



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 1, Issue 6

June 2002

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!

JULY 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!*

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 you innate speed! Be prepared to learn by participating!

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

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	517.646.8742
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 Meet Schedule

Outdoor Meets

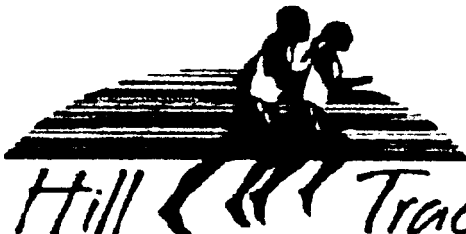
<u>Date</u>	<u>Venue</u>	<u>Location</u>
Jun 19	Slippery Rock All Comers	Slippery Rock, PA
Jun 19	Maple Leaf TC Mini Meet	Chardon H.S.
Jun 22	S.E. Ohio Seniors	Athens, OH
Jun 26	Maple Leaf TC Mini Meet	Chardon H.S.
Jul 6	Cleveland Track Classic	Broadview Hts., OH
Jul 6	Dayton Track Classic	Dayton, OH
Jul 10	Maple Leaf TC Mini Meet	Chardon H.S.
Jul 27	State Seniors Meet	Columbus, OH
Sept 21	Norm Bower	Kent, OH
Sept 29	Cross Country Classic	Hunting Valley, OH

Information on the Maple Leaf TC mini meets can be found at www.achillesrunning.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.

<u>Date</u>	<u>Venue</u>	<u>Location</u>
Jul 28-Aug 1	Cross Country Camp	Slippery Rock, PA



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ACTIVE ATHLETES!

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

<p><u>Chuck Wiedman (M70-74)</u> Tri-County Seniors SP - 28' 8" - 1st Discus - 74' 9" - 1st Javelin - 71' - 1st</p> <p>Cincinnati Seniors SP - 31' 9" - 3rd Javelin - 70' 5" - 2nd SLJ - 6' 6" - 2nd LJ - 10' 3" - 4th Discus - 84' 5" - 3rd HJ - 4' - 2nd</p> <p>Hall of Fame Sr. Olympics Discus- 98'1" - 3rd SP- 28'9" - 3rd HJ- 4' - 3rd Javelin - 78'9" - 3rd LJ - 9'7" - 3rd PV - 6' - 1st</p>	<p><u>Joyce Prohaska</u> Big Sur 21.2 mile Powerwalk - 4/28/02 4:20:28 - 24th overall</p> <p>Tri-County Sr Olympics U. of Akron - 5/13/02 1500m RW - 9:30.0 - 1st 5000m RW - 33:24 - 1st</p> <p>North Coast Invitational - 5/19/02 3000m RW - 18:50 - 1st</p>
<p><u>Jeff Gerson</u> Lake Erie Indoor Championship 200m - 32.51 800m - 2:45.23</p>	<p><u>Run for Shelter - 5K</u> Bob Thomas M46-50 - 18:31 - 1st Cathi Gerson W51-55 - 28:09 - 1st Joyce Prohaska W51-55 - 32:53 - 2nd</p>
<p><u>Christa Younglas</u> USATF Indoor at Findlay University - 2/24/02 Womens Open Shot Put 32' 11" 2nd Womens Open Weight Throw 25' 2" 3rd</p> <p>Slippery Rock Open - 3/3/02 Womens Open Shot Put 32' 6" 1st</p>	<p><u>Christa Younglas cont.</u> Kent State High School Open - 3/9/02 High School Shot Put Womens 33' 4" 8th out of 45</p> <p>Lake Erie Indoor @ Baldwin Wallace - 3/16/02 Womens Open Shot Put 32' 6" 1st</p>



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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: 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 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)
		High hurdles		
		100m		
		4x800 relay		
		3000m race walk	8.30	Weight Throws (18 and over)
		Intermediate hurdles		
		60m	9:00	Shot Put
		1500m		High Jump
		400m		Pole Vault (14 and over)
		4x100 relay		
		800m	10:00	Long Jump
		200m		Standing Long Jump
		4 x 400 relay	10:30	Triple Jump
				Discus (14 and over)
			12:00	Javelin (18 and over)

AWARDS:	Medals for 1 st -2 nd -3 rd	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 7:30 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	Triple Jump
100 Meter Trials	Steeplechase	4x800 Meter Relay	High Jump
3000M/5000M Race Walk	80, 110 Hurdles OM MM	200 Meter Trials	Pole Vault
100 Meter Finals	80, 100 Hurdles OW MW	4x400 Meter Relay	Hammer
500 Meter	4x100 Meter Relay	200 Meter Finals	Shot Put
500, 400 Meter Hurdles	1500 Meter	Long Jump	Javelin
			Discus

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) Club _____ 2002 USATF Memb # _____
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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 _____	

In 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, administrators, waive and forever discharge any and all rights and claims for damages which may hereafter occur to me against USA Track & Field, Three Rivers Athletic Association, and Slippery Rock University 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 or entry in, or arising out of my travel to, participating in and returning from said competition. I further attest that I am physically fit for the competition in the 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 _____
Address _____
Telephone: Home () _____

Birth date _____
City/ZIP _____
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 _____ Female _____ Age (on 06/21/02) _____

- 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 **

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

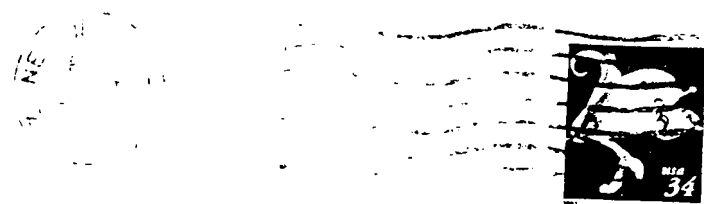
Track and Field Events

- 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) _____

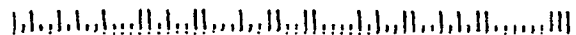
**Partner(s) _____
 Please note that there are no mixed
 doubles.



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



CHUCK WIEDMAN
 2250 WINESAP CT
 BROADVIEW HTS OH 44147




Over The Hill Track Club
www.othtc.org
c/o Larry Maniccia
13245 Spruce Run Dr
North Royalton, OH 44133



Rex Harvey
6744 Connecticut Colony Crl.
Mentor, OH 44060

44060+4470 55

