



May 2007

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

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* * *

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

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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
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.

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
West Side Coordinator	Bob Thomas 440.899.3599

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. BASKET BALL

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 fames.

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

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

SWIMMING

Perry Community Fitness Center
1 Success Blvd.
Perry
(440) 259-9499



Cleveland Clinic

Healthwise Connection

Euclid and Hillcrest hospitals

SCHEDULE OF EVENTS



Saturday, June 2

Perry High School Stadium

- 8:00 AM On-Site Registration
- 9:00 AM Opening Ceremonies
- 9:30 AM Discus
- 9:45 AM 100-Meter Dash
- 10:00 AM Fun Game – Softball Throw
- 10:30 AM 1-Mile Run
- 10:45 AM Standing Long Jump
- 11:15 AM 400-Meter Dash
- 11:30 AM Fun Game – Seniors Got Talent
- Noon Lunch/Morning Awards
- 12:30 PM Lecture. Build Strength, Prevent Injury
- 1:15 PM 1600-Meter Race Walk
- 1:30 PM High Jump
- 2:00 PM 200-Meter Dash
- 2:15 PM Shot Put
- 3:00 PM 800-Meter Run
- 3:15 PM Running Long Jump

Monday, June 4

Be Fit Lecture: Maintain Your Brain

9:00 AM Willoughby Senior Center

Shuffleboard

10:00 AM Willoughby Senior Center

Hot Shot Basketball

12:30 PM Willoughby Senior Center

18-Hole Putt-Putt

2:00 PM Willow Putt-Putt Golf & Games

Tuesday, June 5

Singles Bowling

9:00 AM Wickliffe Lanes

Men's 70 & Over Softball

10:00 AM Solon Recreation Park

Fun Game: Cluck Chuck

1:00 PM Chester Township Park

Horseshoes

1:30 PM Chester Township Park

9-Hole Golf

5:00 PM Pepperidge Tree Golf Course

Wednesday, June 6

Bocce Ball

9:00 AM Wickliffe Italian American Club

Fun Game: Fishing

1 PM Veterans Park

10K Biking

2:00 PM Greenway Corridor

Thursday, June 7

Billiards

9:00 AM Wickliffe Lanes

Men's 70 & Over Softball

10:00 AM Solon Recreation Park

Table Tennis

1:00 PM Willoughby Senior Center

Archery

2:30 PM Don's Archery

Friday, June 8

Doubles Bowling

9:00 AM Wickliffe Lanes

Fun Game: Chair Volleyball

10:00 AM Chagrin Falls Senior Center

Men's Softball Rain Date

10:00 AM Solon Recreation Park

Swimming

11:30 AM Perry Community Fitness Center Pool

Fun Game: Cannonball Plunge

1:00 PM Perry Community Fitness Center Pool

Fun Game: Cosmic Corn Hole

1:00 PM JFK Senior Center

Closing Dinner Banquet: Willowick Senior Center

3:30 – 4:30 PM Sponsor Expo

4:30 PM Dinner

5:00 PM Presentations, Social & Raffle

**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.

2007 NORTHCOAST SENIOR GAMES

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

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.

(Signature)

(Date)



Lake County Probate Judge
Ted Klammer
Board of Park Commissioners
Richard D. DiCicco * Ellen Foley Kessler * Frank J. Polivka
Executive Director Deputy Director
David A. Noble Stephen W. Madewell

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

www.ofhtc.org



Over The Hill Track Club

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

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

ORDER OF EVENTS:	10:00 AM	3000m	9:00 AM	Hammer
		Hurdles		Shot Put
		4x100 Relay		High Jump
		800m		Pole Vault
		100m		Long Jump
		3000m Race Walk		Triple Jump
		60m		Discus
		300m Hurdles		Javelin
		400m		
		1500m		
		200m		

AWARDS: Medals for 1st, 2nd, & 3rd
CONTACTS: Jeff Gerson 440 473-0636 Paul Williams 440 605 1811
Norman Thomas 330 425-8219 Rex Harvey 440 339 5688 (rexjh@aol.com)

Entry Form-----

NAME: _____ AGE: _____ B'DAY _____ GENDER _____

ADDRESS: _____ STATE _____ ZIP _____

PHONE: _____ CLUB AFFILIATION _____

EVENTS ENTERED: _____

In consideration of your acceptance of this entry form I hereby, for my self, my heirs, executors, and assigns, waive any and all claims for damages which I might have against the USATF, 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 offered by me at said meet. I also certify that I am healthy and sufficiently trained to safely compete in this meet.

SIGNATURE:(by athlete or coach/parent for minor athlete) _____

Over The Hill TC
5091 Hickory Drive
Lyndhurst, OH 44124



MA
\$ 000 39

Rex Harvey
6744 Connecticut Colony Cr.
Mentor, OH 44060

