

NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)

photos by J. Kolda



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NORTHERN CALIFORNIA SENIORS CLASSIC (The meet director's dream)

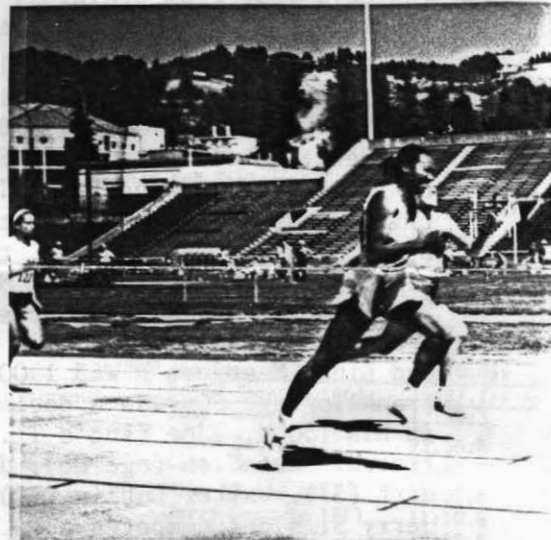
With entries from Fairbanks, Alaska, to San Diego, and Salt Lake City to the Hawaiian Islands, beautiful weather and grounds, superb officiating (with the help of U.C. Asst. Coach Ed Miller and U.C. athletes), the stage was set. The athletes responded with exciting competition, and a smooth outstanding performance. Club members were courageous in their efforts.

On the right is the age 45 men's 100 meter finish (Ray Yeck (2nd), Win Emert (1st) and Paul Raymond (3rd)). Members Billy Main and Steve Gillman finished a game 4th and 5th. Margaret Dixon (center right picture) outleaned Joy Upshaw-Margerum to win the best 100M women's performance of the day. On the lower right, Martyn Adamson is pictured winning the M55 100M in his dependable driving convincing manner, a great competitor. Warren Spikes (age 42) was awarded the best men's 100M performance of the day (11.84), based on the age-graded computation. Although these computations have not been completed for determining other awards to be made, many worthy efforts were made and full results are published herein.

Joy Upshaw-Margerum, from the Hawaiian Islands, sustaining a strained ankle early in the meet, finished an exciting 100M hurdles in 15.95, beating 53 year old Hugh Adams (16.30) and 61 year old champion Marion Sanchez (18.26). Joy's long jump of 16'9½" was a decisive victory, and her relay team's 48.6 4X100 gave the men close competition. Her 27.32 won the 200M.

Jim Loftus from Fairbanks, Alaska, won the M40 800M in 2:02.1, the best 800M time of the day. He was also second in the 400M (54.12), Floyd Malone being the winner with 52.69.

cont. on p. 2



Richard Martin Jr. Martyn Adamson

CLUB ID

USATF #: 109

CALIFORNIA CORPORATION #: 1275994

CALIFORNIA NON-PROFIT #: CT-61086

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

Another great performer, Matt Pruitt, ran 24.1 in the M45 200M, 55.08 in the 400M and 61.2 in the M45 400M 36" hurdles. M40 T. Grant's jav.flew 57.14M.

Mark was proud of Judy Ace's finishes, mainly in the 200M. He was also proud of Ron McLennon's finish of the M45 1500M; after being passed by about 10 yards on the last lap, Ron reached down and finished first with 4:36.3 to Michael Conroy's 4:38.7, the most exciting stretch run.

Recent NCS club recruit, Wolfgang Schmulewiz, who just turned 40, made his debut as a master in the 3000M. He jumped to a big lead and widened all the way to finish with a 9:35.4. Mark reminds us that "Schmulie", as a U.C. Berkeley outstanding athlete and record holder, ran the best double 5000K and one mile, beating Paul Geis, an Olympian, in 13.31, 4:11, the best double ever run. In his eagerness to enter the 1500 also on September 12 (this meet) he fell and cracked his elbow, so he will need a few days rest from training, an irritating delay in his drive to greatness again.

Bob Fuller, Manny Myers, Billy Main and Roger Scott gave good competitive performances. Shirley Dieterich and Bill Bigelow, training partners, gave a good duel, Shirley, nipping Bill at the finish, behind Frank Toner. Dan Behrens triple jumped another 4" further than his Provo, Utah Nationals performance, the best triple jump of the day for M40 and up. Marcus McGlory (33) jumped 42'11 $\frac{1}{2}$ ". Melinda Morse Villar (41) did a noteworthy 4:59.7 W40 1500 and 11:05.7 3000M; and Linda Mantynen's W45 1500 was 5:01.0. Harvey Franklin (age 50) was a decisive winner with 4:29 in his 1500M. Joe King's 11.19.9 was an age 67 record. Bob Ulsh (age 86), James York (80), Jim Hart (57), Walter Dahlin (72), Don Rose (58) and Jerry Silsdorf competed good. John T. Burns (52) threw the javelin 48.22M, a second to Gary Reddaway's (52) 49.06M. John Burn's son, Brent Burns gave an exhibition pole vault series, failing at 19 feet.

Special thanks is given to club members Midge Burkhead, Lyman Glenny, Ruth Anderson, Kathy Yeck and Joanne at the registration and medals desk. Martie Behrens kept the results posted, and her son also helped. Also, Jim Johnson's help was necessary, including the preparation of gatorade and keeping the supply there. Shirley Dieterich obtained enough Aunt's donuts for everyone, and the U.C. ground crew provided coffee. Don Rose's communication's pulley to the press box kept the results moving and Paul Warner's announcing and work is very much appreciated. Special thanks to the University Athletic Department and Ed Miller and "his boys"--Ed said this was a "training experience" for them in conducting a meet. Also, thanks, Al Eorden, Mike O'Leary, Dr. Ed Manougian, Wayne Winrow, Joe Metzgar, Steve Riley and Roy Acoff.

Pictured on the right are Cherrie Sherrard and Brent Burns--photos by S. Dieterich.



HURDLES

800 - Men
M80 Bill Bigelow (83) 30" 22.76

M70 Walter Dahlin (72) 30" 15.16

100M Women

W30 Joy Upshaw-Margerum (32) 33" 15.95

Men

M60 Marion Sanchez (61) 33" 18.26

M55 Steve Richmond (58) 36" 19.63

M50 Hugh Adams (53) 36" 16.30

110M - Men

M45 Fred Johnston (47) 39" 16.59

M40 Ed Baskauskas (43) 39" 18.13

Maurice Valentine (40) 19.12

300M - Men

M70 Walter Dahlin (72) 30" 56.8

M65 Walter Atcheson (66) 30" 70.6

M60 Marion Sanchez (61) 30" 47.6

400M Hurdles

M50 Hugh Adams (53) 33" 65.5

M45 Matt Pruitt (48) 36" 61.2

Fred Johnston (47) 67.8

100M - Women

W65 Shirley Dietderich (66) 18.3

W55 Irene Obera (59) 14.80AR Age

Fei-Mei Chou (59) 16.99

W35 Margaret Dixon (39) +2.5 13.13

Roianna Wilright 13.72

Wendy Jacob (36) 13.77

Valerie Scott (36) 13.91

Michele Lewis 14.54

Karen Vaughn (36) 15.81

W30 Joy Upshaw-Margerum(32) 13.22

Men

M80 Bill Bigelow (83) 18.3

Stan Thompson (82) 28.1

M70 Frank Toner (73) 16.2

M65 Bob Jordan 14.67

M60 Marion Sanchez (61) 13.64

Ed Manougian (64) 14.40

M55 Martyn Adamson (55) 12.77

Richard Martin, Jr (57) 13.17

Robert W. Fuller (56) 13.92

Marcel Cote (58) 14.17

Richard Young (59) 14.45

Shig Niizawa 15.6 h

M50 Bill Probst (50) 13.59

Frank Bonham 13.68

Byron West 14.48

M45 Win Emert (49) 12.28

Ray Yeck (45) 12.30

Paul Raymond 12.37

Billy Main (45) 13.27

Steve Gillman (48) 13.47

Larry Herman (48) 13.58

Tom Ryan (49) 14.41

M40 Warren Spikes (42) 11.84

Maurice Valentine 12.57

Frank Demby 12.63

Steve Kloch (41) 12.88

Joseph Sahagun (41) 14.28

Manny Myers (unofficial) 12.86

M35 Chris Arnold (39) 12.68

Michael Simmons (37) 13.03

M30 Alan Tucker (32) 11.66

William Long (34) 11.75

Dwayne Jones (33) 11.98

Ken Patterson (32) 12.20

Gary Schlimgen (33) 13.28

200M - Women

W55 Irene Obera (59) 30.18 AR Age

Rita Kerr 33.53

Fei-Mei Chou (58) 35.07

W40 Judy Ace (41) 30.14

W35 Margaret Dixon (39) 28.32

Valerie Scott (36) 29.21

Wendy Jacob (36) 29.25

Michele Lewis 30.47

Karen Vaughn (36) 33.08

W30 Joy Upshaw-Margerum(32) 27.32

200M cont.

Men

M80 Stan Thompson (82) 67.39

M70 Frank Toner (73) 35.06

M65 Bob Jordan 31.01

M60 Marion A. Sanchez (61) 27.82

Ed Manougian (64) 30.3 h

M55 Martyn Adamson (55) 26.16

Robert W. Fuller (56) 28.01

Marcel Cote (58) 28.37

Richard Young (59) 30.08

M50 Frank Bonham 28.7

Byron West (50) 30.8

M45 Matt Pruitt (48) 24.1

Paul Raymond 24.7

Ray Yeck (45) 24.7

Steve Gillman (48) 27.3

Tom Ryan (49) 30.4

M40 Floyd Malone (42) 24.45

Frank Demby(40) 25.55

Maurice Valentine (40) 25.59

Steve Kloch 26.23

Joseph Sahagen (41) 26.36

Kevin Mangan 30.89

M35 Michael Simmons (37) 25.50

Robert Trudeauux (38) 25.61

M30 Alan Tucker (32) 23.11

Dwayne Jones (33) 24.34

Eddie Hall (32) 24.93

Edouard D. Marchand(34) 25.22

Gary Schlimgen (33) 27.42

400M - Women

W50 Rita Kerr (58) 75.75

W40 Judy Ace (41) 68.66

Men

M80 Stan Thompson 3:25.1

M65 Bob Jordan 74.93

Walter Atcheson (66) 84.67

M60 Marion A. Sanchez (61) 64.12

Ed Manougian (64) 71.03

Louis Simms Jr 73.41

M55 Martyn Adamson (55) 59.31

Robert W. Fuller (56) 66.28

M50 Marc Wasserman (50) 63.46

M45 Matt Pruitt (48) 55.08

Searcy Barnett (46) 57.92

Paul Raymond 58.25

Roger Scott (48) 61.07

Steve Gillman (48) 61.13

Gary Mader (48) 64.14

M40 Floyd Malone (42) 52.69

Jim Loftus (43) 54.12

Bill Hughey (42) 55.98

Kevin Mangan 67.58

M35 Robert Trudeauux (38) 55.23

M30 Andre Fraser (34) 57.77

800 - Women

W55 Rita Kerr 2:56.0

W45 Linda Mantynen (45) 2:31.2

W40 Melinda Morse Villar (41) 2:29.1

Men

M80 Stan Thompson (82) 7:59.0

M65 Walter Atcheson (66) 2:59.3

M60 Carl Ellsworth (62) 2:37.5

Louis Simms 2:53.6

M55 Ken Ogden (57) 2:28.1

M50 Marc Wasserman (50) 2:23.5

George Linn 2:33.2

Tom Mann (51) 2:45.8

M45 Searcy Barnett (46) 2:09.5

Ron McLennon (48) 2:14.3

Michael Conroy (48) 2:14.5

Roger Scott (48) 2:18.1

Craig Edwards (48) 2:23.5

800M cont.

M40 Jim Loftus (43) 2:02.1

William Hughey (42) 2:07.3

David Wood (43) 2:11.0

Joe Montoya (42) 2:11.8

Kurt Gravenhorst (43) 2:20.4

Connaitre Chateaubriant (43) 2:26.0

M30 Bob Lederink 2:02.4

1500M - Women

W50 Marianne Hawkes (52) 6:57.6

W45 Linda Mantynen(45) 5:01.0

W40 Melinda Morse Villar (41) 4:59.7

Men

M65 Walter Atcheson (66) 6:00.0

M60 Carl Ellsworth (62) 5:12.1

James Jacobs () 5:24.1

Dale E. Basye 5:48.4

Louis Simms Jr 5:51.3

M55 Ken Ogden 5:01.6

M50 Harvey Franklin(50) 4:29.0

Mike Hawkes (52) 5:01.8

George Linn 5:02.3

Jerry Goodwin (51) 5:09.2

M45 Ron McLennon (48) 4:36.3

Michael Conroy (48) 4:38.7

Craig Edwards (48) 4:53.4

John Volkert 4:55.1

M40 Connaitre Chateau-

briant (43) 4:31.5

Mike Elsesser (40) 4:35.5

Dwight Benina (43) 4:57.3

M35 Ray Sibley 4:36.5

3000M - Women

W60 Ruth Anderson (64) 15:30.7

W40 Melinda Morse Villar (41) 11:05.7

Men

M70 Walter Eugenio (71) 13:19.7

M65 Joe King (67) 11:19.9AR A:

Boyce Jacques (66) 11:27.1AR A:

John Mackey (66) 13:39.3

M60 James Jacobs (60) 12:36.6

Louis Simms Jr 12:45.7

M50 Mike Hawkes (52) 11:03.8

Jerry Goodwin (51) 11:10.8

Tom Menn (51) 11:35.5

M45 Teddy Dean Walton(46) 13:31.9

M40 Wolfgang Schmulewicz (40) 9:35.4

M35 Ray Sibley 9:57.9

Brian Boyle 11:00.6

4 X 100 Relay

W30 Hayward T.C. Women - (R. Byrd, M. Dixon, B. Stratton, J. Upshaw-Margerum) 48.6

M40 No. Cal. Srs. T.C. (M. Myers, M. Adamson, B. Main & R. Yeck) 57.8

M30 S.F.T.C. (L. Fowler, E. Hall, R. Lenderink, G. Schlimgen) 47.0

Hayward Alumni Men (W. Long) 48.3

FIELDHammer

M85 Bob Ulsh (86)	4kg	18.10
M80 James York (80)	4kg	23.56
Bob Boucke (80)		19.20
M70 Jerry Silsdorf (70)	4kg	23.48
Bob Stone (73)		23.22
Rick Hustace (74)		13.50
M55 Jim Hart (57)	6kg	38.46
Steve Biddinger (55)		24.42
M50 Michael Parker (52)	6kg	24.98
M40 Gary Kelmenson (43)	7.26k	39.61
M35 Eric Hodgdon (36)	7.26k	36.54

Shot - Women

W55 Cherrie Sherrard (55)	3kg	10.31
W35 Margaret Dixon (39)	4kg	9.32

- Men

M85 Burt DeGroot (86)	4kg	6.93
M80 James York (80)	4kg	9.06
Bob Boucke (80)		8.76
Stan Thompson (82)		4.70
M70 Jerry Silsdorf (70)	4kg	9.05
Rick Hustace (74)		7.24
M65 Charlie Sarver (65)	5kg	9.20
M60 Marion A. Sanchez (61)	5kg	8.87
Welton Moore (60)		8.18
M55 Joe Keshmiri (55)	6kg	15.10
Jim Hart (57)		12.20
Wayne Roberts (55)		8.01
Steven Biddinger (55)		7.24
M50 Michael Parker (52)	6kg	11.85
M45 John Gallen (45)	7.26k	7.40
M40 Gary Kelmenson (43)		10.76
M35 Eric Hodgdon (36)		12.78

Javelin - Women

W65 Shirley Dietderich (66)		19.56
W35 Margaret Dixon (39)		26.64

Men

M80 Bob Boucke (80)		15.22
Stan Thompson (82)		12.10
M70 Rick Hustace (74)		17.96
M55 Don Rose (58)		39.96
Wayne Roberts		26.49
M50 Gary Reddaway (52)		49.06
John T. Burns (52)		48.22
Michael Parker (52)		30.86
M45 Gohn Gallen (45)		21.54
M40 Tony Grant (41)		57.14
M35 Lou Vasu (39)		39.04
Open Andrew Kearns (22)		56.46

High JumpWomen

W35 Margaret Dixon (39)		4'6"
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Men

M80 Bob Boucke (80)		3'4"
Stan Thompson (82)		3'2"
M70 Walter Dahlin (72)		4'4"
Jim Johnson (71)		3'10"
Jerry Silsdorf (70)	tied	3'10"
M60 Marion A. Sanchez (61)		5'0"
M55 Steve Richmond (58)		4'10"
Don Rose (58)		4'8"
Joe King (67)		4'2"
Wayne Roberts		3'8"
M50 Don Dvorak (51)		4'10"
M45 William M. Wood (48)		4'6"
Teddy Dean Walton (46)		4'4"
M40 Ed Baskauskas (43)		5'8"

Long Jump - Women

W45 Barbara K. Stratton (46)		9'1 $\frac{1}{2}$ "
W30 Joy Upshaw-Margerum (32)		16'9 $\frac{1}{4}$ "

Men

M80 Bob Boucke (80)		7'1 $\frac{1}{4}$ "
Stan Thompson (82)		6'6 $\frac{1}{4}$ "
M70 Jim Johnson (71)		10'4 3/4"
Jerry Silsdorf (70)		8'5 $\frac{1}{2}$ "
M60 Marion A. Sanchez (61)		12'7"
Ed Mahany (63)		12'4 3/4"
M55 Steve Richmond		15'0"
Ken Carper (55)		12'10 $\frac{1}{2}$ "
Shig Niizawa		11'1 $\frac{1}{4}$ "
M50 Don Dvorak (51)		15'8 $\frac{1}{2}$ "
Richard Imperiale		14'7 3/4"
M45 James Manor (45)		18'3 $\frac{1}{2}$ "
Teddy Dean Walton (46)		15'2"
William M. Wood (48)		15'0"
M40 Robert Holmes		17'9 $\frac{1}{4}$ "
Joseph Sahagun (41)		15'2 3/4"
M30 Marcus McGlory (33)		20'5"

Triple Jump - Women

W45 Barbara K. Stratton (46)		23'5"
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Men

M80 Stan Thompson (82)		14'6 3/4"
M50 Don Dvorak (51)		34'5"
M45 James Manor (45)		34'9 3/4"
William M. Wood (48)		33'6 $\frac{1}{4}$ "
M40 Dan Behrens (42)		36'10"
M30 Marcus McGlory (33)		42'11 $\frac{1}{4}$ "

Discus - Women

W65 Shirley Dietderich (66)		18.58
W55 Cherrie Sherrard (55)		21.90
Fai-Nei Chou (58)		18.72

Men

M85 Burt DeGroot (86)		21.20
M80 Bob Boucke (80)		22.10
Stan Thompson (82)		13.14
M70 Bob Stone (73)		23.26
Jerry Silsdorf (70)		21.52
M65 Charlie Sarver (65)		38.86
Walter Atcheson (66)		25.16
M60 Marion A. Sanchez (61)		32.10
Welton Moore (60)		29.26
M55 Joe Keshmiri (55)		50.23
Jim Hart (57)		40.72
Ken Carper (55)		29.34
Wayne Roberts		22.72
Steven Biddinger (55)		20.18
M50 Michael Parker (52)		35.16
M45 John Gallen (45)		21.00

Pole Vault

M80 Stan Thompson (82)		1.40
M70 Jim Johnson (71)		1.90
M60 Marion A. Sanchez (61)		2.20
M55 Ken Carper		1.90
M50 Larry Holmes (51)		3.66
M45 Bruce Hotaling (49)		3.96
M40 Eddie Seese (43)		4.11
M35 Robert Olsen		4.40

EXHIBITION VAULT BY BRENT BURNS 5.60

Welcome New Members:

Emanuel S. Myers, born January 5, 1993, 17 Fairview, Piedmont, CA 94610, phone (510)658-6340 (hm), (510)939-965 (wk). He is a teacher/coach at Piedmont High School, graduated from Boston College, former member of Sport Afoot T.C. He is interested in the sprints and jumps (ran a 12.86 100M at our September 22 Classic).

Change of address:

Carl Reiterman moved from Berkeley, and his new address is P.O. Box 381110 Ivins, Utah.

Lucille Ligon paid 1993 dues.

20th Annual

Masters' Track & Field Event

Saturday, October 2, 1993

University of California Santa Barbara

Cosponsored by Club West & City of Santa Barbara Parks and Recreation Department

Free parking across street from track

Return entry to Club West, P.O. Box 1079 Goleta, CA 93116-1079 • (805) 682-9540

Entry Blank & Release Form (please print or type)

Name _____ Age _____ Date of Birth ____/____/____ Phone: (____) _____

Address _____ City _____ State _____ Zip _____

Please enter me in the following events:

- | | | | |
|----------|------------|----------|------------|
| 1. _____ | P.R. _____ | 2. _____ | P.R. _____ |
| 3. _____ | P.R. _____ | 4. _____ | P.R. _____ |
| 5. _____ | P.R. _____ | 6. _____ | P.R. _____ |
| 7. _____ | P.R. _____ | 8. _____ | P.R. _____ |

(P.R. = Personal Records)

Entry fees: \$10 first event (\$5 each additional event, \$10 relays) NO REFUNDS
Relay team members must be from same club, and club must send check for fees.

Athlete/Team Release:

In consideration of my/our entry, I do hereby for myself/ourselves, heirs, and administrators, waive and release all claims I/we may have against the Club West Masters' Track & Field Meet, the City of Santa Barbara Parks and Recreation Department, its representatives, the various governing bodies, for any and all injuries suffered by me/us from competing. Furthermore, I/we take full responsibility for personal equipment owned by myself/ourselves.

Required by the Athletics Congress:

Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and 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.

My 1993 TAC number is: _____ (Registration required) Individual's Signature _____

SEPTEMBER 25, 1993 IS THE DEADLINE FOR ENTRIES.

Entries postmarked after September 25, 1993 will be subject to a surcharge of \$5.

Club should be responsible for relay team entries. All members of relay teams must be from the same club.

• YOU CANNOT COMPETE WITHOUT A TAC REGISTRATION NUMBER • SANCTIONED BY SCA-TAC



20th Annual

Masters' Track & Field Event

Saturday, October 2, 1993
University of California Santa Barbara

(See map on reverse side)

Sponsored by Club West &

University of Santa Barbara Parks and Recreation Department



Field Events

9:00 a.m. Hammer - All Hammer Throwers, U.C.S.B. Hammer Ring
 9:30 a.m. Discus throwers who do not throw the hammer.
 Hammer throwers who also throw the discus report to the discus for the second round which starts as soon as the first round finishes.

The Following Events In The Reverse Order Starting With M-80 & Women

9:30 a.m. Long Jump
 10:30 a.m. Pole Vault
 11 a.m. Javelin
 12 noon Shot Put
 2 p.m. High Jump
 3 p.m. Triple Jump

Track Events - Preliminary time Schedule:

all field events, except High Jump and Pole Vault, there will be four attempts. If competitor is unable to complete attempts in the Pole Vault or High Jump in allotted time, that competitor may compete in flight other than one assigned.

John Whittemore trophies will be awarded again and a trophy goes to the man over 70 who wins the Hubbell-erdmann hammer Heave. The Ray Williams Memorial trophy will go to the best time for 60 plus in the 5,000 M. events are scored 5-3-1. For points to count on the trophies, there must be one or more competitors in the event than places counted. To score 5 points there must be at least 2 competitors, etc...

9 a.m. 5000 Meter, All Divisions
 9:45 a.m. 800 Meter Run
 10:30 a.m. 80 Meter Hurdles
 10:45 a.m. 100 Meter Hurdles
 11 a.m. 110 Meter Hurdles
 11:15 a.m. 100 Meter Dash
 11:45 a.m. 400 Meter Dash
 Officials Lunch Break
 12:30 p.m. 300 meter Hurdles
 12:45 p.m. 400 Meter Hurdles
 1:15 p.m. 1,500 Meter Run
 1:45 p.m. 200 Meter Dash
 2:15 p.m. 4 x 100 Meter Relay
 2:30 p.m. 50 Meter Dash

There is a time limit for each event. Your cooperation is expected and will be appreciated.

WAVATAC Implement Specifications

Implements will be inspected at check-in table

Age Women	Shot	Discus	Javelin	Hammer	Age Women	Hurdles Distance	Hurdle Height
30-49	4:00kg	1:00kg	600 gms.	4:00 kg	30-39	100M	33"
50+	3:00 kg	1:00 k.	400gms.	3:00 kg	40-49	80 M	30"
					50+	80 M	30"
Men					Men		
30-49	7:26 kg.	2:00 kg	800 gms.	7:26 kg	30-49	110 M	39"
50-59	6:00 kg	1:50 kg	800 gms.	6:00 kg	50-59	100 M	33"
60-69	5:00 kg	1:00 kg	600 gms.	4:00 kg	70 +	80 M	30"

THANKS TO ALL OF YOU, OUR MEET IS GROWING!

Hotels nearest to Meet: Goleta, CA 93117

Motel 6
 5897 Calle Real
 (805) 964-3596

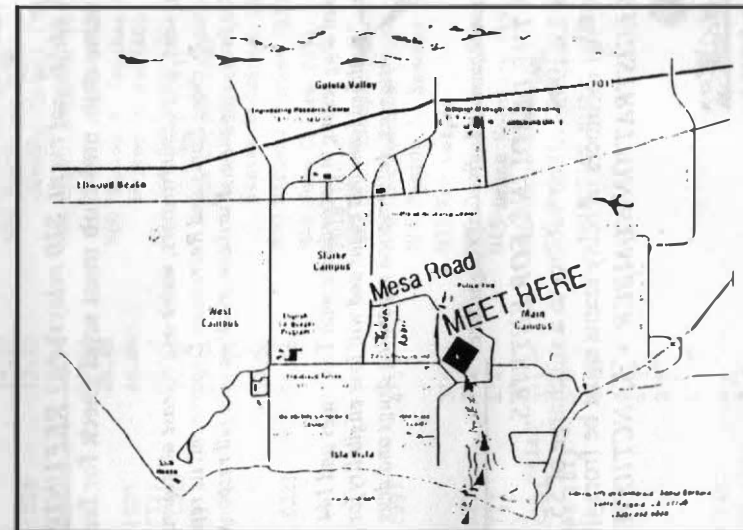
Goleta Valley Inn
 6021 Hollister Ave
 (805) 967-5591

Pilot House
 1 Sandspit Rd
 (805) 967-2336

Holiday Inn
 5650 Calle Real
 (805) 964-6241

South Coast Inn
 5620 Calle Real
 (805) 967-3200

Quality Suites
 5490 Hollister Ave
 (805) 683-6722



INFORMATION PHONE: (805) 682-9540

Return entry to Club West, P.O. Box 1079 Goleta, CA 93116-1079

20th Annual

Masters' Track & Field Event

Saturday, October 2, 1993

University of California Santa Barbara

Cosponsored by Club West & City of Santa Barbara Parks and Recreation Department
Free parking across street from track

Return entry to Club West, P.O. Box 1079 Goleta, CA 93116-1079 • (805) 682-9540

Entry Blank & Release Form (please print or type)

Name _____ Age _____ Date of Birth ____/____/____ Phone: (____) _____

Address _____ City _____ State _____ Zip _____

Please enter me in the following events:

- | | | | |
|----------|------------|----------|------------|
| 1. _____ | P.R. _____ | 2. _____ | P.R. _____ |
| 3. _____ | P.R. _____ | 4. _____ | P.R. _____ |
| 5. _____ | P.P. _____ | 6. _____ | P.R. _____ |
| 7. _____ | P.R. _____ | 8. _____ | P.R. _____ |

(P.R. = Personal Records)

Entry fees: \$10 first event (\$5 each additional event, \$10 relays) NO REFUNDS
Relay team members must be from same club, and club must send check for fees.

Athlete/Team Release:

In consideration of my/our entry, I do hereby for myself/ourselves, heirs, and administrators, waive and release all claims I/we may have against the Club West Masters' Track & Field Meet, the City of Santa Barbara Parks and Recreation Department, its representatives, the various governing bodies, for any and all injuries suffered by me/us from competing. Furthermore, I/we take full responsibility for personal equipment owned by myself/ourselves.

Required by the Athletics Congress:

Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and 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.

My 1993 TAC number is: _____ (Registration required) Individual's Signature _____

SEPTEMBER 25, 1993 IS THE DEADLINE FOR ENTRIES.

Entries postmarked after September 25, 1993 will be subject to a surcharge of \$5.

Club should be responsible for relay team entries. All members of relay teams must be from the same club.

• **YOU CANNOT COMPETE WITHOUT A TAC REGISTRATION NUMBER • SANCTIONED BY SCA-TAC**



20th Annual

Masters' Track & Field Event

Saturday, October 2, 1993
University of California Santa Barbara

(See map on reverse side)

Cosponsored by Club West &

City of Santa Barbara Parks and Recreation Department



Field Events

0:00 a.m. Hammer - All Hammer Throwers, U.C.S.B. Hammer Ring
 0:30 a.m. Discus throwers who do not throw the hammer.
 Hammer throwers who also throw the discus report to the discus for the second round which starts as soon as the first round finishes.

The Following Events In The Reverse Order Starting With M-80 & Women

0:30 a.m. Long Jump
 0:30 a.m. Pole Vault
 1 a.m. Javelin
 2 noon Shot Put
 p.m. High Jump
 p.m. Triple Jump

Track Events - Preliminary Time Schedule:

For all field events, except High Jump and Pole Vault, there will be four attempts. If competitor is unable to complete attempts in the Pole Vault or High Jump in allotted time, that competitor may compete in flight other than one assigned.

John Whittemore trophies will be awarded again and a trophy goes to the man over 70 who wins the Hubbel-fermann hammer Heave. The Ray Williams Memorial trophy will go to the best time for 60 plus in the 5,000 M. events are scored 5-3-1. For points to count on the trophies, there must be one or more competitors in the event than places counted. To score 5 points there must be at least 2 competitors, etc...

9 a.m. 5000 Meter, All Divisions
 9:45 a.m. 800 Meter Run
 10:30 a.m. 80 Meter Hurdles
 10:45 a.m. 100 Meter Hurdles
 11 a.m. 110 Meter Hurdles
 11:15 a.m. 100 Meter Dash
 11:45 a.m. 400 Meter Dash
 Officials Lunch Break
 12:30 p.m. 300 meter Hurdles
 12:45 p.m. 400 Meter Hurdles
 1:15 p.m. 1,500 Meter Run
 1:45 p.m. 200 Meter Dash
 2:15 p.m. 4 x 100 Meter Relay
 2:30 p.m. 50 Meter Dash

There is a time limit for each event. Your cooperation is expected and will be appreciated.

WAVA/TAC Implement Specifications

Implements will be inspected at check-in table

Age Women	Shot	Discus	Javelin	Hammer	Age Women	Hurdles Distance	Hurdle Height
30-49	4:00kg	1:00kg	600 gms.	4:00 kg	30-39	100M	33"
50+	3:00 kg	1:00 k.	400gms.	3:00 kg	40-49	80 M	30"
					50+	80 M	30"
Men					Men		
30-49	7:26 kg.	2:00 kg	800 gms.	7:26 kg	30-49	110 M	39"
50-59	6:00 kg	1:50 kg	800 gms.	6:00 kg	50-59	100 M	33"
60-69	5:00 kg	1:00 kg	600 gms.	4:00 kg	70 +	80 M	30"

THANKS TO ALL OF YOU, OUR MEET IS GROWING!

Motels nearest to Meet: Goleta, CA 93117

Motel 6
 5897 Calle Real
 (805) 964-3596

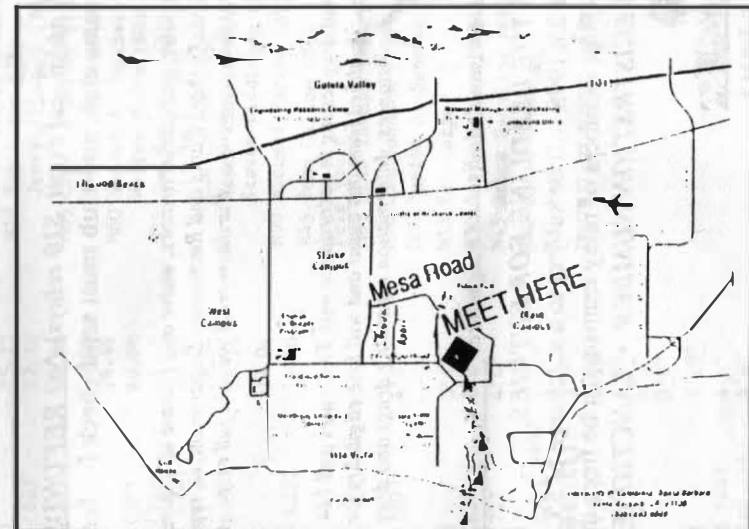
Goleta Valley Inn
 6021 Hollister Ave
 (805) 967-5591

Pilot House
 1 Sandspit Rd
 (805) 967-2336

Holiday Inn
 5650 Calle Real
 (805) 964-6241

South Coast Inn
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 5490 Hollister Ave
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INFORMATION PHONE: (805) 682-9540

Return entry to Club West, P.O. Box 1079 Goleta, CA 93116-1079

Race Number	Race Name	Date/Time	Distance	Location	Entry Fees	Registration	Special Info	Awards	Contact
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1	Golden Gate Park Cross Country Series, 8th annual	Sep 11, Oct 16, Oct 30 9:00 am	4 miles M/F, except Oct 30, Men's 6 mile Allgrass or dirt	San Francisco 30th Ave & JFK Drive in GGP. East of Spreckels Lake and the North entrance to the Polo Fields	Three race series: Only \$25 (includes t-shirt) pre-reg, \$30 race day, \$12 w/shirt, \$8 w/o if pre-registered by week prior to race, \$10/\$15 race day Make checks Payable to Go: San Gate Park Cross Country Series send to above address
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Register at these FLEET FEET stores:

Martini, SF 2085 Chestnut at Steiner 921-7185
Marnel, SF 2268 Market St near Castro 255-1064
Lafayette, SF 2549 Ocean Ave at 19th Ave 254-3755
Cupertino 21267 Stevens Creek Blvd (408) 446-5511
Palo Alto 34 Town & Country Village 921-4111
Walnut Creek 1528 Bonanza 922-6453

Call evenings at (415) 646-1467 for more information only
• best source for phone information

October 30 race to raise awareness for the Golden Gate Invitational and is part of the AET (Aerobic Cross Country Grand Prix) with \$3,000 in prize money for this one race M & F combined on awards. 1st \$500, 2nd \$300, 3rd \$200, 4th \$150, 5th \$125. Overall National GP has \$10,000 in total prize money.

Series M & F men's 6 mile P Older Master Race Masters (6-12) value 1 and individual Q's Shoe T-shirts with name engraved on personal trophy. Meet run at other races to qualify.

Team Awards (October 30 only) Dirty Shoe Trophy to top PA/USATF teams. \$M & F scoring per team as maximum for team all discipline.

FLEET FEET Merchandise Available to division winners in individual races in Open (M-F) (50-59) (60-69) (70+)
\$100 Prize for Breaking Four Mile Course Record
19 17 Brian Aguirre 1989 22 36 Lon Binder 1991

First only gets prize any race

2	Sierra Invitational	Sept 18 9:00 am Women's Open & Masters 9:30 am Men's Open & Masters	Women's 5K Men's 4M Race as separate from collegiate races same day	Rocklin Sierra College 180 North from Sacramento exit Rocklin Road. East on Rocklin Road 0.5 mile to Sierra College on left (5800 Rocklin Road). Enter east entrance. Start visible once you enter.	\$25 for 5-7 man PA/USATF club team (5 score) \$5 for individuals
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Race day only

Shower and locker rooms available
Top 3 men and women will receive merchandise awards

Sponsored by the Reebok Age of Running Club and Sierra College Cross Country

Scoring and Results

Prize money based on each team will be determined by team score. Results posted near finish line.

Course

Much of course on the asphalt part of the USJ and stadium and hard packed driveway and sidewalks are definitely not recommended. Course records — Women's Chris Boyd unattached 12:31.4
Men's Max Stone 24:18
Sonoma State Men's 15h, Chris Schile Reebok Aggrus 30:43

3	UC Davis Aggie Invitational	Sept 25 9:00 am Women's 9:45 am Men's	Women's 5K Men's 8K Run with college-age runners	UC Davis From 180, Take Hwy 113 North East at Hutchison Blvd (the final exit) convergence to Hutchison Road. At the first stoplight (corner of Hutchison and Ave 1) you will see the large field that is the start/finish area. Turn left onto Ave 1. The first building on the right is Recreation Hall where parking, restrooms and showers are available.	\$25 for 5-7 man PA/USATF club team (5 score) \$5 for individuals No race day entry; pre-reg by Sept 15 for guaranteed entry. Men's and women's teams: our 22 teams. Checks payable to: Regents, University of California
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Dressing facilities available at Rec Hall. Showers and lockers available but bring your own towel. Training room open just inside Rec Hall beginning at 7:30 am. Grand prize points only for USATF members. Bring card to race. Registration table available for new members.

Awards

POWERBARS for each participant
Andros t-shirts for the top 10 finishers. PA/USATF Grand Prix points.

UC Davis Athletics

Shower and locker rooms available
Top 3 men and women will receive merchandise awards

Registration

October 30 race to raise awareness for the Golden Gate Invitational and is part of the AET (Aerobic Cross Country Grand Prix) with \$3,000 in prize money for this one race M & F combined on awards. 1st \$500, 2nd \$300, 3rd \$200, 4th \$150, 5th \$125. Overall National GP has \$10,000 in total prize money.

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FLEET FEET Merchandise Available to division winners in individual races in Open (M-F) (50-59) (60-69) (70+)
\$100 Prize for Breaking Four Mile Course Record
19 17 Brian Aguirre 1989 22 36 Lon Binder 1991

First only gets prize any race

4	Mills Invitational	Oct 9 9:00 am Women & 5K 9:45 am Men's	Terrain is composed of a grass start and finish straight dirt/road and some asphalt. Significant hill after 3.5 mile mark. Run with college-age runners.	Mills College Located off Highway 580 in Oakland. If you are coming from downtown, take the second MacArthur Blvd exit. Veer right onto MacArthur Blvd, stay in the left lane and turn right immediately into the Mills College Gates. If you are coming from Hayward take the 1st exit immediately onto the Highway 13 Exit on the right. Turn off the freeway, and then turn left onto MacArthur Blvd. Make the left turn onto the Mills College Gates.	\$25 for 5-7 man PA/USATF club team (5 score) \$5 for individuals
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All non-collegiate runners must have a current PA/USATF card.

Send check payable to PALS COLLEGE by October 1, 1992. PA/USATF membership card # 216-540-0000 number 216-540-0000. PA/USATF membership card # 216-540-0000 number 216-540-0000.

Shower and locker rooms available
bring your own towel.

POWERBARS for each participant
Andros t-shirts for the top 10 finishers. PA/USATF Grand Prix points.

Mills College Athletics

Open women's records Chris Boyd unattached 18:49 1982. Open men's Marc Davis unattached 42:26 1992.

5	Golden Gate Park Cross Country Series II	Oct 16 9:00 am	4 miles M/F	San Francisco 30th Ave & JFK Drive in GGP. East of Spreckels Lake and the North entrance to the Polo Fields	See Race 1 above for details
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See Race 1 above for details

Mary Sheahan (415) 521-7185

6	Golden Gate Park Cross Country Series III	Oct 30 9:00 am	Women's 4M Men's 6M	San Francisco 30th Ave & JFK Drive in GGP. East of Spreckels Lake and the North entrance to the Polo Fields	See Race 1 above for details
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This race is part of the REEBOK National Cross Country Grand Prix and is known nationally as the Golden Gate Invitational!

Mary Sheahan (415) 521-7185
Tim Watson (415) 648-1467 For elite athletes

<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td style="text-align: center; vertical-align: middle;">7</td> <td style="vertical-align: top;">PA/USATF Cross Country Championships</td> <td style="vertical-align: top;">Nov. 13, Noon Open & Masters Women's 5K 1:00 pm Masters Men's 10K 2:00 pm Open Men's 10K</td> <td style="vertical-align: top;">Course is the same as last year's Championships. Basic two mile loop is the same one used by the Golden Gate Park Cross Country Series. Starts are moved to the east end of Lindley meadow, and the finish is going east up the south side of the meadow. Ask at any Golden Gate Park Cross Country race or at GGP Wednesday training runs for exact details of the finishes.</td> <td style="vertical-align: top;">San Francisco 30th Avenue and JFK Drive, in Golden Gate Park, East of the north entrance to the Polo Fields and Spreckels Lake</td> <td style="vertical-align: top;">Mail registration \$12 postmarked before Oct. 30 groups of 7 or more same club USATF registered athletes \$10 each if all in same envelope Walk-in registration \$12 until Wednesday November 10. Booth at all GGP races for registration Race day \$15 beginning at 10:00 am Checks to PA/USATF-X-C</td> </tr> </table>	7	PA/USATF Cross Country Championships	Nov. 13, Noon Open & Masters Women's 5K 1:00 pm Masters Men's 10K 2:00 pm Open Men's 10K	Course is the same as last year's Championships. Basic two mile loop is the same one used by the Golden Gate Park Cross Country Series. Starts are moved to the east end of Lindley meadow, and the finish is going east up the south side of the meadow. Ask at any Golden Gate Park Cross Country race or at GGP Wednesday training runs for exact details of the finishes.	San Francisco 30th Avenue and JFK Drive, in Golden Gate Park, East of the north entrance to the Polo Fields and Spreckels Lake	Mail registration \$12 postmarked before Oct. 30 groups of 7 or more same club USATF registered athletes \$10 each if all in same envelope Walk-in registration \$12 until Wednesday November 10. Booth at all GGP races for registration Race day \$15 beginning at 10:00 am Checks to PA/USATF-X-C	<p>Open Women's Open Men's Masters's 5 year age groups starting 40-44 ending with oldest competitor for men and women</p> <p>Race serves as the Pacific Association Championships. All runners must be currently registered PA/USATF members</p>	<p>\$2,200 in prize money for teams and individuals. Counts double points toward Association Grand Prix prize structure. USATF Cash Awards</p> <p>Individuals M & F</p> <p>Open 1st \$150 2nd \$100 3rd \$50 Masters (40-49) 1st \$100 2nd \$50 Seniors (50-59) 1st \$50</p> <p>Teams</p> <p>Open 1st \$150 2nd \$100 Masters 1st \$150 2nd \$50 Seniors 1st \$50</p> <p>Volunteers provided by the Hoyle's Racing Team</p>
7	PA/USATF Cross Country Championships	Nov. 13, Noon Open & Masters Women's 5K 1:00 pm Masters Men's 10K 2:00 pm Open Men's 10K	Course is the same as last year's Championships. Basic two mile loop is the same one used by the Golden Gate Park Cross Country Series. Starts are moved to the east end of Lindley meadow, and the finish is going east up the south side of the meadow. Ask at any Golden Gate Park Cross Country race or at GGP Wednesday training runs for exact details of the finishes.	San Francisco 30th Avenue and JFK Drive, in Golden Gate Park, East of the north entrance to the Polo Fields and Spreckels Lake	Mail registration \$12 postmarked before Oct. 30 groups of 7 or more same club USATF registered athletes \$10 each if all in same envelope Walk-in registration \$12 until Wednesday November 10. Booth at all GGP races for registration Race day \$15 beginning at 10:00 am Checks to PA/USATF-X-C			

SEND ONE REGISTRATION FORM TO EACH DIFFERENT ADDRESS & RACE. COPY FORMS AS NECESSARY PLEASE ENCLOSE BUSINESS SIZE SASE

GENERIC APPLICATION	GENERIC APPLICATION	GENERIC APPLICATION
<p>Race name _____ Race date _____</p> <p>Golden Gate Park Cross Country Series. Race only (send to same address) Check <input type="checkbox"/> Series (all three races) <input type="checkbox"/> Sept 11 <input type="checkbox"/> Oct 16 <input type="checkbox"/> Oct 30</p> <p>Entrant's Name _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone _____ (Day) _____ (Even) _____</p> <p>Sex: <input type="checkbox"/> M <input type="checkbox"/> F Age (Race Day) _____ T-shirt size _____</p> <p>PA/USATF Runner # _____ Team name _____</p> <p>Fees enclosed _____ For _____</p> <p>I (or a member of my party) can volunteer: <input type="checkbox"/> Race day <input type="checkbox"/> Other times</p> <p>(If a participant is unable to attend, please notify the race organizers as soon as possible. The organizers will attempt to find a replacement. If no replacement is found, the race will proceed without the participant. The participant's name will be removed from the race list. The participant's name will be removed from the race list. The participant's name will be removed from the race list.)</p> <p>Signature _____ Date _____</p> <p>ALL ENTRANTS MUST SIGN WAIVER (Parent/Guardian if under 18). Make checks payable to: See information above for each race.</p>	<p>Race name _____ Race date _____</p> <p>Golden Gate Park Cross Country Series. Race only (send to same address) Check <input type="checkbox"/> Series (all three races) <input type="checkbox"/> Sept 11 <input type="checkbox"/> Oct 16 <input type="checkbox"/> Oct 30</p> <p>Entrant's Name _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone _____ (Day) _____ (Even) _____</p> <p>Sex: <input type="checkbox"/> M <input type="checkbox"/> F Age (Race Day) _____ T-shirt size _____</p> <p>PA/USATF Runner # _____ Team name _____</p> <p>Fees enclosed _____ For _____</p> <p>I (or a member of my party) can volunteer: <input type="checkbox"/> Race day <input type="checkbox"/> Other times</p> <p>(If a participant is unable to attend, please notify the race organizers as soon as possible. The organizers will attempt to find a replacement. If no replacement is found, the race will proceed without the participant. The participant's name will be removed from the race list. The participant's name will be removed from the race list. The participant's name will be removed from the race list.)</p> <p>Signature _____ Date _____</p> <p>ALL ENTRANTS MUST SIGN WAIVER (Parent/Guardian if under 18). Make checks payable to: See information above for each race.</p>	<p>Race name _____ Race date _____</p> <p>Golden Gate Park Cross Country Series. Race only (send to same address) Check <input type="checkbox"/> Series (all three races) <input type="checkbox"/> Sept 11 <input type="checkbox"/> Oct 16 <input type="checkbox"/> Oct 30</p> <p>Entrant's Name _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone _____ (Day) _____ (Even) _____</p> <p>Sex: <input type="checkbox"/> M <input type="checkbox"/> F Age (Race Day) _____ T-shirt size _____</p> <p>PA/USATF Runner # _____ Team name _____</p> <p>Fees enclosed _____ For _____</p> <p>I (or a member of my party) can volunteer: <input type="checkbox"/> Race day <input type="checkbox"/> Other times</p> <p>(If a participant is unable to attend, please notify the race organizers as soon as possible. The organizers will attempt to find a replacement. If no replacement is found, the race will proceed without the participant. The participant's name will be removed from the race list. The participant's name will be removed from the race list. The participant's name will be removed from the race list.)</p> <p>Signature _____ Date _____</p> <p>ALL ENTRANTS MUST SIGN WAIVER (Parent/Guardian if under 18). Make checks payable to: See information above for each race.</p>

All participants in the PA/USATF Championship must be PA/USATF members.

Competition in the PA/USATF Championships is mandatory in order to collect Cross Country Grand Prix prize money.

Since the PA/USATF Cross Country Championship is also part of the PA/USATF LDR Grand Prix, it has a separate Association/LDR prize structure which includes individual and team competition.

Please remember to plan ahead, and be courteous at all G.P. events. This is particularly important when attending the collegiate invitationals, where Pacific Association runners are guests. Other than our participation, our impact upon these events should be kept to a minimum. A courteous and sensitive presence is absolutely necessary in order to continue our good relationship with these meets.

Most questions, on race day, and otherwise, should be handled through the PA Cross Country Subcommittee Chairperson. This person is Tim Wason. He'll be around to assist you, as necessary. (Our previous chair, Randy Accetta, has had to step down, since both he and Melissa will be moving to Arizona in the near future.) Those who bug college race directors/coaches will be subject to loss of G.P. points for themselves or their clubs. Contact Tim Wason at 4475 23rd Street, Apt. #4, San Francisco, CA 94114, Tel/Fax: (415) 648-1467.

Team score sheets for each race must be turned in to Tim Wason on race morning, or received (fax or mail) at the LDR/RunCal office no later than Wednesday following the race—in order for your team to score.

Season End Prize Funds/Awards:

Individuals: Open M/W: 1st-\$150; 2nd-

\$100; 3rd-\$50; 4th through 6th-shoes. Masters M/W: 1st-\$100; 2nd-\$50; 3rd-shoes. Senior M/W: 1st-\$50; 2nd-shoes. Super Senior M/W: 1st-shoes. Veteran M/W: 1st-shoes

Teams: Open M/W Teams: 1st-\$250; 2nd-\$100. Master M/W Teams: 1st-\$150; 2nd-\$50. Senior M/W Teams: 1st: \$50.

That's it. Hoping to see you off-road for at least a few of these great cross country events this season!

Mark Winitz,
PA/USATF LDR
Chairman

Mark's article of the racing season above tells you about the end result of training—the racing. This year we are doing something about the necessary background to competition—the training:

Free Cross Country Training Runs in SF

Learn the classic fall harrier sport at weekly workouts in Golden Gate Park, on the course used for the three-race Golden Gate Park Cross Country Series and the PA/TAC Cross Country Championships, all of which are on the X-C Grand Prix. Workouts are designed for experienced runners of every speed.

Emphasis will be on learning the technical parts of the course and building strength,

speed, and flexibility. Get off the roads and track and learn this great sport! All individuals and clubs welcome. Drop-in. Optional indulgence in pizza and libations afterwards.

Meets every Wednesday evening from August 25 to November 10 at 6:00 pm (but probable change to 5:30 pm after time change) at Lindley Meadow, 30th Avenue and JFK Drive in Golden Gate Park (where the Golden Gate Park Cross Country Series and the PA X-C Championships will start and finish). Competitive team may emerge if enough interest.

Call Tim Wason, Cross Country Subcommittee Chair, at (415) 648-1467 for details.

PA/USATF Cross Country Grand Prix Schedule 1993

Date	Race	Location	M/F Dist	Contact
Sept 11	Golden Gate Park 1	San Francisco	4M/4M	Mary Sheahan (415) 921-7188
Sept 18	Sierra College Invite	Rocklin	4M/5K•	Ron Richardson (916) 688-7258
Sept 25	UC Davis Aggie Invite	Davis	8K/5K••	Sue Williams (916) 752-1942
Oct 9	Mills College Invite	Oakland	8K/5K•••	Patti Gray Bellan (510) 569-5277
Oct 16	Golden Gate Park 11	San Francisco	4M/4M	Mary Sheahan (415) 921-7188
Oct 30	Golden Gate Park 111*	San Francisco	6M/4M	Mary Sheahan (415) 921-7188
Nov 13	PA/USATF Champs	San Francisco	10K/6K	Tim Wason (415) 648-1467

• Race day registration only

•• No race day entry; pre-reg by Sept 15 for guaranteed entry

••• Pre-reg by Oct 2 please

All races in Golden Gate Park accept race day reg, but it is less expensive to reg in advance

* (also known as Golden Gate Invitational as part of National X-C GP)

All races have all divisions in GP scoring

Free cross country training runs at 6:00 pm Wednesdays starting August 25 until November 10. Wkouts start at 5:30 pm after fall time change. Call below for details.

If you cannot reach contacts above, call Tim Wason. PA/USATF Cross Country Subcommittee Chair eves (# above)