

# NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)



Officers

President  
EDWARD MANOUGIAN, M.D.  
1517 Summit Road  
Berkeley, CA 94708  
510/843-9247

Vice President  
JOHN T. BURNS, D.D.S.  
3554 Springhill Road  
Lafayette, CA 94549  
510/284-2240

Secretary/Treasurer  
PETER TODD  
1745 Hopkins Street  
Berkeley, CA 94707  
510/524-3807

President Emeritus  
DON ROSE  
43 McAllister Avenue  
Kentfield, CA 94904  
415/456-7454

Executive Committee

Edward Manougian  
John T. Burns  
Peter Todd  
Mark Grubi  
Kathleen Yeck

Board of Directors

LDR Com. Rep.  
RUTH ANDERSON  
1901 Gaspar Drive  
Oakland, CA 94611  
510/339-0563

T&F Com. Rep.  
RAYMOND YECK  
4981 Ridgeview  
Antioch, CA 94509  
510/754-6856

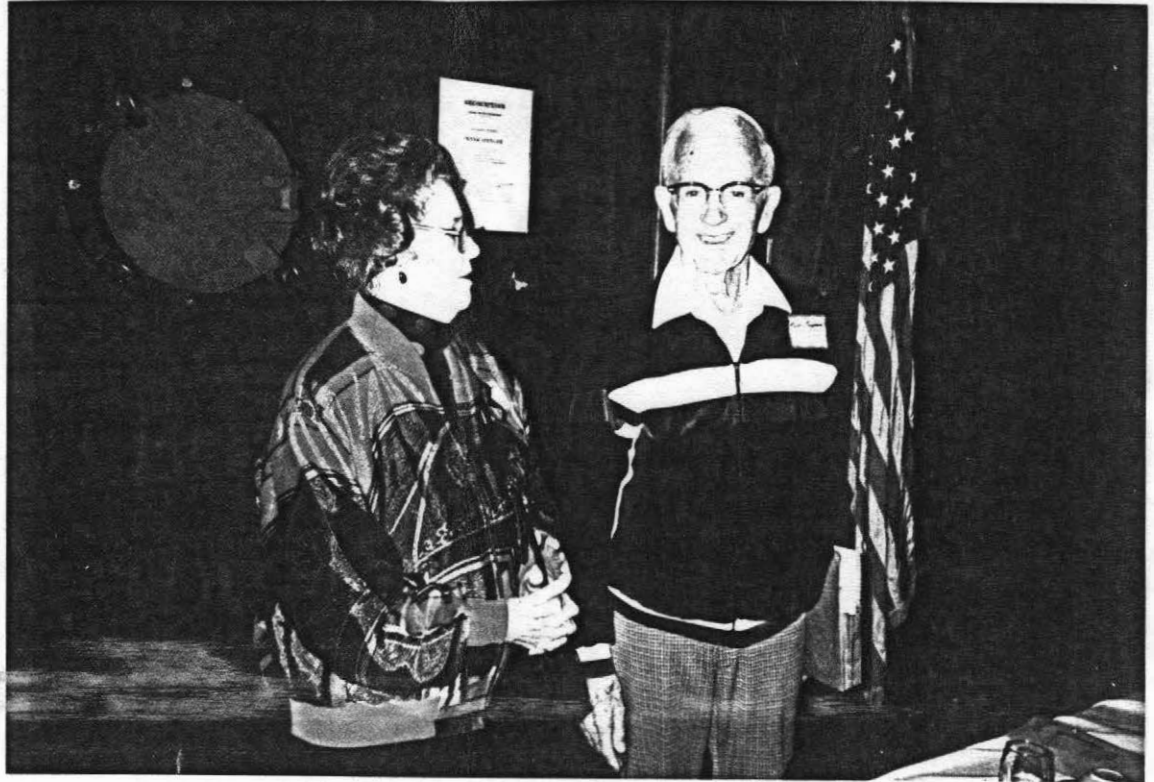
PAC/USATF Rep.  
JOHN T. BURNS  
3554 Springhill Road  
Lafayette, CA 94549  
510/284-2240

Coach  
MARK GRUBI  
P.O. Box 424512  
San Francisco, CA  
94142-4512  
415/285-3352

Newsletter Editor  
JOSEPHINE KOLDA  
3784 Army Street  
San Francisco, CA 94110  
415/285-3352

CLUB ID

USATF #: 109  
CALIFORNIA  
CORPORATION #: 1275994  
CALIFORNIA  
NON-PROFIT #: CT-61086



Our New President, "Bill" Bigelow, and his wife, Carol--

ANNUAL MEETING, January 23, 1994-- Not even football kept 77 people from gathering at Spenger's Fish Grotto, Berkeley, for luncheon followed by the Club's annual meeting. A small television kept football coming in. A little larger set was used for Don Rose's VCR tapes of his training, with a very interesting demonstration of how his dog helps by very carefully retrieving his javelin for him. President Manougian presided. One item of business was the presentation of performance awards, shown on pages 2 and 3.

Pres. Manougian, Alice Tipton, Kathleen Yeck (Ex-Com Mem)

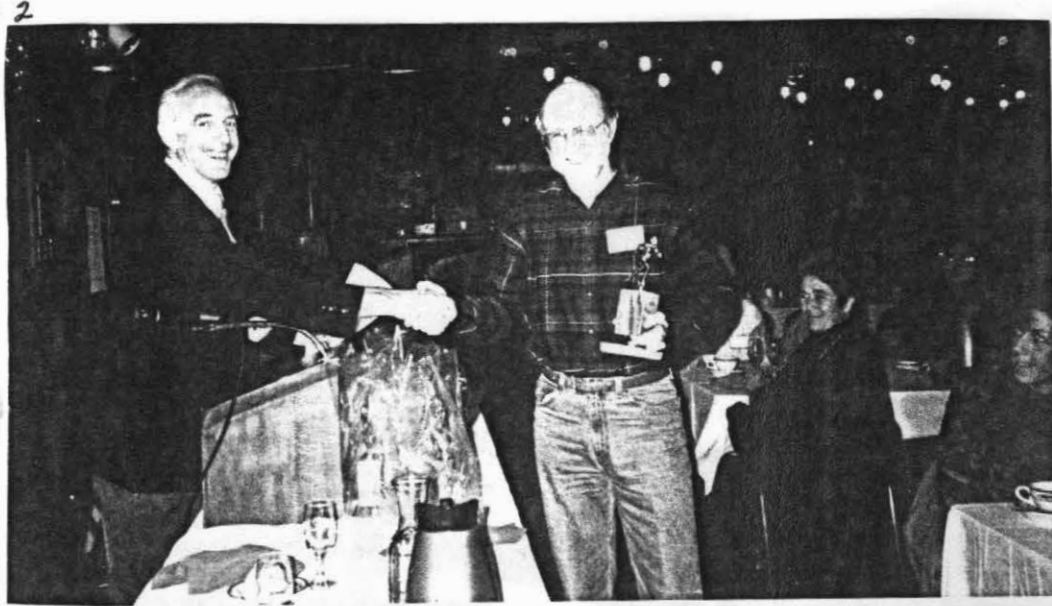


Martinez to Port Costa  
Brick Yard Run  
Luka Sekulich, Director  
1485 Darlene Drive  
Concord, CA 94520  
510/685-5185

Ken Carnide T&F Classic  
Michael Ackley, Director  
4649 Oakbough Way  
Carmichael, CA 95608  
916/967-9003

Dick Houston Memorial  
Woodminster Run  
Geil 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



Awards were made to two members who brought back a gold medal from the Masters world meet in Japan. On the top left MARTYN ADAMSON is honored for his part in the M55-59 winning 4 X 400 relay and second place 4 X 100 relay; and he ran good against his many competitors in that age group. Although often plagued by muscle strains, he was probably the most dependable club competitor for giving an exciting winning performance. His spirit would not let him be less than first (with one exception, a "second



SHIRLEY DIETDERICH was the third leg on the winning W65-69 4 X 100 relay. Her javelin throw fell into 4th place. She competed often in 1993 for the club. (She is pictured on the left).

JUDY ACE (42), (pictured 3rd down on the left) was given an outstanding performance award as the club's best master's woman sprinter. She won all of her races, includ-



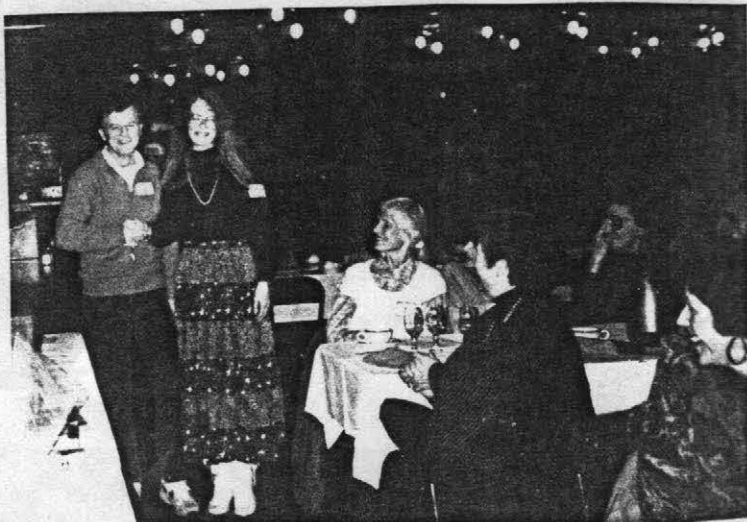
ing an impressive Bruce Jenner win in San Jose. Her times were always good and she represented the club well.

DWAYNE JONES (now 34) (pictured on bottom left) was honored as the club's best sub-master sprinter; his times, as a beginner were sensational.

FRANK TONER (73) (bottom right) was honored as the club's most outstanding 70+ sprinter. He represented the club well with his wins in several 100 and 400 meter races. He won the 70+ Bruce Jenner sprint--with Payton Jordan's retirement, he became the favored one.

cont. on page 3





Sharlet Gilbert congratulates Ray Yeck

BOB MALAIN (age 65 in April 1993) was chosen as the Club's most outstanding 1993 LDR male competitor. He was not able to come from Redding to accept this award at the meeting.

Two awards were given for setting new world records to:

JIM YORK (80), who had both world and American records in the shot and hammer. He competed often and well in his field events.

KEN CARNINE (age 86) had a world record javelin throw in the M85-89 group, 79'11½".

Both Ken and Jim sent their regards to all their friends and regrets that they could not be present at the annual meeting.

TWO MORE NAMES WERE ADDED to the CLUB'S PERPETUAL TROPHY, sculptured in 1981 by 1979 President Ruth Waters:

RAY YECK (45) an outstanding 1993 track man, for his very close competition to the best in the U.S., Stan Whitley and Bob Mitchell, and for his frequent good competition and dedication to the club; and

BARBARA ROBBEN (59), a consistent LDR performer, with 54 1993 events, including many age group wins, and nothing less than third.

Pictured above is Sharlet Gilbert congratulating Ray Yeck. Sharlet and John Burns were recipients of this award in January 1993; Barbara could not be present at the meeting because this was her one day for a visit with her son who works in Japan; John Burns was absent because he could not make it back from Reno through the bad weather in time, where he had seen his son Brent pole vaulting second in a nationwide invitational.

President Manougian also gave honorable mention for outstanding performances to:

Richard Laine	Phil Conley
Sharlet Gilbert	Fran Conley
Ruth Anderson	Win Emert
Tom Walsh	



Peter Todd (pictured above) received a plaque in appreciation for his services as Secretary/Treasurer. Peter reported the financial status is about the same as last year, excepting there is an increase of around \$200 in the women's LDR prize money fund. The Brickyard run made about \$1,000. President Manougian advised Luka Sekulich will assist anyone who will direct a run in that area in the future. He also thanked the U.C. coaches for their cooperation in allowing our members the use of Edwards Field (11:30 to 2:00) and reminded us that Coach Grubi is available there generally Monday through Friday and Sunday.

Election of Officers:

BILL BIGELOW accepted the Presidency for 1994;

JOHN BURNS will continue as Vice-President; and

PETER TODD declined to serve another term, but agreed to teach a successor. (There has been a volunteer since the meeting, for Secretary/Treasurer, to be announced in the next newsletter. Our new Club letterhead will be available for the next newsletter.)

cont. on page 4





Past Presidents Gail Wetzork (1981-82, 19985-86), Marty Maricle (1987), Frank Cuzzillo (1977-78), Emmett Smith (1970-71, 1983-84), Martyn Adamson (1991), Jim Johnson (1988) and Ed Manougian (1993)--Don Rose (1992) and Ruth Waters (1979) were present but not pictured here.

The most delightful part of the meeting was the honoring of past presidents and organizers of the club, for their unselfish dedication to the club's purpose since it's beginning in 1968 or 1969. Illness kept Alden Bryant, and Ralph Paffenbarger away. John Hutchinson and Flory Rodd sent their sincere best regards; also Paul Warner expressed regrets because of work in Salt Lake City. Lou Fields (a 100 & 400M sprinter) advised (by phone) he well remembered the first meeting with Flory Rodd as the strong moving force, 50 pounds overweight, feet on the desk, smoking profusely, etc. Flory tried a marathon, it took 4 hours; 2 years later and 50 pounds lighter he completed a Boston Marathon run in 2 :40. Lou Fields is nursing a pulled tendon on the bottom of his heel. He says he never volunteered, but he was "appointed" the first Secretary/Treasurer, and that involved putting out the newsletter. He thoroughly enjoyed it, "went to all the track meets and long distance runs" he reported (which is hard to do these days) in order to get the running news right now.

Emmett Smith and Gail Wetzork each served two consecutive years twice (four years each) as President, organizing the by-laws, job descriptions, and other aspects of the club. A real vote of appreciation goes to them. It was a pleasure to see all these past officers, and to see how fit and healthy they looked, and how much they enjoyed their gathering.

cont. on page 5

Below:

Facing, K. Ming Lo and wife; Jim and Beverly Johnson; back, Bill Monheit and Ruth

Geores & Katie Clevenger, and Mr. & Mrs. Karl Mayer

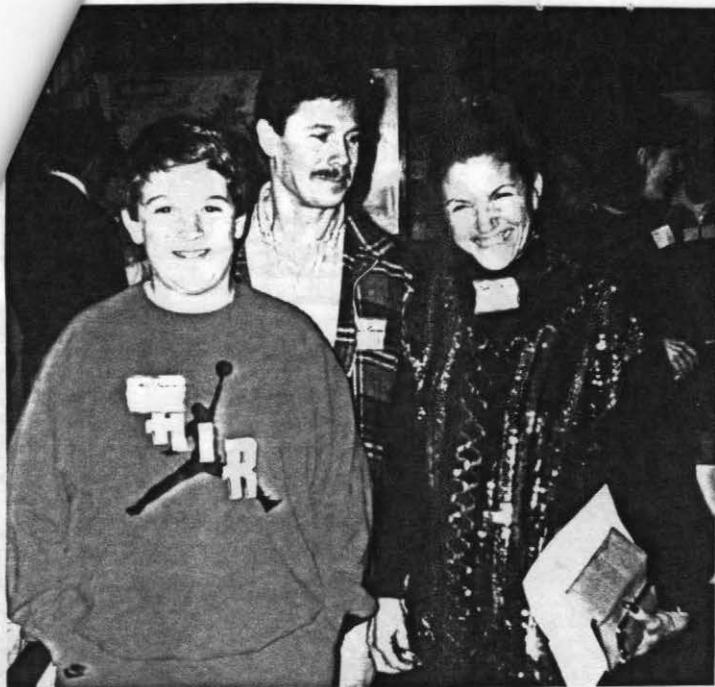


Emmett Smith and Ruth Waters

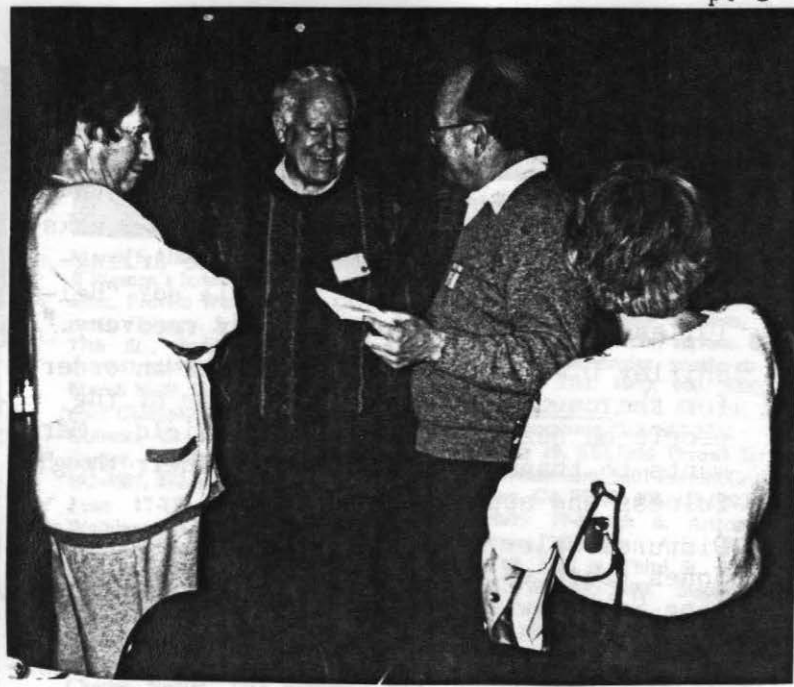


Mr. & Mrs. Gail Wetzork





Mathew, Dan and Martie Behrens



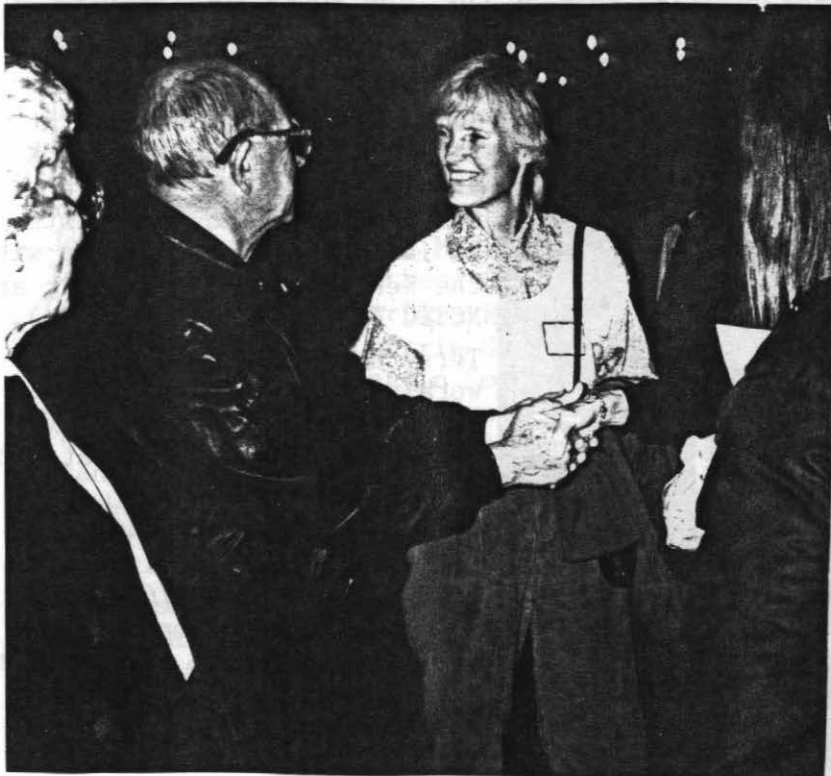
Betty and Emmett Smith with William and Ella Cameron

We regret Ex-Presidents Bill Monheit (1973), Ruth Waters (1979) and Don Rose (1992) slipped away before the picture of those present (left top of page 4) was taken. Bill Monheit was awarded honorary membership some time ago, after also serving eight years as Secretary/Treasurer. Ruth Waters was the first of two women (both LDR) presidents. (I first admired Ruth as a runner in the Cow Palace--Ed.) Marty Maricle (1987 President) was a very talented LDR and Ultra distance runner--she won at least 3 silver buckles in the Western States 100 mile runs. Inspirational efforts came from these men and women as well as guidance. We wish to express our appreciation and wish them well.

Jim and Beverly Johnson made a conscientious effort to get from Reno through the snow to our meeting. Although the road was closed for an hour they made it just in time for lunch. That's how dependable Jim always was. Glad you made it, Jim and Beverly! Our latest word cont. on page 6

Lorraine and Luka Sekulich, Ruth Anderson, and Sharlet Gilbert, many times female first in the Brickyard

Exec. Com. Member Kathleen Yeck



cont. from page 5

on Ralph Paffenbarger is that he is recovering nicely from his emergency heart operation on January 24. His wife, Jo Ann, asks us to keep in touch (home--892 The Arlington, Berkeley, CA 94707). We all say "Hello, and best wishes for a speedy recovery."

Shirley Dietderich gave Mark Grubi an order for the new club uniform from some of the people he has helped at Edwards Field. Mark wants to thank these people for their thoughtfulness and appreciation.

Pictured below is Mark talking to Dwayne Jones (back to camera) and 40 year old Wolfgang Schmulewicz, after the meeting. Also, on the upper right is Richard Laine and Marty Maricle with Peter Todd. (Were they discussing Richard's plan to run the 1994 Western States 100 Miler?)

Overheard at Lunch: Steve Gillman to Martyn Adamson, one of his first track efforts a couple years ago, at an all-comers meet, a relay with Martyn, himself, Bob Fuller, and Eddie Hart, "You gave me a 15 yard lead, I lost it all on the second leg, Bob Fuller lost another 15 yards on the third, and Eddie Hart made it all up and won. We won!" And Steve laughs with grateful disbelief and pleasure, at such a successful start in his competition.

WELCOME NEW MEMBERS--

Marc Wasserman, 40 Prospect Rd, Piedmont, CA 94610, joined in September 1993. He is a LDR runner, Wolfgang Schmulewicz



Richard Laine, Marty Maricle, Peter Todd

senior engineering technician, interested in track and field. Please accept our apologies, Marc, for not having more information at hand about you and your activities since joining our club, and promise to get up to date.

Terry Bryant (born Dec. 10, 1963), 1103 3rd Ave., No. 1103, Oakland, CA 94606 (phone--Hm 510/465-3868; Wk 510/675-8419) played football, and is interested in sprints and less than 5K LDR. He works for the B/A.

Richard Harper (born July 2, 1960 (phone--Hm 510/654-6704; Wk 510/481-1222) is a school teacher at Seneca Center. He ran Track in high school and college and is interested in sprints. He indicated he would help with the Ken Carnine T&F Classic and NCSTC T&F Classic (Berkeley).

Terry and Richard have been working with Mark Grubi and Ray Yeck on Sundays and giving indications of a great sub-masters relay.

Bill Morea, born 4/6/40, 170 Villa Pacheco Ct, Hollister, CA 95023 (Phone 408/638-1283) is a hospital pharmacy director, interested in running distances from sprints to the marathons.





cont. from p.6  
(Welcome, New Members--)

Betty Morea (wife of Bill Morea--same address and phone), born 5/9/51, is a teacher, interested in "sprints, middle distances, etc."

Bobby Thomas, born 6/15/35, 7589 Mac Finley Way, Sacramento, CA 95828, phone--916/682-8563, is interested in sprints.

Tim Reese, born 9/16/43, 265 Wildberry Dr, Brentwood, CA 94513, is a general contractor, who says he has no athletic history but is interested in the sprints. (Some of us began in our 50's, even 60's--so, welcome again.)

Please correct the phone number for Stev Schwartz to 510/523-6109.

\*\*\*\*\*

1994 Membership Renewal has been received from the following (in addition to those listed in the December 1993 newsletter):

- |                          |                            |
|--------------------------|----------------------------|
| Judy Ace                 | Michael & Nancy Ackley     |
| Roy Acoff                | John Aldridge              |
| Ben Anixter              | Dan & Martie Behrens       |
| Bill Bigelow             | William & Ella Cameron     |
| Jaclyn Caselli           | Geores & Katie Clevenger   |
| Fran Conley              | Phil Conley (honorary)     |
| Rex & Shirley Dietderich | Wallace (Ed) Dowell        |
| Bob & Jean Feaster       | Win Emert                  |
| Barbara Futran           | Robert Fuller              |
| Steve Gillman            | Sharlet Gilbert (honorary) |
| Lyman Glenn              | & John                     |
| John Gregson             | Bruce Grant                |
| Eddie Hart (hon.)        | Lola Houston Harris (hon.) |
| Darrell Horn (hon)       | Jim Hines (hon.)           |
| Uldis Cruze              | Fred Yaeger                |
| Dave Maggard (hon)       | Lucille Ligon              |
| Ed Mahany                | Ed Mahany                  |
| Ernie Marinoni           | George Mahoney             |
| Richard Martin           | Vernon Marshall            |
| Joe Metzgar              | Jesse Meadows              |
| Tom O'Halleran           | Bill Monheit (hon.)        |
| George Rhoden(hon)       | Michael Orlich             |
| Luka Sekulich(hon)       | Barbara Robben             |
| Nora Smiriga             | Cherrie Sherrard (hon.)    |
| Gretchen Snyder          | Marvin Smoller             |
| Peter Todd               | Eriks Svede                |
| Frank Toner              | Abraham & Hanna Szoke      |
| Tom Walsh                | John Underhill             |
| Richard White            | Gail Wetzork               |
|                          | Kathleen & Ray Yeck        |

\*\*\*\*\*

We are saddened to hear from Mary Ann Peresenyi that Louis Peresenyi passed away on December 5, 1993 (at age 85). We are grateful for the interesting newsletter articles he submitted.

\*\*\*\*\*

UPCOMING EVENTS:  
(from NMN)

TRACK & FIELD  
NATIONAL

March 5. USATF National Masters Men's & Women's Indoor Pentathlon Championships, Proviso West HS (near O'Hare Airport), Chicago. 3 p.m. Jeff Watry, 24320 77th St., Paddock Lake, WI 53168. 414/843-3567 (h); 708/473-3700.

March 25-27. USATF National Masters Indoor Championships, Columbia, Mo. Don Dobson, U. of Missouri, 344 Hearnes Center, Columbia, MO 65211. 314/882-4087, 882-6501.

June 17-19. USNSO Senior Open, Washington U., St. Louis. 55+. No local qualifying required. USNSO, 14323 S. Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

July 16-17. USATF National Masters Decathlon/Heptathlon Championships, Missouri Southern St. College, Joplin. Charles Nodler, 1215 Northwest Blvd., Neosho, MO 64850. 417/451-0121(e); 625-9552(d).

August 11-14. 27th USATF National Masters Championships, Eugene, Ore. Tom Jordan, PO Box 10826, Eugene, OR 97440. 503/687-1989.

August 20. USATF National Outdoor Weight & Superweight Throw Championships, U. of Washington. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206/932-3923.

February 13, March 5-6. <sup>WEST</sup> Pacific Association Indoor Pole Vault Development Grand Prix, 510/523-8618.

Arizona, California, Hawaii, Nevada

February 11-20. California Senior Olympics, Palm Springs. 50+. Mizell Sr. Center 480 S. Sunrise Way, Palm Springs, CA 92262. Douglas Brown, 619/322-4475.

February 12. Inner-City Outdoor Meet, Los Angeles City College Stadium, 10 a.m. \$3.00. 6-lane brick/clay surface. Divisions open, masters, novice, youth, etc. Ever 5000, 55, 55H, 1000, 400, 3000, 3000 4x400, 8x200, JT, HJ, SP, LJ, DT, 1 Marv Thompson, 213/662-1062.

February 19. KELfield Throws Series #2. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

February 19-March 6. Arizona Senior Olympics, Phoenix, Ariz. 55+. Irene Stillwell, 1202 N. Third St., Phoenix AZ 85004. 602/495-5490. State qualifying game.

March 12. (tentative). John Ward Master Invitational, Rancho Santiago College. A Siddons, Rancho Santiago College, 17th & Bristol, Santa Ana, CA 92706. 714/564-6936.

March 19. Inner City Relays, Los Angeles City College. Marv Thompson, 213/662-1062.

March 19. KEL Field Throws Series #26. All age-groups. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

April 23. Bob Watanabe Memorial Meet, UCLA, Los Angeles. W.E. Adler, 435 Tahquitz Cyn. Way, Palm Springs CA 92262. 619/325-6307. Entry form in February issue.

LONG DISTANCE  
RUNNING  
NATIONAL

February 12. USATF National Masters 100K Championships, Sacramento, Calif. Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916/638-1161.

June 26. USATF National Masters Half-Marathon Championships, Fairfield, Conn. Stephen Lobdell, 69 Beverly Ln., Fairfield, CT 06430. 203/374-7759.

September 17-18. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

October 2. USATF National Masters Marathon Championships, (Twin Cities Marathon), Minneapolis. Bruce Mortenson, 15301 Highland Ave., Minnetonka, MN 55345.

October 2. USATF National Masters 5K Championships, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

October 16. USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 170 Maywood Ave., Rochester, NY 14618.

Arizona, California, Hawaii, Nevada

February 5. 28th Las Vegas Marathon. Half-Marathon/5-Person Marathon Relay Masters money. Las Vegas Marathon, A Boka, director, PO Box 81262, Las Vegas NV 89180. 702/876-3870.

February 6. Long Beach Marathon. Robert Fernald, director, 1825 Redondo Ave. Long Beach, CA 90804. 310/494-7089 494-2664.

March 6. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., No. 100 Los Angeles, CA 90025-3323 310/444-5544.

INTERNATIONAL

March 27. British Veterans Athletic Federation Cross-Country Championships, Tunbridge Wells, 30 miles south of London. David Coward, 10 Chestnut Ave. Southborough, Tunbridge Wells, Kent TN4 OBU.

July 30-31. 2nd WAVA World Veteran Road Racing Championships, Scarborough (Toronto), Ontario, Canada. 10K 30th/25K & 20K RW, 31st. WAVA Road Championships, 1220 Sheppard Ave. East Rm 218, Willowdale, Ontario, Canada M2K 2X1.

\*\*\*\*\*

Roger Werne, Shirley Dietderish and Tom Silva have been seen competing in the Saturday Berkeley all-comers meets. Tom's javelin throw went up to 200'10" last Saturday, making good on his promise to make 1994 his best year.

\*\*\*\*\*