



# Over The Hill Track Club

*Athletes of all ages setting the pace!*

[www.othtc.org](http://www.othtc.org)

Volume 4, Issue 6

July 2005

## **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!!!!

### **In This Issue**

- *OTHTC North Coast Cleveland Classic entry form*
- *OTHTC Cross Country entry form*

### **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 Pohto, 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 Liscynsky, 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.

**Please Plan on attending and competing during the Outdoor Season.**

**Great Team Spirit!!!**

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

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Send your **meet results** to Larry Maniccia at [maniccial@ameritech.net](mailto:maniccial@ameritech.net) so they can be published on the [www.othtc.org](http://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. (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](mailto:maniccial@ameritech.net) or [www.othtc.org](http://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](mailto:maniccial@ameritech.net) or [www.othtc.org](http://www.othtc.org) or [thorntonm@michigan.gov](mailto:thorntonm@michigan.gov) or [wilsonr6@michigan.gov](mailto:wilsonr6@michigan.gov).

**Congratulations:**

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

Monica Thornton (W45-49): Michigan USATF Outdoors: Shot Put -1<sup>st</sup>, Javelin-1<sup>st</sup>.

Hilary Goerge (M55-59): Michigan USATF Outdoors: Shot Put -1<sup>st</sup>, Hammer-1<sup>st</sup>, Javelin-1<sup>st</sup>.

**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     |

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# Over The Hill Track Club

## CROSS COUNTRY MEET--Sunday, September 25, 2005

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 9/22/05. \$10 per person day of the race.  
Make checks payable to **OVER THE HILL TRACK CLUB.**

MAIL TO: OVER THE HILL TRACK CLUB  
Jeff Gerson  
5091 Hickory Dr.  
Lyndhurst, Ohio 44124

AWARDS: **Trophies to the top 3 in each age group. Gift Certificates. T-Shirts for all.**  
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.*

CONTACT: Jeff Gerson 440-473-0636

### OVER THE HILL CROSS COUNTRY MEET ENTRY FORM

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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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

|                         |                |  |                                     |
|-------------------------|----------------|--|-------------------------------------|
| <b>ORDER OF EVENTS:</b> | <b>10:00am</b> | 3000m                                    | <b>9:00 am - Hammer (18 and up)</b> |
|                         |                | Short Hurdles                            |                                     |
|                         |                | 4 x 100m Relay                           |                                     |
|                         |                | 800m                                     | Shot Put                            |
|                         |                | 100m                                     | High Jump                           |
|                         |                | 3000m race walk                          | Pole Vault                          |
|                         |                | 60m                                      | Long Jump                           |
|                         |                | 300m Hurdles                             |                                     |
|                         |                | 400m                                     | Triple Jump                         |
|                         |                | 1500m                                    | Discus (14 and up)                  |
|                         |                | 200m                                     | Javelin                             |
|                         |                | Sprint Medley Relay<br>(100-100-200-400) |                                     |

**AWARDS:** Medals for 1<sup>st</sup>-2<sup>nd</sup>-3<sup>rd</sup>

|                  |               |              |                   |              |
|------------------|---------------|--------------|-------------------|--------------|
| <b>CONTACTS:</b> | 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.

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

44060-4470

