



Over The Hill Track Club

www.othtc.org

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

Oct 21	Team Practice	CCC East
Oct 21	HCCC 5K run/2K walk	Lorain, OH
Oct 29	5K Cross Country Classic	Boardman, OH
Nov 5	Wolfpack Cross Country Meet	Columbus, OH
Nov 11	USATF Cross Country Championships	Cleveland, OH

2001 Indoor Schedule

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

Jan 14	Potomac Valley	Arlington, VA
Jan 28	Potomac Valley	Arlington, VA
Feb 11	Potomac Valley	Arlington, VA

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

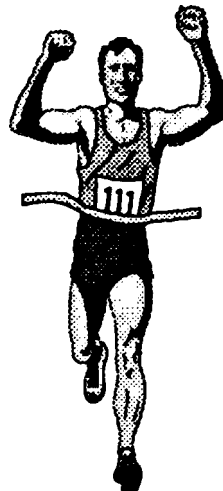
REMINDER – Make plans to join other club members in Boston, Brisbane and Baton Rouge.

www.othtc.org



Over The Hill Track Club

**TRACK PRACTICE
SATURDAY,
OCTOBER 21, 2000**



**NATIONAL
MASTERS
MARCH 23-25
BOSTON**

TIME: 12-1:30PM

PLACE: Cuyahoga Community College Eastern campus track. Harvard & Richmond Roads.
Highland Hills, Ohio (Interstate 271 Harvard Exit--go west)

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

35-39 Men

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

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

45-49 Men

2. John Haile 23:21
1. Mike Castro 23:08

50-54 Men

1. Norman Thomas 25:18
2. Dan Salvini 37:48

55-59 Men

1. Jerry Ketchauer 32:22

Team Trophy: WSKB T.C.

14 & Under Women

1. Brittany Busse 26:01

30-34 Women

1. Sherri Liebschner 26:05

35-39 Women

1. Sarah Horgan 23:33

40-44 Women

1. Joanne Siegel 23:00

50-54 Women

1. Cathi Gerson 29:01

Canine Division

1. Droopy Gerson 29:01



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:

Open Men	19 to 29	30 to 34	Age as of Race Day
Open Women	35 to 39	40 to 44	
	45 to 49	50 to 54	
	55 to 59	60 to 64	
	65 to 69	70 & Over	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

Name		Address		
City		State	Zip	Phone
Age	Birth Date	Sex	USATF#	
Age Division		Club		

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 _____

SECOND SOLE®



YOUNGSTOWN ROAD RUNNERS CLUB

SECOND SOLE

5K CROSS COUNTRY CLASSIC

DAY / DATE: SUNDAY OCTOBER 29, 2000

TIME: 1:00pm

****THIS RACE IS A PART OF THE
"MAHONING VALLEY RUNNING SERIES"**

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 _____ BIRTH DATE _____ 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
DAMAGES I MAY HAVE AGAINST THE ORGANIZATION AND SPONSORS HOLDING THIS EVENT, ITS'
AGENTS, REPRESENTATIVES, SUCCESSORS, AND ASSIGNS FOR ANY AND ALL 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)	<u>Note: more races will be conducted if required by number of entries.</u>
		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 AGE GROUPS: Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, etc; Subbantam, Bantam, Midget, Youth, Intermediate, Young Women/Men.

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; Men - Open, 30 & Over, 40 & Over, and 50 & Over; Boys - IB/YM combined
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

CLUB: _____ **TEAM AGE GROUP:** _____ **GENDER:** _____

COACH/MANAGER'S NAME: _____ **PHONE:** _____

ADDRESS: _____ **CITY/STATE/ZIP:** _____

NAME OF ATHLETE	AGE ON 11/5/00	NAME OF ATHLETE	AGE ON 11/5/00
#1 _____		#5 _____	
#2 _____		#6 _____	
#3 _____		#7 _____	
#4 _____		#8 _____	

Individual Entry Form - Submit to the Meet Director with \$6 / athlete

NAME: _____ **GENDER:** _____ **PHONE:** _____

ADDRESS: _____ **CITY/STATE/ZIP:** _____

AGE AS OF 11/5/00: _____ **BIRTHDATE:** _____ **USATF CLUB:** _____

IF RUNNING ON A TEAM, PLEASE GIVE THE TEAM AGE GROUP: _____

T-SHIRTS ORDERED: _____ **SIZE @ \$10.00 EACH (circle):** OLD SS L XL XXL

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 WOLFPACK 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	Walkers before 10/13/00 \$5.00
	Day of Race (10/20/00) \$12.00	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



Over The Hill Track Club
www.othtc.org

c/o Larry Maniccia
7547 Basswood Court, Apt. C
North Royalton, OH 44133

Rex Harvey
6744 Connecticut Colony Crl.
Mentor, OH 44060