

Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 4, Issue 9

October 2005

President's Message...

OTHTC Recognition Awards Banquet: Sunday, November 20: 10:30 am. Wellington's Restaurant, 783 Alpha Drive, 440.442.0055; \$20.00 per person.

So we can have an adequate person count for the banquet, please send your money to Jeff Gerson (our treasurer). If you plan to pay at the door, please contact Jeff Gerson or Essie Kea and let them know how many will be attending. In the past, this has been a fun event and we are looking forward to this being a fun event once again. This is the only time that we can get together when we are not competing. Wellington's is located on Alpha Drive near the northwest intersection of I-271 and Wilson Mills Road, in Highland Heights.

Memberships and Important OTHTC News:

Please continue to renew your membership. Send membership payment to Jeff Gerson. Individuals: \$20; Families: \$30.

Due to a computer related electronic malfunction, the results of the Cleveland Track Classic are being manually reproduced and will appear in next month's newsletter. Thank you for your patience

Norm Bower Throwing Meet was held 9/17 at Kent State University. 11 athletes competed. Thank you to Rex Harvey, Norm Thomas, and Joe Chadbourne who officiated.

OTHTC Cross Country Meet was held 9/25 at University School. 14 athletes competed. Thank you to Rex Harvey, Norm Thomas, Joanne Siegel, George Riser, and Dick Mann who officiated.

In This Issue

- *Norm Bower results*
- *OTHTC Cross Country results*

Upcoming Events: October 16, 2005, 1:30pm, is the Lake Erie USATF Annual Meeting at the Garfield Heights Public Library. Please plan to attend and speak your voice.

Lake Erie USATF Open and Cross Country Meet: 11/12/05.

OTHTC Members' Results:

Joanne Siegel: 1) Boston Marathon (26.2 miles) - 4/18, (Joanne's 5th Boston, 14th Marathon); 2) A Most Excellent Run/Walk with my son, Erik. Raised money for the Achievement Centers for Children; 3) Cleveland Triathlon-Olympic Distance - 7/17 (0.9mile swim, 24mile bike, 6.2mile run), 1st place, swim; 3rd place, run; (division); 32/55 overall; 4) United States Masters Open Water 2-Mile Swim (at Edgewater Park Beach) - 7/30, 2nd place; 5) River Run Half Marathon (13.1 miles) - 9/11, 7th place.

John Means: 5-Time USA National Champion!!!
100m (16.96 seconds, new National Senior Games Record)
200m, 400m at the National Senior Games; 100m, 200m at the USATF National Masters Championships.

Vincent Walls: Emerald Nuts 5K (L.A., CA), 6th; Hunan 5K (Cin, OH), 3rd; Mayor DePeiro 5K, 1st; Dayton River Classic 5K, 1st; Race For The Place 5K, 1st; Twinsburg 5K, 1st; Juno Jog 5K, 1st; USATF Masters Midwest Regional Championships, 800m, 3rd; Cleveland Track Classic 800m, 2nd.

Cathi Gerson: South Euclid 5K, 1st; Independence 5K, 1st; Perfect 10-Miler (Lyndhurst, OH), 1:34.18, 2nd.

Doris Hirsimaki: Ohio Sr. Olympics Bowling Tournament Women's Singles, 1st; Mixed Doubles, 1st in Boardman, OH.

Fred Hirsimaki: Ohio Sr. Olympics Bowling Tournament, Mixed Doubles, 1st in Boardman, OH. 2005 Inductee into the Dayton / Miami Valley Senior Olympics Hall of Fame. He competes in Senior Track and Field Meets, decathlons, heptathlons, bowling and golf. He is already in the Hancock Sports Hall of Fame, University of Findlay Hall of Fame, Ohio Senior Citizen's Hall of Fame, and the International Bowling Museum and Hall of Fame in St. Louis, MO. Way to go Fred!!!

Please Plan on attending and competing during the Outdoor Season.

Great Team Spirit!!!

We wish Essie Kea, Gunter Sprockhoff, Joseph Chadbourne, Jack Greenwald, and Susan Stephenson to get well soon.

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. (NOTE: 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.

Please send all of your best 2005 results by Monday, October 31, 2005 to Dr. Rodney Wilson at 4031 West Jolly Road, Apt. #31, Lansing, MI 48911.

I need to compile them for the OTHTC Awards Banquet on Sunday November 20, 2005 at Wellington's Restaurant.

Officers

President	Rodney Wilson
VP Programs & Publicity	Essie Kea
VP Publicity	Bernice Holland
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 - 9/17/2005
Results - Weight Pentathlon

M1-104 Weight Pentathlon

	Points	HT	SP	DT	JT	WT
----- M45 -----						
DNF Frank Makozy				DNS		
Unattached						
Age-Graded Mark:						
Age-Graded Percent:						
M48		(0)	(0)	(0)	(0)	(0)
----- M50 -----						
1 Joe Myers	3002	28.28m	13.64m	34.68m	40.06m	11.53m
Unattached		92-09	44-09	113-09	131-05	37-10
Age-Graded Mark:		32.96m	15.64m	34.68m	51.23m	12.82m
Age-Graded Percent:		38%	67.66%	46.81%	52.03%	49.59%
M53		(398)	(829)	(557)	(607)	(611)
2 Gary Sutton	2758	31.32m	10.24m	29.76m	36.89m	13.01m
Unattached		102-09	33-07.25	97-08	121-00	42-08.25
Age-Graded Mark:		36.50m	11.74m	29.76m	47.18m	14.47m
Age-Graded Percent:		42.09%	50.79%	40.17%	47.91%	55.96%
M51		(455)	(591)	(460)	(547)	(705)
3 Raymond Bzibziak	2501	29.25m	10.21m	35.12m	25.77m	11.20m
Unattached		95-11	33-06	115-03	84-06	36-09
Age-Graded Mark:		34.09m	11.70m	35.12m	32.95m	12.45m
Age-Graded Percent:		39.3%	50.64%	47.41%	33.47%	48.17%
M51		(416)	(588)	(566)	(341)	(590)
----- M55 -----						
1 Jeff Gerson	1307	14.20m	5.90m	16.29m	21.19m	5.59m
Unattached		46-07	19-04.25	53-05	69-06	18-04.25
Age-Graded Mark:		18.44m	7.51m	17.89m	29.79m	6.76m
Age-Graded Percent:		21.27%	32.51%	24.15%	30.25%	26.17%
M58		(168)	(337)	(233)	(296)	(273)
DNF Don Ragon				DNS		
Unattached						
Age-Graded Mark:						
Age-Graded Percent:						
M58		(0)	(0)	(0)	(0)	(0)
----- M65 -----						
1 John Sloan	2853	26.56m	9.30m	27.44m	31.85m	10.19m
Unattached		87-02	30-06.25	90-00	104-06	33-05.25
Age-Graded Mark:		37.33m	11.81m	34.33m	52.53m	12.85m
Age-Graded Percent:		43.05%	51.1%	46.35%	53.35%	49.71%
M65		(469)	(595)	(550)	(626)	(613)
2 Dave Servis	2023	15.02m	6.90m	23.95m	24.29m	6.74m
Unattached		49-03	22-07.75	78-07	79-08	22-01.5
Age-Graded Mark:		23.81m	10.15m	29.97m	40.06m	8.50m
Age-Graded Percent:		27.45%	43.92%	40.46%	40.69%	32.88%
M66		(252)	(495)	(464)	(443)	(369)

Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/17/2005
Results - Weight Pentathlon

W1-104 Weight Pentathlon

	Points	HT	SP	DT	JT	WT
----- M55 -----						
DNF Don Ragon				DNS	DNS	DNS
Unattached						
Age-Graded Mark:						
Age-Graded Percent:						
M58		(0)	(0)	(0)	(0)	(0)
----- W65 -----						
1 Carol Young		35.12m	7.77m	19.67m	20.43m	12.51m
Unattached		115-03	25-06	64-06	67-00	41-00.5
Age-Graded Mark:		60.19m	14.56m	35.15m	39.95m	17.89m
Age-Graded Percent:		79.13%	63.02%	45.78%	54.74%	75.82%
W65	4199	(1160)	(831)	(560)	(666)	(982)
----- W70 -----						
1 Katy Felkner		14.84m	6.46m	12.93m	9.89m	6.67m
Unattached		48-08	21-02.5	42-05	32-05	21-10.75
Age-Graded Mark:		29.02m	13.71m	26.35m	21.98m	10.88m
Age-Graded Percent:		38.15%	59.32%	34.31%	30.12%	46.1%
W74	2513	(472)	(775)	(394)	(326)	(546)
----- W75 -----						
1 Bernice Holland		17.35m	5.86m	16.28m	14.38m	6.39m
Unattached		56-11	19-02.75	53-05	47-02	20-11.75
Age-Graded Mark:		39.49m	14.33m	38.58m	37.02m	12.12m
Age-Graded Percent:		51.93%	62.01%	50.23%	50.72%	51.37%
W78	3376	(700)	(816)	(627)	(610)	(623)

Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/17/2005
Results - Weight Pentathlon

...M1-104 Weight Pentathlon

3 Abe Sheinker		24.82m	6.28m	18.27m	12.47m	7.46m
Unattached		81-05	20-07.25	59-11	40-11	24-05.75
Age-Graded Mark:		39.34m	9.24m	22.86m	20.57m	9.41m
Age-Graded Percent:		45.36%	39.97%	30.86%	20.89%	36.39%
M65	1855	(501)	(440)	(326)	(169)	(419)
----- M70 -----						
1 Len Olsen		30.02m	9.56m	28.17m	18.61m	10.66m
Unattached		98-06	31-04.5	92-05	61-01	34-11.75
Age-Graded Mark:		48.36m	12.44m	39.79m	32.49m	13.79m
Age-Graded Percent:		55.76%	53.83%	53.72%	33%	53.35%
M74	2942	(649)	(633)	(660)	(334)	(666)



PRESIDENT
Lawrence J. Seifert

VICE PRESIDENTS
Guy R. Kitchen
JoAnn M. Kitchen
Edward H. Wilson

SECRETARY
Nancy J. Seifert

TREASURER AND
MEMBERSHIP CHAIRMAN
Jeffrey A. Gerson

OVER THE HILL TC CROSS-COUNTRY MEET 9/25/05 - UNIVERSITY SCHOOL

MALE

FEMALE

OVERALL WINNER - CLARK TURNER - SECOND SOLG - 21:18

OVERALL WINNER - RICHIE CUNNINGHAM - 28:25

14+ UNDER

1. BROWN CASTRO - 35:52

14+ UNDER

1. BRYAN CASTRO - 33:37

14-29

1. DAVID CASTRO - 27:07

40-44

1. JEFF FISHER - SECOND SOLG - 22:19

30-34

1. SUE ISABELLA - 29:13

50-54

- 1. NINO MONACO - 23:28
- 2. BERNIE GLISIC - 23:35
- 3. JIM MAJOR - 25:01
- 4. MIKE CASTRO - 33:45

55-59

1. CATHI GERSON - OTH - 29:19

55-59

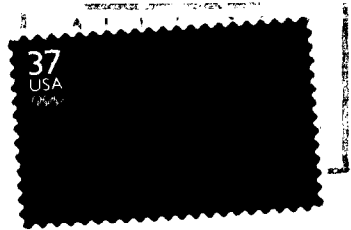
1. JEFF GERSON - OTH - 36:02

65-69

1. JON BAKER - OTH - 23:53



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