

27th May 1970

We wish to start this newsletter by welcoming the following new members to our club this month.

Joseph Marshall 51, Mill Valley
Stan Lowe 40, San Francisco
Warren Wilson 49, Oakland
Doug Anderson 50, Burlingame
Ken Carnine 62, Sacramento
Hal Campen 40, Roseville

Joe Bonner 35, San Francisco
Stan Dowell 40, San Jose
Paul Webb 41,
A.S. Puglizevich 62, Merced
James Campbell 40, Millbrae

UNIFORMS

May be ordered from the Flying Goose Sporting Goods, 1404 Taravel St, San Francisco, Ca. 94116 at a total cost of \$7.70. The gold shirt comes in small (34-36), medium (38-40), large (42-44) and X-large (46 plus). The scarlet trunks are available in small (28-30), medium (32-34), large (36-38) and X-large (40 plus). This price includes stenciling; packaging, tax and postage.

You can also bring or mail in your gold shirt to have the new lettering stenciled on but under applicable regulations they must be laundered before bringing them in.

Wear our uniform to the Los Angeles and San Diego Meets!! Also, Seniors track meet this June 7th at Univ of Calif at Davis. Al Wiggins will be meet director. All events from 100 yard dash up to 5 miles. One o'clock.

NOR CALIF SENIORS - Lake Merced Run, April 4th (5 miles)

This race, directed by John Boitano on behalf of the Northern California Seniors, was enhanced by a large turnout which indicates the interest of the over - forty contingent since this run was specifically for them. The day was sunny and hot and the race started at 11:00 AM.

1st Dr. Peter Wood 40,	27:35	34th	
2nd Frank Harrison 44,	28:19	35th	
3rd Ed Preston 53,	29:28*	36th Ernie Marinoni 64,	35:51**
4th Alan Waterman 51,	29:56*	37th Rudy Stadlberger 46,	36:00
5th Ross Smith 42,	30:10	38th Louis Then 43,	36:46
6th Larry Hoyt 44,	30:25	39th Dr. Robt Muller 40,	36:56
7th Peter Mattei 47,	30:37	40th Jim McCarthy 52,	36:57
8th Bob Cort 49,	30:47	41st Alan Kreuzberger 51,	37:07
9th Phil Paulson 43,	31:36	42nd Jim Grant 42,	37:08
10th John Getas 47,	31:56	43rd Thomas Sullivan 44,	37:22
11th Ray Talavera 52,	32:10*	44th Arnold Panish 41,	37:30
12th Stanley Sprague 42	32:13	45th John Hill 50,	37:33
13th Don Lucero 41,	32:22	46th John Perret 48,	37:39
14th Frank Cuzzillo 54,	32:29	47th Grant Newland 45,	38:12
15th Eugene Santos 40,	32:35	48th Hugh Byrne 45,	38:14
16th Wayne Boutell	33:08	49th Walter Stack 62,	38:36**
17th Harry Williams	33:17	50th Karl Thursby 55,	38:56
18th Rex Dietderich 41,	33:32	51st James Holden 46,	38:56
19th Jim Killeen 41,	33:39	52nd Albert Balliet 42,	39:09
20th Ray Minkel 41,	33:49	53rd Bill Hinchy 48,	39:54
21st Emmett Smith 47,	33:54	54th Homer Greene 46,	40:02
22nd John Boitano 48,	34:02	55th Doug Christensen 45,	41:35
23rd William Roay 41,	34:11	56th George Tracy 48,	42:03
24th Paul Kummrow 44,	34:11	57th Wm F. Buckley 48,	44:14
25th John Orcutt 47,	34:20	58th Mary L. Boitano 46,	44:37***
26th John Satti 56,	34:32	59th W.C. Hanson 65,	44:37**
27th George Green 45,	34:34	60th Douglass Anderson 50	45:48
28th Larry Fox 47,	34:36	61st Arnold Hamala 50,	48:03
29th Ernie Sells 40,	34:38	62nd George Donovan 50,	52:59
30th Eugene De Soto 40,	35:25	63rd Bill Mackey 42,	54:49 (walker)
31st Jim Stephenson 49,	35:28	64th Eris Hill 45,	59:19***
32nd Ray Shackelford 49	35:37	(* over 50) (**over 60) (***) woman)	
33rd Paul Vayssie	35:47	(late start - Jim O'Neil) 28:46	

EL DORADO 14 MILE RACE and BARBEQUE April 11th

The fifth annual El Dorado 14 mile race was run under very warm conditions this year. The race has grown from 4 the first year to 16 , to 45, to 62 this year.

The course is one of the most picturesque in California. Near Placerville it is run over mining roads and highway 49. The terrain is rolling with the first half over dirt and rocky surface and the last half on pavement. There is a three mile hill that is very tough but the last several miles are slightly downhill.

One runner started without shoes but was forced to drop back after a few miles. The race was won by Doug Butt in 1:21.58 somewhat slower than Rich Delgados record made in 1969 in 1:16.41 on a much cooler day.

First two seniors were Peter Mattei 18th, and Vance Koerner 24th. First two high school runners were Charlie Marshall 11th and Jay Neuhaus 19th. First woman was Natalie Cullimore 46th.

After the race Bob DeCelle hosted a free barbeque for the runners and their friends in the local church.

1st Doug Butt MAC	1:21.58	34th George Waxham NCS	1:50.00
2nd Skip Houk Una	1:22.51	43rd Ernie Sells NCS	1:59.50
6th Jeff Kroot MAC	1:26.18	45th John Boitano SERC	2:02.31
12th Lee Holley MAC	1:31.28	47th Marietta Boitano	2:02.33
14th Joe Henderson MAC	1:34:31	48th Ernie Marinoni, Hangtown	2:03.48
18th Peter Mattei NCSTC	1:35.50	50th Mike Boitano SERC	2:07.39
24th Vance Koerner NCS	1:42.35	51st Elaine Pedersen, Cathedral	2:09.22
26th Paul Reese NCSTC	1:44.40	54th Lyndi Beale, Cathedral	2:16.03
32nd Frank Harrison NCS	1:49.20	55th Pax Beale NCS	2:16.04
33rd Grant Newland NCS	1:49.30	57th Mary Lucille Boitano SERC	2:44.09

Teams

1st Marin Athletic Club	52
2nd Solano Track Club	93
3rd Napa Valley	122
4th Nor. Calif Seniors	133

Peter Wood and the Healys all finished the race but no times are available.

report by Pete Mattei.

DSE - NOB HILL RUN - San Francisco April 25th

Winner - Jim Gallon in 15:05, Seniors as follows:

5th Dr. John Brazinsky	16:19	22nd Paul Vayssie	18:20
8th Phil Paulson	16:39	25th Rudy Stadlberger	19:00
10th Jack Bettancourt	16:45	28th John Boitano	19:49
11th John Brennan	16:50	34th Walter Stack	20:45
16th Dee Williams	17:38	40th Mary Boitano	22:20
17th John Getas	17:42	42nd George Tracy	22:55
19th Grant Newland	18:04	45th Bob Misrach	23:21

MILLBRAE TRACK MEET RESULTS - May 16th - Warm weather, light turnout

100 yard dash - open

1. Jim Hume 32	12:05
2. Alphonse Juilliand 40	12:05
3. Don Feix 40	13:09

Senior Mile -

1. Emmett Smith	5:38.6
2. Don Feix	5:43.4

NOR CALIF SENIORS Track Meet - April 26th at College of Marin

Despite threatening skies, a steady wind and a late start because this was the first day of daylight saving time, some good results were turned in for the first Seniors Meet of the season. Alan Waterman and Ed Dowell starred on the track and first time entrants included Paul Webb, John Strom and Stan Dowell.

100 yd Dash	
1. Ed Dowell	11.0
2. Ken Goetzel	11.2
3. Bruce Grant	11.3
4. Paul Webb	11.4
5. John Strom	12.0
6. John Hill	12.8

Javelin	
1. Ed Dowell	128'4"
2. Stan Dowell	117'2"
3. John Hutchinson	92'0"
4. John Hill	88'9"
5. Bruce Grant	81'10"
6. Jack Bettancourt	77'8"
7. Grant Newland	73'3"

Long Jump	
1. Ed Dowell	18'3"
2. Bruce Grant	18'2"
3. John Hill	15'5"
4. Paul Webb	15'5"
5. D.J. Pascoe	13'4"

440 yd Dash	
1. Ed Dowell	55.0
2. Ken Goetzel	57.5
3. Bruce Grant	59.9
4. D.J. Pascoe	64.7
5. John Hill	67.8

Shotput	
1. Stan Dowell	40'03 $\frac{1}{2}$ "
2. Ed Dowell	36'02 $\frac{1}{2}$ "
3. John Hill	35'05 $\frac{1}{2}$ "
4. Bruce Grant	32'02 $\frac{1}{2}$ "
5. J. Hutchinson	31'09 $\frac{1}{2}$ "
6. J. Bettancourt	31'02 $\frac{1}{2}$ "
7. Grant Newland	28'11 $\frac{1}{2}$ "

One Mile	
1. John Hutchinson	5:33.7 (78,88,92,75.7)
2. Jack Bettancourt	5:41.4 (78.5,88.5,92,82.4)

3 Miles		
1. Alan Waterman	17:09.7	(83,85,86,87 - 86,87,88,88 - 89,87,88,74.7)
2. John Hutchinson	19:00.3	(89,99,95,98 - 97,97,97,97 - 99,96,96,80.3)
3. Jack Bettancourt	19:06.9	(90,99,96,98 - 97,97,97,96 - 99,96,96,85.9)

INVITATIONAL TRACK MEET - NOR CALIF SENIORS Mill Valley, May 10th

It is fitting that we express our appreciation to our host on this and on other occasions - Bruce Grant - Track Coach at Mt. Tamalpais High School and NCS member. Although the day was somewhat windy in the morning the early afternoon witnessed almost ideal conditions for May as evidenced by the performances turned in. There were a total of thirteen events and the ages of the competitors ranged from 62 to 11.

100 yds-Flight One	
1. Ed Dowell	11.2
2. Bob Mignosa	11.5(20)
3. A. Juilliand	11.7
4. Al Guidet	11.8 (52)
5. Jack Strom	11.9 (40)

100 yds- Flight two	
1. Bob Holler 40	12.2
2. Keith Campbell 43	12.2
3. D. Teegarden 38	12.4
4. John Hill 50	12.5
5. Al Wiggins 48	13.1

Shotput #12	
1. Alden Bryant	34'7"
2. Al Wiggins	34'4 $\frac{1}{2}$ "
3. John Hill 50	33'4"
4. Terry Hill 11	15'1 $\frac{1}{2}$ "
5. None	

440 yds-Flight One	
1. Ed Dowell	54.4
2. Curtis Cashen	57.2(25)
3. D. Teegarden	62.0

440 yds-Flight Two	
1. Bob Holler 40	60.6
2. Bob Mignosa 20	61.2
3. A. Waterman 51	61.3
4. Len Edholm 31	62.8
5. Bob Berg	69.5

440 yds-Flight Three	
1. Harry Hill 42	63.1
2. K. Campbell	64.0
3. Pres Connick 50	64.2
4. John Hill 50	64.6
5. Al Wiggins 48	65.0
6. Alden Bryant	70.0

70 yd (39") Hurdles	
1. Bruce Grant	10.0

INVITATIONAL TRACK MEET * (Continued)

One Mile- Flight One

1. Bob Baglan 27 4:55.0
 2. D. Teegarden 5:02.8
 3. A. Waterman 51 5:09.9
 4. Bob Berg 5:14.0
 5. Lee Holley 38 5:16.2
- laps 73,77,75,70

Javelin

1. Ed Dowell 121'8"
2. Alden Bryant 115'6"
3. Bruce Grant 96'4"
4. John Hill 90'10
5. Terry Smith 11 58'4"

3 Miles-Flight One

1. Jeff Kroot 27 16:06.0
 2. Peter Wood 40 16:07.9
 3. Don Pickett 42 16:26.2
 4. Bob Baglan 27 16:53
- (lap times)
76,77,81,82
81,83,82,83
83,82,80,76

One Mile - Flight Two

1. Bob Mignosa 5:17.8
 2. J. Campbell 5:19.2
 3. J. Hutchinson 5:20.6
 4. Harry Hill 5:24.8
 5. Ron Joelson 5:28.0
 6. Pres Connick 5:32.5
 7. Len Edholm 5:36.5
 8. K. Campbell 5:48.0
 9. Terry Smith 6:49.6
- (Em Smith $\frac{1}{2}$ mile only)
(lap times 71,81, 85, 80.8)

Womans Mile - Special Event

1. Glee Earp 22 8:04
2. Eris Hill 45 9:22
3. Rhona Hill 43 4:39 ($\frac{1}{2}$ mile)

3 Miles - Flight Two

1. Bob Berg 17:23
 2. Lee Holley 17:30
 3. A. Waterman 18:08
 4. J. Hutchinson 18:39
 5. Jim Campbell 18:52
 6. Ron Joelson 19:09
 7. Curtis Cashen 19:32
 8. K. Campbell 19:41
 9. Wayne Boutell 19:46
 10. Alden Bryant 20:18
 11. Bob Mignosa 21:15
 12. A. Juilliand 23:11
- Laps: 89,91,89,87- 87,86,89,88- 88,84,86,84

GOLDEN GATE PARK - 8 Mile and 4 Mile ROAD RUN May 16th

The two races were held at the same time. The course consisted of one 4 mile lap run one or two times on the main roads in Golden Gate Park. A total of 164 runners turned out compared with 105 last year. It was an extremely warm day.

The four mile senior race for over 40 was run by some runners under 40, and by women and children. The times are listed just for seniors. Peter Wood ran through the first 4 miles in close to winning time but chose to go the whole eight as did nine other senior runners. Next year the four mile race will be expanded to include awards for women and children.

1. Don Pickett 42 22:55
2. Frank Harrison 44 23:20
3. Dave Stevenson 41 23:32
4. Alan Waterman 51 23:53
5. Carl Martin 43 24:17
6. Peter Mattei 46 24:32
7. Gene Santos 41 25:13
8. Jack Bettancourt 41 25:16
9. Phil Paulson 43 25:33
10. Harry Williams 43 25:51
11. Bob Porter 41 25:58
12. Will Baptiste 40 26:05
13. Bob Reynaga 43 26:09
14. Jim Campbell 26:12
15. Bob Miller 40 26:13

16. Vito D'Aloia 43 26:16
17. Bill Mott 42 26:37
18. S.G. Ketterer 43 26:41
19. Bill Biggs 42 27:28
20. Luka Sekulich 47 29:41
21. Louis Then 43 29:45
22. Arnold Panish 41 30:19
23. Ed Acido 48 30:57
24. Jim Holden 46 31:00
25. Bob Hane 41 31:31
26. D. Christensen 45 32:22
27. Al Kreuzberger 51 32:23
28. George Tracy 48 34:55
29. Paul Carmichael 62 36:35
30. Joe Marshall 50 38:37
31. Eris Hill 45 44:18

GOLDEN GATE PARK (Continued)
8 Mile Results

1st Doug Rustad 29	41:18	73rd John Satti 56	57:02
20th Peter Wood 40	48:57	88th Joe Cuneo 40	61:30
36th Flory Rodd 46	51:57	91st Bill Biggs 42	62:26
53rd John Hutchinson 43	54:02	93rd Al Kreuzberger 51	63:07
67th Grant Newland 45	55:51	97th Walt Stack 62	66:57
71st Vito D'Aloia 43	56:56		

report by Peter Mattei

DSE - BAY to BREAKERS PRACTICE RUN May 17th (7.76 miles)

It was a cold foggy San Francisco morning but these runners steamed things up in a hurry.

One Way

1st Willie Cronin	42:35
2nd Ken Scalanni	47:50
3rd Alex Monterose	48:13
12th John Brennan	52:03
19th John Hutchinson	54:07
24th Phil Paulson	54:43
25th Larry Fox	54:45
27th Jim Campbell	56:45
35th Pax Beale	59:40
36th Bill Zimmerman	59:40
37th Howard Rector	59:42
40th John Brazerisky	60:49
43rd John Boitano	62:40
45th Dr. John Beale	62:45
49th Ray Shackelford	63:25
51st Mary L. Boitano	68:45
52nd George Tracy	69:00

Round Trip

1st Willie Cronin	
8th John Brennan	
13th Phil Paulson	
10th Larry Fox	
11th John Brazerisky	1:55.30
25th John Boitano	2:11.50
24th Ray Shackelford	2:11.25
28th Mary L. Boitano	2:31.08
29th George Tracy	2:35.01

BAY TO BREAKERS May 24th 7 miles 1328 yds

This is the Big One! Again we had more runners competing than were in this years Boston race by over 200. Another outstanding performance by Dr. Peter Wood, who crossed the finish line first senior, in 73rd place with the excellent time of 44:38. That averages 5:45 per mile over the entire run. Can't believe it. Seven of our seniors ran the race in less time than their ages - including our beloved Vice-President Karl Thursby, 62, in 59:06. Others are marked with an asterisk after their names. I would like to apologize beforehand if I omit some of our runners from the results. I, for example, fail to find Ernie Marinoni in the listing although I'm almost certain he finished. I'm probably also including a few runners who are under 40 years of age. I trust you will understand the difficulty of catching everyone. A belated apology for omitting club member Bill Bristol from the recent Boston marathon results. He ran the 26 miler in approximately 3:50. Official results are not known until each individul receives his certificate stating time and placing by mail about 6 weeks after the race. A note of thanks is due the San Francisco Examiner for the splendid job they do of listing all runners and times shortly after the Bay to Breakers run. The number of outstanding performances in this years run is too large to list individually. Mention must be made of Marietta Boitanos 778th place in 57:16.... Harry Cordellos 331st in 50:14. Harry is totally blind and ran in tandem with his trainer and running mate Bill Welsh.

BAY TO BREAKERS Results

1st	Ken Moore	39:29
73rd	Peter Wood	44:38
133rd	Don Pickett	46:55
137th	Ross Smith	47:05
139th	Ray Mahannah	47:08*
150th	Jim O'Neil	47:33
170th	Robert Cort	48:01
198th	Vance Koerner	48:40
204th	Peter Mattei	48:46
210th	Donald Feix	48:51
237th	Flory Rodd	49:08
238th	Paul Reese	49:09*
257th	Ralph Paffenbarger	49:35
270th	J.H. Brazinsky	49:46
284th	John Brennan	49:47
304th	John Hutchinson	49:50
308th	Larry Hoyt	50:01
310th	Jack Bettencourt	50:02
315th	Keith Campbell	50:03
317th	Phil Paulson	50:04
332nd	John Getas	50:14
383rd	James Mackey	50:49
386th	James Campbell	50:50
395th	Bob Porter	50:55
405th	Will Baptiste	51:03
451st	Grant Newland	51:51
468th	Larry Fox	52:02
471st	Frank Cunningham	52:03
489th	Pax Beale	52:41
513th	Wayne Boutell	53:10
515th	Bill Bristol	53:12
536th	Jack Kirk	53:31*
573rd	Bill Zimmerman	54:20
580th	John Boitano	54:27
581st	Tertius Chandler	54:28*
583rd	James Vanya	54:30
586th	Len Edholm	54:33
603rd	John C. Brown	54:50
608th	Alden Bryant	54:55
656th	Frank Protteau	55:41
673rd	John Orcutt	55:53
691st	Luka Sekulich	56:11
696th	Larry Witter	56:14
707th	Ray Shackelford	56:21
723rd	Howard Rector	56:34
745th	George Donovan	56:48
761st	Louis Then	56:59
790th	Delmer Pascoe	57:28
835th	John Hill	58:31
844th	John Beale	58:40

Late Results: May 30th
AAU INT'L TRACK & FIELD
CHAMPIONS: Kennedy Games
Univ of Calif at Berkeley
Senior (over 40) 100 yds

1st	Rhoden	10.5
2nd	Rademaker	11.1
3rd	Goetzal	11.1
4th	Grant	11.2
5th	Julliland	11.2

859th	Donald Cantrell	58:55
863rd	Walter Stack	59:02*
884th	James F. Grant	59:23
915th	Karl Thursby	59:06*
964th	George Tracy	1:00:06
965th	Paul Spangler	1:00:07*
993rd	Hector Valencia	1:01.58
1005th	Mrs. Mary Boitano	1:06.12
1010th	Bob Misraoh	1:07.35
1026th	Tom Tripodes	1:09.47
1051st	Paul Carmichael	1:14.17
1052nd	Karl Newland	1:14.26
1070th	Arnold Hamala	1:16.20
1072nd	D.R. Anderson	1:16.30
1078th	Clyde Devine	1:19.00
1082nd	Eric Newland	1:19.53
-	Mrs. Eris Hill	1:29.00

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