



# Over The Hill Track Club

*Athletes of all ages setting the pace!*

[www.othtc.org](http://www.othtc.org)

Volume 1, Issue 3

March 2002

## **President's Message...**

Wow! February was another month of competitions and club member milestones! From track meets in Michigan, Slippery Rock and Findlay, to Everett Hosack turning 100 years young...so much excitement and we haven't even gotten to the outdoor season yet!

Mr. Hosack was quite a character at his birthday party hosted by the club. At one point, he had the whole room singing and even did a little soft-shoe. Everett was quite pleased to find out how he has inspired so many athletes over the years, and we're certain that will continue to be the case for some time to come!

We could not have had such a terrific event without the outstanding efforts of Larry Maniccia and Claudia Rednal from the Hamlet Hills Retirement Community. Guests were also treated to Mrs. Chadbourne reading a wonderful poem she created to celebrate Everett's storied life!

The winner of the club by-line contest is Richard Cavicchi! Congratulations! Thank you to all those that submitted entries to demonstrate their team spirit!

We're closing in on the Indoor Nationals in Boston and sooner than can be imagined, the North Coast Invitational will be upon us! This month, members will be sent information on how they can help to make the North Coast Invitational an event to remember! I look forward to seeing club member participation in preparing for the meet and competing in it!

## **In This Issue**

- *Club by-line contest winner announced!*
- *The deadline for Boston Indoor Nationals is 3/18!*
- *The North Coast Invitational is coming...*
- *Stay tuned to be part of some exciting club changes!*

## **Member Bio – Joyce Prohaska**

### **Competitive Racewalker**

Our club's membership is diverse in many ways. We compete in road racing, weight pentathlons, track & field, and competitive racewalking.

Joyce Prohaska has been a club member for two years – although she has been participating in meets sponsored by club since 1993. Joyce enjoys being a member because it helps her to keep in touch with other athletes in the area - especially in the competitive field of Racewalking. Joyce had been a member of the Lake Erie RaceWalkers until the group disbanded in 1992. She is pleased that some of the more avid Racewalkers continued with their friendship and racewalking.

Even with the demands of being a wife and the mother of two children and a Coding Specialist for Lakewood Hospital, Joyce still finds the time to compete in local events like the Celebrate Westlake 3.4 mile walk (Her favorite!) to the Senior Olympics (**A 2001 medal winner!**) to personal endurance races like the Disney marathon or the Presque Isle racewalk. At Presque Isle, in October 2001, Joyce racewalked **50 miles in 11 hours!** Joyce's dedication to competitive racewalking includes having attended Dave McGovern World Class Racewalking Clinic to work on technique and form.

Joyce has competed in several states outside of Ohio including: Pennsylvania, West Virginia, Florida, Nevada and Louisiana. Joyce enjoys time with her family, walking with good friends, jazzercise, and cake decorating. Her current athletic goal is competing in a judged 5K Racewalk and finishing in 31 minutes or less.

### **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 Larry Maniccia via [www.othtc.org](http://www.othtc.org).



### **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**

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

### **Coordinators**

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

## 2002 Schedule

### Indoor Meets


<u>Date</u>	<u>Venue</u>	<u>Location</u>
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

### 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 14	Senior Track Classic	Charleston, WV
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

### Camps / Clinics

<u>Date</u>	<u>Venue</u>	<u>Location</u>
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



# Over The Hill Track Club

## Athletes...In the News

In this month's edition of athletes in the news, Rodney Wilson and Monica Thornton are crowned Masters Track & Field athletes of the year by the Lansing State Journal.

Also this month, Everett Hosack makes National Masters News. Everett was profiled along with two other athletes who compete in the 100-104 age bracket. Listed are many of Everett's records and accomplishments.

Did you make the news? If so, send a copy of the article to Larry Maniccia so it can be published here for everyone to read.

### **Dr. Rodney Wilson, 40-44 age division**

Achieving All-American status in the 60-meter dash earns Dr. Rodney Wilson recognition as a Male Masters Track and Field Achiever of the Year for the second straight year.

His success in sprints, relays and the javelin continued this year at the local, state, regional, national and world levels. Wilson set a State Championship record in the javelin at the USATF Michigan Outdoor Track and Field Championships. He currently owns the state record in

that event as well (134-1¼).

For his accomplishments as an athlete, Wilson was inducted into the Lutheran High School East (Cleveland, Ohio) Inaugural Track and Field and Cross Country Hall of Fame, and was officially nominated for the Wittenburn University Hall of Honor for Track and Field. In addition he was named as a finalist for the Male Amateur Athlete of the Year by the Michigan Governor's Council on Physical Fitness and Sport.

"Training in track and field has been a great comfort to me as well as a tremendous mental and physical release at this time," said Wilson, whose entire work site at the Michigan Department of Transportation was recently destroyed by fire.

### **Monica Thornton, 40-44 age division**

Recognized as a finalist for the Female Amateur Athlete of the Year by the Michigan Governor's Council on Physical Fitness and Sport, Thornton logged another successful year in master's track and field.

Her indoor season was highlighted by rankings of sixth in the world and fifth in the nation in the 55-meter dash (10.22). She set State Championship records in the long jump (10-foot-6), javelin (41-0¼),

and shot put (24-9) at the USATF Michigan Outdoor Track and Field Championships.

"Some day I would like to win medals at the national level, Pan American and World games," Thornton said.



Everett Hosack

Hosack, of Highland Heights, Ohio, will turn 100 on Feb. 28, and is planning on competing in the Masters Indoor Championships a month later in Boston.

Blessed with a little more youthful versatility and closer proximity to indoor venues than Whittemore and Jaskulski, Hosack owns the M95 world record in the indoor 60m (16.96), 200 (66.78), and shot put (4.06), and U.S. 25# weight (3.67/12-0½) and 35# superweight (3.13/10-3¼). He holds the M95 U.S. records for the 100 (38.66), hammer (10.60/34-9), and superweight (2.78/9-1½). He also owns 16 world age records, primarily in the weights.



# 2002 LAKE ERIE ASSOCIATION INDOOR CHAMPIONSHIP MEET

Baldwin-Wallace Recreation Center

Berea, Ohio

(On Bagley Road, 1 mile west of Interstate-71, across from Finnie Stadium )

**Saturday, March 16, 2002**

**For Information:**

Rex Harvey (440) 954-8111

Larry Seifert (440) 842-2142

Ed Wilson (330) 792-5472

**Age Groups:** Open ages 14-29, Masters ages 30-34, 35-39, etc. (5 year age groups).

**Rules:** Competition will be conducted under current *USAT&F* rules.  
(No false starts allowed for Masters).

**Equipment:** Absolutely no spikes are permitted in the Recreation Center.

**Sanction:** This meet is fully sanctioned by the Lake Erie Association – USA Track & Field.

**Registration:** Starting 8:00 A.M.! USA Track & Field membership required for Open and Masters only. Membership cards will be available on site. \$14.00 for Lake Erie Association residents and \$20.00 for those from outside the Association. Card is valid everywhere in the US through the calendar year 2002 and provides valuable insurance coverage and other benefits.

**Entry Fees:** \$5.00 for 1<sup>st</sup> individual event and then \$3.00 for each additional event.

**Relays:** Relay entries will be day-of-meet and will be \$20.00 per team. Championship relays will be for USAT&F registered clubs only. Master's relays will be in 10 year groups; 30-39 etc.

**Awards:** Championship medals for the first three places in each event of all divisions.

**Facilities:** 6 lane, 200 meter polyurethane (Mondo) track and runways.

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Detach here and mail entries to: **Lake Erie Track Club**  
**8280 Craleigh Drive**  
**Parma, Ohio 44129**

Please make payments to: **Lake Erie Association USAT&F**  
Day of meet entries will be accepted until **9:00 A.M.**

NAME	BIRTH DATE	AGE	GENDER M F
ADDRESS	CITY	STATE	ZIPCODE
USAT&F Membership Number (If Required)	TELEPHONE ( )	CLUB	\$ ENCLOSED

In consideration of my being accepted, I intending to compete and 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 which I may have or which may hereafter occur to me against USA Track & Field, Lake Erie Association – USA Track & Field, and Baldwin-Wallace College 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, participating in, and returning from the 2002 Lake Erie Association USAT&F Indoor Championship Meet to be held March 16, 2002 at Baldwin-Wallace College Recreation Center

**ATHLETE'S SIGNATURE** \_\_\_\_\_

**PARENT OR GUARDIAN'S SIGNATURE** \_\_\_\_\_

(If athlete is under 18)  
(OVER)

**Masters (M40+ & W 45+)** competition will be with implements, distances, and heights per WAVA specifications.

**Sub Masters (M30-39 & W30-34)** competition will be with Open specifications except Men's Hurdles which will be 39"

**Open competition** is open to any age 14 (born anytime in 1987) to age 29. Sub-Master and Master age determined as your actual age as of March 16, 2002. **Sub-Masters and Masters** must compete in their own age groups except for relays where they may move down as far as desired.

TIME	TRACK EVENT	TIME	FIELD EVENT
10:00 A.M.	55M Hurdles	9:00 A.M.	High Jump
Following	55 Meter Dash	9:00 A.M.	Pole Vault
Following	3000M Race Walk	9:00 A.M.	Shot Put
Following	3000M Run	9:00 A.M.	Long Jump
Following	800M Run	Following Long Jump	Triple Jump
Following	400M Run		
Following	Sprint Medley Relay (1 Lap, 1 Lap, 2 Lap, 4 Lap)		
Following	1500M Run		
Following	200M Dash		
Following	4X400M Relay		

Competition will be older to younger and women then men.

.....  
**Official Entry Form:** Please enter by filling in your expected performance for seeding purposes.

TIME	TRACK EVENT	ENTRY	TIME	FIELD EVENT	ENTRY
10:00 A.M.	55M Hurdles		9:00 A.M.	High Jump	
Following	55 Meter Dash		9:00 A.M.	Pole Vault	
Following	3000M Race Walk		9:00 A.M.	Shot Put	
Following	3000M Run		9:00 A.M.	Long Jump	
Following	800M Run		Following	Triple Jump	
Following	400M Run				
Following	Sprint Medley Relay				
Following	1500M Run				
Following	200M Dash				
Following	4X400M Relay				

2002 Eleventh Annual Hall of Fame Regional Senior Olympics, Inc.

Name \_\_\_\_\_ Age \_\_\_\_\_

FIRST NAME MIDDLE INITIAL LAST NAME

Address \_\_\_\_\_

STREET CITY STATE ZIP

Telephone (\_\_\_\_) (\_\_\_\_) Birthdate \_\_\_\_\_

HOME BUSINESS MO/DAY/YR

FEMALE \_\_\_ MALE \_\_\_ T-Shirt size: \_\_\_medium \_\_\_large \_\_\_x-large \_\_\_xx-large

Registration MUST be RECEIVED by May 9, 2002 (NO EXCEPTIONS) with \$12.00 entry fee (covers 3 INDIVIDUAL events) (individual events are listed under each sport event), plus \$1.00 per additional individual event registration.

ALL FEES UNITED STATES CURRENCY ONLY. NO STAPLES OR TAPE PLEASE. Check & mail to: Hall of Fame Regional Senior Olympics, Inc. 116 Evesham Circle, N.E. Canton, Ohio 44721

2002 HALL OF FAME REGIONAL SENIOR OLYMPIC EVENTS

\_\_\_ YES, I plan to attend the Opening Ceremony Breakfast, June 3th, 7:30AM, no charge, reservations a MUST.

\_\_\_ YES, I plan to attend the Celebration Banquet, June 8th, 6:00PM.

BANQUET - \$10.00 per person, with entry fee.

NUMBER ATTENDING THE BREAKFAST \_\_\_\_\_ NUMBER ATTENDING THE BANQUET \_\_\_\_\_

\*\* \*\* PARTNER(S) NAME(S) REQUIRED. DO NOT REGISTER FOR THESE EVENTS WITHOUT THIS INFORMATION OR THE EVENT WILL BE SCRATCHED.

SWIMMING

- \_\_\_ 200 free
\_\_\_ 50 back
\_\_\_ 100 butterfly
\_\_\_ 50 breast
\_\_\_ 400 free
\_\_\_ 200 back
\_\_\_ 50 butterfly
\_\_\_ 100 breast
\_\_\_ 50 free
\_\_\_ 100 back
\_\_\_ 200 I.M. (4 strokes)
\_\_\_ 100 free

(maximum 6 individual events)

Perry Pool is a metered pool

Above is order of swim events

TRACK & FIELD

- \_\_\_ 100 meter run
\_\_\_ 200 meter run
\_\_\_ 400 meter run
\_\_\_ 800 meter run
\_\_\_ 1500 meter RUN
\_\_\_ 1500 meter RACE WALK
\_\_\_ 5000 meter RACE WALK
\_\_\_ high jump
\_\_\_ long jump
\_\_\_ shot put
\_\_\_ discus throw
\_\_\_ pole vault
\_\_\_ javelin

HORSESHOES

BOWLING

- \_\_\_ singles
\_\_\_ doubles
\_\_\_ mixed doubles (2 events only per person)

Name of partner(s) BOWLING SHUFFLEBOARD (D) (MD)

SHUFFLEBOARD

- \_\_\_ singles
\_\_\_ doubles
\_\_\_ mixed double

TENNIS

- \_\_\_ singles
\_\_\_ doubles
\_\_\_ mixed doubles (2 events only per person)

Name of partner(s)

GOLF

- \_\_\_ 18 Holes-Scratch
(You may register with a partner or a foursome - please indicate with name(s)

RACQUETBALL

- \_\_\_ singles

Name of partner

TABLE TENNIS

- \_\_\_ singles
\_\_\_ doubles

BADMINTON

- \_\_\_ singles
\_\_\_ doubles
\_\_\_ mixed doubles

Name of partner(s)

\*NOT a qualifying event for STATE or NATIONAL.

There will be NO "partner pools".

Doubles age based on youngest member.

**ENTRY FORM (REGIONAL GAMES)  
(BOTH PAGES MUST BE RETURNED)**

**(PAGE TWO OF TWO)**

**TRIATHLON**

Swim 500YD (free)  
Cycle 20K  
Run 5K

**ROAD RACES**

\_\_\_ 5K Run  
\_\_\_ 10K Run

**CYCLING**

\_\_\_ 5K Time Trial  
\_\_\_ 10K Time Trial  
\_\_\_ 20K Road Race  
\_\_\_ 40K Road Race

**ARCHERY**

\_\_\_ Compound fingers  
\_\_\_ Compound release  
\_\_\_ Recurve  
**(one event only)**

**NOTE: THE TRIATHLON WILL BE  
ENTIRELY AT THE HOF FACILITY!**

**TEAM EVENTS**

**TEAM CAPTAINS MUST PROVIDE A TEAM ROSTER & TEAM NAME WITH THEIR REGISTRATION.  
USE FORM WITH THIS PACKET. PLEASE.**

**Teams require an additional fee of \$10.00 PER TEAM registration.  
Each team member must register individually.**

**BASKETBALL 3 on 3 TEAM**

(MAXIMUM 10 PLAYERS)  
\_\_\_50+ \_\_\_55+ \_\_\_60+  
\_\_\_65+ \_\_\_70+

**VOLLEYBALL TEAM**

(MAXIMUM 15 PLAYERS)  
\_\_\_50+ \_\_\_55+ \_\_\_60+  
\_\_\_65+ \_\_\_70+

**SOFTBALL TEAM**

(MAXIMUM 20 PLAYERS)  
\_\_\_50+ \_\_\_55+ \_\_\_60+  
\_\_\_65+ \_\_\_70+

**EACH TEAM PLAYER WRITE NAME OF TEAM \_\_\_\_\_**

There will be NO "team pools" for events. Team age based on youngest member. You must be a member of a team to register for a team event. Teams must be of all one sex.

Events without sufficient numbers of participants will be combined with other age groups.

**TOTAL NUMBER OF INDIVIDUAL EVENTS REGISTERED \_\_\_\_\_.**

**TOTAL FEES ENCLOSED \$\_\_\_\_\_. ALL FEES ARE NON-REFUNDABLE.**

**Liability Waiver/Permission/Contractual Release**

I, the undersigned intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages of any kind or nature, which I may hereafter acquire against the Hall of Fame Regional Senior Olympics, Inc., and their representatives and assigns for any and all injuries or death suffered by me in said events. I, or any representative of my estate, shall also indemnify and hold all of those hereby released against and from any claims which may be brought as a result of injuries/death suffered by me and which arise out of or are connected with my participation. I also attest and verify that I am physically fit and have trained sufficiently for the events I have chosen to enter in the 2002 Hall of Fame Regional Senior Olympics, Inc. The Hall of Fame Regional Senior Olympics has my permission to have a physician attend me if it is deemed necessary during my participation in the Olympics. I hereby give the Hall of Fame Regional Senior Olympics the absolute right and permission to copyright and/or publish, or use photographic portraits or pictures of me, or in which I am included in whole or in part, or composite or distorted in character or form, in conjunction with my own or a fictitious name, or reproductions thereof in color or otherwise, made through any media of art, advertising or any lawful purpose whatever.

**SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_**

Each participant should consult his/her doctor in regard to practice, preparation and competition in this program or any similar physical activity prior to beginning training or competition.

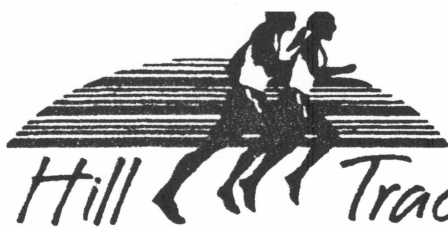
**PERSON TO CALL IN THE EVENT OF ILLNESS/ACCIDENT -- PLEASE PRINT**

**NAME \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_**

**BOTH pages must be completed and returned. Be sure and sign your liability waiver.**



**Master's Division**



# Over The Hill Track Club

**Youth Division**

[www.othtc.org](http://www.othtc.org)

## THE NORTH COAST INVITATIONAL

Sunday, May 19, 2002

Registration: 8-10am      Field events start at 8:00      Track events start at 9:00  
Field event athletes are requested to bring their own implements, as the meet does not supply them.

PLACE:      **Broadview Heights - Brecksville High School, 6380 Mill Rd, Broadview Heights, Ohio 44147**  
*From Cleveland:* I77S to Wallings Rd. (exit 151); Left on Wallings; First Right on Mill; Follow school signs  
*From Akron:* I77N to Wallings Rd. (exit 151); Right on Mill; Follow school signs

ENTRY FEES:      \$6 per event, \$12 per relay, if pre-regist. By 5/12.      \$8 per event, \$16 per relay, after 5/12 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:      0-4, 5-7, 8-10, 11-13, 14-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59,....., 95-99, 100-104

ORDER OF EVENTS:	9:00	3000m	8:00	Hammer (18 and over)
		4x800 relay		
		4x100 relay	8:30	Weight Throws (18 and over)
		800m		
		100m	9:00	Shot Put
		3000m race walk		High Jump
		60m		Pole Vault (14 and over)
		400m		
		1500m	10:00	Long Jump
		200m		Standing Long Jump
		Medley relay	10:30	Discus (14 and over)
		(100-100-200-400)		
			12:00	Javelin (18 and over)

**ALL ABILITIES!**

**PARAGRAPH!**

**PARAGRAPH!**

AWARDS:      Medals for 1<sup>st</sup>-2<sup>nd</sup>-3<sup>rd</sup>      TEAM AWARDS      USATF Sanctioned, USATF rules apply.

CONTACTS:	Bob Walters	440-526-5635	Jeff Gerson	440-473-0636
	Norman Thomas	330-425-8219	Grover Coats	216-464-3865
	Allen Ray	216-226-3481	Rex Harvey	440-954-8122

**Call to volunteer!**

### NEXT MEET: CLEVELAND TRACK CLASSIC

Saturday, July 6th, 2001 – Broadview Heights/Brecksville High School Track

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ B'DAY \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

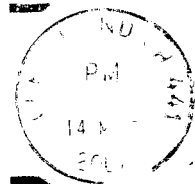
PHONE: (\_\_\_\_) \_\_\_\_\_ CLUB AFFILIATION: \_\_\_\_\_

EVENTS: \_\_\_\_\_

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 heathy and sufficiently trained to complete in this meet.

SIGNATURE: (By athlete or coach /parent for minor athlete): \_\_\_\_\_

  
*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

44060X4470

