President's Message...

The North Coast Invitational on May 19th was successful and fun, based on participant reactions and in spite of the arctic conditions! Several records were set and this is only the beginning of the season! (Results are posted on the website.) Just imagine what the results of the Cleveland Track Classic on July 6th will be with true summer weather!

This year's North Coast Invitational went as well as it did due to the dedication of many club members. Thank you to all for stepping up and contributing! Our club did a great job with a new venue, cold conditions and a few surprises like a non-working P/A system! We also had some good luck with using high school kids, looking for community service hours, to assist with the meet. With a little luck, we'll find even more non-club volunteers and use club members in supervisory roles.

Now we get to do it all over again! There were several key lessons learned from the North Coast Invitational that we will use to our advantage for the Cleveland Track Classic. An organizational session will be held at my home on Sunday, June 23rd @ 2:00pm. Hope to see everyone there!

JUNE 23rd – Track Classic Informational Session!

Cleveland Track Classic Info Meeting

Sunday, June 23rd @ 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!

Cleveland Track Classic, Saturday, 7/6

We are less than a month away from the Cleveland Track Classic on Saturday, 7/6 in Brecksville! This will be a great meet with friends old & new! I'm looking forward to seeing everyone there - there may even be some new club and world records set!

*******************************************

Do you need more Speed?

Speed Clinic to be given by former NFL & CFL player Steven Bunn

Friday, July 5th @ 7:00 pm – Brecksville Track

Steven Bunn, a former professional football player and top-ranked masters sprinter (6.43 55M) will be discussing the latest in neuromuscular research on periodization and plyometric training. He will then demonstrate how these ideas practically apply to master's athletes. Whether you're a sprinter, a distance runner looking for a little more kick, or a throws athlete looking for more explosiveness, this session will improve your understanding of unleashing your innate speed! Be prepared to learn by participating!

JUNE 6TH –CLEVELAND TRACK CLASSIC!!!

In This Issue

- Cleveland Track Classic is coming on 7/6!
- Information session on June 23rd!
- Speed clinic by Steven Bunn – July 5th @7:00 pm
- Fred Hirsimaki, p. 18, June National Masters News!
**OTHTC in the National Masters News**

Hey did you happen to see another handsome member of the OTHTC on page 18 of the National Masters News? Yes, that’s Fred Hirsimaki and he’s proudly wearing the club colors! He is the 2002 National Masters Indoor Heptathlon Champion for his age group!

**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

◆

**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**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Bob Walters</td>
</tr>
<tr>
<td>VPs Programs</td>
<td>Bob Thomas</td>
</tr>
<tr>
<td></td>
<td>Paul Williams</td>
</tr>
<tr>
<td></td>
<td>Al Wilson</td>
</tr>
<tr>
<td>VP Communications</td>
<td>Larry Maniccia</td>
</tr>
<tr>
<td>Secretary</td>
<td>Rex Harvey</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Jeff Gerson</td>
</tr>
</tbody>
</table>

**Coordinators**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women (all)</td>
<td>Essie Kea</td>
<td>216.383.1511</td>
</tr>
<tr>
<td>Men (open)</td>
<td>Larry Maniccia</td>
<td>440.237.6714</td>
</tr>
<tr>
<td>Men 30-39</td>
<td>Bob Walters</td>
<td>440.526.5635</td>
</tr>
<tr>
<td>Men 40-49</td>
<td>Bob Thomas</td>
<td>440.899.3599</td>
</tr>
<tr>
<td></td>
<td>Rodney Wilson</td>
<td>517.646.8742</td>
</tr>
<tr>
<td>Men 50-59</td>
<td>Jeff Gerson</td>
<td>440.473.0636</td>
</tr>
<tr>
<td>Men 60-69</td>
<td>Grover Coats</td>
<td>216.464.3865</td>
</tr>
<tr>
<td>Men 70+</td>
<td>Everett Poe</td>
<td>216.991.8524</td>
</tr>
<tr>
<td>Seniors</td>
<td>Chuck Wiedman</td>
<td>440.838.8362</td>
</tr>
<tr>
<td>Weight</td>
<td>Allen Ray</td>
<td>216.226.3481</td>
</tr>
<tr>
<td>Events</td>
<td>Christa Younglas</td>
<td>330.425.7178</td>
</tr>
<tr>
<td>Multi Events</td>
<td>Rex Harvey</td>
<td>440.954.8122</td>
</tr>
<tr>
<td>Out-of-State</td>
<td>Lawrence Finley</td>
<td>859.236.2042</td>
</tr>
<tr>
<td></td>
<td>Rodney Wilson</td>
<td>517.353.0971</td>
</tr>
<tr>
<td>Race Walking</td>
<td>Gunter Sprockhoff</td>
<td>440.582.0144</td>
</tr>
<tr>
<td></td>
<td>Joyce Prohaska</td>
<td>216.521.7966</td>
</tr>
<tr>
<td>Road Racing</td>
<td>Joanne Siegel</td>
<td>216.397.0260</td>
</tr>
</tbody>
</table>
2002 Meet Schedule

Outdoor Meets

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 19</td>
<td>Slippery Rock All Comers</td>
<td>Slippery Rock, PA</td>
</tr>
<tr>
<td>Jun 19</td>
<td>Maple Leaf TC Mini Meet</td>
<td>Chardon H.S.</td>
</tr>
<tr>
<td>Jun 22</td>
<td>S.E. Ohio Seniors</td>
<td>Athens, OH</td>
</tr>
<tr>
<td>Jun 26</td>
<td>Maple Leaf TC Mini Meet</td>
<td>Chardon H.S.</td>
</tr>
<tr>
<td>Jul 6</td>
<td>Cleveland Track Classic</td>
<td>Broadview Hts., OH</td>
</tr>
<tr>
<td>Jul 6</td>
<td>Dayton Track Classic</td>
<td>Dayton, OH</td>
</tr>
<tr>
<td>Jul 10</td>
<td>Maple Leaf TC Mini Meet</td>
<td>Chardon H.S.</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</td>
<td>Kent, OH</td>
</tr>
<tr>
<td>Sept 29</td>
<td>Cross Country Classic</td>
<td>Hunting Valley, OH</td>
</tr>
</tbody>
</table>

Information on the Maple Leaf TC mini meets can be found at [www.mcllcilc.runnings.com](http://www.mcllcilc.runnings.com) or you may contact Mark at 440-285-5029.

2002 Camps / Clinics

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jul 28-Aug 1</td>
<td>Cross Country Camp</td>
<td>Slippery Rock, PA</td>
</tr>
</tbody>
</table>
**ACTIVE ATHLETES!**
This page is dedicated to club members who pursue their athletic goals with vigor!

<table>
<thead>
<tr>
<th>Chuck Wiedman (M70-74)</th>
<th>Joyce Prohaska</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tri-County Seniors</td>
<td></td>
</tr>
<tr>
<td>SP - 28’ 8” - 1st</td>
<td>Big Sur 21.2 mile Powerwalk – 4/28/02</td>
</tr>
<tr>
<td>Discus – 74’ 9” - 1st</td>
<td>4:20:28 - 24th overall</td>
</tr>
<tr>
<td>Javelin - 71’ - 1st</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tri-County Sr Olympics U. of Akron – 5/13/02</td>
</tr>
<tr>
<td></td>
<td>1500m RW - 9:30.0 - 1st</td>
</tr>
<tr>
<td></td>
<td>5000m RW - 33:24 - 1st</td>
</tr>
<tr>
<td>Cincinnati Seniors</td>
<td></td>
</tr>
<tr>
<td>SP – 31’ 9” – 3rd</td>
<td></td>
</tr>
<tr>
<td>Javelin – 70’ 5” – 2nd</td>
<td></td>
</tr>
<tr>
<td>SLJ – 6’ 6” – 2nd</td>
<td></td>
</tr>
<tr>
<td>LJ – 10’ 3” – 4th</td>
<td></td>
</tr>
<tr>
<td>Discus – 84’ 5” – 3rd</td>
<td></td>
</tr>
<tr>
<td>HJ – 4’ – 2nd</td>
<td></td>
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<tr>
<td>Hall of Fame Sr. Olympics</td>
<td></td>
</tr>
<tr>
<td>Discus- 98’1” - 3rd</td>
<td></td>
</tr>
<tr>
<td>SP- 28’9” - 3rd</td>
<td></td>
</tr>
<tr>
<td>HJ- 4’ - 3rd</td>
<td></td>
</tr>
<tr>
<td>Javelin - 78’9” - 3rd</td>
<td></td>
</tr>
<tr>
<td>LJ - 9’7” - 3rd</td>
<td></td>
</tr>
<tr>
<td>PV - 6’ - 1st</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Jeff Gerson</th>
<th>Run for Shelter – 5K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lake Erie Indoor Championship</td>
<td>Bob Thomas M46-50 – 18:31 – 1st</td>
</tr>
<tr>
<td>200m – 32.51</td>
<td>Cathi Gerson W51-55 – 28:09 – 1st</td>
</tr>
<tr>
<td>800m – 2:45.23</td>
<td>Joyce Prohaska W51-55 – 32:53 – 2nd</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Christa Younglas</th>
<th>Christa Younglas cont.</th>
</tr>
</thead>
<tbody>
<tr>
<td>USATF Indoor at Findlay University - 2/24/02</td>
<td>Kent State High School Open - 3/9/02</td>
</tr>
<tr>
<td>Womens Open Shot Put 32’ 11” 2nd</td>
<td>High School Shot Put Womens 33’ 4”</td>
</tr>
<tr>
<td>Womens Open Weight Throw 25’ 2” 3rd</td>
<td>8th out of 45</td>
</tr>
<tr>
<td>Slippery Rock Open - 3/3/02</td>
<td>Lake Erie Indoor @ Baldwin Wallace - 3/16/02</td>
</tr>
<tr>
<td>Womens Open Shot Put 32’ 6” 1st</td>
<td>Womens Open Shot Put 32’ 6” 1st</td>
</tr>
</tbody>
</table>

Joyce Prohaska
Big Sur 21.2 mile Powerwalk – 4/28/02
4:20:28 - 24th overall

Joyce Prohaska
Tri-County Sr Olympics U. of Akron – 5/13/02
1500m RW - 9:30.0 - 1st
5000m RW - 33:24 - 1st

Joyce Prohaska
North Coast Invitational – 5/19/02
3000m RW - 18:50 - 1st
Over The Hill Track Club

www.othtle.org

Presents

CLEVELAND TRACK CLASSIC

Saturday, July 6th, 2002

USATF Sanctioned, USATF rules apply.

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: 177S to Wallings Rd. (exit 151); Left on Wallings; First Right on Mill; Follow school signs

From Akron: 177N to Wallings Rd. (exit 151); Right on Mill; Follow school signs

ENTRY FEES: $6 per event, $12 per relay, if pre-regist. By 6/29. $8 per event, $16 per relay, after 6/29 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
13245 Spruce Run Dr.
Apt. 102
North Royalton, OH 44133

DIVISIONS:

0-8, 9-10, 11-12, 13-14, 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, ..., 95-99, 100+

ORDER OF EVENTS:

9:00

3000m run

8:00

Hammer (18 and over)

3000m race walk

8:30

Weight Throws (18 and over)

Intermediate hurdles

6:00

Shot Put

100m

9:00

High Jump

4x800 relay

6:30

Standing Long Jump

3000m race walk

8:30

Long Jump

100m

9:30

Discus (14 and over)

200m

10:00

Triple Jump

4x100 relay

10:30

Javelin (18 and over)

800m

12:00


AWARDS:

Medals for 1st, 2nd, 3rd

MVP Plaques for Men & Women in Youth, Open & Masters divisions

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

NEXT MEET: Cross Country Classic

Sunday, September 29th, 2002 – University School @ 11:00 am

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 Brecksville-Broadview Heights 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 healthy and sufficiently trained to complete in this meet.

SIGNATURE: (By athlete or coach/parent for minor athlete): ________________________________
USA TRACK & FIELD
2002 THREE RIVERS ASSOCIATION CHAMPIONSHIP MEET
SLIPPERY ROCK UNIVERSITY
OPEN and MASTERS – June 30, 2002

DATE: June 30, 2002 – 7 00 AM registration - events (Hammer) begin at 9 30 AM
PLACE: Slippery Rock University

SPONSOR: USATF Three Rivers Association
SANCTION: USA Track & Field – MEMBERSHIP REQUIRED

Open and Masters may purchase memberships day of meet - A 2002 USATF membership can also be obtained prior to or at the beginning of the track season. Online at http://www.usatf-threerivers.org or contact Cindy Long (724) 941-5639

MEET ENTRY FEE: $5.00 PER INDIVIDUAL

Day of meet registrations accepted for Open & Masters competitions only
Send advance Open & Masters entries to: Mark Schwartz, 540 N Sheridan Ave, Pittsburgh, PA 15206, phone - 412-362-5511

PROOF OF AGE MAY BE REQUIRED: (unless you have a USATF Membership Card with date of birth verified). A valid drivers license can be used for age verification.

MASTERS & OPEN ORDER OF EVENTS
Events include Male and Female, Open & Masters Athletes unless designated otherwise below. Field event order subject to change

PLEASE NOTE THAT OPEN & MASTERS POLE VAULT WILL BE ON SUNDAY, JUNE 30

Sunday, June 30
5000 Meter 2000M, 3000M 400 Meter
100 Meter Trials Steeplechase 4x800 Meter Relay
5000M/5000M Race Walk 80, 110 Hurdles OM MM High Jump
800 Meter Finals 80, 100 Hurdles OW MW
400 Meter 4x400 Meter Relay
100, 400 Meter Hurdles 200 Meter Finals
1500 Meter Long Jump

ADVANCEMENT QUALIFICATIONS:
All Open athletes are eligible to compete in the East Region Track and Field Championships. The East Region Championship is scheduled for July, 2002 at Connecticut College – New London, CT. For further Association or Region Championship information contact Mark Schwartz.

OPEN & MASTERS ENTRY FORM

Name
Address
City/Zip
Date of Birth / Age
Gender: Male / Female (circle one)
Division: Open / Master (circle one)
2002 USATF Memb #

Club

Please indicate your events:

100M Dash 800M Run Steeplechase 80M Hurdles 400M Hurdles
200M Dash 1500M Run 3000M RW 110M Hurdles 4x100M Relay
400M Dash 5000M Run 5000M RW 300M Hurdles 4x400M Relay
Long Jump Triple Jump High Jump Pole Vault 4x800M Relay
Shot Put Discus Javelin Hammer

consideration of my being accepted for participation in the 2002 Three Rivers Association Championship Meet I intend to be legally bound for myself, my heirs, executors, and administrators, waive and forever discharge any and all rights and claims for damages which may hereafter occur in me against USA Track & Field, Three Rivers Athletic Association, and Slippery Rock University or their officers, agents, representatives, successors, and assigns for any and all damages which may be sustained or suffered by me in connection with or entry in, or arising out of my participation in and returning from said competition. I further attest that I am physically fit for the competition, in event(s) I have listed above.

Athlete Signature: ___________________________ Date: ______________ Phone: ___________________________

(include area code)
Southeast Ohio Senior Olympics
Official Entry Form
June 21-22, 2002

Name _____________________________ Birth date ______________________
Address___________________________ City/ZIP ______________________
Telephone: Home( ) ______________ Business ( ) __________________

Liability Waiver (must be signed)
I, the undersigned participant in the Southeast Ohio Senior Olympics, hereby agree to indemnify and hold harmless the Civitan Club of Athens, the City of Athens, and Ohio University, here and after sometimes referred to as sponsors, their agents, employees, representatives and assigns from any and all actions, causes of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of any injury arising out of my participation in the Southeast Ohio 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 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 restrictions 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 my physician prior to my preparation in regard to my participation in the Senior Olympics. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate any unrecognized physical cardio-vascular disorder that I may have, thereby resulting in serious or life threatening physical harm to me. The Athens Civitan Club or its agents have my permission to have a physician treat me if needed during my participation in the events of the Senior Olympics.

Signature_________________________
Date _______________________________

Whom to contact in case of emergency:
Name ________________________ Phone ( ) ______________________
Physician_____________________ Phone ( ) ______________________

Fees: (Check as appropriate)
Registration (T-shirts to first 90 registrants): $12.00(mail)* _____ $14.00 (on site)_____
Bowling Fee: 4.00 _____
Pool: 2.00 _____
Optional contribution _____

Total: _____

Make checks payable to: Athens Civitan Club. Mail to Southeast Ohio Senior Olympics, P.O. Box 2332, Athens, OH 45701-5132

* N.B. Mailed registration forms must be post-marked by June 12 (June 10 for Chair Volleyball). Do not mail an forms after that date. You may register in person on June 21-22 (except for Chair Volleyball)

Complete both sides of this form.
Events: Southeast Ohio Senior Olympics

Name ______________________ Male

1 ___ Basketball-around the world
2 ___ Basketball-free throw
3 ___ Bowling ($4 fee)
5 ___ Football Throw-accuracy
6 ___ Football Throw-distance
8 ___ Horseshoes
9 ___ One Mile Walk
10 ___ Pool (8 ball, $2 fee)
13 ___ Softball Throw-accuracy
14 ___ Softball Throw-distance
15 ___ Table Tennis Singles
16 ___ Table Tennis Doubles **

**Partner(s) ______________________

Please note that there are no mixed doubles.

Female__ Age (on 06/21/02)_____ 

17 ___ Tennis Singles
18 ___ Tennis Doubles **
19 ___ Beer Box Stack (open event)

Track and Field Events

31 ___ 50 meter dash
32 ___ 100 meter run
33 ___ 200 meter run
34 ___ 400 meter run
35 ___ 800 meter run
36 ___ 1500 meter run
37 ___ Running Long Jump
38 ___ Standing Long Jump
39 ___ Discus
40 ___ Shot Put
41 ___ Chair Volleyball
   (team name)____________________

Southeast Ohio Senior Olympics
PO Box 2332
Athens, Ohio 45701-5132

CHUCK WIEDMAY
2250 WINE SAP CT
BROADVIEW HTS OH 44147