



Northern California Seniors Track Club, Inc.
February/ March 1994 p.1
(For Men and Women 30 Years and Older)

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ROBERT MALAIN, and his wife, MARY, at Pt. Lobos, 1990

BOB MALAIN (who attains age 67 April 30, 1994) was awarded a club trophy for his 1993 distance running. RUN/CAL listed him as fourth Super Senior Man in the Pacific Association LDR Grand Prix Standings and third in the Cross-Country Super Senior Men Standings. Bob advises that in 1993 he won 11 of his 18 races in the age 65 class, and he was 11th and 6th respectively overall in the handicapped Dipsea and Woodminster. He "started in 1970 to run to stay in shape for skiing and backpacking and won the masters age class in the first two races in Redding and Chico and was hooked. I met Emmett Smith at the second run in Chico and he signed me up with the Northern California Seniors and told me about the running scene in Northern California. I ran quite a few marathons between ages 46-54, mostly about 2:55. The fastest was 2:46+ at Avenue of Giants at age 48. I don't race distances over 10 miles any longer because of tender knee joints." He ran in high school and the mile and X-country at UCLA in 1946-47.

Bob and Mary were married while they were still students at U.C., Berkeley, where he got his degree in Forestry. They have two sons, teachers, who live closeby with their three grandchildren. After 40 years service for the California Department of Forestry he retired in 1991 to his home in Redding. His work was first in the

(cont. on p. 2)

Bob Malain--cont. from page 1

Central Sierras, followed by 7 years on the coast near Fort Bragg and the remainder in Northern California at Sacramento and Redding.

CLUB ID

TAC #: 109
CA. CORP #: 1275994
CA NON-PROFIT: CT-61086

ACTIVITIES

**Martinez to Port Costa
Brick Yard Run**

Ken Carnine T&F Classic
Michael Ackley, Director
4649 Oakbough Way
Charmichael, CA. 95608
916-966-8987

**Dick Houston Memorial
Woodminitser 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

Bob and Mary take frequent runs and cross country and down hill ski trips (usually at Christmas and Easter with their sons' families). Bob says, "Almost annually I take long backpack trips generally in the South Sierras or mountains of Northern California (including) lots of fishing and mountain climbing...I climbed two mountains last summer—Thompson Peak in the Trinity Alps and Forsyth Peak in North Yosemite. I've climbed Mt. Shasta about a dozen times but not recently. My wife Mary and I take lots of short day hikes in the mountains of Northern California and more recently in Utah...We cross country ski in Lassen Park, on Mt. Shasta and near Mt. Bachelor in Oregon...Mary has won some local races but doesn't run competitively much any more;...she has the most unique trophy--a mounted engraved ostrich egg from the Zoo Zoom. No, it hasn't hatched yet."

"I took up cycling about 6 years ago following arthroscopic surgery on the right knee where there is not much cartilage left. So I mountain bike and road bike with a couple of cycling clubs here in Redding. I also occasionally ride the road bike competitively and was first in a couple of events last year in duathlons (bike the first day and run the second day)..Also have been competing on the road bike the last three years in a four day event at the World Senior Games in St. George, Utah."

Bob's training is about 70 minutes running one day and 1½ hours cycling the next. He lifts 65 pounds free weights once a week.

His other interests are: "Editor of the California Forestry Alumni annual magazine which he, his wife, and a group of dedicated assistant editors help with;" and a "willing 'star'" baby-sitting his grandchildren to help their moms and dads.

OUR NEW SECRETARY/TREASURER--We are fortunate our sprinter RAY YECK, a computer expert, has accepted the office of Secretary-Treasurer for the Club for 1994. Please use the revised application for new or renewed membership, on the cover of this newsletter. Ray advises the following additional renewals were received in February:

- | | | | |
|-----------------|-----------------|----------------|--------------|
| Martyn Adamson | Jim Johnson | Carl Reiterman | Ray Stewart |
| Bob Douglas | Josephine Kolda | Dennis Rietz | Bob Stone |
| Del Eckles | Kay Lyons | Lee Schroeder | Nancy Stout |
| Richard Higgins | Dick Mack | Stev Schwartz | Bobby Thomas |
| Mark Grubi | Ed Manougian | Tom Silva | |

You will not receive a bill for dues. All dues were payable January 1, 1994. They are still \$14 a year for an individual, or a family. If you have a question about your dues, Ray's computer will show when and if they were paid for 1994. If your name did not appear in the last two newsletters or this issue, your attention will be appreciated.

WELCOME, NEW MEMBER, PATRICIA DURHAM, 848 Longridge, Oakland, CA 94610, referred by Coach Ed Miller (U.C. Berkeley). She is interested in throwing the javelin, and brought several friends to Edwards Field, U.C. Berkeley, this week, prospective new members.

* * * * *

NCSTC TRACK & FIELD MEETS

Director Michael Ackley reports the Ken Carnine T&F meet will be held at Sacramento State U. in conjunction with a Sacramento State dual meet, on May 7, 1994. He is trying to plan a chicken dinner (optional) following the meet. A complete flyer will be printed in the April newsletter.

Director Mark Grubi reports the NCSTC T&F Classic has been set for Saturday, September 10, 1994 at Edwards Field, U.C. Berkeley. Arrangements have been made for this date.

* * * * *

REPORTS FROM MEMBERS:

Bobby Thomas (58) from Sacramento, reported a Palm Springs 100M win of 12.57 (breaking the 12.59 track record), and a 200M win of 26.82. He also reported Dick Martin was second in that age group with a 12.60 200M. He and Dick are looking forward to a NCSTC relay with Martin Adamson, "instead of against him."

Frank Toner: "Jan. 27, 1994. Last Sunday was a very enjoyable experience for my wife and myself. Your presentation to me of a trophy for 'Outstanding Masters Sprinter' came as quite a surprise considering the wealth of talent within the ranks of the club. Our sincere thanks for this special commendation. It is a beautiful trophy and will certainly be a focal point on display in our home." (Frank is very deserving of this award for the older age groups.)

Kit Pickles: "I certainly enjoyed seeing everyone at the meeting last Sunday. I didn't expect the club to pay for my lunch. ...Please thank the Board for me...it was so nice to have our meeting at Spengers." (Les could not attend because of an operation on his shoulder.)

John Burns reports orthrosopic surgery on his knee, which is not stopping him from his officiating duties at the pole vault pit pending recovery. He also reports his son, Brent, won the pole vault event at the Milrose (New York) and Sunkist (Los Angeles) and was second at Atlanta. He was the leader on points.

Coach Grubi is hoping to recruit James Robinson to join Wolfgang Schmuleqitz and possibly Roger Scott and Ron McLennon for a record 4 X 800 relay at our September 10 Classic.

Kay Lyons reports her broken foot has healed and her training is progressing very well. She has been learning starts at U.C. Berkeley at our Sunday practices, and "looking good" giving the Coach optimism for a women's relay with Jutta McCormick, Marty Behrens, and Judy Ace. Others?

Ruth Anderson reported she got to 45 miles at the National 100K February 12 at the Dixon Ranch (outside Sacramento) in her bid for one of the top 3 women pick to go to Japan in June. She also finished 51 miles of the CROM HOAR sponsored by the Bay Area Ultra Runners January 15 at Foothill College; this was part of the Ultra Grand Prix. Ruth reported Dick Collins finished 52 $\frac{1}{4}$ miles.

SHARLET GILBERT reported a win overall for women in a half-marathon February 5; she was listed as 4th for the full marathon distance for 40+ that same date at Las Vegas, NV in 2:58:22; the winner had 2:51:39. Sharlet has been sharpening her speed also at our U.C. Sunday practices; her 20 (and "small change") 140 meters translates to a very respectful 100M and 200M, also giving the Coach optism for a women's relay. (Sharlet is in the 40 age group.)

* * * * *

The National Masters News shows DON ROSE competed at the Nov. 13 Long Beach Senior Olympics, Nov. 13, with a third place (3'08.0" high jump, fifth discus throw (96'03.0"), and a second place javelin throw (101'07.0") in the M65 age group.

RUN/CAL listed the 1993 PACIFIC ASSOCIATION GRAND PRIX STANDINGS, as follows:

LDR FINAL

- Super Senior Men--
 - 4th - Robert Malain
- Super Senior Woman--
 - 4th - Ruth Anderson
 - 6th - Jaclyn Caselli
- Veteran Women--
 - 2nd - Jaclyn Caselli (tied with Els Tuinzing)
- Senior Women Teams--
 - 5th NorCal Seniors

Cont. on page 4

Grand Prix Standings, cont. from p. 3

CROSS COUNTRY FINAL STANDINGS--

Master Women--

7th - Sharlet Gilbert

Senior Women--

1st - Barbara Robben

Super Senior Men--

3rd - Bob Malain

Super Senior Women--

1st - Ruth Anderson

3rd - Hanna Szoke

Senior Women Teams

1st - NorCal (\$50 prize money)

ULTRA GRAND PRIX STANDINGS--

Senior Women--

10th- Ruth Anderson

Super Senior Men--

6th - Richard Laine

Super Senior Women--

1st - Ruth Anderson

* * * * *

Roy Acoff's wife, Maude, has decided to join him in his training at U.C. Berkeley. Good luck and happy running, Maude. We welcome you.

Barbara Robben has been entering the 400M, 800M and 1500M at the Berkeley All-commer meets for training. She jogs from her home and back after the meet, to make it a longer training move. Tom Silva lengthened his javelin throw to 60.72M, and Roger Scott and Ron McLennon have been testing themselves in the 800M and 1500M at these meets.

From Dr. John Hutchinson--..."I do so appreciate your sending me the NCSTC Newsletter, and what a grand party you reported in the Jan 94 issue. I was very sorry I couldn't make it; but to be honest, my knee is bad and to think of running again and not being able to do so, is almost unbearable. So I'm delighted you and the others keep it up..."

A message of appreciation for the trophy was also received from Jim York and Bob Malain.

* * * * *

UPCOMING T&F MEETS--

March 25-27, USA Maser's Indoor Championships, Columbia, Mo., Donald Dobson, U. of Missouri, 344 Harness Cntr. Columbia, Mo 65211, 314-882-4187.

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

April 23, Bob Watanabe Memorial T&F Meet, UCLA Drake Stadium--see flyer on a later page.

May 7, Ken Carnine meet combined with Sacra. St. U. dual meet--flyer to be in April newsletter--Michael Ackley director (see page 2 for address).

May 14, So. Cal. Striders meet, CSU, Long Beach. Hugh Cobb, 619/436/7696.

May 28 - Bruce Jenner Classic, San Jose, 12:30pm, Bruce Bonanno, 408/288-3730, 2100 Moorpark, San Jose, CA 95128. (There are usually a few invitational masters' events.)

June 11, Pac. Assoc. Masters T&F Meet, Los Gatos, Willie Harmatz, 408/354-5660, 20 High School Ct., Los Gatos, CA 95030.

June 18, USATF-SCA Championships, Occidental Coll. Christel Miller, 818/843-2139.

July 2-3 USATF West Regional Masters Championships, site TBA. Hugh Cobb, 619/436-7696.

July 10 - Trojan Masters Meet, USC, Los Angeles, Russ Reabold, 818/917-6289.

June 25-26. Hayward Classic, Hayward Field, Eugene, Ore. Barbara Kousky/Tom Jordan, PO Box 10825, Eugene, OR 97440. 503/689-1989

LDR EVENTS

The RUN/CAL has listed the events thro' May, includin the following PA events:

March 20, 50+ Fitness Assoc 11th annual Champ 8K & Walk, Palo Alto, 8am, Lee Haskell, 415/323-6160, Box D, Stanford, CA 94309

Houlihan's to Houlihan's 12K, San Francisco, 8:00am, Rhody Productions, 415/387-2178, 3929 California St., SF 94118

April 2 American Rvr 50 Miler (PA/USATF Ultra GP-mstrs) Sacramento 6am, Delmar Fralick, 916/783-4558, 1730 Clara Dr. #3, Roseville 95661

April 17 Ruth Amderson 100K (PA/USATF Ultra GP), Stanford, Palo Alto, Tony Rossman, Michelle Giannini, 380 Hayes St., San Francisco 94102 415/861-1401(w)

April 14 KCCN-TV Big Sur 5K, Carmel, 8:00 am, William Burleigh, 408/625-6225, Box 222620, Carmel, CA 93922

May 7 Quicksilver 50 Mile (PA/USATF Ultra GP) & 50K, San Jose, Al Hill, 546 Bliss Ct., San Jose, CA 95135, 405/978-5199

May 14 Silver State 50K 9PA/USATF Ultra GP) & 50 Mile, Trno, Ken McKim, 1460 Prospect Afe., Sparks, NV 89431, 702/356-2024.

* * * * *


Bill Adler, 435 E. Tahquitz Cyn, Palm Springs, CA 92262 (619/325-6307) has arranged some masterstours, the flyers are on the following pages.

He states: "I have received an invitation from Mr. Carlos Hernandex Brito of the Mexican Veterans Federation to bring a U.S. team to Mexico to compete in a dual meet against a Mexican Masters team (T&F), to take place at the VILLA OLIMPICA in Mexico City on June 11 & 12, 1994....We are trying to reschedule the meet for June 4-5, or 18-19...If you are interested, please contact me asap."

If you have not yet applied for your 1994 competition number from PAC USAT&F, you may use the request form printed below:

Renew membership for '94 now! Add \$6.00 for RunCal First Class Mail.

PLEASE PRINT OR TYPE INFORMATION IN THE APPROPRIATE BOX



USA TRACK & FIELD

PACIFIC ASSOCIATION
120 PONDEROSA COURT
FOLSOM, CA 95630
SEND STAMPED SELF-ADDRESSED ENVELOPE
REGISTRATION FEE \$12.00

T&F REGISTRATION
ALBANY

LAST NAME FIRST INITIAL

ADDRESS

CITY STATE ZIP CODE

ATHLETE'S SIGNATURE

DATE OF APPLICATION MONTH DAY YEAR

DATE OF BIRTH MONTH DAY YEAR

AGE

SEX
MALE or F/FEMALE

U.S. CITIZEN Y/YES or N/NO COUNTRY OF CITIZENSHIP

SPORTS T-L-R T = T&F L = LDR R = RW

CLASSIFICATION Y-M Y = YOUTH ATHLETICS M = MASTERS

CLUB # CLUB NAME

AREA CODE PHONE

I certify that in accordance with the rules of T&F and the IAAF, I am eligible to compete in the indicated sport(s).

Bill Adler Masters Tours

MEXICAN MASTERS Vs U.S. MASTERS
TRACK & FIELD MEET
VILLA OLYMPIA, MEXICO CITY
JUNE 25 & 26, 1994

5 DAYS & 4 NIGHTS: INCLUDES ROUNDTRIP AIR TRANSPORTATION FROM L.A. OR NEW YORK TO MEXICO CITY, MEXICO, PLUS 4 NIGHTS HOTEL ACCOMMODATIONS AT THE MEET HEADQUARTERS HOTEL, JUNE 23 TO JUNE 27, 1994. TRANSPORTATION BETWEEN HOTEL & AIRPORT AND PORTAGE OF TWO BAGS EACH PERSON INCLUDED. IN ADDITION, FREE SHUTTLE BUS SERVICE FROM YOUR HOTEL TO AND FROM THE VILLA OLYMPIA TRACK & FIELD STADIUM.

1. FIRST CLASS HOTEL ACCOMMODATIONS FROM L.A. \$599.00
2. FIRST CLASS HOTEL ACCOMMODATIONS FROM N.Y. \$649.00

(Above Air & Hotel Cost Per Person)

SCHEDULE OF EVENTS (TENTATIVE)

SATURDAY JUNE 25TH

5,000 METER RUN
800 METER RUN
80M/100M/110M HURDLES
100 METER SPRINT
400 METER SPRINT
LONG JUMP
DISCUS
POLE VAULT
HIGH JUMP

SUNDAY JUNE 26TH

1,500 METER RUN
4 X 100 METER RELAY
300M/400M HURDLES
200 METER SPRINT
4 X 400 METER RELAY
TRIPLE JUMP
JAVELIN
SHOT PUT
HAMMER THROW

Bill Adler Masters Tours
435 E. Tahquitz Cyn. Way
Palm Springs, Ca. 92262

Telephone & Fax: 619-325-6307

Gentlemen:

I/We _____ are going to Mexico City to attend the Mexican Masters Vs U.S. Masters Track & Field Meet. Enclosed please find \$_____ (\$50 per person deposit plus \$25 registration fee (non refundable) per person to hold reservations until May 10, 1994 when the full amount of the balance is due and payable). Please make checks payable to Bill Adler Masters Tours and mail to 435 E. Tahquitz Cyn. Way, Palm Springs, Ca. 92262.

I will be departing from: L.A. : _____ NEW YORK: _____



Bill Adler Masters Tours

NORTH & CENTRAL AMERICAN T&F CHAMPIONSHIPS
EDMONTON, CANADA AUG. 3 TO AUG 8, 1994

1. 6 DAYS & 5 NIGHTS: INCLUDES ROUNDTRIP AIR TRANSPORTATION FROM L.A. OR N.Y. TO EDMONTON CANADA PLUS 5 NIGHT HOTEL ACCOMMODATION AT THE MEET HEADQUARTERS HOTEL, COAST TERRACE INN ... AUGUST 3, TO AUGUST 8, 1994. TRANSFERS BETWEEN AIRPORT & HOTEL, TAXES & PORTAGE OF TWO BAGS EACH PERSON.

- A. 1ST CLASS HOTEL ACCOMMODATIONS FROM L.A. \$799.00
B. 1ST CLASS HOTEL ACCOMMODATIONS FROM N.Y. \$899.00

WORLD VETERAN ROAD RACING CHAMPIONSHIPS
SCARBOROUGH (TORONTO) CANADA - JUL 29 TO AUG 1, 94'

2. 4 DAYS & 3 NIGHTS: ROUNDTRIP AIR TRANSPORTATION FROM L.A. OR N.Y. TO TORONTO (SCARBOROUGH) CANADA, PLUS 3 NIGHTS HOTEL ACCOMMODATIONS AT THE VENTURE INN (SCARBOROUGH) FROM JULY 29 TO AUGUST 1, 1994. INCLUDES TRANSFERS BETWEEN AIRPORT & HOTEL, TAXES & PORTAGE OF TWO BAGS EACH PERSON.

- A. 1ST CLASS HOTEL ACCOMMODATIONS FROM L.A. \$499.00
B. 1ST CLASS HOTEL ACCOMMODATIONS FROM N.Y. \$425.00

NORTH & CENTRAL AMERICAN T&F CHAMPIONSHIPS
AND
WORLD VETERAN ROAD RACING CHAMPIONSHIPS

3. 11 DAYS & 10 NIGHTS: ROUNDTRIP AIR TRANSPORTATION FROM L.A. OR N.Y. INCLUDES 5 NIGHTS HOTEL ACCOMMODATIONS AT THE VENTURE INN, SCARBOROUGH, CANADA FROM JULY 29 TO AUG 3 & 5 NIGHTS AT THE COAST TERRACE INN FROM AUG 3 TO AUG 8, 94'. INCLUDES TRANSFERS BETWEEN AIRPORT & HOTEL, TAXES & PORTAGE OF TWO BAGS EACH PERSON.

- A. 1ST CLASS HOTEL ACCOMMODATIONS FROM L.A. \$1,225.00
B. 1ST CLASS HOTEL ACCOMMODATIONS FROM N.Y. \$1,175.00

(ALL HOTEL RATES ARE QUOTED PER PERSON BASED ON DOUBLE OCCUPANCY)

BILL ADLER MASTERS TOURS
435 E. TAHQUITZ CYN. WAY
PALM SPRINGS, CA. 92262

TELEPHONE & FAX: 619-325-6307

I/WE _____ ARE GOING TO CANADA TO ATTEND THE NO. & CENTRAL AMERICAN T&F CHAMPIONSHIP AND/OR THE WAVA WORLD VET ROAD RACING CHAMPIONSHIPS. ENCLOSED PLEASE FIND \$_____ (\$150 PER PERSON DEPOSIT PLUS \$25 NON-REFUNDABLE REGISTRATION FEE) TO HOLD RESERVATIONS UNTIL MAY 1, 1994 WHEN THE FULL AMOUNT OF BALANCE IS DUE & PAYABLE. PLEASE MAKE CHECKS PAYABLE TO: B. ADLER MASTERS TOUR.

PLAN: NUMBER 1. A. _____ B. _____
PLAN: NUMBER 2. A. _____ B. _____
PLAN: NUMBER 3. A. _____ B. _____



L.A.-VALLEY ATHLETIC CLUB

ENTRY FEE: ONE ENTRY FEE OF \$25 FOR ONE TO MAXIMUM OF THREE EVENTS PLUS THE RELAY. (THERE IS NO CHARGE FOR RELAY TEAM ENTRIES). NO REFUNDS.....

DEADLINE: APRIL 15, 1994

DIVISIONS: MEN & WOMEN AGE 30 PLUS

AWARDS: MEDALS FOR FIRST THREE PLACES IN EACH AGE DIVISION.

FACILITIES: SYNTHETIC ALL WEATHER TRACK. (ONE OF THE FINEST TRACK STADIUMS IN USA)

NOTE: 1994 USA T&F REGISTRATION REQUIRED. (AVAILABLE AT MEET FOR \$12)

DIRECTIONS: EXIT 405 (SAN DIEGO) FREEWAY AT SUNSET BLVD., EAST TO UCLA ENTRANCE AT WESTWOOD BLVD. & TURN IN AT GUARD SHACK TO PICK UP A PARKING PASS FOR LOT 4 (CLOSEST TO STADIUM). CAMPUS PARKING \$5.

ACCOMODATIONS: HOTEL ACCOMODATIONS HAVE BEEN MADE FOR A REDUCED RATE OF \$35.50 PER PERSON, DCUBLE OCCUPANCY, AT THE WESTWOOD PLAZA HOTEL (10 MIN. FROM UCLA) WITH SHUTTLE BUS SERVICE TO & FROM HOTEL & UCLA ON SATURDAY, APRIL 23, 1994.

SCHEDULE OF EVENTS

TRACK EVENTS

| | | | |
|----------|-----------------------|---------|-------------------|
| 8:30 AM | 5,000M RACE WALK | 1:30 PM | 400M SPRINT |
| 9:30 AM | 3,000M RUN | 2:15 PM | 1500M RUN |
| 10:15 AM | 800M RUN | 3:00 PM | 200M SPRINT |
| 11:00 AM | 80M/100M/110M HURDLES | 3:45 PM | 300M/400M HURDLES |
| 11:45 AM | 100M SPRINT | 4:15 PM | 4X200 METER RELAY |

(20 MINUTE LUNCH BRAKE FOR OFFICALS)

FIELD EVENTS

| | | | |
|----------|-----------------------------|--------------------------------------|---------------------|
| 9:00 AM | LONG JUMP/DISCUS/POLE VAULT | (20 MINUTE LUNCH BRAKE FOR OFFICALS) | |
| 11:30 AM | HIGH JUMP/SHOT PUT | 2.00 PM | TRIPLE JUMP/JAVELIN |

ENTRY FORM (PLEASE PRINT)

LAST NAME _____ FIRST NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____

AGE ON 4/23/94 _____ DATE OF BIRTH _____ SEX: M _____ F _____

CLUB AFFILIATION _____ 1994 USA T&F NO. _____

EVENTS (1) _____ (2) _____ (3) _____

\$25 ENTRY FEE ENCLOSED _____ PLEASE MAKE CHECKS PAYABLE TO: W.E. ADLER & MAIL TO:
435 E. TAHQUITZ CYN. WAY, PALM SPRINGS, CA. 92262.

HOTEL ACCOMODATIONS: YES _____ NO _____ (RESERVATION REQ. WILL BE MAILED IF YES)

WAIVER: IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, INTEND TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, MY HEIRS, EXECUTORS OR ADMINISTRATORS WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS, CLAIMS OR DAMAGES I MAY ACCRUE AGAINST THE UNIVERSITY OF CALIFORNIA LOS ANGELES (UCLA), THE L.A. VALLEY ATHLETIC CLUB, USA T&F, THE MEET DIRECTOR AND ALL SPONSORS OF THE TRACK & FIELD MEET, THEIR SUCCESSORS, REPRESENTATIVES AND ASSIGNS OF ANY AND ALL INJURIES WHICH I MAY SUFFER WHILE TRAVELING TO AND FROM, AND WHILE PARTICIPATING IN THE BOB WATANABE MEMORIAL T&F MEET HELD ON APRIL 23, 1994 AT UCLA DRAKE STADIUM. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING IN THIS TRACK & FIELD MEET.

SIGNATURE _____ DATE _____