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 16th, 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 Hanukkah, Merry Christmas and A Happy and Prosperous New Year.

* * * *

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

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.

### 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.

### 2006-2007 Indoor Schedule—Open Meets

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 10</td>
<td>Golden Flashes Gala</td>
<td>KSU—Kent, Ohio</td>
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<tr>
<td>December 11</td>
<td>Golden Flashes Gala</td>
<td>KSU—Kent, Ohio</td>
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<tr>
<td>December 30</td>
<td>Holiday Invitational</td>
<td>Hagerstown, ME.</td>
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<td>January 06</td>
<td>Aura Flyers Invitational</td>
<td>Aura, IL.</td>
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<td>January 12</td>
<td>Back Squirrel Classic</td>
<td>Kent, Ohio</td>
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<tr>
<td>January 13</td>
<td>Black Squirrel Classic</td>
<td>Kent, Ohio</td>
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### Officers

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Winner</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men 60-69</td>
<td>Grover Coats</td>
<td>216.464.3865</td>
</tr>
<tr>
<td>Men 70+</td>
<td>Everett Poe</td>
<td>216.991.8524</td>
</tr>
<tr>
<td>Weight Events</td>
<td>John Sloan</td>
<td>330.877.9197</td>
</tr>
<tr>
<td>Multi Events</td>
<td>Rex Harvey</td>
<td>440.954.8122</td>
</tr>
<tr>
<td>Out-of-State</td>
<td>Lawrence Finley</td>
<td>859.236.2042</td>
</tr>
</tbody>
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Rex Harvey 216.954.8122(h)
Cancer survivor takes more gold

by Jeff Saunders

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 (See GOLD — Page 26)
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 athlete was put on the sidelines. He was an 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 BredenbeckCorp.

"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 his 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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