President's Message...

The second half of the track and field season and the beginning of the cross country season is upon us. Continue training hard and you will perform well. Now is the time for a great OTHTC leader to become President, since I will no longer serve as President at the conclusion of track / cross country season 2005.

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

Norm Bower Throwing Meet: 9/17 at Kent State Univ.
OTHTC Cross Country Meet: 9/25 at University School.
We need volunteers to officiate!!!! Please help!!!!

Thank You All:
The 2005 North Coast Cleveland Track Classic was successfully held on July 23 at Mayfield HS. 127 athletes for all over the Midwest competed. Jeff Gerson, Rex Harvey, and Norm Thomas spearheaded this effort. A special thank you goes to the Mayfield High School coaching staff, student volunteers and grounds personnel, Lake Erie USATF Officials Doug Pohto and Kenneth Dworzniak, OTHTC Club members Grover Coats, Cathi Gerson, Dorothy Wilson, and Monica Thornton for your great and invaluable assistance.

In This Issue

• USA National Decathlon and Heptathlon Results
• OTHTC Norm Bower entry form
• OTHTC Cross Country entry form

OTHTC at USA Outdoor Nationals:
Congratulations to Ben James for winning the Gold Medal at the USA National Outdoor Track and Field Championships in the 400m. This year, Ben won the USA National Outdoor and Indoor 400m titles as well as the Indoor 200m title. John Means won Gold Medals in the 100m and 200m dashes. Nicole Lycan won Gold in the 2000m steeplechase. Kelly Lycan won Silver in the triple jump. Barry Kline won Silver in the 100m hurdles and Bronze in the high jump. Spencer Johnson finished 9th in the 200m. Lawrence Finley finished 16th in the 100m, 17th in the 200m & 400m.

OTHTC at USA Midwest Regionals:
Congratulations to Fred Hirsimaki for winning Gold Medals in the 80m hurdles, shot put, high jump, long jump, and pole vault at the USA Midwest Regional Track and Field Championships. Monica Thornton won Bronze Medals in the shot put and javelin. The final third of the meet was postponed for later date as a result very bad thunderstorms.

OTHTC at Canadian Nationals:
Congratulations to Ben James for winning the Gold Medal at the Canadian National Outdoor Track and Field Championships in the 400m. Paul Williams won the Silver Medal in the 100m and Bronze Medal in the 200m.

World Masters Athletics Championships
8/22- 9/3: San Sebastian, Spain. Good Luck all.

OTHTC Awards Banquet:
Dates: Sunday, November 13 or Sunday, November 20 at Wellington’s. Details to be announced later.
Please Plan on attending and competing during the Outdoor Season.
Great Team Spirit!!!

We wish Essie Kea, Gunter Sprockhoff, Joseph Chadbourne, Jack Greenwald, 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 thorntonmn@michigan.gov or wilsonr6@michigan.gov.

Congratulations:

Jeff Gerson (M55): National Senior Games: 800m (3:07.12); Lake Erie USATF Outdoors: 200m (37.8), 400m (1:20.1), 1500m (6:50); Regional Senior Olympics: 200m (38.0), 400m (1:22.4), 1500m (7:33.1).

Cathi Gerson (W55): Run For The Hills 10K (57:43) 1st; Debbie Hudacko Memorial 5M (44:07) 1st; Richmond Heights Family Day 5K (27:11) 1st.

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 440.665.1811
Norman Thomas 330.425.8219
Over the Hill Track Club

Eighth Annual Norm Bower Memorial Weight Pentathlon

Saturday, September 17, 2005
Kent State University, Kent, Ohio 44242
11:00 a.m. to 5:00 p.m.
Tele: Rex Harvey 440 954 8122
Jeff Gerson 440 473-0636

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue Bower’s daughter, born October 31, 1995

Over the Hill Track Club is once again sponsoring a fund-raising weight pentathlon in honor of Norm Bower, who passed away September 12, 1997. Norm Bower was much loved as a friend and a competitor in the weight events. He was joyful, bright, easy going, with a wonderful sense of humor. He supported every thrower who competed in the weights, no matter the skill level. Our track meets and our lives are brighter, more fun because of Norm, and the Club wishes to remember him and his family with this annual weight pentathlon held in his honor.

All meet fees, less awards expenses, and all donations included with meet fees will be contributed to an education fund for Emma Rose Bower, born October 31, 1995, Norm and Sue Bower’s daughter, and the sister of Brent Bower.

Date, Time, & Sequence of Events: 11:00 a.m. to approx. 5:00 p.m. Hammer, shot put, discus, javelin, and weight in that order.

NOTE: In order to qualify legally for an official record in the weight pentathlon, you must throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

Host site: Kent State University, Kent, Ohio 44242; map and written directions available upon request.

Events & Weights by Age: Weight pentathlon (hammer, shot put, discus, javelin, and weight) or individual weight events. See attached Ages / Implements Specifications® list. For the weight throw, where both WAVA and USATF specifications appear, we will use the WAVA standards, if the appropriate weight implement is available. We will throw by the age groups represented on the list. Some age groups will be combined to fill out flights.

Sanction & Rules: This is a USATF Sanctioned Meet. USATF rules which specify WAVA implements.

Number of Attempts per Event: 3 for the five-event weight pentathlon; 6 for individual events only.

Awards: Yes

Facilities: Javelin to be thrown from an all-weather surface onto grass; all other throws from concrete surfaces onto a grass field.

Other Facilities: Restrooms in adjacent Ice Rink, no showers.

Fee, Donations, Mailing Information: All meet fees, less awards expenses, and donations included with meet fees will be contributed to the education fund set up in 1997 for Emma Rose Bower. OTHTC encourage all those who are able to donate beyond the entry fee amount. OTHTC also encourages those who are not going to compete to remit a donation for this worthy cause. Note the donation amount on the bottom left-hand memo section of your check. Your check is your receipt. The Bower family will receive a list of the names and addresses of all attendees and contributors, unless donors specify that their gifts be anonymous.

$20 for the weight pentathlon, and $5 per event if throwing four or fewer events. No refunds for no-shows. Make out checks to Over the Hill Track Club.

Mailing Instructions: Mail application with check made out to Over the Hill Track Club to: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; or Jeff Gerson, Over the Hill Track Club, 5091 Hickory Drive, Lyndhurst, OH 44124

Waiver: Signature required on attached meet application form.

Questions: Call Rex Harvey; 440-954 8122 or Jeff Gerson, 440-473-0636
## The Eighth Annual Norm Bower Memorial Weight Pentathlon

**Sponsored by:** Over the Hill Track Club  
**Saturday, September 17, 2005; 11:00 a.m. to 5:00 p.m.**  
Kent State University, Kent, Ohio  
**Phone:** Rex Harvey 440-954-8122  
Jeff Gerson 440 473-0636  
**All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue's daughter, born October 31, 1995**

### REGISTRATION FORM

<table>
<thead>
<tr>
<th>Name</th>
<th>Gender</th>
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**Date of birth** | **Your age as of 9/20/03** | **Your club**
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**E-Mail**

**Events you wish to enter:**

- [ ] Weight pentathlon (hammer, shot, discus, javelin, & weight)
- [ ] Individual events only: [ ] Hammer [ ] Shot put [ ] Discus [ ] Javelin [ ] Weight

**NOTE:** In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight and only first 3 throws count.

I will not be competing, but I elect to make a donation of $__________ (my check is enclosed).

Please bring your own implements. Although we will have a number on hand, we cannot guarantee that we will have all implements for all age groups.

Mail this registration form, along with your fee and/or donation check or money order made payable to Over the Hill Track Club, to: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; Tel: 440-954-8122.

**Waiver for All Events:** In consideration for acceptance of my entry into the OTHTC Sixth Annual Norm Bower Memorial Weight Pentathlon, I do hereby for myself and anyone entitled to act in my behalf, waive and release the Over the Hill Track Club, Cleveland, Ohio, Kent State University, Kent, Ohio, USATF, and all sponsors, their representatives and successors from all claims or liabilities of any and all damages which may be sustained or suffered by me in my connection with entry in, or arising out of my traveling to, participating in, and returning from my participation in this meet.

**Athlete's signature:** ___________________________  
**Date:** ___________________________

**Printed name:** ___________________________

**Parent or guardian's signature (if athlete is under 18):** ___________________________

**Printed name:** ___________________________

**NOTICE:** All athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field and IAAF Regulations. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. **SOME OVER-THE-COUNTER MEDICATIONS MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USADA HOT LINE.**
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

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): ____________________________
## Men's Decathlon

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--- M8O ----

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Findlay, OH  
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| 401 | -40m | 18.84m | DNF |
| 25.47m | 1.90m |

--- W80 ----

Donley, Christel  
Colorado Springs, CO  
w: 0.9 | 3-07.75 | 25-01.75 | +1.2 | 9-08.5 | 76-11 | 23.46m | 4:03.91 |
| 6029 | (1028) | (1054) | (945) | (869) | 3896 | (601) | (901) | (631) |

--- W80 ----

Women Heptathlon

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| 1 Warne, Caren  
Lake Arrowhead, CA  
w: 1.3 | 4-04 | 24-03 | +1.2 | 13-06 | 63-00 | 3189 | (735) | (534) | (439) | (427) | 2135 | (357) | (368) | (329) |
| 3717 | (707) | (566) | (442) | (655) | 2370 | (436) | (308) | (603) |
| 2 Gunnerson, Pamela  
Cheshire, CT  
w: 1.3 | 4-02.75 | 24-01.5 | +1.2 | 12-06.5 | 72-07 | 1876 | (314) | (248) | 3713 | (770) | (839) | (685) | (629) | (166) |
| 3189 | (735) | (534) | (439) | (427) | 2135 | (357) | (368) | (329) |

--- W50 ----

Glynn, Kay  
Hastings, IA  
w: 0.9 | 4-06.25 | 28-00.75 | +1.2 | 14-01 | 89-06 | 3896 | (746) | (857) | (852) | (884) | 3149 | (665) | (614) | (561) |
| 4989 | (746) | (857) | (852) | (884) | 3149 | (665) | (614) | (561) |

--- W50 ----

Carter, Ann  
Aiken, SC  
w: 1.3 | 3-04 | 18-10.75 | +1.2 | 10-01.75 | 51-04 | 2873 | (330) | (566) | (597) | (473) | 1876 | (431) | (426) | (138) |
| 2873 | (330) | (566) | (597) | (473) | 1876 | (431) | (426) | (138) |

--- W70 ----

Donley, Christel  
Colorado Springs, CO  
w: 0.9 | 3-07.75 | 25-01.75 | +1.2 | 9-08.5 | 76-11 | 23.46m | 4:03.91 |
| 6029 | (1028) | (1054) | (945) | (869) | 3896 | (601) | (901) | (631) |
Rex Harvey
6744 Connecticut Colony Circle
Mentor, OH 44060