The President's Corner

Don’t everyone look at once but there is a BIG bright glowing ball in the sky...called the SUN. It is actually starting to appear on a more frequent basis and even sticking around for more than a minute or two on some days. With just a little more warmth added, we can truly begin to do what we love. It’s May, take a deep breath and enjoy it.

Congratulations and a big round of applause for everyone who competed in the 2007 Indoor National Championships. Please be sure everyone sends in their results from all the meets/competitions that you participated in this winter/spring season.

Words on the Penn Relays debacle, I received via mail the entry form for the Penn Relays on the last weekend of March. Unfortunately, the entry deadline was at the end of the week on the first week in April. Although, our newsletter is being mailed out in this time frame, a less than 1 week turn around time is impossible. As relay coordinator I should have had any interested relays in order and prepared to be entered. I apologized to anyone that wanted to and was prepared to participate in the Penn Relays. A suggestion for any future OTHTC President and or relay coordinator to mark your calendars in mid March to look for and to be prepared for the Penn Relays entry forms.

Come one, come all!

We will have a team meeting on May 19th, 2007 at my home at 1pm.
My address is 23604 Cedar Rd. Beachwood Oh. On the corners of Cedar and Lyndway streets. Just down the street from both Legacy Village and Beachwood Mall. Between the main roads of South Green and Richmond. The Cleveland Classic and all other concerns shall be discussed. Come one, come all.

I would like to thank the team member(s) that recommended my youth summer track club to some parents. We are edging towards 30 members, which is close to double the number of kids that participated with us last year. As mentioned in a previous newsletter, any and everyone are welcome to practice with our squad. Practices are held at Beachwood High School on Tuesdays and Thursdays 6:30- 8:00 pm and Saturdays 10:00am- noon.

Make sure to frequently check our website for pertinent information.

Run fast, compete smart, stay relaxed and be sure to smile at the end of the experience...

Chip Johnson

* * * *

Thank you to our April renewals: Bob Thomas and Debbie Thomas

* * * *
RESULTS
Vince Walls
9/06- Dayton River Corridor Classic 5K— 1st
12/06- Gallop for the Kids 5K— 1st
3/24/07- Mercy Heart Mini-Marathon- 6th place— 5K
Cincinnati
4/22- Bedford Classic 5 Mile Run— 3rd

John Means
National Masters Indoor Championships— Boston, MA—
March 23-25
60—10.8—1st
200— 37.09— 1st
400—1:38.6— 1st

* * *

2007 Outdoor Schedule
June 9—Dayton Masters Track Meet
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)

Hirsimaki chosen for 7th hall of fame

The way things are going. Findlay’s Fred Hirsimaki will some day be eligible for the Hall of Fame Hall of Fame.

Hirsimaki chosen for 7th hall of fame

Hirsimaki will be inducted into his seventh hall of fame April 1 when he joins the class of inductees entering the Ashtabula County Hall of Fame. Hirsimaki is being recognized for his achievements as a prep basketball player when he played for Conneaut Rowe High School in the 1940s.

A 6-foot-2 forward, he led his team to the regional tournament that year, averaging 18.2 points a game and scoring a school-record 46 points in one contest. Hisimaki was a first-team Class B all-Ohio selection following the 1942-43 season.

Hirsimaki has previously been inducted into the Hancock County (1993), University of Findlay (1994), Ohio Senior Citizens (2002), International Bowling (2003), Dayton/Miami Valley Senior Olympic (2005), and the Cleveland Over the Hill Track Club (2005) hall of fame.

A national champion and international placer in masters track and field competition, Hirsimaki is currently ranked No.1 in the country in his age division (80-84) in the 300-meter hurdles (1:25.0), long jump (11-6), triple jump (25-4) and javelin (91-10). He is also ranked among the top three in the high jump, pentathlon, 80-meter hurdles, decathlon and pole vault.
Northcoast Senior Games

June 2 – 8, 2007
Ages 50 & Older

ARCHERY
Don's Archery
30540 Lakeland Blvd.
Willowick
(440) 944-5565

SOFTBALL
Solon Community Park
6679 S.O.M. Center Rd.
Solon
(440) 349-6363

10K BIKE
LMP Greenway Corridor
Rt. 84 & Liberty St.
Painesville
(440) 358-7275

TRACK & FIELD
Perry High School
1 Success Blvd.
Perry
(440) 259-9499

GOLF
Pepperidge Tree Golf Course
6825 N. Ridge Rd. (Rt. 20)
N. Madison
(440) 428-1398

BOWLING / BILLIARDS
Wickliffe Lanes
30315 Euclid Avenue
Wickliffe
(440) 585-3505

HORSESHOES
Chester Twp. Park
12701 Chillicothe
Chesterland
(440) 417-4716

BOCCE BALL
Wickliffe Italian American Club
29717 Euclid Avenue
Wickliffe
(440) 585-9940

PUTT-PUTT GOLF
Willow Putt-putt Golf Course
38886 Mentor Ave.
Willoughby
(440) 951-7888

TABLE TENNIS / BASKETBALL / SHUFFLE BOARD
Willoughby Senior Center
38032 Brown Avenue
Willoughby
(440) 951-2832

PUTT-PUTT GOLF
Willow Putt-putt Golf Course
38886 Mentor Ave.
Willoughby
(440) 951-7888

CLOSING DINNER BANQUET
Willowick Senior Center
321 E. 314 St.
Willowick
(440) 585-5112

PUTT-PUTT GOLF
Willow Putt-putt Golf Course
38886 Mentor Ave.
Willoughby
(440) 951-7888

TABLE TENNIS / BASKETBALL / SHUFFLE BOARD
Willoughby Senior Center
38032 Brown Avenue
Willoughby
(440) 951-2832

Cleveland Clinic
Healthwise Connection
Euclid and Hillcrest hospitals
### Saturday, June 2
**Perry High School Stadium**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Opening Ceremonies</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Discus</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>100-Meter Dash</td>
</tr>
<tr>
<td>9:45 AM</td>
<td>100-Meter Dash</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Fun Game - Softball Throw</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>1-Mile Run</td>
</tr>
<tr>
<td>10:45 AM</td>
<td>Standing Long Jump</td>
</tr>
<tr>
<td>11:15 AM</td>
<td>400-Meter Dash</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>Fun Game - Seniors Got Talent</td>
</tr>
<tr>
<td>Noon</td>
<td>Lunch/Morning Awards</td>
</tr>
<tr>
<td>12:30 PM</td>
<td>Lecture: Build Strength, Prevent Injury</td>
</tr>
<tr>
<td>1:15 PM</td>
<td>1600-Meter Race Walk</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>High Jump</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>200-Meter Dash</td>
</tr>
<tr>
<td>2:15 PM</td>
<td>Shot Put</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>800-Meter Run</td>
</tr>
<tr>
<td>3:15 PM</td>
<td>Running Long Jump</td>
</tr>
</tbody>
</table>

### Monday, June 4

**Willoughby Senior Center**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Be Fit Lecture: Maintain Your Brain</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Shuffleboard</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>Hot Shot Basketball</td>
</tr>
<tr>
<td>12:30 PM</td>
<td>18-Hole Putt-Putt</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Willow Putt-Putt Golf &amp; Games</td>
</tr>
</tbody>
</table>

### Tuesday, June 5

**Perry Community Fitness Center Pool**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Men's 70 &amp; Over Softball</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Fun Game: Cluck Chuck</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>Horseshoes</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>9-Hole Golf</td>
</tr>
</tbody>
</table>

### Wednesday, June 6

**Wickliffe Italian American Club**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Bocce Ball</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Fun Game: Fishing</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>10K Biking</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Billiards</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Men's 70 &amp; Over Softball</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Table Tennis</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>Archery</td>
</tr>
</tbody>
</table>

### Thursday, June 7

**Don's Archery**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Men's 70 &amp; Over Softball</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Fun Game: Chair Volleyball</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>Fun Game: Cannonball Plunge</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Fun Game: Cosmic Corn Hole</td>
</tr>
</tbody>
</table>

### Friday, June 8

**Veterans Park**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Doubles Bowling</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Fun Game: Fishing</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>Fun Game: Fishing</td>
</tr>
</tbody>
</table>

### For more information, call Karen Reis at Lake Metroparks, (440) 256-2126.

**Times subject to change due to weather conditions. For rain cancellations: (440) 954-4178. Please arrive 15 minutes prior to your event time.**
Event Selection

Your registration fee entitles you to enter as many events as you choose. You are responsible for selecting events which do not conflict with each other in the schedule. Please check the schedule carefully when registering. Do NOT expect that events will wait for you to participate if you over-schedule yourself!

___ Opening Day Ceremonies & Lunch (FREE)

___ Archery (Vegas 450)
   □ Recurve
   □ Compound
   □ Rent Equipment

___ Basketball Foul Shot

___ Billiards (8 ball)

___ Bocce Ball

___ Bowling Singles
___ Bowling Doubles
   Partner ____________________________
___ Mixed Doubles
   Partner ____________________________

___ Cycling – 10K Time Trial

___ Fun Games
   □ Softball Throw
   □ Cannonball Plunge
   □ Fishing
   □ Chair Volleyball
   □ Cluck Chuck
   □ Cosmic Corn Hole
   □ Lecture: Maintain Your Brain
   □ Seniors Got Talent (bring your own props)
     (i.e., dancing, juggling, joke telling, guitar)

___ Golf – 9 Holes

___ Horseshoes

___ Putt-putt Golf - 18 hole

___ Shuffleboard

___ Softball – Men's 70 & Over
   Team Name: _______________________

___ Swimming
   Freestyle □ 50 yd □ 100 yd
   Backstroke □ 50 yd □ 100 yd
   Breaststroke □ 50 yd □ 100 yd
   Butterfly □ 50 yd □ 100 yd
   Individual Medley □ 100 yd

___ Table Tennis (Best of 3)

___ Track
   □ 100-Meter Dash
   □ 200-Meter Dash
   □ 400-Meter Dash
   □ 800-Meter Run
   □ 1600-Meter Race Walk
   □ 1-Mile Run

___ Field
   □ Discus
   □ High Jump
   □ Running Long Jump
   □ Standing Long Jump
   □ Shotput

Special Thanks To:

CITY OF SOLON DEPT. OF SENIOR SERVICES & RECREATION, DON'S ARCHERY,
CHESTERLAND TOWNSHIP PARK, ERIE SHORES GOLF COURSE,
GEAUGA COUNTY DEPARTMENT ON AGING, JFK SENIOR CENTER,
LAKE COUNTY COUNCIL ON AGING, LAKE METROPARKS,
ORANGE COMMUNITY EDUCATION & RECREATION, PERRY COMMUNITY FITNESS CENTER,
PERRY SENIOR CENTER, RETIRED SENIOR VOLUNTEER PROGRAM,
WICKLIFFE ITALIAN AMERICAN CLUB, WICKLIFFE LANES,
WILLOUGHBY SENIOR CENTER, WILLOW PUTT-PUTT GOLF COURSE,
WILLOWICK PARKS & RECREATION, AND AREA SENIOR AGENCIES.
Please PRINT. Complete both sides. This form may be copied.

First Name ___________________ MI _______ Last Name ____________________

Address ______________________________________________________________

City_________________________ State ___________ Zip Code ________________

Home Phone____________________ E-mail Address________________________

Sex (circle one)   Male Female Date of Birth ___/___/____

Emergency Phone ___________________________

T-shirt Size (circle one) S M L XL 2XL 3XL

LIABILITY WAIVER

Your entry form is not complete until the waiver is signed and dated!

It is strongly advised you seek a physician’s approval prior to participation in the Northcoast Senior Games. If you have any special medical concerns, please state.

I, the undersigned participant, hereby agree to indemnify, save and hold harmless Northcoast Senior Games, Lake Metroparks, agencies/organizations/facilities hosting athletic events, Northcoast Senior Games sponsors, and any of their agents or representatives for my health, safety, or any injury resulting from my participation in the Northcoast Senior Games. I have prepared myself for the events I have entered by practicing prior to this Senior Games. To the best of my knowledge and belief, I have no physical restrictions that prohibit my participation in the events I have selected. The Northcoast Senior Games has my permission to have a physician attend to me if deemed necessary during my participation.

REGISTRATION FEES

Individual Registration Fee $10.00
by 4 pm May 26th
(every participant must pay this fee)

On-site registration, June 2 $15.00

Golf Greens Fee (golfers only) $15.00

Putt-putt Golf Fee ($4.00)

Rental Archery Equipment ($5.00)

Closing Dinner Banquet ______ athletes at $8.00 each
____ guests at $10.00 each

TOTAL FEES DUE ______

Enclose only these fees with registration form.

Make checks payable to: Lake Metroparks

Please complete both sides of this form, read and sign the waiver to the left, and mail to:

Lake Metroparks Registration Department
11189 Spear Road
Concord Twp., OH 44077
(440) 358-7275

Lake Metroparks does not discriminate on the basis of race, color, religion, gender, age, nationality, or disability in employment, services, programs, or activities. Should special assistance be required in visiting facilities and/or participating in program or activities of Lake Metroparks, please call 1-800-669-9226 or (440) 358-7275 at least 48 hours in advance.
THE NORTHCOAST CLEVELAND TRACK CLASSIC
Saturday June 16th, 2007
USATF Sanctioned, USATF rules apply.

***Pre-Registration Only – Deadline June 9th, 2007. NO ON-SITE REGISTRATIONS***

General Order of Events: Field events start at 9:00-----------------------Track events start at 10:00
Women followed by Men----------------------Oldest to Youngest

PLACE: Mayfield High School, 6116 Wilson Mills Road, Mayfield Village, Ohio. (the school is 1/2 mile west of I-271 on Wilson Mills Road, exit #36)

Field event athletes are requested to bring their own implements, as the meet does not supply them.

ENTRY FEES: $5 per event, $10 per relay. Make checks payable to OVER THE HILL TRACK CLUB. Entry fees must accompany entry forms. **Pre-registration is required. No refunds!!**

MAIL TO:
OVER THE HILL TRACK CLUB
Attention: Rex Harvey
6744 Connecticut Colony Circle
Mentor, OH 44060

VISIONS: USATF age brackets (oldest age anytime in 2007: 10 & under, 11-12, 13-14, 15-16, 17-18, and 19-29 Open, and 30-34, 35-39, 40-44, etc. age as of day of meet)

ORDER OF EVENTS:

10:00 AM 3000m
Hurdles
4x100 Relay
800m
100m
3000m Race Walk
60m
300m Hurdles
400m
1500m
200m

9:00 AM Hammer
Shot Put
High Jump
Pole Vault
Long Jump
Triple Jump
Discus
Javelin

WARDS: Medals for 1st, 2nd, & 3rd

CONTACTS: Jeff Gerson 440 473-0636
Norman Thomas 330 425-8219
Paul Williams 440 605 1811
Rex Harvey 440 339 5688 (rexh@aol.com)

ENTRY FORM

AME: ______________________ AG: ______ B’DAY: ______ GENDER: ______

ADDRESS: __________________________ STATE: ______ ZIP: ______

PHONE: ___________________________ CLUB AFFILIATION: __________________

VENTS ENTERED:

consideration of your acceptance of this entry form I hereby, for myself, my heirs, executors, and assigns, waive any and all claims for damages which I might have against the SATF, Lake Erie Association, Over The Hill Track Club, and the Mayfield High School and Community their agents, representatives, or assigns for any and all damages or injuries suffered by me at said meet. I also certify that I am healthy and sufficiently trained to safely compete in this meet.

IGNATURE:(by athlete or coach/parent for minor athlete)
Rex Harvey
6744 Connecticut Colony Cr.
Mentor, OH 44060