



Northern California Seniors Track Club, Inc.

OCT/NOV 1994 p.1

(For Men and Women 30 Years and Older)

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JOHN BURNS returns after knee surgery (NCSTC Classic, Sept. 10)

OUR CLUB WILL HAVE A WOMEN'S TEAM --Ruth Anderson, Karen Gudiksen and Barbara Robben--at the Pacific Association Cross Country Grand Prix Nov. 19, Championship (Also, the USATF Western Regional & Reebok National G.P.). Golden Gate Park, San Francisco. Ruth reports she and Barbara Robben have been competing in the cross-country this year as a chance to score well in this year's series. (Ruth reported a correction in the August issue to be made on her silver medal--it was for 25:51 in the 5000M-- did not run the 1500). Sorry.

Ruth attended the Board of Athletics meeting September 21, and will report later on some items covered. Much was involved with the Annual Convention to be held in St. Louis, Mo., Nov. 19-Dec. 3. The following article written by Ruth Anderson is very much appreciated. Also, we appreciate the many years of service Ruth has given this club as women's LDR Chairperson, along with all her other duties at the Regional and National levels.

BY AIR, LAND AND SEA - MOSTLY CANADA

The day following my 65th birthday, I flew to Toronto, Canada for the Second WAVA Road Racing Championships. The 10K was Saturday the 30th of July, the 25K the next day. I netted two bronze medals for my efforts, 53:24 and 2:25:54 times. My third place in the 10K was a greater distance from the leaders than in the 25K where I was only 12 seconds out of second and "catching" the Argentine, but the same Belgian from the 10K was miles ahead of both of us. Guess I do better on hills in the heat, as it was chilly and rainy for the 10k.

The next week was the championships in Edmonton, AB, Canada, for the NCCWAVA (North and Central America and Caribbean Region), which had T&F events as well as a 8K cross-country, and 15K road race. Even though the same British super-star Joselyn Ross was there to beat me in the cross-country, I received the gold medal for NCCWAVA and she got one as foreign winner. She dropped out of the road race, so my gold there was first in my age group outright. The 15K time 1:21:30 was good for me, the 45:00 for the X-C was really slow compared to Joselyn's 39:12. However, if I had still been in the 60-64 division, the Canadian winner, Helly Visser ran 36:16 to dust me even more!

cont. on p.3

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
 Charnichael, 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



Vicki Bigelow submitted the above picture she took on September 10 at U.C. Berkeley, which she entitled: "The Workers"—seated are Club President Wilfred Bigelow, Meet Director Mark Grubi and Dan Behrens ("worker" at the registration desk). Vicki wrote: "Just wanted you to know that I always appreciate your time and support to me and masters athletes...."

Shirley Dieterich submitted the picture on the left, Billy Main and Ray Yeck at the Oct. 6 Club West Masters Meet at Santa Barbara. The anticipated relay lacked sufficient club members to be run. NMN shows Ray Yeck's 50M--6.75 (3rd), 100M--12.22 (3rd) and 200M--24.84 (2nd); Shirley's javelin was reported as 60-2 and discus 68-10 ("2nd best throw ever for me", says Shirley); Bruce Hotaling's pole vault was 13-0 (1st); Phil Conley's javelin was 152-7; Richard Mack's discus was 64-3; and Jerry Silsdorf's high jump 3-8, discus 68-7 (3rd) and hammer 69-0.

Bob Stone and Jim York competed at the Kelfield 1st Anniversary Meet at Santa Cruz, Sept. 17. Bob's shot--22-7 $\frac{3}{4}$, hammer 67-8, 25# 20-9; Jim's hammer was 64-10. Bob also did the 56# weight--8-7 $\frac{1}{2}$.

What has Jim Johnson been doing? NMN shows that on Sept. 10 Jim attended the Cal State Senior Games in San Diego; he did a 7-06 pole vault and an 11-08 $\frac{1}{2}$ long jump. Other club members cont. on p.4



Shirley caught Tom Silva stretching before his best javelin throw of the NCSTC Classic meets 59.82 meters, at U. C. Berkeley on Sept. 10.

cont. from p. 1 - Ruth Anderson

A long train ride (26hrs+) took me across the beautiful Canadian Rockies, via Jasper to Vancouver. Even with rain and overcast much of the way, the scenery was gorgeous. The bus to Seattle also went through pretty territory. The car ride down to Eugene the next day seemed very long. Glad I had been able to visit friends overnight in Seattle, and get some much needed sleep. My first event at the Masters T&F Nationals in Eugene was only the following day I arrived. My expectations weren't great, but I wasn't prepared to have my laps miscounted! My lap counter said I had finished a lap short, but stopping and starting up again, I did finish. Alas I could not catch my competition I'd passed the prior lap. Still a silver for a 25:51 5000 meters wasn't too bad for me. I had two days to rest up for the 10,000 meters, hoping to challenge my competition "fair and square". They all opted for the 800 meters, leaving me to do "battle" with the 70yr old Louise Adams. She beat me for the second time! Still I was happy enough with my time of 53:09.

All this sort of running didn't prepare me properly for the 100K race in Victoria, Canada, the 31st of August. The combination of rough pavement, too much road canter, even some side-walks of hard cement, plus no hills to break up the same foot plant, all took a toll on my feet. I was glad for the "Honourable Exit" at 50K in 5:48:21 (I'd passed the marathon at about 4½ hours). At least this way I got to watch the USA women's team finish, all six of them. Suzie Lister and Maryann Murphy were 2nd and 3rd women, leading our team to first place with Lorraine Gersitz the third scoring member, and fifth place woman. This event was an international championship as well as the North American Continental and Canadian Nationals.

Needless to say, as team manager for such a great group of women, I was very proud of all their performances. Some more nice features of this event were the great camaraderie of all the athletes, the super friendly Victorians and very efficient race staff and volunteers. Of course, the beautiful area around Victoria and the charming city itself was enjoyed by all. Even the jet-foil boat trip over and back from Seattle was most enjoyable (the "sea" part of my adventures).

I'm now back to running locally, until I take off for the Twin Cities Marathon, Oct 2nd. The cross-country Grand Prix started Sept. 10th where I ran 27:12 for 5K behind Barbara Robben. The next day I participated in the DSE "Distance Classic" at the Polo Fields upper dirt track for 4hrs of the 12hrs event to get in some distance "training". I managed 23.6 miles in that time, which means 26.2 will surely take over 4hrs in Minneapolis/St. Paul. Sept. 17th, I ran the 5k cross-country event in Rocklin at the Sierra College course. So few masters were there, I finished 3rd with a 28:22 time (1/40, 1/50 1/60). Sept. 25th I decided to try something really different. I competed in my first Summer Biathlon - yes, run and shoot. There were three of us in the 60+ women's division. I ended up 2nd with a score of 31:09 minutes which meant I must have run well on the hilly Brandon trail course near the Chabot Gun Club range where we did the shooting. We ran a mile, then shot at 5 targets, prone, then ran another mile and tried to hit 5 more targets at 25 feet standing, and ended up running another mile. Since I only hit two targets at each position, I got 30 seconds subtracted for prone and a whole minute from my time for the standing shots. It was so much fun, I may even try another of these events sometime.

Sept. 10, San Diego, cont. from p.2

who competed at San Diego were Richard Martin (M55) with a 12.99 100M and a 26.71 200M, both second places. Frank Toner took a third place 200M with 32.81 for the M70 group. Jerry Silsdorf had a third place M70 Shot put.

NMN shows that at the INTERNATIONAL NCCWAVS Championships Aug. 4-8, Ruth Anderson ran a 45:00.00 W65 8k Road Race (second place) and she won a 15K Road Race in 1:21:30. And Ruth won the W65 group competition of the USA National Masters Marathon Championships (and Twin Cities Marathon at Minneapolis, Mn, Oct. 2) with a 4:11.56.

Bob Malain--Correction is made for our report in the August 1994 newsletter of his silver medal--it was for a 19:59.27 in the 5000M (erroneously shown as 1500M).

The Pacific Athlete, published by PAC/USA T&F, shows:

Bill Van Fleet (age 79) finished third for M70+ with 74:21 in the Cox Cable Run for Goodwill 10K, Aug. 14, Eureka.

Sharlet Gilbert (43) was seventh over all for W40+ with 32:57 in a 8k Sept. 11, in Fremont (Bayside Technology Park).

Among the Masters Road Grand Prix Standings Sharlet Gilbert is 6 Masterwoman, Hanna Szoke is 4 h Super Senior Woman, Jaclyn Case is second Veteranwoman, and Dick Collins was ninth Senior Man and third Super Senior Man.

Ed Mooney was third Super Senior Man in the 5K Sept. 10 PA-XC #1:USF Invitational, Golden Gate Park, S.F.; Ruth Anderson was first Senior/Super Senior in the 5K PA-XC #1 Sierra/Reebok Aggie, Rocklin, Sept. 17; Barbara Robben was first Women's Senior/Super Senior 5K finished (25:34) in the XC#3 UC Davis Aggie Inv., Davis, Sept 24; Barbara Robben was first (31:10 Women's

Super Senior in the 6K PA-XC #4 Empire Cross-Country, Spring Lake Park, Santa Rosa, Oct. 1; Barbara Robben was first (27:06) and Ruth Anderson was second (27:48) in the XC#5 Mills College Inv. Oakland, Oct. 8 5K.

There will be a NorCal-SoCal dual added at the Nov. 19 PA/USATF and Western Regional Championships.

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Welcome, new members:

RICHARD BARNABY (born July 30, 1938, 480 El Alamo Rd, Danville, CA 94526 (an executive at Kaiser Permanente), work phone (510)271-2618. He did the jumps and weights in high school and college, as well as football and basketball. We met Richard recently at U.C. Berkeley, where he competed.

DENIS HONEYCHURCH (born Sept. 17, 1946) 4710 Valley End Lane, Suisun, CA 94533, is an attorney. Work phone (707)429-3111. His athletic history is in triathlons. He is interested in the 5K to 10K and triathlons.

JACQUELINE HONORE, (35-39 group), 2425B Channing Way, #672, Berkeley, CA 94704, trains 6 days a week at U.C. Berkeley--obviously very interested--shows talent and a very competitive spirit.

Changes of address:

Dr. John C. Hutchinson, 107 Bulkley Ave., Sausalito, CA 94965 (Wk ph.-- still (415)476-1653).

Carl Reiterman, 1700 Lincoln Village Circle, Larkspur, CA 94939.

REMINDERS:

Training at Edwards Field, U.C., Berk.--

The track is available to us from 12:00 noon to 2:00PM. Now that the University track team is practicing we should limit our practice until those hours (or after work in the evening).

Our annual meeting (luncheon) will be announced in the December newsletter. The meeting will be in January.

Any member who recruits 4 new members during a year will be given free membership for the following year.

Any new member who joins in November or or December and pays \$14 to do so will be given membership through December of the following year.

* * * * *

I was sorry, once again not to make the Classic this year. due to a bout with arthritis. But things are better now. and I'm running every day, with a track work-out once a week. although very slow. I've only done four races this year. but hope to improve upon that in 1995. I have done a lot of hiking and climbing, even got to the top of Mt. Hoffman in Yosemite with 3 of my grandchildren and one daughter last summer. They were faster than me. but we all made it to the summit.

I'm thinking hard about WAVA in Buffalo. but only time will tell. Keep up the good work.

Jackie Caselli

Those of you interested in attending Pacific Association USAT&F meets, as well as competing in Masters meets, may be interested in the following schedule, for January and February 1995:

1995 Usa Track & Field Pacific Schedule

day	date	meet	site	time
January				
* Sat's	01/07-02/25	Los Gatos All Comers	(Willie Harmatz 408-354-7365) Los Gatos H S	
Sun	01/08	US National 50k Race Walk Championship	Baylands, Palo Alto	8:30am
* Sat	01/14	Cal - All Comers	UC-Berkeley	10:00am
Fri	01/20	INDOOR - Mobil Grand Prix & Collegiate Grand Prix Inv	Univ of Nevada-Reno indoor	
Sat	01/21	INDOOR - Silver State Invitational	Univ of Nevada-Reno indoor	
* Sat	01/21	Cal - All Comers	UC-Berkeley	10:00am
Sat	01/21	Fresno State Univ Weight Pentathlon	Warmerdam Field, Fresno	9:00am
* Sat	01/28	Cal - All Comers	UC-Berkeley	10:00am
Sat	01/28	INDOOR - Wolf Pack Invitational	Univ of Nevada-Reno indoor	
February				
Sat	02/04	INDOOR - Bill Cosby Invitational	Univ of Nevada-Reno indoor	
* Sat	02/04	Cal - All Comers	UC-Berkeley	10:00am
Fri	02/10	Fresno - Bakersfield - American River	Fresno	12:00noon
Fri	02/10	Foothill practice meet	Foothill College	2:30 & 3:00pm
Fri	02/10	Santa Rosa - Contra Costa - San Jose CC	San Jose City College	2:30pm
Sat	02/11	INDOOR - Holiday Inn Classic	Univ of Nevada-Reno indoor	
* Sat	02/11	Cal - All Comers	UC-Berkeley	10:00am
Thu	02/16	Foothill practice meet	Foothill College	2:30pm
Fri	02/17	A.R.C. - Modesto - Delta - San Jose City College	Delta CC	2:30pm
Sat	02/18	INDOOR - Mountain Pacific Sports Fed'tion Champs.	Univ of Nevada-Reno indoor	9:00am
Sat	02/18	Sac City - Butte - Chabot	Sacramento	10:00am
Sun	02/19	IAAF World Racewalking Cup/US Trial - Men's 20k	Fort Ord, Monterey	9:00am
* Fri-Sun	02/24-26	INDOOR - USATF Masters Indoor Championships	Univ of Nevada-Reno indoor	
Sat	02/25	Green & Gold	Humboldt State Univ. Arcata	
Sat	02/25	Coast Conference Relays	De Anza CC	9:30am
* Sat	02/25	Cal - All Comers	UC-Berkeley	10:00am
Sat	02/25	Cal Poly-SLO vs UC-Santa Barbara	Cal Poly-San Luis Obispo	
Sat	02/25	The San Francisco Preview	San Francisco State Univ	
Sat	02/25	CSU-Stanislaus Alumni Meet	Stanislaus	
Sat	02/25	Bay Valley Relays	Sacramento City College	10:00am

TRACK & FIELD NATIONAL

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November 29-December 3. USATF 16th Annual National Convention, The Adam's Mark Hotel, St. Louis, Mo. USATF, PO Box 120, Indianapolis, IN 46206-0120. 317/261-0500.

February 24-26. USATF National Masters Indoor Championships, Reno, Nev. Bill Bowser, U. of Nevada-Reno, Dept. of Athletics, Reno, NV 89557-0041. 702/784-4870.

July 6-9. 28th USATF National Masters Championships, Michigan State U., East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit MI 48238. 313/834-0378.

WEST

November 19. KELfield Throws Meet #33. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

February 10-19. California Senior Olympics VIII, Palm Springs. 55+. Mizell Senior Center, 480 S. Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

December 4. USAIF National Masters 10K Championships, St. Louis, Mo. Tom Eckelman, 7140 Waterman, St. Louis, MO 63130. 314/727-7582.

February 4. USATF National Masters Half-Marathon Championships, Las Vegas, Nev. Al Boka, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

WEST

November 27. Run To The Far Side 10K/5K. RhodyCo Productions, 3929 California St., San Francisco, CA 94118. 415/387-2178.

December 4. Western Hemisphere Marathon. Jack Nakanishi, 4117 Overland Ave., Culver City, CA 90230. 310/202-5689.

December 4. California International Marathon. CIM, PO Box 161149, Sacramento, CA 95816. 916/983-4622; 447-2786.

December 11. Honolulu Marathon. Honolulu Marathon Assoc., 3435 Waiialae Ave., #208, Honolulu, HI 96816. 808/734-7200.

December 17. Las Vegas Half-Marathon/Relay. SASE to Tri-A-Run, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269.

January 29. 17th annual Redondo Beach Super Bowl 10K Run/5K Fun Walk, Redondo Beach, Calif. 310/376-6913 or 310/789-2478.

February 4. 29th Las Vegas International Marathon. Al Boka, PO Box 81262, Las Vegas, NV 89180. 702/876-3870.

Ed Seese, Pacific Association Masters Track and Field Sports Committee Chairman, 31361 Alvarado Niles Rd. (510)441-8308 (H & W) FAX (510)441-1318 (H & W) reported on their annual meeting of September 11, 1994, advising about bids received for 1995 meets and revisions in their operating policies and procedures, as follows:

(Northern California Seniors Track Club activities will be discussed at our January 1995 annual meeting and in our next newsletter.)

What's in store for the rest of 1994 and 1995

Jan Johnson of Sky Jumpers Vertical Sports Club is hosting a series of Pole Vault Competitions on 23 October, 13 November, 17 Dec 1994, 14 January, and 4 February 1995. Jan can be reached at (805) 466-8273.

On 4 Feb 1995 Lee Webb and the Mission Valley Track Club will host a Track and Field Clinic at Logan High School in Union City. Lee can be reached at (510) 505-9557

National Masters Indoor Championships is to be held in the Reno Livestock Arena on 24 through 26 February 1995. Bill Bowser is the meet director and can be reached at P.O. Box 9505, Reno, NV 89507 (702) 784-6081. Package deals are available through Uniglobe Travel Connection, 6490 S. McCarren Blvd., Suite 42, Reno, NV 89509 (800) 531-3170 (Ask for Patty)

We have received a bid for the Pacific Association Masters Weight Pentathlon from Gary Kelmenson to be held at Kelfield on 27 May 1995.

The Pacific Association Master Track and Field Championships (Open athletes are welcomed) will be hosted by the Los Gatos Athletic Association at Los Gatos H.S. in Los Gatos on 10 June 1995. Contact Willie Harmatz at (408) 354-7365. They will also host preseason (January and February) and summer (July and August) All-comer meets.

We expect the Santa Cruz Track Club to host the Pacific Association Masters Multi-Event Championships (Open athletes are welcomed) on 24\25 June 1995. A **Womens Decathlon** may be held!

The National Masters Outdoor Championships will be held from 6-9 July 1995 at Michigan State University. Information can be obtained by contacting Randy Williams at (313) 834-0378.

The WAVA Championships will be held from 13 to 23 July 1995 in Buffalo, NY. Call (716) 852-2765 for information.

We expect the Santa Cruz County Age-graded Championships to be held on 22 July 1995.

We expect that Lee Webb of the Mission Valley Track Club to host the USATF Western Regional Championships at Logan High School in Union City on 29 July 1995.

The Personal Record Track Club will host the Central Coast Pole Vault Competition on 13 August 1995 at Soquel H.S. in Soquel, CA. Contact Eddie Seese at (510) 441-8308.

The Personal Record Track Club will host the North Coast Pole Vault Competition on 20 August 1995 at Personal Record Track Club Outdoor Pole Vault Development Facility in Union City, CA. Contact Eddie Seese at (510) 441-8308.