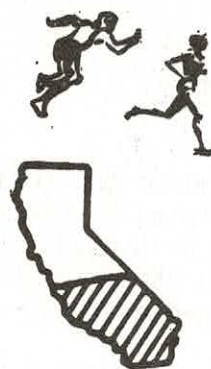


NORTHERN CALIFORNIA SENIORS TRACK CLUB

PRESIDENT: Ed Phillips	144 Ashby Lane	Los Altos 94022	941-1606
V-PRESIDENT: Bernard Berger	2646 Tamalpais Drive	Pinole 94564	758-8907
SEC-TREAS: John Hutchinson	225 San Marcos Ave.	San Francisco 94116	681-1736
EDITOR: Mrs. Robyn Paulson	629 44th Ave.	San Francisco 94121	751-8825
TRACK CHAIRMAN: Chet Steels	277 E Eaton Ave.	Tracy 95376	209/835-8770
LONG DISTANCE CHAIRMAN: Jim Nicholson	2178 47th Ave.	San Francisco 94122	661-0591



NUMBER 61
JANUARY 1975

Hi, all you
guys and
gals!

Sunday, Jan 26th
is the ANNUAL CLUB
Meeting - hope to meet
lots of you there -
Read below!



As was mentioned in last newsletter, the annual meeting is coming up. We will hold it at Ruth Dettering's lovely home overlooking the ocean and Golden Gate Bridge. After the meeting, we plan a potluck dinner and then some socializing or more meeting if necessary. I hope all of you can bring something to help out. Please call or write me to find out what you can bring. Generally, we will need casseroles, salads and desserts with some beer and wine from some of you that can't cook. Phone 415/751-8825 or drop me a line indicating your intentions. My address is above. Time of the meeting will be 3 PM and Ruth's address is 828 El Camino Del Mar in San Francisco. Phone 221-1784 if needed. If you feel like running that

day, come to the DSE race at 10 AM and by the time you have lunch at Fisherman's Wharf and go shopping at Cost Plus, it will be time for the meeting. On the agenda, will be election of officers and plans for future meets etc. We planned it on a Sunday so some of you out-of-towners can make it. Ruth lives within a few miles of some Kentucky Fried Chicken type places, so you can always bring that for food. Let me hear from you soon !!!

Robyn Paulson

EXAMINER GAMES

Friday, Jan. 24 is the date for this indoor track meet which this year has a new senior event, a medley relay. In the qualifications held Sat. Jan 11, all the teams were NCSTC so it should be an interesting competition to watch. We also have many members competing in the senior mile, long jump and over-50 60 yard dash. Buy your tickets now !!

THE MEMBERSHIP

Welcome to the following new members, who have joined in the past 2-3 months. I've tried to include a little bit about any of them that might be particularly interesting-also their main interest.

Jim Bisbee- San Francisco- used to be a competitive bike racer- long distance
Carl Halpern- Oakland-long distance
Harry Koppel -Belmont-Track - and does pretty well in the swimming department- Mrs. Koppel does some track running too.
Mr. and Mrs. Dennis Lanterman-South San Francisco-Dennis hasn't competed in 20 years but looks like he had some fast times when he did-Dennis will be 40 in June
George Moss-El Cerrito- joined several months ago and I missed him- sorry- George has just qualified to run in the Examiner Games Senior Mile- he ran just under 5 minute mile !!

Ernest Glenesk-Burlingame-no information at present

Jack Slobodin-Orinda-long distance
Philip Presber-Belvedere- no information
J.P. Wirick-Sacramento-long distance
Richard Zumwalt-Antioch-Track-runs in Police Olympics-sprint relays particularly
James Waste-track- Mrs. Waste joined last month, but they both run- Jim also plays Rugby and coaches a Rugby Club.

Congratulations to Jimmy Nicholson and Dennis Teegarden who were selected by a committee to be part of the masters PA-AAU ALL-STAR TEAM. Other masters chosen were Jim Shettler, Ross Smith, Ken Napier, Gil Tarin, Jim O'Neil, and Bill Snavely. Some of these men are dues paying members but officially run for other clubs. Also congratulations to Ruth Anderson for being top woman in the DSE award system. Right behind Ruth in 4th place was Ruth Dettering. Catherine (and Ross) Smith were way up on top except that they did not run 10 DSE races which is a pre-requisite for the trophy. Guests of honor at the DSE awards banquet included two of our members, Peter Wood and Paul Reese and naturally, overseeing it all was the inimitable, sexagenarian, Walt Stack !

2.
Latest word from membership chairperson John Hutchinson indicates two new members, Keith Fitch-San Francisco- who will run in the Examiner Games...and Ken Paul-San Mateo- will also be in the Cow Palace

Welcome to the club, gentlemen!



LOS ALTOS HILLS 10,000 Meter-Nov. 2, 1974

<u>Place</u>	<u>Name</u>	<u>Time</u>
16	Peter Wood	37:38
20	Bill Snavely	38:05
28	Ed Preston	39:08
32	Colin Templeman	39:27
47	Alan Waterman	41:03
57	John McCrillis	42:24
67	Phil Conley	44:21
74	Skip Swannack 1st Woman	45:25
97	Emil Richmond	54:18
98	Buck Swannack	54:49



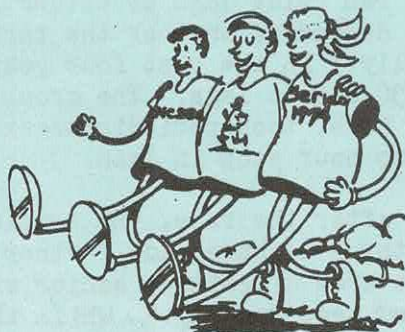
DOGFOOD RUN-November 17, 1974-6 miles

This race had handicaps based on not having won a trophy for running during the past three years.

<u>Place</u>	<u>Name</u>	<u>Handicap-Time</u>
5	Ray Mahannah	15 43:11
16	Ed Good	11 46:14
17	Don Pickett	4 46:14
38	Phil Conley	8 48:35
45	John McCrillis	5 49:19
50	Joe Carey	7 50:01
61	Carroll O'Conner	11 50:50
70	Ed Phillips Hey!!	8 52:03
95	Buck Swannack	6 1:00:49

Place	Time	Name
16	2:51:49	*Bob Malain-1st master- first marathon for Bob- that's fast running Bob!
27	3:00:36	Bill Shavelly-2nd master
28	3:00:56	Joan Ulyot-1st woman
39	3:08:21	Jimmy Jacobs
40	3:08:47	Hans Roenau
45	3:10:50	*Rich Houston-1st over 50- also Rich's 1st marathon- very well done!
46	3:11:35	Gough Reinhardt
53	3:15:32	Ralph Paffenbarger
56	3:17:44	Ruth Anderson-Ruth set a new record with this time but LuAnn Kralick broke it the next day at 3:13
74	3:24:59	*Gene White-1st marathon ??
85	3:30:39	Rich Willets
88	3:31:46	John Hutchinson
92	3:33:47	Tom Finckard
95	3:35:42	Bruce Dingwall
101	3:38:14	Walt Stack
104	3:39:35	Jim Woodruff
120	3:52:45	Keith Weever
126	3:55:22	Catherine Smith
128	3:57:05	Larry Fox
146	4:15:20	*Ruth Dettering-1st marathon
151	4:20:54	*David Davis-1st marathon ??
152	4:21:27	Luka Sekulich

* According to Walt Stack, finishing one's first marathon in almost one's par with one's first loving, which is why I mention it-perhaps these people can tell us if Walt is right. Shall we conduct a poll ?



By now all of you have received the club roster and most important the notice from our treasurer about the new AAU rules about joining the AAU and running for a specific club. No doubt this is a big job for John or any treasurer, and it seems a little unfair for the AAU to ask the clubs to do this, but it obviously is intended to prevent club 'hopping' which has been done among runners, and really doesn't make much difference except among the top runners, or so it seems to me. This will create problems and force a decision for many of us who belong to several clubs. At present, the NCSTC has lots of people listed as members who have always run for other clubs, but want the newsletter, or just want to support the club and know what is going on. Perhaps this sort of thing will have to change although it seems more likely that we will develop a 'full' membership and an associate one -or just a newsletter mailing list. Whatever happens, I urge you to make your decision and send the dues etc. to John so that he can proceed with the job of sorting it all out. He's the one stuck with the most work. Scanning race results will be easier for the newsletter editor.

I must apologize for the lateness of this issue. Christmas and increased work obligations made it impossible for me to get started and here it is, almost Feb. As a result, the next issue will probably not come out till mid February- unless some one volunteers to take over and do the newsletter for me- I sure can use some typists if nothing else.

I look forward to hearing from a lot of you about the food for the annual meeting- and most of all to meeting many new members on January 26th.



I understand that the United Nations have declared 1975 as the Year of the WOMAN !

THREE PEARS AND A TOMATO

By the tomato -otherwise titled
How to make the Christmas Relays a fun
event "

When it became apparent that we would need two over 40 women's team, and that I would run on the second, I decided it would be necessary to make other arrangements for the 50 mile Christmas relays from Santa Cruz to Half Moon Bay. After all, if the other women are as slow as I am, or possibly slower, we'd still be out there running to finish the relay before 1976, and I did have a few other things I wanted to do in 1974, so-- at the same time as a few other runners, I hit upon the idea of a husband wife team, since the rules stated that women could run on men's teams. Fortunately, there were other husband-wife friends that were interested, but unfortunately, my husband was already committed to an all male team. So, with three male-female teams, some married, some with learners permits, I became the 7th member and our title evolved- three pairs and a tomato.

Our team included Bev and Jack Bettencourt, Kathy and Alex Monterrosa, Bill Long and Gerry Knapp. We planned that the men would run the long legs of the relay (10 miles) and the women take the 5 mile legs.

The weather was beautiful, even though it seemed a little crazy to be meeting at 6:30 AM- as Jack Bettencourt so aptly put it, "this is the first time I've gotten up at 6 to run a race at 2:30!" But even that early the team spirit was developing, and by the time we reached Santa Cruz in the car, we were raring to go.

There were seventy some teams registering and we discovered that there were at least 2 other male-female teams- from the Pregnancy Control Center- no less- a La Pax Beale and we're all for that. We were well fortified with coffee, beer, food and even a football- plus Vaseline for chapped thighs(?) plus a great feeling of esprit de corps.

Following the runners was fun, and as each of us approached his turn, we heard the nervous excuses, predictions, aches and pains, plus the inevitable pre-

4.
race pit stop. And after finishing, we filled in all the details experienced during our "leg". At the hand-off points, it was exciting to see all the other runners and share the exhilaration of the day. Running along Highway 1 is a thrill in itself--such beautiful scenery.

It really didn't matter that we came in 4th from last(that's a guess) or that there were no awards for our 'category'-the comradeship experienced and sharing the fun of running with good friends was reward in itself. The Christmas Relays are an excellent prelude to the Holiday season.

I have no results at press time, but the "CSTC team placed second behind.... you guessed it.. West Valley Joggers and Striders,... and the Three Pears and a Tomato were the second Men-Women Team. Hope we can do it again... but next year, I'd rather be a pear !

Robyn Paulson

THE HOLLYWOOD TO LAS VEGAS RELAY Wednesday, November 27, 1974

OLDTIMERS SET RUN RECORD

A group of distance runners-- all more than 60 years old--set a new world record, running from Hollywood to Las Vegas in elapsed time of 40 hours, 33 minutes....The old record, set by this same group in 1972, was 41 hours, 40 minutes.

Participating in the 300 mile run were Bill Selvin, 64, Orange, Calif.; Monty Montgomery, 68, Sherman Oaks; Al Clark, 61, Orange; Walt Frederick, 67, Pico Rivera; Noel Johnson, 75, San Diego; Bert Williams, 60, Orange; John Montoya, 62, Colton; Bill Monheit, 65, Oakland, and Walt Stack, 67, San Francisco...

Each member ran relay legs of either 15 or 10 minutes, depending whether the terrain was level or hilly. In the past four years each member ran 30 minute legs. The group, paced by a mobile home, took periodic breaks, including a one hour stop in Jean.

Selvin said after the race, "By completing this run I think we have made further progress in the area of getting senior citizens to go out and keep healthy." While the members make this run only once a year, each participate in marathons in California.

(Copied from the DSE Newsletter)

CALENDAR OF LONG DISTANCE RUNNING EVENTS

5.

DATES FOR THE FUTURE

SAT. Jan. 25: PA-AAU 20 KILO CHAMPIONSHIPS
 10 AM Portola Valley School,
 Woodside. Contact Jim Wood-
 ruff, 531 Benvenue Ave. Los
 Altos 94022. Ph 948-0621.

SUN. JAN 26: PEACH BOWL PACERS 10 KILO
 1 PM Sutter Buttes, YubaCity.
 Contact Frank Dysart, 1006
 E 17th St. Marysville 95901
 Ph 916/743-6377

SAT FEB 1: CHANNEL TO LAKE 10 MILER
 10 AM Georgia & Santa Clara St.
 Vallejo. Contact Solano TC
 PO Box 624 Vallejo 94950.

SAT FEB 15: THE RIVER RUN- 8.5 Miles
 10:30 AM Sacramento. Contact Sports
 Expo "River Run" PO Box
 19333, Sacramento 95819.
 Ph 916/452-6403.

SUN. FEB. 16: ELK-A-THON(Age Groups) Con-
 cord, Contact Vern Forry
 10 AM 166 Greenwood Circle, Walnut
 Creek 94596. Ph 935-0454
 This is a youth age group
 race, I believe; not for
 us old folks.

SUN. FEB. 22 MARTINEZ RUN 8.4 Miles
 Rankin Park Martinez Contact
 Luka Sekulich. 1485 Darlene
 Dr. Concord 94520 Ph 685-
 5185. This is always a
 well run, popular race
 sponsored by our club and
 organized by Luka-support
 it, and if you can't run
 in it, volunteer your help!

The AAU schedules are available now-35¢
 or 50¢ by mail to PA-AAU Office or Harold
 DeMoss, Box 967, Los Altos, Calif 94022.
 or Jack Leydig, Box 1551 San Mateo 94401.



SUNDAY March 23- MASTERS ONLY LAKE MERCED
5 MILE RUN

SATURDAY May 10- ANGEL ISLAND

SUNDAY May 11- AVENUE OF THE GIANTS
MARATHON

SUNDAY, MAY 18- BAY TO BREAKERS

SATURDAY, AUG. 2: 11.5 Miles MASTERS
ONLY RUN- LOS GATOS

DSE RACES

Every Sunday in January, there is
 a DSE Race starting at the Dolphin Club
 at 10 AM-, various distances up to 4 miles.
 On Sunday, Feb. 2nd, the race will be a
 4 miler to the Ferry Bldg. The next week
 is probably the Twin Peaks run, but hope-
 fully, the DSE schedule will be out by
 then.

RUNNERS' WORLD FUN RUNS

Every Sunday morning at 10:30 AM
 at Foothill College, Los Altos Hills.
 Various distances, including an 1/2 mile,
 one mile, and a longer distance. Free.

EXCELSIOR GOLDEN GATE PARK RUN-Dec. 1, 1974
 6 Miles

<u>Place Name</u>	<u>Time</u>
39 Jim Nicholson	34:29
43 Ed Preston	34:59
58 Karl Marshall	36:22
66 Gene White	37:11
67 Frank Evans	37:15
86 Phil Conley	38:49
92 Ruth Anderson	39:33
105 Dave Davis	41:07
126 Ruth Dettering	42:48



TRACK AND FIELD CALENDAR

6.

Club Meets

Sunday, Feb. 23-Cal. State at Sacramento

Sat. March 23-Herbert Hoover Relays-
Site to be announced

Sat. April 19-Community Stadium, Patterson

Sat. May 3-Los Altos High School

Sun. June 8- College of Marin-Kentfield

Sat. Sun. July 5-6 Regional Meet in our
area-site to be announced.

Sat. July 19-Foothill College-Los Altos
Hills



Other dates which
are of interest to all
members are listed below.

Please note that the
AAU Masters Track and
Field Championships will
be August 8-10, not
the dates which were in
last months' news-
letter. More about
that in other section
of this issue.

Sat. March 15-Corona. Del Mar Relays-
Cal-Poly at San Luis Obispo. If
interested, write to Don Cheek
PO Box 1476. Atascadero, Ca. 93422.

Sat. April 5-Grandfather Games. LA.
Valley College; Van Nuys Calif.
Write to George Ker. 16750 Index
St. Granada Hills, Calif 91344.

Sat. May 10-First Annual Corona Del Mar
Pentathlon Championships
Irvine, Calif. Contact, Don
Palmer. 27882 Calle San Remo.
San Juan Capistrano, Ca. 92675

MORE TRACK AND FIELD CALENDAR

Sat. June 28-Senior Olympics- Univ. of
Calif at Irvine. Contact Warren Blaney
Mutual of Omaha Bldg. Suite 302.5225
Wilshire Blvd. Los Angeles, 90036.

Aug. 8-10; US Masters AAU National Champ-
ionships; White Plains NY. Contact
Bob Fine; Masters Sports Assoc.
11 Park Place NYC. 10007.

Aug 11-17; World Masters Track and Field
Championships-Cross Country and
Marathon; Toronto Canada.



U.S. Masters International Track Team

David H.R. Pain, Director
Helen L. Pain, Co-director



1160 Via España
La Jolla, California 92037
(714) 459-6362

January 5, 1975
re: West Coast Charter Flight
to Masters

Dear *NCSTC member,*

This year the AAU Masters Track and Field Championships will be held in White Plains, New York August 8 - 10, 1975 (not August 1 - 3 as previously announced) followed by the World Masters Track and Field Championships August 11 - 17, 1975 in Toronto, Canada.

I have just returned from Toronto (my 4th trip) to finalize some of the details of the meeting. The Canadians are well organized and financed (we now have a budget of approximately \$150,000.00 to work with) and I can assure you that the First World Masters will set a high standard for subsequent World Championships to follow. The New York Masters are doing an equally fine job of organization for the AAU Championships. For the first time we will have both Women's and Sub-Masters competition. Toronto will also offer a true world class 10 km. cross country plus marathon. The World's greatest veteran athletes will be in competition.

These will be without a doubt the two finest Masters athletic meetings ever presented.

I have personally chartered a jet aircraft to transport our West Coast athletes and families which will depart Thursday, August 7th for New York. Following the White Plains meeting we fly on up to Toronto and return to Los Angeles on Monday, August 18th (12 days). I have arranged with the meet sponsors for inexpensive, but very adequate, University housing at both venues.

The precise costs are still being computed and the larger an aircraft we can fill, the lower the charter fare. I can say, however, that your air fare, by comparison, will be approximately one-third (1/3) to one-half (1/2) of the regular economy fare.

Affinity charter contracts such as this must be signed six months prior to the flight and this one will require a deposit of several thousand dollars.

If you wish to save approximately 50% on your air fare, please execute the ~~enclosed~~ form and mail it back to me before January 31, 1975, together with your deposit of \$50.00 per person (refundable on request with no penalty up to 60 days before departure). ** on next page*

We must have a minimum of 90 signed up by January 31st.

To a great year for the Masters, I am

Yours in Sport,

8.

January _____, 1975

Dear Dave;

I wish to reserve _____ places for the Masters Jet flight to New York and Toronto August 7 - 18, 1975.

My check for \$ _____ is enclosed.

(Address)

(Signature)

(print name)

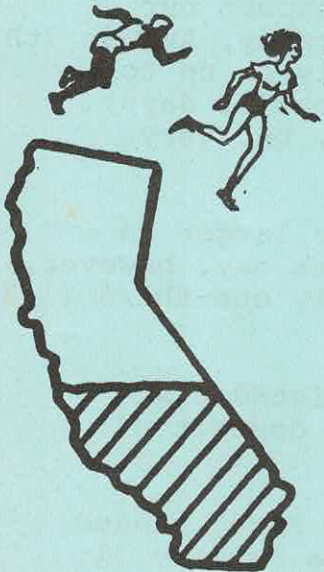
Phone: Business () _____ Home () _____

Send your 1975 Club dues
and AAU - Money
Tonight !!



NORTHERN CALIFORNIA SENIORS TRACK CLUB

629 - 44th Avenue
San Francisco, Calif.
94121



FREDERICKSON, WILLARD
BOX 98
SAN GERONIMO CA 94963

FIRST CLASS MAIL