



Northern California Seniors Track Club, Inc.

MAY 1994 p.1

(For Men and Women 30 Years and Older)

DIRECTOR MICHAEL ACKLEY REPORTS ON THE KEN CARNINE CLASSIC:

Officers

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827 Oxford Street
Berkeley, CA. 94707
510-524-4090

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Lafayette, CA. 94549
510-284-2240

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Mark Grubi
Kathleen Yeck

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415-285-3352

NEWSLETTER EDITOR
Josephine Kolda
3784 Army Street
San Francisco, CA. 94110
415-285-3352

"The 1994 Ken Carnine Classic turned out to be a great success. Despite a threatening sky – and rain all the preceding night – May 7 was dry, warm and virtually windless, and nary a drop fell to dampen the event. We had about 100 athletes registered in advance of the meet, and many more registered as post entries. There were only a few no-shows.

The format, interweaving our events with the events of the Sac State-Eastern Washington collegiate dual meet was wonderful. We all enjoyed watching the young people compete, and I think they were inspired by the performances of the masters and submasters athletes. We're hoping we can continue this format in the years to come.

The results are p. 6-7, and as you can see, there were some fine marks and some very competitive events."

Coach Mark Grubi reported you would be proud of the NorCal competitors. "They were all winners! Judy Ace had a PR; Martin Adamson won his 100, 200 and 400; Ray Yeck and Win Emert had exciting competition, each winning in their age groups." ... "It took an open class athlete (age 29) to beat Louis Bartholomew in the 110M hurdles (age (age 41)--the first time I've seen him beaten." He's looking forward to Club relays.

Gail Wetzork has set up the Dick Houston Memorial Woodminster Cross Country Race. Please see the flyer on the last page of this newsletter. Please contact Gail for any way you can help him with this race. As you know, he does not expect to be able to continue with the directorship, and will cooperate with anyone willing to take it over for the club. He has directed it for many years.

The next meet in this area for track and field is the Los Gatos June 11 Masters and Open T&F Classic. The flyer is pages 3 and 4 and directions to Kel Field for the hammer and javelin throw events is page 8.

The USAT&F Western Regional Masters Championships will be held at U.C. Irvine, July 2-3. This flyer is page 5.

Thanks go to Michael Ackley and Gail Wetzork and their helpers. Mark Grubi was able to commandeer Club friend, Steve Riley, and new member Thomas Moore (and son) to make a necessary contribution to officials duties at the finish line May 7.

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

WELCOME, NEW MEMBERS:

THOMAS MOORE, age 41
3 Admiral Dr., No. 270, Emeryville,
CA 94608, has been in the Navy and per-
forming law enforcement work. He is
training very conscientiously, reports
Coach Grubi, who is looking for him to
run a good leg on the relays. Thomas
Moore is to be thanked for bringing his
son to the Ken Carnine Classic to help
officiate the meet.

MALCOLM THOMPSON, born 6/16/43, 54 Fair
Ave., San Francisco, CA 94110 (415)387-
6564, is a physical therapist. He is
also eagerly training for the sprints
and relays.

FURTHER MEMBERSHIP RENEWALS:

Louis Bartholomew	Steve Peck
Elvyn Blair	Clyde Sykert
Karl S. Mayer	G. A. Whiting
Jutta McCormick	Richard Speidel
(Associate)	K. Ming Lo

Please add these addresses to your roster:

Richard Harper, 681 61st St., Oakland,
CA 94609
Clyde Sykert, 1005 Porter St., Apt. 306,
Vallejo, CA 94590.
New phone number:
Bobby Thomas (916)423-2681

* * * * *

REPORTS from Members:

Sharlet Gilbert was the third masters woman finisher in the Boston Marathon, and the first masters woman finisher in the Pittsburg marathon. Luka Sekulich reported that this was the 7th year in a row that Sharlet was the first woman finisher of the Brickyard, and always amongst the top 10, including all the young people and men.

Bobby Thomas reported his wins of 12.28 in the 100M and 25.63 in the 200M at the Solano County Senior Games. That makes him a valuable member for the men's age 50 relay.

Tom Silva reported a win of the John Mathis javelin with 204'5". He also won the open competition at Chico State, with grass runways. On March 16, his 8 lb. 9 oz. baby Jennifer joined the Tom Silva family, consisting of his wife and little boy. "I have it all!" says Tom proudly.

Craig Boyak (who actually was the author in essence of our first page article in our April issue of this newsletter) also continues to enjoy open competition, although he is now 40.

Karl Mayer: "Due to a double hernia operation in October 1992, and preparation for and putting on a long trial in federal court during January to June 1993, I was unable to train for competition last year. I missed the training, the competition, and the congeniality more than I can say. I'm getting back into it now, and very much look forward to this season. Thanks to NorCal for having to send me the newsletter which I always enjoy reading, and thanks to you (Ray Yeck) for taking on the work of Secretary/treasurer." (Note, Karl was first in the M55 shot at the Carnine.)

LOS GATOS OPEN AND MASTERS TRACK & FIELD CLASSIC Saturday, June 11, 1994

MASTERS MEN & WOMEN - SUBMASTERS MEN & WOMEN

OPEN MEN & WOMEN

LOS GATOS HIGH SCHOOL

SANCTIONED BY PACIFIC ASSOCIATION USA T&F
SPONSORED BY LOS GATOS ATHLETIC ASSOCIATION

Pre-Entry Deadline Wednesday, June 1, 1994

ENTRIES:

Pre-Entry required before Wednesday, June 1st Phone entry O.K.
(408) 354-5660 or (408) 395-9486

FEES:

Prior to Wednesday, June 1, 1994
\$8 per event for the first two (\$16); \$5 per event thereafter - Relays \$15
Late Entry Fee (after June 1st)
\$10 per event - Relays \$20

ELIGIBILITY:

All men and women with current 1994 registration in Pacific Association
USA T&F

TIMING:

Fully automatic timing by Accutrack and Wind Gauge

AGEGROUPS:

30 years old and above in 5 year age groups - Age on June 11, 1994 determines age group

AWARDS:

Custom Los Gatos Classic Medals to first three places in all events by 5 year age groups

T-SHIRTS:

For Sale at the meet for \$12

FACILITIES:

All Weather track surface (1/4" spikes only) concrete throwing rings, Javelin grass runway,
Long Jump and Triple Jump will have an open pit in all age groups

NOTE:

Hammer, Javelin, 25/35/56 lb Throw will be contested at Kel Field, 5601 Empire Grade,
Santa Cruz - (See Map) - Call Gary Kelmenson (408) 458-0202

HEATS:

We will combine races where we do not have enough runners by specific 5 yr age groups

HOUSING:

(Special Rates for Track & Field Meet - Ask for Jennie Shipp, Manager) *Los Gatos Lodge*
50 Saratoga Ave, Los Gatos, CA (next to track) (408) 354-3300 or (800) 231-8676

cut along line remember to sign your name on waiver form on back of this sheet

Name _____

Male

Female

Address _____

Phone # () _____

City/State/Zip _____

Date of Birth ____/____/____

Club Affiliation _____

Age as of 6-11-94 _____

USAT&F CARD #: _____

Events Entered

Best Recent Mark

- | | | |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |

Amount Enclosed

\$ _____

Make Checks Payable to: "Los Gatos Track Fund"

Los Gatos Classic June 11, 1994

Meet Directors: Willie Harnatz - Rick Milam - Bruce Springbett - Monica Townsend (408) 354-5660

Mail Entries to: Monica Townsend 138 Johnson, Los Gatos, CA 95032 (408) 395-9486

Turn Sheet Over

Los Gatos T & F Classic - Saturday, June 11, 1994

Schedule of Events

Track Events at Los Gatos High School

- | | |
|--------------------------------------|---------------------------------|
| 8:15 5000m Racewalk Women | 1:00 200m Women 45+ |
| 9:00 5000m Racewalk Men | 1:04 200m Women 40-44 |
| 10:00 80m Hurdles Women 40+ (30") | 1:08 200m Women 35-39 |
| 10:05 80m Hurdles Men 70+ (30") | 1:12 200m Women 30-34 |
| 10:10 100m Hurdles Women 30-39 (33") | 1:16 200m Open Women |
| 10:15 100m Hurdles Men 60-69 (33") | 1:20 200m Open Men |
| 10:20 100m Hurdles Op n Women (33") | 1:24 200m Men 70+ |
| 10:30 100m Hurdles Men 50-59 (36") | 1:28 200m Men 65-69 |
| 10:35 100m Hurdles Men 30-49 (39") | 1:32 200m Men 60-64 |
| 10:40 100m Hurdles Open Men (42") | 1:36 200m Men 55-59 |
| 10:50 100m Women 45+ | 1:40 200m Men 50-54 |
| 10:53 100m Women 40-44 | 1:44 200m Men 45-49 |
| 10:56 100m Women 35-39 | 1:48 200m Men 40-44 |
| 10:59 100m Women 30-34 | 1:52 200m Men 35-40 |
| 11:02 100m Open Women | 1:56 200m Men 30-34 |
| 11:10 100m Open Men | 2:00 Finals (if needed) |
| 11:20 100m Men 70+ | 2:10 1500m Women 40+ |
| 11:23 100m Men 65-69 | 2:18 1500m Women 30-39 |
| 11:26 100m Men 60-64 | 2:26 1500m Open Women |
| 11:29 100m Men 55-59 | 2:34 1500m Open Men |
| 11:32 100m Men 50-54 | 2:42 1500m Men 50+ |
| 11:35 100m Men 45-49 | 2:52 1500m Men 40-49 |
| 11:38 100m Men 40-44 | 3:00 1500m Men 30-39 |
| 11:41 100m Men 35-39 | 3:10 300m IH Women 50+ (30") |
| 11:44 100m Men 30-34 | 3:15 300m IH Men 60+ (30") |
| 11:47 Finals (if needed) | 3:20 400m IH Women 30-49 (30") |
| 11:55 800m Women 40+ | 3:25 400m IH Open Women |
| 12:00 800m Women 30-39 | 3:35 400m IH Men 50-59 (33") |
| 12:05 800m Open Women | 3:40 400m IH Men 30-49 (36") |
| 12:10 800m Open Men | 3:45 400m IH Open Men (36") |
| 12:15 800m Men 60+ | 3:55 All Division 4 x 100 Relay |
| 12:20 800m Men 50-59 | 4:05 400m Women 40+ |
| 12:25 800m Men 40-49 | 4:10 400m Women 30-39 |
| 12:30 800m Men 30-39 | 4:15 400m Open Women |
| 12:35 4 x 800m Relay | 4:20 400m Open Men |
| | 4:25 400m Men 60+ |
| 12:45 - 12:59 (Lunch Break) | 4:30 400m Men 50-59 |
| | 4:35 400m Men 40-49 |
| | 4:40 400m Men 30-39 |
| | 4:45 All Division 5000m Run |
| | 5:15 All Division 4 x 400 Relay |

Field Events at Kel Field (seemap) all age groups report at scheduled time

- 8:30 am 56 lb Throw
- 9:30 am 25/35 lb Throw
- 10:30 am Hammer
- 12:00 pm Javelin

Field Event at Los Gatos HS

All Age Divisions

Long Jump (open pit)
9:30 am - 11:30 am

Triple Jump (open pit)
12:00 noon - 2:00 pm

Shot Put

- 1:30 Men 50+
- 2:15 Men 30-49
- 3:00 Open Men
- 3:45 Women 30+
- 4:15 Open Women

Discus

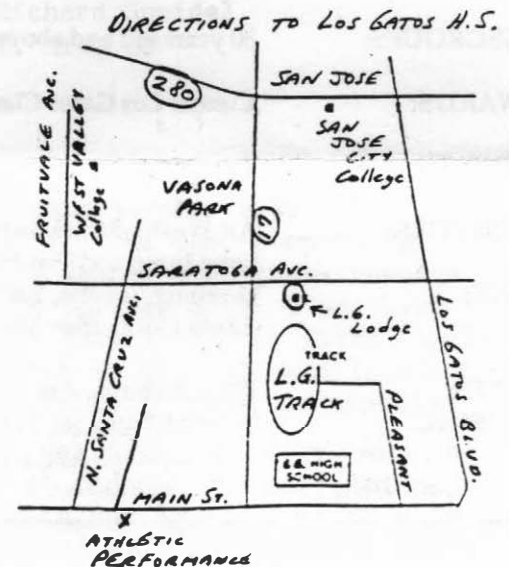
- 2:30 Men 50+
- 3:15 Men 30-49
- 4:00 Open Men
- 4:45 Women 30+
- 5:15 Open Women

Pole Vault

- 9:30 All Women and Men 40+
- 1:30 Men 30-39 and Open Men

High Jump

- 11:00 Men 30+
- 12:30 Women 30+
- 1:00 Open Women
- 1:45 Open Men



Waiver

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, USA Track & Field Pacific Association, Los Gatos High School, Kel Field and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Los Gatos Open and Masters Track and Field Classic held June 11, 1994 at Los Gatos High School, Los Gatos, CA and Kel Field, 5601 Empire Grade, Santa Cruz, CA

Date: / /

Signature: _____



**USAT&F WESTERN REGIONAL MASTERS CHAMPIONSHIPS
UNIVERSITY OF CALIFORNIA IRVINE
IRVINE, CALIFORNIA**

DATE: JULY 2 & 3, 1994
 ENTRY FEE: \$17.50 FIRST EVENT. \$5.00 EACH ADDITIONAL EVENT. \$10 CLUB RELAY TEAM.
 DEADLINE: JUNE 22, 1994. NO LATE ENTRIES AT THE MEET.....
 COMPETITION: FIVE YEAR AGE DIVISIONS. MEN & WOMEN AGE 30 PLUS.
 AWARDS: MEDALS FIRST 3 PLACES. (WILL BE MAILED)
 FACILITIES: SYNTHETIC ALL WEATHER TRACK.
 NOTE: 1994 USAT&F REGISTRATION REQUIRED WITH ENTRY.
 DIRECTIONS: FROM LOS ANGELES TAKE THE 405 FREEWAY (SAN DIEGO) SOUTH TO CAMPUS AND THEN CAMPUS WEST TO UCI FACILITY.

SCHEDULE OF TRACK & FIELD EVENTS

SATURDAY JULY 2, 1994

TRACK

9:AM 10,000M RUN
 10:AM 80M/100M/110M HURDLES
 11:AM 100M SPRINT
 LUNCH
 1:PM 400M SPRINT
 2:PM 1500M RUN
 3:PM 4X200M RELAY
 3:30 5,000M RACE WALK (AGE 30 TO 49)

FIELD EVENTS

9:30AM POLE VAULT
 11:AM DISCUS
 LUNCH
 1:PM LONG JUMP
 2:PM JAVELIN

SUNDAY JULY 3, 1994

TRACK

5,000M RUN
 800M RUN
 200M SPRINT
 LUNCH
 3,000M STEEPLECHASE
 300M/400M INT. HURDLES
 4X100M RELAY
 3,000M RACE WALK (AGE (50 & UP))

FIELD EVENTS

HIGH JUMP
 SHOT PUT
 LUNCH
 TRIPLE JUMP
 HAMMER THROW

* ORDER OF EVENTS WILL BE RUN WITH WOMEN FIRST & THEN MEN STARTING WITH OLDEST TO YOUNGEST. SOME DISTANTANCE EVENTS WILL BE COMBINED DEPENDING UPON NUMBER OF ENTRIES. ALL EVENTS ARE FINALS WITH AWARDS GOING TO FASTEST 3 TIMES IN ANY AGE GROUP HEAT....

ENTRY FORM (PRINT)

LAST NAME _____ FIRST NAME _____ PHONE _____
 ADDRESS _____ CITY _____ STATE & ZIP _____
 AGE ON 7/2/94 _____ DATE OF BIRTH _____ SEX: M. F.
 CLUB AFFILIATION: _____ 1994 USAT&F NO. _____
 EVENTS: (1) _____ (2) _____ (3) _____ (4) _____ (5) _____
 AMOUNT OF ENTRY FEE ENCLOSED: _____ PLEASE MAKE CHECK PAYABLE TO: W.E. ADLER AND
 MAIL TO: 435 E. TAHQUITZ CYN. WAY, PALM SPRINGS, CA. 92262.....

WAIVER: IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, INTEND TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, MY HEIRS, EXECUTORS OR ADMINISTRATORS WAIVE & RELEASE FOREVER ANY & ALL RIGHTS, CLAIMS OR DAMAGES I MAY ACCRUE AGAINST UCI, USAT&F, THE MEET DIRECTOR & ALL SPONSORS OF THE T&F MEET, THEIR SUCCESSORS, REPRESENTATIVE & ASSIGNS OF ANY AND ALL INJURIES I MAY SUFFER WHILE TRAVELING TO & FROM, & WHILE PARTICIPATING IN THE USAT&F WESTERN REGIONAL CHAMPIONSHIPS TO BE HELD ON JULY 2 & 3, 1994 AT UCI. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING

SIGNATURE _____ DATE _____

**RESULTS, KEN CARNINE CLASSIC, MAY 7, 1994,
CALIFORNIA STATE UNIVERSITY, SACRAMENTO**

carnine, page 3

100 METERS, MEN

	Age	Place	Time
Gwynn Villegas	25	1	11.73
Herb Williams	29	2	11.84
Kenneth Parish	27	3	12.03
Rodney Carson	32	1	11.33
Sarrell Tobias	33	2	11.54
Gil Wheeler	32	3	11.80
Peter Grimes	35	1	11.27
Darrell Smith	39	1	12.00
Ken Wun	38	2	12.2
Mark Quinlan	38	3	12.7
Hubert Evans	40	1	11.5
Riley McHugh	44	2	12.65
Rick Thoman	40	3	13.00
Ray Yeck	46	1	12.19
Tom Allen	46	2	14.13
Win Emert	50	1	12.08
David Naylor	50	2	13.09
Bill Probst	51	3	13.44
Martyn Adamson	55	1	12.63
Bob Greer	58	2	12.70
Vernon Regier	66	1	13.34
Bernie Stevens	65	2	13.75
Mel Melgosa	65	3	14.10
Frank Toner	74	1	15.2
Clarence Killion	76	1	16.11

100 METERS, WOMEN

Teri Billings	27	1	16.28
Michele Lewis	36	1	14.00
Carmen Morrison	39	2	14.3
Avril Naylor	47	1	14.67
Mattie Jones	49	2	15.87
Jutta McCormick	53	1	15.09
May Moore	61	1	18.71
Po Adams	69	1	18.07

200 METERS, MEN

Kevin Smith	26	1	22.64
Gwynn Villegas	25	2	23.69
Richard Davis	27	3	24.5
Rodney Carson	32	1	23.00
Lafe Fowler	35	1	23.21
Darrell Smith	39	2	23.88
William White	36	3	24.42
Hubert Evans	40	1	22.20
Louis Bartholomew	41	2	24.79
Riley McHugh	44	3	25.15
Ray Yeck	46	1	25.01
Frank Reilly	45	2	25.7
James Manor	46	3	26.12
Win Emert	50	1	25.10
David Naylor	50	2	26.88
John Aldridge	50	3	26.89
Bob Greer	58	1	27.3
Mel Melgosa	65	1	28.7
Bernie Stevens	65	2	29.02
Vernon Regier	66	3	29.1
Frank Toner	74	1	32.97
Clarence Killion	76	1	34.54

200 METERS, WOMEN

Teri Billings	27	1	37.1
Valerie Scott	37	1	28.68
Michele Lewis	36	2	29.09
Norma Lopez	36	3	34.0
Judy Ace	42	1	31.21
Avril Naylor	47	1	31.47
Mattie Jones	49	2	35.10
Jutta McCormick	53	1	29.64

400 METERS, MEN

Richard Davis	27	1	61.35
Peter Grimes	33	1	50.63
Rob Lenderink	30	2	53.71
Sarrell Tobias	33	3	55.02
Lafe Fowler	35	1	53.03
William White	36	2	53.09
Ken Wun	38	3	54.8
Rick Thoman	40	1	57.76
Mike Moorfield	42	2	60.7
Ray Yeck	46	1	57.45
Teddy D. Walton	47	2	69.02
Martyn Adamson	55	1	60.98
Ray Reynon	55	2	71.02
Bernie Stevens	65	1	65.94
Mel Melgosa	65	2	67.65

400 METERS, WOMEN

Valerie Scott	37	1	67.06
Nancy Frost	39	2	67.07
Norma Lopez	36	3	71.09
Judy Ace	42	1	65.99
Jutta McCormick	53	1	65.56

800 METERS, MEN

Lloyd Anderson	30	1	2:04.19
Rob Lenderink	30	2	2:06.14
Marlon Smith	37	1	2:07.5
Mikos Mourtos	36	2	2:17.50
Kurt Gravenhorst	44	1	2:22.5
Marc Wasserman	50	1	2:25.61
George Linn	52	2	2:38.36

1500 METERS, MEN

Joseph DeFalco	29	1	4:52.35
Lloyd Anderson	30	1	4:21.0
Kevin Cimini	34	2	4:37.89
Nikos Mourtos	36	1	4:35.17
Tim Shannon	44	1	4:29.84
Steven Yee	41	2	4:38.8
George Linn	52	1	5:22.6
Boyce Jacques	67	1	5:32.10
Gene Pumphrey	67	2	5:50.46

5000 METERS, MEN

Teddy D. Walton	47	1	(Times not recorded)
Gene Pumphrey	67	1	recorded)

100 METER HURDLES

Robert Higginbotham	67	1	18.10
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110 METER HURDLES

Reggie Snowden	29	1	14.88
Adrian Fletcher	34	1	(No time recorded)
Daniel Rainey	37	1	recorded)
Louis Bartholomew	41	1	15.61

LONG JUMP, MEN

Jim Johnson	71	1	11-6.25
Donald Dvorak	52	1	15-4
Mike Grassinger	54	2	11-6.5
James Manor	46	1	17-4
William Wood	49	2	15-7.5
Teddy D. Walton	47	3	15-4.5
Kenneth Patterson	33	1	17-9

LONG JUMP, WOMEN

Marj Moore	61	1	9-7
Barbara Stratton	46	1	10-4

TRIPLE JUMP, MEN

Donald Dvorak	52	1	32-3.5
James Manor	46	1	34-2.75
William Wood	49	2	34-1

Adrian Fletcher	34	1	40-6.5
Reggie Snowden	29	1	42-8

TRIPLE JUMP, WOMEN

Barbara Stratton	46	1	23-6.5
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HIGH JUMP, MEN

Jerry Silsdorf	70	1	3-10
Jim Johnson	71	2	3-8.5
Wayne Roberts	55	1	3-10
Donald Dvorak	52	1	4-9.25
William Wood	49	1	4-8
Teddy D. Walton	47	2	4-00
Kevin Seeman	35	1	5-8
Rodney Carson	32	1	5-7

HIGH JUMP, WOMEN

Marj Moore	61	1	3-5
Barbara Stratton	46	1	3-2.5

POLE VAULT

Jim Johnson	71	1	7-6
Paul Sinatra	32	1	15-6
Curt Roth	32	2	11-6

DISCUS, MEN (measured in meters)

John Ross	56	1	42.94
Carl Mayer	55	2	38.54
Wayne Roberts	55	3	23.00
Rasal Young	54	1	34.56
Al Sira	52	2	30.52
Frank Reilly	45	1	46.10
Tom Fahey	46	2	40.48
Kevin Seeman	35	1	30.06
Richard Mack	76	1	19.68

Donald Cumley	73	1	30.54
John Kilbuck	73	2	28.64
Jerry Silsdorf	70	3	20.54
Michael Orlich	67	1	38.02
Spido Webb	68	2	24.54
F. Stewart Thomson	60	1	50.22
Dennis Rietz	60	2	33.56
Thomas Slattery	61	3	28.52

SHOT PUT, MEN (measured in feet. inches)

Donald Cumley	73	1	38-6.75
Jerry Silsdorf	70	2	29-0.25
Michael Orlich	67	1	39-0
Spido Webb	68	2	24-8
F. Stewart Thomson	60	1	41-6
Dennis Rietz	60	2	40-8
Bob Feaster	63	3	40-1
Karl Mayer	55	1	41-1.5
John Ross	56	2	40-5
Wayne Roberts	55	3	25-5
Al Sira	52	1	35-8.5
Rasal Young	54	2	32-11
Frank Reilly	45	1	46-7

JAVELIN (measured in feet. inches)

Richard Mack	76	1	70-3
Rick Hustace	75	2	53-3
John Kilbuck	73	1	85-11
Spido Webb	68	1	43-5
Dennis Rietz	60	1	98-9.75
Max Phillips	64	2	92-8
Wayne Roberts	55	1	76-4.5
Ty Nelson	52	1	83-2
Rodney Carson	32	1	139-3

JAVELIN, WOMEN

Norma Lopez	36	1	58-9
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HAMMER THROW (measured in meters)

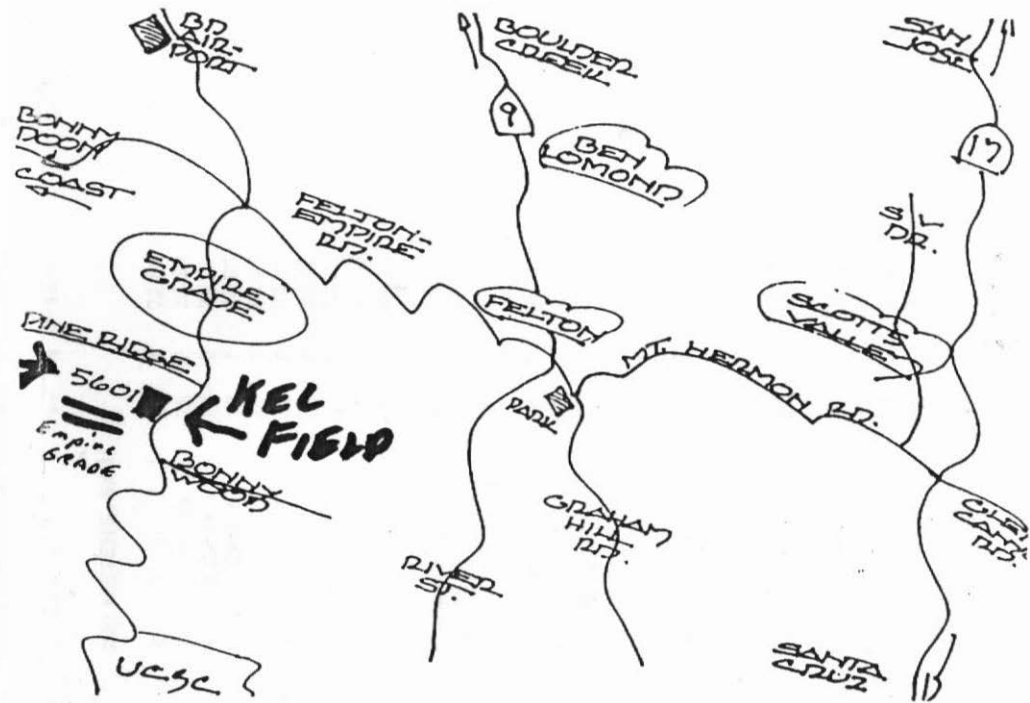
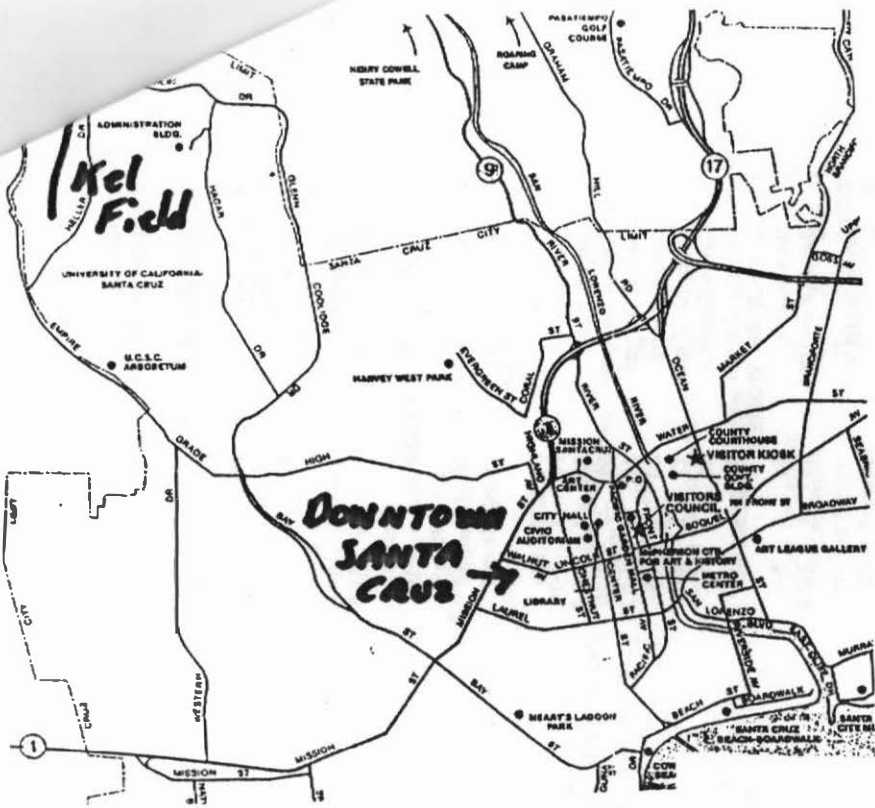
Bob Stone	73	1	22.5
Jerry Silsdorf	70	2	20.94
Michael Orlich	67	1	29.46
F. Stewart Thomson	60	1	47.70
Dennis Rietz	60	2	33.38
Richard Hotchkiss	55	1	43.80
Wayne Roberts	55	2	17.18
Rasal Young	54	1	39.14
Frank Reilly	45	1	41.16

HAMMER AND JAVELIN SITE

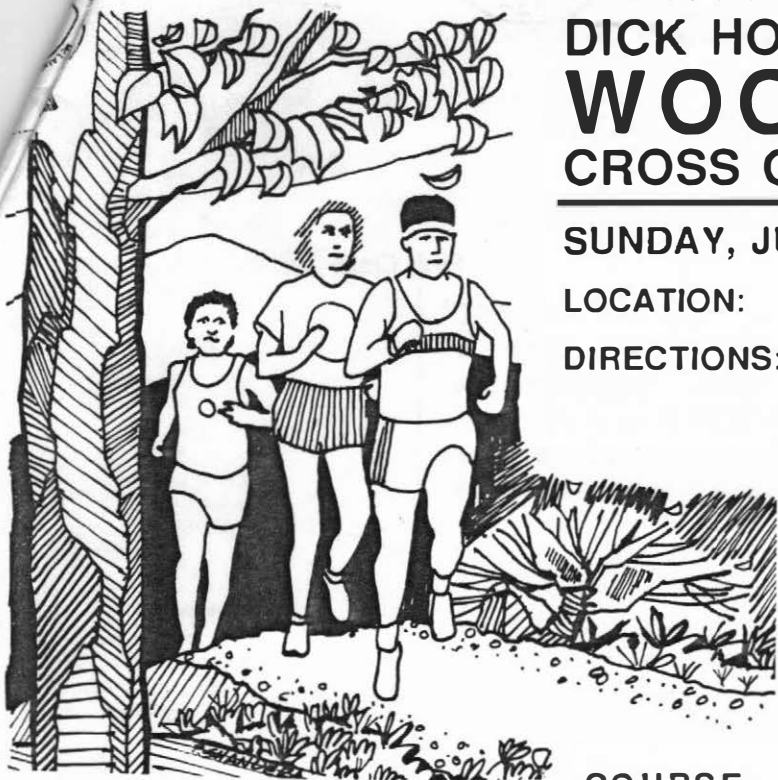
DIRECTIONS TO KEL FIELD

Directions to the site of the Hammer & Javelin:
Take 17 south. to Mt. Herman Rd. exit (Scotts Valley),
go through Scotts Valley for 3-4 miles until the road
comes to a "T", make a right for 100 yards to a traffic
signal, go straight through, you will start climbing up
thru Fall Creek Park until you get to Empire Grade and
make a left. Go 1-2 miles down Empire Grade will be
5601 Empire Grade. The Hammer & Javelin facility is in
back yard.

(20 MIN. FROM U.C. TRACK)



KEL FIELD



TWENTY-NINTH ANNUAL
DICK HOUSTON MEMORIAL
WOODMINSTER
CROSS COUNTRY RACE

SUNDAY, JUNE 26, 1994, 9:00 A.M.

LOCATION: Joaquin Miller Park, Pinewood Area

DIRECTIONS: **FROM WEST:** Highway 580 to Fruitvale off-ramp, 2 blocks to Champion, left on Champion and proceed uphill past Mormon Temple. Champion changes to Lincoln, to Joaquin Miller Road. Left on Sanborn Drive. Watch for Woodminster Amphitheater sign.

FROM EAST: Highway 580 to Warren Freeway. Take turnoff and stay on Warren Freeway to Joaquin Miller turnoff. Right on Joaquin Miller Road to Sanborn Drive. Turn left. Parking available adjacent to Ranger Station.

COURSE: 7.3 mile, hilly cross country course on trails.

REGISTRATION: To preregister, send a completed form, check payable to NorCal Seniors, and stamped, self-addressed envelope to: Gail A. Wetzork, 3452 Capella Lane, Alameda, CA 94502, postmarked by June 21, 1994 (photocopies acceptable).

Race Day Registration: Opens at 7:30 a.m. Entry fee \$10.00.

AWARDS: Medals for First through Fifteenth Place. Perpetual "Best Time" trophies to best male/female open division and best male/female masters (50 or above).

Special "Woodminster Survivor" awards to first 300 finishers.

HANDICAPS: 20 minutes 16 minutes 12 minutes 8 minutes 4 minutes Scratch
 Girls 12 & under Women 35-44 Boys 12 & under Men 45-54 Men 35-44 Men 13-34
 Women 45+ Men 55-64 Women 13-34
 Men 65+

REFRESHMENTS: Refreshments will be provided at the finish of the race to all registered runners (as long as they last).

INFORMATION: For further information, call Gail Wetzork at (510) 522-4010 or 522-3724

ENTRY FORM

FEE: \$10.00

Make checks payable to NorCal Seniors. Mail to: Gail Wetzork, 3452 Capella Lane, Alameda, CA 94502

LAST NAME	FIRST NAME	MALE	FEMALE	AGE	AGE GROUP (✓ one)
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/> 12 & under
STREET ADDRESS	CITY	STATE	ZIP		<input type="checkbox"/> 13-34
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		<input type="checkbox"/> 35-44
BIRTHDATE	PHONE NUMBER	CLUB AFFILIATION			<input type="checkbox"/> 45-54
<input type="text"/>	<input type="text"/>	<input type="text"/>			<input type="checkbox"/> 55-64
					<input type="checkbox"/> 65 & over

In consideration of your accepting my entry, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims against the persons and/or organizations affiliated with the race, the TAG, the Northern California Seniors Track Club, the officials, the City of Oakland, the Oakland Park and Recreation Department, the County of Alameda, the East Bay Regional Park District, and any and all sponsors of the race, volunteers and committee members while participating in or traveling to and from the Woodminster Cross Country Run, June 26, 1994. I further attest that I am physically fit and sufficiently trained for this event.