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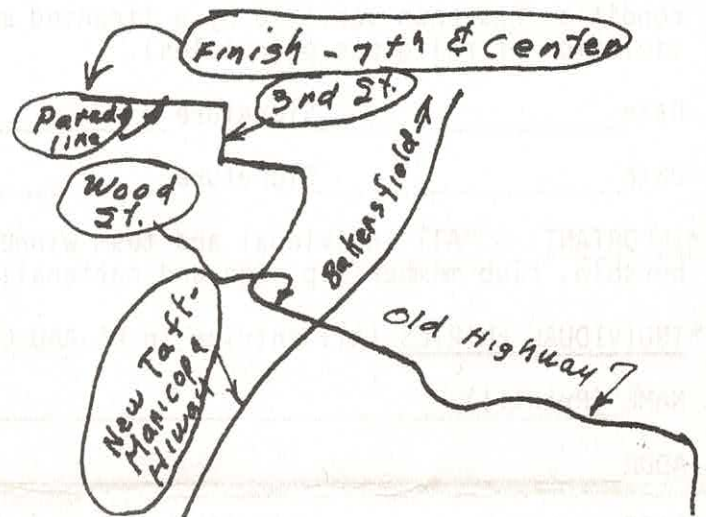
Editor: Joe Carey 24633 Waterson Ct.
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COMING EVENTS

Taft, Calif., 5 1/2 mile "OilDorado" Run on Saturday, Oct. 18, features events for men and women, with age groupings every five years, 5 thru 90. Location sketch is opposite. The run is in connection with a four day celebration. It may also include a track meet. More info next issue.

Notify your editor if you are interested in a car pool. Write to Tom O'Brien 13908 Fiji Way Apt. #360 Marina Del Rey, Ca. 90291 if you need info before our next issue October 5.

Local meets covered on inside pages.



NORTHERN CALIFORNIA SENIOR TRACK CLUB

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



FIRST CLASS MAIL

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



FREDERICKSON, WILLARD
 BOX 98
 SAN GERONIMO, CA 94963

NEWSLETTER
 No. 66
 AUGUST, 1975

(10)

***Team Competition:** We know the Natl. rule (250, LDR-3.d) pertaining to running for more than one team. However, for ease of administration, please declare a runner for one team only.

****PLEASE RETURN THIS TO:** 25 KILO CHAMPIONSHIPS, P.O. Box 1551, San Mateo, CA 94401.

WAIVER: (For individual entries and team entries...team captains sign for entire team).
 "In consideration of your accepting my (our) entry, I (we), intending to be legally bound, hereby for myself (ourselves), my (our) heirs, executors and administrators, waive and release any and all rights and claims that I (we) may have against the persons and organizations affiliated with the race, the AAU, the officials, the City of San Francisco, and assigns for any and all injuries suffered by me (us) while travelling to or from, or while competing in the National AAU Masters 25 Kilometer Championships (& PA-AAU 25 Kilo Championships), Sept. 14, 1975. I further attest that I (my team) am (are) physically fit and have sufficiently trained for competition in this event, and my (our) physical condition has been verified by a licensed medical doctor (except where the latter is in violation of religious principles).

Date _____ Signature _____ (Individual or Team Captain)
 Date _____ Signature _____ (Parent/Guardian if under 18)

***IMPORTANT:** - "All individual and team winners will be asked to show evidence of AAU membership, club membership, age and nationality."

***INDIVIDUAL ENTRIES** (All entries in PA-AAU Championships; Non-Team Entries in Nationals).

NAME (Print!!) _____ PHONE() _____ AGE _____
 ADDR _____ CITY _____ ST _____ ZIP _____
 DATE OF BIRTH _____ AFFILIATION _____ AAU # _____
 (Mo/Day/Year) (Club/Unattached/School) (Prefix) (Number)

CIRCLE DIVISION ENTERED: (PA-AAU) Open Men/Women/Masters Men/Masters Women (\$1.00 Entry)
 /Only one per line/
 (National) 40 & Over/50 & Over/60 & Over/70 & Over (\$2.00 Entry)

***TEAM ENTRIES** (For National Masters Championships Only) (Maximum of 8 per team; Minimum of 5 per team; 5 members to score--no displacements beyond fifth runner)

TEAM CAPTAIN (Print!) _____ ADDR _____
 CITY _____ STATE _____ ZIP _____ PHONE () _____
 TEAM NAME _____ (Please specify "A" and "B" Teams, etc.)

***Check One Box Below** (Make Separate sheet for each team entered).

Division--	Club Team	Ass'n All-Star Team
40 & OVER		
50 & OVER		
60 & OVER		
70 & OVER		

Has this listing been checked by your local AAU Registration Committee? YES NO
 Team Captain: _____
 (Signature)

LIST TEAM ENTRIES (Age on Date of race)

Name	Age	1975 AAU#
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

REFLECTIONS ON THE 1975 DIPSEA -- AUGUST 25, SUNDAY

8:00 pm 8-23-75 - "my son, you must run it without your dad this year. The newsletter must be out by tomorrow. I can't take a chance on running out of time."

5:00 am 8-24-75: wonder why I can't sleep? Oh, well, Might as well get up and bat out a few more pages.

9:00 am 8-24-75 "Here's my AAU card. My son is registered, but we can't find his card."

10:00 am. Whatever induced me to get into this again? Gee, I'm glad we're here!!! There's the gun! They're right on time.

10:12 am Well, I played it smart this year. didn't charge up those 600 stairs like I had gravy on my head and the dogs were chasing me out of town. My son Stephen is somewhere behind me. Those poor college kids are still chafing at the bit, waiting to start.

10:45 am Somehow we'll get there. And then that's it! I'll never enter another race as long as I live. I've said that before but this time I mean it. Now what's that poem that sticks in my mind? Oh, yes:

The grass grows slowly up the hill
With faith the torrent cannot kill
The gentle hands work patiently
yet accomplish more forever
Than those too strong -- or
those too clever.

Can't remember who wrote it, but maybe they'll give me credit.

11:08 am. That cheering is precious little reward for all we've gone through. I'll get a glass of juice and a medal.

11:32 am Good work, son!!!! Will you run it again with me next year?



ABOVE: member-of-the-month Beverly Bettencourt warms up for a DSE run in front of DSE headquarters near the San Francisco Marina. With her is a jogging companion Grace Ruth.

*Editor's note on Mrs. Bettencourt's 42 min. 5 miler: about one person in five of any age can run one mile in 8 minutes.

MEMBER OF THE MONTH

BEVERLY BETTENCOURT

A 1st person account of a typical running career.

Hello old friends and new -- I was asked to say a few words about my running career -- (when I mention that my proudest moment was when I ran the Merced 5 miles in 42 minutes, I'm sure you'll get a chuckle or two from more accomplished runners.*)

I started jogging in 1968 when my husband Jack was bitten by the running bug. I discovered I actually loved jogging -- it made me feel great; helped to keep my weight down; I met so many wonderful people and made so many friends. Last but not least, the social life is the greatest.

At the moment I'm preparing for Chris Percy's heart research tests at Stanford. For those of you who don't know about it: briefly, he's checking women runners over 30 on a treadmill -- fat content -- cholesterol level, and I guess basically how running has affected your heart and overall health. I'm anxious to see the results and I'm proud to be a participant.

Anyway, I've been running 4 miles a day and I also just started riding my bike 8 miles a day -- 1/2 mile to BART station and 4 miles home each evening. I love it!!!

We had five entries at the 1975 Mountain Misery run, plus one or two others I may have missed. 10,000 meters. NCSTC placed as follows:
Ross Smith 1st open, 1st over 40
Set record for over 40 in 44:19

(1)

Paul Reese, 1st 50-59 64:37
John Satti 1st over 60 78:50
Catherine Smith 1st woman over 40 70:04
Luka Sekulich, a very good 80:12

Handicap included. Actual times were less.

6TH ANNUAL DOUBLE DIPSEA HANDICAP RACE

DATE: Saturday, September 20, 1975. Starting time 8:30 a.m. sharp from the Dipsea finish line at Stinson Beach (by the hamburger stand). Check-in 7:00 to 8:00 a.m. 13.4 miles of steep hills and rough trails. The race will be run in reverse over the regular Dipsea Course, from Stinson Beach to Mill Valley and return via the same. Time limit - 4 hours. Record: Bob Bunnell - 1.43.16. **More on Page 5**

- 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 WILDWOOD 10 MILER, 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 Leydig, 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.
- SAT. SEP. 20: 6TH ANNUAL DOUBLE DIPSEA, 13.6 Miles, Stinson Beach to Mill Valley & return (8:30 am) (Handicapped). Contact: Walt Stack, 321 Collingwood St., San Francisco 94114. Ph. 647-9459 (6-8 pm). Entry Fee \$2.00 (Late Fee \$3.00). Sponsored by the Dolphin Club.
- SUN. SEP. 21: 31ST ANNUAL WALNUT FESTIVAL RACES, (Girls 1.1 Mi; Family 2.2 Mi; Boys 15-18 3.3 Mi; Open & JC, male & female 5.6 Mi), Heather Farms Community Park, Walnut Creek (9 am). (ABSOLUTELY NO POST ENTRIES...entries close Sept. 13). Contacts: (Men's Races) Andrew MacCono, 1840 Geary Rd., Walnut Creek 94596 (no phone--deaf); (Women's Races) Frank Sutton, 3725 Northpark Ct., Concord 94520. Sponsored by the Walnut Festival Ass'n. No entry fees.
- SUN. SEP. 28: 8TH ANNUAL MT. VACA HILL CLIMB, 10.6 Miles, near Vacaville (10 am). Contact: Bill Flodberg, 12925 Foothill Ave., San Martin 95046. Ph. 408/683-2810. Entry Fee \$1.50. Sponsored by the Bay Area Road Runners Club and the Vacaville Recreation Dept.
- SAT. OCT. 4: CAL-STATE SONOMA INVITATIONAL X-C RUN, 5 Miles, Annadel State Park, Santa Rosa (noon). Contact: Bob Lynde, Track Coach, Cal-State Sonoma, Rohnert Park 94928. Ph. 707/795-2357. No Entry Fees. Sponsored by PE Dept., Cal-State Sonoma.
- SUN. OCT. 5: 4TH ANNUAL PAMAKID RUNNERS LAKE MERCED RUN, 7.15 Miles, Westlake Park Club-house, Daly City (9:30 am). Contact: Alex Monterrosa, 662 - 12th Ave., San Francisco 94118. Ph. 387-6720. Entry Fee 75¢. Sponsored by the Pamakid Runners.

SUNDAY FUN RUNS
Starting at 10:30 am
sharp - every Sunday.

- These are weekly, informal runs—designed to promote running as a conditioning, competitive and social activity.
- They are intended to supplement (not to compete with) the AAU long distance running program by (1) offering races at shorter distances than normally run by the AAU, and (2) offering regular races close to home.
- No entry fees — No advance signups — No AAU cards required. Just come and run.

September

7: ¼m*/½m/5-mile
14: ½m/1-mile/6-mile
21: ¼m*/½m/5-mile
28: ½m/1-mile/4¼-mile

October

5: ¼m*/½m/3-mile
12: ½m/1-mile/2-mile
19: ½m/1-mile/5-mile
26: ¼m*/½m/6-mile

November

2: ½m/1-mile/4¼-mile
9: ¼m*/½m/5-mile
16: ½m/1-mile/2-mile
23: ½m/1-mile/3-mile
30: ¼m*/½m*/6-mile

December

7: ¼m*/½m/5-mile
14: ½m/1-mile/4¼-mile
21: ¼m*/1-mile/5-mile
28: ½m/1-mile/6-mile

SPONSORED BY STARTING LINE
SPORTS: 246 CASTRO, IN
MOUNTAIN VIEW.

*open and under-12 races
+open and women's races

Editor's note: Try this low key competition on those week-ends you can't make it to the bigger meets. Sponsors are reliable. Meets start reliably - - on time; I know from experience.

Starting at 10:30 AM in the lower parking lot at Foothill College — off El Monte Road, near highway 280 in Los Altos Hills. Each day there are three races — the shortest will be run first. Then the two longer runs will be run after finishing the previous races. For more information contact Starting Line Sports: (415) 961-4889.

D S E RUNS

Sun. Aug. 31	10 a.m.	6 mi.	Ocean Beach-Meet at Balboa and (1/4 mi. swim) Great Highway; on the beach
Sun. Sept. 7	10 a.m.	(3 mi. run)	Biathalon-Meet at Dolphin Club
Sat. Sept. 20	8:30 a.m.	13.6 mi	Double Dipsea-Meet At Stinson BCH
Sun. Sept. 28	10 a.m.	4 mi.	Bakers Beach and Byo Barbecue
Sun. Oct. 19	10 a.m.	4.7 mi	Kennedy Drive-Meet at Polo Field
Sun. Nov. 16	10 a.m.	4 mi.	Presidio Gate-Meet at Dolphin Club
Sun. Nov. 23	10 a.m.	6.2 mi.	Daly City Hill Run-Meet at Colma School, east of 7200 Mission & Market
Sun. Dec. 7	10 a.m.	4 mi.	Ferry Bldg.-Meet at Dolphin Club
Sun. Dec. 13	10 a.m.	2 mi. (2)	Stow Lake Relay-Meet at boathouse in GGP; men-women relay

4TH ANNUAL SENIORS' TRACK AND

FIELD CLASSIC: JULY 12-13 1975

Mount Hood Community
College, Gresham, Ore.

Our scheduled correspondent, Ray Mahannah of Fremont, came down with simultaneous cases of tendonitis and matrimony just before the meet, so he did not attend. My best information is confined to cold statistics, as follows:

There were 372 entries, each athlete averaging a little over two events. So about 150 participated. NCSTC had 14 members entering 42 events, for an average of exactly 3 events per person.

Our best performance was by the relay team, 440. We did a fine 45.9 seconds as against 48.4 by the second place Greater Tacoma Area Track Team.

Tony Puglizovich with another of his phenomenal speed-strength-endurance performances, as follows; (65-69)

Triple jump: 1st 11'11 1/2"
8 lb. shot: 2nd 37'10"
Discus: 3rd 85' 8"
100 yd. 2nd 14.25sec.

James York didn't enter so many events. (60-64):

8 lb shotput: 1st 45' 3 3/4"
Discus 1st 121' 0"
Hammer throw 2nd 72' 11 1/2"

Ken Carnine vied with Tony for club honors in 65-69 age group:

8 lb shot 1st 37' 11"
880 run 2nd 2m 45.63sec
Discus 1st 132' 11"
Javelin 2nd 117' 4 1/2"
Hammer throw 1st 58' 8"
100 yard 1st 13.64
220 yard 1st 29.3sec

Mel Shine is a runner. (65-69)

880 yd. 1st 2m 36.30
440 yd. 1st 1m 08.97"
220 yd. 2nd 31.49sec

Jim O'Neil is a runner. 50-54

6 mile 1st 33m 02sec
3 mile 1st 15m 55sec

Ted Cain is a hurdler (35-39)

330 intermediate 1st 39.40sec
Long jump 1st 20' 8"
High hurdles 1st 15.5sec
440 dash 1st 49.85"!!!

(Gresham, cont.)

Van Parish is a runner and hurdler. 40-44
330 intermediate 1st 44.11sec
High hurdles 2nd 18.51sec
100 yard 1st 10.37sec
440 yard 1st 55.25sec
220 yard 1st 24.24sec

Miguel Ucovich is a field man and sprinter

30-34
Triple jump 2nd 38' 1/2"
Long jump 1st 20' 1 3/4"
100 yd 3rd 10.53sec

Ted Wassam is a shot-putter (40-44)

1st 43' 11"

Dick Marlin is a dash man (45-49)

100 yd. 1st 10.50sec

Bob Jordan (45-49)

100yd 3rd 11.04sec
400yd 2nd 56.88sec
220yd 3rd 34.10sec

Sam Hoover is a dash man (55-59)

100 yd. 4th 13.19sec

Walter Badorek is from Oregon. Norman Bright is from Washington. I believe they run for other clubs, but they are subscribing members of NCSTC. We'll take credit for the following performances:
Walter (40-44) 2nd in discus 136' 7"
Norman (65-69) 1st in 6 mile 38m17sec

Reliable Bob Malain reports on the Sacramento River Run, June 8. Credit is due him for more than observing and writing; on previous occasions he has submitted articles which did not get printed, for reasons beyond anyone's control. Yet he continues to cooperate.

SACRAMENTO RIVER RUN

92 runners participated in the 6th annual Sacramento River Run (7.62 miles) (12.27K) In spite of a strong headwind for the 1st 3 miles Jim Price posted a fine 39m57sec. Bill Scobey has the record in 38m14sec from 1970. Always consistent and fast, Darryl Beardall was 2nd in 41m24sec and Lee Ferrero 3rd in 42m32sec.

Debby Rudolph, 14, of Westwood was the first woman in 49m30sec. She was 1st at 1974 Dipsea. Walt Betschart, ever improving, was 1st master in 46m39sec.

This race has steadily increased in number of participants. Each year it is run by visitors and local athletes alike.

Darryl led Jim Price to the top of the 1st hill at one mile when Jim took over and was never headed.

This newsletter has accomplished its purpose: to keep our club together as an active, going concern. We must thank the volunteers help who responded so wholeheartedly when I asked for help. To name a few: Bev and Jack Bettencourt and their friends who take care of all publication after printing, Robyn Paulson for timely submittals as secretary-treasurer, Pinky Green for summarizing race results, the various meet directors who submit race details, Sam Hoover for contact with meet directors, Carl Fry for technical assistance with printing, Emil Richmond for typing duties. - - my golly I'm not half way through the list!!!

It appears that when I took on the duties of editor earlier this year I assumed that it would be impossible to equal the excellent records of previous editors, especially that of my immediate predecessor, Robyn Paulson. My first effort were directed toward a one-man operation, with its necessary limitations. It appears I have failed to properly organize all available assistance, for the simple reason that I did not anticipate - nor demand - such enthusiasm.

It is now obvious that a more sophisticated organization is feasible, and will be profitable. A first step in this direction has been made with inclusion of a new mailing page in this issue. It will be modified again to carry our new club logo. Let's give thanks to Carl Fry for a layout that is both imaginative and technically excellent.

The greatest remaining problem will be timing of production to utilize all the various talents available to us. The personal schedules of the volunteers are involved. A workable program can be drawn up. It is worthwhile, and it will be drawn up. With my own work minimized, and taking pride in better issues to come, I might continue as editor after my year is up - - if there is not too much competition for the job.

President Dennis Teegarden distributed a few of our new Club shirts at the Dipsea run Sunday, August 24. Unfortunately, this issue just missed coming out in time to announce availability. The announcement below and on next page is pertinent.

NOW AVAILABLE -- the new NOR CAL SENIOR shirt!! Order now.

In January, club members voted at the annual meeting to adopt a new top for the "official" club uniform. A special committee was asked to develop a new logo. We are now ready to distribute this distinctive new running top to club members. Two tops, with the same trim colors and logo, are available as follows:

For MEN:- A very light weight, perforated, nylon top made by Champion. White with scarlet trim around neck and arm. New club logo printed on front.

For WOMEN:- A light weight 100% stretch nylon top by Brodrick. White with scarlet trim around neck and arm. New club logo printed on front. This elegant top was selected personally by Ruth Anderson to meet requirements of both track and long-distance running. Cool, but not "see through." Plenty of room for free arm action.

FOR ALL: A unique new logo specially designed for NOR CAL SENIORS to reflect our membership and activities in track, field, and long-distance running. You will have to see this logo to appreciate its originality and appropriateness for our club. Silk-screen printed in scarlet and gold (club colors) on every shirt.

PRICE AND ORDER INFORMATION:

Shirts will be distributed from MARY AND JOE'S SPORTING GOODS (women) in Albany and from the ATHLETIC DEPARTMENT in Berkeley (men). You may order by mail or purchase at the shop. If ordering by mail, use the following order forms and instructions.

Order form A (Men)

TO: Athletic Department, 2114 Addison, Berkeley, Calif. 94720
VIA: Robyn Paulson, 629 44th Avenue, San Francisco, 94121

Please send _____ (specify number) NOR CAL SENIOR nylon shirt to:
Name _____ Address _____

Size: small () medium () large ()
extra large ().

Check enclosed for \$10.75 made payable to Nor Cal Seniors T.C. (Note: Price includes sales tax and postage. Delivery by UPS. Shirt is \$9.75 if purchased at the shop.)

Note: Because of special arrangements in printing the logo on the men's shirts, orders are handled through the Club except for direct purchases at the shop.
Be sure to send order form to Robyn Paulson.

ORDER FORM B (Women)

TO: Mary & Joe's Sporting Goods, 913 San Pablo Avenue, Albany, 94706.

Please send _____ (specify number) NOR CAL SENIOR stretch nylon top for women to:
Name _____ Address _____

Size: small (30-32) _____ medium (34-36) _____ Large (38-40) _____

Check enclosed for \$10.50 made payable to Mary & Joe's Sporting Goods (Note: price includes sales tax, handling, and postage. Delivery by UPS. Shirt is \$9.60 if purchased at the shop).

If you have inquiries or problems, call or write Dennis Teegarden: Phone: 415-223-1821.

MAIL ENTRIES TO: Walter Stack, 321 Collingwood Street, San Francisco, CA. 94114

(cont. from Pg 2) **DOUBLE DIPSEA** 9-20-75

RULES: All contestants must be registered with the AAU and have a current AAU card. Cards may be obtained from the AAU Office, 942 Market Street Suite 601, San Francisco. All runners must be in good physical condition and have certification that they have trained for this event and a medical certificate dated within 120 days of this race.

ENTRY FEE: \$2.00 per contestant. Entries must be post marked not later than September 15, 1975. \$3.00 for post entries.

HANDICAPS: 30 min. - 10 years old and under, 58 years young and over, all female entries: 25 min. 50-57; 20min 45-49; 15min 40-44; 9min 30-39; 11-15 scratch 16-29

(5)

Northern California Seniors 8th Annual Fort Baker Handicap Run
20 July 1975
Jim Nicholson, Meet Director

Table with columns: Place, Name, Club, Age, Time from 9:00 AM, Handicap or Head-start, Running Time. Lists runners from 1 to 23.

Table with columns: Name, Club, Age, Time from 9:00 AM, Handicap or Head-start, Running Time. Lists runners from 24 to 103.

Table with columns: Place, Name, Club, Age, Time from 9:00 AM, Handicap or Head-start, Running Time. Lists runners from 104 to 158.

Table with columns: Name, Club, Age, Time from 9:00 AM, Handicap or Head-start, Running Time. Lists runners from 159 to 203.

- SAT. OCT. 11: (TENTATIVE) 2ND ANNUAL BERKELEY WATERFRONT RUN, 5 Miles, Berkeley (time to be announced). Contact: The Athletic Dept., 2114 Addison St., Berkeley 94704. Ph. 843-7577.
- SUN. OCT. 12: 25TH ANNUAL COLUMBUS DAY 5 & 10 MILE RACES, Lake Merritt, Oakland (register at boathouse) (8:30 am). Contact: Charles MacMahon, 154 Grove Ln., Walnut Creek 94596. Ph. 937-0806. Entry Fee \$2.00 (\$5.00 for 10/mile). Sponsored by Road Runners Club of America.
- SAT. OCT. 18: PA-AAU MASTERS X-C-CHAMPIONSHIPS, 10 Miles, Ross (time to be arranged). (Masters Men & Women Only). Contact: Mike Healy, 17 Elm St., Kentfield 94024. Ph. 357-0339. Entry Fee \$2.00.
- SUN. OCT. 19: 3RD ANNUAL PALO ALTO 10 MILE, Palo Alto (10 am). Contact: John A. Bantick, 115 Javers Rd., Palo Alto 94301.
- SUN. OCT. 26: 10TH ANNUAL BERKELEY-TO-MORAGA RIDGE RUN, 15.9 Miles, Claremont Hotel (buset Parking lot), Berkeley (10 am). Contact: Charles MacMahon, 154 Grove Ln., Walnut Creek 94596. Ph. 937-0806. Entry Fee \$2.00 (\$5.00 for 10/mile). Sponsored by Road Runners Club of America.
- SAT. NOV. 1: LOS TRAMPAS TRAIL RUN, 7 Miles, Alamo (10 am). Contact: Peter O. Mattei, 1000 North Point, San Francisco 94109. Sponsored by Los Trampas Runners.

OCTOBER
PA-AAU
L D R
SCHEDULE



SENIOR OLYMPICS TRACK/FIELD RESULTS 1975

University of California at Irvine

June 28 & 29, 1975

WOMEN

Track Events

100 Meter Sprint 60-64 Edith Mendyka 18.6; 50-54 Ruth Christian 13.6; Luree Thrane 21.7; Barbara Parker 36.4; 45-49 Ellen Rose 14.5; Janice Baum 16.5; Marjorie Parish 20.0; 40-44 Irene Oberg 13.0; Christel Miller 13.5, Nancy Fiore 15.3; 35-39 Cherrise Sherrard 12.2; Almeta Parish 13.5, Lucille Ligoa 13.7; 30-34 Jean Jones 15.0.
200 Meter Sprint 45-49 Ellen Rose 33.4; 40-44 Irene Oberg 27.9; 35-39 Cherrise Sherrard 26.0; Almeta Parish 27.3, Fay Hobbs 29.9
400 Meters 45-49 Ellen Rose 77.3; Shirley Kinsey 80.0; 40-44 Irene Oberg 66.0; 35-39 Almeta Parish 62.4; Fay Hobbs 66.7, Rosalinda Parley 71.8
800 Meters 85-89 Bula Weaver 7:05; 45-49 Ellen Rose 3:13.3; 40-44 Vi Grasso 3:21.1; 35-39 Fay Hobbs 2:43.0; Almeta Parish 2:53.0; 30-34 Rosi O'Neil 2:32.5
1500 Meters 85-89 Bula Weaver 13:58.1; 45-49 Barbara Barnes 6:44.2; 40-44 Nell Cleveland 6:41.3, Vi Grasso 6:45.5, Judy Holmbeck 7:34.0; 35-39 Fay Hobbs 5:25.8; Carolyna O'Neil 6:55.1; 30-34 Rosi O'Neil 5:21.5; Della Barrett 6:03.2
5000 Meter Run 50-54 Dorothy Thomas 24:12.5; 40-44 Jacqueline Parriaur 24:09.5; 35-39 Carolyna O'Neil 27:15.7; 30-34 Sally McBride 23:12.7
10000 Meter Run 55-59 Alice Werbel 56:48; 50-54 Dorothy Thomas 53:20; 40-44 Alice Orstad 56:09; 25-29 Susan Sills 52:48
5000 Meter Walk 50-54 Barbara Parker 41:03; 35-39 Jeanne Bennett 34:50; Carolyna O'Neil 35:51
10000 Meter Walk 35-39 Carolyna O'Neil 1:18:05
400 Meter Relay 35-39 Fleet Feet 54.5; 30-34 Patriots/USA 61.2
Field Events
Discus 65-69 Dorothy Herrmann 41'0"; 60-64 Edith Moore 42'9"; 35-39 Cherrise Sherrard 88'9"
Hammer 35-39 Carolyna O'Neil 66'0"
High Jump 35-39 Cherrise Sherrard 4'4"; 30-34 Jean Jones 3'10"
Javelin 65-69 Dorothy Herrmann 72'4"; 60-64 Dorothy Herrmann 36'6"; 50-54 Edith Mendyka 72"4"; 40-44 Christel Miller 93'8"
Long Jump 50-54 Ruth Christian 13'4"; 45-49 Edith Mendyka 14'9"
Shot Put 65-69 Dorothy Herrmann 18'7"; 60-64 Edith Mendyka 28'9"; 45-49 Shirley Kinsey 23'1"; 35-39 Cherrise Sherrard 40'4"; Lucille Ligoa 31'4"
(Shot Put Weights: 50 & Over - 6lbs.; 25/49 - 8 lbs.)

NOTE: Insert following person & time in second place in 200 Meter Sprint: Vi Grasso 40.0

*: International Senior Olympics Record
**: Ties International Senior Olympics Record

Men '75 - 1000 METERS: 75-79 Paul Spangler 6:51.0; 70-74 Harold Chapson 5:21.5; Joseph Namlik 6:11.9; Al Wilson & Davidar 6:13; 65-69 Sidney Madden 5:56.5, Walter Frederick 7:43.5; 55-59 Edward Halpin 5:01.0, Ray Mahannah 5:08.8, Earl Wippee 5:18.0; 50-54 William Fitzgerald 4:18.5; George Puterbaugh 4:36.5
Avery Bryant 4:36.0; 45-49 Peter Mundle 4:21.0, Robert Holmes 4:48.0, David Freitag 4:55.2; 40-44 John Weldy 4:19.0, Gaylord Kalchschild 4:26.2, Michael Neal 4:33.1; 35-39 Norman Rustad 4:07.0, Dennis Fridly 4:18.4; 30-34 Nathaniel White 4:03.3, Darryl Taylor 4:13.0, Dennis Fridly 4:18.4; 25-29 James Flanigan 4:53.1, John Thibodeaux 5:13.6
5000 METERS: 75-79 Paul Spangler 24:51.0; 70-74 Joseph Namlik 18:55.0, Wilson Davidar 21:29.0; 65-69 Walter Frederick 25:52.8; 60-64 John Montoya 20:00.0, William Mihalo 25:02.0; 55-59 Edward Preston 17:42.2, James Oleson 18:28.5, Edward Halpin 19:39.0; 50-54 James O'Neil 17:12.4, Ray Gil 18:06.0, Kenneth Harvey 20:48.5; 45-49 Frank Thomas 17:43.0, Jose Tejeiro 21:28.0; 40-44 Jerry Smartt 15:45.0, Joseph Livesay 16:30.0, John Steytton 16:42.0; 35-39 James Bevins 16:31.0, Miguel Ruiz 16:32.0, Robert Coppe 18:20.0; 30-34 Dennis Fridly 16:10.0, Louis Lopez 18:10.0, Reid Pressley 18:11.0; 25-29 Anthony Gerardi 17:19.0
10000 METERS: 75-79 Paul Spangler 50:37; 65-69 Walter Frederick 52:27; 60-64 Al Clark 38:51; John Montoya 40:56; 55-59 Edward Preston 37:04; James Oleon 38:04, Wayne Zook 39:41; 50-54 James O'Neil 35:08; 35:01; Ray Gil 40:56, Samuel Bilich 42:04; 45-49 Peter Mundle 33:34; Norman Lunan 37:31, Samuel DeLuca 40:34; 40-44 Jerry Smartt 32:37; Joseph Livesay 34:53, Michael Neal 35:06; 35-39 John Brennan 32:14; Orville Atkins 34:03; Joseph Burgasser 34:12; 30-34 Dennis Fridly 33:14, Louis Lopez 39:20, Reid Pressley 40:18; 25-29 James Flanigan 33:25, Anthony Gerardi 35:00, David Walker 36:44
5000 METER WALK: 65-69 Lawrence O'Neil 1:1:44; Chesley Unruh 34:37; 60-64 Mickey Blakesley 33:14; 55-59 Robert Long 32:05; 50-54 Howard Barnes 28:07; Charles Heaton 30:41, Antonio Espinoza 33:50; 45-49 John Kelly 24:10; Jose Tejeiro 33:54; 40-44 James Fields 30:04, Marco Turk 34:15; 35-39 Robert Hickey 24:55; 25-29 Robert Ridley N.T.
10000 METER WALK: 65-69 Lawrence O'Neil 1:06:23; 60-64 Mickey Blakesley 1:09:02; 55-59 Harold McWilliams 59:15.0; 50-54 Howard Barnes 57:20; Charles Heaton 1:03:29; 45-49 John Kelly 55:13, Justin Gershuny 1:00:25, Jose Tejeiro 1:10:46; 40-44 James Fields 1:00:28, Marco Turk 1:08:22; 35-39 Robert Hickey 55:13
110 METER HURDLES: Heights: 60 & Over - 36"
75-79 Buell Crane 26.0; 70-74 Winfield McPadden 28.9; 65-69 Robert MacConaghy 21.5

*: International Senior Olympics Record
**: Ties International Senior Olympics Record

Track Events
100 METERS: 75-79 Buell Crane 18.2, Ted Mumby 18.4; 70-74 Sing Lum 14.6, Ralph Higgins 14.9, Franklyn Pennock 16.3; 65-69 Joseph Caruso 13.8, Kenneth Carnie 14.9, A. J. Puglizevich 14.9; 60-64 Fritiof Sjostrand 13.2, Alan Cranston 14.5
Morris Gleimer 14.6; 55-59 Al Guidet 12.0, Clarence Killion 12.3, (tie) James Vernon and William Bowers 13.0; 50-54 Richard Stolpe 11.9, Robert Cooper 12.1, Wayne Ambrose 12.1; 45-49 Richard Marlin 11.4, Oswald Dawkins 11.6, Robert Watanabe 11.6; 40-44 Phillip Presber 11.3, Percy Knox 11.5, Vandolf Parish 11.5
35-39 Kenneth Dennis 10.8, David Segal 11.0, Hugh Adams 11.1; 30-34 John Dobroth 11.1, Martin Hee 11.1, Louie Amarillas 11.5; 25-29 Michael Jackson 10.4, 10.4**, Eugene Driver 10.6, Steven Walters 10.7
200 METERS: 75-79 Buell Crane 36.0, Ted Mumby 37.7; 70-74 Winfield McPadden 30.2, Sing Lum 31.1, Ralph Higgins 33.0; 65-69 Kenneth Carnie 29.6, A. J. Puglizevich 31.2, Albert Brosz 34.4; 60-64 Fritiof Sjostrand 26.6, John Satti 27.8, Roger Smith 33.2; 55-59 William Bowers 26.2, Samuel Hoover 29.2, Eduardo Moncada 32.0; 50-54 Richard Stolpe 24.1, Robert Cooper 25.6, Wayne Ambrose 25.7; 45-49 Oswald Dawkins 24.4, Richard Marlin 24.4, Huel Washington 24.4; 40-44 James Lingel 22.9, Richard Hardin 23.2, Vandolf Parish 23.7; 35-39 Kenneth Dennis 22.1, Hugh Adams 22.8, John Zoolakis 25.2; 30-34 Woody Studenmund 22.9, Martin Hee 23.4, David Shirley 23.5; 25-29 Eugene Driver 21.1, Michael Jackson 21.5, Steven Walters 21.9
400 METERS: 75-79 Paul Spangler 1:31.1; 70-74 Harold Chapson 1:08.2; 65-69 Mel Shine 1:07.3, Sidney Madden 1:12.7, Boyd Stout 1:37.2; 60-64 Fritiof Sjostrand 60.0, John Satti 63.0; 55-59 William Bowers 58.3, Edward Halpin 61.1, Ralph Schuhart 2:25.3; 50-54 Richard Stolpe 56.3, George Puterbaugh 57.3, Thomas Clayton 59.6; 45-49 Donald Cheek 53.6, Robert Jordan 56.9, George Weber 57.6; 40-44 James Parks 54.2, Anthony Nasralla 54.7, Robert Luahati 55.2; 35-39 Hugh Adams 51.2, Charles McKenney 51.8, Gary Miller 54.0; 30-34 Woody Studenmund 50.9, David Wollkind 51.9, Ronald Bukow 53.4; 25-29 Eugene Driver 50.6, Terry Schmitz 53.2, James Owens 55.2
800 METERS: 75-79 Paul Spangler 3:39.6; 70-74 Harold Chapson 2:36.4; 65-69 Mel Shine 2:41.3, Sidney Madden 3:05.2; 60-64 Bud Deacon 2:34.4; 55-59 Robert McDonald 2:21.0, Edward Halpin 2:24.2, Ray Mahannah 2:26.1; 50-54 William Fitzgerald 2:00.0, George Puterbaugh 2:15.0, Avery Bryant 2:15.0; 45-49 Donald Palmer 2:13.4, Robert Holmes 2:18.5; 40-44 Robert Luahati 2:11.8, Lily Lloyd McGuire 2:14.6, Raymond Archibald 2:17.1; 35-39 Norman Rustad 1:58.6, Ted Smith 2:01.0, James Bevins 2:03.6; 30-34 Nathaniel White 1:59.1, Hector Espinoza 2:02.0, Ronald Bukow 2:04.6; 25-29 James Tocsay 2:04.5
Men '75 - 100 METERS: 75-79 Paul Spangler 6:51.0; 70-74 Harold Chapson 5:21.5; Joseph Namlik 6:11.9; Al Wilson & Davidar 6:13; 65-69 Sidney Madden 5:56.5, Walter Frederick 7:43.5; 55-59 Edward Halpin 5:01.0, Ray Mahannah 5:08.8, Earl Wippee 5:18.0; 50-54 William Fitzgerald 4:18.5; George Puterbaugh 4:36.5
Avery Bryant 4:36.0; 45-49 Peter Mundle 4:21.0, Robert Holmes 4:48.0, David Freitag 4:55.2; 40-44 John Weldy 4:19.0, Gaylord Kalchschild 4:26.2, Michael Neal 4:33.1; 35-39 Norman Rustad 4:07.0, Dennis Fridly 4:18.4; 30-34 Nathaniel White 4:03.3, Darryl Taylor 4:13.0, Dennis Fridly 4:18.4; 25-29 James Flanigan 4:53.1, John Thibodeaux 5:13.6
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110 METER HURDLES: Heights: 60 & Over - 36"
75-79 Buell Crane 26.0; 70-74 Winfield McPadden 28.9; 65-69 Robert MacConaghy 21.5



1975 MEN'S MASTERS NATIONAL 25-KILO CHAMPIONSHIPS



& PA-AAU CHAMPIONSHIPS

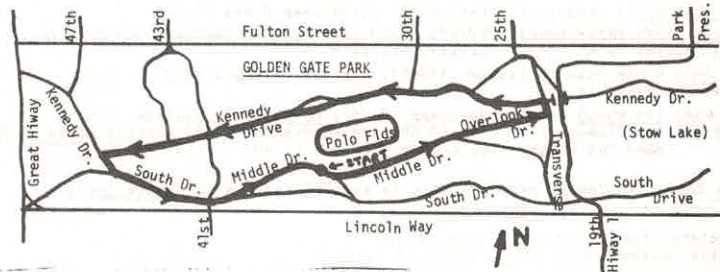
DATE & TIME: - Sunday, Sept. 14 at 9:30 am Sharp. NOTE: - Entries for Nationals close at midnight, Sept. 12, with Meet Director, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/342-3181). PA-AAU Championships: Post-entries ok on race day (no late fee). Registration from 7:30 am to 9:15 am.

ENTRY FEES: - National Masters Championships (\$2.00). PA-AAU Championships (\$1.00). SPONSOR: - West Valley Track Club. SANCTIONED BY: - Pacific Association of the A.A.U. COURSE: - (See locator map below)...Start & finish at parking lot on south side of Polo Fields, Golden Gate Park, S.F. Course consists of 5 laps of 5 km. each...AAU Certified. Each lap is as follows: - Proceed east on Middle Drive from registration area. Angle left on Outlook Dr., and then left on Transverse Dr. to Kennedy Dr. Follow Kennedy Dr. west to the last north-south connect road (between Kennedy & South Dr.) before the Great Highway. Turn left here and then left again on South Dr. Finally, angle left on Middle Dr. and up hill to start/finish area. Splits will be given at each 5 kilometers (verbally).

FACILITIES: - Aid Stations will be approx. every 1.5 miles (2.5 kilos)...water & ERG only. Special aid containers may be deposited on tables at start/finish area only before the race for those who wish to bring their own concoctions. Restrooms: Available in vicinity of start/finish (no showers available).

T-SHIRTS: - Special National Masters 25-Kilo Championship shirts (none for PA-AAU Championships) will be available on race day in limited quantity (M,L,XL) for about \$3.00 each. AWARDS: - National Championships: (Ribbons sent to all finishers with results--birthdate determines age-group division).

- (A) Overall (any team eligible)
 - (1) Individuals - Natl. Championship Patch to winner and Natl. Championship medals to top three finishers. Special onyx paperweights to top ten finishers.
 - (2) Teams - (5 scoring members) Natl. Championship patches to scoring members of winning team; Natl. Championship medals to scoring members of top three teams. Trophy to winning team.
 - (B) Age-Group Divisions (full sets of awards for--40 & Over; 50 & Over; 60 & Over; 70 & Over).
 - (1) Individuals - Natl. Championship medals to top three & Natl. patch to winner.
 - (2) Teams (5 scoring members) Natl. Championship team medals to scoring members of top three teams; Natl. Championship patches to scoring members of winning team.
- PA-AAU Championships: (Awards for open men & women, masters men and women, and open teams (send for entry blank for complete listing of awards)). Also awards for women's teams. Ribbons to all finishers with results.



4'8" T&F Men '75 - Pg. 5
LONG JUMP: 80-84 Thomas O'Connor 11'4"; 75-79 Walter Westbrook 12'11"; Buell Crane 10'11"; Ted Mumby 10'8"; 70-74 Winfield McFadden 12'6"; Ralph Higgins 11'4"; F.A. Rohrman 9'8"; 65-69 Joseph Caruso 13'6"; Redmond Doms 11'6"; Delmar Mitchelson 11'4"; 60-64 John Satti 17'4"; Michael Andors 16'2"; John Damski 15'1 3/4"; 55-59 Gordon Farrell 17'3"; Julian Myers 14'3/4"; 50-54 Thomas Patsalis 18'7"; Richard Stolpe 17'3/4"; Peter Fetter 16'5"; 45-49 Shirley Davisson 21'4"; Philip Schlegel 20'5 3/4"; Thomas Kuhlman 18'2"; 40-44 David Jackson 21'7"; Mal Andrews 21'1"; Hugh Cobb 20' 6"; 35-39 ~~Edwards/DeBernardi/21'10"/1'10"/1'10"/21'10"/1'10"/1'10"/20'13'4"/1'10"/~~ Hugh Adams 21'10"; Alvin Henry 19'8"; Raymond Beeman 18' 5 3/4"; 30-34 Robert Gonzales 21'8"; Timothy Culbertson 21'1"; Martin Hee 20' 3/4"; 25-29 Michial Clark 22'6"; Carl Flowers N.D.; Will Eutsey 17'1/2"

POLE VAULT: 75-79 Walter Westbrook 6'7"; 65-69 Robert MacConaghy 9' 3/4"; Albert Brosz 5'0"; 60-64 Bud Deacon 8'0"; 55-59 James Vernon 11'0"; Orval Gillett 10'6"; 50-54 Donald Grosh 10'6"; David Brown 10'6"; James Johnson 9'0"; 45-49 Roger French 12'0"; Harold Wallace 10'6"; Robert Holmes 9'6"; 40-44 Douglas Dittmar 11'0"; Duane Telliano 11'0"; ~~Edwards/DeBernardi~~ Ronnie DeVoe 8'0"; 35-39 Carlos Cota 12'0"; Ron Fleming 11'0"; 25-29 David Loera 11'6"

SHOT PUT: (Weights: 80 & Over - 6 lbs, 60-79: 8 lbs, 50-59: 12 lbs, 25-49: 16lb 80-84 Thomas O'Connor 18'6"; 75-79 Buell Crane 31'1"; John Whittemore 30'2"; Ted Mumby 26'6"; 70-74 Stan Herrmann 40'4"; Ralph Higgins 33'8"; Gentry Mowrer 32'3"; 65-69 Vernon Cheadle 43'0"; Redmond Doms 42'4"; Edward Lamb 41'11 60-64 Thomas Montgomery 45'10"; James York 44'11"; David Shrader 40'7"; 55-59 LaVern Bell 39'11"; Jerry Siefert 39'7"; Daniel Aldrich 38'8 3/4"; 50-54 George Ker 52'1/2"; Peter Fetter 38'2"; Harold Hunter 38'3/4"; 45-49 James Laut 39'6"; Morton Pastor 26'7"; Robert Perry 24'9"; 40-44 Carlos Fraundorfer 44'9"; Ted Wassam 43'10"; Andy Halle 43'5"; 35-39 Hal Smith 46'3"; Michael Fiore 35'5"; Patrick Bonner 34'2"; 30-34 Douglas Wells 52'6"; Louis Cerda 42'3"; Lawrence Tucker 37'8"; 25-29 Jay Bottomley 37'10"; Lyle Day 37'1"; David Holland 30'5"

TRIPLE JUMP: 75-79 Walter Westbrook 23'11"; Buell Crane 23'3"; Ted Mumby 18'3"; 70-74 Winfield McFadden 29'5"; Ralph Higgins 24'7"; F.A. Rohrman 17'6"; 65-69 Joseph Caruso 27'4"; Redmond Doms 25'4"; Delmar Mitchelson 22'2"; 60-64 John Damski 31'8"; Michael Andors 30'5"; Morris Gleimer 26'9 3/4"; 55-59 Gordon Farrell 36'11"; 50-54 Thomas Patsalis 40'9"; Donald Grosh 30'1"; Thomas DeVaughn 27'10"; 45-49 Shirley Davisson 40'5"; Philip Schlegel 36'5"; Gerald Wojcik 31'4"; 40-44 David Jackson 44'8"; Alvis Andrews 43'7"; Mal Andrews 40'4" 35-39 Alvin Henry 41'7"; Gary Miller 30'0"; 30-34 Martin Hee 39'3"; John Russell 32'9"; 25-29 Michial Clark 48'6"

FIELD EVENTS

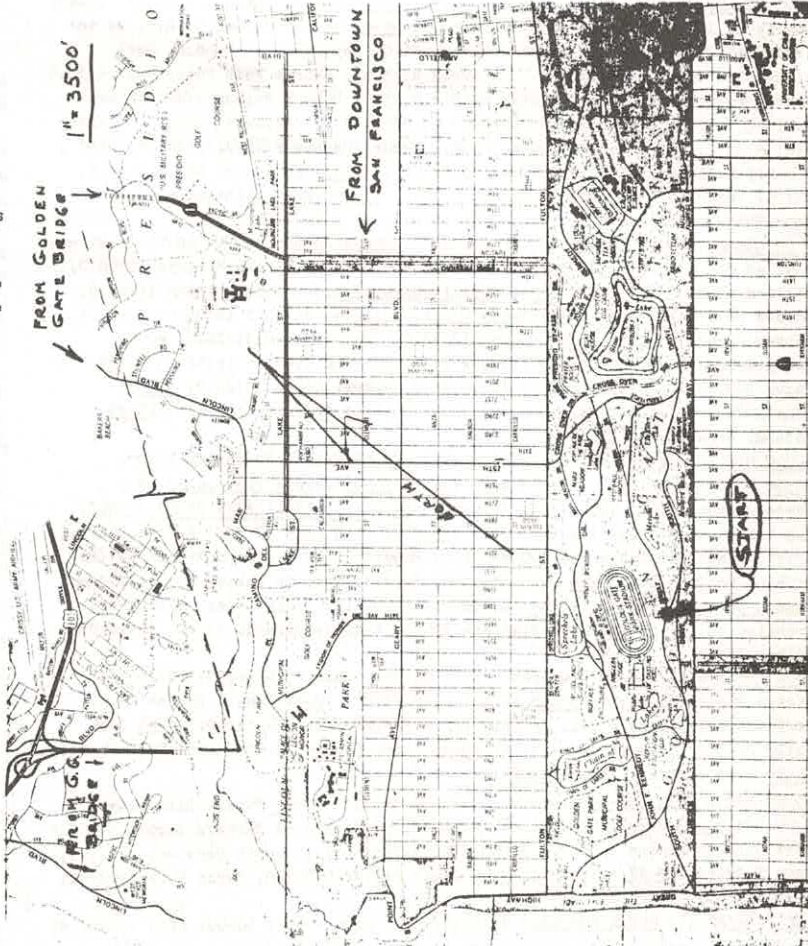
T&F Men '75 - Pg. 4

DISCUS: 75-79 John Whittemore 87'5"; Buell Crane 87'2"; Ted Mumby 69'9"; 70-74 Stan Herrmann 111'5"; Winfield McFadden 87'2"; Ralph Higgins 86'8"; 65-69 Kenneth Carnine 134'7"; Edwin Both 128'2"; Redmond Doms 113'8"; 60-64 Thomas Montgomery 125'3"; David Shrader 122'4"; Roger Smith 117'3"; 55-59 Daniel Aldrich 142'0"; John Becotte 119'11"; Charles McMahon 110'1"; 50-54 George Ker 151'9"; ~~Edwards~~ Frank DeBernardi 97'5"; Richard Baum 89'5"; 45-49 Harry Hawke 138'7"; Jack Morrill 82'7"; 40-44 Carlos Fraundorfer 146'10"; Andy Halle 138'3"; Clark Devilliss 97'9"; 35-39 Robert Humphreys 170'2"; Fred Fate 99'9"; Patrick Bonner 99'0"; 30-34 Douglas Wells 155'10"; Cornelius McCormick 142'0"; Lawrence Tucker 106'1"

HAMMER: 75-79 John Whittemore 71'5"; Ted Mumby 60'8"; 70-74 Stan Herrmann 99'11"; Gentry Mowrer 53'4"; 65-69 Randolph 112'0"; Albert Brosz 69'11" Delmar Mitchelson 64'11"; 60-64 Thomas Montgomery 114'5"; Arthur Vesco 97'10" Mickey Blakesley 84'5"; 55-59 Charles McMahon 109'0"; Daniel Aldrich 106'0"; 50-54 Frank DeBernardi 92'7"; Robert Johnson 73'5"; 40-44 Harold Connolly 189'9"; Carlos Fraundorfer 99'11"; David Douglass 99'5"; 35-39 Gordon Bobell 152'0"; Fred Fate 99'0"; 30-34 John Russell 69'11"

HIGH JUMP: 80-84 Thomas O'Connor 2'10"; 75-79 Buell Crane 4'4"; Walter Westbrook 3'6"; Ted Mumby 3'4"; 70-74 Percy Stephens 3'10"; Winfield McFadden 3'8"; F. A. Rohrman 3'4"; 65-69 ~~Edwards~~ Albert Brosz 3'6"; 60-64 Ted Wilson 4'6"; John Damski 4'6"; (tie) John Satti & Bud Deacon 4'2"; 55-59 Orval Gillett 5'0"; James Vernon 4'10"; Julian Myers 4'2"; 50-54 David Brown 4'10"; Robert King 4'8"; William Payne 4'2"; 45-49 Ed Austin 5'6"; Hugh Simpson 5'6"; Robert Holmes 4'8"; 40-44 Donald Rose 5'10"; Robert Billings 5'8"; Philip Conley 5'6"; 35-39 Hugh Adams 5'4"; Raymond Beeman 5'4"; 30-34 John Dobroth 6'8"; Robert Gonzales 6'2"; (tie) Berni Zawacki & John Russell; 25-29 David Loera 5'6"; Jay Bottomley 5'2"; James Simonsen 5'2"

JAVELIN: ♂ (Weights: 60 & Over - 600 grams; 25-59: 800 grams) 80-84 Thomas O'Connor 36'10"; 75-79 Buell Crane 79'10"; John Whittemore 75'13"; Ted Mumby 51'0"; 70-74 Ralph Higgins 100'7"; Gentry Mowrer 80'6"; F. A. Rohrman 44'6"; 65-69 Robert MacConaghy 119'2"; Emery Curtis 116'1/2"; Ed Both 116'0"; 60-64 Bud Deacon 120'2"; William Wolfe 99'11"; James Lobbett 94'3"; 55-59 William Morales 165'11"; Daniel Aldrich 164'2"; Jerry Siefert 140'4"; 50-54 Peter Fetter 144'11"; Harold Hunter 142'6"; Robert Jones 88'11"; 45-49 Richard Straub 151'4"; Gerald Wojcik 126'5"; Morton Pastor 85'4"; 40-44 Philip Conley 225'11"; Donald Rose 173'6"; Clark Devilliss 121'0"; 35-39 Michael Fiore 171'9"; Patrick Bonner 138'3"; 30-34 Samuel West 187'1/2"; Cornelius McCormick 172'10"; Lawrence Tucker 175'11"; 25-29 Warren Wilke 186'9"



***Team Competition:** We know the Natl. rule (250, LDR-3.d) pertaining to running for more than one team. However, for ease of administration, please declare a runner for one team only.

****PLEASE RETURN THIS TO:** 25 KILO CHAMPIONSHIPS, P.O. Box 1551, San Mateo, CA 94401.

WAIVER: (For individual entries and team entries...team captains sign for entire team).
 "In consideration of your accepting my (our) entry, I (we), intending to be legally bound, hereby for myself (ourselves), my (our) heirs, executors and administrators, waive and release any and all rights and claims that I (we) may have against the persons and organizations affiliated with the race, the AAU, the officials, the City of San Francisco, and assigns for any and all injuries suffered by me (us) while travelling to or from, or while competing in the National AAU Masters 25 Kilometer Championships (& PA-AAU 25 Kilo Championships), Sept. 14, 1975. I further attest that I (my team) am (are) physically fit and have sufficiently trained for competition in this event, and my (our) physical condition has been verified by a licensed medical doctor (except where the latter is in violation of religious principles).

Date _____ Signature _____ (Individual or Team Captain)

Date _____ Signature _____ (Parent/Guardian if under 18)

***IMPORTANT:** - "All individual and team winners will be asked to show evidence of AAU membership, club membership, age and nationality."

***INDIVIDUAL ENTRIES** (All entries in PA-AAU Championships; Non-Team Entries in Nationals).

NAME (Print!!) _____ PHONE() _____ AGE _____

ADDR _____ CITY _____ ST _____ ZIP _____

DATE OF BIRTH _____ AFFILIATION _____ AAU # _____ -
 (Mo/Day/Year) (Club/Unattached/School) (Prefix) (Number)

CIRCLE DIVISION ENTERED: (PA-AAU) Open Men/Women/Masters Men/Masters Women (\$1.00 Entry)
 /Only one per line/
 (National) 40 & Over/50 & Over/60 & Over/70 & Over (\$2.00 Entry)

***TEAM ENTRIES** (For National Masters Championships Only) (Maximum of 8 per team; Minimum of 5 per team; 5 members to score--no displacements beyond fifth runner)

TEAM CAPTAIN (Print!) _____ ADDR _____
 CITY _____ STATE _____ ZIP _____ PHONE () _____

TEAM NAME _____ (Please specify "A" and "B" Teams, etc.)

***Check One Box Below** (Make Separate sheet for each team entered).

Division--	Club Team	Ass'n All-Star Team
40 & OVER		
50 & OVER		
60 & OVER		
70 & OVER		

Has this listing been checked by your local AAU Registration Committee? YES NO

Team Captain: _____
 (Signature)

LIST TEAM ENTRIES (Age on Date of race)

Name	Age	1975 AAU#
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

CLUB OFFICERS

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 - 751-8825
 LONGDISTANCE CHAIRMAN: Jim Nicholson, 2178
 47th Ave., San Fran. 94122 - 661-0591

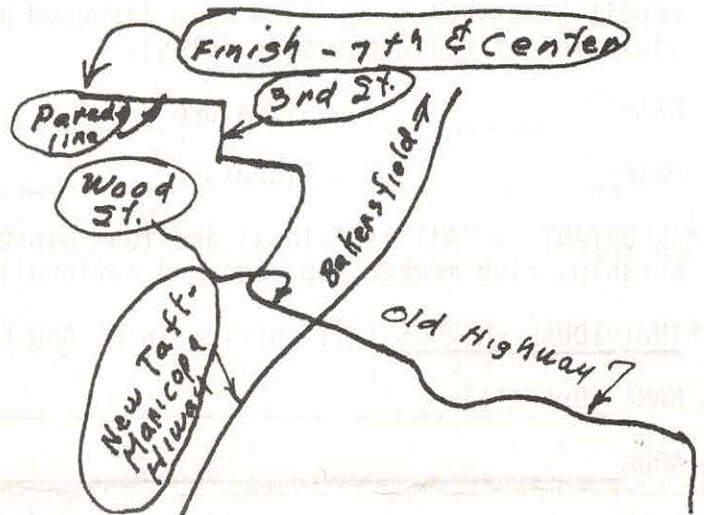
Editor: Joe Carey 24633 Waterson Ct.
 Hayward, Calif. 94544
 Phone: (415)886-7360

COMING EVENTS

Taft, Calif., 5 1/2 mile "OilDorado" Run on Saturday, Oct. 18, features events for men and women, with age groupings every five years, 5 thru 90. Location sketch is opposite. The run is in connection with a four day celebration. It may also include a track meet. More info next issue.

Notify your editor if you are interested in a car pool. Write to Tom O'Brien 13908 Fiji Way Apt. #360 Marina Del Rey, Ca. 90291 if you need info before our next issue October 5.

Local meets covered on inside pages.



NORTHERN CALIFORNIA SENIOR TRACK CLUB

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



FIRST CLASS MAIL

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



FREDERICKSON, WILLARD
 BOX 98
 SAN GERONIMO, CA 94963

NEWSLETTER
 No. 66
 AUGUST, 1975

(10)