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 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

* * *

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.
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

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

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
T/F Consultant        Paul Williams 440.605.1811
                       Norman Thomas 330 425 8219
Indoor Practice       Linda Carty  216-368-4904
Outdoor Practice      Chip Johnson  440-473-0636
                       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
### Friday, May 4th

<table>
<thead>
<tr>
<th>Event #</th>
<th>Event (Notes 1 &amp; 2)</th>
<th>Start Times</th>
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</thead>
<tbody>
<tr>
<td>01</td>
<td>Wt. Pentathlon (Implement order: Hammer, Shot, Discus, Javelin, Weight Toss)</td>
<td>8:30 ~ 11:15 am</td>
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<tr>
<td>02</td>
<td>Women’s Pentathlon (100 HH, HJ, Shot, LJ, 800 m) (Note e)</td>
<td>12:30 pm</td>
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<tr>
<td>03</td>
<td>Men’s Pentathlon (LJ, Javelin, 200 m, Discus &amp; 1500 m) (Notes e &amp; g)</td>
<td>12:30 pm</td>
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<tr>
<td>04</td>
<td>Tom Hare 3,000 Meters (Sections will start at 30 minute intervals) (Note 9)</td>
<td>2:00 pm</td>
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<tr>
<td>05</td>
<td>Heavyweight Throws</td>
<td>3:00 pm</td>
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<tr>
<td>06</td>
<td>Alex Almasy 1 Mile Race Walk (Notes 9 &amp; h)</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>07</td>
<td>10,000 Meters (Note 9)</td>
<td>5:00 pm</td>
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### Saturday, May 5th

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<tr>
<th>Event #</th>
<th>Event (Notes 1 &amp; 2)</th>
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<tbody>
<tr>
<td>08</td>
<td>Alex Almasy 5K Race Walk</td>
<td>7:30 am</td>
</tr>
<tr>
<td>09</td>
<td>5,000 Meters (Note 9)</td>
<td>9:00 am</td>
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<tr>
<td>10</td>
<td>Straight Hurdles (Note 3)</td>
<td>10:00 am</td>
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<tr>
<td>11</td>
<td>1 Mile</td>
<td>11:00 am</td>
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<tr>
<td>12</td>
<td>Relays 4X100 Meters (Note d)</td>
<td>Noon</td>
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<tr>
<td>13</td>
<td>Curved Hurdles</td>
<td>12:15 pm</td>
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<tr>
<td>14</td>
<td>100 Meters (Note 3)</td>
<td>1:00 pm</td>
</tr>
<tr>
<td>15</td>
<td>400 Meters</td>
<td>2:10 pm</td>
</tr>
<tr>
<td>16</td>
<td>Steeplechase</td>
<td>2:50 pm</td>
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<tr>
<td>17</td>
<td>200 Meters</td>
<td>3:40 pm</td>
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<tr>
<td>18</td>
<td>800 Meters</td>
<td>4:10 pm</td>
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<tr>
<th>Event #</th>
<th>Event (Notes 1 &amp; 2)</th>
<th>Approx. Times</th>
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<tbody>
<tr>
<td>19</td>
<td>Hammer (Notes 5 &amp; f)</td>
<td>7.15 am ~ 10:00 am</td>
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<tr>
<td>20</td>
<td>Shot Put (Note f)</td>
<td>8:15 am ~ 11:45 am</td>
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<tr>
<td>21</td>
<td>Discus (Notes f &amp; g)</td>
<td>9:15 am ~ 12:15 pm</td>
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<tr>
<td>22</td>
<td>Javelin (Notes 6 &amp; f)</td>
<td>10:15 am ~ 1:15 pm</td>
</tr>
<tr>
<td>23</td>
<td>Weight Toss (Note f)</td>
<td>11:15 am ~ 2:15 pm</td>
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<th>Event #</th>
<th>Event (Notes 1 &amp; 2)</th>
<th>Approx. Times</th>
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<tbody>
<tr>
<td>24</td>
<td>Pole Vault (Note 7)</td>
<td>8:00 am</td>
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<td>25</td>
<td>Long Jump</td>
<td>9:30 am</td>
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<tr>
<td>26</td>
<td>High Jump (Note 8)</td>
<td>10:30 am</td>
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<tr>
<td>27</td>
<td>Triple Jump</td>
<td>2:00 pm</td>
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### 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 5 minutes before group starting time.
5. Numbers must be worn on front and back for all events 2,000 meters and longer, and all race walks

### General Notes:
1. 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.
2. 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.)
3. Proper weight implements will be provided for each sex/age group in each weight event. Personal implements must be inspected and weighed.
4. 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.
5. These events will be scored using WMMA Masters age factors and the current IAAF scoring tables.
6. Discus competition will be held offsite, transportation will be provided.
7. Race walks on track only; road race walks canceled this year.
### Meet Day Weather Chart

<table>
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<tr>
<th>Temperature Extremes (°F)</th>
<th>2001</th>
<th>2002</th>
<th>2003</th>
<th>2004</th>
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<th>2006</th>
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<tr>
<td>Precipitation (inches)</td>
<td>0.00</td>
<td>0.74</td>
<td>0.07</td>
<td>0.00</td>
<td>Trace</td>
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<tr>
<td>Average Wind Velocity (MPH)</td>
<td>4.7</td>
<td>4.5</td>
<td>7.4</td>
<td>4.7</td>
<td>4.1</td>
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### 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 Rascher 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
Detach Entry Form and Mail to: Southeastern Masters Track & Field Association
C/O Raleigh Parks & Recreation
PO Box 590
Raleigh, NC 27602

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>MI</th>
<th>Sex</th>
<th>Age</th>
<th>Birth Date</th>
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<th>2007 USATF Membership Number</th>
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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: 

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

Where did you hear about our meet?