



OVER THE HILL TRACK CLUB

FEBRUARY, 1994

A Message from the President:

Once again, I would like to thank everyone who attended the meeting on January 16th. The meeting was very productive. We came up with several proposed changes to the club Constitution and By-Laws which we will be voting on at the next general club meeting on February 27th. The issue of holding team practices was once again discussed, but to make this successful, we need people to coordinate this activity. The practice coordinators will need to commit to showing up at each scheduled practice or to make sure that someone is there in their place. We would like to hold practices on the east and west sides. If anyone is interested in doing this, please give me a call. Also, if anyone would like to be chairperson of a committee - awards, officiating, membership, publicity, sponsorship, or equipment, let me know by February 20th so that we can start to get the committees organized.

Debbie Yurth

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UNIFORMS, UNIFORMS, UNIFORMS!!!!!!!

We are going to be ordering new uniforms soon. If you would like to order a new uniform, call Debbie Yurth at 382-5170 or Pat Thomas at 425-8219 by February 20th. We expect the cost to be around \$20 for a singlet and pair of shorts. Once we choose a specific style and company to order from (let Debbie or Pat know if you have any suggestions!!) we will let you know the exact price.

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ATTENTION: IN ORDER TO CONTINUE TO RECEIVE A NEWSLETTER, YOUR 1994 MEMBERSHIP DUES MUST BE RECEIVED BY FEBRUARY 28TH.

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Let's welcome our new members:

Mike Berken	30-39	Pole Vault
Jerome Belinson	50-59	Sprints, Jumps

1994 OFFICERS AND AGE GROUP COORDINATORS

PRESIDENT	Debbie Yurth	382-5170
V.P. PROGRAMS	Geoff Packer	371-2822
V.P. COMMUNICATIONS	Patrice Thomas	425-8219
SECRETARY	Jack Brunner	659-6933
TREASURER	Jack Brunner	659-6933

Age Group Coordinators

WOMEN (All ages)	Volunteer needed	
29 & UNDER MEN	Bob Thomas	252-2610
30-39 MEN	Bob Thomas	252-2610
	Paul Heyse	225-8301
40-49 MEN	Norman Thomas	425-8219
	Allen Ray	226-3481
50-59 MEN	John Sloan	1-492-5007
60+ MEN	Jack Greenwald	1-327-3762
LONG DISTANCE	Bob Bridges	725-5664
RACEWALK	Tim Bailey	1-327-1641
WEIGHT THROWS	Norm Bower	273-2413
NATIONAL MEETS	Rodney Wilson	921-5651

Happy February/March Birthday to....

FEBRUARY:

Sook Yeng Wilson(32)	7th	Allen Ray(46)	13th
George Campbell(50)	18th	Geoff Packer(41)	20th
Jim Pauli(51)	22nd	Angela Coats(20)	22nd
Everett Hosack(92)	28th	Gary Sutton(40)	28th

MARCH:

George Kapsulis(55)	5th	Edith Barrett(60)	9th
Ed Hoyle(58)	17th	Frank Makozy(35)	17th
Buzzy Hood(70)	19th	James Downey(53)	23rd
Joan Gibson(56)	26th		

(Age in parentheses)

INDOOR PRACTICES

Several club members, Rex Harvey, Debbie Yurth, Lawrence Finley, Pat Finley, and John Sloan showed up to practice at Kent's Indoor Facility on January 30. This was not planned, but we had a good practice. If you would like to join us, we usually practice at 10AM on Sundays. The cost is \$2 to use the track which is a 300 M oval with a 120 M straightaway (WHAT A BARGAIN!!) Call 1-672-2421 (Fieldhouse) if you need more information about the facility hours or rules and regulations.

SCHEDULE OF MEETS:

Cincinnati	February 13
Contact Pat Thomas for form	
Slippery Rock Track Meet	February 20
Form Included	
Toronto	March 5
Contact Norm Thomas (425-8219) for info	
National Masters Indoor Pentathlon	March 5
Chicago, Illinois	
Contact: Jeff Watry	414-843-3567 (Home) 708-473-3700 (Bus)
National Masters Indoor Championships	March 25-27
Columbia, Missouri	
Contact: Don Dobson	314-882-4087 314-882-6501
Discount Drug Mart Meet	June 18th
Medina, Ohio	
Cleveland Track Classic	July 23
Cleveland	
North American Games	August 3-8
Edmonton, Canada	
National Masters Outdoor Championships	August 11-14
Eugene, Oregon	

Kent State Track & Field Clinic

There will be a clinic at Kent State on March 6th from 9:15AM - 3:45PM. Topics include shot, discus, javelin, jumps, pole vault, hurdles, etc. Individual cost is \$30, however we can get a group rate if enough people want to go. Contact Debbie Yurth by February 21st if you are interested.

General Club Meeting

Your attendance is requested at a club meeting to be held on February 27th at 2:00 PM at the Independence Library located at 6361 Selig Blvd. This is a very important meeting since we will be voting on changes to our club Constitution and By-laws.

RESULTS!!!

West Penn Meet, Slippery Rock, PA, January 23, 1994

55H	W30-39	Debbie Yurth	11.1	1st
	M50-59	Bill Angus	9.2	1st
		Grover Coats	9.4	2nd
		John Sloan	11.3	3rd
55M	W40-49	Pat Thomas	9.9	1st
	M40-49	Tom Allcorn	7.3	1st
		Norm Thomas	7.7	2nd
	M50-59	Grover Coats	7.6	1st
		Bill Angus	7.7	2nd
		Jack Brunner	8.2	3rd
200M	W40-49	Pat Thomas	41.5	1st
	M30-39	Lawrence Finley	26.8	2nd
	M40-49	Tom Allcorn	26.6	1st
	M50-59	Grover Coats	28.1	1st
		Bill Angus	28.5	2nd
		Jack Brunner	30.4	3rd
400M	W30-39	Debbie Yurth	68.1	1st
	M30-39	Bob Thomas	57.7	2nd
		Lawrence Finley	58.6	4th
	M40-49	Norm Thomas	62.2	2nd
	M50-59	Grover Coats	67.2	1st
		George Kapsulis	69.5	2nd
800M	W30-39	Debbie Yurth	2:50	1st
	M30-39	Bob Thomas	2:14	
Mile	M40-49	Jeff Gerson	5:48	3rd
Medley Relay	M40-49		4:34	1st
		(N. Thomas, Sloan, Allcorn, Gerson)		
	M50-59		4:37	1st
		(Coats, Angus, Brunner, Kapsulis)		
4x400 Relay	M30-39		4:33	1st
		(B. Thomas, Angus, Finley, Pizzoferrato)		
	M40-49		4:46	1st
		(Kapsulis, Sloan, N. Thomas, Gerson)		

Slippery Rock Results (cont.)

Long Jump	M50-59	Bill Angus	17'9.5"	1st
		Grover Coats	17'3"	2nd
		Jack Brunner	14'0"	3rd
High Jump	M50-59	Bill Angus	5'0"	1st
		Grover Coats	4'0"	2nd
Shot Put	M50-59	Bill Angus	36'5.75"	1st
		John Sloan	33'7"	2nd
		Grover Coats	25'	3rd
P. Vault	M50-59	John Sloan	8'	1st

National Masters Outdoor Championships, Provo, Utah, Aug. 11-14, 1993

Maria Wilson	W30-34	Long Jump	2.31 meters	2nd
Debbie Yurth	W30-34	400M	62.61	1st
		800M	2:28.90	3rd
		Javelin	21.58	3rd
Dorothy Wilson	W65-69	Shot Put	5.75 meters	2nd
Rodney Wilson	M30-34	Javelin	30.60 meters	1st
Frank Makozy	M30-34	Triple Jump	10.84 meters	2nd
Rex Harvey	M45-49	Pole Vault	3.90 meters	4th
		110H	17.64	4th
		Pentathlon	3417 Pts.	2nd
Jack Greenwald	M65-69	100M	13.78	5th
		200M	27.84	3rd
		400M	65.50	3rd
Al Wilson		100H	23.59	3rd
		High Jump	1.25 meters	3rd

World Veterans Championships, Miyazaki, Japan Oct. 7-17

Rex Harvey	M45-49	Pole Vault	4.10 meters	1st
		Decathlon	7058 points	2nd
Jeff Gerson	Nov. 7	5 Mile Cornfield Caper	34:15	
	Nov. 13	Lake Erie USATF 5k X-C	20:29	

Gene Abdenour National Senior Olympics

Discus	97'	3rd
Shot Put	31'6"	5th
100M	16.23	6th
200M	34.32	5th

If your name is missing from the results, let us know!!!!

Congratulations to Everett Hosack for being the oldest entry and first M90 athlete to compete in the Wolfpack Classic held on September 12 in Columbus, OH.

Best Wishes for a speedy recovery to Richard Russell who will have surgery on Jan. 31st to correct a tendon problem.

**1994 WESTERN PENNSYLVANIA TRACK CLUB
YOUTH INDOOR TRACK & FIELD CHAMPIONSHIPS**
(Open & Masters also welcome)

WHEN: Sunday, February 20, 1994, 9:00 AM

FACILITIES: GRASSTEX 220
track, runways and shot put
area, NO SPIKES! Astro Pits.

WHERE: Slippery Rock University,
Slippery Rock, Pa.

SANCTION: TRA/USATF

MEET DIRECTOR: RAY SANCHAS

AGE GROUPS: Year of Birth: Bantam 1984+, Midget 1982-1983, Youth 1980-1981,
Intermediate 1978-1979, Young M & W 1976-1977. Proof of age may be
required if challenged. OPEN & MASTERS: 10 year age groups.

AGE GROUP EVENTS: Bantam 55, 220, 440, 880, HJ, LJ, SP, 55H
Midget 55, 220, 440, 880, HJ, LJ, SP, 55H
Youth 55, 220, 440, 880, Mile, 2 Mile, Sprint Relay, HJ, LJ, SP, PV, 55H
Intermediate, Young Men & Women, Open & Masters - Same as Youth

AWARDS: Medals to 1st, 2nd, and 3rd in each event. Team Point Award Plaques
in each age group (Boys and Girls)

ENTRY FEE: \$3.00 1 event, \$6.00 (up to 4) \$8.00 Relay. Posted by 2/16/94.
\$4.00 1 event, \$8.00 (up to 4) \$10.00 Relay after 2/16/94.

ORDER OF EVENTS: Field events - oldest to youngest, boys and girls
Track events - youngest to oldest, girls and boys
Relay teams - 4 runners from same age group, youngest to oldest

9:00 AM: All field events - PV, SP, LJ, HJ

11:00: 1. 55H, 2. 55, 3. 220, 4. Mile, 5. 880, 6. 440, 7. 2 Mile,
8. Sprint Relay (440-220-220-880)

Phone Ray Sanchas (412) 429-1410 for more information.

MAIL ENTRY TO: RAY SANCHAS, 428 Center Ave., Carnegie, PA 15106
Checks payable to: W.P.T.C.

NAME: _____ MALE ___ FEMALE ___ Age _____
Year of Birth _____

ADDRESS: _____

Track Club _____ Events 1. _____ 2. _____ 3. _____ 4. _____

In consideration of this entry being accepted, I hereby for myself, my heirs,
executors, administrators, waive and release any and all rights and claims for
damages I may have against TRA, USATF, WPTC, SRU, meet officials, their
officers, agents and employees for any injuries suffered during the meet.

ATHLETE'S SIGNATURE _____ DATE _____

PARENT'S SIGNATURE _____ DATE _____

Rex Harvey

1994 USA Track & Field
Lake Erie Indoor Open and Masters Association Championships
January 9, 1994 at Baldwin Wallace Collage Berea, Ohio

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1500m Race Walk --Masters Women: 40; DarylAnn Kidder 8:08; Doreen Horn 10:24.6; Joyce Prohaska 9:35.5; --Masters Men: 35; Tim Bailey 8:21.7; 50; Terry Grimme 8:48.7; 55; Ron Laird 7:52.3; John Davis 10:01.8; 65; George Riser 9:56.3;

55m Hurdles --Masters Women: 30; Deborah Yurth 10.6; --Open Women: Carmen Banks 8.1; Amy Klatik 10.2; Dana Kittle 10.7; Lydia Toth 11.3; --Masters Men: 30; Calvin Johnson 7.9; 45; Rex Harvey 9.4; 50; Bill Angus 9.3; John Sloan 10.4; 55; Grover Coats 9.4; 65; Denver Smith 9.8; Fred Hirsimaki 11.1; --Open Men: Robert Alvis 7.7; Tom Wearsch 8.0; Daniel Schneitzer 8.4; Patrick Bindis 8.5;

4x800m Relay --Masters Men: 40; Over the Hill 10:20.4; 50; Over the Hill 11:06.0; --Open Men: Over the Hill 8:45.7;

3000m Run --Masters Women: 50; Marilyn Morehead 13:52.0; --Open Women: Kitty Consolo 11:26.0; Jeanna Knoble 12:39.0; Martha Vechery 12:51.3; --Masters Men: 30; Tim Koh 9:39.1; Mark Eberling 11:00.4; Peter Pachlhofer 11:20.6; 35; Willy Speight 10:11.0; 40; Jeff Hlinka 10:01.6; Gary Baughman 10:19.7; Mike Gallagher 10:23.7; Bill Jones 10:24.9; Guy Pizzoferrato 10:52.7; Michael Minnozzi 11:37.0; 45; John Hunt 10:30.1; Bob Kuebler 10:38.7; 60; Tom Andrews 11:17.6; 65; Jim Forshee 11:23.3; --Open Men: Chris Ryan 10:36.5; Tod McClokey 11:31.3;

55m Dash --Masters Women: 45; Patrice Thomas 9.1; --Open Women: Linda Carty-Snyder 7.6; Megan Ensign 8.0; Brenda Cross 8.1; Sally Pauley 8.2; Lyndsey Paul 8.3; --Masters Men: 30; Spencer Johnson 6.8; Calvin Johnson 6.9; 35; Stephen Davis 6.9; 40; Curtis English 7.3; Alvin Williams 7.4; Thomas Allcorn 7.4; Gary Baughman 7.5; Warren Miller 7.8; Patck Hall 8.0; John Goodall 8.3; 45; Rex Harvey 7.5; Patrick Pinkerton 8.0; 50; Jerome Belinson 7.5; Bill Angus 7.8; Jack Brunner 8.0; 55; Grover Coats 7.3; 65; Jack Greenwald 8.1; --Open Men: Matt Posser 6.7; Remy Colean 6.7; Demetrium McCalpine 6.7; Demetrious Kennedy 6.7; Scott Heaton 6.7; Lorenzo Hives 7.9;

800m Run --Open Women; Candace Nicholson 2:32.4; Kitty Consolo 2:37.4; Patty Osborne 2:41.8; Stephanie Sturgeon 2:44.4; Kelli Wise 2:45.8; Mary Vechery 2:49.7; --Masters Men: 30; Tim Koh 2:07.6; Phillip Pillin 2:27.7; 35; Bob Thomas 2:08.0; 40; Mike Gallagher 2:19.3; James Joseph 2:32.2; 45; Jeff Gerson 2:43.4; Gary Siegmone 2:44.8; 50; Bob Bridges 2:36.0; 55; Joe Fodor 2:31.7; 65; George Riser 3:31.6; Buzzy Hood 3:32.0; --Open Men: Jeff Hojnacki 2:00.8; Nick DePinto 2:06.5; Raushein Thompson 2:07.2; Glenn Dickerson 2:07.8; Joel Thompson 2:14.4; Luke Dostal 2:15.6; Bob Zak 2:15.7; Mandel Childs 2:18.7; Steve Wessler 2:22.9; Walter Boykins 2:24.7; Jeff Luther 2:24.9; Brad Owen 2:39.6;

400m Dash --Masters Women: 30; Deborah Yurth 1:07.4; **--Open Women:** Stephanie Moss 1:09.2; **Masters Men:** 30; Spencer Johnson 53.6; Calvin Johnson 55.5; **40;** Mike Gallagher 1:02.0; Bill Jones 1:04.8; **45;** John Hunt 1:05.7; Gary Siegmone 1:07.6; **55;** Grover Coats 1:04.7; **65;** Jack Greenwald 1:07.7; Buzzy Hood 1:32.3; **--Open Men:** Brian Jordan 53.3; Marcus Harris 53.4; James Driscoll 54.8; Michael Race 57.2; Lorenzo Hives 57.2; Robert Alvis 57.7; Dustin Carlton 1:02.6; Ron Tannenbaum 1:03.7; Colin Benoit 1:04.1;

Sprint Medley Relay --Open Women: Crestwood 5:06.6; **Masters Men:** 30; Over the Hill 4:11.4; **40;** Over the Hill 4:34.5; Over the Hill 4:34.7; **50;** Over the Hill 4:46.4; **Open Men:** Big Boys 3:48.8; Over the Hill 4:02.3; Berea 4:07.8;

1500m Run --Open Women: Kitty Consolo 6:10.6; Kelli Wise 6:50.8; Martha Vechery 7:21.8; Patty Osborne 7:56.0; **--Masters Men:** 30; Phillip Pillin 4:57.6; **40;** James Joseph 5:01.5; **45;** Carroll DeWeese 5:02.8; **55;** Joe Fodor 5:06.0; **60;** Tom Andrews 5:44.0; **65;** Jim Forshee 5:29.5; Buzzy Hood 7:58.3; **--Open Men:** Nick DePinto 4:32.3; Luke Dostal 4:38.5; Franklin Hosey 4:41.0; Bob Zak 4:43.2; Nick Novotny 4:50.9; Ryan Paul 4:52.0; Ryan Conrad 4:52.3; Jeff Luther 5:08.1; Brad Owen 5:26.9;

200m Dash --Open Women: Carmen Banks 25.6; Candace Nicholson 28.1; Susan Hohenberger 28.6; Dana Kittle 30.1; Megan Ensign 30.8; Kelly Steiner 31.4; Brenda Cross 31.4; Sally Pauley 31.5; Dannielle Inks 32.3; **--Masters Men:** 30; Spencer Johnson 24.1; Calvin Johnson 24.4; Alan Krist 32.9; **35;** Stephen Davis 24.4; **40;** Thomas Allcorn 27.3; Alvin Williams 28.7; **50;** Jerome Belinson 27.4; Jack Brunner 29.4; **55;** Grover Coats 28.8; **--Open Men:** Mandel Childs 23.9; Marcus Harris 24.0; Demetrium McCalpine 24.2; Robert McNair 24.3; Lorenzo Hives 24.4; Ron Tannenbaum 24.6; Demetrious Kennedy 24.7; Matt Posser 24.8; Chris O'Donnell 25.1; Robert Brown 26.9;

4x400 Relay --Open Women: Crestwood 5:01.0; **--Master Men:** 30; Over the Hill C 3:57.5; **40;** Over the Hill B 4:23.0; **--Open Men:** Over the Hill 4:05.0;

Long Jump --Open Women: Linda Carty-Snyder 16'08.25"; Lyndsey Paul 14-00.75; **--Masters Men:** 45; Allen Ray 16-02.5; Irvin Taylor 13-09.75; Patrick Pinkerton 10-06.25; **50;** Jerome Belinson 17-1 75; Bill Angus 16-11.0; Jack Brunner 14-03.25; **55;** Grover Coats 16-02.0; **65;** Denver Smith 13-08.25; Fred Hirsimaki 13-02.25; **Open Men:** Demetrium McCalpine 21-06.0; Brian Averhart 20-05.75; Michael Grove 18-11.0; Scott Heaton 18-10.25; Eric Hrubik 18-05.25; Dustin Cornell 18-04.0; Adam Handwerk 18-04.0; Dustin Carlton 17-03.0; Josh Pinkerton 15-03.5;

Triple Jump --Open Women: Linda Carty-Snyder 35-11.5; **Masters Men:** 30; Calvin Johnson 35-02.0; **55;** Grover Coats 31-10.75; **65;** Denver Smith 30-11.75; Fred Hirsimaki 27-03.75;

Shot Put --Masters Women: 65; Bernice Holland 28.10.75; **Open Women:** Bethany Schaefer 36.09.5; Cathy Choran 32.04.75 ; Karen Riley 32.04; Adonna Perez 31.05.5; Rhonda Plough 30.09; Jean Gorecki 29.04.5; Joanna Toth 27.03.5; Erin Murray 27.01.5; Toni Richardson 26.11.25; **--Masters Men:** 30; Glenn Nickerson 18.00.25; 35; Alan Krist 24.01; 40; Joe Klamar 31.11.75; 45; Norm Bower 38.02; Rex Harvey 37.01.5; Allen Ray 35.02; 50; Bill Angus 35.02; John Sloan 33.02.5; Randy Strader 32.02.25; 65; Denver Smith 31.00; George Riser 30.07.75; **--Open Men:** Matthow Shaughnessy 47.02.5; Edward Kalaher 45.11; Michael Schaefer 40.02.25; James Gorman 33.10.5; Brian Arnold 30.06.75; Scott Hopkins 26.08.25;

Weight Throw --Masters Men: 45; Norm Bower 42.05.5; Allen Ray 31.07.75; 50; John Sloan 21.06.25; Randy Strader 19.07.5 ; **--Open Men:** Darren Zaylor 65.07; Richard Hursy 56.03.25; Chad Higgins 45.05 ; James Gorman 28.09.75;

Super Weight Throw --Masters Men: 45; Norm Bower 26.02; Allen Ray 17.06.5; Randy Strader 12.05; **--Open Men:** Richard Hursy 30.09; Chad Higgins 25.02;

High Jump --Open Women: Tracy Serene 4-09.75; Lydia Toth 4-04.0; **--Masters Men:** 40; Dave Handwerk 4-09.75; 45; Eric Bray 4-11.75; Irvin Taylor 4-11.75; Allen Ray 4-07.75; 50; Bill Angus 4-11.75; 55; Grover Coats 4-06.0; 65; Denver Smith 4-06.0; Fred Hirsimaki 4-04.0; **--Open Men:** Adam Handwerk 5-08.0; Ron Tannenbaum 5-04.25; Allen Kinney 5-00.25;

Pole Vault --Masters Men: 45; Allen Ray 8'0"; 50; John Sloan 8'0"; 55; Norm Downing 10'0"; **--Open Men:** James Flannery 13'6"; Brian Kelly 17'3"; Daniel Schneitzer 14'0"; Adam Fusco 14'0"; Jamie Lewis 14'0"; Kris Jankins 14'0" John Moner 13'6"; Harley Steppenbacker 12'0"; Ryan Studer 11'0"; Charlie Pratus 10'0";



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