



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 3, Issue 7

October 2004

President's Message...

Banquet News:

The Annual Awards Banquet will be held on Sunday, November 14, 2004 at Wellington's Restaurant in Mayfield Heights, OH, from 10AM until 2PM. Please mark this date on your calendar. The cost is \$15 per person. You can pay early or pay at the door. This year we are lowering the costs because we want you to invite your family and friends to attend with you. RSVP Essie Kea, Norm Thomas, Rod Wilson (phone numbers-page 2).

For those of you who live out of town: IL, KY, MI, MO, PA, and NY; we look forward to you sharing your best stories and spending quality time (not in competition) with your fellow team members.

Everyone: Please bring your highest medal won this year because we want you to share your best 2004 season story. In addition, we will be memorializing Everett Hosack. All-in-all, this will be a festive occasion and a good ending to the 2004 season, as well as a great kickoff for 2005.

Recent Events:

The Norm Bower Weight Pentathlon Throwing Classic was held on September 18, 2004 at Kent State University. Thank you to Rex Harvey, Norm Thomas, and Jeff Gerson for officiating. The meet results are attached.

The Annual OTHTC Cross Country Meet was held at University School in Hunting Valley, Ohio on September 26, 2004. Thank you to Rex Harvey, Joanne Siegel, Marcia Price, Dorothy Wilson, Norm Thomas, Jeff Gerson and Del Lewis for officiating. The meet results are listed below.

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The Gill Athletics Decathlon and Open Event Invitational were held on September 18 & 19 at Rantoul High School in Rantoul, IL. Once again, the attendance was light, but the experience and atmosphere was great.

Congratulations:

Fred Hirsimaki won 8 Gold Medals at the Rocky Mountain Games in CO. He set meet records in the 80 Meter Hurdles, 300 Meter Hurdles, High Jump, and Triple Jump. He also won the Long Jump, Javelin Throw, and Discus. In addition he won the Pentathlon.

Cathi Gerson placed 1st at the Mayfield Heights Wildcat 5K and the N.E. Ohio Hydrocephalus 5K.

Joanne Siegel and Walter Thiem competed very well in the Rock and Roll Half Marathon. Joanne Siegel will be competing in the Columbus Marathon. Good Luck!!!

Other News:

Please mark July 2-3, 2004 for the USA National Decathlon Championships. They will be held at Mayfield Heights High School. We are hosting this important National event, so if you are not competing, please assist us with this momentous event.

Please continue to renew your annual memberships. Yearly membership is \$20 for individuals and \$30 for families. Yearly Reimbursements for Regional, National, WMA North and Central American and Caribbean, and / or WMA World Championships will be distributed once only (\$25 per year). Please contact Jeff Gerson.

Gunter Sprockhoff is still ill with lung cancer. Please keep Gunter in your prayers. Gunter, we miss you and get well. Monica Thornton is recovering from major left knee surgery on her torn meniscus.

Please Plan on attending the Annual Banquet

We wish Jeff Gerson, Gunter Sprockhoff, Monica Thornton, and Susan Stephenson prayers to get well

Send your **meet results** to Larry Maniccia at maniccial@ameritech.net so they can be published on the www.othtc.org website!

Membership Drive Program

Any current member that signs up three new club members will have their membership dues reimbursed. (A current member is fully paid for the year, and a new member excludes former club members from the past three years.)

E-Mail

Be sure to send your e-mail to Larry Maniccia via maniccial@ameritech.net or www.othtc.org

SECOND SOLE NEWS: Jeff Fisher and Clark Turner, Lyndhurst; 5114 Mayfield Road (44124), 440-449-8508.

As a club member, you regularly get 15% discount on all items. 20% discount on all Nike Zoom products.

RESULTS: Send your meet results to: maniccial@ameritech.net or www.othtc.org or thorntonm@michigan.gov or wilsonr6@michigan.gov.

OTHTC Cross-Country Results

Men

<u>14 and under</u>		<u>50-54</u>	
Drew Castro	37:12	Nino Monaco	22:40
<u>16-19</u>		Jim Majer	26:20
Ryan Hoover	22:03	<u>55-59</u>	
<u>20-29</u>		Jeff Gerson	30:25
Rich Szczepinski	20:42	Norm Thomas	30:31
<u>30-34</u>			
Steve Favozzo	22:16		
<u>40-44</u>		Women	
Spencer Johnson	24:31	<u>11-15</u>	
<u>45-49</u>		Elyse Castro	37:16
Guy Gadowski	19:49	<u>55-59</u>	
Lawrence Finley	23:59	Cathi Gerson	30:29
Walter Thiem	24:39		
Mike Glodowski	28:30		
Mike Castro	37:57		

Officers

President	Rodney Wilson
VP Programs	Essie Kea
VP Publicity	Bob Walters
VP Communications - web	Larry Maniccia
VP Communications – news	Monica Thornton
Secretary	Rex Harvey
Treasurer	Jeff Gerson
Historian and Records	Lawrence Finley

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
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	John Sloan	330.877.9197
Multi Events	Rex Harvey	440.954.8122
Out-of-State	Lawrence Finley	859.236.2042
	Rodney Wilson	517.646.8742 (h)
		517.241.4007 (w)
Race Walking	Joyce Prohaska	216.521.7966
	Gunter Sprockhoff	440.582.0144
Road Racing	Joanne Siegel	216.397.0260
T/F Consultant	Paul Williams	440.605.1811
	Norman Thomas	330.425.8219

Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio 18Sep04
Over the Hill Track Club

	Points	HT	SP	DT	JT	WT
--M17 - 18 ---						
1 Jonathon Jones		26.60m	11.64m	28.88m	38.40m	10.16m
M18	2203	(296)	(585)	(442)	(419)	(461)
---- M50 ----						
1 Gary Sutton		33.94m	10.41m	30.54m	34.63m	12.40m
M50	2753	(505)	(602)	(475)	(505)	(666)
---- M55 ----						
1 Jeff Gerson		14.26m	6.25m	18.37m	18.91m	6.11m
M57	1366	(169)	(364)	(275)	(251)	(307)
---- M60 ----						
1 Mickey Bitsko		43.05m	11.68m	38.34m	27.30m	14.45m
M61	3624	(851)	(779)	(727)	(448)	(819)
2 John Sloan		28.32m	9.11m	29.26m	32.13m	10.36m
M63	2716	(509)	(580)	(521)	(553)	(553)
3 Abe Sheinker		22.90m	6.68m	20.21m	14.24m	7.62m
M64	1659	(386)	(395)	(323)	(176)	(379)
---- M65 ----						
1 Jack Kuhns		32.88m	11.19m	36.46m	31.30m	12.89m
M65	3792	(712)	(880)	(780)	(613)	(807)
---- W55 ----						
1 Mary Hartzler		38.29m	10.20m	29.42m	24.52m	11.32m
W55	4035	(991)	(894)	(697)	(627)	(826)
---- W75 ----						
1 Bernice Holland		18.98m	6.57m	18.09m	15.87m	7.93m
W77	3806	(782)	(933)	(710)	(684)	(697)

Open Throwing Events:

W55 Shot Put						
1 Mary Hartzler	W55	10.69m	35-01.00	16.23m	70.24%	
W75 Shot Put						
1 Bernice Holland	W77	6.65m	21-10.00	17.44m	75.48%	
M45 Shot Put						
1 Frank Makozy	M47	8.98m	29-05.50	10.44m	45.17%	
M60 Shot Put						
1 Ken Mallory	M60	9.00m	29-06.50	11.43m	49.45%	
M65 Shot Put						
1 Jack Kuhns	M65	11.10m	36-05.00	16.33m	70.66%	
M45 Discus Throw						
1 Frank Makozy	M47	27.59m	90-06	30.17m	40.73%	
M60 Discus Throw						
1 Ken Mallory	M60	37.21m	122-01	41.79m	56.42%	
M65 Discus Throw						
....M65 Discus Throw						
1 Jack Kuhns	M65	36.72m	120-06	45.95m	62.03%	
M60 Hammer Throw						
1 Mickey Bitsko	M61	41.84m	137-03	60.32m	69.54%	
2 Abe Sheinker	M64	21.89m	71-10	33.91m	39.10%	
M65 Hammer Throw						
1 Jack Kuhns	M65	33.03m	108-04	52.36m	60.36%	

M17-18 Javelin Throw

1 Jonathon Jones M18 37.10m 121-09 37.10m 37.67%

M45 Javelin Throw

1 Charlie Green M46 55.40m 181-09 69.37m 70.44%

2 Frank Makozy M47 33.20m 108-11 42.36m 43.02%

M60 Javelin Throw

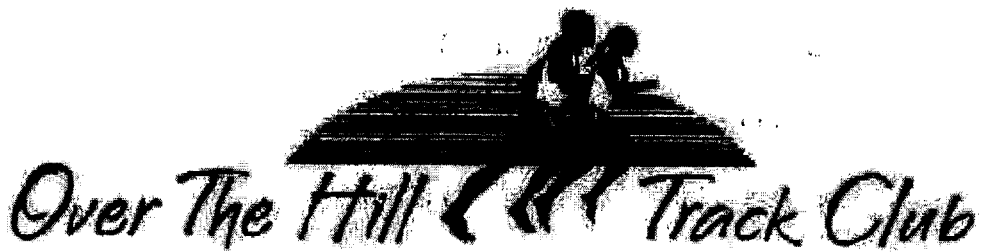
1 Ken Mallory M60 33.00m 108-03 48.85m 49.61%

W55 Weight Throw

1 Mary Hartzler W55 11.29m 37-00.50 15.35m 65.07%

M60 Weight Throw

1 John Sloan M63 10.62m 34-10.25 12.87m 49.79%



MAIL-IN MEMBERSHIP FORM

For the year ending: 12/31/____ Membership status: ___ New ___ Renewal

Membership Type: ___ Individual (\$20) ___ Family (\$30)

Circle events that you would be interested in: SP-sprints MD-middle distance
LD-long distance XC-cross country DH-decathlon/heptathlon RE-relays JU-jumps
HD-hurdles TR-throws WP-weight pentathlon PV-pole vault RW-race walk

Name: _____ Birth date: ___/___/___

Address: _____ Apt. No.: _____

City: _____ State: _____ Zip: _____

Home phone: () _____ Business phone: () _____

Sex: ___ Age: ___ Best days and hours to contact: _____

Family Memberships: Relationship _____

(Complete a form for each family member who is an occupant in your residence.)

Favorite competitions / distances: _____

Occupation and brief biographical sketch: _____

(Complete on back, please)

Please indicate the activities and committees in which you will participate. Participation in these areas is critical to the success of our club.

Activities: Track and Field Road Racing Race Walking Other
(specify) _____

Committees: Newsletter Awards Officiating Membership
 Scheduling Publicity Sponsorship Equipment Other
(specify) _____

Each club member is required to work at least one meet or event per year.

To join our club, print and complete this form and mail with a check or money order payable to "Over The Hill Track Club" to:

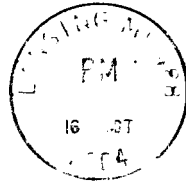
Jeff Gerson
5091 Hickory Drive
Lyndhurst, OH 44124

In consideration of my being accepted, I am in good health, have trained sufficiently intending to compete and be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for which I may have or which may hereafter occur to me against "Over The Hill Track Club", 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, participating in and returning from any and all meets, events, and associated "Over The Hill Track Club" functions.

Athletes Signature: _____ Date: ____/____/____

Parent or Guardian Signature: _____
(Required if athlete is under age 18)


Over The Hill Track Club
3661 Langton Road
Cleveland Heights, OH 44121



Rex Harvey
6744 Connecticut Colony Crl.
Mentor, OH 44060

44060+4470





2004 ANNUAL MEETING

When: Sunday, December 19, 2004. 1:00 until 2:15 PM.

Where: Jeffery Gerson's Home
5091 Hickory Drive.
440.473.0636.

Located on the northeast intersection of Richmond Road (SR-175) and Hickory Drive, in Lyndhurst, OH.

Who: All team members and friends are welcome.

Renew your 2005 USATF card / OTHTC membership

If you have not picked up your award from the awards banquet, you may do so at the meeting. Banquet awards recipients are attached to this flyer.

Why: We are a fantastic "*World Class Team*"!!!





2004 OVER THE HILL TRACK AND FIELD CLUB AWARDS

1. 2004 Byron Fike MVP Athlete
OTHTC
Bennie James
2. 2004 Alfonzo L. Wilson Male Track
OTHTC
Khalid Muzalim
3. 2004 Alfonzo L. Wilson Male Track
OTHTC
Spencer Johnson
4. 2004 Patrice E. Thomas Female Track
OTHTC
Susan Stephenson
5. 2004 Patrice E. Thomas Female Track
OTHTC
Bernice Holland
6. 2004 Norman Bower Male Field
OTHTC
John Sloan
7. 2004 Norman Bower Male Field
OTHTC
Rex Harvey
8. 2004 Norman Bower Male Field
OTHTC
Barry Kline
9. 2004 Norman Bower Female Field
OTHTC
Monica Thornton

10. 2004 Norman Bower Female Field
OTHTC
Dorothy Wilson
11. 2004 Male Road Racer
OTHTC
Robert "Bob" Thomas
12. 2004 Female Road Racer
OTHTC
Joanne Siegel
13. 2004 Female Road Racer
OTHTC
Cathi Gerson
14. 2004 Female Race Walker
OTHTC
Joyce Prohaska
15. 2004 Official of the Year
OTHTC
Rex Harvey
16. 2004 Everett Hosack Life Achievement
OTHTC
Essie Kea
17. 2004 Everett Hosack Life Achievement
OTHTC
Grover Coats
18. 2004 Everett Hosack Life Achievement
OTHTC
Jeff Gerson



2004 TRIBUTE TO OUTSTANDING PEOPLE

Certificate of Excellence as a Business Supporter

Jeff Fisher
Claude Holland
Clark Turner

Lifetime Participation

Dr. James Cavicchi

Certificate of Excellence for Outstanding Officiating

James Flanik
Lawrence Seifert
Nancy Seifert

Certificate of Excellence for Outstanding Performance

Steven Bunn
Samuel Erby
Lawrence Finley
Diane Friedman
Derek Gainey
Jeffrey Gerson
Hilary Goerge
Jack Greenwald
Frederick Hirsimaki
Kelly Lycan
Nicole Lycan
Dr. Frank Makozy
John Means
Everett Poe
Richard Sollar
Ennis Taylor
Deborah Yurth-Thomas
Norman Thomas
Robert Walters
Charles Wiedman
Paul Williams
Urte Kurlich