

Northern California Seniors Track Club, Inc.

July, 1994 p.1

(For Men and Women 30 Years and Older)

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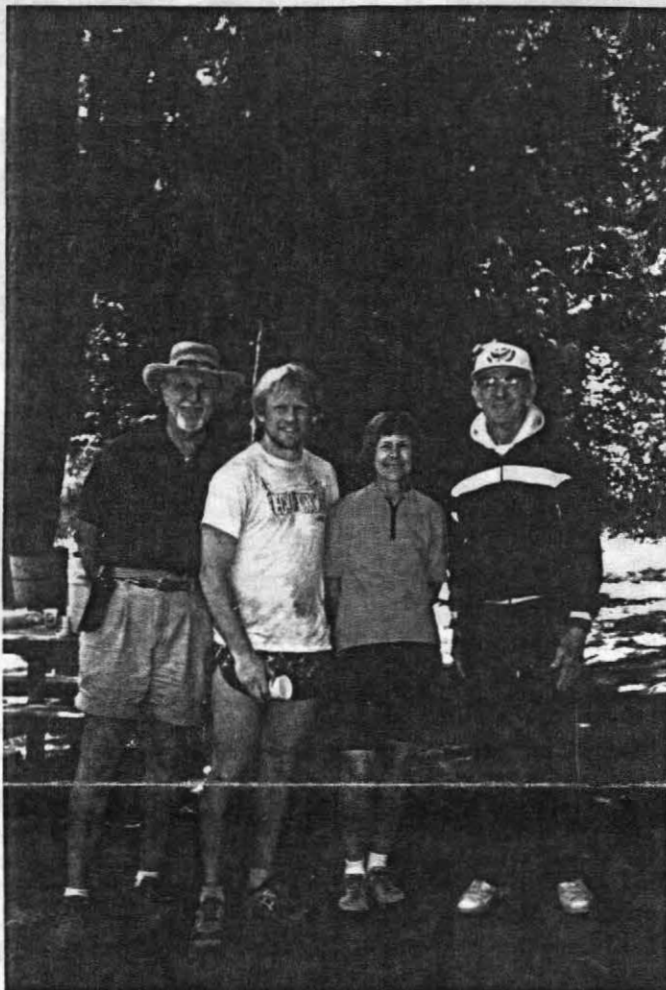
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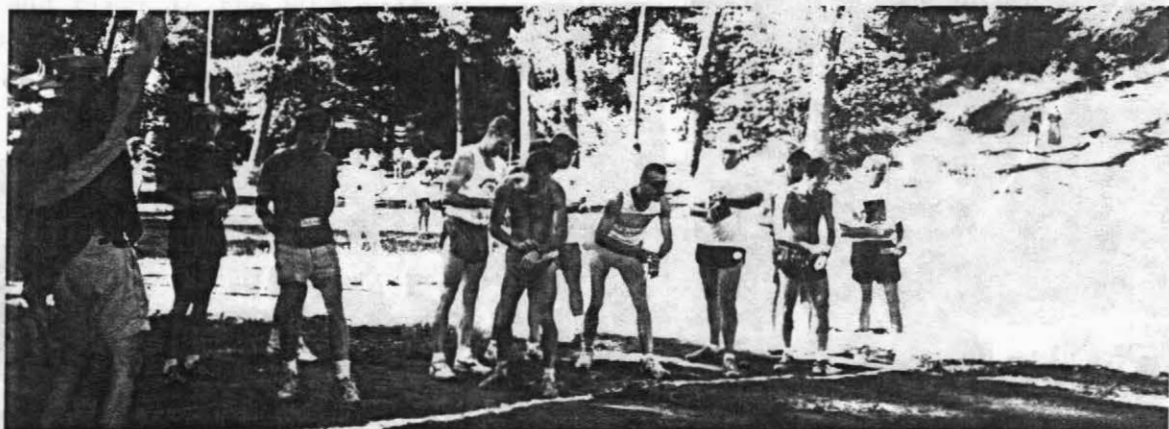


The 29th Annual DICK HOUSTON MEMORIAL WOODMINSTER CROSS COUNTRY RACE, Sunday, June 26, 1994--

This Club event, held in the Pinewood Area of Joaquin Miller Park, was again organized and directed to a beautiful and successful run, by GAIL WETZORK. On the left, at the site, are Gail Wetzork, Jeff Houston, Lola Houston Harris, and Club President "Bill" Bigelow. Pictured below are two of the groups, started by Gail.

At the top of page 2 is Gail announcing the four perpetual trophies winners: Karl Grip-penburg (age 56), Ann Hardham (age 51), Larry Menard (age 36), and Jocelyn Finch (age 26). Full results of the run are on page 4.

Gail has previously requested that anyone interested in directing this Club LDR event contact him. His directorship for cont. on p. 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
 Charmingichael, CA. 95608
 916-966-8987

**Dick Houston Memorial
 Woodminitser Run**
 Gail Wetzork, Director
 3452 Capella Lane
 Alameda, CA. 94501
 510-522-3724

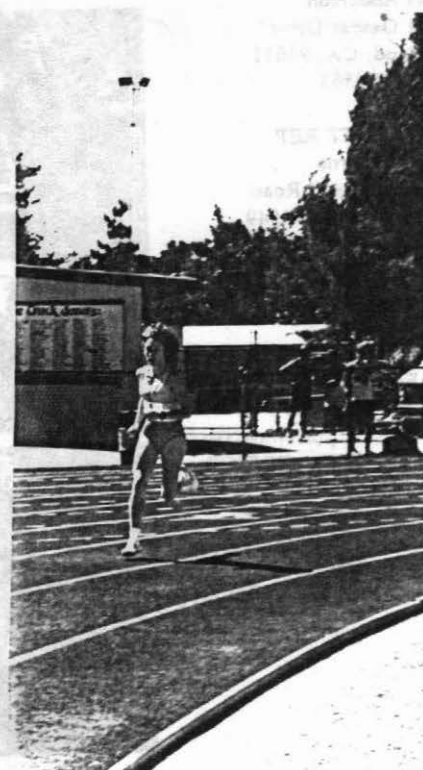
NCSTC T&F Classic
 Mark Grubi, Director
 P.O. Box 424512
 San Francisco, CA. 94142
 415-285-3352



over 20 years (in addition to his four years of service as Club President) is a dedication greatly appreciated.

Pictures for this issue of the newsletter were furnished by S. Dieterich.

LOS GATOS T&F CLASSIC, Saturday, June 11, 1994 -- Ray Yeck reported that he, Jim Johnson, Sharlet Gilbert, Judy Ace competed for NCSTC at this meet. Shirley Dieterich and Phil and Fran Conley competed at Kelman Field where the field events were held. Sharlet won her 800M and 5000M events and was second in the 1500 (1500 4:52). Jim Johnson won his pole vault. Judy Ace ran a 66.5 (hand time) 400M after a 1500M. Complete results will be printed in our August newsletter. Pictured below are Phil and Fran Conley with warm up throws at Kel Field, and Judy Ace at the start of the 400M. Cont. on p. 3





Sharlet and John Gilbert, Ray Yeck, June 11

June 11, Los Gatos

On the right, Former Olympian hurdler, Cherrie Sherrard, at Los Gatos, June 11.

USAT&F Western Regional Masters Championships, University of California Irvine, CA, July 2 & 3.

Tom Silva, now age 35, is pictured below with one of his javelin throws. He won with 200 feet and 1 inch. Ray Yeck phoned in some results from Irvine: Ray was second (to Stan Whitely) in 12.0 and first in the 200 with 25.0; Kay Lyons was first in the W55 100M with 15.4 (a PR) and first in the 200M with 34.1. Martie Behrens (46) won her 100M in 15.1, and her 200M is 31.5, as well as her 400M in 71. Judy Ace (42) was second in the 400M with 67.1 and first in the 800M with 2:32; Shirley Dietderich was first in her discus and also competed in the javelin. Further results will have to be given later. Any reports on meet results will be appreciated.



HOUSTON MEMORIAL/WOODMINSTER RUN
RESULTS
29TH ANNUAL
JUNE 26, 1994

PLACE	NAME	AGE	SEX	HC	RUN TIME	FINISH TIME	CITY
1*	Grippenburg, Karl	56	M	16	52.04	68.04	Petaluma
2	Kiernan, Russ	56	M	16	54.38	70.38	Mill Valley
3	Cowling, Jeffrey	35	M	4	56.17	60.17	Brentwood
4	Malain, Bob	67	M	20	56.20	76.20	Redding
5	Rahmer, Ronald	57	M	16	56.37	72.37	Mill Valley
6	Duncan, Michael	44	M	4	57.37	61.37	San Mateo
7	Tracy, Dennis	48	M	8	60.39	68.39	Concord
8*	Menard, Larry	36	M	0	60.44	60.44	Berkeley
9	Rosenberg, Jon	45	M	8	62.19	70.19	Oakland
10	Auld, William	36	M	4	63.03	67.03	Alameda
11	Scarborough, James	20	M	0	63.07	63.07	Oakland
12	Beardall, Darryl	57	M	16	63.16	79.16	Santa Rosa
13	Kell, Rick	50	M	8	64.18	72.18	Burlingame
14	Clark, Fred	50	M	8	65.03	73.03	Oakland
15	Babinski, Gregory	45	M	8	65.04	73.04	Oakland
16	Bragdon, Rick	42	M	4	65.19	69.19	San Rafael
17*	Finch, Jocelyn	26	F	12	65.48	77.48	Sausalito
18	Bruton, Carol	41	F	16	66.59	82.59	Livermore
19	Simmons, Bart	44	M	4	67.07	71.07	Walnut Creek
20	Rosinski, Marishka	38	F	16	67.17	84.17	Alameda
21	Hoy, Mike	52	M	8	68.49	76.49	Sausalito
22	Mertens, Bill	58	M	16	69.24	85.24	Concord
23	Tomsic, Judy	34	F	12	69.52	81.52	San Francisco
24	Cohen, Russell	47	M	8	69.57	77.57	Unknown
25*	Hardham, Ann	51	F	20	70.00	90.00	Mill Valley
26	Anderson, Toby	39	M	4	70.25	74.25	Moraga
27	Brandon, Scott	38	M	4	70.39	74.39	Livermore
28	Thomas, Roy	62	M	16	71.51	87.51	Mtn. View
29	Von Kuiken, Gary	36	M	4	71.57	75.57	Moraga
30	Hurtado, Evencio	44	M	4	73.19	77.19	Hayward
31	Milla, Maru	43	M	4	73.23	77.26	Mill Valley
32	Jepson, Diedre	38	F	16	73.38	89.38	Beaumont, Texas
33	Glendenning, Gerald	57	M	16	74.21	90.21	Richmond
34	McCabe-Martin, Kath.	44	F	16	74.32	90.32	Fremont
35	LaRussa, James	45	M	8	74.52	82.52	Hayward
36	Herrera, Dan	62	M	16	76.22	92.22	Alameda
37	Galloway, Judy	41	F	16	76.39	92.39	Sunnyvale
38	Flint, Mike	55	M	16	78.43	94.42	Sunnyvale
39	Zimmerman, Heidi	31	F	12	79.35	91.35	Oakland
40	Fagan, Brian	52	M	8	80.26	88.26	Alameda
41	Fishman, Irving	57	M	16	81.20	97.20	San Francisco
42	Baldwin-Smith, Lisa	37	F	16	82.02	98.02	Oakland
43	Weisberg, Mort	57	M	16	82.17	98.17	Burlingame
44	Field, Robert	43	M	4	82.18	86.18	San Francisco
45	Judge, Pamela	29	F	12	83.01	95.01	Oakland

Cont. from p.4

PLACE	NAME	AGE	SEX	HC	RUN TIME	FINISH TIME	CITY
46	Jones, Fabius	38	M	4	82.18	86.18	Oakland
47	Judge, Robert	33	M	0	83.35	83.35	Oakland
48	Roselius, Alan	39	M	4	83.50	87.50	Berkeley
49	Amyx, Tim	35	M	4	84.25	88.25	Mill Valley
50	Watson, Don	65	M	20	85.03	1:05.03	Oakland
51	Donohoe, Michael	51	M	8	85.34	93.34	San Francisco
52	Gross, Mark	36	M	4	86.05	90.05	Piedmont
53	Dononue, Gabriel	21	M	0	86.32	86.32	San Francisco
54	Callahan, Michael	57	M	16	87.11	1:03.11	Concord
55	Colman, Jane	51	F	20	88.49	1:08.49	Oakland
56	Freeney, William	41	M	4	89.05	93.05	Sacramento
57	Sean, Chham	17	M	0	84.14	84.14	Modesto
58	Smith, Rick	34	M	0	89.48	89.48	Oakland
59	Houston, Jeff	36	M	4	91.50	95.50	Berkeley
60	Wellington, Pat	46	F	20	92.29	1:12.29	San Francisco
61	Shallenberger, Susan	38	F	16	92.54	1:08.54	San Francisco
62	Partridge, David	38	M	4	93.25	97.25	Walnut Creek
63	Richey, Mark	44	M	4	95.35	99.38	Oakland
64	Hartley, Brian	41	M	4	97.14	1:01.14	San Ramon
65	Richard, Bill		M	8	1:00.42	1:08.42	Unknown
66	Judge, Chris	40	M	8	1:16.52	1:24.52	Emeryville
67	Salomon, Bob	33	M	0	1:49.14	1:49.14	Danville

*TROPHY WINNERS

Tom Silva reported that his javelin throw in the Western Regionals was 201'1", first, and his win at the July 16 Pacific Championships at Union City was 200'6" (The way to go!)

Ray Yeck reported the Union City meet was nice, on a good track, and club members gave good competition. New member, Malcolm Thompson, ran his first race, and won with a 12.8! Good start! Age 51! Another new member, Richard Harper won his 100M in 11.9 and his 200M in 24.8. Ray Yeck and Win Emert both clocked 12.1 in the 100M. Judy Ace ran a strong 800 in 2:30. Both Judy and Ray could not run the 400 because of lack of participants.

July 16-17 CORPORATE RELAYS NATIONALS AT WATERVILLE, MAINE--

The enthusiasm of Marty Behrens and Kay Lyons was caught up by Pacific Bell who awarded them a fully paid trip to the Nationals. They thoroughly enjoyed beautiful Colby College and the meet. There were various combinations of distances, ages, and men and women in the composition of the relays. Preliminaries were on Saturday and finals on Sunday. Marty was pleased with a 400 leg of 66.9 and a 200M leg of 28.3. Kay was observed to be leading the relay in her leg of 200M (the team finished fourth.)

* * * * *

The first entry for the NORTHERN CALIFORNIA SENIORS T & F CLASSIC has been received. Please see the entry application form on the last page of this newsletter. The meet will start at 8:00 (hammer) at Edwards Field, University of California, Berkeley, on September 10, a Saturday. Please send your entries as soon as possible. Some interesting competition is expected at this meet. Any volunteers to help (registration desk, officiating, passing out awards, etc.) should contact Mark Grubi, at the track or leave him a message at (415)285-3352.

Maurice Valentine reported his California Police Summer Games T&F. ... "I entered in 6 events, Masters Div. 40-44. I won four gold medals in the following events:

- 1. 4 X 100M relay 47.5
- 2. 110 High Hurdles 16.4
- 3. Long jump 19.1½
- 4. Triple Jump (new record) 42.1½

I also run the 100M in 12.0. Next year I'm going to enter in the decathlon in Modesto. I'll see you at the N.C.S.T.C. Sept. 10 meet, Berkeley."

New Addresses:


Mark Henderson, 3368 Kensington Dr., El Dorado Hills, CA 95762-6926

George & Phyl Whiting, 101 Emerson St., Palo Alto, CA 94301.

* * * * *

Renew membership for '94 now! Add \$6.00 for RunCat 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

USA TRACK & FIELD

T&F REGISTRATION

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 FEMALE

U.S. CITIZEN YES or NO COUNTRY OF CITIZENSHIP

SPORTS T-L-R Y-T&F L-LDR R-PR

CLASSIFICATION Y-M Y - YOUTH ATHLETICS M - MASTERS

CLUB # CLUB NAME

AREA CODE PHONE

I certify that I am familiar with the rules of T&F and the N.M. I am eligible to compete in the requested category.

Happy 73rd birthday, Thelma Rubin!



NORTHERN CALIFORNIA SENIORS TRACK & FIELD CLASSIC

SATURDAY, SEPT. 10, 1994, EDWARDS FIELD
UNIVERSITY OF CALIFORNIA, BERKELEY



For men and women 30 years up (masters and sub-masters)
Sanctioned by USA/T&F. Sponsored by No. Cal. Srs. T.C., Inc.
Off Freeway 80, take University Avenue east to Oxford right to track.
Entry fees - First event \$10, each additional event \$5, relays \$20.

Deadlines — Registrations must be received by Tuesday, Sept. 6, for time to prepare the final schedule and program. Relays may be entered up to one hour before the event.

TAC Number - required to process an application.

Awards — Medals, top 3 places, all age groups, all events.
Cash awards for some age graded best performances, to be determined at the meet.



Packets available at the meet after 7:45 am, N.E. corner of the track.

Shattuck Hotel, 2086 Allston Way, Berkeley, CA 94707, one block west of the track (510)845-7300;

Durant Hotel, 2600 Durant Ave., Berkeley, CA 94704 (In CA 1-800-5Durant; outside CA 1-800-2Durant).



TENTATIVE SCHEDULE OF EVENTS:

Running Events (Order, women, men older to younger)

9:15 3000M
10:15 High Hurdles
10:30 1500M
11:00 Interm. Hurdles 300/400
11:30 800M
Lunch for officials
1:20 4 X 100 relay
1:30 100M
2:30 200M
3:30 400M

Relays, as requested

Field Events

8:00 Hammer
8:30 High Jump
9:15 Long Jump
Shot (follows hammer) Javelin (follows hammer)
Lunch for officials
1:00 Triple Jump
1:30 Discus Pole Vault



Dorfman Pacific

Applications and entry checks (payable to N.C.S.T.C. Classic) should be mailed to Mark Grubi, P. O. Box 424512, San Francisco, CA 94142-4512. (415/285-3352, 6:00 to 9:00 P.M.)

Name _____	<u>Events</u> _____	Best recent time/distance _____	Fees: _____
Address _____	_____	_____	_____
City/St/ZIP _____	_____	_____	_____
Phone/Age _____	_____	_____	_____
Date of birth _____	_____	_____	_____
USA/T&F # _____	_____	_____	_____
			TOTAL

In consideration of 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 the No. Cal. Srs. T.C., University of California, any individual associated with the operation of this meet 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 NCSTC Classic meet held on September 10, 1994 at U.C., Berkeley.

(Signature & date)