

ONE STEP AHEAD



The Official Newsletter of USATF Long Island

Winter 2023



Fred Haslett presents USATF LI President Alex Cuozzo and Outreach Chairman Ron Nardo with a thank you poster from the 3rd grade students of Sterlingtown Elementary School.

Message from the President

December 2023

Dear Friends;

The Long Island Track & Field Board and I hope this newsletter finds you in good health and high spirits!

All Round Foods and Glen Wolther have once again made an outstanding contribution to USATF-Long Island in the form of a \$20,000 donation! Please join us and thank Glen for his continued support of our organization!

We are in full Track & Field mode. We have our New Year's Eve Clinic on Sunday, December 31st, at St. Anthony's HS. Registration will be at 12 p.m., and training will be from 1:00 p.m. to 3:00 p.m. Our Indoor Youth Track & Field Championships are coming up fast on Sunday, January 14th, 2024. We will also have Open and Masters events. Our Open and Masters Track & Field Championships will be at St. Anthony's HS on Saturday, February 24th, 2024; 8:30 a.m. registration and the first event begins at 9:00 a.m. See the attached meet flyers for more details.

The third annual Empire State Track & Field Classic was again staged at Cortland State College. The Long Island Association once again won the inter-association competition. We should all be proud of this team effort, athletes, coaches, and administrative staff!

We are saddened to hear of the passing of Geza Feld (90). Geza was a fixture on the LDR running circuit for decades. Our 2023 LDR activities concluded with great competitions. Our Youth, Open, and Masters Cross Country Championships were held at Bethpage State Park. The Youth portion of the schedule represented our Junior Olympic XC qualifier, where the top eight finishers moved on to the Regional JO Championship. The 2023 Road Grand Prix Series concluded this year's competitions at the Santa 5k in Patchogue. This year we had 11 team and 20 total races. The application for the 2024 RGPS will be posted and distributed shortly. Races will be selected at our next LDR/MUT meeting on Monday, January 8th, 2024, via Zoom. The committee will also select our 2023 Athletes of the Year. Check the LDR page often for up-to-date information.

Please renew your USATF-LI membership and start preparing yourselves for some great competitions!

Enjoy a Great Winter of competition!

Alex J. Cuzzo

President, USATF Long Island



USA Track & Field Long Island

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Secretary: Pam Lee

Vice President: Rob Lemke & Jason Ramirez

Treasurer: Gary Westerfield

2023 USATF Masters 5km Cross Country Championships



It was sunny and hot at Boca Raton for the Masters XC championships. The course was two loops around a lake with a sneaky little hill towards the end of the race. It was exciting to be around such a diverse field of Female Masters runners from all over the United States. The start went smoothly, thanks to the outstanding USATF Officials. Coming from Long Island, NY, the 85-degree heat was intense, but it felt great to run cross country again with my spikes on. I earned 2nd place AG 55-59.

Women's age division winners: 40-44 Samantha Gerrits 21:41; 45-49 Josiah-Tanner; 50-54 Friend-Uhl; 55-59 Brenda Osovski 25:49; 60-64 La Burt 20:51; 65-69 Combs 23:28; 70-74 Victoria Crisp 26:03; 75-79 Sharon Gerl 30:02; 80-84 Marie-Louise Michelsohn 41:39; 85-89 Joyce Hodges-Hite 55:32.

Men's age division winners: 40-44 de Heer 16:33; 45-49 Miller; 50-54 Gregory Putnam 17:17; 55-59 Mark Callon 18:06; 60-64 Mark Zamek 18:13; 65-69 Becker; 70-74 Robert Qualls 20:28; 75-79 Richard Katz 24:48; 80-84 Doug Goodhue 26:48; 85-89 Adrian Craven 44:42; 90-94 Eric Seiff 58:15.

Men's team titles were earned by Team Run Flagstaff in 40+, with an average time of 17:18. The Atlanta Track Club took top honors in both 50+, 18:31, and 60+, 19:30. The Boulder Road Runners enjoyed the 70+ win, 23:15. Shore Athletic Club was the second-place finisher in 50+ and 70+, with the Ann Arbor Track Club second in 60+.

Women's team trophies were won by Shore AC in the 40+ award with an average time of 24:27. The Genesee Valley Harriers claimed first in 50+, 24:31. In 60+ the win went to the Atlanta Track Club, 25:39 while Team Red Lizard ran an average of 29:14, for the win in 70+.

Contributed by: Paul Carlin

Outreach

June 15: Outreach chairman Ron Nardo, along with coaches Alex Cuzzo, Lori Mangual, and Pam Lee, met the students of Nassau BOCES at Forest City Park in Wantagh for their annual Run, Jump, and Throw program. After warm-ups and showing the students the proper way of stretching, the coaches set up three stations for the 75 participating students. Coach Lori demonstrated high knees, skipping, and side steps drills in the agility ladder. In the turbo javelin, Coach Alex showed the proper technique required for throwing the javelin, and in the standing broad jump, Coach Pam instructed the students to jump up and out and to land on two feet. All the athletes were presented with USATF medals for participating in the RJT program.

September 15: National officials Ron Nardo and Alex Cuzzo volunteered to officiate at a cross-country meet for Hofstra University head coach Vincent Giambanco. The 5K meet was held on the campus of Hofstra University between Hofstra and St. Peter's of N.J. Ron was the starter, and Alex served as the course marshal for both men's and women's races.

October 5: The RJT program returned to Sterlington Elementary School in Albertson for 85 3rd-grade students. Outreach chairman Ron Nardo, along with coaches Pam Lee, Trent Hampton, and Liz O'Donnell, rotated the students through four active stations, the agility ladder, turbo javelin, broad jump, and the starting blocks, and in the final activity of the day all the students participated in team relay races. They then received USATF medals for participating in the RJT program.



If you're interested in having a Run, Jump, Throw (RJT) program for your school or organization contact Outreach Coach Ron Nardo at outreach@longisland.usatf.org

Remembering our Friends



Terry Bisogno
“The Voice of Long Island”



Geza Feld

Mountain-Ultra-Trail

I recently attended the U.S.A. track and field national convention in Orlando, Florida, and sat in on the M.U.T. meetings. One of the most important items they discussed was the need for collegiate and high school runners to be part of Team U.S.A. for the upcoming 2024 race season.

This is a wonderful opportunity for our young members to apply for and be part of Team U.S.A. The 2024 International U18 Mountain Running Cup Team, U.S.A., will compete in Montana Polentina, Spain, on June 20-22, 2024. For members that are 16-17 years old, there is also the U.S. team for Challenge Stelina, US Mountain & trail running teams, US U20 mountain running team for 19-26 year olds, U.S. team for NACAC mountain & trail running championships and the U.S. 50K national team. For information on how to qualify for any of these teams, go to the ATRA America Trail Running Association website: <https://trailrunner.com/usatf-mut/#>
Best of luck to all who apply.

Once again, Long Island will host the 50K national championship on March 10, 2024, in Heckscher State Park.

Hope to see you there,
Ron Nardo
M.U.T. Chairman



Masters Athletics

It's hard to believe only a few days remain in 2023. It sure has flown by, and we are encouraged to see that participation in our events has increased during the year. We are looking forward to seeing even more of you in 2024.

The recently concluded USATF-LI LDR Grand Prix had a full series of races in 2023. You can find the final scoring results here: https://www.elitefeats.com/LITF_Grand_Prix/litfgp.asp. Thanks to Glen Wolther and All Around Foods for their generous sponsorship and to all the race directors who chose to have their races as part of the Grand Prix. 2023 saw many competitive age groups. However, many team prizes will go unaccepted. Grand Prix rules require a minimum of 4 Masters Men, Masters Women, Senior Masters Women (60 years of age and over), and Senior Masters Men's teams require only three members. So, get together with your teammates, check out the 2024 Grand Prix schedule when it is announced early next year, and stake your claim.

This year, USATF-LI increased its summer track meets to three, and we are looking forward to a four-meet schedule in 2024. Congratulations to John Ross, who set a USATF-LI M60-64 age group record in the High Jump at the meet in Port Washington. John jumped 1.35m (4 feet 5.15 inches).

The two USATF-LI 2024 indoor meets scheduled for St. Anthony's High School in Huntington Station are on January 14 and February 24. The February 24 meet will be the USATF-LI Open and Masters Indoor Championship. Meet details should be posted on the USATF-LI website very soon.

Earlier this month, I attended the USATF Annual Meeting. Among the topics discussed at the meeting were sites of the upcoming USATF Masters National Championships. Gainesville, Florida, was selected as the site of the 2025 Indoor Championships. There is also a very strong probability of this site being chosen for the 2025 World Masters Indoor Championships. If so, that would be the first World Masters Championship meet to be held in the United States since the outdoor championships were held in Sacramento in 2011. The Fall Creek Pavilion in Indianapolis, Indiana, was chosen as the site of the 2026 USATF Masters Indoor Championships, and Spire Academy in Geneva, Ohio, was selected as the site of the 2026 outdoor championship. All selected sites are provisional until the Master's Site Committee completes its facility inspection.

Congratulations to Kathy Martin, who was named the female USATF LDR Athlete of the Year in the 70-74 age group!



Masters Athletics

The following are championship Masters Track & Field meets for 2024. Note that the USATF National Championships include sub-Masters categories of 25-29 and 30-34.

USATF East Region Indoor Championships: January 28 at the Providence Career & Technical Academy in Rhode Island <https://newengland.usatf.org/events/2024/2024-usatf-ne-and-east-region-indoor-masters-champ>

USATF Indoor National Championship: March 21-24 at the Dr. Conrad Worrill Track & Field Center in Chicago, IL <https://www.usatf.org/events/2024/2024-usatf-masters-indoor-championships>

USATF East Region Outdoor Championship: Late June in Landover, MD

USATF Outdoor National Championships: July 18-21 in Sacramento, CA

WMA World Outdoor Championships: August 13-25 in Gothenburg, Sweden
<https://www.2024wmac.com/>

USATF National Throws Championships: Dates and location TBD

Of course, USATF LDR Masters has their own slate of championship races in 2024. The complete list can be found here: <https://www.usatf.org/programs/masters>. The closest race to Long Island currently scheduled is the 12k Championship in Highlands, NJ, in September. USATF Masters LDR competition starts at 40 years of age.

We will be selecting our 2023 Masters Athletes of the Year very soon. We choose four athletes each in LDR and T&F. LDR: male and female Masters (40-59) and male and female senior Masters (60+). Track & Field: male and female track athlete and a male and female field athlete. They receive their awards at our Annual Awards Brunch in February. Please send me an email if you would like to nominate someone.

Good luck with your training, and have a happy and healthy holiday season. I look forward to seeing you on January 14 at St. Anthony's High School.

Sincerely,
Rob Lemke
USATF-LI Masters Chairperson
Masters@longisland.usatf.org





USATF-LONG ISLAND 23rd ANNUAL AWARDS BRUNCH



Sunday, February 25, 2024
10:00 am – 2:00 pm

Hofstra University Club
David S. Mack Hall
1000 Fulton Ave/Hempstead Turnpike
Hempstead, NY 11550

ADMISSION: \$30.00 paid in advance or \$35.00 at the door

Help celebrate another successful year and honor your friends, fellow competitors, coaches, officials, and volunteers and have a **GOOD TIME!!** Awards and Prizes will be given to Outstanding: Athletes, Contributors, Officials and Volunteers as well as the winners of the Cross Country and Road Grand Prix Series.

**Menu: Eggs, Bacon, Sausage,
Potatoes, Pancakes,
Mini Bagels & Muffins,
Fresh Fruit, Preserves, Juices,
Tazo Tea & Starbucks Coffee**

Please complete the form below and return it with your check as soon as possible. Form should be sent to:
USATF- Long Island – attention Robert Lemke – 1988 Bergen Street Bellmore, NY 11710.

For additional information check out the Hofstra University Club website:
www.hofstrauniversityclub.com

YES! I will attend the USATF-LI Brunch on February 12, 2023. Enclosed is a check in the amount of: \$ _____
to cover the following people: _____.

Checks should be made payable to USATF-LI and sent to USATF-LI, Attention: Robert Lemke 1988 Bergen Street, Bellmore, NY 11710.

Name _____ Phone _____ E-mail _____



NEW YEAR'S EVE TRACK & FIELD CLINIC


Come celebrate the last day of 2023 by taking part in our New Year's Eve Technique Clinic, where we will be focusing on event specific skills for improvement in form and technique. Our instructors will help you "learn by doing" in the following events:

 Long & Triple Jump

 Weight Throw


 Shot Put

 High Jump

 Pole Vault

 Sprint Mechanics & Starts

 Race Walk

 Hurdles

Our staff is made up of USATF Certified Coaches, as well as college and high school coaches who have competed at the highest level of the sport, as well as a support staff comprised of former state champions.

When: Sunday, December 31st, 1:00pm - 3:00pm,
Registration starts at 12:00

Where: St. Anthony's High School • 275 Wolf Hill Rd.,
Huntington, NY

Who: Open to athletes 14 & older

Tuition: \$50 • Payments can be made by cash or checks
payable to "USATF Long Island"

For More Info: Contact Rich Degnan • (516) 458-6110 •
mbundr8029@aol.com

Register at: <https://events.elitefeats.com/23nyecclinic#info>

Space is limited, only 20 Entrants per event.

USATF LONG ISLAND

YOUTH INDOOR TRACK & FIELD CHAMPIONSHIPS

Sunday, January 14th, 2024

St. Anthony's High School ▪ Wolf Hill Road ▪ Huntington

TRACK EVENTS

Master Millrose 4x400m

55m HH *11&up (FOT)*

55m Dash *Youth (FOT)*

60m Dash *O/M (FOT)*

1500m Race Walk

400m

1500m

Pee Wee 55

Mile Race Walk

800m

200m

3000m *9&up*

4x200m

4x400m

FIELD EVENTS

Long Jump

Open Pit 12-2:30 | 4 jumps

Triple Jump

13&up | Follows LJ | 4 jumps

Pole Vault

Opening Height 6'

High Jump

Starts under 4' & moves up

Shot Put

4 throws

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In Person Registration Begins: 11:30am | 1st Event Check-in: 12pm

FEES

USATF Long Island Members: \$10/event

USATF Members (non-LI): \$13/event

Non-Members: \$15/event

Relays: \$20

Pee Wee: \$2

All USATF members must have a valid & current membership number.

Member registration will be available at the meet.

USATF LONG ISLAND

OPEN & MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

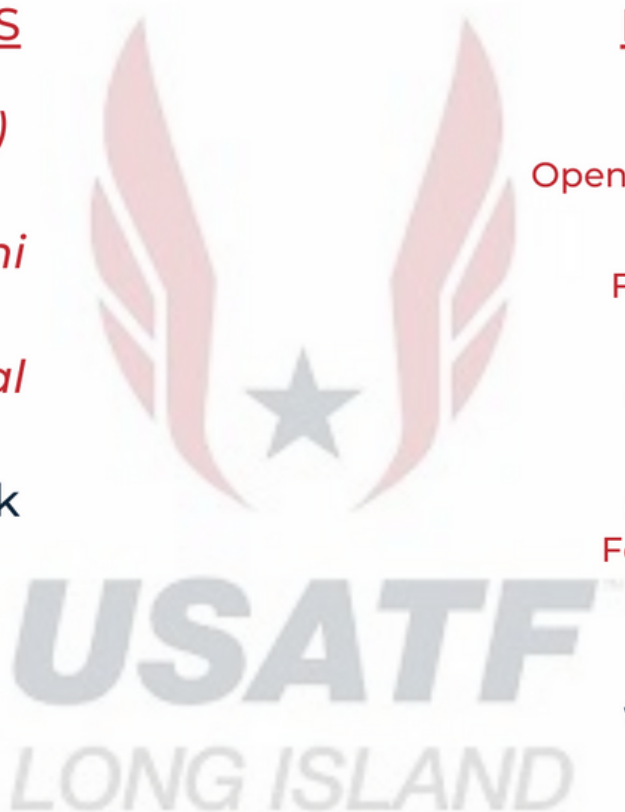
Saturday, February 24th, 2024

All athletes 14 years and older may compete as an open athlete.

St. Anthony's High School ▪ Wolf Hill Road ▪ Huntington

TRACK EVENTS

60m HH (*FOT*)
3000m
60m Dash *Semi*
400m
60m Dash *Final*
1500m
Mile Race Walk
200m (*FOT*)
800m
4x400m
4x200m



FIELD EVENTS

Long Jump
Open Pit 9:00-10:30 | 4 jumps
Triple Jump
Follows LJ | 4 jumps
Pole Vault
Opening Height 6'
High Jump
Opening Height 4'
Followed by Under 4'
Shot Put
9:00 | 4 throws
Weight Throw
9:00 | 4 throws

In Person Registration Begins: 8:00am

First event check-in: 9:00am

FEES

USATF Long Island Members: \$12/event
USATF Members (non-LI): \$15/event
Non-Members: \$20/event

All USATF members must have a valid & current membership number.

Member registration will be available at the meet.



Don't Forget to Renew Your Membership!

WHY JOIN USATF LONG ISLAND?

- Support USATF Long Island programs at all levels
- Compete in local, regional & national USATF events
- Entry into our LDR, XC & Masters Grand Prix
- Live and On-Demand Event Streaming
- Coaching Education Classes
- Sport accident insurance

HOW DOES YOUR MEMBERSHIP HELP USATF?

- As a member of USATF Long Island, you help support and grow your sport
- You help youth athletes travel to events and develop new life skills
- You encourage masters athletes to set new records and become world champions
- You support coaches and officials gain knowledge of the sport
- You help USATF's Elite Athletes make it to the Olympic Games

CLUB MEMBERSHIP

- As a club/organization, your membership provides recognition as a USATF club
- You receive liability insurance during registered club practices
- You have the right to enter individuals and teams at USATF Championship events

USATF VIP MEMBERSHIP (\$150)

- Combines all the benefits of USATF Adult Membership with additional elite benefits
- Exclusive virtual events & early ticket purchase alerts
- Team USATF online store early access, and more!
- This membership is available to adult members only.

Membership Fees:

Youth \$30

Adult \$55

