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Membership dues are \$6.00 per year (same for a married couple). Dues pay for your Newsletter each month and Club Directory. Make checks payable to Northern California Seniors Track Club and mail them to Robyn Paulson, Sect. Treas., 629-44th Ave., San Francisco, Calif. 94121. If spouse wishes active membership, please fill out two of these forms.

Please check your interest:
 Road and Cross-Country: 2-5 miles 5-10 miles 10 miles Marathon
 Track: 100 yds. 440yds 1 mile 3 miles Other
 Field: Long Jump High Jump Shot Put Javelin Other
 Pertinent Data on recent achievements? (and or) Athletic History: _____

INFORMATION FOR CLUB DIRECTORY

Name _____ Home Phone _____
 Address _____ Number _____ Street _____ City _____ Zip Code _____
 Date of Birth _____
 Business Address _____ Business Phone _____

MEMBERSHIP APPLICATION
NORTHERN CALIFORNIA SENIORS TRACK CLUB
A Running Club for men and women over thirty

FITNESS, FUN & FRIENDSHIP and some great competition!

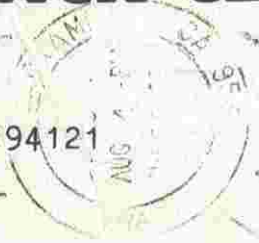
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NORTHERN CALIFORNIA SENIORS TRACK CLUB

629 44th Avenue
San Francisco, Ca 94121

August 1976

#73



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FIRST CLASS MAIL

Northern California

SENIORS TRACK CLUB

Officers

- President -- Jack Bettencourt, 136 Dundee Drive,
S. San Francisco 94080 (415/755-9681)
- Vice president -- Dick Marlin, 3413 Stembridge,
Modesto 95350 (209/523-8350)
- Sec-treasurer -- Mrs. Robyn Paulson, 629 44th Avenue,
San Francisco 94121 (415/751-8825)
- Track-field
chairman -- Van Parish, 148 Hedge Road,
Menlo Park 94025 (415/325-7275)
- Long distance
chairman -- Jim Nicholson, 2178 47th Avenue,
San Francisco 94122 (415/661-0591)
- Editor -- Bob Roemer, 3808 Yellowstone Court,
El Dorado Hills 95630 (916/933-1438)

Newsbriefs

Jim Shettler was not a member of our club, but he surely is no stranger -- particularly in long distance circles. A Masters cross-country champion, he owned innumerable course records.

Our condolences to his wife, Bobbie, on Jim's untimely death July 3 at age 42.

Jim had an unusual family history of early fatal heart disease, and pathology experts indicate that his running perhaps prolonged his life.

A glance at the list of 408 runners who completed the Avenue of Giants marathon reveals no fewer than 17 medical doctors in the crowd.

Does that tell you something?

Upcoming events include an International Track Assn. meet at UC-Berkeley, Aug. 28. Van Parish is negotiating for a few Masters races -- no cash for the winners, of course.

Nothing definite at press time, so anyone interested should call Van (phone number above) or write him and include a self-addressed post card.

The second World Masters T&F championships are scheduled in Sweden from Aug. 8 to 15, 1977. And, already, Dave and Helen Pain are taking reservations for their charter flights.

Details are on another page of this issue. IMPORTANT: A cash deposit is needed NOW.

LDR SCHEDULE

Sun., Aug. 8

4TH ANNUAL LAFAYETTE RIM RUN, 6 Miles, Lafayette Reservoir, Lafayette (9 am). Contact: Charles McMahon, 154 Grover Ln, Walnut Creek 94596. Ph. 937-0806. Entry Fee \$2.00. Course Records--Men: Tom Hale 36:20 (1974); Masters: Peter Mattei 45:01 (1974); Women: Teri Anderson 48:48 (1975). Hilly, 75% trail. 50¢-children, 12 and under. Sponsored by East Bay Road Runners.

Sat., Aug. 14

12TH ANNUAL ROBERT E DECELLE, JR. LAKE TAHOE RELAYS, 72 Miles (7 men teams) (legs about 10 miles each), start and finish at intersection of Hi-ways 50 & 89 (safeway parking lot) & proceed counterclockwise around lake (8 am). DIVISIONS: AAU club, Open (pick-up teams), Masters Men, Open Women. Contact: Harold DeMoss, 765 Campbell Ave., Los Altos 94022. Ph. 941-8976. Entry Fee \$10/team. Course Records--Men: WVTC 6:24:43 (1975); Masters: WVJS 7:41:05 (1974); Women: WVTC 8:59:37 (1975). Sponsored by PA-AAU LDR Committee.

Sat., Aug. 21

OCEAN TO BAY MARATHON & PA-AAU WOMEN'S INTERNATIONAL QUALIFIER Tunitas Creek Road and Hi-way 1 (7 miles south of Half Moon Bay) (8 am). Contact: Ken Israel, 305 Del Rosa Way, San Mateo 94403, Ph. 349-3181. Entry Fee: \$3.00 (late fee: \$3.50). New course, all pavement, first 10 miles climbs to 2000 ft. then down to sea level. NOTICE: The first female finisher will receive full airfare to Women's International Marathon in Waldniel, Germany, Oct. 2. Second and third place finisher receive full airfare to National AAU Women's National Championships at Culver City, Dec. 5. The three female finishers will be funded by PA-AAU Women's LDR Committee. Marathon is sponsored by Belmont Jaycees.

Sat., Aug. 21

8TH ANNUAL GOLDEN EMPIRE X-C AGE-GROUP RUNS, Divisions: Boys and Girls--9/under-1 mile; 10/11-1.5 mile; 12/13-2 mile; 14/15-2.5 mile; 16/up (girls--open)-3 miles; 16/17 (boys)-3 miles; 18/up (boys)-5 miles; Senior Men and Women (35/up)-5 miles. Penn Valley Park, Penn Valley, CA. (6 pm). Contact Nick Vogt, P. O. Box 151, Grass Valley 95945. Ph. 916/273-5880. Entry Fee: \$1.50. XC, Dirt. Sponsored by Gold Spike TC.

Sun., Aug. 22

8TH ANNUAL 5 BROOKS RUN, 7 1/2 Miles, 5 miles south of Olema, on Hi-way 1, Pt. Reyes. (12 noon). Contact: Darryl Beardall, 488 Benjamin Road, Santa Rosa 95405. Ph. 707/539-2238. Entry Fee \$1.50 (late fee: \$2.00). Course Records--Men: Tom Hale 33:47 (1975); Masters: Jim O'Neil 40:35 (1975); Women: Judy Graham 41:59 (1974). Hilly, trails. Sponsored by Marin Harriers

Sat., Aug. 28

3RD ANNUAL LOS GATOS CULTURAL FESTIVAL DAMMIT RUN, 5.593 Miles, Los Gatos High School (9 am). Contact: Maynard E. Orme, 16360 Belmont Ave. Monte Sereno 95030. Ph. 408/354-9030. Entry Fee: \$1.50 (late fee: \$2.00). Special Divisions: 12 & under Boys and Girls; High School Boys and Girls. Course Records--Men: Bill Clark 30:07 (1975); Masters: Jim Shettler 31:48 (1975); Women: Judy Graham 36:38 (1975). Hilly, 75% dirt trails. Sponsored by Los Gatos Jaycees, and Los Gatos Athletic Association.

Sun., Aug. 29

66TH ANNUAL DIPSEA RACE, (handicap) 6.8 Miles, Mill Valley (downtown) to Stinson Beach (10 am). Contact: Mill Valley Jaycees, 300 Miller Ave., Mill Valley 94941. Entry Fee: \$3.00 (late fee: \$4.00). Course Record: Ron Elijah 46:08 (1971). Sponsored by the Mill Valley Jaycees.

Sat., Sept. 4

7TH ANNUAL ALAMEDA TRACK CLUB CROSS COUNTRY CARNIVAL, 6.6m--Masters, Seniors, and HS; 3.6m--Juniors and Women. (1:30 pm). Contact: Robert E. DeCelle, P. O. Box 1606, Alameda 94501, Ph. 523-2264 (9 to 5). Entry Fee: \$1.50 (late fee: \$2.00). Course Records--Men: Jim Nuccio 31:04 (1975); Masters: Jim Shettler 34:26 (1975); Women: Kathy Adams 17:02 (1975). Flat, dirt and grass golf course. Visitors and observers must stay off greens and fairways. No picnicing. Sponsored by Alameda Track Club.

Sun., Sept. 5

SILVER STATE BICENTENNIAL MARATHON, Davis Creek camp ground, 15 miles south of Reno, Nevada. (8 am). Contact: Skip Houk, 3675 Bryan Street, Reno, Nevada, 89503. Ph. 702/747-5379. Entry Fee: \$3.00 (late fee: \$4.00 after 8/9/76). Flat, Pavement. Sponsored by the Nevada Heart Fitness Institute.

Mon., Sept. 6

TIMES NINE, Relay race (9 Miles-3 runners-3 miles each), and 9 Kilo individual race. (2 races). (relay-10am; 9 Kilo-11:30am) Crystal Springs X-C Course, Belmont (Halmark Drive) Contact: Len Wallach, 1060 Continentals Way, #107, Belmont 94002. Ph. 574-6730. Entry Fee: Relay-3 X \$0.99; 9 Kilo-\$0.99 DIVISIONS: Relay-Club and Pick-up teams in following divisions: 14/under; 15-19; Open; Masters, (Men teams, and Womens teams in all divisions.) (Mixed men and women in pick-up division). Many awards. Hilly, trails. Sponsored by San Mateo Times and Belmont Bicentennial Committee.

Sat., Sept. 11

LAKE WILDWOOD 10 MILE ROAD RACE, Lake Wildwood (Grass Valley) (9 am). Contact: Nick Vogt, P. O. Box 151, Grass Valley 95945. Ph. 916/273-5880. Entry Fee: \$1.50. Course Records--Men: Ron Zarate 54:32 (1974); Masters: Ross Smith 60:16 (1973); Women: Michelle McKeen 68:18 (1975). Hilly, pavement. Sponsored by Gold Spike Track Club.

Sun., Sept. 12

PA-AAU 25 KILO & NATIONAL WOMEN'S AAU 10 KILO CHAMPIONSHIPS Golden Gate Park (Polo Fields), San Francisco. (9:30 am). Contact: (25 Kilo- Harold DeMoss, 765 Campbell Ave., Los Altos 94022. Ph. 941-8975) (Women's 10 Kilo-Penny DeMoss, 765 Campbell Ave., Los Altos 94022. Ph. 941-8975) Entry Fee: \$1.50. Course Records--Men: Ron Wayne 1:18:54 (1974); Masters: Jim Shettler 1:27:48 (1975); Women: Cyndy Poor 1:35:14 (1975). Slight grades, pavement. Sponsored by West Valley TC and PA-AAU Women's LDR Committee.

Sat., Sept. 18

7TH ANNUAL DOUBLE DIPSEA, 13.6 Miles, Stinson Beach to Mill Valley and return (8:30 am). (handicap). Contact: Walt Stack, 321 Collingwood St. San Francisco 94114. Ph. 647-9459 (6-8pm) Entry Fee: \$2.00 (late fee: \$3.00). Course Records--Men: Byron Lowry 1:42:37 (1975); Masters: Ken Napier 1:58:53 (1972); Women: Debbie Rudolph 2:13:52 (1974). Very hilly, rough trails. Sponsored by DSE Runners

Sun., Sept. 19

32ND ANNUAL WALNUT FESTIVAL RACES, Many age-group, boys and girls divisions. Open, JC and Masters-5.6 miles. Heather Farms Community Park, Walnut Creek. (9 am). Contact: Andrew MacCono, 1840 Geary Rd, Walnut Creek 94596 (no phone). No Post Entries, entries close Sept 11. No entry fee. Course Records--Men: Jim Nuccio 27:23 (1975); Masters: Jim Shettler 31:06 (1973); Women: Phyllis Olrich 35:11 (1974). Rolling, Pavement. Sponsored by Walnut Festival Association.

Sat., Sept. 25

VALLEY OF THE MOON TC INVITATIONAL CROSS-COUNTRY, Boys and Girls, age-group distances; Senior and Masters Men and Women-4 Miles, Spring Lake County Park, Santa Rosa. (11 am to 2 pm). Contact: Fred Kenyon, 1609 Mariner Drive, Sebastopol 95472. Ph. 707/823-8338. Entry Fee: \$2.50 (late fee: \$3.00). Entry fee includes post-race snacks. Course Records--Men: Darryl Beardall 25:00 (1975); Masters: Jack Steele 29:23 (1975); Women: Peggy Stok 32:01 (1975). Rolling hills, 90% dirt. Sponsored by the Valley of the Moon TC.

The way it was

AAU Western Masters

San Diego State U.

June 19-20

Discus (50-54)

1. Fortune Gordien 150-9
2. George Ker 131-2
3. Roy Wigginton, N, 106-2

(55-59)

1. Nat Hurd 119-7
2. Richmond Morcom 110-0
3. Orval Gillett 107-5
4. Mark Henderson, N, 94-8
5. J. Minah 87-9

(60-69)

1. Jack Thatcher 140-2
2. Ken Carnine, N, 131-3
3. Chuck McMahon 130-3
4. Earl Archer, N, 126-0
5. John Dick, N, 119-6

Shot put (in meters)

(50-54)

1. Ker 14-33
2. Wigginton, N, 11-92
3. Emson Grimm 7-89

(55-59)

1. Hurd 13-03
2. J. Siefert 11-41
3. Henderson, N, 11-27
4. Minah 11-23

5. Morcom 10-62
6. Pete Fetter 10-14

High jump (60-69)

1. Dick, N, 4-5
2. T. Hatten 4-4
3. Fred Bierlein, N, 3-11

Javelin (in meters)

(40-44)

1. Phil Conley 62-57
2. Spencer Letcher, N, 56-29
3. Ray Fitzhugh 31-47

(50-59)(in feet)

1. Fetter 156-9 $3/4$
2. Bill Morales 156-7 $1/2$
3. J. Siefert 132-8 $1/4$
4. Morcom 127- $1/2$

(60-64)

5. Bob Stone, N, 126-0
6. Wigginton, N, 102-9

(60-64)

1. McMahon 126-11 $1/4$
2. Dick, N, 113-4 $1/2$
3. Archer, N, 86-7

Javelin (cont.)

(65-69)

1. Carnine, N, 126-10 $1/2$
2. Bob MacConaghy 122-11 $1/2$

Long jump (45-49)

1. Shirley Davisson 20-11
2. Phil Schlegel 18-2
3. Huel Washington, N, 17-5
4. A. Brenda 17-1
5. D. Donnelly 16-6

(50-59)

1. Morcom 19-5 $1/2$
2. Dave Brown 16-5 $1/2$
3. Fetter 16-2
4. Wigginton, N, 15-9
5. Morales 15-5 $1/2$

Triple jump (50-54)

1. Tom Patsalis 38-7
2. Wigginton, N, 33- $1/2$
3. Brown 31-11 $3/4$
4. T. DeVaughn 29-8 $1/2$

100 meters (40-44)

1. Van Parish, N, 11.2
2. Percy Knox 11.4
3. Milton Newton 11.5
4. Bruce Springbett, N, 11.8
5. Dick Glasgow, 11.8
6. L. Kary 12.1

(45-49)

1. Dick Marlin, N, 11.8
2. Bill Frederickson, N, 12.0
3. Oswald Dawkins 12.0
4. Ted Vick 12.0
5. Washington, N, 12.1
6. Ed Manougian, N, 12.1
7. D. DeVallence 12.5
8. A. Brenda 12.8

(50-54)

1. Wayne Ambrose 12.5
2. Wigginton, N, 12.8
3. Grimm 15.8

(55-59)

1. Al Guidet 12.6
2. Fetter 12.8
3. Hurd 13.4
4. Sam Hoover, N, 14.1

(65-69)

1. Joe Caruso 13.6
2. Carnine, N, 13.8
3. J. Hanna 15.7

(Women, 35-39)

1. Mimi Gerard, N, 13.1
2. Almeta Parish, N, 13.2

Western Masters 100 meters (cont.)

(Women, 40-49)

1. Irene Obera, N, 12.6
2. Shirley Dietderich, N, 17.0

200 meters (40-44)

1. Newton 23.3
2. Parish, N, 23.6
3. Hans Bruhner, N, 23.9
4. Springbett, N, 24.6
5. Glasgow 24.9
6. J. Pedevilla 27.8

(45-49)

1. Frederickson, N, 24.6
2. Vick 24.6
3. Dawkins 24.8
4. J. Tenreiro 24.9
5. Washington 25.1
6. B. Sieben 25.4

(50-54)

1. Ambrose 26.0
2. Wigginton, N, 27.5

(65-69)

1. Carnine, N, 29.1
2. Bierlein, N, 33.7
3. Hanna 34.6

(Women, 35-39)

1. Gerard, N, 27.4
2. Parish, N, 28.0

(Women, 40-49)

1. Dietderich, N, 36.8

400 meters (40-44)

1. Newton 53.8
2. Bruhner, N, 54.2
3. Glasgow 54.5
4. R. Graves 57.3
5. Pedevilla 61.6

(45-49)

1. Don Cheek 54.3
2. Sieben 56.6
3. Washington, N, 58.8

(65-69)

1. Mel Shine, N, 68.0

(Women, 35-49)

1. Obera, N, 62.6
2. Gerard, N, 63.5
3. Parish, N, 65.4
4. Dietderich, N, 70.5

800 meters (45-49)

1. Bob Holmes 2:11.3
2. Don Palmer 2:13.8
3. M. Haraden 2:17.0
4. D. Fraitag 2:21.0
5. Jim Waste, N, 2:31.8

800 meters (cont.)

(60-64)

1. Ray Mahannah, N, 2:38.6
2. E. Lowell 2:42.2

(65-69)

1. S. Madden 2:42.6
2. Bierlein, N, 2:54.1
3. Hanna 3:04.0

110 meter hurdles (40-44)

1. Dave Jackson 15.6
2. Fitzhugh 18.3
3. Parish 18.4

(50-54)

1. Tom Patsalis 18.0
2. Wigginton, N, 19.2
3. Ambrose 20.4

400 meter hurdles (40-44)

1. Parish, N, 62.7
2. Sheahan 64.8
3. Fitzhugh 72.0

(60-64)

1. V. Godfrey 78.1
2. Lowell 84.7
3. Dick, N, 88.9

400 meter relay (40-49)

1. NCSTC (Marlin, Frederickson, Bruhner, Parish) 45.1
2. Corona Del Mar (Knox, Vick, Schlegel, Jackson) 45.5

1600 meter relay (40-49)

1. NCSTC (Parish, Springbett, Frederickson, Bruhner) 4:28.2

NorCal sprinters asserted their superiority in the Western AAU on a rock-hard track at San Diego State.

Under otherwise perfect racing conditions, we had gold-medal performances by Van Parish, 11.2 in 100 meters, class 1A; Dick Marlin, 11.8 in 1B; Bill Frederickson, 24.6 in 200 meters, 1B; Ken Carnine, 29.1 in 3B -- two tenths of a second under his world-record time a year ago.

Mimi Gerard and Almata Parish raced 1-2 in both sprints and Irene Obera posted the incredible time of 12.6 in the 40-49 women's 100.

7th annual Senior Olympics

U. of California, Irvine

June 26-27

N = NorCal
mr = meet record

Women

Shot put (35-39)

1. Cherrie Sherrard 39-3
2. Almeta Parish, N, 28-5½
3. Ursula Schreiber 26-6½

100 meters (45-49)

1. Ellen Rose 15.2
2. Shirley Kinsey 15.3
3. Shirley Dietderich, N, 16.1 (35-39)

1. Sherrard 12.2 (mr)
2. Parish, N, 12.6
3. Schreiber 15.6

200 meters (40-44)

1. Irene Obera, N, 26.6 (mr)
2. Fay Hobbs 29.8
3. Sharon Bintliff 31.5 (35-39)

1. Sherrard 26.1
2. Parish 26.9

400 meters (40-44)

1. Obera, N, 60.4 (mr)
2. Hobbs 64.2
3. Bintliff 70.6 (35-39)

1. Parish, N, 62.3 (mr)

400 meter relay (35-39)

1. NCSTC 54.4 (mr)

Men

Discus (65-69)

1. Ken Carnine, N, 136-10 (mr)
2. Vernon Cheadle 127-11½
3. Edwin Both 114-8 (50-54)

1. Fortune Gordien 160 (mr)
2. George Ker 140-6
3. Roy Wigginton, N, 99-7

Hammer (65-69)

1. Randolph Hubbell 95-9
2. Bob Ulsh, N, 90-2
3. Del Michelson 68-4

High jump (60-64)

1. Ted Wilson 4-8 (mr)
2. John Dick, N, 4-6
3. Claude Hills 4-4

Men's high jump (cont.)
(50-54)

1. Dave Brown 4-10
2. Mel Nunes, N, 4-10
3. Thomas DeVaughn 4-2

Javelin (65-69)

1. Bob MacConaghy 121-9½
2. Both 120-8½
3. Carnine, N, 116-7

(50-54)

1. Wigginton, N, 110-8½
2. Emson Grimm 54-11

(40-44)

1. Don Rose, N, 159-5½
2. K. C. Keffer 141-6½
3. George Waterman 140-8½

Long jump

(No NorCals won medals. Five meet records were set.) --

70-74 - Albert Reiser 13-10 3/4

65-69 - Joe Caruso 14-3

55-59 - Richmond Morcom 19-7½

45-49 - Shirley Davisson 21-8 3/4

25-29 - Craig Vaughan 23-5 1/4

Shot put (65-69)

1. Cheadle 43-9 1/4 (mr)
2. MacConaghy 40-1½
3. A. J. Puglizevich, N, 39-11½ (50-54)

1. Ker 48-7½

2. Nunes, N, 39-1/4

3. Wigginton, N, 35-11 3/4

Triple jump (60-64)

1. Hans Schneider 33-4
2. Claude Hills 28-10½
3. Dick, N, 27-3

(50-54)

1. Tom Patsalis 38-2½

2. Jon Hutchinson 32-9

3. Wigginton, N, 32-0

100 meters (65-69)

1. Virgil McIntyre 13.3 (mr)

2. Caruso 13.4

3. Carnine, N, 13.5

(50-54)

1. Bob Watanabe 11.6 (mr)

2. Bob Roemer, N, 12.2

3. Wayne Ambrose 12.4

Sr. Oly. 100 meters (cont.)
(45-49)

1. Bill Frederickson, N, 11.6
2. Oswald Dawkins 11.8
3. Ted Vick 11.9

(40-44)

1. Van Parish, N, 11.1
2. Milton Newton 11.3
3. Percy Knox 11.4

200 meters (65-69)

1. McIntyre 27.9 (mr)
2. Carnine, N, 28.1
3. Puglizevich, N, 30.7

(50-54)

1. Watanabe 24.4
2. Roemer, N, 25.4
3. Don Watt 26.1

(45-49)

1. Frederickson, N, 23.8
2. Vick 23.9
3. Bob Jordan, N, 25.3

(40-44)

1. Newton 23.1
2. Hans Bruhner, N, 23.3
3. Parish, N, 23.5

400 meters (60-64)

1. Jerry Lopes, N, 73.1
1. Bruhner, N, 53.2
2. James Parks 54.3
3. Tony Nasralla 55.0

(40-44)

1. Bruhner, N, 53.2
2. James Parks 54.3
3. Tony Nasralla 55.0

1500 meters (55-59)

1. Alan Waterman, N, 5:00.1
2. Edwin Halpin 5:10.3
3. Bill Fairbank, N, 5:22.5

110 meter hurdles (50-54)

1. Patsalis 17.7 (mr)
2. Hutchinson 18.7
3. Wigginton, N, 19.4

(40-44)

1. Dave Jackson 15.8
2. Parish, N, 17.1
3. Ray Fitzhugh 18.4

400 meter hurdles (60-64)

1. Vincent Godfrey 77.5
2. Hills 80.3
3. Dick, N, 89.9

(50-54)

1. Roemer, N, 65.4 (mr)
2. Hutchinson 68.6
3. Frank Schutz 72.7

400 meter hurdles (cont.)
(40-44)

1. Parish, N, 62.3
2. Al Sheahen 63.5
3. Nasralla 65.2

3000 meter steeplechase (60-64)

1. R. M. MacTarnahan 12:38 (mr)
2. Dick, N, 16:33

(55-59)

1. Alan Waterman, N, 11:48 (mr)
2. Bob Long 13:16
3. Bill Fairbank, N, 13:51

400 meter relay (40-44)

1. NCSTC (Frederickson, Bruhner, Parish, Jordan (?)) 45.0

With the decathlon being run on a different weekend, the Senior Olympics came off smoother than in previous years.

The weather was hot, which helped some of us cripples bounce back. And, the track was fast: witness a lot of records.

Bill Frederickson attained his season's peak by winning both dashes in the 45-49 class -- 11.6 in 100 meters and 23.8 in the 200.

Alan Waterman (55-59) was a meet record breaker with a terrific 12:38 in the steeplechase.

Van Parish, continuing to reign over the intermediate hurdles field, improved his performance by .4 of a second over the previous week with a classy 62.3.

Ken Carnine was a full second faster, at 28.1, than at San Diego but had to settle for second in the 200 as he pushed Virgil McIntyre to a meet and world record, 27.9.

Irene Obera claimed two meet records: 26.2 in 200 meters and 60.4 in 400.

AAU National Masters

Mt. Hood College, Gresham, Ore.
July 2-4

Women

100 meters (35-39)

1. Mimi Gerard, N, 13.14
(40-44)

1. Irene Obera, N, 12.59
2. Connie Wilson 14.88

200 meters (35-39)

1. Gerard, N, 27.07
(40-44)

1. Obera, N, 26.04

400 meters (35-39)

1. Gerard, N, 61.15
(40-44)

1. Obera, N, 59.9

5000 meter walk (40-44)

1. Catherine Smith, N, 33:55.3

800 meter run (35-39)

1. Gerard, N, 2:40.09
(40-44)

1. Lois Westerhove 2:49.75

2. Smith, N, 3:11.64

1500 meters (40-49)

1. Ruth Anderson, N, 5:22.84

2. Miriam Fairbank 7:23.7

3. Burnis Hicks 7:27.2

5000 meters (45-49)

1. Anderson, N, 20:13

10,000 meters (45-49)

1. Anderson, N, 40:20

Men

Javelin (40-44)

1. Phil Conley 207-0

2. Bob Darling 175-4

3. Bob Flaherty 164-11

4. Don Rose, N, 162-8

5. Ray Fitzhugh 140-2

6. Frank Miller 126-8

(55-59)

1. Bill Morales 150-3 $\frac{1}{2}$

2. Dan Aldrich 140-1

3. John Kilbuck 134-1

4. Jack Hazen 125-11 $\frac{1}{2}$

5. Bob Stone, N, 118-10

6. Sandy Patterson 57-8

Javelin (cont.)

(60-64)

1. Orville Nichols 132-6 $\frac{1}{2}$

2. Hugo DeGroot 132-2

3. Hans Schneider 125-11 $\frac{1}{2}$

4. Chuck McMahon 122-10

5. John Dick, N, 115-10 $\frac{1}{2}$

(65-69)

1. Ken Carnine, N, 119-11 $\frac{3}{4}$

2. Bob MacConahgy 115-6 $\frac{1}{4}$

3. Rolland Nichols 101-1 $\frac{1}{4}$

4. Randy Hubbell 95-10 $\frac{3}{4}$

5. Bill Dunham 95-4

6. Fred Bierlein, N, 58-1 $\frac{3}{4}$

Discus (45-49)

1. Lee Schroder, N, 120-2 $\frac{1}{2}$

2. Hal Wallace 104-1

(60-64)

1. Jack Thatcher 146-7 $\frac{1}{2}$

2. DeGroot 135-1

3. Earl Archer, N, 130-10

4. McMahon 123-8 $\frac{1}{2}$

5. Dick, N, 116-7 $\frac{1}{2}$

6. Nolan Fowler 109-4

(65-69)

1. Carnine, N, 141-7

2. MacConahgy 103-3

3. Hubbell 99-3

4. Nichols 96-5

5. Carson 82-9

Hammer (60-64)

1. Fowler 120-4

2. Chuck McMahon 94-3

3. Dick, N, 76-1 $\frac{1}{2}$

(65-69)

1. Hubbell 96-3

2. Bob Ulsh, N, 86-10

3. Nichols 63-8 $\frac{1}{2}$

Shot put (60-64)

1. Thatcher 48-9

2. DeGroot 48-1 $\frac{3}{4}$

3. Schneider 47-3 $\frac{1}{2}$

4. McMahon 39-1 $\frac{1}{4}$

5. Fowler 38-9 $\frac{1}{2}$

6. Dick, N, 35-2 $\frac{3}{4}$

(65-69)

1. MacConahgy 40-9 $\frac{1}{4}$

2. A. J. Puglizevich, N, 38-8

3. Carson 37-6

4. Nichols 32-1

(70-74)

1. Stan Herrmann 37-11 $\frac{1}{4}$

2. Albert Reiser 33-5 $\frac{1}{2}$

3. Homer Van Gelder, N, 19-9 $\frac{1}{2}$

National AAU (cont.)

Long jump (45-49)

1. Shirley Davisson 21-2 $\frac{1}{2}$
2. Phil Schlegel 19-2 $\frac{1}{2}$
3. Ed Mahany, N, 18-6
4. Don Donnelly 17-4
5. Ed Schuler 17-3
6. Huel Washington, N, 16-7 $\frac{3}{4}$

(50-54)

1. Richmond Morcom 18-11 $\frac{3}{4}$
2. Jim Vernon 16-4 $\frac{3}{4}$
3. Morales 16-1/4
4. Louis Carline 15-11
5. Henry Fairbank, N, 15-10
6. Harry Huseny 15-6 $\frac{1}{2}$

(60-64)

1. Hans Schneider 16- $\frac{1}{2}$
2. Fred White 15-10 $\frac{1}{2}$
3. John Satti, N, 15-4 $\frac{1}{2}$
4. Orville Nichols 13-11 $\frac{1}{2}$
5. Dick, N, 12-9 $\frac{3}{4}$

(65-69)

1. Joe Caruso 14-5 $\frac{1}{2}$
2. Ted Hatlen 12-7 $\frac{3}{4}$
3. Jack Carson 11-8
4. Puglizevich, N, 11-4 $\frac{3}{4}$
5. Henry Schumacher 10-11

Triple jump (45-49)

1. Davisson 40-10 $\frac{1}{2}$
2. Schlegel 35-11
3. Donnelly 34-8
4. Phil Walden 33-6
5. Bruce Grant, N, 33-2 $\frac{1}{2}$

(60-64)

1. White 31-4
2. Schneider 30-6 $\frac{1}{2}$
3. Nichols 29-4
4. Dick, N, 26-3

High jump (40-44)

1. Langenfeld 5-9 $\frac{3}{4}$
2. Newton 5-8
3. Don Rose, N, 5-4 $\frac{3}{8}$
4. Fitzhugh 5-4 $\frac{3}{8}$
5. Taylor 5-2 $\frac{1}{4}$
6. Conley 5-2 $\frac{1}{4}$

(60-64)

1. Dick, N, 4-4
2. Schneider 4-4
3. DeGroot 4-3
4. Bierlein, N, 3-10

(70-74)

1. Albert Reiser 4-0
2. Win McFadden 3-10
3. Herb Anderson 3-10
4. Van Gelder, N, 3-8

100 meters (40-44)

1. Jim Weaver 11.07
2. Van Parish, N, 11.44
3. Percy Knox 11.45
4. Milton Newton 11.54
5. George Waterman 11.56
6. Hans Bruhner 11.73

(45-49)

1. Edmund Schuler 11.80
2. Dick Marlin, N, 11.83
3. Bill Frederickson, N, 11.89
4. Huel Washington, N, 12.03
5. Rafe Melendez 12.16
6. Oswald Dawkins 12.16

(50-54)

1. Jack Greenwood 11.83
2. Bob Watanabe 11.90
3. Bob Roemer, N, 12.32
4. Don Watt 12.76
5. Harold Hunter 13.19
6. Albert Johnson 13.55

(55-59)

1. Al Guidet 12.06
2. Bob Hunt 12.85
3. Henry Fairbank, N, 13.18
4. Bill Morales 13.59
5. Carl Oates 13.97
6. Louis Carline 14.26

(65-69)

1. Virgil McIntyre 13.76
2. Joe Caruso 13.86
3. Tony Castro 13.92
4. Ken Carnine, N, 14.10
5. Hank Shinkosky 15.90
6. Henry Schumacher 16.19

(70-74)

1. McFadden 15.08
2. Sing Lum 15.22
3. Peter Thomassen, N, 15.42
4. Herb Anderson 23.54

200 meters (40-44)

1. Weaver 23.16
2. Newton 23.34
3. Parish 23.7
4. Bruhner 23.79
5. George Waterman 24.0
6. Harold Hitt 24.49

(45-49)

1. Frederickson, N, 24.36
2. Marlin, N, 24.43
3. Washington, N, 24.48
4. Vick 24.67
5. Ed Mahany, N, 24.84
6. Ed Manougian, N, 24.91

National AAU 200 meters (cont.)
(50-54)

1. Greenwood 24.03
2. Watanabe 24.96
3. Roemer, N, 25.72
4. Jack Rowe 26.04
5. Watt 26.27
6. Johnson 27.4

(55-59)

1. Guidet 25.9
2. Hunt 26.4
3. Henry Fairbank, N, 27.2
4. Oates 29.1
5. Merle Palmer 30.9
6. Andrew Wilson 31.2

(60-64)

1. Charles Dillion 26.8
2. White 28.07
3. John Satti, N, 28.09
4. Russ Niblock 28.29
5. Nichols 28.93
6. Harry Koppel 29.5

(65-69)

1. McIntyre 28.22
2. Carnine, N, 28.75
3. Castro 29.19
4. Jim Duncan 32.03
5. Puglizevich 33.1

(70-74)

1. McFadden 31.03
2. Lum 31.42
3. Thomassen, N, 34.13
4. Anderson 53.54

400 meters (40-44)

1. Bruhner, N, 53.4
2. Jim Parks 53.55
3. Harold Hitt 53.73
4. Parish, N, 53.89
5. Tony Nasralla 53.9
6. Ralph Stanfield 54.52

(45-49)

1. Dawkins 55.7
2. Washington, N, 55.91
3. Ed Gustafson 56.29
4. Lee Schroder, N, 57.02
5. George Webber 57.97
6. Bob Jordan, N, 58.3

(50-54)

1. Greenwood 53.58
2. Roemer, N, 56.40
3. George Puterbaugh 56.41
4. Robert Poet 59.81
5. Johnson 60.77
6. Dewey Jan, N, 61.49

400 meters (cont.)
(55-59)

1. Hunt 58.37
2. Morcom 59.08
3. Dean Schmidt 59.45
4. Henry Fairbank, N, 60.16
5. Palmer 69.93

(60-64)

1. Niblock 63.4
2. Satti, N, 63.75
3. Koppel 68.8
4. Vance Godfrey 69.9

(65-69)

1. Carnine, N, 65.6
2. Mel Shine, N, 68.8
3. Jim Duncan 72.4
4. Shinkosky 72.7

800 meters (45-49)

1. Vic Stephens 2:09.1
2. Dale Goering 2:09.8
3. Ed Gustafson 2:10.04
4. Ian Jamieson 2:10.2
5. Vance Koerner, N, 2:11.4
6. Cliff Salmond 2:20.82

(55-59)

1. Henry Fairbank, N, 2:17.2
2. Schmidt 2:17.5
3. Morcom 2:17.7
4. Bob Dellow 2:29.1
5. Carline 2:40.7
6. Palmer 2:44.0

(65-69)

1. Bill Andberg 2:27.9
2. Sidney Madden 2:37.5
3. Shine, N, 2:38.5
4. Bierlein, N, 2:55.5

1500 meters (45-49)

1. Bob Fine 4:32.57
2. Goering 4:33.0
3. Mike Neal 4:42.64
4. Koerner, N, 4:44.94
5. Salmond 4:52.87
6. Keith Fitch 5:11.25

(55-59)

1. Alan Waterman, N, 4:57.98
2. Bob Long 5:24.7

5000 meters (45-49)

1. Ross Smith, N, 16:18
2. Neal 17:19
3. Bill Stock 17:26
4. Goering 17:41
5. Leo Sherry 17:55
6. Jack Saling 22:53

National AAU (cont.)

10,000 meters (45-49)

1. Graham Parnell 34:04
2. Ross Smith, N, 34:08
3. Dave Stevenson 34:09
4. Mike Neal 34:25
5. Sam Clarke 35:14
6. Leo Sherry 36:18

110 meter hurdles (40-44)

1. Dave Jackson 15.9
2. Mal Andrews 16.29
3. Van Parish, N, 17.35
4. Doug Basham 19.0
5. Ray Fitzhugh 19.21

(50-54)

1. Greenwood 15.5
2. Roemer, N, 18.6
3. Hutchinson 19.71
4. Hunter 19.89
5. Johnson 19.9

(60-64)

1. Godfrey 19.6
2. Nichols 19.8
3. White 19.87
4. Dick, N, 23.44

(65-69)

1. Ted Hatten 19.56
2. McIntyre 21.74
3. MacConaghy 23.07
4. Bierlein, N, 24.54

400 meter hurdles (40-44)

1. Van Parish, N, 62.13
2. Stanfield 62.29
3. Andrews 62.36
4. Sheahan 62.40
5. Joel McNulty 63.38
6. Nasralla 68.1

(50-54)

1. Greenwood 58.04
2. Roemer, N, 65.42
3. Rowe 67.58
4. Hutchinson 70.04
5. Tyler NT

(60-64)

1. Godfrey 79.83
2. Lowell 84.06
3. Dick, N, 88.5

3000 meter steeplechase (55-59)

1. Alan Waterman, N, 11:52.26
2. Bob Long 13:01.7
3. Joseph Mallon 13:27.8

(65-69)

1. Bill Bigelow, N, 15:01.5

5000 meter walk (70-74)

1. Erkki Lahdenpera 34:42
2. Homer Van Gelder, N, 38:39.7

400 meter relay (40-44)

1. NCSTC (Marlin, Parish, Bruhner, Frederickson) 44.84
2. Corona Del Mar 44.9
3. Seniors Track Club 45.9

(45-49)

1. NCSTC (Washington, Mahany, Roemer, Manougian) 47.94
2. Corona Del Mar 48.34

1600 meter relay (40-44)

1. Seniors Track Club 3:38.46
2. NCSTC 3:40.07

Despite the presence of such supermen as Jack Greenwood and Richmond "Boo" Morcom, there were a few stray gold medals to be had at the splendidly run AAU nationals.

Our women cleaned up, with Mimi Gerard winning four events and Irene Obera and Ruth Anderson three each. Catherine Smith had things her own way in the 5000 meter walk.

Impressive indeed was Anderson's pacing: 20:13 in 5000 meters and 40:20 in 10,000. How consistent can you be?

Ken Carnine once again took his lumps from Virgil McIntyre in the dashes, but fought back to win the 400 meters and the discus in world-record style.

Our club's brand was all over the meet's most exciting finish, in the 45-49 200 meters. We took five of the top six places, with only .55 second separating winner Bill Frederickson and Ed Manougian, who took sixth. Dick Marlin, Huel Washington, non-member Ted Vick and Ed Mahany finished in between as the finish line absorbed six quick dents.

Hans Bruhner, who has been knocking on the door all year, won the 40-44 400 meters.

TRAVEL

Here are Helen Pain's plans to take you to Sweden next year. Please note that costs are tentative. And, if your Atlas doesn't show Gothenburg, try Goteborg (with a couple dots above the first "o".)

SWEDEN 77

The USMTT is going to the 2nd World Masters Track & Field Championships, in Gothenburg in the summer of '77. Here's your chance to:

- 1) Travel with you + friends in four Scandinavian countries plus an insight into Russia, or
- 2) Concentrate on the fjordland of Norway, or
- 3) Explore the lands of the Midnight Sun, or
- 4) Cruise down the Rhine, or
- 5) Visit relatives, or combine any or all . . .

in addition to
Training, living, loving, competing in beautiful Gothenburg, the city of gnarly rocks, bays, lakes, parks, trails, and very friendly people.

Approximately 4000 people connected with the World Masters are expected to visit Gothenburg during the Meet from August 8 to 15, 1977. As you must realize -- with that kind of demand on the facilities of a small city EARLY RESERVATIONS ARE A MUST. We have blocked space but can hold it only a limited amount of time.

At this point we would like to provide a variety of options from which to choose. In order to give you the lowest fares possible we are prepared to charter four aircraft from the U.S. to Scandinavia -- two, one from each coast, for a minimum package, for the preparation and participation in the meet at Gothenburg; and another similar two, for a three-plus week period. Two options would be available in this division, i.e. charter air US/Gothenburg, return Stockholm/US with a visit to "wonderful, wonderful Copenhagen". The week in Gothenburg, and followed by a customized extension including Oslo, Stockholm, Helsinki, Leningrad, Moscow and return to Stockholm to connect with the returning charters. The second option would begin the same as the first through the period in Gothenburg; then the balance of time would be open for your own scheduling (with our help available should you wish it.)

While we have made tentative arrangements for you to fly SAS charters to Sweden on one of several tours, at this point we have just ballpark figures which are subject to change (hopefully, downward). Breakfast is generally included with the exception of the hostels, where kitchenette facilities are available in each building.

Tours 1 and 2 leave the U.S. August 2 and return August 15.

- | | | |
|------|--------------------------------------|----------|
| 1) A | 14 days NY/GOT/NY | |
| | 70 hostel-type rooms | \$483.00 |
| B | 124 modern commercial accommodations | \$631.00 |
| 2) A | 14 days LA/GOT/LA | |
| | 50 hostel-type rooms | \$644.00 |
| B | 102 modern commercial accommodations | \$792.00 |

Tours 3 and 4 leave the U.S. August 3, with accommodations to the 15th, and returning from Stockholm on August 28.

- | | | |
|------|----------------------------------|----------|
| 3) A | 26 days NY/GOT STO/NY 12 nights | |
| | Modern commercial accommodations | \$619.00 |
| B | First class | \$677.00 |
| 4) A | 26 days LA/GOT STO/LA 12 nights | |
| | Commercial | \$780.00 |
| B | 26 days LA/GOT STO/LA 12 nights | |
| | First class | \$838.00 |

Extension or free time, August 15 to 28. The price of whatever you decide to do in this period is in addition to either Tour 3 or 4.

Plus 5) Extension 13 days -- Scandinavia & Russia \$1038.00*

6) Extension -- your choice Price to be determined
*Maximum -- We're still negotiating. First Class, including some meals en route, all meals in Russia, Plus circus, ballet and opera tickets.

As you can see by the above plans, we have many choices to satisfy your needs. Other variances to the charter flights cannot be made. However, if you wish customized arrangements, we shall be very happy to help you -- but obviously they cannot be at the same low prices.

To charter aircraft requires the signing of contracts and the placing of deposits. From your inquiries we are assuming that the above schedules will meet your requirements. However, we have no way of knowing for sure whether these are the right type of scheduling. The only way we can undertake these obligations is for each of you to respond by way of deposits and reservations. Therefore, we are setting up the following requirements for deposits in the amounts and necessary number of people by a certain date:

- | | | | |
|------------|------|--------|--|
| (New York) | 1-AB | \$100. | We must have 65 by August 15. |
| (L.A.) | 2-AB | \$150. | We must have 65 by August 15. |
| (New York) | 3-AB | \$100. | We must have 75 by August 15. |
| (L.A.) | 4-AB | \$150. | We must have 100 by August 15. |
| (NY & LA) | 5 | 50. | (In addition to one of 1st 4). We must have 40 by August 15. |

This all may seem quite arbitrary, but if you wish the savings of these charter flights, you must demonstrate your interest. These four charters alone represent contracts of over a quarter of a million dollars. We can only provide this service with your support.

All deposits are completely refundable up to January 1, 1977, without question or penalty. After that date refunds will be subject to the requirements of hotels and airlines. An exact schedule of which will be available by that date.

SPORTS TRAVEL INTERNATIONAL LTD.
4869 "B" Santa Monica Avenue
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HELEN:

Yes, I want _____ reservations for USMTT's '77 trip to Sweden. I am enclosing \$ _____ for the _____ tour. (Don't forget the extension.) (1 A, 1B, 2A, etc.)

Name _____

Address- _____
Street City State Zip

Others who will be going with me _____

Comments: _____

- N C T N - N C T N - N C T N

Membership dues are \$6.00 per year (same for a married couple). Dues pay for your Newsletter each month and Club Directory. Make checks payable to Northern California Seniors Track Club and mail them to Robyn Paulson, Sect. Treas., 629-44th Ave., San Francisco, Calif. 94121. If spouse wishes active membership, please fill out two of these forms.

Please check your interest:
 Road and Cross-Country: 2-5 miles 5-10 miles 10 miles Marathon
 Track: 100 yds. 440yds 1 mile 3 miles Other
 Field: Long Jump High Jump Shot Put Javelin Other
 Pertinent Data on recent achievements? (and or) Athletic History: _____

INFORMATION FOR CLUB DIRECTORY

Name _____ Home Phone _____
 Address _____ Number _____ Street _____ City _____ Zip Code _____
 Date of Birth _____
 Business Address _____ Business Phone _____

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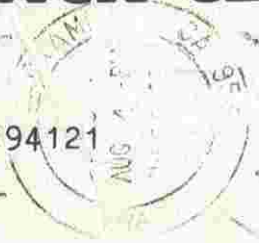
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