



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 1, Issue 9

September 2002

President's Message...

Thanks to all who participated in and helped work the last two club sponsored events for 2002. The Norm Bower Weight Pentathlon and the Cross Country race were a success due to the participation of all. Results of both events will be posted in next month's newsletter.

It is now time to start thinking about the indoor season. Do you have your goals set? Is your training schedule created? Remember that Indoor Nationals, and a host of local indoor meets, are just around the corner! All the training done during the off-season will pay big dividends in race results during the upcoming season!

Work continues in earnest to create the OTHTC Hall of Fame. Rodney Wilson and Monica Thornton have been busy creating the charter and ensuring the Hall will have a stellar group of inductees for its first year! The goal is to announce these names at the Annual Club Brunch. More details will be available in the October newsletter.

The Annual Club Brunch is coming! Details T.B.A.

In This Issue

- ***Annual Club Luncheon – to be announced!***

Membership Drive Program

Any current member that signs up three new club members will have their membership dues reimbursed. (NOTE: A current member is fully paid for the year, and a new member excludes former club members from the past three years.) Also, please ensure your renewal forms and fees are sent in early in the year.

Results

Remember to send in your results to be posted to the website and our newsletter. Results inspire others and are a legacy of our improvements as athletes. So be proud of your accomplishments and send them in to be published!

Send e-Mail Addresses

Be sure to send your e-mail to Larry Maniccia via www.othtc.org.



The Last Word

Remember! The last word on how to best run this club rests with its members. I'm not aware of anyone in the club that can read minds...so be sure to let an officer know of any compliments or improvement opportunities. Make your voice heard – the last word belongs to you!

Officers

President	Bob Walters
VPs Programs	Bob Thomas
	Paul Williams
	Al Wilson
VP Communications	Larry Maniccia
Secretary	Rex Harvey
Treasurer	Jeff Gerson

Coordinators

Women (all)	Essie Kea	216.383.1511
Men (open)	Larry Maniccia	440.237.6714
Men 30-39	Bob Walters	440.526.5635
Men 40-49	Bob Thomas	440.899.3599
	Rodney Wilson	517.353.0971
Men 50-59	Jeff Gerson	440.473.0636
Men 60-69	Grover Coats	216.464.3865
Men 70+	Everett Poe	216.991.8524
Seniors	Chuck Wiedman	440.838.8362
Weight	Allen Ray	216.226.3481
Events	Christa Younglas	330.425.7178
Multi Events	Rex Harvey	440.954.8122
Out-of-State	Lawrence Finley	859.236.2042
	Rodney Wilson	517.353.0971
Race Walking	Gunter Sprockhoff	440.582.0144
	Joyce Prohaska	216.521.7966
Road Racing	Joanne Siegel	216.397.0260



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ATHLETES in the News...

A key anniversary and a big award for Alfonzo Wilson

By **ED WITTENBERG**
Staff Writer

CLEVELAND HEIGHTS — Members of City Council didn't realize Alfonzo Wilson had a major milestone coming up when they recognized him with a proclamation June 17.

Wilson and his wife, Dorothy, celebrated their 50th wedding anniversary Friday.

"I've known this man in marriage, it will be 50 years June 21, and he's always been a person who's been willing to help anybody at any time," Dorothy said.

Wilson, a longtime city resident, was honored for his many years of volunteer service.

The proclamation was signed by Mayor Ed Kelley and the other six members of council.

Known in his neighborhood as "Garage Man," Wilson has converted his garage into a learning center, tutoring area children in math, reading, spelling, creative writing and "basic life lessons."

He also serves as a teacher at Case Multicultural Elementary School, as an usher at Severance Hall and as an aide at the Cleveland Clinic's Taussig Cancer Center.

"To quote Martin Luther King, 'If I remember to do anything, it would be to try to do something to help someone,' and that's all I do," Wilson said. "It's something I enjoy doing."

"I've tried to teach (children) the value of education and also how to work with their hands," he continued. "That's important, too."

Last year, Wilson was recognized by the Federation for Community Planning as one of the city's "most treasured volunteers."

He has been active in the city's AARP chapter, presiding on its board, and has served on the planning committee for the Office on Aging's Senior Activity Center. Members of both of those groups, along with other

friends, nearly filled Council Chambers in support of Wilson.

A former chemist with several patents to his name, Wilson often speaks at public schools about his role as a scientist and the importance of education.

He also competed in the Masters Track and Field Games in England recently.

"I think what you have done really serves as encouragement

for some of us who are getting closer to retirement and maybe thinking there's nothing much to do out there," Councilwoman Phyllis Evans said, as each member of council praised Wilson.

"You've showed us that we can do so many things and help so many people and be an integral and important part of their lives."

INSPIRATION

Time Traveler

At 100, Everett Hosack is still running hard, feeling strong, and enjoying life



"OVER THE HILL?"
No way. At 100, Everett Hosack is right on track.

When Everett Hosack competed in a Boston indoor meet last March, the electronic scoreboard listed his age as 99. Wrong, but no one could fix it. Apparently, meet officials weren't ready for a 100-year-old runner.

Hosack wasn't discouraged. A month later, he raced 100 meters at the Penn Relays in front of 50,000 appreciative spectators, who gave him an ovation equal to Marion Jones's. Hosack's time, 43.00,

set a new world record for men over 100. Of course, nothing unusual about that. He sets a world record every time he steps on a track.

"I figured if I was going to live a long life, I wanted it to be a healthy one," says the 6', 150-pound resident of Chagrin Falls, Ohio. "I run because I feel better when I do."

Hosack credits his good health to exercise, a nutritious diet ("nothing from cans, but plenty of fruit and vegetables") and a positive outlook on life.

He also thrives on competition, though he admits to worrying that he could someday fall down in a race. "If I did," he says, "I would just get up, and keep running to the end."

—EILEEN PORTZ-SHOVLIN

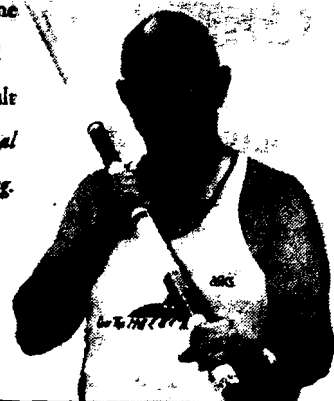
In 10 Years, I Want To Be The National Pole Vault Champion.

I know people look at me and see an older man. But I feel the same as I did when I was a teenager. I train every day for my track and field competitions. In 10 years, I want to be the national pole vault champion in the 80-and-over age group. —Everett Poe, 73, national pole vault champion, MythBuster Contest Winner, on successful aging.

BENJAMIN
ROSE
EST 1908
216.621.7201



Go to www.benrose.org for an interview with Everett Poe and other MythBusters!





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ACTIVE ATHLETES!

This page is dedicated to club members who pursue their athletic goals with vigor!

John Means M80-84

Kentucky Senior Games

100 - 17.32 - 1st

200 - 36.74 - 1st

400 - 1:45.0 - 1st

Richee` Cunningham W30-34

Jake to the Rock 9th Street Mile

6:29 - 3rd

Bob Thomas M45-49

Jake to the Rock 9th Street Mile

4:51 - 1st

Norman Thomas M50-54

Jake to the Rock 9th Street Mile

5:47 - 2nd

Potomac Valley Games

400 - 1:07.3 - 1st

Mile - 6:30 - 3rd

Chuck Wiedman M70-74

Rocky Mountain Masters Games

SP - 33' 2" - 1st

LJ - 9' 5" - 1st

TJ - 21' 11" - 1st

HJ - 3' 10" - 1st

Discus - 85' - 1st

PV - 8' - 2nd

NW Ohio Senior Olympics (Toledo)

HJ - 4' - 1st

LJ - 10' - 1st

SP - 34' 1" - 1st

Discus - 85' - 1st

Javelin - 87' 5" - 1st

100m - 13.69 - 1st

Kentucky State Senior Games

HJ - 4' - 1st

PV - 7' - 1st

Javelin - 71' - 2nd

LJ - 10' 10" - 3rd

Discus - 86' 4" - 4th

Find the perfect baby name!



BabyCenter
Click here!

Click Here!

Yahoo! Health

Health Home

Yahoo! Resources

- Shopping: Health and Wellness
- Clubs: Fitness & Nutrition
- Events: Nutrition

Related Links

From iVillage.com

- Do You Need a Multivitamin?
- Lemon Tart
- Tuna Sandwiches with Lemon and Dill
- More Nutrition

Which Vitamins You Really Need

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

Supplements aren't necessary for the person who eats a healthy diet. But since many of us don't always do that, here are simple guidelines for what you need and how best to get it.

- **Multivitamin:** Look for one that contains about 100 percent of the RDA (recommended dietary allowances) for most vitamins and minerals. It's the one best supplement you can add to your daily diet, healthy or not.
- **Vitamin C:** Experts differ on the amount needed for antioxidant benefits, but a safe amount seems to be 250-500 mg a day. It's easy to get that from foods such as oranges, grapefruit, tomatoes and peppers.
- **Calcium:** 1000-1500 mg a day is essential for bone health. One cup of milk contains about 300 mg calcium; if you need more, take it in supplement form.
- **Vitamin E** is an essential antioxidant that most likely helps prevent heart disease. Foods containing vitamin E tend to be high in fat: vegetable oils, fish and wheat germ. If you choose a supplement, look for 400 IU vitamin E as d-alpha tocopherol for improved absorption.
- **Selenium** works hand in hand with vitamin E, so if you take one you should also use the other. It is found in Brazil nuts. Try for 50-100 mcg a day.
- **Folate** has recently been added to grain foods in the United States to prevent heart disease as well as lessen the risk of spina bifida in newborns. Check your multivitamin for folate content; the RDA has been increased to 400 mcg per day. If you take an individual folate supplement, make sure you also get enough B-6 and B-12, as they are all interrelated.

For help, see Health Help

GOING FOR THE GOLD, SILVER OR BRONZE AT THE NSGA

By Joyce Prohaska

Are you competitive, do you enjoy racewalking? Have you ever watched the Olympics and thought, "If only I could have.....and now I am too old"? Take heart! There is still a chance for you to bring home the **gold**.

The 2001 Summer National Senior Games were held in Baton Rouge, Louisiana at the Louisiana State University sports complexes. For those of you not familiar with the games, they were founded 15 years ago. To compete, athletes must be at least 50 years old and must qualify at an NSGA (National Senior Games Association, formerly the United States National Senior Sports Organization) sanctioned state game event. The bi-annual Summer National Senior Games (or Senior Olympics) are the largest, on-going multi-sports event in the country. The Winter games will be held at Lake Placid, New York in January 2002.

My sport is Racewalking. Doreen Jeske (Wickliffe, Oh.) and I, Joyce Prohaska (Lakewood, Oh.) qualified at the Ohio State Competition in July 2000. On Wednesday, July 18, 2001 our trio, (myself, my husband Jim/coach/ trainer/chauffer/social activities planner and photographer, and Doreen), flew to New Orleans. We rented a car and began our trek to Baton Rouge. The air in Baton Rouge was THICK, HOT, and HUMID. Oh, and did I mention that it was 102 degrees also?

Thursday, July 19, was designated as the practice day for the 1500M track event. The day started off as hot and humid as one can imagine. During the morning hours, the track began to populate with other racewalkers from all over the United States. It was refreshing to know we were not the only crazy people out there in that heat.

Friday, July 20, check-in was scheduled for 6:40 PM. The organization of this event seemed like total chaos—but the organizers somehow miraculously got everyone together. Finally at 9:58 PM, the group I was competing in (which consisted of two age groups: 50-54 and 55-59) was taken to the start line on the track. All of us were ready to go-- as for the past 3 hours, most of the 450 participants practiced on the indoor air-conditioned track while some just nervously sat around or stretched. How long can one warm up when the temperature of the day was 102 steamy sticky degrees? Fortunately, the delays now placed us on the track in the relative cool of the evening but will we have enough energy to stay awake?

Finally, with my age group at the start line- ready, the gun goes off. There were a total of 14 judges. They rotated 7 alternatively for each meet. All racewalking events are conducted in accordance with the USA Track and Field rules. The two violations a racewalker can be called (warned) on consist of "bent knee" (the advancing leg must be straightened from the moment of first contact with the ground until it moves back under the body/vertical position) and/or "loss of contact/lifting" (one foot keeps contact with the ground when the other foot leaves the ground/there is no lifting off the ground, as in running). The judges are strategically placed around the track to see every move one makes. One female judge (who gets about in a motorized chair) actually got up and chased participants to give out warnings on the track like an old school marm running after an errant child on the playground.

Two walkers take the lead. I am in the next bunch—walking neck and neck with another woman as I approach the finish line—I am beat by 36 hundredths of second, (my time 9:07:66). It is 11:21PM and the results are in -- I place 4thwhat a bummer.... NO MEDAL. And now for the next let down, Doreen was DQ'd on the last lap. It's off to the Argosy Casino to try our luck at something else and have that well deserved cold brew!

Saturday, July 21, is practice for the road race. A practice on the route mapped out for the 5K seemed like the best way to prepare. However, upon driving to Louisiana State Campus, all of the roads are blocked. Not only are the racewalkers scheduled to practice so are all of the other road events! Doreen and I have to practice where we can find some "open road".

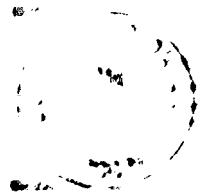
Sunday, July 22 check-in is scheduled for 6:40 AM—could this event run smoother than the 1500M? The numbers were passed out and the race began at 7:40 promptly—we were escorted by age (5 deep) to the start line. As soon as the gun went off the faster racewalkers took their place and went ahead. As I approached the bend beyond the first mile, I heard the dreaded words " # 605 bent knee" —oh no, could this be true? Mile marker 2 was just around the bend and up an incline (contradictory to what I have always been told: "Don't worry about hills in a real racewalk. They will always be on a flat surface." HA!!). Again, "#605 bent knee". Do I dare get disqualified? Is it better to place 4th or become disqualified? I just continue along the road, while the bronze medaler who beat me two nights before trails next to me. I ask myself, why doesn't she just pass me? After the event, I asked her and she said: "I wanted to, I wish I could have!"

Once the race was over, it took some time to post the results. In fact, we had enough time to drive back to hotel, take a quick shower, and get back in enough time for the results. Clean clothes, wet hair, we check the board for the dreaded "DQ" – Yeah!! I have not been disqualified --- but I still don't know where I placed.

At 11:00 AM the presentation of awards begins, age 50-54 is first, with the awards starting with 5th place. Now for the medals. "3RD PLACE, FROM OHIO"---that is all I needed to hear, I know it is ME!!! The announcer says, "Joyce Prohaska". I walk to the awards area, stand on the box with a #3 on it.... this is it! As good as it gets! I medalled—A Bronze----let us wait and see what happens in the next age division, where will Doreen place? Age 55-59 "8th PLACE, FROM OHIO" this is it DOREEN JESKE! This is as good as it gets! We are off the New Orleans to party. (Last inquiries for time results were not available for the 5K as of this printing.).

What an experience—Have you ever considered competing in the Sr. Games? There are other events besides racewalking that you might consider. Other sports at the Sr. Games include: archery, badminton, basketball, bowling, cycling, golf, HORSESHOES!!, racquetball, 5K run, 10K run, shuffleboard, softball, swimming and a triathlon. Try your luck "go for the gold"! Ohio ended up with 112 medals: Gold 50---Silver 36--- Bronze 26. For more information visit the website at www.nationalseniorgames.org.


Over The Hill Track Club
www.othtc.org
c/o Larry Maniccia
13245 Spruce Run Dr., Apt. 102
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Mentor, OH 44060

44060X4470






Over The Hill Track Club

Date: September 26, 2002

To: Athletic Hall of Fame Ad Hoc Committee

From: Monica Thornton, Recording Secretary, Ad Hoc Committee 

Subject: Distribution of Athletic Hall of Fame Constitution
Selection of initial Athletic Hall of Fame Inductees

Enclosed you will find your copy of the OTHTC Athletic Hall of Fame Constitution and a ballot for selecting the first hall of fame inductees with a return envelope for your ballot. The constitution was ratified by the Ad Hoc committee on August 18, 2002.

To vote; review the list of names. You may cast sixteen (16) votes in any combination you choose. If you cast more than one vote for an individual, please indicate the number of votes cast (i.e. 2 or 3 not check marks or x's).

If you would like information or to learn about nominees, please contact either Jeffery Gerson or Norman Thomas.

Please return the ballots in the envelope provided no later than October 18, 2002.

**OVER THE HILL TRACK CLUB, INC.
ATHLETIC HALL OF FAME CONSTITUTION**

ARTICLE I

Purpose

Recognizing the value of athletics to the Over The Hill Track Club, Inc. and the value of lifetime sport, this Athletic Hall of Fame is established to perpetuate the memory of those individuals who have made lasting and significant contributions to the Over The Hill Track Club, Inc. athletics program.

ARTICLE II

Criteria for Nomination

Any individual who has given outstanding performance in athletic competition as a member of the Over The Hill Track Club, Inc. shall be eligible for nomination ten years after initial competition. Persons who have qualified but left the club in good standing, may be nominated. Nominees may include administrators, athletes, coaches, managers, officials, trainers, volunteers, and other persons who have made outstanding contributions to the Over The Hill Track Club, Inc.. An individual may be nominated posthumously.

ARTICLE III

Athletic Hall of Fame Committee

This Athletic Hall of Fame Committee shall be chosen initially by the ad hoc founding group and thereafter by the committee itself. The permanent committee shall include the Cleveland / Over The Hill Track Club Founding Member(s), the President, the Vice President(s) of Programs, the Women's Coordinator, the Weight Events Coordinator, the Multi-Events Coordinator, the Racewalk Coordinator, the Road Racing Coordinator, and two members-at-large. Initially, one member-at-large shall be elected for a one-year term and one for a two-year term. Individuals selected after the first year shall serve a term of three years. Terms of office shall begin at the meeting following induction of the current class of honorees.

Individuals elected after the first three years shall include at least two members of the Athletic Hall of Fame. Should any member resign or otherwise become ineligible during a term, a replacement shall be elected by the committee of the whole. A committee member may be elected for additional terms.

The Chair of the Committee shall be elected by the group. The group shall also elect a Recording Secretary. The Recording Secretary shall work with the Website Coordinator and keep and display all records.

The Athletic Hall of Fame Committee shall meet once a year. In order for the committee to conduct business, two-thirds of the committee must be present. An April meeting shall be held to review constitution and fill vacancies, select Athletic Hall of Fame nominees, etc. Nominations for recognition received before that date shall be reviewed, vacancies on the committee filled and any committees needed for special tasks shall be named.

At the annual meeting the committee shall select its chair for the following year, review the constitution, seek to resolve any problems relating to nominations, presentations and induction, and determine the committee membership for the next year. A majority of the voting members of the committee must be present to conduct any committee business.

ARTICLE IV

Nominations

Calls for nomination shall be made in appropriate issues of the Over The Hill Track Club, Inc. nomination forms, the Over The Hill Track Club, Inc. newsletters, the Over The Hill Track Club, Inc. web site (www.othtc.org), the Lake Erie Association of USA Track and Field web site (www.lakeerie.org), National Masters News (www.nationalmastersnews.com), and also in the local newspaper. Calls shall be sent to the recording secretary.

Nominations may be made by anyone, and individuals not selected shall continue on the list for consideration. Nominations must be made in writing, include supporting evidence of the nominee's qualifying accomplishments.

ARTICLE V

Inductions

Inductees must receive a majority of the votes cast. For the initial year, the number of inductees shall be limited to no more than sixteen (16), and not more than four (4) of them posthumously. In subsequent years, the number of inductees shall be limited to four (4), not more than two (2) of them posthumously. Inductions shall be held as a feature of an occasion sponsored jointly by the Over The Hill Track Club, Inc. recognizing members of all athletics.

ARTICLE VI

Recognition

Each inductee shall receive an attractive memento, inscribed with an appropriate symbol, his or her name, year of induction, and event(s).

The Athletic Hall of Fame Committee shall request the Website Coordinator to make available recognition that may be seen by interested individuals and to provide an appropriate permanent listing of honorees in a suitable location.

ARTICLE VII

Amendments

The constitution may be amended by a vote of a quorum of the members of the Athletic Hall of Fame Committee being present.

Amendments may be made each year provided members have been provided copies of the proposed amendments at least two weeks prior to meeting.

**OVER THE HILL TRACK CLUB, INC.
HALL OF FAME CANDIDATES**

(Cast no more than sixteen (16) votes)

OFFICIALS

- Jim Flanik
- Joe Frierson

POSTHUMOUS

- Norman Bower
- Byron Fike
- Dr. Allan Jackson
- William Jordan
- Jack Siringer
- Hillary Taylor

VOLUNTEERS

- Kathy Gerson
- Joanie Harvey
- Patrice Thomas
- Dorothy Wilson

FEMALE COMPETITORS

- Juliec Bredenbeck-Corp
- Grace Butcher
- Mary Anne Cavicchi
- Mary Chadbourne
- ~~Mary Chadbourne~~
- Patricia Finley
- Diane Friedman
- Kathy Gerson
- Joan Gibson
- Bernice Holland
- Essie Kea
- Patrice Thomas
- Dorothy Wilson
- Deborah Yurth-Thomas

Male Competitors

- James Barrett
- Rudolph Bredenbeck
- William Carey
- Richard Cavicchi
- Joseph (Joe) Chadbourne
- Grover Coats
- Lawrence Finley
- Jeffery (Jeff) Fisher
- Jeffery (Jeff) Gerson
- Jack Greenwald
- Charlie Hall
- Derek Harbour
- Rex Harvey
- Walter Henderson
- Fred Hershimaki
- Everett Hosack
- Charles Johnson

Male Competitors

- Clarence Johnson
- Spencer (Chip) Johnson
- Richard (Dick) Mann
- Kevin McKniley
- Everett Poe
- Allen Ray
- Derrick Rippy
- John Sloan
- Denver Smith
- Norman Thomas
- Robert (Bob) Thomas
- Richard Turner
- Scott Tyler
- Paul Williams
- Alfonzo Wilson
- Rodney Wilson