



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 2, Issue 6

Aug / Sep 03

President's Message...

OVER THE HILL'S WOMEN RULE!!!! July and August have been great months for the club.

At the World Championships in Carolina, Puerto Rico, Essie Kea won two World Championship Titles and Gold Medals in the High Jump and the USA 4 x 100 Meter Relay, won the Bronze Medal in the 200 Meter Dash, and finished 6th in the 100 Meter Dash.

Congratulations go to Paul Williams and Norm Thomas for competing in the World Championships. Paul competed in the 100 and 200 Meter Dashes, and Norm competed in the 800 and 1500 Meter Runs.

At the USATF National Outdoor Championships in Eugene, Oregon, Over The Hill Track Club made its presence known and felt. There were few members who attended, but those members competed well. Monica Thornton won the National Championship and won the Gold Medal in the Shot Put, won the Bronze Medal in the Javelin Throw, and won the Fifth Place Award in the Long Jump. Walter Hawkins won a Silver Medal as a member of the 4 x 100 meter relay team, Dorothy Wilson won the Fourth Place award in the Shot Put, and Lawrence Finley won the Sixth Place Award in the 200 Meter Dash.

There was a touching tribute to the late Alfonzo Wilson. Bill Collins, multi world record holder and National Champion in the 100, 200, and 400 Meter Dashes, awarded his 400 Meter Gold Medal and National title to Dorothy Wilson in honor of his late friend Alfonzo Wilson. May God always remember and reward you for your kind heart, generosity and spirit.

In This Issue

- *Volunteer for a club opening!*
- *Keep training for the 2003 Cross Country and Road Racing Season!*

Congrats to Lawrence Finley, Dorothy Wilson, and Monica Thornton for their fine performances at the Potomac Valley Games in McLean, VA (Washington DC). Monica won Gold Medals in the Shot Put and Javelin, Dorothy won the Shot Put, and Lawrence won a Gold Medal in the 400 Meter Dash. Congrats to Cathi Gerson who is making her mark in the road racing arena.

The Seventh Norm Bower Throwing meet will be on Saturday, September 20, 2003 at Kent State University. An entry form will be included with this newsletter.

The Annual Cross Country meet will be held on Sunday September 28, 2003 at University School in Hunting Valley. Bob Walters is the meet director and the entry form is included in this newsletter.

USA Indoor Nationals are in Boston, MA, and the Outdoor Nationals are in Decatur, IL. The North and Central American and Caribbean Championships will be held August 27-29, 2003 in Dorado, Puerto Rico. Make plans to be there.

The USATF National Club Marathon Relay Championships, to be held on October 11th in Akron, OH, are now just a little less than six weeks away. The championship is being hosted by the Road Runner Akron Marathon and is the second event in the new USATF Club Championship Series. This should be a great weekend in northern Ohio, as the Lake Erie region will be blanketed in the rich colors of Fall, and the competition will be sure to be heated. We encourage you to mark your calendars for October 11 and begin planning now so your club can be prepared to take on clubs from around the country.

There will be \$10,500 in prize money awarded to USATF clubs, and competition will be available to Open and Masters (10 year age groups) teams. Complete event information, including eligibility rules, is available at www.usatf.org/events.

The final event in the Series will be the USATF National Club Cross Country Championships in Greensboro, NC, on December 7.

**Please Plan on Attending the
2003 Norm Bower Throwing Meet
2003 Cross Country Meet**

**Please keep Patrice Thomas in Your Prayers for
Good Health and Well Being. Pat / Norm need us!**

*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

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 regularly get 15% discount on all items. However, the **Club Deal of the Month:** All Summer and Spring Apparel is 20% off the regular price.

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

RESULTS:

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?

Answer: Rex Harvey!!

Cathi Gerson (W50): Debbie Hudacko 5-Mile Run, 44:15, 1st; Richmond Heights Family Days 5K, 26:08, 2nd; Highland Heights Wildcat 5K Run, 27:11, 1st; Independence Home Days 5K, 26:19, 3rd.

Jeff Gerson: (M55): Independence Home Days 5K, 23:41, 3rd.

Hilary Goerge (M55): USA Midwest Regional, Shot Put, 44'4", 1st; Michigan Senior Olympics, Discus 128'2", 1st; Shot Put 43'11 3/4", 1st. Finished undefeated in the Shot Put in Senior Games Nationals, USA Midwest Regional, Michigan Senior Olympics, and USATF Michigan.

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 *Male - Vacant*
Female - Vacant

(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

Over the Hill Track Club

Seventh Annual Norm Bower Memorial Weight Pentathlon

Saturday, September 20, 2003
Kent State University, Kent, Ohio 44242
11:00 a.m. to 4:00 p.m.
Tele: 440 954 8122 Rex Harvey

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 4:00 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 will be combined to fill out flights.

Sanction & Rules: This is a USATF Sanctioned Meet. USATF rules which specify 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 in adjacent Ice Rink, 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.

\$20 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: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; Tel: 440-954-8122.

Waiver: Signature required on attached meet application form.

Questions: Call Rex Harvey; 440-954 8122 or Jeff Gerson, 440-473-0636

**The SEVENTH Annual
Norm Bower Memorial Weight Pentathlon**

Sponsored by: Over the Hill Track Club
Saturday, September 20, 2003 11:00 a.m. to 4:00 p.m.
Kent State University, Kent, Ohio
Phone: Rex Harvey 440-954-8122

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

REGISTRATION FORM

Name _____ Gender _____ Phone _____

Address _____ City _____ State _____ Zip _____

Date of birth _____ Your age as of 9/20/03 _____ Your club _____

E-Mail _____

Events you wish to enter:

Fee: \$20 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 and only first 3 throws count.

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, to: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; Tel: 440-954-8122.

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, Kent State University, Kent, Ohio, USATF, 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 and IAAF Regulations. 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 CONTACTING THE OTHTC AT 440-954-8122.**

From anywhere in the state

Directions to Kent State University

From Northeast Ohio

From Kent

The Kent Campus

Campus Bus Service

Kent Campus Access
Map

Parking Services

Kent State University is easily accessible from all directions via major interstate highways; Ohio, Pennsylvania, and Indiana turnpikes; Cleveland Hopkins Airport; and Akron-Canton Airport.

From I-76

Take the Kent/Route 43 exit (exit 33) and proceed north to Route 261. Turn right (east) onto route 261. Proceed 1/4 mile to Campus Center Drive. Turn left onto Campus Center Drive and follow it to the traffic light which is the junction of Campus Center Drive and Summit Street. At the traffic light, make a left onto Summit Street. At the traffic light proceed through to the Student Center Parking lot where visitor parking is provided for a modest fee. As a reference point, the 12-story University Library building is adjacent this intersection.

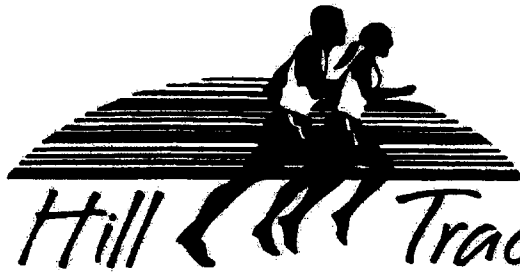
From I-80 (Ohio Turnpike)

Use exit 187/13 (Streetsboro). After the toll booth, proceed straight (follow Ravenna sign) onto Route 14 traveling southeast, go past Route 303 to Route 43. Turn right (south) on Route 43 and continue south for approximately six miles until you come to the traffic light at East Main Street in Kent. Turn left (east) onto East Main Street and follow East Main Street to the fifth traffic light. Turn right (south) onto Lincoln Street. Proceed on Lincoln Street to the first traffic light. Turn left at the light and proceed on Summit Street to the second traffic light. At the third traffic light make a left turn into the Student Center Parking lot where visitor parking is provided for a modest fee. As a reference point, the 12-story University Library building is adjacent this intersection.

From I-90

Proceed toward Cleveland. Take I-271 south to I-480 east; stay on I-480 until it becomes Route 14 in Streetsboro. Turn right (south) on Route 43 and continue south for approximately six miles until you come to the traffic light at East Main Street in Kent. Turn left (east) onto East Main Street and follow East Main Street to the fifth traffic light. Turn right (south) onto Lincoln Street. Proceed on Lincoln Street to the first traffic light. Turn left at the light and proceed on Summit Street to the second traffic light. At the third traffic light make a left turn into the Student Center Parking lot where visitor parking is provided for a modest fee. As a reference point, the 12-story University Library Building is adjacent this intersection.

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Over The Hill Track Club

CROSS COUNTRY MEET--Sunday, September 28, 2003

TIME: 11:00 am start
COURSE LOCATION: University School 2785 S. O. M. Center Road Hunting Valley, Ohio

Need directions to the race? No problem. <http://www.mapquest.com>
5km course is mainly grass. Spikes are permitted.

ENTRY FEE: \$8 per person if pre-registered by 9/25/03. \$10 per person day of the 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,....., 95-99

Team trophies to the top 2 teams
Divisions: (Male & Female) 14 and under, open, 30-39, 40-49, 50-59, etc.

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 CODE _____

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

INDIVIDUAL ENTRY

NAME.

_____ CLUB _____

ADDRESS.

_____ CITY _____ STATE _____ ZIP _____

PHONE: (_____) _____

AGE DAY OF RACE: _____

DIVISION.

_____ MALE _____ FEMALE

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 and Good Luck

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