



NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)

Officers

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Peter Todd
Mark Grubi
Kathleen Yeck

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510/339-0563

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CLUB ID

USATF #: 109
CALIFORNIA
CORPORATION #: 1275994
CALIFORNIA
NON-PROFIT #: CT-61086



LUKA SEKULICH, Director of the NCSTC annual Martinez to Point Costa Brick Yard Run, pictured in the Feb. 11, 1989 Martinez News-Gazette (photo by Pam Biagi)

Luka will start the 25th running of this event February 27, again with the bang of his two-by-fours slapping together. Says Luka, "...I have enjoyed every one of the 25 years; I think it is time to let go... In the event that the club is no longer interested in putting on this race, there are a couple of interested parties in this area..." (as well as at least 3 high school coaches on behalf of their high schools).

THE CLUB WISHES TO CONTINUE THIS RUN. It is a tradition of the club; it began in 1969 with the club's beginning--the first run the club put on; Luka directed it all years. It has attracted exceptional club as well as non-club athletes, and served as fun runs for local and foreign athletes as well. It is well supported by local merchants; it has always been successful financially (the 1992 profit for the club was \$500). We need a knowledgeable club member to volunteer to direct this run on behalf of NCSTC. We do not wish to relinquish this run to outside directors for their benefit or profit. If you are interested in directing or assisting with the direction, as a service to the club, please contact President Manougian, or Luka Sekulich (see addresses and phone numbers listed on this page). It would be best if you lived in or near the Martinez area.

Martinez to Port Costa Brick Yard Run

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

Ken Carnine T&F Classic

Michael Ackley, Director
4649 Oakboigh Way
Carmichael, CA 95608
916/967-9003

Dick Houston Memorial Woodminster Run

Gail Wetzork, Director
3452 Capella Lane
Alameda, CA 94501
510/522-3724

NCSTC T&F CLASSIC

Mark Grubi, Director
P.O. Box 424512
San Francisco, CA 94142-4512
415/285-3352

IN RETROSPECT

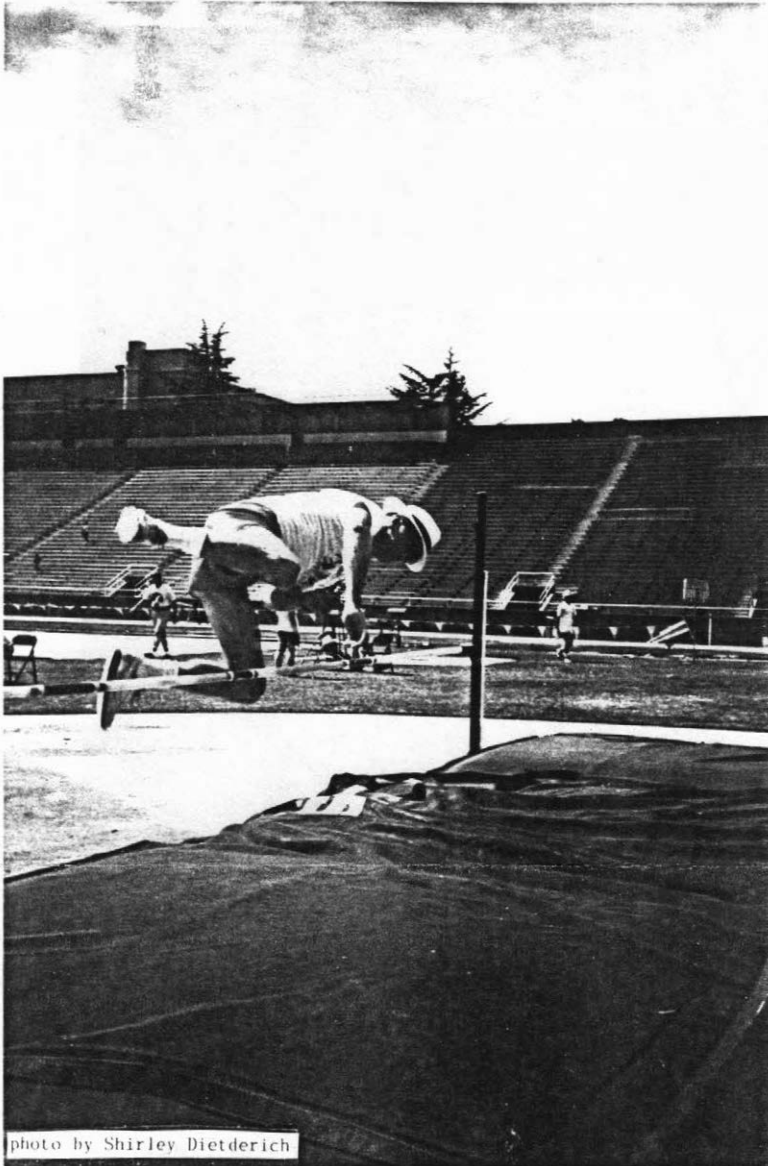


photo by Shirley Dietderich

"Thank you" goes to 1992 President Don Rose for his involvement with the club, an example for our members of the interest each one could take to make a most worthwhile association with each other. Don was very generous with his help in organizing our functions and presiding at the club's meetings. His help in the competition was a pleasant response to a need for service.

With his usual congeniality, by request, Don took a jump over the high jump bar with a hat on (donated by Dorfman Pacific for officials and helpers at the September 13, 1992, NCSTC T&T Classic). One of his most useful contributions at that meet was the clothesline pulley over the bleacher stairs to the press box at Edwards Field, to speed results up to the announcer (Paul Warner). He took many pictures of athletes for their albums. He took the picture below of Payton Jordan starting the 100 meters at the July 25-26 Western Sectional Masters T&F meet; he enlarged it, gathered signatures of Payton's track and field friends, and gave it to Payton for memory of his last year of competition at age 75. Payton is pictured with Bill Bigelow (81) on his left, and Konrad Slaughter (73), Al Fairchild (74) and Dick Bennett (72) on his right.

Don's interest and contributions are thoroughly enjoyed. We think of him as the dependable calm.



EXECUTIVE BOARD MEETING - February 4, 1993, at Ed Manougian's Home, 1517 Summit Road, Berkeley, CA, 7:30 PM

Attendance: Ed Manougian - President
 John Burns, Vice-President
 Ruth Anderson - LDR Com. Rep.
 Ray Yeck - T&F Com. Rep.
 Mark Grubi, Coach
 Kathleen Yeck (wife of Ray Yeck)
 Josephine Kolda, Newsletter Editor

In absence of the Secretary-Treasurer, the minutes of the last meeting and the treasurer's report will be presented at the next meeting.

The President's establishment of committees and representatives:

Mark Grubi will continue as Coach and Josephine Kolda will continue as Editor of the Club newsletter. Ruth Anderson is Chairman of the Club's LDR Committee and representative to the PA/USA LDR Committee meetings. Ray Yeck is Chairman of the Club's T&F Committee and representative to the PA/USA T&F Committee meetings. John Burns was appointed the Club's representative to the PA/USA TF Board of Athletics Meetings. Any club member interested may attend these meetings. Information will be obtained as to the times and dates of the PA/USA LDR Committee and T&F Committee meetings. Any person interested may also attend these meetings. Pres. Manougian read Article VI, Section 2 of the Club By-Laws--"The Executive Committee shall consist of the President, the Vice-President, the Secretary-Treasurer and two regular members selected by the President." In accordance with this provision he appointed Mark Grubi and Kathleen Yeck as the additional members of the Executive Committee.

OLD BUSINESS

Ruth Anderson moved that money won by LDR teams and being held in the Club Treasury be used to support attendance at LDR meets, the QUALIFICATIONS and AMOUNTS to be decided by the Executive Committee. The motion was seconded and passed unanimously. The President appointed Ruth Anderson as chair person of a committee to report to the Executive Committee recommendations as to qualifications and amounts of the awards of this money. The Editor was directed to announce this to the membership in the next newsletter and request any suggestions to Ruth Anderson, 510/339-0563.

NEW BUSINESS

Mark Grubi moved that contacts be made with several companies for bids on a club warm up suit to be purchased by the club and sold to the individual members at a reduced price. The motion was seconded and carried. The discussion included Ray Yeck's and Mark Grubi's offers to check sources, and John Burns will check at the University. Ruth Anderson suggested the U.S. Marines track team uniforms were a perfect color, and attempts will be made to locate that source. (Ruth Anderson said she will retrieve our logo silk screen from Ed Seese.) The Editor was instructed to publicize this motion in the newsletter to determine how many would be interested in a purchase and at what price.

It was moved that Mark Grubi be Director of the NCSTC T&F CLASSIC and that it be held September 12, 1993, at U.C., Berkeley. After discussion the motion was seconded and carried. Arrangements will be made for use of the track and obtaining of the sanction.

The Editor was instructed to publicize our need for a good attendance February 27 at the Brickyard, especially by anyone who would be willing to assist with the run and anyone who would be interested in taking over the directorship of this event for the club.

The meeting adjourned at 9:30 PM.

S U R V E Y

This is not an order or a committment. Will you please return this questionnaire to: Mark Grubi, P. O. Box 424512, San Francisco, CA 94142-4512. 415/285-3352.

Name _____ SIZE (S,M,L,XL,XXL) ___Pants; ___Top

Address _____

Phone _____

Red and gold Club warm up suit. The club is investigating suppliers. A phone message reply is acceptable.

Price I would be willing to pay: \$20 ___; \$25 ___: \$30 ___: \$35 ___; Other ___
(check amount or amounts) (Less or more)

Your immediate response would be appreciated, so we know your interest and size.

MEMBERSHIP -- Payment of 1993 dues (\$14.00) to Peter Todd, as soon as possible, will facilitate the preparation of an up-to-date membership roster. You may use the renewal application on the back of this newsletter. Recent renewals (in addition to those shown in the January 1993 newsletter) are:

- | | |
|-------------------------|-------------------------|
| Ackley, Michael & Nancy | Lo, K. Ming |
| Bigelow, Wilfred | Mack, Richard |
| Bodley, Mark | Manougian, Edward |
| Burkhead, Maryola | Meadows, Jessie |
| Carnine, Ken | Orlich, Michael |
| Garzillo, Michael | Rose, Don |
| Grant, Bruce | Smiriga, Nora |
| Gregson, John | Svede, Eric |
| Grimes, George | Uher, William |
| Grubi, Mark | Ulsh, Robert |
| Johnson, Jim | Wilgus, Don |
| Kilbuck, John | Wigginton, Roy & Kay |
| Kolda, Josephine | York, James & Katherine |
| Laine, Richard & Pat | |

It is noted that Ruth Anderson was appointed for 1993 to the National Masters LDR Board of Directors on the Athletes Advisory Committee and the Ultra-Running Committee. This will take much of her time and any volunteers to assist her on the NCSTC committees she has been appointed to should contact Ruth and/or President Manougian.

* * * * *

TRACK AND FIELD RESULTS --

Those getting an early start on the track and field season, took a chance on the weather at Edwards Field, U.C. Berkeley All-comers meets on Saturdays, with the following results. Bruce Hotaling pole vaulted 13'6" Feb. 6. Andrew Kearns has been throwing the javelin in at least 3 meets: 54.16M Jan 30, 177'10" Feb. 6. Tom Silva's javelin throw on that day was 200'5". On Jan. 30 Martyn Adamson threw the javelin 38.16 meters, long jumped 15'7", tossed the discus 21.5 meters and sprinted the 200 in 25.5. He explained that he plans to do the sprints at the world meet in Japan, but he is preparing himself by training pentathlon and decathlon events. Roger Werne cleared 12' in the pole vault Jan. 23 and 30 (let us know, Roger, if you did even better in February.) Barbara Robben tried the track Feb. 13 with a 93.8 400M, 3:32.4 800M and 25:20.8 5K (W55-59 group).

LONG DISTANCE RESULTS --

Ruth Anderson reported a first place Dec. 30-31 at the Gibson 24 hours run, 78 miles; and also at the Ledson Marsh 50 Miles, January 30.

* * * * *

Correction Column

John Burns requested that we correct the statement in the January newsletter that he won all his 1992 competition, because, he reports, he was beaten twice by Larry Stuart, who now goes into the next age group to challenge Phil Conley. But John did win the Nationals! I was there!

--Ed.

UPCOMING EVENTS - LDR

The Big Sur 5K on April 25, at Carmel, will have prize money as follows:

Masters (40-49) 1st \$300; 2nd \$200; 3rd \$100; 4th \$75; 5th \$50 (M/W)
 Senior (50-59) 1st \$100; 2nd \$50 (M/W)
 Super Senior (60+) 1st \$25 (M/F)
 Teams (Senior m/F 1st \$50)

Open (M/F) 1st \$600; 2nd \$400; 3rd \$300; 4th \$200; 5th \$100; 6th \$50.

LDR & ULRAS

- 2/25 Winter Corporate Relays, Los Gatos, Hank Lawson (408/446-9063)
- 3/6 Bidwell Classic Half Marathon, Chico, 9:00AM David Welch (916/342-9214)
- 3/7 City of Los Angeles Marathon, 9:00AM, and 5K 9:30, Bill Burke, (310/444-5544)
- 3/7 San Jose Mercury News 10K, 9:15 AM Susan Zellers (408/920-5533)
- 3/13 Cool Canyon Crawl 50K (PA/USATF Ultra G.P. 8:00AM Sandy & Pat Whyte (916/885-3428)
- 3/14 Sutter Home Napa Valley Marathon, Calistoga-Napa, 7AM, Reg Harris (707/255-8705)
- 3/21 Fifty-Plus Fitness Assoc. 8K (PA/USATF Seniors LDR Championship), Palo Alto, 9AM, Lee Haskell (415/323-6160)
- 3/28 Houlihan's to Houlihan's 12K (PA/USATF LDR Championship, San Francisco 8AM (415/668-2243)
- 4/3 American River 50 Mile (PA/USATF Ultra G.P.) Sacramento, Del Fralick (916/783-4558)
- 4/24 Ruth Anderson 100K (PA/USATF ultra G.P.) San Francisco 6:30AM, Dick Collins (415/530-6634)
- 4/25 Big Sur 5K (PA/USATF LDR Championship) Carmel, 8AM (408/625-6226)
 Big Sur Intern'l Marathon, Carmel 7AM (408/625/6226).

PA/USATF 1993 Long Distance Running Grand Prix Schedule

DATE	RACE	DISTANCE	LOCATION	DIVISIONS	PT. VAL.
March 21	50-Plus	8K	Stanford Univ.	Seniors, Super Seniors & Vets	1.0
March 28	Houlihan's	12K	Sausalito/S.F.	All Divisions	1.0
April 25	Big Sur	5K	Carmel	All Divisions	2.0
May 2	Devil Mountain	10K	Danville	All Men	1.0
May 31	Pacific Sun	10K	Kentfield	All Women	1.0
June 27	Mother Lode	Mile	Sonoma	All Divisions	1.5
June/July	Oakland (tentative)	20K	Oakland	All Divisions	1.0
July 18	San Francisco	Marathon	S.F.	Masters M&W	2.0
Sept. or Oct.	Silver State	15K	Reno	All Divisions	1.0
Oct. 17	Humboldt	Half Marathon	Humboldt	All Divisions	1.5
Nov. 6	Cross Country: Golden Gate Park	10K/6K	S.F.	All Divisions	1.0
Nov. 14	Chatsburg	30K	Chatsburg	All Divisions	2.0
Dec. 5	Cal International	Marathon	S.F.	Open M&W	2.0

February 27. USATF National Masters 100K Championships, Central Park, NYC. 4-mile certified loop, rolling hills. Rich Innamorato, P.O. Box 1239, Long Island City, NY 11101. 718/361-7970.

March 20. USATF National Masters 8K Championships, Virginia Beach. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090.

March 28. USATF National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

April 24. USATF National Masters 5K Championships, Anchorage, Alaska. Roy Reisinger, 2630 Forest Park Dr., Anchorage, AK 99517. 907/277-7279.

June 27. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Mick Midkiff, 32 Summit Rd., Riverside, CT 06878. 203/324-9822.

September 25. USATF National Masters 10K Championships, Oklahoma City. Jim Thorpe 10K. Roger Foster, Oklahoma City RC, 2601 N.W. Expressway #601, Oklahoma City, OK 73112. 405/752-1813.

October 3. USATF National Masters Marathon Championships, Minneapolis. Twin Cities Marathon. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345.

October 31. USATF National Masters 10K Cross-Country Championships, Louisville, Ky. Bill Nault, 203 Brown Ave., Louisville, KY 40207. 502/897-3772.

November 7. USATF National Masters 15K Championships, Schenectady, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

November 20. USATF National Masters 8K Cross-Country Championships, Franklin Park, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

November 20. USATF National Masters 25K Championships, San Diego. Joni Shirley, 11212 Via Carroza, San Diego, CA 92124. 619/292-6132.

1993 USATF NATIONAL MASTERS LDR CHAMPIONSHIPS

RACE	DATE	SITE
5K Road	April 24	Anchorage, AK
5K X-C	February 6	Sandy, OR
8K Road	March 20	Virginia Beach, VA
8K X-C	November 20	Boston, MA
10K Road	September 25	Oklahoma City, OK
10K X-C	October 31	Louisville, KY
15K Road	November 7	Schenectady, NY
Half-marathon	June 27	Fairfield, CT
25K Road	November 20	San Diego, CA
Marathon	October 3	Minneapolis, MN
50 Mile	March 28	Columbus, OH
100K Road	February 27	Long Island City, NY

1994 USATF NATIONAL MASTERS LOR CHAMPIONSHIPS

5K X-C	November 6	Columbus, OH
8K X-C	November 19	Boston, MA
Marathon	October 2	Minneapolis, MN

T & F

FROM NMN!

February 20. 17th Annual John Ward Masters Meet, Santa Ana, Calif., 25 +. Al Siddons, Rancho Santiago College, 17th at Bristol, Santa Ana, CA 92706. 714/564-6936.

February 28. Arizona Indoor Classic, Flagstaff. Youth thru Masters. 602/949-1991.

March 13. ACC All-comers meet, Los Angeles. 10 a.m., \$3 all events. ("Indoor" distances will be run outdoors). L.A. Patriots, 213/662-1062.

March 13. Throws Series #13, Stanford U. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

March 27. River City Spring Track Festival. Sacramento St. U. SASE to Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/489-7881 (7-9 p.m.).

May 8. River City Invitational. Sacramento St. U. SASE to Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/489-7881 (7-9 p.m.).

May 15. Southern Calif. Striders Meet, CSU-Long Beach. Open/Submasters/Masters. John Cosgrove, 310/823-9448.

June 12. USATF/Pacific Masters Championships, Los Gatos HS. (Open events). Bruce Springbett, P.O. Box 1334, Los Gatos, CA 95031. 408/354-7333.

June 19. SCA/USATF District Pentathlon Championships, Occidental College, Los Angeles. Men's & women's pentathlons & weight pentathlon. SASE to: Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

July 11. Trojan Masters Classic, USC, Los Angeles. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818/917-6289.

FROM RUN CAL

PA/USATF Board of Athletics Contacts

- President: George Kibeman, (510) 229-2927
- Vice President: Sonny Maynard, (415) 369-2801
- Treasurer/Officer: Gal Wetzork, (510) 522-3724
- Secretary: Jack Garmain, (916) 677-1877
- Exec. Director: John Marsoor, (916) 983-4622
- LDR: Mark Winitz, (415) 948-0618
- Masters LDR: Flory Radd, (415) 387-7172
- Open Track & Field: Jerry Colman, (916) 487-3175
- Masters Track & Field: Eddie Seese, (510) 523-8618
- Youth: Jack Enad, (408) 245-9416
- Race Walking: Ron Daniels, (415) 964-3580
- Media: Mark Winitz, (415) 948-0618/
Fred Baer, (415) 345-4114
- Marketing: Sara Sampson, (916) 737-2328/
Mike Farrell, (415) 626-8307
- Athletes/Membership: Connie Hester, (209) 665-2897
- Ultra Running: Rae Clark, (516) 644-7295
- Cross Country: Randy Acosta, (707), 839-1963
- RATC: Carl Weser, (510) 652-7996

1993 TAC NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS
ENTRY FORM

Please fill out completely, and return with your entry fees to:
TAC National Meet
Women's Athletics - MSU
#1 Bobcat Circle - Breeden Fieldhouse
Bozeman, MT 59717-0328
MARCH 19-21

Please make checks payable to: "MSU - TAC"

NAME _____ AGE: _____ M _____ F _____

ADDRESS _____ PHONE () _____

CITY _____ STATE _____ ZIP _____

1993 TAC CARD NUMBER _____ BIRTHDATE _____

** TAC Cards will be available at the meet payable with a separate check.

TAC ASSOCIATION _____ CLUB _____

Requested starting height: HJ _____ PV _____

EVENTS ENTERED:

1st Event _____ 2nd Event _____ 3rd Event _____ 4th _____

Recent Performance _____

If you desire a Masters Championship T-shirt, circle your size and include \$10.00 per shirt. S M L XL XXL

Relay Entry: 4x400 m _____ 4x800 m _____

Relay Team Members: _____

ENTRY FEE SCHEDULE:

	Early (prior to 2/26)	Regular (2/27-3/6)	Late (After 3/6)
First Event	\$15.00	\$18.00	\$30.00Ea.
2nd event	\$10.00	\$13.00	\$20.00
Subsequent Event	\$5.00	\$10.00	\$20.00
Relay teams (per team)	\$32.00	\$32.00	\$40.00

ALL ENTRIES MUST BE ACCOMPANIED BY FEE OR THEY WILL NOT BE ACCEPTED. Please make checks payable to MSU - TAC.

Entries MUST be post-marked by the above given dates and all early and regular registration entries will be confirmed by mail.

\$ _____ + \$ _____ + \$ _____ + = \$ _____
individual Relay Fees T-Shirts Tl. Amount
entry fees enclosed

** No phone or fax entries will be accepted.

ATHLETIC AND PUBLICITY RELEASE:

In consideration of your acceptance of my entry, I hereby for myself, my successors and assigns, release and forever discharge any and all claims for damages which I may have or may hereafter accrue against TAC/USA, The Montana Athletics Congress, Montana State University, Big Sky Wind Drinkers, and meet sponsors, organizers, officials and workers, for any damages suffered by me. I certify that I am physically fit and that my level of training is sufficient to compete.

I hereby grant my permission to the use of films, videotape, and photographs for news coverage and meet publicity in which I appear.

Date _____ Athlete's signature _____



March 19-21. USATF National Masters Indoor Championships, Bozeman, Mont. Bob Sager, 545 Coulee Dr., Bozeman, MT 59715. 406/587-1141.

April 17. USATF National Masters 56-lb. Weight Throw Championships, Woodstock, Ill. Chuck Klehm, 1218 North Route 47, Woodstock, IL 60098. 312/551-3720.

July 10-11. USATF National Masters Decathlon/Heptathlon Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

August 11-14. USATF National Masters Championships, Provo, Utah. USATF, 615 S. 300 East, Salt Lake City, UT 84111. 801/538-2062.

NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

invites you to compete in the 1993 Ken Carnine Classic, Saturday, April 24, at California State University, Sacramento.

Competition will be in five-year age divisions for both men and women, age 30 and over. Relay teams may be made of mixed ages.

Entry fee is \$6 for each event. The first three places in individual events will receive medals. Relay entry is free but no prizes will be awarded.

Entry deadline is Tuesday, April 20. There will be NO open class. Post entries will be accepted at a fee of \$10 per event.

Facilities: Track and runways are Chevron 400. Spikes must not exceed 1/4 inch. Throwing rings are concrete. Showers are available. Limited locker space is available. Bring your own lock, soap and towel.

NOTE: Athletes who participate in this competition may be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 800-233-0393. (The decision to conduct tests rests with the TAC.)

.....
SCHEDULE OF RUNNING EVENTS

SCHEDULE OF FIELD EVENTS

10:00 a.m.	100m hurdles, 110 hurdles
10:30	3000m - women
11:00	3000m - men
11:30	400m
12:00 p.m.	Official's break
12:30	100m
1:00	800m
1:30	200m
2:00	1500m
2:30	4x400m Relay

9:00 a.m.	Hammer
10:00	Long jump, Javelin
11:30	Triple jump, Pole-vault
12:00 p.m.	High jump, Discus
1:30	Shot Put

Please Note: Times for both running and field events are tentative. Be ready in case your event is moved up a few minutes.

.....
OFFICIAL ENTRY FORM

In consideration of my entry, I hereby waive all rights to claims of any kind against the meet sponsors, the City and County of Sacramento, the State of California, and their agents. I attest that I have trained for this competition and am physically fit.

Signature _____ Print Name _____

Address _____ City _____ State _____

Age on April 24 _____ Date of Birth _____ Sex M F

Events entered _____

Mail this form with check (\$6/event) to NorCal Seniors TC, c/o Michael Ackley, 4649 Oakbough Way, Carmichael, CA 95608. Phone: (916) 967-9003.

16TH ANNUAL LAKE MERRITT JOGGERS & STRIDERS ♥ COUPLES RELAY ♥

9 AM • SUNDAY • FEBRUARY 28, 1993

- Valentine theme
- Teams are one male, one female
- Each team member runs one 5k lap around Lake Merritt; female member runs first
- Flat and fast course, TAC sanctioned
- Ribbons to all finishers
- Awards to first three finishers in each age group (total age both runners):

- | | |
|-------------|-----------------------------|
| A. Under 40 | E. 100-119 |
| B. 40-59 | F. 120 AND OVER |
| C. 60-79 | G. Walkers |
| D. 80-99 | (one award, all age groups) |

- Special Valentine Surprise
- Refreshments
- Prizes to oldest and youngest teams
- Prize drawings for all finishers (must be present to win)
- LMJS tee-shirts for sale

Race starts at OLD BOATHOUSE, 1520 Lakeside Drive, Lake Merritt, Oakland.

Entry fee: Preregistration (before February 25): \$10 per couple. (\$3.00 each, under age 15)
(Preregistered runners pick up race packets on race day at Old Boathouse)
Race day registration: \$12 per couple.

FOR MORE INFORMATION CALL: (510) 601-7887



Couples Relay Registration:

\$10.00 per couple before February 25, 1993.
\$12.00 per couple day of race (registration 8 am to 8:45 am).

Make checks payable to LAKE MERRITT JOGGERS & STRIDERS (LMJS).
Mail check and registration form to: Len Goldman, 1910 Arrowhead Dr., Oakland, CA 94611

1st Name	First Name	Age	Age (team total)
_____	_____	____	____
_____	_____	____	GROUP: _____

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 organizations affiliated with the race while participating in or traveling to the 16th Annual Lake Merritt Couples Relay, February 28, 1993. I further attest that I am physically fit and have sufficiently trained for this event.

Signature _____ Date _____

Signature _____ Date _____

Dress(es) 1. _____

2. _____



Balkin Chiropractic Center
185 Front Street, Suite 103
Danville, CA 94526
(415) 831-1400

Do NOT
SEND
ENTRY

NOR. CAL. SENIOR TR. CLUB

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, and T.A.C. or the officials and assigns for any and all injuries suffered by me in said race or event.

SEND BOTTOM

PRINT OR TYPE

NAME _____

ADDRESS _____

City _____ State _____ Zip _____

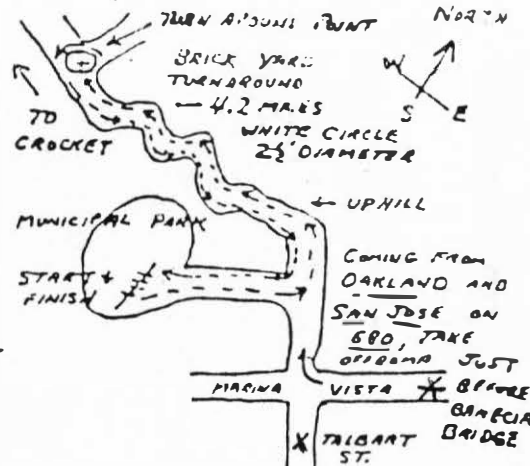
Birthdate _____ Age _____ (Circle One) M F

Fee Paid _____ (Place) _____ Time _____

Signature _____ Date _____

Parent or Guardian Signature _____ Date _____

*Your age is important. Categories are decided after race.



CHECK-IN STATION:
MUNICIPAL PARK IN MARTINEZ

* SEND OR BRING SELF
ADDRESSED ENVELOPE FOR
RESULTS.

SEND BOTTOM

RACE CATEGORIES: (trophies)

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

*Martinez Runners
**Decided after race
T-SHIRT SIZE M/L/XL
MALE-FEM (21-29)
30-34
35-39

8.4 Mile Run Pacific Association T.A.C. Sanctioned 25TH ANNUAL RUN
SATURDAY, FEBRUARY 27-1993 10:00 a.m. rain or shine

MEET DIRECTOR: Luka Sekulich - 1485 Darlene Dr. Concord, CA 94520 (510) 685-5185

ENTRY FEE: \$12.00 BEFORE RACE DAY \$15.00 RACE DAY
Make checks payable to N.C.S.T.C. AWARDS T-SHIRTS FIRST 200+ PATCHES - EVERYONE

30 CATEGORIES RECORD: Inge Simonsen (Norway) 39:49.6 SHARLET GILBERT 48:41.2