



Over The Hill Track Club

“ * You tell us what this by-line should express! (See below.) ”

www.othtc.org

Volume 1, Issue 2

February 2002

President's Message...

This first month has gone by unbelievably fast! It has been my pleasure to meet some wonderful people from our track club, and even participate in a 4 x 200m relay that set an indoor club record! This record was set with the help of **Lawrence Finley, Bob Thomas and Rodney Wilson** in our first indoor meet of the year - the Family Track Classic in Oberlin. Just imagine what the rest of the season has in store for club members!

The Over The Hill Track Club was well represented at Oberlin. It's a great tune-up meet where athletes can try new events in a fun and relaxed atmosphere.

Another memorable day for me this month was meeting Everett Hosack and his wife Elsa! What a super couple! This month Mr. Hosack will celebrate his 100th birthday! Everyone is encouraged to stop by and meet Everett and Elsa at a gathering hosted by the club on Saturday, February 23rd. Mr. Hosack is also our featured club member biography this month.

There are a number of track meets in February and I am looking forward to seeing everyone's results! Also, some key upcoming events include:

- **Everett Hosack's** Birthday Celebration on 2/23!
- Ohio's Indoor Championships at Findlay on 2/24!
- A planning session for the North Coast Invitational!
- Part II of a sports psychology lecture given by **Rodney Wilson Ph.D.** on 3/30 Call Larry Maniccia for details.

In This Issue

- **Everett Hosack turns 100 in February!**
- **Club by-line contest extended...**
- **Ohio Indoor Championships 2/24 at Findlay...**
- **Send e-mail addresses to Robert.Walters@Swagelok.com**

Everett Hosack's 100th Birthday Party!

Be prepared to be inspired!

When: Saturday, February 23rd

Where: 324 Hamlet Hills Dr., Chagrin Falls

Time: 1:00 pm – 3:00 pm

Soda, hors d'oeuvres and cake will be served

Directions: See attached directions, use *Driving Directions* at www.mapquest.com, or call Bob Walters at 440.526.5635.

Member Bio – Everett Hosack

The first thing that struck me when meeting Mr. Hosack is that there is no way this guy is 100 years old. He is an athletic man with a gentle demeanor, a firm grip and a keen mind. After some discussion it also became abundantly clear that his competitive fires still burn white-hot...Everett knows his competition and he's training everyday to beat their world records!

Mr. Hosack began his track career in 1924 at the University of Florida and continued running for the New York Central Railroad until about 1930. He then took a fifty year break and resumed running in 1980! Since that time he has set a number of world records. In fact, Everett's accomplishments are listed more than 20 times in the 2001 edition of the Masters Age-group Records book. His records run the gamut of track & field to include the following events: 100M, 200M, 400M, HJ, LJ, HT, WT and the Pentathlon!

Everett and Elsa Hosack have been married since 1935 and they have two grandsons! During my visit, Elsa was home and Mr. Hosack apologized that he was distracted. When I told him it wasn't an issue, he replied, "When Elsa is around, I cannot think of anything else!" How wonderful it must be to be so much in love with same woman after 67 years of marriage! *(continued)*

Mr. Hosack credits a strong work ethic, vigorous training routine, daily mental exercises and good eating habits as the major reasons for his longevity and high quality of life. Spending time with Mr. Hosack was inspirational for me, as I've been told it has been for many others. He and Elsa were gracious hosts and I encourage everyone to attend his birthday party to meet these wonderful people!

Organization Meeting for North Coast...

The North Coast meet will be here before we know it and we'll be spending this month contacting members to set up a meeting to determine the best method of "eating an elephant." I'm looking forward to working with club members to make this a spectacular event! Please feel free to copy the enclosed entry form for North Coast and pin it up on bulletin boards in grocery stores, health food stores, the gym or anywhere else there may be prospective athletes. (Please call or send me an e-mail to let me know where entry forms have been placed. Thanks!)

By-line Contest for \$25 (Deadline extended!)

The winner will be chosen later this month!

Membership Drive Program

Any current member that signs up three new club members will have their membership dues reimbursed. (NOTE: A current member is fully paid for the year, and a new member excludes former club members from the past three years.) Also, please ensure your renewal forms and fees are sent in early in the year.

e-Mail

Be sure to send your e-mail to Bob Walters at Robert.Walters@Swagelok.com.

The Last Word

Remember! The last word on how to best run this club rests with its members. I'm not aware of anyone in the club that can read minds...so be sure to let an officer know of any compliments or improvement opportunities. Make your voice heard – the last word belongs to you!

Officers

President	Bob Walters
VPs Programs	Bob Thomas
	Paul Williams
	Al Wilson
VP Communications	Larry Maniccia
Secretary	Rex Harvey
Treasurer	Jeff Gerson

Coordinators

Women (all)	Essie Kea	216.383.1511
Men (open)	Larry Maniccia	440.237.6714
Men 30-39	Bob Walters	440.526.5635
Men 40-49	Bob Thomas	440.899.3599
	Rodney Wilson	517.353.0971
Men 50-59	Jeff Gerson	440.473.0636
Men 60-69	Grover Coats	216.464.3865
Men 70+	Everett Poe	216.991.8524
Seniors	Chuck Wiedman	440.838.8362
Weight	Allen Ray	216.226.3481
Events	Christa Younglas	330.425.7178
Multi Events	Rex Harvey	440.954.8122
Out-of-State	Lawrence Finley	859.236.2042
	Rodney Wilson	517.353.0971
Race Walking	Gunter Sprockhoff	440.582.0144
	Joyce Prohaska	216.521.7966
Road Racing	Joanne Siegel	216.397.0260

Directions to Everett Hosack's Party....

Take 422 to 91

Take 91 to Solon Rd.

Take Solon Rd. to Chagrin Falls

Solon Rd. becomes Maple Street

Turn Left on S. Franklin

Turn Right on E. Washington

Turn Left on Philimetheon

Turn Right on Bell

Turn Left on Cleveland

Turn Right into **Hamlet Village Retirement Community** (440) 247-4676

Turn Left at Stop sign/gazebo

Veer to Left

Third Home (**324 Hamlet Hills Drive**) is Clubhouse

2002 Indoor Meets

<u>Date</u>	<u>Venue</u>	<u>Location</u>
Feb 17	Kent State Open	Kent, OH
Feb 23	Midwest Indoor IV	Sterling, IL
Feb 24	Findlay Meet	Findlay, OH
Mar 2	Kent State Open	Kent, OH
Mar 2	Ontario Masters Indoor Championship	Toronto, ONT
Mar 2	USATF Open / Masters Championships	Bloomington, IL
Mar 9	Kent State Open	Kent, OH
Mar 9	Midwest Region Championship	New Lenox, IL
Mar 16	Lake Erie Meet	Berea, OH
Mar 16	Beachwood H.S. / Open Meet	Beachwood, OH
Mar 22-24	USATF National Masters	Boston, MA
Apr 6	North Region Invitational	Chicago, IL

2002 Outdoor Meets

<u>Date</u>	<u>Venue</u>	<u>Location</u>
Mar 2	Saddleback Relays	Mission Viejo, CA
May 4	Southwest Ohio Senior Olympics	Cincinnati, OH
May 19	North Coast Invitational	Brecksville, OH
May 19	Central Ohio Senior Olympics	Columbus, OH
Jun 1	North Coast Senior Olympics	Cleveland, OH
Jun 8	Senior Olympics	Canton, OH
Jun 15	Youngstown Senior Games	Youngstown, OH
Jun 22	S.E. Ohio Seniors	Athens, OH
Jul 6	Cleveland Track Classic	Brecksville, OH
Jul 13	Dayton Track Classic	Dayton, OH
Sept 21	Norm Bower	Kent, OH
Sept 29	Cross Country Classic	Hunting Valley, OH

2002 Camps / Clinics

<u>Date</u>	<u>Venue</u>	<u>Location</u>
Mar 3	Learn by doing clinic - Open to everyone	Slippery Rock, PA
Jun 14-16	Sprinters and Hurdlers Weekend	Slippery Rock, PA
Jun 14-16	Throwers Weekend	Slippery Rock, PA
Jun 14-16	Jumpers Weekend	Slippery Rock, PA
Jul 28-Aug 1	Cross Country Camp	Slippery Rock, PA

RACEWALKS

OHIO RW GRAND PRIX SCHEDULE

2002

Friday Jan 25th - University of Findlay Indoors - contact Vince Peters (937) 767-7424 - mv_tc@erinet.com

Sunday, Feb 17th - Little Miami 10 mile run & (unjudged) racewalk (1pm) John Bryan Center, Yellow Springs - contact Vince Peters (937) 767-7424 - mv_tc@erinet.com

Sunday, Feb 24th - Ohio Indoor T&F Championships (Youth, Open & Master Men & Women) Racewalk at 11:30am - Entry form for all events at: <http://www.usatf.org/assoc/oh/calendar.html>

Saturday, March 30th - University of Cincinnati Track, 11:30am (3K W, 5K M) - contact Vince Peters (937) 767-7424 - mv_tc@erinet.com

Sunday, April 21st - Jack Mortland Racewalks (5, 10, & 20K) & North Regional and Ohio 20K Championships. Also team championships. 8am at Yellow Springs HS (937) 7667-7424

Sunday, May 19th Ohio 15K Racewalk Championships (3K & 15K) 9am ARMCO Steel Park, near Middletown Contact Bill Whipp @ 1-513-481-9606

Wed. July 3rd 6pm - Yellow Springs Open @ YS HS 1500m Racewalk & Other track & Field events (937) 7667-7424

Thurs July 18th - Miami Valley Open 1500m & 5,000m RW Yellow Springs HS; Vince Peters, (937) 767-7424

Sunday, August 4th - Ohio 5K Racewalk Championships, Mt Aire Park, Cincinnati Walking Club, Sara Sheets (513) 281-1227



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ACTIVE ATHLETES!

This page is dedicated to club members who pursue their athletic goals with vigor!

Larry Maniccia MOpen

Slippery Rock Open - 2/03/02

55m - 7.2

200m - 28.4

Bob Walters M35-39

Oberlin Annual Family Classic - 1/19/02

Standing Long Jump - 8' 9" - 1st

Shot Put - 42' 4" - 1st

55m - 6.8 - 1st

55m Hurdles - 9.1 - 1st

High Jump - 4' 5" - 1st

Derek Gainey M35-39

Slippery Rock Open - 1/20/02

55m - 7.4 - 1st

Grover Coats M60-64

Oberlin Annual Family Classic - 1/19/02

55m Hurdles - 9.5 - 1st

55m dash - 7.7 - 1st

200m - 28.4 - 1st

High Jump - 4' 3" - 1st

Long Jump - 14' 7" - 1st

Standing Long Jump - 8' 2 1/2" - 1st

Slippery Rock Open - 1/20/02

55m Hurdles - 9.7 - 1st

55m - 7.7 - 1st

200m - 28.7 - 1st

High Jump - 4' 2" - 2nd

Long Jump - 14' 7" - 1st

Triple Jump - 27' 10" - 1st

Shot Put (8 lb.) - 31' 10" - 1st

Joanne Siegel W40-44

Oberlin Annual Family Classic - 1/19/02

3200m - 13:19 - 1st

1600m - 6:27.8 - 1st

Slippery Rock Open - 2/03/02

1600m - 6:16.6

3200m - 13:31

400m - 1:17

200m - 36.1

4x200m - 36.0 (2nd leg)

Patrice Thomas W55-59

Oberlin Annual Family Classic - 1/19/02

55m - 11.4 - 1st

400m - 2:40 - 1st

Slippery Rock Open - 2/03/02

55m - 11.8 - 1st

Essie Kea W60-64

Oberlin Annual Family Classic - 1/19/02

55m - 9.3 - 1st

Shot Put - 22' - 1st

High Jump - 3' 5" - 1st

400m - 2:14.3 - 1st

Slippery Rock Open - 2/03/02

55m - 9.6 - 1st

Joyce Prohaska

University of Findlay / Alltel Classic

3K Racewalk - 18:56.53 - 4th

OHIO ASSOCIATION OF USA TRACK & FIELD
INDOOR TRACK & FIELD CHAMPIONSHIPS
The University of Findlay – Koehler Fitness & Recreation Center
Sunday, February 24, 2002

DIRECTIONS: I-75 to Exit #159, Findlay, OH. Follow US 224 East 1.2 miles. Turn right onto Main St. (3rd light). The Koehler Center is on the right (approximately 2 blocks), just past the University Bookstore

ELIGIBILITY: All Men (M), Women (W), Boys (B) and Girls (G) with a valid 2002 USATF Membership.

MEMBERSHIP FEE: Memberships will be available day of the meet for \$15 for Ohio Association residents; \$18 for all others. Memberships are good for all of 2002. Applications can be found at www.usatf.org/assoc/oh/. SubBantams do not need a USATF membership

ENTRY FEE & DEADLINE: Received before or on Feb. 15: \$4 for first event, \$3 for each additional event; After Feb. 15 or day of meet: \$6 per event. Entry fee for SubBantams is \$1 per event.

AWARDS: USATF medals to first three in each age group.

AGE DIVISIONS: Open (O) – age 19-29; Masters (M) – age 30 and over in 5-year divisions (i.e. 30-34, 35-39, 40-44...); Junior Divisions: SubBantam – Born 1994 or later; Bantam – Born in 1993 or 92; Midget – Born in 1991 or 90; Youth – Born in 1989 or 88; Intermediate – Born in 1987 or 86; and Young – Born in 1985 or 84. If you turn 19 in the year 2002, you may compete in the open division; however to compete in the Young division, you must still be 18 on Aug. 4, 2002 (last day of the National Junior Olympic Championships) per USATF Rule 240, 1. c.

OPEN & MASTERS SCHEDULE OF EVENTS

On-Site Registration – 8:00-9:00am (4 event limit)

Field Events:

9:30am Weight Throw
 Shot Put (Immediately following WT)
 9:30am Pole Vault
 9:30am Long Jump
 Triple Jump (Immediately following LJ)
 11:00am High Jump

WT, SP, LJ, & TJ – 3 attempts, top 6 to final
 for 3 more attempts
 Open & Master, Men & Women contested together

Track Events:

9:30am 3000m run finals
 60m hurdle finals
 60m dash finals
 1500m finals
 400m finals
 800m finals
 200m finals

11:30am 3000m racewalk
 1500m racewalk

Open & Masters contested together
 Women first, then men
 All divisions of racewalk contested together – Bantam and Midget – 1500 RW; all others – 3000 RW

Make checks payable to:

Ohio Association USA Track & Field

Send entry form to:

Lisa Klingshirn
 1000 North Main St.
 Findlay, OH 45840

For more info:

usatf-ohio@msn.com
 1-800-293-6494

Name _____ Gender _____ Age _____ Birth date _____

Address _____ City _____ State _____ Zip _____

USA Track & Field 2002 Membership # _____ Phone (____) _____

Event #1 _____ Event #2 _____ Event #3 _____ Event #4 _____

Waiver: I, hereby, for myself, heirs, executors, and assigns, waive all claims for damages that may arise against the Ohio Association of USA Track & Field, The University of Findlay, their agents, representatives, or sponsors for injuries suffered by me (or my child) at the Ohio Association of USA Track & Field Indoor Track & Field Championships. I certify that I (or my child) is in good health and sufficiently trained to compete. Athletes participating in this event may be subject to drug testing in accordance with USA Track & Field and IAAF rules.

Signature _____ Parent's Signature (if under 18) _____

33rd Annual
Ontario Masters Indoor Track & Field Championships
York University, Toronto
Saturday, March 2, 2002
 9:00am to 5:00pm

No qualifying standards for entry

- Location, Metro Track and Field Centre Steeles Ave, between Keele and Jane
- Age Classes; Men and Women, five year age groups from 30-34 to 85+ (as of March 2nd)
- Awards, OMTFA Championship medals to the first three in each age group
 Note: All top three finishers must beat a competitor or meet the posted OMTFA medal standards to be eligible for awards
- Facilities, 200m banked rubberized track and jumping surfaces. Two high jump and pole vault pits.
 Small pins or flats only Athletes, officials, and spectators must not wear street shoes in the fieldhouse Shower room. Change room & lockers *Children not allowed at track level.*
 Food service available in the foyer No food or drink allowed at track level.
 There may be a fee for parking.
- Hosted by, Ontario Masters Track and Field Association.
 Americans and other visitors to Canada are most welcome and eligible for medals
- Mail to, Brian Keaveney
 33rd OMTFA Indoor Championships
 426 Valermo Drive, Etobicoke, Ont M8W 2L9
 416-252-7047 masters@sympatico.ca
- Entry Deadline, Entries must be received by Monday, Feb 25th.
No post entries No Email entries accepted.
 A waiver must be signed at registration.
Make cheque payable to the OMTFA.

Tentative Schedule of Events

Track Open at 8:00am

	<u>Straight</u>	<u>Oval</u>	<u>Field</u>
9:00am	60m	3000m RaceWalk 1500m 400m	Pole Vault Shot Put Long Jump
Noon		Lunch Break	
1:00pm	Sprint Hurdles	3000m Women 3000m Men 200m 800m 4X1 Lap Relay **	High Jump Triple Jump Weight-Throw*

3000m is an Ontario Masters Grand Prix 2002 event
 60m, 200m, 400m - OMTFA Sprints Series 2002

- Notes;**
- Women's heats run first.
 - Younger groups will normally follow older groups.
 - The maximum number of events for any competitor is five.
 - If a competitor has clashing events, the straight takes precedence over the oval event, and the oval takes precedence over the field events. Officials will not hold up events.
 - All implements must be weighed in, marked and deemed safe for use. Once an implement is entered into competition, it must remain at the event site until the officials release it. Other competitors may require it. Bring your implement - you may need it.
 - * Entries for the Weight Throw may be added on the day of the meet, for pre-registered athletes (men and women). This event is held outside if weather and safety permit.
 - ** No charge for the relay - enter on the day.
 - Please direct any appeals to the meet director and not the officials.
 - The equipment in some events may not meet WMA standards.

Waiver; A waiver form must be signed at the meet by all competitors before entry can be granted.

Please check events entered and show seed times (recent best time);

View last year's meet at; www.imagestation.com/album/?id=4292443163

2002 Ontario Masters Indoor Track & Field Championships

(please print clearly)

Name _____
 First Last

Age (Mar 2) _____ M __ F __

Address _____

Birth (dd/mm/yr) _____

Phone _____

Citizenship _____

CMAA / USAT&F * # _____

* Proof must be supplied at registration.

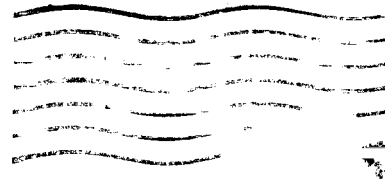
Email _____

<u>Ck</u>	<u>Seed Time</u>	<u>Ck</u>	<u>Seed Time</u>	<u>Ck</u>
<input type="checkbox"/> 60m	_____	<input type="checkbox"/> 1500m	_____	<input type="checkbox"/> Long Jump
<input type="checkbox"/> Hurdles	_____	<input type="checkbox"/> 3000m	_____	<input type="checkbox"/> Triple Jump
<input type="checkbox"/> 200m	_____	<input type="checkbox"/> 3000m Walk	_____	<input type="checkbox"/> Shot Put
<input type="checkbox"/> 400m	_____	<input type="checkbox"/> High Jump	_____	<input type="checkbox"/> Weight Throw*
<input type="checkbox"/> 800m	_____	<input type="checkbox"/> Pole Vault		

Entry Fees; Each event @ \$10 00 (maximum 5 events)
 Non Member fee (non CMAA or USAT&F)
Cheque payable to OMTFA
 Sorry, no refunds.

_____ X \$10 00= _____ (US \$8)
 add \$15 00 _____ (US \$12)
 Total _____






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

