



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

Women (all)	Patricia Finley	(216) 595-1628
Men (open)	Larry 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	Rodney Wilson	(517) 353-0971
Racewalk	Jeff Gerson	(440) 473-0636

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

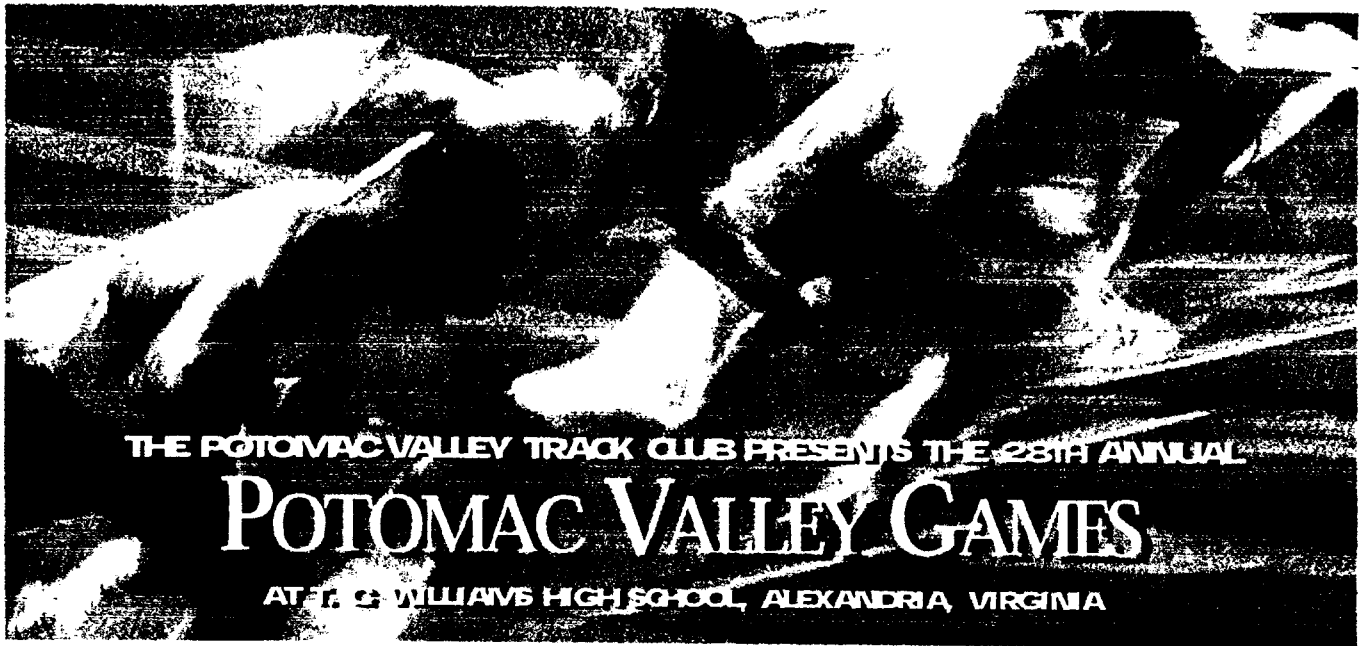
Questions: Norman Thomas: 330-425-8219 or Jeff Gerson: 440-473-0636

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



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

Saturday, September 2, 2000

- 8:00 a.m. Registration opens
- 9:00 a.m. Weight Throw
- 9:30 a.m. M.R. Pentathlon begins with the LJ
- 10:00 a.m. Discus (Open pit—first come first served.
M.R. Pentathlon entrants will have use of discus area in the early afternoon)
- 3 p.m. Discus registration closes. Medals will be distributed to any age groups determined to be complete.
- 4:00 p.m. 5K & 15K
RaceWalks—one heat.
- 5:00 p.m. Hammer Throw
(held at West Springfield H.S. Allow 1/2 -hour travel time from T.C.Williams.)
- 6:00 p.m. 5,000, and 10,000 meter track run—one heat.

**Sunday, September 3, 2000
FIELD EVENTS:**

- 7:30 a.m. Registration opens
- 9:00 a.m. Long Jump 1 (men 40+)
- 9:00 a.m. Pole Vault 1 (starting height under 10 feet)
- 9:00 a.m. Shot Put 1 (women, youth under 19, men 60+)
- 9:00 a.m. Javelin 1 (men 19-59)
- 10:00 a.m. High Jump 1 (starting height under 5 feet)
- 10:30 a.m. Long Jump 2 (women, youth under 19, men 19-39)
- 10:30 a.m. Pole Vault 2 (starting height 10 feet)
- 1:00 p.m. Javelin 2 (women, youth under 19, men 60+)
- 1:00 p.m. Shot Put 2 (men 19-59)
- 2:00 p.m. Triple Jump
- 2:00 p.m. High Jump 2
bar starts at 5 feet

**Sunday, September 3, 2000
RUNNING EVENTS:**

- 7:30 a.m. Registration opens
- 9:00 a.m. 300/400 meter hurdles
- 9:30 a.m. 3000 meter run
- 10:00 a.m. One mile racewalk
- 10:30 a.m. 100 meter dash finals
(or Trials, if needed)
- 11:30 a.m. One mile run
- 12:15 p.m. 100 meter finals (for age groups that required trials)
- 12:45 p.m. 400 meter run
- 1:15 p.m. 3000 meter racewalk
- 1:45 p.m. 80/100/110 meter hurdles
- 2:15 p.m. 200 meter dash
(finals based on time)
- 3:00 p.m. 800 meter run
- 3:30 p.m. 4x100 meter relay
- 3:45 p.m. 4x400 meter relay

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.

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.

ENTRY FORM FOR 2000 POTOMAC VALLEY GAMES

SATURDAY SEPTEMBER 2, AND SUNDAY SEPTEMBER 3



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

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.		
<i>Late Fee (if applicable) @ \$ 10.00 per person</i>		
All athletes should supply their own implements. Some are available at the track.		TOTAL \$: _____
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 attributed 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: _____

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.

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. Athlete 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@aol.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.

TRACK: All-weather six-lane 400 meter track. Short spikes (1/4" or less) only. Javelin will be thrown off grass.

AWARDS: Potomac Valley Association USATF medals to first three PVA-USATF registered athletes. Junior (14-18), Open, and Masters (30 and up in each 5-year age group). Potomac Valley Association includes northern Virginia, DC, and Maryland. For all other athletes, PVTC medals will be awarded.

PVTC medals to first three athletes in the following age groups: 13 & under, 14-18, 19-24, and each 5-year age group thereafter.

For the 100 meters, 200 meters, and Long Jump, the 13 & under age group will be divided into 10 & under, and 11-13. No duplication of awards.

Results will be posted on PVTC web-site and mailed to competitors.
Web-site. pvtc.org

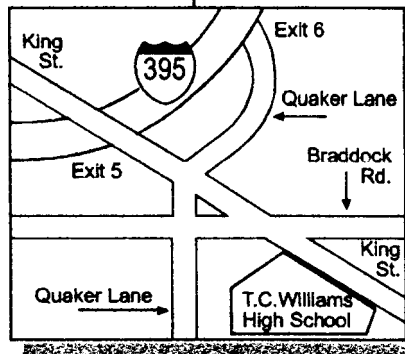
DIRECTIONS: Track—From I-395, take King Street (Route 7) east one mile. School is on the right and track is in the back. Parking is available in front of the school building.

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

LATE FEES: (entries received on 9/3/2000) \$10.00 penalty fee per person.

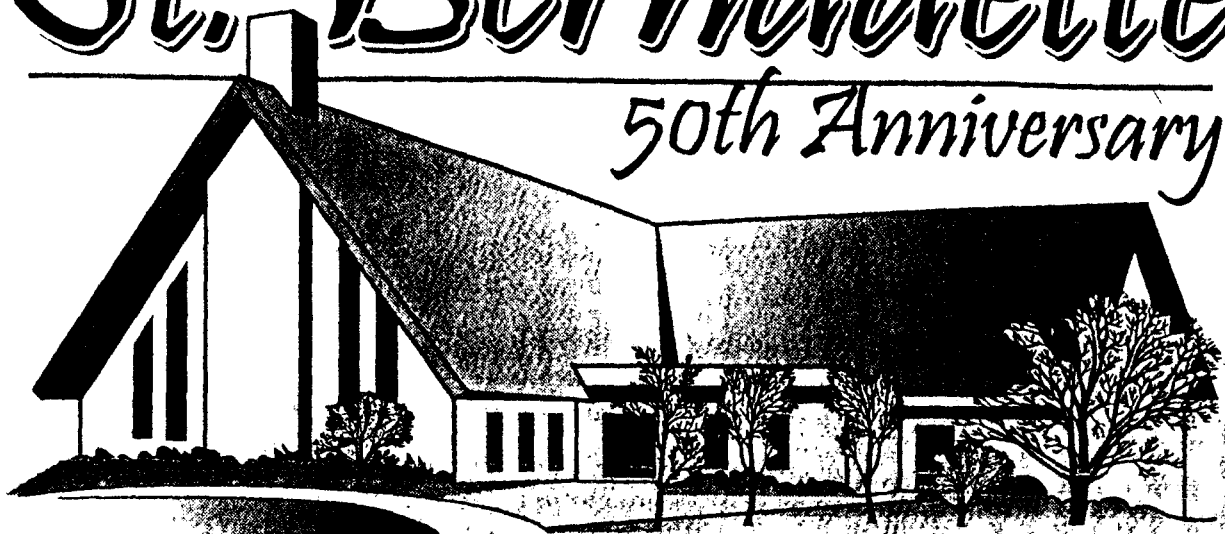
SUNDAY'S LATE FEE CAN BE AVOIDED BY PRE-REGISTERING at T. C. WILLIAMS H.S. on SATURDAY, SEPTEMBER 2nd from 8:30 a.m. to 6 p.m.

Entries for each Sunday event close one hour before the event time listed. **NO EXCEPTIONS WILL BE MADE.**



St. Bernadette ¹⁹⁵⁰⁻²⁰⁰⁰

50th Anniversary



5K and 1 Mile Run/Walk

August 19, 2000

Pre-register by August 14, 2000

8:30AM 1 Mile RUN/WALK

8:45AM 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 7:30-8:15AM

Team Discount: 10 or more runners-\$8 per runner

All entries must be sent in same envelope.

All proceeds benefit St. Bernadette School & Athletics.

*Awards

*Refreshments post race

*T-shirts

*Goody Bag

*Packet pick up and Registraton August 18th
Second Sole Running Store

Age Groups:

1 Mile: 8 & under, 9-10, 11-12, 13-14

5K: 12 & under, 13-15, 16-19, 20-24, 25-29

30-34, 35-39, 40-44, 45-49, 50-54

55-59, 60 & over

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 Kingsway

Westlake, OH 44145

Name _____

Team _____

Address _____

Phone _____

\$10 Pre-registration Adult & kids

Team Discount 10 or more run-

ners-\$8

All must be sent in same envelope

City, State, Zip _____

Sex: M _____ F _____

T-shirt size: ___YL ___AM ___AL ___AXL ___AXXL

Age on Race Day _____

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.

Date _____

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



sponsored by

Alfonso A. Rossi, DDS
Kenneth Palladino, DDS

5K Run/2-Mile Walk

LOCATION:

Forest Hill Park, Cleveland Heights
(at Lee and Monticello, just north of the recreation pavillon).

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, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over.

Overall top 3 Female runners in the following age brackets: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-& over.

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 damages I may have against, Judy Gregorio Memorial Run, Holy Rosary Church, The Montessori School at Holy Rosary, HMA Promotions, The City of Cleveland Heights, The City of East Cleveland, and any or all sponsors of this race, their representatives, successors and assigns for any and all 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

I am competing in:

(circle one)

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
Postmarked by September 2, 2000.
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

<u>AGE GROUPS:</u>	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 (*\$1extra) 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,....., 95-99

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: - Club _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Runner	Age	Runner	Age	Runner	Age
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

INDIVIDUAL 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


Over The Hill C & C Track Club
c/o Larry Maniccia
8 Trenton Square
Euclid, OH 44143



Rex Harvey
6744 Connecticut Colony Crl.
Mentor, OH 44060

44060X4470 55

