

Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 1, Issue 7

July 2002

President's Message...

Well the summer track season is finally upon us and there are only seven more weeks to the outdoor nationals in Orono! Remember the entry deadline for Orono is July 17th and the entry deadline for the World Masters Championships in Australia is Friday, July 5th!

There are some mini meets in Chardon that will prove to be useful in gauging one's training. Please make use of them.

The night before the Cleveland Track Classic, there will be a speed clinic given by Steven Bunn. He can be a tremendous resource to round out one's preparation routine and maximize training time! Please plan on attending!

Finally, the Cleveland Track Classic will be held on Saturday, July 6th. I hope to see many members competing and volunteering! If the North Coast was any indication, we'll have a successful meet due to the diligence of our committed members!

JULY 6TH -CLEVELAND TRACK CLASSIC!!!

In This Issue

- *Cleveland Track Classic is coming on 7/6!*
- *Speed clinic by Steven Bunn - July 5th @ 7:00 pm*

Cleveland Track Classic, Saturday, 7/6

The Cleveland Track Classic will be held 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!

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.oths.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

Senior Scene

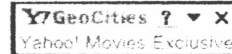
2002 is the qualifying year for the 2003 National Senior Games. In order to compete at Nationals it is necessary to qualify at the State level. By participating in any regional Senior Olympics you will automatically be eligible to compete at the Ohio Senior Games in Columbus. The State organizing committee will send you a registration packet by mail. If you do not participate in any regional, you can call the state organizers at 614-645-3320 to request a registration packet.

Hampton Roads, Virginia is the host community of the 2003 Summer National Senior Games. More about the host site in future newsletters.

At the State Meet, 1st and 2nd place finishers will be eligible for the Nationals. In addition, anyone matching or exceeding the minimum performance standards (MPS) will also qualify. Minimum performance standards can be found in the attached chart below.

Please refer to the newsletter for dates, locations, and entry forms for the Regional Meets. If you do not have contact numbers, call Chuck Wiedman, Seniors Coordinator, at 838-8362 or e-mail to C. Wiedman@worldnet.att.net. Regional Meets are located in Cincinnati, Athens, Toledo, Youngstown, Dayton, Columbus, Akron, Canton, and Lake County.

Minimum Performance Standards



Minimums Are Based On Previous NSGA Results

Road Race						Race Walk					
Men	5k	10k	Women	5k	10k	Men	1500m	5000m	Women	1500m	5000m
50-54	19:10	43:30	50-54	26:45	55:00	50-54	8:25	30:30	50-54	9:55	35:35
55-59	19:23	45:06	55-59	27:02	58:42	55-59	8:43	31:21	55-59	10:12	36:13
60-64	21:22	46:29	60-64	27:21	59:05	60-64	9:00	32:15	60-64	10:21	37:05
65-69	22:07	49:45	65-69	28:09	59:33	65-69	9:34	34:14	65-69	10:51	37:56
70-74	23:42	53:22	70-74	33:27	1:10:40	70-74	10:06	36:48	70-74	11:26	42:26
75-79	28:70	1:08:23	75-79	40:51	1:40:00	75-79	11:42	39:10	75-79	13:46	44:17
80-84	42:34	1:37:00	80-84	46:58	1:50:00	80-84	13:24	46:39	80-84	14:08	48:44
85-89	42:90	1:45:20	85-89	53:50	1:50:00	85-89	16:21	53:10	85-89	18:16	55:30
90-	42:90	1:45:20	90-	57:30	1:50:00	90-	17:19	53:10	90-	18:16	55:30

Track and Field

Men	100M	200M	400M	800M	Long Shot			High		Pole	
					1500M	Jump	Put	discus	Jump	Javelin	Vault
50-54	14:10	29:20	1:06:20	2:36:00	5:22:00	14'06"	36'02"	11'9"7	4'04"	115'02"	7'09"
55-59	14:20	29:40	1:06:40	2:36:40	5:24:20	14'03"	35'03"	11'6"5	4'02"	110'07"	7'06"
60-64	14:40	29:80	1:07:80	2:40:20	5:42:50	13'11"	34'08"	115'03	4'01"	108'00"	7'03"
65-69	14:70	30:90	1:11:20	2:50:40	6:03:80	13'02"	34'06"	109'04	4'00"	106'00"	7'00"
70-74	16:00	33:50	1:17:00	3:05:20	6:58:00	11'02"	34'00"	102'08	3'08"	96'00"	6'00"
75-79	16:90	37:00	1:31:40	3:44:00	7:58:00	9'07"	28'11"	86'08	3'03"	73'10"	4'02"
80-84	22:13	47:50	2:06:50	5:31:10	12:05:00	7'01"	22'03"	67'00	2'10"	58'05"	3'00"
85-89	36:94	1:02:80	3:10:30	6:44:80	16:05:00	4'06"	19'07"	46'00	2'02"	38'06"	2'10"
90-	57:68	1:03:00	3:30:00	7:00:20	16:05:00	3'11"	11'08"	38'00	2'02"	22'04"	2'10"

Women	100M	200M	400M	800M	Long Shot			High		Pole	
					1500M	Jump	Put	discus	Jump	Javelin	Vault
50-54	17:50	38:20	1:30:70	3:31:50	7:00:00	9'06"	27'00"	64'00"	3'06"	65'08"	4'00"
55-59	17:90	38:70	1:31:50	3:32:10	7:03:00	9'04"	24'09"	60'10"	3'00"	64'02"	4'00"
60-64	18:30	38:80	1:35:10	3:40:80	7:17:00	9'01"	24'00"	57'06"	2'10"	62'08"	4'00"
65-69	19:10	41:70	1:42:00	3:50:00	7:55:00	9'00"	21'08"	55'08"	2'08"	58'02"	4'00"
70-74	20:60	44:60	1:54:20	4:29:80	9:10:00	6'06"	19'10"	50'11"	2'05"	50'05"	4'00"
75-79	23:10	54:30	2:21:50	5:02:30	15:09:70	5'07"	17'08"	43'04"	2'05"	44'10"	4'00"
80-84	28:00	1:14:80	4:14:10	6:11:80	15:20:70	3'05"	13'05"	37'00"	2'02"	22'00"	3'00"
85-89	44:24	1:46:70	4:17:00	9:30:00	16:30:00	2'06"	7'00"	10'04"	1'10"	14'10"	2'10"
90-	44:20	1:46:70	4:21:80	9:30:00	16:30:00	2'06"	7'00"	10'04"	1'10"	14'10"	2'10"



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2002 Schedule

Outdoor Meets

<u>Date</u>	<u>Venue</u>	<u>Location</u>
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 13	Saucony XC Series	Pittsburgh, PA
Jul 27	State Seniors Meet	Columbus, OH
Jul 28	Gold Medal Camp 8K	California, PA
Aug 10	Saucony XC Series	Pittsburgh, PA
Aug 17	Glass City Track Classic	Toledo, 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



National Games & Events

NATIONAL SENIOR GAMES INFO.

Track & Field Rules

100-, 200-, 400-, 800-, 1,500-Meter; Discus, High Jump, Javelin, Long Jump, Shot Put, Pole Vault



Proud Sponsor of the NSGA

QUALIFYING RULES

Not a member yet?

1 All first- and second-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at 2000 NSGA qualifying state games will qualify for the 2001 Summer National Senior Games

2 Athletes who reside in a state that does not offer a pole vault event may qualify for pole vault by meeting the "limited" event qualifying criteria in Rule D

ENTRY REGULATIONS

1 Up to 1/4-inch spikes will be allowed and must be provided by the athlete

2 The Local Organizing Committee shall provide certified implements for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the Track & Field Committee. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to marking, impounding, etc. Athletes must provide their own vaulting poles

FORMAT

1 For field events, if there are more than 12 athletes in any age division, a qualifying round may be held

2 For track events, the number of heats will be determined based on the number of entries

3 The 1,500-meter will be a timed final event

SPORT RULES

1 This meet will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write or call

USA Track & Field



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ATHLETES in the News...

- Everett Hosack (M100-104) was recognized by Sports Illustrated for his accomplishments at the 2002 Indoor Nationals in Boston (article below).



Everett Hosack, CHAGRIN FALLS, OHIO

Track and Field

Hosack, 100, a retired railroad worker, set seven records at the National Masters Indoor Championships. He broke world marks for his age division in the 60-meter (27.29), shot put (3.52 meters) and super weight (2.21 meters). Hosack also had a heave of 5.10 meters in the weight throw, a U.S. record.

- Everett Hosack (M100-104) set a new world record in the 100m dash while participating at the Penn Relays. Everett's time was 43.00, eclipsing the old record by 15 seconds!
- Fred Hirsimaki was inducted into the Ohio Senior Citizens Hall of Fame back in May of this year. Fred was recognized for his actions both on and off the track in a ceremony that was held at the Statehouse Atrium in downtown Columbus, Ohio.

Have you been "In the NEWS" lately? If so, please forward the information to Larry Maniccia so it can be included in a future newsletter.

GLASS CITY TRACK CLASSIC

Saturday, August 17, 2002

Hosted by The TOLEDO ALIVE TRACK CLUB

REGISTRATION: 8 - 10 AM FIELD EVENTS START AT 8:00 TRACK EVENTS START AT 10:00

PLACE: TOLEDO CENTRAL CATHOLIC H.S., 2550 CHERRY STREET, TOLEDO, OHIO, 43608

USATF RULES APPLY FIELD EVENT ATHLETES NEED TO BRING THEIR OWN IMPLIMENTS

ENTRY FEES: \$7 FIRST EVENT, \$3 EACH ADDITIONAL EVENT, \$14 PER RELAY

ADD \$2 PER EVENT IF NOT REGISTERED BY August 10, 2002

CONTACTS: KIMM WILLIAMS - 419-944-6434 / JIM PETINIOT - 419-382-7685

DIVISIONS: 29-under, 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 (RELAYS IN 10 YEAR AGE DIVISIONS)

ORDER OF EVENTS:

3000m	Long Jump
Short Hurdles	Pole Vault
4x100 Relay	Hammer
800m	Shot Put
100m	Discus
Long Hurdles	High Jump
3000m Race Walk	Javelin
60m	
400m	
1500m	
200m	
Sprint Medley (100-100-200-400)	

TROPHIES, 1st Place; MEDALS, 2nd & 3rd Place

Entry Fees Must Accompany Entry Forms

Pre-Registration Is Encouraged

NO REFUNDS

Make Checks Payable To: TOLEDO ALIVE TRACK CLUB
C/O 1889 Princeton Drive
Toledo, Ohio 43614

----- CUT HERE -----

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Last Name _____ First Name _____ Age _____ Sex M F _____

Address _____ Zip _____

Circle Events: 60m 100m 200m 400m 800m 1500m 3000m 3000mRW 4x100 Relay Short Hurdles _____

Sprint Medley Long Jump High Jump Shot Discus Javelin Hammer Pole Vault Long Hurdles _____

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors or administrators, waive and release for ever any and all claims or damages I may incur against the Toledo Alive Track Club, Toledo Central Catholic High School, the meet directors and all sponsors of the Glass City Track Classic, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from and while participating in the meet held August 17, 2002 at Toledo Central Catholic High School. I certify that I have no physical defects or injuries that would prevent me from competing in this meet.

Signature _____ Date _____



new balance



new balance

EVENT--8K

TIME/DATE/VENUE--3 pm July 28 on California University of Pennsylvania's rolling championship XC course at California, PA.

ENTRY FEE--\$6. Members of the Western Pennsylvania Track Club receive a \$1 discount.

ENTRY DEADLINE--Postmarked by July 20. Mail to Alumni Race, 348 Morris ST, Clymer, PA 15728. Make checks payable to Gold Medal Camp.

AWARDS--Mugs to all finishers.

AGE-GROUPS--9-U, 10-11, 12-13, 14-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

REGISTRATION--2 pm on CUP's tennis courts at the University Farm.

COURSE INSPECTION--1-3 pm.

RACE MANAGEMENT--Gold Medal Camp and the Western Pennsylvania Track Club.

QUESTIONS--Call John Harwick at 724-254-2369.

DEDICATION--Separate automobile accidents caused the deaths of two young distance runners--Seth Burton and Katie DeRosa--that had trained at Gold Medal Camp in 1998 at CUP. Burton, 17, captain of the West Fairmont High (WV) cross country team, died October 14, 1998. DeRosa, 13, about to start her first cross country season at Beall High (MD), died August 15, 1998. Burton captained his Polar Bears to the 1997 West Virginia state cross country championship. DeRosa--in her last race--won the 15-U division of the Greater Clarksburg (WV) Distance Classic 10K.

Please enter me in the Alumni Race. I understand that neither Gold Medal Camp, the Western Pennsylvania Track Club or anyone associated with the race assumes any responsibility for accidents.

Name _____ Age (7/28/02) _____

Address _____ Sex (M/F) _____

City/State/Zip _____ Phone _____

(Signature) _____ (Date) _____

Mail to Alumni Race, 348 Morris ST, Clymer, PA 15728
Make checks payable to Gold Medal Camp.

EVENTS--2K, 4K and 8K.

TIMES--10 am for 2K and 10:15 am for 4K and 8K.

DATES--June 15, July 13 and August 10.

VENUE--Frick Park. Take Exit 9 (Edgewood/Swissvale) from Interstate 376 (22/30). Take South Braddock Avenue to Edgewood, turn left on West Hutchinson Street and turn right on Lancaster Street to the Frick Park parking lot.

ENTRY FEES--Pre-race for series: \$10. Pre-race for one race: \$5. Post-race for series: \$13. Post-race for one race: \$6. Members of the Western Pennsylvania Track Club receive a \$1 discount.

ENTRY DEADLINE--Postmarked by the previous Saturday for pre-race entry. Mail to Saucony XC Series, 348 Morris ST, Clymer, PA 15728. Make check payable to the Western Pennsylvania Track Club.

AWARDS--T-shirts to all that complete series.

AGE-GROUPS--5-U, 6-7, 8-9, 10-11, 12-13, 14-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

REGISTRATION--9 am at Falls Revine Shelter.

COURSE DIRECTIONS--

Out-and-Back 2K: Start in grassy area opposite shelter. Take Tranquil to junction with Homewood, make U-turn and return on Tranquil. Finish on paved path opposite playground.

Keyhole: Start in grassy area opposite shelter. Take Tranquil to its end, turn right (dirt trail becomes paved path), turn right on Hawthorne (back to dirt), turn right on Kensington, turn left (hairpin turn) on Homewood and turn left on Tranquil. Finish on paved path oppoiste playground.

Gutbuster 8K: Complete 4K, but--instead of running to finish line--turn right on Falls Ravine, turn left on Riverview Extension, turn right on Riverview, turn left on paved path, turn left at end of paved path onto narrow trail, turn left on Riverview and repeat loop, then turn right on Riverview, turn left on Riverview Extension and turn right on Falls Ravine. Finish on paved path opposite playground.

Please enter me in the Saucony XC Series. I understand that neither Gold Medal Camp, Saucony, the Western Pennsylvania Track Club or anyone associated with the series assumes any responsibility for accidents.

Name _____ Sex (F/M) _____

Address _____ T-shirt (S/M/L/XL) _____

City/State/Zip _____ Phone _____

(Signature) _____ (Date) _____

Check race dates, and list distance and age: June 15 _____, Distance _____, Age _____
July 13 _____, Distance _____, Age _____
August 10 _____, Distance _____, Age _____

Mail to Saucony XC Series, 348 Morris ST, Clymer, PA 15728
Make check payable to the Western Pennsylvania Track Club.

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