



Over The Hill Track Club
Athletes of all ages setting the pace!
www.overthehilltc.org

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. *Good Luck* to those of us that are competing at the WMA World Masters Outdoors Championships in Riccione Italy, September 4th – 15th. 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.

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 ***not*** have a team meeting on September 15th, 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 15th. *Soooo*, we ***will*** 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 30th 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 Liscynsky- 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

SPORTS

THE COURIER
THURSDAY, AUGUST 2, 2007

**Hirsimakis
are on a roll**

Send Newsletter info to:

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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.

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

Orono, Maine

Results

Event 3 W40 100 Meter Dash**Preliminaries**

9 Linda Carty W41 Cleveland, OH 15.86 -1.7

Event 4 W45 100 Meter Dash**Preliminaries**

4 Belinda McCoy W47 Cleveland, OH 14.49Q-1.3

Event 4 W45 100 Meter Dash**Finals**

4 Belinda McCoy W47 Cleveland, OH 14.48 -1.8

Event 24 W45 200 Meter Dash**Preliminaries**

5 Belinda McCoy W47 Cleveland, OH 30.26Q-1.4

Event 24 W45 200 Meter Dash**Finals**

4 Belinda McCoy W47 Cleveland, OH 29.62 0.8

Event 44 W45 400 Meter Dash**Preliminaries**

6 Belinda McCoy W47 Cleveland, OH 1:10.09q

Event 219 W40 Triple Jump A

2 Linda Carty W41 Cleveland, OH 9.33m 1.6

Event 309 W70 Shot Put 3K A

7 Donna Mann W71 Wickliffe, OH 4.82m

Event 310 W80 Shot Put 3K A

1 Bernice Holland W80 Cleveland, OH 5.56m

Event 328 W70 Discus Throw 1.0 k A

7 Donna Mann W71 Wickliffe, OH 12.11m

Event 329 W80 Discus Throw .75 k A

1 Bernice Holland W80 Cleveland, OH 17.32m

Event 350 W70 Javelin Throw 400G

7 Donna Mann W71 Wickliffe, OH 9.43m

Event 351 W80 Javelin Throw 400G

1 Bernice Holland W80 Cleveland, OH 16.03m

Event 367 W70 Hammer Throw 3K B

6 Donna Mann W71 Wickliffe, OH 11.90m

Event 511 M85 100 Meter Dash

1 John Means M87 Richmond Hts, 17.09 -2.2

Event 531 M85 200 Meter Dash

1 John Means M87 Richmond Hts, 35.68 2.4

Event 543 M45 400 Meter Dash**Preliminaries**

12 Derek McKinley M46 Hudson, OH 57.69

Event 550 M85 400 Meter Dash

1 John Means M87 Richmond Hts, 1:31.19

Event 567 M65 800 Meter Run

5 Jon Bixler M69 Painesville, OH 2:45.86

Event 587 M65 1500 Meter Run

6 Jon Bixler M69 Painesville, OH 5:44.40

Event 606 M65 5000 Meter Run

4 Jon Bixler M69 Painesville, OH 21:25.44

Event 663 M45 Long Hurdles 36"

3 Derek McKinley M46 Hudson, OH 1:04.81

Event 808 M70 Shot Put 4K B

9 Dick Mann M74 Wickliffe, OH 7.11m

Event 828 M70 Discus Throw 1K B

7 Dick Mann M74 Wickliffe, OH 20.52m

Event 868 M70 Hammer Throw 4K B

6 Dick Mann M74 Wickliffe, OH 22.54m

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 940 M60-69 4x100 Meter Relay CLUB

3 Over The Hill TC 1:31.87

1) Jon Bixler 69 2) John Means 87

3) Jeffrey Gerson 60 4) Dick Mann 74

M60 POLE VAULT

BOB BANHAGEL 4TH - 3.30M

M45 400

LAWRENCE FINLEY - 1:02.63

W30 2000 METER STEEPCHASE

NICOLE LYCAN - 7:32.91 - 2ND

M70 -

4TH DICK MANN - JAVELIN - 17.41

Senior Olympian now a hall of famer

by **Jeff Saunders**
Reporter

SAGAMORE HILLS — Rudy Bredenbeck's knack for often coming in first place in track and field competitions has led to another first for the 76-year-old township resident.

Bredenbeck is among 15 competitors to be the first inductees into the Ohio Senior Olympics Hall of Fame. The induction ceremony took place in Fairborn, suburb of Dayton, July 27.

"I feel extremely honored. I was tickled pink when the gentleman called, about a 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.

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RPC file photo

Sagamore Hill resident Rudy Bredenbeck was inducted in the Ohio Senior Olympics Hall of Fame July 27 in Fairborn.

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50 cents

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News LEADER





Over the Hill Track Club Members at the National Master's Outdoor Track & Field Championships 2-5 Aug 2007 at Univ. of Maine, Orono, 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.