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
Lawrence Finley
Norman Thomas
Grover Coats
Jack Greenwald
John Sloan
Rex Harvey
Rod Wilson

216-382-5170
440-735-0837
330-425-8219
216-464-3865
330-769-5361
330-477-3994
440-255-0751
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

Implement will be inspected at check-in table.

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<th>Age</th>
<th>Shot</th>
<th>Discus</th>
<th>Javelin</th>
<th>Hammer</th>
<th>Age</th>
<th>Hurdles</th>
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<td>600 gms.</td>
<td>4:00 kg</td>
<td>30-39</td>
<td>100 M</td>
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<td>3:00 kg</td>
<td>1:00 kg</td>
<td>400 gms.</td>
<td>3:00 kg</td>
<td>40-49</td>
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<td>600 gms.</td>
<td>4:00 kg</td>
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### Motels Nearest To Meet:

**THANKS TO ALL OF YOU, OUR MEET IS GROWING!**

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<tr>
<th>Motel</th>
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<tr>
<td>Motel 6</td>
<td>443 Corona Del Mar</td>
<td>805/564-1392</td>
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<tr>
<td>Mason Beach Inn</td>
<td>324 Mason Street</td>
<td>805/962-3203</td>
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<tr>
<td>Days Inn</td>
<td>116 Castillo Street</td>
<td>805/963-9772</td>
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<td>128 Castillo Street</td>
<td>805/963-4471</td>
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<td>805/963-4277</td>
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<td>Tropicana</td>
<td>223 Castillo Street</td>
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<td>Country Inn</td>
<td>128 Castillo Street</td>
<td>805/963-4471</td>
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<td>Western Beach Side Inn</td>
<td>336 W. Cabrillo Blvd.</td>
<td>805/965-6556</td>
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<tr>
<td>Marina Beach Motel</td>
<td>21 Bath Street</td>
<td>805/569-3398</td>
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**Return entry to Club West, P.O. Box 99 Goleta, CA 93116-0099**

**INFORMATION PHONE: 805/964-3005**

*For assistance please call 962-1474*
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.
10:30 am - 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

9:00 am 5000M
9:45 am 800M
10:00 am 50M
10:30 am 800M Hurdles
10:45 am 100M Hurdles
11:00 am 200M
11:15 am 110M Hurdles
11:30 am Javelin
11:45 am 400M
12:30 pm 3000M Walk
1:00 pm High Jump
1:30 pm Discus
2:00 pm 1500M
2:30 pm Steeplechase
3:00 pm 1500M Walk

TRACK EVENTS

9:00 am 5000M
9:45 am 800M
10:00 am 50M
10:30 am 800M Hurdles
10:45 am 100M Hurdles
11:00 am 200M
11:15 am 110M Hurdles
11:30 am Javelin
11:45 am 400M
12:30 pm 3000M Walk
1:00 pm High Jump
1:30 pm Triple Jump
2:00 pm 1500M
2:30 pm 1500M Walk
3:00 pm Steeplechase

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.

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 McClennen (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

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

Rex Harvey
6744 Connecticut Colony Crl.
Mentor OH 44060