



# Over The Hill Track Club

*Athletes of all ages setting the pace!*

www.othtc.org

September 2006

## 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 14<sup>th</sup>, 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 16<sup>th</sup>, and The OTHTC Cross-Country Meet on September 24<sup>th</sup>. 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.

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The annual meeting of the Lake Erie Association of USATF will be Sunday, October 1<sup>st</sup>, 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 17<sup>th</sup> 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 9<sup>th</sup> 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 - W75 - Shot Put

We had 17 club members in Charlotte, our best turnout since the 1980's. Additional results from Charlotte are listed below.

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#### **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 Liscynsky—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 Liscynsky—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**

<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



September 1, 2006

Dear Members:

The annual meeting will be held on Sunday, October 1st<sup>h</sup> 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. 98<sup>th</sup> /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 98<sup>th</sup> /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](mailto:LNS1955@JUNO.COM) or mail to 8280 Craigleigh Dr. Parma OH 44129.

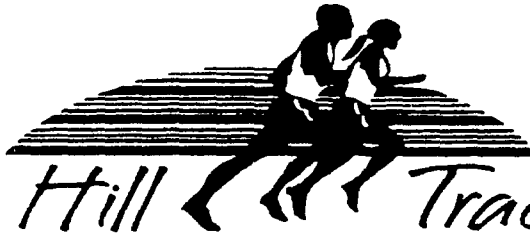
We hope to see you at our Association Meeting.

Yours in Track and Field

A handwritten signature in cursive script that reads "Nancy J. Seifert".

Nancy J. Seifert, Lake Erie Association Secretary

www.othtc.org



# Over The Hill Track Club

## 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 \_\_\_\_\_ PHONE \_\_\_\_\_

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

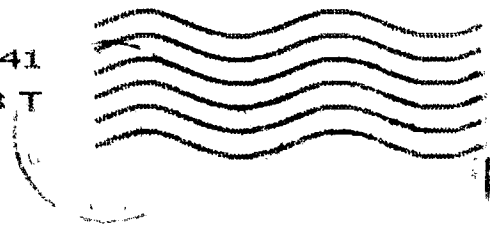
I hereby waive all claims against University School and Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

SIGNATURE: \_\_\_\_\_ Date \_\_\_\_\_  
(Each runner must sign this waiver) Thank you ~ Good Luck

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

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

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**Rex Harvey**  
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