



# Over The Hill Track Club

Athletes of all ages setting the pace  
[www.othc.org](http://www.othc.org)

November 2006

## The President's Corner

I would expect the majority of us are trying to let the body rest and relax before getting back to serious training. For the few who continue to walk, jog, or run in this cold rainy weather outside take care and stay as warm as possible.

For those of you who have found an indoor facility to you liking, good luck. The month of November will bring several worthwhile annual events. By the time you receive this newsletter one will have already taken place.

Turning your clocks back for daylight saving time. It really took place October 28<sup>th</sup>. However, it is an annual event even the State of Indiana will participate in the turning back process this year.

There is the National Election November 7<sup>th</sup>, Veteran's Day that will be observed on the 10<sup>th</sup>, Over the Hill Track Club Awards Program that will be held on the 19<sup>th</sup> and Thanksgiving Holiday which is the 23<sup>rd</sup> and 24<sup>th</sup> for most of us.

I hope all who are eligible will vote. For those of you who are not veterans give a thought to us who are, and those who are no longer with us. Hope you enjoy the Thanksgiving for the purpose it is celebrated.

That leaves us for the important event of the year, The Yearly Over the Hill Track Club Awards Program. I call it a Banquet since food will be served and consumed. This is one of the opportunities the members will have to meet and greet some of the participants you have read about in the monthly newsletter.

The cost per person is Twenty (20) dollars. The date is Sunday, November 19<sup>th</sup> from 10:30a.m.-1:30p.m. The location is Wellington's Restaurant, 783 Alpha Drive in Mayfield Heights, off Wilson Miss Road just west of I-271

We are expecting to see many veteran members, new additions, and prospective participants that can run, jump, throw, coach or officiate. We have ideas for including the youth into many of our projects.

Contact those individuals you know that fit the above criteria. If there is a member that you are aware of and are not sure he/she has been contacted, please do so. We look forward to a great turnout and fellowship with as many members as is possible.

May the sun shine on your forehead and kiss you on each cheek. May you give and receive a kind word from everyone you meet. May you discover a trunk of good fortune and the majority of it you keep. May your ventures bring you victories with minimal defeats.

Happy Holidays!!!!

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Welcome to our newest member: Brian Chulik!!

### 2007 USATF Cards

The National Office has voted that the fees for the 2007 membership will be \$29.95. The Lake Erie Association has voted to make its membership available for \$25.00. New cards will be available at the club brunch or through Jeff Gerson.

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### Dayton Master Track and Field Classic Meet Records

Club members through 2005

#### 1500 Race-walk

M50—Jeff Gerson—9:55.8—2000

#### Short Hurdles

M60—Grover Coats—16.1—1999  
M70—Fred Hirsimaki—15.9—1998  
M75—Fred Hirsimaki—16.6—2001  
M80—Fred Hirsimaki—16.0—2005

#### 100 Dash

W45—Patrice Thomas—16.5—1991  
W55—Essie Kea—15.1—1993  
W60—Essie Kea—16.1—2002  
M70—Jack Greenwald—13.9—1999

#### 400 Dash

M70—Jack Greenwald—1.12.8

#### 1500 Run

M30—Vince Walls—4.27.9—1991

#### 200 Dash

M70—Jack Greenwald—30.0—1999

#### 4x100

Open Women—55.0—1993

#### 4x200

Open Women—2:05.9—1991

#### Javelin

M70—Chuck Wiedman—93'4" - 2003  
M75—Fred Hirsimaki—107'10" - 2001  
M80—Fred Hirsimaki—89'3" - 2005

#### High Jump

M70—Fred Hirsimaki—4;4 - 1998  
M75—Fred Hirsimaki—3'10" - 2000  
M80—Fred Hirsimaki—4'0" - 2005

#### Long Jump

M75—Fred Hirsimaki—12'2" - 2001  
M80—Fred Hirsimaki—10'5" - 2005

#### Triple Jump

M40—Kelly Lycan—39'8 1/2" - 1999  
M70—Fred Hirsimaki—27'0" - 1997  
M75—Fred Hirsimaki—26'8" - 2000  
M80—Fred Hirsimaki—23'4 1/4" - 2005

#### Pole Vault

M65—Fred Hirsimaki—7'6" - 1994  
M70—Fred Hirsimaki—7'0" - 1998  
M75—Fred Hirsimaki—7'0" - 2000  
M80—Fred Hirsimaki—5'6" - 2005

### RESULTS

#### NCCWMA Masters Championships

Guatemala City, Guatemala—August 24th-27th

Rooney Wilson—M45—100m—13.26—1st  
Javelin—32.41—3rd

Dorothy Wilson—W80—Shot Put—4.83—1st  
Rex Harvey—M60—Weight Pentathlon—3625 pts—1st

#### Nature's Bin 5K

Lakewood—October 7th—W55—Cathi Gerson 27:18—1st

#### Joanne Siegel OTHTC W45-W49

Boston Marathon (26.2 mi) April 17, 2006  
4:07.21 (Marathon #16, Boston #6)

#### Cleveland Olympic Distance Triathlon

July 23, 2006—2:55.14—1st in Division  
.9m Lake Erie Swim (28:08) 1st Place  
24m. Bike (1:29:11) 1st Place  
6.2 m. Run (2:01:54) 2nd Place

#### Greater Cleveland Half—Iron Triathlon

August 13, 2006—6:28.47—1st in Division  
1.2 m. Lake Erie Swim (40:17) 1st  
56 m. Bike (3:36.53) 2nd  
13.1 m. Run (2:01:54) 2nd

#### River Run Half-Marathon (13.1 miles)

September 10, 2006—1:45.01—2nd in Division out of 36

#### Columbus Marathon (26.2 miles)

October 15, 2006—3:53.20—17th/154 Division Place (marathon #17, re-qualified for Boston, 7th time)

**Schedule Additions**

**Nov. 19**—Club Banquet—Wellington (Details next month)

**Nov. 29 -Dec. 3**—USATF National Convention Indianapolis, IN

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**2006-2007 Indoor Schedule—Open Meets**

December 10—Golden Flashes Gala  
5.30 PM—KSU—Kent, Ohio

December 11—Golden Flashes Gala  
9:00 AM—KSU—Kent, Ohio

December 30—Holiday Invitational  
9:00 AM—Hagerstown, ME.

January 06—Aura Flyers Invitational  
8 30 AM—Aura, IL.

January 12—Back Squirrel Classic  
5 30 AM—Kent, Ohio

January 13—Black Squirrel Classic  
8.30 Am—Kent, Ohio

January 21—Slippery Rock

February 02—Akron Open  
5:00 PM—Akron, Ohio

February 03—Akron Open  
9:00 AM—Akron, Ohio

February 04—Slippery Rock

February 04—Doug Raymond Inv  
9:00 AM—Kent, Ohio

February 17—Tune Up Meet  
9:00 AM—Kent, Ohio

February 23-25—USATF Indoor  
National Championships—Boston M.A.

March 25—Raleigh Relays  
Raleigh , N C

April 13-16—Sea Ray Relays  
Knoxville, Tenn.

April 19—Kansas Relays

April 26-29—Penn, Relays

April 27-28—B.W Invitational  
Berea, Ohio

May 04-05—Campbell/Wright Open  
Akron, Ohio

June 20-24—USATF Jr and Open  
National Track & Field Championships

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

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

**Coordinators**

<b>Men (open)</b>	TBA
<b>Men 30-39</b>	Spencer Johnson 216-382-8250
<b>Men 40-49</b>	Vince Walls 216-233-8771
<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 213.991.8524
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\* \* \* \*

Joyce Prohaska 2006

Participated in many events in 2006, but only listed ones which included walking or Racewalking division

### **February**

All Tel Classic **3000m USATF National Indoor Meet**

7<sup>th</sup> overall

18:22.06

### **May**

5/ /06

Cleveland **Marathon**

Walking Division **1<sup>st</sup> female**

### **October**

October 7, 2006 Kingsport Tn.

American Way USATF **5K Racewalk**

**2<sup>nd</sup> Age division**

30:50 (5K PR)

### **June**

Goat Island

6/ /06

National **10k Racewalk**

1:04.16 **2<sup>nd</sup> Age division**

Columbus **½ marathon**

Walking division

2:23.29

**2<sup>nd</sup> female overall**

6/ /06 Northeast Running Club Flag Day – 2 mile walk

19:09 **1<sup>st</sup> Female**

6/17/06

Lake Erie Association

3000m Racewalk

18:15

### **July**

State Games-Sr Olympics

7/22/06 **1500m 8:57.75 Gold**

7/22/06 **5K 31:36 Gold**

### **September**

9/ /06 Celebrate Westlake **3.4 mile walk**

**2<sup>nd</sup> Female overall**

9/11/06 River Run **½ marathon**

Walker: 2:24.0

9/ /06 New Albany 10k Walking Classic

10K

**3<sup>rd</sup> Overall Female**

1:04:24

THE OVER THE HILL CROSS COUNTRY  
CLASSIC

I was requested by Jeff Gerson to be the starter for the Over The Hill Cross Country meet at University high school. Jeff is the founding father of the OTHTC and he is also father to Droopy a male **beagle** and Sophie a mixed boxer but they are adopted not biological. I made the mistake of showing up early and was given the job of signing up the contestants who were not able to preregister, putting them in the proper age groups and most important collecting their entry fees.

There was a huge turnout for this meet - Eleven contestants and three dogs plus three officials but one of the officials conveniently disappeared. I didn't have to sign up too many but one group jumped out of their car at 10:55 and signed up with the meet starting at 11:00. The group included a man, his wife their son and six year old daughter and their dog. He didn't pay for his daughter or the dog.

We headed for the starting line and Jeff gave everyone the description of the course and answered questions about the course. He explained that Droopy was the starting gun and when Droopy barked everyone would start the race. The command was "Droopy are you ready?" When Droopy heard the word "ready" he would bark. I made the mistake of saying "runners are you ready?" and Droopy barked at the word "ready" and everyone took off. I had to call them back to the starting line because we were not ready with our watches and Droopy had caught us off guard.

At the command "Droopy are you ready?" Droopy barked and the runners were off. I think that everyone here was "off".

The age old rule about aiding the runner didn't comply in this meet as three dogs pulled their "masters" around the course. The six year old girl started the run with everyone else but at about the 800m mark she jumped into a big stroller which her father proceeded to push around the course. When they were about 50m from the finish line she jumped out of the stroller and sprinted to the finish line coming in sixth place beating her father who finished in seventh place while pushing an empty stroller.

Droopy who is fourteen (98 in doggy years) was pulling Jeff around the course in maybe his last dog race. Jeff was having difficulty staying with Droopy's short stride after his fourteenth operation but Jeff is a real die hard who enjoys the competition even though it is killing his body. I thought that I was "nuts" but I am a distant second to Jeff.

I gave the times as the runners finished and handed out the finish cards at the same time which wasn't too hard because there was a big gap between the runners. There was a space of 24:27 to 41:09 between the first and the last runner.

After seeing these times I didn't feel that bad about the time that I ran in the National Cross Country Championships as a member of the Over The Hill team. They were desperate for a fifth man so that they could have a team in the Nationals and I was it. Eighty pounds overweight and normally wearing nine bandages to hold my body together I trained for two days with one mile jogs each day (slow) two weeks before the meet. My training was cut short by an automobile accident where I had the steering wheel rearrange my nose and cracked my patella on the dash but after a week of rest I was ready? for my first ever 5k run. You could consider me as the anchor man on the team because I was going to be last. The

gun went off and the race was on. I was running next to a guy who was in his seventies and we stayed together for the first mile but he quickly left me after that. After the race was over he came up to me and said thanks for pacing me for the first mile and I replied "I wasn't pacing you I was in a full sprint to keep up" It all worked out in the end though because the team finished in second place in the Nationals because we had some good runners on the team but it was the hardest medal that I ever had to work for. At times during the run I was hoping that little red riding hood had left some crumbs on the trail so that I could find the finish line.

When all the runners were finished it was time for awards and refreshments?? Each runner was given water and a pound cake and then each runner was presented with a trophy.

The dogs were not left out of the awards. Droopy was the runner-up for the male "doggy" award and received a piece of celery which he accepted. The winning male dog refused the celery because he wasn't a vegetarian. Sophie was the winning female dog and she accepted the celery as her prize.

This was the most bizarre meet that I have ever been associated with in 45 years of being around Cross Country.. The only other thing that would come close is we had a blind female runner with the club some years ago. We presented Tee shirts to all the runners at the meet. Our blind runner was built like an ironing board but she said that a medium tee shirt wouldn't fit her and that she needed a large shirt. She kept calling the house and hounding my wife so much to get this shirt which we were out of in the large size. My wife finally cut out the medium label in the shirt and sewed in a large label. She presented the tee shirt to "Joan" who tried it on and said "there I told you that I needed a large!"

DICK MANN

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

Over the Hill Track Club Banquet

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

Number of People Attending. \_\_\_\_\_

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



**Rex Harvey**  
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4406084470 C055

