



OVER THE HILL TRACK CLUB

MARCH, 1993

Let's welcome our new 1993 members:

Bradley J. Green 30-39 Andy Meyers 30-39 Gary Siegmund 40-49

Let's welcome our 1993 renewals:

Edith Barrett	50-59	Jim Barrett	60-69	Bill Carey	60-69
Angela Coats	15-19	Bernice Coats	50-59	Grover Coats	50-59
Gregory Coats	30-39	Reginald Coats	15-19	Carl Klehm	50-54
Nick Salupo	40-49	Todd R. Smith	30-39	Edward Sullivan	60-69
Gary S. Sutton	30-39				

CLEVELAND TRACK CLASSIC:

At this point we do not have a facility at which to hold the Track Classic. We are currently looking at Lakewood High School. If anyone has access to a facility with 2 runways and space to throw the shot put, discus and javelin. We need your help to keep this meet going. If you have ideas for facilities, contact Jeff Gerson at 382-2656.

1993 OFFICERS AND AGE GROUP COORDINATORS

Club Officers

PRESIDENT	Geoffrey Packer	371-2822
VICE PRESIDENT PROGRAMS	Rodney Wilson	921-5651
VICE PRESIDENT COMMUNICATIONS	Patricia Finley	751-7187
SECRETARY	Patricia Finley	751-7187
TREASURER	Jack Brunner	659-6933

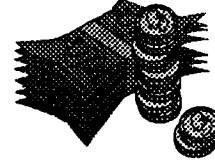
Age Group Coordinators

WOMEN (All ages)	Patricia Finley	751-7187
29 & UNDER MEN	Jeff Gerson	382-2656
30-39 MEN	Bob Thomas	252-2610
40-49 MEN	Norman Thomas	425-8219
50-59 MEN	John Sloan	1-492-5007
60+ MEN	NOT FINAL	
LONG DISTANCE	Bob Bridges	725-5664
RACEWALK	Tim Bailey	1-327-1641
WEIGHT THROWS	Norm Bower	273-2413

**OVER THE HILL TRACK CLUB
MARCH, 1993**

Officer/Age Group/Event Coordinator Reports

**VICE PRESIDENT - COMMUNICATION
NEWSLETTER UPDATE**



REPORT OF CASH FLOW

<u>Remaining Funds from previous month</u>	\$ 228.29
<u>Check received</u>	\$ 000.00
Beginning balance	\$ 228.29

Copying expenses (2/93)-

80 Copies X \$0.04 single sided X 9 pages	= \$ 28.80
80 Copies X \$0.01 double sided X 8 pages	= \$ 6.40
29 Copies X \$0.05 (to make original)	= \$ 1.45

sub total copies	\$ 36.65
plus tax (7%)	2.57
Total copying cost for Newsletter	\$ 39.22

Amount remaining \$ 189.07

Postal expenses (2/93)

\$0.52 per Newsletter X 72 Newsletters	\$ 37.44
Age group listings to Coordinators	\$ 0.00
Membership forms sent (0 X \$0.29)	\$ 0.00

Total Postage \$ 37.44

Total remaining for March Newsletter \$ 151.63

REPORT OF SUPPLIES

\$0.52 stamps purchased for club members & specials	72
plus \$0.52 stamps remaining from previous month	<u>00</u>

Total beginning stamps	72
less primary club members (74 primaries less 1 Finley and 1 Gerson)	<u>- 69</u>

Stamps remaining after club members 3	3
Less special mailings(W Penn., WolfPack,N.M.N.)	<u>- 3</u>

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

Input to the April Newsletter must be received by April 2nd.

OVER THE HILL TRACK CLUB MARCH, 1993

FROM THE MOUSE PAD OF THE SECRETARY...

Happy February/March/April Birthday to....

FEBRUARY:

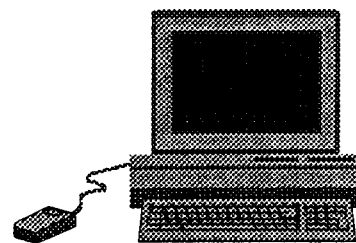
Sook Yeng Wilson	7th	John Goodall	10th
Celeste Miller	12th	Allen Ray	13th
George Campbell	18th	Hal Mayhew	20th
Geoffrey Packer	20th	Angela Coats	22nd
Jim Pauli	22nd	Everett Hosack	28th
Gary Sutton	28th		

MARCH:

George Kapsulis	5th	Elizabeth Cavicchi	11th
Ed Hoyle	17th	Frank Makozy	17th
Buzzy Hood	19th	James Joseph	24th
Joan Gibson	26th		

APRIL:

Bob Bridges	2nd	Glenn Hasek	9th
Bill Carey	11th	Irvin Taylor	14th
Mary Patterson	19th	Jerry Plate	27th



SCHEDULE OF MEETS:

Four Winds Track Club Indoor Meet	March 21		Robert Morris College
National Masters Indoor Championships, Bozeman, Montana	March 19-21	Bob Sager	545 Coulee Dr. Bozeman, Mont. 406-587-1141
Midwest Masters T&F Meet	March 27	See above	See above
Slippery Rock University Early Bird Meet (Outdoors)	March 27	Frank Makozy	See above
Midwest Masters T&F Meet	April 7	See above	See above
Slippery Rock University Open Meet	April 17	Frank Makozy	See above
TAC National Master 56# Weight Throw, Woodstock, Illinois	April 17		
Midwest Masters T&F Meet	April 21	See above	See above
Penn Relays	April 23-25		
Baldwin-Wallace College Invitational College/Post Collegiate	May 1	Bill Taraschke	Berea, Ohio 44017 216-826-2184
Slippery Rock University Open Meet	May 6	Frank Makozy	See above 419-847-1125
Marauders Track & Field Classic	May 8	Harold Martin	P.O Box 44 Dayton, Ohio 45428
North Coast Relays	May 9	Geoff Packer	216-371-2822
Revco 10k and Marathon	May 16	See enclosed	See enclosed
Columbus Track & Field Classic	May 23	Curtis Stitt	P.O Box 09147 Columbus, OH. 43209 614-237-6513
Ohio T&F Open & Masters Championships	June 5	John Blakely Cedarville College	2137 Yourktown Ct Fairfield, Oh 45014 513-829-3565
Kent State Mini Meet	June 8	Rud O'Donnell	Athletic Dept. Kent, OH 44242 216-672-3717

OVER THE HILL TRACK CLUB MARCH, 1993

SCHEDULE OF MEETS:

Cleveland Track Classic	June 12	Jeff Gerson	216-382-2656
Kent State Mini Meet	June 15	See above	See above
Kent State Mini Meet	June 22	See above	See above
Kent State Mini Meet	June 29	See above	See above
Ohio Sports Festival Regionals	June 26,27	Larry Siefert	842-2142
BBB, Niagara Masters Championships	July 3	Chuck La Chiusa	See Above
Kent State Mini Meet	July 6	See above	See above
Kent State Mini Meet	July 13	See above	See above
Ohio Sports Festival Finals	July 17,18		
Wayne-Russell Track Meet	July 30	Frank Parks	Form will be included in future Newsletter
Midwest Masters T&F Championships	July 31	See above	See above
BBB Classis for Girls and Women	July 31	Chuck La Chiusa	See Above
BBB Classic for Boys and Men	August 1	Chuck La Chiusa	See Above
TAC National Masters Outdoor Championships, Provo, Utah	August 11-14		
TAC National Master Weight Pentathlon, Woodstock, Illinois	September 25		
Over The Hill Cross Country Meet	October 3	Jeff Gerson	University School
WAVA World Championships, Miyazaki, Japan	October 7-17		

* Form Enclosed

WOMEN ON THE MOVE

Relay Talk

March 21st is coming and I want to see you there. We need to be ready for the outdoor meets and the relays. Unfortunately, the only relay available at this meet is the mile relay and at this point we don't appear to have enough 400 meter runners planning to attend. Looking ahead, the North Coast Relays has a 4 X 100, 4 X 200, 4 X 400 and a Sprint Medley (100, 100, 200, 400). We can begin to build those teams now, I will throw out a few suggestions (Angie and Celeste are not listed due to school track, if you can run on Sunday, let me know):

<u>4 X 100</u> (Masters 40+)	<u>4 X 200</u> (Open)	<u>4 X 400</u> (Open)	<u>Sprint Medley</u> (Masters 30+)
M. Patterson	T. Stepanek	T. Stepanek	J. Jackson(100)
P. Thomas	D. Yurth	D. Yurth	P. Thomas(100)
Sa. Stiegelmeier	P. Finley	P. Finley	D. Ellis(200)
J. Jackson	D. Ellis	D. Ellis	Su. Stiegelmeier(400)
 <i>Alternates.</i>	 (Masters)	 (Masters)	 (Masters 40+)
M. Cavicchi	P. Thomas	B. Iorfido	M. Patterson(100)
P. Finley	C. Gerson	J. Cole-Everett	Sa. Stiegelmeier(100)
	Sa. Stiegelmeier	E. Strauss	C. Gerson(200)
	M. Patterson	Su. Stiegelmeier	E. Strauss(400)

Alternates:
M. Cavicchi (100)
P. Finley (200)
B. Iorfido (400)
J. Cole-Everett (400)

**OVER THE HILL TRACK CLUB
MARCH, 1993**

RESULTS!!!

Midwest Masters Track Meet, February 14, 1993, Cincinnati, Ohio

55M

30-34W	Patricia Finley	8.44	2nd	
30-34M	Lawrence Finley	7.19		Prelims.
	Rodney Wilson	7.12		Prelims.
		6.79	5th	Finals
50-54M	Grover Coats	7.6	2nd	
65-69M	Jack Greenwald	7.83	2nd	

55MH

50-54M	Grover Coats	10.02	1st
	John Sloan	10.73	2nd
65-69M	Fred Hirsimaki	10.8	1st

200M

30-34W	Patricia Finley	32.21	2nd
35-39W	Debbie Ellis	40.95	4th
30-34M	Lawrence Finley	25.3	4th
	Rodney Wilson	25.61	5th
50-54M	Grover Coats	27.75	2nd
65-59M	Jack Greenwald	28.52	2nd

400M

35-39W	Debbie Ellis	1:32	3rd
30-34M	Lawrence Finley	55.35	2nd
50-54M	Grover Coats	1:03.32	1st
65-59M	Jack Greenwald	1:06.34	2nd

800M

55-59M	Joe Fodor	2:21.9	1st
65-69M	Fred Hirsimaki	3:25.2	1st

1500M

55-59M	Joe Fodor	4:46.5	1st
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3000M

55-59M	Joe Fodor	10:31.7	1st
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Shot Put

30-34W	Patricia Finley	24' 11 3/4"	2nd
40-44M	Norm Bower	37' 7"	2nd
50-54M	John Sloan	34' 1"	2nd

Triple Jump

65-59M	Fred Hirsimaki		1st
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Pole Vault

50-54M	John Sloan		1st
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Weight Throw

50-54M	John Sloan	19" 1/4"	2nd
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Long Jump

50-54M	Grover Coats	17' 8"	1st
65-69M	Fred Hirisimaki	13' 9 1/2"	1st

**OVER THE HILL TRACK CLUB
MARCH, 1993**

RESULTS (continued)

City of Palms Senior Festival, Fort Myers, Florida, January 30, 1993

Gene Abdenour 75-79M

50Yd	7.4	1st
100Yd	15.2	1st
220Yd	35.4	1st
440Yd	1:46.4	1st

Slippery Rock All Comers Meet, February 12, 1993

Paul Heyse 30-34M

220Yd	27.86	4th
440Yd	1:00.13	3rd

Step into Spring Stair Climb, Erieview Tower, 38 Floors, February 19, 1993

35-39M	Tim Bailey	5:01.1	4th	48 seconds faster than 1992!!!
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Ohio TAC Open and Masters Meet, Cincinnati, Ohio, February 28, 1993

55M

30-34W	Patricia Finley	8.18	3rd	PERSONAL BEST!!!!
30-34M	Lawrence Finley	7.4	5th	

200M

30-34W	Patricia Finley	32.21	3rd
35-39W	Debbie Ellis	39.0	2nd

800M

OpenW	Therese Stepanek	2:29.3	1st
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1500M

OpenW	Therese Stepanek	5:26	1st
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Shot Put

30-34W	Patricia Finley	7.9Meters	2nd
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John Sloan and Joe Fodor, PLEASE SEND ME YOUR RESULTS!!

Eastern Masters Indoor Regional Championships, Bethlehem, Pa., March 7, 1993

Jim Pauli 50-54M

Shot Put	35' 6"	3rd
35# Weight Throw	42' 4"	1st

JACK MORTLAND RACEWALKS CLINIC

MIDEAST REGIONAL USA CHAMPIONSHIPS
Men - 20 Km, Women - 10 Km Youth - 2.5/5/10 Km
Columbus, Ohio, April 3-4, 1993

DATE: Sunday, April 4, 1993

HOST: Wolfpack Track Club, Columbus, Ohio

PLACE: Whetstone Park near main parking lot. Enter park at Hollenback from N High St, US 23 in NW Columbus. Three miles north of the Ohio State University campus.

PROGRAM: An officiated women-racewalkers 10-km-race starting at 8:00 a.m.
An officiated girl-racewalkers 2.5 / 5-km-race at 8:00 a.m.
An officiated men-racewalkers 20-km-race starting at 9:30 a.m.
An officiated boy-racewalkers 2.5 / 5 / 10-km-race at 9:30 a.m.
An unofficiated fun 5-km racewalk for all ages starting at 11:45 a.m.

SANCTION: Ohio Association of USATF - event subject to the USATF drug testing program.

CERTIFIED COURSE: 2.5-km out-and-back loop on a paved, riverside bikeway [OH 88012 PR].

ELIGIBILITY: All participants must have a 1993 USATF Membership Number; sign up with your home USATF Association or purchase at the race. (only USATF member clubs may enter the team competition; funwalkers do not have to be USATF members but must register.)

T-SHIRTS: Jack Mortland Racewalks T-shirt available at the meet for \$8.00 each.

INDIVIDUAL AGE GROUPS: Youth: 2.5 km - 7-8, 9-10, 11-12; 5 km - 13-14, 15-16, 17-18
Adults: 19&U, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, etc

INDIVIDUAL AWARDS: TAC medals to the top three race walkers per age group;
Special Plaques for the Open and Masters Champions; funwalkers and other finishers will receive a Victory medal.

TEAMS: Best 3 of 5 athletes TEAM AWARDS: Plaque to each first place team

TEAM CATEGORIES: Open Women, Open Men INFORMATION: [614]-459-2547

TEAM ROSTERS: identify on race day TEAM SCORING: aggregate time of top three athletes

ENTRY FEE: \$8.00 before 4/1/93; \$10.00 on race day; Funwalk - half price

REGISTRATION: Opens at 7:00 a.m. RESULTS: mailed to all entrants

MAKE CHECKS PAYABLE TO: John White, Wolfpack Track Club

RACEWALK MEET DIRECTOR: John White, 4865 Arthur Place, Columbus, Ohio 43220.

OFFICIAL ENTRY FORM - SUBMIT TO THE RACEWALK MEET DIRECTOR

NAME: _____ GENDER: _____ PHONE: _____

ADDRESS: _____ CITY/STATE _____ ZIP: _____

AGE AS OF 4-4-93: _____ BIRTHDATE: _____ CLUB: _____

RACE ENTERING (circle): Women-10km Men-20km Girls Boys Funwalk

1993 USATF NUMBER: _____ (not required for funwalk entries)

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, AND ASSIGNS WAIVE AND RELEASE ANY AND ALL CLAIMS FOR DAMAGES, INCLUDING CONSEQUENTIAL, I MAY HAVE AGAINST THE WOLFPACK TRACK CLUB, ITS MEMBERS, THE SPONSORS, THE RACE COMMITTEE, THE RACE OFFICIALS, AND THEIR REPRESENTATIVES, SUCCESSORS, AND ASSIGNS FOR ANY AND ALL INJURIES SUFFERED BY ME OR MY CHILD (ATHLETE) AT THIS RACE. I CERTIFY THAT THE ATHLETE HAS TRAINED SUFFICIENTLY TO PARTICIPATE IN THIS RACE.

(SIGNED) _____ ATHLETE (PARENT, if 17 years old or younger)

JACK MORTLAND RACEWALK INVITATIONAL (additional information)

EVENT: The Jack Mortland Racewalk Invitational is a major opportunity in Ohio for athletes to engage in high level competition. The event was approved as the Mideast Regional USATF Racewalk Championships as a means for encouraging a youth, masters, and club age-group event. Columbus racewalker Jack Mortland was a member of the 1964 US Olympic team and is editor and publisher of the Ohio Racewalker newsletter. The honoree plans to assist with the events and present the awards. Racewalkers with limited experience are welcome to enter.

OHIO USATF MEMBERSHIP: send an SASE to Ohio USATF, PO Box 5848, Dayton, OH 45405.

RACEWALK CLINICS: The Ohio USATF Racewalk Committee is offering a free racewalk athletes clinic from 4:00 pm to 6:00 pm on Saturday, April 3 at Whetstone Park in Columbus. The clinicians (TBD) also will present a clinic on training programs at 12 Noon on Sunday, April 4. All interested parties are invited to participate.

FACILITIES: Parking, Restrooms, Water on Course, No Showers, Fast Food Nearby.

REFRESHMENTS: Soft Drinks and Light Lunch at the Official Awards Ceremony.

EARLY PICK UP OF PACKETS: Saturday, April 3, Cross-Country Inn, 7:00 - 8:30 p.m.
(Social Hour for Coaches, Athletes, and Officials)

Convenient Motels (all located 2-3 miles south of the race site):

-HQS-	Cross-Country Inn	3246 Olentangy River Rd	614-267-4646	800-621-1429
	Red Roof Inn	441 Ackerman Rd	614-267-9941	800-The-Roof
	Buckeye Inn	3232 Olentangy River Rd	614-261-7141	
	Days Inn	3160 Olentangy River Rd	614-261-0523	800-325-2525
	Ramada Inn	3110 Olentangy River Rd	614-267-7461	800-228-2828
	Parke University	3025 Olentangy River Rd	614-267-1111	
	Holiday Inn	328 W Lane Av	614-294-4848	800 - Holiday
	Cross-Country Inn*	1445 Olentangy River Rd	614-291-2983	800-621-1429
	Olentangy Inn*	1299 Olentangy River Rd	614-294-5211	

* - use the 3rd Av / 5th Av / King Av / Kinnear Rd exits to locate these motels.
(an active railroad track borders the property of these motels)

SPECIAL NOTICE FOR OPEN RACEWALKERS

The 1993 edition of the Jack Mortland Racewalk Invitational will be sponsored by the host Wolfpack Track Club. The following table explains the amounts of prize money offered at this year's event for performances bettering the following standards. Transportation allowances and appearance fees are not available.

PRIZE MONEY - 20 KM OPEN MEN:	1:30:00 - \$125, 1:34:00 - \$75, 1:38:00 - \$40
PRIZE MONEY - 10 KM OPEN WOMEN:	0:50:00 - \$125, 0:52:00 - \$75, 0:54:00 - \$40

(Prize money to be sent after race day and will comply with TACTRUST rules)

ALL USATF (TAC) SANCTIONED COMPETITIONS ARE SUBJECT TO DRUG TESTING

Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF (TAC) rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event, and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at 1-800-233-0393. [TAC Memo, 1/27/87] Publication of this notice does not mean that this event has been selected for drug testing.

Below is a survey re the National Masters Outdoor Track & Field Championships schedule. With the authority of USATF's Masters T&F Committee, Jeff Schaller has prepared and will compile the results of the survey. He'll report to the Committee at its meeting at the nationals in August.

CURRENT PERMANENT OUTDOOR SCHEDULE AS OF 1990

<u>Day #1</u>		<u>Day #2</u>	
Pentathlon	Pentathlon	5k Walk	Shot
5000 m. F.	Hammer	Short Hurdles	Triple Jump
800 m. T.	High Jump (M)	100 m. T.	Pole Vault
400 m. T.		100 m. F.	(50-90+)
		400 m. F.	
		Steeplechase	
		1500 m. T.	
 <u>Day #3</u>		 <u>Day #4</u>	
10000 m. F.	Long Jump	10k, 20k Walk	Javelin
Long Hurdles	Discus	1500 m. F.	
200 m. T.	Pole Vault	4x100 Relay	
200 m. F.	(30-49)	4x400 Relay	
800 m. F.	High Jump (W)	4x800 Relay	
General Meeting		Age-graded 100 m.	

ATHLETES SURVEY NATIONAL CHAMPIONSHIPS EVENTS SCHEDULING

THE PURPOSE OF THIS SURVEY IS TO HELP DETERMINE FROM THE ATHLETES THEMSELVES IF ANY IMPROVEMENTS CAN BE MADE WITH THE EVENTS SCHEDULING OF OUR NATIONAL CHAMPIONSHIPS MEET TO MAXIMIZE PARTICIPATION, PERFORMANCE, AND ENJOYMENT LEVELS. YOUR ANSWERS AND COMMENTS WOULD BE GREATLY APPRECIATED.

Name _____ City/State _____

Age _____ Gender M F

1. Have you competed in one or more National Championships meets?
 Yes No

2. If you compete in the 200 m.: the trials and finals are both now held on the same afternoon, with about 2 1/2 hrs. break between trials and finals races for age groups requiring trials. Would you prefer to add another 1 1/4 hrs. of breaktime by running the 800 m. between the 200 m. trials and finals?
 Yes No Doesn't matter comments _____

3. If you triple and long jump: would you rather long jump after triple jumping (as is now scheduled), or would you rather long jump first? triple jump first Long jump first Doesn't matter comments _____

4. If you compete in the pentathlon: the pentathlon is currently held normally on Wednesday, the meet's first day, along with the first day of single events competition. Would you like the pentathlon to be held a day earlier, on Wednesday, by itself?
 Yes No Doesn't matter comments _____

5. Please list all the events in which you would want to compete, if it were possible. Please underline events of primary importance, if any.

6. Please make comments below regarding National Championships meet events scheduling.

Please return to: Jeff Schaller, SW 435 State St.
 Pullman, wa, 99163

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**OVER THE HILL TRACK CLUB
MARCH, 1993**



Over The Hill Track Club
c/o Patricia Finley
20610 E. Sunset Drive
Warrensville, Ohio 44122-6342

Rex Harvey
2661 Euclid Hgts. Blvd.
Cleveland Hts., Ohio 44106
93

Newsletter Results

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

NAME: _____ AGE GROUP: _____

MEET: _____ DATE: _____ SEX: _____

MEET SITE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

EVENT: _____ MARK: _____ PLACE: _____

