

December 2007

### The President's Corner

Hellooooo, Track and Field family. Happy Holidays to all of you and your relations. This is the season of giving, what can you share? Please keep the less fortunate in our minds, hearts, and prayers.

I personally want to thank all of you for attending this year's banquet. It is safe to say that I was overwhelmed with the turnout. The food was good, everyone looked great and the atmosphere was electric! Hmmm, a room full of team members with a common goal, track & field...conversing, exchanging ideas and fellowshipping. An interesting concept I think is great. Once again, thanks to everyone that had a hand in putting the banquet on and those that supported it. It is an annual event, so I look forward to see you all next year!

Speaking of next year...It is about time to get your dues in, so don't wait, please renew today!

### **NEW!!! Track Club Uniforms Available... See Jeff Gerson**

Mark your calendars!

We will have our next team meeting on December 15th at my home at 1pm.

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.

Keep in mind, 2008 USA Masters Outdoor Track & Field Championships will be held March 28-30, 2008 Reggie Lewis Track & Athletic Center-- Boston, Mass. *The Penn Relays*, which is usually held in April. Be advised, anyone interested in competing on a relay should inform the Relay Coordinators in March. The 2008 USA Masters Outdoor Track & Field Championships will be held August 7-10 at Spokane Falls Community College in Spokane, Washington. Preparations for the 2008 Cleveland Track Classic are in the works. We are looking for ideas and suggestions; please share them with any club officer. Please support our events!!!

### **Run Fast! Chip Johnson**

As the OTHTC 2007 President, I would like to thank each and every one of you my fellow team members, for the opportunity to serve as your President this year. It was both a rewarding and very intriguing experience. I look forward to spending the future with you, my team members. "This is *our* team, what will *we* do with it?"

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Thank you to the following members for their 2008 renewals: John Biacofsky, Angela Biacofsky, Rudy Breidenbeck, Grover Coats, Jack Greenwald, Rex Harvey, Fred Hirsimaki, Dick Mann, Donna Mann, John Means, Patsy Orosz, Joyce Prohaska, John Sloan, Gerald Stewart, Dorothy Wilson, Rodney Wilson, and Roman Liscynesk.

Welcome to our newest members: John A. Biacofsky, a sprinter from Willoughby, and Penny Ward, a sprinter from Lansing, MI.

## RESULTS

### John Sloan

USATF Three Rivers Championships

June 26- Slippery Rock

PV- 1st

TJ- 1st

Jav- 1st

200- 1st

Ohio Senior Olympics

July 29th- Dayton

Jav- 1st

TJ- 1st

PV-1st

Dis- 2nd

400-3rd

LJ- 3rd

## SCHEDULE

- Dec 15- Club Meeting
- Jan 20- Slippery Rock Open
- Feb 3- Slippery Rock Open
- Feb 9- Masters & Youth- Proviso West, IL
- Feb 16th- Ohio USATF- Ohio Northern, Ada, OH
- March 1- Mason-Dixon Games- Louisville, KY
- March 8- Michigan USATF- Eastern Michigan
- March 9- Midwest Region Meet- Carthage, WI
- June 7- Indiana USATF- Indianapolis
- June 14- Indiana Sr. Games- Carmel
- July 12- Ohio USATF
- July 19- Michigan Masters

### **Send Newsletter info to:**

Jeff Gerson  
5091 Hickory Drive  
Lyndhurst, OH 44124

### **Officers**

<b>President</b>	Chip Johnson
<b>VP Programs</b>	Vince Walls
<b>VP Banquet</b>	Bernice Holland
<b>Secretary</b>	Norman Thomas
<b>Treasurer</b>	Jeff Gerson
<b>Newsletter</b>	Jeff Gerson 5091 Hickory Dr. Lyndhurst, OH 44124
<b>Webmasters</b>	Erik Thiem Linda Carty (216-368-4904)

### **Coordinators**

<b>Road Racing</b>	Joanne Siegel 216.397.0260
<b>Relays (Women)</b>	Lisa Mattox 216-281-1630
<b>Relays (Men)</b>	Chip Johnson 216-382-8250
<b>Race Walking</b>	Joyce Prohaska 216.521.7966
<b>Youth Coach</b>	Chip Johnson 216-382-8250
<b>T/F Consultant</b>	Paul Williams 440.605.1811 Norman Thomas 330.425.8219
<b>Indoor Practice</b>	Linda Carty 216-368-4904
<b>Outdoor Practice</b>	Jeff Gerson 440-473-0636
<b>T/F Consultant</b>	Paul Williams 440.605.1811 Norman Thomas 330.425.8219
<b>West Side Coordinator</b>	Bob Thomas 440.899.3599

## **Race Results, Joanne Siegel, 2007, for OTHTC**

### **Boston Marathon**

April 16, 2007

18<sup>th</sup> marathon, 7<sup>th</sup> in Boston

4:17:56

### **Two Mile Open Water Swim**

July 28, 2007

Edgewater Beach

2<sup>nd</sup> in division

### **Cleveland Triathlon**

August 5, 2007

Downtown Cleveland

2<sup>nd</sup> in division- 2:48:22

Swim .9 mile: 1<sup>st</sup> in division, 4<sup>th</sup> overall women-23:42

Bike 25.5 miles: 3<sup>rd</sup> in division-1:31:16

Run 6.2 miles: 1<sup>st</sup> in division-47:25

### **Greater Cleveland Half-Iron Triathlon**

August 12, 2007

Mentor, Ohio

2<sup>nd</sup> in division- 6:03:18

Swim 1+ miles: 1<sup>st</sup> in division- 30min.

Bike 55miles: 3<sup>rd</sup> in division- 3:29

Run half marathon(13.1m.): 1<sup>st</sup> in division- 1:54

### **River Run Half Marathon**

Rocky River, Ohio

September 9, 2007

3<sup>rd</sup> in division/approx. 40

1:47:28

### **Columbus Marathon**

October 21, 2007

19<sup>th</sup> marathon, qualified for for 8<sup>th</sup> Boston

11<sup>th</sup> in division out of 148

3:45:45

ANNA ISABELLA, CATHI GERSON, SOPHIE GERSON, AND LAWRENCE FINLEY  
COMING TO THE FINISH CHUTE AT THE OTHC CROSS-COUNTRY RACE.



**SLIPPERY ROCK UNIVERSITY  
INDOOR ALL-COMER MEETS  
SUNDAY JANUARY 20<sup>TH</sup> AND FEBRUARY 3<sup>RD</sup>, 2008**

**ALL TRACK AND FIELD ATHLETES WELCOME**

**AGE GROUPS MALE AND FEMALE:**

1ST GRADE AND UNDER GRADES 2,3,4 GRADES 5,6 GRADES 7,8 HIGH SCHOOL  
OPEN MASTERS:30-39, 40-49, 50-59, 60-69

**REGISTRATION:** 9:30am on the day of the meet. Registration at Morrow Field House

**COST:** \$10.00 for up to 3 events. \$5.00 for each additional event.

**AWARDS:** First, Second, and Third place for each event and each age group

**FACILITY:** SRU's Morrow Field House, 200m Rubberized Track (**No Spikes!!!!**)  
SRU will provide starting blocks, must provide your own shots

**MEET SCHEDULE**

\*\*\*\*\*NO SPIKES PERMITTED\*\*\*\*\*

**FIELD EVENTS:** (Age groups may compete together)

<b>10:00am</b>	Long Jump	open pit - all jumpers
	Shot Put	all males first
	High Jump	all females first
	Pole Vault	all females first

**TRACK EVENTS:** all track events are on a rolling time schedule, girls followed by boys  
Age groups may compete together

<b>10:30am</b>	3000m
	800m
<b>11:15am</b>	55m hurdles, finals if needed
	55m dash, finals if needed
	400m
	200m
	1600m
	4x200m Relay

Slippery Rock will host it's annual "Learn By Doing Track and Field Clinic" on Sunday  
February 17<sup>TH</sup>

**FOR MORE INFORMATION CALL: 724-738-2798 OR E-MAIL: [john.papa@sru.edu](mailto:john.papa@sru.edu)**



# Over The Hill Track Club

## MEMBERSHIP FORM

For the year ending: 12/31/\_\_\_\_\_ Membership status: \_\_\_\_\_ New \_\_\_\_\_ Renew  
 Membership Type: \_\_\_\_\_ Individual (\$20) \_\_\_\_\_ Family (\$30)

Circle events that you would be interested in: SP-sprints MD-middle distance  
 LD-long distance XC-cross country DH-decathlon/heptathlon RE-relays JU-jump  
 HD-hurdles TR-throws WP-weight pentathlon PV-pole vault RW-race

Name: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_\_  
 Address: \_\_\_\_\_ Apt. No.: \_\_\_\_\_  
 City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home phone: (\_\_\_\_) \_\_\_\_\_ Cell. phone: (\_\_\_\_) \_\_\_\_\_  
 Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Best days and hours to contact: \_\_\_\_\_  
 Email address \_\_\_\_\_

Family Memberships: Relationship \_\_\_\_\_  
 (Complete a form for each family member who are occupants in your residence.)

Favorite competitions / distances: \_\_\_\_\_

Please indicate the activities and committees in which you will participate. Participation in these areas is critical to the success of our club.

Activities: \_\_\_\_\_ Track and Field \_\_\_\_\_ Road Racing \_\_\_\_\_ Racewalking  
 \_\_\_\_\_ Other (specify) \_\_\_\_\_  
 Committees: \_\_\_\_\_ Newsletter \_\_\_\_\_ Awards \_\_\_\_\_ Officiating \_\_\_\_\_ Membership  
 \_\_\_\_\_ Scheduling \_\_\_\_\_ Publicity \_\_\_\_\_ Sponsorship \_\_\_\_\_ Equipment  
 \_\_\_\_\_ Other (specify) \_\_\_\_\_

Each club member is required to work at least one meet and event per year

To join our club, print and complete this form and mail with check payable to "Over The Hill Track Club" to

Over the Hill Track Club  
 5091 Hickory Drive  
 Lyndhurst, Ohio 44124

In consideration of my being accepted, I am in good health, have trained sufficiently intending to compete and be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for which I may have or which may hereafter occur to me against Over The Hill Track Club", their officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connection with my association with, entry in, or arising out of my traveling to, participating in and returning from any and all meets, events, and associated "Over The Hill Track Club" functions.

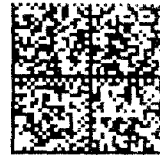
Athletes Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_

(Required if athlete is under age 18)



**Over The Hill TC**  
5091 Hickory Drive  
Lyndhurst, OH 44124



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**Rex Harvey**  
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