Greetings everyone. I as well as everyone else are looking forward to a great season in 2008. My goal this year is to recruit as many new runners as possible. Welcome aboard Tom Maloney. Tom is a great addition to the club. Tom and I ran on several relays for Over the Hill Track Club several seasons (indoor) from 1984-1986. We won a lot of races and look forward to winning again in the upcoming season. Good luck to everyone. Run good, run smart, and as our president says Run Fast!!!!

Thank you
Vincent D Walls
VP of Programs

Thank you to our January renewals: Norman Thomas, Dick Turner, David Clinkscale, Wayne Mishler, Abe Sheinker, Bob Walters, and Jon Bixler.

This will be the LAST newsletter for those who have not renewed for 2008. Please get your dues in so that you may continue to receive club information.

It appears that Mount Union has offered its track for a Lake Erie Association Indoor Championship on March 9. As of this moment, the Lake Erie Chairman has not finalized anything. If they ever get it together, we will have info in the March newsletter.

If you are planning to go to the Indoor or Outdoor Nationals, you must have a USATF Card. Contact Jeff Gerson for information. Information about Spokane will appear in future newsletters.
**RESULTS**

OTHTC at Oberlin College  
Family Track Meet  
January 26, 2008

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>55m Dash</td>
<td>Rodney Wilson</td>
<td>M45</td>
<td>7.56</td>
</tr>
<tr>
<td></td>
<td>Penny Ward</td>
<td>F50</td>
<td>11.53</td>
</tr>
<tr>
<td>200m Dash</td>
<td>Vincent Walls</td>
<td>M45</td>
<td>30.34</td>
</tr>
<tr>
<td></td>
<td>Norman Thomas</td>
<td>M55</td>
<td>32.53</td>
</tr>
</tbody>
</table>

**SCHEDULE**

- Feb 9 – Masters & Youth – Proviso West, IL
- Feb 17th – 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
- March 28-30 – National Indoor USATF Masters Championships – Boston, MA
- April 25-27 – Penn Relays – Philadelphia, PA
- May 18 – Masters 15k National Racewalk Championship – Riverside, CA
- June 7 – Indiana USATF – Indianapolis
- June 14 – Indiana Sr. Games – Carmel
- July 12 – Ohio USATF
- July 19 – Michigan Masters
- August 7-10 – National USATF Masters Championships – Spokane, WA

Send Newsletter info to:  
Jeff Gerson  
5091 Hickory Drive  
Lyndhurst, OH 44124

**Officers**

- President: Chip Johnson  
- VP Programs: Vince Walls  
- VP Banquet: Jewel Williams  
- Secretary: Norman Thomas  
- Treasurer: Jeff Gerson  
- Newsletter: Jeff Gerson  
- Webmasters: Erik Thiem, Linda Carty (216-368-4904)

**Coordinators**

- Road Racing: Joanne Siegel 216.397.0260  
- Relays (Women): Chip Johnson 216-382-8250  
- 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, Paul Williams 440.605.1811, Norman Thomas 330.425.8219  
- West Side Coordinator: Bob Thomas 440.899.3599
OHIO ASSOCIATION of USA TRACK & FIELD
Open, Masters and Youth
Indoor Track & Field Championships
Ohio Northern University, Ada, OH – Sports Center
Sunday, February 17th, 2008

DIRECTIONS: http://admissions.onu.edu/visits/directions.html From Columbus, OH (1.5 hrs.) Take I-270 northwest to US 33 west to Marysville, Ohio; then State Route 31 to Kenton, Ohio; then State Route 309 west 13 miles to the intersection of State Route 235; then State Route 235 north to Ada, Ohio. From Cincinnati, OH (2.5 hrs.) Dayton, OH (1.5 hrs.) Take I-75 north to Lima Ohio; then State Route 81 east to State Route 235 south to Ada, Ohio. From North Take I-75 south to Mt. Cory/Ada exit; then State Route 235 south to Ada, Ohio.

ELIGIBILITY: All Men (M), Women (W), Boys (B) and Girls (G) with a valid 2008 USATF Membership. Memberships will be available day of the meet. Memberships are good for all of 2008. Applications can also be found at www.usatf.org/assoc/oh.


EVENTS: 60m Dash, 60m Hurdles, 200m Dash, 400m Dash, 800m Run, 1500m Run, 3000m Run, 1500m & 3000m Racewalk, Long Jump, Triple Jump, Shot Put, Weight Throw, High Jump, Pole Vault. See page two for order of events.

AWARDS: Medals to first three in each age group.

ENTRY FEE & DEADLINE: Make checks payable to USATF Ohio Assoc.
Fee received before or on Feb. 11th: $6 for each event. Fee received after Feb. 11th or day of meet: $10 per event.
Mail the entry form below and entry fee to James Engel at 6919 Cambridge Ave, Cincinnati, Oh 45227-3334
Check USATF Ohio website (www.usatf.org/assoc/oh) for information concerning on line meet entry.

DAY OF MEET REGISTRATION: Registration for open and masters will close at 9:00 and for youth at 11:30 for running events and one half hour prior to start time for field events.

ENTRY FORM

Name _____________________________ Gender _____ Age Division _______ Birth date ________
Address ___________________________ City ___________________ State ______ Zip_________
USATF 2008 Membership # (Required) ___________________________ Phone # ________________
Email Address: ___________________________ Total Fees Enclosed: $ ______

Event #1 _________________ Event #2 __________________ Event #3 __________________ Event #4___________________

EVENT LIMITATIONS: Three (3) events for Sub-Bantam, Bantam and Midget. Four (4) events for all other age groups.

WAIVER: I, hereby, for myself, heirs, executors, and assigns, waive all claims for damages that may arise against the Ohio Association of USA Track & Field, Ohio Northern University, their agents, representatives, or sponsors, for injuries suffered by me (or my child) at the Ohio Association of USA Track & Field Indoor Track & Field Championships. I certify that I (or my child) is in good health and sufficiently trained to compete. Athletes participating in this event may be subject to drug testing in accordance with USA Track & Field and IAAF rules. Those found positive for banned drugs or who refuse testing will be disqualified from this meet and will lose eligibility for future competitions. Some over-the-counter medications contain banned substances. Information about drugs and drug testing may be obtained by calling the USOC hotline 1-800-233-0393.

Signature ____________________________ Parent Signature (if athlete under 18) ___________________________ Date ___________
INDOOR TRACK & FIELD CHAMPIONSHIPS
SCHEDULE OF EVENTS

Field Events
(Open Pits - Four attempts except for HJ and PV)

<table>
<thead>
<tr>
<th>Weight Throw</th>
<th>Shot Put</th>
<th>Long Jump</th>
<th>Triple Jump</th>
<th>High Jump</th>
<th>Pole Vault</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 am</td>
<td>9:30 am</td>
<td>9:00 am</td>
<td>10:30 am</td>
<td>9:00 am</td>
<td>8:30 am</td>
</tr>
<tr>
<td>Open</td>
<td>Open</td>
<td>Open</td>
<td>Open Masters</td>
<td>Open Masters</td>
<td>Open Masters</td>
</tr>
<tr>
<td>Masters</td>
<td>Masters</td>
<td>Masters</td>
<td>Bantam</td>
<td>Bantam</td>
<td>Gray</td>
</tr>
<tr>
<td>Bantam</td>
<td>Midget</td>
<td>Midget</td>
<td>Intermediate</td>
<td>Intermediate</td>
<td>Youth</td>
</tr>
<tr>
<td>Midget</td>
<td>Youth</td>
<td>Intermediate</td>
<td>Young M/W</td>
<td>Intermediate</td>
<td>Young M/W</td>
</tr>
<tr>
<td>Youth</td>
<td>Intermediate</td>
<td>Young M/W</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intermediate</td>
<td>Young M/W</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Track Events
(All track events contested as timed finals)
Sub-bantam events: 60m Dash, 400m, 1500 Run

<table>
<thead>
<tr>
<th>Open and Masters</th>
<th>Youth Age Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>(9:30)</td>
<td>(12:00)</td>
</tr>
<tr>
<td>3000m Run</td>
<td>1500m Racewalk (Bantam &amp; Midget only)</td>
</tr>
<tr>
<td>60m Dash</td>
<td>3000m Racewalk (Youth to Open &amp; Masters)</td>
</tr>
<tr>
<td>800m Run</td>
<td>60m Hurdles (Midget to Young M/W)</td>
</tr>
<tr>
<td>200m Dash</td>
<td>3000m Run (Midget to Young M/W)</td>
</tr>
<tr>
<td>1500m Run</td>
<td>60m Dash (Sub-Bantam to Young M/W)</td>
</tr>
<tr>
<td>400m Dash</td>
<td>800m Run (Bantam to Young M/W)</td>
</tr>
<tr>
<td>60m Hurdles (Open/Masters)</td>
<td></td>
</tr>
</tbody>
</table>

Information: Jim Engel (513-608-8766 or jim.engel@gmail.com) or USATF Ohio Office (937-235-9436 or usatf-ohio@msn.com)
DAVID CLINKSCALE - 200 FROM LEFT

JEFF GERSON GETTING THE BATON FROM GROVER COATS
Sunday March 2, 2008
Half Marathon & 5K Run – Walk 5K ONLY
CERTIFIED HALF MARATHON COURSE CERT.#OH91001RE
YOUNGSTOWN ROAD RUNNERS CLUB
MILL CREEK DISTANCE CLASSIC
HALF MARATHON

In Memory of DENISE LOSIEWICZ and RON POSEY

RRCA OHIO CHAMPIONSHIP HALF MARATHON RACE

Main Sponsors
MORREN & SHERRY GREENBURG PAT MALANDRA TUNE WEAVERS
FREE PASTA DINNER AT RACHAEL’S RESTAURANT AFTER THE RACE 3657 MAHONING AVE

Backers
THE VEITH FAMILY WYSU FM 88.5 PACKER, THOMAS & CO. AMERICAN FARMS PRODUCE
RAY & MAGGIE VANDERPOOL GATORADE

Friends
Carolyn & Vic DeChristofaro Joe Palmer J.R. Tincisko Reverend Art Joachim
Jones Dance Academy Howland Springs Water Road ID Youngstown Police Dept.
In Memory of Andy Rovnak Great Harvest Bread Fuelbelt Gene Malem
YRRC WEB SITE: members.aol.com/ytownrrc/

CHIP TIMING BY - RUNNERS HIGH
Proceeds of this event help support YRRC charities. Shoe program for High School Cross Country Runners and the YRRC Scholarship Endowment for YSU Cross Country. If you wish to make a donation to one or both of these charities it is tax-deductible. Please send check to YRRC PO Box 2817 Youngstown, OH. 44511 or include in your entry fee (please indicate your donation).

Entry Form

Check which Race you are entering: Half Marathon 5K
ENTRY FEE: 5K $15 $13 YRRC members* Half Marathon $25 $22 for YRRC members*
Half Marathon Race Day Sign-up $30 For All 5K Race Day Sign-up $17 For All
* Dues must be paid by February 1, 2008
Make check payable to YRRC and mail to P.O.Box 2817 Youngstown, OH. 44511

Print circle
First Name _________________________ Last Name _________________________
circle
Race Day Age DOB ________ Sex M F Shirt size S M L XL
Address __________________________ City __________________________ State _____ Zip ______
Phone ___________________________ E-mail __________________________

PARK ROADS OPEN AT 12 NOON.

RELEASE: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to safely complete the run. I assume all risks associated in running this event including, but not limited to, falls, contact with other participants, effects of the weather, traffic, and conditions of the road, all such risks being known and appreciated by me. Having read this wavier and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Youngstown Road Runners Club, Mill Creek Metropolitan Park District, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I have been advised I must be finished by 12 noon.

SIGNATURE ___________________________________________

PARENTS SIGNATURE (If under age 18) ___________________________________________
DISTANCE CLASSIC
1/2 MARATHON

19th Annual Y.R.R.C Mill Creek Distance Classic
Date: Sunday March 2, 2008  Time: Half Marathon 8:45 AM  5K 8:50
Entry Fee: Half Marathon $25.00 Pre-registered $3.00 off for YRRC members
            Race Day Registration $30.00 for all
Entry Fee: 5K $15.00 pre-registration $2.00 Off For YRRC members  Race Day Registration $17.00 for all
Wind Vests to the first 600 Entries- Sign up Early to reserve your size
EARLY REGISTRATION & PACKET PICK-UP AT SECOND SOLE IN BOARDMAN
SATURDAY MARCH 1st 10 AM UNTIL 5 PM
RACE DAY SIGN-UP & PACKET PICK-UP AT THE ICE RINK IN THE WICK RECREATION AREA ACROSS FROM THE
SHORT HOLE GOLF COURSE 7 AM UNTIL 8:40 AM
AWARDS: HALF MARATHON: TOP 5 MALE & FEMALE OVERALL
        1ST PLACE - MALE & FEMALE MASTERS, GRAND MASTERS AND SENIOR MASTERS
        MALE & FEMALE - TOP 3 IN AGE GROUPS, 19 & UNDER, 5 YEAR AGE GROUPS THRU 69, 70 & OVER
AWARDS: 5K: TOP 3 MALE & FEMALE OVERALL/ TOP 3 IN AGE GROUPS
        MALE: 14 & UNDER, 5 YEAR AGE GROUPS THRU 69, 70 & OVER
        FEMALE: 14 & UNDER, 5 YEAR AGE GROUPS THRU 59, 60 & OVER
        NO DUPLICATION OF AWARDS, NO AWARDS WILL BE MAILED
MORE INFO: YRRC WEBSITE; members.aol.com/ytownrrc/ Director Rick Hart 330-727-6070
DIRECTIONS: FROM EAST (I-80) FROM NORTH (RT 11) TAKE RT 711 SOUTH TO I-680 SOUTH TO EXIT 3B (BELLE VISTA AVE.)
        LEFT AT STOP SIGN THEN RIGHT AT NEXT STOP SIGN GO SOUTH ON BELLE VISTA 1.4 MILES TO 4 WAY STOP SIGN AT
        MCCOLLUM & BELLE VISTA THEN GO STRAIGHT INTO THE WICK RECREATION AREA.
        FROM WEST (I-76) TO I-80 EAST TO I-680 EXIT 3B (SEE ABOVE)
        FROM EAST (I-76) TAKE I-680 NORTH TO EXIT 3C TURN LEFT AT STOP SIGN THEN LEFT AT FIRST TRAFFIC LIGHT (BELLE
        VISTA Ave.) THEN STRAIGHT 1.3 MILES INTO WICK RECREATION AREA. PARK ROADS WILL BE CLOSED YOU MUST
        ENTER FROM BELLE VISTA AVE AND MCCOLLUM RD. LOST ON RACE DAY 330-740-7114.
        PARK ROADS WILL REOPEN AT 12 NOON
        LODGING AVAILABLE AT THE FOLLOWING LOCATIONS:
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-throw 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 assigns, for myself, release and forever discharge any and all rights and claims for which I may have or what 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

Rex Harvey
6744 Connecticut Colony Cr.
Mentor, OH 44060