

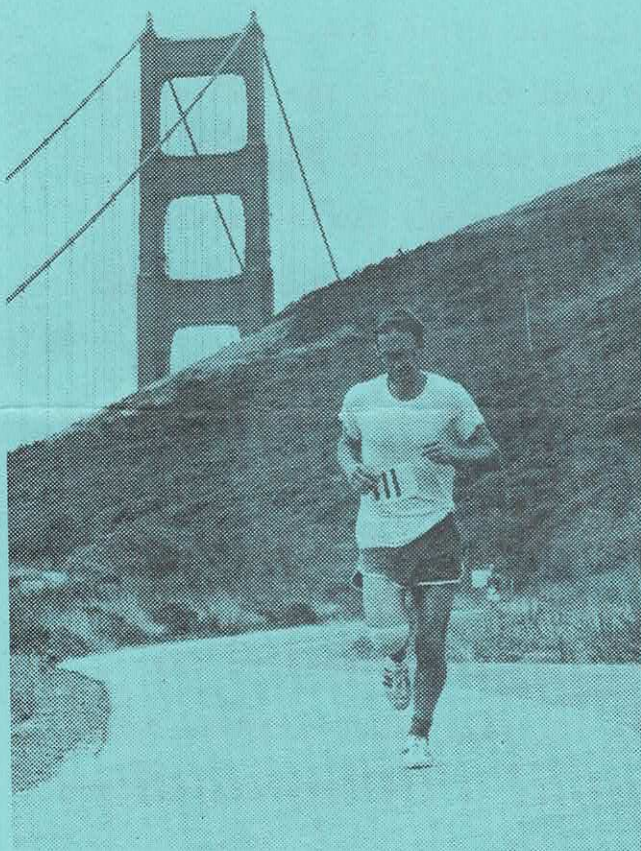
NORTHERN CALIFORNIA SENIORS TRACK CLUB



PRESIDENT: DENNIS TEEGUARDEN 4732 Westwood Ct. Richmond 94803 223-1821
V. PRESIDENT: JACK BETTENCOURT 136 Dundee Dr. So. San Fran 94080 755-9681
SEC TREAS: ROBYN PAULSON 629 44th Ave San Francisco 94121 751-8825
EDITOR: JOE CAREY 24633 Waterson C. Hayward, 94544 886-7360
LONG DISTANCE CH'N: JIM NICHOLSON 2178-47th Ave San Fran. 94122 661-0591
TRACK & FIELD CH'N

NUMBER 63

APRIL 1975



JIM FORSYTH - RUNNER OF THE MONTH

Jim will be 48 years old in July '75. He is married and the father of five. He works on the assembly line at General Motors in Fremont as a repairman.

Besides participating in races as his time allows, Jim is active in the United Auto Workers and in local politics. He helps out your editor with mailing duties.

He started jogging in 1958. He has missed only two Dipsea races since then.

Jim's main problem is finding time and opportunity to work out. I selected him as runner-of-the-month for this reason: his problem is typical of many club members. He manages to run 2 miles uphill and 2 miles down again on his favorite course in the Hayward hills. He does it on week-ends, days off, and after work on occasion.

He has run a 3:51 marathon. His scratch time in last year's Dipsea was 72:28, which placed him 334 in a (handicap) field of about 1200 runners. He did the Fremont 10,000 in 44:01.

Forsyth says: "Running means a lot to me, in terms of both physical and mental health. I am grateful for the opportunity to be a member of NCSTC and to support its fine efforts for the over 30 runners.

His wife Fran Forsyth likes to drive the whole family to various races, especially the family picnic type of event. Their son Tim age 10 and Susan age 9 regularly enter the races. Susan showed her stride on the TV news presentation of last year's Dipsea.

FAMILY PICNIC RACE : 2ND ANNUAL
GOLDEN GATE CHARITY RACE, SATURDAY, APRIL 26
BEGINNING 12:00 NOON. AT FORT BAKER

Donation \$3.00 per person. All proceeds go to Big Sisters and Big Brothers. No advance sign up; register at the race. Sketch of location elsewhere in this issue.

Live entertainment at picnic after the race. Red Garter Band, Calypso music, Roy John's Jugglers, Bessie Mae-The Clown.

8 page brochure, memento of the race. Pertinent excerpts in other parts of this issue.

U.S. MASTERS CHARTER FLIGHT TO EAST COAST

The USMTT has arranged a Charter Jet Tour from Los Angeles to New York for the AAU Masters Championships in White Plains, N.Y. August 8-10th. From New York on August 11th we fly to Toronto to compete in the World Masters Track and Field Championships (sponsored by the USMTT and the Canadian Masters) August 12-17th (Marathon Saturday August 17th). The tour returns to Los Angeles Monday, August 18. The flight departs from Los Angeles International Airport on Thursday, August 7 via UNITED AIRLINES at 10:30 a.m.

The current estimated cost of the tour based on the UAL quote (subject to a possible increase in fuel surcharge) is \$310.00. (*) This includes airfare, meals aboard, movie, drinks (with smokers relegated to the tail section of the aircraft), airport bus pickup and return in New York and Toronto, and University housing at Manhattanville College, White Plains, and the University of Toronto. Meals and entry fees are not included. Meals will be available at low cost, however, at both institutions. This is an excellent value since the regular coach airfare alone is about \$400.00.

If you wish to go, fill out the form below and send to the USMTT, 1951 Cable Street, San Diego, California 92107 together with your deposit of \$100.00 per person. This is an affinity charter and you must be a dues paying member of the USMTT (dues are still only \$5.00 per year).

(*) Price subject to adjustment when final costs are ascertained and presupposes all 223 seats are sold.

Editor's note: Your attention is directed to the duality of above offer. Top of next page remarks are directed to the Toronto meet only. Failure to apply for charter flight in time does not preclude participating in Toronto meet.

Here are pertinent excerpts from a 24 page brochure prepared by World Masters Track and Field Championships 1975, 559 Jarvis Street Toronto Ontario, Canada M4Y 2J1 (or is it 2V1 ?)

Rules outlined previously have been superseded. Men participants must be born on or before Aug. 11 1935. Women must be born on or before Aug. 11, 1945. Except for a few specific events Events will be in five year age groups. Over 70 years old compete together in specific events, or in all events in 65-70 group.

Program will be comprised of all standard track and field events (metric) with a few specific exceptions, an internationally score cross country race and an internationally scored marathon

A "sub-masters" group 30-40 years can compete in certain specific events.

Entries must be received at above address by July 1st, 1975. See reprintson next page for entry rules and regulations.

Interested parties are urged to acquire copies of the 24 page brochure for further valuable information beyond the bare essentials reprinted in this issue. write to above address and/or Dave Pain in San Diego

COME CANADA



COME TO CANADA!!
 VENEZ AU CANADA!
 VIENE UD AL CANADA!
 KOMMEN SIE NACH KANADA!
 TAR GO CEANADA!
 VENGIA IN CANADA!
 PRZYJEZDZAJ DO KANADY!
 THIG GU CANADA!
 KOM TILL KANADA!
 BRIJEDTE DO KANADY!
 DEWCH I CANADA!
 KOM TIL CANADA!
 TULKAA KANADAAN!

YES, COME TO CANADA! FOR ...
 THE FIRST
 WORLD MASTERS
 TRACK & FIELD
 CHAMPIONSHIP

to be held from AUGUST 11th to AUGUST 17th (inclusive), 1975
 in
 TORONTO, ONTARIO, CANADA

David H. R. Pain
 U.S. Masters Track Team
 1951 Cable Street
 San Diego, California 92107

CHARTER FLIGHT RESERVATION

Dear Dave, 714-222-0503

Date _____

Please accept _____ reservations for the Masters charter flight to New York and Toronto. Enclosed is my check (\$100.00 per reservation) for \$ _____.

Names of those in my party are:

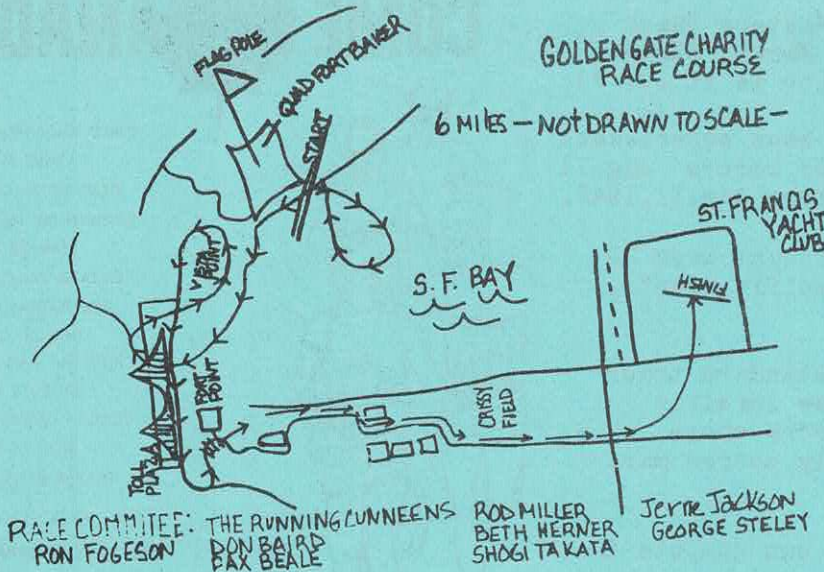
Signed _____

Print Name _____

Address _____

Phone: Business _____

Home _____



More data about Golden Gate Charity race: Results will be listed in entirety in Northern California Running Review. Sweat clothes will be transported to finish.

Official AAU race, sponsored by Plastic Surgery Consultation Service. Free copies of race brochure at Cathedral Hill Medical Center 1801 Bush Street San Fran. 94109, 567-8757

Patrons include Savings and Loans, Medical clinics, Individual physicians, interested individual runners running clubs, Engineering Co's. Teamsters, Musicians' Local 6.

Honorary starter is Dr. Ernst Van Aaken of West Germany, coach of German Olympians. Call 415-653-1859 for info re training seminars.

The brochure lists 16 competition categories, with awards in each category. Famed marathoner Snell is scheduled to appear.

FOR PROSPECTIVE MEMBERS

Please send me information about your club, THE NORTHERN CALIFORNIA SENIORS' TRACK CLUB, and an application form for membership:

NAME _____ PHONE _____

ADDRESS _____

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

COMING EVENTS - ALL COMERS TRACK & FIELD MEETS AT COLLEGE OF SAN MATEO

April 12 and May 31 (Saturdays)
AAU registration. 50c entry fee. No pre-entries. Tight time schedule beginning with 6 mile run at 1:00 pm. Finish with one mile relay at 4:30. 22 other events.

For full details write to West Valley TC Box 1551, San Mateo 94401. Also Phone Jack Leydig after May 1, at 342-3181 (415). Or Dave Shrock at 343-7895

COMING EVENTS - TRACK AND FIELD. BY NCSTC

Saturday April 19 Community Stadium, Patterson. Editor awaiting details from meet director. See later pages of this issue.

Saturday, May 3. Los Altos High School. Standard NCSTC schedule of events beginning at 11:50 am. Track is on Almond Avenue near the main arterial San Antonio road. Los Altos is on the peninsula between San Jose and San Mateo.

Sunday, June 8. College of Marin, in Kentfield north of San Francisco. Approach by San Rafael bridge or Golden Gate Bridge.

Sat-Sun July 5-6 PA-AAU Regional meet at

Laney College near Lake Merritt in Oakland. Complete 2 page brochure describing this big one will be in next issue middle of May. Available now by writing to meet director Ed Phillips at PO Box 1267, Los Altos Calif. 94022.

Saturday, July 19 Foothill College in Los Altos hills. More details in a later issue.

The Hagerstown, Maryland Run For Fun Club recently signed up a blind runner. He is progressing rapidly with the help of other members who act as guides.

COMING EVENTS: AAU LONG
DISTANCE RUNS.

- SUN. MAY 25: APTOS 15 KILO ROAD RUN, Aptos (10 am). Contact: Mike Jones, 228 North Ave., Aptos 95003. Ph. 408/688-7367. Entry Fee \$1.00. Sponsored by Soquel Running Club.
- SUN. JUNE 1: 55TH ANNUAL STATUTO RUNS, 4 & 8 Miles, San Francisco (both races are run together), (9am). Contact: John J. Valentini, 2232 - 18th Ave., San Francisco 94116. Ph. 681-2364. Entry Fee \$1.00. Sponsored by the San Francisco Athletic Club.
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- SUN. APR. 20: 1ST ANNUAL SANTA CLARA VALLEY SPRING RIDGE RUN, East Foothills, 5 & 11 Miles (10 am) (Boys/Girls Age-Groups, Men, Women, Masters). Contact: Cupertino Yearlings, P.O. Box 1049, Cupertino 95014. Ph. 408/252-0100. Entry Fee \$1.50.
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- SUN. MAY 4: MAY RUN---STRAWBERRY STROLL, 6.5 Miles, Holy Names College, Oakland (10 am). Contact: Mary King, Holy Names College, 3500 Mountain Blvd., Oakland 94619. Ph. 536-1246. (Many Divisions).
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- SUN. MAY 11: 4TH ANNUAL AVENUE OF THE GIANTS MARATHON, Upper Bull Creek Ranger Station, Humboldt Redwood State Pk. (near Weott) (9 am). Contact: Dr. Richard Gilchrist, 281 Hidden Valley Rd., Bayside 95524. Ph. 707/443-1226. Entry Fee \$2.00 (\$2.50 Late Fee). (Many Divisions). Sponsored by Six Rivers RC & Southern Humboldt Chamber of Commerce.
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COMING EVENTS: DSE RUNS

- Sunday April 13 9 am Golden Gate Bridge Vista. Meet Legion of Honor Parking Lot. 6 miles
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- Sunday July 27 Fort Point Meet at Presidio Gate (Marina Blvd) 4 miles.
- Sunday August 3 10 am practice Dipsea. Meet at Mill Valley bus station. 6.8 miles

MORE ABOUT PATTERSON MEET

Frankie Hicks, meet director, kindly informs us that Patterson Booster Club will serve a deep pit barbecue dinner at Patterson High School from 4 to 7 pm the day of the meet, April 19. Truly great food at \$4.50 for adults \$2.50 for children.

Frankie says there are several prospective members in Patterson. NCSTC is branching out.



COMING EVENTS FROM THE SOUTHLAND

MAY	4	SUN	M-1	CHAPMAN COLLEGE MEET; ORANGE, CALIF.
	10	SAT	NOON M	FIRST ANNUAL "CDM PENTATHLON CHAMPIONSHIPS" URVINE, CALIF. CONTACT: DON PALMER 27882 CALLE SAN REMO; SAN JUAN CAPISTRANO, CALIF.
	17	SAT	L-4	BAKERSFIELD TRACK CLASSIC; BAKERFIELD, CALIF.
	23 THRU JUNE 1		M	DUAL MEET WITH BRITISH MASTERS; LONDON, ENGLAND CONTACT: MASTERS SPORTS ASSOC. 11 PARK PLAGE, RM 1460 N.Y.C. 10007
	24	SAT	L-1	CALIF. RELAYS; MODESTO, CALIF. (100 YD ONLY EVENT)
	31	SAT		OPEN
JUN	7	SAT	M	MASTERS DISTRICT SPAAAU CHAMPIONSHIPS SPONSORED BY SENIORS TRACK CLUB (SITE NOT YET DETERMINED)
			L-1	KENNEDY GAMES; BERKELEY, CALIF.
	8	SUN	M	L.A. SPORTS INTERNATIONAL MARATHON; URVINE, CALIF.
			M	NORTHERN CALIF. SENIOR TRACK CLUB MEET, COLLEGE OF MARIN; KENTFIELD, CALIF.
	14	SAT	M	THIRD ANNUAL "CDM RELAYS"; URVINE, CALIF. CONTACT: DAVE JACKSON 19103 S. ANDMARK AVE. CARSON, CALIF. 90746
	21	SAT		OPEN
	* 28	SAT	M-4	L.A. SPORTS INTERNATIONAL "SENIOR OLYMPICS" UNIV. CALIF. AT URVINE; URVINE, CALIF. CONTACT: WARREN BEATTY / MUTUAL OF OMAHA BLDG. - SUITE 302; 5225 WILSHIRE BLVD. LOS ANGELES, CALIF. 90036
	29	SUN	M-4	L.A. SPORTS INTERNATIONAL "SENIOR OLYMPICS"

ALL - TIME RUNNING GREAT RETURNS

The Golden Gate Charity Run, sponsored by the Plastic Surgery Consultation Service in San Francisco, has been selected as the comeback race for one of the greatest runners in the history of track annals. Peter Snell of New Zealand, three-time gold medal winner at the Rome and Tokyo Olympic games, former holder of four world records (including the classic mile run) and formally elected as the trackman of the last decade, is an official entrant in the six-mile charity race from Fort Baker in Marin County -- up and over the Golden Gate Bridge, down to Fort Point, and ending at the small Marina Green. This charity race will start at Noon on Saturday, April 26, 1975.

All proceeds from the race registration will go to the Big Brothers and Big Sisters charity organizations. Snell's presence will also be felt after the Race. His contribution is a secret at present, but each entrant is certain to be pleased at the awards ceremony.

Pax Beale, Race
Chairman

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TRACK PACKAGE

The executive board decided to have the track package, as was done last year. If you paid in Sacramento or at the Herbert Hoover relays, 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 over \$1.50 per meet. Husband and wife members can compete for one entry fee. We will not include tee-shirts this year - at least not with the track package.

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

Name _____

Address _____

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

Just me

Includes my wife

POST BAY-TO-BREAKERS PARTY

As in past years, all runners, their families, friends, boyfriends, lovers or whatever are invited to meet in Golden Gate Park for a picnic and fun after the Bay-To-Breakers. We get together at Speedway Meadows which is off Kennedy Drive at approximately 25th or 26th Ave. Look for the rest rooms (where else) and the baseball diamond. Bring your own food, beer, wine etc.-blanket, too. For those of you coming out of the city, Kentucky Fried Chicken type places are not too far away--hope to see lots of you then.

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 Schedule 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.

Siden thought by the editor: Here's a good spot to insert a hint about photos. You have probably noticed the dearth of photos in this issue. I had a marvelous collection of beautiful color photos taken at various meets. Samples from past issues showed that they print very poorly regardless of the quality of the original. I understand there is a process which will bring them out fairly well. We are going to try it on an experimental basis first without running off the page in quantity until the results are known. But the process is more expensive than black and white reproduction anyway, so we will use it only as a last resort to reproduce an unusually good photo that happens to be color.

We need photos for future issues. Please make them black and white. Polaroids are excellent.

Members interested in the club relay team should get in touch with Jim Nicholson at 2178 47th Ave. - not 2078 as listed in previous issue.

The origin of the expression "Charley Horse" is not known. It did not originate in horse racing circles.

About the AAU cards: The transition from one treasurer to another- plus the complicated job for the AAU has caused a delay in getting cards out, depositing checks, etc. Please accept our apologies for this, and rest assured you will get your cards as soon as the AAU sends them back. In the meantime, either enter "in process" on AAU space in race applications, or use last year's number (the last 5 digits). That is what the AAU is doing, from now on, you will carry the same number every year, except for the third digit which changes with the year - it's 5 for this year. And if you have a chance, inform the AAU officials that it is not fair for the club secretaries to do the work for them. John Hutchinson and I have spent hours trying to keep the records for the AAU. Maybe we should send them a bill for our time. Thanks for your patience.

Robyn Paulson

5 MILE MASTERS RUN SPONSORED BY NCSTC
LAKE MERCED, MARCH 23, '75

130 finishers agreed they had participated in an exceptionally well organized run. The awards lunch which followed the race was delicious. Jack Bettencourt received well earned congratulations on his directorship.

Space does not permit complete listing of results in this issue. Awards were as follows:

Women's Division

1. Ruth Anderson 33:40
2. Carroll O'Connor 35:02
3. Catherine Smith 35:50

Div. I 40-44

1. Jim Shettler 26:19
2. Ken Napier 26:36
3. Ray Menzie 27:07

Div. IV 55-59

1. Ed Preston 29:16
2. Joe Carey 30:42
3. Alan Waterman 31:40

Div. II 45-49

1. Ross Smith 26:49
2. Bob Malain 27:36
3. Jim O'Neil 27:37

Div. V Over 60

1. Bill Monheit 37:47
2. Walt Stack 39:08
3. Steve Cole 39:38

Div. III 50-54

1. Bob Biancalana 29:42
2. John Getas 30:29
3. Seymour Collins 30:40

Div. VI Over 70

1. Paul Spangler 38:25
2. Wally Hanson 41:20
3. Ben Hirsch 44:09

Husband & Wife Teams

1. Ross & Catherine Smith 62:39
2. Seymour & Virginia Collins 67:10
3. John & Ruth Anderson 68:02
4. Ed & Marge Heinlein 70:13
5. Pat & Betty Cunneen 71:09
6. Phil & Robyn Paulson 72:08
7. Bob & Carroll O'Connor 73:50
8. Keith & Anne Walker 78:40
9. Bruce & Alice Dingwall 83:16

2ND ANNUAL CORONA DEL MAR RELAYS

Our 440 team Dick Marlin, Bill Frederickson Van Parish and Phil Presber turned in a 45:4, in a dead heat with Corona Del Mar's Waterman, Jackson, Cheek and Knox.

(cont.) Bob Porter 39:22, Ed Preston 37:02 (1st 55-59) Alan Waterman 38:37, George DeKay Jr. 46:09 Robyn Paulson 53:12.

4TH ANNUAL FREMONT 10K

In a fast field of 156 finishers NCSTC placed 15 participants and 4 medalists, with times as follows:

George Moss 37:12, (1st 40-44) Gough Reinhardt 37:21 (1st 45-49) Joe Carey 39:33 Jack Cook 36:46 (1st 30-34) Jim Forsyth 44:01 Richard Goen 39:23, Phil Paulson 38:53,

Although not a member of NCSTC the performance of Dr. Paul Spangler age 76, is worthy of note in connection with this run: 50:58 A few weeks later he came up to our Lake Merced run and did the 5 miles in better than 8 min./ mile average.

COMING EVENT: 1st Annual San Francisco Police Country run. Sponsored by Police Athletic Club - 850 Bryant Street, San Francisco 94103 Saturday, May 3, 1975 10:00 am. Around Lake Merced. Age Groups lots of medals. Pre-entry encouraged. Fee \$1.00 per person.

NEWS FROM ABROAD

Northerner Norman Bright reports from Miyajima Japan, near Hiroshima. Taking part in the 1st annual International Veterans' 10K run on Dec. 1, 1974, he edged out Japanese star Ogata (2nd) 41:04 to 41:06.

Norm reports that he also saw Shorter in his 4th win at Fukuoka on Dec. 8.

Ogata has just turned 60.



BRIGHT

OIGATA

SACRAMENTO TRACK AND FIELD MEET FEB 23 '75

The first meet was comparatively small, but successful withal. Events went smoothly with the able assistance of Ruben Melgosa and John and Eris Hill. Several new members participated, and were in shape to provide keen competition. Faulty transcription may make the following results slightly less than 100% accurate

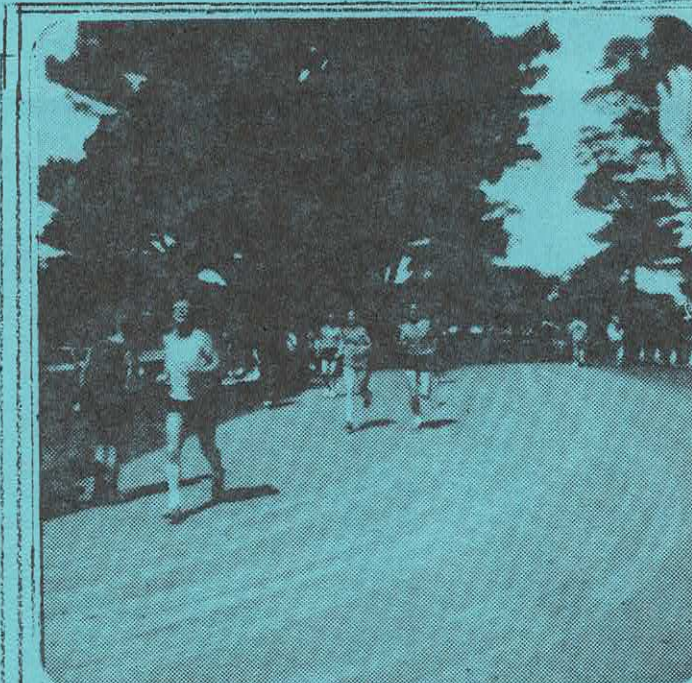
3 mile Spino 15:50 (30-39)
Grant 17:28 (40-49)
Phillips 20:44 (40-49)
Carter 16:45 (50-59)

100 yd. dash: 40-49	50-59
Presbee 10.6	Roemer 11.3
Parish 10.6	Cooper 11.4
Jordan 10.9	Carter 11.8
Zumwalt 11.4	Jan 12.5
Melgosa 12.0	Hoover 13.0
Durrenberger 12.7.	

100 yd. dash 30-39	60-75
Ucovich 10.8	Satti 12.4
Semler 11.7	Carnine 12.5
	Shine 13.3
	Puglizovich 13.7
	Hicks 14.6
	Pennock 15.5
	(1st over 70)

220 yd. dash 30-39	40-49
Ucovich 24.2	Presber 23.6
Semler 27.0	Parish 24.4
	Jordan 25.4
	Zumwalt 25.9
	Grant 26.4

1mile 30-39	40-49	60-69	Women
Semler 4:46.7	Moss 5:11.0	Satti 6:51.4	Paulson 7:23
Cordy 4:52.7	Dale 5:12.7 (50)		Stage 7:58
	Paulson 5:20		
	Phillips 5:46.5		



ROBYN PAULSON FINISHING UP THE MASTERS' 5 MILER AT LAKE MERCED MARCH 23 '75
PHIL PAULSON ESCORTING HER IN.

Much earlier this year, John Hutchinson sent out notices of membership renewal to all members along with the notice about the AAU membership. The response has been excellent, but there are still many members that did not answer. I have to assume that those people do not wish membership any longer, but will give you until about 2 weeks from the time this newsletter is sent out to respond. After that time, or atleast by next newsletter, your name will be dropped from our list. If for some reason you did not get it, or are confused about the AAU business, drop me a line and I'll try to help. Remember you can continue as an Affiliate member even if you are registered with the AAU to run for another club.



HE'S TAKING UP CROSS COUNTRY SKIING

Enclosed is my check for \$6.00 for 1975 membership full. I have paid my AAU dues Affiliate. for 1975 and my number is _____.

Mail to; I want to join the AAU for 1975. Send me the information. My 1974 number was _____
Robyn Paulson
629 44th Ave.
San Francisco
Calif. 94121.

Be sure to include your name and address.

SAN MARTIN MARATHON 3-23-75
11 senior runners participated in a field of 58 starters with 46 finishers. The course has been certified by RR C and the AAU .

Senior finishers were as follows

- 5 Ed Dally 2:46:53
- 13 John Flather 3:07:01
- 21 Peter Wood NCSTC 3:17:51
- 22 R. Willetts NCSTC 3:18:10
- 24 Vic Crosetti 3:22:47
- 26 John Naylor NCSTC 3:24:35
- 34 Ed Friel 3:33:35
- 35 W. Rodiger 3:33:58
- 36 Ken Moore NCSTC 3:38:18
- 39 Don Zarin 3:59:13
- 44 Al Hunt 4:21:00

RRC RACE SCHEDULE

June 1 Pajaro Valley Beach Run 15 miles
Registration 9:45 Race 11:00 am
Start at Manresa Beach 8 miles from
Watsonville. Contact Don Amini 217 Baldwin, Aptos

June 18 6 pm Gavilan College* Meet . 2 mile x-country,
track and field events. *(Near Gilroy)

August 31 Sunday. Rio Beach. Registration 10:30 , race 12:00 noon 6.86 miles
Contact Don Amini 217 Baldwin, Aptos.

EDITORIAL

How about following close behind another runner in a head wind? I like to do it when the opportunity arises. The practice has been called good strategy, poor sportsmanship, or generally ineffective anyway. Comments would be appreciated .

GUEST EDITORIAL

Hi. I'm Charley. My last name is Herse. That's the family name, but some athletes have been known to cast doubts on my ancestry.

(cont.)

I'm like a good cook with his recipes. Everybody knows what I can do, but nobody knows how I do it. I particularly like distance runners with the naive notion they can become sprinters without specific training. I also have good rapport with people who don't bother to warm up. Their invitations are most cordial.

If anybody can say where I come from and how to get rid of me, contact editor Joe Carey.

(10)

**COMING EVENTS - NORTHWEST
SENIOR CLASSIC, GRESHAM-OR.**

This year's meet will be Saturday & Sunday, July 12 and 13, at MT. Hood Community College. Director Jim Puckett plans to introduce new events and a new eligibility format. Official entry forms will be available at about the time our May issue goes to press. Copies will be printed in that or the June issue.

CAMELLIA 100 - MARCH 8

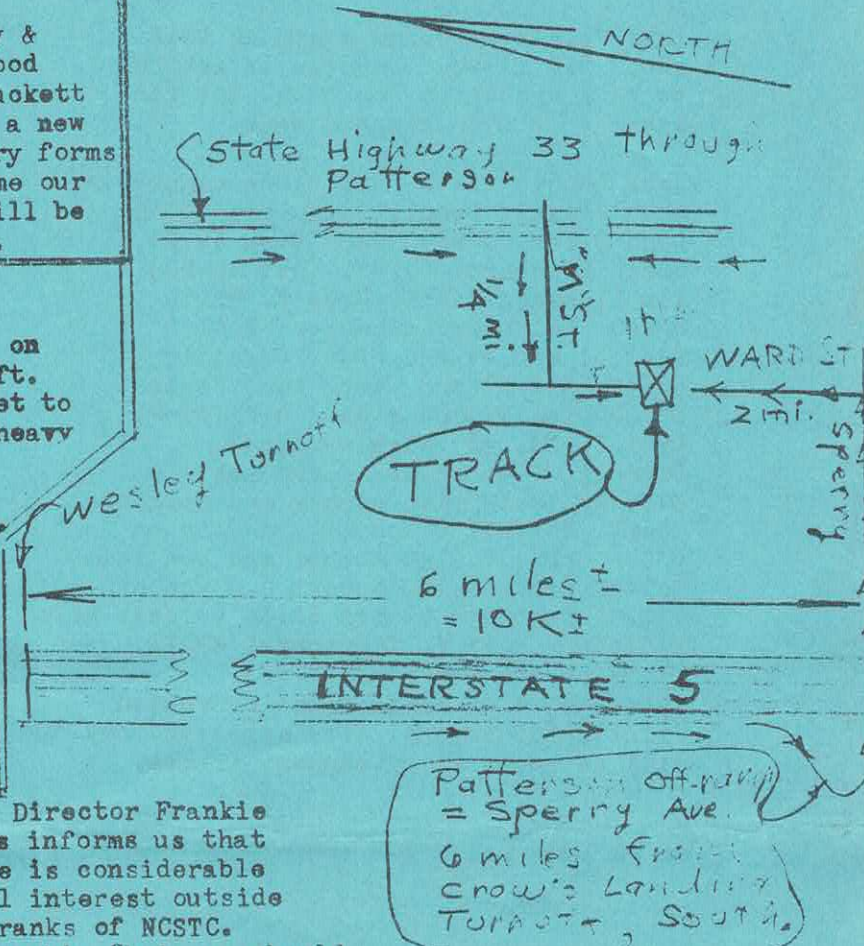
This Phidippidean classic was run on concrete sidewalk, each lap 4545 ft. Distance was 116 laps plus 780 feet to equal 100 miles. Rain was very heavy at times during first 5 hours.

Bill McCray and Don Choi finished. Bill was first in 15h13m43s (I'm sure glad they got those seconds accurate!) Don came in 18h20m05s. The 29 lap breakdown of all competitors shows a steady slowing down of the pace. The other brave souls are as follows:

- John Arberry 100 laps in 19:21
- Patrick Dundas 87 laps in 15:51
- H. Olson 75 in 12:53
- P. Hanson 74 in 12:26
- R. Miller 50 in 12:27
- M. Larsen 49 in 8:27
- Tommy Jue 47 in 7:33
- L. Walker 47 in 8:10
- J. Mansueto 42 in 5:43
- K. Tuinzing 36 in 3:49
- A. Arce 36 in 6:32
- R. Sakauye 36 in 6:32
- G. Welch 16 in 2:33

Meet Director Frankie Hicks informs us that there is considerable local interest outside the ranks of NCSTC. Membership Chairman should bring application blanks.

MORE ABOUT THE PATTERSON MEET - HOW TO GET THERE.



FOURTH ANNUAL ANGEL ISLAND RUN



Note that "Extra Boats" bit. The guardsmen are foresighted and able to learn by experience. This family picnic race just about doubles in attendance each year. Details elsewhere in this issue.

Phidippides should not have had to run the final leg of his historic run. That's why we have relay teams nowadays.

**RUN FOR YOUTH
EXTRA BOATS!!**

**MAY 10, 1971
SPONSORED BY THE GUARDSMEN**

7TH ANNUAL MARTINEZ TO FORT COSTA
BRICKYARD RUN FEB. 22, 1975

ACKNOWLEDGMENT

Luka Dekulich scored again on this one, 8.5 miles. Success is getting to be a tradition for Luka. 201 finishers. NCSTC runners were:

Cyril W. (Pinky) Green has done the foot-slogging work of researching race records for this 1st effort by your new editor. We had an excellent photo of him running, but it has been misplaced in the rush of going to press.

Jack Leydig 42:46 (7th place winner in open class), Dennis Teegarden 47:54 (2nd place 40-45) Jack Cook 49:34, Gough Reinhardt 50:01, (1st 46-50) Tom Pinchard 51:11, Gene F. White 52:40 Ralph Paffenbarger 52:41 (1st 51 and over) Frank Cuzzillo 53:49 (3rd 51 and over) Paul Reese 53:28 (2nd 51 and over) William B. Dyer 62:54, Al Wiggins 63:37, Carroll O'Conner 63:56, and Liz O'Conar 70:50 (1st mother and daughter team) Carroll O'Conner and Clinton O'Conner 54:17 (1st mother and son team) Walt Stack (66:12, Robert J. O'Conner 71:20, Benedict Hirsch 82:36 (oldest male finisher) Paul V. Carmichael 83:21.

This issue was produced largely because of Pinky's cooperative effort.

Pinky has not yet begun active competition in the 70 plus category. He has been training at jogging, calisthenics, and golfing on the rugged hills of the Chabot course. Many younger golfers shy away from it - - too tiring. Pinky loves it.

I have been trying to get Pinky to come to some of the runs. He has done an eight minute mile. Watch out Dr. Spangler and Ben Hirsch!!

Pinky and his wife Anne now live in Hayward. They have raised a family of five: Mike, Karen, Joyce, Jim and Douglas.

Space and time limitations prevented printing of several fine articles. They will be shown in subsequent issues.

NORTHERN CALIFORNIA SENIORS TRACK CLUB

629 - 44th Avenue
San Francisco, Calif.
94121



No. 63 April, 1975

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FREDERICKSON, WILLARD
BOX 98
SAN GERONIMO, CA 94963



FIRST CLASS MAIL