



The President's Corner

August 2008

Hello field and track family. I'll open this newsletter with a giant CONGRATULATIONS and THANK YOU!!! As all of you are aware of on July 19th we hosted the latest rendition of the Cleveland Track Classic. The meet overall was better than it had been over the last few recent years. I base that on the fact that there was competition for everyone in all events. The total number of competitors grew to around 130. For the most part as I gazed around while the meet was going on, everyone was having fun. That's right, Youth and WISER(Open & Masters) athletes were both enjoying track & field...together. To all that supported The Classic in any way, CONGRATULATIONS and THANK YOU!!! Thanks to Coach Holland and his staff for the use of their fine facility. Without everyone's support, help, participation, spreading the word and simply expecting better...we couldn't have done better. Photos can be viewed at www.coalenterprise.smugmug.com . More, later in the newsletter...

Good Luck to all our representatives that are attending the 2008 USA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS . Being held at Spokane Falls Community College, in wonderful Spokane, Washington on August 7-10. Be sure to see Jeff Gerson if you are interested in running on a relay at the meet. There usually aren't more than three to six relays entered per age group. So I'll just say it might be a tad bit more possible to *earn* a medal by running on a relay.

Meets

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...

Also

The Norm Bower Memorial Throwers Meet

OVER THE HILL TRACK CLUB - Held at Kent State Univ.

See attached flyer

This past week I have been in discussion with a Cleveland Plain Dealer reporter that is interested in doing a story about adult (master's) track here in the Northeastern Ohio area. I have been forwarding him info about our track club and our members and I invited him to some practices since meets are over. I will continue to practice at Beachwood high school on Tuesdays and Thursdays from 6pm-8pm, thru most of August. He ran in high school and seemed open to the idea. **PLEASE JOIN ME!!!** If he shows let's give him some people to write about. This is an opportunity to establish an advantageous relationship for our club. If you are in the area, stop in. You never know he may choose to highlight your career.

There will be a team meeting on Sunday August 17th, 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, Items to be discussed includes, our club's direction forward in USATF. The **Cleveland Track Classic** will also be a topic that shall be discussed. We will discuss both the positive things and things we need to improve on for the upcoming 30th Anniversary of the **Cleveland Track Classic** in 2009. Make your list and bring it...If you can't make it, you can call me 216-322-2688 or email me (chipluvs2run@aol.com) your thoughts. Thanks to Ms. Jewel, Norm, Jeff, Rex, Ed, Stan, Larry, Richard, Greg and everyone involved....

Run fast,
chip J

**** Welcome to our newest member- Mark Jochum- a distance runner from Bratenahl**

RESULTS

Cathi Gerson-

- **Debbie Hudako Memorial 5 Mile**- July 13- 46:38- 1st
- **Johnnycake Joe 5 Mile**- July 20- 47:10- 3rd
- **Wildcat 5k Run**- July 27- 28:18- 2nd

Northcoast Senior Games- May 30 ^{Cathi Gerson- W55} ~~and Perry HS~~ Silver

- **Patsy Orosz- W55** 400- 2:05.8- Silver
 - 100m- 28- Gold
 - 200m- 37.5- Gold
 - 400m- 1:30- Gold
 - 800m- Gold
 - 1600m- 9:35- Gold
 - 1600 RW- 12:36.4- Gold
 - HJ- 3'2"- Gold
 - SP- 26'6"- Gold
 - DIS- 56'6"- Gold
 - Standing LJ- 6'7 1/4"- Gold
 - LJ- 9'6"- Gold
- **John Biacofsky- M60**
 - 100m- 14.5- Gold
 - 200m- 32.7- Gold4
 - 00m- 1:23.2- Gold
- **Jack Thornton- M60**
 - 100m- 14.7- Silver
 - 1600 RW- 12:35.7- Silver
 - LJ- 13' 6 3/4"- Gold

- **Barry Kline- M65**—HJ- 4'4"- Gold
- **Jon Bixler- M70**—800m- Gold
- **Norman Thomas- M55**—800m- Silver
- **Jeff Gerson- M60**—200m-1:36.6- Silver—Disc-67'4"- Bronze
- **Roman Liscynesky- M50**—200m- 30.9- Silver—800m- Gold

Lake Erie Association Open + Masters Championship Aug 2nd- Cleveland Hts. HS

- | | |
|-----------------------------|------------------------|
| 60m | High Jump |
| • Joslyn Coats- 8.2- 1st | Don Ragon- 1.38- 1st |
| • Grover Coats- 9.3- 1st | Barry Kline- 1.33- 1st |
| 100m | Grover Coats-1.28-2nd |
| • Patsy Orosz- 17.8- 1st | Shot Put |
| • Joslyn Coats- 13.0- 1st | Don Ragon- 12.06- 1st |
| • Grover Coats- 14.4- 1st | Triple Jump |
| • Barry Kline- 17.7- 2nd | Patsy Orosz- 6.73- 1st |
| • Jeff Gerson- 27.1- 2nd | Grover Coats- 8.1- 1st |
| 200m | John Sloan- 6.75- 1st |
| • Patsy Orosz- 37.9-1st | Javelin |
| • Grover Coats- 31.9- 1st | Don Ragon- 32.2- 1st |
| 400m | John Sloan- 30.06 |
| • Patsy Orosz- 1:24.5-1st | Discus |
| • Norman Thomas- 1:11.9-1st | Don Ragon- 44.92- 1st |
| • Jeff Gerson- 2:07.5- 1st | John Sloan- 29.52- 1st |
| 4x100- 1:22.0- 1st | |
| • Grover Coats | |
| • Barry Kline | |
| • John Sloan | |
| • Jeff Gerson | |
| Long Jump | |
| • Patsy Orosz- 2.66- 1st | |
| • Grover Coats- 3.81- 1st | |

SCHEDULE

- **August 7-10- National USATF Masters Championships- Spokane, WA**

SEPT. 13 - NORM BOWER WEIGHT PENTATHLON

SEPT. 28 - OTATE CROSS-COUNTRY MEET UNIVERSITY SCHOOL

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 Twelfth Annual Norm Bower
Memorial Weight Pentathlon*

*Sponsored by: Over the Hill Track Club
Saturday, September 13, 2008 11:00 a.m. - 5:00 p.m.
Kent State University, Kent, Ohio*

*All fees & contributions benefit the Scholarship Fund of Emma Rose Bower,
Norm & Sue's daughter, born October 31, 1995*



*Norman J. Bower
1948 B 1997*

Over the Hill Track Club

Twelfth Annual Norm Bower Memorial Weight Pentathlon

Saturday, September 13, 2008

Kent State University, Kent, Ohio 44242

11:00 a.m. to 5:00 p.m.

Tele: Rex Harvey 440 954 8122 or Jeff Gerson 440 473-0636

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower, Norm & Sue Bower's daughter

Over the Hill Track Club is once again sponsoring a fund-raising weight pentathlon in honor of Norm Bower, who passed away September 12, 1997. Norm Bower was much loved as a friend and a competitor in the weight events. He was joyful, bright, easy-going, with a wonderful sense of humor. He supported every thrower who competed in the weights, no matter the skill level. Our track meets and our lives are brighter, more fun because of Norm, and the Club wishes to remember him and his family with this annual weight pentathlon held in his honor.

All meet fees, less awards expenses, and all donations included with meet fees will be contributed to an education fund for Emma Rose Bower, born October 31, 1995, Norm and Sue Bower's daughter, and the sister of Brent Bower.

Date, Time, & Sequence of Events: 11:00 a.m. to approx. 5:00 p.m. Hammer, shot put, discus, javelin, and weight in that order.

NOTE: In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight.

Host site: Kent State University, Main Track on the main campus (not the old track by the indoor track) Kent, Ohio 44242

Events & Weights by Age: Weight pentathlon (hammer, shot put, discus, javelin, and weight) or individual weight events. See attached Ages / Implements Specifications@ list. For the weight throw, where both WAVA and USATF specifications appear, we will use the WAVA standards, if the appropriate weight implement is available. We will throw by the age groups represented on the list. Some age groups will be combined to fill out flights.

Sanction & Rules: This is a USATF Sanctioned Meet. If you are a USATF member, you will have insurance coverage traveling to and from the meet and at the meet. USATF rules will be used which specify WAVA implements.

Number of Attempts per Event: 3 for the five-event weight pentathlon, 6 for individual events only. If someone has paid entry fee for both Pentathlon and some individual events, the first three throws will be Pentathlon, and all six throws will be for open event.

Age Groups: 0-17 by birth year, 18-29, 30-34, 35-39, 40-44, etc., by birthday.

Awards: Gold, Silver, and Bronze for the Weight Pentathlon in each age group. Gold only in each individual event entered.

Facilities: Javelin to be thrown from an all-weather surface onto grass, all other throws from concrete surfaces onto a grass field.

Other Facilities: Restrooms in adjacent Ice Rink, no showers.

Fee, Donations, Mailing Information: All meet fees, less awards expenses, and donations included with meet fees will be contributed to the education fund set up in 1997 for Emma Rose Bower. OTHTC encourage all those who are able to donate beyond the entry fee amount. OTHTC also encourages those who are not going to compete to remit a donation for this worthy cause. Note the donation amount on the bottom left-hand memo section of your check. Your check is your receipt. The Bower family will receive a list of the names and addresses of all attendees and contributors, unless donors specify that their gifts be anonymous.

\$20 for the weight pentathlon, and \$5 per individual event. No refunds for no-shows. Make out checks to Over the Hill Track Club.

Mailing Instructions: Mail application with check made out to Over the Hill Track Club to: Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; or Jeff Gerson, Over the Hill Track Club, 5091 Hickory Drive, Lyndhurst, OH 44124.

Waiver: Signature required on attached meet application form.

Questions: Call Rex Harvey; 440-954 8122 or Jeff Gerson, 440-473-0636.

**The Twelfth Annual
Norm Bower Memorial Weight Pentathlon**

Sponsored by: Over the Hill Track Club
Saturday, September 13, 2008; 11:00 a.m. to 5:00 p.m.
Kent State University, Kent, Ohio
Phone: Rex Harvey 440-954-8122
Jeff Gerson 440 473-0636

All fees & contributions benefit the Scholarship Fund of Emma Rose Bower; Norm & Sue's daughter

REGISTRATION FORM

Name _____ Gender _____ Phone _____

Address _____ City _____ State _____ Zip _____

Date of birth _____ Your age as of 9/13/08 _____ Your club _____

E-Mail _____

Events you wish to enter:

Fee \$20 for the weight pentathlon, and \$5 00 per individual event. No refunds for no-shows. Make checks payable to Over the Hill Track Club

_____ Weight pentathlon (hammer, shot, discus, javelin, & weight) @\$20

Individual events only: _____ Hammer _____ Shot put _____ Discus _____ Javelin _____ Weight @\$5 each

NOTE: In order to qualify legally for an official record in the weight pentathlon, you **must** throw the events in exactly this order: hammer, shot put, discus, javelin, and weight and only first 3 throws count.

I will not be competing, but I elect to make a donation of \$ _____ (my check is enclosed)

Please bring your own implements. Although we will have a number on hand, we cannot guarantee that we will have all implements for all age groups.

Mail this registration form, along with your fee and/or donation check or money order made payable to Over the Hill Track Club, to Rex Harvey, Over the Hill Track Club, 6744 Connecticut Colony Circle, Mentor, OH 44060; Tel: 440-954-8122.

Waiver for All Events: In consideration for acceptance of my entry into the OTHTC Eleventh Annual Norm Bower Memorial Weight Pentathlon, I do hereby for myself and anyone entitled to act in my behalf, waive and release the Over the Hill Track Club, Cleveland, Ohio, Kent State University, Kent, Ohio, USATF, and all sponsors, their representatives and successors from all claims or liabilities of any and all damages which may be sustained or suffered by me in my connection with entry in, or arising out of my traveling to, participating in, and returning from my participation in this meet.

Athlete's signature _____ Date: _____

Printed name _____

Parent or guardian's signature (if athlete is under 18) _____

Printed name _____

NOTICE: All athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field and IAAF Regulations. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. **SOME OVER-THE-COUNTER MEDICATIONS MAY CONTAIN BANNED SUBSTANCES. INFORMATION REGARDING DRUGS AND DRUG TESTING MAY BE OBTAINED BY CALLING THE USADA HOT LINE.**

www.overthehilltc.org



Over The Hill Track Club

5K CROSS COUNTRY MEET--Sunday, September 28, 2008

TIME: 11:00 am start

COURSE LOCATION: University School 2785 S. O. M. Center Road Hunting Valley, Ohio
Need directions to the race? <http://www.mapquest.com>
5km course is mainly grass. Spikes are permitted.

ENTRY FEE: \$8 per person if pre-registered by 9/23. \$10 per person day of race.
Make checks payable to **OVER THE HILL TRACK CLUB.**

MAIL TO: OVER THE HILL TRACK CLUB
Jeff Gerson
5091 Hickory Dr.
Lyndhurst, Ohio 44124

AWARDS: **Trophies to the top 3 in each age group.**
Age groups: (Men & Women) 14 and under, Open (15-29), 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,....., 95-99

Team trophies to the top 2 teams

Divisions: (Men & Women) 14 and under, open, 30-39,40-49,50+

Note: All teams must have 5 runners to constitute a team. Older runners may move down in age group for team purposes, but individually they will be scored in their own age groups. Please indicate on entry form if you are moving down in team competition.

CONTACT: Jeff Gerson 440-473-0636

OVER THE HILL CROSS COUNTRY MEET ENTRY FORM

TEAM ENTRY - Club _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Runner	Age	Runner	Age	Runner	Age
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

INDIVIDUAL ENTRY:

NAME: _____ CLUB _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE. (____) _____ AGE DAY OF RACE: _____ DIVISION: _____ MALE _____ FEMALE _____

I hereby waive all claims against University School and Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

SIGNATURE: _____ Date _____

(Each runner must sign this waiver) Thank you ~ Good Luck

Parent or guardian's signature (if athlete is under 18): _____

Over The Hill TC
5091 Hickory Drive
Lyndhurst, OH 44124



Rex Harvey
6744 Connecticut Colony Cr.
Mentor, OH 44060

44060+4470 C033

