President’s Message

The time is now because it is never too late to prepare for the National Masters Meet. We have the meet this year relatively close for many of us, since it will be in Charlotte, North Carolina. Remember, we have an opportunity to enter relay teams in as many age groups as there are available participants. In some cases we can as we did in Decatur, Illinois mix and match age group runners.

The emphasis is to place as high in the medal scoring as possible. In Decatur, Over The Hill had four teams, one that finished in the first three, another finished second through a DQ one team moved from fifth to fourth place. I am not sure of the other team now. As I am aware all runners are not relay minded nor is everybody interested in relay participation. But, for those body’s who are willing to take the challenge and get in on the excitement here is the chance.

Again, we need meet information from the membership especially for the local meets that are not published in the National Masters News. The meet in Mineral Ridge, near Youngstown has been cancelled for this year. The Hall of Fame meet in Canton at Malone College has also been cancelled.

As the season progresses the message from this corner will become so what briefer. Preparation and competition will play a major role in my time frame. For those who have not sent their membership renewal to Jeff Gerson, it is not too late

For all who are getting their training and conditioning in focus, it will not happen all at once. Here is a proverb I heard a long time ago that still applies.

HABBA NU HABBA, BABBA NU BABBA. This means; Little by Little, Bit by Bit

Stay healthy every body.

Schedule Additions

**May 5, 6, 7** S E Masters, Durham, NC
**May 13**— Mineral Ridge, Youngstown, OH
**May 15**— Tri County Sr. Games, Akron, OH
**May 20th**— SW Ohio Sr. Olympics, Cincinnati 513-421-5222
**May 21**— Central Ohio Sr. Games, Columbus, OH
**June**— USTA 3 Rivers, Slippery Rock, PA
**June 3**— No. Coast Games, Kirtland, OH
**June 10**— Atlanta Masters, Atlanta, GA
**June 17**— Lake Erie Masters, Laurel School, OH
**June 25**— Ontario Masters, Ontario, CAN
**July 15**— Dayton Masters, Dayton, OH
**July 21-23**— Canadian Nationals, New Brunswick, CAN
**July 22**— Cleveland Classic, Mayfield, OH
**July 29**— Ohio State Sr. Games, Akron/Youngstown, OH
**Aug 3-6th**— USATF National Masters T & F Championships, Charlotte, NC

**Sept**— 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 44142

Officers

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Paul Williams</td>
</tr>
<tr>
<td>VP Publicity</td>
<td>Cathi Gerson</td>
</tr>
<tr>
<td>VP Programs (Banquet)</td>
<td>Bernice Holland</td>
</tr>
<tr>
<td>VP Website</td>
<td>Erik Thiem</td>
</tr>
<tr>
<td>VP Newsletter</td>
<td>TBA</td>
</tr>
<tr>
<td>Secretary</td>
<td>Rex Harvey</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Jeff Gerson</td>
</tr>
<tr>
<td>Historian and Records</td>
<td>Lawrence Finley</td>
</tr>
</tbody>
</table>
Members who have renewed since the last newsletter:
Bob Thomas
Bernice Holland

Results from the USATF Masters National Indoor Championships
Boston, MA. March 24-26
OTH Placed 20th out of over 90 clubs!
Congratulations to club participants.

M60-64– Barry Kline—High Jump—1.40– 4th
M 85-89– John Means –60M - 10.52– 1st
200 M - 36.10 - 1st
400 M- 1:34.84 1st

Way to go, John!

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
50+ Sports Classic

Registration Form
June 10, 2006
St. Francis High School in Toledo

Presented By:

Gold Sponsors:
St. James Club
Humana

Silver Sponsors:
American Red Cross Greater Toledo Chapter
King Pin Lanes
Lifestar Ambulance Service
First Name: ______________________________ Last Name: ______________________________
Age on June 10, 2006: ___________________ Phone: (______________) _____________________________
Address: _______________________________________________________ _________________________
City: __________________________________ State: ________________ Zip: __________________

Event Waiver and Release
In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against the 50+ Sports Classic, The Area Office on Aging of Northwestern Ohio, Inc., and its affiliates, their agents, employees, officers, directors, successors and assigns, the St. Francis deSales High School, the City of Toledo, the City of Toledo Parks and Recreation Department, all other facilities where 50+ Sports Classic events are held, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in The Event and any pre- and post- event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant the Area Office on Aging of Northwestern Ohio (AOoA) permission to use my likeness in a photograph, video and audio in any and all of its publications, Web site entries and commercials, without payment or any other consideration. I understand and agree that these materials will become the property of the AOoA and will not be returned. I hereby irrevocably authorize the AOoA to edit, alter, copy, exhibit, publish or distribute this photograph, video and audio for purposes of publicizing the AOoA’s programs or any other lawful purpose. In addition, I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photograph, video or audio. I hereby hold harmless and release and forever discharge the AOoA from all claims, demands and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization. I am at least 21 years of age and am competent to contract in my own name. I have read this release before signing below and I fully understand the contents, meaning, and impact of this release. By signing below, I agree to the above waiver and release.

Signature (Required to Participate) ______________________________
Date __________

T-Shirt Size: □ S □ M □ L □ XL

Single Registration Fee (By paying this registration fee once, you can participate in an unlimited number of events)
$25 Early Registration (registration form must be postmarked/submitted by June 3, 2006)
$40 Day of the Event Registration (registration June 10 at St. Francis High School 8:00 a.m. - 9:00 a.m.)
Registration is also available on-line at www.areaofficeonaging.com

Make checks payable to: Area Office on Aging
Mail check and completed registration form to: Kim Seitz
Area Office on Aging
2155 Arlington Avenue
Toledo, Ohio 43609

Events
June 10, 2006 at St. Francis High School, 2323 W. Bancroft St., Toledo (Unless otherwise noted)
Age brackets are 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+ (Unless otherwise noted)
For events that overlap, participants should choose the event in which they most want to participate

□ 9:00 a.m. - Opening Ceremony - All participants are encouraged to attend
Please check the events you wish to enter

□ Track - 100 Meter Dash; 10:00 □ Swimming - 50 Meter Backstroke; 10:00
□ Track - 200 Meter Dash; 10:20 □ Swimming - 100 Meter Backstroke; 10:10
□ Track - 400 Meter Dash; 10:45 □ Swimming - 200 Meter Backstroke; 10:20
□ Track - 800 Meter Dash; 11:15 □ Swimming - 50 Meter Breaststroke; 10:30
□ Track - 1500 Meter Dash; 11:45 □ Swimming - 100 Meter Breaststroke; 10:40
□ Track - Fun Walk (1 Mile); 12:15 □ Swimming - 200 Individual Medley; 10:50
□ Field - Discus; 10:00 - 12:45 □ Swimming - 50 Meter Butterflystroke; 11:00
□ Field - Javelin; 10:00 - 12:45 □ Swimming - 100 Meter Butterflystroke; 11:10
□ Field - Long Jump; 10:00 - 12:45 □ Swimming - 50 Meter Freestylestroke; 11:20
□ Field - Shot Put; 10:00 - 12:45 □ Swimming - 100 Meter Freestylestroke; 11:30
□ Volleyball - 50-59 Bracket; 12:30 □ Swimming - 200 Meter Freestylestroke; 11:40
□ Volleyball - 60+ Bracket; 2:00 □ Swimming - 400 Meter Freestylestroke; 11:50
□ Basketball - Free Throw; 3:30 □ Swimming - 100 Individual Medley; 12:00
□ Basketball - 3-on-3; 4:15 □ Table Tennis - Singles; 10:00
□ Table Tennis - Doubles; 11:00
□ Table Tennis - Mixed Doubles; 11:45
□ Softball - 50-59 Bracket; 10:00
□ Softball - 60+ Bracket; 12:30
□ Softball - Home Run Derby; 2:30
□ Ottawa Park, 2201 Ottawa Dr.
□ Golf- 9 Holes; 10:00
□ Golf- Closest to the Pin; 10:00
□ Tennis - Singles; 10:00
□ Tennis - Doubles; 11:30
□ Tennis - Mixed Doubles; 1:00
□ King Pin Lanes, 1124 W. Sylvania
□ Bowling - Singles; 10:00
□ Bowling - Doubles/Mixed; 11:30
T-shirt Size (circle one)   S   M   L   XL   2XL   3XL

ABILITY WAIVER
I, the undersigned participant, hereby agree to indemnify, save and hold harmless Northcoast Senior Games, Lake Metroparks, agencies/organizations/facilities hosting athletic events, Northcoast Senior Games sponsors, and Lake Metroparks Registration Department from any and all liability for personal injury or loss of property, whether caused by negligence or otherwise, which may arise out of the activities of this event. I have been instructed by my doctor that I am in good health and able to participate in this event without risk of injury to myself. I understand that I must sign and return this form to the above address in order to participate in the event. I agree to be bound by the rules and regulations of the event, and I agree to indemnify and hold harmless Northcoast Senior Games, Lake Metroparks, and all of their agents, employees, and volunteers from any and all liabilities arising out of the conduct of the event.

T-shirt Size (circle one)   S   M   L   XL   2XL   3XL

REGISTRATION FEES
Individual Registration Fee $10.00
On site registration, June 3 $10.00
Closing Dinner Banquet $10.00, each

Golf Greens Fee (golfers only) $12.00

TOTAL FEES DUE

Enclose only those fees with registration form. Make checks payable to: Lake Metroparks

Please complete both sides of this form, read and sign the waiver to the left, and mail to:

Lake Metroparks Registration Department
11139 Spear Road
Concord Twp., OH 44077
<table>
<thead>
<tr>
<th>Saturday, June 9</th>
<th>Wednesday, June 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mentor Heisley Racquet Club</td>
<td>WorkLife Lanes</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>9:00 AM</td>
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<tr>
<td>Mentor Skateland</td>
<td>Veteran's Park</td>
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<tr>
<td>2:00 PM</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Wildwood Italian American Club</td>
<td>Don's Archery</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>1:00 PM</td>
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<tr>
<td>Selkin Community Park</td>
<td>Orange High School</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>1:30 PM</td>
</tr>
<tr>
<td>Chester Township Park</td>
<td>2:30 PM</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>3:00 PM</td>
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<tr>
<td>Greenway Corridor</td>
<td>Johnnycake Ridge Golf Course</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Dudley Park</td>
<td>Willoughby Senior Center</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>12:00 PM</td>
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<tr>
<td>4:00 PM</td>
<td>1:30 PM</td>
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<tr>
<td>5:00 PM</td>
<td>2:00 PM</td>
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<td>6:00 PM</td>
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<tr>
<td>5:00 PM</td>
<td>2:00 PM</td>
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</tbody>
</table>

For more information, call Karen Reis at Lake Metroparks, (440) 256-2126.
THE NORTHCOAST CLEVELAND TRACK CLASSIC
Saturday, July 22nd, 2006
USATF Sanctioned, USATF rules apply.

***Pre-Registration Only - Deadline 7/15/2006. NO ON-SITE REGISTRATIONS***

Order of Events. Field events start at 9:00-----------Track events start at 10:00
Women followed by men-----------Oldest to Youngest

PLACE
Mayfield High School, 6116 Winslow Mills Road, Mayfield Village, Ohio.
The school is ¼ mile west of I-271 and the Wilson Mills Road exit (Exit #36)

Field event athletes are requested to bring their own implements, as the meet does not supply them.

ENTRY FEES:
$5 per event, $10 per relay.
Make checks payable to OVER THE HILL TRACK CLUB.
Enter fees must accompany entry forms. Pre-registration is required. No refunds!!

MAIL TO:
OVER THE HILL TRACK CLUB
Attn: Rex Harvey
6744 Connecticut Colony Circle
Mentor, OH 44060

DIVISIONS:
USATF age brackets.

ORDER OF EVENTS:
10:00am 3000m
Short Hurdles
4 X 100m Relay
800m
100m
3000m Race Walk
60m
300m Hurdles
400m
1500m
200m
Sprint Medley Relay
(100-100-200-400)
9:00 am – Hammer (18 and up)
Shot Put
High Jump
Pole Vault
Long Jump
Triple Jump
Discus
Javelin

AWARDS
Medals for 1st-2nd-3rd.

CONTACTS
Jeff Gerson 440-473-0636  Paul Williams 440-605-1811
Norman Thomas 330-425-8219 Rex Harvey 440-954-8122

ENTRY FORM

NAME ____________________________ AGE. ________ B’DAY ________ SEX ________

ADDRESS __________________________ CITY __________________ STATE ________ ZIP ________

PHONE: (______)___________________ CLUB AFFILIATION: __________________________

EVENTS: __________________________

In consideration of your acceptance of this entry form, I hereby for myself, my heirs, executors, and assigns, waive any and all claims for damages, which I might have against the USATF, Lake Erie Assoc. USATF, Over the Hill Track Club, and the Independence School District, their agents, representatives or assigns, for any and all damages or injuries suffered by me at said meet. I also certify that I am healthy and sufficiently trained to complete in this meet.

SIGNATURE: [By athlete or coach /parent for minor athlete]
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

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

* 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 at Bank 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

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)

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

Total Amount

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.

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.)

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