



*Over The Hill Track Club*  
www.othtc.org

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 be 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

Oct 28	OTHTC Banquet / Brunch	Highland Heights, OH
Oct 28	EMH 5K Pumpkin Run	Amherst, OH
Oct 28	Proud of Parma 5K Run	Parma, OH
Nov 4	Wolfpack Cross Country Meet	Columbus, OH
Nov 4	Run for America	See <a href="http://www.runforamerica.com">www.runforamerica.com</a>
Nov 10	Lake Erie USATF - 5K	Cleveland, OH
Nov 22	20 <sup>th</sup> Fox Sports Net Turkey Trot	Burke Lakefront Airport
Dec 1	2nd Annual 5K Reindeer Run	Rocky River, OH

**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

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**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:**

### **Female:**

**Overall Winner:** Chris Bradshaw 18:38      Cathi Gerson 29:08

### **Age 14 and under:**

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

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

### **Age 15-29:**

1. Chris Bradshaw 18:38
2. Rich Szczepinsh 18:49

1. Courtney Connell 32:28
2. Krystal Turner 32:29

### **Age 40-44:**

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

1. Cathy Castro 35:45

### **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

1. Cathi Gerson 29:08

### **Age 55-59:**

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 &amp; Under Weight Pentathlon

	Points	HT	SP	DT	JT	WT
----- M45 -----						
1 Sutton, Gary		31.64m	9.99m	28.80m	37.33m	10.75m
Unattached		103-10	32-09.5	94-06	122-06	35-03.25
Age-Graded Mark:		38.94m	11.79m	31.53m	48.52m	13.04m
Age-Graded Percent:		46.78%	53.14%	44.33%	50.55%	52.18%
M47 Team Points: 20	2774	(495)	(594)	(495)	(567)	(623)
-----						
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)
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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 -----						
1 Ray, Allen		31.20m	10.67m	34.34m	33.72m	13.42m
Unattached		102-04	35-00.25	112-08	110-07	44-00.5
Age-Graded Mark:		38.75m	12.76m	37.04m	48.16m	14.87m
Age-Graded Percent:		46.54%	57.49%	52.09%	50.18%	59.49%
M54 Team Points: 20	3039	(492)	(653)	(605)	(561)	(728)
-----						
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 -----						
1 Bitsko, Mickey		43.48m	11.73m	36.26m	31.45m	13.86m
Unattached		142-08	38-06	118-11	103-02	45-05.75
Age-Graded Mark:		59.94m	15.63m	43.60m	49.37m	16.59m
Age-Graded Percent:		71.99%	70.45%	61.31%	51.43%	66.38%
M58 Team Points: 20	3813	(842)	(828)	(738)	(579)	(826)
-----						
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)
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----- M60 -----						

....M104 & Under Weight Pentathlon

1 Crater, Harold	24.96m	11.24m	36.70m	26.93m	10.53m	
Unattached	81-11	36-10.5	120-05	88-04	34-06.75	
Age-Graded Mark:	34.86m	15.23m	41.00m	42.79m	12.18m	
Age-Graded Percent:	41.87%	68.66%	57.66%	44.59%	48.75%	
M63 Team Points: 20	2976	(429)	(804)	(685)	(483)	(575)

2 Sheinker, Abe	30.26m	7.39m	26.72m	15.74m	9.83m	
Unattached	99-03	24-03	87-08	51-08	32-03	
Age-Graded Mark:	42.26m	10.01m	29.85m	25.01m	11.37m	
Age-Graded Percent:	50.75%	45.14%	41.98%	26.06%	45.51%	
M61 Team Points: 17	2255	(549)	(486)	(461)	(230)	(529)

---- M65 ----

1 Carstensen, Pay	35.08m	9.64m	28.34m	24.89m	13.81m	
Unattached	115-01	31-07.5	93-00	81-08	45-03.75	
Age-Graded Mark:	54.38m	14.56m	35.30m	43.47m	17.27m	
Age-Graded Percent:	65.3%	65.58%	49.64%	45.28%	69.08%	
M69 Team Points: 20	3440	(749)	(763)	(570)	(493)	(865)

---- M70 ----

2 Olson, Len	38.60m	12.62m	40.35m	31.27m	15.08m	
Unattached	126-08	41-05	132-04	102-07	49-05.75	
Age-Graded Mark:	59.40m	18.99m	56.03m	60.01m	18.22m	
Age-Graded Percent:	71.34%	85.56%	78.79%	62.51%	72.92%	
M70 Team Points: 17	4525	(833)	(1037)	(997)	(738)	(920)

3 Chadbourne, Joe	43.20m	DNS	DNS	DNS	DNS	
Unattached	141-09					
Age-Graded Mark:	66.48m					
Age-Graded Percent:	79.84%					
M70 Team Points: 16	951	(951)	(0)	(0)	(0)	(0)

---- M95 ----

4 Hosack, Everett	9.10m	3.46m	8.72m	6.28m	5.70m	
Unattached	29-10	11-04.25	28-07	20-07	18-08.5	
Age-Graded Mark:	37.07m	14.34m	33.53m	28.90m	12.14m	
Age-Graded Percent:	44.52%	64.55%	47.16%	30.11%	48.59%	
M99 Team Points: 15	2604	(465)	(749)	(534)	(284)	(572)

Event 3 M70 Shot Put 16 #

Name	Age Team	Finals	Age-Grading Points
1 Olson, Len	M70 Unattached	9.14m 30-00.00	13.75m 61.97%
9.43m 8.92m 8.67m 9.14m FOUL 8.94m			

Event 4 M70 Discus Throw 2.0 K--

Name	Age Team	Finals	Age-Grading Points
1 Olson, Len	M70 Unattached	27.40m 89-11.00	38.05m 53.51%
26.10m 27.19m 26.43m FOUL 25.32m 27.40m			

Event 5 M95 Javelin Throw 600 gram

Name	Age Team	Finals	Age-Grading Points
1 Hosack, Everett	M99 Unattached	7.69m 25-03.00	49.81m 51.89%
6.54m 7.69m PASS PASS PASS PASS			

## Norm Bower Memorial Weight Pentathlon - 22/09/01

"throw for Norm's daughter: Emma Rose"

Kent State University, Kent, Ohio

## Results - Weight Pentathlon

## W104 &amp; Under Weight Pentathlon

	Points	HT	SP	DT	JT	WT
----- W35 -----						
1 Lancashire, Debbie		40.16m	10.96m	39.02m	27.51m	10.94m
Unattached		131-09	35-11.5	128-00	90-03	35-10.75
Age-Graded Mark:		40.49m	10.96m	39.02m	32.06m	14.26m
Age-Graded Percent:		67.5%	51.1%	52.82%	40.08%	74.47%
W38 Team Points: 20	3220	(722)	(592)	(635)	(516)	(755)
----- W50 -----						
1 Hartzler, Mary		23.04m	10.42m	28.26m	20.87m	8.66m
Unattached		75-07	34-02.25	92-08	68-06	28-05
Age-Graded Mark:		27.12m	12.68m	38.23m	30.35m	11.25m
Age-Graded Percent:		45.21%	59.14%	51.76%	37.95%	58.79%
W52 Team Points: 20	2809	(431)	(706)	(620)	(483)	(569)
----- W55 -----						
1 Szanto, Erika		26.86m	8.77m	19.50m	17.88m	9.02m
Unattached		88-01	28-09.25	64-00	58-08	29-07.25
Age-Graded Mark:		34.93m	12.24m	29.81m	29.55m	12.62m
Age-Graded Percent:		58.23%	57.1%	40.36%	36.94%	65.94%
W57 Team Points: 20	2858	(600)	(677)	(459)	(468)	(654)
----- W70 -----						
2 Holland, Bernice		22.12m	6.55m	19.18m	18.73m	8.36m
Unattached		72-07	21-06	62-11	61-05	27-05.25
Age-Graded Mark:		38.79m	13.79m	42.30m	45.43m	11.81m
Age-Graded Percent:		64.66%	64.34%	57.27%	56.79%	61.7%
W74 Team Points: 17	3540	(685)	(780)	(699)	(772)	(604)

# 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 *Marvin C 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

<b>EVENTS:</b>	1:00 pm	5 km	Women (IG, born 1985 - 86; YW, born 1983 - 84)	<u>Note: more races will be conducted if required by number of entries.</u>
		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)	
	2:25	3 km	Girls (SBG, born 1993 - 94; BG, born 1991 - 92; MG, born 1989 - 90)	
	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 AGE GROUPS:** Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, etc; Subbantam, Bantam, Midget, Youth, Intermediate, Young Women/Men.

**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.

**OTHER OHIO MEETS:** Sunday, October 14, 2001, Dayton Gems Elite Invitational, Triangle Park, Dayton, Ohio, call Damion Barker, [937] 837-4815, Youth Events, Open/Masters 5k.

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 _____	

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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)

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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.

  
*Over The Hill & Track Club*  
[www.othc.org](http://www.othc.org)  
c/o Larry Maniccia  
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North Royalton, OH 44133

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