President’s Message

The North Coast Cleveland Track Classic for 2006 is now history. The weather up to Saturday was outstanding. There was sunshine and 80 degree plus readings all week.

Saturday morning there was drizzle and cooler weather that seemed not to move away for the entire day. That did not put a complete damper on the competition or many of the competitors. The races took place commencing with the 3000 meters and followed the schedule (including the race walk with one walker competing) to the very last relay.

There are reasons for having the meet move along in an orderly fashion, getting the runners in their heats, lanes and correct age groups. There is the meet director who answers questions and solves most problems. There is the registration where entries are checked for correctness and payments are complete.

The clerks of the course are responsible for the right person in the right event in the right age group or combining the age groups when necessary. Then there is the hurdle crew, starting block crew, the spotters for monitoring the correct break spot for some races and to watch for relay runners with faulty handoffs or impeding other runners.

There is the clerk for the Timer, the Timer, Place Reviewer, the Starter, and the Clerk of the Course. The bulk of the named positions are volunteers who give their time freely to help the meet move along.

These are some of the reasons the competition went well last Saturday; Jeff Gerson, Jewel Williams, Michelle Olie, Michelle Grossman, Norman Thomas, Dick Turner, Cathi Gerson, Bryan Jones, Grover Coats, Donna Carver, Don Le Donne, Bernice Holland, Rodney Wilson and The Mayfield School System Grounds Keeper.

For the youth and open runners, they are to be commended for braving a part of the rain that lingered,

The support for the group were the many Coaches of the Track Cubs present, the Father, Mothers, Grandparents, Aunts, Uncles, Brothers, Sisters and other family members that came out to see them compete.

The support group shall receive a special accolade from the OTHTC for making themselves visible and vocal. You are all to be commended for the interest you take in molding this young group into worthwhile citizens. We thank you for your input.

At this time I try to use different words as a send off for all those who have future competitions. This time the words are for the recent participants and volunteers who helped to make the Classic worthwhile. As they say in the old days,

YOU DONE GOOD. For the rest of you, on to Charlotte.

Welcome to our newest club members: David Clinkscale and Derek McKinley

As a reminder to all club members who do not live in the Lake Erie Association. If you go to the National Championships, your points will NOT COUNT for over the hill UNLESS you can get your registration changed to Lake Erie. You must call your Association President and request a transfer to Lake Erie. If he/she refuses, you can call the National Office and they will do it for you, but YOU MUST REQUEST IT! We will put in another reminder later in the year before you get your 2007 Registration.

The club is putting on the Norm Bower Memorial Weight Pentathlon on Sept. 16, and our Cross-Country meet on Sept. 24. As always, we need club volunteers to make these events successful.
If you are not competing in these events, we would be grateful if you would volunteer your time to help out. Either call Jeff Gerson at 440-473-0636, or mail the volunteer form in the newsletter to Jeff at: 5091 Hickory Drive Lyndhurst, OH 44124

**RESULTS**
The September Newsletter will have complete results from the nationals in Charlotte.

**Cathi Gerson:**
Richmond Hts. Family Day 5k
July 16—27:19—1st
Debbie Hudacko Memorial 5 Mile Run
July 9—Mayfield Village—44:26—1st
Johnny Cake Jog—5 mile run
July 23—Lake County Fairgrounds—44:49—3rd

John Bixler
Johnny Cake Jog
35:30—1st

**Rudy Bredenbeck**
Dayton Track Classic—July 15
Shot put—31'3"—2nd
Discus—101'2"—1st
Javelin—77'2"—1st
Ohio State Senior Olympics
Shot put—32'5 3/4"—1st
Discus—96'8"—1st
Javelin—69'7"—1st

**Schedule Additions**
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**
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

* * * *
Volunteer Form

Yes, I will help out at the Following Meets,

___ Norm Bower Memorial Wt. Pentathlon
Sat. Sept. 16—Kent State Univ.—
(10:30—3:30)

___ Over the Hill TC Cross-Country Meet
Sun. Sept. 24—University School
(10:30—11:45)

Name: __________________
Phone Number: __________________

Mail to: Jeff Gerson
5901 Hickory Drive
Lyndhurst, OH 44124

* * * *
W10&U 60 Meter Dash

<table>
<thead>
<tr>
<th>LaneName</th>
<th>Age Team</th>
<th>Finals</th>
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<tbody>
<tr>
<td>Jackson, Aryana</td>
<td>W9 REB</td>
<td>9.9h</td>
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<tr>
<td>Young, Adrienne</td>
<td>W10 REB</td>
<td>10.9h</td>
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<tr>
<td>Tate-Lockett, Brittany</td>
<td>W9 REB</td>
<td>11.8h</td>
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<td>Sommers, Serena</td>
<td>W3 F101</td>
<td>25.6h</td>
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<tr>
<td>Perryman, Euelnay</td>
<td>W5 REB</td>
<td>27.2h</td>
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</tbody>
</table>

W13-14 60 Meter Dash

| Young, Amber | W13 REB | 8.7h |
| Prater, Star | W14 REB | 9.0h |
| Nobles, Destiny | W13 REB | 9.9h |
| Locke, Brittany | W13 REB | 10.5h |

W15-16 60 Meter Dash

| Elder, Christian | W15 REB | 8.2h |
| Bunn, Alicia | W29 REB | 8.5h |
| Bayne, Penny | W49 UNA | 12.8h |

M10&U 60 Meter Dash

| Boruszowski, Ryan | M6 LAC | 8.1h |
| Kijauskas, Kiras | M6 LAC | 9.3h |
| Kijauskas, Andrew | M7 LAC | 10.0h |
| Hallal, Jemine | M9 LAC | 10.0h |
| Kijauskas, Kovas | M9 LAC | 11.1h |
| Hardy, Matt | M5 UNA | 11.3h |
| Crawley, Tyree | M10 F101 | 11.6h |
| Duhegg, Eric | M8 LAC | 12.5h |
| Antinace, Anthony | M9 LAC | 13.1h |
| Onuwor, Alphonso | M10 REB | 13.5h |

M11-12 60 Meter Dash

| Venclauskaus, Thomas | M11 LAC | 9.1h |

M13-14 60 Meter Dash

| Clinkscale, Matthew | M13 OTH | 8.3h |

M40 60 Meter Dash

| Bunn, Steve | M41 UNA | 7.1h |
| McClain, Arnold | M40 UNA | 7.4h |

M45 60 Meter Dash

| Tissenbaum, Alan | M46 HOEL | 6.7h |
| Clinkscale, David | M45 HOEL | 8.0h |

M55 60 Meter Dash

| Allie, Charles | M58 HOEL | 7.9h |

M60 60 Meter Dash

| Butts, Tym | M63 UNA | 8.2h |

M65 60 Meter Dash

| Coats, Grover | M67 OTH | 9.2h |

W10&U 100 Meter Dash

| Martin, Jasmyn | W10 F101 | 14.6h |
| Perrymen, Gabrielle | W10 REB | 15.6h |
| Tate-Lockett, Brittany | W9 REB | 16.2h |
| Zaramo, Tabora | W10 REB | 16.7h |
| Jackson, Aryana | W9 REB | 17.1h |
| Young, Adrienne | W10 REB | 18.4h |

W11-12 100 Meter Dash

| Davis, Amber | W12 REB | 14.1h |
| Capuano, Marina | W12 F101 | 14.5h |
| Johnson, Brianna | W11 UNA | 15.2h |
| Hardy, Amica | W12 UNA | 16.2h |

W13-14 100 Meter Dash

| Hainen, Vanessa | W14 F101 | 12.8h |
| McClain, Alyca | W13 REB | 13.6h |
| Love, Nanya | W13 REB | 13.9h |
| Hollapage, Shelby | W14 REB | 14.2h |
| Prater, Star | W14 REB | 14.5h |
| Hill, Asia | W13 REB | 14.6h |
| Nobles, Destiny | W13 UNA | 15.9h |

W15-16 100 Meter Dash

| Henderson, Jada | W15 F101 | 12.5h |
| Elder, Christian | W15 REB | 13.4h |

W40 100 Meter Dash

| Carty, Linda | W40 UNA | 16.6h |

Cleveland Track Classic - 7/22/2006
Over the Hill Track Club
Mayfield Heights HS, Mayfield Heights, Ohio
Cleveland Track Classic - 7/22/2006
Over the Hill Track Club
Mayfield Heights HS, Mayfield Heights, Ohio

M11-12 Discus Throw
1. Venclauskas, Thomas M11 LAC 20.58m
2. M30 Discus Throw
1. Perryman, Greg M32 REB 33.88m
3. M40 Discus Throw
1. Kijauskas, Simas M43 LAC 26.69m
4. M45 Discus Throw
1. Boerio, Anthony M45 WOM 21.18m
5. M50 Discus Throw
1. Renner, Wayne M53 UNA 31.62m
M55 Discus Throw
1. Butzin, William M58 UNA 30.86m
Gerson, Jeff M59 OTH 17.88m
M60 Discus Throw
1. Bitko, Mickey M63 UNA 34.11m
M65 Discus Throw
1. Servis, Dave M67 TBGZ 24.18m
2. Sheinker, Abe M66 OTH 19.34m
W75 Hammer Throw
1. Holland, Bernice W79 OTH 15.86m
2. M50 Hammer Throw
1. Renner, Wayne M53 UNA 24.20m
M55 Hammer Throw
1. Butzin, William M58 UNA 22.50m
M60 Hammer Throw
1. Bitko, Mickey M63 UNA 43.63m
M65 Hammer Throw
1. Burke, Robert M67 UNA 25.21m
2. Sheinker, Abe M66 OTH 24.00m
3. Servis, Dave M67 TBGZ 14.63m
W11-12 Javelin Throw
1. Kijauskas, Kaja M11 LAC 15.23m
W75 Javelin Throw
1. Holland, Bernice W79 OTH 13.78m
M45 Javelin Throw
1. Clemons, Dean M45 OTH 42.90m
2. Wilson, Rodney M47 OTH 23.11m
M50 Javelin Throw
1. Renner, Wayne M53 UNA 27.54m
M55 Javelin Throw
1. Gedvila, Lou M57 OTH 25.68m
2. Gedvila, Liutauras M57 LAC 25.68m
3. Butzin, William M58 UNA 21.57m
4. Gerson, Jeff M59 OTH 18.42m
M60 Javelin Throw
1. Bitko, Mickey M63 UNA 23.70m
M65 Javelin Throw
1. Servis, Dave M67 TBGZ 18.00m
M80 Javelin Throw
1. Roudeshush, George M81 UNA 17.15m

Thank you for your participation. Master’s (age 30+) results will appear in NMN.

If you earned a gold, silver, or bronze medal and could not get it on the day of the meet, please contact Jeff Gerson, 5901 Hickory Dr., Lyndhurst, OH 44124 (440) 473-0636

Good luck in all your Track & Field competitions. Remember; this sports depends upon volunteers.

Track & Field: Sport for Life
### Over The Hill Track Club

<table>
<thead>
<tr>
<th></th>
<th>First Name</th>
<th>Last Name</th>
<th>Age</th>
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**Relay**

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<td>M60-69 4x100 Meter Relay CLUB</td>
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<td>DQ</td>
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Finals: Williams, Paul 71; Coats, Grover 67; Harvey, Rex 60; Means, John 86

Over The Hill TC Total Individual Entries: 28 - Total Relays: 1
The Ninth Annual Norm Bower Memorial Weight Pentathlon

Sponsored by: Over the Hill Track Club
Saturday, September 16, 2006 11:00 a.m. - 5:00 p.m.
Kent State University, Kent, Ohio

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower,
Norm & Rose's daughter, born October 31, 1935

Norman P. Bower
1948-1997
Over the Hill Track Club
Ninth Annual Norm Bower Memorial Weight Pentathlon
Saturday, September 16, 2006
Kent State University, Kent, Ohio 44242
11:00 a.m. to 5:00 p.m.
Tele: Rex Harvey 440 954 8122 or Jeff Gerson 440 473-0636

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue Bower’s daughter, born October 31, 1995.

Over the Hill Track Club is once again sponsoring a fund-raising weight pentathlon in honor of Norm Bower, who passed away September 12, 1997. Norm Bower was much loved as a friend and a competitor in the weight events. He was joyful, bright, easy going, with a wonderful sense of humor. He supported every thrower who competed in the weights, no matter the skill level. Our track meets and our lives are brighter, more fun because of Norm, and the Club wishes to remember him and his family with this annual weight pentathlon held in his honor.

All meet fees, less awards expenses, and all donations included with meet fees will be contributed to an education fund for Emma Rose Bower, born October 31, 1995, Norm and Sue Bower’s daughter, and the sister of Brent Bower.

Date, Time, & Sequence of Events: 11:00 a.m. to approx. 5:00 p.m. Hammer, shot put, discus, javelin, and weight in that order.

NOTE: In order to qualify legally for an official record in the weight pentathlon, you must throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

Host site: Kent State University, Kent, Ohio 44242, map and written directions available upon request.

Events & Weights by Age: Weight pentathlon (hammer, shot put, discus, javelin, and weight) or individual weight events. See attached Ages / Implements Specifications list. For the weight throw, where both WAVA and USATF specifications appear, we will use the WAVA standards, if the appropriate weight implement is available. We will throw by the age groups represented on the list. Some age groups will be combined to fill out flights.

Sanction & Rules: This is a USATF Sanctioned Meet. USATF rules which specify WAVA implements.

Number of Attempts per Event: 3 for the five-event weight pentathlon, 6 for individual events only. If someone has paid entry fee for both Pentathlon and some individual events, the first three throws will be Pentathlon, and all six throws will be for open event.

Age Groups: 0-17 by birthyear, 18-29, 30-34, 35-39, 40-44, etc., by birthday.

Awards: Gold, Silver, and Bronze for the Weight Pentathlon in each 5-year age group. Gold only in each individual event entered.

Facilities: Javelin to be thrown from an all-weather surface onto grass; all other throws from concrete surfaces onto a grass field.

Other Facilities: Restrooms in adjacent Ice Rink, no showers.

Fee, Donations, Mailing Information: All meet fees, less awards expenses, and donations included with meet fees will be contributed to the education fund set up in 1997 for Emma Rose Bower. OTHTC encourage all those who are able to donate beyond the entry fee amount. OTHTC also encourages those who are not going to compete to remit a donation for this worthy cause. Note the donation amount on the bottom left-hand memo section of your check. Your check is your receipt. The Bower family will receive a list of the names and addresses of all attendees and contributors, unless donors specify that their gifts be anonymous.

$20 for the weight pentathlon, and $5 per event. No refunds for no-shows. Make out checks to Over the Hill Track Club.

Mailing Instructions: Mail application with check made out to Over the Hill Track Club to: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; or Jeff Gerson, Over the Hill Track Club, 5091 Hickory Drive, Lyndhurst, OH 44124

Waiver: Signature required on attached meet application form.

Questions: Call Rex Harvey; 440-954 8122 or Jeff Gerson, 440-473-0636
The Ninth Annual
Norm Bower Memorial Weight Pentathlon
Sponsored by: Over the Hill Track Club
Saturday, September 16, 2006; 11:00 a.m. to 5:00 p.m.
Kent State University, Kent, Ohio
Phone: Rex Harvey 440-954-8122
Jeff Gerson 440 473-0636
All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue’s daughter, born October 31, 1995
REGISTRATION FORM
Name______________________________________________Gender _________Phone______________________________
Address____________________________________________City_________________________State______Zip__________
E-Mail
Date of birth___________________Your age as of 9/16/06 _________Your club_________________________________
Events you wish to enter:
Fee $20 for the weight pentathlon, and $5 00 per individual event. No refunds for no-shows Make checks payable to Over
the Hill Track Club
_____Weight pentathlon (hammer, shot, discus, javelin, & weight) @$20
Individual events only _______Hammer _______Shot put______Discus _____Javelin _____Weight @$5 each
NOTE: In order to qualify legally for an official record in the weight pentathlon, you must throw the events in exactly this
order: hammer, shot put, discus, javelin, and weight and only first 3 throws count.
I will not be competing, but I elect to make a donation of $ _____________ (my check is enclosed)
Please bring your own implements Although we will have a number on hand, we cannot guarantee that we will have all
implements for all age groups.
Mail this registration form, along with your fee and/or donation check or money order made payable to Over the Hill Track
Club, to Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; Tel: 440-954-8122
Waiver for All Events: In consideration for acceptance of my entry into the OTHTC Ninth Annual Norm Bower Memorial
Weight Pentathlon, I do hereby for myself and anyone entitled to act in my behalf, waive and release the Over the Hill Track
Club, Cleveland, Ohio, Kent State University, Kent, Ohio, USATF, and all sponsors, their representatives and successors
from all claims or liabilities of any and all damages which may be sustained or suffered by me in my connection with entry
in, or arising out of my traveling to, participating in, and returning from my participation in this meet.
Athlete’s signature_____________________________________________________Date _______________________
Printed name______________________________________________________________________________
Parent or guardian’s signature (if athlete is under 18) ________________________________________________
Printed name_________________________________________________________________________________
NOTICE: All athletes who participate in this competition may be subject to formal drug testing in accordance with USA
Track & Field and IAAF Regulations Athletes found positive for banned substances, or who refuse to be tested, will be
disqualified from this event and will lose eligibility for future competitions SOME OVER-THE-COUNTER MEDICATIONS
MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE
OBTAINED BY CALLING THE USADA HOT LINE.
CROSS COUNTRY MEET—Sunday, September 24, 2006

TIME: 11:00 am start

COURSE LOCATION: University School 2785 S. O. M. Center Road Hunting Valley, Ohio
Need directions to the race? http://www.mapquest.com
5km course is mainly grass. Spikes are permitted.

ENTRY FEE: $8 per person if pre-registered by 9/20. $10 per person day of race.
Make checks payable to OVER THE HILL TRACK CLUB.

MAIL TO: OVER THE HILL TRACK CLUB
Jeff Gerson
5091 Hickory Dr.
Lyndhurst, Ohio 44124

AWARDS: Trophies to the top 3 in each age group.
Age groups: (Men & Women) 14 and under, Open (15-29), 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, ..., 95-99
Team trophies to the top 2 teams
Divisions: (Men & Women) 14 and under, open, 30-39, 40-49, 50+
Note: All teams must have 5 runners to constitute a team. Older runners may move down in age group for team purposes, but individually they will be scored in their own age groups. Please indicate on entry form if you are moving down in team competition.

CONTACT: Jeff Gerson 440-473-0636

OVER THE HILL CROSS COUNTRY MEET ENTRY FORM

TEAM ENTRY - Club PHONE

ADDRESS: RUNNER AGE RUNNER AGE RUNNER AGE

INDIVIDUAL ENTRY

NAME: CLUB

ADDRESS: RUNNER AGE AGE DAY OF RACE: DIVISION: MALE FEMALE

I hereby waive all claims against University School and Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

SIGNATURE: ____________________________ Date _______________________

(Each runner must sign this waiver) Thank you ~ Good Luck

Parent or guardian’s signature (if athlete is under 18): ____________________________
Rex Harvey
6744 Connecticut Colony Cr.
Mentor, OH 44060