

January, 2000

OFFICERS

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

Coordinators

Coordinators		
Women (all)	Patricia Finley	216-595-1628
Men - Open	Laurence Maniccia	216-531-1359
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	Allen Ray	216-226-3481
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	Allegeny 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 ??	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 Thomas Cavicchi (age 39)	21, 1999, Half 1:23:23	Marathon 2nd M35
1999 Fall Classic, November Bob Thomas (age 44) Brian Gallagher (age 10)	21, 5km 17:43 18:11	lst M40 lst 14 & under

18:11 Brian Gallagher (age 10) 3rd M45 Mike Gallagher (age 46) 18:11 22:23 23:26 26:20 27:24 Kelly Gallagher (age 8) 8th 14 & under 6th F40 2nd F50 Cathy Gallagher (age 40)

Helen Younglas (age 53) 3rd F50 Cathi Gerson (age 50)

National Senior Game	es, October 1	9-26, Orlando,	FL
Jack Greenwald (age		00m 14	.44 5th
such diceimala (saya		00m 29	.61 3rd
	40	00m 1:	10.81 5th
Diane Friedman (age	78) 10	00m 21	.14 4th
<i>510110</i> 311000000 (0.50		00m 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



For year ending: 12/31/ Membership status: New [Renewal []	Membership Type:	Individual \$20 [Family \$30 [
Circle events coded beside name and address: SP-sprints, MD-middle distance, LD- long distan RE relays, JU-jumps, HD-hurdles, TR- throws,W			
Name:	Birthdate:/	/ SP MD	LD XC
Address:	Apt. No	DH RE	JU HD
City: S	tate: Zip:	TR WP	PV RW
Home Phone: ()Bus	s.: ()	Sex: A	\ge:
Best hours and days to contact			
Family memberships: Relationship (Complete a form for each family me			ence.)
Favorite competitions and or distances			
Occupation & brief biographical sketch:_			
Please indicate the activities and commit (Participation in committees is participation) ACTIVITIES:	cularly important in COMM	the success of our HTTEES:	
Track & Field	Newsletter	Sched	uling
Road racing	Awards Officiating	***	
RacewalkingOther, specify	Membershi	p <u> </u>	ment
ounci, speedy		J	
Each club member is required to	work at least one me	et and event per y	ear.
Complete this form and mail it along wit			
to Jeff Gerson, 5091 Hickory Dr			
In consideration of my being accepted, I am in good health, ha for myself, my heirs, executors and administrators waive, relieve or which may hereafter occur to me against "Over The Hill To for any and all damages which may be sustained or suffered traveling to, participating in and returning from any and all	ive trained sufficiently intendir ease and forever discharge any rack Club", their officers, agent by me in connection with my as	g to compete and be legall and all rights and claims i s, representatives, success sociation with, entry in, or	for which I may have ors and/or assigns, · arising out of my
ATHLETE'S SIGNATURE		DATE	//
PARENT OR GUARDIAN'S SIGNATUR (If athlete is under 18)	E		

OVER THE HILL TRACK CLUB c/o Laurence Maniccia 8 Trenton Square Euclid OH 44143



Rex Harvey 6744 Connecticut Colony Crl Mentor OH 44060