

### The Vice President's Corner

Greetings everyone. I as well as everyone else am 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

55m Dash	Rodney Wilson	1 <sup>st</sup> (M45)	7.56
	Penny Ward		1 <sup>st</sup> (F50)
11.53			
200m Dash	Vincent Walls	1 <sup>st</sup> (M45)	
30.34			
	Norman Thomas	2 <sup>nd</sup> (M55)	32.53

## 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
	5091 Hickory Dr.
	Lyndhurst, OH 44124
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
T/F Consultant	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 17<sup>th</sup>, 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](http://www.usatf.org/assoc/oh).

**AGE DIVISIONS:** Open (O) – age 19-29; Masters (M) – age 30 and older in five (5) year divisions (i.e. 30-34, 35-39, etc); Young Men/Young Women (YM/YW) – Born (1991-after 28 July 1989; Intermediate (IB/IG) – Born (1992-1993); Youth (YB/YG) – Born (1994-1995); Midget (MB/MG) – Born (1996-1997); Bantam (BB/BG) – Born (1998-1999); Sub-Bantam (SBB/SBG) – Born (2000+).

**EVENTS:** 60m Dash, 60m Hurdles, 200m Dash, 400m Dash, 800m Run, 1500mRrun, 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](http://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)**

<u>Weight Throw</u>	<u>Shot Put</u>	<u>Long Jump</u>	<u>Triple Jump</u>	<u>High Jump</u>	<u>Pole Vault</u>
8:30 am	9:30 am	9:00 am	10:30 am	9:00 am	8:30 am
Open	Open	Open	Open	Open	Open
Masters	Masters	Masters	Masters	Masters	Masters
	Bantam	Bantam	Youth	Bantam	Youth
	Midget	Midget	Intermediate	Midget	Intermediate
	Youth	Youth	Young M/W	Youth	Young M/W
	Intermediate	Intermediate		Intermediate	
	Young M/W	Young M/W		Young M/W	

**Track Events**

**(All track events contested as timed finals)**

**Sub-bantam events: 60m Dash, 400m, 1500 Run**

Open and Masters

(9:30)  
3000m Run  
60m Dash  
800m Run  
200m Dash  
1500m Run  
400m Dash  
60m Hurdles (Open/Masters)

Youth Age Groups

(12:00)  
1500m Racewalk (Bantam & Midget only)  
3000m Racewalk (Youth to Open & Masters)  
60m Hurdles (Midget to Young M/W)  
3000m Run (Midget to Young M/W)  
60m Dash (Sub-Bantam to Young M/W)  
800m Run (Bantam to Young M/W)  
200m Dash (Bantam to Young M/W)  
1500m Run (Sub-Bantam to Young M/W)  
400m Dash (Sub-Bantam to Young M/W)

**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 - 2ND 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 SECOND SOLE  
 RAY & MAGGIE VANDERPOOL GATORADE

**Friends**

Carolyn & Vic DeChristofaro Joe Palmer J.R. Timcisko Reverend Art Joachim  
 Jones Dance Academy Howland Springs Water Road ID Youngstown Police Dept.  
 In Memory of Andy Rovnak Great Harvest Bread Fuelbelt Gene Mallen  
 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).

Cut here ----- Entry Form ----- cut here

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 -5 K 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 age18) \_\_\_\_\_

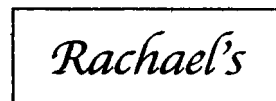
YOUNGSTOWN ROAD RUNNERS CLUB  
PO BOX 2817  
YOUNGSTOWN, OH. 44511

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US POSTAGE PAID  
YOUNGSTOWN OH  
PERMIT 655

YRRC MILL CREEK



DISTANCE CLASSIC  
1/2 MARATHON



**19<sup>th</sup> 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 1<sup>ST</sup> 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/](http://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:



# 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.

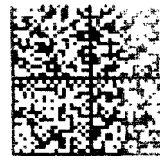
Athletes Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

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

(Required if athlete is under age 18)



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



**Rex Harvey**  
6744 Connecticut Colony Cr.  
Mentor, OH 44060

44060+4470

