

MIZUNO EAST BAY STRIDERS

Status Report as of 1 November 1983

TREASURER'S STATEMENT

Balance as of 7/19/83 \$238.50

Debits

Monthly Checking Account Fees	Aug	\$4.00
	Sep	\$4.00
	Oct	\$4.00

Singlet Screen and Print	\$80.94
Point Claims	\$19.50
Pinole Run Fee Reimbursement	\$15.00
Skyline 50K Awards	
	Berg \$20.00
	E. Williams \$18.00
	D. Williams \$20.00

-\$185.44

SUBTOTAL: \$53.06

Credits

Zucchini Run Administration	\$200.00
Skyline 50K Team Award	\$150.00

+\$350.00

BALANCE AS OF 11/1/83    +\$403.06

SUMMARY OF RECENT RESULTS

Joe Schieffer continues his incredible string of P.R.'s and successes: P.R. 10K 32:18 at CREATIVE GROWTH; 2nd Place at Hayward Half with aP.R. 1:10:25; 1st Place 5 Mile 26:10 at RACE JUDICATA.

Dan Williams won the Mt. Diablo Trail Classic on 2 October and ran the running leg of the Iron Horse Triathlon's winning relay team. Dan won the Casa to Casa 10K in Petaluma on 4 Sept.

Thom Trimble won the Northstar Tahoe Series 10K on 27 August and the Grape Race 5K in Millbrae on 4 September. Thom also ran a 1983 best of 31:40 at the Creative Growth 10K on 25 September. Thom ran the fastest running leg of any relay team or triathlete at the Iron Horse Triathlon on 8 October.

E.B.S.'s team of E. Williams, B. Stolp, D. Brown and T. Trimble <sup>J. Schieffer</sup> took 5th place in the Pacific Division's TAC Cross-country 10K Championships at the Pinole Skunk Run on 29 October. Other E.B.S. finishers were O'Brien, Monteverdi, Brusher and O'Donnell.

E.B.S.'s team of D. Brown, E. Williams and T. Trimble were 2nd team at the John Muir 10K in Walnut Creek on 23 October. Brown and Williams took first and second, respectively, in their division.

UPCOMING EVENTS

California International Marathon, Sacramento, 4 December  
Christmas Relays, Lake Merced, San Francisco, 18 December  
CAL 10, 10 Miler, Stockton, beginning of January 1984

INFORMATION

- Note slight changes in point system
- keep track of points on sheet and send to Thom Trimble,  
31 Picardy Court, Walnut Creek, CA 94596  
Update your points as necessary

The following is the new EBS policy on prize money:

<u>Individual:</u>	100% of award to individual		
<u>Team:</u>	<u>Amount</u>	<u>To Team</u>	<u>To Individual</u>
	0 - \$50	remainder	\$10 or race fee
	\$51 - \$250	50% - fees	50% + fees
	\$251 +	remainder	50% + expenses or 60%

For non-TAC or cash awards (\$51 +) add 10% to indiv

Example: Lance, Al and John run the Tomato 10K in SLO and take 2nd place team even though they were all drunk because it is well known there are no good runners in SLO. Anyway, they win \$500: Race fee-\$10 each; Gas \$5 each and meals, \$10 each.

Each gets:  $1/3(250) + 10 + 5 + 10 = \$108$

Team gets: \$75

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--The Tahoe Relay Team will be determined by selecting the 7 fastest 10K performers in the Club from the period 3/1/84 to 6/3/84.

REMEMBER: 1984 DUES--- The following individuals are paid for 1984:

- |                 |               |
|-----------------|---------------|
| Neil Berg       | Dan Williams  |
| John Monteverdi | Eric Williams |
| Thom Trimble    |               |

M I Z U N O      *East Bay Striders*

6006 CLAREMONT AVE, #3  
OAKLAND, CA 94618

Numerous injuries and persistent illnesses seem to have abated with the coming of spring and the names of East Bay Striders have begun again to appear in race results.

Thom Trimble capped off a 4th place finish at the April 10 Run for Daylight 10K (32:41) and strong showings at the Lafayette Loop 10K (32:07, 10th place) and the Devil Mountain Run 10K (31:54) with a fine 31:23 for 7th place at the PA-TAC 10K Track Championships at Los Gatos on May 20. Thom then grabbed 3rd place at the Ass-to-Ass Half-Marathon on May 27 with a year's best 1:10:05.

Eric Williams won the Pleasant Hill Fiesta 10K on May 20 with a time of 32:07. Battling a virus, Eric took 20th place at the Bay-to-Breakers with a time of 39:06 and 6th place (out of 1200) at the Strawberry Canyon Run 5.5 Miler (featuring an 1100 foot climb) at Berkeley on May 26 with a time of 34:46.

Dann Brown glided to a 2nd place finish at the Pleasant Hill Fiesta 10K on May 20 in 32:40 and finished 14th at the Lafayette Loop 10K in 32:00.

Steve Slawson gutted out a grueling 2nd place at the Strawberry Canyon Run in 33:45. On a similarly rugged (but over 12 times longer) course, Dan Williams was awarded 2nd place in the Steam Roller 100 KM. Dan was in 1st place by 20 minutes at the 50 mile mark but, by following an inaccurate map, ran off the course and added over two miles to this endurance test.

Other top EBS performances: RUN FOR DAYLIGHT (1200 finishers)-- J. Schieffer 5th 32:50; M. Dowling 9th 33:07. LAFAYETTE LOOP (1000+ finishers) G. Greiner 15th 33:25; J. Kassabian 17th 33:35. PLEASANT HILL FIESTA 10K (500 finishers)--J. Cavanaugh 3rd 34:35 (Winner--Master's Division). STRAWBERRY CANYON 5.5 MILE HILL RUN (1200 finishers)--J. Monteverdi 23rd 38:05 (Winner--Submaster's 2 Division); G. Broad 32nd 38:57.