PRESIDENT'S MESSAGE

Thanks to all club members who supported the club picnic at Richfield Woods. Jack Brunner made all arrangements and we had a great time.

Track and field season is practically over. There are a few pentathlons and weight competitions left. We need to look at extending our season.

Cross country season is here. Our annual 5km race (Sept. 28) went well. Thanks to all who supported our efforts. We are listing cross country races and we hope to see more club members participating.

Former club member Norm Bower recently passed away. Friends of Norm have rallied to put on a weight pentathlon in his honor.

All 1997 results should be submitted as soon as possible. We plan to update club records this year.
RESULTS
Rodney Wilson (M35)
M.S.U. Intramural Invitational, April 24, E. Lansing, MI.
200m  25.79  4th
400m relay  49.54  6th

Ontario Masters Meet, June 2-3, York University, Ontario, Canada
100m  12.38/12.58  6th
200m  26.0  4th

Great Lakes State Games, June 28, E. Lansing, MI.
100m  11.89  2nd

Grand Ledge T.C. Meet, July 9, Grand Ledge, MI.
200m  25.6  2nd
100m  12.35  1st

Grand Ledge Summer Meet, July 19, Grand Ledge, MI.
100m  12.41  1st
200m  25.44  1st

Results
Buffalo Belles Classic, August 10, Buffalo, NY
All first places:
Bill Simmons (M65)  High Jump  4'6
                    Long Jump  13'4
                    Triple Jump  9.96m
                    300m Hurdles  57.1
                    100m Hurdles  20.0
                    200m  30.34

SCHEDULE

Oct.  4 N. Bower Weight Pent.  Chaquirin Falls, OH
Oct. 25 Great Pumpkin Run  Highland Hills, OH
Oct. 26 Second Sole 5km CC  Boardman, OH
Nov.  8 Lake Erie Assn. 5km CC  Berea, OH
Over the Hill Track Club

First Annual Norm Bower Memorial Weight Pentathlon
Saturday, October 4, 1997
18554 Haskins Road, Chagrin Falls, Oh 44023-1823
Tel: 440-543-1932; Fax: 440-543-7160

Over the Hill Track Club is sponsoring a fund-raising weight pentathlon in honor of Norm Bower, who passed away September 12, 1997. Norm Bower was much loved as a friend and a competitor in the weight events. He was joyful, bright, easy going, with a wonderful sense of humor. He supported everyone, no matter the skill level, who competed in the weights. Our track meets and our lives are brighter, more fun because of Norm, and the Club wishes to remember him and his family with this annual weight pentathlon held in his honor.

All donations will contribute to an education fund for Emma Rose Bower, who will be two years old this October 31st. She is Norm and Sue Bower's daughter, and the sister of Brent Bower, now 25, who often competed with Norm in the weight events.

Instead of a meet fee, we are asking that you make a contribution in the amount of your choice. All contributions, 100%, will go to the Emma Rose Scholarship Fund. All food & beverages (which will be free to all competitors), officiating, awards, and the meet site are being donated by Over the Hill Track Club members.

Please mail or fax the enclosed meet registration form for our receipt no later than Monday, September 29th, so that we can make out event rosters and estimate food and beverage needs. The event will be held regardless of weather conditions. Maps are attached.

Date: Saturday, October 4, 1997, 12:00 Noon

Host site: The home of Joe & Mary Chadbourne, 18554 Haskins Road, Chagrin Falls (Bainbridge Township), Ohio 44023-1823; Tel: 440-543-1932; Fax: 440-543-7160

Events: Shot put, discus throw, javelin toss, hammer throw, and weight throw

Rules: U.S. ATF rules and implements. Minimum of 3 throws per event (up to 6, depending on numbers of competitors)

Awards: Yes. Dick Mann is in charge.

Facilities: Javelin to be thrown from grass runway; all others from concrete or wooden pad.
Three restrooms; showers & towels available.

Refreshments: Post-meet dinner, with food and beverages provided by Over the Hill Track Club members.

Fee: None. Instead, please make a donation of your choice to be placed in the Emma Rose Bower Scholarship Fund for Norm and Sue's daughter, two years old this October 31, 1997. Make checks payable to "OTHTC-Emma Rose Bower" On the lower left of your check or money order print, "UGMA" (Uniform Gift to Minors Act) and mail it along with your registration form, attached here, to:
Joe & Mary Chadbourne, 18554 Haskins Road, Chagrin Falls, OH 44023-1823, ATTN: Norm Bower Memorial Weight Pentathlon.

All donations will be consolidated into a single gift check from the Club and sent to the Scholarship Fund as a gift from the First Annual Norm Bower Memorial Weight Pentathlon. All Donors names and addresses will be listed with the Club's letter of remittance.
The First Annual
Norm Bower Memorial Weight Pentathlon

Sponsored by: Over the Hill Track Club
Saturday, October 4, 1997—12:00 Noon
18554 Haskins Road, Chagrin Falls, Ohio—Phone: 440-543-1932; Fax: 440-543-7160

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower,
Norm & Sue’s daughter, born October 31, 1995

REGISTRATION FORM

Name________________________ Gender__________ Phone________________ Fax________________

Address________________________ City________________ State__________ Zip__________

Date of birth______________ Your age as of 10/4/97________ Your club________________________

Events you wish to enter:

_____ Weight pentathlon (shot, discus, javelin, hammer, & weight)

Individual events only: _____ Shot put _____ Discus throw _____ Javelin throw

_____ Hammer throw _____ Weight throw

I don't wish to compete, but I would like to: __________ come, watch, & make a donation

I can't make it, but my donation is enclosed: __________

Please bring your own implements. Although we will have a number on hand, we cannot guarantee that we will have all implements for all age groups.

Mail this registration form, along with your donation check or money order, for receipt by Monday, September 29, 1997, to: Joe & Mary Chadbourne, 18554 Haskins Road, Chagrin Falls, OH 44023-1823, ATTN: Norm Bower Memorial Weight Pentathlon
YOUNGSTOWN ROAD RUNNERS CLUB
SECOND SOLE
5K CROSS COUNTRY CLASSIC

MEET RECORDS
MALE: DONN CRAIG
16:02
FEMALE: JENNIFER QUEHL
22:13

DAY/DATE: SUNDAY OCTOBER 26, 1997
TIME: 1:00 P.M.

IF OVER 25 FEMALES PREREGISTER, A FEMALE ONLY RACE WILL BE HELD AT 1:30. ANNOUNCEMENT WILL BE MADE AT NOON.

LOCATION: BOARDMAN HIGH SCHOOL
7777 GLENWOOD AVENUE
BOARDMAN, OH 44512

EVENT: 5,000 METER, LINED 2 LOOP GRASS AND BARK CHIPS (SITE OF THE N.E. OHIO HIGH SCHOOL REGIONAL X-C CHAMPIONSHIPS.)

ENTRY FEE: $5.00 PREREGISTERED, $6.00 DAY OF RACE INCLUDES T-SHIRT TO FIRST 125 REGISTERED

AWARDS: TOP 3 MALE, TOP 3 FEMALE, TOP 3 IN THE FOLLOWING AGE GROUPS:
MALE: 13 & UNDER, 14-17, 18-22, 23-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & OVER
FEMALE: 13 & UNDER, 14-17, 18-25, 26-35, 36-45, 46 & OVER

REGISTRATION: FROM 11:30 A.M. TO 12:55 P.M. AT BOARDMAN HIGH SCHOOL. APPLICATIONS AVAILABLE AT LOCAL RUNNING STORES OR CALL JIM AT 330-482-9230.

CHECKS PAYABLE TO: YRRC CROSS COUNTRY RUN
MAIL TO: P.O. BOX 2817, YOUNGSTOWN, OH 44511

PLEASE CUT AND MAIL TO ABOVE ADDRESS

NAME________________________AGE____BIRTH DATE______PHONE__________
ADDRESS_____________________CITY________________STATE/ZIP___________
MALE_____FEMALE____SHIRT SIZE (CIRCLE ONE) MED LARGE X-LARGE

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZATION AND SPONSORS HOLDING THIS EVENT, ITS' AGENTS, REPRESENTATIVES, SUCCESSORS, AND ASSIGNS FOR ANY AND ALL INJURIES SUFFERED BY ME AT SAID EVENT, I HEREBY ATTEST AND CERTIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THIS EVENT.

SIGNATURE______________________PARENT IF UNDER 18___________
LAKE ERIE ASSOCIATION
Open & Masters
Cross Country Championships
Saturday, November 8, 1997
9:00 A.M.

Host Club—Lake Erie Comets
Sanctioned—USATF/Lake Erie Association

Age Divisions and Race Distances:

Open Men
Open Women
19 to 29
30 to 39
40 to 49
50 to 59
60 & Over
Age as of race day
Age as of race day
Age as of race day
Age as of race day
Age as of race day
5,000 meters
5,000 meters
5,000 meters
5,000 meters
5,000 meters

TIMES: (Note change from previous years). Registration begins at 8:00 A.M. First Race at 9:00 A.M. Maps provided.
Course open for inspection up to 10 minutes before start of race. There will be no official course walk.

ENTRY FEES: $5.00 per person. There is no additional entry fee for teams. Team must consist of at least five, but no more
than eight runners. Teams must be registered USATF track clubs.

AWARDS: USATF Championship medals will be awarded for first through tenth place.

PLEASE NOTE: You must have a USATF card or purchase one on the day of the meet.

LOCATION: Cuyahoga County Fairgrounds - Eastland Road entrance, located off Bagley road about ½ mile West of the
intersection with I-71. turn left onto Eastland, the fairgrounds entrance will be on the left.

Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAF
rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and
will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances.
Information regarding drugs and drug testing may be obtained by calling the USOC hotline at 1-800-233-0393

Mail entries to:
Lake Erie Comets Track Club
8280 Craigleigh Drive
Parma, Ohio 44129

Make checks payable to USATF - Lake Erie
Entries will also be accepted the day of the meet
10 minutes prior to the start of each race.

Official Entry Form

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>City</td>
<td>State</td>
</tr>
<tr>
<td>Age</td>
<td>Birth Date</td>
</tr>
<tr>
<td>Age Division</td>
<td>Club</td>
</tr>
</tbody>
</table>

In consideration of my being accepted, 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, the Lake Erie Association, the Cuyahoga County Agricultural Society,
the Cuyahoga county Board of Commissioners, or 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, participation in, and returning from the 1997 Lake Erie USATF Open & Masters Cross Country Association
Championship Meet to be held November 8, 1997 at the Cuyahoga County Fairgrounds.

Participant's Signature ________________________________
Over The Hill Track Club
z/o Jeff Gerson
5091 Hickory Drive
lyndhurst OH 44124

Rex Harvey
160 Chatham Way
Mayfield Hts OH 44124