



EAST BAY STRIDERS

ROSTER AS OF 1/11/84

PLEASE MAKE SURE THAT YOU HAVE OBTAINED YOUR 1984 TAC REGISTRATION

Neil Berg
 Tom Beritzhoff
 Dann Brown*
 Bill Brusher
 Mark Dykhouse
 Michael Frankfurt*
 George Greiner*
 Dwight Hendrix
 John Monteverdi
 John Notch*
 Michael O'Donnell
 Matt O'Brien
 Marc Paisin*
 Steve Slawson
 Bill Stolp*
 Thom Trimble
 Greg Wheatfill
 Dan Williams
 Eric Williams
 Carl Wissner
 Ron Yank

* Have not yet paid your 1984 Dues (\$5.00): LAST CALL!

P.R.'s: Joe Schieffer--10 Miles (Cal 10) 51:37; Marathon (Sac Intl) 2:27:18;
 Half Marathon (Hayward) 1:10:16; 5 Miles (Judicata)
 26:10; Xmas Relays (4.463 Mile) 23:10.
 Eric Williams--Marathon (Sac Intl) 2:25:03; Xmas Relays 22:13.
 Dann Brown--Xmas Relays (4.463 Mile) 22:30.
 Ron Yank--10 Miles (Cal 10) 59:25.
 John Monteverdi--Xmas Relays (4.463 Mile) 24:09.
 Mike Frankfurt--10K 37:52; Christmas Relays 26:30.



Thom Trimble
31 Picardy Court
Walnut Creek CA 94596

Dear Thom:

The East Bay Striders are holding an informal meeting on Friday May 18 at 7PM in LA VALS pizzeria (in Berkeley on Durant Ave.). The Club will pay for all the beer (or soda) you can drink or until you throw up. You pay for your own eats. Let it be known that this is a serious elitist-type beer (or soda) bust, not to be confused with a funsy-jogger-type potluck! All members are welcome and may bring a guest if they wish (\$1 for beer), children are optional (\$2 for beer). Please do not bring your dog, cat, horse, or any member of the marsupial family.

The purpose of this meeting is to shoot the bull about Club events, races, the point system, the Tahoe Relays, suggestions, complaints, Thom Trimble's silly running style, and, most importantly, to meet the other members.

For additional information, call me at 937-0168 or John Monteverdi at 653-4320.

Sincerely,

Thom Trimble

Treasurer's Report as of 4/23/84

BALANCE	DEBITS	CREDITS	BALANCE
1/10/84			4/23/84
\$585.18	-\$60.00	\$250.00	\$775.18

John Monteverdi, Treasurer

NOTICES

DEVIL MOUNTAIN 10K ON MAY 6 IS THE PA/TAC CHAMPIONSHIPS !
ALL MEMBERS WHO COMPETE WILL RECEIVE \$2 OFF THE REGIST. FEE.

EBS WILL BE DOING THE FINISH FOR THE RUM RUNS ON JUNE 17.
CONTACT THOM, DAN, OR JOHN IF YOU WOULD LIKE TO HELP.

EBS TRACK WORKOUTS - THURSDAY 6 PM @ SCHOOL FOR THE DEAF UCB

EBS RACE HIGHLIGHTS: OAKLAND MARATHON - S. SLAWSON = 2:30,
J. SCHIEFFER = 2:33, D HENDRIX = 2:36

NAPA MARATHON: D. BROWN 2ND PLACE 2:26

JEDEDIAH 50MI: D. WILLIAMS 1ST 6:03, J SCHIEFFER 3RD 6:08

UC TRACK MEET: E. WILLIAMS 5000M - 15:12, 1500M - 4:06

RUN FOR DAYLIGHT: T. TRIMBLE 4TH, J. SCHIEFFER 5TH,

M. DOWLING 8TH, D. HENDRIX 9TH

CLUB LETTER - JULY 1984

Well you've opened the envelope and pulled out this letter so you might as well read it. The following information is something that every Strider should know:

TREASURERS REPORT - Balance as of 7/1/84 is \$550.23
MEMBERSHIP REPORT - 27 members as of 7/1/84

MIZUNO SPONSORSHIP - Our sponsorship from Mizuno has been extended through the summer of 1985.

MAJOR EBS RACES - The following races have been designated as major EBS races: ALL PA/TAC Championship Races, Any MIZUNO sponsored race (usually free), All races with 5 or more EBSer's competing, CAL 10, Oakland Half/Full, Run for Daylight, Embarcadero 5 Miler, Hayward Half Marathon.
Relays: Summer, Christmas, Tahoe, Any relay with 5+ EBSer's

REVISED POINT SYSTEM

ITEM	PRESENT VALUE	PREVIOUS VALUE
*****	*****	*****
TAC Card	5	N/A
Race fee paid	5	6
Race fee + \$5 expenses	N/A	9
Race fee + \$10 (out of Bay Area)	10	12
Tahoe Relay I. (fee, lodging)	15	18
Tahoe Relay II. (fee, lodge, \$20)	22	24
EBS Singlet	6	6
MIZUNO Training Flats	16	20
MIZUNO Racing Flats	20	25

All changes effective July 1, 1984.

Additional Points - Any club PR = 1 pt., Any personal PR = 1 pt., Wearing EBS singlet at any race = 1 pt., Arranging any event which earns EBS money etc. = 1 - 10 pts.

COMING RACES - SKYLINE 50K AUGUST 5

LITE BEER/A's 8K AUGUST 5

COMING FINISH LINES - 5 MILE RACE IN OAKLAND SEPTEMBER 16

RACE JUDICATA

NOVEMBER ?

Due to several last minute "no-shows" the Striders had only 6 members compete in this years Tahoe Relays. With the expectation of fielding 2 solid teams a large 4 bedroom (\$175) cabin was rented by the club. This years team consisted of Jay Kassabian (who drove up Friday night and back early Saturday to return for work), Gary Broad, Joe Cavanaugh, Greg Wheatfill (who helped in obtaining the cabin), Dan Williams, Mike Frankfurt, and one helpful pickup runner. To avoid this problem of last minute cancellations the club will require a small deposit from all interested runners (non-refundable within 2 weeks of race).

QUICKIE RACE NOTABLES - Dan Williams 11th in Western States 100 18:52, Steve Slawson 1st in Sri Chinmoy Marathon - 2:26, Thom Trimble 1st in Oklahoma City 10K, Eric Williams 1st Marin Hdlands