

NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)



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CLUB ID

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Thanks to GAIL WETZORK, another Dick Houston Memorial Woodminster Run, was directed to success and an enjoyable opportunity for our members and friends. (The results are on pages 4 and 5.) Pictured on the left is Lola Houston Harris, another one of our club's most valuable members for her contributions of time, work and money; the photo is by Rex Dietderick, who is pictured on the far right below.



Martinez to Port Costa Brick Yard Run

Luka Sekulich, Director
1485 Darlene Drive
Concord, CA 94520
510/695-5195

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:

KENNETH M. FREDERICK, born March 15, 1955, 8908 Carlisle Ave., Sacramento, CA 95829 (916)689-7889 (a program manager for Sutter Hospitals) competed in track and field events and was a football player in college. Ken is now interested in throwing the javelin. Our javelin team also welcomes you, Ken.

FRITZ JAEGER, born July 6, 1945, 2737 Elmwood Ave., Berkeley, CA 94705, (510)849-3950, a transport economist, ran 14 marathons in the last two years. His shortest race ever was the Bay to Breakers. Although he still prefers marathons, he might be persuaded to try some middle distance track events.

Further renewals:

William M. Van Fleet

New phone numbers:

Clyde Sypert--

Home - (707)642-5348

Work - (510)633-1121

To keep your new membership roster up to date, please add the above new memberships and corrections.

News from members--

Ernest Marinoni, who attained age 88 on June 5, 1993, was asked what he has been doing lately. He said he is keeping active and healthy with bicycling..."just returned from Russia after winning 5 bicycling races (a 5000M, 10,000M and a 25 and 35 miles)." Eighteen Russian republics held a meet in the Ukraine and invited a U.S. team and a Czeck team. Ernie says his knees keep him from running on the track, but he likes to remain in the club to read about his old friends. He also won 4 bicycling races at the recent Baton Rouge, Louisiana Championships (Senior Olympics); he was planning to go to the St. Louis Senior Olympics Nationals this week, but has cancelled because the site is under water. He recalls the Eugene, Oregon Nationals where he took the first place in a 3 stage race, having taken second in the first two stages to a Davis Professor and winning the third, with a thin margin on total points. He recalls how sore he was the next day and thought, "if I can't beat them, I can outlive them." He recalls the annual meeting

at the Les and Kit Pickles condo recreation room, "a beautiful place" and hopes to come there again for another meeting. He says "hello, to every one."

Kay Lvons advised she broke a bone in her foot in February, but she has recovered and plans to be in action soon!

Nora Smiriga is planning knee surgery August 2, so your best wishes to her would be appreciated.

Emmett and Betty Smith write from Baltimore, Maryland: "We left home May 23 in our R.V. and have been meandering eastward across the U.S. since then. From here we're heading north to Nova Scotia, then west along the Canadian border to the Dakotas and plan to return home about October 1st. Our mail is held for us and forwarded... We enjoy getting the NCSTC Newsletter and reading about our friends." (We hope to get more information later to report about our 4 times past president.) "Give our best regards to all our friends."

Richard Martin, Jr. (age 57, who joined our club in 1991) in reply to our inquiry about recent activities, replied that he is a member of the Big Brother/Big Sister Association, which he has worked with for 20 years, and he is an active member of the Sacramento Seniors Softball League. He ran 4th at the recent Baton Rouge, Louisiana meet. "All was not lost though, because I was recipient of the prestigious AT&T Silver Spirit Award. It was presented to me at the Celebration of Athletes Ceremony by the former Astronaut Alan Shepard. Prior to that, I was the June 1992 recipient of the distinguished Star Award, from the Sacramento Cable Co." He gave us a copy of the Sacramento Bee April 22, 1993 article on the winning of the Silver Spirit Award, as a friend, a guide, to young boys (preferably 8 to 9 years old) from single-parent homes. He works 4 to 6 hours a week for at least a year with a boy, bowling, skating etc. He worked with two boys who were brothers, one graduated from Sac State with a degree in computer science (after military service) now working for Hewlett-Packard, and the other after West

Point and a tour in Germany is graduating from USC law school. Richard explains, "...they received a good exposure to certain activities...They needed somebody to tell them they're worth something, they're special." Richard says he's involved because he was lonely as a boy being raised by his grandmother, and "I made a vow to myself that if I saw someone in a similar situation I would help him out." Regarding his own running, he says he works out two hours every morning, since starting in 1991. "I run the 100M in 12.8...I have to improve to meet national competition."

Coach Grubi is quick to ask you to be on the 50-59 relay, and to come to Berkeley U.C., Edwards Field at noon on Sundays to practice baton passes. Good luck and happy running to you, Richard, and congratulations on your other personal success.

John Burns (54) enjoyed visiting his Alma Mater and old friends July 17 at the University of Oregon in Eugene. He held the record there in the javelin when in college. He had very close exciting competition this week, taking a third place, a fun meet for him. Jerry Silsdorf also challenged the rain at the same meet, throwing a 27' 5" shot for 4th and 74'10 $\frac{1}{4}$ " discus for 6th. This was the Northwest Regional Championships, with over 260 competitors.

We will look for club members at the July 31-August 1 Western Regional Masters Championships at Cerritos Community College, Norwalk, California.

July 28 is the last of the series of Wednesday evening (6:00 PM) all-commer meets at Alhambra High School track stadium. A final meet, "REC A LYMPICS" will be held at 5:30, August 4, \$3; the Decathlon & Heptathlon, August 3 & 4, 12-5 PM is \$20 (pre-register by July 28 for the dec.-hep.)--sponsored by the Pleasant Hill Recreation & Park Dist, 147 Gregory Lane, Pleasant Hill, CA 94523 (510)682-0896. Take Hwy 4, exit north on Alhambra Ve., and west on F Street.

High Jump, Discus and Shot. Your early entries will be appreciated, (The application flyer is on a later page.)

Volunteers are needed to help with the meet. Let Mark know (415)285-3352, as soon as possible what you would be able to help with, such as hospitality room, registration there and at the track, officiating, announcer's booth, etc.

Further reports of athletes performances at Baton Rouge and other meets will be in the August newsletter.

THE NORTHERN CALIFORNIA SENIORS T&F CLASSIC, scheduled for September 12, 1993, at Edwards Field, U.C. Berkeley. Coach Grubi reports the first entry has been received from Mark Henderson (70-74 group) for competition in the

HOUSTON MEMORIAL/WOODMINSTER RUN

28TH ANNUAL

JUNE 20, 1993

PLACE	NAME	AGE	SEX	HC	RUN TIME	FINISH TIME	CITY
<i>*Trophy Winners</i>							
1	*	Patterson, C.	45	F	20	48.16	68.16 Belvedere
2	*	Kiernan, R.	55	M	16	49.57	65.57 Mill Valley
3	*	McManus, M	27	M	0	52.55	52.55 San Francisco
4		Strait, S.	38	M	4	55.26	59.26 Oakland
5		Duncan, M.	43	M	4	56.12	60.12 San Mateo
6		Malain, B.	66	M	20	56.20	76.20 Redding
7		Beardall, D.	56	M	16	56.42	72.42 Santa Rosa
8		Frazier, G.	46	M	8	57.02	65.02 Larkspur
9		Floodberg, W.	59	M	16	57.16	73.16 San Martin
10		Franks, P.	47	M	8	58.25	66.25 Sausalito
11		Menard, L.	34	M	0	58.56	58.56 Berkeley
12		Anderson, D.	41	M	4	59.01	63.01 Union City
13	*	Marcls, R.	24	F	12	59.03	71.03 San Francisco
14		Furman, J.	46	M	8	59.46	67.46 Corte Madera
15		Cazares, G.	28	M	0	61.07	61.07 Alameda
16		Rice, T.	23	F	12	61.21	73.21 Larkspur
17		Scarborough, J.	19	M	0	61.30	61.30 Oakland
18		Ratti, J.	42	M	4	62.13	66.13 Oakland
19		Garvin, C.	31	M	0	62.37	62.36 Half Moon Bay
20		Auld, W.	35	M	4	63.18	67.18 Alameda
21		Gregg, S.	33	M	4	63.29	67.29 Oakland
22		Hansen, D.	32	M	0	63.30	63.30 Oakland
23		Doyle, V.	50	F	20	63.42	83.42 Berkeley
24		Uher, W.	47	M	8	64.34	72.34 San Leandro
25		Baker, E.	42	M	4	64.45	68.45 Piedmont
26		Lilot, K.	42	M	4	65.00	69.00 San Francisco
27		Brown, R.	46	M	8	65.26	73.26 Hayward
28		BaronNutzel, G	40	M	4	65.47	69.47 Oakland
29		Simmons, B.	43	M	4	65.49	69.49 Walnut Creek
30		White, G.	58	M	16	65.50	81.50 Berkeley
31		Ramos, A.	43	M	4	66.04	70.04 Oakland
32		Marriott, M.	26	M	0	66.05	66.05 Unknown
33		Malhanen, P.	59	M	16	66.23	82.23 Unknown
34		Bruton, C.	40	M	4	66.30	70.30 Livermore
35		Hill, J.	55	M	16	66.37	82.37 Berkeley
36		Beoris, R.	36	F	16	66.40	82.40 Oakland
37		Thomas, R.	61	M	20	66.45	86.45 Berkeley
38		Lliot, J.	19	M	0	67.36	67.36 San Francisco
39		Goodecre, R.	34	M	0	67.51	67.51 Kennesaw
40		Rosenberg, J	44	M	4	67.52	71.52 Unknown
41		Tavernier	14	M	0	68.04	68.04 Oakland
42		Scarborough, J.	55	M	16	68.36	84.36 Oakland
43		Green, K.	45	M	8	68.39	76.39 Unknown
44		Svoboda, A.	35	M	4	68.50	72.50 Oakland
45		McConnell, K.	49	M	12	68.54	80.54 Oakland

46	Hood-Akers, G.	37	F	16	69.00	85.00	Pacifica
47	Todd, P.	58	M	16	69.05	85.05	Berkeley
48	Howard, B.	27	M	0	69.05	69.05	W. Pittsburg
49	Clark, J.	26	M	0	69.07	69.07	Alameda
50	Nielsen, F.	67	M	20	69.07	89.07	Orinda
51	Lee, B.	34	M	0	69.08	69.08	Oakland
52	Lanchois, W.	26	M	0	69.15	69.15	San Francisco
53	McCabeMartn	43	F	16	69.18	85.18	Fremont
54	Gleason, M.	29	F	12	69.26	81.26	San Francisco
55	Weber, J.	27	F	12	69.38	81.38	Piedmont
56	Herrera, D.	61	M	20	69.46	89.46	Alameda
57	Bazela, S.	38	F	16	69.59	85.59	Richmond
58	Brandon, S.	37	M	4	70.28	74.28	Livermore
59	Ball, J.	53	M	8	70.30	78.30	Berkeley
60	Glendinging, G.	56	M	16	70.36	86.36	Richmond
61	Merrell, B.	29	M	0	70.57	70.57	W. Pittsburg
62	Garriott, L.	30	M	0	71.09	71.09	San Francisco
63	Lewis, B.	44	M	4	71.23	75.23	Richmond
64	White, B.	55	F	20	71.53	91.53	Berkeley
65	Hamadeh, P.	25	M	0	71.03	71.03	Piedmont
66	Oliver, B.	65	M	20	72.18	92.18	Oakland
67	Weisberg, M.	56	M	16	73.07	89.07	Burlingame
68	Haas, R.	44	M	4	73.16	77.16	Oakland
69	Aguilera, M.	35	M	4	73.20	77.20	San Francisco
70	Miller, M.	41	M	4	73.23	77.23	Mill Valley
71	Unknown						
72	Golden, D.	32	M	0	73.27	73.27	Hayward
73	Moss, S.	30	F	12	73.28	85.28	San Mateo
74	Galloway, J.	40	F	16	74.03	90.03	Sunnyvale
75	Stickel, W.	47	M	8	74.09	82.09	Corte Madera
76	Jones, C.	36	M	4	74.11	78.11	Catskill, N.Y.
77	Tatsuno, D.	43	M	4	74.12	78.12	Kensington
78	Kenny, M.	34	M	0	74.16	74.17	San Francisco
79	Reber, D.	50	F	20	74.23	94.23	Martinez
80	Derson, M.	42			74.24		Unknown
81	Micich, S.	35	M	4	74.32	78.32	Pittsburg
82	Elmore, P.	43	M	4	75.19	79.19	Berkeley
83	Roselius, A.	38	M	4	75.27	79.27	Berkeley
84	Williams, P.	55	M	4	75.32	79.32	Berkeley
85	Olsen, J.	46	F	20	75.33	79.33	Castro Valley
86	Dorey, R.	32	M	0	75.33	75.33	San Francisco
87	Fogel,	13	M	0	75.33	75.33	Unknown
88	Collins, D.	59	M	16	76.11	92.11	Oakland
89	Gevelinger, B.	32	M	0	76.53	76.53	Dublin
90	Niemi, M.	40	M	4	78.22	82.22	Modesto
92	Hernandez, H.	52	M	8	78.23	86.23	San Francisco
92	Wojtowicz, D.	34	F	12	78.39	90.39	Pleasanton
93	Flowers, F.	58	M	12	78.43	90.43	Orinda
94	McKinney, S.	31	M	4	78.46	82.46	Oakland
95	Schoenfeld, K.	36	M	4	78.55	82.55	Pleasanton
96	Durkee, C.	46	F	20	79.00	99.00	Oakland
97	Hogan, M.		M		79.16		Unknown

98	Flint, M.	59	M	16	79.24	95.24	Sunnyvale
99	LaRussa, J.	44	M	4	79.39	83.39	Hayward
100	Truscello, F.	31	F	12	81.32	93.32	Fremont
101	Heavey, J.	61	M	16	81.41	97.41	Walnut Creek
102	McKinnon, J.	44	M	4	81.47	85.47	San Leandro
103	Matfin, H.	46	F	20	81.50	101.50	San Francisco
104	Bemesdr, S.	50	F	20	81.53	101.53	Berkeley
105	Abbott, B.	59	M	16	82.07	98.07	San Francisco
106	Gross, M.	35	M	4	82.10	86.10	Piedmont
107	Thrower, T.	46	M	8	82.27	90.27	Alameda
108	Hekkanen, G.	43	M	4	83.30	87.30	Richmond
109	Pace, J.	40	F	16	83.56	99.56	Berkeley
110	Houston, J.	35	M	4	84.00	88.00	Berkeley
111	Fridjohn, L.	65	M	20	84.56	104.56	Orinda
112	Potts, G.	41	M	4	84.58	88.58	Alameda
113	Hartley, B.	40	M	4	85.05	89.05	Danville
114	Garriott, K.	26	M	0	87.00	87.00	San Francisco
115	Field, R.	42	M	4	87.36	91.36	San Francisco
116	Chun, A.	40	F	16	87.39	103.39	San Mateo
117	Howard, B.	45	M	8	89.14	97.14	Oakland
118	Hewitt, B.	36	M	8	89.16	97.16	San Francisco
119	Ratti, U.	69	M	20	89.17	109.17	Oakland
120	Unknown				130.20		
121	Thrower, B.	45	F	20	90.57	110.57	Alameda
122	Mitchell, G.	30	F	0	90.59	90.59	San Francisco
123	Harris, L.	61	F	20	91.44	111.44	Kensington
124	Mathis, J.	41	F	16	97.53	113.53	San Leandro
125	Cobb, L.	35	F	16	98.05	114.05	Alameda
126	Pratt, K.	30	F	12	98.06	110.06	Hayward
127	Ramirez, A.	40	M	4	99.26	103.26	Fremont
128	Hudson, R.	57	M	16	101.33	117.33	San Leandro
129	Hamilton, P.	50	F	20	101.34	121.34	Pleasant Hill
130	Corbett, V.	46	M	8	101.45	109.45	Oakland
131	Marr, J.	46	F	20	102.10	122.10	Alameda
132	Christensen, B.	44	M	4	103.17	107.17	Castro Valley
134	Buenfil, J.	40	F	16	114.24	130.24	Concord
135	Buenfil, J.	46	M	8	114.25	122.25	Concord
136	Pace, J.	40	M	4	NT	NT	Berkeley

*Trophy Winners