



Northern California Seniors Track Club, Inc.

December 1994 p.1

(For Men and Women 30 Years and Older)



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

A N N U A L M E E T I N G --

Again, our club invites it's members (and spouses) to a luncheon at Spenger's Restaruant, preceding it's annual business meeting. A banquet room has been reserved at Spenger's for 11:00 A.M. to 3:00 P.M. on Sunday, January 15, 1995. The address is 1919 4th Street, Berkeley, (nortn side of University Avenue and just east of Hiway 180. There is ample parking around the restaur-ant. Luncheon will be served about 12:30. The annual business meeting follows.

Please advise Bill Bigelow if you can attend and your choice of entre (salmon fillet, roast sirloin of beef, or seafood salad), so that the banquet manager can pre-prepare for us. you may send the reservation notice printed at the end of this newsletter to Bill Bigelow, or phone him by January 5, 1995, if you can attend.

One of the main items of business will be the selection of officers for 1995. Incumbents (shown as follows) have agreed to accept nominations for 1995:

President ----- Wilfred ("Bill") Bigelow

Vice-President -- John T. Burns

Sec.-Treas. ----- Ray Yeck

Nominations from the floor will also be accepted, provided the nominee indicates a willingness to serve.

They will be a review of the club's 1994 activities and the results of it's members pursuit of fitness, health, relaxation and commeraderie. There will be a presentation of awards.

If you have any pictures, or VCR tapes you wish to share, a screen may be available. You may contact Bill Bigelow if you have any questions.

Payment of annual dues (\$14 for a calendar year) will be accepted at the annual meeting. Your suggestions regarding activities will be welcome.

CLUB ID

TAC #: 109
 CA. CORP #: 1275994
 CA NON-PROFIT: CT-61086

We thank the following people for early renewal of their dues for 1995:

Lyman A. Glenny	Del Eckles
Bob Malain	Ron McLennan
Stev Schwartz	Jerry Silsdorf
Ted Wassam	Jim York

ACTIVITIES

**Martinez to Port Costa
 Brick Yard Run**

A revised roster of members will be presented at the meeting.

Ken Carmine T&F Classic

Michael Ackley, Director
 4649 Oakbough Way
 Charming, CA. 95608
 916-966-8987

* * * * *

Josiah ("Joe") Packard, one of the club's outstanding stars, passed away on his 91st birthday, December 15, 1994, after a period of failing health.

Dick Houston Memorial

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

Joe was "discovered" by Coach Mark Grubi in the mid-1970s while doing his daily jog on the San Francisco YMCA's three-eighth mile indoor track. He was persuaded to join our club and came by BART to Edwards' Field, Berkeley, regularly and punctually from about 4:30 to 5:30 P.M. to follow the training routine Mark set for him. He had been a quarter and half miler on the Princeton University track team, but had not competed since then. He just wanted to keep fit and never gave up jogging.

NCSTC T&F Classic

Mark Grubi, Director
 P.O. Box 424512
 San Francisco, CA. 94142
 415-285-3352

In April 1977 at age 72, Joe went with Coach Grubi to a track and field meet in Hawaii (Honolulu) and was watched with awe. At age 73 he went with the coach to second World Veterans Games in Gottenburg, Sweden, joining other U.S.A. masters competitors. He set world records of 13.9 in the 100 meters, 29.2 in the 200 meters and 64.6 in the 400 meters for the men's 70-74 age group. These records stood for many years. He would have run the 100 meters faster, but he was left 5 yards at the start, thinking someone had false started; he caught the field at about 70 yards and won easily. When he ran the 400 meters, he passed the 200 at a time better than the 200 meter race record, about 30 meters ahead of the field. The announcer began to stop and stutter, "but can he keep that pace up?" Joe kept it up, finishing about 70 meters ahead of a full field. The 64.6 400meter record for the age 70-74 group stood for 11 years (and still stands for age 73). Another star had emerged.

Joe competed often for the club, and regularly until he set 80 year old records (for the group). The most recent record book shows a 13.7 at age 74, a wind aided 15.0 at age 80 in the 100 meters, and a world record. on p. 3

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(Joe Packard)

record of 32.3 200 meters at age 80 still stands.

It was reported that at the time of his death he remembered us.

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Annual Meeting reservation, at Spenger's Restaurant, January 15, 1995.

To: Bill Bigelow, 827 Oxford St., Berkeley, CA 94707
510/524-4090

I can _____ attend the NCSTC sponsored annual luncheon meeting at Spenger's (Berkeley) on Sunday, January 15, 1995.

I will _____ will not _____ bring my spouse.

My choice of entre: salmon fillet roast beef seafood salad

For myself _____

For my spouse _____

Name (Signature) _____