



Over the Hill Track Club

SEPTEMBER, 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 Yurch-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

Congratulations to club members who attended USATF Nationals and W.A.V.A. North American Regionals. Joe Chadbourne, Joe Fodor, and Rex Harvey represented OTHTC.

Entry forms for our annual cross country run (September 29) are included in this issue. Contact your coordinator to get on a team.

Ideas for fall season running are being solicited. Fun runs, road races, cross country runs, track practices, are needed to foster year round training and motivation.

We need to plan our first road race. If you would like to be on the planning committee, contact Jeff Gerson or Bob Thomas.

CLUB MEMBERS!

This is your club. Let us hear from you. Send your results or updates on what you are doing to Jeff Gerson for inclusion in upcoming newsletters.



RESULTS

August 24, 1996

CCF/Independence 5km

Cathi Gerson	25:10	1st (45-49)
Jeff Gerson	19:54	3rd (45-49)
Bob Thomas	16:55	1st (40-44)

September 1, 1996

Race at the Fair 5 mile

Cathi Gerson	41:44	3rd (45-49)
Jeff Gerson	36:02	

SCHEDULE

Sept. 29	OTHTC Cross Country 5km	University School
Sept. 29	Motorola Half Marathon Relay	Schaumburg, IL
Oct. 27	YRRC Cross Country 5km	Boardman, Ohio
Oct. 27	USATF National Masters 8km	Louisville, KY
Nov. 3	USATF National Masters 5km	Columbus, Ohio



Fast Facts about Water, Part I

- 1 Most people have no idea how much water they should be drinking, and most Americans live from day to day in a dehydrated state.
- 2 Without water, we'd be poisoned to death by our own waste products and toxins resulting from metabolism
- 3 Water is vital to digestion and metabolism, acting as a medium for various enzymatic and chemical reactions in the body. It carries nutrients and oxygen to the cells through the blood, regulates body temperature and lubricates our joints (which is particularly important if you're arthritic, have chronic muscular-skeletal problems or are athletically active.)
- 4 We need water to breathe and lose approximately one pint of liquid everyday just by exhaling.
- 5 If you are not in "fluid balance" as the doctors call it, you can impair every aspect of your body's physiological functioning.
- 6 Dr. Howard Flaks, Beverly Hills, says "As a result of not drinking enough water, many people encounter such problems as excess body fat, poor muscle tone and size, decreased digestive efficiency and organ function, increased toxicity in body, joint and muscle soreness (particularly after exercise) and water retention."
- 7 "Proper water intake is the key to weight loss," says Dr. Donald Robertson of Scottsdale, Arizona. "If people who are trying to lose weight don't drink enough water, the body cannot metabolize fat, they retain fluid, which keeps their weight up, and the whole procedure we're trying to set up falls apart."



OVER THE HILL CROSS COUNTRY MEET



Sunday, September 29, 1996 ~ 11:00 a.m. start

Sponsored by Over The Hill Track Club

Course Location: University School
2785 S.O M. Center Road
Pepper Pike, Ohio

5K Course is mainly grass. Spikes are permitted.

Entry Fee: \$6.00 per person pre-registration (before Sept. 25th)
\$8.00 per person day of race

Registration: Return completed form and check made payable to:
Over The Hill Track Club. Send entries to:
Tim Skoczen, 6376 Brecksville Road, Independence, Ohio 44131
Any ??? Call Tim Skoczen at (216) 524-6693 or Jeff Gerson at (216) 382-2656

Awards: Trophies to the top 3 in each age group.
Age Groups: Men & Women
Open (29 & Under); 30 ~ 34; 35 ~ 39; 40 ~ 44; 45 ~ 49;
50 ~ 54; 55 ~ 59, etc.
Team trophies to the top 2 teams*:
Divisions. Men & Women
Open; 30 ~ 39; 40 ~ 49; 50+

*All teams must have 5 runners to constitute a team. Older runners may move down in age group for team purposes, but individually they will be scored in their own age groups. Please indicate on entry form if you are moving down in team competition.

~OVER THE HILL CROSS COUNTRY MEET ENTRY FORM~

Team Entry: - Club _____ Phone _____

Address _____ City _____ State _____ Zip _____

Runner	Age	Runner	Age	Runner	Age
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Individual Entry:

Name _____ Club _____

Address _____ City _____ State _____ Zip _____

Phone _____ Age Day of Race _____ Division: ___ Men ___ Women

I hereby waive all claims against University School & Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

Signed _____ Date _____

(each runner must sign this waiver)

Thank you ~ Good Luck

SECOND SOLE®

YOUNGSTOWN
ROAD RUNNERS CLUB
SECOND SOLE
5K CROSS COUNTRY CLASSIC

DAY/DATE: **SUNDAY OCTOBER 27, 1996**

TIME: **1:00 P.M.**

IF OVER 25 FEMALES PREREGISTER, A FEMALE ONLY RACE WILL BE HELD AT 1:30. ANNOUNCEMENT WILL BE MADE AT NOON.



LOCATION : BOARDMAN HIGH SCHOOL
7777 GLENWOOD AVENUE
BOARDMAN, OH 44512

EVENT: 5,000 METER, LINED 2 LOOP GRASS AND BARK CHIPS (SITE OF THE NORTHEAST OHIO HIGH SCHOOL REGIONAL X-C CHAMPIONSHIPS)

ENTRY FEE: \$5.00 PRE-REGISTERED, \$8.00 DAY OF RACE
(INCLUDES T-SHIRT TO FIRST 100 REGISTERED)

AWARDS: TOP 3 MALE, TOP 3 FEMALE, TOP 3 IN THE FOLLOWING AGE GROUPS:
13 & UNDER, 14-17, 18-22, 23-29, 30-39, 40-49, 50-59, 60 & OVER

REGISTRATION: FROM 11:30 A.M. TO 12:55 P.M. AT BOARDMAN HIGH SCHOOL
APPLICATIONS AVAILABLE AT LOCAL RUNNING STORES OR
CALL JIM AT 330-482-9230.

CHECKS PAYABLE TO: YRRC CROSS COUNTRY RUN
MAIL TO: P.O. BOX 2817, YOUNGSTOWN, OH 44511

PLEASE CUT AND MAIL TO ABOVE ADDRESS

NAME _____ AGE ____ BIRTH DATE _____ PHONE _____

ADDRESS _____ CITY _____ STATE/ZIP _____

MALE _____ FEMALE _____ SHIRT SIZE (CIRCLE ONE) MED LARGE X-LARGE

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZATION AND SPONSORS HOLDING THIS EVENT, ITS' AGENTS, REPRESENTATIVES, SUCCESSORS AND ASSIGNS FOR ANY AND ALL INJURIES SUFFERED BY ME AT SAID EVENT, I HEREBY ATTEST AND CERTIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THIS EVENT.

SIGNATURE _____ PARENT IF UNDER 18 _____

FALL 1996
Best of Health Run/Walk
 Lake Hospital System/Fifth Third Bank

Date: Sunday, October 13, 1996

Times: The TAC-Certified 10K Run will begin at 8:30 a.m. The Two-mile Run and Two-mile Fun Walk will begin at approximately 9:45 a.m. The course will be staffed with volunteers until 9:45 a.m. for the 10K Run and 10:30 a.m. for the Two-mile Run and Fun Walk.

Location: All events will start and end in front of LakeEast Hospital, 10 East Washington Street, Painesville.

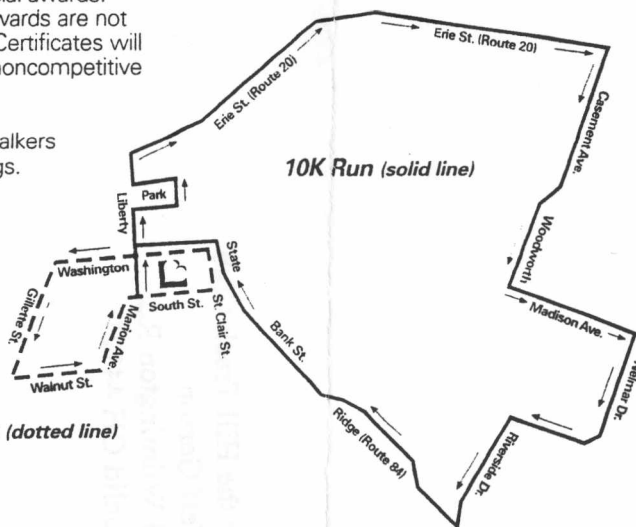
Awards: The top three male and female finishers in the 10K Run will receive cash prizes of \$100, \$75 or \$50. Plaques will be given to the top three male and female winners in the Two-mile Run. The top three finishers in each age division in the 10K and Two-mile Run will receive special awards. Persons who receive overall awards are not eligible for age group awards. Certificates will be given to all finishers in the noncompetitive Fun Walk.

Door prizes: All runners and walkers will be eligible for prize drawings. Winners must be present.

Preregistration Fee: \$9. Deadline to preregister is Monday, October 7, 4:30 p.m. (Price includes a long-sleeve race shirt) Participants may preregister by mail or in person at the Cashier/Outpatient Department at LakeEast Hospital or any Fifth Third Bank.

Registration Fee on Race Day: \$12. Participants may register on race day at LakeEast Hospital beginning at 7 a.m. (Price includes a long-sleeve race shirt)

For more information, call the Best of Health Information Line at 953-6000 or 1-800-454-9800.



Two-mile Run & Two-mile Fun Walk (dotted line)

FALL 1996
Best of Health Run/Walk
 Lake Hospital System/Fifth Third Bank

In consideration of this entry, I do hereby, for myself, my heirs, my executor and administrator, waive any and all rights and claims for damages I may have against Lake Hospital System/Fifth Third Bank, and any sponsors, coordinating groups, and individuals associated with this event, together with their representative, successors, and assigns, and I indemnify and save and hold them harmless for any and all injuries suffered, or alleged to have suffered, in connection with said event. I have full knowledge of the fact there are risks involved with participating in this event and agree to assume all risks. I affirm that I am physically fit and have sufficiently trained for this event. I acknowledge I am an amateur and give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event.

Name: _____ **Age on Race Day:** _____ **Sex:** M F

Address: _____

City: _____ **Zip Code:** _____

Phone: _____

Signature: _____ **Parent's Signature (17 & under):** _____

Race Selection

10K Run Two-mile Run Two-mile Fun Walk (noncompetitive)

Shirt Size

M L XL (check one)

Division

14 & under 25-29 40-44 55-59
 15-19 30-34 45-49 60-64
 20-24 35-39 50-54 65 & over

Race Director reserves the right to reject any entry.

Preregistration:

Deadline to preregister is Monday, October 7, 4:30 p.m. • Preregistration fee payable by mail or in person at the Cashier/Outpatient Department, LakeEast Hospital, or any Fifth Third Bank. No confirmation will be sent. No refunds.

Make check payable to:

Lake Hospital System, Inc.

Please mail to:

Lake Hospital System c/o Community Health Dept.
 10 East Washington St., Painesville, OH 44077-3472

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

44124+2016

