



# Over The Hill Track Club

JUNE 1997

President  
V.P. Programs  
V.P. Communications  
Secretary  
Treasurer

Norman Thomas  
Bob Thomas  
Jeff Gerson  
Rex Harvey  
Jack Brunner

## Coordinators

Women (all)	Debbie Thomas	216-382-5170
Men - Open	Bob Thomas	216-382-5170
30-39	Dion Campbell	330-626-1560
40-49	Norman Thomas	216-425-8219
50-59	Grover Coats	216-464-3865
60+	Jack Greenwald	216-327-3762
Weight events	John Sloan	330-492-5007
Multi events	Rex Harvey	216-446-0559
Racewalk	Tim Bailey	216-327-1641

## President's Message

The North Coast Invitational was a success. The turnout was lower than expected. We did not get needed help from Lake Erie Association officials. Thanks to club members who helped out - especially John Sloan, Jack Brunner, Pat Thomas, and others in the OTHTC family.

June is traditionally our busiest month for track meets. There are meets each weekend in June. Plan to compete in several meets between now and September.

Look for the white tent at Medina. We plan to have drinks at Independence. The games committee is being formed for our next club sponsored track meet, the Cleveland Track Classic.

Some of the better meets in July are out of state. Talk with your coordinator to form relays and groups to travel together.

Plan now for the August meets. We should have full club support at Buffalo and San Jose. Set your goals now!

## SCHEDULE

June 14	Drug Mart Track Meet	Medina, OH
June 14	Steuben Striders Meet	Steubenville, OH
June 21	Lake Erie Assn. Meet	Independence, OH
June 21	Jim Ward Track Meet	Columbiana, OH
June 21	South Hills Open & Masters	McMurray, PA
June 29	Ohio Games	Lakewood, OH
June 29	Three Rivers Assn. Meet	Slippery Rock, PA
July 4	Steuben Striders Meet	Steubenville, OH
July 4	YMCA 2 Mile	N. Canton, OH
July 12	Senior Olympics	Canton, OH
July 19	Steuben Striders Meet	Steubenville, OH
July 20	Ohio Games	Lakewood, OH
July 25	Peace Race Mile	Youngstown, OH
August 2	Cleveland Track Classic	Independence, OH
Aug. 7-10	NATIONAL MASTERS USATF	San Jose, CA
Aug. 9-10	Buffalo Belles Classic	Buffalo, NY
Sept. 6	OTHTC Picnic-Banquet	Richfield, OH

RESULTS

John Means	National Masters Indoor Meet 200m (M75) 3rd 34.34 400m (M75) 2nd 1:23.59	Boston, MA March 22-23
Jeff Gerson	CWRRC Spring Classic 5km 20:18 3rd (M45)	April 18
Norman Thomas	Memorial Mile 5:37	May 26
Mary Cavicchi	Revco 10km 4th (W65) 1:27.24	May 4
Tom Cavicchi	Revco 10km 95th overall 37:10	May 4
Dion Campbell	Stow Bulldog 10km 44:56 (M35) 3rd  Euclid Rotary 10km 42:34 (M35) 2nd  Pittsburgh Mariothon 10 mile 1:15.24 (M35) 3rd  St. Margaret Hospital 5km Fitness 20:05	

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## FLEXIBILITY — THE KEY TO SUCCESS

The Five Pillars of Physical Fitness are flexibility, speed, strength, endurance and coordination. Flexibility is listed first not because it is the most critical component but because it should precede any form of exercise. Without adequate flexibility or stretching, the athlete may not receive the desired results from a work out.

Stretching will increase the range of motion and, if done properly, will help minimize the risk of injury by warming and preparing ligaments, tendons and muscles for activity. The following general guidelines will help the athlete achieve the maximum level of flexibility:

### ***Start to stretch.***

Start the warm-up with a series of stretches that increase flexibility of the arms, neck, torso and legs. These stretches do not need to be sport specific.

***Find the point of resistance.*** Begin a stretch by moving through a comfortable range of motion and stop at the point of resistance or increased tension. Hold the stretch here for 30 to 45 seconds and then relax. Repeat this process at least three times.

***Never bounce stretch.*** Each stretching motion should be smooth and gradual. Bounce stretching increases the risk of injury to ligaments and muscles.

### ***Remember to breathe.***

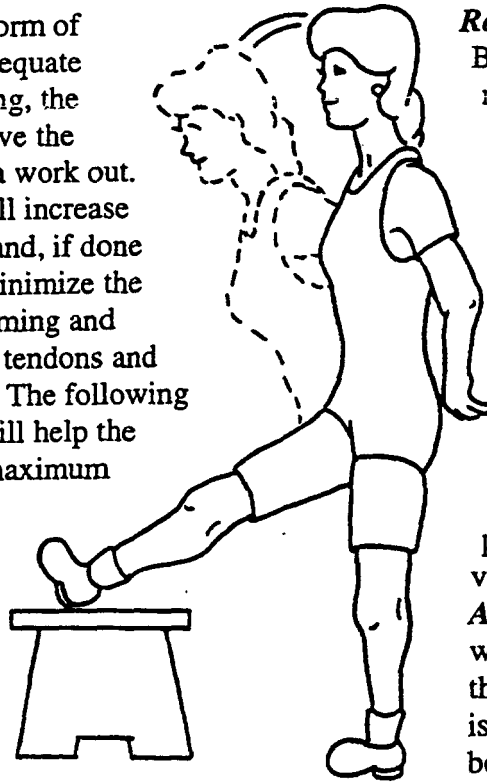
Breathe normally and naturally during each stretch — inhale through the nose — exhale through the mouth.

***Get moving.*** A light stretching period followed by three to five minutes of aerobic activity at a low intensity level improves the quality of the stretch and will help prepare the body for more vigorous exercise.

***Achieving success.*** The warm-up is complete when the desired range of motion is achieved and the athlete begins to perspire lightly.

***Winding down.*** A brief period of low intensity aerobic activity such as walking will permit the muscles to recover from exercise. Light stretching during this time helps maintain the flexibility gains.

With the commitment of just a few minutes, stretching will minimize the risk of injury and maximize the results of a work out.



**USA TRACK & FIELD**  
**THREE RIVERS ASSOCIATION**  
**OPEN, SENIOR & MASTERS CHAMPIONSHIP**  
 Slippery Rock University - June 29, 1997

Date: SUNDAY - June 29, 1997 - 8:00 a.m.  
 Place: SLIPPERY ROCK UNIVERSITY  
 Sponsored by: USATF - THREE RIVERS ASSOCIATION  
 Sanction: USA TRACK & FIELD - MEMBERSHIP IS REQUIRED !!!  
 Meet Director: MARK SCHWARTZ - 362-5511  
 Entry Fee: \$5.00 Per Individual Event (Advance)  
 Day of Meet Entry: \$8.00 per Event (Day of Meet)      Relays: \$15.00  
 AWARDS: Medals to Places 1-3  
 CHECK IN: Athletes may check in at the Stadium on Sunday, starting at 7:30 a.m.  
 AGE DIVISIONS: SENIOR - 14+ and MASTERS - 30+ (Age Groups every 5 years)  
 Note: Junior Olympic Age Groups 13-14, 15-16, & 17-18 will be competing simultaneously

**EVENTS & MEET SCHEDULE**

Field Event Order (Beginning at 8:00 a.m.)

Hammer  
 Long Jump  
 Pole Vault  
 High Jump  
 Shot Put  
 Javelin  
 Triple Jump  
 Discus

Track Event Order (Beginning at 8:00 a.m.)

400 Hurdles  
 4 x 800 Relay  
 3000/5000 Meters  
 110/100 H T&F  
 100 Meters Trials  
 1500 Meters  
 100 Meters Finals  
 400 Meters  
 Steeplechase  
 3000/5000 M RaceWalk  
 200 Meters Trails  
 800 Meters  
 200 Meters Finals  
 4 x 400 Relay  
 4 x 100 Relay

Meet management maintains the right to adjust the schedule as necessary. Please schedule your arrival and warm-ups accordingly. Remember, the meet will be run in conjunction with the J.O. Youth Championships. The Senior and Master competitions will take place in order following the youth event. Events will run youngest to oldest. The above time schedule is only a guide. No event will start more than 40 minutes before stated. Be aware, the events may run later than posted.

**Advancement to USATF Eastern Regional Association Championship Event:**

The top 2 athletes (Senior Division only) plus others meeting the Junior National Standards will qualify to advance to this meet. The USATF Eastern Region Meet will be held at Rutgers University in Piscataway, New Jersey, on July 12, 1997. Additional advancement information will be available at the TRA Championship Meet. Possible financial assistance may be available to those who meet the Junior National Standards. Athletes must pick-up and complete preliminary form prior to leaving the TRA Championship Meet for those advancing to the Eastern Regional Championship Meet.

# JUNE 29, 1997 SENIOR & MASTERS CHAMPIONSHIP MEET

## Slippery Rock University

Entry Form (Please Print)

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Club \_\_\_\_\_ USATF Membership Number \_\_\_\_\_

List events in which you will be competing and your previous best performance and the date on which you made the mark:

1) \_\_\_\_\_ Best: \_\_\_\_\_ Date: \_\_\_\_\_  
2) \_\_\_\_\_ Best: \_\_\_\_\_ Date: \_\_\_\_\_  
3) \_\_\_\_\_ Best: \_\_\_\_\_ Date: \_\_\_\_\_  
4) \_\_\_\_\_ Best: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete Category: (Check One):

Male: _____	Female: _____	Year of Birth: _____
<u>Age Group:</u> _____ Senior 14 +	_____ Master (45-49)	_____ Master (65-69)
_____ Sub-Master (30-34)	_____ Master (50-54)	_____ Master (70-74)
_____ Sub-Master (35-39)	_____ Master (55-59)	_____ Master (75-79)
_____ Master (40-44)	_____ Master (60-64)	_____ Master (80-)

### Athlete's Release:

Waiver: In consideration of your acceptance my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against USA Track & Field, USATF-Three Rivers Association, Slippery Rock University, or their respective officers, agents, representative, successors and or assigns for any and all damages which may be sustained and suffered by me in connection with or association with or entry in the above Championship Meet, or which may arise out of traveling to or participating in and returning from said Championship at Slippery Rock University. I understand the physical demands of competition of this meet and have sufficiently trained for same.

Signature of Athlete \_\_\_\_\_ Date \_\_\_\_\_ Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

### FOR OFFICIAL USE ONLY

Date Received: \_\_\_\_\_ Competition number \_\_\_\_\_

44027/1303 63

Mail To:

**THREE RIVERS ASSOCIATION  
SENIOR & MASTERS TRACK AND FIELD CHAMPIONSHIPS**

c/o Mark Schwartz, Meet Director  
540 N. Sheridan Avenue, Apt. 4  
Pittsburgh, PA 15206-2540

STEUBEN STRIDERS  
TRACK 1997

Steuben Striders 1997 Track Meets at Harding Stadium, Steubenville, Ohio  
Saturday, June 14th Friday, July 4th Saturday, July 19th

\$3.00 1st event — \$1.00 each additional event

(NO CHECKS - Money orders or cash)

Mail Registration To: Steuben Striders

c/o Tom Mazzaferro

119 Brian Street

Mingo Junction, Ohio 43938

(614) 535-1853

PRE-REGISTRATION WILL MAKE IT EASIER FOR US BOTH.

EVENTS: 5-6 50-100-LJ-SOFTBALL THROW

7-8 50-100-200-400-LJ-SOFTBALL THROW

9-10 100-200-400-800-1600-LJ-SHOT-DISC

11-12 100-200-400-800-1600-LJ-SHOT-DISC

13-14 AND OLDER 100-200-400-800-1600-3200-LJ-SHOT-DISC- HURDLES

REGISTRATION: 8:00 A.M. - 9:00A.M. FIRM

MEET STARTS AT 9:30

There will be heat ribbons and medals for 1st and 2nd per event.

The July 4th meet will feature the BOB YOUNG MEMORIAL MILE

Trophy Boy and Girl 14 and under and 15 and older.

Fee is \$1.00 and will not count as an event.

You may photo-copy this form as needed!

REGISTRATION FORM PLEASE PRINT

NAME \_\_\_\_\_ CLUB \_\_\_\_\_  
STREET: \_\_\_\_\_ CITY & STATE \_\_\_\_\_  
SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ PHONE \_\_\_\_\_  
YOUR AGE ON DEC. 31, 1997 \_\_\_\_\_ THIS IS YOUR AGE GROUP FOR  
THE MEETS  
EVENTS: 9and older : 4 events no more than 3 running  
8and under: 3 events no more than 2 running  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

WAIVER: In consideration of this entry being accepted, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Steuben Striders Track Club, Sponsors, Meet Officials, Their Officers, Agents and Employees for any damages suffered by me at this meet.

SIGNATURE OF ATHLETE: \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF SUPERVISING ADULT: \_\_\_\_\_

**Over The Hill Track Club**  
c/o Jeff Gerson  
5091 Hickory Drive  
Lyndhurst OH 44124



Rex Harvey  
160 Chatham Way  
Mayfield Hts. OH 44124

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