January, 2000

OFFICERS

President
Norman Thomas
V.P. Programs
-Vacant-
V.P. Communications
Laurence Maniccia
Secretary
Rex Harvey
Treasurer
Jeff Gerson

Coordinators

Women (all)  Patricia Finley  216-595-1628
Men - Open  Laurence Maniccia  216-531-1359
            Lawrence Finley  440-735-0837
30-39       Norman Thomas  330-425-8219
40-49       Jeff Gerson  440-473-0636
50-59       Grover Coats  216-464-3865
60-69       Jack Greenwald  330-769-5361
70+         Allen Ray  216-226-3481
Weight Events
Multi Events  Rex Harvey  440-954-8122
Out of State  Rod Wilson  517-353-0971
Racewalk    Jeff Gerson  440-473-0636

PRESIDENT'S MESSAGE

Happy New Year to one and all!

Welcome to another indoor track & field season. Start getting healthy and in shape because the indoor season is short.

The annual meeting went well and the minutes from that meeting are included in this newsletter. There was a small turnout but you will see that we got a lot accomplished. We set the dates for our club sponsored events.

We are still waiting for indoor meet flyers from Kent State and from Case Western. Masters competitors have less than 3 months before the USATF National Championships.

I hope to see many of our members at Slippery Rock on January 23. We need to increase our participation and our visibility. Have a good season.
SCHEDULE

JAN. 23  S.R.U. Open  Slippery Rock, PA
FEB. 6   Michigan USATF Champ.  Allendale, MI
FEB. 6   S.R.U. Open  Slippery Rock, PA
FEB. 20  S.R.U. Open  Slippery Rock, PA
MAR. 18  Midwest Regional USATF  Glenview, IL
MAR. 24-26 National Masters USATF  Boston, MA
APR. 1-2 National Masters Indoor Hept. & Illinois USATF  Hillside, IL

Club Sponsored Events:

Sunday, May 21, North Coast Invitational, Independence H.S.
Saturday, July 8, Cleveland Track Classic, TBA
Sunday, Sept. 17, Cross Country Meet, University School
TBA - Norm Bower Memorial Weight Pentathlon, Kent State

TRIAL BY FIRE:
THE 2000 U.S. OLYMPIC TEAM TRIALS—TRACK AND FIELD

JULY 14-23, 2000 • HORNET STADIUM • CALIFORNIA STATE UNIVERSITY, SACRAMENTO
Over the Hill Track Club Annual Meeting Minutes

19Dec99, 2.30 PM, Bedford Public Library, Bedford Ohio

Attendees
Grover Coats
Lawrence Finley
Patricia Finley
Diane Friedman
Jeff Gerson, V.P Communications
Rex Harvey, Secretary
Laurence Maniccia
Norman Thomas, President
Patrice Thomas

President Thomas called meeting to order with elections of officers the first order of business

He stated that Jack Bruner, the current Treasurer, would not be running again because of work hour constraints

Jeff Gerson, V.P Communications took charge of the meeting for the Presidential election. Norman Thomas was the only nominee and was declared the winner by acclamation.

President Thomas then conducted the rest of the meeting. There were no nominations for V.P. Programs so the position will sit vacant for the time being.

Jeff Gerson was duly nominated to continue in his position as V.P. Communications but stated that he would accept the Treasurer position if anyone else would take this position. Upon the nomination of Laurence Maniccia, Gerson declined his nomination and Maniccia won by acclamation.

Rex Harvey was nominated and declared Secretary by acclamation.

Jeff Gerson was nominated and declared Treasurer by acclamation.

President Thomas then sought the advice of the body on his appointments of the Coordinators

Diane Friedman, former Women’s coordinator, was willing to continue or for someone else to takeover the position. Pat Finley expressed desire to be Women’s coordinator and was appointed.

Most Coordinators stayed the same, but other changes indicated by President Thomas were Laurence Maniccia as Open Men Coordinator, Allen Ray as Weight Event Coordinator, and Jeff Gerson as Racewalk Coordinator

Rex Harvey gave a short summary of actions taken at the USATF National Convention in Los Angeles. National Championships were awarded to Boston for the 2002 Indoor, extending their tenure to 6 years in a row. Orono, Maine won the 2002 Outdoor Champs over Decatur, IL and San Diego, CA. Most new WAVA technical rules from Gateshead were adopted with the exception of the 27 inch hurdles for the older men and women. Changes that were adopted include a hurdle spacing change for M60-69. The spacing will now be 8 meters, with 16 meters to the first hurdle. The 700 gram javelin was adopted for M50-59, the 500 gram javelin for M70-79 and for women 50-59, and the 400 gram javelin for M80+

Harvey noted that only USATF Regional and National Championships will require 30 inch hurdles for the older runners. All WAVA, WAVA Regional, and most other races and records in the World will be as follows: 27 inch hurdles will be used for all Women’s hurdle races W60+. They will be used for M70-79
long hurdles only, and for all hurdles M80+. He also stated that, when necessary, it is permissible to use 30 inch hurdles for a 27 inch hurdle race as the rule states minimum height only

President Thomas then went through the upcoming season’s meet schedule as it is now shaping up

May 21, 2000    OTHTC Northcoast Invitational, (tentatively Independence, OH)

June 3          Allegheny Hospital Meet, Pittsburgh, PA (tentative)

June 10         Medina Drug Mart Meet, (anticipated)
                Ohio Senior Olympics Regional (anticipated)

June 18         Lake Erie Association Open, Masters, and Youth Invitational (anticipated)

June 25         State Games Regional (anticipated)

July 8          OTHTC Cleveland Classic, Cuyahoga Heights (tentative)

July 16         Ohio Games (anticipated)

July 22         Dayton Master’s Meet (anticipated)

Sep 17          OTHTC Cross Country Championships, University High School

Sep 30          OTHTC Norm Bower Memorial Weight Pentathlon, (to be coordinated with Wolf Pack Throwing Classic, and USATF National Masters Weight Pentathlon also in Sep

President Thomas then asked for new business from the floor. Laurence Maniccia volunteered to set up a OTHTC web site. Lawrence Finley and Rex Harvey offered to help as needed. A motion was made and passed to buy the web address OTHTC ORG if it is available and to spend the $75 to $150 that it would cost. Thomas said that he had pressure to provide a web site and that it would be a real asset to the club and to the athletes that we serve

The meeting was duly adjourned by President Thomas with a thank you to the attendees.
RESULTS

Brian Gallagher (age 10)
AAU National Cross Country Championships, Lexington, KY, December 4
3000m - 2nd place - 10:55 (Bantam Division)

Kelly Gallagher (age 8)
AAU National Cross Country Championships, Lexington, KY, December 4
3000m - 28th place - 13:20 (Bantam Girls Division)

1999 Fall Classic, November 21, 1999, Half Marathon
Thomas Cavicchi (age 39) 1:23:23 2nd M35

1999 Fall Classic, November 21, 5km
Bob Thomas (age 44) 17:43 1st M40
Brian Gallagher (age 10) 18:11 1st 14 & under
Mike Gallagher (age 46) 18:11 3rd M45
Kelly Gallagher (age 8) 22:23 8th 14 & under
Cathy Gallagher (age 40) 23:26 6th F40
Helen Younulas (age 53) 26:20 2nd F50
Cathi Gerson (age 50) 27:24 3rd F50

National Senior Games, October 19-26, Orlando, FL
Jack Greenwald (age 71) 100m 14.44 5th
200m 29.61 3rd
400m 1:10.81 5th

Diane Friedman (age 78) 100m 21.14 4th
200m 47.90 4th

REMINDERS!!

USATF Cards - needed for all the major track meets.
Call Jeff Gerson at 440-473-0636.

Send any results or Meet information to Laurence Maniccia.

Make plans for Boston!

Membership dues money $ - enclosed application (new).
Please send by January 31.

DISCOUNTS!
Second Sole of Mayfield will offer 15% discounts on track
shoes and track apparel. See Jeff Fisher (MGR) & mention
that you are an OTHTC member.

SECOND SOLE
5894 MAYFIELD ROAD
MAYFIELD HEIGHTS, OH 44124
(440) 449-8508
SLIPPERY ROCK UNIVERSITY
ALL COMER INDOOR TRACK MEETS 2000
ALL TRACK AND FIELD ATHLETES WELCOME
SUNDAY JAN 23, SUNDAY FEB 6, SUNDAY FEB 20

AGE GROUPS/ MALE AND FEMALE

1ST GRADE AND UNDER, GRADES 2,3,4, GRADES 5,6, GRADES 7,8, HIGH SCHOOL
OPEN, MASTERS 30-39, 40-49, 50-59, 60-69

REGISTRATION 9:30am ON THE DAY OF THE RACE, NO PRE-REGISTRATION NEEDED!!
AT MORROW FIELD HOUSE ON SRU CAMPUS.

COST $8.00 PER PERSON---3 EVENTS MAXIMUM
$10.00 FOR UNLIMITED EVENTS

AWARDS 1ST 2ND AND 3RD PLACE FOR EACH EVENT AND AGE GROUP

FACILITY 220 YARD GRASSTEX SURFACE NO SPIKES

FIELD EVENTS

AGE GROUPS MAY COMPETE TOGETHER

10:00am Long Jump open pit - all jumpers
  Shot Put all males first
  High Jump all females first
  Pole Vault all vaulters

TRACK EVENTS

FEMALES FIRST IN EACH EVENT
AGE GROUPS MAY COMPETE TOGETHER
RUNNING EVENTS WILL BE ON A ROLLING TIME SCHEDULE

10:30am Two mile run
  880 yd run
11:15am 1 mile run
  55 meter hurdles, finals if needed
  55 meter dash, finals if needed
  440 yd dash
  220 yd dash
  4x200 relay

We will provide starting blocks and 16lb shots, and 4kg shots for women. Please provide your own lighter shots. Locker rooms are available.

FOR MORE INFO CALL 724-738-2798
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-decathalon/heptathlon,

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 Jeff Gerson, 5091 Hickory Dr., Lyndhurst, Ohio, 44124

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 Laurence Maniccia
8 Trenton Square
Euclid OH 44143

Rex Harvey
6744 Connecticut Colony Crl
Mentor OH 44060