



Over The Hill Track Club

FEBRUARY, 1999

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

Norman Thomas
Bob Thomas
Jeff Gerson
Rex Harvey
Jack Brunner

Coordinators

Women (all)	Diane Friedman	216-291-1009
Men - Open	Bob Thomas	216-382-5170
30-39	Lawrence Finley	440-735-0837
40-49	Norman Thomas	330-425-8219
50-59	Jeff Gerson	440-473-0636
60-69	Grover Coats	216-464-3865
70+	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
Racewalk	-vacant-	

President's Message

The indoor track and field season is here. We have meets on our schedule through April. Start your planning now for the indoor national and regional meets.

We hope to see many OTHTC members at Kent State on February 7 and again on February 20. Contact your coordinator to find out what is happening.

Dues reminder! Please send in your 1999 dues money (\$) by March 1. A membership application is enclosed.

Next month we will start to list the outdoor track meets. Lets have a good training and racing year.

SCHEDULE

FEB. 7	Kent State Open	Kent, OH
FEB. 20	Kent State Open	Kent, OH
FEB. 21	Slippery Rock Open	S.R.U., PA
MAR. 6	Maryland Masters Meet	Catonsville, MD
MAR. 26-28	USATF National Masters	Boston, MA
APR. 10-11	Midwest Regional & Nat. Heptathlon (USATF)	Hillside, IL

RESULTS

USATF Junior Olympic Cross Country Championships
Lisle, IL

10 and under boys - 3000m
Brian Gallagher 10:34 - 2nd

Slippery Rock Open Meet, January 24, 1999, S.R.U.
Slippery Rock, PA

M60 Grover Coats	Long Jump	15'1
	High Jump	4'6
	Shot Put	27'11
	55	7.6
	55H	9.53
	220	28.0
	440	1:10.7

Congratulations to OTHTC members who were named athletes of the year 1998.
Erika Szanto (F50) Field events
Diane Friedman (F75) Track events
Everett Hosack (M95) Track & Field events



Over The Hill Track Club

USATF Convention Highlights

The "No False Start" rule has been eliminated. Each runner is now permitted one false start.

Rex Harvey has retired as chairman of the North and Central and Caribbean W.A.V.A. He was elected as the multi-event chair.

REMINDERS!!

USATF CARDS - needed for all the major meets. Call Jeff Gerson (440-473-0636).

Make plans for Boston!

Send any results to Jeff Gerson.

Make plans for Gateshead!

Reimbursement forms will be available next month.

The proposed indoor track meet at CWRU has been cancelled.

Make plans for Orlando!



Metro Harriers & Maryland Masters

Indoor Track Meet

Site: Catonsville Community College, Catonsville, MD.

Date: Saturday, March 6, 1999

Time: 6:00 pm to 8:00 pm

Order of Events: 1 Mile Run, 400 Meter Dash, 45 Meter Dash, 200 Meter Dash, 800 Meters, Six Lap Relay(4x240 Meters), 3,000 Meter Run, shot put and high jump.

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

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

Entry Fee: 18 and under - \$5.00
19 and over - \$10.00
Will cover facility rental and officials.

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

Inclement Weather: In case of inclement weather call (410) 789-7560 meet day.
Decision will be made by 1:00 pm.

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

Directions

From Towson/Dundalk/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/Rt. 3 North to 695 West(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.

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.

Metro Harriers
P.O. Box 234
Linthicum, Maryland, 21090
(410) 789-7560
<http://members.aol.com/metroxc/metro.html>

Maryland Masters Track Club
107 Rosewood Avenue
Baltimore, MD 21228
Day (410) 997-2026

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, RE relays, JU-jumps, HD-hurdles, TR- throws, WP-weight pentathlon, PV-pole vault, RW-racewalk.

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:

COMMITTEES:

_____ Track & Field	_____ Newsletter	_____ Scheduling
_____ Road racing	_____ Awards	_____ Publicity
_____ Racewalking	_____ Officiating	_____ Sponsorship
_____ Other, specify _____	_____ Membership	_____ 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 officers, 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

44060+4470

