

NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)



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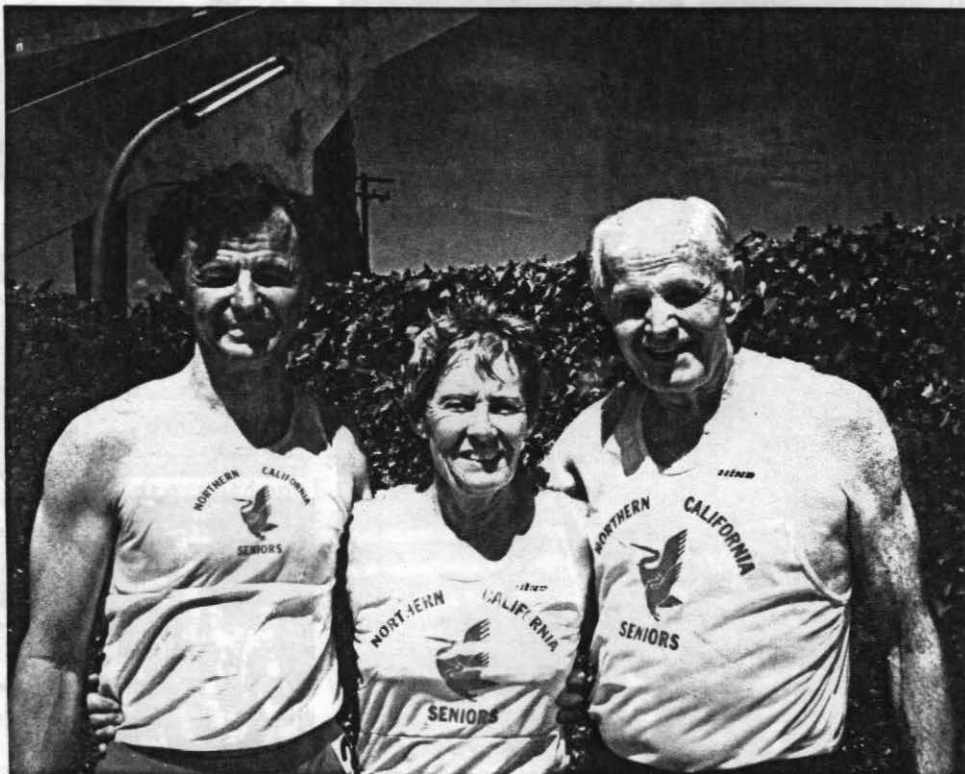
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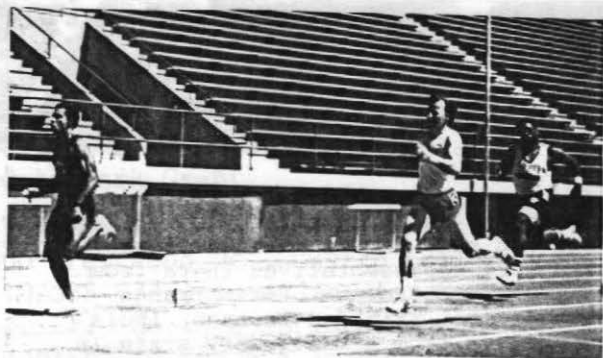
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CALIFORNIA NON-PROFIT #: CT-61086



Ray Yeck, Shirley Dieterich, Frank Toner photo by Mrs. Frank Toner



Ray Yeck, second in the M45 100M



Frank Toner winning the M70 100M (15.39)

NORTHERN CALIFORNIA SENIORS AT THE JULY 31-AUGUST 1 WESTERN REGIONAL MASTERS CHAMPIONSHIPS at Cerritos Community College, Norwalk, CA

Frank Toner (73) won his M70 100M and 200M, and Ray Yeck (just turning 45) won his M200M and was second in his 100M. Shirley Dieterich photographed the two finishes shown above. Shirley was first in her W65 W100M (18.82), javelin (59'5 3/4") and discus (60'9").

John Burns (52) reported he was third with his javelin throw of 159'2" and that Fran Conley (52) and Phil Conley (58) both won their age group javelin competition. John has been training for the pentathlon, spreading his energies over more events.

Rex Dieterich (69) was third in the M65 5000M, enduring the heat.

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

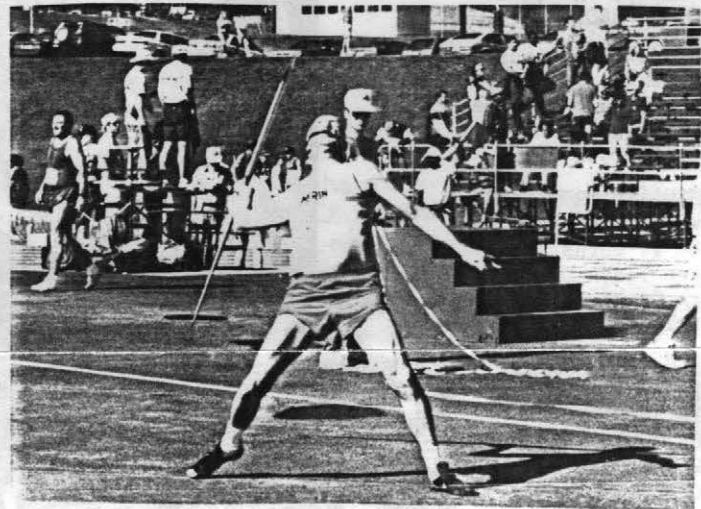
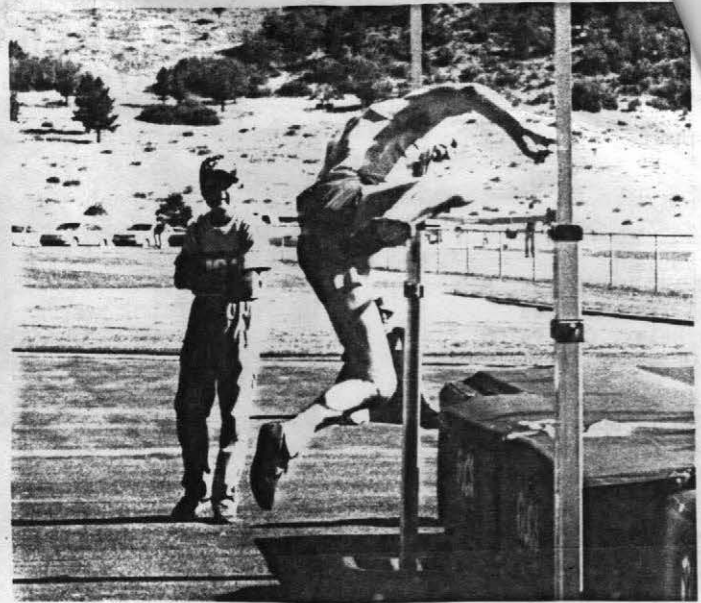
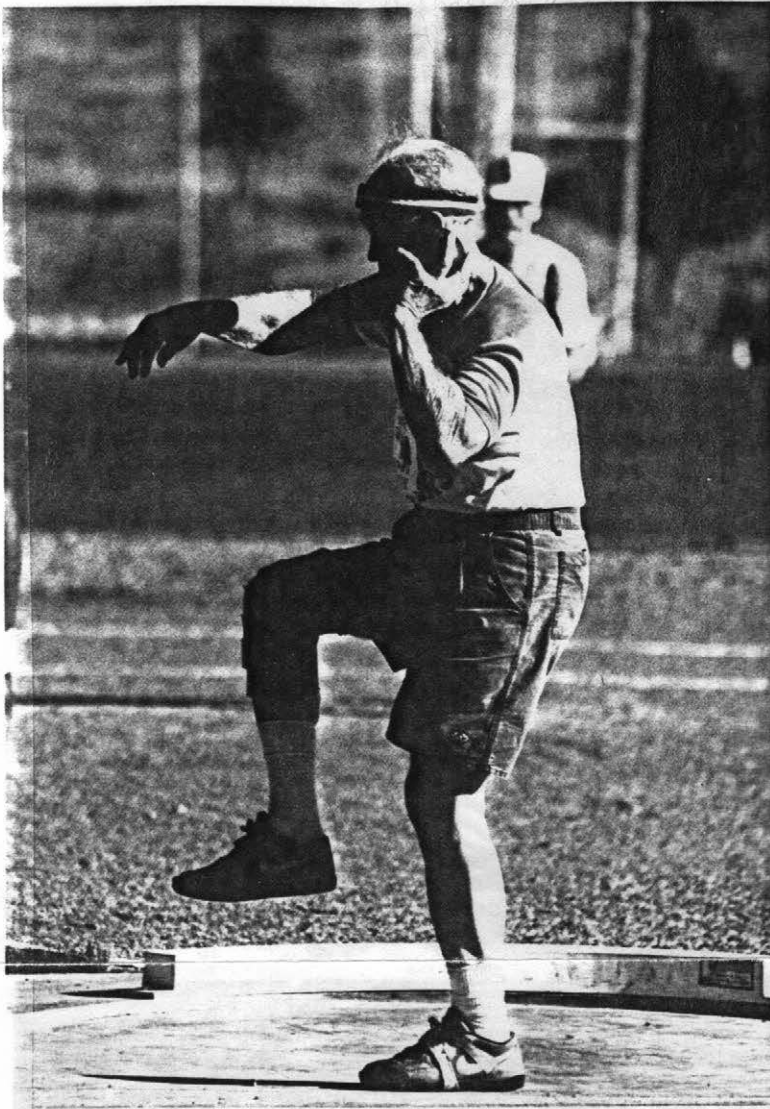
Dick Houston Memorial Woodminster Run

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

JIM YORK, another WORLD RECORD (photo by Don Rose); DON ROSE, over the high jump and javelin



Between August 1 and 8 in Colorado Springs about 4,000 Police and Fire persons met for the 5th semi annual International Police and Fire Games. There were representatives there from many countries including South Africa Police, Paris France Firemen, Porto Rico Police and Fire. Trinidad-Topango, India Palace guards, and representatives from almost every state in the union.

I competed in the 50 + division (age 58) and placed 1st in the Javelin with a throw of 136' and 2nd in the High Jump with a leap of 4'10".

Jim York who is a Retired California Highway Patrolman and outstanding member of our club showed up to put the Shot. He had just turned 80 and last month at the California Police Games in Industrial City L.A. he set the age group record for age 79.

He was given the opportunity to compete and did set a new world record for the 16 lb shot. As best I can recall the old record was 21'9" and he put 22'3".

They gave him an honorary gold medal and presented it to him on the victory stand.

Enclosed are photos for you to use as you see fit, after you have finished with the ones of Jim would you forward them to him.

Very truly yours

Don Rose

8/13/93

Don Rose Sports Photography
P. O. Box 721, Kentfield, CA 94974

John Daniels (46) date of birth, June 19, 1947, P.O. Box 5577, Sacramento, CA 95817 (916/682-3174) is a director and program administrator for U.D. Children (916/682-2565). He was a high school and college sprinter, and is interested in sprinting now.

Edward Dean (49) born March 12, 1944, 2110 7th Street, Berkeley, CA 94710, is an architect (Phone--Hm 510/843-6531; Wk 415/285-9193). He is rejoining. He ran a 4:01 mile at age 24 and was a Notre Dame record holder in the 1000yards and the mile. Recruited by John Burns.

Fritz Jaeger (48) born July 6, 1945, 2737 Elmwood Avenue, Berkeley, CA 94705 (phone--Hm 510/849-3950; Wk 510/843-1364) is an air freight consultant (International Air-freight Consultants, Inc., P.O. Box 5459, Berkeley, CA 94705). He ran 14 marathons in the last two years. The "Bay to Breakers" is the shortest distance he has ever run. He may try some shorter track races, as well. Recruited by Mark Grubi while he was training in the U.C. Berkeley track.

Stevon S. Schwartz (45) born July 24, 1948, 1571 Pacific, Alameda, CA 94501, (phone--510/526-3109) is a carpenter and coach. When he was a student at U.C., Berkeley, he was a national pole vault champion, and also ran the hurdles, 800 meters and mile. He has assisted us with our Classic T&F meet in the past, and will help again this year. Recruited by Mark Grubi.

Maurice Valentine, Sr. (40) born March 15, 1953, 6560 Crestwood Dr., Castro Valley, CA 94552 (510/538-9770) is a district San Francisco Sheriff. He is a sprinter and hurdler and has applied to run a 4 X 100 relay, as well as the 100M, 200M and High Hurdles at our September 12 NCSTC T&F Classic. Recruited by Mark Grubi.

Change of Address--

Tom Silva, 214 Devon Avenue, Pleasant Hill, CA 94523 (510/938-1379).

Please add the above information to your copy of the Club Roster, to keep it up to date. Also, please make the following corrections and additions:

Mike Garzillo, 2964 California St., #9, San Francisco, CA 94115.

Telephone numbers for John C. Hutchinson--
Hm 415/681-1736; wk 415/476-1653.

Date of birth for Ernie Marinoni (add--
"B060504").

Further renewed memberships:

Ed Mooney
Aart Rackwitz
Lee Schroeder (Lee reports he is not competing now, but is jogging)
Gretchen Snyder
Tom Walsh (Tom ran the San Francisco Marathon. We don't have his time, but it must have been good!)

Reports from members:

Dimitri Georgakopoulos, a member since 1991, is returning to Greece and entering the Greek Air Force. He has finished his studies at U.C. Berkeley on genetic agronomy.

Eddie Hart reports a temporary delay in getting fit for races this year, but reminds us he will always compete for the NCSTC as a master.

Andrew Kearns competed for the College of Marin this season, and set a College of Marin record of 189'10" in the javelin. This gave him a ranking of 6th in the State.

Bill Bigelow (82) took 3 third places at the Masters Nationals in Provo, Utah, in the 100 meters, the long jump and high jump. He was pleased with the bronze medals, which were like this:



Cont. from p. 3

Bill is looking forward to 1995, when he attains age 85, a new age group. He is planning heart surgery in early 1994, and expects need for the better part of that year to recover and get as fit as he wants to be to better this year's times and distances. He also plans to include the hurdles and is now practicing getting over the hurdles on the grass.

Dan Behrens (41) captured a third medal in the M40-44 triple jump at the Provo Nationals, with 36'6"--congratulations, Dan!

Ray Yeck (who turned 45 in June 1993) found deep and heavy competition at the Nationals in that age group. Being placed between Bob Mitchell and Stan Whitely in one of his heats, he felt satisfied that he made the finals. His semi-final time was 12.1, better than his 12.3 in the finals, where he placed 6th in the 100M. His 25.4 in the 200M put him 10th over all. The many heats and the heat were exhausting.

The results for other NCSTC members who attended the Provo Nationals will appear in the next newsletter. Be sure to send your results to us because the NMN doesn't always include all performances. The NMN shows that at the Baton Rouge, LA June 12-18 National Sports Classic IV, Richard Martin was 4th in the M55 100M (13.07), Don Rose won the M55 Javelin with 137', and Jim Johnson won the M70 Vole Vault with 7'.

Ruth Anderson was third (2:24:23) in the Brugge, Belgium June 20 25K Veterans Grand Prix (W60 group); third in the July 18 San Francisco Marathon (W60-69 group) (4:16.53; first August 1 (W60+) Skyline 50K (8:03.17). Ruth will compete in the USATF National Masters 10K Championships, Oklahoma City, Sept. 25, and the National Masters Marathon Championships and the Cross-Country Championships.

Bill Van Fleet brought us up to date--he has his cancer in remission, although therapy has "robbed me of the strength & stamina to be competitive again"..he was entered in the Six Rivers Running Club Hall of Fame, and selected as the State recipient of the American Cancer Society, California Division's courage award, "to someone who shines as a symbol of hope and progress in the battle against cancer."



Bill Van Fleet

The above picture was taken by the American Cancer Society...."They also took shots of running and riding my bike on a 12 mile round trip to the office. I haven't ruled out the possibility of 'running' in the Northern California Seniors T&F Classic Sept. 12 on my 'rickety sticks' for legs."

Bill still runs up to three miles every day. This year he walked the Foggy Bottoms road race with his wife, and also participated in the Clam Beach Run, walking some of the way with his son and taking pictures of "one of the most beautiful runs I know of..." Thank you, Bill.

Mark Grubi: "This is what makes it all worth while..." Stevon Schwartz brought 22 year old Damon Dixon to Edwards Field for a couple of weeks before his return as an upper classman to Anapolis Naval Academy. Mark helped him with some training principles. Damon wrote, "Mark, I really appreciate the help you've given me. You've given me the tools, all I have to do is use them. I'm glad I got to know you. You are an incredible man."

From Tucker W. (Billy) Main: (To Mark Grubi) "...We spoke...a year ago...I expressed interest in renewing my track & field activities. I've been working out and would like to try the 100M (best time 25 years ago was 9.9) and the 4 X 100 relay if you need another runner. I'd also like to try the long jump

(best 23'2" 25 years ago). I guess I need a TAC# (Billy, please see page 7 of this newsletter). I will be visiting you at Edwards Field on Sundays at noon..."

(Billy Main, Independent Food-service Consultant, 829 Las Trampas Rd. Lafayette, CA 94549 FAX 283-1760 415-283-1754)

Billy submitted the following article by Charlie Zeno in the Corvallis Times

MAIN'S MAIN MAN IN CORVALLIS AGAIN

Back in the late 1960s when Oregon State University was a respected football power, he was recognized as "The Main Man" on teams that struck terror in the hearts of Pacific 8 Conference opponents for three straight years.

Long-time Beavers boosters made it permanent recently when Tucker W. "Billy" Main of Lafayette was among the Class of '92 inducted into OSU's Sports Hall of Fame.

Main, a product of now-defunct Del Valle High School, played freshman football (frosh weren't eligible for varsity play) in 1966 at Corvallis, then made an instant impact as a sophomore running back when his play earned him Pac-8 Rookie of the Year honors.

In 1968, he was named the Beavers' most improved offensive player, and in his senior year, he was voted most valuable player.

Today, Main's name still appears throughout the OSU record book. He is second in total points (162), third in all-purpose rushing (3,292) and seventh in total rushing yards (1,621), just to mention a few.

During Main's three-year varsity career, including the legendary "Giant Killers" of 1967, the Beavers posted a 20-9-1 record.

In addition to being a fine running back, Main also excelled as a kickoff returner, using his 9.9 speed in the 100-yard dash to good advantage for a kickoff return average of 27.6, No. 2 on OSU's all-time charts.

Tops on a long list of exciting kickoff returns was a 93-yard touchdown against Oregon in 1967. That, and a 74-yard touchdown reception against USC the next year stand out among Main's most exciting plays in college football.

In 1968, Main rushed for three touchdowns against Stanford and was named Pac-8 Player of the Week.

"I'll always remember that USC game because of the mud and all the talk about USC complaining about the mud," Main recalled. "The thing people forget is that the Trojans had a back named O.J. Simpson who still managed to gain

180 yards on a sloppy turf to beat us. That loss kept us out of the Rose Bowl."

Main, who played high school football under coaches Forrest Russell and Marv Comstock, was twice named second-team All-Pac-8 and once honorable mention.

"Playing football at Oregon State certainly was one of the most rewarding experiences of my life," said Main. "I also appreciated playing under coach Dee Andros. I

felt he brought a tremendous amount of visibility (for OSU) to the whole football world. His Power-T offense was awesome."

One of Main's memories at OSU was playing with his old Alhambra High nemesis, tackle Tom Greer, now a Martinez attorney.

Both were rivals in the old Foothill Athletic League.

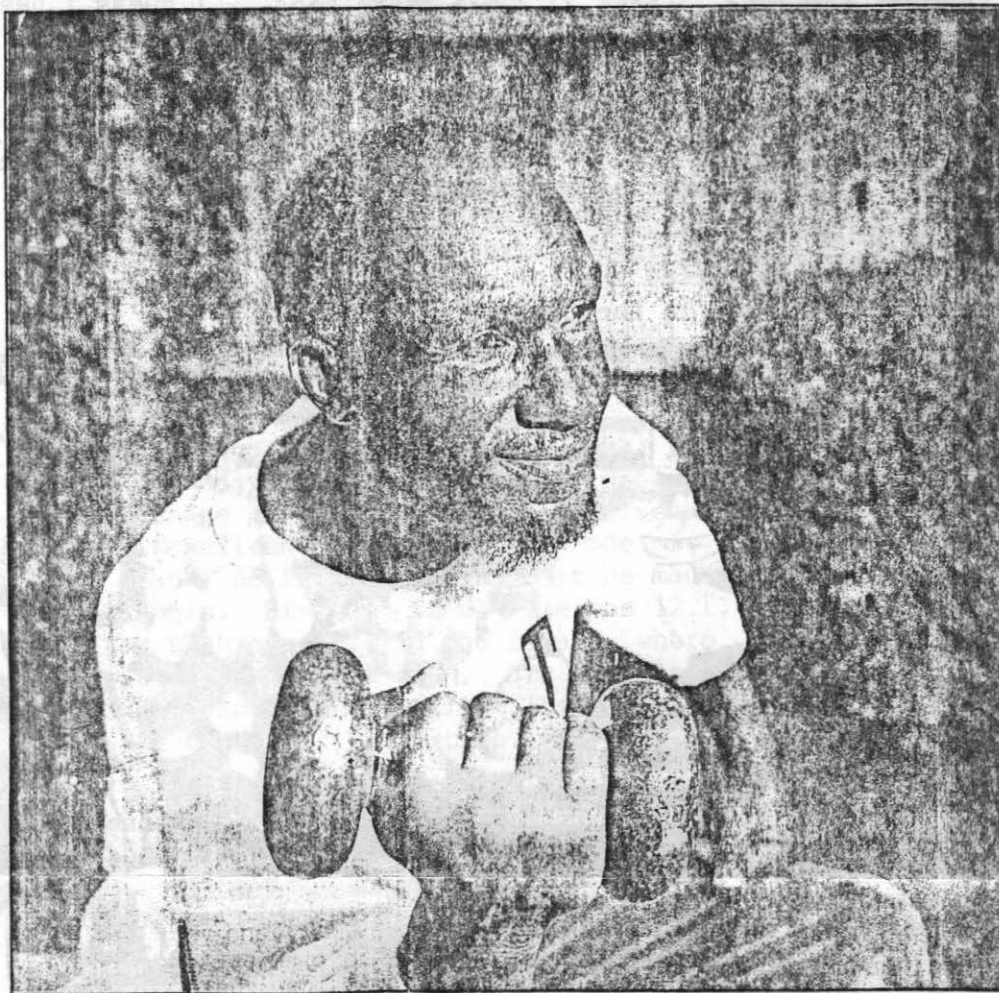
The Pittsburgh Steelers selected Main in the 13th round of the 1970 NFL draft, and he survived until the final cut. The player who beat him out was Rocky Bleier.

Main and his wife, Nancy, have enjoyed life after football as co-owners of the Shoreline Restaurant in Half Moon Bay. He also is an independent food service consultant who conducts nation-wide seminars on the topic of turning restaurant businesses around.



WHILE AT Oregon State in the late 1960s, Billy Main (22) was named second-team All-Pac 8 two seasons in a row.

GETTING TO KNOW YOU, RICHARD MARTIN



Pictured on the left is Richard Martin, who gave us the information on page 2 of our July newsletter.

Richard Martin Jr.: "Kids ... need somebody to tell them they're worth something, they're special."

From the Sacramento Bee, April 22, 1993.

Bee/Lois Bernstein

VOLUNTEERS NEEDED

Please contact President Edward Manougian and/or Luka Sekulich regarding directorship of the Brickyard Run, preparations for which are now starting--Luka is willing to give you any advice necessary.

Also, please contact Mark Grubi to help at the September 12 NCSTC CLASSIC. Some volunteers have already come forth (Thelma Rubin, Wayne Winrow, Lyman Glenny, Midge Burkhead, George Mason, Mike O'Leary, Anna Lee--if I've not mentioned your name, we still need you. and many more.)