



Northern California Seniors Track Club, Inc.

JANUARY, 1995. p.1

(For Men and Women 30 Years and Older)

ANNUAL MEETING, JANUARY 15, 1995, AT SPENGER'S GROTTO, BERKELEY

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.

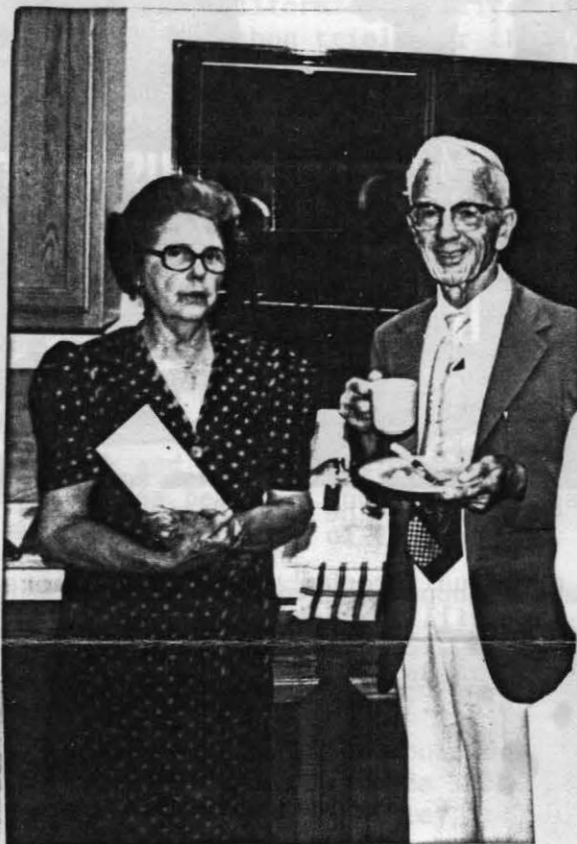
John T. Burns
3554 Springhill Road
Lafayette, CA. 94549
510-284-2240

COACH

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

NEWSLETTER EDITOR

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



President BILL BIGELOW, with the spirit of a youth, wisdom and experience of the aged and a master of diplomacy, smoothly guided the club into 1995. Bill, himself, is looking forward to September 6, 1995, when he enters the easier 85-89 age group of competition. That's just in time to try for group records at our track and field September Classic.

Secretary/Treasurer Ray Yeck reported total assets of \$5,552.51 (checking \$1,393.37, savings \$4,159.14); total sponsored events income was \$431.30 (Woodminster \$163.22, Carnine \$150.00, and NCSTC Classic \$118.08); membership dues income was \$1,764.00).

Bill's first order of business was to bestow honorary membership to Past Presidents Gail Wetzork and Emmett Smith, who each served 4 terms (Emmett Smith, 1970, 1971, 1983 and 1984; Gail Wetzork, 1981, 1982,

1985 and 1986). Both were responsible for the club's incorporation under California law as a non-profit club with the purpose of promoting competition in field and running events (sprints through ultra-distances).

Performance awards (trophies) were presented in appreciation for the following members who represented the club with their outstanding efforts:

1. RUTH ANDERSON, a competitor with great stamina and endurance, continued to compete often and well and represented the club both in her competition and as a good will ambassador and administrative officer. (Please see the photos top of page 2).
2. KEN CARNINE, at age 86, continued to represent the club, with age world records in the javelin and hammer and an American record in the discus (missing the group record by 3 inches).

(Cont. on page 3)

CLUB ID

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

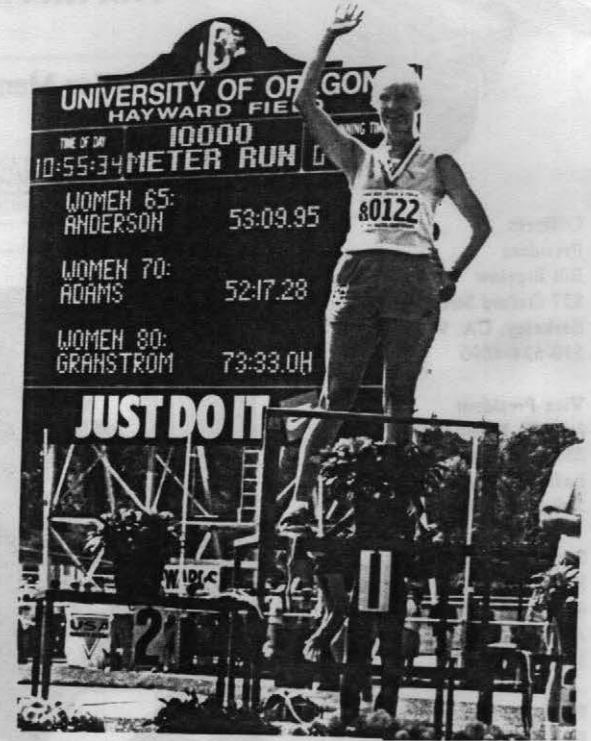
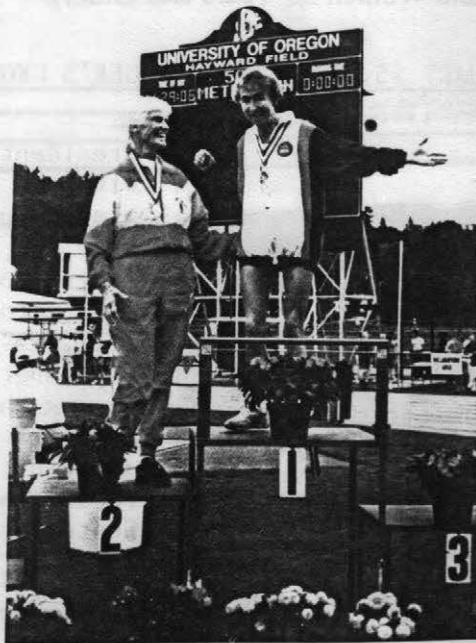
ACTIVITIES

**Martinez to Port Costa
 Brick Yard Run**

Ken Carmine 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
 Dan Behrens, Director
 2838 Enea Way
 Antioch, CA 94509-4755
 510/754-3318



..bove--Ruth Anderson at the 1994 Nationals.

Below--"The perpetual trophy" pictures submitted by Barbara Robben.
 Tom Silva's name will be added for 1994.



**NORTHERN CALIFORNIA SENIORS
 TRACK CLUB
 OUTSTANDING ATHLETES**

- MARION IRVINE 1981
- JOSEPHINE KOLDA 1981
- HARRY KOPPEL 1982
- RUTH ANDERSON 1983
- IRENE OBERA 1983
- JOHN SATTI 1984
- KEN CARNINE 1984
- IRENE OBERA 1985
- JACLYN CASELLI 1988
- JAMES YORK 1988
- ALICE ROSE 1987
- MARTYN ADAMSON 1987
- KIT PICKLES 1988
- JIM JOHNSON 1988
- MEL SHINE 1989
- EDDIE HART 1989

- DARRELL HORN 1990
- RICHARD LAINE 1990
- PHILIP CONLEY 1991
- SHARLET GILBERT 1992
- JOHN T. BURNS 1992
- RAYMOND YECK 1993
- BARBARA ROB BEN 1993

Cont. from page 1--Annual meeting, performance awards:

3. PHIL CONLEY continued to compete often and at a world class level, as he has done for many, many years. He was a decisive winner of his event at the Nationals.
4. SHARLET GILBERT competed often and amongst the best finishers in many distance races. She gained the respect of the meet director with her track races at Visalia, California (her first track competition). She qualified for the Olympic Marathon trials for the younger open class, joining the ranks of Sister Marian and Laurie Binder. She was the first woman finisher in The Brickyard run for 7 years in a row, and always amongst the top 10 over-all finishers, including the young men.
5. RICHARD MARTIN had his best year ever, an outstanding one for him, competing often and representing the club very well.
6. JIM YORK continued to compete often and win, setting world records, a credit to our club and "the game".

The club's "perpetual trophy" is usually awarded to an outstanding track and field performer and to an outstanding long distance performer. It is the club policy to award this trophy to a person only once. The awardee for 1994 is:

TOM SILVA (track and field)--he competed often and won every time excepting once when he was beaten 3 inches at the Nationals, taking home the silver.

Please see page 2 for pictures of this trophy.

President Bigelow made the following announcements:

1. Mike Ackley advised the Ken Carnina T&F Classic will be on Saturday, April 29, at Sacramento State University. It will not be combined with a college meet as it was last year.
Joe Ness advised Mike that there would be a 200 meters for Masters at the February 10 meet in Reno, Nevada if he had requests from at least 6 men and 6 women. Phone Mike Ackley at 1-916-167-9013 immediately if you are interested.
2. The Dick Houston Memorial Woodminster Run will be on Sunday, June 18. Gail Wetzork has already started work on this meet and will complete it, excepting he will not be able to be there on race day. President Bigelow will be present on that day (as usual).
3. Dan Behrens will be director of the NCSTC T&F Classic to be held in September 1995 (with whatever help he wishes from previous director Mark Grubi). Dan assisted with this meet in 1994. You will remember him as our triple jumper.

Election of 1995 officers. The 1994 officers were re-elected for 1995, namely:

1. President Bill Bigelow
2. Vice-President John T. Burns
3. Secretary/Treasurer Ray Yeck

Newsletter Editor Josephine Kolda advised of her resignation after publication of the January 1995 issue. She expressed appreciation for the opportunity to have served in this capacity and gratitude to those who had contributed.

The meeting adjourned at 2:00PM with a rush to the TV to watch football (the play-off), a little earlier than two late members expected.

By the editor.

* * * * *

About our Members:

Jim York: "Josephine & Mark: Thank you folks for all the work you do to help us old codgers have a better life.
Love, J.R. & K.J. York"

We were advised that the Jan. 3, 1995 issue of The Alameda Journal contained the following: "The Island City Runners club gave recognition to Gail Wetzork for his unselfish devotion to track and field over the years as a volunteer official. Many people don't realize that the people who help us put on track meets are volunteers, often journeying great distances at their own expense. Without them the meets could not be held. Wetzork was presented the Rae Sund Inspirational Award, given each year by the Club. (Rae Sund was a marathoner and club member who died on the Cypress Freeway in the Loma Prieta Earthquake in 1989).

Craig Boyak reported he is learning rock climbing, in between his pole vault practices. He likes to keep versatile.

Marty Behrens did a good 27.1 200 meters at the U.C. Berkeley January 28 All-Comers meet, a good early season time Coach Grubi told her.

Ron McLennon easily ran 4:45 in the 1500M and 2:16.5 in the 800M January 28 at U.C. Berkeley.

Field events could not be held January 21 and January 28, at the U.C. Berkeley All-Comer meets because of the wet condition of the field. Perhaps the weather will allow both track and field events from now on. Field events start at 10 o'clock on Saturdays, and track events at 11 o'clock.

Annual dues of \$14.00 for club membership are payable to Ray Yeck, , Sec./Treas., 4981 Ridgeview, Antioch, CA 94509. Honorary membership is always extended to the existing honories. This year the list is expanded by two, Emmett Smith and Gail Wetzork. A member who recruits at least four new members during the year is giving free membership the following year. If you have any question, please contact Ray Yeck.

Some members plan to attend the February 10 Reno meet, and we are anxious to hear from Billy Main, Ray Yeck, Marty Behrens, and any others who attend.

TRACK & FIELD NATIONAL

February 11. USATF National Masters Men's & Women's Indoor Pentathlon Championships, Proviso West HS (near Chicago's O'Hare Airport). Jeff Watry, 24320 77th St., Paddock Lake, WI 53168. 414/843-3567(h); 708/473-3700(o).

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.

May 17-24. U.S. National Senior Sports Classic V, San Antonio, Texas. USNSSO, 14323 South Outer Forty Rd., Suite N300, Chesterfield, MO 63017. 314/878-4900.

June 17-18. USATF National Masters Decathlon/Heptathlon Championships, Eugene, Ore. Timothy Shelley, 2748 Agate St., Eugene, OR 97403. 503/343-4610.

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

August 26. USATF National Masters Weight Pentathlon Championships, site TBA. Richard Hotchkiss, director.

WEST

Arizona, California, Hawaii, Nevada

January 28, February 4. Long Beach, Calif. State Winter All-Comer Meets, 10 a.m. Open. 310/985-4666.

January 28 to April 1. Discus Clinic, Orange Coast College, Costa Mesa, CA. Each Saturday at 10 a.m. Janet Wilson, 714/646-3176.

February 4, 11, 18, 25. Los Gatos Meets, Los Gatos HS, Calif. 408/354-7365.

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

February 16-March 5. Arizona Senior Olympics State Games. 50+. Irene Stillwell, Sharon Engelhardt, 1202 North Third St., Phoenix, AZ 85004. 602/495-5490; 261-8765.

February 18. KELfield Throws Meet #36, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

February 25-28. California Senior Winter Games. 55+. Harry Lund, PO Box 96, Running Springs, CA 92382. 909/867-2411.

March 4-10. Sierra Vista Golden Olympics, Sierra Vista, Ariz. 50+. Maggie Dembowski, 3020 E. Tacoma St., Sierra Vista AZ 85635. 602/458-7922.

March 4-25. Green Valley Senior Olympics. Green Valley, Ariz. 50+. David Fleck, Green Valley Recreation, PO Box 586, Green Valley AZ 85622. 602/625-3440.

March 11. Orange Spring Games/John Ward Masters Meet, Rancho Santiago College, Santa Ana, Calif. Al Siddons, 714/564-6936.



10.5

TO WIN THIS COMPETITION, YOU FIRST HAVE TO FINISH THESE LINES.

COMPETITION ENTRY FORM

LAST NAME: _____ FIRST NAME: _____
 ADDRESS: _____ DAYTIME TELEPHONE: _____
 ADDRESS: _____ FAX: _____
 CITY: _____ STATE: _____ ZIP CODE: _____
 COUNTRY: _____ GENDER: M F U AGE: _____ AS OF JULY 15, 1995
 NATIONALITY: _____ DATE OF BIRTH: MO _____ DAY _____ YEAR _____

- 1. WAVA fee - US\$ 15.00
- 2. 1st event entered - US\$ 30.00
- 3. 2nd through 5th: Number of events _____ x US\$ 10.00 - US\$ _____
- 4. 6th through 7th: Number of events _____ x US\$ 17.00 - US\$ _____
- 5. Multi Events Fee x US\$ 30.00 - US\$ _____
- 6. Banquet tickets (number ordered*) x US\$ 30.00 - US\$ _____
- TOTAL: (add above lines together) - US\$ _____

Payment:
 1. Bank draft or check in U.S. dollars
 Payable to: XI WORLD VETERANS' CHAMPIONSHIPS
 2. VISA MC Name: _____
 NUMBER _____
 EXPIRATION DATE: _____ / _____

MARK EVENT HERE WITH AN "X"

Event	Name of Event	Women's Age Groups	Men's Age Groups	Best Mark 1994-1995
1	100 METER DASH	All Age Groups	All Age Groups	
2	200 METER DASH	All Age Groups	All Age Groups	
4	400 METER DASH	All Age Groups	All Age Groups	
8	800 METER RUN	All Age Groups	All Age Groups	
15	1500 METER RUN	All Age Groups	All Age Groups	
25f	2000 METER STEEPLECHASE	All Age Groups	M60 and Older	
35f	3000 METER STEEPLECHASE		M40 through M55	
5	5000 METER RUN	All Age Groups	All Age Groups	
10	10,000 METER RUN	All Age Groups	All Age Groups	
8H	80 METER HURDLES	W 40 and Older	M70 and Older	
OH	100 METER HURDLES	W 35 Only	M50 through M65	
1H	110 METER HURDLES		M40 through M45	
3H	300 METER HURDLES	W 50 and Older	M60 and Older	
4H	400 METER HURDLES	W 35 through W 45	M40 through M55	
1W	10 KM WALK	All Age Groups		
2W	20 KM WALK		All Age Groups	
5W	5 KM WALK	All Age Groups	All Age Groups	
CC	10 KM CROSS-COUNTRY	All Age Groups	All Age Groups	
M	MARATHON	All Age Groups	All Age Groups	
HJ	HIGH JUMP	All Age Groups	All Age Groups	
PV	POLE VAULT	All Age Groups	All Age Groups	
LJ	LONG JUMP	All Age Groups	All Age Groups	
TJ	TRIPLE JUMP	All Age Groups	All Age Groups	
SP	SHOTPUT	All Age Groups	All Age Groups	
DT	DISCUS THROW	All Age Groups	All Age Groups	
HE	HEPTATHLON	All Age Groups		
DE	DECATHLON		All Age Groups	
JT	JAVELIN THROW	All Age Groups	All Age Groups	
HT	HAMMER THROW	All Age Groups	All Age Groups	
WP	WEIGHT PENTATHLON	All Age Groups	All Age Groups	

To verify your requests, please write out NAME OF EACH EVENT ENTERED:
 1: _____ 2: _____
 3: _____ 4: _____
 5: _____ 6: _____
 - PLEASE SIGN ON BACK

XI WORLD VETERANS' CHAMPIONSHIPS
 BUFFALO LOCAL ORGANIZING COMMITTEE
 P.O. BOX 150
 NIAGARA SQUARE STATION
 BUFFALO, NEW YORK 14201-0150

*After May 1, 1995 Banquet tickets will cost \$35

The maturity of years hasn't lessened your desire to leave your opponent in the dust. So we're pleased to invite you to compete in the world's premier track and field competition for master athletes. It's the XI World Veterans' Athletic Championships, July 13-23, 1995, in Buffalo, New York.

You must be physically fit to enter. (You'd better, because you could be up against such legendary athletes as Frank Shorter, Evelyn Ashford and Al Oerter.) Men must be 40 years of age or older. Women, 35 or older. You must also submit proof of date of birth with your entry form. A copy of your birth certificate or passport is acceptable. Entries must be received by May 15, 1995. So do what you do best: hurry. (716) 849-0704.

Competitor Entry Form Instructions

Please fill in your full name in the boxes provided, one letter per box, last name first. Then complete address (include apartment number, if any), nationality, sex (male/female), date of birth, and age. Next, figure the fees for entry as follows: There is a \$15.00 fee assessed by WAVA. In addition there is a cost for each event entered. The first event is \$30.00. Second, 3rd, 4th, and 5th events are each \$10.00. Six or more events are \$17.00 each. Therefore, the cost for entering one event would be \$45.00; the cost for entering five events (not including multi-events) would be \$85.00; and the cost for entering seven events (not including multi-events) would be \$119.00.

For further information regarding multi-events fees please refer to prior section covering participation fees.

Payment must be made using a bank draft, VISA or MasterCard charge cards, or check in U.S. dollars.

To specify the events in which you wish to compete, please mark the first box on the entry form with an "X" in front of the events you wish to enter.

The next section tells you which, if any, age groups compete in that event. In the "Best Mark 1994-1995" column, please list your best mark for this time frame. For seeding purposes, it is very important that you include your marks. These marks can be updated as we approach the Championships. In addition to marking your events with an "X", please write out the name of each event you wish to enter in the section at the bottom of the page.

Please send entry form and payment to:

XI World Veterans' Championships - Buffalo '95
Post Office Box 150
Niagara Square Station
Buffalo, New York 14201-0150

Waiver

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes), the XI World Veterans' Championships Organizing Committee, the sponsoring non-profit organizations and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the XI World Veterans' Championships.

Signature

Date

Drug Testing

This consent form must be signed in order to participate in the Championships.

I have read the information in the Entry Booklet about drug testing, and agree, if chosen, to submit to testing in accordance with IAAF procedures.

Signature

Date

TO PARTICIPATE IN THIS COMPETITION, YOU'D BETTER GET PLENTY OF REST.

P.

You're not the only one who goes fast. The hotel rooms do too, so make your reservations now.

But before you can get to your hotel, you have to get to Buffalo. Located in the most western part of New York State, Buffalo is bordered by Lake Erie. It's only 100 miles from Toronto, 400 miles from New York City and 500 miles from Chicago in the west.

As host to the 1993 World University Games, Buffalo is well prepared for international athletic

ROOM RESERVATION FORM

LAST NAME FIRST NAME
 ADDRESS
 ADDRESS APARTMENT NUMBER
 CITY STATE
 COUNTRY POSTAL CODE
 DAY USE TELEPHONE COUNTRY CODE FAX

NAMES OF ALL PERSONS OCCUPYING ROOM

1 <input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>
2 <input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>
3 <input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>
4 <input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>
5 <input type="text"/>	ADULT (Y/N) <input type="checkbox"/>	AGE IF CHILD <input type="text"/>

DOES ANYONE IN PARTY SMOKE (Y/N)

ARRIVAL DATE DAY MONTH

DEPARTURE DATE DAY MONTH

CIRCLE DATE OF EACH NIGHT YOU ARE STAYING

JULY
 7 8 9 10 11 12 13 14 15 16
 17 18 19 20 21 22 23 24 25 26

Housing Preference

Use numbers 1, 2, 3 to indicate your first, second and third preference for housing and sleeping arrangements.

Hotel/Motel Option:

Luxury (US \$95-139)	1 person	1 bed	_____	All amenities of a luxury hotel, including large air-conditioned rooms, dining room, cocktail lounge, and swimming pool.	Tourist (US \$69-89)	1 person	1 bed	_____	Clean, affordable, air-conditioned rooms with color TV. Some with pool and dining facilities.
	2 persons	1 bed	_____			2 persons	1 bed	_____	
	3 persons	2 beds	_____			2 persons	2 beds	_____	
	3 persons	2 beds	_____			3 persons	2 beds	_____	
Deluxe (US \$75-109)	4 persons	2 beds	_____	Large rooms with air-conditioning, most with pool facilities, all but one facility has restaurant on premises.	Budget (US \$35-68)	1 person	1 bed	_____	Clean, inexpensive air-conditioned rooms with color TV. Some have pool facilities.
	2 persons	1 bed	_____			2 persons	1 bed	_____	
	2 persons	2 beds	_____			2 persons	2 beds	_____	
	3 persons	2 beds	_____			3 persons	2 beds	_____	
	4 persons	2 beds	_____		4 persons	2 beds	_____		

ALL RATES ARE QUOTED ON A PER NIGHT CHARGE. ALL RATES ARE BASED ON DOUBLE OCCUPANCY. TAXES (13%) ARE NOT INCLUDED. MOST HOTELS HAVE A 3:00 PM CHECK IN, 12:00 NOON CHECK-OUT. ALL HOTEL/MOTEL OPTIONS HAVE PRIVATE BATHROOMS.

The University of Buffalo is offering a meal plan to those persons staying in hotels and motels. Please indicate if you have an interest in purchasing a meal plan. YES () NO ()

University of Buffalo Residence Halls option:

Double occupancy US \$40.00 per person per night _____
 Triple occupancy US \$38.00 per person per night _____
 Quad occupancy US \$36.00 per person per night _____

Dormitory accommodations include three full meals per day. Linens provided with beds made upon arrival and linen service. Comfortable lounges on main floors with access to color TV, Laundry facilities. Shared bathrooms on each floor. Access to fitness and recreation center and entertainment facilities.

There is a no smoking policy in the University of Buffalo sleeping rooms. Specially designated smoking areas will be identified.

Please send information on campground facilities _____

Please send information on bed and breakfasts _____

events. The city is home to a new, high-tech track and field complex, and offers exciting adventures for competitors. Organized tours can show you the extraordinary Niagara Falls, the architectural treasures of the area, a world renowned art gallery, the birth places of U.S. Presidents, and so much more. Major bridges and highways link the area with Ontario, Canada, where even more diversions await you. You'll receive more information on Buffalo with your housing confirmation.



Room Reservation Form Instructions

Please use one Room Reservation Form for each room reserved. Copies accepted. Fill in the last name of the person in whose name the room reservations will be made; then first name. Write in your complete address (include apartment number), and your daytime telephone number (include any city/country codes).

If you are planning to be involved with a Travel Veterans Organization, please do not fill out this form.

List the names of all members of your party occupying the room, and indicate by "yes/no" (Y/N) if they are an adult. List their ages if children.

Indicate if anyone in your party smokes (Y/N).

List your arrival and departure dates.

Circle the date of each night you plan to stay in your choice of accommodations.

Housing Preference: Various types of housing are available. Use 1, 2, & 3 to indicate your preference for housing. If you wish to room with a particular person, you must provide us with the name of the other occupant and include a deposit for two people. The person whose name appears at the top of this form will be responsible for the payment by both persons.

Indicate any disability/physically challenged request:

Deposit Requirements: A deposit for the first night must accompany the reservation as follows: luxury \$120 per room, deluxe \$100 per room, tourist \$80 per room, budget \$55 per room, university halls \$35 per person. Individual invoices will be sent with your confirmation, listing your hotel assignment, daily rate, and balance due. Please see the Payment and Refund Schedules below for an additional explanation.

Payment Schedule

August 1, 1994	Housing deposits accepted, entries open
December 1, 1994	20% of total housing package due
March 1, 1995	Additional 50% of total housing package due
May 15, 1995	Competition entries closed Balance in full due for housing package

Refund Schedule* (housing only)

December 2, 1994 - March 1, 1995	Full refund with \$10 cancellation fee
March 2, 1995 - May 15, 1995	Full refund with \$50 cancellation fee
May 16, 1995 - July 1, 1995	Full refund with \$100 cancellation fee
After July 1, 1995	No refund

*Refund policy is per person for University housing, per room for hotel/motel

Postmarks will determine order of acceptance for housing and for refunds due if applicable.

Deposit for first choice: (Housing reservation will not be accepted without deposit)

US\$ _____

Deposit must be by bank draft in U.S. dollars, or by MasterCard or VISA credit card.

Name of credit card VISA MasterCard

Name as it appears on credit card

Credit card number

Expiration date

If using a VISA or MasterCard you must specify which card you are using by checking the appropriate box. Print the cardholder's name on the line provided, and the card number in the space provided. You must also include the expiration date printed on your card.

Bank draft checks should be made payable to:

World Veterans' Championships - Buffalo '95
Post Office Box 150
Niagara Square Station
Buffalo New York 14201-0150
U.S.A.

Please enclose the appropriate deposit for your first housing choice (payable in U.S. dollars) and mail to

World Veterans' Championships - Buffalo '95
Post Office Box 150
Niagara Square Station
Buffalo New York 14201-0150
U.S.A.

NO TELEPHONE RESERVATIONS WILL BE ACCEPTED.

Summer in Buffalo and Western New York is prime tourist season. There are a limited number of hotel accommodations and University dormitories available. All reservations will be assigned on a first come, first serve basis. Therefore, the sooner you send in your reservation form and deposit, the better your chances are of getting your preferred choice. See deposit and refund schedule.

Continental
More authentic for your money

SPAINSON
GRAND
Official Travel Agency

The Travel Team, Inc.
TRAVEL
AGENCY
Official Tour Operator

Budget
car and truck rental

March 11-12. Decathlon/Heptathlon, Occidental College, Los Angeles. Gary Miller, 818/843-2139 (until 9 p.m. PST).

March 18. Easter Relays, Santa Barbara, Calif. Some masters events. Russ Smelley, 805/565-6010.

April 8. USATF/SCA Meet, Occidental College, Los Angeles. 818/843-2139. Entry Form in March issue.

April 23. Crown Valley Senior Games, Occidental College, Los Angeles. Cynthia Vaughn, 818/397-4064.

April 23. Steve Scott Open Invitational & Masters Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9942 (eve).

May 14. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 619/436-7696.

May 20. Visalia Classic Masters T&F Meet. 30+. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 27. USATF/Pacific Masters & Submasters Weight Pentathlon Championships, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

May 28. Dan Aldridge Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714/586-9942(eve).

June 10. Los Gatos Open & USATF Pacific Association Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

June 24. USATF West Regional Masters Championships, Los Gatos HS. Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408/395-9486.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming.

February 5. Eugene Indoor Meet. Allen Tarpenning, 2813 Firwood Way, Eugene, OR 97401. 503/343-7355.

April 13-14. Oregon Invitational Decathlon/Heptathlon. Masters Division. Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. 503/342-3113.

June 24-25. Hayward Masters Classic, Eugene, Ore.

June 30-July 1. USATF Northwest Regional Masters Championships, Mt. Hood Community College, Portland area. Jim Puckett, director.

CANADA

March 4. Ontario Masters Indoor Championships. York University, Toronto. Men & Women 35+. Brian Keaveney, 426 Valermo Drive, Etobicoke, Ont. M8W 2L9. 416/252-7047.

INTERNATIONAL

July 13-23. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. M40+, W35+. WVC, 120 Church St., Buffalo, N.Y. 14202. Phone: (716) 849-0704; Fax: (716) 849-0737.

October 5-14. 5th Australian Masters Games, Melbourne. 53 sports. Age 30+. Helen Pain, Sports Travel International, 4869 Santa Monica Ave., #B, San Diego CA 92107. (619) 225-9555; Fax: (619) 225-9562. Or GPO Box 2392V, Melbourne 3001 Australia.

LONG DISTANCE RUNNING NATIONAL

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

February 18. USATF National Masters 100K Championships, Sacramento. Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916/638-1161.

March 19. USATF National Masters 8K Championships, Chicago. David Patt, CARA, 59 E. Van Buren, #1716, Chicago IL 60605.

April 2. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121.

September 16. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

October 8. USATF National Masters Marathon Championships, Minneapolis/St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/936-0851.

October 15. USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716/242-9031.

November 11. USATF National Masters 5K Cross-Country Championships, Landen, Ohio. Scott Brooker, 230 Northland Blvd. #309, Cincinnati, OH 45246. 513/860-2253.

November 18. USATF National Masters 8K Cross-Country Championships, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

WEST

Arizona, California, Hawaii, Nevada

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

February 5. Runner's Den 10K. Rob Wallach, 6505 N. 16th St., Phoenix, AZ 85016. 602/277-4333.

February 19. Desert Classic Marathon. Scottsdale, Ariz. Arizona RR, PO Box 37876, Phoenix, AZ 85069-7876. 602/954-8341.

February 19. San Dieguito Half-Marathon. SD Half-Marathon, 7801 Mission Center Court, Suite 200, San Diego, CA 92108. Kathy Loper, coordinator, 619/298-7400.

February 20. Great Aloha 8.25 Mile Run, Honolulu. 808/735-6092.

March 5. Los Angeles Marathon. LA Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025. 310/444-5544.

March 5. Sutter Home Napa Valley Marathon. PO Box 4307, Napa, CA 94558-0430. 707/255-2609. or James Rain, 2301 J Street, Suite #205, Sacramento, CA 95816. 916/448-5122.

April 2. Fifty Plus 8K, Stanford, Calif. USATF Pacific Assoc. Championships. Don Carpenter, 2485 Bryant, Palo Alto, CA 94301. 415/327-8043.

NORTHWEST

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming.

March 4. Trail's End Marathon, Seaside, Ore. Gordon Lovie, Oregon RRC, PO Box 549, Beaverton, OR 97075. 503/646-7867.

INTERNATIONAL

February 5. Valencia Marathon. Valencia, Spain. First-ever age-handicap marathon. Deadline Jan. 23. S.D. Correcaminos, Pintor Peiro, 10-7^a - 46010 Valencia, Spain. Phone: 96/369 20 71. Toni Lastra, race director.

June 25. 22nd Veterans Grand Prix 10K & 25K, Brugge, Belgium. M40+, W35+. Jacques Seruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. Fax: 00 32 50 33 43 25.

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