



# Over The Hill Track Club

[www.othtc.org](http://www.othtc.org)

February 2001

## 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	(440) 237-6714
30-39	Lawrence Finley	(859) 236-2042
40-49	Rodney Wilson	(517) 353-0971
	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
	Everett Poe	(216) 991-8524
Weight Events	Allen Ray	(216) 226-3481
Multi Events	Rex Harvey	(440) 954-8122
Out of State	Rodney Wilson	(517) 353-0971
	Lawrence Finley	(859) 236-2042
Racewalk	Gunter Sprockhoff	(440) 582-0144
Website	Larry Maniccia	(440) 237-6714

## PRESIDENT'S MESSAGE

The indoor track & field season is well underway. Some club members have been to several meets already.

Plan to meet with us on Saturday, February 17, for our winter club meeting. We will again convene at the home of Jeff and Cathi Gerson. We will review upcoming meet information as well as plan our next set of club activities.

We are locating more meets as the season goes on. We have conflicting meet dates so be careful in your choices. Watch the deadlines for the larger meets. Remember to get your USATF cards prior to the Findlay and Baldwin Wallace meets.

We are strongly encouraging relay participation whenever possible. The meets at Kent State, Beachwood, Baldwin Wallace and the National Masters meet all have relay events.

## V.P.'s Message

Greetings to all! I hope everyone is having a productive indoor season so far whether you're participating in meets or just training in anticipation of upcoming meets.

Congratulations to Monica Thornton and Rodney Wilson for being recognized by the Lansing State Journal for their outstanding achievements in 2000. The article from the LSJ is in this month's newsletter. Good luck to both of you in 2001.

Sometimes it is difficult to distribute information in a timely manner based on when it is received and when the newsletter can be circulated each month. That's why I encourage everyone to visit the club website as often as possible to get the most up to date information regarding meets, club meetings, etc. I know not everyone has internet access at home, but you can get free access through the public library system in your area. The website is the easiest and quickest way for me to post new information on meets and other events on short notice. If there is something on the website you are interested in and would like additional information such as entry forms, directions, etc, please call me at 440-237-6714 and I will forward whatever you need as quickly as possible.

### 2001 Indoor Track & Field Schedule

Feb 18	All Comers Meet	Slippery Rock, PA
Feb 18	Kent State Open	Kent, OH
Feb 25	Ohio Assn. USATF	Findlay, OH
Mar 3	Kent State Open	Kent, OH
Mar 3	Ontario Masters Meet	Toronto, Canada
Mar 10	Midwest Regional USATF	New Lenox, IL
Mar 17	Beachwood Open	Beachwood, OH
Mar 17	Lake Erie	Berea, OH
Mar 17	East Regional USATF	Landover, MD
Mar 23-25	National Masters Indoor Championships	Boston, MA

### 2001 Camps/Clinics

June 15-17	Sprinters and Hurdlers Weekend	Slippery Rock, PA
June 15-17	Throwers Weekend	Slippery Rock, PA
June 15-17	Jumpers Weekend	Slippery Rock, PA
Aug 5-9	Cross Country Camp	Slippery Rock, PA

Dues \$\$ Reminder – Please send current membership form along with payment to Jeff Gerson by March 1<sup>st</sup>.

Club Meeting – Saturday, February 17, from 2 to 3:30pm at the home of Jeff and Cathi Gerson, 5091 Hickory Drive, Lyndhurst, Ohio. Call for directions if necessary 440-473-0636. Please be prompt.



## High School Meet Information

Kent State High School Open Meets  
February 18 & March 3, 2001

### MEET INFORMATION

**LOCATION:** Kent State University Field House behind the football stadium on Summit Street.

**CHECK IN AND LATE REGISTRATION:** Will be from 8:00 A.M. - 9:00 A.M. NO WALK UP REGISTRATION AFTER 9:00 AM.

**PRE-REGISTRATION:** One Event \$5/athlete, each additional event \$3, limit 3 individual events, no charge for relays if athlete is entered in individual events. **TEAM RATES:** 1-20 athletes \$100.00/per girl's and boy's teams each, 21 athletes or more \$130.00/per girl's and boy's teams each.

**LATE REGISTRATION:** One Event \$8/athlete, each additional event \$4, limit 3 individual events, no charge for relays if athlete is entered in individual events. **TEAM RATES:** 1-20 athletes \$125.00/per girl's and boy's teams each, 21 or more athlete \$155.00/per girl's and boy's teams each.

**FAXING ENTRIES:** Fax all entries to John Wise, 330-672-2112, by Feb. 15 for the first meet and Feb 28 for the second meet. Any questions contact John Wise at 330-672-8442, or email [jwise@kent.edu](mailto:jwise@kent.edu).

**MEDICAL FORMS/IDEMNITY FORMS:** EACH participant needs to have BOTH of these forms completed with parent and/or guardian signatures. Without these forms they will be unable to participate in the meet. Coaches, please make copies of the enclosed forms for your athletes.

**SPIKES:** Athletes in the Long Jump, Pole Vault, and High Jump will be allowed to use the ¼" pyramid style spikes in those events. NO OTHER SPIKES WILL BE PERMITTED!!! An official will be checking all spikes prior to the event. Athletes having the wrong spikes will be disqualified from the event. If you have any questions please inquire prior to the start of the meet.

**BLOCKS:** Will only be used in the 60m hurdles, 60m dash, and other selected races.

**AUTOMATIC TIMING:** Each athlete will receive Finish Lynx fully-automatic timing to the hundredth of a second in each race they run

**AWARDS:** Winners of each individual and relay event will receive T-shirts.

**RESULTS:** We will have complete results available on our website ([www.kenttrack.com](http://www.kenttrack.com)) by the day after the meet.

**CHECK IN:** 20:00 prior to the start of your event. Running events check in at the starting line, field events check in at the event site.

**WARM UP PERIODS FOR FIELD EVENTS:** General warm up 30:00 prior to

<http://www.personal.kent.edu/~jwise/hs01info.html>

2/11/01

start of event. Between flights there will be a 10:00 warm up period.

**FOOD OR DRINK:** Is not permitted inside the Field House. NO EXCEPTIONS!!  
Concessions will be available.

PLEASE BE PATIENT WITH THE OFFICIALS AND THE MEET MANAGERS. THERE ARE MANY ENTRIES RESULTING IN MULTIPLE HEATS. PLEASE LISTEN FOR THE CALLS FOR EACH RACE AND BE ON TIME WHEN CHECKING IN PRIOR TO YOUR EVENT. THIS WILL HELP TO KEEP THE MEET MOVING ALONG AS QUICKLY AS POSSIBLE. YOUR COOPERATION IS GREATLY APPRECIATED.

**MAKE CHECK PAYABLE TO:** KENT ATHLETICS/TRACK & FIELD

**SEND REGISTRATIONS TO:** FIELD HOUSE  
KENT STATE UNIVERSITY  
KENT, OH 44242

## High School Open

February 18, 2001

### TIME SCHEDULE

Track Events begin at 9:00am and are on a rolling time schedule in this order:

*all running events are boys followed by girls*

60m dash (prelim)  
60m hurdles (prelim)  
4x800 relay  
60m hurdles (final)  
60m dash (final)  
400m  
1600m  
200m  
3200,  
4x400 relay

Field Events begin at 9:00am and are in the following order:

High Jump (Women then Men)  
Pole Vault (Women then Men)  
Long Jump (Men then Women)  
Triple Jump (Men then women) **\*\*Following Long Jump\*\***  
Shot Put (Men then Women)



# Beachwood High School Invitational Track Meet

Beachwood High School (South Gym)

25100 Fairmount Blvd.

Beachwood, Ohio

Saturday, March 17, 2001

- > Selected high schools and track athletes are invited to this unique indoor track meet. We think that young athletes competing with, but not against, the masters athletes will offer an outstanding experience for all our athletes
- > Registration: 10:00am Field events start at 11:00 a.m. Running events start at 12:30 p.m.
- > Cost is \$30 per team (boys and girls are separate teams).  
Cost is \$50 if both boys and girls teams from the same school attend.  
Cost is \$8 00 for Masters Athletes - Unlimited participation  
Awards - Ribbons to top six finishers in each event.  
Entries - Two per event and one relay team.  
Track size is 133 meters per lap.  
Shoe : Flats or indoor track shoes

## EVENTS

### Field Events

11 00 a.m. Men's Shot Put - four throws - women's to follow  
Women's High Jump - men's to follow

### Running Events

12.30 p.m. Women's 4x800 meters relay - finals  
12:45 p.m. Men's 4x800 meters relay - finals  
1:00 p.m. Women's 55 meter hurdles - preliminaries - top 6 finishers to finals  
1:15 p.m. Men's 55 meter hurdles - preliminaries - top 6 finishers to finals  
1:30 p.m. Women's 55 meter dash - preliminaries - top 6 finishers to finals  
1:45 p.m. Men's 55 meter dash - preliminaries - top 6 finishers to finals  
2:00 p.m. *National Anthem*  
Rolling time schedule  
2:05 p.m. Men's 55 meter hurdles - finals  
2:15 p.m. Women's 55 meter hurdles - finals  
2:25 p.m. Men's 55 meter dash - finals  
2:35 p.m. Women's 55 meter dash - finals  
2:45 p.m. Women's 1600 meter run  
3:00 p.m. Men's 1600 meter run  
3:15 p.m. Men's 300 meter intermediate hurdles  
3:25 p.m. Women's 300 meter intermediate hurdles  
3:35 p.m. Men's 4x2 lap relay  
3:45 p.m. Men's 4x2 lap relay  
3:55 p.m. Men's 800 meter dash  
4:10 p.m. Women's 800 meter dash  
4:25 p.m. Men's Medley Relay - 2 laps, 2 laps, 3 laps, 4 laps  
4:40 p.m. Women's Medley Relay -2 laps, 2 laps, 3 laps, 4 laps

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School \_\_\_\_\_

Boys' team We will attend \_\_\_\_\_ not attend \_\_\_\_\_  
Girls' team We will attend \_\_\_\_\_ not attend \_\_\_\_\_

Return form and entry fee to. Bill Schumacher - Athletic Director Beachwood High School  
Fax (216) 292-2377



Check worry at the border  
Wherever you go,  
**you're covered.**

## Yahoo! Health

Health Home

### Yahoo! Resources

- Shopping Health and Wellness
- Clubs Fitness & Nutrition
- Events Nutrition

### Related Links

From iVillage.com

- A Week's Worth of Power Breakfasts
- Healthy Substitutions for Cooking Staples
- Mini Meals Better Than 3 Square?
- More Nutrition

### Everyday Power Eating

by Lynn Grieger, RD, CDE

We all think so much about what we eat, but do you ever wonder about *when* to eat? For example, is it good to eat before exercise? Right after? To have an early dinner or eat right before bed?

It turns out that when you eat can have a great effect on whether and how your body can use the food effectively. So, when planning meals, use these simple guidelines.

#### The Basics

First keep in mind the very basics: Foods are composed of **protein, carbohydrates and fat**, the three energy nutrients. Each plays a specific role in the functioning of our body.

- **Carbohydrates** provide quick energy but are not stored well in the body.  
**Examples** are breads, cereals, pasta, rice, bagels, crackers, fruit, fruit juice, vegetables and legumes.
- **Protein** is used primarily for building muscle and other body parts.  
**Examples** include chicken, beef, pork, legumes, soy products, nuts, seeds and eggs.
- **Fat** is a long-term storage form of energy.  
Fats are found in butter, meats, margarine, mayonnaise, fried foods and some salad dressings.

In addition to those main elements, foods also contain **vitamins, minerals and other essential nutrients** that keep us healthy, full of energy and focused on the task at hand.

#### Foods for specific times of day

- **Breakfast:** Choose carbohydrates and protein to jump-start your day and feed your brain. Good choices include:
  - whole-grain cereal, low-fat milk and fresh fruit

- a sandwich, fruit and glass of milk
- for speed, go for a blender smoothie made of yogurt and fruit
- if lunch isn't for hours, try a larger breakfast (add toast with peanut butter to the cereal and fruit) or try a hot cooked cereal that packs staying-power
- **Lunch** should include a good protein source to help keep your body functioning throughout the afternoon. Avoid the tendency to overeat or to eat high-fat foods, which cause fatigue. Good choices include:
  - vegetable salad with kidney and garbanzo beans and a whole-grain roll
  - a sandwich on whole-grain bread with raw veggies on the side
  - hearty soup (full of veggies, rice or pasta, and legumes or chicken), whole-grain crackers and a piece of fruit
  - pasta salad with veggies and legumes with a fruit salad
- **Your evening meal** should be the smallest of the day, unless you're working the 3-11 shift! Think small portions of great-tasting food, and use the time to catch up with the rest of the family instead of consuming too-large portions and more calories than necessary. If you haven't had at least five servings of fruit or vegetables by dinnertime, load up on these healthful foods and decrease portions of meat, chicken, or other protein.
- **Before a workout** choose foods high in carbs for energy and low in fat for quick digestion. Instead of a sugar-laden energy or cereal bar, try these:
  - fresh fruit and yogurt
  - sandwich with a low-fat filling such as turkey (easy on the mayo)
  - low-fat string cheese and a glass of juice
- **After a workout**, especially if you're trying to maintain or lose weight, avoid the urge to eat anything. Instead, drink lots of water and train your body to wait for the next meal.
- **Before bed**, avoid high-sugar foods or anything containing fat. Instead, focus on relaxing carbohydrates such as:
  - a glass of skim milk and 2-3 crackers
  - low-fat yogurt
  - fruit salad



# Thornton, Wilson are masters

It's a sport that often goes unnoticed.

Most athletes train quietly, among a small group of others that shares their enthusiasm. Competition usually requires travel out of state. There is very little media coverage.

Yet the intrinsically driven masters track and field athlete doesn't seem to mind. Accomplishing personal goals and recognition among their own subset of athletes is fulfillment enough to justify the intense training and commitment.

Our own community contains several talented masters track and field athletes who compete statewide, nationally, and even worldwide. This year, the Lansing State Journal is proud to recognize two of them as our Female and Male Masters Track and Field Athletes of the Year — Monica Thornton and Rodney Wilson.

Despite being a rookie to the sport of masters track and field in 2000, Monica Thornton far exceeded her own expectations, winning 17 medals, three blue ribbons, and setting three indoor age-group state

records.

Since being diagnosed with Lupus in 1988, joint, bone and muscle pain and numbness have been a way of life for the 41-year-old drafting technician. Rather than use the potentially life-threatening disease as an excuse for being inactive, Thornton has used it as a challenge.

While enjoying activities such as softball, ice skating, cross-country and downhill skiing, tennis, ballroom dancing and rollerblading, Thornton decided to pursue weightlifting and track and field. She enlisted some of her friends to help guide her, including former MSU track coach Jim Bibbs.

Her natural athleticism and hard work paid off. Thornton is ranked no lower than third in the nation in the shot put, long jump and 55-meter dash. She set a Northcoast Invitational meet record in the shot put with a throw of 27 feet, 3 inches.

Although Thornton admittedly hates to run, she also found success in the 60-meter and 100-meter dashes. Her season culminated with a silver medal in the javelin throw at the US Track and Field Outdoor



**Rita Wieber**  
—  
Running

Midwest Regional Championships in Romeoville, Ill.

"I learned that years of dreaming of being fit without a goal kept me dreaming," said Thornton, who trains at GO Workout in Lansing. "Now, instead of going to work out, I go to practice and enjoy training for the next season."

Thornton hopes she can become an example for others who have chronic illnesses and the desire to work around them in order to reach their full potential.

In 2001, Thornton hopes to represent the U.S. at the Masters World Championships as a seven-event heptathlete.

As a child growing up in Cleve-

## track and field athletes of year

land, Rodney Wilson was told he was never good enough to compete in any sport because he was not as coordinated, big, strong or fast as the other kids.

He was cut from many sports teams and was teased for wearing glasses and being smart.

Persevering through those negative experiences and turning them into positives are what motivated Wilson to eventually achieve great things both athletically and academically.

After being the captain of his high school football and track teams and lettering in track and field at Wittenberg University in Ohio, Wilson, 42, focused his energy on masters track and field.

And for the past several years, he has experienced a great deal of success in that arena.

In 1999, Wilson competed with the USA contingency in the World Championships in Gateshead, England. He won the 60- and 100-meter dashes at the Northcoast Invitational and the 60-meter at the Cleveland Track Classic.

This season was tough after



**Thornton**



**Wilson**

coming down from the highs of 1999," said Wilson, who recently received his Ph.D. in Kinesiology from Michigan State.

"My goal for this track season was to match that competition consistency."

Wilson ran the leadoff leg in the 4 x 100, 4 x 200, sprint medley and distance medley relays. Every masters relay team he competed with was victorious.

Now that's consistency.

He also finished fifth in the 50-meter dash at the USA Track and Field Indoor Midwest Regional Championships in Glenview, Ill. Nationally, he was ranked in the top 15 indoors in the 55-meter 60-meter

and 200-meter dashes.

Internationally, Wilson won a bronze medal at the Ontario Masters Indoor Track and Field Championships in Toronto, Calif., in the 60-meter dash with a time of 8.13 seconds.

In the field events, he medaled in all of his javelin throws, and won a gold medal at the USATF Outdoor Midwest Regional Championships in Romeoville, Ill.

Wilson continues his training and keeps busy as an adjunct professor and sports psychologist and assistant track and field coach for Lansing Community College.

"I'd view it as being very hypocritical if I was requested to psychologically help other athletes enhance their performance through various task exercises and yet not ask the same of myself," Wilson said.

Wilson and Thornton are two ordinary people who are challenging themselves to do extraordinary things in all aspects of their lives.

*What do you think? You can contact Rita Wieber at (517) 668-0049 or via e-mail at Rmwieber@aol.com*

  
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