



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

August 2006

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

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

W10&U 60 Meter Dash

Lane	Name	Age	Team	Finals
1	Jackson, Aryana	W9	REB	9.9h
2	Young, Adrine	W10	REB	10.9h
3	Tate-Lockett, Brittany	W9	REB	11.2h
4	Sommers, Serena	W3	F101	25.6h
5	Perryman, Kaelyn	W5	REB	27.2h

W13-14 60 Meter Dash

1	Young, Amber	W13	REB	8.7h
2	Prater, Star	W14	REB	9.0h
3	Nobles, Destiny	W13	REB	9.4h
4	Locke, Brittany	W13	REB	10.5h

W15-16 60 Meter Dash

1	Elder, Christian	W15	REB	8.2h
---	------------------	-----	-----	------

W19-29 60 Meter Dash

1	Bunn, Alicia	W29	REB	8.5h
---	--------------	-----	-----	------

W45 60 Meter Dash

1	Bayne, Penny	W49	UNA	12.8h
---	--------------	-----	-----	-------

M10&U 60 Meter Dash

1	Boruszkowski, Ryan	M6	LAC	8.1h
2	Kijauskas, Kiras	M6	LAC	9.3h
3	Kijauskas, Andrew	M7	LAC	10.0h
3	Hallal, Justine	M9	LAC	10.0h
5	Kijauskas, Kovas	M9	LAC	11.1h
6	Hardy, Matt	M5	UNA	11.3h
7	Crawley, Tyree	M10	F101	11.6h
8	Duhigg, Eric	M8	LAC	12.5h
9	Antinacce, Anthony	M9	LAC	13.1h
10	Onuwor, Alphonso	M10	REB	13.5h

M11-12 60 Meter Dash

1	Venclauskas, Thomas	M11	LAC	9.1h
---	---------------------	-----	-----	------

M13-14 60 Meter Dash

1	Clinkscale, Matthew	M13	OTH	8.3h
---	---------------------	-----	-----	------

M40 60 Meter Dash

1	Bunn, Steve	M41	UNA	7.1h
2	McClain, Arnold	M40	UNA	7.4h

M45 60 Meter Dash

1	Tissenbaum, Alan	M46	HOEL	6.7h
2	Clinkscale, David	M45	OTH	8.0h

M55 60 Meter Dash

1	Allie, Charles	M58	HOEL	7.9h
---	----------------	-----	------	------

M60 60 Meter Dash

1	Butts, Tim	M63	UNA	8.2h
---	------------	-----	-----	------

M65 60 Meter Dash

1	Coats, Grover	M67	OTH	9.2h
---	---------------	-----	-----	------

W10&U 100 Meter Dash

1	Martin, Jasmyn	W10	F101	14.6h
2	Perryman, Gabrielle	W10	REB	15.6h
3	Tate-Lockett, Brittany	W9	REB	16.2h
4	Zaramo, Tabora	W10	REB	16.7h
5	Jackson, Aryana	W9	REB	17.1h
6	Young, Adrine	W10	REB	18.4h

W11-12 100 Meter Dash

1	Davis, Amber	W12	REB	14.1h
2	Capuano, Marina	W12	F101	14.5h
3	Johnson, Brianna	W11	UNA	15.2h
4	Hardy, Amica	W12	UNA	16.2h

W13-14 100 Meter Dash

1	Hairston, Vanessa	W14	F101	12.8h
2	McClain, Alyca	W13	REB	13.6h
3	Love, Nanya	W13	REB	13.9h
4	Hollypage, Shelby	W14	REB	14.2h
5	Prater, Star	W14	REB	14.5h
6	Hill, Asia	W13	REB	14.6h
7	Nobles, Destiny	W13	REB	15.9h

W15-16 100 Meter Dash

1	Henderson, Jada	W15	F101	12.5h
2	Elder, Christian	W15	REB	13.4h

W40 100 Meter Dash

1	Carty, Linda	W40	UNA	16.6h
---	--------------	-----	-----	-------

W45 100 Meter Dash

1	McCoy-Shugar, Belin	W46	UNA	14.3h
2	Bayne, Penny	W49	UNA	21.9h

W50 100 Meter Dash

1	Liscynsky, Theresa	W51	OTH	17.8h
---	--------------------	-----	-----	-------

M10&U 100 Meter Dash

1	Onuwor, Alphonso	M10	REB	13.8h
2	Hallal, Justine	M9	LAC	17.4h
3	Conte, Lorenzo	M7	OTH	18.0h
4	Sommers, Michael	M8	F101	18.4h
5	Crawley, Tyree	M10	F101	18.9h

M11-12 100 Meter Dash

1	Venclauskas, Andrew	M11	LAC	14.6h
---	---------------------	-----	-----	-------

M13-14 100 Meter Dash

1	Murdock, Jahari	M14	F101	12.0h
2	Trawick, Justin	M14	F101	12.4h
3	Clinkscale, Matthew	M13	OTH	15.0h
4	Morkunas, Aurimas	M14	LAC	15.73

M15-16 100 Meter Dash

1	Johnson, Chris	M16	UNA	11.4h
---	----------------	-----	-----	-------

M19-29 100 Meter Dash

1	Barnett, Michael	M20	REB	11.5h
2	Boerio, Nick	M19	WOM	14.0h

M40 100 Meter Dash

1	Johnson, S. Chip	M43	UNA	12.0h
2	Jackson, Curtis	M43	REB	13.7h

M45 100 Meter Dash

1	Clinkscale, David	M45	OTH	12.4h
2	Conte, Filippo	M45	OTH	13.4h

M60 100 Meter Dash

1	Butts, Tim	M63	UNA	13.2h
---	------------	-----	-----	-------

M65 100 Meter Dash

1	Coats, Grover	M67	OTH	15.4h
---	---------------	-----	-----	-------

W10&U 200 Meter Dash

1	Martin, Jasmyn	W10	F101	31.1h
2	Tate-Lockett, Brittany	W9	REB	36.2h
3	Young, Adrine	W10	REB	40.7h
4	Tate-Lockett, Briana	W8	REB	40.9h
5	Jackson, Aryana	W9	REB	46.1h

W11-12 200 Meter Dash

1	Johnson, Brianna	W11	UNA	28.4h
2	Davis, Amber	W12	REB	30.1h
3	Capuano, Marina	W12	F101	31.9h
4	Hardy, Amica	W12	UNA	32.6h

W13-14 200 Meter Dash

1	McClain, Alyca	W13	REB	27.6h
2	Hairston, Vanessa	W14	F101	28.4h
3	Jackson, De Vana	W13	REB	29.5h
4	Chisholm, Taniqua	W13	REB	29.9h
5	Armsey, Courtney	W14	F101	30.1h
6	Love, Nanya	W13	REB	30.6h
7	Young, Amber	W13	REB	31.2h
8	Prater, Star	W14	REB	31.9h
9	Hollypage, Shelby	W14	REB	32.6h
10	Woods, D	W13	UNA	32.8h

W15-16 200 Meter Dash

1	Henderson, Jada	W15	F101	26.4h
2	Harrell-Snell, Alanni	W16	F101	26.90
3	Adams, Adrian	W15	REB	28.1h
4	Elder, Christian	W15	REB	28.4h

W17-18 200 Meter Dash

1	Brown, Kattera	W17	REB	27.8h
---	----------------	-----	-----	-------

W19-29 200 Meter Dash

1	Bunn, Alicia	W29	REB	28.4h
2	Manuel, Talise	W23	UNA	29.6h

W45 200 Meter Dash

1	McCoy-Shugar, Belin	W46	UNA	28.9h
---	---------------------	-----	-----	-------

M10&U 200 Meter Dash

1	Onuwor, Alphonso	M10	REB	32.1h
---	------------------	-----	-----	-------

2	Sommers, Michael	M8	F101	38.7h
3	Crawley, Tyree	M10	F101	40.0h

M11-12 200 Meter Dash

1	Vaicikauskas, Edvinas	M11	LAC	35.3h
---	-----------------------	-----	-----	-------

M13-14 200 Meter Dash

1	Murdock, Jahari	M14	F101	22.9h
2	Trawick, Justin	M14	F101	23.4h
3	Clinkscale, Matthew	M13	OTH	29.6h
4	Morkunas, Aurimas	M14	LAC	29.9h

M15-16 200 Meter Dash

1	Johnson, Chris	M16	UNA	22.5h
---	----------------	-----	-----	-------

M40 200 Meter Dash

1	Johnson, S. Chip	M43	UNA	25.4h
---	------------------	-----	-----	-------

M45 200 Meter Dash

1	Tissenbaum, Alan	M46	HOEL	22.6h
2	Clinkscale, David	M45	OTH	26.00

M50 200 Meter Dash

1	Hawkins, Walter	M51	UNA	28.3h
2	Glisic, Bernie	M54	UNA	31.7h

M60 200 Meter Dash

1	Butts, Tim	M63	UNA	28.7h
---	------------	-----	-----	-------

M65 200 Meter Dash

1	Coats, Grover	M67	OTH	31.1h
---	---------------	-----	-----	-------

W10&U 400 Meter Dash

1	Martin, Jasmyn	W10	F101	1:12.8h
2	Perryman, Gabrielle	W10	REB	1:20.6h
3	Tate-Lockett, Brittany	W9	REB	1:27.8h
4	Jackson, Aryana	W9	REB	1:33.9h
5	Young, Adrine	W10	REB	1:44.3h
6	Tate-Lockett, Briana	W8	REB	1:50.6h

W11-12 400 Meter Dash

1	Hardy, Amica	W12	UNA	1:11.9h
2	Capuano, Marina	W12	F101	1:16.2h
3	Davis, Amber	W12	REB	1:16.9h
4	Young, Taniqua	W12	REB	1:19.4h

W13-14 400 Meter Dash

1	McClain, Alyca	W13	REB	1:09.9h
2	Young, Amber	W13	REB	1:13.6h

W15-16 400 Meter Dash

1	Henderson, Jada	W15	F101	1:04.0h
2	Friedman, Samantha	W16	UNA	1:08.2h
3	Olie, Michelle	W16	UNA	1:08.8h
4	Grossman, Michelle	W16	UNA	1:13.6h

W70 400 Meter Dash

1	Butcher, Grace	W72	NERC	1:46.7h
---	----------------	-----	------	---------

M10&U 400 Meter Dash

1	Onuwor, Alphonso	M10	REB	1:15.1h
2	Sommers, Michael	M8	F101	1:32.4h

M13-14 400 Meter Dash

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

1 Lattin, Reginald M19 REB 2:26.5h	4 Hallal, Justine M9 LAC 2.63m	M11-12 Discus Throw	1 Venclauskas, Thomas M11 LAC 20.58m
M45 800 Meter Run	5 Sommers, Michael M8 F101 2.52m	M30 Discus Throw	1 Perryman, Greg M32 REB 33.88m
1 Walls, Vincent M47 OTH 2:27.8h	6 Duhigg, Eric M8 LAC 2.33m	M40 Discus Throw	1 Kijauskas, Simas M43 LAC 26.69m
2 Boerio, Anthony M45 WOM 3:23.2h	(M10&U Long Jump)	M45 Discus Throw	1 Boerio, Anthony M45 WOM 21.18m
M50 800 Meter Run	7 Kijauskas, Andrew M7 LAC 1.94m	M50 Discus Throw	1 Renner, Wayne M53 UNA 31.62m
1 Thomas, Bob M51 OTH 2:17.2h	8 Kijauskas, Kiras M6 LAC 1.84m	M55 Discus Throw	1 Butzin, William M58 UNA 30.86m
2 Hawkins, Walter M51 UNA 2:36.7h	M11-12 Long Jump	2 Gerson, Jeff M59 OTH 17.88m	M60 Discus Throw
3 Liscynesky, Roman M52 OTH 2:37.8h	1 Vaicikauskas, Edvinas M11 LAC 3.22m	M65 Discus Throw	1 Bitsko, Mickey M63 UNA 34.11m
M65 800 Meter Run	M13-14 Long Jump	1 Servis, Dave M67 TBGZ 24.18m	2 Sheinker, Abe M66 OTH 19.34m
1 Bixler, Jon M68 OTH 2:55.9h	1 Trawick, Justin M14 F101 5.32m	W75 Hammer Throw	1 Holland, Bernice W79 OTH 15.86m
W13-14 1500 Meter Run	2 Morkunas, Aurimas M14 LAC 3.70m	M50 Hammer Throw	1 Renner, Wayne M53 UNA 24.20m
1 Sandercock, Krista W13 TBGZ 7:10.9h	M35 Long Jump	M55 Hammer Throw	1 Butzin, William M58 UNA 22.50m
W15-16 1500 Meter Run	1 Thomas, Frederick M38 3JF 5.70m	M60 Hammer Throw	1 Bitsko, Mickey M63 UNA 43.63m
1 Davis, Asia W15 REB 7:01.1h	M65 Long Jump	M65 Hammer Throw	1 Burke, Robert M67 UNA 25.21m
M19-29 1500 Meter Run	1 Coats, Grover M67 OTH 4.33m	2 Sheinker, Abe M66 OTH 24.00m	3 Servis, Dave M67 TBGZ 14.63m
1 Boerio, Nick M19 WOM 4:51.2h	2 Servis, Dave M67 TBGZ 3.18m	W11-12 Javelin Throw	1 Kijauskas, Kaja W12 LAC 15.23m
2 Lattin, Reginald M19 REB 5:41.6h	M80 Long Jump	W75 Javelin Throw	1 Holland, Bernice W79 OTH 13.78m
M45 1500 Meter Run	1 Hirsimaki, Fred M81 OTH 3.60m	M45 Javelin Throw	1 Clemons, Dean M45 OTH 42.90m
1 Boerio, Anthony M45 WOM 6:38.6h	M65 Triple Jump	2 Wilson, Rodney M47 OTH 23.11m	M50 Javelin Throw
M45 3000 Meter Run	1 Coats, Grover M67 OTH 8.37m	M55 Javelin Throw	1 Renner, Wayne M53 UNA 27.54m
1 Woods, Charles M49 UNA 11:52.9h	W10&U Shot Put	1 Gedvilas, Lou M57 OTH 25.68m	1 Gedvilas, Liutauras M57 LAC 25.68m
M55 3000 Meter Run	1 Jackson, Aryana W9 REB 4.43m	3 Butzin, William M58 UNA 21.57m	4 Gerson, Jeff M59 OTH 18.42m
1 Ruffin, Ron M58 F101 11:44.8h	W11-12 Shot Put	M60 Javelin Throw	1 Bitsko, Mickey M63 UNA 23.70m
1 Gerson, Jeff M59 OTH 16:03.0h	1 Kijauskas, Kaja W12 LAC 7.82m	M65 Javelin Throw	1 Servis, Dave M67 TBGZ 18.00m
M60 3000 Meter Run	2 Pallini, Caroline W12 UNA 6.69m	M80 Javelin Throw	1 Roudebush, George M81 UNA 17.15m
2 Kuebler, Bob M60 UNA 11:55.3h	W30 Shot Put		
W29&U 3000 Meter Race Walk	1 Coats-Pittman, Angela W32 OTH 9.22m		
1 Sandercock, Krista W13 TBGZ 26:22.0h	W35 Shot Put		
W13-14 Short Hurdles (Sprint)	1 Kijauskas, Angela W37 LAC 7.72m		
1 Armsey, Courtney W14 F101 15.8h	W70 Shot Put		
W19-29 Short Hurdles (Sprint)	1 Gelgotas, Zina W71 LAC 5.10m		
1 Manuel, Talise W23 UNA 15.4h	W75 Shot Put		
M11-12 Short Hurdles (Sprint)	1 Cipkus, Dona W75 LAC 5.76m		
1 Sullins, Darrell, Jr M11 UNA 20.2h	2 Holland, Bernice W79 OTH 5.70m		
M45 Short Hurdles (Sprint)	W85 Shot Put		
--- Conte, Filippo M45 OTH DNF	1 Ozinkas, Albina W87 LAC 3.59m		
W29&U Long Hurdles (Intermed.)	M10&U Shot Put		
1 McCormick, Kate W17 REB 1:00.0h	1 Kijauskas, Kovas M9 LAC 6.19m		
M45 Long Hurdles (Intermed.)	2 Antinacce, Anthony M9 LAC 4.69m		
1 Conte, Filippo M45 OTH 51.2h	M11-12 Shot Put		
M10&U 800 Sprint Medley	1 Venclauskas, Thomas M11 LAC 7.56m		
1 REB A 2:20.6h	2 Vaicikauskas, Edvinas M11 LAC 6.78m		
2 REB B 2:34.1h	M13-14 Shot Put		
W29&U High Jump	1 Taraskevicius, Tadas M13 LAC 8.22m		
1 Sandercock, Kaitlyn W15 TBGZ 1.27m	M17-18 Shot Put		
M19-29 High Jump	1 Pallini, John M17 UNA 15.57m		
1 Barnett, Michael M20 REB 1.83m	M30 Shot Put		
M45 High Jump	1 Perryman, Greg M32 REB 11.31m		
1 Clemons, Dean M45 OTH 1.37m	M40 Shot Put		
M55 High Jump	1 Kijauskas, Simas M43 LAC 8.75m		
1 Jenkins, Tom M55 OTH 1.37m	M50 Shot Put		
2 Taylor, Irvin M58 UNA 1.22m	1 Renner, Wayne M53 UNA 10.09m		
3 Butzin, William M58 UNA 1.16m	M55 Shot Put		
M65 High Jump	1 Butzin, William M58 UNA 8.56m		
1 Coats, Grover M67 OTH 1.32m	2 Gedvilas, Liutauras M57 LAC 7.90m		
2 Servis, Dave M67 TBGZ 1.11m	M60 Shot Put		
M80 High Jump	1 Bitsko, Mickey M63 UNA 10.44m		
1 Hirsimaki, Fred M81 OTH 1.16m	M65 Shot Put		
W10&U Pole Vault	1 Burke, Robert M67 UNA 8.65m		
--- Jenkins, Morgan W10 OTH NH	2 Servis, Dave M67 TBGZ 6.20m		
W15-16 Pole Vault	M80 Shot Put		
1 Sandercock, Kaitlyn W15 TBGZ 1.98m	1 Media, Sam M84 TBGZ 7.34m		
M55 Pole Vault	W11-12 Discus Throw		
1 Jenkins, Tom M55 OTH 2.74m	1 Kijauskas, Kaja W12 LAC 17.98m		
M10&U Long Jump	W75 Discus Throw		
1 Onuwor, Alphonso M10 REB 4.50m	1 Holland, Bernice W79 OTH 15.78m		
2 Boruszkowski, Ryan M6 LAC 2.90m	2 Cipkus, Dona W75 LAC 12.53m		
3 Kijauskas, Kovas M9 LAC 2.67m	M10&U Discus Throw		
	1 Kijauskas, Kovas M9 LAC 14.49m		

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

If you earned a gold, silver, or bronze metal and could not get it on the day of the meet, please contact Jeff Gerson, 5091 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

2006 USATF National Masters T F Championship 8/3/2006 to 8/6/2006 Charlotte, NC

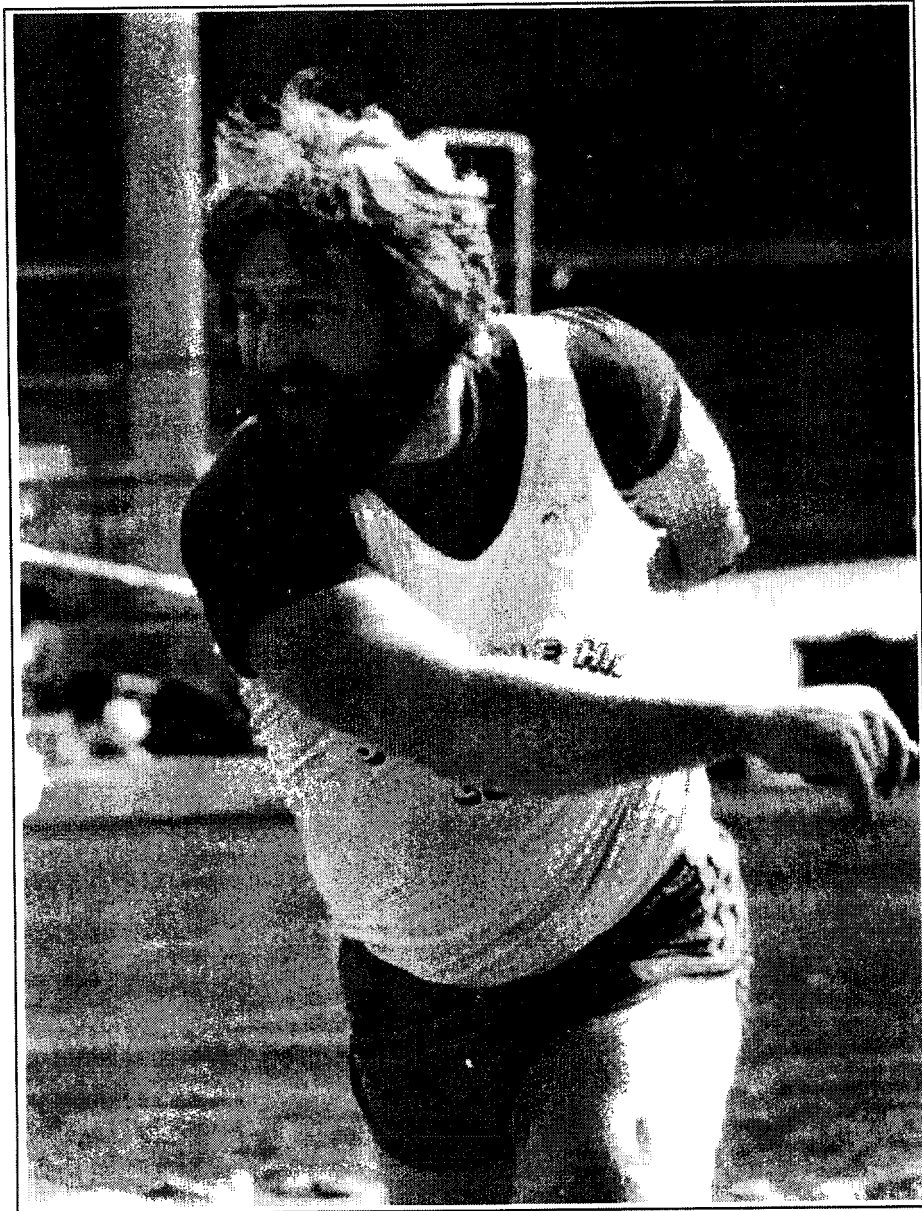
Over The Hill Track Club

1 Bixler, Jon - Male - Age: 68 - Comp#: 97 - DOB: 5/15/1938							
#567 M65 800 Meter Run	NT						DNS
#587 M65 1500 Meter Run	6:03.00						DNS
2 Carty, Linda - Female - Age: 40 - Comp#: 191 - DOB: 6/22/1966							
#3 W40 100 Meter Dash	13.90			DNS			
#220 W40 Triple Jump East Pit	ND				9.82m	(2)	* 6
3 Coats, Gregory - Male - Age: 45 - Comp#: 234 - DOB: 5/21/1961							
#703 M45 Long Jump West pit	ND				5.16m	(7)	*
#723 M45 Triple Jump West Pit	ND				11.07m	(4)	* 3
#740 M45 High Jump	NH				1.70m	(4)	* 3
4 Coats, Grover - Male - Age: 67 - Comp#: 235 - DOB: 11/19/1938							
#507 M65 100 Meter Dash	NT	14.78	(10)				
#527 M65 200 Meter Dash	NT	29.59	(13)				
#647 M65 Short Hurdles 33"	NT				20.70	(3)	4
#667 M65 Long Hurdles 30"	NT				58.90	(4)	3
#707 M65 Long Jump East Pit	ND				4.27m	(3)	* 4
#727 M65 Triple Jump West Pit	ND				8.86m	(2)	* 6
5 Gerson, Jeffery - Male - Age: 59 - Comp#: 429 - DOB: 5/27/1947							
#883 M55 Outdoor Pentathlon	NP				1126	(7)	*
6 Joseph, James - Male - Age: 57 - Comp#: 624 - DOB: 3/24/1949							
#585 M55 1500 Meter Run	6:40.00						DNS
7 McKinley, Derek - Male - Age: 45 - Comp#: 807 - DOB: 8/29/1960							
#523 M45 200 Meter Dash	NT			DNF			
#543 M45 400 Meter Dash	NT			DNS			
8 Means, John - Male - Age: 86 - Comp#: 817 - DOB: 4/25/1920							
#511 M85 100 Meter Dash	17.23				16.95	(2)	* 6
#531 M85 200 Meter Dash	36.10				36.85	(1)	1/6
USATF: 37.40							
#550 M85 400 Meter Dash	1:34.84				1:34.31	(1)	* 8
9 Mulazim, Khalid - Male - Age: 40 - Comp#: 860 - DOB: 3/28/1966							
#522 M40 200 Meter Dash	23.42	23.12	(2)		23.41	(4)	* 3
		Semis :	23.02	(4)			
#542 M40 400 Meter Dash	51.16	51.39	(1)		50.12	(2)	* 6
10 Thomas, Norman - Male - Age: 56 - Comp#: 1226 - DOB: 8/21/1949							
#565 M55 800 Meter Run	2:40.00			DNS			
#585 M55 1500 Meter Run	5:50.00						DNS
11 Walls, Vincent - Male - Age: 47 - Comp#: 1282 - DOB: 5/1/1959							
#563 M45 800 Meter Run	NT	2:23.57	(18)				
#583 M45 1500 Meter Run	NT				5:03.97	(24)	
12 Williams, Paul - Male - Age: 71 - Comp#: 1330 - DOB: 5/3/1935							
#508 M70 100 Meter Dash	NT				14.86	(3)	4
#528 M70 200 Meter Dash	NT				DNS		
Relay	Seed	Prelims			Finals		
1 Over The Hill TC - M60							
#940 M60-69 4x100 Meter Relay CLUB	NT						DQ
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 & Sue's daughter, born October 31, 1995*



*Norman S. Bower
1948 B 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 _____

Date of birth _____ Your age as of 9/16/06 _____ Your club _____

E-Mail _____

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.**

www.othtc.org



Over The Hill Track Club

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 _____ CITY _____ STATE _____ ZIP _____

Runner	Age	Runner	Age	Runner	Age
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

INDIVIDUAL ENTRY

NAME _____ CLUB _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE (____) _____ 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 _____

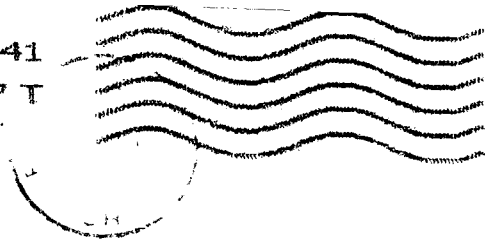
(Each runner must sign this waiver)

Thank you ~ Good Luck

Parent or guardian's signature (if athlete is under 18): _____

Over The Hill TC
5091 Hickory Drive
Lyndhurst, OH 44124

CLEVE OH 441
16 AUG 2006 PM 7 T



Rex Harvey
6744 Connecticut Colony Cr.
Mentor, OH 44060