



52 YEARS OF STRIDER'S PRIDE

Western Region Masters Championships



M 60 4 X 100 Relay Team
Stan Whitley, Willie Roberson, Doug Smith, Lee Gillespie
Ran a Record Breaking time of 52.88

Occidental College in Eagle Rock, CA hosted the 2007 Western Regional Masters Championships. The Striders showed up and showed out at the 2 day event.

The Champions:

Brenda Matthews W55 100, 200, DT, SP, LJ
Stan Whitley M60 100, 200
Jeanne Bowman W50 400
Roger Tsuda M70 100, 200, LJ
Jim Selby M 75100
Francis Kishi M75
Ernie Stucki M 55
Doug Smith M65 100, 200
Jim Selby M75 1 mile, 800, Long Hurdles, 2000 meters, & steeplechase
Johnnye Valien W80 HJ, TJ, DT
Don Lies M75 HJ, TJ

Derek Boosey TJ
Lorraine Tucker W60 SP, DT
Arnie Gaynor M79 SP
Rodney Johnson M45 SP
Doug Tomlinson M75 HT, WT, & Super WT

Runners Up:

Jeanne Bowman W50 2nd 100, 200
Francis Kishi M75 2nd 100, 200
Lee Gillespie M65 2nd 100, 200
Willie Roberson M60 4th 200
Ronnie Muranaka M60 5th 200
Rodney Johnson M45 6th 100, 3rd 200
Debbie Selby W50 3rd 100, 2nd 200
Christine Stone W50 4th 200
Dan Girling M60 5th 200
Ernie Stucki M 55 2nd 200
4X100 relay team 2nd Dan Girling, Donald Leis, Roger Tsuda, Jim Selby

Non Profit

Through the diligent efforts of Lee Gillespie M65 sprinter, the club was able to receive a 501 (c) (3) nonprofit status. One of the primary benefits of the status Section 501 (c) (3) is the ability to accept contributions and donations that are tax deductible to the donor. Additional benefits include, but are not limited to:

- Exemption from federal and state corporate income taxes
- Ability to apply for grants and other public or private allocations
- The public legitimacy of IRS recognition
- Discounts on US Postal bulk-mail rates and other services

As a result of our new corporate status an advisory board was formed to help guide the club in business matters. Current members are:

- Rick Muth – Business Man
- Vasili Gatsinaris, DC – ART Certified Provider
- Stan Whitley – World Class Athlete
- Jim Crandall – Lawyer

Look for more information in the next newsletter regarding the Striders' vision.

Striders Meet of Champions

M Meet of Champions was successful again this year. "Lee Gillespie wrote, "Great Track Meet".

The M.O.C hosted 273 registrants who competed in nearly 500 entries. The entries and results were manually tabulated which lead meet director Brenda Matthews to claim that "It is definitely time to automate".

As we did in 2006, the M.O.C. welcomed competitors from the "open" and "youth" division. The youngest competitor was 15 and the oldest was 86 years old.

Big thanks to assistant meet director, Eric Dixon, Rick Muth, Jeanne Bowman, Steve Kacynski, Pat Shaw, Hugh Cobb, Al Ecsobosa, and Stan King for your help in making the 2007 Meet of Champions successful. Just as a note; Cal State Long Beach is resurfacing their track, and may not be available for use. We will keep you posted.

The complete list of results can be found on the Strider's website at www.scstriders.org, or in the July issue of the National Masters News.

California Senior Games

Cal Tech in Pasadena was the site of the California Senior Games. The Striders were out in full force

50 meters champions:

Ron Muranka M60, Roger Tsuda M70 Sam Flory M75, Brenda Matthews W55, Kathy Bergen W65.

100 meters Champions:

Lee Gillespie M65, Roger Tsuda, M 70, Brenda Matthews W55

200 Meters Champions:

Roger Tsuda M70, Brenda Matthews W55

Throw Champions:

Hal Smith M70 JT, Linda Cohn W50 JT DT, Annelies Steekelenburg W55 JT, Kathy Bergen W65 JT, DT Johnny Valien W80 JT, SP Brenda Matthews W55 SP.

Jump Champions

Linda Cohn W50 TJ, Johnnye Valien W80 TJ, Roger Tsuda M70 LJ, Barney Phillips M75 LJ, Brenda Matthews W55 LJ, Johnnye Valien W80 LJ, Greg Heet M60 HJ, Don Lies M75 HJ, Annelies Steekelenburg W55 HJ, Kathy Bergen W67 HJ, Johnnye Valien W80 HJ, Johnnye Valien W80 PV

Other Medalist included:

Barney Philips 2nd M75 50 meters, Francis Kishi 3rd M75 50 meters, Ernie Stucki 2nd M55 100 meters, Steve Melendez 3rd M55 100 meters, Ron Muranaka 3rd M60 100 meters. Jeanne Bowman 2nd W50 100 meters, Sam Flory M75 2nd 100 meters, Barney Phillips 3rd M 75 100 meters, Louis Beadle 5th M75 100 meters. Steve Kloch 2nd M55 200 meters, Ernie Stucki 3rd M200 meters, Ron Muranaka 6th M60 200 meters, Lee Gillespie 2nd M65 200 meters, Sam Flory 2nd M75 200 meters, Louis Beadle 3rd M75 200 meters, Jeanne Bowman 2nd W50 200 meters, Steve Ryan 2nd M65 400 meters, Louis Beadle 3rd M400 meters, Barney Phillips, 3rd M75 SP, Linda Cohn 2nd W50 SP & LJ, Kathy Bergen 2nd W65 SP, Annelies Steekelenburg 2nd W55 DT & LJ and Barney Phillips 2nd M75 HJ

Congratulations to all our Senior Olympians!

Winning isn't everything

For me, there is nothing more important than a good victory! One of the greatest NFL coaches of all time, Vincent Lombardi, once said, "Winning isn't everything. Wanting to win is.

2007 FEATURE TRACK MEETS

September 4-15, 2007, WMA, Riccione, Italy, WMA2007.org

September 24 San Diego Olympics TBA 619-226-1324, info@sdseniorgames.org

October 6 Club West Masters Meet UC Santa Barbara, Beverly Lewis 805-969-5852 b.earne@verizon.net

October 24, Self-Transcendence Masters Track & Field CSU Long Beach, 310-645-0271

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