

NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)



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CLUB ID

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



Judy at the 1992 Nationals

JUDY ACE

Judy at the 1992 NCSTC Classic

Our Club was well represented at the popular Bruce Jenner Games, held May 29 at San Jose City College. With only six masters races on the schedule, NCSTC captured three of them. Judy Ace won the masters women's 100M with 14.8 (in 1992 she was second with 14.55 to Jutta McCormick's 14.56), getting a sudden cheer from the grand stand. Martyn Adamson, who never fails to get enthusiastic support from the spectators, drove to a decisive 200M victory in 24.7. Frank Toner won the M65+ 100M with a 15.23, now dominating the older division. We were also represented by Michael Ackley in the masters (40+) 1500M. We were disappointed no results for masters appeared in the local papers--the organization and attendance was the best.

Judy will be vacationing in Finland with relatives this summer, but expects to be fit and ready for our NCSTC Classic to be held September 12, 1993, at Edwards Field, U.C. Berkeley.



Above, Bruce Hotaling



Right, Roger Werne At the pole vault

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

WELCOME, NEW MEMBERS!

GREGORY BROWN, born Nov. 6, 1952, 264A Clipper Street, San Francisco, CA 94114, 415/648-8561, recruited by Mark Grubi. He is a beginner, has jogged for almost two months at noon-time, U.C. Berkeley, and has a desire and aptitude for sprinting.

MARGARET (PEGGY) MELL, born March 12, 1948, 287 Euclid Ave., #302, Oakland, CA 94610. She also is starting again, and would like to sprint. "I used to beat all the boys in high school," she reminisces. 510/763-4257.

WILLIAM L. PICKARD, born October 21, 1945, 300 Page Street, San Francisco, CA 94103, is a long distance runner. 415/432-3775.

NEW ADDRESSES:

Emery J. Curtice, 753 Contra Costa Ave., Berkeley, CA 94707-1538. Emery has re-married.

Louis Bartholonew, 722 Kino Court, #4, Hayward, CA 94555 (510/889-1802).

Dwayne Jones, 113 Ruby Lane, Vallejo, CA 94590 (707/649-8423).

Ray Stewart, 2257 Beach Street, San Francisco, CA 94123 (415/922-1839).

FURTHER MEMBERSHIP RENEWALS:

Judy Ace	Ray Stewart
Robert Douglass	Rogers Tezeno
Richard Ellison	Roger Werne
Karen Gudiksen	
Dwayne Jones	

Our 1993 edition of the club roster is being mailed with this newsletter. The star (*) indicates 1993 dues have been paid. If you find any corrections are to be made in the information shown in this issue, please advise us immediately (J. Kolda 415/283-3353; or Peter Todd 510/514-3807).

REPORTS FROM MEMBERS and RESULTS:

TOMMY HUNT, reported he ran the 100M in a Senior Olympics Games meet in Fairfield, and after stumbling and falling on one knee, he decided to do it anyway; he received a gold medal in the mail for first in his age group (M70). He is planning to marry and have an October honeymoon in Tahiti.

The results of the So. Cal. Striders Meet of Champions, at Cal State Long Beach, May 15, 1993, show Ken Carnine made records in the men's age 85 group by throwing the discus 83-11 (American Record), and Javelin 77-3 (American Record) And he won a gold in the 100M for his 19.3.

(Hopefully, the club can get the 1994 Ken Carnine Classic held in Sacramento at a date prior to the football training interference.)

Martie and Dan Behrens, the proud parents of Mathew Behrens (age 11) talked about his first ever triathlon attempt, and his perseverance to the finish. Congratulations, Mathew!

At the June 12, Los Gatos Championships, Dan Behrens triple jumped 37'1/4" (a good 4 feet further than this time last year). Further performances at this meet were:

Bruce Hotaling pole vaulted 13'1 1/4" (2nd in the M45 group).

Roger Werne pole vaulted 12'1 1/2" (3rd-M45).

Jerry Silsdorf (M70) had a good day with firsts in the shot put (27'10 1/2"), long jump (9'4 1/2") and the high jump (3'10" and second in the discus (27.14 meters).

Bob Stone (M70) won the discus (23.74) and shot (24'4").

Jim York (M80) was second (to Ross Carter) with a 29'10 1/2" in the shot.

Shirley Dietderich (W65) reported 2 wins in the javelin (63'1 1/2") and discus (56'9 1/2"); she also reported Fran Conley (W50) won with 102'6" javelin throw.

John Burns reported Phil Conley (M55) won the javelin with about 150'; also John Burns (M50) reported a 1993 PR (first) with his 167' javelin.

Some of the track results on June 12, were:

Judy Ace, 2nd in the 200M (30.14, and 2nd in the 400M (67.4) for the W40 group;

Shirley Dietderich (W65) 100M 19.69 (1st);

Bill Bigelow (M80) 100M 18.59 (1st);

Win Emert (M45) 100M 11.7 (h) 1st;

Bob Fuller (M55) 100M (13.89)3rd, 200M

(28.2) 2nd, and 400M (65.5) 1st;

Steve Gillman (M45) 200M (27.11); 400M (61+)

Ray Yeck (M45) 100M 12.14 (2nd), 200M 25.19;

and Martyn Adamson (M50) with the club's best 200M time of 24.5, and 400M (also 1st);

Frank Toner (M70) 100M (15.09) 1st, and

1st in the 200M (31.54) and 1st in the 400M.

Joe Metzgar (M60) ran his first race ever,

a third in the 800M in 2:45.1!

Michael Ackley (M45) 1500M (4:30.2) was 3rd.

Further results shown in NMN at the May 22 Visalia Masters T&F meet were:

Bruce Hotaling (45) 1st place pole vault of 13'3½";

Ray Yeck (M40) 100M (12.1 (2nd); 200M (25.34) 1st;

Bob Feaster (M60) 100M (13.7); shot 38'7"

Frank Toner (M70) 100M 14.9) 1st and 200M (31.4) 1st;

Jerry Silsdorf (M65) 3 firsts, long jump (8'1"), discus (23'10"), and high jump (3'10") and 2nd in the shot 27'9".

At the Stanford U., May 22 Stanford Throws Series #15, Jim York's 5kg hammer throw reached 73-2.

KEN CARNINE had a world age group javelin throw of 79'11½" on May 30 at the Irvine Dan Aldridge meet. Congratulations, Ken, on your age 85 competition. Ken also threw the discus 83'3½" that day.

Remember, the entry deadline for the T&F Nationals in Provo, Utah, is July 12.

Coach Grubi is available for help at U.C. Berkeley, Edwards Field, at 11:30 to 2:00 Monday through Fridays; "time trials" are held Sundays, 12:00 to 2:30, at Edwards Field for sharpening for competition, on any Sunday there is not a meet to attend.

In the LMJ&S April 25 Sunday Run, Ruth Anderson and John Anderson were first female and male 60+ finishers with 54:22 and 58:41, respectively.

PLEASE SEND US YOUR RESULTS.

The results of the June 20 Dick Houston Woodminster Cross Country Race, directed by Gail Wetzork, will appear in our July newsletter.

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Long Distance Reports ---

From Jackie Caselli: June 1

"Just a note to get you up to date on my 'running in the slow lane.' I've found that getting older (72) involves being very careful not to get injured if I want to keep on racing occasionally. So, on only about 15 to 20 miles/week, I've done the following races in 1993:

Willy's 8K (Los Altos) 47:28, 2nd F 60+ 50+ 8K (Stanford 3/21/83, 45:11 1st F70-79 Big Sur Marathon 5 hrs 31min. 1st F70-99 4/25/92

Bay to Breakers Just for fun! Pac. Sun 10K (Kentfield) 59:00 1st F70-99 5/31/93

I've discovered I can't fight increasing age, so I've learned to cope with what seems very slow times to me, but at least, I'm enjoying it. I did Big Sur as a 'Rite of Passage' into retirement. I retired after 24 years at Stanford on June 1."

It is noted Robert Malain's 20:45 in the Big Sur marathon was second in his M65 group.

NAA/USATF Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
MEN						
30-39	110m	.914m 36"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN		
Women						
30-49	4.00k	1.00k	4.00k	600gms.		
50 plus	3.00k	1.00k	3.00k	400 gms.		
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.		
50-59	6.00k	1.50k	6.00k	800 gms.		
60-69	5.00k	1.00k	5.00k	600 gms.		
70 plus	4.00k	1.00k	4.00k	600 gms.		
Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.						



TROJAN MASTERS TRACK MEET

Sunday, July 11, 1993 Cromwell Field - U.S.C.



sponsored by the Trojan Masters Track Club

ENTRY FEES

\$13 for 1st event
\$5 for each additional event
\$20 for relay teams
(add \$5 for day-of registration)

USA T&F REGISTRATION

(you know, your TAC number)
Please, please, please have a valid TAC card!!
Registration will be available at the meet for \$12.
**NO ENTRY WILL BE PROCESSED WITHOUT
A CURRENT TAC #**
The Trojan Masters Meet is sanctioned by
USA Track & Field

DEADLINES

Registrations must be received by July 5. Call if you think
there might be a delay. 818-917-6289

AWARDS

Medals will be awarded to the top 3 places in all
events for all 5yr age groups

PARKING

Only pre-registered athletes will be guaranteed free
parking. Enter USC at Gate #5 (Jefferson & McClintock)

RUNNING EVENTS:

9:00 - 5k Run	"Officials lunch break"
9:45 - 4 X 100 Relay	1:00 - 100
10:00 - 1500	1:45 - 800
10:30 - 80m Hurdles	2:15 - 300IH
10:45 - 100m H	2:45 - 400IH
11:00 - 110m HH	3:15 - 200
11:15 - 400	3:30 - 4 X 400

Order of competition will
be women first, then
oldest to youngest.

FIELD EVENTS:

10:00 Pole Vault
10:00 Long Jump
10:00 Discus (Shot Put will follow the discus)
1:00 High Jump
1:00 Triple Jump
1:00 Javelin

TROJAN MASTER ENTRY FORM

NAME: _____
 ADDRESS: _____
 CITY/ST/ZIP: _____
 PHONE/AGE GROUP: _____

EVENTS

- _____
- _____
- _____
- _____
- _____

Make checks payable to:
TROJAN MASTERS
 1125 STIMSON AVE.
 LA PUENTE, CA 91744

Registration: _____
 (1st event)
 Add'l events: _____
 (X \$5)
 Relays: _____
 (X \$20)
 TOTAL: _____

CURRENT TAC

(No number, no entry)

(NO REFUNDS)

In consideration of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against the Trojan Masters Track Club, the University of Southern California, any individual associated with the operation of this meet and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Trojan Master track meet held on July 11, 1993 at U.S.C.

Signature _____



USA-T&F WEST REGIONAL MASTERS CHAMPIONSHIPS
 CERRITOS COMMUNITY COLLEGE
 NORWALK, CALIFORNIA



SATURDAY JULY 31 - SUNDAY AUG 1, 1993

- Sponsors:** Los Angeles Patriots Track & Field Organizing Committee
 SCA/USAT&F Men's & Women's Track & Field Committee.
 Southern California Association USA Masters T&F Committee
- Entry Fees:** \$10.00 first event \$5.00 each additional event
 \$20.00 Relay per team **NO REFUNDS**. Late entries add \$5.00
 Registration table will close at 3:00 pm on meet day.
- Deadline:** All entries must be postmarked by MONDAY JULY 26, 1993.
 You may also Fax your entry information to (213) 666-9126
 before THURSDAY JULY 29th.
- Divisions:** Men/Women Submasters and Masters 30 years and older.
 Oldest to youngest in (5) year age division women first.
- Awards:** Medals to the top (3) three finalists in each age division. (Medals will be mailed).
- Facilities:** Track and runways are polyurethane and require spikes no longer than 1/4".
 Javelin runway are polyurethane and also require 1/4" spikes. Brushed concrete
 in all throwing circles.
- Note:** 1993 USA-T&F registration cards required, so bring it with you to this meet (NO
 EXCEPTIONS). Registration will be available on meet day for \$12.00.
- Directions:** 605 Freeway exit at Alondra Blvd. (East). Cerritos Community College will be on
 your right hand side.

Track Event Schedule			
Saturday (Day 1)		Sunday (Day 2)	
8:00 am	10,000 Meter run	1:00 pm	80 Meter Hurdles
9:00 am	2k Race Walk	1:10 pm	100 Meter Hurdles
11:00 am	2k/3k Steeplechase	1:20 pm	110 Meter Hurdles
11:30 am	Distance Medley Relays	1:30 pm	4x100 Meter Relays
11:45 am	4x800 Meter Relay	1:40 pm	1500 Meter Relays
12:00 noon	5000 Meter Run	2:00 pm	100 Meter Sprints
12:30 pm	20k Race Walk	2:25 pm	800 Meters
	Field Events	2:45 pm	300/400 Meter Hurdles
		3:00 pm	400 Meter Sprints
11:00 am	Hammer Throw	3:25 pm	Sprint Medley Relay (200, 200, 400, 800)
1:00 pm	Javelin Throw	3:35 pm	200 Meter Sprints
2:00 pm	Pole Vault, Shot Put, Long Jump	4:00 pm	4x400 Meter Relays
3:30 pm	Triple Jump, High Jump	4:30 pm	Bar B.Q. Dinner (Officials & Staff Members Only)
4:30 pm	Discus Throw		

Entry form (please print)

Last Name _____ First Name _____
 Address _____
 City, State, Zip _____ Phone _____
 Age _____ Date of Birth _____ Sex: F _____ M _____
 Club Affiliation _____ 1993 USA-T&F No. _____
 Events (1) _____ (2) _____ (3) _____ (4) _____
 Amount Enclosed: \$ _____ Make checks payable to L.A. Patriots T&F

Mail To: Los Angeles Patriots T&F Organizing Committee #3
 2301 Hyperion Ave., Suite P
 Los Angeles, California 90027-4711 (213) 662-1062
 Attn: Meet Director Mary Thompson (USA T&F/LAPOC).

WAIVER

IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I INTENDING TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, MY HEIRS, EXECUTORS OR ADMINISTRATORS WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS, CLAIMS OR DAMAGES I MAY ACCRUE AGAINST CERRITOS COMMUNITY COLLEGE, THE LOS ANGELES PATRIOTS TRACK AND FIELD COMMITTEE, USA-T&F, THE MEET DIRECTORS AND ALL SPONSORS OF THE TRACK AND FIELD MEET, THEIR SUCCESSORS, REPRESENTATIVES AND ASSIGNS OF ANY AND ALL INJURIES WHICH I MAY SUFFER WHILE TRAVELING TO AND FROM AND WHILE PARTICIPATING IN THE USA-T&F WEST REGIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS TO AT CERRITOS COMMUNITY COLLEGE J&T JUST AND ALIENLIST. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR PLAINES THAT WOULD PREVENT ME FROM COMPETING WITH ME ET.

SIGNATURE _____ DATE _____