



# Over The Hill Track Club

*Athletes of all ages setting the pace!*

www.othtc.org

April 2006

## President's Message

The indoor season has come to its conclusion. Hope those competitors who attained their PR's, times and positions are almost satisfied. I say almost because the real Track & Field season is about to commence. For some of us we have from April until October and possible November before the season ends.

The focus is now on body conditioning, mental preparation, meet entry's before deadlines, travel packets, long waits in plane terminals and finding meals that fit your specific diets before and after competitions. Hot days, rainy day, was there enough time to get those last days of training in before the next meet? Those are the multitude of issues that we will face for the outdoor season. Would we have it any other way?.....NO.

We as a Track & Field organization are still seeking members and funding to remain one of the oldest and viable Track Clubs in the country. There is a constant need for meet information, Master and Senior level runners, jumpers, and throwers in addition to those recruits who are willing to be a part of our organization as supporters and volunteers.

For those at this date who have now renewed their memberships it is vital for you to reinvest in the future of our club. It is difficult to make a presentation to a prospective member if you have not exercised your confidence in our future.

Again, we are seeking meet information, entry blanks, sponsorship, new and renewed recruits in addition to an outstanding season for each participant. The National Championships are close to us again. They are scheduled for Charlotte, North Carolina, down the road a piece. If you plan to compete in the National Meet contact your age group coordinator to formulate age group relay teams at the meet.

Since the outdoor season is much longer than the indoor season, there are so many more parts to address. With that in mind this is a proverb that was obtained somewhere in my travels that I will share.

For all your competitions may you have: Power  
Endurance Relaxation Recovery!

L'CHAIM

The following are March renewals, we thank you: Dick Cavicchi, Mary Cavicchi, Tom Cavicchi, Susan Stephenson and Wayne Mishler.

## OTHTC PRESENTS

### Track Practice

Saturday, April 15, 2006

Time: 11-12.30

Location: Dodge Intermediate School Twinsburg, Ohio

We will focus on early season conditioning!

Contact: Norman Thomas 330-425-8219

### RESULTS

St. Malachi 5-Mile Run— Jon Bixler— 35:44—  
1st—M65+ March 11

WMA World Masters Indoor Championships  
Rex Harvey - M55-59 Shot put— 17th  
Linz, Austria— March 15-20

### Schedule Additions

May 5,6,7 - S E Masters, Durham, NC

May 13 - Mineral Ridge, Youngstown, OH

May 15 - Tri County Sr., Akron, OH

May 21 - Central Ohio Sr. Games, Columbus, OH

June 3 - No. Coast Games, Kirtland, OH

June 10 - Atlanta Masters, Atlanta, GA

June 17 - Lake Erie Masters, Laurel School, OH

June - USATF 3 Rivers, Slippery Rock, PA

June 25 - Ontario Masters, Ontario, CAN

July 15 - Dayton Masters, Dayton, OH

May 20th - SW Ohio SR. Olympics, Cincinnati-  
513-421-5222

June 17th - Lake Erie USATF Meet TBA

July 21-23 - Canadian Nationals, New Brunswick, CAN

July 22 - Cleveland Classic, Mayfield, OH

**July 29-** Ohio State Sr. Games, Akron/Youngstown, OH

**Aug 3-6-** National Masters, Charlotte, NC

**Aug 24-27-** NCCWMA, Guatemala City, GUAT

**July 22nd-** Cleveland Track Classic  
Mayfield High School

**Aug 3-6th-** USATF National Masters T & F Championships, Charlotte, NC

**Sep-** Tentative

**Sept. 16th-** Norm Bower Memorial Weight Pentathlon, Kent State

**Sept. 24th-** OTH Cross-Country Meet  
University School

**Oct 1-** Kentucky Sr., Lexington, KY

**Oct 11-12-** Huntsman Sr., St. George, UT

**Send Newsletter info to:**

Jeff Gerson  
5091 Hickory Drive  
Lyndhurst, OH 44124

**Officers**

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

**Coordinators**

<b>Women (all)</b>	Bernice Holland	
<b>Men (open)</b>	TBA	
<b>Men 30-39</b>	Spencer Johnson	
<b>Men 40-49</b>	Vince Walls	
<b>Men 50-59</b>	Jeff Gerson	440.473.0636
<b>Men 60-69</b>	Grover Coats	216.464.3865
<b>Men 70+</b>	Everett Poe	216.991.8524
<b>Weight Events</b>	John Sloan	330.877.9197
<b>Multi Events</b>	Rex Harvey	440.954.8122
<b>Out-of-State</b>	Lawrence Finley	859.236.2042
	Rodney Wilson	517.646.8742(h) 517.241.4007(w)
<b>Race Walking</b>	Joyce Prohaska	216.521.7966
<b>Road Racing</b>	Joanne Siegel	216.397.0260
<b>T/F Consultant</b>	Paul Williams	440.605.1811
	Norman Thomas	330.425.8219

# REGISTRATION INFORMATION

## HOW TO REGISTER AS AN INDIVIDUAL:

1. Remove registration form (pages 5, 6, 7, and 8) and complete all information requested on the form.
2. Please be sure you have signed the waiver. You will not be allowed to participate if this form is not signed and returned.
3. Select the events in which you want to participate on the Event Selection pages (pages 6 and 7).
4. Return (A) Registration Form with Signed Waiver, (B) Event Selection pages, and (C) a check or money order payable to TRI-COUNTY SENIOR OLYMPICS/UNIVERSITY OF AKRON to:  
Tri-County Senior Olympics  
Institute for Lifespan Development and Gerontology  
University of Akron  
Akron, OH 44325-4307
5. **All forms must be postmarked by April 1, 2006.**
6. A player registering for an individual sport and a team sport must complete the form and give form and check to the team captain. The team captain will include the form in his team's packet.

## HOW TO REGISTER YOUR TEAM:

### **TEAM CAPTAIN'S RESPONSIBILITIES ARE:**

1. Remove the Registration Form (pages 5, 6, 7, and 8) and complete all information requested on the form. Collect all of the team members' (coaches, players, and bench personnel) completed registration forms with signed waivers, event selection forms, and checks payable to TRI-COUNTY SENIOR OLYMPICS/UNIVERSITY OF AKRON.
3. Complete the Team Roster (page 8).
4. All team packet **MUST** include the following: (A) **each team member's Registration Form with Signed Waiver**, (B) **a check from each player for the appropriate amount**, (C) **an Event Selection Form for each team member**, and (D) **the Team Roster**. Mail to:  
Tri-County Senior Olympics  
Institute for Lifespan Development and Gerontology  
University of Akron  
Akron, OH 44325-4307
5. All team packets and associated forms must be postmarked by **April 1, 2006**.
6. Age divisions for all team competition will be determined by the age of the youngest team member as of **December 31, 2006**.

# EVENT SELECTION

YOUR NAME \_\_\_\_\_

**TRACK/FIELD**

- |                                |                                    |
|--------------------------------|------------------------------------|
| <input type="checkbox"/> 100M  | <input type="checkbox"/> Discus    |
| <input type="checkbox"/> 200M  | <input type="checkbox"/> High Jump |
| <input type="checkbox"/> 400M  | <input type="checkbox"/> Long Jump |
| <input type="checkbox"/> 800M  | <input type="checkbox"/> Javelin   |
| <input type="checkbox"/> 1500M | <input type="checkbox"/> Shot Put  |

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**RACE WALK**

- |                                |                                |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> 1500M | <input type="checkbox"/> 5000M |
|--------------------------------|--------------------------------|

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**ROAD RACE**

- |                             |                              |
|-----------------------------|------------------------------|
| <input type="checkbox"/> 5K | <input type="checkbox"/> 10K |
|-----------------------------|------------------------------|

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**TEAM COMPETITIONS:**

It is the responsibility of the team captain to ensure that all team members have paid and registered!

**BASKETBALL** Team Name \_\_\_\_\_ Age Group \_\_\_\_\_

Are you a:  Player or  Bench Personnel      Your Captain's Name \_\_\_\_\_

**SOFTBALL** Team Name \_\_\_\_\_ Age Group \_\_\_\_\_

Are you a:  Player or  Bench Personnel      Your Captain's Name \_\_\_\_\_

**VOLLEYBALL** Team Name \_\_\_\_\_ Age Group \_\_\_\_\_

Are you a:  Player or  Bench Personnel      Your Captain's Name \_\_\_\_\_

**DANCESPORT** (ADDITIONAL CHARGE) Age Group \_\_\_\_\_ Is your team Pro/Am? \_\_\_\_\_ or Am? \_\_\_\_\_

If Pro/Am: Pro's Name \_\_\_\_\_ Amateur's Name \_\_\_\_\_

If Amateur: Amateur's Name \_\_\_\_\_ Amateur's Name \_\_\_\_\_

Dance Style: SMOOTH? Yes \_\_\_ No \_\_\_; RHYTHM? Yes \_\_\_ No \_\_\_

**PAYMENT INFORMATION:**

**FEES are non-refundable!** Please make check or money order payable to:

**TRI-COUNTY SENIOR OLYMPICS/UNIVERSITY OF AKRON**

The additional fees associated with Bowling and Golf are to be paid **ON SITE!**

All packets postmarked by April 1, 2006 the Registration Fee is: **\$15.00**, \$ \_\_\_\_\_

between April 2 - April 12, 2006, the Late Registration Fee will be: **\$25.00**, \$ \_\_\_\_\_

Registration Fee for the Fitness Walk is: **\$ 5.00**, \$ \_\_\_\_\_

All Dancesport packets postmarked by April 1, 2006 the Registration Fee is: **\$35.00**, \$ \_\_\_\_\_

Late Registration Fee for DanceSport is: **\$50.00**, \$ \_\_\_\_\_

Number attending the Opening Ceremonies (No Charge) \_\_\_\_\_

I will attend the Social Banquet! (No Charge for Athletes) \_\_\_\_\_

Additional Sports      \$10.00/sport      \_\_\_\_\_

Social Banquet      \$10.00 Guest      \_\_\_\_\_

Your Donation to the Tri-County Senior Olympics      \_\_\_\_\_

**TOTAL**      \_\_\_\_\_



**USA TRACK & FIELD**  
 See It. Feel It. Experience It.

**2006 USA Masters Outdoor Track & Field Championships**

- Schedule & Results
- Athlete Information
- Entry Information
- Status of Entries

Masters Champs. Home

**Entry Information**

You must be a 2006 USATF member to enter the Championships. If you do not have a 2006 membership, please complete a membership application first. You must also meet the eligibility requirements.

**Important Documents**

- Eligibility requirements
- Membership application

**Entry Status**

To check the status of your entry visit the Status of Entries page (statuses are updated hourly). ALL received entries (both online and paper) are posted on the Status of Entries page.

*Athletes will not be considered to be entered into the meet until ALL required documents have been received. Athletes missing required documents will be listed as "info needed" on the Status of Entries page of the USATF website until all such documents are received.*

**Entry Fees and Deadlines**

<u>Date Received</u>	<u>Individual Events</u>	<u>Combined Event</u>	<u>Relay</u>
on-time: on or before 7/7/06 at 11:59 p.m. PT	1st event: \$35+\$10* 2nd event: \$20 3rd event: \$15 each add'l: \$10	\$35+\$10*	--
late: on or before 7/14/06 at 11:59 p.m. PT	above fees plus \$50 per athlete		--
on-site	--	--	\$TBD

\* The entry fee for the first event includes the required National Masters Track & Field Committee surcharge of \$10 per athlete. Combined events do NOT count as the first event.

**All fees are non-transferable and non-refundable. No entry will be considered completed unless it is accompanied by full payment of fees and all required documents (see below).**

Meet pins (\$3 each), tickets for the Carolina BBQ/Entertainment (\$22 each), and on-campus meal plans (\$57 or \$88) may be purchased during the entry process.

### Entry Forms

- Online individual entry
  - You may also update your mark(s) and affiliation before the close of entries
- Online club batch entry
- Printable individual entry (PDF)

Online entries must be paid for by credit card (Visa) or electronic funds transfer ("electronic check"). Paper entries must be paid for by check or money order. Please make checks payable to "Charlotte Championships."

### Other Required Documents

- Verification of Age (a copy of your birth certificate or passport)
  - If entering online: athletes entering online must fax or mail a copy of their proof-of-age document--with their membership number written on it--to the USATF National Office:
 

Fax: 317-261-0481 -- attention: Masters Championships  
Address: USA Masters Championships, One RCA Dome,  
Suite 140, Indianapolis, IN 46225
  - If entering by paper: athletes entering by mail must attach a copy of their proof-of-age document to the entry form.

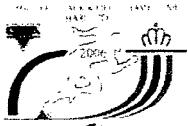
*USATF also recommends athletes bring a copy of their proof-of-age document to packet pick-up as a back-up measure--a proof-of-age document is required prior to receiving competitor packets.*

*Athletes will not be considered to be entered into the meet until ALL required documents have been received. Athletes missing required documents will be listed as "info needed" on the Status of Entries page of the USATF website until all such documents are received.*

### Entry Process

- Online is the preferred method of entry.
- A 2006 USATF membership is required to enter online (please join online if you are not a member).
- To enter the Championships, you will be required to provide your 2006 USATF membership number and password (click here to retrieve your password if you don't know it).
- For entries close to the deadlines: although we will make every reasonable effort, we cannot guarantee responses to requests for passwords. *Please do not wait until the last minute to enter!*
- To enter online without an entry mark, put "NT" or "NM" (without the quotes) in the Mark box during the entry process.
- A Help Line is available for those athletes who need assistance with the entry process. For assistance, call the USATF National Office at 317-713-4675 during normal business hours, 8:30 a.m. - 5:00 p.m. ET Monday-Friday.
- After completing your entry online, please fax a copy of your birth certificate or the information page of your passport--with your membership number written on it--to the USATF National Office at 317-261-0481.

### Mailing Address



# 2006 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

August 3 -6, 2006 @ Belk Field, Charlotte, NC  
 University of North Carolina at Charlotte, Presented by Carolinas Track and Field Club



First Name			M.I.			Last Name		
Street Address (Apartment/Building/Unit)								
City			State		Zip Code		Phone (Including area code)	
Email						2006 USATF # (Required)		
DOB (Mo/Day/Year)		Age (as of 8/3/06)		Gender (M/F)		Citizenship		
Hometown Media						USATF Club Number		

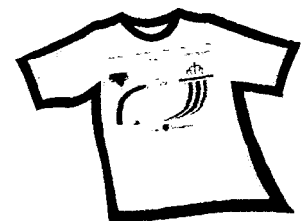
[ ] I have a disability for which I am requesting an accommodation. (Documentation must be submitted by June 26, 2006)

Events	Best Performance (As of 2005/2006)	Fee	Total
1.		\$35	
2.		\$20	
3.		\$15	
4.		\$10	
5.		\$10	
6.		\$10	
Pentathlon (\$35, regardless of other events entered)		\$35	
USAF Masters Committee Fee (Mandatory)		\$10	\$10
Surcharge for entries after July 7, 2006		\$50	
Championship Supporter for Official's Fund (Optional)		\$15	
Meet Pins		\$3	
Carolina BBQ/Entertainment # _____ Adults @ \$20 each / # _____ Youth (under 13) @ \$15 each			
On Campus Meals (circle your choice) Plan A (\$55) Plan B (\$85)			
<b>Total Amount</b>			

A commemorative Champion T-shirt will be given to each competitor. Please indicate your size.

- S
- M
- L
- XL
- XXL

(Shirts will be available at packet pick-up.)



Payments for entry fees, meal plan, meet pins and dinner tickets must accompany your entry form.

To pay by check or money order, enclose full payment (made out to **Charlotte Championships**) and mail to:  
**USA Masters Champs - Charlotte**  
**1104 Bellegrove Pl., Charlotte, NC 28270**

**WAIVER/RELEASE** I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve USA Track & Field, Inc., Carolinas Track & Field Club, UNC Charlotte and all other affiliates associated with the organizing of this event of any responsibility for any loss or damage to me or my property which I may sustain in the course of (or in connection with) the 2006 USA Masters Outdoor Championships. I also do verify that I am a member of USA Track & Field for the year 2006. By entering this competition, I grant USA Track & Field, Inc. a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information, in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the sport of Athletics. In no event, however, will such usage constitute an endorsement of any product or service without my specific written consent.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Over The Hill TC**  
5091 Hickory Drive  
Lyndhurst, OH 44124



**Rex Harvey**  
6744 Connecticut Colony Cr.  
Mentor, OH 44060