

EASTBAY STRIDERS NEWSLETTER

January 1, 1986

Oakland, California

HAPPY NEW YEAR. Let it be resolved that you will achieve great new P.R.'s, finishes, distances and other successes in the coming year.

The December issue of the newsletter was not abandoned out of apathy or lack of motivation on my part; not contributions either. Rather, it was suggested by John Monteverdi and Thom Trimble to consolidate the race results into a "once every two months" letter primarily for economic reasons. It saps about \$15 out of the club treasury to get one issue out to the membership (probably a few more dollars now with the end of the year increase in membership.) Since this kind of news is a nice thing to have, but not absolutely necessary, we will try to get along on this new basis.

The following are various race results submitted by EBS runners over the past two months:

Humboldt Redwood Marathon - October 13
3rd - Joe Cavannaugh, 2.37:31 (1st, 40-44)
28th - Ulf Werner, 3.05:00; 2nd 45-49

Mule Run Ultra 50K - September 21
2nd - Joe Cavannaugh, 4.00:31; 1st Master

Were The Hell's Truckee - 30K
9th - Joe Cavannaugh, 2.01:35; 1st Master

Rutherford Duster 10M - October 27
22nd - Phil Murphy, 1.01:22; 3rd Master -

Livermore Turkey Trot - 5K/10K
1st (10K) Thom Trimble - time NA 235 runners
18th " Tom Rose, 37:54

1st 5K John Monteverdi, 16:49

RRCA 50 Mile Nat'l Championship, Chicago October 13
3rd - Joe Schieffer, 5.35:10 (7th best in U.S. 1985, 44th all time U.S.)

Race Judicata 5M - November 3
4th Joe Schieffer, 25:45

Linear Accelerator Run-Stanford
4th - John Monteverdi, 34:21

Benecia Heritage Run 5M (probably 4.7 according to John)
4th - John Monteverdi, 25:43

PAC/TAC XC Champ - GG Park - EBS ran 1 Open and 1 Master team.
Places and times NA.

Christmas Relays - Lake Merced - December 22
EBS Masters team placed 6th.
Ron Yank - 26:18 (unofficial times-)
Marc Paisin - 26:56 Ulf Werner - 27:20
Dave Taylor - 25:36 Tom Rose - 26:55

SOME EARLY 1986 Races

Jan 12-Half marathon, Lake Chabot.
a run-no awards. Info. Jim Passador
881-8255

Jan 19-California 10 Miler-Stockton
xxBIGGYxx

Feb 22-Martinez to Port Costa 8.4M

Feb 23-Oakland Marathon-Half Marathon
CANCELLED!!!!

NEW MEMBERS

Dale Guthrie - Master
Ulf Werner - "
Jan Werner - "

WELCOME!

IT'S TIME TO RENEW EBS
MEMBERSHIP. MEMBERSHIP.

YOUR TAC membership
must be renewed also.

!!

EAST BAY STRIDERS

2801 BELLAIRE PLACE
OAKLAND, CA 94601
(415) 532-2462

NEWSLETTER

June 1986

From Thom Trimble:

The new EBS jerseys will not arrive until late July. The style we want (Nike Muscle Singlets) will not be available until then. These singlets are white front & back with royal blue on the sides...Similar to the Athletics West Jersey.

Our next Pizza Bust is scheduled for Friday, June 6, 7 P.M. It will be at La Val's on Durant St., Berkeley. We will likely be alternating between this location and the Pizza Junction in Rheem (Moraga). The last meeting brought out about 20 members, which was highlighted by a fantastic birthday cake and celebration for John Monteverdi-he's a Master now. At next bust we will discuss team policy and where this club is heading. Bring your ideas.

EBS Race Systems has performed 2 more successful Finish Line jobs; the Briones Triathlon (300+), and the 3rd Zonta 5 Mile. Our next Finish Line will be a biggy - The Rum Run 5K and 10K. We will need about 12 helpers! All helpers will get a free breakfast plus \$10 expense money. This race is scheduled for 8 AM, Sunday, June 15. Please come help.

If you haven't done so yet, send in your dues. Still only \$5...to John Monteverdi.

New member: Doug Brooks 25

Thursday Night Track Workouts: 6 PM, Berkeley School for Deaf. Call Thom Trimble @ 932-3165 eves for details.

Race Highlights

Joe Schieffer - 4th overall, 1st 30-39 34:05 Piedmont Feet Meet
22nd " 5th " 1.11:54 San Francisco Half Marathon

Lafayette Loop: Dann Brown - 1st overall 2 mile - 9:26

Kennedy Classic 10K: Thom Trimble - 1st overall - 31:51
Dwight Hendrix - 2nd overall - 33:11
John Monteverdi - 1st Masters - 34:49
Mary Matteson - 4th 20-29 Women - 43:49
EBS was 1st place coed team.

Please send me
your race results
& other news ASAP
Tom Rose
(address above)

Nimitz Run: Damien Curry - 1st overall
Carl Rose - 6th overall

Devil Mountain 10K: Dann Brown - 30th overall - 32:01
Gene Dangel - ----

Zonta 5 Mile: Joe Schieffer - 1st overall - 27:00
Doug Brooks - 2nd overall 27:27

Upcoming races: Pacific Sun 10K, Masters Champs, May 26; Russian River 1/2 Marathon, TAC Champs, June 1; Tahoe Relays, ?, Call Mike Frankfurt, 843-8929.

* DAN WILLIAMS, PRESIDENT ** THOM TRIMBLE, VICE-PRESIDENT *
* JOHN MONTEVERDI, TREASURER ** TOM ROSE, SECRETARY *