



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 1, Issue 8

August 2002

President's Message...

The Cleveland Track Classic was a HUGE endeavor that showed the OTHTC can still host many competitors! There were 344 athletes competing on a very hot day! A big thanks to all the dedicated volunteers that selflessly made the meet a success!

We have learned quite a bit about running track meets this summer that should benefit the club for years to come. At our annual meeting it will be important to discuss club goals for future meets. For instance: Should we keep the meets as master's only events? Should we keep youth events? How do we spread volunteer opportunities amongst more club members?

If you cannot participate, please remember to support the Norm Bower meet with a donation!

Rodney Wilson is currently spearheading the creation of an OTHTC Hall of Fame and we look forward to an update in next month's newsletter.

Remember to send in your results from Maine!

September 21st – Norm Bower!!!

September 29th – Cross Country Meet!!!

In This Issue

- **6th Annual Norm Bower meet – September 21st!**
- **Annual Cross Country meet – September 29th!**
- **Please send in results from the Outdoor Nationals.**

6th Annual Norm Bower Memorial Weight Pentathlon

Saturday, September 21st

11:00 – 3:00 @ Kent State University

Annual Cross Country Meet

Sunday, September 28th

11:00am @ University School

Speed Clinic given by former NFL & CFL player Steven Bunn

Steven Bunn, a former professional football player and top-ranked masters sprinter (6.43 55M) discussed the latest in neuromuscular research on periodization and plyometric training. He then demonstrated how these ideas practically apply to master's athletes. At the end of the session, participants had the opportunity to discuss individual training needs, including developing a personalized training strategy. Steve's firm, Midwest Speed Enhancement trains high school, collegiate, masters and professional athletes.

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	517.353.0971
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



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ACTIVE ATHLETES!

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

<p><u>Cathi Gerson W50</u> Nick Cirino Memorial 5K 5/5/02 28:05 – 1st</p> <p>Debbie Hudacko Memorial 5 mile 7/7/02 45:05 – 1st</p> <p>Richmond Heights Family Days 5K 7/21/02 27:06 – 2nd</p> <p>Wildcat 5K 7/28/02 28:06 – 1st</p>	<p><u>Chuck Wiedman continued...</u> Lake Erie Association AAU 7/20/02 PV – 6' 00" – 1st HJ – 3' 10" – 1st SP – 34' 7" – 1st Javelin – 92' 8" – 1st Discus – 85' 00" – 1st</p>
<p><u>Chuck Wiedman (M70-74)</u> Glass City Track Classic HJ – 4' 00" – 1st PV – 7' 3" – 1st SP – 32' 1" – 1st Javelin – 73' 6" – 1st Discus – 84' 8" – 1st Hammer – 77' 8" – 1st</p> <p>Ohio Senior Olympics 7/27/02 HJ – 3' 8" – 3rd SP – 32' 11" – 3rd Javelin – 80' 5" – 1st Discus – 89' 1" – 1st</p>	<p><u>Fred Hirsimaki (M75-79)</u> National Masters Decathlon 6/22/02 1st place overall finish – 3rd year in a row!!! 100 – 16.40 LJ – 11' 11 3/4" SP – 30' 8 1/2" HJ – 4' 1 1/2" 400 – 1:33.25 Hurdles – 16.89 DT – 84' 5" PV – 6' 10 3/4" JT – 59' 5" 1500 – 9:39.27</p>

Over the Hill Track Club

Sixth Annual Norm Bower Memorial Weight Pentathlon
Saturday, September 21, 2002
Kent State University, Kent, Ohio 44242
11:00 a.m. to 3:00 p.m.
Tel: 216-226-3481 (Allen Ray)

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue Bower's daughter, born October 31, 1995

Over the Hill Track Club is once again sponsoring a fund-raising weight pentathlon in honor of Norm Bower, who passed away September 12, 1997. Norm Bower was much loved as a friend and a competitor in the weight events. He was joyful, bright, easy going, with a wonderful sense of humor. He supported every thrower who competed in the weights, no matter the skill level. Our track meets and our lives are brighter, more fun because of Norm, and the Club wishes to remember him and his family with this annual weight pentathlon held in his honor.

All meet fees, less awards expenses, and all donations included with meet fees will be contributed to an education fund for Emma Rose Bower, born October 31, 1995, Norm and Sue Bower's daughter, and the sister of Brent Bower.

Date, Time, & Sequence of Events: Saturday, September 21, 2002, 11:00 a.m. to 3:00 p.m. Hammer, shot put, discus, javelin, and weight.

NOTE: In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

Host site: Kent State University, Kent, Ohio 44242; map and written directions available upon request.

Events & Weights by Age: Weight pentathlon (hammer, shot put, discus, javelin, and weight) or individual weight events. See attached "Ages / Implements Specifications" list. For the weight throw, where both WAVA and USATF specifications appear, we will use the WAVA standards, if the appropriate weight implement is available. We will throw by the age groups represented on the list. Some age groups may be combined to fill out flights.

Rules: USATF rules and WAVA implements.

Number of Attempts per Event: 3 for the five-event weight pentathlon; 6 for individual events only.

Awards: Yes

Facilities: Javelin to be thrown from an all-weather surface onto grass; all other throws from concrete surfaces onto a grass playfield.

Other Facilities: Restrooms, no showers.

Refreshments: Soft drinks will be provided gratis to all competitors by OTHTC members; water will also be available.

Fee, Donations, Mailing Information: All meet fees, less awards expenses, and donations included with meet fees will be contributed to the education fund set up in 1997 for Emma Rose Bower. OTHTC encourage all those who are able to donate beyond the entry fee amount. OTHTC also encourages those who are not going to compete to remit a donation for this worthy cause. Note the donation amount on the bottom left-hand memo section of your check. Your check is your receipt. The Bower family will receive a list of the names and addresses of all attendees and contributors, unless donors specify that their gifts be anonymous.

\$15 for the weight pentathlon, and \$5 per event if throwing four or fewer events. No refunds for no-shows. Make out checks to "Over the Hill Track Club."

Mailing Instructions: Mail application with check made out to "Over the Hill Track Club" to: Allen Ray, Over the Hill Track Club, 1618 Woodward Avenue, Lakewood, OH 44107; Tel: 216-226-3481. The deadline for receipt is Saturday, September 13, 2002.

Waiver: Signature required on attached meet application form.

Questions: Call Jeff Gerson, 440-473-0636, or Allen Ray, 216-226-3481.

*The SIXTH Annual
Norm Bower Memorial Weight Pentathlon*

Sponsored by: Over the Hill Track Club
Saturday, September 21, 2002—11:00 a.m. to 3:00 p.m.
Kent State University, Kent, Ohio
Phone: 216-226-3481 (Allen Ray)

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue's daughter, born October 31, 1995

REGISTRATION FORM

Name _____ Gender _____ Phone _____ Fax _____

Address _____ City _____ State _____ Zip _____

Date of birth _____ Your age as of 9/21/02 _____ Your club _____

Events you wish to enter:

Fee: \$15 for the weight pentathlon, and \$5.00 per individual event if throwing four or fewer events. No refunds for no-shows. Make checks payable to Over the Hill Track Club.

_____ Weight pentathlon (hammer, shot, discus, javelin, & weight)

Individual events only: _____ Hammer _____ Shot put _____ Discus _____ Javelin _____ Weight

NOTE: In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

I will not be competing, but I elect to make a donation of \$ _____ (my check is enclosed).

Please bring your own implements. Although we will have a number on hand, we cannot guarantee that we will have all implements for all age groups.

Mail this registration form, along with your fee and/or donation check or money order made payable to "Over the Hill Track Club," for receipt by **September 13, 2002**, to: Allen Ray, 1618 Woodward Ave., Lakewood, OH 44107; Tel: 216-226-3481. ATTN: Sixth Annual Norm Bower Memorial Weight Pentathlon.

Waiver for All Events: In consideration for acceptance of my entry into the OTHTC Sixth Annual Norm Bower Memorial Weight Pentathlon, I do hereby for myself and anyone entitled to act in my behalf, waive and release the Over the Hill Track Club, Cleveland, Ohio, and Kent State University, Kent, Ohio, and all sponsors, their representatives and successors from all claims or liabilities of any and all damages which may be sustained or suffered by me in my connection with entry in, or arising out of my traveling to, participating in, and returning from my participation in this meet.

Athlete's signature: _____ Date: _____

Printed name: _____

Parent or guardian's signature (if athlete is under 18): _____

Printed name: _____

NOTICE: All athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field Regulation 10 and IAAF Rule 55. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. **SOME OVER-THE-COUNTER MEDICATIONS MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USOC HOT LINE AT 800-233-0393.**



CROSS COUNTRY MEET--Sunday, September 29, 2002

TIME: 11:00 am start
COURSE LOCATION: University School 2785 S. O. M. Center Road HUNTING VALLEY, OHIO
5km course is mainly grass. Spikes are permitted.

ENTRY FEE: \$8 per person if pre-registered by 9/13. \$10 per person day of race.
Make checks payable to **OVER THE HILL TRACK CLUB.**

MAIL TO: OVER THE HILL TRACK CLUB
Jeff Gerson
5091 Hickory Dr
Lyndhurst, Ohio 44124

AWARDS: **Trophies to the top 3 in each age group. Gift Certificates. T-Shirts for all.**
Age groups: (Men & Women) 14 and under, Open (15-29), 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99

Team trophies to the top 2 teams
Divisions: (Men & Women) 14 and under, open, 30-39, 40-49, 50+
Note: All teams must have 5 runners to constitute a team. Older runners may move down in age group for team purposes, but individually they will be scored in their own age groups. Please indicate on entry form if you are moving down in team competition.

CONTACT: Jeff Gerson 440-473-0636

OVER THE HILL CROSS COUNTRY MEET ENTRY FORM

TEAM ENTRY - Club _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Runner	Age	Runner	Age	Runner	Age
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

INDIVIDUAL ENTRY

NAME _____ CLUB _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE: (_____) _____ AGE DAY OF RACE: _____ DIVISION: _____ MEN _____ WOMEN

I hereby waive all claims against University School and Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

SIGNATURE: _____ Date _____
(Each runner must sign this waiver) Thank you ~ Good Luck

21TH ANNUAL WOLFPACK THROWING CLASSIC

Columbus, Ohio, September 1, 2002

- DATE:** Sunday, September 1, 2002, 8:00 am **HOST:** Wolfpack Track Club
- SANCTION:** Ohio Association of USATF **MEET REFEREE:** Jim Pearce
- PLACE:** "New" Ohio State University Throwing Facilities on the west side of Fred Taylor Dr between Lane Av and Ackerman Rd just west of the Woody Hayes Facility
- EVENTS:** SP, DT, JT, WT, HT, plus Ohio USATF Open and Masters Weight Pentathlon and 56# Weight Throw.
- RULES:** USATF Rules, USATF Implements, six (6) throws per event. USATF Weight Pentathlon Rules to be followed. USATF Officials directing each event.
- DIVISIONS:** Males and Females - Open, Masters, and Older Youth
- AGE GROUPS:** 13-14, 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, etc
- INDIVIDUAL AWARDS:** One "Five-Thrower" Meet T-Shirt per athlete, regardless of / the number of events entered. USATF Medals for the Weight Pentathlon and 56# Weight Throw will be awarded
- AGE DETERMINATION DATE:** Open and Masters - Sep 1, 2002; Youth - Dec 31, 2002
- OUTSTANDING THROWER AWARD:** A special award will go to an outstanding athlete selected by the Games Committee in consideration of age, gender, implements, event(s), and performance(s). This Buckeye Throwing Award will be announced and given out at next year's meet.
- PREREGISTRATION DEADLINE:** Postmarked or delivered by Wed, Aug 28, 2002.
- LATE REGISTRATION:** Opens at 8:00 am on the day of the meet.
- FEES:** First event \$14.00 (includes T-Shirt); each additional event, add four dollars. The Weight Pentathlon is five events, and the fee is \$30.00
Late Fee: \$3.00 extra per athlete for late registration.
- MEET DIRECTOR:** John White, 4865 Arthur Place, Columbus, OH 43220
Meet Information Day and Evenings: (614) 459 - 2547
- IMPLEMENTS:** Contestants are encouraged to bring their own implements. Wolfpack has many, but not all of the implement weights.
- FACILITIES:** The wt pentathlon javelin is thrown from grass (1/2" spikes are recommended) Other throws are from concrete. Soft drinks/water available but not shade/-chairs/modern toilets. Individual javelin thrown from a runway after 2:00 PM.
- RESULTS:** The results will be mailed to the athletes when available.
- COMMENTS:** Open circle/runway may be used in some cases to speed up the meet. Meet management reserves the right to allow early or late throwing, but we can make no promises to late registrants.

ESTIMATED SCHEDULE OF EVENTS

Wt Pentathlon

Based on Best of First Three Throws

This is our fourth use of these facilities, and thus a better schedule is not known to us. As we see it, we can only conduct one long throw event at a time. The javelin runway and hammer/discus/weight throw cage share the same measuring field. A compact meet thus requires some sacrifice!

Two schedule categories - weight pentathletes (first) and individual events (last).

All events except 56# weight - men first, oldest to youngest; then women, oldest to youngest.

We will combine and compress groups where possible, special schedules are not available!

8:00 am - 10:00 am	Hammer Throw, Weight Pentathlon Hammer Throw, Individuals
9:00 am - 11:00 am	Shot Put, Weight Pentathlon Shot Put, Individuals
9:00 am - 1:00 pm	56# Weight Throw, Open Circle (Shot Put takes precedence over this event; an 11:00 am start may be required; we have to be concerned about safety of officials and athletes)
10:00 am - 12:30 pm	Discus Throw, Weight Pentathlon Discus Throw, Individuals
11:00 am - 1:00 pm	Javelin Throw on grass, Weight Pentathlon Javelin Throw on grass, Individuals (if any)
12:30 pm - 1:00 pm	Break/Lunch for last of officials
1:00 pm - 2:30 pm	Weight Throw, Weight Pentathlon Weight Throw, Individuals
2:30 pm - 3:00 pm	Javelin Throw from a runway, Individuals

WINNERS OF THE BUCKEYE THROWING AWARD

1982	Joe Chadbourne, Over-the-Hill TC	1991	Brett Burkhart, Indianapolis, IN
1983	Dale Gehman, Ohio University		Dave Stebing, Wolfpack TC
1984	Mike Natale, Wolfpack TC	1992	Erwin Grabisna, Columbus, OH
	Beth Bunge, Ohio State Univ	1993	Len Olson, Poyntelle, PA
1985	Ed Hill, Birmingham TC, AL		Norm Bower, Over-the-Hill TC
1986	Bob Richards, Groton, TX	1994	Ray Feick, Philadelphia Masters
	Bernice Holland, Rebel TC	1995	Richard Hotchkiss, WVTC, CA
1987	Gary England, Indianapolis, IN	1996	Everett Hosack, Over-the-Hill TC
	Elmer Shaw, Syracuse Chargers	1997	Jacob Stein, Wolfpack TC
1988	Phil Brusca, St Louis Masters	1998	Carla Greene, Beavercreek, OH
1989	Robert Hartman, Univ Chicago TC	1999	Jenny Hardesty, Miami Univ TC
	Nolan Fowler, Victory AC, KY	2000	Kathryn Craig, Ohio State Univ
1990	Joann Grissom, Club Elite, IN	2001	Mickey Bitsko, Miami Valley TC
	Ham Morningstar, Mich Masters		

CONVENIENT MOTELS (all located 1 - 3 miles from the meet site):

Cross - Country Inn#	3246 Olentangy River Rd	614-267-4646	800-621-1429
Red Roof Inn#	441 Ackerman Rd	614-267-9941	800-THE-ROOF
Super 8#	3232 Olentangy River Rd	614-261-7141	800-528-1234
Days Inn#	3160 Olentangy River Rd	614-261-0523	800-325-2525
University Plaza#	3110 Olentangy River Rd	614-267-7461	800-228-2828
Parke University#	3025 Olentangy River Rd	614-267-1111	
Holiday Inn on Lane	328 W Lane Av (OSU exit)	614-294-4848	800-HOLIDAY

- use Ackerman Rd and North Broadway exits from SR 315 to locate.

ENTRY FORM: TWENTY FIRST ANNUAL WOLFPACK FALL THROWING CLASSIC, 9 / 1 / 02

MAKE CHECKS PAYABLE TO: WOLFPACK TRACK CLUB, JOHN WHITE

MAIL CHECK WITH ENTRY FORM TO: JOHN WHITE [614] 459 - 2547
4865 ARTHUR PL
COLUMBUS, OH 43220

FEES: FIRST EVENT - \$14.00, EACH ADDITIONAL EVENT - \$4.00
WEIGHT PENTATHLON IS FIVE EVENTS - FEE IS \$30 00

LATE FEE: \$3.00 EXTRA PER ATHLETE FOR LATE REGISTRATION

INDIVIDUAL ENTRY FORM - MAIL TO THE MEET DIRECTOR

NAME: _____ GENDER: _____ PHONE: _____

ADDRESS _____

CITY _____ STATE: _____ ZIP CODE: _____

AGE AS OF 9-1-02: _____ CLUB: _____ DATE OF BIRTH: _____

2002 USATF NUMBER: _____
(NEEDED FOR OHIO USATF 56# WT THROW & WEIGHT PENTATHLON)

PLEASE CHECK THE EVENT(S) YOU WISH TO ENTER:

___ SHOT PUT ___ DISCUS THROW ___ JAVELIN THROW
___ 56# WEIGHT* ___ HAMMER THROW* ___ WEIGHT THROW*

* HAMMER AND WEIGHT THROWS FOR OPEN AND MASTERS ATHLETES ONLY

WEIGHT PENTATHLON SCORES WILL BE CALCULATED FOR ALL THOSE ENTERING THE FIVE INDIVIDUAL EVENTS OF THE PENTATHLON.

ATHLETE RELEASE

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I HEREBY FOR MYSELF, AND MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES THAT I MAY HAVE AGAINST WOLFPACK TRACK CLUB, ITS OFFICERS, MEMBERS, AND MEET OFFICIALS FOR ANY AND ALL INJURIES SUFFERED BY ME AT THIS MEET.

I FURTHER ATTEST THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR COMPETITION IN THE EVENTS I AM ENTERING.

SIGNATURE _____ DATE _____

PARENT'S SIGNATURE IS REQUIRED IF THE CONTESTANT IS UNDER 18 YEARS OLD


Over The Hill Track Club
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13245 Spruce Run Dr., Apt. 102
North Royalton, OH 44133

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