



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 1, Issue 10

October/November 2002

President's Message...

Well this has been a very productive and exciting year for our club! Now is the time for reflection, celebration, and planning to be even better for next year!

To kick off the celebrations, the club will be holding its annual brunch at the Avalon Center on Sunday, November 24th! The OTHTC is subsidizing the cost of this event as a **"Thank You!"** to all the club members who gave so generously of their time to make club events successful in 2002! (Don't forget to RSVP by November 12th so we can give the facility an accurate count.)

We look forward to sharing some laughs; enjoying great food; talking about this year's activities and significant contributors; and discussing what's in store for the club in 2003!

Although 2002 is coming to an end, the 2003 indoor season begins soon! Begin now to prepare and the OTHTC will be poised to make some strong showings! We should strive to run more relays and have a strong presence at the Indoor Nationals in March! Continuous improvement is the name of the game!

Good Luck with training and we look forward to seeing you on November 24th!

In This Issue

- Club Brunch Sunday, 11/24 at Avalon Center
- Last quarterly meeting for 2002 in December

Annual OTHTC Brunch

Sunday, November 24th

11:00 – 1:00 @ The Avalon Center

11409 State Rd.

North Royalton, OH 44133

(440) 582-1987

\$10/per person

**Please RSVP to Larry Maniccia at
(440) 237-6714 by November 12th.**

Directions

Take I-77 S to Wallings Rd. Take a right on Wallings. Follow Wallings to State Rd. Take a left on State Rd. Turn left into the Avalon Center approximately 300M from the intersection.

Indoor Season is almost here!

Prepare now...

**...the base work done now will help
you to be your best during the
season!**

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



LAKE ERIE ASSOCIATION
Open & Master
Cross Country Championships
Saturday, November 9, 2002
9:00 A.M.

Host Club - Lake Erie Comets

Sanctioned - USATF/Lake Erie Association

Age Divisions and Race Distances:

Open Men	19 to 29	30 to 34	Age as of Race Day
Open Women	35 to 39	40 to 44	
	45 to 49	50 to 54	
	55 to 59	60 to 64	
	65 to 69	70 & Over	All Races 5,000 Meters

Times: Registration begins at 8:00 A.M. First Race at 9:00 A.M. Maps provided. Course open for inspection up to 10 minutes before start of race. There will be no official course walk.

Entry Fees: \$5.00 per person. There is no additional entry fee for teams. Teams must consist of at least five, but no more than eight runners. Teams must be registered USATF track teams.

Awards: USATF Championship medals will be awarded for the first through tenth place.

Please Note: You must have a USATF card or purchase one on the day of the meet.

Location: Edgewater Park, Cleveland, Ohio. Located off the West Shoreway (S.R. 2). West of 49th Street.

Mail entries to:
 Lake Erie Comets Track Club
 8280 Craigleigh Drive
 Parma, Ohio 44129

Make checks payable to: USATF - Lake Erie
 Entries will also be accepted the day of the meet,
 10 minutes prior to the start of each race.

Official Entry Form

Name		Address		
City		State	Zip	Phone
Age	Birth Date	Sex	USATF#	
Age Division		Club		

In consideration of my being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against USA Track & Field, the Lake Erie Association, the State of Ohio, or their officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with my association with, entry in, or arising out of my traveling to, participation in, and returning from the 2002 Lake Erie USATF Open & Masters Cross Country Association Championship Meet to be held on November 9, 2002 at Cleveland Lakefront State Park, Edgewater Park.

Participant's Signature _____



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ACTIVE ATHLETES!

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

OTHTC Cross Country Classic – 2002

Men's Results

14 and under

1. Dave Castro - 21:41
2. Brad Longo - 21:56
3. Arvind Narayanan - 23:54
4. David Turner Jr. - 25:08
5. Drew Castro - 32:22
6. Kyle Walters - 46:00

15-29

1. Rich Szczepinski - 18:40
2. Chris Monaco - 20:05
3. Joe Cellar - 20:39
4. Jeremy Staub - 35:32

35-39

1. Chip Johnson - 23:50

40-44

1. Dave Madden - 21:58
2. Rich Coreno - 22:27

45-49

1. Mike Castro - 32:04

50-54

1. Nino Monaco - 22:37
2. James Wallace - 24:15
3. Moulay Meziane - 26:48

Women's Results

14 and under

1. Tiffany Turner - 34:30
2. Summer Walters - 47:27

40-44

1. Cathy Castro - 42:07

50-54

1. Cathi Gerson - 29:05

ACTIVE ATHLETES...continued

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OTHTC Norm Bower Memorial Weight Pentathlon - 2002

Men's Results

Age	Name	Total	HT	pts	SP	pts	DT	pts	JT	pts	WT	pts
14	Jim Bender Jr.	2209	35.66	442	8.69	407	30.66	477	29.54	293	12.45	590
16	Jonathan Jones	1715	19.00	177	9.21	438	23.89	346	31.03	314	9.79	440
44	Charley Green	2128	17.42	174	9.54	473	28.89	443	51.72	713	7.06	325
46	Jim Bender Sr.	2188	24.58	336	9.17	498	31.22	519	31.90	430	7.80	405
48	Gary Sutton	2405	26.93	381	9.64	530	28.08	454	34.79	482	10.13	558
56	Doug Weikert	2785	30.93	515	9.21	589	31.73	561	30.49	484	10.96	636
62	Abe Sheinker	1893	28.65	517	6.55	385	22.61	375	12.05	132	9.29	484
100	Everett Hosack	6037**	8.92**	1384	3.37**	1279	7.95**	861	7.41**	1371	5.24**	1142

Women's Results

Age	Name	Total	HT	pts	SP	pts	DT	pts	JT	pts	WT	pts
17	Amy Hill	2281	28.63	464	10.68	574	24.23	355	26.60	412	9.73	476
17	Lindsey Hill	2390	23.52	354	12.14	670	32.42	508	29.12	460	8.44	398
45	C.C. Beacham	2812	24.89	662	8.13	575	22.02	395	20.75	397	9.46	783
58	Erika Szanto	2938	28.30	687	8.24	695	22.02	492	18.11	438	8.95	626
75	Bernice Holland	3792*	20.74*	870	5.88	819	18.20*	715	16.54	717	6.81	671

Notations

* = American Record

** = World Record

ACTIVE ATHLETES...continued

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USATF National Masters Championships

August 8-11, Orono, Maine

Lawrence Finley M40

100 – 13.09 – 18th

400 – 58.37/58.33 – 7th

Jeff Gerson M55

400 – 1:08.14 – 12th

800 – 2:39.97 – 10th

Barry Kline M60

300H – 52.91 – 4th

HJ – 1.50m – 3rd

Ev Poe M70

100 – 15.75 – 5th

PV – 2.15m – 3rd

LJ – 2.86m – 8th

Discus – 26.54m – 10th

HJ – 1 00m – 5th

Columbus Marathon

October 20th

Joe Humpolick

6 hrs 36 sec

Congratulations to Joe on completing his first marathon!!!

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Exercise and Iron Deficiency

by **Carrol Krucoff**

Sports medicine experts have observed for years that endurance athletes, particularly females, frequently have iron deficiencies. But research by a team of Purdue University researchers suggests that even moderate exercise may lead to iron depletion in women.

'We found that sedentary women who started a program of moderate aerobic exercise showed evidence of iron loss,' says Rosanne M. Lyle, associate professor of Health Promotion at Purdue. 'Women who consumed additional meat or took iron supplements were able to bounce back. But the new exercisers who followed their normal diet showed a decrease in iron levels.' Lyle's study of 62 formerly sedentary women who began exercising three times a week for six months was published in the journal *Medicine and Science in Sports and Exercise*.

A Common Concern

Iron deficiency is common among American women, affecting one in four adolescent girls and one in five women ages 18 to 45. But its prevalence is even greater among active women, affecting up to 80 percent of female endurance athletes, Lyle notes. This means that 'women need to be much more aware of their iron intake,' she says. Women of childbearing age are at greatest risk, since menstrual bleeding is a major source of iron loss.

Plus, many health-conscious women heighten their risk by shunning red meat, which contains the most highly absorbable form of iron. And because women often restrict calories in an effort to control weight, they may not consume enough iron-rich food and set themselves up for deficiency.

'The average woman takes in only two-thirds of the recommended daily allowance for iron,' notes Emily Haymes, professor of nutrition, food and movement science at Florida State University. 'For a woman who already has a marginal iron

status, any additional iron loss from exercise may be enough to tip her over the edge' into a more serious deficiency, she notes.

Exercise can result in iron loss through a variety of mechanisms. Some iron is lost in sweat, and for unknown reasons, intense endurance exercise is sometimes associated with gastrointestinal bleeding. Athletes in high-impact sports such as running also may lose iron through repetitive trauma to capillaries of the feet, a phenomenon known as 'foot-strike hemolysis.'

Know the Signs

Active women frequently have the first of three stages of iron deficiency without even knowing it, since the condition, known as iron depletion or low iron stores, typically has no symptoms.

Fatigue and poor performance may begin to appear in the second stage of iron deficiency, called iron-deficient erythropoiesis, when not enough iron is present to form the blood protein, hemoglobin, which transports oxygen to working muscles. In the third and final stage, iron deficiency anemia, people often feel weak, tired and breathless and exercise performance is severely compromised.

'People think that if they're not anemic nothing is wrong, but that's not true,' says John L. Beard, professor of nutrition at Penn State University, who helped design the Purdue study. 'You're not anemic until your iron stores go to zero, and if you wait until you're anemic, you're in trouble.'

However traditional evaluation of iron status by checking hemoglobin levels is not sufficient to alert people that they may be iron depleted, Beard states. Instead, it's important to check levels of the compound ferritin, which indicates the amount of storage iron in the blood.

While active, reproductive-age women are most likely to have low iron stores, he notes, 'men are not immune, especially if they are vegetarians with a high level of physical activity.' (An estimated 15 percent of male distance runners have low iron stores.) Beard and other experts advise people in these groups to have a yearly blood test to check ferritin levels.

If your iron levels are low, talk with a physician to see if the deficiency should be made up with diet or supplements. In general, it's better to solve the problem by adding more iron-rich foods to the diet, since supplements can cause nausea and carry a risk of toxicity. The best food sources of iron, and the only sources of heme iron (the most readily absorbed by the body), are meat, poultry and fish. Good, nonheme sources of

iron include dried apricots, prunes, dates, raisins, beans, tofu and some vegetables such as spinach.

'Select breads and cereals with the words 'iron-enriched' or 'fortified' on the label,' writes Brookline, Mass., sports nutritionist Nancy Clark, author of Nancy Clark's Sports Nutrition Guidebook. 'This added iron supplements the small amount that naturally occurs in grains. Eat these foods with a source of vitamin C (for example, orange juice with cereal, tomato on a sandwich) to enhance iron absorption.' Clark also recommends cooking in cast-iron skillets. 'The iron content of spaghetti sauce simmered in a cast-iron skillet for 3 hours may increase from 3 to 88 milligrams for each half-cup of sauce,' she writes. And people prone to being anemic should abstain from consistently drinking coffee or tea with all meals, she says, since substances in these beverages can interfere with iron absorption.

'Active women need to be a lot more careful about their food choices,' sums up Purdue's Lyle. 'If you heed warning signs before iron stores are depleted, you can correct deficiencies before they really become a problem.'

[For help, see Health Help](#)

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