



# Over The Hill Track Club

*Athletes of all ages setting the pace!*

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

Volume 1, Issue 5

May 2002

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

This past month, I had the privilege of attending one of the most exciting meets imagined – the Penn Relays in Philadelphia. It was my honor to accompany Everett Hosack in his bid to eclipse the current 100M dash record for the 100-104 year old age category.

The day Everett competed, the official attendance was nearly 51,000! Mr. Hosack gave them all their money's worth by eclipsing the existing world record by more than 15 seconds! All told, he received four standing ovations – two at race time and two more leaving the stadium!

After the race Everett was interviewed by the New York Times and the Philadelphia Enquirer. A story had run the night before in the other Philadelphia paper and ESPN covered the meet. Once again Mr. Hosack was in the media spotlight wearing his track shirt proudly emblazoned with the Over The Hill Track Club name! Congratulations to you Everett and thank you for being such a visible ambassador for the club!

And now for the sundry - Please remember to send in your Most Valuable Club Member Award competition forms that detail volunteer activities and athletic achievements.

**SEE YOU ALL MAY 19<sup>TH</sup>!!!**

## **In This Issue**

- *North Coast is coming on 5/19!*
- *Everett Hosack sets 100M WR at Penn Relays!*
- *Two OTHTC members pictured in National Masters News!*

## **North Coast Invitational**

We are less than two weeks away from the North Coast Invitational on Sunday, 5/19 in Brecksville! This will be a fun season opener! I'm looking forward to seeing everyone there – there may even be some new club and world records set!

## **Member Bio – Bob Walters**

### **Sprinter (35-39), President OTHTC**

Bob Walters began his track career in 7<sup>th</sup> grade by winning a relay medal. From there he was hooked. In high school, he won his first varsity letter as a freshman in cross-country. That same year he ran the 1-mile and 2-mile races for the track team, and was not too enthusiastic about running more than once around the track. In his sophomore year, he competed in a 2.5 mile cross-country invitational with more than one hundred runners. At the two mile mark he was in 56<sup>th</sup> place, while he finished in 28<sup>th</sup> place. After passing 28 people in the last half mile, his coach advised him to become a sprinter for the upcoming track season!

Bob has been successfully competing as a sprinter since. He is looking forward to turning 40 and competing a high level in true masters competitions. Bob recently placed 6<sup>th</sup> in the 60M in Boston and is looking forward to running a 4 x 100 relay that he hopes will set a club record on May 19<sup>th</sup>.

Aside from competing, Bob is the president of our track club, coaches softball, and directs a girl's softball league. He lives in Broadview Heights with his wife of 14 years, Dawn, and their two children Kyle and Summer. Dad and the kids are trying to convince mom to run on May 19<sup>th</sup>!

## ***OTHTC in the National Masters News***

Hey did you happen to see the two most handsome members of the OTHTC on the cover of the National Masters News? (Hey that's Bob and Everett claimed the photographer!)

### ***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](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>



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*Athletes of all ages setting the pace!*

**2002 Meet Schedule**

**Outdoor Meets**

<b><u>Date</u></b>	<b><u>Venue</u></b>	<b><u>Location</u></b>
May 13	Tri-County Seniors	Akron, 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 6	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

**2002 Camps / Clinics**

Contact Larry Maniccia for more information about the Camps / Clinics listed below.

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



# Senior Olympics of Northeast Ohio

May 4, May 29- June 15, 2002

## OFFICIAL REGISTRATION FORM

(This form may be copied)



Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age (on May 29, 2002) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

T-shirt Size (circle size) M L XL 2XL Sex (circle one) Male Female

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

County \_\_\_\_\_ Home Phone \_\_\_\_\_

### Liability Waiver (Entry form is not complete unless you have signed this waiver)

In consideration of granting this request to enter the Bank One Senior Olympics of Northeast Ohio, I, for myself, my heirs, executors and administrators, waive and release any and all claims of damages I may have against any and all participating sponsors, supporters and venue providers for all claims of damage, demands and actions whatsoever, in any manner as a result of my participation in said Senior Olympics. I attest and verify that I am physically fit and have sufficiently trained for the competition of this/ these events and my physical condition has been verified by a licensed medical doctor  
Furthermore, I hereby give and grant District XI Area Agency on Aging, its successors and those acting under its permission, and upon its authority, my consent for all purposes to the reproduction and/ or use of photographs of me by the photographer, and in all forms of media, and in all manners, including editorials, advertising, trade, display, art and exhibition.  
In giving this consent, I release the photographer, his nominees and designees, from liability for any violation of any personal or proprietary right I may have in connection with such sale, reproduction or use of my photographic likeness

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)



### Fees

Registration Fee \_\_\_\_\_ \$5.00  
(every participant MUST pay this fee)

Opening Ceremony Fee \_\_\_\_\_ X \$5.00= \_\_\_\_\_  
(# attending)

Voluntary Donation \_\_\_\_\_

**TOTAL FEES DUE** \_\_\_\_\_

Enclose *only these fees* with registration form.  
Make checks payable to

**District XI Area Agency on Aging, Inc.**

Complete both sides of this form, **sign the waiver at left**, and mail to:

Senior Olympics of Northeast Ohio  
District XI Area Agency on Aging, Inc  
25 East Boardman Street  
Youngstown, Ohio 44503

**Final Registration Deadline:  
May 10, 2002**

# 2002 Event Registration

(place an X next to the events you wish to enter)

NOTE: Events are listed here in the order in which they occur in the schedule.

\_\_\_\_ **Basketball Freethrows**  
(202) **3-on-3 Basketball \*\***  
(201) Captain \_\_\_\_\_  
Team Name \_\_\_\_\_

\_\_\_\_ **Table Tennis- singles**  
(601)

**You must register by April 26 to  
participate in the above events.**

\_\_\_\_ **Opening Ceremony** (\$5.00 fee per person)  
(001) (Non-athlete guests are welcome!)  
Additional guests attending opening  
ceremony \_\_\_\_ (002)

\_\_\_\_ **Bowling Singles-AM** 10:30 a.m. flight \*  
(101) (All bowling events are \$5.00/ 3 games,  
payable at event)

\_\_\_\_ **Bowling Singles- PM** 1:30 p.m. flight \*  
(102) (All bowling events are \$5.00/ 3 games,  
payable at event)

\_\_\_\_ **Bowling Doubles \*\***  
(103) Partner \_\_\_\_\_  
(All bowling events are \$5.00/ 3 games,  
payable at event)

\_\_\_\_ **Bowling Mixed Doubles \*\***  
(104) Partner \_\_\_\_\_  
(All bowling events are \$5.00/ 3 games,  
payable at event)

\_\_\_\_ **Horseshoes**  
(400)

\_\_\_\_ **AM Archery- Recurve** 9:00 a.m.  
(451) **AM Archery- Compound fingers** 9:00 a.m.  
(452) **AM Archery- Compound release** 9:00 a.m.  
(453) **PM Archery- Recurve** Noon  
(454) **PM Archery- Compound fingers** Noon  
(455) **PM Archery- Compound release** Noon  
(456)

\_\_\_\_ **Golf- 18 holes**  
(301) (\$23.00 greens fees, payable at event)

\_\_\_\_ **Billiards**  
(901) **Par 3 Golf**  
(302) (\$ 7.00 fee, payable at event)

\_\_\_\_ **Tennis- singles**  
(701) **Tennis- doubles \*\***  
(702) Partner \_\_\_\_\_

\_\_\_\_ **Tennis- mixed doubles \*\***  
(703) Partner \_\_\_\_\_

\_\_\_\_ **Volleyball \*\***  
(250) Captain \_\_\_\_\_  
Team Name \_\_\_\_\_

\_\_\_\_ **Bocce** (non-medal event)  
(900) **1500 Meter Wellness Walk**  
(820)

\_\_\_\_ **Track & Field**  
(800) \_\_\_\_\_ **100 meter run**  
(801) \_\_\_\_\_ **200 meter run**  
(802) \_\_\_\_\_ **400 meter run**  
(803) \_\_\_\_\_ **800 meter run**  
(804) \_\_\_\_\_ **1500 meter run**  
(805) \_\_\_\_\_ **discus**  
(812) \_\_\_\_\_ **shotput**  
(811)

\_\_\_\_ **Putt-Putt**  
(303) (Fee to be determined)

\* You may register for **one** flight of singles bowling. If demand is greater than capacity for one flight of singles bowling, slots will be assigned on a first-come, first-served basis.  
\*\* Each partner/ team member must complete and submit a separate registration form.

**Final Registration Deadline:  
May 10, 2002**



## LIABILITY WAIVER

**IT IS STRONGLY URGED THAT INDIVIDUALS PARTICIPATE ONLY IN THOSE EVENTS FOR WHICH THEY ARE IN GOOD PHYSICAL CONDITION TO TAKE PART. IT IS STRONGLY RECOMMENDED THAT PARTICIPANTS CONSULT THEIR DOCTORS REGARDING PRACTICE, PREPARATION AND COMPETITION IN THE SENIOR OLYMPICS PROGRAM.**

I, the undersigned participant, hereby release, acquite, discharge, indemnify and hold harmless Dayton/Miami valley Senior Olympics, the University of Dayton, Sinclair Community College, Beavercreek YMCA, Kettering Parks & Recreation or any other organization to be added as sponsors and hereinafter sometimes referred to as sponsors, their agents, employees, representatives, volunteers, officers, director and assigns from any and all actions, or claims of whatsoever kind of nature which I or my representatives or assigns may have or at any time in the future have as a result of any injury, physical or mental, arising out of my participation in the Dayton Area Senior Olympics.

I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation in the Dayton Area Senior Olympics.

I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation in the Dayton Area Senior Olympics.

I warrant and represent that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restriction whatsoever which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult a physician prior to my preparation in regard to my participation in the Dayton Area Senior Olympics. I recognize and understand that the preparation and competition may necessitate strenuous physical activity, and could possibly activate any unrecognized preexisting disorders, which I may have, thereby resulting in serious or life-threatening physical harm to me.

Dayton/Miami valley Senior Olympics has my permission to have a physician treat me if needed during my participation in an event of these Olympic games.

I grant the Senior Olympics and Sponsors the right to use my name and any pictures taken of me during the 2002 Senior Olympics in Dayton, Ohio without any remuneration.

Signature \_\_\_\_\_ Date \_\_\_\_\_

EMERGENCY CONTACTS \_\_\_\_\_

NAME \_\_\_\_\_ Phone: \_\_\_\_\_

### REGISTRATION FEE IS NON-REFUNDABLE.

Registration Fee by May 10<sup>th</sup> \$10.00      \$ \_\_\_\_\_

Late Registration Fee by May 25<sup>th</sup> \$15.00      \$ \_\_\_\_\_

Registration for each sport in excess of 3,  
\$3.00      \$ \_\_\_\_\_

Kick-Off Dinner at the Lohrey Center      \$ \_\_\_\_\_  
For \$5 00 0 P.M., May 31<sup>st</sup>

Grand Total      \$ \_\_\_\_\_

Make checks payable to Dayton/Miami Valley Senior Olympics

### GOLF ENTRY FORM

½ Golf Cart \_\_\_\_ Yes \_\_\_\_ No  
(If you do not pre-register for a cart, we can't  
guarantee that you will receive one.)

Round \_\_\_\_\_ 9 Hole 18 Hole \_\_\_\_\_  
Golf Chipping \_\_\_\_\_ Golf Putting \_\_\_\_\_

Names of those you wish to play with.  
(Each person must submit a separate registration form.)

Mail this form with entry fees to : Dayton/Miami Valley Senior Olympics: 134 Ziegler Street, Dayton, OH 45402  
Entry forms must be postmarked no later than May 10, 2002 or May 25, 2002 for late registration fee.

## 2002 NORTHCOAST SENIOR OLYMPICS REGISTRATION FORM CODE # 6500-2

### Entry Fees

- \$8.00 Pre-Registration by 4:00 pm May 24.
- \$10.00 On-Site Registration, June 1. Last chance to register.  
Registration includes T-shirt, Opening Ceremonies, lunch.
- \$6.00 Closing Dinner Banquet, Closing Ceremonies, Music
- \$8.00 Spouse or Guest (Closing Dinner Banquet)
- Check here for FREE shuttle bus service available for Closing Dinner Banquet. (Shuttle bus will leave Penitentiary Glen in Kirtland at 5 pm and return to Penitentiary Glen at 8:30 pm.)
- \$40.00 Golf-18-hole green fees, power cart, lunch, refreshments, T-shirt.  
(Registration includes participation in all events.)
- \$120 per softball team (includes T-shirt). Maximum 15 players per team.  
(Registration includes participation in all events.)

**Total \$\_\_\_\_\_.** Please make checks payable to: **Lake Metroparks.** Checks received must include address, driver's license number, and date of birth.

### Please check the events you will enter:

**M F**

- Horseshoes (6520)
- Bocce Ball (6521)  
Team Name: \_\_\_\_\_
- Shuffleboard (6522)  
Team Name: \_\_\_\_\_
- Golf - 18 Holes (6523)
- 8 Ball Billiards (6524)
- Singles Bowling (3 Games) (6525)
- Doubles Bowling (3 Games) (6526)  
Names: \_\_\_\_\_
- Table Tennis (Best of 5) (6527)
- Singles Tennis (6502)
- Doubles Tennis (6503)
- Mixed Doubles Tennis (6504)
- 1600-Meter Race Walk (6505)
- Softball (6516)  
Team Name: \_\_\_\_\_

**Swimming (Swimmers may enter a maximum of 6 events):**

- |                          |                          |              |                                 |                                 |
|--------------------------|--------------------------|--------------|---------------------------------|---------------------------------|
| <b>M</b>                 | <b>F</b>                 |              | 50 M                            | 100 M                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Backstroke   | <input type="checkbox"/> (6531) | <input type="checkbox"/> (6532) |
| <input type="checkbox"/> | <input type="checkbox"/> | Breaststroke | <input type="checkbox"/> (6533) | <input type="checkbox"/> (6534) |
| <input type="checkbox"/> | <input type="checkbox"/> | Butterfly    | <input type="checkbox"/> (6535) | <input type="checkbox"/> (6536) |
| <input type="checkbox"/> | <input type="checkbox"/> | Free Style   | <input type="checkbox"/> (6537) | <input type="checkbox"/> (6538) |
| <input type="checkbox"/> | <input type="checkbox"/> | Indiv Medley |                                 | <input type="checkbox"/> (6539) |

**Basketball:**

- Foul Shot (6529)
- 3 on 3 (6530)  
Team Name: \_\_\_\_\_

**Fun Games:**

- Crazy Clothes (6506)
- Marshmallow Mystery (6507)
- Water Balloon Toss (6508)
- Bike Scavenger Hunt (6509)
- Putt-Putt (6510)
- Kayaking (6511)
- Softball Throw (6512)
- Earth Ball Bowling (6513)
- Frisbee Games (6514)
- Flying Flamingo Toss (6515)

**Track (Max. 3 events):**

**M F**

- 100-M Dash (6546)
- 200-M Dash (6547)
- 400-M Dash (6548)
- 800-M Run (6549)
- 1-Mile Run (6540)
- 1-Mile Relay (6541)  
Team Members: \_\_\_\_\_

**Field (Max. 3 events)**

- Shot Put (6542)
- Discus (6543)
- Standing Long Jump (6544)
- Running Long Jump (6518)
- High Jump (6519)

**IMPORTANT:** Please fill out the reverse side of this form and return to: **Lake Metroparks Registration Dept.**  
11189 Spear Road, Concord Twp., OH 44077, ATTN: Northcoast Senior Olympics.





  
*Over The Hill Track Club*  
[www.othtc.org](http://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

44060+4470 55

