



Northern California Seniors Track Club, Inc.

APRIL 1994 p.1

(For Men and Women 30 Years and Older)

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415-285-3352



CRAIG BOYAK, Our Best Pole Vaulter, Now 40, and Eligible to Compete in World Meets--Pictures? Who has pictures of pole vaulting anymore? It's all video now. That was Craig Boyak's response to my request for a photo for this article. He apparently doesn't have pictures of his vaulting so he gave one of what he was doing last summer during the Master's National Meet--he was on a sailboat on Lake Geneva. You can accuse Craig of not taking track serious enough but not so with life. When not training for vaulting, he likes to ski, bicycle, climb and motorcycle. That's his recreation. He works as a stress / structural engineer a convenient 400M from Cal's Berkeley track. His work has caused his absence last year. More than a quarter of 1993 was spent in Russia, Switzerland, Italy and Brazil, making it too difficult to maintain a training regime and attend any meets. Craig says this year looks much better. He still has travels in his plans but he's kept up

Cont. on page 2

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
Woodminiser 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

his base training and flexibility and is now jumping competitively again. He reports a third place on April 9 at the Woody Wilson Meet held at Sacramento (in the Open Class). Now age 40 he looks forward to the August National Meet in Eugene. Craig did his graduate work at Oregon State U., Corvallis, and competed in his first Masters National Meet in '87 in Eugene, taking 4th. He and two friends, Bob Olsen and Doug Bockmiller, did a road trip and took 1st, 2nd and 4th. (So much for inviting all his friends, Craig says.) But the joy for Craig is in the participation. He just likes to be out on the infield of a track on a nice day "with a bunch of like minded wild and crazy guys." He views vaulting as competing against oneself, only with people to get in the way and complicate the timing. He says that in the '87 National Meet he warmed up at 1pm and started at 10 pm. It went from light to dark and 70° to 50°. He hopes it will be better this year.

Coach Grubi says Craig is a natural athlete who could do many events. (His best depends on how much time he gets to train.) In 1973 as a sophomore in a Division III college he got 2nd at the NCAA National Meet. He then dropped out of school and disrupted his vaulting career (the first time). After returning his focus to school and an engineering degree, he competed at Wayne State U. in Detroit (his home town); he vaulted only one hour twice a week--the other time was studies. He set school records in the vault at 16'0". He also had "a deal" with the coach. Craig would run any event the coach asked at conference meets only. In those meets he'd long jump 22', run the 110M hurdles in 14.9 and run the mile relay with a leg around 51.0. His coach bet him if he did a decathlon, he could go to the Drake Relays. Craig did one decathlon and broke Wayne State's record and qualified for the Nationals in the long jump and hurdles. Yet he no heighthed at the Drake Relays, he says.

Craig received an NCAA Post Graduate Scholarship in 1977 for athletics and academics. Upon graduation he used it to move to Zurich, Switzerland to study at the Swiss Federal Institute of Technology. He met Felix Bochni, then of the Zurich Track Club and later an NCAA champ for San Jose State, and competed for a short period before discovering the Alps and disrupting his vault career (a second time). He then returned to Ann Arbor, Michigan and began working. Craig did not vault for 5 years. It wasn't until he moved to the SF area and regained contact with someone he had coached in Detroit that the bug bit him. Since 1985 Craig has lived in this area and been active in the collegiate and masters circuit. He prefers the competition with the "youngsters" in college. He has also made numerous friendships from contacts in the Masters circuit.

In 1992 Craig took second at the Masters National Meet in Spokene at 16'0". He says his secret of success as he gets older is in flexibility. He has masseuse Leslie Loomis do deep tissue massage which he claims allows him to train harder because the muscles don't remain tight as long after a hard workout. He recommends Leslie for sports massage and therapy. She's on Solano Avenue in Albany (525-8352). Craig also tries to attend ballet classes. He says the strength and flexibility required in the hips for ballet is excellent for long sprinting where hip tightness can affect stride length. He says Shawl Anderson (654-5921) at Alcatraz and College Avenues is good because they always have beginner classes you can drop in on. Too bad vaulting doesn't have style points, Craig adds.

Membership Renewals to be added are:

Ruth & John Anderson	Craig Boyak
Carl & Elsie Andersen	Aart J. Rackwitz
John Burns	William Rupley
Ken Carnine	Donald M. Rose
George E. Grimes	Gretchen Snyder
Karen Gudiksen	James L. Worley
Jack Hill	
John Kilbuck	
Clarence Killian	
Joseph Lo	

WELCOME NEW MEMBER:

Doug Hammer, born 12/16/44, 848 Longridge Rd, Oakland, CA 94610 (510/465-9028) is interested in running techniques for children. He was active in running and baseball.

CHANGES OF ADDRESS:

Ben Anixter, 145 Stonepine Drive, Hillsborough CA 94010.

John Daniels, 6400 Westholme Way, Sacramento, CA 95823.

REPORTS FROM MEMBERS

1993 Pres. Ed Manougian celebrated his 65th birthday this week and entry into the new age group for 1994 competition.

Tom Silva keeps pushing the javelin distance--a 202'6", winning the open division March 21 at the Panther Invitational in Sacramento. We're right behind you, Tom!

John Burns reports the doctor has given him the okey to go ahead with his training after knee surgery.

Sharlet Gilbert took first Masters women place in the San Jose Mercury News 10K 3/29 with a 36:48. She was also 1st Masters woman in the Houlihan 7 miles with 45:36. She's pointing toward the Boston Marathon. Good luck; we know you'll be right there!

Fritz Jaeger plans to run the Big Sur; his 3:40 in the Los Angeles Marathon was a start. He brought his two daughters Sunday to watch his training and to practice jumping.

Roy Acoff dropped by Laney College to meet Eddie Hart and observe his practice on the starts. He came afterwards to Edwards Field in a state of awe at Eddie's ability and performances, reporting Eddie will probably be running in the Western Regionals.

Don Rose phoned, "Who's this Don Rose who competed in Long Beach? (See our report on p. 3 of the last issue of this newsletter, Don Rose, M65 group...) I didn't compete at Long Beach and I'm still in the M55 group." Apologies to our much better and younger Don Rose, whose cooperation with reports of performances and pictures has been so helpful. The other chap is "Don Roser."

Our own Ken Carnine wrote, "The beautiful trophy was a complete surprise--...thank the NCSTC for considering my continuing efforts. I did break the pentathlon world record and American discus..."

Coach Grubi reports Stev Schwartz is training very well and should be a good point winner at our upcoming meets. He is also reported by Mark Grubi to be one of the best pole vault coaches in the country, having a complete knowledge of the technique of vaulting.

From Kit Pickles: "...I'll be having a hip replacement on May 16. My hip has become so painful, and after looking at the X-rays I'm convinced that surgery is the answer. It would

be wonderful to be able to race-walk-- that is my goal now that I can't run."

Martie Behrens has suddenly brought her running muscles out of rest and into a fit appearance while she cheerfully does her sprint training.

PLEASE SEND US YOUR RESULTS IN THE UPCOMING RACING EVENTS.

Reminders on some upcoming PA Grand-Prix PA LDR and ULTRA events:

- 4/16 Ruth Anderson 100K (Ultra & 50 Miler, S.F. 6:30, Dick Collins, 510/530-6634
- 4/24 KCCN-TV Big Sur 5K, Carmel, 8 a.m., Wm Burleigh, 408/625-6225.
- 5/07 Quicksilver 50 Mile & 50K, San Jose, Al Hill 408/978-5199.
- 5/14 Silver State 50K & 50 Mile, Reno, Ken McKim, 702/356-2024.
- 5/15 Examiner Day to Breakers, 12K, S.F. 8 a.m., Linda Luchetti or Elizabeth Cox, 415/777/8743.
- 5/30 Pacific Sun 10K *2.6 mi., Kentfield, 8 a.m., Kees, 415/472-Race.
- 6/18 Fujitsu Run For Kids & 2 Mi walk, San Jose, Peter Nantell, 415/288-1750.
- 6/25 Western States 100 Miler, Squaw Valley to Auburn, 5 a.m., Norman Klein 916/638-1161.
- 6/26 Class 5 Fitness Mother Lode Mile III, Sonora, 7:30 a.m. Mike Sullivan, 209/532-1910

GAIL WETZORK reminds us our DICK HOUSTON MEMORIAL WOODMINSTER RUN, Sunday, June 16, will need help in marking the course and officiating the run. Please contact Gail (his address and phone are on the left side of page 2). The flyer will be published in the next newsletter. YOUR HELP WILL BE NECESSARY AND APPRECIATED.

United States National Senior Olympics

(Call 1-800-331-9211 for information)

In order to qualify for the May 1995, San Antonio, Texas U.S.N.S.O., you must compete in sanctioned games. Qualifying games (placing 1-6) for the California state Championships are shown as including the sites:

Solano Co. 5/12-15, Fairfield, 707/422-4164.

Sacramento 6/2-5, Sacra., 916/277-6094.

Oakland--8/13-20, Oakland, 510/531-9721, Barbara Chang.

NATIONAL MASTERS NEWS

Subscription Form

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The *National Masters News* gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

The *National Masters News* is only \$24 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of \$45 — a 22% savings off the single-copy price. A 3-year subscription saves 24%.

2nd Class rates: (USA, Canada)	1st Class rates: (USA, Canada, Mexico)	Foreign rates: (Air mail)	<input type="checkbox"/> Payment enclosed
<input type="checkbox"/> 6 months \$13	<input type="checkbox"/> 1 Year \$39	<input type="checkbox"/> 1 year \$43	<input type="checkbox"/> Bill me later
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<input type="checkbox"/> 2 Years \$45	<input type="checkbox"/> 3 years \$110	<input type="checkbox"/> 3 years \$122	
<input type="checkbox"/> 3 Years \$65			

Circle applicable sports: T L R (T = T&F; L = LDR; R = RW)

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News
Subscription Dept.
P.O. Box 16597
North Hollywood, CA 91615-6597

Or Call:
818/760-8983

(Canadian checks accepted; add 25% to cover exchange. Please notify us of address changes four weeks in advance.)

CZZMN

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60-69						
70 Plus						
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
40-49						
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60-69						
70 plus						

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49			13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"				
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.
50-59	6.00k	1.50k	6.00k	800 gms.
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

Steeplechase: 3000m for men 30-59; 2000m for men 60 + and women.

NORTHERN CALIFORNIA SENIORS TRACK CLUB

invites you to compete in a special edition of

THE KEN CARNINE CLASSIC

11 a.m. to 4:40 p.m., Saturday, May 7, 1994
at California State University, Sacramento



The 1994 Classic will run concurrently with the
CSU, SACRAMENTO v. EASTERN WASHINGTON U.
DUAL TRACK MEET

To raise funds for the CSUS Track and Field program, a full-course chicken dinner, sponsored by Kentucky Fried Chicken, will be served for \$6 per person at the conclusion of the meet. Please include reservations and payment with your entry.

Masters/submasters competition will be in five-year age divisions for both men and women, age 30 and over. Relay teams may be mixed-age.

Entry deadline is Tuesday, May 3. The entry fee is \$6 for each event. Fee for post entries will be \$10 per event. Medals will be awarded for the first three places in individual events. Relay entry is free, but no prizes will be awarded.

Facilities: Track and runways are Chevron 400. Spikes must not exceed 1/4 inch. Throwing rings are concrete. Showers are available. Limited locker space is available. Bring your own lock, soap and towel.

NOTE: Athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 800-233-0393. (The decision to conduct tests rests with the USA Track & Field.)

.....

1994 KEN CARNINE CLASSIC OFFICIAL ENTRY FORM

In consideration of my entry, I hereby waive all rights to claims of any kind against the meet sponsors, the City and County of Sacramento, the State of California, and their agents. I attest that I have trained for this competition and am physically fit.

Signature _____ Print Name _____

Address _____ City _____ State _____

Age on May 7, 1994 _____ Date of Birth _____ Sex (circle) M F

Events (\$6/event) _____ Subtotal \$ _____

_____ Dinner tickets at \$6 per person Subtotal \$ _____ Total (Events+Dinners) \$ _____

Mail this form with check to NorCal Seniors TC, c/o Michael Ackley,
4649 Oakbough Way, Carmichael, CA 95608. Phone: (916) 967-9003.

EXHIBITION EVENT

11 a.m. **STANDING HIGH JUMP and
STANDING BROAD JUMP**

This event is open to masters competitors. No entry fee. No awards.

RUNNING EVENTS SCHEDULE —

("KC" denotes Ken Carnine event)

12 noon	400m relay, w	2:15 p.m.	100m, m
12:05 p.m.	400m relay, KC w	2:20	100m, KC m
12:10	400m relay, m	2:30	800m, w
12:15	400m relay, KC m	2:35	800m, KC w
12:20	1500m, w	2:45	800m, m
12:30	1500m, KC w	2:50	800m, KC m
12:40	1500m, m	3:00	400m hurdles, w
12:50	1500m, KC m	3:05	400m hurdles, KC w
1:05	100m hurdles, w	3:15	400m hurdles, KC m
1:10	100m hurdles, KC m	3:25	400m hurdles, m
1:15	80m hurdles, KC m	3:35	200m, w
1:25	110m hh, m	3:40	200m, KC w
1:30	110m hh, KC m	3:50	200m, m
1:40	400m, w	3:55	200m, KC m
1:45	400m, KC w	4:05	3000m, w & KC w
1:50	400m, m	4:20	1600m relay, w
1:55	400m, KC m	4:25	1600m relay, KC w
2:00	100m, w	4:30	1600m relay, m
2:05	100m, KC w	4:35	1600m relay, KC m

FIELD EVENTS SCHEDULE

10 a.m.	Hammer, m Javelin, w then m Long Jump, w then m	1 p.m.	Shot Put (five throws) KC w then KC m Pole Vault, all m Triple jump, w then m High Jump, w then m
11 a.m.	Hammer (five throws) KC m and KC w Long Jump (five jumps) KC w then KC m Shot Put w then m	2 p.m.	Discus (five throws) KC w then KC m High Jump, KC w then KC m
Noon	Javelin (five throws) KC w then KC m Discus, w then m	3 p.m.	Triple Jump, KC w then KC m

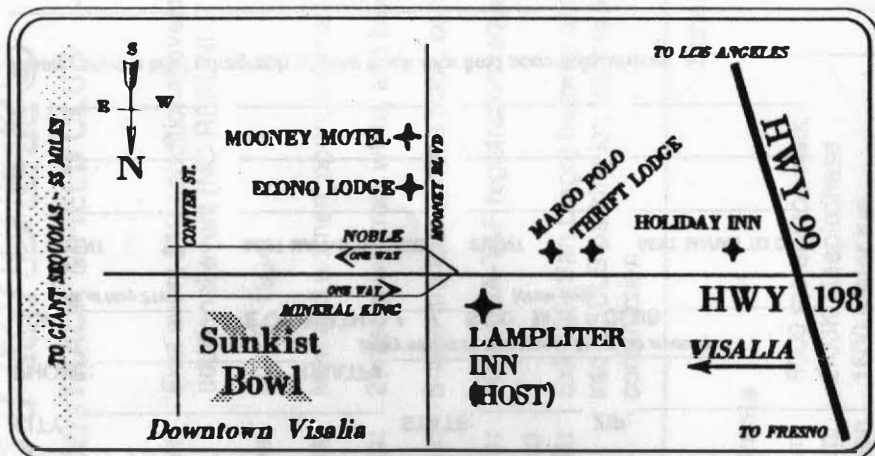
MOTEL LISTINGS

*Lampliter Inn (Host) 732-4511
 *(packet may be picked up Friday, May 20, 6:00-9:00 p.m.)

HOLIDAY INN	651-5000
ECONO LODGE	732-6641
BEST WESTERN	732-4561
THRIFT LODGE	732-3611
MOONEY MOTEL	733-2666
MARCO POLO	732-4591

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Visalia Community Hospital
 Kaweah Delta Hospital
 Visalia Medical Clinic
 Kaweah-Sierra Medical Group



DIRECTIONS TO SUNKIST BOWL FROM HWY 99.

- *EXIT EAST ON HWY 198
- *CONTINUE 5 MILES AND EXIT AT MOONEY BLVD.
- *CROSS MOONEY BLVD. AND CONTINUE EAST .
- *TAKE (NOBLE) ONE MILE TO CONYER ST.
- *TURN LEFT AND CROSS FREEWAY TO SUNKIST BOWL.

1994

VISALIA CLASSIC



MASTERS TRACK & FIELD

"The Best Little Track Meet in California"

SATURDAY, MAY 21, 1994

Sunkist Stadium
 Visalia, California

1994 VISALIA CLASSIC MASTERS - ENTRY FORM -

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ USATF#: _____

(entry will not be processed without this number)

AGE: _____ DATE OF BIRTH: / / SEX: M F CLUB: _____

(as of May 21st)

(circle one)

EVENT	BEST MARKS TO DATE	EVENT	BEST MARKS TO DATE
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____

Please send a brief paragraph of your track &/or field accomplishments. _____

• Registration: \$12 For First Event Only! **Fees Includes T-Shirt** . _____ x \$12 = \$ _____

T-Shirt sizes - M L XL

• All Additional Individual Events are \$6 each x \$6 = \$ _____

• Relays are \$12 per team x \$12 = \$ _____

NO REFUNDS

Mail checks, Payable to:
VISALIA CLASSIC MASTERS
c/o Bob Higginbotham
1026 W. Princeton
Visalia, CA 93277
(209) 732-8030

**TOTAL
INCLOSED \$**

**ENTRY DEADLINE:
MAY 17TH**

- WAIVER -(NOTE: THIS MUST BE SIGNED FOR A VALID ENTRY FORM)

IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, INTENDING 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 CITY OF VISALIA, VISALIA UNIFIED SCHOOL DISTRICT, UNITED STATES TRACK ASSOCIATION 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 VISALIA MASTERS TRACK & FIELD MEET, HELD MAY 21, 1994 AT THE SUNKIST STADIUM. I CERTIFY THAT I AM CURRENTLY REGISTERED AS A MEMBER OF THE ATHLETICS CONGRESS (T.A.C.) AND THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING IN THIS MEET.

SIGNATURE _____ DATE _____

VISALIA CLASSIC MASTERS TRACK & FIELD MEET SATURDAY, MAY 21, 1994

ENTRY FEE: \$12 includes T-Shirt for 1st event
\$6 for each additional event
\$12 for relays
Late Entries \$5 additional (Based on available space - No T-Shirt)
Deadline: Pre-Registration MUST be received by May 17th
NO REFUNDS

DIVISIONS: Men & Women - Age 30+ in 5 year age groups

FACILITIES: New 9 Lane Chevron track and runways (1/4" spikes only)

USATF REGULATIONS:
The Visalia Classic Meet is sanctioned by the USATF.
No registration will be processed without a valid USATF Card #.
USATF registration is available at the meet for \$12.

RULES: WAVA/USATF

AWARDS: Classic Medals will be awarded to the top 3 places in all events.
Relays (10 year age group), winning team only.

TENTATIVE SCHEDULE

TIME	RUNNING EVENTS	TIME	FIELD EVENTS
9:00 AM	5000 M	9:00 AM	Javelin
9:45 AM	800 M	10:00 AM	Pole Vault
10:30 AM	Hurdles 80 / 100 / 110	10:00 AM	Discus
11:00 AM	100 M	(Shot Put will follow the Discus)	
12:15 PM	400 M	10:00 AM	Long Jump
1:00 PM	300 IH / 400 IH	1:00 PM	High Jump
1:30 PM	1500 M	1:00 PM	Triple Jump
2:00 PM	200 M		
2:45 PM	4X100		

* Order of competition will be women first, the oldest to the youngest.
* Field events will be broken into sections if enough athletes are entered.
* Age groups may be combined because of insufficient entries.



**SOUTHERN CALIFORNIA
STRIDERS
Masters TRACK & FIELD CLUB**

9th Annual MEET OF CHAMPIONS

CALIFORNIA STATE UNIVERSITY AT LONG BEACH

Saturday, May 14, 1994

Entry Fees: First event \$10 - additional events \$5 - relay teams \$8 - late entries \$12 first event - \$6 per additional event (NO REFUNDS)

Deadline: May 9, 1994

Divisions: Men and women; open, submasters and masters

Awards: 2" medal with red, white, and blue ribbon for 1st, 2nd, and 3rd

Facilities: 8-lane artificial surface track, concrete rings

Note: 1994 USA-T&F registration required (available at meet for \$12)

Directions to

CSULB: Exit 405 (San Diego) freeway at Bellflower Blvd., south to Atherton, left (east) to signal, right into CSULB parking lot; track is ahead to the left; try to park south of the track, past the new construction.



Schedule of Events

Track events

11:00 a.m.	5000 meter race-walk	1:45 p.m.	400 meter sprint
11:45 a.m.	2K/3K steeplechase	2:15 p.m.	300/400 meter hurdles
12:00 noon	1500 meter run	2:45 p.m.	800 meter run
12:30 p.m.	80/100/110 meter hurdles	3:15 p.m.	200 meter sprint
1:00 p.m.	100 meter sprint	3:45 p.m.	3000 meter run
1:30 p.m.	sprint medley relay (400,200,200,800)	4:15 p.m.	4x100 meter relay

Field events

11:00 a.m.	hammer throw and pole vault	2:00 p.m.	shot put and long jump
12:30 p.m.	discus throw and high jump	3:30 p.m.	javelin throw and triple jump

Entry form (please print)

Last Name _____ First Name _____

Address _____

City, State, Zip _____ Phone _____

Age on 5-14-94 _____ Date of Birth _____ Sex: M _____ F _____

Club Affiliation _____ 1994 USA-T&F No. _____

Events _____

Amount Enclosed: _____ Make checks payable to Southern California Striders

Mail to: Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009 (619) 436-7696

WAIVER—IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, INTENDING 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 CALIFORNIA STATE UNIVERSITY AT LONG BEACH, THE SOUTHERN CALIFORNIA STRIDERS TRACK AND FIELD 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 "MEET OF CHAMPIONS" HELD MAY 14, 1994, AT THE CALIFORNIA STATE UNIVERSITY AT LONG BEACH. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING IN THIS MEET.

SIGNATURE _____ DATE _____