

# Over The Hill Track Club

*Athletes of all ages setting the pace!*

[www.othtc.org](http://www.othtc.org)

March 2006

## President's Message

The indoor season is at mid term for those competitors that began the season in December or January of 05. There are a few more meets left which will end in all likelihood the last of March.

To the members that will participate in local, regional, national and international championships, good fortune and safe journeys. The outdoor season will be upon us in no time at all.

Of course there are many more outdoor meets than any of us can humanly compete in. However, we welcome applications from the membership for Track & Field competitions they receive. There may be some members who would like to participate in a meet they had heard of but were not able to obtain that information.

Send the meet and entry information to Jeff Gerson for entry into the newsletter. Since we are performing on-going recruitment, it is a benefit for the membership to participate in as many competitions as possible.

Some of us will travel further and compete in more meets than others. It is not the distance traveled or number of meets entered that is paramount. It is what each member can do to promote OVER THE HILL TRACK CLUB.

For the indoor season participants here are hoping you surpass your previous P R's, have great performances and finish the season ready for outdoors.

SKOAL

Added note: Have viewed our homepage on the computer. We are in the process of updating the page for current information.

**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.

## U.S. Outdoor Masters Track & Field Rankings for 2005

### 100 Meters

M70 – Paul Williams – 14th  
M75 – Jack Greenwald – 20th  
M 80 – Fred Hirsimaki – 8th  
M 85 – John Means – 3rd  
W 65 – Essie Kea – 5th

### 200 Meters

M75 – Jack Greenwald – 19th  
M 85 – John Means – 2nd  
W 65 – Essie Kea – 6th

### 400 Meters

Fred Hirsimaki – 8th  
M 85 John Means – 1st

### 1500 Meters

M 80 – Fred Hirsimaki – 14th

### 80 Meter Hurdles

M 80 – Fred Hirsimaki – 2nd

### 100 Meter Hurdles

M 45– Kelly Lycan– 17th

### High Jump

M 45– Kelly Lycan– 19th  
M 65– Barry Kline– 5th  
M 80– Fred Hirsimaki– 2nd

### Pole Vault

M 65– John Sloan– 15th  
M 70– Chuck Wiedman– 17th  
M 80– Fred Hirsimaki– 3rd

### Long Jump

M 70– Wayne Mishler– 16th  
M 80– Fred Hirsimaki– 2nd

### Triple Jump

M 45– Kelly Lycan– 12th  
M 80– Fred Hirsimaki– 2nd

### **Shot Put**

M 80- Fred Hirsimaki- 5th  
W 45- Monica Thorton- 15th  
W 60- Erika Szanto- 6th  
W 80- Dorthy Wilson- 16th

### **Discus**

M 80- Fred Hirsimaki- 4th  
W 60 Erika Szanto- 7th

### **Javelin**

M 65- John Sloan- 11th  
M80- Fred Hirsimaki- 2nd  
W 60- Erika Szanto- 20th

### **Weight Throw**

M 55- Allen Ray- 12th

### **Super Weight**

M 55- Allen Ray- 4th

### **Decathlon**

M 45- Kelly Lycan- 2nd  
M 55- Jeff Gerson- 4th  
M 65- John Sloan- 3rd  
M 80- Fred Hirsimaki- 1st

### **Pentathlon**

M 80- Fred Hirsimaki- 1st

### **1500 Race-walk**

W 50- Joyce Prohaska- 5th

### **5000 Race-walk**

W 50- Joyce Prohaska- 12th

### **10,000 Race-walk**

W 50- Joyce Prohaska- 3rd

### **RESULTS**

#### **OHIO USATF Indoor Championships**

#### **2/18/06- Ohio Northern University**

Jeff Gerson- 400 M- 1:22.20  
Barry Kline- High Jump- 4'7"  
John Biacofsky- 55M- 8.97  
200 M- 33.7  
Angela Biacofsky- 55 M- 11.62

#### **Slippery Rock Open 2/5/06**

John Biacofsky- 55M- 8.8  
Long Jump- 9-5

### **Schedule Additions**

March 24-26th USATF National Masters Indoors Championships, Reggie Lewis Center in Boston, MA

May 20th- SW Ohio SR. Olympics, Cincinnati- 513-421-5222

June 17th- Lake Erie USATF Meet TBA

July 22nd- Cleveland Track Classic  
Mayfield High School

Aug 3-6th- USATF National Masters T & F Championships, Charlotte, NC

Sept. 16th- Norm Bower Memorial Weight Pentathlon, Kent State

Sept. 24th- OTH Cross-Country Meet  
University School

**Thanks to the following members who have renewed since the last newsletter:**

Rex Harvey, Dick Turner, John Sloan, Irvin Taylor, Chuck Wiedman, Jon Bixler, Erika Szanto, Rudy Bredenbeck, Charlie Hall, Lola Hall.

Send your meet results to Joanne Siegel at [joanneisatthepool@hotmail.com](mailto:joanneisatthepool@hotmail.com) so her son Erik Thiem can publish your results on the [www.othtc.org](http://www.othtc.org) website!

**Send Newsletter info to:**

Jeff Gerson  
5091 Hickory Drive  
Lyndhurst, OH 44124

### **Officers**

<b>President</b>	Paul Williams
<b>VP Publicity</b>	Cathi Gerson
<b>VP Programs (Banquet)</b>	Bernice Holland
<b>VP Website</b>	Erik Thiem
<b>VP Newsletter</b>	TBA
<b>Secretary</b>	Rex Harvey
<b>Treasurer</b>	Jeff Gerson
<b>Historian and Records</b>	Lawrence Finley

### **Coordinators**

<b>Women (all)</b>	Bernice Holland
<b>Men (open)</b>	TBA
<b>Men 30-39</b>	Spencer Johnson
<b>Men 40-49</b>	Vince Walls
<b>Men 50-59</b>	Jeff Gerson 440.473.0636
<b>Men 60-69</b>	Grover Coats 216.464.3865
<b>Men 70+</b>	Everett Poe 216.991.8524
<b>Weight Events</b>	John Sloan 330.877.9197
<b>Multi Events</b>	Rex Harvey 440.954.8122
<b>Out-of-State</b>	Lawrence Finley 859.236.2042
	Rodney Wilson 517.646.8742(h)
	517.241.4007(w)
<b>Race Walking</b>	Joyce Prohaska 216.521.7966
<b>Road Racing</b>	Joanne Siegel 216.397.0260
<b>T/F Consultant</b>	Paul Williams 440.605.1811
	Norman Thomas 330.425.8219

# Central Ohio Senior Olympics

April 27 – June 4, 2006

## 2006 Events

Archery  
3 On 3 Basketball  
Badminton  
Bowling  
Cycling  
5 K Run  
5 K Race walk  
Golf  
Horseshoes  
Race walk  
Racquetball  
Shuffleboard  
Swimming  
Table Tennis  
Tennis  
Track and Field  
Triathlon  
Volleyball



## Non – Olympic Events

8 – Ball Pool  
Basketball Shooting Contest  
Bocce  
Chair Volleyball  
Darts  
In – Line Skating  
Miniature Golf  
Weightlifting



Something for everyone ...  
naturally!

<http://www.columbusrecparks.com/>

Call: (614) 645-3320 for more information

Thanks to our sponsors



Northeast, Orthopedics, Inc.



Wesley Ridge  
Wesley Glen



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**TEE JAYE'S**<sup>®</sup>  
Country Place Restaurants  
"Down Home Cookin' at its Best."  
**24 Hours**

# Central Ohio Senior Olympics

SCHEDULE OF EVENTS

May 15, Mon. **DOGE** 9:30am  
Hosted By the City of Upper Arlington  
Upper Arlington Senior Center, 1945 Ridgeview Road

May 15, Mon. **MINIATURE GOLF** 10am  
Hosted by Metro Parks, 5890 Scarborough Blvd.  
**April 27 – June 4, 2006** 1pm

May 16, Tues. **WEIGHT LIFTING**  
Leo Yassenoff Jewish Center, 1125 College Avenue  
Bench Press and Leg Press

## 2006 Events

Archery

3 On 3 Basketball

Badminton

Bowling

Cycling

5 K Run

5 K Race walk

Golf

Horseshoes

Race walk

Racquetball

Shuffleboard

Swimming

Table Tennis

Tennis

Track and Field

Triathlon

Volleyball

## 5K RUN/ RACEWALK

Hosted by Metro Parks

The Creeks, 3860 Bixby Road

## CYCLING/ INLINE SKATING

Hosted By Metro Parks

High Banks Metro Park, 14400 US Route 20

Cycling- 1 mile, 5k, 10k – cyclists must wear a helmet.

In-Line Skating- 1 Mile, 5K- skaters must wear helmets, wrist guards, and knee pads

## CHAIR VOLLEYBALL

Hosted by Marion Franklin Community Center

2800 Lockwood Road

## ARCHERY

The event will be held at Griggs Dam on Riverside Drive (Enter at Police Station)

May 20, Sat. **COLUMBUS RECREATION AND PARKS**

Compound, Fingers, and Pads Release, Recurve or Barebow

## TRACK AND FIELD

Hosted by the City of Bexley

Event will be held at Bexley High School, 326 S. Cassingham Road

Track Events begin at 9am, Race Walk, Respecting 10am, actual Race at 10:30am

Field Events start approximately 9:30 am.

## Non – Olympic Events

8 – Ball Pool

Basketball Shooting Contest

Bocce

Chair Volleyball

Darts

In-Line Skating

Miniature Golf

Weightlifting



Something for everyone... naturally!

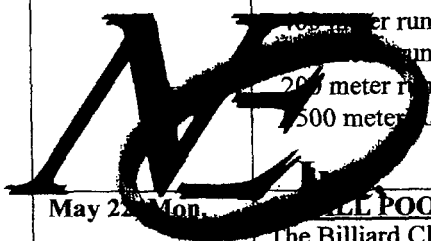
<http://www.columbusrecparks.com/>

Call: (614) 645-3320 for more information

Thanks to our sponsors

50 meter dash  
1500 meter run  
100 meter run  
100 meter run  
200 meter run  
500 meter Race Walk

High Jump  
Long Jump  
Javelin  
Shot Put  
Discus



Wesley Ridge  
Wesley Glen



## Bill Pool

The Billiard Club, 911 E. Dublin – Granville Road

Lunch specials available at the club.

Northeast Orthopedics, Inc.

## SHUFFLEBOARD Singles & Doubles

Hosted by the City of Upper Arlington,

Both events will be held at Fancyburg Park (corner of Swanska off of Zollinger rd.)

## HORSESHOES

Whetstone Horseshoe Club (Recreation Center), 3923 N. High St.

Players must bring their own shoes.

## TENNIS SINGLES and TENNIS DOUBLES

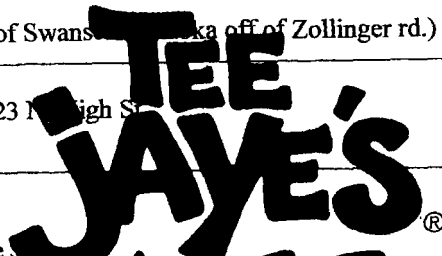
at Mount Carmel Health Plan

Times 7-9 AM, Single Fee \$10, Doubles Fee \$15

## TRIATHLON

Medicare and More

Contact HFP Racing at 740-743-2418 for event information



Country Place Restaurants

"Down Home Cookin' at its Best."

24 Hours



**ENTRY FORM 2006**  
**Central Ohio Senior Olympics**  
**Columbus, Ohio**

<b>NAME</b>		<b>First</b>	<b>Middle Initial</b>	<b>Last</b>
Male <input type="checkbox"/>				
Female <input type="checkbox"/>				
<b>ADDRESS</b>				
<b>CITY</b>		<b>STATE</b>	<b>ZIP</b>	
<b>AGE</b>	<b>DATE OF BIRTH</b>	<b>HOME PHONE</b>	<b>WORK PHONE</b>	
		(   )	(   )	
<b>TEE SHIRT SIZE</b>				
<input type="checkbox"/> Med <input type="checkbox"/> Large <input type="checkbox"/> XL <input type="checkbox"/> XXL				
Registration Fee before    \$15 Registration Fee After      \$20		<b>Mail Entries and Fee to:</b> Central Ohio Senior Olympic Office 4625 Morse Centre Road Columbus, Ohio 43229		

## LIABILITY WAIVER

**THE ENTRY FORM IS NOT COMPLETE UNTIL YOU HAVE READ AND SIGNED THIS WAIVER!**

I, the undersigned, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages of any kind or nature, which I may hereafter acquire against the Central Ohio Senior Olympics, The Columbus Recreation and Parks Department, The City of Columbus and their representatives, sponsors, staff, volunteers and assigns for any and all injuries or death suffered by me in said events. I, or any representative of my estate, shall also indemnify and hold all those hereby released against and from any claims which may be brought as a result of injury /death suffered by me and which arise out of or are connected with my participation. I also attest and verify that I am physically fit and have trained sufficiently for the events. I have chosen to enter in the 2006 Central Ohio Senior Olympics. The Central Ohio Senior Olympics and The Columbus Recreation and Parks Department and The City of Columbus have my permission to have a physician attend to me if it is deemed necessary during my participation during the Olympics. I hereby give the Central Ohio Senior Olympics, The Columbus Recreation and Parks Department and The City of Columbus the absolute right and permission to copyright and /or publish, or use photographic portraits or pictures of me, or in which I am included whole or in a part, or composite or distorted in character of form, in conjunction with my own or a fictitious name, or reproductions thereof in color or otherwise, made through any media of art, advertising or any lawful purpose whatever.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Contact in an emergency: **MUST HAVE AN EMERGENCY CONTACT**

Name \_\_\_\_\_ Phone#(   ) \_\_\_\_\_

**Over The Hill TC**  
5091 Hickory Drive  
Lyndhurst, OH 44124

**Rex Harvey**  
6744 Connecticut Colony Cr.  
Mentor, OH 44060