

Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 4, Issue 8

September 2005

President's Message...

Cross country season is here. Continue training hard and you will continue to perform well.

Memberships and Important OTHTC News:

Please continue to renew your membership. Send your membership payment to Jeff Gerson. Individuals-\$20; Families-\$30. We are still the best game in town.

Norm Bower Throwing Meet is Saturday, September 17, 2005 at Kent State University. We need volunteers to officiate!!!! Please assist or help!!!!

OTHTC Cross Country Meet is Sunday, September 25, 2005 at University School in Hunting Valley, OH. The entry form is included in this newsletter. We need volunteers to officiate!!!! Please assist or help!!!!

OTHTC Awards Banquet

Date: Sunday, November 20 at Wellington's Restaurant beginning at 10:30 am. Details will be announced later. Thank you to Essie Kea for spearheading this effort and to Dorothy Wilson for assisting Essie with this event.

The Gill Athletics Fall Invitational Decathlon and Open Event Meet will be on 9/24/05 and 9/25/05. The entry form is included in this newsletter. Fred Hirsimaki and Lawrence Finley were past winners in several events.

OTHTC / WMA World Championships

Congratulations to Fred Hirsimaki for winning the Bronze Medal in the Decathlon. Rex Harvey was elected for another term as World Masters Association Vice President of Stadia. Belinda McCoy and Linda Carty of Team Ohio competed in the 100m and 200m dashes.

OTHTC / USA Outdoor National Championships

Congratulations to Paul Williams for winning the Bronze Medal in the 100m dash and finishing 4th in the 200m dash.

OTHTC / USA Midwest Regional Championships

Congratulations to Walter Hawkins for winning the Silver Medal in the 400m dash and to Vincent Walls for winning the Silver Medal in the 800m run. The rest of the meet was finally cancelled as a result very bad thunderstorms which terminated the final events.

OTHTC / Rocky Mountain Masters Games

Congratulations to Fred Hirsimaki for winning the Gold Medal in the Decathlon.

OTHTC / Boulder, CO's Pearl Street Mile Run

Congratulations to Norm Thomas for competing in the Pearl Street Mile Run (7:31.0). The competition was stiff and fierce and Norm held his own.

In This Issue

- *OTHTC Cross Country entry form*
- *Gill Athletics Fall Decathlon and Open Event entry form*

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 thorntonm@michigan.gov or wilsonr6@michigan.gov.

Please send all of your best 2005 results to Dr. Rodney Wilson at 4031 West Jolly Road, Apt. #31, Lansing, MI 48911.

I need to compile them for the OTHTC Awards Banquet on Sunday November 20, 2005 at Wellington's Restaurant.

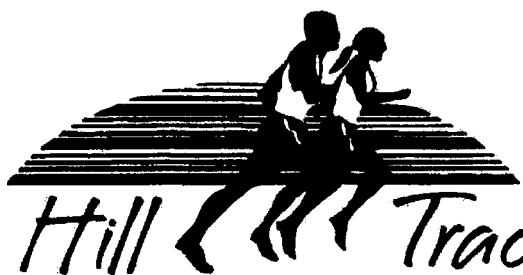
Officers

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

www.othtc.org



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): _____

**Gill Athletics/Midwest Masters Fall Invitational Decathlon
And Open Event Meet
Urbana, Illinois, September 24 & 25, 2005**

(With the help and support of the Urbana Track Program)

When

Saturday, Sept. 24, 2005 & Sunday Sept. 25, 2005
Start Time 1:00PM Sat 9:00AM Sunday

Facility

all-weather

Info will be posted at www.decamouse.com

Check for schedule updates

Where

Urbana High School (Newly Resurfaced Summer 2003)
Urbana, Illinois

USATF Association

Website: www.usatfillinois.org

Phone: (630) 953-2052

Entry Fee

Decathlon - \$30

Individual Event - \$5

Two or more - \$10

Start Times (Saturday):

1:00 PM Group Red 100m
1:30 PM Group White 100m

Start Times (Sunday):

9:00 AM Hurdles All
10:00 AM Discus flights (set by starting PV hgt)

A usable selection of pole vault poles will be available if any questions or specific length/weight pole selection call or e-mail Jeff Watry (jwatry@gillathletics.com) 217-367-8438

Hotel accommodations, and directions contact me -

Order of Events Decathlon

(Women will fall the same order as men unless at least 5 women enter then we will follow IAAF Order)

Saturday

100 meters
Long Jump
Shot Put
High Jump
400 Meters

Sunday

Hurdles
Discus
Pole Vault
Javelin
1500 meters

Order of Events Selected Events

Athletes wishing to do only a few selected events will follow the last flight of Deca Groups or assigned an empty lane in that event except for HJ and PV where bar will start low and work up. I.E. want to only run the 100m and 400m you will be assigned an empty lane in one of the groups or if numbers dictate, a separate heat will be run. Cost is \$5 for one event - \$10 for up through 5 events (Illini Heat and Rantoul Track Club members if helping work other events entry fee waived) List below are the open events and day:

Sat: 100 800 200 1500 400 - all other events or flights follow Deca event. Hurdles would be Sunday after Deca Hurdle flights, Discus would be with or after Deca Discus flights.

Groups Assignments ----

Up to 10 entries one group
10 through 20 Groups Red and White
After that check back

All Masters will be scored in one group using 5 yr factors Awards at least top three fill working on it

Will probably test some new products at meet as well

**Gill Athletics/Midwest Masters Fall Invitational Decathlon
And Open Event Meet
Urbana, Illinois, September 24 & 25, 2005**

**Registration Form
Make Checks Payable to Jeff Watry
Mail Entry to: (\$30 DecaSingle Event \$5, Two or more \$10)**

**Attn: Jeff Watry
Gill Athletics
2808 Gemini Court
Champaign, IL 61824**

Please call or e-mail me if you intend or think you may competetrough head count

**All funds after payment of sanction fees and awards will be donated to Urbana
Track Program, Rantoul Track Club and Local Booster Club**

Please print or type Info: Jeff Watry (217) 367-8438 jwatry@gillathletics.com

Name _____ Age (on 8/24/2005) _____

Address _____ DOB _____

City _____ State _____ Zip code _____

USATF Number _____

Phone Number _____ Club _____

Event _____ Total Amount _____

I _____ understand that competing in a track / field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release USATF Illinois, Urbana H.S., Midwest Masters, and all sponsors and officials from all claims of any kind arising out of my participation in the Decathlon Invite Meet. I grant permission for emergency medical treatment for myself by competent medical personnel as required.

Signature _____ Date _____ Emergency Phone Number _____


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



Rex Harvey
6744 Connecticut Colony Circle
Mentor, OH 44060

