



Over The Hill Track Club

NOVEMBER, 1998

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

Norman Thomas
Bob Thomas
Jeff Gerson
Rex Harvey
Jack Brunner

Coordinators

Women (all)	vacant	
Men - Open	Bob Thomas	216-382-5170
30-39	Lawrence Finley	440-735-0837
40-49	Norman Thomas	330-425-8219
50-59	Grover Coats	216-464-3865
60+	Jack Greenwald	330-769-5361
Weight events	John Sloan	330-477-3994
Multi events	Rex Harvey	440-255-0751
Out of state	Rod Wilson	517-353-0971

President's Message

The off season is upon us. There is limited competition this month. The NCCWAVA Regional meet is to be held in Barbados on November 19-22.

The Norm Bower Memorial Weight Pentathlon was a success. Very special thanks to Joe and Mary Chadbourne for being meet managers and coordinating. Thanks also to Rex Harvey, Jeff Gerson, and John Sloan. The Kent State facilities were great.

The indoor track & field season is not too far away. We plan to have schedules for meets at Kent, Slippery Rock, and Virginia, available by December 15. Plan to be at our annual membership meeting next month to preview the 1999 schedule.

Reminder!! Gateshead (England) in July-August, 1999. Make your plans now.

RESULTS

Potomac Valley Games & Eastern USATF Regional, Sept. 6
Alexandria, VA.

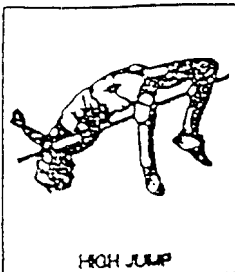
John Sloan (M55)	300m Hurdles	62.6	1st	
	Pole Vault	9'0	1st	(meet record)
	Javelin	122'5	3rd	
	100m Hurdles	21.1	1st	

Dayton Masters Track Classic, July 25, Dayton, OH

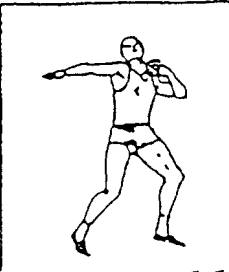
100m	M55 Grover Coats	13.5	1st	
200m	M40 Lawrence Finley	26.3	3rd	
	M55 Grover Coats	27.2	1st	
400m	M40 Lawrence Finley	58.2	1st	
800m	M50 Jeff Gerson	2:38.6	2nd	
3000m	M50 Jeff Gerson	11:44.6	3rd	
Long Jump	M55 Grover Coats	15'11½	1st	
	M55 John Sloan	12'4	2nd	
	W50 Erika Szanto	10'4	1st	
Shot Put	W50 Erika Szanto	29'8	1st	
100m Hurdles	M55 John Sloan	22.2	1st	
80m Hurdles	M70 Fred Hirsimaki	15.9	1st	
High Jump	M40 Dave White	5'2	1st	
	M70 Fred Hirsimaki	4'4	1st	
Pole Vault	M40 Dave White	11'6	1st	
	M55 John Sloan	9'0	1st	
	M70 Fred Hirsimaki	7'0	1st	
Triple Jump	M55 Grover Coats	32'5½	1st	
	M55 John Sloan	23'½	2nd	
	M70 Fred Hirsimaki	17'10½	1st	
Discus	W50 Erika Szanto	70'2	1st	

USATF Midwest Regional Masters Championships
July 25, 1998 - Huntington, W.V.

M70 Jack Greenwald	100m	15.10	2nd	
	200m	29.90	2nd	
	400m	1:11.06	1st	



HIGH JUMP



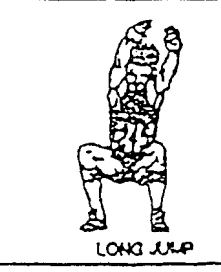
RUNNER



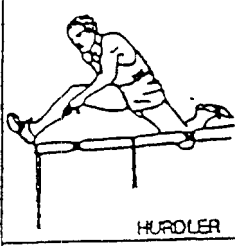
HURDLER



LONG JUMP



SPRINTER



HURDLER

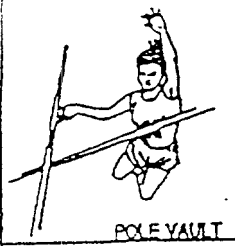
70-year-old runner not ready to slow down

Jack Greenwald of Wadsworth started running in 1985 at age 57. Since then, he has dashed to success in 400-meter races at senior track meets around the country, placing third in the 1995 U.S. Masters National Outdoor Championship and ninth in the 1995 World Games.

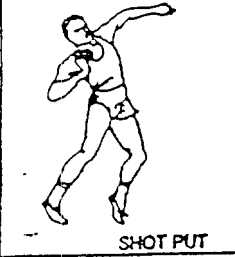
In July, Greenwald won the athlete of the year award at the 10th annual Ohio Games in Berea, put on by the Greater Cleveland Sports Commission. He took first place in the 200- and 400-meter events.

"It's really fun to compete. I guess the competition is in my blood, but I try to keep it fun first; it's much more enjoyable," says Greenwald, 70.

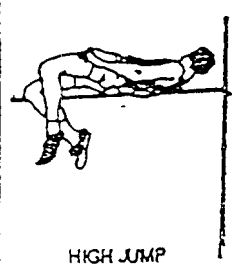
At the Military Aviation Preservation Society Air Museum at the Akron-Canton Re-



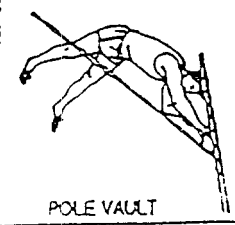
POLE VAULT



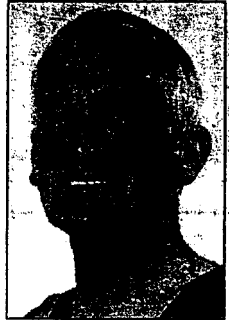
SHOT PUT



HIGH JUMP



POLE VAULT



Jack Greenwald, 70, won the athlete of the year award at the Ohio Games in July.

gional Airport, two dozen of Greenwald's oil paintings of historical aircraft grace the walls. He has been painting since 1965, and graduated from Ohio University with a degree in art.

"I just love airplanes, and when WWII was starting, I wanted to be a fighter pilot in the worst way. Turns out, I'm color deficient so I couldn't, but I became a pilot and can do basic acrobatics," says Greenwald.

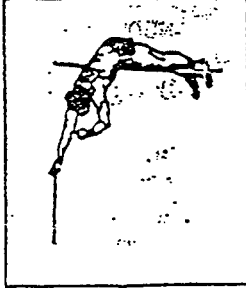
Retirement isn't something Greenwald thinks about. He spent 27 years as a fast-food manager, and currently works full time as a machine tender at a plastics factory. "I never think about slowing down," he says. "It isn't part of my nature."



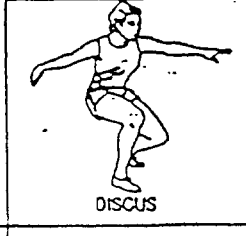
RELAY



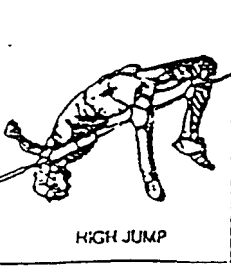
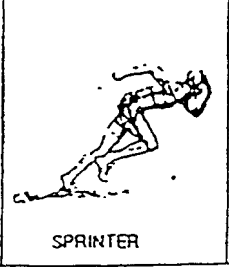
LONG JUMP



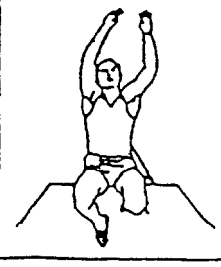
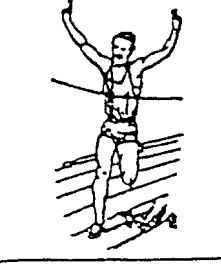
DISCUS



SPRINTER



HIGH JUMP





Over The Hill Track Club

Results of 5km race on Sunday, September 27, 1998, at University School

1.	Chris Bradshaw	19:00
2.	George Hallis	19:37
3.	Steve Fovozzo	20:03
4.	Spencer Johnson	21:26
5.	Michael Mrak	22:02
6.	Mike Castro	22:27
7.	Jim Scully	23:15
8.	Norman Thomas	23:36
9.	Lawrence Finley	23:46
10.	Matt Mrak	23:50
11.	David Castro	24:01
12.	April Capwill	24:02
13.	Steve Shetler	24:33
14.	Haley Vaccariello	24:40
15.	Larry Begue	25:36
16.	Rose Vaccariello	26:23
17.	Tony Vaccariello	26:24
18.	Keith Mrak	27:22
19.	Tori Vaccariello	27:24
20.	Grover Coats	28:37
21.	Karen Mrak	33:17
22.	Jean Lalli	34:40

THE SECOND ANNUAL NORM BOWER MEMORIAL WEIGHT PENTATHLON, October 18, 1998

Sponsored by Over the Hill Track Club; scoring co-sponsor, NCCWAVA; held at Kent State University, Kent, OH 44242

Results are reported in meters and then feet; age graded marks are in meters. Weight pentathlon points for each performer are in parenthesis.

Single-event competitors' scores are displayed in pentathlon format for comparison. Abbreviations: DNC= Did not compete; NA: Not applicable.

WEIGHT PENTATHLON MEN'S RESULTS NAME, AGE GROUP, CLUB	AGE	POINTS	HAMMER	SHOT	DISCUS	JAVELIN	35# WEIGHT	AGE GROUP PLACE
Mike Hambrick (35-39) Age graded mark Age graded % Points ()	39	3295	41.24m 135' 04 00 41.24m 49 53% (532)	13.26m 43' 06 00 13.26m 59.73% (683)	51 06m 167' 06 00 51.06m 71 79% (892)	36.30m 119' 01.00 39 06m 40 70% (429)	14.84m 48' 08.25 15.42m 61 68% (759)	1
Jim Pearce (50-54), Wolfpack TC Age graded mark Age graded % Points ()	53	2985	41.38m 135' 09 00 51.38m 61.72% (699)	9 74m 31' 11 50 11.65m 52.48% (585)	35.22m 115' 07.00 37 98m 53 42% (624)	28.30m 92' 10 00 40 42m 42.11% (448)	11 86m 38' 11 00 13.14m 52 57% (629)	1
Mickey Bitsko (55-59), Unattached Age graded mark Age graded % Points ()	55	3888	44.82m 147' 00.00 61 78m 74.21% (872)	11 72m 38' 05.50 15.62m (70.39%) (828)	37 48m 122' 11.00 45.06m (63 38%) (768)	29.76m 97' 08.00 46 70m 48 67 (540)	14 64m 48' 00 50 17.52m 70 11 (880)	1
John Sloan (55-59), Over the Hill TC Age graded mark Age graded % Points ()	58	2974	25 86m 84' 10 00 35.64m 42.81% (441)	9 30m 30' 06.25 12.39m 55.86% (630)	33.02m 108' 04 00 39 70m 55.83% (658)	35.84m 117' 07 00 56.26m 58 61% (682)	10 00m 32' 09.75 11.97m 47 89% (563)	2
SINGLE-EVENT COMPETITORS: MEN	AGE	POINTS	HAMMER	SHOT	DISCUS	JAVELIN	35# WEIGHT	AGE GROUP PLACE
Paul Deem (55-59), Unattached	59	1808	(0) DNC	11 67m 38' 03.50 15 55m 70.09% (824)	33.27m 109' 02.00 40 00m 56.26% (665)	(0) DNC	6 36m 20' 10.50 7 61m 30 46% (319)	NA
Abe Sheinker (55-59), Unattached	58	488	(0) DNC	(0) DNC	25 96m 85' 02.00 31.20m 43.90% (488)	(0) DNC	(0) DNC	NA

Dick Mann (65-69),	66	1407	(0) DNC	(0) DNC	25.84m 84' 09 00 32.18m 45.26% (507)	20.54m 67' 05 00 35.86m 37.37% (382)	8.94m 29' 04 00 11.18m 44.72% (518)	NA
Everett Hosacxk (95-99), Over the Hill TC	96	564	10.60m 34' 09 00 43.18m 51.86% (564)	(0) DNC	(0) DNC	(0) DNC	(0) DNC	NA
WEIGHT PENTATHLON WOMEN'S RESULTS: NAME, AGE GROUP, CLUB	AGE	POINTS	HAMMER	SHOT	DISCUS	JAVELIN	25# WEIGHT	AGE GROUP PLACE
April Capwill (45-49), Unattached Age graded mark Age graded % Points ()	47	3291	29.26m 96' 00.00 36.00m 60.02% (623)	9.44m 30' 11 75 11.57m 53.94% (633)	29.86m 97' 11.00 35.74m 48.40% (572)	32.48m 106' 07 00 48.88m 61.10% (838)	8.04m 26' 04 50 12.15m 63.46% (625)	1
Katie Felkner (65-69), Unattached Age graded mark Age graded % Points ()	67	2451	18.80m 61' 08.00 29.84m 49.74% (490)	6.92m 22' 08.50 12.71m 59.25% (708)	14.20m 46' 07 00 27.70m 37.53% (419)	9.34m 30' 08 0 19.92m 24.92% (287)	8.30m 27' 02.75 10.89m 56.89% (547)	1
Bernice Holland (70-74), Unattached	71	3662	22.80m 74' 10 00 39.98m 66.65% (711)	7.00m 22' 11.75 14.74m 68.76% (843)	20.88m 68' 06 00 46.04m 62.35% (773)	18.70m 61' 04 00 45.34m 56.70% (770)	7.92m 26' 00 00 11.19m 58.45% (565)	1
SINGLE-EVENT COMPETITORS: WOMEN	AGE	POINTS	HAMMER	SHOT	DISCUS	JAVELIN	25# WEIGHT	AGE GROUP PLACE
Lenka Seda (80-84), Unattached	83	913	(0) DNC	3.84m 12' 07.25 10.64m 49.61% (571)	8.36m 27' 05 00 23.54m 31.87% (342)	(0) DNC	(0) DNC	NA



LAKE ERIE ASSOCIATION
Open & Masters
Cross Country Championships
Saturday, November 14, 1998
9:00 A.M.

Host Club—Lake Erie Comets

Sanctioned—USATF/Lake Erie Association

Age Divisions and Race Distances:

Open Men	19 to 29	30 to 34	Age as of Race Day
Open Women	35 to 39	40 to 44	
	45 to 49	50 to 54	
	55 to 59	60 to 64	
	65 to 69	70 & Over	All age groups run 5,000 meters

TIMES: Registration begins at **8:00 A.M.** First Race at **9:00 A.M.** Maps provided. Course open for inspection up to 10 minutes before start of race. There will be no official course walk.

ENTRY FEES: \$5.00 per person. There is no additional entry fee for teams. Team must consist of at least five, but no more than eight runners. Teams must be registered USATF track clubs.

AWARDS: USATF Championship medals will be awarded for first through tenth place.

PLEASE NOTE: You must have a USATF card or purchase one on the day of the meet.

LOCATION: Medina High School, 777 East Union Street, Medina, Ohio. Located 5 miles west of I-71 on State Route 3 (Exit I-71 at State Route 3, Exit # 222)

Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF 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.

Mail entries to:

Lake Erie Comets Track Club
 8280 Craighigh Drive
 Parma, Ohio 44129

Make checks payable to USATF - Lake Erie

Entries will also be accepted the day of the meet
 10 minutes prior to the start of each race.

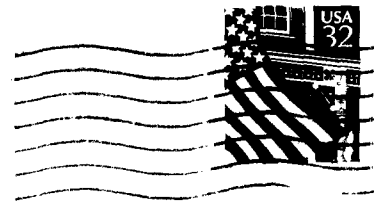
Official Entry Form

Name		Address		
City		State	Zip	Phone
Age	Birth Date	Sex	USATF #	
Age division		Club		

In consideration of my being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against USA Track & Field, the Lake Erie Association, the Medina City School District, or their officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with my association with, entry in, or arising out of my traveling to, participation in, and returning from the 1998 Lake Erie USATF Open & Masters Cross Country Association Championship to be held November 14, 1998 at Medina High School

Participant's Signature _____

OVER THE HILL TRACK CLUB
c/o Jeff Gerson
5091 Hickory Dr.
Lyndhurst OH 44124



Rex Harvey
6744 Connecticut Colony Crl
Mentor OH 44060

99060/9970

