



OVER THE HILL TRACK CLUB

JULY, 1992

NOTES FROM THE PRESIDENT

CLEVELAND TRACK CLASSIC COMMENTS:

Club members had another outstanding showing at the CTC. Both our open and masters men teams took team titles, with our masters group scoring 577 points. Our masters women took second behind Buffalo Belles & Brawn, while our open women were third. Multiple winners included Norm Bower, Joe Chadbourne, Denver Smith, Grover Coats, Rex Harvey, Bob Bridges, and Everett Hosack. Meet records wereset by Everett Hosack, Denver Smith, Julie Cole-Everett, Mary Cavicchi, Sallie Stiegelmeier, and Joe Chadbourne. Joe's 165'2" throw in the hammer is a national age-group record.

Because of major financial deficits and other problems, the Cleveland Track Classic must make several changes. We will no longer be able to give trophies to the top 6 places in each event. Awards will be given to the top 3 places, with trophies going to first place, and most likely medals to second and third. Also, due to popular demand, the masters division will be divided into 5 year age groups rather than 10 year groups. Many athletes have complained of the difficulty of competing against athletes 8 or 9 years younger, so we will go with 5 year groups. This will hopefully lead to more entries. However, twice as many groups means twice as many awards, thus we need to cut back on the amount of trophies given out. The reasons for the meet's deficit include: 1) fewer entries than usual; 2) no meet program (because no one was willing to take charge of it); and increased cost of trophies. We need to at least break even at this meet; otherwise next year's meet will be the last. Another expense is having to pay high school kids to work. This shouldn't be necessary, but we had so few club members willing to help out, that we have a need to hire people to put on OUR meet. When we go to out-of-town meets, we find members of the host club officiating the events. We should be doing the same thing. We have approximately 100 members in our club; 44 competed in the meet. Where were our other members? I would hate to see this event cancelled because of a shortage of workers.

OTHER TOPICS:

It has been my pleasure to serve as president of OTH since its inception in the 1970's. During this time our club has contributed to significant growth and development in the track and field community. We have been the only club in the northeast Ohio area to sponsor indoor meets, outdoor meets, and cross country races. We have also had major successes in the competitive arena, an achievement in which we can all take pride. I hope that we can continue to build upon our past and present achievements.

This will be my last term as president of OTH. I feel it is time for new leadership to take the reins and lead the club into the 1990's. I hope that people will now start to think about running for office when it is time for club elections in November. We need more people to become involved in the planning, organizing, and administrative areas of the club. The same 4 or 5 people can't continue to do everything. If new people don't begin to get involved, activities are going to grind to a halt. I will continue to be meet director for the Cleveland Track Classic, at least for next year, but we need a lot more help from other club members if we want this meet to continue.

I hope we can see a record number of club members at our banquet. It is always an enjoyable social gathering, and it gives us a chance to get together to plan our future and chart a course toward financial stability. See you on August 29th.

**OVER THE HILL TRACK CLUB
JULY, 1992**

NEW MEMBERS

Let's welcome new club members:

<i>Eric Bray</i>	40-49	<i>George Mirka</i>	50-59	<i>Todd Smith</i>	30-39
<i>Ed Sullivan</i>	60-69				

Let's also welcome our renewals:

Patricia Van Hook 40-49

BANQUET REMINDER:

This year's club banquet will be held on August 29th at 6:30pm at the Pewter Mug located at 13905 Cedar Avenue (same place). Following in the Newsletter is a form that you will utilize to order your meal. This form should be filled out and returned to Brenda Ellis by August 18th. If you have questions related to the banquet, contact Brenda at 226-5761.

NEW CLUB SWEATS:

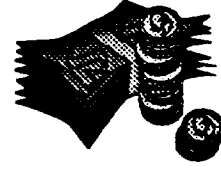
It was mentioned in a previous Newsletter that the sweats that we currently wear have been discontinued. A new sweat is available at Second Sole Athletic Footwear located at 5894 Mayfield Road, 449-8508. Grover Coats has ordered the new jacket. Lawrence and I have had a chance to see them and they are *very* attractive. More details related to the sweats will be available at the awards banquet.

STARTING BLOCK NEWS:

Do you use starting blocks? Are they always in the same place, or at least do they have the same spacing? If you manage to get them in the same place *with* the same spacing, is it correct for you? About now you're probably getting pretty annoyed with me and would like for me to get to the point. YES, I have a point. We found an article that tells you how to measure the blocks so that you get the optimal start (assuming of course that you are pushing out of the block properly). To begin you must first measure the length of your leg, NOT YOUR INSEAM. Measure from your hip bone to the floor (your hip bone is located at the top of thigh on the outside of your leg, best found by either kneeling or sitting while pressing the general area). Once you have your leg measurement to find the distance from the line to your front block, multiply your leg length by 0.55. To find the distance between your front block and back block, multiply your leg length by 0.42. For example, the length of my leg is 32". My front block should be placed 17.6" (32" X 0.55) from the starting line. My back block should be 13.44" (32" X 0.42) from my front block which also the same as 31.04" (17.6" + 13.44") from the starting line. Of course you will need to take a small tape measure with you to each meet so that your block placement is consistent and optimal. Give it a try!

**OVER THE HILL TRACK CLUB
JULY, 1992**

**VICE PRESIDENT(S) - COMMUNICATION
NEWSLETTER UPDATE**



REPORT OF CASH FLOW

<u>Remaining Funds from previous month</u>	\$ -4.20
<u>Check received (6/21/92)</u>	\$ 200.00
Beginning balance	\$ 195.80

Copying expenses (6/92)

100 Copies X 2 single sides per copy X \$0.03	=\$ 6.00
100 Copies X 15 double sides per copy X \$0.055 plus tax (7%)	=\$ 82.50 <u>6.20</u>
Total copying cost for Newsletter	- \$ 94.70

Amount remaining **\$ 101.10**

Postal expenses (6/92)

\$0.75 per Newsletter X 96 Newsletters (Note: total June Newsletter cost = \$166.70)	\$ 72.00
Membership forms sent per club members requests (3 X \$0.29)	\$ 0.87
<u>Total remaining for July Newsletter</u>	<u>\$ 28.23</u>

REPORT OF SUPPLIES

\$0.75 stamps purchased for club members & specials plus stamps remaining from previous month	96 <u>00</u>
Total beginning stamps less primary club members	96 - <u>92</u>
Stamps remaining after club members	4
Less special mailings(West Penn., WolfPack, N.M. News, Indiana Racewalkers)	- <u>4</u>

\$0.29 Stamps remaining for July Newsletter	<u>0</u>
\$0.52 Stamps remaining for July Newsletter	<u>0</u>
\$0.75 Stamps remaining for July Newsletter	<u>0</u>

**OVER THE HILL TRACK CLUB
JULY, 1992**

FROM THE MOUSE PAD OF THE SECRETARY...

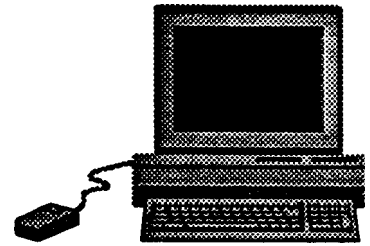
Happy July/August Birthday to....

JULY:

Rex Harvey	6th	Lawrence Finley	15th
Richard Russell	17th	Mike Drozin	21st
Robert O. Beebe	22nd		

AUGUST:

John Rutledge	14th	Patricia Finley	20th
Norman Thomas	21st	David Morgan	27th



SCHEDULE OF MEETS:

Midwest Masters Outdoor Track & Field	August 1st	David Stooke	304-736-8474
BBB Classic for Girls & Women	August 1st	Mike Cross-BBB	716-688-4219
BBB Classic for Boys & Ment	August 2nd	See Above	See Above
* Tri State Track Club-Run with the Best	August 2nd	Info. Enclosed	
+ Run for the Safety Forces 5K	August 8th		
* Dayton Masters Classic	August 8th	Info. Enclosed	
+ 13th Annual 10K Corn Run	August 8th		
+ Greater Youngstown Italian Fest. 5K	August 9th		
* Potomac Valley All Comers Meet	August 9th	Info. Enclosed	
* TAC Nat'ls Master Track & Field	August 13-16	Info. Enclosed	
+ WAVA N. American Regional T&F Champ.	August 19-23		
+ Shaker Woods Festival 5k Run	August 15th		
Tiger Track All Comers Meet	August 15th	Dennis Muller Fairview HS	216-456-2883
+ 12th Annual Flats Fun Run	August 20th		
* Richmond Ht. General Hospital Run	August 22nd	Info. Enclosed	
John Docherty Memorial Classic-5 miles	August 23rd	N. Olmstead	
* Potomac Valley All Comers Meet	August 23rd	Info. Enclosed	
UTC Open/College XCountry (Tennessee)	Sept. 4th	Bill Gautler	618-755-4782
		University Of Tenn. 625 McCallie Ave. Chattanooga, 37403	
* 17th Annual Potomac Valley Games	Sept. 6th	Info. Enclosed	
Cats in the Flats/St. Ignatius HS	Sept. 6th	1 and 5 miles	
UTC Open/College XCountry (Tennessee)	Sept. 4th	Bill Gautler	618-755-4782
		University Of Tenn. 625 McCallie Ave. Chattanooga, 37403	
UTC Open/College XCountry (Tennessee)	Sept. 4th	Bill Gautler	618-755-4782
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* - Form enclosed

+ - Form available upon request

**OVER THE HILL TRACK CLUB
JULY, 1992
WOMEN ON THE MOVE**

WHERE HAVE ALL THE WOMEN GONE??

Ladies, where are you and where have you been? I've gone to several meets this year only to find that I am either, the only female in my age group or the only female in the club present (makes for interesting relays I guess). We had a pretty active year last year and an excellent year the prior to that. Have we gotten tired? Are we no longer interested? Let's get turbo charged, let's go the Dayton Classic on August 8th and talk about it (in between relays, of course). Amazingly enough though, our club is not the only club experiencing the "where have all the women gone" blues. While chatting with other women, the few I've seen, from other clubs, they too seem to be short. One solution to the relay problem was a suggestion submitted by Patrice Thomas at the Track Classic. That suggestion was to form a women's club which includes ALL women in some geographical area, the Great Lakes Region for example. By doing this, if we are out of town competing and there are fellow Great Lakes Region women present, we can still run a relay without being disqualified. This would be especially useful at Nationals when there is always a lack of womens relays due to the stringent rules. We would still maintain membership with our home club, in our case Over The Hill, and would also compete as Over The Hill at meets. What do you think? Think about it...SEE YOU IN DAYTON!!!

OFFICERS AND AGE GROUP COORDINATORS		
<u>Club Officers</u>		
PRESIDENT	Jeff Gerson	382-2656
VICE PRESIDENT PROGRAMS	Brenda Ellis	226-5761
VICE PRESIDENT COMMUNICATIONS	Lawrence/Pat Finley	751-7187
SECRETARY	Patricia Finley	751-7187
TREASURER	Jack Brunner	659-6933
<u>Age Group Coordinators</u>		
WOMEN (All ages)	Patricia Finley	751-7187
29 & UNDER MEN	NEEDED	
30-39 MEN	Bob Thomas	252-2610
40-49 MEN	Irvin Taylor	663-7332
50-59 MEN	John Sloan	1-492-5007
60+ MEN	Jack Greenwald	327-3762
LONG DISTANCE	Bob Bridges	1-725-5664
RACEWALK	Tim Bailey	871-9590
WEIGHT THROWS	Norm Bower	273-2413

STILL WANTED!

If you know any of the following people, give them a membership as soon as possible. These people were club members in 1991 but have somehow "forgotten" to rejoin for 1992. The Wanted list is as follows:

Bob Beck	40-49	Jon Bixler	50-59	Timothy Brady	30-39
Art Close	20-29	Rich Coreno*	30-39	Pam Duncan*	40-49
Deborah Ellis*	30-39	Mike Gallagher*	30-39	Chris Horton*	20-29
Bob Kuebler*	40-49	Debbie Lancashire*	20-29	Dave Lee	40-49
Dick Mann	50-59	Warren Miller	40-49	Lenka Seda*	70-79*
Leslie Thomas	70-79	Cecil Washington	20-29	Richard Whitehead	40-49
Jeff Witherite	15-19	*-Membership form sent			

Winner of the Ohio Newspaper Association General Excellence Award: 1990, 1991, 1992

Chagrin Valley Times

July 9, 1992

90-year-old runner aims sneakers for new records

THE TIMES, JULY 9, 1992

By CALLY HASEROT

Everett Hosack may be a member of the Over-the-Hill track club, but the only hills the 90-year-old resident of Hamlet Hills in Chagrin Falls climbs is in a jogging suit and a sturdy pair of sneakers.

Mr. Hosack's passion for running began when he was a freshman at the University of Florida in Gainesville, where he earned a spot on the varsity track team in high and low hurdles and the relay team. "I achieved some amount of success and was able to participate in meets with Georgia Tech and the other colleges that were in our circuit," he said.

He then joined the New York Central Co., now Conrail, and participated in its athletic program, practicing at local high school tracks and some organized competitions, including one at the University of Syracuse, Syracuse, N.Y., in 1929.

But he didn't run competitively again for 50 years.

"The lack of any association with an organized team made it difficult to continue competing," Mr. Hosack explained.

Nevertheless, the desire to run still remained a powerful force in his life, according to Mr. Hosack. It eventually motivated him to build his own personal track in the back yard of his Highland Heights century home, where he and his wife lived for 50 years. "I planted about 300 pine trees and mowed around them to create my own track and used it to relax and unwind at the end of the day," he said.

Eventually, the day came when Mr. Hosack found a way to re-enter the world of competition. He heard about the Over-the-Hill track club, which originated in California 20 years ago and was created for athletes 55 and older who still enjoy hearing the shot of the starting pistol.

Since his first Over-the-Hill event, Mr. Hosack has gained increasing recognition. He currently holds world track and field indoor records for the long jump, shot put, hammer throw and 100-yard dash for the 85-year-and-older age group.



Photo by Doug Aylsworth

Chagrin Falls resident Everett Hosack, 90, isn't ready to slow down. A member of the Over-the-Hill track club, he holds several age-group records.

He said he is far from quitting. "I like to run, because it's an individual sport and it depends entirely on your own person and ability," he said.

Mr. Hosack practices at Chagrin Falls

High School two or three times a week and said the newly resurfaced track makes his half-mile run more enjoyable. He also walks up and down the 40 stadium stairs to complete his workout. "I know those stairs very, very well," he said.

Although Mr. Hosack admitted that, on some cold autumn days, it is hard to leave his warm bed, he said the rewards are well worth it. "When the air is nice

and fresh in the morning, running will get it way down deep in your lungs, and it feels so good," he said.


Mr. Hosack and his wife, Elsa, moved to Hamlet Hills at the beginning of May

and have found Chagrin Falls living very enjoyable, he said. "It's a beautiful place to run and retire to, and we are both very happy with it."

Senior Olympics

Akron Beacon Journal 6/12/92

● Jackson wins big again — Allan Jackson, the 65-year-old Akron chiropractor who competes in track and field events, duplicated a feat he accomplished for the first time several years ago when he won 12 first places in an Ohio Senior Olympics event at Ohio University. Jackson took firsts in the 50-, 100-, 200-, 400-, and 800-meter dashes, the 1600-metric race-walk, the shot, discus, softball and football throw, and in the running and standing long jumps. "I can't remember where or what year it was that my father won 12 first places for the first time," David Jackson, Allan's son, said. "He enters so many of these events that family members can't keep up with him." The elder Jackson, resting up while on vacation this week, also finished second in basketball free-throw shooting.



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Age doesn't matter in this track meet

By MIKE PETICCA
PLAIN DEALER REPORTER

WICKLIFFE

Today's young athlete could do worse than heed the advice of men such as 90-year-old Everett Hosack.

That's because Hosack's formula for fitness keeps him doing things that men several decades younger can only envy him for.

"Some people admire me for participating, and for striving to continue participating," Hosack, of Chagrin Falls, said after Saturday's 14th annual Cleveland Track Classic at the Wickliffe High School stadium.

"Sometimes they ask me what my secret for longevity is. I tell them I try to eat properly — eat a lot of vegetables and stay away from hard liquor. And I've never enjoyed smoking."

Hosack was one of about 40 athletes at least 60 years of age to perform in Saturday's meet, which was sponsored by the Over-The-Hill Track Club of Cleveland. Jeff Gerson, meet director and president of Over-The-Hill, said upwards of 350 athletes, ranging in age from high schoolers to Hosack, took part.

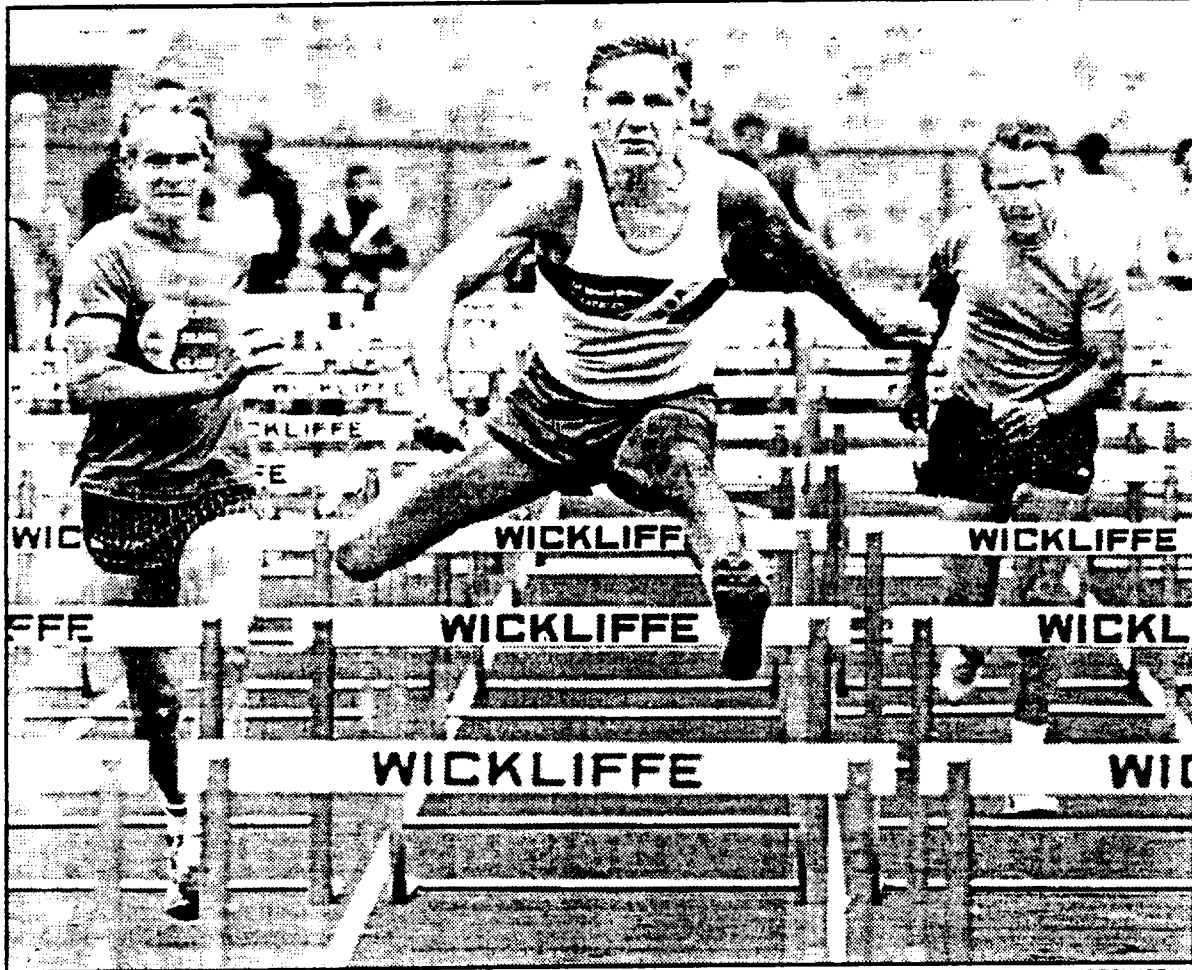
Hosack is a retired railroad worker who was on track teams at Cleveland East Tech High School and the University of Florida in the 1920s. He holds The Athletics Congress national records for men 85 to 89 in the hammer throw (58-0), long jump (10-10) and 25-pound weight throw (17-10).

He competed alone in the 90-and-above age bracket for Over-The-Hill on Saturday. He ran the 100 meters in 24.4, threw the discus 46-3 and the shot put 14-10. The latter two efforts were accomplished with his non-throwing (left) arm, since he tore the rotator cuff in his right shoulder three months ago.

"Track gives me the incentive to keep practicing, keep jogging, keep in shape," Hosack said. "That has its own rewards. You get the good breath into your lungs, and that gets the good oxygen into your bloodstream."

The example set by older athletes is not lost on those who are in their physical prime.

Russ Pernus, 19, ran on a second-place, 4x100 relay team at the Classic. While a senior at Painesville Riverside in 1991, Pernus won Division I



AP/TONY DEJAK

Denver Smith, 67, of Louisville, O., races to victory in the 60-to-69-year-old division of the 100-meter hurdles in 17.41 seconds.

state championships in the 110 and 300 hurdles. He recently transferred from Youngstown State University to the University of Indiana, where he will continue his track career.

"I just watched an older person high jumping, and I commented to some friends that it's great that the older people can keep active," Pernus said. "People are cheering them on. It doesn't matter if they win or finish last. They win just by coming out and trying."

Mary Patterson of Broadview Heights and Over-The-Hill is a 63-year old mother of five and grandmother of six. She has already qualified for the 1993 Senior Olympics in Baton Rouge, La., in the 100, 200 and 400. Saturday, she paced her age

group in the 1600-meter race walk (12:29.9).

"There's personal satisfaction. You feel so good that you can move," said Patterson. "When I get into competition, I feel competitive. It's helped me lose some weight, and it's made my stomach a little firmer. You meet a lot of nice people, too."

The Classic drew athletes from as far away as Arizona. Ed Matthews, 72, and 57-year-olds Doug Alberts and Joe Hemler drove to Wickliffe on Friday night from Maryland.

"There's a sense of accomplishment in being able to compete. We look forward to the meets. We look at the calendar and say, 'Where's the next one we're going to?'" said Alberts, a Baptist pastor who returned

home Saturday night before giving three sermons yesterday.

Alberts was first in his age group in the 100 and 400 hurdles, and Matthews led the 70-79-year-olds in the 100, 200, long jump and triple jump. Hemler finished second in the 100.

"We travel pretty much nationwide. The thrill of competition brings back old memories," Hemler said. "An underlying interest for participating is for health reasons. I lowered my cholesterol 100 points and my weight 25 pounds during my first year (1989) of doing this."

One of the older athletes set a national TAC record for his age group. Joe Chadbourne, 61, and an Over-The-Hill Club member, established a hammer-throw standard of 165-2.

35 LB. WT. THROWOPEN MEN

1. Lonnie Harris - Over The Hill...32'10½"

M40

1. Norm Bower - Over THE Hill.....40'10"
2. Allen Ray - Over The Hill.....33'3½"
3. Walter Davis - Fitness.....18'3¼"

M50

1. Edgar Evans - un.....30'10"

M60 (25 1b)

1. Joe Chadbourne - Over The Hill..49'5½"

OPEN WOMEN (16 1b)

1. Angela Coats - Over The Hill....31'3"*
2. Michelle Meeks - L. E. Comets...30'7½"
3. Jenny Hardesty - Marion.....26'2½"
4. Jeannie Gorecki - L.E. Comets...19'8"

W30

1. Nancy LaChiusa - Buffalo B&B....22'11"*
2. Marilyn Gorecki - L.E. Comets...17'10½"

W40

1. Ann Whitehead - Buffalo B&B.....26'8" *

W50

1. Dortha Swanson - Buffalo B&B....29'7½"

W60

1. Mary Thomson - Masters Sprint...26'3"

HAMMEROPEN MEN

1. Ken Kovac - un.....205'2"
2. Mike Wiesemann - Cincinnati AA..181'0"

M30

1. Mike Hambrick - un.....121'3"

M40

1. Norm Bower- Over THE Hill.....118'8"

M60

1. Joe Chadbourne - Over The Hill..165'2" *
2. Pay Carstensen - NY Masters.....127'9"
3. Ned Curran - Potomac Valley.....65'4"

OPEN WOMEN

1. Michelle Meeks - L.E. Comets.....99'6" *
2. Jenny Hardesty - Marion.....87'6"
3. Sheila Gisbrecht - L.E. Comets...61'2"
4. Jeannie Gorecki - L.E. Comets....45'2"

W30

1. Nancy LaChiusa - Buffalo B&B.....54'10"

W40

1. Ann Whitehead - Buffalo B&B.....62'2"

W50

1. Dortha Swanson - Buffalo B&B.....74'5" *

W60

1. Bernice Holland - Cleveland Mas..87'10" *
2. Mary Thomson - Masters Sprint....62'10"

JAVELINOPEN MEN

1. Greg Weitz - un.....175'11"
2. Mark Conner - un.....173'2"
3. Mark Bird - un.....167'10"
4. Rick Scott-Johnson - un.....166'3"
5. Malachi McGruder - Fitness.....150'10"

M30

1. James Hartman - un.....183'0"
2. John Ullrich - un.....159'9"
3. Rick Scott-Johnson - un.....157'9"
4. Joe Suvak - un.....97'9"
5. Vonzell Barker - DC Wildcats.....87'10"

M40

1. Armand LaFromboise - Buffalo B&B.139'10"
2. Gary Kidd - un.....118'2"
3. Jim Tomayko - un.....66'10"

M50

1. Fred Pamenter - Canadian Masters.145'1"
2. Malachi McGruder - Fitness.....143'3"
3. John Sloan - Over The Hill.....133'1"
4. Grover Coats - Over The Hill.....64'1"

M60

1. Denver Smith - Over The Hill.....107'3"
2. Richard Righter - un.....107'2"
3. Pay Carstensen - NY Masters.....104'7"
4. Mark Richards - Potomac Valley...104'0"
5. Ned Curran - Potomac Valley.....96'0"
6. Kenneth Morris - Canadian Master.91'3"

OPEN WOMEN

1. Jenny Hardesty - Marion.....113'0"
2. Sheila Gisbrecht - L.E. Comets....103'7"
3. Jeannie Gorecki - L.E. Comets.....77'10"
4. Michelle Meeks - L.E. Comets.....72'5"

W30

1. Nancy LaChiusa - Buffalo B&B.....73'6"

W40

1. Ann Whitehead - Buffalo B&B.....56'11"
2. Deborah Davis - Fitness.....55'0"
3. Marilyn Gorecki - L.E. Comets.....40'5"

W50

1. Dortha Swanson - Buffalo B&B.....58'7"

W60

1. Bernice Holland - Cleveland Mast..83'9"

SHOT PUT

OPEN MEN

1. Matt Shaughnessy - Over THE Hill..48'1½"
2. Ed Kalaher - Austintown47'6½"

M30

1. Mark Leeper - Ohio Alumni.....45'10½"
1. Michael Hambrick - un.....45'9½"
3. Vonzell Barker - DC Wildcats.....24'6"
4. Alan Krist - un.....23'2"

M40

1. Norm Bower - Over THE Hill.....36'3"

M50

1. Edgar Evans - un.....34'8½"
2. Malachi McGruder - Fitness.....31'6"

M60

1. Pay Carstensen - NY Masters.....38'5" *
2. Rudy Bredenbeck - Over The Hill...35'9½"
3. Ned Curran - Potomac Valley.....34'6"
4. Bob Peters - Wolfpack.....23'8"

M90

1. Everett Hosack - Over THE Hill....14'10" *

OPEN WOMEN

1. Jenny Hardesty - Marion.....42'0"
2. Sheila Gisbrecht - L.E. Comets....37'¼"
3. Angela Coats - Over THE Hill.....35'5½"
4. Michelle Meeks - L.E. Comets.....28'5½"
5. Jeannie Gorecki - L.E. Comets.....25'8"
6. Brenda Ellis - Over THE Hill.....25'5½"

W30

1. Pat Finley - Over The Hill.....27'10"
2. Nancy LaChiusa - Buffalo B&B.....19'5"

W40

1. Ann Whitehead - Buffalo B&B.....27'10"
2. Marilyn Gorecki - L.E. Comets....19'8½"

W50

1. Dortha Swanson - Buffalo B&B.....26'9½"
2. Sallie Stiegelmeier - Over THE H.21'1½"

W60

1. Bernice Holland - Cleveland Mast.29'8½"

DISCUS

OPEN MEN

1. Rob Higgins - un.....147'4"
2. Ed Kalaher - Austintown.....146'8"
3. Melvin Jones - un.....146'1"
4. Matt Shaughnessy - Over The Hill.130'11"

M30

1. Michael Hambrick - un.....155'0"
2. Mark Leeper - Ohio Alumni.....146'0"
3. John Ullrich - un.....120'10"
4. Joe Suvak - un.....103'10"
5. Alan Krist - un.....77'7"
6. William Clancy - Ohio Alumni.....71'5"

M40

1. Rex Harvey - un.....128'3"
2. Norm Bower - Over The Hill.....112'9"
3. Dennis Przybala - Buffalo B&B....84'8"

M50

1. Larry Pratt - un.....159'10" *
2. Edgar Evans - un.....131'8"
3. Malachi McGruder - Fitness.....107'9"
4. John Sloan - Over The Hill.....99'10"

M60

1. Rudy Bredenbeck - Over The Hill..129'10"
2. Denver smith - Over The Hill.....118'10"
3. Pay Carstensen - NY Masters.....114'8"
4. Ned Curran - Potomac Valley.....86'0"
5. Bob Peters - Wolfpack.....85'6"
6. Mark Richards - Potomac Valley...78'2"

M90

1. Everett Hosack - Over The Hill...46'3" *

OPEN WOMEN

1. Mary Domitrovich - Blue Angels...131'4"
2. Jenny Hardesty - Marion.....122'5"
3. Michelle Meeks - L.E. Comets.....111'5"
4. Sheila Gisbrecht - L.E. Comets...102'0"
5. Jeannie Gorecki - L.E. Comets....93'10"

W30

1. Nancy Lachiusa - Buffalo B&B.....59'10"

W40

1. Ann Whitehead - Buffalo B&B.....66'7"
2. Marilyn Gorecki - L.E. Comets....51'6"

W50

1. Dortha Swanson - Buffalo B&B.....68'11"

W60

1. Bernice Holland - Cleveland Mas..84'11"
2. Mary Thomson - Masters Sprint....52'9"

LONG JUMPOPEN MEN

1. Matt Young - un.....22'3½"
2. Sherron Martin - un.....21'6"
3. William Hartle - un.....20'4¼"
4. Jim Rosciszewski - L.E. Comets...20'2½"
5. Mark Bird - un.....19'9½"
6. Reggie Coats - Over The Hill.....18'6½"

M30

1. Mark Leeper - Ohio Alumni.....21'6"
2. Greg Coats - Over The Hill.....21'1"
3. Willie Price - Buffalo Pioneers..19'8"
4. Nate Matthews - South Shore.....18'10"
5. Gerald Woolfolk - Ann Arbor.....18'8¼"

M40

1. Joe Brown - Four Winds.....17'8¼"
2. Armand LaFromboise - Buffalo B&B.17'1½"
3. Irvin Taylor - Over The Hill.....13'8½"

M50

1. Grover Coats - Over The Hill.....16'1¼"
2. Jack Brunner - Over THE Hill.....14'5½"
3. Tom Hamilton - Balch St.....14'3"
4. Carlos Vernon - Buffalo Pioneers.13'5"
5. Roger Burke - Buffalo Pioneers...13'4½"
6. John Sloan - Over The Hill.....12'4"

M60

1. Bernie Smith - Canadian Masters..15'5"
2. Denver Smith - Over The Hill.....14'11½"
3. Ted Swanson - Buffalo B&B.....13'6½"
4. Fred Hirsimaki - Over The Hill...12'5"
5. Kenneth Morris - Canadian Master.12'1"
6. Mark Richards - Potomac Valley...11'11¼"

M70

1. Ed Matthews - Maryland Masters...13'5¼" *

OPEN WOMEN

1. Julie Kasprisin - L.E. Comets....15'11½"
2. Sheila Gisbrecht - L.E. Comets...15'4½"
3. Angie Coats - Over The Hill.....13'10½"

W40

1. Marie Berety - Staten Island.....14'4"
2. Josephine Cross - Buffalo B&B....13'9½"
3. Deborah Davis - Fitness.....10'11"

W50

1. Dortha Swanson - Buffalo B&B.....9'9½"

HIGH JUMPOPEN MEN

1. Jeff Armitage - un.....6'4"
2. Sherron Martin - un.....6'2"
3. Jim Rosciszewski - un.....6'0"
4. Dave Lee - un.....6'0"
Mike Rankins - un.....
6. Charlie McClough - Over The Hill.5'10"

M30

1. Greg Coats - Over The Hill.....6'4"
2. Alan Krist - un.....3'8"

M40

1. Eric Bray - Over The Hill.....5'2"
2. Irvin Taylor - Over The Hill.....5'0"
3. Allen Ray - Over The Hill.....4'8"

M50

1. Grover Coats - Over The Hill.....4'8"
2. Roger Burke - Buffalo Pioneers...4'8"
3. Doug Alberts - Maryland Masters..4'8"
4. John Martinich - Over The Hill...4'0"
John Sloan - Over The Hill.....

M60

1. Fred Hirsimaki - Over The Hill...4'2"
2. Andrew Thomson - Masters Sprint..4'2"
3. Ted Swanson - Buffalo B&B.....4'0"
Mark Richards - Potomac Valley...4'0"
5. Ned Curran - Potomac Valley.....3'4"

OPEN WOMEN

1. Tricia Bucknot - un.....5'0"
2. Michelle Meeks - Lake E. Comets..4'6"

W40

1. Deborah Davis - Fitness.....4'0"

W60

1. Pat Peterson - Syracuse Chargers.3'8" *

TRIPLE JUMPOPEN MEN

1. Matt Young.....40'4¼"
2. William Hartle - un.....39'1"
3. Charlie McClough - Over The Hill.37'5½"
4. Reggie Coats - Over THE Hill.....37'4"

M30

1. Kelly Lycan - Over The Hill.....42'10"
2. Greg Coats - Over The Hill.....39'7"

M40

1. Joe Brown - Four Winds.....36'1½"
2. Armand LaFromboise - Buffalo B&B....34'10½"
3. Allen Ray - Over The Hill.....32'10½"
4. Dwayne Cooper - un.....32'7"
5. Clarence Ray - Fitness.....32'4"

M50

1. Grover Coats - Over The Hill.....32'9"
2. Carlos Vernon - Buffalo Pioneers....30'8"
3. Roger Burke - Buffalo Pioneers.....28'0"

M60

1. Bernie Smith - Canadian Masters.....32'10½" *
2. Denver Smith - Over The Hill.....30'9"
3. Fred Hirsimaki - Over The Hill.....28'6"
4. Ted Swanson - Buffalo B&B.....27'5"

M70

1. Ed Matthews - Maryland Masters.....28'6" *

OPEN WOMEN

1. Julie Kasprisin - L.E. Comets.....32'6"
2. Angie Coats - Over The Hill.....26'0"

W50

1. Dortha Swanson - Buffalo B&B.....19'11½" *

POLE VAULTOPEN MEN

1. Tim Mack - Badger.....15'0"
2. Mark Bird - un.....14'6"
3. John Disher - un.....13'0"
4. Zane Eberlein - un.....12'0"

M30

1. Mark Leeper - Ohio Alumni.....11'0"
2. Joe Suvak - un.....11'0"
3. Mickey Kolloos - un.....10'6"

M40

1. Rex Harvey - un.....11'0"
2. Allen Ray - Over The Hill.....10'0"

M60

1. Denver Smith - Over The Hill.....8'6"
2. Fred Hirsimaki - Over The Hill.....8'0"

100 METER DASHOPEN MEN

1. Kenneth Lennon - Over The Hill....10.9
2. Troy Williams - un.....11.8
3. Jerry Matthews - South Shore.....12.1
4. Bob Flower - un.....12.2
5. Victor Maciejunas - un.....12.5
6. Scott Lowmaster - un.....14.5

M30

1. Derrick Rippy - Over The Hill.....10.9
2. Ben James - Greater Rochester....11.0
3. Jesse Thomas - Chautauqua Jets....11.3
4. Ken Fewes - Midwest.....11.4
- Cris Gibson - Atlanta.....11.4
6. Willie Price - Buffalo Pioneers...11.6

M40

1. Clarence Ray - Fitness.....11.4
2. Charles Allie - Nadia.....11.4
3. Alex Thompson - Ohio Alumni.....11.7
4. Gerald Woolfolk - Ann Arbor.....11.9
5. Robert Zimmermann - North York....12.0
6. Mike Nedd - North York.....12.1

M50

1. Carlos Vernon - Buffalo Pioneers..12.7
2. Joe Hemler - Maryland Masters....12.9
3. Jack Brunner - Over The Hill.....13.8
4. Doug Alberts - Maryland Masters...13.9
5. Tom Hamilton - Balch St.....14.0

M60

1. Bernie Smith - Canadian Masters...12.7
2. Troy Banks, Jr. - un.....13.1
3. Chuck Sochor - Midwest.....13.3
4. Ted Swanson - Buffalo B&B.....13.4
5. Jack Greenwald - Over The Hill....13.5
6. Kenneth Morris - Canadian Master.14.4

M70

1. Ed Matthews - Maryland Masters....13.7
2. Bill Weinacht - Over The Hill....13.9

M90

1. Everett Hosack - Over The Hill....24.4 *

OPEN WOMEN

1. Katonya Harding - Knight Striders.12.5
2. Teyuh Swindle - Motor City.....12.5
3. Courtney Andrassy - L.E. Comets...12.7
4. Linda Carty-Snyder - Knight Strid.13.3
5. Brenda Ellis - Over The Hill.....15.2

W30

1. Rhonda Pope - Knight Striders....12.1 *
2. Deborah Leeper - Ohio Alumni.....12.6
3. LaDonna Winston - Knight Striders.13.7
4. Mary Patterson - Over The Hill....14.4
5. Pat Finley - Over The Hill.....15.0
6. Geraldine Anthony - un.....16.2

W40

- 1. Pamela Duncan - North York.....14.4
- 2. Jo Cross - Buffalo B&B.....14.5
- 3. Marie Berety - Staten Island.....14.6
- 4. Pat Thomas - Over The Hill.....17.6

W50

- 1. Eunice Brown - Cleveland Masters...15.4
- 2. Sallie Stiegelmeier - Over The Hil.15.9
- 3. Essie Kea - Cleveland Masters.....16.4
- 4. Dortha Swanson - Buffalo B&B.....18.2

W60

- 1. Pat Peterson - Syracuse Chargers...16.2
- 2. Mary Patterson - Over The Hill.....17.9

200 METER DASH

OPEN MEN

- 1. Kenneth Lennon - Over The Hill.....23.1
- 2. Andre Christian - un.....23.4
- 3. Scott Lowmaster - un.....32.3

M30

- 1. Ed Harris - Buffalo Pioneers.....23.6
- 2. Gerald Miles - un.....24.0
- 3. Willie Price - Buffalo Pioneers....24.5
- 4. Greg Coats - Over THE Hill.....26.7
- 5. Rodney Goodman - Buffalo Pioneers..38.4

M40

- 1. Charles Allie - Nadia.....23.2
- 2. Rex Harvey - un.....24.3
- 3. Alex Thompson - Ohio Alumni.....24.5

M50

- 1. Chuck LaChiusa - Buffalo B&B.....25.2
- 2. Joe Hemler - Maryland Masters.....27.3
- 3. Grover Coats - Over The Hill.....27.8
- 4. Sid Joseph - Arizona.....28.2
- 5. Carlos Vernon - Buffalo Pioneers...29.0
- 6. Jack Brunner - Over The Hill.....29.3

M60

- 1. Bernie Smith - Canadian Masters....27.0 *
- 2. Chuck Sochor - Midwest.....27.9
- 3. Jack Greenwald - Over The Hill.....29.2
- 4. Ted Swanson - Buffalo B&B.....29.5
- 5. Andrew Thomson - Masters Sprint....30.3
- 6. Kenneth Morris - Canadian Masters..31.2

M70

- 1. Ed Matthews - Maryland Masters.....29.7
- 2. Bill Weinacht - Over The Hill.....30.8

OPEN WOMEN

- 1. Passion Richardson - L.E. Comets...25.7
- 2. Teyuh Swindle - Motor Cuty.....26.4
- 3. Sheryl Omar - Motor City.....26.6
- 4. Lameka Harper - Motor City.....26.9
- 5. Nina Carter - Nadia.....27.5
- 6. Melanie Marinelli - L.E. Comets....27.7

W30

- !. Rhonda Pope - Knight Striders.....26.6 *
- 2. Carol Asam - Ann Arbor.....31.0
- 3. Pat Finley - Over The Hill.....33.0
- 4. Geraldine Anthony - un.....36.5

W40

- 1. Jo Cross - Buffalo B&B.....30.2
- 2. Marie Berety - Staten Island.....31.4

W60

- 1. Pat Peterson - Syracuse.Chargers...34.8 *

400 METER DASH

OPEN MEN

- 1. Logan Powell - un.....50.8
- 2. Jerry Cycon - Buffalo Pioneers.....51.3
- 3. Wayne Washington - un.....51.3
- 4. Rick Maranelli - un.....52.3
- 5. Dave Lee - un.....53.4

M30

- 1. Ben James - Greater Rochester.....49.2
- 2. Cris Gibson - Atlanta.....49.7
- 3. Ed Harris - Buffalo Pioneers.....52.4
- 4. Jesse Thomas - Buffalo Pioneers....52.7
- 5. Lawrence Finley - Over The Hill....54.3
- 6. Bobby Hicks - un.....55.2

M40

- 1. Dorel Watley - Nadia.....51.3
- 2. Carter Grimmett - Fitness.....53.5
- 3. Robert Zimmermann - North York....54.2
- 4. Mike Nedd - North York.....56.4
- 5. Glennie Johnson - Fitness.....1:00.7
- 6. Norm Thomas - Over The Hill.....1:01.4

M50

- 1. Bob Bridges - Over The Hill.....1:02.6
- 2. Quent Meng - un.....1:03.7
- 3. Jerry Drummond - Summit AC.....1:04.8
- 4. Sid Joseph - Arizona.....1:06.3
- 5. Grover Coats - Over The Hill.....1:17.6

M60

- 1. Bernie Smith - Canadian Masters....1:01.3 *
- 2. Chuck Sochor - Midwest.....1:02.9
- 3. Jack Greenwald - Over The Hill....1:04.6
- 4. Ted Swanson - Buffalo B&B.....1:09.6
- 5. Kenneth Morris - Canadian Masters..1:15.8

OPEN WOMEN

- 1. Erica Shepard - Motor City.....57.7
- 2. Nina Carter - Nadia.....59.0
- 3. Cheryl Omar - Motor City.....59.8
- 4. Katonya Harding - Knight Strider.1:00.6
- 5. Shala Carter - Nadia.....1:01.9

W30

- 1. Rhonda Pope - Knight Striders....1:00.4 *
- 2. Carol Asam - Ann Arbor.....1:09.1
- 3. Geraldine Anthony - un.....1:21.3

W40

- 1. Pamela Duncan - North York.....1:07.3

W60

- 1. Pat Peterson - Syracuse Chargers.1:22.5 *
- 2. Mary Patterson - Over The Hill...1:25.5

800 METER RUN

OPEN MEN

- 1. Dextan Dixon - Buffalo Pioneers..1:57.7
- 2. Andrew Diller - un.....2:01.0
- 3. Shawn Brown - un.....2:02.2

M30

- 1. Cris Gibson - Atlanta.....2:05.9
- 2. Bob Thomas - Over The Hill.....2:07.7
- 3. Willie Speight - Ohio Alumni.....2:18.4

M40

- 1. Dorel Watley - Nadia.....2:05.7

M50

- 1. Bob Bridges - Over The Hill.....2:29.7
- 2. Jerry Drummond - Summit AC.....2:35.0

M60

- 1. Chuck Sochor - Midwest.....2:47.3
- 2. John Gullo - un.....3:40.8
- 3. Dick Smith - un.....4:42.0
- 4. Dick Cavicchi - Over The Hill....5:49.2

OPEN WOMEN

- 1. Lamika Harper - Motor City.....2:23.8
- 2. Debbie Yurth - Over The Hill.....2:25.3
- 3. Erica Shepard - Motor City.....2:27.3
- 4. Beth Collins - un.....2:35.2
- 5. Laquetta Carter - Nadia.....2:41.7
- 6. Alisa Williams - un.....3:11.1

W30

- 1. Geraldine Anthony - un.....3:15.4

W50

- 1. Sallie Stiegelmeier - Over-Hill..3:29.4 *

W60

- 1. Mary Cavicchi - Over The Hill....5:38.4 *

MILE RUN

OPEN MEN

- 1. Doug Molnar - un.....4:18.4
- 2. Keith Whitman - un.....4:19.3
- 3. Rollie Hudson - un.....4:20.5
- 4. Shaun Brown - un.....4:31.1
- 5. Sam Quirarte - Over The Hill.....4:49.6

M30

- 1. John Metz - Ohio Alumni.....4:38.5
- 2. Douglas Sedivy - Northeast RC....4:45.4
- 3. Doug Yoder - un.....4:49.4
- 4. Don Plunkett - Ohio Alumni.....5:05.0
- 5. Brian Jones - un.....5:12.0
- 6. Philip Pillin - Team Jock Stop...5:13.4

M50

- 1. George Kapsulis - Over The Hill..5:49.7
- 2. James Downey - Over The Hill.....6:20.1

M60

- 1. John Gullo - un.....7:49.1
- 2. Dick Smith - un.....8:56.4

OPEN WOMEN

- 1. Christine Schneider - Nadia.....5:52.0
- 2. Sharma Ray - Fitness.....6:14.0

W30

- 1. Julie Cole-Everett - Over-Hill...5:23.2 *
- 2. Sue Stiegelmeier - Over The Hill.6:17.6
- 3. Laura Tomayko - un.....7:28.5

2 MILE RUN

OPEN MEN

- 1. Shaun Brown - un.....10:11.4

M30

- 1. Doug Yoder - un.....10:33.6

M50

- 1. Bob Beyer - un.....11:56.8
- 2. James Downey - Over The Hill....13:39.8

M60

- 1. Dick Cavicchi - Over The Hill....27:53.3

OPEN WOMEN

- 1. Christine Schneider - Nadia.....12:12.0

W40

- 1. Ruta Kunevicius - un.....13:16.0 *

W60

- 1. Ruth Leff - Parkside.....19:13.0 *
- 2. Mary Cavicchi - Over The Hill....25:17.5

100 METER HURDLES

M50

1. Douglas Alberts - Maryland Masters.17.3
2. Ralph Hughley - Over The Hill.....17.9
3. Grover Coats - Over The Hill.....18,2

M60

1. Denver smith - Over The Hill.....17.5
2. Andrew Thomson - Masters Sprint....18.9
3. Fred Hirsimaki - Over THE Hill.....19.0
4. Mark Richards - Potomac Valley.....21.6

OPEN WOMEN

1. Melanie Maranelli - L.E. Comets....15.9
2. Jen Ballard - L.E. Comets.....17.8
3. Patti Brick - L.E. Comets.....18.3
4. Susan Gailey - un.....18.5
5. Tina Igar - un.....20.8

110 HURDLES

OPEN MEN

1. Mark Bird - un.....15.1
2. Sherron Martin - un.....15.1
3. Marty Rosciszewski - un.....15.6
4. Jerry Matthews - South Shore.....15.7
5. Joe Obeldobel - West Penn.....16.0
6. Victor Maciejauskas - un.....20.4

M30

1. Nate Matthews - South Shore.....15.5
2. Joe Suvak - un.....21.1

M40

1. Dolan Street - Fitness.....19.9
2. Walter Davis - Fitness.....20.4
3. Ralph Hughley - Over The Hill.....21.2

300 METER HURDLES

M60

1. Denver Smith - Over The Hill.....52.1 *
2. Andrew Thomson - Masters Sprint....53.7
3. Mark Richard - Potomac Valley.....1:03.1
4. Kenneth Morris - Canadian Masters..1:05.3

W60

1. Pat Peterson - Syracuse Chargers...1:11.7 *

400 METER HURDLES

OPEN MEN

1. Karl Smith - DC Wildcats.....53.5
2. Russ Pernus - un.....55.4
3. Wayne Washington - un.....1:00.4
4. Marty Rosciszewski - un.....1:02.1
5. Rick Maranelli - un.....1:05.0

M30

1. Frank Makozy - Over The Hill.....59.5
2. Nate Matthews - South Shore.....1:00.8
3. Darrell Sharp - Ohio Alumni.....1:03.4

M40

1. Dolan Street - Fitness.....1:03.9
2. Jerry Plate - Over The Hill.....1:15.6

OPEN WOMEN

1. Melanie Maranelli - L.E. Comets...1:15.5
2. Jen Ballard - L.E. Comets.....1:18.9

W30

1. Carol Asam - Ann Arbor.....1:14.0

MILE RACE WALK

M30

1. Tim Bailey - Over The Hill.....8:46.8
2. Craig Balloon - un.....10:15.8

M40

1. Don Bredle - un.....8:45.0
2. Daniel Gumbish - Wolfpack.....9:16.0
3. Gary Kidd - un.....9:21.7

W30

1. Mary Patterson - Over The Hill....12:29.0

W60

1. Mary Patterson - Over The Hill....12:29.9

4x100

OPEN MEN

1. Knight Striders.....44.3
2. Lake Erie Comets.....49.5
3. Independent.....50.3

M30

1. Buffalo Pioneers.....46.0
2. Over The Hill.....47.7
3. Ohio Alumni.....48.5

M40

1. Nadia.....46.9
2. Fitness.....48.0

M50

1. Buffalo Pioneers.....56.0
2. Over The Hill.....57.3

OPEN WOMEN

1. Knight Striders.....49.5
2. Lake Erie Comets.....50.2
3. Over THE Hill.....56.5

4x200

OPEN MEN

- 1. Knight Striders.....1:32.2
- 2. Buffalo Pioneers.....1:33.6
- 3. Lake Erie Comets.....1:36.3

M30

- 1. Buffalo Pioneers.....1:34.2
- 2. Over The Hill.....1:36.8

M40

- 1. Nadia.....1:37.1
- 2. Fitness.....1:44.3
- 3. Four Winds.....1:52.2

M50

- 1. Over The Hill.....1:57.6

OPEN WOMEN

- 1. Lake Erie Comets.....1:46.5

4x400

M30

- 1. Over The Hill.....3:41.8
- 2. Buffalo Pioneers.....3:48.7

OPEN MEN

- 1. Buffalo Pioneers.....3:33.1
- 2. DC Wildcats.....4:03.8

M40

- 1. Fitness.....3:56.7

M50

- 1. Over The Hill.....4:43.3 *

4x800

OPEN MEN

- 1. Buffalo Pioneers.....9:04.5
- 2. Over The Hill.....9:31.1

M30

- 1. Ohio Alumni.....8:43.7

M40

- 1. Fitness.....9:51.5

M50

- 1. Over The Hill.....11:02.7

OPEN WOMEN

- 1. Knight Striders.....11:38.2
- 2. Lake Erie Comets.....11:46.9

OPEN MEN

- 1. Over The Hill.....58
- 2. Buffalo Pioneers.....46
- 3. Knight Striders.....20
- 4. Lake Erie Comets.....18
- 5. Austintown.....16

OPEN WOMEN

- 1. Lake Erie Comets.....189
- 2. Motor City.....58
- 3. Over The Hill.....47
- 4. Knight Striders.....38

MASTERS MEN

- 1. Over The Hill.....577
- 2. Buffalo Pioneers.....123
- 3. Fitness.....109
- 4. Ohio Alumni.....81
- 5. Maryland Masters.....74

MASTERS WOMEN

- 1. Buffalo Belles & Brawn..198
- 2. Over The Hill.....124
- 3. Cleveland Masters.....56
- 4. Syracuse Chargers.....50
- 5. Knight Striders.....36

OUTSTANDING ATHLETE

Bernie Smith - Canadian Masters

MVP'S

Open Men - Kenneth Lennon - Over The Hill

30-39M - Ed Harris - Buffalo Pioneers
Mark Leeper - Ohio Alumni

40-49M - Dorel Watley - Nadia

50-59M - Grover Coats - Over The Hill

60+M - Denver Smith - Over The Hill
Ed Matthews - Maryland Masters

OPEN WOMEN - Melanie Maramelli - Comets
Katonya Harding - Knight Striders

MASTERS WOMEN - Pat Peterson - Syracuse Chargers
Rhonda Pope - Knight Striders



OVER THE HILL TRACK CLUB
RESULTS



Timken Mercy Health Run. 4 Miles. May 2, 1992

Jerry Plate

40-44M 28:30

Tiffin Invitational. May 17, 1992

200M

30-34W	Patricia Finley	32.7	1st
60-64W	Mary Patterson	37.2	1st
30-34M	Lawrence Finley	24.5	

400M

30-34M	Lawrence Finley	55.5	
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Lake Erie TAC Outdoor Championships. June 7, 1992

100M	Patricia Finley	15.03	5th
	Lawrence Finley	12.1	
400M	Lawrence Finley	54.8	
800M	Debbie Yurth	2:25	
Shot Put	Brenda Ellis	25' 5 1/2"	1st

Kent State Mini Meet. June 9, 1992

100M	Patricia Finley	14.84	
	Lawrence Finley	12.4	
400M	Debbie Yurth	63.7	1st
	Lawrence Finley	56.5	
4X400	Debbie Yurth	1:06.9	5:06.16
	Linda Carty-Snyder	1:10.7	
	?Linda's friend	1:30.84	
	Patricia Finley	1:17.72	

Discount Drug Mart (Medina). June 13, 1992

Patricia Finley

30-34W	60M	9.4	2nd
	100M	15.2	2nd
	200M	32.34	1st
	Shot Put	28' 6 1/2"	1st

Lawrence Finley

30-34M	Standing Long Jump	7' 11 1/2"
	200M	24.5
	400M	55.2



OVER THE HILL TRACK CLUB

RESULTS



Kent State Mini Meet, June 16, 1992

200M	Patricia Finley	32.74		
800M	Debbie Yurth	2:25??		
	Lawrence Finley	2:17		
4X400	Linda Carty-Snyder	1:08	4:34	1st
	Rhonda Pope	1:04		
	Debbie Yurth	1:05		
	Patricia Finley	1:17.4		

Ohio Sports Festival Regionals, June 1992

100M	OpenW	Brenda Ellis	15.2		
	30-39W	Patricia Finley	14.9	3rd	
		Monica Hiris	14.5	1st (Northwest Region)	
	30-34M	Lawrence Finley	11.93		
200M	OpenW	Debbie Yurth	29.3	1st	
	30-39W	Patricia Finley	32.27	2nd	
	30-34M	Lawrence Finley	24.7	7th	
400M	30-34M	Lawrence Finley	54.03	2nd	
		Paul Heyse	1:22.00	1st	(uncontested jog)
800M	OpenW	Debbie Yurth	2:22	2nd	
	30-34M	Paul Heyse	2:15.2	2nd	
Shot	OpenW	Brenda Ellis	25' 5"		
	30-39W	Patricia Finley	28' 4"	1st	

Kent State Mini Meet, June 30, 1992

200M	Patricia Finley	32.6
800M	Lawrence Finley	2:15.4
	Paul Heyse	2:13.5

Kent State Mini Meet, July 7, 1992

100M	Patricia Finley	15.16
400M	Patricia Finley	1:15.62
	Lawrence Finley	56.01
Shot Put	Patricia Finley	27' 9"

Kent State Mini Meet, July 14, 1992

800M	Paul Heyse	2:14.45
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Case Mini Meet, July 16, 1992

100M	Lawrence Finley	12.2
	Patricia Finley	14.97
Shot Put	Patricia Finley	26' 1"

OVER THE HILL TRACK CLUB
JULY, 1992



RESULTS



Ohio Sports Festival Finals, July 25-26, 1992

100M	70+M	Bill Weinacht	14.41	1st	NEW MEET RECORD!
	30-34M	Lawrence Finley	12.2	9th	
		Todd Smith	11.6	3rd	
	30-39W	Patricia Finley	14.9	4th	
		Monica Hiris	14.0	2nd	
	40-49W	Patrice Thomas	17.2	2nd	
200M	30-34M	Lawrence Finley	24.8	7th	
	OpenW	Debbie Yurth	28.3	2nd	
	30-39W	Patricia Finley	32.2	1st	
400M	30-34M	Lawrence Finley	53.74	2nd	
		Paul Heyse	56.89	6th	A PR for Paul!!
	50-59M	Grover Coats	1:00.33	1st	NEW MEET RECORD!
	60-69M	Jack Greenwald	1:06.02	1st	
800M	30-34M	Paul Heyse	2:17.53	7th	
	35-39M	Bob Thomas	2:06.00	1st	
	40-44M	Norman Thomas	2:17.00		
	OpenW	Debbie Yurth	2:28	2nd	
	30-39W	Monica Hiris	2:29.4	1st	
110MH	30-34M	Kelly Lycan	16.12	1st	NEW MEET RECORD!
LJ	45-49M	Jerry Boswell	19' 4"	1st	
Shot	30-39W	Patricia Finley	27' 10"	1st	
Discus	40-49W	Patricia VanHook	50' 8 3/4"	1st	

If you participated in some athletic event and would like to sport your results in the Newsletter, please send them to me:

Over The Hill Newsletter
c/o Patricia Finley
20610 Sunset Drive
Warrensville Heights, Ohio 44122-6342

OR

phone them in to your age group coordinators.

**OVER THE HILL TRACK CLUB
JULY, 1992**

Annual Awards Banquet

DATE: August 29, 1992
TIME: 6:30 pm
Location: Pewter Mug, 13905 Cedar Ave.

Please review menu and send your choices along with your payment to:

Brenda Ellis
 1361 Frye Avenue
 Lakewood, Ohio 44107
 If questions call 226-5761

Please submit a form for each family member or guest. One check may be written per family. Checks should be made payable to: **Over The Hill Track Club**

NAME: _____ Amount Paid: _____

MENU SELECTIONS

Appetizers:

- Tomato juice
- Choice (check one):
- Soup
- Fruit Cup

Julienne Salad and Pretzel Bagels

Entrees (check one):

- Stuffed Boneless Breast of Chicken with Poulet Sauce \$13.95 (\$17.17)*
- Broiled Scrod with Lemon Butter \$13.95 (\$17.17)*
- Prime Rib Beef au Jus \$15.95 (\$19.63)*

all entrees include:

Choice of Potato	Choice of Vegetable	Choice of Dessert
<input type="checkbox"/> Baked	<input type="checkbox"/> Cauliflour	<input type="checkbox"/> Ice Cream
<input type="checkbox"/> Double baked	<input type="checkbox"/> Carrots & Broccoli	<input type="checkbox"/> Sherbet
<input type="checkbox"/> Risoli	<input type="checkbox"/> Green Beans Almondine	<input type="checkbox"/> Pecan ball with Chocolate sauce
<input type="checkbox"/> Au Gratin	<input type="checkbox"/> Italian Mix	<input type="checkbox"/> Apple Pie
<input type="checkbox"/> Broiled Redskins	<input type="checkbox"/> Peas and mushrooms	<input type="checkbox"/> Cherry Pie
<input type="checkbox"/> Lyonnaise	<input type="checkbox"/> Carrots	<input type="checkbox"/> Peach Pie

Beverages include: Coffee, Tea, Brewed Decaf

* - Meals have 15% gratuity and 7% sales tax included, please pay this amount.

TRACK
AND
FIELD

TRI STATE



CLASSIC

TRACK CLUB

RUN WITH THE BEST



AUGUST 02, 1992 17 ANNUAL

SOUTH HAGERSTOWN HIGH SCHOOL...South Potomac St., Hagerstown, Md.
Take the Sharpsburg(Rt.65)exit off of I-70, towards Hagerstown for about 2½ miles & the school will be on the left(last school of three).

DIVISIONS: MALE & FEMALE
8 & under 19-29 60/over
9- 11 30-39
12-15 40-49
16-18 50-59

AWARDS: INDIVIDUAL
Special medallion to top three in each age group.
AWARDS: TEAMS
Trophies to first place male(39/under), first place male(40/over) & first place female overall.

NOTES:

1. ALL EVENTS ARE FINALS.
2. ALL TEAM entries must be in my hands by August 1st. No entry will be accepted without entry fee.
3. ALL individual entries must be in my hands by August 1st with entry fee. Late INDIVIDUAL entry will be accepted on race day with late fee.
4. TEAM POINTS will be awarded only to team members who enter by Aug. 1st.
5. NO CHANGES & NO REFUNDS - SO PLEASE DON'T ASK!!!!!!!!!!!!
6. No showers facilities, there will be rest rooms.
7. Age will be the day of the meet.
8. ENTRY FEE: Students(18/under) \$3 per ind. event - adults \$5 for first event & \$3 for each additional ind. event by August 1st.
LATE FEE: \$5 for each ind. event, students & adults.
RELAYS: \$10 for each team by Aug. 1st. \$12 on Aug. 2nd.
9. MAKE CHECKS PAYABLE TO: WAYNE VAUGHN, 734 W. Franklin St., Hagerstown, Md. 21740.
10. PHOTO COPY - if needed.
11. For any questions call: Wayne Vaughn at (301) 733-6076.
12. Dates of other TSTC T & F meets for 1992: June 21-28, July 12-19 at South Hagerstown H.S. at 5 P.M. Events:50-100-200-400-800-1500-3K-LJ-SP.
13. Must have your own Shot, Discus, Blocks & Bats.

ENTRY FORM

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ AGE(as of 8-2-92) _____ BIRTHDATE _____

CLUB/TEAM _____

INDIVIDUAL _____ RELAY _____

EVENTS WILL RUN AHEAD,
IF POSSIBLE!!!!!!!!!!!!

SCHEDULE OF EVENTS
SUNDAY, AUGUST 2, 1992

EVENTS WILL RUN AHEAD,
IF POSSIBLE!!!!!!!!!!!!

TIME	EVENTS	RECORDS
9:00 A.M.	3,000	9:10.04
9:30	50	5.58
10:00	Distance Medley(800-400-800-1600)	9:25.9
	LONG JUMP-followed by TRIPLE JUMP	22-8½/47-0
10:30	4X200	1:30.4
10:45	SHOT PUT-followed by DISCUS	58-2¼/147-7
11:00	400	49.6
11:30	4X100	44.51
	BREAK	
12:30	100	10.5
1:00	1500	4:05.7
1:30	200	21.74
2:00	800	1:56.9
2:30	4X400	3:34.6



PRESENT



CLASSIC 1 Mile / 4 Mile FUN
"RUN FOR THE BORDER"



DATE:	Saturday, August 22, 1992
TIME:	9:00 a.m. 4 Mile Race 9:45 a.m. 1 Mile Walk/Run
COURSE:	Start: Richmond Hts. Park Finish: Richmond Hts. High School
ENTRY FEE:	4 Mile \$8.00 / Race Day \$10.00 1 Mile \$5.00 / Race Day \$ 6.00 <i>(non-refundable)</i>

P.S. Copy
Official Printers Of
Hermes Race Systems

AGE GROUPS: 14 & Under / 15-19 / 20-29 / 30-39 / 40-49 / 50-59 / 60 & Over
AWARDS: Awards to Top 3 Male & Female Finishers Over All.
 Age Group Awards to Top 3 Male & Female Finishers.
 * Awards 5 deep in these age categories.
RIBBONS TO ALL 1 MILE FINISHERS
PROCEEDS: Richmond Heights 75th Anniversary Fund

ENTRY FORM / WAIVER

By signature, I attest that I am physically fit and sufficiently trained to participate in this event. I have full knowledge of the risks involved. Therefore, in consideration of the acceptance of my entry, I for myself, my heirs, my executors and administrators waive any and all rights and claims for damages I may have against The City of Richmond Heights, and any individuals associated with this event and will hold them harmless for any and all injuries I may suffer in connection with this event.

Name: _____ Age On Day of Race _____
 Address: _____ City _____ State _____ Zip _____
 Phone: () _____ Circle One, Race: 4 Mile 1 Mile Sex: Male Female
 T-Shirt Size, Circle One: M L XL _____
 Signature _____

Parent's signature, if under 18

Send Check Payable To:
RICHMOND HTS. 75TH ANNIVERSARY FUND
 City of Richmond Heights
 457 Richmond Road
 Richmond Hts., OH 44143

1992 ALL COMERS TRACK MEETS

T.C. Williams High School

SUNDAYS

9:00 a.m. - 12 noon

May 3, May 10, May 24, June 14, June 28,
July 12, July 26, August 9, August 23

***** FREE! *****

Exact sequence and times of these events may vary	9:00 a.m.	Field events begin: Javelin, Discus, Shotput, Weight Throws; High Jump, Long Jump, Triple Jump, maybe Pole Vault. Coaching available.
	9:00 a.m.	100/110-meter Hurdles and 400-meter Hurdles
	9:50 a.m.	One-Mile Run
		100-meter One-Mile or 1500-meter Racewalk 400-meter (about 1/4-mile) Three-Kilometer Run and Racewalk 800-meter (about 1/2-mile) 200-meter

Track: Soft composite 400-meter oval. You may use 1/4-inch spikes. Four laps to the mile. Bring your own starting blocks and batons. Bring a picnic lunch!

Results: Individual times will be recorded in all events, provided you fill out a finish card. All results will appear in POTOMAC VALLEY SENIORS TRACK CLUB monthly newsletter.

Fees: ***** Nothing! ***** FREE! ***** Courtesy of ALEXANDRIA CITY SCHOOL BOARD. Please register between 8:30 and 10:00 a.m. race day. Run as many events as you wish. We welcome donations and invite club memberships (see form below).

Prizes: Ribbons to every finisher thanks to POTOMAC VALLEY SENIORS TRACK CLUB. These meets are held to develop track & field skills among children, parents, and seniors.

Directions: From I-395, take King Street (Route 7) east toward Alexandria about two miles. Cross Quaker Lane. Park in front of High School. Take pathway behind auditorium to track. Or pass High School and turn right at Chinquapin, then right again to park in back of school.

Championship Meet: Watch for POTOMAC VALLEY SENIORS TRACK CLUB / PVAC Championship Meet Sunday, September 6, time and place to be announced. (Championship Meet will not be free.)

For More Info: Call Scott Bentley (703-451-5869) or George Guiley (703-281-3715).

Send checks to POTOMAC VALLEY SENIORS TRACK CLUB,
c/o Mil Wood, 5302 Easton Drive, Springfield VA 22151-3412 (703-941-4317)

Name _____ Phone _____

Address _____ City, ST, ZIP _____

Date of Birth / / Age Gender Best Distance(s) _____
[Month/Day/Year] [M/F] and Best Time(s) [100/200/400/800/1-mile/5K/10K/etc.]

Enclosed is \$15 for membership in POTOMAC VALLEY SENIORS TRACK CLUB (includes monthly newsletter)

Enclosed is a donation of \$ _____ to help keep the meets free

I will compete I will help _____
[Running / Jumping/ Throwing Coach, Timer, Lap Counter, Meet Director, etc.]

Expect me on: May 3 May 10 May 24 June 14 June 28
 July 12 July 26 August 9 August 23 September 6 (not @ TC)

Signature _____ Date _____

Note: This is not a registration form. Registration is free. Please register 8:30 - 10:00 a.m. race day.

Potomac Valley Seniors Track Club presents the

17th ANNUAL POTOMAC VALLEY GAMES

SUNDAY, SEPTEMBER 6

T.C. Williams High School

Alexandria, Virginia

featuring the

Potomac Valley Athletics Congress 1992 Masters' Championships

Running Events:

9:00 a.m.	400 Meter Hurdles
9:20 a.m.	100 Meter Trials
10:00 a.m.	5000 Meter Run Finals
10:30 a.m.	3000 Meter Walk Finals
11:00 a.m.	100 Meter Semi-Finals
11:25 a.m.	800 Meter Finals
11:50 a.m.	High Hurdles Semi-Finals
12:00 a.m.	400 Meter Semi-Finals
12:15 a.m.	100 Meter Finals
1:00 p.m.	200 Meter Semi-Finals
1:45 p.m.	High Hurdles Finals
1:55 p.m.	400 Meter Finals
2:15 p.m.	1500 Meter Finals
2:45 p.m.	200 Meter Finals
3:00 p.m.	1600 Meter Relay (4x400)
3:15 p.m.	400 Meter Relay (4x100)

Field Events:

9:00 a.m.	Hammer (held at nearby field)
9:30 a.m.	Long Jump and Pole Vault
10:30 a.m.	Javelin
12:30 p.m.	Discus (Women, Youth, Men over 60)
12:30 p.m.	Shotput (Men under 60 First)
1:15 p.m.	High Jump and Triple Jump

Entries for each event close one hour before the event. Enter at least one hour before your event.

Order of events:

Women first, then men, by ascending age group.

Trials may be converted to finals, depending on attendance.

Sanctioned by: The Athletic Congress. Open to competitors of all ages.

Awards: Medals for first three places in each 5-year age group (or 10-year group, if there are fewer than 3 competitors in an event) T-Shirts will be on sale.

Track: All-weather four-lane 400-meter track. Short spikes only. Bring your own starting blocks. Javelin off grass. Weights off cement pad.

Directions: From I-395, take King Street (Route 7) east toward Alexandria about two miles. Cross Quaker Lane. Park in front of High School. Take pathway behind auditorium to track. Hotels and Motels are available in Alexandria and Arlington.

Entry Fees: \$4.00 for the first event; \$3.00 for the second event; \$2.00 for each additional event. \$8.00 per relay team. 14 & Under: \$2.00 per event. Race day entry penalty \$1.00 per event except relays. \$2.00 penalty per relay. Please pre-register (see form below). TAC registration required for TAC Championship Events - PVAC Athletes Only.

For More Info: Call Sal Corrallo, Potomac Valley Seniors Track Club, (703) 243-1280.

Mall to PVSTC, SHARON GOOD, 12521 Eastbourne Drive, Silver Spring, MD 20904

Name _____ Phone _____

Address _____ City, ST, ZIP _____

Date of Birth ____/____/____ Age 9/8/92 _____ Gender ____ TAC Number _____
[Month/Day/Year] [M/F]

Signature _____ Date _____

Event 1 _____ Expected Mark: _____ @ \$4.00 _____

Event 2 _____ Expected Mark: _____ @ \$3.00 _____

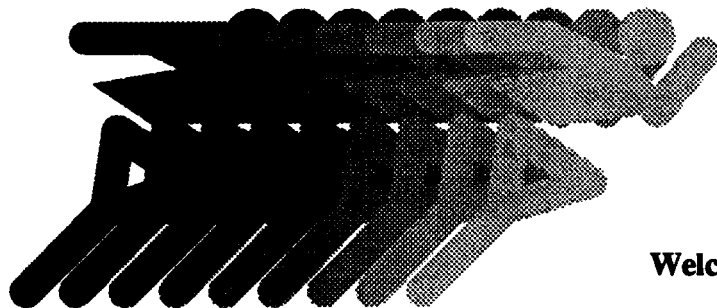
Event 3 _____ Expected Mark: _____ @ \$2.00 _____

Event 4 _____ Expected Mark: _____ @ \$2.00 _____

Please make checks payable to PVTSC. Total: _____

The Dayton Masters Track Club Inc. of Dayton, Ohio

2nd Annual Dayton Track Classic



**Sponsored by the Dayton Division of
Recreation and Parks**

Sanctioned by the Athletic Congress

August 8, 1992

Welcome Stadium - On Edwin C. Moses Blvd, South

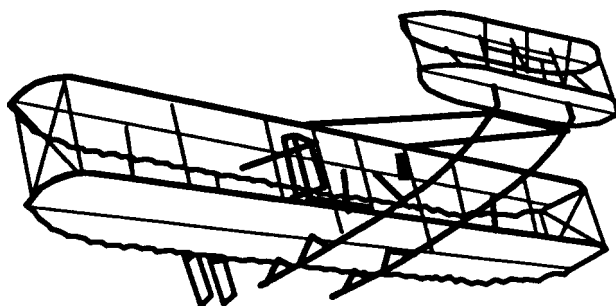
DIVISIONS: Five Year Age Divisions

1. Open Men and Women (Ages 19-29)
2. Masters Men and Women (Ages 30-80+)

AWARDS: Trophies - 1st, 2nd, and 3rd Place

SPECIAL NOTES:

1. All competitors must have a 1992 TAC Card
2. All events are finals, and run against time
3. Entries must be received no later than July 31, 1992
4. Late entries at registration table - 7:30 - 8:30 am - August 8, 1992
- * 5. Registration limited to four individual events (Does not include relays)
6. Registration will be closed 1/2 hour before start of event (at the discretion of the meet director)
7. Long Jump, Triple Jump, Shot Put and Discus - All competitors will receive 3 attempts
8. All weather fast tartan track
9. Entry fee \$10.00 - 1st Event and \$4.00 each additional event
10. Late entry fee \$12.00 - 1st Event and \$5.00 each additional event
11. Age as of August 8, 1992
12. Relays \$12.00
13. Sanitary facilities - No showers
14. No refunds



**Questions: Please call Dayton Division of Recreation and Parks at
(513) 263-8400 between 8:00 am - 4:00 pm or
Bob Jones at (513) 837-2754 after 7:00 pm**

Schedule of Events

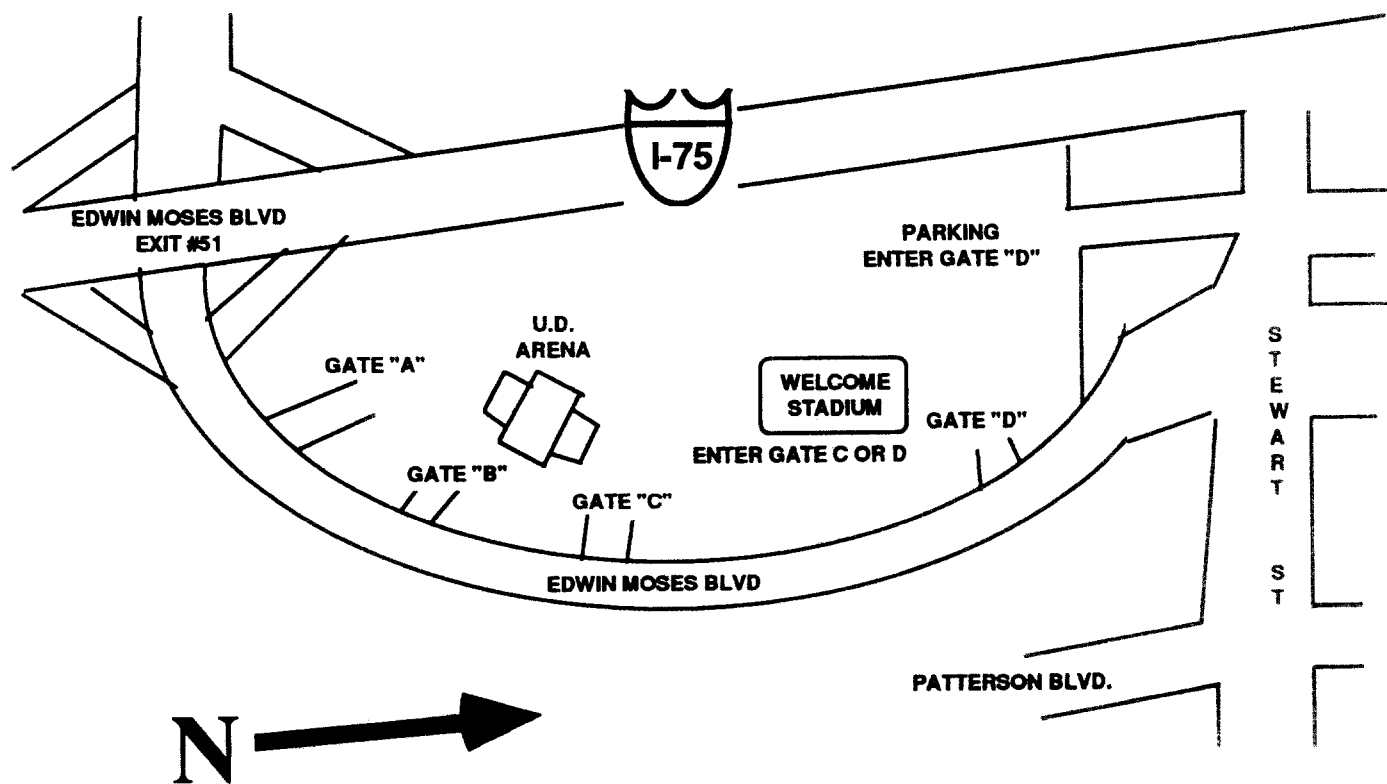
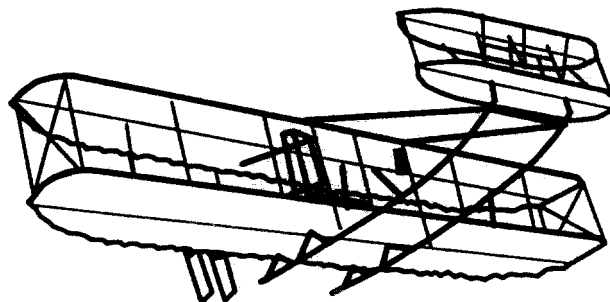
Women Before Men, Oldest to Youngest

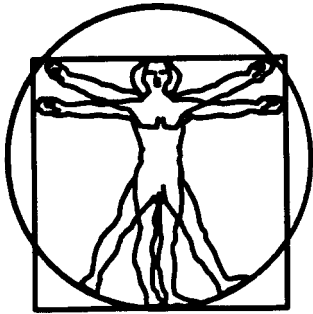
Track Events

- 9:00 am 1500 Meter Walk
- 9:30 am 3000 Meter Run
- 10:30 am Hurdles
- 11:15 am 100 Meter Dash
- 12:00 800 Meter Run
- 12:30 Lunch**
- 1:15 pm 4 x 100 Meter Relay
- 1:45 pm 400 Meter Dash
- 2:15pm 1500 Meter Run
- 2:35 pm 200 Meter Dash
- 3:15 pm 4 x 200 Meter Relay

Field Events

- 9:00 am Shot Put
- 9:00 am High Jump
- 9:00 am Long Jump
- 1:00 pm Discus
- 1:00 pm Pole Vault
- 1:00 pm Triple Jump

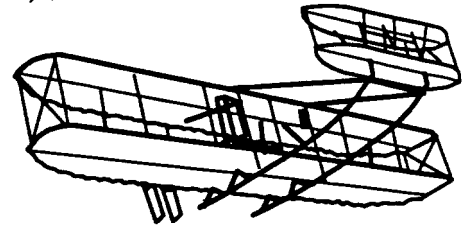




Dayton Masters Track Club Inc.
2nd Annual Dayton Track Classic
Entry Form

Entry Fee \$10.00 1st Event, \$4.00 Each additional Event.
Relays \$12.00. Entries must be received by July 31, 1992.
Late entries after July 31, 1992, \$12.00 1st Event, \$5.00 each additional event.

Send Check and Entries to:
Dayton Masters Inc.
7567 Roselake Drive
Dayton, Ohio 45414



Name _____ Club _____ TAC # _____

Address _____ City, State, Zip _____

Phone _____ Date of Birth _____ Sex _____ Age _____

Event	Best Recent Time
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

Relay Entry Form

Club _____ Age-Division _____ Event _____

Names of all relay members _____

Club _____ Age-Division _____ Event _____

All competitors must complete waiver

WAIVER FOR ALL EVENTS

In consideration for acceptance of my entry in the Dayton Track Classic, I do hereby for myself and anyone entitled to act in my behalf, waive and release The Dayton Masters Track Club Inc. of Dayton, Ohio and all sponsors, their representatives and successors from all claims or liabilities of any arising out of my participation in this event.

Date _____ Signed _____

HOTELS

Dayton Marriot - 513-223-1000
1414 S. Patterson Blvd. (1/4 mile across the river)
Dayton, Ohio 45409

Country Inn - 513-224-9911
404 W. 1st St. (Downtown 3-4 miles)
Dayton, Ohio 45402

Days Inn - 513-223-7131
330 W. 1st St. (Downtown 3-4 miles)
Dayton, Ohio 45402

Daytonian Hilton - 513-461-4700
Ludlow & Third St. (Downtown 3-4 miles)
Dayton, Ohio 45402

Stouffer Hotel - 513-224-0800
E. Fifth St. & S. Jefferson St. (Downtown 3-4 miles)
Dayton, Ohio 45402

MOTELS

La-Quinta Motor Inn - 513-223-0166
2140 Edwin C. Moses Blvd. (1/4 mile)
Dayton, Ohio 45408

☞ Holiday Inn South - 513-294-1471
2455 Dryden Rd. (3 1/2 miles)
Moraine, Ohio 45439

Knights Inn - 513-859-8797
185 Byers Rd. (5-6 miles)
I-75 at S.R. 725

Signature Inn - 1-800-822-5252
250 Byers Rd. (5-6 miles)
Miamisburg, Ohio

Over The Hill Track
Patricia B. Finley
20610 E Sunset
Warrensville, OH 44122



Rex Harvey
2661 Euclid Hgts Blvd.
Cleveland Hts., Ohio 44106
92

Newsletter Results...

TO: Over The Hill Newsletter
c/o Patricia Finley
20610 Sunset Drive
Warrensville, Ohio 44122-6342

NAME: _____ Age Group: _____

MEET: _____ DATE: _____ SEX: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____