

Bill Monheit, Sec.Tr of A.A.U. Western Masters Track Meet at Laney College, has supplied us with information for scale sketch to the left. Your attention is directed to bottom of 1st column, (all about registration,) lower middle of 2nd column, (all about lodging) and upper middle of 3rd column (all about transportation) on the 2nd page of Ed Phillip's complete schedule attached to this issue.

June 2

A. A. U. WESTERN MASTERS

Chairman
ED PHILLIPS
144 Ashby Lane
Los Altos, CA 94022

Vice Chairman
DON CHEEK
P. O. Box 1476
Atascadero, CA 93422

Sec.-Treas.
BILL MONHEIT
Apt. 307 - Bldg. 196
Caldecott Lane
Oakland, CA 94618

Historian
TOM CLAYTON
19303 So. Cliveden Ave.
Carson, CA 90746

PRESIDENT: Dennis Teegarden, 4732 Westwood Ct.
Richmond, 94803, Phone 223-1821
VICE-PRESIDENT: Jack Bettencourt, 133 Dundee Dr.
South San Francisco, 94080 755-9681
SEC.-TREAS. Mrs. Robyn Paulson, 629 44th Ave.
San Francisco, 94121 Phone 751-8825
LONG DISTANCE CHAIRMAN: Jim Nicholson, 2178
47th Ave. San Fran. 94122 661-0591

TRACK AND FIELD CHAIRMAN:
GET IN TOUCH WITH PRES.
TEEGARDEN. WE NEED YOU.
NO VOLUNTEERS YET.
NEWSLETTER NO. 64
MAY, 1975



NORTHERN CALIFORNIA SENIORS TRACK CLUB

FIRST CLASS MAIL
Joe Carey, Editor, 24633 Waterson Ct.
Hayward, Calif. 94544 86-7360



SAVE

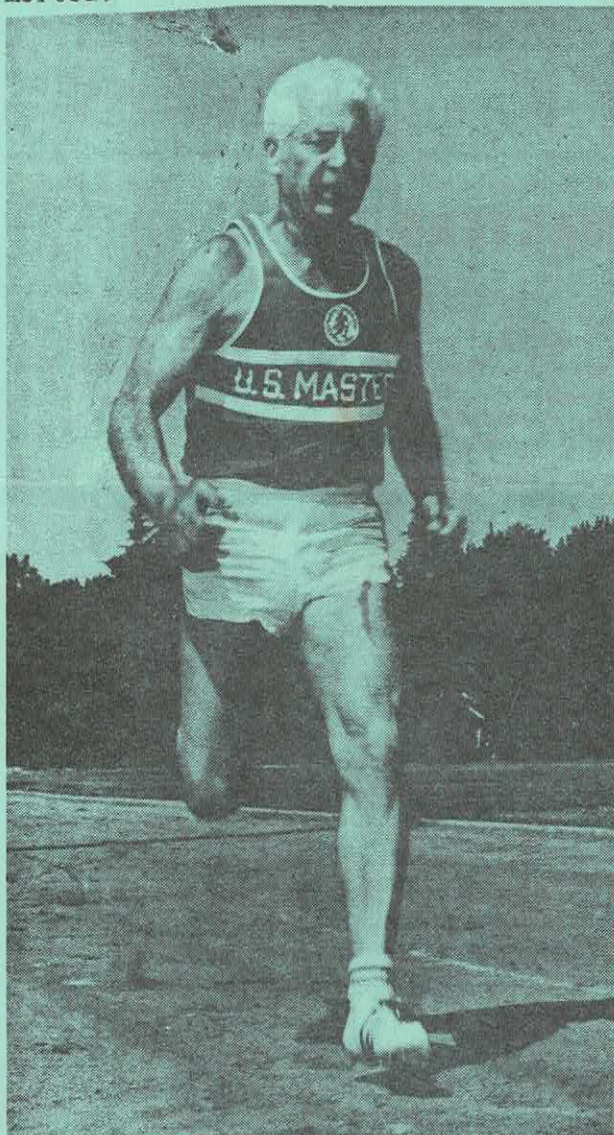
June 23



MEMBER OF THE MONTH

NCSTC is proud to list Tony Puglizevich among its Central Valley contingent. He and his wife Elinora have raised a family of five and already have 12 grandchildren. Their three daughters are Audrey Jean, Carol Ann & Nancy Antoinette. Their son Robert Paul is married. Their son Gary Anthony still lives with them at home in Merced. He served his country in the Tet offensive, returning home in 1968.

Tony is semi-retired from real estate. He operates Fug's Concrete Products in Merced.



MEMBER OF THE MONTH: TONY PUGLIZEVICH

Tony is "typical" of our Central Valley membership in his enthusiasm for track and for life in general, in his spirit of cooperation and in his liking for his fellow runners and for other human beings in general. Beyond that he is far from typical. When your editor asked him for

MEET RESULTS

The National AAU Senior and Masters' 50k championship at Burbank was run April 13 under a cloud cover. It consists of 3 ten loops around Hansen Dam Park, plus a mile at the finish for exactly 50 kilometers. NCSTC runners Rex Dieterich and Dick Houston were the only northern California runners in the race. (See editorial about car-pools.)

Results in the 50-59 age group are:

1. Ed Almeida SDTC 3h27m23"
2. John Lafferty 3h 43m13sec
3. Dick Davies 3h 45m 12sec
4. Rex Dieterich NCSTC 3h 55m28S
5. Dick Houston NCSTC 3h56m09s
6. Chick Sackine 4h 4 h 02m 43sec.

a brief biographical sketch, plus a complete rundown on his athletic accomplishments, I didn't realize the latter would require at least three issues! Here are some highlights:

After an active athletic career in his youth, Tony kept himself in condition until the world-wide surge of interest in Masters' events began in about 1969. That year he won 7 events at the U.S. Masters' meet at San Diego.

At the third annual Seniors' World Championships Games in 1972 he shattered the existing 64 year old long-jump record by more than a foot. He had to use his left foot because of a pulled heel muscle in his customary right. I believe his mark of 12-10 1/2 still stands as an age record.

At the 5th annual Senior Olympics in 1974 he set world records for 66 year olds in 100 meters (13.8) and 200 meters (29.2) At Gresham that same year he was named the outstanding track athlete in his age group.

Recently Tony has been bothered by two of those minor ailments that catch up with all of us on occasions. He has a sore left shoulder and right knee that have hampered him somewhat recently. But he continues to work out regularly, jogging, lifting weights, and corrective calisthenics. These days he moves only twice as fast as those who kid him about "acting his age". Within a short time we should see him back at his normal four times as fast.

During his professional career Tony was President of the Merced County Board of Realtors, in 1958. This same group named him Realtor of the Year in 1959. In 1971 the Merced Kiwanis Club cited him for outstanding service to the Club and to the youth of his community.

Having been a heart patient in his boyhood, Tony believes in a long slow buildup period of training before active competition. He wants to challenge the 89 year old records now held by Duncan McLean of Britain. We believe he'll make it.

Despite several phone calls to the person handling our AAU cards, I still do not have them to mail out. They will be sent as soon as I receive them. In the meantime, use your 1974 number, or, if you have no card, enter "Applied for" on race forms.

Thanks for your patience. Sincerely, Robyn Paulsen.

EDITORIAL

(Editorial, cont.)

Maps are useful. Maps make for readability of pages that would be solid masses of print otherwise.

I hope this concept will be taken into consideration when next year's track schedule is made up. I personally would rather travel 50-100 miles to a familiar track 3 or 4 times during the season, rather than have one at my back door one month and then 200 miles away the following month. If the members nearer the center of gravity benefit more than I, so be it - I'm happy for them too.

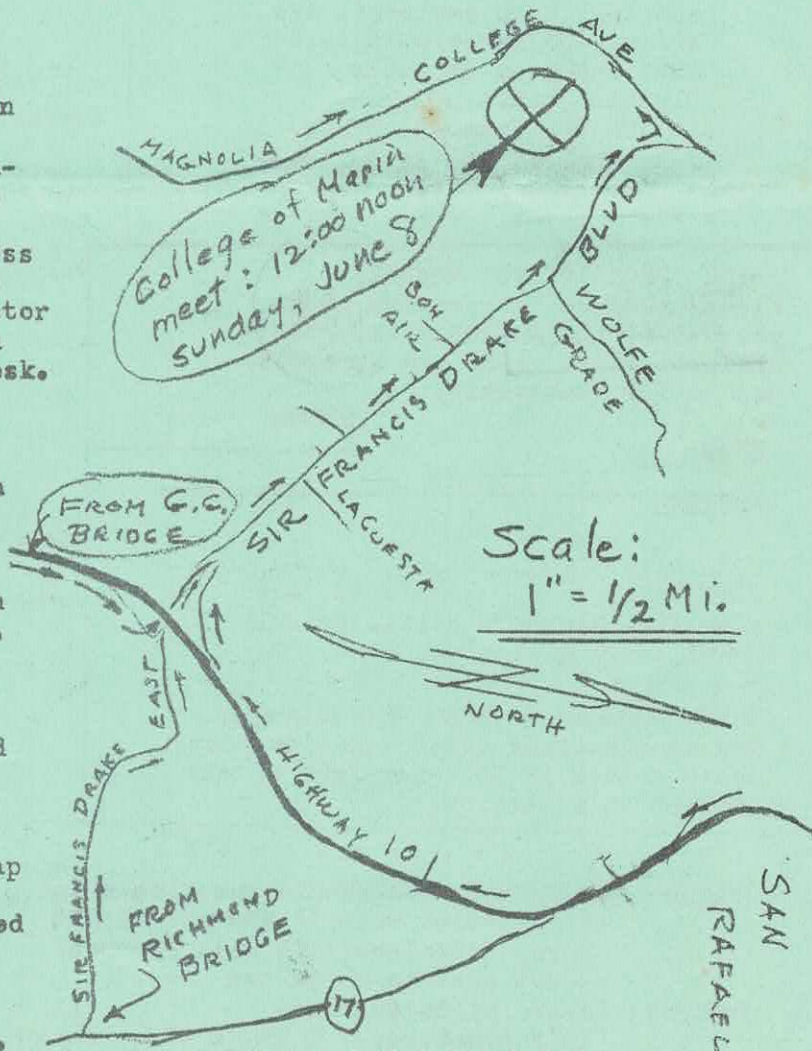
Race results are also interesting. Cooperation with respect to reporting races has been uncomfortably overwhelming. Adding to the demands for time and space, are the announcements and details of big Masters' meets that seem to be coming thick and fast this particular year. Before-the-fact announcements must take precedence over everything else, including results, photos, humor, features, and editorials.

To be a little repetitive, let's hear from somebody who benefited from the location sketches. Otherwise I will have to drop them.

sincerely, your editor,

Joe Carey

There is a good deal of valid opinion to the contrary, but I feel that space allocated to location sketches is vital to the existence of our club as a going concern. The Patterson meet was well attended when we consider its distance from the "center-of-gravity" of our total membership, and the fact that we do not as yet have any effective car-pool arrangements. I hope that its success was due in part to the location that I got by telephone from meet director Frankie Hicks, and that I committed to paper on this cluttered little desk. I know how frustrating it can be to get lost in a strange town after a long drive, and with time running out. I feel that a location sketch gives one a feeling of security on starting out for a meet.



I am including a location sketch of our Kentfield meet in this issue. If I get one favorable letter about it or the Patterson sketch, I will continue to print them. If not, I will have to reserve the space and my time - for other material.

The "center-of-gravity" of our membership is that point on the map that would minimize the the total passenger-miles if everybody attended a meet at that point. The AAA has given me basic data from which to calculate the center of gravity. I think it is somewhere near Concord.

Send in your name, address, and phone number if you want to organize or take part in a car-pool to the Laney College meet. It will be printed in our mid-June issue. It's too late for Kentfield meet.

NEW MEMBERS

We welcome the following new members. We hope none are left out. All will be included in our new computerized address list.

- Bill Bigelow, Berkeley, steeplechase, high jump, running.
- Louise and Tom Burns-Berkeley-LDR
- Louis Caro, San Bruno - track.
- Harvey Cain, Sacramento-LDR
- John Dick-hammer, long jump, track.
- Wm. Eller Moraga, track and field
- Bill Kelley, Walnut Creek LDR
- Shelden Solloway, Redwood City T&F
- Len Spurrier, Orinda-T&F
- David Woodruff, Mill Valley LDR
- Richard Aster, San Francisco-LDR
- Hugh Adams, San Francisco-T&F
- Fred Bierlein, Berkeley-T&F
- Anne Cotter-Burlingame-LDR
- Seymour Feerst, Burlingame LDR
- Jud Foreman, Berkeley, LDR
- John Frederiksen, Pebble Beach LDR
- Ray Loretta, Calistoga, T&F
- Bob Lualhati, Sa. San Fran. Track
- Ronaldo and Marcelo Rome, father and son, both seniors!! age 39 and 69. Marcelo is 1928-1932 champion of Cuban Olympic team.
- Jim Simpson, Fremont, track.
- Irene Obera, Los Altos, track

FINANCIAL REPORT - RECENT CLUB ACTIVITIES

Lake Merced post-race lunch: Cash paid for food, beer, coffee, punch \$85.10
 room rental 10.00
 cash taken in \$113.45
Profit \$18.35

Thanks to Bev Bettencourt, Betty Smith, Lorraine Sekulich, plus some of the women from the Panakid Runners' Club

Lake Merced Race:
 expenses; 133.00 for medals, 35.00 postage, 10.00 AAU sanction, 26.00 10% profit to AAU
 cash taken in (entry fees) \$263.45
Profit \$59.45

Thanks to Jack Bettencourt for an excellent job.

Patterson meet: (35 entrants)

Expenses: 4.20
 Collected: 47.50
Profit \$43.30

Thanks to Frankie Hicks for direction, collection, and a swell meet in general. See editorial comment.

Sacramento meet: (44 entrants)

Expenses 25.00
 Collected 55.00
Profit \$30.00

Thanks to

Martinez race: (Luka Sekulich, director; see last issue)
 Expenses: \$170.45
 AAU 10% 28.35
 Taken in \$283.50
Profit \$198.80

Thanks to hard work, good management, and hand-made awards.

Total profit to date this year: \$349.90

FOR PROSPECTIVE MEMBERS
 Please send me information about your club, the NORTHERN CALIFORNIA SENIORS' TRACK CLUB, and an application for membership;

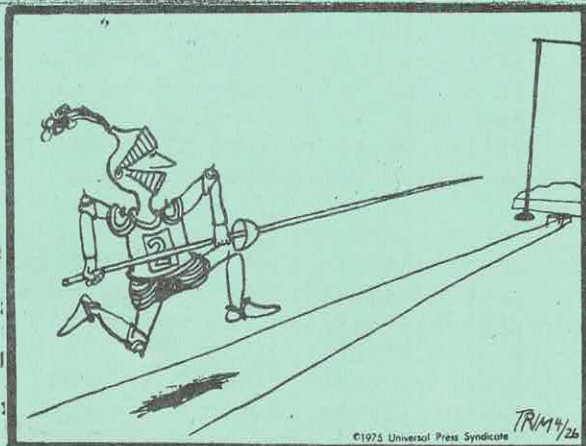
NAME _____ PHONE _____

ADDRESS _____

BIRTHDATE: _____ Mail to 629 - 44th Ave. San Fran. 94121. Do NOT send money now.

 NCSTC maintains about 300 members. New applications about equal dropouts. Above notice is the only form of membership solicitation.

 Doctor: "Mr. Jones, you should run five miles daily. Stick with it and your heart, lungs, and love life will improve. Report back to me in ten days."
 Ten days later, by telephone:
 "It's great, doc. I stuck with it like you said. My heart and lungs are a lot stronger."
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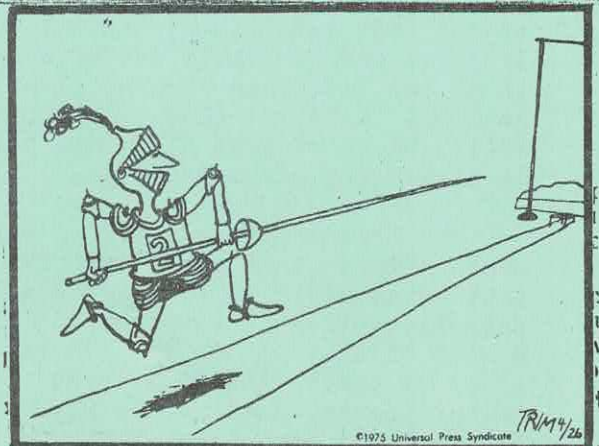
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TRM 4/26

MORE RESULTS

I've seen most of our club sprinters in action; otherwise I wouldn't believe the following results either. West Coast Relays, Fresno, May 9.

Masters' 100 yard dash

- 1. Phil Baker NCSTC 10.2
- 2. Van Parrish NCSTC 10.5
- 3. Jim Lingle BAS 10.5
- 4. Dick Marlin NCSTC 10.6
- 5. Huel Washington BAS 10.8

I had to take a second look. I thought I might have got some college meet circa 1936 mixed up with the report sent by Dick Marlin.

Master Track Committee Offer Assistance

Masters track and field chairman Bob Fine has announced his executive committee, and urges those Associations who do not have an active Masters track and field representative to contact any member of the committee for assistance.

Committee members are:

Robert Fine, Chairman
11 Park Place
New York, N.Y. 10007

Jack Greenwood
Vice Chairman
917 N. Cedar
Medicine Lodge, Kan. 67104

David Pain, Sec. Treas.
1150 Via Espana
Lajolla, Cal. 92307

Martin Uher
Eastern Region

R.D. #2 Box 114
Monongahela, Pa. 15063

Robert Boal
Southeastern Region
Box 5576, Univ. Sta.
Raleigh, N.C. 27607

Wendell Miller
Midwestern Region
351 Berkdale Rd.
Lake Bluff, Ill. 60044

Don G. Slocomb
Southwestern
1135 Heights Blvd.
Houston, Texas 77008

Stanley Stafford
Northwestern
% City Hall
Roseburg, Ore. 97470

Ed Phillips
Far West Region
144 Ashby Lane
Los Altos, Cal. 94022

Send your notice to your editor if you want to join a car-pool to the meets.

HERBERT HOOVER RELAYS

MEN AGE 30--39
440 YD. RELAY NEW RECORD 46:5 N.C.S.T.C. -- 1975

- 1. N.C.S.T.C. "A" -- 46:5 MIGUEL UCOVICH
DON RAMOS
TED A. CAIN
CLIFF CORDY
- 2. N.C.S.T.C. "B" -- 47:7

SPRINT MEDLEY RELAY RECORD 1:39:4 N.C.S.T.C. -- 1975

- 1. N.C.S.T.C. "A" -- 1:39:4 MIGUEL UCOVICH
DON RAMOS
TED A. CAIN
CLIFF CORDY
- 2. N.C.S.T.C. "B" -- 1:40:4

100 YD. DASH	TIME	220 YD. DASH	TIME
1. HUGH ADAMS	-- 10:5	1. HUGH ADAMS	24:2
2. CLIFF CORDY	-- 11:6	2. CLIFF CORDY	26:2
3. JIM HUME	-- 11:9		
4. RONALD ROMO	-- 12:3		

SHOT PUT 161lb.	HIGH JUMP
	1. HUGH ADAMS 5'6"
	2. DON ROSE 5'6"
	JAVELIN
	1. DON ROSE 157'2"

MEN AGE 40--49
440 YD. RELAY RECORD 47:7 N.C.S.T.C. -- 1975

- 1. N.C.S.T.C. 47:7 DICK MARLIN
VAN PARISH
BOB JORDAN
BOB LUALHATI

SPRINT MEDLEY RELAY RECORD 1:44:1 N.C.S.T.C. -- 1975

- 1. N.C.S.T.C. -- 1:44:1 DICK MARLIN
VAN PARISH
BOB JORDAN
BOB LUALHATI

MEN AGE 50--59
440 YD. RELAY RECORD 55:1 N.C.S.T.C. -- 1975

- 1. N.C.S.T.C. 55:1 SAM HOOVER
JEROME LOPES
KARL THURSBY
DEWEY JAN

880 YD. RELAY RECORD 1:56:8 N.C.S.T.C. -- 1975

- 1. N.C.S.T.C. 1:56:8 BOB COOPER
JEROME LOPES
KARL THURSBY
SAM HOOVER

100 YD. DASH	TIME	SHOT PUT
1. SAM HOOVER	13:4	1. MARTIN DUNN 36"
2. DAVE PAIN	13:5	DISCUS 1. MARTIN DUNN 71'4"

VAN PARISH	10:7
ED HICKS	11:3
BOB JORDAN	11:3
ELLER	11:4
HANS BRUNNER	11:6
RON ILD	12:9

SHOT PUT
1. TED WASSAM --41'11"
2. ED D. MARTINI --30'13/4"

HIGH JUMP
1. PHIL CONLEY 5'4"
2. JOE DURRENBERGER 4'8"

JAVELIN
1. PHIL CONLEY 217'11"
2. ED PHILLIPS 134'1"
3. ED. D. MARTINI 106'
4. RON ILD 81'3"

100 YD. DASH TIME

- 1. JOHN SATTI 12:8

SHOT PUT

- 1. JAMES YORK -- 43'11 1/2"

100 yd. dash
Sherrard 11.
Mimi Gerard 12.1
Parrish 12.7

LONG JUMP
1. PHIL CONLEY 18'9"
2. JOE DURRENBERGER 16' 1/2"

DISCUS
1. TED WASSAM -- 116'2"
2. ED D. MARTINI -- 96' 8"
3. ED. PHILLIPS -- 93'5"
4. BEN PARKS -- 85'1"
5. RON ILD -- 81'3"

ANGEL ISLAND
4.78 Mi.
MAY 10, 1975
Results have not yet been delivered at press time May 17, 1975. No. 99 place was 30m 53.0 sec. by stop watch carried while running, if that helps.
More results next issue.

440 relay,
new record 53.4
Cherrie Sherard
Almeta Parrish
Lucille Ligon
Irene Oberra
Sparta Mothers
A team: NT
Sparta Mothers
B team: NT
* * *

880 yard relay,
1:58:8
Cherrie Sherard
Almeta Parrish
Lucille Ligon
Irene Oberra

Sprint Medley Relay
New record 2:02.6 by Sherrard, Parrish, Ligon, and Oberra. 2nd, Sparta mothers 2:40.9

LADIES 30 AND OVER

COMING EVENTS

NORTHWEST SENIORS' TRACK AND FIELD CLASSIC, GRESHAM, OREGON JULY 12-13, 1975

Here are pertinent excerpts from 6-page announcement. For complete 6 pages, write to Mt. Hood Community College, 26000 E. Stark St., Gresham 97030. Att'n Bill Wright, Meet Coordinator.

For accommodations quotes by recommended travel agency, write to Walker Travel Service 1005 N. Main St. P.O. Box 695 Gresham, 97030.

If you want to organize or join a car-pool from your area, send your editor a notice for the June issue, deadline June 10.

Age groups are by 5 year intervals. 30-65. 65 and up all open. There will be 2 relays, both open. 440 and mile.

Recommended entry deadline June 27, but late entries received.

medals to 1,2,3 in each each age division.

Some finals on Saturday, July 12. Some preliminary heats on Saturday with finals for same on Sunday.

Barbecue Saturday night. Purchase tickets by mail for guests. Entry fee includes barbecue for all athletes.

PA-AAU-LDR

NCSTC College of Marin meet. See editorial page of this issue. June 8

DOLPHIN SOUTH END RUNS:

- Sunday May 25, 10 am Baker's Beach and BYO barbecue. Meet at Beach parking lot. 4 miles.
- Sunday June 8. 10 am. Presidio Roller Coaster run. Meet at Mt. Lake Park, 12th Ave and Lake. 3 miles.
- Saturday, June 21 6:30 pm. Summer solstice run and BYO barBQ. Meet at Lake Merced boathouse. 5mi.
- Sunday, June 29, 10 am. Stow Lake. Meet at boathouse in GG Park. 3miles.
- Friday, July 4. 10 am. Double Lake Merced. Meet at boathouse. 9.5mi.
- Sunday, July 6. 10 am. GG Park. Meet at Stow Lake boathouse. 4 miles.

July through December 1975. See next issue of bulletin, about June 20.



- 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.
- SAT. JUNE 7: PA-AAU ONE-HOUR RUN CHAMPIONSHIPS (& NATL. POSTAL), Site to be arranged (10 am) (Probably 2 heats, fast heat first). Contact: Frank Donahue, 4903-B Mission St., San Francisco 94112. Ph. 587-0286. Entry Fee \$2.00 (\$1.00 for PA-AAU, \$1.00 for Natl.). Sponsored by Excelsior Track Club.
- SUN. JUNE 8: 6TH ANNUAL SACRAMENTO RIVER RUN, 7.62 Miles, Lake Redding Pk., Redding (9 am). Contact: Bob Malain, 1870 Wisconsin, Redding 96001. Ph. 916/243-6216. Entry Fee \$1.00. (Many Divisions). Sponsored by the Redding Chamber of Commerce.
- SAT. JUNE 14: 5TH ANNUAL MT. MISERY X-COUNTRY RACE, 10 Kilos (handicapped), Newtown Rd. & Ft. Jim Rd., Placerville (9:30 am). Contact: Ernest Marinoni, 5101 Newtown Rd., Placerville 95667. Ph. 916/644-2407. Entry Fee \$1.00 (\$2.00 Late Fee...pre-entries needed for handicapping--all post entries start with scratch group). (Many Divisions). Sponsored by Kiwanis Hangtown Harriers.
- SUN. JUNE 15: WOODMINSTER 9.3 MILE HANDICAP RUN, Joaquin Miller Pk., Oakland (10 am). Contact: Charles MacMahon, 154 Grover Ln., Walnut Creek 94596. Ph. 937-0806. Entry Fee \$2.00 (50¢ for 12/under). Sponsored by Road Runners Club of America.
- SUN. JUNE 22: 14TH ANNUAL HOLY CITY RUN, 9.08 Miles, Holy City (Old Santa Cruz Hiway between San Jose & Santa Cruz) (9 am). Contact: Ken Napier, 1612 Bearden Dr., Los Gatos 95030. Ph. 408/379-1420. Entry Fee \$1.50. (No Pre-Entries; Enter on Raceday Only). Sponsored by West Valley Joggers/Striders.
- SAT. JUNE 28: EXCELSIOR BEACH RUN, 6 Miles, San Francisco Ocean Beach (Sloat & Great Hiway) (10 am). Contact: Frank Donahue, 4903-B Mission, San Francisco 94112. Ph. 587-0286. Entry Fee \$1.50. Sponsored by Excelsior T.C.
- SUN. JULY 6: RACE TO THE REDWOODS, 9.2 Miles, Felton (9 am). Contact: Bruce Jones, 6940 Hiway 9, Felton 95018. Ph. 408/335-4488. Entry Fee \$1.00. Sponsored by Felton Businessmen's Association.
- SUN. JULY 6: HISTORIC FOLSOM ROAD RACE, 10 Kilo, Folsom Community Club House (Folsom Zoo & Park) (9 am). Contact: Frank Krebs, 8406 Taramore, Orangevale 95662. Ph. 916/725-4616. Entry Fee \$1.50. Sponsored by Golden West TC. (Many Divisions).
- SAT. JULY 12: 4TH ANNUAL LAFAYETTE 10 KILO, Lafayette Reservoir, Lafayette (8 am). Contact: Mike Foley, P.O. Box 351, Lafayette 94549. Ph. 254-3786. Entry Fee \$1.00. Sponsored by Lafayette Horse & Carriage Association.
- SAT. JULY 19: WHARF-TO-WHARF RACE, 6 Miles, Santa Cruz Wharf to Capitola Wharf (9 am). Contact: Ken Thomas, 485 Calle del Sol, Aptos 95003. Ph. 408/722-5075. Entry Fee: \$1.00 (Late Fee \$2.00). Sponsored by City of Capitola.
- SUN. JULY 20: 8TH ANNUAL FT. BAKER HANDICAP RUN, 15 Miles, Ft. Baker (Marin County) (8:30 am). Contact: John Hutchinson, 225 San Marcos Ave., San Francisco 94116. Ph. 681-1736. Entry Fee \$2.00. Sponsored by NorCal Seniors TC.
- SAT. JULY 26: 3RD ANNUAL OAKLAND 8.4 MILE WATERMELON RACE, Chabot Gate (Chabot Regional Park), Oakland (10:30 am). Contact: Joe Taxiara, P.O. Box 1606, Alameda 94501. Ph. 522-1392. Entry Fee \$1.50 (\$4.00/family). Sponsored by the Alameda Track Club. (Many Divisions).
- SAT. AUG. 2: LARRY LEWIS MEMORIAL ROAD RUN & PICNIC, 11.5 Miles, Lexington Dam, Los Gatos (10 am) (Masters Only). Contact: Frank Cunningham, 1002 S. 1st St., San Jose 95112. Ph. 408/286-4114 (work) or 408/353-1811 (home). Entry Fee \$1.00 (includes picnic). (NO POST ENTRIES). Sponsor: Universal Printing Co.

RACE RESULTS

- PA-AAU 20 Kilo Championships,
Portola Valley Jan 25, 1975
1. Jim Nuccio, WVTC 63m03.8s
 5. Alvaro Mejia, WVTC 64,59
(he won the Boston marathon in 1971)
 47. Colin Templeman NCSTC 79,34
 71. George White " 86,22
 72. Ruth Anderson * " 86,29
 77. Ken Moore " 87,38
 79. John McChrissis " 87,58
 82. Joe Carey " 88,17
 124. Carroll O'Connor " 103,29
*1st woman

- "THE RIVER RUN" 8.5 miles
1. Jim Nuccio WVTC, 41,48
 31. Bill Jensen 1st over 40 48,42
 43. Bob Malain NCSTC 49,58
2nd over 40
 53. Walt Betschart NCSTC 50,27
3rd over 40
 54. John Semler NCSTC 50,30
 69. Gough Reinhardt NCSTC 51,57
 73. Colin Templeman NCSTC 52,13
 102. Paul Reese NCSTC 55,25
1st over 50
 113. Willard Shank NCSTC 56,05
2nd over 50
 114. Ruth Anderson NCSTC 56,06
1st woman over 40
2nd woman open
 122. Mike McIntyre NCSTC 57,45
 140. Mike O'Neil * NCSTC 60,22
 146. Howard Shortley NCSTC 61,48
 163. Bob Feaster NCSTC 65,10
 166. Carroll O'Conner NCSTC 67,23
2nd woman over 40
 185. Robert O'Conner NCSTC 73,49
 198. Paul Carnichael NCSTC 81,25
- *I missed Mike's place 1st time around. He was 3rd over 50 at 60m22sec.

There were 199 finishers. There were 11 categories of competition. NCSTC obviously did very well. Bill Jensen beat our Bob Malain and Bob Betschart, but he had to set a course record to do it **

At last report LD chairman Jim Nicholson would still like to hear from prospective members for our relay team. He plans for the Tahoe relays in late summer and the Christmas relays. Get in touch with Jim at 415-661-0591, 2178 47th. Av, San Fran. 94122. Phone after 7pm. Jim was credited with a first in the Feb. 1975 issue, Pg5. It actually belongs to a 52 year old member. But it is possible that the "gun lap in this event has not yet begun.

X-COUNTRY RELAY:
CAMELLIA FESTIVAL 100 MILES
Our "Ten Wrens" Anderson, Heinlein, Dettering, Pederson, O'Connor, Burns, White, Lyman, Himmelberger, and Ulyot did quite well with 70 proud Peacocks representing the Buffalo Chips (A&B teams), Dolphins, Goethes, Golden West, Ophir Prison, and Pamakids. Averaging 7.29 minutes per mile, they hardly needed their 90 minute handicap to place 1st or 3rd, depending on how we interpret results sent to your editor. Someone has misplaced one hour in the actual times of the Buffalo Chips and of the Golden West team. Anyway they did very well, and apparently a good time was had by all.



SANTA CLARA VALLEY SPRING RIDGE RUN: CUPERTINO YEARLINGS

NCSTC provided 10 of 26 masters competing in this double X-country event on April 20. George Moss was 2nd of 14 in the 9.72K 1st run, with Pax Beale 9th in 48m32s. George was 40m12s. George Ross competed open and placed 10th in 39:15. Bob Lee competed open and placed 34 out of 55 finishers in 47:13

In the 17.19K 2nd run Ross Smith was 1st 40 and over in 71:40. Colin Templeman 4th in 83:26, Richard Mueller 5th in 84:42. (cont)



Nicholson

Cupertino (cont)

James Jacobs ran open and placed 5th in 69:59. John C. McCrillis was 16th out of 25 finishers with 83:58.

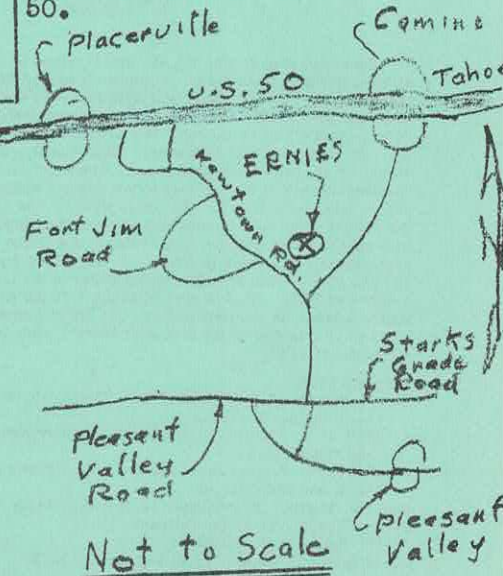
Catherine Smith also tackled the rugged 2nd race and clocked a respectable 01:14 to place 4th in the women's event.

We may receive complete results of the Avenue of the Giants Marathon before this issue goes to press. If not, the performance of Ben Hirsch our septuagenarian will help to liven up this issue. He came in 4h42m52sec to take the 2nd place 70plus course honors away from Noel Johnson. Fred Grace holds 1st with a best of 4h05m46s

UPCOMING MOUNTAIN MISERY RUN 10K

Ernie Marinoni sends us details of the 5th celebration of this classic. 1st place trophies in 11 categories, from 9th grade through 60 and over. Saturday, June 14 1975, 10:00 am

The place is 3 miles east of Placerville on Newtown Road. Placerville is 35 mi east of Sacramento on U.S. 50.



For entry blanks and details write to Ernie Marinoni 5101 Newtown Road Placerville, 95667

Phone 644-2407 (916)

A SPECIAL REQUEST

FOR

HELP WITH THE WESTERN REGIONAL CHAMPIONSHIPS

The club is the principal sponsor of the Western Regional Championships at Laney College, July 5 and 6 (see entry forms, this issue of newsletter), and we need volunteers for various committees. All the entries are coming to Ed Phillips in Los Altos and he needs people located in that area to help with the seeding of heats and other entry processing details. Bill Monheit has made various arrangements with UC-Berkeley and he will need people from that area to man information desks at the reception, collect tickets at the reception, etc. Additionally, non-competitors with calm, logical minds will be required at Laney to process heat data, score point totals, set final heats, etc.

Please contact Ed Phillips at home, 941-1606, or at work, 323-8454, and help make this first club sponsoring activity a successful one.

THE LOS ALTOS MEET Saturday, May 3, 1975

by Ed Phillips

Saturday, May 3, was the day that it rained in checkerboard fashion all over Northern California. Somehow, it missed Los Altos where 50 athletes braved the threatening clouds and were rewarded with a dry track. The meet was used as a qualifying meet for the 100-yard dash field for the Modesto Relays, with six to be chosen. The winner of each heat was selected off the top, with a run-off heat following. Those qualifying were: Presber (with a strong 10.3), Parish, Marlin, Lingel, Hicks and Frederickson. Probably the outstanding race of the day was in the Mile Run where Cordy's fine 4:38.6 just edged Ferguson's 4:39.0. The whole field of nine men ran what may have been the fastest group mile in club history, with the slowest time a 5:37. Another very well run race was the Long Distance Run which was off-track in part and approximately 4.5 miles in length. It was a race for first between Dick Mueller and Ken Moore, with Mueller pulling ahead in the last 3/4 mile lap to win with a very fine 24:21. That is approximately 5:25 per mile -- a very strong performance indeed. In the field events, Los Altos' Coach Leo Long edged Ted Wassom by 7 inches in the discus at 120'9", after Ted had won the Shot with a fine put of 43'2".

100-Yard Dash

30-39: Ramos, 10.6; Ucovich, 10.8; Taylor, 10.9; Williams, 11.1; Mayer, 12.0; and Barby, 12.2.
40-49/Heat 1: Presber, 10.3; Marlin, 10.6; Frederickson, 10.9; Hicks, 11.2; and Yonge, 11.5.
40-49/Heat 2: Parish, 10.7; Lingel, 10.8; Jordan, 11.2; Jones, 11.3; Bruhner, 11.4; and Parker 12.0.
Run-off: Marlin, 10.6; Lingel, 10.8; Hicks, 11.0; Frederickson, 11.1; Jones, 11.4
50-59: Hoover, 12.7; and Fairbank, 13.2.
60-69: Satti, 12.3; and Hicks, 14.8.
30-39 (women): Gerard, 12.0; and Parish, 12.1.

220-Yard Dash

30-39: Ramos, 24.7; Ucovich, 25.0; Williams, 25.8; Barby, 32.0.
40-49: Presber, 24.1; Lingel, 25.0; Parish, 25.1; Frederickson, 25.2; Bruhner, 25.3; Jones, 26.6; Hicks, 26.8; and Jordan, 27.0.
50-59: Hoover, 30.7.
60-69: Satti, 29.1; Nash, 30.0; Hicks, 35.9; Ush, 39.5.
30-39 (women): Gerard, 28.7; and Parish, 29.1.

440-Yard Dash

30-39: Cordy, 54.6; Ucovich, 58.8; Lewis, 62.8.
40-49: Frederickson, 58.3; Oakes, 60.2; Kosmon, 61.7; Phillips, 62.8.

440-Yard Dash (continued)

50-59: Carey, 73.1.
60-69: Hicks, 80.9.
30-39 (women): Parish, 65.2.
40-49 (women): Obera, 71.9.

880-Yard Run

30-39: Cordy, 2:14.2; Ferguson, 4:39.0; White 4:50.0.
40-49: Shackelford, 2:30.0.
50-59: Dale, 2:31.5.

Mile Run

30-39: Cordy, 4:38.6; Ferguson, 4:39.0; White, 4:50.0.
40-49: Simpson, 5:04.0; Haynes, 5:10.0; Murphy, 5:12.8; Phillips, 5:37.0.
50-59: Dale, 5:16.0; Waterman, 5:23.0.

3-Mile Run

30-39: White, 16:24.5.
40-49: Goen, 18:06.0.
50-59: Carey, 19:04.0.

Long Distance Run (6 laps around long distance course, approx. 4.5 miles)

30-39: Yesson, 30:53.0.
40-49: Mueller, 24:21.0; Moore, 24:46.0.
30-39 (women): Yesson, 33:56.

Javelin

30-39: Barby, 89'6".
40-49: Phillips, 138'3"; Murphy, 115'; Parker, 97'8".
60-69(8 lb): Archer, 35'2"; Walker, 33'11"; Hicks, 24'2".

Discus

30-39: Mayer, 114'6"; Ucovich, 93'7".
40-49: Long, 120'9"; Wassam, 120'2"; Parker, 83'8".
60-69 (1 kg): Archer, 119'10"; Ush, 93'11"; Walker, 93'5"; Hicks, 85'4".

High Jump

30-39: Mayer, 4'11-3/4"; Ucovich, 4'7".
40-49: Durrenberger, 4'11-3/4"; Yonge, 4'7".

Long Jump

30-39: Ucovich, 17'1"; Mayer, 16'10-1/4".
40-49: Yonge, 18'2-1/4"; Durrenberger, 16'6"; Phillips, 12'2-1/2".
60-69: Satti, 15'1-1/2".

Shot Put

30-39: Mayer, 36'3"; Barby, 30'9".
40-49: Wassom, 43'2"; Long, 32'8"; Parker, 29'0".
60-69(8 lb): Archer, 35'2"; Walker, 33'11"; Hicks, 24'2".

(6)