



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 1, Issue 4

April 2002

President's Message...

Participating in my first USATF Indoor Nationals at Boston was a great learning experience (and I actually made the finals in the 60M!). OTHTC was represented by several athletes that officiated, won medals, and set world and national records! Everett Hosack, Rex Harvey, John Means, Grover Coats and Ev Poe were representing our club well!

This month's bio is a story that I found personally inspiring in many ways and felt it had to be shared. It is clearly one of hope and always looking at the glass half-full!

Can you believe it - we are about six weeks away from the North Coast Invitational on Sunday, 5/19?! We will be discussing this and other matters at our quarterly meeting on Sunday, April 14th at 2:00 pm at my home in Broadview Heights. I'm looking forward to seeing everyone there!

Beginning with April, we will begin our Most Valuable Club Member Award competition. This competition equally rewards members for athletic achievements AND volunteer activities. Please review the plan and send me any comments or concerns. Most importantly, begin sending me activity information and the points will be tallied and periodically updated to the website!

In This Issue

- *North Coast is coming on 5/19!*
- *Quarterly Meeting on 4/14!*
- *OTHTC well represented at Indoor Nationals!*
- *Most Valuable Club Member Competition begins!*

Quarterly Meeting

Sunday, April 14th @ 2:00 pm

8686 Avery Rd., Broadview Heights, OH 44147

440.526.5635

Take 480 to 77S. Take 77S to first Rt. 82 exit. Take Rt. 82 west towards Broadview Heights. At first light past Trauma Center, turn right on Avery Rd. Follow Avery 1.1 miles to 8686 Avery on the left. Park in driveway or Whispering Winds neighborhood behind house. See you there!

Member Bio – Gunter Sprockhoff

T&F Athlete and Racewalker

Gunter's story begins with his birth in Berlin in 1925. He spent much of his youth in Europe participating in sports - where the sports club traditions are more deeply rooted than they are in the United States. Shortly after marrying Frieda in 1950, the Sprockhoffs emigrated to Canada. They ultimately came to Cleveland to provide skilled labor to the Ford Motor Company.

While in Canada, Gunter could not find any track clubs and began running with members of a local boxing club. His experiences with the Cleveland track scene began in 1988 with the Ohio Sports Festival where he won a bronze medal! Gunter later became an OTHTC member because Jack Greenwald invited him to become one! (Today Jack would be two referrals away from a free membership!)

Gunter has had much success in the Senior Olympics and many other meets in Ohio, Michigan, West Virginia and a number of other venues. He's competed in distance events, racewalking events, the 400M and discus. Gunter is looking forward to competing in the javelin. And now for the real story...

Gunter Sprockhoff (cont.)

After many years of distance running, and fulfilling the duties of a National Ski Patrol officer, Gunter was diagnosed with prostate cancer in 1991. After successful surgery, Gunter was unable to compete in distance events at his previous pace and dropped down to middle distance events.

Four years later, Gunter was diagnosed with lung cancer. Part of a lung was removed and he began working to get back in shape. During the process, he found running was quite difficult. Rather than give up on athletics, he chose to become a competitive racewalker! That's the real story...NEVER give up!

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.

Results

Remember to send in your results to be posted to the website and our newsletter. Results inspire others and are a legacy of our improvements as athletes. So be proud of your accomplishments and send them in to be published!

Send e-Mail Addresses

Be sure to send your e-mail to Larry Maniccia via www.othc.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

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



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2002 Schedule

Indoor Meets

<u>Date</u>	<u>Venue</u>	<u>Location</u>
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	Broadview Hts., OH
May 19	Central Ohio Senior Olympics	Columbus, OH
Jun 1	North Coast Senior Olympics	Cleveland, OH
Jun 2	Dayton Seniors	Dayton, OH
Jun 8	Senior Olympics	Canton, OH
Jun 12	Slippery Rock All Comer Meet	Slippery Rock, PA
Jun 13-14	Senior Track Classic	Charleston, WV
Jun 15	Youngstown Senior Games	Youngstown, OH
Jun 19	Slippery Rock All Comer Meet	Slippery Rock, PA
Jun 22	S.E. Ohio Seniors	Athens, OH
Jul 6	Cleveland Track Classic	Broadview Hts., OH
Jul 13	Dayton Track Classic	Dayton, OH
Jul 27	State Seniors Meet	Columbus, OH
Sept 21	Norm Bower Wt. Pentathlon	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



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Most Valuable Club Member Award

Purpose: To reward members for supporting Over the Hill Track Club!

Eligibility: All members in good standing (except the club president.)

Volunteer activities	10 points / hour
Attending regular meetings	10 points
Attending regular track practices	10 points (first one to be scheduled in May)
Participating in any meets	10 points
Placing in USATF-sanctioned meets	20 pts. - 1 st , 15 pts. - 2 nd , 10 pts. - 3 rd , 5 pts. - 4 th thru 6 th , doubled for nationals, tripled for worlds
Recruiting new members	20 points - individual or 30 points - family
Incentive for relay participation	add 10 points for each
National record	20 points
World record	30 points

NOTE: Meets must be USATF, WMA (formerly WAVA) or IAAF sanctioned. Relays must legally finish. Athletes must be wearing club uniform.


Trophy and \$100 gift certificate at annual meeting for highest points total (award will be split in the event of a tie.) All members in good standing eligible.

Send to Bob Walters, 8686 Avery Rd., Broadview Heights, OH, 44147 or
RLWALTERS@PRODIGY.NET

Name: _____

Activity: _____
(Include number of hours for volunteer activities.)

Venue(s): _____



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ACTIVE ATHLETES!

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

Larry Maniccia (MOpen)

Kent State Open 2/17/02

60m – 8.45

200m – 28.77

Kent State Open 3/2/02

60m – 8.39

400m – 1:04.76

Bob Walters (M35-39)

Boston Indoor Championships

60m – 7.61 – 6th

Jeff Gerson (M50-59)

Oberlin Open 1/20/02

3200m – 13:42

4x800m – 12:16

(Norm Thomas, Grover Coats,
Bob Thomas, Jeff Gerson)

Findlay 2/24/02

1500m – 5:41.63

Grover Coats (M60-64)

Slippery Rock 2/3/02

Shot – 33' 4" – 1st

LJ – 14' 11 1/2" – 1st

TJ – 30' 4" – 1st

55m hurdles – 9.2 – 1st

55m – 7.9 – 2nd

HJ – 4' 4" – 1st

200m – 28.5 – 1st

Grover Coats cont.

Kent State Open 2/17/02

LJ – 14' 1" – 1st

TJ – 29' 10 1/2" – 1st

60m hurdles – 10.22

60m – 8.65

Boston Indoor Championships

60m – 8.48 – 2nd

200m – 27.96 – 2nd

400m – 1:05.16 – 4th

LJ – 14' 6" – 5th

TJ – 29' 8 1/4" – 1st

Pent – 3250 points – 3rd

Everett Poe (M70-74)

Boston Indoor Championships

60m – 9.64 – 6th

HJ – 3' 5 1/4" – 3rd

PV – 6' 10 3/4" – 1st

John Means (M80-84)

Boston Indoor Championships

60m – 10.61 – 1st

400m – 1:35.93 – 2nd

Everett Hosack (M100-104)

Boston Indoor Championships

60m – 27.29 – 1st

Shot – 11' 6 3/4" – 1st

Weight – 16' 8 3/4" – 1st

Super weight – 7' 3" – 1st

Tenth Annual Arizona Masters Invitational Track and Field Meet

Glendale Community College 6000 W Olive Ave, Glendale, AZ- Saturday, April 27, 2002
(Northwest corner of 59th Ave. and Olive (Dunlap))

Sponsored by Arizona Association USA Track and Field

Age divisions: 19-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79;
80 and over

Facilities: Nine lane all weather track

Entry fee: \$15 for the first three events chosen. Each additional event \$3. Relays \$15.

Awards: Custom medals to first three in each age division.

Entry deadline: April 25, 2001

Entries: Make checks payable to USATF Arizona. Send entry to:
Bob Flint, 8436 East Hubbell, Scottsdale, AZ 85257; (480) 949-1991 or contact
Pat Fahy (480) 946-7135.

Schedule of Events (All times PM)

<u>Track Events</u>	<u>Field Events</u>
5:00 3000m walk	5:00 Hammer (see note below)
6:00 4 x 100 relay	5:00 Discus- Flight 1 (MM 50 +)
6:10 80/100/110 HH	5:00 Shot put- Flight 1 (OW, SMW, MW, OM, SMM, MM 40-49)
6:35 1500m	7:00 High jump- Flight 2 (OM, SMM, MM 40-49)
6:50 400m	5:00 High jump- Flight 1 (OW, SMW, MW, MM 50+)
7:05 100m	8:00 Javelin
7:30 800m	8:00 Triple jump (open pit)
7:50 300/400 IH	5:00 Long jump (open pit)
8:10 200m	6:00 Pole vault
8:30 3000m (W)	<u>Note:</u> Hammer throwers who are entered in the first flight of the discus or shot put will be permitted to take some or all of their throws in the second flight of those events to prevent conflict with the hammer.
8:45 5000m (M)	
9:10 4 x 400 relay	

-----ENTRY FORM-----

Name (Last) _____ (First) _____ Age _____ Sex _____

Date of Birth _____ USATF# _____ Telephone _____

Address _____ City _____ State _____ Zip _____

Please enter event:

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Athletic Waiver Release: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or hereafter accrue, against Glendale, Arizona, Arizona USATF Association, and all other sponsors and sports facilities or their officials or agents, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.

Athlete's signature: _____ Date: _____

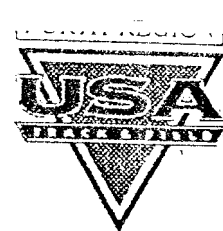
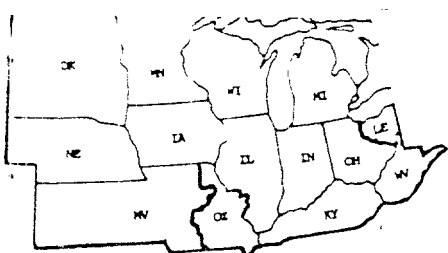
INVITATIONAL... and "All Comers" OPEN

• Saturday, April 6, 2002 •

Field 1:30pm/Run 2:30pm (estimates, only)

Proviso West High School, Hillside/Chicago

MEET INFORMATION FORM



ELIGIBILITY/USATF REQUIREMENTS: All athletes 19-over in the North Region are eligible to compete. 2002 USATF memberships are REQUIRED of Masters athletes, only. Masters athletes who do not list a 2002 USATF number on their entry forms must submit a membership form and a separate check for \$20.00.

OPEN = 29 and under, plus others of any age who choose to compete in the OPEN division. **MASTERS** = five-year divisions, 30-34 thru 90-Over.

THE SITE: Hillside is located a few minutes west of downtown Chicago. Proviso West is just east of I-294/the Tri-State at the southeast intersection of Wolf Road and Harrison Street. Harrison Street is the first street south of I-290/the Eisenhower Expressway. From the Eisenhower, exit south on Mannheim (Hwy. 12 and 45) to Harrison, then west to Proviso West. From the North on the Tri-State, exit east on Cermak/22nd Street. From the South on the Tri-State exit east on Roosevelt Road. From Cermak or Roosevelt, continue east to Wolf Road, then north to Proviso West.

ENTRY FEES/DEADLINES: \$15 first event/\$5.00 for each additional event -- if received by March 30 \$20/\$5 if received after March 30. \$25/\$5 on meet day. No FAX or phone entries.

Drop/Adds: Accepted without charge if received by March 30. No DROP/ADD exchanges accepted after March 30. All ADDS will be charged as new events after the March 30 deadline.

ENTRY CONFIRMATION: If your complete entries are RECEIVED by March 30, and if you have enclosed a self-addressed stamped envelope, we will mail you a confirmation. **We will not confirm receipt of your entries by phone/FAX.**

MAIL ENTRIES and FEES To "USATF Illinois", P.O. Box 7019 (Or, for express/overnite deliveries, 18W088 16th Street), Villa Park, IL 60181.

AWARDS: Gold medal awards to all first-place finishers in each OPEN and MASTERS age division event. Additional 2nd/3rd place medals for MASTERS, only, based on the number of competitors in each age division/event (3+ competitors = 2nd place medal. 5+ competitors = 3rd place medal) Medal-award limit = three (3) medals per athlete (\$3@ for extras)

THE TRACK: Proviso West High School has an outstanding indoor track facility: Mondo Super X surface; six 42" lanes; two nine-lane 55 meter straightaways; double long jump/triple jump runways; two high jump pits; separate shot area. Seating capacity up to 1500 in balcony. Spikes: 1/8" or 1/4" allowed.

FACILITIES Parking in south lot of Proviso West High School, adjacent to Field House/Track. Restrooms. No dressing rooms or showers. Concessions by the Proviso West Booster Club.

HOTEL/ACCOMODATIONS: The **COMFORT SUITES (630/916-1000)** will serve as the meet HQ -- located at 17W445 Roosevelt Road, just 5 minutes from the track site: \$69.00 (up to 4 per room). Fee includes complimentary **FULL BREAKFAST, 6:00-10:00AM**, plus other amenities. Also: **SHERATON FOUR POINTS (630/833-3600)** -- 17W350 22nd Street, \$69. And: **HILTON SUITES (630/941-0100)**, \$79.00.

FURTHER INFORMATION: "USATF Illinois", P.O. Box 7019, Villa Park, IL 60181-7019. Phone: 630/953-2052, weekdays. Express/Overnite Mail = 18W088 16th Street, Villa Park, IL 60181.

EVENT SCHEDULE

Field Events (1:30pm)

Running Events (2:30pm *)

• Order = Oldest to youngest -- women first •

1. LJ....(Standing LJ and TJ to follow)
2. SP...WT (outside) to follow
3. HJ...PV (#) to follow

- | | |
|-------------------|--------------|
| 1. 3000/3000RW(#) | 5. 400 |
| 2. 60H (#) | 6. 1500RW(#) |
| 3. 60 | 7. 800 |
| 4. 1500 | 8. 200 |

(#) = Events so indicated will be conducted only if five (5) or more entries, (all divisions combined) are received by April 1st. Call on April 2 or after to confirm.

* = The running Events starting time is an estimate, only. This MASTERS and "All Comers" OPEN follows a NORTH YOUTH CHAMPIONSHIP meet, starting at 9:00am.

• **TURN OVER** •



**USATF NORTH
MASTERS
INVITATIONAL**
and
**"All Comers" OPEN
2002**
Saturday, April 6

Field Events 1:30pm*
Running Events 2:30pm*

Proviso West High School
Hillside/Chicago

*Estimated Start Time

For Office Use Only

Membership Fees \$ _____ Competitor # _____
Entry Fees \$ _____ Date Received _____
Total \$ _____ # of Events _____

ENTRY FORM

Please print all items / photocopy as needed

Name _____ Sex M F
First Name Last Name

Address _____

City _____ State _____ Zip _____

Phone ____/____ Birthdate _____ Age on 4/6/02 _____

Association: Illinois Other (specify) _____

USATF 2002 Card # _____
Required for Masters only

CLASSIFICATION/DIVISION

- OPEN: All athletes under 30, plus any others who choose to compete in the OPEN division.
- MASTERS 30-34 35-39 40-44 45-49 50-54
 55-59 60-64 65-69 70-74 75-79 80-84
 85-89 90-Over

EVENTS (No limit):

ENTRY FEES: \$15 first event/\$5.00 for each additional event -- if received by March 30. \$20/\$5 if received after March 30. \$25/\$5 on meet day. No FAX or phone entries.

WAIVER. I understand that competing in a track/field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release USA Track & Field Illinois, the Proviso Township Track Club, Proviso West High School and all sponsors and officials from all claims of any kind arising out of my participation in the above track meet. I grant full permission to use photos/records of these events. I grant permission for emergency medical treatment for my son/daughter by competent medical personnel on the indicated date. List allergies and current medications, if any _____

Signature _____ Emergency Phone# _____ / _____ Date _____



USA Track & Field Membership

National Governing Body for Track & Field, Race Walking, Road Running and Cross Country

- New Member* Renewal from last year
- Lapsed Member (Previous year was _____)*

*A NEW OR LAPSED 18-UNDER MEMBER MUST SUBMIT A BIRTH CERTIFICATE COPY OR OTHER VALID PROOF OF AGE.

MEMBERSHIP NUMBER _____ Your new membership number will be affixed in this space. USATF memberships expire at the end of each calendar year.

USE PEN — PRINT — PRESS FIRMLY

LAST NAME FIRST INITIAL

ADDRESS _____

CITY STATE ZIP CODE

* IF ATHLETE IS UNDER AGE 18, PARENT/GUARDIAN MUST SIGN. *
* COACH MAY SIGN WITH PERMISSION OF PARENT *

SIGNATURE _____
DATE OF APPLICATION _____ TODAY'S DATE _____

BIRTH DATE _____ AGE TODAY _____

SEX M/F _____ USATF CLUB NUMBER _____

IF USATF CLUB MEMBER, CLUB NUMBER IS REQUIRED

USATF CLUB _____ IF NO CLUB, PRINT UNATTACHED

USA YES NO COUNTRY OF CITIZENSHIP IF NOT U.S.A. _____

PHONE NUMBER _____

E-MAIL NUMBER _____

- Check all sport areas in which you are involved.
- T = Track Events F = Field Events
 - R = Road Running X = Cross Country
 - W = Race Walking U = Ultra Running

MEMBERSHIP FEES & EXTRAS

See the back side of the 2nd/card copy of this form for information re member validation and expiration dates, and for a list of benefits for contributing members*

USATF Member (Check all that apply) \$20 _____
 Athlete Coach Official
 Administrator Parent Volunteer

USATF Contributing Member*
 \$25 \$40 \$65 \$100 \$200+ \$ _____

Contribution, only (no member benefits)
 \$5 \$10 \$15 \$20 \$ _____ \$ _____

Run Illinois subscription New Renewal \$5 _____

USATF Illinois T-shirt \$15 _____
 S M L XL XXL (\$20)

Total Enclosed \$ _____

Check here if you have ordered any additional items from the "Product Order Form" (on the inside front cover)

Check here to receive a "Voter Registration Form"

USATF Illinois P.O. Box 7019 Voice 630/953-2052
Villa Park, IL 60181-7019 Fax 630/953-2053
www.usatfillinois.org usatfran@aol.com

**Tri-County Senior Olympics
Track and Field
Monday, May 13, 2002
Lee Jackson Field
The University of Akron**

Regulations:

*USATF rules and regulations will be followed during the meet.

1. Up to ¼" spikes will be allowed and must be provided by the athletes.
2. The athletes must provide their own implements for all field events.
The Track and Field committee will certify each implement the day of the event. The following implements measurements are to be used for each sex and age category:

	M50+	M60+	M70+	M80+	W50-54	W 55-59	W60+
Discus	1.5kg	1.0kg	1.0kg	1.0kg	1.0kg	1.0kg	1.0kg
Javelin	700g	600g	500g	400g	500g	400g	400g
Shotput	6kg	5kg	4kg	4kg	3kg	3kg	3kg

Format:

1. Track and Field events will begin at 4 p.m. All events will follow each other. It is important that all participants report to Lee Jackson Field shortly before 4:00 p.m.

Order of Events:

4:00 p.m.	100 M	4:00 p.m.	Shot put
	1500M Race Walk		long jump
	200M		discus
	800 M		high jump
	5000 M Race Walk		javelin
	400 M		
	1500M		

* If you have any questions prior to this event, please call Rachele Kappler at (330) 972-6524.

