President's Message
The indoor season is at mid term for those competitors that began the season in December or January of 05. There are a few more meets left which will end in all likelihood the last of March.

To the members that will participate in local, regional, national and international championships, good fortune and safe journeys. The outdoor season will be upon us in no time at all.

Of course there are many more outdoor meets than any of us can humanly compete in. However, we welcome applications from the membership for Track & Field competitions they receive. There may be some members who would like to participate in a meet they had heard of but were not able to obtain that information.

Send the meet and entry information to Jeff Gerson for entry into the newsletter. Since we are performing ongoing recruitment, it is a benefit for the membership to participate in as many competitions as possible.

Some of us will travel further and compete in more meets than others, It is not the distance traveled or number of meets entered that is paramount, It is what each member can do to promote OVER THE HILL TRACK CLUB.

For the indoor season participants here are hoping you surpass your previous P R’s, have great performances and finish the season ready for outdoors.

SKOAL

Added note: Have viewed our homepage on the computer. We are in the process of updating the page for current information.

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.

<table>
<thead>
<tr>
<th>U.S. Outdoor Masters Track &amp; Field Rankings for 2005</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>100 Meters</strong></td>
</tr>
<tr>
<td>M70 – Paul Williams – 14th</td>
</tr>
<tr>
<td>M75 – Jack Greenwald – 20th</td>
</tr>
<tr>
<td>M 80 – Fred Hirsimaki – 8th</td>
</tr>
<tr>
<td>M 85 – John Means – 3rd</td>
</tr>
<tr>
<td>W 65 - Essie Kea - 5th</td>
</tr>
<tr>
<td><strong>200 Meters</strong></td>
</tr>
<tr>
<td>M75 – Jack Greenwald – 19th</td>
</tr>
<tr>
<td>M 85 – John Means – 2nd</td>
</tr>
<tr>
<td>W 65 - Essie Kea - 6th</td>
</tr>
<tr>
<td><strong>400 Meters</strong></td>
</tr>
<tr>
<td>Fred Hirsimaki - 8th</td>
</tr>
<tr>
<td>M 85 John Means- 1st</td>
</tr>
<tr>
<td><strong>1500 Meters</strong></td>
</tr>
<tr>
<td>M 80 – Fred Hirsimaki – 14th</td>
</tr>
<tr>
<td><strong>80 Meter Hurdles</strong></td>
</tr>
<tr>
<td>M 80 – Fred Hirsimaki – 2nd</td>
</tr>
<tr>
<td><strong>100 Meter Hurdles</strong></td>
</tr>
<tr>
<td>M 45– Kelly Lycan– 17th</td>
</tr>
<tr>
<td><strong>High Jump</strong></td>
</tr>
<tr>
<td>M 45– Kelly Lycan– 19th</td>
</tr>
<tr>
<td>M 65– Barry Kline– 5th</td>
</tr>
<tr>
<td>M 80– Fred Hirsimaki– 2nd</td>
</tr>
<tr>
<td><strong>Pole Vault</strong></td>
</tr>
<tr>
<td>M 65– John Sloan– 15th</td>
</tr>
<tr>
<td>M 70– Chuck Wiedman– 17th</td>
</tr>
<tr>
<td>M 80– Fred Hirsimaki– 3rd</td>
</tr>
<tr>
<td><strong>Long Jump</strong></td>
</tr>
<tr>
<td>M 70– Wayne Mishler– 16th</td>
</tr>
<tr>
<td>M 80– Fred Hirsimaki– 2nd</td>
</tr>
<tr>
<td><strong>Triple Jump</strong></td>
</tr>
<tr>
<td>M 45– Kelly Lycan– 12th</td>
</tr>
<tr>
<td>M 80– Fred Hirsimaki– 2nd</td>
</tr>
</tbody>
</table>
Shot Put
M 80—Fred Hirsimaki—5th
W 45—Monica Thorton—15th
W 60—Erika Szanto—6th
W 80—Dorthy Wilson—16th

Discus
M 80—Fred Hirsimaki—4th
W 60—Erika Szanto—7th

Javelin
M 65—John Sloan—11th
M 80—Fred Hirsimaki—2nd
W 60—Erika Szanto—20th

Weight Throw
M 55—Allen Ray—12th

Sup. er Weight
M 55—Allen Ray—4th

Decathlon
M 45—Kelly Lycan—2nd
M 55—Jeff Gerson—4th
M 65—John Sloan—3rd
M 80—Fred Hirsimaki—1st

Pentathlon
M 80—Fred Hirsimaki—1st

1500 Race-walk
W 50—Joyce Prohaska—5th

5000 Race-walk
W 50—Joyce Prohaska—12th

10,000 Race-walk
W 50—Joyce Prohaska—3rd

RESULTS
OHIO USATF Indoor Championships
2/18/06—Ohio Northern University

Jeff Gerson—400 M—1:22.20
Barry Kline—High Jump—4’7”
John Biacofsky—55M—8.97
200 M—33.7
Angela Biacofsky—55 M—11.62

Slippery Rock Open 2/5/06
John Biacofsky—55M—8.8
Long Jump—9.5

Schedule Additions
March 24-26th—USATF National Masters Indoors
Championships, Reggie Lewis Center in Boston,
MA
May 20th—SW Ohio SR. Olympics, Cincinnati—
513-421-5222
June 17th—Lake Erie USATF Meet TBA
July 22nd—Cleveland Track Classic
Mayfield High School
Aug 3-6th—USATF National Masters T & F Cham-
pionships, Charlotte, NC
Sept. 16th—Norm Bower Memorial Weight Pen-
tathlon, Kent State
Sept. 24th—OTH Cross-Country Meet
University School
Thanks to the following members who have re-
newed since the last newsletter:
Rex Harvey, Dick Turner, John Sloan, Irvin Taylor,
Chuck Wiedman, Jon Bixler, Erika Szanto, Rudy
Bredenbeck, Charlie Hall, Lola Hall.

Send your meet results to Joanne Siegel at
joanneisatthepool@hotmail.com so her son Erik
Thiem can publish your results on the
www.othtc.org website!

Send Newsletter info to:
Jeff Gerson
5091 Hickory Drive
Lyndhurst, OH 44124

Officers
President Paul Williams
VP Publicity Cathi Gerson
VP Programs (Banquet) Bernice Holland
VP Website Erik Thiem
VP Newsletter TBA
Secretary Rex Harvey
Treasurer Jeff Gerson
Historian and Records Lawrence Finley

Coordinators
Women (all) Bernice Holland
Men (open) TBA
Men 30-39 Spencer Johnson
Men 40-49 Vince Walls
Men 50-59 Jeff Gerson 440.473.0636
Men 60-69 Grover Coats 216.464.3865
Men 70+ Everett Poe 216.991.8524
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
2006 Events
Archery
3 on 3 Basketball
Badminton
Bowling
Cycling
5 K Run
5 K Race walk
Golf
Horseshoes
Race walk
Racquetball
Shuffleboard
Swimming
Table Tennis
Tennis
Track and Field
Triathlon
Volleyball

Non – Olympic Events
8 – Ball Pool
Basketball Shooting Contest
Bocce
Chair Volleyball
Darts
In – Line Skating
Miniature Golf
Weightlifting

Call: (614) 645-3320 for more information

Thanks to our sponsors

Northeast, Orthopedics, Inc.

Wesley Ridge
Wesley Glen

MediGold
Medicare and More

Tee Jaye's
Country Place Restaurants
"Down Home Cookin' at its Best"
24 Hours
## Central Ohio Senior Olympics

April 27 – June 4, 2006

### Schedule of Events

<table>
<thead>
<tr>
<th>April  5</th>
<th>Archery</th>
<th>Hosted by City of Upper Arlington, Upper Arlington Senior Center, 1945 Ridgeview Road</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 15</td>
<td>3 on 3 Basketball</td>
<td>New Jersey Center, 5890 Scarborough Blvd, 10am</td>
</tr>
<tr>
<td>May 16</td>
<td>Cycling</td>
<td>Leu Yassenoff Jewish Center, 1125 College Avenue, 1pm</td>
</tr>
<tr>
<td>May 16</td>
<td>Horseshoes</td>
<td>The Creeks, 3860 Bixby Road</td>
</tr>
<tr>
<td>May 19</td>
<td>Basketball Shooting Contest</td>
<td>Hosted by Metro Parks, 9am</td>
</tr>
<tr>
<td>May 20</td>
<td>Volleyball</td>
<td>The Billiard Club, 911 E. Dublin - Granville Road, 1pm</td>
</tr>
<tr>
<td>May 22</td>
<td>Darts</td>
<td>Lunch specials available at the Billiard Club</td>
</tr>
</tbody>
</table>

### Events

- **2006 Events**
  - Archery
  - 3 on 3 Basketball
  - Badminton
  - Bowling
  - Cycling
  - 5K Run
  - 5K Race walk

- **Non-Olympic Events**
  - 8-Ball Pool
  - Basketball Shooting Contest
  - Bocce
  - Chair Volleyball
  - Darts
  - Inline Skating
  - Miniature Golf
  - Weightlifting

### Field Events

- **Track and Field**
  - Hosted by the City of Bexley
  - Event will be held at Bexley High School, 326 S. Cassingham Road

- **Volleyball**
  - Hosted by Metro Parks, 9am
  - The Creeks, 3860 Bixby Road

- **Horseshoes**
  - Hosted by Metro Parks, 9am
  - High banks Metro Park, 1440 Cleveland Rd, Route 23

- **Billiard Pool**
  - Hosted by Metro Parks, 9am
  - Compounds: Fingers, Legs, and Recurve or Barebow

- **Shuffleboard**
  - Hosted by the City of Bexley, 9am
  - Event will be held at Bexley High School, 326 S. Cassingham Road

- **Swimming**
  - Hosted by Metro Parks, 9am
  - The Creeks, 3860 Bixby Road

- **Table Tennis**
  - Hosted by the City of Bexley, 9am
  - Event will be held at Bexley High School, 326 S. Cassingham Road

- **Triathlon**
  - Hosted by Metro Parks, 9am
  - Event will be held at Bexley High School, 326 S. Cassingham Road

- **Tennis**
  - Hosted by the City of Bexley, 9am
  - Event will be held at Bexley High School, 326 S. Cassingham Road

### Contact Information

- **Central Ohio Area Agency on Aging**
  - Hosted by the City of Upper Arlington, Both events will be held at Fancypburg Park (corner of Swanson Rd and off of Zollinger Rd.)

- **HFP Racing**
  - Contact HFP Racing at 740-743-2418 for event information

### Thanks to Our Sponsors

- Wesley Ridge
- Wesley Glen
- MedGold
- Country Place Restaurants

"Down Home Cookin' at its Best."

### Medicare and More

24 Hours
ENTRY FORM 2006
Central Ohio Senior Olympics
Columbus, Ohio

NAME First        Middle Initial        Last
Male ☐        Female ☐

ADDRESS

CITY
STATE
ZIP

AGE DATE OF BIRTH HOME PHONE WORK PHONE

TEE SHIRT SIZE
□ Med ☐ Large ☐ XL ☐ XXL

Registration Fee before $15
Registration Fee After $20

Mail Entries and Fee to:
Central Ohio Senior Olympic Office
4625 Morse Centre Road
Columbus, Ohio 43229

LIABILITY WAIVER

THE ENTRY FORM IS NOT COMPLETE UNTIL YOU HAVE READ AND SIGNED THIS WAIVER!

I, the undersigned, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages of any kind or nature, which I may hereafter acquire against the Central Ohio Senior Olympics, The Columbus Recreation and Parks Department, The City of Columbus and their representatives, sponsors, staff, volunteers and assigns for any and all injuries or death suffered by me in said events. I, or any representative of my estate, shall also indemnify and hold all those hereby released against and from any claims which may be brought as a result of injury/death suffered by me and which arise out of or are connected with my participation. I also attest and verify that I am physically fit and have trained sufficiently for the events. I have chosen to enter in the 2006 Central Ohio Senior Olympics. The Central Ohio Senior Olympics and The Columbus Recreation and Parks Department and The City of Columbus have my permission to have a physician attend to me if it is deemed necessary during my participation during the Olympics. I hereby give the Central Ohio Senior Olympics, The Columbus Recreation and Parks Department and The City of Columbus the absolute right and permission to copyright and/or publish, or use photographic portraits or pictures of me, or in which I am included whole or in a part, or composite or distorted in character of form, in conjunction with my own or a fictitious name, or reproductions thereof in color or otherwise, made through any media of art, advertising or any lawful purpose whatever.

Signature _____________________________ Date __________________

Contact in an emergency: MUST HAVE AN EMERGENCY CONTACT

Name__________________________________________ Phone#(_____)_______________
Over The Hill TC
5091 Hickory Drive
Lyndhurst, OH 44124

Rex Harvey
6744 Connecticut Colony Cr.
Mentor, OH 44060