### **CLUB OFFICERS**

PRESIDENT: Dennis Teeguarden, 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**

Wood

51.

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 inter ested 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 CALIFOR SENIOR TRACK C

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

## FIRST CLASS MAIL

Einish - 7 th & center

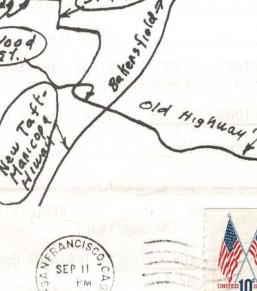
RETURN TO: Robyn Paulson, 629 - 44th Ave., San Francisco, Calif. 94121

FREDERICKSON, WILLARD BOX 98 SAN GERONIMO , CA 94963

NEWSLETTER No. 66 AUGUST, 1975

(10)

Land I have



3rd St.

\*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.

<u>WAIVER</u>: (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).

violation of religio	us principles).		
Date	Signature	(Inc	lividual or Peam Captain)
Date	Signature	(Par	rent/Guardian if under 18)
bership, club member	ship, age and nationali	ity."	now evidence of AAU mem- n Entries in Nationals).
NAME (Print::)		PHONE()	AGE
ADDR		CITY	STZIP
<u>CIRCLE DIVISION ENTE</u> /Only <u>one</u> per line/ * <u>TEAM ENTRIES</u> (For Na 5 per team; 5 m	RED: (PA-AAU) <u>Open Men</u> / (National) <u>40 &amp; Ov</u> tional Masters Champior members to scoreno dis	ver/50 & Over/60 & Over ships Only) (Maximum c splacements beyond fift	ters Women (\$1.00 Entry) <u>7/70 &amp; Over</u> (\$2.00 Entry) of 8 per team; Minimum of th runner)
CITY	)STATE	ZIP PHONE	
TEAM NAME		(Please specify	"A" and "B" Teams, etc.)
* <u>Check One Box Below</u> for each team enter		LIST TEAM ENTRI Name	ES (Age on Date of race) Age 1975 AAU#
Division Club Team	Ass'n All-Star Team	1.	
40 & OVER 50 & OVER 60 & OVER 70 & OVER		2. 3. 4.	
Has this listing been AAU Registration Comm Team Captain:	checked by your local ittee?YESNO	5. 6. 7.	

(Signature)

#### 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 o ut of time."

5:00 am 8-24-75: wonder why a 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 findhis 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. 'hose poor college kids are still chafing at the bit, waiting to start.



ABOVE: member-of-the-month Beverly Bettencourt warms up for a DSE run in front of DSE headquarters neart he 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.

Handicap included. Actual times vere less. 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 10:45 am Somehow we'll get there.And then<sup>1</sup> that's it; I'll never enter another race <sup>5</sup> 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?

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 lowed jogging - - it made me feel great; helped to keep my wieght down; I met so many wonderfulpeople 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 an I also just started riding my bike 8 miles a day -- 4 mile to BART station and 4 miles home each evening. I love itili

Faul 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

#### 6TH ANNUAL DOUBLE DIPSEA HANDICAP RACE

Saturday, September 20, 1975. Starting time 8:30 a.m. sharp from the Dipsea DATE: 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 Bob Bunnell - 1.43.16. More ON Page 5 Time limit - 4 hours. Record: same. RUNS SUNDAY FUN 6TH ANNUAL ALAMEDA X-C CARNIVAL (AGE-GROUP RACES), 3.3 Miles (14/Under & SAT. SEP. 6: Starting at 10:30 am women) & 10 Kilo (Open, Masters, H.S.), Alameda Municipal Golf Course (2 pm). Contact: Robt. DeCelle, P.O. Box 1606, Alameda 94501. Ph. 523sharp - every unday. 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. These are weekly, informal runs-designed to promote running as a conditioning, SUN. SEP. 14: PA-AAU 25 KILO CHAMPIONSHIPS & NATL. AAU MASTERS 25 KILO, Golden Gate competitive and social activity. 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. They are intended to supplement (not to compete with) the AAU long distance run-6TH ANNUAL DOUBLE DIPSEA, 13.6 Miles, Stinson Beach to Mill Valley & rening program by (1) offering races at SAT. SEP. 20: turn (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 shorter distances than normally run by \$3.00). Sponsored by the Dolphin Club. the AAU, and (2) offering regular races 31ST ANNUAL WALNUT FESTIVAL RACES, (Girls 1.1 Mi; Family 2.2 Mi; Boys close to home. SUN. SEP. 21: 13-18 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., Wal-No entry fees - No advance signups -No AAU cards required. Just come and nut Creck 94596 (no phone--deaf); (Women's Races) Frank Sutton, 3725 Northpark Ct., Concord 94520. Sponsored by the Walnut Festival Ass'n. run. No entry fees. SUN. SEP. 28: 8TH ANNUAL MT. VACA HILL CLIMB, 10.6 Miles, near Vacaville (10 am). Con tact: 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 September October the Vacaville Recreation Dept. 7: 1/2m/5-mile 5: 1/4m+/1/2m/3-mile CAL-STATE SONOMA INVITATIONAL X-C RUN, 5 Miles, Annadel State Park, Sant Rosa (noon). Contact: Bob Lynde, Track Coach, Cal-State Sonoma, Rohnert Park 94928. Ph. 707/795-2357. No Entry Fees. Sponsored by PE Dept., 14: 1/2m/1-mile/6-mile 12: ½m/1-mile/2-mile SAT. OCT. 4: 21: ¼m\*/½m/5-mile 19: 1/2m/1-mile/5-mile 28: 1/2m/1-mile/41/4-mile 26: ¼m\*/½m/6-mile Cal-State Sonoma. 4TH ANNUAL PAMAKID RUNNERS LAKE MERCED RUN, 7.15 Miles, Westlake Park SUN. OCT. 5: Club-house, Daly City (9:30 am). Contact: Alex Monterrosa, 662 - 12th November December Ave., San Francisco 94118. Ph. 387-6720. Entry Fee 75¢. Sponsored by the Pamakid Runners. 2: ½m/1-mile/4¼-mile 7: ¼m\*/½m/5-mile 9: ¼m\*/½m/5-mile 14: ½m/1-mile/4¼-mile

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

Editor's note: Try this low key competition on those week-ends you can't make it to the bigrer meets. Sponsors are reliable. Meets start reliably - - on time; I know from experience. \*open and under-12 races +open and women's races

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.

16: ½m/1-mile/2-mile 23: ½m/1-mile/3-mile

30: ¼m/½m+/6-mile

21: ¼m\*/1-mile/5-mile

28: 1/2m/1-mile/6-mile

### DSE RUNS

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

-	4TH ANNUAL SENIORS' TRACK AND	(Gresham, cont. )
	FIELD CLASSIC: JULY 12-13 1975 Mount Hood Community College, Gresham, Ore. Our scheduled correspondent, Ray	Van Farish is a summer of and hurdler.40-44330 intermediate1stHigh hurdles2nd18.51sec100 yard1st100 yard1st100 yard1st220yard1st24.24sec
	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:	Miguel Ucovich is a field man and sprinter
	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.	220yd 3rd 34.10sec
	Tony Puglizevich 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):	Sam Hoover is a dash man . (55-59) loo 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
	8 1b shotput: 1st45' 3 3/4" Discus 1st 121' 0" Hammer throw 2nd 72' 11 1/2" Ken Carnine vied with 'ony for club honors in 65-69 age group: 8 1b 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	Reliable Bob Malain reports on the Sacramento River Run, June 8. Credit is due him for more than observing and writing; on previous oc- casions he has submitted articles which did not get printed for reasons beyond anyone's control. Yet he continues to cooperate - S A C R A M E N T O R I V E R R U N 92'rungers 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 39m578ec. Bill Scobey
	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 33m02%ec 3 mile 1st 15m 55sec	has the record in 38ml4sec 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.
	Ted Cain is a hundler (35-39) 330 intermediate 1st 39.40sec Long jump 1st 20' 8" High hurdles 1st 15.5sec 440 dash 1st 49.85"!!!	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.

#### EDITORIAL

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 Faulson 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 "ichmond 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, obyn Faulson. 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 organizations, 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 Teeguarden 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 availbility. 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-distrance 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.

(4)

#### 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 E (Women)

TO: Mary & J	oe's Sporting	Goods,	913 3	an Pabl	Lo Avenue, Albany, 94706.
Please send _ to:	(specify	number)	NOR	AL SENI	ICR stretch nylon top for women
Name	120 70 100 ( day) ( day) 100 ( day) ( day)	VOR , Brei i er Andere Literen		ddress	
Size: small	(30-32)	medium	(34-3	.6)	Large (38-40)
Check enclose	d for \$10.50	made pay	yable	to Mary	v & Joe's Sporting Goods (Note: e. Delivery by UPS. Shirt is

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

MAIL ENTRIES TO: Walter Stack, 321 Collingwood Street, San Francisco, CA. 94114 (cont.fmm Pg 2) DOUBLE 21 DIPSEA · 9-20-75

<u>RULES</u>: 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	Sth	Annual	Fort	Baker	Handloap	Run
20 July 1	975							

P

444444

	Jim Nicholson, Mee			Time from	Handicap or Head-	Running	
ce	Name	Club	Age	9:00 AM	start	Time	
	Brancalana, Bob	Marin AC	50	1:12:10	16	1:28:10	1
	Malain, Bob	NCSTC	48	1:14:01	14	1:28:01	
	Stewart, George	WVTC	25	1:15:03	0	1:15:03	
	Dally, Ed	WVTC	44	1:15:05	10	1:25:05	
	Guthrie, Kent	WVJ & S	38	1:15:13	4	1:19:13	
	Main, William	UN	54	1:15:26	20	1:35:26	
	Houston, Richard	NCSTC	53	1:15:51	19	1:34:51	
	Allen, Jim	NCSTC	53	1:16:11	19	1:35:11	
	Fitzgerald, Gene	PAMA	31	1:17:11	0	1:17:11	
	Rodd, Flory	NCSTC	51	1:17:51	17	1:34:51	
		NCSTC	47		13		
	Roenau, Hans			1:18:10	0	;L3;L;0	
	McDevitt, Joe	WVTC	29 49	1:18:25	15	1:18:25	
	Marshall, Karl	NCSTC		1:18:43		1:33:43	
	McLean, Doug	WVTC	21	1:19:06	0	1:19:06	
	Neary, Sue	UN	17F	1:19:08	15	1:34:08	
	Flodberg, Wm	WVJ & S	41	1:19:15	7	1:26:15	
	Sane, Jim	Buffalo Chips	17	1:19:18	0	1:19:18	
	Butt, Doug	Marin Harriers	30	1:19:52	0	1:19:52	
	Darling, Bob	ETC	25	1:20:16	0	1:20:16	
	O'Neill, Mike	Buffalo Chips	51	1:20:40	17	1:37:40	
	Lucero, Don	USMITC	48	1:20:46	14	1:34:46	
	Weidinger, John	UN	34	1:20:54	0	1:20:54	
	Tucker, Ben	No. Oakland					
		Striders	32	1:21:13	0	1:21:13	
	McIntosh, Don	NCSTC	43	1:21:25	9	1:30:25	
	Bonne 11	Marin AC	24	1:21:50	0	1:21:50	
	Quinn, Mark	Camino West	17	1:22:00	0	1:22:00	
	Krebs, Frank	Golden West	32	1:22:08	0	1:22:08	
	Jacobs, Jim	HCSTC	41	1:23:00	7	1:30:00	
	White, Betsy	WVTC	37F	1:23:06	18	1:41:06	
	Munos, T.C.	Camino West	20	1:23:45	0	1:23:45	
	Soubier, John	DSE	44	1:23:57	10	1:33:57	
	Bonner, Ray	UN	33	1:24:13	0	1:24:13	
	Bowles, Ralph	WVJ & S	39	1:24:28	5	1:29:28	
	Marsh, Dave	UN	37	1:24:39	3	1:27:39	
	Swezey, Tim	PAMA	25	1:24:53	0	1:24:53	
	Lyman, Peggy	WVTC	28F	1:25:39	15	1:40:39	
	Moberg, M.	Livermore	41	1:25:40	7	1:32:40	
		UN	25	1:25:49	0	1:25:49	
	Pope, R. Getas, John	DSE	52	1:25:52	18	1:43:52	
		UN	30	1:26:20	0	1:26:20	
	Martinez, Peter	DSE	61	1:26:22	27	1:53:22	
	Cole, Steve	NCSTC	59	1:26:24	25	1:51:24	
	Cuzzillo, Frank		15F	1:26:25	15	1:51:24	
	Cotte, Yvette	WVTC			0		
	Hackmann, J.	Valley Moon	27	1:26:43	0	1:26:43	
	Jeong, Darrell	ETC	23	1:26:57		1:26:57	
	Smith, Harrison	UN	48	1:27:05	14	1:41:05	
	Goodmacker, Charles	UN	15	1:27:13	0	1:27:13	

O'Connor Patrick	UN	33	1:27:17	0	1.07.17
Cordone, Dick	UN	26			1:27:17
			1:27:19	0	1:27:19
Rowley, Ross	UN	26	1:27:40	0	1:27:40
Sherwood, Steven	UN	28	1:27:45	0	1:27:45
Webb, Ralph	UN	44	1:27:56	10	1:37:56
Monterosa, Alex	PAMA	29	1:28:00	0	1:28:00
Blank, Harry	UN	45	1:28:08	11	1:39:08
Cotte, Jeannette	WVTC	13F	1:28:57	15	1:43:57
Millward, Mark	Silver Creek	17	1:28:59	0	1:28:59
Reynaga, Santos	WVTC	25	1:29:10	0	1:29:10
Richman, Jeff	Oakley Avenue	23	1:29:34	0	1:29:34
Pappenbarger, Ralph	NCSTC	52	1:29:37	18	1:47:37
Bennett, Thomas	UN	27	1:30:08	0	1:30:08
Beer, John	Whittier	28	1:30:29	0	1:30:29
Burns, Louise	DSE	34F	1:31:08	15	1:46:08
Chandler, Tertios	UN	60	1:31:12	26	1:57:12
Dingwall, Bruce	PAMA	42	1:31:18	8	1:39:18
Gulli, Mike	PAL	15	1:31:25	ő	1:31:25
MacMahon, Craig	EBRR	16	1:31:27	0	1:31:27
Maher, Joe	UN	28	1:31:42	0	1:31:42
Tuinzing, Kees	Marin Harriers	27	1:31:43	o	1:31:43
Von Buchau, Greg	Marin Harriers	35	1:31:48	1	1:32:48
Walker, Lyn	UN	18	1:32:14	0	
Roach, George	UN	33			1:32:14
White, Gene			1:32:34	0	1:32:34
Evans, Frank	NCSTC	40	1:32:36	6	1:38:36
	NCSTC		1:32:43	9	1:41:43
Stack, Walt	DSE	67	1:33:00	30	2:03:00
Williams, Mike	UN	16	1:33:11	0	1:33:11
Cano, Gus	ETC	26	1:33:37	0	1:33:37
Gustafson, Fail	DSE	32F	1:33:50	15	1:48:50
Ortiz, Julie	DSE	30F	1:33:50	15	1:48:50
Richmond, Emil	NCSTC	57	1:34:03	23	1:57:03
Preece, Mike	UN	38	1:34:06	4	1:38:06
Sekulich, Luka	NCSTC	52	1:34:18	18	1:52:18
Dahl, Orin	UN	39	1:34:23	5	1:39:23
Wetyork, Gail	DSE	44	1:34:32	10	1:44:32
Tepper, David	UN	26	1:34:36	0	1:34:36
Blank, Jim	Diablo Valley	16	1:34:40	0	1:34:40
Best, Betty	UN	39F	1:34:41	20	1:54:41
Hintz, Dan	WVTC	27	1:34:43	0	1:34:43
Munoz, Alicia	UN	15F	1:34:53	15	1:49:53
Heinlein, Marjorie	NCSTC	40F	1:35:25	21	1:56:25
Cohen, Russell	DSE	28	1:35:27	0	1:35:27
Slobodin, Jack	NCSTC	39	1:35:32	5	1:40:32
Lee, Frank	7		1:35:41		
Brophy, Chris	Chukkers	15	1:35:42	G	1:35:42
Fry, Carl	NCSTC	46	1:35:49	12	1:47:49
Giniel, J. John	UN	43	1:35:56	9	1:44:56
Weaver, Keith	DSE	43	1:36:17	9	
Young, Eugene	UN	49	1:36:39	15	1:45:17
Clark, Robin	UN	25	1:36:44	0	1:51:39
Capron, Don	CREED	33	1:36:44	0	1:36:44
Satti, John	NCSTC	61		27	1:36:52
Durrett, Gerald	DSE	44	1:36:54		2:03:54
McGrael, Larry		21	1:37:23	10	1:47:23
Unidentified	UN	21	1:37:27 1:37:32	0	1:37:27

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Dode         Detreting, Buth         NGTC         459         137:40         D         2-07:40         Ho         Hintskin, Jone         DN         T         Ho         137:30         I <thi< th=""> <thi< th="">         I</thi<></thi<>			-3-					159	Musante, Ray	S.F.P.D.	33	1:47:59	0	1:47:59
003       0007, T.       DB       36       107:0       22       109:00       100       37       100:01       3       100:01       3       100:01       3       100:01       3       100:01       3       100:01       3       100:01       3       100:01       3       100:01<	10/	and a second second second	Nacas	100	1 27 40	20	2 27 10							
066         MacAshon, Brian         DeLaSLIP ID         13         137:56         0         137:56         137:5								161		UN			3	
DOT       Desil, Tes         DOT       Desil, Tes       DOT       DOT       Color       DOT       DOT <thdot< th=""> <thdot< th="">       DOT<td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>162</td><td>Tunney, Willard</td><td>DSE</td><td>37</td><td>1:49:11</td><td>3</td><td>1:52:11</td></thdot<></thdot<>								162	Tunney, Willard	DSE	37	1:49:11	3	1:52:11
Description         STPAC         34         1.38-36         0         1.38-35         0         1.33-35         0         1.33-35         0         1.33-35         0         1.33-35         0         1.33-35         0         1.33-35         0         1.33-35         0         1.33-35         0         1.33-35         0         1.33-35         0         1.33-35         0         1.33-35         0         1.33-35         0         1.33-35						-			Wallack, Len	WVIC	47	1:49:14	13	2:02:14
Dom         Development         Devevlopment <thdevelopment< th=""> <thde< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>Marsico, William</td><td>0.F.S.</td><td>45</td><td>1:50:02</td><td>11</td><td>2:01:02</td></thde<></thdevelopment<>									Marsico, William	0.F.S.	45	1:50:02	11	2:01:02
$ \begin{array}{c c c c c c c c c c c c c c c c c c c $														1:55:42
111       Chasey, Tem       DS       30       129:07       0       139:07       147       Mathematics, Sev       Differer       13       132:16       0       133:10         111       Chasey, Descur.       DS       31       139:11       0       139:12       140:12       Mathematics, Sev       DM       23       133:10       0       133:10								166	Reed, Tommy	No. Oakland	33	1:51:55	0	1:51:55
113       Association       128	111					0								*
133       Alsember, Peter       DE       33       139-44       109-44       109-44       109-44       109       109-44       109       109-44       109       109-44       109       109-44       109       109-44       109       109-44       109       109-44	112					4								
113       Malas, H. B.       Dive       22       113/12       30       113/12       30       113/12       30       113/12       30       113/12       30       113/12       30       113/12       30       27       120/12 <th120 12<="" th="">       120/1</th120>	113			33	1:39:44	0								
$ \begin{array}{c} 13 \\ 131 \\$	114	Heinlein, Ed	NCSTC	43	1:39:52	9	1:48:52	169	Russell, Andre		28	1:53:50	0	1:53:50
16       Silves, Mar.       Obs.       49       139:59       15       154:53       10       44       140:02       113:52       10       123:52       20       213:55:62       21       21:55:62 <th< td=""><td>115</td><td>Reyes, Antonio</td><td>PAMA</td><td>32</td><td>1:39:57</td><td>0</td><td>1:39:57</td><td>1.20</td><td></td><td></td><td>1.8.2</td><td></td><td>100</td><td>V an and the second second</td></th<>	115	Reyes, Antonio	PAMA	32	1:39:57	0	1:39:57	1.20			1.8.2		100	V an and the second second
111       Decks, M.	116	Sutonen, Harry	DSE	49	1:39:59	15	1:54:59							
113       Machanol, Lait       Land       and       140       Jain       Jain <td>117</td> <td>Cotter, Mel</td> <td>UN</td> <td>41</td> <td>1:40:02</td> <td>7</td> <td>1:47:02</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	117	Cotter, Mel	UN	41	1:40:02	7	1:47:02							
133       Distant Ling       Distant Ling <thdistant ling<="" th="">       Distant Ling       <thdistant ling<="" th="">       Distant Ling       <thdistant lin<="" td=""><td>118</td><td>MacMahon, Charles</td><td>EBRR</td><td>48</td><td></td><td>14</td><td>1:54:03</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></thdistant></thdistant></thdistant>	118	MacMahon, Charles	EBRR	48		14	1:54:03							
Add       Bailth, Ray W.       Diff       Ji       Hold 20       123       Reterman, Garl       NGTC       54       155:46       20       216:56         Bailth, Wate       DBE       Ji       140:130       Ji       140:130       Ji       123       Reterman, Garl       NGTC       54       155:59       21       22:15:58         Jass       Dist       Ji       140:130       Ji       Ji <thji< th="">       Ji       Ji       Ji</thji<>	119													
112       Will, Malar       UB       30       140160       0       140150       176       Amawall, Koger       PAAA       55       1156:59       21       217:59         124       Watchews, Jim       DEE       45       144:123       11       152:23       175       Small, Joseph       DEE       40       1138:23       6       2:66:33         124       Marchews, Jim       DEE       45       144:133       11       152:23       186       Control       1155:10       1139:10       1139:10       1139:10       1139:11       1149:11       1149:11       1149:11       1149:11       1149:11       11	120													
123       Manney, mr       102       1	121													
121       Houston, Airs       Uss       14       14       14       14       14       14       15       17       Binai, Joseph       DBE       40       158:28       0       158:11       0       159:11       0       159:11       0       159:11       0       159:11       0       159:11       0       159:11       0       159:11       0       159:11       159:11       159:11       159:11       159:11       159:11       159:11       159:11       15	122													
Add       Matthews, Jan       Dat														
142       Hardy, Alless       00       10       10       10       11       119910       0       119910         128       Mailang, James       DM       11       142123       180       2226ak, Michael       UN       31       119910       0       119910         128       Laeks, Gene       DM       14       142130       130       142130       131       15911       0       119910       0       119910       119100<														
142       Morgan, Armanday       Data       16       142133       0       142133       181       Weil, jame       DBE       32       1159:11       0       1159:11       1159:11       1159:11       1159:11       1159:11       1159:11       1159:11       1159:11       1159:11       1159:11														
15.6       Deskin with min       Processor       16.4       12.4 <th< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>0</td><td></td></th<>													0	
150       Contany min       Control       142:20       10       142:20       10       142:20       10       10       27       2:00:07       0       2:00:07         131       Ring, Gary       UN       25       1:42:46       15       1:57:44       184       Genning, Dennis       UN       34       2:00:17       0       2:00:07         131       Ring, Gary       UN       25       1:42:46       0       1:42:46       186       Mayners, Richard       UN       34       2:00:17       0       2:00								182			31	1:59:31	0	
150       Primery       1437       227       142.46       157.42       184       Canning, Dennie       UN       32       2:01:24       0       2:01:24         131       Ring, Gary       UN       23       1:42:45       16       1:42:45       185       Hwapses, Richard       UN       32       2:01:24       0       2:01:24         132       Menocal, Armando       DSE       34       1:42:45       16       1:42:46       185       Hwapses, Richard       UN       23       2:01:24       0       2:01:24       0       2:01:24       0       2:01:24       0       2:01:24       0       2:01:24       0       2:01:24       0       2:02:17       0       2:02:17       0       2:02:17       0       2:02:17       0       2:02:17       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:13       0       2:02:01 </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>183</td> <td></td> <td>UN</td> <td>27</td> <td>2:00:07</td> <td>0</td> <td>2:00:07</td>								183		UN	27	2:00:07	0	2:00:07
Hang, Gary       UN       25       1:42:45       185       Meyers, Mchard       UN       34       2:02:12       0       2:02:12       0       2:02:17       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:16       0       2:03:								184	Canning, Dennis	UN		2:01:24	0	2:01:24
Manocal, Armando       DER       34       1:42:46       0       1:42:46       186       Humphreys, Paul       UN       25       2:02:13       0       2:03:13       0								185	Mayers, Richard	UN		2:02:12	0	2:02:12
133       Porsyth, Jim       NCSTC       48       14/2:152       14       11/26:12       14/2       18/2       Tracy, George       DSE       33       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       19       2/2/2/38       10       2/0/311       0       2/0/311       0       2/0/311       0       2/0/311       0       2/0/312       0 <th< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>														
134       Beale, Pax       NGTC       45       143:14       11       115:4:14       188       Mile, Charles       UN       27       2103:07       0       2:03:07         135       Stafford, Lynn       Valley Moon       35       1:43:23       11       1:43:23       10       Unidentified         2:03:07       0       2:03:11       0       2:03:11       0       2:03:11       0       2:03:11       0       2:03:11       0       2:03:11       0       2:03:13       0       1:03:13       <	133					14								
135       stafford, tynn       Valley Moon       35       1/43/23       1       1/44/23       189       Unidentified         2/03/08         2/03/08         2/03/08         2/03/08         2/03/08        2/03/08         2/03/08         2/03/08         2/03/08         2/03/08        2/03/08         2/03/08         2/03/08         2/03/08        2/03/08        2/03/08        2/03/08        2/03/08       2/03/0	134												1.55	
136       Stovel, Richard       UN       31       1:43:25       190       Cooke, Micheel       DSE       31       2:03:11       0       2:03:15       0       2:03:16       0       2:03:17       0       1:44:10       0       1:44:10       144:10       144:10       144:11       196       Scannell, Karen       PAMA       36F       2:16:43       2:21:6:43       12       2:21:6:43       2:21:6:43       12       2:21:6:43       12<	135													
137       Pederacon, Elaine       DSE       387       1:43:44.29       2:12:44       191       Prescott, Milliam       DSE       30       2:03:13       0 <td>136</td> <td></td> <td></td> <td></td> <td></td> <td>0</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	136					0								
138       Smith, Tim       DBE       36       14/3153       2       14/3153       192       Weili, Dave       DBE       33       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/27       0       2/05/28       0       2/05/27       0 <td>137</td> <td></td> <td>DSE</td> <td>38F</td> <td>1:43:44</td> <td>29</td> <td>2:12:44</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	137		DSE	38F	1:43:44	29	2:12:44							
139         Dirksen, Levrence         UN         34         1:43:30         0         1:43:31         1:43:31         1:43:31         1:43:31         1:43:31         1:43:31         1:43:31         1:43:31         1:43:31         1:43:31         1:43:31         1:43:31         1:43:31         1:43:31         1:43:31         1:43:31         1:43:33         1:43:31         1:43:33         1:43:31         2:20:10         1:43:41         2:30:10         2:13:11         2:13:11         2:13:11         2:13:11         2:13:11         2:13:11         2:13:11         2:13:11         2:13:11         2:13:11         2:13:11         2:13:11         2:13:11         2:13:11	138		DSE	36	1:43:53	2	1:45:53							
140       Evans, Sim       No. Obschand       27       114410       0       114410       195       Wright, Lance       IN       27       216/43       0       216/43         141       Goodmacher, J.C.       UN       17       1/44:11       0       1/44:11       196       Scennell, Karen       PAMA       36F       2:19:49       17       2:36:49         142       Geir, John       UN       41       1:44:17       7       1:51:17       197       Workalvo, Mel       UN       37       2:24:55       3       2:27:55         143       Schwerzler, Jerry       TRAC       38       1:44:37       4       1:46:37       198       Unidentified         2:20:00       10       2:49:00         145       Wartin, George       DSE       05E       16       1:45:17       0       1:45:17       0       1:45:43       200       Nethews, Jinmy       DSE       10       2:48:10       3:03:15       3:03:15         146       Lopes, Dan       DSE       18       1:45:43       0       1:45:43       202       Woleneki, Jeff       UN       39       3:04:15       5       3:09:15       3:09:15       3:09:15       3:09:15       3:	139	Dirksen, Lawrence	UN	34	1:43:56	0	1:43:56							
141       Goodmacher, J.C.       UN       17       1:44:11       196       Scame11, Karen       PAMA       367       2:19:49       17       2:36:49         142       Geier, John       UN       41       1:44:17       7       1:51:17       197       Montalvo, Mel       UN       37       2:24:55       3       2:27:55         143       Schwerzler, Jerry       TRAC       38       1:44:17       7       1:51:17       197       Montalvo, Mel       UN       37       2:24:55       3       2:24:55       3       2:24:9100       12:49:00       12:49:00       12:49:00       12:49:00       12:49:00       12:49:00       12:49:00       12:49:00       12:49:00       12:49:00       12:49:00       12:49:00       12:49:00       12:49:00       12:49:00       12:49:00       12:49:00       12:52:00       3       2:52:20       12:52:20       12:52:20       12:52:20       3       2:52:20       13:23:155       3:19:15	140	Evans, Jim		27	1:44:10	0	1:44:10						1.77	
Mail       Coordinations       UN       17       Iteration       17       Iteration       197       Montalvo, Meil       UN       37       2:21:55       3       2:27:55         Mail       Schwerzler, Jerry       TRAC       38       1:44:17       7       1:51:17       198       Unidentified         2:26:04          2:26:04          2:26:04          2:26:04          2:26:04          2:26:04          2:26:04          2:26:04          2:26:04          2:29:00       10       2:49:00       3:03:15       3:03:				20020	10.000 mm									
142       Geler, John       UN       41       114117       7       115117       116														
143       Schwerzier, Jerry       JAKL       36       144:13       4       1483.3       199       Cooke, Jim       DSE       44       2:39:00       10       2:49:00         144       Matchews, Zimmy       DSE       145:10       29       2:14:10       200       Matchews, Jimmy       DSE       10       2:49:00       3:03:15       3:03:15         145       Matchews, Zimmy       DSE       145:17       0       1:45:17       201       Cordellos, Harry       DSE       37       2:49:00       3:25:220       3:25:220         147       Hunter, Scott       UN       30       1:45:43       0       1:45:43       202       Wolenski, Jeff       UN       12       3:04:15       15       3:19:15         148       Luke, Jim       WTC       24       1:45:45       0       1:45:45       0       1:45:45       3:09:16       3:08:15:0														
Hat         Matchews, Bale         Date         Date <thdate< th=""> <thdate< th=""> <thdate< th=""></thdate<></thdate<></thdate<>										DSE	44		10	2:49:00
And Construction											10		15	3:03:15
And       Lopes, Jan       Jan <thjan< th="">       Jan       Jan       &lt;</thjan<>														
Ary       Huller, Stott       OR       So       1451-5       11451-5       203       Wolenski, Sid       UN       39       3104:15       5       3109:15         148       Luke, Jim       WVTC       24       11451:44       0       11451:45       0       11451:46       0       11451:46       0       11451:46       0       11451:46       0       11451:46       0       11451:46       0       11451:46       0       11451:46       0       11461:00       0       11461:00       0       11461:00       0       11461:00       11461:00											12	3:04:15	15	3:19:15
149       Kellman, Paul       TAC       16       145:45       0       1:45:45       0       1:45:45       0       1:45:45       0       1:45:45       0       1:45:45       0       1:45:168       0       1:46:100       0       0       1:46:100       0								203	Wolenski, Sid	UN	39	3:04:15	5	3:09:15
150       Miller, Rodney       PAMA       31       1:45:58       0       1:45:58       0       1:45:58         151       Villanneva, Dan       UN       19       1:46:00       0       1:46:00       0       1:46:00       0<	149								FAT OCT 11. /7Eb			t Wiles Barbalay /time	100	
151       Villannueva, Dan       UN       19       1:46:00       0       1:46:00       0       0:704. Th. sh3-727.       0:704. Th. sh3-727.       0       0:704. Th. sh3-727.       0:704. Th. sh3-72	150								10 1	be announced), Contact: The Athle	etic Dept, 1	1]4 Addison St., Berkel	ey	
153       Davis, Norman       NOSTC       35       1:46:25       1       1:47:25       Oaling decks, Ph. 25, 25, 25, 25, 25, 25, 25, 25, 25, 25,	151					0			9470	04, Ph. 843-7767.				O TOBES
153       Davis, Norman       NOSTC       35       1:46:25       1       1:47:25       Oaling decks, Ph. 25, 25, 25, 25, 25, 25, 25, 25, 25, 25,	152					-			SUN. OCT. 12: 25TH	H ANNUAL COLUMBUS DAY 5 & 10 KILO	RACES, Lake	Merritt, Cakland (regi	3-	October
154         Conning, Keith         UN         34         1:46:34         0         1:46:34         0         1:46:34         0         1:46:34         0         1:46:34         0         1:46:34         0         1:46:34         0         1:46:34         0         1:46:34         0         1:46:34         0         1:46:35         13         1:59:35         0	153					1			ter Oaki	at hosthouse) (8:30 sm). Confac- land 94606, Ph. 834-9224, Spons	ored by the	Italian-American Fed.		04-AAU
155       Bean, Richard       DSE       47       1:46:35       13       1:59:35         156       Leary, Kevin       UN       35       1:46:51       1       1:47:51         157       Hutchinson, Janine       UN       187       147:09       15       2:02:09         158       Axt, Milt       UN       38       1:47:58       4       1:51:58         Sum of the set o	154			34	1:46:34	0	1:46:34							P.M.M.
137       Hurchinson, Janine       UN       138       1:47:09       15       2:02:09         138       Axt, Milt       UN       38       1:47:58       4       1:51:58         Sum, OCT.       25:       200:09       50:02:09       50:	155			47	1:46:35		1:59:35		(Has	sters Hen & Women Only). Contact	Mike Healy	, 17 Ein St., Kentfield	1	IDR
157       Hutchinson, Janine       UN       187       1:47:09       15       2:02:09         158       Axt, Milt       UN       38       1:47:58       4       1:51:58         500       Office	156		UN											-
158 Axt, Milt UN 38 1:47:58 4 1:51:58	157								SUN, OCT, 19: 3RD	ANNUAL PALO ALTO 10 MILER, PALO	Alto (10 am)	. Contact: John A. Bac	1-	SCHEDULE
(Lover Tarking Lar), Barkets (D and), Contact: Poter 0, Nattei, St. Nov. 1: (D and), Contact: Poter 0, Nattei, St. Nov. 1: (D Tarkets Table, Marries, Handler, D and Contact: Poter 0, Nattei,	158	Axt, Milt	UN	38	1:47:58	4	1:51:58							1
SAT, NOV. 1: LOS TRAPEST TABLE (10, 7 Miles, Alexa (10 ms), Concast: Peter 0, Mattel,									(Les Gros	wer Parking Lot), Berkeley (10 am	). Contact: 937-0806.	Charles MacMahon, 154 Entry Fee \$2.00 (50) fo	r	
SAT. NOV. 1: LOS TRAMENS TRALL RUR, 7 Miles, Alema (10 am), Contact: Poter O. Mattei, 1000 North Point, San Francisco 14109, Spunsored by Los Tramus Hummers,						- Contractor	(0)		1476	didter. aponsored by Road Runner	- C100 01 10			
									SAT. NOV. 1: LOS	TRAMPAS TRAIL RUN, 7 Miles, Alam	a (10 am). 9. Smunsore	Contact: Peter 0. Matte	ti,	
							. 1 .		100	and a start when the start of the	. sponsore	and the second second		a

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#### SENIOR OLYMPICS TRACK/FIELD RESULTS 1975 University of California at Irvine June 28 & 29, 1975

WOMEN Track Events

100 Meter Sprint <u>60-64</u> Edith Mendyka 18.6; 50-54 Ruth # Christian 13.6\*, Luree Thrane 21.7, Barbara Parker 36.4; 45-49 Ellem Rose 14.5\*, Jamice Baum 16.5, Marjorie Parish 20.0; 40-44 Ireae Obera 13.0\*, Christel Miller 13.5, Nancy Fiore 15.3; 35-39 Cherrie Sherrard 12.2\*, Almeta Parish 13.5, Lucille Ligom 13.7; 30-34 Jean Jones 15.0.

Meter Sprint 45-49 Ellen Rose 33.4\*; 40-44 Irene Obera 27.9\*; 35-39 Cherrie Frard 26.0\*, Almete Parish 27.3, Fay Hobbs 29.9

400 Neters 45-49 Ellem Rose 77.3\*, Shirley Kinsey S0.0; 40-44 Ireme Oberg 66.0; 35-39 Almeta Parish 62.4\*, Fay Hobbs 66.7, Rosalinda Farley 71.8

800 Meters 85-89 Eula Weaver 7:05; 45-49 Ellen Rose 5:15.3\*; 40-44 Vi Grasso 5:21.1\*; 55-39 Fay Hobbs 2:43.0\*, Almeta Parish 2:53.0; 30-34 Rosi O'Neil 2:32.5 1500 Neters 85-89 Eula Weaver 13:58.1; 45-49 Barbara Barners 6:44.2; 40-44 Teli Cleveland 6:41.3, Vi Grasso 6:45.5, Judy Holmbeck 7:34.0; 35-39 Fay Hobbs 5:25.8 Carolym O'Neil 6:55.1; 30-34 Rosi O'Neil 5:21.5°, Della Barrett 6:03.2

5000 Mever Run 55/55 50-54 Dorothy Thomas 24:12.5°; 40-44 Jacqueline Parriaux 24:09.5; 35-39 Marolya 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 Ofstad 56:09; 25-29 Susan Sills 52:48\*

5000 Meter Walk 50-54 Barbara Parker 41:03\*; <u>35-39</u> Jeanne Bennett 34:50, Carolym 0'Neil 35:51 10000 Meter Walk <u>35-39</u> Carolym 0'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 Cherrie Manmar 35-34 Derotry 0'1411 66'0"\* Hammer 35-39 Carolyn O'Neil 66'0"\*

High Jump 35-39 Cherrie Sherrard 4'4"; 30-34 Jean Jones 3'10"\*

Javelin 60/65/12111/M/22111/1/65-69 Dorothy Herr Herrmann 36'6%"\*; 60-64 Daith Mendyka 72'%"; 40-44 Christel Miller 93'8%"\*

Long Jump 50-54 Ruth Christian 13'4%\*\*; Shértis/Shérteta/14/97/ 35-39 Cherrie Sherrard 14'9\*\*

Spiil Put 65-69 Dorothy Herrmann 18'7"; 60-64 Edith Mendyka 28'9%"; Bhirley Kinsey 23'1"; <u>35-39</u> Cherrie Sherrard 40'4%", Lucille Ligon 31'%" (Shot Put Weights: 50 & Over - 6lbs.; 25/49 - 8 lbs.)

FOTE: Insert following person & time in second place in 200 Meter Sprint: V1 Grasso 40.0

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

Men'75 - R

1500 METHERS: 75-79 laul Spangler 6:51.0\*; 70-74 Harold Chapson 5:21.5\*, Joseph Namlik 6:11.9, #/ 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 Rippee 5:18.0; 50-54 William Fitzgerald 4:18.5\*, George Fats Puterbaugh 4:36.5 Avery Bryant 4:36.0; 45-49 Feter Mundle 4:21.0, Robert Holmes 4:48.0, David Fraitag 4:55.2; 40-44 John Weldy 4:19.0, Gaylord Kalchschmid 4:26.2, Michael Neal 4:33.1; 35-39 Norman Rustad 4:07.0, Janes/Whrphy/4/13/2//Jobad/Breaded # David Mellady 4:07.0, John Brennand 4:08.1; 30-34 Nathaniel White 4:03.3, Darryl Taylor 4:13.0, Dennis Fridly 4:18.4; 25-29 James Flanigan 4:33.1, John Thibodeaux 5:13.6

5000 METERS: 25-79 Faul 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 20:00.04, William Mihalo 25:02.0; 55-59 Edward Freston 17:42.2, James Oleson 18:28.5, Edward Halpin 19:39.0; 50-54 James O'Meil 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 Jorry Smartt 15:45.0, Joseph Livesay 16:30.0, John Stayton 16:42.0; 35-39 James Bevins 16:31.0, Higuel Huiz 16:32.0, Rebert Coppo 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 Olccon 38:04, Wayne Zook 39:41; 50-54 James O'Neil 38/3 38/00 35:01. Ray Gil 40:56, Samuel Bilich 42:04; 45-49 Peter Mundle 33:34\*, Norman Lumian/ 37:31, Samuel DeLuca 40:34; 40-44 Jerry Smortt 32:37\*, Joseph Livesay 34:55, Michael Neal 35:06; 35-39 John Brennand 32:14\*, Orville Atkins 34:03, Ideald Joseph Burgasser 34:12; 30-34 Dennis Fridly 33:14, Louis Lopez 39:20, Reid Pressley 40:18; 25-29 James Flanigan \$3:25, Anthony Gerardi 35:00, David 147 Walker 36:44

5000 METER WALK: 65-69 Lawrence O'Neil 31:44\*, 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 Expire 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 Owneil 1:06:23\*; 60-64 Mickey Blakesley 1:09:02; 55-59 Harold McWilliams 59:15.0\*; 50-54 Howard Barnen 57:27.0 Charles Heaton 1:03:29; 45-49 John Kelly 55:13, Justin Gershuny 1:00:25, Jose Tejeiro//40/44/ 1:10:46; 40-44 James Fields 1:00:28, Marco Turk 1:08:22; 35-39 Robert Hickey 55:134

110 METER HURDLES: Heights: 60 & Over - 30", 50-59: 557, 25-49: 39 75-79 Buell Crane 26.0\*; 70-74 Winfield McFadden 28.9; 65-69 Robert MacConaghy 21.5",

NOTE: 200 Meters 45-49: I State that race was a "Three Way Tie for First"

### MEN \*: 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 Carnine 14.6. 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 Fresber 11.3, Percy Knox 11.5, Vandolf Farish 11. 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 McFadden 30.2", Sing Lum 31.1, Kap Ralph Higgins 33.0; 65-69 Kenneth Carnine 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 Moolakis 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 Schuhard 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 5417 54.7, Robert Lualhati 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 Faul 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 Ø 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 Lualhati 211 2:11.8, XXX Lloyd McGuire 2:14.6, Raymond Archibald 2:17.1; 35-39 Norman Rustad 1:58.6, Ted Smith 2:01.0, James Beni Bevins 2:03.6; 30-34 Nathaniel White 1:59.1, Hector Espinoza 2:02.0, Ronald Bukow 2:04.6; 25-29 James Toomey 2:04.5

Men 175 - F

Albert Erosz 24.3, Walter Frederick 24.5; 60-64 Bud Deacon 18.7, Vincent Godfrey 19.7, Ted Hatlen 19.7; 55-59 Endral Unavailable

50-54 Thomas Patsalis 18.0", Wayne Ambrose 19.5, Harold Hunter 21.6; 40-44 Al Feola 14.9", David Jackson 15.4, Robert Billings 16.1; 35-39 Hugh Adams 14.8\*, Alvin Henry 15.0, Robert Plassmeyer 16.4; 30-34 Cornelius McCormick 14.1\*, John Dobroth 14.8, Martin Hee 17.1; 25-29 Randall Weil 14.8\*, John Flemion 15.0, David Shannon 162 400 METER HURDLES (Heights: 60 & over: 30"; 50-59: 33"; 25-49: 36") 65-69 Walter Frederick 1:31.0, Albert Brosz 1:51.5, Delmar Mictchelson 2:11.5; 60-64 Bud Deacon 1:11.3; 55-59 Edwin Heiner 1:16.2; 50-54 Wayne Ambrose 1:07.4\*, Avery Art Bryant 1:12.0; 45-49 Richard Smith 1:24.0; 40-44 Vandolf Perish 1/01/3//A1/04//1:01.9", Al Sheahen 1:02.0, Leon Frankamp 1:16.7; 35-39 Hugh Adams 56.5, Robert Plassneyer 1:05.5; 30-34 Cornelius McCormick 56.3\* Martin Hee 1:03.8, Louis Lopez 1:15; ######1/W#11/8##14/16###/88/7/ 25-29 Randall Weil 58.2", David Loera 58.7, David Shannon 59.3

3 3000 METER STEEPLECHASE: 55-59 Robert Long 11:58\*, Joseph Morgan 14:35; 50-54 Avery Bryant 11:25\*, Samuel Bilich 12:36; 45-49 Lew Roberts 10:26\*, Frank Thomas 10:53, Jack Noble 11:55; M 40-44 Marshall Haraden 11:30, David Biederman 12:48; 35-39 James Bevins 10:22

400 MLTER RELAY: 55-59 Corona del Mar TC 53.7; 50-54 Corona del Mar TC 50.0, NorCal STC 53.1, STC Senior Track Club 54.2; 45-49 Corona del Mar TC 46.9\*\*; 40-44 Øørnø Corona del Mar 30 45.0, NorCal STC 45.2, Seniors TC 45.5; 35-39 Corona del Mar TC 44.0"; 30-34 Corona del Mar TC 46.0, Bonner's Bombers 51.0; 25-29 IRS Joggernauts 45.6\*\*, Black's Barrelers 46.5

1600 METER RELAY: 50-54 Seniors TC 3:51.4, Corona del Mar 3:52.8; 45-49 Corona del Mar TC 3:56.4'; 40-44 Senior TC 3:44.6; 35-39 Corona del Mar TC 3:35.7; 30-34 Corona del Mar TC 3:36.6, Tattatattatatata Studentind/s/Students SeniorsT TC 3:44.1, Taylor's Travellers 3:46.2; Studenmund's Students 3:28.0\*

200 METHE PAMILY HELAY: 95-109 George & Robert King 27.5, Janice & Hichard Baus 32.5, Herriet & Marshall Haraden 35.0; (60-94 Charles & Vandolf Parish 31.3, ) Edith & Gary Mendyka 32.8; 65-79 Cherrie Sherrard & Almeta Parish 25.4; 50-64 Vickie Gallion & Michael Cochran 30.0



T&F Men '75 - Pg. 5 LONG JUMP: 80-84 Thomas O'Connor N/D.; 75-79 Walter Wesbrook 12'%"\*, 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 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 Rovert/Seeteles/21/854//IIusthf/Edlvertsei/21/144/Nettin/Res/20//5/47// 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'%" POLE VAULT: 75-79 Walter Wesbrook 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", Jøhn/Blakesløy 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: 161b 80-84 Thomas O'Connor 18'6"; 75-79 Buell Crane 31'1", John Whittemore 30'2", Ted M/# 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'll%", Jerry Siefert 39'7%", Daniel Aldrich 38'8 3/4"; 50-54 George Ker 52'%", 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 36'5", Fatrick 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 Wesbrook 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", Gery Miller 30'0"; 30-34 Martin Hee 39'3"", John Russell 32'9%"; 25-29 Michial Clark 48'6"\*

#### FILLD EVENTS

T&F Men 175 - 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%", Fridad 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 Devilbiss 97'9"; 35-39 Robert Humphreys 170'2"\*, Fred Fate 99'9", Fatrick 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 Herrann 99'11"\*, Gentry Mowie Mowrer 53'4"; <u>65-69</u> 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 Grane 4'%"\*, Walter Wesbrook 3'6", Ted Mumby 3'4"; 70-74 Percy Stephens 3'10", Winfield McFadden 3'8", F. A. Rohrman 3'4"; 65-69 Albirt Albert Brosz 3'6"; 60-64 Ted Wilson 4'6"/\*\*, John Damski 4'6"\*\*, (tie) John Satti & Bud Deacon 4'2"; 55-59 Ø#14/ 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 Auf 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 Loura \$/\$2 5'6", Jay Bottomley 5'2", James Simonson 5'2" JAVELIN: 9 (Weights: 60 & Over - 600 grams; 25-59: 800 grams) 80-84 Thomas O'Connor 36'10""; 75-79 Buell Crane 79'10"\*, John Whittemore 75'3", Ted Mumby 51'0"; 70-74 Ralph Higgins 100'7%"", Gentry Mowrer 80'6", F. A. Rohrman 44'6"; 65-69 Robert MacConaghy XX/ 119'2", Emery Curtis 116'1%", Ed Both 116'0"; 60-64 Bud Deacon 120'2", William Wolfe 99'11%", James Lobbett 94'3"; 55-59 William Morales 165'll", Daniel Aldrich 164'21/2", Jerry 16777 Siefert 140'4"; 50-54 Petter Fetter 144'11", Harold Hunter 142'6", Hober 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 Devilbiss 121'0"; 35-39 Michael Fiore 171'9", Patrick Bonner 138'3"; 30-34 Samuel West 187 '%", Cornelius McCormick 177 '10%", Lawrence Tucker 175 '11"; 25-29 Warren Wilke 186'9%"\*

### **1975 MEN'S MASTERS NATIONAL 25-KILO CHAMPIONSHIPS**

& PA-AAU CHAMPIONSHIPS

<u>a TIME:</u> - 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 raceday (no late fee). Registr tion from 7:30 am to 9:15 am. Registra

- tion 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 Certi-fied. Each lap is as follows: Proceed east on Middle Drive from registration area. Angle left onto 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 Hiway. Turn left here and then left again on South Dr. Finally, angle left onto Middle Dr. and up hill to start/finish area. Splits will be given at each 5 kilometers (verbally).

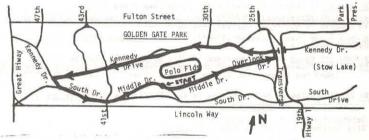
before the Great Hiway. Turn lett nere and the start/finish area. Splits will be given at angle left onto Middle Dr. and up hill to start/finish area. Splits will be given at each 5 kilometers (verbally).
 FACILITIES: - Aid Stations will be approx. every 1.5 miles (2.5 kilos)...water & ERG only. Special aid containers may be deposited on tables at start/finish area only before the race for those who wish to bring their own concotions. Restrooms: Available in vicinity of start/finish (no showers available).
 I-SHIRTS: - Special National Masters 25-Kilo Championship shirts (none for PA-AAU Championships) will be available on raceday in limited quantity (ML,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.

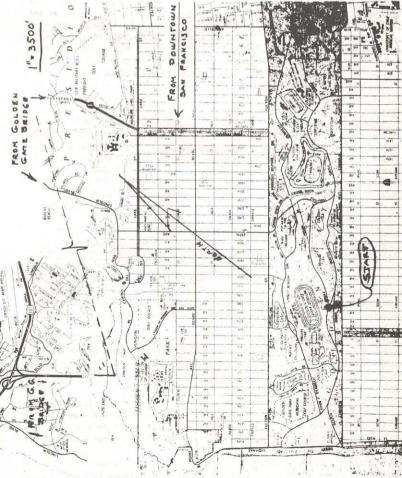
- to top three finishers. Special onyx paperweights to top the finishers. Teams (5 scoring members) Natl. Championship patches to scoring members of winning team; Natl. Championship medals to scoring members of top three teams.

(B) Age-Group Divisions (full sets of awards for--40 & Over; 50 & Over; 60 & Over; 70 & Over).

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 mms (send for entry blank for complete listing of awards)). Also awards for women's send for entry blank for complete listi Ribbons to all finishers with results. teams.







\*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.

<u>WAIVER</u>: (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).

violation of religi	ous principles).								
Date	Signature	(Individual or 쿠eam Captain)							
Date	Signature	(Parent/Guard	ian if under 18)						
	ndividual and team winnership, age and national	ers will be asked to show eviden ity."	ce of AAU mem-						
*INDIVIDUAL ENTRIES	(All entries in PA-AAU	Championships; Non-Team Entries	in Nationals).						
NAME (Print::)		PHONE ( )	AGE						
ADDR		CITYST	ZIP						
	ERED: (PA-AAU) Open Men	AAU # lub/Unattached/School) (1 /Women/Masters Men/Masters Women ver/50 & Over/60 & Over/70 & Over	(\$1.00 Entry)						
5 per team; 5		nships Only) (Maximum of 8 per to splacements beyond fifth runner) ADDR ZIPPHONE_()							
TEAM NAME	orali de la seconomia de la composición de la composición de la composición de la composición de la composición Composición de la composición de la comp	(Please specify "A" and "I	B" Teams, etc.)						
* <u>Check One Box Below</u> for each team ente	(Make Separate sheet red).	LIST TEAM ENTRIES (Age or Name	n Date of race) Age 1975 AAU#						
ivision Club Team	Ass'n All-Star Team	1.							
40 & OVER	6 B	2.							
50 & OVER	71	3.							
60 & OVER 70 & OVER	11-110 L	4.	Sur al						
TO & OVER		5.	A. A. A. S. Charles						
	n checked by your local	6.	111111						
	mittee? YES NO	7.	100						
Team Captain:(	Signature)	- 8.							
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### **CLUB OFFICERS**

PRESIDENT: Dennis Teeguarden, 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**

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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 inter ested in a car pool. Write to Tom O'Brien 13908 Fiji Way Apt. #360 Marina Del Rev. Ca. 90291 if you need info before our next issue October 5.

Local meets covered on inside pages.

# NORTHERN CALIFOR SENIOR TRACK C

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

### FIRST CLASS MAIL

Finish - 7 th & center

Old Highway ;

3rd St.

de less folge

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

FREDERICKSON, WILLARD BOX 98 SAN GERONIMO , CA 94963

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NEWSLETTER No. 66 AUGUST, 1975