The President’s Corner

Right off the top I’d like to say CONGRATULATIONS and THANK YOU! to all whom attended and represented at the 2007 USATF Masters National Championships in Maine. My heart and well wishes traveled with you throughout the weekend. I hope that everyone was blessed and returned uninjured. Heck, at this stage of the game that can be more rewarding than actually placing in the top 3. New memories were made and should be shared with other track maniacs, so feel free to share your experiences with us.

To all ACTIVE members here are a few important reminders... we host the Norm Bower Weight Pentathlon @ Kent State Univ. on 9-29-07 and the Over The Hill 5K Cross Country meet @ University School in Huntington Valley on 9-30-07. We need members to help run these competitions, so please step up and help out. Pick a day and donate a couple of hours, in order to host these meets we need support from our own members. We will have a team meeting on September 15th, 2007 at my home at 1 pm. My address is 23604 Cedar Rd. Beachwood Oh. On the corner 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. Club business and all other concerns shall be discussed. Come one, come all.

I chose not to attend Master’s Nationals this year because my 12 year old daughter qualified for Jr. Olympic Nationals. JO’s was held July 24th-29th in Walnut California this year and it was very rewarding for the both of us. Initially she was overwhelmed by the perceived importance and overall grandeur of it all. She settled down as her races began, then she began to feel comfortable and started to have fun. On the way to finishing 6th and 7th in the 100m and 200 meters respectively, she ran 3 pr’s in 4 races. New memories were made.

Of course the parent and coach in me is verrry proud of her. But as a masters athlete, I also viewed the overall experience as eye opening. Wow! Track and field in its purest form! The joy and pain of athletes competing and putting it our there for the world to view. Athlete to athlete, taking one another to their respective limits.

I’m sharing this with you to illustrate the fact that track is not dead! In our area it needs to be massaged or even resuscitated back to life. Hosting or attending a meet where maybe 50 or so athletes show up is unsatisfying to me. We are better than that. You may have noticed that this is a reoccurring theme with me and that’s because the passion for track within me believes that there are others in our club that feel the same. At the next OTHTC meeting that I will host in my home in September, we will cover necessary club business and I am also looking to exchange dialogue or make a positive change in our sport. Don’t keep you ideas to yourself or bore your spouse with them, come and share them with your OTHTC members J...

Run Fast
Chip Johnson

Welcome to our newest members: Robert Banhagel, a pole vaulter from Buckeye Lake, and Angie Pitman, a thrower from North Randall.

Orono Highlights!
We will have complete results from the National Championships in September’s newsletter. We had 15 club members make the trip to Maine, with 13 scoring at least 1 point. Unofficially, we scored 103 points, which would put us in the top 10, but our official total will be less because of technical glitches with USATF registration, and a few other problems. Bernice Holland won 3 events, including a world best in the discus. John Means also won 3 events, including a meet record in the 200. One of the highlights was Dick Mann’s anchor leg in the M60 4x100 relay. Dick’s incredible leg turnover was reminiscent of Bob Hayes in the 1964 Tokyo Olympics, but the deficit was a little too much to make up.
## RESULTS

**Cathi Gerson**  
Euclid Parks + Recreation 5K– July 14– 26:50– 1st  
Debbie Hudacko Memorial 5 mile– July 8– 44:30– 1st  
Johnny Cake Jog 5 mile– July 22– 44:11– 2nd  
Indian Trails 8 mile– July 28– 1:22:10– 1st

**National Senior Games– Louisville, KY**  
**John Means**  
100– 17:46– 1st  
200– 37.18– 1st (record)  
400– 1:40.84– 1st  
**Norman Thomas**  
400– 1:08  
800– 2:42  
**Jon Bixler**  
Johnnycake Jog 5 mile– 34:44– 1st

**Northcoast Senior Games– June 2–7– Lake County**  
100M  
W55– Cathi Gerson– 24.2– 1st  
M60– John Biacofsky– 14.7– 1st  
Jeff Gerson– 17.8– 2nd  
M65– Barry Kline– 16.0– 2nd  
Woody Coddington– 16.2– 3rd  
M85– John Means– 17.1– 1st  
200M  
M60– John Biacofsky– 34.6– 1st  
M65– Woody Coddington– 36.5– 2nd  
M85– John Means– 37.7– 1st  
400M  
W55– Cathi Gerson– 2:02.6– 1st  
M60– John Biacofsky– 1:19.6– 1st  
Jeff Gerson– 1:22.5– 2nd  
M50– Roman Liscynesky– 1:08.4– 1st  
M85– John Means– 1:43.5– 1st  
800M  
M55– Norman Thomas– 2:48.7– 1st  
M65– Jon Bixler– 2:50.0– 1st  
1600M  
W55– Cathi Gerson– 8:54.0– 1st  
M55– Norman Thomas– 7:00.7– 1st  
M60– Jeff Gerson– 8:53.0– 1st  
M65– Jon Bixler– 6:15.8– 1st

**Discus**  
M-65 Woody Coddington– 57’0”– 1st  
Standing LJ  
W 60– Angela Biacofsky– 5’3”– 1st  
M65– Woody Coddington– 6’ 10 1/4”– 1st  
LJ  
M65– Woody Coddington– 11’ 1 1/2”– 1st  
HJ  
M65– Barry Kline– 4’ 7 1/2”– 1st  
Cycling 10K  
M80– Dick Caicchi– 40:38– 1st  
Putt-Putt  
W55– Cathi Gerson– 1st  
M60– Jeff Gerson– 1st

## Swimming

**50-Backstroke**  
M80– Dick Cavicchi– 2:06.7– 1st  
W75– Mary Cavicchi– 3:10.0– 1st

**100 Backstroke**  
M80– Dick Cavicchi– 4:40.8– 1st

**50 Freestyle**  
M80– Dick Cavicchi– 1:47.5– 1st

**100 Freestyle**  
M80– Dick Cavicchi– 4:24.4– 1st

**100 Medley**  
M80– Dick Cavicchi– 8:00.3– 1st

### 2007 Outdoor Schedule

- Sept 29– Norm Bower Memorial Weight Pentathlon– Kent State  
- Sept 30– OTHTC Cross-Country Meet– University School

## Officers

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Chip Johnson</td>
<td>216.397.0260</td>
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<tr>
<td>VP Programs</td>
<td>Vince Walls</td>
<td>216-281-1630</td>
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<tr>
<td>VP Banquet</td>
<td>Bernice Holland</td>
<td>216-281-1630</td>
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<tr>
<td>Secretary</td>
<td>Norman Thomas</td>
<td>216-281-1630</td>
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<td>Treasurer</td>
<td>Jeff Gerson</td>
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<td>Newsletter</td>
<td>Jeff Gerson</td>
<td>216-281-1630</td>
</tr>
<tr>
<td>Webmasters</td>
<td>Erik Thiem</td>
<td>216-368-4904</td>
</tr>
<tr>
<td></td>
<td>Linda Carty</td>
<td>216-368-4904</td>
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## Coordinators

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<tr>
<th>Category</th>
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<tr>
<td>Road Racing</td>
<td>Joanne Siegel</td>
<td>216.397.0260</td>
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<tr>
<td>Relays (Women)</td>
<td>Lisa Mattox</td>
<td>216-281-1630</td>
</tr>
<tr>
<td>Relays (Men)</td>
<td>Chip Johnson</td>
<td>216-382-8250</td>
</tr>
<tr>
<td>Race Walking</td>
<td>Joyce Prohaska</td>
<td>216.521.7966</td>
</tr>
<tr>
<td>Youth Coach</td>
<td>Chip Johnson</td>
<td>216-382-8250</td>
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<tr>
<td>T/F Consultant</td>
<td>Paul Williams</td>
<td>440.605.1811</td>
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<tr>
<td>Indoor Practice</td>
<td>Linda Carty</td>
<td>216-368-4904</td>
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<tr>
<td>Outdoor Practice</td>
<td>Jeff Gerson</td>
<td>440.473-0636</td>
</tr>
<tr>
<td>T/F Consultant</td>
<td>Paul Williams</td>
<td>440.605.1811</td>
</tr>
<tr>
<td></td>
<td>Norman Thomas</td>
<td>330.425.8219</td>
</tr>
<tr>
<td>West Side Coordinator</td>
<td>Bob Thomas</td>
<td>440.899.3599</td>
</tr>
</tbody>
</table>
Event 1 M29&U Hammer Throw
1 Johnson, Kibwae M25 New York AC 75.95m
2 Kruger, A.G M25 Unattached 71.95m
3 Newell, John M19 Unattached 62.51m
4 Klonk, Robert M19 Unattached 48.80m

Event 2 W29&U Hammer Throw
1 Smith, Crystal W19 Unattached 75.95m
2 Knapski, Anna W19 Unattached 71.95m
3 Griffith, Caitlyn W19 Unattached 62.51m

Event 3 M40 High Jump
1 Stockard, Guy M42 Unattached 1 75m

Event 4 M55 High Jump
1 Taylor, Irvin M59 Over the Hill 1 35m

Event 5 M65 High Jump
1 Kline, Barry M67 Over the Hill 1 40m
2 Williams, Keith M66 Unattached 1 15m

Event 6 M80 High Jump
1 Roudebush, George M82 Unattached 1 10m

Event 7 W80 Javelin Throw
1 Holland, Bernice W80 Over the Hill 13.62m

Event 8 M60 Javelin Throw
1 Ragon, Donald M60 Unattached 34.88m

Event 8 M65 Javelin Throw
1 Sloan, John M68 Over the Hill 30.28m
2 Williams, Keith M56 Unattached 24.14m

Event 8 M70 Javelin Throw
1 Cahill, Edward M71 Unattached 23.43m

Event 8 M75 Javelin Throw
1 Bredenbeck, Rudy M76 Over the Hill 22.60m

Event 8 M80 Javelin Throw
1 Ragon, James M82 Unattached 16.10m

Event 9 W29&U Pole Vault
1 Dorricolt, Alexa W17 Unattached 3.20m

Event 10 M55 Pole Vault
1 Ragon, James M56 Unattached 3.04m

Event 10 M60 Pole Vault
1 Ragon, Donald M60 Unattached 2.59m
2 Banhagel, Bob M61 Unattached NH

Event 10 M65 Pole Vault
1 Sloan, John M68 Over the Hill 2.43m

Event 11 W29&U Discus Throw
1 Griswold, Jackie W17 Greater Medina T 31.07m
2 Kitchen, Courtney W17 Greater Medina T 26.34m

Event 11 W30 Discus Throw
1 Pittman, Angela W33 Over the Hill 25.45m

Event 11 W70 Discus Throw
1 Mann, Donna W72 Over the Hill 11.14m

Event 11 W80 Discus Throw
1 Holland, Bernice W80 Over the Hill 15.58m

Event 12 M29&U Discus Throw
1 Turland, Arther M25 Unattached 54.65m
2 Johnson, Kibwae M25 New York AC 51.66m
3 Newell, John M19 Unattached 47.36m
4 Prater, Dan M24 Unattached 46.61m
5 Griswold, Jackie W17 Greater Medina T 41.09m

Event 12 M60 Discus Throw
1 Truax, Bill M61 Over the Hill 44.06m
2 Ragon, Donald M60 Unattached 39.25m
3 Cavotta, Mike M64 Unattached 37.12m

Event 12 M65 Discus Throw
1 Sloan, John M68 Over the Hill 28.63m

Event 12 M70 Discus Throw
1 Cahill, Edward M71 Unattached 23.94m
## 2007 Lake Erie Association Championships - 7/7/2007

**Open & Masters Track and Field**

**Cleveland Heights High School**

### Results

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<tr>
<th>Event</th>
<th>Description</th>
<th>Age</th>
<th>Gender</th>
<th>Distance</th>
<th>Name</th>
<th>Club</th>
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<td>Event 12</td>
<td>M75 Discus Throw</td>
<td>75</td>
<td>Male</td>
<td>28.76m</td>
<td>Bredenbeck, Rudy</td>
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<td>M80 Discus Throw</td>
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<td>18.67m</td>
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<td>M29&amp;U Long Jump</td>
<td>29</td>
<td>Male</td>
<td>5.94m</td>
<td>Adams, Isaiah</td>
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<td>M65 Long Jump</td>
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<td>Male</td>
<td>4.00m</td>
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<td>Event 16</td>
<td>W40 Triple Jump</td>
<td>40</td>
<td>Female</td>
<td>8.93m</td>
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<td>Event 24</td>
<td>M60 1500 Meter Run</td>
<td>60</td>
<td>Male</td>
<td>5.49.8</td>
<td>Kuebler, Bob</td>
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<td>M65 1500 Meter Run</td>
<td>65</td>
<td>Male</td>
<td>5.52.4</td>
<td>Bixler, Jon</td>
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<td>Event 25</td>
<td>W29&amp;U Short Hurdles</td>
<td>29</td>
<td>Female</td>
<td>19.7</td>
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<td>M29&amp;U Short Hurdles</td>
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<td>Male</td>
<td>16.8</td>
<td>Goodnight, Craig</td>
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<td>Male</td>
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<td>Event 27</td>
<td>W45 400 Meter Dash</td>
<td>45</td>
<td>Male</td>
<td>1:12.9</td>
<td>McCoy - Shugar, Belinda W47</td>
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<td>Event 28</td>
<td>M29&amp;U 400 Meter Dash</td>
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<td>Male</td>
<td>53.7</td>
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<td>M35 400 Meter Dash</td>
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<td>Male</td>
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<td>M45 400 Meter Dash</td>
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<td>Male</td>
<td>1:08.4</td>
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<td>Female</td>
<td>12.7</td>
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<td>Female</td>
<td>DNF</td>
<td>Carty, Linda</td>
<td>Over the Hill</td>
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The 6th Annual Norm Bower Memorial Weight Pentathlon

Sponsored by: Over the Hill Track Club
Saturday, September 29, 2007 11:00 a.m. - 5:00 p.m.
Kent State University, Kent, Ohio

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower,
Norm & Rose's daughter, born October 31, 1935

Norman P. Bower
1948 B 1997
Over the Hill Track Club
Eleventh Annual Norm Bower Memorial Weight Pentathlon
Saturday, September 29, 2007
Kent State University, Kent, Ohio 44242
11:00 a.m. to 5:00 p.m.
Tele: Rex Harvey 440 954 8122 or Jeff Gerson 440 473-0636

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue Bower’s daughter

Over the Hill Track Club is once again sponsoring a fund-raising weight pentathlon in honor of Norm Bower, who passed away September 12, 1997. Norm Bower was much loved as a friend and a competitor in the weight events. He was joyful, bright, easy going, with a wonderful sense of humor. He supported every thrower who competed in the weights, no matter the skill level. Our track meets and our lives are brighter, more fun because of Norm, and the Club wishes to remember him and his family with this annual weight pentathlon held in his honor.

All meet fees, less awards expenses, and all donations included with meet fees will be contributed to an education fund for Emma Rose Bower, born October 31, 1995, Norm and Sue Bower’s daughter, and the sister of Brent Bower.

Date, Time, & Sequence of Events: 11:00 a.m. to approx. 5:00 p.m. Hammer, shot put, discus, javelin, and weight in that order.

NOTE: In order to qualify legally for an official record in the weight pentathlon, you must throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

Host site: Kent State University, Kent, Ohio 44242, map and written directions available upon request.

Events & Weights by Age: Weight pentathlon (hammer, shot put, discus, javelin, and weight) or individual weight events. See attached Ages / Implements Specifications list. For the weight throw, where both WAVA and USATF specifications appear, we will use the WAVA standards, if the appropriate weight implement is available. We will throw by the age groups represented on the list. Some age groups will be combined to fill out flights.

Sanction & Rules: This is a USATF Sanctioned Meet. If you are a USATF member, you will have insurance coverage traveling to and from the meet and at the meet. USATF rules will be used which specify WAVA implements.

Number of Attempts per Event: 3 for the five-event weight pentathlon, 6 for individual events only. If someone has paid entry fee for both Pentathlon and some individual events, the first three throws will be Pentathlon, and all six throws will be for open event.

Age Groups 0-17 by birth year, 18-29, 30-34, 35-39, 40-44, etc., by birthday.

Awards: Gold, Silver, and Bronze for the Weight Pentathlon in each age group. Gold only in each individual event entered.

Facilities Javelin to be thrown from an all-weather surface onto grass, all other throws from concrete surfaces onto a grass field.

Other Facilities: Restrooms in adjacent Ice Rink, no showers.

Fee, Donations, Mailing Information: All meet fees, less awards expenses, and donations included with meet fees will be contributed to the education fund set up in 1997 for Emma Rose Bower. OTHTC encourage all those who are able to donate beyond the entry fee amount. OTHTC also encourages those who are not going to compete to remit a donation for this worthy cause. Note the donation amount on the bottom left-hand memo section of your check. Your check is your receipt. The Bower family will receive a list of the names and addresses of all attendees and contributors, unless donors specify that their gifts be anonymous.

$20 for the weight pentathlon, and $5 per individual event. No refunds for no-shows. Make out checks to Over the Hill Track Club.

Mailing instructions: Mail application with check made out to Over the Hill Track Club to: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060, or Jeff Gerson, Over the Hill Track Club, 5091 Hickory Drive, Lyndhurst, OH 44124.

Waiver: Signature required on attached meet application form.

Questions: Call Rex Harvey; 440-954 8122 or Jeff Gerson, 440-473-0636.
The Eleventh Annual
Norm Bower Memorial Weight Pentathlon
Sponsored by: Over the Hill Track Club
Saturday, September 29, 2007; 11:00 a.m. to 5:00 p.m.
Kent State University, Kent, Ohio
Phone: Rex Harvey 440-954-8122
Jeff Gerson 440 473-0636
All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue's daughter
REGISTRATION FORM

Name_________________________________________________ Gender_________ Phone_____________________________

Address____________________________________________ City ___________________ State ---------- Zip------------------

Date of birth___________________ Your age as of 9/29/07 _________ Your club________________________________________

E-Mail________________________________

Events you wish to enter:
Fee $20 for the weight pentathlon, and $5.00 per individual event. No refunds for no-shows. Make checks payable to Over
the Hill Track Club.

_____Weight pentathlon (hammer, shot, discus, javelin, & weight) @$20

Individual events only:_______Hammer_______ Shot put______ Discus _____Javelin _____Weight @$5 each

NOTE: In order to qualify legally for an official record in the weight pentathlon, you must throw the events in exactly this
order: hammer, shot put, discus, javelin, and weight and only first 3 throws count.

I will not be competing, but I elect to make a donation of $___________ (my check is enclosed)

Please bring your own implements Although we will have a number on hand, we cannot guarantee that we will have all
implements for all age groups

Mail this registration form, along with your fee and/or donation check or money order made payable to Over the Hill Track
Club, to Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; Tel 440-954-8122.

Waiver for All Events: In consideration for acceptance of my entry into the OTHTC Eleventh Annual Norm Bower
Memorial Weight Pentathlon, I do hereby for myself and anyone entitled to act in my behalf, waive and release the Over the
Hill Track Club, Cleveland, Ohio, Kent State University, Kent, Ohio, USATF, and all sponsors, their representatives and
successors from all claims or liabilities of any and all damages which may be sustained or suffered by me in my connection
with entry in, or arising out of my traveling to, participating in, and returning from my participation in this meet.

Athlete’s signature. ___________________________________________ Date ______________________

Printed name ______________________________________________________________________

Parent or guardian’s signature (if athlete is under 18) _____________________________________________

Printed name ______________________________________________________________________

NOTICE: All athletes who participate in this competition may be subject to formal drug testing in accordance with USA
Track & Field and IAAF Regulations. Athletes found positive for banned substances, or who refuse to be tested, will be
disqualified from this event and will lose eligibility for future competitions. SOME OVER-THE-COUNTER MEDICATIONS
MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE
OBTAINED BY CALLING THE USADA HOT LINE.
Hirsimaki going into another hall of fame

Findlay resident will be charter member of Ohio Senior Olympics hall

Fred Hirsimaki continues to be honored for his outstanding performance as a Senior Olympics track and field competitor.

The 82-year-old Hirsimaki, who has competed internationally and set national age-group records since 1991, will become a charter member of the Ohio Senior Olympics Hall of Fame when he is inducted July 27 in ceremonies at the E.J. Nutter Center on the Wright State University campus.

This will be Hirsimaki's eighth Hall of Fame induction since 1993.


The most recent inductions will take place following the Ohio Senior Olympics finals July 27 at Fairmont High School in which Hirsimaki will compete in the high jump, long jump, triple jump and javelin. He and his wife, Doris, will also compete in the Senior bowling singles and mixed doubles at Beaver Vu Bowl in Dayton, July 31-Aug. 1.

Hirsimaki, an 80-84 age division performer, finished the indoor season ranked No.1 in the triple jump (22-feet-11) and high jump (3-11), second in the 60-meter hurdles (15.33) and fifth in the long jump (10-2) by U.S. Indoor Masters Track & Field.

Other Hirsimaki Achievements
- 1995 — Masters World Games, decathlon, 4th place.
- 2003 — National Masters Indoor Heptathlon Championships, 80-84, world's best point total, gold medal; National Senior Games, 80-84, gold in high jump & javelin, silver in long jump, bronze in discus; National Master Decathlon Championships, 80-84, 10 events, new world's record, gold medal; World Masters Games, 80-84, decathlon, bronze medal.
- 2006 — National Masters Indoor Heptathlon Championships, 80-84, silver medal; Dayton Senior Olympics, gold in high jump, long jump, pentathlon, discus, javelin, football throw, softball throw, bowling singles and mixed doubles; Michigan USA Track & Field Indoor Championships, gold in 60 hurdles, long jump, high jump, discus, Rocky Mountain Senior Games, gold in bowling mixed doubles, high jump, long jump, triple jump, discus & javelin, bronze in bowling singles; Rocky Mountain Masters Games, 80-84, gold in high jump, triple jump, 80-meter hurdles, 200-meter hurdles, pentathlon.

And 1948 Olympian Bernice Holland won the discus on Friday, a day after capturing the shot put in the 80-to-84 age group.

"I felt good about the discus," the 80-year-old Holland said. "I will not comment on the shot."

Holland, who lives in Cleveland, competed in the 80-meter hurdles and the high jump in the London Games, the first held after World War II.

"It was exciting, because it was my first time really out of the country and being in something big and important like that, I enjoyed it," Holland said.

Holland remains involved in the sport and helps her son, Claude, as an assistant coach at Cleveland Heights High School.

Even though her Olympic era specialties were hurdles and jumps, Holland now coaches the events she competes in during masters' competition: the throws.

She said her progression from jumper to thrower was a natural one.

"As you age, certain things are not in the condition that you would like them to be," she said. "I have to still compete."

Holland said that she tries to keep a low profile with her athletes and not tell them about her past.

"They know before they get there," Holland said, with a chuckle. "I don’t have to say anything about having been in the Olympics. My son and the assistant track coaches [and] some of the kids will say, ‘This is an Olympian.’"
5K CROSS COUNTRY MEET--Sunday, September 30, 2007

TIME. 11:00 am start

COURSE LOCATION: University School 2785 S. O. M. Center Road Hunting Valley, Ohio
Need directions to the race? http://www.mapquest.com
5km course is mainly grass. Spikes are permitted.

ENTRY FEE. $8 per person if pre-registered by 9/26. $10 per person day of race.
Make checks payable to OVER THE HILL TRACK CLUB.

MAIL TO: OVER THE HILL TRACK CLUB
Jeff Gerson
5091 Hickory Dr.
Lyndhurst, Ohio 44124

AWARDS

Trophies to the top 3 in each age group.
Age groups: (Men & Women) 14 and under, Open (15-29), 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, ..., 95-99
Team trophies to the top 2 teams
Divisions: (Men & Women) 14 and under, open, 30-39, 40-49, 50+

Note: All teams must have 5 runners to constitute a team. Older runners may move down in age group for team purposes, but individually they will be scored in their own age groups. Please indicate on entry form if you are moving down in team competition.

CONTACT: Jeff Gerson 440-473-0636

OVER THE HILL CROSS COUNTRY MEET ENTRY FORM

TEAM ENTRY

- Club ____________________________________________ PHONE ____________________

ADDRESS ______________________________________ CITY _______________ STATE ______ ZIP _______

Runner Age Runner Age Runner Age
_________________________________  ___________  ___________  ___________
_________________________________  ___________  ___________  ___________
_________________________________  ___________  ___________  ___________
_________________________________  ___________  ___________  ___________

INDIVIDUAL ENTRY:

NAME ______________________________ CLUB _____________________________

ADDRESS ______________________________________ CITY _______________ STATE ______ ZIP _______

PHONE. (______)____________ AGE DAY OF RACE: _________ DIVISION _________ MALE _______ FEMALE

I hereby waive all claims against University School and Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

SIGNATURE: ____________________________________________ Date _____________

(Each runner must sign this waiver) Thank you ~ Good Luck

Parent or guardian’s signature (if athlete is under 18): __________________________
Rex Harvey
6744 Connecticut Colony Cr.
Mentor, OH 44060