President's Message

Holiday greetings to one and all! We are in between seasons. If anyone knows of races or meets in December, please let us know.

Plan to meet with us on Sunday, December 15, for our annual membership meeting. The time is 2pm and the location is the Independence Public Library. We will hold elections for 1997 officers and coordinators. We will plan our selection of meets and activities for the new year. The address is 6361 Selig Drive, Independence, Ohio.

Indoor meet information is forthcoming. Slippery Rock will be hosting meets. D.C. Road Runners will be hosting meets. We are forming a committee to co-host a master meet in March at K.S.U.

If any club members are staging workouts, indoors or out, let us know.

Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 22</td>
<td>Rainbow Fun Run</td>
<td>Severance Center</td>
</tr>
<tr>
<td>January 18</td>
<td>Indoor Mini-Meet</td>
<td>Kent State</td>
</tr>
<tr>
<td>January 25</td>
<td>Indoor Mini-Meet</td>
<td>Kent State</td>
</tr>
<tr>
<td>February 16</td>
<td>Lake Erie Champs</td>
<td>Kent State</td>
</tr>
</tbody>
</table>
RESULTS

Chicago Marathon  
October 20, 1996  
Glenn Hasek  4:13.21

Doggie Dash (2km)  
October 20, 1996  
Shaker High School  
Jeff Gerson & DROOPY  8:10  2nd place

Lake Erie USATF Cross Country  
Nov. 9, 1996  
Berea Fairgrounds  
Jeff Gerson  22:24  3rd (M40-49)

Youth Challenge 5km  
Sept. 14, 1996  
Thomas Cavicchi  17:22  1st  
Mary Cavicchi  43:38  1st  
Dick Cavicchi  40:22  1st

Run The River 5km  
Sept. 29, 1996  
Mary Cavicchi  46:25  1st  
Dick Cavicchi  42:30  5th

Lakewood JC 10km  
October 18, 1996  
Thomas Cavicchi  37:32  1st  
Mary Cavicchi  45:25  2nd (5km race)  
Dick Cavicchi  42:27  3rd (5km race)

North American, Central America, Caribbean Regionals  
Eugene, Oregon  
August 21-24, 1996  
Rodney Wilson (M35)  
100m  3rd  12.29  
200m  4th  25.71

Dorothy Wilson (W70)  
Shot Put  5.37m  1st

Alfonso Wilson (M70)  
Long Jump  3.61m  2nd  
80m Hurdles  16.63  2nd

USATF National Masters Cross Country 5km  
Columbus, Ohio  
November 3, 1996  
Rodney Wilson (M35)  24:10

Thomas Cavicchi (M35)  18:53

Jeff Gerson (M45)  21:13

Dick Cavicchi (M70)  43:31

Cathi Gerson (W45)  27:38

Mary Cavicchi (W65)  47:11
THE NORTHEAST OHIO GOLF MAP CALENDAR

THE 16TH ANNUAL NORTHEAST OHIO GOLF MAP CALENDAR

16TH ANNUAL RAINBOW FUN RUN!

SUNDAY • DEC. 22 • 1996 • 9:30 AM

SPONSORED BY

Dealey Rehabilitation Services Inc.

Run or Walk approximately 6 miles from Severance Athletic Club (SAC) to Rainbow Babies and Childrens Hospital and back OR you can opt to Run/Walk one way (3 miles) from SAC to Rainbow and catch a return ride to SAC, compliments of Motorcars Honda/Pontiac.

It would be greatly appreciated if you could bring a new stuffed animal to carry to the hospital for the children!

MINIMUM DONATION: $15 ($20 Run Day)

ALL Proceeds Donated to Rainbow Babies and Childrens Hospital

JOIN US FOR REFRESHMENTS AND A BIG DRAWING FOR DOOR PRIZES AFTER THE FUN RUN!

15 Severance Circle Drive, Cleveland Heights
(Taylor Road Entrance to Severance Towne Center)

FOR MORE INFORMATION CALL: 543-2020

By my signature, I attest that I am physically fit and sufficiently trained to participate in this event. There will be no medical assistance provided. I have full knowledge of the risks involved. Therefore, in consideration of the acceptance of this entry, I myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the Severance Athletic Club, Rainbow Run/Walk Sponsors, 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________________________________________________

STREET ADDRESS ____________________________________

CITY___________________________________________________

STATE_____________________________ ZIP___________

SEX: [ ] M [ ] FAGE (DAY OF RACE)____________________

T-SHIRT SIZE: [ ] M [ ] L [ ] XL

RETURN this completed form along with your minimum donation of $15 ($20 Run Day) to:

D. U. Greater Cleveland Chapter • c/o Rainbow Fun Run • Post Office Box 23444 • Chagrin Falls, OH 44023

Please make all checks payable to: Rainbow Fun Run

SIGNATURE__________________________________________

PARENT SIGNATURE (IF REGISTRANT IS UNDER 18)

AGE (DAY OF RACE) ____

T-SHIRT SIZE: [ ] M [ ] L [ ] XL

RETURN this completed form along with your minimum donation of $15 ($20 Run Day) to:

D. U. Greater Cleveland Chapter • c/o Rainbow Fun Run • Post Office Box 23444 • Chagrin Falls, OH 44023

Please make all checks payable to: Rainbow Fun Run
OVER THE HILL CROSS COUNTRY MEET

SEPTEMBER 29, 1996

LOCATION: UNIVERSITY SCHOOL
DISTANCE: 5000 METERS (5K)

[MEN'S RACE]

<table>
<thead>
<tr>
<th>NAME</th>
<th>PLACE</th>
<th>TIME</th>
<th>AGE GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guy Gadomski</td>
<td>1 (1)</td>
<td>18:55</td>
<td>40-44</td>
</tr>
<tr>
<td>Steve Fovozzo</td>
<td>2 (1)</td>
<td>20:01</td>
<td>Open</td>
</tr>
<tr>
<td>Lawrence Finley</td>
<td>3 (1)</td>
<td>21:57</td>
<td>35-39</td>
</tr>
<tr>
<td>Matt Lindley</td>
<td>4 (2)</td>
<td>22:40</td>
<td>Open</td>
</tr>
<tr>
<td>Jeff Gerson</td>
<td>5 (1)</td>
<td>22:48</td>
<td>45-49</td>
</tr>
<tr>
<td>Jim Scully</td>
<td>6 (2)</td>
<td>23:26</td>
<td>35-39</td>
</tr>
<tr>
<td>Pete Gadomski</td>
<td>7 (3)</td>
<td>25:09</td>
<td>Open</td>
</tr>
<tr>
<td>Brian Gadomski</td>
<td>8 (4)</td>
<td>30:33</td>
<td>Open</td>
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<tr>
<td>Norm Thomas</td>
<td>9 (2)</td>
<td>30:41</td>
<td>45-49</td>
</tr>
<tr>
<td>Dan Salvino</td>
<td>10 (3)</td>
<td>31:41</td>
<td>45-49</td>
</tr>
<tr>
<td>Brendan Kinkopf</td>
<td>11 (5)</td>
<td>33:29</td>
<td>Open</td>
</tr>
<tr>
<td>Rick Kinkopf</td>
<td>12 (6)</td>
<td>33:30</td>
<td>Open</td>
</tr>
<tr>
<td>Mike Howard</td>
<td>13 (7)</td>
<td>37:07</td>
<td>Open</td>
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[WOMEN'S RACE]

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<th>NAME</th>
<th>PLACE</th>
<th>TIME</th>
<th>AGE GROUP</th>
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</thead>
<tbody>
<tr>
<td>Katie Raiff</td>
<td>1 (1)</td>
<td>22:32</td>
<td>Open</td>
</tr>
<tr>
<td>Cheryl Bohrer</td>
<td>2 (2)</td>
<td>24:32</td>
<td>Open</td>
</tr>
<tr>
<td>Robyn Skoczen</td>
<td>3 (1)</td>
<td>26:58</td>
<td>30-34</td>
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<tr>
<td>Cathy Gerson</td>
<td>4 (1)</td>
<td>27:14</td>
<td>45-49</td>
</tr>
<tr>
<td>Dawn Jenkins</td>
<td>5 (3)</td>
<td>29:25</td>
<td>Open</td>
</tr>
<tr>
<td>Mea Asswi</td>
<td>6 (1)</td>
<td>30:16</td>
<td>40-44</td>
</tr>
<tr>
<td>Pat Finley</td>
<td>7 (1)</td>
<td>31:15</td>
<td>35-39</td>
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*First number listed is overall place. Second number is age group place.