#### **NEW MEMBERS**

Let's welcome new club members:

Bonnie Iorfido

30-39

Jerry Strauss

40-49

Let's also welcome our renewals:

Chris Horton

20-29

Please accept my deepest apology for the late receipt of the August/September Newsletter.
Unfortunately, lack of time is not a good reason but is my only one. Remember: Vice President
--Communications will be open for re-election on November 14th!!

### **ANNUAL AWARDS BANQUET AND MEETING:**

On August 29th at 6:30pm, the club held its annual awards banquet. Attendees at this year's banquet included: Linda Greenwald, Jack Greenwald, Eileen Smith, Denver Smith, Allen Ray, Jack Brunner, Richard Russell, Richard Turner, Jeff Gerson, Cathi Gerson, Bob Thomas, Roberta Thomas, David Griffin (Guest Speaker), Lawrence Finley, Patricia Finley, Jerry Plate, Sue Plate, Mitzi Carey, Bill Carey, Dorothy Wilson, Al Wilson, Patricia Van Hook, Maria Wilson, Rodney Wilson, Allan Jackson, Mrs. Jackson, Bernice Coats, Grover Coats, Reggie Coats, Angela Coats, Brenda Ellis.

#### Meeting:

As was mentioned in the previous newsletter, Jeff Gerson will be stepping down from the office of the President in this November's club meeting. Please think carefully and seriously about holding an office for the 1993 season. All offices are open for re-election. If you are interested in running for a particular office, please contact Patricia Finley to add your name to the slate.

On October 6th, Allan Jackson and Byron Fike are being inducted to the Akron Senior Olympics Hall of Fame. GREAT JOB GENTLEMEN!!

The National Decathlon will be held in Columbus in 1992.

Jeff has 3 unclaimed medals belonging to club members from last year's National Cross Country meet in Columbus. If you did not receive your medal last year, contact Jeff.

MANY THANKS to Rudy Bredenbeck who will be donating funds to next year's Cleveland Track Classic on behalf of his father Richard Bredenbeck. We appreciate the contributions of both Rudy and Richard!!

There will be 4 meets next year at Marshall University in Huntington, West Virginia. The meets will be on March 13th and 27th and April 7th and 21st.

November 8th is the National Masters 5K Cross Country Championships (open runners may also compete in open group). Let's try to take down a few teams. Over The Hill is co-hosting this event.

Over The Hill Track Club

### **ANNUAL AWARDS BANQUET AND MEETING (continued):**

National Masters Indoors will be held in Bozeman, Montana from March 20-22. If anyone is interested in participating, contact Rodney Wilson (921-5651).

The previously called "Maple Heights" meet will be held in 1993 at BALDWIN WALLACE College, thanks to Larry Siefert. The date will not be finalized by the school until November 5th. but it will be January 9th or 10th, so clear your calendars. Please begin to think about what post you would like to work during this event. The workers from last year did an excellent job and were much appreciated. It would be advantageous to be able to utilize your experience once again. If you would like to volunteer, please contact Patricia or Lawrence Finley (we'll be calling you soon).

### NOW THE MOMENT YOU'VE ALL BEEN WAITING FOR...THE AWARDS:

Meet Awards:			
1991 University School Cross Country	Women's Team	1st	Patricia Finley
	40-49 Men	1st	Jerry Plate
	30-39 Men	1st	Grover Coats
1991 National Cross Country Meet	Masters Women	2nd	Patricia Finley
	Open Men	1st	Bob Thomas
	60-69 Men	2nd	Bill Carey
1991 Lake TAC Cross Country	30-39 Men	1st	Lawrence Finley
	40-49 Men	1st	Jerry Plate
1992 Lake Erie Indoor Championships	Women's Team	1st	Patricia Finley
	Men's Team	1st	Richard Russell
1992 North Coast Relays	Men's Team	1st	Allen Ray
1992 Cleveland Track Classic	Open Men	1st	Reggie Coats
	Masters Men	1st	Denver Smith
	Open Women	2nd	Angela Coats
	Masters Women	2nd	Brenda Ellis
Special Awards:			

60+ Men	Most Valuable Athlete	Denver Smith
		8 Time Decathlon champ!
60+ Men	Most Valuable Athlete	Jack Greenwald
50+ Men	Most Valuable Athlete	Grover Coats
Women	Most Valuable Athlete	Patricia Finley
	Bill Jordan Award	Rodney Wilson

The Bill Jordan award is given in memory of an outstanding athlete and human being who was a member of the club. Previous Bill Jordan award winners include:

1987	Byron Fike
1988	Richard Russell
1989	<b>Grover Coats</b>
1990	Jeff Gerson
1991	Patricia Finley

This award will always be special, as will the people the receive it.

### VICE PRESIDENT(S) - COMMUNICATION NEWSLETTER UPDATE

REPORT OF CASH FLOW			
Remaining Funds from previous month	,	\$	28.23
Check received ()	-	\$	0.00
Beginning balance		\$	28.23
Copying expenses (7/92)			
105 Copies X \$0.064 per copy	= :	\$	67.20
plus tax (7%)	-		4.70
Total copying cost for Newsletter	- 3	\$	<u>71.90</u>
Amount remaining	- 5	\$	43.67
Postal expenses (7/92)			
\$0.75 per Newsletter X 100 Newsletters	9	\$	75.00
(Note: total July Newsletter cost = \$166.70)			
Membership forms sent per club members			
requests (4 X \$0.29)	3	<u> </u>	1.16
Total Postage	9	<u> </u>	<u>76.16</u>
Total remaining for August/September Newsletter	- 9	<b>5</b> ]	19.83
REPORT OF SUPPLIES			
\$0.75 stamps purchased for club members & specials			100
plus stamps remaining from previous month			<u>00</u>
Total beginning stamps			100
less primary club members	_		<u>96</u>
Stamps remaining after club members			4
Less special mailings(West Penn., WolfPack, N.M. News)	=		3
\$0.29 Stamps remaining for August/Sept. Newsletter	_		0
\$0.52 Stamps remaining for August/Sept. Newsletter	-		0
\$0.75 Stamps remaining for August/Sept. Newsletter	_		1

NOTE: All memberships forms received from this point will expire 12/31/93. Please use the recruitment information enclosed to recruit new members!

FROM THE MOUSE PAD OF THE SECRETARY...

### Happy August/September/October Birthday to....

<b>AUG</b>	UST:
Iohn	Rutle

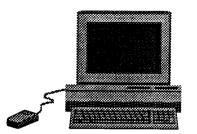
John Rutledge	14th	Patricia Finley	20th
Norman Thomas	21st	Jerry Strauss	23rd
David Morgan	27th	•	

### **SEPTEMBER:**

Fred Hirsimaki	3rd	Norm Bower	4th
Leo Miller	12th	Todd Smith	14th
Adam Dombeck	16th	Sallie Stiegelmeier	21st
Monroe Goins	21st	Gary Blake	22nd
David Baecker	23rd		

### **OCTOBER:**

OCIODEIX.			
Denver Smith	2nd	Dick Turner	7th
Margaret Quell	21st	Reginald Coats	21st
Paul Heyse	25th	Monica Hiris	25th
Dick Cavicchi	27th	Brian Blake	29th



### **SCHEDULE OF MEETS:**

* National Masters Champ. Columbus Invitational	November 8th	John White	614-459-2547
Lake Erie TAC Cross Country Championships	November 14th	Jeff Gerson	216-382-2656
+ Cleveland Athletic Club 5K Run & 2 Mile walk	November 15th	HMA Sports	216-831-4435
* Midwest Cross Country Challenge	November 15th	Info. Enclosed	
Ohio TACTAC 100K (60K, 50Mile & 100K)	November 28th	Bill Heminger	419-726-4336

- \* Form enclosed
- + Form available upon request

OFFICERS AND ACE CROLES COORDINATIONS			
OFFICERS AND AGE GROUP COORDINATORS Club Officers			
PRESIDENT	Jeff Gerson	382-2656	
VICE PRESIDENT PROGRAMS	Brenda Ellis	226-5761	
VICE PRESIDENT COMMUNICATIONS	Lawrence/Patricia Finley	751-7187	
SECRETARY	Patricia Finley	751-7187 751-7187	
TREASURER	Jack Brunner	659-6933	
TREASURER	Jack Dialinei	W9-0933	
Age Group Coordinators			
WOMEN (All ages)	Patricia Finley	751-7187	
29 & UNDER MEN	NEEDED		
30-39 MEN	Bob Thomas	252-2610	
40-49 MEN	Irvin Taylor	663-7332	
50-59 MEN	John Sloan	1-492-5007	
60 + MEN	Jack Greenwald	327-3762	
LONG DISTANCE	Bob Bridges	1-725-5664	
RACEWALK	Tim Bailey	871-9590	
WEIGHT THROWS	Norm Bower	273-2413	

#### WOMEN ON THE MOVE

#### **BABY NEWS!!!**

We can now welcome back Therese Stepanek!!! Therese gave birth to a bouncing baby boy on August 5th. Timothy James, Jr. weighed in at 9 pounds 10 ounces. CONGRATULATIONS to Therese and Tim!!

Congratulations are also in order for Monroe and Danita Goins. They welcomed a beautiful baby girl on September 2nd. Candace Patrice weighed in at 6 pounds 7 ounces. CONGRATULATIONS to Danita and Monroe.

Look out Over The Hill for the two future Track & Field stars!!

### **NATIONAL CROSS COUNTRY MEET:**

This year's National Cross Country meet is looking very slim. So far I have confirmations for Bonnie Iorfido (our newest club member!), Cathi Gerson and me. It is always better to have more than "just enough" for a team. We would appreciate help from the other female club members. (Monica are you coming?)

#### **RELAY TALK:**

Although we have not received a final date for our January meet, it is definite that we will be using Baldwin-Wallace's facility. As always, the meet will have a medley relay (400, 200, 200, 800). We have great potential for 2 relays, yes I said 2, given the women in the club. How you ask, look at this:

	Team 1 Open	Team 2 Masters
400	Debbie Yurth	Patricia Finley/Monica Hiris
200	Angela Coats	Sallie Stiegelmeier/Mary Patterson
200	Brenda Ellis	Patrice Thomas
800	Therese Stepanek	Bonnie Iorfido/Sue Stiegelmeier

Looks possible to me! Also there is a mile relay. Our outdoor club record was set in 1991 at 4:19 by Debbie Yurth, Monica Hiris, Patricia Finley and Therese Stepanek. I think we can set a new indoor record in January, let me know!!!

For the 800 meter runners in the club, there is a 2 mile relay. Possibilities here would include: Debbie Yurth, Sue Stiegelmeier, Bonnie Iorfido, Monica Hiris, Julie Cole-Everett, Therese Stepanek

For those of you who like yet even longer distances, there is a 2 mile run. I can see: Sue Stiegelmeier, Bonnie Iorfido, Judith Tisdale, Julie Cole-Everett, Margaret Quell

Last but not least, if you do not plan to compete in the meet in January and you are available, please plan to help...we can't do it without your help!! (Sign up sheets will be in the October Newsletter)

Over The Hill Track Club

### MIDWEST CROSS-COUNTRY CHALLENGE

### Second Annual

SPONSORED BY:







WHAT:

Ohio TAC X-Country Championships WHEN: Sunday, November 15

8K Mens Open & Masters 5K Womens Open & Masters

10:30 - All Women - 5K 11:00 - Open Men - 8K 11:45 - Masters Men - 8K WHERE:

Deerfield Park, NE Cincinn near Kings Island.

Call Scott Brooker for Directions (513) 860-2253

CHAPEL:

9:00 and immediately proceeding awards. Hosted by

**HOSTED BY:** 





**AWARDS & DOOR PRIZES:** 

Flights to National Meet; Cash; Shoes; Age group Medals; Dinner at local resturants

Award Categories for each of the 3 races:

Overall (team & individual);

Ohio TAC Championship(team & indvdf) Local-{zip codes 452,450,410} (individual only)

TEAMS:

The 3 team categories are women, men, and masters men. For each category 5 will score, 8 may declare.

All-star teams will be accepted, i.e. a team does not need to be a TAC club or represent a TAC Assn.

ELITE ATHLETES Contact Scott & Jane Brooker for flights and accomodations. (513)860-2253,

Is great for the recreational runner warming-up for a Thanksgiving 10K, as well as

those athletes preparing for TAC X-Country Nationals just 2 weeks later.

COURSE:

Landen Deerfield Park is a county park which provides wide trails, excellent footing, and a few moderate hills, just for

fun. It is an excellent spectator course.

**ENTRY FEE:** 

Rec'd Prior to Nov. 2nd: \$7/Individual and \$35/team (team must register together)

Rec'd AFTER Nov 2nd: \$9/individual and \$45/team

Race day entries will be accepted

All money is non-refundable

TAC CARDS:

TAC cards are required for Ohio TAC Championships and will be on sale day of the race.

### **FOOD PROVIDED by:**

Name:	dual Entry or Captai				Sex: Male or Female
Address:			Your TAC number:		
			Phone:		
Signature			Date:		
	(parent's signatute if u	inder 18)	<del></del>	· · · · · · · · · · · · · · · · · · ·	
			dure, administratore, and seignees, de hereby re region of the Midwest Cross-Country Challenge		
			tops risks, that I assume and pay my own mode	•	
			t am physically fit and sufficiently trained to par		
Team Member Name	•	Age	TAC Number	SSN#	
	•	Age	TAC Number	SSN#	
#2		Age	TAC Number	SSN#	
#2 #3		Ag•	TAC Number	SSN#	
#2 #3 #4		Ag•	TAC Number	SSN#	
Team Member Name #2 #3 #4 #5		Age	TAC Number	SSN#	
#2 #3 #4 #5		Ag•	TAC Number	SSN#	

MAKE CHECKS PAYABLE TO: MAIL CHECKS & ENTRIES TO: Cincinnati Athletic Association Scott Brooker, 8132 Timberjack Way, West Chester, OH 45069

### AT THE CLEVELAND SKI & WINTER SPORTS FAIR

Races will start and finish with a lap inside the largest Convention facility in the world.

An indoor/outdoor event at the I-X Center during the Cleveland Ski & Winter Sports Fair

TIME: 9:30 A.M. RUN / 10:00 A.M. WALK

SUNDAY, NOVEMBER 15, 1992

DATE:

**FEATURING:** 

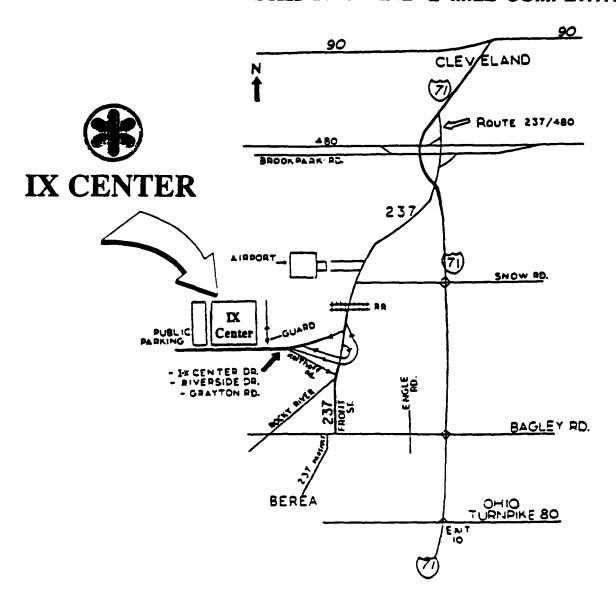
DISTANCE	5K Run (3.1 mile) and 2 mile Competitive Fitness Walk. T.A.C. sanction and certified.					
SPECIAL ATTRACTIONS:		s will receive FREE ADMISSION (Sunday only) to the Cleveland Ski & Winter Sports Fair. colorful T-shirts to the first 500 entrants; refreshments, mile timers.				
ENTRY FEE:	RUN Pre-registration: \$9.00 WALK Pre-registration: \$9.00					
REGISTRATION:	Send check or money order to CAC Championship Race - P.O. Box 22622, Cleveland, Ohio 44122.  Make checks payable to CAC Championship Race or drop off at Fastrack in the Arcade.					
REGISTRATION AND PACKET PICK-UP	8:00 A.M. AT THE I-X CENTE	R				
MERCHANDISE AWARDS:		cate				
AWARDS:	RUN AWARDS: To overall top 3 men and top 3 women in the following age groups (5K only):  Male: 14-under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+, 200 lb., and wheelchair  Female: 14-under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60+					
	WALK AWARDS Top 3 men - Top 3 women and the following age groups Male/Female 29-under, 30-39, 40-49, 50-59, 60+					
FOR FURTHER INFO:	HMA Sports - (216) 831-4435					
	RY FORM to address indicated below)					
NAME	,	In consideration of your accepting this entry, I hereby, for myself, heirs, executors, and administrators, waive and release any and all rights and				
		claims for damages I may have against The Cleveland Athletic Club, the I-X center, HMA Sports, Inc., 1992 Cleveland Ski and Winter Sports Fair				
ADDRESS	STATE ZIP	and The Plain Dealer, or their representatives, employees, successors, and assigns for any and all injuries suffered by me in this event. I further				
PHONE	attest and certify that I am physically fit and am sufficiently trai  SHIRT SIZE: S M L XL competition in this event.					
SEXAGE	5K WALK					
WHEELCHAIR 200	) lb+					
PC	ampionship Race ) Box 22622 and OH 44122	Signature				

Parent's Signature (if under 18)

Make checks payable to: CAC Championship Race



# CLEVELAND ATHLETIC CLUB 5K CHAMPIONSHIP RUN AND 2 MILE COMPETITIVE WALK



### NATIONAL MASTERS CHAMPIONSHIPS **COLUMBUS INVITATIONAL** 5 Km Cross-Country Run Columbus, Ohio, November 8, 1992

INVITATION: Athletes and coaches are invited to participate in the National TAC Masters 5 km Cross - Country Championships to be held on Sunday, November 8, 1992 at the Airport Golf Course in Columbus, Ohio. This meet includes a Columbus Invitational, thus making it possible to offer Open and Masters individual and team competition.

SPONSOR: Columbus Recreation and Parks Department

HOSTS: Wolfpack Track Club and Over-the-Hill Track Club

PLACE: Airport Golf Course, 900 N Hamilton, Columbus, Ohio [614] 645-3127 (near Columbus Airport and I-270 Beltway East)

EVENTS:

9:30 am 10:00 am Open and Submasters Men (39 & Under) Open, Submasters, and Masters Women

Note: more races will be conducted if required by number of preentries.

10:45 am 11:15 am Masters Men (40 - 49) Masters Men (50 & Over)

AWARDS CEREMONIES: The Masters awards ceremony will commence at 12 noon. Announcement of the Open and Submasters awards will be provided approximately 45 minutes after their events.

SANCTION: Ohio Athletics Congress - meet subject to TAC drug test program OFFICIALS: TAC Certified Officials in all key positions

INDIVIDUAL AGE GROUPS: Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95&O

INDIVIDUAL AWARDS: TAC medals to the top 3 runners per age group or the top 25% of the field, whichever is greater; a minimum of 6 medals for the Open division; special awards for the Open, Masters, and Age - Graded Champions; other finishers will receive a Victory medal, if present at the awards ceremony.

INDIVIDUAL CHAMPION PATCHES: awarded to the U.S. Masters age group champions (40 & Over)

TEAM AGE GROUPS (M & W): Open, 30 & Over, 40 & Over, 50 & Over, 60 & Over, 70 & Over, 80 & Over, and 90 & Over

TEAMS:

Best 5 of 8 runners; Men - Open, 30 & Over, 40 & Over, and 50 & Over

Best 3 of 5 runners;

All Women including Open; Men - 60 & Over, 70 & Over, etc.

TEAM SCORING: Masters - aggregate (total) time of scoring members; Open and Submasters - simple scoring by position.

TEAM AWARDS: Medals to all finishing members of the top three teams; Small team trophy awarded to the top three teams

TEAM CHAMPION PATCH: awarded to all finishing members of Masters team champions

TEAM ROSTERS: Identify by 11/3/92 - register each athlete individually; submit separate list for each age - group - team on the team entry form; coach / manager's name should be given as the point - of - contact for any questions.

CANADIAN / FOREIGN ATHLETES AND TEAMS: Must be registered athletes, may compete for equivalent awards, may have names listed in results, may not displace TAC/USA members from awards. Resident aliens (Green card holders) may compete for the US awards and must be TAC members.

ENTRY FEE: \$8.00 before 11/3/92; \$10.00 thereafter; no T-shirt included with this fee; order T-shirt with entry application.

MAKE CHECKS PAYABLE TO: Wolfpack TC T-SHIRTS: 200 red commemorative T-shirts will be on sale for \$8.00 each.

MEET DIRECTOR:

John White, 4865 Arthur Place, Columbus, Ohio 43220

MEET RESULTS: Mailed to

all official entries.

TAC CARDS: available at the meet; Ohio TAC Residents - \$9.00; all others - \$12.00

days and evenings: (614) 459 - 2547

OHIO TAC MEMBERSHIP: send an SASE to OAC Secy, PO Box 5848, Dayton, OH 45405.

### NATIONAL MASTERS 5 KM CROSS-COUNTRY CHAMPIONSHIPS (Continued)

**ELIGIBILITY**: Masters athletes must have a 1992 or 1993 TAC Card; teams must provide proof of club TAC membership prior to the race by means of a TAC Certificate or an Association letter; NCAA / NAIA university / college teams may run in the Open Division.

MEET MANAGEMENT: Reserves the right to ask for proof of age, TAC membership, and residence as specified in the TAC Rulebook. The addition of late entries to a team will require an appeal to the race referee.

MASTERS LDR GUIDELINES: available from Carole Langenbach, MLDR Secy, 4261 S 184th St, Seattle, WA 98188, [206] 433-8868.

EARLY REGISTRATION: Applications received prior to October 26 will be sent packet information, such as the course map.

EARLY PACKET PICKUP AND LATE REGISTRATION: Available in the Meet Registration Area of the Quality Inn from 4 pm until 9 pm on Saturday, Nov 7. Race schedule changes, if any, will be posted in the motel lobby.

RACE DAY REGISTRATION: opens at 7:30 a.m. and closes 30 minutes prior to each race for individual entries; each runner must wear a race number on the front and an age group designation on the front and back of the uniform top.

COURSE: single figure-8 loop on a golf course perimeter with inspectors; mostly grass with some dirt; mowed, coned, flag-marked with a painted line; rolling golf course rough with a 40-foot total altitude change; spikes recommended, especially if there is rain.

**FACILITIES**: adequate parking, water, restrooms, central spectator viewing; marginal locker rooms with showers are available - athletes are advised to come ready to run; for post race showers, we recommend that you ask your motel for a late checkout where possible.

DIRECTIONS: The Airport Golf Course is 2 miles directly east of the Port Columbus International Airport terminal just inside the eastern section of the city beltway I-270. From I-70 exit at Hamilton Rd and go north 4.4 miles. From I-270 exit at Hamilton Rd and go south 0.7 miles. The Golf Course is on the east side. From the airport terminal area take Sawyer Rd eastward to Hamilton Rd and the Golf Course. The Headquarters Motel is located 1.5 miles south of the Golf Course at Hamilton Rd and Broad St.

CONVENIENT MOTELS\* (all located 2-5 miles from the airport and golf course; motel courtesy vans are available at the airport):

Quality Inn	4801 E Broad St	800-221-2222	<b>\$</b> 50 1 - 4
•	(at Hamilton Rd)	614-861-0321	in party
Concourse Hotel	4300 International Gateway	800-541-4574	<b>\$7</b> 0 1 - 4
	(at the airport)	614-237-2515	in party
Cross-Country Inn	4240 International Gateway	800-621-1429	\$54 2 dbl
<b></b>	(at the airport)	614-237-3403	beds/room
Holiday Inn	750 Stelzer Rd	800-465-4329	<b>\$65 1 - 4</b>
-	(2 mi sw of airport)	614-237-6360	wknd special
•		800-333-3333	\$59 supersaver
	(3 mi w of airport)	614-475-7551	\$85 otherwise
	Quality Inn Concourse Hotel Cross-Country Inn Holiday Inn (Holidome) The Radisson	(at Hamilton Rd)  Concourse Hotel 4300 International Gateway (at the airport)  Cross-Country Inn 4240 International Gateway (at the airport)  Holiday Inn 750 Stelzer Rd (Holidome) (2 mi sw of airport)  The Radisson 1375 Cassady Av	(at Hamilton Rd) 614-861-0321  Concourse Hotel 4300 International Gateway 800-541-4574 (at the airport) 614-237-2515  Cross-Country Inn 4240 International Gateway 800-621-1429 (at the airport) 614-237-3403  Holiday Inn 750 Stelzer Rd 800-465-4329 (Holidome) (2 mi sw of airport) 614-237-6360  The Radisson 1375 Cassady Av 800-333-3333

<sup>\*</sup> Ask for weekend special / supersaver / National Masters Meet prices; our data are from 8/24/92; tax will be added; the Quality Inn recommended early motel registration due to the occurrence of other scheduled events that weekend.

SATURDAY EVENING: All runners, coaches, and meet workers are invited to visit the Meet Registration Area at the Quality Inn on Saturday evening, Nov 7 starting at 4:00 p.m. We will have T-shirts, registration packets, late registration, fellowship, and one or two experts who will provide the benefit of their knowledge.

AIRPORT GOLF COURSE: The Golf Course is operated by the Columbus Recreation and Parks Department, James W Barney, Director. The course will be closed to golfers until 12 noon on race day. The course will be open continuously to runners from 8:30 a.m. until noon on race day. Please respect the rules of the golf course and the rights of any golfers you encounter.

SPECIAL COURTESY TRANSPORTATION: On Sunday morning only, a special meet van will operate between the Hqs Motel (Quality Inn), the Airport Golf Course, and the Columbus Airport main terminal area. This meet van will have an identifying sign and will supplement the carrying capacity of the Quality Inn van. Allow extra time if you plan to use this convenient service.

CAR DISCOUNT OFFER: Budget Car Rental (airport), Paul Negulescu, 614-471-2434 or 1-800-937-3930; 24 hours and unlimited miles; rates based on 14-day advanced booking; economy size-\$31.99, intermediate-\$39.99, and full size-\$44.99. The two-day minimum weekend rates are economy-\$17.90, intermediate-\$19.94, and full size-\$24.94. Mention the name of the meet.

THINGS TO DO IN COLUMBUS: College football - Minnesota vs Ohio State (Nov 7); Ohio State High School Cross-Country Championships at Scioto Downs (Nov 7); City Center Mall (big league shopping); German Village; French Market; Brewery District; State Capital (downtown); COSI (science museum); Ohio Historical Museum; Hocking Hills; Olentangy Caverns; Muirfield Village (golf).

### NATIONAL MASTERS 5 KM CROSS-COUNTRY CHAMPIONSHIPS (photocopy as required)

#### Team Roster - Submit to the Meet Director

CLUB:	TEAM A	GE GROUP:	GENDER:
COACH/MANAGER'S NAME	<u></u>	PHON	IE:
ADDRESS:	CIT	Y/STATE/ZIP:	
NAME OF ATHLETE	AGE ON 11/8/92	NAME OF ATHLETE	AGE ON 11/8/92
#1		#5	
#2		#6	
#3		#7	
#4			
************	******	************	******
Individu	al Entry Form - Se	ubmit to the Meet Direc	tor
NAME:		_GENDER:PHONE:	
ADDRESS:	CITY/	STATE/ZIP:	
AGE AS OF 11/8/92:	BIRTHDATE:	TAC CLUB:_	
IF RUNNING ON A TEAM,	PLEASE GIVE THE	TEAM AGE GROUP:	
1992 OR 1993 TAC CARD	#:	(required of a	all Masters [40 & Over])
T-SHIRTS ORDERED:	SIZE @ \$8.00 E	ACH (circle one): m	nedium large
IN CONSIDERATION OF TH EXECUTORS, ADMINISTRATE DAMAGES, INCLUDING CONTHE OVER-THE-HILL TRACEDEPARTMENT, THE SPONS REPRESENTATIVES, SUCCEME OR MY CHILD (ATHLET SUFFICIENTLY TO PARTICIF	IS ENTRY BEING AGORS, AND ASSIGNS VISEQUENTIAL, I MAY K CLUB, THEIR MEMORS, THE RACE COESSORS, AND ASSIGNED AT THIS RACE.	CCEPTED, I HEREBY FOR VAIVE AND RELEASE ANY HAVE AGAINST THE WOR IBERS, COLUMBUS REC DMMITTEE, THE RACE O NS FOR ANY AND ALL IN I CERTIFY THAT THE AT E-COUNTRY RACE.	R MYSELF, MY HEIRS, YAND ALL CLAIMS FOR LFPACK TRACK CLUB, REATION AND PARKS FFICIALS, AND THEIR JURIES SUFFERED BY THEIR HAS TRAINED
(SIGNED)		_ATHLETE (PARENT, it	f under 18 years old)
**********	****	********	******

### ALL TAC SANCTIONED COMPETITIONS ARE SUBJECT TO DRUG TESTING

Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event, and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at 1-800-233-0393. [TAC Memo,1/27/87] This notice is effective at all TAC Sanctioned Meets and does not mean that plans for actual drug testing at this cross-country meet have been announced.

MASTERS 5 KM X-C 4865 Arthur Place Columbus, OH 43220-3102

### NATIONAL MASTERS CHAMPIONSHIPS COLUMBUS INVITATIONAL 5 Km Cross-Country Run Columbus, Ohio, November 8, 1992







Over the Hill Track Club



# Quality Inn – East Columbus, Ohio

Location: The Quality Inn, located on the main intersection of Hamilton & Broad Streets, is 1 mile west of Interstate 270 at Exit 39, and approximately ten minutes from Port Columbus International Airport. Twenty-four hour courtesy airport transportation is available. Public transportation is accessible to all major parts of the city, located 7 miles from the inn. Convenient shopping centers are within a 3 mile radius. Major businesses such as McDonnell Douglas, AT&T/Bell Laboratories, and Cardinal Industries are within 4 miles.



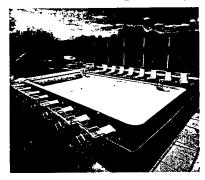


Accommodations: There are one hundred fifty-one spacious, recently upgraded sleeping rooms and 1 parlor suite with connecting bedrooms available. The inn offers complimentary parking, non-smoking rooms, individually controlled heating and air conditioning, color television with ESPN, CNN, and free in-room movies, and, for an extra charge, Satellite Cinema. Room service is available between 6:30 am and 10 pm.

Dining: The Jitterbug Cafe-East, a 50's theme restaurant and lounge is located in the facility. The dining room is open from 6:30 am to 2:00 pm for breakfast and lunch. Dinners and light fare are served from 2:00 pm until 10:00 pm. To complement the spirits served nightly from 1:00 pm until 2:00 am, the Jitterbug offers DJ and specialty entertainment.



Meeting and Banquet Rooms: The meeting and banquet facilities for up to two hundred fifty persons are all carpeted and have individual controls for heating, air conditioning, and lighting. In addition to the Ballroom, which divides into three smaller sections, the Columbus Room will accommodate up to forty persons.



Recreation Facilities and Local Attractions: Within 1 mile are a public golf course and tennis courts. Nearby is a complete fitness center offering a discount for Quality Inn guests. Onsite is a seasonal pool with pool bar, a game room, and a miniature putting green.

Method of Payment Accepted: Acceptable are cash or the following credit cards: American Express, Visa, MasterCard, Diner's Club, J.C.B., Carte Blanche, and the Discover Card. With prior approval of our credit department, direct billing with businesses can be established.

OTHTC MEN 40 - 49 AGE GROUP CLU	B RECORDS	8-18-92
100 yds	10.67	G. Coats
100 m	11.1	G. Coats
110m hurdles (39°)	15.4	S. Tyler
200m	23.8	S. Tyler
		-
220yds	24.0	G. Coats
400m	54.2	G. Coats
400m hurdles (36")	1:03.9	S. Tyler
800m	2:10	N. Thomas
1500m	4:35.6	D. Baecker
Mile (1600)	4:53.1	D. Baecker
2 mile (3200)	11:28	J. Gerson
3000m	10:09.3	D. Baecker
3 mile	16:40.5	J. Bixler
5000m	13:44	J. Gerson
1 mile racewalk	10:59.8	J. Barrett
3000m racewalk	20:16	C. Hall
KELAIS		
4 x 100		L. McClain, G. Coats
		G. Smith, P. Williams
4 x 200	1:43.1	
4 x 400	4:18.1	R. Scola, G. Coats,
		L. McClain, J. Gerson
4 x 800	9:46.25	N. Thomas, J. Gerson,
		B. Kuebler, G. Coats

•

### FIELD EVENTS

High Jump	5 ' 4 "	Dave Morgan
Long Jump	19'1 1/2	Theo Morrow
Triple Jump	36'11"	Theo Morrow
Shot Put	46'8 1/2	Mike Cavotta
Javelin	165'7"	Dave Morgan
Discus	149'8"	George Mirka
Hammer (16#)	137'5"	Norm Bower
35# WT	46'11"	Norm Bower
56# WT	28*7 1/2	Norm Bower
98# ₩T	10'6"	Dick Mann
Weight Pent.	2809 pts	Dick Mann
Decathlon	4809 pts	Ed Hoyle

Patricia B. Finley Over The Hill Track Club 20610 East Sunset Drive Warrensville Hts., Ohio 44122 (216) 751-7187

Dear Track Star:

According to our club records you are currently not affiliated with a track club or organization. Based on this information, I would like to take this opportunity to introduce you to the Over the Hill Track Club.

Over The Hill currently has approximately 110 members ranging in ages from 14 to 90 years. Each age group is lead by a coordinator responsible for organization of relays and the general coordination of the age group. The women's coordinator works with women of all ages. In addition to catering to track needs, we also have a Racewalk coordinator, a long distance runners coordinator and a weight throws coordinator.

Some of the services/events offered by the club include:

monthly newsletter keeping you informed of the upcoming meets and a place where you can display your results

practice clusters, based on residence
quarterly club meetings to discuss club business and season planning

indoor meet, 2 outdoor meets and 2 cross country meets, all directed by club members

an annual awards banquet

an annual club picnic
developmental meets during outdoor track season
discount on club uniforms and sweats

What we ask in return is a \$25 annual membership fee, your time and attendance at both meetings and meets, and your talents. We also ask that if you are not competing at a particular club sponsored event, that you assist with running the event (timing and assisting with field events).

Over The Hill offers what I have mentioned and so much more. If you have any questions, feel free to contact me at 216-751-7187. I look forward to receiving your membership form and working with you as a club member!

Sincerely,

Patricia B. Finley Secretary, Over The Hill Track Club



Over The Hill Track Patricia B. Finley 20610 E Sunset Warrensville, OH 44122

# OVER THE HILL TRACK CLUB

For year ending: 12/31/ Membership Status: New [ ]	Membership Type:		Individual \$25 [ ] Family \$35 [ ]		
Renewal [ ]			NTS le if a	pplical	ble)
Name:	Birthdate:	Sp	MD	ХC	нт
Address:	Apt. No.:	Re	Ju	Hrd	WT
City: State:	Zip:	WP	Mr	PV	RW
Home Phone: ( ) Business Ph.:	Sex: Age:				
FAMILY MEMBERS:					
Name:	Birthdate:	Sp	MD	ХC	HT
Sex:	Age:	Re	Ju	Hrd	WT
	•	WP	Mr	PV	RW
Name:	Birthdate:	Sp	MD	XC	HT
Sex:	Age:	Re	Ju	Hrd	WT
		WP	Mr	PV	RW
Name:	Birthdate:	Sp	MD	XC	нт
Sex:	Age:	Re	Ju	Hrd	WT
		WP	Mr	PV	RW
Name:	Birthdate:	Sp	MD	XC	HT
Sex:	Age:	Re	Ju	Hrd	WT
		WP	Mr	PV	RW
Name:	Birthdate:	Sp	MD	хC	HT
Sex:	Age:	Re	Ju	Hrd	WT
		1170	1/-	DV.	DW.

44313.

Checks payable to Summ

County Sports Hall of Fam

should be sent to Hal Schoonove

691 Castle Blvd., Akron, Ohi

## Cuzy's wins 3-on-3 title; Bredenbeck excels

There you go again.

The News Leader has kept up with the exploits of several local youngsters who are honing their basketball skills over the summer by playing in various team and 3-on-3 tournaments.

Well, they're still at it.

Several of those players far

Several of those players fared rather well at the recent 3-on-3 tournament held in Strongsville.

Nordonia's Mike Barrett and Lou Russo played on the championship winning Cuzy's team sponsored by Tom Russo. Assisting Russo with coaching duties were William Sansavarna and Scott Ciccantelli.

Other members of the team, which won six games in as many outings at the event, were Joe Quayle and George White of

North Royalton.

Competing in the age 14-15 division, the local squad topped a team from Brunswick 40-18 in the championship game. Cuzy's defeated the Outsiders, a North Royalton and Strongsville based team 30-4 in the semifinals.

"The kids played real well," said Coach Russo. "We seem to play to the level of the teams we are playing at the time."

Three players from Dave Smith's varsity program were on hand at Strongsville as well.

Playing under the barner of their school's team nickname, the Knights, seniors Rowell Fernandez, Jason Clocca and Rich Blair won their first three games competing in the 16-18 division.

### Sports Wire

Rick Bowman



However, the local trio dropped its final two games to finish out of the money.

+ + +

Sagamore Hills resident Rudy Bredenbeck, 61, won two events at the recently held Ohio Senior Olympics Track and Field championships.

Bredenbeck captured both the shot put and discus in the 60-64 age group. By winning, Rudy qualified for the 1993 National Senior Olympics scheduled for next June in Baton Rouge.

Bredenbeck's winning discus toss of 132-feet exceeded the U.S. Masters Standard of Excellence for his age group, thus earning the steadfast athlete All-American recognition.

Bredenbeck, a member of the Over the Hill Track Club, has also won meets this year in Tiffin, Medina and the Cleveland Track Classic. Upcoming meets include the Midwest Masters Championships in Huntington, W. Va. and the Dayton Masters Track Classic.

Rudy resides on Chaffee Road with his wife Shirley.

Sun Aug 23/92

Jackson, 65, recently returned to competition after battling cancer and qualified for the national





**Byron Fike** 

Allan Jackson

### Fike, Jackson gain Summit Hall of Fame

• First Senior Division Award winners; 11 others named to Hall

Senior Olympic track and field champions Byron Fike and Dr. Allan C. Jackson have been selected as the Summit County Sports Hall of Fame's first Senior Division Award winners.

They will be honored Oct. 6 at Tangier restaurant when the Hall holds its 36th annual induction banquet.

Fike, 84, started running as a hobby 14 years ago, and didn't stop. He has won dozens of age-group regional, state and national championships.

Jackson, 65, recently returned to competition after battling cancer and qualified for the national Senior Olympics in four events. A marvelous all-around athlete, Jackson took 12 firsts and four seconds at the Southeastern Senior Olympics in 1990.

Eleven men and women will be inducted into the Summit Hall this

year:

Coaches Bob Huggins, University of Akron basketball; the late Felix Latona, Central-Hower football; and the late Harry "Doc" Smith, West High football.

• Official Milo Lukity, 30 years

service

● Football players Tony Butowicz, an All-Ohio Conference player while at the University of Akron (1961-65); Mike Hatch, who earned All-America honors during his 1968-71 Akron career; and Mike Zele, who played for Kent State (1975-78) and for the Atlanta Falcons.

● Basketball players Percy Grenfell, an All-Mid-American Conference player while at Kent State (1950-53), and Sam Serves, an All-Ohio Conference honoree while at the University of Akron (1944-47).

● Bowler Dorie Roe, a national all-star tournament player in the 1950s and '60s.

● And track and field standout Daryl Curry, who starred at Eastern Michigan from 1980-84.

The Andy Palich Memorial Service Awards will be presented to Tom Phillips (coaching, Fellowship of Christian Athletes) and Lorraine Stitzlein (Professional Bowlers Association/sports administration).

Tickets for the banquet are \$20

### OVER THE HILL TRACK CLUB AUGUST/SEPTEMBER, 1992 RESULTS!!!

Ohio State S	enior Olympics, July	<u> 21, 1992</u>	
65-69M	Jack Greenwald	13.56	1st
75-79M	Gene Abdenour	15.24	1st 1st
73-79WI	Gene Abdenour	13.24	181
1500M Racev			
65-69M	Allan Jackson	8:59	2nd
75-79M	Gene Abdenour	9:56	1st
400M			
65-69M	Jack Greenwald	1:07	1st
	Buzzy Hood	1:18.52	3rd
70-74M	Dick Cavicchi	3:26.37	3rd
Softball Thro	w		
65-69M	Allan Jackson	156' 6"	3rd
	accuracy		2nd
Shot Put			
60-64M	Rudy Bredenbeck	34' 9 1/2"	1st
65-69M	Allan Jackson	29'	4th
75-79M	Gene Abdenour	37' 5"	2nd
1500M			
65-69M	Buzzy Hood	7:13	3rd
00014			
800M	A11 T 1	0.15	4 .
65-69M	Allan Jackson	3:15	1st
70 743 4	Buzzy Hood	3:16	2nd
70-74M	Dick Cavicchi	5:07	2nd
200M			
65-69M	Jack Greenwald	28.06	1st
	Allan Jackson	32	4th
75-79M	Gene Abdenour	33.8	1st
Discus			
65-69M	Allan Jackson	103'	2nd
75-79M	Gene Abdenour	98' 3 1/2"	1st
Allan Jackson	65-69M		
Javelin		82' 3"	3rd
Standing Lon		6' 8"	1st
Football thro	w	139'	1st
		accuracy	3rd

### OVER THE HILL TRACK CLUB AUGUST/SEPTEMBER, 1992 RESULTS (continued)

National	Decathlon,	Des	Moines.	Iowa.	July 25-26
			**************************************		U 441 / 40 40

45-49M	Rex Harvey	7,422	1st	(1st Age Graded also)
65-69M	Denver Smith	7,334	1st	(2nd Age Graded)
	Fred Hirsimaki	5,542	3rd	,

<sup>\*</sup> Denver Smith set a new discus record at 125' 1" and has a 100M Hurdle record pending at 17.22 seconds.

17.22 second	<b>1S.</b>				
Dayton Trac	k Classic, August 8, 1992	2			
30-34W	Patricia Finley	15.4		2nd	
30-34M	Lawrence Finley	12.6	2	chu	
75-79M	Gene Abdenour	15.2	1	lst	
		10.2	•		
200M					
30-34W	Patricia Finley	33.4	2	2nd	
30-34M	Lawrence Finley	25.2			
75-79M	Gene Abdenour	35.8	1	lst	
400M					
30-34M	Lawrence Finley	55.5			
4 X 100M Re	lav				
30-34M	Monroe Goins	11.94			
4 V 200M D.	1				
4 X 200M Re. 30-34M	Norm Thomas	27.15	1 44 70		2 1
30-34WI	Monroe Goins	27.15	1:44.73		3rd
		25.03			
	William Clancy Lawrence Finley	27.74 24.81			
	Lawrence Piniey	24.01			
Shot Put					
30-34W	Patricia Finley	25' 2 3/4"	1	st	
75-79M	Gene Abdenour	31' 6"	1	st	
Discus					
75-79M	Gene Abdenour	90' 2"	1:	st	
Medina Hear Patricia Van I					
45-49W	Discus		1st		
15 17 17	Shot Put		1st		
			131		
Johnny Cake					
Walkers	Tim Bailey	30:14.9	1st		

Over The Hill Track Club

### OVER THE HILL TRACK CLUB AUGUST/SEPTEMBER, 1992 RESULTS (continued)

Rocky Mour Pentathlon	ntain Games, Boulder, C	Colorado, Sej	otember 5-6	
65-59M	Fred Hirsimaki	3,170	1st	
05 57141	100m Hurdles	20.7	1st	
	300m Hurdles	1:00.3	1st	
	High Jump	4' 4"	1st	
	Triple Jump	26' 10"	1st	
	Pole Vault	8' 0"	2nd	
National Ma	asters Rankings for 199	<u>2</u>		
Indoors				
400M				
30-34M	Frank Makozy	54.6	6th	
	Lawrence Finley	55.95	13th	
	Rodney Wilson	57.3	16th	
50-54M	George Kapsulis	1:11.66	20th	
60-64M	Jack Greenwald	1:05.1	6th	
	David Klingensmith	1:08.13	8th	
65-69M	Buzzy Hood	1:23.92	14th	
30-34W	Monica Hiris	1:05.03	5th	
55-59W	Sallie Stiegelmeier	1:20.99	3rd	
60-64W	Mary Cavicchi	2:33.62	4th	
Shot Put				
30-34W	Patricia Finley	8.86M	2nd	
Bill Carey 6	5-69M, 1992 Accomplis	hments		
Rev	co 10K	42:39	2nd out of 3	0!!
Wad	dsworth 4 Miles	27:22	2nd	
KID	S #1 5 Mile	34:36	1st	
Pep	si 10 <b>K</b>	43:17	1st	
Tim	kin 4 Mile	27:15	1st	
Indy Classic	, Indianapolis, Indiana			
8001	M	2:47	1st*	
1500	OM	5:45	1st*	
3000		12:34	1st*	
*Qualified f	for National Senior Clas	ssic, Baton R	ouge, Louisiana, 199	3!!!
Midwest Tra	ack & Field Champions			
800		2:53	1st	MEET RECORD!!
1500		5:42	1st	MEET RECORD!!
3000		12:29	1st	MEET RECORD!!
5000	OM	19:07	1st	MEET RECORD!!

### OVER THE HILL TRACK CLUB AUGUST/SEPTEMBER, 1992 RESULTS (continued)

### 13th Annual North Ridgeville 10K Run

50-59M

Bob Bridges

40433\_\_\_\_1st

### Run for Special Olympics, 5K Road Race

30-34M

Glenn Hasek

18:00

3rd

If you participated in some athletic event and would like to sport your results in the Newsletter, please send them to me using the attached form..

OR

phone them in to your age group coordinators.

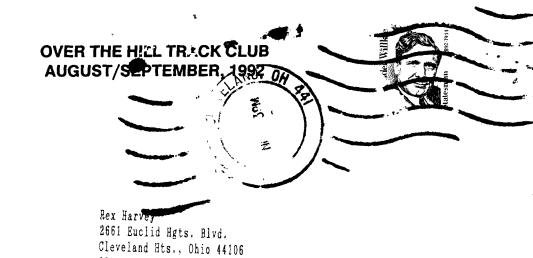
If you don't send them in...we can't publish them!!!

### Newsletter Results

TO: Over The Hill Newsletter c/o Patricia Finley 20610 East Sunset Drive Warrensville, Ohio 44122-6342

NAME:	AGE GROUP:	
MEET:	DATE:	SEX:
EVENT:	MARK:	PLACE:
EVENT:  Over The Hill Track Club	MARK:	PLACE:

Over The Hill Track Patricia B. Finley 20610 E Sunset Warrensville, OH 44122



### IMPORTANT CLUB BULLETIN...

THE NEXT CLUB MEETING WILL BE HELD NOVEMBER 14TH AT 3:30PM. THE MEETING WILL BE HELD IN THE LARGE CONFERENCE ROOM OF THE INDEPENDENCE LIBRARY AT 6361 SELIG BLVD. (off Brecksville Road).

THIS MEETING IS CRITICAL IN THAT NEW OFFICERS ARE ELECTED AND NEW AGE GROUP COORDINATORS APPOINTED AT THIS MEETING. COME CAST YOUR VOTE AND MAKE A DIFFERENCE IN THE FUTURE OF THE CLUB!!

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT PRESIDENT, JEFF GERSON AT 382-2656 OR SECRETARY, PATRICIA FINLEY AT 751-7187.