

September 2007

#### The President's Corner

Hello track family. The 2007 track & field season has been an exciting one, but is rapidly drawing to a close. <u>Good Luck</u> to those of us that are competing at the WMA World Masters Outdoors Championships in Riccione Italy, September  $4^{th} - 15^{th}$ . The World Championships was last week and had both great performances and heart stopping finishes. It was interesting to note the number of athletes over the age of 30 still competing at the world class level. Most of the USA's performances/highlights can be viewed on the usatf.org website. It is well worth the visit to the website.

<u>To all ACTIVE members</u> 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, <u>in order to host these meets we need support from</u> <u>our own members</u>.

We will <u>not</u> have a team meeting on September 15<sup>th</sup>, 2007 at my home at 1 pm. Due to the fact that there are several members competing at the WMA World Masters Outdoor Championships in Riccone, Italy through September 15<sup>th</sup>. Soooo, we <u>will</u> have a team meeting on September 23, 2007 at my home at 1pm. 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, the upcoming events and all other concerns shall be discussed. Please...come one, come all.

**Run Fast** 

Chip Johnson

September 30<sup>th</sup> will be the Lake Erie Association Annual Meeting. This is an opportunity to voice your opinion or get involved in our association business. The meeting will be at the Garfield Hts. Library on Turney Road at 1:30.\*

ATTENTION!!! Grover Coats, Lisa Mattox, Vince Walls, and Roman Liscynesky- your uniforms are finally in!! Call Jeff Gerson for further information.

Welcome to our newest member- Aleia Evans- a sprinter from Bedford Hts.

Best wishes to Barry Kline, who is recovering at home from open heart surgery. Barry hopes to be back competing by outdoor season. Also, congratulations to Rudy Bredenbeck for his election the Ohio Senior Olympics Hall of Fame.

#### RESULTS

Jeff Gerson B'nai Brith Health Run 5k University Hts. 8/12/07 33:48

Cathi Gerson Perfect 10- Miler- Lyndhurst 8/19/07-1:31:10

Footprints For Fatima 5k University Hts. 9/3/07-26:46-2nd

National Senior Games 6/22-7/7 Louisville, KY

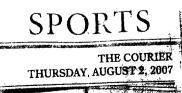
100 Meters M60-Jack Thornton-14.40 M65– Woody Coddington– 16.43

400 Meters M60-John Biacofsky-1:12.75

State Senior Games Kettering, OH- 7/27/07 Rudy Bredenbeck Javelin- 72'2"- 1st Discus- 89'- 2nd Shot- 30'10.5"- 3rd

#### 2007 Outdoor Schedule

Sept 23- Club Meeting 1:00 Sept 29- Norm Bower Memorial Weight Pentathlon-Kent State Sept 30- Lake Erie Association USATF Meeting -1:30-Garfield Hts. Library Sept 30- OTHTC Cross-Country Meet- University School



Hirsimakis

are on a roll

Send Newsletter info to: Jeff Gerson 5091 Hickory Drive Lyndhurst, OH 44124

#### Officers

President **VP** Programs **VP Banquet** Secretary Treasurer Newsletter

Webmasters

Chip Johnson Vince Walls Bernice Holland Norman Thomas Jeff Gerson Jeff Gerson 5091 Hickory Dr. Lyndhurst, OH 44124 Erik Thiem Linda Carty (216-368-4904)

### Coordinators

**Road Racing** Relays (Men) **Race** Walking Youth Coach T/F Consultant Indoor Practice T/F Consultant West Side

Coordinator

Joanne Siegel 216.397.0260 Relays (Women) Lisa Mattox 216-281-1630 Chip Johnson 216-382-8250 Joyce Prohaska 216,521.7966 Chip Johnson 216-382-8250 Paul Williams 440.605.1811 Norman Thomas 330.425.8219 Linda Carty 216-368-4904 Outdoor Practice Jeff Gerson 440-473-0636 Paul Williams 440.605.1811 Norman Thomas 330.425.8219 Bob Thomas 440.899.3599

> BEAVERCREEK - Fred and Doris Hirsimaki were on a roll Tuesday and Wednesday at the Ohio Senior Olympics State Bowling Championships held at Beaver-Vu Bowl.

The Senior Olympians claimed individual championships in their respective age divisions, while also placing first in the mixed-doubles division.

Doris captured the individual title (75-79 age group) with a series of 530, rolling games of 175-186-169. Fred took the individual crown (80-84 age group) with games of 179-170-201 for a 550 series.

The Findlay couple wrapped up the two-day event with a first place in mixed doubles (75-79 age group) rolling a 959 series with Fred recording a 510 and Doris a 449.

USA Masters Track & Field - WMA

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## 2007 USATF National Masters T& F Championship - 8/2/2007 to 8/5/2007

# Orono, Maine Results

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Event 3 W40 100 Meter 1 Preliminaries 9 Linda Carty	ash W41 Cleveland, OH 1	5.86 -1.7
Event 4 W45 100 Meter l		
Preliminaries 4 Belinda McCoy	W47 Cleveland, OH 1	4.49Q-1.3
Event 4 W45 100 Meter	ash	
Finals 4 Belinda McCoy	W47 Cleveland, OH 1	4.48 -1.8
Event 24 W45 200 Meter	Dash	
Preliminaries 5 Belinda McCoy	W47 Cleveland, OH 3	0.26Q-1.4
Event 24 W45 200 Meter	Dash	
Finals 4 Belinda McCoy	W47 Cleveland, OH 2	9.62 0.8
Event 44 W45 400 Meter	Dash	
Preliminaries 6 Belinda McCoy	W47 Cleveland, OH 1:10	0.09q
Event 219 W40 Triple Ju 3 Linda Carty	<b>p A</b> W41 Cleveland, OH 9.3	33m 1.6
Event 309 W70 Shot Put 7 Donna Mann		82m
Event 310 W80 Shot Put I Bernice Holland	<b>KA</b> W80 Cleveland, OH 5.:	56m
Event 328 W70 Discus Th 7 Donna Mann	<b>tow 1.0 k A</b> W71 Wickliffe, OH 12.	11m
Event 329 W80 Discus Th	<b>ow .75 k A</b> W80 Cleveland, OH 17.3	32m
Event 350 W70 Javelin T 7 Donna Mann		
Event 351 W80 Javelin T	,	
1 Bernice Holland	W80 Cleveland, OH 16.0	)3m
Event 367 W70 Hammer 6 Donna Mann	hrow 3K B W71 Wickliffe, OH 11.9	90m
Event 511 M85 100 Meter 1 John Means	Dash M87 Richmond Hts, 17	7.09 -2.2
Event 531 M85 200 Meter 1 John Means	Dash M87 Richmond Hts, 35	5.68 2.4
Vent 543 M45 400 Meter	Dash	
<b>'reliminaries</b> 12 Derek McKinley	M46 Hudson, OH 57	7.69
Vent 550 M85 400 Meter 1 John Means	Dash M87 Richmond Hts, 1:31	.19
vent 567 M65 800 Meter 5 Jon Bixler	<b>Run</b> M69 Painesville, OH 2:45	.86

esults
Event 587M65 1500Meter Run6Jon BixlerM69Painesville, OH5:44.40
Event 606M65 5000 Meter Run4Jon BixlerM69Painesville, OH21:25.44
Event 663 M45 Long Hurdles 36"3 Derek McKinleyM46 Hudson, OH1:04.81
Event 808M70 Shot Put 4KB9Dick MannM74Wickliffe, OH7.11m
Event 828M70 Discus Throw 1KB7Dick MannM74Wickliffe, OH20.52m
Event 868M70 Hammer Throw 4KB6Dick MannM74Wickliffe, OH22.54m
Event 886 M60 Outdoor Pentathlon 6 Jeffrey Gerson M60 Lyndhurst, OH 1267
Event 886 M65 Outdoor Pentathlon 3 Richard Coddington M65 Chagrin Falls, 923
Event 940M60-69 4x100Meter Relay CLUB3Over The Hill TC1:31.871) Jon Bixler 692) John Means 873) Jeffrey Gerson 604) Dick Mann 74
M60 POLE VALLET BOB BANHAGEL 4TH - 3,30M
M45 400 LAWRENCE FINLEY - 1,02,63
W30 2000 METER STEEPLECHASE NICOLE LYCAN -7:32,91 - 2MD
M70 - HTH DICK MANN - JAVELIN - 17,41

# Senior Olympian now a hall of famer

#### by Jeff Saunders Reporter

SAGAMORE HILLS --- Rudy redenbeck's knack for often oming in first place in track nd field competitions has :d to another first for the 76ear-old township resident. Bredenbeck is among 15 impetitors to be the first iductees into the Ohio enior Olympics Hall of ame The induction cereony took place in Fairborn, suburb of Dayton, July 27. "I feel extremely honored. was tickled pink when e gentleman called, about month-and-a-half ago,

and told me about it," said Bredenbeck on Aug. 8.

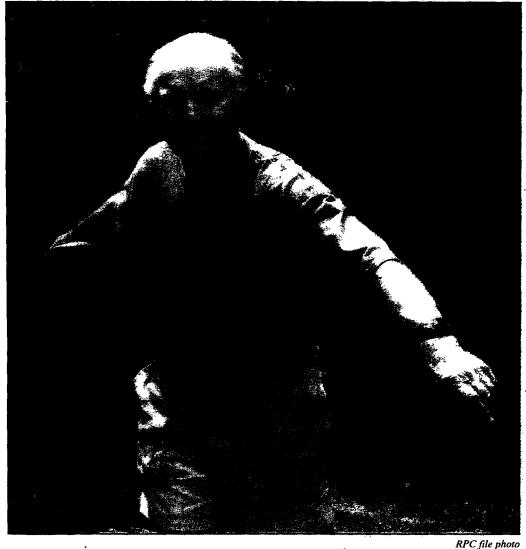
Bredenbeck, who has been competing in the senior Olympics for about 20 years, added three gold medals for the 75 to 79 age group in discus, javelin and shotput at the state competition in Youngstown in 2006,

This year, he came in first place in all three competitions at the Lake Erie Association USA Track and Field championships at Cleveland Heights High School and came in first in javelin, second in discus and third in shotput at the state senior Olympics in Ketterling, a suburb of Dayton.

Bredenbeck, who was diagnosed with multiple myeloma, a type of bone marrow cancer, in 2004, said he is in "full remission."

"I've been very fortunate. I haven't taken drugs for that since a year ago May," said Bredenbeck, adding that after going in for blood tests every three months, he was told in may that he would not need to return until October.

"I've had nothing but good news on that," he said. E-mail: jsaunders@recordpub.com Phone: 330-688-0088 ext. 3169



Igamore Hill resident Rudy Brendenbeck was inducted in the Ohio Senior ympics Hall of Fame July 27 in Fairborn.



Over the Hill Track Club Members at the National Master's Outdoor Track & Field Championships 2-5Aug2007 at Univ. of Maine, Oreno, ME. The club finished 14th out of 141 clubs at the Championships. Front Row: Jon Bixler, John Means, Belinda McCoy-Shugar, Donna Mann, Linda Carty Rear Row: Bernice Holland, Lawrence Finley, Derek McKinley, Jeff Gerson, Dorian Green, Dick Mann.

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USA MASTE