



Over The Hill Track Club

SEPTEMBER, 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	Lawrence Finley	440-735-0837
40-49	Norman Thomas	330-425-8219
50-59	Grover Coats	216-464-3865
60+	Jack Greenwald	330-769-5361
Weight events	John Sloan	330-477-3994
Multi events	Rex Harvey	440-255-0751
Out of state	Rod Wilson	517-353-0971

President's Message

The fall racing season is upon us. There are only a few track meets left on our schedule. Cross country runs, road races, and multi-events, dot the remainder of the schedule for 1998.

Congratulations to those who attended the National Masters Meet in Orono, Maine. The next major meet will be the NCCWAVA Regional Meet in Barbados.

Plan to compete or help out on Sunday, September 27, at University School. We will be hosting our annual 5km cross country challenge. Please reply to the enclosed entry form.

We need more results. We need race information. Some of the best training weather will be upon us. It may not be too late for the 1998 PR. Good luck with your competing.

SCHEDULE

Sept. 27	OTHTC Cross Country Meet	Pepper Pike, OH
Oct. 3	Club West Masters Meet	S. Barbara, CA
Oct. 11	National Masters 5km CC	Rochester, NY
Oct. TBA	N. Bower Weight Pentathlon	Kent, OH
Nov. 19-22	NCCWAVA Regional Meet	Bridgetown, Barbados

RESULTS

Jeff Gerson (M50)

Ohio Games Regional, June 28
3000m - 3rd - 13:10.4

Ohio Derby 5km Run, July 12
2nd - 21:16

Dayton Masters Track Meet, July 25
3000m - 3rd - 11:44.6
800 - 2nd - 2:38.6

Cathi Gerson (F45)

Ohio Derby 5km Run, July 12
27:46

B'nai Brith 5km Run, July 19
29:00.6

John Sloan (M55)

Senior Olympics State Finals, July 11
Pole Vault - 8'6 - 1st
Javelin - 122'10 - 1st
Discus - 103'9 - 1st
Shot Put - 32'4 - 1st

Dayton Masters Track Meet, July 25
Pole Vault - 9'0 - 1st
100m HH - 22.2 - 1st

1998 U.S. Masters Indoor Track & Field Rankings

55 meters

M55 Grover Coats - 7.51 - 3rd
M70 Jack Greenwald - 8.62 - 3rd

60 meters

M70 Jack Greenwald - 9.25 - 6th
M95 Everett Hosack - 20.79 - 1st
F75 Diane Friedman - 12.50 - 1st

200 meters

M40 Doug Finley - 25.01 - 21st
M55 Grover Coats - 27.11 - 9th
M70 Jack Greenwald - 30.75 - 5th
M65 Bill Simmons - 31.28 - 10th
F75 Diane Friedman - 44.71 - 1st

400 meters

M40 Doug Finley - 56.75 - 20th
M45 Norman Thomas - 1:03.28 - 35th
M55 Grover Coats - 1:05.29 - 18th
M70 Jack Greenwald - 1:11.35 - 3rd
F30 Debbie Thomas - 1:05.59 - 5th
F75 Diane Friedman - 2:02.27 - 1st

800 meters

M45 Norman Thomas - 2:23.02 - 30th

55m hurdles

M40 Doug Finley - 8.23 - 2nd

60m hurdles

M40 Doug Finley - 8.56 - 3rd
M55 John Sloan - 12.21 - 5th
M65 Bill Simmons - 11.94 - 4th
M70 Fred Hirsimaki - 11.28 - 5th

High Jump

M55 John Sloan - 3'8 - 23rd
M65 Bill Simmons - 4'4 - 5th
M70 Fred Hirsimaki - 4'3 - 1st

Pole Vault

M55 John Sloan - 8'6 - 5th

Long Jump

M55 John Sloan - 12'10 - 19th
M65 Bill Simmons - 12'7 - 9th
M70 Fred Hirsimaki - 12'1 - 11th
F75 Diane Friedman - 5'9 - 1st

Shot Put

M55 John Sloan - 31'9 - 23rd
M70 Fred Hirsimaki - 33'9 - 10th
M95 Everett Hosack - 13'2 - 1st
F50 Erika Szanto - 31'5 - 2nd

Weight Throw

M95 Everett Hosack - 11'6 - 1st

WAVA/TAC Implement Specifications

Implements will be inspected at check-in table

Age	Shot	Discus	Javelin	Hammer	Age	Hurdles	Hurdle
Women					Women	Distance	Height
30-40	4:00 kg	1:00 kg	600 gms.	4:00 kg	30-39	100 M	33"
50+	3:00 kg	1:00 kg	400 gms.	3:00 kg	40-49	80 M	30"
					50+	80 M	30"
Men					Men	Distance	Height
30-49	7:26 kg	2:00 kg	800 gms.	7:26 kg	30-49	110 M	39"
50-59	6:00 kg	1:50 kg	800 gms.	6:00 kg	50-69	100 M	33"
60-69	5:00 kg	1:00 kg	600 gms.	5:00 kg	70+	80 M	30"
70+	4:00 kg	1:00 kg	600 gms.	4:00 kg			

Motels Nearest To Meet:

THANKS TO ALL OF YOU, OUR MEET IS GROWING!

Motel 6

443 Corona Del Mar
Santa Barbara, CA 93101
Phone: 805/564-1392

Days Inn

116 Castillo Street
Santa Barbara, CA 93101
Phone: 805/963-9772

West Beach Inn

306 W. Cabrillo Street
Santa Barbara, CA 93101
Phone: 805/963-4277

Tropicana

223 Castillo Street
Santa Barbara, CA 93101
Phone: 805/966-2219

Country Inn

128 Castillo Street
Santa Barbara, CA 93101
Phone: 805/963-4471

Western Beach Side Inn

336 W. Cabrillo Blvd.
Santa Barbara, CA 93101
Phone: 805/965-6556

Mason Beach Inn

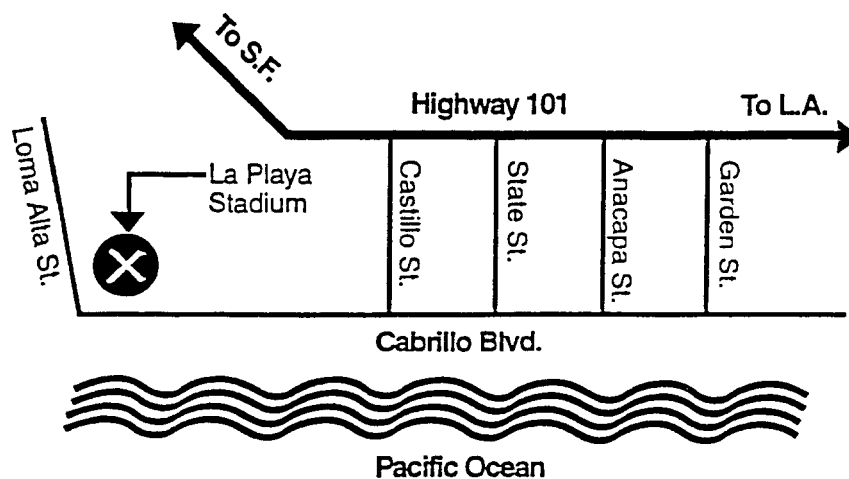
324 Mason Street
Santa Barbara, CA 93101
Phone: 805/962-3203

Motel 6

3505 State Street
Santa Barbara, CA 93105
Phone: 805/687-5400

Marina Beach Motel

21 Bath Street
Santa Barbara, CA 93101
Phone: 805/569-3398



*For assistance
please call 962-1474*



Return entry to Club West, P.O. Box 99 Goleta, CA 93116-0099



INFORMATION PHONE: 805/964-3005

CLUB WEST 25th ANNUAL MASTERS' TRACK & FIELD EVENT

Saturday, October 3, 1998

Nick Carter Track – La Playa Field – Santa Barbara City College

Cnr Of Cabrillo & Loma Alta Street

Co-sponsored by Club West & City of Santa Barbara Parks & Rec Dept

FIELD EVENTS

All Implements Will be Checked with Club West Trackmaster

9 am - Hammer - All Hammer throwers, UCSB Hammer Ring at the Track.

10 30am- Shot Put – Throwers who do not throw the hammer

Hammer throwers who also throw the Shot, report for the second round, which starts as soon as
The first round finishes.

The following Events in the Reverse Order Starting with M-80 & Women

9.30am Long Jump	1 00pm	High Jump
10.30am Pole Vault & Shot Put	1.00pm	Triple Jump
11.30am Javelin	1.30pm	Discus

TRACK EVENTS

9 00am	5000M	12.30pm	3000M Walk
9 45am	800M	1.00 pm	300M Hurdles
10 00am	50M	1 15pm	400M Hurdles
10.30am	80M Hurdles	1.30pm	200M
10 45am	100M Hurdles	2.00pm	1500M
11 00am	110M Hurdles	2.15pm	400M Relay
11 15am	100M	2.30pm	1500M Walk
11 45am	400M	3 00pm	Steeplechase*

*Number of entries will determine running of event

AWARDS: NORTHERN TRUST BANK OF CAL co-sponsored gold medals, silver & bronze in all age groups, GEORGE ADAMS Hi-Pt Track, VERNON CHEADLE Hi-Pt Field, JIMMIE WHITNEY Hi-Pt Track & Field, PANE E VINO Trophy to Outstanding Woman Athlete, HUBBEL-HERMANN Trophy to 70+ hammer throwers, PAUL SPANGLER Award to Best Performance by 80+ athlete, RAY WILLIAMS Trophy to best age-graded 60+ 5K runner and NICK CARTER Trophy for best age-graded 1500M runner. Events scored 5-3-1.

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NAME _____ DOB _____ AGE _____ SEX _____
ADDRESS _____ Tel# _____

PLEASE ENTER ME IN THE FOLLOWING EVENTS:

1. _____ REC. BEST 2. _____ REC. BEST 3. _____ REC. BEST
4. _____ REC. BEST 5. _____ REC. BEST 6. _____ REC. BEST

ENTRY FEES. \$10 first event, \$5 each additional event, \$20 Relays **NO REFUNDS**

Relay team members must be from same club, and club must send check for fees.

SEPTEMBER 26, 1998 is the Deadline for Entries. Entries postmarked later, \$5 surcharge

Return entry to: **CLUB WEST, P.O. Goleta, CA 93116-0099**

IAAF/WAVA starting rules will apply.

MEET DIRECTOR: Gordon McClenathen 805) 964-3005

CLUB PRESIDENT: Beverley Lewis 805) 969-5851 FAX (805) 96-6613

ATHLETE/TEAM RELEASE: In consideration of my-our entry, I do hereby for myself, ourselves, heirs and administrators, waive and release all claims I/we may have against Club West Masters' Track & Field Meet, the City of Santa Barbara Parks & Recreation Department, its representatives, the various governing bodies, for any and all injuries suffered by me/us from competing. Furthermore, I/we take full responsibility for personal equipment owned my myself/ourselves.

REQUIRED BY USATF: Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules. 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. Info. regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 800 233-0393.

My 1998 USATF reg. Number is: _____



OVER THE HILL CROSS COUNTRY MEET



Sunday, September 27, 1998 ~ 11:00 a.m. start

Sponsored by Over The Hill Track Club

Course Location: University School
2785 S.O.M. Center Road
Pepper Pike, Ohio

5K Course is mainly grass. Spikes are permitted.

Entry Fee: \$6.00 per person pre-registration (before Sept. 25th)
\$8.00 per person day of race

Registration: Return completed form and check made payable to:
Over The Hill Track Club. Send entries to:
Tim Skoczen, 6376 Brecksville Road, Independence, Ohio 44131
Any ??? Call Tim Skoczen at (216) 524-6693 or Jeff Gerson at 473-0636 (440)

Awards: Trophies to the top 3 in each age group. Gift Certificates
Age Groups: Men & Women
Open (29 & Under); 30 ~ 34; 35 ~ 39; 40 ~ 44; 45 ~ 49;
50 ~ 54; 55 ~ 59, etc.
Team trophies to the top 2 teams*:
Divisions: Men & Women
Open; 30 ~ 39; 40 ~ 49; 50+
*All teams must have 5 runners to constitute a team. Older runners may move down in age group for team purposes, but individually they will be scored in their own age groups. Please indicate on entry form if you are moving down in team competition.

~OVER THE HILL CROSS COUNTRY MEET ENTRY FORM~

Team Entry: - Club _____ Phone _____
Address _____ City _____ State _____ Zip _____

Runner	Age	Runner	Age	Runner	Age
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Individual Entry:
Name _____ Club _____
Address _____ City _____ State _____ Zip _____
Phone _____ Age Day of Race _____ Division: _____ Men _____ Women

I hereby waive all claims against University School & Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

Signed _____ Date _____

(each runner must sign this waiver)

Thank you ~ Good Luck

OVER THE HILL TRACK CLUB
c/o Jeff Gerson
5091 Hickory Dr.
Lyndhurst OH 44124



Rex Harvey
6744 Connecticut Colony Crl.
Mentor OH 44060

