October 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

Please plan on joining us for our club banquet/brunch, which will be held on Sunday
October 28. The brunch will be held at Wellington’s Party Center again this year. A
reservation form is included in this month’s newsletter for those planning to attend.

Thanks to all of you who worked and participated in the Norm Bower Memorial Weight
Pentathlon as well as the Cross Country meet last month. Results from both of these
events can be found in this month’s newsletter.

Also included in this edition is a letter of appreciation sent to me by Sue Bower to thank
‘Over The Hill’ for their efforts to honor Norm and support his family.
V.P.'s Message

Attention road racers!!! An effort is underway to come up with a more complete and formal road racing schedule (5 and 10K's) that can published in the club newsletter as well as on our website.

I could use some input from our seasoned road racers in the club. If you know of upcoming road races, please forward them to me via regular mail or e-mail. I will make sure they get into the newsletter and onto the website.

Letter from Sue Bower...

“I just wanted to thank all of the throwers, officials and helpers who attended the Norm Bower Memorial Weight Pentathlon. It is wonderful of the Over The Hill Track Club to honor Norm’s memory in this way every year. Thank you,”

Sue and Emma Bower

2001 Outdoor Track & Field Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 28</td>
<td>OTHTC Banquet / Brunch</td>
<td>Highland Heights, OH</td>
</tr>
<tr>
<td>Oct 28</td>
<td>EMH 5K Pumpkin Run</td>
<td>Amherst, OH</td>
</tr>
<tr>
<td>Oct 28</td>
<td>Proud of Parma 5K Run</td>
<td>Parma, OH</td>
</tr>
<tr>
<td>Nov 4</td>
<td>Wolfpack Cross Country Meet</td>
<td>Columbus, OH</td>
</tr>
<tr>
<td>Nov 4</td>
<td>Run for America</td>
<td>See <a href="http://www.runforamerica.com">www.runforamerica.com</a></td>
</tr>
<tr>
<td>Nov 10</td>
<td>Lake Erie USATF - 5K</td>
<td>Cleveland, OH</td>
</tr>
<tr>
<td>Nov 22</td>
<td>20th Fox Sports Net Turkey Trot</td>
<td>Burke Lakefront Airport</td>
</tr>
<tr>
<td>Dec 1</td>
<td>2nd Annual 5K Reindeer Run</td>
<td>Rocky River, OH</td>
</tr>
</tbody>
</table>
OVER THE HILL TRACK CLUB
BANQUET/BRUNCH
SUNDAY, OCTOBER 28, 2001

WHERE: Wellington's Party Center
777 Alpha Drive
Highland Heights, Ohio

TIME: 12 Noon - 2:30 p.m.

WHY: End of the year activity

WHO'S INVITED: OTHTC members and guests

COST: $10 for members; $15 for guests

MENU: Top round of beef
Eggs, Omelettes made to order
Belgian Waffles
Chicken, Pasta, Sausage
Corned Beef Hash
Home Fried Potatoes
Seasonal Fresh Fruit, Assorted Salads
Homemade Danish, Muffins, Rolls
Bagels, Orange Juice, Coffee/Tea

CONTACT: Norman Thomas (330-425-8219) or Jeff Gerson (440-473-0636)

RSVP: Before October 20, 2001
Return tear sheet and check
(payable to OTHTC) to:
Norman Thomas
9065 Gettysburg Drive
Twinsburg OH 44087

---------------------------------------------------------------

NAME:_____________________________________________________

ADDRESS:_________________________________________________________________

PHONE: (___) ______ : ATTENDING -- MEMBERS ______ ; GUESTS ______

AMOUNT ENCLOSED: $________
OVER THE HILL TRACK CLUB
Annual Cross Country Meet
5 Kilometer Course
September 30, 2001
University High School
Moreland Hills, Ohio

Male:

Overall Winner: Chris Bradshaw 18:38

Age 14 and under:
1. Brad Longo 22:22
2. Dave Castro 22:27
3. Stephen Cabrera 24:14

Age 15-29:
1. Chris Bradshaw 18:38
2. Rich Szczepinsh 18:49

Age 40-44:
1. Rich Castro 21:29
2. Dave Madden 21:57
3. Lawrence Finley 26:18

Age 45-49:
1. Mike Castro 23:56
2. Bob Freund 31:20

Age 50-54:
1. Norm Thomas 31:14
2. Dan Saluini 38:01

Age 55-59:
1. Jerry Ketchauer 33:25

Female:

Cathi Gerson 29:08

1. Tiffany Turner 32:57
2. Cartier Odem 35:10

1. Courtney Connell 32:28
2. Krystal Turner 32:29
1. Cathy Castro 35:45

1. Cathi Gerson 29:08

1. Jerry Ketchauer 33:25
# Norm Bower Memorial Weight Pentathlon - 22/09/01

"throw for Norm's daughter: Emma Rose"

Kent State University, Kent, Ohio

## Results - Weight Pentathlon

### M104 & Under Weight Pentathlon

<table>
<thead>
<tr>
<th>Points</th>
<th>HT</th>
<th>SP</th>
<th>DT</th>
<th>JT</th>
<th>WT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Sutton, Gary</td>
<td>31.64m</td>
<td>9.99m</td>
<td>28.80m</td>
<td>37.33m</td>
<td>10.75m</td>
</tr>
<tr>
<td>Unattached</td>
<td>103-10</td>
<td>32-09.5</td>
<td>94-06</td>
<td>122-06</td>
<td>35-03.25</td>
</tr>
<tr>
<td>Age-Graded Mark:</td>
<td>38.94m</td>
<td>11.79m</td>
<td>31.53m</td>
<td>48.52m</td>
<td>13.04m</td>
</tr>
<tr>
<td>Age-Graded Percent:</td>
<td>46.78%</td>
<td>53.14%</td>
<td>44.33%</td>
<td>50.55%</td>
<td>52.18%</td>
</tr>
<tr>
<td>M47 Team Points:</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2774</td>
<td>(495)</td>
<td>(594)</td>
<td>(495)</td>
<td>(567)</td>
</tr>
</tbody>
</table>

| 2 Bender, Jim | 19.04m | 8.98m | 30.12m | 27.27m | 8.81m |
| Unattached | 62-06 | 29-05.5 | 98-10 | 89-06 | 28-11 |
| Age-Graded Mark: | 23.43m | 10.60m | 32.97m | 35.44m | 10.68m |
| Age-Graded Percent: | 28.15% | 47.77% | 46.37% | 36.93% | 42.77% |
| M45 Team Points: | 17 | |
| | 2157 | (246) | (522) | (523) | (376) | (490) |

| 3 Schervish, Mark | 20.08m | 8.04m | 23.74m | 30.84m | 6.79m |
| Unattached | 65-10 | 26-04.5 | 77-11 | 101-02 | 22-03.5 |
| Age-Graded Mark: | 24.71m | 9.49m | 25.99m | 40.08m | 8.23m |
| Age-Graded Percent: | 29.69% | 42.77% | 36.55% | 41.76% | 32.96% |
| M45 Team Points: | 16 | |
| | 1904 | (266) | (455) | (386) | (443) | (354) |

### M50

<table>
<thead>
<tr>
<th>Points</th>
<th>HT</th>
<th>SP</th>
<th>DT</th>
<th>JT</th>
<th>WT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Ray, Allen</td>
<td>31.20m</td>
<td>10.67m</td>
<td>34.34m</td>
<td>33.72m</td>
<td>13.42m</td>
</tr>
<tr>
<td>Unattached</td>
<td>102-04</td>
<td>35-00.25</td>
<td>112-08</td>
<td>110-07</td>
<td>44-00.5</td>
</tr>
<tr>
<td>Age-Graded Mark:</td>
<td>38.75m</td>
<td>12.76m</td>
<td>37.04m</td>
<td>48.16m</td>
<td>14.87m</td>
</tr>
<tr>
<td>Age-Graded Percent:</td>
<td>46.54%</td>
<td>57.49%</td>
<td>52.09%</td>
<td>50.18%</td>
<td>59.49%</td>
</tr>
<tr>
<td>M54 Team Points:</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3039</td>
<td>(492)</td>
<td>(653)</td>
<td>(605)</td>
<td>(561)</td>
</tr>
</tbody>
</table>

| 2 Gerson, Jeff | 16.18m | 6.94m | 19.52m | 24.91m | 7.14m |
| Unattached | 53-01 | 22-09.25 | 64-00 | 81-09 | 23-05.25 |
| Age-Graded Mark: | 20.09m | 8.30m | 21.05m | 35.58m | 7.91m |
| Age-Graded Percent: | 24.13% | 37.39% | 29.61% | 37.07% | 31.65% |
| M54 Team Points: | 17 | |
| | 1584 | (194) | (384) | (292) | (378) | (336) |

### M55

<table>
<thead>
<tr>
<th>Points</th>
<th>HT</th>
<th>SP</th>
<th>DT</th>
<th>JT</th>
<th>WT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Bitsko, Mickey</td>
<td>43.48m</td>
<td>11.73m</td>
<td>36.26m</td>
<td>31.45m</td>
<td>13.86m</td>
</tr>
<tr>
<td>Unattached</td>
<td>142-08</td>
<td>38-06</td>
<td>118-11</td>
<td>103-02</td>
<td>45-05.75</td>
</tr>
<tr>
<td>Age-Graded Mark:</td>
<td>59.94m</td>
<td>15.63m</td>
<td>43.60m</td>
<td>49.37m</td>
<td>16.59m</td>
</tr>
<tr>
<td>Age-Graded Percent:</td>
<td>71.99%</td>
<td>70.45%</td>
<td>61.31%</td>
<td>51.43%</td>
<td>66.38%</td>
</tr>
<tr>
<td>M58 Team Points:</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3813</td>
<td>(842)</td>
<td>(828)</td>
<td>(738)</td>
<td>(579)</td>
</tr>
</tbody>
</table>

| 2 Weikert, Doug | 33.56m | 9.83m | 34.86m | 34.09m | 11.68m |
| Unattached | 110-01 | 32-03 | 114-04 | 111-10 | 38-04 |
| Age-Graded Mark: | 46.26m | 13.10m | 41.91m | 53.51m | 13.98m |
| Age-Graded Percent: | 55.56% | 59.04% | 58.94% | 55.75% | 55.94% |
| M55 Team Points: | 17 | |
| | 3309 | (615) | (673) | (703) | (641) | (677) |

| 3 Gaines, Brian | 15.74m | 8.97m | 27.26m | 32.81m | 7.99m |
| Unattached | 51-08 | 29-05.25 | 89-05 | 107-08 | 26-02.75 |
| Age-Graded Mark: | 21.69m | 11.95m | 32.78m | 51.50m | 9.56m |
| Age-Graded Percent: | 26.06% | 53.87% | 46.09% | 53.65% | 38.27% |
| M55 Team Points: | 16 | |
| | 2379 | (219) | (603) | (519) | (611) | (427) |

--- M60 ---
## M104 & Under Weight Pentathlon

### 1. Crater, Harold
- **Unattached**
- **Age-Graded Mark:** 34.86m
- **Age-Graded Percent:** 41.87%
- **M63 Team Points:** 20

### 2. Sheinker, Abe
- **Unattached**
- **Age-Graded Mark:** 42.26m
- **Age-Graded Percent:** 50.75%
- **M61 Team Points:** 17

### M65

#### 1. Carstensen, Pay
- **Unattached**
- **Age-Graded Mark:** 54.38m
- **Age-Graded Percent:** 65.3%
- **M69 Team Points:** 20

### M70

#### 2. Olson, Len
- **Unattached**
- **Age-Graded Mark:** 59.40m
- **Age-Graded Percent:** 71.34%
- **M70 Team Points:** 17

#### 3. Chadbourne, Joe
- **Unattached**
- **Age-Graded Mark:** 66.48m
- **Age-Graded Percent:** 79.84%
- **M70 Team Points:** 16

#### M95

#### 4. Hosack, Everett
- **Unattached**
- **Age-Graded Mark:** 37.07m
- **Age-Graded Percent:** 44.52%
- **M99 Team Points:** 15

---

### Event 3 M70 Shot Put 16 #

<table>
<thead>
<tr>
<th>Name</th>
<th>Age Team</th>
<th>Finals</th>
<th>Age-Grading Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olson, Len</td>
<td>M70 Unattached</td>
<td>9.14m</td>
<td>10.08m 13.81m</td>
</tr>
<tr>
<td></td>
<td>9.14m 9.43m 9.62m 9.67m</td>
<td>9.14m DNS DNS DNS DNS</td>
<td></td>
</tr>
</tbody>
</table>

### Event 4 M70 Discus Throw 2.0 K

<table>
<thead>
<tr>
<th>Name</th>
<th>Age Team</th>
<th>Finals</th>
<th>Age-Grading Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olson, Len</td>
<td>M70 Unattached</td>
<td>27.40m</td>
<td>38.05m 53.51%</td>
</tr>
<tr>
<td></td>
<td>26.43m 27.19m 26.43m FOUL 25.32m 27.40m</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Event 5 M95 Javelin Throw 600 gram

<table>
<thead>
<tr>
<th>Name</th>
<th>Age Team</th>
<th>Finals</th>
<th>Age-Grading Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hosack, Everett</td>
<td>M99 Unattached</td>
<td>7.69m</td>
<td>49.81m 51.89%</td>
</tr>
<tr>
<td></td>
<td>7.69m 6.54m 7.69m PASS PASS PASS PASS</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Norm Bower Memorial Weight Pentathlon - 22/09/01

"throw for Norm's daughter: Emma Rose"

Kent State University, Kent, Ohio

Results - Weight Pentathlon

<table>
<thead>
<tr>
<th>Points</th>
<th>HT</th>
<th>SP</th>
<th>DT</th>
<th>JT</th>
<th>WT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Lancashire, Debbie</td>
<td>40.16m</td>
<td>10.96m</td>
<td>39.02m</td>
<td>27.51m</td>
</tr>
<tr>
<td>Unattached</td>
<td>131-09</td>
<td>35-11.5</td>
<td>128-00</td>
<td>90-03</td>
<td>35-10.75</td>
</tr>
<tr>
<td>Age-Graded Mark:</td>
<td>40.49m</td>
<td>10.96m</td>
<td>39.02m</td>
<td>32.06m</td>
<td>14.26m</td>
</tr>
<tr>
<td>Age-Graded Percent:</td>
<td>67.25%</td>
<td>51.11%</td>
<td>52.82%</td>
<td>40.08%</td>
<td>74.47%</td>
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<tr>
<td>W38 Team Points: 20</td>
<td>3220</td>
<td>(722)</td>
<td>(592)</td>
<td>(635)</td>
<td>(516)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Points</th>
<th>HT</th>
<th>SP</th>
<th>DT</th>
<th>JT</th>
<th>WT</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Holland, Bernice</td>
<td>22.12m</td>
<td>6.55m</td>
<td>19.18m</td>
<td>18.73m</td>
</tr>
<tr>
<td>Unattached</td>
<td>72-07</td>
<td>21-06</td>
<td>62-11</td>
<td>61-05</td>
<td>27-05.25</td>
</tr>
<tr>
<td>Age-Graded Mark:</td>
<td>38.79m</td>
<td>13.79m</td>
<td>42.30m</td>
<td>45.43m</td>
<td>11.81m</td>
</tr>
<tr>
<td>Age-Graded Percent:</td>
<td>64.66%</td>
<td>63.34%</td>
<td>57.27%</td>
<td>56.79%</td>
<td>61.7%</td>
</tr>
<tr>
<td>W74 Team Points: 17</td>
<td>3540</td>
<td>(685)</td>
<td>(780)</td>
<td>(699)</td>
<td>(772)</td>
</tr>
</tbody>
</table>
WOLFPACK CROSS-COUNTRY MEET
COLUMBUS X-C INVITATIONAL
Marv Crosten - Mark Whitaker Memorial
Columbus, Ohio, November 4, 2001

INVITATION. Youth, Open (5k), and Masters (5k) athletes and coaches are invited to participate in the 2001 edition of the Wolfpack Columbus Cross-Country Invitational to be held on Sunday, November 4, 2001 at Groveport-Madison High School in Southeast Columbus. The Meet offers individual and team competition for all ages. This meet remembers jointly with the Ohio USATF Officials the contributions of beloved colleagues Marv Crosten, Jr. and Mark B Whitaker who died on October 8, 1997. They were two of the most prominent track athletes, coaches, officials, and administrators who have resided in the Central Ohio Area.

SPECIAL THANKS TO: Coach Tom McSheffery, Cruisers Track Club
HOST: Wolfpack Track Club

PLACE. Groveport-Madison High School grounds, 4475 South Hamilton Road, Groveport, Ohio in Southeast Columbus

EVENTS: 1:00 pm 5 km Women (IG, born 1985-86; YW, born 1983-84)
5 km Women (19 & Over - all age groups)
5 km Men (IB, born 1985-86; YM, born 1983-84)
5 km Men (19 & Over - all age groups)
1:50 4 km Girls (YG, born 1987-88)
4 km Boys (YB, born 1987-88)
3:00 3 km Boys (SBB, born 1993-94; BB, born 1991-92; MB, born 1989-90)

AWARDS CEREMONIES: The 5 km - race awards will be available 45 minutes after the last runner finishes. A youth award ceremony will commence 30 minutes after the last runner of each race finishes.

SANCTION: Ohio USATF - meet subject to USATF drug test program
OFFICIALS: USATF Certified Officials in all key positions


INDIVIDUAL AWARDS: Medals to the top 3 runners per age group or the top 50% of the field, whichever is greater; a minimum of 6 medals for the Open division.

TEAM AGE GROUPS (M & W): Open, 30 & Over, 40 & Over, 50 & Over, 60 & Over, 70 & Over, 80 & Over, and 90 & Over (B & G): Subbantam-Bantam combined, Midget, Youth, Intermediate-Young M/W combined

TEAMS: Best 5 of 8 runners; Men - Open, 30 & Over, 40 & Over, and 50 & Over; Boys - IB/YM combined
Best 3 of 5 runners; All Women; Girls - IG/YW combined; Men - 60 & Over, 70 & Over, etc.
Best 3 of 5 runners; Girls & Boys - Subbantam-Bantam combined, Midget, Youth

TEAM SCORING: Masters - aggregate (total) time of scoring members; Open, and Submasters - simple scoring by position in your race; Youth - simple scoring by position in your age group.

TEAM AWARDS: Medals to all finishing members of the top three teams.

ENTRY FEE. $6.00 by mail or on the day of the meet; no T-shirt included with this fee; buy T-shirts at the meet.

MAKE CHECKS PAYABLE TO: Wolfpack TC

T-SHIRTS: Red commemorative T-shirts will be on sale for $10.00 each

MEET DIRECTOR: John White, 4865 Arthur Place, Columbus, Ohio 43220
day and evening: (614) 459-2547.


Sunday, October 28, 2001, South Dayton Flyers TC Invitational, Belmont Park, (East) Dayton, Ohio, 1:00 pm; Y, O (5k), M (5k), youngest-to-oldest, call Jim Snow, [937] 252-5590, $4.00; Ohio AAU Qualifying Meet.
WOLFPACK COLUMBUS CROSS-COUNTRY INVITATIONAL (photocopy as required)

Team Roster - Submit to the Meet Director

CLUB: __________________ TEAM AGE GROUP: __________________ GENDER: __________

COACH/MANAGER’S NAME: __________________ PHONE: __________________

ADDRESS: __________________ CITY/STATE/ZIP: __________________

NAME OF ATHLETE  AGE ON 11/4/01  NAME OF ATHLETE  AGE ON 11/4/01

#1 __________________________ #5 __________________________
#2 __________________________ #6 __________________________
#3 __________________________ #7 __________________________
#4 __________________________ #8 __________________________

Individual Entry Form - Submit to the Meet Director ($6.00 / entry)

NAME: __________________ GENDER: ______ PHONE: __________________

ADDRESS: __________________ CITY/STATE/ZIP: __________________

AGE AS OF 11/4/01: ______ BIRTHDATE: ___________ USATF CLUB: ________________

IF RUNNING ON A TEAM, PLEASE GIVE THE TEAM AGE GROUP: __________________

T-SHIRTS ORDERED: _____ SIZE @ $10.00 EACH (circle): OLD SS XL XXL

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, AND ASSIGNS WAIVE AND RELEASE ANY AND ALL CLAIMS FOR DAMAGES, INCLUDING CONSEQUENTIAL, I MAY HAVE AGAINST THE WOLFPACK TRACK CLUB, THE CRUISER TRACK CLUB, THEIR MEMBERS, GROVEPORT-MADISON BOARD OF EDUCATION, THE SPONSORS, THE RACE COMMITTEE, THE RACE OFFICIALS, AND THEIR REPRESENTATIVES, SUCCESSORS, AND ASSIGNS FOR ANY AND ALL INJURIES SUFFERED BY ME OR MY CHILD (ATHLETE) AT THIS RACE. I CERTIFY THAT THE ATHLETE HAS TRAINED SUFFICIENTLY TO PARTICIPATE IN THIS CROSS-COUNTRY RACE.

(SIGNED) __________________________ ATHLETE (PARENT, if under 18 years old)

ALL USATF SANCTIONED COMPETITIONS ARE SUBJECT TO DRUG TESTING

Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAF Rule 144. 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 prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at 1-800-233-0393. [TAC Memo,1/27/87] This notice is effective at all USATF Sanctioned Meets and does not mean that plans for actual drug testing at this cross-country meet have been announced.
Rex Harvey
6744 Connecticut Colony Crl.
Mentor, OH 44060