



# Over The Hill Track Club

*Athletes of all ages setting the pace!*

[www.othtc.org](http://www.othtc.org)

Volume 2, Issue 5

July 2003

## ***President's Message...***

Hello, as you are quite well aware of the 25<sup>th</sup> Annual Cleveland Track Classic which was to be held on Saturday, July 26, 2003 was cancelled due to lack of a specified venue. Instead the USATF Lake Erie Championships will be held at Cleveland Heights High School on the same date, opening at 8 AM. The entry form is included in this newsletter and at our club store on Mayfield Road, Second Sole.

It is important to note that we will have the 25<sup>th</sup> Annual Cleveland Track Classic next year. This meet will commemorate our Silver Anniversary, and it should be a big event or big deal to all of us because of its importance. It was cancelled this year because we did not have the total commitment by us to see it through. This means that our club is at a major crossroad. I choose to see this as something positive, an opportunity to really be great, especially at a time where meets are being cancelled all across this great nation of our. But the few of us who have volunteered over the years can not and should not do it alone. To accommodate your many requests, the meet will be broken into stages with the open and masters athletes competing in the morning and the youth competing in the afternoon. My fellow club members, if you are competing in the morning and once your events have concluded, we will need your assistance in the afternoon. Let's not ever repeat this error. Let us triumph in glory next year in commemorating our 25<sup>th</sup> and Silver Anniversary. We owe it to ourselves, once again, to be mighty, powerful, and great. We are a World Class Club

I am so very, very sorry I did not include Barry Kline's performances at USATF Indoor Nationals in Boston. He won the National Silver Medal in the High Jump and the

National Bronze Medal in the 60 Meter Hurdles.

Congratulations to the performances of Over The Hill members at the National Senior Games / Senior Olympics in Hampton Roads, VA: Joyce Prohaska is the National Champion in the 1500m and 5000m Racewalk; Jack Greenwald is National Champion in the 100m, won the Silver Medal in the 200m, and Bronze Medal in the 400m; John Means is the National Champion in the 200m and 400m, and won the Silver Medal in the 100m; Fred Hirsimaki and Essie Kea won Silver Medals in the High Jump; Dr. Chuck Weidman won the Bronze Medal in the Pole Vault; Hilary Goerge is National Champion in the Shot Put and won the Silver Medal in the Discus; Norm Thomas who competed in 400m, 800m and 1500m, and Gunter Sprockhoff in the 1500m Racewalk.

Good luck to all of the Over The Hill members who will be competing in the World Masters Championships in Carolina (San Juan) Puerto Rico. May good fortune smile upon you. The 4-day, 16<sup>th</sup> North and Central American and Caribbean Championships will be held next year (August) in Dorado (San Juan) Puerto Rico. Make plans early to be there.

Good luck to all of the Over The Hill members who will be competing in the USATF Outdoor National Championships in Eugene OR, or in the Michigan Senior Olympics. Results will be forthcoming in the upcoming newsletter.

The Norm Bower throwing meet is tentatively scheduled for September 20<sup>th</sup> at Kent State University. The Cross Country meet is scheduled for September 28<sup>th</sup> at University School in Pepper Pike. Let's promote both meets. If you are not competing, we would love your assistance.

Hall of Fame ballots will be going out soon. We will be electing four (4) athletes / officials / volunteers to the Hall of Fame this year.

## ***In This Issue***

- *Lake Erie USATF is on 7/26 at Cle. Hts HS*
- *Volunteer to help with the Cleveland Classic*
- *Volunteer for a club opening!*
- *Norm Bower throwing meet is coming!*

**Please Plan on Attending the  
2003 USATF Lake Erie Championships**

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**Be sure to send in your Club Renewal Forms and  
2003 dues!**

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**Send your meet results to Larry Maniccia so  
they can be published on the club website!**

**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.

**E-Mail**

Be sure to send your e-mail to Larry Maniccia via [www.othtc.org](http://www.othtc.org)

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**Second Sole News:** Jeff Fisher and Clark Turner still have Over The Hill Track Uniforms at the Second Sole Store in Lyndhurst; 5114 Mayfield Road (44124), 440-449-8508.

As a club member, you get 15% discount on all items. Club Deal of the Month, Combination Package: Asics Gel 1080 Flats *and* Asics Corrido Spikes for \$100 combined (Retail for \$130).

Every month a Club Deal of the Month will be featured. Let's support our club store, and tell all of your family and friends as well.

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**RESULTS:**

Lawrence Finley - Jim Ward Columbiana Meet - 100m, 12.7, 2<sup>nd</sup>

Norm Thomas - Pennsylvania Mile at Carnegie Mellon University - 6:09, 2<sup>nd</sup>

Joanne Siegel - Most Excellent Run 10K - 46:06, 2<sup>nd</sup>

Jeff Gerson - Regional Senior Olympics - 800 m, 2:43.1; 1500 m, 5:49.8

**Question:** What is the name of the Over The Hill Track and Field Athlete who once beat the Olympian (world record miler) Jim Ryan, in his prime, in a collegiate race?

**Officers**

President	Rodney Wilson
VPs Programs	Paul Williams Bob Thomas
VP Communications - web	Larry Maniccia
VP Communications - news	Monica Thornton
Secretary	Rex Harvey
Treasurer	Jeff Gerson
Historian and Records	Lawrence Finley

**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
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 Events	<i>Male - Vacant</i> <i>Female - Vacant</i>	

(We are seeking a weight events coordinator, so if have the talent or desire, please do not hesitate to contact us)

Multi Events	Rex Harvey	440.954.8122
Out-of-State	Lawrence Finley	859.236.2042
	Rodney Wilson	517.646.8742 (h) 517.241.4007 (w)
Race Walking	Gunter Sprockhoff	440.582.0144
	Joyce Prohaska	216.521.7966
Road Racing	Joanne Siegel	216.397.0260

**2003 LAKE ERIE ASSOCIATION  
Lake Erie Association OUTDOOR CHAMPIONSHIP MEET  
USA TRACK & FIELD**



**Men & Women: Open, Sub-Master, & Masters Divisions  
Cleveland Heights High School Stadium, 13263 Cedar Road, Cleveland Heights, Ohio**

Saturday, July 26, 2003 For further information Larry Seifert (440) 842-2142 · Ed Wilson (330) 792-5472

**Age Groups: Open** (14 to 29 anytime in 2001), **Sub Master** (30-34, 35-39), **Master** (40-44, 45-49, etc. in 5 year groups (age as of meet day)).

**Rules:** Competition will be conducted under current USAT&F rules.

**Sanction:** by the Lake Erie Association of USA Track & Field, the only internationally recognized T&F governing body in the U.S.

**Registration: starting 8:00 AM** Note!! USA Track & Field membership required- USAT&F cards will be available on site. \$14 for Lake Erie Association residents, and \$1 those from outside the Association. Card is valid everywhere in the US throughout the calendar year 2003 and provides valuable insurance coverage and other benefits

**Entry Fees:** \$6 for first individual Open, Sub-Master, and Master event, \$4 each for the next three individual events and \$6 each for more than four individual events. Day entries will be accepted.

**Relays:** Relay entries will be day-of-meet and will be \$16 per team. Championship relays will be only for USATF registered clubs, but any relay may enter the Open division non-championship awards. Sub-Masters' and Masters' relays will be in 10 year groups: 30-39, 40-49 etc.

**Awards: Championship medals** for the first three places in each event of all Divisions. Equivalent awards for non-Lake Erie guests.

**Facilities:** Latex 8 lane 400 meter oval & runways concrete throwing rings. Grass Javelin Runway

**Flights and Heats** will be seeded from pre-entry information and final results will be determined by time or distance. Age Groups may be combined as required but separate group awards will be given.

**Masters (M40+ & W35+)** competition will be with implements, distances, and heights per USATF specifications.

**Sub Master (M30-39 & W30-34)** competition will be with Open specifications except Men's Hurdles which will be 39"

**Open (age 14 - 29)** competition is open to those born anytime in the period 1974 to 1989). **Sub-Master & Master** age is determined by your actual age as of 30 Jun 03. Sub and Masters must compete in their own Age Groups except for the Relays where they may move down.

Detach here and send to Lake Erie Champ., 8280 Craigeleigh Drive, Parma, OH 44129 Please make payment to: Lake Erie USATF)

NAME \_\_\_\_\_ BIRTH \_\_\_\_\_ AGE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ GENDER: M F  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 USAT&F # (Required!) \_\_\_\_\_ TELEPHONE ( ) - CLUB \_\_\_\_\_

Athletes who participate in this competition will be subject to formal drug testing in accordance with USAT&F rules and IAAF rules. 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 prescriptions and over the counter medications contain substances. Information regarding drugs and drug testing may be obtained by calling the USADA Hotline at 1-800-233-0393. In consideration of my being accepted, I intend to compete and to be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all right and claims for which I may be or which may hereafter occur to me against USA Track & Field, USA Track & Field Lake Erie Association, and Independence High School or their officers, employees, 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 traveling to, participating in, and returning from the 2003 Lake Erie Association of USAT&F Outdoor Championship Meet to be held July 26, 2003 at Cleveland Heights High School.

ATHLETE'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_


PARENT OR GUARDIAN'S SIGNATURE \_\_\_\_\_ (If athlete is under 18) [Over]



**8280 Craigleigh Drive,  
Parma, OH 44129**

<b>TIME SCHEDULE</b>	<b>TRACK EVENT</b>	<b>TIME</b>	<b>FIELD EVENT</b>
8:30 AM	3000M WALK		
9:00 AM	5000M RUN	9:00 AM	Shot-put
following	1500M RUN	following	Discus
following	SHORT HURDLES	following	Javelin
following	400M DASH	9:00 AM	High Jump
following	100M DASH	following	Pole Vault
following	4 X 100M RELAY	9:00 AM	Long Jump
following	800M RUN	following	Triple Jump
following	LONG HURDLES		
following	200M DASH		
following	3000M RUN		
following	4 x 400M RELAY		

<b>Age Group</b>	<b>Discus</b>	<b>Shot-Put</b>	<b>Age Group</b>	<b>Discus</b>	<b>Shot-Put</b>
Men Open	2.0 Kilo	16 Pound	Women Open	1.0 Kilo	4K
M30-49	2.0 Kilo	16 Pound	W30-34	1.0 Kilo	4K
M50-59	1.5 Kilo	6 Kilo	W35-39	1.0 Kilo	4K
M60-69	1.0 Kilo	5 Kilo	W50+	1.0 Kilo	3K
M70+	1.0 Kilo	4 Kilo			



*Over The Hill Track Club*

**2003 OVER THE HILL TRACK AND FIELD CLUB AWARDS  
PROGRAM**

**Welcome:** Essie Kea

**Acknowledgment of Members, Families, Friends, Guests:** Essie Kea

**BRUNCH**

**Program:**

Guest Speaker: Dr. James Foy, Jr.  
(Dr. of Chiropractic)

Tribute to Past Club Members: Monica Thornton

Recognition of Outstanding Officers and Supporters: Rod Wilson

Club Award Recognition: Rod Wilson

Class of 2003 Hall of Fame Induction: Rod Wilson

MVP Awards: Rod Wilson  
Dorothy Wilson  
Norman Thomas  
Jeff Gerson

Brief President's Address: Rod Wilson

**Adjournment:** Essie Kea