



November 1993

NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)

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MORE ABOUT THE MIYAZAKI WORLD MEET —

MARTYN ADAMSON brought back a GOLD MEDAL for his run in the 4 X 400 M55 relay and a SILVER MEDAL for the 4 X 100 relay. Martyn's enthusiasm for competition and enjoyment of the sport are unbeatable. He reported a most wonderful vacation for himself and his wife, Jan, and expressed his gratitude and appreciation of the efforts the Japanese made culminating in this experience. For the remainder of the year he will do a little cross training to give his strained ankle a chance.

RUTH ANDERSON submitted her report of the marathon, as follows:

"A Sea of Yellow"

"Every one of the 9,672 Japanese entrants in the World Veterans tenth championships (WAVA X) had been issued a yellow running outfit. Five thousand out of the 5,700 marathoners wore these bright yellow shorts and singlets in the marathon, October 17th in Miyazaki. Even the cloth numbers for the men were also yellow. For the first 5K of this event, I was funnelled along in a solid street of runners, constantly dodging slower ones. Cheering spectators lined both sides of the street, waving Japanese flags. Only after 5K was I able to run my pace, even though we were supposed to have lined up by finishing time. Much to my horror, there was no more fluids when I did reach the first aid station at 5K. I was really glad I had carried my own bottle, so I could fill it with 'Pocari Sweat', their version of 'Gatorade', a short distance later, and even luckier an American friend was nearby to hang on to the rest of the liter bottle for later.

"There still were no fluids left for me at 10K, not even wet sponges. The temperature was already reaching 80°F by now, having started at 9AM. I joined several thirsty runners dipping with ladles out of the bottom of the blue barrels; rather get sick later than dehydrated, I thought at the time. Fortunately for me, my friend had been able to fight off attempts to grab the bottle of 'Pocari Sweat' from him. There had been no shade along this out and back stretch past the big domed 'Seagaia' ocean resort, featuring the world's largest indoor beach. I far preferred the gorgeous real ocean beside our course with it's welcome breezes. A nice young Japanese male runner offered me a cold wet sponge at 20K. He said I looked hot, since my face did feel 'beet red'. At this point, a large military water truck tried to turn around in front of us, blocking the entire street. I just managed to sneak by the front end, but many runners,

(cont. on p. 2)

(foto below by S. Dietderich)



Martinez to Port Costa Brick Yard Run

Luka Sekulich, Director
1485 Darlene Drive
Concord, CA 94520
510/685-5185

Ken Carnine T&F Classic

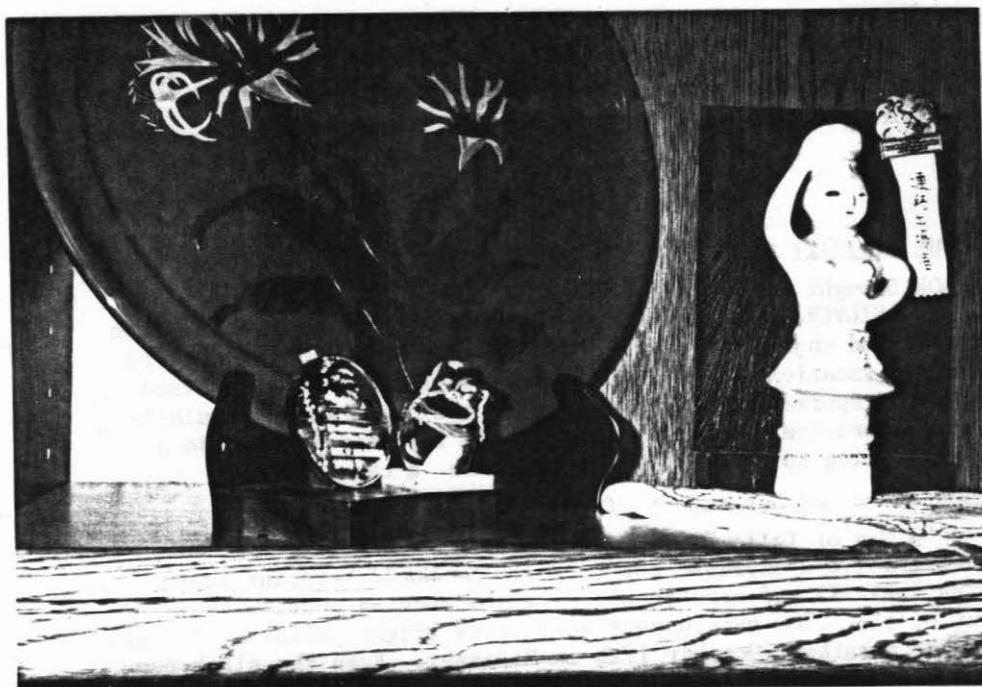
Michael Ackley, Director
4649 Oakbough Way
Carmichael, CA 95608
916/967-9003

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



("A Sea of Yellow", cont. from p. 1)

around me had to stop and wait to get by. I can't imagine how the organizers had hoped to supply water this way.

"Near the 30K mark, a pretty young Japanese woman runner gave me another wet sponge, which along with the now warm drink, spurred me on to catch a faltering W60 Japanese with 5K to go. A surprising number of fans had come out this far to cheer us in. They indicated to me that I was in third place among the W60ies. Alas, I still don't know, three weeks later, whether this is the fact or not! At the turnaround I had spotted by friend from Hong Kong running in second position. She had also finished ahead of at the cross-country the Sunday before. Even after waiting three hours from the time I had finished, no results could be produced to allow medal presentations. In fact, the first computer print-out for W60-64 listed three Japanese women in over 5 hours as 1,2,3. My time was a good hour better, and the real first and second were quite a bit ahead of me. Several other runners trying to learn their places found similar errors. It was bad enough that the 'Farewell Program' had been scheduled to precede the marathon awards, but heavy rains started shortly after I finished, causing the festivities to be cancelled. They had planned no alternatives when things didn't go according to 'schedule'...." (From the Editor: Thank you Ruth for your very interesting descriptions. My copy of the NMN arrived today, clarifying some of these things. You were listed as fifth with 4:28:37 in the W60 marathon; places 1,2,3 and 4 were Japanese ladies, as well as 6,7 and 8. You were the the only USA contestant among the first 8 in your age group, all the others being Japanese. Also, you were 5th in the cross country 10K, Japan taking 1,2 and 3 with 49:21, 51:09 and 55:36; Hong Kong was 4th with 56:10. You are to be congratulated for representing the USA all alone amongst the first 8 in each event.)



Ruth photographed her gifts from Japan (on the left). She and Phil Conley each received a large laquer plaque for participating in all ten of the world masters meets.

PHIL CONLEY'S javelin throw of 45.82 was a fifth place, close to Russia's 46.98 (third place) and Germany's 46.58 (fourth); first and second for the M55 were taken by Finland. Phil's throw was the best USA score in his age group, or in any age group of the javelin.

The NMN also shows FRED JOHNSTON was fifth (66.51) in the M45 400/36" hurdles, and ED MAHANY competed in the M60 long jump (3.97).

SHIRLEY DIETDERICH'S scores were first in a 4 X 100 relay, 4th in the javelin, 9th in the 200, W65 group.

The picture on the left, furnished by Ruth Anderson show NCSTC's womens' LDR team of Hanna Szoke, Ruth and Barbara Robben, who competed November 11, at the San Francisco Golden Gate Park PA/USA LDR Championship and X-Country G.P.

Executive Club Meeting, November 17, 1993, at President Ed Manougian's, 1517 Summit Road, Berkeley, CA 94708. There will be an annual meeting in January 1994, tentatively the Sunday one week before the "big game". The site will be announced in the December newsletter (hopefully, the Kit Pickles condo recreation room). All members are urged to plan to attend, for the election of officers, a discussion of the program for the coming year (what events would you like the club to have--are you interested in more meetings of club members, ranging from pot luck to dinners?) and action on club uniforms.

Please submit any nominations you wish for the offices of President, and Secretary/Treasurer, to Ed Manougian. Any volunteers to help with club functions would be appreciated.

Shirley is submitting an early order for a club uniform to be made in red and gold colors, at \$100 each (\$90 if 25 or more suits are ordered). She requires \$50 advance payment for each suit ordered. If you are interested, you can telephone her at 510/848-5016. She hopes to have her suit to show at the annual meeting. If you prefer an inexpensive warm up suit (pants, red, and jacket in gold) such as sold at Sears, etc., we want your input. The club logo will be printed on whatever quality of suit you prefer.

Gail Wetzork advised he will direct the Dick Houston Memorial Woodminster run in 1994 after which he will no longer be able to accept that responsibility, because of his increased work commitments.

WILFRED ("Bill") BIGELOW is recovering nicely from his October 8 heart surgery. He decided not to wait until February 1994--he wanted to get an earlier start on preparation for competition in 1995, the year he enters the M85 age group. There will be the world meet in the United States. Bill welcomes company now and his wife, Carol, tells us he would enjoy companionship on his walks near his Berkeley home on 827 Oxford Street. Give him a phone call at 510/524-4090. Bill comes to the U.C. Berkeley track on Sundays to report in for a walk. When he gets his strength back, he will resume his jogging.

MORE ABOUT THE SANTA BARBARA, OCT. 2
T&F MEET --

Raynaldo Brown (42), a recent recruit and friend of Eddie Hart, easily won the M40 high jump with a jump of 6'4". Ray competed in the 1968 World Olympics when he was still a high school teenager, at Compton High School. He now resides in Hacienda Heights. We are fortunate to have another Olympian in our club, one who is also still a great competitor. (The M40 high jump at Miyazaki was won with a 1.95 meter jump.)

Jerry Silsdorf won the M70 shot with 30-8, was third in the discus (69-8), second in the hammer (71-0), second in the high jump (3-10) and he won the long jump (8 10-3/4)!

Jim York won the M80 shot (30-1) and hammer (80-6).

Bob Boucke won the M80 triple jump (16 3 3/4) and the long jump (7 7/8), was second in the high jump (3-6) and shot (28-2); he also won the M80 discus (69-6) and the javelin (57-6).

The KELFIELD Grand Opening Meet, Santa Cruz, CA Sept. 18 -- attracted club members Phil and Fran Conley, Bob Stone and Jim York. Phil won the M55 javelin with 45.54 meters; Fran threw her javelin 28.42, a first place. Bob Stone won the M70 shot (7.37), the hammer (23.19) and the weight throw (7.37). Jim set two M80 records, the shot 6.94 and the hammer 22.61; he was also first in his weight throw with 6.44.

CAL. STATE SENIOR OLYMPICS, SAN DIEGO, Sept. 18-19 -- Ken Carnine won the M85 100M (18.89), 200M (39.70), discus (26.56) and javelin (22.75). Shirley Dietderich was second in the 100M (W65) (18.61), first in the 200 (40.59), first in the W65 discus (17.90) and first in the javelin (20.63). Jim Johnson won the M70 long jump (3.54). Mike Orlich won the M65 discus (38.56) and the shot (11.89). Fred Johnston was second in the long hurdles (67.10). Bob Feaster won the M60 400M (68.52), was third in the shot (12.02). Jerry Silsdorf was second in the shot (8.85) and the hammer (77-1).

SOME LDR RESULTS --

The NMN shows Sharlet Gilbert was seventh (3:00:53) in the W40 group of the USATF NATIONAL MASTERS MARATHON CHAMPIONSHIPS (Twin Cities Marathon), Minneapolis, MN, Oct. 6. Sharlet report a win on November 21 in San Francisco.

Ruth Anderson was shown as the W60 winner of the 1500 RW Aug. 27-29 Montana State Sr. Olympic, Kalispell, and the W60 winner (54:53) of the W60 USATF National Masters 10K Championships (Jim Thorpe 10K), Oklahoma City, Sept. 25.

Please send your results, so we can include them in this newsletter. Thank you. Ed.

Welcome, new member,

Dick White, born April 25, 1930, 350 Panoramic Way, Berkeley 94704 (a U.C. professor) --phone, home, 510/849-2236, work- 510/642-0540. Recruited by Mark Grubi. He ran distances in high and college and is interested in distances now, from the mile up.

Reports from members,

Tom Silva, one of our super stars, reports a change of address to 1100 Heavenly Drive, Martinez, CA 94553 (new home phone, 510/229-3164). He is expecting a new child soon and has been busy with moves, but is enthusiastically looking forward to 1994 competition.

The Northern California Seniors Club has always had it's "family" aspects. A club member's family is automatically included as members and eligible for club participation in all of its events. Tom O'Halleran brought his year old son to the U.C. Berkeley track one day to be introduced. It was a pleasure to meet Roger Scott's family, and later to watch two young Scotts give their version of interval training following Roger and Bob Fuller's intervals. All families are invited to the pot-luck annual meeting to be held in January.

The U.C. Berkeley all-comer meets will be on Saturdays in January and February 1994.

The USATF National Convention is being held November 30-December 4, at the Riviera Hotel, Las Vegas, NV, USATF (317)261-0500.

JOHN BURNS, our club Vice-President, has been named membership chair of the PACIFIC USAT&F Board of Athletics.

MEMBERSHIP DUES are payable January 1, 1994, in the amount of \$14.00 (per family) for the year--Jan. through Dec...

Paul Reese, 308 Forest Ct., Auburn, CA 95603 has sent a flyer on TEN MILLION STEPS, the book he and Joe Henderson wrote about Paul's run across the USA in 1990 at age 73. (Please see a later page for this flyer. He says, "...I do have an association with NCSTC...I arranged for a meeting ...in San Francisco. And thus was born NCSTC. While I was successful in getting the club started, I was not successful in getting the name I wanted, CALIFORNIA SENIORS (hoping to upstage The Seniors Track Club of Los Angeles). Instead, those in attendance settled for the more provincial NCSTC. At any rate, the organization has fared well."

On December 18 there will be Throw Series #22 and #23 at Stanford University, Angel Field. Call Gary Kelmenson (408)458-0202.

Foothill College All-Comers Track Meets will be on Dec. 4, 11, 18, and Jan. 8 (including a 5K X-Country run). Call Hank Ketels (415) 949-7337.

1994 PACIFIC ASSOC GRAND PRIX LONG DISTANCE RUNNING SCHEDULE

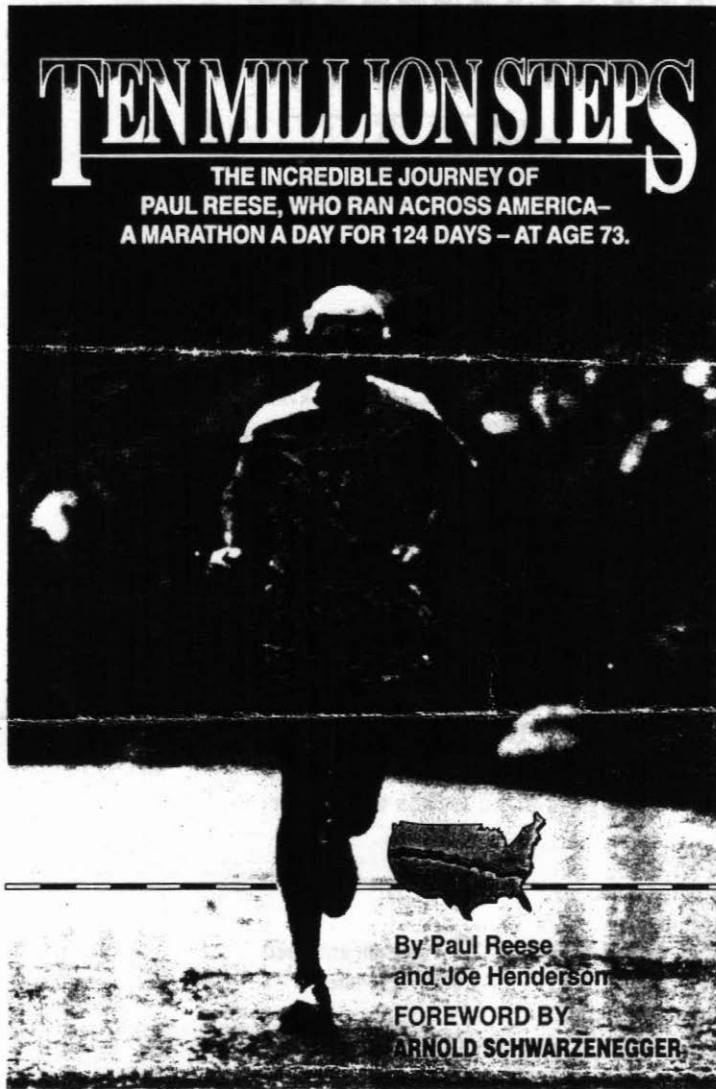
DATE	RACE	DIST.	LOCATION	DIV.	Pts.	PRIZE
Jan 9	Calif-10	10 mi.	Stockton	All	1.0	\$2000
Mar 20	50 plus	8 km	Stanford	+50	1.0	\$ 400
Mar 27	Houlihans	12 km	Sausalito	All	1.0	\$2500
Apr 24	Big Sur	5 km	Carmel	All	2.0	\$4000
May 30	Pacif Sun	10 km	Kentfield	Wosen	1.0	\$2000
Jun 18	Fujitsu	8 km	San Jose	†	††	†††
Jun 26	Mother Lode	Mile	Sonora	All	1.5	\$2000
Jul 31	F'ness Fest.	10 km	Fremont	Men	††	\$4000
Sep 25	Silver St.	15 km	Reno	All	1.0	\$2000
Oct 16	Humboldt	1/2 M.	Humboldt	All	1.5	\$2600
Nov ?	Clarksburg	30 km	Clarksbrg	All	2.0	\$5000
Nov ?	Cross-Ctry	10/6k	G.Gate Pk	All	1.0	\$2200
Dec 4	Cal-Int'l	Mara.	Sacramento	All	2.0	\$52000

† Divisions - Open & 40-49 Men and Women.

†† Point Value - To be determined.

††† Amount awarded to Pacif Assoc. to be determined.

"Incredible" Is An Understatement For This Run Across America



Ten Million Steps

The Incredible Journey of Paul Reese, Who Ran Across America - a Marathon a Day for 124 Days - at Age 73

By Paul Reese and Joe Henderson

Foreword by Arnold Schwarzenegger

- Check the list for the ten worst places in America... and the ten best
- Anyone over 50 will find inspiration here
- For runners of all ages
- Travelog of America

About the book:

One day Paul Reese convinced his wife, Elaine, to celebrate her retirement by joining him on a cross-country vacation. Some vacation! Reese took a quick dip in the Pacific Ocean and then ran 3,192 miles while Elaine drove the RV. Exactly 124 days later, the 73-year-old Californian, a former cancer patient, became the oldest person to finish a transcontinental run across the United States. Reese kept a nightly journal about the people he met, the country he saw and the way he felt. Joe Henderson has shaped this into a book that says in its simplest sense that people can do a lot more than they think they can, at any age.

About the authors:

PAUL REESE, a retired Marine Corps officer who saw action in World War II and Korea, began running long-distance races as a 47-year-old in 1964. He became a nationally ranked age-group runner, with a best marathon time of 2:39 at age 55. He served for three years as running columnist for *The Sacramento Bee* newspaper. Paul lives with his wife, Elaine, in Auburn, California.

JOE HENDERSON is a longtime columnist for *Runner's World Magazine* and the author of more than a dozen books on running and fitness, including *Masters Running and Racing*, *Total Fitness*, and *Running, A to Z*. He is also an adjunct assistant professor of journalism at the University of Oregon. A runner since his high school days in the late 1950s, he has competed in more than 700 races. Joe resides in Eugene, Oregon.

Publicity:

National publicity to running and senior citizen market

Author tour recreating the journey across America - includes appearances at local bookstores and media interviews along the Paul Reese Trail

National sports radio drive-time tour

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