



# NORTHERN CALIFORNIA SENIORS TRACK CLUB

MAY 1984

## Eddie Hart Joins NCSTC

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Eddie Hart (above)  
with teammate Ad-  
rian Rodgers



### BORTZ "THRILLED" SETS NEW 50Mi RECORD

"It was the best  
run of my life,"  
states Ruth Anne  
Bortz, 53, after  
breaking Ruth And-  
erson's W50+ record  
for 50Mi by 17 min-  
utes. Her time was

Please see BORTZ Page 15

....before the  
start: a study in  
concentration

### Question of the month:

Can you guess what is probably the most overlooked ingredient in any  
runner's training program? For the answer see Page 2 ANSWER

From Page 1 ANSWER

According to David Oja in RRCA's Footnotes, rest is the ingredient most often overlooked by runners in their training programs. "Too little rest tends to produce in runners a general feeling of fatigue, irritability and lack of enthusiasm." "...sufficient periods of rest allow the body to adapt to stress ...it is during the recovery phase of the stress-recovery-stress training cycle that physical adaptation and improvement occur."

DEADLINE



The Newsletter of NCSTC is written for and by its members. Please send us your PR's, race and meet results, schedules, letters, photos, comments, etc. Deadline for material is the 23rd of the month pre-

vious to the next issue. Send to Gretchen Snyder, NCSTC Newsletter Editor, 3144 College Avenue, Berkeley, CA 94705. Or call (415)654-6153 and leave a message.



ARE YOU A TAC MEMBER?  
Membership is necessary in order to compete in TAC sponsored events. Don't be left standing at the finish line! Send for application to:

THE ATHLETICS CONGRESS OF THE USA  
Pacific Association, P.O. Box 1495  
Fair Oaks, CA 95628 (916)966-6185

The cost is \$6 a year. Be sure to specify NCSTC as your Club affiliation. (NCSTC # 109).

FROM THE CLUBS

Notes from Footnotes, the Newsletter of the RRCA: Harold Tinsley, President, writes: "...Publishing an informative club newsletter is the second most important function the club can provide its members. ...The mark of each successful club, be it large or small, is an excellent newsletter. These newsletters also have strong participation by club members...." (Emphasis on last sentence ours).

**United States Olympic  
Track and Field Trials**

**Dates:** June 16-24, 1984  
**Place:** Los Angeles Memorial Coliseum  
**Coverage:** ABC Sports will televise live and delayed. Check local listings for times.  
**At stake:** Top three in each event make the 1984 Olympic team. Next placers move up if one of top three drops out for any reason. Usually, first four finishers in each sprint race make up the 400- and 1600-meter relay teams.  
**Sponsors:** Kodak, Los Angeles Times, Budweiser Lite, Nissan, ARCO.  
**Weather:** Temperatures likely to be in the upper 70s and low 80s, with high pollution index.  
**Of note:** U.S. Junior Championships (19 and under men, 18 and under women) to be run concurrently.  
**Spectator contact:** Will Kern, Special Events, Los Angeles Times, Times-Mirror Square, Los Angeles, CA 90053 (213) 972-5771.



\*\*\*\*\*  
Official  
Nor Cal Senior  
Race Result  
Form

\*\*\*\*\*  
Break into Print!  
Send in your latest  
results or CALL  
(415)654-6153

RACE RESULTS FROM:

Name \_\_\_\_\_  
Run/Meet/Date \_\_\_\_\_  
Age/Place \_\_\_\_\_  
Time \_\_\_\_\_  
PR/Record \_\_\_\_\_

MAIL TO: Gretchen Snyder  
3144 College Ave  
Berkeley, Ca 94705

COMMITTEE MEETING NOTES

May 8, at Josie Kolda's)

Irene Obera (Chair T&F), reminded everyone that almost all athletic equipment stores give DISCOUNTS to all members of running clubs, NCS included. To take advantage of this, be sure to let them know you are a member of NCS.

Emmitt Smith reported that the Houston Memorial Race is on for June 2. They can still use more volunteers. The Lake Merced Master's race is not so fortunate. A director is still needed for this one.

The committee enthusiastically approved the idea of providing support for members who compete for the club. President Emmitt Smith commented that this decision will help to implement the club's objectives as set forth in the by-laws. These include the directives that the club shall (1)... "promote good sportsmanship in all phases of athletic activities and club functions." and (2)... "encourage participation in track and field and cross-country running by seniors."

It was decided that the club will pay the entry fees for members of LDR teams and T&F relay teams. Funds for women's teams will come from the Trust Fund established for this purpose from the women's team earnings. Men's expenses will come out of the general operating fund until they build up their own winnings.

Selection of LDR team members (5+1 alternate for men, 3+1 alternate for women) will be done by LDR Chairpersons Luka Sekulich and Mimi St. Clair. T&F relay members will be chosen by Mark Grubi, Track Coach.

Anyone wanting to be on a team should contact their chairperson. They are always looking for members (especially MALES)\*

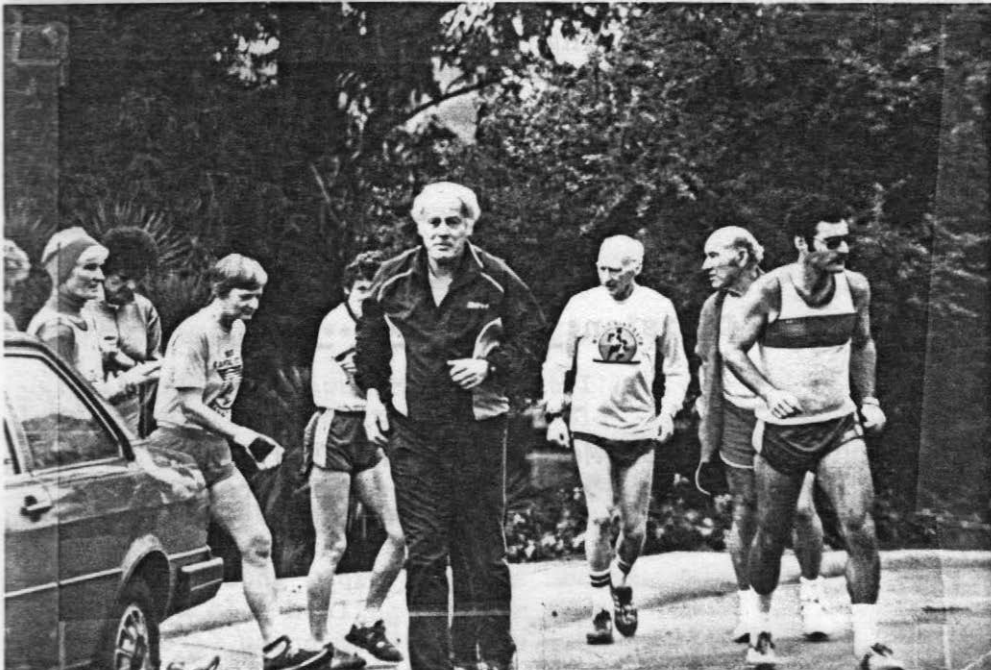
An athlete sponsored by the club will be required to wear the team uniform. Since we are about to acquire new uniforms, and since we have lots of unsold old ones, team members who don't own one can requisition one (through their chairperson) for use in a race or meet. It will be up to the individual to return the singlet (laundered) to the appropriate chairperson. (Or it can be sent to Emmitt Smith who in an expansive moment stated that he would be glad to wash them in his machine.)

The Pacific Sun 10K PA/TAC Masters Championships will be held in Kentfield, May 28. PA has presented a purse for the race. The club will be entering teams and their entry fees will be paid per our new directive. Luka and Mimi will be selecting team members and alternates. If you would like to apply to be a member, help them out by giving them a call.

The next Nor Cal Senior executive committee meeting will be June 19th, at the home of Irene Obera, 8PM. All are welcome to attend.

\*Mac Osborne has compiled a list which lists all LDR men by 10 year age groups. It will be made available to the LDR chairman and should be a useful aid when it comes time to try to round up team members. A copy of this list can be obtained by contacting Paul Warner, Sec.-Treasurer.

Mac has been concerned about the lack of male participation on club teams, and is doing something about it. Thank you, Mac!



*Handwritten signature or scribble.*

And They're Off!

Start of Fun-Run led by NCS President Emmitt Smith at Annual Membership Meeting January, 1984

Photo by Irene Obera

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NORTHERN CALIFORNIA SENIORS TRACK CLUB  
&  
ZEPHYR ATHLETIC CLUB  
Host

# RICHARD HOUSTON MEMORIAL RUN

Saturday June 2nd 8:00 AM  
Briones Regional Park (Bear Creek Road Entrance)  
Fees: \$ 5.00 prior to June 2nd / \$ 7.00 race day

## Course Description

11.3 miles of tortuous fire and horse trails in Briones Regional Park, the largest park in the East Bay Regional Park chain. Test your legs against the hills of Russell Peak, Table Top, Spengler, Briones Crest and other monster trails. This course is definitely off-limits to wimps and folks who need street signs to find their way around.

Rich would have loved it !

## Refreshments

Watermelons, cookies, lemonade

## Divisions and Prizes (Men & Women)

Open	18-29	Senior	30-39	Sub-Master	40-44
	Master	45-49	Super-Master	50-Over	

Special awards to division winners; Perpetual trophy to over-all winner; Patches to all finishers.

## Waiver

In consideration of accepting my entry, I, intending to be legally bound, for myself, my heirs, executors and administrators, do hereby release any and all rights and claims of damages I may accrue against the Northern California Seniors Track Club, the Zephyr Athletic Club, and the East Bay Regional Park District, and all sponsors of the race, and assigns for any and all injuries suffered by me while traveling to and from or while competing in the Richard Houston Memorial Run on June 2, 1984.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Sex: \_\_\_ Age June 2, 1984: \_\_\_ Division: \_\_\_\_\_

Signature: \_\_\_\_\_

Send completed entries to: Richard Houston Memorial Run, C/O Fleet Feet Pinole, 1582 Fitzgerald Drive, Pinole, CA 94564. Make checks payable to NCSTC.

Race Director: Steve Justice

H\*U\*R\*A\*H !\*!\*



...for our old members who have renewed during April since the last Newsletter was published:

- AGOSTINI, Philip
- ANDERSON, Tom
- BROWN, Jim
- CARMONA, Averil
- DON, Joan
- FREDERICKSON, Bill & Sally
- GARRETTO, Robert
- GIRVEN, Angie
- GROVE, Troy
- JOHNSON, Carl
- JOHNSTON, Frederick
- KALTSKY, Arthur & Eileen
- LE FEVRE, Martin
- MAC INTOSH, Don
- MAHANY, Ed
- MILLER, Richard
- PENNOCK, Franklyn
- RANDLE, Walt
- RYAN, William
- SCHINDLER, Bernard
- SIMMONS, William
- VAN GELDER, Homer



\*Late receipt:

- SUWANNUKI, Pismai *LE BARON, Bruce*
- HINES, Jim



PR CLUB MEMBER OF THE MONTH

\*\*\*\*\*DON WILGUS\*\*\*\*\*

"I'm not a serious runner, but I love competition," states 62 year old Don Wilgus when contacted about his 3rd place win in the M60+ division of the Sacramento 20K Championships 3/25. He explains that he is returning to running after a long winter lay-off necessitated by a slow healing plantar fasciitis. He is using this race as a "warm-up" to help get back in shape.

"I'm basically a back-of-the-pack runner, but I love it if I beat someone by 1/2 second." He claims that runners in his position (in a state of limbo) see things from a different vantage point. "You have to be good at fantasizing. Those of us found in the 'comfort zone' have learned to use our imaginations. I often imagine there's a runner right ahead of me I have to beat."

He is inspired by good runners who compete nationally and internationally, but also by Walt Stack of the DSE'ers, who says that it's the back-of-the-packer\$ who make all the hot shots look so good.

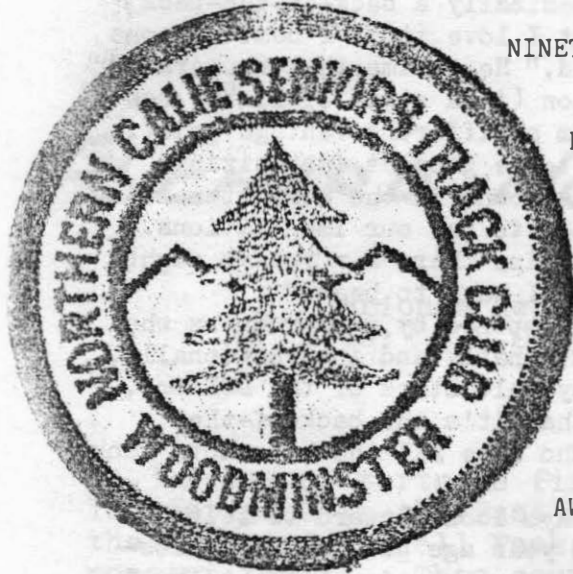
"I always look forward to being in the next 5 year age group. My philosophy is that by the time I get to be 100 I'll be a real threat." He runs the 200M to the marathon; "Sometimes I luck out and win because the fast runners don't show up." He will be running the Bay to Breakers for the 9th time this year. "I enjoy this race because it's just people having fun and not worrying about winning." He says he has never worn a costume because "any time I put on my running shorts I'm in costume."

"To say I 'enjoy running' doesn't really mean much. You almost have to be able to understand intuitively what I mean. When I run I'm at peace with the world and in tune with myself physically and mentally." He loves early morning track workouts when "the air is invigorating, and it's not crowded." He is able to schedule these early morning workouts because he is retired from his former job as a chemist at Chevron Research.

"I have a conflict between wanting to be a hot shot and having to develop the mental discipline necessary to be one, and being spontaneous and adventurous. I love to explore. I look for an excuse to take a different route every day." He says he thinks of himself as an "unruly kid" and this kid has no intention of growing old.

"Old age is an attitude. If you think you won't get old, you won't."

Don says that "facing reality" the record of his running accomplishments so far adds up to his being an "over-achiever in the mastery of the 'senile shuffle.'" He says, however, that even though he is a member of the PR Club now, he hasn't given up on becoming one of those hot shots and just may "graduate out of it some day."



NINETEENTH ANNUAL WOODMINSTER HANDICAP CROSS COUNTRY RACE

SUNDAY, JUNE 17, 1984

Registration on race day: 7:30 A. M.

Race start: 9:00 A. M.

Location: Joaquin Miller Park Pinewood Area

Directions: From WEST: Hwy 580 to Fruitvale off-ramp, 2 blocks to Champion, left on Champion & proceed up hill past Mormon Temple. Champion changes to Lincoln to Joaquin Miller Rd. Left on Sanborn Dr: watch for Woodminster Amphitheater sign.

From EAST: Hwy 580 to Warren Freeway; take turn-off & stay on Warren Fwy to Joaquin Miller turn-off. Right on Joaquin Miller Rd. to Sanborn Dr., turn left.

Parking available adjacent to Ranger Station.

AWARDS: Medals for FIRST through FIFTEENTH places.

Perpetual "best time" trophies/best male & female Special "Woodminster Survivor" patches to first 200 finishers.

T.A.C. SANCTIONED

\*\*\*\*\*HANDICAPS\*\*\*\*\*

Men	13-34	-0-	Women	13-34	9 minutes
	35-44	3 minutes		35-44	12 minutes
	45-54	6 minutes		45+	15 minutes
	55-64	9 minutes			
	65+	12 minutes			
Boys	12 & under	9 minutes	Girls	12 & under	15 minutes

REFRESHMENTS will be provided at the finish of the race to all registered runners as long as the supply lasts.

ENTRY FEE: \$5.00 For advance registration information, send stamped, self-addressed envelope to:

Gail A. Wetzork  
881 Cedar Street, #A  
Alameda, CA. 94501  
(415)522-3724

For advance registration, complete the form below and send with your check to the address above. PRE-REGISTRATION ENDS JUNE 8, 1984. Photo copies acceptable.

MAKE CHECKS PAYABLE TO: NOR CAL SENIORS

Name _____			Male	_____	Female	_____
Address _____			Age Group	Under 12	_____	_____
				13-34	_____	_____
				35-44	_____	_____
				45-54	_____	_____
Birthdate _____				55-64	_____	_____
Club Affiliation _____				65+	_____	_____
Phone Number _____						

In consideration of your accepting my entry, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims against the persons and/or organizations affiliated with the race, the TAC, the Northern California Seniors Track Club, the officials, the City of Oakland, the Oakland Park and Recreational Department, the County of Alameda, the East Bay Regional Park District and any and all sponsors of the race, volunteers and committee members while participating in or traveling to and from the Woodminster Cross Country Run, June 17, 1984. I further attest that I am physically fit and sufficiently trained for this event.

Signature (Parent or guardian if under 18) \_\_\_\_\_

Date \_\_\_\_\_



New Members, continued

WELCOME TO:

JOHN A. CASE, 43. Welcome, John, to Nor Cal Seniors! John will compete in the Pentathlon for NCS and has particular interest in the 100M, long jump, javelin and discus. He participated on the track team in both high school and college. He works now as a system analyst at Pacific Bell in Oakland.

(415)754-0466

PAT AND ANGIE GIRVEN, 63 and 55, respectively. Angie has been a NCS member and is now being joined by her husband, Pat. Pat is retired and Angie works as a nurse at Lodi Memorial Hospital. Both are interested in distances of 5-10miles. (Race directors please note, Angie indicates she can help out with NCS races, although she is only free every other weekend). A big welcome to our newest husband and wife team, the Girvins!

(209)334-6244

SAM GOLDBERG, 40. Sam is a fine sprinter and Decathlete. He was ranked among the top five decathletes nationally while in college. He has been working hard to get back in shape and ran a 53+ 400M in the TAC Decathlon meet at S.F. State in March. Glad to have you with us as a NCS, Sam!

(415)464-0695

EDDIE HART, 35. Another ex-Olympian joins NCS! Eddie was a gold medalist in the 400M relay in the 1972 Olympics. He took part in the Olympic Legends Master's meet at UCLA, April 28th and 29th, and ran the 100M (10.7), and the 4X100M relay for NCS. He currently works as a P.E. instructor at Laney College in Oakland. Eddie is a long time pupil of coach Mark Grubi whom he credits with helping him perfect his start. Our warmest welcome to a fine athlete and great competitor.

(415)834-5740

ROSA M. LUEVANO, 28. A warm welcome to Rosa who joins us as a Newsletter subscriber-member. She notes in her attached letter her "appreciation to the club for allowing runners under 30" to subscribe to the Newsletter, and adds that "by the time I turn 30 I will be informed of...who my competition is going to be." Rosa is a busy lady. She is a graduate student in public health at Cal Berkeley, and works at Children's Hospital in Oakland. She is working hard under coach Grubi in order to be able to challenge her competition in 1986. She runs the 100, 200, 400M and also enjoys 10K's.

(415)843-7367

CLIVE MATSON, 43. A running poet has just joined NCS ranks! Wonderful to have you with us, Clive. Clive has been running for three years and has also kept in shape playing pick-up basketball for the past 13 years. He will be competing for NCS in the 100, 200 and 400M. Hope we will be seeing you at the NCS Classic in July, Clive.

(415)658-3608

DEREK O. ROBINSON, 30. Glad to have you with us, Derek. Derek was state long jump champion in high school, and a star hurdler and sprinter at UC Berkeley. He will be the 4th member of the World's Fastest Relay Team (age 30-39), joining Nor Cal Seniors Eddie Hart, Jimmie Hines and Adrian Rodgers. This "Fearsome Four-some" will soon be a force to be reckoned with as they go about attempting to rewrite the record books. Derek will also compete in the 110 HH. He works at the Post Office in Livermore when he isn't sprinting.

(415)447-3580

ROBERT JAMES ZILLNER, 38. Bob's main interest is in the 400M and the mile. He is a dentist in private practice with an office in Oakland. Welcome, Bob to our middle-distance ranks. We look forward to meeting and competing with you at the NCS Classic, July 7.

(415)524-2619



University of California  
 Edwards Field  
 Berkeley, CA  
 Saturday, July 7, 1984



TAC Sanctioned  
 TAC Officials

**NORTHERN CALIFORNIA SENIORS CLASSIC**  
**Track & Field Meet**

5 year age groups men and women 30 and up. 10 year age group relays.  
Entry fees, \$5.00 per event. Entry deadline, entry must be received by  
June 29, 1984. No late entries accepted. Relay entries acceptable at  
the meet. Tartan track and runways. 1/4 inch spikes required.

Events: Field 1:00 pm - high jump; discus; pole vault.  
 2:00 pm - long jump; shot put. 3:00 pm triple jp; javelin.  
 Track 9:00 am - 5000m; 10:00 am, heats as required.  
 1:00 pm - 4x100m relay, 4x800m relay, 100m hurdles (women  
 and men over 70), 110m hurdles, 100m, 400m, 800m,  
 400 I.H., 200m, 1500m, 4x400 relay.

Final schedule to be set after entry deadline.

Meet Headquarters - Hospitality room, Durant Hotel, Friday, July 6, 1984,  
2:00 pm to 10:00 pm. Packets with final schedule of events  
available at hospitality room, and on July 7, after 8:30 at the  
track.

For No. Cal. Srs. Classic group hotel rates, make reservations at:

Durant Hotel, by June 15, 1984, 2600 Durant Av., Berkeley, CA 94704  
(415)845-8981 (3 blocks from track) \$48 sg., \$58 db, plus tax (incl.  
contin. breakfast). Parking available. San Fran. Airtpt trans. available.  
Shattuck Hotel, by June 15, 1984, 2806 Allston Way, Berkeley, CA 94709  
(415)845-7300 (1 block from track, and 1 block from BART (Bay Area Rapid  
Transit) which has shuttle connection with the Oakland Airport.) \$37 sg,  
\$42 db, plus tax.  
Claremont Lux. Resort Hotel, by June 6, 1984, P.O. Box 23363, Oakland,  
CA 94623 (415)845-7924 (Asnby & Domingo Aves. No. Oakland); if 10 rooms  
are reserved the rates are \$75 sg (reg. \$110) and \$85 db (reg. \$125), + tx,  
incl. Oakland airport transp. (1 1/2 miles from track). S.F. airport *trip assistance*  
Flamingo Motel, 1761 University Ave., Berkeley 94703 (415)843-4242, free  
parking. sg. \$34, \$36; db \$40, \$44, \$48, + tx. (6 blocks from track).



TV coverage.

For further information, phone or write to Mark Grubi, Meet Director,  
 P.O. Box 4512, San Francisco, CA 94101 (415)285-3352 (8:00pm to 10:00pm).  
 Mail entries with checks payable to Mark Grubi, meet director (at \$5 per  
 event, \$8.00 for relay teams).

Entry Form  
 (Please print)

Name \_\_\_\_\_ Club affiliation \_\_\_\_\_  
 Address \_\_\_\_\_ TAC # \_\_\_\_\_  
 \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 Tel. \_\_\_\_\_ Birthdate \_\_\_\_\_ Age 7/7/84  
 Events \_\_\_\_\_ Best recent mark \_\_\_\_\_ Free \_\_\_\_\_  
 \_\_\_\_\_ T-Shirt S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_  
 \_\_\_\_\_  
 I would not be interested in attending an awards dinner, July 7, Shattuck Hotel (minimal cost for competitors and guests). Number in party \_\_\_\_\_

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur while traveling to or from or participating in this event. I declare that I am in good health to participate in this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_





NOR CAL SCENE

Preliminary results from NCS Sacramento Relays: Joe Packard (M80), Harry Koppel (M70), and Sam Hoover (M65), were in a 3-way tie for first in the 100M, with Joe Packard setting a wind-aided WR of 15.0 flat. A few results from the Olympic Legends meet at UCLA: Club Olympians Eddie Hart (M35) and Jim Hines (M35), were first and second in the 100M, in 10.7 and 10.9, respectively. Cherrie Sherrard, our 3rd Olympic medalist, (W45), came in 1st in the 100M in 13.4.

ELVYN BLAIR reports she ran the Lake Merritt Camper-to-Camper Run in 21:24. She was 1st W45+ and 2nd woman overall. The race was a benefit for a Camper's fund for the Girl Scouts. There were lots of young kids (Brownies) running: "3, 4, and 5 years old, and people were very careful and looked after them."

Elvyn also reported that she ran 11 miles of the Boston Marathon before being forced to drop out due to an inflamed muscle in her ankle. It was cold (40°) and raining and she had to walk about a mile to an aid station. She enjoyed a warm ride back, however, and shared the bus with a DSE'er and a doctor who told her exactly what her injury was.

JACKIE CASELLI (W50+) ran a 48:14 in the San Jose Mercury-News 10K, San Jose 3/18.

RUTH ANDERSON informs us that she will be pacing DICK COLLINS in the Western States 100miler in July.

\*TEAM MEMBERS WANTED for Pacific Sun 10K FA/TAC Championships. Prizes will be awarded! Your entry fee will be paid for by the club!\* Call Mimi St. Clair or Luka Sekulich (LDR Chairs)

\*See Executive Committee meeting notes.

KATHY BREIGER also ran Boston in the time of 3:31:25. She thinks this is a "sort of FR" for her due to the slow start. Because of the crowded conditions, the first mile took 9:30. She too reports a cold East wind and rain, but says she still ran well.

She met ANNABEL MARSH, NCS who is running across the country with two other women from Pamakids. They are being sponsored by Greyhound and had TV coverage and a police escort through Boston. Kathy ran with them through Boston for about 5 miles, and was impressed by how easy it is to get around the city that way. Annabel when last heard from was somewhere in Ohio. She hopes to arrive in SF in August in time to do the SF Marathon! This remarkable lady is not a 20-year old. Her 61st birthday is this month. She has certainly earned her title of Nor Cal Seniors "Running Guru." (courtesy Glenda O'Donnell).

Kathy also tells us that MARTY MARICLE (W50-54) ran the Misty Redwoods Run (Handicap) and was 1st woman Master AND 1st woman overall. A really impressive feat, especially if you are familiar with the almost vertical "roads" the course contains.

NEWS FLASH! KATHY has qualified for the Ironman!

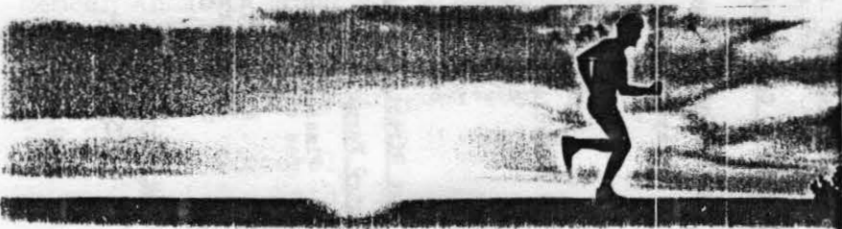


In Memory of a Great Lady  
KAY ATKINSON

We are saddened to learn of the death of one of our best loved members. Kay Atkinson passed away in early May after a long battle with cancer.

She was an outstanding athlete and held World and National records in both track and long distance.

We will remember her with love. Her courage and determination as a great competitor will remain an inspiration to us all.



TROJAN MASTERS TRACK CLUB  
S.P.A. - A.C. SANCTIONED  
FIRST ANNUAL TRACK & FIELD INVITATIONAL \*

**Date:** Saturday, June 9, 1984

**Place:** University of Southern California - Cromwell Field, the official Olympic Games warm up track

**Directions:** Take the Harbor Freeway (State Hwy. 11) to the Exposition exit. Proceed west on Exposition past Flower and Figueroa to the main entrance at over. Cromwell Field is 3 blocks north of the entrance. Parking is free if you explain your destination.

**Facilities:** 8 lane synthetic track (1/4" spikes maximum), and synthetic surfaces for all jumps as well as the javelin runway - Restrooms only

**Divisions:** (Sub-Masters 30-39), (40-44), (45-49), (50-54), (55-59), (60-64), (65-69), (70-74), (75+)

**Awards:** Medals will be awarded to the first three competitors in each event. In cases where heats are necessary, winners will be determined by time (no preliminaries). Medals for first place only will be awarded in relays.

**Pre-Registration:** \$5.00 for the first event and \$3.00 for each additional event  
**Entry Fee:** Relay teams will be charged \$10.00 for each team.

**Late Fee:** An additional charge of \$1.00 will be assessed per person per event. Relay teams will pay an additional \$2.00. Late entrants will be accepted on the day of the meet.

**Entry Deadline:** All entries must be postmarked by June 1, 1984 or will be assessed the above late fee.

**Order of Competition:** Women will begin each event, followed by oldest to youngest men.

**Hurdle and Implement Standards:**

Implements- Age	Men				Age	Women		
	Discus	Hammer	Javelin	Shot		Discus	Javelin	Shot
30-39	4.6	16	800	16	30-39	2.2	600	8
50-59	3.9	12	800	12	50+	2.2	600	8
60+	2.2	12	600	8				

Hurdles- Age	Men		Age	Women	
	110M Hurdles	400M Hurdles		80M Hurdles	400M Hurdles
30-39	39"	36"	30-39	33"	30"
40-49	36"	33"	60+	30"	30"
50-59	33"	30"			
60+	30"	30"			

**Meet Director:** Our meet director is Vern Wolfe, U.S.C. track coach.

**Entry Form:**

Please fill out the attached entry form and send it along with your entry fee to - For further information call-

Ray Martin  
11131 Parr Ave.  
Sunland, Ca. 91040

Jim Vernon (club secretary)  
(818)-338-1623 or  
Ray Martin (818)-352-7005

\* *KUMAR*  
*IS THAT ANYONE CAN APPLY. ALL NCS WOULD QUALIFY, ANYWAY.*

**FOOD & DRINKS:** A lunch truck will be available.

**Time Schedule:** The time schedule may vary somewhat depending on numbers of entries. Please bear with us during our first masters meet.

Schedule of Events

**Running Events:**

10:00 5000 M Walk  
11:00 5000 M Run (W)  
11:45 400 M Relay  
12:15 3000 M Steeplechase  
12:45 1500 M Run  
1:15 80 M Hurdles (W)  
110 M High Hurdles (M)  
2:00 400 M Dash  
2:30 100 M Dash  
3:15 800 M Run  
3:45 400 M Hurdles  
4:15 200 M Dash  
4:45 5000 M Run (M)  
5:15 1600 M Relay

**Field Events:**

9:00 Hammer Throw (another site to be announced)  
12:00 Pole Vault  
1:00 Javelin  
Long Jump  
Shot Put  
High Jump  
Triple Jump (follows long jump)  
4:00 Discus (follows shot put)

----- cut along this line ----- cut along this line -----

Official Entry Form

Print Full Name: \_\_\_\_\_ M or F Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
Number Street City State Zip

Club Affiliation \_\_\_\_\_ TAC \_\_\_\_\_  
Number

Please enter me in the following events: My best marks for '83-'84 are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Waiver:** In consideration of my entry, I do hereby, for myself, my heirs and administrators, waive and release any and all claims I may have against the Trojan Masters or the University of Southern California for any and all injuries suffered by me during this event. I further certify that I have no physical restrictions which would prevent me from competing in this event and understand that I compete at my own risk.

My age as of 6-9-84 \_\_\_\_\_

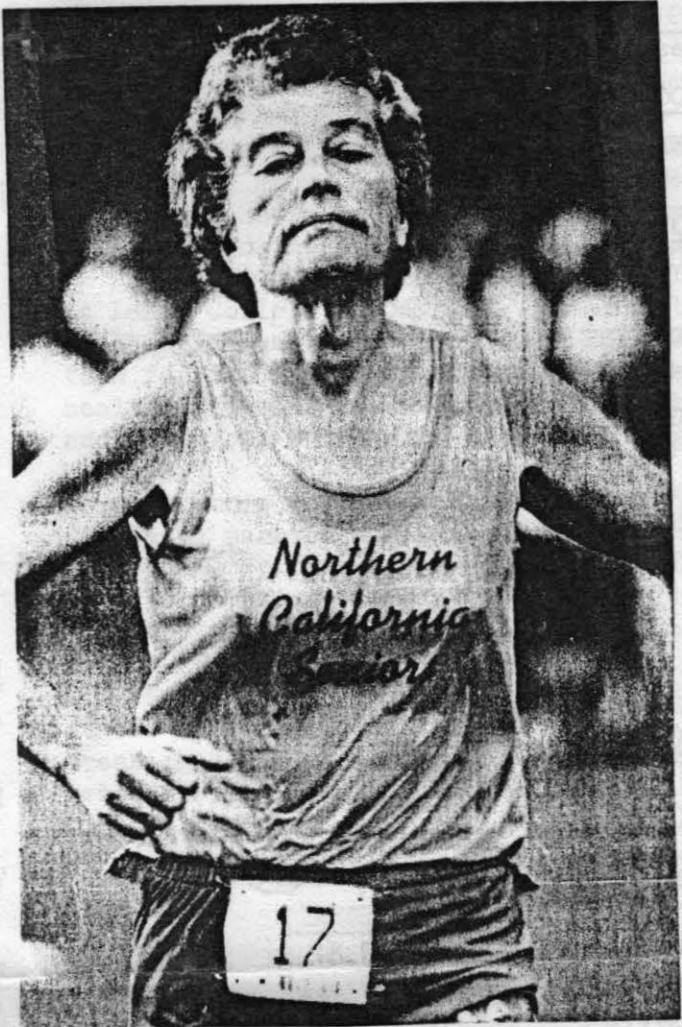
Signature \_\_\_\_\_

Date \_\_\_\_\_

Please find my check made out to the Trojan Masters enclosed \$ \_\_\_\_\_



L\*E\*T\*T\*E\*R\*S



Sister Marion Irvine

Attention Couch Committee:

Examples of NCSTC members in Club shirts have hit the press quite a bit over the years. My favorite one of myself is in Joan Ullyot's "Women's Running" finishing the '76 Boston Marathon. (White back-ground with running torsos!)

Could probably put my hands on several more - like Jerry Lewis on the cover of "Running Times" or more of Sister Marion showing our "colors."

Personally I've always liked the red and gold - the balance of the colors could be more red than gold if that's the preference.

Whatever is added - like a new logo or symbol could still have a red or gold background. A big plus could be the materials used in the singlet (part mesh?)..

.....

Ruth Anderson

\*The selection of a new club uniform obviously generates a lot of interest, opinion and emotion. Ruth's letter underscores the fact that our uniform allows us to demonstrate our pride in being a NCS, and tells the world at large who we are.

Any strong feelings about what that uniform should be like? Let the Couch Committee know.

Dear Emmett,

I would like to volunteer to help with the Houston Memorial Race. I am training for the Western States and Iron Man right now and when I get to the phone it's too late to call anyone, so here's a card.

Just at this moment I'm visiting my daughter in Boston and running the Boston Marathon on Monday. I look forward to seeing off NCSTC member Annabel Marsh and 2 women friends Saturday before Boston. They've begun a run across the USA.....

Thanks for all your good work for the club!

Sincerely,  
Kathy Brieger

Some  
Well-known  
Nor  
Cal  
Seniors  
in  
Uniform  
(Courtesy Ruth Anderson)



President  
Emmitt  
Smith



TAC CENTRAL CALIFORNIA CHAMPIONSHIPS  
 Fresno - 4/14/84

1500

GRETCHEN SNYDER 5:33.31 1st  
 (50-54)

400\*

SHIRLEY DIETDERICH 1:27.85 1st  
 (55-59)

JOSEPHINE KOLDA 1:25.41 (AR-W66) 1st  
 (65-69)

ROBERT GARRETTO 1:09.37 1st  
 (60-64)

800

GRETCHEN SNYDER 2:39.84 (AR) 1st  
 (50-54)

200

JOSEPHINE KOLDA 35.19 (AR-W66) 1st  
 (65-69)

THELMA RUBIN 38.59 1st  
 (60-64)

GRETCHEN SNYDER 29.43 (AR) 1st  
 (50-54)

BILL FAIRBANKS 31.62 2nd  
 (65-69)

RAY MOODY 23.71 1st  
 (30-34)

ADRIAN RODGERS 21.62 1st  
 (30-34)

JOE PACKARD 32.73 1st  
 (80-84)

100

SHIRLEY DIETDERICH 17.21 1st  
 (55-59)

JOSEPHINE KOLDA 16.98 (AR-W66) 1st  
 (65-69)

THELMA RUBIN 18.81 1st  
 (60-64)

JOE PACKARD 16.32 1st  
 (80-84)

BILL FAIRBANKS 15.59 2nd  
 (65-69)

SAM HOOVER 16.03 3rd  
 (65-69)

400\* (continued)

MARTIN LEFEVRE 53.81 1st  
 (30-35)

RAYMOND MOODY 56.09 2nd  
 (30-35)

100 (continued)

ROBERT GARRETTO 14.35 1st  
 (60-64)

RAY MOODY - SA 11.98 1st  
 (30-34)

ADRIAN RODGERS - O 11.17 1st  
 (30-34)

110 HURDLES

FRED JOHNSTON 16.57 1st  
 (35-39)

HAMMER THROW

JAMES YORK 111' 8" 1st  
 (70-74)

BOB STONE 101' 1" 1st  
 ((60-64)

DISCUS

JAMES YORK 95' 9" 2nd  
 (70-74)

BOB STONE 96' 11" 2nd  
 (60-64)

TED WASSAM 100' 5" 1st  
 (50-54)

SHOT PUT

JAMES YORK 35' 6" 1st  
 (70-74)

BOB STONE 35' 4" 2nd  
 (60-64)

TED WASSAM 46' 9" 1st  
 (50-54)

JAVELIN

SHIRLEY DIETDERICH 69' 10" 1st  
 (55-59)

BOB STONE 121' 6" 2nd  
 (60-63)

PENTATHON Pending

The Fresno meet opened the Spring T&F season for most NCS. The weather was gorgeous, warm (94°), and windless. Perfect for sprinting. A lot of suntan lotion got used for the first time.

The track events were on time and well-run. Some field events developed a few snags regarding measuring and order of participation of competitors. A few long delays resulted. Hopefully next year a few more experienced people will be recruited for these events.

A lively post-mortem party was held afterwards at the local Denny's. Everyone had a great time quenching the enormous thirst brought on by all that sun and competition.



INJURY LIST

Paul Warner:

....I'm still swimming, but I'll try for Eugene! I think that will be fun. I'm going to Nationals in swimming (short course) in May, then 2 long course meets, then Field events. Hope to see you 'round the track soon.

Joan Tyksinski

\*Joan has been injured and took up swimming while she recuperated. Sounds like she's just about ready to rejoin us. We look forward to seeing you, Joan!

JAMES FORSYTH is at home recovering from back surgery. "I'll be out of running for about six months," he says. He thinks the disk he had removed was damaged because of the heavy lifting he did for years at the General Motors plant where he worked.

He is renewing his NCS membership in spite of not being able to run, because he "likes to support the club."

\* Best wishes for a speedy recovery, Jim. We'll look forward to seeing you out on the roads again in about six months.

Harry Koppel reports he is being plagued by an achilles injury, and had to jog through some of his events at Sacramento. He plans to run only the 100M in Los Gatos, May 19-20, and let it heal up. At the end of May, he will compete in the Jewish Senior Olympics in St. Louis. He will be doing all the sprints (heel permitting), and also SWIMMING the freestyle, breast-stroke, and butterfly events. He holds National Records in these events in the 50, 100, and 200M.

We wish a speedy recovery to track and field athlete BERNARD SCHINDLER who has been very ill with a kidney ailment.

HART: Joins NCS  
Continued from page 1

rocket down the track when he does one of his famous starts under Coach Mark Grubi's direction. Around Edward's Field in Berkeley he is known as the "California Thunderbolt" (Northern California, that is).

Eddie is a P.E. and Health Instructor at Laney College in Oakland. He is not coaching, since Laney has not had a track team for the last 3 or 4 years. He teaches health, recreation, basketball, volleyball and aerobics. "I really enjoy teaching," he says, "and find it very rewarding - in fact, more rewarding than coaching."

He is married and his wife and 2 children take top priority in his life. "I have to budget my time carefully," he says, in order to find enough time to spend with them.

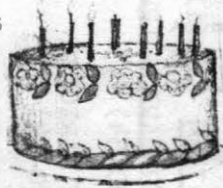
His next track meet will probably be at USC in June. Look for Eddie to be breaking all kinds of records as he competes for NCS.

CLASSIFIED

WANTED: 1-2 bedroom apt. in East Bay. \$250-350/mo. Call Gretchen Snyder, 654-6153.



- JESSE MEADOWS
- STEPHEN PECK
- GARY SCHMIDT
- MIRIUM ST. CLAIR
- ERIKS SVEDE
- WILLIAM TARR
- ROBERT ULSH
- RUTH PAYNE
- MAX MISCHÉ
- TOM ANDERSON
- KAY ATKINSON
- GEORGE DE KAY
- DENNIS DE LOACH
- CLIFTON DE MARTINI
- DAUPHNE FANTIN OWNN
- TROY GROVE
- LUISA HANSEN
- HARRY KOPPEL
- JEROME LEWIS
- MARTY MARICLE
- ANNABEL MARSH



"Life would be infinitely happier if we could only be born at age 80, and gradually approach 18."

Mark Twain said that, too.

R E S U L T S \*\*\*\*\*

American River 50-Miler - April 15 (from Mimi St. Clair)

RUTH ANNE BORTZ 8hr 48min\* NEW AMERICAN RECORD (50-54)  
Old record : 9hr 05min - 1982 (Ruth Anderson)  
9hr 11min - 1983 (Ruth Anderson)

HELEN KLEIN 10hr 20min (60-64)

MARTY MARICLE about 9hr (50-54)

NICKI WEICKER 9hr 9min 58sec 2nd W 40-49 165th (40-44)  
\*\*\*\*\*

Avon 15KM - April 8 (from Ruth Waters)

SISTER MARION IRVINE 50+ 57:52\* NEW AMERICAN RECORD (50-54) 1st 50+

MARTY MARICLE 50+ about 68 3rd 50+ (50-54)

RUTH WATERS 50+ about 67 2nd 50+ (50-54)

KAREN GUDIENSEN no time reported (40-44)

EILEEN KLATSKY no time reported (50-54)  
\*\*\*\*\*

Napa Marathon

NICKI WEICKER 3:29 (from Mimi St. Clair)

Sri Chinmoy 50+ 5Mi Road Race 3/18/84

MARTY MARICLE 38:03 30th (50-54)

JAMES NICHOLSON 33:28.7 12th (50-54)

RUTH WATERS 35:06.5 24th (50-54)



JOHN ROUSE (M55-59) writes to catch us up on his latest accomplishments. John has only been running 5 years, but has already clocked some excellent 10K times. He consistently finishes 1st, 2nd or 3rd (M50-59) in the races he enters in the Bay Area. He expects to continue improving and hopes to be running about a 36 10K soon. If he does, he will be one of the top 10K men in the country, and will be setting some new National records in the M55-59 year age group.\*

JOHN ROUSE - Races since 2/11/84. (M50-59)

Mission 10Mi	2/11	San Juan Bautista	63:42	1st
Grape Stampede 10K	3/3	Gonzales	38:28	1st
Channel to Lake 10Mi	3/4	Vallejo	66:07	2nd
Napa Valley Marathon	3/11	Napa	3:07:46	?
YMCA 13 Mi	3/25	Palo Alto	1:28	3rd
ZONTA Run 10K	4/1	Berkeley	40:10	2nd
Run for Daylight 10K	4/8	Alamo	39:38	3rd
Herc-Dynamite 4Mi	4/14	Hercules	25:56	1st
Run for Excellence 10K	4/29	Hayward	38:13	1st

\*We will be watching and rooting for you, John! Thanks for sending in your times. Hope all you other men take note of this. Send us your triumphs (or tribulations). As John says "the only way you're going to get the attention you deserve is to toot your own horn!" Someone else MAY do it for you but it could be a long wait. And posthumous attention is hard to enjoy.

1st Annual Zonta April Fool's Day 10K Run 4/1/84

Results unreported in April Newsletter:

BILL BIGELOW (M70-74)	58:51	11th M50+	147th
RICHARD KEENE (M45-49)	39:06	7th M40-49	35th
JOHN ROUSE (M55-50)	40:10	2nd M50+	44th

### National Masters News

### CAL SENIORS SWEEP MEN'S 80+ DIVISION IN SACRAMENTO 20K CHAMPIONSHIPS.....

.....and nobody knows, except Mac Osborne, who called to report he had discovered the above fact while checking for members in the NCS roster.

He was surprised because although he has known and talked to these gentlemen\* before at races, he had no idea they were NCS members. A whole NCS (winning) TEAM ran in that race, and nobody knew.

Mac finds this a deplorable situation. How, he asks, can we be proud and enthusiastic NCS members if we don't even know when we're running right beside fellow club members?

Don't despair, Mac! Help is on the way. One way to generate the esprit de corp that seems to be so sadly lacking, is for club members to wear the club uniform whenever they are in a race or meet.

The Couch Committee is in the process of choosing a uniform with new materials, new design, new logo and possibly new colors. We will have a racing singlet (probably part mesh) and shorts, and a warm-up suit.

It you have any preferences or ideas, please call or write to one of the members of the Couch Committee: Elvyn Blair (415)834-3607, Phyllis Hewett (415)525-2299, or Gretchen Snyder (415)654-6153.

And if you would like to have a Collector's Item, you can rush your order for the ORIGINAL club uniform to Phyllis Hewett (Inventory Controller) before they're all gone.

\*The other two NSC members were Flory Rodd (1:25:21), and Don Wilgus. Mac's time was 1:31:00.



- Sister Marion Irvine, 54, broke her own W50 15K record of 58:42 by 50 seconds in 57:52, a time which betters all age records down to age 43, in the Avon 15K in San Francisco, April 8.
- Gretchen Snyder of Berkeley turned 50 in February and, in her first competitive effort in her new W50 age group, bettered Shirley Kinsey's American W50 record for 200 meters in Fresno, April 14 by over two seconds in 29.4. In the 800, Snyder turned in a 2:39.84, just missing Mila Kenia's U.S. W50 800 mark of 2:39.8. Joe Pachard, 80, lowered Herb Anderson's world 80+ 100-meter mark from 16.5 to 16.32.

BORTZ: New 50M record  
Continued from Page 1

8hr 48min, besting the old record of 9hr 5min set in 1982.

"I was able to think a little about strategy instead of just praying I could hang on to the finish." All this was the result, said Ruth, of having trained 90 miles a week since Christmas. Her time easily qualifies her for The Western States 100M to be held July 7. That race requires a sub 10h 50M.

Ruth, her husband, and 3 of her 4 children all run. She says her husband has been running a long time and in fact ran Boston years ago. She had been athletic in college but didn't keep it up after graduation. She was kept busy having and raising children.

Seven years ago she went trekking in Nepal with her husband. At the end of the trip she was in the best shape she'd ever been in her life. She didn't want to lose it, so she started running the day after they got back, and has been running ever since.

So far she's run 10 marathons, including Honolulu in December (3:59), Napa (3:36), and the Oakland Marathon (3:37).

Congratulations on your new record, Ruth, and best of luck in the Western States!

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The National Masters News is the bible of the Masters (Veterans) movement, the fastest growing segment of the running community. It's a bargain at 12 issues a year for only \$15. Get aboard the publication that's covering the Masters scene more thoroughly than ever. Subscribe now..

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"When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much he had learned in seven years."

....Are you lonely? ....Unattached? ....Attached?

Tired of coming home to a cold TV set after a hard workout? Then liven up your life and come the latest exciting NorCal Senior off-the-road/track event....

WE'RE GOING GREEK !!!!!

Save all that airfare!

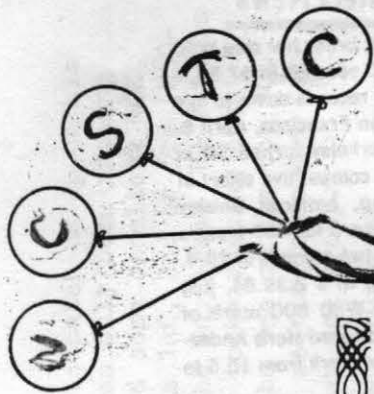
Come eat authentic Greek food (cheap) and do some Greek line dancing:

WHERE: Taverna Athena  
201 Broadway (near Jack London Square), Oakland - Ample Parking

WHEN: Saturday, May 12  
7:00 PM (Instructors start teaching line dances at 7)

Please call one of the members of the Social Committee by 5:00PM, May 12.

- Thelma Rubin (415) 525-9417
- Gretchen Snyder (415) 654-6153
- Robert Garretto (415) 536-2925
- Ed Manougian (415) 877-9247
- Juliette Koppel (415) 591-7731



WATCH FOR EXCITING REVIEW WITH PICTURES (BEWY DANCERS IN GREEK RESTAURANTS ???) JUNE ISSUE!

# TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS

for

## OPEN MEN & WOMEN, MASTERS MEN & WOMEN

MAY 19, 20, 1984

Los Gatos High School & San Jose City College  
Sanctioned by TAC/PACIFIC ASSOCIATION  
Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, MAY 16, 1984

### TAC/PACIFIC CHAMPIONSHIPS SCHEDULE May 19, 1984 at Los Gatos Track

7:30 AM 10,000 m men 60+ and all masters women 1 hour clock	4:15 PM 400 h open women	FIELD 8:00 AM Shot put women	MASTERS 8:00 AM Shot put women
8:35 10,000 m men 40 to 59 and all open women	4:20 400 h	9:00 Pole vault men 60+	9:00 Pole vault men 60+
9:30 4 x 100 relay women	4:25 400 h 60+	10:00 Shot put men 40+	10:00 Shot put men 40+
9:40 4 x 100 relay master men	4:30 400 h 50+	10:00 Long jump women	10:00 Long jump women
9:50 4 x 100 relay open men	4:35 400 h 40+	11:00 Shot put men 40+	11:00 Shot put men 40+
10:10 100 m hurdles 33" women 35-39 and men 80+	4:40 400 h 30+	12:00 Long jump men 60+	12:00 Long jump men 60+
10:15 100 m hurdles 33" open women	4:45 400 h open men	11:00 High jump women	11:00 High jump women
10:25 80 m hurdles 30" women 40+ and men 70+	5:00 1500 m open women	12:00 High jump men 60+	12:00 High jump men 60+
10:35 110 m hurdles 42" open men heats (if needed)	5:10 1500 m master women	12:00 Discus women	12:00 Discus women
10:45 110 m hurdles 36" men 50-59	5:20 1500 m master men 60+	1:00 PM High jump men 40+	1:00 PM High jump men 40+
10:55 110 m hurdles 39" men 40-49	5:30 1500 m master men 50+	1:00 Discus then 60+	1:00 Discus then 60+
11:05 110 m hurdles 39" men 39-39	5:40 1500 m master men 40+	1:00 Triple jump women	1:00 Triple jump women
11:15 110 m hurdles 42" open men finals	5:45 1500 m submaster men 30-39	2:00 Discus men 40+	2:00 Discus men 40+
11:30 100 m heats all divisions where needed	5:50 1500 m open men	FIELD 3:30 PM Discus Women	FIELD 3:30 PM Discus Women
12:00 100 m final master women	6:00 400 m open women*	5:00 Discus men	5:00 Discus men
12:10 PM 100 m final open women	6:05 400 m master women*	5:00 Shot put women	5:00 Shot put women
12:15 100 m final master men - oldest to youngest	6:10 400 m master men 60+	5:30 Pole vault	5:30 Pole vault
1:00 100 m final open men	6:15 400 m men 35-39*	5:30 Triple jump men	5:30 Triple jump men
LUNCH BREAK	6:20 400 m men 50-54*	5:30 Long jump women	5:30 Long jump women
1:30 PM 800 m master women	6:25 400 m men 45-49*	6:30 Shot put men	6:30 Shot put men
1:35 800 m open women	6:30 400 m men 40-44*	6:30 High jump women	6:30 High jump women
1:40 800 m men 60+	6:35 400 m men 35-39*	7:00 Long jump men	7:00 Long jump men
1:45 800 m men 50+	6:40 400 m men 30-34*	8:00 High jump men	8:00 High jump men
1:50 800 m men 40+	6:45 400 m open men*		
1:55 800 m men 30+	6:55 5000 m all women		
2:00 800 m open men	6:30 5000 m men 50+		
2:10 200 m heats - oldest to youngest where needed	7:00 5000 m men 40+		
2:40 200 m finals master women	7:25 5000 m men 30+		
2:50 200 m finals open women	7:45 5000 m open men		
3:00 200 m finals master men - oldest to youngest	8:05 4 x 440 yd relays women, masters, open men		
3:45 200 m finals open men	8:25 10,000 m open men, men 30-39		

\*Timed sections based on submitted marks on entry forms, if needed



WILLIE HARMATZ, BRUCE SPRINGBETT: Co-Meet Directors  
P.O. Box 1328, Los Gatos, California 95030  
408/354-5660 Days  
408/395-5825 Evenings

SEE REVERSE SIDE FOR REQUIRED SIGNATURE

Name (LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_

Phone \_\_\_\_\_

Address (NUMBER & STREET) \_\_\_\_\_ (CITY) \_\_\_\_\_ (STATE) \_\_\_\_\_ (ZIP) \_\_\_\_\_

Circle one: MALE FEMALE

Your 1984 TAC # \_\_\_\_\_

NO REFUNDS FOR DEFAULT

Events entered and best time 1984 \_\_\_\_\_

Club affiliation \_\_\_\_\_

Amount enclosed \_\_\_\_\_  
(Make checks payable to Los Gatos Athletic Association, Inc.)

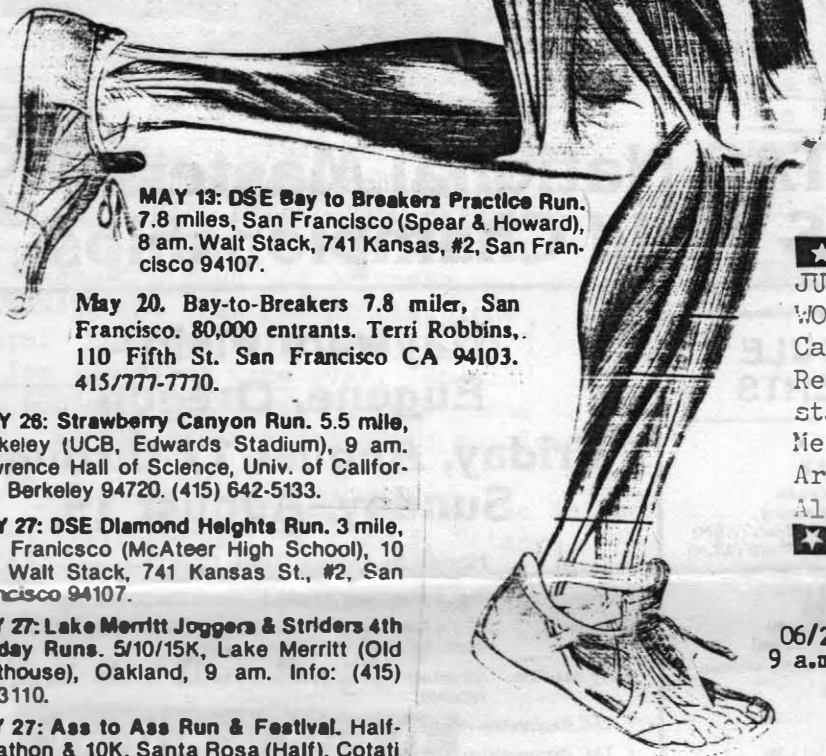


# schedule

## LONG DISTANCE RUNNING

### WEST

**MAY 13: SPATAC 50 Mile Championships.** Camarillo, 6 am. Phidippides, 16545 Ventura Blvd., Encino 91436. (213) 986-8686.



**MAY 13: DSE Bay to Breakers Practice Run.** 7.8 miles, San Francisco (Spear & Howard), 8 am. Walt Stack, 741 Kansas, #2, San Francisco 94107.

**May 20. Bay-to-Breakers 7.8 miler, San Francisco.** 80,000 entrants. Terri Robbins, 110 Fifth St. San Francisco CA 94103. 415/777-7770.

**MAY 28: Strawberry Canyon Run.** 5.5 mile, Berkeley (UCB, Edwards Stadium), 9 am. Lawrence Hall of Science, Univ. of California, Berkeley 94720. (415) 642-5133.

**MAY 27: DSE Diamond Heights Run.** 3 mile, San Francisco (McAteer High School), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**MAY 27: Lake Merritt Joggers & Striders 4th Sunday Runs.** 5/10/15K, Lake Merritt (Old Boathouse), Oakland, 9 am. Info: (415) 834-3110.

**MAY 27: Ass to Ass Run & Festival.** Half-marathon & 10K, Santa Rosa (Half), Cotati (10K), 9 am. Race Director, P.O. Box 4387, Santa Rosa 95402.

**MAY 28: Pacific Sun 10K (& PATAC Masters Championships).** Kentfield (College of Marin), 8 am. total Race Systems, 627 Galerita Way, San Rafael 94903. (415) 479-3839.

**JUNE 9:** Decelle Memorial Tahoe Relay. 7am. Start/finish junction highways 89 & 50. Alameda Track Club, Box 1606, Alameda, CA 94501.

**JUN 10: Dipsea.** Mill Valley to Stinson Beach (tough hilly course over trails), 10 am. *Limited Registration.* Mill Valley Jaycees, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

**JUNE 17:** DSE Daly City Scenic Run. 6.2 mi., 10am. Start/finish Colma School east of Mission & Market, Daly City. Walt Stack, 741 Kansas St., #2, S.F. 94107.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
**JUNE 17.** Nor Cal Senior 19th ANNUAL WOODMINSTER HANDICAP CROSS COUNTRY RACE. Can you earn your Survivor's Patch? Registration on race day 7:30AM. Race start 9AM. 8.3 Miles. \$5. Woodminster Meadow, Joaquin Miller Park, Pinewood Area, Oakland. G.A. Wetzork, 881 Cedar, Alameda, CA 94501 (415)522-3724.  
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**06/23/84 SATURDAY DSE DOUBLE DIPSEA, 14.2 MILES.** 9 a.m. Start/finish at Stinson Beach.

### NATIONAL

**MAY 12: California 50-Mile Endurance Run.** Santa Rosa (Annadel State Parking Lot), 6 am. Tom Crawford, 1981 Silverwood St., Santa Rosa 95405. (707) 526-0661. Also listed in some sources as May 13 - verify date.

**MAY 13: May Day Runs.** 5/10K, San Francisco (Golden Gate Park), 9 am. American Heart Ass'n., 421 Powell St., San Francisco 94102. (415) 433-2273.

**MAY 20: CRRC Women's 10K & Half-Marathon.** Los Angeles (Griffith Park), 8 am. CRRC, Box 891, Tarzana 91356. (818) 888-5528.

**MAY 28: Men's US Olympic Marathon Trials.** Buffalo, New York. John Chew, 4 Symphony Circle, Buffalo, NY 14201. (716) 885-7223.

**MAY 27: Nat'l Masters TAC 25K Championships.** Haines Point, Washington, DC, time TBA. Chuck Des-Jardins, 5428 Southport Ln., Fairfax, VA 22032. (703) 250-7955.

**JUN 3: Nat'l TAC Women's 25K Championships.** Sudbury, Mass., time TBA. Cindy Hasting, 90 Hampshire St., Cambridge, MA 92139. (617) 876-0727.

**June 15. TAC National Open and Masters 100 Mile Championships,** Shea Stadium, New York City, NYRR, 9 E. 89 St. NYC 10022. 212/860-4455.

**MAY 12: Women's US Olympic Marathon Trials.** Also Sr. Women's Nat'l TAC Marathon Championships. Olympia, Washington. Olympic Trials Marathon, 420 Wall St., #205, Seattle, WA 98121. (206) 682-8113.

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**JUNE 2.** Nor Cal Senior RICHARD HOUSTON MEMORIAL RUN. Wimps need not apply! 11.3 Miles tortuous fire/horse trails generally considered unnegotiable by humans; Dick would have loved it. Briones Regional Park (Bear Creek Road Entrance). \$5 prior June 2; \$7 race day. Richard Houston Memorial Run, C/O Fleet Feet Pinole, 1582 Fitzgerald Drive, Pinole, CA 94564. Zephyr Athletic Club Host. Steve Justice, Race Director.

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# EUGENE INTERNATIONAL TRACK AND FIELD WEEK



**RUNNING, RACING & RELAXING IN EUGENE, OREGON**  
**August 13 - 19, 1984**



## 1984 TAC National Masters Track & Field Championships



### WEEK LONG PACKAGE FOR MASTERS PARTICIPANTS

- Registration for Masters track and field meet
- Housing at reduced rates, continental breakfast and unlimited local transportation
- Lowest 1984 guaranteed air fares, with free airport transfer
- 8K Fun Run
- International Track and Field Exhibit
- Post Olympic meet
- Gala reception for participating athletes and guests, with special entertainment and the introduction of track and field dignitaries
- Social evening and dance for Masters and their guests
- Five days of local activities, events and tours, including several theme events; trips to the Cascade Mountains, Pacific Ocean, and the high desert country; boating, skiing and whitewater sports
- Travel offerings to San Francisco, Crater Lake, the Redwoods, the Pacific Ocean, and other interesting Oregon and West Coast destinations

Those returning the attached entry form will be sent detailed information on all activities

### SCHEDULE OF EVENTS

FRIDAY	
2:40	5000m Racewalk
3:30	Opening Ceremony
4:00	High Hurdles—Trials (W&M)
5:00	High Hurdles—Finals (W&M)
6:30	400m—Trials (W&M)
8:00	400m Relay (W&M)
8:30	10,000m (W)
9:30	10,000m (50 + M)
10:30	10,000m (30-49M)
	Mile Relay (W&M)—follows immediately
FIELD EVENTS:	
4:00	Javelin (M)
	Pole Vault (50 + M)
	High Jump (W) Area I (50 + M) Area II (30-49M) Areas I & II following above groups
5:00	Hammer (M)
6:00	Long Jump (W)
SATURDAY	
4:00	100m—Trials (W, 50 + M) East side (30-49M) West side
	100m—Finals (W&M) West side
6:00	Steeplechase—(M) 2000m (M) 3000m
7:00	400m—Finals (W&M)
8:00	1500m—Finals (W&M)
10:30	2-mile Relay (W&M)
FIELD EVENTS:	
2:00	Pole Vault (30-49M)
3:30	Javelin (W)
	Long Jump (M) Areas I & II
4:00	Shot Put (M) Areas I & II
5:30	Discus (W)
SUNDAY	
8:00 a.m.	20k Racewalk (W&M)
8:30	400m Int. Hurdles—Finals (M)
9:30	5000m (W&M)
11:30	800m—Finals (W&M)
1:30 p.m.	200m—Trials & Finals
FIELD EVENTS:	
9:00 a.m.	Discus (M)
	Triple Jump (M)
	Shot Put (W)

### Hayward Field—Eugene, Oregon

#### Friday, August 17 through Sunday, August 19

Hosted by Oregon Track Club Masters

- Divisions:** 5-yr. age divisions for men & women age 30 and over.
- Entry fees:** \$7 for first event (includes special Athletic Clinic Friday a.m.), \$4 per additional event, \$16 per relay team.
- Entry deadline:** All entries must be postmarked by July 15, 1984. Late entries will be returned.
- TAC Registration required for all American entrants.
  - TAC championship medals to top three Americans in each event. Additional awards to foreign athletes with equal or better efforts when appropriate.
  - All entries will be confirmed—additional information and instructions will be included.



DETACH AND MAIL  
 \* Please Print \*

Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
 Address \_\_\_\_\_ Age (as of 8/17/84) \_\_\_\_\_  
 \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 Phone ( ) \_\_\_\_\_ TAC # \_\_\_\_\_  
 Club Affiliation \_\_\_\_\_

Events	Best '83 or '84 Mark	Entry Fee
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
Total Entry Fee		_____
T-Shirt		_____
TOTAL		_____

An elaborate BRUNCH will be served Saturday, 8-11 a.m. at a cost of \$7.00 per person.  
 I am \_\_\_\_\_ I am not \_\_\_\_\_ interested in attending.  
 Number in party \_\_\_\_\_

T-SHIRT ORDER: \$6.00 each (check one)  
 small  medium  large  x-large

For additional events include on separate sheet. Event changes will not be permitted after registration deadline.

Make checks payable to: OREGON TRACK CLUB MASTERS  
 (All fees refundable if written cancellation received prior to July 15th, 1984)

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Send entry with check to:  
 Oregon Track Club Masters, Travel Headquarters, P. O. Box 10085, Eugene, OR 97440.

cont.



**JUL 7: Western States 100-Mile.** Squaw Valley to Auburn, time TBA. Curt Sproul, 1000 "G" St., Sacramento 95814. (916) 443-8161. Entries usually close early.

**JUL 8: Nat'l Masters TAC 15K Championships.** Utica, New York, time TBA. Earl Reed, c/o Utica Boilers, Dwers Ave., Utica, NY 13501. (315) 797-1310.

**AUGUST 19:** San Francisco Marathon, San Francisco, CA. SF Marathon, PO Box 27385, SF, CA 94127, (415)681-2322.

**July 13-14.** TAC Northwest Regional Masters Championships, Gresham, Oregon. Jim Puckett, Mt. Hood College, 26000 S.E. Stark, Gresham, OR 97030. 503/667-7534.

**July 13-15.** TAC Western Regional Masters Championships, Occidental College (new U.S. Olympic Track), Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale CA 91201. Entry form in June issue.



**JULY 7. NORTHERN CALIFORNIA SENIORS CLASSIC T&F MEET.** Edwards Field, University of California, Berkeley, CA. The World's Greatest Track Club presents the World's Greatest Track Meet! Come and compete with the Nor Cal Senior Stars (and near stars)! TAC sanctioned/TAC officials. Mark Grubi, PO Box 4512, SF, CA 94101.



### INTERNATIONAL

**SEPTEMBER 30.** Berlin Marathon. 7-day tour. G.K. Erich, 39 West Parkway, Pequannock, NJ 07440. (201)694-2097.

**DECEMBER 1-2.** XVII IGAL World Veterans 10K and Marathon Championships, \*San Diego, CA. Bill Stock, 7160 Baldrige Rd., La Mesa, CA. (619)286-7867.

\*Note the location of these INTERNATIONAL road racing championships. They are being held in the US for the first time ever. So all you LDR'ers, start making your plans now. It may never happen again so close to home.

**DECEMBER 11-12.** \*Running tour of the Holyland, Barry Shaw, PO Box 2143, Netanya, Israel.

<sup>2</sup>\*Ruth Anderson is interested especially in this one. Anyone up to joining her for a bit of an adventure?

### NATIONAL

**June 9-10.** Northwest Classic, Miami, Jesse Holt, 1310 N.W. 90th St., Miami, FL. 33147.

**June 16-24.** U.S. Olympic Trials, Los Angeles. 213/972-5775.

**JUL 7-8: TAC National Masters Decathlon & Heptathlon Championships.** Indiana University, Indiana. Henry Hopkins, 833 N. Center Rd., Indianapolis, IN 29651.

**August 17-19.** 17th Annual TAC National Masters Championships, Eugene, Oregon. Oregon Track Club Masters, PO Box 10085, Eugene OR 97440. 503/687-0122.

## TRACK & FIELD

### WEST

**May 19-20.** TAC Pacific Open & Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. 408/354-7333.

**May 26.** Anteaters Masters Meet, U.C. Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar CA 92625. 714/673-2025.

**June 9.** Trojan Masters Meet, Cromwell Field, USC, Los Angeles. Jim Vernon, 1147 W. Rowland Ave., West Covina CA 91790.

**June 9-10.** Southern Oregon Decathlon, Heptathlon Championships, Jr. High thru Masters, Phoenix, Oregon. Don Gray, P.O. Box 119, Phoenix, Oregon. 97535.

**June 30.** 8th Annual Southern California Striders Relays, Santa Ana College, Santa Ana, California. Lloyd Higgins, c/o Striders, 8306 Wilshire Blvd., No. 316, Beverly Hills, CA 90211.

**June 30 - July 1.** Hayward Classic, Eugene, OR. Arlene Noviello, 1577 Willagilespie, Eugene OR 97401.

**July 1.** TAC Southern Pacific District Masters Championships, Occidental College, Los Angeles, Calif., 3 p.m. SASE to Woody Studenmund, 823 Milmda Dr., La Canada, CA 91011.



• The VI World Veterans Championships in Rome will take place during a week from Saturday to Saturday within the period July 15 and July 6, 1985.

• The official results of the V World Veterans Games last year in Puerto Rico have been mailed to all competitors, Rafael Serrati reports. It's an attractive, 82-page booklet with photos and results of all events including preliminaries.

**July 28-29.** WAVA Decathlon Championships, Long Beach, California. Ray Fitzhugh, 4991 Yearling, Irvine, CA 92714. (w) 714/651-3623; (h) 857-2442.

**July 28-August 12.** Olympic Games, Los Angeles.

**July 28-August 12.** Olympic Games, Los Angeles.

**August 17-19.** Pan-American Masters Championships, Ottawa, Ontario. Danny Daniels, R.R. No. 3, Carp, Ont. KDA 1L0.

• Which takes more stamina and endurance? Playing five sets of tennis, or running 400 meters? "I'm more tired after a competitive 400 than after five hard sets of singles tennis," said Tony Nasralla, top M50 sprinter and hurdler, as he headed for Jamaica to play in a 40-and-over tennis tournament:

### INTERNATIONAL

