



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 2, Issue 2

February 2003

President's Message...

At the first club meeting of 2003, the dates for club events were tentatively set. Also discussed were the current openings for club officers. There are several openings for talented individuals to step forward and use their talents for the benefit of others! Please review page two for specific openings.

It has been my privilege to serve as president of this fine organization for the past year. Unfortunately, due to a dramatic increase in my work-related responsibilities, I am no longer able to dedicate the amount of time necessary to be effective for the club. Therefore, one of the positions that must be filled is that of president. Given what past presidents have put in place, and what was accomplished last year, the next president will have a head start on his or her duties. Further, there is a wealth of information and willing club members at their disposal to make 2003 a great year for the club!

Another crucial opening is that of VP Communications - Newsletter Coordinator. This year we have split the VP Communications position into two separate jobs - one for the website coordinator and one for the newsletter coordinator. This is a job that requires about 4-6 hours per month editing, coordinating with a copy center, and mailing the monthly newsletter. It is a great opportunity for those who are the more creative amongst us!

Think Boston!

In This Issue

- *Volunteer for a club opening!*
- *Quarterly Meeting!*
- *Keep training for the 2003 Indoor Nationals!*

Please Plan on Attending the

2003 Club Events Planning Meeting!

Be prepared to discuss how you can help to make the 2003 club events the best ever!

When: Sunday, February 16th, 2003

Where: 2205 Lamberton, Cleveland Heights 44118

Time: 1:00 pm - 4:00 pm

Directions: Use *Driving Directions* at www.mapquest.com, or call Joanne Siegel at

(216) 397-0260 for more info.

Be sure to send in your

Club Renewal Forms

and 2003 dues!

Send your meet results

to Larry Maniccia

so they can be published

on the club website!

Message from VP of Communications...

I would like to take this opportunity to thank all of you in the club for giving me the opportunity to be your vice president of communications for the last several years. It has been my pleasure to serve in this capacity, which has allowed me to meet many of you and learn what Masters Track and Field is all about.

As of this month, I will be stepping down as VP of communications for the newsletter. I will, however, continue to serve as Webmaster for the club website. Any news or other pertinent information to be posted to the website can still be forwarded to me via e-mail or my home address.

Larry Maniccia

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.

e-Mail

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 | <i>Vacant</i> |
| VPs Programs | Paul Williams |
| | <i>Vacant</i> |
| | <i>Vacant</i> |
| VP Communications - web | Larry Maniccia |
| VP Communications – news | <i>Vacant</i> |
| 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 Events | | <i>Male - Vacant</i> <i>Female - Vacant</i> |
| Multi Events | Rex Harvey | 440.954.8122 |
| Out-of-State | Lawrence Finley | 859.236.2042 |
| | Rodney Wilson | 517-646-8742 |
| Race Walking | Gunter Sprockhoff | 440.582.0144 |
| | Joyce Prohaska | 216.521.7966 |
| Road Racing | Joanne Siegel | 216.397.0260 |



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2003 Indoor Schedule

| <u>Date</u> | <u>Meet</u> | <u>Location</u> |
|-------------|--------------------------------------------------------|-------------------|
| Feb 9 | Slippery Rock All Comer | Slippery Rock, PA |
| Feb 9 | Potomac Valley All Comer | Arlington, VA |
| Mar 8 | Kent State Open | Kent, OH |
| Mar 8-9 | USATF National Masters Indoor Heptathlon Championships | Boston, MA |
| Mar 15 | Beachwood Open | Beachwood, OH |
| Mar 28-30 | USATF National Masters Indoor Championships | Boston, MA |

2003 Outdoor Schedule

| <u>Date</u> | <u>Meet</u> | <u>Location</u> |
|-------------|--------------------------|-------------------|
| May 18 | North Coast Invitational | Cleveland Hts, OH |
| Jun 14 | Canton Senior Olympics | Canton, OH |
| Jul 19 | Dayton Track Classic | Dayton, OH |
| Jul 26 | Cleveland Track Classic | Independence, OH |

2003 Camps / Clinics

| <u>Date</u> | <u>Camp</u> | <u>Contact</u> |
|-------------|-----------------|----------------------------------------------------------------------------------------------------|
| Jul 18-20 | Racewalk Clinic | Joyce Prohaska Japracewalker@aol.com 216-521-7966 |

TENTATIVE

**TWELFTH ANNUAL HALL OF FAME REGIONAL SENIOR OLYMPICS
2003 SCHEDULE OF EVENTS**

NDAY, JUNE 9

| | | |
|---------------|------------------------------------------|--------------------------------------------------------------|
| 7:30 AM | WELCOMING BREAKFAST | MALONE COLLEGE 515 25TH STREET, N.W. CANTON |
| 8:00 AM | OPENING CEREMONIES | MALONE COLLEGE 515 25TH STREET, N.W. CANTON |
| 9:00 AM & 12N | CYCLING - 5K TIME TRIAL & 40 K ROAD RACE | MARLINGTON HIGH SCHOOL, ALLIANCE |
| 10:00 AM | GOLF | THE SANCTUARY GOLF COURSE 2017 APPLGROVE ST., N.W. N. CANTON |
| 10:00 AM | TENNIS SINGLES | HALL OF FAME FITNESS CENTER 2700 ROBERTS AVENUE, N.W. CANTON |
| 12:00 N | BASKETBALL 3-ON-3 (60 & UP) | MALONE COLLEGE 515 25TH STREET, N.W. CANTON |
| 2:00 PM | BASKETBALL 3-ON-3 (50-59) | MALONE COLLEGE 515 25TH STREET, N.W. CANTON |

ESDAY, JUNE 10

| | | |
|----------|--------------------|--------------------------------------------------------------|
| 8:00 AM | 10 K ROAD RUN | MARY METZGER PARK, NICKELPLATE STREET, LOUISVILLE |
| 10:00 AM | BOWLING SINGLES | 77 COLONIAL LANES 5445 WHIPPLE AVENUE, N.W. N. CANTON |
| 10:00 AM | TENNIS DOUBLES | HALL OF FAME FITNESS CENTER 2700 ROBERTS AVENUE, N.W. CANTON |
| 1:00 PM | WOMEN'S VOLLEYBALL | MALONE COLLEGE 515 25TH STREET, N.W. CANTON |
| 4:00 PM | MEN'S SOFTBALL | TO BE DETERMINED, POSSIBLY STADIUM PARK |

DNESDAY, JUNE 11

| | | |
|---------------|-------------------------------------------|--------------------------------------------------------------|
| 9:00 AM & 12N | CYCLING - 10K TIME TRIAL & 20 K ROAD RACE | MARLINGTON HIGH SCHOOL, ALLIANCE |
| 10:00 AM | BOWLING DBLS & MIXED | 77 COLONIAL LANES 5445 WHIPPLE AVENUE, N.W. N. CANTON |
| 10:00 AM | TENNIS MX DOUBLES | HALL OF FAME FITNESS CENTER 2700 ROBERTS AVENUE, N.W. CANTON |
| 2:00 PM | BADMINTON | MALONE COLLEGE 515 25TH STREET, N.W. CANTON |

JRSDAY, JUNE 12

| | | |
|----------|----------------------|--------------------------------------------------------------|
| 8:00 AM | 5 K ROAD RUN | MARY METZGER PARK, NICKELPLATE STREET, LOUISVILLE |
| 10:00 AM | HORSESHOES | CANTON HORSESHOE CLUB 2920 RICHMOND AVENUE, N.E. CANTON |
| 1:00 PM | RACQUETBALL | HALL OF FAME FITNESS CENTER 2700 ROBERTS AVENUE, N.W. CANTON |
| 12:00 N | WOMEN'S TABLE TENNIS | YWCA 231 6TH STREET, N.E. CANTON |
| 1:00 PM | MEN'S TABLE TENNIS | YWCA 231 6TH STREET, N.E. CANTON |

DAY, JUNE 13

| | | |
|----------|-----------------------------------|--------------------------------------------------------------|
| 8:00 AM | TRIATHLETE EVENT | HALL OF FAME FITNESS CENTER 2700 ROBERTS AVENUE, N.W. CANTON |
| 9:00 AM | ARCHERY <u>VERY TENTATIVE</u> | THE HUNTER'S OUTLET 1317 WATERLOO ROAD SUFFIELD |
| 10:00 AM | SHUFFLEBOARD | WEIS PARK 2600 HARVARD AVENUE, N.W. CANTON |
| 1:30 PM | SWIMMING | PERRY HIGH SCHOOL, 13TH STREET, S.W. MASSILLON |
| 1:00 PM | MEN'S VOLLEYBALL (ALL AGE GROUPS) | MALONE COLLEGE 515 25TH STREET, N.W. CANTON |
| 4:00 PM | WOMEN'S SOFTBALL | TO BE DETERMINED |

TURDAY, JUNE 14ALL EVENTS AT MALONE COLLEGE

7:00 AM ORDER OF TRACK EVENTS: 5,000 METER RACE WALK; 100 METER RUN; 1,500 METER RUN; 400 METER RUN; 1,500 METER RACE WALK; 200 METER RUN; 800 METER RUN; 1,500 METER END CLINE WALK.

8:00 AM FIELD EVENTS WILL BEGIN CONCURRENTLY WITH TRACK EVENTS.
PLEASE NOTE: TRACK EVENTS WILL HAVE PRECEDENCE OVER FIELD EVENTS.
TRACK EVENTS WILL NOT BE RERUN IF YOU MISS YOUR CALL.

6:00 PM CELEBRATION BANQUET MALONE COLLEGE 515 25TH STREET, N.W. CANTON

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**PLEASE THANK OUR SPONSORS AND MENTION SENIOR OLYMPICS WHEN
YOU VISIT THEIR BUSINESS OR USE THEIR SERVICES**

WE EXTEND A VERY SPECIAL THANK YOU TO MALONE COLLEGE

*RW
5K
15:00M*

OHIO INDOOR RACES FOR 2003

Fri Jan 17th - XDome in Dayton (1 mile) #

Fri Jan 31st - U of Findlay (3K) ^

Fri Feb 7th - XDome in Dayton (1 Mile) #

Sun Feb 23rd - Ohio Northern U, Ada OH (3K) - Ohio USATF Championships

Fri Feb 28th - XDome in Dayton (1 Mile) #

- The XDome is located just North of downtown Dayton on I-75. Competition is open to all Youth, Open, and Master M&W walkers. Entry fee is \$4. Day of event sign-up only. The track is located within the X-Dome just west of the Stanley Ave exit off I-75. Exit at the Stanley Ave exit and head west to the corner of Stanley Ave. with Helena St. The 12 laps per mile track has a wood surface (no spikes). The entry fee is \$4 per athlete per meet. All meets start at 5pm - doors open at 4pm. Order of events not set but other events to be contested are the mile run, 400m dash, 40m dash, and 4x220yd relay, HJ, and Shot put.

- FREE RW CLINICS - Coach Peters will conduct race walk technique analysis and training before and after the walk race at the XDome on Jan 17th, Feb 7th, and Feb 28th.

^ - AllTel Classic 3K @ University of Findlay -

Malcolm Athletic
Center - Findlay, OH

(sign up via Vince Peters by Jan 24th) Race start apx 8:30pm-9pm. Entrants must be capable of a sub 20 minute 3K to compete since this is a college meet.

OHIO OUTDOOR RACES FOR 2003

Sat Apr 5th - Ohio Open 3K - Wilmington College Track, Wilmington, Ohio - 10am (tentative)

Sun Apr 13th - 16th Annual Jack Mortland racewalks (5,10, & 20K - plus team competition) look for entry form at MV_TC web site - http://my.erinet.com/~mv_tc/ (Prize Money - \$500)

Sun May 11th - Mother's Day 15K Racewalk @ Armco Park

Sun Jun 8th - Ohio 10K RW Champs - YSHS Track - 8:30am

Sat Jun 14th - District JO Meets all around Ohio - 1500m RW Youth only - volunteers needed

Sat June 21 - Dayton Gems - Youth, Open & Master RW - 1500m - Welcome Stadium, Dayton

Sat Jun 28 & 29th - Ohio JO Champs - Youth - Welcome Stadium, Dayton

Thur - July 17th - Miami Valley Open T&F Meet at YS HS - 1500 & 3K RW

Sun - Aug 10th - Ohio 5K Racewalk Championships - hosted by Cincinnati Walkers

Sun - Oct 11th - Ohio 1 Hour Walk - YS HS Track

Other Racewalk events:

June 2, 2003 1500m National Sr. racewalk -- Hampton Rds. Va

June 4, 2003 5K National Sr. racewalk -- Hampton Rds. Va.

June 14, 2003 5,000m Hall of Fame Reg'l Sr. Olympics Malone College - Canton, Oh.
1,500m " " " " Contact: Virginia Neutzling 330-497-2323

July 18-20, 2003 Dave McGovern Clinic Contact: Joyce Prohaska 216-521-7966
japracewalker@aol.com

Monthly group racewalks Contact: Joyce Prohaska 216-521-7966
Or japracewalker@aol.com

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ATHLETES in the News...

Below is an article from Cleveland Magazine where Everett Hosack was recently recognized as one of Cleveland's 30 most interesting people. Congratulations Everett!

Most Interesting People

EVERETT HOSACK

Catch him ... if you can.

Besides the scores of running medals, trophies and awards Everett Hosack has won since resuming competitive running (after a more than half-century hiatus) when he joined the Over the Hill Track Club in 1979, he's also brought home the gold and set records for his age group in long jump (a whopping two meters), hammer throw, discus, shot put, weight toss and javelin throw.

Not bad for a guy who could pass for 85. ("That's how old people usually guess I am," says the internationally ranked Chagrin Falls athlete.)

Even better for a 100-year-old.

A trim and straight 5-foot-11, sporting a full head of silver hair and flashing a devilishly disarming grin, Hosack says that although he's an all-round athlete, his favorite competitions involve weight tossing. At 155 pounds of whip-slim muscle, he's very good at throwing weight around. Last September, during a regional weight pentathlon at Kent State University, he set what *National Masters News*, the publication for non-Olympic athletes, called "an amazing five age-group world records" and also took home the world record for the highest overall weight pentathlon score ever.

And Hosack, who participated in about 10 "masters" meets last year, doesn't plan to rest on his laurels.

"Oh, no, I never let up," he chuckles. "I'm training all the time. I eat smart — Elsa [Hosack's wife of 67 years] sees to that — and I work out on the track at the Chagrin Falls High School gym every other day, when the weather cooperates."

With a roll of his eyes to indicate the floor-to-ceiling window in the living room of his and Elsa's Hamlet Retirement Community home, he adds, "I keep my tossing arm in shape with workouts way down by the maintenance building — where I'm not likely to do any damage if things take off on their own."



**Highlights of USATF National Convention
December 4-8, 2002
Kansas City, MO**

Congratulations to Rex Harvey. Rex was elected by the convention to be a delegate to the IAAF executive committee representing the United States.

Everett Hosack was chosen the outstanding Track & Field athlete for the M100-104 age group. Everett was also elected to the Masters Track & Field Hall of Fame.

ATTENTION Barry Kline! The Masters meeting voted to allow the high jump and pole vault to be separated into two different flights based on ability, so that someone who starts at a higher height would not have to wait for people who jump at lower heights.

Hawaii was awarded the 2005 National Masters Track & Field Championships, with Charlotte getting the meet in 2006.

Over the Hill Track Club made a bid to host the 2003 Masters Decathlon and Heptathlon Championships. Over the Hill lost in the voting to Charlotte, but were awarded the bid for 2005. The 2005 Championships will probably be held at Mayfield High School.



Lose 10 Pounds By Feb. 4th

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Top 10 Cancer Fighting Foods

by **Shira Graber**

Day after day, study after study emerges touting new ways to prevent and reduce the risk of cancer. Eat this, don't eat that. Drink this, don't drink that. It seems like the research points fingers in different directions every day. Though the flood of information can be conflicting, one thing is clear -- the cause of one-third of cancer deaths is poor nutrition.

So how can you beat the beast? Confirmed studies show that crunching and munching on the following vitamin-rich foods is a tried-and-true method of keeping cancer at bay!

1. **Tomatoes** – These tasty spheres are bursting with the powerful antioxidant vitamin C and lycopene. Vitamin C bolsters the immune system and fends off cancer-causing free radicals, and lycopene is instrumental in cutting the risk of stomach, mouth, bladder, cervical, colon and prostate cancer.

2. **Cruciferous Vegetables** – Broccoli, red cabbage, cauliflower, kale, red beets and brussels sprouts all belong to this veggie family. All are amply fortified with cancer-fighting phytochemicals, including sulforaphane, beta-carotene and indolcarbinol.

3. **Spinach** – Popeye knew his nutrition. This dark, leafy vegetable is chock-full of antioxidants such as glutathione, vitamin C, beta-carotene, folic acid and carotenoids. Bright orange carrots are also an excellent source of beta-carotene and carotenoids -- chemicals known to curb various cancers.

4. **Beans** – Beans, beans, they're good for ... beating digestive and breast cancer! Soybeans are stocked with protease inhibitors that don't let cancer cells invade the body, and also contain isoflavones instrumental in protecting against breast cancer. Fava beans fight carcinogens, reducing the risk of cancer in the digestive tract.

5. **Hot red peppers** – Biting into these zesty peppers may set

off a fire in your mouth, but the capsaicin inside snuffs out harmful carcinogens emitted by cigarettes and some foods. These hot numbers are number one in protecting against lung cancer.

6. Garlic – This member of the onion family isn't only powerful in flavor and scent. Garlic effectively thwarts carcinogens with organosulfides and allicinthus, helping to protect the body from breast cancer.

7. Oranges – Jam-packed with cancer-fighting bioflavonoids and immune system-boosting vitamin C, oranges also contain 170 photochemicals, including carotenoids. In addition, limonoids found in oranges and other citrus fruits fuel the immune system to fight cancer.

8. Berries – Strawberries, blueberries, cranberries, raspberries, blackberries and red and purple grapes boast more than a sweet taste. These bite-sized fruits get their dark hue from anthocyanins that can neutralize carcinogens. Plus, berries are bursting with flavonoids, a powerful group of cancer-fighting antioxidants.

9. Fiber-Rich Foods – Foods full of fiber, such as whole wheat, grains, fortified cereals and apples, protect the body from pancreatic and stomach cancer while also helping to flush toxins from the body. And apples provide an additional cancer kicker with their ample supply of ellagic acid. Ellagic acid inhibits cancer cell division, thus thwarting the growth process of breast, pancreatic, esophageal, skin, colon and prostate cancer -- confirming that apples truly do keep the doctor away.

10. Green and Black Tea – Long heralded for their health benefits, black and green tea are teeming with antioxidants known as polyphenols, the most potent called catechin. Whether you drink them cold or hot, green and black tea can help you fight cancer.

It is optimum to eat organic forms of these foods -- free of harmful pesticides or poisons. In keeping with the United States Food and Drug Administration's Food Pyramid, shoot for five to nine servings of fruits and vegetables and six to eleven servings of beans and grains on a daily basis. Don't be intimidated by the numbers. Servings are small and can be satisfied with one piece of fruit, a half a cup of fruit or vegetables, or one slice of bread.

For help, see [Health Help](#)
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