
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LONG JUMP

<u>30-39</u>	1. Walker 21'6 1/4"	2. Carr 21'4"	
<u>40-49</u>	1. Andrews 20'1 1/2"	2. Roemer 18' 1/2"	3. Betschart 16'10 1/2"
<u>60-69</u>	1. Satti 15'10 1/2"		

I hear nominations for Frederickson and Bettencourt as SENIOR STREAKER of the month. Anybody else -- or any other bodies ??



HIGH JUMP

<u>30-39</u>	1. Rose 5'9 3/4"	2. Walker 5'7 3/4"
<u>40-49</u>	1. Betschart 5'0"	2. Ild 4'10"

440 YARD DASH

<u>30-39</u>	1. Duran 54.0	2. Green 54.0			
<u>40-49</u>	1. Lingel 53.7	2. S. Dowell 54.8	3. E. Dowell 56.0	4. Frederickson 56.5	5. Melgosa 57.0

<u>40-49</u>	6. Andrews 57.5	7. B. Jordan 57.6	8. Villafuerte 58.2	9. Channell 60.4	10. Orlovitz 60.8	11. Paulson 61.5	12. Bettencourt 61.8	13. Oakes 62.4	14. Ild 68.4
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<u>50-59</u>	1. Rademaker 57.1	2. Smith 68.8	3. Thursby 70.3
<u>60-69</u>	1. Shine 70.3		

880 YARD DASH

<u>40-49</u>	1. Betschart 2:18	2. Hutchinson 2:19	3. Jackson 2:30	4. Oakes 2:31	5. Nash 2:32	6. Orlovitz 2:37	7. Bettencourt 2:39
<u>50-59</u>	1. Smith 2:43						
<u>60-69</u>	1. Madden 2:47	2. Shine 2:56	3. Satti 3:09				

MILE RUN

<u>30-39</u>	1. Verhe 4:27	2. Warren 5:52	3. Ulliyot(girl) 6:28					
<u>40-49</u>	1. Betschart 4:58.5	2. Kaempt 5:21	3. Howell 5:22	4. Villafuerte 5:22.5	5. Paulson 5:23	6. Moore 5:38	7. Jackson 5:40	8. Nash 5:46
<u>50-59</u>	1. Smith 5:43							
<u>60-69</u>	1. Madden 6:18	2. Satti 6:25						

3 MILE RUN

<u>40-49</u>	1. Paulson 18:45	2. Howell 19:07	3. Moore 19:15	4. Naylor 19:59	5. Cameron 22:40
<u>60-69</u>	1. Satti 22:55				

120 Hurdles (39 in.)

<u>40-49</u>	1. Andrews 16.4	2. Villafuerte 21.0	3. Ild 21.9
<u>50-59</u>	1. Rademaker 17.0		

Long Distance Run  
4 miles off track

1. Joe Henderson (30-39) 23:26	2. Ulrich Kaempf (40-49) 23:48	3. Terry Lewis (30-39) 24:30	4. Dick Owen 25:39	5. Ken Moore (40-49) 26:11	6. John Warren 26:49	7. Otis Halliday (30-39) 28:00
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That nomination is for Bill and Jack-- not Susan and Beverly ! I hear another nomination for Ed Phillips !

NCSTC TEAM SECOND IN 100 MILE RELAY

The Northern California Seniors ten man team finished second in the 100 mile relay Camellia Festival run on Sunday March 10. West Valley Joggers won the race from Sacramento to Marysville and return with an actual time of 10:21:06, while our team had a 10:40:30 time recorded. The two senior (over 40) teams) had an hour handicap, and capitalized on that by beating the Golden West Track Club of Sacramento, despite their fastest time of 9 hours, 49 minutes, 20 seconds. The Nor-Cal team led the pack for the first 60 miles, but Ross Smith, Ken Napier and Jim Shettler were able to pull ahead during the last 4 laps. Congratulations for a well run race ! Incidentally, there was one girls team with an hour and one-half handicap, but next year Paul Reese plans to make some changes in the handicap. Runners splits below.

	<u>NCSTC Runner</u>	<u>WV J&amp;S Runner</u>
<u>Leg 1</u>	Nicholson	Healy
10.0	58:34 00:00	58:31 00:00
<u>Leg 2</u>	Templeman	Davis
9.2	59:45 1:58:19	59:58 1:58:29
<u>Leg 3</u>	Jacobs	Elliot
9.2	59:06 2:57:25	1:03:39 3:02:08
<u>Leg 4</u>	Wood	Campbell
11.4	1:09:13/4:06:38	1:15:15 4:17:23
<u>Leg 5</u>	Reese	Floodberg
10.4	1:09:03/5:15:61	1:07:59 5:25:22
<u>Leg 6</u>	Harrison	Bain
10.4	1:02:09/6:17:50	56:24 6:21:46
<u>Leg 7</u>	Porter	R. Smith
11.4	1:15:49/7:33:39	1:10:19 7:32:05
<u>Leg 8</u>	Allen	Tarin
9.2	1:00:34/8:34:13	54:36 8:26:41
<u>Leg 9</u>	Koerner	Napier
9.2	1:04:22/9:38:35	1:05:18 9:21:59
<u>Leg 10</u>	Betschart	Shettler
10.0	1:04:55/10:43:30	59:07 10:21:06

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CENTRAL COAST RELAYS

The Corona del Mar Track Club sponsored a very well run relay meet at Cal Poly in San Luis Obispo, Saturday March 16. Making the trip south to compete with our friends from Southern California were Jim York, Ted Wassam, and Ed Phillips. All three brought home some nice trophies; two first for Ted in the shot and discus; a first and second for Jim in the same events, and a second for Ed in the javelin. Jim again broke the age 60 WR for the 16 pound shot--this time at 29'2 1/2"--- as well as the age 60 WR 8 pound shot at 42'6 1/2". The meet was very worthwhile, with at least three teams in each relay event and reasonably

strong competition in all field events. Some especially strong competitors were: Dave Jackson and Shirley Davisson, both over 20 feet in the long jump and both competing in several relays; Bill Morales with a WR of 164'2" (age 57) in the javelin and participation in various jumps and relays; Al Guidet in a number of age 40 relays (as a Strider yet), and Brayton Norton who was over 160 feet in the javelin and also ran and jumped.

Don and Calista Cheek simply outdid themselves with the beautiful awards, the fine facilities, and the social aspects -hotel, cocktails, and dinner. This is to be an annual affair and hopefully we will be able to participate more fully as a club next year.

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FIFTH ANNUAL MARTINEZ RUN

Despite the energy crisis, 126 runners ran in this very well organized NCSTC sponsored event. Luka Sekulich traditionally does an excellent job handling this popular run, and this year was no exception. The awards were different this year with many categories, including oldest and youngest male and female, and father-son and daughter, mother-son and daughter. Luka really encourages family participation and had four families that ran the 8.4 miles this year. Thank you, Luka and your volunteers for your hard work on this race. Next year, if the oil companies cooperate, more of us will be able to drive to Martinez to participate.

<u>Club Members Only</u>		
<u>Place</u>	<u>Name</u>	<u>Time</u>
28	Dennis Teeguarden	47:13 2nd 40-45
40	Walt Betschart	49:00 1st 46-50
42	Gough Reinhardt	49:18 2nd 46-50
49	Pete Mattei	49:51 3rd 46-50
58	Paul Reese	51:22 1st 51+
64	Jack Garnett	52:21
66	Abe Underwood	52:55
73	Art Waggoner	54:31
74	George Grimes	54:33
79	Bob Campbell	55:50
86	Jack Bettencourt	56:45
98	Al Wiggins	58:42 2nd 51
103	Jack Chamberlain	60:36
122	Carl Reiterman	69:52 Oldest Male

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1974 WOMENS NATIONAL AAU MARATHON- Feb. 10,

<u>Place</u>	<u>Name</u>	<u>Time</u>
10	Joan Ulyot	3:13:13
16	Elaine Pedersen	3:25:54
<u>Over 40 Division</u>		
1.	Ruth Anderson	3:20:59
4.	Virginia Collins	3:42:00
5.	Carroll O'Conner	3:47:07

MEMBER OF THE MONTH

Lots of people go to Reno for the night life and gambling, and I guess that has it's merits, but for a running family, the best reason for a trip to Reno would be for the Annual Journal Jog, a 5 mile race sponsored by the local newspaper. It was for that event that I first had the pleasure of getting to know Catherine Smith. She is quite a remarkable woman and an excellent runner in her own right. Catherine is a good example of what happens to women when they become addicted to running. She has experienced a steady weight loss down to 130, and has improved her time from 12 minute miles down to her best of a 3:36 marathon.

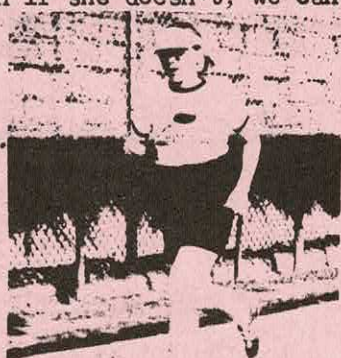
When Catherine first started in early 1969, it was only because of the "onset of addiction" in her spouse. Eventually, she too was hooked, but plodded along for a long time. Her first race was the 5 mile Journal Jog which she barely finished in 60 minutes. Four years and some 3000 miles later, Catherine set the record for 36-40yrs. by running that course in just under 37 minutes. She has completed 5 marathons with times improving from 4:20 down to 3:36. She continues to put in 50-70 miles a week, much of it in her favorite territory through the sagebrush on Peavine Mountain, NW of Reno, where she lives with "the grey-beard wonder, world's fastest metallurgy professor", her husband Ross Smith. Ross and Catherine are the parents of 3 lively kids, 15, 13 and 10. The children think running is for the kookey old folks. Their home is a warm welcome informal kind of place, with a music room off the living area which is full of various musical instruments. All members except Ross play some instrument, and their daughter is an accomplished gymnast.

As a lecturer in the Music Department at the University of Nevada, Catherine spends many hours teaching and practicing her flute. A side hobby is the study of antique flutes which she plays beautifully. At present, Catherine is involved in an equal pay for equal work battle with the university.

The entire Smith family enjoys backpacking in the summer and Catherine credits running with helping her hold up her end on these trips. She also believes her flute playing is improved by running.

Plans for the immediate future include an unofficial entry in the Boston Marathon. Here's hoping Catherine's miles will pay off and she will break 3:30. But even if she doesn't, we can expect good things from her in the years to come.

Here's Catherine running a marathon in Mexico. She says the "pregnant look" is a sweatshirt.



Place	Name	Time
14	Ross Smith	55:21
61	James Campbell	1.01:25
65	Tom Pinchard	1.02:29
75	Art Waggoner	1.04:27
76	Paul Reese	1.04:32
90	Dave Davis	1.07:15
124	Keith Walker	1.13:17
130	Abe Underwood	1.14:07
142	Luka Sekulich	1.17:20
143	Catherine Smith	1.17:45
158	Carl Reiterman	1.22:28
169	Bill Dyer	1.25:35

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DEFINITIONS AGAIN

A note from Dave Theall, President of the DC Road Runners club in McLean, Virginia, indicates his concern over the terminology adopted by the AAU. The term Masters to quote Dave and Webster means excellent and he feel either Senior or Veteran are more descriptive. Dave says he couldn't get many takers if they publicized their events as Masters Mile. I think its a very interesting point and since the AAU is trying to push this one over on us, it seems we should at least have some discussion on the title, and see what we can do to change it if we don't want to be called Masters. How about some comments from you members out there ?

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1974 WEST VALLEY MARATHON-Feb. 10, 1974

7.	Ross Smith	2:33:33
47.	Peter Wood	2:51:19
49.	Jim Nicholson	2:52:34
58.	Bob Porter	2:55:20
60.	Pete Mattei	2:56:10
76.	Gough Reinhardt	3:01:02
82.	Richard Mueller	3:02:34
95.	Art Waggoner	3:07:11
97.	Flory Rodd	3:07:59
102.	Larry Hoyt	3:09:04
106.	Jim Gault	3:09:42
111.	Ernst Hayman	3:11:33
112.	Alan Waterman	3:11:50
118.	Bruce Dingwall	3:13:07
121.	Seymour Collins	3:14:11
133.	Barry Bloom	3:17:54
138.	Pax Beale	3:20:31
148.	Bob Hays	3:23:38
160.	Grant Newland	3:29:26
181.	Walt Stack	3:41:35
183.	Robert Knapp	3:46:21
187.	Richard Goen	3:47:29
197.	Dave Davis	4.16:59
213.	Carl Reiterman	5:00:09

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"SERIES 74" at UC BERKELEY

It was quite a thrill to return to Edwards' Stadium as a competitor after 20 years. However, it was somewhat of a shock to look in the mirror above the wash basins in the team room and see a gray headed fellow looking back (those must have been the mirrors from the underarm TV Commercials- couldn't possibly be our youthful president!) That notwithstanding, the meet was quite good with an age 48 WR in the 3 mile by new member Dick Mueller and age 66 WR's by Ken Carnine in the dashes and Discus.

One way of highlighting notable performances is to look up their point values in the Portuguese Tables and we did just that for this meet and found the following meet best in each age group: 30-39 Track- Cain High Hurdles-15.6-795 pts. and Field, Carr, 5'10" High Jump-759 pts.: 40-49; Track Andrews 16.0 High Hurdles- 763 pts. and Field, Wassam 41'1" Shotput- 709 pts.: 50-59 Track, Rademaker's 16.2 High Hurdles- 748 pts.; 60-69; Track, Satti's 28.1 220 Yard Dash- 390 pts. and Field, Carnine 134'3 3/4" Discus- 480 points. Marble paperweights will be awarded to these fellows at the College of Marin Meet in recognition of these achievements.

Complete meet results are as follows.

100 YARD DASH 40-49		100 YARD DASH 30-39	
Marlin 10.4 (709)	Cain 10.4 (709)	Halliday 10.5	Carr 10.5
Andrews 10.8	Newton 11.7		
Melgosa 10.9	100 YARD DASH 50-59		
Washington 10.9	Rademaker 11.0 (580)	Jordan (2nd Heat) 10.9	Hoover 12.5
Manougain 11.0	Nelson 15.7	Glasgow 11.1	
Frederickson 11.2	100 YARD DASH 60-69		
Grant 11.3	Satti 12.4 (317)	Roemer 11.3	Carnine 12.5
	Puglizevich 12.6		Hicks 14.6
220 YARD DASH 30-39			
Cain 23.7 (696)			
Newton 26.4			

880 YARD RUN 40-49		880 YARD RUN 30-39	
Hutchinson 2:20.3 (530)	Orlovitz 2:26.4	Heinrich 2:05.3 (708)	
Oakes 2:30.8	Bettencourt 2:31.7		
Borgman 2:33.3		880 YARD RUN 50-59	
		Carey 2:55.6 (190)	

MILE RUN 30-39	
Heinrich 4:30 (759)	Pilz 4:56
McGough 4:59.2	Price 5:05.5
Moss 5:11	Williams 5:28.8
Ullyot 6:34 (female)	

3 MILE RUN 30-39	
Pilz 16:56 (555)	Moss 17:53
Anderson 18:04	Williams 18:45

MILE RUN 40-49	
Betschart 4:54.3 (615)	Paulson 5:27
Borgman 5:35	Walker 6:07
Berger 6:09	Trauner 6:18.2

3 MILE RUN 40-49	
Finch 16:12 (627)	Teegarden 16:25
Nicholsen 16:47.5	Jacobs 17:26
Mueller 17:27	Betschart 17:40
Paulson 18:10	Grant 18:47
Walker 19:48	

MILE RUN 50-59	
Allen 5:45 (355)	Carey 6:05

3 MILE RUN 60-69	
Satti 22:45 (50)	

MILE RUN 60-69	
Satti 6:21.5 (200)	

SHOTPUT	
30-39 Williams 28' 5 1/2" -8.67m (414)	
40-49 Wassam 41' 1" -12.51m. (709)	Steele 34' 1 1/2"
60-69 York 37' 10" -11.52 (375)	Walker 34' 8 1/2"
	Hicks 33' 5"
	Ulsh 33' 1"

DISCUS	
30-39 Williams 96' 1 1/2" -29.29m. (536)	
40-49 Steele 116' 8 3/4" -35.56m. (671)	
	Wassam 113' 9"

WOMEN'S TRIATHLON

"SERIES '74" at UC BERKELEY (cont.)

120 YARD HIGH HURDLES

30-39	Cain	15.6	(795)
40-49	Andrews	16.0	(763)
	Hickman	16.7	(710)

50-59 Rademaker 16.2 (748)

JAVELIN

30-39	Rose	158'4"	-48.2 m. (687)
	Williams	121'7"	
40-49	Phillips	149'11"	-45.65m. (656)
60-69	Ulch	92'3"	-28.1 m. (172)
	Henry	65'4"	
	Hicks	64'4"	

16 Pound Hammer

30-39	Rose	68'8"	
40-49	Steele	108'5"	33.02m. (580)
60-69	Ulsh	65'0"	(290)



NAME	Javelin	100 Yd	880 Yd	Totals
Almeda Parrish 30-39	15.61m -90 pts.	12.6 525 pts	2:56.5 409 pts	844 pts.
Joan Ulliyot 30-39	17.36 m 0 pts	16.1 90 pts	3:07 325 pts	415 pts.
Elizabeth Berger 30-39	14.39 m -150 pts	17.2 -18 pts.	3:27 168 pts	30 pts.
Lorence Stage 40-49	12.18 m -250 pts.	16.6 40 pts.	3:46 62 pts	-148 pts
Anne Walker 40-49	11.27 m -325 pts	17.2 -18 pts	3:28 175 pts	-168 pts
Robyn Paulson 40-49	9.65 m -400 pts	17.3 -25 pt.	3:23 210 pts	-215 pts.

NORTHERN CALIFORNIA SENIORS "SERIES '74" TRACK AND FIELD CHAMPIONSHIPS

SUNDAY, JUNE 8, 1974

CALIFORNIA STATE UNIVERSITY AT SACRAMENTO

All senior (born 1944 or earlier) athletes are invited to attend. Competition will be by ten-year age groups unless a particular event has more than 5 entrants in any one age group. Such a group will be broken into 2 five-year age groups. This will be accomplished in an orderly fashion by requiring advance entries by event-no post entries will be permitted. Please complete the accompanying entry form and send it in by APRIL 20th, even if you are a "Series '74" package member.

Women's Triathlon will be run concurrently with the Javelin, 100 Yd. dash and 880 as a flight and heat of the events as scheduled below.

Medals and ribbons for all events by age groups.

Sacra. State University can be reached by following the posted turn-off approximately 3 miles east of highway 50-80 and 99 interchange in Sacramento on Highway 50.

Time	Event	Time	Event	Time	Event
11:50	10,000 Meters	1:00	Long Jump	2:30	Triple Jump
11:50	Javelin	1:00	Shot Put	2:30	Discus
11:50	Hammer	1:20	1500 Meters	2:50	880 Yard Run
1:00	120 Yd. Hurdles	1:50	100 Yard Dash	3:20	5000 Meters
1:00	High Jump	2:20	Triple Jump	3:50	440 Yard Dash



## LAKE MERCED SENIORS ONLY RACE

A very stormy night preceded the Fifth Annual Lake Merced 5 mile race, held on Sat. March 30th. But, as has happened in the past, the clouds cleared and the sun peeked out a little. The weather must have been responsible for the relatively small crowd (83) which was too bad because it turned out to be an almost perfect day for racing, cool with a breeze that did become strong at times but was generally welcome. Jack Bettencourt, race director, did his usual efficient job and this year provided 5 year age awards which was a nice feature. A few PB's that I know of are my husband, Phil's 29:54- he's been trying to break 30 for a long time, and Ruth Dettering's 37:55. For us slower girls, the big goal at Lake Merced is to break 40, and Ruth just ran herself out of that "slower girls" category. John Hutchinson also had a PB (I think) with the time of 29:29. Congratulations to all three, let's hope for a bigger turn out next year. Complete results will be in next issue.

1st place	Jim Shettler	26:29
2nd place	John Finch	27:34
1st 40-45	Gil Tarin	27:51
1st 45-49	Jim O'Neill	28:02
1st 50-55	Pete Mattei	29:09
1st 55-59	Frank Cuzzillo	31:34
1st 60-64	Bill Monheit	36:40
1st 70-74	Wally Hanson	41:50

1st Woman Ruth Anderson 34:49  
2nd Woman Carroll O'Connor 35:47

### ROBYN'S REMARKS

So I entered my first track meet-- and came in last. And then, 2 weeks later, I repeated my outstanding performance! What an ego-deflater that is! It seems I'm forced to eat those words in the March Issue-- speed is not the only thing important in running. An amendment to those words is really what is in order. Winning is not the only thing important in running. But I don't honestly mind too much, both days were a great amount of fun, I met some nice women, and some nice men too. Track meets are exciting to watch, even more so when you are participating, if only in the only over 40 Triathlon for women in the country. Phil and I feel that the club meets are well worth attending, even though we still prefer long distance running. Actually, speaking as a nurse in heart research, I can't imagine that anyone over 40 would be running under such competitive conditions, without making sure their cardio-vascular systems are in pretty good shape by doing regular aerobic running. But perhaps I shouldn't preach.

My private track coach (hope Hanni doesn't mind) says if we continue to work out 12 hours a day, I might even improve that darn javelin throw to 13 meters. It seems that some of us have terribly weak arms. Naturally, I'm not competitive at all but if I can only figure out some way to have Florence Stage disqualified and then maybe trip Anne Walker as we lightly jog around the track to warm up . . . . maybe I'll have a chance . . . . anyone have an extra set of starting blocks I can practice with??

7  
Seriously, the exhilaration of running, the beer, the afternoons spent in the sun (and wind) but most of all the company of so many vital and vibrant people make losing the triathlon a marvelous experience. I do hope for more of you girls to join us in the next meets. At Berkeley, Bill Frederickson's wife came out without any previous running experience, and came in 2nd in the 100 yard dash! I suspect she is busy putting in more miles so she can enter the 880 next time. Mrs. B., where were you?



### THE PORTUGUESE TABLES

For those of you as ignorant as I am about Track and Field, I think some explanation of these Portuguese Tables is in order. Some (crazy, no doubt) portugese gentleman set about to make a table of times etc. based on performances of track and field events. He based these figures on athletic performance of both men and women (in separate categories) over a period of 50 years. Generally, 1000 points is the top, while he does list negative standing downward to -100 or more. For example, Ryun's 3:51 mile is 1023 points, while a 5 minute mile is 582 pts. and a 7 minute is 50. For the fairer sex, he scores 1000 for a 4:29 mile and an 8 minute mile is 125.

Ed is using these to compile the Triathlon scores and otherwise you can use them to see how you compare with World Class Athletes over the years. These are not by age and it seems to me someone ought to do something similar for us senior athletes!! The numbers you see in parentheses after some of the times are the Portuguese points for that event.

The color of this page is buff-appropriately enough.

## THE DSE RUNNING CLUB

Each month we publish the DSE schedule along with the AAU races. It is my guess that many of you, particularly members not in the San Francisco area have no idea what the DSE is. An interview with Walt Stack has given me a little history of the club. Hope all the information is correct.

The name stands for Dolphin-South-End, this is a combination of the two Swimming and Boating clubs which are located in Aquatic Park in San Francisco. Way back in 1966, Walt Stack, a member of the Dolphins, began running daily, and with the help of Mike Lyons, another Dolphin, set up a running program for its members. They encouraged other members to join them, but the response was not overwhelming. They did find a few other runners in the South End club, including John Boitano, and between them there were 10-15 men that ran together sporadically. By 1967, the group had grown to 30 or so, and each club had a running commissioner. They even set up a program to get some girls running but no-one was interested. Sometime in 1967 a name was put on the group and a newsletter started. A year or so later, Walt set up a schedule and the system to earn a trophy. This is the unique aspect of the DSE; by entering enough races and running enough miles in a year, members are eligible to earn a trophy at the annual awards banquet. Some say this is simply a way of buying yourself a trophy, but most of us find it a lot of fun, a good way to meet other runners, and the size of the membership is evidence of its popularity. At one meeting a few years ago, the "board" gave serious discussion to limiting membership since the growth seemed so great for awhile, but somehow it has all worked out. Growth is still rapid, and it is exciting to see so many people enjoying running, but I can imagine the job Ruth Dettering has typing up all those names for the newsletter!

The DSE is not an AAU club, since it is a combination of 2 AAU clubs (that is an AAU rule) and over the years Walt Stack has resisted various efforts to change the name and become an AAU organization. Walt Stack is, of course, still the coordinator of the club and it's chief promoter. Without his voice yelling out directions, some obsenity or telling the latest about the first man or woman in a race the club would surely lose much of it's flavor.

The races are rarely over 5 miles, and anyone can run. To be officially registered, it cost 50¢ per race with family rates available. First five place ribbons are given to men and women, and every one else gets a ribbon for finishing. Seems time to give ribbons for the first five over 40's too, as well as the young kids, how about it Walt?

The fun and companionship make the DSE one of the most popular running clubs in the Bay Area. Membership is about 450 which doesn't include family members. So far the largest race has been 330 runners at Lake Merced this year. The other very popular race is the practice Bay-to-Breakers coming up this month. If you haven't already tried it, now is the time. See you there!

Maybe we can talk Walt Stack into being the first sexagenarian streaker of Spear Street!

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## MORE TRACK AND FIELD DATES

- Sat. April 6-7; Grandfather Games -Los Angeles Valley College, Van Nuys, Calif.
- Sat. April 13; Herbert Hoover Relays- Ravens-Wood High in East Palo Alto
- Sat. April 13; West Valley Track Club All-Comers Meet- College of San Mateo
- Sat. & Sun April 13-14; Hawaii International Masters, Honolulu .
- Sat. & Sun. June 1-2; Los Angeles Sports Inter-Decathlon.
- Sat. June 8; Corona Del Mar Relays, Irvine.
- 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.

If anyone wants more detailed information on any of the above meets, contact me, Robyn Paulson and I will send you copies.



## CAMELLIA FESTIVAL LOOMILER,, ROCKLIN. March 9

John Hill sent a very interesting account of this race which no-one finished this year. Please do not confuse this with the 100 mile relay, this is the 100 mile race, all run in one day. None of our club members entered although Paul Reese and Ralph Paffenbarger have finished it in past years. I'm sorry that I do not have space to publish his remarks about this mind-boggler, it was well done, and quite amusing. Better luck next time, John.

## KINGS RIVER RUN -REEDLEY, CALIF.

My apologies to Ed Preston for failing to print his last name in last month's article about his new record in the above named race.



CALENDAR OF LONG DISTANCE RUNNING EVENTS

AAU RACES

Sun. April 7 KNIGHTS OF COLUMBUS MARATHON  
 9:00 AM Cupertino (DeAnza College). Contact Dan O'Keefe 20186 Forrest Ave. Cupertino, Ca. 95014. Ph. 408/257-6670. \$2.00

Sun. April 14 FIFTH ANNUAL BLOSSOM HILL RACE  
 This is not an AAU race this year, but is a delightful run for Easter Sunday. The Napa Valley club is putting it on and is hoping for much family running. Two races, 8.1 miles and 1.2 for novices. Contact Ron Whitney, 295 Franz Valley School Road, Calistoga, Calif. 94515 or phone 707/942-5133.

Sat. April 20  
 10:00AM 3RD ANNUAL LIVERMORE 8.5 MILER  
 Lawrence Radiation Labs. Livermore. Contact Thomas Jefferson, 490 Stanford Ct. Livermore, Ca. 94550. Phone 443-5175. \$1.50. Late Entry \$2.00 This has been a well run race in the past, with a scenic course and good awards.

Sun. April 21  
 9:00AM FOURTH ANNUAL DEANZA RIDGE RUN  
 10 miles, Monte Vista H.S. Cupertino. Contact Jim Woodruff 531 Benvenue Ave. Los Altos, Ca. 94022. Ph. 948-0621.

Sat. April 27  
 10:00AM SACRAMENTO TO WOODLAND  
TENTATIVE. 20.7 miles, contact Woodland Chamber of Commerce. 520 Main St. Woodland, Ca. 95695. Ph. 916/662-7327.

Sun. April 28  
 9:00AM 5TH ANNUAL MT. DIABLO DISTURBANCE  
 6.6 miles, limited to males 21 years or older and must have finished 3 Dipseas for handicapping purposes. Contact, Chauvinist Jack Kirk Star Route, Mariposa, Ca. 95338. No fee.

Sat. May 4  
 9:00 AM GOLDEN GATE PARK 8 MILER  
 Polo Fields San Francisco. Contact Rich Perry 3909 Peppertree Ct. Redwood City, Ca. 94061. Ph. 364-5599

Sun. May 5  
 9:00 AM AVENUE OF THE GIANTS MARATHON  
 Humboldt Redwoods State Park, near Weott, Calif. Also an informal 1/2 Marathon. Contact R. Gilchrist 281 Hidden Valley Road. Bayside, Ca. 95524. Phone 707/443-1226. This is supposed to be a delightful marathon course through the redwoods- no traffic, lots of lovely scenery.

\*\*\*\*\*

DSE RACES

Sun. April 21 Nob Hill 3 miles-Meet at Dolphin Club  
 10:00AM  
 Sun. April 28 Practice Bay-to-Breakers- meet at  
 8:00 AM Howard and Spear Sts.

CALENDAR OF TRACK AND FIELD EVENTS

NCSTC EVENTS - Open to age 30-39 40-49 etc.  
 Males or females- Special Triathlon for women.

Sat. April 6: 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 4: Downey High, Modesto  
 Dirt track and runways.

Sat. May 18: (Tentative-) Tracy High- Tracy.  
 Dirt track and runways.

Sun. June 9: Club Championships- Cal State Univ. at Sacramento.  
 All weather track.

\*\*\*\*\*

The schedule of events 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	220 Yard Dash
2:30	Discus*****
2:30	Triple Jump
2:50	880 Yard Run****
3:20	Three Mile Run ***
3:50	440 Yard Dash

\* The long distance run will be either a 6 mile run on the track of 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 of heat of the regular event.

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

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

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

We hope for more active participation by as many persons of all ages and speeds as possible since that is what makes the track meets fun and beneficial to all members.

# HELP

**YOUR HELP IS NEEDED:** This year, the PA-AAU Long Distance Running Committee is joining forces with the San Francisco Examiner to help make things run more smoothly. The task at hand is enormous...the obvious organization and volunteer help needed to put on a successful race when 3500 runners are involved (probably more this year) is a meet director's nightmare. BUT...most of the inherent problems are solvable with adequate numbers of volunteer help. The primary concern is efficiently manning a series of chutes at the finish-line so that minimal backup of runners occurs. The Bay Area can serve as an organizational example for the rest of the nation if the Bay-to-Breakers is administered properly... otherwise, it could conceivably fall by the wayside. If you are not competing on race-day (May 19, Sunday), and you would like to be a part of the organizational staff of the world's largest footrace...please fill out the lines below and return immediately to: Bay-to-Breakers Organizing Committee, P.O. Box 1551, San Mateo, CA 94401. Time is short and jobs need to be assigned.

Yes, I am interested in helping at the Bay-to-Breakers Race: Name \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone(s) \_\_\_\_\_ (Best hours to call) \_\_\_\_\_

**THIRD ANNUAL FREMONT 10,000 METER RUN-March 3**

Place	Name	Time
30	Gough Reinhardt	36:47
31	Ulrich Kaemph	36:48
63	Joseph Carey	40:55
76	Dave Davis	42:29
106	Ruth Anderson	45:37
*123	John Anderson	47:13

\*A note from Ruth Anderson tells of the beautiful trophy her husband got in this different race, by accurately predicting his time in his Group III (over 46 minutes). Well done, John, nice to have you carry home a trophy, too.

**CULVER CITY NATIONAL 30 KILO CHAMPIONSHIP**

A team of Northern California Seniors won the Division II age 50-59, team title in this National championship race on March 3. The team consisted of Flory Rodd, who finished 77th in 2:01:39, Paul Reese, 81st at 2:02:44, and Jim Allen, 85th with a time of 2:03:22. Team total was 243.

Nearest rival was the Seniors Track Club with a total of 309 points. Third place went to the Beverly Hills Striders with 365 points.

Congratulations to our club members for some fast running!!

Run - Compete - Travel



**U.S. MASTERS INTERNATIONAL TRACK TEAM**

Compete Canadian Masters Championships  
June 29-30  
Vancouver, B.C.

U.S. AAU Masters Championships  
July 7-9  
Gresham, Oregon

See scenic  
Pacific Northwest  
Olympic Park  
Calgary stampede

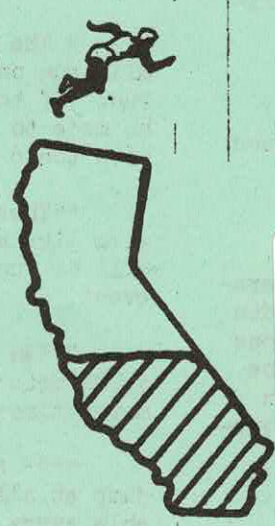
Christmas Masters Tour  
December 20-31

Compete Florida Masters  
(age group 30 and up)  
Enjoy tropical Jamaica  
with Masters Competitions

Join USMITT receive bi-monthly Masters Newsletter.  
For Information: David and Helen Pain, 1160 Via Espana, La Jolla, California 92037. (714) 459-6362.

**NORTHERN CALIFORNIA SENIORS TRACK CLUB**

629 - 44th Avenue  
San Francisco, Calif.  
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**FIRST-CLASS MAIL**