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 1 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

Thank you to our March renewal— Fil Conte

**Results**

2007 National Outdoor Rankings
(2club 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
1-st*

*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:
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
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
Shooting Star Media, Inc.
PO Box 67
Ft. Atkinson, WI 53538
608-239-3785 / 920-563-7298 FAX
Email: larry.eder@gmail.com
www.american-trackandfield.com
Area Served: U.S. Track & Cross Country Coaches

± ATHLETES ONLY
Shooting Star Media, Inc.
PO Box 67
Ft. Atkinson, WI 53538
Contact: Larry Eder
608-239-3785 / 920-563-7298 FAX
Email: larry.eder@gmail.com
www.atf-athlete.com
Area Served: U.S. Jr. High, High School, College Track & Cross Country Athletes

± ATHLETICS
1185 Eglinton Ave. East, Suite 302
Toronto, ON M3C 3C6
Contact: Bernie Ecker
416-426-7216
Email: ontrack@eol.ca or eckler@eol.ca www.otfa.ca
Area Served: Canada

± COACHING ATHLETICS QUARTERLY
Shooting Star Media, Inc.
PO Box 67
Ft. Atkinson, WI 53538
Contact: Larry Eder
608-239-3785 / 920-563-7298 FAX
Email: larry.eder@gmail.com
www.coachingathleticsq.com Area Served: national

± LATINOS CORRIENDO
Shooting Star Media, Inc.
PO Box 67
Ft. Atkinson, WI 53538
Contact: Larry Eder
608-239-3785 / 920-563-7298 FAX
Email: larry.eder@gmail.com
www.latinoscorriendo.com
Area Served:

RUNMIDWEST (formerly Midwest Running)
PO Box 215
Ellettsville, IN 47429
Contact: Bill Craig
812-355-3449
Advertising email: b craig@homefinder.org
Editorial email: brenda@runmidwest
www.runmidwest.com  
Area Served: Midwest (IL, IN, KY, MI, OH)

**RUNNER'S GAZETTE**  
67 W. Jupiter Lane  
Lewisburg, PA 17837  
Contact: Freddi Carlip  
570-524-9713  
Email: RunGazette@aol.com  
www.runnersgazette.com  
Area Served: PA, Mid-Atlantic

**RUNOHIO**  
330 Spellman  
Granville, OH 43023  
Contact: Matt McGowan  
740-587-0376  
Email: runohio@ee.net  
www.runohio.com  
Area Served: OH, WV, No. KY, W. PA

**+ TRACK & FIELD NEWS**  
PO Box 10825  
Eugene, OR 97440  
Contact: Tom Jordan  
541-687-1989  
tj@trackandfieldnews.com  
www.trackandfieldnews.com  
Area Served: National, International

**+ THE WINGED FOOT**  
New York Athletic Club  
180 Central Park South  
New York, NY 10019  
Contact: James O'Brien  
212-767-7061  
Email: jamesob@nyac.org  
www.nyac.org  
Area Served: National

---

**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!

---

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date</th>
<th>Name</th>
<th>City</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>Running</td>
<td>Sep-20-07</td>
<td>Canyon Marathon</td>
<td>Houston</td>
<td>TX</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Endurance Run</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Running</td>
<td>Sep-21-07</td>
<td>Convert to Start 5K</td>
<td>Boulder</td>
<td>CO</td>
</tr>
<tr>
<td>Running</td>
<td>Sep-21-07</td>
<td>Colorado Relay</td>
<td>Boulder Springs</td>
<td>CO</td>
</tr>
<tr>
<td>Running</td>
<td>Sep-22-07</td>
<td>TNT 10K</td>
<td>Tuscaloosa</td>
<td>AL</td>
</tr>
<tr>
<td>Running</td>
<td>Sep-27-07</td>
<td>Run &amp; Relax 5K Run/5K</td>
<td>North Hollywood</td>
<td>CA</td>
</tr>
<tr>
<td>Running</td>
<td>Sep-22-07</td>
<td>Golden Leaf Half Marathon</td>
<td>Aspen</td>
<td>CO</td>
</tr>
<tr>
<td>Running</td>
<td>Sep-27-07</td>
<td>CORA Barr Lake 1/2 Marathon</td>
<td>Brighton</td>
<td>CO</td>
</tr>
</tbody>
</table>
Rex Harvey
6744 Connecticut Colony Cr.
Mentor, OH 44060