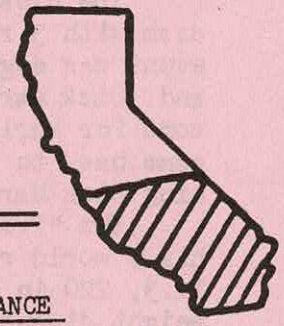


NORTHERN CALIFORNIA SENIORS TRACK CLUB



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 LONG DISTANCE CHAIRMAN: Jim Nicholson 1487 45th Ave. San Francisco 94122. 661-0591

NUMBER 55

JUNE 1974

CLUB CHAMPIONSHIP TRACK MEET- SUNDAY, JUNE 9th

FIRST ANNUAL NCSTC DINNER DANCE

CAL STATE UNIVERSITY AT SACRAMENTO

FRIDAY, JUNE 14th, 1974

There is still time to send in your entry form for this club event. We're looking for a big turnout, but pre-registration is a must. So, do it now, (send in your entry form below, I mean)- as long as Ed Phillips has it by several days before the meet. And dress cool, it can be mighty hot in Sacramento in June--sorry, no streaking allowed.

This is our first attempt at a real social event for all members and we hope many of you will be able to attend. The dance was mentioned in last month's newsletter and the response is good so far but there still are many of you who have not sent your money in. Please do so, we must have advance notice and payment. It's \$5.00 per person, and the food is good; it is served family style, with drinks extra. After dinner and awards we can all go downstairs to the huge dance floor and have a great time dancing. Dinner will be served at 7:30 with cocktails at 6:30 or so. The place is Sons of Italy Club--5051 Mission St. San Francisco. Send your money in now, DEADLINE is Sunday, June 9th and you'll be at the track meet then. Mail it to Phil Paulson, 629 44th Ave. San Francisco 94121

MEET ENTRY FEES

- "Series '74" package member no fee
- NCSTC Member (per husband-wife family) \$5.00
- Non-member (per husband-wife family) \$7.50



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 right away 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.

Name(s) _____
 Address _____



Time	Event	Time	Event	Time	Event	Date of Birth
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	220 Yard Dash	3:50	440 Yard Dash	

Athlete's Release:

In consideration of the acceptance of this entry, I(we) do hereby for my(our) self(ves), heir and administrator, waive and release any and all claims I(we) may have against Northern California Seniors Track Club, it's representatives, the AAU and Calif. State Univ. at Sacramento, for any and all injuries suffered by me(us) in any event, sport or facility. I(we) also certify that I(we) have no physical defects that would prevent me(us) from participation in this competition.

Events I(we) wish to enter

Mail to:
 Ed Phillips
 144 Ashby Lane
 Los Altos, Calif. 94022

 Athlete's Signature

 Athlete's Signature

MODESTO MEET

Submitted by Jess Duran

2.

The closest race of the day was the 100 yard dash with 3 runners finishing together at 10.3. The event was edged out by Mike Ucovich with Ted Cain and Dick Marlin inches behind. This was a world record for Marlin at age 43. In the 220, Ted Cain came back to win in 24 flat, with Mike Ucovich running Dick Marlin down in the last 5 yards for 24.1.

The "Iron Man" award goes to Ken Carnine with his 5 world records for age 66. He ran the 100 in 12.3, 220 in 28.5, threw Prep discus 100'6", light weight discus 133'7" and the Javelin 118'.

Another outstanding Javelin throw was by Phil Conley- 214'5".

Complete results follow:

100 YARD DASH	
30-39	
Ucovich.....	10.3
Cain.....	10.3
McCormick.....	10.7
Semone.....	11.1
Donaldson.....	11.5
Rodney.....	12.2

40-49	
Marlin.....	10.3
Rademaker.....	11.3
Roemer.....	11.4
Peters.....	12.4

Satti(60).....	12.7
Puglizevich(66).....	12.7
Shine(65).....	14.1
Hicks(62).....	14.9
Pennock(72).....	15.1

220 YARD DASH	
30-49	
Cain(36).....	24.0
Ucovich(33).....	24.1
Marlin(43).....	24.3
Rademaker(49).....	25.2

50-69	
Killian(56).....	28.4
Carnine(66).....	28.5
Satti(60).....	28.8
Puglizevich(66).....	30.0

440YARD DASH	
30-60	
Duran(30).....	54.3
Rodney(35).....	NT
Bettencourt(44).....	65.3
Phillips(42).....	71.4
Satti(60).....	68.6
Smith(50).....	70.6
Shine(65).....	72.1

880 YARD RUN	
30-49	
Cain(36).....	2:13.5
Raymer(40).....	2:25.6
Bettencourt(44).....	2:30.3
.....	3:39.4
.....	2:23.0
.....	2:27.6
Shine.....	2:49.0

SHOT PUT	
30-44	
McCormick.....	39'4 1/2"
Steele.....	33' 4 1/2"
55-up	
York.....	39'4 1/2"
Carnine.....	38' 1/2"
Hicks.....	34' ?"
Henry.....	25' 5"

MILE RUN	
40-49	
Finch.....	4:58.5
Peters.....	5:43.8
Phillips.....	6:28.0
Bettencourt.....	6:53.0
50-69	
Preston.....	5:24.3
Smith.....	6:18.1
Satti(60).....	6:51.0

HIGH JUMP	
30-39	
Semone.....	5'6"
Cain.....	5'4"
Donaldson.....	4'8"
40-49	
Conley.....	5'4"
Roemer.....	4'6"



DISCUS	
30-39	
College Discus	
McCormick.....	130'2 3/4"
Ucovich.....	95'11 1/2"
Rodney.....	74'2"
40-49	
Steele.....	109'10 1/2"
60-69	
21b. 2 Oz.	
Carnine.....	133'7" WR
York.....	108'9"
Hicks.....	89'8"
Henry.....	72'8"
High School Discus 3.9 lbs.	
Carnine.....	100'6"

HAMMER THROW	
Steele.....	116'34"
(Club Record)	

LONG JUMP	
30-39	
Cain.....	21.9"
Semone.....	20'3"
Ucovich.....	19'9"
Donaldson.....	16'11"
Rodney.....	15'8"
40-49	
Roemer.....	17.6"

JAVELIN	
30-39	
McCormick.....	156'0"
Rodney.....	104'8"
40-49	
Conley.....	214' 5"
Peters.....	126' 8"
Phillips.....	144' 7"
Walker(Female).....	45'2"
55-up	
Carnine.....	119' 3"
York.....	86'10"
Hicks.....	73'4"
Henry.....	70'8"
70-up	
Pennock.....	66'1"



MEMBER OF THE MONTH

4.

Any of you readers that pay any attention to the track meet results, will realize that the name John Satti appears—and appears, in many events, more so than almost any other participants. And when you consider that John Satti is 60 years old, it makes it doubly amazing. So I decided to interview John and have him be the June member of the month. That's not quite as exciting as being the centerfold for Playgirl magazine, but maybe something can be arranged.

John was born in "the most beautiful city in the world"—San Francisco, way back in 1914. He was raised and schooled in the Marina and North Beach districts. He has lived all his life here in the city, except for some time in the service where he met his wife, Margaret.

He worked for many years at Oakland Army Base as Chief Security Officer and it was sometime during those years that he read an article about the dangers of smoking and decided to stop. Along with that he increased his exercise by doing some surf swimming down at Ocean Beach. He found that he enjoyed running a short distance on the beach and when a friend suggested he run the Cross City race he thought he'd try— even though at first he said he was too old to run that far— after all he was 41 at the time. After 2-3 months of training, he entered the race which had 84 runners(that's right— 84). He placed 24th—in 56 minutes. From then on, he was hooked on running and has been at it ever since. In 1965, John was the overall winner of the Dipsea— probably his greatest claim to fame. In the Double Dipsea, he has won for his age group for 3 consecutive years; and has run Pike's Peak both ways several years ago. He has run 20 Bay to Breakers and 20 Dipseas. Note the picture and the date on it. That was after a Bay to Breakers.

As if all that isn't enough for a 60 year old, John plays Handball regularly. He is retired from his Government job but still works as a security guard at Bank of Calif. He either rides his bike or runs the six miles to get to work. He tries to average 25 miles a week.



S. F. News Call Bulletin ☆☆☆

Mon., May 24, 1965

Four years ago, John was invited to run some sprints against Senator Cranston and others in the Examiner Games, and along with that, he heard about the Northern California Seniors Track Club and joined the club. He has been running Track meets ever since although he says his training is strictly long distance running without any speed workouts. This year he came in 4th in the 60 yard dash for over60 in the Examiner Games.

John says he doesn't have any other hobbies(who needs them?) but in the past has also played soccer and baseball. He and his wife have one daughter living in Santa Rosa and 2 grandchildren— I look forward to seeing them run with John in the Bay to Breakers when he's 70— how about it John, have you got them running yet ??

NAPA BLOSSOM HILL RUN*EASTER SUNDAY 1974

19	Mike Healy.....	49:43
31	Jim Allen.....	51:53
33	Gough Reinhardt.....	52:43
33	Jimmy Jacobs.....	52:43
39	Colin Templeman.....	54:34
58	Ed Heinlein.....	59:37(3rd Husband
63	Don Trauner.....	61:50 Wife)
76	Marj Heinlein.....	64:30(1st over 40
85	Dan Ulliyot.....	66:55 female)
86	J. Chamberlain.....	67:15
92	Ruth Dettering.....	69:59
52	Phil Conley(sorry	57:39(1st over 200
		pounds.)

BOSTON MARATHON

My apologies to Peter Wood whose name I missed in last month's results. Peter ran a 2:58 marathon in Boston this year. Well done !



AVENUE OF THE GIANTS MARATHON AND HALF MARATHON

Contributed by Josephine Schmo

Ever since last year, the word has been spreading that this was the marathon to run and anticipating this, the DSE hired two buses to get us all there and bring us home. Thanks to the efforts of Jerry Hill in organizing the whole thing-it turned into a great weekend for those of us that went along.

True to the rumors, the course was beautiful, most of it among the redwoods but unfortunately, the weatherman didn't cooperate and it was pretty hot for much of 26 miles. Despite that, there were 175 finishers, among them a 50 year old from San Diego who ran a 2:47:08 who was the first senior.

On the bus trip home, the fatigue and general lethargy was rapidly lifted by a man in the truck along side us "mooning" for a short distance. That's also known as "Hanging B A"- what a crazy world we live in.

Place	Name	Time
46	Hans Roneau	2:57:13
49	Gough Reinhardt-PR	2:58:02
62	Abe Underwood -PR	3:04:47
64	Walt Betschart	3:05:34
66	Jim Allen	3:06:51
74	Joan Ulliyot- First Woman-	3:08:40
89	Colin Templeman	3:19:03
93	Ruth Anderson	3:20:18 **
138	Bob Knapp	4:00:27
139	Walt Stack(with arm casted)	4:01:21
140	Jack Chamberlain	4:03:16
141	David Davis	4:03:31
161	Emil Richmond	4:32:14

** Ruth was trying to regain her world record which was broken by Lu Kralick in Boston but missed it by 2 minutes. The way Ruth runs, she'll get LuAnne next time!!! Good luck, Ruth.

HALF MARATHON

5	Phil Paulson 1st 40&	1:22:45
7	Paul Reese 1st 50&	1:24:03
22	Elaine Pedersen	1:46:43
36	Charles Mosser	2:08:45

What a difference in the finishers after 13 miles than the full marathon! They came in smiling and happy, still full of life, while the marathoners are limping and really look worn out. Seems to me 13 miles is a much more sensible distance.

JAVELIN

40-49	Conley.....212'5"	84.2 pts
	Phillips.....144'6"	
60-69	Hicks.....73'1"	
	Henry.....72'9"	
	Walker.....66'3"	
Women	Parish.....16.14m	
	Jordan.....14.27m.	



THE WOODLAND MEET

Contributed by Ed Phillips

Our final practice meet for 1974 was held at Woodland on Saturday, May 18. Thirty-three athletes tuned up for the big meets to follow and here and there some notable performances resulted. There were 2 entrants in the 120 Yard Hurdles with Con McCormick turning in a spectacular 14.8 over a 42 inch flight for 8 60 Portugese Points, and Ted Cain contributing a very nice 15.2 over 39's for 795 points. Ted also turned in a 10.2 100, a 23.0 220, a 52.2 440, a 2:14.5 880 and long jumped 18'6 1/2" !! Dave Pratt came out for the first time in 1974 and gave strong evidence that he intends to defend his national title with a remarkable 2:01.4 880. Phil Conley came to this third meet and for the third time was well over 200 feet in the Javelin. Ted Wassam is rounding into shape nicely with 42'5" in the Shot and 119'7" in the Discus. Bob Cooper, Ed Preston, and Alan Waterman ran nicely in the 50-59 group, Jim York and Tony Puglizovich had good efforts in the 60-69 group and Almeta Parish had a strong day in winning the Triathlon in fine fashion.

120 HURDLES

30-39	
Con McCormick.....	14.8(42")
Ted Cain.....	15.2(39")

100 YARD DASH

30-39	
Cain.....	10.2 756 pts.
McCormick.....	10.3
Powdrell.....	10.5
Ucovich.....	10.6
Long.....	10.7

40-49 First Heat

Parish.....	10.8
Hiatt.....	10.9
Frederickson.....	10.9
Halliday.....	11.0

40-49 2nd Heat

Jordan.....	10.9
Mahany.....	11.0
Melgosa.....	11.1
Roemer.....	11.2

50-59

Cooper.....	11.8
Hoover.....	13.5

60-69	
Carmine.....	12.5
Satti.....	tie 12.5
Pugllzevich.....	13.0
Hicks.....	14.0

Women	Parish.....	12.0
	Jordan.....	15.9

3 MILE RUN

50-59	Preston.....	18:02
60-69	Satti.....	23:06

220 YARD DASH

30-39	
Cain.....	23.0
Powdrell.....	23.6
Ucovich.....	23.8
McCormick.....	24.3
40-49	
Lingel.....	23.5
Frederickson.....	24.5
Jordan.....	24.6
Parish.....	24.9
Melgosa.....	25.1
Mahany.....	26.1

50-69

Cooper-50.....	26.6
Satti-60.....	28.3
Puglizovich-60.....	30.0

Women 30-39

Parish.....	28.0
Jordan.....	38.0

440 YARD DASH

30-39	Cain.....	52.2
40-49..	Lingel.....	55.6
	Frederickson.....	56.6
	Jordan.....	57.2
	Mahany.....	59.6
50-59	Waterman.....	66.2

880 YARD RUN

30-39	Cain.....	2:14.5
	Parish..girl..	3:16.3
	Jordan..girl..	4:14.5
40-49	Pratt.....	2:01.4 759 pts
	Malain.....	2:17
	Halliday.....	2:18
	Roemer.....	2:26.2
50-59	Waterman.....	2:28.2
60-69	Carmine.....	2:52

TRIPLE JUMP

30-39	Ucovich.....	38'10"
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THE WOODLAND MEET (CONT)

MILE RUN

40-49	Malain.....	4:52.7
	Nachbar.....	4:59.5
50-59	Preston.....	5:15
	Waterman.....	5:21.6
60-69	Satti.....	6:23.8

SHOTPUT

40-49	Wassam.....	42'5"
60-69	Puglizovich.....	39'2½"
	Walker.....	36'
	Hicks.....	35'3"
	Henry.....	25'1"
16#	York.....	28'7"

Women's Triathlon Points

Parish- 803
Jordan- 89

LONG JUMP

30-39	Powdrell.....	19'1 3/4"
	Cain.....	18'6 ¼"
	Ucovich.....	17'11 3/4"
	Long.....	15'4"

40-49	Roemer.....	16'9"
	Mahany.....	16'4½"
60-69	Satti.....	14'1"

DISCUS

30-39	McCormick.....	137'1"
	Ucovich.....	95'6"
40-49	Wassam.....	119'7"
60-69	York.....	113'1"
	Puglizovich.....	102'11"
	Hicks.....	93'
	Walker.....	91'3"
	Henry.....	65'6"



THE MEMBERSHIP

Once again, we'd like to welcome our new members. This month, there are three husband-wife teams, it's always nice to see so many of those. Lee and Betty Adams have rejoined, Lee is a Highway Patrolman in Vallejo and has won 11 medals in Calif. Police Olympics in 3 years. He also holds the record of 5 medals in one Police Olympic in Track and Field in 1973 Games at Los Angeles. His lovely wife Betty is a beautician in their hometown of Fairfield and runs any distance up to 20 miles. Glad to welcome Ed and Marjorie Heinlein who live in San Rafael and have been running in the DSE races regularly for about a year now, along with several children. Ed is a computer executive, while Marj works as an RN teacher. She also runs quite well for an almost 40 year old. Like to see how she throws the Javelin, too. The other new members who I do not know personally are,

Albert Stoltze-- Greenbrae
Othello and Kennie Carr-- San Francisco
Gerald Johnson-- Modesto
Charles Minton-- Novato
Miriam Gerard-- Mountain View
Howard Shortley-- Sacramento.
Charles Mosser-- San Francisco

Hope all of you continue to enjoy running and competition within and out of the club for many years to come.

CANADA

INVITES YOU TO

1ST WORLD MASTERS (40 & OVER) TRACK & FIELD CHAMPIONSHIPS

August 11th to 17th, 1974, Canada
CANADIAN NATIONAL EXHIBITION STADIUM

Open to all Veteran Male Athletes (No Amateur Competition)
Sponsored by C.N.E., Canadian Masters Association, and U.S. Masters

For further information contact:
David Pain
1160 Via España
La Jolla, California 92037
U.S.A.

ANOTHER OVER 40 RACE??

In the last issue, I mentioned the possibility of having another race just for seniors, perhaps at another time of year and in another location. I asked for comments, sent to the vice-president Bernard Berger since it was his idea in the first place. I received some response from new member Emil Richmond who expressed the desire to have a handicapped race to give us slower runners a chance to win for a change. For those of you who were not around at the time, let me explain that we did have one handicapped Lake Merced run, a few years ago, and it was well organized and lots of fun but it was decided not to continue it for various reasons, but I think the idea of such a race in addition to our usual Lake Merced run is an excellent one. Emil sent me a letter with some details of his plan for such a race. For a 5 mile race the base time would be 25 minutes--in other words, a runner whose best previous time was 26:30 would have a 1:30 handicap-- a runner whose best previous time was 36:45 would have an 11:45 handicap. Emil feels that "with a chance of being first, each runner would try to shave seconds off his time. At present, it makes little difference to a runner coming in 58th or 59th, but with a handicap, he would try his utmost all the time. The last finisher might very well be the winner of the race-- a and might very well be most deserving of the win, making up in guts and perseverance what is lacking in bogn talent.

Sounds like an intriguing race, Emil, how about some comments from the membership??

1st Annual Golden Gate Charity Event

Race-6 miles Hike-2 miles

SPONSORED BY

Plastic Surgery Consultation Service of Cathedral Hill Medical Center-Reported by Pax Beale.

Apparently the Golden Gate Marathon is no more, but a most appreciative and loyal band of runners ran the FUN race of the year.

There is no way the race could have been a success without the support of the old guard. Cathedral Hill Medical Center Jogger's Club Shirts of Vintage 1966-67 were in bountiful supply. I (Pax) thought they had all disappeared from the face of the earth.

Volleyball, a fantastic adult puppet show, afro dums, The Danny Duncan Dancers, clowns, a little piano, gymnastics and many celebrities all helped the occasion. Police Chief Scott, Supervisor Al Nelder, Dr. Richard Jaqua, Cyril Magnin and Art Hoppe of the Chronicle and others, all made the little sisters and brothers feel very important in their Hike from the Toll Plaza to the Marina Green. \$502.50 was raised for the Big Brothers and Big Sisters Charity.

The Celebrity Hike finished just before Bill Long came down the flag draped shute before the enthusiastic crowd. Runners picniced until 6:00 P.M. in what was the best social Run of the year. No one wanted to go home! Unique awards were given of 30 athletic bags donated by American Airlines, Lady's Home Companion (male nude folk) Calendars by Bo-Tree Production Co., and Charles Schultz gave 30 hardcover cartoon books of his famous "Peanuts".

The course was beautiful, nearly perfect - - also in the spirit of the week of the anniversary of the Golden Gate Bridge.

The 6 mile running course went from Ft. Baker (Marin) over Golden Gate Bridge ending at the Marina Green on a perfectly sunny day.

7.

Everyone was so enthusiastic about the race, and so many had suggestions to add to the festivities in 1975, that this race should become a "Classic".

RESULTS-6 Miles

OPEN

- 1. Bill Long 33:50
- 2. Tim Sweezy 34:19
- 3. Chuck Stagliano 34:22

1st Woman

- 1. Joan Ullyot 39:13
- 2. Irene Rudolph 42:25
- 3. Ruth Anderson 42:49

40 & Over

- 1. Don Pickett 36:37
- 2. Gough Reinhart 37:45
- 3. Lee Adams 37:48

50 & Over

- 1. Jim Allen 38:52

50 & Over Women

- 1. Mary Boitano 49:00

60 & Over

- 1. Walter Stack 48:47



GOLDEN GATE PARK 8 MILE RUN- MAY 4, 1974

<u>Place</u>	<u>NAME</u>	<u>Time</u>
9	Ross Smith	44:52
24	Jim Nicholson	48:55
30	Bob Cooper	50:49
33	Lee Adams.	51:09
39	Bruce Dingwall	54:34
88	Skip Swannack(1st woman)	59:19
103	Catherine Smith(2nd ")	62:38
116	Ruth Dettering	68:12
130	Buck Swannack	75:50

ANGEL ISLAND

Probably the most delightful runs of the year for those of us who enjoy the post run socializing and the out-of-doors is the 5 mile Guardsmen Angel Island Race. This year was no exception. The early morning fog cleared and by the time the first 500 people were on the Ferry at 9 am, it was obvious that we'd have a gorgeous day. Several other ferries arrived, all loaded with runners and their families, and picnic gear, and many entrants were stuck in Tiburon waiting for a too small ferry, which meant a delay in starting time, but the gun finally sounded and the over 700 runners started. It seemed almost like the Bay to Breakers for awhile but eventually the trail cleared. It's a beautiful, scenic course almost too nice to run, one should walk it slowly to really appreciate the scenery. The course circles the island so you get a 360 view of the entire Bay Area. The sun was very hot that day and I think most of us were glad to finish and get on with the picnic and fun. Some of us went for a swim afterward, and the bay was at it's best.

The return ferries came back at 2:30 or so and gradually the island emptied. The hardier runners stayed as long as possible finally getting on the 6 PM ferry. All in all a very relaxing beautiful day.

Sorry the results of the race are not available yet, I'll try to include it next month. Lots of our members participated- hope to see more of you next year.

NO CHAUVINIST, ED.

Our president, in an effort to encourage us girls in track, wrote a letter to Jim Puckett, race director at Gresham, asking for some women's events, even volunteering to officiate the event, but it seems Jim Puckett feels that there is too much going on to include the women. Too bad, but maybe he'll let the women run along with some of the events for men??- or in the grass maybe. I hope I'm correct when I say that this is true only for the track events, females are to be included in the marathon.

Your editress? - - -
-editor person??

8. The PARISH FAMILY

The San Francisco Chronicle gave a niceplug to some of our members in an article about a recent meet in the area.

I quote,

"Among the victors was Cherrie Parish Sherrard, 35, who took the women's 100-Meter jurdles in 14.9. Cherrie has been running for 19 years, girl and woman, and is one of the talented Parisheds from San Francisco, all of them addicted to hurdling.

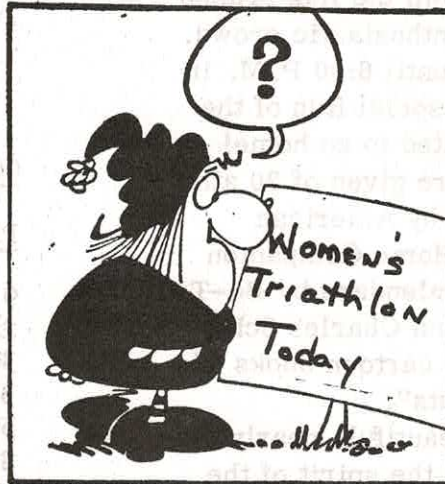
Van, now 40, and older brother Charlie were outstanding hurdlers at Commerce, CCSF, and SF State, respectively. Don, Charlie's son and Cherrie's nephew, won the state prep hurdle title in the 1960's and Cherrie represented the US in the 1964 Olympics.

Cherrie, whose husband Robert is the head of the Black Studies program at Chico State, said "We have two sons, Roy, 4 and Mike, 11. Mike already is a track athlete." No doubt he'll grow up to be a hurdler. It's in the Parish blood." End of quote.

One wonders how they missed our Almeta and her spectacular Triathlon wins.!

#####

BROOM-HILDA



ANGEL ISLAND

Probably the most delightful runs of the year for those of us who enjoy the post run socializing and the out-of-doors is the 5 mile Guardsmen Angel Island Race. This year was no exception. The early morning fog cleared and by the time the first 500 people were on the Ferry at 9 am, it was obvious that we'd have a gorgeous day. Several other ferries arrived, all loaded with runners and their families, and picnic gear, and many entrants were stuck in Tiburon waiting for a too small ferry, which meant a delay in starting time, but the gun finally sounded and the over 700 runners started. It seemed almost like the Bay to Breakers for awhile but eventually the trail cleared. It's a beautiful, scenic course almost too nice to run, one should walk it slowly to really appreciate the scenery. The course circles the island so you get a 360 view of the entire Bay Area. The sun was very hot that day and I think most of us were glad to finish and get on with the picnic and fun. Some of us went for a swim afterward, and the bay was at it's best.

The return ferries came back at 2:30 or so and gradually the island emptied. The hardier runners stayed as long as possible finally getting on the 6 PM ferry. All in all a very relaxing beautiful day.

Sorry the results of the race are not available yet, I'll try to include it next month. Lots of our members participated- hope to see more of you next year.

NO CHAUVINIST, ED.

Our president, in an effort to encourage us girls in track, wrote a letter to Jim Puckett, race director at Gresham, asking for some women's events, even volunteering to officiate the event, but it seems Jim Puckett feels that there is too much going on to include the women. Too bad, but maybe he'll let the women run along with some of the events for men??- or in the grass maybe. I hope I'm correct when I say that this is true only for the track events, females are to be included in the marathon.

Your editress? - - -
-editor person??

8. The PARISH FAMILY

The San Francisco Chronicle gave a niceplug to some of our members in an article about a recent meet in the area.

I quote,

"Among the victors was Cherrie Parish Sherrard, 35, who took the women's 100-Meter jurdles in 14.9. Cherrie has been running for 19 years, girl and woman, and is one of the talented Parisheds from San Francisco, all of them addicted to hurdling.

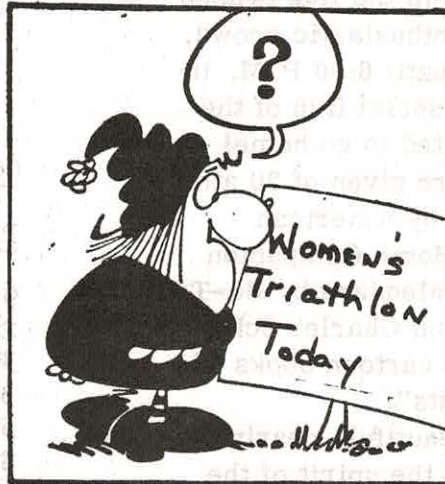
Van, now 40, and older brother Charlie were outstanding hurdlers at Commerce, CCSF, and SF State, respectively. Don, Charlie's son and Cherrie's nephew, won the state prep hurdle title in the 1960's and Cherrie represented the US in the 1964 Olympics.

Cherrie, whose husband Robert is the head of the Black Studies program at Chico State, said "We have two sons, Roy, 4 and Mike, 11. Mike already is a track athlete." No doubt he'll grow up to be a hurdler. It's in the Parish blood." End of quote.

One wonders how they missed our Almeta and her spectacular Triathlon wins.!

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BROOM-HILDA



CALENDAR OF LONG DISTANCE RUNNING EVENTS

AAU RACES

At this time I would like to stress that this is as accurate a list as I can provide at press time. However, due to AAU problems, and many other various reasons, please contact the race directors which are listed before you travel any long distances to enter a race which might have been canceled. As an example, the Golden Gate Marathon was canceled only a few weeks ago after the newsletter went out. So please do not consider this schedule to be the last word. (Ed.)

Sat. June 8 SACRAMENTO RIVER RUN
 9:00 AM Lake Redding Park, Redding-7.62 miles
 Contact: Robert Malain 1870 Wisconsin
 Redding, Ca. 96001. Ph 916/243-6216

Sun. June 9: WOODMINSTER 9.25 Mile HANDICAP
 10:00 AM Joaquin Miller Park, Oakland. Contact
 Chuck Mac Mahon, 154 Glover Ln.
 Walnut Creek, 94596. Ph. 937-0806.

Sat. June 15: NOVATO RIDGE RUN
 9:00AM 6.5 Miles. Hill Jr. HS, Novato, Contact;
 Ron Elijah 430 Corte Sur, Novato 94947. Ph. 883-7457

Sun. June 16: PA-AAU ONE HOUR RUN CHAMPIONSHIPS
 10:00 AM Mt Tamalpais HS Track, Mill Valley
 Contact; AAU Office; 942 Market St.
 986-6725

Sun June 23: HOLY CITY RUN
 9:00AM 9.08 miles, Holy City(Old Santa
 Cruz Hiway). Contact Ken Napier, 1612
 Bearden Dr. Los Gatos, 95030. Ph.408-
 379-1420.

Sat. Jun. 29 EXCELSIOR BEACH RUN
 10:00 AM 7 Miles. Beach across from SF Zoo.
 Contact; Frank Donahue, 4903-B Mission
 St. San Francisco, 94112. Ph.
 587-0286.

Thurs. July 4; KENWOOD 10 KILO
 no time listed Contact.: Terry Pintane: 930
 10:00AM ?? Tranquillo, Sant Rosa, 95405.
 Ph. 707/539-4927.

DSE RACES

Sun. June 16 BAKER'S BEACH RUN AND BARBECUE
 10:00 AM 4.2 miles. Meet at Baker's beach
 Parking lot.

Friday, June 21 STOW LAKE RELAY
6:30 PM
 Male- female relay 2 miles each
 runner-- fun race!! -meet at
 Stow Lake Boathouse- Golden Gate
 Park.

CALENDAR OF LONG DISTANCE RUNNING (CONT.)

Thurs. July DOUBLE LAKE MERCED
 4-10:00AM 9.5 miles- Meet at Lake Merced
 Boathouse,

RUNNERS WORLD FUN RUNS

Every Sunday morning 10:30 am at Foothill
 College- 1/2 mile, 1 mile and a longer distance
 Run.

CALENDAR OF TRACK AND FIELD DATES

SAT. JUNE 8: PA-AAU MEET - LANEY COLLEGE OAKLAND
 1:00 PM

There will be 4 Masters Events- for
 the over 40 only.

- 100 Yard Dash NEW
- 1 Mile Run NEW
- Long Jump EVENT
- Discus EVENT

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 NATIONAL TRACK AND FIELD CHAMPIONSHIPS

Mt. Hood Community College, Gresham, Oregon.
 Deadline for entry is Monday, June 24. I
 have some entry forms if anyone needs them.
 Open to men only 40 & over

Sunday July 7: AAU MASTERS MARATHON
 Sauvie Island west of Portland, Oregon.
 Race starts at 6:30 AM- same entry rules
 as stated above.

Fri & Sat. Aug. 2-3: AAU Masters Decathlon
 Santa Maria, Calif.

HOW OLD ARE YOU ANYWAY ??

Letters from Paul Reese and Flory Rodd indicate their displeasure and confusion about our club age rule- you reach 40-50 etc. on Jan. 1st of the year of your 40th birthday-. Flory has taken some time and effort to find out more about the rule, and claims that the AAU (Pacific) knows nothing about it officially. He also says that it is not used in Europe or anyplace else in this country. (He agrees that horses are aged this way) At our last Executive Board meeting, I think we agreed to keep the rule for one more year, in hopes of converting others to change their regulation. Member comments and thoughts would be welcome- either to me or to Ed Phillips.

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



FREDERICKSON, WILLARD
BOX 98
SAN GERONIMO, CA 94963

FIRST CLASS MAIL