



November 2007

The President's Corner

Hello track and field family. The weather has turned to the chillier side and we Clevelanders know what is just over the horizon. WINTER! For us long dedicated athletes we will begin training for the 2008 track & field season sometime over the next few weeks. One thing that I have noticed is that the longer I stall in beginning my training for the upcoming year...the faster the upcoming season arrives!

Do you have your ticket for...*The 2007 Annual Team Banquet and Celebration* that will be held at the Wellington Party Center, 777 Alpha Park Drive, Highland Heights OH 44143, November 11, 2007 at 11:00 am-2:00 pm. 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, we want to see your face in the place. Call Jeff Gerson (440-473-0636) for ticket info. \$20.00 per ticket.

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

This just in... There is a Central American track & field Championship in Managua, Nicaragua November 22-24, 2007. yes, that's Thanksgiving! US athletes are invited to participate but will participate as "guests" because the US is not part of Central America, which means you would receive equivalent- place medals for first-, second-, or third-place results. Member countries are: Guatemala, Belize, Honduras, Costa Rica and El Salvador. Invited guests are all others, and they expect fairly large delegations from Mexico, Panama, Aruba, and Argentina. The registration deadline is November 16, when the entry from MUST BE RECEIVED IN THE OFFICES OF THE ORGANIZERS IN NICARAGUA by that date. Entry forms may be e-mailed to asamanic2004@yahoo.com or by fax to: (505) 240-0785.

Keep in mind, 2008 Masters Indoor Track & Field Championships *will be held March 28-30, 2008 Reggie Lewis Track & Athletic Center- Boston, Mass.*

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

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

Preparations for the 2008 Cleveland Track Classic are beginning as you read this newsletter. We are looking for ideas and suggestions, please share them with any club officer.

Run Fast! Chip Johnson

*

*

*

Welcome to our newest member! Gerald Stewart- a thrower/race walker from Cleveland.

*

*

*

Starting this month we will enclose a 2008 club membership form. Please renew your membership as early as possible, so you can continue to receive your newsletter.

RESULTS

JON BIXLER

- March 10– St. Malachi 5 mile– 36:18– 1st in age
- May 6– Madison Red Bird 5k– 21:57– 1st
- May 26– Eagle Run 5 Mile– 35:12– 1st
- June 2– Sr. Olympics Mile– 6:15.7– 1st, 800m– 2:50– 1st
- June 24– Slipping Rock 3000 unofficial 12:25.4– 1st
- July 7– Lake Erie Assoc. 1500m– 5:52– 1st
- Canadian Nationals in St. John:
 - July 28– 1500m– 5:44.9– 2nd (silver)
 - July 29– 800m– 2:49.9– 1st (gold)
- Sept 1– Westlake 5 mile– 34:24– 1st
- Sept 9– Presque Isle half marathon– 1:42:35– 2nd
- Oct 14: State 10k Championships at Youngstown Peace Race– 43:03– 1st

JOYCE PROHASKA

- Jan 26– Cedarville University 1800m Racewalk– 18:11:38
- Feb 17– 5k Chili Bowl– 31:42.8– 10:14 mile
- March 4– 7th Annual Catch a Leprechaun 15k– 1:43:10.7– Pace 11:15.7
- March 31– Independence Jog into spring 5k– 32.22.5
- April 21– Old Oak Run 5k– 32:24.35
- April 28– 10 miler Hermes Fleet Feet– 1:47:08.25
- May 6– Ambulance Chase 5k– 31:15.95
- May 20– Cleveland Marathon—half marathon walking division– 2:21:53– 2nd walker
- May 26– Eagle Run– 3 mile walk EMH Avon Lake, OH– 30:25– 2nd female
- June 2– National 10k Racewalk– Goat Island– Buffalo/Niagara Falls, NY– 1:04.00
- June 13– Northeast Running club Flag Day– 2 mile walk– 19:53
- June 24– Most Excellent 10k– 1:08.00
- National Games– Sr Olympics 2007, Louisville, KY
 - June 30– 1500m racewalk gold 8:45:65
 - July 2– 5k racewalk gold 31:10.2
- July 7– Lake Erie Association 3000m Racewalk– 18:0x
- July 21– Winking Lizard 4 miler– 40:49– pace 10:12
- July 28– Ohio Senior games Dayton Ohio
 - 5k Racewalk 30:40.7 GOLD
 - 1500m Racewalk 8:58 GOLD
- Sept 8– River Run 5k– 31:34:40
- Sept 16– New Albany 10k Walking Classic– 1:03.21– 4th female overall
- October 6– American Way USATF 5k Racewalk– Kingsport TN– 30:28 PR

CATHI GERSON

- W 55- Oct 7- Nature's Bin 5k–Lakewood- 27:52–

SCHEDULE

- Nov 11– Club Banquet
- Nov 28–Dec 2– USATF Convention
- Dec 15– Club Meeting
- Jan 20– Slippery Rock Open
- Feb 3– Slippery Rock Open

Send Newsletter info to:

Jeff Gerson
5091 Hickory Drive
Lyndhurst, OH 44124

Officers

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

Coordinators

Road Racing	Joanne Siegel 216.397.0260
Relays (Women)	Lisa Mattox 216-281-1630
Relays (Men)	Chip Johnson 216-382-8250
Race Walking	Joyce Prohaska 216.521.7966
Youth Coach	Chip Johnson 216-382-8250
T/F Consultant	Paul Williams 440.605.1811
	Norman Thomas 330.425.8219
Indoor Practice	Linda Carty 216-368-4904
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



Dick Mann, former John Carroll Track Coach, throwing the Discus at the 2007 National Master's Outdoor Championships in Orono, Maine. 4Aug07

Walking Your Way to Greatness...

...at any Age

A Senior Olympian's Journey to Staying Healthy



The winners of the 5K National Senior Olympics are from left to right: silver medalist Donna Graham, Lowell, Ohio; gold medalist Joyce Prohaska, Lakewood, Ohio; bronze medalist Betty Surratt, Fair Oaks Ranch, Texas; fourth RoseMary Sexton, Kingston, Tenn.

By Anastasia Phillips

Not everyone has the dedication and determination to brave the elements year-round in order to train and stay fit. But after listening to 57-year-old Senior Olympian gold medalist winner in race walking, Joyce Prohaska, tell her story of success, you might just give your regime an overhaul!

Joyce was not always an athlete. Coming from a small school in Brownsville, Penn., girls were not always given an opportunity to compete. "At one time in my teenage years, I

was a lot heavier, thus preventing me from doing a lot of physical things," says Joyce.

In the late 1980s, Joyce underwent an unplanned arthroscopic knee surgery to repair an injury from a car accident. The recovery process led her to aerobics and walking as a form of rehabilitation so she could regain mobility. The rest is history.

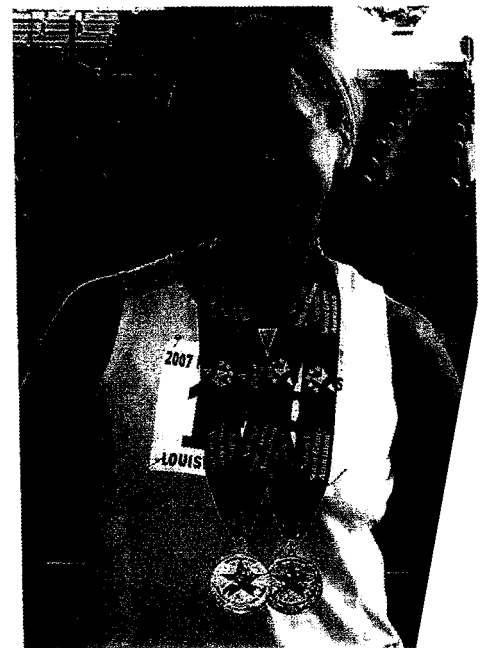
After her rehabilitation, Joyce decided she wanted to take her walking to a whole new level. An ad in the local newspaper looking for people interested in learning and training for race walking piqued her interest. Soon she began training for race walking events, competing, and winning.

"Walking allows me the opportunity to meet other walkers, maintain an active and healthy lifestyle, not to mention that it is relatively inexpensive to do," she says.

Joyce is a multiple Senior Olympics participant who has won five gold medals in national competitions. Most recently, she competed in the National Senior Olympics held in Louisville, Ken., in July where she won the two events she competed in giving her her fourth and fifth medals. She earned one gold medal in the 5K with a time of 31:10 and the other in the 1500 meter with a time of 8:45. In addition to competing in Senior Olympics events, she also enters many local northern

Ohio events and has competed in events in California, Niagara Falls, Pennsylvania, Tennessee, and Florida (Disney). She even found herself competing in Blackheath, England (just outside London) while visiting her daughter. Her medals don't come without training of course. "I do follow a schedule," she says. "I walk every day; Friday's are my low-distance training day, whereas Saturday or Sunday is a long training day, if I'm not competing."

Continued on next page.



At the National Senior Olympics held in Louisville, Ken., earlier this year, Joyce Prohaska won the Gold Medal in both 5K and the 1500 meter race walk.

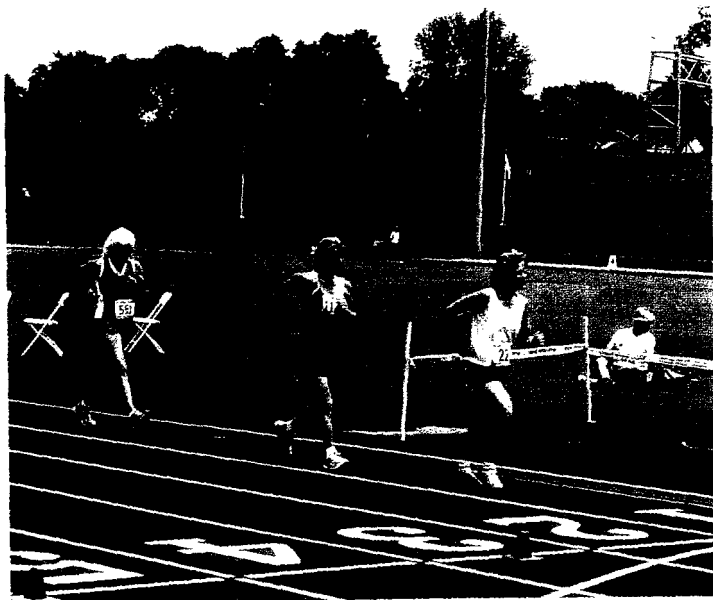
Walking to Greatness

Continued from page 3

Every week, Joyce walks at least 35 to 50 miles total, depending on the event she is training for. She is a member of USA Track & Field, Over the Hill Track Club, Buckeye Striders Walking Club, and Cleveland West Road Runners Club. She also works out with a Second Sole running group, which practices at the local track every Tuesday. She is also a pace leader for the Blue Angels, an entry level training group for runners/walkers/ race walkers with a pace of 32:00 minutes for a 5K. In addition to finding time for all her walking groups, she works out at the local YMCA three days a week with free weights, weight machines, and core (abdominal) strength workouts, and takes Jazzercise classes two days a week.

Despite her fitness schedule, Joyce still has time for her family, working at Lakewood Hospital as a coding specialist, and maintaining a real life, with her family being her biggest support team. "My husband is my most active fan. He travels with me. He is the photographer, chauffeur, time keeper, lap counter, makes sure I have a good place to eat and stay, and helps me get to all my events on time," says Joyce. And for that she is grateful.

When it comes to what motivates her every



Joyce Prohaska, in black, competes in the 1500 meter race walk at the National Senior Olympics in Louisville, Ken



After the 5K, Joyce Prohaska, center, celebrates with other Senior Olympians, Donna Graham (left) and RoseMary Sexton.

day, "I don't ask myself CAN I do it. I just go out with the attitude that I WILL do my best that day, barring the weather conditions and route I'm on, or how I'm physically or mentally feeling. I never blame any condition for a poor performance."

When it comes to preparing for an event, Joyce does consult a few different coaches with any questions she may have. One person in particular, Dave McGovern, has been there from the beginning as a source of knowledge and support. She also attends clinics, such as those taught by Bonnie Stein, to refresh her technique or learn new tips.

When asked what her most memorable moments were in a racewalking event, Joyce answered by saying, "It was the first time I placed, which was very exciting and thrilling because I had down the techniques and rules. The first win always gives you

motivation to do better and pumps you up." Joyce also considers her first trip to the Senior Olympics an unforgettable experience, as well as her trips to Niagara Falls where all the elite race walkers compete every year. "Just being on the same pavement as them is a great feeling, much like a basketball player who would love to be on the court with someone as great as LeBron James," says Joyce. "Even if there are people better than you, it is an honor, and it feels great that all your hard work has paid off because now you can be on the same playing field."

As for Joyce's future goals, she hopes to one day walk a 100 miler or go to the WMA World Championships, which were held in Riccione, Italy Sept. 4-15, 2007. The 18th WMA World Championships will be held in Lahti, Finland July-August 2009. And it is when Joyce sets her sights on goals such as these that her drive and determination push her to overcome any obstacles until her goals are reached.

Joyce is a great inspiration for anyone who second guesses their age as a determinant for race walking. Not only is the 57-year-old an athlete, she is a role model for anyone who wants to push themselves to greatness. ♦

Anastasia Phillips is a freelance writer from Columbus, Ohio and a recent graduate of The Ohio State University.

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*

I-271
EXIT 36
WEST - 1/4 MILE

*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 REX HARVEY Phone 440 339 5688

Number of tickets 1 \$20.00 per ticket. Total amount enclosed \$ 20.00

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!!!**

10/9/07

Over the Hill Track Club.

Thank-you so much Jeff,
Norm and Rex for all of your
hard work in putting the track
meet together every year. I can
really feel the spirit Norm so
embodied in the comradery of
the throwers - not to mention
the yells. Thanks to all the participants.

It's so great that such a
great guy is remembered in such
a great way.

Thank-you again.

Sue Bower +
Emma