



Over The Hill Track Club

www.othtc.org

August 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) 646-8742
	Lawrence Finley	(859) 236-2042
Racewalk	Gunter Sprockhoff	(440) 582-0144
Website	Larry Maniccia	(440) 237-6714

PRESIDENT'S MESSAGE

A hearty thank you to all who helped out at our annual Cleveland Track Classic. This meet was started in August, 1979, at CCC West and we hope to continue the tradition.

Congratulations to our national champions. To date, John Means, M80, has added five more titles to his credit. John earned three gold's at the National Senior Games and two gold's at National Masters.

We will need workers and throwers on September 22 at the Norm Bower Memorial Weight Pentathlon at Kent State. Please call Allen Ray if you can help out at this event.

We will also need workers as well as participants on September 30 at our fall Cross Country race. Please call Jeff Gerson if you can help out at this event.

We are still looking for meets. There are several meets left for the seniors (50+) group. There is still time to get a group together for the Potomac Valley Games. Keep up with your training!

2001 Outdoor Track & Field Schedule

Sat Aug 18	Glass City Track Classic	Toledo, OH
Aug 24-26	Canadian Masters Championships	Toronto, ONT.
Sept 1-2	Potomac Valley Games	Alexandria, VA
Sun Sept 2	Wolfpack Throwing Classic	Columbus, OH
Sat Sept 15	NW Ohio Regional Seniors	Toledo, OH
Sat Sept 15	C. McMahon Memorial Meet	San Diego, CA
Sat Sept 22	Norm Bower Memorial Weight Pentathlon	Kent, OH
Sat Sept 22	Jake to the Rock Street Mile	Cleveland, OH
Sept 22-23	Kentucky Seniors Meet	Elizabethtown, KY
Sat Sept 29	Club West Meet	Santa Barbara, CA
Sun Sept 30	Cross Country Classic	Hunting Valley, OH
Sat Oct 6	Nevada Seniors	Las Vegas, NV

RESULTS

Jeff Gerson (M50)

Senior Olympic Regionals - June 9

1500m Racewalk - 10:45

800m - 2:48.9

Lake Erie Championships - June 30

1500m - 5:46.9

Sewickley Valley Open - July 14

200m - 32.5

400m - 1:11.3

Dayton Masters - July 21

1500m Racewalk - 11:12.1

800m = 2:43.6

Cathi Gerson (W50)

Debbie Hudacko 5 mile - July 8

45:06

Richmond Heights 5K - July 15

27:56 - 2nd place

B'nai Brith 5K - July 22

27:58

John Means (M80-84)

National Senior Games - Baton Rouge, LA

100m - 16.24 - 1st place

200m - 34.54 - 1st place

400m - 1:27.29 - 1st place

USA Masters Championships - Baton Rouge, LA

100m - 16.16 - 1st place

200m - 34.99 - 1st place

Cleveland Track Classic - Females

400m

F25 Tamika Smith 69:16
 F30 Sheri Liebschner 72:39
 F35 Debbie Thomas 66:11
 Richee Cunningham 70:02

4x100 Relay

F-HS Vikings TC 55.69

800m

F-HS Milda Maciulevicius 3:16
 F25 Tamika Smith 3:08
 F30 Sheri Liebschner 2:48.5
 F35 Richee Cunningham 2:40.8

Sprint Medley Relay

F-HS Vikings TC 2:09.57
 F-Open OTHTC 2:18.41

1500m

F-HS Gina Mazzone 5:33
 F35 Denine Ryan 5:52
 F40 Joanne Siegel 5:43

Javelin

F-HS Vesta Dvareckaite 76'11
 F70 Ona Vasis 29'10
 F35 Julie Bredenbeckcorp 104'8

3000m

F40 Joanne Siegel 12:26.89
 F46 Kathryn Trzeciak 15:46.59

Triple Jump

F-HS Vesta Dvareckaite 8.25m

200m

F-HS Iisha Porter 27.11
 LaTonya Nash 28.55
 Tanesha Robinson 28.56
 Tebeah Stewart 29.21
 F35 Debbie Thomas 29.26

Shot Put

F-HS Vesta Dvareckaite 8.31m
 F35 Julie Bredenbeckcorp 11.66m

100m

F-HS Iisha Porter 13.31
 Tierra Mitchell 13.39
 TyShauna Washington 13.57

Discus

F-HS Vesta Dvareckaite 26.41m
 F70 Ona Vasis 9.69m
 F35 Julie Bredenbeckcorp 37.08m

Long Jump

F-HS Lindsey Leasure 14'6½
 F30 Willetta Taylor 13'3
 Sheri Liebschner 10'1½

3000m Racewalk

F35 Richee Cunningham 23:54.82

High Jump

F30 Willetta Taylor 4'10
 F60 Essie Kea 3'6

60m

F40 Patricia Finley 10.35
 F60 Essie Kea 10.40



Over The Hill Track Club

CROSS COUNTRY MEET--Sunday, September 30, 2001

TIME: 11:00 am start

COURSE LOCATION: University School 2785 S. O. M. Center Road Pepper Pike, Ohio

5km course is mainly grass. Spikes are permitted.

ENTRY FEE: \$8 per person if pre-registered by 9/27. \$10 per person day of race.
Make checks payable to **OVER THE HILL TRACK CLUB.**

MAIL TO: **OVER THE HILL TRACK CLUB**
Jeff Gerson
5091 Hickory Dr.
Lyndhurst, Ohio 44124

AWARDS: **Trophies to the top 3 in each age group. Gift Certificates. T-Shirts for all.**
Age groups: (Men & Women) 14 and under, Open (15-29), 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, ..., 95-99

Team trophies to the top 2 teams

Divisions: (Men & Women) 14 and under, open, 30-39, 40-49, 50+

Note. All teams must have 5 runners to constitute a team. Older runners may move down in age group for team purposes, but individually they will be scored in their own age groups. Please indicate on entry form if you are moving down in team competition.

CONTACT: Jeff Gerson 440-473-0636

OVER THE HILL CROSS COUNTRY MEET ENTRY FORM

TEAM ENTRY. - Club _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Runner	Age	Runner	Age	Runner	Age
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

INDIVIDUAL ENTRY

NAME _____ CLUB _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE. (____) _____ AGE DAY OF RACE. _____ DIVISION: _____ MEN _____ WOMEN

I hereby waive all claims against University School and Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

SIGNATURE _____ Date _____

(Each runner must sign this waiver)

Thank you ~ Good Luck

Over the Hill Track Club

Fifth Annual Norm Bower Memorial Weight Pentathlon
Saturday, September 22, 2001
Kent State University, Kent, Ohio 44242
11:00 a.m. to 3:00 p.m.
Tel: 216-226-3481 (Allen Ray)

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue Bower's daughter, born October 31, 1995

Over the Hill Track Club is once again sponsoring a fund-raising weight pentathlon in honor of Norm Bower, who passed away September 12, 1997. Norm Bower was much loved as a friend and a competitor in the weight events. He was joyful, bright, easy going, with a wonderful sense of humor. He supported every thrower who competed in the weights, no matter the skill level. Our track meets and our lives are brighter, more fun because of Norm, and the Club wishes to remember him and his family with this annual weight pentathlon held in his honor.

All meet fees, less awards expenses, and all donations included with meet fees will be contributed to an education fund for Emma Rose Bower, born October 31, 1995, Norm and Sue Bower's daughter, and the sister of Brent Bower.

Date, Time, & Sequence of Events: Saturday, September 22, 2001, 11:00 a.m. to 3:00 p.m. Hammer, shot put, discus, javelin, and weight.

NOTE: In order to qualify legally for an official record in the weight pentathlon, you must throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

Host site: Kent State University, Kent, Ohio 44242; map and written directions attached / *AVAILABLE UPON REQUEST*

Events & Weights by Age: Weight pentathlon (hammer, shot put, discus, javelin, and weight) or individual weight events. See attached "Ages / Implements Specifications" list. For the weight throw, where both WAVA and USATF specifications appear, we will use the WAVA standards, if the appropriate weight implement is available. We will throw by the age groups represented on the list. Some age groups may be combined to fill out flights.

Rules: USATF rules and WAVA implements.

Number of Attempts per Event: 3 for the five-event weight pentathlon; 6 for individual events only.

Awards: Yes

Facilities: Javelin to be thrown from an all-weather surface onto grass; all other throws from concrete surfaces onto a grass playground.

Other Facilities: Restrooms, no showers

Refreshments: Soft drinks will be provided gratis to all competitors by OTHTC members, water will also be available.

Fee, Donations, Mailing Information: All meet fees, less awards expenses, and donations included with meet fees will be contributed to the education fund set up in 1997 for Emma Rose Bower. OTHTC encourages all those who are able to donate beyond the entry fee amount and encourages those who are unable to compete to remit a donation for this worthy cause. Note the donation amount on the bottom left-hand memo section of your check. Your check is your receipt. The Bower family will receive a list of the names and addresses of all attendees and contributors, unless donors specify that their gifts be anonymous.

\$15 for the weight pentathlon, and \$5 per event if throwing four or fewer events. No refunds for no-shows. Make out checks to "Over the Hill Track Club".

Mailing Instructions: Mail application with check made out to "Over the Hill Track Club" to: Allen Ray, Over the Hill Track Club, 1618 Woodward Avenue, Lakewood, OH 44107, Tel: 216-226-3481. The deadline for receipt is Saturday, September 15, 2001.

Waiver: Signature required on attached meet application form.

Questions: Call Jeff Gerson, 440-473-0636, or Allen Ray, 216-226-3481.

THE FIFTH ANNUAL NORM BOWER MEMORIAL WEIGHT PENTATHLON

Sponsored by: Over the Hill Track Club
Saturday, September 23, 2001 — 11:00 a.m. to 3:00 p.m.
Kent State University, Kent, Ohio
Phone: 216-226-3481 (Allen Ray)

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue's daughter, born October 31, 1995

REGISTRATION FORM

Name _____ Gender _____ Phone _____ Fax _____

Address _____ City _____ State _____ Zip _____

Date of birth _____ Your age as of 9/22/01 _____ Your club _____

Events you wish to enter

Fee: \$15 for the weight pentathlon, and \$5.00 per individual event if throwing four or fewer events. No refunds for no-shows.
Make checks payable to Over the Hill Track Club

_____ Weight pentathlon (hammer, shot, discus, javelin, & weight)

Individual events only: _____ Hammer _____ Shot put _____ Discus _____ Javelin _____ Weight

NOTE: In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

I will not be competing, but I elect to make a donation of \$ _____ (my check is enclosed).

Please bring your own implements. Although we will have a number on hand, we cannot guarantee that we will have all implements for all age groups.

Mail this registration form, along with your fee and/or donation check or money order made payable to "Over the Hill Track Club," for receipt by **September 15, 2001**, to: Allen Ray, 1618 Woodward Ave., Lakewood, OH 44107, Tel: 216-226-3481.
ATTN: Fourth Annual Norm Bower Memorial Weight Pentathlon.

Waiver for All Events: In consideration for acceptance of my entry into the OTHTC Fourth Annual Norm Bower Memorial Weight Pentathlon, I do hereby for myself and anyone entitled to act in my behalf, waive and release the Over the Hill Track Club, Cleveland, Ohio, and Kent State University, Kent, Ohio, and all sponsors, their representatives and successors from all claims or liabilities of any and all damages which may be sustained or suffered by me in my connection with entry in, or arising out of my traveling to, participating in, and returning from my participation in this meet.

Athlete's signature _____ Date: _____

Printed name: _____

Parent or guardian's signature (if athlete is under 18): _____

Printed name: _____

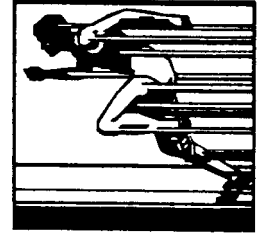
NOTICE: All athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field Regulation 10 and IAAF Rule 55. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. **SOME OVER-THE-COUNTER MEDICATIONS MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USOC HOT LINE AT 800-233-0393.**

TRACK & FIELD &

CHUCK MCMAHON MEMORIAL MASTER'S TRACK MEET

Sponsored by San Diego Track Club

DATES: Saturday, September 15, 2001
SITE: San Diego State University Track
AGE DIVISION: Chuck McMahon: 40+ Senior Olympics: 50+



<u>Event Code</u>	<u>Description</u>	<u>Approximate Start Times</u>
RA - 03	Racewalking 5000m	7:00am
TR - 07	3000m run	↓
RA - 01	Racewalking 1500m (Expert)	
RA - 02	Racewalking 1500m (Novice)	
<hr/>		
TR - 08	80/100/110m hurdles	10:00am
TR - 06	1500m run	↓
TR - 04	400m dash	
TR - 02	100m dash	↓
	LUNCH BREAK	1:00pm - 1:30pm
<hr/>		
TR - 09	300/400m hurdles	1:30 pm
TR - 01	50m dash	↓
TR - 05	800m run	
TR - 03	200m dash	
TR - 10	2000m Steeplechase 30" (Men 60+/All Women)	
TR - 11	3000m Steeplechase 36" (Men 40-59)	↓

FIELD EVENTS

FD - 07	Hammer Throw	8:00am
FD - 03	Long Jump	10:00am
FD - 01	High Jump	9:00am
FD - 02	Pole Vault	9:00am
FD - 06	Discus Throw	9:00pm
FD - 05	Shot Put	1:00pm
FD - 08	Javelin Throw	After Discus Throw
FD - 04	Triple Jump	After Long Jump

Final start list and times will be available September 7th at the Opening Ceremony.

RULES: USATF Masters rules will apply

AWARDS: Gold, Silver & Bronze medals to the top 3 in each event.

For More Information Contact: San Diego Senior Olympics Office: (619) 226-1324
Track & Field Commissioner - Graeme & Joni Shirley (858) 292-6132
E-mail: theshirleys@abac.com

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Stretching your limits

by Carol Krucoff

Fitness Experts Place New Focus on Flexibility

America's fitness revolution began with an era of aerobics, when legions of runners and walkers laced up athletic shoes to exercise that most important of muscles -- the heart. Experts soon recognized that the body's other muscles deserved equal time, and the "iron age" of strength training began.

Today, aerobic activity and muscle strengthening continue to be encouraged for optimum health. But now that America's aging baby boomers find themselves grappling with stiffness, muscle aches and joint pains, a once-neglected component of fitness is taking the spotlight.

"Flexibility is a critical factor in achieving peak physical potential and preventing and treating injuries," says Mari Cyphers, a Northern California physical therapist. "But it is often overlooked or misused."

Proper stretching is one of the more helpful ways to relieve chronic pain, says Cyphers, who wrote the chapter on flexibility in the American Council on Exercise's manual for personal trainers. "If you don't stretch, in a world where most of us sit all day, your muscles get tight, which leads to pain."

For example, she says, "one of the main causes of back pain is tight hamstrings. Yet most people don't make the connection between tight muscles in their legs and pain in their back. Even some athletes pay little attention to their flexibility -- until they run into trouble."

Growing evidence of stretching's many benefits prompted the American College of Sports Medicine (ACSM) to add recommendations for flexibility exercises to its most recent guidelines for adult fitness. ACSM's experts advise doing flexibility exercises that stretch all the major muscle groups, a minimum of two to three days a week, to enhance performance, improve joint range of motion and help prevent injury.

Yoga and tai chi classes, which teach proper stretching techniques, continue to boom at health clubs and exercise studios around the country. And equipment manufacturers are

creating devices -- with names like Flexmaster and Leg Stretcher -- designed to help people increase flexibility.

But devices aren't necessary, says Lawrence Golding, a professor of exercise physiology at the University of Nevada, Las Vegas (UNLV). "Most people can improve their flexibility vastly with simple stretching exercises," he says.

Contrary to popular belief, "you don't have to lose flexibility with age," says Golding, who has collected data on nearly 1,000 adults who have taken the exercise class he's taught since 1975 at UNLV. Over time, exercisers in his program showed slight age-related declines in strength and aerobic capacity, but not in flexibility.

Stretch before exercise. Warm up first with light movements, such as walking, then stretch gently to prepare for activity. Use rhythmic, easy motions that suit the activity you'll be doing, such as light golf swings or arm circles.

Stretch after exercise, when your muscles are warm and more receptive to deeper stretching. Focus on the muscle you are stretching and move your body until you feel a mild tension in that muscle. If you feel pain, you've stretched too far and need to back off. Breathe slowly and rhythmically while holding the stretch for at least 10 to 30 seconds, then release.

Don't bounce, hold your breath, strain or push a muscle too far.

Consider stretching gently while soaking in a hot tub, after a shower or whenever you get up from sitting or lying down.

Stretch daily. If time is limited, stretching all the major muscle groups (neck, shoulders, arms, chest, back, hips, groin, legs) two to three times a week will also provide significant benefits. At the very least, stretch for five minutes at the end of each exercise session.

Physical therapist Cyphers offers this easy stretch for the hamstrings: Lie on the floor by a doorway with one leg up on the wall and the other leg through the doorway. Scoot your buttocks toward the wall until you feel a stretch in the back of your thigh. As your leg muscles relax, scoot closer to the wall.

For help, see Health Help
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