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
Schaumburg, IL

Sept. 29 Motorola Half Marathon Relay
Boardman, Ohio

Oct. 27 YRRC Cross Country 5km
Louisville, KY

Oct. 27 USATF National Masters 8km
Columbus, Ohio

Nov. 3 USATF National Masters 5km

---

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 ______

<table>
<thead>
<tr>
<th>Runner</th>
<th>Age</th>
<th>Runner</th>
<th>Age</th>
<th>Runner</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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
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.

**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