



Northern California Seniors Track Club, Inc.

FEBRUARY, 1995. p.1

(For Men and Women 30 Years and Older)

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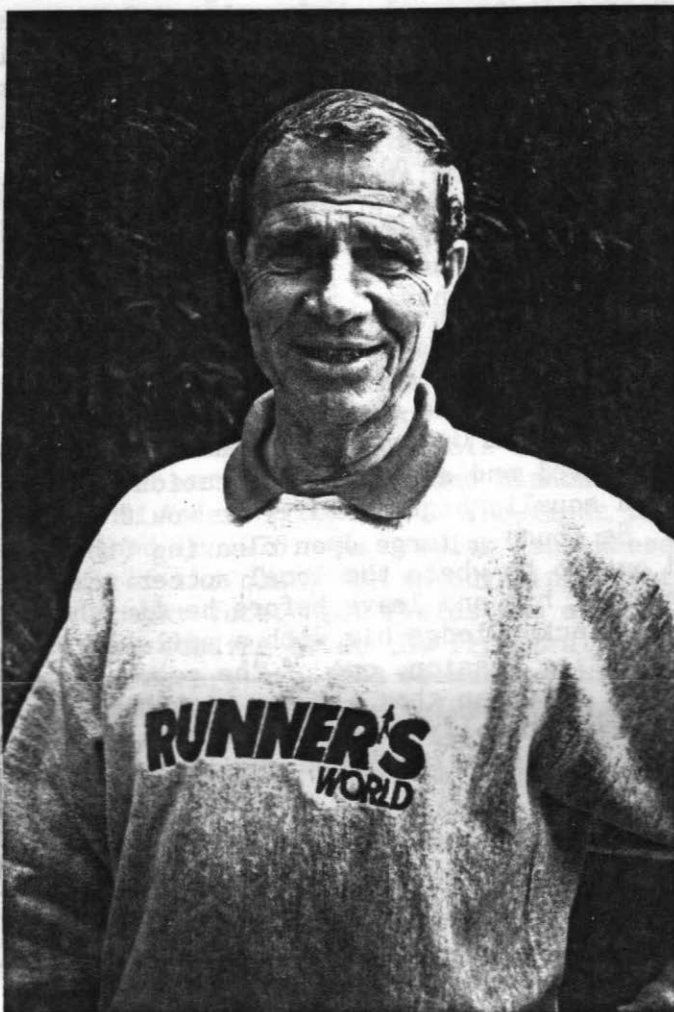
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NEWSLETTER EDITOR

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DR. RALPH PAFFENBARGER, a member of the original "Committee" that formed our club,

Shirley Dietderich submitted the following article:

"As I sit here trying to figure out how to describe Dr. Ralph Paffenbarger, one of the longtime members of Nor Cal Srs., I realize a short article would never do him justice. His accomplishments in both science and athletics are legendary. His scientific accomplishments are matched only by his predilection for running absurdly long distances.

He graduated with an M.D. in 1947 from Northwestern University Medical School, Then he received his M.P.H. (Maternal and Child Health) in 1952 and his Dr. P.H. (Epidemiology) in 1954 from John Hopkins University, School of Hygiene and Pub-

lic Health. He worked in the Public Health Service for 21 years retiring in 1968; he then worked another 10 years in the California Department of Public Health and as Adjunct Professor of Epidemiology at the University of California School of Public Health, Berkeley, retiring in 1977. At the present time he spends one day a week in his office at Stanford where he is Prof. Emeritus and another day in his office at UC Berkeley where he is a Research Epidemiologist. The rest of the week he is working in his office at home.

In 1960 he began a Study of Harvard and Pennsylvania Alumni numbering 52,500 and has followed them to the present day to see whether a fit life reduces heart disease and extends longevity. He has had 55 of his scientific papers published, which give us new insights into cancer, gall bladder disease, suicide, accidental death, cigarette smoking, prostate disease, as well as covering many other health areas. There are now approximately 35,000 survivors from the original group.

At age 45 Paff began running because of early findings from this study and to set an example for his kids (5 sons and 1 daughter). In six months

(cont. onp.2)

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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 Weizork, 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

he ran the first of twenty-two Boston Marathons in 5:05; in 1970 he clocked his fastest Boston time of 2:52.56. He has run over 151 marathons including the Pikes Peak, Two Oceans (Indian to Atlantic, Cape Town, So. Africa 56 km), and the Comrades Marathon (90 km) also in South Africa. His ultra distances races are too numerous to list but suffice it to say he had completed 5 Western States 100 milers with 4 buckles to show for it!! His fastest time was in 1984 (age 62) 22:03.08. His fastest 100 miles was Sacramento in 1972 (age 49) 16:42.58 World Record. His fastest 50 miles was Rocklin, CA 1971 (age 48) 6:13.08. His fastest Marathon was in 1971 Napa Valley (age 48) 2:44.39. He has about 20 to 30 running feet of trophies displayed on a plate rail around three walls in his living room. Incidentally, the first race he ran after coming to California was around Lake Merritt where he was befriended by Frank Cuzzillo, one of our former club presidents.

There are many great stories we tell about Paff (some I just found out are myths). One of my favorite stories (not a myth) is his experience in 1971 when he worked the bush country of Wa, Ghana as part of a World Health Organization team that conducted a program for measles control and smallpox eradication. Because of the 90° plus temperature and equally high humidity he would run an hour each day before sunup. He found a large open clearing (the local running track) which turned out to be where the local soccer team practiced. They would arrive after him and leave before he finished but they got to where they would acknowledge him with a smile or wave. One day, after their practice session, one of the young men joined in on one lap and on the next lap they all ran with him; on the first lap they began to race and naturally beat him but they all had to stop and so they applauded him as he continued running on and on and they went off to work in the fields.

The other story is about the Pikes Peak Marathon. He decided, since he couldn't spend two to three weeks there at altitude to acclimatize, that he would fly in and take a taxi to the starting line;

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MESSAGE FROM PRESIDENT BILL BIGELOW:

"I invite all members to join me in welcoming MARTIE BEHRENS as the new editor of our newsletter. Martie has set an excellent example of running times in her events and will be interested in learning as early as possible the performances of our members. Her name, address and telephone number are listed on the left margin of the letterhead." (By Bill Bigelow)

Cont. from p. 2 - Paul Paffenbarger

then he would fly out the same day. Of course, to the chagrin of Peter Mattei and a few others he won the seniors trophy.

Whenever he saw a young person having trouble in a race he would stay with them a while and encourage them to continue; he has befriended many and they never forget him.

I asked him about his training and he said he rarely ran more than 6 miles a day and never 80 miles a week. However, I can remember my husband, Rex, say that he had met Paff out on the trail (Paff had already run un the hill from his home at the foot of The Arlington--about 3 miles and 1000' altitude). Then they might run 6 miles together and Paff still had to go home--if not another leg!! He says he kept a daily log and I wouldn't be surprised if his mileage wasn't quite high.

He told me that he was originally recruited in 1968 by Paul Reese and Flory Rodd to go to a Club meeting (he thought it was the second meeting they had held). It was at Callahan Hall on the UC campus; both he and Rex remember helping to decide on Northern California Seniors' for the club name. He said that at the beginning the club consisted of all middle and long distance male runners except for two track men who were Lou Fields and Alphone Juilland. The first woman to be voted in was Ruth Anderson in 1974. The first track women were Irene Obera and myself who joined in 1976. He credits Paul Reese, Flory Rodd and Pater Mattei (all early members of the club) for encouraging him to race and calling him to tell him about the next race. Lou Fields was almost a constant noontime companion at Edwards track stadium or on the fire trails of the Cal campus. He had to quit running on January 21, 1993 because of his knees. But he switched to walking and on December 12, 1993 he walked the Honolulu Marathon in 7:13.39. As most of us know he had been having seizures so he went into the Hospital for tests in January of last year. When he stepped off the treadmill he collapsed and after tests he had a bypass operation. Unfortunately he had complications and ended up with pneumonia and it wasn't until five weeks later that his wife, Jo Ann, was able to bring him home.

He is now walking 3 to 4 miles a day and anticipating enjoying his four grandchildren. He also is working with Eric Olson co-authoring a book on exercises for health and longevity. The book, for lay and technical readers alike, is due for publication late in 1995; it probably will be titled Lifefit -- watch for it. He is widely known in his medical specialty as well as with the running community. We have all benefitted from his studies. Thank you, Ralph, you are loved and revered by us all; we hope to see you on the trails for a long time to come."

WELCOME NEW MEMBERS:

AMY BUBLAK, in the women's 30 year age group, born January 15, 1965, is a champion javelin thrower, having thrown over 170 feet. She is a strong all around athlete, willing to try running of various distances to determine what would be best for her now.

RACHEL SMOOKLER, 2225 Blake St., Berkeley, CA 94704, is a fitness trainer, and also presently very fit herself, and interested in joining the women's 30 age group competition.

Both of these new members have been recruited by our Coach, who is impressed with the potential of both.

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THE 2ND ANNUAL
BOB WATANABE MEMORIAL T&F MEET
UCLA DRAKE STADIUM
SATURDAY APRIL 15, 1995



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ENTRY FEE: ONE ENTRY FEE OF \$25 FOR ONE TO A MAXIMUM OF FIVE EVENTS PLUS THE RELAY. (THERE IS NO CHARGE FOR RELAY TEAMS) REFUNDS WILL ONLY BE MADE PRIOR TO UCLA BEING PAID.....

DEADLINE: APRIL 10, 1995

DIVISIONS: MEN & WOMEN AGE 30 PLUS

AWARDS: MEDALS FOR FIRST THREE PLACES IN EACH AGE DIVISION

FACILITIES: SYNTHETIC ALL WEATHER TRACK. (ONE OF FINEST IN USA)

NOTE: 1995 USA T&F REGISTRATION REQUIRED. (AVAILABLE AT MEET FOR \$12)

DIRECTIONS: EXIT 405 FWY. (SAN DIEGO) AT SUNSET BLVD. & THEN EAST TO UCLA ENTRANCE AT WESTWOOD BL. & TURN IN AT GUARD SHACK TO PICK UP A PARKING PASS FOR LOT 4 (CLOSEST TO STADIUM) CAMPUS PARKING \$5

SCHEDULE OF EVENTS

TRACK EVENTS

9:00 AM 3,000M RUN	1:00 PM 400M SPRINT
9:45 AM 800M RUN	1:45 PM 1500M RUN
10:30 AM 80M/100M/110M HURDLES	2:30 PM 200M SPRINT
11:15 AM 100M SPRINT	3:15 PM 300M/400M HURDLES
(25 MINUTE LUNCH BRAKE FOR OFFICIALS)	3:45 PM 4X200 OR 4X100 METER RELAY (DEPENDING ON TEAM ENTRIES)

FIELD EVENTS

9:00 AM LONG JUMP/DISCUS/POLE VAULT	(25 MINUTE LUNCH BRAKE FOR OFFICIALS)
11:30 AM TRIPLE JUMP/SHOT PUT	2:00 PM HIGH JUMP/JAVELIN

ENTRY FORMS (PLEASE PRINT)

LAST NAME _____ FIRST NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____

AGE ON 4/15/95 _____ DATE OF BIRTH _____ SEX: M _____ F _____

CLUB AFFILITATION _____ 1995 USA T&F NO. _____

EVENTS (1) _____ (2) _____ (3) _____ (4) _____ (5) _____

\$25 ENTRY FEE ENCLOSED PLEASE MAKE CHECKS PAYABLE TO: W.E. ADLER & MAIL TO
P.O. BOX 832 THOUSAND PALMS, CA. 92276 BY APRIL 10TH

WAIVER: IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, INTEND TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, MY HEIRS, EXECUTORS OR ADMINISTRATORS WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS, CLAIMS OR DAMAGES I MAY ACCRUE AGAINST THE UNIVERSITY OF CALIFORNIA LOS ANGELES (UCLA), THE MEET DIRECTOR AND ANY SPONSORS OF THE TRACK AND FIELD MEET, USA T&F, THEIR SUCCESSORS, REPRESENTATIVES AND ASSIGNS OF ANY AND ALL INJURIES WHICH I MAY SUFFER WHILE TRAVELING TO AND FROM, AND WHILE PARTICIPATING IN THE BOB WATANABE MEMORIAL TRACK & FIELD MEET HELD ON APRIL 15, 1995 AT UCLA DRAKE STADIUM. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS OR INJURIES THAT WOULD PREVENT ME FROM COMPETING IN THIS TRACK & FIELD MEET.

SIGNATURE _____ DATE _____

The Fifty-Plus Fitness Association and the Stanford Center for Research in Disease Prevention present the:

12TH ANNUAL FIFTY-PLUS RUN

at Stanford



8K Run

The USA Track and Field Pacific Association 8K Championships for Seniors (50-59), SuperSeniors (60-69) and Veterans (70+)



5K Racewalk

(Judged Event)



5K Fitness Walk

SUNDAY, APRIL 2, 1995

OPEN TO ALL

50 to 150 YEARS of AGE!

START TIMES: Run at 9:00AM; FitnessWalk at 8:40AM; Racewalk at 8:00AM.

PRE-REGISTRATION FEES: Each event \$18 with shirt, \$12 without shirt, postmarked by 3/25.

EVENT DAY REGISTRATION FEES: Each event \$15 (no shirt)

START/FINISH: Stanford University Stadium. Corner of El Camino & Embarcadero, Palo Alto, CA.

RUN COURSE: 8K USAT&F certified, flat, fast tour of main campus. Records: 26:06 (Sal Vasquez-1990); 28:54 (Shirley Matson-1991)

WALK COURSES: 5K Racewalk - out and back on 8K run course, 5K Fitness Walk - scenic tour of inner campus, stadium finish.

AWARDS: Unique T-shirts to all participants; Awards for 1st through 3rd place in each 5-year age division; cash prizes for national single year age group records; \$400 prize money for Pacific Association USA T&F teams.

FINISH LINE SERVICES: Total Race Systems

Event Hotline (415) 323-6119

Complete form, sign waiver, enclose check payable to Fifty-Plus, and mail to Fifty-Plus, Box D, Stanford, CA 94309. Enclose a self-addressed, stamped 4"x10" envelope or pick up number at stadium on event day.

1995 FIFTY-PLUS RUN /RACEWALK /FITNESS WALK REGISTRATION FORM

Sex: M F Date of birth Age

8K RUN
 5K RACEWALK
 5K FITNESS WALK

For Official Use Only

Last Name First

Address

City State Zip

T-Shirt S M L XL None Phone - -

**FEE WITH SHIRT \$18
FEE, NO SHIRT \$12
ENCLOSE CHECK**

PA USATF ENTRY (optional) USATF Team (optional)

WAIVER: I, intending to be legally bound, for myself, my heirs, executors and administrators, waive and release any and all rights and claims against Stanford University, the Fifty-Plus Fitness Association, the Stanford Center for Research in Disease Prevention, and any and all persons, officials and organizations affiliated, for any and all injuries suffered by me while travelling to and from, or while in the Fifty-Plus 8K RUN, 8K Race Walk, 5K WALK, held on the weekend of April 1 & 2, 1995. I also give my permission for the free use of my name and/or photograph in any broadcast, telecast, newsprint, or any other account of these events. I further attest that I am physically fit and sufficiently trained for the events in which I will participate.

ALL ENTRANTS MUST SIGN WAIVER _____ Date _____

FUN AFTER FIFTY ACTIVITY & HEALTH FAIR AT THE JCC

655 Arastradero Road, Palo Alto
Saturday, April 1 1995
10:00 A.M. TO 3:00 P.M.

Fifty Plus and its co-sponsors will host a special event for persons at all levels of fitness. Newcomers to fitness are especially welcome to join in a fun filled program that will include non-competitive walking, cycling and jogging, and all are welcome at The Health Fair, full of free information about kayaking, Tai Chi, lawn bowling, adventure walking etc. as well as information about health maintenance programs. Complimentary light snacks will be offered. In the afternoon several world renowned experts on aging and exercise will speak.

You don't want to miss it!
Attendance fee is \$4.00 per person.
Space may be limited so call (415) 323-6119 for reservations.

Pre-Race Dinner

Join us for a tasty informal pasta dinner and fun filled evening. Bring your family and friends.

Saturday evening, April 1
Palo Alto Elks Lodge, 4249 El Camino Real
Social Hour 5:00 P.M., Dinner at 6:00 P.M.
Only \$15 per person • CALL 323-6119

Fifty-Plus 8K Run Records

Age	Name	Time	Year	Name	Time	Year
50-54	Sal Vasquez	26:06	90	Shirley Mabon	28:54	91
55-59	Karl Gripenburg	29:09	93	Eve Pell	33:49	94
60-64	Gaylon Jorgensen	28:58	91	Marion Irvine	35:08	93
65-69	John Keston	30:07	92	Jadyn Caselli	39:39	90
70-74	Walter Eugenio	35:40	93	Jedyn Caselli	45:12	93
75-79	Bill Nice	40:08	91	Clare Mynderse	52:46	90
80-84	Chick Dahlsten	40:39	92	Edith Enos	55:07	89
85-89	Paul Spangler	47:02*	85			
90-94	Paul Spangler	56:09	90			

(*5 mile course)



CLUB DUES and THE NEW ROSTER

Please use the membership renewal application on the back of this newsletter to renew your membership as soon as possible, so that your name will appear on the new roster to be issued in March 1995. (If you have already paid your dues without this form, it will not be necessary to submit it this time, unless there is some necessary current change.) Dues are still \$14.00 a year for a family, and become due on January 1 of each year. Prompt payment will make it easier to maintain the mailing list and the roster. Thank you.

Below are listed honorary members of this club (payment of dues is waived):

- | | | |
|---------------------|--------------------|------------------|
| Ray Brown | Eddie J. Hart | George V. Rhoden |
| Philip R. Conley | Darrell Horn | Luka Sekulich |
| Sharlet Gilbert | Dave Maggard | Cherrie Sherrard |
| Lola Houston Harris | William J. Monheit | Emmett Smith |
| | | Gail Wetzork |

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SENIORS TRACK CLUB
NORTHERN CALIFORNIA