

FEB. 2007



*Over The Hill Track Club*  
Athletes of all ages setting the pace!  
www.othtc.org

February 2006

The Presidents Corner

Greetings friends and fellow track family, entering into my second month in the highly coveted and prestigious position as *Over the Hill Track Club* President, I've certainly come to realize the dedication and devotion many members have for this club. Now that my direct participation in the club has increased, say 100 percent since being handed the reins, more and more I am beginning to realize why this is so. Unlike so many other sports, running/track is often a lonely pursuit. Most all of us toil long hours and miles alone on the track and or roads and in the gym in our endeavor, feeling lucky if we have a training partner once or twice a week. Team sports allow members to bond and see the positive end result of their joint efforts through long hours of practice that seldom exist in running. Even for those on a running "team", busy schedules, the unnecessary need to train together, differing athletic abilities and what not, force most to train alone. Sometimes it's simply more convenient that way. That's where the *OTHTC* comes in. This club seems to work in bringing about the close friendships in the running world often lost through training by oneself. Young, old, fast, slow, tall, short, male, female, this is not a select club. The *OTHTC* has some of the top runners in the area. All are made to feel welcome and comfortable and never to feel they do not belong because they're not "fast enough". There is certainly not a shortage of ways to get involved, whether to have fun, meet new people, or get serious and improve your performances. It's all here for the taking.

Which brings to mind, a concern that the club needs to reach out to inactive members and or seek new ones. This rings somewhat true, yet by my very unscientific calculations it seems there is a core group participating in most things offered, but that core group is large in relation to the overall membership. Don't be mistaken, everyone, including myself, would love to see more and more runners join or be more active but we must realize that not every member is as avid about running as others. Some race only once or twice a year, others won't train in winter, some are injured, and the reasons are infinite. Yet, we must honor these members' wishes as well and when they show up once in a blue moon they should always be made to feel welcome then and welcome when they return a year later. Most all clubs work that way. Little can be done to alter that fact. Comparatively, with so many options for people nowadays to spend their free time, the *Over the Hill* gang are doing well and going strong. We have taken in new members and past-departed members have returned. It appears that our membership has held steady for a number of years now, so although things could always be better, there's definitely no need to panic that this club is dying. Hopefully, it will stay for way many years down the line.

On another note, last month I introduced myself here in this newsletter. In the future months to come I will be attempting to introduce other members of our very prestigious group. We have a very diverse, interesting and experienced team and I am hoping to learn and share that with everyone.

RUN FAST!!!

Chip Johnson

**RESULTS**

Slippery Rock Open— Jan. 21st

**Barry Kline**

High Jump — 4'4"

55 HH — 11.4

400 — 1:25 1

**Jeff Gerson**

800 — 3.22.5

400 — 1.24 4

Oberlin Open—Jan. 27th

**Norman Thomas**

400— 1.21\* \* \* \*

Welcome to our newest members!!!

Terrance Pagano  
David Clinkscale Jr  
Matthew Clinkscale

Thank you for renewing!!!

David Clinkscale  
Everett Poe  
Vince Walls  
Barry Kline  
Jeff Gerson  
Cathi Gerson  
Rudy Bredenbeck  
Jim Joseph  
Irvin Taylor

\* \* \* \*

**Reminder!!** Please get in your club dues for 2007! March will be the last newsletter for those who have not remitted their dues.

\* \* \* \*

2007 Indoor Schedule—Open Meets

February 02—Akron Open

5:00 PM—Akron, Ohio

February 03—Akron Open

9:00 AM—Akron, Ohio

February 04—Kent State Mini-Meet

Slippery Rock

February 04—Doug Raymond Inv

9:00 AM—Kent, Ohio

February 17—Tune Up Meet

9:00 AM—Kent, Ohio

February 17—Ohio USATF Meet

Ada, OH

February 18—Sportsplex Masters Championships

Landover, MD

February 23-25—USATF Indoor

National Championships—Boston M.A.

March 2—Mason-Dixon Games

Louisville, KY

March 23-25—USATF National Maters Indoor Championships Boston, MA

March 25—Raleigh Relays

Raleigh , N C

April 13-16—Sea Ray Relays

Knoxville, Tenn.

19—Kansas Relays

April 26-29—Penn, Relays

April 27-28—B.W Invitational

Berea, Ohio

May 04-05—Campbell/Wright Open

Akron, Ohio

June 20-24—USATF Jr and Open

National Track & Field Championships

\* \* \* \*

Outdoor Schedule

April 26-29—Penn Relays

May 4-5 Akron Open

June 9-10—National Masters Decathlon/Heptathlon

Birmingham, AL

June 16—Cleveland Track Classic (tentative)

August 2-5—National Masters Championships

Orono, ME

\* \* \* \*

**Send Newsletter info to:**

Jeff Gerson

5091 Hickory Drive

Lyndhurst, OH 44124

**Officers**

**President**

Chip Johnson

**VP Programs**

Vince Walls

**VP Banquet**

Bernice Holland

**Secretary**

Norman Thomas

**Treasurer**

Jeff Gerson

**Newsletter**

Jeff Gerson

5091 Hickory Dr

Lyndhurst, OH 44124

**Webmasters**

Erik Thiem

Linda Carty (216-368-4904)

**Coordinators**

**Road Racing** Joanne Siegel 216.397 0260

**Relays (Women)** Lisa Mattox 216-281-1630

**Relays (Men)** Chip Johnson 216-382-8250

**Race Walking** Joyce Prohaska 216 521.7966

**Youth Coach** Chip Johnson 216-382-8250

**T/F Consultant** Paul Williams 440.605 1811

Norman Thomas 330 425 8219

**Indoor Practice** Linda Carty 216-368-4904

**Outdoor Practice** Jeff Gerson 440-473-0636

**T/F Consultant** Paul Williams 440 605 1811

Norman Thomas 330 425 8219



**OHIO ASSOCIATION of USA TRACK & FIELD**  
**Intermediate/Young, Open, Masters Men And Women**  
**Indoor Track & Field Championships**  
 Ohio Northern University, Ada, OH – Sports Center  
 Saturday, February 17<sup>th</sup>, 2007



**DIRECTIONS:** <http://admissions.onu.edu/visits/directions.html> **From Columbus, OH (1.5 hrs.)** Take I-270 northwest to US 33 west to Marysville, Ohio, then State Route 31 to Kenton, Ohio, then State Route 309 west 13 miles to the intersection of State Route 235, then State Route 235 north to Ada, Ohio **From Cincinnati, OH (2.5 hrs.) Dayton, OH (1.5 hrs.)** Take I-75 north to Lima Ohio, then State Route 81 east to State Route 235 south to Ada, Ohio **From North** Take I-75 south to Mt. Cory/Ada exit; then State Route 235 south to Ada, Ohio

**ELIGIBILITY:** All Men (M), Women (W) age 15 (Born 1991-92), and older with a valid 2007 USATF Membership.

**USATF MEMBERSHIP:** All competitors must have a 2007 USATF membership. Memberships will be available day of the meet. Memberships are good for all of 2007. Applications can be found at [www.usatf.org/assoc/oh](http://www.usatf.org/assoc/oh).

**ENTRY FEE & DEADLINE:** Received before or on Feb 10: \$6 for each event, After Feb. 10 or day of meet: \$10 per event. Check USATF Ohio website ([www.usatf.org/assoc/oh](http://www.usatf.org/assoc/oh)) for information concerning on line meet entry.

**AWARDS:** Medals to first three in each age group.

**AGE DIVISIONS:** **Intermediate (Born 1991-92), Young (Born 1990-July 31, 1988); Open (O) – age 19-29; Masters (M) – age 30 and older (i.e. 30-34, 35-39, 40-44...);**

**SCHEDULE OF EVENTS**

**On-Site Registration – 8:00-9:30 AM**

**Each track event will be contested in the following order: Int./Young (4 event limit), Open, Masters divisions; Women first, then Men**

**Field Events:**

- 10:00 AM - Triple Jump (Long Jump Immediately follows TJ)
- 10:00 AM - Pole vault
- 10:00 AM - Weight Throw (Shot Put Immediately follows WT)
- 11:00 AM - High Jump

**Track Events:**

- 10:00 AM - 3000m Race Walk (Open, Masters, Int/Young, Youth) **North Region Chmps.**
- 1500m Race Walk (Bantam, Midget)
- 11:00 A.M. - 3000m run finals
- 60m hurdle finals
- 400m finals
- 1500m finals
- 60m dash finals
- 800m finals
- 200m finals

**Make checks payable to:**  
Ohio Association USA Track & Field

**Send entry form to:**  
Jim Engel  
6919 Cambridge Ave.  
Cincinnati, OH 45227

**For more info:**  
[usatf-ohio@msn.com](mailto:usatf-ohio@msn.com)  
[www.usatf.org/assoc/oh](http://www.usatf.org/assoc/oh)

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Name \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_ Birth date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

USATF 2007 Membership # \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Club Name \_\_\_\_\_

Event #1 \_\_\_\_\_ Event #2 \_\_\_\_\_ Event #3 \_\_\_\_\_ Event #4 \_\_\_\_\_

**Waiver:** I, hereby, for myself, heirs, executors, and assigns, waive all claims for damages that may arise against the Ohio Association of USA Track & Field, Ohio Northern University, their agents, representatives, or sponsors, for injuries suffered by me (or my child) at the Ohio Association of USA Track & Field Indoor Track & Field Championships. I certify that I (or my child) is in good health and sufficiently trained to compete. Athletes participating in this event may be subject to drug testing in accordance with USA Track & Field and IAAF rules.

Signature \_\_\_\_\_ Parent's Signature (if under 18) \_\_\_\_\_

Email Address: \_\_\_\_\_

Sunday March 4, 2007  
Half Marathon & 5K Run – Walk 5K ONLY  
RUN THROUGH ONE OF THE MOST BEAUTIFUL PARK DISTRICTS IN THE U.S.A.  
CERTIFIED HALF MARATHON COURSE CERT.#OH91001RE

18th Annual  
Youngstown Road Runners Club  
MILL CREEK DISTANCE CLASSIC  
HALF MARATHON

Main Sponsors  
MORREN & SHERRY GREENBURG PAT MALANDRA  
In Memory of DR. ROBERT DiGIULIO

Backers  
THE VEITH FAMILY WYSU FM 88.5 PACKER, THOMAS & CO AMERICAN FARMS PRODUCE SECOND SOLE  
BOARDMAN HIGH SCHOOL ATHLETIC DEPARTMENT RAY & MAGGIE VANDERPOOL GREAT HARVEST BREAD  
TUNE WEAVERS – Jeff Dunn

Friends  
ANDY ROSSETTI'S BARBER & STYLE YOUNGSTOWN POLICE ASSOCIATION CAROLYN & VIC DECHRISTOFARO JOE PALMER  
TROLIO'S SILK SCREENING & EMBROIDERY J. R. TIMCISKO REVEREND ART JOACHIM JONES DANCE ACADEMY  
GENE MALLEN IN MEMORY OF ANDY ROVNAK HOWLAND SPRINGS WATER

YRRC WEB SITE: [members.aol.com/ytownrrc](http://members.aol.com/ytownrrc)

Cut here -----**ENTRY FORM**-----Cut here

ENTRY FEE: 5K \$13.00 \$15.00 RACE DAY 1/2 MARATHON: \$20.00 \$25.00 RACE DAY  
MAKE CHECKS PAYABLE & MAIL TO: Y R R C PO BOX 2817 YOUNGSTOWN, OH 44511

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_ SEX M F  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ SHIRT SIZE: S M L XL  
5K \_\_\_\_\_ 1/2 MARATHON \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

RELEASE. I know that running a road race is a potentially hazardous activity I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to safely complete the run. I assume all risks associated in running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the YOUNGSTOWN ROAD RUNNERS CLUB, MILL CREEK METROPOLITAN PARK DISTRICT, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event.

SIGNATURE \_\_\_\_\_ PARENTS SIGNATURE (If under age 18) \_\_\_\_\_

YRRC WEB SITE: [members.aol.com/ytownrrc/](http://members.aol.com/ytownrrc/)  
TIMING BY - RUNNERS HIGH

Proceeds of this race help support the YRRC charities - Shoes For High School Cross Country Runners & the YRRC Endowment to Youngstown State University Cross Country runners. If you wish to make a donation to one or both of these charities it is tax deductible. Please send check to YRRC PO Box 2817 Youngstown, Oh. 44511 or you may include your donation in your check for the race. Please indicate that you are making a donation.



**TUNE WEAVERS**

YOUNGSTOWN ROAD RUNNERS CLUB  
PO BOX 2817  
YOUNGSTOWN, OH. 44511

YRRC  
MILL CREEK



**DISTANCE CLASSIC  
1/2 MARATHON**

**18TH Annual Y.R.R.C. "Mill Creek Distance Classic"**

**Date:** Sunday March 4, 2007      **Time: 1/2 Marathon:** 8:45 AM      **5 K:** 9:00 AM

- Info\*** ENTRY FEE 1/2 MARATHON \$20.00 PREREGISTERED \* \$ 25.00 RACE DAY  
\* ENTRY FEE 5 K \$13.00 PREREGISTERED \* \$ 15.00 ON RACE  
\* WIND JACKETS TO THE FIRST 600 ENTRIES \* POST RACE REFRESHMENTS  
\* NO AWARDS WILL BE MAILED OUT \* REGISTRATION IS FROM 7:00 AM UNTIL 8:40 AM RACE DAY

RACE DAY REGISTRATION IS AT THE WICK RECREATION AREA IN MILL CREEK PARK - SHORT HOLES GOLF COURSE  
EARLY REGISTRATION & PACKET PICK-UP AT SECOND SOLE IN BOARDMAN ON SAT. MARCH 3 10:00 AM UNTIL 5:00 PM.  
TIMING BY S. MARK COURTNEY - RUNNERS HIGH

**MORE INFO:** [ytownrrc@aol.com](mailto:ytownrrc@aol.com) Second Sole 330-758-8708 **Chuck Miller 330-740-7114**

**YRRC WEB SITE:** [members.aol.com/ytownrrc](http://members.aol.com/ytownrrc)

**DIRECTIONS: From East (I-80) and From the North (route 11);** take 711 South to I-680 South get off I-680 at exit 3-B (Belle Vista Ave). At the first stop sign turn left at the second stop sign turn on to Belle Vista Ave. Follow Belle Vista Ave straight into Mill Creek Park. This will be the James L. Wick Recreation Area.

**From the West (I-80) and From the West (I-76) to I-80 East;** take I-680 South get off I-680 at exit 3-B (Belle Vista Ave). At the first stop sign turn left at the second stop sign turn on to Belle Vista Ave. Follow Belle Vista Ave straight into Mill Creek Park. This will be the James L. Wick Recreation Area.

**From East (I-76)** take I-680 North to Exit 3-C, first stop sign turn left, at the first traffic light turn left (Belle Vista Ave) go straight in Mill Creek Park - Wick Recreation Area where the race starts.

THE PARK ROADS WILL BE CLOSED! USE McCollum RD AND BELLE VISTA AVE TO ENTER THE PARK FOR REGISTRATION  
**ARE YOU LOST? RACE DAY PHONE NO.:** 330-740-7114

**AWARDS:** Top 3 Male & Female in the 5K      Top 3 Male & Female in the half marathon

FIRST PLACE ONLY Masters, Grand Masters & Senior Masters Male & Female in the half marathon only

NO DUPLICATION OF AWARDS      TOP 3 IN THE FOLLOWING AGE GROUPS:

**5K FEMALE** 14 & under, 5 year age groups thru 59 & 60 & over only      **5K MALE:** 14 & under, 5 year age groups thru 69 & 70 & over

**1/2 MARATHON FEMALE:** 19 & under 5 year age groups thru 59 & 60 & over

**1/2 MARATHON MALE:** 19 & under, 5 year age groups thru 69, 70 and over

**PARK ROADS WILL REOPEN AT 12:00 PM**

## 2007 USATF NATIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

We are very appreciative of Andy Martin and the USATF National Governing Body for their support and active assistance in designing of the web site and in the marketing and promotion to increase the numbers of athletes attending the Championships. The University conferences director Bruce Stinson will be setting up online housing registration and linking to the USATF site with Andy Martin.

The Bangor Convention and Visitor's Bureau is totally involved and will be linked to the Web site. They have arranged with the hotels for special rates if reserved before June 15<sup>th</sup>. They will also arrange and assist in all manner of tour packages and travel in Maine, travel problems, car rental, etc. Hotels, restaurants, and sight seeing ... wonderful weather -- in fact perfect weather warm days and clear cool nights. And yes, Moose are still high on our list and will also be present. This year we are working on 'Moose tours' after you compete. But the Maine Black Bear has worked his way into our logo for this year.

We will have another fabulous crew of 'world class' officials under the direction of Don Berry. Val Foss and Paul Morency are actively involved in the preparations as well. In fact, the organizing committee is intact from the previous two National Championships we hosted in 1998 and 2002. This includes Shuttle bus coordinator Tim Hackett and his family!! Dick Moss said he would return, as did most of the officials, and once we contact Peter Taylor he too will be invited back; as the greatest track and field announcer of all Masters Championships, he should be at the Championships, and we will be sure that he returns.

Our goal is to make this the third 'best ever' USATF NATIONAL MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS, held at U Maine. We have changed the logo to include a Maine Black Bear. Our goal is to provide a first class Championship that reaches out to all corners of the USA and to all corners of the world to illustrate the wonderful atmosphere and warmth of our University and State and also to raise the recognition for the University, such that family members and relatives will consider Maine as a great place to reside, vacation, and attend the university.

Inclusive in this goal is to host the 'best ever' experience for all competitors, so all issues are taken care of, the absolutely best they can be, so as to allow the athletes to concentrate on preparing and competing to the greatest that they are capable of, in the fairest manner possible, such that, each athlete can finish their event knowing that all was fair and the competition was equal for all. Then they can shake the hand of their competitors knowing that they gave it their all on the track and field. Then they and their families and competitors can enjoy the beauty of scenic Maine and our Downeast Hospitality. We encourage competitors to bring their families and enjoy the wonderful scenic vistas of Maine. *'The way life should be'*. Entry Forms will be up on the usatf.org web site once all parts are in place, probably by January.

Contact Janice Clark our Administrative Assistant for information. 207-581-2099  
Or email: [janice\\_clark@umit.maine.edu](mailto:janice_clark@umit.maine.edu)

Officials contact Don Berry at [chemman@fairpoint.net](mailto:chemman@fairpoint.net)

**About us MAIL-IN MEMBERSHIP FORM**

**Officers** For the year ending: 12/31/\_\_\_\_ Membership status: \_\_\_ New \_\_\_ Renewal

**Membersh** Membership Type: \_\_\_ Individual (\$20) \_\_\_ Family (\$30)

**Meet info** Circle events that you would be interested in: SP-sprints MD-middle distance

**Results** LD-long distance XC-cross country DH-decathlon/heptathlon RE-relays JU-jump

**Racewal** HD-hurdles TR-throws WP-weight pentathlon PV-pole vault RW-race walk

**News**

**Records** Name: \_\_\_\_\_ Birthdate: \_\_\_/\_\_\_/\_\_\_

**Scrapboo** Address: \_\_\_\_\_ Apt. No.: \_\_\_\_\_

**Hall of Far** City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Links** Home phone: ( ) \_\_\_\_\_ Bus. phone: ( ) \_\_\_\_\_

Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Best days and hours to contact: \_\_\_\_\_

Family Memberships: Relationship \_\_\_\_\_

(Complete a form for each family member who are occupants in your residence.)

Favorite competitions / distances: \_\_\_\_\_

Occupation and brief biographical sketch:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please indicate the activities and committees in which you will participate. Participation these areas is critical to the success of our club.

Activities: \_\_\_ Track and Field \_\_\_ Road Racing \_\_\_ Racewalking

\_\_\_ Other (specify) \_\_\_\_\_

Committees: \_\_\_ Newsletter \_\_\_ Awards \_\_\_ Officiating \_\_\_ Membership

\_\_\_ Scheduling \_\_\_ Publicity \_\_\_ Sponsorship \_\_\_ Equipment

\_\_\_ Other (specify) \_\_\_\_\_

Each club member is required to work at least one meet or event per year.

To join our club, print and complete this form and mail with a check or money order paya "Over The Hill Track Club" to:

Jeff Gerson  
5091 Hickory Drive

Lyndhurst, OH 44124

In consideration of my being accepted, I am in good health, have trained sufficiently intending to compete and be legally bound, do hereby myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for which I may have may hereafter occur to me against "Over The Hill Track Club", their officers, agents, representatives, successors and/or assigns, for a damages which may be sustained or suffered by me in connection with my association with, entry in, or arising out of my traveling to participating in and returning from any and all meets, events, and associated "Over The Hill Track Club" functions.

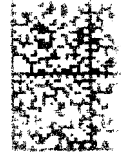
Athletes Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_

(Required if athlete is under age 18)



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



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

