



Over The Hill Track Club

www.othtc.org

November 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	(440) 237-6714
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

We will host our annual club meeting on Saturday December 9th at 2:30 pm at the Bedford public library. We will hold elections and put together our 2001 schedule. Plan to be there and bring any ideas you may have to share with the group. We will reap more benefits as a club if we can get more member participation.

We are between seasons and it is time to prepare for the 2001 indoor season. Our fall practice sessions at CCC East are still being held. Call myself or Larry Maniccia for more information on workouts.

Members should clear up any paperwork for 2000. Send in any results or valid reimbursement forms if you haven't already done so.

We are in contact with other track clubs to find both local and away meets. Members who have access to the internet can help us in locating more track meets and meet sponsors.

Keep up your training and conditioning, watch the diet, and try to free up dates for travel to upcoming meets

V.P.'s Message

This months newsletter is packed with results that all of you have been sending in over the last several months. A special congratulations to Fred Hirsimaki who set a new U.S. record for M75 age group at the National Decathlon Championships (6712 points).

Congratulations also to Erika Szanto and Chuck Wiedman on their team awards that were presented at the club brunch at Wellington's. Other awards will go to April Capwill and Everett Poe. We plan to continue having a fall brunch to allow members to get to know each other better and recognize those who have had outstanding performances during the outdoor season.

We will be holding another track practice at CCC East on November 24th from 10 am to 12 pm. We've been having very good luck with the weather up to this point, but winter is coming fast so join us before our luck runs out!

2001 Indoor Schedule

Jan 14	Potomac Valley	Arlington, VA
Jan 21	All Comers Meet	Slippery Rock, PA
Jan 28	Potomac Valley	Arlington, VA
Feb 4	All Comers Meet	Slippery Rock, PA
Feb 11	Potomac Valley	Arlington, VA
Feb 18	All Comers Meet	Slippery Rock, PA
Feb 18	Kent State Open	Kent, OH
Mar 3	Kent State Open	Kent, OH
Mar 23-25	National Masters Indoor Championships	Boston, MA

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 Heights, OH 44124
(440) 449-8508

REMINDER – All OTHTC members receive a 15% discount on track and field apparel at Second Sole. See the manager, Jeff Fisher, and mention that you are a member.

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

2000 Results

Rodney Wilson (M40)

Midwest Regionals – Jul. 30th 2000
Javelin – 33.14m – 1st place

Monica Thornton (W40)

Midwest Regionals – Jul. 30th 2000
Javelin – 14.40m – 1st place

Patrice Thomas (W50)

Memorial Day Mile – May 29th 2000
11:47

9th Street Mile – Sep. 9th 2000
11:23 – 4th place

Bob Thomas (M40)

9th Street Mile – Sep. 9th 2000
4:32 – 1st place

Fred Hirsimaki (M75-79)

National Decathlon Championships – Jun. 24-25 2000
6712 points – 1st place (NEW U.S. RECORD FOR M75)

Ohio Senior Olympics – Jul. 15th 2000
100m – 15.8 – 2nd place
200m – 35.9 – 2nd place
High jump – 4' 00" – 1st place
Long jump – 11' 10" – 1st place
Javelin – 103' 7 1/2" – 1st place

Dayton Track Classic – Jul. 22nd 2000

80m hurdles – 16.11 – 1st place
Triple jump – 26' 8" – 1st place
High jump – 3' 10" – 1st place
Pole Vault – 7' 0" – 1st place

Rocky Mountain Games – Sep. 2-3

Pentathlon – 3000 points – 1st place
200m – 34.8
1500m – 9:00.00
Long jump – 3.51
Javelin – 30.86
Discus – 25.57

Richee' Cunningham (W30)

Dayton Track Classic – Jul. 22nd 2000
400m – 1:10 – 1st place
800m – 2:41 – 1st place

Juno Jog (3 mile run)
27:20

9th Street Mile – Sep. 9th 2000
6:07 – 4th place

Cathi Gerson (W50)

Debbie Hudacko Memorial 5 mile run – Jul. 9th 2000
47:26

Richmond Heights 5K run – Jul. 16th 2000
28:15 – 2nd place

Judy Gregorio Memorial 5K – Aug. 20th 2000
26:57 – 2nd place

Cleveland Clinic 5K – Aug. 26th 2000
26:43 – 1st place

Footprints for Focus 5K – Sep. 4th 2000
27:18 – 1st place

River Run 5K – Sep. 10th 2000
27:31

Jeff Gerson (M50)

Lake Erie Association Championships – Jul. 1st 2000
3000m RW – 20:57 – 1st place
Javelin – 80' 5" – 1st place

Dayton Track Classic – Jul. 22nd 2000
1500m RW – 9:55.8 – 1st place

Judy Gregorio Memorial (2 mile walk)
22:31 – 3rd place

Cleveland Clinic 5K – Aug. 26th 2000
36:09 (walk)

2000 Results

Tom Gardner

Judy Gregorio Memorial (2 mile walk)
21:57 – 2nd place

Helen Younglas

Judy Gregorio Memorial 5K – Aug. 20th 2000
27:52 – 3rd place

John Means (M80-84)

National Masters Outdoor Championships
Eugene, OR
100m – 16.43 – 3rd place
200m – 33.75 – 3rd place
400m – 1:23.25 – 2nd place

Larry Maniccia (Mopen)

Sewickley Valley YMCA – Jul. 15th 2000
100m – 12.2
200m – 26.6

Norman Thomas (M50)

Memorial Day Mile – May 29th 2000
5:56

Sewickley Valley YMCA – Jul. 15th 2000
800m – 2:37 – 1st place
1500m – 6:10 – 1st place

9th Street Mile – Sep. 9th 2000
5:27 – 1st place

Gunter Sprockhoff (M75)

North Coast Invitational – May 21st 2000
3000m RW – 23:15 – 1st place

Reg. Senior Olympics – Jun. 10th 2000
1500m RW – 10:58 – 2nd place

W.V. Senior Olympics – Jun. 16th 2000
800m – 3:54 – 1st place
1500m RW – 10:55 – 1st place

USATF Lake Erie – Jul. 1st 2000
3000m RW – 22:57 – 1st place

Dayton – State Senior Olympics – Jul. 15th 2000
1500m RW – 10.45 – 1st place

Ev Poe

National Indoor Championships – Mar. 24th 2000
Pole vault – 7' 10 ½" – 2nd place

North Coast Invitational – May 21st 2000

Pole vault – 7' 6" – 1st place
High jump – 3' 8" – 2nd place
60m – 9.37 – 1st
100m – 14.97 – 1st
Javelin – 76' 8" – 1st place

Reg. Senior Olympics – Jun. 10th 2000

100m – 15.1 – 1st place
200m – 31.7 – 1st place
Pole vault – 7' 6" – 2nd place
High jump – 3' 8" – 3rd place
Javelin – 79' 9" – 2nd place

Three Rivers Championships – Jun. 25th 2000

100m – 14.56 – 1st place
200m – 31.8 – 1st place
Pole vault – 7' 6" – 1st place
High jump – 3' 8 ½" – 1st place
Javelin – 85' 6" – 1st place

Cleveland Track Classic – Jul. 8th 2000

60m – 9.06 – 1st place
100m – 14.8 – 2nd place
200m – 31.5 – 2nd place
Pole vault – 7' 6" – 1st place
High jump – 3' 8" – 2nd place
Javelin – 80' ¾" – 1st place

Ohio Senior Olympics – Jul. 15th 2000

100m – 14.8 – 1st place
Javelin – 79' 6" – 1st place



Prince George's Sports and Learning Complex All-Comers Indoor Track Meets 2000-2001 Season

Dates and Times:

- Sunday, November 12, 2000, 7:30 a.m - 1:00 p.m.
- Sunday, December 10, 2000, 7:30 a.m. - 1:00 p.m.
- Sunday, December 17, 2000, 7:30 a.m. - 1:00 p.m.
- Sunday, January 21, 2001, 7:30 a.m. - 1:00 p.m.
- Sunday, February 4, 2001, 7:30 a.m. - 1:00 p.m.

Events:

- 800 Meter Race Walk and 3000 Meter Race Walk
- 55 Meter Run
- One Mile Run
- 400 Meter Run and 4x400 Meter Relay
- 800 Meter Run
- 200 Meter Run and 4x200 Meter Relay
- 3000 Meter Run and 3200 Meter Run
- Long Jump
- Triple Jump
- High Jump
- Pole Vault (Pending Assistance)
- Shot Put (Pending Assistance)

Entry Fees:

- 14 & Under - \$2
- High School Students - \$4
- All others - \$5

Venue Specifications:

- Rough Rubber Surface
- 6-Lane, 200 Meter Oval
- ¼ Inch Spike OK
- Concession Stand – No food on Track Surface

For More Information:

- 8001 Sheriff Road
- Landover, MD 20785

- 301-583-2400
- <http://www.pgsportsandlearn.com>

Directions:

- From I-95, Exit 17-B – Landover Road
- Turn Left onto Brightseat Road
- Turn Right onto Sheriff Road
- Turn Left onto Harvey Drive
- Continue up hill to Complex Main Door

This series of events are sponsored and organized by the Glenarden Track Club.

Please fill out the following form and bring it with you on race day:

Name _____
 Address _____
 Telephone _____
 Age* _____
 Club/High School Team _____
 Expected Dates of Participation _____
 Expected Events. (max. 4) _____
 I would like to volunteer at this event on these dates. _____

All participants in these events must sign a waiver of liability prior to competing. There will be no exceptions.

*Patrons under 18 must have written permission of parent or legal guardian.

INDOOR TRACK MEETS AT THOMAS JEFFERSON COMMUNITY CENTER
in Arlington, Virginia
 conducted by DC Road Runners Club and Potomac Valley Track Club
 in co-operation with Arlington County Department of Parks, Recreation, and Community Resources

SUNDAYS
January 14, January 28, and February 11, 2001
7:30 am-12:00 noon

Events:

- 800m walk (youth) and 1500m walk
- 55m
- 1 mile
- 400m and 4x400m relay
- 800m
- 200m and 4x200m relay
- 3000m
- Sorry, no jumps
- Shotput and discus are possible outdoors if officials come

Entry Fees:

- Free for youth up to 8th grade
- \$3.00 per meet for high school students
- \$4.00 per meet for DCRRC or PVTC members (\$12.00 for all three meets)
- \$5.00 per meet for all others
- \$14.00 for all three meets if you preregister by mail before December 31

See <http://pvtc.org/entrytj.html> for full information and entry form

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Kent State Winter Speed Camps

"Learning how to become a faster athlete"

Camp I dates will be November 27, 29, December 4, 6, 11, 13 from 6:30-8:30pm
Camp II dates will be Jan 3, 10, 15, 17 from 6:30-9:30pm

Whatever your sport, leg speed and explosiveness will impact your athletic success. Contrary to popular belief, athletes can improve their ability to run fast. With a systematic training program significant improvement is possible. During each session the Kent State Track Staff will teach the system that has helped their athletes achieve numerous all-conference and all-American honors in track & field.

Cost is \$90 per camp (\$75 if you have a group of four or more sign up together), which includes SIX two hour sessions in: proper running technique, rhythm development, acceleration, absolute velocity and overspeed training, plyometric activities, motivation, conditioning at the end of each session, and much more.

To participate in the Kent State Speed Camp your parent or guardian must sign the waiver and medical forms, no exceptions. For more information call (330)672-3991.

Medical Care Form, Hold Harmless Agreement

There will be a First Aid Provider at each session. All minor injuries will be treated on site. Any serious injuries will be treated at Robinson Memorial Hospital. The Kent State Speed Camp has purchased insurance for each of the campers, this insurance is in excess of the primary insurance. Should the primary insurance be exhausted, the Kent State Speed Camp insurance policy will go into effect.

Camp Registration Form

Name _____ Phone _____
Number _____
Address _____ City _____ State _____ Zip _____

Please check which camp you would like to attend:

Speed Camp I Speed Camp II Throws Camp I Throws Camp II Jump/Hurdle/Vault Camp

Make checks payable to Kent Athletics/Track Camps and return to:
Field House, Kent State University
Kent, OH 44242

Kent State Winter Throws Camps

Camp I dates will be November 27, 29, December 4, 6, 11, 13 from 6:30-8:30pm
Camp II dates will be Jan 8, 10, 15, 17 from 6:30-9:30pm

Kent State University has one of the best throwing traditions in all of the country. At the Kent State Throws Camp you will learn how to develop yourself in all throwing implements from some of the best instructors in the Midwest.

Cost is \$90 per camp (\$75 if you have a group of four or more sign up together), which includes SIX two hour sessions in: shot put, discus, javelin, hammer, and indoor weight, along with detailed individual instruction.

To participate in the Kent State Throws Camp your parent or guardian must sign the waiver and medical forms, no exceptions. For more information call (330)672-3991.

Medical Care Form, Hold Harmless Agreement

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Please check which camp you would like to attend:

Speed Camp I ___ Speed Camp II ___ Throws Camp I ___ Throws Camp II ___ Jump/Hurdle/Vault
Camp ___

Make checks payable to Kent Athletics/Track Camps and return to:
Field House, Kent State University
Kent, OH 44242



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OTHTC MEMBER REBATE PROGRAM

-2000-

Criteria: National and regional meets that require a valid USATF card.
W.A.V.A. regional and world championships.

Please complete all required information. You must represent OTHTC. Current membership dues (\$) must be paid. You must be registered in the meet and complete an event. Be able to submit documentation if necessary.

Rebate: 2 per year - single membership
3 per year - family membership

NAME

ADDRESS

DATE OF BIRTH

AGE GROUP

LIST ALL EVENTS COMPLETED

NAME & LOCATION OF MEET

DATE(S) OF MEET

Send completed form to: Norman L. Thomas, 9065 Gettysburg, Twinsburg, Ohio, 44087. Expect your \$25 within the month.


Over The Hill Track Club
www.othtc.org
c/o Larry Maniccia
7547 Basswood Court, Apt. C
1h Royalton, OH 44133

2008



Rex Harvey
6744 Connecticut Colony Crl.
Mentor, OH 44060

