

RAY, JEFF

JEFF GERSON IS SENDING YOU
A 2003 USATF REGISTRATION
FORM.

Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

January 2003

Volume 2, Issue 1

President's Message...

The last quarterly meeting of 2002, and Hall of Fame induction ceremony, was a bittersweet affair. One of our inductees, Alfonzo Wilson passed on after a lengthy and valiant fight. Mr. Wilson's Home Going Celebration spoke volumes about a man who dedicated his life to the service of others. He was a valued member of our club, and Hall of Fame inductee, with many years of successful competitions and scores of volunteer hours, in the name of the OTHTC. His spirit will remain with us forever and we are all better for having known him!

Congratulations to our most visible member, Mr. Everett Hosack, for having his 2002 Penn Relays photo included in the 2002 Jesse Owens Awards Dinner and Xerox Hall of Fame Induction Ceremony program. Mr. Hosack's image is included on the front cover collage, and his accomplishments warranted a two-page spread inside. This program was given to attendees of the USATF national conference. It was at the Penn Relays that Everett set the 100M world record! Congratulations Everett!

Chuck Wiedman has won our Club Member of the Year Award for 2002. Chuck's points for his 2002 competitions, and volunteer activities for the club, make him a deserved and well-rounded choice for this award. He would like his monetary award donated to the Norm Bower fund.

On Sunday, January 19th, 2003 all club members have an opportunity to get involved in making 2003 the best year in club history! Please plan on attending this meeting to have a say in the OTHTC's agenda, and to let everyone know how your unique talents can be best utilized.

In This Issue

- **Alfonzo Lee Wilson, 1/4/1926 – 12/14/2002**
- *1st 2003 Quarterly Meeting!*
- *Keep training for the 2003 Indoor season!*
- *Think Indoor Nationals!*

Please Plan on Attending the

First Quarterly Club Meeting of 2003!

Be prepared to discuss how you can help to make 2003 the best year in club history!

When: Sunday, January 19th, 2003

Where: 5091 Hickory Dr., Lyndhurst, OH 44124

Time: 1:00 pm – 4:00 pm

Directions: Use *Driving Directions* at www.mapquest.com, or call Jeff Gerson at

(440) 473-0636 for more info.

Hall of Fame Class of 2002!

Congratulations to our inaugural Hall of Fame class! On December 15th, club members celebrated the following individuals:

Official - Joe Frierson

Posthumous - Norman Bower, Byron Fike, William Jordan, Alfonzo Wilson

Female Competitors - Bernice Holland, Essie Kea

Volunteer & Female Competitors - Patrice Thomas, Dorothy Wilson

Male Competitors - Grover Coats, Jeff Gerson, Rex Harvey, Everett Hosack, Allen Ray, Norman Thomas, Robert Thomas, Paul Williams, Alfonzo Wilson, Rodney Wilson

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.

Renew your Membership

Yes, it's that time of year again. Please remember to fill out and submit your 2003 membership form along with your dues. A form can be found in this month's newsletter.

e-Mail

Be sure to send your e-mail to Larry Maniccia via 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

President	Bob Walters
VPs Programs	Bob Thomas
	Paul Williams
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	517-646-8742
Race Walking	Gunter Sprockhoff	440.582.0144
	Joyce Prohaska	216.521.7966
Road Racing	Joanne Siegel	216.397.0260

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2003 Indoor Schedule

<u>Date</u>	<u>Meet</u>	<u>Location</u>
Jan 12	Kent State Open	Kent, OH
Jan 12	Potomac Valley All Comer	Arlington, VA
Jan 19	Slippery Rock All Comer	Slippery Rock, PA
Jan 25	A Family Track Meet	Oberlin, OH
Jan 26	Potomac Valley All Comer	Arlington, VA
Feb 9	Slippery Rock All Comer	Slippery Rock, PA
Feb 9	Potomac Valley All Comer	Arlington, VA
Mar 8	Kent State Open	Kent, OH
Mar 8-9	USATF National Masters Indoor Heptathlon Championships	Boston, MA
Mar 28-30	USATF National Masters Indoor Championships	Boston, MA

2003 Camps / Clinics

<u>Date</u>	<u>Camp</u>	<u>Contact</u>
Jul 18-20	Racewalk Clinic	Joyce Prohaska Japracewalker@aol.com 216-521-7966

**SLIPPERY ROCK UNIVERSITY
ALL COMER INDOOR TRACK MEETS
SUNDAY JAN 19 AND SUNDAY FEB 9 2003**

*** All Track & Field Athletes Welcome ***

Age Groups (Male & Female):

**1ST GRADE AND UNDER GRADES 2, 3, 4 GRADES 5, 6 GRADES 7, 8 HIGH SCHOOL
OPEN MASTERS: 30-39 40-49 50-59 60-69**

Registration Information:

- **9:30am ON THE DAY OF THE RACE, NO PRE-REGISTRATION NEEDED!**
- **AT MORROW FIELD HOUSE ON SRU CAMPUS.**

Cost :

- **\$8.00 PER PERSON — 3 EVENTS MAXIMUM**
- **\$10.00 FOR UNLIMITED EVENTS**

Awards:

- **1ST 2ND AND 3RD PLACE FOR EACH EVENT AND AGE GROUP**

Facilities:

- **NEW! 200 Meter Ruberized Surface**
- **NO SPIKES!!!!!!**

Field Events:

***AGE GROUPS MAY COMPETE TOGETHER**

- **10:00am:** LONG JUMP: open pit - all jumpers
SHOT PUT: all males first
HIGH JUMP: all females first
POLE VAULT: all vaulters

Track Events:

*** AGE GROUPS MAY COMPETE TOGETHER**

*** FEMALES FIRST IN EACH EVENT**

*** RUNNING EVENTS WILL BE ON A ROLLING TIME SCHEDULE**

- **10:30am:** Two Mile
800m Run
55 Meter Dash, Finals, (if needed)
400 Meters
- **11:15am:** One Mile Run
55 Meter Hurdles, Finals, (if needed)
200 Meters
4x200 Meter Relay

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- **10:30am: Two Mile**
800m Run
 - **11:15am: One Mile Run**
55 Meter Hurdles, Finals, (if needed)
- 55 Meter Dash, Finals, (if needed)
400 Meters
200 Meters
4x200 Meter Relay



Jan. 12th

KENT

Time schedule

Field Events begin at 10am

High Jump (boys followed by girls)

Pole Vault (girls followed by boys)

Long Jump (boys followed by girls)

Triple Jump follows long jump (boys followed by girls)

Shot Put (girls followed by boys)

Running Events begin at 10am and will be on a rolling time schedule

(boys followed by girls)

3200m run

60m hurdles prelims

60m dash prelims

60m hurdles finals

60m dash finals

400m dash

1600m run

200m dash

800m run

4x400m relay

Mar. 8th

Time schedule

Field Events begin at 10am

High Jump (boys followed by girls)

Pole Vault (girls followed by boys)

Long Jump (boys followed by girls)

Triple Jump follows long jump (boys followed by girls)

Shot Put (girls followed by boys)

Running Events begin at 10am and will be on a rolling time schedule

(boys followed by girls)

60m hurdles prelims

60m dash prelims

60m hurdles finals

60m dash finals

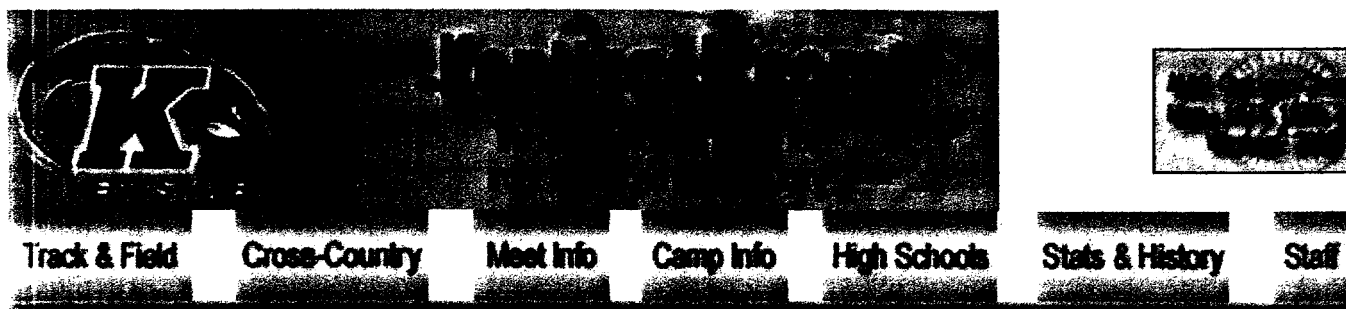
400m dash

1600m run

200m dash

800m run

4x400m relay



LOCATION: Kent State University Field House, beside the football stadium on Summit Road

PRE-REGISTRATION: One event \$5/athlete, each additional event \$3, limit 4 individual events, no ch relays if athlete is entered in individual events. **TEAM RATES:** 1-20 athletes \$100/per girl's and boy's to 21 athletes or more \$130/per girl's and boy's teams each.

LATE REGISTRATION: One event \$10/athlete, each additional event \$5, limit 4 individual events, no relays if athlete is entered in individual events. **TEAM RATES:** 1-20 athletes \$150/per girl's and boy's to 21 athletes or more \$200/per girl's and boy's teams each.

ENTRY DEADLINES: If mailing entries – must be postmarked by Jan. 5, Mar. 1 for the meets listed at this page. If faxing entries – must be faxed and received by Jan. 9, Mar. 6 for the meets listed at the top

FAXING ENTRIES: Fax all entries to Andre Seoldo, 330-672-5245. See faxing deadlines above. Entries are not permitted. Please send fax only.

MEDICAL FORMS/HOLD HARMLESS AND RELEASE FORMS: EACH participant needs to have 1 these Kent State issued forms completed with parent and/or guardian signatures. Without these forms they are unable to participate in the meet. Coaches, please make copies of the enclosed forms for your athletes. I will bring you to each meet, DO NOT FAX!!!

1600/3200 ENTRIES ON JAN. 12: You may ONLY enter the 1600m OR the 3200m, not both.

SPIKES: Athletes in the long jump, pole vault, and high jump will be allowed to use the ¼” pyramid spikes in those events. NO OTHER SPIKES WILL BE PERMITTED. An official will be checking all spikes prior to the start of the event. Athletes having the wrong spikes will be disqualified from the event. If you have any questions prior to the start of the meet.

BLOCKS: Will only be used in the 60m hurdles, 60m dash, and other selected races.

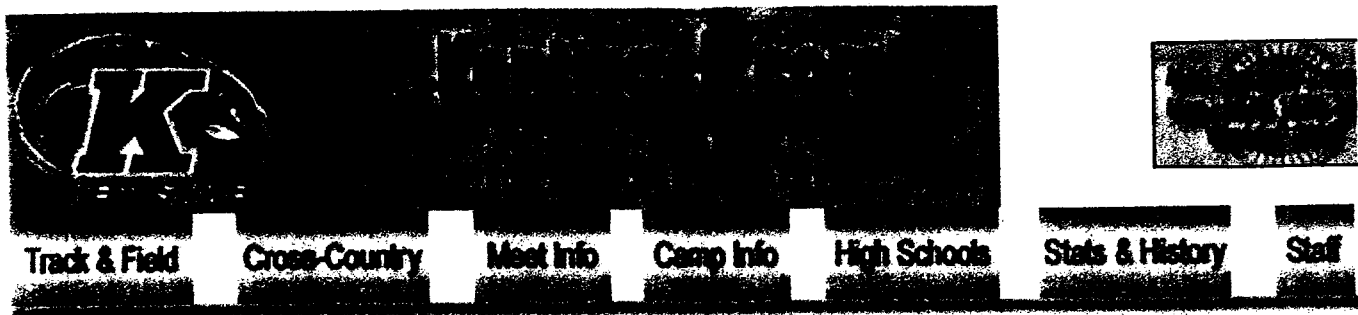
AUTOMATIC TIMING: Each athlete will receive Finish Lynx fully-automatic timing to the hundredth of a second on each race they run.

REFUNDS: No refunds for any event scratches the day of the meet. No switching or adding events the day of the meet or you will be charged the late registration fee.

RESULTS: We will have complete results available on our website (www.kenttrack.com) the day after the meet.

SIGN-IN: Sign-in (paying fees and handling forms) will begin at 9am and continue through noon.

CHECK-IN FOR EVENTS: Running events will check in at the declaration table on the infield behind the



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Field events check in at the event site.

WARM UP PERIODS FOR FIELD EVENTS: General warm up 30:00 prior to start of event. Between a 10:00 warm up period.

PLEASE BE PATIENT WITH THE OFFICIALS AND MEET MANAGERS. THERE ARE MANY EVENTS RESULTING IN MULTIPLE HEATS. PLEASE LISTEN FOR THE CALLS FOR EACH RACE AND TIME WHEN CHECKING IN PRIOR TO YOUR EVENT. THIS WILL HELP TO KEEP THE MEET ALONG AS QUICKLY AS POSSIBLE. YOUR COOPERATION IS GREATLY APPRECIATED.

MAKE CHECKS PAYABLE TO: Kent State Athletics/Track and Field

SEND REGISTRATIONS TO: Field House, Kent State University
Kent, OH 44242

Kent State High School/Open Entry Form

Which meet are you attending? (circle one) → Jan. 12 – Mar. 8

School _____

Boys OR Girls

Paying as → Individual or Team *
* If you register as a team, please pay with one check.

Coach _____

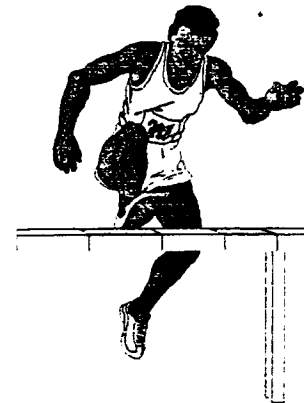
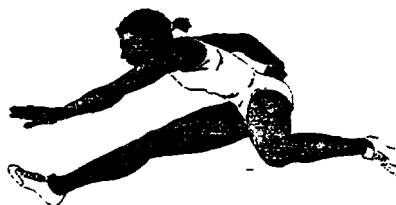
Daytime Phone Number _____

Name	Grade	Event	Entry Mark	Name	Grade	Event	Entry Mark
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
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Harrison Cultural Community Centre
Presents
A Family Track Meet
At

Heisman Fieldhouse – Oberlin College
(Oberlin, Ohio)

Saturday, January 25, 2003



Registration Time: 8:30 AM – 9:30 AM
Pre-Registration Fee: \$ 8.00
On-site Registration Fee: \$10.00

Males and Females

Ages: 4 years old and under, 5-6 years old, 7-8 years olds, 9-11 years, 12-15 years old,
16-18 years old, 19-39 years old, 40 years old and over

List of Events: 50 Meter Dash, 200 Meter Run, 400 Meter Run and Relay, 800 Meter Run
and Relay, 1600 Meter Run and Relay, 3200 Meter Run and Relay, High
Jump, Standing Long Jump, Broad Jump, High Hurdles, Low Hurdles,
Shot Put and 3200 Meter Walk

Name: _____

Age: _____ Date of Birth: _____

Events: _____

Amount Paid: _____ Sign-up Location _____

Please send your registration information to: Harrison Cultural Community Centre
1922 Hamilton Avenue
Lorain, Ohio 44052
Attn. Jerry Warfield

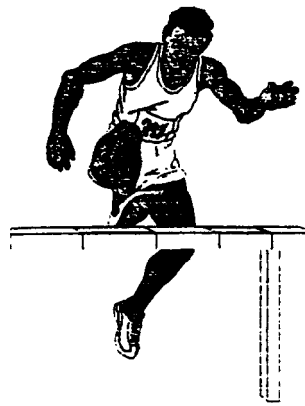
For More Information contact: Jerry Warfield at (440) 244-0359 or (440) 282-2438
Vernita Warfield (440) 774-6009
Valerie Gilbert (440) 748-9617

T-Shirts for First 150 Runners/Walkers Medals - 1st, 2nd & 3rd Places
Ribbons 4th & 5th Places 1st, 2nd & 3rd Overall Trophies
Team Trophies 1st & 2nd Places

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Shot Put and 3200 Meter Walk

Name: _____

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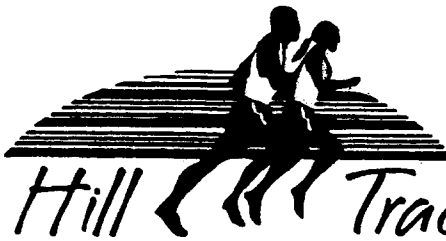
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Ribbons 4th & 5th Places 1st, 2nd & 3rd Overall Trophies
Team Trophies 1st & 2nd Places

**MEMBERSHIP
FORM**



Over The Hill Track Club

For year ending: 12/31/____

Membership status: New []
Renewal []

Membership Type: Individual \$20 []
Family \$30 []

Circle events coded beside name and address:

SP-sprints, MD-middle distance, LD- long distance, XC-cross country, DH-decathalon/heptathalon, RE relays, JU-jumps, HD-hurdles, TR- throws,WP-weight pentathalon, PV-pole vault, RW-racewalk.

Name: _____ Birthdate: ____/____/____ SP MD LD XC

Address: _____ Apt. No. _____ DH RE JU HD

City: _____ State: _____ Zip: _____ TR WP PV RW

Home Phone: (____) _____ Bus.: (____) _____ Sex: _____ Age: _____

Best hours and days to contact _____

Family memberships: Relationship _____

(Complete a form for each family member who are occupants of your residence.)

Favorite competitions and or distances _____

Occupation & brief biographical sketch: _____

Please indicate the activities and committees in which you will participate:

(Participation in committees is particularly important in the success of our club.)

ACTIVITIES:

COMMITTEES:

____ Track & Field

____ Newsletter

____ Scheduling

____ Road racing

____ Awards

____ Publicity

____ Racewalking

____ Officiating

____ Sponsorship

____ Other, specify _____

____ Membership

____ Equipment

____ Other, specify _____

Each club member is required to work at least one meet and event per year.

Complete this form and mail it along with a check payable to "Over The Hill Track Club" to Jeff Gerson, 5091 Hickory Dr., Lyndhurst, Ohio, 44124

In consideration of my being accepted, I am in good health, have trained sufficiently intending to compete and be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for which I may have or which may hereafter occur to me against "Over The Hill Track Club", their officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with my association with, entry in, or arising out of my traveling to, participating in and returning from any and all meets, events, and associated "Over The Hill Track Club" functions.

ATHLETE'S SIGNATURE _____ DATE ____/____/____

PARENT OR GUARDIAN'S SIGNATURE _____

(If athlete is under 18)


Over The Hill Track Club
www.othtc.org
c/o Larry Maniccia
13245 Spruce Run Dr., Apt. 102
North Royalton, OH 44133



Rex Harvey
6744 Connecticut Colony Crl.
Mentor, OH 44060

44060+4470 5

