Over The Hill Track Club

www.othtc.org

August 2000

OFFICERS

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

COORDINATORS

<table>
<thead>
<tr>
<th>Category</th>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women (all)</td>
<td>Patricia Finley</td>
<td>(216) 595-1628</td>
</tr>
<tr>
<td>Men (open)</td>
<td>Larry Maniccia</td>
<td>(216) 531-1359</td>
</tr>
<tr>
<td>30-39</td>
<td>Lawrence Finley</td>
<td>(440) 735-0837</td>
</tr>
<tr>
<td>40-49</td>
<td>Norman Thomas</td>
<td>(330) 425-8219</td>
</tr>
<tr>
<td>50-59</td>
<td>Jeff Gerson</td>
<td>(440) 473-0636</td>
</tr>
<tr>
<td>60-69</td>
<td>Grover Coats</td>
<td>(216) 464-3865</td>
</tr>
<tr>
<td>70+</td>
<td>Jack Greenwald</td>
<td>(330) 769-5361</td>
</tr>
<tr>
<td>Weight Events</td>
<td>Allen Ray</td>
<td>(216) 226-3481</td>
</tr>
<tr>
<td>Multi Events</td>
<td>Rex Harvey</td>
<td>(440) 954-8122</td>
</tr>
<tr>
<td>Out of State</td>
<td>Rodney Wilson</td>
<td>(517) 353-0971</td>
</tr>
<tr>
<td>Racewalk</td>
<td>Jeff Gerson</td>
<td>(440) 473-0636</td>
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</tbody>
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PRESIDENT’S MESSAGE

Many thanks to one and all who helped us at the Cleveland Track Classic last month. Most everyone seemed to enjoy the facilities at Cuyahoga Hts.

Plan to meet with us on Saturday, August 26, for an important meeting to discuss end of the year activities as well as get a jump on next years planning. Our new club uniforms will be on display and reimbursements will be distributed.

Good luck to those of you who are making the trip to Eugene for nationals. We need to get more people going to the meet. Also, good luck to those making the trip to Kamloops, B.C. for the WAVA regional.

Remember to send in your results from this years meets.
V.P.'s Message

The outdoor track season is coming to an end very soon. There are a few more meets to take advantage of for those of you who wish to travel. After the season ends, take a break from workouts and heal up those sore muscles. But don't forget to continue back with training later into the summer and fall.

In next months newsletter I will publish a list of upcoming road races for those of you who hit the pavement after the track season ends.

2000 Outdoor Schedule

| Aug 10-13  | USATF National Masters | Eugene, OR |
| Aug 19    | St. Bernadette 5K      | Westlake, OH |
| Aug 17-20 | NCC WAVA Regional       | Kamloops, BC |
| Aug 20    | Potomac Valley All Comers | Alexandria, VA |
| Sept 2-3  | Potomac Valley Games    | Alexandria, VA |
| Sept 9    | Jake to the Rock Street Mile | Cleveland, OH |
| Sept 17   | Cross Country Classic   | Pepper Pike, OH |
| Sept 23   | Norm Bower Weight Pentathlon | Kent, OH |

Club Meeting Information
When: Sat Aug 26th 2000
Where: Home of Jeff and Cathi Gerson
      5091 Hickory Drive
      Lyndhurst, OH 44124

Time: 3:00 – 4:30pm
Questions: Norman Thomas: 330-425-8219 or Jeff Gerson: 440-473-0636

OTHTC Uniform Information
New OTHTC uniforms are here!!! Now available at Second Sole. The cost is $33. See Jeff Fisher or Staci at the store.

Second Sole Sporting Goods Store
5894 Mayfield Road
Mayfield Hts., OH 44124

(440) 449-8508
# 2000 Potomac Valley Games

**Open T&F Meet for All Athletes of All Ages**

- **2000 Potomac Valley Association MASTERS T&F CHAMPIONSHIP** (30 & up)
- **2000 Potomac Valley Association OPEN T&F CHAMPIONSHIP**
- **2000 Potomac Valley Association JUNIOR T&F CHAMPIONSHIP** (14-18)
- **2000 Potomac Valley Association 15K RACEWALK CHAMPIONSHIP**
- **Special Weight Pentathlon**
- **Mark Richards Pentathlon**

## 2000 Potomac Valley Games Order of Events

<table>
<thead>
<tr>
<th>Saturday, September 2, 2000</th>
<th>Sunday, September 3, 2000</th>
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<tbody>
<tr>
<td><strong>FIELD EVENTS:</strong></td>
<td><strong>RUNNING EVENTS:</strong></td>
<td></td>
</tr>
<tr>
<td>8:00 a.m. Registration opens</td>
<td>7:30 a.m. Registration opens</td>
<td>7:30 a.m. Registration opens</td>
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<tr>
<td>9:00 a.m. Weight Throw</td>
<td>9:00 a.m. Long Jump 1 (men 40+)</td>
<td>9:00 a.m. 300/400 meter hurdles</td>
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<tr>
<td>9:30 a.m. M.R. Pentathlon begins with the LJ</td>
<td>9:00 a.m. Pole Vault 1 (starting height under 10 feet)</td>
<td>9:30 a.m. 3000 meter run</td>
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<tr>
<td>10:00 a.m. Discus (Open pit—first come first served.)</td>
<td>9:00 a.m. Shot Put 1 (women, youth under 19, men 60+)</td>
<td>10:00 a.m. One mile racewalk</td>
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<tr>
<td></td>
<td>9:00 a.m. Javelin 1 (men 19-59)</td>
<td>10:30 a.m. 100 meter dash finals (or Trials, if needed)</td>
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<tr>
<td>3 p.m. Discus registration closes.</td>
<td>10:00 a.m. High Jump 1 (starting height under 5 feet)</td>
<td>11:30 a.m. One mile run</td>
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<tr>
<td></td>
<td>10:30 a.m. Long Jump 2 (women, youth under 19, men 19-39)</td>
<td>12:15 p.m. 100 meter finals (for age groups that required trials)</td>
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<tr>
<td></td>
<td>10:30 a.m. Pole Vault 2 (starting height 10 feet)</td>
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<tr>
<td>4:00 p.m. 5K &amp; 15K RaceWalks—one heat.</td>
<td>1:00 p.m. Javelin 2 (women, youth under 19, men 60+)</td>
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<tr>
<td>5:00 p.m. Hammer Throw (held at West Springfield H.S. Allow 1/2 -hour travel time from T.C. Williams.)</td>
<td>1:00 p.m. Shot Put 2 (men 19-59)</td>
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</tr>
<tr>
<td>6:00 p.m. 5,000, and 10,000 meter track run—one heat.</td>
<td>2:00 p.m. Triple Jump</td>
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<td></td>
<td>2:00 p.m. High Jump 2 bar starts at 5 feet</td>
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- **Mark Richards Pentathlon—Men:** Long Jump/Javelin/200m/Discus/1500m. **Women:** 100 Hurdles/High Jump/Shot Put/Long Jump/800m. **Mark Richards Pentathlon Fee:** $20. **Weight Pentathlon Fee:** $30, includes entry in individual events.

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**Late Fees:**

9/2/2000—last day to avoid late fee of $10.00 per person. Entries for each event close one hour before the event time listed.
TUESDAY, SEPTEMBER 20 from 8:30 a.m. to 6 p.m. 

MARK RICHARDS PENTATHLON Men—Long Jump, Javelin, 200m, Discus, 1500m. Women—100 Hurdles, High Jump, Shot Put, Long Jump, 800m. Fee $20.00.

SPECIAL WEIGHT PENTATHLON: Athletes in the Weight Pentathlon will also be scored in the five individual throwing events. All competitors will have six (6) throws. Hammer will be thrown at West Springfield High School. Directions will be provided.

SAFETY AND SANCTIONS:

USA Track and Field (USATF). Open to competitors of all ages. Those athletes 14 and over who are registered in the Potomac Valley Association (PVA) of USATF will be eligible for PVA-USATF Championship medals. All others are eligible for Potomac Valley Track Club (PVTC) medals. PYRO BRIGHT timing system & wind gauge will be used.

EVENT INFO:
Order of events: Unless stated otherwise, women first, then men by age groups from youth to masters. Age groups may be combined and trials may be converted to finals. Registration closes one hour before time listed for the event. Long Jump, Triple Jump, and throwing events: Six jumps/throws per athlete. Athletes must be 13 or older, or have permission of the meet director, to participate in the Pole Vault, Triple Jump, the Weight Throw, or the Hammer Throw. Athletes age 6 and under will be limited to participating in the 100 meters, 200 meters, and the long jump. For throwing events, the 14-18 age group will throw the National Junior weight implements. All Field Events measured in meters.

MORE INFO: E-mail trackclub@sol.com or leave a message at (703) 671-2520.

ENTRY FORM FOR 2000 POTOMAC VALLEY GAMES
SATURDAY, SEPTEMBER 2 AND SUNDAY, SEPTEMBER 3

Name (please print) __________________________ Phone __________________________
Address __________________________ Gender (M/F) __________________________
City/State/Zip __________________________ Age as of 9/2/2000 __________________________
Date of birth (MM/DD/YY) USATF # (PV Association only) __________________________
Event 1 Best since 9/99 @ $ 6.00
Event 2 Best since 9/99 @ $ 6.00
Event 3 Best since 9/99 @ $ 5.00
Event 4 Best since 9/99 @ $ 5.00
Event 5 and additional Best since 9/99 @ $ 4.00
Special Weight Pentathlon $ 30.00
Mark Richards Pentathlon $ 20.00

Adjust amounts for 18 and under: $4.00 for each event.

Late Fee (if applicable) @ $ 10.00 per person

All athletes should supply their own implements. Some are available at the track.

Your e-mail address for confirmation: __________________________

Make checks payable to PVTC and mail to: POTOMAC VALLEY GAMES, c/o Valerie Meyer, 2305 S. Buchanan St, Arlington, VA 22206

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the promoters, directors, the Potomac Valley Track Club, USATF, the Alexandria City Schools, and organizations and municipalities whose facilities are being used for this event, from any and all claims for damages suffered by me as a result of my participation in the above events on September 2nd and September 3rd, 2000. I specifically release and discharge said promoters, directors and their agents, etc., from all injuries or damages arising from or attributable to any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in above event, the same being my sole responsibility. I attest and verify that I am physically fit and have sufficiently trained for the Potomac Valley Games.

Your Signature: __________________________

(Parent's signature if athlete is under 18 years of age) __________________________ Date: __________________________

$50 Bonds will be awarded to four men and women—open and masters athletes—based on their performance in selected events.

SANCTIONED: USA Track and Field (USATF). Open to competitors of all ages. Those athletes 14 and over who are registered in the Potomac Valley Association (PVA) of USATF will be eligible for PVA-USATF Championship medals. All others are eligible for Potomac Valley Track Club (PVTC) medals. PYRO BRIGHT timing system & wind gauge will be used.

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MORE INFO: E-mail trackclub@sol.com or leave a message at (703) 671-2520.

MARK RICHARDS PENTATHLON Men—Long Jump, Javelin, 200m, Discus, 1500m. Women—100 Hurdles, High Jump, Shot Put, Long Jump, 800m. Fee $20.00.

SPECIAL WEIGHT PENTATHLON: Athletes in the Weight Pentathlon will also be scored in the five individual throwing events. All competitors will have six (6) throws. Hammer will be thrown at West Springfield High School. Directions will be provided.

ENTRY FEES: $6.00 for the first event; $6.00 for the second event; $5.00 for third event; $5.00 for fourth event, and $4.00 for each additional event. For 18 and under: $4.00 for each event.

LATE FEE: $10.00 penalty fee per person. 

SUNDAY'S LATE FEE CAN BE AVOIDED by PRE-REGISTERING at T. C. WILLIAMS H.S. on SATURDAY, SEPTEMBER 2nd from 8:30 a.m. to 6 p.m. 

Entries for each Sunday event close one hour before the event time listed. NO EXCEPTIONS WILL BE MADE.
St. Bernadette
50th Anniversary

1950 - 2000

5K and 1 Mile Run/Walk
August 19, 2000

Pre-register by August 14, 2000

8:30 AM 1 Mile RUN/WALK
8:45 AM 5K RUN/WALK
Race starts and finishes at St. Bernadette Church.
2300 Clague Rd. Westlake, OH (south of Center Ridge)

Entry Fees:
$10 Pre-Registration before August 14th Adults & Kids
$15 Day of Race 7:30-8:15 AM
Team Discount: 10 or more runners-$8 per runner
All entries must be sent in same envelope.

All proceeds benefit St. Bernadette School & Athletics.

For more information Contact: Hermes @216-623-9933 or Mike Gallagher 216-941-5535

Mail form and entry fee to:
St. Bernadette 50th Anniv Race
C/o Mike Gallagher
1500 Kingway
Westlake, OH 44145

$10 Pre-registration Adult & Kids
Team Discount: 10 or more runners-$8
All must be sent in same envelope

Name

Address

City, State, Zip

Sex: M ______ F ______

T-shirt size: ___YL ___AM ___AL ___AXL ___AXXL

Awards
*Refreshments post race
*T-shirts
*Goody Bag
*Packet pickup and registration August 18th
Second Sole Running Store

Age Groups:
1 Mile: 8 & under, 9-10, 11-12, 13-14
30-34, 35-39, 40-44, 45-49, 50-54
55-59, 60 & over

Waiver: I attest I am physically fit and trained to participate in this event. I have full knowledge of the risks involved. I further acknowledge the race course may contain uneven surface conditions, including but not limited to potholes, curbs, and sewer covers which may create risk. I am aware at least part of the race is on public roads and vehicular traffic may be encountered, and I accept these risks. In consideration of the acceptance of my entry, I for myself, my executors and administrators waive, and release any and all rights and claims for damages I may have against St. Bernadette Church, Athletic Assoc. Sponsors, Contributors and any individuals associated with this event and will hold them harmless for any and all injuries I may suffer in conjunction with this event.

Signature of parent or guardian if under 18 years of age

Date
Summer Cross Country Races
at CWRU Squire Valleyvue Farm

Wednesday Nights at 6:30
August 2, 9, 16, and 23

Accurately measured 5K course.
Very scenic rolling hills and fields.

Medals to top 3 in each age division
male and female
18 and under, 19-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59,
60-64, 65-69, 70 and above

T-shirts to top 3 runners overall

Squire Valleyvue Farm is located near the intersection
of Route 91 and Fairmount, approximately 0.6 mile East of 91
The address is 37125 Fairmount Blvd.
follow the orange cones to parking

Entrance fee $5.00 pre-registered, $7.00 on race day.
Send entries to Steven Stahl, CWRU, 10900 Euclid Ave, Cleveland OH 44106
Make checks payable to CWRU Athletics

Name__________________________ Age____ Sex M F
Address_______________________ City_________________ State____ Zip______

In consideration of the acceptance of my entry in the CWRU cross country
summer races and CWRU and the Squire Valleyvue Farm and as a condition
of my participation therein, I, the undersigned, fully intending to be legally
bound hereby, for myself, my heirs, executors, knowingly and voluntarily
waive and release any and all rights and claims for injury, loss, or damage
which I have or may incur, against CWRU and Squire Valleyvue Farm, and
any of their members or agents, as a result of my entry in these races.

Signature_____________________

Parent's Signature (if 17 or under)_________________________
The 7th Annual Judy Gregorio Memorial Run
August 20, 2000

5K Run/2-Mile Walk

LOCATION:
Forest Hill Park, Cleveland Heights
(at Lee and Monticello, just north of the recreation pavilion).
Note: Location change from previous years

TIME:
5K Run 8:30am, August 20, 2000
2 Mile Walk, 8:35 am
1 Mile Kid's Fun Run, 9:30 am

COURSE:
Through a shaded, flat course inside of scenic Forest Hill Park.

FEATURES:
T-Shirts to first 300 entrants, water stops, timers, refreshments, awards and raffle.

ENTRY FEE:
Preregistration: $12.00
Race Day: $15.00

REGISTRATION:
Send check or money order to:
The Judy Gregorio Memorial Run, P.O. Box 22622, Cleveland, OH 44122
Or drop off at Second Sole Footwear store at 5800 Mayfield Rd., Mayfield Hts.
Race Day registration and T-shirt pick-up will begin at 7:15 am at the
Forest Hill picnic area at Lee and Monticello.

PROCEEDS:
Race will benefit the Judith Gregorio Endowed Memorial Scholarship.

AWARDS:
Overall top 3 Male runners in the following age brackets: 14 & under,

Overall top 3 Female runners in the following age brackets: 14 & under,

Overall top 3 Male and Female walkers in the 2-Mile Walk
Overall top 3 children 14 and under in the 1 mile Kid's Fun Run

QUESTIONS? CALL HMA PROMOTIONS
AT 216-752-5151

In consideration of your accepting this, I hereby for myself, heirs, executors
and administrators, waive and release any and all rights and claims for
injuries suffered by me in this event. I further attest and certify that I am
physically fit and am sufficiently trained for competition in this event.

Signature

Parent's Signature (if entrant is under 18)

Name ____________________________ Street ____________________________ Phone ____________________________

City ____________________________ State _______ Zip ____________

Sex ____ Age ____ T-Shirt Size: M ____ L ____ XL (circle one)

I am competing in:
5K run 2-Mile Walk 1 Mile Kid's Run Both Races (circle one)
PIONEER CITY 5K WALK/RUN
SATURDAY, SEPTEMBER 9, 2000, MARIETTA, OH
RUN AT 8:30 AM AND WALK AT 8:45 AM

MOUNTAIN BIKE DONATED BY THE PEDAL SHOP, LEE MIDDLETON DOLL, FENTON LAMP AND MANY OTHER DOOR PRIZES. SPECIAL DRAWING OF A $50.00 GIFT CERTIFICATE FOR ENTRANTS 15 & UNDER WILL BE GIVEN AWAY DAY OF EVENT - REFRESHMENTS AVAILABLE

COURSE: Flat course starting and ending at the Washington Co. Fairgrounds

ENTRY FEE: Pre-registered: Adults - $10.00 Children 15 & Under - $7.00
Day of event: Adults - $12.00 Children - $9.00
Make check payable to: Pioneer City 5K Walk/Run.

AWARDS: Trophies to top 3 men and women each event. Also, top 2 or 3 in each category as listed below, for men and women. (No duplications)

QUESTIONS: (304) 375-5913 or (740) 984-4033

*T-Shirts to all entrants pre-registered. Register early to receive your Shirts available while supply lasts day of event.

Registration: 7:00 to 8:15 AM

AGE GROUPS: 15 & UNDER 40 - 44 60 - 64
16 - 29 45 - 49 65 - 69 (2 Awards)
30 - 34 50 - 54 70 & UP (2 Awards)
35 - 39 55 - 59

Tear off bottom portion and return

***FEEL FREE TO COPY THIS FORM FOR A FRIEND***

Make checks payable to Pioneer City 5K Walk/Run and mail to Janaa Mullenix, RR 1 Box 277B, Williamstown, WV 26187

NAME:__________________________________________________ ADDRESS:________________________

CITY:___________________STATE: _____ ZIP:_______ PHONE:____________________ AGE ON DAY OF EVENT _______

MALE_____ FEMALE_____ T-SHIRT SIZE M L XL *XXL (*$1 extra) CHECK EVENT ENTERING _____WALK _____RUN

WAIVER OF LIABILITY: In consideration of the acceptance of this entry to the Pioneer City 5K Walk/Run, I waive all claims for myself, my heirs, and my assigns, against the Pioneer City 5K Walk/Run for injury, or illness which may result from my participation. I attest and verify that I have full knowledge of the risk involved in these events and I am physically fit and sufficiently trained to participate. I have read the above statement, I understand it, my signature confirms its full acceptance.

Signature ____________________________ Date ________________

Parent's signature if under 18 yrs. __________________________ Date ________________
CROSS COUNTRY MEET--Sunday, September 17, 2000

TIME: 11:00 am start

COURSE LOCATION: University School 2785 S. O. M. Center Road Pepper Pike, Ohio

5km course is mainly grass. Spikes are permitted.

ENTRY FEE: $8 per person if pre-registered by 9/13. $10 per person day of race.

Make checks payable to OVER THE HILL TRACK CLUB.

MAIL TO: OVER THE HILL TRACK CLUB
Jeff Gerson
5091 Hickory Dr.
Lyndhurst, Ohio 44124

AWARDS: Trophies to the top 3 in each age group. T-Shirts Gift Certificates!

Age groups: (Men & Women) 14 and under. Open (15-29), 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79

Team trophies to the top 2 teams

Divisions: (Men & Women) 14 and under, open, 30-39, 40-49, 50+

Note: 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.

CONTACT: Jeff Gerson 440-473-0636

OVER THE HILL CROSS COUNTRY MEET ENTRY FORM

TEAM ENTRY:

NAME:__________________________________________________CLUB____________________________________________

ADDRESS:___________________________________CITY_________________________STATE___________ZIP________

PHONE (_______)__________________________AGE DAY OF RACE.__________DIVISION:________MEN WOMEN

I hereby waive all claims against University School and Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

SIGNATURE:__________________________DATE_________________

(Each runner must sign this waiver) Thank you ~ Good Luck
Glen The Hill & Track Club

C/o Larry Maniccia
8 Trenton Square
Euclid, OH 44143

Rex Harvey
6744 Connecticut Colony Crl.
Mentor, OH 44060