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

Bob Thomas

Dion Campbell

Norman Thomas

Grover Coats

Jack Greenwald

John Sloan

Rex Harvey

Tim Bailey

216-382-5170

216-382-5170

330-626-1560

216-425-8219

216-464-3865

216-327-3762

330-492-5007

216-446-0559

216-327-1641

Men - Open

30-39


40-49


50-59


60+

Weight events

Multi events

Racewalk

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

John Means  National Masters Indoor Meet  Boston, MA
200m (M75)  3rd  34.34  March 22-23
400m (M75)  2nd  1:23.59

Jeff Gerson  CWRRC Spring Classic  April 18
5km  20:18  3rd (M45)

Norman Thomas  Memorial Mile  May 26
5:37

Mary Cavicchi  Revco 10km  May 4
4th (W65)  1:27.24

Tom Cavicchi  Revco 10km  May 4
95th overall  37:10

Dion Campbell  Stow Bulldog 10km  May 4
44:56 (M35)  3rd

   Euclid Rotary 10km  42:34 (M35)  2nd

   Pittsburgh Marathon 10 mile  1:15.24 (M35)  3rd

St. Margaret Hospital 5km Fitness  20:05
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: USA TRACK & FIELD - MEMBERSHIP IS REQUIRED !!!
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 8:30 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
- 200/5000 M Race Walk
- 200 Meters Trials
- 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: _____
Age Group: _____ 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, representatives, 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 ___________________

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 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. - 9:00 A.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: 9 and older: 4 events no more than 3 running
8 and 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, executers, 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