UNIFORMS, UNIFORMS, UNIFORMS!
In order to make it cost effective to order uniforms, we need to get orders for at least 20. The uniforms are made by Hind and will consist of cobalt blue shorts and a white singlet with cobalt blue side panels. The club initials, OTHTC, will be printed on the front. The uniforms come in both men and women's sizes. If you would like to order a uniform, you need to send a check for $20 made out to "Over the Hill Track Club" and a note indicating your size to:

Debbie Yurth
4896 Westbourne Rd.
Lyndhurst, OH 44124

If you have questions, call Debbie at 382-5170. YOUR CHECK MUST BE RECEIVED BY DEBBIE BY APRIL 5TH TO BE INCLUDED IN THE ORDER.

Let's welcome our new members:
Fil Conte 30-39 Decathlon

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
30-39 MEN Paul Heyse 225-8301
40-49 MEN Norman Thomas 425-8219
40-49 MEN 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 March/April Birthday to....

MARCH:
Buzzy Hood (70) 19th Joan Gibson (56) 26th

April:
Bob Bridges (52) 2nd Glenn Hasek (32) 9th
Mary Patterson (65) 19th Jerry Plate (47) 27th
George Riser (70) 30th

(Age in parentheses)
SCHEDULE OF MEETS:

Kent Open
Kent State University  12 noon  May 14

OTHTC (tentative)
Independence, Ohio  May 22

Wolf Pack
Columbus, Ohio
John White (614/459-2547)  May 29

Lake Erie Association Meet  June 11

Discount Drug Mart Meet
Medina, Ohio  June 18

Dayton Track Meet
Dayton, Ohio
Bob Jones (513/837-2754)  July 16

USATF National Masters Decathlon/Heptathlon
Missouri
Charles Nodler (417/451-0121)  July 16-17

Cleveland Track Classic
Cleveland  July 23

Midwest Masters Championships
Marshall University, West Virginia
David Stodce (304-736-8474)  July 30

Buffalo Belles and Brawn Classic
Parker Field, Buffalo NY
  July 30 (Females)
  July 31 (Males)

North American Games
Edmonton, Canada  August 3-8

National Masters Outdoor Championships
Eugene, Oregon  August 11-14

Potomac Valley
Washington DC area
Sal Corrallo (703/243-1290)  September 4

At the USATF Convention in December 1993, Rex Harvey was named Administrator of the Year as well as Outstanding Field Event Athlete for M45. Debbie Yurth was selected as the Outstanding Track Athlete for F30. Congratulations!

Our good friend Bill Weinacht M75 100m sprint champion is in Florida recuperating from heart surgery. Bill is ahead of schedule with his rehabilitation and is currently race walking. He is looking forward to advancing to tennis, biking and swimming which will be followed by racquetball and then track. We all wish Bill a speedy return to competition.
February 27, 1994 Meeting Highlights:

Attendees: Debbie Yurth, Patricia Finley, Lawrence Finley, Geoffrey Packer, Jeff Gerson, Norman Thomas and Patrice Thomas

Changes to the constitution were discussed. It was moved and seconded to accept the constitution as amended. The vote was unanimous to accept the new constitution.

OTHTC will host a track meet on Sunday, May 22 at Independence High School. More information on fees, awards and format will be distributed in the near future. Geoff Packer will be contacting club members to assist with this meet.

OTHTC meet awards were discussed. New awards featuring the club logo will be researched and info will be passed along as it becomes available.

The meeting adjourned at 3:47 p.m.

Results:

Bill Weinacht - M75
6/15-17 - US Senior Olympics, LSU, Baton Rouge LA
100M - 14.5 - First
200M - 30.31 - First

7/24 - Cleveland Classic, Brunswick OH
100M - 13.62 - First (Age 76 WORLD RECORD [pending])

8/10-13 - US Nationals, BYU, Provo UT
100M - 14.21 - First
200M - 29.63 - First
100M age graded "Champion of Champions Race" - 10.36 - First

10/7-17 - World Veterans Championships, Miyazaki, Japan
100M - 13.99 - First - Age 76 WORLD RECORD
200M - 29.64 - Second - Age 76 USA RECORD

1994 West Penn Track Club Youth Indoor T&F Championships - 2/20/94

Debbie Yurth
55 Hurdles - 10.6 - First
200M - 29.6 - First

Lawrence Finley
55M - 7.6 - Fourth
200M - 25.6 - Second

Jeff Gerson
800M - 2:38.1 - First

Bill Angus
55Hurdles - 9.2 - First
LJ - 17'6" - First
HJ - 4'8" - First
SP - 32'4" - Second

Grover Coats
55 Hurdles - 9.6 - Second
55M - 7.7 - First
220M - 27.5 - First
LJ - 16'9" - Second

Sprint Medley Relay - 4:26.3
Indoor Championships, Slippery Rock, PA, 1/3/94

M—50 1. Bill Witkowski 9:58 UN
M—70 1. Jack Hunter 11:18 UN
F—40 1. Daryl Ann Kidder 8:32 UN
F—70 1. Margaret Walker 11:05 UN

2 Mile
M—HS 1. Kevin Taylor 11:00 UN
M—40 1. Fred Fiscus 12:29 UN
M—10 1. Jeff Luther 11:29 UN
M—40 1. Guy Pizzoferrato 11:42 OTH
F—40 1. Larry DeRemer 12:15 UN
M—60 1. John Wilborn 12:29 UN
M—50 1. Frank Parks 12:10 SALEM
F—HS 1. Michelle Griffith 13:52 VM

High Jump
Open 1. Matt Shaughnessy 5'16" UN
M—30 1. Joe Obeldobel 5'14" WP
M—40 1. Bob Thomas 5'10" OTH
M—50 1. Bill Angus 5'10" OTH
M—60 1. Ned Curran 3'9" PV
F—HS 1. Amy Jones 5'11" NA
2. Courtney Carothers 4'9" NA

Mile Walk
M—50 1. Bill Witkowski 9:58 UN
M—70 1. Jack Hunter 11:18 UN
F—40 1. Daryl Ann Kidder 8:32 UN
F—70 1. Margaret Walker 11:05 UN

55M hurdles
M—HS 1. Robert Alvis 8.2 UN
2. Colin Benoit 9.1 UN
M—30 1. Joe Obeldobel 8.6 WP
2. Bill Angus 8.9 OTH
3. Grover Coats 9.3 OTH
3. John Sloan 11.3 OTH
F—Open 1. Nicole Syersak 10.1 UN
F—30 1. Deborah Yurth 11.1 OTH

220
M—HS 1. Robert Alvis 26.2 UN
2. Dan Herbst 26.6 UN
M—30 1. Frank Makazy 25.7 WP
2. Lawrence Finley 26.8 OTH
M—40 1. Tom Allcorn 26.6 UN
2. Bill Angus 26.7 OTH
3. Jack Brunner 30.4 OTH
M—60 1. Sam Maida 32.6 WP
2. Bill Bergen 32.6 WP
F—HS 1. Patty Ford 31.5 VM
F—40 1. Patrice Thomas 41.5 OTH

440
M—HS 1. Eric DeMario 53.7 NADIA
2. Mike McCaffrey 55.9 WP
3. Ryan Forney 64.7 WP
M—Open 1. Boo Harrison 58.0 NADIA
M—30 1. John Roebuck 57.5 WP
2. Bob Thomas 57.8 OTH
3. Lawrence Finley 58.6 OTH
M—40 1. Dorel Watley 55.7 NADIA
2. Norm Thomas 62.2 OTH
2. Grover Coats 67.2 OTH
M—60 1. Sam Maida 1:13.3 WP
2. Bill Bergen 1:14.3 MD
F—HS 1. Patty Ford 1:15.3 VM

880
M—HS 1. Dan MenMuir 2:15.4 UN
2. Dan Herbst 2:22.2 UN
M—30 1. Bob Thomas 2:14.3 OTH
2. Phil Pillin 2:10.9 PV
M—40 1. Dorel Watley 2:14.3 NADIA
2. Larry DeRemer 2:40.5 UN
F—HS 1. Christine Forgenie 2:50.8 VM
F—30 1. Deborah Yurth 2:50.3 OTH

Mile
M—HS 1. Kevin Taylor 5:07 UN
2. Tod McCloskey 5:23 REVERSE
3. Fred Fiscus 5:24 UN
M—Open 1. Jeff Luther 5:17 UN
M—30 1. Mike McCaffrey 5:17 TEAM JOCK SHOP
M—40 1. George Guilely 5:33 PVTC
2. Larry DeRemer 5:39 UN
3. Jeff Gerson 5:48 OTH
F—HS 1. Sarah Hardner 6:05 UN

TEAM RESULTS
VILLA MARIA 40 Points
NADIA 10 Points
WEST PENN 33 Points
OVER-THE-HILL 45 Points
OVER-THE-HILL 71 Points
WEST PENN 15 Points
February 28, 1994

All runners and walkers are called to the starting line to get ready for the start of the 6th Annual Red Cross/Hewlett-Packard Health Run. This year's race takes place on April 24, 1994 @ 9:15 am and is a 4-mile Run and a 1-mile Fun Walk. Starting at the Red Cross Center, 3747 Euclid Avenue going west on Euclid (1-mile turn around is in front of Cleveland State University) around Public Square, returning east on Euclid, finishing at the Red Cross building.

We encourage you to share this letter and registration form with your employees, giving them an excellent opportunity to participate as a runner or a walker. The funds raised in this event support the Red Cross CPR and First Aid training programs throughout Cuyahoga and Geauga counties.

The corporate team is made up of four (4) runners of either sex and of any age. Team fee is $125 with $50 being tax deductible. We invite team runners to sport their company shirts. A second opportunity for a team member to win is in his/her Age Division by paying $10 ($15 day of the race) for a second race number. The finish line coordinator will take both race numbers at the finish line and record your placement in both Corporate and Age Division.

Awards will be presented at the Awards Ceremony immediately following the race. All award divisions are listed on the registration form. Each member of the top 3 corporate teams will receive an award along with the company.

We would appreciate your help in making the registration forms available to your employees. If you or your employees have any questions, please contact the American Red Cross @ 431-3169.

See You At The Finish Line,

Bruce G. Higley
Volunteer Race Chairman
**DATE:** Sunday, April 24, 1994  
**TIME:** 4 Mile Run - 9:15 a.m.  
1 Mile Fun Walk/Run - 9:20 a.m.  
**PLACE:** Start/Finish in front of the Cleveland Red Cross Center  
3747 Euclid Avenue—Course closes at 10:15 a.m.  
**COURSE:** Flat, fast course, through Cleveland Public Square along Euclid Ave. Water stops throughout the course. Plenty of water, fruit and refreshments at the finish line.  

**REGISTRATION AND FEES:**  
Pre-Registration  
$10 for the 4 mile  
$8 for the 1 mile walk  
Day of Race  
$15 for the 4 mile  
$10 for the 1 mile walk  
**Team Fee:** $125.00 ($50.00 tax deductible)  

**AWARDS and DIVISIONS:**  
**4 Mile Race**  
Top 3 Male and Female Overall  
Top 3 Male and Female in Each Age Division  
* Males: 14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-69; and over 70.  
* Females: 14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-59; and over 60.  
Top Male/Female Power Runners  
Male (more than 200 lbs; weigh-in req’d)  
Female (more than 150 lbs; weigh-in req’d)  
Top Male/Female in Wheelchair Division  
Top 3 Teams - Teams must include 4 members for team eligibility.  
Federal Employees Division  
Special Recognition and Awards  

**PRE-RACE PICKUP:**  
Friday April 22, 1994 from 8:00 a.m. to 6:00 p.m., Health Services, 1st Floor, Cleveland Red Cross Center  
Specially designed T-shirts to the first 400 registrants. All participants will receive a finishing ribbon. Hundreds of dollars worth of door prizes will be given away preceding the awards ceremony. Must be present to win prize.  

**FOR MORE INFORMATION CALL 431-3169**

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**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 American Red Cross, Hewlett-Packard 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 Race Day______________ Sex: □ Male □ Female**  
**Address__________________________________________________________ City__________________________ State___ Zip__________________________**  
**Employer__________________________________________________________ Occupation_____________________________________________________**  
**Signature________________________________________________________ Daytime Telephone No.__________________________**  
**Parent's Signature, if under 18__________________________ T-shirt size ( M, L, XL )... circle one**  

Circle One: 4 mile 1 mile  
Check one award category you wish to participate in:  
_________age group _______power runner _______wheelchair _______team _______fed emp _______1 mile fun walk/run  

**Make checks payable to Red Cross Health Run. Return form with non-refundable check to:**  
Red Cross Health Run, 3747 Euclid Ave., Cleveland, OH 44115 - 2596  

_____ I have enclosed an extra $_______ as a direct contribution to the American Red Cross.
"KIDS ARE NUMBER ONE RUN"
APRIL 17, 1994

FACT SHEET

WHAT: A family-oriented day to help benefit the children of our community. This event will feature a one-mile walk/fun run and a five mile race. There will be prize drawings, refreshments and a variety of entertainment, featuring the KidsFest.

WHEN: Sunday, April 17, 1994
Open Registration
1:00 p.m. One Mile Fun Run 11:00 a.m.-12:45 p.m.
1:30 p.m. Five Mile Race 11:00 a.m.-1:15 p.m.

WHERE: "Race Headquarters" will be located at the Children's Hospital Medical Center of Akron Bowery Street parking deck, located between Buchtel and State Streets.

SPONSOR: The employees of Children's Hospital Medical Center of Akron.

BENEFICIARY: Proceeds from the 1994 run will be donated to the Children's Hospital Medical Center of Akron Communicative Disorders Department.

5-MILE RACE: The new five mile course begins on Bowery Street, runs down Main Street, around Canal Park and follows Opportunity Parkway back to Bowery Street. Awards are presented for the top three overall finishers in the male, female, wheelchair and High School team. Awards will also be given to the top three male and female finishers in the following age groups: Under 14, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-over.

ONE MILE RUN: A one mile course for walkers and runners of all ages. Anyone with disabilities is also welcome. This noncompetitive event will be completed before the five mile race begins. All finishers will be given their time and receive recognition for completing the course.

WALK/FUN: A trip for two to Walt Disney World compliments of AAA, Akron Automobile Club. All registered entrants are eligible, but they must be present to win.

GRAND PRIZE: Entry forms are available at athletic stores and fitness centers, hospitals, churches, and select area retail establishments. The first 1,000 entrants will receive a T-shirt.

REGISTRATION: Five Mile Race $8.00 donation (pre-registration)
$10.00 donation (day of race)
One Mile Fun Run $6.00 donation

FOR FURTHER INFORMATION: Call Gena Valloric (216)379-8015, Daren Marshall (216)379-8836, or Michelle Vallee (216)379-8339, Monday-Friday 8:00 a.m.-4:30pm.
Ex-Gator, at 91, still on the run

By DECLAN DOYLE
Sun correspondent

It's 1924 and freshmen are known as "rats." University Avenue is a dirt road and salesmen from New York travel to Gainesville to hawk their wares. Women students are not yet a part of the university enrollment.

It was in this year that Everett W. Hosack of Cleveland, Ohio, registered for classes at the University of Florida and competed for the freshman track team.

This past weekend, Hosack returned to Gainesville for the first time in 69 years. His reasons for returning were twofold, the first predictable, the second not so.

First, he wanted to check out the campus and relive old memories. Second, he was here to compete in a track meet.

A what?

Yes, a track meet. At 91 years young, Hosack was here to take part in the Southeast Regional Masters track and field meet at Santa Fe Community College.

He was scheduled to compete in four events Saturday. He had the shotput 4.56 meters, threw the discus 40 feet and sprinted the 100-meter dash in 23.8 seconds. He inadvertently missed out on the hammer throw — a source of disappointment for Hosack since it's one of his best events.

Hosack has at one time or another held American records in the hammer, weight-throw and long-jump events in various age groups. Most recently, in 1985, he threw the hammer 58 feet, 9 inches to claim the record in the 80-85-year-old age group. His 16-foot, 1-inch weight throw also ranks as a record for a 91-year-old.

Born on Feb. 28, 1902, Hosack's demeanor belies his 91 years. Last Friday he flew into Jacksonville, rented a car and drove to Gainesville. His wife, Elsa, remained behind in their home in Chagrin Falls, Ohio.

"We like to do our own things sometimes. She takes her trips and I take mine," remarked Hosack.

However, Hosack's quick to point out that Elsa is one of the main reasons he stays fit. "She's a wonderful cook, a healthy cook. I credit her for my ability to stay competitive."

While at UF, Hosack was a member of the inaugural freshman track squad under mentor Jim White. The team defeated Mercer in the first-ever intercollegiate freshman track meet staged in Gainesville.

In its preview of the meet, the Gainesville Daily Sun of May 2, 1924, under the headline HOSACK OBSTACLE STAR, said: "Hosack, brilliant young rat hurdler, will uphold the Gator standard in the obstacle races. This athlete came to Florida rather green but since coming under the coaching of Jimmie White, he has blossomed out into a formidable hurdle hopper and the winner of his events will have to put forth some very fancy work to overcome him."

The Ohio native obliged by taking first in the 120-yard high hurdles and 220-yard low hurdles and was also part of the winning half-mile relay squad for the "Baby Gators."

Hosack says, in those early days of Florida track, things were very different. The tracks were constructed of rough cinder. "Shoes were of soft leather, with spikes placed in the sole. Teams were made up of 12 men. We competed with Mercer, Atlanta A.C., Rollins and Georgia Tech."

His memories of Gainesville are good. "The campus was surrounded by dirt roads. There were 1,200 men and the women were up in Tallahassee."

I loved it here, I lived with a fellow called Vernon Steen. We were very good friends."

While on campus, Hosack was a member of the Farr Literary Society along with close friend Fuller Warren, who would later become a governor of Florida.

After his mother's death when he was only 12, the young Ohio lad learned quickly to fend for himself. He had worked through his youth to support himself and after his freshman year it was no different. In the summer of 1925, he returned home to earn money for his sophomore year at Florida.

While there, some friends convinced him to transfer to another school. Reluctantly he did so. With $150 saved from a job in an automobile factory, he began a new school year.

"My first night at the university, I'd rather not say which one, I went to sleep with the money under my pillow. I woke up the next morning to find it gone. At that moment I knew I should have gone back to UF."

But he never did. A year later he enrolled at Case Western Reserve in Cleveland. After college, he went to work for the New York Central Railroad, where he competed in inter-railroad track meets in 1929-30.

When these meets were discontinued due to the Depression, Hosack returned to Ohio where he bought four acres in Highland Heights, a Cleveland suburb, and planted 300 pine trees. "I thought they were Christmas trees," he now says. For 50 years he ran around this little lot for therapy and fitness.

Then in 1980, at 79, he joined the Over-The-Hill Track Club, a master's track team and began to compete once more. He quickly discovered that none of his competitive desire had been lost. He now competes in about 10 meets a year across the country.

"I like to meet old friends and people of like mind interested in athletics. They encourage me and say I encourage them."

In the future, Hosack says he'd like to concentrate on one event.

"The weight throw is my favorite event, but I would like to break 23 seconds for the 100 meters. To do that I probably need to concentrate on that one event."

Regardless of which event that is, he'll continue to inspire fellow competitors. With a spring in his step and a glide in his stride, he is a walking, talking commercial for a healthy lifestyle. However, he is still in pursuit of new horizons. "I like it down here," he said before leaving town Monday. "Maybe I'll retire here."
1994 KENT STATE UNIVERSITY
"MINI" TRACK & FIELD MEETS

Dates: June 7, 14, 21, 28  July 5, 12

Location: Kent State University Outdoor Track Facility on the campus of Kent State University

Time: 7:00 PM (Registration - 6:30 PM)

Entry Fee: $3.00 for unlimited number of events

Awards: Ribbons to the top three places in each event

Events - June 7, 21, & July 5:
100, 400, 1600, 4 X 400
Long Jump, Pole Vault, Shotput

Events - June 14, 28, & July 12:
200, 800, 3200, 4 X 400
Triple Jump, High Jump, Discus, Pole Vault

All Ages Are Welcomed
For additional information contact Rob Lasorsa at the Kent State Track Office (216) 672-3717

Member of the Mid-American Conference since 1951
NCAA Division I/Football I-A
Newsletter Results
TO: Over The Hill Newsletter
c/o Patrice Thomas
9065 Gettysburg Drive
Twinsburg, Ohio 44087

NAME:          AGE GROUP:
MEET:          DATE:          SEX:
MEET SITE:
EVENT:         MARK:          PLACE:
EVENT:         MARK:          PLACE:
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EVENT:         MARK:          PLACE:

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Mayfield Hts OH 44124