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

Norman Thomas
Bob Thomas
Jeff Gerson
Rex Harvey
Jack Brunner

Coordinators

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<tbody>
<tr>
<td>Women (all)</td>
<td>vacant</td>
<td></td>
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<tr>
<td>Men - Open</td>
<td>Bob Thomas</td>
<td>216-382-5170</td>
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<tr>
<td>40-49</td>
<td>Norman Thomas</td>
<td>330-425-8219</td>
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<td>50-59</td>
<td>Grover Coats</td>
<td>216-464-3865</td>
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<td>60+</td>
<td>Jack Greenwald</td>
<td>330-769-5361</td>
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<td>Weight events</td>
<td>John Sloan</td>
<td>330-492-5007</td>
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<td>Multi events</td>
<td>Rex Harvey</td>
<td>440-255-0751</td>
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<tr>
<td>Out of state</td>
<td>Rod Wilson</td>
<td>517-353-0971</td>
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President's Message

The outdoor track & field season is now in full swing. There are track meets in June, July and August - without having to travel too far.

The North Coast Invitational went well. We could have used more help at the finish line and at registration. If you have any suggestions for next years meet, please call. A special thanks to Rex Harvey and Bill Simmons!

The Cleveland Track Classic is scheduled for Sunday, July 5, at Independence H.S. We will need timers, clerks, field event judges, and help with registration. Call Bob or Jeff if you can help out.

If you are planning to go to the national meet in Orono, Maine, let us know. People are more likely to go to the big meets when they can expect to see some familiar faces. Also, keep in mind our reimbursement policy. The top USATF clubs consistently send people to the national and regional meets.

We will mailing meet results and flyers for the Cleveland Track Classic later this month. Please keep in touch with one of the coordinators. There are a lot of things going on that may not get printed in the newsletter.
Welcome new members!!

Chris Kemock, 29, Strongsville
Everett Poe, 69, Shaker Heights
Thomas Gardner, 59, Cuyahoga Falls
Peter Pachlhofer, 37, North Olmsted
Erika Szanto, 54, Olmsted Falls
Ed Butler, 65, Solon
Harvey Horwitz, 45, Beachwood

SCHEDULE

June 13  Discount Drug Mart Meet  Medina, OH
June 14  Lake Erie Assn. Meet  Independence, OH
June 27–28  Ohio Games (Regional)  Berea, OH
June 27–28  Three Rivers Assn. Meet  Slippery Rock, PA
July 5  Cleveland Track Classic  Independence, OH
July 11  Senior Olympics (State)  Canton, OH
July 18–19  Ohio Games (Finals)  Berea, OH
July 25  Dayton Masters Meet  Dayton, OH
July 30–Aug. 2  USATF National Masters Meet  Orono, ME
Aug. 8–9  Buffalo Belles & Brawn Meet  Buffalo, NY
Aug. 16  Oak Forest Masters & Open  Oak Forest, IL
Hosack, 96, in class by himself

Masters track athlete can't find competition

By John Vellante
GLASS/STAFF

He left his home in Chagrin Falls, Ohio, yesterday morning at 7:45 aboard a Continental jetliner and arrived at Boston's Logan Airport at 9:23.

Fortunately, he sat next to a good samaritan, who offered him a ride to the Reggie Lewis Track and Athletic Center, site of this year's US Track & Field Masters Championships. He never did get her name, but said she was a "sweetheart."

At 10:15, he toed the starting line in the 60-meter dash. At 10:45, he was throwing the shot put.

A pretty hectic schedule for most of us. But if you're Everett Hosack, it becomes more than hectic, it becomes downright remarkable.

Everett Hosack is 96, living for today, because "I don't know if tomorrow will come," and doing what he loves best - competing.

Yesterday, he crossed the tape in the 60, won both the 60 meters (9.23 seconds) and the shot put (4 meters) and not because he was head and shoulders above the competition. When you're 96, there isn't much competition to be found in your age group. His race and puts were against the clock and the tape measure.

Hosack has been a fixture at masters meets from coast to coast and abroad since 1980 and he's no flash in the pan. In his "prime," he was one of the best and you'll find his name in the masters official book of records in the 100, 200, and 400 meters, the high jump and long jump, the hammer throw, and the 25- and 35-pound weight throw.

"I used to be a lot better than this," he conceded, "but I've slowed some. I guess that's what's kept us together so long. Now and then, there was nothing for him to compete on. When masters runners started to organize in the late 1970s, early '80s, Hosack jumped in. By then, though, he was in his late 70s, but he says "my best years were still ahead of me."

Yesterday, he crossed the tape in the 60 meters in 20.79 seconds, a time called "terrific," but after thinking it over for a moment, he added, "I guess it really wasn't that bad all things considered." In the shot put, his three best throws were 4.302, 3.164 meters, which he said, "just weren't good enough" and didn't measure up to his standard.

Hosack, who married his wife, Elsa, in 64 years ago, said he would have loved to have brought her to Boston, but she preferred to stay home. She's 88, and they don't share the refrigerator that she pretty much sticks to. It's a pretty hectic schedule for most of us. But if you're Everett Hosack, it becomes more than hectic, it becomes downright remarkable.

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At age 69, Bill Simmons is reliving a dream.

The former Akron East High School All-State high-jumper and hurdler saw his childhood aspiration of competing in the 1948 world Olympics go down with his torn up knee in that same year.

A half-century later, he's tearing it up at the Ohio Senior Olympics and in national Olympic competition. The Alliance resident finished first in his age category (65-69) in the high jump and long jump at the 1997 state senior games in Canton last summer.

He finished second in the 100 and 200 meter track events. At the national senior Olympics in Tucson last year, he placed third in the high jump and seventh in the long jump.

Bill says that he quit formal training shortly after high school, but stayed fit through the rigors of his job as a rubber worker: “I built tires at Goodyear,” he says. “That’s enough to keep you in shape.”

Today, Bill stands the same six-feet tall and weighs the same 170 pounds that he did at age 18. He will participate in the state games again this year, and hopes to compete in national and world senior Olympic competitions in 1999, when he turns 70 and will be at the low end of a new age bracket.

Bill, who puts in three hours of weight training and wind sprints every other day, figures that he trains harder now than he did in high school. While saying that he’s in the best shape of his life might be overstating things a bit, Bill allows that he is not far from it.

He says that his appreciation of athletics and admiration for his fellow competitors has grown finer with age, and that he enjoys his time on the field now more than ever before. “This is extending my life,” he says, “and it’s improving the quality of it. I’m having a great time. I’ve never come across a person at these events that I didn’t like. No matter where they finish, these are all winners out here.”

Bill Simmons

In the Golden Years
“A Call to all Over the Hill Members”

I am concerned with the lack of a Lake Erie "U.S.A.T.&F." indoor meet, and now hearing that their outdoor meet has been scheduled for the same day as Medina’s Drug Mart meet, so we are losing a meet off our schedule. We have very few meets in this area to begin with. Masters athletes, who are no longer in school and have no other avenue against which to test their skills are especially being shortchanged.

If you feel as I do, that we as masters athletes are under-represented by our local U.S.A.T.&F. Association, please take the time to write of your displeasure, along with some helpful advice to the new C.E.O. of U.S.A.T &F., Craig Masback, and also Larry Siefert, President of the Lake Erie Association. The bottom line is that we need more meets. I'm afraid we will start to lose interest in our sport at a time when Track and Field participation is already at a severe low.

Bob Thomas
V.P. Over the Hill Track Club

Craig Masback
Chief Executive Officer
USATF
P.O. Box 120
Indianapolis, IN 46206

Larry Seifert
Lake Erie Association
8280 Craigleigh Dr
Parma, Ohio 44129
A New Day

"As of today, USA Track and Field is open to ideas, open for business and open to change." With those words, Craig Mashack took over the reins as the new CEO of our sport and cleared the way for what I believe will be a bright future.

Change has come slowly, if at all, to the federation that governs not only track and field but also road running, cross-country, racewalking and youth track in the United States. In a world where other sports are now marketed like music and movies, track and field has fallen far behind.

Too many articles have proclaimed track dead in this country, or at least moribund. Its survival has been questioned, and many have said that it will take a long, uphill battle to turn the sport's fortunes around. I think not. Almost everything is in place for a resurgence of interest in track and field. Only the leadership has been missing.

Craig takes over a sport that is thriving globally, but lacks media coverage and sponsorship in this country. He brings to USATF the passion, background and skills it needs to begin a new era. Judging from Craig's confident and knowledgeable presentation at the July 16 press conference at New York's Chase Bank, I predict that results will come rapidly.

Sponsors who were not about to put their money into an organization in free fall will now seriously reevaluate the sport's prospects. They'll see that it takes a far smaller investment to make a major impact in track than it does in many other sports. At the same time, Craig will point out to sponsors that track is one of the few true worldwide sports and the kingpin of the summer Olympic Games. He also has solid information to show that high school track and cross-country are thriving, that road running remains strong, that the marathon is booming again, and that health-and-fitness running is at an all-time high.

Using a theme from Franklin D. Roosevelt, Craig promised that he'd spend his first 100 days on the job meeting with what he referred to as the "family of track and field," including athletes, race directors, agents, sponsors, TV executives, journalists and everyday runners. He has several ideas that he wants to test and refine, and is looking for new ones at the same time.

Although just 42, Craig has deep roots in the sport. After a standout track career at Princeton, he moved into international track circles, logging 30 sub-4-minute miles. His fastest came in 1979 when he ran 3:52.02 to place third behind Sebastian Coe, who set one of his many world records (3:48.95) that day.

After retiring as a competitor in the mid-1980s, Craig decided to continue his involvement with the track-and-field community, and he has since held a variety of impressive positions. He's worked at the International Olympic Committee Museum in Lausanne, Switzerland, helped start a TV production company, graduated from Yale Law School and, of course, served as NBC's lead track commentator at the 1992 and 1996 Olympic Games.

When RUNNER'S WORLD ONLINE launched on the Internet nearly two years ago, Craig stepped forward from the very beginning to write his weekly "Bell Lap" column. The column has contributed to the resounding success that RUNNER'S WORLD ONLINE has become, and for that we're grateful to him. We hope to continue working closely with Craig in the future.

In the 20 years that I've known Craig, I've found him to be a man of intelligence and integrity, as well as a bridge builder and an articulate voice for all runners, from the recreational runner to the Olympic gold medalist. You will soon see. I'm convinced, that he's the right man at the right time to lead track and running to new heights of popularity and success in this country.
Stark County Track and Field Mini-Series

Malone College will host four open track and field meets for athletes in Stark County...

June 11th, June 18th, June 25th, and July 2nd...
6:00pm-register, 6:30pm-start

To promote the sport of Running and Track and Field, athletes in Stark County Junior High to Senior Citizen are invited to the campus of Malone College for a series of four Track and Field competitions...

**Registration:** Two dollars per event for each athlete...

**Meet Schedule:** We will run an abbreviated meet schedule, alternating events throughout the Four week series:

**High School/Club Coaches:**
Your help and support will be greatly appreciated... Bring athletes of all ability and experience!
STEUBEN STRIDERS
TRACK 1998

STEUBEN STRIDERS 1998 Track Meets at Harding Stadium, Steubenville, Ohio

Saturday, June 13th  Saturday, July 4th  Saturday, July 11th

Fees: $5.00 1st event--------$1.00 each additional event. Max. No. Of events: 4
NO CHECKS—Money orders or cash

Mail Registration To: Steuben Striders
c/o Tom Mazzaferro
119 Brian Street
Mingo Jet, Ohio 43938
(740) 535-1853

PRE-REGISTRATION WILL MAKE IT EASIER FOR ALL!

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-UP) — 100—200—400—800—1600—3200—LJ—SHOT—DISC—HURDLES

Registration is at 8:00 A.M. to 9:00 A.M. FIRM. Meet starts at 9:30 A.M.
There will be heat ribbons for all places, each heat. There will be medals for 1st & 2nd places
OVERALL in each event, NOT per heat. The July 4th meet will also feature the BOB YOUNG
MEMORIAL MILE TROPHIES for the boy & girl 14 & under and for the boy & girl 15 & older.
These trophies are awarded in memory of the club founder, the late Bob Young. There is a $1.00
fee per each entrant and will not count as an event.

YOU MAY PHOTO-COPY THIS FORM AS NEEDED!

REGISTRATION FORM—PLEASE PRINT

NAME_______________________________________CLUB______________________________________
STREET_______________________________________CITY AND STATE____________________________
SEX_________DATE OF BIRTH_________PHONE_______________AGE ON DEC. 31, 1998_____

YOUR AGE ON DEC. 31ST WILL BE USED FOR YOUR AGE GROUP FOR THE MEETS.

EVENTS: 9 & OLDER: 4 events ———— 8 & UNDER: 4 events, no more than 3 running.
1.______________________2.______________________3.____________________4.___________________

WAIVER: In consideration of this entry being accepted, I hereby for myself, my heirs, executors,
and administrators, waive and release any and all rights and claims for damages I may have
against the Steuben Striders Track Club, The Steubenville Board Of Education, Sponsors, Meet
Officials, Officers, Agents and Employees for any damages by me at any of these meets.

SIGNATURE OF ATHLETE: ___________________________ DATE_________________
SIGNATURE OF SUPERVISING ADULT _____________________________

REMEMBER: It’s not about winning all the time, but participating that really counts. Please
observe all the rules of common decency and have a good time. IT’S FOR THE CHILDREN!!
POTOMAC VALLEY TRACK CLUB

OUTDOOR ALL-COMERS TRACK & FIELD MEETS

WHEN:
Sunday, April 19
Sunday, May 17
Sunday, June 28
Sunday, July 26
Sunday, August 23
Season ends with the POTOMAC VALLEY GAMES Sept. 5 & 6

WHERE:
T.C. Williams High School
3330 King Street, Alexandria, VA
Take route 395 to King Street East exit. Take King Street east approximately 1 mile. The High School is on the right and the track is in the rear.

TRACK:
400m fast, rubberized, all weather surface.

TIME:
7:30 am registration opens.
8:30 am first Running Event starts.
8:15 am first Field Event starts.
Registration open all day.

COST:
$5.00 non-PVTC members over age 18.
$4.00 PVTC members.
3.00 Youth under 20.

ORDER OF EVENTS

RUNNING EVENTS
8:30 am  800m racewalk
          (youth 12 & under)
          3000m racewalk
9:00 am  300 & 400m Hurdles
9:15 am  1 mile run
          100m dash
          1 mile racewalk
          400m dash
          100 & 110m Hurdles
          3000m run
          200m dash
          800m run
          4x400m relay
Running events will be seeded by expected time. Heats start with slowest expected time.

FIELD EVENTS
8:15 am  High Jump
8:30 am  Javelin
          Discus follows Javelin.
          Shot follows Discus.
          Weight throw to follow Shot Put.
          Long Jump to follow 100m dash.
          Triple Jump to follow Long Jump.
          Unlimited number of events for entry fee.

EQUIPMENT:
Starting blocks will be available. Track spikes may not exceed 1/4" in length. Throwers are responsible for bringing their own implements. PVTC has some implements available.

VOLUNTEERS:
Since this is an all-comers meet, your assistance in helping with the conduct of events or meet set-up and clean-up is greatly appreciated. The success of these track meets depends on the number of volunteers we have. Volunteers also help keep the entry fees low for everyone.

POTOMAC VALLEY GAMES (championship meet—open to all) will be held on September 5-6, 1998. Pre-registration strongly suggested—late fee applies.
Send self-addressed stamped envelope to POTOMAC VALLEY GAMES, c/o V. Meyer, 2305 South Buchanan Street, Arlington, VA 22206.

PVTC intends to hold all track and field meets as scheduled. However, PVTC reserves the right to cancel or shorten an event, or the meet, due to time constraints or hazardous conditions.
Meet is sanctioned by USATF. All USATF registered athletes are covered by the individual insurance. USATF registration forms for 1998 will be available at each meet.

Call PVTC Hotline at (703) 671-2520 for Race Updates.
OVER THE HILL TRACK CLUB

c/o Jeff Gerson
5091 Hickory Dr.
Lyndhurst OH 44124

Rex Harvey
6744 Connecticut Colony Crl.
Mentor OH 44060
DATE: Sunday, July 5, 1998
Registration: 8am-10am only!
Field events start at 8:45 Track events 9am start

PLACE: Independence High School, 6111 Archwood, Independence, Ohio
USATF sanctioned, USATF rules apply.
Field event athletes are requested to bring their own implements as the meet does not supply them. Limit of 4 attempts per event.

ENTRY FEES: $6 first event, $5 each add'l event, $16 each relav
Pre-registration rates postmarked by July 2.
Late & on site registration: $10 each event, $20 relav
Make checks payable to OVER THE HILL TRACK CLUB.
Entry fees must accompany entry forms.
Pre-registration is encouraged. No refunds!!

MAIL TO: Bob Thomas, 4896 Westbourne, Lyndhurst, OH 44124


ORDER OF EVENTS:

9:00 3000m
400/300 Hurdles 8:30 8:30 Hammer
100m 9:00 9:00 Shot Put
800m
4x100 Relay
Racewalk (3000m)
High Hurdles
400m
1500m
200m
12:00 Javelin
4x400 Relay

AWARDS: Medals for 1st-2nd-3rd. MVP plaques Male & Female.
Team trophies male & female, open & masters.
Incentives for double winners!

CONTACTS:
Norman Thomas 330-425-8219
Jeff Gerson 440-473-0636
Grover Coats 216-464-3865
John Sloan 330-492-5007
Rex Harvey 440-255-0751

ENTRY FORM:
NAME: __________________________ AGE: ____ B'DAY: ____________ SEX: ______
ADDRESS: _____________________________________________________________
PHONE _______________________ CLUB AFFILIATION _______________________

EVENTS: In consideration of your acceptance of this entry form, I hereby for myself, my heirs, executors, and assigns, waive any and all claims for damages, which I might have against the USATF Lake Erie Assoc., USATF, Over the Hill Track Club, and the Independence School District, their agents, representatives or assigns, for any and all damages or injuries suffered by me at said meet. I also certify that I am healthy and sufficiently trained to compete in this meet.

SIGNATURE (By athlete or coach/parent for minor athlete): _________________________