



Over The Hill Track Club

Athletes of all ages setting the pace!
www.othtc.org

March 2007

The President's Corner

"If you aim at nothing, you'll hit it *every time!*" I'm not sure where this quote comes from, but I've heard it many times over the years and it certainly is true. I encouraged everyone to set some running goals for 2007 and to tell others of your plans lest you end up hitting your goal of nothing. I always go over this with the athletes that I have the privilege to coach.

I work at the Chrysler plant in Twinsburg and folks there routinely ask me, why do I still run? To lost weight and gain fitness is usually some of their assumptions. Perhaps . but those are the byproducts, not the reason. I run because I love it and it is a part of my lifestyle. What are your goals? Too often we have none and end up running aimlessly like those who run nowhere on the treadmills.

What do you want to accomplish in 2007? Do you want to run your first marathon, but the thought of running 26.2 miles just seems like impossibility. Maybe compete at a National or local competition meet. Perhaps you are a beginner and the thought of running that first 5K seems daunting. Let me assure you that most runners have had these it fears but have gone on to accomplish much more than they ever thought possible.

Those of you who have known me awhile more than likely know that I am a sprinter that also runs in numerous road races. But when my running buddy Sam inquired and challenged me to run a half marathon, I was both intrigued and afraid at the same time. Heck, a 10K was a marathon to me. I cautiously decided I had to do it because 1) I thought that I could do it and 2) I really wanted to attempt it.

I did it and the River Run half marathon has become an annual goal/event for me. I didn't run very fast, my goal was to complete the race but I was hooked on that race. I can vividly remember thinking while running, "why am I doing this to myself?" I finished and I knew that I would return again the following year. "How can anyone possible run a half marathon- more than two times longer than a 10K!" Now - 7 years later - I am training for my 7th half marathon in September

Running has taught me things I probably would have never learned otherwise. Some of them weren't easy to learn and involved some pain, but that made them all the more worthwhile. Life is not a spectator sport - we need to be in the game to gain any benefit.

We who are runners are in the game and the object of the game is to win. What do you want to win this year? The 100m, 400m, 800m, 1500, long jump.. your first marathon, 5K, 10K, half marathon or perhaps even an ultra. Whatever it is, go for it! Set a goal and tell other people so you can't back out, sit on the bench and end up hitting nothing!!

Here's to a successful 2007 competition season!

-Chip Johnson

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It is time to start thinking about The Outdoor Masters Nationals in Orono, Maine, August 2-5 Further information will be published in future newsletters. The weather should be much more comfortable than Charlotte.

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Reminder!! This will be your last newsletter if you haven't renewed your 2007 membership. If you are not sure if you have renewed or not, please call Jeff Gerson at 440-473-0636

* * *

Welcome to our newest member
Belinda McCoy - Shugar

Thank you to our members who renewed this past month.

Lawrence Finley	Paul Williams
John Sloan	Jewel Williams
Dick Turner	Dick Cavicchi
Dick Mann	Mary Cavicchi
Donna Mann	Tom Cavicchi
Joe Chabourne	Joanne Siegel
Jack Greenwald	Wayne Mishler
Chip Johnson	Bernice Holland

* * *

RESULTS

Slippery Rock Open—Feb. 4th

Jeff Gerson—1600m—7:30 6
John Biacofsky—55m—9 65
200m—33 71

Ohio USATF Championships—Ohio Northern—Feb 17th

Jeff Gerson (M55) - 60m—11.57—2nd
200m—37 01—4th
400m—1.23 55—1st

Dick Mann (M70) SP—7.32—1st
WT—9 18—1st

Linda Carty (W40) 60m—9 11—1st
200m—31 90—1st

Belinda McCoy-Shugar (W45) - 60m—9 40—2nd
200m—32.23—2nd

John Means (M85) - 60m—10.75—1st
200m—39 06—1st
400m—1 38 63—1st

John Biacofsky (M60) - 60m—9 85—2nd
200m—34.59—1st

Fred Hirsimaki (M80) - 60HH—15.3—1st
HJ—3'10" - 1st
LJ—10'5" - 1st
TJ—21'3" - 1st

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2007 Outdoor Schedule

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
April 26-29—Penn Relays
May 4-5 Akron Open
May 4-5—Campbell/Wright Open
Akron, Ohio
May 6—Tri-County Senior Olympics— Akron, Ohio
June 9-10—National Masters Decathlon/Heptathlon
Birmingham, AL
June 16—Cleveland Track Classic (Mayfield H.S.)
June 20-24—USATF Jr and Open
National Track & Field Championships
August 2-5—National Masters Championships
Orono, ME

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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
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	5091 Hickory Dr
	Lyndhurst, OH 44124
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	Linda Carty (216-368-4904)

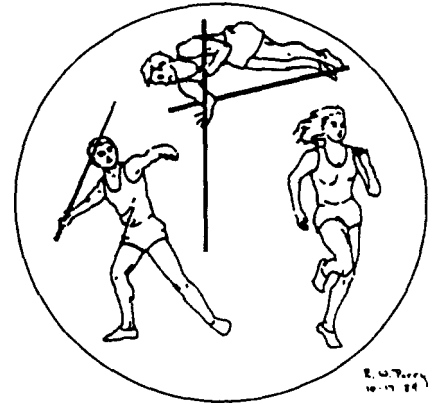
Coordinators

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

The Southeastern U.S. Masters, Inc.
Hosting
37th Annual BB&T Bob Boal Masters & Open
Track & Field Meet



Including
NCUSATF Association Masters Track & Field
Championships
Duke University in Durham, North Carolina
May 4 & 5, 2007



Featuring

Coach Fred T. Hardy Special Recognition Cash Awards Program
Throws Clinic with Jeff Gorski, Elite Athlete Throws Coach
Pole Vault Clinic with Todd Erbst
Progress Physical Therapy of Raleigh On Site at No Charge

Check our website for updates and results at: www.southeasternmasters.org

The Board and sponsors of the Southeastern Masters announce that all athletes 19 years of age and over are eligible to participate in one of the premier Masters Meets in the world. Headquarters will be the Millennium Hotel, Durham, NC. There will be two days of competition featuring men's and women's pentathlons, weight pentathlons, 5,000 meters and 1 Mile race walks, team relays and all regular track and field events.

- OPERATED BY** Southeastern United States Masters, Inc., PO Box 590, Raleigh, NC 27602. Contact David Edge at (919) 870-2880, Monday – Friday 9:00 am - 5:00 pm, Eastern Time, or by e-mail at david.edge@ci.raleigh.nc.us.
- AGE DIVISIONS** Based upon age on the first day of competition, all events will have a 19 to 29 age group and 5 year age groups for 30 and older individual athletes.
- ENTRY FEE** \$20.00 includes first event plus participants booklet, then \$9.00 for each additional event. Relay entries - \$20.00 per team (on captain's form). Payment in U.S. dollars by check drawn on a U.S. bank or by International Money Order made payable to Southeastern U.S. Masters. **No refunds after April 25, 2007.**
- USATF REGISTRATION** This meet is sanctioned by USA Track & Field Association (USATF). Current year 2007 USATF membership is required for all U.S. citizens (except participants solely in the Team Relays and active military personnel). Non U.S. citizen athletes may also participate without USATF membership. USATF membership cards can be obtained online at www.usatf.org and also will be available at the meet.
- AWARDS** Distinctive, large medals to the first 3 places for age groups and relays (all participants). In addition to the meet medals, North Carolina residents age 35 years and older are eligible for NCUSATF Championship Patches for the winner in each age group. Additional awards to be given at the Awards Banquet, see page 3 herein.
- LATE ENTRIES** No late entries or changes to track and field events will be accepted after 5 p.m. EDT, Friday, APRIL 27, 2007. Entries in Saturday's Team Relays close one half-hour before race time. Events may be dropped at any time (no refunds).
- RUNNING SURFACE** Eight 42" lanes 400 meter BSS 1000 synthetic surfaced track for track events.
- PACKET PICKUP** All participants must pick up their packets prior to reporting to their first event.
Friday 7:30 am to 6:00 pm at Duke University track
Saturday 6.30 am to 2:00 pm at Duke University track

SCHEDULE OF EVENTS
(Refer to Packet for Final Time Schedule)

FRIDAY, MAY 4TH

DUKE UNIVERSITY

Event #	Event (Notes 1 & 2)	Start Times
01	Wt. Pentathlon (Implement order: Hammer, Shot, Discus, Javelin, Weight Toss) (Notes 4, 5, e & g)	8:30 ~ 11:15 am
02	Women's Pentathlon (100 HH, HJ, Shot, LJ, 800 m) (Note e)	12:30 pm
03	Men's Pentathlon (LJ, Javelin, 200 m, Discus & 1500 m) (Notes e & g)	12:30 pm
04	Tom Hare 3,000 Meters (Sections will start at 30 minute intervals) (Note 9)	2:00 pm
05	Heavyweight Throws	3:00 pm
06	Alex Almasy 1 Mile Race Walk (Notes 9 & h)	4:00 pm
07	10,000 Meters (Note 9)	5:00 pm
	"Throws" and "Pole Vault" Clinics – at track	5:30 pm

SATURDAY, MAY 5TH

DUKE UNIVERSITY

Event #	Event (Notes 1 & 2)	Approx. Times	Event #	Event (Notes 1 & 2)	Approx. Times
TRACK			THROWS		
08	Alex Almasy 5K Race Walk	7:30 am	19	Hammer (Notes 5 & f)	7:15 am ~ 10:00 am
09	5,000 Meters (Note 9)	9:00 am	20	Shot Put (Note f)	8:15 am ~ 11:45 am
10	Straight Hurdles (Note 3)	10:00 am	21	Discus (Notes f & g)	9:15 am ~ 12:15 pm
11	1 Mile	11:00 am	22	Javelin (Notes 6 & f)	10:15 am ~ 1:15 pm
12	Relays 4X100 Meters (Note d)	Noon	23	Weight Toss (Note f)	11:15 am ~ 2:15 pm
13	Curved Hurdles	12:15 pm	JUMPS		
14	100 Meters (Note 3)	1:00 pm	24	Pole Vault (Note 7)	8:00 am
15	400 Meters	2:10 pm	25	Long Jump	9:30 am
16	Steeplechase	2:50 pm	26	High Jump (Note 8)	10:30 am
17	200 Meters	3:40 pm	27	Triple Jump	2:00 pm
18	800 Meters	4:10 pm			

Notes:

- 1 Both Track and Field events will begin with oldest and work down. All women's divisions will precede men's. Age groups will be combined at the discretion of meet officials.
- 2 Participants of all ages are to report to the Head Event Official 15 minutes prior to the printed starting time of that event.
- 3 Finals for multiple heats of 100 m and straight hurdles, if needed, will be held after last age group heat in that event.
- 4 Weight Pentathlon will be flighted by age group, so each group will progress through the five events together and no participant should be participating in two weight Pentathlon events at the same time. All women competitors and men 60 and over will throw in the morning starting at 8:30 am. Remaining men will start at 11:15 am. Reporting times within this broad schedule will be refined after an entry count is obtained. Check at registration on Friday or report 15 minutes before group starting time.
- 5 Hammer conducted at a separate site within walking distance of the track.
- 6 Javelin runway is BSS 1000. Flat throws will not be measured.
- 7 Pole Vault run not by age, but by heights, with 15 cm (6 in) increments.
- 8 High Jump run not by age, but by heights with 5 cm (2 in) increments.
- 9 Numbers must be worn on front and back for all events 2,000 meters and longer, and all race walks

General Notes:

- a Multiple Events running concurrently. Those entered in two or more events that run concurrently must be there when your turn is called, if you miss a call, you miss a turn. The pentathlon events are each considered single events, so this rule applies only if these events are running concurrently with any other event.
- b Specifications for all events, including hurdles, shall be according to 2007 USATF rules, if available. (There will be a total of 6 attempts for each competitor in the individual events of the throws and horizontal jumps, unless there are 9 or more in an age group)
- c Proper weight implements will be provided for each sex/age group in each weight event. Personal implements must be inspected and weighed.
- d Team Relays — Teams may be any 4 people. Enter team name and enclose \$20.00 with captain's entry form, or enter and pay fee by one half-hour before first relay
- e These events will be scored using WMA Masters age factors and the current IAAF scoring tables.
- f Throws Schedule: All women competitors and men 60 and over will report at the first time listed and the remaining men will report at the second time listed for each event. Adjusted starting times for each event for each age group will be available at registration and will depend upon the number of competitors
- g Discus competition will be held offsite, transportation will be provided
- h Race walks on track only: road race walks canceled this year

MEET DAY WEATHER CHART

	2001	2002	2003	2004	2005	2006
Temperature Extremes (°F)	51°- 81°	50°- 70°	52°- 64°	59°- 84°	39°- 76°	58°- 81°
Precipitation (inches)	0.00	0.74	0.07	0.00	Trace	Trace
Average Wind Velocity (MPH)	4.7	4.5	7.4	4.7	4.1	4.0

AIR TRAVEL Raleigh Durham International Airport (RDU).

HOTEL RESERVATIONS Millennium Hotel (Meet Headquarters) 2800 Campus Walk Ave., Durham, NC 27705 Tel. (919) 383-8575 or (800) 633-5379. (A shuttle roundtrip from and to RDU is available at approximately \$44 per person.) Please inform hotel of Southeastern Masters participation for special rate. Room rates are \$74 plus 13% tax for 1 to 4 persons. These rates extend to early arrival and late departure days. A pay shuttle is available to and from the Track at \$3.00 per day.

AWARDS BANQUET Additional awards will be presented and a sit-down meal will be served in a banquet room at the Millennium Hotel at 6:30 pm on Saturday, May 5, 2007. Awards Banquet tickets are \$20.00 when purchased with this application. A short business meeting and special awards presentation will follow at approximately 7:15 pm. Awards are all based on highest age-graded performances by masters athletes aged 35 and older including Coach Fred Hardy for overall track and overall field (\$500 each), Bob Boal for Steeplechase (\$100), Maxwell Hamlyn for Mile Run (\$100), Nolan Fowler for Hammer Throw (Bowl), Tom Hare for 3,000 Meter Run (Bowl) Ervin Mitchell for male combined 100 & 200 Meters (Trophy), Phil Raschker for female combined 100 & 200 Meters (Plaque) and Bernice Holland for female combined throws (Plaque). A final award will be made for most valuable contribution to the sport (Ed Barron - Bowl). Additional awards may be added, please check our website for updates www.southeasternmasters.org. Tickets for the Awards presentation only are \$5.00 and will be available at the meet.

T-SHIRTS Commemorative T-shirts will be available at the meet. You may purchase your choice of shirt by referring to the bottom of the entry form for price and shirt sizes.

MEDICAL SERVICES Progress Physical Therapy of Raleigh (919-789-4459) will provide free injury assessment and treatment Location will be at track level Friday from 1-5 pm and Saturday from 8-4 pm. All staff members are board certified physical therapists with expertise in orthopedics, biomechanics and sports medicine. Duke Sports Medicine will be the provider of medical services for the meet. Restrooms, dressing and shower facilities will be available at Duke Track during the meet.

ATHLETE RELEASE

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., USATF and their agents, servants, employees in Raleigh and Duke University, North Carolina Central University, and Durham Academy in Durham whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said events to be held on May 4 & 5, 2007, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely complete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events. I grant permission to Southeastern Masters U.S. Masters Track and Field, Inc, without compensation, to use any photographs, motion pictures, recordings or any other reproduction of me participating in this event.

Athlete Signature





Date



Raleigh Parks and Recreation
 PO Box 590
 Raleigh, NC 27602

PRSRT STD
 U.S. POSTAGE
PAID
 Raleigh, N.C. 27602
 Permit #813

There's opportunity here

Detach Entry Form and Mail to:

Southeastern Masters Track & Field Association
 C/O Raleigh Parks & Recreation
 PO Box 590
 Raleigh, NC 27602

Last Name										First Name										MI	Sex	Age	Birth Date		
																							MO	Day	Year

Street															City														

State			Zip Code			Daytime Phone Number			2007 USATF Membership Number		

E-mail Address															Emergency Contact Number														

Event #	Event Title	Event #	Event Title	Event #	Event Title

Entry Fee Calculation:

First Event \$20.00
 Each Additional Event \$9.00
 Awards Banquet Ticket \$20.00
 T-Shirt \$12.00
 Voluntary Tax Deductible Donation
 Total Amount Enclosed \$

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Where did you hear about our meet?

Make check or money order payable to: Southeastern Masters, Inc.