

The President's Corner

March 2008

Hello field and track family, it is nice to be back up and about. I'll cover that later, but first we need to jump into TRACK BUSINESS! As of February 28, 2008, two male runners have expressed an interest to me in competing at the '08 Penn Relays in April. The entry form usually arrives around the first of March and it has a very fast 7-10 day return window. So this is the last call for interested members on competing on a relay at the '08 Penn Relays. March 10th is the final date to throw your hat into the ring. Chip Johnson 216-322-2688 or chipluvs2run@aol.com.

If you haven't paid your dues, don't delay please renew yesterday!

A meet was held at Oberlin College in January with the entry form arriving via land/snail mail about a week before the meet. I emailed the info to Ms. Carty and she promptly placed it on our website. So check our website *frequently* (www.overthehilltc.org), you never know when new meet info will be posted. A special Thanks to the members that called me and asked if I had received an entry form.

Speaking of meet info, here's some...the Cleveland Classic '08. I am looking to have the meet finalized by mid March. July 5th is the target date. Cleveland Hts. HS the place. Beachwood HS as a backup. By finalized I mean, this meet should be set up (on paper), flyers/entry forms printed, online entry set up and established. I have done my research and entries can be submitted both via mail in and/or online. We are actively targeting the area youth clubs this year and the youth coaches prefer online registration. We all know that dates are at a premium, so it is imperative that we stake our claim. I need help tracking Coach Claude Holland down, I have emailed him via the high school system, and I have visited the school and also left a letter for him to no avail. If you have his number, please forward it to me or if you see him pleeeeeease give him mine. We can do this gang.

The youth summer track that I coach, host a track meet annually and this year the powers that be have agreed to target Open and Masters Athletes. *HOOOORAY!* The older athletes will compete in all running events *FIRST*, then the youth ages will compete in that event. Meet info is listed on CoachO.com or see attachment. We are also planning to host a seminar in May for both our athletes and their parents. Topics to include, CPR, nutrition, stretching, how to buy shoes, general track info and any other idea we can shoehorn in and set into action. We would love to have you all join us. Date and site TBD. If you have any suggestions, please share, we are open minded. More info to come as we develop this thing.

Keep in mind, *WMA Indoor Championships* held in Clermont, France March 17th - 22nd 2008 *USA Masters Indoor Track & Field Championships* will be held March 28th-30th, 2008 At the Lewis Track & Athletic Center - Boston, Mass. *The Penn Relays* is April 24th - 26th. The 2008 *USA Masters Outdoor Track & Field Championships* will be held August 7-10 at Spokane Falls Community College in Spokane, Washington. We are looking for ideas and suggestions; please share them with any club officer. Please support our events!!!

It has been since December since we last met. Understanding that the WMAs are the 3rd week of March, We will have our next team meeting on March 15th at my home at 1:30 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. I will also bring up fundraisers at the meeting. Shockingly enough, I am interested in everyone's opinions and ideas about them.

And finally, family I was a bit under the weather the latter days of January and on into February. Running outside daily, I came down with a cold that never left. It progressively got worse, to which I was diagnosed with have an upper respiratory infection. Hmmm! After taken non working meds, I then was rediagnosed with a lower respiratory infection or the flu or pneumonia or bronchitis or who knows what? Eventually the rhino that was sitting on the lap of the elephant, that was sitting on my head and chest felt mercy and gradually began to get up. Training has resumed... slowly, on my treadmill.

We would like to welcome our newest member– Langston Maclin– a sprinter from University Heights. Thank you to our February renewals– Jack Thornton, Joanne Siegel, Bob Thomas, and Kisha Browning.

SCHEDULE

- **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

2008 Carolina Masters Track & Field Invitational

Saturday April 19, 2008

Irwin Belk Complex
Johnson C. Smith University
500 Summit Avenue
Charlotte, NC

**THIS MEET IS SANCTIONED BY USATF
YOU MUST BE A 2008 USATF MEMBER TO COMPETE**

Sponsored by: Carolinas Track & Field Club (carolinastrackandfield.org)

Meet Director: Anthony James (Anthony.James@mecklenburgcountync.gov)

Meet Information Director: Ken Bender (Kenneth.Bender@RBC.com)

Divisions: Masters (age 30 and over in five year age groups), based on 4/19/08 age

Equipment: Athletes must provide their own implements. Only ¼ inch pyramid spikes will be permitted. No personal starting blocks.

Entry Fee: 2008 CT&FC Members – NO FEE FOR 2008 CT&FC MEMBERS
Non-CTFC Members \$20

Registration: Only by mail using attached form and with payment by check enclosed and waiver signed. Must be received by CT&FC by Wednesday April 16.

Registration Questions: Ken Bender (Kenneth.Bender@RBC.com)

SCHEDULE OF EVENTS (approximate times only)

9:00	3200m Race Walk	Shot Put (W then M)	Long Jump (M)	Triple Jump (W)
9:30	3200m Run			
10:00	1500m Run	High Jump (W then M)		
10:30	100m Dash			
11:30	800m Run	Discus (W then M)		
12:00	Short Hurdles	Pole Vault		
1:00	400m Dash	Long Jump (W)	Triple Jump (M)	
1:30	Long Hurdles			
1:45	Javelin (W then M)			
2:00	200m Dash			
2:30	4x100 Relay Followed by 4x400 Relay			

Carolina Masters Track & Field Invitational Saturday April 19, 2008

REGISTRATION FORM

YOU MUST BE A 2008 MEMBER OF USATF TO PARTICIPATE (www.usatf.org to join)
THIS FORM WITH PAYMENT MUST BE RECEIVED BY CT&FC BY APRIL 16, 2008

THERE IS NO MEET REGISTRATION FEE FOR 2008 CT&FC MEMBERS
(See CT&FC website www.carolinastrackandfield.org to join)
THE MEET REGISTRATION FEE FOR NON- MEMBERS IS \$20

Mail registration form with \$20 check (non-CT&FC members) made out to CT&FC to the following address. Direct any questions to Ken Bender (Kenneth.Bender@RBC.com)

CT&FC
1104 Bellegrove Place
Charlotte, NC 28270

Name _____ M or F _____ Age on 4/19/2008 _____
Address _____
Phone Number _____ Alternate Phone Number _____
Emergency Contact _____ Phone Number _____

Event #1 _____ Time / Mark _____ Event #2 _____ Time / Mark _____
Event #3 _____ Time / Mark _____ Event #4 _____ Time / Mark _____
Event #5 _____ Time / Mark _____ Event #6 _____ Time / Mark _____

Waiver / Release

***** THIS MUST BE SIGNED TO COMPETE *****

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely release USA Track & Field, Inc., Carolinas Track & Field Club, the City of Charlotte, the County of Mecklenburg, Johnson C. Smith University, and all other affiliates and persons associated with the organizing of this event of any responsibility for any loss or damage to me or my property which I may sustain in the course of (or in connection with) the 2008 Carolina Masters Track & Field Invitational

Signature _____ Date _____

Pittsylvania M A S T E R S Distance Series

SCHEDULE:

3000m at noon March 22 at California University of PA

1500m at 12:30 pm April 12 at Slippery Rock University of PA

800m during afternoon April 19 at Indiana University of PA

ENTRY FEE: Non-refundable \$20 for series. \$10 per race.

ENTRY DEADLINE: Postmarked by March 15 for series. Postmarked by April 5 for 1500m. Postmarked by April 12 for 800m. Mail to Masters, 1790 Lisa Drive #4, Indiana, PA 15701. Make check payable to the Western Pennsylvania Track Club.

AWARD: T-shirt to runners that complete the series.

QUESTIONS: Call John Harwick at 724-464-2222.

Please enter me in the Pittsylvania Masters Distance Series. I understand that the Western Pennsylvania Track Club, California University, Slippery Rock University, Indiana University and anyone associated with the meets assume no responsibility for accidents.

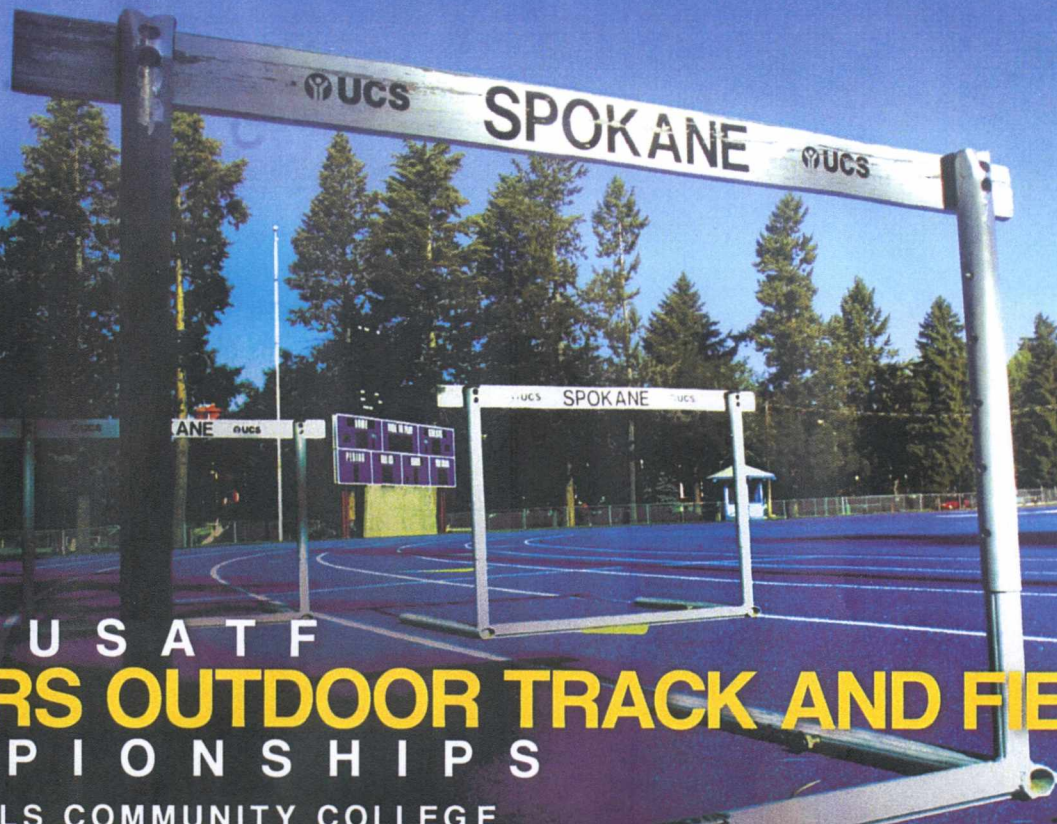
Name _____ Age (3/22/08) _____

Address _____ Gender (F/M) _____

City/State/zip _____ Tee (S/M/L/XL) _____

Phone _____ email _____

Check event (s): series _____; 3000m _____; 1500m _____; 800m _____.



2008 * U S A T F MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

SPOKANE FALLS COMMUNITY COLLEGE
AUGUST 7-10, 2008

FOR ADDITIONAL INFORMATION AND TO REGISTER ONLINE PLEASE VISIT
WWW.USATF.ORG

ENTRY FEES

Individual Events

- 1st event: \$35 + \$10*
- 2nd event: \$20
- 3rd event: \$15
- Each additional: \$10

Combined Event

- \$35 + \$10*

Relay Event

- \$40

** The entry fee for the first event includes the required National Masters Track & Field Committee surcharge of \$10 per athlete. Combined events do NOT count as the first event.*

ENTRY DEADLINES

- July 1, 2008 - Late entries will be accepted until July 7th.
- \$50 late fee for any entries postmarked after July 1, 2008.
- **No Entries will be accepted after July 7, 2008**

ATHLETE DINNER

Hosted by: Northern Quest Casino

Saturday, August 9, 2008 - 6:00pm - 10:00pm

Northwest Classic Prime Rib and Salmon Buffet - \$28 per person
Entertainment, Gambling, Cash Bar.

Dinner Buffet includes: Roasted Prime Rib, Broiled Pacific Salmon, Fresh Green Salad, Chef Choice of Potato, Rice, Pasta, Fresh Vegetables, Fresh Fruit, Assorted Deserts.

*Note: Dinner tickets will NOT be sold at the event.
Only 500 tickets are available.*

Tickets are available online.

HOST HOTELS

- **Red Lion at the Park - \$109 + Tax**
303 West North River Drive
Spokane, WA 99201
1-800-REDLION (733-5466)
www.redlion.com
- **Red Lion River Inn - \$99 + Tax**
700 North Division Street
Spokane, WA 99202
1-800-REDLION (733-5466)
www.redlion.com

OTHER USEFUL INFORMATION

Important Addresses:

Spokane International Airport
9000 W. Airport Drive
Spokane, WA 99224

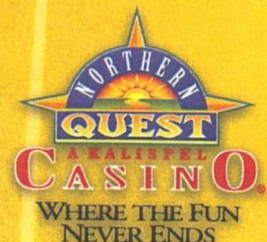
Spokane Falls Community College
3410 W. Fort George Wright Drive
Spokane, WA 99224

Community Links

- www.spokanesports.org
- www.VisitSpokane.com
- www.coeurdalene.org



**SPOKANE REGIONAL
sports commission**
spokanesports.org



Unified-N-Flight Midwest Invitational

hosted by

Unified-N-Flight Youth Track & Field Club, Inc.

Sunday, June 15, 2008

Facility: Walsh Jesuit High School (4550 Wyoga Lake Road) has an 8-lane, 3,000 seat stadium located in Cuyahoga Falls, Ohio

Meet Details: Fully Automated Timing (FAT)

USATF Sanctioned Meet (You **Do Not** need an USATF sanction to compete)

There will be heats and finals for hurdles and 100 meters unless 8 or few competitors.

Field event athletes are required to bring their own implements, meet does not supply.

Throwing events (shot, discus, turbo javelin) and jumps (long, board, triple) will get 4 attempts.

Bib Numbers **MUST** be wore on front of uniform top. Athletes without bib number **WILL NOT** compete.

Awards:

Individual Medals for 1st – 3rd places and ribbons for 4th – 6th places

Team Trophies for 1st – 3rd place Clubs based on team scoring (**Coaches/Parents are encouraged to participate in team competition**)

There will be a male and female Meet MVP based on individual scoring.

Point System (10pts-1st, 8pts-2nd, 6pts-3rd, 4pts-4th, 2pts-5th, 1pt-6th)

Registration: Begins **April 21** and the **deadline is June 11, 2008**. There is **NO** day of event registration or changes. Any changes must be made before the June 11 deadline therefore please review entries before the deadline.

Please check www.unifiednflight.com on **April 21** for registration instructions or go to www.coacho.com

Payments:

The registration fee is \$12 per entrant (max of 4 events).

Make checks/money orders payable to: **Unified-N-Flight Youth Track & Field Club, Inc.**

Payment & copy of registration form sent to: **120 Westwood Avenue, Akron, OH 44302**

No Refunds!!

Directions:

From south (Canton)

77N → Rt. 8N → Exit Steels Corners Rd → Turn Left → Go to Wyoga Lake Rd → Turn Right → School on the left

From north (Cleveland)

271S → Rt. 8 S → Exit Rt. 303 → Go Straight → Go to Wyoga Lake Rd → Turn Left → School on the right

From west (Toledo).

Ohio Turnpike East → Exit 180 Rt. 8 South → Exit Rt. 303 → From Rt. 303 follow above directions

From east (Youngstown).

Ohio Turnpike West → Exit 180 Rt. 8 South → Exit Rt. 303 → From Rt. 303 follow above directions

Age

Year of birth

Divisions:

Sub-Bantam(2001-2000), Bantam(99-98), Midget(97-96), Youth(95-94), Intermediate(93-92), Young(91-90), & Open

Sub-Bantam events are 100, 200, 400, turbo javelin & board jump

Order of Events:

3000m Race-walk, 3000m, hurdles (80,100,110), 4 x 800, 100m, 1500m, 400m, 4 x 100, 800m, 200m, 4 x 400

There will also be a combined 4 X 200 for the (11-14); (15-18); & Open Groups

Shot Put, High Jump, turbo javelin, Long Jump, Discus, Triple Jump

Open Athletes will compete first then the youngest age group to the oldest for that event!!!

Age Groups and males/females may be combined depending on number of competitors in some events!!!

Field events and race walk start at 8:30am and other track events start at 9:00am!!!

Contacts:

Courtney Taylor

Unified Head Coach

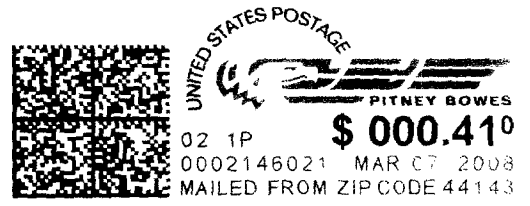
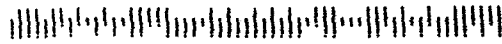
330-762-8569

Courtneytaylor@unifiednflight.com

For meet updates, meet questions and club information go to www.unifiednflight.com

FAITH IN EXCELLENCE

Over the Hill
5091 Hickory Drive
Lyndhurst, OH 44124



Rex Harvey
6744 Connecticut Colony Cr.
Mentor, OH 44060