

NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(for men and women 30 years and Older)

Annual Meeting, January 9, 1993.



Officers

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EDWARD MANOUGIAN, M.D.
1517 Summit Road
Berkeley, CA 94708
510/843-9247

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510/284-2240

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1745 Hopkins Street
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510/524-3807

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43 McAllister Avenue
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510/754-6856

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510/339-0563

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415/285-3352

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3784 Army Street
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415/285-3352

Club ID

TAC #: 109

CALIFORNIA CORPORATION #: 1275994

CALIFORNIA NON-PROFIT #: CT-61086

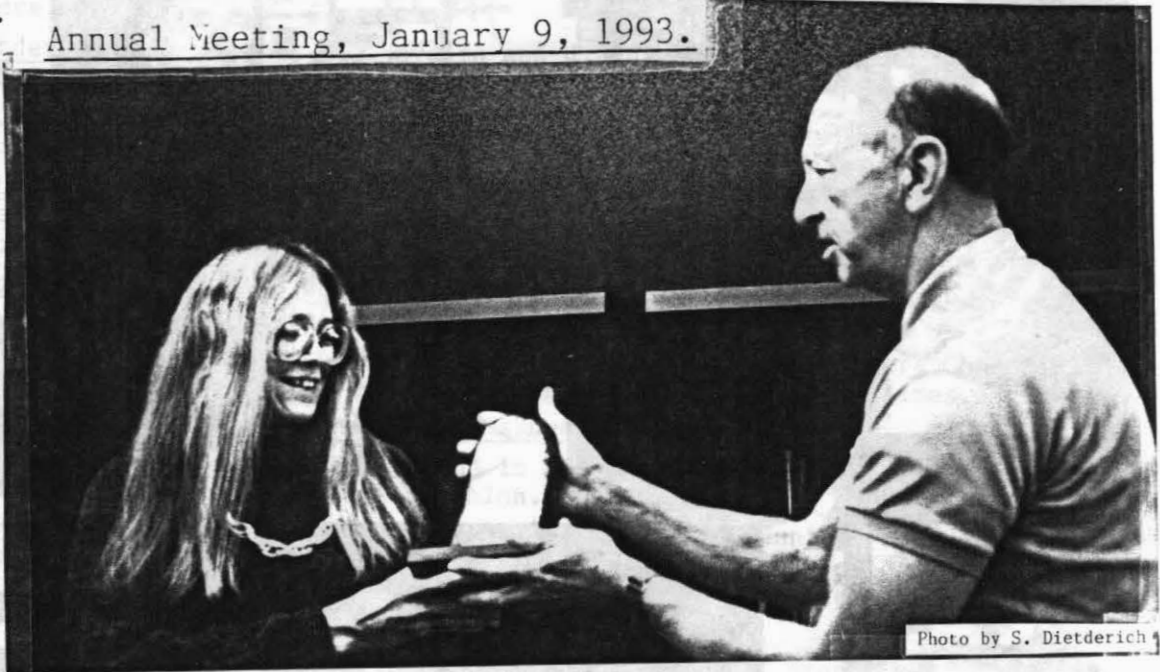


Photo by S. Dieterich

Sharlet Gilbert, receiving the club's perpetual trophy from Don Rose.

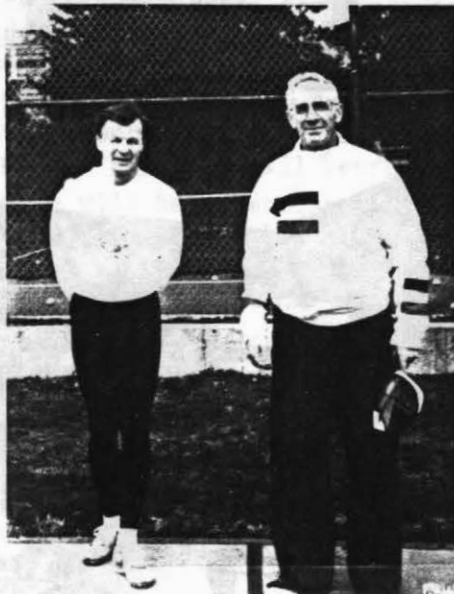
The site was again at the Les and Kit Pickles condo recreation room, 555 Pierce, Albany, graciously prepared by them. Preceding the pot luck brunch and business meeting, President Don Rose showed a very useful training film he uses coaching T&F to high school people. Awards were made to our masters of the track, field and hills, as follows:

Sharlet Gilbert and John Burns were awarded the perpetual trophy as the most outstanding long distance and track & field performers, respectively. Her winning marathons included the Las Vegas and Pittsburgh masters, the Aug. 3 City of San Francisco (2:42:06), the Duluth, Minnesota Grandma's Marathon (in 2:38, her personal best), the Oct. 6 Minnesota Twin Cities (2:40.19), the Oct. 11 Community First Fox Cities (2:39:58); and she had many winning shorter runs. John Burns won his M50 javelin competition at all meets, including the Spokane Nationals (170'6"). He also threw 173'1" in April.

(cont. on page 3)

1993 President Ed Manougian with Ray Yeck (PAC/USAT&F Rep) on his rt.

1993 Vice-President John T. Burns



Ken Carnine T&F Classic



Dick Houston Memorial Woodminster Run

NCSTC T&F Classic

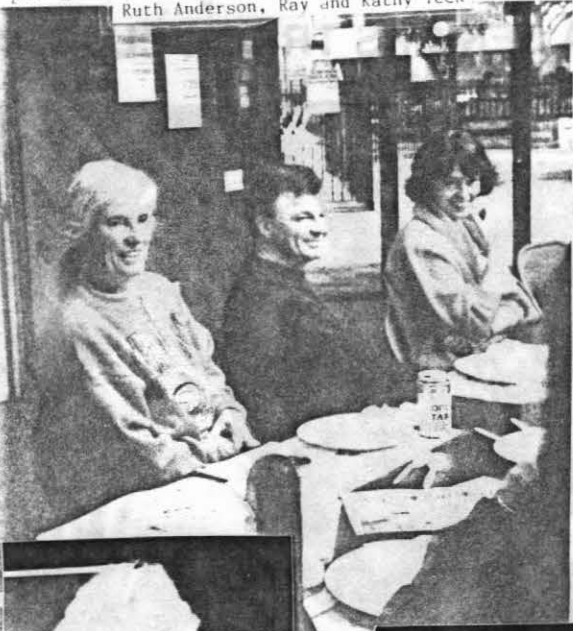
Martinez to Port Costa Brick Yard Run

Luka Sekulich, Director
1485 Darlene Drive
Concord, CA/94520
415/685-5185

Michael Ackley, Director
4649 Oakbough Way
Charmichael, CA/95608
916/966-8987

Gail Wetzork, Director
3452 Capella Lane
Alameda, CA/94501
415/522-3724

Ruth Anderson, Ray and Kathy Yeck



Kit & Les Pickles
photo by J. Kolda

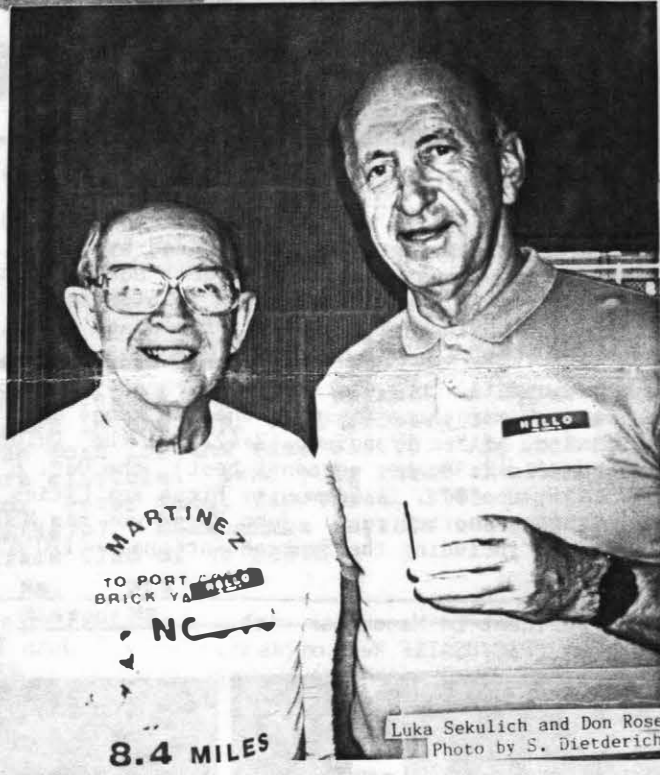


Shirley Dieterich & Don Rose



Thelma Rubin

photos by S. Dieterich



Luka Sekulich and Don Rose
Photo by S. Dieterich

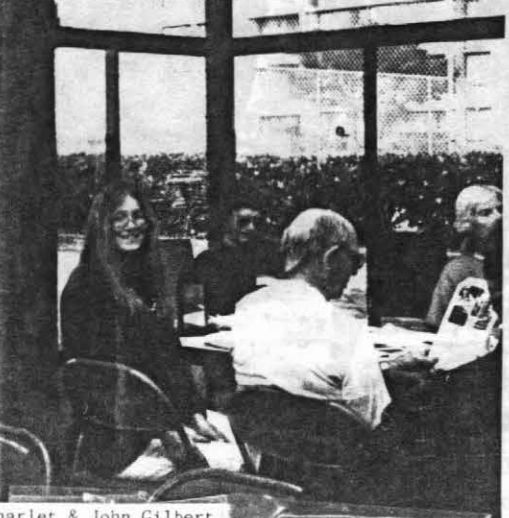


photo by J. Kolda

Jackie Caselli and Kit Pickles



J. Kolda



Sharlet & John Gilbert

Photo by J. Kolda



Peter Todd & Jackie Caselli

Photo by J. Kolda



Photo by J. Kolda

Mary Cook & Alberta Babione

Cont. from p. 1--Annual meeting, Jan. 9

Trophy awards were made to:

Shirley Dietderich, who won her W65 javelin and discus throwing events at the Spokane Nationals, and who has been a dedicated and frequent competitor.

Craig Boyak (38) our most talented pole vaulter, who won all the meets he attended except for second place (16') at the Nationals, the jumps award.

Barbara Robben (W55) ran 66 races, including 4 triathlons, 5 biathlons and 5 half-marathons. She was ranked first in the Senior Women's category of the PAC/TAC Cross-Country Grand Prix series. She is awarded the NCSTC long distance trophy.

Louis Bartholomew (M35) always won his 110M hurdle event, entitling him to the sprint award. He usually finishes in the 14 or 15's.

Tom Silva (33) threw 212'8" in the May 26, 1992, Las Vegas Fire Fighters Championships, and wins his division in his javelin competition, at all times.

Outstanding Performance certificates have been issued to:

Michael P. Ackley (M45 group) placed second in his Naperville Nationals Pentathlon and the Spokane Masters National Pentathlon.

Ruth Anderson (W60) for her long distance and cross country running, including club team running; she placed second in the Super Senior division of the PAC/TAC grand prix series; she finished the year with a F60 second place in the Dec. 6 Louisville, Ky National 10K Championships.

Bob Malain (M65) ranked second Super Senior Man in the PAC/TAC grand Prix series, and 8th Super Senior Man in the LDR series. His 43:51 Nov. S.F. Cross-Country Championship race was described as "superb".

Dick Laine (M60) was named 4th in the Super Senior Men's LDR standing of the PA/TAC Grand Prix. He modestly reports his 1992 year was not as good as 1991, but his extensive competition must be recognized.

Kit Pickles (W66) was ranked first Super Senior Woman in the PAC/Grand Prix Cross Series. She had 36 runs, winning 32 in her age group.

Honorable Mention for performance at the 1992 Spokane T&F Nationals:

Phil Conley (M55) placed second in his javelin.

Cherrie Sherrard (W50) won the 80M H (14.53) with second in the discus and fourth in the 100M. She is coming back after lay off due to family illness.

Mandy Joslin (47), first in the discus, second in the javelin and fourth shot.

Ken Carnine (84) had second in the discus (83'6") and second javelin (76'2½").

Bill Bigelow (82) was second in the 100M.

Martyn Adamson (54) was second in the 400M, and competed well in other sprints.

President Don Rose thanked Thelma Rubin for providing her home for Executive Committee meetings, Shirley Dietderich for pictures, Mark Grubi for coaching and organizing, and Josephine Kolda for the newsletters.

New officers were elected: Ed Manougian, President; John T. Burns, Vice-President; and Peter Todd, continuing Secretary/Treasurer (Peter would welcome some assistance with the secretarial work). Rav Yeck will represent the Club at the PAC/USAT&F meets.

Luka Sekulich announced he will be directing the Brick Yard Run for the 25th year on February 27, 1993, after which he will be retiring. Good attendance will be appreciated, especially by anyone who would be interested in directing his run in the future. (The meet flyer is on a later page.) Please see page 5 for the next Executive Board meeting.

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USE OF EDWARDS FIELD, U.C. BERKELEY. For those of you who use this training facility, your cooperation is requested in assisting Athletic Director Bob Bockrath and Recreational Director Bill Manning maintain the harmony and quality of this operation. We must limit ourselves to the times which do not interfere with the University teams and do not put excessive wear and tear on the facilities. Allowable hours are 11:00 to

(Cont. on page 4)

(Cont. from p. 3--Edwards Field)

2:00 PM and after 4:30 PM. Rules are posted at the track. Joggers must stay to the outside lanes (which are available). Training on the first lanes is placing unnecessary wear on the track. An exact time on your distance training is important only in meets. To figure what distance you are running, add 9 yards for each lane off of Lane 1, times the number of times around the track. Start your sprints on the outer lane staggers. Walk back on the outer grass. Stay out of other people's way--never walk in front of them. With the lack of money for repairs, etc., your help not only will count, it is necessary for our continued use.

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From Mel Shine to Martyn Adamson, Nov. 5:

"With sincere regrets I must tell you that I will not be present at the January meeting. Before that time (my house is practically sold) my address will be 75 Fairway Circle, Medford, Oregon. Thus I must withdraw from our club and miss the many wonderful friends in our club.

Perhaps I won't be a complete stranger, as I will probably compete in several 'special' events in Northern California. In order to continue competing I have joined the Southern Oregon Sizzlers which seems to be a most active organization. My new Medford home is a beauty, with a sweeping view of a golf course and a prominent mountain in the distance. It has a sauna, a six stool bar, and many other amenities.

Thanks again to all our great members.

(signed) Mel"

(We, too, regret your move, but wish you the best in your future competition. You will be sorely missed.)

* * * * *

With 1992 Christmas greetings, Lou Peresenvi writes: "Renewing my membership as I turn 85, Jan. 16, 1993--will have surgery at the Naval Hospital, Oakland, January 19, 1993, for a right hip joint replacement and hope to again compete in the weights after eight years of operations and many other problems. Hope to go the World Games in Japan if all goes well. Missed all my friends and competition. Looking forward to the coming season. Sorry to have lost so many friends these past years...Lou"

* * * * *

From Lydia Van Gelder - Lydia forwarded an Oct. 4, 1992 article on her deceased husband, Homer's lifelong interest in track and field, starting with college stardom until his death at age 88 in Santa Rosa. He didn't compete during his time of work in agribusiness management in Sebastopol and Fresno, until his retirement in 1969, but he maintained a high jump pad in his back yard, said his Lydia, a fiber artist and instructor at Santa Rosa Junior College, and after retirement he ran almost daily at the JC track, training for sprints. He last competed in 1987 in Eugene. He competed at Senior Olympics in Italy, Switzerland, New Zealand, Sweden and Germany. He was on the U.C. Berkeley's T&F team and graduated in 1929. He officiated track meets at SRJC and numerous Cal meets, including an American Soviet meet.

* * * * *

Anyone interested in becoming an official at meets and/or runs, should contact John M. Luppess, Chairman, Certification Committee of PAC/USAT&F (the new name for PAC/TAC), 120 Chaucer Dr., Pleasant Hill, CA 94523 (Res. 510/935-6803; Bus 510/671-9616).

* * * * *

MEMBERSHIP -- Dues for the year 1993 may be paid using the renewal application on the back of this newsletter. Those who are renewed are:

- | | |
|-----------------------------|--------------------------------|
| Anderson, Elsie & Carl | Toner, Frank |
| Anixter, Ben | Underhill, John |
| Austin, Richard | Wassam, Ted |
| Ballantine, William | Waterman, Alan |
| Bartholomew, Louis | Whiting, George |
| Baxley, Thomas | Yeck, Kathleen & Raymond |
| Behrens, Daniel & Martie | |
| Blair, Elvyn | <u>Honorary Members:</u> |
| Bovak, Craig | Conley, Philip Sharlet Gilbert |
| Burns, John | Harris, Lola Houston |
| Caselli, Jaclyn | Hart, Eddie J. |
| Conley, Philip & Frances | Hines, Jim |
| Del Torre, Robert | Horn, Darrell |
| Dietderich, Rex & Shirley | Maggard, Dave |
| Eckles, Del | Monnet, William J. |
| Emert, Win | Rhoden, George V. |
| Furran, Barbara Tarr | Luka Sekulich |
| Glenny, Lyman Gilbert, John | Sherrard, Cherrie |
| Henderson, Mark | Stack, Walter J. |
| Higgins, Richard | |
| Hoteling, Bruce | |
| Hustace, Richard | |
| Jacobs, Norton | |
| Kruze, Uldis | |
| Malain, Bob | |
| Martin, Richard | |
| Peresenvi, Louis & Mary Ann | |
| Pickles, Kit | |
| Silsdorf, Jerry | |
| Stone, Robert | |
| Stoke, Hanna & Abraham | |

Membership, cont. from p. 4

Welcome New Members (in addition to renews memberships listed on p. 4):

GEORGE CLEVINGER (born 6/8/36), 1132 Spruce St., Berkeley 94707-2680, a portrait painter (phone, Bus. 510/528-6270; Hm 510/528-6270) prefers the 5K to 10K and sprints, was recruited by his wife.

KATIE CLEVINGER (born 7/24/42), 1183 Spruce St., Berkeley 94707-2680, a gardner, also is interested in the 5K to 10K and Sprints. (Phone same as husband's).

JUTTA MC CORMICH (born 9/17/40) 22460 St. Andrews Ave., Cupertino, CA 95014 (408/996-2954--WK-408/723-0748) is a sprinter, middle distance and short LDR runner--a Stanford Univ. Administrative Asst., recruited by Jackie Caselli. Thank you, Jackie, for this valuable competitor--what a great relay member, says Coach Grubi, as well as individual competitor.

METZGAR, JOSEPH (born 2/14/33) 1652 Dolores St., #9, San Francisco, CA 94110 (415/282-6106), a writer, is interested in the middle distances and track mile+. He "did LDR for about 10 years, 5K and Bay to Breakers.

Changes of Address:

Win Emert, 505 Cypress Point Dr., #233, Mountain View, CA 94043.

Tommy Hunt, 855 La Playa Street, Apt. 164, San Francisco, CA 94121 (415/752-7207).

New phone number:

Louis J. Bartholomew (510/601-5677).

* * * * *

The PA/USA T&F Board of Athletics meetings will be held in 1993 as follows:

March 17 7:30, Carondelet Hi School, in Concord (Cafeteria)

May 19 7:30 Sacramento Hilton Hotel

Sept. 15 7:30 Sacramento Hilton Hotel

Nov. 17 7:30 Carondelet Hi School, in Concord.

Ray Yeck will represent NCSTC.

* * * * *

Our Club T & F dates have been set for April 24 for the Ken Carnine Classic at Sacramento State U., and September 12 for the NCSTC Classic at Edwards Field.

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Michael Holzgang (P.O. Box 255131, Sacramento, CA 95865, 916/489-7881 7-9PM) has planned T&F meet at Sacramento on March 27, May 8, and July 3.

* * * * *

The U.C. Berkeley All-Comer Saturday meets will continue through February. Club members observed officiating at the last Saturday meet were Gail Wetzork, Mark Grubi, Josephine Kolda, John Burns and Brad Pearson; Roger Werne was assisting with the pole vault event. Many of the officials expressed interest in our Sept. 12 NCSTC Classic.

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The PA/USATF 1993 Long Distance Running Grand Prix schedule will be included in the February newsletter. The first event is the March 21 50-Plus 8K at Stanford University, for Seniors, Super Seniors & Vets (value 1.0 Pt.)

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The next EXECUTIVE BOARD MEETING has been called by President Ed Managouian, to be held February 4, Thursday, at 7:30 P.M., at his home at 1517 Summit Road, Berkeley, CA 94708 (510/843-9247). Please phone him if you are interested in attending. (The letterhead for this newsletter is tentative pending the President's final selections and confirmation.) Ruth Anderson raised the question of devising some way to disburse the funds won by the LDR teams to the individuals who won them. This was tabled until the next Executive Board meeting.

If you have never been on Summit Road, proceed east up Strawberry Canyon past the Football Stadium, U.C. Berkeley. and up Centennial to Grizzly Peak Boulevard. Go left on Grizzly Peak to the first street to the left--Summit Road, a small street above the Cyclotron.

THE 25TH ANNUAL MARTINEZ TO PORT COSTA BRICK YARD RUN

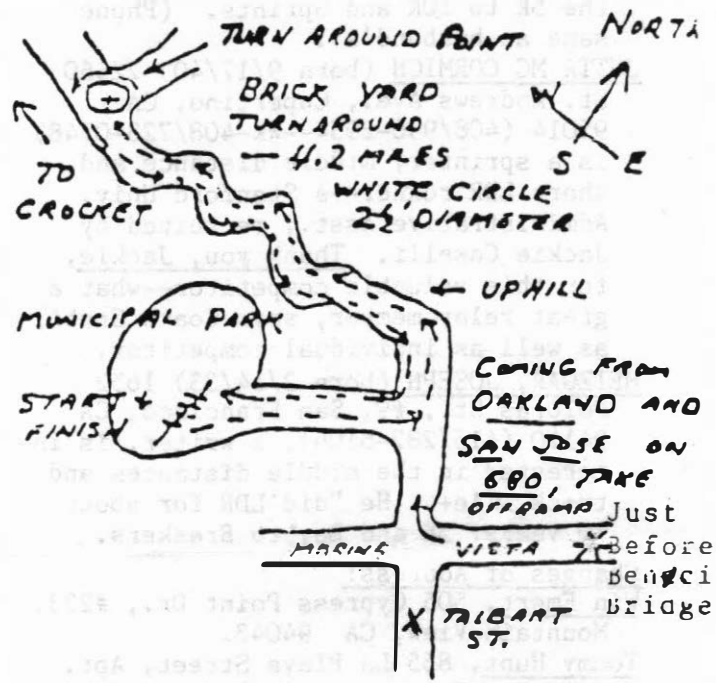
SATURDAY, FEBRUARY 27, 1993 10:00 a.m. (rain or shine)
8.4 Miles of Hilly Scenic Terrain

Race is sponsored by Northern California Seniors Track Club and Batkin Chiropractic Center.
The event is completely T.A.C. sanctioned. T-shirts to the first 200 registered runners.

Records: Inge Simonsen (Norway) 39:49.6
Sharlet Gilbert 48:41.2



Patches to everyone



Race categories: (trophies)

Male 13 & under	1-2-3	Male 55-59	1-2-3
Female 13 & under	1-2-3	Female 55-59	1-2-3
Male 14-20	1-2-3	Male 60 & over	1-2-3
Female 14-20	1-2-3	Female 60 & over	1-2-3
Male 21-29	1-2-3	Male Oldest	1
Female 21-29	1-2-3	Female Oldest	1
Male 30-34	1-2-3	Male Youngest	1
Female 30-34	1-2-3	Female Youngest	1
Male 35-39	1-2-3	Male Martinez	1-2-3
Female 35-39	1-2-3	Female Martinez	1-2-3
Male 40-44	1-2-3	Father & Son**	1
Female 40-44	1-2-3	Father & Daughter**	1
Male 45-49	1-2-3	Mother & Son**	1
Female 45-49	1-2-3	Mother & Daughter**	1
Male 50-54	1-2-3	Alhambra High Male	1-2-3
Female 50-54	1-2-3	Alhambra High Female	1-2-3
		Husband & Wife**	1

*Martinez Runners **Decided after race

----- Cut Here -----
Print or type and send with your entry fee of \$12.00 (make checks payable to N.C.S.T.C.) to:

Luka Sekulich
1485 Darlene Drive
Concord, CA 94520
510-685-5185

OR \$15.00 ON RACE DAY

PLACE _____ TIME _____

Name: _____ Age: _____ Birthdate: _____ Sex: _____

Address: _____ City: _____ Zip: _____

T-shirt size: (circle one) M L XL

Send or bring a self-addressed stamped envelope for race results.

Waiver: In consideration of accepting this entry, I intend to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claim for damages I may have against the City of Martinez, T.A.C., or the officials and assigns for any and all injuries suffered by me in said race or event.

Signature: _____ Date: _____
Parent or Guardian Signature: _____ Date: _____

BY-LAWS OF

NORTHERN CALIFORNIA SENIORS TRACK CLUB

P. 7

ARTICLE I NAME

- Sec. 1. The name of this organization shall be the "Northern California Seniors Track Club".
- Sec. 2. On uniforms, in entries and, if desired in correspondence, the name shall be abbreviated to "Nor. Cal. Seniors".

ARTICLE II OBJECTIVES

- Sec. 1. To promote good sportsmanship in all phases of athletic activities and club functions.
- Sec. 2. To encourage participation in track and field and cross-country running by seniors.
- Sec. 3. To encourage the scheduling and selection of appropriate events at such locations on dates and under such conditions as to further the above objectives.
- Sec. 4. To maintain and increase the comradeship that exists between runners of all ages and especially within the senior group regardless of club affiliation.

ARTICLE III MEMBERSHIP

- Sec. 1. Any person is eligible for regular membership upon attaining the age of 30 years provided that they compete under the name of this club.
- Sec. 2. Any person is eligible for affiliate membership upon attaining the age of 30 years provided that they do not compete under the name of this club. An affiliate member shall be entitled to all the benefits of membership except that they may not vote or hold office.
- Sec. 3. Membership may be obtained by making application and payment of appropriate dues or fees as are prescribed from time to time.

ARTICLE IV OFFICERS

- Sec. 1. The officers of this club shall be a President, a Vice-President, and a Secretary-Treasurer.
- Sec. 2. It shall be the duty of the President to preside at all meetings of the club and of the Executive Committee. The President shall appoint all committees except as otherwise set forth herein. The President shall make such other appointments as he deems advantageous for the club. The President shall be ex officio a member of all committees except the nominating committee.
- Sec. 3. The Vice-President, in the absence of the President or when requested by the President, shall assume the duties of the President.

Sec. 4.

The Secretary-Treasurer shall:

- A. Keep minutes of all meetings of the club and of the Executive Committee.
- B. Keep a current list of the names and addresses of the membership.
- C. Maintain a current mailing list for the club newsletter.
- D. Conduct the correspondence of the club and maintain a file of the documents and papers of the club.
- E. Collect all money due the club and deposit it in such bank or banks as he deems advisable unless otherwise directed by the Executive Committee.
- F. Pay, upon the authorization of the President or the Executive Committee, all bills owed by the club.
- G. Maintain current records of all financial transactions.
- H. Submit a financial report at each regular club meeting or when requested by the President or the Executive Committee.

ARTICLE V MEETINGS

- Sec. 1. In January of each year, on a date set by the Executive Committee, there shall be held a club meeting for the purpose of:
 - A. Election of the President, Vice-President and Secretary-Treasurer.
 - B. Fixing of the dues or fees for the following year.
 - C. Any other business deemed timely by the President or the Executive Committee.
 - D. Any other business as brought up by the general membership.
- Sec. 2. Other meetings of the membership shall be held at the call of the President or the Executive Committee or within 30 days after the written request of 15 members of the club.
- Sec. 3. Written notice of all meetings, including the agenda, shall be delivered to each member's residence not less than 10 days prior to such meeting. Such notice may be given in the club newsletter or by separate mailing and deposit of such notice in the U.S. mail, postage prepaid, addressed to the member at his address of record with the club shall constitute such notice.
- Sec. 4. The members present at a duly called meeting shall constitute a quorum if they number 10 members or 10% of the regular membership whichever is the lesser.

ARTICLE VI EXECUTIVE COMMITTEE

- Sec. 1. The Executive Committee shall be the governing body of the club. It shall have full power to transact all business for the club that falls within the scope and purpose of the club, provided that the President may take such action as is required to carry out the objectives of the club should it not be feasible to convene a meeting of the Executive Committee.
- Sec. 2. The Executive Committee shall consist of the President, the Vice-President, the Secretary-Treasurer and two regular members selected by the President.
- Sec. 3. The Executive Committee shall meet as necessary to conduct the business of the club. Meetings of the Executive Committee shall be at the call of the President.
- Sec. 4. Three members of the Executive Committee shall constitute a quorum for the transaction of business.
- Sec. 5. If a vacancy shall occur in any of the offices of the club the Executive Committee is empowered to fill such vacancy by appointment for the remainder of the unexpired term.
- Sec. 6. The Executive Committee shall have the power to drop any member from its ranks for failure to perform his duties in accordance with these By-Laws and established club policies, it being provided however that such members shall be given an opportunity to be heard as to his failure before being dropped.
- Sec. 7. Neither the Executive Committee nor any member or officer shall have the power to incur any obligation on behalf of the club which is in excess of the total assets (cash) then held by the Secretary-Treasurer and not otherwise pledged or required to meet other fixed or current obligations.
- Sec. 8. Neither the Executive Committee or any officer or member shall, except in the event of bad faith, incur any liability or responsibility to any member as a result of a) the exercise of any power vested in the Executive Committee or any officer by these by-laws; b) any action taken or omitted to be taken; c) any error in judgement.


ARTICLE VII AMENDMENTS TO BY-LAWS

- Sec. 1. These by-laws may be amended at either the annual meeting or any regular meeting of the club, duly called, by a 2/3 vote of the ballots cast.

Re-typed from undated original in Club files

P. 8
2/24/81
LMW

PLEASE PRINT OR TYPE INFORMATION IN THE APPROPRIATE BOX



The Athletics Congress of the USA
PACIFIC ASSOCIATION
170 PONDEROSA COURT
FOLSOM, CALIFORNIA
95630

DATE OF APPLICATION: _____ DATE OF BIRTH: _____ AGE: _____ SEX: M F

U.S. CITIZEN: YES NO COUNTRY OF CITIZENSHIP: _____

CHECK APPLICABLE SPORTS: T&F FLDOR R RW

PLU: 109 NAME: NORCALSES

AREA CODE: _____ PHONE: _____

TAC MEMBERSHIP NUMBER: _____ INITIAL: _____

LAST NAME: _____ FIRST: _____

ADDRESS: _____ STATE: _____ ZIP CODE: _____

CITY: _____

(Carry this in accordance with the rules of T&F and the IAAF. An expense to members in the following sports)

ATHLETES SIGNATURE: _____

For Office Use Only

You may use this application for PAC/USA T&F membership, which shows the correct mailing address. The membership fee is \$14.00 a year, to be sent with a self addressed return envelope. If you wish first class mailing of RUN-CAL, they request another fee of \$6 payable to the Pacific Association.