



Over The Hill Track Club
Athletes of all ages setting the pace!
WWW.OTHC

The President's Corner

April 2008

Hello Track family, have you noticed we are in the midst of change? That's right look out your window the days are longer and brighter. Even though the temperature is yo-yoing up and down, slowly but surely warmer weather is on the way.

Ok let's talk track...we had a team meeting in March. Thank you to all that attended. We discussed...Networking with the Western Pa. Track club. Yes, there is an interest in co-hosting a track meet between both of our clubs. We could also possibly man up relays and compete as one relay squad.

Please turn your performance results in so that they maybe posted. Also, please make sure to list OTHTC as your club.

Speaking of networking, at a past meeting we discussed the lack of information, publicity and general knowledge about our club. Basically, not only does the press turn a blind eye to the very impressive performances and efforts of some of our club members, but we also haven't figured out a way to effectively share information about us. Our website is a window of info about our club. There are other clubs and individuals as well looking for our club and or info about us. So I registered the OTHTC club on the Run Ohio Runners network. Instantly, we became linked up with up to 12 other running magazines and running networks. Which through a rippling effect other running networks has now listed our club and some has even requested to have a direct link to the OTHTC's website. This will allow more people like us...runners...to find us. I can (and will) go back to these network listings and post the events that we host. Equally important, we must visit the other websites on the networks...it is a two way street. On a following sheet I shall attach some of our new networking partners, so please visit our partner's websites on occasion.

The Cleveland Classic meet right now has a sore hamstring☹. In other words, working out the logistics for all the important background happenings has slowed progress down. But the meet will be fine. Also, it has been decided that the meet will have both online and mail in registrations. **NO DAY OF MEET REGISTRATION.** CoachO.com will be where the meet will be posted. More will be report later.

Penn Relays - first THANK YOU to all that showed interest in competing at Penn this year. We have enough to send both a 4x1 and 4x4. After later coming across the qualifying standards, I contacted the Special Events Coordinator via email to see

- A) If they would have enough teams and
- B) To see if the qualifying standard was rock solid firm.

The answer to both was YES!!! In fact, it was reiterated if each 400m runner didn't average at least a 56sec 400m don't even bother registering. Those interested in competing were then re-contacted and informed about the 56sec rule. The decision not to attend this year was made. However, this highlights an area that needs to be addressed. We as a club and as individual runners need to prepare ourselves to run competitive relays. We all need to run the events and get legitimate times, as individuals and as a relay when possible. Our relays could and should be very competitive if we emphasize them and PLANNED to run them. Let me know what you think.

And finally, you all are again invited to practice with the youth group I coach. The practice schedule for the 2008 season begins April 15 at Beachwood High School. Practice times are from 6:00pm - 7:30pm Tuesdays & Thursdays. Saturdays practice times are from 10:00am - 12:00 noon...Hope to see everyone there☺

Run Fast
Chip Johnson

Attention Sprinters!

West Penn will host a handicapped 100m for masters during the California University of PA carnival on April 19th. Two-time Olympic gold medalist Roger Kingdom will run. Anyone who is interested in running should call John Harwick at 724-464-2222

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Thank you to our March renewal- Fil Conte

Results

2007 National Outdoor Rankings

(club members ranked in top 10)

Woody Godington-Pentathlon-923 pts-7th

Jeff Gerson-Decathlon-1763 pts-7th

Pentathlon-1267 pts-6th

John Means-100-17.09-1st; 200-35.68-1st; 400-1:31.19-1st

Dorian Green-400-49.53-7th

Jon Bixler-1500-5:44.70-8th; 5000-21:25.44-5th

John Sloan-100H-22.9-8th

Barry Kline-300H-1:17.3-6th; HJ-1.4-9th

Derek McKinley-400H-1:04.81-6th

Fred Hirsimaki-HJ-1.15-3rd; PV-1.83-4th; LJ-3.15-7th-TJ-6.96-3rd; DIS-22.93-10th; JAV-24.18-8th

Bob Banhagez-PV-3.43-7th

Wayne Mishlor-TJ-7.7-10th

Linda Carty-TJ-9.7-3rd

Bernice Holland-SP-5.56-4th; DIS-17.32-1st; JAV-16.03-1st

Belinda McCoy-Shugar

100-13.1-4th; 200-29.21-6th; 400-1:08.22-8th

Ohio USATF Indoors Masters Championships 2006-2/17/08- Ohio Northern University

60m

Rodney Wilson- 8.53

Lawrence Finley- 8.79

John Biacofsky- 9.47

Jack Greenwald-10.03

200m

Lawrence Finley- 28.07

John Biacofsky- 32.89

Jack Greenwald-35.01

400m

John Biacofsky- 1:29.13

Jack Greenwald-1:41.22

800m

Tom Maloney-2:15.20

1500m

Tom Maloney-4:37.25

Long Jump

1.17m

Triple jump

Frederic Hirsimaki-2.75

Shot put

Frederic Hirsimaki-6.36m and 8.45m

28th Anniversary St. Malachi Day Run 2 Mile - March 15, 2008

Tom Maloney-9:35.75- 2nd

Vincent Walls- 13:05-19th

2008 USA Masters Indoor Track & Field Championships-Boston, MA- March 28-30

John Means- 200m-38.32; 60m-11.12; 400m-1:38.51

Robert Walters- 60m-7.9 and 7.95

SCHEDULE

- 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:

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Lyndhurst, OH 44124

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5. THE RUNNING NETWORK

The Running Network provides the most comprehensive source of information for grassroots runners online. This site provides a one-stop location for national or local running news, features, photos, extensive race results, a searchable calendar, training tips, clubs, stores, product reviews and more; and in many cases our sites provide similar information through their print publications too.

RUNNING NETWORK - PARTNERS

(+ means National Publication, all the rest are Regional Publications)

+ AMERICAN TRACK & FIELD

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RUNNER'S GAZETTE

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Search All National Events: [Refresh Page](#)

Name Month All City State All

Sport Running Country USA

Our Regional Events List

Sport	Date	Name	City	State
Running	Sep-20-07	Chevron Houston Marathon Kick-Off Party Sr	Houston	TX
Running	Sep-21-07	Convert to Sport Sr	Boulder	CO
Running	Sep-21-07	Colorado Relay	Idaho Springs	CO
Running	Sep-22-07	INT 10K	Tuscaloosa	AL
Running	Sep-22-07	Run & Recover SR Sun/Walk	North Hollywood	CA
Running	Sep-22-07	Golden Leaf Half Marathon	Aspen	CO
Running	Sep-22-07	GMA Barr Lake 101 Marathon	Brighton	CO

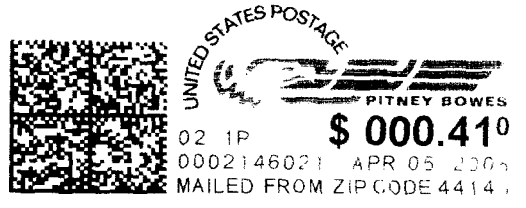
List Your Event on our *Free* National Online Searchable Calendar

Here at the Running Network we want to help get the word out about your race. We have your link to 34 of the best regional running publications and our partner web sites have a link to a National Calendar button. So many ways for runners to find out about your event!

Our calendar program has a user-friendly form. All you need to do is create an account and enter the information for your event(s) and then after it is approved, it will be uploaded to the

site. Once you have created an account, you can go back and copy the form or edit as necessary. This is a free listing!

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