



Northern California Seniors Track Club, Inc.

AUGUST, 1994 p.1

(For Men and Women 30 Years and Older)

NORTHERN CAL SENIORS TAKE 6 GOLDS, 10 SILVERS AND 1 BRONZE AT THE EUGENE MASTERS' NATIONALS!

With heavy competition in age groups 40, 45, 50 and 55, as well as in some of the older men's field events, our club members performed up to their superior abilities.

Phil Conley (M55) had a decisive first place in the javelin (47.92M). Tom Silva's (M35) javelin throw of 61.12M was only 3 inches short of first place (61.20 being the winning throw of the age group and longest throw of the meet)--a hard one to lose. Tom's throw equaled his 200'6" at the previous Union City Championships.

Darrell Horn (M55) won his long jump with 5.60M.

Jim York's (M80) hammer throw was another winner (23.06M).

Kay Lyons (W59) took first in the 100M (15.75) and second in the 200 (33.73)--a personal best day for her. She also finished eighth in the special age graded 100M for all 100M winners.

Ruth Anderson (W65) took a gold in the 10,000M (53:09.95) and a silver in the 1500M (19:59.29).

Shirley Dietderich (W65) took a gold in her discus (16.98M) and a silver in her javelin (18.24M).

Craig Boyak (M40) pole vaulted 4.55M for second.

Bruce Hotaling (50) took a second in his pole vault with 3.80M.

Jim Johnson (M70) pole vaulted 2.15M for a silver, and took a sixth place in the long jump with 3.53M and eighth place in the high jump with 1.12M.

Cherrie Sherrard (W55), always a top competitor, threw the shot 9.82M for second and the discus 41.94 for another second.

Bob Malain (M65) upheld the older men's distance performances with a silver in the 1500 (19:59.29) and a fourth in the 10,000M in (42:45.17), not far from the winners of those events.

Fran Conley's (W50) javelin throw of 25.46 took a respectively close third.

Karl Mayer (M55) placed fourth in the shot (12.90M), fifth in the javelin (42.48) and 11th in the discus (31.34).

Ray Yeck was fifth in the M45 100M (12.25) (tough competition) and sixth in the 200M (24.91).

Judy Ace (W40), also facing more competition, took sixth in the 800 (2:32.62) and ran the 400M in 66.86.

Bob Stone (M70) was sixth in his javelin (16.40), seventh in the hammer (19.98M), and tenth in the shot (7.09M) and discus (17.92).

Michael Orlich (M65) also competed. John Burns (M50), recovered from his knee surgery and ready to win was denied competition because his application was lost, even though he presented his negotiated entry check, so had to watch his friends enjoying the good meet.

Officers

President

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

Vice President

John T. Burns D.D.S.
3554 Springhill Road
Lafayette, CA. 94549
510-284-2240

Secretary/Treasurer

Raymond Yeck
4981 Ridgeview Drive
Antioch, CA. 94509
510-754-6856

President Emeritus

Edward Manougian
1517 Summit Road
Berkeley, CA. 94708
510-843-9247

Executive Committee

Bill Bigelow
John T. Burns
Raymond Yeck
Mark Grubi
Kathleen Yeck

Board Of Directors

LDR COM. REP.
Ruth Anderson
1901 Gaspar Drive
Oakland, CA. 94611
510-339-0563

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
415-285-3352

NEWSLETTER EDITOR

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

NORTHERN CALIFORNIA SENIORS T&F CLASSIC, Saturday, September 10--

Now is the time to send in your application, to meet the deadline of September 6 for receipt of the applications. It is necessary for us to have them to set up a final schedule to meet the needs of the contestants.

Over two years ago, it was decided the club would furnish it's members club singlets (they are gold colored with the club logo in red) in order for the club competitors to be identified. This is helpful in following the relay teams and for picture taking of club members. You newer members who do not yet have a club singlet should phone Coach Mark Grubi, at 415/285-3352, and leave a message regarding your size, so that your singlet can be put in your competition packet to be picked up at the beginning of the meet.

If you have lost your application, another one is printed below for your convenience. If you have a friend who needs an application, you may photocopy as many times as you like. The club sponsors the relays run by club members; even if you plan to run only a relay, you should advise the director (Mark Grubi) as soon as possible so you can be assigned a competition number and given a club singlet if you have not received one yet. Remember, the entry fees for the first event is \$10 and \$5 for each additional event (other than relays by club members).

We also need any volunteers who are willing to help with the meet, to distribute competitors' packets, to help at the finish line to get results to the announcer via our "Don Rose built" pulley, results printed and posted, medals distributed, etc. Please call 415/285-3352 immediately to volunteer.

Some very interesting competition is expected. For example, Joy Upshaw-Margerum, who took 5 golds in the W30 Eugene Nationals, has entered 5 events. We expect a new record 4 X 800 relay record--a request for this event has been given, preferably to be run just before the 4 X 100. Give us any request for relays as soon as possible so we know when to schedule it.

THIS IS ONE OF THE BEST OPPORTUNITIES FOR TRACK AND FIELD COMPETITION FOR MASTERS IN THIS AREA--Please enjoy!

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 _____	Events _____	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, 1997 at U.C., Berkeley.

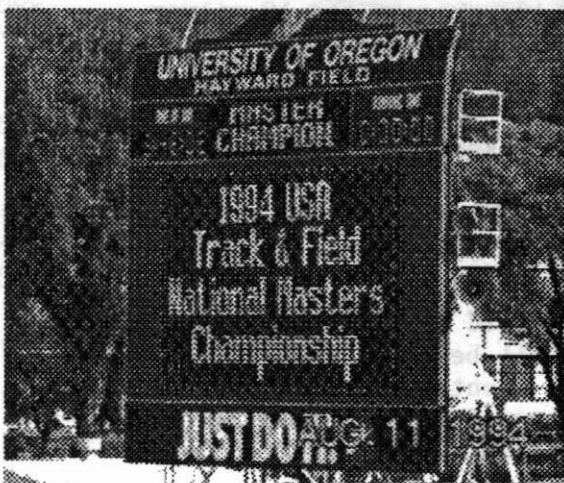
(Signature & date)



1994 National Masters Championship
Eugene, Oregon
August 11-14



Judy Ace, 800 Meter



Hayward Field



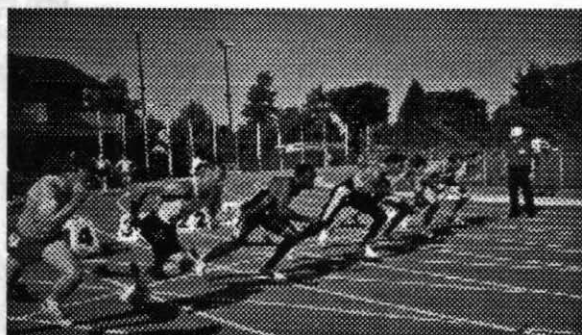
Kay Lyons, 200 Meters



Tom Silva, Javelin

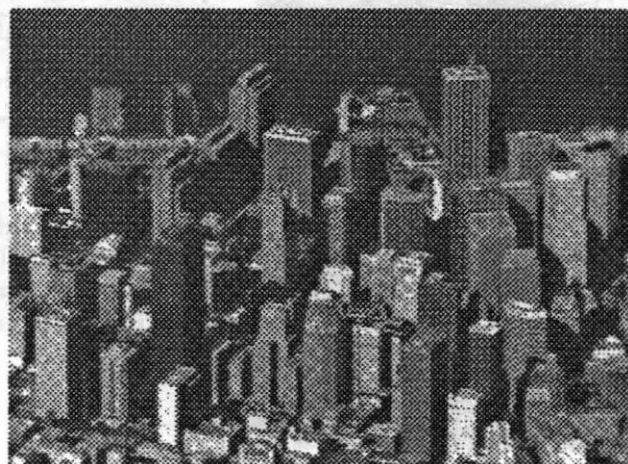


Tom Silva & Kay Lyons



Ray Yeck, 100 Meters

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Ray Yeck prepared page 3 of this newsletter from pictures he took on his trip to the Eugene Nationals. He also reported receipt last week of a silver medal for his part in an age 40-49 4 X 100 relay, representing the Western Regional team at the Nationals. Add this to the 10 silver medals shown on page one! Ray also reported:

- (1) the U.S. Indoor Masters T&F Nationals will be on February 24,25, 1995, at the University of Nevada, Reno, as shown on the last page of this newsletter;
- (2) the USATF 28th National Masters Championships will be on July 6-9 at Michigan State U., East Lansing, Michigan; and
- (3) the XI WAVA World Veterans Athletic Championships, will be on July 13-23, 1995, in Buffalo, N.Y. Contact WVC, P.O. Box 150, Niagara Square Station, Buffalo, N.Y. phone 1-716/852-2765, 230. Fax: 1-852-0131.

BAY AREA SENIOR GAMES, AUGUST 14, U.C. BERKELEY--

Some of the club members who weren't ready for Nationals at this time, or couldn't get that far from home, competed in the Bay Area Senior Games, for Masters 50+.

Elsie Anderson (age 60 group) made her debut in the 100M, taking home the gold-- her first competition ever. She is looking forward to September 10. Husband, Carl, is contemplating throwing events.

Marvin Smoller excelled in his sprints and was awarded an outstanding performance recognition.

Richard Martin and Martyn Adamson competed against each other in the 100M, Richard taking the edge while Martyn is not quite back after his ankle injury. We will miss Martyn September 10, while he is in Hawaii.

Katie Clevenger COMPETED WELL, AS DID Geores Clevenger.

Ed Manougian had a good day.

PLEASE SEND US YOUR RESULTS WHEN YOU COMPETE SO WE WON'T MISS YOU.

Richard Harper reported he ran at a Sacramento All-Comers meet July 30, 100M--11.5, 200M--23.4, and 400M--55.1. We need you on our M30-39 relays! This is great for our new comer.

NMN shows the SACRAMENTO WIMBER WOLF TC Series included:

Dennis Rietz (M60) 100M-- 17.3, 200M-- 42.09, Long jump 9-7, shot 40-6, discus--126-0, Jav.--94-3, on June 18.

Donna Rietz (W50) Discus--39-11, Jav. 31-6, June 18.

On June 30, Dennis Rietz, 100M 16.8, shot 40-8, discus 121-6, Jav. 107-6; and Donna Rietz shot--16.0, Jav. 25.0, and discus 36.5.

On July 7, Dennis Rietz, Shot 41.1, discus 134-1 and Jav. 103-6.

Donna Rietz, shot 18-9, discus 36-4 and Jav. 28-8.



Reno and the University of Nevada welcome you to...
JOIN US FOR A WINTER VACATION
and *DON'T FORGET TO BRING YOUR TRACK SHOES*

The University of Nevada Alumni Track Association will host the

USA TRACK & FIELD NATIONAL MASTERS INDOOR CHAMPIONSHIPS

On Friday, Saturday & Sunday February 24, 25 & 26 1995
 Meet Director - Bill Bowser

The meet will be held at the beautiful Reno Livestock Events Center on the **Bill Cosby Track**, one of the class indoor tracks in the country (a banked, 6 lane, 200 meter, board track with a 60 meter straightaway & raised LJ, TL, PV & HJ runways..)

We have a great program planned for you and your **family** which will include daily Guided Tours to Lake Tahoe, Virginia City, Carson City, skiing if you are so inclined, and celebrity shows in Reno.

A special packet has been put together by **Uniglobe Travel Connection** outlining accommodations, tours, and other information of interest. If you are interested in obtaining a copy, please fill-in the form at the bottom of this page and return it to Uniglobe, ATTN: Patty.

Look for 1/2 and full page ads in the **National Masters News** and Pacific Association's new publication soon.

YES I WOULD LIKE A COPY OF YOUR PACKET

Please Print

NAME: _____

ADDRESS: _____

CITY: _____ ST.: _____ ZIP: _____

Mail to: *Uniglobe Travel Connection, 6490-42 S. McCarran Blvd.,
 Reno, NV 89509 ATTN: Patty Tel.: 1-800-531-3170
 For General Information call: 1-800-FOR-RENO*

