

LANEY COLLEGE: REGISTER AT NORTH END OF TRACK ON MEET DAYS JULY 5th and 6th, 8:30 AM to 1:00PM, - OR AT PRIESTLY HALL IN BERKELEY FRIDAY AFTERNOON, JULY 4th. OAK STREET TURN OFF FROM NIMITZ, COMING FROM SOUTH. DOUBLE BACK ON 7th STREET. HALF A MILE SOUTH ON 7th TO THE TRACK. COMING FROM THE NORTH, TURN OFF THE FREEWAY NEAR HARRISON. COMING OFF 580, USE 14th AVENUE LEADING INTO 7th STREET FROM THE SOUTHEAST.

PRESIDENT: Dennis Teegarden, 4732 Westwood Ct. Richmond, 94803 Phone 223-1821
 VICE PRESIDENT: Jack Bettencourt, 133 Dundee Dr. South San Francisco 94080 755-9681
 LONG DISTANCE CHAIRMAN: Jim Nicholson 2178 47th Ave., San Francisco, 94122 661-0591
 TRACK & FIELD CHAIRMAN: Volunteers get in touch with President Teegarden. We need you for planning next year's program.
 Editor: Joseph P. Carey, 24633-Watson Court, Hayward, Calif.
 SECRETARY TREASURER, MEMBERSHIP CHAIRMAN, MRS. Robyn Paulson Phone 751-8825



RETURN TO: Robyn Paulson 629 -44th Ave. San Francisco, Calif. 94121

NORTHERN CALIFORNIA SENIORS TRACK CLUB

A RUNNING CLUB FOR MEN AND WOMEN JUST PAST THE AGE OF 29 YEARS AND TWELVE MONTHS.

NEWSLETTER NO. 65 JUNE-JULY, 1975



FREDERICKSON, WILLARD
 BOX 98
 SAN GERONIMO, CA 94963



MEMBER OF THE MONTH

Sexagenarian Bill Monheit has been a member of NCSTC since 1970. Now enjoying retirement he has the opportunity to indulge such varied interests as chess playing, ballroom dancing, symphony going, lecture attending, - and, not least, road running at 6:00 AM each morning on a beautiful course adjacent to his residence at the Parkwoods Apartments in Oakland, usually four miles on weekdays, and six miles on weekends.

Bill is imbued with an enthusiasm for distance running, but characterizes himself as a modest performer, only occasionally winning a place medal in age group competitions. He enters eight to ten road races each year, including:

| | |
|--------------------------------|---------------|
| - NCSTC LAKE MERCED RUN | 5 miles |
| - GOLDEN GATE CHARITY RUN | 6 miles |
| - HOLY NAMES STRAWBERRY RUN | 6.5 miles |
| - ANGEL ISLAND RUN | 4.8 miles |
| - BAY-TO-BREAKERS RUN | 7.6 miles |
| - LAFAYETTE RESERVOIR RUN | 10 kilometers |
| - DIPSEA RACE | 6.8 miles |
| - WALNUT FESTIVAL RACE | 5.6 miles |
| - LAKE MERRITT RUN | 10 kilometers |
| - BERKELEY-TO-MORAGA RIDGE RUN | 13.9 miles |

At the AAU WESTERN MASTERS TRACK & FIELD CHAMPIONSHIPS to be held in Oakland on July 5 & 6 Bill will compete in age group division 3B, and has entered the 1,500 meter, the 10,000 meter, and the 5,000 meter runs. He makes no predictions, but says that at least he will have the association of some good runners.

In common with all our running brethren, Bill is a strong advocate of physical fitness. Strenuous stressing of the body, counterbalanced with aesthetic and intellectual activity, constitute Bill's life style. In this he is joined by Ruth, who shares with him this basic philosophy, and together they enjoy a zestful life.

Bill has served NCSTC in a number of capacities. During the two presidential terms of Emmett Smith in 1970 and 1971 Bill was appointed to the Board of Directors as Member-at-Large. During this tenure Bill was responsible for computerizing the Club's membership records, and he produced the Club's first Membership Directory. In 1973 Bill served as President of NCSTC.

In March of this year Bill was elected to the office of Secretary-Treasurer of the AAU WESTERN MASTERS, and now is busily engaged in the organization of the Regional Championships to be held at Laney College, Oakland, on July 5 & 6.

ENTRY BLANKS

Through June 30th, you can pick up extra entry blanks for the Laney College meet at the following sporting goods stores.

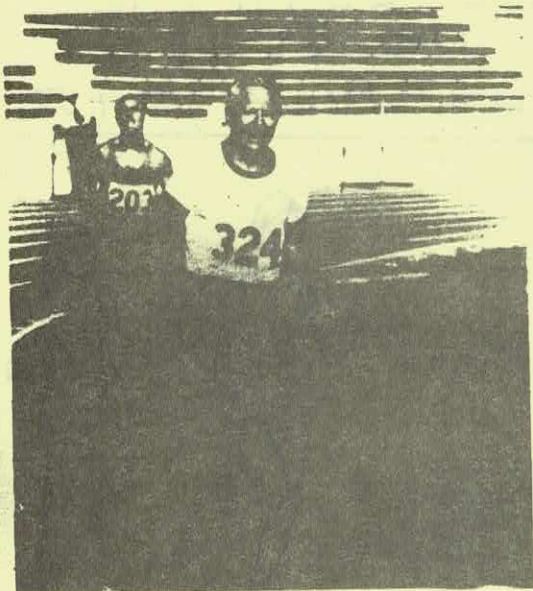
Bayhill Shopping Center, San Bruno and
Cherry Streets, San Bruno.

Don Harder's, A and Main, Hayward

Starting Line, 1142 Chestnut, Menlo Park
(new address)

Tri-City 4140 Peralta, Fremont

Also the PA*AAU, 942 Market, San Francisco may have them. Berkeley and Oakland outlets may be listed in a forthcoming issue of the Oakland Tribune Sports pages.



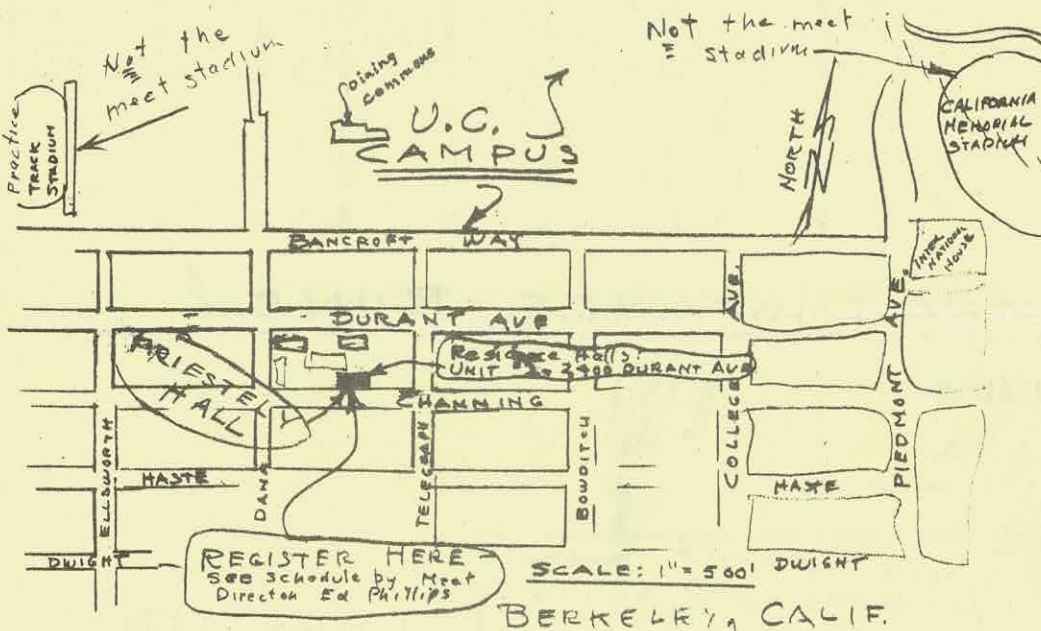
BILL MONHEIT

- ENTRY DEADLINE EXTENDED TO 7-2- LANEY COLLEGE MEET JULY 4TH, 5TH, & 6TH

Meet Director Ed Phillips announces that organization of the meet is better than anticipated. Therefore late entries can be handled. If you have been holding off until your own 4th of July plans crystallized, you can still enter by getting your application in the mail by Tuesday, July 1, to reach Ed by Wednesday, July 2. Entry blanks and complete descriptive literature are attached to your May issue of this newsletter, #64

Because of the size of this meet, volunteers are still needed for various committees. Phillips needs people from the Los Altos area to help with the seeding of heats and other entry processing details. Phone him at 941-1606. Bill Monheit needs people from UC-Berkeley area to man information desks at Priestely Hall Friday afternoon and evening, July 4. Phone him at 841-5988 or 843-9429

Out-of-towners staying overnight will need transportation from Berkeley to the competition at Laney on Saturday and Sunday. Free tickets to the Oakland A's-California Angels ball game at the Coliseum on Friday night, if transportation volunteers want to show up on Friday night. At last count the block of tickets was not yet used up.



SEE PAGE 1 FOR SKETCH OF MEET STADIUM AT LANEY

IMPORTANT NOTE: you can also register at Laney, 8:30 to 1:00, July 5 & 6.

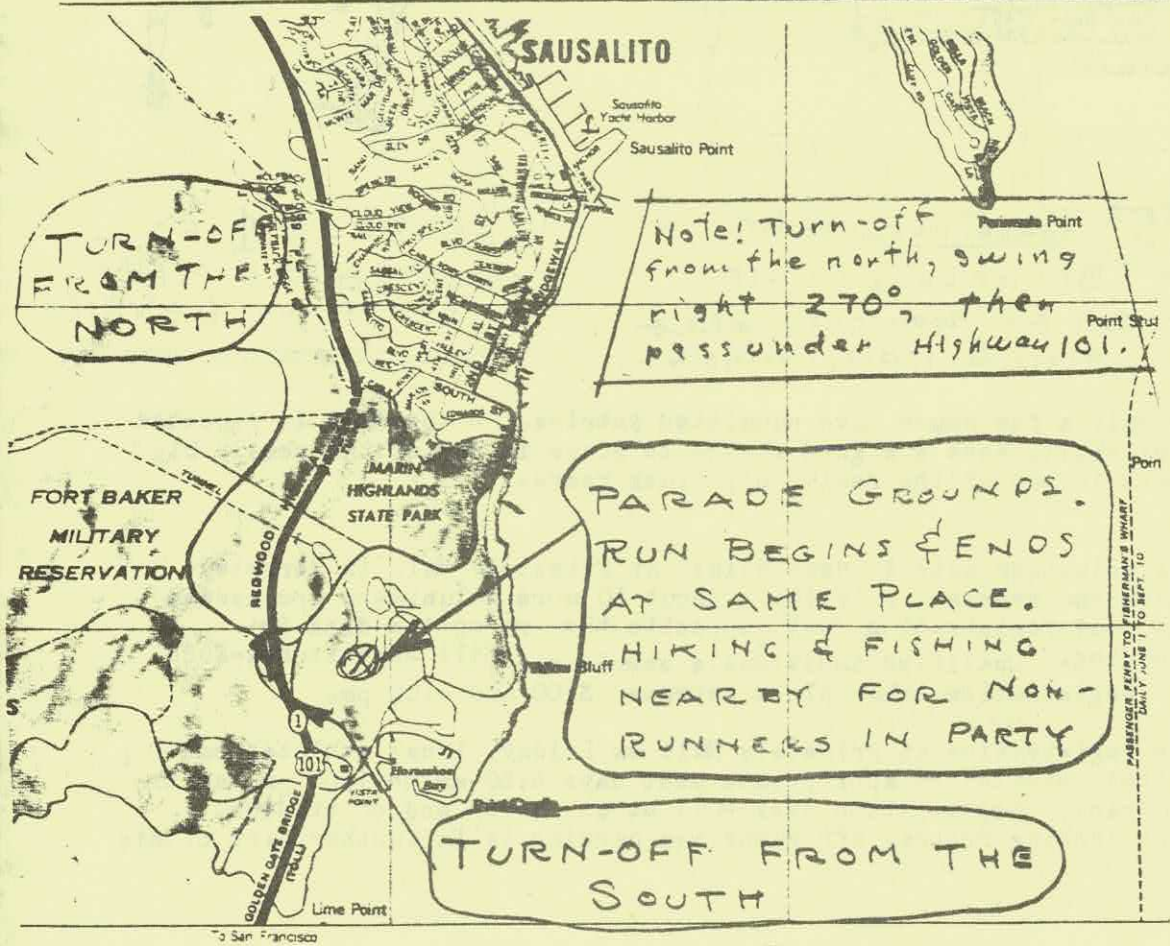
At press time only a few women have submitted entries. A speed-up is expected near dead-line; still, here is a good chance to place in one of the really big Masters events in one of the really big track years.

An interesting volunteer duty is developing at Priestely Hall in Berkeley Friday afternoon and evening, July 4th. About 10 more volunteers are needed to work at the meet registration desk opposite the reception desk for banquet and lodging. Qualified individuals should call Bill Monheit 841-5988 or 843-9429. Registration takes place between 3:00 and 5:00 pm.

In addition to registration at Priestely Hall on Friday, local athletes can register for their events on appropriate meet days 8:30 am to 1:00 pm, at the Laney College Track. Registration desk will be at north end of stadium. Location sketch showing freeway off ramps and parking is in another part of this issue.

- SAT. JUNE 28:** EXCLUSOR BEACH RUN, 6 Miles, San Francisco Ocean Beach (Cliff & Great Highway) (10 am). Contact: Frank Donahue, 4903-B Mission, San Francisco 94112. Ph. 587-0286. Entry fee \$1.50. Sponsored by Excluser T.C.
- SUN. JULY 6:** RACE TO THE REDWOODS, 9.2 Miles, Felton (9 am). Contact: Bruce Jones, 6940 Highway 9, Felton 95018. Ph. 408/335-4488. Entry fee \$1.00. Sponsored by Felton Businessmen's Association.
- SUN. JULY 6:** HISTORIC FOLDSOM ROAD RACE, 10 Kilo, Folsom Community Club House (Folsom Zoo & Park) (9 am). Contact: Frank Frels, 8406 Taramore, Orangetown 95662. Ph. 916/725-4616. Entry fee \$1.50. Sponsored by Golden West T.C. (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:** WIGWAG-TO-WHARE 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 Norfal Senior T.C.
- SAT. JULY 26:** 3RD ANNUAL OAKLAND 8.4 MILE WATERMELON RACE, Chabot Gate (Chabot Regional Park), Oakland (10:30 am). Contact: Joe Taxiera, P.O. Box 1006, 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.
- SAT. AUG. 9:** 3RD ANNUAL LAFAYETTE 10 KIL, 5.7 Miles, Lafayette Reservoir, Lafayette (9 am). Contact: Charles MacMahon, 154 Grover Ln., Walnut Creek 94596. Ph. 937-0806. Entry fee \$2.00 (12/under 50¢). Sponsored by the Road Runners Club of America.
- SAT. AUG. 16:** 11TH ANNUAL ROBERT E. DECELLE, JR. LAKE TAHOE RELAYS, 72 Miles (7-man teams) (legs about 10 miles each), start & finish at intersection of Highways 50 & 89 (Safeway Parking lot) & proceed counterclockwise around lake (8 am). (Club/school division & open division...all-masters and all-women teams start with scratch teams and subtract handicaps at finish). Contact: Harold Bekobs, P.O. Box 967, Los Altos 94022. Ph. 941-8975. Entry fee \$10/Team. Sponsored by PA-AAU Long Distance Running Committee.
- SAT. AUG. 23:** 7TH ANNUAL GOLDEN EMPIRE X-C AGE-GROUP RUNS, (9/under 88); 14/under 1.5 miles; 18; 2.1 miles; open 4.25 miles) Nevada County Fairgrounds, Grass Valley (6 pm). Contact: Nick Vogt, box 3 Ridgeview Dr., Grass Valley 95945. Ph. 916/273-5880. Entry fee \$2.00. Sponsored by Gold Spike T.C.
- SAT. AUG. 23:** 2ND ANNUAL DAMMIT RUN, 5 Miles, Los Gatos High School (9 am). Contact: Maynard Orme, 16360 Belmont Ave., Monte Sereno 95030. Ph. 408/354-9030. Entry fee \$1.50. Sponsored by Los Gatos A.A. and Los Gatos Jaycees. (Many Divisions).
- SUN. AUG. 24:** 65TH ANNUAL DIPSEA RACE, 6.8 Miles (handicap), Mill Valley (bus depot) to Stinson Beach (10 am). Contact: Dipsea Race Chairman, Mill Valley Jaycees, P.O. Box 30, Mill Valley 94941. Entry fee \$3.00 (Late Fee \$4.00).
- SAT. SEP. 6:** 6TH ANNUAL ALAMEDA X-C CARNIVAL (AGE-GROUP RACES), 3.3 Miles (14/Under & women) & 10 Kilo (Open, Masters, H.S.), Alameda Municipal Golf Course (2 pm). Contact: Robt. Decelle, P.O. Box 1606, Alameda 94501. Ph. 523-2264. Entry fee \$1.50 (late fee \$2.00). Sponsored by Alameda T.C.
- SAT. SEP. 13:** 5TH ANNUAL LAKE WILWOOD 10 MILLER, Lake Wildwood (nr. Grass Valley) (10 am). Contact: Nick Vogt, box 3 Ridgeview Dr., Grass Valley 95945. Ph. 916/273-5880. Entry fee \$1.50. Sponsored by Gold Spike Track Club.
- SUN. SEP. 14:** PA-AAU 25 KILO CHAMPIONSHIPS & NATL. AAU MASTERS 25 KILO, Golden Gate Park Polo Fields, San Francisco (9:30 am). Contact: Jack Loydig, P.O. Box 1551, San Mateo 94401. Ph. 342-3181 (evenings). Entry fees (\$2.00 for National Masters; \$1.00 for PA-AAU). Sponsored by West Valley T.C.

PA-AAU LONG-DISTANCE RUNS



LOCATION SKETCH:
 FORT BAKER
 15 MILE
 SUNDAY, JULY 20

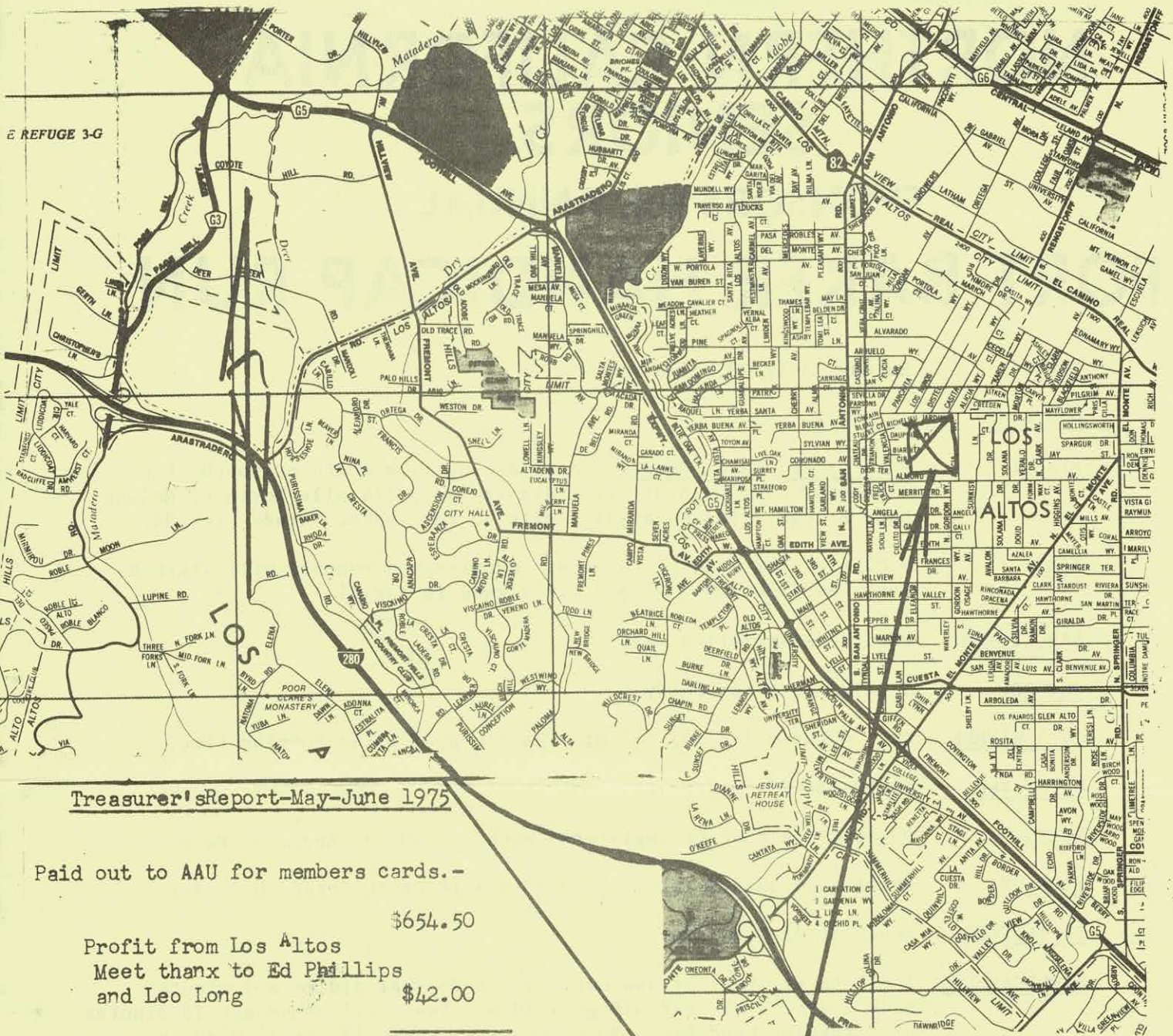
SCALE: 1" = 1/4 MILE (4)

NORTHERN CALIFORNIA SENIORS

SPONSORS 8th ANNUAL

FORT BAKER HANDICAP RUN

- DATE: Sunday, July 20, 1975
- DISTANCE: 15 Miles
- PLACE: Fort Baker, Marin County. Approaching from North or South take Alexander Ave. turn-off from Highway 101, 1/4 mile North of Golden Gate Bridge. Follow signs 1 mile to Fort Baker Parade Grounds.
- TIME: 9:00 A.M. for scratch runners. Handicapped runners will start as early as 8:30 A.M. Please get signed in early!
- SANCTIONED: Pacific Association, AAU
- RECORD: 1:22:23 by Peter Duffy
- 1974 WINNER: Kent Guthrie 1:21:42 + 4 min. handicap, 1:25:42 running time.
- ENTRY FEE: \$1.50 (\$2.00 on race day)
- RULES: Contestants must be registered with PA-AAU, or apply at race.
- SIGN-UP: Prior to 8:30 A.M. at flag pole on Fort Baker Parade Grounds.
- FACILITIES: Courtesy of U. S. Army
- HANDICAPPING: 1 minute per year of age over 34. A 35 year old gets 1 minute head start, a 64 year old gets 30 minutes. All women get 15 minutes plus regular handicap. Boys and girls under 12 get 15 minutes.
- AWARDS: Trophies and merchandise for first 10 places. Ribbons for all finishers.
- COURSE: Winding through scenic area around Fort Baker with spectacular views of the Golden Gate. Many long hills and some flat stretches. Paved road most of the way, some graded roads. Course will be well marked with marshalls at all turn points. The hills make this an excellent prep for next month's Dipsea. The handicap feature is unique, providing unusual competition.



Treasurer's Report - May-June 1975

Paid out to AAU for members cards. -

| | |
|---------------------------|----------|
| Profit from Los Altos | \$654.50 |
| Meet thanx to Ed Phillips | |
| and Leo Long | \$42.00 |

I hope all members have their AAU cards by now. The AAU finally sent them out, after many trials and tribulations and much procrastination. They promise faster service and a more efficient system next year. I sure hope so, or I just may resign this job. What a headache-playing secretary to the AAU!

Sometime in the ensuing months, you will receive new membership rosters. Please check your name for errors or omissions. It is particularly in relation to birthdates that I need your help. If yours is not recorded and you don't object, please notify me of your birthday so that in the next roster, we may add it to the list. It is important for several reasons, but mostly for the AAU that refuses to believe we're old folks without a number to go by. Thanks -hope to see lots of you at the Laney College meet.

Robyn Paulson
Sec.-Treasurer.

LOS ALTOS HIGH
SCHOOL - NCSTC TRACK
MEET ON JULY 19.
(NEW LOCATION)

**SITE CHANGED- FOOTHILL
COLLEGE TRACK&FIELD MEET.**

Due to construction of a new track surface, our NCSTC meet will be held at Los Altos High School. Standard schedule events, beginning just before noon.

The Sunday morning fun runs at Foothill College will proceed as usual. They do not depend on the track surface.

MASTERS' 100 YD. CAL RELAYS, May 24
91.4 meters

NCSTC continues to dominate in the 40-49 year group. Only the first four places were announced:

Phil Presber NCSTC 10.2
Van Parrish NCSTC 10.3
Jim Lingle BAS 10.5
Dick Marlin NCSTC 10.6

(Reported by Dick Marlin)

ANGEL ISLAND RUN, May 10, 7.70 K

NCSTC runners did well. We placed 9 out of our 31 entrants. 535 runners finished the 4.78 mile scenic course.

NCSTC:

John Finch 27:11 (3rd man 40-49) #23 of 535. Lee Sorenson 29:26 1st father-child with his son Bob. Lee was #61. Phil Paulson 29:43 3rd in father-child group with son Walt. Phil was #65. R.O'Connor 28:23 3rd in husband-wife category with Carol. Bob was #41. Walter Reed 30:19 #81. Joe Carey 30:52 #99. Jack Bettencourt 31:16 #112.

Bruce Dingwall 31:27 #117. Jim Henry 32:12--wait a minute, we have another J. Henry who placed #252 in 44:57. Which one is our Jim? B. Smith (is this Betty Smith?) 32:20 #151. Phil Mitchell 32:32 #154. Ed Heinlein 32:45 #162.

Bob Cooper 34:06 #217. Rick Norkin 34:14 #224. Ed Kelley 34:41 #237. Jim Forsyth 34:56 #251. Al Wiggins 35:43 #277. Rollin Nelson 36:01 #313. Emil Richmond 37:22 #321. Marjorie Heinlein 37:47 #330. Marjorie placed 2nd in the mother-child race with child C. Heinlein.

New member S. Christensen 37:49 #331. Bill Monheit 37:52 #332. Jerry Lewis 38:00 #334. Abe Underwood 38:14 #352. Robyn Paulson, 1st woman over 40, 38:17 #353. Richard (?) Cobb 38:55 #362. "J. Hutchinson"--not likely our John at 43:09 #438 but possibly he's breaking in slowly after a long lay-off. Good idea, according to the cardiac specialists. Alice Dingwall 43:09 #460. Ann Sorenson 57:48 #521

We placed in four of the five categories where eligible, missing the open events, 17 and under events and men over 50. The Guardsmen, traditional sponsors of the run, showed the same enthusiasm as before, along with improved organization. We would hope to see them adopt Jack Bettencourt's "stick-number-only" system. With so many runners, they need it.

STATUTO RUN

Darryl Beardall came in No. 1 in the 8 mile division. Ross Smith placed 6th open, 1st over 40. Mike Healy was 2nd over 40, 11th open. NorCal Seniors won the team prize: Nicholson 20th, Reneau 23rd, Jacob 32nd. Marschall and Gault. (Reported by Jim Nicholson)

ALL-COMERS MEETS
AT CHABOT COLLEGE
THIS SUMMER

NEXT ISSUE NO. 66
LATTER PART OF
AUGUST

SEE PAGE 2 FOR
LANEY ENTRY BLANK
INFO

ALL-COMERS MEETS
AT COLLEGE OF SAN
MATEO THIS SUMMER

COMING EVENTS: ALL COMERS MEETS AT
FOOTHILL COLLEGE

~~Foothill College will host a series of all-comers track and field meets starting on June 18, and continuing every Wednesday until about the 1st of August. There will be 3 divisions: Open, Novice and Seniors. Seniors events are limited. A 3 mile X-country run replaces the standard 2 mile track event.~~

The meets will start off with the discuss at 5:30 PM. Running events start at 6:30 PM.

WELCOME TO NEW MEMBERS

LUCILLE LIGON, of Vallejo- shotput, javelin, long jump and 100 yard dash.

IRENE OBERA, of Oakland, has participated in Olympic trials in 60's; coached track for highschoools. Long Jump and track.

KARL ENGDAHL, Pleasant Hill, a dentist. Runner

SPENCER LETCHER, Berkeley, psychologist. Track and javelin.

HARRY MCKINLEY, 60 plus, Alamo. Track, hurdles.

