

Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 3, Issue 1

Jan - Feb 04

President's Message...

It is with a sad heart that I must announce that Patrice E. Thomas, beloved wife of Norman Thomas, and longtime Hall of Fame Member of the Over The Hill Track Club, died on December 21, 2003 from cancer. She was 59. She was an integral part of the continued development of this club. She served as an administrator, a volunteer, and a sprinter. Patrice will be sorely missed, but she lives on in the hearts and spirit of all of our club members, and the Female Track Athlete of the Year Award has been named after her. Thanks to the club members who came to represent in Cleveland.

The Annual OTHTC Banquet Luncheon was held on Sunday, January 11, 2004 at e-Wellington's Restaurant. It was a rousing and outstanding event. Thank you to Essie Kea and Jeff Gerson for putting on a great event. OTHTC members who attended received awards and all who successfully competed in a meet received "Pins" ('letters'). The Class of 2003 Hall of Fame was inducted. They are: Official: Jim Flanik; Male Competitor: Lawrence Finley; and Female Competitor and Volunteer: Cathi Gerson. There were five other outstanding OTHTC members who were tied in the balloting.

Five Presidents were honored: Jeff Gerson, Geoff Packer, Debbie Yurth-Thomas, Norm Thomas, and Bob Walters. Jeff Fisher and Clark Turner were honored as Outstanding Business Supporters, and Larry Seifert was honored as Outstanding Administrator.

Essie Kea won the Byron Fike OTHTC MVP. Jack Greenwald and Lawrence Finley won the Alfonzo L. Wilson Male Track AOY. Essie Kea won the Patrice E. Thomas Female Track AOY. Chuck Wiedman and Bob Walters won the Norman Bower Male Field Events AOY. Monica Thornton won the Norman Bower Female Field Events AOY. Bob Thomas won the Male Road Race AOY. Joanne Siegel and Cathi Gerson won the Female Road Race AOY. Gunter Sprockhoff won the Male Race Walk AOY. Joyce Prohaska won the Female Race Walk AOY. Jim Flanik won the Official of the Year Award. Fred Hirsimaki won Lifetime Achievement Award.

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- **OTHTC Membership Forms**
- **Indoor Meet Forms**
- **Remember to Start Training for both the Indoor and Outdoor Seasons**

Notables: Everett Hosack, Everett Poe, Barry Kline, Frank Makozy, Hilary Goerge, John Means, Khalid Mulazim, Chip Johnson, Ben James, Allen Ray, John Sloan, Derek Gainey, Bernice Holland, Diane Friedman, Georgia Johnson, and Dorothy Wilson turned in outstanding performances in 2003.

Please remember, and as voted upon by OTHTC members in order to save expenses, Yearly Reimbursements for Regional, National, WMA North and Central American and Caribbean, and / or WMA World Championships will be once only (\$25 per year). Please send your forms to Jeff Gerson (treasurer), but also let me (Rod Wilson) know. OTHTC and USATF Lake Erie are in need of certified USATF track and field officials. Please contact Jim Flanik at 330.468.6363 or Rex Harvey at 440.954.8122 for details, and the open book exam.

Claude Holland will be looking for officials for the World Youth Track and Field Championships held at John Carroll University, at the end of this July / beginning of this August.

A new track and field season is here. Yearly membership is \$20 for individuals and \$30 for families. Membership forms are accompanying this newsletter. OTHTC members now reside in seven (7) states: OH, MI, PA, IL, KY, NY, and NC. Also, if you want your records and rankings to be official, please compete in a USATF sanctioned meet.

Slippery Rock University will host an All-Comers' meet on February 8 and a Learn by Doing Clinic on February 22. Call 1-724-738-2798 or check www.sru.edu for more information. The Harrison Cultural Community Centre Track and Field meet at Oberlin College will be February 14. The Ohio USATF at Ohio Northern University in Ada, Ohio will be on February 21. The Ontario Masters Indoor Championships will be in Toronto, CA at York University on March 6. **All entry forms are attached.**

The USATF Southeast Regional Championships: May 7-9, 2004 in Raleigh, NC (NC State). **The North Coast Invitational is scheduled for Sunday May 16, 2004. The Cleveland Track Classic is scheduled for Saturday, July 3, 2004. We need officials and volunteers, before and after you compete.**

USA Indoor Nationals are in Boston, MA, March 26 - 28, 2004. The Outdoor Nationals are in Decatur, IL, August 5 - 8, 2004. The North and Central American and Caribbean Championships will be held August 27 - 29, 2004 in Dorado, Puerto Rico.

**Please Plan on attending and officiating the
2004 North Coast Invitational (23rd Year)
2004 Cleveland Track Classic (25th year)
Silver Anniversary!!!!**

Please keep Jeff Gerson in Your Prayers as well.

Send your meet results to Larry Maniccia at maniccial@ameritech.net so they can be published on the www.othtc.org 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 maniccial@ameritech.net or 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.

Indoor Season Specials: 20% off all Nike Zoom Waffle shoes and other indoor competition shoes; 20% off on all Apparel; and 25% off on all Jackets.

Second Sole is now hanging the OTHTC Hall Of Fame plaque on the wall for public display. Thank You: Jeff Fisher and Clark Turner, and Bob Walters!!

RESULTS:

Congratulations to Bob Walters for his stellar performances (60m) at three Kent State University Meets (2 HS, 1 NCAA). Old dogs are still fast!!!!

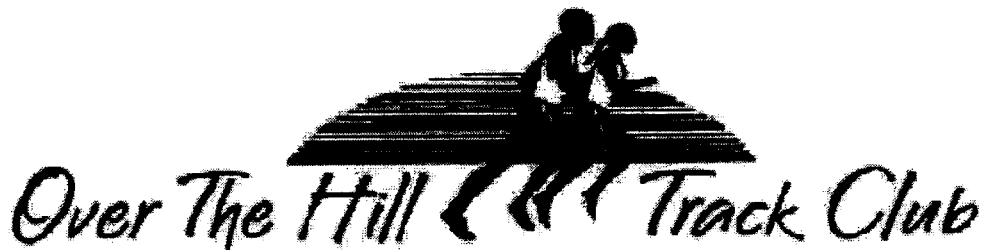
Congratulations to Bob Walters (55m), Monica Thornton (LJ), Hilary Goerge (State Records in the SP and 25lb WT), Mel Buschman (55m, LJ, HJ), and Jack Greenwald (55m, 200m, 400m) for their stellar performances at the USATF Michigan Open and Masters Indoor Championships (many gold and a few silver medals)

Officers

President	Rodney Wilson
VP Programs	Essie Kea
VP Publicity	Bob Walters
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	John Sloan	330.877.9197
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	Joyce Prohaska	216.521.7966
	Gunter Sprockhoff	440.582.0144
Road Racing	Joanne Siegel	216.397.0260
T/F Consultant	Paul Williams	440.605.1811
	Norman Thomas	330.425.8219



MAIL-IN MEMBERSHIP FORM

For the year ending: 12/31/____ Membership status: ___ New ___ Renewal

Membership Type: ___ Individual (\$20) ___ Family (\$30)

Circle events that you would be interested in: SP-sprints MD-middle distance
LD-long distance XC-cross country DH-decathlon/heptathlon RE-relays JU-jumps
HD-hurdles TR-throws WP-weight pentathlon PV-pole vault RW-race walk

Name: _____ Birth date: ___/___/___

Address: _____ Apt. No.: _____

City: _____ State: _____ Zip: _____

Home phone: () _____ Business phone: () _____

Sex: ___ Age: ___ Best days and hours to contact: _____

Family Memberships: Relationship _____

(Complete a form for each family member who is an occupant in your residence.)

Favorite competitions / distances: _____

Occupation and brief biographical sketch: _____

(Complete on back, please)

Please indicate the activities and committees in which you will participate. Participation in these areas is critical to the success of our club.

Activities: Track and Field Road Racing Race Walking Other
(specify) _____

Committees: Newsletter Awards Officiating Membership
 Scheduling Publicity Sponsorship Equipment Other
(specify) _____

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

To join our club, print and complete this form and mail with a check or money order payable to "Over The Hill Track Club" to:

Jeff Gerson
5091 Hickory Drive
Lyndhurst, OH 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.

Athletes Signature: _____ Date: ____ / ____ / ____

Parent or Guardian Signature: _____
(Required if athlete is under age 18)

**SLIPPERY ROCK UNIVERSITY
INDOOR ALL-COMER MEETS
SUNDAY JANUARY 18 AND FEBRUARY 8, 2004**

ALL TRACK AND FIELD ATHLETES WELCOME

AGE GROUPS/ MALE AND 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:

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

COST: \$10.00 FOR UP TO THREE EVENTS, \$5 FOR ADDITIONAL EVENTS

AWARDS: 1ST 2ND AND 3RD PLACE FOR EACH EVENT AND AGE GROUP

FACILITY: MORROW FIELDHOUSE: 200 METER RUBBERIZED SURFACE, NO SPIKES!!!!!!

FIELD EVENTS: 10:00am (Age groups may compete together)

Long Jump open pit - all jumpers
Shot Put all males first
High Jump all females first
Pole Vault all females first

TRACK EVENTS: Running events will be on a rolling time schedule
Females first in each event. Age groups may compete together

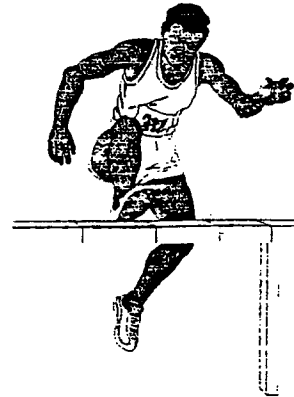
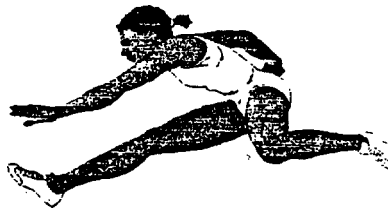
10:30am Two mile Run
800m Run
11:15am 1 mile Run
55m hurdles, finals if needed
55m dash, finals if needed
400m Dash
200m Dash
4x200 relay

We will provide starting blocks. Must provide your own shots. Locker rooms are available.

Slippery Rock will host it's annual "Learn By Doing Clinic" on Sunday February 22, 2004
FOR MORE INFORMATION CALL: 724-738-2798 OR E-MAIL: john.papa@sru.edu

Harrison Cultural Community Centre
Presents
A Family Track Meet
At
Heisman Fieldhouse – Oberlin College
(Oberlin, Ohio)

Saturday, February 14, 2004



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

OHIO ASSOCIATION of USA TRACK & FIELD
OPEN & MASTERS
INDOOR TRACK & FIELD CHAMPIONSHIPS
Ohio Northern University – Sports Center
Saturday, February 21, 2004

DIRECTIONS: <http://admissions.onu.edu/visits/directions.html> From Columbus, OH (1.5 hrs.) Take I-270 northwest to US 33 west to Marysville, Ohio; then State Route 31 to Kenton, Ohio; then State Route 309 west 13 miles to the intersection of State Route 235; then State Route 235 north to Ada, Ohio. From Cincinnati, OH (2.5 hrs.) Dayton, OH (1.5 hrs.) Take I-75 north to Lima Ohio; then State Route 81 east to State Route 235 south to Ada, Ohio. From North Take I-75 south to Mt. Cory/Ada exit; then State Route 235 south to Ada, Ohio.

ELIGIBILITY: All Men (M), Women (W) with a valid 2004 USATF Membership. Age nineteen (19) and above.

MEMBERSHIP FEE: Memberships will be available day of the meet for \$15 for Ohio Association residents; \$15 for all others. Memberships are good for all of 2004. Applications can be found at www.usatf.org/assoc/oh/. All competitors need a USATF membership.

ENTRY FEE & DEADLINE: Received before or on Feb. 15: \$4 for each event; After Feb. 15 or day of meet: \$6 per event.

Check USATF Ohio website for information concerning on line meet entry. (May not be available)

AWARDS: USATF medals to first three in each age group.

AGE DIVISIONS: Open (O) – age 19-29; Masters (M) – age 30 and over in 5-year divisions (i.e. 30-34, 35-39, 40-44...);

OPEN & MASTERS SCHEDULE OF EVENTS

On-Site Registration – 8:30-10:00 AM (4 event limit)

Field Events:

10:30 AM Triple Jump
 Long Jump (Immediately following TJ)

10:30 AM Pole vault
 Weight Throw (Shot Put Immediately following WT)

11:30 AM High Jump
 WT, SP, LJ, & TJ – 4 attempts only

Track Events:

11:30 AM 3000m Racewalk
 1500m Racewalk

Noon 3000m run finals
 60m hurdle finals
 400m finals
 1500m finals
 60m dash finals
 800m finals
 200m finals

Open & Masters contested together Women first, then men

Make checks payable to:

Ohio Association USA Track & Field

Send entry form to:

Jim Engel
 6919 Cambridge Ave.
 Cincinnati, OH 45227

For more info:

usatf-ohio@msn.com
 1-800-293-6494

Name _____ Gender _____ Age _____ Birth date _____

Address _____ City _____ State _____ Zip _____

USA Track & Field 2004 Membership # _____ Phone (____) _____

Event #1 _____ Event #2 _____ Event #3 _____ Event #4 _____

Waiver: I, hereby, for myself, heirs, executors, and assigns, waive all claims for damages that may arise against the Ohio Association of USA Track & Field, Ohio Northern University, their agents, representatives, or sponsors, for injuries suffered by me (or my child) at the Ohio Association of USA Track & Field Indoor Track & Field Championships. I certify that I (or my child) is in good health and sufficiently trained to compete. Athletes participating in this event may be subject to drug testing in accordance with USA Track & Field and IAAF rules.

Signature _____ Parent's Signature (if under 18) _____

Ontario Masters Track & Field Association

Indoor Track and Field Championships

York University

Saturday, 6 March 2004

9:00 am to 5:00 pm

Location:

-Toronto Track and Field Centre, Steeles Avenue at Keele Street. The track is located on the campus of York University. There are two entrances to York on Steeles Avenue, use the west-most entrance. Getting to York: Hwy 401 to Hwy 400, north on 400 to Finch, east on Finch to Jane Street, north on Jane to Steeles, then east on Steeles to the York entrance.

NOTE: The University may charge a parking fee.

Age groups:

-Men and women, five year age groups, from 30 - 85+ (as of 6 March)

Awards:

-OMTFA championship medals to first three in each age-group

-Note: Medal winners must finish ahead of a competitor, or match the medal standard posted by OMTFA.

Facility:

-200m banked rubberized track and jumping surfaces.

High jump and pole vault pits.

-Change rooms, Showers, and lockers available.

-Spikes permitted, small pins.

-Food service available in foyer, NO food permitted in fieldhouse

-Young children NOT permitted at track level.

Notes:

-The maximum number of events per competitor is FIVE.

-On the track, older sections before younger, women before men.

-If a competitor has conflicting events: the order of precedence is straight, oval, field.

-All implements must be weighed before being enter in competition
Once an implemented is entered it may not be removed until released by the official.

-A Weight Throw event is listed, however, this event may be held outside the fieldhouse, ONLY if weather conditions permit.

-Enter the weight throw on the day of the meet.

-No charge for relays, enter on the day.

-The equipment, in some cases, may not be to WMA specifications.

[View pictures from 2003 meet](#)

Entry fee:

Member refers to membership in CMAA or USATF.

Each event = \$10.00 (US\$8.00)

Non-member day fee = \$15.00

Contact:

Doug Smith (416)699-5818 (10:00 am - 10:00 pm)

[E-mail inquiry to Doug Smith@](#)

[goto the entry form](#)

[return to links page](#)

Ontario Masters Track & Field Association

Indoor Track and Field Championships
York University
Saturday, 6 March 2004
9:00 am to 5:00 pm

Event Schedule

Time	Straight	Oval	Field
9:00 am	60m Pentathlon 60m	3000m Racewalk 1500m 400m	Pole Vault Shot Putt Pentathlon Shot Put Long jump Pentathlon Long Jump Weight throw (indoors)
12:00 noon	Lunch break:: Athlete of the Year Award:		
1:00 pm	sprint hurdles	3000m 200m 800m Pentathlon 800m 4 x 200m relay	High Jump Pentathlon High Jump Triple Jump

3000m is an Ontario Masters Grand Prix 2004 event

[goto the entry form](#)

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Ontario Masters Track & Field Association

Indoor Track and Field Championships

York University

Saturday, 6 March 2004

9:00 am to 5:00 pm

Event list

To select an event add "X" to the left of the event and a seed time if entering the 60m, 60m hurdles, 200m or 400m.

<input type="checkbox"/> 60m	<input type="checkbox"/> 1500m	<input type="checkbox"/> Long Jump
<input type="checkbox"/> Hurdles	<input type="checkbox"/> 3000m	<input type="checkbox"/> Triple Jump
<input type="checkbox"/> 200m	<input type="checkbox"/> 3000m Walk	<input type="checkbox"/> Shot Put
<input type="checkbox"/> 400m	<input type="checkbox"/> High Jump	<input type="checkbox"/> Weight throw (outdoors)
<input type="checkbox"/> 800m	<input type="checkbox"/> Pole vault	<input type="checkbox"/> Pentathlon

Name: _____ Citizenship: _____

Address: _____ City: _____

Postal code: _____ Phone: _____ or E-mail: _____

Gender: M__ F__ Age: ___ Date of birth (dd/mm/yy): __/__/__

CMAA membership # _____ Club: _____

Entry fee:

Each event @ \$10.00 (maximum of five) ___ x \$10.00 = ___ (US \$8.00)

Pentathlon 1 x \$25.00 = ___ (US \$20.00)

Non-member (CMAA or USATF) add \$15.00 = ___ (US \$12.00)

Cheque payable to: OMTFA **Total =** _____ No refunds

Send entries to:


Doug Smith
58 Newmarket Avenue
Toronto, Ontario
Canada
M4C 1V9

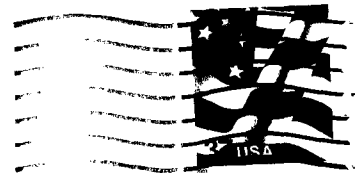
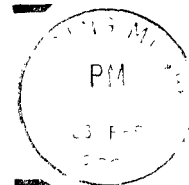
In consideration of the acceptance of my entry to this OMTFA event, I hereby release and hold free the Meet Director, the Ontario Masters Track and Field Association, the Metropolitan Toronto Department of Parks and Recreation, all meet officials, and anyone appointed by them, from all responsibility for loss or damage to me or anyone accompanying me or any of our equipment.

Print name: _____ Signature: _____ Date: _____

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Over The Hill Track Club
3661 Langton Road
Cleveland Heights, OH 44121



Rex Harvey
6744 Connecticut Colony Crl.
Mentor, OH 44060

