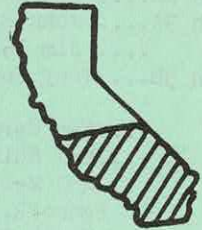


NORTHERN CALIFORNIA SENIORS TRACK CLUB



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

NUMBER 57

AUGUST-SEPTEMBER 1974

NEW CLUB EVENT !!

Circle Your Calendar Now!

An all pentathlon and triathlon meet will be held at Foothill College in Los Altos Hills, on Sunday, Sept. 22nd. The meet will start at 12:00 noon and you may enter an all running pentathlon consisting of a 220, 440, 880, mile and 2 mile-- or an all field event pentathlon consisting of Long Jump, High Jump, Shot Put, Discus, and Javelin or a "proper" pentathlon consisting of Long Jump, Javelin, 220, Discus and mile. For the women, there will be a triathlon of 100, 880, and 2 mile; or a long jump, Shotput, and javelin or the standard Triathlon which we've had all year; javelin, 100, and 880.

Please try to attend, this is a fairly new idea for our club event and should be lots of fun. If you have any further questions, call Ed Phillips. Hope to see lots of you there !!

TRACK SUMMER OF '74

The US Masters International Track Tour-
Canadian Masters and US Masters

Contributed by Ed Phillips.

Friday, June 28th saw a number of club members joining our friends from Southern California on a CP Air flight to Vancouver. We stayed at a Univ. of British Columbia residence hall overlooking English Harbor and the mountains rising out of the sea to the North. It was as spectacularly beautiful as any place I've ever been. Anyhow, we arrived in time for dinner and opening reception. The weekend was filled by 2 days of competition, a dinner on Saturday and a banquet hosted by the British Columbia Provincial Government on Sunday. Many club members won places in the competition as follows:

100 Meter	Div. 3B..T Puglizovich..1st
SM M Ucovich 3rd	K Carnine.....6th
Div. 1A.V Parish 1st	Div. 4..F Pennock...2nd
D Marlin 3rd	Women....A Parish...1st
B Frederickson 5th	
Div. 1B..C Parish...5th	

CANADIAN MASTERS (CONT)

200 Meter

SM....Ucovich...4th
 1A....V Parish...4th
 Frederickson...5th
 Marlin.....6th
 3.....Satti...3rd
 Hicks...6th

1500 Meter

SM Finch...3rd
 Div 1B....Hutchinson...4th
 Div.2 Waterman....3rd

5000 Meter

S.M. Finch....4th
 Div. 1B J O'Neill...5th
10000 Meter
 Div. 1B J O'Neill....3rd

400 Meter

Div.3...Hicks...6th

800 Meter

Div 1B....Hutchinson..4th
 Div.2...Waterman...3rd
 Women....Parish...1st

LONG JUMP

SM Ucovich.....3rd
 Div. 1 V Parish...3d
 Div3 Satti arrived late
 and made a jump longer than 1st
 but of course did not place

Div 4 F Pennock...1st
 Women.....Parish...2nd

TRIPLE JUMP

SM Ucovich...1st
HIGH JUMP
 Div 4 F. Pennock...1st

DISCUS

SM Ucovich...3rd
 Div.1 Wassam...2nd
 Phillips...4th
 Div.3 Carnine...1st
 York.....2nd
 Puglizovich..3rd
 Div.4..Pennock...2nd

SHOT PUT

Div. 1 Wassam...1st
 Div. 3 York...1st
 Hicks.....6th
 Women ...Parish...2nd

JAVELIN

Div. 1 Phillips...4th
 Div. 3 Carnine...4th
 Div. 4 Pennock...1st

Monday we left Vancouver by motor coach and ferry for Vancouver Island and Victoria which was beautiful as always. We continued after a day stopover by ferry to the Olympic Peninsula, the Rain Forrest, and Hurricane Ridge overlooking many glaciers and then on to Portland. We arrived the evening of the Fourth. The meet was on a new format, three days with five year age groups and 3 places. As a whole, the club membership put forth its best ever showing with some sixteen first place awards including four in the tough Division 1A. Gold medal winners are on the next page.

LONG JUMP FINALS

Division 1-A			
JACKSON, Dave	CDM	21'.6"	
X PRESBER, Phillip	UN	20'.7½"	
DAVISSON, Shirley	CDM	20'.6"	
X ANDREWS, Malachi	BAS	18'.8"	
Division 1-B			
X WASHINGTON, Huel	BAS	18'.8½"	
VROOM, Dewey	CSTC	18'.1½"	
AMBROSE, Wayne	CDM	15'.6"	
Division 2-A			
SPENCER, Raymond	SDTC	16'.6½"	
HUTCHINSON, Jon	TTC	16'.5"	
HUSENY, Harry	CYMCA	15'.11"	
HUNTER, Harold Jr.	UN	15'.3"	
Division 2-B			
FARRELL, Gordon	CDM	16'.10"	
MORALES, William	CDM	16'.8½"	
MCNIECE, Howard	LASTC	15'.8"	
PIRKL, Max	UN	15'.½"	
Division 3-A			
X SATTI, John	HSTC	16'.4½"	
WHITE, Dr. Fred	SDTC	15'.5"	
DEACON, Bud	HMTC	15'.2"	
Division 3-B			
McFADDEN, Winifred	SDTC	14'.0"	
X PUGLIZOVICH, A.J.	NCSTC	12'.4½"	
BROSZ, Albert	TSC	11'.6½"	
	BHM		
Division 4			
CRANE, BUELL	UN	11'.2½"	
X PENNOCK, Franklin	NCSTC	0'.6½"	

TRIPLE JUMP FINALS

Division 1-A			
JACKSON, Dave	CDM	45'.7"	
X PRESBER, Phillip	UN	40'.3½"	
DAVISSON, Shirley	CDM	38'.6½"	
Division 1-B			
RUTH, Rodger	VBCO	37'.11½"	
X WASHINGTON, Huel	BAS	35'.6½"	
VROOM, Dewey	CSTC	34'.6½"	
Division 2-A			
HUTCHINSON, Jon	TTC	34'.2"	
HUSENY, Harry	CYMCA	33'.6"	
SPENCER, Raymond	SCTC	31'.4½"	
Division 2-B			
FARRELL, Gordon	CDM	38'.3"	
PIRKL, Max	UN	31'.1½"	
GROSS, Joe	UN	30'.5½"	
MCNIECE, Howard	LASTC	29'.3½"	
Division 3-A			
DEACON, Bud	HMTC	30'.2"	
NICHOLS, Orville	BAC	27'.11½"	
DICK, John	UN	27'.8½"	
HILLS, Claude	UN	25'.11"	
CARUSO, Joe	CSTC	25'.0½"	
Division 3-B			
McFADDEN, Winifred	SDTC	28'.5½"	
McCONNAGHY, Robert	CDM	24'.1½"	
BROSZ, Albert	TSC	23'.4½"	
Division 4			
CRANE, Bue11	UN	22'.0½"	

HIGH JUMP FINALS

Division 1-A			
AUSTIN, Ed	CDM	5'.8½"	
DOUGLASS, Dave	BHS	4'.6"	
Division 1-B			
RUTH, Rodger	VBCO	5'.1"	
GREENWOOD, Jack	LASTC	5'.0"	
HASSON, Fred	UN	5'.0"	
Division 2-A			
GIST, Burt	SDTC	5'.3½"	
WITNEY, Ralph	UN	4'.11"	
BROWN, Dave	CDM	4'.11"	
SHERIDAN, Bob	UN	4'.7"	
EKELOF, Carl	UN	4'.5"	
Division 2-B			
GILLET, Orville	CDM	4'.11"	
MORALES, William	CDM	4'.9"	
PIRKL, Max	UN	4'.5"	
YOUNG, John	MTF	3'.11"	
Division 3-A			
DEACON, Bud	HMTC	4'.6"	
X DICK, John	UN	4'.4"	
X BIERLEIN, Fred	UN	4'.4"	
HATLEN, Theodore	CSTC	4'.2"	
PIKE, Warren	UN	3'.10"	
Division 3-B			
McFADDEN, Winifred	SDTC	4'.0"	
BROSZ, Albert	TSC	3'.10"	
FREDERICK, Walt	CSTC	3'.10"	
Division 4			
X PENNOCK, Franklin	HCSTC	4'.0"	
CRANE, Bue11	UN	4'.0"	
HERRMANN, Stan	LASTC	3'.6"	

NAME	DIV.	AFFIL.	LONG JUMP		JAVELIN		200 METER		DISCUS		1500 METER		total
			perform.	score	perform.	score	perform.	score	perform.	score	perform.	score	
X Ed Phillips	1A	NCSTC	4m 65cm	284	42m 70cm	531	28.72	284	28.63m	443	5.38	225	1767
Tinker Hatfield	1A	UN	4m 82cm	326	34m 57cm	354	27.65	354	25.33m	363	5.43	203	1678
Max Woerle	1A	CMITT	4m 71cm	299	34m 57cm	290	28.63	290	26.54m	393	5.53	163	1552
Marshall Haraden	1A	SDTC	4m 74cm	306	0	0	26.51	436	24.60m	345	0	0	1087
Harry Hawke	1B	SDTC	5m 51cm	493	44m 45cm	556	26.15	464	37.24m	630	5.19	311	2454
Bill Steeth	1B	SSTC	4m 65cm	284	34m 19cm	400	28.14	321	24.47m	342	5.26	278	1625
Hal Wallace	1B	CSTC	2m 79cm	0	42m 52cm	529	32.88	52	32.26m	525	5.28	269	1375
Ken Bernard	1B	SDTC	4m 12cm	145	24m 8cm	222	28.00	331	16.33m	116	5.34	242	1056
X John Hutchinson	2A	SDTC	5m 14cm	405	33m 12cm	383	27.6	358	21.14m	265	5.17	321	1722
Ralph Hassman	2A	SRRC	3m 93cm	63	32m 11cm	366	29.4	242	26.58m	394	5.47	187	1252
John Kilbuck	2A	UN	3m 93cm	93	37m 87cm	459	31.6	117	25.79m	375	0	0	1044
Ted Clark	2A	UN	3m 76cm	46	19m 5cm		31.0	149	15.56m	92	5.29	264	669
William Morales	2B	CDM	4m 93cm	324	46m 58cm	586	28.38	306	23.13m	307	5.54	159	1682
Hans Marwas	2B	OSC	4m 17cm	159	23m 4cm	201	28.49	299	16.96m	135	0	0	794
Claude Hills	3A	UN	4m 45cm	233	27m 48cm	285	29.44	240	29.37m	234	0	0	992
John Dick	3A	UN	0	0	30m 56cm	340	32.95	49	24.68m	347	6.31	28	764
Wilbur Arnold	3A	UN	3m 79cm	54	37m 5cm	331	35.56	0	19.92m	221	6.02	129	735
Albert Borsz	3B	TSC	3m 26cm	0	21m 8cm	162	34.0	0	17.89m	163	0	0	325
Walter Fredrick	3B	CSTC	3m 23cm	0	22m 12cm	183	39.1	0	14.41m	55	6.26	44	282
Herbert Anderson	4	UN	3m 30cm	0	16m 97cm	72	34.0	0	14.14m	46	6.29	34	152

Unfortunately, all other club members had to leave the tour after Portland but your president went the whole way and enjoyed himself immensely. We went to the fair in Spokane and on to Kalispel, Montana and Glacier National Park. We entered the 35 KM walk from Kalispel thru Whitefish and up the mountain. The next day we motored to Radium Hot Springs and eased aching muscles into healing waters. The following day was busy with a bus ride thru the Canadian Rockies to Lake Louise and Banff; then on to Calgary and an evening at the Calgary Stampede. This was followed by a few day and a last night gathering for dinner on Saturday. Sunday was occupied by flying home- all in all a fantastic trip- the US Masters International Track Tour is highly recommended to all of you.

Ed Phillips

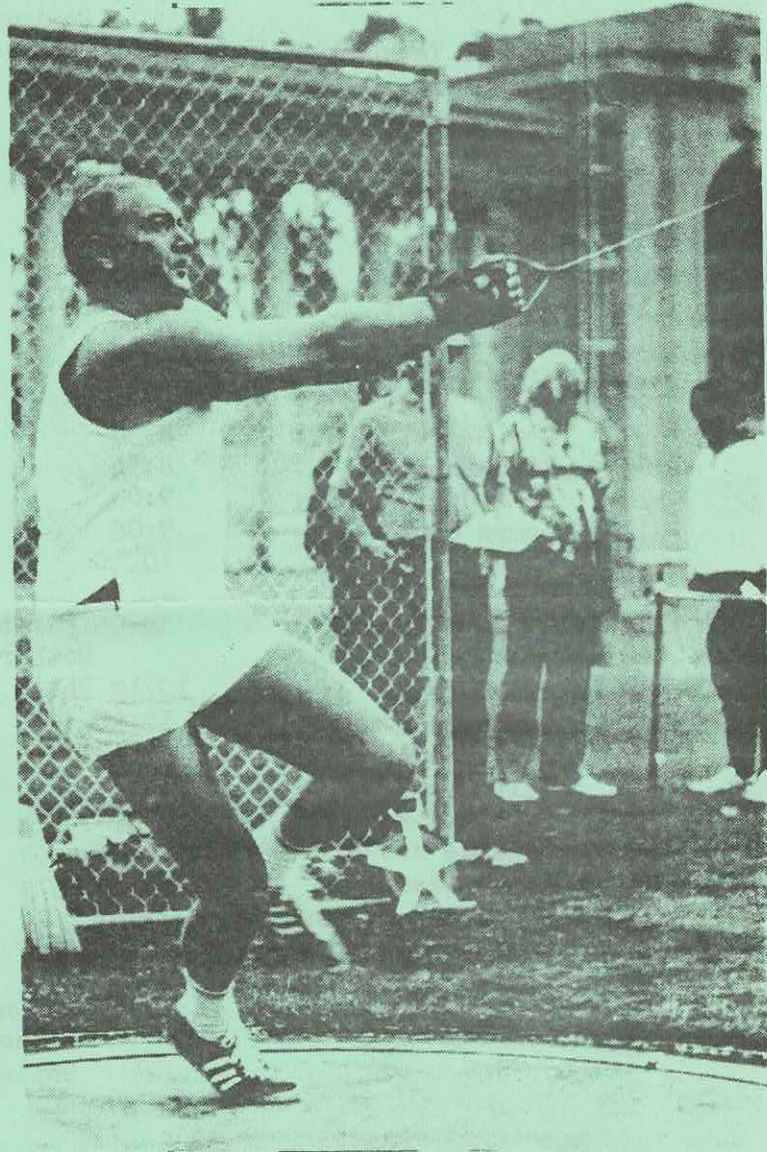
In the last issue, I promised an article about our track and field chairman, Chet Steele. Since that time Chet has further distinguished himself at Gresham, but more about that later.

Chet was born in New York City, and educated in New York until he attended Calif. State University at Sacramento with a major in Industrial Management. At present, he is Comptroller at the Defense Depot Tracy in Tracy where he lives with his wife Margaret, and their 3 sons- aged 18, 15, 13- all active in various sports in school.

Back in 1970, Chet saw an "ultra-small" press release about a Seniors Olympics in Los Angeles. This led him to call the PAAAU which referred him to Emmett Smith who introduced him to the NCSTC. That year, 1971, he tried the javelin, Shot, Discus, and Hammer. After several Seniors Olympics in Los Angeles, National Masters in San Diego and 4 seasons of NCSTC meets, he has pared his conditioning and fitness training down to the Discus and Hammer. He has done well too, this year he placed second behind Hal Connolly at UC Irvine in the Seniors Olympics with a 126'3" Personal Record Hammer Throw and was Fifth in the Discus. Then at Gresham in July, he became National Champion for age 40-44 with a 122'5" Hammer Throw and was 6th in the Discus.

Chet was a 440 man in High School, College, and the Air Force, so considers himself a relative beginner at the field events, so is particularly pleased with his personal record improvements against the more experienced field men. He believes the "winners" are the men and women who train or exercise regularly, don't weight train more frequently than alternate days on a sensible and safe program, and balance the Track and Field activities with aggressive walking, swimming, tennis or bicycling to challenge their cardiovascular systems. In addition, Chet who has described himself once as a lover not a fighter who agrees with Walt Stack and John Hutchinson that dirty old men need love too- at least that provides some cardiovascular stimulation, too. Chet feels that training for field events is just as lonely as running, but to improve just a token for a years worth of training is still a degree better for mental and physical well being than not doing "your thing" at all.

All of this has been good for Chet who has lost 37 pounds over the past year and whose blood pressure has migrated from 150/110 to 120/80. He adds that he has noticed the growth in Division 111(60+) and Division 1V (70) so feels that we must be on the right track. I think I'd have to agree with that, Chet.



Above is a picture of Chet that appeared in his Tracy newspaper in July, 1973. The picture was taken at the Masters meet in San Diego last year.

1974 ANGEL ISLAND RESULTS

6.

NOVATO RIDGE RUN- JUNE 15, 1974

To get the time, add time listed to the winners time of 24:34. These race results were late and a very difficult to read-so please forgive me if I missed your name.

Place	Name	Time
16	John Finch	1:57 First Senior
22	Dennis Teegarden	2:22 Second
28	Jim O'Neill	2:47
41	Dick Mueller	3:31
44	Bob Malain	3:35
49	Don Pickett	3:40
75	Abe Underwood	4:37
93	Lee Adams	5:12
101	Phil Paulson	5:21
116	Joan Ullyot	6:20
138	Jack Bettencourt	7:14
178	Joe Carey	8:14
190	Arden Valasek	8:30
197	Dan Ullyot	8:39
209	Ed Heinlein	8:54
210	Phil Conley	9:00
211	James Henry	9:08
243	Dick Norkin	10:10
252	Bernard Berger	10:24
314	Marge Heinlein	12:05 First Mother
318	Jim Forsyth	12:13 Child
337	Catherine Smith	12:36
381	Bill Monheit	13:43
393	Walt Stack	14:03
442	Emil Richmond	15:31
503	Charles Mosser	18:33
508	Betty Adams	18:50
509	Elizabeth Berger	19:02
510	Robyn Paulson	19:04
541	Bev Bettencourt	21:03
569	Pat Mueller	24:21 Second Mother Child

TIBURON ROAD RACE- JULY 20, 1974

Place	Name	Time
38	Dennis Teegarden	48:12
43	Jim O'Neill	48:24
53	Jim Nicholson	49:52
57	Mike Healy	50:30
67	Lee Adams	51:28
68	Abe Underwood	51:34
73	Don Pickett	51:48
86	Colin Templeman	52:50

Place Name Time

37	Bob Malain	46:26
39	Abe Underwood	46:43
53	Lee Adams	48:37
85	Frank Evans	53:11
92	Arden Valasek	53:46
101	Phil Conley	55:54
105	Ed Heinlein	56:15
114	Pax Beale	57:25
142	Carroll O'Conner	61:50
149	Marj Heinlein	63:55

KENWOOD 10 KILO -JULY 4, 1974

Place	Name	Time
26	Abe Underwood	38:42
29	Mike Healy	39:58
32	Lee Adams	40 40:10
37	Gough Reinhardt	41:13
42	M McIntyre	42:18
90	Betty Adams 1st senior	57:41
	Woman	



TIBURON (Continued)

126	Paul Reese	56:10
129	Arden Valasek	56:24
136	Pax Beale	57:02
154	Bruce Dingwall	58:28
155	Ruth Anderson	58:37
161	John Getas	59:06
164	Skip Swannack	59:18
165	Phil Conley	59:24
171	Mike O'Neill	60:28
175	Ed Heinlein	60:44
189	Luka Sekulich	62:21
213	John Anderson	66:14
215	Ruth Dettering	66:55
219	Walt Stack	67:30
229	Marj Heinlein	68:50
248	Charles Carter	73:35
249	Catherine Smith	74:35
255	Pat Pickett	78:13

FORT BAKER-JULY 28, 1974

7.

Place	Name	Handicap	Finishing Time
3	Jim Nicholson	10	1:22:56
4	Dennis Teegarden	9	1:23:19
5	Peter Mattei	16	1:39:48
8	Richard Houston	19	1:25:50
12	Ruth Anderson	26	1:27:56
17	Bob Lee	23	1:29:22
21	Bob Porter	12	1:30:09
24	Lee Adams	11	1:31:03
26	Joan Ulllyot	15	1:31:25
29	Tom Pinckard	3	1:32:04
33	Mike Healy	8	1:33:10
34	Jim Jacobs	7	1:34:12
35	Mike O'Neil	16	1:34:25
37	Frank Cuzzillo	25	1:35:12
41	Jim Gault	12	1:35:28
51	Arden Valasek	9	1:38:33
52	Walt Stack	30	1:39:05
56	John Satti	26	1:41:45
58	Luka Sekulich	18	1:43:20
62	Bruce Dingwall	7	1:43:48
78	Emmett Smith	18	1:48:54
86	Ed Heinlein	8	1:49:32
90	Phil Conley	6	1:50:23
101	Emil Richmond	22	1:56:00
106	William Dyer	8	1:59:11
110	James Forsyth	13	2:00:24
117	Betty Adams	27	2:02:49
118	Carl Reiterman	19	2:04:35

RALPH (LEFTY) YORK- One of our Sexagenarians !

Another of our members has met fame in his hometown because of his activities with the NCSTC. The Turlock Calif. Journal published an article about Ralph (Lefty) York on July 7, 1974 after he set a new world record at Gresham. I quote from that article:

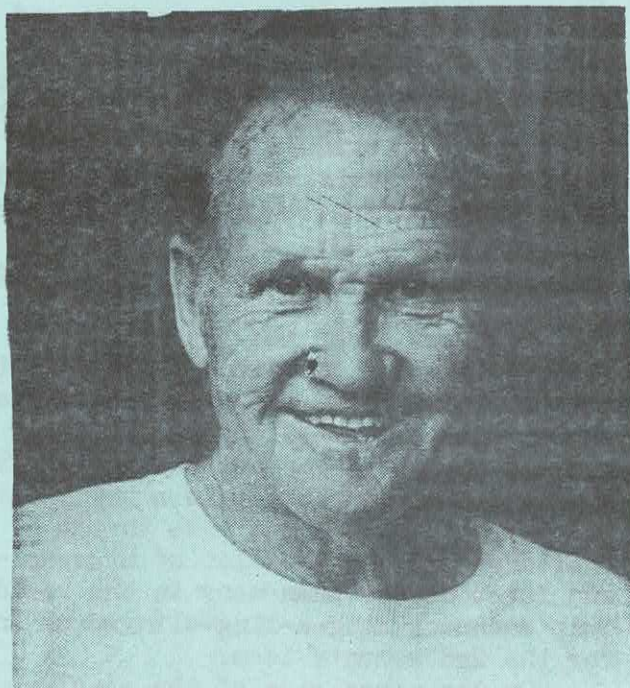
"How does a person who has retired after 29 years on the same job and lived a life span that covers seven decades, find a way to combat idleness? York, a member of the 300 strong NCSTC recently set a goal he started two years ago, by setting a world mark in the shot put in his age group. The 61 year old retired Calif Highway Patrol Officer tossed the 8 pound shot put 44-1.....Ralph whose first love has always been boxing, said he pursued his track career for health motivations, altho he has always been a sports enthusiast in the area..... Now he is back to his daily chores on the farm he owns near Turlock but when asked how long he will prolong his track career, Lefty cracks, "Oh, I guess until I can't creak up there anymore."

Here's the picture that appeared with the article- hope you'll be with us for many years, Lefty.

PIKES PEAK MARATHON-AUGUST 11, 1974

From the way he talks about it, running Pike's Peak must be an orgasmic experience for our inimitable Walt Stack. Once again, he ran both ways and although lost his record for the ascent to some young kid of 60, but still retained his over 60 record for the round trip. One of the notable performances was from Marcie Trent, a 56 year old female from Alaska who placed 2nd woman in the ascent. Also, our 72 year old Ben Hirsch did the one way in 5:25- well done, Ben. Other members with times are;

Larry Fox.....5:35:52 Round Trip
 Dan Ulllyot....6:13:18 " "
 Skip Swannack..6:43:14 " "
 Walt Stack.....7:07:07 " "
 Buck Swannack..9:00 Got lost on a switch-
 back- or so the story goes !
 Joan Ulllyot....3:24:25 One Way
 Ben Hirsch.....5:25:00 " "



THE GREAT RACE

Thank to Elaine Pedersen

8.

A few months back this title would have conjured up visions of Tony Curtis and Terry Thomas battling the adversities between Paris and London; but the real Great Race, the dream of a gregarious Greek restaurateur, took place in Sacramento on July 27th and involved 3-person teams of runner, boatman, and cyclist. The aforementioned Greek, Mr. Eppaminondas Johnson felt he could combine his love of water sport with his love of his Eppie's restaurants and have a little fun in the doing. A little fun—like 10-15 teams, but he didn't count on Sacramento Slim, Jim O'Neil, who infected the Bay Area with Eppie-itis; 51 teams showed up at Eppie's parking lot and the accent was suspiciously heavy on outsiders.

The course was described thusly: 1st team member to run 2.7 miles, turn over a numbered bib to the boatmen, who is to propel said craft (no motor driven vehicle) over 5 miles of the American River and turn his bib over to the cyclist, who covers the remaining 5 miles to the finish at another Eppie's restaurant. After seeing the initial turn over on the banks of the American, runners and spectators had the option to go to the finish or watch the exchange between boatman and cyclist: most chose the latter.

It was an ordeal of skill and strategy, with some teams heavy on the strategy. Crutchlow, for example with teammates Stagliano and Beale the Bike, was heard to proclaim "it's all in the bloody boat" as he slithered into the American with a 25 foot racing skull; and it was a good plan too—Ken is an excellent skuller—but alas, the river had rapids, and at least 5 feet of the bloody boat didn't make it. Our team, one of 3 women's teams, was immediately voted the least likely to succeed when word got out that Grace Ruth had never entered foot into a kayak until the day before, but she rose to the challenge and showed a lot of bravado—and fared better than many in the rapids. Skip Swannack ding-a-ling-alinged us in for the 2nd women's team.

On the other side of the spectrum, it was easy to understand the strategy of

Sacramento Slim, Gunther and Don Pickett, intimidating in their team shirts; it was to win. Jim put Gunther in a comfortable spot as he turned over the bib but it was Gunther's show all the way. This ex-member of the US International Kayak team showed us what it is all about. He was so far ahead when he relayed to Don Pickett that Don, an excellent cyclist, could have ridden to the finish on balloon tires and training wheels and still have won the race. The second place team had Toby Pickett as anchor giving a 1-2 win for father and son.

This Great Race was Great fun, with some minor changes it has the potential to be huge. And "Eppie" does it right—free hot dogs, beer, and a jazz band at the finish plus an old big-wheeled bike for Buck and Pax to play on—delicious Eppie breakfast for the first 38 teams, all of whom beat Eppie's team record—generous prizes and all proceeds to a local drug rehabilitation program, the Aquarian Effort.

So, plan ahead, devious strategies are already being formulated for next year. But it is only fair to fill you in on Jim O'Neil's announcement at the awards ceremony: he and Don have signed Gunther to an irrevocable 10 year contract.
(Finisher-Runner, Boatman Cyclist)

1st Place

Jim O'Neil, G Hemmersbach, Don Pickett
Average age 44 years

10th Place

P Cunneen, Don Sommer, Buck Swannack

18th Place

C Stagliano, K Crutchlow, Pax Beale

22nd Place

Phil Paulson, Stu Ruth, Jerry Hill

2nd Woman's team

Elaine Pedersen G. Ruth, Skip Swannack

Abe Underwood was in theresomeplace, I suppose running very fast, sorry I do not know where he placed (Editor).



EXECUTIVE BOARD MEETING

9.

All members are welcome, and all officers are urged to attend the next executive board meeting which will be held on Tuesday, Sept. 10th, at the new home of Elizabeth and Bernard Berger- 2646 Tamalpais Drive in Pinole, Calif. We will have a potluck dinner before the meeting at about 6:30 PM. Please call Elizabeth and let her know what you can bring toward the dinner- also to let her know whether or not you can attend. Call Liz after 6PM at 758-8907. The meeting will start at about 8 if you can't make it for dinner.

To get there, take the East Shore Freeway (17) and take the Pinole turnoff- also marked Pinole Valley- follow east on Pinole Valley Road to Simas- the highway becomes just a two-lane road at this point. Turn on Simas to Tamalpais which is a distance of about .4 mile.

Among other things, we will be discussing the possibility of a major track meet for the area. Please feel free to attend either the dinner or meeting.

POLICE OLYMPICS

Lee Adams has done it again- this time in the eighth Police Olympics in Rancho Cordova which qualified him for the first International Police Olympics in San Francisco Aug. 28-31. Lee, a Calif. Highway Patrol officer out of Vallejo was the big winner, earning 7 medals.

He was first in the senior 13-mile run in 1:08.15 (reputedly a short 13 miles), took second in the six and three mile runs, was third in the 3 mile walk, mile run (5:17.) and mile walk and fourth in the 440.

More than 1800 law enforcement officers took part in the competition which included such diversified events as archery, horse shoes, table tennis, handball, sailing, arm wrestling and water skiing.

Congratulations to you Lee, we'll be looking for you to do well in San Francisco.



LAKE TAHOE RELAY

Thank to Jim Nicholson

For those of you not familiar with this race, it is a 7 man relay, with each lap approximately 10 miles around Lake Tahoe. It has been held for at least 6 years to my knowledge and is always a popular event. This year, it was on Saturday, August 17, and there were a total of 70 teams. Our club placed as second over 40 team, behind, you guessed it, the West Valley Joggers and Striders. The over 40 teams received an hour handicap, and the NCSTC team placed 28th overall. Our team was composed of Frank Harrison, Bob Porter, Pete Mattei, Colin Templeman, Richard Hart, Jim Nicholson, and Bob Malain. Well done, gentleman! Sorry I do not have lap times or the exact finishing time to publish. Incidentally, the overall winner was the West Valley Track Club who set a record for the course this year.

HOSPITAL CORNER

So sorry to hear that Paul Reese, one of the founders is in the hospital after a recent rafting accident. He dumped in some rapids and broke 3 ribs and had some internal bleeding which is apparently checked since he is expected to go home this weekend. Paul will probably be out of the "running" for 6 weeks, but if I know Paul will be in top shape in no time. We'll be thinking of you Paul, they can't keep a good runner down !!

MOUNT MISERY- JUNE 1, 1974

<u>Place</u>	<u>Name</u>	<u>Time</u>
13	John Satti	65:56
14	Bob Malain	66:06
19	Willard Shank	67:48
20	Walt Betschart	67:58
265	Dave Davis	70:39
28	Mike O'Neill	70:59
30	Al Wiggins	71:15
33	Lee Adams	71:54
47	Luka Sekulich	78:16
58	Grant Bennett	80:59
61	Catherine Smith	84:16
66	Herb Dowler	NT

NATIONAL AAU MASTERS DECATHLON

CHAMPIONSHIP August 3, 1974

10.

AGE OF THE RUNNER

Contributed by Joe Durrenberger.

Taking off from Alameda in my trusty Chevy on Saturday morning, I arrived in Santa Maria by noon. After locating Allan Hancock college, I joined the spectators for the second day of competition.

The scoreboard showed the division leaders to be 40-49 group Jacob Coss, (Santa Barbara) 3.026; Bruce Hescoock (Bethany, Conn.) 2.964; Harvey Schellenberg (Reedley, Ca) 2910; in the 50-59 age, Pete Fetter (Redondo Beach)-2026- the only competitor in that age group. The 60 showed Bud Deacon (Honolulu) 1637, John Dick (Hayward) 1052 far ahead of the other two competitors in the 60 group who were Russ Hargreaves of Santa Barbara and Doodles Weaver of Burbank. Doodles kept us entertained with wise cracks in between events; The spry 62 year old Doodles used to play with Spike Jones band.

The closeness between the top three in the 40 group remained thru the next 5 events. Bruce Hescoock's superiority in the pole vault, & discus offset Jake Coss' first place finished in the 110 Higs and 1500 meter finale. When it was over the winner was Hescoock with 5,987 edging past Coss with 5975 and Harvey Schellonberg third with 5729 points. These first 3 finishers broke the existing world record for the decathlon!!

There were 8 entrants in the 40-49 group- fourth place went to Harry Hawke of the San Diego Track Club-4829 pts, 5th to Lee Thomas of Hawaii-4041, 6th to Dave Douglass of the Beverly Hills Striders-3068, seventh to Jack Wilkens of Santa Maria with 2305, and Douglas Dittmar of Salvang failed to finish due to an injury.

Pete Fetter won the 50-59 while Bud Deacon won the 60 and over.

Some of the outstanding marks were 15.8 for the 110 HH by Coss, 20'7" long jump by Coss, 11.3 for 100 meters by Coss, 53.7 400 meters by Coss and a fantastic 4:38.4 finishing 1500 meters by Coss. Hescoock's strength was seen in 6'½" high jump, 20'3 ¾ long jump, 125'6" discus, 12'6 ¾ pole vault and 156'1" Javelin.

Seeing the fabled Bud Deacon perform and the outstanding performances of Hescoock and Coss were most impressive. In fact, so impressive as to discourage this 39½ year old. Oh, well, back to the drawing board, huh gang?

Our president wishes to put in a plug for the latest Runner World booklet of the month, due to come out any day now, entitled "Age of the Runner"-about the effects of age on performance. It will be \$1.75 and you may get one by writing to Runner's World Post Office Box 366, Mountain View, Calif. 94040. While you're ordering, get a subscription to the magazine, it is excellent.

HISTORIC FOLSOM ROAD RACE -1974

Place	Name	Time
33	Abe Underwood	35:58
39	Lee Adams 2nd Senior	36:46
44	Art Waggoner 3rd	38:05
50	D.L. Nachbar	39:37
58	Vance Koerner	40:48
62	Mike O'Neill	41:40
69	Dan Dickey	45:57
76	Dub Carter	47:49
85	Betty Adams	56:35

In the 1974 PA-AAU One-hour run Championships, there were only 2 NCSTC members. Jim Nicholson was first over 40 in 15th place and covered 10 miles 48 yards, while Colin Templeman was third senior covering 9 miles, 985 yards.

SACRAMENTO RIVER RUN-June 8, 1974

This was the fifth year for this race which is handled by Bob Malain, one of our members, and has the reputation of being a good race. Next year, more of our club might consider supporting this race

19 Lee Adams 51:19

