This year marks the 50th anniversary of the Southern California Track Club. We should all be proud of being a part of such a fine legacy. See our history on our website at www.scstriders.org.

ANNUAL AWARDS BANQUET

Once again the annual awards banquet was held at the Foxfire Restaurant in Anaheim Hills. Vice President and webmaster Eric Dixon was introduced by President Brenda Matthews as Master of Ceremony. He kept everybody in good humor as the night progressed.

We honored this year’s male and female outstanding track and field athlete as voted by their peers. When the votes were finally tallied, Kathy Bergen was awarded the outstanding female athlete, and Doug Smith was voted as the outstanding male athlete of the year. Johnnye Valien received the coveted Mike Watanabe Award. Both Johnnye Valien W80 and Kathy Bergen W65 were awarded USATF Master’s Athlete of the Year in their respective age groups.

We are very proud of all the award recipients.

Doug Smith, Johnnye Valien, and Kathy Bergen

In addition to the outstanding athlete award, new this year is the “Renegade” award. This award was presented to Jeanne Bowman for her untiring effort, and dedication to training in the pursuit of excellence. Congratulations to all the 2006 award recipients.

Eric Dixon, Jeanne Bowman, and Brenda Matthews

Our Key Note Speaker, Dr Frank Little enlighten the group with his presentation on “Getting the Competitive Edge” He told the group how to be mentally prepared every time you step on the track. He said, “Train to win”. Resist the temptation to compete during training. Save it for race day.
Rodney Johnson, and Eric Dixon put together a very entertaining video of the Striders in action. It was fun to view our many athletes as they competed for the GOLD.

NICK NEWTON

Hugh Cobb gave a special presentation to Nick Newton. According to Hugh, Milton Alexander Newton, Nick to his friends, had outstanding motor skills. Hugh told us that the North Carolina High School that Nick attended did not have any athlete facilities. Nick played basketball outdoors. Nick joined the Striders in 1974. As a member of the Striders, he set numerous USA and World Records; most have been broken with the exception of 440 yard dash and the high jump. What an accomplishment. Off the track Nick was not satisfied with the starting blocks of the day. As a result of his dissatisfaction he developed the famous Newton Blocks. These blocks are used internationally and are known for their innovative construction. As Hugh said, “Nick marches to a different beat. We are so proud to be able to claim Nick as a member of the Southern California Striders Track and Field Club.

Remembering Our Roots

I recently received an email from Tracie L Gourdine. The following is her communications to the Striders.

Hi Brenda
I was visiting the Striders’ site and am so pleased to see this organization that my father assisted in founding and establishing is thriving and holding fast to the ideals he and his fellow friends and athletes envisioned.
Sadly, my father passed away in ’98, but I often take it upon myself to visit his accomplishments just to feel a bit closer to him. .............
Meredith C. Gourdine (nickname: Flash). Google his name and see what magnificent achievements he made as a scholar, naval officer, athlete and physicist........
Traci L. Gourdine

I did goggles his name and we all should be proud to be a member of this prestige Strider’s Track and Field Club.