President’s Message...

The second half of the track and field season is upon us. Continue training hard and you will perform well. This is a reminder that I will no longer serve as your President at the conclusion of track / cross country season 2005. It is important to keep the continuity and growth of the club at the forefront. Also it is important for the next administration to continue spotlighting and highlighting the accomplishments of all members, large and small, champions or not. The survival of our club at the highest level depends on our commitment to excellence in competition, volunteerism, and recruitment. Our club is healthy and vibrant. We will continue to be so as long as each and every one of us continues to do so. Thank you for allowing me to stretch my wings and I will be happy to work with the next administration in providing the smoothest of transitions. If you are interested in running for office or want information about the innerworkings of the club, feel free and contact me and I will be very, very supportive of you. Thank you.

Memberships:
Please renew your membership. Send your membership payment to Jeff Gerson. Individuals-$20; Families-$30.

Important OTHTC News
The North Coast 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 officiate!!!!

Thank You All:
The 2005 USA National Masters Decathlon and Heptathlon Championships was successfully held on July 2 and July 3 at Mayfield HS. Jeff Gerson and Rex Harvey spearheaded this effort in putting Cleveland back onto the national track and field landscape. Special thank you goes to Lake Erie USATF Officials Jim Flanik, Doug Pohoto, George Riser, Frank Smith, Tom Payton, Brian Jones, Kenneth Dworzik, and Karl Mews for their assistance. Also, a special thank you goes to OTHTC Club members Bernice Holland, Cathi Gerson, Essie Kea, Paul Williams, Grover Coats, Dick Turner, Norm Thomas, Charlie Hall, Nicole Lycan, Roman Liscynesky, and Don LeDonne for great assistance.

Congratulations OTHTC Members:
Three World Records and one American Record was set at the 2005 USA National Decathlon and Heptathlon Championships. Fred Hirsimaki won a Gold Medal and established a New World Record. Kelly Lycan won a Silver Medal. Frank Makozy and John Sloan won Bronze Medals. Jeff Gerson finished in Fourth Place.

Other Important Track and Field Meets
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.

In This Issue
- OTHTC North Coast Cleveland Classic entry form
- OTHTC Cross Country entry form
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.

**************************************************
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 maniccia@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 maniccia@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: maniccia@ameritech.net or www.othtc.org or thorntonm@michigan.gov or wilsonr6@michigan.gov.

Congratulations:

Chuck Wiedman (M70-74): Lake County Metro Parks Senior Olympics: Shot Put...33'6". Lake Erie USATF Outdoors: Shot Put -1st, Discus-2nd, Javelin-1st.


<table>
<thead>
<tr>
<th>Officers</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Rodney Wilson</td>
</tr>
<tr>
<td>VP Programs &amp; Publicity</td>
<td>Essie Kea</td>
</tr>
<tr>
<td>VP Publicity</td>
<td>Bernice Holland</td>
</tr>
<tr>
<td>VP Communications - web</td>
<td>Larry Maniccia</td>
</tr>
<tr>
<td>VP Communications – news</td>
<td>Monica Thornton</td>
</tr>
<tr>
<td>Secretary</td>
<td>Rex Harvey</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Jeff Gerson</td>
</tr>
<tr>
<td>Historian and Records</td>
<td>Lawrence Finley</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Coordinators</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Women (all)</td>
<td>Essie Kea 216.383.1511</td>
</tr>
<tr>
<td>Men (open)</td>
<td>Larry Maniccia 440.237.6714</td>
</tr>
<tr>
<td>Men 30-39</td>
<td>Bob Walters 440.526.5635</td>
</tr>
<tr>
<td>Men 40-49</td>
<td>Bob Thomas 440.899.3599</td>
</tr>
<tr>
<td>Men 50-59</td>
<td>Jeff Gerson 440.473.0636</td>
</tr>
<tr>
<td>Men 60-69</td>
<td>Grover Coats 216.464.3865</td>
</tr>
<tr>
<td>Men 70+</td>
<td>Everett Poe 216.991.8524</td>
</tr>
<tr>
<td>Seniors</td>
<td>Chuck Wiedman 440.838.8362</td>
</tr>
<tr>
<td>Weight Events</td>
<td>John Sloan 330.877.9197</td>
</tr>
<tr>
<td>Multi Events</td>
<td>Rex Harvey 440.954.8122</td>
</tr>
<tr>
<td>Out-of-State</td>
<td>Lawrence Finley 859.236.2042</td>
</tr>
<tr>
<td></td>
<td>Rodney Wilson 517.646.8742 (h)</td>
</tr>
<tr>
<td></td>
<td>517.241.4007 (w)</td>
</tr>
<tr>
<td>Race Walking</td>
<td>Joyce Prohaska 216.521.7966</td>
</tr>
<tr>
<td></td>
<td>Gunter Sprockhoff 440.582.0144</td>
</tr>
<tr>
<td>Road Racing</td>
<td>Joanne Siegel 216.397.0260</td>
</tr>
<tr>
<td>T/F Consultant</td>
<td>Paul Williams 440.605.1811</td>
</tr>
<tr>
<td></td>
<td>Norman Thomas 330.425.8219</td>
</tr>
</tbody>
</table>
OVER THE HILL CROSS COUNTRY MEET ENTRY FORM

OVER THE HILL CROSS COUNTRY MEET ENTRY FORM

TEAM ENTRY -
Club___________________________________________________ PHONE____________________
ADDRESS_________________________________________________ CITY____________________
ZIP CODE____________________ STATE____________________
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): ___________________________
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 ¼ 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
   Short Hurdles
   4 x 100m Relay
   800m
   100m
   3000m race walk
   60m
   300m Hurdles
   400m
   1500m
   200m
   Sprint Medley Relay
   (100-100-200-400)

9:00 am - Hammer (18 and up)
   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
Norman Thomas 330-425-8219
Rex Harvey 440-954-8122
Dr. Rodney Wilson 517-646-8742

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

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 Districts, 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.

SIGNATURE. (By athlete or coach/parent for minor athlete):
Over The Hill Track Club
3661 Langton Road
Cleveland Heights, OH 44121

Rex Harvey
6744 Connecticut Colony Circle
Mentor, OH 44060