



Striders Meet of Champions

Long Beach State was once again the site of

this year's Southern California Striders Meet of Champions. Nearly 140 athletes competed for championships medals in track and field. Participants received fashionable t-shirts that proved to be crowd pleasers. Unlike many other masters meets we offered subway sandwiches, chips and Gatorade at the snack bar which drew rave reviews from the participants.

Thanks to Jeanne Bowman and Ernie Stucki who manned our informational tent. Thanks also to all of the other Striders and volunteers who helped in ways too innumerable to mention.

Hugh Cobb is stepping down as the Southern California Striders meet of Champion meet director. We thank Hugh for his many years he served as meet director. Eric Dixon will take on the responsibility of SCSMC director next year. We are confident that Eric will continue the tradition of excellent started by Hugh. Hugh will continue as the club treasurer.

Our New Look

Yes, we have a new look. I am sure some of you have seen Eric Dixon, Colleen Barney, Brenda Matthews, Jeanne Bowman, and Rodney Johnson in our new team uniform. JL Designs in Santa Ana have made several renditions of the Striders uniform, including

speed suits, tank tops and running shorts. Eric is modeling the men's speed suit, Brenda is wearing the women's speed suit, Jeannie is modeling the strap top and runner's shorts, Rodney is wearing the 2 piece tank top and running shorts, Colleen Barney is modeling sports bra and women's bun huggers.



These uniforms can be ordered directly from JL Designs at 1-800-729-5563 ask for Laurie. Note: The Strider's logo will only go on apparel approved by the Strider's uniform committee. The traditional singlet and red shorts will also continue to be part of the Southern California Striders uniform. The traditional singlet uniform and red running shorts are available for \$25.00 plus \$5.00 shipping. The custom made uniforms are an optional uniform.

Do You Know Your Association Affiliation?

IF you did not indicate that you belong to the Southern California Striders on your USATF membership renewal applications chances are that you are not recognized as a Southern California Strider. We have several members that live in different associations. For the record, the Southern California Striders is part of the Southern California Association. Orange County and Los Angeles County are part of this association. If you live in San Diego County or any other county you can not compete as a Strider at Regional and National Championships meets. To be recognized as a member of the Striders, you must get permission from your association to change association. Below you will find the relevant provisions in the regulation that addresses member Associations affiliations:

REGULATION 7

REPRESENTATION

A General: An athlete shall be considered a member of the Association in which the athlete is a bona fide resident except as otherwise provided in paragraph B below:

B Residency exceptions: An Association may permit an athlete who is a bona fide resident to be a member of another Association by agreement of the two Associations. Agreement may concern individual athletes or all athletes who reside in a certain area. An athlete who is unable to obtain an agreement of the two Associations may appeal to the NABR, which shall conduct a hearing by conference call and make a determination on the basis of what is in the best interests of the sport and of the athlete.

C Transfers:

1 Between Associations: In order to transfer membership from one Association to another, an athlete shall present a document from the previous Association indicating the last date of competition in an attached or unattached status and that the athlete is in good standing in that Association

Strider's in Hawaii

The Striders will be well represented in Hawaii at the National Masters Championships. As of July 14, 2005, Paul Bambrook, Jeanne Bowman, Rodney Brown, Bob Davidson, Gerry Davidson, Eric Dixon, Raymond Fitzhugh, Arnold Gaynor, Rodney Johnson, Frank Kishi, Don Leis, Brenda Matthews, Lynn Naftel, Barney Phillips, Debbie Selby, Jim Selby, Doug Smith, Ernie Stucki, Doug Tomlinson, Lorraine Tucker, and Johnnye Valien will compete in Hawaii. The team will gather for a group picture on August 5. Time and Location will be announced.

2005 MEETS:

7/23/05 - 7/24/05 Western Regional Track Meet, The Home Depot Center in Carson.

8/04/05 - 8/07/05 National Masters Championships, Honolulu, Hawaii

8/22/05 - 9/2/05 World Masters Championships, San Sebastian, Spain

8/28/05 Master's Invitational Track and Field Meet @ Santa Ana College

9/25/05 San Diego Senior Olympics 2 San Diego State University www.sdseniorgames.org

9/30, 10/1, 10/2 / 2005, Nevada Senior Games @ UNLV, Las Vegas.

www.nevadaseniorolympics.com

10/3,4 & 5/2005 Huntsman World Senior Games @ St. George, Utah. www.hwsg.com.

Contact Us:

PRESIDENT Brenda Matthews 714-779-3416
Marklane1212@sbcglobal.net

VICE PRESIDENT Eric Dixon 949-831-1336
tbtc@cox.net.

NEWSLETTER EDITOR Colleen Barney
949-646-8909 Esttaxes@aol.com