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 Kehm** 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.

<table>
<thead>
<tr>
<th>Age Group Coordinators</th>
<th>1993 OFFICERS AND AGE GROUP COORDINATORS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Club Officers</strong></td>
<td><strong>Geoffrey Packer</strong> 371-2822</td>
</tr>
<tr>
<td><strong>PRESIDENT</strong></td>
<td><strong>Rodney Wilson</strong> 921-5651</td>
</tr>
<tr>
<td><strong>VICE PRESIDENT PROGRAMS</strong></td>
<td><strong>Patricia Finley</strong> 751-7187</td>
</tr>
<tr>
<td><strong>VICE PRESIDENT COMMUNICATIONS</strong></td>
<td><strong>Patricia Finley</strong> 751-7187</td>
</tr>
<tr>
<td><strong>SECRETARY</strong></td>
<td><strong>Jack Brunner</strong> 659-6933</td>
</tr>
<tr>
<td><strong>TREASURER</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Age Group Coordinators</strong></td>
<td><strong>Patricia Finley</strong> 751-7187</td>
</tr>
<tr>
<td><strong>WOMEN (All ages)</strong></td>
<td></td>
</tr>
<tr>
<td><strong>29 &amp; UNDER MEN</strong></td>
<td><strong>Jeff Gerson</strong> 382-2656</td>
</tr>
<tr>
<td><strong>30-39 MEN</strong></td>
<td><strong>Bob Thomas</strong> 252-2610</td>
</tr>
<tr>
<td><strong>40-49 MEN</strong></td>
<td><strong>Norman Thomas</strong> 425-8219</td>
</tr>
<tr>
<td><strong>50-59 MEN</strong></td>
<td><strong>John Sloan</strong> 1-492-5007</td>
</tr>
<tr>
<td><strong>60+ MEN</strong></td>
<td><strong>NOT FINAL</strong></td>
</tr>
<tr>
<td><strong>LONG DISTANCE</strong></td>
<td><strong>Bob Bridges</strong> 725-5664</td>
</tr>
<tr>
<td><strong>RACEWALK</strong></td>
<td><strong>Tim Bailey</strong> 1-327-1641</td>
</tr>
<tr>
<td><strong>WEIGHT THROWS</strong></td>
<td><strong>Norm Bower</strong> 273-2413</td>
</tr>
</tbody>
</table>

Over The Hill Track Club
OFFICER/AGE GROUP /EVENT COORDINATOR REPORTS

VICE PRESIDENT - COMMUNICATION
NEWSLETTER UPDATE

MARCH, 1993

REPORT OF CASH FLOW

Remaining Funds from previous month $228.29
Check received $000.00
Beginning balance $228.29

Copying expenses (2/93)
80 Copies X $0.04 single side 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 0

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

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

$0.29 Stamps remaining for January Newsletter 0
$0.52 Stamps remaining for January Newsletter 0
$0.75 Stamps remaining for January Newsletter 0

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 Makozey 17th
- Buzzy Hood 19th
- James Joseph 24th
- Joan Gibson 19th
- Jerry Plate 27th
- Geoffrey Packer 20th

**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
  - 545 Coulee Dr.
  - Bozeman, Mont.
  - 406-587-1141

- **National Masters Indoor Championships, Bozeman, Montana**
  - March 19-21
  - Bob Sager
  - See above
  - See above

- **Midwest Masters T&F Meet**
  - March 27
  - See above
  - See above

- **Slippery Rock University Early Bird Meet (Outdoors)**
  - March 27
  - See above
  - See above

- **TAC National Master 56# Weight Throw, Woodstock, Illinois**
  - April 7
  - See above
  - See above

- **Penn Relays**
  - April 23-25
  - Bill Taraschke
  - Berea, Ohio 44017
  - 216-826-2184

- **Baldwin-Wallace College Invitational College/Post Collegiate**
  - May 1
  - Frank Makozey
  - See above
  - See above

- **Slippery Rock University Open Meet**
  - May 6
  - Harold Martin
  - Central State University
  - Dayton, Ohio 45428

- **Marauders Track & Field Classic**
  - May 8
  - Geoff Packer
  - See enclosed
  - See enclosed

- **North Coast Relays**
  - May 9
  - Curtis Stitt
  - Eastmoor H.S.
  - Columbus, OH. 43209

- **Revco 10k and Marathon**
  - May 16
  - P.O Box 09147
  - Columbus, OH.
  - 614-237-6513

- **Columbus Track & Field Classic**
  - May 23
  - See enclosed
  - See enclosed

- **Ohio T&F Open & Masters Championships**
  - June 5
  - John Blakely
  - Cedarville College
  - 2137 Yourktown Ct
  - Fairfield, Oh 45014

- **Kent State Mini Meet**
  - June 8
  - Rud O'Donnell
  - Athletic Dept.
  - Kent, OH 44242
  - 216-672-3717

Over The Hill Track Club
SCHEDULE OF MEETS:

Cleveland Track Classic
Kent State Mini Meet
Kent State Mini Meet
Kent State Mini Meet
Ohio Sports Festival Regionals
BBB, Niagara Masters Championships
Kent State Mini Meet
Kent State Mini Meet
Ohio Sports Festival Finals
Wayne-Russell Track Meet

Cleveland Track Classic
June 12
Jeff Gerson
216-382-2656

Kent State Mini Meet
June 15
See above

Kent State Mini Meet
June 22
See above

Kent State Mini Meet
June 29
See above

Kent State Mini Meet
June 26-27
Larry Siefer
842-2142

Ohio Sports Festival Regionals
July 3
Chuck La Chioua
See Above

BBB, Niagara Masters Championships
July 6
See above

Kent State Mini Meet
July 13
See above

Kent State Mini Meet
July 17-18
See above

Ohio Sports Festival Finals
July 30
Frank Parks

Midwest Masters T&F Championships
July 31
See above

BBB Classic for Girls and Women
July 31
Chuck La Chioua
See Above

BBB Classic for Boys and Men
August 1
Chuck La Chioua
See Above

TAC National Masters Outdoor Championships,
August 11-14

Midwest Masters T&F Championships

Provo, Utah

TAC National Master Weight Pentathlon,
September 25

Woodstock, Illinois

Over The Hill Cross Country Meet
October 3
Jeff Gerson

WAVA World Championships, Miyazaki, Japan
October 7-17
University School

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):

<table>
<thead>
<tr>
<th>Relay</th>
<th>4 X 100</th>
<th>4 X 200</th>
<th>4 X 400</th>
<th>Sprint Medley</th>
</tr>
</thead>
<tbody>
<tr>
<td>Masters 40+</td>
<td>M. Patterson</td>
<td>T. Stepanek</td>
<td>T. Stepanek</td>
<td>J. Jackson(100)</td>
</tr>
<tr>
<td>Open</td>
<td>P. Thomas</td>
<td>D. Yurth</td>
<td>D. Yurth</td>
<td>P. Thomas(100)</td>
</tr>
<tr>
<td></td>
<td>Sa. Stiegelmeier</td>
<td>P. Finley</td>
<td>P. Finley</td>
<td>D. Ellis(200)</td>
</tr>
<tr>
<td></td>
<td>J. Jackson</td>
<td>D. Ellis</td>
<td>D. Ellis</td>
<td>Su. Stiegelmeier(400)</td>
</tr>
<tr>
<td>Alternates</td>
<td>M. Cavicchi</td>
<td>(Masters)</td>
<td>(Masters)</td>
<td>(Masters 40+)</td>
</tr>
<tr>
<td></td>
<td>P. Thomas</td>
<td>B. Iorfido</td>
<td>M. Patterson(100)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>C. Gerson</td>
<td>J. Cole-Everett</td>
<td>Sa. Stiegelmeier(100)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sa. Stiegelmeier</td>
<td>E. Strauss</td>
<td>C. Gerson(200)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>M. Patterson</td>
<td>Su. Stiegelmeier</td>
<td>E. Strauss(400)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Alternates:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>M. Cavicchi (100)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>P. Finley (200)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>B. Iorfido (400)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>J. Cole-Everett (400)</td>
<td></td>
</tr>
</tbody>
</table>

Over The Hill Track Club
**OVER THE HILL TRACK CLUB**  
**MARCH, 1993**

**RESULTS!!!**

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Age Group</th>
<th>Name</th>
<th>Time/Distance</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>55M</strong></td>
<td>30-34W</td>
<td>Patricia Finley</td>
<td>8.44</td>
<td>2nd</td>
</tr>
<tr>
<td></td>
<td>30-34M</td>
<td>Lawrence Finley</td>
<td>7.19</td>
<td>Prelims.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rodney Wilson</td>
<td>7.12</td>
<td>Prelims.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6.79</td>
<td>5th Finalis</td>
</tr>
<tr>
<td></td>
<td>50-54M</td>
<td>Grover Coats</td>
<td>7.6</td>
<td>2nd</td>
</tr>
<tr>
<td></td>
<td>65-69M</td>
<td>Jack Greenwald</td>
<td>7.83</td>
<td>2nd</td>
</tr>
<tr>
<td><strong>55MH</strong></td>
<td>50-54M</td>
<td>Grover Coats</td>
<td>10.02</td>
<td>1st</td>
</tr>
<tr>
<td></td>
<td></td>
<td>John Sloan</td>
<td>10.73</td>
<td>2nd</td>
</tr>
<tr>
<td></td>
<td>65-69M</td>
<td>Fred Hirsimaki</td>
<td>10.8</td>
<td>1st</td>
</tr>
<tr>
<td><strong>200M</strong></td>
<td>30-34W</td>
<td>Patricia Finley</td>
<td>32.21</td>
<td>2nd</td>
</tr>
<tr>
<td></td>
<td>35-39W</td>
<td>Debbie Ellis</td>
<td>40.95</td>
<td>4th</td>
</tr>
<tr>
<td></td>
<td>30-34M</td>
<td>Lawrence Finley</td>
<td>25.3</td>
<td>4th</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rodney Wilson</td>
<td>25.61</td>
<td>5th</td>
</tr>
<tr>
<td></td>
<td>50-54M</td>
<td>Grover Coats</td>
<td>27.75</td>
<td>2nd</td>
</tr>
<tr>
<td></td>
<td>65-59M</td>
<td>Jack Greenwald</td>
<td>28.52</td>
<td>2nd</td>
</tr>
<tr>
<td><strong>400M</strong></td>
<td>35-39W</td>
<td>Debbie Ellis</td>
<td>1:32</td>
<td>3rd</td>
</tr>
<tr>
<td></td>
<td>30-34M</td>
<td>Lawrence Finley</td>
<td>55.35</td>
<td>2nd</td>
</tr>
<tr>
<td></td>
<td>50-54M</td>
<td>Grover Coats</td>
<td>1:03.32</td>
<td>1st</td>
</tr>
<tr>
<td></td>
<td>65-59M</td>
<td>Jack Greenwald</td>
<td>1:06.34</td>
<td>2nd</td>
</tr>
<tr>
<td><strong>800M</strong></td>
<td>55-59M</td>
<td>Joe Fodor</td>
<td>2:21.9</td>
<td>1st</td>
</tr>
<tr>
<td></td>
<td>65-69M</td>
<td>Fred Hirsimaki</td>
<td>3:25.2</td>
<td>1st</td>
</tr>
<tr>
<td><strong>1500M</strong></td>
<td>55-59M</td>
<td>Joe Fodor</td>
<td>4:46.5</td>
<td>1st</td>
</tr>
<tr>
<td><strong>3000M</strong></td>
<td>55-59M</td>
<td>Joe Fodor</td>
<td>10:31.7</td>
<td>1st</td>
</tr>
<tr>
<td><strong>Shot Put</strong></td>
<td>30-34W</td>
<td>Patricia Finley</td>
<td>24' 11 3/4&quot;</td>
<td>2nd</td>
</tr>
<tr>
<td></td>
<td>40-44M</td>
<td>Norm Bower</td>
<td>37' 7&quot;</td>
<td>2nd</td>
</tr>
<tr>
<td></td>
<td>50-54M</td>
<td>John Sloan</td>
<td>34' 1&quot;</td>
<td>2nd</td>
</tr>
<tr>
<td><strong>Triple Jump</strong></td>
<td>65-59M</td>
<td>Fred Hirsimaki</td>
<td>20' 11 3/4&quot;</td>
<td>1st</td>
</tr>
<tr>
<td><strong>Pole Vault</strong></td>
<td>50-54M</td>
<td>John Sloan</td>
<td>19' 1/4&quot;</td>
<td>2nd</td>
</tr>
<tr>
<td><strong>Weight Throw</strong></td>
<td>50-54M</td>
<td>John Sloan</td>
<td>17' 8&quot;</td>
<td>1st</td>
</tr>
<tr>
<td></td>
<td>65-69M</td>
<td>Fred Hirsimaki</td>
<td>13' 9 1/2&quot;</td>
<td>1st</td>
</tr>
</tbody>
</table>

Over The Hill Track Club
RESULTS (continued)

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

*Gene Abdenour 75-79M*

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>50Yd</td>
<td>7.4</td>
<td>1st</td>
</tr>
<tr>
<td>100Yd</td>
<td>15.2</td>
<td>1st</td>
</tr>
<tr>
<td>220Yd</td>
<td>35.4</td>
<td>1st</td>
</tr>
<tr>
<td>440Yd</td>
<td>1:46.4</td>
<td>1st</td>
</tr>
</tbody>
</table>

Slippery Rock All Comers Meet, February 12, 1993

*Paul Heyse 30-34M*

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>220Yd</td>
<td>27.86</td>
<td>4th</td>
</tr>
<tr>
<td>440Yd</td>
<td>1:00.13</td>
<td>3rd</td>
</tr>
</tbody>
</table>

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!!!

Ohio TAC Open and Masters Meet, Cincinnati, Ohio, February 28, 1993

*55M*

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Time</th>
<th>Place</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-34W</td>
<td>Patricia</td>
<td>8.18</td>
<td>3rd</td>
<td>PERSONAL BEST!!</td>
</tr>
<tr>
<td>30-34M</td>
<td>Lawrence</td>
<td>7.4</td>
<td>5th</td>
<td></td>
</tr>
</tbody>
</table>

*200M*

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Time</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-34W</td>
<td>Patricia</td>
<td>32.21</td>
<td>3rd</td>
</tr>
<tr>
<td>35-39W</td>
<td>Debbie Ellis</td>
<td>39.0</td>
<td>2nd</td>
</tr>
</tbody>
</table>

*800M*

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Time</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>OpenW</td>
<td>Therese Stepanek</td>
<td>2:29.3</td>
<td>1st</td>
</tr>
</tbody>
</table>

*1500M*

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Time</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>OpenW</td>
<td>Therese Stepanek</td>
<td>5:26</td>
<td>1st</td>
</tr>
</tbody>
</table>

*Shot Put*

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>Distance</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-34W</td>
<td>Patricia</td>
<td>7.9Meters</td>
<td>2nd</td>
</tr>
</tbody>
</table>

John Sloan and Joe Fodor, PLEASE SEND ME YOUR RESULTS!!

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

*Jim Pauli 50-54M*

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shot Put</td>
<td>35' 6&quot;</td>
<td>3rd</td>
</tr>
<tr>
<td>35# Weight Throw</td>
<td>42' 4&quot;</td>
<td>1st</td>
</tr>
</tbody>
</table>
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 unofficial 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 bikepath [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 Mortand 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

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.

MAKE CHECKS PAYABLE TO: John White, Wolfpack Track Club

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

- **Cross-Country Inn**
  - 3248 Olentangy River Rd
  - 614-267-4646 800-621-1429

- **Red Roof Inn**
  - 441 Ackerman Rd
  - 614-267-9941 800-The-Roof

- **Buckeye Inn**
  - 3292 Olentangy River Rd
  - 614-261-7141

- **Days Inn**
  - 3150 Olentangy River Rd
  - 614-261-0523 800-325-2525

- **Ramada Inn**
  - 3110 Olentangy River Rd
  - 614-267-7451 800-228-2528

- **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.
WOLFPACK FESTIVAL OF MILES
5, 20, AND 50 MILES
National Masters 50 Mile Championships
Ohio USATF Open 50 Mile Championships
Columbus, Ohio, March 28, 1993

DATE: Sunday, March 28, 1993
HOST: Wolfpack Track Club, Columbus, Ohio
PLACE: Whetstone Park near the main parking lot. Enter the park at Hollenback St on North High St, US 23 in NW Columbus. This location is three miles north of the Ohio State University campus.
SANCTION: Ohio Association of USATF - event subject to USATF (formerly TAC) drug testing program.
CERTIFIED COURSE: 5-mi out-and-back blacktop loop on a scenic riverside bikepath (OH 83038 PR).
INDIVIDUAL DIVISIONS: Males and Females; contestants may choose to run or to racewalk (unjudged).
EVENTS: 50 miles (12 hour limit) at 7:00 a.m.; 20 miles at 8:00 a.m.; 5 miles at 11:00 a.m.
50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, etc. * - 5 miles only
REGISTRATION: Opens at 6:30 a.m. (participants must pick up a race number) ENTRIES DUE: 3/24/93.
ENTRY FEES: basic fees are $3.00 for 5 Miler, $5.00 for 20 Miler, and $7.00 for 50 Miler/12 Hour Limit
(ribbons to finishers); add $1.00 for late entry penalty; add $8.00 for deluxe plaque.
MAKE CHECKS PAYABLE TO: John White, Wolfpack Track Club
INFORMATION: [614] 459-2547
RACE DIRECTOR: John White, 4865 Arthur Place, Columbus, Ohio 43220-3102. T-SHIRTS: $8.00 each.
RESULTS: mailed to all entrants (three months after race), along with updated Wolfpack course records.
SCHEDULED EVENTS: JMRW-Apr 4; Run/RW Triathlon-May 30; 2-Hr Run/RW-Sep 12; 5/20/50Km-Oct 31

----------------------------------------

USATF (TAC) 50 MILE LDR CHAMPIONSHIPS - USATF MEMBERS ONLY - NO EXTRA FEE
NATIONAL MASTERS ROADRACE: 3 National TAC Medals per age group (40 & over), individual & team
OHIO USA TF OPEN ROADRACE: 3 Association TAC Medals per age group (39 & under), individual & team

----------------------------------------

OFFICIAL ENTRY FORM - SUBMIT TO THE RACE DIRECTOR

NAME: ____________________________________________ GENDER: ______ PHONE: ____________________________
ADDRESS: ________________________________________ CITY/STATE ____________________________ ZIP: _____________
AGE AS OF 3-28-93: __________ BIRTHDATE: ______________ CLUB:__________________________________________
DISTANCE SELECTED: (check one) 50 ml ______ 20 ml ______ 5 ml _______ racewalk (y/n) _____________________
GIVE 1993 USA TF NO. __________________________, IF ENTERING USATF 50 MILE CHAMPIONSHIPS

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 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)
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**

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

**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
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: __________

Over The Hill Track Club