



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 5, Issue 1

January 2006

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, 2005 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.

In This Issue

- Michigan USATF Indoors
- Slippery Rock Indoors
- Harrison Cultural Oberlin Indoors
- Ohio USATF Indoors
- OTHTC Membership Form

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 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.

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.

Officers

President	TBA
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

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
Road Racing	Joanne Siegel	216.397.0260
T/F Consultant	Paul Williams	440.605.1811
	Norman Thomas	330.425.8219

MAIL-IN MEMBERSHIP FORM

For the year ending: 12/31/____ Membership 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*

*The 3000m
Racewalk
will be the
last event of
the day.*

*High Jump
Long Jump
Shot Put
Pole Vault
Indoor Weight*

Name _____ USATF# _____

Address _____ Date of Birth _____ Age _____

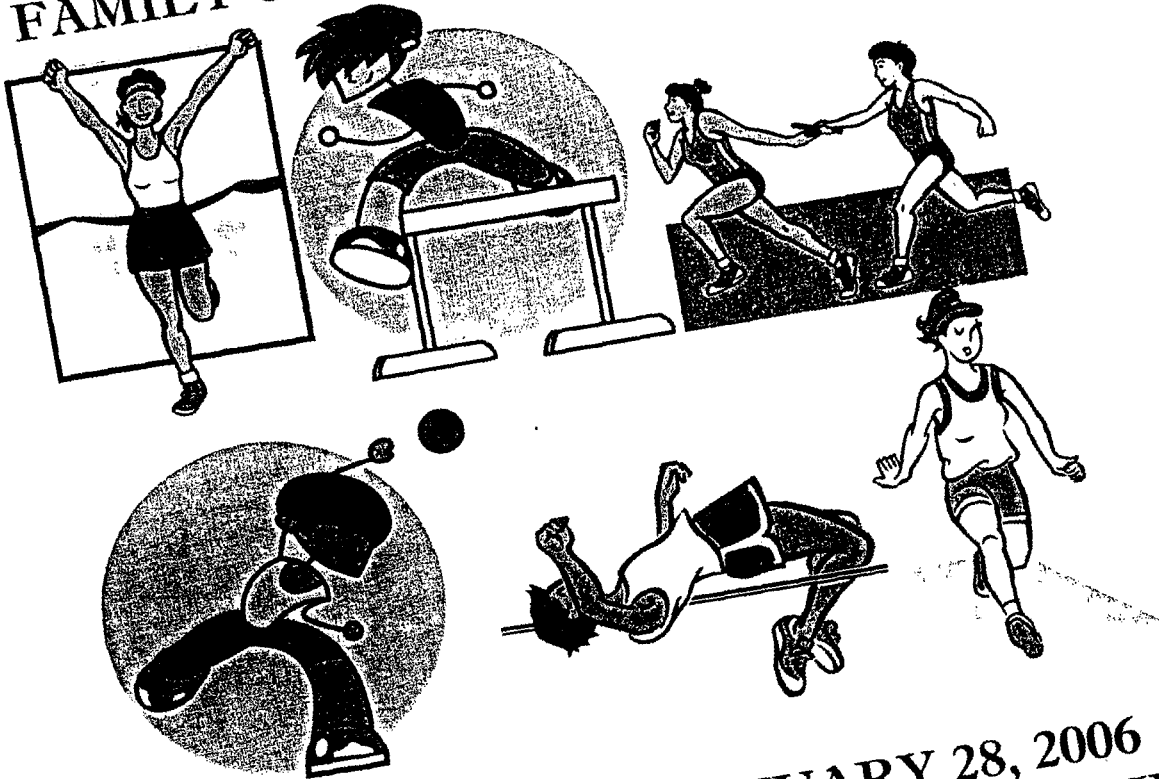
City _____ State _____ Zip _____ Phone (____) _____

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 (Born1991-90), 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 USATF 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 on line meet entry. (May not be available)

AWARDS: Medals to first three in each age group.

AGE DIVISIONS: Intermediate (Born1991-90), 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:
Ohio Association USA Track & Field

Send entry form to:
Jim Engel
6919 Cambridge Ave.
Cincinnati, OH 45227

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

~~~~~ CUT HERE ~~~~~

**Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**USATF Club or School:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **(Sex) M** \_\_\_ **F** \_\_\_

**Phone:** ( ) \_\_\_\_\_ - \_\_\_\_\_

**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.

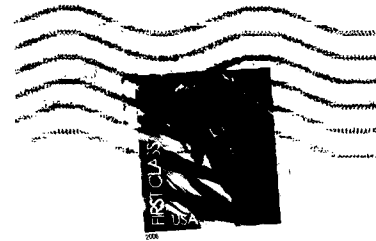
**Signature** \_\_\_\_\_ **Parent's Signature (if under 18)** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

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

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Rex Harvey  
6744 Connecticut Colony Circle  
Mentor, OH 44060

44060+4470

