



# Over The Hill Track Club

*Athletes of all ages setting the pace!*

www.othtc.org

October 2006

## The President's Corner

The season has concluded for the greater amount of competitors. There are still a few that have one or more meets left. For those seniors who intend to compete in the 2007 Senior Games and have not qualified as of yet, there are a few meets to do so.

Some of us have qualified yet still would like to complete the season with the last one or two competitions. To all those who are finished I hope you attained some measure of success or reached the goal set for yourself. For those who sustained an injury or two let yourself heal and recover.

The Norm Bower Cross Country events were completed with the few hardy members on hand to officiate. Applause to that group for their work and time taken to make the events happen.

Our next large events are the club meeting Saturday, October 14th at Jeff and Cathi Gerson's house. The Annual Year End Over the Hill Track Club Banquet is on Sunday November 19th at Wellingtons on Alpha Drive. Mark you calendars for both events. We are seeking input from the membership for our next year's activities, in addition to fellowship with each other as we recognize team accomplishments.

The year has passed at a rapid rate for most and proceeded at a nominal pace for others. For the most part, the year of competition had many positive features and accomplishments. As the years advance on your mind and body you tend to savor each event and activity since it will not repeat itself in this lifetime.

*Be mindful of the things you say, make them soft and sweet, you never know from day to day which words you will have to eat.*

Rock On.

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### Welcome

Best wishes to our newest club members: Jean Lalli and Fil Conte

\* \* \* \*

### Adios, Chuck

We unfortunately must say goodbye to veteran member Chuck Wiedman, Chuck has retired, sold his home, and is moving to Frisco, Texas, at the end of the month. We wish Chuck the best of health, and we hope to see him at some national meets in the future.

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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.

### Banquet

Our banquet form is enclosed in this newsletter. It will be \$20.00 per person. Please send your return slip in as soon as possible so that we can get an accurate account of attendees.

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### Thank You

Thank you to the Following workers: Norm Bower Wt. Pentathlon—Rex Harvey, Norm Thomas, Joanne Siegel, and Dick Mann.

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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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### RESULTS

Cleveland Track Classic - July 22, 2006—Mayfield H.S.

Allen Ray—98# Wt.—14'5"

200# Wt.—7'2"

300# Wt.—4'4"

Over the Hill Track Club Cross Country Meet—

September 24, 2006—University School—Hunting Valley, OH

#### **W14 & Under**

1. Elyse Castro—35:48

#### **M14 & Under**

1. Drew Castro—36:44

#### **M45-49**

1. Vince Walls—24:27

#### **M50-54**

1. Jim Majer—25:52

2. Mke Castro—35:50

#### **M55-59**

1. Bernie Glisic—24:59

2. Rich Kish—35:10

3. Jeff Gerson—39:27

#### **W45-49**

1. Cathi Gerson—30:53

#### **W60-64**

1. Jean Lalli—37:05

### Schedule Additions

**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

**Men 60-69** Grover Coats 216.464.3865

**Men 70+** Everett Poe 216.991.8524

**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

**Road Racing** Joanne Siegel  
216.397.0260

**T/F Consultant** Paul Williams  
440.605.1811

Norman Thomas

330.425.8219

<b>VP Newsletter</b>	TBA
<b>Secretary</b>	Rex Harvey
<b>Treasurer</b>	Jeff Gerson
<b>Historian and Records</b>	Lawrence Finley

### **Coordinators**

**Women (all)** Bernice Holland 216-383-0429

**Men (open)** TBA

**Men 30-39** Spencer Johnson 216-382-8250

**Men 40-49** Vince Walls 216-233-8771

**Men 50-59** Jeff Gerson 440.473.0636

**Men 60-69** Grover Coats 216.464.3865

**Men 70+** Everett Poe 213.991.8524

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# Norm Bower Memorial Weight Pentathlon, Kent State University, Kent, Ohio - 9/16/2006

---- M50 ----		Points	HT	SP	DT	JT	WT
1	Joe Myers Unattached		32.86m 107-10	13.76m 45-01.75	34.52m 113-03	36.40m 119-05	12.15m 39-10.5
	Age-Graded Mark:		38.30m	15.77m	34.52m	46.55m	13.51m
	Age-Graded Percent:		44.15%	68.25%	46.6%	47.27%	52.26%
	M54	3064	(485)	(837)	(554)	(538)	(650)
2	Gary Sutton Unattached		34.00m 111-06	10.22m 33-06.5	30.36m 99-07	37.57m 123-03	12.61m 41-04.5
	Age-Graded Mark:		39.63m	11.72m	30.36m	48.05m	14.02m
	Age-Graded Percent:		45.69%	50.69%	40.98%	48.79%	54.24%
	M52	2806	(506)	(589)	(472)	(560)	(679)
3	Raymond Bzibziak Unattached		25.00m 82-00	9.96m 32-08.25	28.44m 93-04	28.84m 94-07	9.44m 30-11.75
	Age-Graded Mark:		29.14m	11.42m	28.44m	36.88m	10.50m
	Age-Graded Percent:		33.59%	49.4%	38.39%	37.45%	40.6%
	M52	2219	(337)	(571)	(434)	(397)	(480)
4	Mark Schervish Unattached		24.30m 79-09	8.39m 27-06.5	28.38m 93-01	31.84m 104-05	9.87m 32-04.75
	Age-Graded Mark:		28.32m	9.62m	28.38m	40.72m	10.97m
	Age-Graded Percent:		32.65%	41.62%	38.31%	41.35%	42.45%
	M50	2179	(324)	(463)	(433)	(453)	(506)
---- M55 ----							
1	Don Ragon Unattached		23.26m 76-04	10.96m 35-11.5	35.54m 116-07	31.83m 104-05	10.75m 35-03.25
	Age-Graded Mark:		30.21m	13.95m	39.03m	44.74m	13.01m
	Age-Graded Percent:		34.84%	60.39%	52.7%	45.44%	50.33%
	M59	2857	(354)	(725)	(645)	(511)	(622)
2	Jeff Gerson Over the Hill Track Club		12.92m 42-05	5.87m 19-03.25	14.64m 48-00	19.87m 65-02	6.27m 20-07
	Age-Graded Mark:		16.78m	7.47m	16.08m	27.93m	7.58m
	Age-Graded Percent:		19.35%	32.34%	21.71%	28.37%	29.35%
	M59	1265	(142)	(335)	(200)	(270)	(318)
---- M60 ----							
1	Rex Harvey Over the Hill Track Club		36.06m 118-04	11.86m 38-11	36.24m 118-11	36.52m 119-10	14.08m 46-02.5
	Age-Graded Mark:		50.69m	15.06m	40.70m	54.06m	16.03m
	Age-Graded Percent:		58.44%	65.16%	54.95%	54.9%	62.03%
	M60	3603	(688)	(793)	(679)	(649)	(794)
2	Mickey Bitsko Unattached		44.14m 144-10	11.45m 37-06.75	35.48m 116-05	26.51m 87-00	13.72m 45-00.25
	Age-Graded Mark:		62.05m	14.54m	39.85m	39.24m	15.62m
	Age-Graded Percent:		71.54%	62.91%	53.8%	39.85%	60.44%
	M63	3502	(877)	(761)	(662)	(431)	(771)
3	Doug Weikert Unattached		32.66m 107-02	9.56m 31-04.5	36.44m 119-07	24.35m 79-11	11.97m 39-03.25
	Age-Graded Mark:		45.91m	12.14m	40.92m	36.04m	13.63m
	Age-Graded Percent:		52.93%	52.53%	55.25%	36.61%	52.73%
	M60	2949	(609)	(615)	(683)	(385)	(657)
---- M65 ----							
1	William Eisenhart Unattached		18.20m 59-08	10.09m 33-01.25	34.52m 113-03	34.62m 113-07	8.48m 27-10
	Age-Graded Mark:		28.85m	14.85m	43.19m	57.10m	10.69m
	Age-Graded Percent:		33.26%	64.23%	58.31%	57.99%	41.37%
	M68	3027	(332)	(780)	(730)	(694)	(491)
2	John Sloan Unattached		23.24m 76-03	9.10m 29-10.25	30.22m 99-02	29.96m 98-03	10.03m 32-11
	Age-Graded Mark:		36.84m	13.39m	37.81m	49.42m	12.65m
	Age-Graded Percent:		42.47%	57.92%	51.05%	50.18%	48.93%
	M65	2953	(461)	(691)	(620)	(580)	(601)
3	Dave Servis Daton Masters		17.54m 57-06	6.65m 21-10	22.40m 73-06	22.50m 73-10	6.83m 22-05
	Age-Graded Mark:		27.80m	9.78m	28.03m	37.11m	8.61m
	Age-Graded Percent:		32.05%	42.33%	37.84%	37.69%	33.32%
	M67	1988	(315)	(472)	(426)	(400)	(375)
DNF	Abe Sheinker Unattached		20.48m 67-02	6.17m 20-03	DNS	DNS	DNS
	Age-Graded Mark:		32.46m	9.08m			
	Age-Graded Percent:		37.43%	39.27%			
	M66		(390)	(431)	(0)	(0)	(0)

---- W55 ----						
1	Mary Hartzler	37.50m	10.43m	28.36m	25.37m	12.05m
	Unattached	123-00	34-02.75	93-00	83-03	39-06.5
	Age-Graded Mark:	51.54m	15.84m	40.69m	39.19m	16.38m
	Age-Graded Percent:	66.94%	70%	52.98%	53.69%	69.45%
	W57	4091	(967)	(917)	(668)	(652)
	(887)					
2	Myrle Mensey	33.54m	11.36m	27.32m	17.84m	12.33m
	Unattached	110-00	37-03.25	89-07	58-06	40-05.5
	Age-Graded Mark:	46.10m	17.25m	39.19m	27.56m	16.77m
	Age-Graded Percent:	59.87%	76.24%	51.04%	37.76%	71.07%
	W57	3838	(846)	(1012)	(638)	(430)
	(912)					
---- W75 ----						
1	Bernice Holland	15.38m	5.69m	13.78m	14.39m	5.22m
	Over the Hill Track Club	50-05	18-08	45-02	47-02	17-01.5
	Age-Graded Mark:	35.01m	13.92m	32.65m	37.05m	9.90m
	Age-Graded Percent:	45.48%	61.51%	42.52%	50.76%	41.96%
	W79	3002	(602)	(789)	(513)	(611)
	(487)					

### Norm Bower Memorial Open Throw Events, Kent State University, Kent, Ohio - 9/16/2006

Name	Age Team	Finals		Age-Grading	
<b>W55 Shot Put</b>					
1 Myrle Mensey	W57 Unattached	11.44m	37-06.50	18.06m	79.83%
2 Mary Hartzler	W57 Unattached	10.90m	35-09.25	17.21m	76.06%
<b>M45 Shot Put</b>					
1 Frank Makozy	M47 West Penn	8.94m	29-04.00	10.36m	44.86%
<b>M50 Shot Put</b>					
1 Joe Myers	M54 Unattached	14.24m	46-08.75	17.74m	76.77%
2 Raymond Bzibziak	M52 Unattached	10.07m	33-00.50	12.02m	52.01%
<b>M65 Shot Put</b>					
1 William Eisenhart	M68 Unattached	10.09m	33-01.25	16.41m	71.01%
<b>W55 Discus Throw</b>					
1 Mary Hartzler	W57 Unattached	28.36m	93-00	42.35m	55.15%
2 Myrle Mensey	W57 Unattached	27.32m	89-07	40.80m	53.13%
<b>M45 Discus Throw</b>					
1 Frank Makozy	M47 West Penn	28.38m	93-01	30.96m	41.80%
<b>M50 Discus Throw</b>					
1 Joe Myers	M54 Unattached	35.60m	116-09	38.34m	51.77%
2 Raymond Bzibziak	M52 Unattached	35.30m	115-10	36.60m	49.42%
<b>M60 Discus Throw</b>					
1 Ken Mallory	M62 Unattached	37.96m	124-06	44.45m	60.02%
<b>M65 Discus Throw</b>					
1 William Eisenhart	M68 Unattached	34.76m	114-00	46.68m	63.03%
<b>W55 Hammer Throw</b>					
1 Mary Hartzler	W57 Unattached	37.50m	123-00	53.67m	69.70%
2 Myrle Mensey	W57 Unattached	33.54m	110-00	48.00m	62.34%
<b>M50 Hammer Throw</b>					
1 Joe Myers	M54 Unattached	32.86m	107-10	41.73m	48.12%
2 Raymond Bzibziak	M52 Unattached	25.00m	82-00	30.39m	35.03%
<b>W55 Javelin Throw</b>					
1 Mary Hartzler	W57 Unattached	25.69m	84-03	41.90m	57.41%
2 Myrle Mensey	W57 Unattached	19.25m	63-02	31.40m	43.02%
<b>M45 Javelin Throw</b>					
1 Charlie Green	M47 Unattached	52.85m	173-05	67.30m	68.34%
2 Frank Makozy	M47 West Penn	32.70m	107-03	41.64m	42.29%
<b>M50 Javelin Throw</b>					
1 Joe Myers	M54 Unattached	37.87m	124-03	52.20m	53.01%
2 Raymond Bzibziak	M52 Unattached	29.08m	95-05	38.58m	39.18%
<b>M65 Javelin Throw</b>					
1 William Eisenhart	M68 Unattached	35.18m	115-05	62.30m	63.26%
<b>W55 Weight Throw</b>					
1 Myrle Mensey	W57 Unattached	12.33m	40-05.50	17.44m	73.92%
2 Mary Hartzler	W57 Unattached	12.05m	39-06.50	17.04m	72.24%
<b>M50 Weight Throw</b>					
1 Joe Myers	M54 Unattached	12.87m	42-02.75	15.30m	59.20%
2 Gary Sutton	M52 Unattached	12.78m	41-11.25	14.69m	56.83%

Over the Hill Track Club Banquet

- Sunday, November 19th—10:30 a.m.—1:30 p.m.
- Wellington's Restaurant at 783 Alpha Drive off Wilson Mills Road  
Exit 36 on I-271 ( Alpha Drive is just west of freeway exit)
- Cost is \$20.00 per person—Make checks payable to: Over the Hill TC  
Send to: Jeff Gerson  
5091 Hickory Drive  
Lyndhurst, OH 44124
- Questions? - call: Norman Thomas—330-425-8219  
Bernice Holland—216-383-0429  
Jeff Gerson—440-473-0636

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Over the Hill Track Club Banquet

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Number of People Attending: \_\_\_\_\_

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

CLEVE OH 441  
10 OCT 2006 PM 7 L



**Rex Harvey**  
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Mentor, OH 44060

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