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.

---

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!
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

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

## 2002 Outdoor Meets

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

## 2002 Camps / Clinics

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 3</td>
<td>Learn by doing clinic - Open to everyone</td>
<td>Slippery Rock, PA</td>
</tr>
<tr>
<td>Jun 14-16</td>
<td>Sprinters and Hurdlers Weekend</td>
<td>Slippery Rock, PA</td>
</tr>
<tr>
<td>Jun 14-16</td>
<td>Throwers Weekend</td>
<td>Slippery Rock, PA</td>
</tr>
<tr>
<td>Jun 14-16</td>
<td>Jumpers Weekend</td>
<td>Slippery Rock, PA</td>
</tr>
<tr>
<td>Jul 28-Aug 1</td>
<td>Cross Country Camp</td>
<td>Slippery Rock, PA</td>
</tr>
</tbody>
</table>
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 & 5000m 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
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
INDOOR TRACK & FIELD CHAMPIONSHIPS
The University of Findlay – Koehler Fitness & Recreation Center
Sunday, February 24, 2002

DIRECTIONS: 1-75 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
9:30am Shot Put (Immediately following WT)
9:30am Pole Vault
9:30am Long Jump
11:00am Triple Jump (Immediately following LJ)

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

11:30am 3000m racewalk
11:30am 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 Klingshirm
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

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

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 ________________________________  Age (Mar 2) _____  M _ F __
First   Last

Address ________________________________

Birth (dd/mm/yr) ______________

Phone ____________________________

Citizenship ____________________________

Email ________________________________

** Proof must be supplied at registration.

<table>
<thead>
<tr>
<th>Ck</th>
<th>Seed Time</th>
<th>Ck</th>
<th>Seed Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>60m</td>
<td></td>
<td>1500m</td>
<td></td>
</tr>
<tr>
<td>Hurdles</td>
<td></td>
<td>3000m</td>
<td></td>
</tr>
<tr>
<td>200m</td>
<td></td>
<td>3000m Walk</td>
<td></td>
</tr>
<tr>
<td>400m</td>
<td></td>
<td>High Jump</td>
<td></td>
</tr>
<tr>
<td>800m</td>
<td></td>
<td>Pole Vault</td>
<td></td>
</tr>
</tbody>
</table>

Entry Fees;
Each event @ $10 00 (maximum 5 events)  
Non Member fee (non CMAA or US AT&F)  
Cheque payable to OMTFA

Sorry, no refunds
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