



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

Women (all)	Patricia Finley	(216) 595-1628
Men (open)	Larry Maniccia	(216) 531-1359
30-39	Lawrence Finley	(440) 735-0837
40-49	Norman Thomas	(330) 425-8219
50-59	Jeff Gerson	(440) 473-0636
60-69	Grover Coats	(216) 464-3865
70+	Jack Greenwald	(330) 769-5361
Weight Events	Allen Ray	(216) 226-3481
Multi Events	Rex Harvey	(440) 954-8122
Out of State	Rodney Wilson	(517) 353-0971
Racewalk	Jeff Gerson	(440) 473-0636

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 years 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

July 22	Dayton Masters Classic	Dayton, OH
July 22	Buckeye State Games	Dayton, OH
July 29	Open / Masters Track Meet	East Liverpool, PA
July 29	Midwest Masters Classic	Huntington, WV
July 29	CMAA Inter-Club Meet	Toronto, ON
July 30	Midwest Masters Regional	Romeoville, IL
Aug 10-13	USATF National Masters	Eugene, OR
Aug 17-20	NCC WAVA Regional	Kamloops, BC
Sept 2-3	Potomac Valley	Arlington, VA
Sept 17	Cross Country Classic	Pepper Pike, OH
Sept 23	N. Bower Weight Pentathlon	Kent, OH

Results

North Coast Invitational, May 21, 2000

Additional Results:

Weight Throws

Erika Szanto (F56)	22'3	1st	25#
Mike Hambrick (M40)	47'6	1st	35#
Mark Schervish (M44)	28'11	2nd	35#
Allen Ray (M53)	45'10½	1st	25#
Everett Hosack (M98)	12'1½	1st	25#
Diane Friedman (F78)	Incomplete Registration		
Erika Szanto (F56)	11'	1st	56#
Allen Rav (M53)	25'8	1st	56#

North Coast Invitational

May 21, 2000

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



Midwest Masters Regional 2000



Sunday, July 30th, 2000 at Lewis University: Romeoville, Illinois

<p>Meet Description: Midwest Regional Championship Track and Field Competitions: Men and Women Master Athletes in five year age groups (30-90+)</p> <p>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</p> <p>Entries must be postmarked by July 13th, 2000 There will be no on site registration. There will be no locker or shower facilities.</p> <p>Make checks payable to: The Midwest Masters Track and Field Club 15124 Hillside Ave Oak Forest, IL 60452-1924</p> <p>Awards: Regional Championship Medals for 1st, 2nd, 3rd</p>	<p>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.</p> <p>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: 800 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: 200 meters</p> <p>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.</p>
<p>Fees: \$30.00 first event, \$5.00 for each additional event. \$30.00 for Midwest Masters Club Team Member unlimited event entries.</p>	<p>Age Graded Percentage Scoring Fully Automatic Timing Results posted at: http://members.xoom.com/midwest_tf/index.html</p>

Registration Form

Make Checks Payable to Midwest Masters Track and Field Club
Mail Entries to: Gerry Krainik 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 _____

CK Track Club Presents
 The 2nd Annual Community Kids Track Meet



July 29, 2000

8:15 A.M.

Registration from 8:00 A.M. - 9:00 A.M. Only

Application for CK Track Meet for Ages 6-14yrs. Old

This years 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 also Presents Application for Y2K Athletes



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

July 29, 2000 at 9:15a.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 you child by mail!

All athletes must have a parent/coach sign waiver form below,
or athlete CAN NOT & 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 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 25705

\$ _____ 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 5000m Run (M)	8:00 Hammer (W) Then Shot Put (W) High Jump (M) Long Jump (W)
	9:00 Shot Put (M)
	9:30 Pole Vault
9:45 5000m RW	10:00 High Jump (W) Discus (W) Long Jump (M)
10:20 Short Hurdles	
10:40 400m Dash	11:00 Javelin (W) Discus (M)
11:00 1500m Run	
11:30 100m (Heats)	
***** Lunch Break *****	
12:00 1500m Race Walk	12:15 Triple Jump
12:30 100m (Finals)	
1:00 3000m Run	
1:30 Long Hurdles	1:30 Weights
2:00 200m (Heats)	
2:30 800m Run	
3:00 200m (Finals)	3:00 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

Dr. Stephen M. Pribut's Sport Pages

[Sports Medicine Home](#) | [Chess](#) | [Shoes](#) | [Comprehensive Site Listing](#) | [Home Page](#)

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. Fartlek 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

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 bent. Come forward to a position 30 degrees from the floor. Lie back and then repeat 20 times.



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