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!

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 emmigrated 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 prostrate 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.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!
## 2002 Schedule

### Indoor Meets

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 6</td>
<td>North Region Invitational</td>
<td>Chicago, IL</td>
</tr>
</tbody>
</table>

### 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>Broadview Hts., 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 2</td>
<td>Dayton Seniors</td>
<td>Dayton, OH</td>
</tr>
<tr>
<td>Jun 8</td>
<td>Senior Olympics</td>
<td>Canton, OH</td>
</tr>
<tr>
<td>Jun 12</td>
<td>Slippery Rock All Comer Meet</td>
<td>Slippery Rock, PA</td>
</tr>
<tr>
<td>Jun 13-14</td>
<td>Senior Track Classic</td>
<td>Charleston, WV</td>
</tr>
<tr>
<td>Jun 15</td>
<td>Youngstown Senior Games</td>
<td>Youngstown, OH</td>
</tr>
<tr>
<td>Jun 19</td>
<td>Slippery Rock All Comer Meet</td>
<td>Slippery Rock, PA</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>Broadview Hts., OH</td>
</tr>
<tr>
<td>Jul 13</td>
<td>Dayton Track Classic</td>
<td>Dayton, OH</td>
</tr>
<tr>
<td>Jul 27</td>
<td>State Seniors Meet</td>
<td>Columbus, OH</td>
</tr>
<tr>
<td>Sept 21</td>
<td>Norm Bower Wt. Pentathlon</td>
<td>Kent, OH</td>
</tr>
<tr>
<td>Sept 29</td>
<td>Cross Country Classic</td>
<td>Hunting Valley, OH</td>
</tr>
</tbody>
</table>

### Camps / Clinics

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<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>Jumper 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>
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.)

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

NOTE: Meets must be USATF, WMA (formerly WAV A) 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): __________________________________________

1
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 cont.
Kent State Open 2/17/02
LJ - 14' 1"
TJ - 29' 10 ½" - 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 ¾" - 1st
Pent - 3250 points - 3rd

Everett Poe (M70-74)
Boston Indoor Championships
60m - 9.64 - 6th
HJ - 3' 5 ¾" - 3rd
PV - 6' 10 ¾" - 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 ¾" - 1st
Weight - 16' 8 ¾" - 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)

<table>
<thead>
<tr>
<th>Track Events</th>
<th>Field Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 3000m walk</td>
<td>5:00 Hammer (see note below)</td>
</tr>
<tr>
<td>6:00 4 x 100 relay</td>
<td>6:00 Discus- Flight 1 (MM 50 +)</td>
</tr>
<tr>
<td>6:10 80/100/110 HH</td>
<td>5:00 Shot put- Flight 1 (OW, SMW, MW, OM, SMM, MM 40-49)</td>
</tr>
<tr>
<td>6:35 1500m</td>
<td>5:00 High jump- Flight 1 (OW, SMW, MW, MM 50+)</td>
</tr>
<tr>
<td>6:50 400m</td>
<td>5:00 Shot put- Flight 1 (OW, SMW, MW, OM, SMM, MM 40-49)</td>
</tr>
<tr>
<td>7:05 100m</td>
<td>6:00 High jump- Flight 2 (OW, SMW, SMM, MM 40-49)</td>
</tr>
<tr>
<td>7:30 800m</td>
<td>6:30 Shot put- Flight 2 (MM 50+)</td>
</tr>
<tr>
<td>7:50 300/400 IH</td>
<td>6:30 Discus- Flight 2 (OW, SMW, MW, OM, SMM, MM 40-49)</td>
</tr>
<tr>
<td>8:10 200m</td>
<td>7:00 High jump- Flight 2 (OM, SMM, MM 40-49)</td>
</tr>
<tr>
<td>8:30 3000m (W)</td>
<td>8:00 Javelin</td>
</tr>
<tr>
<td>8:45 5000m (M)</td>
<td>8:00 Triple jump (open pit)</td>
</tr>
<tr>
<td>9:10 4 x 400 relay</td>
<td>6:00 Pole vault</td>
</tr>
</tbody>
</table>

**Note:** 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.

### 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: ______________________
INVIATIONAL... 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 ($3.00 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 17W44 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(#)
2. 60H (#)
3. 60
4. 1500

5. 400
6. 1500RW(#)
7. 800
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

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.

AIVER. 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 on 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 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

---

MEMBERSHIP FEES & EXTRAS
See the back side of the card/copy of this form for information on 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+
- $5
- $10
- $15
- $20
- $100
- $200
- $300+

Contribution, only (no member benefits)
- $5
- $10
- $15
- $20
- $50
- $100
- $200
- $500+

Run Illinois subscription (New Renewal) $5

USATF Illinois T-shirt $15
- XS
- M
- L
- XL
- XXL ($20)

Total Enclosed $____

MEMBERSHIP FEES & EXTRAS
See the back side of the card/copy of this form for information on member validation and expiration dates, and for a list of benefits for contributing members.*

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

Check here if you would like to receive a “Voter Registration Form”

USATF Illinois P.O. Box 7019
Villa Park, IL 60181-7019
Voice 630/953-2852
Fax 630/953-2853
www.usatfllinois.org
usatfun@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:

<table>
<thead>
<tr>
<th></th>
<th>M50+</th>
<th>M60+</th>
<th>M70+</th>
<th>M80+</th>
<th>W50-54</th>
<th>W55-59</th>
<th>W60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discus</td>
<td>1.5kg</td>
<td>1.0kg</td>
<td>1.0kg</td>
<td>1.0kg</td>
<td>1.0kg</td>
<td>1.0kg</td>
<td>1.0kg</td>
</tr>
<tr>
<td>Javelin</td>
<td>700g</td>
<td>600g</td>
<td>500g</td>
<td>400g</td>
<td>500g</td>
<td>400g</td>
<td>400g</td>
</tr>
<tr>
<td>Shotput</td>
<td>6kg</td>
<td>5kg</td>
<td>4kg</td>
<td>4kg</td>
<td>3kg</td>
<td>3kg</td>
<td>3kg</td>
</tr>
</tbody>
</table>

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 long jump discus high jump javelin
1500M Race Walk
200M
800 M
5000 M Race Walk
400 M
1500M

* If you have any questions prior to this event, please call Rachele Kappler at (330) 972-6524.
Over The Hill Track Club
www.othtc.org
c/o Larry Manciea
7547 Basswood Court, Apt. C
North Royalton, OH 44133

Rex Harvey
6744 Connecticut Colony Crl.
Mentor, OH 44060