

EBSers FINISH NEAR THE TOP IN LAFAYETTE!! Trimble 3rd in Loop 10K; Sheader 3rd in 2 Mile

TWELVE STRIDERS IN STRONG SHOWING AT RAINY, COOL LAFAYETTE LOOP RACES

Thom Trimble may have twisted his ankle in his pre-race jog but that didn't prevent him from turning in a competitive performance at the 1989 Lafayette Loop 10K (April 23, 1989). Thom's time of 31:58 is difficult to believe considering that he was having difficulty walking just 10 minutes prior to race time.

Masters runner, and Club President, Dan Williams put in a rare appearance at a "short distance" 10K and blitzed through the rain squalls in 34:45. Dan, who is in the "home stretch" of training for the Western States 100 Miler, usually is not seen at "sprint" events like 10Ks.

Peter Lukaszewicz, Steve Takacs and Mike Schwartz seemed to be playing tag for the entire distance. Peter took the lead position in the trio by the 5 mile mark and held it to the end, finishing with a time of 35:38. Steve and Mike were close behind with times of 35:43 and 35:46, respectively. Peter and Steve's times were P.R.'s.

Not too far behind this group was Master's runner John Monteverdi on the come-back trail with a time of 36:32. Just his heels was another Masters competitor, Eric Ivary, who finished with a time of 36:34. Eric is also struggling to a come-back after a series of nagging injuries. Dan Rosenthal finished about 10 seconds behind Eric with a time of 36:38. Completing the Club's "Over 40" finishing group was Nick Scotchler, loping in with a time of 37:51.

The lone EBS woman in the Loop this year was Malia Dinell. Her time of 42:11 ranked her high within the women's finishers. Malia finished 5th in her division.

In the 2 Mile race, Joseph Sheader was last seen achieving orbital velocity near the turn-around just before the 1 Mile marker. Joe turned in a speedy 9:36, more evidence that he is past the troubling set of injuries which have plagued him since October.

Also in the 2 Mile was Chris Spears who always manages a creditable effort even on low training. His time of 10:08 gave him a 11th place finish.

An EBS Point of View:

RESULTS SNAFUS AT LAFAYETTE LOOP 10K

EBS'ers commented on the fine organization of the Loop races. Despite occasional heavy rain showers, the registration procedures went smoothly. Also, course split times and monitoring were of the same high standards that we are used to from the Lafayette Loop.

However, the results procedure once again left much to be desired. It is unusual to see a major race in which only the top few finishers are acknowledged the day of the race. What's even worse is that not even that happened in the 1989 version of this classic.

We can suggest a few simple improvements. Take a cue from the Rum Run and time only the top 400 finishers. That reduces the race from one with 2000 times for the computer to deal with to a much more manageable number.

Even with this reduction, the computer team should be given time to produce quality results. Set the awards ceremony for 11AM in advance. Most people will leave anyway with considerably fewer left to obstruct the parking lot by the time the awards ceremony gets going.

Post the times as they come out of the printer. Many runners in the top 100 were only interested in where they finished with respect to the other competitors and probably would not stick around for the Awards Ceremony anyway.

Send out complete results later, including the placement of the top 400 finishers. Most runners toss out those silly postcards that tell them their time and overall place. We already know our time! What we don't know is how we placed with respect to our friends and the other people in our division.

There are only two other alternatives. Either time everyone or no one. The former is possible if the Awards Ceremony is very late and if multiple computers are used. The latter would be justified only if the race fee was lowered to about \$5.00. No one wants either.

The best way to ensure that Lafayette Loop and Total Race Systems improve the results procedure is to contact the Race Director at the CENTER FOR LIVING SKILLS, 284-4871 or TOTAL RACE SYSTEMS at 479-4455.

*** **

1989 DUES ARE DUE!

FINAL NOTICE TO ALL DEADBEATS.
The 1989 dues will be \$10 (\$5 for students).
This is your last Newsletter if you have not
paid in 1989.

Send to:

John Monteverdi, Treasurer
East Bay Striders Running Club
4425 View Street
Oakland, CA 94611

EBS RACING SINGLETs

24 more racing singlets are now available for members to purchase at \$14 each. The singlets are available in S, M and L. Small Women's 50/50 racing tops can also be purchased for \$5. Contact Thom Trimble at 680-8159 or John Monteverdi at 653-4320.

TAHOE RELAYS MEETING

THURSDAY NIGHT PIZZA

May 16, 1989

A 7:30 meeting of all those members interested in running this year's Tahoe Relays (June 10) will be held at LaVal's pizzeria on Durant Ave. in Berkeley. The Club will provide the beverages. Information about the organization of the race teams and lodging arrangements will be discussed. See page 4 for details regarding the race and application.

THURSDAY AFTERNOON WORKOUTS

5:15, Univ. of California Track Stadium

May 4	400, 800, 1200, 1600, 1200, 800, 400
May 11	6 X 1000
May 18	2 X (4 X 600 w. 200 rest)
May 25	1600, 1200, 1000, 800, 600, 400
June 1	4 X 1600 w. 400 rest

TUESDAY AFTERNOON RUNS

All are invited to participate in informal afternoon runs, starting at the University of California Track Stadium at around 4:30. The runs are of moderate length (7 to 10 mile) and at varying pace. Phone Peter Lukaszewicz at 524-3407 for details.

ADDRESS UPDATES

Kazuko Aoyagi, 190 Caldecott Lane #217, Ber.	655-5353
Jim Chin, 2424 Haste #C12, Berkeley	843-6277
Mike Hotton, 2834 Wildflower Drive, Antioch	778-2693
Peter Lagoy, 3154 College Ave #4, Berkeley	652-7324
Nancy Staub, 7 Gladden Rd., Annapolis, MD 21410	301-266-6910
John Tomasello, 1551 8th St., Berkeley	525-1433
Thom Trimble, ADDRESS T.B.A.	680-8159

TAC UPDATE

EAST BAY STRIDERS is an officially registered club with The Athletics Congress, Pacific Association. Club members should know that TAC covers each TAC registered athlete with insurance which protects them while they travel to, participate in or travel from any TAC sanctioned event. In addition, TAC makes it possible for large events to take place since it provides low cost insurance to those race directors who opt for TAC sanctioning. For example, a race with up to 30000 entrants may receive \$1,000,000 comprehensive general liability coverage from TAC for only \$6000.00.

TAC members also receive a \$12 subscription to Cal Track & Running News for the \$10 cost of their membership. But apart from that, for each five East Bay Striders who registers with TAC in a given sport (e.g., Long Distance Running), the Club is given a vote in the respective sport committee. In the case of the LDR committee, such a vote would allow EBS to have a say in the location of TAC championship races, such as the Cross Country Championships.

Finally, only TAC members may receive award money at TAC sanctioned events. It is a fair estimate that at least the fastest third of the runners in EBS may be in that position at some time or another.

Included below is a current listing of some familiar local Clubs and their TAC membership. Remember, divide by five to determine the "voting power" of the respective club. A TAC membership form is also included on this page. If you haven't registered for 1989, please take this opportunity to do so now!

CLUB	MEMBERSHIP
Buffalo Chips Running Club	164
Tamalpa Runners	94
West Valley Track Club	79
Reebok Aggies	79
Lake Merritt Joggers & Striders	42
West Valley Joggers & Striders	41
Pacific Flyers	40
Impala Racing Team	30
Pamakids	28
Excelsior Track Club	24
East Bay Striders	21

(Approx. 75 TAC Registered Clubs)

TAC Individual Registration

If you plan to compete for EBS in any TAC Championship, you will need to apply for a TAC card. At right you will find the application form. Send it with a check for \$10 to the address listed. A free subscription to CAL Track and Running News.



The Athletics Congress of the USA

PACIFIC ASSOCIATION
P.O. BOX 1495
FAIR OAKS, CA 95628
SEND STAMPED SELF-ADDRESSED ENVELOPE
REGISTRATION FEE \$10.00

DATE OF APPLICATION

DATE OF BIRTH

AGE

SEX M/MALE or F/FEMALE

U.S. CITIZEN Y/YES or N/NO

COUNTRY OF CITIZEN

SPORTS T-L-R T-L-R T-L-R

CLASSIFICATION Y-M Y-M Y-M

YOUTH ATHLETICS Y-YOUTH ATHLETICS
MASTERS M-MASTERS

TAC REGISTRATION NUMBER

LAST NAME FIRST INITIAL

ADDRESS

CITY STATE ZIP CODE

I certify that in accordance with the rules of TAC and the IAAF, I am eligible to compete in the indicated sport(s):

ATHLETE'S SIGNATURE

AREA CODE PHONE

Other Race Results

CAL 10 (January 8, 1989)

41	Carl Rose	57:05
☞	Steve Takacs	58:39

SAN FRANCISCO ZOO RUN 7 M (Jan 15, 1989)

25	Jim Chin	40:45
40	Dan Reuckert	41:37

UCB ALL-COMERS TRACK MEETS

January 28, 1989

1500 m	Peter Lukasiewicz	4:32
5000m	Nancy Staub	19:39

February 4, 1989

1500m	Jim Chin	4:28
5000m	Carl Rose	16:35
	Crispin Hetherington	16:42

BRICKYARD RUN 8 MI (February 25)

1	Thom Trimble	43:10
16	John Monteverdi	49:52
19	Nick Scotchler	50:12
26	Greg Wheatfill	51:18
2W	Nancy Staub	54:31

IRISH SPRINT 5M (March 11, 1989)

8W	Mary Matteson	34:32PR
----	---------------	---------

MERCURY NEWS 10K (March 19, 1989)

22	Chris Jagers	32:51
51	Carl Rose	34:47

MODESTO HALF-MARATHON (April 2, 1989)

2	Dan Rosenthal	1:16:21
---	---------------	---------

PT. PINOLE DYNAMITE DAYS 3 MI (April 8)

1	Joe Sheader	15:10
6	Peter Lukasiewicz	16:06
10	Nick Scotchler	17:10

RUN FOR LITERACY 5K (April 9)

2	Thom Trimble	15:29
5	John Monteverdi (1 Mas)	17:45

PACIFICA WILDFLOWER 10K (April 15)

1	Crispin Hetherington	40:35
---	----------------------	-------

FRITZBE'S 10K (Rockville, MD) (April 16)

7W	Nancy Staub	39:39
----	-------------	-------

BIRMINGHAM, ALABAMA 10K

5	Dann Brown	32:13
---	------------	-------

NEWS ITEMS? RESULTS?

SEND TO JOHN MONTEVERDI, 4425 VIEW ST.,
OAKLAND, CA 94611. NEXT ISSUE: SUMMER.

Thursday Afternoon Workouts

5:15 PM University of California Track Stadium
Workouts vary from week to week and are open to members and non-members of all abilities. See page 2 for examples of workouts.

EBS Weekend Run Series

This popular weekly event saw EBS'ers running in such scenic locales as Mt. Tamalpais, Mt. Diablo, Pt. Reyes, Briones and Redwood Regional Parks and the Golden Gate National Recreation Area. Organizers Joe and Linda Sheader are planning the spring runs now. The Club maintains an answering machine to specifically give information about these runs. Call 845-3294 for details on the next run.

UPCOMING RACES

DEVIL MOUNTAIN RUN	May 7	Danville
STRAWBERRY CANYON	May 27	UC Berkeley
PACIFIC SUN 10K	May 29	Kentfield
TAHOE RELAYS	June 10	Lake Tahoe
DVC ALL-COMERS MEETS	Wednesday Nights	
	July-Aug	Pleasant Hill

HIND TIGHTS, SHORTS, SWEATS AVAILABLE

Anyone who would like to purchase Hind athletic wear at discount prices should contact Thom Trimble at 680-8159 by May 10. Thom will be traveling to the San Luis Obispo Hind manufacturer's outlet on May 12. Approximate costs for SECONDS are:

Lycra Tights	\$15	\$30 (regularly)
Shorts	\$5	\$12
Swim Suits	\$4-\$8	\$10-\$18

EBS Needs Your Help!

We need you to volunteer for the EBS Race Systems finish line crew. Volunteers receive \$5 from the race receipts, breakfast and an EBS Race Systems T-shirt. Receipts from our administration of finish lines pays for the

*** **

EBS TODAY

Membership: 63 (54 men, 9 women)

Masters Team: 14 members

TEAM TAC# 138

OFFICERS of EAST BAY STRIDERS

Dan Williams	President	222-3418
Thom Trimble	Vice-President	680-8159
John Monteverdi	Treasurer	653-4320
Linda Sheader	Secretary	845-3294

TAHOE RELAYS

WHEN: SATURDAY, JUNE 10, 8 AM

WHERE: SOUTH LAKE TAHOE, START AND FINISH AT THE "Y"

WHAT: 72 MILE RELAY AROUND LAKE TAHOE, 7 RUNNERS PER TEAM

WHO: ALL MEMBERS OF EBS ARE WELCOME TO RUN. MEMBERS WILL BE PLACED ON TEAMS BASED ON ABILITY. WE WILL BE RUNNING A COED TEAM, MENS TEAM (OR 2), AND POSSIBLY A MASTERS TEAM.

HOW MUCH: \$2 EACH, WHICH WILL BE REFUNDED IN THE FORM OF MUNCHIES AND BEER. THE \$2 IS A GOOD-FAITH DEPOSIT. THE DEPOSIT IS NON-REFUNDABLE AFTER JUNE 1.

QUALIFYING: EVERY EFFORT WILL BE MADE TO ENSURE ALL INTERESTED MEMBERS GET PUT ON A TEAM. YOU WILL BE PLACED ON A TEAM BASED UPON YOUR ABILITY. MEMBERS OF THE SAME ABILITY WILL BE PLACED ON TEAMS BASED ON THEIR TIMES AT THE LAFAYETTE LOOP, DEVIL MOUNTAIN RUN, OR ANY OTHER CERTIFIED 10K RUN AFTER JANUARY 1, 1989. WE MAY SOLICIT RUNNERS FROM OTHER CLUBS TO FILL OUT OUR TEAMS, AS NECESSARY.

LODGING: EBS HAS RENTED A 4 BDRM/2BATH CABIN IN SOUTH LAKE TAHOE (SAME AS LAST YEAR) FOR FRIDAY AND SATURDAY NIGHT. BEDS AND SLEEPING SPACE WILL BE ALLOCATED ON A **FIRST COME FIRST SERVE BASIS**. THOSE WHO GET IN THEIR DEPOSIT EARLY WILL HAVE THE BEST SELECTION AS TO SLEEPING SPOTS. THERE ARE 6 BEDS AND 1 COUCH AVAILABLE. FLOOR SPACE IS AVAILABLE TO THOSE WHO SIGN UP LATE OR WANT TO SAVE A FEW BUCKS. THE FOLLOWING RATES WILL APPLY:

SINGLE BED - \$10/NIGHT
SHARED BED - \$7/NIGHT EACH
FLOOR/COUCH - \$5/NIGHT

ALL PEOPLE STAYING IN THE CABIN WILL BE RESPONSIBLE FOR CLEANING UP AFTERWARDS. WE WILL LIMIT THE OCCUPANCY OF THE CABIN TO AROUND 14-16 PEOPLE, SO GET YOUR DEPOSIT IN EARLY TO GUARANTEE A SPOT.

TAHOE RELAY SIGN-UP FORM

NAME: _____ PHONE: _____

10K TIME: _____ (SINCE 1/1/89); RUN HILLY LEG?: YES NO

ENCLOSED IS MY \$2 RACE DEPOSIT, PLUS ANY LODGING FEE.

CHOICE OF LODGING: _____ NIGHTS: 0 1 2