



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 2, Issue 7

Oct / Nov 03

President's Message...

Meeting: The Annual OTHTC Meeting will be on Saturday, December 13, 2003 at the home of Jeff Gerson at 1 PM. Nominations and elections for officers, hall of fame, and the 2004 season's agenda will be discussed.

I apologize for getting the newsletter out so late as a result of being primarily on the road due to "job related and other extraneous factors", and the fact that our VP of Communications, Monica Thornton, had major surgery on her right hand and wrist, and has been unable to go to work or write for nearly a month. She is healing and recovering.

Corrections: Joanne Siegel, Road Racing Coordinator, and Joyce Prohaska, Race Walking Coordinator, have been accidentally omitted from the previous lists of coordinators, due to computer error. They are now rightfully listed. Sorry Joanne and Joyce.

The Seventh Norm Bower Throwing held on Saturday, September 20, 2003 at Kent State University was a success. Thank you goes to Rex Harvey- meet director, Dick Mann, Norm Thomas, and Jeff Gerson for organizing and officiating the meet. The results accompany this newsletter. The Annual Cross Country held on Sunday September 28, 2003 at University School in Hunting Valley was a success. Thank you to Bob Walters - meet director, Jeff Gerson, Joanne Siegel, Norm Thomas, Rex Harvey, and Monica Thornton for organizing and officiating the meet. The results accompany this newsletter.

The final event of track and field / cross country will be the USATF National Club Cross Country Championships in Greensboro, NC, on December 7

Congratulations to Essie Kea (world champion) for her recent outstanding performances in the Huntsman World Senior Games, in St. George, UT. She won Silver Medals in the 50, 100, 200 meter dashes, and the high jump.

In This Issue

- ***The Annual OTHTC Banquet will be Sunday, January 11, 2004. Details will come next issue.***
- ***Keep training for the 2004 Indoor Track and Field Season!***

Fred Hirsimaki won 7 Gold Medals (including decathlon) at the Rocky Mountain Games, and finished 3rd at the Gill Athletics Midwest Masters Decathlon Championships. Go Fred!!

The USATF Midwest Regional / USATF Michigan Indoor Meet will be on Sunday, January 18, 2004 at Grand Valley State University, 11 miles west of Grand Rapids, MI. A meet entry form will accompany this newsletter.

Slippery Rock University will host two indoor open All-Comers' meets on Sundays, January 18, and February 8, 2004. They will also host a Learn By Doing Clinic on Sunday, February 22, 2004. Call 1-724-738-2798 or check www.sru.edu for more information.

USA Indoor Nationals are in Boston, MA, March 2004, and the Outdoor Nationals are in Decatur, IL, August 2004. The North and Central American and Caribbean Championships will be held August 27-29, 2004 in Dorado, Puerto Rico. Make plans to be there.

Road Racing Section: The Marathon by Joanne Siegel

I have been asked to write about running a marathon. I know marathoners, including myself, who actually like running very long distances in any kind of weather. It gives us a chance to think about many different things that go on in our lives. Sometimes we think about running form, and the next long race. During a marathon, I think about running form, my pace, and my placement among the other runners. I very closely keep track of the time so that I can pace myself. The goal is to keep every mile as close to the same time as possible, and to run the 2nd half faster than the 1st half. I gradually try to increase the pace starting at about mile 24, and go as fast as I can the last 1.2 miles. This is easier in Columbus, because it is not too hilly. Boston is difficult. When I am finished, I am so happy. I should be almost to the point of total exhaustion, and if it is my best time, I actually kiss the ground! I just did my 11th marathon, and I hope to be able to do them as long as I am enjoying them. Long-distance running/multi-sport is a lifestyle, just like anything else. I am hoping to attract other distance /multi-sport athletes to our running club. Even though most members seem to be sprinters, and/or mid-distance runners, or athletes who do the field events, you are welcome to join us if you are a road runner, or other long-distance athlete. Please contact me if you, or anyone you know would like information or help in starting a long-distance program.

**Please Plan on Attending the
2004 North Coast Invitational (23rd Year)
2004 Cleveland Track Classic (25th year)**

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

Please keep Monica Thornton and Jeff Gerson in Your Prayers as well.

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 OTHTC 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. **Holiday Special:** 20% off all Nike Zoom Waffle and other indoor competition shoes! Second Sole has agreed to dedicate a Hall of Fame / MVP wall to OTHTC. Our plaques will be on public display. Thank you Jeff and Clark!!!!

RESULTS:

Rodney Wilson (M40): "Thank you for all of your support due to my severe injury." 1/26, USATF Midwest Regional Indoor / USATF Michigan Indoor, 200m, 27.49s - 2nd; 7/26, Lake Erie USATF, 100m, 15.01s - 1st, Javelin, 92f - 1st; 7/30, Grand Ledge mini-meet, 100m, 13.90s - 2nd; 8/31, Potomac Valley Games, 100m, 14.43s - 4th, Javelin, 30.76m - 2nd; 9/13-14, Gill Athletics Midwest Masters Championships, 100m, 13.45s - 1st, Javelin, 31.67m - 1st; 9/16, Spartan Classic at MSU, 100m, 12.53s - 5th.

Lawrence Finley (M45): 9/13-14, Gill Athletics Midwest Championships, 100m, 13.22s - 1st, 200m, 400m - 1st

Joanne Siegel (W40): 7/1-14, World Masters Athletics Championships, 8k cross-country, 39:09.00 - 10th, 5000m, 22:28.97 - 10th. Tenth in the World!!!!

Officers

President Rodney Wilson

VPs Programs ~~Paul Williams~~

~~Joanne Siegel~~
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 <i>Joanne Siegel</i> Female - Vacant	
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
T&F Consult	Paul Williams	440.605.1811
Road Racing	Joanne Siegel	216.397.0260

Results Continued:

Norm Bower Memorial Weight Pentathlon:

(M45) Leonard Vogt, 2125 pts. - 1st; (M55) Jeff Gerson, 1680 pts. - 1st; (M60) Mickey Bitsko, 3805 pts. - 1st; John Sloan, 2705 pts. - 2nd; (M65) John Henry Martin, 1915 pts. - 1st; (M70) Ray Feick, 4173 pts. - 1st; (M100) Everett Hosack, 3973 pts. - 1st.

Joanne Siegel (W45):

1) Oberlin Track Meet, Jan. 25, '03: trophy for 1st overall female, 3200m, 1600m, 800m, 400m, and 200m - 1st; 2) Boston Marathon, Apr. 21, '03: 4:07.00; 11,375/17,046 overall runners; 3) Northcoast Invitational Track Meet, May 18, '03: 3000 - 1st, 1500 - 2nd; 4) Shaker Hts.10k, June '03: 2nd in division; 5) World Masters Athletics Championships in Puerto Rico, July '03: 8k X-Country - 10th, 5k run - 10th; 6) Cleveland Olympic Distance Triathlon, July 20, '03: - 7th; 7) Lake Erie USATF Track Meet, July 26, '03: 5000m, 400m, and 3000m - 1st; 8) River Run 1/2 Marathon, Sept. 7, '03: PR, 1:42.00 - 13th in division (13.1miles); 9) Columbus Marathon, Oct. 19, '03: PR, 3:38.00 - 12th (26.2miles); qualified for my 4th Boston Marathon, which will be next April.

Bob Thomas (M45):

4/12, Cleveland West Road Runner 5k, 18:00 - 1st; 4/27, Rite Aid 10k, 37.46 - 3rd; 5/11, Rocky River Civic Center, 18:00, 5/26, John Carroll University 2-mile, 10:48 - 1st; 6/7, St. Anthony (Lorain) 5k, 17:50 - 1st; 6/21, St. Patrick 5k, 17:40 - 1st; 7/20, Brookpark 5k, 17:30 - 1st; 8/2, Stockyard Stampede 5k, 17:30 - 1st; 8/9, Lakewood Park 5k, 17:32 - 2nd; 8/23, St. Bernadette 5k, 17:38 - 1st; 8/30, Celebrate Westlake 5-mile, 29:35 - 1st; 9/1, Kielbasa Run 5k, 17:35 - 1st; 9/14, Deaconess Hospital 5k, 18:41 - 2nd; 9/21, Cats In The Flats 5k, 1st; 9/28, Cruise For The Critters 5k, 17:59 - 3rd; 10/18, Harrison Cultural Center (Oberlin) 5k, 17:30 - 1st; 11/1, Edgewater / West Haven Shelter 5k, 17:55 - 1st.

Essie Kea (W65):

9/20, Kentucky Senior Games, 100m, 18.7 - 1st, 200m, 34.5 - 1st, HJ, 3'6" - 1st; 10/4, Nevada Senior Games, 50m, 8.70 - 2nd, 100m, 16.33 - 2nd, 200m, 33.51 - 2nd, HJ, 3'7¼" - 2nd; 10/6-8, Huntsman (UT) World Senior Games, 50m, 8.79 - 2nd, 100m, 16.66 - 2nd, 200m, 35.53 - 2nd, HJ, 3'8" - 2nd.



Over The Hill Track Club

2003 Cross Country Meet

Sunday, September 28, 2003

University School Hunting Valley, Ohio

Men			Men		
Place	Name	Time	Place	Name	Time
<u>14 and under</u>			<u>45-49</u>		
19	Drew Castro	34:57	1	Guy Gadowski	14:22
			10	Lawrence Finley	23:12
				OTHTC	
			15	Mike Castro	26:37
				Mayfield Finance	
<u>15-29</u>			<u>50-54</u>		
2	Rich Szczepinski	19:31	3	Nino Monaco	21:26
4	Dave Castro	21:45		Mayfield Finance	
8	Chris Monaco	23:08	6	Steve Canfield	22:14
	Mayfield Finance		7	Bernie Glisic	22:45
9	Jason Monaco	23:11			
	Mayfield Finance				
16	Dan D'Agustino	26:41			
	Mayfield Finance				
<u>30-34</u>			<u>55-59</u>		
12	Michael Krugger	24:39	14	Jeff Gerson	25:29
	Mayfield Finance			OTHTC	
20	Vince D'Agustino	36:04			
	Mayfield Finance				
<u>35-39</u>			<u>Women</u>		
5	Khalid Mulazim	22:11	Place	Name	Time
	OTHTC			<u>15-29</u>	
13	Rocco DiPuccio	25:25	18	Tracey Dean	33:17
	Mayfield Finance				
<u>40-44</u>				<u>50-54</u>	
11	Spencer Johnson	23:39	17	Cathi Gerson	29:26



2004 USAT&F Michigan/Midwest Masters Open Meet



Sunday January 18th 12:00 Noon

Grand Valley State University, Fieldhouse arena, Allendale, Michigan. Just 11 miles outside Grand Rapids on M-45 (Lake Michigan Drive)

Open Meet: Ages 14- 29
Masters Meet: Ages 30 up (Five year age divisions)

All competitors must be registered members of USA TRACK & FIELD. On site registration available.

Entry Fees: \$15 for one event, \$5 more for each additional event.
\$20 Walk-up entry, \$10 for additional events.
Make checks payable to "GVSU Track & Field"

Entries due by Saturday January 10th 2004

Mail to: Lou Andreadis GVSU T&F
91 Fieldhouse
Allendale, MI 49401

Phone: (616) 331-3042
Fax: (616) 331-3232
E-Mail: andreadl@gvsu.edu

Order of Events: 55m Hurdles

55m
800m
200m
Mile Run
400m
3000m

*The 3000m
Racewalk
will be the
last event of
the day.*

High Jump
Long Jump
Shot Put
Pole Vault
Indoor Weight

Name _____ USATF# _____

Address _____ Date of Birth _____ Age _____

City _____ State _____ Zip _____ Phone (____) _____

Events: 1st _____ 2nd _____ 3rd _____ 4th _____

Best

Recent Efforts: _____

In consideration of Grand Valley State University and all meet officials allowing me to participate in the USATF Michigan Masters Open Meet on January 18th 2004, do for myself, theirs, executors and administrators, waive and release all rights and claims for damages, demands and actions what so ever in any manner as a results of my participation in these activities.

SIGNATURE _____ Date _____



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2004 Indoor High School Meets

SLIPPERY ROCK UNIVERSITY

INDOOR HIGH SCHOOL INVITATIONAL

Friday January 16 and Friday January 30, 2004

Open to all High School Athletes. Enter as a team or as an individual. \$65 per men's team and \$65 per women's team. \$10 per individual athlete. Make ch SRU Track & Field

All teams call 724-738-2798 or email john.papa@sru.edu if you plan to compete at the meet by Tuesday prior to the meet.

*******New Rubberized Surface*****No Spikes Permitted*******

FIELD EVENTS: 4:30PM

- * LONG JUMP (BOYS FOLLOWED BY GIRLS)
- * SHOT PUT (BOYS FOLLOWED BY GIRLS)
- * POLE VAULT (GIRLS FOLLOWED BY BOYS)
- * HIGH JUMP (BOYS FOLLOWED BY GIRLS)
(After SRU basketball team practice roughly 6:30pm)

TRACK EVENTS: 5:00PM (ALL TRACK EVENTS WILL BE GIRLS FOLLOWED BY BOYS)

- * 4x800 RELAY
- * ONE MILE RUN
- * 55m HURDLES
- * 55m DASH
- * 800m RUN
- * 55m HURDLES FINALS
- * 55m DASH FINALS
- * 4x200 RELAY
- * 400m DASH
- * TWO MILE RUN
- * 4x400 RELAY

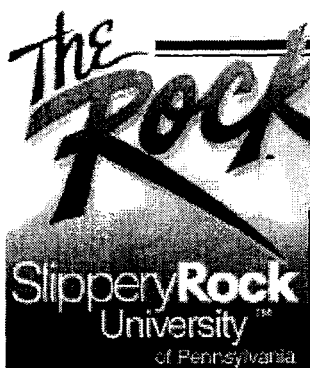
** There are two Sunday Open All-Comer meets January 18 and February 8 and a Learn By Doing Clinic Sunday February 22 open to all athletes at The Ro
Call 724-738-2798 or check out our website at www.sru.edu for more information.



Contact the webmaster at webmaster@sru.edu.
Information Technology: [Help Desk](#)

Slippery Rock University . 1 Morrow Way. Slippery Rock, PA . 16057
Phone 1.800.SRU.9111

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Indoor/Outdoor Track and Field

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SUNDAY, FEBRUARY 22, 2004

SEARCH

Sports

Men's Sports

Women's Sports

AthleticsInfo

**The Slippery Rock University Track and Field Team is proud to present its 14th Annual "Track and Field Learn By Doing Clinic " The clinic will be held at the Morrow Fieldhouse on the Slippery Rock University campus.

**The clinic will feature the Slippery Rock University track and field staff (John Papa, Mark Ha Labor, Jeff Magley, Dan Rockage and C.J. Morgante). Along with the SRU staff there will be s finest college and high school coaches in the area. Gary Aldrich from M-F Athletics will be on discounted merchandise.

**The "Learn by Doing Clinic" will provide athletes and coaches an opportunity to learn new and perform new skills. Athletes in particular are encouraged to attend in workout clothes and to actively participate. The clinic is directed towards high school athletes and coaches, howev is welcome to attend and learn by doing.

CLINIC SCHEDULE:

- 9:00 - 10:00AM REGISTRATION
- 10:00-10:15AM INTRODUCTION
- 10:30-NOON LONG JUMP, HIGH JUMP, HURDLES, SHOT PUT, JAVELIN, SPRINTS & RELAYS, POLE VAULT, DISTANCE
- NOON-12:30PM LUNCH PIZZA AND DRINKS WILL BE SOLD
- 12:30-1:30PM WEIGHT TRAINING, PLYOMETRIC & MEDICINE BALLS, HYDRO-TRAINING (bring swim suit)
- 1:30-3:00PM TRIPLE JUMP, HIGH JUMP, HURDLES, DISCUS, JAVELIN, SPRINTS & RELAY VAULT, DISTANCE RUNNING
- 3:00-3.15 CLOSING

CLINIC FEES AND REGISTRATION

Teams consist of all Players and coaches. Boys and Girls are considered separate TEAM ENTRIES MUST BE CALLED IN 724-738-2798

POSTMARKED BY FEB. 16, 2004
CHECKS PAYABLE TO "SRU TRACK"

ATHLETES. \$20.00
COACHES : \$30.00
TEAMS \$100 00

POSTMARKED AFTER FEB 16, 2004
OR REGISTRATION ON THE DAY OF THE CLINIC
CHECKS PAYABLE TO "SRU TRACK"

ATHLETES \$25 00

COACHES : \$35.00
NO TEAM RATES AVAILABLE

PRINT THIS PAGE AND USE THE REGISTRATION FORM BELOW:

----- Cut Here -----

MAIL IN INDIVIDUAL ENTRIES ONLY

TEAM ENTRIES MUST BE CALLED IN 724-738-2798

Make Checks Payable to: **SRU TRACK**

Name: _____


Address: _____

Age or Grade: _____

Phone: _____

Send Registration Form to: John Papa
Slippery Rock University
017 Morrow Fieldhouse
Slippery Rock, PA 16057
(724) 738-2798



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Slippery Rock Athletics Track & Field

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