President's Message...

Banquet News:
The Annual Awards Banquet will be held on Sunday, November 14, 2004 at Wellington's Restaurant in Mayfield Heights, OH, from 10AM until 2PM. Please mark this date on your calendar. The cost is $15 per person. You can pay early or pay at the door. This year we are lowering the costs because we want you to invite your family and friends to attend with you. RSVP Essie Kea, Norm Thomas, Rod Wilson (phone numbers-page 2).

For those of you who live out of town: IL, KY, MI, MO, PA, and NY; we look forward to you sharing your best stories and spending quality time (not in competition) with your fellow team members.

Everyone: Please bring your highest medal won this year because we want you to share your best 2004 season story. In addition, we will be memorializing Everett Hosack. All-in-all, this will be a festive occasion and a good ending to the 2004 season, as well as a great kickoff for 2005.

Recent Events:
The Norm Bower Weight Pentathlon Throwing Classic was held on September 18, 2004 at Kent State University. Thank you to Rex Harvey, Norm Thomas, and Jeff Gerson for officiating. The meet results are attached.

The Annual OTHTC Cross Country Meet was held at University School in Hunting Valley, Ohio on September 26, 2004. Thank you to Rex Harvey, Joanne Siegel, Marcia Price, Dorothy Wilson, Norm Thomas, Jeff Gerson and Del Lewis for officiating. The meet results are listed below.

Congratulations:
Fred Hirsimaki won 8 Gold Medals at the Rocky Mountain Games in CO. He set meet records in the 80 Meter Hurdles, 300 Meter Hurdles, High Jump, and Triple Jump. He also won the Long Jump, Javelin Throw, and Discus. In addition he won the Pentathlon.

Cathi Gerson placed 1st at the Mayfield Heights Wildcat 5K and the N.E. Ohio Hydrocephalus 5K.

Joanne Siegel and Walter Thiem competed very well in the Rock and Roll Half Marathon. Joanne Siegel will be competing in the Columbus Marathon. Good Luck!!!

Other News:
Please mark July 2-3, 2004 for the USA National Decathlon Championships. They will be held at Mayfield Heights High School. We are hosting this important National event, so if you are not competing, please assist us with this momentous event.

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.

Gunter Sprockhoff is still ill with lung cancer. Please keep Gunter in your prayers. Gunter, we miss you and get well. Monica Thornton is recovering from major left knee surgery on her torn meniscus.
Please Plan on attending the Annual Banquet

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We wish Jeff Gerson, Gunter Sprockhoff, Monica Thornton, and Susan Stephenson prayers to get well

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

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Membership Drive Program

Any current member that signs up three new club members will have their membership dues reimbursed. (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

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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.

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

OTHTC Cross-Country Results

<table>
<thead>
<tr>
<th>Men</th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>14 and under</td>
<td>50-54</td>
<td></td>
</tr>
<tr>
<td>Drew Castro</td>
<td>37:12</td>
<td>Nino Monaco</td>
</tr>
<tr>
<td>Jim Majer</td>
<td>26:20</td>
<td></td>
</tr>
<tr>
<td>Ryan Hoover</td>
<td>22:03</td>
<td>Jeff Gerson</td>
</tr>
<tr>
<td>20-29</td>
<td>55-59</td>
<td>Norm Thomas</td>
</tr>
<tr>
<td>Rich Szczepinski</td>
<td>20:42</td>
<td></td>
</tr>
<tr>
<td>30-34</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Steve Favozzo</td>
<td>22:16</td>
<td></td>
</tr>
<tr>
<td>40-44</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spencer Johnson</td>
<td>24:31</td>
<td>11-15</td>
</tr>
<tr>
<td>45-49</td>
<td>Elyse Castro</td>
<td>37:16</td>
</tr>
<tr>
<td>Guy Gadomski</td>
<td>19:49</td>
<td>55-59</td>
</tr>
<tr>
<td>Lawrence Finley</td>
<td>23:59</td>
<td>Cathi Gerson</td>
</tr>
<tr>
<td>Walter Thiem</td>
<td>24:39</td>
<td></td>
</tr>
<tr>
<td>Mike Giodowski</td>
<td>28:30</td>
<td></td>
</tr>
<tr>
<td>Mike Castro</td>
<td>37:57</td>
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| 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 |  |

| Coordinates | | |
| 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 |
Norm Bower Memorial Weight Pentathlon
Kent State University, Kent, Ohio 18Sep04

Over the Hill Track Club

<table>
<thead>
<tr>
<th>Points</th>
<th>HT</th>
<th>SP</th>
<th>DT</th>
<th>JT</th>
<th>WT</th>
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</thead>
</table>

--- M17 -- 18 ---
1 Jonathon Jones  M18  26.60m 11.64m 28.88m 38.40m 10.16m

--- M50 ----
1 Gary Sutton  M50  33.94m 10.41m 30.54m 34.63m 12.40m
2 John Sloan  M63  28.32m 9.11m 29.26m 32.13m 10.36m
3 Abe Sheinker  M64  22.90m 6.68m 20.21m 14.24m 7.62m

--- M55 ----
1 Jeff Gerson  M57  14.26m 6.25m 18.37m 18.91m 6.11m

--- M60 ----
1 Mickey Bitsko  M61  43.05m 11.68m 38.34m 27.30m 14.45m
2 John Sloan  M63  36.24m (851) (779) (727) (448) (819)
3 Abe Sheinker  M64  32.05m (853) (779) (727) (448) (819)

--- M65 ----
1 Jack Kuhns  M65  32.88m 11.19m 36.46m 31.30m 12.89m
2 John Sloan  M63  36.24m (851) (779) (727) (448) (819)
3 Abe Sheinker  M64  32.05m (853) (779) (727) (448) (819)

--- W55 ----
1 Mary Hartzler  W55  38.29m 10.20m 29.42m 24.52m 11.32m
2 Bernice Holland  W77  40.35m (991) (894) (697) (627) (826)

--- W75 ----
1 Bernice Holland  W77  18.98m 6.3/m 18.99m 15.87m 7.95m
2 Abe Sheinker  M64  38.06m (782) (933) (710) (684) (697)

Open Throwing Events:

W55 Shot Put
1 Mary Hartzler  W55  10.69m 35-01.00 16.23m 70.24%

W75 Shot Put
1 Bernice Holland  W77  6.65m 21-10.00 17.44m 75.48%

M45 Shot Put
1 Frank Makozy  M47  8.98m 29-05.50 10.44m 45.17%

M60 Shot Put
1 Ken Mallory  M60  9.00m 29-06.50 11.43m 49.45%

M65 Shot Put
1 Jack Kuhns  M65  11.10m 36-05.00 16.33m 70.66%

M45 Discus Throw
1 Frank Makozy  M47  27.59m 90-06 30.17m 40.73%

M60 Discus Throw
1 Ken Mallory  M60  37.21m 122-01 41.79m 56.42%

M65 Discus Throw
1 Jack Kuhns  M65  36.72m 120-06 45.95m 62.03%

M60 Hammer Throw
1 Mickey Bitsko  M61  41.84m 137-03 60.32m 69.54%
2 Abe Sheinker  M64  41.89m 137-03 60.32m 69.54%

M65 Hammer Throw
1 Jack Kuhns  M65  33.03m 108-04 52.36m 60.36%
<table>
<thead>
<tr>
<th>Category</th>
<th>Name</th>
<th>Age</th>
<th>Distance (m)</th>
<th>Uncertainty (ft)</th>
<th>Percent</th>
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</thead>
<tbody>
<tr>
<td><strong>M17-18 Javelin Throw</strong></td>
<td>Jonathon Jones</td>
<td>M18</td>
<td>37.10</td>
<td>121-09</td>
<td>37.10m</td>
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<tr>
<td><strong>M45 Javelin Throw</strong></td>
<td>Charlie Green</td>
<td>M46</td>
<td>55.40</td>
<td>181-09</td>
<td>69.37m</td>
</tr>
<tr>
<td></td>
<td>Frank Makozy</td>
<td>M47</td>
<td>33.20</td>
<td>108-11</td>
<td>42.36m</td>
</tr>
<tr>
<td><strong>M60 Javelin Throw</strong></td>
<td>Ken Mallory</td>
<td>M60</td>
<td>33.00</td>
<td>108-03</td>
<td>48.85m</td>
</tr>
<tr>
<td><strong>W55 Weight Throw</strong></td>
<td>Mary Hartzler</td>
<td>W55</td>
<td>11.29</td>
<td>37-00.50</td>
<td>15.35m</td>
</tr>
<tr>
<td><strong>M60 Weight Throw</strong></td>
<td>John Sloan</td>
<td>M63</td>
<td>10.62</td>
<td>34-10.25</td>
<td>12.87m</td>
</tr>
</tbody>
</table>
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)
2004 ANNUAL MEETING

**When:** Sunday, December 19, 2004. 1:00 until 2:15 PM.

**Where:** Jeffery Gerson’s Home  
5091 Hickory Drive.  
440.473.0636.  
Located on the northeast intersection of Richmond Road (SR-175) and Hickory Drive, in Lyndhurst, OH.

**Who:** All team members and friends are welcome.

Renew your 2005 USATF card / OTHTC membership

If you have not picked up your award from the awards banquet, you may do so at the meeting. Banquet awards recipients are attached to this flyer.

**Why:** We are a fantastic “World Class Team”!!!
2004 OVER THE HILL TRACK AND FIELD CLUB AWARDS

1. 2004 Byron Fike MVP Athlete
   OTHTC
   Bennie James

2. 2004 Alfonzo L. Wilson Male Track
   OTHTC
   Khalid Muzalim

3. 2004 Alfonzo L. Wilson Male Track
   OTHTC
   Spencer Johnson

4. 2004 Patrice E. Thomas Female Track
   OTHTC
   Susan Stephenson

5. 2004 Patrice E. Thomas Female Track
   OTHTC
   Bernice Holland

6. 2004 Norman Bower Male Field
   OTHTC
   John Sloan

7. 2004 Norman Bower Male Field
   OTHTC
   Rex Harvey

8. 2004 Norman Bower Male Field
   OTHTC
   Barry Kline

9. 2004 Norman Bower Female Field
   OTHTC
   Monica Thornton
10. 2004 Norman Bower Female Field
    OTHTC
    Dorothy Wilson

11. 2004 Male Road Racer
    OTHTC
    Robert "Bob" Thomas

12. 2004 Female Road Racer
    OTHTC
    Joanne Siegel

13. 2004 Female Road Racer
    OTHTC
    Cathi Gerson

14. 2004 Female Race Walker
    OTHTC
    Joyce Prohaska

15. 2004 Official of the Year
    OTHTC
    Rex Harvey

16. 2004 Everett Hosack Life Achievement
    OTHTC
    Essie Kea

17. 2004 Everett Hosack Life Achievement
    OTHTC
    Grover Coats

18. 2004 Everett Hosack Life Achievement
    OTHTC
    Jeff Gerson
2004 TRIBUTE TO OUTSTANDING PEOPLE

Certificate of Excellence as a Business Supporter

Jeff Fisher
Claude Holland
Clark Turner

Certificate of Excellence for Outstanding Officiating

James Flanik
Lawrence Seifert
Nancy Seifert

Certificate of Excellence for Outstanding Performance

Steven Bunn
Samuel Erby
Lawrence Finley
Diane Friedman
Derek Gainey
Jeffrey Gerson
Hilary Goerge
Jack Greenwald
Frederick Hirsimaki
Kelly Lycan
Nicole Lycan
Dr. Frank Makozy
John Means
Everett Poe
Richard Sollar
Ennis Taylor
Deborah Yurth-Thomas
Norman Thomas
Robert Walters
Charles Wiedman
Paul Williams
Urte Kurlich

Lifetime Participation

Dr. James Cavicchi