



## The President's Corner

June 2008

Hello field and track family, June is here and it's *MEET/ACTION* time again. I trust that everyone wants to compete, so come on out, get involved, have some fun and enjoy your self.

Let's talk meets. There was a meet at the *Ohio State University* on May 18<sup>th</sup>. Masters and open athletes were allowed to compete in it. It was mainly a youth meet. I look to compete there in 2009. Check our website, sometimes meet info comes in and it can't wait until the newsletter. So, it will be posted on our website. ([www.overthehilltc.org](http://www.overthehilltc.org))

### 2008 Maple Leaf Track Club Summer Series

Wednesday evenings @ 6:00 pm- 8:30 pm (approx. finish). **June 4th, June 11th, June 18th, June 25th, July 9<sup>th</sup>**. See attached flyer...

### Unified-N-Flight Midwest Invitational

*Unified-N-Flight Youth Track & Field Club, Inc.*, Sunday, June 15, 2008. See attached flyer and info below

### THE CLEVELAND TRACK CLASSIC

*OVER THE HILL TRACK CLUB*, Saturday July 19, 2008. See attached flyer..

### 2008 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

August 7-10, 2008, Spokane Falls Community College, Spokane, Washington  
See attached info...

As I have mentioned previously, I am searching for relay runners. Both female and male. I am putting my cash behind my words. At the Unified N Flight meet on June 15<sup>th</sup>, I am registering 1 male 4x1 and one 4x4 relay. Those relays are on me, just let me know you wanna run **before** the meet. show up and run. I will go with those that contact me before the meet first, but if you show up and we don't have enough runners, you may still run.

I am also entering 1 female 4x1 relay. I have 2 ladies that are chomping at the bit and are ready to run TODAY! I also have 1 parent that works out with my youth team and I have been badgering her and she's wavering but says she'll do it. So where are the females? Bring it on Gang!!! We are not looking to break the world record(yet), let's have some fun and show these young '*Whipper Snappers*' that we still got a little something left. If you would like to run individual events you must register yourself online @ [coacho.com](http://coacho.com). Before the deadline! One last thing, everyone not being in the same age group doesn't matter. No excuses Please...

### Our CLEVELAND TRACK CLASSIC

The Classic is quickly approaching, please spread the word. Direct people to our website for more info or they can call if needed. New this year, registration can be done via online at [coacho.com](http://coacho.com) or land mail. **There is no on site registration.** Those heading down to the state meet look for our flyers on Saturday. If anyone is going down on Friday, please run off some and pass some out. Look to have a team meeting on Sunday July 13<sup>th</sup>, 2008 at my home at 1 pm. My address is 23604 Cedar Rd. Beachwood Oh. On the corners 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 Roads.

And finally, major props and respect to Ms. Geeya Gibson. She called me for info and now works out feverishly with my youth club and the kids are very impressed with their 'new' team member.

Run Fast...chipJ

**\*\* We have placed a new order for uniform tops. They should be available in about 2 weeks. The cost is \$25. Call Jeff Gerson if you would like one.**

**\*\* A special welcome to our newest members: Mya Sullivan— a jumper/hurdler from Garfield Hts; Khalila Thomas—a distance runner from Chagrin Falls and welcome back to former Over the Hill legend Dave Morgan, back with the club after several years of inactivity and sloth.**

### RESULTS

Cathi Gerson— University Heights Memorial Day 5 mile Run— May 26th— 47:26-3rd

*NORMAN THOMAS - TRI-COUNTY SENIOR*

*GAMES - MAY 24TH - AKRON*

*400M - 1:14.9*

### SCHEDULE

- June 7— Indiana USATF— Indianapolis
- June 11— Maple Leaf TC Night Meet— Chardon HS
- June 11— Slippery Rock Summer Meet— Slippery Rock, PA
- June 14— Indiana Sr. Games— Carmel
- June 15— Unified-N-Flight Midwest Invitational— Walsh Jesuit HS
- June 18— Slippery Rock Summer Meet— Slippery Rock, PA
- June 21—Dayton Track Classic— Dayton, OH
- June 22— Three Rivers Assn. Championship— McDonald, PA
- June 25— Maple Leaf TC Night Meet— Chardon HS
- June 28— Lake Erie Junior Olympics + open + masters meet—???—hasn't been confirmed yet, could be at Youngstown State. Call Jeff Gerson after June 10th for info
- June 29— Ontario Masters Championships— Toronto
- July 9— Maple Leaf Night Meet— Chardon HS
- July 12— Recreational Relays— East Liverpool HS
- July 12— Ohio USATF
- July 19— Michigan Masters
- July 19— Cleveland Track Classic
- July 26— Ohio Senior Olympic State Games— Kettering, OH
- August 7-10— National USATF Masters Championships— Spokane, WA

Send Newsletter info to:

Jeff Gerson  
5091 Hickory Drive  
Lyndhurst, OH 44124

### **Officers**

<b>President</b>	Chip Johnson
<b>VP Programs</b>	Vince Walls
<b>VP Banquet</b>	Jewel Williams
<b>Secretary</b>	Norman Thomas
<b>Treasurer</b>	Jeff Gerson
<b>Newsletter</b>	Jeff Gerson 5091 Hickory Dr. Lyndhurst, OH 44124
<b>Webmasters</b>	Erik Thiem Linda Carty (216-368-4904)

### **Coordinators**

<b>Road Racing</b>	Joanne Siegel 216.397.0260
<b>Relays (Women)</b>	Chip Johnson 216-382-8250
<b>Relays (Men)</b>	Chip Johnson 216-382-8250
<b>Race Walking</b>	Joyce Prohaska 216.521.7966
<b>Youth Coach</b>	Chip Johnson 216-382-8250
<b>T/F Consultant</b>	Paul Williams 440.605.1811 Norman Thomas 330.425.8219
<b>Indoor Practice</b>	Linda Carty 216-368-4904
<b>Outdoor Practice</b>	Jeff Gerson 440-473-0636
<b>T/F Consultant</b>	Paul Williams 440.605.1811 Norman Thomas 330.425.8219
<b>West Side Coordinator</b>	Bob Thomas 440.899.3599

**SLIPPERY ROCK UNIVERSITY  
SUMMER TRACK MEETS  
WEDNESDAY JUNE 11 AND JUNE 18, 2008**

ALL TRACK AND FIELD ATHLETES WELCOME

**NO PRE-REGISTRATION!! \$10 PER PERSON FOR UNLIMITED EVENTS OR FREE TO ANYONE THAT PROVIDES AN OFFICIAL (call ahead for assignment, or may be assigned on day of meet). MAKE CHECKS PAYABLE TO SRU TRACK AND FIELD**

EXCELLENT NEW SOUTHWEST SURFACE, CEMENT CIRCLES, ALL WEATHER JAVELIN RUNWAY, HAND TIMING FOR ALL RACES

**FIELD EVENT SCHEDULE:**

5:00pm COMBINED HAMMER THROW

6:00pm MALE DISCUS AND FEMALE SHOT  
FOLLOWED BY FEMALE DISCUS AND MALE SHOT  
FOLLOWED BY ALL JAVELIN THROWERS

6:30pm LONG JUMP FEMALE FOLLOWED BY MALE  
FOLLOWED BY ALL TRIPLE JUMPERS

6:30pm POLE VAULT FEMALE FOLLOWED BY MALE

7:30pm HIGH JUMP FEMALE FOLLOWED BY MALE

**TRACK EVENT SCHEDULE:** Rolling time schedule, Females first in all events

6:00pm 1500m  
80m HURDLES  
100m HURDLES  
110m HURDLES  
400m  
100m  
800m  
400m HURDLES  
200m  
3000m and 5000m (These two races will be combined. Male and females will run together)

FOR INFORMATION ON SRU TRACK CAMPS CALL 724-738-2798 OR 2797

## 2008 Maple Leaf Track Club Summer Series

USA Track & Field Sanctioned Meets

**Meet Dates:** Wednesday evenings @ 6:00 pm- 8:30 pm (approx. finish).  
June 4th, June 11th, June 18th, June 25th, July 9th

**Location:** Chardon High School Track 151 Chardon Avenue, Chardon, OH. 44024

**Age Groups:** 5-7 years, 8-10 years, 11-12 years, 13-14 years, 15-18 years, 19-29 years, 30+ years

### Male and Female Divisions

**Fee:** \$3.00 per event /  
Maximum four (4) events allowed.

**Awards:** Ribbons to top 3 places per each male & female division/group.  
Participant ribbons to ages 5- 13 years.

**Order of Events:** 100/110 HH, 100, 1600, 4 x 100 relay, 400, 300 H, 50  
800, 200, 3000/5000, Pole Vault  
High Jump, Long Jump & Discus start @ 6:00 pm  
Softball throw and shot put to follow discus.  
Throwing events allowed four (4) throws with a 2 & 2 format.  
Jumping events allowed 3 attempts. Long Jump 3 jumps.

**Concessions:** Will be available to athletes and spectators at the Track Snack Shack.

**Registration:** Day of Meet registration starts @ 5:30 pm.  
PLEASE have RELEASE form completed !!!!

## Meet Schedule of Events

**June 4, 2008:** 100/110HH, 100, 1600, 4 x 100 relay, 400, 300H, 50, 800, 200, 5000  
LJ, HJ, SP, softball throw, discus, PV

**June 11, 2008:** 100/110HH, 100, 1500, 4 x 200 relay, 400, 300H, 50, 800, 200, 3000  
LJ, HJ, SP, softball throw, discus, PV

**June 18, 2008:** 100/110HH, 100, 1600, 4 x 100 relay, 400, 300H, 50, 800, 200, 5000  
LJ, HJ, SP, softball throw, discus, PV

**June 25, 2008:** 100/110HH, 100, 1500, 4 x 200 relay, 400, 300H, 50, 800, 200, 3000  
LJ, HJ, SP, softball throw, discus, PV

**July 9, 2008:** 100/110HH, 100, 1600, 4 x 100 relay, 400, 300H, 50, 800, 200, 5000  
LJ, HJ, SP, softball throw, discus, PV

# *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 1<sup>st</sup> – 3<sup>rd</sup> places and ribbons for 4<sup>th</sup> – 6<sup>th</sup> places  
Team Trophies for 1<sup>st</sup> – 3<sup>rd</sup> 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-1<sup>st</sup>, 8pts-2<sup>nd</sup>, 6pts-3<sup>rd</sup>, 4pts-4<sup>th</sup>, 2pts-5<sup>th</sup>, 1pt-6<sup>th</sup>)

**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](http://www.unifiednflight.com) on April 21 for registration instructions or go to [www.coacho.com](http://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 Divisions:** **Year of birth**  
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](mailto:Courtneytaylor@unifiednflight.com)

**For meet updates, meet questions and club information go to [www.unifiednflight.com](http://www.unifiednflight.com)**

**FAITH IN EXCELLENCE**



# 18th ANNUAL DAYTON TRACK CLASSIC

SATURDAY, JUNE 21, 2008  
WELCOME STADIUM  
DAYTON, OHIO

(Hosted by The Dayton Masters Track Club, Inc.)

SANCTIONED BY USATF-OHIO

You must pre-register to  
receive a free T-Shirt.

## NOTE:

1. All events are final and run against time.
2. Entries must be received no later than June 13, 2008.
3. Late entries at registration table, opens at 7:00 a.m. Registration will be closed ½ hour before start of event (at the discretion of the Meet Director).
4. Registration limited to six events.
5. Participants in the Long Jump, Triple Jump, Shot Put, Javelin, Discus and Hammer will receive six (6) attempts.
6. All weather Fast Tarten Track - 1/4" Pyramid spikes or less. Must use stadium blocks ONLY.
7. Pre-registration fee is \$12.00 for the first event and \$5.00 for each additional event.
8. The Late-registration fee is \$14.00 for the first event and \$6.00 for each additional event.  
Please make checks out to: Dayton Masters Track Club, Inc.
9. No refunds for any reason.
10. Must be 14 years or older by June 21, 2008.
11. Welcome Stadium has sanitary facilities but no showers.
12. Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAF rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot-Line at 1-800-233-0393.

## Awards:

Trophies to 1<sup>st</sup> Place winners, Medals to 2<sup>nd</sup> & 3<sup>rd</sup> place winners.

## Divisions: (Age as of June 21, 2008)

Five-Year Age Divisions for Masters Men & Women (ages 30-80+)

Open Men & Women (ages 19-29)

Youth Boys & Girls (14-18)

Spectators Welcome  
&  
Admitted Free

CITY OF DAYTON

AND  
YOUTH SERVICES

Sponsored by The City of Dayton,  
Recreation and Youth Services

For additional information, please contact:  
Bob Jones, President of Dayton Masters - (937) 837-2754  
P.O. Box 17706, Dayton, Ohio 45417  
e-mail: [bjrun1@juno.com](mailto:bjrun1@juno.com)

# DAYTON MASTERS TRACK CLASSIC SCHEDULE OF EVENTS

These are the approximate start times for the Track and Field events. The events will be on a rolling schedule in the order listed. Women before men, oldest to youngest. Field events must be completed during the allotted times.

## TRACK EVENTS

- 9:00 1500 Meter Walk
- 9:30 3000 Meter Run
- 10:00 Hurdles - 100M/110M
- 10:30 100M Dash
- 11:00 800M Run



- 12:30 400M Dash
- 1:00 1500M Run
- 1:15 200M Dash
- 1:45 4 x 100M **"FUN RELAY"**  
(No cost and No Awards)

## MORNING

## FIELD EVENTS

- 8:00 to 10:00 Discus (Open pit)
- 9:00 to 11:00 Long Jump (Open pit)
- 9:00 Pole Vault \* (See Note)
- 10:00 to 11:30 Javelin (Open pit)
- 11:30 to 12:30 Hammer (Open pit)

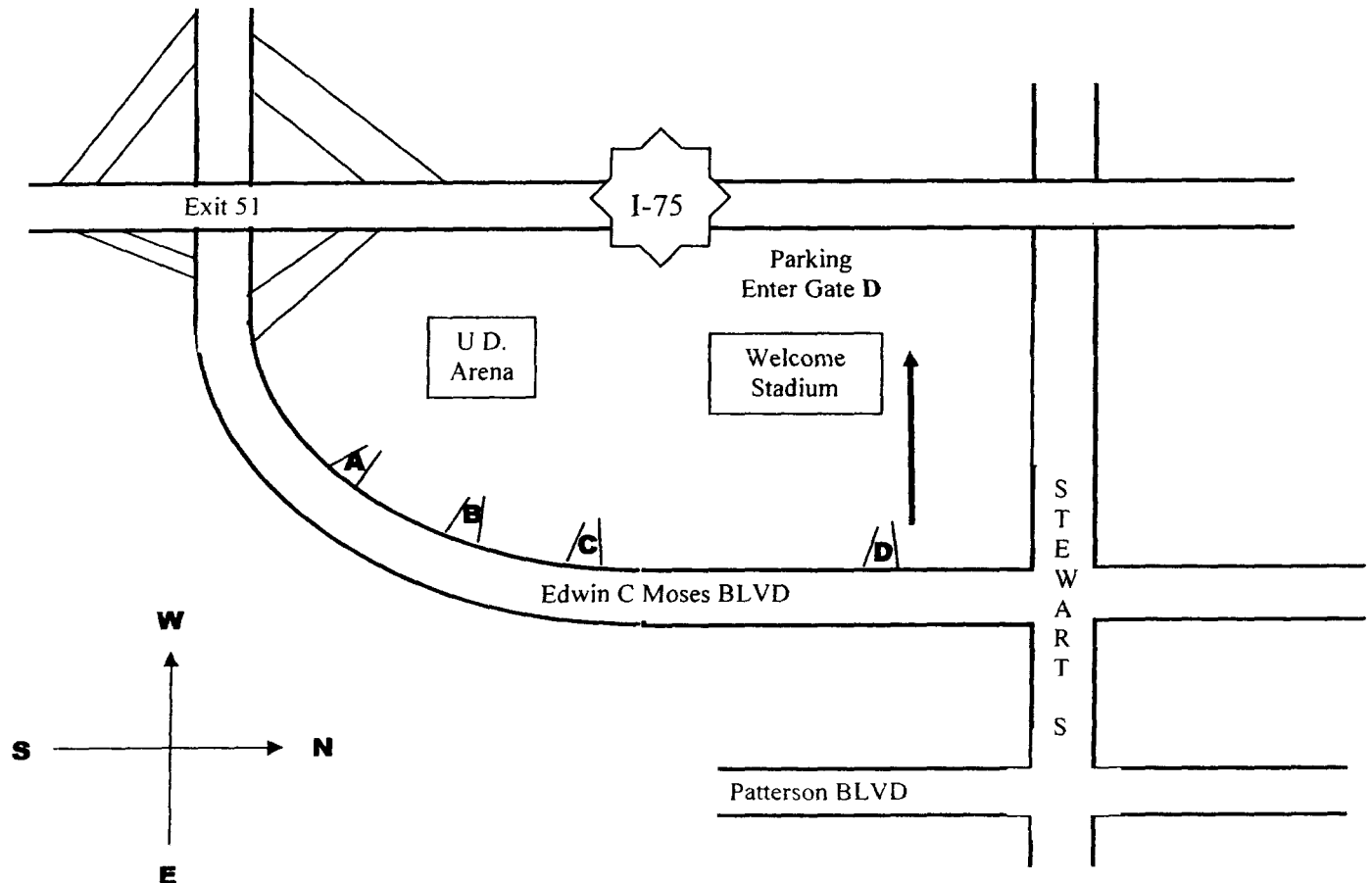
## AFTERNOON



- 12:30 High Jump \* (See Note)
- 12:30 to 2:00 Triple Jump (Open pit)
- 1:30 to 3:00 Shot Put (Open pit)

**Note:** To run the Relay, **"you must"** have been entered in at least one other event.

\* Those that pass three times will get a warm-up jump prior to their starting jumps.



**Dayton Masters Track Club Inc.  
18<sup>th</sup> Annual Dayton Track Classic**

**Entry Form**

Entry Fee is \$12.00 for the first event and \$5.00 for each additional event. A maximum of six (6) events per person. Entries must be received by June 13, 2008. Late entries after June 13, 2008 and at the day of the event will be \$14.00 for the first event and \$6.00 for each additional event.

Send Check and entries to:  
Dayton Masters Track Club Inc.  
7567 Roselake Drive  
Dayton, Ohio 45414

Additional donations are welcome.  
Fill in Entry Form Completely and Legibly

**Free T-Shirts with  
Pre-Registration ONLY.**  
PLEASE CHECK T-SHIRT SIZE  
M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_ Zip: \_\_\_\_\_

USATF# \_\_\_\_\_ Club affiliation: \_\_\_\_\_

Phone# \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

**Events**

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_

**All Competitors must complete waiver below to compete**

**Waiver for all events**

In consideration for acceptance of my entry in the Dayton Track Classic, I do hereby for myself and anyone entitled to act in my behalf, waiver and release The Dayton Masters Track Club Inc. Of Dayton, Ohio and all sponsors, their representatives and successors from all claims or liabilities of any arising out of my participation in this event.

ATHLETE'S SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

PARENT OR GUARDIAN'S SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

(IF ATHLETE IS UNDER 18)

**(KETTERING SPORTS MEDICINE CENTER WILL BE ON-SITE TO ASSIST YOU)**





USA TRACK & FIELD THREE RIVERS ASSOCIATION  
2008 OPEN and MASTERS TRACK & FIELD CHAMPIONSHIP MEET

*S. Fayette* Gateway High School, Monroeville, PA  
June 22, 2008 *McDonald McDonald*

DATE: Sunday June 22, 2008

PLACE: Gateway High School, Pittsburgh, PA

SPONSOR: USATF Three Rivers Association

SANCTION: USA Track & Field - MEMBERSHIP REQUIRED

MEET ENTRY FEE: \$5.00 PER INDIVIDUAL

MEET ENTRY & USATF MEMBERSHIP: \$34.95

**ALL ATHLETES MUST PRE-REGISTER - NO DAY OF MEET REGISTRATION**

Using Lynx Timing System requires that all athletes are entered into the meet program prior to the start of the meet

MAILED ENTRIES MUST BE POSTMARKED BY JUNE 9, 2008

Register online at [www.usatf-threerivers.org](http://www.usatf-threerivers.org) - online entry closes Thursday - June 19

Mail Open & Masters entries to: TRA Champ, 109 Evans Drive, McMurray, PA 15317

Meet Information - contact Mark Schwartz - [mschwartzusatf@yahoo.com](mailto:mschwartzusatf@yahoo.com) or 412-362-5511

PROOF OF AGE MAY BE REQUIRED: A valid drivers license or age verified 2008 USATF Membership Card

*meet usually starts @ 8:30 am*

MASTERS & OPEN ORDER OF EVENTS

Events include Male and Female, Open & Masters Athletes unless designated otherwise below Field event order subject to change.

PLEASE NOTE THAT OPEN & MASTERS POLE VAULT WILL BE ON SUNDAY, JUNE 22

**Sunday, June 22**

3000M Racewalk	110M Hurdles**	100M Hurdle Final	1500M	4x200M Relay
5000M Racewalk	3000M Run	110M Hurdle Final	100M Final	
4x400M Relay	5000M Run	400M	800M Final	**
100M Trials	200M Trials**	200M Hurdles	200M Final	Trials if Needed
100M Hurdles **	4X800M Relay			

4x100M Relay

400M Hurdles

FIELD EVENTS (as called):

Long Jump    Triple Jump    Pole Vault    High Jump    Shot Put    Discus    Javelin

2008 USATF East Region Open T&F Championship - July

Contact : phone:    email:

2008 USATF East Region Masters T&F Championship - July 19 Howard Community College - Columbia, MD

Contact Jerry Bookin-Weiner: phone: 410-740-1332    [throwsguy@gmail.com](mailto:throwsguy@gmail.com)

OPEN & MASTERS ENTRY FORM

Name _____  Address _____  City/Zip _____	Date of Birth ____/____/____    Age _____
	Gender: Male / Female (circle one)
	Division: Open / Master (circle one)
	Club _____ 2008 USATF Memb # _____

Please indicate your events:

100M Dash _____	800M Run _____	3000M RW _____	80M Hurdles _____	
200M Dash _____	1500M Run _____	5000M RW _____	110M Hurdles _____	4x100M Relay _____
400M Dash _____	5000M Run _____	300M Hurdles _____	400M Hurdles _____	4x400M Relay _____
Long Jump _____	Triple Jump _____	High Jump _____	Pole Vault _____	4x800M Relay _____
Shot Put _____	Discus _____	Javelin _____		4x200M Relay _____

In consideration of my being accepted for participation in the 2008 Three Rivers Association Championship Meet I intend to be legally bound for myself, my heirs, executors and administrators, waive and forever discharge any and all rights and claims for damages which may hereafter occur to me against USA Track & Field, Three Rivers Athletic Association, and Gateway School District or their officers, agents, representatives, successors, and/or assigns for any and all damages which may be sustained or suffered by me in connection with or entry in, or arising out of my travel to, participating in and returning from said competition. I further attest that I am physically fit for the competition in the event(s) I have listed above.

Athlete Signature: *X* \_\_\_\_\_ Date: \_\_\_\_\_ Phone: \_\_\_\_\_ (include area code)

2008 OPEN & MASTERS ENTRY FORM



# Individual Registration Form

Please PRINT Complete both sides This form may be copied



First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address (optional) \_\_\_\_\_ Home Phone \_\_\_\_\_

Sex (circle one) Male Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Race/ Ethnicity (circle one) African American/Black White Asian Hispanic Other

T-shirt Size (circle one) S M L XL 2XL

## LIABILITY WAIVER

In consideration of granting this request to enter the Ohio Senior Olympics State Games, I, the undersigned, for myself, my heirs, executors and administrators, waive and release any and all claims of damages I may have against any and all participating sponsors, supporters and venue providers for all claims of damage, demands and actions whatsoever, in any manner as a result of my participation in said Ohio Senior Olympics State Games

I also attest and verify that I am physically fit and have trained sufficiently for the events I have chosen to enter in the 2008 Ohio Senior Olympics State Games. The Ohio Senior Olympics have my permission to have a physician attend to me if it is deemed necessary during my participation in the Olympics.

Furthermore, I hereby give and grant the Ohio Senior Olympics, its successors and those acting under its permission, and upon its authority, my consent for all purposes to the reproduction and/ or use of photographs of me by the photographer, and in all forms of media, and in all manners, including editorials, advertising, trade, display, art and exhibition. In giving this consent, I release the photographer, his nominees and designees, from liability for any violation of any personal or proprietary right I may have in connection with such sale, reproduction or use of my photographic likeness.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

## REGISTRATION FEES

**Individual Registration Fee**  
(early bird - before 6/6/08) **\$35.00**  
forms postmarked by 6/20 **add \$10.00**  
*(every participant must pay this fee)*

**Special Event Registration**  
*Athletes' Recognition and  
Hall of Fame Dinner* \_\_\_\_ people at \$15 each \_\_\_\_\_

**Golf Greens Fee** (golfers only) (\$30.00) \_\_\_\_\_

**Voluntary Donation** \_\_\_\_\_

**TOTAL FEES DUE** \_\_\_\_\_

Enclose **only these fees** with your registration form.

Make checks payable to:  
**Warren County CVB**

Complete both sides of this form, read and sign the waiver to the left, and mail to:

Ohio Senior Olympics  
Warren County CVB  
5412 Courseview Dr., Suite 220, Mason, OH 45040



# Event Selection

Your registration fee entitles you to enter as many events as you choose. You are responsible for selecting events which do not conflict with each other in the schedule. Please check the schedule carefully when registering. Do NOT expect that events will wait for you to participate if you overschedule yourself!

- \_\_\_ Archery- Recurve
- \_\_\_ Archery- Compound fingers
- \_\_\_ Archery- Compound release
- \_\_\_ Archery- Barebow Compound- no sights
- \_\_\_ Archery- Barebow Recurve- no sights

- \_\_\_ Badminton- Singles
- \_\_\_ Badminton- Doubles
- \_\_\_ Badminton- Mixed Doubles

- \_\_\_ Bowling Singles
- \_\_\_ Bowling Doubles (same sex partner)  
Partner \_\_\_\_\_
- \_\_\_ Bowling Mixed Doubles (opposite sex partner)  
Partner \_\_\_\_\_

- \_\_\_ Cycling- 5K Time Trial
- \_\_\_ Cycling- 10K Time Trial
- \_\_\_ Cycling- 20K road race
- \_\_\_ Cycling- 40K road race

\_\_\_ Golf- 18 Holes

\_\_\_ Horseshoes

\_\_\_ Pickleball

- \_\_\_ Race Walk 1500 meter
- \_\_\_ Race Walk 5000 meter

- \_\_\_ Racquetball Singles
- \_\_\_ Racquetball Doubles  
Partner \_\_\_\_\_

- \_\_\_ Road Race 5K
- \_\_\_ Road Race 10K

- \_\_\_ Shuffleboard Singles
- \_\_\_ Shuffleboard Doubles (may be same or opposite sex)  
Partner \_\_\_\_\_

\_\_\_ Special Event: A Night at the Awards

- \_\_\_ Swimming (limit 6 events)
- Freestyle      \_\_\_ 50    \_\_\_ 100    \_\_\_ 200    \_\_\_ 500
- Backstroke    \_\_\_ 50    \_\_\_ 100    \_\_\_ 200
- Breaststroke \_\_\_ 50    \_\_\_ 100    \_\_\_ 200
- Butterfly      \_\_\_ 50    \_\_\_ 100    \_\_\_ 200
- Individual Medley    \_\_\_ 100    \_\_\_ 200

- \_\_\_ Table Tennis Singles
- \_\_\_ Table Tennis Doubles (same sex partner)  
Partner \_\_\_\_\_
- \_\_\_ Table Tennis Mixed doubles (opposite sex partner)  
Partner \_\_\_\_\_

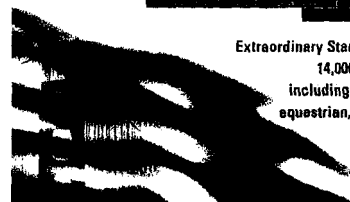
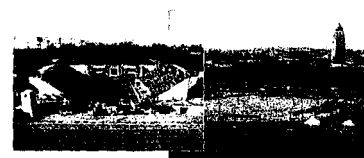
- \_\_\_ Tennis Singles
- \_\_\_ Tennis Doubles (same sex partner)  
Partner \_\_\_\_\_
- \_\_\_ Tennis Mixed Doubles (opposite sex partner)  
Partner \_\_\_\_\_

- \_\_\_ Track & Field
- \_\_\_ 100 meter run                      \_\_\_ Discus
- \_\_\_ 200 meter run                     \_\_\_ High Jump
- \_\_\_ 400 meter run                     \_\_\_ Long Jump
- \_\_\_ 800 meter run                    \_\_\_ Javelin
- \_\_\_ 1500 meter run                  \_\_\_ Pole Vault
- \_\_\_ Shotput
- \_\_\_ Triple Jump

## TEAM EVENTS

- \_\_\_ 3-on-3 Basketball  
Team Name \_\_\_\_\_  
Captain \_\_\_\_\_
- \_\_\_ Softball  
Team Name \_\_\_\_\_  
Captain \_\_\_\_\_
- \_\_\_ Volleyball  
Team Name \_\_\_\_\_  
Captain \_\_\_\_\_

### Compete in 2009 and leave your heart in San Francisco.



Extraordinary Stanford University venues,  
14,000 athletes and 25 sports,  
including 7 demonstration sports:  
equestrian, fencing, lawn bowling,  
rowing, sailing, soccer  
and water polo



To compete in 2009, you must qualify at the State Championships in 2008.  
[www.2008seniorgames.org](http://www.2008seniorgames.org)

# Wendy's Open

**Pegasus Track Club**  
**PO Box 2135, East Liverpool, OH 43920**  
**330-386-9468**

**Date:** June 14, 2008 **Time:** 9:30 am **Location:** Mangano Memorial Track at East Liverpool High School

**Same day registration will close at 8:30 am no exceptions! Come early!**

**Awards:** (Age Groups 17-18 and under) Trophies for 1<sup>st</sup> place, Medals for 2<sup>nd</sup> and 3<sup>rd</sup>, Ribbons for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>.  
 (Age Groups 19-29 and up) Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places, Ribbons for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>.

**Fee: Pre-Registration by June 9<sup>th</sup> - \$5.00 for 1<sup>st</sup> event, \$1.00 for each additional event**

**Late Registration - \$8.00 for 1<sup>st</sup> event, \$1.00 for each additional event**

**Facilities:** Polytan 300 all-weather 8 lane track at high school, 100 Maine Blvd., East Liverpool, located just off St. Clair Ave. (turn at McKinnon Ave. red light to get to Maine Blvd.)

**\*\*\*Concessions, restrooms, covered bleachers and 1000+ seating on site\*\*\***

**!!!!1/8" pyramid spikes only!!!!**

**\*\*\*\*\* Age determined by athlete's age on Dec. 31, 2008. \*\*\*\*\***

AGE GROUP												LIMIT	FEE
4-6		50	100	long jump	softball							circle 3	\$7 MAX
7-8		100	200	400	800	long jump	softball					circle 3	\$7 MAX
9-10	100	200	400	800	1600	LJ	HJ	shot	discus			circle 4	\$8 MAX
11-12	100	200	400	800	1600	hurdles	LJ	HJ	shot	discus		circle 4	\$8 MAX
13-14	100	200	400	800	1600	3200	hurdles	LJ	HJ	shot	discus	circle 4	\$8 MAX
15-16	100	200	400	800	1600	3200	hurdles	LJ	HJ	shot	discus	circle 4	\$8 MAX
17-18	100	200	400	800	1600	3200	hurdles	LJ	HJ	shot	discus	circle 4	\$8 MAX
19-29	100	200	400	800	1600	3200	hurdles	LJ	HJ	shot	discus	circle 4	\$8 MAX
30-39	100	200	400	800	1600	3200	hurdles	LJ	HJ	shot	discus	circle 4	\$8 MAX
40-49	100	200	400	800	1600	3200	hurdles	LJ	HJ	shot	discus	circle 4	\$8 MAX
50&up	100	200	400	800	1600	3200	hurdles	LJ	HJ	shot	discus	circle 4	\$8 MAX

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE GROUP \_\_\_\_\_  
 CIRCLE SEX: MALE FEMALE SCHOOL OR TRACK CLUB \_\_\_\_\_

BY MY SIGNATURE, I RELEASE ANY AND ALL PEOPLE CONNECTED WITH THIS TRACK MEET AND THE PEGASUS TRACK CLUB, ALL WORKERS, OFFICIALS, VOLUNTEERS, THE EAST LIVERPOOL SCHOOL DISTRICT OR ANYONE ELSE CONNECTED TO THIS MEET I RELEASE ALL CLAIMS OF DAMAGE, ACTIONS, INJURIES OR DEATH IN ANY MANNER BEFORE, DURING OR AFTER MY/ MY CHILD'S PARTICIPATION IN THE TRACK AND FIELD MEET I CERTIFY THAT I AM LEGALLY BOUND HEREBY, I HAVE EXECUTED THIS RELEASE ON THE \_\_\_\_\_ DAY OF (MONTH) \_\_\_\_\_ 2008.

**PARENT'S SIGNATURE REQUIRED**

**PLEASE NOTE: COPY OF BIRTH CERTIFICATE SHOULD BE ON HAND.. MEET OFFICIALS CAN DENY PARTICIPATION IF NO PROOF OF AGE IS PROVIDED. \*\*NO REFUNDS DUE TO INCLEMENT WEATHER\*\***

# Recreational Relays

**Pegasus Track Club**  
**PO Box 2135, East Liverpool, OH 43920**  
**330-386-9468**

**Date:** July 12, 2008 **Time:** 6:00 pm **Location:** Mangano Memorial Track at East Liverpool High School  
**Same day registration will close at 5:00 pm no exceptions! Come early!**  
**Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places, Ribbons for 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>

**Fee:** Pre-registration by July 7 - \$5.00 for 1<sup>st</sup> event, \$1 00 for each additional event.  
 Late registration - \$8.00 for 1<sup>st</sup> event, \$1 00 for each additional event  
 Fee applies to each member of relay team.

**Facilities:** Polytan 300 all-weather 8 lane track at high school, 100 Maine Blvd., East Liverpool, located just off St. Clair Ave. (turn at McKinnon Ave. red light to get to Maine Blvd.)

\*\*\*Concessions, restrooms, covered bleachers and 1000+ seating on site\*\*\*  
 !!!! 1/8" pyramid spikes only !!!!  
 \*\*\*\*\* Age determined by athlete's age on Dec. 31, 2008. \*\*\*\*\*

AGE GROUP											LIMIT
4-6		50	4x100			long jump	softball				circle 3
7-8	4x100	200	4x400	800	medley	long jump	softball				circle 3
9-10	4x100	200	4x400	800	medley	1600	LJ	HJ	shot	discus	circle 4
11-12	4x100	200	4x400	800	medley	1600	LJ	HJ	shot	discus	circle 4
13-14	4x100	200	4x400	800	medley	1600	LJ	HJ	shot	discus	circle 4
15-16	4x100	200	4x400	800	medley	1600	LJ	HJ	shot	discus	circle 4
17-18	4x100	200	4x400	800	medley	1600	LJ	HJ	shot	discus	circle 4
19-29	4x100	200	4x400	800	medley	1600	LJ	HJ	shot	discus	circle 4
30-39	4x100	200	4x400	800	medley	1600	LJ	HJ	shot	discus	circle 4

\*\*\*Medley relay consists of the following 4 legs: 200, 200, 400 and 800 \*\*\*

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE GROUP \_\_\_\_\_  
 CIRCLE SEX: MALE FEMALE SCHOOL OR TRACK CLUB \_\_\_\_\_

BY MY SIGNATURE, I RELEASE ANY AND ALL PEOPLE CONNECTED WITH THIS TRACK MEET AND THE PEGASUS TRACK CLUB, ALL WORKERS, OFFICIALS, VOLUNTEERS, THE EAST LIVERPOOL SCHOOL DISTRICT OR ANYONE ELSE CONNECTED TO THIS MEET I RELEASE ALL CLAIMS OF DAMAGE, ACTIONS, INJURIES OR DEATH IN ANY MANNER BEFORE, DURING OR AFTER MY/ MY CHILD'S PARTICIPATION IN THE TRACK AND FIELD MEET I CERTIFY THAT I AM LEGALLY BOUND HEREBY,  
 I HAVE EXECUTED THIS RELEASE ON THE \_\_\_\_\_ DAY OF \_\_\_\_\_ 2008.

**PARENT'S SIGNATURE REQUIRED**

PLEASE NOTE: COPY OF BIRTH CERTIFICATE SHOULD BE ON HAND.  
 MEET OFFICIALS CAN DENY PARTICIPATION IF NO PROOF OF AGE IS PROVIDED  
 \*\*NO REFUNDS DUE TO INCLEMENT WEATHER\*\*

YOU MUST FORM YOUR OWN RELAY TEAMS!!! RELAY TEAMS **MUST** BE TURNED IN BY A PARENT OR ADULT **WITH THIS REGISTRATION FORM!**

Relay Team Members	Relay Team Members	Relay Team Members
1	1	1
2	2	2
3	3	3
4	4	4



# Cleveland West Road Runners presents the 34<sup>th</sup> **BAY DAYS RUN**

## 5 Mile Race & 1 Mile Fun Run Friday, July 4, 2008 at 8:30 A.M.

Race starts and finishes at **Bay Village High School, 29230 Wolf Road.**

Shirts designed by Hunter Liptrap & Evan Mutch—Bay High Art Students—to first 500 entrants!

Special Awards for the Fun Run! Plenty of refreshments!

Special thank you to Bay Village Police Dept., BV Board of Ed. and Denise Ross from BHS art, for help in making this race possible.

**AWARDS:** Overall Male/Female; Overall Master Male/Female; Top three finishers in age divisions (5-yr increments); Wheelers  
**AGE GROUP and OVERALL AWARDS WILL BE DISTRIBUTED IN THE FINISH LINE CHUTE.**

**No processing fee!**

**PREREGISTRATION:** On-line at ACTIVE.COM until **Friday, June 27**, or by mail (must be received by **Monday, June 30<sup>th</sup>**)

5 Mile Race \$20.00 **open** / \$17.00 for CWRR members

Students in 5 mile: **18 & under** \$5.00 with no shirt and \$15 with shirt / **14 & under** FREE no shirt and \$10 with shirt

1 Mile Fun Run (14 and under)...Free (**No SHIRT**).....\$10.00 (**With SHIRT**)

**High School Team Registration and Awards!!** Ask your XC or Soccer Coach for details

**\*\* DISCOUNTED FEES** and special registration forms available only through Coaches **\*\***

**In-Person Preregistration and Race Packet Pick-Up:** At Second Sole, 19341 Detroit Ave.,

Rocky River at the following times: **Wednesday, July 2** from 12:00 noon to 9:00 p.m.;

**Thursday, July 3** from 10:00 a.m. to 6:00 p.m.

**Check the results ONLINE!** [www.cwrrc.org](http://www.cwrrc.org)

**RACE DAY REGISTRATION:** (starting at 7:30 a.m.)

5 Mile Race -- \$23.00 **open** (no club member discount) /

Students in 5-mile: **18 & under** \$5.00 with no shirt and \$15 with shirt / **14 & under** FREE no shirt and \$10 with shirt

1 Mile Fun Run (14 and under)...Free (**No SHIRT**). ....\$10.00 (**With SHIRT**)

**\*\* No processing fees when you register online at [www.cwrrc.org](http://www.cwrrc.org) \*\***

Privacy: Cleveland West Road Runners does NOT distribute or sell participants' information.

Additional Race Details and more information - go to [www.cwrrc.org](http://www.cwrrc.org) Or email [BayDays@cwrrc.org](mailto:BayDays@cwrrc.org)

**Detach here** **and return**

I know that running a road race is a potentially hazardous activity I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to; falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, and radio headsets are not allowed in the race and I will abide by this guideline. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the Cleveland West Road Runners Club, the Road Runners Club of America, the City of Bay Village, the Bay Village Board of Education, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ **Race Division: 5 MILE 1 mile Kids Fun Run**

Gender: **MALE / FEMALE** Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day: \_\_\_\_\_ **WHEELER** Division \_\_\_\_\_

(circle)

T Shirt Size: **Small MED LRG XL** Email: \_\_\_\_\_ Would you like periodic updates of CWRR events/Races? **Y / N**

(circle one)

Telephone Number: \_\_\_\_\_ Running Club Affiliation: \_\_\_\_\_

Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

(PARENT'S SIGNATURE IF RUNNER IS UNDER 18 yrs)

Make check payable to: **CWRRC/Bay Days** and mail to :  
CWRRC, P.O Box 770844, Lakewood, Ohio 44107-0032

Date: _____	<b>** OFFICIAL USE AREA**</b>
Check# _____	<b>BIB #</b> _____



37th Annual  
**Ontario Masters**

# Outdoor Track & Field Championships

*Athletes 30 years of Age and Older*  
 Toronto Track & Field Centre  
 York University  
 Sunday, June 29th, 2008

- Awards;** OMTFA Championship medals to the first three in each age group 30-34 and up.  
 All competitors must beat a competitor or meet the posted OMTFA medal standards to be eligible for awards.
- Results;** Complete results will be posted.  
 Medals will not be presented until the results are posted. *No qualifying standards for entry*
- Facilities;** 400m - 8 lane polyurethane track. Mondo jump approaches and Javelin runway.  
 Cement throwing circles. Adjustable Steeple barriers.
- Directions;** York University Campus - 2nd entrance\* west of Keele St. on the south side of Steeles Ave.  
 (\*the NorthWest Entrance) There may be a fee for parking.
- Hosted by;** The Ontario Masters Track & Field Association  
 Americans and other visitors to Canada are most welcome and eligible for medals.
- Entry Deadline;** Entries must be received by Wednesday, June 25th. ***NO RACE DAY ENTRIES***
- Online entry available at; **www.ontariomasters.ca**

**Schedule of Events - Subject To Change**

Please check the Web Site for updates on the schedule;

	<b>Track</b>	<b>Jumps</b>	<b>Throws</b>
8:00	<b>Steeple</b>		
8:30	<b>5000mRW</b>		<b>Hammer</b>
9:00		<b>Long Jump</b>	followed by <b>Weight</b>
9:30		<b>Pole Vault</b>	
10:00	<b>5000m</b>		
10:30			<b>Shot Put</b>
11:00	<b>100m</b>	<b>High Jump</b>	
11:30	<b>800m</b>		
12:00			
12:30			<b>Javelin</b>
1:00	<b>110mH</b>		
1:30	<b>200m</b>	<b>Triple Jump</b>	
1:45			
2:15	<b>1500m</b>		
2:30			<b>Discus</b>
3:00	<b>400m</b>		

**Notes;**

Women's sections first, followed by Men's heats. Oldest to youngest.  
 All track events except the 100m and 200m are timed section finals.  
 Weights of implements and hurdle heights may not be to current WMA standards.  
 If a competitor has two conflicting events, they must inform the field judge that they will be competing in the track event.  
 The Jury Of Appeal will hold the final authority in any appeal or dispute.  
 When numbers justify, throws and jumps will take place in flights.





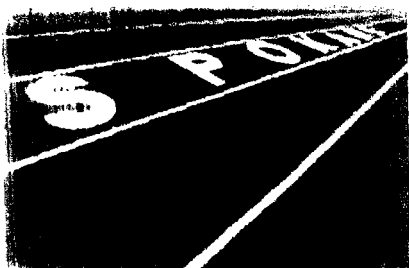


## 2008 USA Masters Outdoor Track & Field Championships

August 7-10, 2008

Spokane Falls Community College - Spokane, Wash.

The 2008 USA Masters Outdoor Track & Field Championships will be held August 7-10 at Spokane Falls Community College in Spokane, Washington. The meet features athletes in age from 30-95+ in a display of speed, strength, and endurance for all ages. Track events range from 100 meters to 10,000 meters, while field events include the full range of javelin and throws.



You must be a 2008 USATF member to enter the Championships. If you do not have a 2008 membership, please complete a membership application first. You must also meet the entry requirements.

### Registration Fees and Deadlines

<u>Registration Fee</u>	<u>Individual Events</u>	<u>Combined Event</u>	<u>Relay</u>
Registration on or before August 7 at 11:59 p.m. PT	1st event: \$35+\$10* 2nd event: \$20 3rd event: \$15 each add'l: \$10	\$35+\$10*	--
Registration on or before August 8 at 11:59 p.m. PT	additional \$50		--
Registration after August 8 at 11:59 p.m. PT	--	--	\$40

The registration fee for the first event includes the required National Masters Track & Field membership. A late registration surcharge of \$10 per athlete. Combined events do NOT count as the first event.

All fees are non-transferable and non-refundable. No entry will be considered completed unless it is accompanied by full payment of fees and all required documents (see below).

Tickets for the Athlete Dinner/Social (\$28 each) may be purchased during the entry process. Athletes are encouraged to order their tickets during the online entry process.

### **Entry Forms**

- Online individual entry
  - You also may update your mark(s) and affiliation before the close of entries
- Online club batch entry
  - You also may update your athletes' mark(s) before the close of entries
- Printable individual entry (PDF)

Online entries must be paid for by credit card (Visa - the only card accepted by USATF) or electronic funds transfer ("electronic check"). Paper entries must be paid for by check or money order. Please make checks payable to "Spokane Sports Commission."

### **Other Required Documents**

- Verification of Age (a copy of your birth certificate or passport)
  - If entering online: if your entry status is showing as "info needed" on the status of entries page, you must fax or mail a copy of your proof-of-age document--with your membership number written on it--to the USATF National Office:  
  
Fax: 317-261-0481 -- attention: Masters Championships  
Address: USA Masters Championships, 132 East Washington Street, Suite 800, Indianapolis, IN 46204
  - If entering by paper: athletes entering by mail must attach a copy of their proof-of-age document to the entry form.

*USATF also recommends athletes bring a copy of their proof-of-age document to packet pick-up as a back-up measure--a proof-of-age document is required prior to receiving competitor packets.*

*Athletes will not be considered to be entered into the meet until ALL required documents have been received. Athletes missing required documents will be listed as "info needed" on the Status of Entries page of the USATF website until all such documents are received.*

### **Entry Process**

- Online is the preferred method of entry.
- A 2008 USATF membership is required to enter online (please join online if you are not a member).
- To enter the Championships, you will be required to provide your 2008 USATF membership number and password (click here to retrieve your password if you don't know it).
- For entries close to the deadlines: although we will make every reasonable effort, we cannot guarantee responses to requests for passwords. *Please do not wait until the last minute to enter!*
- To enter online without an entry mark, put "NT" or "NM" (without the quotes) in the Mark box during the entry process.
- After completing your entry online, if your entry is showing "info needed" on the status of entries page, please fax a copy of your birth certificate or the information page of your passport--with your membership number written on it--to the USATF National Office at 317-261-0481.
- *Non-U.S. citizens who live outside the United States:* Entries must be submitted using the printable individual entry form (PDF). Online entries are not available. Please note that your name will *not* appear on the Status of Entries page for the Championships. You may confirm your entry by sending an e-mail to Marla Emde. Please allow 2-3 weeks for processing before sending a request for your entry confirmation.

**Mailing Address**

Mail paper entries and fees to:

Spokane Regional Sports Commission

Attn: USA Masters T&F Champs.

801 W. Riverside Ste. 510

Spokane, WA 99201

**JEFF GERSON HANDS OFF TO DICK MANN IN THE 4X100  
AT LAST YEAR'S NATIONAL CHAMPIONSHIP**

