



December 2006

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

### **The President's Corner**

For those of you who missed the Annual Awards Celebration the results will be reflected in the newsletter – somewhere. This was one of the better numbers of members that attended in a while.

The turnout was better than anticipated along with some surprises for the award recipients. If you were not in attendance at this Celebration there is a yearlong wait for the next one.

The business at hand is the General Meeting where two offices are open for those members that would like to serve. The office of President and the office of Secretary are now in contention.

The meeting will be held December 16<sup>th</sup>, at 1:00 PM, at Jeff and Cathi Gerson's house, 5091 Hickory Dr. Lyndhurst, OH. There are also age coordinators that need to be updated for the coming season.

Since this is the last message for me as President, I would say to the membership we have started rebuilding. With the addition of new members in age groups that had gone lacking, we have also recovered some veteran members who had sat out a while.

This was one of the main goals set for me that was attained. Mind you, it was not possible without the help of the present members who got the word out and contacted the new and former members.

I would like to thank all the members who were instrumental in giving me feedback, information, and guidance in the performance of this position, without whose assistance it could not or would not have been possible.

To all Happy Chanukah, Merry Christmas and A Happy and Prosperous New Year.

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### **Convention News**

Congratulations to John Means! John was named M85 Track Athlete of the Year. There was a contentious debate in the bidding for the 2009 Outdoor Championship between Los Angeles and Claremont, Florida (near Orlando). In the voting, Florida emerged as the winner. More details from the convention will be available at our club meeting and in future newsletters.

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### **Uniforms**

We are trying to get an order in for uniforms as soon as possible. If you would like to buy one, please call Jeff Gerson at (440) 473-0636.

## RESULTS

Cathi Gerson—W55

Autumn Leaves 5 mile run—11/5/06—Kirtland

50:33—3rd

Reindeer Run 5k—12/2/06—Lakewood

27.50—3rd

### 2006 Club Awards

MVP—John Means

Outstanding Track—Lawrence Finley

Outstanding Field—Bernice Holland

Service Awards—Jewel Williams

Dorothy Wilson

Dick Turner

Hall of Fame Inductees— Dick Turner

Joe Chadbourne

Jack Greenwald

John Means

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The Newest Masters Age Records Book is now available. Three Club members are listed. Rex Harvey currently has 3 single-age World Records and 2 American Records. Bernice Holland has 3 World and 22 American single-age records. Finally, the late Everett Hosack has 37!! World and 4 American Records.

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### Dues Reminder

A club application is enclosed in this newsletter. It is time to renew your membership for 2007. Please renew early so you can continue to receive your newsletter.

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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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### Schedule Additions

February 17th—Ohio USATF Champion-

ships—Ohio Northern

March 2nd—Mason-Dixon Games—

Louisville, KY

March 23-25th—USATF National Masters

Indoor Championships—Boston, MA.

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### Send Newsletter info to:

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5091 Hickory Drive

Lyndhurst, OH 44124

## Officers

President

Paul Williams

VP Publicity

Cathi Gerson

VP Programs (Banquet)

Bernice Holland

VP Website

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

**VP Newsletter** TBA  
**Secretary** Rex Harvey  
**Treasurer** Jeff Gerson  
**Historian and Records** Lawrence Finley

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

### Coordinators

**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  
**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)  
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**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



GREG  
 COATS  
 IN  
 NATIONAL  
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 NEWS

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## Cancer survivor takes more gold

by **Jeff Saunders**  
 Reporter

SAGAMORE HILLS — Rudy Bredenbeck is good at throwing things, and he has the gold medals to prove it.

The 75-year-old township resident won three gold medals in the three track and field events he competed in at this year's Ohio Senior Olympics in Youngstown July 21. He took first in the men's 75-to-79 age groups for discus, javelin and shotput.

Over the last 20 years, he has won dozens of medals and trophies at the Senior Olympics. Last year, while he was still in the 70-to-74 age group, he won gold medals in the javelin and shotput competitions and a silver medal for discus throwing.

He said this was his best year ever.

"I've never won three

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RPC Photo / Jeff Saunders  
 Rudy Bredenbeck poses with the discus, one of the three events he earned a gold medal in during this year's Ohio Senior Olympics.

# Gold

events," he said.

And what makes his accomplishments even more amazing is that he is in remission for cancer.

Bredenbeck said he was diagnosed in fall 2004 with multiple myeloma, which led to six months of chemotherapy.

"It's a somewhat rare bone marrow cancer," he said. "I had a lot of side effects. Things were bothering me and I lost some of my strength."

He said he made rapid progress and his therapy ended in May. With a test scheduled next week to update how he is doing, he said he feels fine.

His wife, Shirley, said she is happy with the way he bounced back from his illness and very quickly went back to competing.

"Even when he felt bad, he would still go to the gym and lift weights," she said. "I give him a lot of credit. A lot of people wouldn't have the will power I'm very proud of him."

Bredenbeck said he does not compete in the Olympics every year. It depends on how close it is to home and whether he is able. He skipped 2004 in Akron because his hip was bothering him, but competed in 2003 in Akron, winning two silver medals and a bronze.

"I'm pretty competitive, but I don't always win," he said.

Even during those years when he does not compete in the state games, he does not hang up his athletic shoes and equipment, since there are other competitions, primarily in the spring and early summer.

This year, for example, he competed in two regional senior Olympics and the Lake Erie Association USA Track and Field Championships, and the week before his state Olympics victory, he competed with his daughter Julie BredenbeckCorp and granddaughter Hanna, 17, in the Dayton Track Classic.

"We had three generations competing," said Bredenbeck. "We all won."

## Champ in the making

Bredenbeck said it was Julie who helped lead him to his successes in the field. His track and field experience goes back to when he attended Brooklyn High School in Cleveland, as well as in college.

But then he married his wife, Shirley, and with the start of both a family and a working career, the athletics fell by the wayside. He was a mechanical

engineer by training, but spent most of his time in administration at Efficient Industries of Independence, rising to the top there after the company was sold to Teledyne Technologies Inc.

"I was president of that division for 20 years," said Bredenbeck, who retired in 1991.

Even while he was building success off the field, he made his return to athletics in the mid-70s, when Julie, who was a Nordonia Middle School student, started in track and field herself.

"I started working with her, then I found there were events for older people," said Bredenbeck.

"That was really special," said his daughter. "He worked with me the whole time and we got really close."

BredenbeckCorp said, however, that she would become frustrated with her father early in her training, when his instructions became difficult to follow.

"I'd give him an attitude and he'd say, 'OK, I'll show you that I can do it too,'" said BredenbeckCorp.

BredenbeckCorp, a 1980 Nordonia High School graduate and now a Perrysburg resident, went on to her own successes and is a member of both the Nordonia High School and the Ohio Wesleyan University athletic halls of fame.

The Bredenbeck's have lived in the township for 35 years and originally owned 43 acres, most of which became part of the Cuyahoga Valley National Park years ago. Bredenbeck said he still has plenty of space to practice his track and field specialties and raise his flowers on the 5 acres that remain.

Bredenbeck said he hopes his life will encourage other seniors to remain active.

"I think it's very important when you get older, to keep fit," said Bredenbeck. "I do enjoy the competition, but I feel it's also a motivation to stay in shape."

His daughter said he father's accomplishments and his refusal to give in to age or health problems are an inspiration to her.

"He's always been competitive and it's great the way he's been able to stay in shape despite age and having had cancer," BredenbeckCorp said.

"He's definitely a role model for me."

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