



October 2007

The President's Corner

Hello track and field family. I hope that everyone is doing fine and recovering nicely from any and all of this past season's injuries. I need everyone to take out their pencils and mark their calendars for some upcoming events.

The 2007 Annual Team Banquet and Celebration will be held at the Wellington Party center, 777 Alpha Park Drive, Highland Heights OH 44143, November 11, 2007 at 11:00 am-2:00pm. Great food is served, new Hall of Fame inductees are announced, team awards are presented and a wonderful 'track filled' experience is shared by all whom attends. Please join us it will be much better with **EVERYONE IN ATTENDANCE**. Please order your tickets early. Let's mark our calendars and get ready to enjoy a very, very special celebration. In this light, I **STRONGLY, STRONGLY** urge all OTHTC members to make an effort to attend. Bring your friends and relatives. Families would also enjoy it all. A flyer is located inside this newsletter.

Congratulations and Thank You to all of the members that represented the *OTHTC*, competed and supported the Norm Bower weight Pentathlon the club hosted on Sept. 29th at Kent State. There were athletes in attendance from more than 6 states. There was even a State Senator from West Virginia in the field of competitors.

On Sunday Sept 30th, biggggg fun was had by those that supported the *OTHTC* Cross Country 5k run held on the magnificent University School campus. This was a lower keyed family oriented event that was a great experience for those that participated. Check out the photos on our website.

We will have our next team meeting on December 15th at my house 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.

A special CONGRATUALIONS to our members that competed in Italy at the WMA Championships. They represented the U.S. and the *OTHTC* marvelously. We have 2 members that were 3 time World Champions. WOW!!!

2008 USA Masters Indoor Track & Field Championships will be held March 28-30, 2008 Reggie Lewis Track & Athletic Center- Boston, Mass. I'm scratching it on my To Do list. Please join me. To D. McKinley and D. Green, I have run 2 half marathons this fall (and I'm looking for more). The foundation has been set, the speed work will come I will be on the track with you next year. Kent State and Akron indoor, here I come.

The 2008 USA Masters Outdoor Track & Field Championships will be held August 7-10 at Spokane Falls Community College in Spokane, Washington.

Also keep in mind **The Penn Relays**, which is usually held in April. I will be searching for relays to attend starting in March.

Please send in results of your performances this year to Jeff Gerson. It's difficult to consider you for a team award if we don't know what you've done this past calendar year.

Run Fast! Chip Johnson

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Welcome to our newest club member! Patsy Orosz- a multi-eventer from Mentor.

**Results from the OTHTC Cross Country Meet
Sept. 30- University School**

Male Winner- Nino Monaco- 22:55
Female Winner- Stephanie Buda- 25:16

M45- 1. Vince Walls- 23:20
2. Lawrence Finley- 29:09

M55 1. Mike Castro- 25: 41

M60 Jeff Gerson- 40:44

M65 Pete Fickert- 23:06

W 14 + under- Anna Isabella- 29:05

W 30 Sue Isabella- 32:16

W 50 Patsy Orosz- 38:26

W55 Cathi Gerson- 29:07

THE COURIER
TUESDAY, SEPTEMBER 4, 2007

SEPT. 142

Hirsimaki cleans up

FT. COLLINS, Colo — Findlay's Fred Hirsimaki won the pentathlon Saturday and won five gold medals Sunday in the 2007 Mid-America Regional Masters Track

& Field Championships held at Colorado State University.

Competing in the 80-84 age division, Hirsimaki totaled 2,793 points in the pentathlon with marks of 10-feet-6 in the long jump, 75-3 in the javelin, 42.0 in the 200, 75-6 in the discus and 8:29.0 in the 1,500-meter run.

Hirsimaki added five individual wins Sunday in the 80-meter hurdles (20.48), long jump (11-2), triple jump (22-3), high jump (3-10) and javelin (85-5).

Send Newsletter info to:

Jeff Gerson
5091 Hickory Drive
Lyndhurst, OH 44124

Officers

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VP Programs	Vince Walls
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Outdoor Practice	Jeff Gerson 440-473-0636
T/F Consultant	Paul Williams 440.605.1811
	Norman Thomas 330.425.8219
West Side Coordinator	Bob Thomas 440.899.3599

Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/29/2007
Results - Weight Pentathlon

M1-104 Weight Pentathlon

	Points	HT	SP	DT	JT	WT
----- M40 -----						
1 John Olivierre Throwers Club		26.88m 88-02	9.64m 31-07.5	24.76m 81-03	41.05m 134-08	10.33m 33-10.75
Age-Graded Mark:		29.02m	9.90m	24.76m	46.31m	11.30m
Age-Graded Percent:		33.46%	42.83%	33.42%	47.03%	43.72%
M43	2236	(335)	(480)	(362)	(534)	(525)
----- M50 -----						
1 Raymond Bzibziak Unattached		29.33m 96-03	11.27m 36-11.75	36.97m 121-03	27.15m 89-01	11.95m 39-02.5
Age-Graded Mark:		34.18m	12.92m	36.97m	34.72m	13.29m
Age-Graded Percent:		39.41%	55.9%	49.91%	35.26%	51.4%
M53	2687	(418)	(662)	(603)	(366)	(638)
----- M55 -----						
1 Joe Myers Long & Strong Throwers		33.17m 108-10	13.67m 44-10.25	35.57m 116-08	36.58m 120-00	12.28m 40-03.5
Age-Graded Mark:		43.09m	17.41m	39.07m	51.42m	14.86m
Age-Graded Percent:		49.69%	75.32%	52.74%	52.22%	57.49%
M55	3484	(563)	(938)	(646)	(610)	(727)
----- M60 -----						
1 Jerry Bookin-Weiner Unattached		40.81m 133-11	11.54m 37-10.5	40.13m 131-08	29.08m 95-05	14.93m 48-11.75
Age-Graded Mark:		57.37m	14.65m	45.07m	43.05m	17.00m
Age-Graded Percent:		66.14%	63.41%	60.85%	43.72%	65.77%
M61	3671	(799)	(768)	(768)	(486)	(850)
----- M64 -----						
2 Mickey Bitsko Unattached		43.50m 142-08	11.78m 38-07.75	35.03m 114-11	27.52m 90-03	14.05m 46-01.25
Age-Graded Mark:		61.15m	14.96m	39.34m	40.74m	16.00m
Age-Graded Percent:		70.5%	64.73%	53.12%	41.37%	61.89%
M64	3545	(862)	(787)	(651)	(453)	(792)
----- M60 -----						
3 Don Ragon Unattached		34.05m 111-08	12.39m 40-07.75	37.29m 122-04	FOUL	11.92m 39-01.25
Age-Graded Mark:		47.86m	15.73m	41.88m		13.57m
Age-Graded Percent:		55.19%	68.08%	56.54%		52.51%
M60	2832	(641)	(835)	(703)	(0)	(653)
----- M64 -----						
4 Bill Angus Unattached		22.07m 72-05	9.75m 32-00	31.85m 104-06	28.39m 93-02	9.91m 32-06.25
Age-Graded Mark:		31.02m	12.38m	35.77m	42.02m	11.28m
Age-Graded Percent:		35.77%	53.57%	48.29%	42.68%	43.66%
M64	2570	(367)	(629)	(579)	(471)	(524)
----- M60 -----						
5 Jeff Gerson Over the Hill Track Club		17.10m 56-01	6.72m 22-00.75	19.77m 64-10	21.78m 71-05	6.81m 22-04.25
Age-Graded Mark:		24.03m	8.53m	22.20m	32.24m	7.75m
Age-Graded Percent:		27.71%	36.92%	29.98%	32.74%	30%
M60	1625	(255)	(398)	(314)	(331)	(327)

Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/29/2007
Results - Weight Pentathlon

....M1-104 Weight Pentathlon

6	Ken Mallory					29.58m
	Unattached					97-00
	Age-Graded Mark:					43.79m
	Age-Graded Percent:					44.47%
	M63	497	(0)	(0)	(0)	(497) (0)

DNF	Michael Lavigna		DNS	DNS	DNS	DNS
	Over the Hill Track Club					
	Age-Graded Mark:					
	Age-Graded Percent:					
	M60		(0)	(0)	(0)	(0) (0)

	---- M65 ----					
1	John Sloan	24.27m	8.94m	28.36m	32.44m	9.90m
	Unattached	79-07	29-04	93-00	106-05	32-05.75
	Age-Graded Mark:	38.47m	13.15m	35.48m	53.51m	12.48m
	Age-Graded Percent:	44.35%	56.91%	47.91%	54.34%	48.29%
	M67	2969	(487)	(676)	(573)	(641) (592)

2	Abe Sheinker	22.15m	6.31m	14.89m	11.82m	7.27m
	Unattached	72-08	20-08.5	48-10	38-09	23-10.25
	Age-Graded Mark:	35.11m	9.28m	18.63m	19.49m	9.17m
	Age-Graded Percent:	40.48%	40.17%	25.15%	19.8%	35.46%
	M67	1682	(433)	(443)	(246)	(154) (406)

	---- M75 ----					
1	William Garrahan	26.59m	8.85m	27.79m	27.30m	11.79m
	Twilight Throwers	87-03	29-00.5	91-02	89-07	38-08.25
	Age-Graded Mark:	49.85m	13.31m	45.06m	54.86m	17.37m
	Age-Graded Percent:	57.48%	57.58%	60.84%	55.71%	67.18%
	M78	3660	(674)	(686)	(768)	(661) (871)

2	Pay Carstensen	31.57m	8.54m	21.57m	20.01m	12.76m
	Unattached	103-07	28-00.25	70-09	65-08	41-10.5
	Age-Graded Mark:	59.19m	12.84m	34.98m	40.21m	18.80m
	Age-Graded Percent:	68.24%	55.56%	47.22%	40.84%	72.71%
	M75	3448	(829)	(657)	(563)	(445) (954)

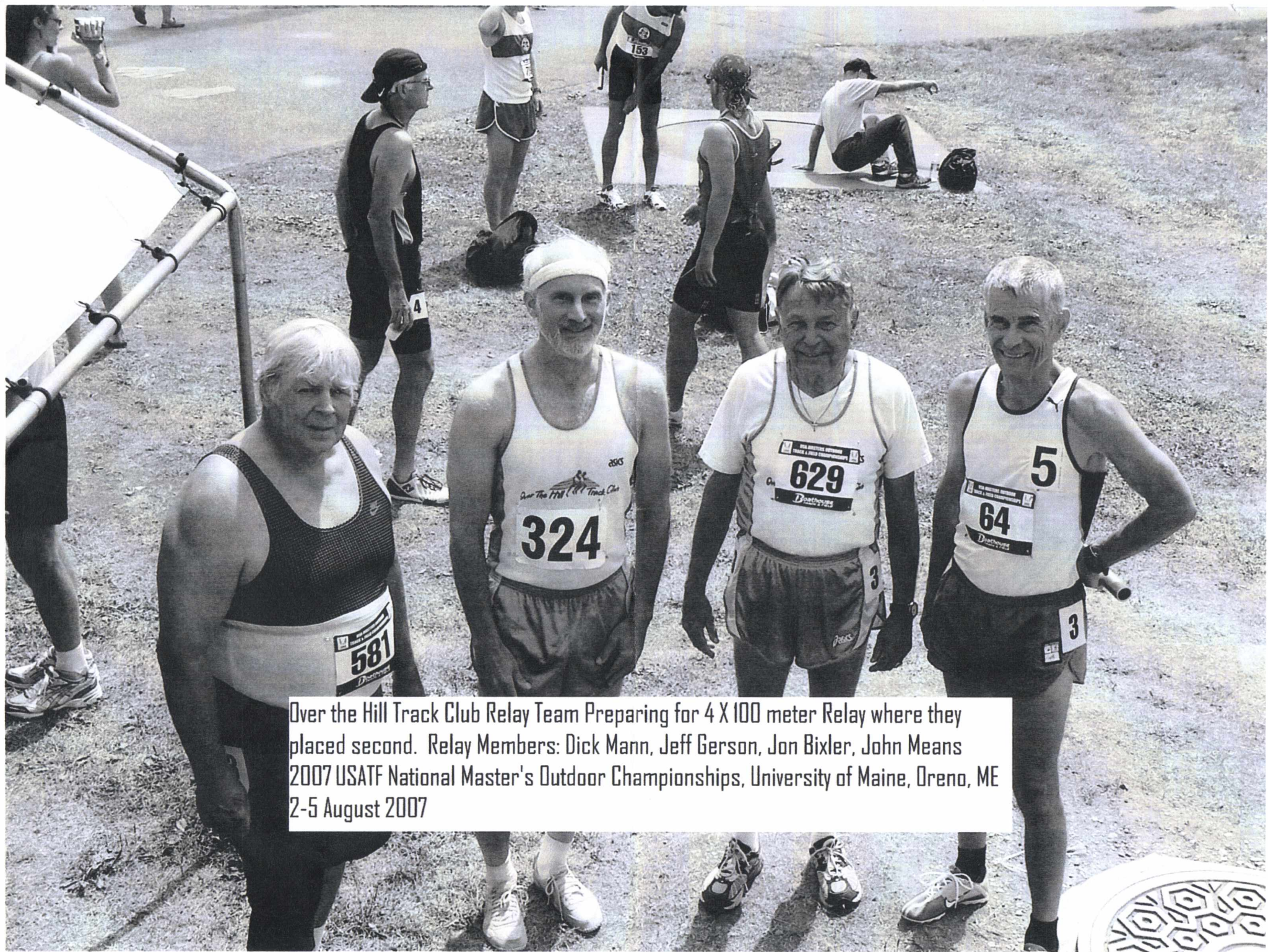
	---- M80 ----					
1	Phil Brusca	27.90m	10.47m	24.04m	22.85m	10.66m
	Unattached	91-06	34-04.25	78-10	75-00	34-11.75
	Age-Graded Mark:	54.39m	16.21m	45.75m	47.09m	16.76m
	Age-Graded Percent:	62.71%	70.13%	61.77%	47.82%	64.84%
	M80	3777	(749)	(864)	(782)	(546) (836)

2	Denver Smith	15.49m	10.02m	26.02m	28.22m	9.70m
	Unattached	50-10	32-10.5	85-04	92-07	31-10
	Age-Graded Mark:	30.20m	15.51m	49.52m	58.16m	15.25m
	Age-Graded Percent:	34.82%	67.11%	66.86%	59.06%	59%
	M81	3494	(354)	(821)	(860)	(710) (749)

Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio - 9/29/2007
Results - Weight Pentathlon

W1-104 Weight Pentathlon

	Points	HT	SP	DT	JT	WT
----- W50 -----						
1 Patsy Orosz		FOUL	6.87m	13.76m	17.10m	8.41m
Unattached			22-06.5	45-02	56-01	27-07.25
Age-Graded Mark:			9.53m	17.96m	23.33m	10.44m
Age-Graded Percent:			42.12%	23.4%	31.96%	44.24%
W54	1611	(0)	(499)	(241)	(351)	(520)
----- W55 -----						
1 Mary Hartzler		38.03m	10.45m	27.56m	22.97m	11.62m
Unattached		124-09	34-03.5	90-05	75-04	38-01.5
Age-Graded Mark:		52.27m	15.87m	39.54m	35.48m	15.80m
Age-Graded Percent:		67.89%	70.13%	51.49%	48.61%	66.97%
W58	3979	(983)	(919)	(645)	(581)	(851)
----- W65 -----						
DNF Mary Robinson				16.38m		DNS
Unattached				53-09		
Age-Graded Mark:				29.27m		
Age-Graded Percent:				38.12%		
W65		(0)	(0)	(449)	(0)	(0)
----- W80 -----						
1 Bernice Holland		15.39m	4.41m	13.97m	10.71m	5.08m
Over the Hill Track Club		50-06	14-05.75	45-10	35-02	16-08
Age-Graded Mark:		41.91m	12.73m	33.61m	32.76m	11.51m
Age-Graded Percent:		54.44%	56.25%	43.77%	44.89%	48.8%
W80	3107	(753)	(709)	(531)	(529)	(585)



Over the Hill Track Club Relay Team Preparing for 4 X 100 meter Relay where they placed second. Relay Members: Dick Mann, Jeff Gerson, Jon Bixler, John Means
2007 USATF National Master's Outdoor Championships, University of Maine, Orono, ME
2-5 August 2007

Over The Hill Track Club Members & Friends

You're Invited!

To The 2007 Annual Team Banquet and Celebration

It will be held at

The Elegant and Extravagant:

Wellington Party Center

777 Alpha Park Drive

Highland Heights OH 44143

November 11, 2007

11:00 am - 2:00 pm

*Any questions or concerns please call Jeff Gerson @ 440-473-0636
or Chip Johnson @ 216-322-2688*

HOPE TO SEE YOU THERE!!!!

Please complete and return this form by October 27, 2007

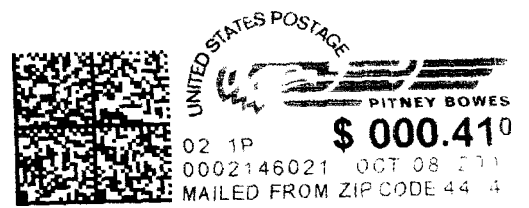
Name _____ Phone _____

Number of tickets _____ \$20.00 per ticket. Total amount enclosed \$ _____

Please make checks payable to The Over The Hill Track Club and mail to:
Mr. Jeff Gerson, 5091 Hickory Drive, Lyndhurst, OH 44124-1046

Thank You in advance for your **PARTICIPATION!!!**

Over The Hill TC
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