



# Over The Hill Track Club

June, 1998

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

Norman Thomas  
 Bob Thomas  
 Jeff Gerson  
 Rex Harvey  
 Jack Brunner

## Coordinators

Women (all)	vacant	
Men - Open	Bob Thomas	216-382-5170
30-39	vacant	
40-49	Norman Thomas	330-425-8219
50-59	Grover Coats	216-464-3865
60+	Jack Greenwald	330-769-5361
Weight events	John Sloan	330-492-5007
Multi events	Rex Harvey	440-255-0751
Out of state	Rod Wilson	517-353-0971

## 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  
GLOBE 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 10:16, 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.

For the record, Hosack won both the 60 meters (20.79 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 concedes, "but I've slowed some. I guess that goes with the territory. But as long as I'm living, I'd like to compete. I just wish they could find me some competition."

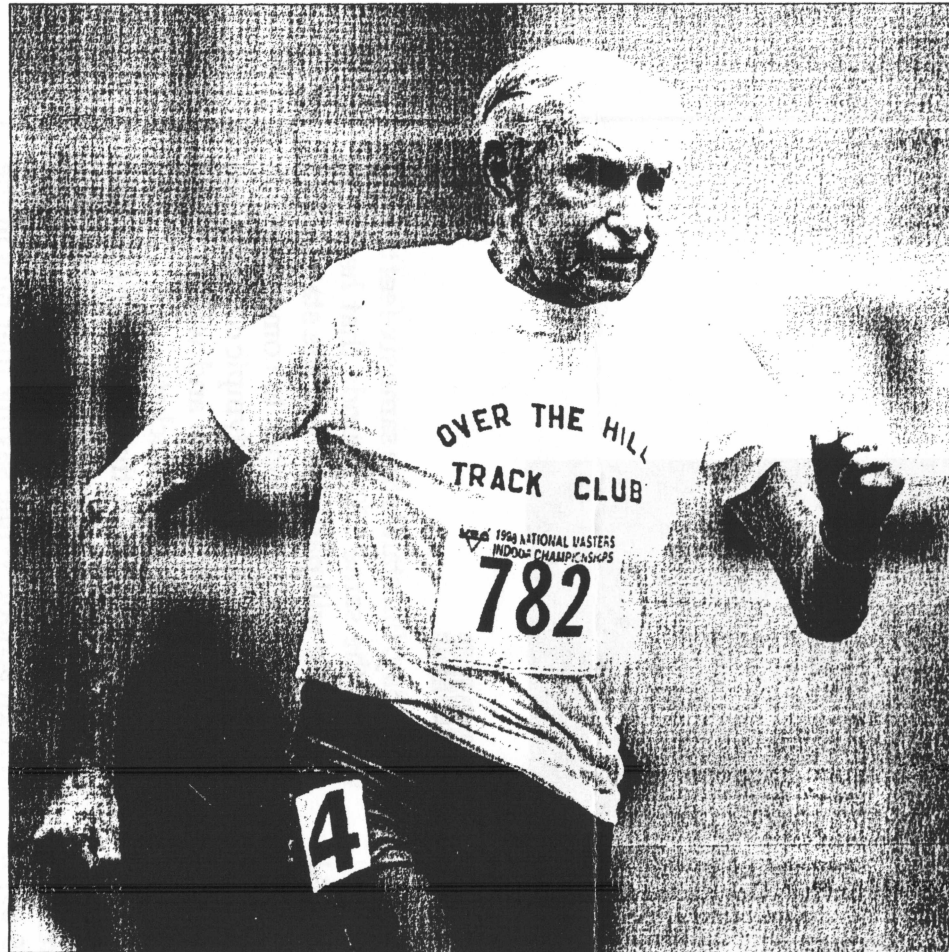
Meet co-director Steve Vaitones doesn't think that's likely. He recalls "maybe" seeing someone older than Hosack overseas, but not in the United States.

Hosack, who ran in a T-shirt emblazoned with "Over The Hill Track Club" on the front and his birthday, "February 28, 1902," on the back, began running in 1924 when he was a student at the University of Florida.

"Never ran in high school," he said, "because I had to work to support myself and my family." And he only stayed two years at Florida before accepting a job in 1926 as a conductor with the New York Central Railroad. He retired in 1967.

During those 41 years and for 13 years after that, he never competed, he said, because there was nothing for him to compete in. 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 he called "terrible." 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,



GLOBE STAFF PHOTO: DOMINIC CHAVEZ

Everett Hosack wasn't thrilled with his time in the 60, but it wasn't bad considering his journey - yesterday and in his lifetime.

his three best throws were 4, 3.92, and 3.64 meters, which he said, "just weren't good enough" and didn't measure up to his standards.

Hosack, who married his wife, Elsa, 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 same philosophy when it comes to exercise.

"Me, I love to exercise, it keeps me going," he said. "Elsa has a saying on the refrigerator that she pretty much sticks to. It says, 'When I get the urge to exercise, I sit down. When the urge passes, I get up.'"

"But she puts up with my running and my travel," he said. "She's the best. There's a lot of give and take in our marriage. I guess that's what's kept us together so long. Nowadays, there's just too much take and not enough give."

Hosack, who stands a shade under 6 feet

and tips the scales at a lean 156 pounds, a weight he's carried for more than 30 years, said one reason for his longevity is that he doesn't always listen to his doctor. "He's always giving me prescriptions," he said, "but I'll be darned if I ever have them filled."

Hosack wraps up his competition today when he throws the 25- and 35-pound weights. Once again, he's guaranteed to win, because he stands alone in his 95-99 age group. "Maybe," he said, wishfully, "someone will show up to put the pressure on me."

Don't count on it.

Charlene Landrum of East Elmhurst, N.Y., successfully defended her title in the women's 30-34 60-meter hurdles with a sizzling time of 9.68 seconds... Former 1968 US Olympian Leon Coleman of Boston qualified eighth in the men's 50-54 60-meter hurdles, but then withdrew from the final... Fif-

teen more records were broken yesterday, bringing to 21 the number set in the meet's first two days. Bert Morrow of San Marcos, Calif. (85-89, 60 meters); Stan Whitley of Alta Loma, Calif. (50-54, 60 meters); Mitchell Levett of Deer Park, N.Y. (35-39, 60 meters); Harold Tolson of San Diego (55-59, 60 meters); Henry Hawk of Conway, Ark. (60-64, mile); Joe Keshmiri of Reno (60-64, shot put); Albin Swensen of Stamford, Conn. (60-64, hammer); Emil Muller of Quebec City (60-64, hammer); Bob Johnson of Bennington, Vt. (80-84, 400 meters); Waldio Curry of New Orleans (45-49, high jump); Bob Baul of Wake Forest, N.C. (85-89, high jump); Katharine Gradick of Marathon, Fla. (80-84, shot put); Nadine Lowenstein of Clinton, N.Y. (50-54, 400 meters); Jean Horne of Kitchener, Ontario (65-69, 400 meters) and Patricia Paterson of Albany, N.Y. (70-74, 400 meters) were the record-setters.

*The Boston Sunday Globe  
3-29-98*



## Bill Simmons

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." ♦

# n 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 Seifert, 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 Craleigh Dr**  
**Parma, Ohio 44129**

PUBLISHER'S LETTER

# THE INSIDE TRACK

## A New Day

Oct. 97 Runner's World

"As of today, USA Track and Field is open to ideas, open for business and open to change." With those words, Craig Masback 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.



GEORGE A. HIRSCH, PUBLISHER



Leading the way: Craig Masback, the new CEO of USA Track & Field, has the background and passion to reinvigorate the organization.



For Details, Contact:

Charles R. Grimes  
Head Coach  
Cgrimes@malone.edu



Malone College Track and Field Teams  
515 25<sup>th</sup> ST N.W  
Canton, OH 44709  
330-471-8438 Phone  
330-471-8298 Fax

# Stark County Track and Field Mini-Series

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

*June 11<sup>th</sup>, June 18<sup>th</sup>, June 25<sup>th</sup>, and July 2<sup>nd</sup> ...*  
*6:00pm-register, 6:30pm-start*

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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 Jct., 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

**First  
Meet  
19th  
April**

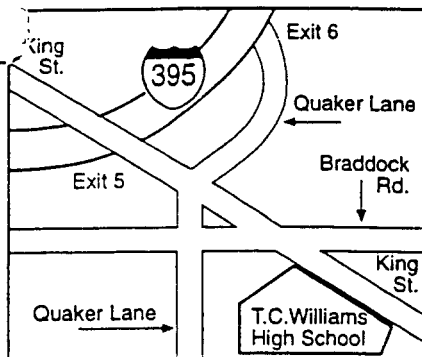
### WHEN:

Sunday, April	19
Sunday, May 3	17 31
Sunday, June	14 28
Sunday, July	12 26
Sunday, August	9 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 approxi-  
mately 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.

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### 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 volun-  
teers we have. Volunteers also help  
keep the entry fees low for every-  
one.

### 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



# Over The Hill Track Club

## CLEVELAND TRACK CLASSIC

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 relay  
 Pre-registration rates postmarked by July 2.  
 Late & on site registration: \$10 each event, \$20 relay  
 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

DIVISIONS: High School (14-18), 19-24, 25-29, 30-34, 35-39,  
 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, ..., 95+  
 Relays: High school, open (19-29), 30-39, 40-49,  
 50-59, 60-69, thru 90+.

ORDER OF EVENTS:	9:00	3000m	Field Events
		400/300 Hurdles	8:30 Hammer
		100m	9:00 Shot Put
		800m	High Jump
		4x100 Relay	
		Racewalk (3000m)	10:30 Pole Vault
		High Hurdles	Long Jump
		400m	Discus
		1500m	
		200m	12:00 Javelin
		4x400 Relay	Triple Jump

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  
 before 8pm 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): \_\_\_\_\_