



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

February 2006

President's Message...

Greetings to the membership and supporters of Over the Hill Track Club I am Paul L, Williams newly installed President of the club for the coming year I will take this opportunity to give a hearty thank you for a job well done to past President Rodney Wilson, Monica, Norman, Jeff, Rex and other support persons not named here

There are some updated and new processes that will be instituted to help the club become more effective The web site is to be brought up to date and current information displayed as often as needed The news letter will be processed differently so that the primary officers are not burden solely with the task

For supporters and members whose dues are not current the news letter will not be forthcoming. Simply put, to receive a news letter you will have your dues for the year on record with Jeff Gerson, We continue to recruit for competitors and supporters

The club requirements for each member to officiate at one of the Over the Hill sponsored meets is still in effect Since the number of meets has been scaled back it is not difficult to comply

For the coming season to all the competitors Power, Endurance, Relaxation, Recovery in all your events To all the supporters, Stay Healthy

Welcome to our New Members for 2006:

John Biacofsky
Angela Biacofsky
Chip Johnson
Terri Liscynesky
Dick Mann (Back Again!)
Donna Mann
Lisa Mattox

Thanks to the Following Members for Renewing their 2006 Membership:

Joe Chadbourne, Grover Coats, Lawrence Finley, Jeff Gerson, Cathi Gerson, Jack Greenwald, Fred Hirsimaki, James Joseph, Barry Kline, Roman Liscynesky, John Means, Ev Poe, Joyce Prohaska, Allen Ray, Joanne Siegel, Norman Thomas, Vince Walls, Paul Williams

Results:

40+ 4X800

Bob Thomas
Vince Walls **10:58**
Spencer Johnson
Jeff Gerson

4X200

Bob Thomas
Lawrence Finley **1:49**
Rodney Wilson
Spencer Johnson

Minutes Over the Hill Track Club Annual Meeting, Lyndhurst, Ohio 2 00 PM
29 Jan 2006

Attendees

Grover Coats Cathi Gerson
Jeff Gerson Spencer Johnson
Lisa Mattox Joanne Siegel
Norm Thomas Vince Walls
Paul Williams Rodney Wilson

Jeff Gerson gave some upcoming championship meets

2006 USATF Indoor: Boston
2006 USATF Outdoor: Charlotte 3-6 Aug2006
2006 NCCWMA Regional Championships,
Guatemala City, Guatemala, 24-27 Aug2006
2007 USATF Outdoor: Orono, Maine
2007 USATF Indoor: Armory, NYC, NY
2007 USATF Heptathlon/Decathlon Bill
Murray, Alabama
2007 USATF Indoor: Boston, MA
2007 USATF Outdoor Spokane, WA

Masters Track & Field Publications that are available for free Geezerjock Magazine
www.Geezerjock.com

Convention Report by Jeff Gerson, Rex Harvey Hurdle panel formed to study possible changes to hurdles that could be submitted to WMA

Implements W80+are going to the 75 kilo discus which is yet to be specified M80+ is going to the 3 kilo shot and hammer

Team scores at Nationals Severla of our team members do not count as they are out of state They must get permission from the USATF Association where they live to be part of OTHTC team scoring and submit that to USATF Association where they live to be part of the OTHTC team scoring and submit that to USATF HQ

Banquet Hall of Fame Held in November in Mayfield was successful and enjoyable with 26 attendees

Elections:

President Paul Williams 440-605-1811

VP- Publicity Cathi Gerson
440-473-0636

VP-Program: Lisa Mattox & Bernice Holland (banquet)

Webmaster: Joanne Seigel (Eric Thiem) 2205 Lamberton Rd Cleveland HTS, OH 44118

Secretary Rex Harvey 440-954-8122

Treasure Jeff Gerson 440-473-0636

Historian Lawrence Finley
859-236-2042

Coordinators:

Women's Coordinator Bernice Holland
Open Men TBA (perhaps Reggie Coats later)

Men 30-39: Spencer Johnson 216-382-8250
(available for advice, informal coaching and training coordination for all age groups, especially in shorter races)

Men 40-49: Vince Walls available for advice, informal coaching and training coordination for all age groups, especially in longer races) 216-687-4106

Men 50-59: Jeff Gerson 440-473-0636

Men 60-69: Grover Coats 216-464-3865

Men 70+: Ev Poe (alternate Paul Williams)
216-991-8524

Weights: John Sloan

Combined Events: Rex Harvey

Out of State: Rodney Wilson and Lawrence Finely

Racewalk: Joyce Prohaska 216-521-7966

Road Racing: Joanne Seigel 216-397-0260

General Consultant Norm Thomas, past President 330-425-8219

General Consultant: Paul Williams, current President

President Wilson thanked everyone for attending and closed the meeting

Respectfully submitted Rex Harvey, Sec

Send Results To: Jeff Gerson
5091 Hickory Drive
Lyndhurst, OH 44124



2006 USATF NATIONAL MASTERS INDOOR HEPTATHLON CHAMPIONSHIPS

Saturday March 4, and Sunday, March 5, 2006 at Carthage College

TRACK SITE: Carthage College is located on the North side of Kenosha, Wisconsin, right on the banks of Lake Michigan. The College is located about 1/2 hour South of Milwaukee Mitchell Field Airport and about one hour North of Chicago O'Hare Airport.

HOSTED BY: Carthage College, sanctioned by USATF Wisconsin, with the support of the Midwest Masters Track and Field Club, and Decathlon Midwest Track Club and Gill Athletics.

AGE GROUPS: 30 and up (5 year age groups), **Men and Women.** (Note: There will be an Open Section, College Athletes welcome)

TRACK FACILITY: Carthage College has an outstanding indoor track facility: Synthetic surface, spikes allowed, single long jump/triple jump runways; two high jump pits; shot area inside track.

ENTRY FEE: \$35 00 for entries *postmarked* on or before February 28nd. After February 22nd call also to insure entry. Questions: Contact Jeff Watry at 217-367-8438 ext 152 (days) night leave a msg at day number. On-site registration is limited to time available. USATF membership number required for all entrants.

FACILITIES: Parking is available adjacent to the Field House/Track. Restrooms and dressing rooms are available. Concessions on site.

ORDER OF EVENTS: Saturday, March 4 (approx. start - 1:00PM) 60, LJ, SP, HJ - should allow you to fly in Saturday morning if you need to.

Sunday, March 5 (9:00 am) 60H, PV, 1000 (men), 800 (women)

Note: College Last Chance Qualifier meet will be held Friday Night at 5:00PM If you arrive Friday stop in to watch and cheer

Detach here and send to: Make checks payable to "Jeff Watry"

Jeff Watry

3224 CR 2700E

Penfield, IL 61862

NATIONAL MASTERS INDOOR HEPTATHLON CHAMPIONSHIPS _ 2005

Name _____ Birthdate: ___/___/___ Age on 3/4/2006: ____ Gender: M/F

Address _____ City _____ St _____ Zip _____

USATF # _____ Phone _____/_____ Amount Enclosed: \$ _____

WAIVER: 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 running 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 USA Track & Field Wisconsin, Midwest Masters Track Club, Decathlon Midwest, and Carthage College and all sponsors and officials from all claims of any kind arising out of my participation in the above track meet. I grant full permission to use photos/records of these events. I grant permission for emergency medical treatment by competent medical personnel on the indicated date. List allergies and current medications, if any

Signature _____ Emergency _____
Phone# _____/_____ Date _____

* <u>Baymont Inns</u>	7540 118th Ave	Pleasant Prairie, WI	(262) 857-7911	6.1
* <u>Kings Motel</u>	12101 120th Ave	Pleasant Prairie, WI	(262) 857-9933	6.1
* <u>Super 8 Motel</u>	7601 118th Ave	Pleasant Prairie, WI	(262) 857-7963	6.1
* <u>Days Inn Kenosha</u>	12121 75th St	Kenosha, WI	(262) 857-2311	
<u>Country Inn & Suites Of Kenosha</u>	7011 122nd Ave	Kenosha, WI	(262) 857-3680	<u>Reviews</u>
<u>Executive Inn Of Kenosha</u>	7220 122nd Ave	Kenosha, WI	(262) 857-7699	<u>Reviews</u>
* <u>Knights Inn</u>	7221 122nd Ave	Kenosha, WI	(262) 857-2622	
* <u>Quality Inn</u>	7206 122nd Ave	Kenosha, WI	(262) 857-3450	

Also Holiday Inn is close to Carthageinfo can be found on internet

The above Hotels are located at the Intersection of Interstate 94 and Hwy 50 in Wisconsin From this location two easiest ways to Carthage College

1. East on Hwy 50 to Sheridan Road (32) left or North until you get to College You will see outdoor track first
2. Get on I94 and go North/West towards Milw to Hwy E (exit 339) get off and go right/East until Sheridan Road, right/South to College

Sponsor:



46th ANNUAL MASON – DIXON GAMES MASTERS & OPEN INDOOR CHAMPIONSHIPS

Broadbent Arena – Louisville, Kentucky

Friday, March 3, 2006

RUN ON THE SAME BOARDS THAT WILMA RUDOLPH, BILLY OLSON, RENALDO NEHEMIAH, RALPH BOSTON, STEVE SCOTT COMPETED ON.

ENTRIES: Entrants must be a 2006 member of USA Track & Field. Go to www.usatf.org to become a member of USA Track & Field online.

ENTRY FEES: \$20 per person by February 15. \$30 late fee by Feb.28. \$40 late fee on site.

Please Do Not Send Cash: Make checks for entry fees to: Mason-Dixon Athletic Club

ENTRIES: In events that are normally outdoor races you are to list the appropriate outdoor time.
(55-100 meter dash, 55 hurdles-100m/110m high hurdles)

Divisions. Open, Masters & Sub-Masters- 10 year age groups Open (29 & under), 30-39, 40-49, 50-59, 60-69, 70+

MEET HEADQUARTERS. The 2006 meet hotel will be Holiday Inn Airport/South on Fern Valley Rd.

Phone number 502-964-3311.

Mention the Mason Dixon Games room rate.

ENTRY DEADLINE: \$20 fee by February 15. \$30 late fee by Feb, 28. \$40 late fee on site. (ENTRY & ENTRY FEE MUST BE RECEIVED BY THE ABOVE DATES.)

**PERTINENT INFORMATION WILL BE POSTED ON THE
KTCCCA WEBSITE www.ktccca.org**

Track Events:

4:30 PM 3000 m Racewalk
4:45 1500 m Racewalk
5:00 55 m Hurdles Masters-Open
5:10 55 m Dash Masters-Open
5:15 55 m Dash Middle School Girls/Boys

Rolling Schedule after this:

Masters-Open Women's Mile
Masters-Open Men's Mile
Middle School Girls/Boys 1500
Masters-Open 400 Women/Men
Middle School 400 Girls/Boys
Masters-Open 800 Women/Men
Middle School Girls/Boys 800
Middle School Girls/Boys 4x200 Relay
Masters-Open 200 m Dash
Masters-Open 3000 m Run

Field Events

5:15 Middle School Girls/Boys Long Jump
5:15 Middle School Boys Shot Put followed by girls shot put
5:30 Masters-Open High Jump (men followed by women)
5:30 Masters-Open Pole Vault (women followed by men)
7:30 Master-Open Triple Jump (women followed by men)
7:30 Master-Open Long Jump (men followed by women)
7:30 Master Open Shot Put (women followed by men)

Each athlete receives 3 throws/jumps with three throws/jumps finals for top four athletes in each age group.

Mason-Dixon Games



MASON-DIXON ATHLETIC CLUB

Masters and Open Divisions

Presented by Mason-Dixon Athletic Club and
Kentucky Association of USA Track and Field

Broadbent Arena, KFEC
Louisville, Kentucky
Friday March 3

Entry Fee: \$20 per person by February 15. \$30 late fee by March 1. \$40 late fee on site.
2006 USATF Membership is required (www.usatf.org)

Entry Form-Mason Dixon Games Masters/Open Division

Name: _____ Age March 3, 2006 _____ Date of Birth: _____ M ___ F ___

Address: _____ Email _____

USATF 2006 Membership Number: _____ (Required) Phone _____

Check event	Performance for seeding	Check event	Performance for seeding	
___ High Jump	_____	___ Shot Put	_____	___ 1500M Racewalk(Youth)

___ Long Jump	_____	___ Pole Vault	_____	___ Triple Jump
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___ 3000M Racewalk	_____	___ 55 M Hurdles	_____	
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___ 55M	_____	___ Mile Run	_____	
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___ 200 M	_____	___ 800M	_____	
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___ 400M	_____	___ 3000M	_____	
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LIABILITY STATEMENT & SIGNATURE NEEDED.

WAIVER. 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 running 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 Mason Dixon Athletic Club, USATF Kentucky, Kentucky Fair & Exposition Center, and Kentucky Track & Cross Country Coaches Association and all sponsors and officials from all claims of any kind arising out of my participation in the above track meet. I grant full permission to use photos/records of these events. I grant permission for emergency medical treatment by competent medical personnel on the indicated date. List allergies and current medications, if any

Signature _____

(Parent Signature if 18 & Under)

Emergency Phone# _____ / _____ Date _____

Mail entry form and applicable fee to:
Mason Dixon Games,
319 Erin Way, Frankfort, KY 40601
For more information call (502) 875-2904
Email fmiklavcic@aol.com



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: _____ Birth date: ____/____/____

Address: _____ Apt. No.: _____

City: _____ State: _____ Zip: _____

Home phone: () _____ Business phone: () _____

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

Family Memberships: Relationship _____

(Complete a form for each family member who is an occupant in your residence.)

Favorite competitions / distances: _____

Occupation and brief biographical sketch: _____

(Complete on back, please)

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 Race Walking 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)



Jeff Gerson
5091 Hickory Dr
Lyndhurst, OH 44124-1046



Rex Harvey
6744 Connecticut Colony Circle
Mentor, OH 44060