



Over The Hill Track Club

February 1996

1996 OTHTC Officers

President	Norman Thomas
V.P. Programs	Bob Thomas
V.P. Communications	Jeff Gerson
Secretary	Rex Harvey
Treasurer	Jack Brunner

Group Coordinators

Women (All)	Deborah Yurth	382-5170
Men - Open	Bob Thomas	252-2610
30-39	Tim Bailey	327-1641
40-49	Norman Thomas	425-8219
50-59	Grover Coats	464-3865
60+	Jack Greenwald	327-3762
Weight Events	John Sloan	492-5007
Multi Events	Rex Harvey	446-0559
Racewalk	Tim Bailey	327-1641

President's Message

Thanks to all OTHTC members who have been attending the indoor meets at K.S.U. We need to support all local T & F efforts.

It is time for membership renewal. As of March 1, we will not be sending newsletters to 1995 members unless they have paid for 1996.

We hope to see all club members at the K.S.U. Masters Meet. We will finalize plans for the caravan to Greensboro. The entry deadline for nationals is March 10.

Outdoor practice sessions will start in March. Let us know if you plan to be a practice coordinator.

The 1995 video party has been rescheduled for 1996. Good luck with your practicing and competing!

Please forward all results to Jeff Gerson for inclusion in the newsletter. Jeff's address is: 4173 Wilmington Rd., S. Euclid OH 44121

Indoor Meets

Feb. 10	K.S.U.	All-comers	
Feb. 17	S.I.U. Carbondale, IL	Masters/open	Don DeMoon 618-453-5460
Mar. 2	K.S.U.	Masters Meet	
Mar. 2	Midwest Masters Regional Meet Glenview, IL		Jeff Watry 414-843-3567
Mar. 9	Ontario Masters Championships York U., Toronto, Canada		
Mar. 17	Midwest Masters Meet Byron H.S., Byron, IL		Ray Bielskis 815-234-8435
Mar. 29-31	USATF National Masters Greensboro, N.C.		Greensboro Sports Commission 800-289-9009

OTHTC Sponsored Meets - - Outdoors -

May 19 - North Coast Invitational

August 3 - Cleveland Track Classic

September ? - Weight Pentathlon

Plans are being made to car/van pool to nationals in North Carolina. Projected cost is \$50 - \$80 plus motel costs. We have reserved one town car and 2 minivans. We plan to stay at Fairfield Inn (Greensboro) and/or Hampton Inn (Greensboro). We will be leaving on Friday and returning on Sunday.

Contact Norman Thomas, Deborah Yurth, or Bob Thomas for details. Make the reservations soon. Fairfield Inn (800-228-2800). Non OTHTC members will be invited on a space available basis.

MEMBERSHIP FORM



Over The Hill Track Club

For year ending: 12/31/____

Membership status: New [] Membership Type: Individual \$20 []
Renewal [] Family \$30 []

Circle events coded beside name and address:

SP-sprints, MD-middle distance, LD- long distance, XC-cross country, DH-decathalon/heptathalon,
RE relays, JU-jumps, HD-hurdles, TR- throws,WP-weight pentathalon, PV-pole vault, RW-racewalk.

Name: _____ Birthdate: ____/____/____ SP MD LD XC

Address: _____ Apt. No. _____ DH RE JU HD

City: _____ State: _____ Zip: _____ TR WP PV RW

Home Phone: (____) _____ Bus.: (____) _____ Sex: _____ Age: _____

Best hours and days to contact _____

Family memberships: Relationship _____

(Complete a form for each family member who are occupants of your residence.)

Favorite competitions and or distances _____

Occupation & brief biographical sketch: _____

Please indicate the activities and committees in which you will participate:

(Participation in committees is particularly important in the success of our club.)

ACTIVITIES:

____ Track & Field

____ Road racing

____ Racewalking

____ Other, specify _____

COMMITTEES:

____ Newsletter

____ Awards

____ Officiating

____ Membership

____ Other, specify _____

____ Scheduling

____ Publicity

____ Sponsorship

____ Equipment

Each club member is required to work at least one meet and event per year.

Complete this form and mail it along with a check payable to "Over The Hill Track Club" to Jack Brunner 4163 Buell Dr., Richfield, OH 44286.

In consideration of my being accepted, I am in good health, have trained sufficiently intending to compete and be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for which I may have or which may hereafter occur to me against "Over The Hill Track Club", their officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with my association with, entry in, or arising out of my traveling to, participating in and returning from any and all meets, events, and associated "Over The Hill Track Club" functions.

ATHLETE'S SIGNATURE _____ DATE ____/____/____

PARENT OR GUARDIAN'S SIGNATURE _____

(If athlete is under 18)

Kent State Master's Championship

March 2, 1995

Age Groups: Sub Masters (30-34) and (35-39), Masters (40-44, 45-49, etc. in 5 year age groups). Age is determined by actual age on 3/2/96.

Rules: Competition will be conducted according to USATF rules. (No false starts allowed in Sub/Masters)

Equipment: 1/4 inch pyramid spikes or less only. Absolutely no pin or needle spikes allowed.

Entry Fees: Cost is \$5 per individual event for pre-registered entries and \$10 per relays. Entries must be post marked by February 23, 1996. Meet day registration will start at 8:30 am. The cost of meet day registration will be \$7 per individual events and \$15 per relays. Entries will not be accepted without payment in full and absolutely no refunds.

Relays: Relays will be in 10 year age groups (30-39, 40-49 etc.)

Awards: Ribbons in each age division for top three finishers.

Flights and Heats: All flights and heats will be seeded from entry information. Age groups may be combined as required, but separate age group awards will be given. Heats will run youngest to oldest, women then men.

Official Entry Form and Time Schedule: Please enter by filling in your expected performance for seeding purposes.

Detach here and send to: Doug Molnar
Track Office
Kent State University
Kent, OH 44242

Time:	Event	Mark	Time	Event	Mark
9:30 am	3000m Walk		9:30 am	Pole Vault	
to follow	55m Hurdles		9:30 am	Shot Put	
to follow	4 x 800m Relay		10:30 am	High Jump	
to follow	3000m		9:30 am	Long Jump	
to follow	55m Dash		to follow	Triple Jump	
to follow	800m Run				
to follow	400m Dash				
to follow	Sprint Medley (2,2,4,8)				
to follow	Mile Run				
to follow	200m Dash				
to follow	4 x 400m Relay				

Name _____ Date of Birth _____ Age as of 3/2/96 _____ Sex _____
 Address _____ City _____ State _____ Zip _____
 Telephone _____ Club _____

In consideration of my being accepted, I intending to compete and to be legally bound, do hereby for myself, my heirs executors and administrators waive, release and forever discharge any and all right and claims for which I may have or which may hereafter occur to me against Kent State University or their officers, agents, representatives, successors and/or assigns, for any and all damages which may result by in connection with my association with, entry in, or arising out of my traveling to, participating in, and returning from the 1996 Kent State masters Indoor Championship to be held on March 2, 1996 at the Kent State Field House.

Athlete's Signature _____ Date _____

1996 USATF Lake Erie Association Championship
 Kent State University, Kent, Ohio - Sat 01/06/96
 OVER THE HILL TRACK CLUB (OHTC) RESULTS
 FINALS PLACE PTS

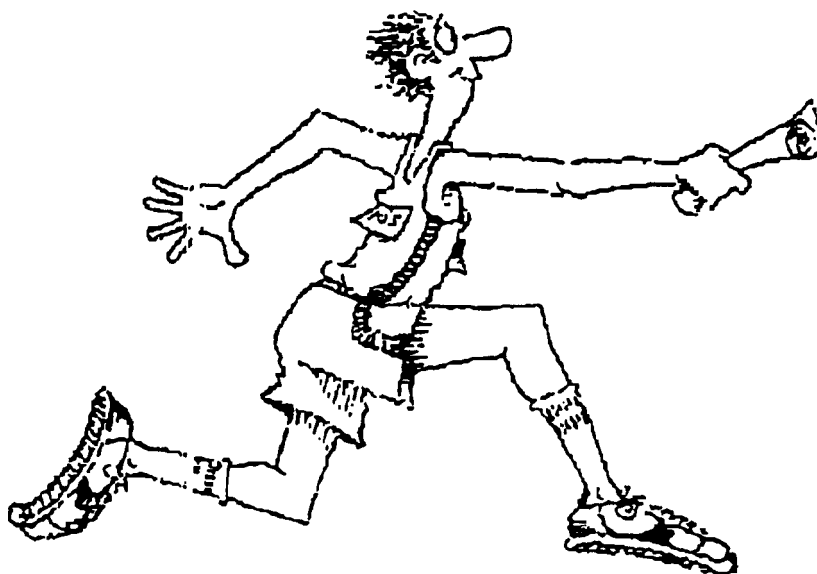
Abate, Ron			
#11	400 M 14 & Over Men	1:01.9	2nd
Belinson, Jerry			
#9	60 M 14 & Over Men	8.0	2nd
#14	200 M 14 & Over Men	27.6	2nd
#25	Long Jump 14 & Over Men	17'08.50"	1st
Berkey, Mike			
#21	Pole Vault 14 & Over Men	11'06.00"	1st
Brunner, Jack			
#9	60 M 14 & Over Men	8.8	1st
#14	200 M 14 & Over Men	29.3	1st
#25	Long Jump 14 & Over Men	13'11.75"	1st
Gallagher, Mike			
#8	3,000 M Run 14 & Over Men	10:47.7	1st
#11	400 M 14 & Over Men	1:00.7	1st
#13	1,500 M Run 14 & Over Men	DNF	
#12	1,600 Mtr Sprint Medley 2,2	3:43.6	1st
Gerson, Jeff			
#10	800 M Run 14 & Over Men	2:33.4	2nd
#7	4x800 M 14 & Over Men	11:31.7	1st
#12	1,600 Mtr Sprint Medley 2,2	3:43.6	1st
Harvey, Rex			
#15	4x400 M 14 & Over Men "M"	4:10.8	1st
Hirsimaki, Fred			
#2	60 M High Hurdles 30"12,7m	11.1	1st
#11	400 M 14 & Over Men	1:20.9	3rd
#20	High Jump 14 & Over Men	4'00.00"	1st
#21	Pole Vault 14 & Over Men	8'00.00"	1st
#26	Triple Jump 14 & Over Men	25'09.75"	1st
Hood, Buzzy			
#1	3,000 M Race Walk 14 & Over	23:37.1	2nd
#10	800 M Run 14 & Over Men	4:29.5	3rd
Kapsulis, George			
#7	4x800 M 14 & Over Men	11:31.7	1st
#12	1,600 Mtr Sprint Medley 2,2	3:43.6	1st
#15	4x400 M 14 & Over Men "M"	4:10.8	1st
Kuebler, Bob			
#8	3,000 M Run 14 & Over Men	10:53.7	2nd
Lycan, Kelly			
#5	60 M High Hurdles 39"MenSp	8.7	1st
#26	Triple Jump 14 & Over Men	42'10.50"	1st
Means, John			
#11	400 M 14 & Over Men	1:25.0	1st
#14	200 M 14 & Over Men	35.4	1st
Pauli, Jim			
#32	Weight Throw 25 pound 50-59	44'08.25"	1st
Ray, Allen			
#20	High Jump 14 & Over Men	4'08.00"	2nd
#26	Triple Jump 14 & Over Men	31'07.50"	1st
Riser, George			
#10	800 M Run 14 & Over Men	3:18.7	1st
#11	400 M 14 & Over Men	1:19.9	2nd
#14	200 M 14 & Over Men	33.8	2nd
#30	Shot Put 4 kilo 70 & Over M	34'01.00"	1st
Sloan, John			
#4	60 M High Hurdles 36"WomSp	12.7	1st
#21	Pole Vault 14 & Over Men	8'06.00"	2nd
#28	Shot Put 6 kilo 50-59 Men	31'05.50"	1st
#7	4x800 M 14 & Over Men	11:31.7	1st
Spangler, Robert			
#9	60 M 14 & Over Men	7.8	2nd
#14	200 M 14 & Over Men	27.6	2nd
Thomas, Bob			
#10	800 M Run 14 & Over Men	2:03.7	1st
#7	4x800 M 14 & Over Men	11:31.7	1st
#12	1,600 Mtr Sprint Medley 2,2	3:43.6	1st
#15	4x400 M 14 & Over Men "M"	4:10.8	1st

Thomas, Norman		
#9	60 M 14 & Over Men	8.7 1st
#11	400 M 14 & Over Men	1:02.9 1st
#15	4x400 M 14 & Over Men "M"	4:10.8 1st
Thomas, Patrice		
#109	60 M 14 & Over Women	11.2 1st
Wilson, Al		
#2	60 M High Hurdles 30"12,7m	15.0 2nd
#9	60 M 14 & Over Men	9.7 2nd
Yurth, Debbie		
#109	60 M 14 & Over Women	8.6 2nd
#111	400 M 14 & Over Women	1:07.3 1st
#120	High Jump 14 & Over Women	4'00.00" 1st
===== RELAY SUMMARY =====		
#7	4x800 M 14 & Over Men	11:31.7 1st
#12	1,600 Mtr Sprint Medley 2,2	3:43.6 1st
#15	4x400 M 14 & Over Men "M"	4:10.8 1st

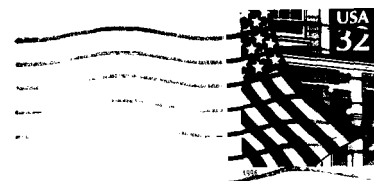
RESULTS - 1 hour Decathlon, December 3, 1995, Atlanta, GA.

Rex Harvey - 2nd place 6112 pts. Age graded marks

100m - 11.56
 LJ - 21'8
 SP - 47'1
 HJ - 6'2"
 400m - 1:03.48
 100mH - 17.18
 DIS - 139'1"
 PV - 15'1
 JAV - 205'4"
 1500m - 6:52.55



Over the Hill Track Club
c/o Jeff Gerson
4173 Wilmington Rd.
S. Euclid OH 44121



Rex Harvey
160 Chatham Way
Mayfield Hts. OH 44124

