



Over The Hill Track Club

DECEMBER, 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
50+	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

Holiday greetings to one and all! Cross country season is all but over. There is a national meet in Portland, Oregon, on December 7.

Mark your calendars for our annual membership meeting on Sunday, December 14. The meeting is held annually, at the Independence Branch Library, 6361 Selig Drive, Independence, Ohio. We start promptly at 2pm. Please plan to attend and bring new ideas. We plan our track meets for 1998 and we exchange information from the USATF National Convention and various committee members.

We need to update club records. If you think you have set a new club record, contact your group coordinator.

Our first (local) indoor meet will be at Kent State on January 10. Plan to be there. We need to support the K.S.U meets because they are the only folks putting on meets in the area.

SCHEDULE

1998 Indoor Track Meets

Jan. 9	Dartmouth Relays	Hanover, N.H.
Jan. 10	Kent State Mini Meet	Kent, OH
Jan. 24	Kent State Mini Meet	Kent, OH
Jan. 25	Slippery Rock Open & Masters	Slippery Rock, PA
Feb. 7	Kent State Mini Meet	Kent, OH
Feb. 8	Slippery Rock Open & Masters	Slippery Rock, PA
Feb. 21	Sam Bair Open Meet	Kent, OH
Feb. 22	Slippery Rock Open & Masters	Slippery Rock, PA
Mar. 7	Masters Midwest Regional	Indianapolis, IN

RESULTS

Great Pumpkin Run (3km)
 CCC East, October 25, 1997
 Bob Thomas 1st overall 9:35
 Debbie Thomas 2nd overall 12:04
 Norman Thomas 1st (M45) 11:33

Great Pumpkin Run (10km)
 CCC East, October 25, 1997
 Charlie Hall 4th (M60)

Cleveland Fall Classic (5km)
 Strongsville, November 23, 1997
 Bob Thomas 1st Master 17:23

RESULTS

National Masters Indoor Heptathlon, Chicago, IL

April 5-6, 1997

Rex Harvey (M50) 5128 pts (2nd)

National Masters Indoor Championships, Boston, MA

March 21-23, 1997

Jerome Belinson (M50)	Long Jump	1st	18'1
Rex Harvey (M50)	60m hurdles	3rd	9.24
	Pole vault	3rd	11'1
	Shot put	6th	39'8
Bill Simmons (M65)	60m	6th	9.39
	200m	4th	31.00
	60m hurdles	3rd	15.58
	High jump	2nd	4'7
	Long jump	3rd	12'9
	Triple jump	2nd	28'5
Everett Hosack (M95)	Shot put	1st	13'2
	Weight throw	1st	12'-1/2 AR
	S. Wght throw	1st	10'-3 1/4 AR

1st European Veteran's Indoor Championships, Birmingham, England

Feb. 28-Mar 2, 1997

Rex Harvey (M50)	60m hurdles	3rd	9.39
	Pole vault	6th	10'-9 3/4
	Shot Put	4th	41'-7 1/2
Everett Hosack (M95)	Long jump	1st	6'6 1/2 WR
	60m	1st	16.97 WR
	Shot put	1st	13'4 WR
	High jump	1st	2'9 3/4 WR
	400m	1st	2:57.28 WR

12th WAVA World Championships, Durban, South Africa

July 17-27, 1997

Bill Carey (M70)	5km	8th	22:00.22
Joe Fodor (M55)	5km	35th	19:25.29
	10km	19th	38:41.18
Rex Harvey (M50)	Decath.	18th	1589 pts
	Wt. Pent.	12th	3295 pts

Need Something To Do In Your Off Season To Keep Those Track & Field Skills Sharp?

Kent State University Mini Meets Are The Answer

Announcing The 1998 All Comers Track & Field Meet Schedule
Meet Site IS The Awesome 300 meter Kent State University Fieldhouse

Fully Automatic Timing For All Meets This Year

Cost - \$5.00 for the first event and \$3.00 for each additional event entered
unlimited entries

For Further Information Contact Kent Pagel Or Denise Zehner At (330)672-3992

January 10, 1998 - Saturday - Registration 7:30am / Competition 9:00am - 1:00pm

Events - 55m dash	400m dash	Long Jump
55m hurdles	Mile run	Shot Put
High Jump	Pole Vault	

January 24, 1998 - Saturday - Registration 7:30am / Competition 9:00am - 12:00 Noon

Events - 200m Dash	800m run	Long Jump
55m Hurdles	2 mile run	Shot Put
High Jump	Pole Vault	

February 7, 1998 - Saturday - Registration 7:30am / Competition 9:00am - 12:00 Noon

Events - 55m dash	400m dash	Long Jump
55m hurdles	Mile run	Shot Put
High Jump	Pole Vault	

February 21, 1998 - Saturday - Al Schoterman Weight Triathlon
Registration 8:00am / Competition 9:00am - 2:00PM

Events -	Entry Standards -	Implements -
Indoor Shot Put	45' Men / 35' Women	High School or College
Indoor Discus	140' Men / 120' Women	High School or College
Weight Throw		35 lb Men / 20 lb women

February 21, 1998 Saturday - Sam Bair Open - Registration 10:00am / Competition 11:00am - 5:00pm

Events - 55m Dash	Mile Run	Long Jump
55m Hurdles	400m Dash	Shot Put
200M Hurdles	High Jump	Pole Vault
4 X 300 Relay (One Lap On Our Track)		
event schedule subject to change		

March 7, 1998 Saturday-Indoor Spring Open I - Registration 7:30am / Competition 9:00am - 6:00pm

Events - 55m dash	400m dash	Long Jump
55m hurdles	Mile run	Shot Put
	High Jump	Pole Vault

March 14, 1998 Saturday-Indoor Spring Open II Registration 7:30am / Competition 9:00am - 6:00pm

Events - 200m Dash	800m run	Long Jump
55m Hurdles	2 mile run	Shot Put
60M Dash	High Jump	Pole Vault
	4 X 400 Relay	

MOTORCARS
HONDA - PONTIAC



LIBERTY TOY

17TH ANNUAL
RAINBOW FUN RUN!



SPONSORED BY
KEENER KEENER 50 PRINTING



RESULTS
Fitness and Wellness Center



BP
Buckeye Business Products, Inc.



Run or Walk approximately 6 miles from Results Fitness Center, formerly 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!



THE
NORTHEAST
OHIO
GOLF MAP
CALENDAR
(216) 531-7595



MINIMUM DONATION: \$15 (\$20 RUN DAY)

ALL Proceeds Donated to Rainbow Babies and Childrens Hospital



of University Hospitals of Cleveland

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



SUNDAY • DEC. 21 • 1997 • 9:30 AM

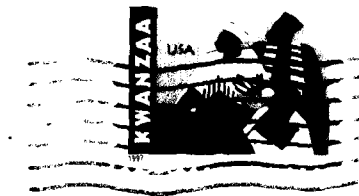
By my signature, I attest that I am physically fit and sufficiently trained to participate in this event. There will be no medical assistance provided. I have full knowledge of the risks involved. Therefore, in consideration of the acceptance of this entry, I myself, my heirs, my executors and administrators, 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 _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
SIGNATURE _____
PARENT SIGNATURE (If registrant is under 18) _____
AGE (Day of race) _____

T-SHIRT SIZE. M L XL SEX. M F

RETURN this completed form along with your minimum donation of \$15 (\$20 Run Day) to:
O.U. Greater Cleveland Chapter, c/o Rainbow Fun Run, PO Box 23444, Chagrin Falls, OH 44023
Please make all checks payable to: Rainbow Fun Run

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



Rex Harvey
160 Chatham Way
Mayfield Hts. OH 44124