



Over The Hill Track Club
www.othtc.org

September 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

The fall training and racing season is here. Let us know if there are any available meets that are close by.

Plan to be with us at the Jake to the Rock or the Norm Bower Memorial Weight Pentathlon on Saturday, September 22. We need throwers and workers.

Plan to be with us on Sunday, September 30, at University School. We will be hosting our annual cross country meet. We will build teams of 5 men and women in ten year age groups.

Next month we will have our banquet / brunch at Wellingtons Party Center. More details will follow.

Keep training and networking. We need to extend and expand our competitive season.

A Runners perspective

Some time ago Joanne Siegel had sent me information related to her participation in the 2001 Boston Marathon. She not only sent in her results but also a lot of commentary about her experience at the race. I thought it would be nice to share her thoughts and feelings from that day to give everyone A Runners perspective...

Approximately 15,000 runners started the race. By the end of the day about 13,000 had finished.

It was a dream to qualify for this race. It was an incredibly satisfying running event to participate in. Boston went "all out" for the runners who came from all over the world to participate in this race. Runners took over the city, and could be recognized by their Boston Marathon jackets.

The course was challenging because almost no part of it was flat. The spectators lined the entire course. At times, there were so many of them that the course actually became too narrow.

Besides the race itself, and the feeling at the finish line, Athletes Village was a highlight. Runners were bussed 26.2 miles from downtown Boston to Hopkinton, MA, where we waited together for three hours on shared blankets eating powerbars and bananas and drinking Gatorade; perfect strangers from all over the world exchanging stories and hoping to meet again next year.

2001 Outdoor Track & Field Schedule

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

→ CONTACT # 702-242-1590

LIONS-WATERLOO

12th Annual Track & Field Relays

Promoting Athletics for All Ages as We Assist Those in Need

SATURDAY, OCTOBER 13

PROCEEDS TO BENEFIT LIONS CHARITIES

WHEN: Saturday, October 13, 2001—1st Field Event at 10:00 A.M.(Concession Stand open 10-6)

WHERE: McNeil High School, Austin, Tx.

DIRECTIONS: Take IH-35 to Parmer Ln exit(in North Austin).
Travel 4.8 miles West to McNeil Rd. Then turn right and travel 0.6 miles to stadium on the left.
Physical address: 5720 McNeil

COST: \$10 for first event, \$5 for additional events, \$35 for unlimited events

LATE ENTRY(after 10-7): \$15 for first event, \$10 for additional events, \$50 unlimited events

NO DAY OF MEET REGISTRATION EXCEPT FOR RELAY EVENTS

AWARDS: Medals to top 3 in each age group: 5-6, 7-8, 9-10, 11-12, 13-14, 15-18, 19-29, 5yr age-groups

Above 29. (Relays for 10-yr age groups, based on age of runner nearest Open division).

EVENT SCHEDULE: (Track events will use a rolling start—each event follows the previous one).

1:00	100/110 Hurdles (10)	* 4 x 200 Relay	9:30	High Jump
*	100 Meters	* 2 x 100 Relay	10:00	Long Jump
*	800 Meters	* 400 Meters		* Triple Jump
*	4 x 100 Relay	* 100/110 Hurdles (5)	11:00	Pole Vault
*	200 Meters	* 2 x 200 Relay	11:00	Javelin & Discus
*	2 x 400 Relay	* 1500 Meters		* Shot Put &
Hammer				
*	300M Hurdles	* 4 x 400 Relay		* Weight &
Superweight				

*Means event will follow the event listed above it.

Visit Waterloo web site: <http://www.geocities.com/hurdle4fun> for latest meet results, club info, etc.

INFORMATION: Seth Brower (512) 345-9573 or e-mail: lionswaterloo@earthlink.net

This is NOT a USATF sanctioned meet but a fun, all-comers meet. Director may overrule USATF rules.

YAHOO! GeoCities

Info

<http://www.geocities.com/hurdle4fun/info.html>

9/10/01

Cleveland Track Classic, August 4, 2001, Independence HS

Results - Male

High Jump

M35	Jim Timoch	4'8
M40	Clyde Shaw	5'6
M65	Glenn Blair	4'2
M70	Ev Poe	3'6
M75	Denver Smith	4'0
	Fred Hirsimaki	4'0

Long Jump

M-HS	Tim Henthorn	17'3½
M35	Bob Walters	13'9½
M45	Mark Schervish	14'3½
M50	Jerry Boswell	17'6½
	Tom Timmerman	14'1
M55	Tom Hamilton	11'10½
M70	Ev Poe	10'2½
M75	Fred Hirsimaki	12'4

Triple Jump

M35	Bob Walters	29'9½
M40	Bill Harris	25'5½
M45	Mark Schervish	8.45m
M50	Jerry Boswell	36'1½
M75	Denver Smith	26'½
	Fred Hirsimaki	25'11

Pole Vault

M19	Brian Ebersole	NH
M25	Terry Pagano	10'
M40	Jeff Sprague	12'3
M70	Ev Poe	7'3
M75	Denver Smith	7'9
	Fred Hirsimaki	7'3

Hammer Throw

M19	Chad Stein	125'11
M35	Jim Timoch	59'2
M45	Mark Schervish	71'8
M55	Bill Miele	59'9
M60	Abe Sheinker	96'9
M70	Len Olson	124'2

Shot Put

M-HS	Aleksas Venclauskas	10.06m
M35	Jim Timoch	8.87m
M45	Joe Klamar	9.25m
	Mark Schervish	8.15m
M50	Andrew Venclauskas	10.44m
	Doston Jones	9.23m
M55	Bill Miele	7.17m
M60	Max Schindler	9.20m
	Abe Sheinker	7.44m
M70	Len Olson	12.30m
	Rudy Bredenbeck	11.14m
	William Bergen	8.17m
M75	Richard Clarke	8.74m

Discus

M-HS	Tadas Tamosiunas	41.98m
	Aleksas Venclauskas	22.16m
M19	Mark Nizen	42.19m
	Chad Stein	41.41m
M25	Joe Pledger	43.45m
M35	Jim Timoch	27.95m
M45	Joe Klamar	28.22m
	Mark Schervish	23.86m
M50	Andrew Venclauskas	28.20m
M55	Bill Miele	17.86m
M60	Russell VanPut	39.98m
	Max Schindler	32.27m
	Abe Sheinker	21.74m
M70	Len Olson	41.44m
	Rudy Bredenbeck	34.15m
	William Bergen	26.48m
	Ev Poe	20.94m
M75	Denver Smith	31.44m
	Richard Clarke	21.91m
M80	Gene Abdenour	25.83m
M95	Everett Hosack	9.84m

20# Weight Throw

M45	Mark Schervish	39'5
M55	Bill Miele	26'1
M70	Len Olson	46'7

25# Weight Throw

M19	Chad Stein	46'6
M45	Mark Schervish	32'7
M50	Allen Ray	47'4
M55	Bill Miele	21'3
M70	Len Olson	37'11

35# Weight Throw

M19 Chad Stein 36'11
 M55 Bill Miele 18'11

12# Weight Throw

M95 Everett Hosack 4.62m

56# Weight Throw

M19 Chad Stein 25'4
 M50 Allen Ray 24'4

98# Weight Throw

M19 Chad Stein 11'10
 M50 Allen Ray 11'0

200# Weight Throw

M19 Chad Stein 5'11
 M50 Allen Ray 5'10

300# Weight Throw

M19 Chad Stein 3'0
 M50 Allen Ray 2'9

Javelin

M-HS Tadas Tamosiunas 137'4
 Aleksas Venclauskas 78'8
 M19 Charles Chaney 186'5
 M35 Jim Timoch 115'3
 M40 Rodney Wilson 113'5½
 M45 Mark Schervish 113'2
 M50 Jeff Gerson 87'7
 M60 Russell VanPut 90'1
 M70 Len Olson 91'10½
 Rudy Bredenbeck 86'2
 Ev Poe 80'9
 M75 Fred Hirsimaki 98'7
 Denver Smith 96'9
 Richard Clarke 59'9
 M95 Everett Hosack 19'11

4 x 100m Relay

M-Open Team Hot Sauce 45.20
 OTHTC 48.23

3000m

M19 Regimantas Jonaitis 10:08
 M30 Jeff Day 9:40
 M40 Rich Coreno 13:57
 M45 Vytas Skrabulis 13:54
 M50 Jeff Gerson 12:53
 M55 Bob Kuebler 11:45

1500m

M-HS Matthew Edwards 5:22
 Pat O'Neill 5:54
 M19 Jason Ream 4:26
 Regimantas Jonaitis 4:39
 M30 Jeff Day 4:42
 John Plymak 4:57
 M35 Mike Ryan 4:29
 Lance Polen 4:56
 M40 Peter Pachlhofer 4:55
 Toby Barvincak 5:23
 M45 Vytas Skrabulis 6:34
 M50 Randy Barkacs 5:19
 M55 Bob Kuebler 5:40

800m

M-HS Matthew Edwards 2:30.6
 M30 John Plymak 2:17.6
 Jeff Day 2:25.1
 M45 Bob Thomas 2:13.4
 Jeff Ford 2:21.7

400m

M25 Donald Robertson 55.12
 M40 Lawrence Finley 71.33
 M45 Bob Thomas 56.55
 Walter Hawkins 64.12

300m Hurdles

M55 Ralph Hughley 1:06.38
 M75 Fred Hirsimaki 1:15.12

High Hurdles

M55 Ralph Hughley 22.06
 M75 Fred Hirsimaki 16.19

4 x 800m Relay

M-Open Second Sole 10:06

60m

M-HS	Tim Henthorn	8.25
M25	Larry Maniccia	7.32 7.83
	Terry Pagano	7.32 7.32
M30	Eric Burgess	7.76
	Mike Manges	7.79
M35	Bob Walters	7.80
	Mike Cunningham	8.39
M40	Gordon Miller	7.77
	Rodney Wilson	7.97
	Lawrence Finley	8.22
M45	Ronald James	8.39
M50	Tom Timmerman	8.50
	Doston Jones	8.19
M55	Tim Butts	8.15
	Tom Hamilton	9.29
M65	Paul Williams	9.37
M70	Ev Poe	9.33
M80	John Means	9.77
	Gene Abdenour	10.95

200m

M-HS	Phillip Swoope	23.89
	Dean Thornton	23.95
	Tim Henthorn	26.15
M19	Terence McGee	25.94
M25	Terry Pagano	24.57
M30	Eric Burgess	24.19
	Mike Manges	24.73
M40	Willie Burnett	25.32
	Gordon Miller	25.83
	Lawrence Finley	26.46
M45	Ronald James	32.66
M50	Tom Timmerman	28.44
M55	Ralph Hughley	35.40
M70	William Bergen	37.14
M80	John Means	36.49

100m

M-HS	Dean Thornton	11.70
	Tim Henthorn	12.55
M19	Curtis Thompson	11.12
	Devin Booker	11.69
M25	Terry Pagano	11.65
M30	Eric Burgess	11.96
M35	Bob Walters	12.54
M40	Rodney Wilson	12.44
	Gordon Miller	12.50
	Clyde Shaw	13.33
M45	Ronald James	13.70
M50	Tom Timmerman	13.87
M55	Tim Butts	13.25
	Tom Hamilton	15.10
M65	Paul Williams	14.57
M70	Ev Poe	15.32
	William Bergen	18.60
M80	John Means	16.28
	Gene Abdenour	18.36
M95	Everett Hosack	41.01

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



Win a trip.



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9 Tips for Raising "Good" Cholesterol (HDL)

by **Lynn Grieger, R.D., C.D., C.D.E.**

Q.

How do you raise HDL ("good") cholesterol?

A.

Raising HDL (high-density lipoprotein) cholesterol is recommended for protection against cardiovascular disease. *HDL* helps remove the cholesterol that clogs arteries by taking it to the liver for elimination. It appears that high levels of HDL cholesterol (more than 35mg/dL) are protective even if your total cholesterol levels are high. In addition, having a low level of HDL is now considered an independent risk factor, meaning that if your total cholesterol is within limits but your HDL is too low, your risk of heart disease is elevated.

Follow these steps to raise your HDL cholesterol. You'll get the most benefit if you tackle as many changes as possible:

1. **Use foods higher in monounsaturated fats**, such as canola or olive oil. There is strong evidence that monounsaturated fats raise HDL levels without affecting total cholesterol. Include 1 to 2 teaspoons of olive or canola oil with each meal.
2. **Add more foods high in soluble fiber to your diet.** Soluble fiber is found in oats; fruits such as apples, grapes and citrus fruits; and legumes. The fiber in these foods helps lower total cholesterol and raise HDL levels. Try eating at least two servings of these foods each day.
3. **Add aerobic exercise**, such as walking, biking and swimming, which helps raise HDL levels. Try to be active for at least 30 minutes each day for optimum benefit.
4. **Stop smoking if you smoke**, as smoking not only lowers HDL levels, it is also an independent risk factor for heart disease.
5. **Eat foods that contain phytoestrogens such as soy products.** Tofu, tempeh, and TVP (texturized vegetable protein) all may help raise HDL levels. Include at least

two servings each day. A simple method is to make a blender smoothie using soymilk and fresh fruit each morning.

6. **Eat less trans fatty acids.** Trans fatty acids are found primarily in deep-fat-fried foods such as french fries and many fast foods as well as in processed baked goods such as cookies, crackers and cakes. Tub or squeeze margarine contains less trans fatty acids than stick versions.
7. **Alcohol**, in red or white wine or even beer, appears to raise HDL levels. Go easy here; the key idea remains **moderation**, meaning no more than one drink a day for women and two drinks a day for men.
8. **Hormone replacement therapy (HRT)** is often prescribed for women with risk of heart disease. There are many pros and cons to HRT, so discuss your particular case with your physician.
9. **Niacin**, one of the B vitamins, can be used in large doses to raise HDL levels. The amount necessary to produce results qualifies this vitamin as a drug, and it should be used only with a physician's approval. Side effects can include flushing, ulcers, high blood sugar and liver damage.

For help, see [Health Help](#)

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