

NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)



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LUKA. YOUR EYES ARE SHOWING!

Luka Sekulich and his great grandson, Jack Benjiman Ball, at seven months. Says Luka, Jack Benjiman was born February 14, 1993, "a Valentine boy"; little Jack's father is a carpenter, and his great grandfather (Luka) was a carpenter. Luka directed his 25th Brickyard Run for the club just about one week after this little fellow arrived.

NORTHERN CALIFORNIA SENIORS AT SANTA BARBARA, October 2 ---

All club members competed very successfully, and enjoyed this last competition of the year at our favorite out-of-town week-end--with perfect weather, wonderful hospitality and officiating, and best competitors.

Eddie Hart competed for the first time since sustaining an accidental ankle injury. His starts in the 50 and 100 meters were on top and he cruised to easy wins of 6.25 and 11.55, choosing to ease into competition. Coach Grubi was pleased that all of our club 50 meters contestants broke on top and won the 50 meters in their age groups. Martyn Adamson (55) ran 6.95, Ray Yeck (45) ran 6.70 and Dwayne Jones (33), 6.34.

Martyn Adamson won all of his events, also including a 12.80 100 meters, a good 200 meters, and 58.23 in the 400. Dwayne Jones won the 100 (12.16) and pushed his competition with a close second of 23.9 in the 200). Ray Yeck ran good seconds to Stan Whitley with his

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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
 916/667-9003

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
 415/285-3352



Ed Manougian



Ruth Anderson



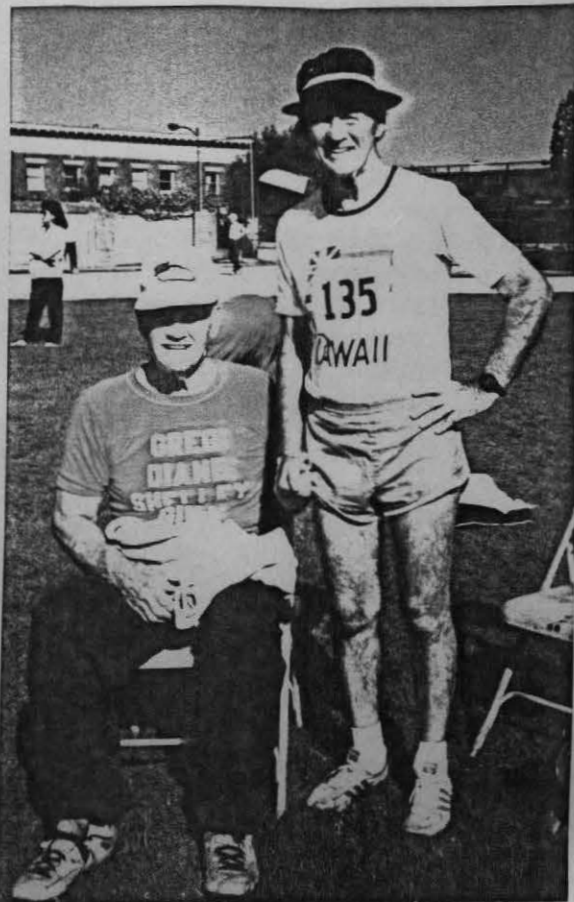
Margaret Dixon Jerry Silsdorf



Jim Johnson



Midge Burkhead, Lyman Glenn,
Joanne Packer



Jim York, Stan Thompson



Andrew Kearns



Bob E... John Burns

Cont. from p. 1, NOR. CAL. SRS. AT
SANTA BARBARA, October 2 --

12.35 100 meters and his 24.15 200
meters.

Judy Ace (41) won her three events, with
14.8 (hand time) in the 100 meters, 30.75
in the 200 and 67.64 in the 400 meters.

James York, Jerry Silsdorf and Roger
Werne competed in the field. (I don't
have those results yet.)

On the left (p. 2) are pictures by Shirley
Dietderich showing the mood of the NCSTC
Classic of September 12, 1993, at U.C.
Berkeley.

PERFORMANCE AWARDS OF \$100 each were made
for the best man's and best woman's age-
graded score in the track events and in
the field events, as follows:

Best Man's track event --

Jim Loftus 800 meters (2:02.1) .9475
(43)

Best Woman's track event --

Linda Mantynen (45)
1500 meters (5:01.0) .9338

Best Man's field event --

Marion A. Sanchez (61)
high jump (5'0") .8783

Best Woman's field event --

Margaret Dixon (39)
high jump (4'6") .7420

Some close scores in the men's track were
Matt Pruitt's .9194 for his 24.1 200M and
.9108 for his 55.08 400 (age 48); Floyd
Malone's 52.69 400M, .9085, for age 42;
Martin Adamson's .8979 for his 59.31 400M
at age 55; and Joe King's .8951 for his
11.19.9 3000M at age 67.

In the field events for men, Walter Dahlin
scored .8702 for his 4'4" high jump at age
72; and Ed Baskauskas scored .8212 for his
5'8" high jump at age 43.

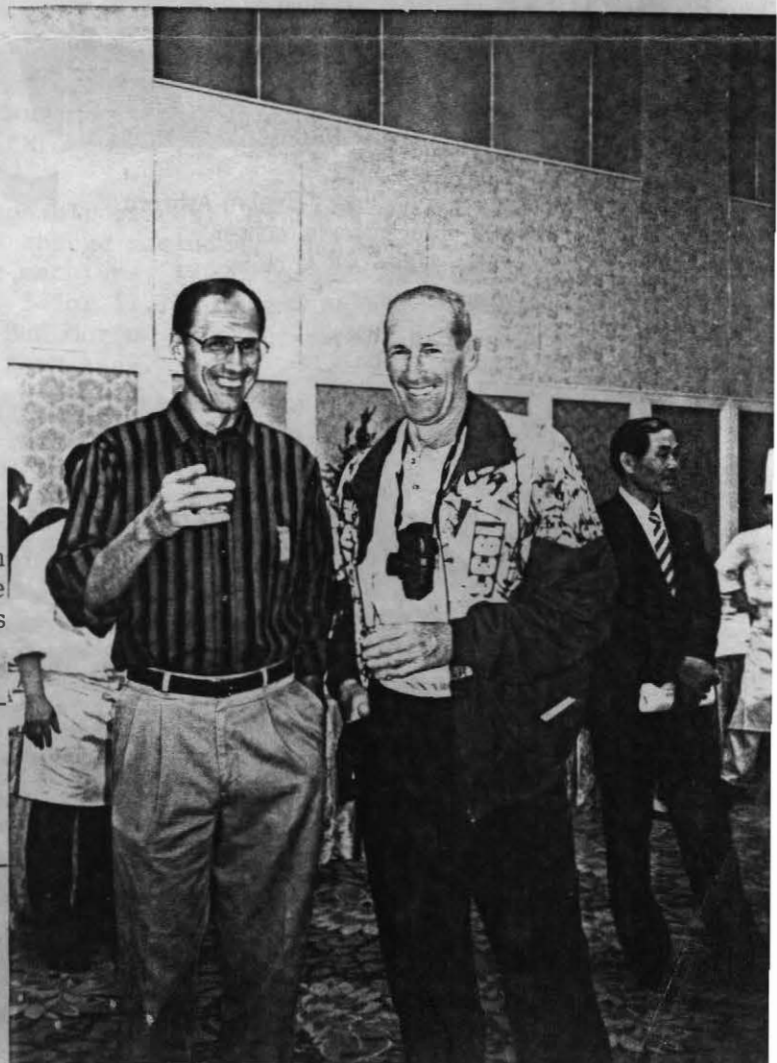
In the field events for women, Joy Upshaw-
Margerum scored .7177 for her long jump
of 16'9½" at age 32; and Cherrie Sherrard
scored .7162 for her shot put of 10.31
meters at age 55.

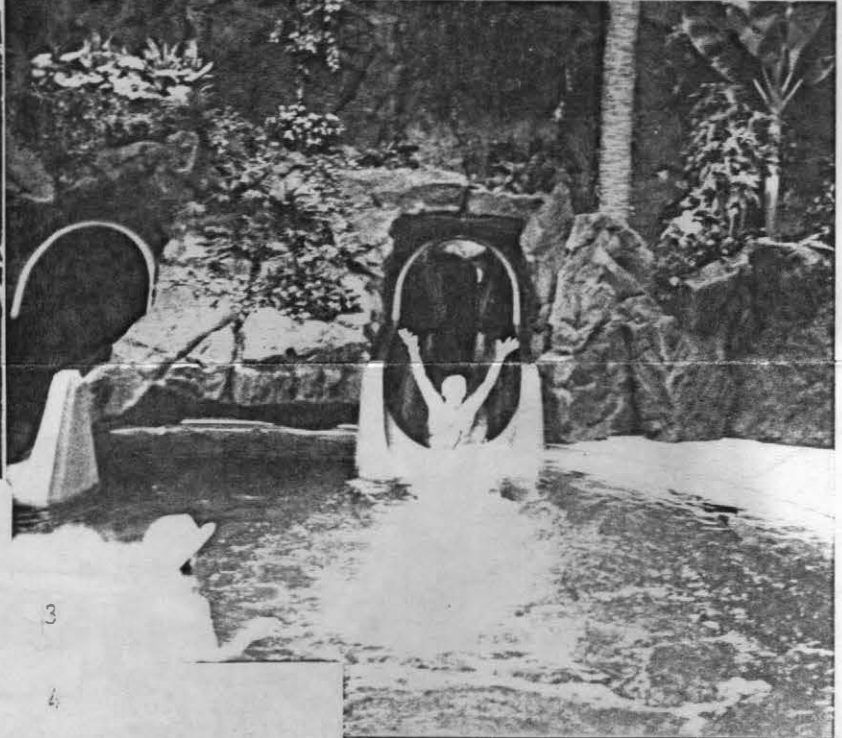
THE 10TH WORLD VETERANS CHAMPIONSHIPS, 1993
MIYAZAKI, JAPAN - photos furnished by Shirley
Dietderich

Shirley's gold medal for her third leg of the
U.S. W65 4 X 100 meters relay --



Phil Conley at the banquet --





1. U.S.A. flag bearer, Ruth Anderson
 2. Shirley Dietderich, Margaret Dixon, Evelyn Ashford
 3. Shirley relaxing—new entertainment center
 4. Shirley's victory stand, W65 4 X 100 relay
 Miyazaki, Japan
 5. Japanese wood carving



Shirley Dietderich has just returned from the world meet in Miyazaki, Japan, and gives us the following report:

"The Good--

The city was pretty modern--more of a businessman's city like Osaka. Hundreds of flags lined the streets and large signs pointed out free shuttle bus stops; there were 2 people at every bus stop...one an interpreter with a green jacket and white arm band showing the language spoken, the other with a blue jacket and walkie talkie, telling you when the next bus would leave (usually 7 minutes after the hour and half-past). The first day there were problems, (until) they put on extra buses... Also, the last day, 4 or 5 buses arrived 'for marathon only' and left with only 2 or 3 people on them (I had to catch a cab). Our Hotel 'The Kanko' always had two interpreters on duty to help us... I was told there were 700 interpreters from all over Japan, teachers etc. who volunteered for one year of training. I met one who had been at U.C. Berkeley Extension and she spoke excellent English. They then volunteered for the 12 days at our World meet.

The Miyazaki Sports Park had 3 tracks side by side and a throwing field. The largest one was used for opening and closing ceremonies, the 100M finals, the 1500M and some throwing and jumping events. The second one was more of a warm up narrow track with lanes for wind sprints, and the third stadium was a good surface used for the 200M, 400M, 10,000M and Heptathlon. Leading into the Sports Park were large posters made for each country by 13-14 year old Junior High School Students. U.S. showed a black athlete who was very muscular.

The food tent was reasonable and open long hours--hot dogs and spaghetti \$6; hamburger steak dinner \$8; Chinese noodles, Japanese noodles, shish kabobs, ice cream cones and Japanese Bento "Box lunches".

The Prince and Princess of Japan were at the opening ceremonies and present the first three days of the meet; they stayed at our hotel on the thirteenth floor. They had an entourage of seven black limosines. They rode in the second car with the Japanese equivalent of two Secret Service men, 4 in the front car and each of 5 cars following, plus a Swat team in an armoured truck. Huge crowds waited for their departure each day.

Frank Shorter and Evelyn Ashford were the final runners to take the torch up the stairs to light the flame and later in the week we saw Evelyn Ashford compete in the 200 meters. She is a beautiful runner. The stadium was packed for the opening ceremonies and we marched by country. Ruth Anderson was chosen to be our U.S. flag bearer and she looked great. Unfortunately we were ushered out so the field could accommodate the thousands of children with drums and a dance group who entertained. Fire works were interspersed throughout the ceremonies. I found a way to sneak back in and see it.

We found plenty to eat and some actually at reasonable prices. My favorite place had a beef burgandy on rice for \$7.50, tea, tax and service charge included. The Hotel was \$5 for beer or coffee and \$3 for a pastry. We bought from Coke machines, \$2.20 for the same thing. We were able to buy Chiquita bananas as good as at home, 5 for \$1.10. Fresh oranges were available at breakfast. I found out on the flight home that Bud Morrow received a case of bananas from Chiquita for doing their commercial and was giving them away.

We also had a special program of lights at a Peace Monument built in 1945. Many of the traditional dances and plays were done for us as well as a Kimona fashion show, starting with the older traditional styles and ending with their top modern designers--really gorgeous patterns and colors were used.

Last of all we were invited into a Japanese home for dinner. There were eight of us and eight interpreters. The hostess and two of the interpreters cooked sukiyaki at the low tables. We removed our shoes on entering and sat on cushions on the tatami mats in the elevated DR. The room had Shoji at the windows and a Tokonoma recess. Outside I could see a traditional Japanese garden with very mature trees all trained in dwarf fashion or layered, a stone lantern and combed gravel with beautiful large rocks. Beyond and below were the lights of Miyazaki. The couple were both pharmacists and in four years had acquired seven drug stores. They designed and built their two story house. The rooms were smaller than ours but large by their standards. Dessert was a fresh mandarin orange. They picked us up in vans and cars and sent us by taxi back to the hotel.

The bad--

The eggs at breakfast were hard boiled, hard cold fried or undercooked scrambled powdered eggs. There were long delays on the 200 meters (1½ hours late) and the discus (2 hours late).

Check in of implements. We learned to take them after they were ok'd because they didn't bring them out for the competition if left there.

They didn't break down large fields of competitors into smaller groups, 10 min between throws. The banquet ended at 8:30 just when everyone was enjoying the dance music.

There were no simultaneous translations at the women's meeting. It lasted twice as long, everything being repeated three times. The general meeting was better, as people sat in sections where an interpreter could explain to them what was being said.

The rain on the first and last days--heptathletes had to high jump and were slipping plus being cold and wet. Poor Dr. Spangler on the 10,000 meters; I don't know how he even finished. And the closing ceremony was cancelled as the dancers couldn't perform and the instruments couldn't be used in the rain.

The javelin gold medal was awarded for tail first.

There was feeding frenzy at the banquet--there were no chairs to sit down at the tables. Poor Dr. Spangler (in his 90's) was trying to eat with chopsticks standing up. I finally succeeded in getting him a chair and some food. He was wearing all 7 of his gold medals!

All in all, I'd say the Japanese tried very hard to do it perfect. The people were friendly and the children adorable all asking us for autographs. Most of us enjoyed being there and were quite satisfied with the experience."

Shirley reported a 4th place for her javelin and 8th in the 200 meters. She also saw Martyn Adamson's 25.42 placed him 8th in the 200M. She thought Phil Conley's javelin throw was 6th.

Ruth Anderson also made a few comments about the World meet, and plans to write an article about the marathon, which she will entitle "The Yellow Sea" because the 5,000 Japanese of the 5,700 marathon competitors were all issued yellow singlets and trunks; we will be able to print it in the next newsletter. They ran out of water and thanks to some friends, she got enough liquid to finish. She waited three hours after the finish to get the results, unsuccessfully; some friends thought she was third in the W60 age group. There were costly mistakes--one lady listed on the U.S. Cross-Country team was shown as a man (M60) and this could not be corrected to make up the U.S. team. Ruth was selected to carry the U.S.A. flag during opening ceremonies. She (as well as Phil Conley) were honored the day before the marathon with a party and large lacquer black plaque for participation in all ten masters world meets. She was pleased with these honors, but these ceremonies were long and tiring. The weather was very hot for the marathon, but ended with a chilling rain.

Ruth attended meetings for two days. In 1995 the world meet will be in Buffalo, New York; the 1997 meet will be in South Africa. (Ruth will try to go there.) Ruth will furnish us information about the 1994 Canadian Program, starting in Toronto, moving westward, placing them in a position to come to the U.S. Nationals in Eugene, Oregon in 1994. She reported Paul Spangler won all golds in his 7 M90 events (as our Joe Packard once said, "the competition thins out as you get up there.") Martyn Adamson had 3 or 4 heats before the semi-finals, and Ruth watched his 200M final, an unwieldy amount of competitors. Ruth enjoyed the several million yen of fire works, the most arty explosions she had ever seen. They avoided the hurricane but had two days of very heavy rain. She enjoyed the hospitality of a nice family for dinner, as Shirley described.

Thank you, Shirley and Ruth for these early reports.

FURTHER REPORTS FROM MEMBERS --

From Jim York - "Was nice seeing you folks at UCSB...NICE SEEING SO MANY OLD FRIENDS. I have 3 nieces living in Santa Barbara, so the trip is always enjoyable. Have had a pretty good year throwing the weights. Age 79:

(1) Stanford 4/24/93, 25 # 26'6" Amer. Rec.

(2) Stanford 5/22/93, 5K Ham. 73'2" World Rec.

(3) L.A. State Police Games

16 # Ham 62'7" World Rec.

16 # Shot 21'11 $\frac{1}{2}$ " Wld Rec.

Attained age 80 June 25, 2993, and I am a CHP retiree. My first meet at age 80 was at the

World Police Games the first part of August, Colorado Springs, Colorado; the Olympic training site and the Air Force Campus were absolutely beautiful. As the oldest competitor I was treated royally. A number of competitors asked me if I was there to pitch horse shoes. Really had a very good time and the track officials at the meet highlighted my event and I managed to break the age 80 world record in the 16 pound shot. It is the only shot weight they have in Police Games. At the Nationals, Provo, Utah, I broke the

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80-84 American record hammer throw, and second in the shot and discus. There were 52 hammer throwers; I think my mark of 89'8" was the only new record in the meet.

Competed in the grand opening of Kelfield in the Santa Cruz mountains, Sept. 18--bettered my Police Games mark--

16# shot, 22'10", age 80 world record;
5K hammer, 74'8", age 80 world record."

Congratulations, Jim!

Correct address for

Ken Frederick, 8908 Carlisle Ave., Sacramento, CA 95828

Carl Reiterman, P.O. Box 381110, Ivins, Utah 84738

Frank Toner, P.O. Box 121, San Leandro, CA 94577

AT THE TRACK -

Wolfgang Schmulewicz reported without his elbow cast--his NCSTC Classic injury is healing! There's no way to keep a good man down.

Emanuel S. Myers, is age 40, born January 5, 1953--correction.

Letter from Paul Reese:

"A friend recently showed me your newsletter that listed all your past presidents and mentioned that the Club was founded in 1968 (this probably refers to our new Membership Roster, Ed.)

"A word about that founding in case your club history does not reflect it. In 1968 there was no club in Northern California exclusively for master runners; so I persuaded Bob DeCelle, then chairman of the PA-AAU Long Distance Running Committee, to call a meeting to form such a club. I arranged for this meeting to be held at the Marine Corps Memorial in San Francisco. DeCelle, Flory Rodd (who was a chain smoker at the time!), Alden Bryant, myself, and about three other people attended the meeting. Some place in my file, unlocatable at the moment, are the names of all attendees. From that meeting the Club was born...

Another item: When I was at the SF Marathon some NCSTC runners asked about the book Joe Henderson and I wrote describing my run across USA. This book, 10 MILLION STEPS, is now available through bookstores."