

NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)



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LUKA SEKULICH, the director for the 25th year of the NCSTC Brickyard Run, receives from Ruth Anderson, on behalf of the club, a plaque expressing appreciation, prepared through the help of Jim Johnson. Photos were taken by Ray Yeck; Kathy Yeck prepared results with her computer. Sharlet Gilbert received the award for first over all woman finisher (on right). Below, Luka's wife, who has helped all 25 years, shares the pleasure of a job well done. Ruth Anderson reported a beautiful run on a beautiful day by 223 participants. (Continued on page 4)



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 Oakbough 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

Millbrae Sun

57th Year, No. 51

Wednesday, October 14, 1992

Fuchs Publications

25 Cents



Flying High

Jim Johnson, a 70-year-old Millbrae resident, competes in Senior Pole Vault meets and is still a champion.

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Mrs. Jim Johnson, Beverly, gave us a cover picture and article appearing in the local Millbrae paper, entitled "70-YEAR-OLD POLE VAULT CHAMP CONTINUES FLYING HIGH ON LIFE, by Kim Schneiderman. It has so much interesting information, it is being quoted below-- thank you, Beverly. Ed.

For 70-year-old Jim Johnson, life is nothing but ups and downs — lately, it's been 7 feet up and 7 feet down.

When he isn't coaching track at Capuchino High School, Johnson can be found pole vaulting in competitions throughout the world.

His most recent vault — 7 foot six inches — earned him a gold medal at the Bay Area Senior Games where he not only cleared the top height, but also jumped higher and longer than anyone else in his age group.

"It's not very good compared to the young guys," said the seasoned pole vaulter during an interview in his Millbrae home. "But I'm glad I'm still able to do it."

While track and field has taken him to new heights, Johnson's pole vaulting career did not start off on the usual foot.

More than half a century ago, Johnson, his brother and neighborhood friends fashioned a makeshift pit in their Bomant, Ca. trailer park after observing local high school students pole vault.

The pit was filled with leaves to break the fall in case jumpers didn't land on their feet. For leverage, the group carved a pole out of an old tree limb.

It wasn't until Johnson enrolled at a Los Angeles High School that he was able to try the real thing. By the time he was a senior and had moved to Los Gatos, he could vault 11 feet and six inches.

He went on to vault in college where he reached his all-time top height: 13 feet and seven inches. Johnson even vaulted against Olympian Cornelius Warmerdam who vaulted 15 feet at one meet. (The current record is 20 feet, one and a half inches, set by Soviet Sergei Bubka.)

Johnson retired from vaulting after college, however, and didn't return to the sport until 25 years later, when his oldest son asked for pole vaulting instruction. He soon discovered he could still vault 11 feet.

Today the makeshift vaulting pit in Johnson's backyard resembles the one of his childhood trailer park, only this pit is filled with foam.

There he often practices planting his pole into the

ground while his wife Beverly follows him with a video camera. Johnson says he likes to watch the video so he can critique himself.

Johnson knows he must continue to train if he wants to place 1993 National Senior Olympics in Baton Rouge, La.

While Johnson now competes against men between the ages of 70 and 74, his track record is impressive.

As a competitor in both the World Masters Games and National Senior Olympics, Johnson has already won dozens of medals in various parts of the globe.

His greatest showings were in Hong Kong, 1981, when he placed second in both high jump and long jump. Two years later he took third place in pole vault.

Johnson has also medaled several times in the National Senior Olympics, taking second in pole vault at the St. Louis, Mo. games in both 1987 and 1989.

Johnson was introduced to the adult competitive world 18 years ago at a physical education convention while coaching basketball at Capuchino High School.

There he learned about the World Organization of Veteran Athletes (WAVA) which hold international track and field competitions for people over 40.

His participation in competitions grew from there with leaps and bounds. Soon he learned of the National Senior Olympics, which unlike the WAVA, is open to people over 55 who place between first and third in regional competitions. In addition, National Senior Olympics hosts competitions in almost all Olympic sports.

While he must pay his own way, Johnson says he and his wife often make a vacation out of their international trips which have taken them to such places as Australia, Italy and China. In doing so, they have made friends all over the world.

While Johnson is in his retired years, he is still the picture of fitness and shows signs of being a life long athlete.

His wife will point out his bruised knuckles, an indication the champion vaulter was once a boxer as well.

But it doesn't stop there.

Johnson has also played football and college basketball.

His first love, however, is still pole vaulting.

"It's a real challenge," said Johnson. "Getting off the ground and getting over the bar is tough. You need speed, coordination and strength."

Johnson still coaches track at Capuchino as an assistant and works out several days a week.

"Remember," says Coach Mark Grubi, Jim vaulted 13'7" when poles were stiff and all the height was due to the vaulter's muscles."

Jim has directed the NCSTC T&F Classic the last 5 years.

FURTHER MEMBERSHIP RENEWALS--

Balooch, Giti,
Mehdi & Sam
Dowell, Wallace (Ed)
Feaster, Bob & Jeanne
Gill, Velta
Gillman, Steve
Killion, Clarence
McFarland, Cole
Peck, Steven
Pigford, Thomas
Robben, Barbara
Rupley, William
Smith, Betty & Emmett
Smoller, Marvin
Sybert, Clyde
Wetzork, Gail
Worley, James

Have you forgotten your dues?

They are \$14 a year, due January 1, 1993 and payable to NCSTC. You may use the renewal application on the cover of this newsletter and mail it to Peter Todd, Sec./Treas.

MICHAEL ACKLEY has requested whatever help you

can give him with the running of the KEN CARNINE T&F CLASSIC at Sacramento State University on

April 24. This meet (formerly called the "Sacramento Relays") has been run for many years by "the Sacramento trio"—Michael Ackley, Bob Roemer and Bob Cooper. Michael Ackley, with the help of Bob Roemer now give the club it's first track and field meet of the year, quite often juggling the date to avoid the rain. All three were very good athletes (and are now), so their expertise in putting on a meet is very valuable. Mike says, with a shortage of officials in that area, the help of any officials, or non-officials, will be greatly appreciated. Please contact Mike at the address or phone shown on the bottom of the front page, if you can help.

An application flyer was printed in the last newsletter—a reduced copy is also on page 8 of this issue. This has always been a fun meet for old and new friends, as well as the site for new records.

The DICK HOUSTON MEMORIAL WOODMINSTER RUN, directed by Gail Witzork, will be held on Father's Day in June.

RunCal lists ULTRA PACIFIC GRAND PRIX STANDINGS, Dick Collins 4th of Senior men, Ruth Anderson 1st Super Senior Woman, and Richard Laine 2nd Super Senior man. Dick Collins won his age group (55-59) Nat'l Champs Gibson Ranch and Gibson Ranch Multi-Day Races (Dec.30-Jan.5); Dick Laine won (63) the Ledson March 50 Mi Santa Rosa; Hanna Szoke won (2:06:18.0) her group 60-69 S.F. Half Mara. Jan. 31; Jutta McCormick won the 50-59 (34:51) and Dick Laine 1st 60+ (33:43) at the Jan. 16, Los Altos Willy's Road Race.

BRICK YARD RUN - FEBRUARY 27, 1993
Winners 3 Deep By Age Group

NAME	AGE	RACE TIME	NAME	AGE	RACE TIME

Male 50 - 54					

Rolf			Nebelung	52	30:48
Anthony			Gangi	51	31:12
Dan			Alarid	50	31:24

Female 50 - 54					

Valerie			Doyle	50	37:15
Karen			Gudiksen	53	46:26
Jan			Knafelc	53	53:17

Male 55 - 59					

Russ			Kiernan	55	30:52
Peter			Todd	58	34:24
Richard			Austin	59	37:03

Female 55 - 59					

Barbara			Robben	58	41:27
Harriet			Kelly	58	57:12

Male 60 & Over					

Bob			Malain	65	34:49
Lloyd			Anderson	62	39:13
David			Nethaway	63	39:49

Female 60 & Over					

Ruth			Anderson	63	44:47
Hanna			Szoke	60	46:38
Annabel			Marsh	69	56:27

Male 70 & Over					

Tertius			Chandler	78	47:40

Female 70 & Over					

Judy			Golding	72	52:00

Male 13 & Under					

Brian	Whitford	13			39:12

Female 13 & Under					

Monique	Melara	11			36:21

Male 14 - 20					

Hyrum	Ernstrum	16			29:44
Pardip	Suti	16			32:54

Female 14 - 20					

Melanie	Melara	15			36:10
Molly	McNerney	16			41:31

Male 21 - 29					

Dan	Marks	29			27:00
Ruben	Carrillo	21			27:31
David	Liotta	23			28:41

Female 21 - 29					

Valerie	Knafelc-Reiner	29			36:55
Paige	Tully	27			37:59
Susan	Vomund	29			42:52

Male 30 - 34					

Thom	Trimble	33			26:33
Brian	McGuire	34			27:44
Don	Hicks	33			27:59

Female 30 - 34					

Suzanne	Kowalski	32			34:12
Katy	Samuelson	34			35:36
Val	Dover	31			37:44

Male 35 - 39					

Kevin	Searls	35			26:48
Steve	Chavez	35			28:05
Keith	Duncan	38			29:30

Female 35 - 39					

Mary	Langlois	36			37:07
Judy	Guinn	37			40:57
Leslie	Cobb	35			56:35

Male 40 - 44					

Jim	Roberts	40			27:45
Daniel	Ortiz	41			29:39
G.	Garcia	44			29:53

Female 40 - 44					

Sharlet	Gilbert	41			33:27
Barbara	Ginos	41			39:19
Phyllis	Miller	41			39:30

Male 45 - 49					

Phillip	Murphy	49			30:20
John	Cummings	46			30:29
John	Monteverdi	46			30:36
Dave	McNerney	45			38:28

Female 45 - 49					

Linda	Wimmer	46			39:04
Peggy	Kwok	45			40:06
Dexter	Dobberpuhl	47			40:09

(continued from p. 1)

The usual 8.4 mile course was shortened to 5.5 miles due to roads being weakened by the rain. The oldest male was Tertius Chandler (78) and the oldest female Judy Golding (72). The first over all male winner was Thom Trimble. The father/son team winner was Mark and David Liotta; father/daughter, Ernie and Melanie Melara; mother/daughter, Valeri Knafelc Reiner and Jan Knafelc; and husband/wife, Dexter and Ken Dobberpuhl.

The following two pages are the order of finish results for all of the runners. Ray Yeck had his first try at a distance race.

How can we thank Luka for this outstanding service for such a long time, with his unique hand made trophies, providing opportunity for many enthusiastic runners to enjoy running in our beautiful surroundings. Luka reminds us the record holder is Ingy Simonsen who came from Norway with three other runners in 1981 to train at U.C. Berkeley; he ran the course in 39:49.6.

RACE RESULTS

PLACE	NAME		CITY	AGE	TIME	PLACE	NAME		CITY	AGE	TIME
1	Thom	Trimble	Concord	33	26:33	54	Jim	Bruce	Pleasant Hill	46	33:31
2	Kevin	Searls	Martinez	35	26:48	55	Bill	Merrell	West Pittsburg	29	33:38
3	Dan	Marks	Oakland	29	27:00	56	John	Blankenship	San Francisco	48	33:40
4	Ruben	Carrillo	Martinez	21	27:31	57	Craig	Jarvis	Lafayette	40	33:51
5	Brian	McGuire		34	27:44	58	Art	Doran	Vallejo	48	33:58
6	Jim	Roberts	Walnut Creek	40	27:45	59	Ron	Peck	Sacramento	51	34:05
7	Don	Hicks	Rancho Cordova	33	27:59	60	Suzanne	Kowalski	Fairfield	32	34:12
8	Steve	Chavez	San Ramon	35	28:05	61	Chuck	Escover	Pleasant Hill	33	34:20
9	David	Liotta	Chico	23	28:41	62	Peter	Todd	Berkeley	58	34:24
10	Tony	Fong	Alameda	33	28:44	63	Tim	Howe	Oakland	39	34:31
11	Thom	Pearman	Citrus Heights	31	29:12	64	Dave	Nakayama	Walnut Creek	32	34:40
12	Michael	Plummer	Hayward	34	29:26	65	Ted	Fuller	Alameda	34	34:44
13	Keith	Duncan	Benicia	38	29:30	66	Bob	Malain	Redding	65	34:49
14	Tim	Keenan	Pleasant Hill	31	29:32	67	Rick	Wicker	Martinez	44	34:51
15	Giancarlo	Brignolo	San Francisco	25	29:34	68	Dan	Dougerty	Benica	44	34:59
16	Daniel	Ortiz	Vacaville	41	29:39	69	Jack	Major	San Francisco	50	35:03
17	Myrum	Ernstrum		16	29:44	70	Steve	Zeppegno	Walnut Creek	46	35:05
18	Dave	Cordts	Danville	24	29:48	71	Wayne	Simonson	San Francisco	51	35:09
19	Jerrold	Engel	San Ramon	38	29:50	72	Tom	Coleman	Martinez	37	35:11
20	G.	Garcia	Tracy	44	29:53	73	John	Dodson	Oakley	28	35:13
21	Phillip	Murphy		49	30:20	74	Bruce	Fodem	Danville	47	35:16
22	John	Cummings	Benicia	46	30:29	75	Larry	Arata	Martinez	48	35:19
23	Neil	Leary	Martinez	26	30:33	76	Randy	Gardenhire	Benicia	37	35:25
24	John	Monteverdi	Oakland	46	30:36	77	Paul	Santiago	Pleasant Hill	30	35:27
25	Len	Goldman	Oakland	48	30:42	78	Jim	Quesada	Fairfield	43	35:32
26	John	Roach	Pleasant Hill	41	30:43	79	Pete	Randazzo	Benicia	31	35:34
27	David	Kornek	Oakland	40	30:48	80	Katy	Samuelson	Danville	34	35:36
28	Rolf	Nebelung	Dublin	52	30:48	81	Jim	Walker	Menlo Park	50	35:42
29	Charlie	Martin	Pacheco	37	30:51	82	David	Gilmour	Benicia	33	35:48
30	Fernando	Garcia	Pittsburg	32	30:52	83	Terry	Hartman	Vallejo	43	35:59
31	Russ	Kiernan	Mill Valley	55	30:52	84	Ken	Bauer	Pleasant Hill	42	36:00
32	James	McMillen	Vallejo	45	31:05	85	Bill	Dodge	Alameda	52	36:04
33	Moises	Martinez	Vallejo	26	31:10	86	Grady	Wright	Benicia	48	36:05
34	Anthony	Gangi	Petaluma	51	31:12	87	Butch	Carbo	Pleasant Hill	45	36:08
35	Tim	McHugh	Castro Valley	45	31:14	88	Melanie	Melara	Martinez	15	36:10
36	Dan	Alarid	Walnut Creek	50	31:24	89	Steve	James	Concord	37	36:13
37	Phil	Williamson	Martinez	28	31:27	90	Brew	Wein	Rodeo	36	36:14
38	David	Garcia	Hayward	40	31:30	91	Mike	Vomund	Martinez	27	36:16
39	David	Cargill	Fairfield	44	32:00	92	Monique	Melara	Martinez	11	36:21
40	Rick	Rae	Pleasanton	46	32:17	93	Tom	Burke	Concord	29	36:24
41	Richard	Parker	San Francisco	47	32:20	94	Jerry	Young	Fairfield	52	36:26
42	Mike	Patrick	Pleasant Hill	44	32:29	95	Greg	Bedolla	Lafayette	32	36:29
43	David	Roysdale	Sacramento	54	32:32	96	Mark	Liotta	Lafayette	48	36:38
44	Tom	Ford	Pittsburg	40	32:38	97	Rich	LaVallee		35	36:39
45	Steve	Micich	Pittsburg	35	32:47	98	David	Dubin	Martinez	53	36:43
46	David	Clark	Walnut Creek	29	32:51	99	Mitch	Avalon	Martinez	40	36:48
47	Mark	Ryan	Concord	32	32:51	100	Kevin	Gallagher	Vallejo	25	36:51
48	Pardip	Suti	Martinez	16	32:54	101	Lou	Richards	Orinda	52	36:55
49	Ken	Dobberpuhl	Concord	43	32:59	102	Valerie	Knafelc-Reiner	Fremont	29	36:55
50	Ray	Brown	Hayward	45	33:17	103	Frank	Knafelc	Lafayette	53	36:57
51	Gary	Greiner	Richmond	52	33:23	104	Bill	Whitford	Concord	45	37:02
52	Sharlet	Gilbert	Richmond	41	33:27	105	Richard	Austin	Alameda	59	37:03
53	Allen	Wyly	Benicia	51	33:28	106	Mary	Langlois	Concord	36	37:07

BRICK YARD RUN - FEBRUARY 27, 1993
RACE RESULTS

PLACE	NAME	CITY	AGE	TIME	PLACE	NAME	CITY	AGE	TIME
107	Valerie Doyle		50	37:15	164	Dan Tulohey	Clayton	44	41:07
108	Jim Cartmill	Concord	43	37:16	165	Abe Szoke	Fremont	63	41:22
109	Stephen Derenzo	Pinole	51	37:17	166	Barbara Robben	Berkeley	58	41:27
110	Brian Gladden	Walnut Creek	28	37:18	167	Molly Mc Nerney	Martinez	16	41:31
111	Arthur Coon	Martinez	32	37:25	168	Robert Davis	Antioch	54	41:35
112	Archie Drury	Alameda	21	37:35	170	Dale Ann Daly	Hayward	42	41:38
113	Peter Bonis	Martinez	37	37:42	171	Julie McCormack	San Francisco	27	41:40
114	Brad Atterbury	Martinez	36	37:44	173	Karen Giblin Boling	Benicia	32	41:57
115	Val Dover	Oakland	31	37:44	174	Ed Giblin	Vacaville	58	41:58
116	Paige Tully	Martinez	27	37:59	175	Sandy Saginaw	Martinez	33	42:00
117	Rick Newman	Fairfield	39	38:09	176	Ed Velando	Martinez	51	42:20
119	William Mertens	Concord	57	38:22	178	Doug Williams	Richmond	46	42:39
120	Dave Mc Nerney	Martinez	45	38:28	180	Michael Callahan	Concord	55	42:50
122	George Mitchell	San Francisco	30	38:30	181	Susan Vomund	Martinez	29	42:52
123	Harry Cordellos	San Francisco	55	38:31	182	Harry O'Neal Jr.	Benicia	50	43:02
124	Marvin Mainer	Oakland	55	38:33	183	Gary Nagle	Oroville	54	43:19
125	David Rae	Pleasanton	22	38:35	184	John Hansen		44	44:00
126	Gerald Glendenning	Richmond	56	38:40	185	Bill Poate	Byron	56	44:24
127	Richard Fenley	Novato	36	38:50	186	Bill Schmidt	Benicia	56	44:31
128	Wilson Wendt	Orinda	51	38:51	187	Beverly Russell	Fremont	40	44:34
129	Ernie Melara	Martinez	44	38:54	188	Dee Allen-Kirkhouse	Martinez	42	44:36
130	David Summers	Martinez	33	38:59	189	E. Stadum	San Francisco	54	44:40
131	Linda Wimmer	Martinez	46	39:04	191	Frank Rodriguez	San Lorenzo	67	44:42
132	Jim Shriver	Fairfield	40	39:10	192	Ruth Anderson	Oakland	63	44:47
133	Brian Whitford	Concord	13	39:12	193	Raymond Yeck	Antioch	44	44:52
134	Lloyd Anderson	Fremont	62	39:13	194	Roland Carrothers	Moraga	65	45:03
135	Fred Nierhake	Martinez	40	39:15	195	Ron Galloway	Concord	59	45:32
136	Barbara Ginos	Concord	41	39:19	196	Joe Stadum	Martinez	52	46:07
137	Alan Ginos	Concord	41	39:23	197	Ben McEntree	Pleasanton	53	46:13
138	Brian Hartley	Danville	39	39:24	198	Karen Gudiksen	Castro Valley	53	46:26
139	Steve Archibald	Sacramento	38	39:26	199	Hanna Szoke	Fremont	60	46:38
140	Phyllis Miller	Pleasant Hill	41	39:30	201	Ken Olmsted	Martinez	38	47:27
141	Marty Bender	Pacheco	35	39:31	202	Carrie Durkee	Oakland	46	47:39
142	Peter Langley	Martinez	48	39:42	203	Tertius Chandler	Berkeley	78	47:40
143	David Nethaway	Danville	63	39:49	204	Gina Baumgartner		27	47:50
144	Phil Davis	Antioch	25	39:53	205	Holly Velando	Martinez	48	47:52
145	John Demaree	Hollister	49	39:55	206	Carolyn Robinson	Benicia	49	48:47
147	Bruce Oliver	Oakland	64	40:00	209	Robert Searls	Martinez	59	50:40
148	Peggy Kwok	Fairfield	45	40:06	210	Joshua Maresch		37	51:09
149	Tony Dover	Oakland	39	40:07	211	Barry Hampshire	Walnut Creek	43	51:29
150	Dexter Dobberpuhl	Concord	47	40:09	212	Michael Martino	Danville	33	51:33
152	Jon Ford	Martinez	53	40:18	213	Bonnie Thrower	Alameda	45	51:36
153	Val Ory	Lafayette	41	40:21	214	Judy Golding	San Mateo	72	52:00
154	Michael Fletcher	Martinez	31	40:24	215	Chiho Tanaka	Martinez	24	53:00
155	Mark Hovermale	Alameda	43	40:26	216	Jan Knafelc	Lafayette	53	53:17
156	Janice Davis		43	40:36	217	Edward Russell		34	54:44
157	Tom Thrower	Alameda	46	40:40	218	Annabel Marsh		69	56:27
159	Sam Stevenson	Benicia	58	40:53	219	Leslie Cobb	Alameda	35	56:35
160	Judy Guinn	Zephyr Cove	37	40:57	220	Jackie Cummings	Alameda	40	unknown
161	Kevin Galloway	Pleasant Hill	32	40:59	221	Carol Roth	Alameda	38	56:36
162	L. D. Honeycutt	Benicia	51	41:02	222	Harriet Kelly	Martinez	58	57:12
163	Larry Simmons	Martinez	51	41:02	223	Lee Prior	Union City	63	unknown
164	David McCoy	Concord	46	41:37					

FROM LOU AND MARY PERESNYI: "As I am about to celebrate my eighty-fourth Christmas,... I wish you a most joyous, healthy, and prosperous ...New Year. My first recollection of this wonderful event was in Hungary where I was born. It was near my third birthday when I remember strange and mysterious things happening. There was a wonderful anticipation in the air. Then Christmas morning arrived: a beautiful tree with ornaments, gifts, music, good things to eat, and singing in our church. Our next Christmas was celebrated in this wonderful land called America. In the September following that last magic Christmas in Hungary, my parents and I immigrated to a new home. Here, sitting on my father's shoulder, I first saw the Statue of Liberty while entering New York Harbor. We were in steerage class on the Cunard liner 'Carpathia', and we, like thousands of others, were processed through Ellis Island to a new life. I shall always thank my parents for this wonderful gift that changed my life—and what followed to make the Peresenyi family what we are today...."

"This June I finally retired from active teaching and coaching after sixty-eight years, including two separate hitches in the Air Force.

"The years with Mary Ann have been the happiest of my life. She is not only my wife, she's my best friend and companion, my nurse and guardian angel. How can one be so lucky? The year was not without its problems: corrective surgery three times on my left arm, then a right elbow replacement after that, and now a ... right hip joint replacement.... Many dear friends.... have passed away... This has been a wonderful life. I hope I deserved it; I tried to."

FROM MEL SHINE: (New address—73 Fairway Circle, Medford, Or 97504) "Hi—Guess this is my last 'gasp.' Davis Turkey Trot, 2nd 70+ 59:20; Dallas Turkey Trot, Thanksgiving Day 8 miles, 15,000 runners, 3rd 70+ 1:18 despite slow start—nice plaque. I must tell you about my 'never again run—Feb. 6 Trinidad Clam Beach Run, poorly managed per se; I drove 375 miles round trip, parked half hour ahead of start time, pre-registered—no desk or forms at the start—so I had to run sans my number. The 8.75 miles included 2.75 on beach, but had to remove shoes to ford a 'wild' little river and shoes were knotted—cold hands—took 20 minutes to untie and re-tie. At finish they tried to shunt me to non-registered but a thoughtful woman took my name etc.—registered my time. But what did I get—mail with T-shirt and note 'no show.'"

KIT PICKLES. When I asked Kit what she has been up to lately, she reported a trip to France to participate in three golf tournaments in Paris and two in Nice. She leaves this week.

WELCOME, NEW MEMBER, RON McLENNAN, born January 29, 1945, 4605 Deercreek Lane, Apt. 4, Concord, CA 94521 (510/689-4545). He played baseball and football at Merritt J.C. and two years of football at SFSU (safety and wide receiver); his last year included track (one and two miles). He is a landscaping contractor and part-time teacher. He was recruited by Mark Grubi, who was impressed with his performances at the Berkeley all-comers meets—Feb. 6, 800 2:21, 1500 4:40; Feb. 13, 800 2:17.2, 1500 4:36.9; Feb. 20, 800 2:10.6, 1500 4:51.7; Feb. 27, 800 2:15.9; and March 6, 800 2:13, 1500 4:33.

FURTHER TRACK AND FIELD RESULTS--

Berkeley All-Comers Meets--

TOM SILVA's Javelin flew 203' Feb. 20;

BRUCE HOTALING improved his pole vault to 13'6"; and ROGER WERNE improved his vault to 12'6", March 6.

ED MANOUCIAN competed well in the 100 and 200 meters at the Palm Springs Senior Olympics meet in February.

TRAINING AT THE TRACK, BERKELEY--

New member, Joe Metzgar, has conditioned his feet to spikes and is anxious for his first sprint competition. Bob Fuller and Roger Scott test each other on Sundays; Craig Boyak is getting ready for the season; Shirley Dieterich still has her eye on Japan. Ray Yeck is also preparing and his wife, Kathy, gives Coach Grubi great satisfaction with her progress in learning form and coming up to a competitive level. Bill Bigelow (82) continues to attack the 100 meters. Dan and Martie Behrens are preparing.

Michael Holzgang (916)489-7881 (7-9p.m.) should be contacted if you wish to attend his meet March 27 at Sac. St. U.
PLEASE SEND US YOUR RESULTS.

UPCOMING ROAD RACES AND ULTRAS --

March 21 - PA/USATF Seniors LDR Champ, Palo Alto, Lee Haskell (415)323-6160.

March 28 - Houlihan's 12K (PA/USATF LDR Champs., San Fran, 8 a.m. (415)668-2243

followed by a meeting of the PA/USAT LDR Committe, M. Winitz(415)948-0618.

April 4 - American River 50 Mile (Ultra G.P.), Sacra., Delmar Fralich (916)783-4558

April 17 - Ruth Anderson 100K (Ultra G.P., San Fran., 6:30am, D.Collins (415)530-6634

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 IAAF 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 U.S.OC Hot Line at 800-233-0393. (The decision to conduct tests rests with the TAC.)

SCHEDULE OF RUNNING 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

SCHEDULE OF FIELD EVENTS

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.

NOTICE - More information regarding a club warm up suit will be given in the April newsletter. Please send in the survey blank included in the February newsletter, or phone Mark Grubi (415)285-3352.

Hoy's Sports Classic 5K

*Olympic Style Finish

*Flat, Fast Course

*Great Random Drawings

*Free Admittance to Track Meet



Saturday, May 15, 8AM

COURSE: Start inside the newly refurbished Kezar Stadium before making a mostly flat loop through the east end of Golden Gate Park. Finish Olympic-Style with a lap on the Kezar Stadium 400-meter oval.

Location: Kezar Stadium is located just off the South-East corner of Golden Gate Park, at the corner of Stanyan and Frederick streets in the famous Haight-Ashbury district of San Francisco.

Registration: \$15 Pre-Registration postmarked by May 10, 1993. \$20 Late registration and race day at Kezar Stadium from 6:45AM-7:45AM. Entry fee includes T-shirt and free admission to Kezar-Mizuno Invitational track & field meet held immediately following 5K.

Volunteer/Race Hotline:

Call race director, Dr. Ed Lopez D.P.M. (415)666-3754

Divisions & Awards: Awards 3 deep in 12 categories: •18 & Under •19-29 •30-39 •40-49 •50-59 •60+ •Plus Corporate Team



Pre-Register for \$15 by May 10, 1993. Mail check payable to Kezar Mizuno Invitational, 1632 Haight Street, San Francisco, CA 94117. Include a self-addressed, stamped envelope to receive race packet in mail.

Sex M F Birth Date -- Age on Race Day for official use only

Last Name First

Street Address or P.O. Box

City St. Zip

Y-Shirt Size Small Medium Large X-Large Phone --

Corporate Team Division

WARNING: In consideration of your acceptance of my copy and of my own fee and, I for now I, our best, sections to administration further want to release and give up any and all claims (including but not limited to) damages, costs and expenses of any kind whatsoever, including personal injuries to me and wrongful death, against City of San Francisco, San Francisco Recreation & Park, the Pacific Association, The Athletic Complex, Hoy's Sports, Mizuno, Dr. Ed Lopez D.P.M., administrators, sponsors and volunteers for any and all injuries that may be suffered by me or my spouse or my family or mine. I agree that I am physically fit and voluntarily trained for this competition and physical condition verified by a licensed M.D. during the last 6 months. As part of the above I acknowledge that I have read and understand all of the above and I give my permission to use and all other contents which contain photographs, names, pictures, addresses, recordings of any or her record of the race to use them for whatever purpose is necessary.

All entrants must sign waiver (Parent or guardian if under 18) Date _____