

50 YEARS OF STRIDER'S PRIDE

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.

STRIDER NATIONS

ERIC Dixon would like to include on our website a short biography of the proud members of the Southern California Striders. He needs the following information:

- Name
- Competing age group,
- Events,
- How long you been doing what you do,
- Your proudest moment
- A picture.

Please send the information to Eric Dixon, 10 Key Largo, Aliso Viejo, CA 92656

INSPIRATIONAL CORNER

Former UCLA basketball coach John Wooden once said, "Sports do not build character. They reveal it." I think he's right. If there's one thing I've learned watching athletes and coaches on the playing field and in the game of life it's that their behavior reveals what they're made of, good and bad. And that's what we call "character".

Contact Us

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FEATURE TRACK MEETS

03/04/06 Soka University Peace Invitational 949-480-4479
Scott Slade email sslade@soda.edu

03/24-26/06 USA Masters Indoor T and F Championships,
Boston MA,

04/02/06 John Ward Masters Games (25+) Santa Ana
College, Santa Ana, CA Al Siddons, 714-564-6936 email
al@sac.edu

05/20/06 So. Cal Striders 21 Annual Meet of Champions, Cal
State Long Beach, CA Eric Dixon, 949-831-1336. email
chernooe#@cox.net

05/27/06 San Clemente Masters Meet, San Clemente High
School, San Clemente, CA Dan Johnson. 949-492-4165 x
2940. email drjohnson@spousd.org

06/10/06 SCA Masters Track and Field Championships,
Moore Park College Andrew Hecker email Info@trackinfo.org

06/17/06 CA State Senior Games, Cal Tech Pasadena, CA
Cynthia Rosenthal email cynthiaR@pasadenaseniorecenter.org

07/22/06 Western Region Masters Championships, Home
Depot Center, Carson, CA Mark Cleary email
runnermark@cox.net

08/03/06 SATF Masters Outdoor Track and Field
Championships, Charlotte, NC Gordon Edwards
gedwards@carolina.it.com.