



Over The Hill Track Club

June, 1994

=====

Message from the President

Thanks to everyone who participated in the North Coast Invitational, especially those who helped with the meet. A special thanks to Pat Thomas who did most of the organization of the meet including getting the medals and taking care of registration. Thanks also goes to Norm Thomas for being our clerk of course and for fielding numerous phone inquiries about the meet. Richard Russell and Rex Harvey, though they did not compete, showed up to assist in any way they could - and we probably would not have been successful without their help. Also, thanks to Jeff Gerson who obtained the facility and got nine workers to help with the meet. Although the turnout was small, we received very positive feedback from the participants. The only disappointment was that very few club members showed up to participate and/or help with the meet. All in all, though, the meet was a great success.

Debbie Yurth

=====

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
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 June/July Birthday to....

June:

Gene Abdenour (77)	7th	Bob Thomas (39)	12th
Therese Stepanek (29)	15th	Mary Cavicchi (64)	17th
Debbie Yurth (31)	20th	Pat Thomas (50)	29th

July:

Rex Harvey (48)	6th	Garry Gosky (48)	13th
Lawrence Finley (36)	15th	Richard Russell (53)	17th
Tom Cavicchi (34)	25th	Fil Conte (34)	30th

(Age in parentheses)

SCHEDULE OF MEETS:

Kent State Mini Meets Kent, Ohio	June 7,14,21,28 July 5,12
Lake Erie Association Meet	June 11
CWRU Mini Meets CWRU Finigan Field	June 16, 23, 30 July 7, 14
Discount Drug Mart Meet Medina, Ohio	June 18
Ohio Games Baldwin-Wallace College	June 26
Niagara USATF Championships Tonawanda, NY	July 2
Dayton Track Meet Dayton, Ohio Contact: Bob Jones 513-837-2754	July 16 (Call Pat for form!)
USATF National Masters Decathlon/Heptathlon Missouri Contact: Charles Nodler 417-451-0121	July 16-17
Cleveland Track Classic Cleveland	July 23
Midwest Masters Championships Marshall University, West Virginia Contact: David Stooke 304-736-8474	July 30
Buffalo Belles and Brawn Classic Parker Field, Buffalo, NY	July 30 (Females) (Call Pat for fo 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 Contact: Sal Corrallo 703-243-1290	September 4

=====
Attention **All Members!!!**

The Cleveland Track Classic is less than two months away and we need everyone's help to successfully put on this meet. Please call Debbie Yurth or Pat Thomas to let us know how you can help. We had to pay nine workers to help at the North Coast Invitational because we did not get enough help from club members. Please invite you spouse, children, and friends to help out also. We will use all the help we can get.

=====
UNIFORMS ARE IN!!!!

Debbie Yurth has the new uniforms. She will be bringing them to the Lake Erie USATF Meet and the Medina Meet or you can call 382-5170 to make arrangements to pick them up.

RESULTS

Denver Smith, age 68, won three National Indoor Championships at Columbia, Missouri recently.

Triple Jump: 9.69
Hurdles: 10.57
Pole Vault: 8'10"

Silver: Pentathlon 3737 points (held in Illinois)
Long Jump 4.30

At Southeastern Masters Track and Field held at Raleigh he had 7 firsts:

pole vault 9'; triple jump 30' 8 $\frac{1}{4}$ "; long jump 14'5 $\frac{1}{4}$ "; high jump 4'4";
st. hurdles 18.37; discus 125' 5". 300 Hurdles 1st 44.

Jeff Gerson (M 45-49) University Heights 5 mile Race
32:15 3rd in age group

Tim Bailey (M 35-39) Waldorf Towers Rainbow Run May 9, 1994
1.5 mile 8:57 5th place overall
3 mile 19:29 3rd place age group

Revco 10K May 16, 1994
41.51 69th place in age group

Hall of Fame Race May 30, 1994
5K 18:52

Cleveland Heights Walk June 6, 1994
4 mile 36:40 1st overall

Hogs Run - Fairview Park June 12, 1994
4 mile 24:51



Department of Intercollegiate Athletics
Kent State University
P.O. Box 5190, Kent, Ohio 44242-0001

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

1994 Case Western Reserve University
Mini Track and Field Meets

Dates : June 16 - 23 - 30 - July 7 and 14

Location : Finnigan Track East 115th St north of Euclid Avenue
on the Case Western Reserve Campus

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

Entry Fee : \$2.00 for unlimited number of events.

Events for June 16-30 and July 14 : 200 - 800 - 3200, and
4x100 and 4x400 Relay - Triple Jump and Disc.
and Javelin

Events for June 23 and July 7 : 100 - 400 - 1600 - 4x100
4x400 Relay - Long Jump - Shot Put

All ages are welcome. Don't call just show
up at the track



Over the Hill Track Club

Cleveland Track Classic

- DATE:** Saturday, July 23, 1994
 Late Registration: 8:00 AM
 Field Events start at 8:45 AM; Track Events start at 9:00 AM
- PLACE:** Independence High School
 6111 Archwood Rd., Independence, OH
- SANCTIONS:** USATF Sanctioned, USATF rules apply
- ENTRY FEES:** Pre-Registration received by July 16th: \$6 first event \$5 each add'l event
 \$16 each relay.
 Late-Registration: \$8 each event \$20 per relay
 Checks Payable to **OVER THE HILL TRACK CLUB**
 Entry Fees must accompany entry forms.
- MAIL TO:** Over the Hill Track Club
 c/o Patrice Thomas
 9065 Gettysburg Drive
 Twinsburg, OH 44087
- DIVISIONS:** High School, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64,
 65-69, 70-74, 75-79, 80+; Relays - High School and 10 year age groups.
- LIST OF EVENTS:** 400/300M Hurdles, Sprint Medley Relay (400,200,200,800), 3000M, 800M,
 100M, 1500M Racewalk, High Hurdles, 400M, 1500M Run, 4x400M Relay,
 200M, 4x100M Relay;
 Shot Put, Discus, Hammer, Long Jump, Triple Jump, High Jump, Pole Vault,
 Javelin Throw
- AWARDS:** Medals for 1st to 3rd Place ; Scoring 5-3-1 Individual and Relays
 Team Trophies will be given to highest scoring male and highest scoring
 female teams (Open and Masters)
- CONTACTS:** If you have any questions or need further information contact
- | | | |
|-----------------|--------------|-------------------|
| Grover Coats | 216-464-3865 | before 10:00 p.m. |
| Debbie Yurth | 216-382-5170 | " " |
| Patrice Thomas | 216-425-8219 | " " |
| Lawrence Finley | 216-595-1628 | " " |

ENTRY FORM:

NAME: _____ **AGE:** _____ **B'DAY:** _____ **SEX:** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

CLUB: _____

EVENTS: _____

In consideration of your acceptance of this entry form, I hereby for myself, my heirs, executors, and assigns, waive any and all claims for damages, which I might have against the USATF Lake Erie Assoc., USATF, Over the Hill Track Club, and the Independence School District, their agents, representatives or assigns, for any and all damages or injuries suffered by me at said meet. I also certify that I am healthy and sufficiently trained to compete in this meet.

SIGNATURE (By athlete or coach/parent for minor athlete): _____

Directions: take I-77 south from I-480 intersection, take immediate Rockside Road exit eastbound for about one mile to Route 21 (Brecksville Road), go south about one mile to Selig Blvd., go west 1/4 mile to High Park, School then left, school at intersection of High Park and Archwood.

SCHEDULE OF EVENTS:

RUNNING:

9 AM : 400/300M Hurdles
Sprint Medley Relay
3000M
800M
100M
1500M Racewalk
High Hurdles

1 PM: 400M
1500M Run
4x400M Relay
200M
4x100M Relay

FIELD:

8:45	Shot Put	Long Jump	Pole Vault
Followed by:	Discus	Triple Jump	Javelin
	Hammer	High Jump	

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:
EVENT:	MARK:	PLACE:
EVENT:	MARK:	PLACE:
EVENT:	MARK:	PLACE:
EVENT:	MARK:	PLACE:

Over The Hill Track Club
c/o Patrice Thomas
9065 Gettysburg Drive
Twinsburg, Ohio 44087

REX HARVEY
160 CHATHAM WAY
MAYFIELD HTS., OH 44124

HS = High School

OVER THE HILL TRACK CLUB
 NORTH COAST INVITATIONAL
 Independence, Ohio
 May 22, 1994

<u>100M</u>		<u>400M</u>		<u>Pole Vault</u>	
W29-under		W30	D. Yurth	1:03.0	M45 A. Ray 10'6"
	L. Carty		B. McCoy	1:05.0	M50 B. Angus 9'0"
W30	B. McCoy	W40	M. Hale	1:06.1	J. Sloan 8'6"
W40	M. Hale				M65 D. Smith 8'0"
W55	E. Kea	M30	S. Johnson	53.6	
			L. Finley	54.7	<u>High Jump</u>
M29-under		M35	B. Thomas	57.2	W-HS M. Meeks 4'4"
	C. Marshall	M40	T. Allcorn	58.2	W55 E. Kea 3'10"
	R. McNair		J. Andrews	59.6	
	B. Marchese	M45	J. Gerson	1:05.0	M45 A. Ray 4'10"
M30	S. Johnson	M50	B. Kline	1:01.8	M50 B. Angus 5'2"
	R. Johnson		J. Drummond	1:07.4	B. Kline 5'0"
	J. Koscianski	M55	G. Coats	1:03.8	M55 G. Coats 4'8"
M35	L. Finley	M65	J. Greenwald	1:04.4	M65 D. Smith 4'4"
	M. Leeper	M70	G. Riser	1:18.3	
	R. Wilson				<u>Discus</u>
M40	D. Cooper				W-HS M. Meeks 103'5"
	T. Allcorne	<u>800M</u>			W35 N. LaChuisa 61'9.5"
	P. Hall	W40	P. Pernell	3:15.3	
M50	C. LaChiusa	M30	G. Hasek	2:14.5	M29-under
	J. Brunner		P. Heyse	2:20.3	Shaughnessy 140'0"
M55	G. Coats	M35	B. Thomas	2:07.8	M40 J. Klamar 105'9.5"
	P. Williams	M40	G. Andrews	2:17.6	M45 A. Ray 113'6"
M65	J. Greenwald	M45	J. Gerson	2:35.1	J. Kuzma 105'5"
M70	G. Riser	M50	J. Drummond	2:36.9	A. LaFramboise 86'5"
<u>200M</u>		M65	G. Sprockhoff	3:11.6	M50 J. Sloan 102'6"
W29-under					M65 D. Smith 105'0"
	L. Carty	<u>1500M</u>			M70 G. Riser 101'7"
W30	B. McCoy	M35	W. Speight	4:47.2	
W40	M. Hale				<u>Shot Put</u>
	K. Ash	<u>1500M Race Walk</u>			W35 C. Hall 21'7.5"
W55	E. Kea	M35	T. Bailey	7:47.7	N. LaChuisa 20'1.5"
HS	M. Dohnal	M55	J. Davis	9:56.7	
M29-under		M65	G. Sprockhoff	9:44.2	M29-under
	R. McNair				Shaughnessy 49'5"
	C. Marshall	<u>3000M</u>			M40 J. Klamar 33'11"
	B. Marchese	W40	K. Ash	15:15.9	M45 J. Kuzam 35'5"
M30	S. Johnson	M30	P. Pachufer	10:51.1	A. Ray 35'1"
	J. Koscianski	M35	T. Bailey	11:01.8	M65 D. Smith 33'10.5"
	M. Termini	M40	Pizzoferrato	10:54.5	M70 G. Riser 34'0"
M35	R. Johnson				
	L. Finley	<u>Sprint Medley Relay</u>			<u>Javelin</u>
M40	D. Cooper	M29-under OTHTC		4:46.4	W30 D. Yurth 65'7"
	J. Klamar	M35 Ohio Alumni		3:58.7	M29-under
M45	A. LaFramboise				Shaughnessy 125'5"
M50	C. LaChuisa	<u>Running Long Jump</u>			M35 R. Wilson 105'3"
	B. Kline	W40 K. Ash		9'0"	M45 A. Ray 142'3"
	J. Brunner				A. LaFramboise 135'6"
M55	G. Coats	M30 Koscianski		19'7.75"	M50 J. Sloan 124'5"
M65	J. Greenwald	M45 LaFramboise		16'9"	B. Angus 114'11"
M70	G. Riser				
		M50 A. Ray		15'11"	
<u>4x100M Relay</u>		M50 B. Angus		17'5"	
M29-Under					
	Pioneer TC				
	OTHTC				
M30	OTHTC	M55 J. Brunner		14'1"	
	Ohio Alumni				
M50	OTHTC	M55 J. Sloan		12'10.5"	
		M65 G. Coats		16'7"	
		M65 D. Smith		13'2"	