President’s Message...

Happy New Year!! I hope that everyone is in the spirit of renewing their training and commitment to excellence, and are looking forward towards having an exceptional year. Reproducing and distributing this newsletter are our last official acts as President (Rodney Wilson) and Vice President (Monica Thornton). It has been our pleasure to serve you in several capacities. Thank you for assisting us.

Our OTHTC annual meeting to elect new officers will be held at Jeff Gerson’s house 5091 Hickory Drive in Lyndhurst, OH on Sunday, February 5, 2006 at 4pm. It is my hope that we will continue being a phenomenal club in the spirit that Jeff Gerson, Geoff Packer, Debbie Yurth-Thomas, Norm Thomas, and Bob Walters have previously set. Don’t be afraid to lead!!!! We will assist you.

As I close, I want to thank you for your prayers and concerns as it relates to my recovery and rehabilitation from shoulder surgery (rotator cuff). It will take me along time to recover (about one full year for full recovery) but my thoughts are with all of you. Thank you.

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

Upcoming Events:
Michigan USATF Indoors, 1/22/06 at Grand Valley State University in Allendale, MI at 2pm.
Slippery Rock University Indoor All-Comer Meets, 1/22/06 and 2/5/06 at Slippery Rock, PA at 10am
Harrison Cultural Track and Field Meet Indoors, 1/28/06 at Oberlin College in Oberlin, OH at 9am. Please contact Norm Thomas if you are interested in competing on a relay.
Ohio USATF Indoors, 2/18/06 at Ohio Northern University in Ada, OH at 10am.
USATF Midwest Regional Indoors – TBA
World Masters Athletics (WMA) Indoor Championships 3/15/06-3/20/06 in Linz, Austria
USATF National Masters Indoors Championships 3/24/06-3/26/06 Reggie Lewis Center in Boston, MA

2005 OVER THE HILL TRACK & FIELD AWARDS
Byron Fike MVP: Jeff Gerson, Rex Harvey
Alfonzo L. Wilson Male Track: John Means, Fred Hirsimaki, Paul Williams
Patrice E. Thomas Female Track: Joyce Prohaska
Norman Bower Male Field: Hilary Goerge, Barry Kline
Essie L. Kea Female Field: Bernice Holland
Male Road Racer: Vincent Walls
Female Road Racer: Joanne Siegel, Cathi Gerson
Gunter Sprockhoff Race Walk: Joyce Prohaska
Volunteer of the Year: Grover Coats
Everett Hosack Life Achievement: Richard (Dick) Cavicchi, Mary Cavicchi, Norm Thomas
Dr. Allen Jackson / Bill Jordan Business Supporter: Second Sole, Inc.

2005 OTHTC HALL OF FAME
Fred Hirsimaki, Deborah Yurth-Thomas, Richard (Dick) Mann, John Sloan
Please Plan on attending and competing during the Outdoor Season.

Great Team Spirit!!!

We wish Joseph Chadbourne, Jack Greenwald, 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.

Rodney Wilson's 2005 Indoor and Outdoor Results:
**Gill Athletics Midwest Masters Fall Open Event:  
Jav – 1st, 100m – 3rd.
**Rocky Mountain Masters Games: Jav. – 5th.
**Grand Ledge T&F Championships: 100m – 2nd.
**USATF Midwest Region Outdoor: 100m – 3rd.
**Canadian National Outdoor: 100m – 3rd, Jav. – 4th.
**Grand Ledge Mini-Meet: 4x100m – 1st.
**USATF Michigan Outdoor: 100m – 1st, Jav. – 1st.
**USATF Mid-America Region Outdoor: 100m – 1st, Jav. – 2nd.
**Southeastern Masters Outdoor: Jav. – 2nd, 100m – 4th.
**USATF Minnesota Indoor - 60m – 1st.
**Ontario Masters Indoor: 60m – 3rd.
**USATF Ohio Indoor: 60m – 2nd.
**Slippery Rock University Indoor: 55m - 1st.
**USATF Michigan Indoor: 55m – 2nd.

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<td>VP Programs &amp; Publicity</td>
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<td>Rex Harvey</td>
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<td>Treasurer</td>
<td>Jeff Gerson</td>
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<td>Historian and Records</td>
<td>Lawrence Finley</td>
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<td>Women (all)</td>
<td>Essie Kea</td>
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<td>Men (open)</td>
<td>Larry Maniccia</td>
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<td>Men 30-39</td>
<td>Bob Walters</td>
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<td>Men 40-49</td>
<td>Bob Thomas</td>
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<td>Men 50-59</td>
<td>Jeff Gerson</td>
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<td>Men 60-69</td>
<td>Grover Coats</td>
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<td>Race Walking</td>
<td>Joyce Prohaska</td>
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<td>Road Racing</td>
<td>Joanne Siegel</td>
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<td>T/F Consultant</td>
<td>Paul Williams</td>
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<td>Norman Thomas</td>
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VP Programs & Publicity: TBA
VP Publicity: Bernice Holland
VP Communications - web: Larry Maniccia
VP Communications – news: TBA
Secretary: Rex Harvey
Treasurer: Jeff Gerson
Historian and Records: Lawrence Finley
MAIL-IN MEMBERSHIP FORM

For the year ending: 12/31/____ Member status: ___New ___Renewal

Membership Type: ___Individual ($20) ___Family ($30)

Circle events that you would be interested in: SP-sprints MD-middle distance
LD-long distance XC-cross country DH-decathlon/heptathlon RE-relays JU-jumps
HD-hurdles TR-throws WP-weight pentathlon PV-pole vault RW-race walk

Name: ____________________________________ Birthdate: ___/___/___

Address: ____________________________________ Apt. No.: ______

City: _________________________ State: __________________ Zip: ______________

Home phone: ( )_____________________ Bus. phone: ( )____________________

Sex: _____ Age: _____ Best days and hours to contact: ________________________

Family Memberships: Relationship _________________________________________

(Complete a form for each family member who are occupants in your residence.)

Favorite competitions / distances: ________________________________________

Occupation and brief biographical sketch:

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

Please indicate the activities and committees in which you will participate. Participation in
these areas is critical to the success of our club.

Activities: ___Track and Field ___Road Racing ___Racewalking

___Other (specify) ________________________________

Committees: ___Newsletter ___Awards ___Officiating ___Membership

___Scheduling ___Publicity ___Sponsorship ___Equipment

___Other (specify) ________________________________
Each club member is required to work at least one meet or event per year.

To join our club, print and complete this form and mail with a check or money order payable to "Over The Hill Track Club" to:

Jeff Gerson
5091 Hickory Drive
Lyndhurst, OH 44124

In consideration of my being accepted, I am in good health, have trained sufficiently intending to compete and be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for which I may have or which may hereafter occur to me against "Over The Hill Track Club", their officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with my association with, entry in, or arising out of my traveling to, participating in and returning from any and all meets, events, and associated "Over The Hill Track Club" functions.

Athletes Signature: ________________________________ Date: ___/___/___

Parent or Guardian Signature: ________________________________

(Required if athlete is under age 18)
SLIPPERY ROCK UNIVERSITY
INDOOR ALL-COMER MEETS
SUNDAY JANUARY 22nd AND FEBRUARY 5th, 2006

ALL TRACK AND FIELD ATHLETES WELCOME

AGE GROUPS MALE AND FEMALE:
1ST GRADE AND UNDER  GRADES 2,3,4  GRADES 5,6  GRADES 7,8  HIGH SCHOOL
OPEN  MASTERS 30-39, 40-49, 50-59, 60-69

REGISTRATION: 9:30am on the day of the meet. Registration at Morrow Field House

COST:  $10.00 for up to 3 events. $5.00 for each additional event.

AWARDS:  First, Second, and Third place for each event and each age group

FACILITY:  SRU’s Morrow Field House, 200m Rubberized Track (No Spikes!!!!!)
SRU will provide starting blocks, must provide your own shots

MEET SCHEDULE

********NO SPIKES PERMITTED********

FIELD EVENTS: (Age groups may compete together)
10:00am  Long Jump  open pit - all jumpers
        Shot Put  all males first
        High Jump  all females first
        Pole Vault  all females first

TRACK EVENTS: all track events are on a rolling time schedule, girls followed by boys
Age groups may compete together

10:30am  Two Mile
         800m
11:15am  Mile
         55m hurdles, finals if needed
         55m dash, finals if needed
         400m
         200m
         4x200m Relay

Slippery Rock will host it’s annual “Learn By Doing Clinic” on Sunday February 19th
FOR MORE INFORMATION CALL: 724-738-2798 OR E-MAIL: john.papa@sru.edu
2006 GVSU Masters Meet

Sunday January 22nd 12:00 Noon

Time Changed to 2:00pm

Grand Valley State University, Fieldhouse arena, Allendale, Michigan. Just 11 miles outside Grand Rapids on M-45 (Lake Michigan Drive)

Open Meet: Ages 14-29
Masters Meet: Ages 30 up
Entry Fees: $15 for one event, $5 more for each additional event.
Walk-up entries accepted same cost.
Make checks payable to "GVSU Track & Field"

Entries due by Saturday January 14th 2006

Mail to: Lou Andreadis GVSU T&F
91 Fieldhouse
Allendale, MI 49401
Phone: (616) 331-3042
Fax: (616) 331-3232
E-Mail: andreadl@gvsu.edu

Order of Events: 55m Hurdles

- 55m
- 800m
- 200m
- Mile Run
- 400m
- 3000m
- 3000m walk

High Jump
Long Jump
Shot Put
Pole Vault
Indoor Weight

Name ________________________ USATF# ____________________
Address ______________________ Date of Birth ________ Age ________
City ______________________ State ______ Zip __________ Phone (___) ________

Events: 1st _______ 2nd _______ 3rd _______ 4th _______

In consideration of Grand Valley State University and all meet officials allowing me to participate in the USATF Michigan Masters Open Meet on January 22nd 2006, do for myself, theirs, executors and administrators, waive and release all rights and claims for damages, demands and actions what so ever in any manner as a results of my participation in these activities.

SIGNATURE ______________________ Date ____________________
HARRISON
CULTURAL COMMUNITY CENTER
FAMILY CLASSIC INDOOR TRACK MEET

SATURDAY, JANUARY 28, 2006
OBERLIN COLLEGE - HEISMAN FIELD HOUSE

REGISTRATION BEGINS AT 8 AM
EVENTS START AT 9 AM
PRIZES, TROPHIES, REFRESHMENTS!!!
EVENTS INCLUDE: 3200 METER RUN,
SHOT PUT, HIGH JUMP, RELAY RACE,
HURDLES, 50, 200 & 400 METER RUN
FOR MORE INFORMATION CALL: 440-244-0359
2006 Family Classic Indoor Track Meet
Entry Form Waiver

In consideration of the acceptance of this entry form, I hereby for my heirs, executors and administrators waive and release all rights and claims for damages which I may have against the Harrison Cultural Community Centre, the 2006 Family Classic Indoor Track Meet at Oberlin College and officials traveling to, participating in and returning from this event.

Name ___________________________ Telephone No. ____________

Address ________________________________________________________

City _______________ State___________ Zip Code____________

Signature _______________________________________________________

Parent’s Signature (if under 18 yrs.) _____________________________

Date of Event: Saturday, January 28, 2006
OHIO ASSOCIATION of USA TRACK & FIELD
Intermediate/Young, Open, Masters Men And Women
Indoor Track & Field Championships
Ohio Northern University, Ada, OH – Sports Center
Saturday, February 18th, 2006

DIRECTIONS: http://admissions.onu.edu/visits/directions.html From Columbus, OH (1.5 hrs.) Take I-270 northwest to US 33 west to Marysville, Ohio; then State Route 31 to Kenton, Ohio; then State Route 309 west 13 miles to the intersection of State Route 235; then State Route 235 north to Ada, Ohio. From Cincinnati, OH (2.5 hrs.) Dayton, OH (1.5 hrs.) Take I-75 north to Lima Ohio; then State Route 81 east to State Route 235 south to Ada, Ohio. From North Take I-75 south to Mt. Cory/Ada exit; then State Route 235 south to Ada, Ohio.

ELIGIBILITY: All Men (M), Women (W) age 15 (Born 1991-90), and older with a valid 2006 USATF Membership

MEMBERSHIP FEE: Memberships will be available day of the meet for $15 for Ohio Association residents; $15 for all others. Memberships are good for all of 2006. Applications can be found at www.usatf.org/. All competitors need a USA Track & Field membership.

ENTRY FEE & DEADLINE: Received before or on Feb. 12: $6 for each event; After Feb. 12 or day of meet: $10 per event. Check USATF Ohio website for information concerning online meet entry. (May not be available)

AWARDS: Medals to first three in each age group.

AGE DIVISIONS: Intermediate (Born 1991-90), Young (Born 1989-July 31, 1987), Open (O) – age 19-29; Masters (M) – age 30 and older (i.e. 30-34, 35-39, 40-44...);

SCHEDULE OF EVENTS
On-Site Registration – 8:00-9:30 AM
Each track event will be contested in the following order: Int./Young (4 event limit), Open, Masters divisions; Women first, then men

Field Events:
10:00 AM - Triple Jump (Long Jump immediately follows TJ)
10:00 AM - Pole vault
10:00 AM - Weight Throw (Shot Put immediately follows WT)
11:00 AM - High Jump

Track Events:
10:00 AM - 3000m Race Walk
11:00 A.M. - 3000m run finals
55m hurdle finals
400m finals
1500m finals
55m dash finals
800m finals
200m finals

Make checks payable to: Jim Engel
Ohio Association USA Track & Field
6919 Cambridge Ave.
Cincinnati, OH 45227
Send entry form to:
Ohio Association USA Track & Field
6919 Cambridge Ave.
Cincinnati, OH 45227

For more info:
usatf-ohio@msn.com
www.usatf.org/assoc/oh

Name: __________________________ Date of Birth: ___________ Age: _______
Address: __________________________
City: __________________________ State: ______ Zip: ______ (Sex) M ___ F ___
Phone: (___) ___-_____
USATF Club or School: __________________________
2006 USATF #: __________________________
(USATF membership required for this competition – available day of meet)

Event #1 __________________ Event #2 __________________ Event #3 __________________ Event #4 __________________

Waiver: I, hereby, for myself, heirs, executors, and assigns, waive all claims for damages that may arise against the Ohio Association of USA Track & Field, Ohio Northern University, their agents, representatives, or sponsors, for injuries suffered by me (or my child) at the Ohio Association of USA Track & Field Indoor Track & Field Championships. I certify that (I or my child) is in good health and sufficiently trained to compete. Athletes participating in this event may be subject to drug testing in accordance with USA Track & Field and IAAF rules.

Signature __________________________________ Parent’s Signature (if under 18) __________________________
Email Address: __________________________
Rex Harvey
6744 Connecticut Colony Circle
Mentor, OH 44060