



## Brenda Matthews' Reign as President Begins

### New Ideas for Club

**D**on't let anyone say that Brenda Matthews is slowly taking over the reigns as the new President of the Southern California Striders. Of course, most who know Brenda or have watched her run the past several years understand that there is nothing Brenda does slowly. From new team uniforms to the smooth running of the Annual Meet of Champions, Brenda is determined to make sure that a new message is sent...the Southern California Striders are a force with which to be reckoned.

Brenda says that her primary mission as the new president is "the resurgence of the Striders legacy." And what a legacy it is. On the path to resurgence, the visibility of the Striders is key. From a new website: [www.scstriders.org](http://www.scstriders.org) to new designs for team uniforms, the plan to increase and retain Striders membership is off to a great start.

The first major item on Brenda's agenda is the development of the Striders Annual Meet of Champions into a premier national meet. There is no doubt with Brenda behind it, this goal will be met in no time! This year's track meet will feature fully automatic timing (FAT). Get ready to set a record!

### ANNUAL BANQUET

**W**as held at the elegant Foxfire Restaurant in Anaheim Hills. The atmosphere was festive and the food was delectable. Coaches Stephen Kaczynski, Arnold Gaynor, Jim Selby, Nick Newton, and Jackson Steffes were honored at the banquet.

Our keynote speaker Bob Larsen gave a captivating presentation on his training techniques

for Olympic marathon silver medal winner Meb Keflezighi and bronze medalist Deena Kastor. Louis Beadle, Dan Bustamonte, Hugh Cobb, John Cosgrove, Sam Flory, Arnold Gaynor, Lee Gilliespie, Stan King, Frank Kishi, Magdalena Kuehne, Sumi Leonard, Gunner Linde, Barney Phillips, Tom Pico, Efrain Sanchez, Debbi Selby, Jim Selby, Al Sheahan, George Simon, Doug Smith, Annelies Steekelenburg, Roger Tsuda, Hal Willis and Johnnie Valien received Life Time membership cards.

Brenda Matthews was awarded the Dr. Robert Watanabe Award for her accomplishments at the 2004 National Championships where she won gold medals in the 100, 200, meters and the long jump.

Afterward the team gathered for group pictures.



A big thank you to our outgoing President Al Escobosa for organizing an outstanding banquet.

### STRIDERS EXCEL IN BOISE

**I**t will come as no surprise to those who attended the Indoor Masters track and field Championship meet in Boise in March to discover that the Southern California Striders made

quite a showing. Debbie Selby, Jim Selby, Jeanne Bowman, Brenda Matthews, Eric Dixon, Johnnie Valien, Magdalena Kuehne, and Don Lies did very well. You can find the full the results at [www.masterstrackandfield.com](http://www.masterstrackandfield.com).

As a team we came in 10th out of 95 listed teams with a total of 62 points. Because, however, not every Strider listed his or her affiliation, we probably could have placed higher. It would be great when we go to outdoor Nationals to see the Striders as the highest ranked Southern California team. So, don't forget, always indicate your Southern California Strider's affiliation when registering for meets as well as with your USATF membership. **Southern California Striders 33-069**

### Spotlight on Team Practices

**A**re you behind in your training because it just isn't fun running on your own? Do you find it difficult to step up the practices when you are the only one on the track each evening? The Southern California Striders has got what you need. There is a large group of us that workout together on Saturday mornings at 7:30 am at Saddleback College in Orange County and another group that practice at UCLA on Sunday mornings. But if that day (or time) doesn't work for you, we will circulate a roster shortly, so you can contact a teammate in your area.

### Want to become more involved?

**W**e have plenty of opportunities for members to become more involved with the club. At the present time, we have openings on the Board of Directors for a Secretary and a Membership Secretary, as well as committee positions. Meetings are frequent enough to take care of the business at hand but not too frequent to interfere with training time. If you are interested, please contact Brenda Matthews.

### When's the Next Meet?

**T**he following is a list of upcoming local and national meets (both masters and all-comers). We hope to have a great Striders showing at all meets. Don't forget to wear your team uniform so everyone else knows you are

a Strider. The best way to encourage new membership is to advertise our current membership whenever possible. With that being said, it appears that a number of new Striders members who paid their membership fee may not have a singlet uniform. If so, please contact Brenda Matthews. She will need the following information: top and bottom sizes (S, M, L, XL, XXL), height, phone number, email and home address. Once Brenda receives enough responses to place an order, we will have them silk screened and mailed to you. They are free for those who paid their dues in 2003 and for new members that paid their membership fee. Otherwise they are \$25.

### MEETS:

5/7/05; 6/18/05; 7/16/05 Team Thor Throws & PV  
La Jolla CA

4/10/05 John Ward Masters Games Santa Ana CA

4/17/05 Mt. SAC Relays Walnut CA

**5/7/05 So. Calif. Striders Meet of Champions  
Long Beach CA**

5/14/05 Visalia Classic, Visalia CA

5/21/05 Crown Valley Senior Games Pasadena CA

5/28/05 San Clemente Masters Meet San Clemente  
CA

6/3/05-6/18/05 Senior Olympics National  
Championships Pittsburgh PA

6/11/05 Southern California USATF Masters Age  
Group Championships TBA

6/15/05; 6/22/05; 6/29/05; 7/6/05; 7/13/05; 7/20/05;  
7/27/05 Atascadero All-Comers Meets Atascadero  
CA

8/04/05 -8/07 National Masters Championships  
Honolulu HI

### Contact Us

Any questions, comments, concerns?

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