Over The Hill Track Club

www.othtc.org

July 2000

OFFICERS

President - Norman Thomas  
V.P. Programs - Vacant  
V.P. Communications - Larry Maniccia  
Secretary - Rex Harvey  
Treasurer - Jeff Gerson

COORDINATORS

<table>
<thead>
<tr>
<th>Category</th>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women (all)</td>
<td>Patricia Finley</td>
<td>(216) 595-1628</td>
</tr>
<tr>
<td>Men (open)</td>
<td>Larry Maniccia</td>
<td>(216) 531-1359</td>
</tr>
<tr>
<td>30-39</td>
<td>Lawrence Finley</td>
<td>(440) 735-0837</td>
</tr>
<tr>
<td>40-49</td>
<td>Norman Thomas</td>
<td>(330) 425-8219</td>
</tr>
<tr>
<td>50-59</td>
<td>Jeff Gerson</td>
<td>(440) 473-0636</td>
</tr>
<tr>
<td>60-69</td>
<td>Grover Coats</td>
<td>(216) 464-3865</td>
</tr>
<tr>
<td>70+</td>
<td>Jack Greenwald</td>
<td>(330) 769-5361</td>
</tr>
<tr>
<td>Weight Events</td>
<td>Allen Ray</td>
<td>(216) 226-3481</td>
</tr>
<tr>
<td>Multi Events</td>
<td>Rex Harvey</td>
<td>(440) 954-8122</td>
</tr>
<tr>
<td>Out of State</td>
<td>Rodney Wilson</td>
<td>(517) 353-0971</td>
</tr>
<tr>
<td>Racewalk</td>
<td>Jeff Gerson</td>
<td>(440) 473-0636</td>
</tr>
</tbody>
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PRESIDENT'S MESSAGE

We are in the exciting part of the track and field season. Most of us are getting into peak shape. We still need more meets.

Good luck to those who are heading to Eugene for National Masters Championships. The entry deadline is July 17. Check with coordinators to see who else may be going.

We need to support the upcoming meet in Dayton. Dayton has both open and masters divisions and they do have relays.

Remember to send in your results from past meets and try to make a group practice if possible.
V.P.'s Message

I would like to take this opportunity to welcome our newest club member Barry Kline.

This year's Cleveland Track Classic is behind us already believe it or not. We are looking for input on how you thought the meet went this year. We welcome comments and suggestions on how we can make this meet even better next year. Send all comment to: Over The Hill TC P.O. Box 22906 Cleveland, OH 44122.

I am currently looking for photos of club members competing in their favorite event. Pictures will be posted on the club website. Have a particular photo that you're proud of? Send it in to be posted! All photos will be returned after they are digitized and put onto the site. Anyone interested in having their picture posted on the website, please send them to the club P.O. box listed above.

2000 Outdoor Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 22</td>
<td>Dayton Masters Classic</td>
<td>Dayton, OH</td>
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<tr>
<td>July 22</td>
<td>Buckeye State Games</td>
<td>Dayton, OH</td>
</tr>
<tr>
<td>July 29</td>
<td>Open / Masters Track Meet</td>
<td>East Liverpool, PA</td>
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<tr>
<td>July 29</td>
<td>Midwest Masters Classic</td>
<td>Huntington, WV</td>
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<tr>
<td>July 29</td>
<td>CMAA Inter-Club Meet</td>
<td>Toronto, ON</td>
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<tr>
<td>July 30</td>
<td>Midwest Masters Regional</td>
<td>Romeoville, IL</td>
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<tr>
<td>Aug 10-13</td>
<td>USATF National Masters</td>
<td>Eugene, OR</td>
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<tr>
<td>Aug 17-20</td>
<td>NCC WAVA Regional</td>
<td>Kamloops, BC</td>
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<tr>
<td>Sept 2-3</td>
<td>Potomac Valley</td>
<td>Arlington, VA</td>
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<tr>
<td>Sept 17</td>
<td>Cross Country Classic</td>
<td>Pepper Pike, OH</td>
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<tr>
<td>Sept 23</td>
<td>N. Bower Weight Pentathlon</td>
<td>Kent, OH</td>
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North Coast Invitational, May 21, 2000

**Additional Results:**

**Weight Throws**

<table>
<thead>
<tr>
<th>Name</th>
<th>Distance</th>
<th>Place</th>
<th>Weight</th>
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<tbody>
<tr>
<td>Erika Szanto (F56)</td>
<td>22'3</td>
<td>1st</td>
<td>25#</td>
</tr>
<tr>
<td>Mike Hambrick (M40)</td>
<td>47'6</td>
<td>1st</td>
<td>35#</td>
</tr>
<tr>
<td>Mark Schervish (M44)</td>
<td>28'11</td>
<td>2nd</td>
<td>35#</td>
</tr>
<tr>
<td>Allen Ray (M53)</td>
<td>45'10½</td>
<td>1st</td>
<td>25#</td>
</tr>
<tr>
<td>Everett Hosack (M98)</td>
<td>12'1½</td>
<td>1st</td>
<td>25#</td>
</tr>
<tr>
<td>Diane Friedman (F78)</td>
<td>Incomplete Registration</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Erika Szanto (F56)</td>
<td>11'</td>
<td>1st</td>
<td>56#</td>
</tr>
<tr>
<td>Allen Ray (M53)</td>
<td>25'8</td>
<td>1st</td>
<td>56#</td>
</tr>
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**North Coast Invitational**

**Team Awards:**
- Open Men - TBD
- Open Women - TBD
- Masters Men - OTHTC (Ev Poe)
- Masters Women - OTHTC (Erika Szanto)

**Hammer Throw:** Everett Hosack (M98)
- 37'3½" (RECORD)

**Jeff Gerson (M50)**
- Regional Senior Olympics – June 10, 2000
  - 1500m Racewalk – 10:03.2 – 1st

**Three Rivers Association USATF – June 25, 2000**
- 3000m Racewalk – 21:09 – 1st
- Javelin – 71' 5" – 2nd

**Cathi Gerson (W50-59)**
- University Heights Memorial Day Run – May 29, 2000
  - 5 mile run – 44:27 – 2nd

**Bob Thomas (M40-49)**
- University Heights Memorial Day Run – May 29, 2000
  - 2 mile run – 10:43 – 1st
### Meet Description:
Midwest Regional Championship
Track and Field Competitions:
Men and Women Master Athletes in five year age groups (30-90+)

To be held at Lewis University on Sunday, July 30th, 2000
Check in: 8:00 AM til 8:45 AM
Racing begins at 9:00 Field Events at 9:00

Entries must be postmarked by July 13th, 2000
There will be no on site registration.
There will be no locker or shower facilities.

Make checks payable to: The Midwest Masters Track and Field Club
15124 Hillside Ave
Oak Forest, IL 60452-1924

Awards: Regional Championship Medals for 1st, 2nd, 3rd

Fees: $30.00 first event, $5.00 for each additional event.
$30.00 for Midwest Masters Club Team Member
unlimited event entries.

### Tentative Schedule of Events
We may start events before the listed time. We will not run behind time. We will follow the listed order of events.

**Oldest to youngest, ladies first!**
9:00: 5K race walk
9:50 1500 meters run
10:20 400 meters dash
10:50 Short Hurdles
11:35 100 meters dash
12:35 8000 meters run
1:05 Long hurdles
1:35 100 meters dash finals if necessary (more than eight in an age group)
2:00 5000 meters run
2:45 5000 meters run
3:15 2000 meters

**Field Events Start at 9:00**
Pole Vault, High Jump, Long Jump, Shot Put, Discus
The triple jump will follow the long jump
Hammer, Javelin, Weight Throw will follow the Shot and Discus competitions.

### Age Graded Percentage Scoring
Fully Automatic Timing
Results posted at: [http://members.xoom.com/midwest_tf/index.html](http://members.xoom.com/midwest_tf/index.html)

### Registration Form
Make Checks Payable to Midwest Masters Track and Field Club
Mail Entries to: Gerry Krainik
15124 Hillside Ave
Oak Forest, IL 60452-1924

Please Print or type

Name_________________________________________Age (on 07/30/2000)_____

Address_________________________________________DOB___________

City_________________________________________State____Zip code______USATF Number:_____________________

Phone Number______Club_________________________

Events_________________________________________Total Amount________________

I ________________________________________understand that competing in a track / field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release USATF, USATF Illinois, Lewis University, and the Midwest Masters Track and Field Club and all sponsors and officials from all claims of any kind arising out of my participation in the 2000 Midwest Masters Track and Field Region Meet. I grant permission for emergency medical treatment for myself by competent medical personnel as required.

Signature___________________________Date________Emergency Phone Number_________
This year's events includes:

- 1600M. Run (11-14yrs. old)* Standing Long Jump* Softball Throw
- 100M. Dash* 60M. Power Walk (Athletes with Asthma)* 200M. Dash
- Relay Race (For fun only. No Awards Team may be coed, same age required)
- 400M. Dash* 800M. Dash* Sugar Race (Athletes with Diabetes)

- Limit of 3 events per athlete (Relay Race not included)
  - 16 athletes per event

Application (Please Print)

Name: ___________________________________________

Age: ________ Sex: ________ Grade: ________

Address: ____________________________________ Apt: ______

City: ______________ State: ________________________

E-Mail Address: ___________________________ Phone #: ______

Club Name: ______________________________________

*Please select your 3 event choices*

1. __________________________
2. __________________________
3. __________________________

Will athlete participate in the Relay for fun? __________
If yes, please circle the position desired.

1st 2nd 3rd Anchor

Parents please sign waiver on reverse side.
CK Track Club Presents
Application for Y2K Athletes

Y2K (Year 2000 Kindergarten) is eligible for the track meet this year.

July 29, 2000 at 9:15 a.m. @ Patrick Henry Jr. High School
between Arlington & Durant, off 123rd & Superior

If your child will be 5 years of age, he/she may compete.

There will be no on site registration for this age group!

You must register your child by mail!

All athletes must have a parent/coach sign waiver form below,
or athlete cannot & will not participate!

"Absolutely No Exception"!

On the day of the Track Meet you may pick up your child's Y2K Packet.

This packet contains your registration.

This year Y2K events include:

The Relay Race which is only for FUN (no awards)*

Sugar Race (athletes with diabetes)*60M Power Walk Race (athletes with asthma)* Softball Throw* Standing Long Jump*

50M Skip Race* 60M Dash

• Limit of 3 events per athlete (Relay Race not included)

- 16 athletes per event

Application (Please Print)

Name: ______________________________________________
Age: _______ Sex: _______ Grade: ________
Address: ____________________________Apt: ___________
City: ______________________________ State: _________
E-Mail Address: __________________________ Phone #: __________

Please select your 3 event choices*
1. ______________ 2. ______________ 3. ______________

Will Athlete participate in the Relay Race for fun?
If yes, please circle position desired. 1st 2nd 3rd Anchor

Must have all entries by July 10th 2000.

Mail To: CK Track Club 11470 Euclid Avenue # 217
Cleveland, Ohio 44106-3926

For all questions you may call Coach Cunningham at (216) 791-3969 or
E-Mail: CKTC@Webtv.net

Please make copies if necessary.

CK Track Club Waiver Form

In consideration of your acceptance of this form, I hereby for myself, my heirs, executors, and assigns, waive any and all claims for damages, which I might have against the CK Track Club, The Cleveland Board of Education, 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. Date:

Signature (By parent/coach for the minor athlete): ______________
2000 ENTRY FORM – MIDWEST MASTERS OUTDOOR TRACK & FIELD CLASSIC

Name ____________________________ Age ____ Birth Date _______ M __ F __ Telephone __________
Address __________________________ City _____________________________ State _____ Zip

USA T&F Card # _________________ OR ________ Fee Enclosed ($12.00 WV Assoc. $15.00 Other Assoc.)
Circle the events you are entering: Field Events: PV HJ SP D Ham Wts LJ TJ Jav
Track Events: 100m 200m 400m 800m 1500m 3000m 5000m Run

SH (80m 100m 110m) LH (300m 400m) 1500m RW 5000m RW S M L XL XXL T-Shirt Size

SH (80m 100m 110m) LH (300m 400m) 1500m RW 5000m RW S M L XL XXL

Fee: $12.00 for 1st event, $8.00 for each additional event, after 7/24 $20.00 for 1st event, $16.00 each additional

Event Extra T-Shirt $10.00 __

RELEASE: For myself, my heirs, and executors, I waive, release, and forever discharge any and all claims against
the Masters Athletics Committee, the USA TRACK & FIELD OFFICIALS, WEST VIRGINIA ASSOCIATION,
USA TRACK & FIELD, meet Sponsors and Marshall University for any damages or injuries that may be suffered
by me in competition or present at the meet.

Signature: __________________________________ Date: __________

MAIL Entry & Fee by (post mark) 24 July 2000 to: $12.00 1st Event
Thomas Plummer
27 South Queens Ct
Huntington, WV 25701

$___ Other Events __ $X 8.00
$___ Fee for USA T&F Card
$___ Extra T-Shirt __ $X 10.00
$___ Total Enclosed

Make Checks Payable: USA T&F WV Association

TENTATIVE SCHEDULE
OF EVENTS
(Final Schedule Day of Meet)

8:00 8:00
5000m Run Hammer (W) Then
(M) Shot Put (W)
High Jump (M)
Long Jump (W)

9:00 Shot Put (M)

9:30 Pole Vault

9:45 10:00
5000m RW High Jump (W)

10:20 Short Hurdles Discus (W)

10:40 Long Jump (M)

400m Dash 11:00
Javelin (W)

11:00 1500m Run

11:30 100m (Heats)

12:00 12:15
1500m Race Walk Triple Jump

12:30 100m (Finals)

1:00 3000m Run

1:30 1:30
Long Hurdles Weights

2:00 200m (Heats)

2:30 800m Run

3:00 3:00
200m (Finals) Javelin (M)

MEET SITE: Marshall University—The track is located on 5th Avenue at 20th
Street (enter from 20th Street); it has a
400-meter tartan surface, and eight (8) 42-inch wide lanes. All runways and
takeoff areas are tartan, except the
javelin area, which is grass.

SPIKES: Spikes must be no longer than
1/4 inch.

ELIGIBILITY: Competitions are open
to all men and women (no qualifying
standards), age 25 and over. Entrants
must have 2000 USA TRACK & FIELD
membership card or include card fee
with entry. “Card pending” will not be
accepted.

DIVISIONS: Men and women,
sub-masters and masters, will be
divided into five-year age groups from
25 to 90+.

AGE: The age of a competitor is
his/her age on 29 July 2000.

ENTRIES: All entries must be
postmarked by Monday, 24 July 2000.
There will be no refunds or changing of
events after entries are received.

ENTRY FEE / T-SHIRT:

After 7/24
1st Event ........ $12.00 $20.00
Next Event(s).... $8.00 ea. $16.00
How To Avoid Injuries ...  

and stay out of the doctor's office

The majority of running injuries occur from overtraining. Avoid doing too much too soon. Your progress in mileage and speed should be a gradual one. An unrelenting increase in mileage from one week to the next will ultimately result in a break down. It is important to keep in mind the principle of hard days and easy days being interspersed and also hard and easy weeks. Mileage should usually only be increased approximately 10 per cent per week. Every third week, you should drop back a small amount. For most runners one or two days a week, at least, should be devoted to rest or non-running activities. This gives your body a chance to recover and strengthen itself. It is helpful to maintain a running diary. This should contain your mileage, course and brief note on how you felt. It may help trace the origin of problems related to overtraining.

You should always ease into speed work. One way to ease into speed work would be by throwing in a few short distance surges into your normal runs. Gentle hill work, prior to speed work has also been recommended by some coaches. Fartlak runs may also be used. Track work outs should occur after you have accomplished some faster paced running during the course of your routine runs and should not be overly ambitious at first.

Running shoes should regularly be replaced. Shock absorbing capability will diminish gradually and may be inadequate after 350 to 550 miles. The upper of the shoe may not show much wear, but the shock absorption may still be gone. If you are running 20 miles per week, you should be replacing your shoes between 4 and 8 months depending upon your shock absorption needs. It is always cheaper to replace your shoes than to make a visit to the doctors office.

Regular stretching may also help reduce injuries. Runners frequently develop tightness in the posterior muscle groups. This includes the hamstrings and the calf muscles. The quadriceps and anterior shin muscles may become relatively weak, due to muscular imbalance. The abdominal muscles also tend to be weak on runners who do not exercise them.

The calf (achilles) should be gently stretched and so should the hamstrings. The best stretch for the calf muscles is the "wall stretch". I recommend stretching one set of leg muscles at a time. One leg is back, knee straight, the other leg is forward with the knee bent. The leg that is back is being stretched. Ten repetitions holding for 10 seconds each is ideal. There are several different stretches to choose from for the hamstrings: Forward bends with the knees slightly bent, knee to chest or leaning forward with the leg out straight in front of you all work. It is important to not aggravate your back while performing hamstring stretches. The FAQ on Stretching is a good source of information about a variety of aspects of stretching.

George Sheehan recommended a revised set of his "magic six" in several of his columns and in his book "Running To Win", Rodale Press, 1991. Follows is a slightly modified version of Dr. Sheehan's

http://www.clark.net/pub/pribut/stayout.html

7/3/00
Magic Six:  

Magic Six, Plus Two

- **Wall Push-Up**: This is basically the calf stretch described above. My version stretches one leg at a time. Stand with the rear foot approximately two to three feet from the wall. The rear leg should be straight, the front leg is bent and your hands touch the wall. Feet point straight ahead, heels are on the ground. Hold for 10 seconds, switch legs, repeat 10 times.
- **Hamstring Stretch**: Straighten one leg, place it, with the knee locked, on a foot stool. Bend your body and bring your head towards the leg. Hold this position for 10 seconds. Switch sides, repeat 10 times.
- **Knee Clasp**: Lie on a firm surface. A carpeted floor or grass is best. Bring both knees to your chest. Hold for 10 seconds. Repeat 5 times. This stretches the hamstrings and lower back.
- **Chest Push-Up**: Lie on the floor with your abdomen pressed flat on to the floor. Place your hands flat on the floor, beneath your shoulders. Push your chest up with your arms and hold for 10 seconds. Repeat 5 times.
- **Backward Stretch**: While standing straight, place the palms of your hands against the small of your back. Tighten your buttocks and bend backwards. Hold for 10 seconds, relax, repeat 5 times.
- **Shin Splinter**: This is performed to strengthen the shins. Sit on a table with your legs dangling over the side. Place a 3 to 5 pound weight over your toes. Flex your foot at the ankle (bend it up). Hold for 6 seconds, repeat 5 times.
- **Straight Leg Lifts**: This is performed to strengthen the quadriceps. Lying on the floor. Flex one knee to approximately a right angle. Lift the other leg rapidly to between 30 and 60 degrees. Lower and repeat 10 times. Switch legs, repeat 5 times and work up to 10 sets of 10 repetitions.
- **Bent Leg Sit-Up**: This strengthens the abdominals. Dr. Sheehan recommended that the sit up be a gradual one rather than a rapid thrust forward. It should feel as if you are moving forward one vertebrae at a time. Lie on the floor with your knees bend. Come forward to a position 30 degrees from the floor. Lie back and then repeat 20 times.