



## The President's Corner

July 2008

Hello field and track family. It is **Cleveland Track Classic** time. Here's a quick history lesson, our **Cleveland Track Classic** meet for a long while was the most impressive summer track meet in the Midwest. High school, open and masters athletes all looked forward to annually competing at this meet and posting some awesome performances from intense competition. High School State Champions competed here. NCAA Champions and NCAA finalist competed here. Olympic athletes competed here. Olympic hopefuls came to this meet to compete against other top athletes with the hope of posting performances that would qualify them for the Olympic Trials. The **Cleveland Track Classic** has a jewel encrusted past and many a long time trackster can recall plenty of great track & field experiences, when asked about the meet.

That being said, on July 19th, 2008 at Cleveland Hts High School the legacy continues. While the meet is no where near the size it once was, **OUR** meet with such a storied past will be held once again. This is a call out to all *Over the Hill Track Club* members to support your own meet. By supporting it, we are asking for all *Over the Hill Track Club* members to either compete in our meet or come and help run the meet. At the time I am typing this newsletter we will have to pay people to help pull the meet off. If you can help and volunteer a few hours on July 19th, 2008 at Cleveland Hts High School, *Plseeeeeeease* contact Jeff Gerson, me or any of the other club officers and help us carry this thing off. The competing athletes are looking for this meet to be run efficiently and they are also looking for opposing bodies to compete against. **YOUR SUPPORT IS NEEDED!!!** Keep in mind, there is still time to enter the meet. July 11<sup>th</sup> is the deadline. Visit our website for more info or please call Chip J if more info is needed. New this year, registration can be done via online at coacho.com or land mail. **There is no on site registration.**

There will be 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. All are welcome and bring your ideas. The **Cleveland Track Classic** will headline the topics being discussed.

### Meets

#### **2008 Maple Leaf Track Club Summer Series**

Wednesday evenings @ 6:00 pm- 8:30 pm (approx. finish). July 9<sup>th</sup>.  
See attached flyer...

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#### **THE CLEVELAND TRACK CLASSIC**

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

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#### **2008 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS**

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

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#### **5K CROSS COUNTRY MEET**

*OVER THE HILL TRACK CLUB* -Sunday, September 28, 2008

University School                      2785 S. O. M. Center Road                      Hunting Valley, Ohio  
See attached flyer...

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**Update... Women 1 Men 0** At the Unified N Flight meet on June 15<sup>th</sup>, I entered one male 4x1 and one 4x4 relay. I also entered 1 female 4x1 relay. The women's relay ran and collected the roaring applause of the young crowd as they impressively held their own against two open teams. A special Thanks to *our* ladies that represented and participated. Also, Thanks goes out to Mr. *Paul Organ* and Mr. *Lawrence Findley* for showing up and were prepared to represent...but we didn't have a fourth person.

**\*\* As of this moment, there is tentatively scheduled a Lake Erie Assn. Open and Masters Championship on August 2<sup>nd</sup> at Cleveland Heights High School. However, the people in charge have not done anything to make this a reality. Maybe they will get their act together soon...or maybe not. In any case, call Jeff Gerson later in the month for updates.**

**\*\* Any male athlete going to Spokane who would like to run a 4x100 relay, please contact Jeff Gerson.**

**\*\* Welcome to our newest members: Kellee Williams and Calah Thompson, mother/daughter sprinters from Parma; and a correction from the last newsletter, Khalilah Thomas, a thrower from Hudson, and Robert Vickers, a distance runner from Chagrin Falls.**

## **RESULTS**

Abe Sheinker

- Senior Olympics of NE Ohio- Boardman, OH- June 7  
M65 Discus: 62-7 3<sup>rd</sup>
- Slippery Rock U. Summer Track Meet #1  
Slippery Rock, PA - June 11  
M65 Hammer: 81-9 1<sup>st</sup>  
M65 Discus: 64-3 1<sup>st</sup>
- Olympic Trials Tune-Up Throwing Meet- Berea, OH- June 14  
M 65- Hammer: 83-5 1<sup>st</sup>  
M 65- Discus: 63-6 1<sup>st</sup>
- Slippery Rock U. Summer Track Meet #2  
Slippery Rock, PA - June 18  
M65 Hammer: 81-9 1<sup>st</sup>  
M 65 Discus : 61-3 1<sup>st</sup>

JUST IN! UNIFORM SINGLETS HAVE ARRIVED. THEY ARE \$20.00, AND ANYONE WHO IS INTERESTED IN PURCHASING ONE SHOULD CALL JEFF GERSON.

## **SCHEDULE**

- July 9- Maple Leaf Night Meet- Chardon HS
- July 12- Ohio Assn. Open + Masters- Pataskala, OH
- 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 2- Lake Erie Assn. Open + Masters Championships ??? Cleveland Hts
- 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

## **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

**USA TRACK & FIELD - OHIO ASSOCIATION  
OPEN AND MASTERS  
OUTDOORS TRACK & FIELD CHAMPIONSHIPS  
TEAM OHIO LAST CHANCE CLASSIC (YOUTH)**

**Saturday, 8:00AM on July12, 2008 @ Licking Heights High School-Pataskala, OH**

**Eligibility:** All Athletes, Young & Old, Men (M) and Women (W) with a valid 2008 USA Track & Field registration card.

**Age Classification:** Sub-Bantam – Young Men & Women, Open (O) 19-29, Masters (M) -30 and older in five (5) year divisions (e.g.30-34, 35-39, 40-44, etc.)

**Events:** Sub-Bantam-Midget Three events Max. Four events maximum for all other competitors including relays

**Track Events 10:00am**

- 5000 M Run
- 3000 M Run
- 100M Dash (Prelims)
- 3000 M Race Walk
- 80/100/110M Hurdles
- 100 M Dash Finals
- 800 M Run
- 4X100
- 400 M Dash
- 1500 M Run
- 200 M Dash
- 400 M Hurdles
- 200 M Hurdles
- Relays: (4X400)

**Field Events 9:00am**

- High Jump
- Long Jump
- Triple Jump
- Pole Vault

**Throwing Events 9:00am**

- Discus
- Shot Put
- Hammer Throw
- Javelin

**Entry Fees:** Received before: July9, 2008 \$18.00 per masters - \$12.00 per youth

Received after: July9, 2008 \$ 26.00 per masters - \$20.00 per youth **Entries: close at:** 8:30 AM Day of Meet

**Entry Form**

**Mail all fees, entry forms and USA Track & Field registration forms to  
Duane Gosa:13711 Mottlestone Dr. N.W- Pickerington,OH 43147 (614) 554-3875  
Make Checks payable to Team Ohio Track Club**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age Division \_\_\_\_\_ D.O.B \_\_\_\_\_

Address \_\_\_\_\_  
Number \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

2008 USA Track & Field Number (**Requirement in Open & Master Championship to run**) \_\_\_\_\_ Apply online @ USATF.Org

Event #1 \_\_\_\_\_ Event #2 \_\_\_\_\_ Event #3 \_\_\_\_\_ Event #4 \_\_\_\_\_

I hereby, from myself, heirs, executors and assigns waive all claims for damages that may arise against Ohio USA Track & Field, Licking Heights HS and Team Ohio Track Club their agents, representatives or sponsors, for injuries suffered by me or my child at the USA Track & Field - Ohio Association Outdoor Track & Field Championship. I certify that I am (he/she is) in good health and sufficiently trained to compete. Athletes are subject to drug testing according to 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 testing may be obtained by calling the USADA Hotline 1-800-233-0393 or usantidoping.org.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Phone ( \_\_\_\_ ) \_\_\_\_\_

**Fees are non-refundable**

**Total Fee enclosed** \_\_\_\_\_

**Directions:**

**In Columbus-** Take 270 East to Route 62 into Gahanna at the light (Mill St. & Granville St.) Keep straight onto Granville St. Granville St. will turn into Havens Corners Rd. take Havens Corners Rd. (2.5miles) until you hit Mink ST. make a left turn onto Mink St. about (¼ mile) you will see the High School. (Cable St. & Mink St.) **Licking Heights High School 4000 Mink St. SW Pataskala, OH 43062**

**No Team Entry Day of Meet**



## 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 ranging 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 jumps 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 eligibility requirements.

### Entry Fees and Deadlines

<u>Date Received</u>	<u>Individual Events</u>	<u>Combined Event</u>	<u>Relay</u>
on-time: on or before 7/24/08 at 11:59 p.m. PT	1st event: \$35+\$10* 2nd event: \$20 3rd event: \$15 each add'l: \$10	\$35+\$10*	--
late: on or before 7/30/08 at 11:59 p.m. PT	additional \$50		--
on-site	--	--	\$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.

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





