FEBRUARY, 1998

Over The Hill Track Club

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

Norman Thomas
Bob Thomas
Jeff Gerson
Rex Harvey
Jack Brunner

Coordinators

Women (all)
Men - Open
30-39
40-49
50-59
60+

vacant
Bob Thomas
vacant
Norman Thomas
Grover Coats
Jack Greenwald
Rex Harvey
Rod Wilson

216-382-5170
330-425-8219
216-464-3865
330-769-5361
330-492-5007
440-255-0751
517-353-0971

President's Message

This looks like a good year for indoor track meets. We are finalizing our schedule of meets through the month of April.

We need to know who will be attending the national and the regional meets. For those who plan to travel to meets out of the area, contact your coordinator to find out if other club members plan to be there.

The March 1st indoor meet is a new venture. Plan to come out and support the coaching staff at Beachwood H.S. We can set up team relays for the remaining indoor meets.

Next month we will list our schedule of outdoor meets. If you have any track meet or road race information, please let us know by the first of March.

DUES! DUES! DUES!
A reminder to all club members - 1998 dues money must be paid by March 1. A membership application is enclosed.
MASTERS MIDWEST REGIONAL MEET

This meet has no same day registration. February 16 is the deadline for the lowest entry fees. February 23 is the final deadline for entries. This meet is a regional and $25 can be rebated following participation.

NEW CLUB MEMBERS -1998-

A hearty welcome to our newest members:
William Miele, 53, Aurora
Doug Finley, 41, Strongsville
Bill Flecher, 44, Brunswick
Dave White, 42, Windsor

RESULTS

Huggins Hospital 5km Run
August 2, Wolfboro, New Hampshire
Thomas Cavicchi (37) 18:21 1st M30
Mary Cavicchi (67) 47:19

Youth Challenge 5km
August 16, Lakewood, Ohio
Mary Cavicchi 45:00 2nd F60
Richard Cavicchi 41:13

Run The River 5km
Sept. 14, Elyria, Ohio
Mary Cavicchi 43:06 1st F60
Richard Cavicchi 41:25

Lakewood J.C.'s
Lakewood, Ohio, Sept. 27
Thomas Cavicchi (10km) 37:17 1st overall
Mary Cavicchi (5km) 42:21
Richard Cavicchi (5km) 41:00

Cleveland Fall Classic 1/2 Marathon
November 23, Strongsville, Ohio
Thomas Cavicchi 1 hr 28 min 23 sec
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEB. 7</td>
<td>Kent State Mini Meet</td>
<td>Kent, OH</td>
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<td>FEB. 8</td>
<td>Slippery Rock Open &amp; Masters</td>
<td>Slippery Rock, PA</td>
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<tr>
<td>FEB. 21</td>
<td>Sam Bair Open Meet</td>
<td>Kent, OH</td>
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<tr>
<td>FEB. 21</td>
<td>National Masters Pentathlon</td>
<td>Kent, OH</td>
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<tr>
<td>FEB. 22</td>
<td>Slippery Rock Open &amp; Masters</td>
<td>Slippery Rock, PA</td>
</tr>
<tr>
<td>MAR. 1</td>
<td>Beachwood Open Meet</td>
<td>Beachwood, OH</td>
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<tr>
<td>MAR. 7</td>
<td>Masters Midwest Regional</td>
<td>Indianapolis, IN</td>
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<tr>
<td>MAR. 7 or 14</td>
<td>Lake Erie Open &amp; Masters</td>
<td>Alliance, OH</td>
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<td>MAR. 21</td>
<td>Metro Harriers Indoor Games</td>
<td>Linthicum, MD</td>
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<tr>
<td>MAR. 27-29</td>
<td>National Masters Indoor Meet</td>
<td>Boston, MA</td>
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<tr>
<td>APR. 4-5</td>
<td>Illinois Masters Indoor Meet</td>
<td>Hillside, IL</td>
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BEACHWOOD OPEN TRACK MEET

SUNDAY, MARCH 1, 1998 - 1:00 P.M.
REGISTRATION BEGINS AT 12:00 NOON

ENTRY FEE: $5.00 - unlimited events

NO SPIKES ALLOWED

ORDER OF EVENTS:
1:00 p.m.   high jump
            shot put
            800 M
            50 HH
            50 dash
            400 M
            1600 M
            4 x 400 M

AGE GROUPS: 10 and under, 11-12, 13-14, 15-18, open, 30-34, 35-39, 40-44, etc.

AWARDS: Ribbons - top 3 places

QUESTIONS: Call: Jeff Gerson - (440)-473-0636
            Harvey Horwitz- (216)-382-5592

50 yard dash and 50 hurdles are run in hallway, 2 at a time — track is 3 lanes, 150 yards
Metro Harriers
P. O. Box 234
Linthicum, MD 21090
410-789-7560

1998 Indoor Track Challenge

#1 - Saturday, February 7th - 6:00pm
#2 - Saturday, February 21st - 6:00pm
#3 - Saturday, March 7th - 6:00pm
#4 - Saturday, March 21st - 6:00pm - Metro Harriers Indoor Games (Challenge Championships)

Site: Catonsville Community College, Catonsville, MD.

Track: Brand new, 160 meters, rubberize. Racing flats only, No Spikes!

Order of Events: 1 Mile Run, 400 Meter Dash, 45 Meter Dash, 200 Meter Dash, 800 Meters, Four Lap Relay (4x160 Meters), 2 Mile Run and Mile Relay.

All comers: Meets are open to competitors of all ages.

Equipment: Starting blocks and batons provided.

Registration: Race day only, begins at 5:00pm.

Entry Fee: 18 and under - $7.00 Championships - $10.00
19 and over - $10.00 Championships - $13.00
Will cover facility rental and officials.
Professional starter will be utilized.

Challenge Director: Ed Harte

Grand Prix Competition: Will be held in the following events: Short Sprints: 45m & 200m, Long Sprints: 400 & 800 and Middle Distance: Mile & 2 Mile. The top ten performances in each meet will be ranked on a 10 to 1 point system. Championship meet will count double points. Any ties will be broken by Championship results. Trophies will be awarded to top scorer in each event. Athletes must compete in Metro Games Championships.

Metro Harriers Indoor Games: Medals to top 5 overall Open (under 39) in each event, top 3 Masters (40 and over) and top three teams in relays.

Concessions: Will be available and may not be taken out to the main floor.

Volunteers: Will be needed to help with timing and facility cleanup.

All Participants: Please police and cleanup your area. We don’t want to lose the facility for track meets. Everyone must enter and exit the building from the bottom lobby.

From Towson/Towndale/Glen Burnie
Take I-695 (Baltimore Beltway) to Exit 12, Wilkens Ave. West (MD 372)
Right onto Valley Road
Continue on Valley Road onto Catonsville Community College campus
Take Campus Drive (loop) to dome.

From South, Annapolis
Take I-97/Ft. 3 North to 495 West (Towson), Take 495/X (Baltimore Beltway) to
Exit 12, Wilkens Ave. West (MD 372)
Right onto Valley Road
Continue on Valley Road onto Catonsville Community College campus
Take Campus Drive (loop) to dome.

From Washington D.C.
Take I-95 & 295 to I-695 North (Towson)
Take I-695 (Baltimore Beltway) to
Exit 12, Wilkens Ave. West (MD 372)
Right onto Valley Road
Continue on Valley Road onto Catonsville Community College campus
Take Campus Drive (loop) to dome.
James Bradlin, 46, president of James Clothiers in Beachwood

Why he's interesting: For 18 years, Bradlin has dressed some of Cleveland's biggest movers and shakers, ranging from rocker Michael Stanley to former Cleveland Brown Greg Pruitt. For the Chagrin Falls resident, who opened his first store in Beachwood in 1979, the climb up the career ladder has been swift and steady. Thirty years ago, Bradlin started as a stock boy for B.R. Baker at Severance Town Center and quickly moved on to Burkhardt-Davidson, where he became an assistant manager. After earning a bachelor of arts degree in marketing from Cleveland State University, Bradlin was promoted to merchandise manager and, finally, assistant to the president of the United States, but we've dressed a lot of people en route to the White House for parties and fund-raisers.

Fran Broda, 37, store manager of Nordstrom at Beachwood Place

Why she's interesting: Broda is head of all operations for the first Nordstrom store in Ohio, covering 215,000 square feet and employing 600. When the store celebrated its grand opening on Sept. 19, eager shoppers skipped school and called in sick so they could be there.

Broda, who lives in Twinsburg with her husband and two daughters, has a marketing degree from San Diego State University. She began her career with Nordstrom 13 years ago when she was hired as extra help for the holiday shopping season. Broda stayed with the company and was a store manager and buyer for women's ready-to-wear sportswear in California before coming to Cleveland.

She says: "We want to become the hometown store. People have told us they especially like our piano, the wide-open floor plans, gift-wrapped boxes and the sales staff.”

Joseph H. Chadbourne, 66, vice president of Chadbourne & Chadbourne Inc., an environmental consulting firm

Why he's interesting: Founded in 1993, Chadbourne & Chadbourne is currently coordinating a series of nine workshops to encourage businesses to replace toxic chlorinated solvents with nontoxic chemicals such as water-based detergents so, he says, "we can eat fish and swim" in the Great Lakes basin, which encompasses 10,900 miles of coastline.

When he's not chasing chlorine violators, the Bainbridge resident is hammer-throwing. He holds the 1996 and 1997 Masters Track and Field American record for his age group.

He says: "Along with finding alternatives to chlorine-based chemicals for cleaning, we are also concerned with introducing wet cleaning as a substitute for perchloroethylene-based dry cleaning and with the recycling of polyvinyl chloride.”

Mary M. Chadbourne, 50, president of Chadbourne & Chadbourne Inc., an environmental consulting firm

Why she's interesting: As a project manager with the CAMP (formerly Cleveland Advanced Manufacturing Program) Organochlorine Project, Chadbourne is particularly sensitive to the concerns of small businesses "which do not have the personnel or time to do research and development, and do not want to be in a regulatory situation that they feel is threatening." But the Bainbridge resident is on a mission to help these businesses understand that "making environmental improvements can be economically beneficial.”

Chadboume, who retired from hammer-throwing after once holding a world record in her age group, hasn't retreated from creative writing. A former officer of the Poets League of Greater Cleveland, she enjoys reading and writing.

She says: "People need to know that everything they do today will have an impact on their lives tomorrow. Ask someone fishing in Lake Erie if he'd like to do that next year, and he begins to see why the environment is so important.”

Nelson Cintron Jr., 31, Cleveland councilman, Ward 14

Why he's interesting: As Cleveland's first Hispanic councilman, Cintron inherits the city's most ethnically diverse ward, where poverty and crime are common. His goals include seeing the West 25th Street and Clark Avenue area recover "and boom with business again” and to see better and safer recreational facilities for children in the area.

Cintron already is known for bringing the first Hispanic radio station, 90.5-FM (the Hispanic World Network), to Cleveland and for expanding the annual Puerto Rico Festival from one to four days in August.

He says: "My dad and mom met here. This is a city I love. I have four years to do my best to get things done.”
MEMBERSHIP FORM

Over The Hill Track Club

For year ending: 12/31/

Membership status: New [ ] Membership Type: Individual $20 [ ]
Renewal [ ] Family $30 [ ]

Circle events coded beside name and address:
SP-sprints, MD-middle distance, LD-long distance, XC-cross country, DH-decathlon/heptathlon,

Name: ________________________ Birthdate: __/__/ SP MD LD XC
Address: __________________________ Apt. No. ________ DH RE JU HD
City: ____________________________ State: ______ Zip: ____________ TR WP PV RW
Home Phone: (______)__________ Bus.: (______)__________ Sex:______ Age:_____ 

Best hours and days to contact ____________________________________________

Family memberships: Relationship ___________________________________________
(Complete a form for each family member who are occupants of your residence.)

Favorite competitions and or distances _______________________________________

Occupation & brief biographical sketch:

________________________________________

Please indicate the activities and committees in which you will participate:

(Participation in committees is particularly important in the success of our club.)

ACTIVITIES:

__Track & Field
__Road racing
__Racewalking
__Other, specify

COMMITTEES:

__Newsletter
__Awards
__Officiating
__Membership
__Scheduling
__Publicity
__Sponsorship
__Equipment

__Other, specify

Each club member is required to work at least one meet and event per year.

Complete this form and mail it along with a check payable to "Over The Hill Track Club" to Jack Brunner 4163 Buell Dr., Richfield, OH 44286.

In consideration of my being accepted, I am in good health, have trained sufficiently intending to compete and be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for which I may have or which may hereafter occur to me against "Over The Hill Track Club", their officials, 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, participating in and returning from any and all meets, events, and associated "Over The Hill Track Club" functions.

ATHLETE'S SIGNATURE ________________________ DATE / / 

PARENT OR GUARDIAN'S SIGNATURE ____________________________
(If athlete is under 18)
OVER THE HILL TRACK CLUB
C/O Jeff Gerson
5091 Hickory Dr.
Lyndhurst OH 44124

Rex Harvey
6744 Connecticut Colony Crl.
Mentor OH 44060