



# Over The Hill Track Club

MARCH, 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

March is our last full month of indoor track & field. The outdoor season is just around the corner.

Mark your calendars for our first club sponsored outdoor track and field meet. On Sunday, May 23, we will be hosting the North Coast Invitational at Independence High School. Forms will be available next month.

The national indoor meet (USATF Masters) is being held in Boston again. Entry forms are due March 1-19.

Penn Relays forms are out. The relay carnival is set for April 22-24, in Philadelphia. Contact your age group coordinator if you are interested.

Many of our members are road runners. Please submit your road race results. Also - we are planning to stage our first road race effort sometime this year.

### Indoor Schedule

MAR. 6	Maryland Masters Meet	Catonsville, MD
MAR. 14	Beachwood Community Meet	Beachwood, OH
MAR. 26-28	USATF National Masters	Boston, MA
APR. 10-11	Midwest Regional & National Heptathlon	Hillside, IL

### Outdoor Schedule

MAY 23	North Coast Invitational	Independence, OH
MAY 31	Jock Stop Memorial Mile	Boardman, OH
JUNE 12-13	Ontario Masters Meet	N. York, ONT. CN
JULY 11	Cleveland Track Classic	Independence, OH
JULY 24	Dayton Masters Meet	Dayton, OH

Congratulations to OTHTC member Ed Butler, 66, from Solon. Ed was recently featured in the Plain Dealer for his ceremonious handling of American flags. Ed throws the shot and he usually participates in the North Coast Invitational & the Cleveland Track Classic. Ed is a true patriot and a fine athlete.

### REMINDERS!

Need a USATF Card? Call Jeff Gerson.

Watch the deadline for Boston!

Remember to do weight training.

Watch the deadline for Gateshead!

Send in your results.



## RESULTS

John Sloan (M59)

Slippery Rock Open Meet, Jan. 24, 1999  
Pole Vault 9'0  
55m 8.53  
55m Hurdles 11.52

Kent State Open Meet, Feb. 7, 1999  
Pole Vault 9'0  
55m 8.7  
55m Hurdles 12.0  
Shot Put 31'1

Grover Coats (M60)

Kent State Open Meet, Feb. 7, 1999  
55m 7.89  
55m Hurdles 9.24  
Long Jump 15'5½  
Triple Jump 31'10½  
High Jump 4'4  
200m 27.56





# Over The Hill Track Club

## OTHTC MEMBER REBATE PROGRAM (1999)

Criteria: National and regional meets that require a valid USATF card.  
W.A.V.A. regional and world championships.

Please complete all required information. You must represent OTHTC. Current membership dues (\$) must be paid. You must be registered in the meet and complete an event. Be able to submit documentation if necessary.

Rebate: 2 per year - single membership  
3 per year - family membership

NAME

ADDRESS

DATE OF BIRTH

AGE GROUP

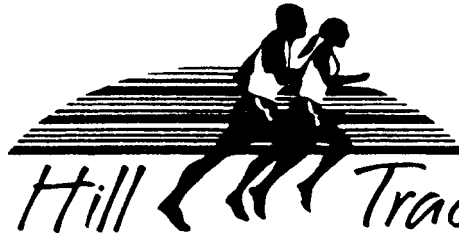
LIST ALL EVENTS COMPLETED

NAME & LOCATION OF MEET

DATE(S) OF MEET

Send completed form to: Norman L. Thomas, 9065 Gettysburg, Twinsburg,  
Ohio, 44087. Expect your \$25 within the month.

# 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:**

\_\_\_\_ Track & Field

\_\_\_\_ Road racing

\_\_\_\_ Racewalking

\_\_\_\_ Other, specify \_\_\_\_\_

**COMMITTEES:**

\_\_\_\_ Newsletter

\_\_\_\_ Awards

\_\_\_\_ Officiating

\_\_\_\_ Membership

\_\_\_\_ Other, specify \_\_\_\_\_

\_\_\_\_ Scheduling

\_\_\_\_ Publicity

\_\_\_\_ Sponsorship

\_\_\_\_ Equipment

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