The President's Corner

There are but a few track meets left for those of us still competing. We still have the Norm Bower and Cross Country Meets for the throwers and long distance participants. We also have the Annual Awards Banquet scheduled for November (that information is forth coming.)

Congratulations to all who participated at the National Masters in Charlotte. Whether you won, place or showed it is always an experience to be at one of the top meets for Masters in this country. Congratulations to those who went to the North American Meet in Central America. It is always worthwhile to get in some races with top participants other than those in your locality.

There is the Indoor season for the many that look forward to continued participation. Hope the past season brought some rewards other than medals; hope there were some PR’s, other accomplishments in addition to inroads for better training and racing.

There is a saying of No Pain No gain, which is incorrect. It should refrain from Pain to Gain. If it is hurting it is not helping. Look at the broader term of that statement.

Stay Healthy.

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CLUB MEETING

There will be a club meeting Saturday, October 14th, at 1:00 at the home of Jeff and Cathi Gerson. The address is 5091 Hickory Drive in Lyndhurst. We will discuss the upcoming banquet, Hall of Fame Banquet, and other topics important to club members. If you need directions, call Jeff at 440-473-0636.

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VOLUNTEERS NEEDED!!!!

We will be needing help for our two club-sponsored events in September – The Norm Bower Memorial Weight Pentathlon on September 16th, and The OTHTC Cross-Country Meet on September 24th. The Weight Pentathlon will be at Kent State University, and we will need helpers from 10:30-3:30. The Cross-Country meet will be at University School, and we need workers from 10:30-11:30. Please call Jeff Gerson at 440-473-0636 if you are able to help out at either event. We can only put on events if we get enough club members to staff them. Your assistance is greatly appreciated.

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UNIFORMS!

Second Sole is the supplier for Over the Hill TC Uniforms. If there are 12 or more requests, the cost would be $33 for a bottom and a screened top. If there are at least 6 ordered, the cost would be $35. If you would like a uniform contact Clark Turner or Jeff Fisher at 440-449-8508, or call Jeff Gerson at 440-473-0636.
OTHTC would like to express condolences to the family of Mike Slywka, who passed away last month at the age of 56. Mike was one of the pioneers of the club back in the 1970’s but his career was cut short due to injuries.

* * * * *
The annual meeting of the Lake Erie Association of USATF will be Sunday, October 1st, at 1:30 in the Garfield Heights Public Library. This is an election year, and all votes are important. This is a chance to get involved in USATF, and to make your opinions, suggestions, and complaints known.

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WEIGHT IMPLEMENTS!
Joe Chadbourne has been forced to give up throwing, and has put his implements up for sale. If you are interested, call Joe at 440-543-1932. Implements available include Hammer (16lb, 6k, 12lb, 5k, 4k, 3k); weight (16, 25, 35 lb.); javelin (600,800G.); shot (5k, 8lb, indoor); discus (1.6k, 1.5k, 1k)

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News from Charlotte!
Our club officially finished 17th out of 182 teams with 64 points, however, club members scored 32 more points that were not counted because of registration problems. That would have put us in 9th place. Started making plans for 2007 in Orono, Maine, on August 2-5, with more people there, we could have a top 5 finish. Congratulations to our 3 National Champions: John Means - M85 200(meet record) 400
Nicole Lycan - W30 - 2000 Steeplechase
Bernice Holland - Shot Put
We had 17 club members in Charlotte, our best turnout since the 1980’s. Additional results from Charlotte are listed below.

* * * * *
RESULTS
Perfect 10-Miler—Aug. 20th—Brush H.S.
W55—Cathi Gerson—1:33.19—4th
M55—Jim Joseph—1:14.42—7th
M65—Jon Bixler—1:15.33—1st

Dayton Track Classic—July 15th
Terry Liscynesky—100m—16.6—1st
Lawrence Finley—100m—12.6—1st
200m—26.3—1st
400m—1:00 8—1st
Vince Walls—200m—29.0—3rd
800m—2:23.3—2nd

Roman Liscynesky—800m—2:41 8—3rd
Fred Hirsimaki—80mH—18.7—1st
HJ—3'10" — 1st
PV—6'10" — 1st
LJ—10'1" — 1st
 TJ—12'8 1/2" — 1st
Dis—74'0" — 1st
Jav—92'2" — 1st

Chuck Wiedman—HJ—3'6" — 1st
PV—7'6" — 1st
TJ—16'11 1/2" — 1st
SP—26'6" — 1st
Jav—54'9" — 1st

USATF National Masters Track & Field Championships—August 3-6—Charlotte, NC
Angie Biacofsky—100m—20.27—7th
John Biacofsky—100m—15 12—11th
200m—37 51—17th
400m—1:45.21—13th
Lawrence Finley—100m—13.23—25th
200m—26 45—22nd
400m—1:00.22—17th

Nicole Lycan—2000SC—7.47.27—1st
Kelly Lycan—110HH—18.17—3rd
Bernice Holland—Shot-put—5 96—2nd
Javelin—17.00—2nd
Hammer—16.01—1st

Schedule Additions
Sept. 16th—Norm Bower Memorial Weight Pentathlon, Kent State
Sept. 24th—OTH Cross-Country Meet University School
Oct 1—Lake Erie Association USATF Meeting—Garfield Hts. Public Library
Oct 1—Kentucky Sr., Lexington, KY
Oct 11-12—Huntsman Sr., St. George, UT
Nov. 19—Club Banquet—Wellington (Details next month)
Nov. 29-Dec. 3—USATF National Convention Indianapolis, IN

Send Newsletter info to:
Jeff Gerson
5091 Hickory Drive
Lyndhurst, OH 44124

Officers
President Paul Williams
VP Publicity Cathi Gerson
VP Programs (Banquet) Bernice Holland
VP Website Erik Thiem

VP Newsletter TBA
Secretary Rex Harvey
Treasurer Jeff Gerson
Historian and Records Lawrence Finley
September 1, 2006

Dear Members:

The annual meeting will be held on Sunday, October 1st at 1:30PM at the Garfield Heights Library. Location is 5409 Turney Rd. Garfield Heights, Ohio.

Coming from the East: access 480 heading West Exit E. 98th /Transportation Blvd. Turn left and go over the bridge, at traffic light turn left onto Antenucci Dr. At next traffic light turn left onto Turney Rd. go over the bridge and the Garfield Civic Center Complex is on the right.

Coming from the West: access 480 heading East, exit E 98th /Transportation Blvd. At traffic light cross intersection onto Antenucci Dr., at second traffic light turn left onto Turney Rd. go over the bridge. Garfield Civic Center complex is on the right.

I would appreciate it if all Committee Chairs would have a report ready for the members.

This year is an election year. If you are interested in running for an office: President, Vice Presidents, Treasurer and Secretary, please send in your nomination to me. You may either e-mail me at LNS1955@JUNO.COM or mail to 8280 Craigleigh Dr. Parma OH 44129.

We hope to see you at our Association Meeting.

Yours in Track and Field

Nancy J. Seifert
Nancy J. Seifert, Lake Erie Association Secretary
CROSS COUNTRY MEET--Sunday, September 24, 2006

TIME: 11:00 am start

COURSE LOCATION: University School 2785 S. O. M. Center Road Hunting Valley, Ohio
Need directions to the race? http://www.mapquest.com
5km course is mainly grass. Spikes are permitted.

ENTRY FEE: $8 per person if pre-registered by 9/20. $10 per person day of race.
Make checks payable to OVER THE HILL TRACK CLUB.

MAIL TO: OVER THE HILL TRACK CLUB
Jeff Gerson
5091 Hickory Dr
Lyndhurst, Ohio 44124

AWARDS.

Trophies to the top 3 in each age group.
Age groups: (Men & Women) 14 and under, Open (15-29), 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,..., 95-99

Team trophies to the top 2 teams
Divisions: (Men & Women) 14 and under, open, 30-39,40-49,50+

Note: All teams must have 5 runners to constitute a team. Older runners may move down in age group for team purposes, but individually they will be scored in their own age groups. Please indicate on entry form if you are moving down in team competition.

CONTACT. Jeff Gerson 440-473-0636

OVER THE HILL CROSS COUNTRY MEET ENTRY FORM

TEAM ENTRY - Club

ADDRESS ___________________________ CITY ___________________________ STATE ZIP

Runner Age Runner Age Runner Age

INDIVIDUAL ENTRY

NAME ___________________________ CLUB ___________________________

ADDRESS ___________________________ CITY ___________________________ STATE ZIP

PHONE (__________) AGE DAY OF RACE. DIVISION- MALE ________FEMALE

I hereby waive all claims against University School and Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

SIGNATURE: ___________________________ Date ________________

(Each runner must sign this waiver) Thank you ~ Good Luck

Parent or guardian's signature (if athlete is under 18): ___________________________