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 website is to be brought up to date and current information displayed as often as needed. The newsletter 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 newsletter will not be forthcoming. Simply put, to receive a newsletter 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, Cath 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 10:58
Vince Walls
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 200 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, MYC, 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

___________________________________________ Emergency Phone#________/____ Date___________

Signature ___________________________________________________________________________________________
Also Holiday Inn is close to Carthage. Info can be found on the 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 are:

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:

1:30 PM 3000 m Racewalk
1:45 1500 m Racewalk
2:00 55 m Hurdles Masters-Open
2:10 55 m Dash Masters-Open
2:15 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
3:15 Middle School Girls/Boys Long Jump
3:15 Middle School Boys Shot Put followed by girls shot put
3:30 Masters-Open High Jump (men followed by women)
3:30 Masters-Open Pole Vault (women followed by men)
3:30 Master-Open Triple Jump (women followed by men)
3:30 Master-Open Long Jump (men followed by women)
3:30 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**

**MASTONHMXONAMETICCUUD**

**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](http://www.usatf.org))

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**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 __________
   ___ Long Jump __________
   ___ 3000M Racewalk __________
   ___ 55M __________
   ___ 200 M __________
   ___ 400M __________
   ___ Shot Put __________
   ___ Pole Vault __________
   ___ 55 M Hurdles __________
   ___ Mile Run __________
   ___ 800M __________
   ___ 3000M __________

**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)
Rex Harvey
6744 Connecticut Colony Circle
Mentor, OH 44060