



August 2007

### The President's Corner

Right off the top I'd like to say **CONGRATUALIONS and THANK YOU!** to all whom attended and represented at the 2007 USATF Maters National Championships in Maine. My heart and well wishes traveled with you throughout the weekend. I hope that everyone was blessed and returned uninjured. Heck, at this stage of the game that can be more rewarding than actually placing in the top 3. New memories were made and should be shared with other track maniacs, so feel free to share your experiences with us.

To all ACTIVE members here are a few important reminders... we host the Norm Bower Weight Pentathlon @ Kent State Univ. on 9-29-07 and the Over The Hill 5K Cross Country meet @ University School in Huntington Valley on 9-30-07. We need members to help run these competitions, so please step up and help out. Pick a day and donate a couple of hours, in order to host these meets we need support from our own members. We will have a team meeting on September 15<sup>th</sup>, 2007 at my home at 1 pm. My address is 23604 Cedar Rd. Beachwood Oh. On the corner of Cedar and Lyndway streets. Just down the street from both Legacy Village and Beachwood Mall. Between the main roads of South Green and Richmond. Club business and all other concerns shall be discussed. Come one, come all.

I chose not to attend Master's Nationals this year because my 12 year old daughter qualified for Jr. Olympic Nationals. JO's was held July 24<sup>th</sup>-29<sup>th</sup> in Walnut California this year and it was very rewarding for the both of us. Initially she was overwhelmed by the perceived importance and overall grandeur of it all. She settled down as her races began, then she began to feel comfortable and started to have fun. On the way to finishing 6<sup>th</sup> and 7<sup>th</sup> in the 100m and 200 meters respectively, she ran 3pr's in 4 races. New memories were made.

Of course the parent and coach in me is verry proud of her. But as a masters athlete, I also viewed the overall experience as eye opening. Wow! Track and field in its purest form! The joy and pain of athletes competing and putting it our there for the world to view. Athlete to athlete, taking one another to their respective limits.

I'm sharing this with you to illustrate the fact that track is not dead! In our area it needs to be massaged or even resuscitated back to life. Hosting or attending a meet where maybe 50 or so athletes show up is unsatisfying to me. We are better than that. You may have noticed that this is a reoccurring theme with me and that's because the passion for track within me believes that there are others in our club that feel the same. At the next OTHTC meeting that I will host in my home in September, we will cover necessary club business and I am also looking to exchange dialogue or make a positive change in *our* sport. Don't keep you ideas to yourself or bore your spouse with them, come and share them with your OTHTC members J...

Run Fast  
Chip Johnson

Welcome to our newest members: Robert Banhagel, a pole vaulter from Buckeye Lake, and Angie Pitman, a thrower from North Randall.

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### Orono Highlights!

We will have complete results from the National Championships in September's newsletter. We had 15 club members make the trip to Maine, with 13 scoring at least 1 point. Unofficially, we scored 103 points, which would put us in the top 10, but our official total will be less because of technical glitches with USATF registration, and a few other problems. Bernice Holland won 3 events, including a world best in the discus. John Means also won 3 events, including a meet record in the 200. One of the highlights was Dick Mann's anchor leg in the M60 4x100 relay. Dick's incredible leg turnover was reminiscent of Bob Hayes in the 1964 Tokyo Olympics, but the deficit was a little too much to make up.

## RESULTS

### Cathi Gerson

Euclid Parks + Recreation 5K- July 14- 26:50-1st  
Debbie Hudacko Memorial 5 mile -July 8- 44:30- 1st  
Johnny Cake Jo- 5 mile- July 22- 44:11- 2nd  
Indian Trails 8 mile- July 28- 1:22.10- 1st

### National Senior Games- Louisville, KY

#### John Means

100- 17:46- 1st  
200- 37.18- 1st (record)  
400-1:40.84- 1st

#### Norman Thomas

400-1:08  
800- 2:42

#### Jon Bixler

Johnnycake Jog 5 mile- 34:44- 1st

### Northcoast Senior Games- June 2-7- Lake County

#### 100M

W55- Cathi Gerson- 24.2- 1st  
M60- John Biacofsky- 14.7- 1st  
Jeff Gerson- 17.8- 2nd  
M65- Barry Kline- 16.0- 2nd  
Woody Coddington- 16.2- 3rd  
M85- John Means- 17.1- 1st

#### 200M

M60- John Biacofsky- 34.6- 1st  
M65- Woody Coddington- 36.5- 2nd  
M85- John Means- 37.7- 1st

#### 400M

W55- Cathi Gerson- 2:02.6- 1st  
M60- John Biacofsky- 1:19.6- 1st  
Jeff Gerson- 1:22.5- 2nd  
M50- Roman Liscynesky- 1:08.4- 1st  
M85- John Means- 1:43.5- 1st

#### 800M

M55- Norman Thomas- 2:48.7- 1st  
M65- Jon Bixler- 2:50.0- 1st

#### 1600M

W55- Cathi Gerson- 8:54.0- 1st  
M55- Norman Thomas- 7:00.7- 1st  
M60- Jeff Gerson- 8:53.0- 1st  
M65- Jon Bixler- 6:15.8- 1st

#### Discus

M-65 Woody Coddington- 57'0"- 1st

#### Standing LJ

W 60- Angela Biacofsky- 5'3"- 1st  
M65- Woody Coddington- 6' 10 1/4"- 1st

#### LJ

M65- Woody Coddington- 11' 1 1/2"- 1st

#### HJ

M65- Barry Kline- 4' 7 1/2"- 1st

#### Cycling 10K

M80- Dick Caicchi- 40:38- 1st

#### Putt-Putt

W55- Cathi Gerson- 1st  
M60- Jeff Gerson- 1st

## Swimming

### 50-Backstroke

M80- Dick Cavicchi- 2:06.7- 1st  
W75- Mary Cavicchi- 3:10.0- 1st

### 100 Backstroke

M80-Dick Cavicchi- 4:40.8- 1st

### 50 Freestyle

M80-Dick Cavicchi- 1:47.5- 1st

### 100 Freestyle

M80- Dick Cavicchi- 4:24.4- 1st

### 100 Medly

M80- Dick Cavicchi- 8:00.3- 1st

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### 2007 Outdoor Schedule

Sept 29- Norm Bower Memorial Weight Pentathlon-  
Kent State

Sept 30- OTHTC Cross-Country Meet- University  
School

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### Send Newsletter info to:

Jeff Gerson  
5091 Hickory Drive  
Lyndhurst, OH 44124

## Officers

<b>President</b>	Chip Johnson
<b>VP Programs</b>	Vince Walls
<b>VP Banquet</b>	Bernice Holland
<b>Secretary</b>	Norman Thomas
<b>Treasurer</b>	Jeff Gerson
<b>Newsletter</b>	Jeff Gerson
	5091 Hickory Dr.
	Lyndhurst, OH 44124
<b>Webmasters</b>	Erik Thiem
	Linda Carty (216-368-4904)

## Coordinators

<b>Road Racing</b>	Joanne Siegel 216.397.0260
<b>Relays (Women)</b>	Lisa Mattox 216-281-1630
<b>Relays (Men)</b>	Chip Johnson 216-382-8250
<b>Race Walking</b>	Joyce Prohaska 216.521.7966
<b>Youth Coach</b>	Chip Johnson 216-382-8250
<b>T/F Consultant</b>	Paul Williams 440.605.1811
	Norman Thomas 330.425.8219
<b>Indoor Practice</b>	Linda Carty 216-368-4904
<b>Outdoor Practice</b>	Jeff Gerson 440-473-0636
<b>T/F Consultant</b>	Paul Williams 440.605.1811
	Norman Thomas 330.425.8219
<b>West Side Coordinator</b>	Bob Thomas 440.899.3599

2007 Lake Erie Association Championships - 7/7/2007

Open & Masters Track and Field

Cleveland Heights High School

Results

**Event 1 M29&U Hammer Throw**

1 Johnson, Kibwae	M25 New York AC	75.95m
2 Kruger, A.G	M25 Unattached	71.95m
3 Newell, John	M19 Unattached	62.51m
4 Klunk, Robert	M19 Unattached	48.80m

**Event 2 W29&U Hammer Throw**

1 Smith, Crystal	W19 Unattached	66.67m
2 Knapski, Anna	W19 Unattached	32.51m
3 Griffith, Caitlyn	W19 Unattached	31.84m

**Event 4 M40 High Jump**

1 Stockard, Guy	M42 Unattached	1.75m
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**Event 4 M55 High Jump**

1 Taylor, Irvn	M59 Over the Hill	1.35m
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**Event 4 M65 High Jump**

1 Kline, Barry	M67 Over the Hill	1.40m
2 Williams, Keith	M66 Unattached	1.15m

**Event 4 M80 High Jump**

1 Roudebush, George	M82 Unattached	1.10m
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**Event 5 M29&U Shot Put**

1 Marinucci, Zachary	M16 Greater Medina T	14.87m
2 Prater, Dan	M24 Unattached	13.99m

**Event 5 M45 Shot Put**

1 Cahill, Larry	M46 Unattached	12.35m
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**Event 5 M60 Shot Put**

1 Cavotta, Mike	M64 Unattached	12.31m
2 Ragon, Donald	M60 Unattached	11.74m

**Event 5 M65 Shot Put**

1 Williams, Keith	M66 Unattached	9.67m
2 Sloan, John	M68 Over the Hill	9.08m

**Event 5 M70 Shot Put**

1 Cahill, Edward	M71 Unattached	8.66m
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**Event 5 M75 Shot Put**

1 Bredenbeck, Rudy	M76 Over the Hill	9.21m
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**Event 5 M80 Shot Put**

1 Roudebush, George	M82 Unattached	7.89m
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**Event 6 W29&U Shot Put**

1 Smith, Renata	W28 Unattached	12.62m
2 Kitchen, Courtney	W17 Greater Medina T	9.26m
3 Griswold, Jackie	W17 Greater Medina T	8.98m

**Event 6 W30 Shot Put**

1 Pittman, Angela	W33 Over the Hill	9.57m
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**Event 6 W70 Shot Put**

1 Mann, Donna	W72 Over the Hill	4.49m
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**Event 6 W80 Shot Put**

1 Holland, Bernice	W80 Over the Hill	5.61m
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**Event 7 W80 Javelin Throw**

1 Holland, Bernice	W80 Over the Hill	13.62m
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**Event 8 M60 Javelin Throw**

1 Ragon, Donald	M60 Unattached	34.88m
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**Event 8 M65 Javelin Throw**

1 Sloan, John	M68 Over the Hill	30.28m
2 Williams, Keith	M66 Unattached	24.14m

**Event 8 M70 Javelin Throw**

1 Cahill, Edward	M71 Unattached	23.43m
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**Event 8 M75 Javelin Throw**

1 Bredenbeck, Rudy	M76 Over the Hill	22.60m
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**Event 8 M80 Javelin Throw**

1 Roudebush, George	M82 Unattached	16.10m
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**Event 9 W29&U Pole Vault**

1 Dorricolt, Alexa	W17 Unattached	3.20m
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**Event 10 M55 Pole Vault**

1 Ragon, James	M56 Unattached	3.04m
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**Event 10 M60 Pole Vault**

1 Ragon, Donald	M60 Unattached	2.59m
--- Banhagel, Bob	M61 Unattached	NH

**Event 10 M65 Pole Vault**

1 Sloan, John	M68 Over the Hill	2.43m
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**Event 11 W29&U Discus Throw**

1 Griswold, Jackie	W17 Greater Medina T	31.07m
2 Kitchen, Courtney	W17 Greater Medina T	26.34m

**Event 11 W30 Discus Throw**

1 Pittman, Angela	W33 Over the Hill	25.45m
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**Event 11 W70 Discus Throw**

1 Mann, Donna	W72 Over the Hill	11.14m
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**Event 11 W80 Discus Throw**

1 Holland, Bernice	W80 Over the Hill	15.58m
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**Event 12 M29&U Discus Throw**

1 Turland, Arther	M25 Unattached	54.65m
2 Johnson, Kibwae	M25 New York AC	51.66m
3 Newell, John	M19 Unattached	47.36m
4 Prater, Dan	M24 Unattached	46.61m
5 Marinucci, Zachary	M16 Greater Medina T	41.09m

**Event 12 M60 Discus Throw**

1 Truax, Bill	M61 Over the Hill	44.06m
2 Ragon, Donald	M60 Unattached	39.25m
3 Cavotta, Mike	M64 Unattached	37.12m

**Event 12 M65 Discus Throw**

1 Sloan, John	M68 Over the Hill	28.63m
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**Event 12 M70 Discus Throw**

1 Cahill, Edward	M71 Unattached	23.94m
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## 2007 Lake Erie Association Championships - 7/7/2007

## Open &amp; Masters Track and Field

## Cleveland Heights High School

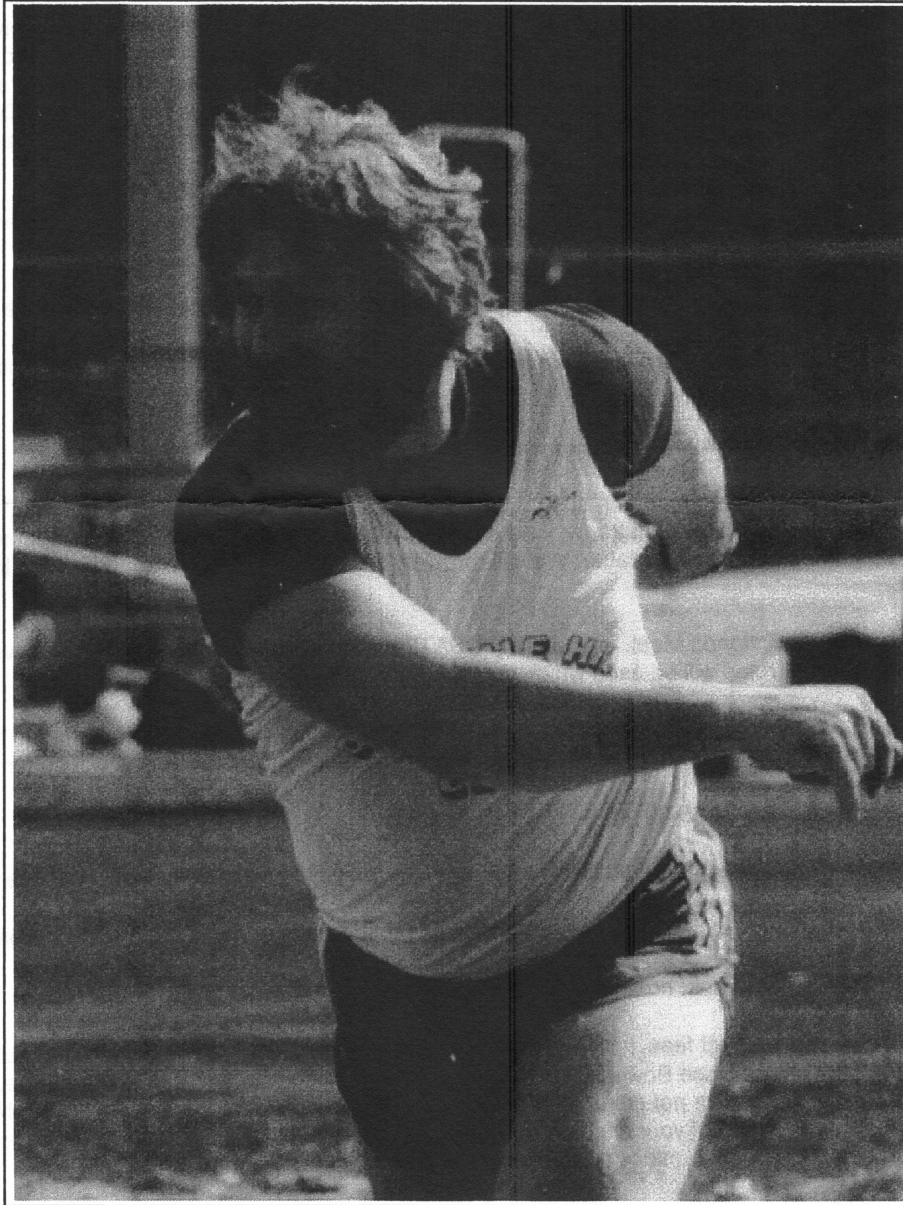
## Results

<b>Event 12 M75 Discus Throw</b>				
1 Bredenbeck, Rudy	M76	Over the Hill	28.76m	
<b>Event 12 M80 Discus Throw</b>				
1 Roudebush, George	M82	Unattached	18.67m	
<b>Event 13 M29&amp;U Long Jump</b>				
1 Adams, Isaiah	M19	Unattached	5.94m	
<b>Event 13 M65 Long Jump</b>				
1 Williams, Keith	M66	Unattached	4.00m	
<b>Event 15 M65 Triple Jump</b>				
1 Williams, Keith	M66	Unattached	8.57m	
<b>Event 16 W40 Triple Jump</b>				
1 Carty, Linda	W41	Over the Hill	8.93m	
<b>Event 24 M60 1500 Meter Run</b>				
1 Kuebler, Bob	M61	Unattached	5:49.8	
<b>Event 24 M65 1500 Meter Run</b>				
1 Bixler, Jon	M69	Over the Hill	5:52.4	
<b>Event 25 W29&amp;U Short Hurdles</b>				
1 Dorricolt, Alexa	W17	Unattached	19.7	
<b>Event 26 M29&amp;U Short Hurdles</b>				
1 Goodnight, Craig	M19	Unattached	16.8	
<b>Event 26 M35 Short Hurdles</b>				
1 Kresser, Chad	M38	Unattached	15.6	
<b>Event 26 M60 Short Hurdles</b>				
1 Ragon, Donald	M60	Unattached	18.4	
<b>Event 26 M65 Short Hurdles</b>				
-- Kline, Barry	M67	Over the Hill	DNF	
<b>Event 27 W45 400 Meter Dash</b>				
1 McCoy - Shugar, Belinda	W47	Unattached	1:12.9	
<b>Event 28 M29&amp;U 400 Meter Dash</b>				
1 Odafe, Gerard	M17	Unattached	53.7	
<b>Event 28 M35 400 Meter Dash</b>				
1 Taylor, Preston	M37	Unattached	1:00.7	
<b>Event 28 M45 400 Meter Dash</b>				
1 Finley, Lawrence	M49	Over the Hill	1:08.4	
<b>Event 28 M60 400 Meter Dash</b>				
1 Gerson, Jeff	M60	Over the Hill	1:29.3	
<b>Event 28 M65 400 Meter Dash</b>				
1 Sloan, John	M68	Over the Hill	1:19.2	
<b>Event 29 W29&amp;U 100 Meter Dash</b>				
1 Evans, Aleia	W25	Over the Hill	12.7	
2 Dorricolt, Alexa	W17	Unattached	13.7	
<b>Event 29 W40 100 Meter Dash</b>				
-- Carty, Linda	W41	Over the Hill	DNF	
<b>Event 30 M29&amp;U 100 Meter Dash</b>				
1 Bryant, Garren	M18	Unattached	11.1	
2 Goodnight, Craig	M19	Unattached	12.8	
<b>Event 30 M40 100 Meter Dash</b>				
1 Johnson, Chip	M44	Over the Hill	13.0	
<b>Event 30 M45 100 Meter Dash</b>				
1 Clinkscale, David	M47	Over the Hill	12.2	
2 Finley, Lawrence	M49	Over the Hill	14.2	
<b>Event 30 M65 100 Meter Dash</b>				
1 Williams, Keith	M66	Unattached	14.8	
<b>Event 30 M85 100 Meter Dash</b>				
1 Means, John	M87	Over the Hill	18.1	
<b>Event 32 M50 800 Meter Run</b>				
1 Liscynesky, Roman	M53	Over the Hill	2:37.4	
<b>Event 32 M55 800 Meter Run</b>				
1 Jochum, Mark	M55	Unattached	2:40.2	
<b>Event 32 M60 800 Meter Run</b>				
1 Gerson, Jeff	M60	Over the Hill	3:58.3	
<b>Event 34 M35 Long Hurdles</b>				
1 Kresser, Chad	M38	Unattached	44.8	
<b>Event 36 M35 200 Meter Dash</b>				
1 Taylor, Preston	M37	Unattached	28.7	
<b>Event 36 M45 200 Meter Dash</b>				
1 Clinkscale, David	M47	Over the Hill	24.5	
2 Finley, Lawrence	M49	Over the Hill	29.1	
<b>Event 36 M50 200 Meter Dash</b>				
1 Liscynesky, Roman	M53	Over the Hill	30.5	
<b>Event 36 M60 200 Meter Dash</b>				
1 Gerson, Jeff	M60	Over the Hill	38.2	
<b>Event 43 W55 3000 Meter Race Walk</b>				
1 Prohaska, Joyce	W57	Over the Hill	18:01.0	
<b>Event 45 M85 60 Meter Dash</b>				
1 Means, John	M87	Over the Hill	11.5	

*The ~~60th~~ Annual Norm Bower  
Memorial Weight Pentathlon*

*Sponsored by: Over the Hill Track Club  
Saturday, September 29, 2007 11:00 a.m. - 5:00 p.m.  
Kent State University, Kent, Ohio*

*All fees & contributions benefit the Scholarship Fund of Emma Rose Bower,  
Norm & Sue's daughter, born October 31, 1995*



*Norman S. Bower  
1948 B 1997*



# Over the Hill Track Club

## Eleventh Annual Norm Bower Memorial Weight Pentathlon

Saturday, September 29, 2007

Kent State University, Kent, Ohio 44242

11:00 a.m. to 5:00 p.m.

Tele: Rex Harvey 440 954 8122 or Jeff Gerson 440 473-0636

***All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue Bower's daughter***

Over the Hill Track Club is once again sponsoring a fund-raising weight pentathlon in honor of Norm Bower, who passed away September 12, 1997. Norm Bower was much loved as a friend and a competitor in the weight events. He was joyful, bright, easy going, with a wonderful sense of humor. He supported every thrower who competed in the weights, no matter the skill level. Our track meets and our lives are brighter, more fun because of Norm, and the Club wishes to remember him and his family with this annual weight pentathlon held in his honor.

All meet fees, less awards expenses, and all donations included with meet fees will be contributed to an education fund for Emma Rose Bower, born October 31, 1995, Norm and Sue Bower's daughter, and the sister of Brent Bower.

**Date, Time, & Sequence of Events:** 11:00 a.m. to approx. 5:00 p.m. Hammer, shot put, discus, javelin, and weight in that order.

**NOTE:** In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

**Host site:** Kent State University, Kent, Ohio 44242, map and written directions available upon request.

**Events & Weights by Age:** Weight pentathlon (hammer, shot put, discus, javelin, and weight) or individual weight events. See attached Ages / Implements Specifications@ list. For the weight throw, where both WAVA and USATF specifications appear, we will use the WAVA standards, if the appropriate weight implement is available. We will throw by the age groups represented on the list. Some age groups will be combined to fill out flights.

**Sanction & Rules:** This is a USATF Sanctioned Meet. If you are a USATF member, you will have insurance coverage traveling to and from the meet and at the meet. USATF rules will be used which specify WAVA implements.

**Number of Attempts per Event:** 3 for the five-event weight pentathlon, 6 for individual events only. If someone has paid entry fee for both Pentathlon and some individual events, the first three throws will be Pentathlon, and all six throws will be for open event.

**Age Groups:** 0-17 by birth year, 18-29, 30-34, 35-39, 40-44, etc., by birthday.

**Awards:** Gold, Silver, and Bronze for the Weight Pentathlon in each age group. Gold only in each individual event entered.

**Facilities:** Javelin to be thrown from an all-weather surface onto grass, all other throws from concrete surfaces onto a grass field.

**Other Facilities:** Restrooms in adjacent Ice Rink, no showers.

**Fee, Donations, Mailing Information:** All meet fees, less awards expenses, and donations included with meet fees will be contributed to the education fund set up in 1997 for Emma Rose Bower. OTHTC encourage all those who are able to donate beyond the entry fee amount. OTHTC also encourages those who are not going to compete to remit a donation for this worthy cause. Note the donation amount on the bottom left-hand memo section of your check. Your check is your receipt. The Bower family will receive a list of the names and addresses of all attendees and contributors, unless donors specify that their gifts be anonymous.

\$20 for the weight pentathlon, and \$5 per individual event. No refunds for no-shows. Make out checks to Over the Hill Track Club.

**Mailing Instructions:** Mail application with check made out to Over the Hill Track Club to: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060, or Jeff Gerson, Over the Hill Track Club, 5091 Hickory Drive, Lyndhurst, OH 44124.

**Waiver:** Signature required on attached meet application form.

**Questions:** Call Rex Harvey; 440-954 8122 or Jeff Gerson, 440-473-0636.

ELEVENTH

**The ~~Ninth~~ Annual  
Norm Bower Memorial Weight Pentathlon**

Sponsored by: Over the Hill Track Club  
Saturday, September 29, 2007; 11:00 a.m. to 5:00 p.m.  
Kent State University, Kent, Ohio  
Phone: Rex Harvey 440-954-8122  
Jeff Gerson 440 473-0636

*All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue's daughter*  
**REGISTRATION FORM**

Name \_\_\_\_\_ Gender \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of birth \_\_\_\_\_ Your age as of 9/29/07 \_\_\_\_\_ Your club \_\_\_\_\_

E-Mail \_\_\_\_\_

Events you wish to enter:

Fee \$20 for the weight pentathlon, and \$5 00 per individual event. No refunds for no-shows. Make checks payable to Over the Hill Track Club.

\_\_\_\_\_ Weight pentathlon (hammer, shot, discus, javelin, & weight) @\$20

Individual events only: \_\_\_\_\_ Hammer \_\_\_\_\_ Shot put \_\_\_\_\_ Discus \_\_\_\_\_ Javelin \_\_\_\_\_ Weight @\$5 each

**NOTE:** In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight and only first 3 throws count.

I will not be competing, but I elect to make a donation of \$ \_\_\_\_\_ (my check is enclosed)

Please bring your own implements. Although we will have a number on hand, we cannot guarantee that we will have all implements for all age groups.

Mail this registration form, along with your fee and/or donation check or money order made payable to Over the Hill Track Club, to Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; Tel 440-954-8122.

**Waiver for All Events:** In consideration for acceptance of my entry into the OTHTC Eleventh Annual Norm Bower Memorial Weight Pentathlon, I do hereby for myself and anyone entitled to act in my behalf, waive and release the Over the Hill Track Club, Cleveland, Ohio, Kent State University, Kent, Ohio, USATF, and all sponsors, their representatives and successors from all claims or liabilities of any and all damages which may be sustained or suffered by me in my connection with entry in, or arising out of my traveling to, participating in, and returning from my participation in this meet.

Athlete's signature \_\_\_\_\_ Date \_\_\_\_\_

Printed name \_\_\_\_\_

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

Printed name \_\_\_\_\_

**NOTICE:** All athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field and IAAF Regulations. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. **SOME OVER-THE-COUNTER MEDICATIONS MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USADA HOT LINE.**

BANGOR  
DAILY  
NEWS

## LOCALLY

# Hirsimaki going into another hall of fame

## Findlay resident will be charter member of Ohio Senior Olympics hall

Fred Hirsimaki continues to be honored for his outstanding performance as a Senior Olympics track and field competitor.

The 82-year-old Hirsimaki, who has competed internationally and set national age-group records since 1991, will become a charter member of the Ohio Senior Olympics Hall of Fame when he is inducted July 27 in ceremonies at the E.J. Nutter Center on the Wright State University campus.

This will be Hirsimaki's eighth Hall of Fame induction since 1993.

Hirsimaki has also been inducted into the Hancock Sports (1993), University of Findlay (1993), University of Findlay (1994), Ohio Senior Citizen's (2002), International Bowling Museum (2003), Dayton/Miami Valley Senior Olympic (2005), Cleveland Over the Hill Track Club (2005) and Ashtabula County Basketball (2007) shrines.

The most recent inductions will take place following the Ohio Senior Olympics finals July 27 at Fairmont High School in which Hirsimaki will compete in the high jump, long jump, triple jump and javelin. He and his wife, Doris, will also compete in the Senior bowling singles and mixed doubles at Beaver Vu Bowl in Dayton, July 31-Aug. 1.

Hirsimaki, an 80-84 age divi-



Hirsimaki

sion performer, finished the indoor season ranked No.1 in the triple jump (22-feet-11) and high jump (3-11), second in the 60-meter hurdles (15.33) and fifth in the long jump (10-

2) by U.S. Indoor Masters Track & Field.

### Other Hirsimaki Achievements

1991 — U.S. Senior Sports Classic, 65-69, gold medal, high jump national record; Masters World Games, Turku, Finland, bronze, 100-meter hurdles.

1994 — International Decathlon Championships, Sheffield, England, 70-74, gold medal.

1995 — Masters World Games, decathlon, 4th place.

1996 — Second International Decathlon Challenge, silver medal.

2000 — National Masters Decathlon & Heptathlon Championships, age 75, American record, gold medal.

2001 — National Masters Decathlon & Heptathlon Championships, 75-79, gold medal.

2002 — National Masters Indoor Heptathlon Championships, 75-79, gold medal; National Masters Decathlon & Heptathlon Championships, 75-79, gold medal.

2005 — National Masters Indoor Heptathlon Championships, 80-84, world's best point total, gold medal; National Senior Games, 80-84, gold in high jump & javelin, silver in long jump, bronze in discus; National Masters Decathlon Championships, 80-84, 10 events, new world's record, gold medal; World Masters Games, 80-84, decathlon, bronze medal.

2006 — National Masters Indoor Heptathlon Championships, 80-84, silver medal; Dayton Senior Olympics, gold in high jump, long jump, shot, discus, javelin, football throw, softball throw, bowling singles and mixed doubles; Michigan USA Track & Field Indoor Championships, gold in 60 hurdles, long jump, high jump, shot; Rocky Mountain Senior Games, gold in bowling mixed doubles, high jump, long jump, triple jump, discus & javelin; bronze in bowling singles; Rocky Mountain Masters Games, 80-84, gold in high jump, triple jump, 80-meter hurdles, 300-meter hurdles, pentathlon.

And 1948 Olympian Bernice Holland won the discus on Friday, a day after capturing the shot put in the 80-to-84 age group.

"I felt good about the discus," the 80-year-old Holland said. "I will not comment on the shot."

Holland, who lives in Cleveland, competed in the 80-meter hurdles and the high jump in the London Games, the first held after World War II.

"It was exciting, because it was my first time really out of the country, and being in something big and important like that, I enjoyed it," Holland said.

Holland remains involved in the sport and helps her son, Claude, as an assistant coach at Cleveland Heights High School.

Even though her Olympic era specialties were hurdles and jumps, Holland now coaches the events she competes in during masters competition: the throws.

She said her progression from jumper to thrower was a natural one.

"As you age, certain things are not in the condition that you would like them to be," she said. "I have to still compete."

Holland said that she tries to keep a low profile with her athletes and not tell them about her past.

Her son, however, doesn't let that happen.

"They know before they get there," Holland said with a chuckle. "I don't have to say anything about having been in the Olympics. My son and the assistant track coaches [and] some of the kids will say, 'That's Mom Holland. She was an Olympian.'"



www.overthehilltc.org



# Over The Hill Track Club

## 5K CROSS COUNTRY MEET--Sunday, September 30, 2007

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 9/26. \$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 \_\_\_\_\_

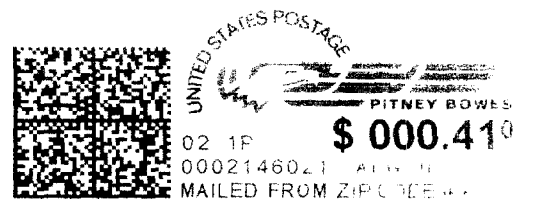
I hereby waive all claims against University School and Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

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



**Rex Harvey**  
6744 Connecticut Colony Cr.  
Mentor, OH 44060

