



# Over The Hill Track Club

www.othtc.org

November 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

Thanks to all club members and their guests who supported our second annual banquet at Wellingtons. I was pleased at the turnout (32) and the participation in the affair.

Plan to meet with us on Sunday, December 9, at the Bedford Library for our annual club meeting. We will convene at 1pm. We need the support of all members who can attend. We will hold elections and put together our 2002 meet schedule. Plan to attend and bring new ideas!

Members should clear up any paperwork from 2001. Try to complete forms for reimbursement by December 31.

Keep up your training and conditioning. Indoor season is almost here.

### V.P.'s Message

HAPPY HOLIDAYS!!! I hope everyone had a happy and prosperous Thanksgiving and were able to unite with friends and family to enjoy the day. As we move into the Christmas season, which usually brings colder, wintry weather, be careful as you go about your daily routine.

At this year's brunch, Allan Ray's wife offered to help us locate sponsorship dollars. The first thing she suggested we do is have several of our members write brief biographical sketches including how long they have been in the club, accomplishments, what they enjoy doing on and off the track, etc. So all you veterans and newcomers, we could use your help with this. We need to show potential sponsors who we are and what we do so that they see we are a very active, worthwhile cause to donate their hard earned funds to. Please send completed bios to me for collection. When we receive enough input, we will organize all the bios into a useful format and take it to the next step.

In this month's newsletter is a copy of a newspaper article on John Means and his recent accomplishments. Congratulations John and keep up the good work!

### 2001 Road Race Schedule

Dec 1	2nd Annual 5K Reindeer Run	Rocky River, OH
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### 2002 Indoor Track & Field Schedule

Jan 20	Slippery Rock Open	Slippery Rock, PA
Feb 3	Slippery Rock Open	Slippery Rock, PA
Mar 17	Lake Erie Meet	Berea, OH
Mar 22-24	USATF National Masters	Boston, MA

### 2002 Outdoor Track & Field Schedule

Mar 2	Saddleback Relays	Mission Viejo, CA
Jun 8	Senior Olympics	Canton, OH

### 2001 Camps and Clinics

Speed Camp	Kent State University
Track & Field Camp	Kent State University
Throwers Camp	Kent State University

Many dates in December – See KSU website or contact Larry Maniccia at 440-237-6714 for details.

### 2002 Camps and Clinics

Mar 3	Learn by doing clinic	Slippery Rock, PA
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# Over The Hill Track Club

## REMINDERS!!

It is time to think about renewing club memberships for 2002. Plan to get forms for the 2002 USATF cards from Jeff Gerson. Club uniforms are available at Second Sole of Mayfield.

Annual Meeting: Sunday, December 9, 2001

1-3pm

Cuyahoga County Public Library  
Southeast Branch  
70 Columbus Rd.  
Bedford, Ohio

(440)  
439-4997

## ACCOMPLISHMENTS

### Feet of Gold

**J**ohn Means took up jogging at age 50, had heart bypass surgery at 60, suffered a heart attack at 70 and has just won five national gold medals for sprinting at 81.

Talk about your late bloomer.

"Just stay active," the Richmond Heights runner recommends. "You don't have to be a runner. Maybe just walk, but be active. That's what is important. If I don't run for a week or so, I don't feel well."

It wasn't until March, just before his 81st birthday, that Means won his first national gold medal, capturing the 60-meter dash (10.42 seconds) for his 80-to-84 age group at the USA National Masters Indoor Track & Field Championships in Boston.



**John Means truly has struck gold during the "Golden Age."**

Then last month during separate competitions in Baton Rouge, Louisiana, he captured five gold medals for his age group. He won the 100 meters (16.24 seconds), 200 (34.54) and 400 (1:27.29) in the National Senior Olympics July 14-18. Then he took the 100 (16.16) and 200 (34.99) in the U.S. Masters Outdoor Championships two weeks later.

He is a member of the Over-The-Hill Track Club, and "I've actually improved my times over the last couple of years," says Means. He works out three to four times a week on his home treadmill. Before meets, Means trains at the Mayfield High School outdoor track.

Not bad for a guy who took up running at the half-century mark of life because his office job at the former Chase Packaging Company in Chagrin Falls made him "a fly on a desk and I figured I needed exercise."

— RICH EXNER

## Individual Results

### Bob Thomas M45-49

Lake Erie Cross Country Championships  
11/10/01  
18:12 - 1st

### Jeff Gerson M50-54

Stride for Pride 5K  
8/11/01  
25:40

James Dominic's 5K  
10/14/01  
21:50 - 2nd

Lake Erie Cross Country Championships  
11/10/01  
22:17 - 1st

### Cathi Gerson W50-54

Mayfield Wildcat 5K  
7/29/01  
27:12 - 2nd

Stride for Pride 5K  
8/11/01  
28:17 - 1st

Independence Home Days  
8/25/01  
27:31 - 2nd

River Run 5K  
9/08/01  
27:19 - 1st

James Dominic's 5K  
10/14/01  
25:58 - 1st

### Joyce Prohaska

Westlake 3.4 mile walk  
9/08/01  
1st - overall winner

Personal Endurance Classic  
10/20/01  
50 miles

Brunswick 5K Run / 1 mile walk  
11/04/01  
10:03 - 1st (1 mile)

### Doreen Jeske

Westlake 3.4 mile walk  
9/08/01  
1st - 51 and over

Personal Endurance Classic  
10/20/01  
40 miles

### Richee` Cunningham

CVS 10K  
4/01/01  
55:33 - 408 overall (78th woman)

Cleveland Marathon 5K  
5/01/01  
25:29 - 2nd

Willis Track Meet  
6/01/01  
800m - 2:40 - 1st  
1600m - 6:16 - 1st

Southfield Michigan  
7/01/01  
800m - 2:40 - 1st

Juno Jog 5K  
10/06/01  
26:27 - 1st

### Ev Poe

Lake Erie USATF  
6/30/01

Pole Vault - 7' 2" - 1st  
100m - 15.75 - 1st  
200m - 33.04 - 1st  
Javelin - 79' 5" - 2nd  
High Jump - 3' 6" - 1st  
Long Jump - 10' 5" - 1st

Cleveland Track Classic  
8/04/01

60m - 9.3 - 1st  
100m - 15.3 - 1st  
Pole Vault - 7' 3" - 1st  
High Jump - 3' 8" - 1st  
Long Jump - 10' 4" - 1st  
Discus - 69' 2" - 2nd  
Javelin - 80' 9" - 3rd

### Rich Coreno M40-44

Lake Erie Cross Country Championships  
11/10/01  
19:28 - 1st

Canadian National Championships  
8/25 - 8/26/01

Pole Vault - 6' 11" - 1st  
100m - 15.2 - 1st  
200m - 31.8 - 1st  
Long Jump - 10' 4" - 2nd  
Javelin - 72' 6" - 2nd  
Discus - 89' 3"  
High Jump - 3' 6" - 3rd



## Yahoo! Calendar - get your free web-based calendar

### Yahoo! Health

[Health Home](#)

#### Yahoo! Resources

- [Shopping: Health and Wellness](#)
- [Clubs, Fitness & Nutrition](#)
- [Events: Nutrition](#)

#### Related Links

From [iVillage.com](#)

- [Hearty Veggie Lentil Soup](#)
- [Chicken and Rice Bake](#)
- [Vegetable Pasta Salad](#)
- [More Nutrition](#)

### The Energy Booster Food Plan

If you drag yourself out of bed in the morning, can't function without gallons of coffee and run out of gas every afternoon, then an energy-boosting food plan is right for you. Instead of relying on caffeine or a trip to the candy machine for a fleeting burst of artificial energy, choose healthy foods to rev up your engine. The right combination of carbohydrate, protein and fat eaten at regular intervals will help keep energy levels high and balanced all day long. No skipping meals or snacks allowed!

#### **BREAKFAST**

##### *option one*

plain fat-free yogurt with low-fat granola and mixed fresh berries  
1/2 cup orange juice

##### *option two*

2-egg omelet made with low-fat cheese, chopped veggies and low-fat ham or turkey  
1 slice whole-grain toast topped with fruit spread  
1/2 cup grapefruit juice

##### *option three*

Shredded wheat cereal with skim milk and a banana  
1 slice whole-wheat toast with peanut butter  
1/2 cup tomato juice

#### **LUNCH**

##### *option one*

hearty veggie lentil soup  
1 slice whole-wheat bread topped with a low-fat cream cheese  
1/2 grapefruit  
1 cup skim milk

##### *option two*

turkey sandwich on whole-grain bread  
1 cup dark greens such as kale or spinach with low-fat dressing  
1 medium tangerine  
1 cup skim milk

*option three*

grilled chicken sandwich on whole-grain bread  
1/2 cup sliced tomatoes  
1 large orange  
1 cup skim milk

**DINNER***option one*

3 ounces fillet of sole  
1 baked potato topped with low-fat sour cream or plain yogurt  
1/2 cup steamed broccoli  
sliced peaches  
1 cup skim milk

*option two*

3 ounces grilled flank steak  
1/2 cup vegetable pasta salad  
1/2 cup steamed spinach  
sliced pears  
1 cup skim milk

*option three*

3 ounces chicken and rice bake  
1 cup tossed dark greens with low-fat dressing 2 small plums  
1 cup skim milk

**SNACKS:** Eat one of these snacks mid-morning, mid-afternoon and in the evening if you're still hungry and active. Remember to eat every three to four hours throughout the day to keep energy levels high.

- 1/2 cup dried fruit mixed with 1/4 cup nuts
- apple with peanut butter
- banana with peanut butter
- orange slices and one ounce of low-fat cheese
- 1 cup Fiber One cereal with skim milk
- 1/2 turkey or ham sandwich on whole-grain bread
- 1/2 cup chickpeas, chopped tomatoes and cucumbers with 2 tablespoons low-fat Italian dressing
- 1/2 whole-grain English muffin with 1 ounce melted cheese
- 1/2 whole-grain bagel with 2 tablespoons hummus
- 1 boiled egg with 1 slice whole wheat bread
- 1/2 cup low-fat cottage cheese with 1/4 cup pineapple
- 1 cup plain yogurt with 1/4 cup low-fat granola
- 1/2 cup water-packed tuna with 6 low-fat Triscuits

**Healthy Hints:**

- Don't skip meals or snacks!
- Drink plenty of water -- at least 64 ounces -- throughout the day
- Take a daily multivitamin supplement
- Choose whole, unrefined grain products as often as possible
- Limit alcohol to no more than one drink per day at the most
- If you're craving something sweet, eat a piece of fruit
- When all else fails and sugar cravings can't be denied, try one long-lasting butterscotch hard candy

#### **What to Avoid:**

- Avoid fried foods and other foods high in fat (French fries, onion rings, fried fish, etc.)
- Potato chips
- Gravy and sauces
- Beer, wine, alcohol
- Soda
- Sweetened beverages (Snapple, Fruitopia, etc.)
- Added sugar (to coffee, tea, cereal, etc.)
- White bread and crackers

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For help, see [Health Help](#)

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# 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.