



# Over The Hill Track Club

www.othtc.org

September 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

The fall racing and training season is here. Plan to meet with us on two weekends this month. Also, make plans to attend our club dinner early next month.

On Sunday, September 17, we will host our Cross Country Classic. Entry forms were sent out in last month's newsletter. We need runners as well as workers for the event.

On Saturday, September 23, we will host the Norm Bower Memorial Weight Pentathlon. The entry form for this event is in this newsletter. We need throwers as well as workers for this event also.

Last month's club meeting proved to be very productive. We are planning to meet / dine the weekend of October 7. Venue to be announced.

Video tape of the North Coast Invitational is available for loan and later for purchase for those interested.

### V.P.'s Message

Please send in your 2000 outdoor results. All results received will be published in the newsletter as well as on the club website.

We need photos for our website. If you have any pictures of yourself or other club members participating in a meet, please send them in. All photos will be returned after they are digitized for the website.

Recently our club has gotten some coverage in the Plain Dealer sports section. One of the articles covered club members who participated in the Huntington, WV meet. The other covered members who participated at Nationals. A special thanks to Sheri Liebschner who has been responsible for writing up the press releases that were accepted and published by the PD.

As promised last month, I have included a road racing schedule for the month of September below. If you need contact information for entry forms please call me.

### 2000 Outdoor Schedule

Sept. 17	Cross Country Classic	Hunting Valley, OH
Sept. 23	Norm Bower Weight Pentathlon	Kent, OH
Sept. 24	Geneva Rotary 10K	Geneva, OH
Sept. 24	Komen Race for the Cure (5K and 1 mile)	Cleveland, OH
Sept. 30	Club Track Practice	Highland Hills, OH
Oct. 7	Club West Masters	Santa Barbara, CA

### 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

**REMINDER** – Make plans to join other club members in Boston – Brisbane – Baton Rouge

# Over the Hill Track Club

Fourth Annual Norm Bower Memorial Weight Pentathlon  
Saturday, September 23, 2000  
Kent State University, Kent, Ohio 44242  
11:00 a.m. to 3:00 p.m.  
Tel: 440-473-0636

*All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue Bower's daughter, born October 31, 1995*

Over the Hill Track Club is once again sponsoring a fund-raising weight pentathlon in honor of Norm Bower, who passed away September 12, 1997. Norm Bower was much loved as a friend and a competitor in the weight events. He was joyful, bright, easy going, with a wonderful sense of humor. He supported every thrower who competed in the weights, no matter the skill level. Our track meets and our lives are brighter, more fun because of Norm, and the Club wishes to remember him and his family with this annual weight pentathlon held in his honor.

All meet fees, less awards expenses, and all donations included with meet fees will be contributed to an education fund for Emma Rose Bower, born October 31, 1995, Norm and Sue Bower's daughter, and the sister of Brent Bower.

**Date, Time, & Sequence of Events:** Saturday, September 23, 2000, 11.00 a.m. to 3:00 p.m. Hammer, shot put, discus, javelin, and weight.

**NOTE:** In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

**Host site:** Kent State University, Kent, Ohio 44242, map and written directions attached

**Events & Weights by Age:** Weight pentathlon (hammer, shot put, discus, javelin, and weight) or individual weight events. See attached "Ages / Implements Specifications" list. For the weight throw, where both WAVA and USATF specifications appear, we will use the WAVA standards, if the appropriate weight implement is available. We will throw by the age groups represented on the list. Some age groups may be combined to fill out flights.

**Rules:** USATF rules and WAVA implements.

**Number of Attempts per Event:** Six

**Awards:** Yes

**Facilities:** Javelin to be thrown on a grass playfield, all others from concrete surfaces onto a grass playfield.

**Other Facilities:** Restrooms, no showers

**Refreshments:** Soft drinks will be provided gratis to all competitors by OTHTC members, water will also be available

**Fee, Donations, Mailing Information:** All meet fees, less awards expenses, and donations included with meet fees will be contributed to the education fund set up in 1997 for Emma Rose Bower. OTHTC encourages all those who are able to donate beyond the entry fee amount and encourages those who are unable to compete to remit a donation for this worthy cause. Note the donation amount on the bottom left-hand memo section of your check. Your check is your receipt. The Bower family will receive a list of the names and addresses of all attendees and contributors, unless donors specify that their gifts be anonymous.

\$15 for the weight pentathlon, and \$5 per event if throwing four or fewer events. No refunds for no-shows. Make out checks to "Over the Hill Track Club."

**Mailing Instructions:** Mail application with check made out to "Over the Hill Track Club" to: Jeff Gerson, Over the Hill Track Club, 5091 Hickory Drive, Lyndhurst, OH 44124. Tel: 440-473-0636. The deadline for receipt is Saturday, September 2, 2000.

**Waiver:** Signature required on attached meet application form.

**Questions:** Call Jeff Gerson, 440-473-0636.

# THE FOURTH ANNUAL NORM BOWER MEMORIAL WEIGHT PENTATHLON

Sponsored by: Over the Hill Track Club  
Saturday, September 23, 2000—11:00 a.m. to 3:00 p.m.  
Kent State University, Kent, Ohio  
Phone: 440-473-0636

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue's daughter, born October 31, 1995

## REGISTRATION FORM

Name \_\_\_\_\_ Gender \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of birth \_\_\_\_\_ Your age as of 9/23/00 \_\_\_\_\_ Your club \_\_\_\_\_

Events you wish to enter

Fee \$15 for the weight pentathlon, and \$5.00 per event if throwing four or fewer events. No refunds for no-shows. Make checks payable to Over the Hill Track Club

\_\_\_\_\_ Weight pentathlon (hammer, shot, discus, javelin, & weight)

Individual events only: \_\_\_\_\_ Hammer \_\_\_\_\_ Shot put \_\_\_\_\_ Discus \_\_\_\_\_ Javelin \_\_\_\_\_ Weight

**NOTE:** In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

I will not be competing, but I elect to make a donation of \$ \_\_\_\_\_ (my check is enclosed).

Please bring your own implements. Although we will have a number on hand, we cannot guarantee that we will have all implements for all age groups.

Mail this registration form, along with your fee and/or donation check or money order made payable to "Over the Hill Track Club," for receipt by **September 2, 2000**, to: Jeff Gerson, 5091 Hickory Drive, Lyndhurst, OH 44124, Tel: 440-473-0636. ATTN: Fourth Annual Norm Bower Memorial Weight Pentathlon.

**Waiver for All Events:** In consideration for acceptance of my entry into the OTHTC Fourth Annual Norm Bower Memorial Weight Pentathlon, I do hereby for myself and anyone entitled to act in my behalf, waive and release the Over the Hill Track Club, Cleveland, Ohio, and Kent State University, Kent, Ohio, and all sponsors, their representatives and successors from all claims or liabilities of any and all damages which may be sustained or suffered by me in my connection with entry in, or arising out of my traveling to, participating in, and returning from my participation in this meet.

Athlete's signature \_\_\_\_\_ Date: \_\_\_\_\_

Printed name \_\_\_\_\_

Parent or guardian's signature (if athlete is under 18) \_\_\_\_\_

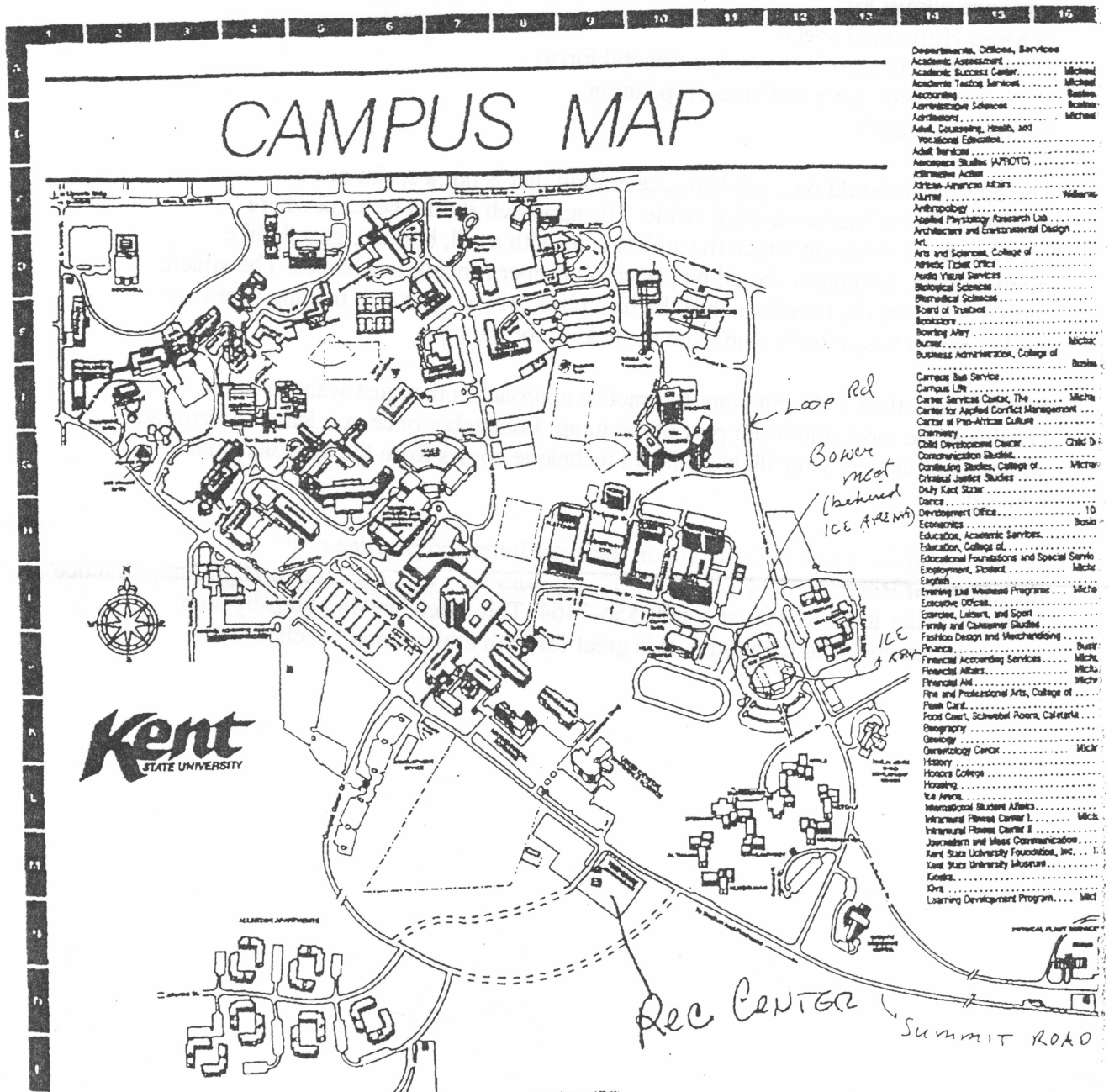
Printed name \_\_\_\_\_

**NOTICE:** All athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field Regulation 10 and IAAF Rule 55. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. **SOME OVER-THE-COUNTER MEDICATIONS MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USOC HOT LINE AT 800-233-0393.**

Third Annual Norm Bower Weight Pentathlon—Saturday, September 11, 1999

Age-Women	Shot Put	Discus	Hammer	Javelin	Weight WAVA	USATF
30-49	4.00k	1.00k	4.00k	600 gms	20#	20#
50 plus	3.00k	1.00k	3.00k	400 gms	16#	16#
60 plus					12#	16#
Age-Men						
30-49	7.26k (16 lbs)	2.00k	7.26k (16 lbs)	800 gms	35#	35#
50-59		1.50k	6.00k	800 gms	25#	35#
60-69	6.00k	1.00k	5.00k	600 gms	20#	25#
70-79	5.00k	1.00k	4.00k	600 gms	16#	25#
80 plus	4.00k	1.00k	4.00k	600 gms	12#	25#

Superweight: Men 30-69: 56 lb.; Men 70+: 35#; Women 30-49: 35#, women 50+: 25#  
WAVA weights are used for USATF weight pentathlons



# HIGH JUMP TIPS

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Posted by [Brad Hackett](#) on March 03, 1998 at 07:31:12:

## HIGH JUMP TIPS

### THE APPROACH

by: Holly Kelly-Thompson

The approach portion of the high jump is the most important aspect of the entire event. It should be practiced hundreds of times each season to ensure correct technique the correct take-off position. The athlete needs to establish their steps and be able to correctly measure these steps to have complete accuracy throughout the season.

The approach involves a gradual J toward the cross bar. This J type of approach allows for:

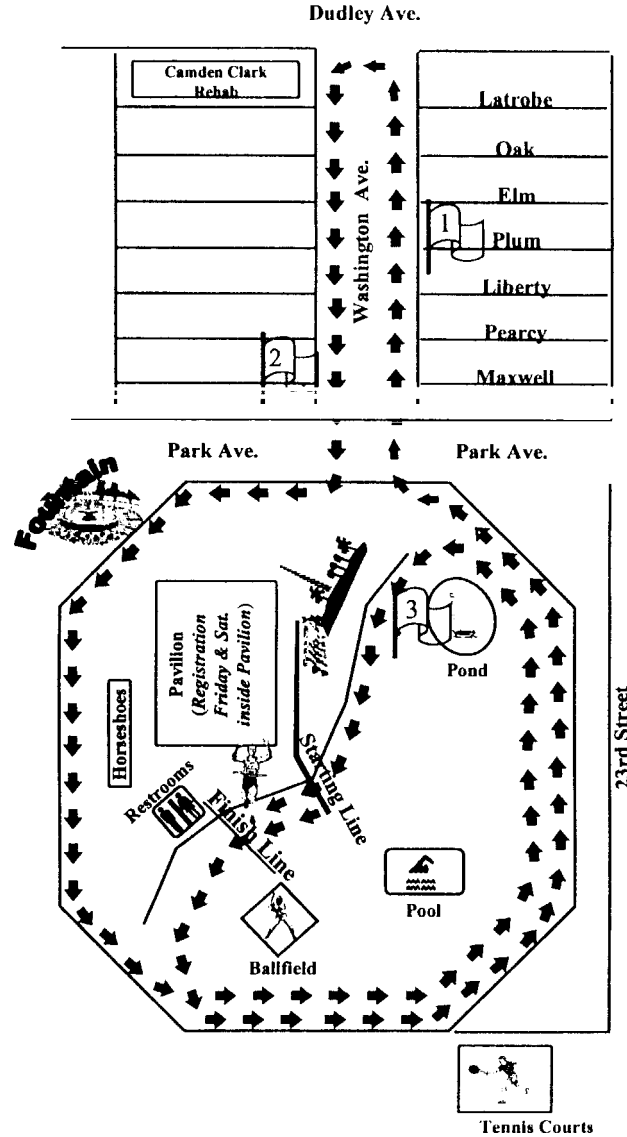
- 1) More Horizontal speed
- 2) The ability to turn in the air (centripetal force)
- 3) Places athlete in a good take-off position
- 4) Is easy to teach

The approach should be a gradual acceleration that is not a sprint nor a jog, but rather a hard controlled stride. The approach should be somewhere between 8-12 strides in which the athlete runs with a tall, bouncy, gazelle like running form. Emphasis should be placed on proper running mechanics. The athlete should focus on the transition into the turn phase of the approach making sure they are keeping a whole body lean from the ankles not the hips.

Many times athletes do not want to practice approaches they just want to jump but this is the most important part of the jump. Remember once you leave the ground you can not change your flight path. All technique comes from the approach and take off.

If you would like more information on the High Jump and practice drills, call for a copy of Bill Falk and Holly Kelly-Thompson's new video "Come to High Jump Practice" You can order it for \$29.95 at 1-800-556-7464. This video shows a step-by-step system to teaching the high jump. It is great for both athletes and coaches.

Return To:  
**GE RACE FOR SAFETY**  
 Sandy Deem  
 P. O. Box 338  
 Washington, WV 26181



This course is a  
**USA Track & Field Certified Course**

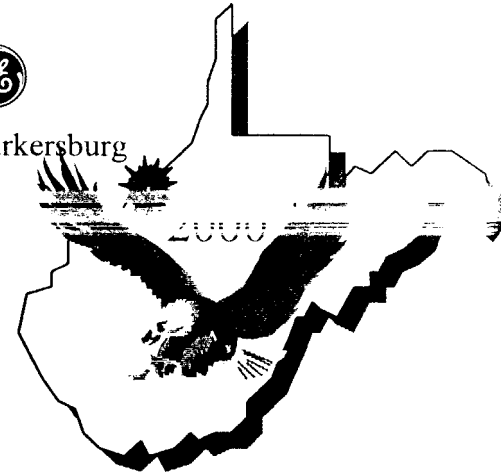
This Race Is Part of the  
**River City Runners' Race Series**

# 9th Annual GE Race for Safety

Sponsored by GE Plastics  
 Washington, WV



Parkersburg



**September 30, 2000**


Parkersburg, WV  
 City Park

5K Run, 5K Walk,  
 Kids Race

Look for our website at:  
[www.geocities.com/geprace](http://www.geocities.com/geprace)  
 Or e-mail us at:  
[geprace@writeme.com](mailto:geprace@writeme.com)

**Course:** (Same as 1999) Runners and walkers start by the City Park ballfield, following road around ballfield, pond, leaving park, going up Washington Ave and back returning to park making a complete circle of park, **going around pond** and back to finish (see map on back). Will have 1 and 2 mile splits

**Entry:** Pre-register by 9/18 - \$10 for adults and \$5 for kids, 10 and under **Registration on evening before and day of the race ... \$12 for adults and \$6 for kids.** Kids requesting adult sized t-shirts will be required to pay adult entry fee Make checks payable to *GE Race for Safety*, and mail to **Sandy Deem, P. O. Box 338, Washington, WV 26181.** All 5K preregistered entrants (by 9/18) will be guaranteed shirt and gloves. **Note: same day 5K entries will receive shirt and gloves while quantities last.**

 **Early Packet Pick-Up & Registration on Friday (9/29) from 5 pm - 7 pm. in the City Park Pavilion.**

**Awards:** Awards will be presented to the top 3 overall male and female runners and walkers. 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place awards will be awarded to males and females in each of the following age groups (**No Duplications**)(see new age categories \*\*). An award will be presented to the oldest participant in the race. A plaque will be awarded to the company, business, or school with the most participants.

Runners*	Walkers*
12 and under (6)	12 and under (6)
13 -19 (6)	13 - 19 (6)
20 - 24 (6)	20 - 24 (6)
25 - 29 (6)	25 - 29 (6)
30 - 34 (6)	30 - 34 (6)
35 - 39 (6)	35 - 39 (6)
40 - 44 (6)	40 - 44 (6)
45 - 49 (6)	45 - 49 (6)
50 - 54 (6)**	50 - 54 (6)**
55 - 59 (6)**	55 - 59 (6)**
60 - 64 (6)**	60 - 64 (6)**
65 - 69 (4)**	65 - 69 (4)**
70 & over (4)**	70 & over (4)**

\* 3 Male + 3 Female In each age category.

With the exception of 65 - 69 and 70 & over which there will be only 2 in each age category

**Safety, Etc.:** Police, ambulance, traffic control, and water stations Also, come see our health and vendor displays and join the fun!

**Delicious Brunch:** Will be served after the race and before the awards ceremony. Free to all participants of the race.

**Kids Race:** All children 10 and under are invited to participate. All children who participate receive medals. 24 awards will be awarded to the top three (3) boy and girl racers in **four age groups\***: 3 & under, 4 - 5, 6 - 8, and 9 - 10. 3 and under will run 1/16 mile (100 yds.), 4 - 5 will run 1/8 mile (200 yds.), 6 - 8 will run 1/4 mile (400 yds.), and 9 - 10 will run 1/2 mile (800 yds.) Assemble at the 5K Finish Line. **\*Note: 3 and under is a new age group added this year.**

**Sponsor:** Thanks to *GE Plastics* for sponsoring this community event.

**T-Shirts:** Multi-color high quality shirts to all pre-registered entrants.

**Questions:**

Diana Davis, Race Director (304) 863-7455  
e-mail: diana.davis@gep.ge.com  
Sandy Deem, Assistant Dir. (304) 863-7540  
e-mail: sandy.deem@gep.ge.com  
Lou Molinaro, Assistant Dir. (304) 295-5088  
e-mail: mollie@wirefire.com

**See You Saturday, September 30!**

7:00 - 8:00 a.m. Check-In Registration  
8:30 a.m. 5K Run  
8:35 a.m. 5K Walk  
9:00 - 11.00 a.m. Brunch  
9:45 a.m. Kids' Race  
10:15 a.m. Awards Ceremony

All Morning

Various displays, face painting, and entertainment.

----- Mail entry and check to: *GE Race for Safety, c/o Sandy Deem, P. O. Box 338, Washington, WV 26181* -----  
Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ mo. / day / yr.  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Company Affiliation: \_\_\_\_\_ Age as of 9/30/00 \_\_\_\_\_  
(please fill in if you are racing for a Company, Business, or School that is participating in the "Most Participants Award")

Please Check:  5K Run  5K Walk   
T-Shirt Size (Adult Sizes)  Lg.  XLg.  XXLg.   
Med.

Please Check:  Kid's Race   
T-Shirt Size (Child's Size)  Lg.   
Med.

Please Check:  Male  Female

**Waiver of Liability:** In consideration of the acceptance of this entry to the "GE Race for Safety", I waive all claims for myself, my heirs, and my assigns against GE and it's subsidiaries 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, and my signature confirms its full acceptance.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(form will not be accepted without the above signature)  
Guardian Signature if under 18 yrs. \_\_\_\_\_ Date \_\_\_\_\_  
(form will not be accepted without the above signature)



## **POTOMAC VALLEY TRACK CLUB YEAR 2000 CALENDAR OF EVENTS**

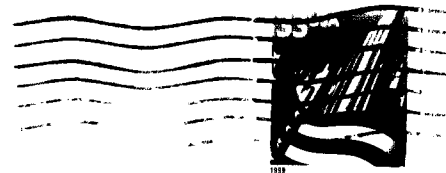
Schedule Subject to Change. Always Check PVTC Hotline (703-671-2520)  
or website ([www.pvtc.org](http://www.pvtc.org)) for last minute changes  
and more details. Club meetings held the second Tuesday  
each month at Fairlington, Recreation Center Arlington VA

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July 23	PVTC Outdoor All-Comers Meet T C Williams HS Alexandria VA
August 6	PVTC Outdoor All-Comers Meet T C Williams HS Alexandria VA USAT&F Events
August 20	PVTC Outdoor All-Comers Meet T.C Williams HS Alexandria VA followed by annual meeting and election of officers plus Picnic at Bob Briggs House. Directions in August PVTC Newsletter
Sept. 2-3	PV Games Open & PVA Masters T&F Champs T C Williams HS Alexandria VA
Sept. 2	Mark Richards Open Pentathlon T C Williams HS Alexandria VA
Sept. 2	Special Weight Pentathlon T C Williams HS Alexandria VA
Sept. 5	Youth X-Country Begins Call Hotline or check website for details
Sept. 9,16	Fall RaceWalk Clinics St. Stephens/St Agnes School Alexandria, VA
Sept. 23,30	Fall RaceWalk Clinics St. Stephens/St Agnes School Alexandria, VA
Oct. 7,14	Fall RaceWalk Clinics St Stephens/St Agnes School Alexandria, VA
Oct. 8	Hour RaceWalk, T.C Williams HS Alexandria VA
Oct. 8	Throwers Meet T.C Williams HS Alexandria VA
Oct. 8	Fall Youth Track Begins. Call Hotline or check website for details
Nov. 5	Hour RaceWalk and T C Williams HS Alexandria VA
Nov 5	Throwers Meet T C Williams HS Alexandria VA
Nov 5	Youth X-Country Race. Call Hotline or check website for details
Nov 18	USATF Region III Youth CC Site TBA
Nov 25	Cranberry Crawl 5&10k R/RW 8:30am Hains Point, Wash. DC 5K PVA Championship.
Dec. 23	Christmas Caper 5&10k R/RW 8:30am Hains Point, Wash. DC

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



Rex Harvey  
6744 Connecticut Colony Crl.  
Mentor, OH 44060