



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 4, Issue 5

June 2005

President's Message...

Memberships:

Please renew your membership and keep the club at the forefront of being one of America's Greatest Masters Track and Field Clubs. Send your membership form and payment to Jeff Gerson. Individuals-\$20; Families-\$30.

Results: National Senior Games in Pittsburgh, PA.

Congratulations to the National Champions - John Means (M85) who won the Gold Medals in the 100m, 200m, and 400m. He set a new National Senior Games record in the 100 m. Joyce Prohaska (W50) won the Gold Medal in 1500m Racewalk and the Silver Medal in the 5K Racewalk.

Hilary Goerge (M55) won Silver Medals in the Shot Put and Discus. Essie Kea (W65) won Bronze Medals in the 100m and High Jump and finished 4th in the 200m. Georgia Johnson (W75) won the Bronze Medal in the 200m and finished 4th in the 100m. Chuck Wiedman (M70) finished 6th in the Pole Vault and 13th in the High Jump. Paul Williams (M70) finished 8th in the 100m. Dorothy Wilson (W80) finished 12th in the Shot Put. Jeffrey Gerson (M55) finished 20th in the 800m.

Important OTHTC News

The 2005 USA National Masters Decathlon and Heptathlon Meet is 7/2 - 7/3 at Mayfield HS. Please help officiate!!!!

In This Issue

- *USATF National Decathlon / Heptathlon official's form*
- *OTHTC NorthCoast Cleveland Classic entry form*

Important OTHTC News

The NorthCoast Cleveland Classic is 7/23 at Mayfield HS. The Norm Bower Throwing Meet is 9/17 at Kent State. The OTHTC Cross Country Meet is 9/25 at University School. We need volunteers to help officiate!!!!

Other Important Track and Field Meets

6/25: Lake Erie USATF Junior Olympics at West Holmes High School.

6/25: Ontario Masters Outdoor Track & Field at York University in Toronto, Ontario, CA.

6/26: USATF Three Rivers at Slippery Rock Univ.

7/9: Dayton Masters in Dayton, OH

7/9-7/10: Canadian National Masters Championship at York University in Toronto, Ontario, CA.

7/16: USATF Midwest Regionals at Grand Valley State University in Allendale, MI.

7/23: USATF Illinois, Location TBA

USATF Outdoor National Masters Championship

USATF Outdoor National Meet will be August 4-6, 2005, Honolulu, Hawaii. Average hotel costs will be \$200-\$300 per night on the beach, \$100 per night off the beach.

World Masters Athletics Championships

August 22- September 3, 2005: San Sebastian, Spain

Congratulations:

Cathi Gerson (W50): Cleveland Heights Anniversary 5K - 27:39, 2nd; University Heights Memorial 5 Mile - 43:20, 3rd.

Jeffrey Gerson (M55): Tri County Senior Olympics, 400m - 1:23, 1500m - 6:59.2; NorthCoast Senior Games, 100m - 17.5, 400m - 1:17.8, 1600m - 7:12.

Nicole Lycan (W35): Grand Ledge Summer Meet, Prediction Mile, 1st.

Kelly Lycan (M45): Grand Ledge Summer Meet, 400m - 57.87, 1st; 70m - 9.04, 2nd; LJ, 1st.

Please Plan on attending and competing during the Outdoor Season.

Great Team Spirit!!!

We wish Jeff Gerson, Gunter Sprockhoff, Joseph Chadbourne, Jack Greenwald, Ben James and Susan Stephenson to get well soon.

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.

Congratulations:

Joanne Siegel (W40): Boston Marathon finisher.

Monica Thornton (W45): USATF Michigan, Shot Put, 1st; Javelin, 1st. Grand Ledge Summer Meet, Shot Put, 1st.

Hilary Goerge (M55): USATF Michigan, Shot Put, 1st; Javelin, 1st; Discus, 1st; Hammer 1st.

Ben James (M45) was featured competing at the Penn Relays on the front page of the National Masters News's June Issue.

Officers

President	Rodney Wilson
VP Programs & Publicity	Essie Kea
VP Publicity	Bernice Holland
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



TRACK & FIELD

See It. Feel It. Experience It.

USATF NATIONAL MASTERS DECATHLON & HEPTATHLON CHAMPIONSHIPS July 2-3, 2005

Mayfield High School, 6116 Wilson Mills Rd. Mayfield Village, Ohio (1/2 mile west of 1-271 - exit #36)

Sponsored by: Over The Hill Track Club, Lake Erie Association USATF,
Second Sole, & Mayfield High School Track Team

Dear Official,

The Lake Erie Association is pleased to be the host for the 2005 USATF National Masters Decathlon/Heptathlon Championships. This prestigious event will be held at Mayfield High School in Mayfield Village. This meet usually attracts some of the best Masters Athletes in the World and will have 40 to 50 men and 10 to 20 women of all ages from 30 to 85. As you know, it is not often that you get to add a National Championship to your officiating resume without leaving Cleveland. We plan to showcase Northeastern Ohio as an area capable of hosting major Track & Field Events. We would appreciate if you could volunteer your specialized services for one or both days. If you are willing to officiate, please return the bottom of this form by May 1st. We will make official's selection and assignments by June 1st.

Mail to: Jeff Gerson
5091 Hickory Drive
Lyndhurst, OH 44124

Thank you,

Jeff Gerson

Registration Chair, Lake Erie Association, USATF

USATF sanctioned. WMA & USATF scoring and rules regarding implements and hurdles.

Starting time both days will be 8:30 a. m. Older age groups will begin first.

For more information contact: Jeff Gerson - 440-473-0636 or
Rex Harvey - 440 954-8122 (w) 440- 339-5688 (mobile)

Hotel information. Holiday Inn (meet headquarters) - 780 Beta Drive (1/4 mile east of 1-271 exit #36) 440-461-9200 Rates - \$99.00 per night w/breakfast (double beds), Baymont Inn - 1421 Golden Gate Blvd. (exit #35 - 1-271) 440-442-8400 Rates - \$85.00 per night w/breakfast (double beds)

RATES ARE ONLY GUARANTEED UNTIL JUNE 1. Say you are with USATF Heptathlon.

Rental Cars: To get a discount with Enterprise, call 1-800-rent-a-car or go to enterprise.com. Use account # 39E0900. If asked, first 3 letters are GRE.

OFFICIAL'S REGISTRATION FORM

NAME _____ Official's Number if Registered _____

I will officiate: Saturday 2Jul05 _____ Sunday 3Jul05 _____

I prefer (circle please) Saturday: Men; 100m, Long Jump, Shotput, High Jump, 400m
Women; Hurdles, High Jump, Shotput, 200m
or no preference Sunday: Men; Hurdles, Discus, Pole Vault, Javelin, 1500m
Women; Long Jump, Javelin, 800m

ADDRESS _____ City _____ ST _____ ZIP _____

PHONE _____ E-Mail _____



www.othtc.org

Presents

THE NORTHCOAST CLEVELAND TRACK CLASSIC

Saturday, July 23rd, 2005

USATF Sanctioned, USATF rules apply.

******Pre-Registration Only – Deadline 7/16/2005. NO ON-SITE REGISTRATIONS******

Order of Events: Field events start at 9:00-----Track events start at 10:00
Women followed by men-----Oldest to Youngest

Field event athletes are requested to bring their own implements, as the meet does not supply them.

PLACE: Mayfield High School, 6116 Wilson Mills Road, Mayfield Village, Ohio.
The school is 1/2 mile west of I-271 and the Wilson Mills Road Exit (Exit #36).

ENTRY FEES: \$5 per event, \$10 per relay.
Make checks payable to **OVER THE HILL TRACK CLUB**.
Entry fees must accompany entry forms. Pre-registration is required. No refunds!!

MAIL TO: **OVER THE HILL TRACK CLUB**
Attn: Dr. Rodney C. Wilson
4031 West Jolly Road, Apt. 31
Lansing MI, 48911

DIVISIONS: USATF age brackets.
ORDER OF EVENTS: **10:00am** 3000m **9:00 am** - Hammer (18 and up)
Short Hurdles
4 x 100m Relay
800m
100m
3000m race walk
60m
300m Hurdles
400m
1500m
200m
Sprint Medley Relay
(100-100-200-400)
Shot Put
High Jump
Pole Vault
Long Jump
Triple Jump
Discus (14 and up)
Javelin

AWARDS: Medals for 1st-2nd-3rd
CONTACTS: Jeff Gerson 440-473-0636 Rex Harvey 440-954-8122
Norman Thomas 330-425-8219 Dr. Rodney Wilson 517-646-8742

NEXT MEETS: 1.) Norm Bower Throwing Meet; 2.) OTHTC Cross Country Classic

NAME _____ AGE: _____ B'DAY _____ SEX. _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE:(_____) _____ CLUB AFFILIATION: _____

EVENTS _____

In consideration of your acceptance of this entry form, I hereby for myself, my heirs, executors, and assigns, waive any and all claims for damages, which I might have against USATF, Lake Erie Association USATF, Over The Hill Track Club, and the Mayfield School District, their agents, representatives or assigns, for any and all damages or injuries suffered by me at said meet. I also certify that I am healthy and sufficiently trained to complete in this meet.


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



Rex Harvey
6744 Connecticut Colony Circle
Mentor, OH 44060

44060-4470

