



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 3, Issue 6

September 2004

President's Message...

It is with regret that I must announce the passing of Everett Hosack in July at the age of 102. He was one of the nation's world record holders and beloved athletes. He was on the Tonight Show with Jay Leno, and was highlighted on NBC in the Penn Relays. He is in the USA Track and Field and OTHTC Halls of Fame, along with Rex Harvey and Bernice Holland. Everett, we will miss your amazing wit, fortitude, courage, and high level skill.

Gunter Sprockhoff is ill with lung cancer. Please keep Gunter in your prayers. Gunter, we miss you and get well.

Congratulations to the USA National Champions from Decatur, IL: **Bernice Holland (3x)** in Shot Put, Discus, and Hammer; **Barry Kline** in High Jump; **Nicole Lycan** in the 2000m Steeplechase; **Denver Smith** in Outdoor Pentathlon.

Bernice won the Silver Medal in Javelin. Bronze Medals went to Dorothy Wilson and Monica Thornton in Shot Put; Kelly Lycan in Triple Jump; Ben James in 400m; and the 4 x 100m relay of Steven Bunn, Spencer Johnson, Ennis Taylor, Ben James.

Fourth Place awards went to Monica Thornton in Long Jump and Javelin; and the 4 x 100m relay of Paul Williams, Rex Harvey, Norm Thomas, Lloyd Hathcock. Sixth Place awards went to Spencer Johnson in 100m; Rodney Wilson in Javelin; and the 4 x 100m relay of Kelly Lycan, Rodney Wilson, Samuel Erby, Lawrence Finley.

Congratulations: OTHTC members / official (Rex Harvey) at the North and Central American and Caribbean (Masters Pan American) Championships in Dorado, Puerto Rico.

Four hundred athletes from 25 countries competed. It was festive. Ben James successfully defended his 400m Gold Medal Title, and won Silver in 4 x 400m relay; Khalid Mulazim won two Gold Medals in 100m and 200m, and Silver in 400m; Rodney Wilson won Gold in Javelin, and Seventh in 100m; Monica Thornton won two Silver Medals in Shot Put and Long Jump, and Fourth in Javelin; Rex Harvey won Silver in Weight Pentathlon; and Dorothy Wilson won Bronze in Shot Put.

Important Upcoming Autumn Events:

The Norm Bower Weight Pentathlon and Throwing Classic will be held on September 18, 2004, 10 AM, at KSU. Contact Rex Harvey or Jeff Gerson for details and entries. If you do not plan on competing, please assist with officiating or course marshalling.

The Gill Athletics Decathlon and Open Invitational will be held on September 18 & 19 at Urbana High School in Urbana, IL. The entry form is included.

The Annual OTHTC Cross Country Meet will be held at University School in Hunting Valley, Ohio on Sunday, September 26, 2004 at 11:00 AM. If you do not plan on competing, once again please assist us with officiating or course marshalling. The event does not take long (no more than one hour max) and we will need all the help we can get, and an OTHTC meeting will be held after the cross country meet. Contact Bob Walters or Jeff Gerson for details. The entry form is included.

The Annual Banquet may be held on Nov. 13th or 14th. Please mark these tentative dates on your calendar.

Please continue to renew your annual memberships. Yearly membership is \$20 for individuals and \$30 for families. Yearly Reimbursements for Regional, National, WMA North and Central American and Caribbean, and / or WMA World Championships will be distributed once only (\$25 per year). Please contact Jeff Gerson.

In This Issue

- ***Cross Country Meet Entry Form***
- ***Gill Athletics Decathlon & Invitational Meet Entry Form***
- ***USA Outdoor National Championship Results***

**Please Plan on attending and officiating the
Norm Bower Throwing Classic and
OTHTC Cross Country Meet**

*We wish Jeff Gerson, Gunter Sprockhoff, and
Susan Stephenson prayers to get 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.)

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,
Lyndhurst; 5114 Mayfield Road (44124), 440-449-8508.

As a club member, you regularly get 15% discount on all items. 20% discount on all Nike Zoom products.

RESULTS: Send your meet results to:
maniccial@ameritech.net or www.othtc.org or
thorntonm@michigan.gov or wilsonr6@michigan.gov.

OTHTC at USA Outdoor Nationals in Decatur, IL

Congratulations to all for stellar performances!!!

Officials, Thank you very much: Rex Harvey, Jim Flanik, Larry Seifert, Nancy Seifert, Bill Buttermore, Doug Pohto, Carol Lee, Brian Stephens, Sam Gomer, Larry Dixon, and Greg.

Athletes: Jeff Gerson – 7th in 400m, 13th in 800m; Spencer Johnson – 7th in 200m, 9th in Long Jump; Paul Williams – 8th in 100m; Samuel Erby – 8th in Long Jump; Richard Sollar – 9th in 100m; Steven Bunn – 10th in 100m, 13th in 200m; Lawrence Finley – 11th in 400m, 14th in 200m, 16th in 100m; Ennis Taylor – 14th in 100m, 15th in 200m; Rodney Wilson 17th in 100m.

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

**Gill Athletics/Midwest Masters Fall Invitational Decathlon
And Open Event Meet
Urbana, Illinois, September 18 & 19, 2004**

When

Saturday, Sept. 18, 2004 & Sunday Sept. 19, 2004
The check in will start at 8:30 AM

Facility

all-weather – for photo go to
www.decamouse.com (late Aug. for photo)

Info will be posted at www.decamouse.com

Check for schedule updates

Where

Urbana High School (Newly Resurfaced Summer 2003)
Urbana, Illinois

USATF Association

Website: www.usatfillinois.org

Phone: (630) 953-2052

Entry Fee

Decathlon - \$30 Individual Event - \$5 Two or more - \$10

Start Times (Saturday):

10:00 AM Group Red 100m
10:30 AM Group White 100m
11:00 AM Group Blue 100m

Start Times (Sunday):

9:00 AM Hurdles – All
10:00 AM Discus flights (set by starting PV hgt)

A usable selection of pole vault poles will be available – if any questions or specific length/weight pole selection – call or e-mail Jeff Watry (jwatry@gillathletics.com)– (w) 217-367-8438

Hotel accommodations, and directions – contact me -

Order of Events – Decathlon

(Women will fall the same order as men unless at least 5 women enter – then we will follow IAAF Order)

Saturday

100 meters
Long Jump
Shot Put
High Jump
400 Meters

Sunday

Hurdles
Discus
Pole Vault
Javelin
1500 meters

Order of Events – Selected Events

Athletes wishing to do only a few selected events will follow the last flight of Deca Groups or assigned an empty lane in that event except for HJ and PV– where bar will start low and work up. I.E. – want to only run the 100m and 400m – you will be assigned an empty lane in one of the groups or if numbers dictate, a separate heat will be run. Cost is \$5 for one event - \$10 for up through 5 events – (Illini Heat and Rantoul Track Club members – if helping work other events – entry fee waived)List below are the open events and day:

Sat: 100 – 800 – 200 – 1500 – 400 - all other events or flights follow Deca event – ie. Hurdles would be Sunday after Deca Hurdle flights, Discus would be with or after Deca Discus flights.

Groups – Assignments ----

Up to 14 entries – one group
14 through 20 – Groups Red and White
21 through 30 – Three Groups
After that – check back

All Masters will be scored in one group – using 5 yr factors – Awards – at least top three – still working on it –

Will probably test some new products at meet as well

**Gill Athletics/Midwest Masters Fall Invitational Decathlon
And Open Event Meet
Urbana, Illinois, September 18 & 19, 2004**

**Registration Form
Make Checks Payable to Jeff Watry
Mail Entry to: (\$30 Deca – Single Event \$5, Two or more \$10)**

**Attn: Jeff Watry
Gill Athletics
2808 Gemini Court
Champaign, IL 61824**

Please call or e-mail me if you intend or think you may compete – rough head count

**All funds after payment of sanction fees and awards will be donated to Rantoul
Track Club and Local Booster Club**

Please print or type Info: Jeff Watry (217) 367-8438 jwatry@gillathletics.com

Name _____ Age (on 8/18/2004) _____

Address _____ DOB _____

City _____ State _____ Zip code _____

USATF Number _____

Phone Number _____ Club _____

Event _____ Total Amount _____

I _____ understand that competing in a track / field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release USATF Illinois, Urbana H.S., Midwest Masters, and all sponsors and officials from all claims of any kind arising out of my participation in the Decathlon Invite Meet. I grant permission for emergency medical treatment for myself by competent medical personnel as required.

Signature _____ Date _____ Emergency Phone Number _____

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Over The Hill Track Club

CROSS COUNTRY MEET--Sunday, September 26, 2004

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 CONTACT: OVER THE HILL TRACK CLUB
c/o Jeff Gerson [(440) 473-0636]
5091 Hickory Dr
Lyndhurst, Ohio 44124

AWARDS: **Trophies to the top 3 in each age group.**
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.

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): _____


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Cleveland Heights, OH 44121



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