Over The Hill Track Club

www.othtc.org

April 2001

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 (859) 236-2042
40-49 Rodney Wilson (517) 353-0971
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
Everett Poe (216) 991-8524
Weight Events Allen Ray (216) 226-3481
Multi Events Rex Harvey (440) 954-8122
Out of State Rodney Wilson (517) 353-0971
Lawrence Finley (859) 236-2042
Racewalk Gunter Sprockhoff (440) 582-0144
Website Larry Maniccia (440) 237-6714

PRESIDENT'S MESSAGE

Congratulations to club members who earned first place awards at the National Masters Meet in Boston. To date, we have at least four members who are indoor national champs.

Plan to meet with us at our first club practice of 2001. We will be videotaping the practice which will take place at 11:00 am, Saturday, April 14, at Cleveland Heights H.S.

We expect to see all of our club members at our annual spring meet, the North Coast Invitational, on Sunday, May 20, at Independence High School. We plan on having relay teams for this meet.

Keep the focus on the big meets. We expect to get more regional and national exposure this year. We are hoping to attract potential sponsors.

Coordinators will be receiving a list of current active members shortly.
2001 Outdoor Track & Field Schedule

Fri/Sat Apr 6-7  Northwest Ohio Classic  BGSU
May 4-6  Southeastern U.S. Masters  Raleigh, NC
Sat May 5  Southwest Seniors Regional  Cincinnati, OH
Sun May 6  Dayton/Miami Valley Senior Olympics  Dayton, OH
Thurs May 17  Senior Olympics  U of A, Akron, OH
Sun May 20  North Coast Invitational  Independence, OH
Mon May 28  Jock Stop Mile  Boardman, OH
Sat Jun 2  Northcoast Senior Olympics  Lake Metro Parks
Sat Jun 9  Allegheny Valley Open  Natrona Heights, PA
Sat Jun 9  Regional Senior Olympics  Canton, OH
Jun 9-10  Diamond State Games  Newark, DE
Sat Jun 16  Jim Ward Meet  Columbiana, OH
Sun Jul 1  USATF Three Rivers  Slippery Rock, PA
Jul 4-14  W.A.V.A. Meet  Brisbane, Aus.
Jul 18-21  National Senior Games  Baton Rouge, LA
Jul 19-21  USATF Club Championships  Indianapolis, IN
Sat Jul 21  Dayton Seniors  Dayton, OH
Jul 25-28  National Masters Championships  Baton Rouge, LA
Sat Jul 28  Masters / Open Meet  East Liverpool, OH
Sat Aug 4  Cleveland Track Classic  Independence, OH
Sat Aug 4  State Seniors  Columbus, OH
Sat Aug 11  USATF Midwest Regional  Lisle, IL
Sat Sep 15  NW Ohio Regional Senior Olympics  Toledo, OH
Sat Sep 22  Norm Bower Memorial Weight Pentathlon  Kent, OH
Sun Sep 30  Cross Country Classic  University School

2001 Camps/Clinics

June 15-17  Sprinters and Hurdlers Weekend  Slippery Rock, PA
June 15-17  Throwers Weekend  Slippery Rock, PA
June 15-17  Jumpers Weekend  Slippery Rock, PA
Aug 5-9  Cross Country Camp  Slippery Rock, PA

2001 Race Results

Grover Coats M62
Lake Erie Indoor Meet – Sat March 17th
HJ – 4’ 2 ½”
LJ – 14’ 10”
TJ – 29’ 9 ¾”
55m – 7.93
55H – 9.46
SP – 29’ 9 ½”
200m – 28.1

Joyce Prohaska
Las Vegas Half Marathon
Division 7 (Racewalker)
2:26.22 – 17th place

Doreen Jeske
Las Vegas Half Marathon
Division 7 (Racewalker)
2:45.35 – 33rd place
THE ROADS.
Thanks to those of you who attended the road race on December 17th, unfortunately I was unable to make it. Great job!

NEW WOMEN:
Welcome the following women to Over The Hill (new members and renewals):

Essie Kea  Sprints, relays, jumps
Joann Siegel  Marathon, Half Marathon, Long distance track events
Carmen Banks  Sprints, relays, hurdles

UNIFORM UPDATE.
Of the 21 women in the club, 10 of us ordered uniforms this go around, that is excellent!! I know the a few of you would like to get them when it gets closer to outdoor season so I will take orders for those in March.

I will contact you as soon as our uniforms are received

INDOOR TRACK.
The women of Over The Hill started our indoor season like gangbusters at the Oberlin meet. As a group we participated in the 55m dash, 200m dash, 3000m race walk, 3200m run, 1600m run AND put together two 4 X 200meter relays

Results for individual events will be posted in the results however our 2 relay teams were 1st in our age groups. Our open team with April Murphy, Vernita Warfield (potential recruit), Richee Cunningham and Carmen Banks had a time of 2:23. Our 40+ team with Patricia Finley, Patrice Thomas, Monica Thornton and Essie Kea finished with a time of 2:37. Congratulations!!

Kent State will have relays on both February 18th and March 3rd, Findlay will also have a relay. I will be calling you to set the relay teams for these indoor events. Please feel to call me if you know you are interested.

Look for more in next month’s newsletter. HAPPY TRAINING!!!!
😊

Patricia Finley
Women’s Coordinator

February, 2001
OTHTC Women on the MOVE

INDOOR TRACK:
The indoor season has been going well so far. Coming up in March are the USATF Lake Erie Indoor Championships at Baldwin Wallace College. (You should receive a form from me). There will be a Sprint Medley Relay (200, 200, 400, 800) and the usual 4 x 400. I would like to put at least 2 teams on the track. Please review the lists below, if you are not listed and would like to run a relay please be sure to contact me at (216) 595-1628. Here are potential teams (don’t panic, just a first shot)

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<tr>
<th></th>
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<th>Open (19-29)</th>
<th>40-49</th>
<th>50-59</th>
<th>60+</th>
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<tbody>
<tr>
<td>200M</td>
<td></td>
<td>Carmen Banks</td>
<td>Patricia Finley</td>
<td>Essie Kea</td>
<td>Joan Butler</td>
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<tr>
<td>200M</td>
<td></td>
<td>Linda Carty</td>
<td>Monica Thornton</td>
<td>Patrice Thomas</td>
<td>Diane Friedman</td>
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<tr>
<td>400M</td>
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<td>Nina Young</td>
<td>Cathy Gallagher</td>
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<tr>
<td>800M</td>
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<td>Richee Cunningham</td>
<td>Joanne Siegel</td>
<td>Helen Younglas</td>
<td>Mary Cavicchi</td>
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NEW WOMEN.
Welcome the following women to Over The Hill (new members and renewals)

Linda Carty Sprints, Jumps, Relays
Mary Cavicchi Middle Distance, Long Distance, Throws
Allison Finley Sprints, Relays
Brandi Finley Sprints, Relays
Patricia Finley Sprints, Middle Distance, Long Distance, Xcountry, Shot Put, Relays
Cathi Gerson Long Distance, Relays
Doreen Jeske Racewalk
Joyce Prohaska Racewalk
Patrice Thomas Sprints, Xcountry, Relays
Monica Thornton Everything except pole vault and long distance
Christa Younglas Shot Put, Discus
Helen Younglas 5k, 10k, Discus

UNIFORM UPDATE.
There is one small uniform at Second Sole awaiting payment and pickup. For those of you who wanted to wait until outdoors, I will be submitting another uniform order at the end of March so that we will have them by the end of April. You can order any combination of the following: Singlet ($19), Running Short ($10), Fitted Short ($20), Tights ($25), Briefs (?), Unisex Speed Suit ($40), Women’s Speed Suit ($40). Let me know your size of each item and your order. Checks should be made payable to Second Sole.

Look for more in next month’s newsletter HAPPY TRAINING!!!!

Patricia Finley
Women’s Coordinator
March, 2001
The Southeastern U.S. Masters, Inc.

Proudly Presents

Our 31st Annual

Masters Track and Field Meet

May 4, 5, & 6, 2001

Featuring

Throws Clinic with Jeff Gorski,
Elite Athlete Throws Coach

and

Sprint Clinic with George Williams, Men's Coach
US World Championship 1999, Olympic Coach

at

NORTH CAROLINA STATE UNIVERSITY
RALEIGH, NORTH CAROLINA

The officials and sponsors of the Southeastern Masters invite all athletes 20 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Brownstone Hotel. There will be three days of competition featuring men's and women's pentathlons, a weight pentathlon, 5K & 20K race walks, team relays and all regular track and field events at the NC State University Campus. A "Throws" clinic and "Sprint" clinic will be held on Friday, May 5 at 6:45 pm on the NC State Track. In case of inclement weather the clinic will move indoors to the Brownstone Hotel at 7 pm.

OPERATED BY: Southeastern United States Masters, Inc., Box 590, Raleigh, NC 27602 Contact Dale Smith at (919) 831-6640 Monday-Friday 9:00 am-5:00 pm, Eastern Time.

AGE DIVISIONS: Based upon age on the first day of competition all events will have a 20 to 29 age group and 5 year age groups for 30 and older INDIVIDUAL ATHLETES.

ENTRY FEE: $13.00 includes first event in track, field or road events and final results booklet. $6.00 for each additional event. Relay entries are $16.00 per team. (Enter on captain's form only). Payment in U.S. dollars by check drawn on a U.S. bank or by International Money Order made payable to Southeastern Masters. NO REFUNDS AFTER APRIL 25, 2001.

SANCTION & USATF REGISTRATION: This meet is sanctioned and certified by USATF, and USATF membership is required for all events (except participants in the Team Relays, foreign athletes, and active military: All other participants must have USATF cards which will be available at the meet for $15.

AWARDS: Distinctive, large medallions to the first 3 places for age groups and relays.

LATE ENTRIES: Additional $1.00 late fee required for each event if postmarked after April 13, or if received after April 16, 2001. Events may be dropped at any time (no refund). No late entries or changes to track and field events will be accepted after 5 p.m. EDT, Friday, APRIL 27, 2001. Entries in Saturday's Team Relays and in Sunday's 20K walk close one half hour before race time.

RUNNING SURFACE: Nine lane 400 meter Martin 2000 track for track events, and asphalt for 20K race walk.

PACKET PICKUP: All participants must pick up their packets prior to reporting to the first event.
FRIDAY 11:30 am to 8:00 pm at track
SATURDAY 6:15 am to 4:00 pm at track
SUNDAY 6:00 am to 6:30 am starting line Numbers must be worn on front (and back in all events 3,000 m or longer).

EVENTS FOR WOMEN: All events are open to women 20 and over. In some cases, women may compete at the same time as men, but awards will be given in competition with women in the same age group.
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<th>LAST NAME</th>
<th>FIRST NAME</th>
<th>M.I.</th>
<th>SEX</th>
<th>AGE</th>
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<tr>
<th>USATF REGISTRATION NUMBER</th>
<th>DAY TIME TELEPHONE NUMBER</th>
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<th>EVENT #</th>
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Cookout tickets (show quantity by selection) @ 10.00 Lasagna___; Beef___; Vegetarian___

Shirts (men's sizes S, M, L, XL, XXL—show size and quantity by selection)

T-shirts @ $12.00 size_qty_; Tank Tops @ $10.00 size_qty_; Golf Shirts @ $25.00 size_qty

Make check or M.O. for US dollars payable to: Southeastern Masters—Amount enclosed ________

ATHLETIC RELEASE: In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., USATF and their agents, servants, employees, and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said races to be held on May 4, 5, & 6, 2001, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by 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 such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely complete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events.

DATE__________________ATHLETES SIGNATURE ________________________________

MAIL FORM ALONG WITH CHECK OR MONEY ORDER IN US$ # TO:

RALEIGH PARKS AND RECREATION
P.O. BOX 590
RALEIGH, NC 27602

http://www.coachr.org/semastersentry.htm

3/5/01
NORTH COAST INVITATIONAL  Sunday, May 20, 2001

Registration: 8-10am  Field events start at 8:00  Track events start at 9:00

PLACE
Independence High School, 6111 Archwood Rd.  Independence, Ohio
USATF Sanctioned, USATF rules apply.

Field event athletes are requested to bring their own implements, as the meet does not supply them.

ENTRY FEES
$6 per event, $12 per relay, if pre-regist. By 5/16  $8 per event, $16 per relay, after 5/18 or in person.
Make checks payable to OVER THE HILL TRACK CLUB.
Entry fees must accompany entry forms. Pre-registration is encouraged. No refunds!!

MAIL TO
OVER THE HILL TRACK CLUB
7547 Basswood Court Apt C
North Royalton, Ohio 44133

DIVISIONS

ORDER OF EVENTS
9:00  3000m  8:00  Hammer
   4x800 relay
   4x100 relay
   800m
   100m
   3000m race walk
   60m
   400m
   1500m
   200m
   Medley relay
   (100-100-200-400)
10:00  10:30  12:00  Discus  Pole Vault  High Jump  Shot Put  Weight Throws
10:30  12:00  3:30  Javelin  400m  1500m  200m  Medley relay

AWARDS
Medals for 1st-2nd-3rd
TEAM AWARDS

CONTACTS
Norman Thomas  330-425-8219  Jeff Gerson  440-473-0636
Patricia Finley  216-595-1628  Grover Coats  216-464-3865
Allen Ray  216-226-3481  Rex Harvey  440-954-8122

NEXT MEET
CLEVELAND TRACK CLASSIC--August 4, 2001

ENTRY FORM

NAME____________________ AGE____ B'DAY____ SEX____

ADDRESS_________________ CITY__________ STATE____ ZIP____

PHONE: (______)_______ CLUB AFFILIATION______________________

In consideration of your acceptance of this entry form, I hereby for myself, my heirs, executors, and assigns, waive any and all claims for damages, which I might have against the USATF, Lake Erie Assoc. USATF, Over the Hill Track Club, and the Independence School District, their agents, representatives or assigns, for any and all damages or injuries suffered by me at said meet. I also certify that I am healthy and sufficiently trained to compete in this meet.

SIGNATURE (By athlete or coach /parent for minor athlete):________________________
Q
I have persistent back pain that first started while I was playing with my kids. I bent over to pick up my two-year old and it felt like something just popped. For treatment, my doctor has recommended an exercise program that includes sit-ups, stretching, and lots of walking. I try to stick to her plan, but if I move too much or too quickly then my back starts to hurt again. Shouldn't I let my back fully heal before I start all of this exercise?

A.
There was a time when any amount of back pain would send people to bed, and exercise was forbidden. Those days are fortunately over. Every back expert will tell you that a daily routine of mild stretching, strengthening, and walking is exactly what your back requires to avoid further injury and remain healthy and strong. So, your doctor's advice is right in line with the latest thinking on this subject.

It's important to remember that your back depends on the muscles and bones that surround and support it. That's why experts recommend sit-ups for strong abdominal muscles, stretching to keep your upper body and legs flexible, and walking to work out all of the structures that support your upper torso. About 90% of all back problems can be alleviated with that recipe. On days when you start to skimp on the routine, just remember the back pain, and get your buns going!
OTHTC MEMBER REBATE PROGRAM -2001-

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

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.