



Over The Hill Track Club

August, 1996

1996 OTHTC Officers

President	Norman Thomas
V.P. Programs	Bob Thomas
V.P. Communications	Jeff Gerson
Secretary	Rex Harvey
Treasurer	Jack Brunner

Group Coordinators

Women (All)	Debbie Yurth-Thomas	382-5170
Men - Open	Bob Thomas	382-5170
30-39	Tim Bailey	327-1641
40-49	Norman Thomas	425-8219
50-59	Grover Coats	464-3865
60+	Jack Greenwald	327-3762
Weight Events	John Sloan	492-5007
Multi Events	Rex Harvey	446-0559
Racewalk	Tim Bailey	327-1641

President's Message

Thanks to all club members who helped out at our annual Cleveland Track Classic. A special thanks goes to Jack Brunner who helped with registration and check out. Our field event crew kept things moving. Thanks to Rudy Bredenbeck, John Sloan, Grover Coats & family, Tim Bailey and Allen Ray.

Next years Classic may be moved to July or may remain in August. We will make our decision based on other meets that we choose not to compete with.

Entry forms for the Potomac Valley Seniors Track Meet are included in this issue. Also, forms are available for the Toronto Island Run and Relay.

Cross country season has started. Our club meet will be Sunday, September 29, at University School. Cross country nationals is November 3, in Columbus, Ohio. If your plan to be on a team, contact your age group coordinator.

Cleveland Track Classic
August 3, 1996

Special Awards

MVP MALE Plaque - Greg Coats (35-39) OTHTC
MVP FEMALE Plaque - Katie Felkner (65-69) Olmsted Falls

OPEN MEN TEAM Trophy - Mustangs
OPEN WOMEN TEAM Trophy - Columbia HS
MASTERS WOMEN TEAM Trophy - None -
MASTERS MEN TEAM Trophy -OTHTC-
OPEN WOMEN RUNNER UP TEAM Trophy - Running Rebels

Fred Hirsimaki's experience in carrying the Olympic Torch in Findlay, Ohio on June 8, 1996.

It was a great honor to be selected as a Community Hero to carry Olympic Torch in Findlay. It is one of those events you dream of, but never expect to have a chance do it. Not everyone gets a chance to experience a piece of history like this.

As, I was carrying the torch, I felt like I was gliding on air and the torch that weighed 3½ lbs. felt like a feather. Hearing my friends and other people calling out my name as I ran up Main Street gave me goose bumps . My dream had come true. I was representing my community, my family, my self and my friends in this torch run.

Now, as I see the Olympic Flame in Atlanta, I can say I helped in getting the flame there. The flame represents Spirit, Knowledge and Life. It was a moment I will never forget.

Results

Senior Olympics
June 4, 1996
Case Western Reserve

Richard Russell (age 55)	1st places	Gold Medals
50yds 7.8		
100yds 13.2		
Shot Put 29' 3/4"		
Long Jump 7' (standing)		

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USATF National Masters Decathlon
July 6-7, 1996
San Diego, California

Allen Ray (45-49) 3rd place 4283 pts
Rex Harvey (50-54) 1st place 7279 pts

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USATF National Masters Indoor Championships
March 29 - 31, 1996, Greensboro, North Carolina

Triple Jump	Greg Coats (30-34)	3rd	41'2"
	Grover Coats (55-59)	2nd	32'8"
	Jerome Belinson (50-54)	3rd	33'8"
Long Jump	Greg Coats (30-34)	3rd	20'4"
	Grover Coats (55-59)	2nd	16'10"
	Jerome Belinson (50-54)	1st	17'8"
High Jump	Greg Coats (30-34)	1st	6'8"
	Everett Hosack (90-94)	1st	2'7"

The father & son combination (Grover & Greg Coats) ranked in the top three of the 1996 National Indoor Track & Field Championships.

Cleveland Track Classic
August 3, 1996
Independence H.S.

100m

W-HS LaShauntea Moore 12.4
 Joslyn Smith 12.5
 Angie Daymut 13.1
W30 Vicki Hearn 13.0
 Linda Carty 13.54
 Diane Bell 15.1
W35 Belinda McCoy 13.0
 Rose Getz 13.4
 Patricia Finley 15.4

200m

M-HS Morgan Harris 23.5
 Erik Shaffer 25.5
M19 Craig First 22.1
 Glenn Dickerson 23.1
M25 Tom Domitrovich 24.4
M30 Gerald Miles 23.5
 Dave Bell 24.9
M35 Scott Summers 24.1
 Greg Coats 26.8
 Dion Campbell 26.9
M40 Gary Kirby 26.5
 Walt Hawkins 26.0
M45 Armond LaFramboise 26.5
 Tom Riehl 28.4
M50 Marvin Smith 26.6
 Ralph Wallace 27.1
 Tom Hamilton 30.1
M55 Grover Coats 27.4
 Jack Brunner 28.6
M65 James Stookey 28.4
 Bill Simmons 29.4
 William Bergen 30.9
M70 John O'Neill 29.2
M75 Ed Matthews 30.8

W-HS LaShauntea Moore 25.6
 Joslyn Smith 25.6
 Susan Wagner
W30 Diane Bell 32.5
W35 Rose Getz 28.5

100m

M19 Craig First 11.3
M25 Tom Domitrovich 12.0
 Sam Miranda 12.2
M30 Gerald Miles 11.5
 Dave Bell 12.0
M35 Scott Summers 11.7
 Greg Coats 11.8
M40 Bruce McPherson 12.5
 Bob Madden 14.2
M45 Armond LaFramboise 12.7
 Malik Salahuddin 21.8
M50 Ralph Wallace 13.0
 Tom Hamilton 14.2
M55 Scott Tyler 12.5
 Grover Coats 13.2
 Jack Brunner 14.0
M65 James Stookey 13.1
 Bill Simmons 14.1
 William Bergen 15.9
M70 John O'Neill 13.72
M75 Ed Matthews 15.6

High Jump

M-HS Erik Shaffer 6'7"
 Mitch Davis 6'0"
M35 Greg Coats 6'4"
M40 Ron Abate 4'7"
M50 Kent Hall 4'11"
M65 Bill Simmons 4'7"
M70 Denver Smith 4'5"
 Fred Hirsimaki 3'11"
M75 Ed Matthews 3'8"

W55 Essie Kea 3'11"

Javelin

M45 Armond LaFramboise 124'7"
M50 Kent Hall 109'5"
M55 John Sloan 107'0"
M70 Denver Smith 85'3"

W65 Katy Felkner 35'6"

Hammer

M35 Rob Higgins 201'6"
M55 John Sloan 57'3"

Pole Vault

M-HS Kevin Hignett 13'6"
M19 Andy Blubaugh 11'6"
M30 Dave Bell 14'0"
M35 Mike Berken 12'0"
M50 Kent Hall 10'
M55 John Sloan 8'
 Norm Downing -NH-
M70 Denver Smith 8'
 Fred Hirsimaki 7'6"

W-HS Kristen Clymer 8'

Long Jump

M-HS Erik Shaffer 19'11"
M19 Reggie Coats 19'5"
M25 Brian Boerra 17'0"
M30 Dave Bell 19'1
M35 Greg Coats 20'5
 Tim Bailey 17'9"
M40 Gary Kirby 17'2"
M45 Jerry Boswell 18'3"
M50 Tom Hamilton 10'5"
M55 Grover Coats 15'9"
 Jack Brunner 14'3"
M65 Bill Simmons 12'2"
M70 Denver Smith 12'1"
M75 Ed Matthews 11'10"

W19 Angie Coats 13'4"

Triple Jump

M-HS Craig Kubala 30'9"
M19 Reggie Coats 37'6"
M35 Greg Coats 41'6"
M45 Jerry Boswell 37'2"
M55 Grover Coats 30'6"
M65 James Stookey 33'3"
M70 Fred Hirsimaki 26'7"
M75 Ed Matthews 24'4"

W30 Linda Carty 36'

Shot Put

M19 Reggie Coats 34'0"
M25 Tim Coyne 32'4"
M30 Matt Shaughnessy 51'3"
M35 Rob Higgins 47'
 Tim Bailey 28'6"
M45 Allen Ray 34'10"
M55 Bob Chaplin 25'7"
M60 Bob Reitz 31'10"
M65 Rudy Bredenbeck 33'9"
 Bill Simmons 27'4"
M70 Denver Smith 34'8"
 Rich Clarke 33'2"

W-HS Lisa Tadros 28'2"

W19 Angie Coats 31'5"
W35 Patricia Finley 25'2"
W65 Bernice Holland 25'2"
 Katy Felkner 22'3"

Discus

M19 Reggie Coats 89'3"
M25 Tim Coyne 110'
M30 Dave Bell 128'3"
M35 Rob Higgins 155'10"
M40 Charles Swanekamp 82'11"
M55 John Sloan 94'7"
M60 Bob Reitz 128'6"
 Ed Domitrovich 114'
M65 Rudy Bredenbeck 120'11"
 William Bergen 89'6"
M70 Denver Smith 109'9"
 Rich Clarke 83'2"

W-HS Lisa Tadros 90'5"
W19 Mary Domitrovich 153'10"
 Angie Coats 85'10"
W65 Bernice Holland 67'3"
 Katy Felkner 51'2"

3000m

M-HS Nick Husser 11:46
M19 Pat Coleman 9:37
M25 Matt Ruhl 9:17
Steve Fovozzo 10:07
M30 Phillip Pillin 10:33
M35 Duane Baur 11:25
M45 Jeff Hlinka 10:14
Jeff Gerson 11:55

W35 Kitty Consolo 11:24

1500m

M-HS Jesse Ruffin 5:19
Nick Husser 5:25
M40 Gary Reitler 4:26.1
Guy Gadowski 4:28.1

W-HS Melanie Hagen 6:29.6
Sue Wagner 6:30.3

800m

M40 Guy Gadowski 2:08.9
Gary Kirby 2:22.9
Ron Abate 2:32.4
M50 Ralph Wallace 2:34.0

400m

M-HS Morgan Harris 54.4
Erik Shaffer 58.8
M19 Craig First 49.5
Andre Mitchell 49.9
Glenn Dickerson 50.6
M25 Tom Coyne 68.7
M35 Lawrence Finley 56.6
Greg Coats 53.0
Dion Campbell 60.2
M40 Walt Hawkins 56.4
M45 Armond LaFramboise 61.7
M50 Marvin Smith 60.9
Ralph Wallace 61.3
M90 Everett Hosack 2:32 *

W-HS Sharon Kreuzer 66.3
W40 Mary Watson 67.8

Sprint Medlev Relay

(100-100-200-400)
M30 Ohio Alumni 1:48.7
M50 OTHTC 2:03.6

W-HS Running Rebels 1:53.4
Columbia H.S. 2:00.9

4 x 100 Relay

M open Case Western 46.6
Mustangs 57.2
M30 Ohio Alumni 51.6
M50 OTHTC 54.4
W-HS Running Rebels 52.01
W30 Ohio Masters 51.55 (DQ)

4 x 400 Relay

M - HS Hudson H.S. 3:57.8
W - HS Columbia H.S. 5:08.6

300m Low Hurdles

M-HS Craig Kubala 47.00
M25 Bryan Becerra 46.00
M40 Charles Swanekamp 49.8
M55 John Sloan 61.6
M65 James Stookey 48.56
M70 Fred Hirsimaki 51.37

80m High Hurdles

M70 Denver Smith 15.0
Fred Hirsimaki 15.9

100m High Hurdles

M-HS Craig Kubala 17.2
M50 Ralph Hughley 19.5
M55 Grover Coats 19.0
Scott Tyler DQ
M65 James Stookey 17.6
Bill Simmons 19.4

3000m Racewalk

M35 Tim Bailey 16:57.8
M65 William Gordon 22:17.7

On the Roads

Rocky River Road Mile
USATF Sanctioned
August 17, 1996

Debbie Yurth-Thomas	5:58	1st	(30-39)
Bob Thomas	4:51	1st	(40-49)
Norman Thomas	5:27	2nd	(40-49)

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Judy Gregorio 5km
August 18, 1996

Cathi Gerson	26:12	3rd	(45-49)
Jeff Gerson	20:11		

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Two For The Road
June 30, 1996

Cathi Gerson & Kate Raiff	1st	(60-79)	48:46
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SCHEDULE

Sept. 1	Potomac Valley Games Alexandria, VA
Sept. 8	Toronto Island Run & Relay Toronto, Canada
Sept. 29	OTHTC Cross Country Meet University School
October 27	YRRC Cross Country 5km Boardman, Ohio
November 3	USATF NATIONAL CROSS COUNTRY Columbus, Ohio



The 21st Potomac Valley Games
T. C. Williams High School in Alexandria, Virginia
1996 Potomac Valley Association Masters T&F Championship
and Open Track and Field Meet
on Saturday, August 31st & Sunday, September 1st



and 1996 Potomac Valley Association 15km Race Walk Championship
on Saturday, August 31st

- Sanctioned:** USA Track and Field (USATF). Open to competitors of all ages. Those athletes 30 and over who are registered in the Potomac Valley Association (PVA) of USATF will be eligible for PVA-USATF Master Championship medals. All others are eligible for Potomac Valley Track Club (PVTC) medals.
- Event Info:** Order of events: Unless stated otherwise, women first, then men by age groups from youth to masters. Age groups may be combined and trials may be converted to finals. **Registration closes one hour before time listed for the event. Long jump, triple jump, and throwing events: Six jumps/throws per athlete unless number of athletes in an age group requires trials and finals. If so, finals will be held in the same flight as the trials with no additional warm-up period.**
- Awards:** For those 20 and over, medals will be awarded to the first three places in each and every 5-year age group. For those 19 & under, the age groups are 0-13 and 14-19 with additional age groups if the number of athletes 0-13 warrant it.
- Track:** All-weather six-lane 400 meter track. Short spikes (1/4" or less) only. Javelin will be thrown off grass. Hammer throw will be off cement pad and will be held at the George Mason University track in Fairfax, Virginia. Directions available upon request.
- Directions:** Track - From I-395, take King Street (Route 7) east one mile. School is on the right and track is in the back. Parking is limited so park in front of the building. Motel - Econo Lodge at I-395 and Glebe Road. Call 1-703-979-4100 for Potomac Valley rate of \$54.00 per night for up to two people. Rate good until 8/10/95. Shuttle from National Airport - call hotel for arrangements.
- Entry Fees:** \$5.00 for the first event; \$4.00 for the second event; \$3.00 for each additional event. Youth 18 and under: \$3.00 for the first event and \$2.00 for each additional event. **LATE ENTRY (entries received on 9/1/96): \$5.00 per person. Entries for each event close one hour before the event time listed below.**
- More Info:** Potomac Valley Track Club's telephone: (703) 671-2520 (leave message) or e-mail VMeyer9085@aol.com

Order of Events:

Saturday, August 31st:

11 a.m. **George Mason University Track:**
Hammer Throw (women, youth, men 60+ first, followed by men under 60) -
Register at George Mason. Do not go to T. C. Williams 1st.

T.C. Williams High School:
1:00 p.m. Registration opens
2 p.m. Discus (women, youth, men 60+)
4:30 p.m. Discus (men under 60)
(Hammer throwers returning from George Mason will go into next available flight if their flight has already started.)
4 p.m. 5K racewalk & 15K racewalk (one heat)
6 p.m. 10,000 meter run (on the track - multiple heats possible)

T.C. Williams High School:
Sunday, September 1st - Field events:
7:30 a.m. Registration opens
9:00 a.m. Long Jump
9:00 a.m. Pole vault
9:00 a.m. Javelin (women, youth, men 60+)
11:00 a.m. High Jump - for those expecting to jump under 5 feet

Noon Javelin (men under 60)
Noon Shot Put (women, youth, men 60+)
1:15 p.m. Triple Jump
2:00 p.m. High Jump - bars starts at 5 feet
2:30 p.m. Shot Put (men under 60)

Sunday, September 1st - Running events:

7:30 a.m. Registration opens
8:30 a.m. One mile racewalk
9:00 a.m. 300/400 meter hurdles
9:30 a.m. 5000 meter run
10:00 a.m. 100 meter semi-finals
11:00 a.m. 800 meter run
11:25 a.m. 80/100/110 meter hurdles
11:45 a.m. 400 meter run
12:15 p.m. 100 meter finals (if needed)
1:00 p.m. 200 meter semi-finals
1:45 p.m. One mile run
2:15 p.m. 200 meter finals (if needed)
2:30 p.m. 3000 meter racewalk
3:00 p.m. 4x100 meter relay
3:15 p.m. 4x400 meter relay

ENTRY 1996 POTOMAC VALLEY GAMES

Name _____ Phone _____

Address _____ Gender (M/F) _____

City/State/Zip _____ Age as of 8/31/96 _____

Date of birth (MM/DD/YY) _____ USATF # (PV Association only) _____

Event 1	_____	Best time since 9/95: _____	@ \$5.00 _____
Event 2	_____	Best time since 9/95: _____	@ \$4.00 _____
Event 3	_____	Best time since 9/95: _____	@ \$3.00 _____
Event 4	_____	Best time since 9/95: _____	@ \$3.00 _____
Event 5	_____	Best time since 9/95: _____	@ \$3.00 _____
Event 6	_____	Best time since 9/95: _____	@ \$3.00 _____

(Adjust amounts for youth 18 and under: \$3.00 for first event; \$2.00 for each additional event.)

Late Fee (if applicable) @ \$5.00 _____

Total _____

Make checks payable to PVTC and mail to:

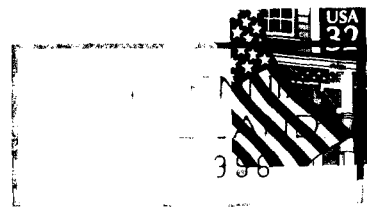
Potomac Valley Games
c/o Valerie Meyer
2305 S. Buchanan ST
Arlington, VA 22206

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns release and discharge the promoters, directors, the Potomac Valley Track Club, the Alexandria City Schools, and organizations and municipalities whose facilities are being used for this event, from any and all claims for damages suffered by me as a result of my participation in the above event on August 31 and September 1, 1996. I specifically release and discharge said promoters, directors and their agents, etc., from all injuries or damages arising from or contributed to any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in above event, the same being my sole responsibility. I attest and verify that I am physically fit and have sufficiently trained for the Potomac Valley Games.

Signature (Parent's signature if athlete is under 18 years of age) _____

Date _____

Over the Hill Track Club
c/o Jeff Gerson
4173 Wilmington Rd.
S. Euclid OH 44121



Rex Harvey
160 Chatham Way
Mayfield Hts. OH 44124

