



Over The Hill Track Club

OCTOBER, 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

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
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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.	Chagrin 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.

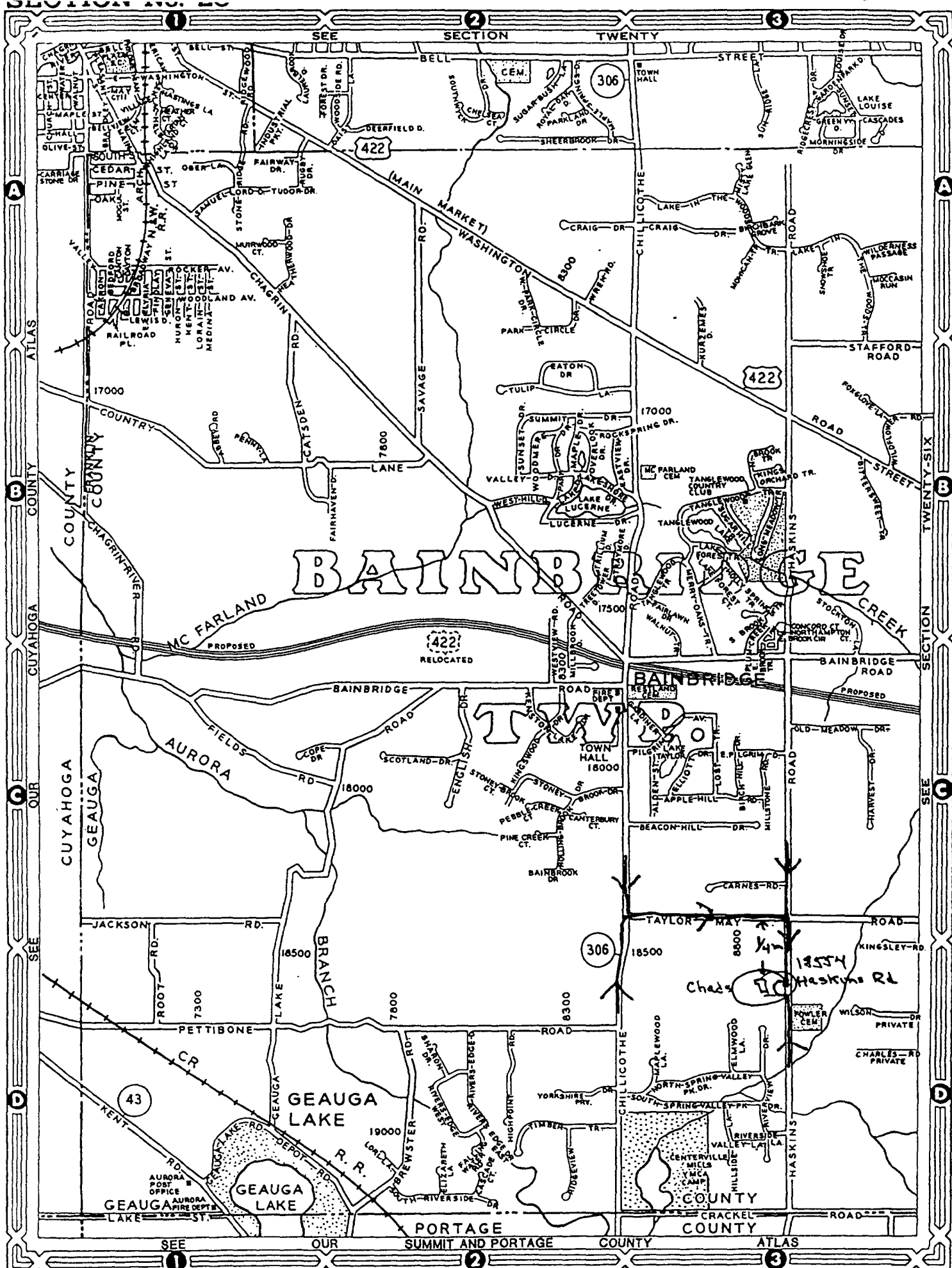
All donations will contribute to an education fund for Emma Rose Bower, who will be two years old this October 31st. She is Norm and Sue Bower's daughter, and the sister of Brent Bower, now 25, who often competed with Norm in the weight events.

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	19 to 29	Age as of race day	5,000 meters
Open Women	30 to 39	Age as of race day	5,000 meters
	40 to 49	Age as of race day	5,000 meters
	50 to 59	Age as of race day	5,000 meters
	60 & Over	Age as of race day	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 1/2 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

Name		Address		
City		State	Zip	Phone
Age	Birth Date	Sex	USATF#	
Age Division		Club		

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
c/o Jeff Gerson
5091 Hickory Drive
Lyndhurst OH 44124



Rex Harvey
160 Chatham Way
Mayfield Hts OH 44124

