

COW PALACE EXAMINER GAMES - SENIOR MILE  
January 22nd

Under the aegis of John Hutchinson and Lou Fields the Northern Calif. Seniors Track Club held a qualifying trial to determine entrants in the indoor senior mile which will be run at the Cow Palace Meet on January 22nd.

Despite cold and windy weather some good times were turned in on the all-weather track at College of San Mateo, January 2nd.

Some of the entrants are invited from elsewhere based on their outstanding performances. The total field, together with their best mile time, as a senior (over 40) will be:

Peter Mundle, Santa Monica AC	4:26.3	Bob Fries, Fresno TC	4:52.0
Jim VanTatenhove, Los Angeles	4:31.0	Peter Wood, Nor Calif Seniors	4:40.6
Don Coleman, San Diego TC	4:48.0	Bill Mackey, West Valley TC	4:45.0
Frank Harrison, NorCal Seniors	4:45.0	Don Pickett, Olympic Club	4:45.0
Vance Koerner, NorCal Seniors	4:57.0	Avery Bryant, L.A. Seniors	4:52.0

Due to short notice it was necessary to select a field of speedsters for the Senior 60 yard dash. This is still a tentative event and we didn't hear about it in time to make an announcement, hold trials, etc. so the selections were based on past performances and availability. Entrants with best 100 yd time

George Rhoden	10.3	Ted Rademaker	10.9
Bruce Grant	10.9	Ken Goetzel	10.9
Ed Dowell	10.9	Al Guidet	11.1 (alternate)
Stan Dowell	10.9		

REPRESENTATION - EXECUTIVE TRACK & FIELD COMMITTEE

Bob De Celle, newly elected Chairman of the Executive Track & Field Committee of our Pacific Association of the AAU, has appointed Emmett Smith (our Northern Calif Seniors TC president) to serve on the Committee in order that veteran (senior) runners may be represented at that level.

It is expected that the committees by-laws will undergo future revision so that selection will be by election rather than appointment.

This recognition is indicative of the awareness on the part of both our local and national AAU groups of the scope, depth and intensity of both track and long distance competition by veteran runners.

ALAMEDA X-COUNTRY 10 KILO - Dec 19th

An entry list of over 60 runners answered the starters gun for the cross country tour of the access roads of the Alameda golf links. William Kelly of West Valley TC was the open division winner with a time of 36:02 considered good for the slippery footing over the rainsoaked access roads and the icy cold breeze sweeping the course. Darryl Beardall, veteran Marin AC runner, was just nine seconds behind the winner.

Northern California Seniors Track Club runners, led by Frank Harrison, won the open team trophy. Completing the 5 man team were Flory Rodd, Ralph Paffenbarger, Walt Betschart and Pax Beale.

5th	Bill Mackey	42	39:35	20th	Pax Beale	41	47:57*
7th	Jim O'Neil	47	40:21	22nd	John Boitano	49	48:07
8th	Frank Harrison	44	41:41*	23rd	Frank Campbell	41	48:42
9th	Flory Rodd	47	42:04*	25th	Grant Newland	45	50:25
11th	R. Paffenbarger	48	43:02*	27th	Ernie Marinoni	65	53:02
13th	Joe King Sr.	44	43:28	28th	Grant Bennett	40	57:38
16th	Walt Betschart	43	44:39*				

\* indicates team trophy

SAN FRANCISCO TO RENO, NEVADA - Dec 25th

As all of you have undoubtedly seen on TV, heard on the radio, or read in the newspapers...Pax Beale, Northern Calif Seniors, and Ken Crutchlow, successfully ran a relay from the city of San Francisco to Reno, Nevada a distance of

approximately 270 miles. (the exact distance not known due to the fact that the Calif. Highway Patrol kept evicting them from running the freeways and threatening arrest if they ran on it again.) The entire journey was covered in a little over 67 hours with Pax and Ken going through the 200 mile point in 48 hours. They had to slow down on the last day so they wouldn't arrive in Reno, Nevada before the planned arrival ceremonies. A truly marvelous performance.

One week after this epic run Pax Beale was entered in the Madera Marathon (26 miles 385 yds.) He was disappointed when he had to drop out at the 13 mile mark. So, undaunted, he entered the Mission Bay Marathon 7 days later. In this one he successfully ran the course with a time of 3:42.26 and came thru with his third best personal time.

Now it is easier to understand how he won the Dolphin-South End Rowing Club award for the greatest running record for club members in 1970. It was well deserved.

#### PEACH BOWL MARATHON - ATLANTA, GA. Dec 26th

I traveled, alone, all the way back to the Sunny South to run this one. As I stepped off the United Airlines plane at Atlanta I was greeted by a batch of snow flurries and a temperature of 22 degs. Ah, beautiful, a return to San Francisco in an oxygen tent. Fortunately by race time the following morning it warmed up to a crisp 29 degs. A heat wave.

On the morning of the race I was taken over the course, by auto, for familiarization. It wound through tree-lined country roads and I must add that it is the most beautiful marathon course I have ever run over. The race also winds through Atlanta's very beautiful residential area. Included are 35 hills of varying degrees of difficulty. I would say about on a par with our Petaluma marathon course.

Tim Singleton, meet director and dean of men at Georgia State Univ. did a superb organizational job. The course was well marked, patrolled and more than enough aid stations sprinkled around the two loops. These were manned by 25 members of the Georgia State Univ chapter of TKE fraternity who did a most conscientious job.

Jack Bacheler, 1968 Olympian in the 5000 meters, running for the Florida Track Club came in first in a record smashing 2:22.0. And, this was his first attempt at a marathon. Said Bacheler, "This is my first and probably my last marathon. This course was rough. My legs hurt for about two-thirds of the way."

The first four finishers all broke the meet and course record of 2:26 set by Bruce La Budde in 1967. Last years winner, Marshall Adams of North Carolina, bettered his time by 6 minutes but finished 5th this time around. As in California all runners seem to be getting tough. Twentyfour runners out of a starting field of 120 competitors bettered 3 hours. I placed 16th overall, 1st Senior, with a time of 2:48.30. Upon learning after the race that I had to stay over an additional day due to plane connections I received three dinner invitations for the evening. I could only accept one and had a splendid time. The Southern hospitality we hear so much about is definitely not a myth.

submitted by Flory Rodd

#### MADERA MARATHON - Jan 2nd, 1971

The big factor in this 26.2 mile run was the very hard and cold wind that roared throughout the entire race. Weather bureau forecasts had gusts as high as 70 mph although the average was probably around 40-45. Nevertheless, four course records were broken under very adverse conditions.

Skip Houk, Fresno, set a course and meet record in the winning time of 2:33.31. Hugh Miller, Sacramento, 14 years of age, set National age group

MADERA MARATHON - Cont'd

record and the National grade level record (9th) when he crossed the finish line with a fine 2:43.04. The 39 degree temperature and windy conditions took its toll with only 24 runners finishing in a starting field of 42. Seniors:

5th	Flory Rodd (47)	2:56.01 (New senior record)
9th	Paul Reese (53)	3:16.52 (New 50 & over record)
11th	Rex Dietderich (46)	3:37.32
13th	Don Zarin (51)	4:01.58
14th	Leland Scott (48)	4:14.22
--	Pax Beale	DNF
--	Ernie Sells	DNF

MISSION BAY MARATHON - San Diego Jan 9th

On an unusually cool and clear day 257 starters took off on one of the best conducted marathons we have seen in California in a long time. The San Diego Track Club covered every little detail of the race and it came as close to perfection as one could get. From pre-race signing in to post-race facilities, all were in high order.

Bill Clark of West Valley TC won the first place trophy in 2:22.38 in a very classy field. The team from West Valley also won the team trophy when 4 of their runners finished in the top 7! (Clark, Crow, Leydig and Howell)

Some of the finest seniors in the area also came to run. Froen of The Seniors TC finished in 2:57.19. This time, not long ago, would have placed him near the top. In this instance it was good for 10th Senior! This is an example of the depth of the field. Three members of the Northern Calif. Seniors dropped down to participate, Pax Beale, Ralph "Red Baron" Paffenbarger and Flory Rodd.

The Red Baron and Rodd spent the pre-race hour whining about how terrible they felt and listing all their physical ailments....traditional routine prior to all marathons, "We even considered cancelling out on the spot." Instead, it was decided that we would run the race together and try to pull each other through the rough spots. Everything went fine as both went through the 5, 10, 15 and 20 mile checkpoints together.

Passing through the 25 mile mark strange things started to happen. The Red Baron, with the last mile to go, opened up a gap of 10 yards, then 20 yards. "Baron, Baron," Flory gasped, "what happened to our pre-race plan to run this together?" He was heard mumbling something like "Sayonara" or it could have been "Banzai!" We haven't seen a stab-in-the-back like this since the Dec 7th attack on Pearl Harbor.

Paffenbarger now opened up a lead of well over 100 yards and was really humming along. As Flory said it, "I wasn't going to let him get away with this and turned on everything I had! All out. I was quickly 200 yards behind! I looked down and checked my legs to see if they were still moving." A few yards from the cheering mob at the finish line I could vaguely see Ralph turn around with his arm outstretched. (he said after the race that he did this to hold hands and cross the finish together) I would have needed a 400 yard extension on my arm as Hirohito finished 41 seconds ahead.

Another day of infamy was complete. We had lunch at the airport, while waiting for our flights home, and Ralph kept trying to apologize for what happened. He didn't convince anyone because his eyes were still narrow and slanted and kept hissing through his teeth when he talked. Besides, while everyone ordered the usual special lunch Paffenbarger simply had a bowl of rice. And chopsticks.

52nd	Ralph Paffenbarger	2:55.08 (6th senior) - 2nd best personal time
56th	Flory Rodd	2:55.49 (8th senior)
171st	Pax Beale	3:42.26 (45th senior)- 3rd best personal time

LAKE MERCED RUN - April 3rd

Each year our club puts on the Lake Merced Run, a five mile jaunt that is exclusively for runners of 40 years or above. Last year we had a fine turnout of 65 seniors and the race was won by Peter Wood in 27:35.

The race is scheduled for April 3rd this year with John Boitano the director. It is possible that this will be run as a handicap race but with the handicap set on the basis of past performance rather than on an age basis. When there is more information it will be announced.

ANNOUNCING MARTINEZ RUN - Feb 27th

Our senior club also sponsors this run which is in its third year. Meet director Luka Sekulich is in charge once again and he has picked one of the prettiest courses for this 8 miler on the AAU schedule. The course winds through rolling hills with the Pacific Ocean and beautiful coastline in view most of the way.

For race applications contact: Northern Calif. Seniors Track Club, c/o Luka Sekulich, 534 Darlene Drive, Concord, Calif. Phone 685-5185.

1970 DIPSEA MOVIE REPORT

Well, here is the "bad" news on the Dipsea Movie effort at Tamalpais High School in Mill Valley. For the uninformed, profit made from the movie was to be shared by participating running clubs. Sadly, I must report, there is no profit. The loss is underwritten by Beale-Gorman Productions. The clubs did not risk any potential loss.

I know most of those who sold tickets did it out of the "spirit" of the thing, and never really expected any profit for your club.

I was optimistic and was hopeful of some profit. We did come much closer than last year. Without being immodest, most viewers seemed quite pleased in the film, considering the limited budget. I just wish we could have done a better job for the clubs. So many helped us in varying way, I won't start to mention names. You know who you are, and my personal thanks for your support.

Regardless of the profit and loss statement, I think our mutual efforts were rewarding. Most people seemed to enjoy the movie, we had a chance to explain what running was all about to a few friends, and, of course, I think the tribute to Norman Bright was worth all the effort.

Total Income: \$2,343.50

Less Expenses: \$2,499.93

Net Loss: \$156.43 (absorbed by Beale-Gorman)

This is so much better than last year's financial disaster, I almost feel good. Copies are going to each Club President and each "O" Club runner, as they participated individually.

Onward and Upward, Pax Beale

PA-AAU LONG DISTANCE SCHEDULE

- Jan 24th - PA-AAU 15 KM championship, Napa, Calif. 10 AM, Chuck Hall, 4516 Dry Creek Rd, Napa, Calif.
- Jan 30th - 20 Mile Cross Country, Woodside, Calif., 10 AM, Redwood City Striders c/o Mike Ipsen, Box 868, Redwood City, Calif.
- Feb 6th - 9 mile channel to lake run, Vallejo, (10 AM), Solano TC, Greg Chapman 117 Springs Rd., Vallejo, Calif.
- Feb 6th - 5th Annual Las Vegas Marathon, Las Vegas, Nevada, 10 AM, Dick Small, 438 E. Sahara Ave., Las Vegas, Nevada, 89105
- Feb 6th - 6th Annual Clam Beach Run, Trinidad, Calif. 8 Miles. 3:00 PM. Dr. Ford Hess, PO Box 47, Trinidad, Calif. 95570
- Feb 20th - Searsville Lake Run. NEW COURSE. Woodside, Ca. 7.5 miles, 10 AM. Stanford Running Club, c/o Don Peterson, 916 El Cajon Way, Palo Alto.

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