

Over The Hill Track Club

www.othtc.org

April 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

Congratulations to club members who earned first place awards at the National Masters Meet in Boston. To date, we have at least four members who are indoor national champs.

Plan to meet with us at our first club practice of 2001. We will be videotaping the practice which will take place at 11:00 am, Saturday, April 14, at Cleveland Heights H.S.

We expect to see all of our club members at our annual spring meet, the North Coast Invitational, on Sunday, May 20, at Independence High School. We plan on having relay teams for this meet.

Keep the focus on the big meets. We expect to get more regional and national exposure this year. We are hoping to attract potential sponsors.

Coordinators will be receiving a list of current active members shortly.

2001 Outdoor Track & Field Schedule

Fri/Sat Apr 6-7	Northwest Ohio Classic	BGSU
May 4-6	Southeastern U.S. Masters	Raleigh, NC
Sat May 5	Southwest Seniors Regional	Cincinnati, OH
Sun May 6	Dayton/Miami Valley Senior Olympics	Dayton, OH
Thurs May 17	Senior Olympics	U of A, Akron, OH
Sun May 20	North Coast Invitational	Independence, OH
Mon May 28	Jock Stop Mile	Boardman, OH
Sat Jun 2	Northcoast Senior Olympics	Lake Metro Parks
Sat Jun 9	Allegheny Valley Open	Natrona Heights, PA
Sat Jun 9	Regional Senior Olympics	Canton, OH
Jun 9-10	Diamond State Games	Newark, DE
Sat Jun 16	Jim Ward Meet	Columbiana, OH
Sun Jul 1	USATF Three Rivers	Slippery Rock, PA
Jul 4-14	W.A.V.A. Meet	Brisbane, Aus.
Jul 18-21	National Senior Games	Baton Rouge, LA
Jul 19-21	USATF Club Championships	Indianapolis, IN
Sat Jul 21	Dayton Seniors	Dayton, OH
Jul 25 - 28	National Masters Championships	Baton Rouge, LA
Sat Jul 28	Masters / Open Meet	East Liverpool, OH
Sat Aug 4	Cleveland Track Classic	Independence, OH
Sat Aug 4	State Seniors	Columbus, OH
Sat Aug 11	USATF Midwest Regional	Lisle, IL
Sat Sep 15	NW Ohio Regional Senior Olympics	Toledo, OH
Sat Sep 22	Norm Bower Memorial Weight Pentathlon	Kent, OH
Sun Sep 30	Cross Country Classic	University School

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

2001 Race Results

Grover Coats M62

Lake Erie Indoor Meet – Sat March 17th

HJ – 4' 2 1/2"

LJ – 14' 10"

TJ – 29' 9 3/4"

55m – 7.93

55H – 9.46

SP – 29' 9 1/2"

200m – 28.1

Joyce Prohaska

Las Vegas Half Marathon

Division 7 (Racewalker)

2:26.22 – 17th place

Doreen Jeske

Las Vegas Half Marathon

Division 7 (Racewalker)

2:45.35 – 33rd place

OTHTC Women on the *MOVE*



THE ROADS.

Thanks to those of you who attended the road race on December 17th, unfortunately I was unable to make it. Great job!

NEW WOMEN:

Welcome the following women to Over The Hill (new members and renewals):

Essie Kea	Sprints, relays, jumps
Joann Siegel	Marathon, Half Marathon, Long distance track events
Carmen Banks	Sprints, relays, hurdles

UNIFORM UPDATE.

Of the 21 women in the club, 10 of us ordered uniforms this go around, that is excellent!! I know the a few of you would like to get them when it gets closer to outdoor season so I will take orders for those in March

I will contact you as soon as our uniforms are received

INDOOR TRACK.

The women of Over The Hill started our indoor season like gangbusters at the Oberlin meet As a group we participated in the 55m dash, 200m dash, 3000m race walk, 3200m run, 1600m run AND put together two 4 X 200meter relays

Results for individual events will be posted in the results however our 2 relay teams were 1st in our age groups Our open team with April Murphy, Vernita Warfield (potential recruit), Richee Cunningham and Carmen Banks had a time of 2:23 Our 40+ team with Patricia Finley, Patrice Thomas, Monica Thornton and Essie Kea finished with a time of 2:37 Congratulations!!

Kent State will have relays on both February 18th and March 3rd, Findlay will also have a relay I will be calling you to set the relay teams for these indoor events. Please feel to call me if you know you are interested.

Look for more in next month's newsletter. HAPPY TRAINING!!!!



Patricia Finley
Women's Coordinator

OTHTC Women on the *MOVE*



INDOOR TRACK:

The indoor season has been going well so far. Coming up in March are the USATF Lake Erie Indoor Championships at Baldwin Wallace College. (You should receive a form from me). There will be a Sprint Medley Relay (200, 200, 400, 800) and the usual 4 x 400. I would like to put at least 2 teams on the track. Please review the lists below, if you are not listed and would like to run a relay please be sure to contact me at (216) 595-1628. Here are potential teams (don't panic, just a first shot)

Sprint Medley	Open (19-29)	40-49	50-59	60+
200M	Carmen Banks	Patricia Finley	Essie Kea	Joan Butler
200M	Linda Carty	Monica Thornton	Patrice Thomas	Diane Friedman
400M	Nina Young	Cathy Gallagher		
800M	Richee Cunningham	Joanne Siegel	Helen Younglas	Mary Cavicchi

NEW WOMEN.

Welcome the following women to Over The Hill (new members and renewals)

Linda Carty	Sprints, Jumps, Relays
Mary Cavicchi	Middle Distance, Long Distance, Throws
Allison Finley	Sprints, Relays
Brandi Finley	Sprints, Relays
Patricia Finley	Sprints, Middle Distance, Long Distance, Xcountry, Shot Put, Relays
Cathi Gerson	Long Distance, Relays
Doreen Jeske	Racewalk
Joyce Prohaska	Racewalk
Patrice Thomas	Sprints, Xcountry, Relays
Monica Thornton	Everything except pole vault and long distance
Christa Younglas	Shot Put, Discus
Helen Younglas	5k, 10k, Discus

UNIFORM UPDATE.

There is one small uniform at Second Sole awaiting payment and pickup. For those of you who wanted to wait until outdoors, I will be submitting another uniform order at the end of March so that we will have them by the end of April. You can order any combination of the following: Singlet (\$19), Running Short (\$10), Fitted Short (\$20), Tights (\$25), Briefs (?), Unisex Speed Suit (\$40), Women's Speed Suit (\$40). Let me know your size of each item and your order. Checks should be made payable to Second Sole.

Look for more in next month's newsletter **HAPPY TRAINING!!!!**

☺

Patricia Finley
Women's Coordinator
March, 2001

NC USATF Sanctioned

The Southeastern U.S. Masters, Inc.
Proudly Presents
Our 31st Annual
Masters Track and Field Meet

May 4, 5, & 6, 2001

Featuring

Throws Clinic with Jeff Gorski,
Elite Athlete Throws Coach

and

Sprint Clinic with George Williams, Men's Coach
US World Championship 1999, Olympic Coach

at

NORTH CAROLINA STATE UNIVERSITY
RALEIGH, NORTH CAROLINA



The officials and sponsors of the Southeastern Masters invite all athletes 20 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Brownstone Hotel. There will be three days of competition featuring men's and women's pentathlons, a weight pentathlon, 5K & 20K race walks, team relays and all regular track and field events at the NC State University Campus. A "Throws" clinic and "Sprint" clinic will be held on Friday, May 5 at 6:45 pm on the NC State Track. In case of inclement weather the clinic will move indoors to the Brownstone Hotel at 7 pm.

- OPERATED BY:** Southeastern United States Masters, Inc., Box 590, Raleigh, NC 27602. Contact Dale Smith at (919) 831-6640 Monday-Friday 9:00 am-5:00 pm, Eastern Time.
- AGE DIVISIONS:** Based upon age on the first day of competition all events will have a 20 to 29 age group and 5 year age groups for 30 and older INDIVIDUAL ATHLETES.
- ENTRY FEE:** \$13.00 includes first event in track, field or road events and final results booklet. \$6.00 for each additional event. Relay entries are \$16.00 per team. (Enter on captain's form only). Payment in U.S. dollars by check drawn on a U.S. bank or by International Money Order made payable to Southeastern Masters. **NO REFUNDS AFTER APRIL 25, 2001.**
- SANCTION & USATF REGISTRATION:** This meet is sanctioned and certified by USATF, and USATF membership is required for all events (except participants in the Team Relays, foreign athletics and active military). All other participants must have USATF cards which will be available at the meet for \$15.
- AWARDS:** Distinctive, large medallions to the first 3 places for age groups and relays.
- LATE ENTRIES:** Additional \$3.00 late fee required for each event if postmarked after April 13, or if received after April 16, 2001. Events may be dropped at any time (no refund). **No late entries or changes to track and field events will be accepted after 5 p.m. EDT, Friday, APRIL 27, 2001.** Entries in Saturday's Team Relays and in Sunday's 20K walk close one half hour before race time.
- RUNNING SURFACE:** Nine lane 400 meter Martin 2000 track for track events, and asphalt for 20K race walk.
- PACKET PICKUP:** All participants must pick up their packets prior to reporting to the first event.
FRIDAY 11:30 am to 8:00 pm at track
SATURDAY 6:15 am to 4:00 pm at track
SUNDAY 6:00 am to 6:30 am starting line
Numbers must be worn on front (and back in all events 3,000 m or longer).
- EVENTS FOR WOMEN:** All events are open to women 20 and over. In some cases, women may compete at the same time as men, but awards will be given in competition with women in the same age group.

LAST NAME		FIRST NAME		M.I.	SEX	AGE	DOB
STREET ADDRESS		CITY		STATE	ZIP		
USATF REGISTRATION NUMBER				DAY TIME TELEPHONE NUMBER			
EVENT #	EVENT TITLE	EVENT #	EVENT TITLE	EVENT #	EVENT TITLE		

Cookout tickets (show quantity by selection) @ 10.00 Lasagna ___; Beef ___; Vegetarian ___

Shirts (men's sizes S, M, L, XL, XXL--show size and quantity by selection)

T-shirts @ \$12.00 size ___ qty ___; Tank Tops @ \$10.00 size ___ qty ___; Golf Shirts @ \$25.00 size ___ qty ___

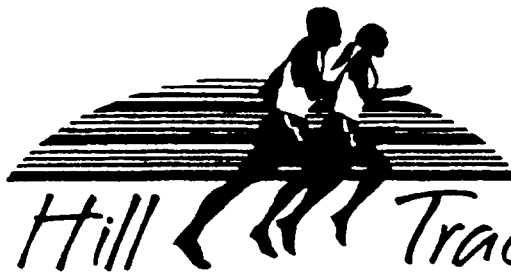
Make check or M.O. for US dollars payable to: Southeastern Masters--Amount enclosed _____

ATHLETIC RELEASE: In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., USATF and their agents, servants, employees, and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said races to be held on May 4, 5, & 6, 2001, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely complete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events.

DATE _____ ATHLETES SIGNATURE _____

MAIL FORM ALONG WITH CHECK OR MONEY ORDER IN US \$ TO:

RALEIGH PARKS AND RECREATION
 P.O. BOX 590
 RALEIGH, NC 27602



Over The Hill Track Club

NORTH COAST INVITATIONAL *Sunday, May 20, 2001*

Registration: 8-10am Field events start at 8:00 Track events start at 9:00

PLACE Independence High School, 6111 Archwood Rd. Independence, Ohio
USATF Sanctioned, USATF rules apply.

Field event athletes are requested to bring their own implements, as the meet does not supply them.

ENTRY FEES \$6 per event, \$12 per relay, if pre-regist. By 5/16 \$8 per event, \$16 per relay, after 5/18 or in person.
Make checks payable to **OVER THE HILL TRACK CLUB**.
Entry fees must accompany entry forms. Pre-registration is encouraged. No refunds!!

MAIL TO **OVER THE HILL TRACK CLUB**
7547 Basswood Court Apt C
North Royalton, Ohio 44133

DIVISIONS High School (14-18), 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, . . . , 95-99

ORDER OF EVENTS	9:00	3000m 4x800 relay 4x100 relay 800m 100m 3000m race walk 60m 400m 1500m 200m Medley relay (100-100-200-400)	8:00 8:30 9:00 10:00 10:30 12:00	Hammer Weight Throws Shot Put High Jump Pole Vault Long Jump Discus Javelin
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AWARDS Medals for 1st-2nd-3rd TEAM AWARDS

CONTACTS	Norman Thomas 330-425-8219	Jeff Gerson 440-473-0636
	Patricia Finley 216-595-1628	Grover Coats 216-464-3865
	Allen Ray 216-226-3481	Rex Harvey 440-954-8122

NEXT MEET **CLEVELAND TRACK CLASSIC--August 4, 2001**

ENTRY FORM

NAME _____ AGE _____ B'DAY _____ SEX _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

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 heathy and sufficiently trained to complete in this meet.

SIGNATURE (By athlete or coach /parent for minor athlete): _____



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Exercises for Back Pain

by Peg Jordan, RN

Q

I have persistent back pain that first started while I was playing with my kids. I bent over to pick up my two-year old and it felt like something just popped. For treatment, my doctor has recommended an exercise program that includes sit-ups, stretching, and lots of walking. I try to stick to her plan, but if I move too much or too quickly then my back starts to hurt again. Shouldn't I let my back fully heal before I start all of this exercise?

A.

There was a time when any amount of back pain would send people to bed, and exercise was forbidden. Those days are fortunately over. Every back expert will tell you that a daily routine of mild stretching, strengthening and walking is exactly what your back requires to avoid further injury and remain healthy and strong. So, your doctor's advice is right in line with the latest thinking on this subject.

It's important to remember that your back depends on the muscles and bones that surround and support it. That's why experts recommend sit-ups for strong abdominal muscles, stretching to keep your upper body and legs flexible, and walking to work out all of the structures that support your upper torso. About 90% of all back problems can be alleviated with that recipe. On days when you start to skimp on the routine, just remember the back pain, and get your buns going!

For help, see

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The information contained above is intended for general reference purposes only. It is not a substitute for professional medical advice or a medical exam. Always seek the advice of your physician or other qualified health professional before starting any new treatment. Medical information changes rapidly and while Yahoo and its content providers make efforts to update the content on the site, some information may be out of date. No health information on Yahoo, including information about herbal therapies and other dietary supplements, is regulated or evaluated by the Food and Drug Administration and therefore the information should not be used to diagnose, treat, cure or prevent any disease without the supervision of a medical doctor.



Over The Hill Track Club

OTHTC MEMBER REBATE PROGRAM

-2001-

Criteria: National and regional meets that require a valid USATF card.
W.A.V.A. regional and world championships.
National Senior Olympics.

Please complete all required information. You must represent OTHTC.
Current membership dues (\$) must be paid. You must be registered in
the meet and complete an event. Be able to submit documentation if
necessary.

Rebate: 2 per year - single membership
3 per year - family membership

NAME

ADDRESS

DATE OF BIRTH

AGE GROUP

List all events completed

Name & location of meet

Date(s) of meet

Send completed form to: Norman L. Thomas
9065 Gettysburg
Twinsburg, Ohio 44087

Expect your \$25 within the month.


Over The Hill Track Club
www.othtc.org
c/o Larry Maniccia
7547 Basswood Court, Apt. C
North Royalton, OH 44133



Rex Harvey
6744 Connecticut Colony Crl.
Mentor, OH 44060

44060X4470

