



# Over The Hill Track Club

JULY 1997

President  
V.P. Programs  
V.P. Communications  
Secretary  
Treasurer

Norman Thomas  
Bob Thomas  
Jeff Gerson  
Rex Harvey  
Jack Brunner

## Coordinators

Women (all)	Debbie Thomas	216-382-5170
Men - Open	Bob Thomas	216-382-5170
30-39	Dion Campbell	330-626-1560
40-49	Norman Thomas	216-425-8219
50-59	Grover Coats	216-464-3865
60+	Jack Greenwald	216-327-3762
Weight events	John Sloan	330-492-5007
Multi events	Rex Harvey	216-446-0559
Racewalk	Tim Bailey	216-327-1641

## President's Message

We are still looking for July track meets. Plan to meet with us on the 20th at Lakewood or call one of the age group coordinators.

We are making plans for the Cleveland Track Classic. I expect to see all OTHTC members either participating or helping out with running the meet. We have sponsored this meet since 1979 and we expect a good crowd this year.

Look for the white tent at Lakewood. The USATF regional track meet will be on July 26 - in Carmel, Indiana. We can make plans during breaks in the track meet.

August should be a busy month. Please plan to attend one of the major track meets. Many of us are getting mediocre times and performances at the local meets. Plan to travel to the big meets and focus on getting that 1997 personal record!

## SCHEDULE

July 4	Steuben Striders Meet	Steubenville, OH
July 4	YMCA 2 Mile	N. Canton, OH
July 12	Senior Olympics	Canton, OH
July 12	Indiana USATF	Carmel, IN
July 19	Steuben Striders Meet	Steubenville, OH
July 20	Ohio Games	Lakewood, OH
July 25	Peace Race Mile	Youngstown, OH
July 26	Midwest Regional USATF	Carmel, IN
Aug. 2	Cleveland Track Classic	Independence, OH
Aug. 7-10	NATIONAL MASTERS USATF	San Jose, CA
Aug. 9-10	Buffalo Belles Classic	Buffalo, NY
Aug. 16-17	Canadian Nationals	Toronto, Canada
Aug. 30-31	Potomac Valley Games	Alexandria, VA
Sept. 6	OTHTC Picnic-Banquet	Richfield, OH



# Over the Hill Track Club

## CLEVELAND TRACK CLASSIC

**DATE:** Saturday, August 2, 1997  
 Registration: 8am-10am only!  
 Field events start at 8:45 Track events 9am start

**PLACE:** Independence High School, 6111 Archwood  
 Independence, Ohio  
 USATF sanctioned, USATF rules apply.  
 Field event athletes are requested to bring their own implements.

**ENTRY FEES:** \$6 first event, \$5 each add'l event, \$16 each relay  
 Pre-registration rates postmarked by July 30.  
 Late & on site registration: \$10 each event, \$20 relay  
 Make checks payable to OVER THE HILL TRACK CLUB.  
 Entry fees must accompany entry forms.

**MAIL TO:** Bob Thomas, 4896 Westbourne, Lyndhurst, OH 44124

**DIVISIONS:** High school, 19-24, 25-29, 30-34, 35-39, 40-44,  
 45-49, 50-54, 55-59, 60-64, 65-69, . . . , 95-99  
Relays: High school, open (19-29), 30-39, 40-49,  
 50-59, 60-69, thru 90-99.

<b>ORDER OF EVENTS:</b>	9:00	3000m	<b>FIELD EVENTS</b>
		Sprint Medley	8:30 Hammer
		400/300m Hurdles	9:00 Shot Put
		4x100m Relay	High Jump
		800m	
		100m	10:30 Pole Vault
		Racewalk (3000m)	Long Jump
		High Hurdles	Discus
		400m	
		1500m	12:00 Javelin
		200m	Triple Jump
		4x400m Relay	

**AWARDS:** Medals for 1st-2nd-3rd. MVP plaques male & female.  
 Team trophies male & female, open & masters.  
 Incentives for double winners!

**CONTACTS:** Norman Thomas 216-425-8219  
 before 8pm Jeff Gerson 216-473-0636  
 John Sloan 330-492-5007  
 Grover Coats 216-464-3865  
 Rex Harvey 216-531-3000

**ENTRY FORM:**

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **B'DAY:** \_\_\_\_\_ **SEX:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **CLUB AFFILIATION** \_\_\_\_\_

**EVENTS:** \_\_\_\_\_

In consideration of your acceptance of this entry form, I hereby for myself, my heirs, executors, and assigns, waive any and all claims for damages, which I might have against the USATF Lake Erie Assoc., USATF, Over the Hill Track Club, and the Independence School District, their agents, representatives or assigns, for any and all damages or injuries suffered by me at said meet. I also certify that I am healthy and sufficiently trained to compete in this meet.

**SIGNATURE (By athlete or coach/parent for minor athlete):** \_\_\_\_\_

North Coast Invitational  
 Independence High School  
 Independence OH  
 May 18, 1997

Sprint Medley Relay

(100-100-200-400)

MOpen	Springbok T.C.	1:54.03
M30	Ohio Alumni	1:50.52
M40	OTHTC	2:09
M50	OTHTC	2:26.23

3000m Run

WOpen	M.Jungbluth	11:00.54
W40	K.Consolo	11:53.69
M25	B.Wingler	9:55.84
M70	R.Cavicchi	24:10

3000m Racewalk

M40	T. Bailey	17:07
M70	G. Sprockhoff	23:12

100m

W30	L. Carty	13.9
W45	K. Ash	17.8
W75	D. Friedman	20.9
M25	B. Harvey	14.2
M30	R. McNair	12.1
	B. Marchese	12.7
	M. Shaughnessy	12.9
	D. Ploenzke	13.3
M35	G. Miles	12.0
	D. Clinkscale	12.1
	L. Finley	18.7
M40	J. Waters	12.9
	A. Jackson	13.8
	W. Buckman	14.1
M45	W. Henderson	12.4
	M. Abdullah	14.9
	T. Upton	16.2
M55	G. Coats	13.7
	J. Brunner	14.8
M60	T. Luke	18.5
M65	W. Simmons	15.2
M80	B. Weinacht	15.8
M95	E. Hosack	29.3

200m

W30	L. Carty	28.0
W45	K. Ash	37.7
W75	D. Friedman	45.6
M35	D. Clinkscale	24.3
M40	D. White	27.1
	W. Buckman	27.5
	A. Jackson	28.1

M45	M. Abdullah	39.3
M55	J. Brunner	30.3
M60	T. Luke	39.1
M65	W. Simmons	31.7
M75	J. Means	35.3
M80	B. Weinacht	34.3

400m

W30	D. Thomas	1:07.95
W35	B. McCoy	1:03
W45	K. Ash	1:26.03
W75	D. Friedman	1:55
M25	B. Bennett	57.6
M40	B. Thomas	56.30
	W. Hawkins	56.31
	D. White	59.7
M45	J. Gerson	1:07.7
	M. Abdullah	1:15.5
M60	T. Luke	1:24.5
M70	F. Hirsimaki	1:26.2
M75	J. Means	1:24.5

800m

W30	D. Thomas	2:57
W45	K. Ash	3:17.1
W60	G. Butcher	3:17.5
W65	M. Cavicchi	5:51.3
M25	A. Orfi	2:10
	B. Bennett	2:20.3
M40	B. Thomas	2:12.4
	D. White	2:21.5
M45	G. Andrews	2:17.0
M70	G. Sprockhoff	3:55.6

1500m

W19	M. Jungbluth	5:23.1
W60	G. Butcher	6:57.5
W65	M. Cavicchi	11:48.9
M25	B. Wingler	4:34.6
	A. Orfi	4:36.5
M45	G. Andrews	4:56.3
M70	R. Cavicchi	11:44.0

High Jump

W19	E. Tigue	5'6"
M25	K. Ward	4'8"
M30	T. Wagner	6'4"
	D. Schmidt	NH
M50	A. Ray	4'6"
M55	G. Coats	4'6"
M65	W. Simmons	4'8"
	T. Warder	4'2"
M70	F. Hirsimaki	4'2"
M95	E. Hosack	2'8.5"

Javelin

W65	K. Felkner	45'5"
W70	B. Holland	67'9"
M19	T. Farren	160'1"
M25	K. Thompson	170'10"
	B. Harvey	159'3"
M30	M. Shaughnessy	140'8"
M45	T. Upton	91'5"
M50	A. Ray	86'10"
M55	B. Eisenhart	120'8"
	J. Sloan	106'
M70	F. Hirsimaki	97'0"

Hammer

M25	R. Hurst	179'
M50	A. Ray	105'7"
M55	A. Sheinker	88'3"
	J. Sloan	86'7"
M65	J. Chadbourne	154'

Discus

W65	K. Felkner	45'5"
W70	B. Holland	67'9"
M19	T. Farren	124'2"
M30	MShaughnessy	146'8"
M35	M. Hambrick	166'1"
M40	B. Buckman	111'6"
	J. Klamar	95'6"
M50	A. Ray	110'7"
M55	G. Mirka	126'4"
	B. Eisenhart	107'2"
	J. Sloan	100'5"
	A. Sheinker	93'1"
M60	R. Reitz	112'11"
M65	RBredenbeck	120'3"
M70	R. Clarke	82'8"

Pole Vault

M50	K. Hall	9'
	A. Ray	NH
M55	J. Sloan	8'6"
	N. Downing	8'
M65	W. Simmons	7'
M70	F. Hirsimaki	7'

Long Jump

M25	K. Ward	15'8"
M30	T. Wagner	18'3"
	D. Ploenzke	15'3"
M40	J. Waters	16'7"
	T. Bailey	16'4"
M50	J. Plate	12'5"
M55	G. Coats	15'5"
	J. Sloan	13'1"
M60	T. Luke	11'5"
M65	T. Warder	12'11"
	W. Simmons	12'8"
M70	F. Hirsimaki	11'5"
M95	E. Hosak	6'1"

Shot Put

W65	K. Felkner	24'9"
W70	B. Holland	24'9"
M30	MShaughnessy	47'10"
M40	B. Buckman	35'2"
	J. Klamar	33'10"
	T. Bailey	28'8"
M50	A. Ray	36'5"
M55	W. Eisenhart	38'5"
	G. Mirka	37'5"
M60	R. Reitz	31'9"
M65	RBredenbeck	33'11"
M70	R. Clarke	33'
M95	E. Hosack	15'4" ***

Organized Practices

Independence High School  
Tuesdays at 7:30am

Solon High School  
Tuesdays at 6pm

Bedford Middle School  
Tuesdays & Thursdays at 5pm

RESULTS

Cleveland West RRC  
Summer Challenge  
Rocky River H.S.  
June 24, 1997

One Mile Run

Bob Thomas	1st (M40)	5:02
Norman Thomas	6th (M40)	5:52
Daryl Robinson	9th (Open)	5:45

4 x 400 relay 1st (open division) 3:59

Mike Gallagher  
Daryl Robinson  
Norman Thomas  
Bob Thomas

John Sloan May 25, Ohio Pentathlon, Columbus, OH

Long Jump	14'
Javelin	113'
200	30.7
Discus	99'8
1500	6:45

2653 pts - 1st place M55

John Sloan June 7, Senior Olympics, Canton, OH

Long Jump	14'1	1st	
Shot Put	30'4	3rd	
Discus	103'4	2nd	
200	31.1	3rd	(M55)
Javelin	122'5	1st	
Pole Vault	8'	2nd	

Over The Hill Track Club  
c/o Jeff Gerson  
5091 Hickory Drive  
Lyndhurst OH 44124



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160 Chatham Way  
Mayfield Hts. OH 44124

