October 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

Thanks to everyone who helped out at our annual Cross Country race that was held September 17. We had good weather and a good turnout for the event. Complete results for the meet are in this months newsletter.

Thanks also to the group who helped out at the Norm Bower weight pentathlon that was held September 23. We had a rain delay but we were able to complete all the events. Results will be in next months newsletter.

We are currently building our 2001 indoor track & field schedule. We expect to have a preliminary schedule ready for next months newsletter.

We are hosting a team practice on Saturday October 21 at CCC East. We are also planning to secure indoor training facilities for occasional use. Remember to contact your coordinator for the latest updates and information.
V.P.'s Message

Thanks to those of you who joined us at Wellingtons for brunch on October 15. I hope everyone had a good time and had an opportunity to chat with other club members.

One of the clubs goals in 2001 will be to increase the number of group activities. Whether it be an informal get together, a team practice or a group trip to an out of town meet. We believe that one of the most important aspects of being a member of ‘Over The Hill’ is getting a chance to meet others in the club and develop new friendships and contacts.

Another priority for 2001 will be to increase public awareness about ‘Over The Hill’ and its members. We plan on doing this by getting spots in both local and national publications.

2000 Outdoor Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Oct 21</td>
<td>Team Practice</td>
<td>CCC East</td>
</tr>
<tr>
<td>Oct 21</td>
<td>HCCC 5K run/2K walk</td>
<td>Lorain, OH</td>
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<tr>
<td>Oct 29</td>
<td>5K Cross Country Classic</td>
<td>Boardman, OH</td>
</tr>
<tr>
<td>Nov 5</td>
<td>Wolfpack Cross Country Meet</td>
<td>Columbus, OH</td>
</tr>
<tr>
<td>Nov 11</td>
<td>USATF Cross Country Championships</td>
<td>Cleveland, OH</td>
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2001 Indoor Schedule

Look for information about indoor meets at Kent State in next months newsletter!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Jan 14</td>
<td>Potomac Valley</td>
<td>Arlington, VA</td>
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<tr>
<td>Jan 28</td>
<td>Potomac Valley</td>
<td>Arlington, VA</td>
</tr>
<tr>
<td>Feb 11</td>
<td>Potomac Valley</td>
<td>Arlington, VA</td>
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OTHTC Uniform Information
New OTHTC uniforms are 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 and Baton Rouge.
TRACK PRACTICE
SATURDAY,
OCTOBER 21, 2000

TIME: 12-1:30PM


Come Dress to run! There are no changing facilities at the track.

All fitness levels welcome.

AGENDA:
WELCOME
WARM UP
TEAM STRETCH
SPRINT DRILLS
INTERVALS
COOL DOWN
TRAINING TIPS AND UPCOMING MEETS.

CONTACTS:
 Norman Thomas 330-425-8219
 Lawrence E. Finley 440-735-0837
 Larry Maniccia 440-237-6714

NEXT PRACTICE: October 28, 2000. The time and place will be announced. Note that the Over the Hill Track Club banquet is on Sunday October 15th. Please refer to contacts for more details.

This event is an informal practice for runners who want to continue training during the fall. Over the Hill Track Club welcomes everyone to attend this practice. While we encourage runners to join our club, you will not be obligated to join and you will not be asked to pay any fee for coming to the practice. The track will be open to other users during the practice. We hope that you respect their right to use the track.
Over The Hill Track Club

Cross Country Classic, Sunday, September 17, 2000
University School, Hunting Valley, Ohio

Open (15-29) Men
1. Richard Szezepinski 18:55
2. Chris Bradshaw 19:11
3. Adam Hasemeyer 19:33
4. Andrew Sords 21:44

14 & Under Men
1. Dave Castro 23:07

14 & Under Women
1. Brittany Busse 26:01

35-39 Men
1. Erik Bell 20:43
2. Phil Pillin 22:43
3. Diccon Ong 24:44

35-39 Women
1. Sherri Liebschner 26:05

40-44 Men
1. Jeff Warner 21:58
2. Lawrence Finley 22:09
3. John Burke 22:24
4. Walter Thiem 25:33
5. Rodney Wilson 35:05

40-44 Women
1. Joanne Siegel 23:00

50-54 Men
1. Norman Thomas 25:18
2. Dan Salvini 37:48

50-54 Women
1. Cathi Gerson 29:01

Canine Division
1. Droopy Gerson 29:01

Team Trophy: WSKB T.C.
LAKE ERIE ASSOCIATION
Open & Master
Cross Country Championships
Saturday, November 11, 2000
9:00 A.M.

Host Club - Lake Erie Comets
Sanctioned - USATF/Lake Erie Association

Age Divisions and Race Distances:

<table>
<thead>
<tr>
<th>Age Division</th>
<th>Race Distances</th>
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<tbody>
<tr>
<td>Open Men</td>
<td>19 to 29</td>
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<td>30 to 34</td>
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<tr>
<td>Open Women</td>
<td>35 to 39</td>
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<td>60 to 64</td>
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<td>65 to 69</td>
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<td>70 &amp; Over</td>
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Age as of Race Day

All Races 5,000 Meters

Times:
Registration begins at 8:00 A.M. First Race at 9:00 A.M. Maps provided. Course open for inspection up to 10 minutes before start of race. There will be no official course walk.

Entry Fees:
$5.00 per person. There is no additional entry fee for teams. Teams must consist of at least five, but no more than eight runners. Teams must be registered USATF track teams.

Awards:
USATF Championship medals will be awarded for the first through tenth place.

Please Note:
You must have a USATF card or purchase one on the day of the meet.

Location:
Edgewater Park, Cleveland, Ohio. Located off the West Shoreway (S.R. 2). West of 49th Street.

Mail entries to:
Lake Erie Comets Track Club
8280 Craigleigh Drive
Parma, Ohio 44129

Make checks payable to: USATF - Lake Erie
Entries will also be accepted the day of the meet, 10 minutes prior to the start of each race.

Official Entry Form

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<tr>
<th>Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>City</td>
<td>State</td>
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<tr>
<td>Age</td>
<td>Birth Date</td>
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<tr>
<td>Age Division</td>
<td>Club</td>
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</tbody>
</table>

In consideration of my being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter occur to me against USA Track & Field, the Lake Erie Association, the State of Ohio, or 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, participation in, and returning from the 2000 Lake Erie USATF Open & Masters Cross Country Association Championship Meet to be held on November 11, 2000 at Cleveland Lakefront State Park, Edgewater Park.

Participant's Signature
YOUNGSTOWN ROAD RUNNERS CLUB

SECOND SOLE

5K CROSS COUNTRY CLASSIC

DAY / DATE: SUNDAY OCTOBER 29, 2000

TIME: 1:00pm

LOCATION: BOARDMAN HIGH SCHOOL
7777 GLENWOOD AVENUE
BOARDMAN, OHIO

DIRECTIONS:
FROM TURNPIKE: TAKE EXIT 16 (RT 7) NORTH APPROX.
3 MILES, TURN LEFT AT LIGHT PAST SPARTAN CHEVROLET.
FROM RT 224: HEAD SOUTH ON RT7 APPROX. 1 MILE, TURN
RIGHT AT LIGHT BEFORE SPARTAN CHEVROLET.

EVENT:
5000 METER, LINED 2 LOOP GRASS AND BARK CHIPS (SITE
OF THE N.E.OHIO HIGH SCHOOL REGIONAL CROSS COUNTRY
CHAMPIONSHIPS.)

ENTRY FEE:
$6.00 PREREGISTERED; $7.00 DAY OF RACE.
INCLUDES A T-SHIRT TO THE FIRST 144 REGISTERED

AWARDS:
TOP 3 MALE : TOP 3 FEMALE : TOP 3 IN THE AGE GROUPS

MALE: 13 & UNDER: 14 - 17; 18 - 22; 23 - 29; 30 - 34;
35 - 39; 40 - 44; 45 - 49; 50 - 54; 55 - 59; 60 & OVER.

FEMALE: 13 & UNDER: 14 - 17; 18 - 25; 26 - 35; 36 - 45;
46 & OVER.

REGISTRATION:
FROM 11:30am - 12:55pm AT BOARDMAN HIGH SCHOOL.
APPLICATIONS AVAILABLE AT LOCAL RUNNING STORES OR CALL JIM 330-482-9230

CHECKS PAYABLE TO: YRRC CROSS COUNTRY RUN
MAIL TO: P.O. BOX 2817, YOUNGSTOWN, OHIO 44511

MEET RECORDS:
MALE: MATT FOLK 15:48 1999
FEMALE: BECKY RUDZIK 20:10 1998

PLEASE CUT AND MAIL TO ABOVE ADDRESS

NAME: __________________________ AGE _____________ PHONE _________________________
ADDRESS ______________________ CITY ___________________ STATE ______ ZIP ________

MALE _ FEMALE _ SHIRT SIZE (CIRCLE ONE) MED LARGE X-LARGE

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY FOR MYSELF, MY HEIRS,
EXECUTORS, ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR
INJURIES SUFFERED BY ME AT SAID EVENT, I HEREBY ATTEST AND CERTIFY THAT I AM PHYSICALLY FIT AND HAVE
TRAINED FOR THIS EVENT.

SIGNATURE: ____________________ PARENT IF UNDER 18 ________________
WOLFPACK CROSS-COUNTRY MEET
COLUMBUS X-C INVITATIONAL
Marv Crosten - Mark Whitaker Memorial
Columbus, Ohio, November 5, 2000

INVITATION. Youth, Open (5k), and Masters (5k) athletes and coaches are invited to participate in the 2000 edition of the Wolfpack Columbus Cross-Country Invitational to be held on Sunday, November 5, 2000 at Groveport-Madison High School in Southeast Columbus. The Meet offers individual and team competition for all ages. This meet remembers jointly with the Ohio USATF Officials the contributions of beloved colleagues Marvin C Crosten, Jr and Mark B Whitaker who died on October 8, 1997. They were two of the most prominent track athletes, coaches, officials, and administrators who have resided in the Central Ohio Area.

SPECIAL THANKS TO: Coach Tom McSheffery, Cruisers Track Club
HOST: Wolfpack Track Club

PLACE
Groveport-Madison High School grounds, 4475 South Hamilton Road, Groveport, Ohio in Southeast Columbus

EVENTS
1:00 pm
5 km Women (IG, born 1984-85; YW, born 1982-83)
5 km Women (19 & Over - all age groups)
5 km Men (IB, born 1984-85; YM, born 1982-83)
5 km Men (19 & Over - all age groups)
1:50
4 km Girls (MG, born 1988-89; YG, born 1986-87)
2:25
4 km Boys (MB, born 1988-89; YB, born 1986-87)
3:00
3 km Girls (SBG, born 1992-93; BG, born 1990-91)
3 km Boys (SBB, born 1992-93; BB, born 1990-91)

AWARDS CEREMONIES: The 5 km - race awards will be available 45 minutes after the last runner finishes. A youth award ceremony will commence 20 minutes after the last runner of the last race finishes.

SANCTION Ohio USATF - meet subject to USATF drug test program
OFFICIALS: USATF Certified Officials in all key positions


INDIVIDUAL AWARDS. Medals to the top 3 runners per age group or the top 50% of the field, whichever is greater; a minimum of 6 medals for the Open division.

TEAM AGE GROUPS (M & W): Open, 30 & Over, 40 & Over, 50 & Over, 60 & Over, 70 & Over, 80 & Over, and 90 & Over (B & G): Subbantam-Bantam combined, Midget, Youth, Intermediate-Young M/W combined

TEAMS
Best 5 of 8 runners;
Best 3 of 5 runners; All Women; Girls - IG/YW combined; Men - 60 & Over, 70 & Over, etc.
Best 3 of 5 runners; Girls & Boys - Subbantam-Bantam combined, Midget, Youth

TEAM SCORING Masters - aggregate (total) time of scoring members; Open, and Submasters - simple scoring by position in your race; Youth - simple scoring by position in your age group.

TEAM AWARDS. Medals to all finishing members of the top three teams.

ENTRY FEE $6.00 by mail or on the day of the meet; no T-shirt included with this fee; buy T-shirts at the meet.

MAKE CHECKS PAYABLE TO: Wolfpack TC T-SHIRTS: 100 red commemorative T-shirts will be on sale for $10.00 each.

MEET DIRECTOR: John White, 4865 Arthur Place, Columbus, Ohio 43220 day and evening; (614) 459 - 2547.

OTHER OHIO MEETS: Sunday, October 8, 2000, Capitol City Comets Invitational, Franklin Park, Columbus, Ohio, call Robert Talley, [614] 258-3468, youngest-to-oldest, all ages, 10:30 am, $4.00/$5.00.

Sunday, October 29, 2000, South Dayton Flyers TC Invitational, Belmont Park, (East) Dayton, Ohio, 1:00 pm; Y (3k, 4k, 5k). O (5k). M (5k), youngest-to-oldest, call Jim Snow, [937] 252-5590. $4.00; Ohio AAU Youth Qualifying Meet (register for next level after your race).
WOLFPACK COLUMBUS CROSS-COUNTRY INVITATIONAL (photocopy as required)

Team Roster - Submit to the Meet Director with $6/athlete

<table>
<thead>
<tr>
<th>Club:</th>
<th>Team Age Group:</th>
<th>Gender:</th>
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<tr>
<th>Coach/Manager's Name:</th>
<th>Phone:</th>
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<th>Address:</th>
<th>City/State/Zip:</th>
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### Name of Athlete

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### Age on 11/5/00

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<th>#5</th>
<th>#6</th>
<th>#7</th>
<th>#8</th>
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Individual Entry Form - Submit to the Meet Director with $6/athlete

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<thead>
<tr>
<th>Name:</th>
<th>Gender:</th>
<th>Phone:</th>
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<tr>
<th>Address:</th>
<th>City/State/Zip:</th>
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<table>
<thead>
<tr>
<th>Age as of 11/5/00:</th>
<th>Birthdate:</th>
<th>USATF Club:</th>
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<table>
<thead>
<tr>
<th>If running on a team, please give the team age group:</th>
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<thead>
<tr>
<th>T-shirts ordered:</th>
<th>Size @ $10.00 each (circle):</th>
<th>Old SS</th>
<th>L</th>
<th>XL</th>
<th>XXL</th>
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In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, and assigns waive and release any and all claims for damages, including consequential, I may have against the Wolpack Track Club, the Cruiser Track Club, their members, Groveport-Madison Board of Education, the sponsors, the race committee, the race officials, and their representatives, successors, and assigns for any and all injuries suffered by me or my child (athlete) at this race. I certify that the athlete has trained sufficiently to participate in this cross-country race.

(Signed) ______________________________ Athlete (Parent, if under 18 years old)

All USATF sanctioned competitions are subject to drug testing

Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAF Rule 144. 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 prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at 1-800-233-0393. [TAC Memo,1/27/87] This notice is effective at all USATF Sanctioned Meets and does not mean that plans for actual drug testing at this cross-country meet have been announced.
Harrison Cultural Community Centre  
5K Run/2K Walk  
LaRue Linder Memorial Autumn Classic

The 5K Run/2K Walk is an annual activity of the Harrison Cultural Community Centre (HCCC) which is focused on fostering positive programs and counseling for all children in our city. HCCC promotes positive areas of development such as the pursuit of academic excellence, the use of quality time management, the fostering of good study habits, living a crime and drug free life, and the daily improvement of the child’s self-esteem.

“Team Up” with HCCC in its endeavor to continue our quality programs as we serve the youth of our community who look to us for guidance, supervision, and training.

Date: Saturday, October 21 2000

Race Schedule:  
8:00 AM Registration  
9:30 AM Run/Walk Starts  
10:50 AM Raffles/Door Prizes/Refreshments will be available  
11:00 AM Awards Ceremony

Start/Finish: Harrison Cultural Community Centre, 1922 Hamilton Avenue, Lorain, Ohio 44052

Entry Fee:  
Runners Before 10/13/00 $10.00  
Day of Race (10/20/00) $12.00  
Walkers before 10/13/00 $5.00  
Day of Race (10/20/00) $7.00

Divisions (Men and Women):  
14 and under 25 - 29 40 - 44 55 - 59 70 and over  
15 - 19 30 - 34 45 - 49 60 - 64  
20 - 24 35 - 39 50 - 54 65 and over

Awards:  
T-shirts will be given to the first 150 attendees  
Awards will be provided to first overall male and female, open and master, three deep in each age group

Course: A flat, fast and scenic 5 kilometer (3.1 mile) run through central Lorain. The 2.5 kilometer (1.5 mile) walk also covers a flat, scenic route

Director: Fleming Mosley 440-277-1969  
Jerry Warfield 440-282-2438