

NORTHERN CALIFORNIA SENIORS TRACK CLUB



PRESIDENT: Dennis Teegarden 4732 Westwood Court Richmond, 94803. 223-1821
 V-PRESIDENT: Jack Bettencourt 136 Dundee Drive So. San Fran. 94080. 755-9681
 SEC-TREAS: Mrs. Robyn Paulson 629 44th Ave. San Francisco 94121. 751-8825
 LONG DISTANCE CHAIRMAN: Jim Nicholson/2178 47th Ave. San Francisco 94122-661-0591
 TRACK CHAIRMAN:
 EDITOR: Mrs. Robyn Paulson (Last Issue) See Above.

NUMBER 62

FEBRUARY-MARCH 1975

ANNUAL MEETING

Such was the scene at Ruth Dettering's lovely home on Sunday, Jan. 26. The weather was beautiful and the view from Ruth's home made it difficult to concentrate on business as John Hutchinson so aptly pointed out, but nevertheless, president Ed Phillips led the meeting, John H. gave us his treasurer's report, and the new officer's were appointed by the nominating committee chairman, Emmett Smith. For 1975, we are honored to have a very fast runner Dennis Teegarden as president, (more about Dennis as member of the month), Jack Bettencourt as vice-prez- and I will handle the club's money during the year. In addition to the new officers, several important decisions were reached by the membership. We voted to change to rule about age- in other words, a person is 40, 50, or whatever, on his birthday and not as of January 1st of the calendar year he was born in (get that, Paul!). We also voted unanimously to keep the club name the same, but to get a new uniform designed and made up by the club, so that new members can purchase a uniform when they join the club -as part of an 'initiation fee'-- and that the new shirt be designed in all white with the scarlett and gold colors picked up in trim and/or logo. All of these details will be worked



I UNDERSTAND YOU'RE A RUNNER.

out by a committee which will be appointed by the new president and which should have top priority for the new year.

Because of the AAU's new membership system, in which a person signs up for his/her AAU card through the club he is running for, it was necessary to establish a new 'category' for membership. In the future, we will have a full member who can vote, hold office and will run as a NCSTC member (register as a member under affiliation when signing up for a race). An Affiliate member will just get the new-letter. The fee will be the same except a full member will pay \$3.00 to the AAU plus whatever initiation fee is needed to cover the cost of uniforms etc. You will be hearing more about this in future newsletters.

After the meeting, we all sat down to a delicious meal prepared as a pot luck by the people in attendance. The socializing was great- I personally enjoyed meeting some members I had not known before and renewing acquaintance with some others I see only rarely. As usual, I came away with the feeling and belief that what makes running as great as it is, is the people that run. We have some really super people in the club and it is only a shame that we can't socialize more often.

Very special thanks go to Ruth Dettering for inviting us into her home, to everyone who so willingly brought food or drink, and to Mrs. Herb Naylor who quietly did most of

ANNUAL MEETING (CONT.)

the dishes while the rest of us were still drinking and eating. Love to have you enter the Triathlon with us, Mrs. Naylor ! and don't forget to bring you husband so he can run, too. Hope to see you all next year!

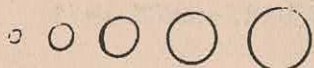
Robyn Paulson



APOLOGY TIME

My sincere apologies to all the women that ran in the Master category in the Christmas Relays. Last month, in my article about the Relay, I failed to mention that they even ran, and they had a great team going. Times are still not available for the race, so I can't include that, but most of the women that ran are members of the club and deserve mention. Ruth Anderson, Ruth Dettering, Catherine Smith, Carroll O'Conner, Marj Heinlein and Nancy Bean were all on the team, plus Virginia Collins who came up from Southern California just for the race. Must have been a Freudian Slip on my part.

Robyn Paulson



HERBERT HOOVER RELAYS

Sunday, March 23rd is the date for this seventh annual event this year. Van Parish, club member, is in charge of the entire thing and has listed the NCSTC as co-host for the Relay, and he has added on many senior events. Besides that, Van hopes for help from our membership, so get out there and let him know what you can do.

Complete entry forms may be obtained by writing to Van Parish, 148 Hedge Rd. Menlo Park, 94025. or call him at 415/325-7275 between 9:30 and 10:30 PM. However, Van hopes to have all the seniors signed up by our first track meet (feb.23) and he will be at that first meet to talk it up and collect. Van has also included many field events for seniors- and for ladies 30 and over.

Briefly, starting at 8 AM (for the kids 10& 11) there is a four mile relay, a shuttle hurdle relay, a sprint medley relay, then a 440 Yard relay, an 880 Yard relay, one mile relay, two mile relay, a 220 relay and finally an 8 mile relay. The field events for seniors start at 10:00 AM.

Reports from last year were that this was lots of fun and well organized so let's have a big turnout. Can't help wondering if it's possible to run our Lake Merced Race and then go do for this- or will it all be over by 1 PM or so, how about that, Van. ?? (Late note) Van promises there will be relays till 4 PM or so, and late entries will be accepted.



PA-AAU 15 KILO CHAMPIONSHIPS
January 5, 1975

<u>Place</u>	<u>Name</u>	<u>Time</u>
57	Colin Templeman	58:12
61	Gough Reinhardt	59:13
63	Jerry Lewis	59:45
86	Ruth Anderson	63:12
100	Phil Conley	66:28
124	Ruth Dettering	75:35

* * * * *

SAN DIEGO MARATHON -JAN. 11,1975

Or someplace down there in southern California

Bruce Dingwall- 3:25 Not sure about
Keith Walker- 3:40 either of those times, but they're close.

Runners

During the past year, I have made it a point to cut out any pictures of members that I come across, either in Runner's World, or Nor. Cal Running Review or in the newspaper. I had hoped to use these to add interest to the newsletter; and was able to use many of them in various ways. Point of information-only pictures which have been used in magazines or newspapers can be successfully copied by Postal Instant Press - and even some of them did not come out too well, as you saw during the year. Anyway, here is the pictorial section of my last newsletter- just so I can use up all the pictures I've found. Some of them you've seen before or in other mamazines (obviously) but for those of you who do not see the membership regularly, it might be interesting. Must I say, used by permission of the Editor??

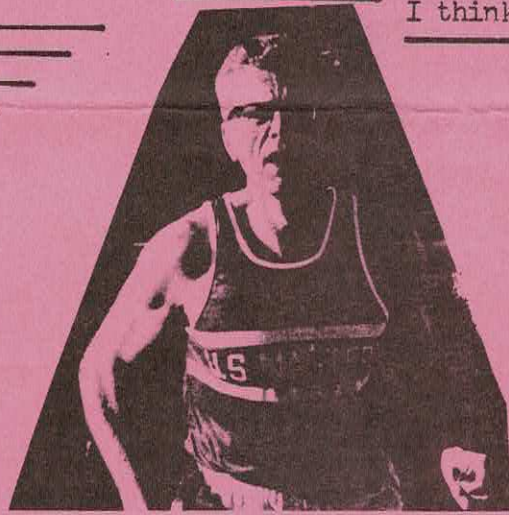


This is Bob Malain who lives all the way up in Redding - finishing his first marathon in 2:51!! Bob also ran quite well in the mile in the Examiner Games, something close to 4:40.



Joe Oakes is on the right- running in last years' West Valley Marathon- I think.

Here's Carl Reiterman- a man I have enjoyed running with on several occasions--- when I could keep up with him ! Carl lives in Berkeley and teaches at USF.



Every one knows Ruth Anderson by now, our very fast woman marathoner. Ruth will undoubtedly regain her title as fastest over 40 female in the marathon sometime soon- watch for her! She's a very nice girl, too- so say Hello.



The man in the Masters' tee shirt is none other than last years president- Ed Phillips - as he appeared in this month's issue of Runner's World- a very interesting article about Ed's new shoes that he will custom build for you- shoes which seem to be turning Ed into a long distance runner- altho he still throws his javelin very well. Ed

will continue to be active in Master's Track and Field through his new job as "Far Western Regional Chairman for Masters Track and Field". Thanks to you, Ed, for leading the NCSTC so well during 1974- and good luck in your new job...Shoes, too..

Jim O'Neill must have sore feet- after running a very fast pace- if I know Jim. Maybe he needs to go visit Ed and have some shoes made up??

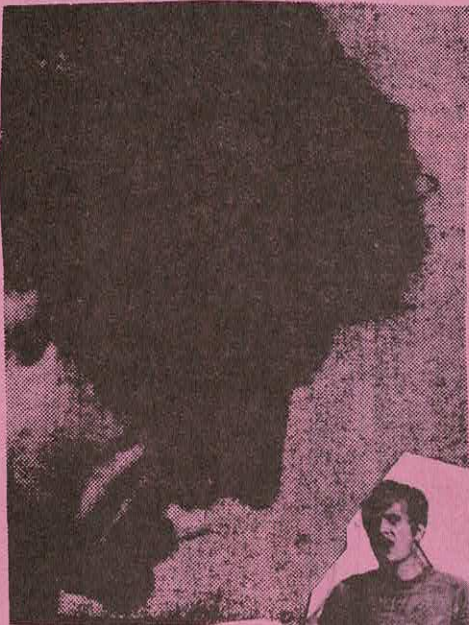
Now I understand the urgency to design a NCSTC tee shirt .

4.



Hope this one of the start of the 10K Championships for Women is big enough to reproduce well.

That's Carroll O'Conner with Ruth Dettering right behind and Joan Ulllyot to the right. The * is above Marj Heinlein. These Master women are all running for the NCSTC so they can compete as a team. Don't know where Cathy Smith or Ruth Anderson are, but the winner was Debby Finn who has a tee shirt that says "Redding is for lovers." Now I know why Bob Malain lives up there- maybe that city has something we don't know about. (Joan Ulllyot is not a master woman yet- I mentioned her since she has maintained an affiliate membership in the NCSTC. She runs for West Valley. She was 2nd in the race at 42:09)



Here's two of Pax Beale-above accepting his award for fastest over 200 lb in Reno- several years ago, and to the right running some marathons I believe. Among many other things, Pax is famous as head of the Pregnancy Control Center. Runs pretty fast, too.

Ross Smith, alias little Jesus, another affiliate member- runs for West Valley J&S. Ross and his spunky wife Catherine live in Reno, but spend a lot of time in the Bay Area on weekends.



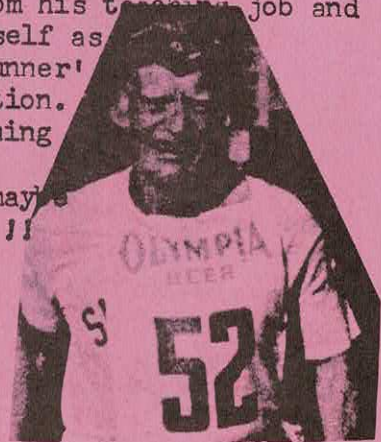
To the right is Dr. Ralph Paffenbarger, who is

pictured with Pete Mattei since they are two of the fastest over 50 runners in the Bay Area- besides Ed Preston whose picture I did not have.



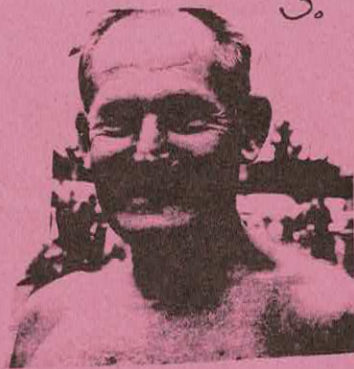
PETER MATTEI

And for the over- 60, Norman Bright can hardly be beat. He's won the Dipsea twice- in 1937 and 1970-broke 3 hours in Boston last year and still runs a 5:21 mile. Recently retired from his teaching job and now lists himself as a 'distance runner' for occupation. Been running some 40 years-maybe more !!





FLORY RODD



Walt Stack



Bob DeCelle

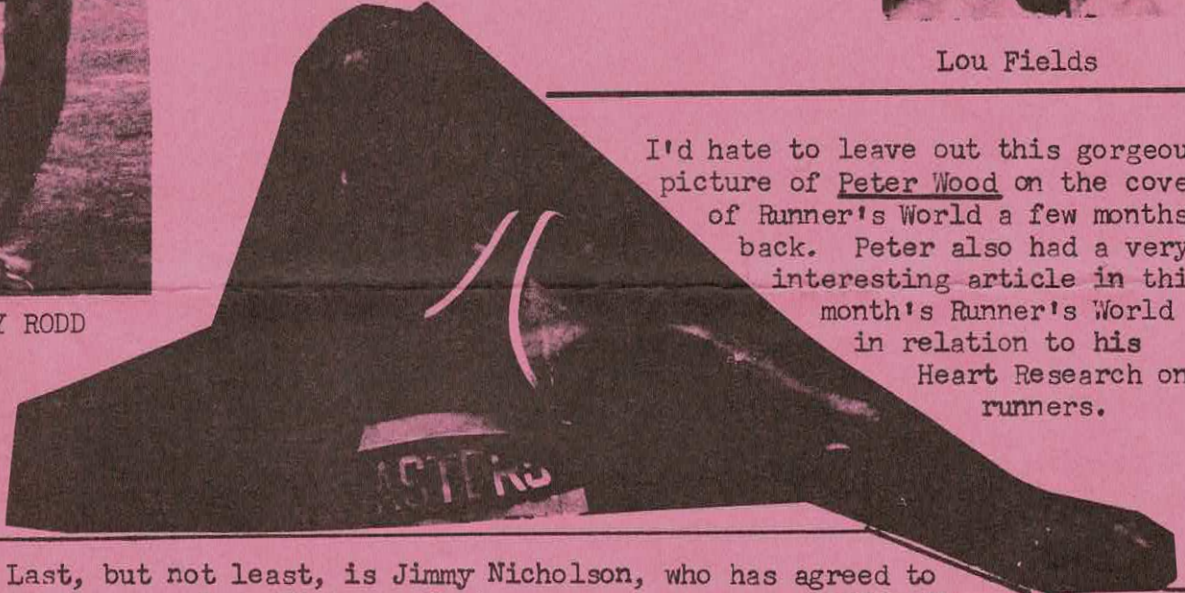


Paul Reese



Lou Fields

Walt, Flory, Bob, Paul and Lou are included together since they are all charter members of the club. They are all runners, except Bob who is still very active with the AAU administration. Lou does not run actively anymore- he's too busy flying and sailing.



I'd hate to leave out this gorgeous picture of Peter Wood on the cover of Runner's World a few months back. Peter also had a very interesting article in this month's Runner's World in relation to his Heart Research on runners.



Last, but not least, is Jimmy Nicholson, who has agreed to continue as Long Distance Chairman of the club for 1975. Jimmy did a remarkable job last year, but after a year wishes to stress to all members, no matter how fast or slow, to please get in touch with him if you are interested in running in any relay or such events. It is entirely too much for one person to contact and completely organize a ten man team without some people indicating an interest. Jimmy urges you not to be shy- if you want to run for the club as a team, let him know. On the next page there is a coupon to cut out and send him- or telephone him after 7 PM at 661--591. Jimmy also is announcing the birth of his third child-a boy David, born on January 27, 1975. Now there's a first for you, at a time when most of us are looking for grand

children or hassling with teenagers, Jimmy is having little ones!! Mother Maureen is doing quite well-let's hope she'll be able to resume her running soon. Together, they make a great team. Congratulations to you both, and good health for little David.



ROBYN'S REMARKS

As I come to the end of my year as newsletter editor(hurrah!), I look back and can't help but wonder if I reached some of the goals which I consciously or unconsciously strived(?sp.?)for during the year.

Probably the first goal was to promote women's participation in the club. Not only to get more women's events, but to get the male membership more responsive and more aware of us females, as runners, of course. I think this has happened or is happening, not so much from my small efforts, but because the women speak for themselves, just be being there and showing the world how well they can do. Women like all these that ran in the Christmas Relays(see page 2), that enter many races and race so well are doing more for the sport than anything.

The second goal was to elevate the ranks of the slower runner. Every newsletter features the fast guy, the 4 minute miler, and that's great, but there's a host of people running way back behind that winner(some of us waa...aaa..y back) and they are significant too, perhaps even more so in some ways. (Who else is paying for the winner's trophies ??) Actually, I believe that this is where the Master's Program is most valuable- to get men and women of all ages off their bottoms out in the fresh air enjoying their bodies in physical use. Whether they run a 5 minute mile or a 12 minute one is not as important as their effort and the good health they will personally receive as they keep participating. And it is all of those people that deserve some recognition from a club such as ours.

And the third goal concerns one of my pet peeves- something I probably should have written about earlier- and that is the use of the word 'good' in talking about runners. Webster defines good in about 12 different ways but none of them have anything to do with speed and that's where I dislike the statement "He's a good runner- or even worse, he's not a very good runner- when one person is simply slower than the other. My feeling is that we are all pretty good runners, good in that we keep trying, we

6.

train regularly, we talk up running to non-runners, we support the AAU and the races and many of us give time and effort to promote the sport in various ways. But some of us are slow, some a little faster and the lucky ones are very fast. In a way, the slowest runners are the 'best' since they are on their feet longer and therefore are running longer. Personally, I'd much rather get it over with and finish in the top ten if only I could. Why some of you guys and girls are showered, beered, and on the way home when us plodders are just coming in !! By that time, you've talked about the race so much that you're not even interested in my story about what happened to me during the run. So, in the future, I hope to hear running talk referring to speed or improvement, but let's not say "She's a good runner !! OK?- unless you're referring to me, of course.

The job of newsletter editor has been lots of fun for me despite my complaints and I surely have enjoyed getting to know more about the club and most of all it's members. I don't know who is going to take over at this time but I wish him or her lots of luck. And to all you readers, I sincerely hope I have contributed a little bit to your lives and that you have enjoyed reading this newsletter as much as I have enjoyed writing it.

And now I'm going to hop on my Honda and take all this to the PIP. Good miles and keep on running !



For all members!

I am interested in running in the
Camellia Festival Relay Team- Check
Lake Tahoe Relay Team- one or
Christmas Relays- more
You may contact me at
Name _____
Address _____
Phone _____
No. _____

Clip out and mail to

Jimmy Nicholson
2078 47th Ave.
San Francisco, 94122

Now!

CALENDAR OF LONG DISTANCE RUNNING EVENTS

SAT.FEB. 22: Sixth Annual MARTINEZ RUN
10 AM 8.4 Miles- Rankin Park,
Martinez. Contact Luka
Sekulich,1485 Darlene Dr.
Concord 94520. Ph 685-5185.

SUNDAY MARCH 2 FREMONT 10,000
10 AM Central Park Swim Lagoon-
Fremont, Calif.--This is not
an AAU race this year but
is a well organized, fun race-
it features 4 divisions- you
predict how fast you will
run it to determine your div-
ision. Write to Jim Sigman-
39700 Civic Center Drive-
Fremont, 94538 for entries.
Phone 415/796-3471.

SAT. MAR 8: CAMELLIA FESTIVAL 100 MILER
8 AM Sacramento,-Contact John Hill
if you're crazy enough to do
this one. John expects Eileen
Waters this year-she just may
win it if I know Eileen !
John's address-604 Flint Way,
Sacramento 95818.Ph. 916/446-
6341. -on second thought maybe
you should be contacting your
psychiatrist.

SUN. MARCH 9: SAN JOSE FITNESS RUN
10 AM 6 Miles, San Jose St.(Bud Win-
ter Field). Contact Vic Cros-
etti 987 Kennard Way, Sunny-
vale 94087. Ph 408/732-0520

SAT MARCH 15: PA-AAU 30KILO CHAMPION-
SHIPS
Site to be arranged. Contact
Mike Jones, 228 North Ave.
Aptos 95003. Ph 408/688-7367.

SUNDAY MARCH 16 SUGAR BEET RUN
Not an AAU race but a good one.
10,000 Meters-5 miles for women
1 mile-kids-E. Union High School
Manteca, Calif. Contact- Manteca
Recreation Dept. 149 Poplar
Ave. 95336. Ph 209/239-1331.

9:30 AM



MORE LONG DISTANCE EVENTS

SUN MARCH 16: NAPA BLOSSOM HILL RUN
1.2 Miles and 8.1;Ridgeview
9:30 AM Jr. High, Napa. Contact Ron
Whitney Heritage School.
Calistoga, 94515.Ph 707/942-
5133. This has always been a
great race, scenic, hilly course
with lots of family style cat-
egories.

SUNDAY March 23: SENIORS ONLY LAKE MERCED
RUN-5 miles-Contact Jack
11 AM Bettencourt 136 Dundee Dr.
So San Francisco 94080. Ph.
755-9681. More about this is
other part of this newsletter.

SUN.MARCH 30: LAKE SAN JO 10 MILER
10 AM Howarth Park, Santa Rosa,
Contact Glenn McCarthy. 1501
Beachwood Dr. Santa Rosa 95401.
This is a Cross Country -not
a road race.

SUNDAY APRIL 6 :The BUFFALO STAMPEDE-10 Miles
THE PA-AAU 50 KILO CHAMPIONSHIPS
10 AM Races run simultaneously. Start
at Sacramento-Interstate 5
Bridge over Sacramento River.
Contact the one and only Abe
Underwood. 6555 Riverside Blvd.
Sacramento 95831. Ph 916/392-7672.

Be sure to contact race directors before
traveling any distance to a race. Mistakes
do occur and changes are sometimes made.
1975 AAU Long Distance Handbook and Schedules
are available at road runs in the Bay Area
or send 50¢ to Harold DeMoss, Box 967, Los
Altos, 94022. It's worth reading- lots of
interesting information in it.

RUNNERS WORLD FUN RUNS

Every Sunday at Foothill College, Los Altos
10:30 AM . Yoga Instruction the first Sunday
run of each month after the run. Free.
Includes a 1/2 mile, one mile and longer dis-
tance run every week.

MORE LONG DISTANCE RUNS

8.

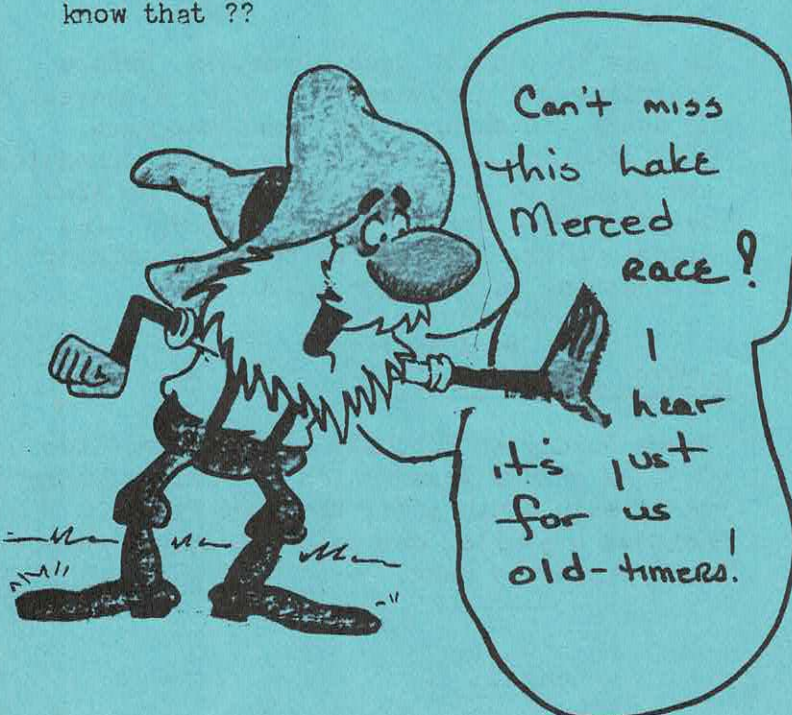
GOLDEN GATE CELEBRITY CHARITY RUN

Pax Beale is in charge of this one so you know it's going to be unique. It's going to be APRIL 26 at Noon, starting at Fort Baker Parade grounds in Marin County. All proceeds go to Big Brothers and Big Sisters. There will be a gigantic picnic and some entertainment afterwards on the Marina Green, San Francisco, plus a challenge this year to all runners who were listed in the "NCR's Long distance point ratings. That should be interesting! SAVE THE DATE!

DSE RUNS

- SUNDAY MARCH 2- OCEAN BEACH-Meet at Balboa and Gratiot Highway-on the beach 10 AM 6 miles.
- SAT. MARCH 22- MT. DAVIDSON HILL CLIMB-Meet at Phelan Ave. north Ocean Ave. 10 AM 3 miles.
- SUN. MARCH 30- LEGION OF HONOR-Meet at Legion of Honor Parking lot-4.5 Miles 10 AM

WOMENSPORTS magazine reports that in 1973 women over age 40 bought about 13% of the athletic shoes sold. Aren't you glad to know that ??



BOSTON, ANYONE ??

If you're thinking of going to Boston, Jack Leydig is getting together a tour group package similar to last year's which greatly reduces the cost of the trip and adds to the fun. First of all, you have to have run a 3:30 Marathon during the past 12 months, and if you do qualify, call Jack at 415/342-3181 or drop him a line at PO Box 1551, San Mateo, Calif 94401. and he'll give you particulars and keep you posted.

NEW SPORTS RULE CHANGE

At the AAU Convention in October, an important changeregarding fitness of long distance runners was passed. The following statement is now sufficient(no attending physician need be present) when placed on entry blanks for long distance runs; "I attest and certify that I am physically fit and have sufficiently trained for competition in this event, and my physical condition has been verified by a licensed medical doctor(except where the latter is in violation of religious principles)...(signature)."

From the NCR- thanx, Jack.

#####

LAKE MERCED SENIORS ONLY 5 MILE RACE

Race director, Jack Bettencourt is hoping for a big turnout this year, which is one of the reasons we changed it to Sunday. Most likely, there will be 5 year awards given, to the first three places depending on how many runners show up. We're also planning a picnic after, inside or out depending on the weather. For a modest fee, we'll provide beer, wine and some sort of lunch, so plan to stay and socialize. Any of you wives that will be coming and not running and/or willing to help with the picnic, please call me, Robyn Paulson and volunteer your help. -751-8825. No pre-registration needed, but husband-wife teams will get a reduced entry fee and this year for the first time, Jack promises a husband-wife award. Hope it snows in Reno!!!

9.

It is my pleasure this month, to introduce to you readers, our new president, a man who has always distinguished himself on the track or in a road race, and one I'm sure who will do much to further the name and fame of the Northern California Seniors Track Club, Dennis Teeguarden.

Dennis, who claims to have started running way back in the 7th grade, was born and raised in Gary, Indiana in 1931. Some grade school track meets attracted him, and although he didn't always win, he liked running enough to continue and ran track in high school and college. He tried various distances and settled on the 440 with a HS best time of 54.8 and a 53.8 in college. After college at Michigan Tech. he gave up running and pursued his career in Forestry Economics. The Navy took four years out of his life, but did bring him to San Francisco where he was an Officer on the USS Oriskany.



Dennis as he appeared in a 1972 NorCal Running Review. Too bad it isn't a bigger picture so you can see his handsome face.

NOSTC's Dennis Teeguarden is becoming a real threat in local senior road races.

It was during his stay in San Francisco that he married his wife, Sally, a girl he had met on a blind date back in College days. Their honeymoon was distinctive in that it was in a quonset hut in Hunter's Point- the navy didn't even provide a waterbed. After the Navy, he and Sally moved to Berkeley, where Dennis did graduate work and by 1964, had earned his Ph.D. in Forestry Economics. Dennis stayed on at UC Berkeley where he is presently Professor of Forestry Economics.

Sally has kept busy with their three children, 2 boys and a girl. No-one else in the family is into running--yet-- but the oldest son is active in gymnastics. Sally does an occasional jog around the bloc but is not serious about running. Sounds like a good candidate for the Triathlon.

The springtime of 1968 brought a slightly overweight (188 lbs.) Dennis out to a track where he spied a white-haired fellow out jogging around and around the track. Not to be outdone by his elders, Dennis gave it a try and managed a 9 minute mile for his first time back. Six months and 38 pounds later, Dennis was regularly running 25 miles a week and loving it. At present, he aims for 50 miles a week. Most of this is done on the roads on his lunch hour, but twice a week he works out on the track with some intervals. (For Teeguarden's Top Training Secrets send 75 and an Adidas Box top to.....)(that's supposed to be a joke). He also runs 7 days a week, and races about once a month.

His most recent distinction came when he won the senior mile in the Examiner Games an achievement that he considers one of his best, since he'd been trying for four years. His winning time was 4:39 and he just inched out rival Ken Napier. Other best times include a 26:41 Lake Merced, 1:19:53 for Berkeley-Moraga this year which was 5 minutes faster than he did several years ago, and 54:20 for fastest senior in the Dipsea of 1972.

Dennis thinks that he has been most inspired by Don Pickett who he considers one of the toughest senior runners around- Don has run in the Examiner Games Senior Mile for 7 years:-by Jim O'Neill who shows high quality performance and good sportsmanship-; and Jim Nicholson. He tells the story of his 1972 Dipsea race, barreling down Steep Ravine as fast as he could, when he came across Jimmy ... who politely stepped off the trail to let Dennis pass. That is the absolute in sportsmanship. (Whatever was going on in those bushes, Jim?)

Some of Dennis' thoughts about running include the tremendous psychological value which is one of the reasons he does about half of his miles alone. He finds it a great problem solving time. He also thinks people should run for fun and compete only against themselves.

Lou Fields is the man responsible for introducing him to the Northern California Seniors Track Club and the club is indebted to Lou for doing so. I think Dennis will be an inspiring leader for the club in 1975. Lots of good luck to you, Dennis.

There were increased senior events in this contest this year, probably due to the efforts of our own Emmett Smith, who always seems to be in there pushing for the seniors. Many of our members were participating, and it was exciting to see them. In the Seniors' Sprint Medley Relay, all of the athlete's were members of the club. I do not have times for their event. Sorry!

- Team A- Marlin, Parish, Frederickson, Pratt
- Team D- Jones, Jordan, Manogian, Grant
- Team C-The Long Distance Sprinters' Evans, Garnett, Paulson, Templeman
- Team B-Presber, Smith, Hutchinson, Nachbar.

Seniors 60

- 2. Charles Carter 7.7
- 3. John Satti 7.8

Seniors Long Jump

- 1. Phil Presber 20-3 3/4
- 3. Phil Conley 18-11 1/4
- 4. Ed Mahaney 18-2 1/2

Seniors Mile

- 1. Dennis Teegarden 4:39.0
- 3. Robert Shaw 4:43.6
- 4. Michael Healy 4:47.5
- 9. Peter Wood NT
- 10. George Moss NT



PEACH BOWL PACERS 10,000 meter run
January 27, 1975

Place	Name	Time
13	Ross Smith (1st Masters)	38:39
35	Walt Betschart (2nd M)	39:48
42	Gough Reinhardt (3rd M)	41:04
80	J.P. Wirick	47:49
90	Catherine Smith	51:45

DAISY HILL IV - January 12, 1975

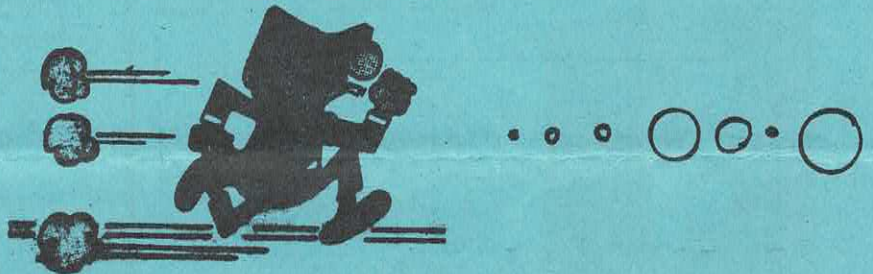
13.5 miles

Place	Name	Time
11	Robert Malain (1st Master 40-49)	1:24:28
21	Gough Reinhardt (2nd M40)	1:33:06
28	Ruth Anderson (4th Woman)	1:36:23
43	John Anderson	2:00:41

Ruth's 4th place time bettered the previous course record.

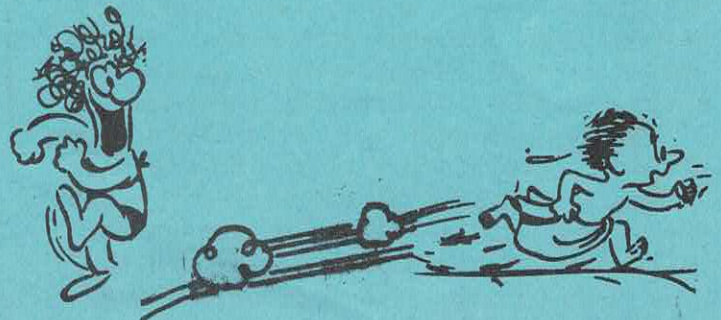
6.75 miles - 1/2 Daisy Hill

Place	Name	Time
4	Ed Preston (1st Sr. 50-59, set new division record)	39:38
6	George Moss (2nd M40-49)	41:04
14	Edwin Heinlein	45:17
27	Marjorie Heinlein (3rd W)	50:55



CHANNEL TO LAKE 10 MILE RUN
February 1, 1975

Place	Name	Time
29	Colin Templeman (2nd Sr.)	1:01:24
43	Gough Reinhardt	1:02:50
55	Bruce Dingwall	1:06:20
58	Frank Cuzzillo	1:06:42
64	Ruth Anderson (1st Woman)	1:07:27
113	William Dyer	1:19:09



TRACK PACKAGE

11.
The Executive Board decided to have the Track Package- as was done last year, but unfortunately, it became impossible to get the newsletter out early enough to inform members before the first track meet. So, if you paid in Sacramento, subtract what you paid from what you send in for the season. The fee, for members only, is \$5.00 for the 5 club meets which is quite a saving since they will be \$1.50 at each meet. Husband-wife members can compete for one entry fee. So, send in the coupon with your money soon. We will not include tee-shirts this year-or at least not with the track package.

Enclosed find \$5.00 for the track season NCSTC 1975.

Name _____

Address _____

Mail to Robyn Paulson, Sec. Treas.-629 44th Ave. San Francisco, Calif. 94121.

Just me Includes my wife

TRACK AND FIELD CALENDAR

CLUB MEETS

Sunday, Feb. 23-Cal. State at Sacramento

Sat. March 23-Herbert Hoover Relays-
Please refer to page 2 of this issue.

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- tentatively set for Laney College,
Oakland.

Sat. July 19- Foothill
College-Los Altos Hills.

All track meets start about 11-12 noon. No schedule of events at press time- probably the same as last year. Women's Triathlon will be held if enough women show up.

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

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.



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.



Thank to the DSE News. 12.

FOR PROSPECTIVE MEMBERS

STU-PEDS

by H. Stuart Ruth

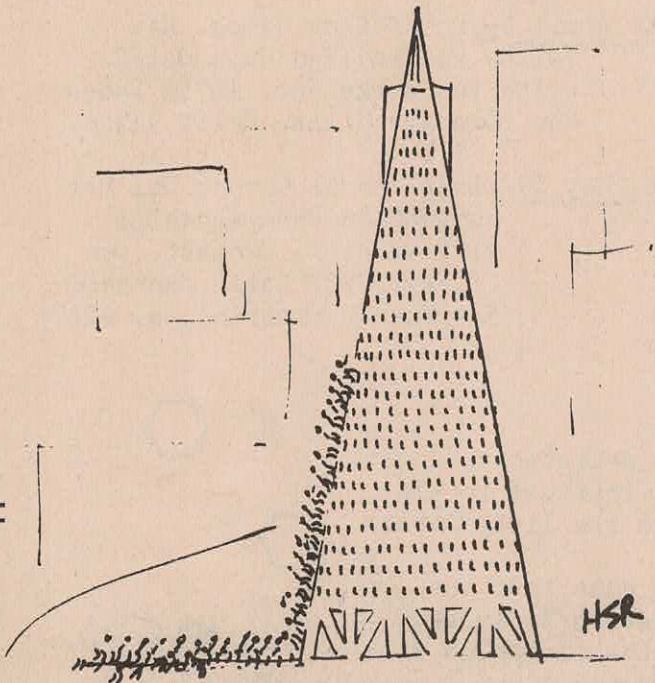
Please send me information about your club, the Northern California Seniors Track Club, and an application form for membership if I am interested

NAME _____ PHONE _____

ADDRESS _____ BIRTHDATE _____
No. & Street _____

City & Zip Code _____

Mail to Sec.-Treasurer- Mrs. Robyn Paulson,
629 44th Ave. San Francisco, Calif. 94121. Please
do not send any money now.



HSR

IF YOU THINK THIS ONE'S BAD, WAIT 'TIL
THE DSE B. OF A. BLDG. RUN.

Get the coupon
on page 6- and
mail to Jimmy
before you forget.



That's
all,
folks!

NORTHERN CALIFORNIA SENIORS TRACK CLUB

629 - 44th Avenue
San Francisco, Calif.
94121



FREDERICKSON, WILLARD
BOX 98
SAN GERONIMO ,CA 94963

FIRST CLASS MAIL